



Aluminum Alloy Full Track Customized Pilates Multifunctional Fitness Equipment

Our Product Introduction

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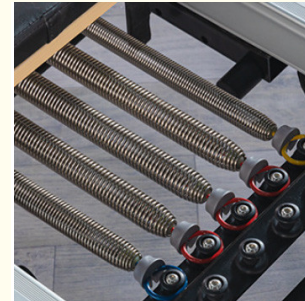
Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Pilates core bed, aluminum alloy full track, customized multifunctional fitness equipment
- 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

- Track: Aluminum Alloy Full Track
- Function: Multi Functional Integration
- Pad: Adjustable Headrest And Shoulder Support
- Pulley: Bearing Pulley
- Mobile: Equipped With Mobile Pulleys
- Highlight: Customized Multifunctional Fitness Equipment, Pilates Multifunctional Fitness Equipment, Aluminum Alloy multi function gym machine



More Images



Product Description

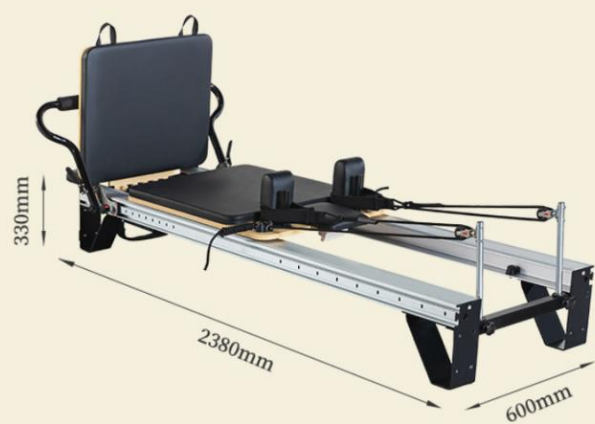
Pilates core bed, aluminum alloy full track, customized multifunctional fitness equipment

Pilates core bed is the most widely used equipment in Pilates, with the characteristics of wide range of use, strong functionality, and strong cost-effectiveness, making it the preferred equipment for Pilates enthusiasts. So, what is the function and effect of Pilates core bed?

1. Choose a Pilates bed that is suitable for your own exercise, and it will be more comfortable during the exercise process. Pilates is a type of exercise that primarily exercises the small muscle groups in the deep layers of the human body, maintains and improves normal posture, achieves body balance, expands the range of motion and ability of the trunk and limbs, and then cooperates with correct breathing methods to perform a coordinated full body exercise.
2. The advantage of a Pilates bed is that it can combine the movements on the Pilates mat to enhance overall strength through posture training. Recombinant trainers not only strengthen deep and stable muscle groups, but also stimulate large muscle groups, making the body stronger, accelerating metabolism, consuming more fat, effectively improving posture, and shaping a good physique.
3. Pilates can be practiced by lying on the back and kicking, by lying on a skateboard and stretching the neck, adjusting the scapula and pelvis to a neutral position. Place your palms down on both sides of your body, without arching your back or completely pressing it against the skateboard. Bend your knees, place your heels on the foot pedal, gently press your knees together, bring your ankles together, and hook your toes. This is an excellent exercise for the legs, hips, and torso. Pay attention to smooth and controlled movements.

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产品信息





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