

1. Overview

The ZENY 43" Exercise Aerobic Step Platform is an adjustable fitness stepper designed for home gym cardio and strength training. It consists of a main platform and four stackable risers that allow for three different height settings.



Primary components include:

- 1 main step body (platform)
- 4 detachable risers (support blocks)

2. Specifications

- **Brand:** ZENY
- **Color:** Grey (also available in Green, Orange, Rose Pink)
- **Material:** Polyethylene (PE), PVC, ABS texture surface
- **Item Weight:** 18.3 Pounds
- **Product Dimensions (Platform):** 43" L x 16" W
- **Maximum Height (with risers):** 8 Inches
- **Weight Capacity Maximum:** 550 Pounds
- **Number of Height Levels:** 3 (4", 6", 8")
- **Included Components:** 1 Step Body, 4 Risers

3. Features

3.1 Adjustable Height

The platform height can be adjusted from 4 inches to 6 inches to 8 inches by adding or removing the stackable risers underneath each end.

- **4-inch height:** Platform only, no risers.
- **6-inch height:** One riser under each end of the platform.
- **8-inch height:** Two risers stacked under each end of the platform.

3.2 Non-Slip Surface

The top of the platform features a grippy, textured surface designed to prevent slipping during exercise and to absorb shock.

3.3 Sturdy Construction

The platform is reinforced with multiple plates and bars for stability and long-lasting use. It is constructed from eco-friendly materials.

3.4 Portable Design

The unit is lightweight relative to its size and capacity, making it possible to move for storage or use in different locations.

4. Assembly & Setup

The product requires minimal assembly. The main platform is used as-is, and the risers are added as needed to adjust height.

1. **Inspect Contents:** Unpack and verify you have 1 step platform and 4 risers.
2. **Choose Height:** Decide on your desired workout height (4", 6", or 8").
3. **Position Platform:** Place the main step platform on a flat, stable, non-slip floor surface.
4. **Add Risers:**
 - For 4" height: Use no risers.
 - For 6" height: Place one riser under each end of the platform. Ensure they are centered and stable.
 - For 8" height: Stack two risers under each end of the platform. Align them securely.
5. **Secure Check:** Before use, apply gentle pressure to the platform to ensure it does not rock or shift. All risers should be fully seated and level.

Safety Check: Always ensure the platform and risers are correctly assembled and stable before stepping onto it. Do not use if any component is damaged.

5. Use Guide

5.1 Basic Step Aerobics

Face the platform and step up and down in various patterns. Start with a lower height if you are a beginner.

- **Basic Step:** Step up with right foot, then left foot. Step down with right foot, then left foot.
- **Alternate Lead:** Change the leading foot periodically.

5.2 Strength & Conditioning Exercises

The platform can be used for exercises beyond step aerobics.

- **Step-Ups:** For leg strength. Step up onto the platform, bring the other foot to meet it, then step down.
- **Push-Ups:** Place hands on the platform for decline push-ups (easier) or feet on the platform for incline push-ups (more challenging).
- **Lunges:** Use the platform to elevate the front foot for lunges, targeting hamstrings and glutes.
- **Tricep Dips:** Sit on the platform, place hands next to hips, and lower your body by bending your elbows.
- **Core Exercises:** Use as a bench for exercises like seated leg lifts or Russian twists.

5.3 Safety During Use

- Always wear appropriate athletic footwear.
- Maintain awareness of your balance. Use a wall or stable object for support if needed, especially when learning new exercises.
- Keep the surrounding area clear of obstacles.
- Do not exceed the maximum user weight of 550 lbs.
- Start with low-intensity workouts and lower platform heights to build familiarity and stability.



6. Care & Maintenance

- **Cleaning:** Wipe the platform surface and risers with a damp cloth. Use mild soap if necessary. Do not use abrasive cleaners or solvents.
- **Drying:** Ensure all components are dry before storage to prevent mold or mildew.
- **Inspection:** Regularly check for signs of wear, cracks, or damage, especially to the non-slip surface and the points where risers connect.
- **Storage:** Store in a cool, dry place. The risers can be stacked and stored neatly under or next to the platform.

7. Troubleshooting

- **Platform is wobbly:** Ensure the floor surface is flat. Check that all risers are correctly positioned and stacked evenly. Do not use on thick, soft carpet.
- **Non-slip surface is peeling:** Discontinue use if the surface becomes detached, as it poses a tripping hazard. Contact seller for support.
- **Risers do not stack securely:** Ensure risers are clean and free of debris. Check for manufacturing defects or damage.

8. Warranty & Support

The product is returnable within 30 days of receipt. For specific warranty details or product support, contact the seller (ZENY) through your Amazon purchase history or visit the ZENY Store page on Amazon.

Warning

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