

Exercise programme for Casall Stepper

BEGINNERS
2-4 weeks

Monday
20 min. in slow speed

Tuesday
20 min. in slow speed

Thursday
20 min. in slow speed

Friday
30 min. in slow speed



MEDIUM
2-4 weeks

Monday
30 min. in slow speed

Tuesday
40 min. in slow speed
Cool down

Thursday
30 min. total
10 min. slow speed
20 min. with 10 sec.
Spurt every minute
Cool down

Saturday
40 min. in slow speed

Warm up 5 - 10 min.
Cool down 5 - 10 min.

Träningsprogram för Casall Stepper

NYBÖRJARE
2-4 veckor

Måndag
20 min. i lugnt tempo

Tisdag
20 min. i lugnt tempo

Torsdag
20 min. i lugnt tempo

Freitag
30 min. i lugnt tempo



LÄTT TRÄNADE
2-4 veckor

Måndag
30 min. i lugnt tempo

Tisdag
40 min. i lugnt tempo
Nedvarvning

Torsdag
30 min. totalt
10 min. i lugnt tempo
20 min. med 10 sek spurt
varje hel minut
Nedvarvning

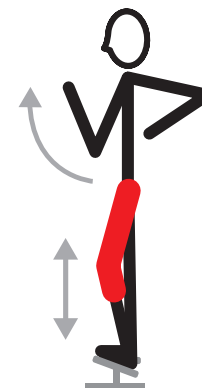
Lördag
40 min. i lugnt tempo

Uppvärmning 5 - 10 min.
Nedvarvning 5 - 10 min.

Free Stepping

Carefully step onto the stepper. Swing arms from side to side. Add intensity to work out by swinging arms high.

Kliv varsamt upp på steppern. Pendla med armarna. För att att få mer intensitet i övningen, pendla högre.



Squat

Carefully step onto the stepper. Squat or lower your buttocks by bending at the hips. Do not allow your knees to extend beyond your toes. Keep this position As long as comfortable then return to normal stepping position.

Kliv varsamt upp på steppern. Sänk rumpan genom att böja vid höfterna. Se till att knäna inte är framför tårna. Håll positionen så länge det känns komfortabelt, återgå till normal position.

Biceps Curl

Carefully step onto the stepper. Grip a weightball/dumbbell and extend arms down with palms facing up. While stepping down, curl the opposite arm up towards your chest.

Kliv varsamt upp på steppern. Greppa ett par viktboll/hantlar och sträck armarna nedåt med handflatan upp. Vid steg ned, böj upp motsatt arm mot bröstet.



Shoulder Press

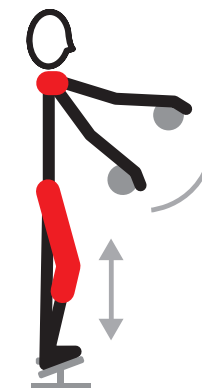
Carefully step onto the stepper. Grip a weightball/dumbbell and extend one arm up, pressing over your head.

Kliv varsamt upp på steppern. Greppa ett par viktboll/hantlar och sträck upp en arm i taget över huvudet.

Deltoid Raises

Carefully step onto the stepper. Grip a weightball/dumbbell and extend arms down to waist height, At the front of your body. With palms facing down and arms slightly bent, raise your arm from your shoulder. While stepping down, alternate lifting your arms back and forth with each step.

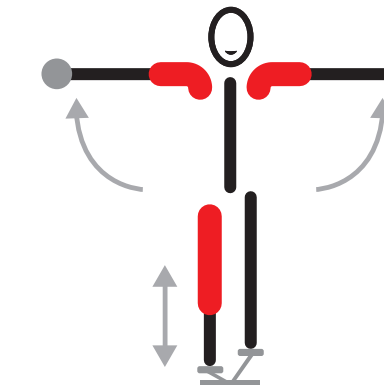
Kliv varsamt upp på steppern. Greppa ett par viktboll/hantlar och sträck armarna ned till midjehöjd, framför kroppen. Med handflatan nedåt och armarna lätt böjda, höj armarna växelvis framför skuldrorna.



Side Deltoid Raise

Carefully step onto the stepper. Grip a weightball/dumbbell and extend arms down to waist height, at the sides of the body. With palms facing down and arms slightly bent at the elbow, raise your arm from your shoulder. While stepping down, raise and lower both arms at the same time with each step.

Kliv varsamt upp på steppern. Greppa en viktboll/hantel och sträck armarna ned till midjehöjd, ut med sidorna. Med handflatorna nedåt och armarna lätt böjda vid armbågen, höj och sänk armarna samtidigt vid varje steg.



Track total strides, strides per minute, time and calories.

Press the **Mode Button** to select a function relative to the print below the LCD display window. To select the function to be permanently displayed, press the Mode button to that function.

Scan Mode: Automatically displays Time, Step, Count, calories, Stride/Min.

Reset: Hold the button down for 2 seconds.

Auto Shut Off: After 4 minutes of non use, the electronic display will automatically shut off.

Visar totalt antal steg, steg per minut, tid och kaloriförbrukning.

Tryck på **Mode Knappen** för att välja en funktion, relaterad till texten nedan LCD fönstret. För att välja att funktion skall visas varaktigt, tryck på Mode knappen tills pilen är vid önskad funktion.

Scan: Visar automatiskt tid, antal steg, kalorier, steg per minut.

Nollställning: Håll knappen ned tryckt i två sekunder.

Automatisk avstängning: Displayen stängs automatiskt av om steppern ej har använts inom fyra minuter.

Casall Sports Products is constantly inventing new exercise equipment and tools, Our products are made for maximally stimulating workouts. The equipment is made of the highest quality. Instruction manuals are included to ensure optimum results. Here are some examples of products available for better workouts. For more information, please visit us on the web: www.casall.se



Aerobic tube

A flexible tool for exercising the whole body. It comes in grey with soft, padded handles and a strong rubber band for smooth resistance.



Oval gym ball/Gym ball

An effective and comfortable workout tool for exercising the stomach, back and stretching out muscles. The gym ball comes in four sizes and one of them is oval.

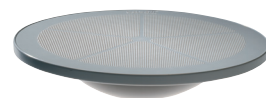
Oval Power Grip Ball

Soft and comfortable ball for gently exercising your hand, finger and underarm muscles. Easy to carry around.



Weight Exercise Ball

Perfect for yoga and Pilates exercises. Fun and safe exercise for the upper body. Also suitable for rehab exercises.



Balance Board

The balance board is an excellent rehabilitating tool for working on strength and balance in your whole body.



Super Ring

Super ring in flexible plastic with soft rubber coating. The handles are padded for maximum comfort. Can be used for Pilates.



Exetube

A simple and all-round product for exercising most part of the body. It offers a smooth, flexible resistance.



Yoga Mat

Yoga mat for comfortable floor exercises.

Safety first

Before starting any new exercise programme, it is important that you consult your physician. This is a must if you have any serious medical conditions or if you are taking medication. Get your doctor's consent before you begin.

Don't exercise if you feel sick, nauseous or unreasonably tired. Skip your workouts until you have fully recovered.

A proper warm-up of muscles, tendons, ligaments and joints is necessary at the beginning of every workout.

If you feel any strain or pain when you are exercising, stop immediately and consult your physician.

Casall[®] Twist Stepper Guide