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## # DDTU16B TurnUnit 16" 3-D Rotational Balance Trainer with Variable Tilt – Blue Color

The Turn Unit builds incredible balance and the ability to make controlled rotational movements up to a 3 dimensional plane of movement. It has a 16" Top Platform which offers a progressive tilting function with a built in lever to change the angle. The dynamic axis of rotation makes it far more interesting than traditional flat rotational platforms.

The Turn Unit is designed for people that are serious in not only their workout regime, but more importantly their results! Features:

- Improves spatial awareness & posture
- Improves reaction time

- Enhances sport specific skills
- Use for cardio, strength, rehab, and rehab of sports and injury recovery/li>
- · Unlimited movement opportunities

What is the Turn Unit? Turn Unit builds incredible balance and the ability to make controlled rotational movements. It has a 16" Top Platform which has an adjustable tilting function allowing for a variable inclination of slope. The Turn Unit provides Live feedback when your technique is off, you know it instantly. The dynamic axis of rotation makes it far more interesting than traditional flat rotational platforms. If you press too hard with your left foot and not too hard enough with your right, you can see and feel the I'm balance immediately and can make the necessary adjustments on the fly to even out the turns. This balance trainer is a super functional product. Holds up to 300lbs