

Taiji Massage Machine

playfit®



INFORMATION FOR USE / EXERCISE PROGRAMME

Stand in front of both of the massage wheels with feet slightly apart and slightly bent knees. Spread your fingers a little and place one hand on the right and one on the left wheel. Elbows should face downwards. Turn the wheels, while applying gently pressure, in the same direction or opposite directions. Allow your hands to glide over the "studs" as this increases the massaging effect.

Option "Circular movement in the same direction": Turn both wheels in the same direction and allow your body to 'swing along' with it when your hand is turning upwards. Keep changing the direction of movement.

Option "Circular movement in opposite directions": Turn the two wheels in opposite directions. In the process one hand is moved upwards and the other hand downwards. Allow your body to swing along when the hand is turning the wheel upwards.

Option "Circular movement – vary the distance": Increase your distance from the massage wheels by taking small steps backwards. Carry out the circular movements as described above. Feel the slight tension in the whole body.

Option "Circular movement – knee bend": Turn both discs in a circle in the same direction. Bend your knees slightly when your hands are turning downwards, and extend your body again when your hands are turning upwards again.

Option "Circular movement with one arm": Stand to the side and at right angles to a massage wheel and turn the wheel with one hand in a circle backwards. Change the direction of rotation and the side.

Duration:
Exercise for as long as it is doing you good and you are enjoying it

MAIN FUNCTIONS

Above all, the circular motion trains mobility in the shoulder girdle and the fine motor skills of the arms and hands. As a result of the gentle pressure on the wheels the palms of the hands are massaged. Turning movements in different directions improve coordination and balance.

... according to old Chinese tradition:

The shoulder trainer combines acupressure and movement. The studs on the rotary wheels massage all the acupuncture points on the palms. The round, circular movements of the arms and shoulders stimulate mainly the lung and large intestine meridians, but also the cardiovascular systems and the triple warmer. Vitality and the metabolism are increased, blockages are eased, breathing becomes calmer and can develop more freely. The fluid motion relaxes the mind and the soul.