



Schiek Head Harness - Neck Trainer



Schiek neck trainer - for an optimal training of the neck muscles.

CHF 66.90

The Schiek neck trainer strengthens the muscles of the neck and reduces the risk of injury in this area.

The neck trainer is simply placed on the head and over the attached steel chain weights can be attached to the head which then hang freely in front of the chest. For optimal results of the neck muscles move the head up and down.

Size individually adjustable by Velcro.