



Suggested Usage:

Beginners: Up to 5 minutes

Intermediate: Up to 7 minutes

Advanced: Up to 10 minutes

Double Slalom Skier

Instructions:

Step on to the foot board with both feet, hold both handles, utilise your waist to move the legs like a pendulum.

Functions:

Activate and strengthen the waist joints and enhance the cardiopulmonary function.

Attention:

Do not jump on the foot board. Only get on or off the equipment when the foot board is stationary. One user per foot board only.

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

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