

Aerobic Workout 4 Block Bench Step

RRP: \$244.95

Enjoy the convenience of a full-body aerobic workout in the privacy of your home!

Our three-level aerobic step design earns a commercial gym grade rating. Don't take time from your busy schedule to run to the gym for a step aerobic workout. You can reap the benefits of a great step routine in the convenience of your home - anytime day or night.

Step aerobics offers a full body workout: improves coordination, burns fat and tones up hips and legs. You can even expand your step routine to include weight training and push-ups.

This aerobic step is identical to those you will find in the finest and most advanced professional gyms in Australia. The step bench is adjustable in height allowing beginners and advanced step aerobics advocates alike to enjoy and benefit from its challenge.

Order one today and start the journey to the body shaping and toning you've always wanted.

Specifications:

- Wide platform
- Non-slip deck and floor pads
- 250 kg weight capacity
- Pre-assembled 3-level stack design
- Commercial gym grade
- Overall dimensions: 110Lx41Wx11H cm
- Adjustable height
 - o No stack: 10cm
 - o One stack: 15cm
 - o Two stacks: 20cm
- Support stack: 41cm sq
- Product weight: 9kg

