

EXER-STEP™ Machine

Cycle-cum-Stepper-cum-Climber



FLUID-TECH
FITNESS
REDEFINING FITNESS

A Luthra Enterprise

EXER-STEP™ Machine

With great research into the time-motion characteristic study of the action and posture that goes running the cycle, we have been able to design our EXER-STEP™ Machine.

We have been able to remove all the unnecessary movements that go in the action of cycling on a bicycle and have been able to couple the action and correct posture that enables EXER-STEP™ Machine users to utilize their total body muscles four times more effectively than the cycling action in a bicycle. People might confuse this equipment to a stepper but the user will find it more cycle compatible than stepper compatible.

For the first time, you have the advantage of a Cycle, a Stepper and a Climber in one compact Hydraulic machine - the EXER-STEP™ Machine, introduced by Fluid-Tech Fitness. With the EXER-STEP™ Machine, you can utilize all your body muscles four times more effectively than the cycling action in a bicycle. The muscles involved are gluteus maximus, ilio-psoas and ileo-pectinial muscles along with the hamstrings and the abductor muscle of the thigh plus the calf and soleus muscle as used in a Stepper. This involvement is achieved because of the angle of the pedal. There is flexion and extension in the hip as well as knee and ankle joint. As for the angle of the handle, even the upper body is flexed and arms stretched in front of the body. It also raises your basal metabolic rate giving you a thorough workout. As there is no seating arrangement in our EXER-STEP™ there is no slumping posture while workout.

On the EXER-STEP™ Machine, avail full benefits of cycling without the disadvantage of :

- Painful circulatory movement of hip joint.
- Awkwardly padded cycle seats.
- Creating a false paunch while sitting on a bike.
- Slipping of the foot from the bike pedals.
- Uneven distribution of weight on each foot pedals.
- Slumping posture while sitting on a cycle.
- Avoiding unnecessary free wheel movement of the cycle which gives rise to built in inertial thus avoiding bruising inner side of the thighs by the cloth or the garment rubbing during cycling.

WORKOUT ON THE EXER-STEP™



MUSCLE GROUPS EXERCISED ON THE EXER-STEP™



Muscles - Gluteus, ilio-psoas, ileo-pectenical, Hamstring, Abductor, Thigh, Calf, Soleus

FEATURES OF THE EXER-STEP™ MACHINE

- Powder coated frame for durability.
- Self - adjusting Hydraulic Cylinders.
- Handle with cushioned rubber grip and a knob for firm grip of the machine.
- Have 4 settings that help to quickly generate more force throughout the full range of movements.
- Comfortable foot pedal.
- Heavy duty cable for better load carrying capacity.
- Pulley fitted with double ball bearings for frictionless operation.

SPECIFICATIONS OF THE EXER-STEP™ MACHINE

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|--------|------------|----------|
| Length | 78.5 cms | 31 in. |
| Width | 54.5 cms | 21.5 in. |
| Height | 101 cms | 40 in. |
| Weight | 20.50 kgs. | 45 lbs. |



Manufactured by:

FLUID-TECH
FITNESS
REDDEFINING FITNESS

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Product specifications are subject to change without notice