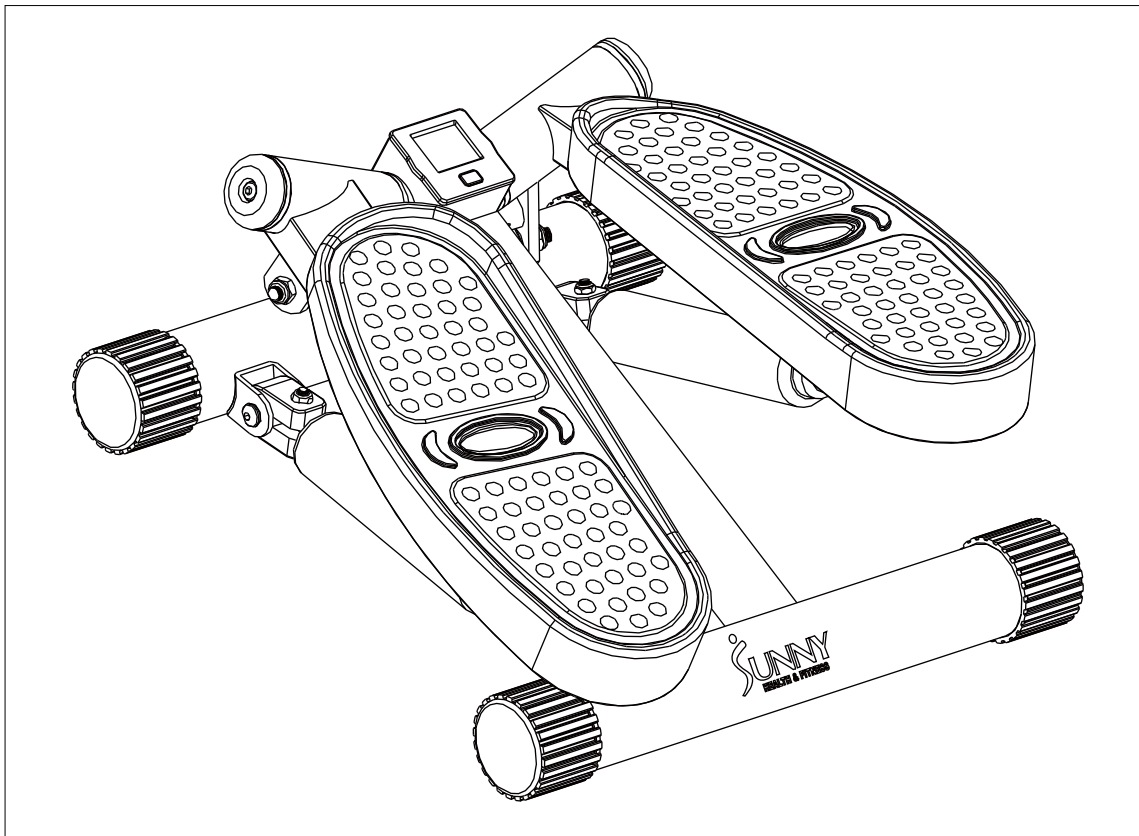




PINK ADJUSTABLE TWIST STEPPER P8000 USER MANUAL



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).

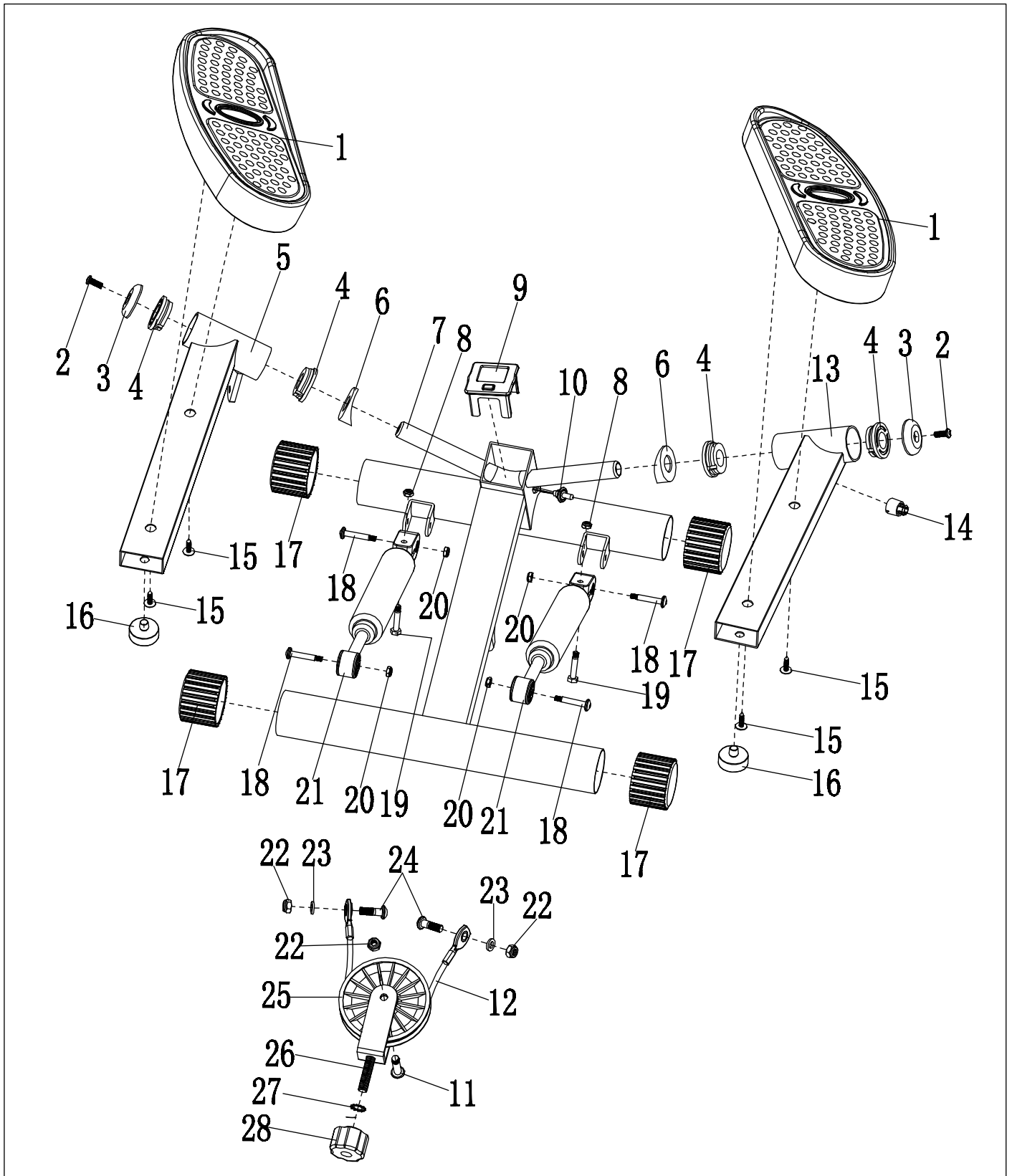


IMPORTANT SAFETY INFORMATION

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 220 pounds (100 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



PARTS LIST

No.	Description	Spec.	Qty.
1	Pedal (R&L)		2
2	Bolt	M6	2
3	Bearing Cap		2
4	Bearing Sleeve		4
5	Pedal Tube (L)		1
6	Internal Ring		2
7	Main Frame		1
8	Nut	M6	2
9	Meter		1
10	Sensor		1
11	Bolt	M8	1
12	Cable		1
13	Pedal Tube (R)		1
14	Magnet		1

No.	Description	Spec.	Qty.
15	Screw	M5	4
16	Bolt		2
17	Cap		4
18	Bolt	M6	4
19	Bolt	M6	2
20	Nut	M6	4
21	Hydraulic Cylinder		2
22	Nut	M8	3
23	Washer		2
24	Bolt	M8	2
25	Pulley		1
26	Pulley Bracket		1
27	Washer		1
28	Knob		1

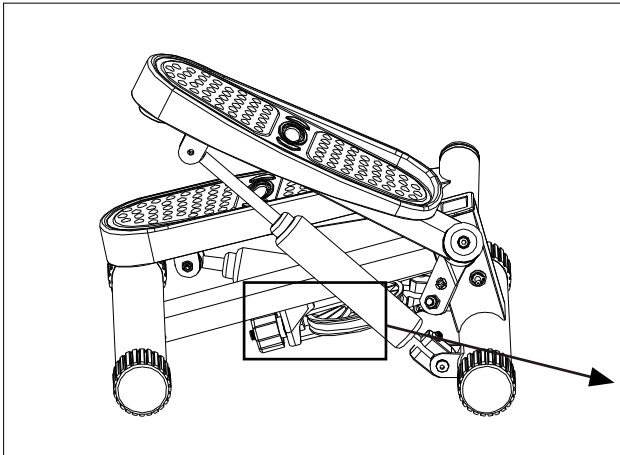
Ordering Replacement Parts (U.S. and Canadian Customers only)

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)

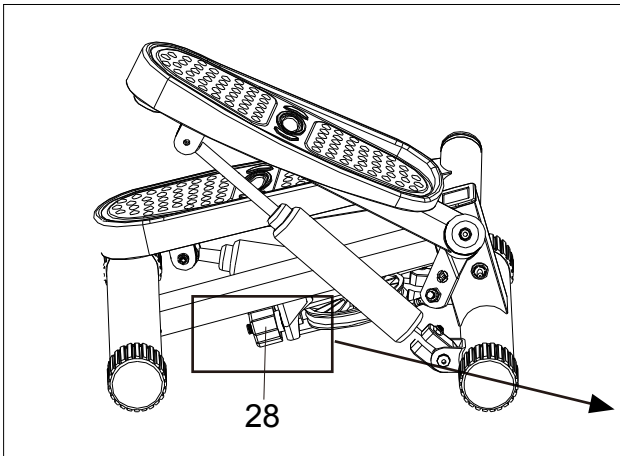
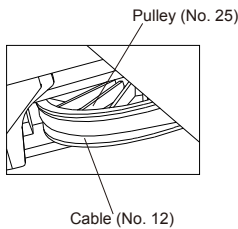
Please contact us at support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

ASSEMBLY INSTRUCTIONS



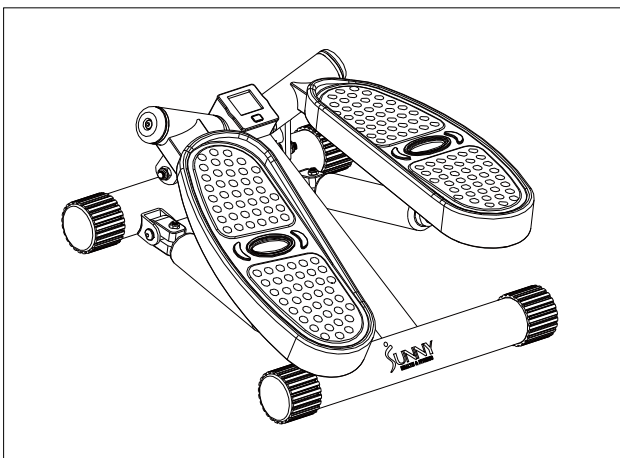
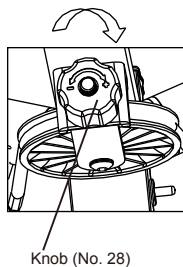
STEP 1:

Remove the main frame from the box.
Lift one pedal up with your hands.
Ensure the **Cable (No. 12)** is secured around the **Pulley (No. 25)** as shown in the picture below.



STEP 2:

Turn the **Knob (No. 28)** *clockwise* "+" all the way until it reaches its furthest point.



The assembly is complete!

TO ADJUST TENSION & STEPPING HEIGHT:

1. Turn the **Knob (No. 28)** *counter-clockwise* (to the left) to lessen the stepping range and tension
2. Turn the **Knob (No. 28)** *clockwise* (to the right) to increase tension and widen the stepping range.

MAINTENANCE AND CARE

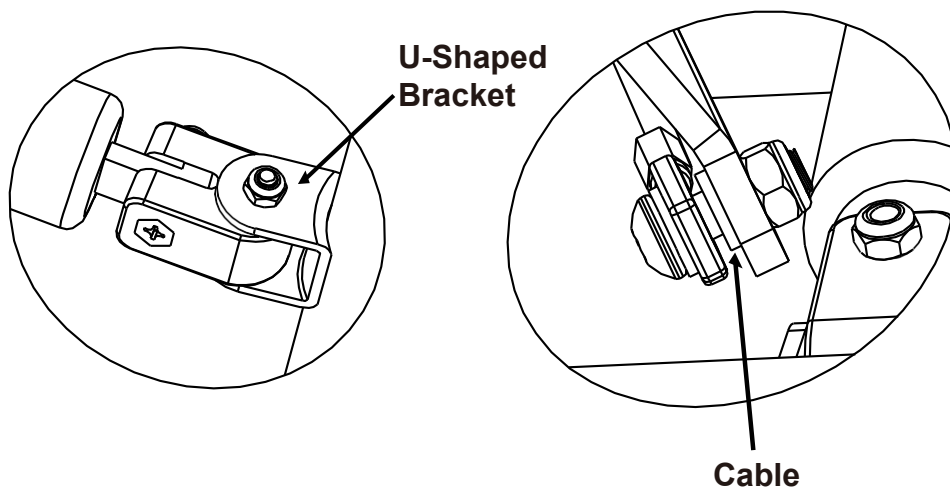
Regular maintenance requires you to wipe the stepper clean after each use. Only use a dry cloth when doing so. Always store your stepper in a dry, cool area. Do not leave outdoors as prolonged exposure to weather/temperatures will cause damage to parts and functions of the machine over.

NOTE: It's normal for sound to come from the cylinder as the cylinder gets hot during use. Do NOT touch the cylinder during or after use to avoid burn injuries.

❖ IF THE STEPPER STARTS TO SCREECH DURING EXERCISE:

1. Loosen the screw of the U-shaped bracket and cable
2. Lubricate the U-shaped bracket and the cable to improve the sliding condition (as seen in the picture below).
3. After lubricating with oil, secure the U-shaped bracket and cable by tightening the screw.

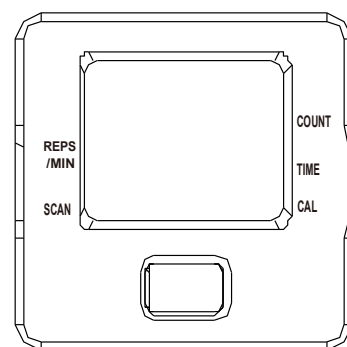
NOTE: We recommend using a silicone-based lubricant.



EXERCISE COMPUTER

KEY FUNCTIONS:

MODE: Press the red MODE button to select function (Time, Rep/Min, Count, Calorie and Scan).



OPERATIONAL FUNCTIONS:

1. **AUTO ON/OFF:** If the stepper is put into motion or the MODE button is pressed, the meter will activate and will remain active during use. If there is no activities for approximately 4 minutes, the meter will turn off automatically.
2. **RESET:** The meter can be reset by pressing and holding the MODE button for three seconds. Removing the batteries will also reset the meter and return all function settings back to zero.
3. **MODE:** To select the LOCK MODE setting, press the MODE key when the pointer is on the function you wish to lock. Once locked, only the selected function will be displayed.

FUNCTIONS:

TIME: Counts total time of an exercise from start to finish.

CALORIES: Counts total calories burned during an exercise from start to finish.

COUNT: Automatically accumulates step counts taken during sessions. Meter counts 1 step for every step on each foot.

REPS/MIN: Displays count of steps per minute.

SCAN: Press the MODE button until the arrow points to SCAN. Once on SCAN, the display will scan through each of the functions in sequence.

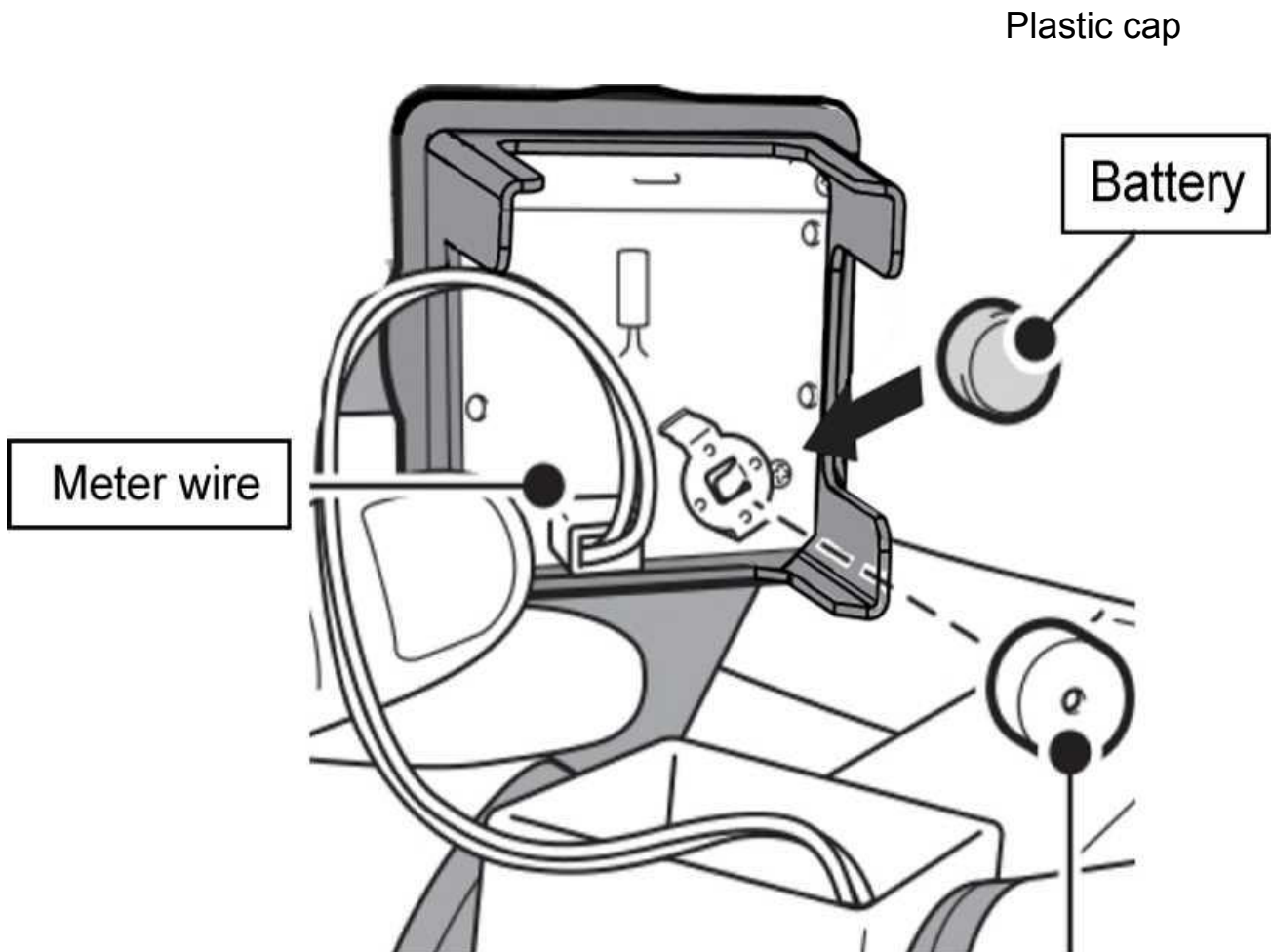
NOTE:

1. If you have an inaccurate reading on the monitor, replace the battery immediately.
2. Use **(1) LR44, 1.5V battery**.
3. The monitor is auto-powered. It turns on when exercise begins, and it turns off when there is no movement made in 4 minutes.
4. All functions will stop calculating when STOP appears in the upper left corner of the display monitor. This occurs when there is no signal for a period of 4 seconds. Once the exercise begins, the meter will start recalculating and the STOP will disappear.

NOTE:

An additional LR44 battery is included with your manual. Replace the battery if your new meter is not functioning due to battery drainage. See next page for instructions on changing your battery.

HOW TO CHANGE THE BATTERY



- 1) Remove the plastic cap from the battery.
- 2) Remove the battery using your hand or the tool provided.
- 3) Insert the new battery using your hand or the tool provided. Ensure that the positive side of the battery (labeled with a + sign) is facing upward.
- 4) Place the plastic cap back onto the battery.
- 5) Connect the wire into the meter.
- 6) Attach the meter on Main Frame.

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