

## 1. Introduction:

The purpose of this report is to evaluate the effectiveness of the step board in improving cardiovascular fitness and muscle strength.

The step board is a piece of exercise equipment that is used to perform step exercises. It is a rectangular board with a non-slip surface and a central hole. The board is adjustable in height and can be used for a variety of exercises.

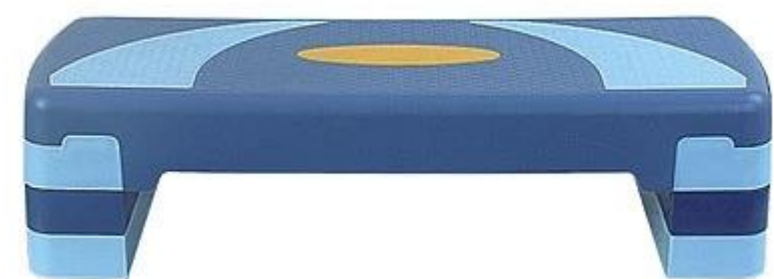


- **Light weight**
- **Non-slip surface**
- **Tough and durable material**
- **Includes a main step board and 4 individual blocks for height adjustment**
- **3 different height adjustments (10 cm, 15 cm and 20 cm)**
- **Dimensions: 80 cm (Length) x 30 cm (width) x 10/15/20 cm (Height)**
- **The base are fitted with rubber studs to prevent the step board from shifting during workout**



## 2. Methodology:





1



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منتج خط 3,

