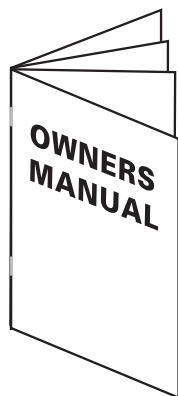


INSTRUCTIONS FOR ASSEMBLING YOUR OWNERS MANUAL

- 1. Print out all pages. Do not shuffle pages.**
- 2. Make sure all the pages lay "print-side" up with the cover page on the top of the stack.**
- 3. Take the next page from the top of the stack and lay it "print-side" down. Return it to the same place in the stack.**
- 4. Repeat Step 3 for every other page on the stack.**
- 5. Fold the stack in half as shown.**
- 6. Staple in the center if necessary.**



FitnessQuest
Inc.

Dedication to Quality

Fitness Quest warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty & Service for details.

If you have any comments or questions contact our Customer Service Department, toll free at 1-800-321-9236, Monday through Friday, 9:00 am to 4:30 pm, Eastern Time.

Please record the following information and keep for reference.

Serial #: _____

Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)

TONY LITTLE'S
GAZELLE
FREESTYLE Elite™

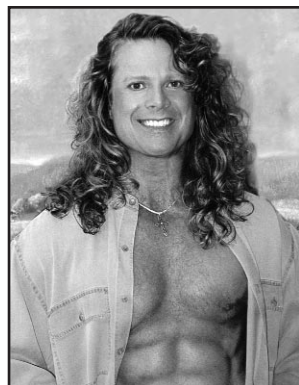
For Maximum
Effectiveness and
Safety, Please Read
This Owner's Manual
and View the
Instructional Video
Before Using Your
Gazelle Freestyle Elite.

OWNER'S MANUAL

A NOTE FROM TONY LITTLE

My commitment is to you the customer
and always will be. Don't hesitate to
call and consult with any of my
Certified Personal Trainers for more
personalized information to educate
you and motivate you to your ultimate
fitness and wellness goals,

Always Believe in Yourself,

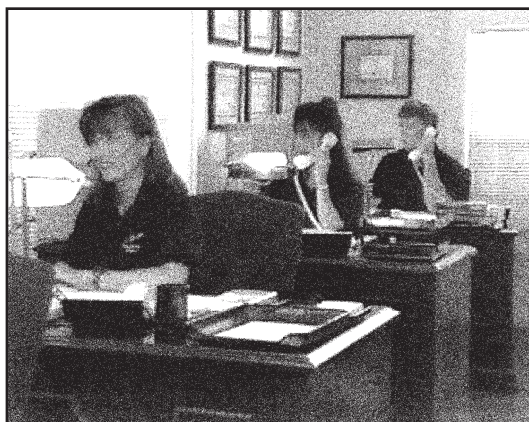


Tony Little

America's Personal Trainer®

***Certified Personal Trainer Help Line
See Enclosed Trainer Card
Good For One Year***

www.tonymlittle.com



Trainers are available Monday through Friday
from 9:00am to 5:00pm, Eastern Standard Time.

All messages will be returned within 48 hours.

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1/02

Congratulations on your purchase of the Gazelle Freestyle Elite! You've just taken an important step toward achieving your fitness goals. Whether that means strengthening your heart and lungs, toning muscles, or a combination of these, the Gazelle Freestyle Elite along with Tony Little's Personal Trainer Video™ will help you achieve those goals. Please note that the exercises shown in the video may differ from the ones shown in this booklet.

Working out on comfortable, efficient equipment that allows you to start and progress at the level that's appropriate for you is a vital element in sticking with a program of regular exercise. With your Gazelle Freestyle Elite, you'll use the muscles of both your upper and lower body in a pleasant, easy gliding motion to burn calories, firm muscles, and improve your cardiovascular endurance. All of the exercises are easy to do and feel good, not painful or exhausting. You'll be able to step onto your Gazelle Freestyle Elite and begin your workout – just what you need to improve your fitness the healthy, easy way!

One hour a week – three fun 20 minute sessions – is all it takes to begin experiencing the health benefits of aerobic exercise. With regular use of your Gazelle Freestyle Elite, you may soon notice some important changes in yourself, such as:

- More endurance and stamina
- Less body fat and excess weight (if you also follow our eating plan)
- Improved muscle tone in both upper and lower body
- Increased energy for daily tasks
- Less stress and a more positive outlook

And if you increase your exercise program to just 20 minutes **each day**, you can accelerate these benefits dramatically. An impressive return on your investment! Many studies show that a combination of low fat, sensible meals and exercise is the optimum weight loss plan.

We're so sure that you will be completely satisfied with your Gazelle Freestyle Elite, that we encourage you to write us with your comments and suggestions. If, during the course of using your system, you have any questions about the program, please write or call our Customer Service Specialists at the address or phone number listed below. As always, you have our quality assurance that we want only your complete satisfaction. After all, your success is our success too!

Sincerely,

Karla Williamson

Karla Williamson, Customer Service

Gazelle Freestyle Elite, Customer Service Department
183 Fitness Quest Plaza, Canton, OH 44750-1001

1-800-321-9236, Monday through Friday, 9:00 am to 4:30 pm, Eastern Time

IMPORTANT: This owner's manual is the authoritative source of information about your Gazelle Freestyle Elite. Please read it carefully and follow all the instructions.

Update once a week

[illegible]

EXTRA MEASUREMENT CHARTS

| Date | Weight | Waist | Abdomen | Hips | Thighs | Calves | Resting Heart Rate |
|------|--------|-------|---------|------|--------|--------|--------------------|
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| Date | Weight | Waist | Abdomen | Hips | Thighs | Calves | Resting Heart Rate |
|------|--------|-------|---------|------|--------|--------|--------------------|
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IMPORTANT SAFETY TIPS

BEFORE STARTING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercises, programs or types of equipment may not be appropriate for all people. This is especially important for persons over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.

START OUT SLOWLY AND PROGRESS SENSIBLY. Progress at a pace that is comfortable for you. Perform all of the exercises at the tempo demonstrated in the video for best results.

MONITOR YOUR HEART RATE WHILE YOU EXERCISE AND KEEP YOUR PULSE RATE WITHIN YOUR TARGET HEART RATE ZONE.

Follow the instructions on page 7 in this manual regarding heart rate monitoring and determining your appropriate target heart rate zone.

DO NOT OVER EXERT YOURSELF WITH THIS OR ANY OTHER EXERCISE PROGRAM. Listen to your body and respond to any reactions you may be having. You must distinguish “good” pain, like fatigue, from “bad” pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.

USE CARE WHEN STEPPING ON AND OFF EQUIPMENT.

Set up and use your Gazelle Freestyle Elite on a solid, level, carpeted surface. Follow the instructions demonstrated in your video and on page 8 in this manual for proper entry and exit techniques.

HAVE PLENTY OF CLEARANCE BEHIND AND IN FRONT OF YOUR GAZELLE FREESTYLE ELITE. It is important to keep children, pets, furniture and other objects out of the way of the swinging foot platforms. You should have a minimum of 3 feet of clearance both in front of and behind your Gazelle Freestyle Elite.

WEAR APPROPRIATE CLOTHING WHEN EXERCISING. Workout clothing should be comfortable and lightweight. Wear athletic shoes, such as running or aerobic shoes. Do not use this product with bare feet.

GAZELLE FREESTYLE ELITE IS NOT INTENDED FOR USE BY CHILDREN. Keep this and all fitness equipment out of the reach of children.

REMEMBER - REVIEW THIS OWNER'S MANUAL AND THE INSTRUCTIONAL VIDEO THOROUGHLY BEFORE STARTING YOUR WORKOUT!

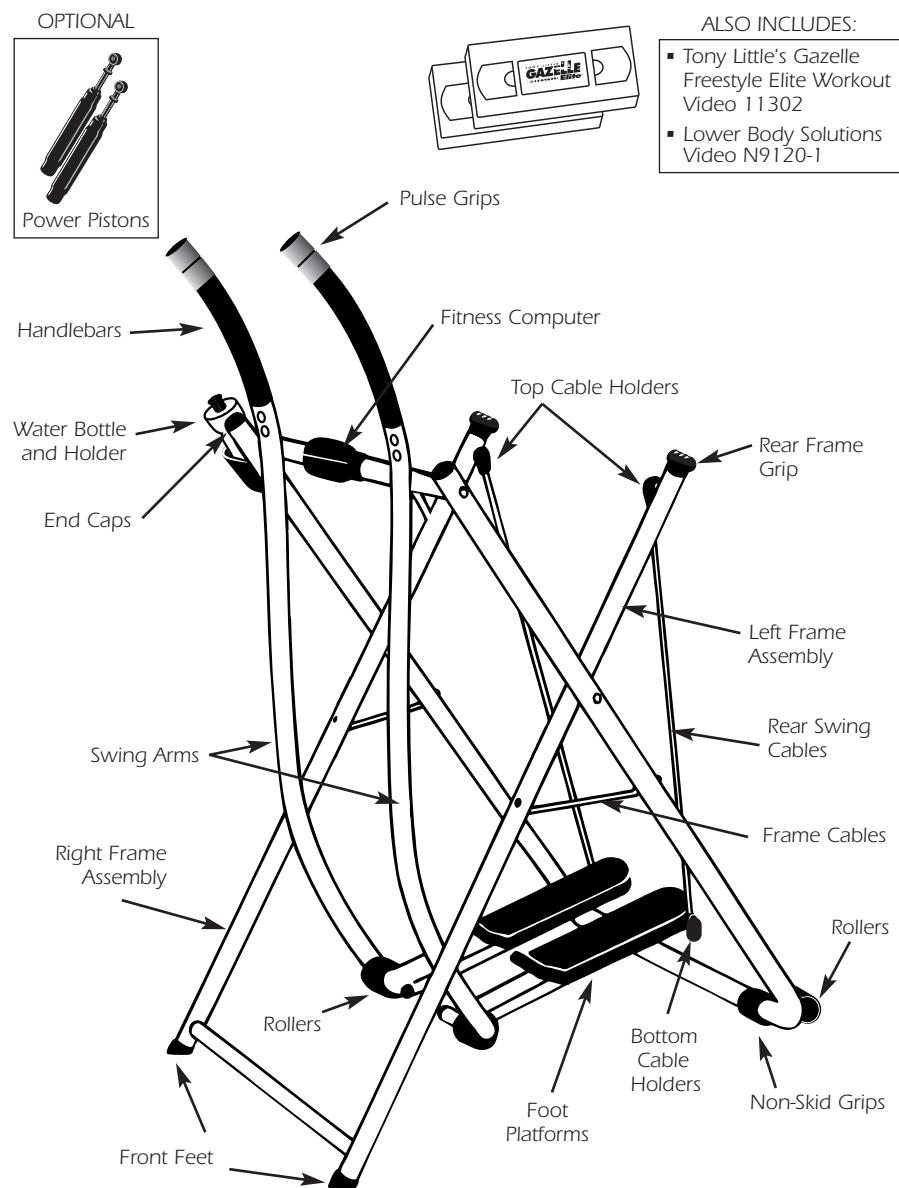
SPECIFICATIONS & PARTS

Gazelle Freestyle Elite Specifications: (Approximate)

Product Weight: Approx. 61 lbs.

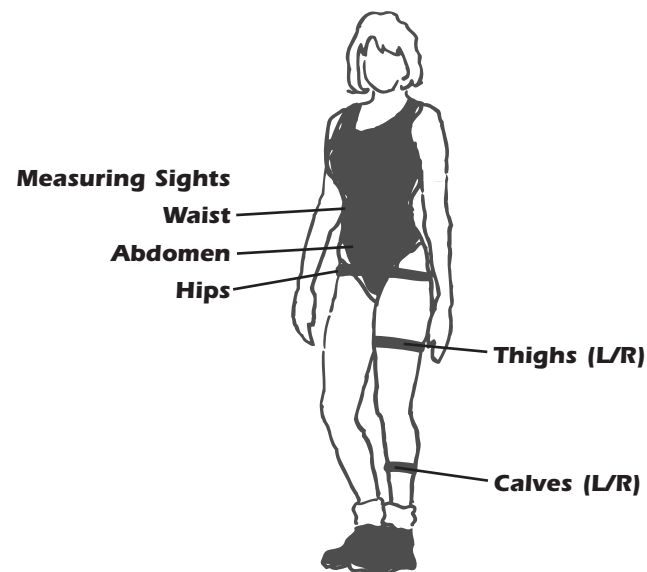
Unit size: 38" (L) x 36" (W) x 55.5" (H)

Maximum user weight: 350 lbs.



WORKOUT PROGRESS CHART

Use the chart below and the charts on page 18 and 19 to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.

[illegible]

LIMITED WARRANTY & SERVICE

For a period of 12 months from date of receipt, Fitness Quest® Inc. warrants that this product will be free from defects in materials and workmanship. This warranty applies only when purchase of the product is from an authorized dealer and is for personal or household use, but not when the sale or any resale is for commercial use.

This warranty is not transferable.

EXCEPT FOR THE LIMITED EXPRESS WARRANTY STATED HEREIN, FITNESS QUEST, INC. DISCLAIMS ALL OTHER EXPRESS OR IMPLIED WARRANTIES, INCLUDING BUT NOT LIMITED TO IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS, SO THE ABOVE LIMITATIONS MAY NOT APPLY TO YOU. Fitness Quest will not be liable for any loss or damage, including incidental or consequential damages of any kind, whether based upon warranty, contract or negligence, and arising in connection with the sale, use or repair of the product. SOME STATES DO NOT ALLOW THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATION OR EXCLUSION MAY NOT APPLY TO YOU. THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY HAVE OTHER RIGHTS THAT VARY FROM STATE TO STATE.

In the event of failure of this product to conform to this warranty during the warranty period, you must return this product to the location shown below at your own expense, unless otherwise approved by us in advance. Fitness Quest will repair or replace, at its own option, the product or any covered part, except that this warranty does not cover damage caused by accident (including in transit), or repairs or attempted repairs by any person not authorized by Fitness Quest, or by vandalism, misuse, abuse, or alteration.

In order to obtain service under this warranty, use the following procedure:

1. Send the defective part to:
c/o GAZELLE FREESTYLE ELITE
Attn: Customer Service
183 Fitness Quest Plaza
Canton, Ohio 44750-1001
2. Be sure to include:
 - Legible return address
 - Daytime phone number
 - Brief statement concerning defect in question
 - Your Package ID# and/or copy of proof of purchase

EXERCISE GUIDELINES

If you are just starting an exercise program, choose a time of day that's good for you and then stick closely to it. Try to do your Gazelle Freestyle Elite workout three times per week at first, and then gradually progress to four or five days a week. Choose a time when you feel energetic, when there are few interruptions, and when you have not eaten a heavy meal for approximately two hours.

Place your unit so that you can easily see your television/VCR. It is important to follow the video workout until you are familiar and comfortable with the exercises. After a few weeks you may prefer to exercise without your video, or extend the duration of your workout. Many people enjoy working out to music of their own choice. Have fun!

MOTIVATIONAL TIPS:

Keep your motivation and interest high by remembering these simple tips:

- **Set Goals For Yourself** that are challenging but realistic. Remember, it may take a few weeks to be able to complete the entire workout easily, or to see changes in your weight or fitness level. Just five minutes of exercise, done several times per day, can change your health. Break your overall goals down into small, measurable steps.
- **Record Your Progress** by using the charts provided at the end of this booklet.
- **Celebrate Your Successes** – even the small ones! Give yourself incentives for reaching each of your goals, and reward yourself often.
- **Take Setbacks In Stride.** If you miss a day on your schedule (or even a week), it's not too late to get back on track. If you are having trouble sticking to your goals, review them and make sure they are realistic. Make adjustments as you think they are needed.

YOUR WORKOUT WILL CONSIST OF THREE PHASES:

Warm-Up

Stretching exercises are always important to do before beginning an exercise program. We suggest that you do stretching exercises for your calves, hamstrings, hip flexors, triceps, shoulders, quads and back.

To prevent injury and maximize performance, we recommend that you begin each workout with at least three minutes of exercise that gradually increases your heart rate and warms up your muscles. You can do this by practicing all of the basic Gazelle Freestyle Elite movements at a slow tempo and easy range of motion. This type of warm-up is demonstrated in your instructional video.

Aerobic and Muscle Toning Workout

To gain the health and fitness benefits that you seek, the warm-up should be followed by 15 to 20 minutes of Gazelle Freestyle Elite gliding exercises. Build up to this amount as your current fitness level allows, and progress at a rate that is comfortable to you. As your fitness level increases you may want to gradually increase the length of your workouts to a total of 30 minutes per day. Start with 2 or 3 workouts per week. If losing weight is one of your goals, you may want to gradually increase your workouts to 5 or 6 days per week. More frequent workouts and longer durations require the body to burn more calories and use stored fat for energy.

Once the basic Gazelle Freestyle Elite workout is comfortable for you, **interval training** offers the opportunity for greater workout variety, cardiovascular benefits and increased calorie burning. Interval training means alternating short periods of higher intensity gliding (the “power glides” demonstrated in your video), with periods of lower intensity gliding. When you perform the high intensity exercises, you will work at a level that is at the high end or may exceed your Target Heart Rate Zone. The lower intensity exercises are at the low end of your Target Heart Rate.

Monitor your heart rate throughout your workout. It will help you determine the level of exertion that is safe and appropriate for you, and serve as a good measure of your progress toward improved fitness.

Beginners can use interval training to simply alternate periods of moderate gliding with rest periods of easy gliding. If you are having difficulty completing 20 minutes of non-stop gliding, work for 3 or 4 minutes then rest with a very small glide for 1 minute. Repeat this until your 15 - 20 minutes are complete.

For an interactive Gazelle Freestyle Elite workout, use Tony Little's one-on-one Personal Trainer Video that comes with your unit.

There are three variables that will help you control the intensity of your Gazelle Freestyle Elite workout and keep your heart rate at a safe and appropriate level:

- **The range of motion of your legs and arms.** A wider glide will be higher intensity than a small or narrow glide. Gliding with your knees in a neutral or straight position is easier than gliding with your knees bent in a low position.
- **Your hand position.** A high or low hand grip will allow your arms or legs to alternately work harder. A neutral or middle hand grip will be easier than a high grip because the legs and arms will share the workload evenly.
- **The speed at which you glide.** As you glide at faster tempos your effort will increase. Slowing down the tempo at any time will make your workout easier.

Cool Down

Towards the end of the aerobic and muscle toning phase of your workout, return to a basic glide movement and gradually slow down the range of motion and tempo. Step off your unit and complete your workout with some gentle stretches as demonstrated in your video. This allows your heart rate to drop gradually back toward its normal resting rate.

YOUR TOTAL FITNESS PROGRAM

A Total Fitness Program is more than exercise and more than eating right. It is a “fitness for life” plan that goes hand in hand with an overall healthy lifestyle. This includes regular check-ups and exercise, now and for the rest of your life.

Your total fitness program consists of three parts:

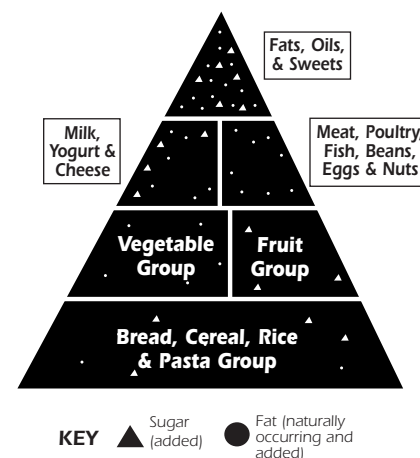
- Aerobic exercise to burn calories.
- Strength conditioning exercises to tone and shape your muscles, increase your metabolic rate, and strengthen your bones.
- A diet that is safe, sensible and healthy.

Today, all fitness research recommends both aerobic exercise and strength conditioning to achieve balanced fitness. By improving your aerobic fitness you will strengthen your heart and lungs, increase your stamina and endurance, and help with weight maintenance. Strength conditioning adds lean muscle to your body, increasing your body's metabolism. In this process, your body burns more calories, even while you rest. When you combine aerobic workouts with strength conditioning, as you will with your Gazelle Freestyle Elite, you can burn more fat and calories than with just aerobic exercise alone.

The Gazelle Freestyle Elite workout will help with the first two parts of your Total Fitness Program, but you need to make healthy, low-fat eating a big priority as well.

Consult with your physician about an eating plan that's right for you. Healthy eating habits and exercise will help you reach your goal. We recommend that you follow dietary guidelines approved by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services. These guidelines are contained in the Food Guide Pyramid.

Starting at the base of the pyramid, you should strive for 6 - 11 servings a day from the Bread, Cereal, Rice and Pasta food group. You should eat 3 - 5 servings a day from the Vegetable group, and 2 - 4 servings from the Fruit group. You should also eat 2 - 3 servings a day from the Milk, Yogurt and Cheese group, and from the Meat, Poultry, Fish, Beans, Eggs and Nuts food group. Lastly, use Fats, Oils and Sweets sparingly.



Caring for your Gazelle Freestyle Elite

Your unit has been carefully designed to require minimum maintenance for a lifetime of use. To ensure this, we recommend that you do the following:

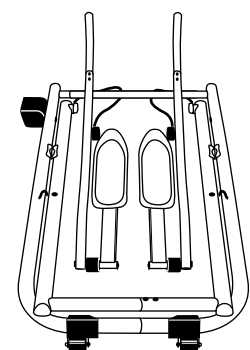
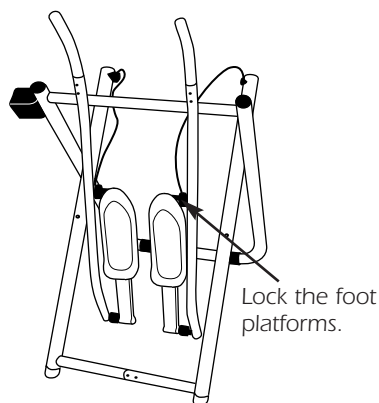
- Keep your unit clean by wiping sweat, dust or other residue off with a soft, clean cloth after each use.
- Wipe your handle grips down with a soft, damp cloth frequently to prevent accumulation of sweat and dirt.
- If squeaks or other noises develop over time, we recommend lubricating all moving parts as follows:
 - a) Apply clear household grease (i.e. petroleum jelly) to axle tube.
 - b) Spray cable holders (top & bottom) with WD40 or equivalent.
- Check to be sure that the screws on the bottom of the platforms are tight.

Storing your Gazelle Freestyle Elite

Your unit conveniently folds down for easy storage. To fold your unit:

- a. Fold foot platforms and lock into place by snapping lower cable holders onto swing arms.
- b. Place foot on rear frame tube (to hold in place) and slide front frame tube towards you by grabbing front swing arms.
- c. Carefully lower the unit towards the ground until the wheels engage and roll unit out of the way.

Store your equipment in an area away from children and high traffic areas.



Unit is ready for storage.

CAUTION

If you have optional power pistons, you must disengage before folding. Take caution when lowering the unit towards you as the power pistons can swing freely.

Target Heart Rate Zone

| Age | Minimum (50%) | Maximum (80%) |
|-----|---------------|---------------|
| 20 | 100 | 160 |
| 22 | 99 | 158 |
| 24 | 98 | 157 |
| 26 | 97 | 155 |
| 28 | 96 | 154 |
| 30 | 95 | 152 |
| 32 | 94 | 150 |
| 34 | 93 | 149 |
| 36 | 92 | 147 |
| 38 | 91 | 146 |
| 40 | 90 | 144 |
| 45 | 87 | 140 |
| 50 | 85 | 136 |
| 55 | 83 | 132 |
| 60 | 80 | 128 |
| 65+ | 77 | 124 |

Age adjusted heart rate (beats per minute).

Effective aerobic training to improve your fitness and health requires working out at an exercise intensity that raises your pulse to a level that safely challenges your heart and lungs. This level can range between 50% - 80% of your maximum heart rate and is called your **Target Heart Rate Zone**. If you are new to exercise or out of shape, 50% - 60% may be adequate to promote good cardiovascular conditioning. A well conditioned athlete may prefer to work up to an 80% - 85% rate.

Using your heart rate as an indicator of your fitness level provides a built-in work intensifier. If you're untrained, you'll require less effort to reach your target heart rate zone. As your cardiovascular fitness improves and you become stronger, it will require more effort for you to reach your target heart rate zone.

The chart illustrates the predicted minimum and maximum target heart rate zones for cardiovascular fitness for the average individual in good health. To use the chart, find your age and the corresponding minimum and maximum target heart rate zones.

DETERMINING YOUR HEART RATE

To determine your heart rate:

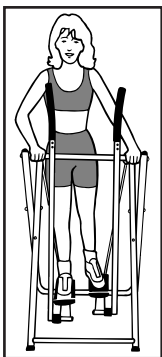
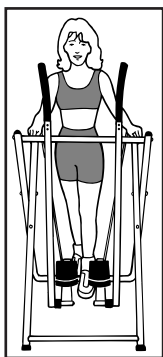
- ♥ Pause just long enough from your exercise to take your pulse.
 - a) Push the button on your electronics computer until the heart icon appears on the display screen.
 - b) Extend arms and gently grab both metal pulse grips on both handlebars. Wait 6 seconds.
 - c) Your heart rate range will be displayed on screen. Check the chart above to see if you are within your range according to your age.

Remember that training heart rate ranges are predictions and based on averages. Regardless of your exercise heart rate, you should slow down if you are breathless and cannot carry on a short conversation.

Also remember that during interval training your heart rate may exceed the 80% maximum rate. This is normal, and when you resume aerobic training your heart rate will adjust back to the normal target heart rate.

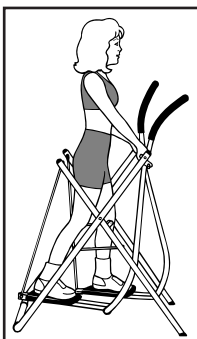
GETTING STARTED

Once your Gazelle Freestyle Elite is assembled, make sure it is on a solid, level, carpeted surface with plenty of clearance space behind and in front of the swinging foot platforms. Practice getting on and off your unit a few times until you are comfortable with this movement. **Please note that the exercises in this booklet differ from the exercises that are shown on your personal trainer video.**



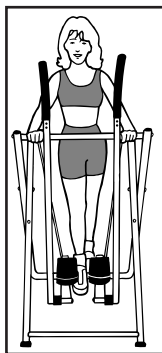
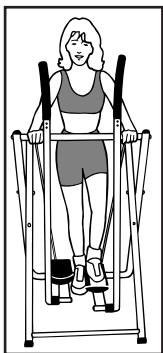
Getting On

Stand behind your unit facing the front crossbar. Place one hand on each back bar and place your left foot centered behind the two foot pedals. Transfer your hands, one at a time, to the front crossbar. Keep your hands on the front crossbar until you are completely on the unit. Carefully place your right foot on the right foot pedal and step on. Next, bring your left foot up to the left foot platform and step on. Keep your hands in place until you feel completely comfortable and balanced. Now you are ready to start gliding.



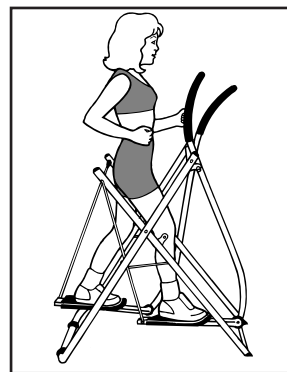
Learning To Glide

Stand upright, with good posture, on the foot platforms. Hold onto the front crossbars with your hands placed just inside the handles. Begin to move your feet back and forth in a very small, controlled glide. When you are comfortable with this leg motion and feel balanced, increase your stride width slightly. Keep your knees "soft" or slightly flexed and your posture upright throughout the motion. This movement is called the "Basic Glide". Use this "Basic Glide" with your hands on the front crossbars to get started, or if you want to decrease your effort at any point during your workout. Be sure to refer to your instructional video and the exercises explained in this manual before doing any further gliding.



Getting Off

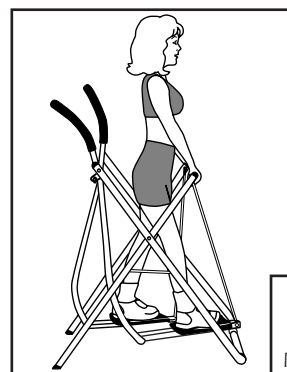
Bring your unit to a complete stop and make sure that you feel balanced on both foot platforms. Place both of your hands on the front crossbar. Keep them in place until you have completely dismounted. Carefully bring your right foot down and place it centered behind the two platforms. Then, carefully bring your left foot down behind the back bar and place it securely on the floor. Let go of the front crossbar, straighten up and lift your right foot out and away from the machine.



7) POWER JOG (Advanced Exercise)

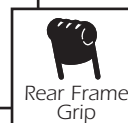
Begin with a Basic Glide. When you feel comfortable and balanced, slowly release your hands and bring them into your sides in a "jog" position. Allow your arms to pump naturally as if you were jogging. Maintain good, upright posture throughout this exercise, and a "soft" knee position. Glide only as wide as you can while maintaining good balance and posture. Be careful not to get your head or shoulders in the way of the swinging handles. Upright posture will prevent this from happening. **This is an advanced exercise that should be performed only after proficiency is attained on the first six basic exercises.**

Note: Exercising without holding on to the handles poses a possible risk of losing your balance and should be done with care.

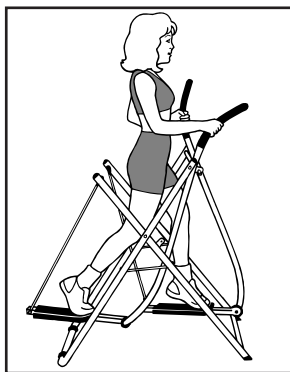


8) HURDLERS SPRINT (Advanced Exercise)

Turn around on the machine. Place your hands on the rear frame grips. Begin with a Basic Glide and work your way up to a Wide Glide. Gradually increase the length of your stride as far as you comfortably can. Watch the range of motion you get with your hip flexors and quads. **This is an advanced exercise that should be performed only after proficiency is attained on the first seven basic exercises.**

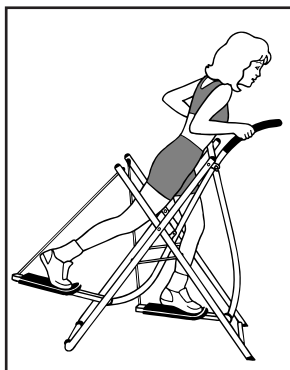


Rear Frame Grip



4) HIGH GLIDE

Start with a Basic Glide movement. Lift your heels (rise up on your toes) as you glide, maintaining upright posture. Avoid letting your ankles roll outward as your heels lift. Concentrate on lifting up through the entire body, and pulling your abdominals in to help maintain balance. Your heels should remain lifted throughout the exercise. This exercise can be performed with the neutral or low hand grip positions. You will feel additional emphasis in your calf muscles during this exercise.

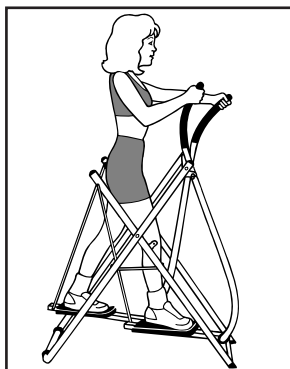


5) FORWARD PUSH

DO NOT position your hands on the pulse grips while performing this exercise. Please center your hands on handlebars as shown.

Begin with a Basic Glide or Wide Glide. Move your hands to a high grip position. As you glide, slowly lean forward until you feel more weight in your arms. Keeping your wrists straight, press forward firmly with alternating arms. Try to fully extend each arm as you push. If you are not able to fully extend each arm, adjust your body position so that you have less forward lean. Make sure you are leaning forward from your ankles, a full body lean, rather than rounding your back. Allow your heels to lift naturally as each leg glides back. This

exercise can be performed with the high or neutral hand grip position. You will feel additional emphasis in the chest, front shoulder, and the back of the upper arm during this exercise.



6) POWER GLIDE (Advanced Exercise)

Begin with a Wide Glide. Adjust your hands to a neutral or high grip hand position. Gradually increase the length of your stride as far as you comfortably can. Your heels will naturally lift slightly as each leg moves to the back. As you glide, allow your shoulders and torso to rotate slightly side to side, pressing and pulling firmly with your arms. Maintain good, upright posture throughout this exercise, and a "soft" knee position. Avoid over rotating your torso which could effect balance. This exercise can be performed with the neutral or high hand grip positions. Glide only as wide as you can while maintaining good balance and posture.

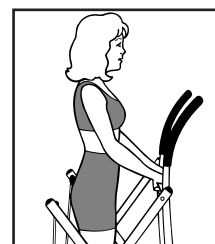
The Power Glide is an advanced exercise that should be performed only after proficiency is attained on the first five basic exercises.

FOOT PLACEMENT:

You will notice that your feet shift a little bit when using your Gazelle Freestyle Elite. It is recommended that beginners keep their toes against the toe plate until they feel comfortable with their balance.

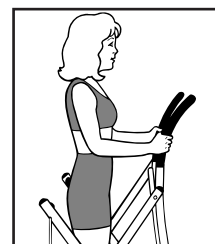
HAND POSITIONS:

The position of your hands on the handle grips will allow you to vary the intensity of your workouts and change the emphasis from lower body to upper body. There are four positions that are used throughout your Gazelle Freestyle Elite workout.



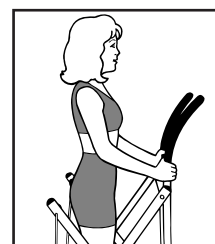
Front Bar Grip

Place your hands on the front crossbars, just to the inside of the handles. Use a firm grip without "white knuckles". Be sure to keep your wrists straight and avoid leaning hard on the arms or bending at your wrists. This grip may be used during any "Basic Glide" exercise. Use this grip when learning to glide, or during your warm-up and cool-down.



Neutral Grip

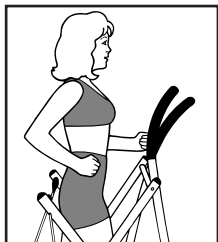
Place your hands midway between the bottom and top of the handles. Use a firm grip, but try to avoid "white knuckles." This grip will help you attain equal work for both the upper and lower body.



Low Grip

Place your hands at the bottom of the handles. Be sure to keep your hands on the black handle grip, not on the front crossbar. This grip will decrease the work in your upper body.

continued on next page



Hands Free (Advanced Position)

Stand in an upright position on the foot platforms with your hands on the front crossbar. When you feel balanced, release your hands from the crossbar and bring them into a bent elbow position at your sides as if you were running or power walking. Practice this position with your feet stationary, then progress to a "Basic Glide".

Note: Exercising without holding onto the handles poses a possible risk of losing your balance and should be done with care.

GENERAL WORKOUT RECOMMENDATIONS

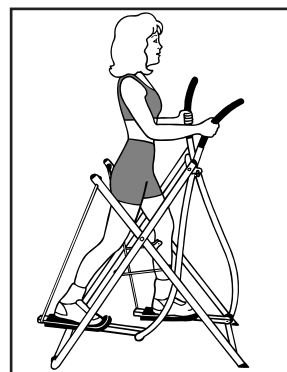
On the following pages are seven basic exercises that will comprise your Gazelle Freestyle Elite workout. Before performing any of the exercises, first read through these instructions and refer to your instructional video for correct exercise execution.

When you are ready to begin your workout, be sure your equipment is set up correctly and you've warmed up adequately as demonstrated in the video. Then begin with the first exercise and continue through all of the exercises in one continuous cycle, unless you need to take a break. We recommend that you perform 20 - 40 gliding repetitions of each exercise. A single repetition is counted when both legs have glided forward and back (R + L = 1 repetition). Take time to cool down and stretch at the end of your workout.

Remember, you will notice that your feet shift a little bit when using your Gazelle Freestyle Elite. It is recommended that beginners keep their toes against the toe plate until they feel comfortable with their balance.

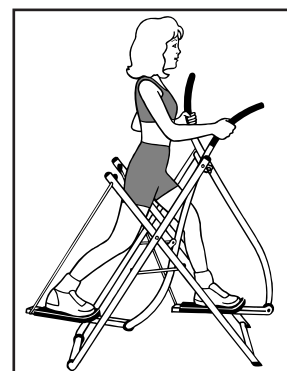
Be sure to drink plenty of water before, during and after your workout.

THE GAZELLE FREESTYLE ELITE EXERCISES



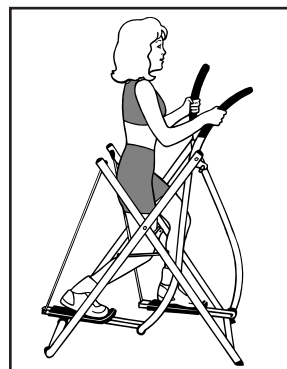
1) BASIC GLIDE

Stand upright on the foot platforms with your hands in the neutral position. Your knees should be "soft," not locked. Glide your feet back and forth in a controlled manner. The front of each foot platform should glide slightly past the base of the unit frame. Push and pull gently with your arms to assist the leg motion. Maintain good, upright posture throughout this exercise, with your shoulders aligned directly over your hips. This exercise can be performed with the neutral, low or high hand grip positions.



2) WIDE GLIDE

Start with a Basic Glide movement. Gradually increase the length of your stride as far as you comfortably can. Your heels will naturally lift slightly as each leg moves to the back. Do not attempt to keep your heel pressed to the foot platform, but allow this lifting motion to occur. Maintain good, upright posture throughout this exercise, and a "soft" knee position. Glide only as wide as you can while maintaining good balance and posture. This exercise can be performed with the neutral or low hand grip positions.



3) LOW GLIDE

Start with a Basic Glide movement. Gradually bend your knees deeper and increase the length of your glide. Let your heels naturally lift as each leg moves to the back. Maintain upright posture throughout this exercise, with your shoulders aligned over your hips. Avoid bending your knees so deeply that they bump against the front swing arms. This exercise can be performed with the neutral or low hand grip positions. You will feel additional emphasis in your thighs during this exercise.