

# Manual



## Step-up device



# EXERCISES

## Balance

### Lateral step-up exercise

You lift your foot off the platform, wait for the LEDs to turn green, and then lower your foot back down.



### Why

This exercise will increase the strength of your quadriceps and improve your balance.

### How

You first adjust how many reps you want to do, then how long you want each rep to take. After that you can start the exercise, as described in the step-by-step guide.

## Cardio

### Step up and down exercise

You quickly step up the small step and then back off again.

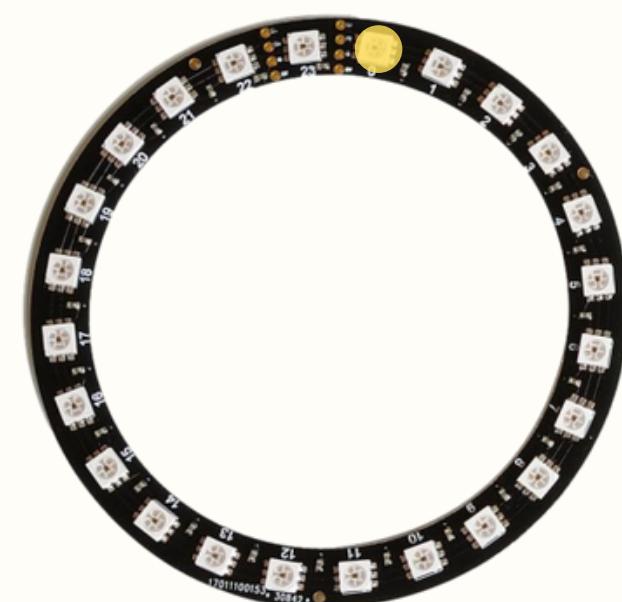


### Why

This exercise improves your cardiovascular fitness, agility and coordination by quickly, without breaks, stepping up and down

### How

By putting the seconds setting on one second you will be able to perform the cardio step-up exercise, as depicted on the LED circle:



## Strength

### Slow lateral step-up exercise

You slowly lift your leg up and down. As you lift, the LEDs gradually turn white. Once all the LEDs are white, you can slowly lower your leg, turning the LEDs green. When they are fully green, you can go back up again. If you go too fast or make another mistake, the LEDs will turn blue again.

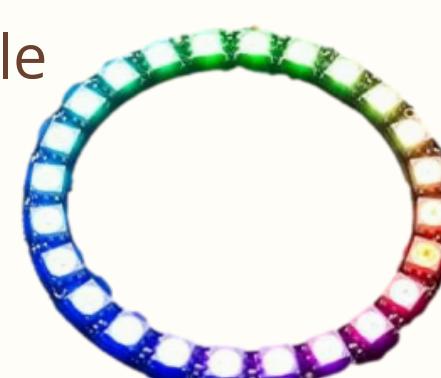
### Why

This exercise strengthens your quadriceps even quicker than the first lateral step-up exercise, by putting more stress on your higher positioned knee.

### How

When you make the small step as tall as possible you can perform the strength exercise.

You will notice that it is the correct mode if a rainbow appears on your LED circle



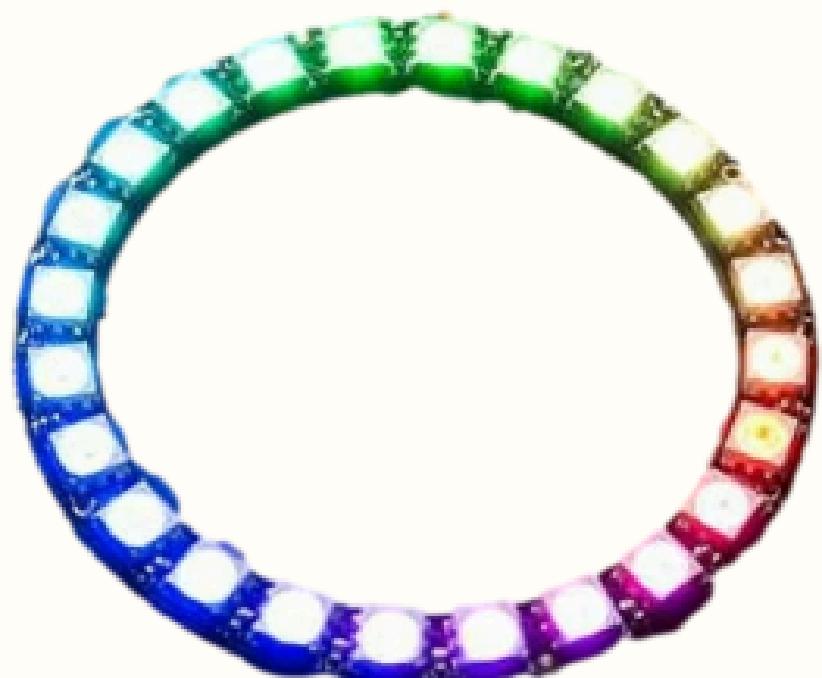
# INSTRUCTIONS

## LED circle

Select amount of reps



Select duration of one rep



## Rainbow mode

If you see this you have selected the strength exercise.

If you want to do the balance or cardio exercise, lower your small step to get out of this setting.

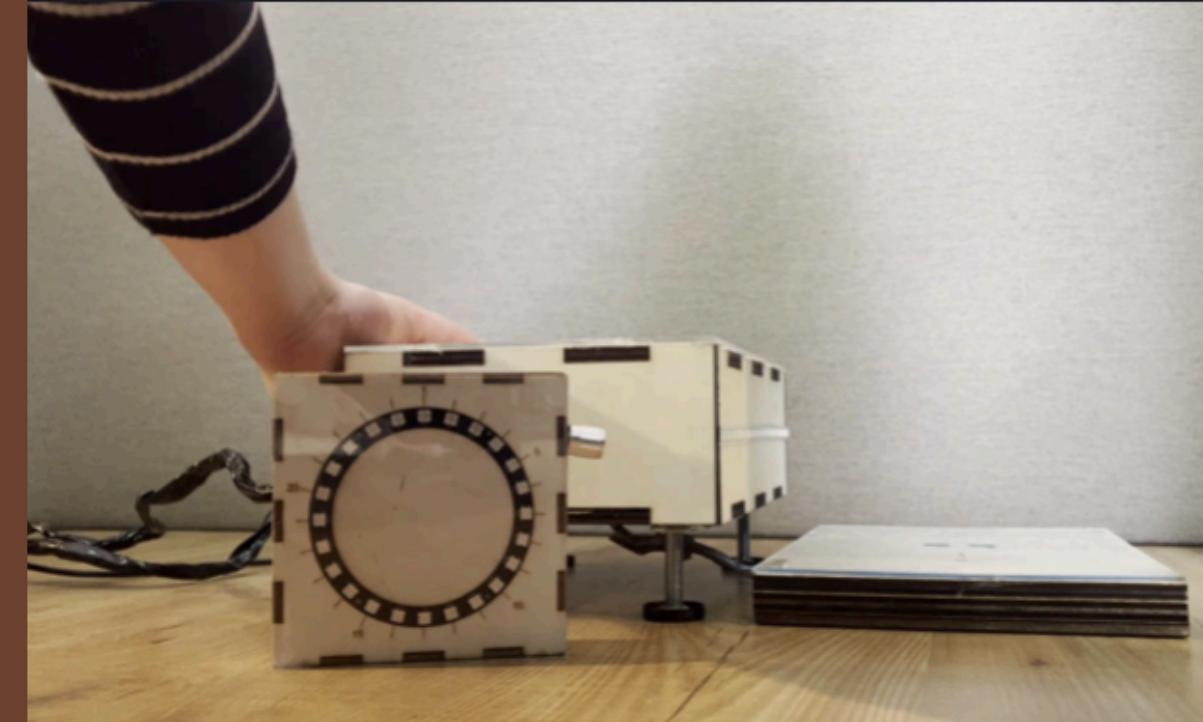
## Step by step

Scan the QR code to watch a video with instructions on how to perform the step-up exercise,

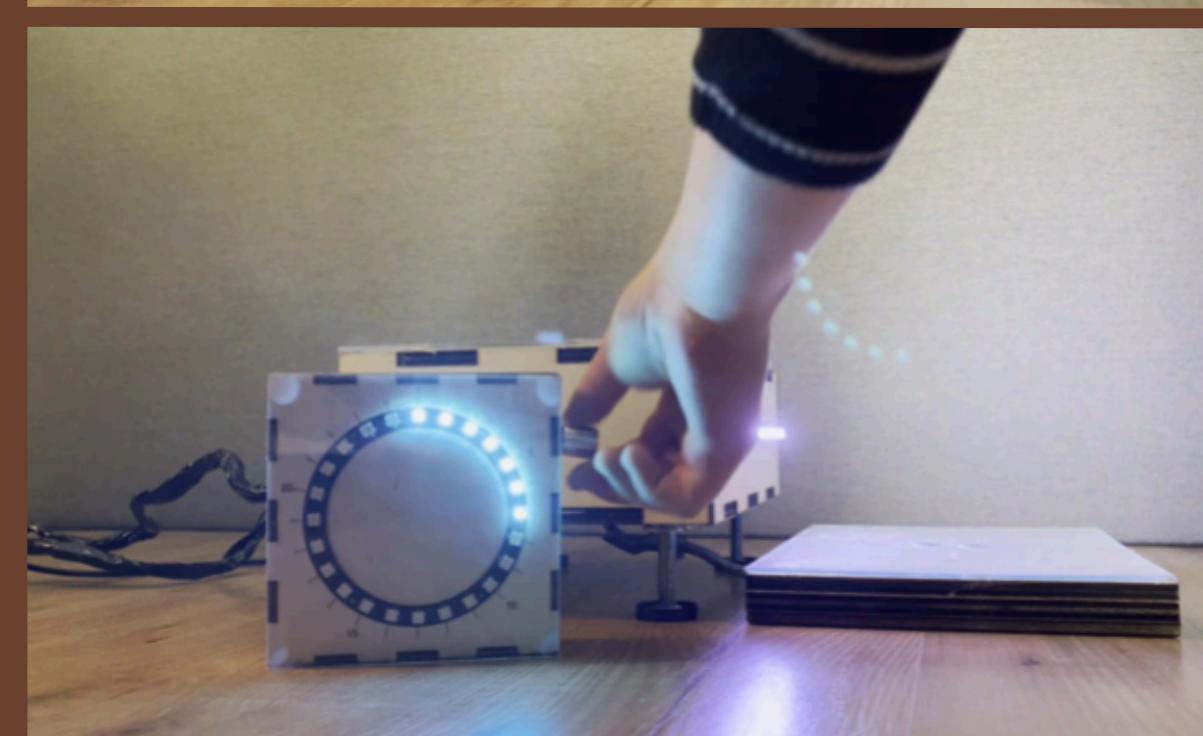
or turn to the next page for a step-by-step guide.



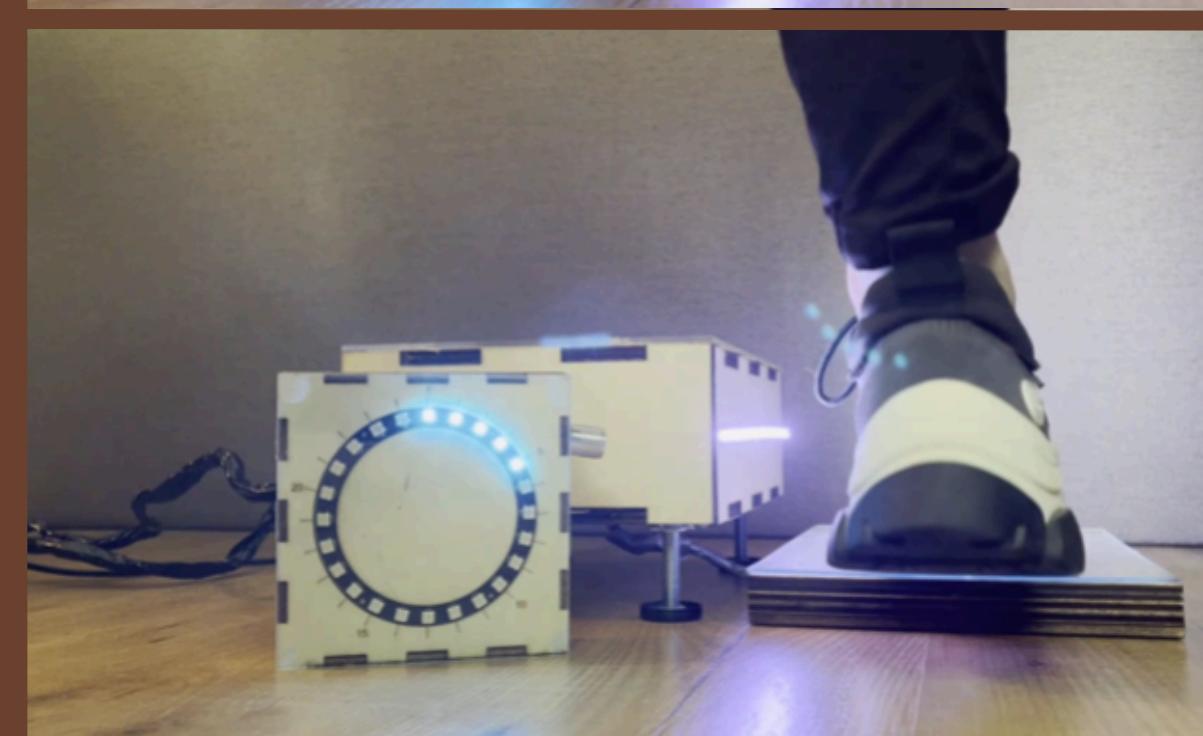
Turn the device on



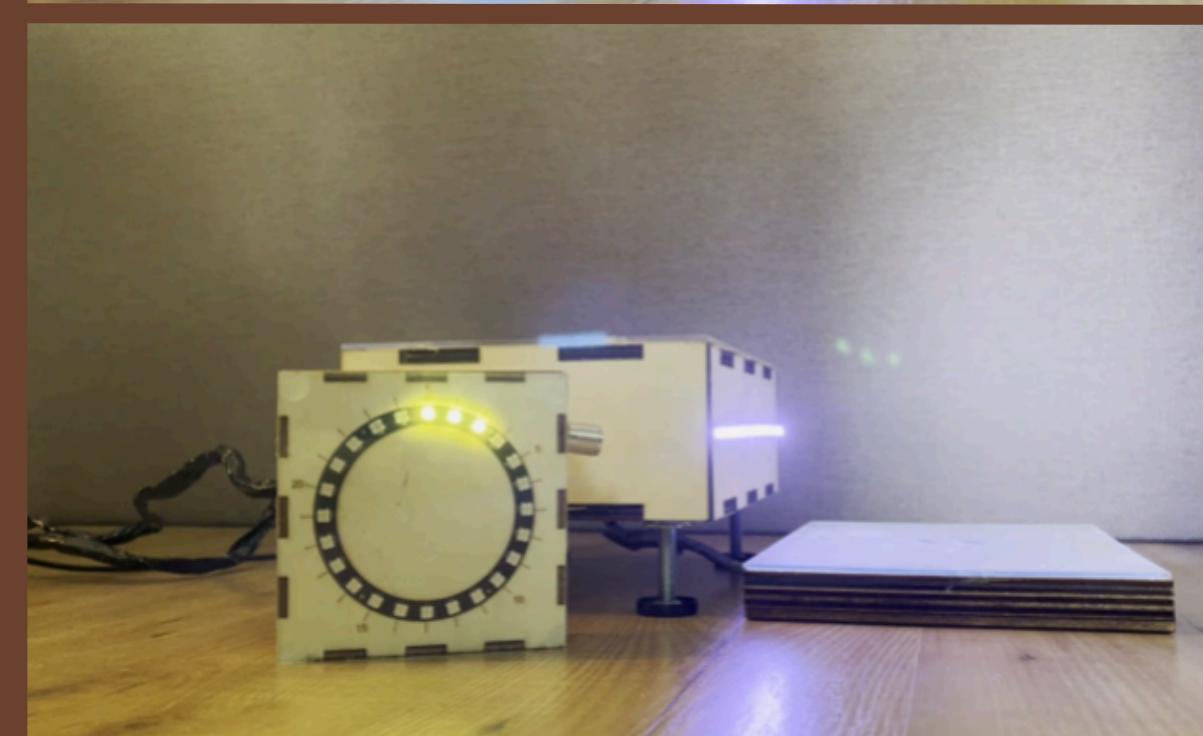
Select how many reps  
you want to do



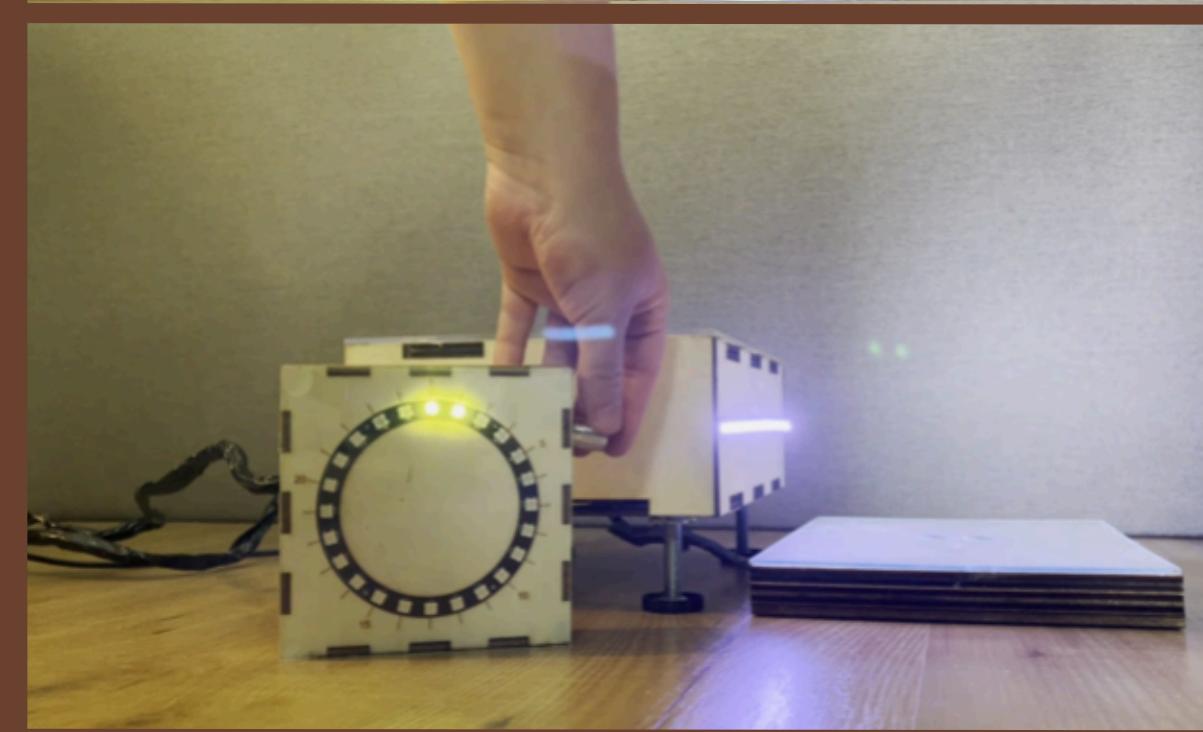
Step on the platform to  
continue to the next  
setting



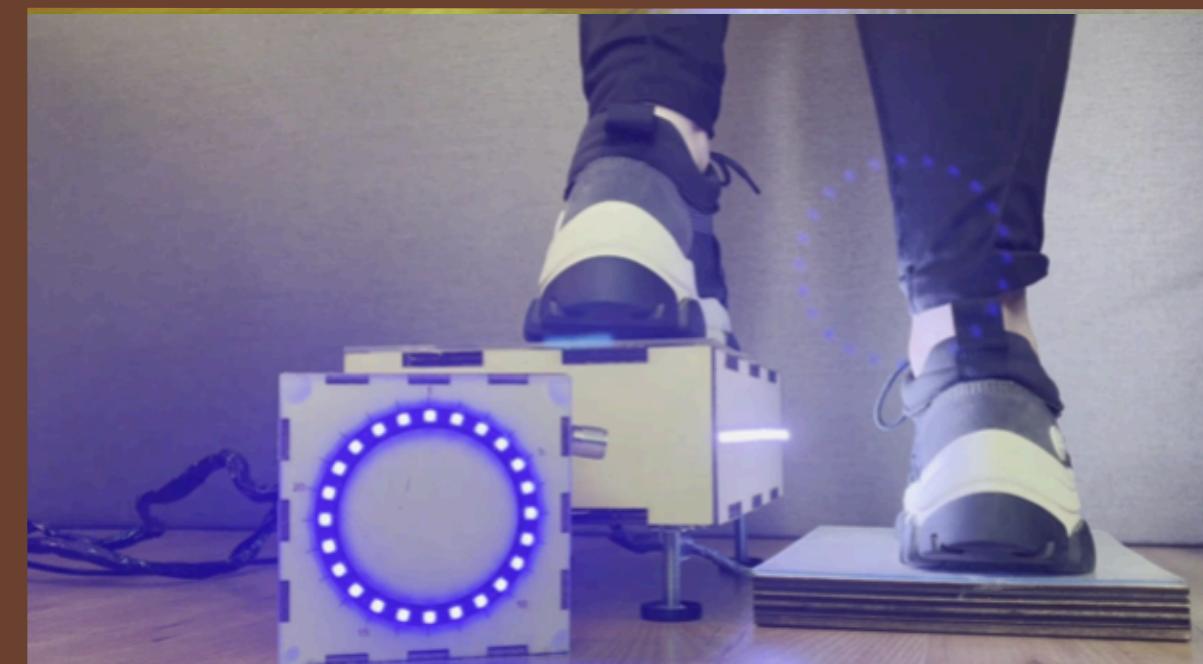
The next setting  
appears when you step  
off the platform



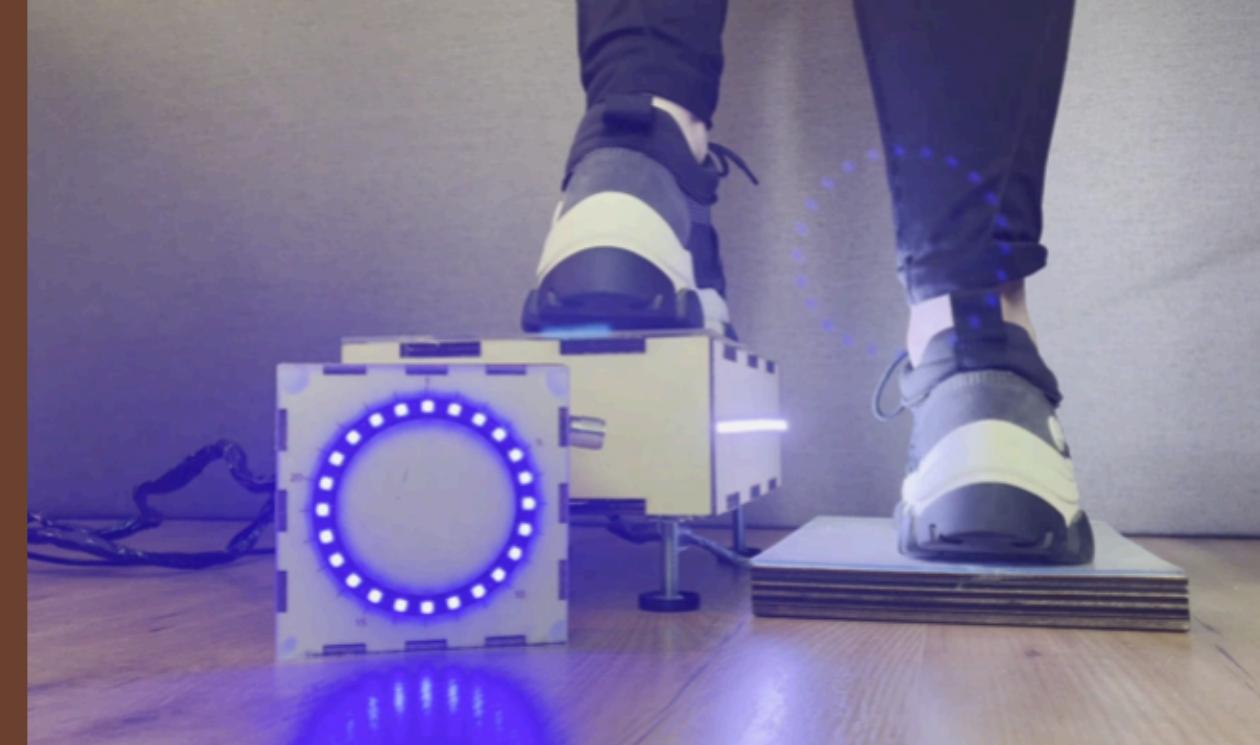
Select how long you  
want one rep to take



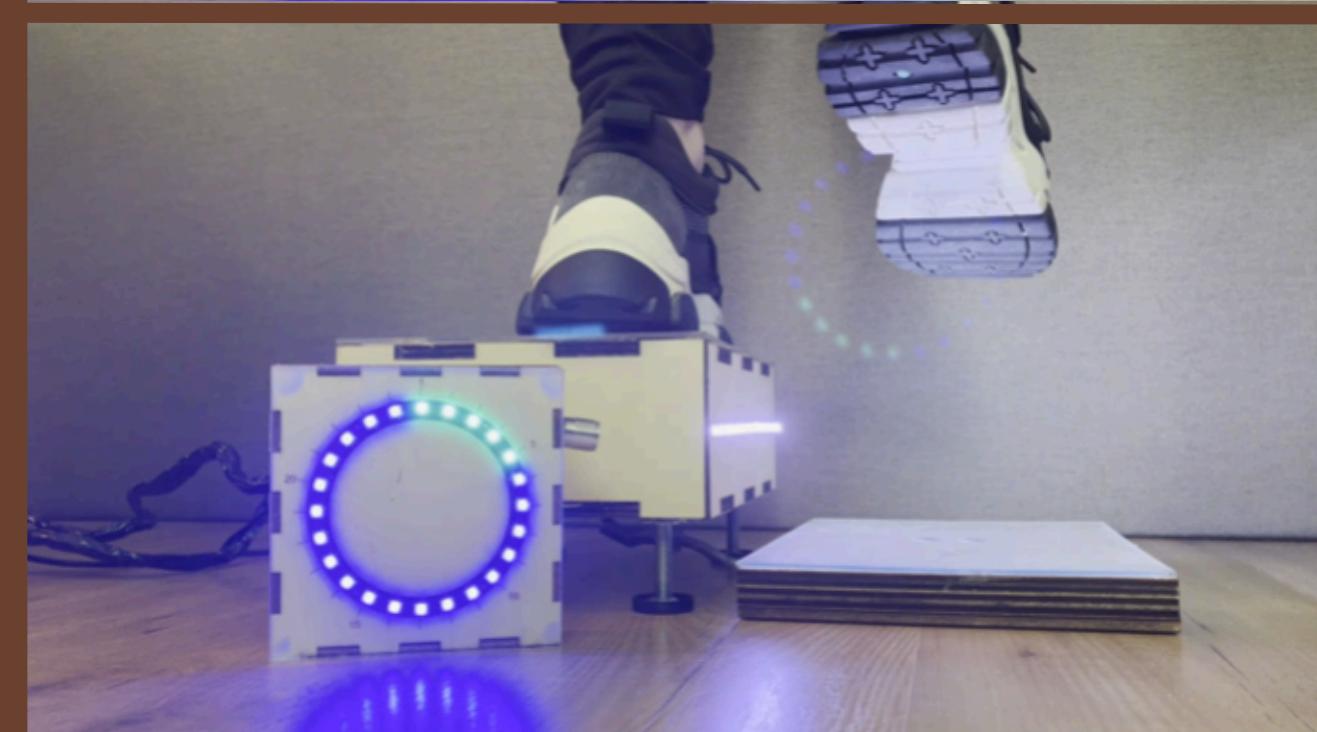
Step with both feet on  
the device to start the  
exercise



Lift up your foot from  
the platform



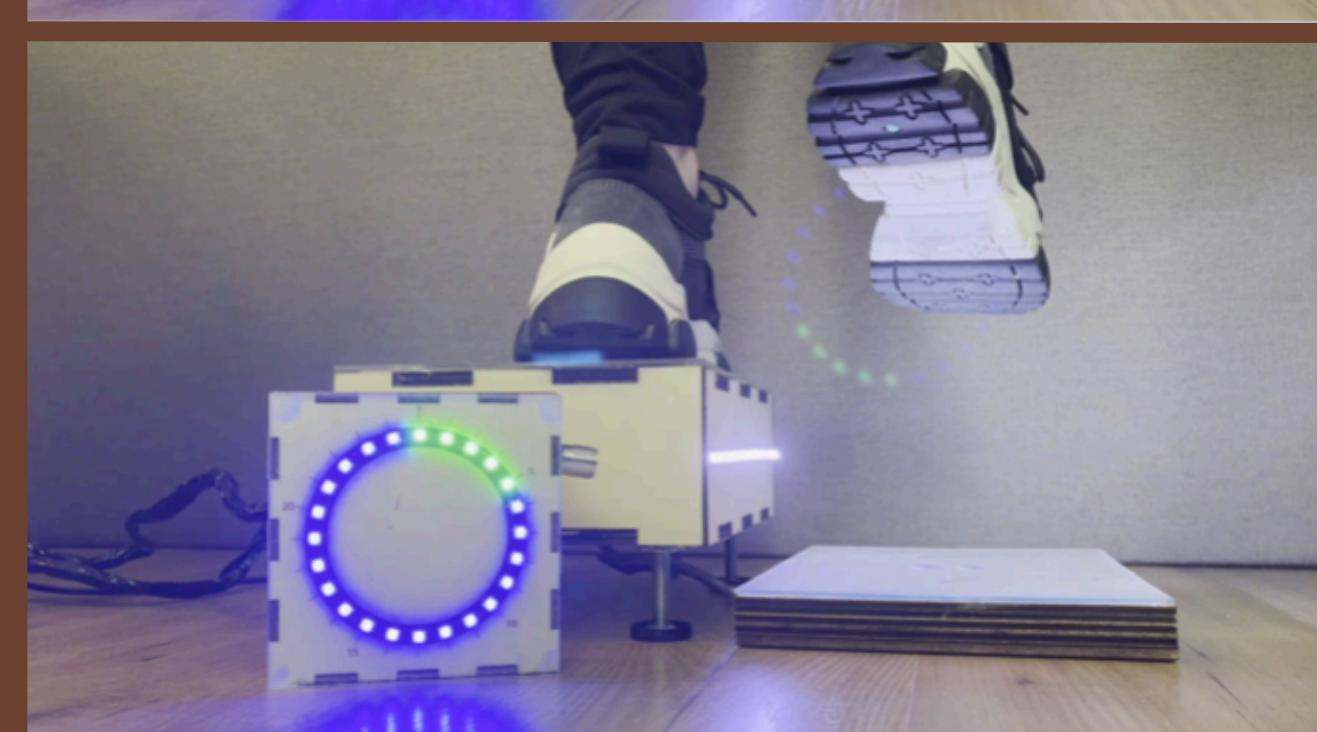
Wait till the selection of  
LEDs have completely  
turned green



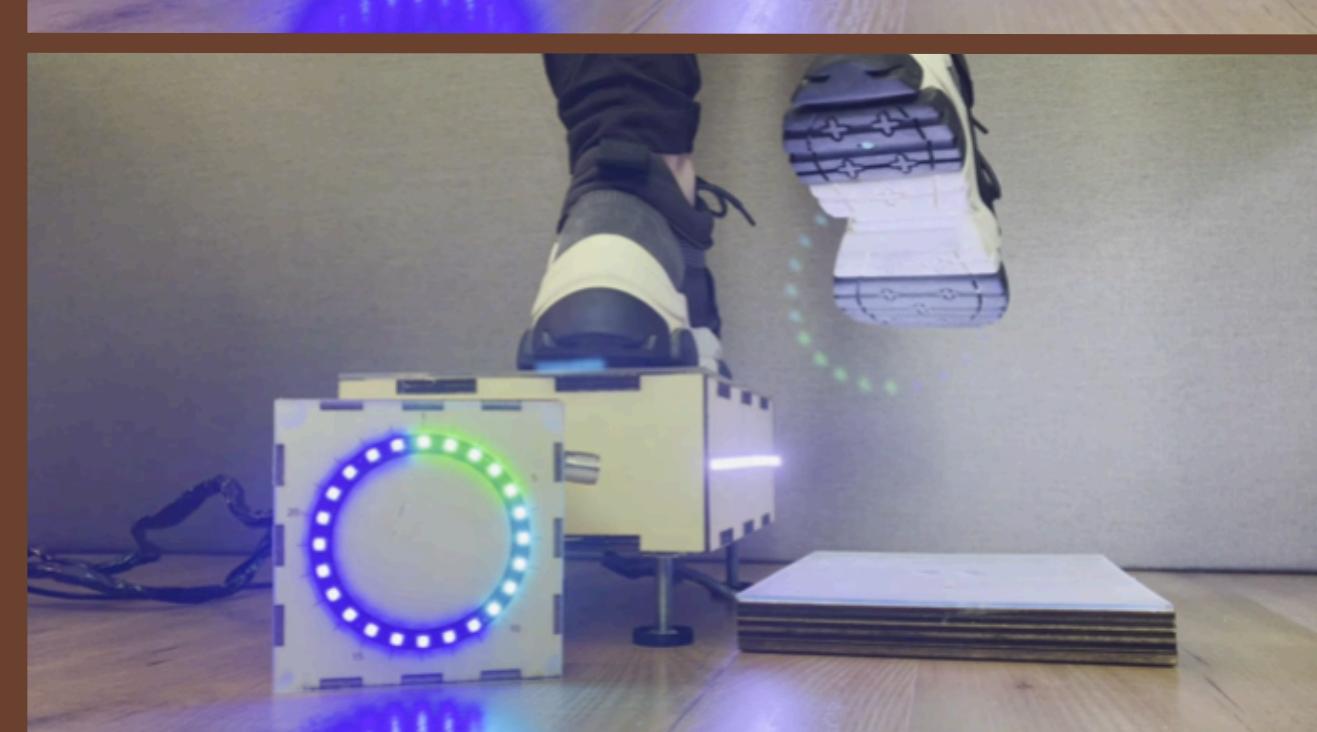
Put your foot back on  
the platform



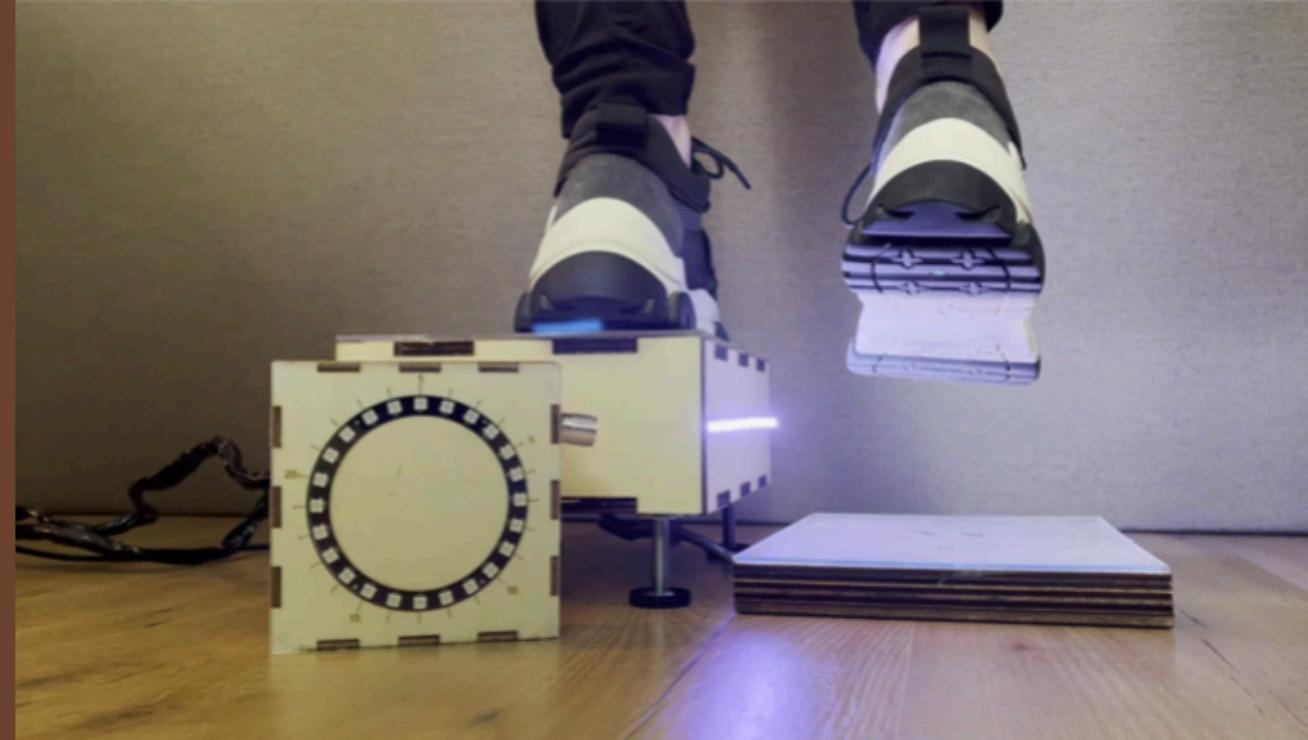
Lift up your foot from  
the platform again to  
continue to the next  
selection of LEDs



Repeat the steps until  
all LEDs have turned  
green



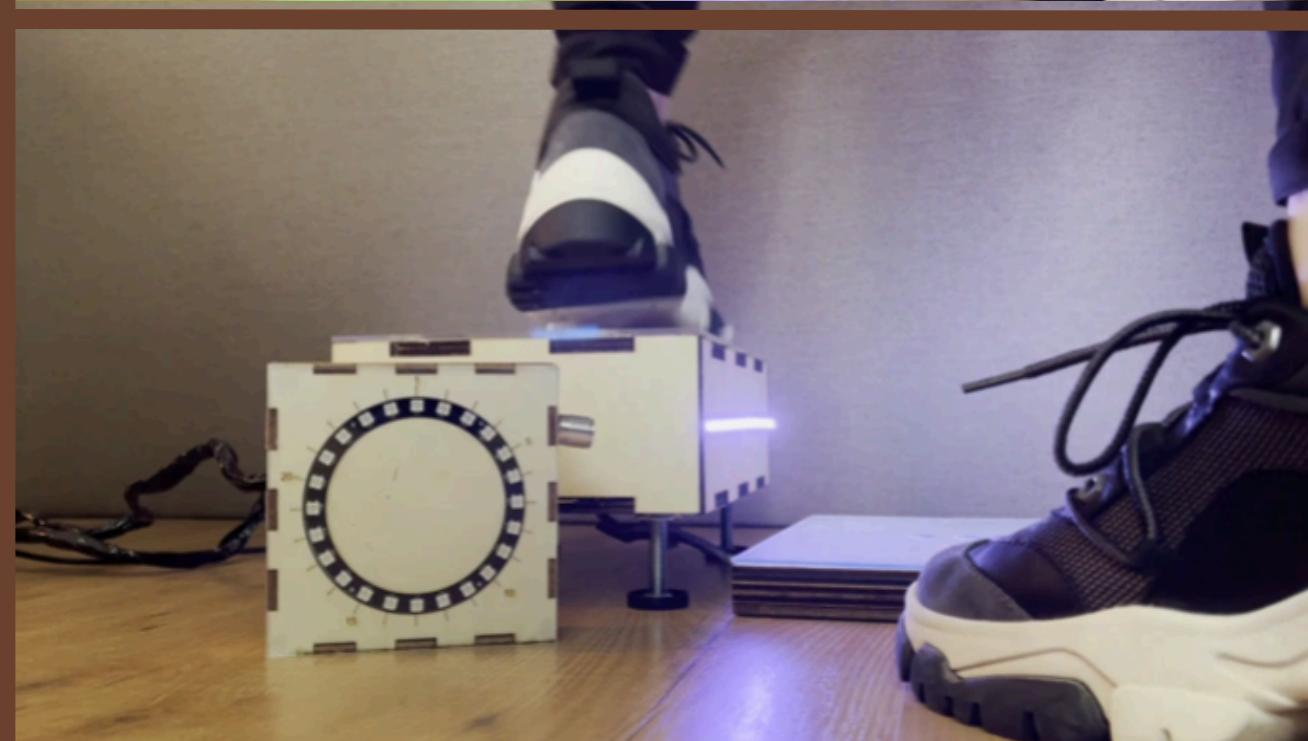
The LEDs start flickering, indicating that you're done



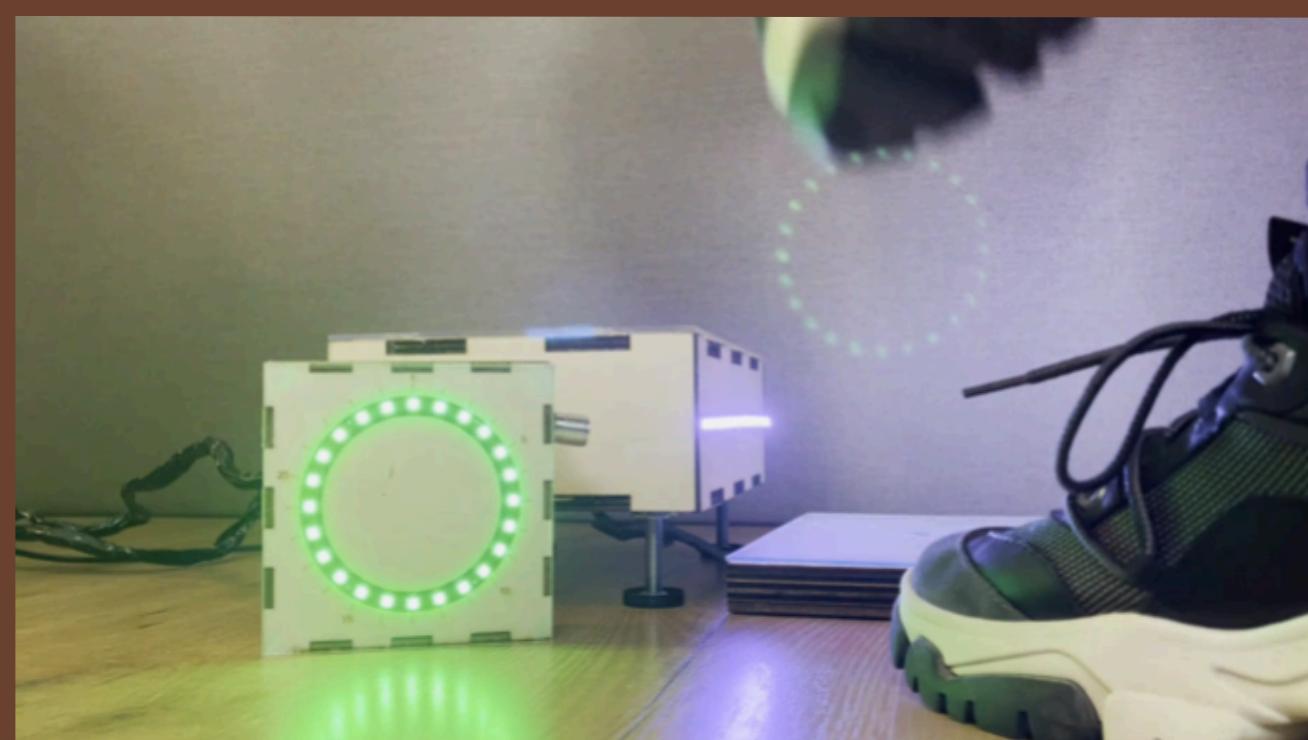
You may now step off the device.



The LEDs continue flickering for a short while to make sure you notice that you are finished



The device resets itself after flickering, returning to the initial setting.



You can now restart the exercise or turn off the device.

