

Gazelle Edge Glider:

Setup:

- 1) Put it on a flat surface, fully opened and secure.
- 2) Put on tennis shoes.
- 3) Hold the handles and step on the pedals with one foot at a time.
- 4) Move smoothly- step forward with one foot and move the opposite arm back.

Safety tips:

- 1) Always hold onto the handles.
- 2) Use a wall or chair to help you.
- 3) If you feel dizzy or tired, take a break.
- 4) Check the bolts every month.
- 5) Keep children and animals away.

Exercise:

- 1) Start with 5 to 10 minutes, three times a week.
- 2) Take your time and be steady.
- 3) Do some stretches before and after.

Keep moving and be safe.