

AEROBIC STEP

ITEM:SP33202/SP35430

Descriptions:

Item No:SP33202 **SP35430**

Material:High Quality Plastic

Platform: 43.3" x 16.1"(110cmx41cm)

Aerobic Step Trainer Adjusts 4.3" - 6.3" - 8.3" high(11cm-16cm-21cm)

Weight Capacity: 550LBS(250KG)

Unit Weight: 18.3 lbs(8.3KG)

Two pairs of risers included



Instructions:

Support blocks 5cm when placed in position

Adjustable from 11-16cm(2 leveles)



Adjustable from 16-21cm(3 leveles)



Easy to maintain and keep clean

Heavy-duty PE material & advanced Blow-molding technology

Ideal for cardio workout and/or to strengthen your lower body

Perfect for indoor and outdoor use

Shock absorbing, non-stick, non-slip surface

Optimal for home training and easy storage

Lightweight for easy transportation to classes

Provides excellent traction on any floor

Up to 8" of Height Adjustment, change height level easily

Step aerobics helps burn calories and fat.

It also helps to reduce stress, promote restful sleep, strengthen muscles and gives the body a more streamline appearance.

The number of calories burned depends on the speed of movements, step height, and length of exercise.

Exercise sessions can create social connections with others and step as well as low-impact aerobics is suitable for all ages, low cost, and has no restrictions on place.