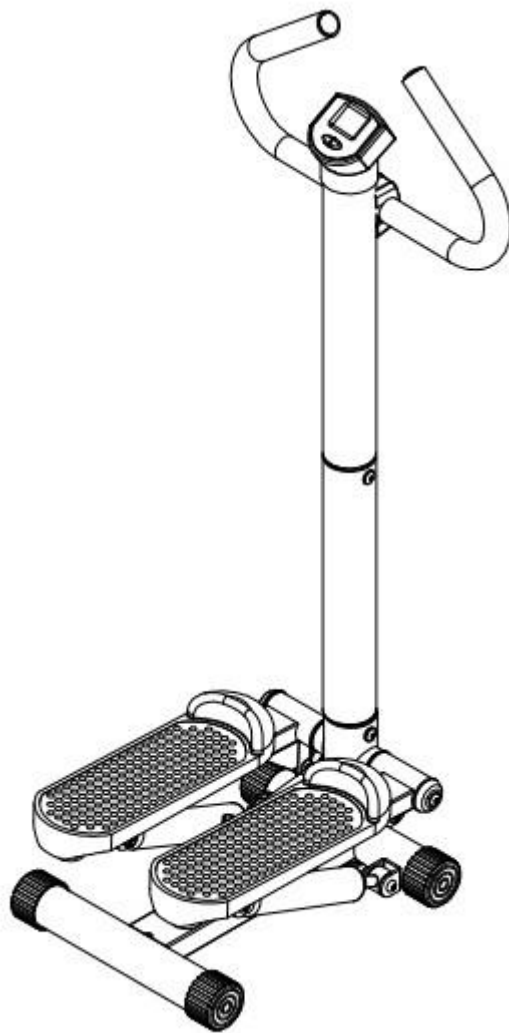
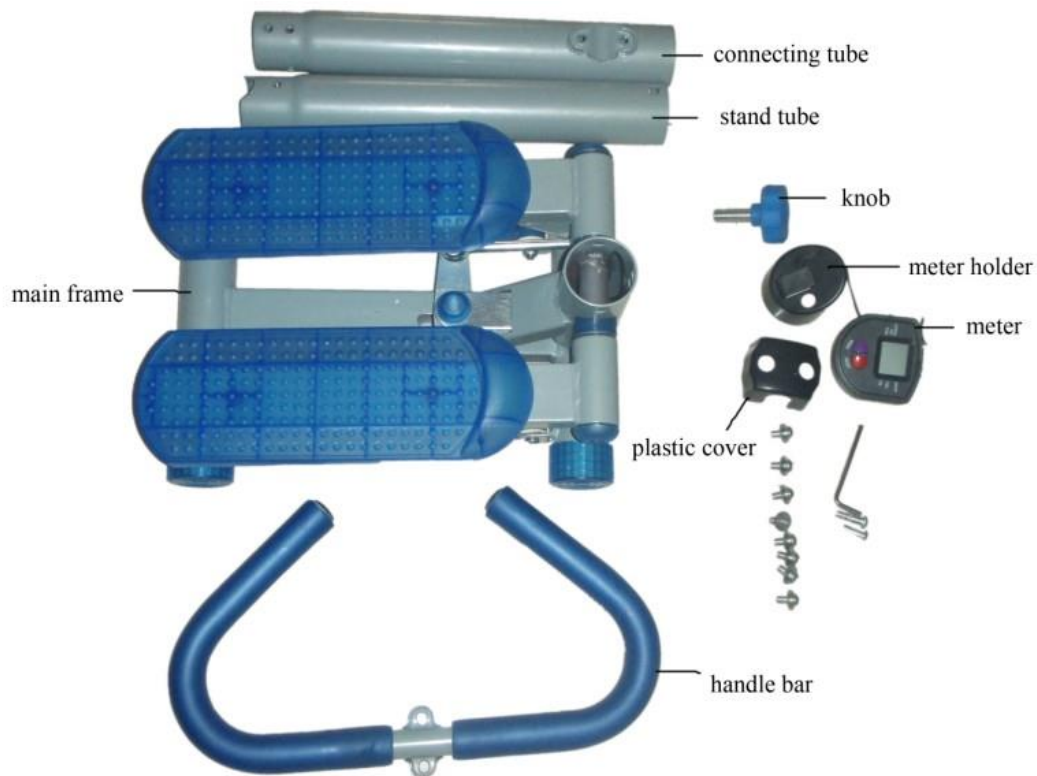


MINI STEPPER



Assembly



1. Place the main frame on the ground.
2. Run the power cable through the stand tube.
3. Connect the stand tube to the main frame with supplied short bolts and washers.
4. Run the power cable through the connecting tube.
5. Connect the connecting tube to the stand tube with supplied short bolts and washers.
6. Run the power cable through the round hole of the meter holder, and connect the meter holder with connecting tube.
7. Open the rear cover of the meter, put a battery and then close.
8. Connect the power cable to the cable of the meter, and connect the meter to the meter holder.
9. Place the plastic cove together with handle bar, connect the handle bar to the connecting tube with long bolts and washers.
10. Screw the knob to the main frame, pedals will be lifted up automatically.

Meter

Auto on/off

Press any key or start exercising, meter will turn on automatically.

Automatically shut off when there is no exercise for 4-5 minutes.

Mode: This key allows you to select and lock on to a particular function.

Time-Calories- Speed(Strides/min)-Scan

Reset: Clear all records, start from zero.

Using the Mini Stepper

We recommend that you utilize your Mini Stepper on a daily basis, for half an hour at a time. We believe you will feel marvelous cardio-training effects after one month of use. The Mini Stepper is excellent whether used at home or in the office. For example, even exercising during a break at work would bring great results. Rather than feel fatigued or exhausted, you will feel refreshed and energized with the Mini Stepper!

- Persons with hypertension, obesity, and heart disease should not perform strenuous exercise using the Mini Stepper.
- We don't recommend that you exercise when feeling exhausted or tired.
- Perform some warm-up exercises prior to your exercise routine so as to decrease the risk of injury. For example, stretch your arms, legs and back.
- Please note that it is also important to coordinate both arm and leg workouts during an exercise. It might be a good idea to add hand weights while exercising with the Mini Stepper to achieve a better workout.
- Pacing yourself is extremely important. Exercise on the Mini Stepper should be done in a regular, smooth fashion; sudden bursts of speed are not recommended because they may increase the risk of physical injury.

Maintenance

- ◆ Inspect the Mini Stepper at regular intervals to check to see whether there are loose joints and/or parts that have been damaged or worn.
- ◆ Put lubricating oil or grease on hydraulic components of the Mini Stepper and any of its moving parts every 3 months. Applying lubricating grease may help to minimize noise and to fix uneven or rough movements of the pedals, should these occur.
- ◆ Store the Mini Stepper in a cool and dry environment.
- ◆ Don't clean the surface of the Mini Stepper with organic solvents (i.e. gasoline, benzene, etc.) or its surface will be damaged.
- ◆ Inspect the unit thoroughly before beginning exercise on it. Make sure that there are no issues with the machine such as loose joints, loose hydraulic parts, or wobbling pedals.
- ◆ This product is designed only for use by individuals with a weight not exceeding 225lbs.