

Pilates Door Knob Rope Exerciser BF7633




Unique range of motion gives full body tone! Strengthen your back, shape your chest, trim arms, tone legs and tighten abs! Comfort grips allow you to workout longer. Just slip the loop on the door knob and start exercising! Build power, strength and stamina without bulky, expensive machinery! All ages, all fitness levels will see results in just minutes a day. Strength training builds lean muscle tissue, burning calories even after your workout.

- Easily attaches to the door knob.
- Pulleys provide maximum tension.
- Fitness Guide Included.

 **DOWNLOAD
FITNESS GUIDE**

 **PRINT
PRODUCT SHEET**

 The Surgeon General has determined that everyone should get 30 minutes of moderate physical activity five days of the week.™

- Always consult a physician before performing any physical activity.
- No liability or responsibility is assumed by the manufacturer for any injury incurred as a result of using this product.