

# Stair Climber



**Description:** Get your heart rate up by a stair climber for 20 to 30 minutes.

## Instructions

1. Step on to the lowest stair, and climb up to the highest stair holding the hand rails and attach the safety clip.
2. When you are ready, press the start or quick start button.
3. The stairs will begin to slowly move downward; begin walking up the stairs.
4. Increasing the speed will make the stairs move faster.
5. Pick an appropriate speed so you can safely stay as close to the top stair as possible.
6. When you are finished, slow the speed to a stop and carefully step down.

## Tips & Modifications

- Pay attention to your feet and the steps as you use the stair climber.
- If you can not keep up with the stairs, lower your speed or press stop.
- If you want a more challenging step workout, pick a program, skip every other step, step sideways, or use any other step variations.



Click here or scan the QR Code below to watch video instructions!

