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Stair Climber



SKU: Superfit-3010

Stair Climber Benefits

Stairmaster workouts are very effective for toning and strengthening the legs, hips, butt, thighs, and core. They also work the core, and they are excellent for improving balance and agility.

- **Weight Loss**

One of the Stairmaster benefits that draws so many people to it is that it allows for a high rate of calorie burn with a low-impact exercise. The reason for this is two-fold. Firstly, an exercise that engages the muscles of the lower body typically burns the most calories. In fact, Stairmaster weight loss results in rank as some of the highest among all fitness machines. This is because of the low impact nature of the exercise performed on the Stairmaster allows people of any fitness level to use the machine to lose weight.

- **Low-Impact**

Advancing age or injury can prevent us from engaging in the type of exercise we need to improve our health and fitness. This is often because the activity we undertake is too strenuous for our fitness level, or too hard on our joints. The Stairmaster can be of great benefit in such situations, promoting as it does a smooth and very low-impact motion with little risk of injury.

- **Excellent Lower Body Workout**

The climbing and pushing resistance required to use a Stairmaster makes for an excellent lower body workout. With a focus on the calves, glutes, quads, and hamstrings, you will burn fat and build strength and lean muscle mass.

- **Cardiovascular Conditioning**

Using a Stairmaster 3 to 5 times a week for a minimum of 20 minutes, will benefit your cardiovascular system and increase your stamina and endurance. As your fitness improves,

increasing your speed and working at a higher level of resistance will enable you to continue to grow your fitness.

- **Core Workout**

The majority of toning Stairmaster benefits focus on the lower body muscle groups. By maintaining correct form as outlined in the previous paragraph and engaging your abs, you will also get a core workout.

- **More Efficient**

Because you must lift your body weight with each step, stairclimbing is highly metabolic and burns a lot of calories in a short amount of time, when compared to other equipment. You can turn 45 minutes into 30 minutes, 30 minutes into 20 minutes and 20 minutes into 10 minutes! Quicker workouts mean less time for you and your clients to reach your goals and more time to get other things done!

- **Highly Functional**

Stairclimbing is a natural movement – it improves your functional mobility, strengthens your core and makes everyday tasks easier to do. Take longer hikes, climb taller monuments on vacation, last longer on dog walks with your family. Stairclimbing is celebrated by athletes, trainers, and physical therapists because it can not only improve your body, but it can also improve your life!

Specifications

Technical Specifications

Dimensions (L x W x H) 1450*880*2140

Weight(N.W) 205kg

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