



Tunturi rotating push-up aids



Push-ups are one of the simplest and most efficient basic exercises. With the rotating push-up stands, they are now even more efficient. The push-up stands provide intensive arm, shoulder, back and abdominal training.

CHF 38.90

The rotating movement relieves the strain on the wrists. The rubberized underside makes the rotating push-up aids non-slip and safe.

With an adjustable rotation lock, these rotating push-up handles can also be converted into fixed-position push-up aids.