

TREADMILL INSTRUCTIONS

Improves cardiovascular, endurance, flexibility, and leg bone density



MANUAL OPERATION

1. Clip the safety lanyard to your clothing and push in the other end
2. Hold onto the railings and stand in the middle of the belt
3. *(Only if experienced)* Straddle the tread belt with one foot on each traction strip
4. Press the GREEN "START" button to display the screen
5. *(Optional)* Enter weight and Press "ENTER" using numeric keypad or arrows
6. Press the (+) sign or (-) sign on the right to adjust the speed
7. Press the (+) sign or (-) sign on left to adjust the incline
8. Press the RED "STOP" button once to pause the treadmill or twice to turn it off
9. Press the long RED "STOP" BAR to clear any speed or elevation settings.
10. Hold onto the railings and carefully step off and down

FOR USING THE INTERNAL PROGRAMS

1. Clip the safety lanyard to your clothing and push in the connected end
2. If possible, straddle the tread belt with one foot on each traction strip
3. Press "PROGRAMS" to display the Programs Selection screen
4. Select Program using the arrow to scroll through the list and Press "ENTER"
5. Enter your Maximum Speed using numeric keypad or arrow
6. Press "ENTER" and wait 3 seconds
7. Enter your Maximum Incline using the numeric keypad or arrow
8. Press "ENTER" and wait 3 seconds
9. Enter your Program Time (between 5 – 99 minutes) using numeric keypad or arrow
10. Press "START" to begin your workout and display Program Progress Screen
11. Press and hold "ENTER" for 3 seconds to display other screen segments
12. Press "ENTER" to Exit
13. Press the long RED "STOP" BAR to clear any speed or elevation settings.

5 INTERNAL PROGRAMS

FAT BURN (2 elevation peaks with gradual changes in speed to raise heart rate)

INTERMEDIATE (5 elevation peaks with changes in speed for a cardiovascular workout)

ADVANCED (high elevations with top speeds for advanced cardiovascular workout)

INTERVALS (high speeds & elevations alternating 8 times with low speeds and elevations)

ENDURANCE (maximum speed with max elevation for ultimate cardiovascular work)

NUSTEP INSTRUCTIONS

Improves cardiovascular, endurance, and flexibility



TO GET ON THE NUSTEP

1. Lift the **BLUE** handle behind the seat and rotate seat 90 degrees and sit down.
2. Rotate the seat to face forward until it clicks
3. Place your feet in the foot plates
4. Adjust seat position: Lift the **YELLOW** handle to slide the seat. Release it when knees are flexed slightly, and pedals are fully extended. (*Knees should not be locked*)
5. Extend the arms as needed: Turn the knobs to loosen, slide the arm extensions to where they are comfortable, and tighten the knobs (*Do not overtighten*)
6. (*Optional*) Enter Weight by using the **UP** and **DOWN** Arrows
7. Use **RED** lever on right of seat to adjust level of workout
8. Start pedaling to activate the display and count time elapsed and indicate progress (*You can press "SELECT" repeatedly to view different readings*)
9. Press "**RESET**" to clear the display

TO GET OFF THE NUSTEP

1. Retract the arms. Turn the knobs $\frac{1}{4}$ turn to the left to loosen, then slide the extensions in, and tighten the knobs (*Do not overtighten*)
2. Lift **YELLOW** handle under front of seat, slide seat backward and release handle
3. Lift the **BLUE** handle behind the seat to swivel it to get out easily

BIOSTEP INSTRUCTIONS



TO GET ON THE BIOSTEP

1. Lift the **BLUE** handle behind the seat and rotate seat 90 degrees and sit down
2. Rotate the seat to face forward and place your feet in the foot plates
3. Lift the **YELLOW** handle to slide the seat into position. Release it when knees are flexed slightly when the pedals are fully extended. (*Knees should not be locked*)
4. Turn the knobs on the arms $\frac{1}{4}$ turn to the left to loosen, slide the arm extensions to where they are comfortable, and tighten the knobs. (*Do not overtighten*)
5. Start pedaling to activate the display and count time elapsed
6. Push "**SET EFFORT LEVEL**", adjust the number (+) or (-). (*Wait 3 seconds between levels*)
7. Press the right-hand, lower circle to indicate your progress for the different settings
8. (*Optional*) If you want to measure your Heart Rate or you do not want to use the arms, you can grip the **SILVER** hand rails on both sides of the seat
9. Press "**RESET**" at the upper left to clear the display

TO GET OFF THE BIOSTEP

1. Turn the knobs on the arms $\frac{1}{4}$ turn to the left to loosen, slide in the arm extensions, and tighten the knobs. (*Do not overtighten*)
2. Lift the **YELLOW** handle under front of seat, slide seat backward and release handle
3. Lift the **BLUE** handle behind the seat to swivel it to get out easily
4. Grasp the handles in the center for stability before standing up

BICYCLE INSTRUCTIONS



Improves cardiovascular, endurance, and flexibility

1. Sit on the seat, hold onto the center post and adjust your seat position forward or backward while lifting up the **YELLOW** lever on the left under the seat
(Moving the seat closer also moves it lower; moving further away raises the seat)
2. Adjust back rest angle while lifting the **YELLOW** lever on right side under the seat
3. Place your feet in the foot plates *(you do not need to use the yellow straps, but if you do use them, they can be adjusted with the clamps on the side)*

MANUAL OPERATION

1. Press **GREEN "QUICK START"**
2. Choose Work-Out Level using the **UP** and **DOWN** Arrows
3. Start pedaling
4. Press and hold down **"STOP"** to shut off display

INTERNAL PROGRAM OPERATION

1. Choose the program that you want
2. Press **"ENTER"**
3. Follow the **LED** Instructions
4. Press and hold down **"STOP"** to shut off display

ROWER INSTRUCTIONS



Improves cardiovascular, endurance, and flexibility

MANUAL OPERATION

1. Sit on the seat, put your feet on the foot plates, and grasp the handle
2. Press **"START/STOP"** button
3. Begin rowing
4. Adjust workout level while rowing using the buttons on the handle
5. When finished rowing, press and hold **"RESET"** to shut off display

INTERNAL PROGRAM OPERATION

1. Sit on the seat, put your feet on the foot plates, and grasp the handle
2. Begin rowing to activate the display
3. Press **"MODE"** repeatedly to choose a workout sequence that has
(Manual, Distance, Time, Calories, 20/10 Interval, 10/20 Interval, Custom Interval, Cardio program, Strength program, and Game)
4. Use **UP** and **DOWN** Arrows to input values or levels
5. Adjust workout level if needed while rowing, using the buttons on the handle
6. When finished rowing, press and hold **"RESET"** to shut off display

TO AVOID BACK STRAIN:

KEEP YOUR BACK STRAIGHT AND ONLY USE YOUR LEGS AND ARMS

ELLIPTICAL INSTRUCTIONS



Provides whole body cross training with a natural total body movement that creates a true-to-life walking.

1. Grasp the side railings and step up onto the back platform
 2. Continue holding side railings, place 1 foot onto the shoe plate and then the other
 3. Grasp the "short middle uprights" and begin moving your feet to activate display
 4. Press "QUICK START" once the display is activated
 5. Press the UP Arrow or DOWN Arrow to increase or decrease the workout level
 6. *(Optional) For using the arm movement: Grasp the long upright arms between the middle to the bottom of the grip handles*
 7. *(Optional) Press the # 5 domino shape (2nd from right) repeatably to operate the fan*
 8. If you want to reverse the leg motion, hold onto the "short middle uprights" for support before trying to reverse the motion.
 9. To end: Press "PAUSE/CLEAR"
 10. Press "STOP"
 11. Hold the railings, step onto the back platform, and then step down and off
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SLANT BOARD INSTRUCTIONS

Enhances use of Free Weights to improve muscle strength, body tone, and flexibility

OPERATION of the SLANT BOARD

To Raise the long pad

1. Raise the top of the pad while moving the vertical bar underneath to your height

To Lower the long pad

1. Raise the top of the pad slightly and lift the vertical bar while lowering the pad
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FREE WEIGHTS INSTRUCTIONS

1. Alternate between working upper body one day and lower body the next
2. Do not overdo your workouts: Start with light weights and work up
Maximum 10 – 15 REPS per set
Rest 1 – 2 minutes after each set to recover
Maximum of 2 -3 sets per session
3. Drop down to a more comfortable weight if you are straining to lift or push
4. Keep breathing during each REP
5. Breathe OUT when lifting or pushing / Breathe IN when recovering

HANDLE THE WEIGHTS CAREFULLY SO YOU DON'T DROP THEM

VIBRAWAV INSTRUCTIONS



Improves overall body and muscle tone, improves balance, increases circulation, accelerates fat loss, reduces cellulite, reduces muscle tension, and may help reduce neuropathy

1. **CAREFULLY STEP UP** onto the **HIGH PLATFORM**
2. Hold onto the safety railings
3. Place your **feet together** in the center of the platform
4. Select "SPEED PRESET" on right or manually adjust using UP and DOWN Arrows
5. Select "TIME PRESET" on the left or manually adjust using UP and DOWN Arrows
6. Press "START" button to turn on vibration plate
7. Spread your feet apart about shoulder width to increase the vibration
8. Move your feet closer together or further apart to adjust the vibration
9. Press "STOP" when you are finished
10. Vibrawav suggests that you limit usage to 10 minutes per session
11. **CAREFULLY STEP DOWN** from this **HIGH PLATFORM**

TRY DIFFERENT POSITIONS FOR VARIATION ON THE VIBRAWAV

SIT-2-STAND INSTRUCTIONS

Stand – Sit – Stand

Increases leg strength, Improve balance and mobility

The distance to which the seat can be lowered can be changed by flipping the triangular metal piece behind the platform either by hand or with your foot

Facing the machine

1. Lower the seat bottom to the lowest position using the black knob under seat
2. Pull up the load-assist knob on the right and raise it to the top position

Facing away from the machine

3. Stand on the platform facing away from the seat
4. Grasp the seat bottom using the GRAY handles on each side
5. Raise the seat until the upper edge aligns with your waist or belt
6. *(Optional) Secure the seat belt around your waist for safety*
7. After grasping both black handles, sit down on the seat as if sitting into a chair
8. Begin sitting and standing and develop your workout
9. Pull up the load-assist knob on your left and move it to adjust intensity level
10. When finished, carefully step off the platform

LEG PRESS

INSTRUCTIONS

FOR THE THIGHS AND GLUTES

INSTRUCTION IS GIVEN AS IF YOU ARE SITTING ON THE SEAT

1. Adjust the seat distance, as needed, by lifting the black bar located in front of the seat to move seat forward and backward
(Be sure seat is "locked in" before using this equipment)
 2. Place your feet on the front foot plate
 3. Use the (+) or (-) buttons to adjust the pressure for desired resistance and slowly extend your legs, pressing against the foot plate, and then bending your knees to bring the foot plate back
 4. Repeat as desired
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LEG EXTENSION

INSTRUCTIONS

FOR THE QUADRICEP MUSCLES

INSTRUCTION IS GIVEN AS IF YOU ARE SITTING ON THE SEAT

1. Use the handle on the left to adjust the seat back to move forward and backward
 2. Sit in the seat
 3. Use the knob on the round section (on the right side) to adjust the distance allowed to lift and/or lower the legs
 4. Use the (+) button on the right handle to increase your effort
Use the (-) button on the left handle to lessen the effort
 5. Exercise by slowly lifting legs up to a comfortable height and then slowly lower back down to the starting position
 6. Repeat as desired
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LEG CURL

INSTRUCTIONS

FOR THE HAMSTRING MUSCLES OF THE LEGS

INSTRUCTION IS GIVEN AS IF YOU ARE SITTING ON THE SEAT

1. Use handle on left side to adjust seat forward or backward
2. If necessary, adjust foot pad to rest just above back of ankle
3. Sit in the seat
4. Press the (+) button on the right-hand side to increase pressure and raise the leg piece
5. Pull the black knob on right out to lower top pad to rest tightly onto the tops of thighs (to prevent legs from lifting when in use)
Be sure the pin is securely locked into one of the notched spaces
6. Exercise by curling your legs downward and then raising them up
7. When done, to exit, pull the black knob on right side to raise the top pad and lock pin into the lowest position
8. Repeat as desired

AB MACHINE INSTRUCTIONS

FOR THE ABDOMINAL STOMACH MUSCLES

INSTRUCTION IS GIVEN AS IF YOU ARE SITTING ON THE SEAT

1. Use knob on the post under the seat to adjust seat height
2. Sit on the seat with your back against the backrest
3. Press the (+) button on the right side of the handle to increase the air pressure to raise the chest pads up to press your chest.
4. Once a comfortable amount of pressure is determined, bend at the waist using your abdominal muscles by pulling down into a crunch position and then slowly raise back up
5. Repeat as desired

NOTE: Pressing the (+) or (-) button will increase or lower the pressure

HIP ADDUCTOR & ABDUCTOR

INSTRUCTIONS FOR STRENGTHENING THE HIPS AND IMPROVING FLEXIBILITY

- 1) Sit on the seat
- 2) Adjust the knee pads to face in for starting with knees together, or pads facing out if you are going to start with knees spread apart
- 3) Lift the orange lever on the right to adjust the range of motion
- 4) Adjust the effort to move your knees either in or out by using the pin in front of your knees to change the weight amount
- 5) Stretch as many times as long as you feel comfortable
(But do not overdue any exercises)
- 6) Turn the knee pads around and stretch in the other direction