



Operating Instructions



Art. No. CST-ASA422

CSTASA422.01.01

1 GENERAL SAFETY INSTRUCTIONS

1.1 Personal Safety

⚠ WARNING

- + Before you start using the device, you should check with your general physician whether it is suitable for you.
- + This equipment may not be used by children under the age of 14.
- + Children should not be allowed unsupervised access to the equipment.
- + People with disabilities must have a medical license and must be under strict observation when using the equipment.
- + The equipment is strictly for use by one person at a time
- + Keep your hands, feet and other body parts, hair, clothing, jewellery and other objects well clear of moving parts.
- + If you experience any unusual discomfort during use, turn the device off and do not use it any further. Contact your general physician.

⚠ CAUTION

- + This device is not a medical device. This device should never replace medical treatment.

▶ ATTENTION

- + Do not insert any objects of any kind into the openings of the device.
- + Do not place any heavy objects on the device.

1.2 Set-Up Place

⚠ WARNING

- + Do not place the equipment in main corridors or escape routes.
- + To prevent fire, do not place the device near or in areas with high heat (e.g. near a heater).

▶ ATTENTION

- + The device may only be used in one building, in sufficiently tempered and dry rooms (ambient temperatures between 10°C and 35°C). The equipment should not be used outdoors or in rooms with high humidity (over 70%) like swimming pools.

2 TECHNICAL DATA

Article weight (gross, incl. packaging):	4.5 kg
Article weight (net, without packaging):	4 kg
Packaging dimensions (L x W x H):	53 cm x 35 cm x 16 cm
Set-up dimensions (L x W x H):	54 cm x 33 cm x 14 cm
Maximum user weight:	120 kg

3 OPERATING INSTRUCTIONS

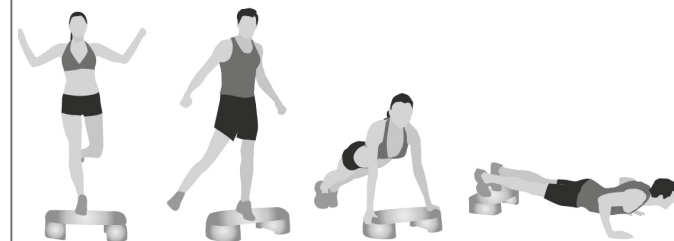
This 3 in 1 Aerobic Step Board can be used for several purposes. It can be used as a classic step board or as a balance trainer.

3.1 Aerobic Board

To use the Step Board as a classic aerobic board, attach the components as shown below.



You can do standing exercises, for example, or use the board as push-up handles by removing the covers on the side.



3in1 Step Board

3.2 Balance Board

The board can also be used to train your balance and core muscles.

For this, the balance components are needed. Depending on the exercise, they can be attached in different ways.



3.3 Stretch Board

To stretch the muscles after a challenging workout, the board can be aligned at an angle. This allows the muscles to be stretched optimally.



4 WARRANTY INFORMATION

Training equipment from cardiostrong® is subject to strict quality control. However, if a fitness equipment purchased from us does not work perfectly, we take it very seriously and ask you to contact our customer service as indicated. We are happy to help you by phone via our service hotline.

Warranty period

The warranty periods, shown on our web shop, begin on delivery of the fitness equipment. The respective warranty periods for your equipment can be found on its product website.

Please refer to the website of your cardiostrong® device for the exact warranty conditions.

5 CARE, MAINTENANCE AND STORAGE

⚠ WARNING

The storage location should be chosen so that improper use by third parties or children is prevented.

1. Clean the device with a dry soft cloth.
2. Store the device in the supplied carton in a dry environment.

6 CONTACT

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