

Manuals+

[Q & A](#) | [Deep Search](#) | [Upload](#)

[manuals.plus](#) /

> [Reebok](#) /

> [Reebok Mini Workout Step Platform Instruction Manual](#)

Reebok Mini Step

Reebok Mini Workout Step Platform Instruction Manual

Model: Mini Step

[Features](#) [Setup](#) [Exercises](#) [Maintenance](#) [Introduction](#) [Key](#) [Troubleshooting](#) [Specifications](#) [Warranty & Support](#)

1. INTRODUCTION

The Reebok Mini Workout Step Platform is designed to enhance your fitness routines, offering a versatile platform for various exercises. This manual provides essential information for the safe and effective use of your aerobic step, covering setup, operation, maintenance, and product specifications.

2. KEY FEATURES

- **Compact Design:** Measuring 25.59 x 12.6 x 5.91 inches, this circuit-size stepper is easily transportable for use anywhere.
- **Resistance Tube Attachment Slot:** Upgrade workouts by adding resistance to movements, enhancing strength and flexibility.
- **Versatile Training:** Suitable for bodyweight training, plyometric exercises, fat burning, and improving stamina.
- **Secure and Non-Slip:** Features a raised bobble-textured surface and rubberized feet for maximized stability and grip during intense workouts.
- **Durable Construction:** Sturdy one-piece design supports a user weight of up to 242 lbs.
- **Material:** Constructed from 100% plastic.



Image: Side view of the Reebok Mini Step Platform, highlighting its compact design and textured surface.



Image: Underside view of the Reebok Mini Step Platform, showing the rubberized non-slip feet for enhanced stability.



Image: The Reebok Mini Step Platform with resistance bands attached, demonstrating the resistance tube attachment

slots.

3. SETUP

The Reebok Mini Workout Step Platform is designed for immediate use with minimal setup. It is a one-piece unit, eliminating the need for assembly of risers.

3.1 Unpacking

- Carefully remove the Mini Step from its packaging.
- Inspect the unit for any signs of damage. If damaged, do not use and contact customer support.

3.2 Placement

- Place the Mini Step on a flat, stable, and non-slip surface. Ensure there is adequate space around the step for your intended exercises.
- Verify that the rubberized feet are making full contact with the floor to prevent movement during use.

3.3 Resistance Tube Attachment (Optional)

- If using resistance tubes (sold separately), locate the attachment slots on the sides of the step.
- Securely thread the resistance tubes through the slots, ensuring they are firmly anchored before beginning your workout.

4. OPERATING INSTRUCTIONS: EXERCISE ROUTINES

The Reebok Mini Workout Step Platform supports a variety of exercises to target different fitness goals. Always warm up before exercising and cool down afterwards. Consult a healthcare professional before starting any new exercise program.

4.1 Plyometric Exercises

Plyometric exercises focus on explosive movements to build power and speed-strength.

Your browser does not support the video tag.

Video: Demonstrates various plyometric exercises using the Reebok Mini Step, including box jumps, hand walk-ups, burpee box jumps, squat thrusts, lateral step downs, plank up-downs, step-up knee tucks, and kick-throughs.

- **Box Jump and Squat:** Stand facing the step, jump onto it, land softly in a squat, then jump back down.
- **Hand Walk Ups:** Start in a plank position with hands on the floor, walk hands onto the step, then back down.
- **Burpee Box Jump:** Perform a burpee, then jump onto the step.
- **Squat Thrust:** Start standing, place hands on the step, jump feet back to plank, then jump feet forward and stand up.
- **Lateral Step Downs:** Stand on the step, step down to the side with one foot, then return to the step.
- **Plank Up Downs:** Start in a high plank with hands on the step, lower to forearms, then push back up to hands.
- **Step Up Knee Tucks:** Step onto the platform with one foot, bringing the opposite knee towards your chest, then step back down.
- **Kick Throughs:** Start in a bear crawl position with hands on the step, kick one leg through while rotating your torso.



Image: A user performing push-ups with hands elevated on the Reebok Mini Step, demonstrating a modified push-up for strength training.



Image: A user performing squats with one foot on the Reebok Mini Step, illustrating a plyometric exercise.

4.2 Toning Exercises

These exercises focus on muscle toning and endurance, often incorporating resistance bands.

Your browser does not support the video tag.

Video: Demonstrates various toning exercises using the Reebok Mini Step and resistance bands, including bicep curls, side squat to step up, push-up variations, tricep extensions, tricep dips, chest presses, resistance tube deadlifts, shoulder presses, and resistance tube upright rows.

- **Bicep Curls:** Stand on the step with resistance bands under your feet, perform bicep curls.
- **Side Squat to Step Up:** Stand beside the step, squat down, then step up onto the step.
- **Push Up Variation:** Perform push-ups with hands on the step for an incline, or feet on the step for a decline.
- **Tricep Extension:** Stand on the step with resistance bands under your feet, extend arms overhead for tricep extensions.
- **Tricep Dip:** Sit on the floor with hands on the step behind you, perform tricep dips.
- **Chest Fly:** Lie on your back with the step under your upper back, perform chest flies with resistance bands.
- **Resistance Tube Dead Lift:** Stand on the step with resistance bands under your feet, perform deadlifts.
- **Shoulder Press:** Sit on the step with resistance bands under your feet, perform overhead shoulder presses.

- **Resistance Tube Upright Row:** Stand on the step with resistance bands under your feet, perform upright rows.

4.3 Strength Exercises

These exercises focus on building muscular strength and endurance.

Your browser does not support the video tag.

Video: Demonstrates various strength exercises using the Reebok Mini Step, including lunges, push-ups, bent-over rows, chest presses, resistance tube deadlifts, shoulder presses, and resistance tube upright rows.

- **Lunge One Foot On:** Place one foot on the step behind you, perform lunges.
- **Push Ups:** Perform push-ups with hands on the step for an incline, or feet on the step for a decline.
- **Bent Over Row:** Stand on the step with resistance bands under your feet, bend at the hips and perform rows.
- **Chest Press:** Lie on your back with the step under your upper back, perform chest presses with resistance bands.
- **Resistance Tube Dead Lift:** Stand on the step with resistance bands under your feet, perform deadlifts.
- **Shoulder Press:** Sit on the step with resistance bands under your feet, perform overhead shoulder presses.
- **Resistance Tube Upright Row:** Stand on the step with resistance bands under your feet, perform upright rows.

5. MAINTENANCE

Proper maintenance ensures the longevity and safe operation of your Reebok Mini Workout Step Platform.

- **Cleaning:** Wipe down the step with a damp cloth and mild soap after each use. Avoid abrasive cleaners or solvents that could damage the surface.
- **Storage:** Store the Mini Step in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check the step for any cracks, damage, or wear, especially on the textured surface and rubberized feet. Discontinue use if any damage is found.

6. TROUBLESHOOTING

If you encounter any issues with your Reebok Mini Workout Step Platform, refer to the following common solutions:

- **Step slides during use:** Ensure the step is placed on a dry, flat, and non-slip surface. Check that the rubberized feet are clean and intact.
- **Resistance tubes do not feel secure:** Verify that the resistance tubes are correctly threaded and firmly anchored in the attachment slots.
- **Unstable feeling:** Confirm the step is on an even surface. If the issue persists, inspect the unit for damage.

For issues not covered here, please contact Reebok customer service.

7. SPECIFICATIONS

Brand	Reebok
Model Name	Reebok Mini Step

Model Number	RAP-10150BK
Material	Plastic
Color	Black
Product Dimensions (L x W x H)	25.59" x 12.6" x 5.91" (65.5 x 32 x 15 cm)
Item Weight	0.2 Ounces (approx. 5.67 grams) - <i>Note: This weight seems unusually low and might be a data entry error. The package weight is 3.07 kg.</i>
Weight Limit	242 Pounds
Number of Levels	1
Included Components	Mini Step
GTIN / UPC	885652014373

8. WARRANTY & SUPPORT

The Reebok Mini Workout Step Platform comes with a **1-year warranty** from the date of purchase.

For warranty claims, technical support, or any product-related inquiries, please contact Reebok customer service through their official website or the retailer where the product was purchased.