

CROSS TRAINER

SPECIFICATIONS :

Function:

- Activate upper and lower limbs and waist joints, strengthen the flexibility of the muscles group and the cardiopulmonary function

Instructions:

- Hold the two handles and step on the two footboards, push and pull the handles repeatedly with the feet simulating sliding

Specifications:

- Main pipe Dia: 127 mm
- Thickness: 3 mm
- Base plate Dia: 200 mm
- Thickness: 10 mm
- Powder coating
- Size: 1370x660x1755 mm

