



Sissel Pilates Core Trainer



Core training in a compact format - versatile and always at hand. You can use it for targeted problem zone training. The Core Trainer has 4 loops for parallel exercises of arms and legs.

CHF 39.00

Optimal for strengthening the muscles of the trunk, arms and legs. With the 4 loops perfect for parallel exercises of arms and legs

- with hygienic flex grips for a secure hold and comfortable handling
- for a targeted problem zone training - e.g. for fitness, aerobics and therapy
- medium strength for effective resistance training
- including exercise instructions
- material: latex
- color: lime green