

MINI STEPPER

Universal Manual



INSTALLATION AND USE

▲ INSTALLATION



As the picture shows, take out the adjusting button adjust the hole site to the right position, and insert the knob. The degree of tightness of the knob can control the pedal height, the higher the tightness. Just buckle it on with the included band.

HOW TO USE THE KEYS



Scan: show different kinds of functional values automatically in order .

Time: from 0-99:55.

Calorie: accumulate calorie consumption when exercising only for reference value, not for medical reference.

Count: accumulate the number of steps and the ratio of stepper minutes.

Mode: can choose various function keys fit keeps 3 seconds, all the values will return to zero and restart to calculate.

▲ Instructions

Important notice: Any input will be displayed. Press the mode button can choose four functions (times/second time, calorie, auto scan) the small arrow on the screen will show various functions corresponding to four arrows below the screen auto scan. The screen will show automatically 4 seconds separately from the times/second, time, calories under this condition. Auto power off if there is no signal input lasting 4 seconds the screen will power off automatically But it will input the signal again by exercising or touching the mode button.

▲ Start workout

Important notice: Put the treadmill on the smooth ground. It is suggested to pave the blanket under it to avoid damage to the ground for long-term usage.

Step 1: Stand on the ground back to the treadmill. put your left foot on the left pedal and press down until it stops when touching the bottom.

Step 2: Put your right foot on the right pedal

Step 3: Start to exercise at a slow pace and gradually familiarize yourself with the unique stepping rule. If you want to adjust the obstruction of the pedal, please first come down the treadmill and then adjust the knob or obstruction joystick.

▲ Exercise frequency

It is suggested that you should exercise at least every other day. At the beginning, you can do 5 minutes ahead then add gradually to 15 minutes, up to 30 minutes. Or 10 minutes each until to complete three units. You can also insist! exercising every day Please remember to exercise within your abilities after exercising to reduce muscular soreness the following days, it is important to do some stretch exercises. Take a deep breath drink water and relax the body will make you feel well and have a sense of achievement.

Attention

1. The largest weight of the user is 300LBS.

2. The machine should be placed and used on smooth and stable ground

If necessary, please pave the fabric under the machine to protect your floor or blanket. Please check it carefully before using it each time.

3. Please wear suitable clothes when exercising.

Do not wear loose clothes to be involved in the machine to block exercise.

4. Please keep babies, and pets away from the machine to avoid unnecessary damage.

5. The users who are pregnant or install implantable medical products such as cardiac pacemakers should inquire from their doctors before using.

If you have any discomfort like chest distress arrhythmia shortness of breath. dizziness or others, please stop exercising immediately and inquire with your doctors before continuing the exercise

6. Do warm-up before usage

7. When the hydraulic cylinder is used for up to 20 minutes continuously. please use it after cooling.

Do not touch after usage.

8. Please give your body water of 150CC-500CC supplement to help discharge UA, which leads to half the work with double results.

9. To enhance the adhesion of feet and body Twitter adhering to the fitness principle of foot massage, it is better to use bare feet.

HIGH AEROBIC EXERCISE

PROMOTES FAT BURNING



We are a manufacturer of high-quality home fitness equipment based on the concept of convenience.

With MINI STEPPER, fitness is no longer limited by long distances from home to the gym or the complexity of using the products, as long as you are willing to take the time, whether you are a fitness enthusiast, a white-collar worker or a housewife, you can work out at home at any time.