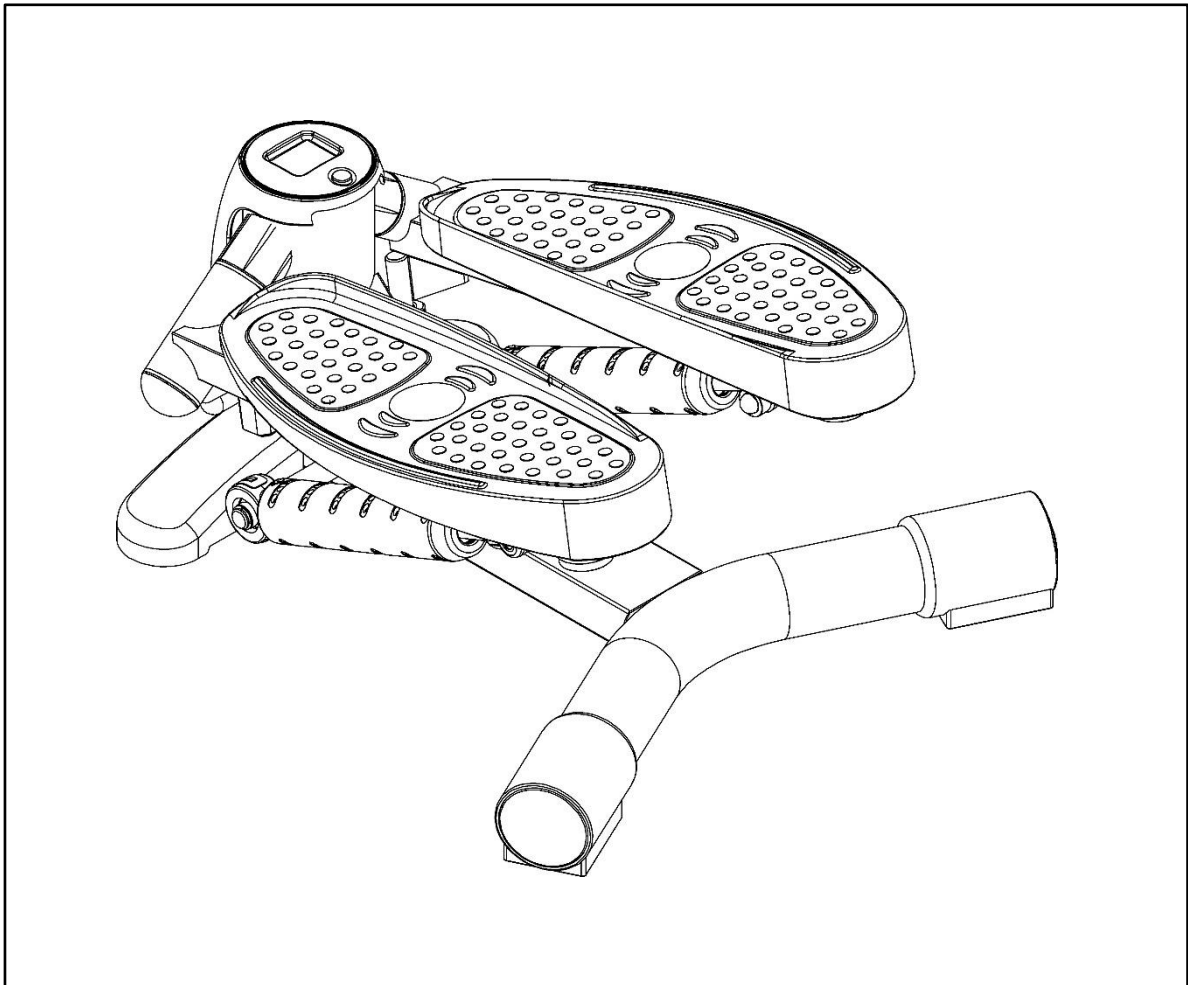




TWIST-IN STEPPER

SF-S0636

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.

A) This product has been tested in accordance with the requirements of EN 957-1, 957-8 standard, class H (home use). The maximum load is limited to 100 kg.

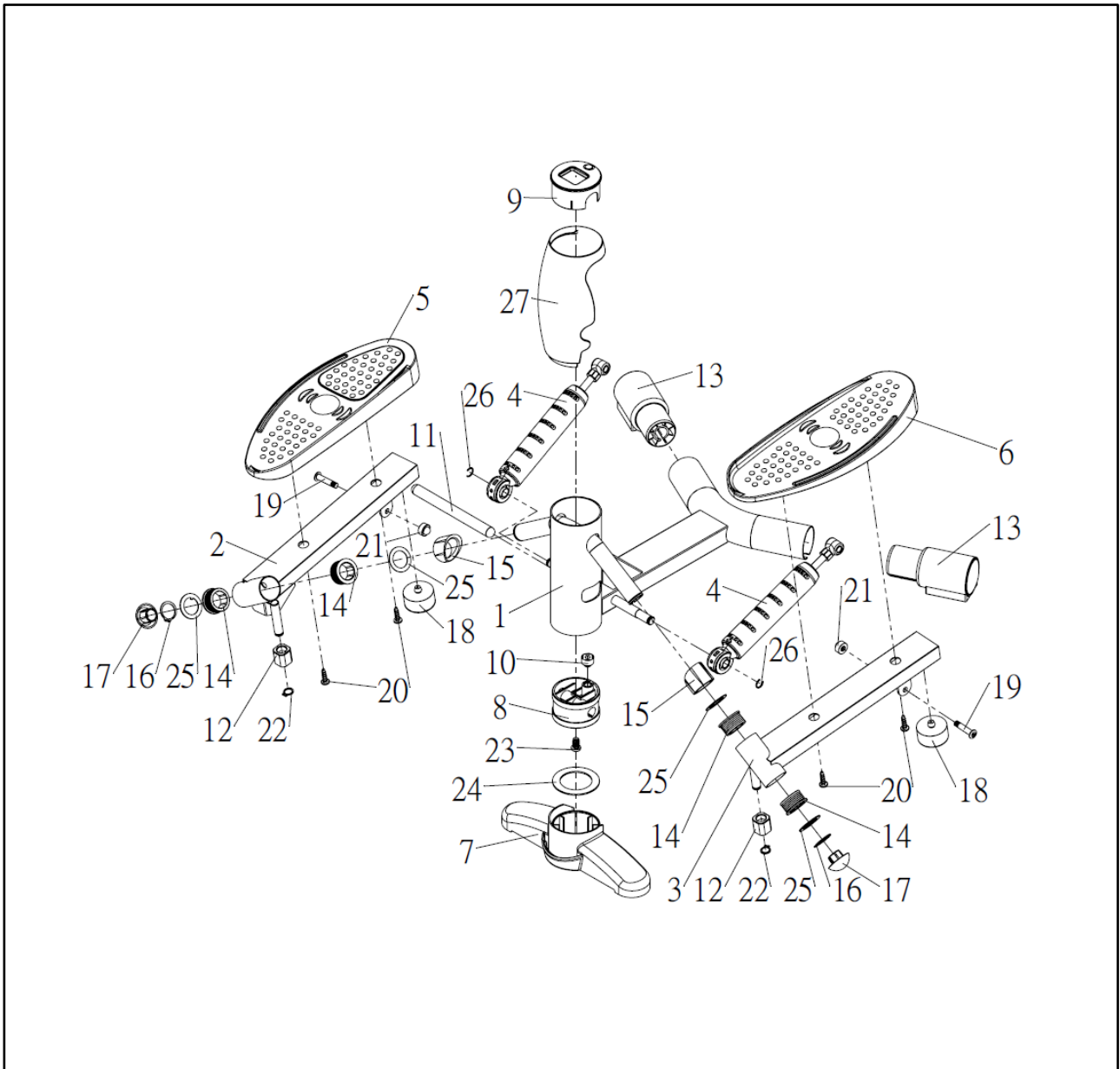
B) The CE marking of this item is in regard to the electromagnetic compatibility (EC-directive 89/EWG) as well as to the electrical safety.

Always make sure that the product is placed onto a flat and non-sliding surface.

NOTE:

We recommend that you place a non-slip mat underneath the stepper to protect your carpet or floor.

EXPLODED DIAGRAM



PARTS LIST

NO.	DESCRIPTION	SPECIFICATION	QTY
1	Main Frame		1
2	Pedal Holder, Right		1
3	Pedal Holder, Left		1
4	Hydraulic Cylinder		2
5	Pedal, Right		1
6	Pedal, Left		1
7	Front Base Support		1
8	Plastic Spacer		1
9	Meter		1
10	Magnet		1
11	Axle	16x170 mm	1
12	Square Plastic Bushing	25.4 mm	2
13	Plastic End Piece	38 mm	2
14	Plastic Bushing		4
15	Plastic Spacer		2
16	C-Ring		2
17	Plastic Cap		2
18	Pedal Stopper		2
19	Screw	M8 x 40 mm	2
20	Screw	M6 x 23 mm	4
21	Nut	M8	2
22	C-Ring		2
23	Screw	M8 x 20 mm	1
24	Washer	72 mm	1
25	Washer	38 mm	4
26	E-Ring		2
27	Cover		1

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

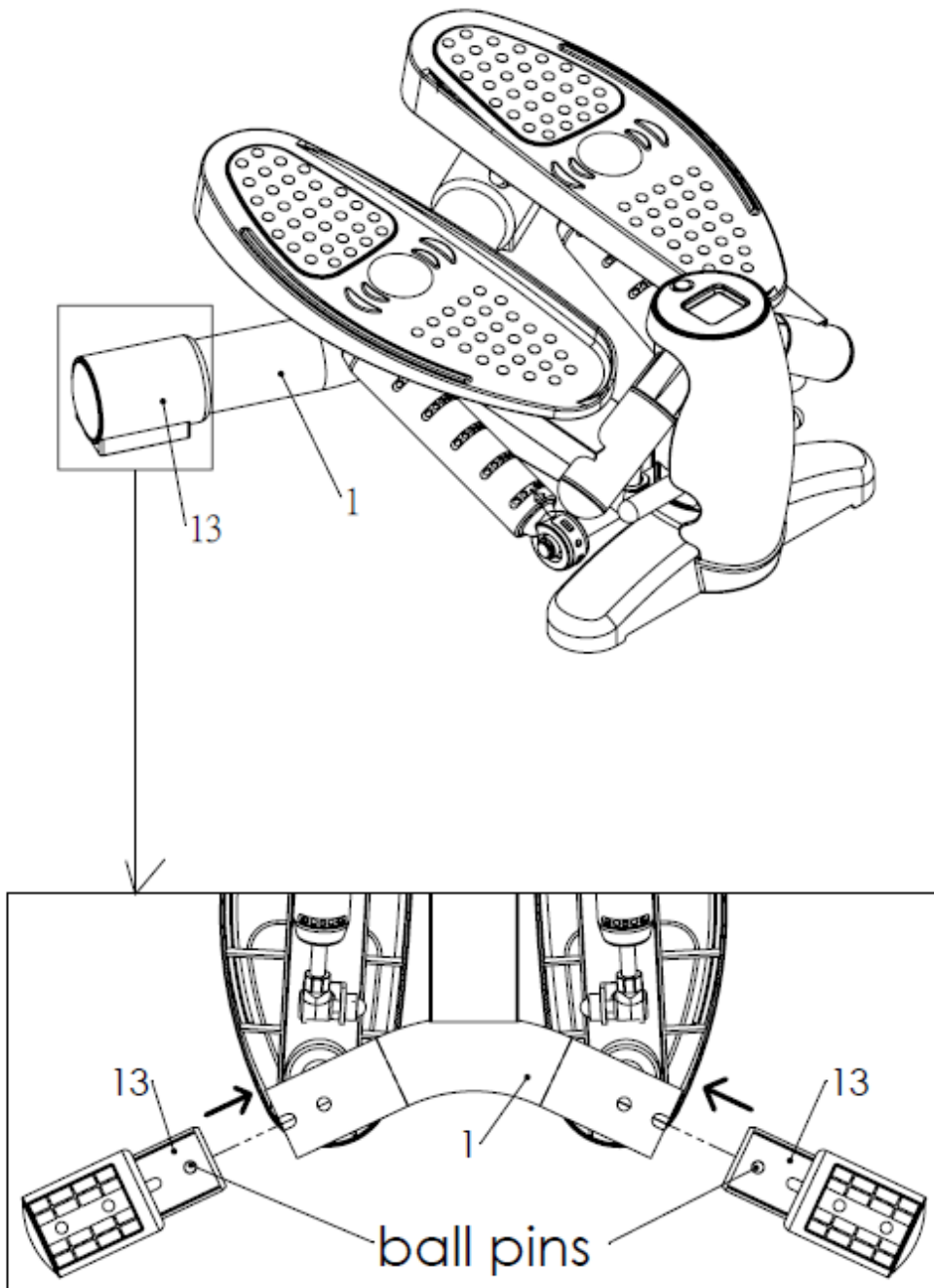
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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

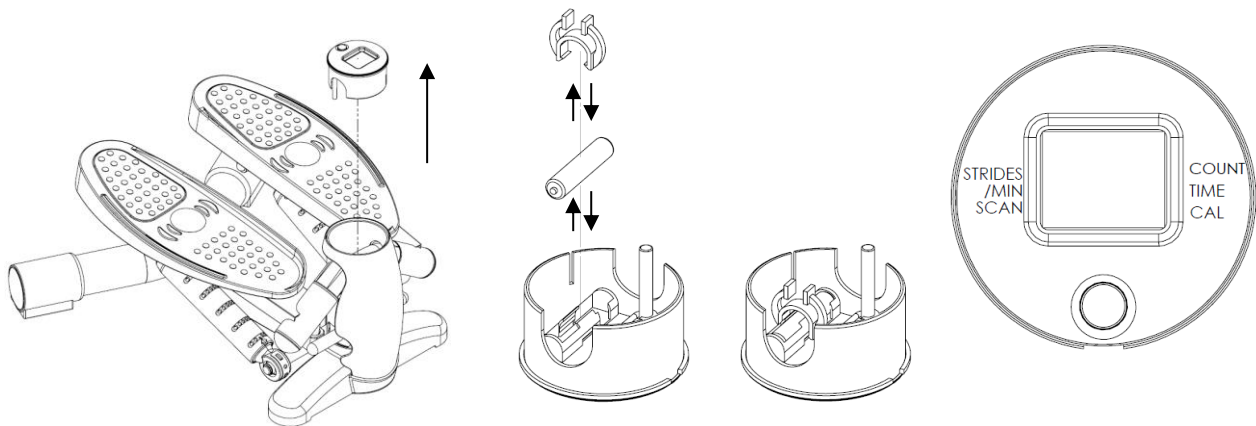
Put the 2 **Plastic End Pieces (No. 13)** onto the rear tube on the **Main Frame (No. 1)**. Make sure the ball pins pop into the holes on the bottom of the rear support. See drawing below.



BATTERY INSTALLATION AND REPLACEMENT

If the meter display is not clear, try replacing the battery. The stepper uses 1 x 1.5V AAA battery.

To replace the battery, use the notch that is next to the button and gently pull the meter up slightly to loosen. Carefully pull the meter out all the way. Change the battery. Put the meter back into the stepper. Dispose of old battery according to your state and local guidelines.



METER FUNCTIONS

Press the button to select a function.

- SCAN** Automatically displays each function in sequence for a few seconds each.
- TIME** Counts from 00:00 up to 99:59 in one-second increments.
- CALORIES** Accumulates the calories burned during your exercise. This is a rough guide and should only be used as a comparison figure over several exercise sessions.
- COUNT** Accumulates the numbers of strides during a workout session.
Meter counts 1 stride after you step once with each foot.
- STRIDES/MIN** Displays strides per minute.

NOTE:

1. To turn on the power, press the button or start exercise.
2. After 4 minutes of inactivity, the meter will turn off automatically.
3. To reset the values, press and hold the button for 3 seconds.