



Cardio Kids 685 Elementary Star Walker

www.kidsfit.com

2130 Cainhoy Road
Huger, SC 29450

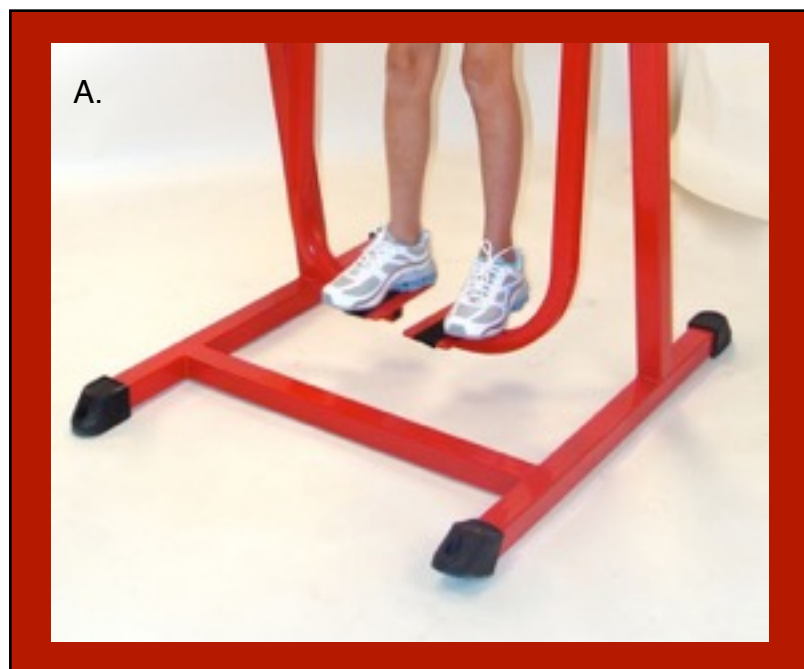
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1. Before getting on the machine make sure that the feet platforms of the machine are in a neutral position as seen in Picture A.
2. Step up onto the feet platforms.



B.



3. Start with small short strokes of the feet until you get comfortable with the motion.
4. For added stability, lean forward so that the chest is resting on the pad as seen in Picture B.

5. Once you have become comfortable with the motions, begin to increase the length of your strides until legs are spread far apart from front to back as seen in Picture B

Adjustable tension to control workout intensity level

The handles can be worked in a forward or reverse direction to target your upper body in different ways

Electronic fitness monitor displays number of strides per minute

Sturdy steel construction, non-slip grips



OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER

POWER ON: Begin moving or press the button.

POWER OFF: Automatic shut off after four minutes of inactivity.

FUNCTION BUTTON:

Press and release to select functions.

Press and hold for four seconds to reset all functions to zero.



FUNCTIONS:

SCAN: Automatically scans **TIME, DISTANCE, COUNT,** and **CALORIES** in sequence with a change every six seconds. Press and release the button until "**SCAN**" appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

DISTANCE: Displays the distance from zero to 999.9 miles.

COUNT : Displays the total number of **hand strokes** taken from zero to 9999 strides.

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal.

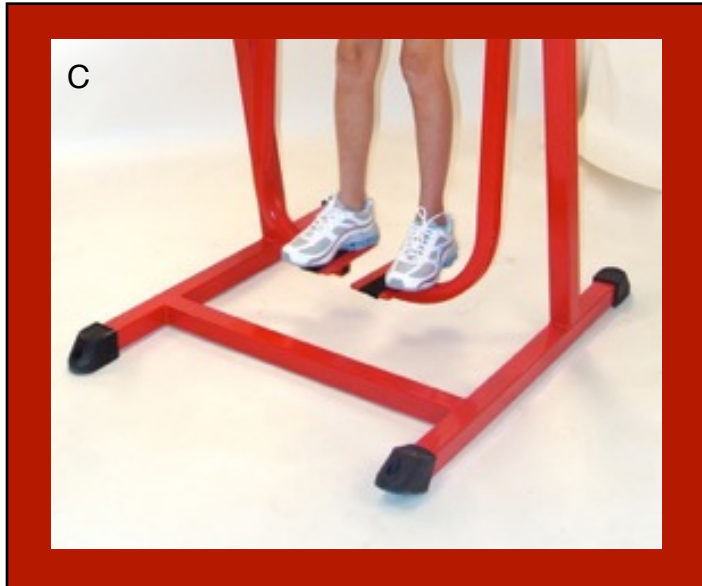
The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

NOTE: The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the button and hold it down for four seconds to reset all functions to zero.

BATTERY

The meter operates with a 1.5v LR44 button cell battery. Replace the battery when you see inconsistencies in the display.





6. Instructor should make sure the machine has come to a complete stop before allowing students to exit the machine as seen in Picture C.

