

# Walker



## INFORMATION FOR USE / EXERCISE PROGRAMME

Hold the horizontal bar with both hands and climb onto the pedals. Elbows should be facing downwards and hands reaching forward in parallel. Stand upright with slightly bent knees.

### OPTION „GO FOR A WALK“

Move the pedals evenly with your feet in opposite directions backwards and forwards as if you wanted to walk. Always use both pedals at a steady speed.

### OPTION „SWING ONE LEG“

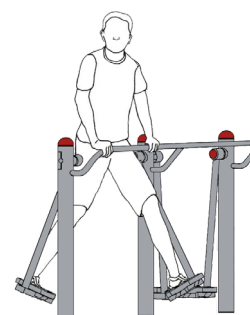
Keep one leg still, with slightly bent knee, whilst swinging the other leg in a relaxed and even way backwards and forwards. Change the supporting leg.

### OPTION „SWING WITH BOTH LEGS“

Assume a relaxed starting position. Rock both legs gently and rhythmically back and forth. Hold on tightly to the crossbar.

### OPTION „GO FOR A WALK, BALANCING“

Move in the same way as for the option „Go for a walk“. Only once you feel very steady, release your hands carefully one after another from the horizontal bar. Keep your balance. If you feel unsteady, hold onto the horizontal bar again.



### DURATION

As desired - until you start to feel slightly tired

### RECOMMENDATION

10 minutes to warm up or 20 minutes to increase stamina

## MAIN FUNCTIONS

Strengthens the leg muscles while simultaneously improving the mobility of the lower back and frontal pelvis area. Additionally the right-left coordination and sense of balance are trained by means of the pendular movement. Stamina is also increased .

### ACCORDING TO OLD CHINESE TRADITION

The leg trainer brings the right and left halves of the brain in synch. The swinging pendulum movement of the legs and pelvis lifts and lowers the body's centre (low dantian). This calms the spirit and simultaneously keeps the life energy flowing. The main meridians of stomach and spleen on the inner side of the leg and the meridians of kidney and bladder on the back of the leg are stimulated. The metabolism is activated and detoxification aided.