



## Multi Functional Abdominal Health Machine Dragonfly Machine Abdominal Health Device

Our Product Introduction

for more products please visit us on [exercisegymequipments.com](http://exercisegymequipments.com)

### Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Multi Functional Abdominal Health Machine, Dragonfly Machine, Abdominal Health Device, 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

- Function: Multi In One
- Length: 5-speed Adjustable
- Display: Frequency, Frequency/minute, Time, Calories
- Strength: 3-speed Adjustable
- Bearings: High Speed Silent Bearings
- Storage: Folding Storage
- Highlight: Multi Functional Abdominal Health Machine, 5 speed adjustable Abdominal Health Machine, 3 speed adjustable Abdominal Health Device



### More Images



### Product Description

#### Multi Functional Abdominal Health Machine, Dragonfly Machine, Abdominal Health Device, Fitness Equipment

The dragonfly machine is a type of fitness equipment, also known as a fitness machine, fitness wheel, or push up stand. Its design inspiration comes from dragonflies spreading their wings and has multiple functions.

Here are some common features and usage methods of dragonfly machines:

Multi functional design: Dragonfly machines usually combine the functions of a belly strengthening machine, belly strengthening wheels, and push up stands, and can perform various types of training, such as back training, arm training, chest expansion, leg training, and abdominal muscle training.

Exercise effect: Using a dragonfly machine can effectively exercise muscles in multiple areas such as the abdomen, back, arms, and legs, helping to enhance strength, shape the body, and improve coordination.

Adjustable: Some dragonfly machines may have adjustable components, such as angles or heights, to adapt to different training needs and difficulty levels.

Stability and Safety: Ensure the selection of a dragonfly machine with good stability to avoid shaking or accidents during use. In addition, proper posture and gradually increasing training intensity are also important factors to ensure safety.

When using a dragonfly machine, it is recommended to refer to the following points:

Start with appropriate warm-up exercises, such as brisk walking or dynamic stretching.

Adjust the settings of the dragonfly machine correctly according to the instructions or coach's guidance.

Maintain the correct posture, pay attention to body alignment and standardized movements.


At the beginning, you can choose lower difficulty and intensity, gradually increasing the training time and difficulty.

Maintain even breathing during training and avoid suffocation.


Proper relaxation and stretching after training can help alleviate muscle fatigue.

for more products please visit us on [exercisegymequipments.com](http://exercisegymequipments.com)



 Qingdao Hongbinsheng Health Sci.&Tech. Ltd.

 +86 136 8768 1075

 [sales@hongbinsheng.com](mailto:sales@hongbinsheng.com)

 [exercisegymequipments.com](http://exercisegymequipments.com)

357 Jincheng Road, Chengyang District, Qingdao, China