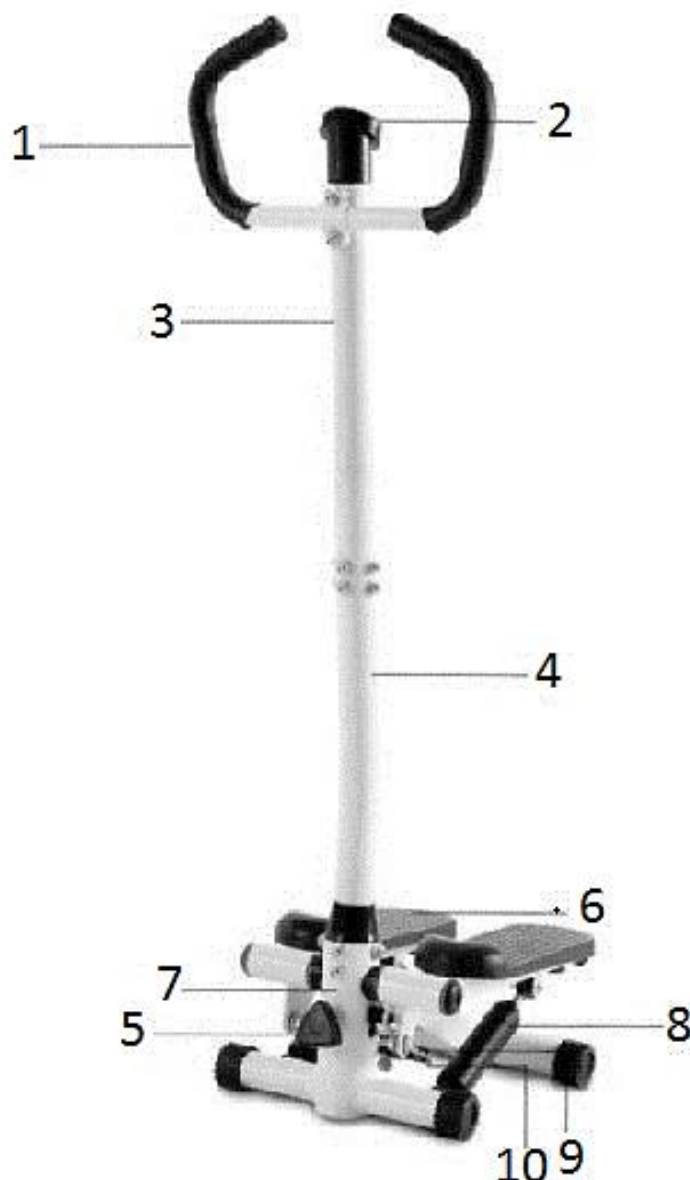


Parts



Dimensions:

112cm x29cm x33cm

LCD Display

Parts list

1. Handlebars(x1)
2. LCD Monitor (x1)
3. Upper column (x1)
4. Lower column (x1)
5. Resistance Adjustment knob (x1)
6. Pedal (x2)
7. Base frame (x1)
8. Hydraulic rod (x2)
9. Wire rope (x1)
10. Pulley (x1)

COMPACT MINI STEPPER EXERCISER

MAXIMUM USER WEIGHT IS 90KG

- With centre handlebars for stability ensuring steady control when using.
- Keep track of your progress with LCD display shows total step count, time and calories burnt.
- Adjustable tension accommodates for a range of heights by adjusting the steps.
- Boost your cardio and strengthen your lower body muscles.
- Increases fitness and works your thighs, glutes, and calves.

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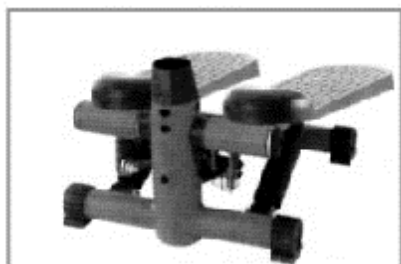
- LCD Display requires 1 x LR44/AG13, 140mAh, 1.5V battery (included)

ASSEMBLY:

All the parts come in plastic bags and taped to inside of the polystyrene at one end.

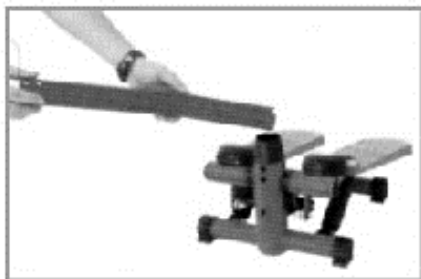


There are 2 types of washers and you must make sure you use the right ones. All parts around the shaft will take the curved washers .



Step 1.

Place the stepper on a stable flat surface.



Step 2.

Connect the wires in the main column stand and the wires in the fittings, and feed them through the lower column.

The wire is inside the bottom part just below the screws shown in the photo 1. The tools comes with the mini stepper 1 Allen key and a spanner.

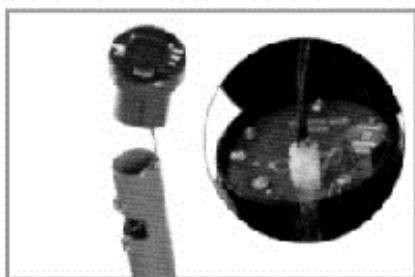
To help with threading the cable through the shaft you can use a piece of tape attached to a pen.

Tighten the screw for the positive hole.



Step 3.

Insert the upper column into the lower column, screw the screws at the upper and lower post holes (Do not tighten the screws for the moment).



Step 4.

Connect the wire connector to the LCD Monitor connector and insert the monitor into the slot on the holder.

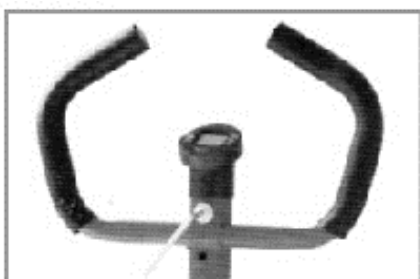
Put the plastic holder on first then thread the cable and attach to the monitor as shown. Check the tension screw is in far enough. You should hear a click when you stand on the pedals, otherwise the monitor might not work. Turn the mini stepper on its side and go round and tighten all the nuts underneath.

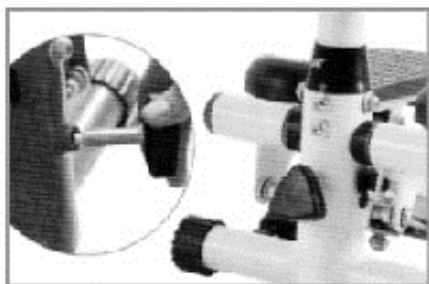


Step 5.

Use the 2 flat washers to bolt the handlebars shown in the top photo.

Align the handlebar with the upper column, align the support, align the hole and tighten the screws.

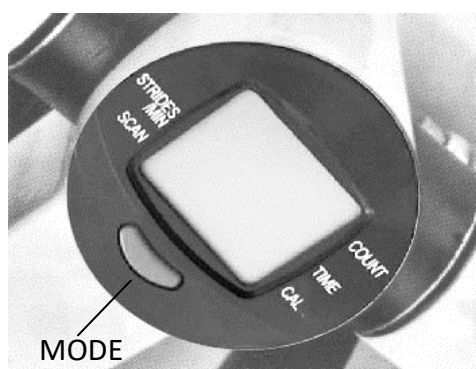


**Step 6.**

Rotate the adjustment screw into the hole in the front of the base of the main frame and tighten it according to which resistance is required.

Then go round and double check all the bolts are tight.

Please check the nuts and bolts regularly that are still tight

**INSTRUCTIONS OF LCD MONITOR – Contains 1 x LR44/AG13, 140mAh, 1.5V battery (included)
Instructions of function**

SCAN button: shows functional values automatically in the following order:

STRIDES MIN:

TIME: from 0-99:55

CALORIE: counting calorie consumption when exercising only for reference value, not for medical reference.

COUNT: counts the number of steps to the ratio of steps per minute

Red MODE button: you can choose various function keys. If it keeps 3 seconds, all value will return to ZERO and restart to calculate.

Important notice:

The monitor will start displaying on input. Press the MODE button to choose four functions (time/seconds, time, calorie, auto scan). The small arrow on the screen will point to the function and showing its value.

Auto scan: The screen will automatically show for 4 seconds time/seconds, time, calories.

Auto power off: If there is no signal input for 4 seconds, the screen will power off automatically but will restart when exercising or touching the mode button.

Before you start any exercise program it is recommended to consult your GP.

Warm up:

Before using the stepper, warm up your muscles by walking or marching in place for a few minutes. Focus on your posture, abdominal control and regular breathing.

Start workout:

Important notice: put the treadmill on a level stable surface. It is suggested to protect the floor to avoid damage on long-term usage.

Step 1: Stand behind the treadmill and 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.

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Step 3: Start to exercise at a slow pace and gradually familiarise yourself with the stepping routine. If you want to adjust the resistance of the pedal, step off the treadmill and turn the adjustment knob.

Exercise frequency:

It is suggested that you should exercise at least every other day, slowly building up your strength. Only exercise within your abilities.

Cool down:

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

CAUTION:

- **THE LARGEST WEIGHT OF THE USER IS 100KG.**
- THE MACHINE SHOULD BE PLACED AND USED ON SMOOTH AND STABLE GROUND.
- IF NECESSARY, PLEASE PROTECT THE SURFACE UNDER THE STEPPER TO PROTECT YOUR FLOOR OR CARPET. PLEASE CHECK IT CAREFULLY BEFORE USING EACH TIME.
- PLEASE WEAR SUITABLE CLOTHES WHEN EXERCISING. DO NOT WEAR LOOSE CLOTHES.
- PLEASE KEEP CHILDREN, PETS AWAY FROM THE MACHINE TO AVOID UNNECESSARY DAMAGE.
- IF YOU ARE PREGNANT OR HAVE A MEDICAL IMPLANT AS CARDIAC PACEMAKER YOU SHOULD CONSULT YOUR DOCTOR BEFORE USING THE STEPPER.
- DO WARM-UP BEFORE USAGE. KEEP WELL HYDRATED.
- IF YOU HAVE ANY DISCOMFORT LIKE CHEST PAIN, ARRHYTHMIA, SHORTNESS OF BREATH, DIZZINESS OR OTHERS, PLEASE STOP EXERCISING IMMEDIATELY AND CONSULT YOUR DOCTOR BEFORE CONTINUING TO EXERCISE.
- WHEN HYDRAULIC CYLINDER IS USED UP TO 20 MINUTES CONTINUOUSLY IT NEEDS TO COOL DOWN. PLEASE DO NOT TOUCH THE CYLINDER AS IT MAY BECOME HOT.

CARE AND CLEANING INSTRUCTIONS:

- Wipe with a clean dry cloth.



BATTERIES:

- Keep batteries away from children and pets.
- Do not mix used and new batteries.
- Install batteries in accordance with its polarity symbols.
- Remove the batteries if left for long periods.
- Never dispose of batteries in a fire.
- Battery disposal, spent or expired batteries must be properly disposed of and recycled in compliance with local regulations. For detailed information, contact your local authority.
- Follow the battery manufacturer's safety, usage, and disposal instructions.

DISPOSAL

- Coopers of Stortford use recyclable or recycled packaging where possible.
- Please dispose of all packaging, paper, cartons, packaging in accordance with your local recycling regulations.
- Plastics, polybags – Contains the following recyclable plastic.



Code & Symbol	 PP	 OTHER
Type of Plastic	Polypropylene	Please Specify (includes ABS, Nylon)
Commonly used for	Microwaveable food containers, yoghurt pots, butter tubs, disposable plates and cups	CD's, crisp packets, various flexible packaging, baby bottles, sunglass lenses
Notes	Commonly recycled and collected from household recycling bins (packaging tape itself not recyclable but does not interfere with cardboard)	Not often or widely recycled

- At the end of the product's lifespan please check with your local council authorised household waste recycling centre for disposal.

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CA

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