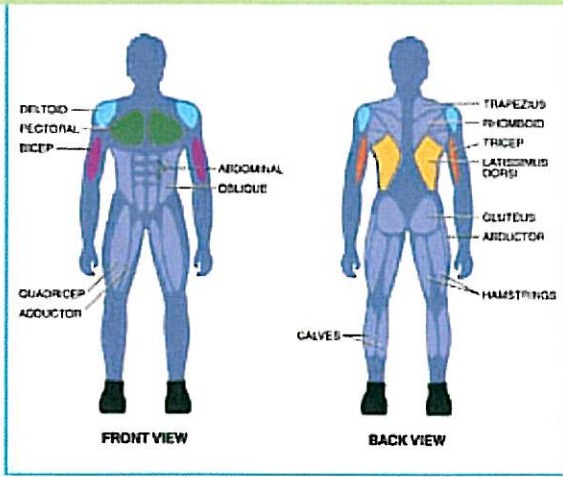




## BEFORE YOU BEGIN:

- Always consult a physician prior to beginning any exercise program.
- Always warm up and stretch before and after each workout.
- Breathe normally during the entire workout.
- Use slow, controlled movements.
- Follow the illustrated instructions, paying attention to the correct body positioning and maintaining good posture at all times.
- Try to perform each exercise 8 to 12 times, which represents one set. Work up to 3 sets for each exercise, resting for 60 to 90 seconds between sets.
- Always keep your knees and elbows slightly bent. Avoid hyperextending or locking your joints.
- Be sure to increase your fluid intake whenever you increase your physical activity - before, during and after a workout. Eight glasses per day is not enough if you are physically active.

**IMPORTANT: EXERCISE SHOULD NOT BE PAINFUL. IF YOU FEEL ANY PAIN, STOP EXERCISING AND CONSULT YOUR PHYSICIAN.**



## CARDIO

1. Stand on the bilateral stepper with both feet firmly placed on each peddle. Evenly distribute your weight on your right leg and press down, then press down with your left leg. Continue with this side to side motion for 20-30 minutes to get a cardio workout.



During this time period, your body begins to burn fat and more calories. You can add arm movements with the stretch cords that are provided with the stepper. Please see suggested exercises below.

Depending on your fitness level you may need to take several short breaks. It may take some time before you can exercise for a consecutive 20-30 minutes. But don't get discouraged - every day you should improve and get into better cardiovascular shape.

## TRICEPS / SHOULDERS

1. Hold a handle in each hand
2. Bend your arms at the elbows with your palms facing away from your body. Your hands should be at shoulder height.
3. Extend one hand over head. Then slowly bring the arm down. Repeat with other arm.



**Variation:** This exercise can also be done with both arms together.

## SHOULDERS

1. Hold a handle in each hand. Bring your hands out with arms extended at your sides.
2. While keeping your arms extended, slowly raise your arms until they become parallel with the ground. Don't let your arms go above your shoulders.
3. Slowly bring your arms down back to your sides and repeat the movement.



## BICEPS

1. Hold a handle in each hand. Bring your hands to the front of your thighs.
2. With your palms facing up slowly bend your arm at the elbow, bring your palm towards the front part of your shoulder. Squeeze your bicep as you reach the top of this movement.
3. Slowly bring your arms down and back to your sides, trying to keep some tension on the cord. Repeat the movement.



## BICEPS & TRICEPS

1. Hold a handle in each hand. Bring your hands out with arms extended at your sides.
2. With one hand, have your palm facing up. Slowly bend your arm at the elbow, bringing your palm towards the front part of your shoulder. Squeeze your bicep as you reach the top of this movement.
3. Keep your other arm straight and move it behind you. Flex your tricep as your reach the end of this movement. Do these two movements simultaneously, then alternate.

