

DOUBLE HEALTH WALKER

One of our most popular pieces of equipment, the Double Health Walker allows users of various fitness levels to complete a gentle workout.

This great piece of equipment is our outdoor alternative to the ever-popular indoor treadmill, providing the same benefits, but without the painful impact on your joints. Perfect for both cardiovascular exercise and light muscle-building the Double Health Walker is also popular amongst people needing rehabilitation after injury.

What does an open air Double Health Walker offer?

- Gentle cardiovascular workouts.
- Improved balance, coordination and flexibility.
- Low impact on hip and leg joints – perfect for rehabilitation
- A unique “[safety stop](#)” system.

Which muscle groups will I be working?

