



### Product Description

With smooth back and forth movements, the Double Station Glider helps users to bring a good level of fitness to multiple parts of the body at the same time. Individuals place their feet in the textured platforms to provide grip, hold onto the bars at the top, then move their feet as if they were shuffling along the ground. This motion causes the Double Station Glider to begin swinging and after a while the user will feel their leg muscles beginning to put the work in to keep the apparatus going. It gives a workout to the calf muscles, quads and the hamstrings too as the range of motion the hips go through is as long as the leg can stretch out. Two people can jump on this workout machine at the same time and coordinate their glides for a fun experience while interacting socially with a friend, workout partner or fellow fitness enthusiast. The arms and shoulders are also getting a workout too as the hands control the movement from the top grips. This equipment is excellent for cardio and will endure many seasons of rain and shine.

### Product Specifications

**Price:** \$1,586.<sup>00</sup>

**Model Number:** PFT058

**Age Range:** 13 years +

**Muscle Group:** Cardio

**Product Type:** Fitness Double

**Unit Size:** 1' 10" x 5' 2"