Orbit™

THE POWER OF CIRCULAR MOVEMENT



balanced body®



Going in circles? This time you'll love it...

Roll through a fun, full-body workout that strengthens, stretches and challenges on multiple planes! Rotate, flex, extend and stretch your way to a longer, leaner, healthier you. Perfect as a unique option for group exercise or personal training sessions, or for home use.

AN AMAZING CORE WORKOUT

- Circular and linear movements, from simple to complex
- Your abdominal muscles are always engaged
- Increase upper and lower body strength
- Improve flexibility and balance within a small footprint
- Sit, lie, kneel or stand for a wide variety of exercises
- Available separately: Level 2 DVD, and instructor training manual

ERGONOMIC, DURABLE, PORTABLE

Created by Octavio Galindo in collaboration with Balanced Body®, the Orbit™ has an ergonomic design, solid construction, and a comfortable padded surface.

Casters and wheels allow easy gliding in any direction - like a Reformer carriage without the tracks!

Safe for carpeted or hardwood floors. Two carrying handles make it a snap to carry and store. Stock upholstery: Slate.

Includes a 34-minute, Level 1 DVD workout.



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