

Triple Torso Twist

MSRP \$1,134.00

SALE \$873.00

Highlights:

- Three slip-reducing platforms
- Easy workout for any aged individual
- Study design with weather-resistant materials
- Works the abdominals and strengthens people's core

Age Group: Adult

Footprint: 4' 4" x 4' 11"

COMPLIES With:

ASTM F1487-17

CPSC PUB #325



Strengthen your abdominals on the Triple Torso Twist. Having strong abdominal muscles has been proven to improve posture and help reduce the risk of lower back pain. Core muscles also play an important role in everyday tasks like cleaning, gardening, cooking, and lifting objects. This unit has a place for three individuals to stand and twist. Its platforms are outfitted with grip-inducing protrusions that keep falling and slipping to a minimum. If three people working out is too crowded, the Royal Torso Twist Station holds only two individuals. Also, a good supplement to this type of workout is a more arm or leg focused unit like the Triple Royal Leg Press or Triple Royal Lat Pull Down. The Triple Torso Twist's workout isn't ageist, adults young and old will find benefits in the use of this robust, helpful and inclusive unit.