



Product Description

Warming up is an essential part of exercising to prevent strained muscles and damage that could have been avoided. The Double Station Shoulder Rotation is the perfect apparatus to stretch out shoulder muscles as all users need to do is grab hold of the handles and turn until they feel the muscle under tension and pull slightly. This stretch can be held for a few seconds before repeating the movement in the opposite direction. Frequently using the Double Station Shoulder Rotation means fitness fanatics will benefit from a wider range of motion in their upper body. This can help with exercises like lat pulldowns, chest presses and chin-ups. Working out can be boring on your own but with the two stations there's always room for two people to use the equipment together whether it's just to chat or to encourage each other in their fitness goals. Although this is a low-intensity workout, you can be sure it will be popular with those who know that a good workout begins with a great warm up session.

Product Specifications

Price: \$1,400.⁰⁰

Model Number: PFT050

Age Range: 13 years +

Muscle Group: Stretch

Product Type: Fitness Double

Unit Size: 2' x 2' 11"