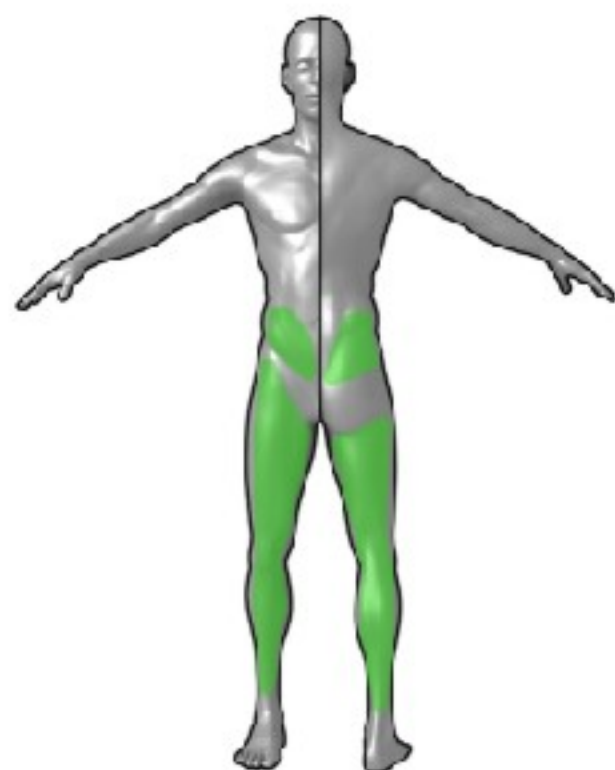


# Space Walker

## Activity type:

- ~ Cardiovascular
- ~ Mobility



Muscle Groups

### BEGINNER



Minutes

### INTERMEDIATE



Minutes

### ADVANCED



Minutes

## Instructions for use:

- Position both feet in the treaded plates, firmly hold with both hands the support bar
- Push legs back and forth alternatively to a comfortable distance
- Swing in a controlled manner
- 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.