



## Aluminum Alloy Home And Commercial Fitness Equipment Women'S Shaping Core Bed Pilates Stable Step Chair

Our Product Introduction

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### Basic Information

- Place of Origin: Qingdao, China
- Brand Name: HBS
- Model Number: Pilates stable step chair, aluminum alloy home and commercial fitness equipment, women's shaping, core bed
- Minimum Order Quantity: 1 unit
- Price: Please contact sales personnel
- Packaging Details: Carton packaging
- Delivery Time: Please contact sales personnel
- Payment Terms: D/P, T/T
- Supply Ability: Please contact sales personnel

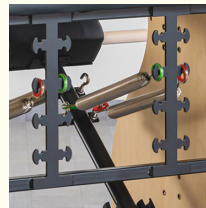


### Product Specification

- Material: Aluminum Alloy+maple Wood
- Spring: Piano Wire Spring
- Hook: Multi Gear Hook
- Handle: Adjustable In Height
- Leather: High Quality Leather
- Pull Sales: Quick Pull Sales
- Highlight: Pilates Stable Step Chair, Home Stable Step Chair, Commercial Fitness Equipment



### More Images



### Product Description

#### Pilates stable step chair, aluminum alloy home and commercial fitness equipment, women's shaping, core bed

The Pilates stable step chair is a common Pilates instrument, which is composed of a wooden structure and two split pedals, and has the following advantages:

Multifunctional: The stable stepping chair can be used for various exercises, such as shaping, improving muscle strength, weight loss, rehabilitation training, etc.

For imbalance exercises: Two split pedals can be used for body imbalance exercises, helping to improve body symmetry and coordination. Reducing the difficulty of cushion movements: For some difficult cushion movements, a stable chair can provide additional support and stability, reducing the difficulty of the movements.

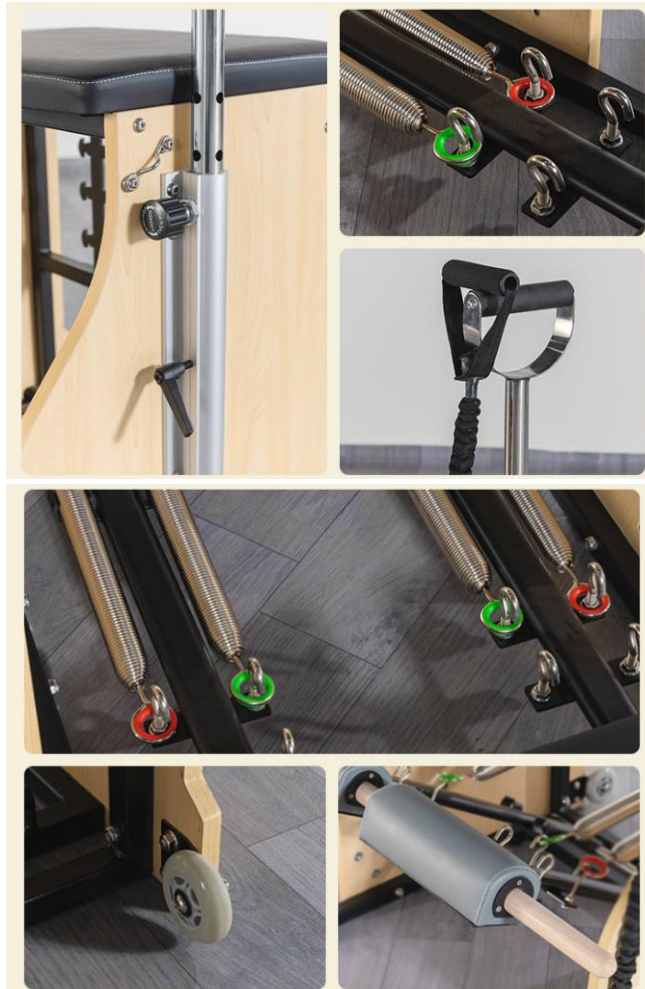
Enhancing core strength: By performing various movements on the stable stepping chair, it can effectively exercise the core muscle group, improve body stability and balance ability.


Suitable for different groups of people: The height and angle of the stable chair can be adjusted to accommodate practitioners of different heights and abilities.

Space saving: Compared to other large Pilates instruments, the stable chair takes up less space and is suitable for use in homes or small studios.

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