

Cross Balance Set



Description

The Bench Fitness Cross Balance Set is meticulously crafted to enhance and fortify the muscles of the shoulder, hip, and core. This set not only boosts strength but also promotes proper muscle activation patterns and shoulder mechanics. Each component is engineered for optimal durability and performance, ensuring athletes and fitness enthusiasts achieve peak functionality and muscle balance. Whether you're rehabilitating an injury or striving for athletic excellence, the Cross Balance Set is your companion for a stronger and more resilient upper body.

Features

- Enhances and fortifies shoulder, hip, and core muscles
- Boosts strength and ensures proper muscle activation
- Components designed for maximum durability and performance
- Ideal for rehabilitation and athletic training

