

ATHLETBASE

BY LIVE



SMART MOVEMENTS

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V12

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Types of training :

- Cardiorespiratory, greatly raising the heart rate
- Strength
- Stretching
- Stability
- Rehabilitation
- Balance
- Agility
- Overcome
- Hit
- Motor coordination
- Flexibility
- Fat Burning

It is an equipment of incredible formats and functionalities. It is complete, ranging from physical conditioning to rehabilitation. With the V12 you work: conditioning, stretching, strengthening, agility, proprioception, coordination and balance. In addition, V12 can be associated with physiotherapy, since it is very effective in the treatment of spinal, extremity and postoperative pathologies.

This equipment promotes neuromuscular activation in all exercises, due to the activation and integration of all the body's muscles, demanding the maximum and allowing the user to make several three-dimensional rotation movements of the hip and spine without any impact, safely.



TECHNICAL INFORMATION

- Made with round carbon steel tubes
- Laser cut carbon steel sheets
- Electrostatic painting
- High resistance pp floor
- First line bearings allowing great resistance to use
- Damping system not generating impact

Dimensions

Length x Height x Width
2,80m. 2,17m. 0,85m
Weight 200kg

DIFFERENTIALS OF V12

See below the main differentials that the V12 can provide:



Differential for your space bringing real results



Complements Pilates, Functional and Bodybuilding exercises, enhancing the results



Facilitates the diversification of training while maintaining student engagement



Fat burning in less time



Prevention, treatment and rehabilitation of musculoskeletal pathologies



It is the only one that works movements of the spine and limbs together in 3 different dimensions



1

V1 bench



2

v12



3

V6 runner



4

V2 cross

