



### Product Description

Before an intensive workout session every fitness guru knows that the muscles need to be warmed up. If you're adding this Double Station Arm Rotation alongside other outdoor gym equipment designed to strengthen the arms or upper body, you're helping users to avoid painful muscle injury, strains and tears. The way the Double Station Arm Rotation functions is simple. Users stand upright and take hold of the handles on the wheels and move them both in the same direction or in opposite directions, or even a mixture of both to relax the shoulder muscles and prepare the arm muscles for harder workouts. Only a few minutes before a workout session are needed on this equipment so two people can share it at the same time if there are lots of people waiting to use it in a public park. It also gives the heart a light workout too and gets the blood pumping ready for more strenuous activity.

### Product Specifications

**Price:** \$1,570.<sup>00</sup>

**Model Number:** PFT009

**Age Range:** 13 years +

**Muscle Group:** Stretch

**Product Type:** Fitness Double

**Unit Size:** 3' 4" x 3' 5"