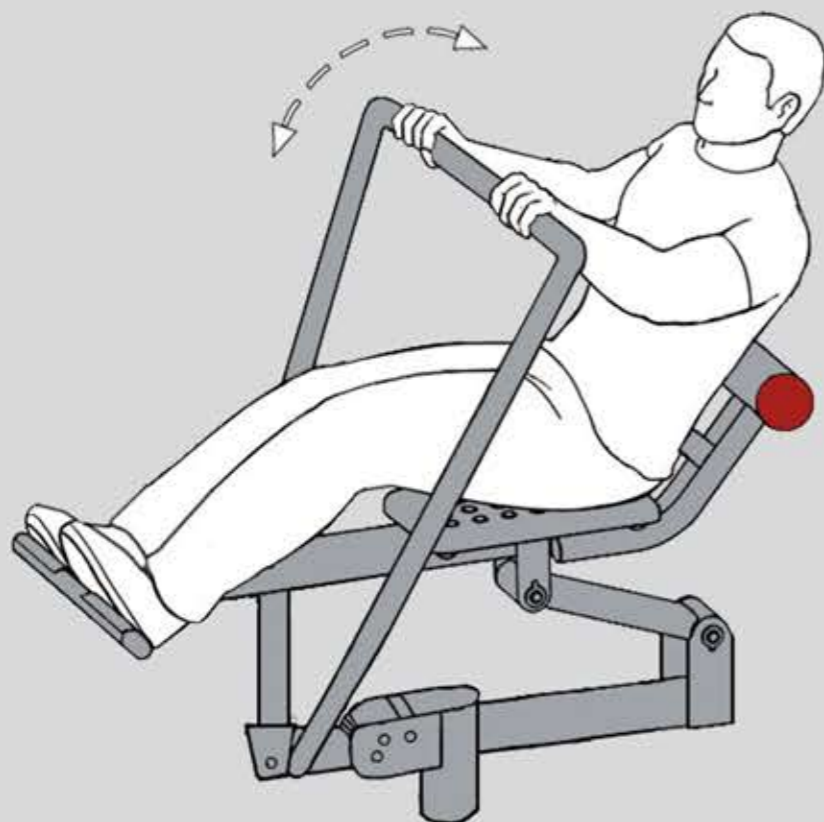


# SIT AND ROW



## playfit® Training Options

### BASIC

Sit on the seat and place your feet on the footrest. Hold onto the crossbar and "row". Do not extend your legs completely. Carry out this exercise at a slow and steady pace.

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

### INTERMEDIATE

Increase speed and length of training interval to improve endurance. Variation: Pull the handlebars toward your body and hold the position until you feel tension in your abdominal muscles.

Duration: according to individual preference and fitness level  
Recommended: 10 - 15 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: 15 - 20 minutes

STRENGTH  
STAMINA  
MOBILITY