



Dimensions

46cm x40cm x13.5cm

Weight

3.6kg

Connects to the power supply with a transformer (24V-20W)

Remote control requires 2xAAA batteries (not included)

- 5 speeds / Remote control included
- Touch screen with LED lights
- THE SEATED WALKING MACHINE, creates constant leg movement – glides your feet back and forth like walking movement
- LOW IMPACT EXCERSISER
- Designed to help BLOOD FLOW & therefore IMPROVE CARDIOVASCULAR HEALTH
- Stimulates muscles in legs, ankles calves and feet
- Keep active and joints mobile to improve circulation
- Ideal for anyone who finds walking difficult

ASSEMBLY INSTRUCTIONS / INSTRUCTIONS FOR USE:

Unpack the components carefully. Please check all parts have been removed from the packaging.

- Connect power adapter to the unit and power jack to a socket.
- Touch the power switch (B) to power machine on and off. Touch speed + or – to adjust from level 1 to level 5. Use either remote control or touch screen

- Level 1: 32 steps
- Level 2: 36 steps
- Level 3: 40 steps
- Level 4: 44 steps
- Level 5: 52 steps



- Sit on a chair and place your feet on the pedals (A).
- When finished, turn exerciser off.



Optional

To angle the unit upward, pull the legs (C) from the underside.

Caution

- Do not stand or sit on the exerciser.
- Keep out of reach of children. This is not a toy.
- Do not use on slippery or uneven surfaces.
- Do not wet the unit.
- Do not place your fingers or toes between the pedals.

CARE AND CLEANING INSTRUCTIONS:

- Always switch off when not in use.
- Do NOT immerse in water.
- Do NOT use abrasive cleaners or sharp utensils to clean this appliance.
- Store the item in a cool, dry place.
- Wipe with a clean dry cloth.

PLUG WIRING (UK & IRELAND)

This appliance is supplied with a mains adaptor/charger with BS1363 plug pins.

DO NOT use if the socket outlets in your home or office are not suitable for this product's mains adaptor/charger plug pins. Attempts to insert the mains adaptor/charger into the wrong socket is likely to cause electric hazard or damage.

DO NOT use with any other mains transformer/charger than the one that is supplied with this product.

SAFETY INSTRUCTIONS:


WHEN USING ELECTRICAL APPLIANCES, BASIC SAFETY PRECAUTIONS SHOULD ALWAYS BE FOLLOWED:

- READ ALL INSTRUCTIONS BEFORE USE.
- TO PROTECT AGAINST ELECTRIC SHOCK, DO NOT IMMERSE CORD, PLUG OR APPLIANCE, IN WATER OR ANY OTHER LIQUID.
- UNPLUG FROM OUTLET WHEN NOT IN USE AND BEFORE CLEANING.
- DO NOT OPERATE ANY APPLIANCE WITH A DAMAGED CORD OR PLUG OR AFTER THE APPLIANCE MALFUNCTIONS, OR HAS BEEN DAMAGED IN ANY MANNER. WE RECOMMEND THAT THE POWER CORD IS NOT KINKED OR STORED IN A TWISTED MANNER, AND THAT YOU REGULARLY CHECK ITS CONDITION.
- THE USE OF ANY ACCESSORY ATTACHMENTS NOT RECOMMENDED BY COOPERS OF STORTFORD MAY CAUSE INJURIES AND INVALIDATE ANY WARRANTY YOU MAY HAVE.
- DO NOT USE OUTDOORS.
- DO NOT LET CORD HANG OVER THE EDGE OF A TABLE OR COUNTER, OR TOUCH HOT SURFACES.
- DO NOT PLACE ON OR NEAR HEAT SOURCES.
- USE ON A LEVEL, STABLE SURFACE.
- **DO NOT** COVER THE ITEM IN ANY WAY WHEN IN USE AS THIS MAY CAUSE OVERHEATING.
- DO NOT USE THIS APPLIANCE FOR ANY OTHER USE THAN THE INTENDED USE IT IS DESIGNED FOR.
- ENSURE THERE IS SUFFICIENT DISTANCE BETWEEN THIS APPLIANCE AND OTHER ITEMS ON THE WORK SURFACE OR WORK STATION, OR SUFFICIENT DISTANCE BETWEEN THE APPLIANCE AND THE CONFINES OF THE AREA IN WHICH IT IS SITUATED. WE RECOMMEND A MINIMUM CLEARANCE AROUND ALL FACES OF AT LEAST 10CM.
- BEFORE USE, CHECK THOROUGHLY FOR ANY DEFECTS AND DO NOT USE IF DEFECTS ARE FOUND. TAKE CARE NOT TO DROP THE APPLIANCE AS HEAVY IMPACTS MAY CAUSE INTERNAL DAMAGE.

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 – This product contains the following recyclable plastic.



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| Code & Symbol |  OTHER |
| Type of Plastic | ABS |
| Commonly used for | CD's, crisp packets, various flexible packaging, baby bottles, sunglasses lenses |
| Notes | 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.

