All exercises can be adjusted to be more or less challenging by combining the following elements:

1. Change your position according to the device
2. Adjust the length of the ropes
3. Change the position of the ropes

How to exercise efficiently:

- IMPORTANT! Keep your back straight at all times.
- Do 2 - 3 series of 5 - 8 repetitions of each exercise.
- Do static exercises, keep the position for 5-8 seconds. Increase holding time before increasing the load.
- All movements should be slow and controlled.