

# REEBOK DECK

## NO LIMITATIONS

3 POSITIONS TO TRANSFORM EVERY WORKOUT



### 01. FLAT



With two heights to choose from, you can step, jump and lunge your way to improved aerobic fitness. While your simultaneous upper and lower body movement improves coordination and agility, the constant push up onto the step effectively builds your leg strength.

### 02. INCLINE



The Deck on an incline is ideal for exercises which build the upper chest such as chest flys and bench press.

### 03. DECLINE



Set the Deck at a decline with resistance bands attached for the likes of standing rows and abdominal crunches.