

# TREADMILL INFO

## Blair Fitness Facility

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How To:

1. Make sure the power is turned on
2. Start walking
3. Select quick start or another workout program
4. Increase incline or speed using the buttons on the control panel
5. Before stopping slowly decrease speed
6. Press stop and wipe down handles and buttons

When walking briskly on the treadmill at about 4.5 mph for 30 minutes, one can burn anywhere from 150 to 200 calories!

# BIKE INFO

## Blair Fitness Facility

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How To:

1. Make sure the power is turned on
2. Start biking
3. Select quick start or another workout program
4. Increase speed using the buttons on the control panel
5. Before stopping slowly decrease speed
6. Press stop and wipe down handles, seats, and buttons

When biking at moderate to brisk speed for 30 minutes, one can burn 200-300 calories!

# ELLIPTICAL INFO

## Blair Fitness Facility

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How To:

1. Make sure the power is turned on
2. Start moving
3. Select quick start or another workout program
4. Make sure to secure hands on the handles provided either the moving or stationary ones
5. Before stopping slowly decrease speed
6. Press stop and wipe down handles and button

When exercising at a moderate speed on the elliptical for 30 minutes, one will burn about 345 calories!