

# 55-5686B Aero Pilates Pro XP686

## **Stamina® AeroPilates® Pro XP686**

The Stamina® AeroPilates® Pro XP686 is the only Pilates studio reformer with the patented Free-Form Cardio Rebounder making it the only reformer that delivers a complete aerobic workout. Side-by-side comparisons have shown the Free-Form Cardio Rebounder workout to be more effective than a treadmill in reaching and maintaining target heart rates for improved cardiovascular fitness and weight loss.



### **Features Include:**

- Aluminum rails
- Quiet, smooth carriage
- No seam tracks
- Eight inline skate wheel carriage glide system (four vertical wheels and four side wheels for complete stability and a smooth glide)
- Four-position, padded foot bar fits each user
- Five springs (two yellow, light resistance; two blue, medium resistance; one red, heavy resistance comes standard. Or customer can order custom resistance configuration)
- Headrest adjusts to three positions

- Oversized patent pending Free-Form Cardio Rebounder included
- Five pre-attached steel springs
- Aluminum parts are anodized for a smoother glide
- Comfort and craftsmanship
- Wood oak finish frame
- Limited Lifetime Warranty
- Adjustable pulley risers from 4" to 10"
- Length: 102"
- Width: 28"
- Foot bar height: 15"
- Foot bar diameter: 1.75"
- Weight: 228 lbs.

- Free-Form Cardio Rebounder jumping surface size: 24" tall x 19" wide

### **Available accessories:**

- Tower and Mat
- Jumpboard



This product is Produced Exclusively by  
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