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# **Micra Aerobic Stepper**

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## *Assembly & User Manual*

**Please ensure that you read this manual carefully before attempting to assemble or use your new product and retain for future use**



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# General Information

## Quality

This exercise product has been designed and manufactured to comply with the latest (BS EN 957) British and European Safety Standards.

## Questions

Should you encounter any difficulty with the assembly, operation or use of your V-fit exercise product or if you think that you may have parts missing, please **DO NOT** return it to your retailer but contact us first for help and advice, asking for **CUSTOMER SUPPORT**, by any of the following means.

Tel:- 0871 222 0881 or

Fax:- 01535 637722 or

Email:- [support@benysports.co.uk](mailto:support@benysports.co.uk)

**CUSTOMER SUPPORT** is open from 9.00am to 5.00pm from Monday to Friday

**Beny Sports Co. UK Ltd.**

Unit 8, Riparian Way,  
The Crossings, Cross Hills,  
West Yorkshire.

BD20 7BW

## Queries

If you do have any queries, please ensure that you have the following information ready for our Customer Support Staff:

YOUR NAME

YOUR ADDRESS

YOUR PHONE NUMBER

PRODUCT MAKE OR BRAND

PRODUCT MODEL

PRODUCT SERIAL NUMBER

DATE OF PURCHASE

NAME OF RETAILER

PART NUMBERS REQUIRED

## Guarantee

**Beny Sports Co. UK Ltd.** guarantee's its product range for **DOMESTIC USE ONLY** for a period of **1 YEAR** from the original certified date of purchase. During this period we have the right to: -

- a). Provide parts for the purchaser to effect repair.
- b). Repair the product, returned to our warehouse (at the purchaser's cost).
- c). Replace the product if it is deemed (by us) to be economical to do so.

This guarantee does not cover wear and tear on upholstery or consumables.

This guarantee does not cover abuse, defects caused by storage or use outside those intended.

If you need to advise us of a defect with your product and in order for us to service any requirement for replacement parts or repairs, we may ask for proof of purchase. Failure to do so may result in any claim for replacement parts or repairs being refused.

This guarantee, (both given and implied) applies to the original purchaser only, is not transferable and will be invalidated if used outside of the above criteria.

This guarantee is valid only in the United Kingdom and Eire.

This does not affect your statutory rights as a consumer.

## Customer Support

Tel:- 0871 222 0881 or

Fax:- 01535 637722 or

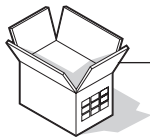
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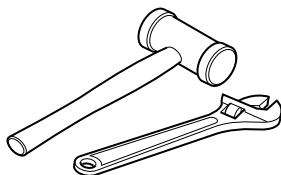


# ***Before you Start***

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## ***Tools***

*If required, most of our products are supplied with basic tools, which will enable you to successfully assemble your product. However, you may find it beneficial to have a soft-headed hammer and perhaps an adjustable spanner handy as this may help.*



## ***Prepare the Work Area***

*It is important that you assemble your product in a clean, clear, uncluttered area. This will enable you to move around the product while you are fitting components and will reduce the possibility of injury during assembly.*

## ***Work with a Friend***

*You may find it quicker, safer and easier to assemble this product with the help of a friend as some of the components may be large, heavy or awkward to handle alone.*

## ***Open the Carton.***

*Carefully open the carton that contains your product, taking note of the warnings printed on the carton to ensure that the risk of injury is reduced. Be aware of sharp staples that may be used to fasten the flaps as these may cause injury. Be sure to open the carton the right way up, as this will be the easiest and safest way to remove all the components.*

## ***Unpack the Components***

*Carefully unpack each component, checking against the parts list that you have all the necessary parts to complete the assembly of your product.*

*Please note that some of the parts may be pre-fitted to major components, so please check carefully before contacting our CUSTOMER SUPPORT team.*

*In any event, please do not return the product to your retailer before contacting us first.*



# Safety

*Before you undertake any programme of exercise that will increase cardiovascular activity please be sure to consult with your doctor. Frequent strenuous exercise should be approved by your doctor and proper use of your product is essential. Please read this manual carefully before commencing assembly of your product or starting to exercise.*

- \* Please keep all children away from exercise products when in use. Do not allow children to climb or play on them when they are not in use.*
- \* For your own safety, always ensure that there is at least 1 Metre of free space in all directions around your product while you are exercising.*
- \* Regularly check to see that all nuts, bolts and fittings are securely tightened. Periodically checking all moving parts for obvious signs of wear or damage.*
- \* Clean only with a damp cloth, do not use solvent cleaners. If you are in any doubt, do not use your product, but contact CUSTOMER SUPPORT by any of the means listed on the opposite page.*
- \* Before use, always ensure that your product is positioned on a solid, flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping in use.*
- \* Always wear appropriate clothing and footwear such as training shoes when exercising. Do not wear loose clothing that could become caught or trapped during exercise.*

## Storage and Use

*Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.*

## Weight Limit

*Your product is suitable for users weighing:  
220LBS / 15.7 Stones / 100KG or less.*

## Conformity

*This product conforms to:  
(BS EN 957) - PARTS 1 and 8 Class (H) - HOME USE - Class (C).  
It is NOT suitable for therapeutic purposes.*



# Exercising Information

## Beginning

*How you begin to exercise will vary from person to person. If you have not exercised for a long period of time, have been inactive for a while, or are severely overweight you **MUST** start slowly, increasing your exercise time gradually, by perhaps only a few minutes for each session per week.*

*Combine a carefully structured nutritious diet with a simple but effective exercise routine and this can help make you feel better, look better and will almost certainly enable you to enjoy life more.*

## Aerobic Fitness

*Aerobic exercise is simply defined as any sustained activity that increases the supply of oxygen to your muscles via the blood pumped by your heart. With regular exercise, your cardiovascular system will become stronger and more efficient. Your recovery rate i.e. the time taken for your heart to reach its normal resting level, will also decrease.*

*Initially you may only be able to exercise for a few minutes each day. Do not hesitate to breathe through your mouth should you need more oxygen. Use the "talk test". If you cannot carry on a conversation while exercising, you are working too hard! However, aerobic fitness will be gradually built up with regular exercise, over the next six to eight weeks.*

*Do not be discouraged if it takes longer than this to begin to feel less lethargic, everyone is different and some will achieve their targets quicker than others. Work at your own, comfortable pace and the results will come. The better your aerobic fitness the harder you will have to work to stay in your target zone.*



# Exercising Information

## Warm Up

*A successful exercise programme consists of three parts, Warm Up, Aerobic Exercise and Cool Down. Never start a training session without warming up. Never finish one without cooling down correctly. Perform between five and ten minutes of stretching before starting your workout to prevent muscle strains, pulls and cramps.*

## Aerobic Exercise Session

*Those new to exercise should exercise no more than every other day to start with.*

*As your fitness level increases, increase this to 2 in every 3 days.*

*When you are comfortable with your routine, exercise for 6 days per week. Always take at least one day off per week.*

## Exercising in your Target Zone

*To ensure that your heart is working in its exercise target zone, you need to be able to take your pulse. If you do not have a pulse monitor (either from the product you are using or a proprietary independent unit) you will need to locate the pulse in your carotid artery. This is situated in the side of the neck and can be felt by using the index and middle fingers. Simply count the number of beats you feel in 10 seconds and then multiply by six to get your pulse rate. This should be taken before you start to exercise for easy reference.*

*People who have a greater aerobic fitness, have a lower resting pulse level and will also be able to exercise with a higher pulse level.*

## Target Zone

*To determine your target zone, see the chart opposite. If you are new to exercise and by definition unfit, refer to the left column. If you exercise regularly and have good aerobic fitness, refer to the right column.*





# Exercising Information

## Target Zone *(con't)*

USERS AGE	UNCONDITIONED TARGET ZONE - A	CONDITIONED TARGET ZONE - B
(Years)	(Beats per Minute)	(Beats per Minute)
20-24	145 - 165	155 - 175
25-29	140 - 160	150 - 170
30-34	135 - 155	145 - 165
35-39	130 - 150	140 - 160
40-44	125 - 145	135 - 155
45-49	120 - 140	130 - 150
50-54	115 - 135	125 - 145
55-59	110 - 130	120 - 140
60 and over	105 - 125	115 - 135

## Cool Down

To decrease fatigue and muscle soreness, you should also cool down by walking at a slow relaxed pace for a minute or so, to allow your heart rate to return to normal.

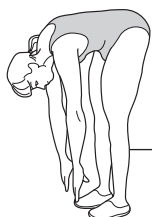
## Warm Up and Cool Down Exercises

Hold each stretch for a minimum of ten seconds and then relax. Repeat each stretch two or three times. Do this before your Aerobic Exercise session and also after you have finished.



### Head Roll

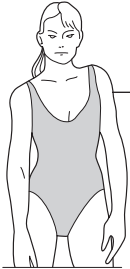
Rotate your head to the right for one count, feeling a slight pull on the left side of your neck. Next, rotate your head back for one count, stretching your chin. Then rotate your head to the left for one count, feeling a slight pull on the right side of your neck. Lastly, drop your head to your chest for one count. Repeat 2 to 3 times.



### Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you lower your trunk. Gently stretch down as far as is comfortable and hold for 10 seconds.

# Exercising Information

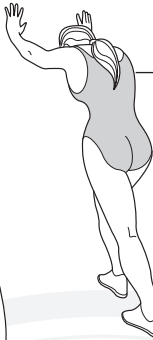


## Shoulder Lift

*Rotate and lift your right shoulder up towards your ear for one count. Relax then repeat for the left shoulder. Repeat 3 - 4 times.*

## Calf / Achilles Stretch

*Turn towards the wall and place both hands on it. Support yourself with one leg while the other is placed behind you with the sole flat on the floor. Bend the front leg and lean towards the wall, keeping the rear leg straight so that the calf and Achilles tendon are stretched hold for 5 seconds. Repeat with the other leg. Repeat 2 - 3 times.*



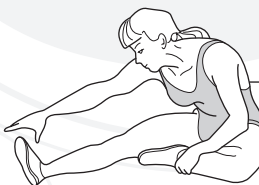
## Side Stretch

*Open both arms to the side and gently lift them above your head. Reach your right arm as high as you can for one count, gently stretching the muscles of the stomach and lower back. Repeat the action with your left arm. Repeat 3 - 4 times.*



## Inner Thigh Stretch

*Sit on the floor and pull your legs toward your groin, the soles of your feet together. Hold your back straight and lean forward over your feet. Tighten the thigh muscles and hold for 5 seconds. Release and repeat 3 - 4 times.*



## Hamstring Stretch

*Sit on the floor with your right leg extended and place your left foot flat against the right inner thigh. Stretch forward toward the right foot and hold for 10 seconds. Relax and then repeat with the left leg extended. Repeat 2 - 3 times.*



# Exercising Information

## Basic Aerobic Training Programme

For your basic Aerobic Exercise routine we suggest that you try the following. Remember, breathe correctly, exercise at your own pace and do not over-train as injury may result.

### Week 1 & 2

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 4 minutes at 'A'  
Rest 1 minute  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute

### Week 3 & 4

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Rest 1 minute  
Exercise 3 minutes at 'A'  
Exercise slowly 2 minutes

### Week 5 & 6

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 6 minutes at 'A'  
Rest 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

### Week 7 & 8

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Exercise 4 minutes at 'A'  
Exercise slowly 3 minutes

### Week 9 & beyond

Warm Up 5 - 10 Minutes  
Cool Down 5 Minutes

Exercise 5 minutes at 'A'  
Exercise 3 minutes at 'B'  
Exercise 2 minutes at 'A'  
Exercise slowly 1 minute  
Repeat entire cycle 2 or 3 times

*This is only a suggested programme and may not suit every individual's needs.*



# Exercising Information

**Please refer to Page 13 overleaf for Assembly and Initial Set-Up before using your Micra Stepper**

## TRAINING PROGRAMME

To begin using your Micra Stepper, carefully place one foot centrally on each Step Arm. Adopt a comfortable position, placing your hands slightly forwards of your chest or down by the sides of the thigh to aid balance.



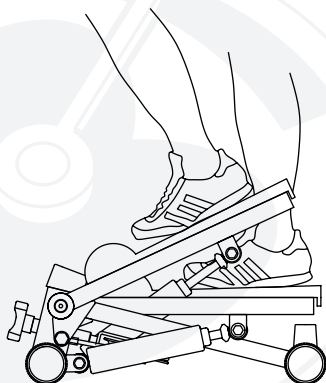
### Note

Your upper body stance can be varied during exercise to increase or reduce the intensity of stretch in the calf and lower thigh muscles.

Start exercising by lifting one foot at a time as if you were walking up stairs or climbing a hill. Push down gently with either foot and you will feel that Step Arm start to sink towards the floor. Release the weight or pressure on the pushing foot and transfer the weight to the opposite foot. Alternate this in a smooth rhythmic action, always trying to maintain a straight back posture.

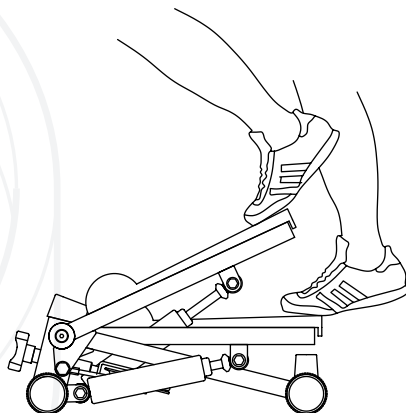
### Exercise 1

Exercising with your feet fully positioned and flat on the Step Arms will primarily benefit thigh and upper leg muscles.



### Exercise 2

Exercising with just your toes placed near the end of the Step Arms, will primarily benefit the lower legs, Achilles and calf muscles.



# Assembly and Initial Set-Up

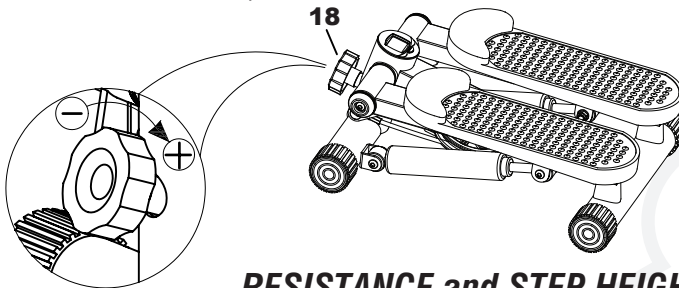


## FINAL ASSEMBLY

For security and stability your Micra Stepper has a factory welded frame and is over 99% assembled. To complete the assembly and set the Step Arms for initial exercise simply fit the Step Arm Height Adjustment Knob (18) into the hole in the front of the welded frame and turn **CLOCKWISE** "+" to adjust the step height. Finally, fit the battery (supplied) into the Battery Compartment at the rear of the Exercise Monitor (28) connect the Exercise Monitor Sensor Wires (31) into the connector plugs at the back.

## BEFORE USE-INITIAL STEP HEIGHT ADJUSTMENT

For basic set-up a step height of approximately 6" (150mm) is advisable. To check this, simply push down on one Step Arm Footplate (26) and while screwing in the Step Arm Height Adjustment Knob in a **CLOCKWISE** "+" direction, allow the other Step Arm Footplate to rise. This will facilitate correct step height adjustment and will ensure accurate operation of the Exercise Monitor.



## RESISTANCE and STEP HEIGHT ADJUSTMENT

The Hydraulic Cylinders on your Micra Stepper are single acting and their resistance levels have been correctly set in production. To adjust the Pedal height for exercise variation, please follow these simple guidelines.



### Note

In accordance with BS EN 957, the stepping action on your Micra Stepper is dependent.

For **MINIMUM** stepping height and resistance, slightly release the tension on the Step Arm Adjustment Knob (18) by turning **ANTI-CLOCKWISE**, so that the Step Arm Link Cable (24) and Step Arm Pulley and Bracket Assembly (23 & 04) moves closer to the front of the Stepper.

For **MAXIMUM** stepping height and resistance, slightly increase the tension on the Step Arm Adjustment Knob (18) by turning **CLOCKWISE**, so that the Step Arm Link Cable (24) and Step Arm Pulley and Bracket Assembly (23 & 04) moves closer to the rear of the Stepper.

# Assembly and Initial Set-Up

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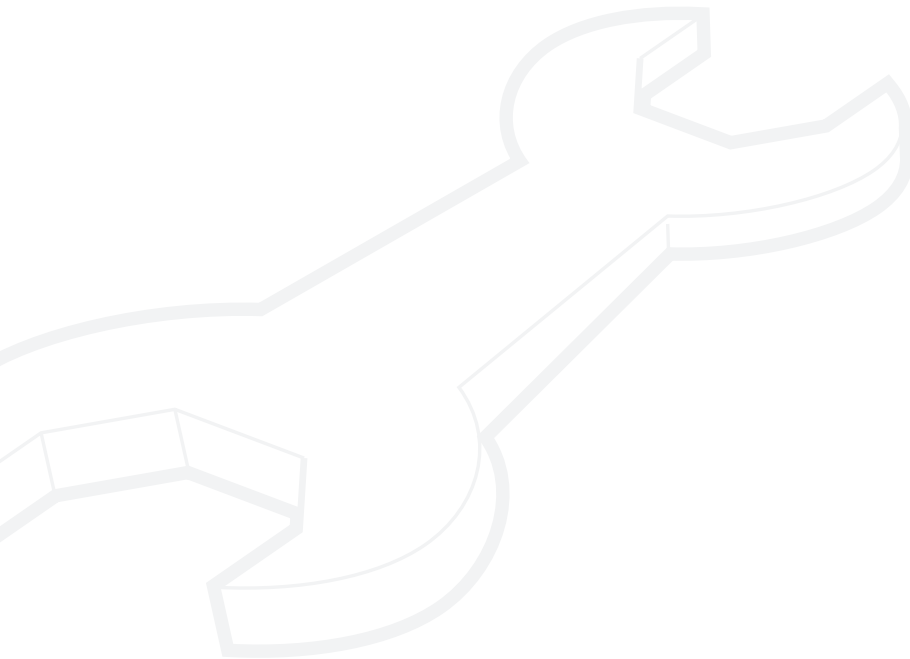
## **LEVELLING THE STEPPER**

*Your Micra Stepper has a factory-welded frame and should not need any adjustment. However in the interest of safety, please always ensure that your Micra Stepper is positioned and used on a solid flat surface. If necessary, use a rubber mat underneath to reduce the possibility of slipping during use.*

## **LUBRICATION and MAINTENANCE**

*The moving parts in your Micra Stepper are all pre-lubricated at assembly and should not require further attention. We strongly recommend however, that the stepper is used inside and stored in a dry condition. To clean the metal and plastic components, a general household cleaner can be used, but please be sure to dry the stepper and any attachments before use.*

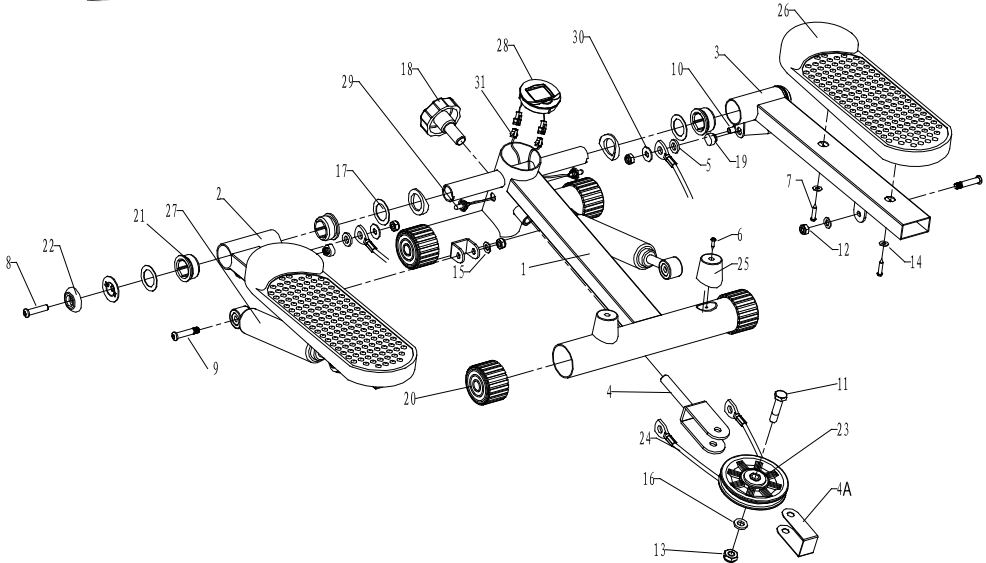
*Note: - In the interest of safety, do NOT use polish or any lubricant on the footplates.*



# Assembly



## MASTER PARTS & ACCESSORY LIST



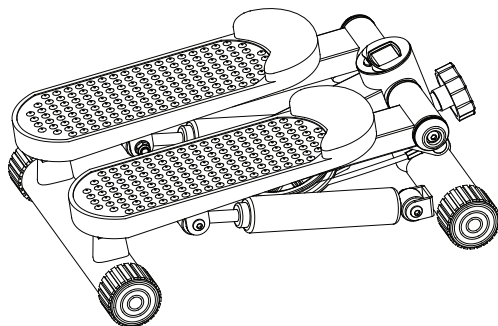
### PART No. DESCRIPTION .....QTY

1	MAIN FRAME	1	21	STEP ARM SUPPORT BUSHING	4
2	STEP ARM (LEFT)	1	22	ROUND PLASTIC DOME END CAP	2
3	STEP ARM (RIGHT)	1	23	STEP ARM LINK CABLE PULLEY	1
4	STEP ARM LINK CABLE		24	STEP ARM LINK CABLE	1
	PULLEY BRACKET 1	1	25	STEP ARM STOPPER	2
4A	STEP ARM LINK CABLE		26	STEP ARM FOOT PLATE	
	PULLEY BRACKET 2	1		(LEFT AND RIGHT)	2
5	M10 x 3T FLAT WASHER	2	27	HYDRAULIC CYLINDER	2
6	M4 x 16mm SELF TAPPING SCREW	2	28	EXERCISE MONITOR	1
7	M5 x 25mm SELF TAPPING SCREW	4	29	SENSOR	2
8	M8 x 35mm ALLEN BOLT	2	30	M8 FLAT WASHER	1
9	M8 x 40mm ALLEN BOLT	4	31	EXERCISE MONITOR SENSOR WIRE	1SET
10	M8 BOLT	2			
11	M10 x 45mm HEX BOLT	1			
12	M8 NYLON LOCKNUT	6			
13	M10 NYLON LOCKNUT	1			
14	M5 FLAT WASHER	4			
15	M8 FLAT WASHER	4			
16	M10 FLAT WASHER	1			
17	M26 FLAT WASHER	4			
18	STEP ARM ADJUSTMENT KNOB	1			
19	GROMMET	2			
20	MAIN FRAME END CAP	4			



### Note

Most of the above parts have been pre-fitted at the factory as your Micra Stepper is 99% assembled and almost ready to use.



### ***Beny Sports Co. UK Ltd.***

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