

SECTION 2

OPERATING INSTRUCTIONS

- [1] Set your weight using the Reset Sensor.
- [2] Set your height on the height strap.
- [3] Attach belt to your waist – Jacobs Ladder logo should be right side up.
- [4] Climb onto the machine. Accelerate slowly to let the machine adjust to your speed.
- [5] In order to stop, simply stop climbing and coast to the bottom.

RECOMMENDATIONS / SAFETY PRECAUTIONS

- Always warm up at the slowest speed for at least two minutes. In your initial workouts, it is best to pace yourself to gain an understanding of the machine intensity.
- Use opposing arm and leg movements (i.e. right arm/left leg; left arm, right leg)
- Never take more than one step at a time.
- Practice going slow. Allow the machine to stop until you feel comfortable with the machine.
- Keep spine straight and relaxed (don't hunch your back). Upper body weight should be supported by arms.
- If you feel dizzy while using the hand-over-hand movements, use the side rails and concentrate on a lower body workout.
- Some people may be more comfortable wearing gloves.