

# Primal Strength HIIT Skier

£649.99

## Product Images



## Short Description

High Intensity Training is the perfect way to lose calories, burn fat and even reduce your heart rate and blood pressure. Also known as a Ski Erg, the Primal Ski HIIT trainer could be a superb addition for your gym and actually takes up a minimal amount of space - especially if wall mounted to a solid wall.

# Ski Ergs & HIIT Training

So why introduce the ski erg and HIIT training to your gym? With a range of benefits, including helping to decrease your body fat levels, helping to decrease your heart rate and also reducing your blood pressure, there are also benefits to be had for your blood sugar levels.

As well as health benefits, there's the fitness benefits too. HIIT workouts can help you improve your anaerobic and aerobic activity levels. The beauty of the shorter, but more intense workouts, is that everyone can find the time to make some big improvements.

## Key Features

- Stylish and compact in design
- Easy to use - whatever your level
- Can create a total body workout
- Comprehensive console
- Metrics include time, time/500m avg, watts, distance, distance/30min, calories/hr, watts avg, cycle (interval)
- Wall or floor mounted (with floor stand - for extra cost)

## Additional Information

Weight	50.000000
Equipment Usage	Home & Commercial Use
Warranty	5 Year Frame Warranty - 2 Year : Electronic, Mechanical and Wearing Parts
Console Functions	Time/500m avg, watts, distance, distance/30min, calories/hr, watts avg, cycle (interval).
Length Dimensions	1470mm
Width Dimensions	580mm
Height Dimensions	380mm

## Additional Options

Optional	HIIT Skier Stand	£127.99
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