

OTHERS

FLOWIN PRO NIVEUS - WHITE



FLOWIN® Friction Training™ is a Swedish fitness and training concept that focuses on whole movements rather than isolated muscle groups offering a unique combination of advantages. This tool allows for comprehensive, time efficient and a functional workout for the entire body. Suitable for all types of people regardless of their training background, with only body weight for resistance there are hundreds of possible exercises, many of which are unique to the FLOWIN® plate. As the training progresses smoothly it give you, the PT an opportunity to adapt to different aims and objectives for your client. The FLOWIN® plate is available as both a transportable piece of equipment and also a larger plate to have in a fitness center and gives an opportunity to work in different environments. Available in group training, circuit training, and rehabilitation concepts.

ARTICLE CODE

3000989-01

LENGTH

1380 mm / 54.33 in.

WIDTH

975 mm / 38.39 in.

HEIGHT

4 mm / 0.16 in.

WEIGHT

6 kg / 13.23 lbs

WARRANTY

1 year*

COLOUR

White

* Indoor use only. Normal wear and tear does not fall under warranty.

ELEIKO

RAISE THE BAR