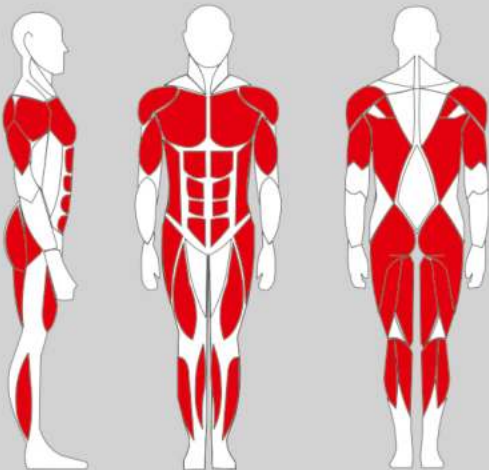


◆ The Stepper Trainer is a highly effective machine for engaging in low-impact cardio workouts while also aiding in the development of overall strength. With its built-in workout program, users can easily customize their exercise routines to suit their preferences, allowing for a tailored and personalized workout experience.

◆ **MUSCLE WORKED:**  
Glutes, Hamstrings, Quads, Chest, Back, Biceps, Triceps, Calves And Core



Specifications	JSP 9
Display Type	7" LCD Blue Backlit Screen
Display Feedback	Time, Distance, RPM, Speed, Level, Calories, Pulse and Watts.
Program	14 Programs, Including 10 manual, 4HRC and 2 User Set
Heart Rate Feedback	Hand-held pulse sensors.
Power Requirement	Self-Powered
Resistance Range	16 Levels
Flywheel	10kgs. / 22lbs.
Features	Built in Speakers, Mp3 aux jack, USB Charging point, Accessory tray, Bottle holder, Transport wheels, Fan.
Max. User Weight	150kgs. / 330lbs.
Overall Dimensions (LxWxH)	47" x 33" x 64"

Certification: GS, CE.