

STEP 360

EXERCISE GUIDE

EXERCISE INSTRUCTION

- Warm up for 3-5 minutes before each exercise session.
- Complete each movement selected for 30-60 seconds.
- Perform 1-3 sets of each selected movement.
- Rest approximately 30-60 seconds between each movement.
- Perform movement in a safe and controlled manner.
- If unable to complete a movement for a minimum of 30 seconds perform the movement more slowly, or take more rest between movements.

-OR-

- If unable to achieve moderate to maximal fatigue following the completion of 60 seconds of movement perform the movement more quickly, or take less rest between movements.
- Perform exercise session a minimum of 3 times per week for maximum results.
- Allow 24-48 hours of rest between each exercise session.

KNEELING ROTATION



LEG LIFT



SINGLE LEG SQUAT



LEG RAISE



SINGLE LEG SQUAT & REACH



SINGLE LEG SQUAT & LIFT



STEP360

EXERCISE GUIDE

CHEST PRESS (WITH TUBING)



REVERSE FLY (WITH TUBING)



LUNGE & REACH (WITH MEDBALL*)



SINGLE LEG LATERAL HOP



DUAL LEG SQUAT JUMPS



SINGLE LEG LATERAL SQUAT JUMP



*Medball not included.

Any exercise program comes with inherent risks. Consult your health care professional before beginning this or any exercise program. ©2015 Gaiam Americas, Inc. All rights reserved. Step360 and Step360 Pro are trademarks of Gaiam Americas, Inc. Manufactured and distributed by Gaiam Americas, Inc., Louisville, CO 80027-2452 | **MADE IN CHINA** | SKU 05-55253GUIDE

RESISTANCE CORD

UPPER BODY WORKOUT

SETUP, WORKOUT TIPS AND CARE & SAFETY GUIDE

Please read before setting up or using your Resistance Cord.

SETUP

1. Remove the Resistance Cord from the box and check for shipping damage.
2. Your Resistance Cord is now ready for use.

WORKOUT TIPS

1. Initially follow the exercises presented on the instruction sheet without a Resistance Cord in place. Once proficiency is developed with each movement, use the Resistance Cord.
2. Always use the Resistance Cord in an open area free of furniture or other items that could get in the way while exercising.
3. Keep your head directly over your shoulders, chin parallel to the floor, chest lifted, eyes focused forward.
4. Use a smooth and steady motion when performing each exercise.
5. Perform exercise routines to the best of your ability without strain.
6. Avoid holding your breath while exercising.

CARE

1. Dry Resistance Cord with a towel after use.
2. Hand wash Resistance Cord in cold water with mild soap to clean. Dry thoroughly.
3. Avoid exposing Resistance Cord to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.
4. Store in a cool, dry place.

SETUP, WORKOUT TIPS AND CARE & SAFETY GUIDE

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using your Resistance Cord.

1. Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program or before using this or any other exercise equipment. The instruction presented herein is in no way intended as a substitute for medical counseling.
2. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician before beginning the workout.
3. Inspect the Resistance Cord before each workout for nicks or tears. If present, do not use.
4. Ensure the Resistance Cord is secure under your foot and/or in your hands before beginning each exercise.
5. Avoid looking directly at the Resistance Cord during exercise.
6. Perform exercises in a slow and controlled manner.
7. Stop and rest if you feel dizzy or short of breath.
8. Use product only as intended and demonstrated in the program.
9. This product is made with natural latex that has been known to cause allergies in certain people.
10. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.

STEP360™

THE 360 TRAINING EXPERIENCE

SET-UP, WORKOUT TIPS, AND CARE & SAFETY GUIDE

Please read before setting up or using your Step360

SET-UP

1. Remove Step360 from box and check for shipping damage. (Note: It is normal for the Step360 to have slight creases or fold marks when first inflated).
2. Allow Step360 to reach room temperature before inflating.
3. Insert pump tip into hole and inflate the Step360 to the desired height and firmness. Be sure to always inflate BOTH air chambers. Avoid under-inflation and over-inflation.
4. Remove pump from Step360 and immediately insert plug into hole so head of plug is flush with surface of the Step360. Repeat above steps for second air chamber.
5. Your Step360 is now ready for use.

WORKOUT TIPS

1. Follow exercise instructions presented in the 360 Training guide.
2. Always use the Step360 in an open area free of items that could get in the way while exercising.
3. Use proper exercise form when performing each exercise.
4. Avoid straining or holding breath while exercising.
5. Wear appropriate footwear while using the Step360.

CARE

1. Clear workout area of sharp objects that may puncture the Step360.
2. It is not necessary to deflate the Step360 after use; however, slight air loss may occur over time. Re-inflate when necessary.
3. Hand-wash the Step360 with a soft cloth and warm soapy water. Do not use harsh or abrasive chemicals or cleaning tools that may scratch or damage the Step360.
4. Always check the Step360 for nicks, tears or scratches before each use. If damaged in anyway, do not use.
5. Avoid exposing Step360 to rough, sharp or abrasive surfaces, or to heat or excessive sunlight.

Set-up, Workout Tips, and Care & Safety Guide

IMPORTANT SAFETY CAUTIONS!

Please read before setting up or using the Step360.

1. Consult with your doctor before beginning this or any other exercise program.
2. Be sure to check the Step360 for proper inflation before each use.
3. Perform exercises in a slow, safe and controlled manner.
4. Avoid placing the Step360 on slick or slippery surfaces. Avoid sharp objects and rough surfaces which could damage the Step360.
5. Do not use Step360 if deep scratches or gouges exist.
6. Discontinue any exercise that is uncomfortable or causes discomfort.
7. Stop and rest if you feel dizzy or short of breath.
8. Use product only as instructed in the 360 informational materials.
9. This product is sold without any warranties or guarantees of any kind and manufacturer and distributor disclaim any liability, loss or damage caused by its use.