Thank you for choosing this product!
Please note and follow the information and instructions for assembly and use.
If you have any question, please contact at any time.

Sport-Thieme® Gym Step
Safety Instructions

Before you start training on your sports training equipment, please read the instructions carefully. Be sure to keep the instructions and any other accompanying in case of repair and spare parts delivery.

• Check before the equipment is first used, and again at regular intervals, that all connections have been done up tightly, to ensure that your training equipment is in a safe operating condition at all times.
• Place the fitness Board on an even, non-slippery surface. Because of possible corrosion, the usage of the fitness Board in moist areas is not recommended.
• Check every 1-2 month that all connecting elements are tight fitting and are in the correct condition.
• Only carry out training work on the equipment when it is in perfect working order.
• One person for training may only use the equipment.
• The Fitness Board is designed for junior. Children are not allowed to use.
• Always pay attention that you or any other persons never bring parts of the body in close proximity to any parts of the equipment that are still moving.
• Consult your physician before starting with any exercise program. They can advise which kind of training and impact is suitable.
• When making settings for any adjustable parts, check that they are in the right position and also check the marked maximum setting.
• Please follow the advice for correct training as detail in training instructions.

Partlist

• Remove all parts and bags from box.
• Read the entire owner’s manual before assembly.
• Lay out all parts as shown in pre-assembly checklist drawing.
**Assembling** Art.-Nr. 11 144 1707

**A: Balance Board**
- Slide the Plastic Bowl (10) to end of the base of the Fitness Board (1) as shown in Figure 1 and 2.
- Make sure fix the Handle Elasticity’s (4) to the holes of the Fitness Board (1) as shown in Figure 3.

**B: Stretch/Slant Aerobic Step**
- Fix the Combine Block (6) and Combine Lump (7) first, Slide this set to the Fitness Board (1) as shown in Figure 1.
- Put the Left Oblique Combine Block (8) and Right Oblique Combine block (9) the end of the Fitness Board (1) as shown in Figure 2 and 3.
- Rotate up the Fitness Board (1) and put this board on the Floor as shown in Figure 4.
- Slide the Handle Elasticity’s (4) to the holes of the Fitness Board (1) as shown in Figure 5.
C: Aerobic Step

- Fix the Combine Blocks (5) and Combine Blocks (6) first, then Slide the Combine Blocks (5) to the side of the left and right end of the Fitness Board (1) as shown in Figure 1. Slide the Combine Blocks (5) to the front and rear the end of the Fitness Board (1) as shown in Figure 2. Make sure to complete this step assemble.
- Rotate up the Fitness Board (1) and put Combine Blocks (5) and (6) board on the Floor as shown in Figure 3.
- Slide the Handle Elasticity’s (4) to the holes of the Fitness Board (1) as shown in Figure 4.

![](image)

D: Gymball Base

- Slide the Gym ball Tray (3) to the base the end of the Fitness Board (1). And blow the Gym Ball (2) full, then slide the Gym Ball (2) to the Gym Ball Tray (3) as shown in Figure 1.
- Slide the Handle Elasticity’s (4) to the holes of the Fitness Board (1) as shown in Figure 2.