

NJ1005 - WUNDA CHAIR

SPECIFICATIONS :

General

Popular in rehab, and studios, the Wunda Chair is finding its way into more and more homes, as more and more people are learning the value of low-impact resistance training.

Features include :

- Strong solid wood frame for sturdiness
- Beautiful multi-layered laminated wood with satin finish
- Comfortable high-density EVA foam padding with durable non-slip black vinyl
- 4x Medium Deluxe stainless steel springs
- Padded foot/hand pedals
- Two adjustable non-slip stainless steel stability handles

Description

While the Wunda Combo Chair is best known for refined leg work, it is actually a multipurpose pilates machine providing a full-body workout from a range of positions. The pedals can be operated independently or as one by either your feet or hands, while safety bars/handles aid you in balance. Springs provide tension and can be adjusted to suit your goals and the exercise.

Positions include :

- Kneeling
- Standing
- Laying
- Sitting

Actions include :

- Lunging
- Pushing
- Pedaling

