

Sport-Thieme® Aerobics Step

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 respond to your questions and requests.



Exercise instructions for prod. code 11 139 8902

Safety

Everything you need for comprehensive training

The aerobics step is the only fitness product you need. It not only facilitates ideal cardiovascular training that strengthens the legs and trains heart as well as the lungs, it also gives you the opportunity to train the upper body by itself or together with the legs.

The aerobics step is very versatile. If you follow the exercise programme shown here, you will cover the three dimensions of aerobics step training: stepping; stepping and toning; and toning. The intensity of the training programme can be tailored to meet your individual needs. You can follow a gentle or challenging exercise programme. There are actually no limits to what you can achieve with the aerobics step. The two height adjusters are easy to use. The height of the aerobics step can be adjusted to three heights (15 cm, 20 cm, 25 cm).

Your aerobics steps product consists of three parts:



Cardiovascular training / aerobic training

When using the aerobics step for step training, you should set yourself a comfortable but also challenging goal. You should feel out of breath, but not have to be gasping for air. Beginners should first train for 3 to 4 minutes and then slowly increase the duration of the exercises. As your fitness increases, you can do the exercises in this chapter for longer. When you have reached the end of a chosen training time, you should slowly reduce the level and cool down for 3 to 4 minutes without using the aerobics step by walking / marching as described in the 'warm up' chapter. You should also repeat the stretching exercises, as these have a preventative effect against stiffness and aching muscles.

When using the aerobics step for step training, place the entire foot evenly on the aerobics step. Position yourself in front of the aerobics step, not too far away so that your steps are not too big, but also not too close so that your foot does not get caught when raising it. Lean on the aerobics step and push yourself forward using the back foot. Form a diagonal line from the ground in the direction of the ceiling, without pushing your bottom backwards.

Always step off the aerobics step from its wide side, never from the small side. Always select the correct height; either the basic height or the increase. If you feel tired when training with the increase, reduce the height.



Warm-up

Before beginning training with the aerobics step, you should warm up thoroughly to prepare your body for the following exercises.

Marching

Begin by walking on the spot, then march. You should raise the knees, draw the heels backwards and relax the shoulders and spine. Warm up for at least 3 to 4 minutes in this way.

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It is also necessary to stretch the most-targeted muscle groups before beginning to train. Stretching exercises are static positions that should each be held for approx. 10 seconds.

Calves

Step backwards with one foot, press the heel firmly into the ground. The toes of both feet should be pointing forwards.

Rear leg (hamstring)

Out of the calf stretch, shift your weight onto the rear leg and bend the knee. Hold the front leg straight and lean forwards from the hips.

Front upper leg (quads)

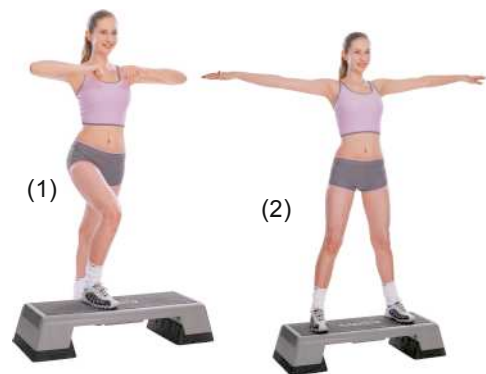
Position yourself on one leg, bend the knee of the other leg and hold the foot with one hand. Push the hips forward. If needed, use a chair or wall to hold your balance.

Step training

Basic step

The basic step describes the basic step movement. The basic step is made up of four individual steps. You always step off the aerobics step with the leg that you first used to step on. You should change the leading leg after one minute.

1. Step onto the aerobics step (1) with the **right** foot.
2. Step onto the aerobics step (2) with the **left** foot.
3. Step off the aerobics step with the **right** foot.
4. Step off the aerobics step with the **left** foot.



To increase the intensity of the exercise, the arms can be incorporated. Carry out the logical arm movements and carry out the movements consistently on both sides of the body. If the arm movements are too intense, this will affect your balance and posture.

1. Step with the right foot onto the aerobics step and swing both arms **outwards**.
2. Step with the left foot onto the aerobics step and swing both arm **upwards**.
3. Step off the aerobics step with the right foot and lower both arms.
4. Step off the aerobics step with the left foot and bring both arms down to the sides.

V-Step

The V-step is a variation of the basic step. Stand on the aerobics step with the feet wide apart and together when you stand on the floor (behind) the aerobics step.

1. Step to the right with the **right** foot.
2. Step to the left with the **left** foot.
3. Step off again with the right foot.
4. Step off again with the left foot, so both legs are together.

This step is also made up of four individual steps. Change the leading leg with a tap. The arms can be incorporated to increase the intensity of the exercise.

1. Step onto the aerobics step with the right foot, raise the right arm and hold it here.
2. Step onto the aerobics step with the left foot, raise the left arm and hold it here.
3. Step off with the right foot, lower the right arm and hold it there.
4. Step off with the left foot, lower the left arm and hold it there.

Changeover step with rotation

This movement begins behind the aerobics step to increase the intensity.

1. Position yourself diagonally in front of the front-right corner of the aerobics step, step onto the product with the right foot so that you are looking forward.
2. Step onto the aerobics step with the left foot, legs wide apart, looking forward.
3. Step off the aerobics step again with the right foot so that you are standing diagonally in front of the front-left edge.
4. Touch the ground with the left foot without shifting bodyweight on to the foot; repeat the step with the left foot.

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The arms can be incorporated to increase the intensity of the exercise.

1. Step on the aerobics step with the right leg, raise the elbows upwards, the hands pointing at the chest.
2. Step onto the aerobics step with the left leg, legs wide apart, and guide the arms outwards.
3. Step off with the right leg, guide the hands back to the chest again.
4. Tap the ground with the left foot and lower the arms, then repeat the step with the left leg.

Stretching exercises

You should stretch the targeted muscles after exercising. This prevents muscle stiffness and soreness. The cool down, as described in the cardiovascular training chapter, must be included in the programme.

They are static positions, each of which is held for 10 seconds.

Shoulders (deltoids)

Sit on the aerobics step, keep the back straight and raise both shoulders towards your ears. Relax and press both shoulders downwards, hold this position.

Upper back (trapezius and rhomboid)

Sit on the aerobics step, stretch the arms forwards and turn slightly to relax the shoulder blades, hold this position.

Upper back

Sit on the aerobics step with the back held straight. Cross the hands behind the back and slowly raise the arms. Hold this position.

Triceps and rear deltoid muscles

Sit on the aerobics step. Keep the back straight. Guide one arm horizontally in front of the body and support this arm above the elbow using the other hand. Stretch the arm gently and hold this position.

Waist (abdominals)

Sit on the aerobics step. Keep your body upright, lean to one side and stretch the opposing arm upwards.

Inner thigh muscles (abductors)

Sit on the ground with the back kept straight. Place the soles of the feet together and use the hands to press the knees outwards and downwards as far as is comfortable. Hold this position.

Outer thigh muscles (abductors)

Sit on the ground. Stretch the right leg forwards, bend the left leg over the right leg. Use the opposing arm to gently press the leg outwards. Hold this position.

Bottom muscles (glutes)

Lie on your back on the ground. Guide your knee up to your chest and hold this position.

Stretching exercises for the front thigh muscles, the calves and the rear leg muscles are shown in the 'warm up' chapter.

Muscle tension

Strengthening of the muscular system and endurance

In this chapter, we train isolated muscle groups without cardiovascular training. For increasing endurance and the muscular system, you should train at a level that is comfortably tolerable for you, without reaching maximum performance, and repeat every exercise several times. If you can manage 10 to 11 reps but with considerable difficulty, it would be appropriate to carry out the exercises in sets of 7 to 8 reps and repeat each set two to three times. You should have short rest periods between the individual sets. During the rest periods, you can work on other muscle groups, e.g., switch between the upper body and legs. Thus, the body can recover without having to completely interrupt your training.

Tubes, for example, can be used as a support in endurance exercises. If you would like to strengthen your muscular system, you should choose a more difficult level of resistance, an easier level of resistance would be better for endurance training. You should always be able to manage 6 reps in a row.

As soon as you feel pain or a burning feeling, you should rest.

Outer thigh muscles (abductors)

Lie onto the aerobics step on your side. Support yourself with your upper arm and the opposing hand; bend the lower leg. Stretch the upper leg fully. Raise and lower the upper leg, hold the body straight.

Version

Lie further down onto the aerobics step, raise and lower the upper leg.

Inner thigh muscles (adductors).

Lie onto the aerobics step on your side. Support yourself with the forearm and the opposing hand. Bend the upper leg and place the foot behind the lower leg onto the aerobics step. Keep the body straight, raise and lower the lower leg, ensure that the hips are

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pointing forward.

Version

Lie lower onto the aerobics step. Bend the lower leg. Raise and lower the leg.

Front thigh muscles (quads)

Sit on the aerobics step, facing the narrow edge. Support yourself behind your back using the hands, bend the right leg, stretch the left leg fully.

Bottom muscles (glutes and hamstrings)

Lie on the aerobics step on your front. Raise and lower the leg, the hips should remain on the aerobics step.

Version

Lie further forwards onto the aerobics step.

Abs (abdominal muscles)

Lie on your back with legs bent. Press your spine into the aerobics step and tension the pelvic and bottom muscles. Raise the upper body from the aerobics step and lower it again.

Do not put the chin on the chest.