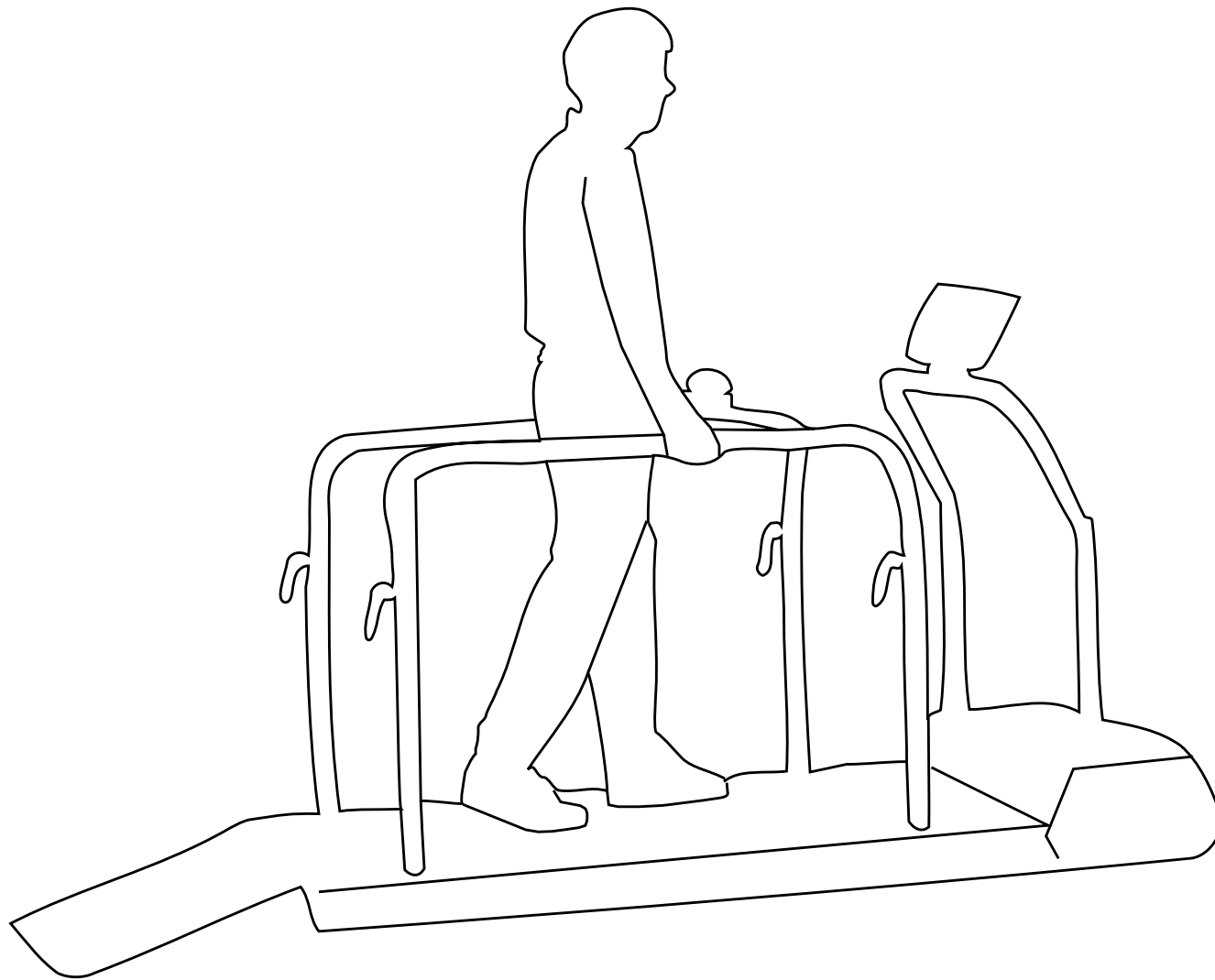


EN-Cardio Mill

Exercise to increase cardiorespiratory capacity



Partner for Life



Preparation:

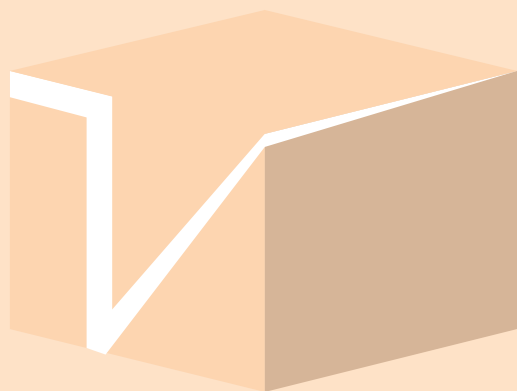
- adjust the height and width of the supports (if possible)
- fasten the safety belt and place the magnetic contact on the control panel
- insert your EN Track chip card or select the right programme / resistance, speed and gradient

Procedure:

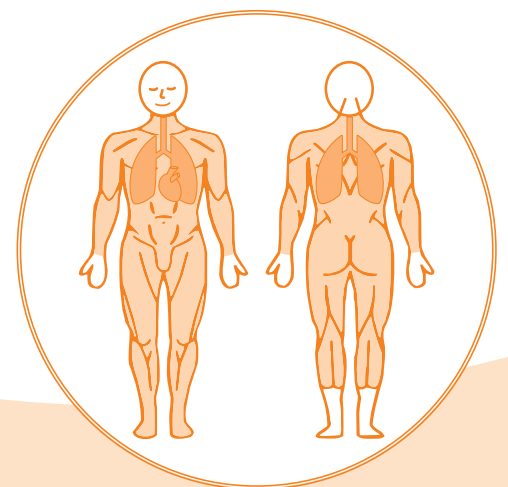
- start the exercise slowly and gradually build it up
- inform your coach/practitioner if you feel dizzy or nauseous or experience any pain

Note:

- make sure that you complete the whole training session
- leave the settings unchanged after finishing the exercise
- if necessary, wipe down the machine after use



entrack



Passion for motion