

OVERVIEW:

- * Easy and intuitive use
- * Meant for everybody
- * Body part involved: torso, back
- * Security: emergency brake

TECHNOGYM TRAINING

It is the ideal solution for the treatment and prevention of back pain. The gradual and gentle stretching of back muscles reduces muscle tension and supports a lasting sense of well-being.

* Muscles involved: hip-bone, psoas, quads, rectus femoris, anterior tibialis and glutes.



STRETCHING