



⚠️ SAFETY INSTRUCTIONS

✓ **Always Check with your physician prior to beginning any exercise program.**

Consult your physician before beginning this or any other exercise program. The instructions and advice presented are in no way intended to be a substitute for medical counseling.

***For Online Streaming Workout Videos, please visit: www.usweight.com/fitness
Customer Service (877) 201-9748**

Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. Any user of this exercise program assumes the risk of injury resulting from performing the exercises shown.

The creators, producers, participants and distributors of this program disclaim any liability or loss in connection with the exercises and advice contained herein.

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. **NOTE: Circuit Step has no rubber mat.**

2L-7599-05



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⚠ SAFETY INSTRUCTIONS

• High Step:

- Never stack more than 4 risers beneath platform.

• Club and Freestyle Step:

- These products are rated for a maximum weight capacity of 350 lbs.
- Never use more than 6 risers beneath platform in any configuration.
- For level use, never stack more than 3 risers on each side.
- For angled use do not stack risers more than 4 high on short end or 2 high on long end.

⚠ CAUTION: *Opening in riser must remain visible in angled positions.*

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).

• Circuit Step:

- This product is rated for a maximum weight capacity of 275 lbs.
- Never stack more than 2 high for level platform.

All Products:

- 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. Do not jump on the step at any time.
- Your entire foot should contact the top of the platform while performing exercises.
- Do not use the risers without the platform.



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