



### Product Description

Fitness fanatics know the key to a good workout is an effective warmup session and that's exactly what the Triple Station Torso Twist delivers. Capable of being used by three people at the same time, the equipment is simple to use by standing on the spinning plate and moving the body left to right and back again multiple times. This twisting motion helps to build core strength which is needed to succeed in a range of other exercises that require strong abdominal muscles. The exercise itself is quite basic and doesn't need a lot of user input, so it's perfect for using with others face to face so you can chat with each other as you tone your body. Exercising on the Triple Station Torso Twist is fairly low impact which means the elderly can enjoy it just as much as younger adults and it will provide much-needed flexibility to their fitness regime. Place it anywhere you can imagine either inside in a dedicated area for exercising or outside in a play park or communal area.

### Product Specifications

**Price:** \$1,134.<sup>00</sup>

**Model Number:** PFT011

**Age Range:** 13 years +

**Muscle Group:** Core

**Product Type:** Fitness Triple

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