

SCOOP®



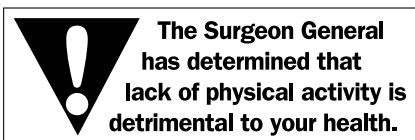
THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

IMPORTANT SAFETY PRECAUTIONS

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your machine.
2. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
3. Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
4. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
5. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
6. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
7. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 or 5 times per week.
8. Remove all jewelry, including rings, chains and pins before commencing exercise.
9. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
10. This machines is not intended nor warranted for any form of commercial use or enterprise. It is intended to be used for private and non-business purposes. Additionally, this equipment is only intended and only warranted to be used within the indoor enclosed spaces of a living structure and is not warranted for use in any location that is not considered "indoor space".

IMPORTANT NOTICE BELOW !!

This machine is not intended to be used while standing. Standing on this machine will result in severe damage to the machine and may result in serious personal injury. Any failure as a result of non-seated use of this machine shall invalidate all warranties expressed or implied for this machine.



WARNING: Before commencing with any exercise program, please consult your family physician.

If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State Laws of Regulations. They are being supplied strictly to ensure the safety of the individuals using this product.

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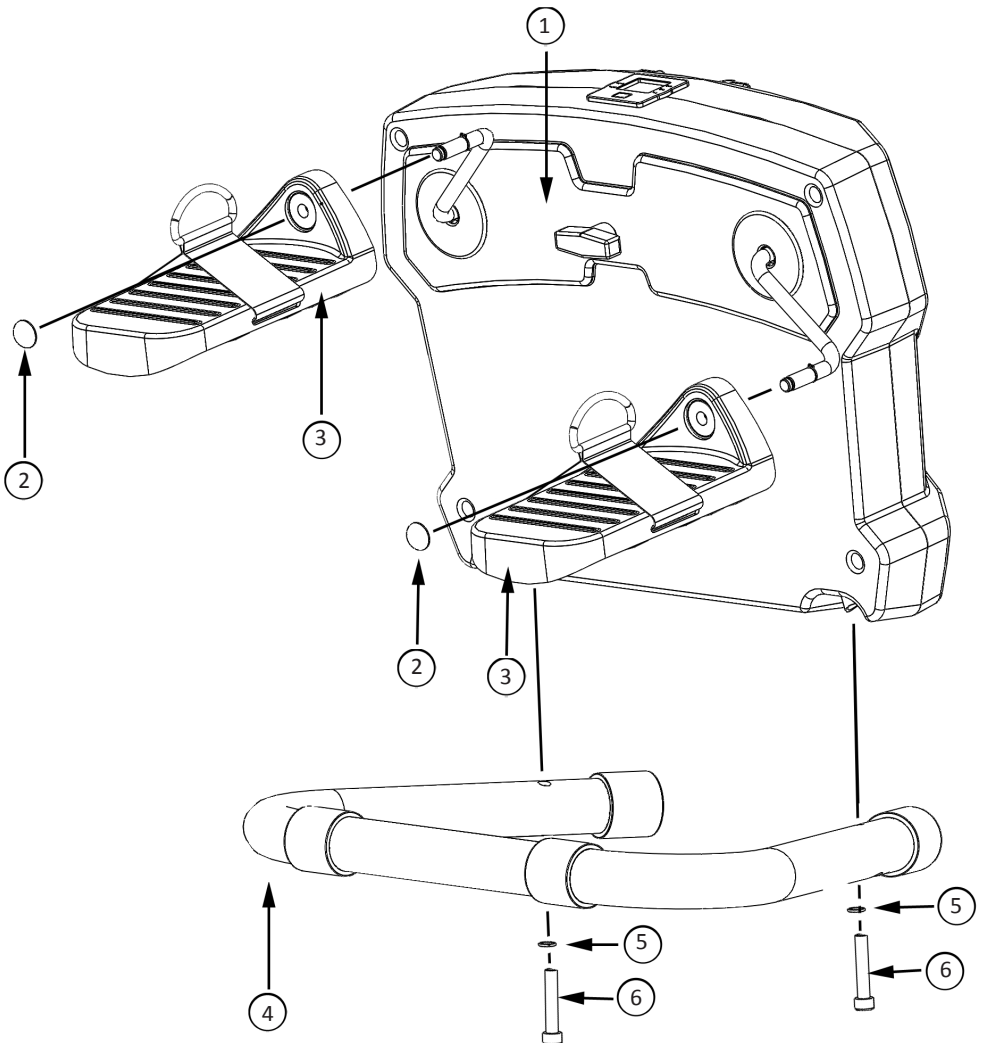
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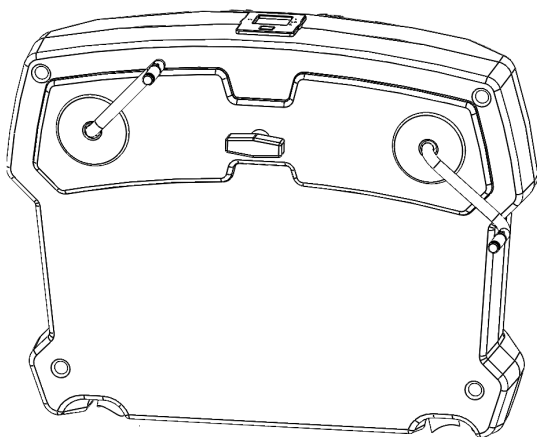
PART NO	PART DESCRIPTION	QTY
1	MAIN BODY	1
2	DOME-SHAPED C-CLIPS	2
3	PEDAL FRAMES AND COVERS	2
4	BASE TUBE	1
5	WASHERS	2
6	BOLTS	2



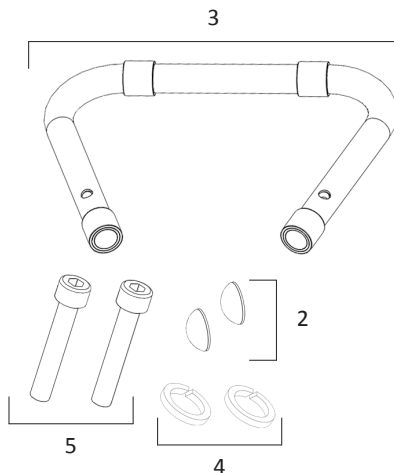
IMPORTANT: Read all instructions carefully. Assemble the SCOOP in accordance with the steps in the manual. All tools required for assembly are included with your SCOOP. Lay out all parts on the floor. Make sure that you have all the parts listed below before beginning assembly. In case of discrepancy, please contact SCOOP at 844-GOSCOOP (467-2667) or service@scoopfit.com.

PRE-ASSEMBLY CHECK LIST

ITEM #	DESCRIPTION	QTY	ITEM #	DESCRIPTION	QTY
1.	MAIN BODY	1	4.	WASHERS	2
2.	DOME-SHAPED C-CLIPS	2	5.	BOLTS	2
3.	BASE TUBE	1	6.	TOOL	1



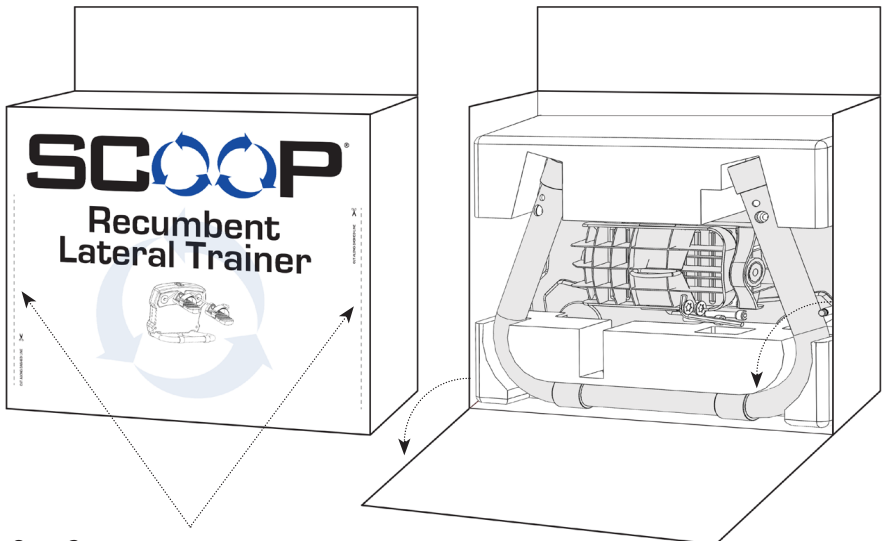
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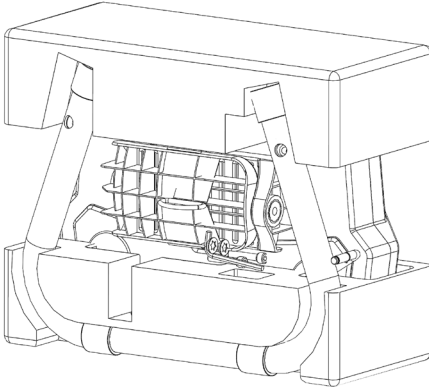
Step 1:

Lift top flap

**Step 2:**

Cut box as shown on outside of box and open towards you

1

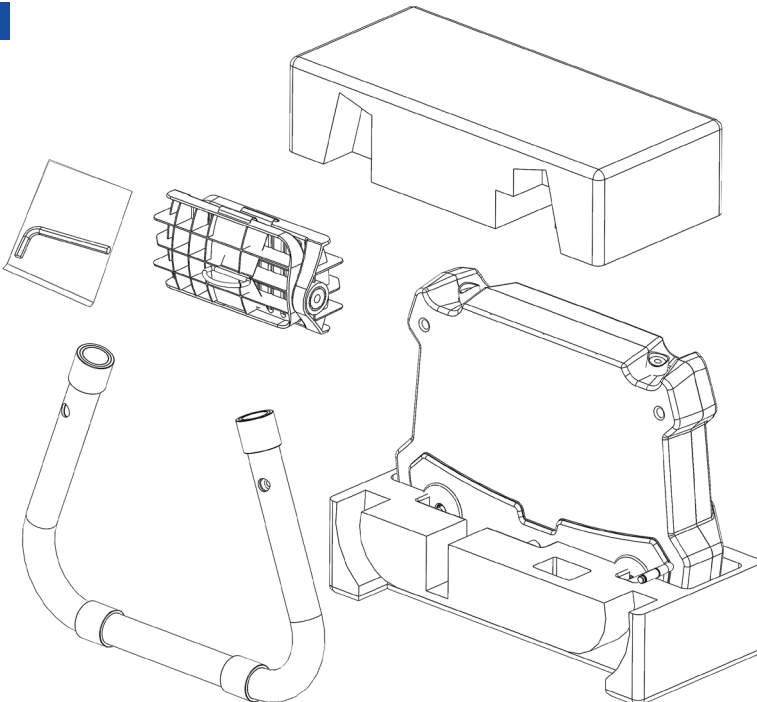
**Step 1:**

Remove entire contents of the box as one unit as shown. Place the unit on the floor with box positioned as shown.

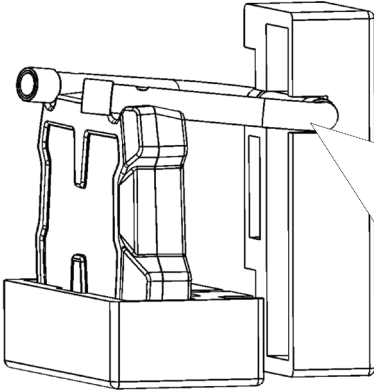
Step 2:

Remove the foam top, the pedals, hardware pack and the base tube, leaving just the main body in the lower foam packaging.

2

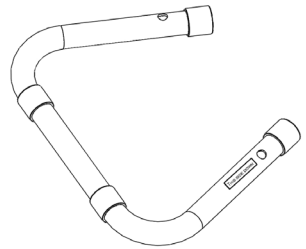


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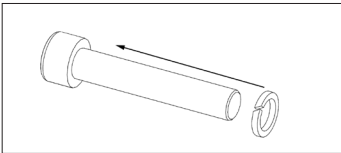
**Step 3:**

Note that there is a decal on the base tube that says 'This side down.'

Place the base tube on the main body so the decal remains visible during this assembly step and will face the floor after being fully assembled and ready for use.



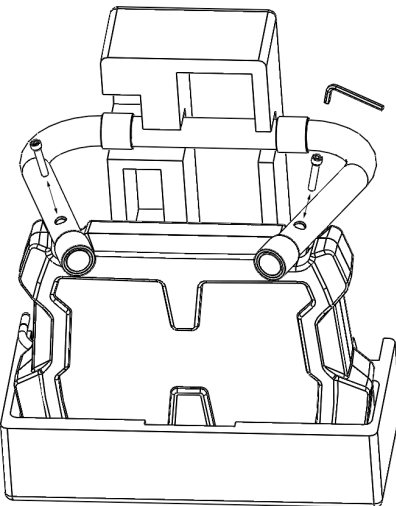
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**Step 4:**

Find the two bolts and the two washers, and first install the washers onto the bolts as shown.

Next install one bolt with washer through the tube into the main body but do not fully tighten. Then install the second bolt.

Once both bolts are installed, fully tighten both bolts with the tool provided.



These bolts should be very secure.

Step 5:

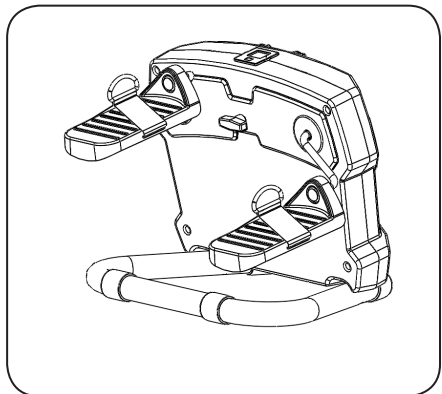
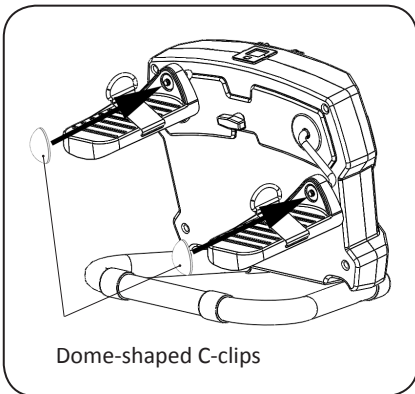
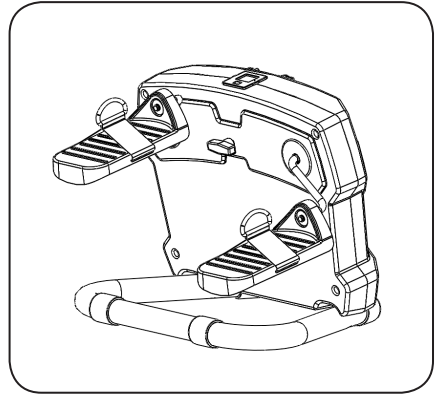
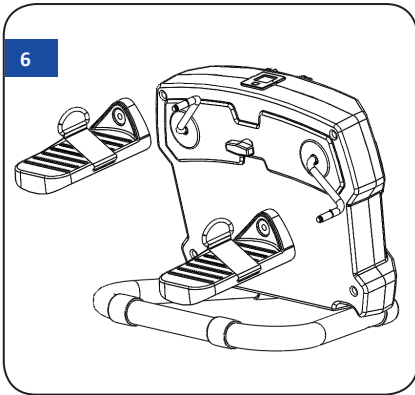
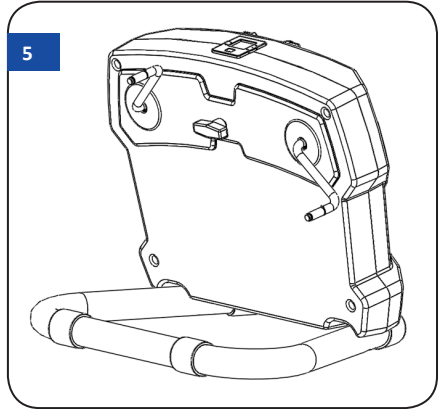
Once the base tube has been fully secured, lift the main body from the foam packaging and place it on the floor as shown.

Step 6:

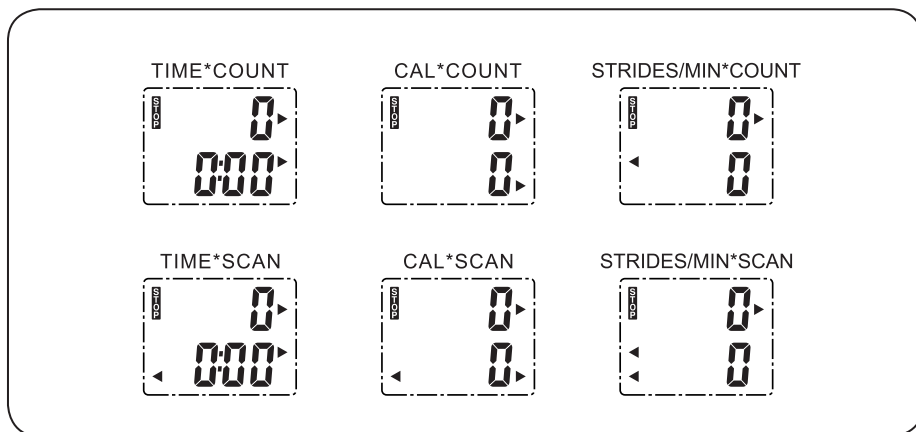
Taking one pedal at a time, slide the pedal onto the shaft as shown in Fig 6 below.

After sliding the pedal onto the shaft, press the dome-shaped C-clip as shown onto the end of the shaft until it is secure. When the C-clip is fully secured, there will be a click sound.

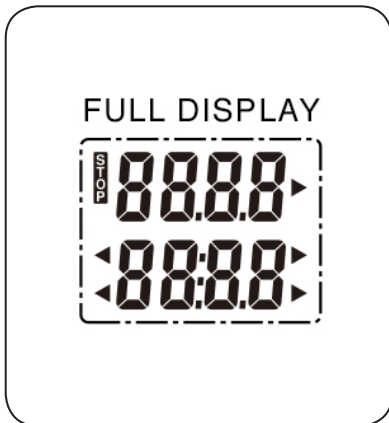
Test the pedal by pulling on it to determine whether it is locked in place by the C-clip.



The console has three main modes of operation (time, calories, strides/minute), along with a scan mode.



TIME COUNT	Use this mode to view workout time. Workout time automatically accumulates as you exercise.
CALORIE COUNT	Use this mode to view an estimate of calories burnt through exercise. These numbers accumulate through the workout.
STRIDES/ MINUTE COUNT	Use this mode to view rotations per minute. This figure increases and decreases to reflect the speed at which you are exercising.
MODE/RESET	Push the MODE/RESET key to select the mode that you intend to view. To clear the setting, hold this key down for two seconds.

**NOTE:**

1. If the display is faint or shows no figures, please replace the batteries.
2. The console will power up when movement is detected.
3. If no movement is detected for four minutes, the console will shut off.
4. If no movement is detected for four seconds, the word STOP will appear in the upper left corner of the console. This message will disappear when movement resumes.
5. The console will start calculating when you start exercising and stop calculating after no movement is detected for four seconds.

Other Specs:

Battery type: 1 pc LR44 (1.5V)

Operating temperature: 0°C to +40°C

Storage temperature: -10°C to + 60°C

Please contact SCOOP directly for any issues or
concerns regarding your SCOOP. 844-GOSCOOP(467-2667)
or service@scoopfit.com

This product is patented in the US and other International Patents and patents pending.
US Patent Number 7,108,638