

# POWER 360

AeroStrength

**STRENGTH ↔ ENDURANCE**  
**BALANCE ↔ FLEXIBILITY**

The 360 is a ground-based training system that can dramatically extend independent living for older adults. It trains movements from the feet up and connects muscular chains that increase strength and balance needed for the activities of daily living.

The resistance dynamically matches the user's strength at all angles throughout the range of movement. It's gravity free, so there's no external loading on joints, muscles and connective tissue. This makes it safer and more enjoyable than other forms of strength training.

## Over 50 Compound Movements

The Power 360 uses continuous resistance to force users to push and pull using over 50 compound movements requiring total core muscle engagement.



**Versatile by User, by Workout, by Purpose** The Omnikinetic Resistance is accommodating making it safe for all user levels. There's no complicated electronics or adjustments to make. It's simple, easy, and the best part is that results are realized in weeks, not months!

### FEATURES

- Incredibly versatile with over 50 challenging exercises in one machine
- Intense anaerobic and aerobic conditioning applications
- Functional ground-based dynamic in every movement
- Accommodates any user and any level of fitness
- Safe, easy to learn and use
- Matches the user's strength

### BENEFITS

- Rapid gains in performance for any level of user
- Develops power, speed, strength, balance, and coordination
- Intense core body muscle development in every movement
- Burns fat and increases lean muscle mass
- Train at maximum intensity for incredible endurance without risk of injury

### DETAILS

- No momentum, no gravity, no settings or adjustments
- Handle can be moved in any direction
- Handles and hydraulic cylinders are high quality and extremely durable
- Front-mounted wheel makes it easy to move around for convenience
- Manufactured in the USA with 5-year warranty on frame; 3-year on cylinders.
- Dims 188lbs L47" W26" H63"



### FACTORY DIRECT PRICE \$1895

shipping not included

Discounts are available for non-profits, physical therapists, amateur athletes, and quantity purchases. Contact Fast Fun Fitness for more pricing information. Phone: (918) 949-8362

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