



### Product Description

The Double Station Tai Chi Hand Swing is a super way that develops the body as well as the mind. Tai Chi involves slow movements to provide a greater range of flexibility and mobility and with the Double Station Tai Chi Hand Swing it's possible to bring that level of strengthening to the joints of the shoulders, elbows and wrists too all in one smooth motion. The machine is available with or without resistance and encourages a deeper level of mindfulness as the motion is calming, especially if it's installed overlooking a particularly beautiful piece of scenery such as a woodland or lake. Users will find themselves mentally relaxing and unwinding from the stresses of life as their palms placed on the apparatus slowly move in circles on the round textures platforms. Couples and fitness partners can benefit from the workout station together as they face each other and spin the wheels around for a warm up or cool down session as part of a wider exercise regime.

### Product Specifications

**Price:** \$1,410.<sup>00</sup>

**Model Number:** PFT060

**Age Range:** 13 years +

**Muscle Group:** Stretch

**Product Type:** Fitness Double

**Unit Size:** 3' 11" x 3' 8"