

PRODUCT SPECIFICATIONS

Synergy 360A Crossfit
Code: 44755

MRP : 885000.00

COSCO
SPORTS | FITNESS



360A crossfit is designed with experienced imagination, best way of combination to variable exercise programs in limited space. You could work out in thousand different way on this machine.

1. Parallel bars: Wide grip, narrow grip, and support height adjustment. Complete all kinds of training action of parallel bar, with high degree of freedom.
2. Chin-up : Chin-up trainer is a classical use for space. With high strength grinding treatment, stable, reliable and comfortable. Wide grip, narrow grip, horizontal, vertical, to meet all the needs of posture.
3. Power rope : Power rope training is a necessary course in advanced physical training. It adopts different ways of shaking to make effective exercise. It is helpful to improve the speed, strength and explosive force.
4. Functional Trainer : Functional Trainer is one of the essential machine in the gym. Using different parts can exercise different muscles, with abundant training methods. It can nearly exercise all parts of the muscle.
5. TRX Hanging Rope : Hanging rope is originally from U.S. Navy Seals. With the help of user's own weight to do hundreds of training movement. It can increase strength, balance force, flexibility and core stability.
6. Sandbag : Punching a sandbag is a necessary method for exercising neck and back muscle. Boxing sport has an especial health care effect on such people working at their desks.
7. The ladder : It is located in the middle of 360 comprehensive training, stable and safety. To exercise user's upper limb through climbing.
8. Medicine Ball : Medicine ball training is suitable for all ages of users, with a variety of methods. Medicine ball can fully exercise the chest, abdomen, back muscles. It can improve the user's explosive force and coordination .
9. Elastic rope : Elastic rope is aimed at the user's small muscle group. With a variety of using methods, effectively preventing muscle strain.
10. Yoga ball : Yoga ball is one of the gym regular equipment, with various training methods. For men and women, young and old, the training is beneficial to all parts of the body.
11. Knee raise training : It can specially exercise the waist and abdomen. It can replace the parallel bars to exercise the arm muscle.
12. The springboard trainer: It is for the leg training to improve the user's strength and coordination. It can adjust the height of springboard, for different training intensity.
13. Agility ladder : With high frequency training in small areas. It can improve the body coordination, the concentrated force and the reaction force.