



Product Description

The secret to any good workout is the preparation work of the muscles that happens immediately before. When fitness practitioners choose to use the Royal Double Station Overhead Twister as part of their pre-exercise regime they are reaping numerous benefits. By grabbing the overhead metal bars and moving their body in various ways they can warm up core muscles, pectorals and biceps, shoulder muscles as well as the hips. The twisting motion while the feet remain in place gives much-needed flexibility to the spine which can assist with better posture. The rotational movements are not easy to replicate without a piece of equipment like the Royal Double Station Overhead Twister and you can choose to add this machine to a public park or fitness area with or without added resistance. The low-intensity and low-impact movements encouraged by the equipment makes it the perfect choice for users of all ages, whether it's teenagers just starting their fitness journey or professional athletes training in the local area.

Product Specifications

Price: \$2,430.⁰⁰

Model Number: PFT031

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Royal

Unit Size: 2' 10" x 4' 11"