

Multi Functional Abdominal Health Machine Dragonfly Machine Abdominal **Health Device**

Our Product Introduction

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 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



HAMMER STRENGT

Product Specification

Basic Information

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• 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.

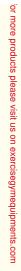
Stability and Safety: Ensure the selection of a dragonfly machine with good stability to avoid shaking or accidents during use. In addition, proper posture and gradually increasing training intensity are also important factors to ensure safety. When using a dragonfly machine, it is recommended to refer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

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Maintain even breathing during training and avoid suffocation

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





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