

## STEPPER WITH TWISTER

### SPECIFICATIONS :

#### Function:

- Stepper: The stepper provides an effective
- Cardiovascular exercise. It helps to strengthen muscles of calves and thighs, and to improve Coordination and Flexibility of joints.
- Waist Twister: This apparatus is beneficial to the muscle groups of waist And back while rotating.

#### Instructions:

- Stepper: Hold the handle with both hands while standing on the pedals, then step up and down repeatedly.
- Waist Twister: Hold the black handles with both hands while keeping your feet steadily on the rotating disc. Then, move your waist from left to right and right to left repeatedly.

#### Specifications:

- Main pipe Dia- 127 mm
- Thickness- 3 mm
- Base plate Dia- 200 mm
- Thickness- 10 mm
- Powder coating
- Size: 1140x865x1575 mm

