

# SIDE FLEXOR



**DESIGNED AND  
MANUFACTURED IN UK**



**4.3" TOUCH SCREEN CONSOLE  
OFFERING BOTH MANUAL AND  
PROGRAMME OPTIONS**

## DATA SHEET

### Target Areas:

Waist, Obliques, Abdominal, RectusAbdominus, Lower Back.

The Waist Away is a superb exercise for the oblique muscles. Creating a narrow waistline plus firming and flattening of the abdominal wall. The internal and external obliques are diagonal muscles which lie underneath the Rectus Abdominus. These muscles are responsible for twisting actions. The erector spinae muscles are also involved so strengthening the lower back. This unique exercise combination will provide fast results creating a slim waist and firm flat abdominals.

### Features Include:

Dual function of both upper & lower extremity  
Power assisted (plug and play installation)  
Standard 4.3" touch screen console unit with manual and programme options

Available in a wide range of colours



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# TECHNICAL SPECIFICATION

Dimensions	
Width	150cm
Depth	192cm
Height	70cm
Electrical Specification	
Voltage	220v/240v (110v-USA)
Amps	3 Amps per table
Plug Cable Length	1.5 Metre
Upholstery	
Side Panels	High impact resistance ABS Plastic
Covers	Flame retardant vinyl and resistant to bacteria and moisture EN 1201-&2



PREMIUM COVER - DURABLE FIRE  
AND WATER RESISTANT MATERIALS



**STRATEGIC  
PARTNER**

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