Aero Pilates. Pro XP556

The Stamina® AeroPilates® Pro 556 takes your home Pilates workout to the highest level. You achieve that long, lean, balanced body that only Pilates delivers plus you improve your cardiovascular fitness--all with one exercise machine.

Only Stamina AeroPilates reformers add the benefit of cardiovascular fitness to traditional Pilates. The cardio workout with the Free-Form Cardio Rebounder is like jumping on a trampoline while lying down so it is gentle to your joints and connective tissue yet you will reach and maintain your target heart rate as effectively as a treadmill.



Features:

• Four heavy-duty, resistance cords

STAMINA

- Reformer is elevated about 15 inches to allow for more advanced exercises
- Commercial grade wheels for smoothest carriage glide
- Footbar adjusts to three positions
- Dimensions: 94" long x 23.25" wide x 15" tall
- Free-Form Rebounder dimensions: 14" x 14 "
- Aluminum rails and oak-finished wood construction
- Adjustable ropes, straps, and hand grips to fit any user
- Adjustable headrest and oversized high density foam shoulder pads offer additional support and comfort



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55