

Jordan Portable Core Trainer - Black

£50.40

Product Images



Short Description

If you are looking for a simple yet effective piece of core training equipment then this Jordan portable core trainer is for you. There are no need for screws or fixings with this product, simply place it in the middle of an Olympic disc to hold it in place then you can use an Olympic Bar and discs for added resistance.

Why Use A Portable Core Trainer

Perfect for landmine squats, the multi-directional swivel movement allows you to carry out rotational exercises and presses for core strength training, as well as stability, rotational strength and upper body mobility. Also excellent for using with functional movements such as squats, multidirectional lunges, core rotations, wood chopping, overhead pressing, shoulder to shoulder pressing, rowing and so much more.

The portable core trainer will allow you to workout at home, in the office, local park, in fact wherever and whenever you want to train.

Key Features

- Portable and light
- String and durable
- Improve core, stability and rotational strength
- No need for screws or fixings
- Use with an Olympic disc

Additional Information

SKU	JTPCT2-BLK
Weight	1.000000
Equipment Usage	Home & Commercial Use
Warranty	12 Month Warranty
Length Dimensions	260mm - Length of bar holder 160mm
Width Dimensions	55mm