

# VersaStep

## ***Ipsilateral Recumbent Cross Trainer***

Incredibly Smooth Feeling  
32 Levels of Resistance  
20 Workout Programs  
360 Swivel Seat  
500 lb Weight Capacity



## ***Step Different!***



### **Contralateral vs Ipsilateral Motion**

Ipsilateral Training is a side to side motion that connects your left arm and right leg / right arm and right leg.

Ipsilateral movement increases stability requirements during your workout and trains your body to react to off setting forces that can cause a fall or injury.

The VersaStep's side to side Ipsilateral movement challenges your body to move in a new way,

activating different muscle groups that help promote greater balance and coordination.

The VersaStep is the only Recumbent Cross Trainer to offer Ipsilateral movement in a comfortable and safe seated position.



## ***Balance & Coordination***



## ***Burn Calories***

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