



## **SS180 Super Small Starwalker OWNER'S MANUAL**

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# PARTS LIST



Rubber Grip Handles

Aluminum Cap Plug

Rubber Foot Levers

Clear Wheel Set

# INSTRUCTIONS

Picture A



1. Instruct the child to slowly step up onto the foot platforms, while using the rubber grip handles for support.
2. Be sure the child's feet are positioned in the middle of the foot platform before they begin any movement.

# INSTRUCTIONS

3. Start with small short strokes of the feet until you get comfortable with the motion.
4. For added stability, lean forward with a slight bend in the knee as seen in picture B.

Picture B.



# INSTRUCTIONS

Picture C.



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 C.

# INSTRUCTIONS

Picture D.



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