

Multiple uses: Pilates stick is often used for Yoga, Pilates, stretching exercises, fitness, and other training programs. It is also perfect for use by women after pregnancy and birth to keep their bodies in shape.

Multifunctional Comprehensive Design: You can do various training actions, can replace a barbell to exercise back and arm muscles, can replace a pull rope to exercise leg muscles, can exercise waist and abdomen by waist twisting actions.

Durable Superelastic: Steel, removable pilate bar designed for long-lasting, easy storage, the resistance band is made of high-quality latex, eco-friendly, no smell and it has strong durability and excellent resilience, not easily deformed.

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