

2-PERSON CROSS-COUNTRY SKI

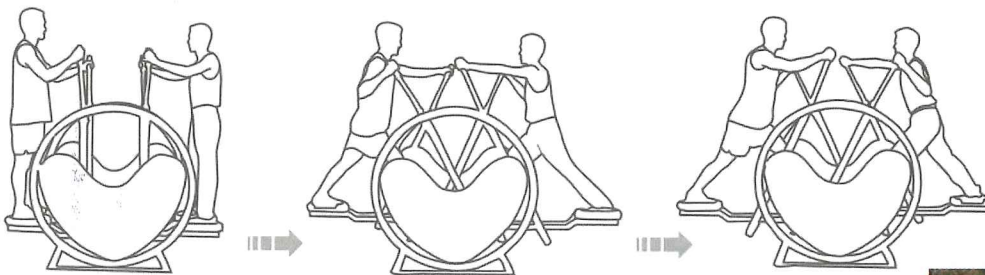
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TYPE OF ACTIVITY:

Lower Body - Develops endurance and flexibility in the legs, glutes and upper body muscles. The Cross-Country Ski is a low-impact exercise that also provides anaerobic and muscle toning workouts in one session.

INSTRUCTIONS:

1. Grasp handles with hands and step onto pedals.
2. Allow your partner to do the same before you begin exercising
3. Move feet back and forth slowly.

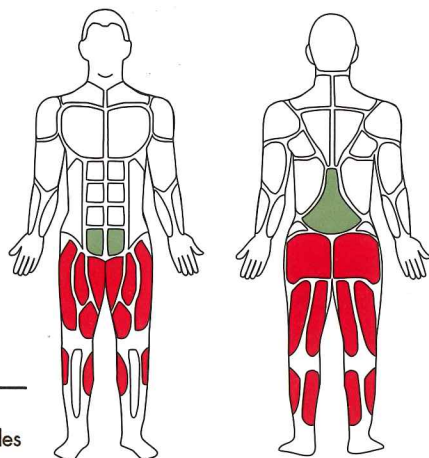


EXERCISE INTENSITY:

1. Use this equipment only within your own physical capabilities.
2. Increase repetitions for a longer and more beneficial workout.
3. Control your breathing.
4. Number of repetitions per session:

Teens & adults: 20 - 30 minutes

Active Seniors: 10 - 15 minutes



LEGEND

- Target Muscles
- Secondary Muscles

NOTICE:

1. Not suitable for people with general health conditions.
2. Do not over exert yourself.
3. Keep fingers, toes, hair or other body parts away from equipment elements during exercise.
4. This equipment is designed for the use and enjoyment of individuals older than 14 years of age.