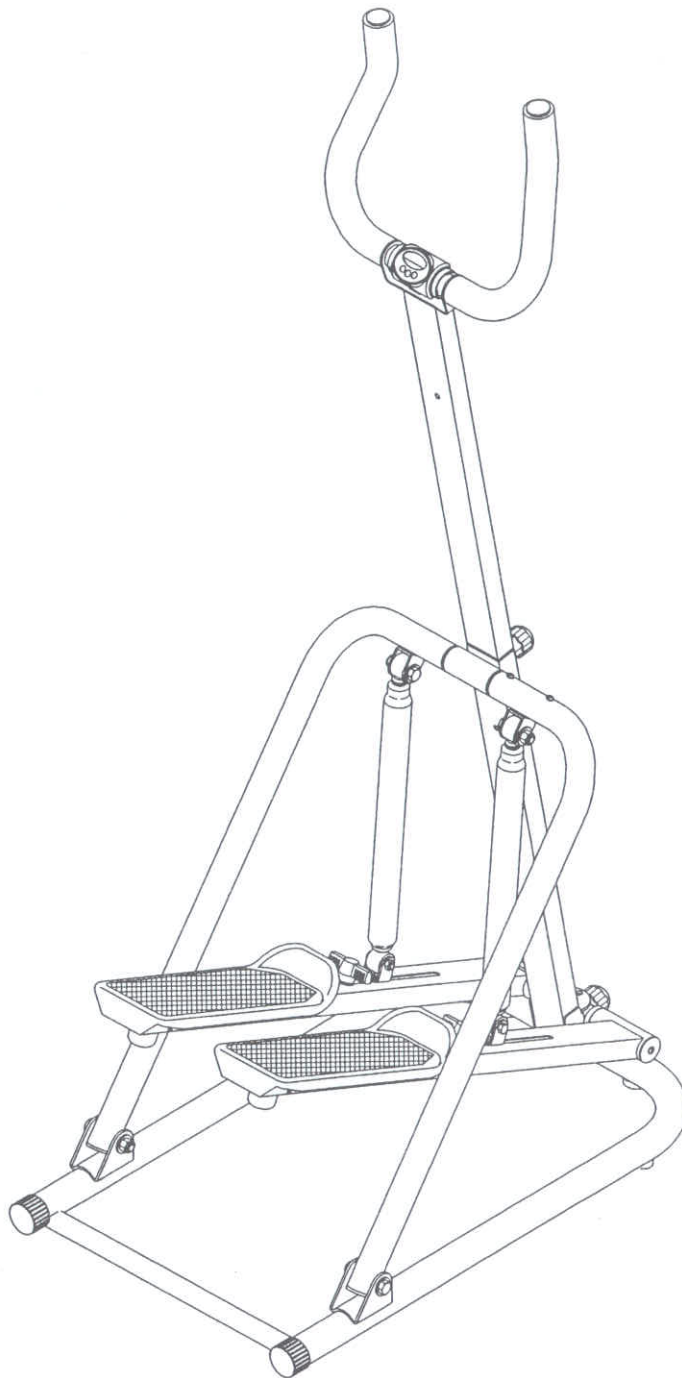
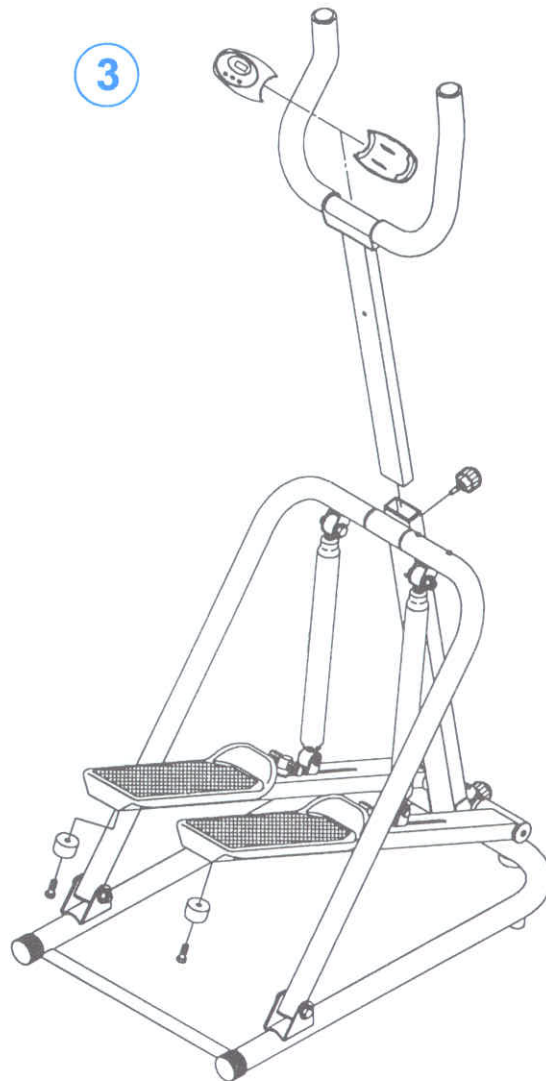
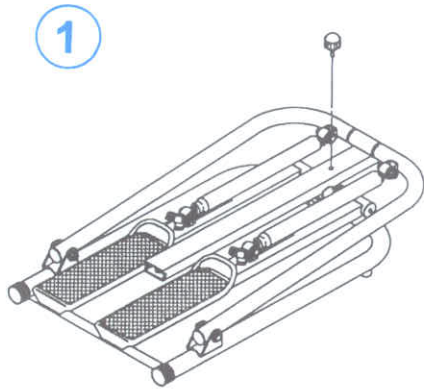


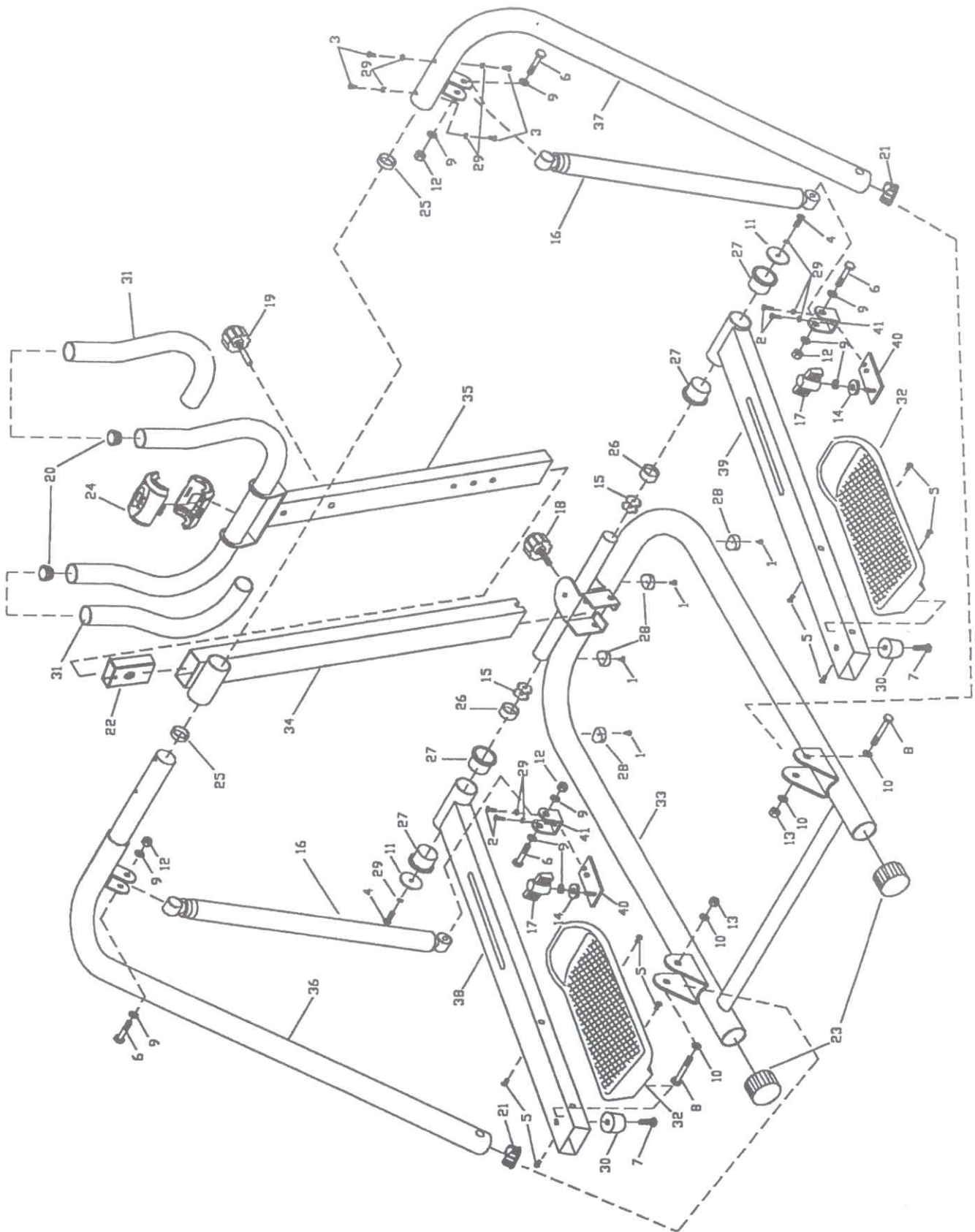
ST 3000

- NOTICE D'UTILISATION
- GEBRAUCHSANWEISUNG
- INSTRUCTIONS OF USE
- ISTRUZIONI PER L'USO
- MODO DE EMPLEO

- GEBRUIKSHANDLEIDING
- BRUGSANVISNING
- MANUAL DE UTILIZAÇÃO
- INSTRUKCJA UŻYTKOWANIA







PRESENTATION

The Stepper is a stair-climbing simulator powered by hydraulic pumps enabling you to work out on the spot. The Stepper is a cardio-training machine. It uses the cardio-training principle (aerobic exercise) and helps you improve your stamina (maximum oxygen absorption capacity) and state of fitness and burn off calories (weight control and loss in combination with a diet). Besides the respiratory and cardio-vascular benefits of the exercise, the Stepper tones up your buttocks, thighs and calves using impact-free movements.

SAFETY

- Check that all fixing parts are correctly screwed up before use.
- This machine must be assembled by adults only.
- Seek your physician's advice before beginning this exercise programme.
- Carefully read all recommendations relating to the use of the Stepper before starting to exercise.
- The safety level afforded by this product can only be maintained if it is regularly inspected. To detect damages or wear, pay attention specifically to those parts subject to wear (the pistons and their axes). Immediately replace any faulty component and prevent the machine from being used until repaired.
- Place the Stepper in a sufficiently large space to ensure it is used in absolute safety and on a firm and stable surface.
- Do not allow children to use the Stepper or to play near it when in use.
- Please note that the pistons will become very hot when in use.
- In case of intensive use, particles (drops of oil) may leak from the pistons. To avoid damage you are advised to provide protection under the machine.
- Maximum weight of user: 110 kg.

MAINTENANCE

The stepper requires minimum maintenance :

- Clean with a slightly damp cloth
- If the stepper has come into contact with a liquid (sweat, drinks, etc...), clean it with a dry cloth to avoid any risk of rust.
- Regularly check that all screws are tight (piston axle, step fastening screws, both screws on the main frame).

GUARANTEE

The Stepper is guaranteed two years against all defects resulting from manufacturing or material flaws. Normal wear parts are guaranteed one year (the Stepper's pistons and angle braces are considered as wear parts however). For Steppers equipped with a meter, batteries are supplied with the machine but are not covered by the guarantee. For all after sale problems, contact your nearest DECATHLON store.

OPERATION

This stepper is designed for home use (class HC) and for occasional use, i.e. an average of 1 hour a week.

Use the safety hooks on the bar-rest to load and unload the bar. The Stepper is fitted with pedals which are independent from each other. The braking system will therefore depend on the speed you apply during training.

Set each piston to the same force setting.

To increase the aerobic value of the exercise set the pistons to a weaker position but work out faster (training at least 30 minutes). For this type of exercise train three times a week.

The resistance of the exercise increases in accordance with the graduations shown on the step.

To increase muscle tone, set the pistons on a harder position and do the exercise in the form of series interspersed with periods of rest. For this type of exercise you may train every other day.

Always start by warming up for several minutes at a slow rhythm and low friction setting.

RESUME UPWARD MOVEMENT BEFORE THE STEPS IMPACT WITH THE BASE to keep the exercise more efficient and to protect your joints.

Working of the timer:

The stepper's timer indicates the duration of the exercise.

COUNTDOWN mode:

- 1/ Press the ON/OFF button,
- 2/ Use the SET button to set the desired time (in minutes),
- 3/ Start the countdown by pressing the ST/STOP button,
- 4/ To stop the countdown at any time, press the ST/STOP button.

CHRONOMETER mode:

- 1/ Start the timer with the ON/OFF button,
- 2/ Press the ST/STOP button to start the chronometer,
- 3/ To stop the chronometer measurement at any time, press the ST/STOP button again,
- 4/ Set the chronometer back to zero by switching the timer off then on again.

EXERCISES

For consistent exertion of the legs and thighs, make sure you keep an absolutely vertical position (basic position). However, with the Stepper you can focus on specific muscle groups.

BASIC POSITION : absolutely vertical position, back straight, abdominals flexed, hips tipped forward, push on your heels, arms bent.

TARGETING ON THE MUSCLES AT THE BACK OF THE THIGHS : the muscle located at the back of the thigh is used when bending the leg, thus bringing the heel back towards the thigh. On the Stepper all you have to do, therefore, is reproduce this movement, bringing the heel to the thigh. To do so, bend down slightly whilst keeping your trunk upright so as to reach a half-sitting position without leaning over entirely.

TARGETING THE THIGH MUSCLES : to amplify the movement exercising the thighs, ease your feet half-way off the pedals, lean forward bringing your weight to bear on the handle bars and flex your abdominals so as to keep your back straight and avoid arching it.

TARGETING THE CALVES : to exert your calves significantly all you need do is work out on the tip of your toes.