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- Curved, wider footbar
- Free-Form Cardio Rebounder (2" taller than standard rebounder)
- Head pillow can be attached to the headrest for additional neck support
- Includes AeroPilates Level 1 Workout and AeroPilates Cardio Workout DVDs
- Includes full-color workout wall chart
- Four heavy-duty, elastic cords provide 4 levels of workout resistance
- Includes stand to elevate AeroPilates Premier about 10 inches to allow for more advanced exercises
- Adjustable headrest, along with oversized high density foam shoulder pads, offers additional support and comfort

Assembled dimensions: 27" tall x 85"long x 23"wide