

Cardio Glide (Weslo) – Full-body Glider

To Set Up:

1. **Place the Glider on a flat, solid surface** (like a hardwood floor, carpet with grip, or a gym mat).
2. **Unfold or position the arms and foot pedals** until they are in place and locked.
3. **Check the stability** – make sure all parts are secure and the machine does not wobble.
4. **Adjust the seat and handlebars if needed** for your comfort before starting.
5. **Make sure there's enough space around you** to move your arms and legs freely.

To Use:

1. **Step carefully onto the foot pedals** while holding the handlebars for balance.
2. **Start with slow, steady movements** to warm up your body.
3. **Push and pull with both your arms and legs** for a full-body workout.
4. **Keep your back straight and look forward** while gliding.
5. **Use smooth, even strokes** – don't jerk or twist while exercising.

To Store Away:

1. **Wipe down the machine** with a damp cloth to clean off sweat or dust.
2. **Dry it with a clean towel.**
3. **Fold in the arms or pedals (if foldable)** and secure any loose parts.
4. **Lift carefully using the proper handles or sturdy parts** of the machine.
5. **Store in a dry, cool place**, away from direct sunlight or moisture.