Impulse IF93 Torso Rotation

Details

Impulse IF93 Torso Rotation machine

The torso rotation machine is ideal for working the internal and external oblique muscles. It is a great tool that allows users to develop pelvic stabilisation in a way that focusses on form and technique to get a full stretch on these muscles. Ergonomically designed seat pad, roller pad and back pad provide additional support through stabilising the lumber spine making training safer. The machine has also been designed to offer users multiple starting positions to accommodate a range of different users.

The torso rotation machine is specifically designed for entry level studios and commercial gyms and offers a complete functional package that is easy to maintain.

The specially designed pads have different angles to allow them to suit different users to target muscles with greater effect through a full range of motion.

Key Features

- Allows a full range of motion to effectively train internal and external oblique muscles
- Develop pelvic stabilisation through proper form and technique
- Ergonomically designed padding provides additional support on the lumbar spine
- Multiple starting positions accommodates for different users

PLEASE NOTE: This item is delivered flat-packed and requires some self-assembly. Please contact us if you require a cost for installation and commissioning in your facility