



**Cardio Kids 690 Elementary
Moonwalker
OWNER'S MANUAL**

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PARTS LIST



Chest Pad

Rubber Hand Grips

Rubber Foot
Grips



INSTRUCTIONS

A.



1. Before beginning to exercise on the Moonwalker make sure both feet are in a neutral position as seen in Picture A.
2. Instructors: Please make sure children are careful and get on and off the machine in a safe manner.

INSTRUCTIONS

B.



3. Begin moving legs in slow short strokes, until the user becomes comfortable with the motion of the machine.

4. Gradually increase the stride length until the legs are extended as seen in Picture B.


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C.



6. Exercise variations include switching off from long, extended strides, to short choppy movements where the legs do not extend as much.

7. No matter what movement the user and instructor decide on, it is important that the user maintains good posture, slight knee at all times as seen in Picture C.

D.



8. Make sure the user has come to a complete stop and the machine is back in a neutral position before stepping off as seen in Picture D.