

Key Product Features:

- The RETROCISER® offers you body building, the old school way!
- The RETROCISER® is portable, lightweight and very versatile
- The RETROCISER® includes Exercise Wall Chart and Zipper Storage/Carrying Case
- The RETROCISER® offers you a TOTAL BODY WORKOUT. Ideal for All-Round Body Toning - Perform over 40 exercises!
- The RETROCISER® is Built to Last: Heavy Duty, PVC coated steel ropes fitted with extra easy-grip handles that provide smooth pulley-glide traction for extended workout capability. Durable, specially molded plastic handles for a non-slip grip during intense workouts. In-built, Power Meter measures your workout strength.



The Retrociser® is specifically designed to offer a total body workout at moderate resistance levels. Ideal for performing isometric and isotonic workouts. Manufactured from high quality materials, the RETROCISER® is built to last! PVC coated steel traction ropes are fitted with an extra set of revolving grip handles for greater comfort during intense workouts and deliver a smooth pulley-glide motion for extended workout capability. The easy-to-read, 'Hi-Vis' power level meter measures your peak muscle strength on every attempt. Ideal for the development of biceps and inner biceps, upper and lower back muscles, legs (calves and gluteus), abs (full range), buttocks, shoulder muscles and mid/lower chest muscles.

Specifications:

Product measurements: 86cm (L) x10cm (W) x 5cm (H)
 Net Weight: 1.8Kg

Full size illustrative exercise wall chart and zipper storage/carrying case included.

