



SAFETY INSTRUCTIONS

FAILURE TO FOLLOW THESE WARNINGS MAY RESULT IN SERIOUS INJURY.

OWNER MUST ENSURE THAT ALL USERS ARE INSTRUCTED ON THESE WARNINGS PRIOR TO USE.

- Always check with your physician prior to beginning any exercise program.
- This product is rated for a maximum weight capacity of 300 lbs.
- Do not stack risers more than 4 high when using groove “A” and not more than 2 high when using groove “B”. Stacking more risers will prevent the platform from nesting firmly into the groove. Platform could become unstable and result in a fall causing injury (applies to Freestyle Step Only).
- The instructions for use are located on the top of the riser. Ensure that platform is secured in the risers per the instructions. The risers should be positioned exactly as shown in the “model” molded on the riser (applies to Freestyle Step only).
- Test platform for setup prior to each workout. The riser(s) should be positioned to the outermost edges of the platform and the platform should be secure. Check to make sure the rubber feet are in good condition and are contacting the floor. Push on the corners to check stability and grip.
- Step in a controlled manner.
- Your entire foot should contact the top of the platform while performing exercises.
- Do not use the risers without the platform.
- If the product includes a DVD, please watch the safety guidelines before performing the exercise routines on this DVD.

Maintenance Instructions:

- Check for cracks in the plastic risers and platforms. If cracks are present, do not repair. Replace the product.
- Check to make sure the rubber feet are in good condition and are cleaned prior to each use. The rubber feet are not replaceable. If feet are worn, discontinue use and replace the product.
- The rubber mat is very durable but will wear with heavy use. If the mat texture is worn or any part of the mat detaches from the platform, discontinue use and replace the product.