



## GF-18008 Step up Trainer



### TECHNICAL DATA

**Dimension:**  $\varnothing 1130 \times 1810 \text{mm}$

**Training Space:**  $\varnothing 2000 \times 2615 \text{mm}$

**Safe Area:**  $\varnothing 3500 \times 4115 \text{mm}$

**Free Height of falling:** 410mm

**Maximum permissible user body weight:** 140KG

### FUNCTION

Improve cardio respiratory endurance & promote muscles of legs.

### DIRECTION

1. Hold the handles, step both feet onto the footboard and down repeatedly;
2. Or step one feet on the footboard and another down alternatively;
3. Increase repeats as fitness improves;

### CERTIFICATION

EN16630:2015

