

Twist Board for Pilates with Resistance Tubing BF7720

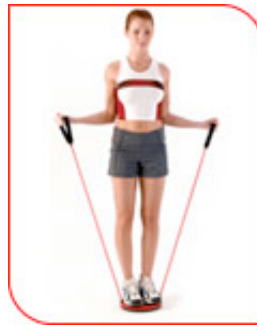



The Twist Board for Pilates with Resistance Tubing is a great workout tool. Heavy-duty resistance tubing stabilizes body allowing you to get a complete workout. Massage points provide relaxing stimulation and traction for your feet. Stretch and bend your arms for biceps curls or triceps extensions. Use tubing with handles or do traditional twisting exercises.

- Portable.
- Use it at home.
- Use in the office.
- Use at the gym.

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 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.