

MULTIMASTER

The new Multimaster Plus is now available with the famous Pilates Powertone gentle exercise system. It features all the major exercise functions of a full set of Pilates Powertone machines and cleverly combines them into one sleek machine. Developed for home or studio use.



Upper Body Toner

Exercises and firms the entire upper body. By lifting the rib cage and stretching the diaphragm, improved posture, shoulder flexibility and breathing are achieved. Whilst at the same time the pullover actions tone the chest, shoulders, arms, upper back and abdominals.

Seated Rower

The rowing action tones the chest, upper arms and shoulders. Helps to improve upper body mobility and flexibility. Leg squats can be performed by utilising this action with reverse body position.



Stomach and Hip Trimmer

Tones and tightens muscles in the buttocks and hips as well as strengthen the stomach muscles by resistance tension. A wide variety of exercises can be performed from this position.

Hip, Butt and Waist Trimmer

Variations of exercise effectively isolate muscles in the hips, waist, buttocks and abdominals. Concentrating on particular breathing techniques and core stability.



Thigh and Hip Trimmer

Gently stretches and relaxes muscles, which firms, tightens and reduces the waist, stomach, hips and buttocks – also helps to strengthen the lower back

Bums and Tums Toner

A further selection of exercise patterns focus on abdominals and gluteals and also switches to vibro massage function.

The Multimaster

1. Tones and flattens the abdominal area.
2. Leaner, stronger toned muscles.
3. Greater mobility and flexibility.
4. Improves posture and body awareness.
5. Relieves stress and tension.
6. Improves sleep patterns.
7. Boosts self esteem.
8. Strengthens the back, reducing risk of problems.
9. More energy to enjoy life.
10. Improves digestive system.
11. Helps to control blood pressure.
12. Combined with sensible eating plans, promotes weight loss.

shapemaster[®]
EXERCISE FOR EVERY BODY

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