

# Sport-Thieme® 2-in-1 Mini Stepper

**Thank you very much for choosing a Sport-Thieme product!**

Please read the instructions fully before you assemble the equipment, so you can enjoy the product and safety is guaranteed. We are happy to answer any questions you may have.



## **Sport-Thieme® 2-in-1 Mini Stepper**

Strengthens your legs and glutes. Foot plates can be adjusted forwards, backwards and side to side. Display shows steps, calorie usage and time. Structured foot plate. 6.5 kg, steel frame, black foot plate. Max. load 100 kg.

## **Warnings**

- Before starting any exercise program, it is recommended that you consult a physician.
- Do not allow children to play on or around MULTI STEPPER .
- Check regularly that all nuts and bolts are securely tightened.
- Always wear rubber-soled shoes when using MULTI STEPPER.
- Do not position MULTI STEPPER on loose rugs or uneven surfaces.
- Weight limit is 100 kgs.
- MULTI STEPPER should not be used by people in poor health or those suffering from injuries.
- Hydraulic cylinder is designed to be used for 15 minutes of constant use. After 15 minutes of use, cylinders must cool off for 15 minutes before unit is used again.
- Hydraulic cylinder can overheat after long periods of use. Do not touch cylinder shafts until they have completely cooled off.
- Do not jump on unit while stepping.
- When first using unit, beginners and older people should steady themselves by holding onto a stationary object.

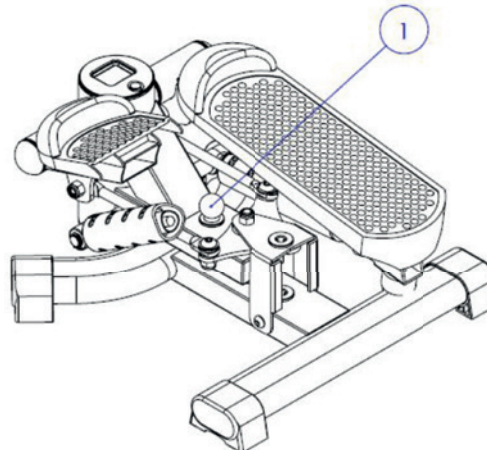
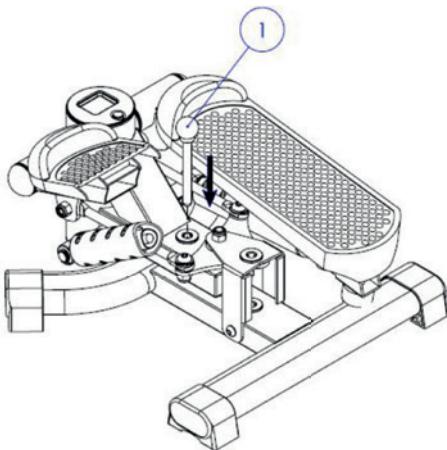
## Computer



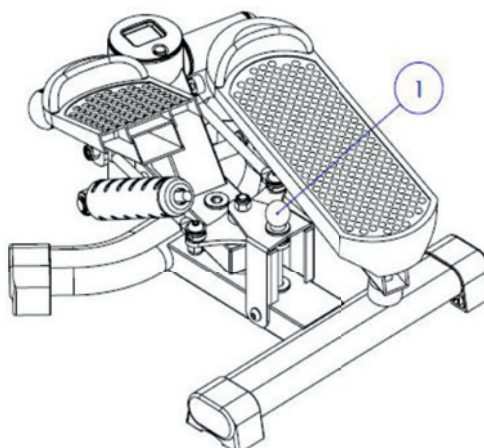
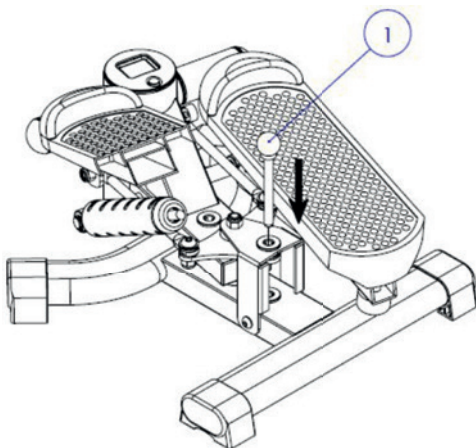
- Time:** counts exercise time from 0:00 to 99:59 in one second increments.
- Count:** counts the number of strides taken during each workout.
- Calories:** calculates the estimated number of calories burned during workout.
- Scan:** automatically displays each function in sequence.
- Strides/min:** counts the number of strides taken per minute during workout.

Press the red button under the LCD to select each function. Hold the button for 3 seconds to reset all values to 0. Triangles on the LCD point to activated functions. The computer turns off automatically after 4 minutes of inactivity.

## USING MULTI STEPPER



1. Please insert the lock pin ① into the front aperture as the picture above, and make sure the lock pin is properly inserted, then you can **start to step**.



2. Please insert the lock pin ① into the back aperture as the picture above, and make sure the lock pin is properly inserted, then you can **start to swing**.

## STRETCHING EXERCISES

Serious injuries can result from overstretching muscles and tendons. Before stretching, you should perform a 5 to 10 minute warm-up, e.g. jogging on the spot or skipping with a skipping rope. When performing the stretching exercises, please make sure: you perform each exercise slowly; you only stretch until you feel a slight pull. Then remain in this position for 20 seconds.



### Stretching your hip extensor and thigh flexor muscles

Position your feet so that they are parallel and shoulder-width apart. With your legs straight, bend the upper part of your body over until your hands almost touch the ground. Remain in this position



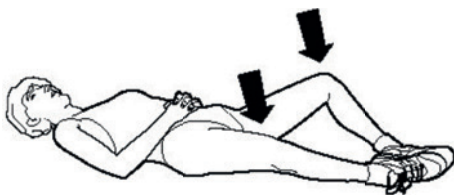
### Stretching your calf muscles

Stand facing the wall with your feet straight. One leg is slightly bent the other straight. Bend your arms slightly and move your pelvis forwards a little. Repeat the exercise with the other leg



### Stretching your thigh muscles

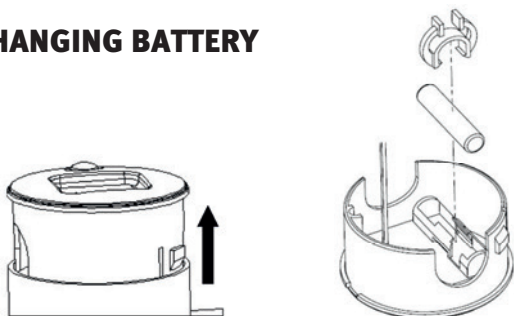
Stand with your feet shoulder-width apart and with your toes turned slightly outwards. Slowly go as far as possible into a squatting position and bob up and down gently.



### Stretching the insides of your thighs

Lie down on your back in a comfortable position. Bend your legs by bringing your knees up and keeping your feet on the floor. With your legs in this position, spread them sideways. The soles of your feet should be touching one another. Slowly lower both knees.

## CHANGING BATTERY



1. Grasp the LCD face panel and pull it straight up. The computer unit will slide out from main unit.
2. Remove the clip that holds the battery in place.
3. Remove the battery from battery compartment and replace it with a fresh AAA battery. Observing proper +/- polarities according to the illustration in the battery compartment.
4. Replace the clip..
5. Replace the computer unit in the main unit. Ensure the LCD panel is properly oriented.