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Stamina®

Aerobic Step



Step up to a total body workout at home with Stamina Aerobic Step. Target glutes and hamstrings with alternating lunges. Strengthen chest and back with adjustable position pushups. There's virtually no limit to the number of exercises you can do.



- *Two height levels: 4 inches and 6 inches*
- *Non-slip surface on platform*
- *Perfect for body toning and shaping*
- *Portable and lightweight*
- *Use flat or at an incline*
- *No assembly required*
- *Includes workout DVD and workout guide*

Stamina
PRODUCTS, INC.

This product is Produced Exclusively by
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