

## Royal Double Torso Twist

**MSRP \$3,134.00**

**SALE \$2,411.00**

### Highlights:

- Grab the handle and twist back and forth
- People can workout with a partner or buddy
- Core, abdominal and back improving exercise
- Stretches back muscles and reduces soreness

**Age Group:** Adult

**Footprint:** 2' 10" x 5' 7"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325



The Royal Double Torso Twist is a simple way to add a twist to your workout routine. This station's exercises help to strengthen the abdominal muscles and core. Stronger abdominal muscles help to take pressure off the spine, which will reduce the frequency of having a sore back. It can be enjoyed with another fitness nut or if you need a third workout buddy, the Triple Torso Twist may be more your style. An additional workout buddy can provide an increase in enthusiasm and routine times. An instructional guide is printed on the side of the station and keeps users informed on how to get the most mileage out of your equipment. The Royal Double Torso Twist is outfitted with outdoor friendly materials that will extend the life of this worthwhile system. This unit pairs well with more upper body focused pieces of equipment like the Royal Chin Up and Royal Dip Station.