



Product Description

An excellent way to twist and turn the body to a higher level of fitness, the Royal Double Station Torso Twist is designed to give strength to the core muscles with repetitive motions. Using the Royal Double Station Torso Twist is simple as users just need to grab hold of the bars at the side and step aboard the spinning plate which has a textured design to maximize grip even after a shower. The dynamic movements promote overall body flexibility whether it's the abdominal muscles that are used when stopping the turn to change direction or the hips that are given a range of movement not usually experienced on any other kind of indoor or outdoor gym equipment. The fluid motion of the body when using this equipment is essential for older adults not keen to over-exert or strain themselves but still benefit from the flexibility it brings. The gym equipment is durable against all types of weather and the rain will just roll off the powder coated surface which ensures it will not rust easily.

Product Specifications

Price: \$3,134.⁰⁰

Model Number: PFT024

Age Range: 13 years +

Muscle Group: Core

Product Type: Fitness Royal

Unit Size: 2' 10" x 5' 7"