

Fitness Quest Para-Eclipse Elliptical:

Use:

- 1) Step on carefully and hold onto the handles for help.
- 2) Press “Start” to get going.
- 3) Pedal softly and change the difficulty with the arrows.
- 4) Begin with 5 to 10 minutes each day.

Safety tips:

- 1) Speak to your doctor first.
- 2) Hold onto the handles to stay balanced.
- 3) If you feel dizzy or can't breathe well, stop.
- 4) Have water close by.

Care:

- 1) Clean it after using it.
- 2) Check bolts once a month.
- 3) Keep in a dry, safe place.
- 4) Take your time, keep going at a steady pace, and have fun.