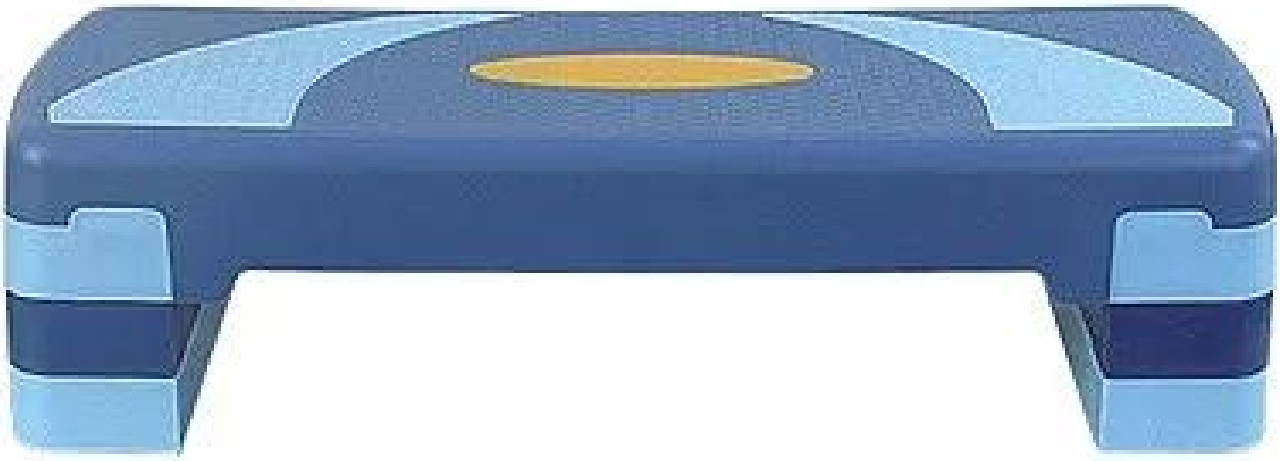
Equipo de ejercicios de aerobic paso

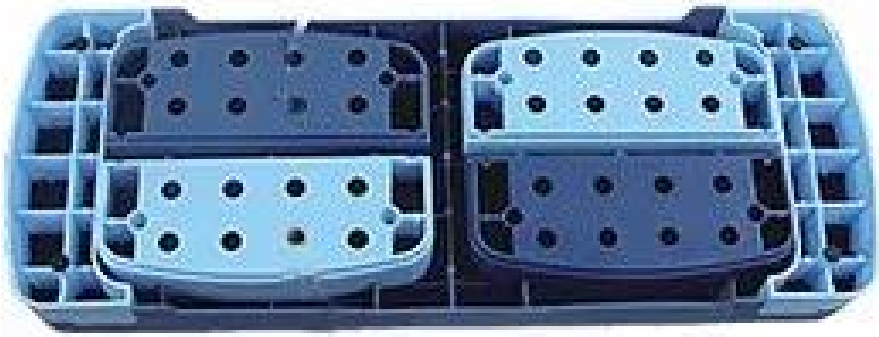
1, Descripción:
Vendemos una amplia variedad de pasos aeróbicos de calidad.

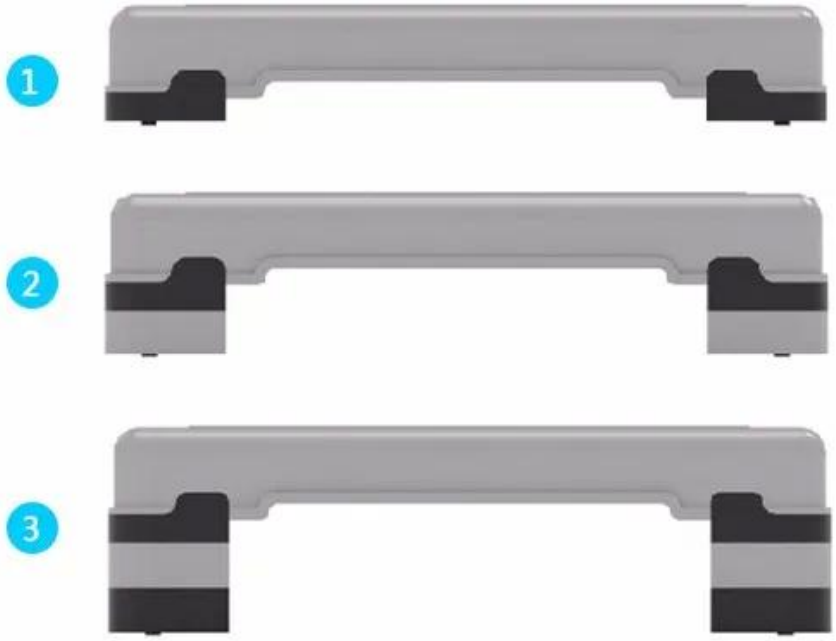
El Gymsportz Fitness Aerobic Step Board es un excelente equipo para el entrenamiento de pasos de cardio para quemar grasa, especialmente para entrenar los músculos de la cadera, muslo y glúteos.

- **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, cuadros del detalle:



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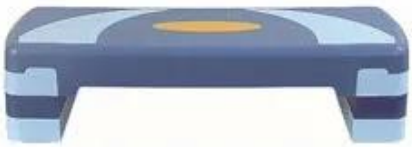

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