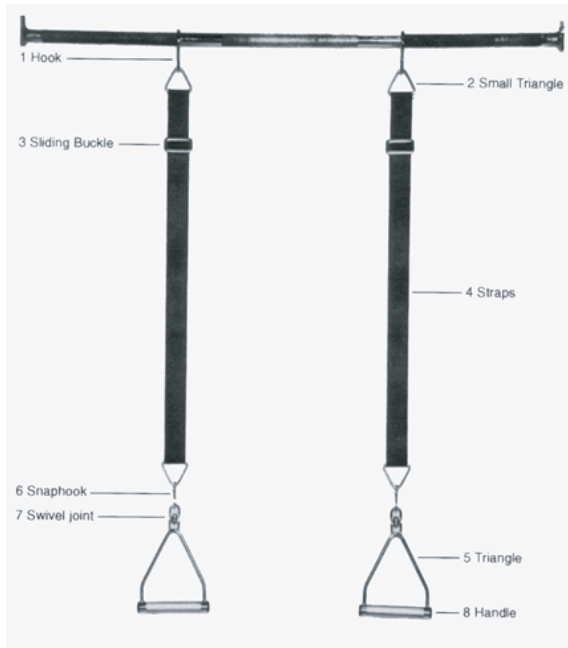


HIGH INTENSITY SHOULDER STABILISATION



These unstable cables add great variety to your exercise program.

The cables make the exercises unstable, therefore you have to activate the stabiliser muscle when performing the exercises. This will make your athletes or clients stronger and more stable and increase their ability to balance and control their movements.

Using the cable also requires good postural control and will assist in correcting poor posture if the exercises are performed correctly.

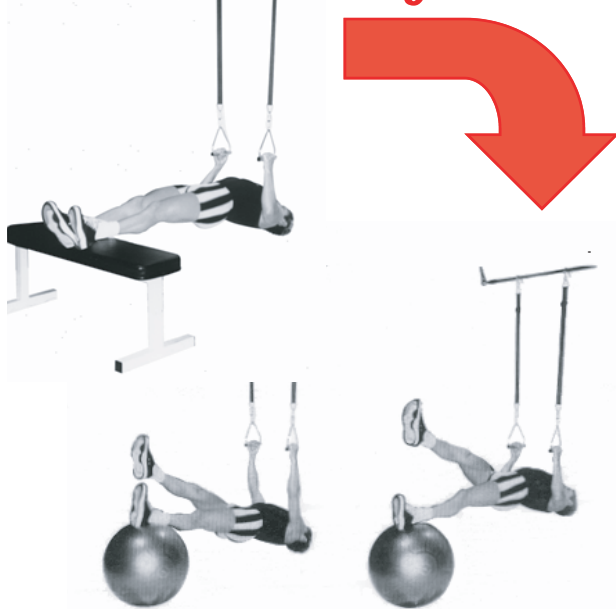
The use of unstable exercise devices such as unstable cables, mediBall PROs (Swiss Ball), and Dura Discs, increases the overall recruitment of the muscles and enhances the nervous systems firing pattern. Overall you will get a greater conditioning effect with a neuromuscular benefit and therefore a stronger more stable structure.

The Cabilaty Cable Set has been tested to static loads of 250 Kg. It is not recommended to exceed a total load of 200 Kg when training.

The Unstable Cables can be used in a number of exercises, and can be combined with mediBall PRO to even further increase the stability requirements.

Try These For Dips

The Ultimate Progressions



OPTION

We carry Chin-Up Bars that can be fixed into any standard door jam so that you can utilize your cabilaty set at home.