

Cross Country Ski Machine

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Benefits

With proper intensity, duration, and frequency, the following physiological responses may occur:

- A reduction in blood pressure
- A reduction in resting heart rate
- A decrease in total cholesterol
- An increase in aerobic capacity
- See under Cardiovascular Health Benefits under General Fitness in the Fitness Encyclopedia for more benefits.

Actions

1. Set the ski exerciser at the lowest level of elevation.
2. Stand on the rails (not foot glides) and adjust the hip pad to rest approximately one inch below navel. The setting should be high enough to avoid restricting leg movement.
3. Grasp handlebars and step into foot glides.
4. If starter belt applies, wrap snugly around waist from left to right. Use until proper form is achieved.
5. Keeping the balls of the feet on the foot glides, move feet in a smooth walking motion.
6. Continuing leg motion, add one arm swinging at side. Be sure if right leg is forward, left hand is forward and vice versa.
7. Once arm motion is comfortable, grasp handgrips and pull with natural arm swing.



Position 1

Precautions

- Avoid direct contact with the arm exerciser cord drum immediately after use, it may be hot.