



## HMS SINGLE EXERCISE WHEEL

**SKU:** TT17606

**~~12.00 €~~ 9.60 €**

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**Stock:** In stock

**Categories:** [Abdominals](#), [Fitness](#), [Fitness Accessories](#)

## PRODUCT DETAILS

A roller used for upper body exercises. Its high quality and modern design will satisfy even the most demanding users.

It has a large and ergonomic design and is covered with rubber so that your hands do not slip.

While exercising with a single roller, almost the whole body works. In addition to the abdominal muscle, deep and oblique muscles are involved in the workout. Also, the broader back muscle, the teres, the bigger and smaller muscles, and the infraspinatus muscles are working. Arm muscles and triceps also take part in exercises. In turn, a stable base in the kneeling position provides a strain thigh muscles, the quadriceps, and the buttocks - gluteus maximus.

In addition to the typical gym training, it also works well for people with various types of motor problems. We recommend it to all who want to take care of their physical fitness at home or at

the gym.

**BRAND**

**HMS**

