



Product Description

Not all outdoor gym equipment has to be physically enduring to make the user feel the burn. There's a lot of benefit for users who want to warm up their muscles with gentler exercises to prevent muscle injury. This is exactly what the Royal Double Station Arm Rotation equipment offers. Arm and shoulder flexibility is key to performing a range of other exercises such as chin ups and workouts that target the triceps and biceps. When this piece of equipment is placed in a public park or school setting, both teenagers and adults can begin their workout regime with this simple warm up. It's as easy as grabbing the wheels on the inner or outer grip of the Royal Double Station Arm Rotation to suit the body size and twirling them around and around at any speed to give those upper arms and shoulder joints much-needed flexibility. It can be used by two people at a time on either side of the information board which gives helpful advice on the best form and how to use the equipment properly. This equipment is available with no resistance or added resistance.

Product Specifications

Price: \$3,016.⁰⁰

Model Number: PFT021

Age Range: 13 years +

Muscle Group: Stretch

Product Type: Fitness Royal

Unit Size: 3' 4" x 3' 11"

