

ADDITIONAL EQUIPMENT & ACCESSORIES



Exercising with the Power Stepper is a very effective way to increase cardiovascular fitness and firm up and tone the entire body. Stepper exercise training sessions provide a lower-impact aerobic workout than running or jogging and steppers help tone lower-body muscles more efficiently than running, jogging or walking. Steppers provide a challenging and effective aerobic workout to strengthen muscles and improve one's cardio wellness as well as to lose weight.

Inversion tables help your body to recover from the compressive effects of gravity and daily activities. Some of the health benefits of inversion include relieving pressure on the discs of the vertebrae, reducing pain, strengthening ligaments, stimulating circulation, and relieving stress. Compressed discs can lead to pressure on nerve roots that cause pain. Inversion helps decompress discs and relieve the pressure on the spinal nerves to free the body from pain and encourage good posture. Doctors, physical therapists and sports trainers recognize inversion as a safe and effective form of therapy for the spine and weight-bearing joints.

Performing exercises on a back trainer is a lot less strenuous because it targets the back extensor muscles, not the hamstrings. Back trainers strengthen the multifidus muscle which is the key to relieving and preventing the recurrence of back pain.

POWER STEPPER

The Power Stepper is ideal for building stamina and endurance for all users. Easy and safe to use, the Power Stepper is also an excellent way to strengthen the heart and develop the circulation system.

- Sturdy, powder coated ergonomically formed tubing frame
- Training computer with high resolution LCD display featuring various goal settings and recovery heart rate test feature
- Measurements displayed include time elapsed, step frequency, steps per training session, energy consumption, heart rate and total height climbed
- Optional acoustic signal for step frequency
- 12 Adjustment settings control resistance through two industrial strength hydraulic cylinders
- Ergonomically designed and padded handle bars offer various exercising positions
- 285lb Weight capacity
- Assembled dimensions: 36 x 26 x 61
- 3 Year Residential Parts & Electronics warranty / Lifetime Frame warranty
- 2 Year Light Commercial Parts & Electronics warranty / Lifetime Frame warranty

