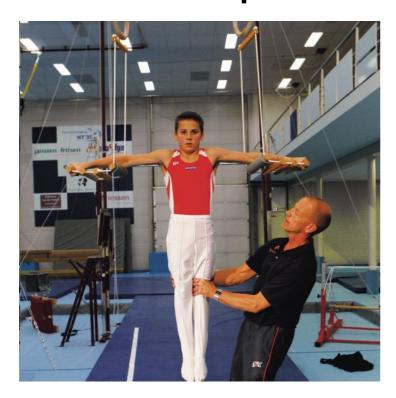


## **SPIETH - Cross position aid**



## **Details**

Training aid to practice the cross hang in the rings

The hand grips are at various heights, allowing freedom in the choice of force required

Sold as a pair

## Highlights

- Three different grip positions with upholstery for the arms
- Essential for ring training
- · Ideal for methodic training
- Force easy to control