

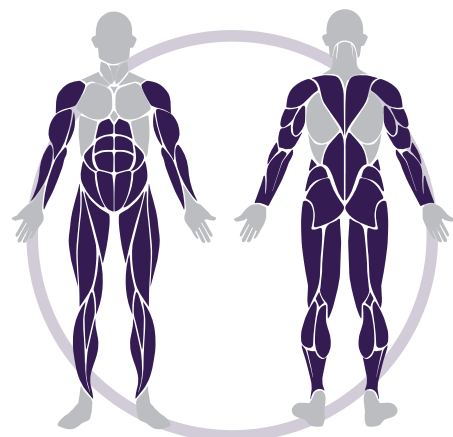
DATA SHEET

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 Innerva alignment aid.



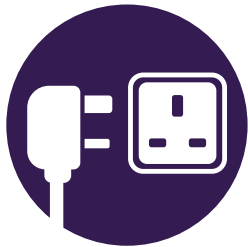
Targeted areas:

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

Technical Specifications



7" smart console offering both quick start and programme options



Power assisted (plug and play installation)



Dimensions:

W140cm x D131cm x H172cm



Weight:

117.8kg



Electrical Specification:

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

Amps: 3 Amps per machine

Plug Cable Length: 1.5 metre



Panels:

Side Panels: High impact resistant ABS plastic



Upholstery:

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

innerva
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