



Product Description

The Single Station Wide Pendulum Swing is the perfect piece of outdoor gym equipment when users need to give their body a gentle workout as well as enhancing overall flexibility. As our bodies age joints can get tight and sore if they aren't moved regularly, so the Single Station Wide Pendulum Swing is ideal for older users to keep hips and shoulders flexible and boost the range of motion. Users of all ages can use the swing for a warm-up prior to other exercises or before going on a jog to loosen the muscles and prevent strain or injury. It also helps with cardio because the motion is gentle enough to raise the blood pressure without making it work too hard as with other more vigorous forms of exercise. The equipment is safe to use in all weathers as the footpad has rubber grips to keep feet stable as the user sways back and forth holding onto the front bar.

Product Specifications

Price: \$1,732.⁰⁰

Model Number: PFT044

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Single

Unit Size: 3' 1" x 4' 5"