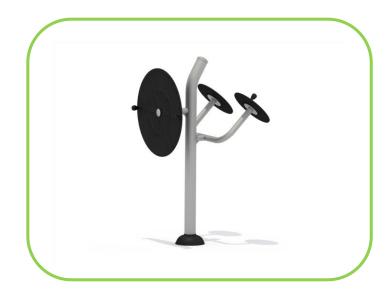






G-Fit Outdoor Gym Equipment

GF-18018 Arm Warming up Trainer





Muscle Groups Used

TECHNICAL DATA

Dimension: 1180×1040×1900mm

Training Space: Ø2000×2200mm

Safe Area: Ø3500×3700mm

Free Height of falling: 0mm

Maximum permissible user body weight: 140KG

FUNCTION

Increase mobility and tone the chest, shoulders, arms and back, promote flexibility & strengthen shoulders.

DIRECTION

Standing Rotator Exercise

- Stand with the feet shoulder width apart with the chest centrally 1. positioned between two of the spinner wheels;
- Grip both wheel handles and move the wheels so that the hands 2 are uppermost;
- Simultaneously rotate left wheel anti-clockwise and the right 3. wheel clockwise;
- Alternating the direction of rotation during exercise with increase 4. effectiveness;
- Increase repeats as your fitness improves. 5.

CERTIFICATION

Shoulder Trainer Exercise

- Stand facing the wheels while keep body parallel to the equipment; 1.
- 2. Take hold of handles with both hands;
- Simultaneously roll wheel clockwise or counterclockwise; 3
- 4 Increase repeats as your fitness improves.





Info@everbestplay.com

everbestplay@gmail.com