

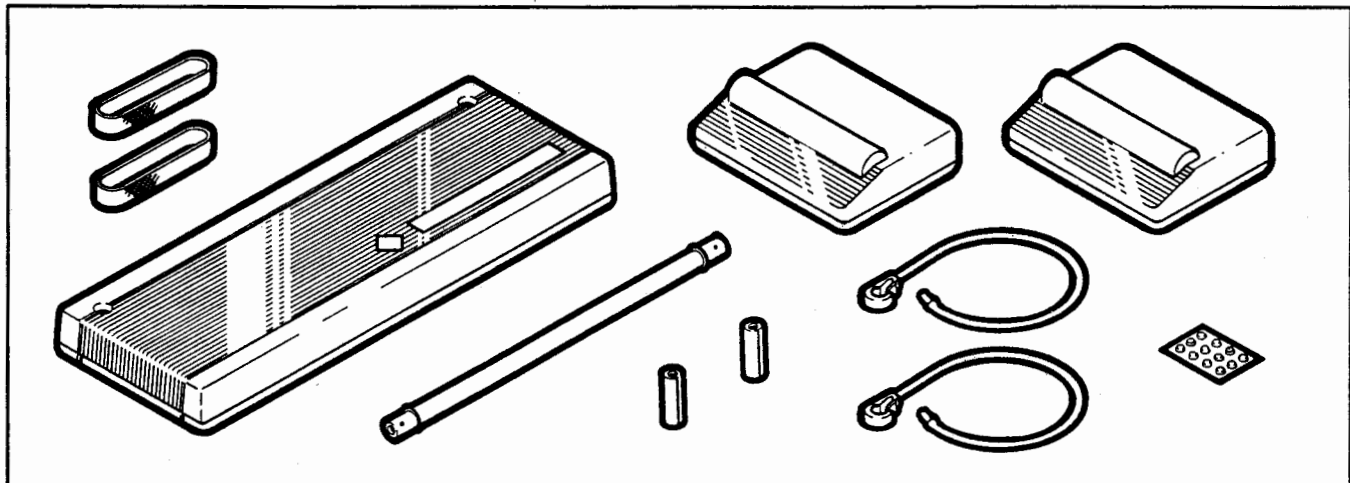


STEPSHAPER™

◆ BEFORE YOU BEGIN

Congratulations for selecting the Weslo STEPSHAPER! The STEPSHAPER combines step training with over 30 strength and toning exercises to let you enjoy one of the best low-impact cross-training workouts available.

For your safety and benefit, read this manual carefully before using the STEPSHAPER. Save this manual for future reference. If you have additional questions, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number when calling. The model number is WL000110.



◆ IMPORTANT SAFETY PRECAUTIONS

1. Read all instructions in this manual before using the STEPSHAPER. Misuse or abuse of this product may cause serious injuries. The STEPSHAPER is intended for use by only one (1) user at a time.
2. Always place the STEPSHAPER on a level surface when using. Keep all objects away that could interfere with, or represent a hazard to, the user.
3. Inspect the STEPSHAPER before each use and replace any worn, defective or missing parts before using. Energy bands that are worn or that have nicks, cuts, abrasions or other defects should be discarded and replaced immediately. Replace the energy bands at least yearly.
4. Make sure the surface of the STEPSHAPER is clean and dry when using. A soiled or wet surface may cause the user to lose his/her footing and fall.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with health problems. Read all instructions before using. Weslo assumes no responsibility for personal injury or property damage sustained by or through the use of the STEPSHAPER.

ATTACHING THE ACCESSORIES

RUBBER PADS

Before using the STEPSHAPER, the 12 protective rubber pads should be attached. Press a rubber pad into the recess in each corner of the platform and the power risers. (See fig. 1)

ENERGY BANDS

The energy bands provide resistance when exercising. To attach the energy bands to the platform, first turn the platform upside-down. There are 14 stop positions on the bottom of the platform where the bands can be attached—7 at the front and 7 at the back. The farther under the platform the bands are attached, the shorter the bands will be and the greater the resistance will be. The user's height and the exercise to be performed should dictate which stop position to use. Use the stop position that is most comfortable. To attach a band, press the bead at the end of the band firmly behind one of the stops. Press the remaining portion of the band into the groove in the platform, until the band exits the platform. **WARNING:** The bead and band must be flush with the bottom of the platform, or the band could snap out when stretched. The bands should never be attached at diagonal positions, as the user will not be able to stand properly on the platform. (See fig. 2)

PRESS BAR

Press the locking springs at the ends of the press bar, and slide the energy band hooks onto the bar, until the locking springs secure the hooks in place. To remove the energy bands from the bar, press the locking springs and slide the hooks off. (See fig. 3)

For some exercises, the press bar can also be used as a support, by inserting it into one of the holes in the top of the platform.

TONING STRAPS AND HANDGRIPS

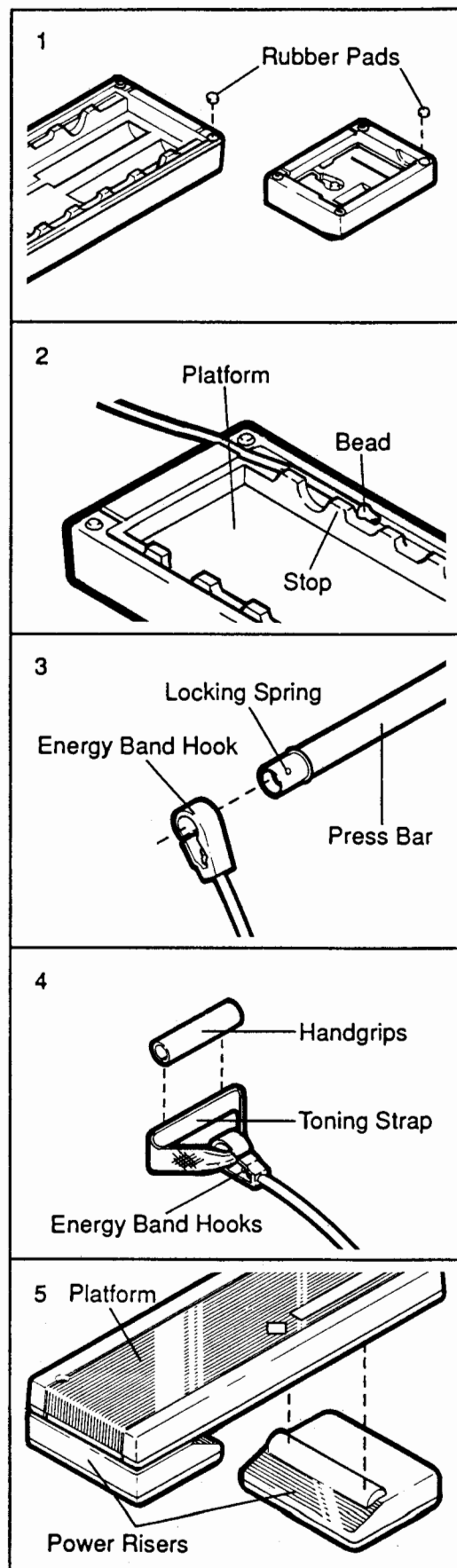
Slide the toning straps into the energy band hooks. Make sure the toning straps are completely inside the hooks, or the toning straps could slip out during use. (See fig. 4)

To add the handgrips, slide the toning straps through the slits in the handgrips. Make sure the toning straps are completely inside the handgrips, or the handgrips could slip off. (See fig. 4)

POWER RISERS

The power risers are designed to interlock with the platform and with each other. To attach a power riser to each end of the platform, place the power risers with the angled sides toward each other. Set the platform on top of the power risers, and move the power risers apart until they interlock with the platform. (See fig. 5)

The power risers can also be stacked and attached to one end of the platform. This provides a sloping bench necessary for some exercises. **WARNING:** Always make sure the platform and power risers are properly interlocked before exercising.



◆ EXERCISE GUIDELINES

GENERAL TIPS

Go slowly, especially in the beginning. Exercise with smooth, rhythmic movements. Always maintain proper posture--keep your back straight, head and chest up, shoulders back, and abdomen and buttocks tight. Exercise each leg equally, and do both upper and lower body exercises. For great body shaping results, increasing the number of repetitions is more beneficial than increasing resistance. When doing repetitions, breathe normally--never hold your breath.

Grip the press bar and handgrips firmly with the hands, or make sure the feet are inserted fully into the toning straps. Never put only the toe portion of the feet into the straps, or they may slip. Wear clothing that allows a wide range of motion. Always wear good quality shoes which are designed for aerobic exercise.

BASIC STEPPING

Keep your eyes on the platform to assure proper foot placement. Concentrate on the basic foot patterns. Arm work and more complicated patterns will come with practice. Consider your alignment and technique. Step up on the platform lightly, making sure your whole foot lands on the platform, with your heel bearing your weight. At the top of the movement, straighten your legs, but do not lock your knees--keep them soft. As you step down from the platform, stay close to the platform. Land on the ball of the foot, then bring the heel down onto the floor.

If you tire, step off the platform or lower the height, but do not stop. Keep marching in place on the floor to maintain your goal heart rate.

◆ MAINTENANCE AND STORAGE

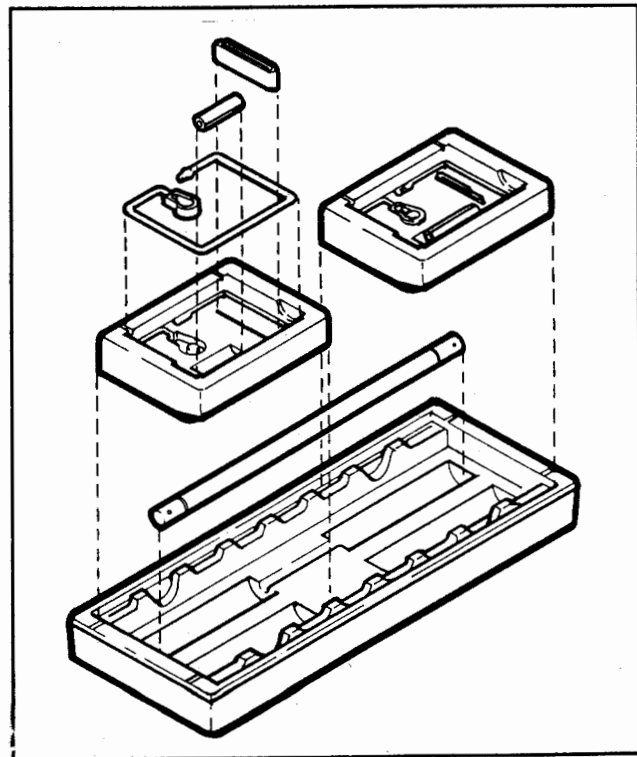
Clean the STEPSHAPER periodically using a damp cloth and a mild, non-abrasive detergent. Never use solvents or harsh detergents. Inspect the energy bands frequently. Look for nicks, cuts, abrasions and worn spots. If any defects are discovered, replace the energy bands immediately (see ORDERING REPLACEMENT PARTS). Keep the energy bands away from excessive heat and cold, and from open flames.

STORING THE STEPSHAPER

The STEPSHAPER is designed so that all accessories can be stored conveniently inside the platform. Before storing the STEPSHAPER, disassemble all accessories.

Turn the power risers upside-down. Press the energy bands into the grooves in the power risers. Press the energy band hooks into the molded bowls. Insert the handgrips into the slots provided. Insert the toning straps into the narrow slots.

Turn the platform upside-down. Fit the press bar into the long slot in the platform. The two power risers can then be placed side-by-side in the platform.



◆ ORDERING REPLACEMENT PARTS

Replacement parts for the STEPSHAPER can be ordered conveniently by calling our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number when calling. The model number is WL000110. See the illustration below to find the description of the part(s) needed.

KEY NO.	QTY.	DESCRIPTION
1	1	Platform
2	2	Power Riser
3	1	Press Bar
4	12	Rubber Pad
5	2	Handgrip
6	2	Energy Band
7	2	Toning Strap
8	1	Locking Spring
#	1	Video Cassette
#	1	Owner's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

◆ STEPSHAPER LIMITED WARRANTY

Weslo, Inc. warrants the STEPSHAPER platform and the press bar during the lifetime of the original owner to be free from defects in original workmanship and materials. This warranty is a limited lifetime warranty for the plastic platform, power risers and press bar only. All other parts, including the "energy bands", toning straps, hooks and handgrips are warranted for six (6) months from the date of purchase.

This warranty is limited solely to the cost of repair or replacement of parts deemed defective by Weslo, Inc. Defective parts will be repaired or replaced, at the option of Weslo, Inc., without charge, providing the damage was not caused by abuse, misuse or neglect. This warranty does not cover damage or deterioration due to normal wear and tear, misuse, alteration, neglect, accident or repair by someone other than Weslo, Inc.

This warranty extends to individual consumer usage only. It does not cover commercial usage of any form, or health club or other multi-user usage.

All claims under this warranty must be submitted to Weslo, Inc. Send the defective product or part with a description of the defect and proof of purchase.

Weslo, Inc. shall not be responsible for any incidental or consequential damages.

Except as specified in this agreement, there are no other expressed or implied warranties, including, any implied warranties of suitability for a particular purpose.

This warranty gives you specific legal rights. In addition to the foregoing rights, you may also have other rights which vary from state to state.

WESLO, INC. A Subsidiary of Weider Health and Fitness, Inc., 1500 S. 1000 W. Logan, UT 84321-9813