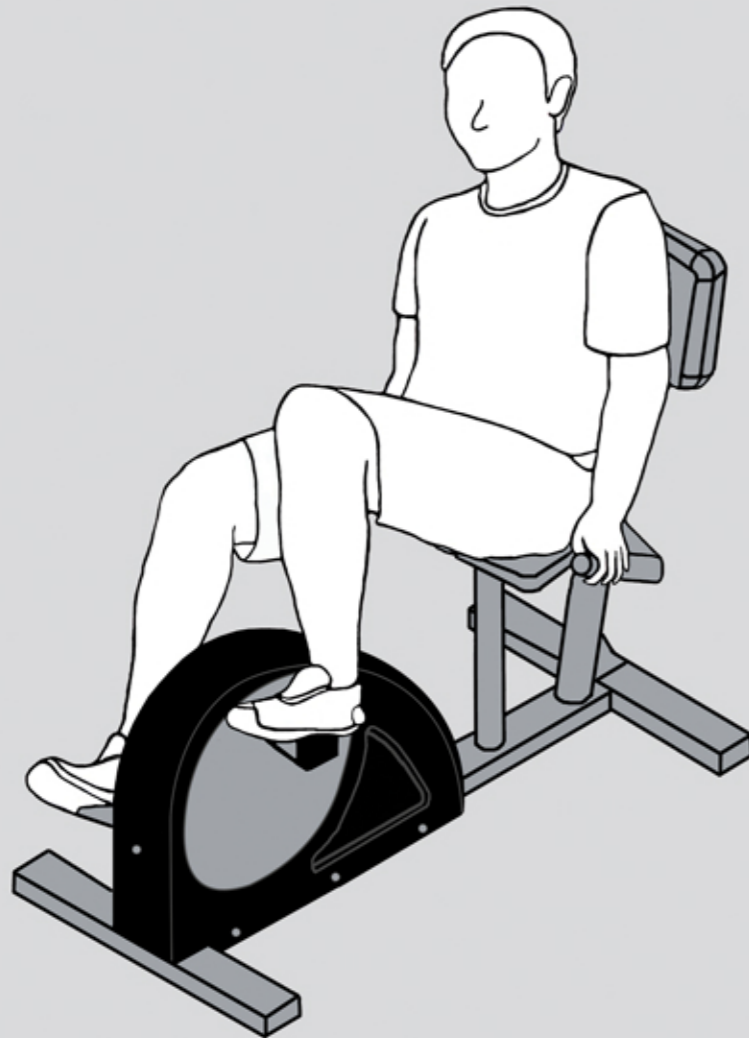


SIT AND CYCLE



playfit® Training Options

BASIC

Sit on the saddle. Lean back and hold onto the handlebars. Place your feet on the pedals and start turning them, moving your legs backwards and forwards using fluid movements. Carry out this exercise slowly and steadily.

Duration: according to individual preference and fitness level
Recommended: 5 - 10 minutes

INTERMEDIATE

To improve endurance, increase the speed and length of your training interval .

Duration: according to individual preference and fitness level
Recommended: 10 - 20 minutes

ADVANCED

Increase speed and length of training interval to improve performance. Try to keep your abdominal muscles tensed.

Duration: according to individual preference and fitness level
Recommended: 20 - 30 minutes

STRENGTH
STAMINA