



Product Description

There's nothing quite like a massage after a long run or intense workout session, so you can be sure fitness enthusiasts will be pleased to have the Double Station Back Massage placed near the other outdoor gym equipment they use. There is a horizontal roller with small bumps which work the muscles as the person holds the handles and moves slowly up and down. This is ideal for targeting lower back muscles put under pressure with repetitive yoga or pilates movements, or even from core exercises that affect the back muscles too. A second set of rollers is placed vertically and they require a side to side movement to get the full benefit. Shoulders are the main target of this massage and those who have completed multiple sets of lat pulldowns or chest presses will love to finish off with a roll on the Double Station Back Massage. As there's two stations it can be used post-workout by gym buddies or fitness partners.

Product Specifications

Price: \$1,284.⁰⁰

Model Number: PFT052

Age Range: 13 years +

Muscle Group: Stretch

Product Type: Fitness Double

Unit Size: 2' 7" x 4' 4"