

Ultrafit[®]

Lady Swing Stepper



Directions for Use

www.ultrafit.de

Manufacturer

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Important information

- a) This appliance has been tested and certified to EN Standards 957-1 + 957-5 Field of Application HC (= domestic use). The maximum user weight is 100 kg.
- b) Parents and other persons responsible for supervision of children should bear in mind the natural urge of children to play. This may lead to situations in which the appliance is used for other purposes than that for which it is designed.
- c) If you permit children to use the appliance, then you should consider their physical and mental abilities as well as their temperament. Ensure that you give children proper instructions and check that they are using the exercise appliance properly. In particular, make sure they understand that the appliance is not a toy.
- d) The CE designation refers to the electromagnetic compatibility (EC Directive 89/EEC).
- e) Ensure that the appliance stands securely on a flat and smooth surface. This is a precautionary measure for your own safety when using this appliance.

NOT SUITABLE FOR THERAPEUTIC PURPOSES!

SPECIAL NOTICE:

Despite careful quality checks it is possible that in rare cases abraded particles from moving parts may fall from the appliance or a shock absorber may leak. In order to avoid this causing damage to carpets or floors, we recommend that before beginning exercise you place the appliance on an underlay (e.g. a cloth, mat, sheet of paper or similar). This is a precautionary measure to protect your carpet or floor.

Safety instructions

Before you start to use the appliance for exercise, please read and comply with the following safety precautions:

- Before starting a training program you may need to consult your family doctor.
- Pregnant women should be especially careful.
- Small children should not use the exercise appliance.
- Keep unsupervised children away from the appliance.
- When exercising, wear comfortable and loose clothing.
- Before you begin to exercise, ensure that the exercise appliance is standing on a firm, flat and non-slip surface.
- Ensure that you have sufficient space to move when using the appliance, so that you can carry out all the exercises properly and without hindrance.
- Please ensure that no adjustment parts are protruding.
After use, leave the appliance in a state so that no-one can injure themselves on protruding parts.
- The exercise appliance is intended for use by one person only.
- Always do warm-up exercises before using the exercise appliance. Then start the exercise slowly and built up the intensity until you reach your target performance level.
- Immediately stop exercising if you feel weak or dizzy, nauseous or experience chest pains, or if heart palpitations or other symptoms occur. In such cases it is essential to consult a doctor.
- Damage to health cannot be ruled out if you exercise in an inappropriate and excessive manner.
- The high safety standards of your exercise appliance can only be maintained if it is checked regularly for damage and wear, e.g. hydraulic shock absorbers, connecting parts.
- Give special attention to wearing parts that are exposed to particular stress or loads.
- Damaged or worn parts must be replaced immediately. The appliance must not be accessible to users while it is under repair.

DIRECTIONS FOR CARE

Use only a mild detergent solution to clean the appliance, avoiding any aggressive or caustic agents. When cleaning wipe down the appliance with a soft, damp cloth and then if necessary wipe it dry.

DIRECTIONS FOR MAINTENANCE

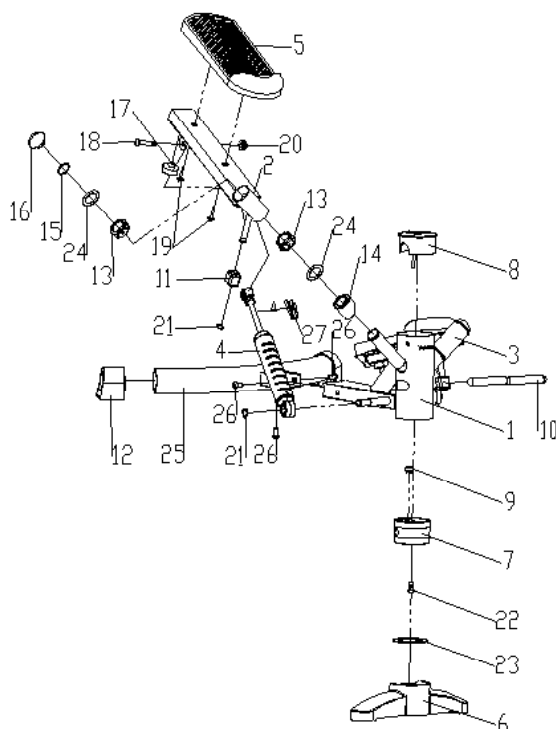
Check that the axle connectors are firmly in place and tighten these if necessary.

GENERAL NOTICE

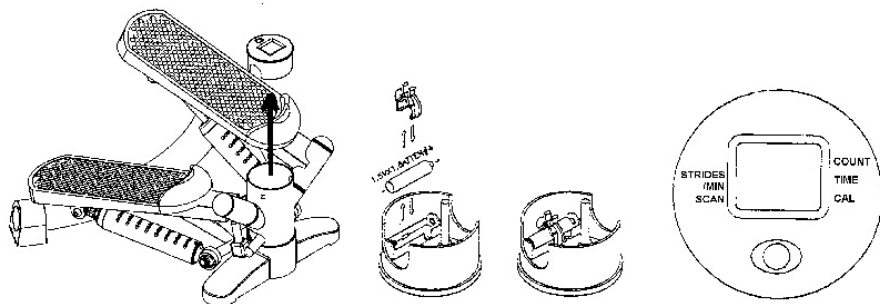
The user accepts sole risk for the use of this appliance. The manufacturer and retailer accept no responsibility and no liability for injuries that may occur from the improper use of this appliance. Carry out only the exercises illustrated in the manual.

List of parts

NO.	DESCRIPTION	Q'TY	NO.	DESCRIPTION	Q'TY
1	Main frame	1	14	Plastic spacer	2
2	Pedal holder, right	1	15	Washer, 27.4 mm	2
3	Pedal holder, left	1	16	Plastic cap	2
4	Hydraulic shock absorber	2	17	Pedal stopper	2
5	Pedals	2	18	Screw M8 x 40 mm	2
6	Front base support	1	19	Screw M6 x 23 mm	4
7	Plastic spacer	1	20	Nut M8	4
8	Computer	1	21	C-ring	4
9	Magnet	1	22	Screw M8 x 20 mm	1
10	Axle, diam. 16x170 mm	1	23	Washer 72 mm	1
11	Bearing, diam. 25.4 mm	2	24	Washer 38 mm	4
12	Rear tubing end piece	2	25	C-ring	2
13	Bearing, diam. 38 mm	4	26	Washer 38 mm	2



Computer Functions



Functions

Press the "set" button to select the desired function, and keep the button pressed for 3 seconds. This will set the value of the individual functions to "0".

SCAN	Displays all functions consecutively.
TIME	Displays the total time in seconds from 0 to 99:59.
CALORIES	Displays the average calorie consumption during an exercise session.
COUNT	Counts the number of strides made during an exercise session.
STRIDES/MIN	Displays the number of strides per minute.

IMPORTANT:

1. If the display is not legible, please remove the batteries and then re-insert them.
2. Battery specification: 1 unit AAA or UM-4 1.5V

Do not dispose of batteries in domestic waste!!!

Every user is legally obliged to return non-rechargeable and rechargeable batteries, irrespective of whether they contain hazardous substances* or not, to a collection point in his municipality or urban district or to the retailer, thus ensuring that they can be disposed of in an environmentally compatible manner. Return non-rechargeable and rechargeable batteries in a discharged state only!

* Marked as: Cd = cadmium, Hg = mercury, Pb = lead



Exercising the muscles of the arm and upper body

- Stand with both feet on the pedals.
- Take hold of the grips and pull both the elastic bands.
Pull both grips upwards simultaneously with a straight movement.
- Alternatively, you can move the bands upwards alternately.

Hold the grips in their highest position for a moment before returning to the starting position.

The Right Exercise Methods

Never start your training program without proper preparation. That means you should first do warm-up gymnastics and loosen-up the relevant muscle groups before each exercise.

HOW OFTEN AND FOR HOW LONG SHOULD YOU TRAIN?

Experts recommend regular exercise to build up your physical fitness. Training at random intervals is not the right approach. If you train once or twice a week you can maintain your physical fitness at a constant level.

Training three times a week will clearly improve your physical fitness. Many experts believe that exercising three times a week is ideal. Don't overdo the exercise at the beginning – build it up slowly. This build-up should involve increasing the duration of the exercise sessions, not the number of exercises.

If after a while you find that your condition is improving, then the exercise session should last about 30 minutes. This does not include the time needed for warm-up and loosening-up exercises.

If you want your exercise to help you lose weight, then your exercise session should last longer than 30 minutes.

WARMING-UP

The aim of a warm-up is to prepare your body for hard physical and mental work and to avoid injuries.

- You should begin your warm-up gently and gradually increase the tempo.
- You should warm up the muscle groups that you intend to use in your training session.
- The warm-up should last 5-10 minutes.

WARM-UP EXERCISES

- Walk on the spot and then progress to gentle jogging.
- Walk with raised knees.
- Jump up and down on both legs.
- Jump up and down, alternating on the right and left leg.
- Swing your arms back and forth.
- Skip with a rope.

WARNING!

Never try to stand on the appliance with your full body weight! The appliance is not constructed for this purpose.

Loosening-Up Exercises

Loosening-up exercises are an important part of every training program. They prevent muscle injuries and improve your training performance.

Loosening-up exercises loosen the muscles and prevent stiff joints being overstressed. This is why we recommend that you include loosening-up exercises in your training program with the exercise appliance.

A few tips for loosening-up exercises:

- Ensure that all muscles are warmed up before you begin with the loosening-up exercises.
- Move your body slowly into or out of a loosening-up position. Always move slowly and carefully.
- Continue the loosening-up exercise at its extreme position for around 15-45 seconds. Repeat the exercise several times.
- If you experience pain or a sense of discomfort, stop the exercise immediately. If pain continues, consult a doctor.
- Doing loosening-up exercises after training prevents aching muscles and increases mobility.

Loosening-Up Exercises

1. Calves

Support yourself with both hands against a wall.

Bend your right leg and keep your left leg straight. Slowly press your left heel all the way to the ground. Hold this position for 15 to 45 seconds.

Repeat the exercise for the right leg.



2. Thighs

Support yourself with your right hand and grasp your left foot with your left hand as shown. Slowly bring your heel to your buttocks (not to the side). Hold this position for 15 to 45 seconds.

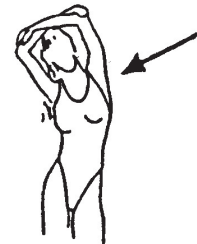
Repeat the exercise for the right leg.



3. Flanks

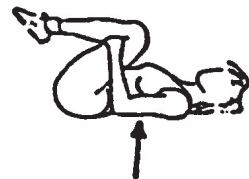
Stand upright and place your right arm behind your head. Grasp your right elbow with your left hand. Pull gently while your upper body bends in a curve to the left, but do not bend sharply at the hip or thrust the hip outwards. Hold this position for 15 to 45 seconds.

Repeat the exercise with the left arm.



4. Lower back

Support yourself with your right hand against a wall and bend both legs as shown. Bend your back and tense your abdominal muscles. Hold this position for 15 to 45 seconds.



5. Thighs

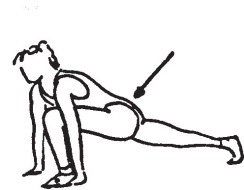
Sitting on the floor, keep your back straight and stretch out your right leg. Grasp your left leg behind the knee and move it to the other side of your body as shown. Hold this position for 15 to 45 seconds.

Repeat the exercise for the left leg.



6. Hips

In a half-squatting position, place your left foot flat on the floor. Stretch out your right leg as shown, hold it straight and making sure not to touch the ground with your knee. Support both arms with your palms on your right knee. Keep your upper body upright. Slowly stretch and hold this position for 15 to 45 seconds. Switch the leg position and repeat the exercise.



7. Back and shoulders

Sit on the floor with crossed legs and an upright body. Clasp your hands and stretch straight above your head. Keep your chin up. Hold this position for 5 to 15 seconds.



8. Hamstrings

Press the toes of your left foot against a step or some other suitable resisting object. Press your heel downwards as far as possible. Place your hands on your back. Gently bend your upper body forwards. Continue the movement until you feel a stretch in your calves and in the backs of your knees. Hold this position for 15 to 45 seconds.

Repeat the exercise with the right foot.



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Warranty Card

In the event of a warranty claim,
please first contact our service hotline or send us an e-mail.

2-year Warranty



Manufacturer & Service

Summary Gmbh

Service hotline: 00800 880 880 08

Email: Service.uk@ultrafit.de

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Made in Taiwan