SPIETH - Power and coordination trainer



Details

This training system improves the development of both power and coordination.

The basic positions, based on the so-called "C", "I" and "S" positions, can be simulated and brought to perfection. Changes in position automatically lead to changes in the leg/chest and arm/chest angle.

Power development of the chest and shoulder muscles is stimulated in a way that stabilises the spinal column.

The metal feet support and nylon belt are comfortably upholstered.

Fits any brand of parallel bars.