

러닝머신

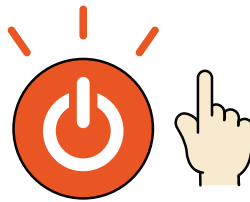
러닝머신 사용법

1.



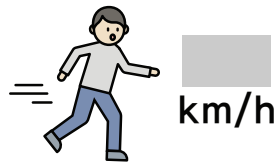
러닝머신에 올라가요

2.



전원을 켜요

3.



운동 속도를



맞춰요

4.

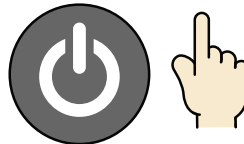


걸거나



달려요

5.



전원을 꺼요

6.



러닝머신에서 내려와요