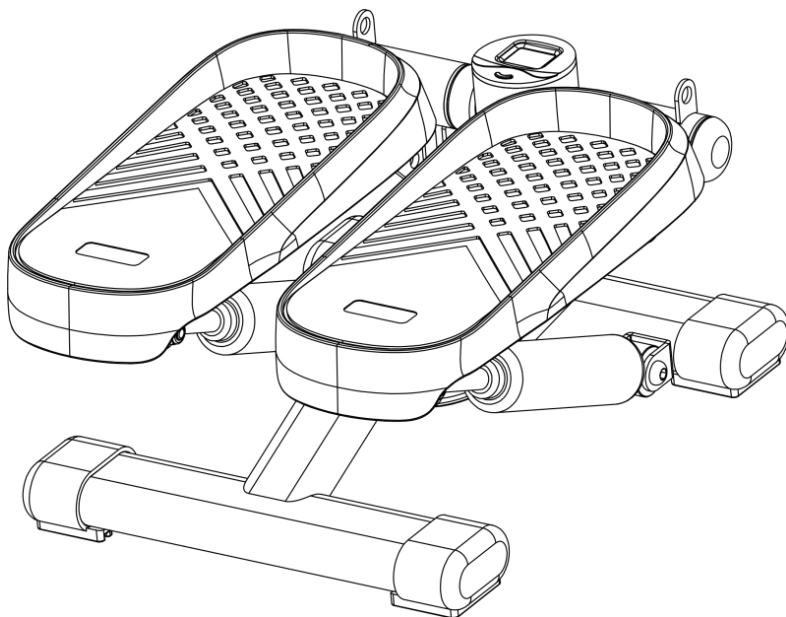


Home Use Mini Stepper

USER'S MANUAL



Before using the equipment, follow the instructions and read all precaution carefully, keep the manual for the future reference.

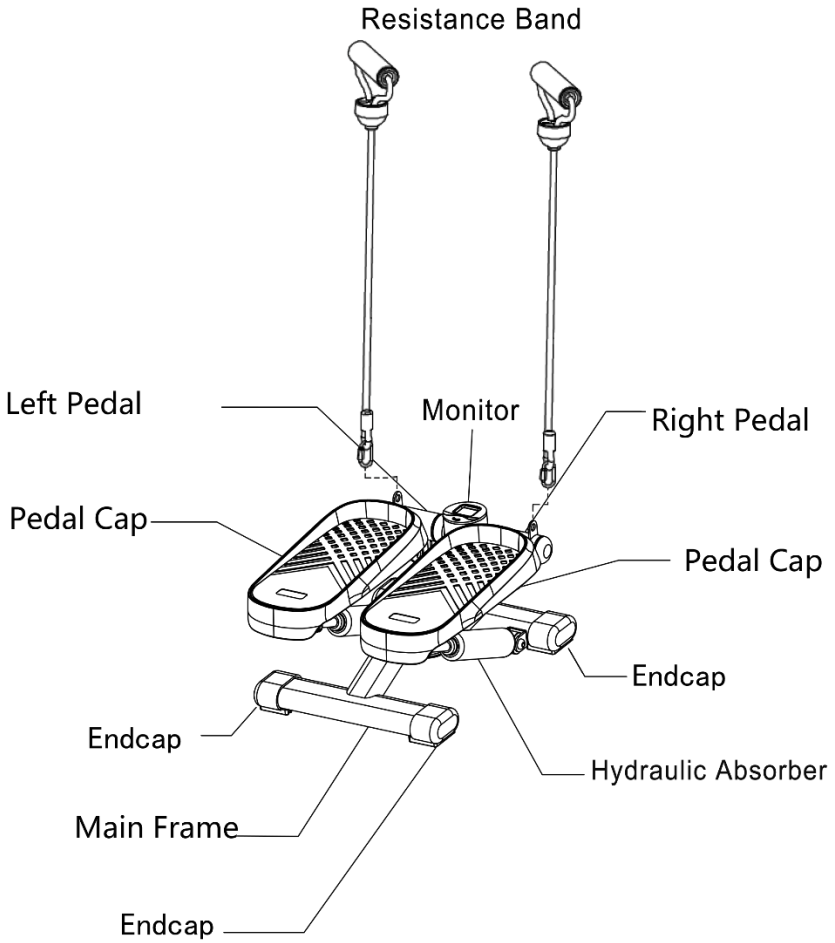
IMPORTANT PRECAUTIONS

TO REDUCE THE RISK OF SERIOUS INJURY OR RISKS, READ THE FOLLOWING SAFETY INSTRUCTIONS BEFORE USING THE EQUIPMENT.

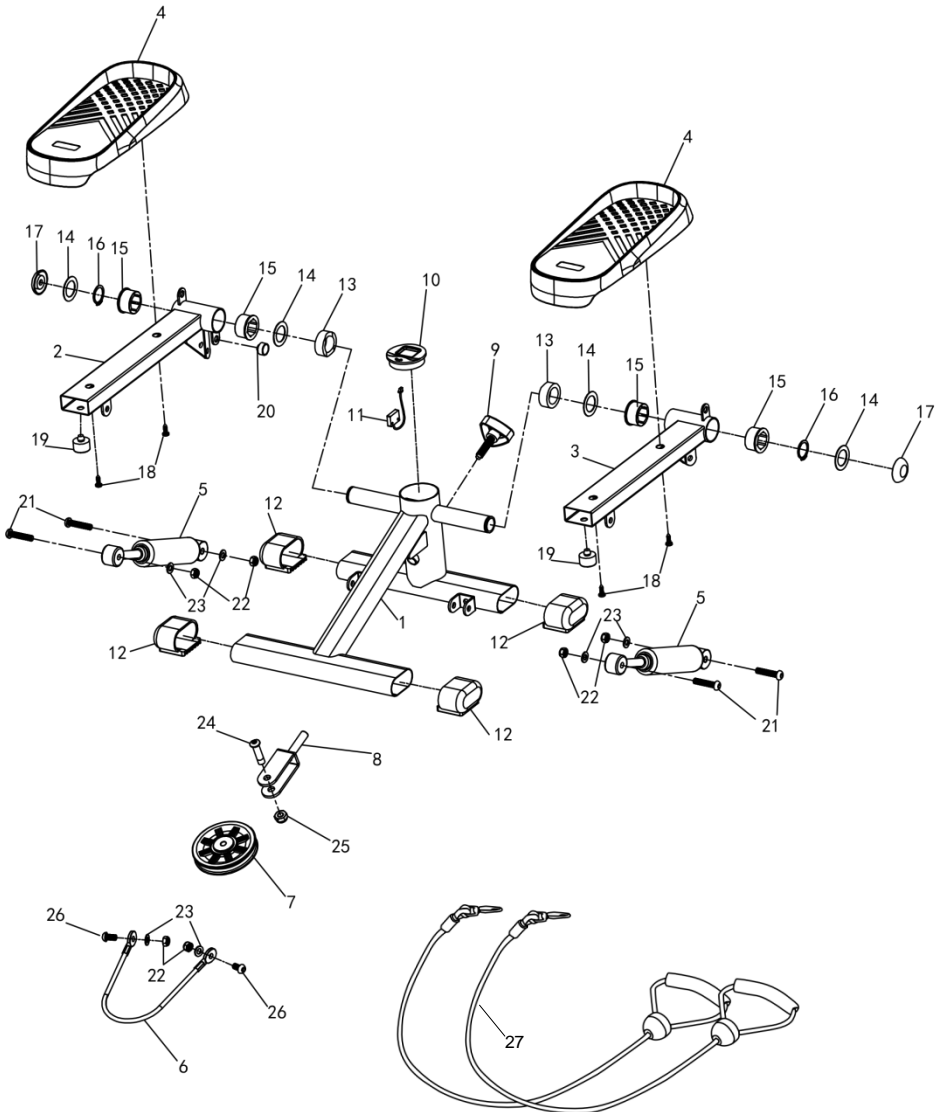
Consult your physician before starting this or any exercise program. This is especially important if you are over the age of 35, have never exercised before, are pregnant, or suffer from any health problem. This product is for home use only. Do not use in institutional or commercial applications. Failure to follow all warnings and instructions could result in serious injury or death.

1. Read this manual before assembling or using the product. Check product for loose or broken parts before each use.
2. Discontinue use when any missing, broken, and loose parts are found.
3. The maximum weight limit of this mini stepper is 240LB.
4. Position the stepper on a clear leveled ground.
5. Keep hands away from all moving parts.
6. Keep Children and pet away from the machine at all times.
7. Do not store your stepper outside or where exposed to moisture or extreme temperatures.
8. Only one person at a time should use this stepper.
9. Consult your physician prior to starting any training. Warm up before exercise.
10. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. Consult a physician immediately.
11. The stepper is for home use only.

PARTS LIST EXPOLORED



EXPLODED DRAWING



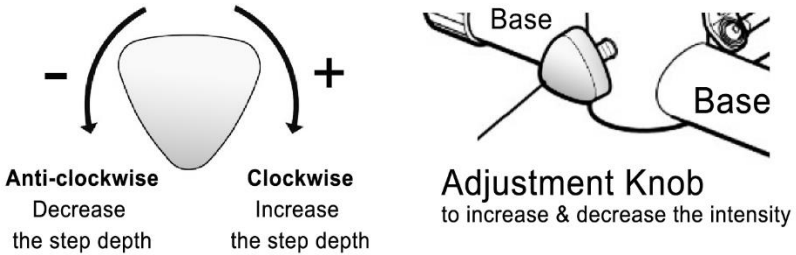
PARTS LIST

NO.	NAME	SIZE	Q'TY	NO.	NAME	SIZE	Q'TY
1	Main Frame	Assembly	1	15	Shaft Sleeve	Assembly	4
2	Pedal Support Left	Assembly	1	16	C Ring	Assembly	2
3	Pedal Support Right	Assembly	1	17	Plastic Cover	Assembly	2
4	Pedal	Assembly	2	18	Cross Screw	Assembly	4
5	Hydraulic Cylinder	Assembly	2	19	Bumper	Assembly	2
6	Cable	Assembly	1	20	Magnet	Assembly	1
7	Pulley	Assembly	1	21	Inner Hexagon Screw	Assembly	4
8	Pulley Bracket	Assembly	1	22	M8 Nut	Assembly	6
9	Adjustable Knob	Unassembled	1	23	Flat washer	Assembly	6
10	Monitor	Assembly	1	24	Hexagon Headed Bolt	Assembly	1
11	Sensor Wire	Assembly	1	25	Nylon Nut	Assembly	1
12	End Cap	Assembly	4	26	Inner Hexagon Screw	Assembly	2
13	Side Cover	Assembly	2	27	Resistance Band	Unassembled	2
14	Large Washer	Assembly	4				

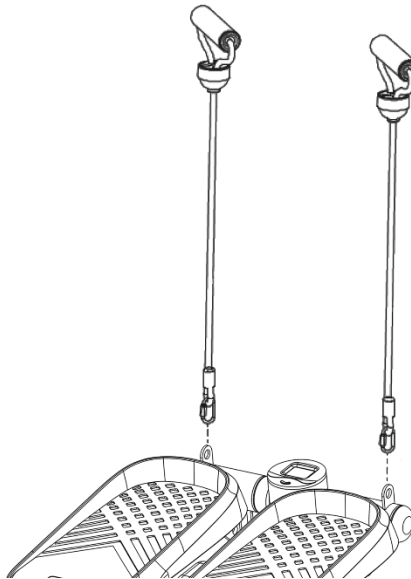
ASSEMBLY INSTRUCTIONS

Step 1, Take the product and all parts out from the carton, place all the contents neatly on a flat surface, checking against the parts list and ensuring there are no missing items.

Step 2, Insert the adjustment knob (9) into the hole at the rear of the base (1). Slowly lifting one foot pedal may make this work easier to do.



Step 3, Clip two elastic bands onto the eyelets as shown, both left side and right side.



MONITOR INSTRUCTIONS



KEY FUNCTION / SELECT

The monitor will be auto-powered when start exercise or press the RED key. Press the key, to select the function you want. Hold the key for 3 seconds to make all functions value reset. The monitor will be automatically shut off if there is no signal coming in for 256 seconds.


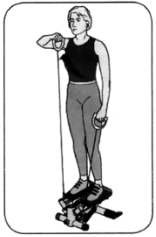

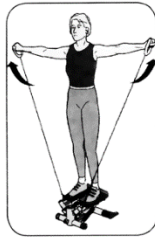
FUNCTION

- <1> TIME ----- Auto-memorize the workout time while exercising
- <2> COUNT ----- Accumulate the steps while exercising
- <3> CALORIE ----- Auto-memorize calories amount consumed while exercising
- <4> REPS/MIN ----- Display the steps per minute while exercising.
- <5> SCAN ----- Automatically scan through each function.

WORKOUT GUIDE

1. The mini stepper will help tone abs, legs, thighs, buttock muscles and arms if using the resistance bands. The stepper also provides a cardiovascular workout.
2. Select the desired step height by turning the adjustment knob.
3. Turn the knob clockwise to increase the step height and degree. Turn the knob counterclockwise to lower the step height and degree.
4. Move one foot pedal to the lowest position, step onto this pedal and then step onto the higher pedal with the other foot.
5. Push down on the raised leg, the foot pedal will move in a downward direction. Repeat with the other leg. Do not arch your back when using the mini stepper, always keep your back straight.

HOW TO USE RESISTANCE BANDS

			
<p>For arms, shoulders, legs and buttocks</p> <ol style="list-style-type: none"> 1. Keep the left arm slightly bent, raise it in front of your body to approximately as shoulder height and press the right pedal down 2. Lower the left arm and raise the right arm to almost same height and press the left pedal down 3. Repeat step 1&2 	<p>For arms and particularly your shoulders</p> <ol style="list-style-type: none"> 1. Keep stable on, do not step the unit 2. Start with hands at the height of hip 3. Keep the arms upward, pull the right handle towards the chin, lower the left handle at the same time 4. Return the hands to the start position and repeat exercise with the alternate arm 	<p>For arms, legs, buttocks and particularly your upper arms</p> <ol style="list-style-type: none"> 1. Keep the palm of your hand upwards 2. Press your elbows against your body firmly 3. Lower the left pedal and pull up the band with your right arm 4. Low the right pedal and pull up left arm 5. Repeat step 3 & 4, pedals and arms move alternatively 	<p>For the back, shoulders, chest, legs and buttocks</p> <ol style="list-style-type: none"> 1. Start stepping 2. During stepping, raise both arms up sideways, as high as shoulder height 3. Lower the arms down 4. Repeat step 2 & 3 while keep stepping 5. A variation can be performed with the palms of hands facing upwards

Please Consult your physician before starting this or any exercise program.