



**Cardio Kids 615 Elementary  
Snowboarder  
OWNER'S MANUAL**

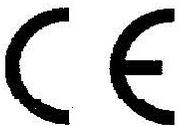
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# Parts List



A.



1. Make sure the machine is in a neutral position as seen in picture A.

B.



2. As you step onto the Snowboard Platform, firmly grab the arm handles with both hands for stability as seen in Picture B.

  
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C.

3. With knees slightly bent, begin propelling the snowboarder platform from left to right
4. While you are getting use to machine make sure to keep both hands firmly grasped on the handle bars as seen in Picture C.
5. As you begin to become more comfortable with the movements increase speed from side to side.



  
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6. For more advanced users:

Once you become comfortable with the motions, rapidly begin swinging from left to right trying to get higher and higher to catch as much “air” as possible.

  
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7. Instructor should have each user:

a.) Before exiting the machine come to a full stop.

b.) While still holding onto the arm grips step off the machine.

