

BALANCE TRAINING MOVIN'STEP

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MOVIN'STEP can either be used as a step for low-impact cardiovascular training or as a moving base to improve balance and co-ordination while exercising. An integrated valve enables to adjust the air flow and to choose the correct movement range. It is used in aerobic, balance and coordination exercises and in physical therapy for patients of any age.

The package includes a booklet with illustrative examples.





TECHNICAL SPECIFICATIONS

Product code	1313151
Length	35 cm
Width	35 cm
Height	14 cm
Recommended max load	120 kg