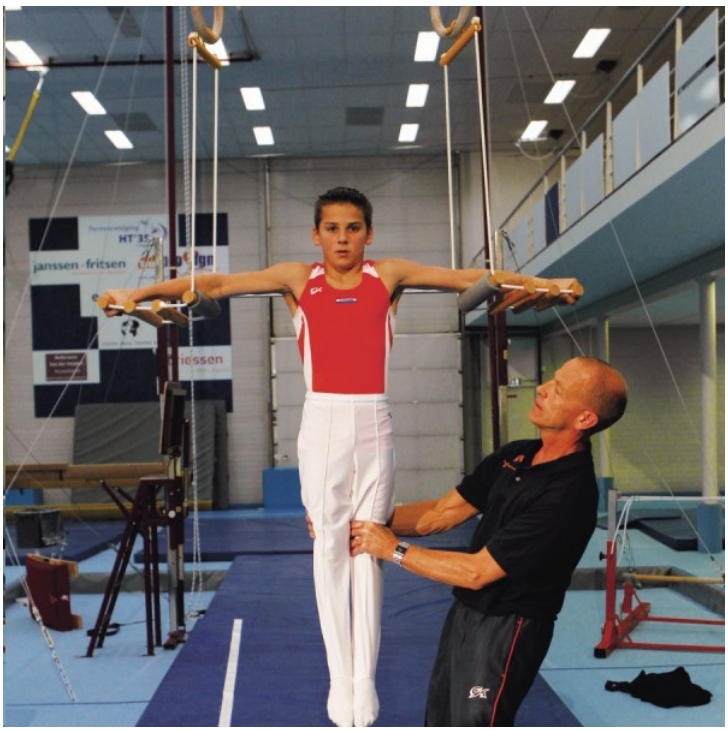
SPIETH - Cross position aid



Details

Training aid to practice the cross hang in the rings

The hand grips are at various heights, allowing freedom in the choice of force required

Sold as a pair

Highlights

- Three different grip positions with upholstery for the arms
- Essential for ring training
- Ideal for methodic training
- Force easy to control