

**EVOCARDIO**

# Stair Mill STM2000

**The Evocardio Stair Mill STM2000 brings the combination of cardio intensity and strength training in our most comfortable design ever. Indeed, the ascent is comfortable thanks to a wide and deep walking surface.**

**While defining the design of our new console, our philosophy was simple: to offer a flexibly connected platform to expert partners to provide solutions for every customer, today and in the future.**

Stair climbing is one of the most effective cardio workouts for those looking to burn calories, tone muscles, build strength, and lose weight. You lift your entire body weight up repeatedly, and carrying your own weight uphill raises your heart rate immediately, burning a lot more calories than a workout on a treadmill or an elliptical. The activity combines cardio training and resistance movement, which helps you reach your maximum effort faster and reduces the amount of time spent on your training. You can burn about 300 calories in 30 minutes, depending on your weight.

The payback of climbing is extremely high, so as we consider any exercise method, the ones with a high payback, climbing, rowing and cycling, should rise to the top of the list. It's no wonder ellipticals and treadmills are all pointing up as lifting one's body weight with every step has greater benefits. But do these modified solutions really provide the best indoor alternative? No. Our Stair Mill STM2000 delivers the most natural stepping motion, with varied resistance levels that emulate a mountain without occupying a mountain of space.

Stair climbing, however, is not the most convenient way to exercise, as it can be hard on the knees and does not always fit in well with a person's other activities and schedule. This is where the Evocardio Stair Mill STM2000 can come in very handy.

Workout on the stair climber is very efficient at getting results as it provides a range of options such as hills, sprints, aerobic training, and interval training, designed to optimize your efforts and keep you motivated to exercise regularly.



- **The STM2000 is designed for home gym and light commercial use.**
- **The compact dimensions of the Stair Mill STM2000 are adapted to domestic and semi-commercial standards.**
- **Thanks to the electromagnetic brake system, energy consumption is reduced to 60 watts.**
- **Running speed, number of steps and calories are calculated per computer, depending on which program is used.**





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## Technical specifications

|                                 |  |
|---------------------------------|--|
| <b>Power requirements</b>       | Input Voltage 100-240 VAC 50/60 Hz 100 VA  |
| <b>Transmission system</b>      | Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones |
| <b>Step action</b>              | Revolving staircase with six steps of 15 cm each   |
| <b>Step surface</b>             | 22.86 x 43.18 cm   |
| <b>Heart rate monitoring</b>    | Touch sensor system  |
| <b>Chest belt</b>               | Not included   |
| <b>Screen</b>                   | Backlit LCD  |
| <b>Programs</b>                 | 6 standard programs  |
| <b>Compact footprint</b>        | Fits in small apartments, modest rooms, hallways, anywhere you feel convenient because it is significantly smaller than most stair climbers.                                   |
| <b>Transport wheels</b>         | Make movement easy.  |
| <b>Maximum speed</b>            | 120 steps per minute   |
| <b>Product dimensions</b>       | L 117 cm x W 74 cm x H 185 cm  |
| <b>Package dimensions</b>       | L 120 cm x W 80 cm x H 140 cm  |
| <b>Product weight</b>           | 94 kg  |
| <b>Maximum user weight</b>      | 130 kg   |
| <b>Warranty home</b>            | Frame: 5 years - Removable parts: 2 years  |
| <b>Warranty semi-commercial</b> | Frame: 5 years - Removable parts: 1 year   |