



LARGE AEROBIC STEP



INSTRUCTION MANUAL

CAUTION

READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL BEFORE USING THIS EQUIPMENT
KEEP THIS MANUAL FOR FUTURE REFERENCE



IMPORTANT SAFETY INSTRUCTIONS

Be sure that you read and follow all the instructions in this manual before beginning your program.

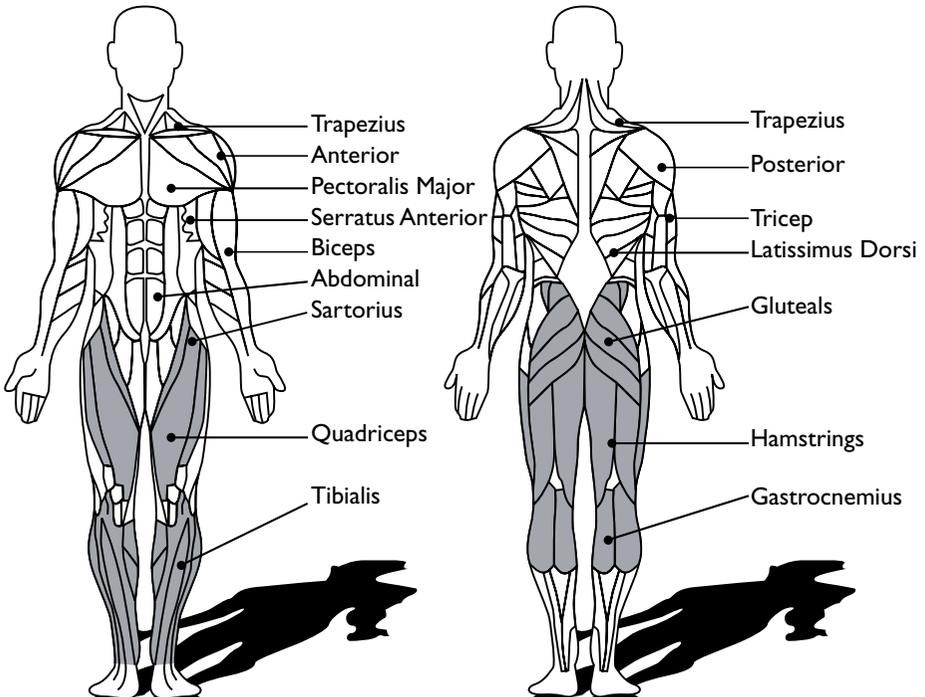
WARNING

Before starting any exercise program, consult your physician. You must make sure that you do not have any medical or health conditions that could affect the safety and effectiveness of your exercise program. If at any time during your exercise you are experiencing discomfort or pain, stop the exercise immediately and consult your physician.

MUSCLE CHART

AEROBIC STEP

The exercise routine that is performed with the aerobic step will develop the lower body. These muscle groups are highlighted on the muscle chart below.



CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment by a few minutes per workout.

Initially, you may be able to exercise only for a few minutes, however, your aerobic fitness and strength will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise for 30 minutes. Please remember these essentials :

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Set up your equipment on a flat, even surface.

AEROBIC STEP EXERCISES

Perfect for cardiovascular workouts and muscle sculpting exercise routines. Stepping is a diverse result-oriented aerobic workout that is not only fun, it's a great way to keep fit for men and women. It is a highly popular, low impact, challenging activity.

REQUIRED EQUIPMENT:

- Aerobic step
- Shorts or sweats that allow free movement
- Shirt or sweatshirt, etc.
- Non-restricting tights if applicable
- Socks that fit snugly
- Suitable athletic shoes (cross trainers)

WHERE TO STEP:

Stepping can be done anywhere but it is primarily an indoor activity.

STEPPING TECHNIQUE:

Proper body alignment is very important. Your head should be up, shoulders down and aligned with your head. Chest up and knees relaxed. Abdominal and buttocks should be tight.

STEP HEIGHT:

Step height depends on current fitness levels as well as stepping experience. Novice steppers should begin at lower step levels and gradually increase. Regardless of personal fitness levels or experience, at no time should the knee joint flex beyond 90 degrees when stepping up.

SAFETY:

Step must be secure on the floor. To avoid Achilles tendon injury, heels should not be allowed to hang off the edge of the step. The entire foot should make contact with the platform. When stepping down, step close to the platform and allow heels to contact the floor to help absorb the shock.

STEPPING SPEED:

Music selection should be motivating. Music beats per minute should fall between 119 and 125 for safety reasons. Stepping to music that is too fast may increase risk of injury.

WARM UP:

The warm-up should consist of four to five minutes of rhythmic motion to increase body temperature and heart rate. Stretching of all the major muscle groups should follow this warm-up.

STARTING POSITIONS:

Starting position can begin from the front (step on the floor in front of your feet), the side (standing on the floor with the side of your body next to the long side of the step), the top (standing atop the step), the end (standing on the floor at the short end of the step), the corner (standing on the floor at one corner), and stride (standing on the floor and straddling the step).

AEROBIC STEP EXERCISES



BASIC STEP MOVEMENTS (BEGINNER LEVEL):

Starting position - front end or astride. Step up onto the platform with your right foot first, followed by your left foot. Step down with your right foot first, followed by your left foot. To change to alternating lead, tap the left foot down on the floor following each cycle, without planting it. Then step up with the left foot first.

BASIC STEP DOWN (SINGLE OR ALTERNATING LEAD):

Starting position - Top

Step down with your right foot followed by your left. Then step up with your right foot followed by your left. You will start and end this cycle on top of the step. To change lead legs, tap your left foot on top of the step and repeat the cycle with the left leg leading.



KNEES UP:

Starting position - Front, side, end and astride

Step onto the platform with your right foot. Lift your left knee up. Place your left foot back down on the floor. Tap your right foot on the floor, next to your left. Repeat. For an alternating lead, step onto the platform with your right foot. Lift your left knee up. Place your left foot back down on the floor. Put your right foot on the floor. Repeat with the left leg leading.

TAP UP & TAP DOWN (SINGLE OR ALTERNATING LEAD):

Starting position-Front, side, end, top or astride

For the tap up, step up with your right foot then tap your left foot on top of the step next to your right. Step down with your left foot and tap your right foot on the floor. Repeat with the same lead leg. For the tap down, begin atop the step, step down with your right foot then tap your left foot on the floor next to your right. Step up with your left foot and tap your right foot atop the step.

For an alternating lead, tap up from the front, end or astride positions, step up with your right foot first, then tap your left foot atop the step next to your right. Step down with your left foot and step down with your right foot. Now, begin the tap ups with your left leg leading. To do an alternating lead, tap down: follow the same pattern starting from atop the step, stepping down with your right foot first.

COOLING DOWN:

The cool down phase of your workout is just as important as the warm-up. The cool down should contain the same movements as your warm-up, but should be performed at a decreasing intensity. At least five minutes should be allocated for the cool down portion of your work out.

TROJAN 1 YEAR WARRANTY

The Manufacturer hereby provides a warranty to the original purchaser of this product ('the Consumer') that this product will be free of manufacturing defects in materials and workmanship which under normal, personal, family or household use (commercial use expressly excluded) manifest themselves within the 1 year from the date of purchase.

EXCLUSIONS

- The warranty does not include and will not be construed to cover products damaged as a result of disaster; misuse; commercial use; use not in accordance within the written instructions included with the product; abuse and/or any non-authorized modification of the product, incorrect installation of the product or normal wear and tear.
- All demo models carry a 3 month warranty.

WAIVER

The warranty and the obligations of the Manufacturer provided herein are in lieu of, and the Consumer, waives all other warranties, guarantees, conditions or liabilities, express or implied, arising by law or otherwise, including without limitation, any obligation of the Manufacturer in respect of any injury, loss or damage (direct, indirect or consequential) arising out of the use of, or inability to use this product and whether or not occasioned by the Manufacturer's negligence or any act or omission on its part.

PROOF OF PURCHASE

Any claim in terms of the warranty must be supported by a proof of purchase or a warranty number. Warranty numbers can be issued through contacting our call centre on **0861 Trojan (0861 876 526)**, or online at **www.trojanhealth.co.za**. If such proof is not available, then notwithstanding anything to the contrary herein, the service agent's prevailing charges for services/repairs including call-out and/or spares will be payable by the Consumer upon collection or delivery of the repaired product.

The Consumer does not need to return the product to the store. The Consumer shall phone the Trojan hotline on **0861 Trojan (0861 876 526)** and the Manufacturer's authorized agent will at its discretion either repair the item at the Consumer's residence or collect and repair the item at their premises.

During the warranty period the product may only be serviced and/or repaired by the Manufacturer's duly authorized agent(s).



WWW.TROJANHEALTH.CO.ZA

Masstores (Pty) Ltd
16 Peltier Drive, Sunninghill,
Johannesburg, 2191, South Africa.