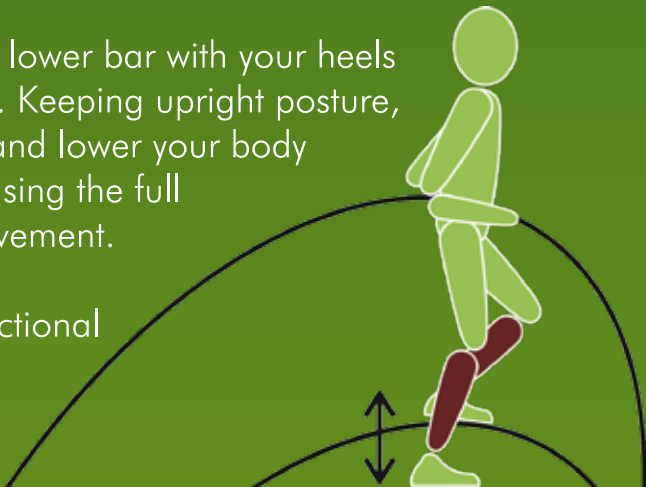


# Stepper

Use the Stepper to stretch and develop your calves. This exercise targets the outermost muscle, giving shape and definition.

Stand on the lower bar with your heels overhanging. Keeping upright posture, gently raise and lower your body repeatedly, using the full range of movement.

For an instructional video, scan below.



Moduplay

