

AIR STRIDER

Consult a physician before starting a new exercise program. Please be cautious and use the equipment as described in the instructions. This equipment is designed for adults and responsible children.

The Air Strider can improve your cardiovascular health as you use both your legs and arms to simulate cross-country skiing.

1. Place one foot at a time on the pedals. Be careful as the strider legs and handlebars swing freely.
2. Grasp the handles.
3. Start slowly and swing your legs back and forth, using your arms to assist in the motion.
4. Keep a steady, rhythmic motion while keeping your back straight.
5. For added difficulty, bend your knees and keep your body low while moving.
6. Continue for several minutes at a steady pace to raise your heart rate but keep your breathing steady.

