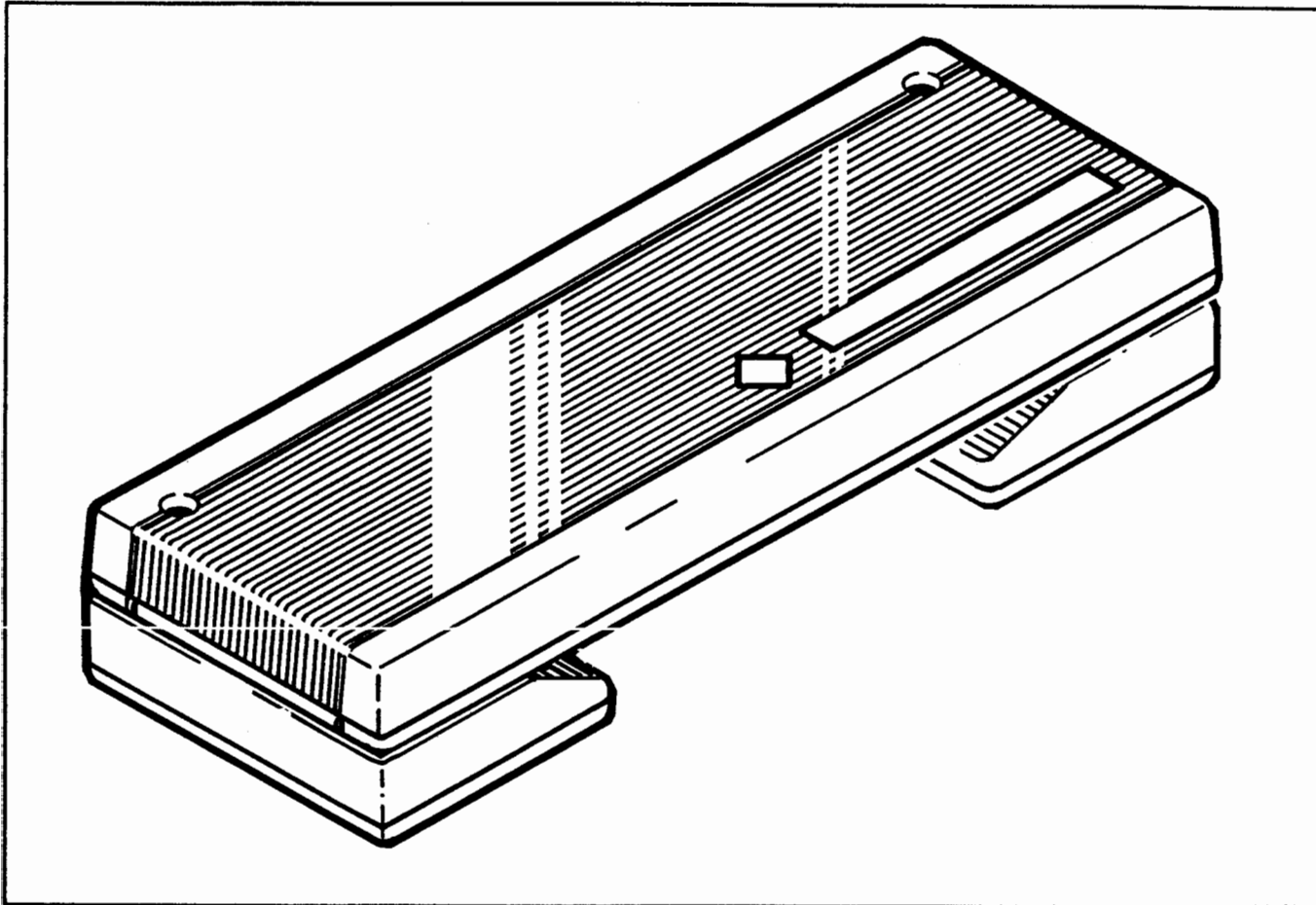




STEPSHAPER STEPDECK™



◆ BEFORE YOU BEGIN

Congratulations for selecting the WESLO® STEPDECK. The STEPDECK provides a portable stepping surface to let you enjoy an invigorating aerobic workout wherever and whenever you choose.

For your safety and benefit, read this manual carefully before using the STEPDECK. Save this manual for future reference. If you have additional questions, 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 product model number is WL000220.

WARNING: Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with health problems. Each user should carefully read and understand this manual before using the STEPDECK. WESLO assumes no responsibility for personal injury or property damage sustained by or through the use of the STEPDECK.

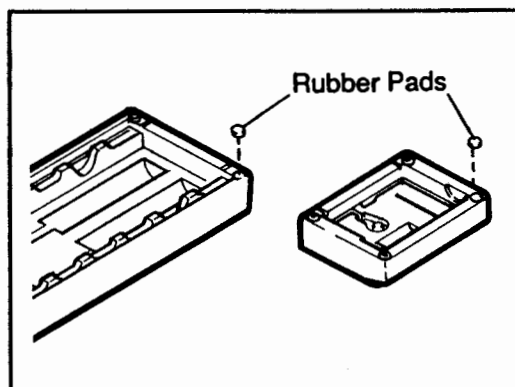
◆ IMPORTANT SAFETY PRECAUTIONS

1. Read all instructions in this manual before using the STEPDECK.
2. Use the STEPDECK only as described in this manual and in the accompanying instructional materials.
3. Misuse or abuse of this product may cause serious injuries.
4. The STEPDECK is intended for use by only one (1) user at a time.
5. Inspect the STEPDECK before each use and replace any worn, defective or missing parts before using.
6. Always place the STEPDECK on a level surface when using.
7. Keep all objects away that could interfere with, or represent a hazard to, the user.
8. Make sure that the surface of the STEPDECK is clean and dry when using; a soiled or wet surface may cause the user to lose his or her footing and fall.
9. It is advised that the user should undertake an exercise program only under the direction of a properly trained instructor.

◆ ATTACHING THE ACCESSORIES

RUBBER PADS

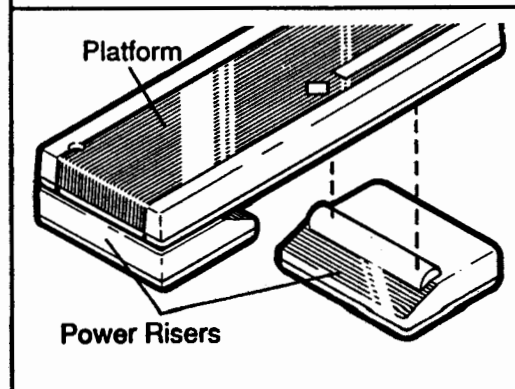
Before using the STEPDECK, the 12 protective rubber pads should be attached. Press a rubber pad into the recess in each corner of the platform and the power risers.



POWER RISERS

The power risers are designed to interlock with the platform and with each other. To attach the power risers to the ends 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.

The power risers can also be stacked and attached to one end of the platform. This provides an inclined bench necessary for some exercises. **WARNING:** Always make sure that the platform and the 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 both legs equally, and do both upper- and lower-body exercises. As you exercise, breathe deeply and regularly—never hold your breath.

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 onto the platform lightly, making sure that 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. As you step down from the platform, stay close to the platform. Land on the ball of your foot, and then bring your 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 STEPDECK periodically using a damp cloth and mild, non-abrasive detergent. Never use solvents or harsh detergents. The STEPDECK is designed so that all accessories can be stored conveniently inside the platform. Turn the platform upside-down and place the two power risers side-by-side inside the platform.

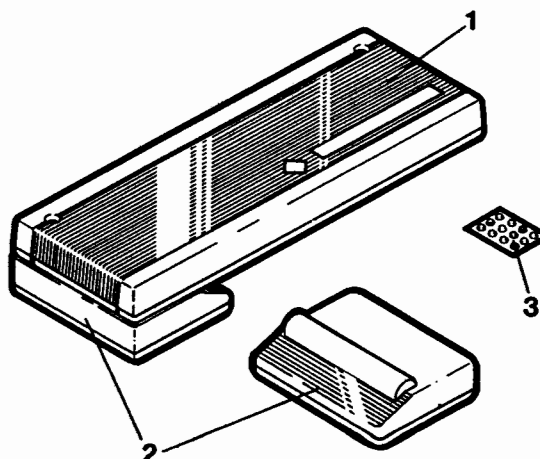
◆ ORDERING REPLACEMENT PARTS

Replacement parts for the STEPDECK 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 product model number is WL000220. 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	12	Rubber Pad
#	1	Videocassette
#	1	Owner's Manual

non-illustrated part

Note: Specifications are subject to change without notice.



STEPDECK LIMITED WARRANTY

Weslo, Inc. warrants the STEPDECK 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 and the power risers only.

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.

The individual user assumes all risk resulting from the use of the STEPDECK, whether used singly or in combination with other programs, goods or substances.

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