



KIDSFITTM

International Youth Fitness



Cardio Kids 664 Elementary Total Body Kidz Cycle OWNER'S MANUAL

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PARTS LIST

Large Rubber Grip Handle

Computer

Adjustment Knob

Foot Pedals

Wheel

Leveler Feet



INSTRUCTIONS

1. Make sure the machine is in a neutral position as seen in picture A.
2. Firmly grab the handle grips to the left and right sides of the machine.
3. Gently position both feet on the foot pedals before beginning any movement.



INSTRUCTIONS

B.



4. Slowly begin to propel the arms forward in a circular rotation. Once the user has become comfortable with this motion, increase speed

5. Slowly begin to propel the legs forward, increasing speed as the user becomes accustomed to the motion.

INSTRUCTIONS

6. Instructor should have each user:

a.) Before exiting the machine come to a full stop as seen in picture C.

b.) While using the hand grips for support, slowly step off of the machine.

