



USER MANUAL – EN

IN 26532 Aerobic step inSPORTline Absater Evo

SevenSport s.r.o. reserves the right to make any changes and improvements to its product without prior notice. Visit our website www.insportline.eu where you will find the latest version of the manual.

SAFETY INSTRUCTIONS

Congratulations!! You are the proud owner of the Aerobic Step. The all in one aerobic and toning exercise equipment, to give you a total body workout.

It will not only give you an ideal cardiovascular workout, it will strengthen your legs and allow you to work your upper body independently, or at the same time as performing step exercises.

The Aerobic Step is extremely versatile, allowing you to tailor the intensity to your own requirements. The two height adjusters are easy to adjust and can increase the height of the Aerobic Step by 4 inches.

GETTING STARTED

When you use the Aerobic Step for your workout, you should work at a comfortable, yet challenging level. You should be breathless but not gasping. When using the exertion scale you should not work above level 8. If you are a beginner, try exercising 3-4 minutes at first and increase gradually. As your fitness level improves you will be able to spend longer on each exercise.

If you suffer from back pain, do not do back exercises.

When using the Aerobic Step follow these points:

- Select an appropriate height for your fitness level.
- Ensure your whole foot strikes the Aerobic Step evenly.
- Stand slightly away from the Aerobic Step.
- Lean into the Aerobic Step and push away from your back foot.
- Stand upright, keeping your back straight.
- Make a diagonal line from floor to ceiling.
- Weight limit: 150 kg

WARM-UP EXERCISES

Before starting your workout with the Aerobic Step you should first warm up thoroughly to prepare your body. Try the following exercises.

Begin by walking, then marching on the spot. This should be increased to include knee lifts, heel raises and some shoulder and spine mobility. You need to spend 3-4 minutes warming up.

MARCHING



KNEE LIFTS



Hold for the move for 6-8 seconds.

HEEL RAISES



CALF



Step back with one foot, press your heel to the floor. Both toes must face forward.

HAMSTRING



Transfer your weight to the back leg and bend your knee. Keeping your front leg straight, tilt forward from the hips.

SIDE BENDS



Spine mobility.

ARM CIRCLES



Shoulder mobility.

STRETCHING EXERCISES

After a workout you should stretch the muscles you have been working. This helps prevent stiffness and sore muscles. The following stretching should be held for 8-10 seconds.

SHOULDERS



1. Sit on the Aerobic Step, keeping your back straight. Lift both your shoulders up to your ears.
2. Relax and press both your shoulders downwards and hold.

UPPER BACK



Sit on the Aerobic Step, reach forward and round your back. Try to separate your shoulder blades and hold.

UPPER BACK



Sit on the Aerobic Step and keep your back straight. Overlap your hands behind your back and raise your arms slowly. Hold.

TRICEPS AND DELTOIDS



Sit on the Aerobic Step. Keep your back straight. Take one arm across the body and support it with the opposite arm. Pull the arm across your body and hold.

OBLIQUES



Sit on the Aerobic Step. Keep your body upright, while leaning over to one side and reach up with your opposite arm.

INNER THIGH



Lie down on the floor with your back straight. Bring the soles of your feet together and pull your knees towards you and downwards as far as you feel comfortable. Hold.

OUTER THIGH



Sit on the floor. Extend your right leg out in front of you and bend your left leg over the right knee. Using your opposite arm, pull your leg across and hold.

BUTTOCKS



Sit on the floor. Bring your knees to your chest and hold.

BASIC STEP TECHNIQUE

The following exercises make up the basic step movement, which takes four counts to complete. The same leg leads up and down from the Aerobic Step. You should not spend more than one minute leading with the same leg.

BASIC STEP



1. Step up right foot
2. Step up left foot
3. Step down right foot
4. Step down left foot

ARM MOVEMENTS



1. Step up right foot and take both arms out
2. Step up left foot and take both arms up
3. Step down right foot and lower both arms
4. Step down left foot bringing both arms to your side

V-STEP

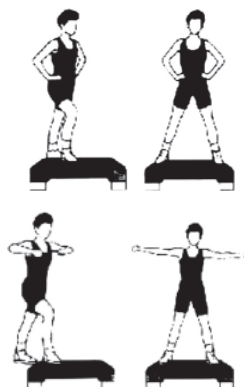
The V-step is a variation of the basic step. Feet are wide apart on top and together when off the Aerobic step.



1. Step up right foot to right side
2. Step up left foot to left side
3. Step down right foot
4. Step down left foot bringing your feet together

TURNING STEP – ALTERNATIVE

This movement travels from behind the Aerobic Step to increase intensity.



1. Face diagonally to left hand corner. Step up with your right leg, turning to face the front.
2. Step up left foot, with feet apart facing forward.
3. Step down right foot, turning to face diagonally to the right corner.
4. Tap your right foot on the floor without transferring your body weight.
5. . Repeat on the left leg.

TONING EXERCISES

In this section we are working at isolated muscle groups, to tone and improve muscular endurance. It is important to work at a comfortable level and repeat each set of exercises. If the most you can do is 10-11 repetitions, then a good level to work at is 7-8 repetitions, repeated 2-3 times. Take a rest period in between, by working a different muscle group. For example, alternate the upper and lower body. This gives the body a recovery period.

If you are a beginner to exercise, the adaptation options illustrate slightly easier versions of the same exercise. You should always work at a comfortable level. If you experience any pain or burning sensation you should rest.

OUTER THIGH



Lie on your side, on the Aerobic Step. Support yourself with your forearm and opposite hand. Slightly bend your underneath leg. Fully extend your upper leg, while keeping your body in a straight line. Lift and lower the upper leg.

ADAPTATION



Lie further down the Aerobic Step and lift and lower your upper leg.

FRONT THIGH



Sit on the Aerobic Step facing sideways. Support your hands behind your back, bend your right leg and extend your leg.

ADAPTATION



Lie back and support yourself on your elbows, bend your back knee and lift your front leg.

TUMMY



Lie on your back with your knees bent. Press your spine into the Aerobic step and tilt your pelvis by squeezing your buttocks. Lift and lower your upper body off the Aerobic Step. Be careful not to pull your chin into our chest.

ADAPTATION



Hold your head with one hand and slide the other hand up your thigh, as you lift your head.

BUTTOCKS



Lie with your front facing down on the Aerobic Step. Lift and lower your legs, keeping your hips pressed into the Aerobic step.

MAINTENANCE AND STORAGE

Contact with organic solvents and aggressive cleaning agents may damage the product. After use, wipe the product with a damp cloth and then wipe it dry. Store in a dry and dark place.

If you find any damage after purchasing the product, contact your service department. When using the product, follow the instructions in the manual. The claim will not be recognized if you modify the product or did not follow the instructions in the manual.

ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.

According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

Warranty Conditions

Warranty Period

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

The Warranty does not cover defects resulting from (if applicable):

- User’s fault, i.e. product damage caused by unqualified repair work, improper assembly.
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

Warranty Claim Procedure

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product’s serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical

characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**CZ
SEVEN SPORT s.r.o.**

Registered Office: Strakonická 1151/2c, Praha 5, 150 00, ČR
Headquarters: Dělnická 957, Vítkov, 749 01
Warranty & Service: Čermenská 486, Vítkov 749 01

CRN: 26847264
VAT ID: CZ26847264

Phone: +420 556 300 970
E-mail: eshop@insportline.cz
reklamace@insportline.cz
servis@insportline.cz

Web: www.inSPORTline.cz

**SK
inSPORTline s.r.o.**

Headquarters, warranty & service center: Električná 6471,
Trenčín 911 01, SK

CRN: 36311723
VAT ID: SK2020177082

Phone: +421(0)326 526 701
E-mail: objednavky@insportline.sk
reklamacie@insportline.sk
servis@insportline.sk

Web: www.inSPORTline.sk

About shipping

