



TrakFitness

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Your Body is 3D...

Train Like It.

 **innovative**
FITNESS



TrakHandle Sport

secondary muscle



Patented

The patented TrakHandle Sport and TrakHandle Pro by Trak Fitness are the only exercise handles with 3 axes of rotation that allow unrestricted rotational movement through multiple planes of motion.

Maximize gains by working muscles through their Full Range Of Motion (ROM) with rotational movement. Full ROM exercises are critical for achieving the greatest gains in muscular development and rotational movement is the only way to achieve full ROM in upper body musculature.

Minimize kinetic chain dysfunction and injury caused by standard cable handles. Standard handles and cable attachments restrict rotational and multi-plane movements and prevent proper alignment of the wrist, elbow and shoulder joints. These restrictions force the user into faulty movement patterns that can lead to muscle imbalance, poor neuromuscular control and arthrokinetic dysfunction which can lead to pain and injury to the joints and ligaments. The TrakHandle Sport and other Trak Fitness cable attachments alleviate these problems and minimize repetitive stress injuries.

Expand the functionality of existing cable exercise equipment. The TrakHandle Sport allows users to perform a wider range of higher quality exercises on all cable based fitness equipment and resistance bands. The TrakHandle Sport allows the user to perform exercises that are not possible with any other equipment.

Reduces Cost. The TrakHandle Sport outlasts typical handles by several lifetimes which is why we back it with a 3 year warranty.

