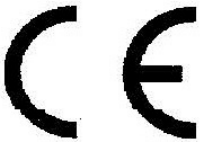


KIDSFIT™
International Youth Fitness



**Cardio Kids 667 Elementary
Kneel & Spin
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.
2. Firmly grab the handle grips to the left and right sides of the machine.
3. Gently position both knees in the middle of the pad.

B.



4. Slowly begin to swivel the body as you move your legs from left to right as seen in pictures B.

C.



5. Next begin to rotate the arms forward in a circular motion as seen in picture C.

D.



6. Instructor should have each user:
- a.) Before exiting the machine come to a full stop as seen in picture D.
 - b.) While still holding onto grips step off the machine.