



### **Suggested Usage:**

**Beginners: Up to 5 minutes**

**Intermediate: Up to 7 minutes**

**Advanced: Up to 10 minutes**

Double Health Walker

### **Instructions:**

Hold the handle with both hands, step on to the two footboards, move both legs back and forth simultaneously and continuously.

### **Functions:**

Activate hip and ankle joints, strengthen the flexibility of the muscles and enhance the cardiopulmonary function.

### **Attention:**

Some people may feel dizzy after training. Be sure to rest after exercising. Hold the handles firmly to avoid tipping backwards. Do not allow people to stand in front or behind the equipment when in use.

### **Warning:**

If you are in any doubt whatsoever about performing physical exercise, please consult a Doctor prior to doing so. Stop using the equipment immediately should you feel any discomfort at all. This equipment is intended for use by adults and youths with a height greater than 1400 mm BS EN 16630 : 2015

## **Sunshine gym Ltd**

Unit A3 Halesfield 11 Telford TF7 4PH

Tel: +01952 580520      [www.sunshinegym.co.uk](http://www.sunshinegym.co.uk)