

Double Arm Rotation

MSRP \$1,570.00

SALE \$1,208.00

Highlights:

- Each wheel freely rotates
- Stretching machine to help with form
- Gentle stretching motion
- Excellent for outdoor exercise areas, parks, and retirement homes

Age Group: Adult

Footprint: 3' 4" x 3' 5"

COMPLIES With:

ASTM F1487-17

CPSC PUB #325



Begin any workout with a gentle stretch on the Double Arm Rotation. Built for two people to workout at once, the Double Arm Rotation is a pair of wheels with easy to grasp handles. The user holds onto the handle and can go in two main direction groups. The easiest is for the user to spin the wheels in opposite directions with one going counterclockwise and the other going clockwise. This pushes the hands together as close as possible and then apart as far as possible. The next is for the hands to start at the same point and go clockwise or counterclockwise together. Both sets are necessary to fully loosen up the rotator cuff, shoulder and upper arm muscles for more intense exercises. With a weighted resistance mechanism, users can modulate the intensity of their exercises and get more effective workouts. The equipment itself comes in powder coat painted steel in up to two custom colors of your choice. The base protector is only available in gray rotationally molded plastic. If your community might need more guidance using the equipment, check out our Royal Arm Rotation Station that has the additional center board with the exercise directions on it.