



### **Instructions to encourage healthy weight-bearing activity on the StandingSteps™ bionic platform.**

Step 1. Place platform on the floor with rear of platform (figure above) facing direction you wish your back to face while you stand on platform.

- For the purpose of becoming familiar with the platform's slight tilt motion you may wish to initially place platform near a wall that will be just behind you and close enough to nearly touch your shoulders while you are standing erect on platform.

Step 2. Step onto platform from the side or rear of platform.

- Never step from the front onto platform.
- Aim your lead foot to land onto anti-fatigue foam with back of your heel just in front of the wood laminate border.
- Place your other foot beside your lead foot.

Step 3. Begin with your weight balanced between your feet and having each foot 1 inch or more from side of platform.

- Stand erect, aiming to hold your body upright and relaxed with your shoulders and hips positioned over your ankles rather than over the arches of your feet.

Step 4. Bend just one knee gently and simultaneously straighten the other leg, as you rotate hip forward over bent knee.



- Avoid tilting your upper body forward.
- Keep both feet parallel and keep heels down always.
- Note that your forefoot under bending knee receives more body weight as you bend your knee. This is normal and expected to result in slight tilting motion of the platform. Try to feel the increase in body weight exerted on your forefeet. Simply bending your knees causes forces exerted by body weight to increase on forefoot under bending knee.
- Hip rotation naturally proceeds with bending one leg while standing on platform. Try to imagine the straight leg is the 'gate post', your hips are the 'hinge', and the bending leg is the 'gate' that swings.
- Let platform 'rebound' help you to straighten your bent leg and turn your hips in opposite direction. At same time allow the straight leg to begin bending also. This should begin to feel like walking motion!

Step 5. Try bending both knees simultaneously (shallow squat).

- The key is to unlock your ankles to allow them to bend forward as before when bending single ankle. (Step 4).
- You'll complete more StandingSteps by bending your knees only slightly.
- Gravity acting as the weight of viscous blood and lymph results in repetitive 'stretch and strain' on flexible circulatory vessel walls. This important signal informs your body that you're up and moving and that circulation must increase to accommodate the resulting increase in volume that is pumped as your heart rate increases.
- Try for quicker StandingSteps! Two to four per second while comfortably standing on the platform should be possible once you are accustomed to your ankles and knees bending.

For more muscular contractions and hip articulation, step right on ahead to aerobic elliptical motion on platform! How does it work?

- Place your feet parallel on platform as instructed above (Step 3).

- Begin by bending one leg at knee and ankle while simultaneously pushing down heel of other (straightened) leg.
- Your heel pushing down helps you drive hip rotation forward over your bent knee, causing platform to tilt against springs and store energy. The stored spring energy helps you to straighten your knee and begin sending hip rotation in other direction.
- Remember to push down on heel as your bent leg straightens and your other leg bends at knee and ankle! See analogy made before of gate post (straight leg), hinge (hips) and gate (bending leg).
- Without lifting any part of your feet, user can keep alternating knee bending and hip rotation from leg to leg. You should notice the elliptical path (forward, down, back and up) of your hip motion. The same is representative of the motion of your body center-of-gravity. Standing Steps™ exercise increases your heart rate, thereby increasing aerobic conditioning as oxygen utilization in muscle! Your movements can be faster than elliptical trainers at a gym yet are so familiar that you are able to continue your movements while standing at a workstation, in meetings, or while enjoying leisure activities. Aerobic workouts whenever and wherever you wish to stand are entirely up to you!

Caution! Take care when lifting platform from floor to avoid injury. Placing hands or feet under the upper plate of platform while operating the platform may result in injury! Prevent children, infants, and pets from approaching platform while standing on it. A small rug or a towel can be draped over the platform to prevent children, infants, and pets placing their hands or feet under upper plate while it is moving.