

# Cross trainer (35 GBP)



Location **South East, Surrey**  
<https://www.freeadsz.co.uk/x-583529-z>



The perfect cross training solution which simulates stair climbing, walking and running without causing excessive pressure to the joints, hence reducing the risk of impact injuries suitable for movement that really works the leg and thigh muscles

Space-saving foldable and easy to store

A high quality Cross Trainer ideal for non-impact cardiovascular workouts,

It can also be used to improve your physical fitness, tone your muscles and improve weight loss. It is extremely versatile and is suitable for users of all ages and fitness levels. You can control the variety and challenge of your workout from the comfort of your own home and is ideal for a low impact workout to help you get in shape, tone your muscles and improve your.



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