

Technical Data Sheet

Stepper

Device Description

Strengthens the rectus and oblique abdominal muscles, the lumbar muscles and the gluteal muscles. Improves the functioning of the cardiovascular and respiratory systems, increases endurance, supports the reduction of excess body fat and develops motor coordination.

Developed abilities: Fitness, Strength

Technical Specifications

Type: Strength equipment

Difficulty level: Easy

Recommended for: Users over 14 years of age and/or at least 140 cm tall

Maximum load: 150 kg

Height: 175 cm

Width: 75 cm

Length: 80 cm

Safety zone: 380 × 375 cm

Free fall height: 20 cm

Instructions for Use

Hold the handles and step onto the platform. Perform a stepping motion by alternately pressing the foot platforms.

Material Specification

- Supporting structure made of 88.9 × 3.6 mm steel pipes.
- Other tubular elements made of 48.3 × 3.2 mm, 42.4 × 3.2 mm and 33.7 × 2.9 mm steel pipes.
- Seats, backrests and footrests made of 3 mm thick steel sheet.
- Galvanized cap nuts protected against loosening; maintenance-free sealed bearings.
- All metal components are abrasive blasted, then powder-coated with a zinc primer and weather- and UV-resistant polyester powder coating.

Standard

The equipment complies with the requirements of PN-EN 16630:2015-06.

