

# 55-5556 Aero Pilates Pro XP556

*The Stamina® AeroPilates® Pro 556 takes your home Pilates workout to the highest level. You achieve that long, lean, balanced body that only Pilates delivers plus you improve your cardiovascular fitness--all with one exercise machine.*

*Only Stamina AeroPilates reformers add the benefit of cardiovascular fitness to traditional Pilates. The cardio workout with the Free-Form Cardio Rebounder is like jumping on a trampoline while lying down so it is gentle to your joints and connective tissue yet you will reach and maintain your target heart rate as effectively as a treadmill.*

- *Performs over 50 exercises to tone and shape the entire body*
- *Aluminum rails and oak-finished wood construction*
- *Adjustable ropes, straps, and hand grips to fit any user*
- *Adjustable headrest and oversized high density foam shoulder pads offer additional support and comfort*



- *Four heavy-duty, elastic cords provide 4 levels of workout resistance*
- *Reformer is elevated about 15 inches to allow for more advanced exercises*
- *Commercial grade wheels for smoothest carriage glide*
- *Footbar adjusts to three positions*
- *Dimensions: 94" long x 23.25" wide x 15" tall*
- *Free-Form Rebounder dimensions: 14" x 14"*



This product is Produced Exclusively by  
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