Produktinformation

Flexbuddy - Stretching made easy - 1. Wahl

Art-Nr.: WOOD-FLEX 1. Wahl



Sonderangebot

39,90 EUR

Unser alter Preis ~~99,00 EUR~~ (Sie sparen 59,10 EUR)

inkl. 19% USt. inkl. Versand

Staffelpreise

Ab 1	39,00 EUR - Sie sparen 60,00 EUR
Ab 2	35,00 EUR - Sie sparen 64,00 EUR

Lieferung **Do. 26. Nov. - Fr. 27. Nov. 2026**

Dieses Produkt ist versandkostenfrei!









Produktinformation







The perfect stretching routine even for people that don't stretch, and requires no extra time!



Simply place one wooden bar onto your feet soles and grab the counterpart with your hands.



Adjust the length through the loopholes and roll the bar in your hand to fit your level of flexibility.



Spend 30 seconds in this posture before you advance. Repeating this for at least 2 minutes daily will quickly yield results.

The truth is...
many of our daily activities (even sports) create tensions in our body that limit our flexibility and can lead to pain and health issues.

...short calves and hamstrings*
are the #1 reason for lack of flexibility.

Did you know that...
most people cannot touch their toes with a straight back?

Can you do it?