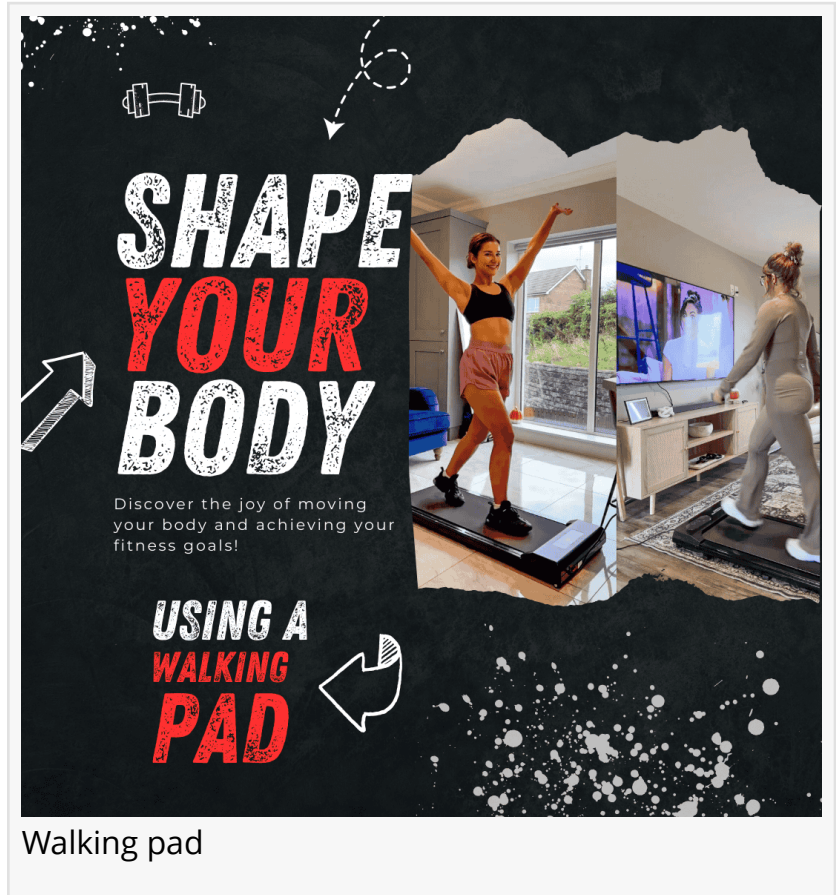


# Gym Bunny Introduces New Walking Pad with 9% Incline and Foldable Design for Home and Office Use

*Boost Your Fitness Anywhere! The new Gym Bunny Foldable Walking Pad with 9% incline helps you burn more calories & stay active, compact & quiet!*

DUBLIN, CO.DUBLIN, IRELAND, February 7, 2025 /EINPresswire.com/ -- Gym Bunny, a provider of home fitness solutions in Ireland, announces the launch of its [latest walking pad model](#), designed to offer a space-efficient option for individuals looking to integrate movement into their daily routines. The new model features a 9% incline, a foldable design, and a compact frame, catering to users seeking an accessible way to maintain an active lifestyle at home or in the workplace.



Walking pad

As more people look for alternatives to traditional gym workouts, compact fitness solutions have grown in popularity. Walking pads provide a convenient way to incorporate movement into daily life, particularly for those who spend long hours working at a desk or have limited space for conventional fitness equipment. The introduction of an incline feature in Gym Bunny's latest model further enhances the workout experience by engaging more muscles and increasing calorie expenditure.

## Enhancing Home Fitness with an Incline Feature

Unlike standard walking pads that offer only flat surfaces, the [Gym Bunny Walking Pad incorporates a 9% incline](#), allowing users to simulate uphill walking. Research indicates that walking on an incline can enhance cardiovascular endurance, strengthen lower-body muscles, and increase energy expenditure compared to flat walking surfaces. By providing this feature in a compact, foldable format, Gym Bunny aims to make effective workouts more accessible to

individuals with busy lifestyles.

"We developed this walking pad to support individuals who want to stay active in a convenient way," said Orlaith, CEO of Gym Bunny. "By integrating an incline and a compact design, this model provides a practical solution for users to maintain movement throughout the day, whether at home, in the office, or while multitasking."

### Designed for Versatility and Convenience

The Gym Bunny Walking Pad is designed with versatility in mind, accommodating users of different fitness levels. The ability to fold the machine makes it suitable for small living spaces, shared accommodations, and home offices. Whether used as part of a dedicated workout routine or as a way to stay active while working, the device offers an adaptable approach to movement and fitness.

### Key Features of the Gym Bunny Walking Pad

□□ 9% Incline for Enhanced Workouts – Engage more muscles, increase calorie burn, and simulate an uphill walking experience, all while keeping joint impact low.

□□ Compact & Foldable Design – Perfect for small spaces, this sleek walking pad easily folds away, making it ideal for apartments, home offices, and shared living areas.

□□ Whisper-Quiet Motor – Designed for seamless use while working, watching TV, or taking calls,



Gym Bunny Walking Pads



ensuring minimal disruption to your surroundings.

☐☐ Smart LED Display & App Connectivity – Stay on top of your fitness goals with real-time tracking of steps, speed, distance, and calories, all accessible through an intuitive app.

☐☐ Sturdy & Durable Frame – Built to support users of various fitness levels, providing stability and comfort throughout every session.

### Supporting Everyday Movement

As home fitness continues to grow in popularity, walking pads have emerged as a practical solution for those seeking a simple yet effective way to stay active. Whether used for light movement while working or as part of a structured fitness routine, these space-saving treadmills fit effortlessly into modern lifestyles.

With [walking pad reviews](#) highlighting their versatility, ease of use, and effectiveness, more individuals are choosing this innovative fitness tool to counteract sedentary habits and maintain an active routine. Gym Bunny's latest model offers a convenient way to integrate movement into daily life without the need for bulky gym equipment or high-impact workouts.

Gym Bunny's walking pad aligns with this trend, offering users a way to stay mobile while working from home, managing household tasks, or engaging in low-impact exercise. Whether used for structured workouts or incidental movement throughout the day, the device supports a more active lifestyle without requiring a large time commitment.

Regular movement is widely recognized for its benefits, including improved circulation, enhanced cognitive function, and reduced health risks associated with prolonged sitting. By offering a solution that encourages consistent movement, Gym Bunny aims to make fitness more accessible to a broad audience.

### Walking Pads: A Practical Fitness Solution

A walking pad is a streamlined alternative to traditional treadmills, designed to encourage movement in a way that suits modern lifestyles. Unlike bulky gym equipment, walking pads are compact, easy to store, and operate quietly, making them well-suited for home and office environments.

The addition of an incline in the Gym Bunny Walking Pad enhances its functionality, catering to individuals who want a more challenging workout without the need for high-speed running or intense training sessions. Walking at an incline engages muscles in the legs, core, and glutes while placing less strain on the joints compared to running. This makes it an effective option for those recovering from injuries, older adults, or individuals seeking a gentler yet effective form of exercise.

For those new to walking pads, Gym Bunny provides resources on how to incorporate them into

daily routines, including tips on maximizing workout effectiveness, adjusting incline levels for different fitness goals, and integrating movement into desk work or leisure activities.

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About Gym Bunny:

Gym Bunny is an Irish company specializing in compact home fitness solutions designed to integrate movement into everyday life. The company focuses on providing high-quality, space-saving walking pads that cater to individuals looking for a convenient way to stay active. With an emphasis on accessibility, Gym Bunny's products are designed to fit seamlessly into home and office environments, supporting users in maintaining consistent movement throughout the day.

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