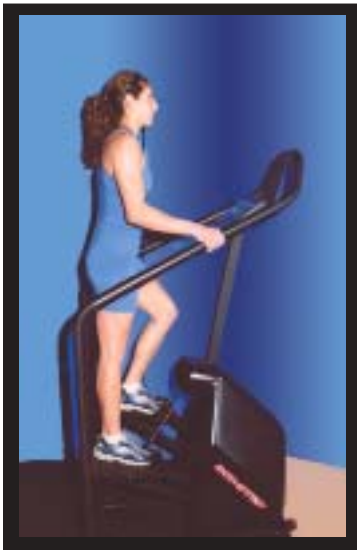


# Stair Stepper



## Stair Stepper Benefits:

- A Warm-up Activity
- Cardiovascular Training
- Lower Body Workout

For more detailed information, as well as visual examples of techniques, go to the computer in this facility and click on "Exercise Guide".

If you feel pain, dizziness, or shortness of breath at any time during this exercise or any other equipment, you should STOP exercising and contact your physician. Alert gym staff if assistance is needed.

## Use of the Stair Stepper:

1. Step on both foot plates allowing the entire foot to rest on the plates
2. Hold rails at a comfortable position
3. Stand erect without ever resting on the instrument panel or hand rails in anyway
4. Manual use
  - Press "ENTER" two times in a row
5. Step naturally as if climbing stairs with body erect and not flexing at the waist
  - Step at a natural height
  - Foot plates should not bang at the top of the stepping rhythm
  - Each step to a foot plate should not sink too low
  - Keep a pace that allows a natural stepping motion without banging and sinking
6. Pace of stepping motion can be set manually by using the up and down arrow
7. Setting a program from the instrument panel
  - Use the up and down arrow key to select **weight**, then press "ENTER"
  - Use the up and down arrow key to select **time**, then press "ENTER"
  - Use the up and down arrow key to select **program**, then press "ENTER"  
(Examples: random, heart control, peak, interval, etc.)
  - Use the up and down arrow key to select **level**, then press "ENTER"