

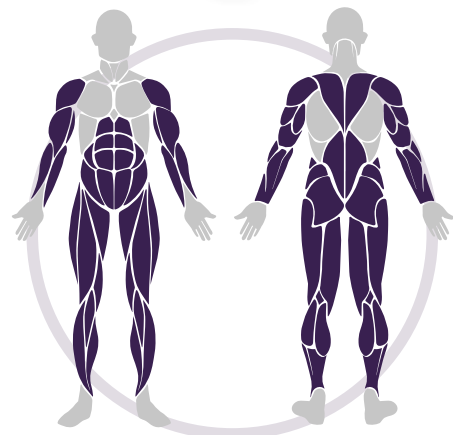
DATA SHEET

# SIDE BEND STEPPER



Exercise for major muscle groups (both upper and lower extremity), works the heart and lungs helping to raise energy levels and increase oxygen supply to the cells. Helps to improve coordination.

Can be used with the Shapemaster alignment cushion.



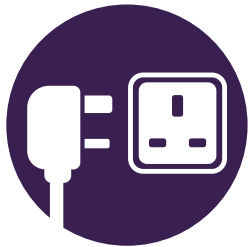
### Targeted areas:

Waist, Hips, Abdominals, Arms, Shoulders, Legs, Glutes, Lower Back.

## Technical Specifications



4.3" touch screen console  
offering both manual and  
programme options



Power assisted  
(plug and play installation)



### Dimensions:

W114cm x L125cm x H147cm



### Electrical Specification:

Voltage: 220V/240V (110V-USA)

Amps: 3 Amps

Plug Cable Length: 1.5 metre



### Upholstery:

Side Panels: High impact resistant  
ABS plastic



### Covers:

Flame retardant vinyl and  
resistant to bacteria and  
moisture EN 1021-&2

**innerva**  
together in motion

3 Queens Square Business Park,  
Huddersfield Road,  
Holmfirth, HD9 6QZ

✉ email  
**info@innerva.com**

☎ telephone  
**01484 667474**

🖱 website  
**www.innerva.com**