

## Assisted Step Up Trainer

**MSRP \$1,262.00**

**SALE \$971.00**

### Highlights:

- Provides excellent aerobic workouts
- Great for those with mobility challenges
- Enables multiple exercise types
- Great for teens as well as adults

**Age Group:** Adult

**Footprint:** 2' 2" x 1' 3"

### COMPLIES With:

ASTM F1487-17

CPSC PUB #325

**ADA Compliant**



Designed for those with mobility issues, the Assisted Step Up Trainer provides an excellent way for users to exercise their lower body and improve their motor skills. The Assisted Step Up Trainer also provides users the opportunity to improve their aerobic fitness and utilize their core and lower body muscles. The low impact aerobic exercises it enables, such as step-ups, lunges, and squats, are a great supplement to workouts centered around outdoor fitness equipment. The Assisted Step Up Trainer enables multiple types of exercise in one, convenient product, and older users are sure to appreciate its relatively low height, as well as the sturdy, steel handlebar that users can grip while stepping up and down. Constructed from durable steel, the Assisted Step Up Trainer will remain a staple of your outdoor fitness circuit for years to come.