

Versa Gym-Bar




Offers effective training for fitness, sports and rehab.

Characteristics

Function	The Versa Gym-bar is a total body therapy and fitness system, that strengthens every muscle in your body, including muscle groups which are used for balance and coordination.
Application	This product: <ul style="list-style-type: none"> • Improves your balance and flexibility • Improves muscular coordination • Improves muscular strength

Product overview

Picture	Art.Nr	Description	Package	Weight Package	Dimensions L x W x H
	MSD84285.2	Versa Gym - Bar (Bar - 2 Tubing - 2 Assist)	1 set / box	0,60 kg	105 x 8 x 6,5 cm


Technical specifications

Productgroup	Gym & Fun Products
Composition	Fiberglas stick with natural rubber tubes

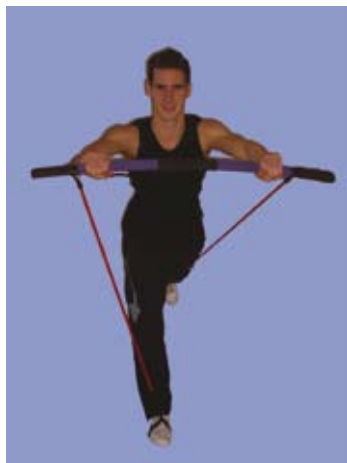
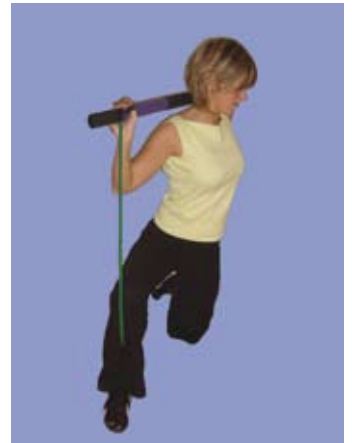
Storage conditions


Duration of storage	Valid for 3 years from date of manufacture for the natural rubber tubes only
Storage	Store in cool, dry place, avoid excessive heat (40° C.)

Application

Safety Precautions	Use the Versa Gym Bar only after consulting a trained licensed healthcare professional.
Warm up	<p>There is nothing more important for the blood circulation than a good warm up.</p> <p>A good warm up will spare you from serious muscle injuries.</p> <p>Start with 5 minutes running and make sure that all your muscles are supple before you start.</p> <p>You can also do the following exercises:</p> 

Exercises



Special items	
Customs code	9506.9990
Country of origin	Taiwan MSD Europe is the authorised European Representative.
	This product has been manufactured according to CE-mark regulations.
Revision number	PI-Versa Gym-Bar (04.2008)
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