



Bars Biohealthy

Description

Bars Biohealthy that strengthen the muscles of the shoulder and abdomen. It improves the muscular condition of the back.

Technical characteristics

Dimensions: 1800 x 500 x 1400 mm

Function: Strengthens the muscles of the shoulder and abdomen. It improves the muscular condition of the back.

Use: Support the device by supporting the arms on the bars and perform push-ups.

Realization: Always depending on the physical state of the person. We recommend 3 sets of 5 repetitions each, with a rest of 5 seconds between series and series.

Note: This is an exercise of strength that must be performed non-violently. In case of joint pain, suspend the performance of the same.

