

## BIG TURNING WHEEL

### SPECIFICATIONS :

Function:

- Train wrist, elbows shoulders, and waist, and enhance their flexibility and the cardiopulmonary function

Instruction:

- Use one hand to grasp and one handle of the wheels and tum the wheels clockwise or anti clockwise then change hand and repeat the movement

Or

- Grasp the handle of a wheels at the same time and tum the body continuously

Specifications:

- Main pipe Diameter: 127 mm
- Thickness: 3 mm
- Base plate Diameter: 200 mm
- Thickness: 10 mm
- Powder coating
- Size: 875X635X1740 mm

