

TWIST STEPPER

The Twist Stepper combines two effective exercises into one unit, allowing for a light, mid-body warm up on the Waist Twister followed by a more intense cardiovascular workout on the Stepper.

Providing two pieces of equipment in one, the Twist Stepper has been designed to improve flexibility, core strength and cardio fitness.

The "twist" section allows users to work on their flexibility and core strength by holding on to the bars and rotating their torso from left to right. The 'step' element targets the muscle groups in the upper legs and buttocks to improve the strength and mobility through cardiovascular exercise.

Why use twist and step equipment in our outdoor gym?

- Dual use exercise unit providing both a warmup and cardio exercise in just one machine.
- Both sides of the machine can be used independently of one another.
- Gives the user a lower body and core workout.
- Helps to improve the cardiovascular system

Which muscle groups will I use?

