

Low Body Strider

Features:

- *An excellent cross lateral movement that creates a crossing of the midline movement (Coronal Plane)
- *Fitness for the Eyes (Optional Kindle Reader Attachment)

Academic Benefits:

- *Energizes the brain for learning
- *Allows brain to process information efficiently
- *Lays the framework for learning
- *Makes the learner more alert

Physical Benefits:

This simple movement allows beginner or advanced users to exercise utilizing their own bodyweight as the resistance. While improving balance and coordination it helps to maintain a student's heart rate when used in a cardiovascular circuit. Designed for use by students up to 300 pounds.

