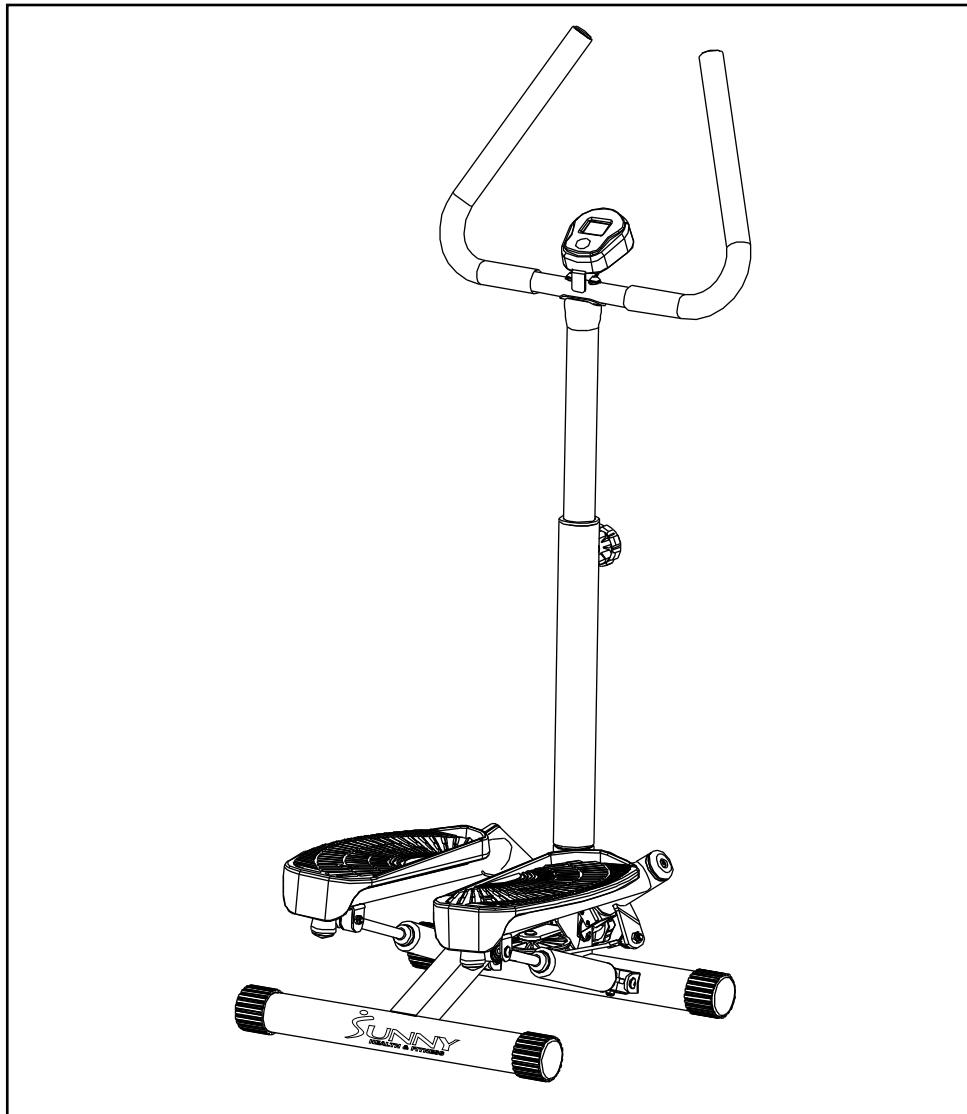




TWIST STEPPER WITH HANDLEBAR

NO. 059

USER MANUAL



IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

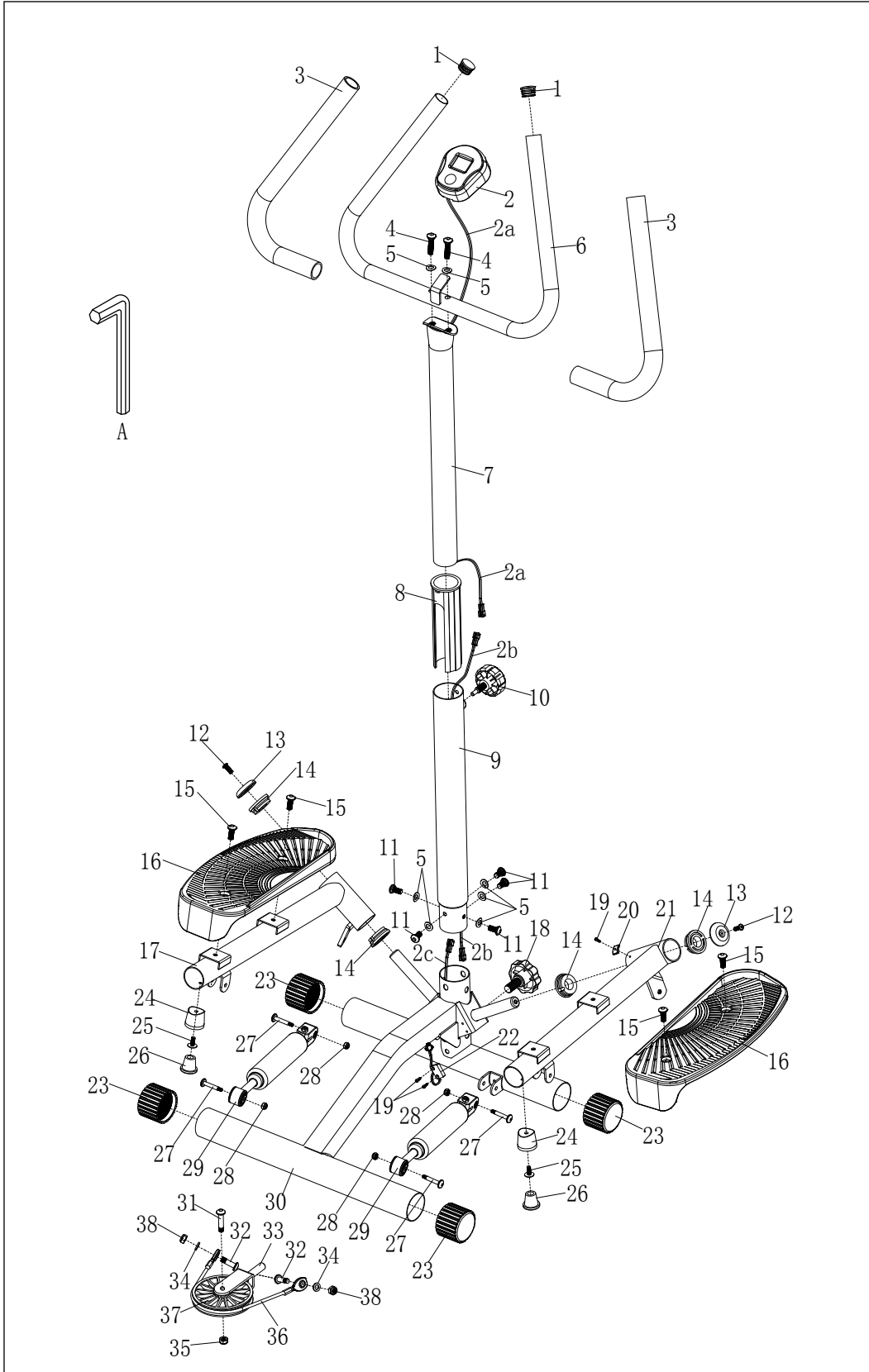


IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

1. Before starting any exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, shortness of breath, lightheadedness, dizziness or nauseous feeling. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 4 feet (1.2 M) of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, discontinue use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
8. Do not place fingers or objects into the moving parts of the equipment.
9. The maximum weight capacity of this unit is 250 pounds (114 KG).
10. The equipment is not suitable for therapeutic use.
11. To avoid bodily injury and/ or damage to the product or property, proper lifting and moving are required.
12. Your product is intended for use in cool and dry conditions. You should avoid storage in extreme cold, hot or damp areas as this may lead to corrosion and other related problems.
13. This equipment is designed for indoor and home use only; it is not intended for commercial use.

EXPLODED DIAGRAM



HARDWARE PACKAGE

 #A Allen Wrench 1pc

PARTS LIST

No.	Description	Spec.	QTY
1	Cap		2
2	Meter		1
2a	Meter Wire		1
2b	Connecting Wire		1
2c	Wire		1
3	Sponge		2
4	Bolt	M8	2
5	Washer		7
6	Handlebar		1
7	Top Stand Post		1
8	Plastic Sleeve		1
9	Bottom Stand Post		1
10	Adjustment Knob	M10	1
11	Bolt	M8	5
12	Bolt	M6	2
13	Cap		2
14	Bearing Sleeve		4
15	Bolt	M8	4
16	Pedal		2
17	Side Tube(L)		1
18	Adjustment Knob	M14	1
19	Bolt	M3.4	3

No.	Description	Spec.	QTY
20	Magnet		1
21	Side Tube(R)		1
22	Sensor		1
23	End Cap		4
24	PVC Cap		2
25	Bolt	M6	2
26	TPR Cap		2
27	Bolt	M6	4
28	Nut	M6	4
29	Cylinder		2
30	Main Frame		1
31	Bolt	M8	1
32	Bolt	M3/8	2
33	Iron Core		1
34	Washer		2
35	Nut	M8	1
36	Cable		1
37	Pulley		1
38	Nut	M3/8	2
A	Allen Wrench		1

Ordering Replacement Parts (U.S. and Canadian Customers only)

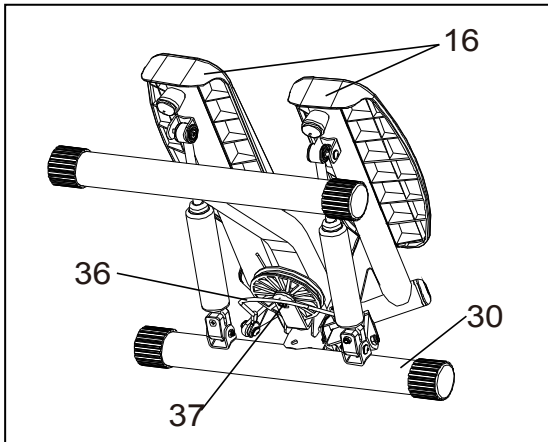
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number (found on cover of manual)
- ✓ The product name (found on cover of manual)
- ✓ The part number found on the “EXPLODED DIAGRAM” and “PARTS LIST” (found near the front of the manual)

Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS

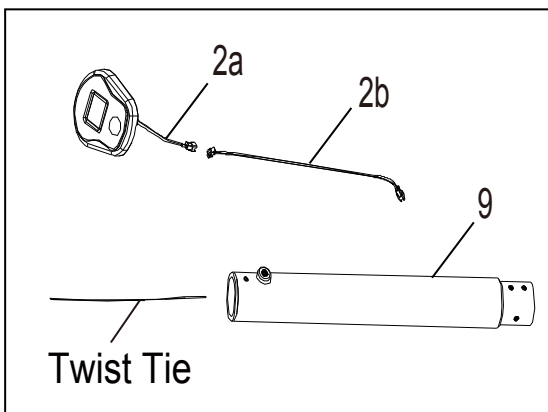
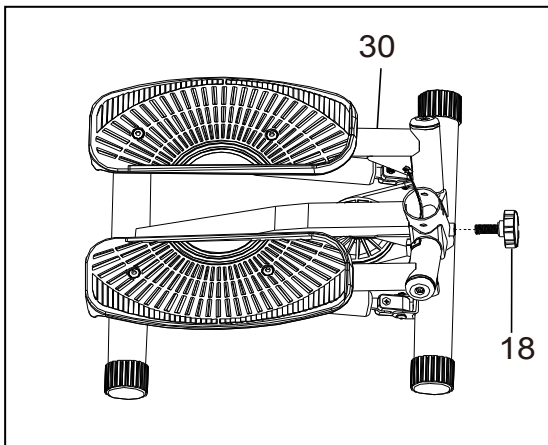
We value your experience using Sunny Health and Fitness products. For assistance with parts or troubleshooting, please contact us at support@sunnyhealthfitness.com or 1-877-90SUNNY (877-907-8669).



STEP 1:

Remove the **Main Frame (No. 30)** from the box. Lift both **Pedals (No. 16)** all the way up and secure the **Pulley (No. 37)** in place by slightly pushing forward. Next, hook the **Cable (No. 36)** to the groove of **Pulley (No. 37)** and push the **Pedals (No. 16)** back down. Secure the **Adjustment Knob (No. 18)** onto the **Main Frame (No. 30)** by tightening.

NOTE: The **Adjustment Knob (No. 18)** is used to adjust stepping height.

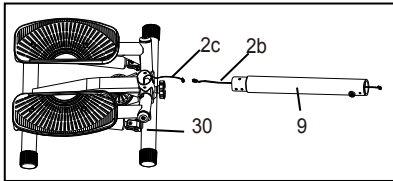


STEP 2:

Disconnect the **Connecting Wire (No. 2b)** from the **Meter Wire (No. 2a)**. Attach the twist tie provided to the **Connecting Wire (No. 2b)**. With the **Connecting Wire (No. 2b)** attached, use the twist tie to insert the **Connecting Wire (No. 2b)** through the **Bottom Stand Post (No. 9)**.

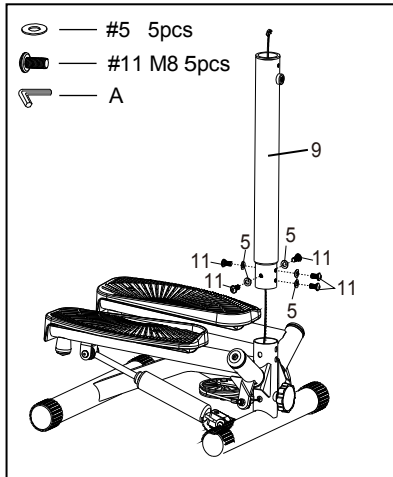
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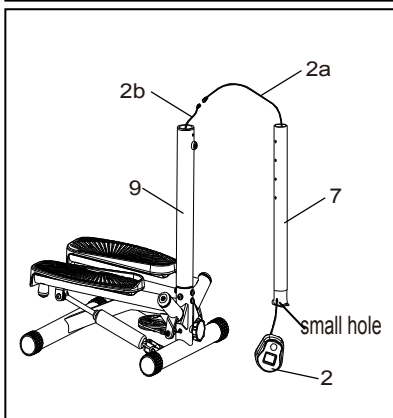
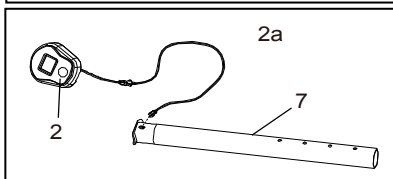
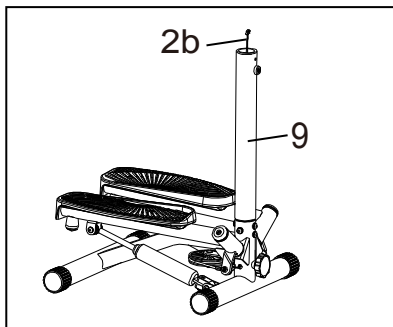
STEP 3:

Pull **Wire (No. 2c)** out from the **Main Frame (No. 30)** and connect it to the **Connecting Wire (No. 2b)**. Remove the preassembled 5 **Washers (No. 5)** and 5 **Bolts (No. 11)** from the **Bottom Stand Post (No. 9)** and attach the **Bottom Stand Post (No. 9)** to the **Main Frame (No. 30)** using 5 **Washers (No. 5)** and 5 **Bolts (No. 11)**, and tighten and secure with **Allen Wrench (A)**



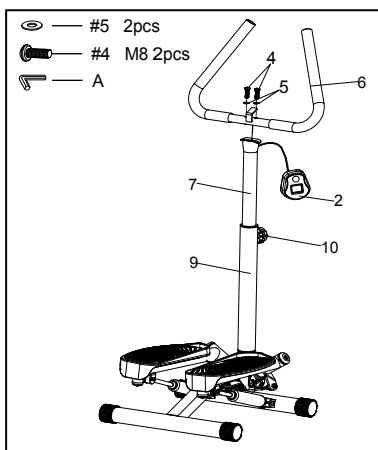
STEP 4:

Pull the **Connecting Wire (No. 2b)** from the **Bottom Stand Post (No. 9)**. Take the wire from the **Meter (No. 2)** and insert it through the small hole located on the top end of the **Top Stand Post (No. 7)** as shown in the picture on the left side below. Next, carefully insert the **Meter Wire (No. 2a)** through the **Top Stand Post (No. 7)** and connect it to the **Connecting Wire (No. 2b)** atop of the **Bottom Stand Post (No. 9)**.



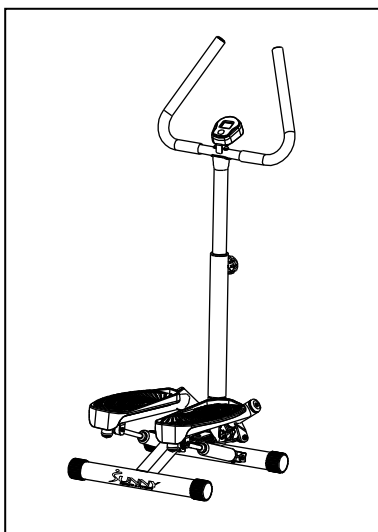
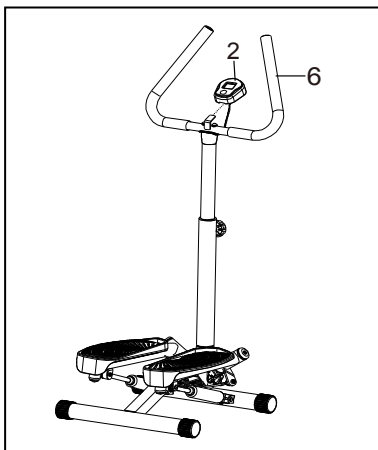
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STEP 5:

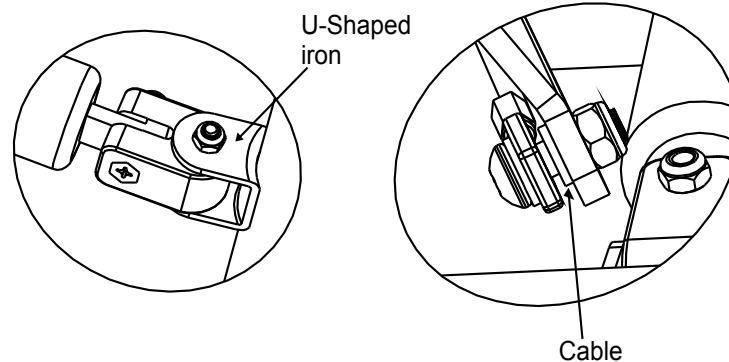
Insert the **Top Stand Post (No. 7)** into the **Bottom Stand Post (No. 9)** and secure it in place using the **Adjustment Knob (No. 10)**. Remove the preassembled 2 **Washers (No. 5)** and 2 **Bolts (No. 4)** from the **Handlebar (No. 6)** and attach the **Handlebar (No. 6)** to the **Top Stand Post (No. 7)** using 2 **Washers (No. 5)** and 2 **Bolts (No. 4)**, and tighten and secure with **Allen Wrench (A)**. Connect the **Meter (No. 2)** to the meter bracket located on **Handlebar (No. 6)**.



The assembly is complete!

MAINTENANCE & CARE

1. If the stepper screeches during exercise, please discontinue use and do the following: loosen the screw located on the U-Shaped iron and then loosen the cable as shown in the picture below. Next, lubricate both the U-Shaped iron and cable to improve the sliding condition. Re-tighten and secure the screw and cable.
2. For safety and efficiency, please be sure to inspect and lubricate the U-Shaped iron and cable regularly.
3. Always use dry cloth when cleaning the stepper, never clean the stepper using a wet or damp cloth.
4. Store the stepper in a dry area free of moisture, do not store or leave outdoors.
5. During exercise the hydraulic cylinders may produce noise if they become too hot, it is perfectly normal for this to occur.
6. To avoid injury to your hands, please refrain from touching the hydraulic cylinders during or immediately following an exercise.

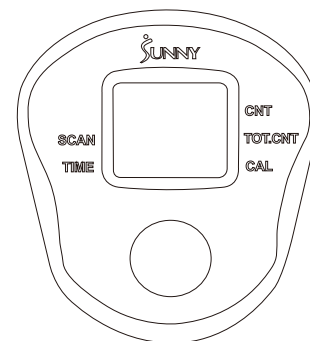


OPERATING INSTRUCTIONS

1. Please read all instructions before attempting to assemble the equipment. During assembly and in use, please follow all instructions carefully as any improper use or assembly may result in injury or damage to the equipment.
2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
3. Before beginning exercise, always inspect the equipment to insure that all moving parts as well as hardware are secured correctly and are in proper condition.
4. Use **Knob (No. 18)** to adjust the stepping height & tension.
“+ →” When the knob is tightened, the tension level is increased along with the height of the stepping range.
“- →” When the knob is loosened, the tension level is decreased along with the height of the stepping range.

EXERCISE COMPUTER

Our computerized exercise computer on the Sunny Twist Stepper allows the user to tailor a personalized workout by monitoring their progress. During a workout, the exercise computer will alternately and repeatedly display your Time, Calories, Count and Total Count. With our easy-to-use exercise computer, the user can efficiently track their fitness improvements from one workout to the next.



FUNCTION KEY:

1. **MODE:** To select your specification mode and/or turn on exercise computer

FUNCTIONS:

1. **SCAN** – Repeatedly displays all functions alternately (in the following order)
2. **TIME** -- Counts the total time elapsed (counts up to 99:59 MIN.)
3. **CALORIES** -- The rate of calories burned per hour (0.0-999.9 KCAL)
4. **COUNT** – Automatically accumulates the count of steps taken during sessions. Meter counts 1 step after you step once with each foot.
5. **TOTAL COUNT** – Counts the total steps taken accumulated since the first use

OPERATION PROCEDURES:

1. AUTO ON/OFF:

Begin pedaling or press the MODE button to turn on the exercise computer. Once the exercise computer is on, it will remain active while in motion. The exercise computer will automatically turn off when it has reached approximately 4 minutes without any motion.

2. RESET:

To reset the exercise computer, hold down the MODE button for 3 seconds. You can also reset the exercise computer by removing the batteries.

3. LOCK MODE:

In LOCK MODE, the exercise computer will only display the desired statistic. To select the LOCK MODE setting, press the **MODE** key when the pointer is on the function you wish to select.

4. **BATTERY/TROUBLESHOOT:** The exercise computer uses two AA batteries. If the display appears improper or becomes difficult to read, please try installing new batteries before contacting our customer service.

NOTE:

This monitor is auto-powered. It turns on at the start of exercise and turns off when no movement is made between 4 to 5 minutes. All functions will automatically stop calculating when **STOP** appears in the upper left corner of the monitor.

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