

BEFORE YOU BEGIN

Thank you for purchasing the innovative Rock 'N' Step. The Rock 'N' Step is designed to let you enjoy fun and effective workouts that burn fat, increase cardiovascular fitness, strengthen the core muscles, and tone the body. And the compact Rock 'N' Step can be transported almost anywhere.

If you have questions after reading this manual, please call Customer Care toll-free at 1-800-288-4802, Mon.–Fri. 6 a.m.–6 p.m., Sat. 8 a.m.–4 p.m. Mountain Time (excluding holidays).

Note: Some replacement parts are available. For information about replacement parts, call Customer Care.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following precautions before using this product. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use this product only as described in this manual.
4. This product is intended for home use only. Do not use this product in a commercial, rental, or institutional setting.
5. Keep this product indoors, away from moisture and dust. Do not put this product in a garage or covered patio or near water.
6. Place this product on a level surface, with a mat beneath it to protect the floor or carpet.
7. Keep liquids away from the console, and keep the console out of direct sunlight.
8. Inspect and tighten all parts regularly. Replace any worn parts immediately.
9. Keep children under age 12 and pets away from this product at all times.
10. This product should not be used by persons weighing more than 250 lbs. (113 kg).
11. Always wear appropriate clothes, including athletic shoes for foot protection, while using this product.
12. To mount this product, place one foot in the center of a pedal, and push the pedal downward until it is in the lowest position. Then, place your other foot on the other pedal. It is recommended that you position this product near a wall or a chair back for support while you mount, dismount, and use this product.
13. The decal shown at the right has been applied to this product. If the decal is missing or illegible, call Customer Care and order a free replacement decal. Apply the decal to this product in a location where it will be seen by users.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 250 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



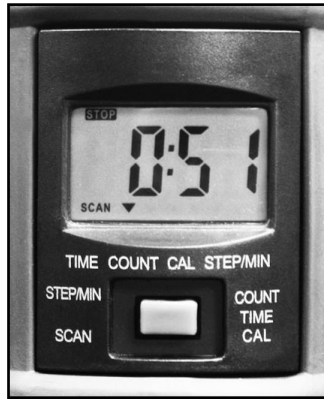
CONSOLE OPERATION

If there is a sheet of clear plastic on the console display, remove the plastic.

To turn on the console, press the console button or begin stepping.

The console features a selection of modes that provide instant exercise feedback:

- **COUNT**—Shows the total number of steps that you have completed during your workout.
- **TIME**—Shows the length of time you have exercised.
- **CALORIES (CAL)**—Shows the approximate number of calories that you have burned during your workout.
- **STEPS/MIN**—Shows your current stepping speed, in steps per minute.
- **SCAN**—Displays the **COUNT**, **TIME**, **CALORIES**, and **STEPS/MIN** modes in a repeating cycle, showing each mode for approximately five seconds.



To select a mode, **first dismount the Rock 'N' Step**.

To select the **SCAN** mode, press the console button repeatedly until the word **SCAN** appears in the display. Small arrows in the display will show which mode is currently displayed.

To select a different mode, press the console button repeatedly until a small arrow appears above the name of the desired mode. Make sure that the word **SCAN** does not appear.

Note: If the pedals are not moved and the console button is not pressed for a few seconds, the word **STOP** will appear in the display. If the pedals are not moved and the console button is not pressed for a few minutes, the console will automatically turn off.

BATTERY REPLACEMENT

If the console display becomes dim, the battery should be replaced. Grip the edges of the console and pull it out of the Rock 'N' Step. Next, firmly press the sides of the console and remove the back cover. Remove the battery from the console, and insert a new battery of the same type. Then, press the back cover onto the console and insert the console into the Rock 'N' Step.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

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