



Waist Biohealthy

Description

Waist Biohealthy that exercises the waist and helps relax the waist, hip and back muscles. It reinforces the flexibility and flexibility of the lower back.

Technical characteristics

Dimensions: 1800 x 1600 x 1350 mm

Function: Exercises the waist and helps relax the waist, hip and back muscles. It reinforces the flexibility and flexibility of the lower back.

Use: Take the handles with both hands, maintain the balance and turn the hip from side to side without moving the shoulders and paced.

Realization: Always depending on the physical state of the person. We recommend 3 sets of 2 minutes each, with 5 seconds rest between series and series.

Note: Do not force the hip turn, the measure of the amplitude is to carry the feet without moving the shoulders from handle to handle. Do not release the handle until the end of the exercise.



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