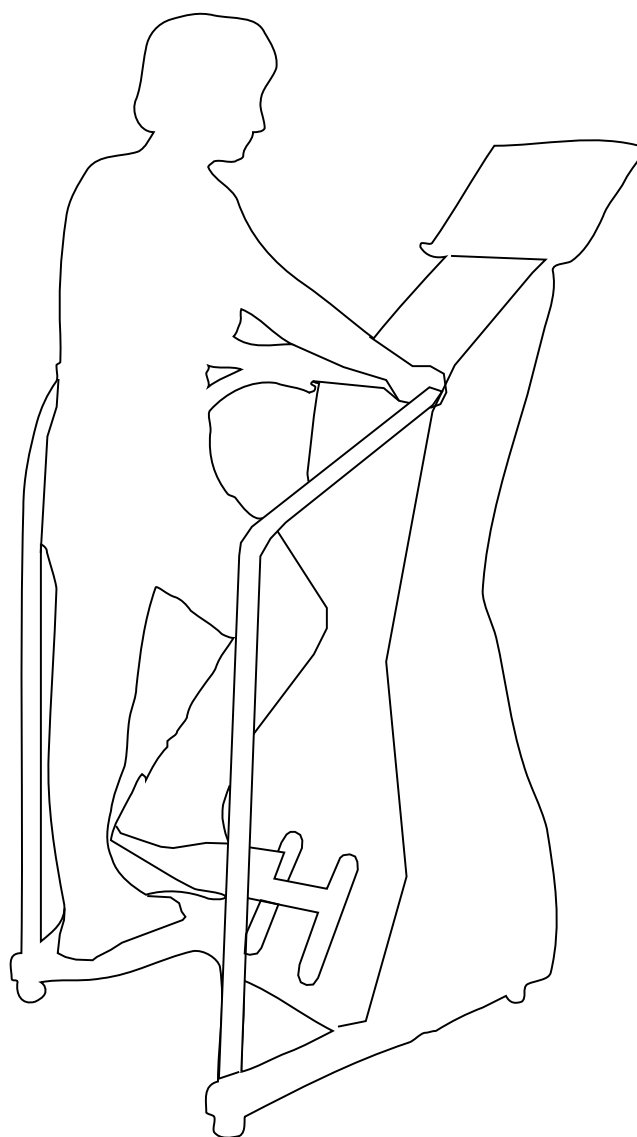


EN-Cardio Stair / Step

Exercise to increase cardiorespiratory capacity



Partner for Life



Preparation:

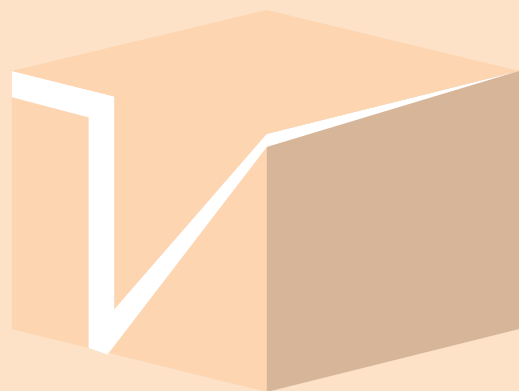
- insert your EN Track chip card or select the right programme / resistance

Procedure:

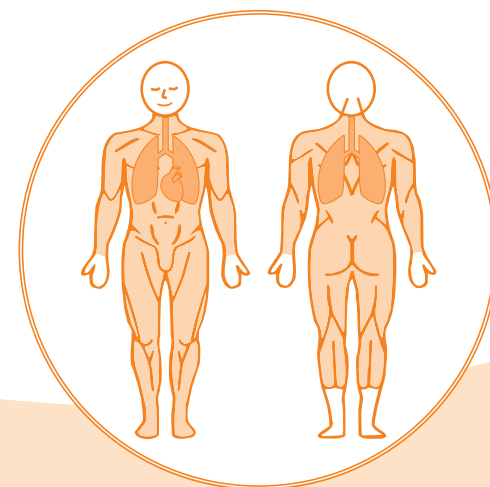
- hold the handlebars (on the metal sensors if the machine has them)
- start the exercise slowly and build it up gradually
- inform your coach / practitioner if you feel dizzy or nauseous or experience any pain

Note:

- complete the whole training exercise
- leave the settings unchanged after finishing the exercise
- if necessary, wipe down the machine after use
- When using the Stair, the pace must be adjusted so that you remain 'up', while with the Step the feeling should be like walking upstairs.



entrack



Passion for motion