

TTCOOL Aerial Yoga Swing - Ultra Strong Antigravity Yoga Hammock/Trapeze/Sling for Antigravity Yoga Inversion Exercises



Description: Achieve deeper backbends and instant back pain relief with the yoga trapeze the yoga trapeze is the most powerful, at home yoga inversion tool ever created. Hang it of your door frame or from an exposed beam, bar or swing set. Setup is fast and simple, results are immediate. Heal your spine at home. Our students report that the yoga trapeze is more effective than an 1-hour deep tissue massage or a multiple series of chiropractic adjustments. The yoga trapeze strengthens and loosens the muscles surrounding the spine naturally - so you can eliminate the source of the pain both short and long term. Most back pain specialists recommend a 3-pronged approach for long term back pain relief. Traction: The yoga trapeze creates natural, body weight traction - the safest and most effective kind. Back and core strengthening: For dynamic, deep core strength, nothing compares to inverted, gravity resistance training. Flexibility: Just hang back, grab your ankles and chill out. This is the safest, deepest backbend you could ever do unassisted (and painless). You'll make flexibility gains effortlessly. Feature: Large bearing yoga swing Material: parachute fabric Loading Capacity: about 200kg Long yoga cloth: about 250x150cm (98.42"x59.05") Approx Color: 10 colors can be chosen Condition: 100% brand new and high quality Installation instructions: 1, first installed in the ceiling hooks, fixed plate or steel tube which can hold, distance between two hooks 50 cm to 80 cm is preferred. You need cut holes in the ceiling before Install the hook. perforated ceiling over the ceiling is not suitable for installation (installation must be on the fixed objects can bearing). 2, if the ceiling is higher, need to add extend belt, the belt length is 70 cm, the length of the anti-gravity yoga is 1.4 meters to 1.5 meters, so the higher ceiling is also ok. 3, the anti-gravity yoga mountaineering ends with the end of the hook to extend enough. Attention: 1. Yoga hammock hanging anchor must be strong,

Rating: Not Rated Yet

Price

45,90 €

Discount -11,00 €

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Reviews

There are yet no reviews for this product.