

編碼 Item Number: C-1803EG00-ARG-04GB\_OEM

尺寸 Size: (W)- 29.7 cm X (H)- 42 cm

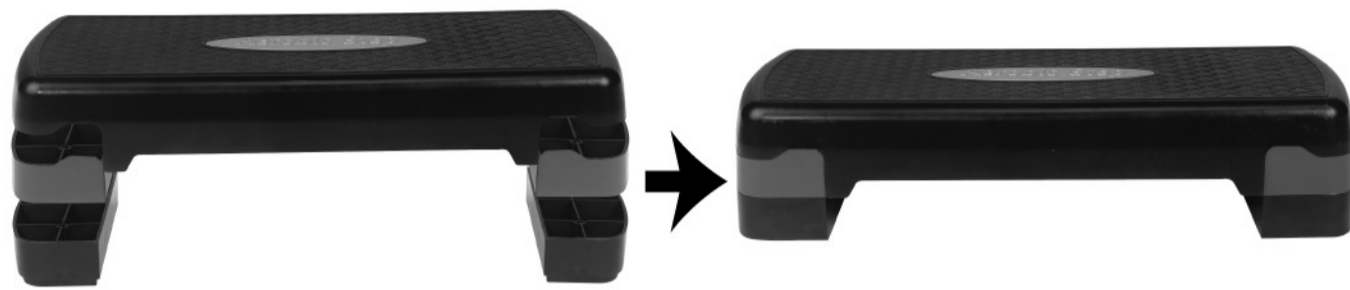
列印比例 Printed At: %

29.7cm

42cm



## Aerobic step Exercise wall chart



### Warming Up

A good warming up session loosens up the muscles and raises body temperature slightly and this helps prevent injury due to, for example, pulling a muscle. A typical warmup consists of 3 to 5 minutes running on the spot or skipping. When starting a physical training session it is best to perform the first series of exercises, say the first 20 to 25, with a lower intensity and then work up to optimal body output.

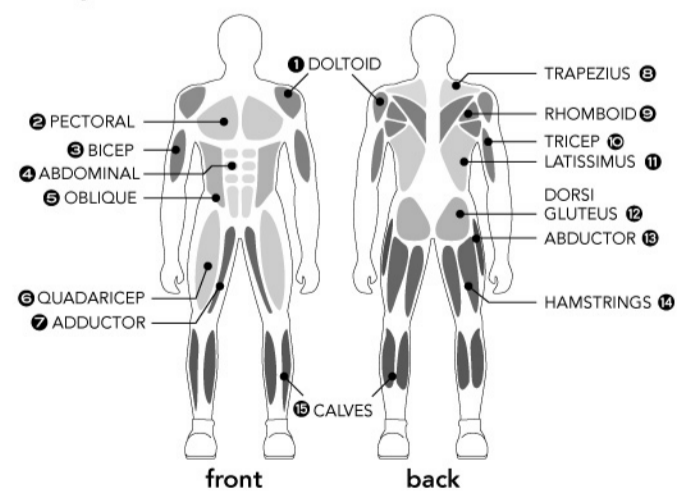
### Strengthening

- Perform the exercises as described in a controlled manner.
- Be sure to synchronise your breathing correctly: breathing out when taking the strain and breathing in when releasing pressure.
- Improvement of your general state of fitness (stamina): perform an exercise ca. 15 to 20 times and then repeat the series of exercises 3 to 5 times.
- Increased muscular mass: perform an exercise ca. 8 to 12 times and repeat the series of exercises 3 to 5 times.
- Select the level of your training device such that you can carry out the exercises by recommended number of times.
- Take a short break of 1 to 4 minutes between each series of exercises.
- Recommend 3 to 5 training sessions a week each with a duration of 20 to 60 minutes approximately.

### Cooling Down / Stretching

After you have finished your training session you should stretch and relax the exercised areas. The main aim of a cooling down / stretching session is to avoid straining musculature and stiff muscles as well as help the body in returning to a homeostatic state. When stretching, hold the stretch for about 10 to 20 seconds and be sure to stretch the muscle in a slow and consistent manner avoiding sudden jerking. A stretch should result in slight tension without explicit pain. Repeat each stretching exercise three times.

This product is not for commercial use



### basic step(one side lead)

1 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 four steps through in a four rate. Up-up-down-down.



### tap-step

1 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 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.



### alternate step

1 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. Carry these four steps put in a four foot rate. After a four foot rate, repeat by opposite leg. Up-up-down-tap.



### seated row

1 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. Up-lift-down-down.



### kick-step

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



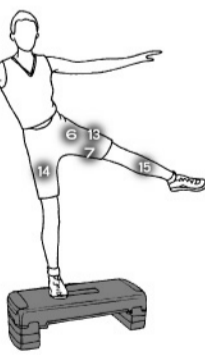
### calf

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



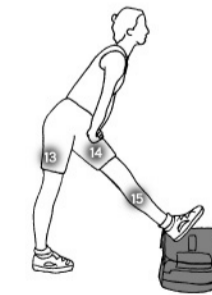
### side lift-step

1 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.



### backside of the thigh

1 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.



K:100

\*This proof is not intended for color matching but for color indication.  
\*色卡僅供辨識用，實際印刷請以實際色卡顏色為準。

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