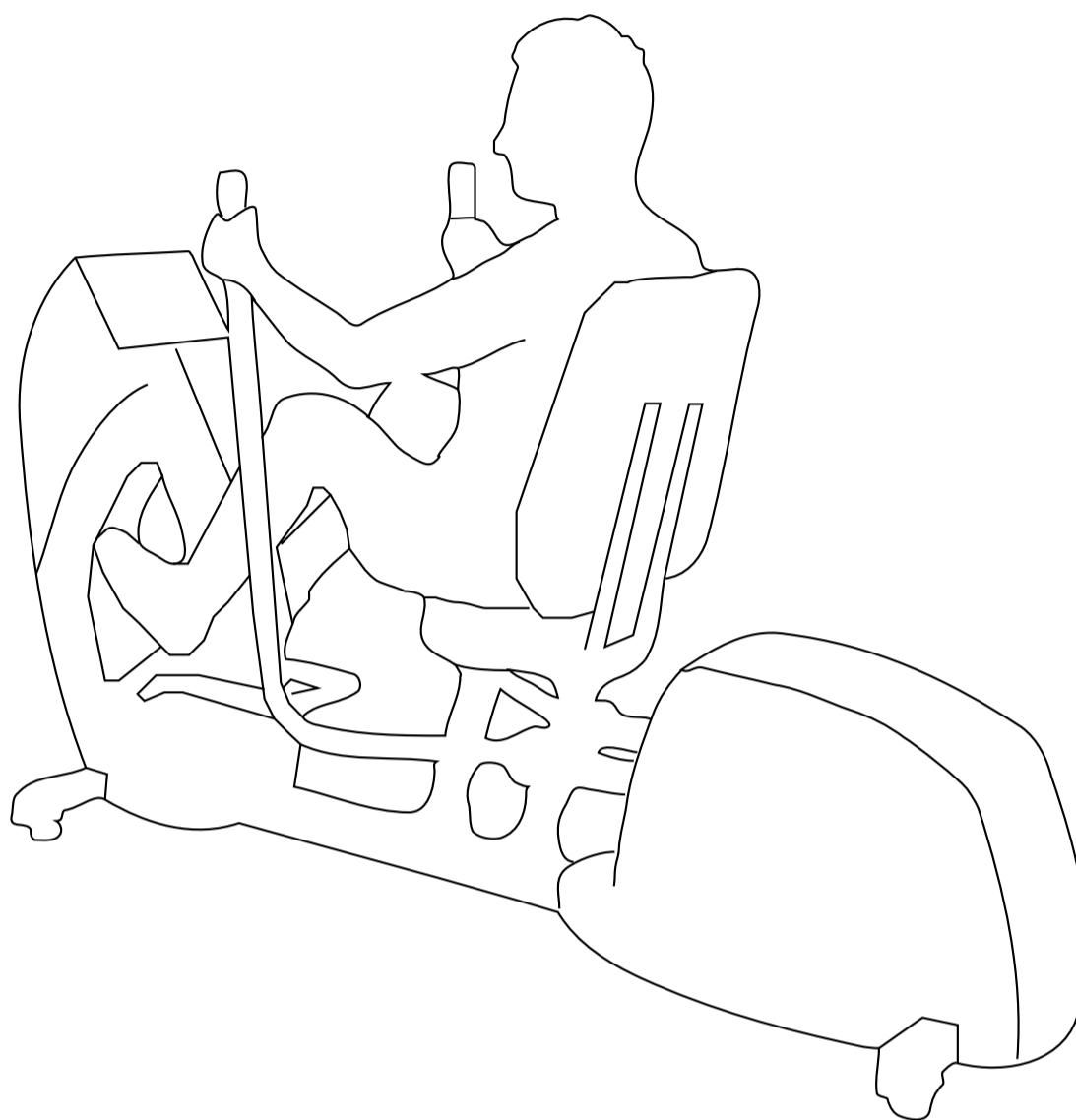


# EN-Cardio Cruiser

Exercise to increase cardiorespiratory capacity



*Partner for Life*



## **Preparation:**

- sit down with your back fully supported against the backrest
- adjust the pedals so that your knees are slightly bent when your legs are in the outermost position
- insert your EN Track chip card or select the right programme / resistance

## **Procedure:**

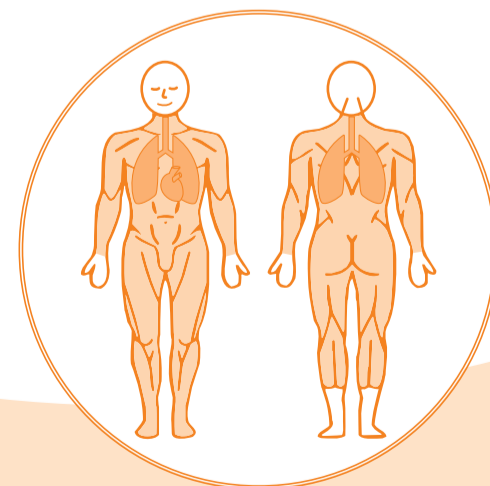
- hold the handlebars
- start the exercise slowly and build it up gradually
- inform your coach/practitioner if you feel dizzy or nauseous or experience any pain

## **Note:**

- complete the whole training session
- keep your back properly supported against the backrest to prevent any strain
- leave the settings unchanged after finishing the exercise
- if necessary, wipe down the machine after use



entrack



# Passion for motion