

Orbitrek IP-FS01

This elliptical cross trainer is a popular piece of outdoor gym equipment for improving stamina. It works with the whole body, involves both the arms and the legs.

To use, place your feet on the steps, hold the handles using both arms. Then simply start to simultaneously press on the steps as if you were pedalling and move hands alternately.

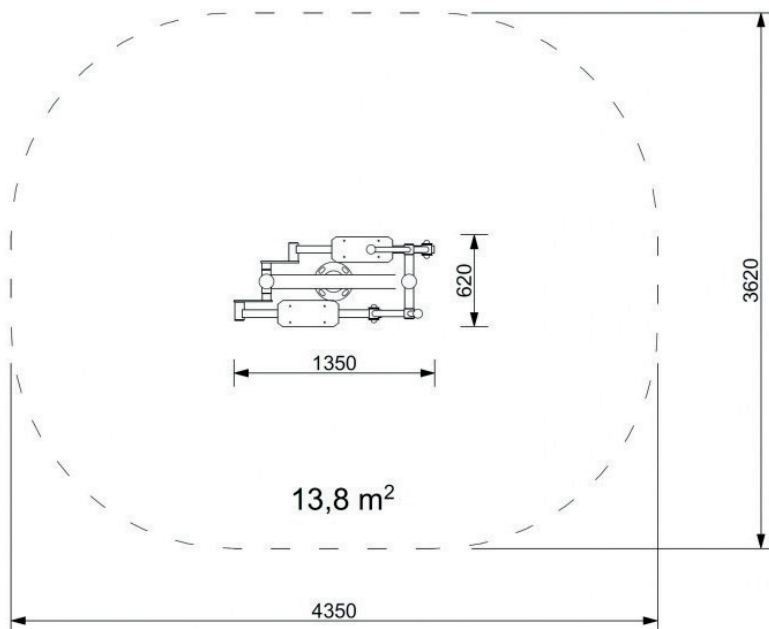
Keep your back in an upright position during the course of the exercise.

Materials

Construction is made of powder painted steel and protected against corrosion.

Steps are made of aluminium.

Handles are made of pipe ended with rounded decorative elements.



Dimensions

Height: 1.60m

Length: 1.35m

Width: 0.62m