

Gazelle Supra – Elliptical Machine

To Set Up and Use:

1. **Open the machine carefully** – unfold the arms and foot platforms.
2. **Place it on a flat, stable surface** (like a hard floor or mat).
3. **Make sure all parts are locked in place** – check the frame and handles.
4. **Step on one foot platform at a time**, holding the handles for balance.
5. **Start with slow, gentle gliding motions** until you're comfortable.
6. **Keep your back straight** and your core engaged during use.

To Fold and Put Away:

1. **Step off the machine slowly**, keeping hands on the handles.
2. **Wipe down the foot pedals and handles** with a damp cloth.
3. **Let everything dry** before folding.
4. **Fold the arms and foot platforms inward**, following the machine's fold points.
5. **Use any locking pins or clips** to keep it folded securely.
6. **Store it in a cool, dry place** away from direct sunlight or moisture.

Safety Tips:

1. **Always use on a level surface** that doesn't slide or wobble.
2. **Wear supportive shoes** with good grip; avoid slippers or socks.
3. **Hold onto the handles** when stepping on or off the machine.
4. **Start slow** – especially if you're new to this type of workout.
5. **Keep children and pets away** while in use.
6. **Check for wear and tear** – if parts feel loose, squeaky, or worn out, stop and inspect the machine.