

Flexibility

S CANALI
SYSTEM

FLEXIBILITY MACHINE



DESCRIPTION

This machine is designed to stretch the posterior chain and the scapulohumeral girdle.

By providing support and gentle pressure on the spine and pelvis, it facilitates the stretching of the hamstrings, calves, biceps, and pectoral muscles in a single movement, all while ensuring proper spinal alignment.

BENEFITS

The adjustable mobile element, which can be customized based on the user's height and joint mobility, ensures proper alignment of the muscles in the posterior chain and scapulohumeral girdle. This allows for a balanced and coordinated stretch, tailored to the flexibility of each muscle group.

The backrest provides a gentle push that tilts the pelvis forward, helping to align and stabilize the spine.

The coordinated ankle flexion and extension also allow for further fine-tuning of the exercise's tension.

Additionally, the FLEXIBILITY feature enables cross-body stretches between the upper and lower limbs, as well as lateral stretches, using both flexion and extension of the upper limbs, with the option for alternating movements.

TECHNICAL SPECIFICATIONS

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|-------------------------------------|--------------|
| Product Code | FLX - 00713 |
| Resistance System | - |
| Resistance Levels | - |
| Differentiated Work (dual selector) | - |
| Assisted Start | - |
| Minimum/Maximum User Height | 150 - 205 cm |
| Length | 206 cm |
| Width | 103 cm |
| Height | 122 cm |
| Equipment Weight | 110 kg |

