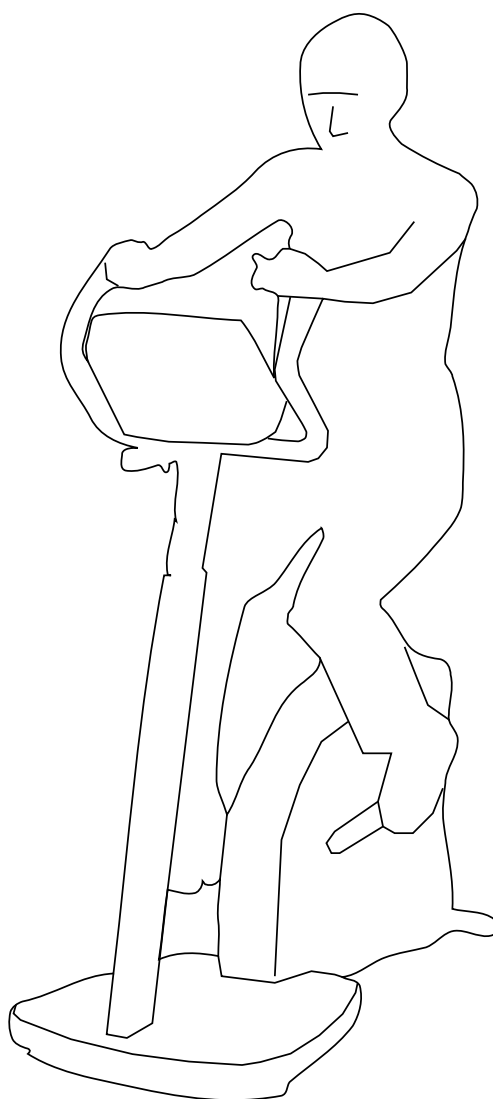


EN-Cardio Bike-Reha

Exercise to increase cardiorespiratory capacity



Partner for Life



Preparation:

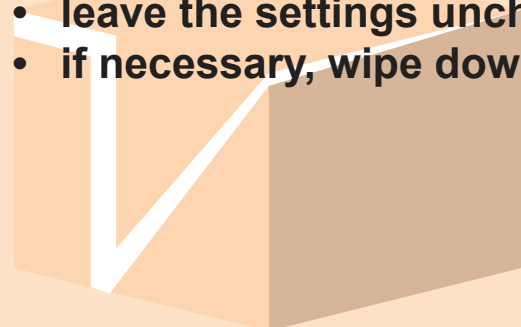
- adjust the height of the saddle before sitting on it
- adjust the length of the toe clips if necessary
- adjust the grips to a comfortable position
- adjust the forward/backward position of the saddle if necessary
- adjust the crank length if necessary
- insert your EN-Track chip card or select the right programme / correct resistance

Procedure:

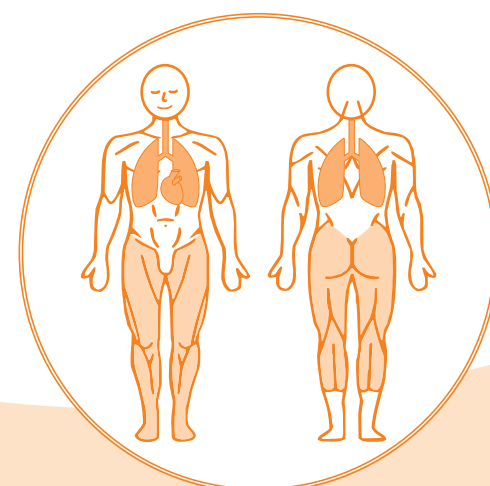
- hold the handlebars (on the metal sensors if the machine has them)
- start the exercise slowly and build it up gradually
- inform your coach/practitioner if you feel dizzy or nauseous or experience any pain

Note:

- complete the whole training session
- leave the settings unchanged after finishing the exercise
- if necessary, wipe down the machine after us



entrack



Passion for motion