

TOORX
FITNESS IN MOTION

TOORX STEP ACTIVE

SKU: TT18569

55.00 €

Stock: Out Of Stock

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



PRODUCT DETAILS

Toorx Step Active

Featuring a non-slip surface which provides a safe and comfortable training experience. With also 3 levels of height adjustability this stepper can be set to 10cm, 15cm and 20cm height.

Key Features:

- 3 levels of adjustable height

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

TOORX

TOORX
PROFESSIONAL LINE