PRODUCT SPECIFICATIONS

ADAC 11604 Core Rollers

Code: ADAC-11604

MRP : 4199.00

Designed to engage the core muscles and strengthen the upper body. The rolling motion of the equipment triggers hard to target muscles through a variety of exercises such as oblique and pike roll-outs. Individual rollers can be used to train the core, arms, chest, shoulders,hips.



Dim.(LxWxH)：	21 x 14.5 x 14.5cms
Max.User Weight：	120 Kgs.
Net Weight：	0.83 Kg