



Abdominal Wheel O'Live

Abdominal wheel for toning and exercising the Core

Strong and resistant instrument to **facilitate the training of the entire CORE (abdominal muscles, lumbar, pelvis, buttocks and spine musculature) in a fun and efficient way and reduce the risk of injury.**

It can be used for a wide variety of dynamic upper and lower body strength exercises.

Product description:

The O'live Fitness abdominal wheel can be used not only with the arms but also with the feet, thus increasing the diversity of possible exercises.

It activates the core and increases power in the chest, shoulders and arms.

Reference: EN33800.00

EAN13: 8436554041176

UPC: -
