



Product Description

For a defined midsection and strengthened core muscles including the obliques and abdominals, the Single Station Waist Twister is an easy to use piece of outdoor gym equipment that can be added to an existing workout area or used in conjunction with other pieces to create something brand new. The Single Station Waist Twister is simple to use as it requires the individual to step up onto the spinning plate, grab the handles at the top and twist the body repeatedly from left to right, ensuring that adequate stretching is allowed to occur across the midsection. For smaller users and teens there are also two metal handles at the side to provide stability as the body twists and turns. It's an excellent piece of apparatus for those looking to develop a better posture, increase the range of motion in the hips and also give flexibility to lower back muscles. It can be used to build cardio before a workout session to get the maximum benefits from it as the motion is gentle but still manages to get the blood pumping.

Product Specifications

Price: \$1,228.⁰⁰

Model Number: PFT057

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Single

Unit Size: 1' x 5' 3"