

Stepper

MAP REF
2

MAP REF
7

MAP REF
8

Cardio

HOW TO

- Place your left hand on the high bar for balance
- Step up onto the low bar with your left foot
- Press through your left heel as you bring your right foot to meet your left
- Return to the starting position
- Repeat and alternate sides



Stepper (continued)

MAP REF

2

MAP REF

7

MAP REF

8

Cardio

BEGINNER

The low level step is great for beginners, rehabilitation or high repetition goals such as endurance and weight loss

ADVANCED

When stepping up, continue lifting the right foot and raising your knee. This will develop hip and core strength



Advanced

