

## KIT PILATES BALANCE&FLEXIBILITY

**I** - include:

Pilates ring

Diametro 38 cm. Tonifica braccia, schiena, petto, interno ed esterno cosce e polpacci

Palla yoga

Diametro 25 cm. Rafforza e rilassa la muscolatura

Attrezzo X-core pilates

Dimensioni 50x50 cm. Tubi ø10mm. Simula a terra, l'utilizzo dei reformer pilates

**EN** - includes:

*Pilates ring*

*Diameter 38 cm. Tones arms, chest, shoulders, legs and calves*

*Yoga Ball*

*Diameter 25 cm. Reduces muscle tension and increases muscular endurance*

*Flow reformer*

*Dimensions 50x50 cm. Tubes ø10mm. Simulate the use of the reformer pilates on the ground*

**cod. AYP-030**

