

# SPIETH - Flic-Flac Trainer

15403XX



## Details

These Flic-Flac trainers from SPIETH are manufactured from reinforced special foam in an elliptical shape and are ideal training equipment to learn playfully handspring and flic-flac -moves

The Flic-Flac-trainer returns automatically into its starting position due to an asymmetric weight distribution of the foam core.

Available in three sizes:

- SMALL - 78x70x65 cm - gymnast height up to 130cm (4' 3")
- MEDIUM - 100x70x87 cm - gymnast height up to 160cm (5' 3")
- LARGE - 116x80x99 cm - gymnast height over 160cm (5' 3")

Features:

- Elliptic methodical training device made of special lightweight foam
- Enables fearless training of handspring movements
- Independent use through learners is possible
- Frequent repetitions without any problems
- Facilitates and eases the assistance for coaches

Also available with a separate stabiliser that is designed to stop the Flic-Flac Trainer rolling away. The stabiliser is fixed with VELCRO® fasteners on the sides and has an anti-slip underside

SKU	Options	Available Colours
1540350	Small	N/A
1540350S	Small	N/A
1540355	Small	N/A
1540351S	Medium	N/A
1540356	Medium	N/A
1540351	Medium	N/A
1540352S	Large	N/A
1540357	Large	N/A
1540352	Large	N/A