

Air Walker

MAP REF

4

MAP REF

6

Cardio

HOW TO

- Hold the handlebars and step onto the flat foot pedals one foot at a time
- Engage your core and ensure that you feel balanced before you continue
- Move one leg forward at the same time that you move the other one backwards, while keeping your hands on the handlebars
- Repeat
- Once you have warmed up increase the range of motion by swinging the legs further apart
- You will subsequently engage your core muscles as you maintain balance



Air Walker (continued)

MAP REF

4

MAP REF

6

Cardio

ADVANCED

Bend your knees and maintain that position throughout the entire exercise

TIPS

Engaging your core muscles will help you maintain balance

