

# ▲ SAFETY INSTRUCTIONS ▲

- It is advisable to consult your doctor before commencing on a fitness programme and also to undergo a fitness test
- Stop immediately if you feel dizzy, sick or sudden pain

## *User Instructions*

## **XT3000** AIRSTEPPER

- Start stepping - always working at full step height
- Keep your feet within footplate area
- Hold handrails lightly for balance
- Normal step speed is 70-90 steps per minute depending on weight
- Choose a comfortable speed within the band to suit you
- Follow programme 1 - aerobic training unless experienced
- Electronic display starts automatically
- Display has 45 sec delay before shut-down

## *Muscles Used*

HEART  
QUADRICEPS (knee extensors)  
HAMSTRINGS (knee flexors)  
ERECTOR SPINAE (low back)  
GLUTEALS (hip extensors)  
PSOAS/ILIACUS (hip flexors)  
CALVES  
ANKLES (flexors and extensors)

