



Product Description

Designed to be placed in a public area, the Royal Double Station Tai Chi Hand Swing allows beginners to the art of Tai Chi to learn the gentle and graceful movements which provide a low energy workout. This outdoor gym equipment isn't designed to build muscle but rather to loosen the muscles in preparation for a workout, and the Royal Double Station Tai Chi Hand Swing in particular is great for arms, wrists and shoulders. The low-impact exercises that can be completed on this equipment with slow flowing motions offer the best way to get acquainted with the principles of this ancient Chinese practice. Using the station couldn't be easier to use and it comes with a set of guidelines on the board. All it takes is to place the palms on the large round platforms and move them around in a circular motion while inhaling and exhaling slowly. It's also possible to add resistance to this machine or purchase it without platforms that move easily.

Product Specifications

Price: \$2,996.⁰⁰

Model Number: PFT028

Age Range: 13 years +

Muscle Group: Stretch

Product Type: Fitness Royal

Unit Size: 3' 11" x 5'