

## ORBITREK - Exercise Instruction

Code – MD-FS-001



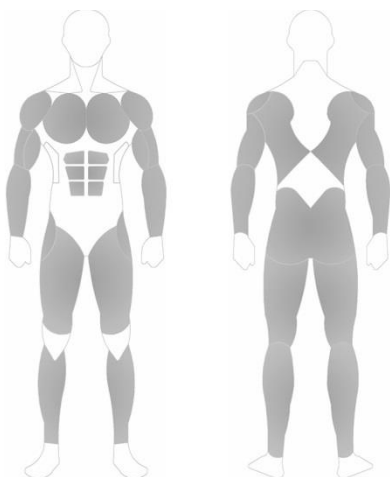
### Function

- Develops leg and abdominal muscles, hips and lower back muscles
- Improves functionality of the cardiorespiratory system and motor coordination

### Instruction

Place your feet on the platforms and grab the handles using both arms. Push the platforms in a manner that imitates walking / running while moving your arms alternately. Keep your back in an upright position during the course of the exercise.

### Muscles Trained



### Safety Zone

