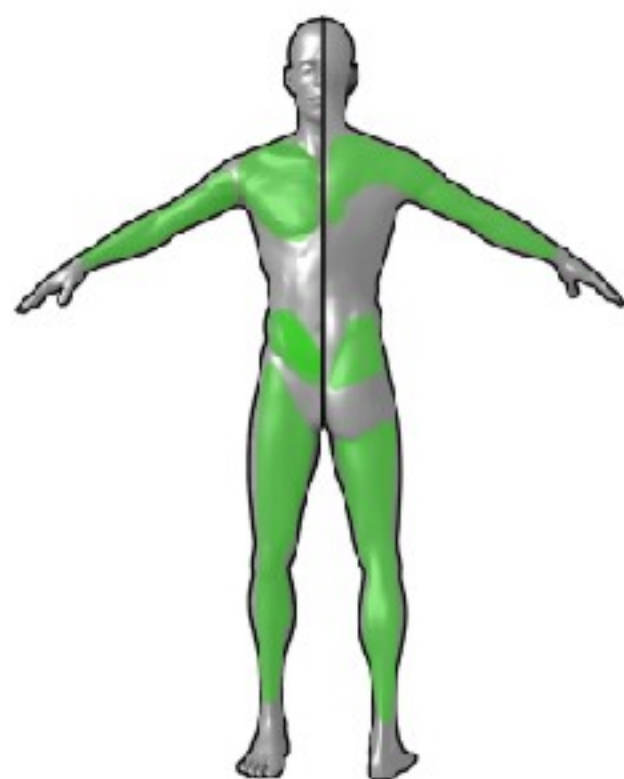


Skier

Activity type:

- ~ Cardiovascular
- ~ Mobility
- ~ Toning



Muscle Groups

BEGINNER



Minutes

INTERMEDIATE



Minutes

ADVANCED



Minutes

Instructions for use:

- Position feet in the treaded plates, firmly hold with both hands the bar grips
- Push arms & legs in an opposite circular motion
- Establish a controlled pace of exercise
- Change between forward & backwards motion to enhance workout
- Increase duration as fitness improves



If in doubt about undertaking physical exercise always consult a doctor beforehand. This equipment is intended for use by adults and children above 12 years of age.