Stair Climbers

The Stair Climber provides a non-impact, full weight bearing aerobic workout.

Program the console. Stand upright over the pedals.

Take medium steps approximately 6-8 inches from the top of the pedal range. Hold lightly onto the side rails for balance.

Be careful not to support your weight with the side rails. Choose a level where you can talk but not comfortably sing.

Think about climbing up, rather than pushing the pedals down. The pedals should not touch the floor.