

DESCRIPTION

Rotating push-up bars with comfortable grip and non-slip pads. Comfort, increased stability, safety, and protection against wrist hyperextension. By using the handles at different angles, you can train in a diversified and targeted manner for chest, triceps, and shoulders. Comfortable, sturdy, lightweight and compact, the rotating push-up handles are a valuable ally in achieving your fitness goals.

COMFORT and STABILITY: the handles are designed with a comfortable grip and non-slip pads to provide comfort during workouts and increased stability during push-ups.

WRIST PROTECTION: thanks to their rotation, the push-up bars help prevent wrist hyperextension, offering greater safety during exercises.

DIVERSIFICATION of EXERCISES: the different angles of the handles allow for targeted training for chest, triceps, and shoulders, enabling a variety of movements to stimulate different muscle groups.

CONVENIENCE: the handles are comfortable, lightweight, and compact, making them easy to transport and suitable for use in limited spaces such as at home or while traveling.

FITNESS ALLIES: with the rotating push-up bars, you can progress toward your fitness goals effectively and flexibly, making the most of the wide range of workouts they can be used for.



TECHNICAL SPECIFICATIONS.

Color **Black**

STRENGTHS