

# Aeropilates Box and Pole

**Model:** 05-0025

**Manufacturer:** Stamina

**MSRP:** \$274.99



- Add elevation to your workouts with this Aeropilates box
- Lets you involve more complex combinations of muscles
- Helps give greater flexibility and range of motion
- Use the Aeropilates pole to assist in standing exercises
- Comes with workout video for instructions on how to use
- Padded, upholstered cover
- Soft nylon handles on each side of box
- Box dimensions: 26" x 15" x 10"
- Includes: Aeropilates box
- Aeropilates pole
- Strap
- Instructional video