



Push Hands

Fit in Nature

Art. no.: Z6004-0000-010

Dimensions: 1140 x 1015 x 1520mm
Foundation: 1000 x 1000 x 300mm

The shoulder trainer is an excellent way to complete a movement training session. Guided hand movements mobilise the upper body, particularly the shoulders, elbows and wrists, with outer and inner rotation. This promotes shoulder mobility and also helps prevent posture disorders that can arise from poor ergonomics in the workplace, for example.