

## Double Shoulder Rotation

**MSRP \$1,400.00**

**SALE \$1,077.00**

### Highlights:

- Multiple circles for more control
- Encourages stretching before working out
- Easy to grip knobs at opposite points on each wheel
- Sets exercisers up for success on more difficult arm workouts

**Age Group:** Adult

**Footprint:** 2' 1" x 2' 11"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



Set your exercisers up for success by adding the Double Shoulder Rotation into your site plans. When putting together an outdoor gymnasium, it can be easy to overlook activities that would contribute to a full-body workout. One of the most basic ones is stretching. The Double Shoulder Rotation works the arm through each point of the rotator cuff loosening it up for subsequent exercises, and its effectiveness can be improved through the addition of a resistance component. Working each arm separately allows the user to position themselves for maximum effectiveness in the stretch. The free-spinning nature of the wheel lets the exerciser set the pace and the motions that are most needed to prepare them for a successful workout. The Double Shoulder Rotation system can be ordered in up to two of our custom colors creating a variety of looks from energetic to calm. Add it to your outdoor fitness track to help prevent injuries.