

# THE BODY SHAPER PORTABLE MINI-STEP

## EXERCISE PROGRAM

The Fast Fun  
Way To Total  
Fitness And Health



### IMPORTANT

Follow all safety precautions when using the Body Shaper Portable Mini-Step. Also make sure that any other person reviews and follows the following precautions before using the Body Shaper Portable Mini-Step.

- If you have any doubts about your health or medical condition, are taking prescription drugs or are diabetic, pregnant or suffering any disability, you must consult your physician before beginning this introductory program or any of the following programs.
- Small children should not be allowed to use the Body Shaper Portable Mini-Step.
- Wear comfortable, loose clothing when exercising.
- Make sure the Body Shaper Portable Mini-Step rests on a solid, level and non-slip surface before you start exercising.
- The Body Shaper Portable Mini-Step is designed for use by only one person at a time.
- Always do stretching exercises before using the Body Shaper Portable Mini-Step. Start stepping gradually, increasing the rate of speed until you reach desired workout level. Do not complete your workout abruptly; reduce stepping cadence gradually until your heart rate returns to normal.
- Stop exercising immediately if you get dizzy, faint, nauseous, or experience chest pains, palpitations or any other unusual symptoms or discomfort. Consult with your physician.

### BENEFITS OF THE BODY SHAPER PORTABLE MINI-STEP

Make the Body Shaper Portable Mini-Step part of your life-style that includes regular aerobic exercise and a healthy diet. If you maintain this schedule faithfully, the Body Shaper Portable Mini-Step will help you toward achieving these goals.

- Burn fat and slim down
- Tone body muscles
- Keep in shape
- Strengthen your heart and lungs
- Reduce effects of stress
- Increase endurance
- Increase your energy levels

## HOW TO USE YOUR BODY SHAPER PORTABLE MINI-STEP

Health and fitness experts have long known that stair climbing is an ideal aerobic exercise that it strengthens important muscle groups and the entire cardiovascular system. Your Body Shaper Portable Mini-Step further ensures a low-impact workout because you never step up, so there is no jarring of the body as you would experience with other aerobic exercises such as jogging.

For best results, follow these instructions:

- Step onto the footpads. Rest your feet squarely on the pads.
- Keep your head up and back straight.
- To warm up, step slowly and high. Keep your feet parallel with the footpads.
- Gradually increase stepping speed and shorten step height.
- Once you've reached the workout phase, continue stepping for the duration of the workout. If desired, however, you may vary the intensity of the workout. Simply slow down, then increase stepping speed again. Don't forget to monitor your heart rate periodically during the workout.
- Wind down exercising gradually; don't stop abruptly. Decrease stepping speed and increase step height.
- Complete your step exercise with flexibility stretching exercises to prevent muscle soreness.

## SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch — never bounce.

### HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for each leg.

*Stretches: Hamstrings, lower back and groin*



### INNER THIGH STRETCHES

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

*Stretches: Quadriceps, hip muscles*



### TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

*Stretches: Hamstrings, back of knees, back*



## QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttock as possible. Hold for 15 counts. Repeat.

*Stretches: Quadriceps, hip muscles*



## CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

*Stretches: Calves, Achilles tendons, and ankles*



## CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

## THE MEANING OF "AEROBIC" EXERCISE

The word 'aerobic' refers to oxygen. Aerobic exercise means any physical activity that demands lots of oxygen. Your muscles need oxygen, so the harder you exercise, the more oxygen they need. The harder and longer you exercise, the more your muscles get toned, and the more body fat you lose.

Likewise, aerobic exercise strengthens your heart and lungs because the more oxygen your body needs, the harder your heart and lungs have to work. Therefore, aerobic exercise is good exercise for your cardiovascular system.

## EXERCISE INTENSITY

To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table (on the following page). Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

## TRAINING ZONE CHART

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-157	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	121-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.

### WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising. (See Suggested Stretches)

## WEIGHT LOSS CHART

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28
START																												
GOAL																												

# WEIGHT LOSS CHART

DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	
START																													
GOAL																													

### ASSEMBLY INSTRUCTION

**STEP1.** Attach SPRINGS to FRONT SUPPORT TUBES AND EYEBOLTS as shown.

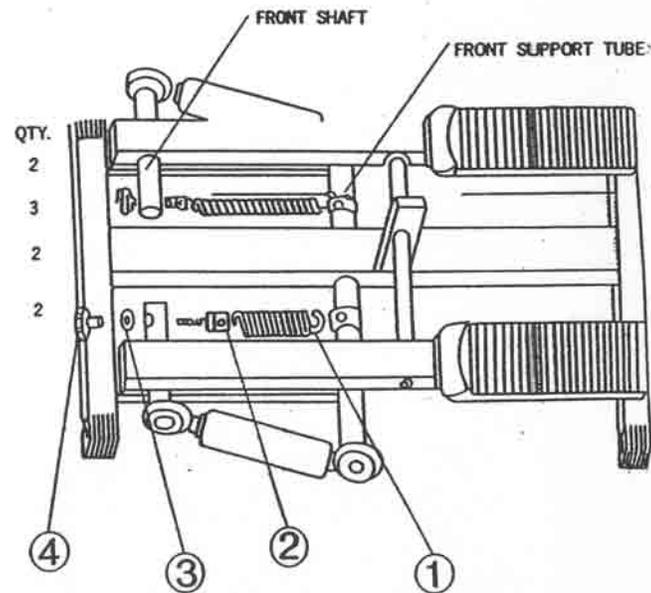
**STEP2.** Raise FOOT PADS to horizontal position, inserting EYEBOLTS into FRONT SHAFT of FPAME, slide LOCKWASHERS and ADJUSTMENT KNOBS onto EYEBOLTS. Then turn ADJUSTMENT KNOBS onto EYEBOLTS.

### TENSION ADJUSTMENT

Adjust SPRINGS tension using ADJUSTMENT KNOBS.

- \*\* To increase spring resistance, turn the ADJUSTMENT KNOBS clockwise.
- \*\* To decrease spring resistance, turn the ADJUSTMENT KNOBS Counterclockwise.

- | ITEM NO. | PART NAME   |
|----------|---|
| 1.       |  SPRING          |
| 2.       |  EYEBOLT         |
| 3.       |  LOCKWASHER      |
| 4.       |  ADJUSTMENT KNOB |



## BSS1D PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	MAIN FRAME	1	PT4210-G14*G14
2	PEDAL	2	PT4211-G14*G14
3	FOOT PAD	2	AA-8257*G14
4	RESISTANCE CYLINDER	2	ZZ-0010*G14
5	SPRING	2	WW-7079*G14
6	1 1/2" SQUARE PLASTIC COVER CAP	4	AA-8259*G14
7	1 3/4" SQUARE PLASTIC INSERT CAP	1	AA-8260*G14
8	SNAP RING	8	HH-5532*G14
9	M8 WASHER	2	HH-5127*G14
10	M8 X 50 mm. EYEBOLT	2	HH-5533*G14
11	STAR WASHER	2	HH-5480*G14
12	M8 LOCK NUT	2	HH-5104*G14
13	*M6.3 X 40 HEX HEAD BOLT	4	HH-5092*G14
14	*M6.3 NYLON LOCK NUT	4	HH-5093*G14
15	M6.3 FLAT WASHER	4	HH-5048*G14
16	#8 ROUND HEAD MACHINE SCREW	2	HH-5448*G14
17	ADJUSTMENT KNOB	2	AA-8258*G14
18	RUBBER BUMPER	2	AA-8131*G14
19	HAND WEIGHTS	1	HE-0221*G14
20	DECAL	1	DE-4348*G14
21	UPPER HANDLEBAR BENT TUBE	2	PT 6850-G14*G14
22	HANDLEBAR STRAIGHT TUBE	2	PT 6851-G14*G14
23	LOWER HANDLEBAR BENT TUBE	2	PT 6852-G14*G14
24	PLASTIC GRIPS	2	AA-8255*G14
25	3/16" X 3/8" LONG PAN HEAD SCREW	4	HH-5544*G14
26	ADJUSTMENT KNOB	2	AA-8259*G14
27	1/8" X 3/4" LONG SELF TAPPING SCREW	2	HH-5543*G14
28	PLASTIC PIVOT BRACKET	2	AA-8265*G14
29	1/4" X 2" CARRIAGE BOLT	2	HH-5338*G14

NOTE: YOU MAY SUBSTITUTE A 1/4" x 1 1/2" HEX HEAD BOLT (HH-5027) FOR DIAGRAM #13 **UT ONLY** IF YOU ALSO SEND A 1/4" NYLON LOCK NUT (HH-5011) WITH IT.

Should be  
AA-8266

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

## EXERCISE FREQUENCY

To maintain or improve your condition, you must work out 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is REGULAR exercise.

## PROGRESS CHART

● Record how many steps and minutes you take each day for a month.

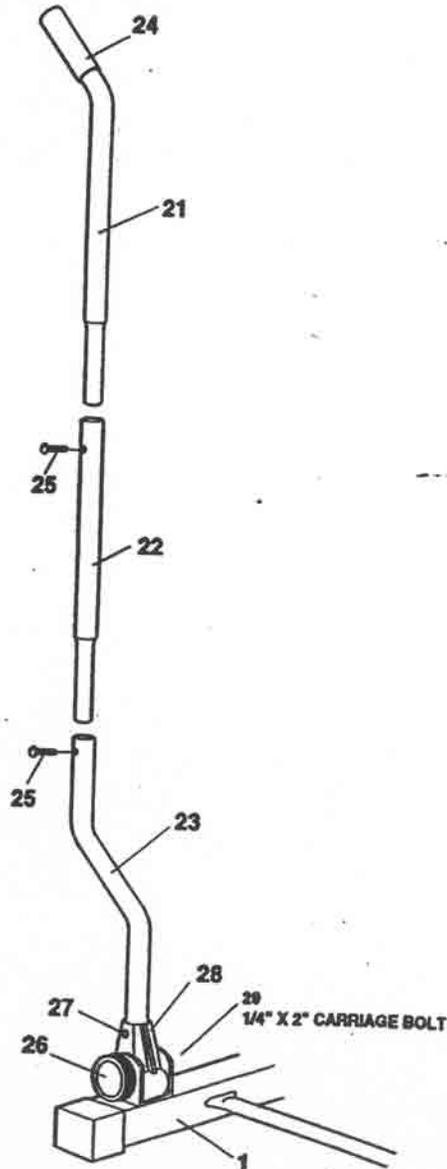
	WEEK 1	WEEK 2	WEEK 3	WEEK 4	TOTAL
DAY 1	DAY 8	DAY 15	DAY 22		
DAY 2	DAY 9	DAY 16	DAY 23		
DAY 3	DAY 10	DAY 17	DAY 24		
DAY 4	DAY 11	DAY 18	DAY 25		
DAY 5	DAY 12	DAY 19	DAY 26		
DAY 6	DAY 13	DAY 20	DAY 27		
DAY 7	DAY 14	DAY 21	DAY 28		
<b>TOTAL</b>	<b>TOTAL</b>	<b>TOTAL</b>	<b>TOTAL</b>		



## HANDLEBAR ASSEMBLY

ART NAME	QTY
5 3/16" X 3/8" LONG PAN HEAD SCREW	2

- Assemble the PLASTIC GRIPS (24) to the top of the UPPER HANDLEBAR BENT TUBE (21).
- Assemble the UPPER HANDLEBAR BENT TUBE (21) to the HANDLEBAR STRAIGHT TUBE (22) by inserting the tapered end of the Upper Tube into the top of the Straight Tube. Secure by inserting a 3/16" X 3/8" LONG PAN HEAD SCREW (25) into the Straight Tube and then into the Upper Tube.
- Attach the tapered end of the previously assembled Handlebar assembly to the LOWER HANDLEBAR BENT TUBE (23) which has been pre-assembled to the front of the MAIN FRAME (1). Make sure the handles point to the front and away from the Main Frame (SEE DETAIL A). Also, make sure that the lower Handlebar bends are faced to the outside of the frame (SEE DETAIL B). Secure this assembly using a 3/16" X 3/8" LONG PAN HEAD SCREW (25) to bolt through the LOWER HANDLEBAR BENT TUBE (23) and then into the HANDLEBAR STRAIGHT TUBE (22).



**SAVE THIS DOCUMENT**  
**IT CONTAINS IMPORTANT INFORMATION**  
**LIMITED WARRANTY**

**weilder**

## THE WARRANTY

Weider Health and Fitness, a California corporation warrants this item of equipment to be free from defects in material and/or workmanship for a period of ONE YEAR from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of FIVE YEARS from the date of original purchase.

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.  
Weider disclaims liability for indirect, incidental or consequential damages. This

disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

misuse, abuse, abnormal use or conditions, neglect or modifications.  
This Warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

## LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

### CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Customer Relations  
Weider Health & Fitness  
21100 Erwin St.  
Woodland Hills, CA 91367

In your letter state your full name and address, the reason why you believe there is a defect or malfunction subject to this warranty, and the date and conditions under which the defect or malfunction occurred.

Includes in your letter a copy of the sales slip or other proof of date of purchase of the Equipment, if you have not sent in a warranty card. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

### For Parts Service 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty, it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs (that bringing or shipping will be at your expense).

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.

WEIDER HEALTH & FITNESS

900 WEST ST. JOHN CT.  
P.O. BOX 45  
OLNEY, IL 62450

WEIDER HEALTH & FITNESS

900 WEST ST. JOHN CT.  
P.O. BOX 45  
OLNEY, IL 62450

Place  
Postage  
Here

Place  
Postage  
Here

## WEIDER PARTS ORDER CARD

\* Refer to Instruction Manual for Parts No.

Model No. \_\_\_\_\_

<u>PART NO.</u>	<u>DESCRIPTION</u>	<u>QUANTITY</u>
_____	_____	_____
_____	_____	_____
_____	_____	_____

Ship To: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_



## WEIDER OWNERS ID CARD

\* Please return this card within 30 days of purchase for full one year warranty.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Model Purchased: \_\_\_\_\_

Date Purchased: \_\_\_\_\_

Where Purchased: \_\_\_\_\_

Cost: \_\_\_\_\_

Where you saw Weider Equipment:

Magazine \_\_\_\_\_ TV \_\_\_\_\_ Store \_\_\_\_\_ Other \_\_\_\_\_

Comments: \_\_\_\_\_

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