

step right up

is a quality fitness product from

Wave Fitness

one of the First Degree Fitness group of companies
www.firstdegreefitness.com
Providing Excellence in Fitness Equipment



Wave Fitness *step right up* Specifications

Display Readouts:	Time, distance in floors, speed in steps/min
Heart Rate Monitoring:	Yes, contact heart rate
Programs:	Total floors, total calories, total time
Braking Resistance:	Electromagnetic
Speed Range:	30 - 120 steps per minute
Power Requirements:	12 V AC, 3A
Dimensions	
Minimum Ceiling Height:	2.4m / 96" (8 Feet)
Product Size:	112cm/44" L x 66cm/26" W x 173cm/68" H
Product Weight:	101kg/222 lb
Warranty	
Home:	5 years - frame, 2 years - all components
Light Institutional:	5 years - frame, 1 year - all components

See website for full warranty details

Available from:

your stairway to better health



step right up



How to do the famous Empire State Run-Up without ever leaving home

A treadmill will simulate a run in Central Park, but only a stepmill can match the stair climb up Manhattan's most famous landmark!

Ever thought why the more sophisticated treadmills include an elevation system? The answer is simple enough. It's because the cardio benefits of carrying your own weight uphill hugely outstrip those of pounding away on the flat. Gravity is so strong that in climbing just 1 metre, you expend a big 9.8 Joules of energy for every kilogram of body weight. That's why the Empire State Run-Up is world famous as one of the ultimate fitness challenges.

And a stepmill is not the same as a "stair climber". A stair climber attempts to mimic the natural movement of your feet by use of a linear sliding motion of its narrow footplates. On a stepmill you climb free on the full width steps of a never-ending staircase, your feet moving in their own natural way.

You set the pace – from 1 step every 2 seconds to sprinting at 120 steps per minute.

You set the goal – program total time, floors or calories.

step right up is a superior stepmill offering the following fitness benefits:

- Low impact, non jarring cardio-respiratory workout
- Increased oxygen intake and muscle strength
- Improved bone density
- User-controlled variable pace to suit **all** levels of fitness
- Suitable for users of **all** ages
- Ideal for medical / rehabilitation use

step right up product features:

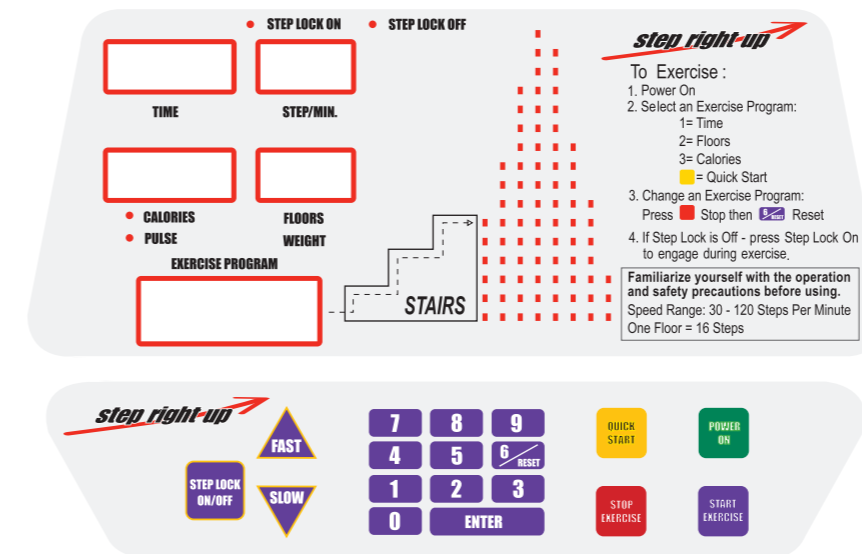
- Electromagnetic braking system (no motor)
- Step lock system
- Computer control system
- Contact heart rate monitor
- Tracks time, distance in floors, speed in steps per minute

*If you are serious about gaining superior fitness benefits, make **step right up** your stairway to better health.*



Why Choose Step Right Up?

The Step Right Up stepmill is a user-friendly item of fitness equipment that offers more benefits than a treadmill, requiring less floor space and consuming less energy. Its well laid out and easy to understand control panel guides the user at all times.



The workout can be programmed as any one of floors climbed, total exercise time or calories burned. A manual override feature enables the workout to be varied at any time.

ELECTROMAGNETICALLY BRAKED – NOT MOTOR DRIVEN

It is simply the user's own energy in climbing steps that drives Step Right Up. There is no electrical drive motor, which reduces power consumption to a mere 60 watts – the same as a medium intensity domestic light. Step Right Up's electronics precisely control an electromagnetic braking system, which regulates machine speed, matching the feed rate of steps per minute to the user's programmed requirement and personal energy input.

STEP LOCK SAFETY SYSTEM

The Step Lock System employs a photo-optic sensor that will automatically stop the unit if the user exceeds the lower limit of travel. The Step Lock also enables the user to stand still on the stairs while programming workout information in comfort.

With a compact footprint, transit wheels for ease of movement and a ceiling height requirement of only 2.4m/ 8', Step Right Up becomes the perfect choice for improved health, fitness and mobility.

Benefits of Step Climbing

For those who are serious about losing weight and burning more calories in less time, step climbing offers a great way to achieve those goals by enabling versatile indoor fitness programs. As well as the obvious cardio-vascular benefits, step climbing also

- ✓ Uses more muscle groups than treadmill work
- ✓ Gives a larger range of movement than other exercise machines
- ✓ Improves joint flexibility and joint nutrition
- ✓ Improves trunk (core) stability
- ✓ Improves balance, co-ordination and mobility

Stepmill climbing is also considerably more beneficial than forms of step up – step down exercise, as it greatly reduces stress on the joints, especially knees. The joint loading in stepping down is approximately 2½ times that in stepping up.

Muscles used:

- Gluteals especially Medius and Maximus
- Piriformis
- Illio-Psoas
- Tensor Fascia Latae
- Illio-Tibial Band
- Hip Flexors
- Trunk Stabilisers



A Stepmill - not a "Stair Climber"

Stepmills and stair climbers are like chalk and cheese!

Down the years, the name "stair climber" has come to be applied to machines where the user stands on two separate footplates. These move alternately up and down, each in a near vertical straight line. The feet must therefore move along the fixed paths of the footplates, remaining in constant contact with them.

With a stepmill the feet can travel freely between treads, enabling superior muscle engagement and greater user comfort. The feet, legs and hips follow their natural path, rather than that defined by the machine. As pressure is constantly lifted and reapplied, blood can circulate to the soles of the feet. No more numb feet!