

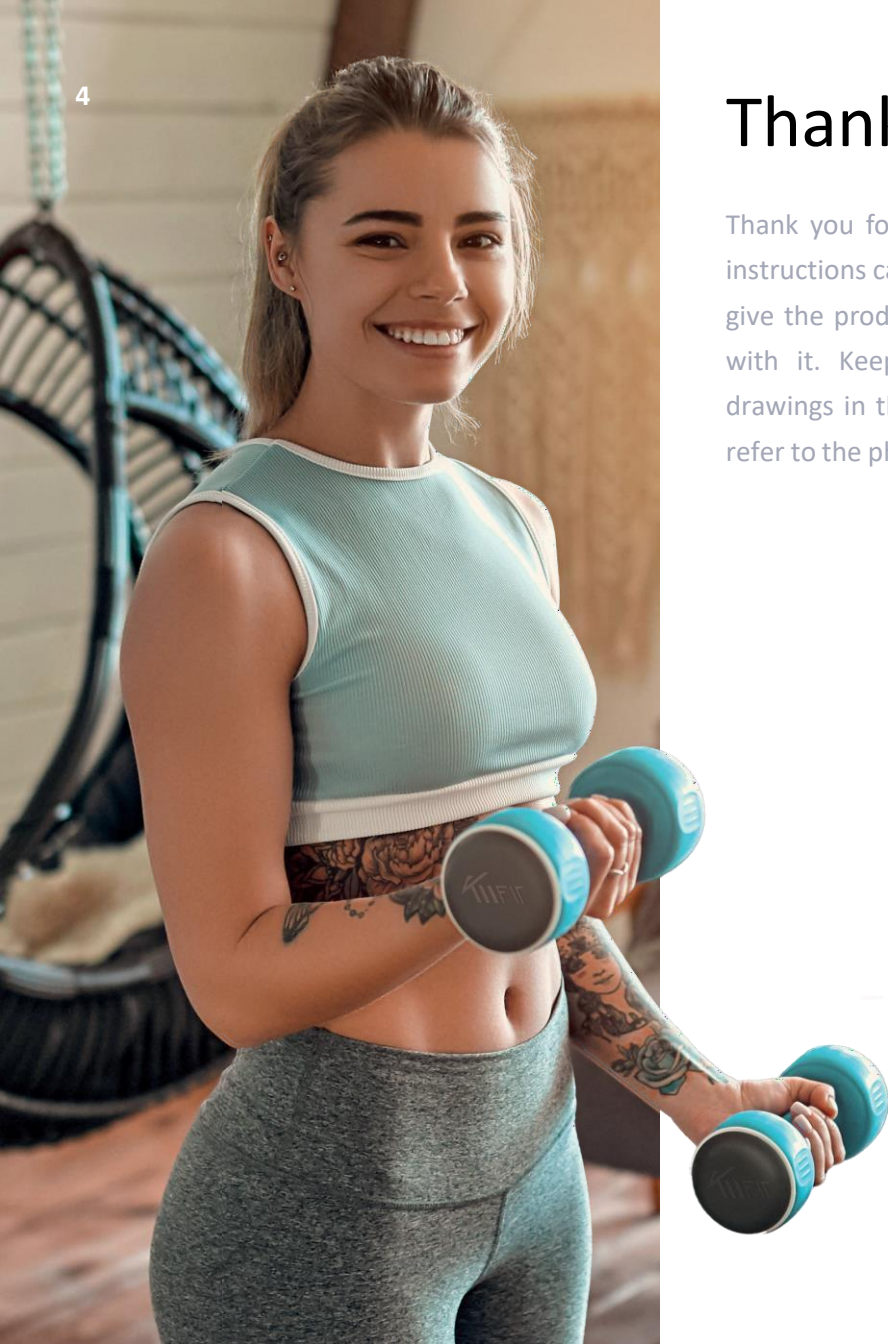
Original User Manual  
Stepbench



Please follow all security measures in this user's manual to ensure a secure use.

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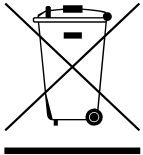
# Thank you!

Thank you for purchasing our product. Please read the operating instructions carefully before using the product for the first time. If you give the product to a third party, this manual must be handed over with it. Keep the instruction manual for future reference. The drawings in this manual may not match the physical objects. Please refer to the physical objects.





**Warning!** Read the safety instructions carefully. Failure to comply with safety instructions may cause electric shock, fire, and severe injury. **Keep all safety instructions and instructions for the future.**



This product must not be disposed of with household waste!



**WARNING!** This device can pose dangers if it is used improperly or not as intended by persons who have not been instructed! Note that the device is not a toy and does not belong in children's hands.

**Suffocation!** Do not leave the packaging material carelessly. It could become a dangerous toy for children.

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## Important safety instructions

### Safety instructions

- Your safety is most important to us. So please make sure you read the user manual before installing and using the product. If you are unsure about any information in this manual, please contact the dealer from whom you purchased the device.
- **DO NOT** use the product if you have not yet read the instruction manual.
- Make sure you have read the user manual thoroughly and understood the contents before you begin the installation.
- The instructions are in the interest of your safety.

### WARNING!

- For safety reasons, the following safeguards are important. Failure to read and follow these instructions can result in serious injury.
- For your health and safety, people with hypertension, heart disease, and other cardiovascular and cerebrovascular diseases should avoid using this product.
- The disabled shouldn't use the equipment alone without supervision from specialists or health workers.
- We recommend that you talk to your doctor before embarking on any new exercise if you have had any recent surgery, are pregnant, have an injury, or if you have concerns about your health or levels of fitness that you think additional exercise may aggravate.
- Stop exercising immediately if you feel light-headed or short of breath.
- If you feel nausea, pain, discomfort, or other acute abnormalities, be sure to stop exercising and consult your doctor before resuming exercise.
- Be careful when carrying the product as it may be too heavy for you. You may need a friend or family member to help you unpack, assemble, and relocate the product.
- Keep the packaging components away from children, especially from infants and toddlers, as there is a danger of suffocation.
- Ensure the product is fully intact before use; if any damage occurs, stop using it immediately and contact us.
- Don't use the product outdoors.
- Keep all packages and accessories for future use and store them safely away from children and animals.

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## Scope of delivery



No.	Designation
1.	Fitness stepper
2.	2 x increases
3.	1 x PVC mat

## Example exercises

### Basic step (one side lead)



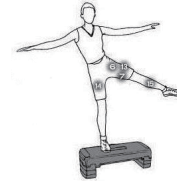
Stand in front of the aerobic step with the feet in a straight line to the hips, let the hands rest at the waist. Step first up with the right foot on the aerobic step and then step up with the left foot. Put the right foot back first to the ground and then the left foot. Carry these foot steps through in a four foot rate: Up-up-down-down.

### Seated row



Stand in front of the aerobic step and let the arms hang loose down. Put the right foot on the aerobic step and lift the left knee and both arms, maximum 90°. Put the left foot back on the ground followed by the right, let the arms fall down back on the side again. Repeat by starting with the left foot.

### Side lift-step



Stand in front of the aerobic step and let the arms hang loose down. Step up on the aerobic step with the right foot. Move the left leg straight to the side and also move the left arm straight to the side. Put the left foot first back to the ground followed by the right. Repeat this by opposite foot. Up-side-down-down.

### Tap-step



Stand in front of the aerobic step and let the arms hang loose down. Put the right foot on the aerobic step. Let the left foot just tip next to the right and move it then directly back to the ground again. Put also move the right foot back on the ground. Repeat these steps by opposite foot. Let the arms swing as by normal walking. Up-tap-down-down.

### Kick-step



Stand in front of the aerobic step and let the arms hang loose down. Step up on the aerobic step with the left foot. Kick with the right leg straightened forward (like playing soccer). The left arm is swinging forward with the kick. Put the right leg first, then the left leg back to the ground. Repeat this by opposite leg.

### Backside of the thigh



Place one leg straightened with the heel on the aerobic step. Bend the other leg and lean the upper body forward until you feel a light tense in the backside of the thigh. Repeat by opposite leg.

### Alternate step



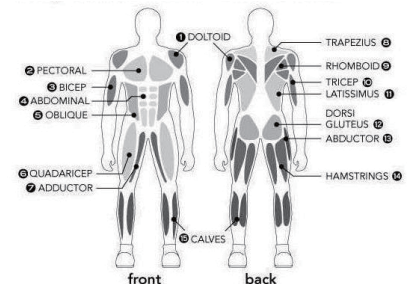
Take the same position as the basic step. Put the right foot on the aerobic step and pull yourself up with the help of the right leg. Put the left foot beside the right on the aerobic step. Put the right foot back on the ground and let the left foot just tip the ground and directly back up on the aerobic step again. The arms should be in a 90° angle while the right foot straighten. Repeat this by opposite foot,

### Calf



Put one leg on the aerobic step and straighten the other leg backward. Lean forward until you feel a light tense in the calf. The heel should constantly touch the ground.

### Muscle area



## Maintenance tips

- Check the board for damage or breakage before use.
- Clean the surface of the board with a damp cloth only.

## Technical data

Step size	68*28*15 cm
Material	PP+PVC Mat
Colour	Black, red
Load capacity	200 kg
Adjustable height	10-15 cm

In the course of product improvements, we reserve the right to make technical and visual changes to the article.



## Environmentally friendly disposal

**⚠ Warning Danger of suffocation!** Packaging material is dangerous for children. Never let children play with packaging material.

### 1. Disposal of packaging material

The packaging of your unit consists of materials that are necessary to guarantee effective protection during transport. These materials are fully recyclable and therefore reduce the environmental impact. Dispose of the packaging in a bin for recyclable materials.

### 2. Disposal of appliances

Old appliances must be disposed of in accordance with the guidelines and regulations of the local waste disposal authority. Check with your local administration for the address of the nearest recycling center and deliver your appliance there.



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## EU Declaration of Conformity

we,

KM-Fit by Canbolat Vertriebsgesellschaft mbH, Gneisenaustraße 10-11, 97074 Würzburg, Germany,

hereby declare that the equipment described below, by virtue of its design and construction and in the versions placed on the market by us, complies with the relevant essential health and safety requirements of the EU directives.

Product name: stepbench

Model name: KM-HE-VST102

Item number: 4252023114448

Place and date of issue: 03.08.2023

Signature:



Dipl.-Inform. (Univ.)

Korhan Canbolat, Managing Director

If the device is modified without our consent, this declaration of conformity loses its validity.

# Contact With Us

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**The return address can be found in the imprint: [www.km-fit.de](http://www.km-fit.de)**

Sales tax identification number: DE 263752326

Court of commercial registration is Würzburg, HRB 10082

WEEE-Reg. No. DE 61617071



km-fit.de