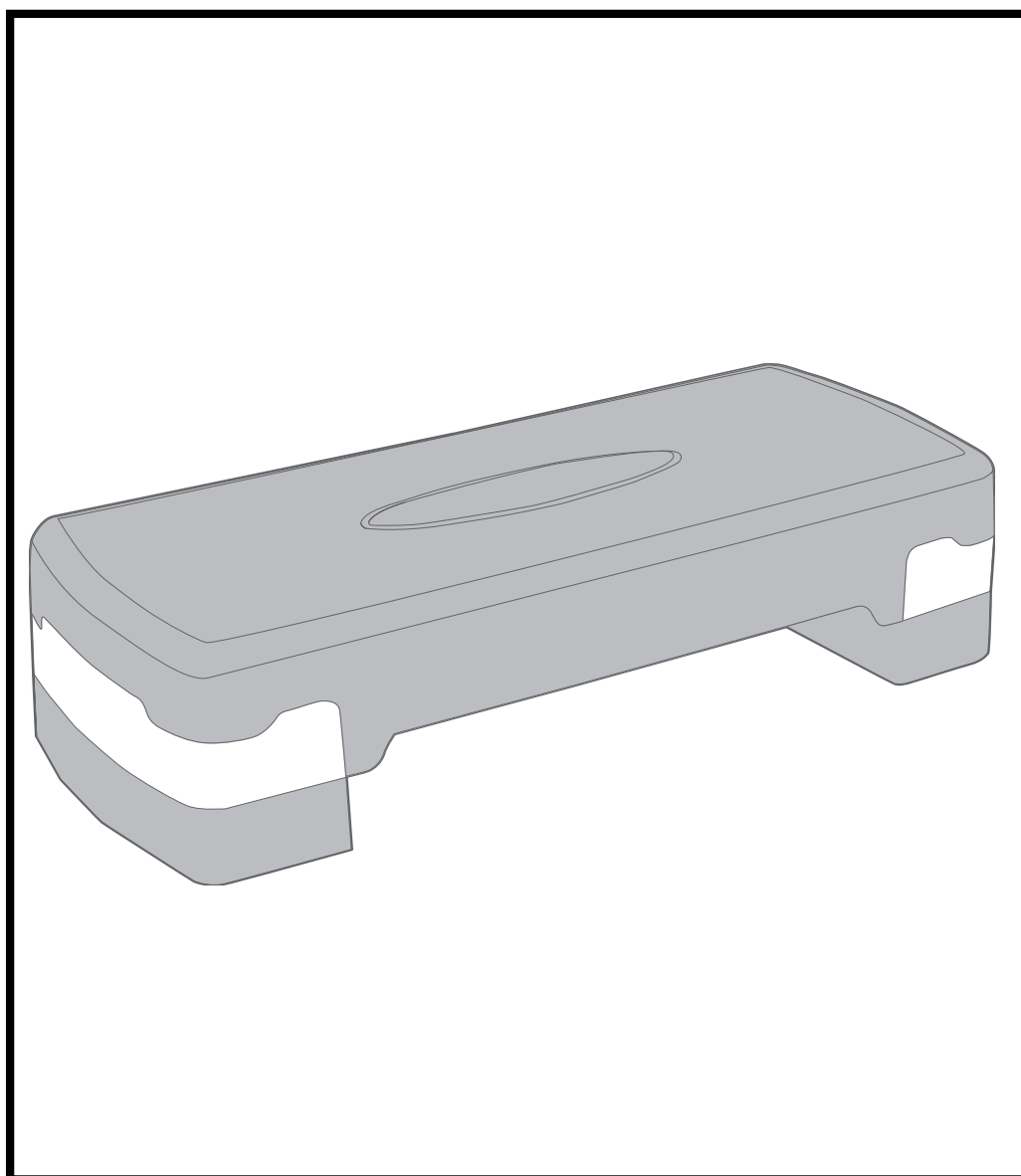




GO PLUS

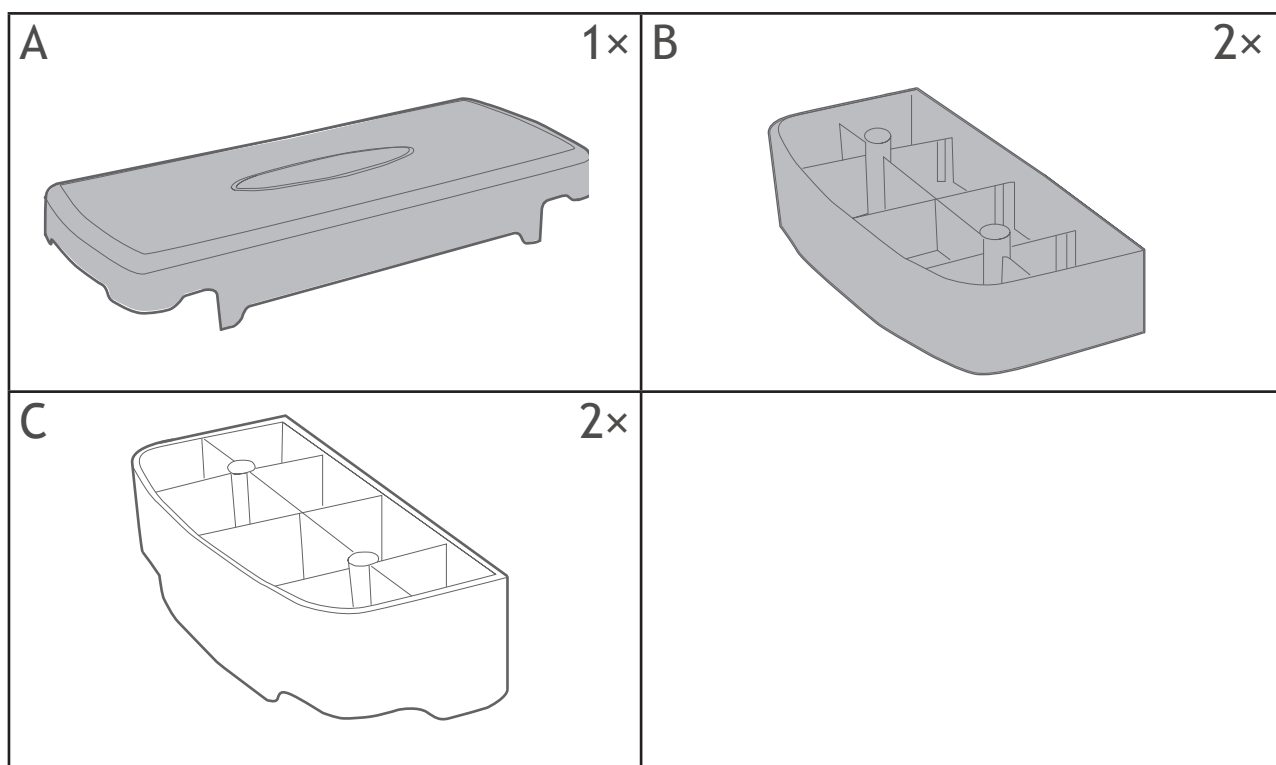
Fitness Step Board

SP34867

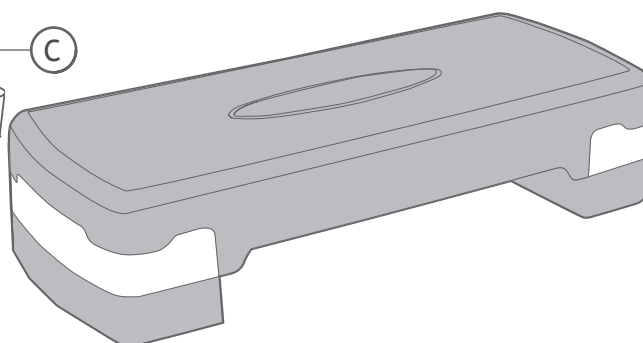
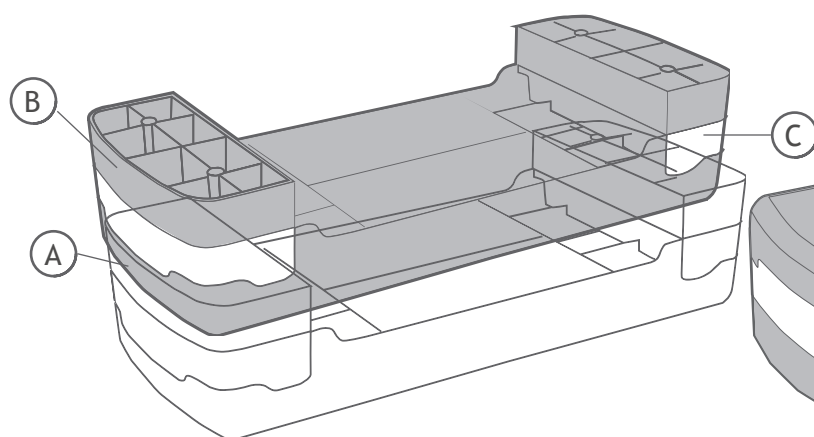
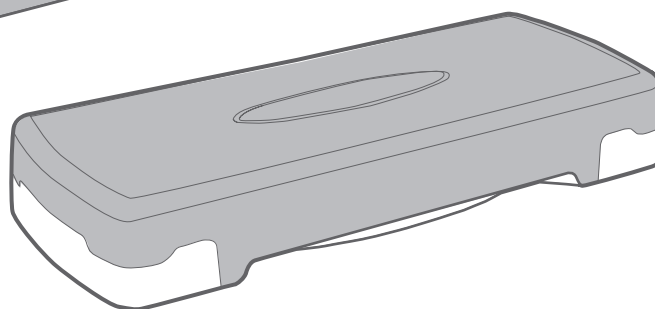
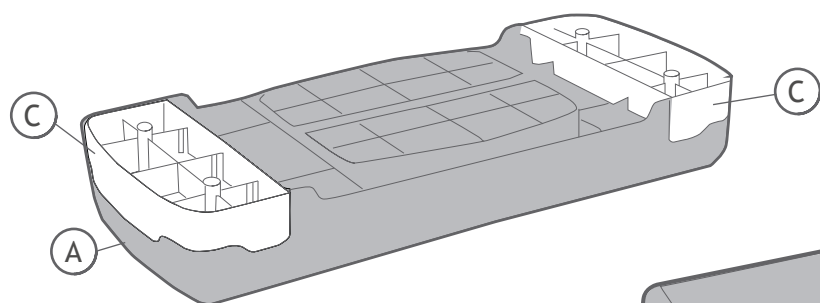


Assembly Instruction

Version 151015

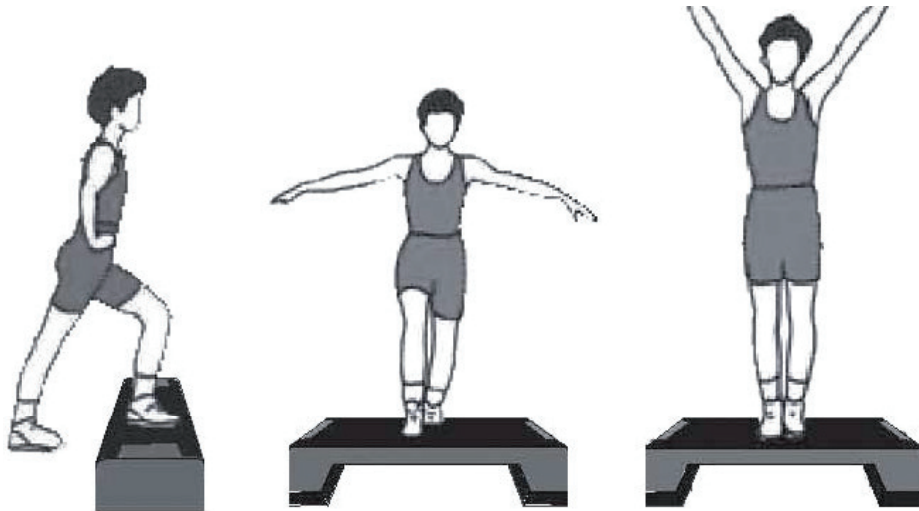


Assembly Steps



Basic Step

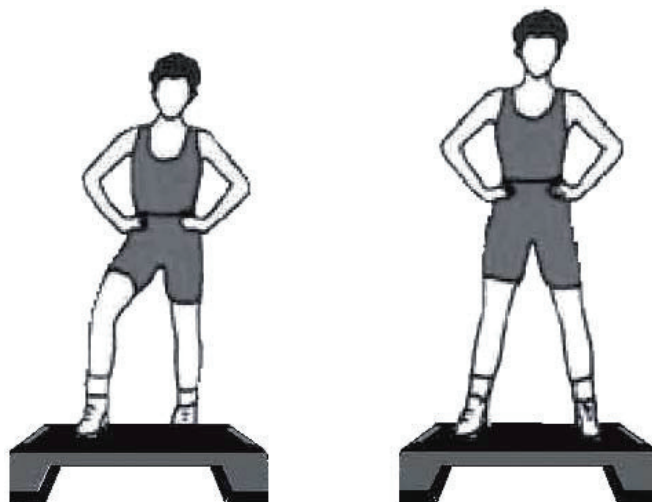
This is the basic step movement. It takes four counts to complete. The same leg leads up and down from step plate, you should not spend more than one minute leading with the same leg.



V Step

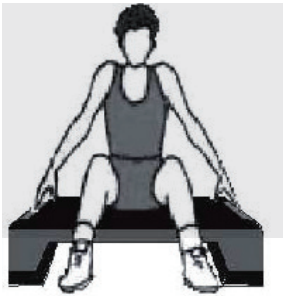
This is a variation of the basic step. Feet are wide apart on top and together when off (behind step plate)

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 feet together



Stretch

After a workout you should stretch the muscles you have been working. This helps prevent stiffness and should be included as part of a cool down. These are static stretches and are held for 8-10 seconds.



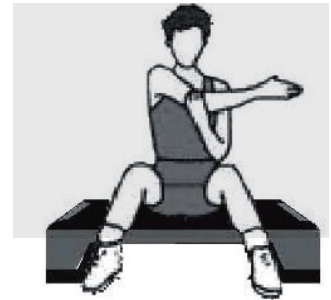
SHOULDERS



UPPER BACK



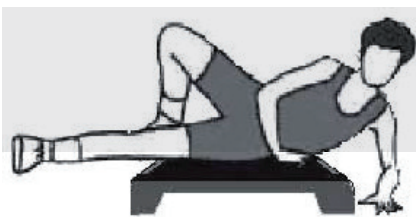
UPPER BACK



BACK OF ARM AND
SHOULDER

Tone

In this section we are working on isolated muscle groups without aiming to challenge the cardiovascular system. To improve muscular endurance, it is necessary to work at a comfortable and sub maximal level, and to repeat each exercise multiple times.



INNER THIGH



ADAPTATION



FRONT THIGH