

## Wooden Parallette Bars Push Up & Dip Workouts

RRP: \$164.95

With these short wooden parallettes from Randy & Travis Machinery, you'll be pushing the envelope on your push-ups and handstands. For strength training for any sport where chest, shoulder, and triceps strength are key elements of success, these parallettes will be indispensable.

With a wide base and grippy 'feet' for stability, these training aids will minimise stress on your wrist, hand, and elbow joints while increasing your muscles' load capacity. Order a pair today, and watch your strength build day by day.

### Specifications:

- Dimensions: 40 cm long, 11 cm high, with a 32 mm diameter handle
- Material: Wood and premium anti-slip material
- Benefits: Stability, durability, and balance

