

Waist Away

DATA SHEET



Target Areas: Waist, Obliques, Abdominal, Rectus Abdominus, Lower Back.

The Waist Away is 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.

Features Include:

- Dual function of both upper & lower extremity
- Power assisted (plug and play installation)
- Standard 4.3" touch screen console unit with manual and programme options
- Available in a wide range of colours



Technical Specification

Dimensions	
Width	150cm
Length	192cm
Height	70cm
Electrical Specification	
Voltage	220V/240V (110V-USA)
Amps	3 Amps
Plug Cable Length	1.5 metre
Upholstery	
Side Panels	High impact resistant ABS plastic
Covers	Flame retardant vinyl, resistant to moisture and bacteria EN 1021-&2



powertone POWER ASSISTED EXERCISE



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