

Airdyne

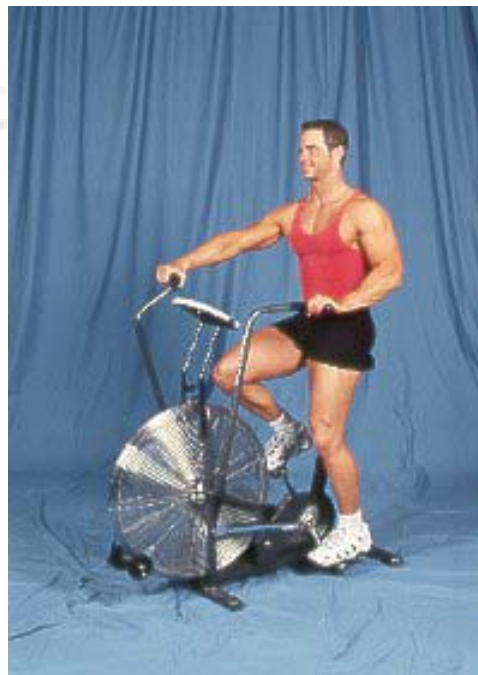
Airdyne Benefits

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. FOR A LOWER BODY WORKOUT, adjust the seat so the legs complete a comfortable revolution without locking the knees.
2. Sit upright in good body alignment (abs tight, chest up, back straight).
3. Be sure balls of feet are centered on the pedals, and knees are in line with toes pointing directly forward.
4. Begin pedaling slowly with arms relaxed at side.
5. To increase workload, increase pedal speed.
6. The Airdyne should be pedaled in a smooth rhythmic motion.
7. FOR A LOWER AND UPPER BODY WORKOUT, lean slightly forward from the hips and grasp the hand grips.
8. Push and pull with the arms in addition to pedaling.
9. FOR AN UPPER BODY WORKOUT, after gaining momentum by pedaling, carefully grasp hand grips with palms down or up.
10. Place feet on the foot rest near the fan wheel axis and lean forward from the hips.



Precautions

- Avoid dismounting until pedals and arm levers completely stop.



- Avoid pedaling with the arch of the foot. Keep the balls of the feet on the pedals.

