## Category Fitness machine

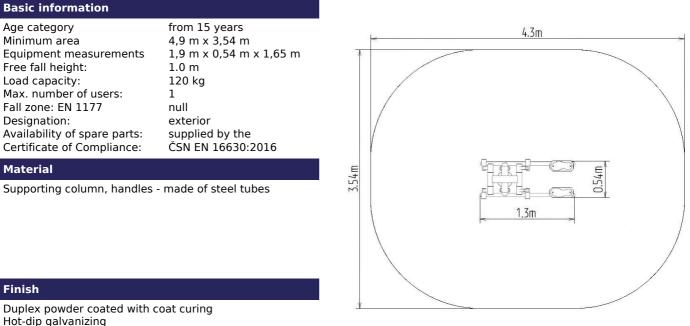




## Fitness element FP-014ST Skiing (ski) - turquoise

Product type

FP-014ST-10



Description The handles are made of powder-coated steel tubes. The supporting column is made of a steel tube with a mounting flange at the bottom. The frame and tread are made of powder coated sheet metal. Rolling bearings are used for movable connections. Holes

are sealed with steel elements at the ends. All fasteners are stainless. Functions: It builds muscles in the lower part of the body, such as calves, lumbar muscles and the muscles of the lower abdomen. It works muscles of arms, improves the function of the heart and the respiratory tract, coordination of movements and the body stability.

Instructions: Position yourself with your soles on the small platforms and grasp the handles firmly. Start moving with your hands and legs simultaneously and try to hold your back upright.