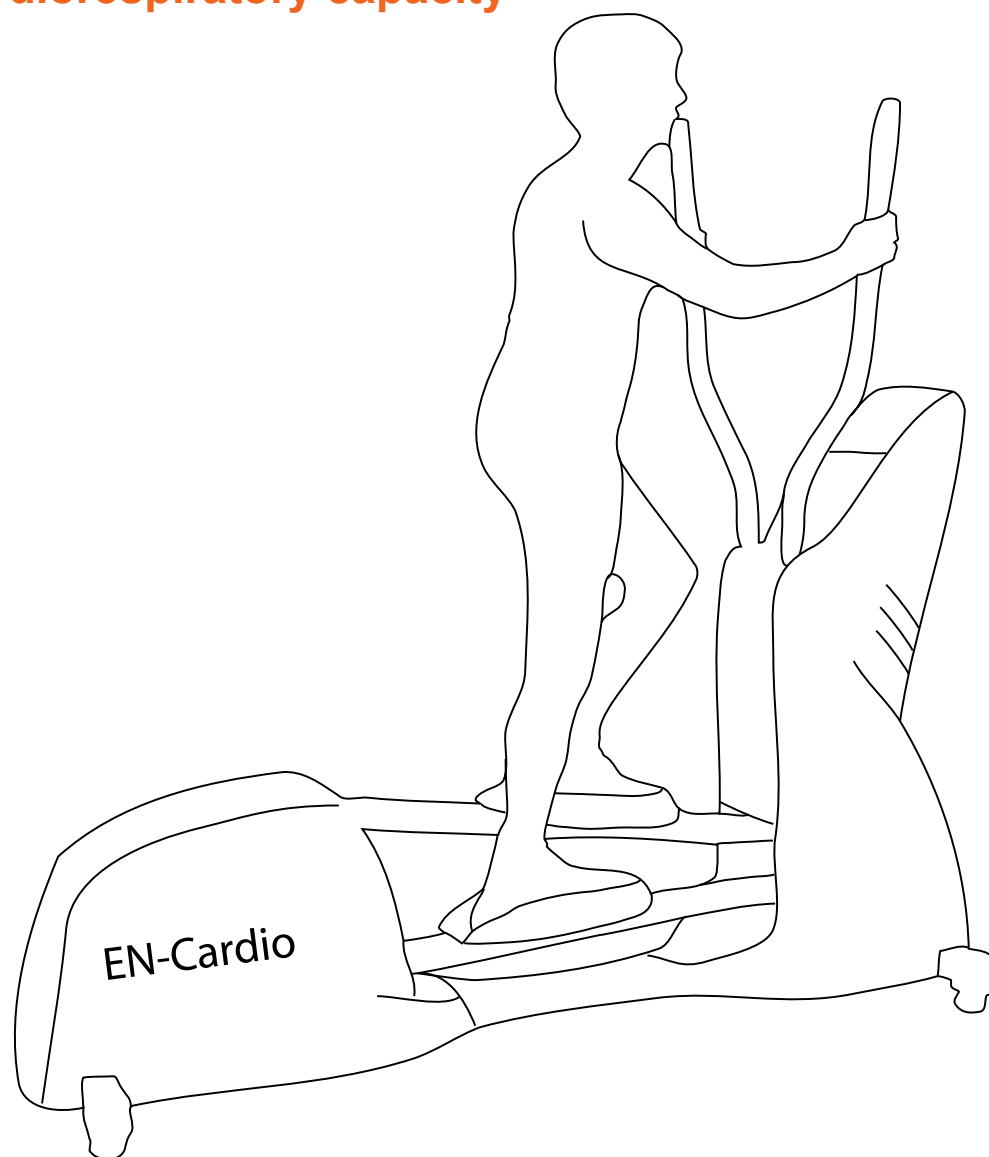


# EN-Cardio Crosswalker

Exercise to increase cardiorespiratory capacity



*Partner for Life*



## **Preparation:**

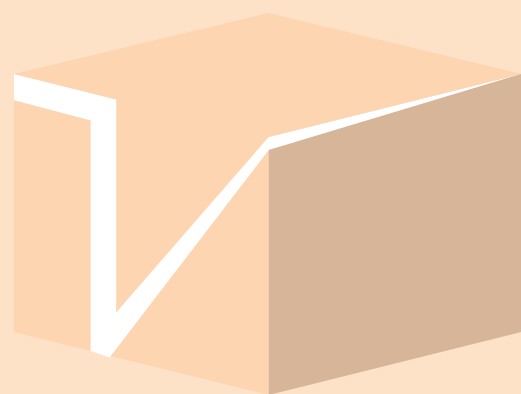
- insert your EN Track chip card or select the right programme / resistance

## **Procedure:**

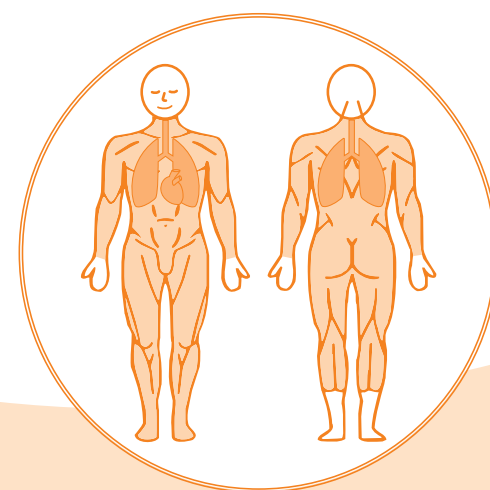
- hold the handlebars (on the metal sensors if the machine has them)
- start the exercise slowly and build it up gradually
- inform your coach / practitioner if you feel dizzy or nauseous or experience any pain

## **Note:**

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



entrack



# **Passion for motion**