



Women'S Fitness Body Shaping Maple Oak Household Appliances Pilates Casks Shape

Our Product Introduction

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Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Pilates, casks, women's fitness shaping, body shaping, maple, oak household appliances
- Minimum Order Quantity: 1 unit
- Price: Please contact sales personnel
- Packaging Details: Carton packaging
- Delivery Time: Please contact sales personnel
- Payment Terms: D/P, T/T
- Supply Ability: Please contact sales personnel



Product Specification

- Material: Maple, Oak
- Usage: Household And Commercial
- Colors: Black, Gray, White
- Leather: High Quality Leather, Delicate And Skin Friendly
- Adjustment: Knob Adjustment
- Net Weight Of Product: 44kg
- Highlight: Casks Shape Women'S Fitness, Pilates Shape Women'S Fitness, Household shapes fitness



More Images



Product Description

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Pilates pose ladder bucket is a type of exercise tool that combines instruments and poses, consisting of a metal frame and a ladder bucket suspended on the frame. A spring system is usually installed above the ladder bucket, and this unique structural design allows the ladder bucket to provide training with various difficulties and resistances. The Pilates pose ladder bucket is commonly used for training balance, flexibility, and core strength.


When using the Pilates ladder bucket, the following precautions should be taken:

1. Find a suitable training coach and follow their guidance and advice.
 - For beginners, it is necessary to train gradually, gradually increasing difficulty and resistance.
 3. Pay attention to maintaining the correct posture and posture to avoid injury.
 4. Do not overtrain, give your body sufficient rest and recovery time.
- If there is any discomfort or pain, immediately stop training and seek professional advice.


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