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Brand New Gallant Aerobic Stepper Reduce To Clear Not in Original Packing Product Description Gallant © 3 Level Aerobic stepper is ideal for working out at home, it's easy to use and helps tone up your legs. Aerobic step is a proven tool for increasing cardio activity, aiding weight loss and has lots of benefits for your whole body. This simple exercise is great for beginners and experts, with the adjustable height you can slowly increase the intensity of your work out at a pace that suits you. This stepper also comes complete with a non-slip surface for added safety. 3 Level block you can increase or decrease the height of your step as required. All extensions cleanly connects at the bottom of the stepper. Measurements: 78cm (Length) 29cm (Width) 10cm (Height) 10cm (Extensions) Features Gallant Shock Absorb Durabel Aerobic Stepper Shock Absorb Stepper Set Platform Made From High Quality Thick Non Slip Plastic For Long Lasting Durability 3 Level Height Adjustable Total Height 21cm Each Height Extension Increases Overall Height By 5cm Maximum Height With Both Extensions Is 21cm. Proven Tool To Increase The Cardio Activity Excellent For Fitness Exercises Compact, Lightweight And Portable Aiding Weight Loss And Has Lots Of Benefits For Your Whole Body - Perfect For Quick, Simple Workout Sessions. Aerobic Stepper Simple Exercise For Aids Cardiovascular Workout Perfect For Both Beginners And Advanced Workouts. Measurements: 78cm (Length) 29cm (Width) 21cm (Extensions). Features FIND YOUR NEXT LEVEL: For beginners, take it easy. A 10 cm height is there for you. Ready to explore? 4 additional risers (2 for each side) for another 2 options: 15 and 20 cm. Set the stepper higher or lower with ease based on your desired intensity! INCLUDES A RESISTANCE BAND: This step platform comes with a resistance band made of latex, which helps you target the right muscles and add resistance when used with the stepper; it also can be used separately in yoga, pilates, aerobics, or other workouts SUPPORT EVERY MOVEMENT: The long-lasting engineering plastic, large surface, and thoughtful details are what make this aerobic platform step out from the others. Able to hold up to 100 kg, it delivers the much-needed stability to strike challenging poses FULL-BODY WORKOUTS: Upper body? Check. Lower body? Check. Whether you want to burn calories, lose weight, get your heart rate up, or just get healthier, this home fitness step is a major win for your workout routine STAY FIRM, STAY SAFE: A slip-resistant surface and 4 anti-skid pads on the bottom keep this platform stable even during the most intense cardio workouts, so you don't have to worry about the fitness step falling off the riser Description Get more out of your home workouts and limited time! This aerobic step features durable construction and materials built to last for years. Simple assembly required, all you need to do is simply stack it up and you're ready to train! Be it the gym, your home, or the office, its lightweight body ensures that you can even carry it from place to place. Highlights of This Fitness Step: Easy to transport, carry, and clean. Shock absorbing, non-stick, and non-slip surface. It's designed to withstand weights of up to 100 kg. A large surface to carry out intense cardio training. It helps improve your fitness no matter if you're at home, in the office, or outdoors. The non-skid feet pads keep it from sliding or leaving any scratches on the floor. Specifications: Colour: Black, Grey Material: PP Plastic, TPE Rubber Pads Product Size: 78 x 31 x (10/15/20) cm (L x W x H) Resistance Band Size: 600 (Circumference) x 50 (Width) x 0.65 mm (Thickness) Product Weight: 3.7 kg Max. Static Load Capacity: 100 kg Package Contents: 1 x Aerobic Stepper 4 x Riser 1 x Resistance Band SONGMICS Notes: Use it on a even, dry ground. Do not use it on a slippery surface with water or oil stains to avoid injuries caused by slipping over. Keep children and pets away from the product. Questions & Answers Q: How do I pay for my purchase? A: Currently, we accept all major credit cards including Visa Credit, Mastercard, American Express, Maestro, Diners Club, and Discover. You can also opt for PayPal to pay for your order. Q: Where can I find assembly instructions? A: We will add a copy of assembly instructions in every product package that requires assembly. You can also contact our customer service via email to get one. Q: Do you charge sales tax? A: 20% sales tax is already included in item price. Please contact us via email or call us at +44 203 290 3929 (Mo- Fr: 10:00-17:00) for additional questions or support. Q: How do I track my order? A: After you placed an order, you will receive email updates about your order. The "Order Confirmation" email confirms that we have received your order. The order number and product information will be included. The "Shipment Confirmation" email confirms that your order has shipped, and tracking information will be included. The arrival time of your items depends on the designated shipping method and your shipping location. Shipping & Return Shipping with the mainland UK. In general, your order will be delivered by a third-party provider (e.g. DPD, DHL, Herms) to your doorstep to the address you have given. Depending on the workload of the shipping company, shipping takes 5-9 working days. * Please be noted that all information regarding the shipping duration is estimated. We cannot guarantee that your order will arrive on a specific day. After the package has been dispatched, we will send you the tracking number so that you can track the package. On the website of the responsible shipping company, you can check the shipping status and, if necessary, set delivery preferences. Notes: No delivery to Ireland, JE, GY, BT, IOM and ZE. No delivery to PO Box and BFPO (British Forces post office) addresses. You have the right to cancel the order within fourteen days without giving any reason. The cancellation period will expire after 14 days from the day on which you acquire, or a third party other than the carrier and indicated by you acquires, physical possession of the goods. To exercise the right to cancel, you must inform us of your decision to cancel this contract by a clear statement (e.g. a letter sent by post, fax or e-mail). You shall send back the goods or hand them over to us without undue delay and in any event not later than fourteen days from the day on which you communicate your cancellation from this contract to us. You will bear the direct cost of returning the goods. Please return the goods, if possible, in the original packaging with all accessories and all packaging components. We will reimburse to you all payments received from you, including the costs of delivery (except for the supplementary costs arising if you choose a type of delivery other than the least expensive type of standard delivery offered by us) without undue delay and not later than fourteen days after the day on which we are informed about your decision to cancel this contract. For more details, please check our Return & Cancellation Policy. In the event that you receive defective, incorrect or incomplete merchandise, please contact us right away so we can make it right. For faster assistance with a return or exchange claim, please email us with your order number, contact information and photos documenting damages (if applicable). Please retain all items and packaging materials until your claim is resolved. If your replacement item is back-ordered or out of stock, we'll notify you as soon as we have the estimated arrival date, or we may work with you to suggest a suitable replacement. 5.0 | 4 Reviews Bego Very good buy Delighted with the shopping. Strong and easy to store That's just what I wanted...View more Charlotte Expectations topped Mega nice, I didn't expect it to be so stable and firm class part...View more Jenny I love it. I love the material.. it doesn't slip it's perfect in size...View more Alexandra Very good quality Very good quality, price-performance goes together...View more Grey Adjustable Height Step Platform for Exercise £31.99 Home Fitness Stability & Mobility Aerobic Step Workout anywhere anytime with our highly functional aerobic step. A perfect lightweight and portable equipment for cardio, toning and your weight loss journey at home or at the gym. Christine Giordano Aerobic steppers may seem so '80s, but the benefits of having an elevated platform handy while exercising have stood the test of time. "Using a stepper is a low-impact way to incorporate explosive, powerful moves into your workout," says Stephanie Reyes, a NASM-certified trainer in Atlanta. It's great for cardio, she adds, because the up-and-down action increases your heart rate. Taking a virtual step workout class is one way to utilize this piece of home gym equipment, but it's not the only option. You can use the stepper to level up your strength training, too, Reyes says. It's perfect for performing exercises that require an elevated surface such as step-ups or Bulgarian split squats. And you can up the intensity of your planks, pushups, and lower-body exercises like lunges by placing one or both of your feet up on a riser. Creating a sharper angle of incline or decline—or an uneven surface for single-leg moves—makes your bod work that much harder to stay balanced and stable. Reyes also suggests using your stepper as a bench, depending on its height, for moves like chest presses and rows, as working on the elevated surface instead of the floor allows you to increase your range of motion and work your muscles more. However you choose to use 'em, the best part is that aerobic steppers are a fairly inexpensive piece of workout equipment. If you're looking to add one to your personal gym stash, here's a list of the best step platforms for working out. Each one's been selected based on user reviews and top ratings at trusted online retailers. Advertisement - Continue Reading Below 3 Best For Height Adjustment Zeny 31" Aerobic Stepper Platform 4 Best Lightweight Stepper Jaxpety 27" Fitness Aerobic Stepper 7 Best Gym Quality Stepper HomGarden 43" Adjustable Aerobic Stepper 8 Best Stepper For Leveling Up Your Workout Reebok Original Aerobic Step 10 Best Stepper For Durability KLB Sport 31" Adjustable Workout Aerobic Stepper This content is created and maintained by a third party, and imported onto this page to help users provide their email addresses. You may be able to find more information about this and similar content at piano.io

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