



## GF-18018

### Arm Warming up Trainer



#### Muscle Groups Used



## TECHNICAL DATA

**Dimension:** 1180×1040×1900mm

**Training Space:** ∅2000×2200mm

**Safe Area:** ∅3500×3700mm

**Free Height of falling:** 0mm

**Maximum permissible user body weight:** 140KG

## FUNCTION

Increase mobility and tone the chest, shoulders, arms and back, promote flexibility & strengthen shoulders.

## DIRECTION

### Standing Rotator Exercise

1. Stand with the feet shoulder width apart with the chest centrally positioned between two of the spinner wheels;
2. Grip both wheel handles and move the wheels so that the hands are uppermost;
3. Simultaneously rotate left wheel anti-clockwise and the right wheel clockwise;
4. Alternating the direction of rotation during exercise with increase effectiveness;
5. Increase repeats as your fitness improves.

### Shoulder Trainer Exercise

1. Stand facing the wheels while keep body parallel to the equipment;
2. Take hold of handles with both hands;
3. Simultaneously roll wheel clockwise or counterclockwise;
4. Increase repeats as your fitness improves.

## CERTIFICATION

EN16630:2015



**TÜV Rheinland**  
EN16630 Tested