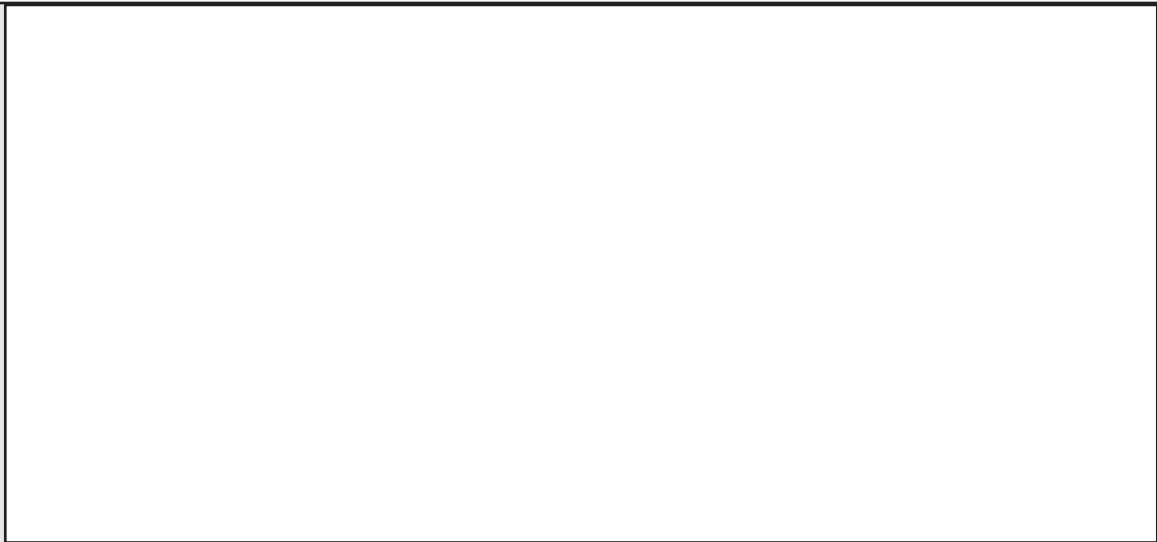


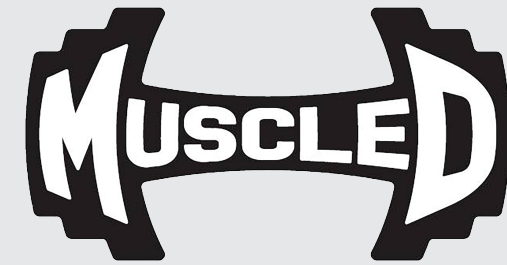


← **ONE STEP CLIMB**

- Start slowly at Level 1-2 then gradually increase.



**MD-SM Commercial
MuscleStepper™**



RIGHT CROSSOVER →

- Cross right foot over left foot while facing to right.



← **ONE LEG KICKBACK**

- Alternate kicking back one leg while climbing with other leg.

LEFT CROSSOVER →

- Cross left foot over right foot while facing to left.



CAUTION...READ BEFORE USING!

- Attach safety cord to clothing.
- Pull safety stop if feeling faint.
- Use Pulse rate only as a guide.
- Always start slowly then increase.
- Hold Hand Rails at times



← **2 STEP CLIMB**

- Start slowly and skip a step. Increase speed when ready!

REAR FACING CLIMB →

- Start very slowly as you climb backwards while holding rails.

