



ULTIMATE ACCESSORY PACK

USER MANUAL

YOUR GUIDE TO STEPR'S ULTIMATE ACCESSORY PACK

TOTAL BODY RESISTANCE KIT

Resistance bands, handles, ankle straps



MINI BANDS



HEARTRATE MONITOR



WEIGHT VEST

10 lbs

TOTAL BODY RESISTANCE KIT

Attach the easy open-close tubing clip to one of the 11 anchors on your STEPR for an all-in-one strength-building solution. We include both long (5 resistances) and short (3 resistances, 2 sets each) bands to fit any space, as well as 2 pairs of handles and 1 pair of ankle straps so you can seamlessly transition between multiple resistances in the same workout.



PURPLE

Light
~10 lbs



BLUE

Medium
~15 lbs



ORANGE

Heavy
~25 lbs



GREY

Ultimate
~35 lbs
Long Bands Only



BLACK

Extreme
~50 lbs
Long Bands Only



HANDLES

2 sets



ANKLE STRAPS

FOR MORE STRENGTH WORKOUT INSPIRATION, CHECK OUT OUR YOUTUBE CHANNEL



@GETSTEPR



HOW TO: SAFELY WEAR THE ANKLE STRAPS



1.

Position the strap around your ankle with the velcro side facing out and both rings facing the front of your foot



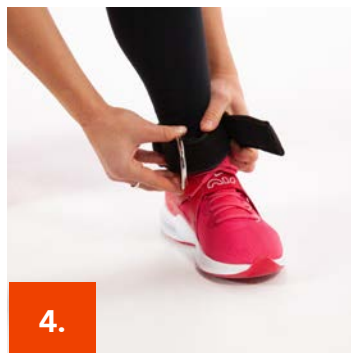
2.

Loop the free end of the strap through **both** rings



3.

Tighten the strap around your ankle and fold the free end back over the square ring



4.

Lace the end of the strap back through the circular ring



5.

Tighten and **securely** fasten the end of the strap to the velcro. The circular ring should be free (this is what the resistance band will clip to)



MINI BANDS

Our elasticated fabric bands are soft and comfortable and won't pinch or dig in. They'll work for use in both upper and lower body workouts. Care Instructions: Hand wash in soapy water and lay flat to dry.



PURPLE
Light



BLUE
Medium



ORANGE
Heavy



WEIGHT VEST

This 10 lb weight vest is form fitting so it won't bounce around while on your STEPR or during agility training. It's adjustable to fit a variety of body types, reversible for convenience, and made of neoprene for durability and sweat resistance. Care Instructions: Wipe clean with anti-microbial gym wipes and spot clean with soapy water.



HEART RATE MONITOR

Compatibility with STEPR coming soon! **Care Instructions:** remove transmitter and hand wash strap in soapy water. Lay flat to dry.



Key Features:

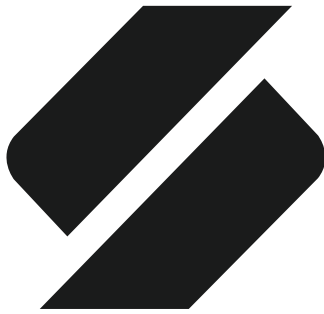
- 1** Bluetooth connectivity with up to 10m transmission distance
- 2** Rechargeable battery with 50 hours of battery life with each charge
- 3** Water resistant up to 1m for short periods of time



INDOOR/OUTDOOR ANCHOR STRAP

To use your resistance bands on-the-go, this anchor strap can be wrapped around any large, stationary object, like a pole, bench, etc. It can also be used in a door jam by closing the door with the loop on the outside then clipping your resistance bands to the ring.

This strap can also be used as a stretching aid.



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