

EXER-STEP

Stepping Machine



FLUID-TECH
FITNESS
REDEFINING FITNESS

A Luthra Enterprise

EXER-STEP Stepping Machine

People who have never taken exercise seriously can enter into the world of aerobic fitness the moment they get on their first step on the **EXER-STEP** Stepping Machine. The only stepping machine, manufactured in Mumbai, by **FLUID-TECH FITNESS**, uses self adjusting hydraulic cylinders and can withstand a weight capacity of upto 90 kgs., unlike other steppers.

Workout on our **EXER-STEP** is the only way to keep fit by spot jogging on the machine and getting all benefits of hydraulics. The omnikinetic resistance is now at your feet helping you to reduce without pinching your pocket.

- * **EXER-STEP** Stepping Machine a superior calorie burner - It burns 12 calories per minute
- * **EXER-STEP** Stepping Machine offers maximum benefit over walking.
- * Because of Hydraulic Cylinders used in our **EXER-STEP** there is no jerks on the joints while workout
- * The stepping angle is also higher compared to any other stepper, providing a complete movement of even the ankles.

WORKOUT ON THE EXER-STEP



MUSCLE GROUPS EXERCISED ON THE EXER-STEP



Muscles - Hamstring, Abductor, Thigh, Calf, Ankle, Soleus

FEATURES OF THE EXER-STEP STEPPING MACHINE

- * Powder coated frame for durability.
- * Self adjusting Hydraulic Cylinders.
- * Higher stepping angle providing a complete movement of even the ankles.
- * Comfortable foot pedal.
- * Heavy duty cable for better load carrying capacity.
- * Pulley fitted with double ball bearings for frictionless operation.

SPECIFICATION OF THE EXER-STEP STEPPING MACHINE

Length	48.25 cms	19 in.
Width	36 cms	14 in.
Height	50 cms	20 in.
Weight	10 kgs.	22 lbs.

Product specifications are subject to change without notice.



Manufactured by:

FLUID-TECH
FITNESS
PIONEERING FITNESS

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