

## Step Machine and Treadmill– Aerobics plus Leg and Back Muscle and BONE Strength

- **PRINCIPLES** for safe and comfortable exercise:
  - Keep shoe point lined up with center of knees
  - Keep feet hip-width apart
  - **KEEP BACK STRAIGHT,**
  - **STOMACH AND CHIN ‘IN’**
  - **DO NOT ALLOW YOUR KNEES TO “FALL” INWARD!**



- **Treadmill instructions:**

- Heel-toe roll - **NO HITTING** the heel on the ground
- As you roll over your foot, use your **BIG TOE TO FINISH THE PUSH-OFF**
- **Knee “soft”**
  - Do not let your knee lock back as you bring your weight over your foot
  - Roll over a knee that is slightly bent



- **Step Machine instructions:**

- Place feet along **INNER BORDER OF FOOT PLATE**
- Set weight **50 pounds heavier than you** are to “slow down” machine to increase the power of each step
- Set speed slow (often listed as “less difficult” – don’t be fooled!)
- **Action:**
  - Push steps down with **WHOLE FOOT**
  - Tap heel a little for more bone stimulation