



Sissel Hang Up - Gravity trainer (302.001)



The increasing stress on muscles, joints and the spine due to physical activities such as sports, excessive training, bending, lifting, long periods of sitting or standing, lead to compression and rotation pressure and are often the cause of complaints. The reverse pull during exercises with the inversion bench automatically leads to relief. Tensions can be released and thus contribute to an alleviation of the complaints.

CHF 389.00

The gravity trainer Sissel Hang Up relieves the overhead position recommended by orthopedists the intervertebral discs and relaxes the back muscles and has a beneficial effect on blood circulation.

Equipment:

- Training device for relieving the strain on the intervertebral discs and preventing back pain and muscle tension
- Performing sporting exercises such as abdominal muscle training (sit-ups)
- foot support with quick adjustment and locking device
- Quick adjustment of the maximum tilt angle
- safety device against unintentional tilting
- quickly assembled, space-saving storage
- foldable
- for body heights from 1,40 to 1,98 m
- max. height 2,05 - 2,09 m (with max. body height adjustment)

use: home use, payload: 110kg

unit dimensions: L150 x W85 x H226cm, folding dimensions: L40 x W85 x H200cm, weight 36kg

warranty: 2 years on labour and spare parts (excluding consumables)