



Sissel Hang Up Pro - gravity trainer



The increasing strain on muscles, joints and the spine caused by physical activities such as sport, excessive training, bending, lifting, prolonged sitting or standing lead to compression and rotational pressure and are often the cause of complaints. The reverse pull during exercises with the inversion bench automatically leads to relief. Tension can be released and thus help to alleviate discomfort.

CHF 589.00

SISSELreg: Hang UP PRO offers very comfortable and safe inversion training. The support surface is pleasantly padded, the feet are comfortably fixed and the integrated safety brake helps both new and experienced users to feel safe during inversion training.

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

Features:

- Training device to relieve pressure on the intervertebral discs and prevent back pain and muscle tension
- Performing sporting exercises such as abdominal muscle training (sit-ups)
- Foot support with quick adjustment and locking mechanism
- Quick adjustment of the maximum tilt angle
- Protection against unintentional tilting
- Foot quick-locking system
- Durable steel construction
- Foldable
- high-quality, padded backrest with wave structure for more comfort
- patented brake lever system - can be locked at any inversion angle
- non-slip legs for more stability
- suitable for body heights from approx. 1.45 m to max. 2.00 m
- can be tilted 180
- approx. 83 x 140 x 145.5cm



- max. body weight: 160kg

Areas of application:

- relieves tense back and neck muscles after long periods of sitting or physical exertion
- Helps to relieve tension headaches
- Training the abdominal muscles
- before sport to prevent tension
- to relieve intervertebral discs

Use: Home to light institutional use, load capacity: 160kg

Device dimensions: L83 x B140 x H145.5cm

Warranty: 2 years on labor and spare parts (excluding consumables)