



Extralink | Pilates board | reformer for abdominal exercises, push-ups



link to the product:

<https://www.batna24.com/gb/p/pilates-boards/extralink-pilates-board-reformer-for-abdominal-exercises-push-ups>

Price: **239.91 zł** gross / 195.05 zł net

Manufacturer: EXTRALINK



Referention number: DNXGHJNKERMLPM

Full product description

Introduction to training

Take care of your body, improve your fitness and strengthen your muscles in a convenient way. **The Extralink Pilates board** is a practical solution for people who want to perform strengthening exercises at home, without the need for large equipment. With the ability to perform **push-ups, abdominal exercises and Pilates moves**, the equipment allows for a diverse workout that engages many muscle parts at the same time.



Multifunctional exercises

The board is designed to allow you to perform many types of exercises. You can **strengthen abdominal, arm and leg muscles**, as well as improve trunk stability. Thus, one product replaces several workout devices.



Effective muscle training

The equipment has **two independent overhead cranes with pads**, which allows for smooth and controlled movement. Exercises performed in this position engage the deep muscles, which improves training results. Regular use supports building endurance and improves overall physique.



Security and stability

Equipped with **24 non-slip pads**, it significantly increases safety during training. The board remains stable even during intense exercises, which minimizes the risk of injury. In addition, handles with EVA (Ethylene-Vinyl Acetate) foam protect hands and prevent slipping.



Practical extras

The product has a **built-in timer** that helps control exercise time and monitor progress. The set is enhanced with resistance bands and push-up handles, which expands the range of workout options. An additional phone holder means you can train with your favorite music or track your workout plans.



Easy storage and transportation

The board is equipped with a folding system, which allows you to quickly prepare for exercise and store it away after training. Thanks to this, **the equipment does not take up much space** and will fit even in a small space. Low weight - about 5 kg - makes moving it between rooms convenient and effortless.



Key product features

- Foldable design - makes it easy to store and transport.
- Multifunctional - allows abdominal, leg and arm exercises.
- Compact size - takes up little space when folded.
- Two independent overhead cranes with pads.
- 24 non-slip pads.
- Built-in timer.

- Resistance rubbers.
- Set of push-up handles.
- Phone holder.