



Indoor Sports Multifunctional Voluptuous Wheel Silent Healthy Belly Wheel

Our Product Introduction

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Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: New style, indoor sports, multifunctional, voluptuous wheel, silent and healthy belly wheel
- 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

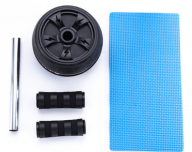


Product Specification

- Material: Environmentally Friendly Plastic+precision Steel Pipe
- Product Specifications: 28X16X9CM
- Product Color: Red, Black, Blue
- Brand: Customizable
- Highlight: Multifunctional Belly Wheel, Indoor Sports Belly Wheel, Silent Healthy Belly Wheel



More Images



Product Description

New style, indoor sports, multifunctional, voluptuous wheel, silent and healthy belly wheel

Instructions for using the Silent Abdominal Wheel

Prepare for action

Choose a flat and spacious ground, ensuring there are no obstacles around.

Wear comfortable sportswear and sports shoes to ensure comfort and safety during exercise.

Grasp the handle of the silent belly wheel with both hands, bring your feet together, bend your knees slightly, and kneel down.

Launch action

Slowly push forward the belly wheel while maintaining body stability. During the process of pushing out, it is important to control the speed and avoid pushing out too quickly, which may cause the body to lose balance.

When the belly wheel is pushed out to its maximum extent, the body should be in a straight line parallel to the ground. At this point, the abdominal muscles will feel a strong sense of stretch.

Pull back action

Using the strength of the abdomen and arms, slowly pull the healthy belly wheel back to its starting position. During the process of pulling back, it is important to maintain body stability and avoid swaying left and right.

When the belly wheel is pulled back to the starting position, repeat the above actions for the next exercise.

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Product specifications:	28X16X9CM
Product color:	Red, Black, Blue
Brand:	Customizable



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