



Product Description

The Royal Triple Station Tai Chi Hand Swing allows people of all ages to get their bodies and minds aligned with the art of Tai Chi, a form of Chinese martial art practice which has since developed into a popular low-impact exercise. Three individuals can use the Royal Triple Station Tai Chi Hand Swing at the same time which makes it perfect for small groups to rotate between as part of a more extensive exercise regime. Feel the flow with circular motions created by placing palms on the large round disks which move in both directions, with or without resistance. Before more vigorous exercise or when people need to focus their mind to push their personal best, this equipment helps to relax the arm, wrist, neck, back and shoulder muscles. The repetitive circular hand movements can help to bring clarity of mind when combined with focused, managed breathing patterns which brings an overall positive level of mindfulness in daily life.

Product Specifications

Price: \$4,578.⁰⁰

Model Number: PFT033

Age Range: 13 years +

Muscle Group: Stretch

Product Type: Fitness Royal

Unit Size: 5' 9" x 6' 3"