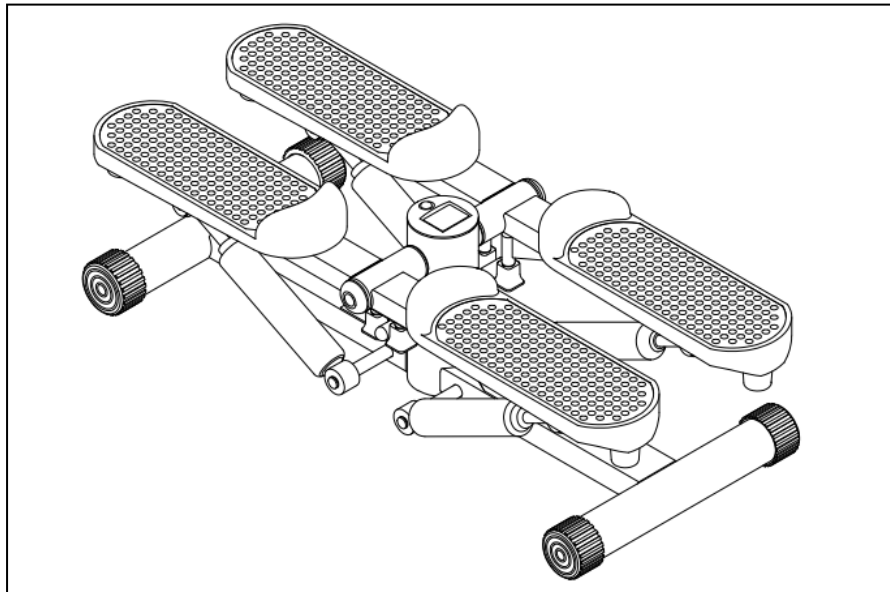




TANDEM STEPPER

SF- S0855

USER MANUAL



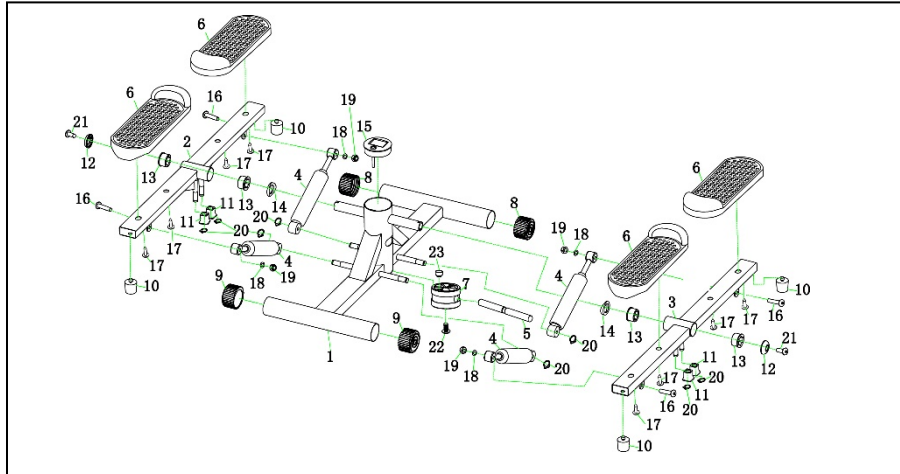
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support@sunnyhealthfitness.com or 1- 877 - 90SUNNY (877-907-8669).

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 feelings of nausea. 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 2 feet (60CM) 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) on each side of the stepper.
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	Main Frame		1
2	Left Pedal Frame		1
3	Right Pedal Frame		1
4	Hydraulic Cylinder		4
5	Swing Axle		1
6	Pedal		4
7	Axle Base		1
8	Front End Cap		2
9	Adjustable Rear End Cap		2
10	Stopper		4
11	Fixed Plastic Block		4
12	Cover		2

No.	Description	Spec.	Qty.
13	Bushing		4
14	Plastic Ring		2
15	Meter		1
16	Flat Hexagon Socket Head Screw	M8	4
17	Flat Cross Self-Tapping Screw	M5	8
18	Washer	M8	4
19	Locknut	M8	4
20	Circlip		8
21	Flat Hexagon Socket Head Screw	M8	2
22	Flat Hexagon Socket Head Self-Tapping Screw	M8	1
23	Magnet		1

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

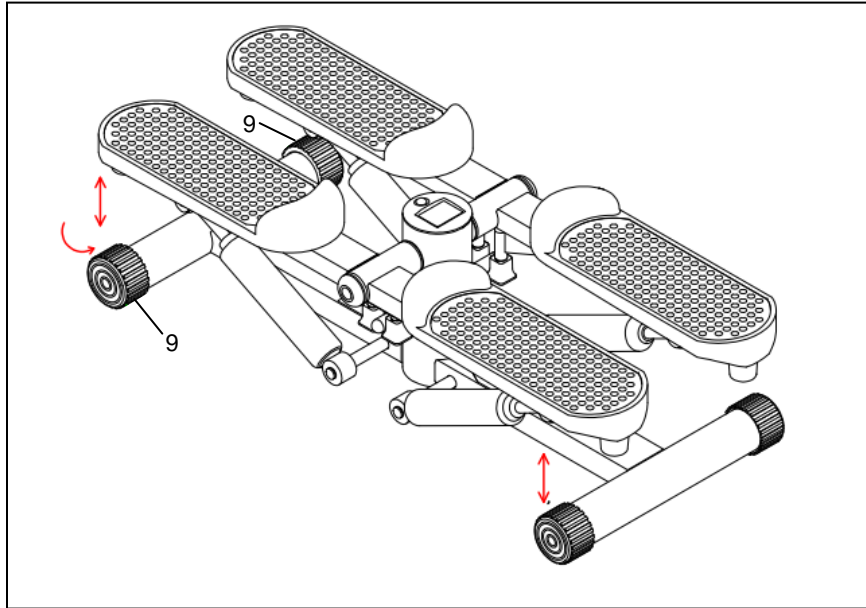
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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).



Remove the stepper from the packaging. Place the stepper on the floor horizontally. You can adjust the **Adjustable Rear End Caps (No. 9)** to make sure the entire machine is the same level.

Two people can now use the stepper at the same time to do up and down movements.

MAINTENANCE & CARE

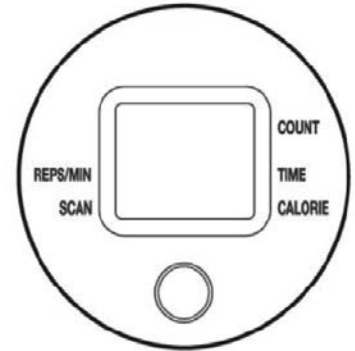
1. Always use a dry cloth when cleaning the stepper. Never clean the stepper using a wet or damp cloth.
2. Store the stepper in a dry area free of moisture, do not store or leave outdoors.
3. During exercise, the hydraulic cylinders may produce noise if they become too hot, it is perfectly normal for this to occur.
4. To avoid injury to your hands, please refrain from touching the hydraulic cylinders during or immediately following an exercise.

EXERCISE METER

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

KEY FUNCTIONS:

MODE: Press to select a function or hold for 3 seconds to reset.



FUNCTIONS:

STOP: When stepping has stopped, "STOP" will display on the LCD.

REPS/MIN: Displays steps per minute.

SCAN: Automatically scans through each function in the sequence.

TIME: Counts the total time of an exercise from 00.00-99.59.

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

COUNT: Automatically counts the steps made during exercise.

OPERATING INSTRUCTIONS

AUTO ON/OFF: The meter will activate when you press MODE or when you begin stepping. If there's no signal for approximately 4 minutes, the meter will automatically turn off. When you are not stepping, the meter shows STOP.

DISPLAY: The meter always displays number of steps at the top. The bottom of the meter can display REPS/MIN, TIME, or CAL. Press MODE to select which function you want to display at the bottom. An arrow points to the function displayed.

SCAN: If an arrow points to SCAN, then the meter will automatically rotate the display at the bottom of the meter in the following sequence: REPS/MIN, TIME, CAL. An arrow will point to the function displayed.

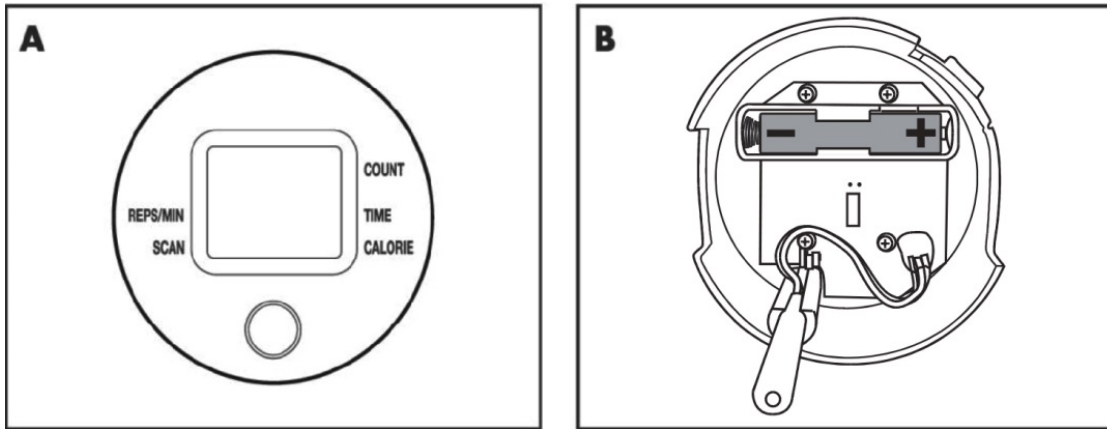
RESET: Press and hold the button for 3 seconds to reset all values.

NOTE:

1. If there is a problem with the display, please replace the battery to improve results. Replacing the battery will reset all values.
2. Please use one AAA 1.5 V battery as a power supply. One battery is installed in the meter.

HOW TO REPLACE THE BATTERY

1. Pull out the meter from the equipment and place one AAA battery into the battery housing on the back of meter. Please refer to the illustrations below.
2. Insure the battery is correctly positioned and the battery springs are in proper contact with the battery.
3. Place the meter back into the original location and make sure it is secured in position.
4. If the display is illegible or only partial segments appear, remove the battery and wait 15 seconds before reinstalling.
5. Removing the battery will erase the meter values.



Version 1.1