

Pinnacle Fitness

Benefits of steppers and stair climbers

FOR THE FITNESS FANATIC IN YOU

WANT TO LOSE WEIGHT?

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Current thinking is that you need to burn more than 3,500 calories to lose just a pound.



Exercising on a stair climber can burn more calories at slower speeds than almost all other forms of exercise.

A workout on a stair climber is engaging all the major muscle groups in the glutes, thighs and hamstrings which need a lot of energy to perform.

They strengthen the core because you need to keep upright as you perform the exercise.

**Using stair
climbers
regularly
can cut
your risk
of death
from heart
disease.**



FREE FROM JOINT PAIN

Stair climbers and steppers put less strain on your joints as you are not continually pounding them as you would on a treadmill or by running outside on the streets.



Joint Pain

Stair Climber Benefits

PINNACLE FITNESS



Fat Burning



**Core
Strengthening**



Low Impact