



Skateboard swimming posture trainer with adjustable resistance pull up device and comprehensive lumbar and abdominal muscle swimming training

Our Product Introduction

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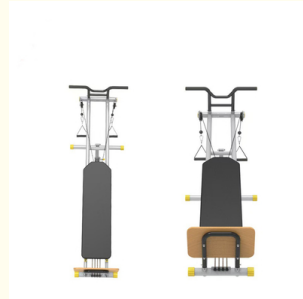
Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Skateboard swimming posture trainer with adjustable resistance pull up device and comprehensive lumbar and abdominal muscle swimming training
- Minimum Order Quantity: 10 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

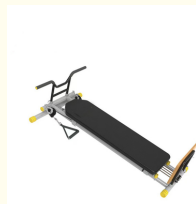


Product Specification

- Material: Steel+Leather
- Function: Multi Functional
- Storage: Foldable
- Mobile: With Moving Wheels



More Images



Product Description

Skateboard swimming posture trainer with adjustable resistance pull up device and comprehensive lumbar and abdominal muscle swimming training

The main function of the adjustable resistance pull up force device is as follows:

Exercising Back Muscles: Pulling upwards is a classic exercise for the latissimus dorsi muscle, which can help shape a broad back and increase upper body strength.

Strengthening the biceps: During the process of pulling one's own weight, the biceps will be fully contracted, thereby enhancing arm strength.

Training shoulder and arm muscles: In addition to the back and biceps, pull ups also involve the anterior, middle, and forearm muscles of the shoulders, providing comprehensive upper limb exercise.

Improving body posture: By strengthening the muscles in the back and shoulders, pulling upwards can help improve posture and prevent neck and back pain caused by muscle imbalance.

Cardiovascular exercise: Rhythmic breathing and continuous movements can improve cardiovascular endurance and promote cardiovascular health.

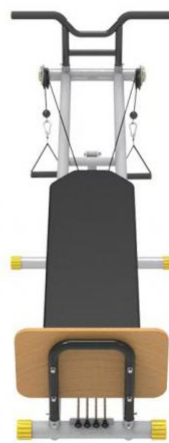
Suitable for various fitness levels: from beginners to advanced athletes, the pull-up can be adjusted according to individual abilities, such as using a power band for assistance or increasing weight for advanced training.


In summary, the adjustable resistance pull-up device is a multifunctional fitness tool that can help users target upper limb and back muscles, improve body posture, and enhance cardiovascular function.

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