

DUAL ACTION CORE TRAINER



Features:

- *An excellent cross lateral movement that creates a crossing of the midline movement

- *Provides Vestibular Activation and Spatial awareness

Academic Benefits:

- *Develops Sequencing and Proportion skills for letters and numbers

- *Energizes the brain for learning

- *Allows brain to process information efficiently

- *Lays the framework for learning

Associated Movements:

- *Spinning

- *Body Control Movement

Physical Benefits:

This total body exercise machine exercises both upper and lower body at the same time, or individually. The onboard computer provides speed time distance and calorie count according to the needs of the user. Unit is fully adjustable and the built in wheel system makes this unit extremely portable.