

Adjustable Aerobic Step Gym Exercise Fitness Workout

RRP: \$184.95

Here's a must-have for the gym or home gym: the versatile Adjustable Aerobic Step. Naturally this step is perfect for step aerobics, but weightlifters and endurance athletes will also find plenty of uses for this do-everything piece of fitness equipment.

The step is made from durable polypropylene plastic. A non-slip surface prevents slippage, and the step can support weight of up to 250kg. And even better, the step has three easily adjustable heights: 15cm, 20cm and 25cm. Start at the lowest level, then add height as your fitness level increases. It's a breeze to set up, and no assembly is required.

No gym is complete without an aerobic step, and your home gym isn't either. Purchase the Adjustable Aerobic Step today.

Features of the Adjustable Aerobic Step:

- *Non-slip surface; durable polypropylene construction
- *Three adjustable height levels: 15cm, 20cm and 25cm
- *No assembly required, effortless setup and adjustments
- *Dimensions of 90 x 32 x 15cm (L x W x H)
- *Carton dimensions: 103 x 54 x 19.5cm

