

STRETCH TRAINER

JST

Discover the power of flexibility with our Stretch Trainer by JX-Fit. With adjustable settings and ergonomic design, it facilitates targeted stretching for every muscle group. Incorporating our Stretch Trainer into your routine promotes improved mobility, reduces the risk of injury, and enhances overall athletic performance.



FEATURES

- ◆ **Full-Body Stretching Support:** Designed to enhance flexibility and mobility by targeting key muscle groups.
- ◆ **Ergonomic Seat & Padded Support:** Ensures comfort and proper body alignment during stretches.
- ◆ **Multi-Grip Handles:** Provides various grip positions for customized stretching intensity.
- ◆ **Angle-Adjustable Foot Platform:** Allows controlled lower-body stretches for hamstrings, calves, and more.
- ◆ **Compact & Sturdy Design:** Built for durability while fitting easily into any gym or home workout space.

SPECIFICATIONS

DIMENSIONS:

Length: 59 inches / 150 cms

Width: 31 inches / 79 cms

Height: 43 inches / 109 cms

Weight: 128.9 lbs / 58.5 kg

MUSCLE WORKED: Full Body



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