

◆ Combine strength and cardio with explosive movement. Flipping the tyre utilises every muscle group in the body for an excellent strength building and functional workout. The compact size allows it to be used in virtually any tyre of gym or home setting. Easily Increase resistance by adding weight plates.

◆ DIMENSION:
Dia : 56 inches / 142 cms
Height : 40 inches / 102 cms

