



Sliders O'Live

Slider Fitness Discs for Sliding Exercises
O'Live

O'live Sliders are a versatile, comfortable and practical product that can be added to a stand-alone Slider session or incorporated into an existing class format either at home or in the gym.

It works abdominal exercises, core, several muscle groups simultaneously and more...
it's a must-have fitness equipment for athletes.

Product description:

Perform a variety of exercises with Sliders O'Live sliding discs that transform exercises into smooth, fluid movements.

They provide a sliding training surface.

They allow you to work various muscle groups while activating the core muscles during the execution of the movement, ideal for pilates or yoga

Note: **not suitable for rubber floors.**

Reference: ST22101.00
EAN13: 8436554047383
UPC: -
