

Try The Scoop Exercise Machine

More people are working from home now due to the coronavirus pandemic so there's a lot of sitting at a desk all day. To keep from getting bored and sick of sitting all day customers can [try the Scoop Exercise Machine](#) which is a great way to get some exercise in as you sit.

Scoop Pedal Exercise Machine Highlights

- Affordable lateral trainer
- Portable
- Tone butt and thighs including inner and outer thighs
- Zero impact on joints and knees
- Increase hip flexibility

Try The Scoop Exercise Machine As Seen On TV

The Scoop exercise machine is available for purchase online at the Try the Scoop website or from [Amazon.com](#).



[Visit Amazon To Purchase!!](#)

The product is being advertised on television where customers can see it in operation. There is an exclusive TV and online offer that customers can take advantage of:

How Much Does The Scoop Lateral Trainer Cost?

The Scoop can be purchased online at the try the Scoop exercise machine website for a price of \$199.99 or use the Afterpay option to make 4 installment payments of \$50.00.

There is a 1 year warranty that comes with the product or upgrade to the 3 year warranty for a price of \$19.99.

The Scoop Lateral Trainer Review

The [Try the Scoop](#) pedal exercise is a lateral trainer or bi-directional under desk elliptical machine that utilizes lateral motion to exercise your legs, thighs, core, hips, and buttocks. It is a complete lower body workout designed to tone even difficult areas such as your inner and outer thighs.

It's great for anyone but particularly seniors as it's a low impact workout protecting your joints and knees to prevent injury. There is no real stress on your lower body as you exercise with this piece of equipment.

How to Use the Scoop Trainer



[Read Customer Reviews!!](#)

It's not complicated getting started with the Scoop. Here are some simple directions on beginning your exercise:

- Place Scoop on a smooth level floor at a distance you're comfortable with from your seat
***for exercising under a desk you will need to have enough space underneath for knee movement

- Slide your feet into the pedals making sure you secure them correctly with the straps
- Using the tension knob select the tension you want to workout with

***for a more intense workout turn the tension knob left and for an easier workout turn the knob right

- Begin your workout by pressing both pedals in a sideways motion
- Workout regularly between 20-45 minutes per day 3 to 5 times weekly

List of Benefits You Can Expect From Scoop

If you've seen the Try the Scoop as seen on TV available at [Amazon](#) then you can see how there's healthy benefits from using this product, here is a short list of benefits:

Tone butt and thighs

Burn up to 500 calories an hour

Works the front and back of legs including the inner thigh, outer thigh, and butt

Works total lower body at a full 360 degree

Change direction to focus on the inner or outer thigh

Low impact

Zero impact on joints & knees

Increases hip mobility

Improves balance and strengthens hip and knee joints

Increase hip flexibility and activate your core

Specs

Built for home or office

Lightweight design for easy storage and use

Exercise while watching TV or working from home

Has onboard computer that tracks your workout time, repetitions, strides per minute, and approximate calories burned

Requires minimal assembly - has all the tools included taking less than 15 minutes to setup - can be assembled by one person

Weighs 19lbs

16 inches / 40 cm tall x 19 inches / 48cm wide

Reference

www.trythescoop.com