



Cardio

Treadmill

- There are a variety of different options that you can choose when selecting workouts on the Treadmill, from a walk, small jog or a run.
- You can select the speed at which you feel most comfortable with It burns body fat and keeps your heart healthy
- They have cushioned surfaces so you don't strain your joints
- Suitable for burning calories



Crosstrainer

- Easy to use
- Helps tone your quadriceps, gluteus, hamstrings and calves
- Suitable for burning calories



Stepper

- low-impact aerobic cardiovascular workout
- It will also target the leg and gluteal (buttock) muscles, making your legs and buttocks more toned and shapely and keeping excess pounds off
- Also target the core muscles in your abdomen and lower back if you use the machine correctly.



Rower

- Effective aerobic workout: as it requires the use of so many major muscle groups, a rowing machine is an effective way to raise your heart rate and increase your oxygen uptake.
- Efficient calorie burning: A rowing-machine workout burns an average of 600 calories an hour.
- Conditioning for the upper body: provide a upper-body workout. They involve the rhomboids in the shoulder, trapezius in the upper back and lats in the lower back. Also its works the biceps, pecs, and abs also do some work, to a lesser extent.



Bike

- Best for burning off fat
- Easy to use
- Easy to develop a rhythmic pace
- tones legs and bum
- Improves cardiovascular fitness



Cardio Wave

- It's a new exercise
- Its effective and different
- Its fun and for everybody
- It's a new solution to your needs
- Works the glutes, the lower body and the core
- Easy to use
- Easy to develop a rhythmic pace

