



Ref. PF1

HIP



USERS



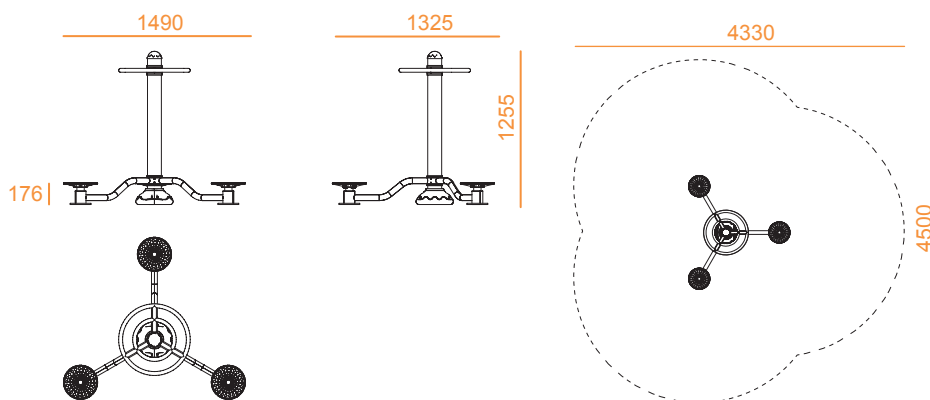
+12 years



16,7m²



Measurements expressed in millimeters



FEATURES

- BENEFITS:** Strengthening the abdominal and lumbar muscles. Exercises the waist and helps to relax the hip and back muscles. Improves the flexibility and agility of the spine and the waist.
- MANUFACTURING:** Tube structure made of galvanized steel with reinforced tread system and polypropylene handles.
- FINISHING:** Baked polyester paint, black and grey RAL9006 colour.
- INSTALLATION:** Available for installation on hard ground and soft ground.
- TECHNIQUE:** With both hands and using the handle-grip, get up on one of the rotating disks. Without losing balance, turn your hip from side to side without moving your shoulders and in a rhythmic way.
- Do not force the rotation, the exercise consists in leading your feet, without moving your shoulders.
- Do not release the handle until the end of the exercise.