



**Assembly Instructions
& User's Manual
XL Aerobic Step 2.0**

165532



Please keep this instruction manual for future reference

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(Made in China)

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Note: Before beginning assembly of product, make sure all parts are present. Compare parts with package content list and hardware contents. If any part is missing or damaged do not attempt to assemble the unit. Contact customer service for replacement parts.

Warnings

Important Safety Instructions

WARNING: To reduce the risk of injury, please read the following precautions before using this product. BCG assumes no responsibility for personal injury or property damage sustained by or thru the use of this product.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all safety and assembly instructions carefully. Understand the assembly and operation before using the equipment.
3. Use equipment on a flat level surface. It is recommended to place a rubber mat beneath the equipment for added protection of floors or carpets. It is also important that the surface be dry.
4. Always wear protective footwear while using this product.
5. Keep children & pets away from equipment at all times.
6. This equipment is intended for indoor, home use only. Do not use in a non-residential application or in an outdoor environment. Use in commercial setting can lead to serious injury and will void all related warranties & liabilities.
7. Properly warm-up and stretch before starting any strength training or cardio exercise routine.
8. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.
9. Inspect product before each use.

WARNING: Prior to starting any exercise program or if you have sustained an injury, you should consult a physician.

Assembly Instructions

Step 1 Leg Base Assembly

Flip the stepper as shown in Fig. 1. Detach the blocks from the platform. Stack the blocks to the preferred height.

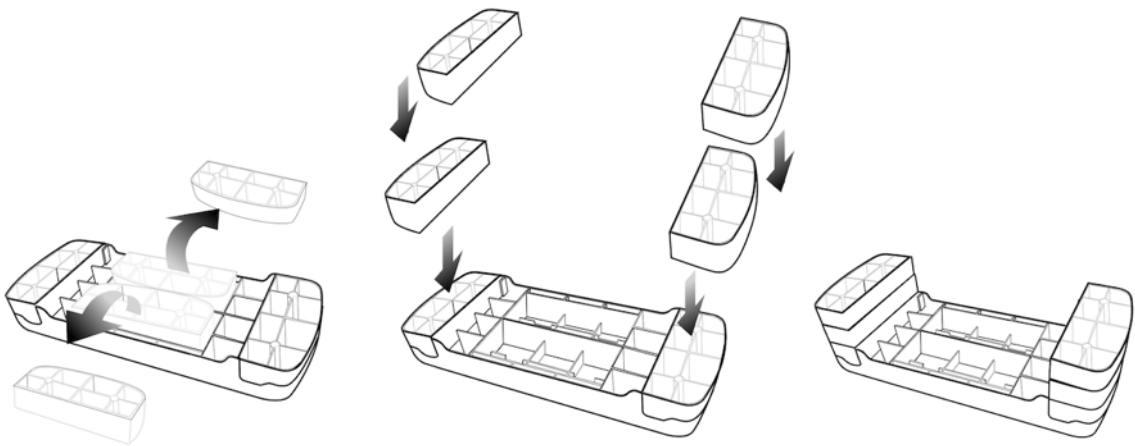


Fig. 1

BASIC STEP MOVEMENTS (BEGINNER LEVEL):

Front end or astride. Starting position - 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 of the stepper

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, 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, 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 then 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 5 minutes should be allocated for the cool down portion of your work out.

CLEANING

The BCG XL Aerobic Step 2.0 can be cleaned with a soft cloth and mild detergent. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the BCG XL Aerobic Step 2.0 after each use.

STORAGE

Store the BCG XL Aerobic Step 2.0 in a clean and dry environment away from children.

Warranty Information

This product has been manufactured under the highest standards of quality and workmanship. We warrant to the original consumer purchaser that all aspects of this product will be free of defects in material and workmanship for one year from the date of purchase. A replacement for any defective part will be supplied free of charge for installation by the consumer. Defects or damage caused by the use of other than genuine parts are not covered by this warranty. This warranty shall be effective from the date of purchase as shown in the purchaser receipt.

This warranty is valid for the original consumer purchaser only and excludes industrial, commercial or business use of the product, product damage due to shipment or failure which results from alteration, product abuse, or product misuse, whether performed by a contractor, service company, or consumer. We will not be responsible for labor charges and/or damage incurred in installation, repair or replacement nor for incidental or consequential damage.