

HEALTHY STEPS

lower body cardio steppers

stepper machine

The HealthyStepper is another great calorie burner. It helps you strength train the lower body, toning and shaping calves, thighs & buttocks.

It is a low impact training machine and is excellent for cardio vascular exercise and all round fitness. It is hard work but gives great results for the committed enthusiast.

This is a large machine and is built in place upon delivery. The training computer gives adjustable resistance and displays time, speed, step count and pulse rate.

Model Specification	
type	stepper machine
max user weight	135kg
net unit weight	65kg
dimintions (cm)	92 (l) 86 (w) 140 (h)
dimintions (inch)	36 (l) 34 (w) 55 (h)



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