

Double Pendulum Swing

MSRP ~~\$1,606.00~~

SALE \$1,236.00

Highlights:

- Standalone or part of a workout
- Multiple handlebars for greater comfort
- Strengthens obliques while engaging core and back
- Steel components powder coat painted in your choice of colors

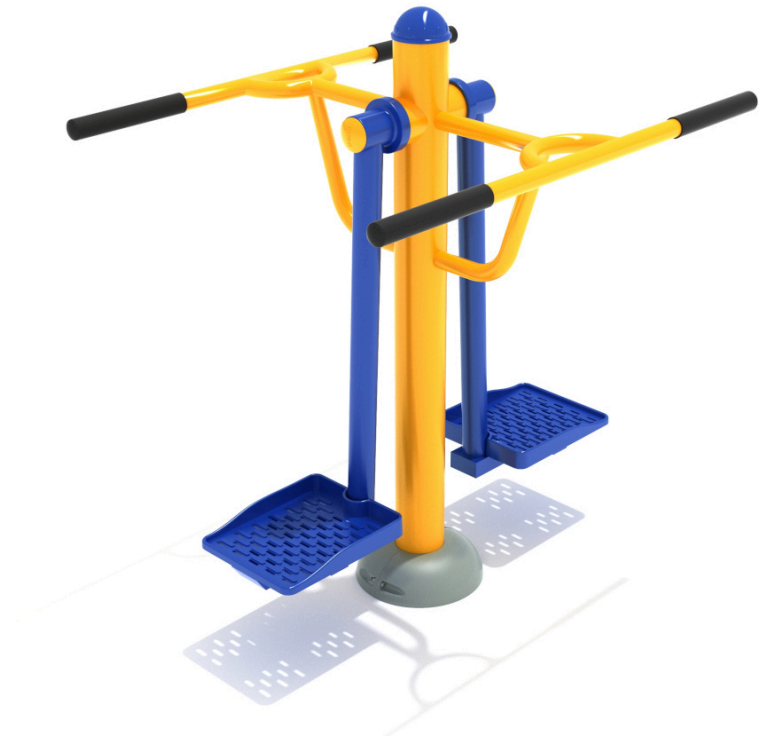
Age Group: Adult

Footprint: 2' 11" x 3' 9"

COMPLIES With:

ASTM F1487-17

CPSC PUB #325



The Double Pendulum Swing will work muscles in both your core and back in one exercise. Exercisers simply place their feet on the platform and then begin to swing side to side. This motion forces the user to engage their core muscles while activating their obliques and back. The exercise is gentle enough that more fragile patrons will be able to do it worry-free. The Double Pendulum Swing works a very specific area of the body and pairs well with more intense exercises. Try adding the Double Glider for cardio, the Double Lat Pulldown and the Double Chest Press for upper body exercises, and finally, the Double Leg Press for a lower body exercise. Color-coordinate the entire set by ordering them in your choice of up to two custom colors. All of the plastic portions come in a stately gray. Whichever colors work best for your environment, it is sure to encourage your community to get fit.