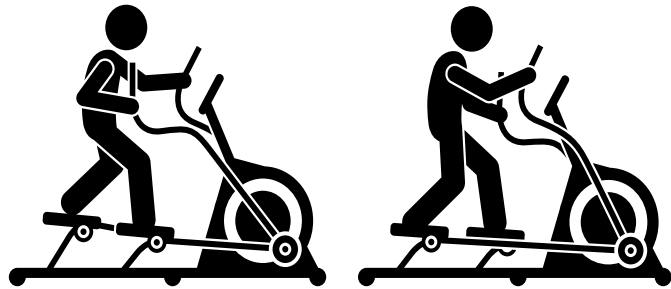




CARDIO EXERCISES

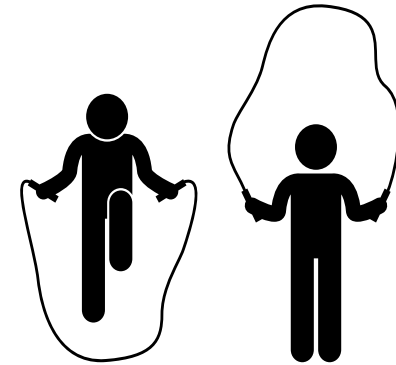
Benefits: strengthen your heart and muscles, burn calories, help control your appetite, boost your mood, improve sleep, reduce arthritis pain and stiffness through joint movement, and help prevent or manage high blood pressure, heart disease and diabetes.



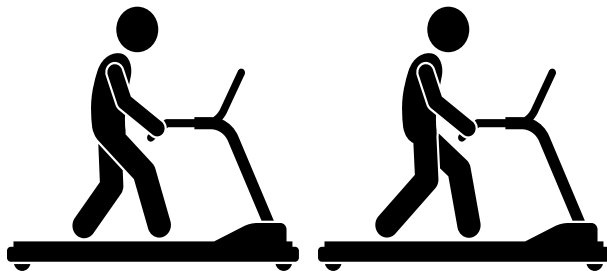
Elliptical Trainer



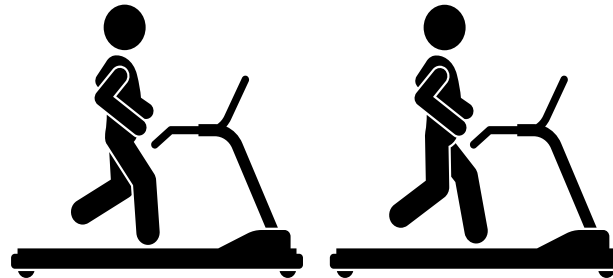
Stationary Bike



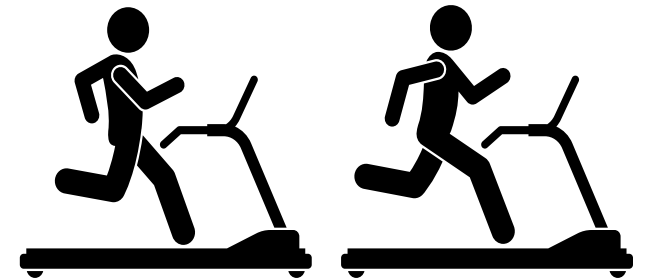
Rope Jumping



Walking on Treadmill



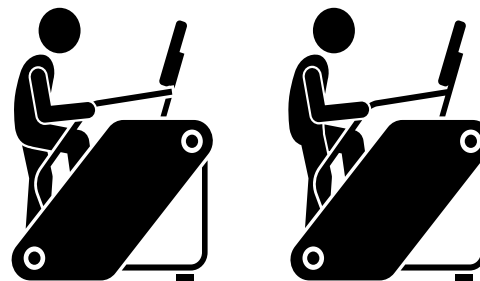
Jogging on Treadmill



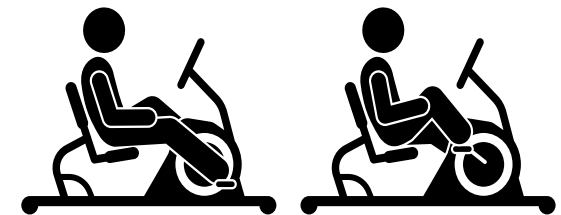
Running on Treadmill



Stationary Rowing



Step Mill



Recumbent Stationary Bike