

The Swedish Ladder – Exercises for parents

The Swedish ladder can be beneficial not only to the child, but to the parent as well. Here are some useful exercises:

- Pull-ups on the bar. In modern Swedish ladders there is often a horizontal bar designed for adults.
- Leg-lifts (bent at first, then straight) up to the stomach while hanging on a bar - strengthen the hands, the abdominals and the muscles over the front ribs, while massaging the organs in the torso.
- While hanging, try to touch the feet to the buttocks. This exercise is great for the buttocks and the muscles around the hips.
- At the end of your exercise routine, it is beneficial to hang upside down (if permitted by your doctor). This is a very healthy exercise that protects against stroke and helps regulate circulation in the brain.



The Kids and Fitness Inc. is a specialized company providing equipment for children's physical development like [Spider-Wall Home gym for kids](#).