

STEPPER

Meaning: Stepper: a fitness machine designed to simulate the action of climbing stairs, often used for cardiovascular exercise and tracking workout progress.

1. The fitness center recently added a new stepper to their collection of cardio machines.
2. She used a digital stepper to track her progress during her daily workouts.
3. As a dancer, he learned that the stepper can improve coordination and rhythm.
4. The stepper in the corner of the room has become my favorite piece of exercise equipment.
5. After a long week, she found that using the stepper helped relieve her stress and boost her mood.

Source: sentences.whatistheurl.com

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