

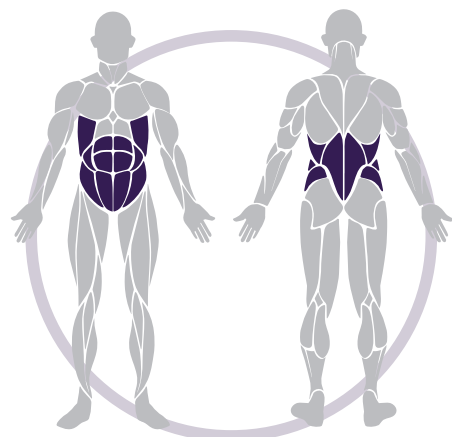


DATA SHEET

SIDE FLEXOR

A superb exercise for the oblique muscles. Creating a stronger core and tightening/ strengthening the abdominal wall. a superb exercise for the oblique muscles. Creating a narrow waistline plus firming and flattening of the abdominal wall.

The internal and external obliques are diagonal muscles which lie underneath the Rectus Abdominus. These muscles are responsible for twisting actions. The erector spinae muscles are also involved so strengthening the lower back. This unique exercise combination will provide fast results creating a slim waist and firm flat abdominals.



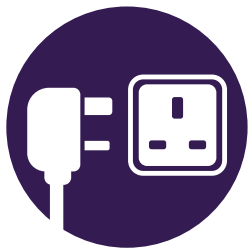
Targeted areas:

Waist, Obliques, Abdominal,
Rectus Abdominus, Lower Back.

Technical Specifications



7" smart console offering both quick start and programme options



Power assisted (plug and play installation)



Dimensions:

W132cm x D218cm x H100cm



Weight:

122kg



Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



Panels:

Side Panels: High impact resistant ABS plastic



Upholstery:

Flame retardant vinyl and resistant to bacteria and moisture EN 1021-&2

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