

# Aerobic Step

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|-------------------|
| <b>II</b>         |
| <b>AER 2</b>      |
| <b>01.01.2015</b> |
| <b>79</b>         |

Use • Aerobic Gymnastics

## Construction / Description of material, measurements

|                       |  |
|-----------------------|--|
| Form                  | The surface of the Step must be horizontal and not slippery. It can be covered by an anti-slip layer. To avoid injuries the Step shall not exhibit any sharp corners or edges that could be reached during regular use in a competition.   |
| Measurements          | <p>Height of the Step 150 mm +/- 10 mm</p> <p>Length of the horizontal upper part of the surface: 885 mm +/- 15 mm</p> <p>Width of the horizontal upper part of the surface: 275 mm +/- 10 mm</p> <p>Length of the Step at the base: 970 mm +/- 10 mm</p> <p>Width of the Step at the base: 370 mm +/- 10 mm</p> <p>Mass of the Step: ≥ 5,0 kg</p>   |
| Material              | <p>Body of the Step: Plastics or other synthetic material</p> <p>Anti-slip covering: Plastics or other synthetic material</p> <p>The body and the anti-slip covering do not have to be of the same material.</p>   |
| Functional Properties | <ul style="list-style-type: none"> <li>- The surface of the Step must provide a sufficient slip resistance when it is used under competition conditions (with sneakers).</li> <li>- The contact area between Step and floor must provide a sufficient slip resistance.</li> <li>- The Step must not produce disturbing sound during the execution of an exercise. It must assure a low noise level.</li> <li>- The support must not be separable from the body of step.</li> <li>- The contact area between the Step and the floor must be such, that the Aerobic Floor is not damaged with scratches</li> </ul> |

Norms / Functional properties

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| II         |
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