

**Great ideas
are born
here**



*Neil Summers, Award
Winning Health Educator,
Author & Inventor of the
Best Selling Fitness Hit...*

**SUMMERS
Step N Stretch™**



PLEASE READ THIS INSTRUCTIONAL GUIDE COMPLETELY BEFORE USING YOUR SUMMERS STEP N STRETCH MAGIC. KEEP THIS GUIDE IN A SAFE PLACE AND MAKE SURE EVERYONE WHO USES THE SUMMERS STEP N STRETCH MAGIC ALSO READS THIS GUIDE. IT IS THE RESPONSIBILITY OF THE OWNER TO ENSURE THAT ALL USERS OF THE SUMMERS STEP N STRETCH MAGIC ARE ADEQUATELY INFORMED OF ALL PRECAUTIONS. HAVE A SAFE AND ENJOYABLE WORKOUT.

NO MAXIMUM USER WEIGHT LIMIT.

Carefully inspect the equipment prior to EVERY use. Never work with this **STEP N STRETCH MAGIC** if it is not functioning correctly or if it is damaged.

Ensure that sufficient free space is available surrounding the entire unit. It is important that pets, furniture and other objects are kept away from the equipment during its use. You should retain at least 10-13 feet (2-3 meters) of space around the unit.

THIS EQUIPMENT IS NOT SUITABLE FOR CHILDREN. To avoid injuries, keep this and all other fitness equipment out of the reach of children. Handicapped or disabled persons should not use the **STEP N STRETCH MAGIC** unit without the presence of a qualified health professional or physician.

Position the **STEP N STRETCH MAGIC** unit on a level surface. Wear appropriate clothing during training sessions. Training apparel should be comfortable and light, allowing freedom of movement. Wear comfortable training shoes which provide good support and have non-slip soles, such as running shoes, gym or sports shoes.

Always warm up before each training session. Warm up your muscles by walking or marching in place for a few minutes.

All exercise carries with it some element of risk. To reduce this risk, everyone, particularly those over 35 or who have known back, heart or blood pressure problems or any other medical illness or problem should be cleared by a physician before beginning any exercise program. It is obvious, however, that even with such medical clearance, the risk associated with exercise can never be reduced to zero.

If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once.

CONSULT A PHYSICIAN IMMEDIATELY.

See *Welcome from Fiona on Youtube:* *FitnessWithFionaSummers Playlist*

STEP N STRETCH™

SUMMERS STEP N STRETCH MAGIC comes fully assembled and ready to go - set up should only take you a couple of minutes.

Use this equipment **EXCLUSIVELY** for the purpose intended and described in these user instructions. Do not alter the equipment.

USE ONLY SITTING DOWN - DO NOT STAND UP whilst using.

WORKOUT GUIDE

Use of the STEP N STRETCH MAGIC will help tone abs, legs, thighs, buttock muscles.

The STEP N STRETCH MAGIC also provides a cardiovascular workout.

DIRECTIONS FOR USE:

Please read these instructions thoroughly before using a **Summers STEP N STRETCH MAGIC**. This product is to be used on flat ground. It is important to place the **STEP N STRETCH MAGIC** on a level stable surface.

- 1.** Place one foot on one foot platform at a time. Secure the foot using the Velcro Strap.
- 2.** Place your other foot on the second foot platform. Make sure both straps are secure.

This is your **STARTING POSITION**. You are now ready to begin your cardiovascular and strength training exercise.

- 3.** The leg movement action is smooth and controlled. Use your leg muscles to press down on the resistance loaded platforms.
- 4.** Using the muscles of your legs continue this 'stepping' action for the desired number of minutes. Start conservatively, begin slowly and only increase duration as you get accustomed to this movement and progress. The idea is to create a steady, smooth and controlled action. Start to exercise at a slow pace and gradually familiarise yourself with the stepping action.
- 5.** When finished allow your legs to return to the starting position. Remove the Straps one at a time from the **Summers STEP N STRETCH MAGIC**, take out one foot at a time.



EXERCISE VARIATIONS

TO START. Sit comfortably on a chair, seat, couch or the edge of the bed. Insert one foot at a time on to the foot platforms. Tighten the Straps of both feet. And you are set to go.

1. LATERAL STEPPING:

Keeping your upper body upright. Press first with your right foot down to the side whilst relaxing your left leg which rises and now press to the other side with the left leg to create an up and down motion of the feet. Creating a lateral 'see sawing action'.

The idea is to create a steady, smooth and controlled action. Continue this sideways stepping motion, each leg pressing down one after the other, until you feel the muscles tire and fatigue - at this point slowly come to a rest your session is finished. Or set your timer and perform 30 seconds of continuous pressing.

2. ALTERNATING FEET - FORWARD, BACKWARD ACTION:

To start. Sit comfortably on a chair, seat, couch or the edge of the bed. Insert one foot at a time on to the foot platforms. Tighten the Straps of both feet. And you are set to go.

Keeping your upper body upright. Press first with your right toes forward whilst pulling your left toes backwards to create an alternating pointing and flexing of the toes.

Creating an alternating 'point and flex action'.

The idea is to create a steady, smooth and controlled action. Continue this alternating point and flex motion, each foot pressing forward one after the other, until you feel the muscles tire and fatigue - at this point slowly come to a rest your session is finished. Or set your timer and perform 30 seconds of continuous motion.

2. DOUBLE FEET - FORWARD, BACKWARD ACTION:

To start. Sit comfortably on a chair, seat, couch or the edge of the bed. Insert one foot at a time on to the foot platforms. Tighten the Straps of both feet. And you are set to go.

Keeping your upper body upright. Press with both feet forward to create a double foot pointing and flexing of the toes, creating a double 'point and flex action'.

The idea is to create a steady, smooth and controlled action. Continue this double point and flex motion, both feet pressing forward and then both toes pulling backwards, until you feel the muscles tire and fatigue - at this point slowly come to a rest your session is finished. Or set your timer and perform 30 seconds of continuous motion.



WARNING:

DO NOT STAND UP on this at any time. To be used **SITTING DOWN ONLY**. **THIS EQUIPMENT IS NOT TO BE USED BY CHILDREN.**

To prevent injuries, keep this and all fitness equipment out of reach of children.

Follow these simple rules:

- Keep children out of rooms where you have your exercise equipment.
- Store exercise equipment in a room that can be locked.
- Know exactly where your children are when you work out.
- If you have small children at home, don't wear headphones while you work out.
- Talk to your children about the dangers of exercise equipment



Have plenty of clearance behind, in front and to both sides of your equipment. It is important to keep children, pets, furniture and other objects out of the way when using your equipment. You should have a minimum of 1 yard (1 meter) of clearance both in front of, behind and to the sides.

Do not over exert yourself with this or any other exercise program. If your legs feel tired or fatigued STOP. Do not over do this action. Listen to your body and respond to any reactions you may be having. You must learn to distinguish "good" pain, like fatigue, from "bad" pain, which hurts. If you experience any pain or tightness in your chest, an irregular heartbeat, dizziness, nausea, or shortness of breath, stop exercising at once and consult your physician immediately.

Use care when getting on and off the equipment. Only one person at a time should use this equipment.

Do not put hands, feet or any foreign objects on or near this equipment when in use by others. Pay particular attention to small animals (cats or dogs) or small children crawling near fitness equipment. Use caution not to pinch fingers and hands in moving parts when setting up or using the equipment.

FAQs:

Q. Can I Stand Up and use it as a Jogging Stepper ?

A. No. Do NOT stand up on the **Summers STEP N STRETCH MAGIC**.

Q. What is the maximum weight the **Summers STEP N STRETCH MAGIC** can hold?

A. As you are using it SITTING DOWN there is NO WEIGHT LIMIT.

Q. Does it store away easily?

A. Yes. The **Summers STEP N STRETCH MAGIC** is compact and would go under a bed or behind a door.

Q: Will I get big, muscled thighs like a 'body builder'?

A. No. **Summers STEP N STRETCH MAGIC** will tone, shape and strengthen. But there is not a constant progressive overload, which is necessary to build 'body building' type muscles. You will not get big bulky legs. The opposite will occur, your legs will tone and shape to their best natural outline.

Q: What time of day is recommended for use of **Summers STEP N STRETCH MAGIC** ?

A. It is purely whatever time is most convenient to you. Bear in mind it is regular daily use which produces the best results. Place your unit in your bedroom and use it before going to bed or put it in your kitchen and hop on and off it regularly for short bursts throughout the day.

Q. Is it okay for tricky ankles/knees/back/hips?

A. Consult with your medical professional.

Q: Can I use it if I have an ankle/knee injury?

A. Not recommended if you have had recent ankle / knee surgery. If you have any ankle / knee problems consult first with your Medical Professional.

Q. Are there any special requirements to use this product safely?

A. It is essential to keep all children and pets away from this unit when in use.

Q: My muscles ache after just a few minutes, is there something I am doing wrong?

A. No. This shows **Summers STEP N STRETCH MAGIC** is doing its job.

Q: Can I use the **Summers STEP N STRETCH MAGIC** without proper footwear?

A. We strongly recommend that while using **Summers STEP N STRETCH MAGIC** you always wear proper foot attire. It is better for your feet to always wear proper shoes when exercising. It is safer to wear protection for your feet when using exercise products with moving parts. Do NOT wear high heeled shoes when using this equipment.

Q: I feel lightheaded or dizzy what should I do? Fatigued and weak in the legs.

A. Stop using **Summers STEP N STRETCH MAGIC** immediately. Lie down and rest if possible and try again the following day.

Q: Can I over do this exercise?

A. Your leg muscles probably will not have experienced this type of exercise for a long time. So, it is prudent to start slowly and progressively build the time. Your muscles will tire very easily at first and this is normal. If you feel excessive soreness of your muscles the following day - give yourself an extra days rest before resuming your program.

Q: What kind of clothing do I need to wear?

A. Clothing of a loose-fitting nature especially around the hips and upper thighs is necessary. Tight clothing/skirts will impede and restrict movement.