

Versa Climber

Versa Climber

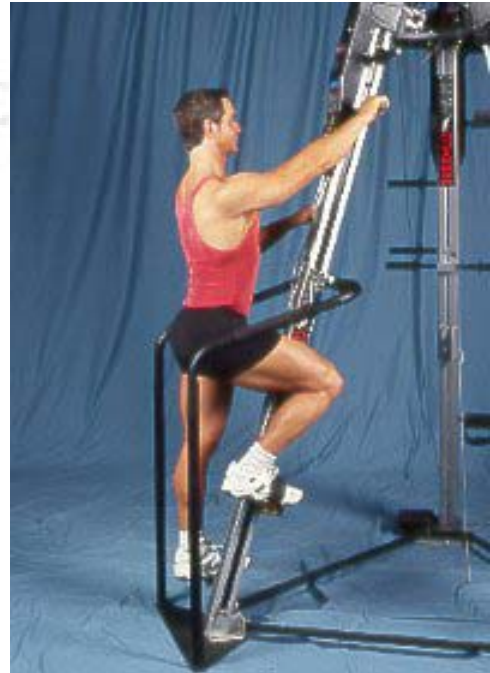
Benefits

This is a vertical climbing machine providing an aerobic workout with variable resistance, stroke, and speed. The operation is similar to climbing a ladder.

- 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. Grasp the handrails, step into the stirrup style pedals, and stand erect.
2. Select a program.
3. Begin the climbing motion by stepping on a foot pedal and pulling on a hand grip on the same side of the machine.
4. The right foot pedal and hand grip move downward while the left foot pedal and hand grip move upward.
5. Keep a smooth rhythmic motion.



Position 1