



Core Stix gives people confidence in their health and total well-being by providing both assistance and resistance. It's an affordable, easy to use, wheelchair accessible functional trainer that uses rods (Stix) and instructional placards to guide exercisers toward their fitness goals.



PRODUCT HIGHLIGHTS

EASY TO USE

Core Stix is easy to use for everyone from older adults to rehab patients.

INVITING

Core Stix is meant for those who may be deconditioned or intimidated by complex fitness equipment because getting started is simple.

DUAL PURPOSE

Core Stix serves a dual purpose by providing assistance to those who need help with their core stability, and also resistance to those looking to improve their total-body strength and quality of life.

AFFORDABLE

Core Stix is affordable and simple. It's easy to ship, store and setup.

SPECIFICATIONS

Rods	Fiberglass encapsulated within a soft, uniquely colored, plastic sleeve with steel insert at bottom end (inserted into Arcs) and latex-free, natural rubber grip at the top end
Platform	Powder coated steel frame, aluminum support surface
Platform Dimensions	60.5"L x 33"W x 5.5"H (including arcs)
Double Core Stix Stand	Made from powder coated steel and holds 14 rods
Double Core Stix Stand Dimensions	13"L x 15.25"W x 2.33" H
Boxed Dimensions of Core Stix System	64.5"L x 38"W x 7" H (includes platform, double Stix stand, seven pairs of Stix and manuals)
Boxed System Weight	130 lbs