

## Double Tai Chi Hand Swing

**MSRP \$1,410.00**

**SALE \$1,085.00**

### Highlights:

- Excellent for the elderly
- Relaxing exercise for the smaller joints
- Weather resistant plastic and powder coated steel
- Bumps stimulate the hands while engaging in the exercise

**Age Group:** Adult

**Footprint:** 3' 9" x 3' 11"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



The Double Tai Chi Hand Swing offers a variety of flexibility benefits in the hands, wrists, and arms. The user places their hands upon the bumpy surface of the wheels. The bumps help to hold their hands in place as they spin the wheel. The user can then move them side to side or create full circles in the same direction. The Double Tai Chi Hand Swing is particularly useful in areas where there is a large elderly population. Retirement homes might be the first place that comes to mind, however, parks, public fitness areas, walking trails, and even suburban developments have residents that will benefit from using the equipment. The simple exercise helps to keep joints limber. Adding a resistance mechanism to the Double Tai Chi Hand Swing allows the user to more effectively stretch their upper body. The exercise is also soothing when matched with breathing and focus being put on one's actions. Whether you'd only like the Double Tai Chi Hand Swing or would like to build an entire fitness course, the equipment can be custom colored in up to two colors of your choice.