

105MM

145MM

# OWNER'S MANUAL STEPPER



## 1 Product Structure



### Parts list

Item	Nama	QTY	Item	Nama	QTY
①	Pedal	2	②	Electronic Meter	1
③	Adjust knob	1	④	Hydraulic Rod	2
⑤	Base frame	1	⑥	Pulley	1

※ updated ones with exercise straps

01

## 6 Warranty Card

### After sale service records

User name _____	Product name _____
User tel _____	product model _____
Useraddress _____	purchasing date _____
Service record _____	Purchasing address _____
Service date _____	
User (stamp)	Distributor (stamp)

Thank you for choosing this type of fitness equipment series products. Please carefully read warranty card and keep it and purchase invoice for safekeeping in order that our company can provide better service for you.

Under the condition of proper maintenance for this product which is not damaged by the user when normal usage, the warranty card can only be used by original purchaser instead of transferring to others.

The fitness product can be enjoyed one-year warranty since the date of purchase in normal circumstances.

The damage caused by abuse, carelessness, accident or refitting without approval;  
The damage caused by improper maintenance;  
The damage of product appearance (like leather) and packing material;  
Unable to show product warranty card and purchase invoice;  
Other some rule-breaking operations and damage caused by it.

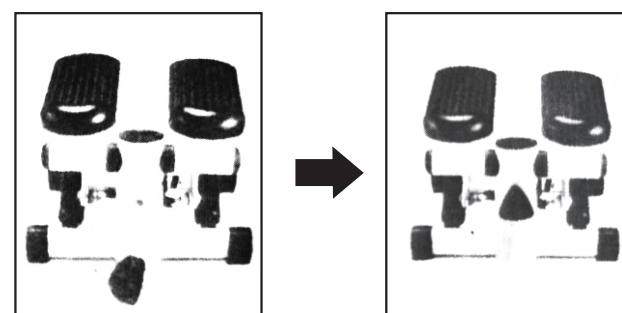
06

## 5 Attention

1. The largest weight of the user is 100 KG.
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 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, pets away from the machine to avoid unnecessary damage.
5. The users who are pregnant or install implantable medical products such as cardiac pacemaker should inquiry from your doctors before using. If you have any discomfort like chest distress, arrhythmia, shortness of breath, dizziness or others, please stop exercising immediately and inquiry from your doctors before continuing the exercise.
6. Do warm-up before usage.
7. When hydraulic cylinder is used up to 20 minutes continuously, please use it after cooling. Do not touch it after usage.
8. Please give your body water of 150CC-500CC as supplement to help discharge UA, which leads to half the work with double results.
9. To enhance the adhesion of feet and body twister adhering to the fitness principle of foot massage, it is better to use with bare feel.

05

## 2 Installation Drawing



(1)

As picture (1) shows, take out the adjusting button, adjust the hole site to the right position and insert the knob. The degree of tightness of knob can control the pedal height, the higher the closer

02

## 3 Instructions

### 1. Instructions of electronic meter



### 2. Instructions of function

- Scan: show different kinds of functional value 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 the ratio of step per minute
- Mode: can choose various function key. If it keeps 3 seconds, all the value will return to zero and restart to calculate.

03

## 4 Instructions

**Important notice:** Any input will start display. Press the mode button can choose four functions (times/second, time, calorie, auto scan). The small arrow on the screen will show various functions which are corresponding to four arrows below the screen.

**Auto scan:** The screen will show automatically 4 seconds separately the times/second, time, calorie under this condition.

**Auto power off:** If there is no signal input lasting 4 minutes, the screen will power off automatically. But it will input signal again by exercising or touching mode button.

### 3. 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 with slow pace and gradually familiar with the unique stepping rule. If you want to adjust the obstruction of pedal, please firstly come down the treadmill and then adjust 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, and then add gradually to 15 minutes, up to 30 minutes. Or 10 minutes each unit to complete three units. You can also insist exercising every day. Please be remembered to exercise within your abilities.

### Recovery after exercising

To reduce muscular soreness the following days, it is important to do some stretch exercise. Make deep breath, drink water and relax the body will make you feel well and have a sense of achievement.

04