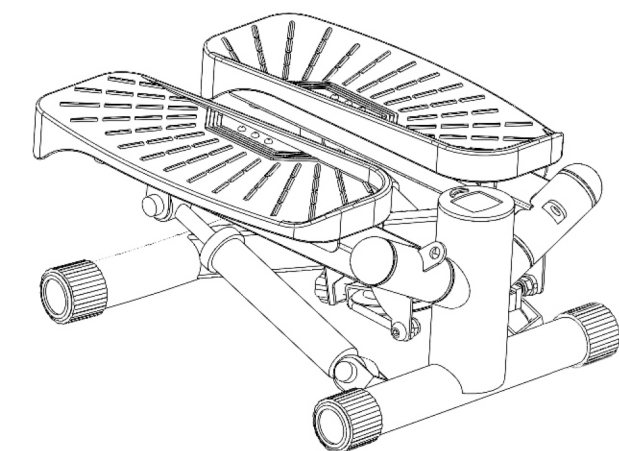


# STEPPER

## Instruction Manual



Thank you for choosing and purchasing our products. The correct use of this equipment is the guarantee of your safety and health. Please read the following carefully before using this equipment.

1. It is necessary to read the user manual completely before installation and use. Only by installing, maintaining and using this equipment normally can the exercise become safe and effective.
2. Before starting an exercise program, please consult your doctor and student to determine your physical condition in front of your eyes and see if it will cause harm to your health when you use this equipment for exercise. If you are doing some treatment for heart rate, blood pressure and cholesterol, then your doctor's advice is necessary.
3. Pay attention to some signals of your own body. Incorrect and excessive exercise will harm your health. If you feel the following symptoms of pain, chest tightness, rapid heartbeat, shortness of breath, heaviness, dizziness and nausea, please stop practicing immediately. If you want to continue your practice program, please consult your doctor first.
4. Make sure that children and pets are kept away from this equipment. This sales material is specially designed for adults.
5. Use a strong, flat material at the bottom of the equipment to protect your floor carpet. For the sake of safety, please make sure that at least 0.5m free movement space is maintained around the equipment.
6. Please make sure that the screws and nuts are locked before use.
7. The electronic watch has a number of functions, and it will reflect the corresponding values according to the different degrees of human movement. Here, we warmly reminder you that, the heartbeat value of the electronic watch may not be accurate, and it can only give you some reference.
8. Wear well-fitting clothes when exercising in case loose clothes are tripped over or restrict exercise. Please pay attention to incorrect and excessive practice and may cause harm to the body.
9. This equipment is only suitable for indoor and household use.
10. Try to be careful when moving this equipment to avoid causing unnecessary harm.
11. Please keep the instruction book and installation tools properly.
12. This product cannot be used as a medical device.

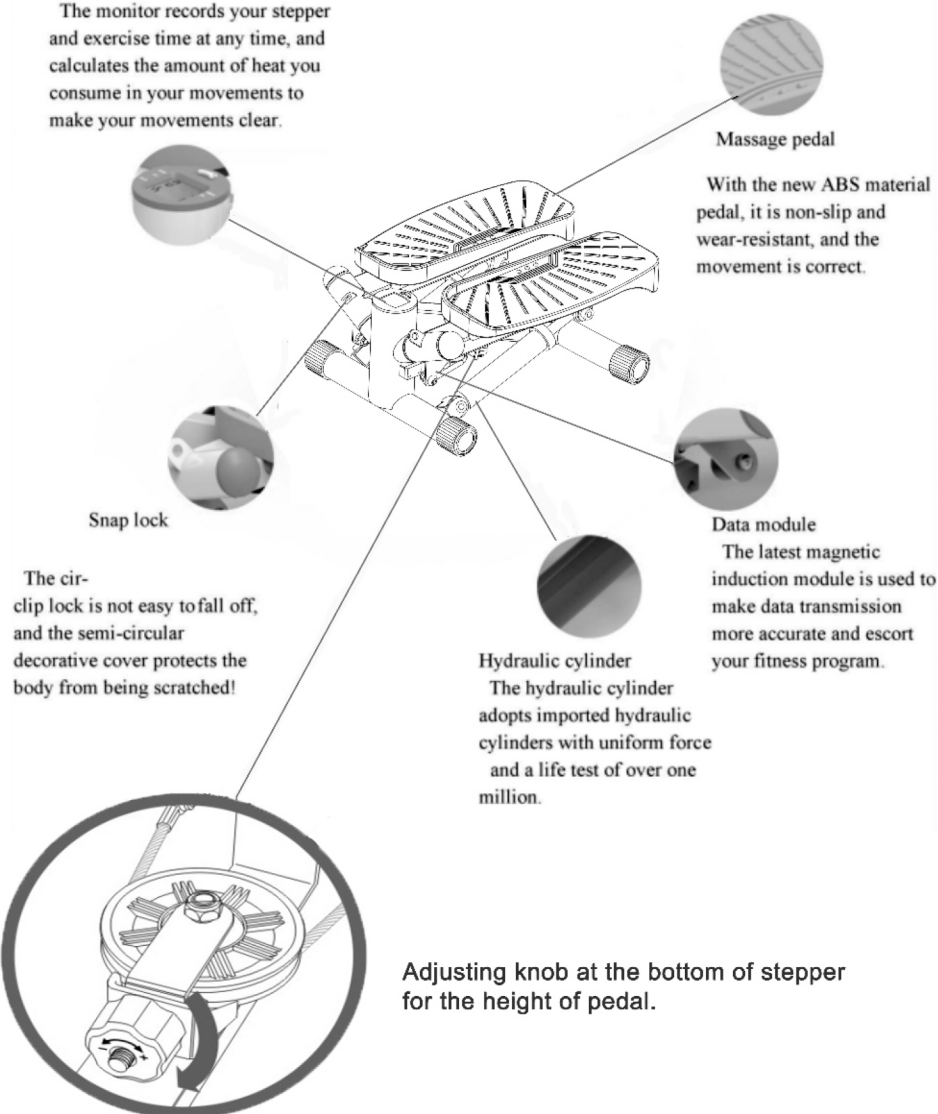
### Notes:

1. This stepper should be placed and used on a flat and stable ground. If possible, please pad the fabric under the stepper to protect your floor or carpet. Please check whether this product is stable or not before each use.
2. When exercising, please wear appropriate clothes to avoid being pulled into the stepper to get hurt or hinder the movement.
3. Please keep children and pets away from the stepper so as not to cause unnecessary harm.
4. For pregnant women and users who install pacemakers and other implanted medical products, please consult your doctor before using them. If you have any chest pain, choking, irregular heart rate, shortness of breath, dizziness or other discomfort during exercise, please stop exercising immediately and consult your doctor before continuing to exercise.
5. Please do warm-up exercise before use.
6. The hydraulic cylinder will heat up if it is used continuously for 20 minutes. It is recommended that you use it for no more than 30 minutes at a time. Wait for the hydraulic cylinder to cool before continue to use; after use, do not touch the hydraulic cylinder.
7. It can be used barefoot, but please pay attention to anti-skid.
8. The inclination of the stepper accords with ergonomics and will not cause damage to the knee.

### Product Details:

#### Display

The monitor records your stepper and exercise time at any time, and calculates the amount of heat you consume in your movements to make your movements clear.



**Massage pedal**  
With the new ABS material pedal, it is non-slip and wear-resistant, and the movement is correct.

#### Snap lock

The circular clip lock is not easy to fall off, and the semi-circular decorative cover protects the body from being scratched!

#### Data module

The latest magnetic induction module is used to make data transmission more accurate and escort your fitness program.

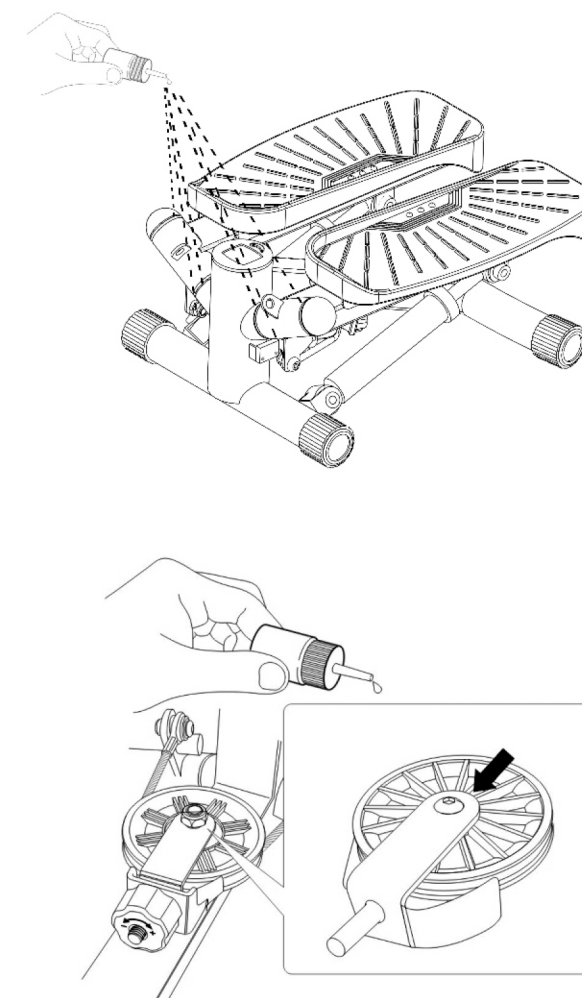
#### Hydraulic cylinder

The hydraulic cylinder adopts imported hydraulic cylinders with uniform force and a life test of over one million.

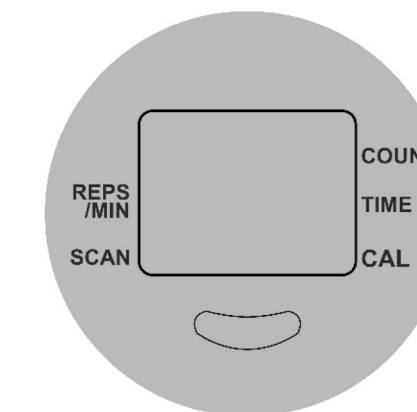
Adjusting knob at the bottom of stepper for the height of pedal.

### How to solving squeaking noise

1. If you hear noise after 5 minutes of use, apply oil to the area referring to the oiling method below.
2. Then after 15 minutes of exercise, if there is a noise again, re-lubricate.
3. After that, lubricate it again and use it in following day. The oil will be absorbed and the noise will be gone.



### Electronic watch description



### Function description

- SCAN:** automatically display the values of each function in order. In the scanning state, the display screen will automatically display the number of times, time, and calories for 4 seconds in turn.
- TIME:** 0-99:59.
- CAL:** cumulative calorie consumption during exercise; this is only a reference value, and can not be used for medical reference.
- COUNT:** accumulating the number of steps.
- REPS/MIN:** the rate of steps per minute.
- MODE BUTTON:** you can choose to display each function; Long press for 3 seconds to return all values to zero and start counting again.
- TIP:** touch the pedal or press the mode button to turn on the display, press the mode button to switch between the four functions (time, calories, frequency), and the small arrows on the display screen correspond to each function.
- SHUTDOWN:** if the pedal does not move for 4 minutes, the display screen will turn off automatically. The display screen can be turned on by moving the stepper or pressing the mode button.

### Daily cleaning and maintenance

- Tip:** please put the stepper on a flat and stable ground, and it is recommended to put a carpet under it to prevent damage to the ground due to long-term use of the stepper.
- Step 1: stand on the ground behind the stepper, place your left foot completely on the left foot pedal and step down until it touches the bottom and stops moving.
- Step 2: completely dry the right foot on the right pedal.

### Exercise frequency.

It is recommended to use a stepper at least 3-4 times a week. When you first start to exercise, you can get 5 minutes first. Then gradually lengthen to 15 minutes, until 30 minutes, or 10 minutes a group, complete 3 groups. If you want to achieve better exercise results, please keep exercising every day, but according to your physical condition.

### Recovery after exercising

In order to reduce muscle soreness in the next few days, it is important to do some stretching after exercise. Drink a small amount of water, take some deep breaths, and relax your body, which will make your body and mind feel better and full of sense of achievement!