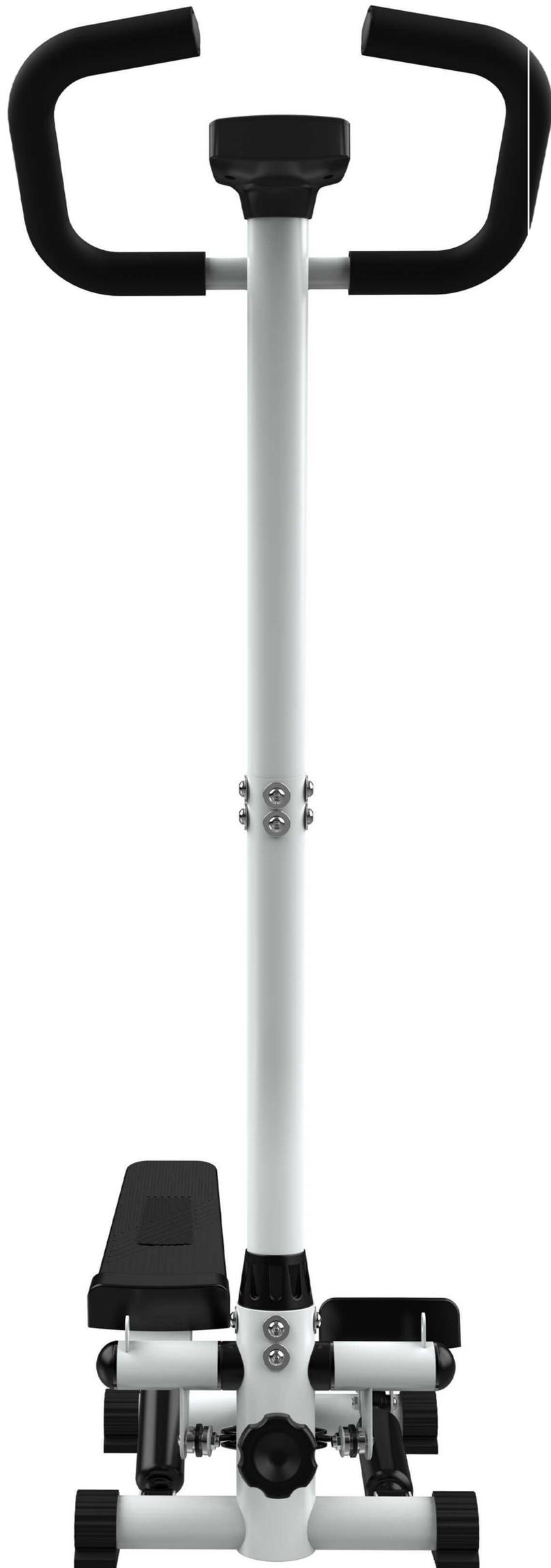
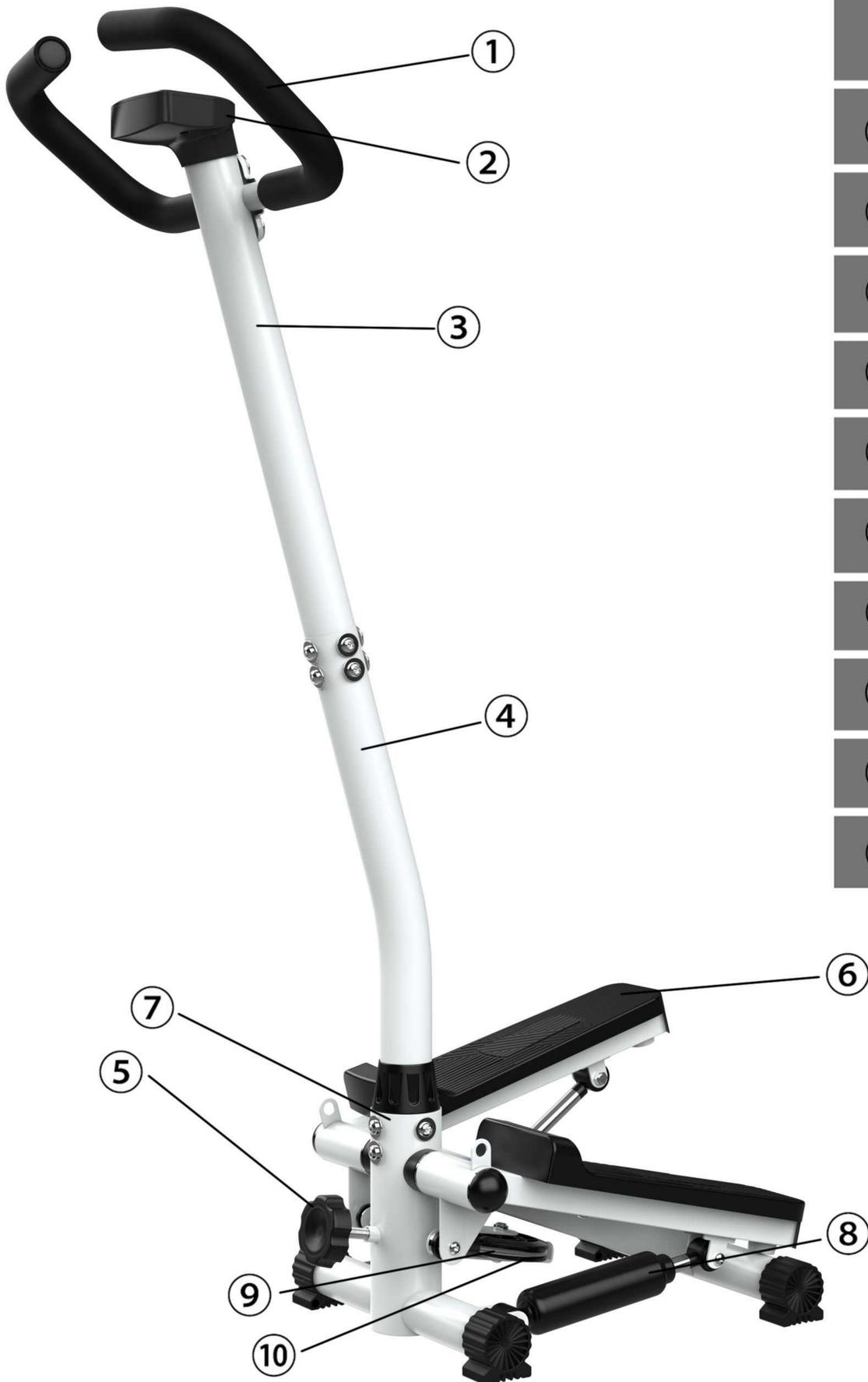


Stepper Universal Manual



1 Product Structure



Parts list		
①	armrest	1
②	electronic meter	1
③	upper column	1
④	lower column	1
⑤	adjust knob	1
⑥	pedal	2
⑦	base frame	1
⑧	hydraulic rod	2
⑨	wive rope	1
⑩	pulley	1

2 Installation Drawing



1. place the stepper on the ground smoothly



2. Connect the wires in ⑦ and the wires in ④, and wear them out of the lower column. Tighten the screw for the positive hole.



3. Insert ③ into ④, screw the screws at the upper and lower post holes. (pay attention not to tighten for the moment)



4. Connect the wire connector to ② connector and insert the record list into the slot on the holder.



5. Align ① with ③, align the support, align the hole and tighten the screws



6. Rotate ⑤ into the hole in front of the base of ⑦ (adjusted according to the magnitude of its movement)

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.

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 seconds. 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.

Step1: 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.

Step2: Put your right foot on the right pedal

Step3: 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

Exercis 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 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.