

# The Ultimate Cardio Workout. Inside Your Home.



Strengthen More Muscles. Burn More Calories.

Step up to new heights on the SMART HIIT Trainer Pro. Combining the movement of climbing stairs with the intensity of boxing, each workout helps you activate more muscles throughout your whole body while burning more calories.



## What is HIIT?

HIIT, or High-Intensity Interval Training, is a training technique that involves repetitively giving 100% effort for a set amount of time followed by short recovery periods. You'll get and keep your heart rate up, burning more calories, and building strength throughout your workout.

# Your Full-Body Workout in One, Single Movement

