

# AAI Alpha Rocker 407-048

Resembling the movement of the Rings, the Alpha Rocker is a great handstand trainer for all levels of gymnasts. By sliding out the adjustable stoppers, you can increase the amount that the rocker rotates, increasing the difficulty level. Extremely durable and easy to move around the gym or at home.



- Great tool for training handstand skills and strength that transfer not only to Rings but also Parallel Bars, and Beam.
- Rocking motion helps focus on stabilizer muscles.
- Easy grip bars relieve stress on wrists to allow longer workouts.
- Portable and easy to move.



To find the dealer nearest you, visit [americanathletic.com/dealer](http://americanathletic.com/dealer)