

everfit

EVERFIT STEP UP STEPPER

SKU: TT13203

79.99 €

Stock: Out Of Stock

Categories: [Fitness](#), [Fitness Equipment](#)



PRODUCT DETAILS

2 Years Warranty On Parts And Labour

Everfit Step Up Stepper

The Everfit step up stepper is perfect for toning buttocks, thighs and legs. Featuring a small LCD display that shows you your number of steps/min and total, calories, time and scan. The step height can also be adjusted.

Key Features:

- Adjustable step height
- Non-slip platform
- LCD display

Benefits Of The Product:

Steppers can help you lose weight, as you burn calories each time you exercise with one. Since it is a low-impact, moderate exercise, you do not burn very many calories each time you use it. But with consistency, doing interval training with a mini stepper can increase your resting metabolic rate.

Exercising with a stepper utilizes the same muscles needed to walk or climb stairs. There is a slight resistance that your legs must push against with each step. Therefore, exercising with one regularly can help tone the lower body muscles, including the glutes, hamstrings, quadriceps and calf muscles.

BRAND

EVERFIT



Maximum User Weight	100 Kg
Brake System	Hydraulic pistons
Computer Functions	Number of steps/min and total, calories, time, scan
Platform	Non-slip
Adjustable	Step height
Net Weight	7.5 Kg
Gross Weight	8.5 Kg