

USER MANUAL

DGSTEPPER Step Machine with Handle Bars



decohome

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Before using this product, please read this User Manual carefully and follow the information provided to use your Step Machine correctly.

This User Manual contains important safety information and instructions which should be read carefully before using this product.

1. Introduction

You have chosen a piece of fitness equipment from DECOHOME. We thank you for your confidence in us. We have created the DECOHOME brand to provide a way for all athletes to train at home.

The DGSTEPPER Step Machine is a staircase simulator that uses hydraulic pumps for doing exercises on the spot.

The Step Machine is a cardio-training machine. Using cardio-training (aerobics exercise) principles, it improves your endurance (maximum oxygen absorption capacity) and your physical condition and helps you burn calories (control and lose weight in association with a diet plan).

Beyond the cardio-vascular and breathing benefits of exercise, the Step Machine strengthens the bottom, hips and calves with an impact-free movement.

2. Safety

Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly.

This is especially important for persons over the age of 35 or persons with pre-existing health problems. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.

Read all the instructions before use. DECOHOME does not accept any responsibility for any personal injury sustained by or through use of this Step Machine.

3. Warnings



Warning: To reduce the risk of serious injury, read the important instructions for safe usage below before using the Step Machine.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. Keep this manual for the entire life of the product.
2. It is your responsibility to ensure that all users of the equipment are properly informed of all warnings and precautions.
3. DECOHOME disclaims any responsibility for injuries or damage sustained by any person or property caused by improper use of this product by the purchaser or by any other person.
4. This product is intended for domestic use only. Do not use this product in any commercial, rental, or institutional setting.
5. Use this product indoors, away from moisture and dust, on a solid, hard, flat level surface with a protective cover for your floor or carpet, and in a sufficiently large space. For safety, the equipment should have at least 1.6 feet (50cm) of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened. Some parts like pedals, etc., can loosen over time with excessive use.
7. The user is responsible for ensuring proper care and maintenance of the equipment. Prior to each use, check that the non-slip surfaces are still effective. Check the condition of the parts that are the most subject to wear and tear.
8. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.

9. In the event that your product becomes damaged, immediately have any worn or defective parts replaced by Customer Service Department of DECOHOME. You can contact support by email at customerservice@decogear.com or call 844-413-2646. Do not use the equipment until it has been completely repaired.
10. Do not try to repair this product yourself.
11. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may re-strict or prevent movement.
12. Never exercise in bare feet or socks; always wear proper footwear such as running, walking, or cross training shoes that fit well, provide foot support, and feature non-skid rubber soles.
13. Make sure to place your feet properly on the parts designed for this purpose (the left and right pedal).
14. Be careful to maintain your balance while using, mounting or dismounting the Step Machine, loss of balance may result in a fall and bodily injury.
15. Before undertaking an exercise program, you must consult a physician to be sure there are no counter-indications, particularly if you have not participated in sports for several years.
16. 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, extreme shortness of breath, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
17. Keep children and pets away from the equipment. The equipment is designed for adult use only. Only one person at a time should use this stepper.
18. DO NOT touch the cylinders while doing exercises. The cylinder may heat during use.
19. Keep hands feet and hair away from all moving parts.



20. Do not store the product in a damp place (near a swimming pool, in a bathroom etc.); avoid exposing your Step Machine to sunlight and to temperatures higher than 50°C or 122°F.
21. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 220 pounds (100kg). Breaking is speed independent.

4. The Step Machine Parts

- ① Main base
- ② Left pedal
- ③ Right pedal
- ④ Display
- ⑤ Handle bar base
- ⑥ Feet cover (4 pieces)
- ⑦ Hydraulic cylinder (2 pieces)
- ⑧ Handle bars



5. Assembly instructions

-  One person alone can assemble this product.
-  All required tools are delivered with the package.

5.1. Package list:

Place all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until the assembly is completed. Read each step carefully before beginning.

If you are missing a part, please our Contact support at customerservice@decogear.com or call 844-413-2646 and order the part needed.

Business Hours:
Mon-Thurs: 9AM-6:30PM
Fri: 9AM-3PM
Sat-Sun: Closed

Part	Quantity	Picture (see next page)
Main Base	1	A
Handle bars	1	B
Handle bar base (upper part)	1	C
Handle bar base (lower part)	1	D
Adjustment knob	1	E
Flange for fixing the main base on the handle bar base (lower part)	1	F
Display base	1	G
Display (battery is not included)	1	H
Resistance bands	2	I
Curved spring washers	6	J
Short bolts	6	K
Long bolts	2	L
Wrench	1	M
Hex key / screwdriver	1	N
Small bottle of lubrication oil	1	O
User manual	1	P

Picture overview of the package list



A



B



C



D



E



F



G



H



I



J



K



L



M



N



O



P

After unpacking the unit, open the small plastic bag and make sure that you have all the fasteners. You should have 6 curved spring washers (J), 6 short bolts (K) and 2 long bolts (L).

5.2. Assembly steps:

5.2.1. Step 1:

You can find the main base (A) completely assembled when you open the box. The sensor cable is already attached on the main base. Be sure not to damage this cable.

Put the main base (A) on the floor. Do not put the heavy main base on the sensor cable because this can damage the cable.

Slide first the sensor cable carefully through the flange. Do not pull on the cable.

Put the flange (F) for fixing the main base on the handle bar base in the tube of the main base (A). The positions of the holes in the flange need to be in the same position as the holes in the tube on the main base.



5.2.2. Step 2:

Slide first the sensor cable carefully through the handle bar base (lower part) (D). Do not pull on the cable.

Put the handle bar base (lower part) (D) on the flange (F). The positions of the holes in the handle bar base (lower part) need to be in the same position as the holes in the flange.



5.2.3. Step 3:

It is time to fix the handle bar base (lower part) (D) on the flange (F). For this step you need the wrench (M), 5 small bolts (K) and 4 curved spring washers (J). There are 5 holes to fill up with the screws.



Use J+K for the left hole.
Use J+K for the right hole.
Use K for the front hole.
Use J+K for both holes on the backside.

Use the wrench to
tighten the small
bolts.



Warning:

Be sure that the curved washers are mounted correctly. The curves of the washers need to follow the curve of the tube.

Left picture: The washers are incorrect mounted.

Right picture: The washers are correct mounted.

5.2.4. Step 4:

Put the handle bar base (upper part) (C) in the handle bar base (lower part) (D).

Be sure that you slide first the sensor cable carefully through the handle bar base (upper part) (C). Do not pull on the cable.



The positions of the holes in both handle bars (C and D) must be aligned with each other on the front side of the Stepper Machine. The height of the handle bar base can be adjusted with the big round knob from 41.5" to 45.5" (1054mm to 1156mm).

Loose the knob, pull the knob out and move the pin of the knob in one of the holes to adjust the height. With this feature you can adjust the handle bars, allowing users to cater to their specific height and for the machine to be used by multiple people.

5.2.5. Step 5:

Put the display base (G) on the top of the handle bar base (upper part) (C). Be sure that you slide first the sensor cable carefully through the small round opening on top of the display base. Do not pull on the cable.



5.2.6. Step 6:

Fix the handle bars (B) on handle bar base (upper part) (C). For this step you need to use the hex key / screwdriver (N), 2 long bolts (L) and 2 curved spring washers (J). There are 2 threaded holes available for the bolts. Fix the bolts tightly with the hex key.



Warning:

Be sure that the curved washers are mounted correctly. The curves of the washers need to follow the curve of the tube of the handle bar.

5.2.7. Step 7:

Before mounting the display (H), we refer to chapter 6.6.2 in this User Manual. Follow the guidelines in that chapter to mount a 1.5V AA battery in the display.

Take the sensor cable out of the small round opening in display base (G). Be sure that it does not slip back into both handle bar base tubes. Slide the display (H) on the display base (G) and push the short display cable attached on the display through the small round opening in display base.

Connect the short display cable to the long sensor cable that comes out of the handlebar base tubes. Just push gently both connectors at the end of both cables in each other.

Mount the display base (G) back on the upper handle bar base tube (C).



5.2.8. Step 8:

If you want to use the resistance bands (I), clip the bands with the carbiners onto the eyelets as shown.



We refer to chapter 7.7. of this user Manual for the use of the resistance bands on the Step Machine.

5.2.9. Step 9

On the very bottom of the machine base (A) there is an opening for the adjustment knob (E). Screw the adjustment knob in this hole. Tighten the knob to increase the resistance of the Step Machine, loosen to decrease the resistance.



6. The display



6.1. Specifications:

TIME	00:00 ~ 99:59min
COUNT (CNT)	0 ~ 9999
CALORIE (CAL)	0 ~ 9999KCAL
REPS/MIN (STRIDES/MINUTE)	0 ~ 9999

6.2. Key functions:

- **MODE-Key:** This blue colored key let you to select and lock on to a particular function you want. It can also reset the display.
- **RESET-Key:** This red colored key resets the display immediately.

6.3. Operation procedures:

6.3.1. AUTO ON/OFF:

- The system turns on when any key is pressed or when it sensors an input from the speed sensor.
- The system turns off automatically when the speed has no signal input or if no key is pressed for approximately 4 minutes.

6.3.2. RESET:

The unit can be reset by either changing battery or pressing the mode key for 3 seconds or by pressing the RESET-key.

6.3.3. MODE:

You can choose to **SCAN** or to **LOCK** the data shown on the display. If you do not want the scan mode, press the **MODE** key. The pointer will move from one function to the next function after each press. The function besides the blinking pointer is selected.

6.4. Display functions:

6.4.1. TIME:

Press the MODE key until the pointer locks on to TIME. The total working time will be shown when starting the exercise. The total working time of the previous workout is always memorized. The time of the new workout will be added to the previous total working time.

6.4.2. COUNT:

Press the MODE key until the pointer locks on to COUNT. The display automatically accumulates the workout count when starting the exercise. The count of the previous workout is always memorized. The count of the new workout will be added to the previous count.

6.4.3. CALORIE:

Press the MODE key until the pointer locks on to CALORIE.
The calorie burned will be displayed when starting the exercise.
The total calorie burned of the previous workout is always memorized. The calorie burned of the new workout will be added to the previous calorie burned.



Warning: The calculation of calories burnt is an estimation and should not be taken as medical information. We recommend you consult your doctor or dietician to adapt your food and energy intake to your physical condition and sports activities.

6.4.4. REPS/MIN:

Press the MODE key until the pointer locks on to REPS/MIN.
The display shows the current speed during the workout time.

6.5. Scan:

When selecting SCAN with the MODE-KEY, the display changes automatically every 4 seconds. The sequence starts with showing TIME, then CALORIE and then REPS/MIN. This sequence repeats until you decide to leave the SCAN-mode. The pointer is moving during the sequence so you can see easily what mode is displayed.
The COUNT is always displayed.

6.6. Battery:

6.6.1. When to replace:

If the data on the monitor is improper displayed, please reinstall the batteries to have a good result.

6.6.2. Placing/replacing the battery:

Only 1 battery 1.5V size AA is required. The battery is not delivered with the display.

Ensure that the battery is inserted into the display correctly, with + and – terminals aligned correctly. Keep the battery compartment clean each time you replace the battery.



6.6.3. Recycling the battery:

The 'crossed out dustbin' sign means that this product and its battery cannot be thrown out with domestic waste. They should be treated apart. When you have finished with them, drop them at an authorized collection point so they can be recycled. This gesture will go towards protecting the environment and your health.



7. Workout Guide

Use of the Step Machine will help tone abs, legs, thighs, buttock muscles, and arms if using the resistance bands. The stepper also provides a cardiovascular workout.

The stepper is fitted with interdependent pedals; the braking system will therefore depend on the speed of your training.

To increase aerobic intensity, exercise at a faster rhythm (20 minutes minimum training per day). This type of exercise should be carried out three times a week.

To increase muscle toning, do the exercise faster in series with rest time in between. You can do this type of exercise every other day.

Always start slowly to warm up for a few minutes.

How you begin your exercise program depends on your physical condition. If you have been inactive for several years or are severely overweight, start slowly and increase your workout time gradually. Increase your workout intensity gradually by monitoring your heart rate while you exercise. Know your limits and train within them. Always use common sense when exercising.

 **COME BACK UP BEFORE THE STEPS REACH THE GROUND** for greater effect and to avoid damaging your joints

7.1. General Cardio-Training Principle.

If you are just starting out, begin by exercising for several days without pushing yourself to hard, taking breaks if necessary. Gradually increase the number or duration of the sessions.

7.1.1. Maintenance/Warm-up:

Gradual effort starting with 10 minutes.

For maintenance work to keep yourself in shape or get back into shape, you can train every day for about ten minutes. This type of exercise will wake up your muscles and joints, or it can be used as a warm-up before another type of physical activity

7.1.2. Aerobic exercise for getting into shape:

Moderate effort for a relatively long time (35 minutes to 1 hour).

If you wish to lose weight, this type of exercise, combined with a diet, is the only way to increase the amount of energy your body consumes. To do so, there is no need to push beyond these limits. Training on a regular basis is what will produce the best results.

Work out at your own pace, but for at least 30 minutes. This exercise should cause you to build up a mild sweat, but it certainly should not leave you out of breath. It's the duration of the exercise at a slow pace that will cause your body to dip into your fat reserves to get its energy, as long as you exercise for more than about thirty minutes at least three times a week.

7.1.3. Aerobic training for endurance:

Sustained effort for 20 to 40 minutes.

This type of training aims to strengthen the heart muscles significantly and improves respiratory functioning.

This type of exercise is more sustained than when you are working out to get into shape. The more workouts you do, the longer and faster you will be able to exercise. You can do this type of workout at least three times a week.

Training at a more intense pace (anaerobic exercise) is reserved for athletes and requires special preparation.

After each workout, set aside several minutes to walk or run at a lower speed, to slow down and gradually relax your body.

7.2. Cardio-Training Exercise.

Cardio-training exercise is a form of aerobics (conditioning the body in the presence of oxygen) and allows you to improve your cardio-vascular capacity. To be more precise, you will improve the tonicity of the heart and your blood vessels. Cardio-training exercise carries the oxygen breathed in from the air to your muscles. It is the heart that pumps this oxygen through the body and, in particular, to the muscles being exercised.

7.3. Controlling your heartbeat.

It is vital to measure your pulse periodically in order to control your degree of exercising. If you do not have an electronic measuring device, follow this procedure:

To take your pulse, position two fingers: on the neck, or below the ear, or at the inside wrist beside the thumb.

Do not press too hard: excessive pressure reduces the blood flow and can slow down the heartbeat. After counting the pulsations for 30 seconds, multiply by 2 to obtain the number of pulsations per minute.

Example: 75 pulsations counted in 30 seconds correspond to a heartbeat of 150 pulsations per minute.

7.4. Phases of a physical activity.

7.4.1 Warm-up phase: progressive effort

Warming up is a preparatory phase before any activity. It puts the person INTO OPTIMUM CONDITIONS for carrying out his or her favorite sport. It is a METHOD OF PREVENTING ACCIDENTS TO TENDONS AND MUSCLES. There are two aspects: WAKING UP THE MUSCULAR SYSTEM, GENERAL WARMING UP.

- 1) The muscular system is prepared in a **SPECIAL STRETCHING SESSION** which **PREPARES FOR EACH ACTIVITY**: each group of muscles is used, joints are used.
- 2) Global warming up gradually brings the cardiovascular and respiratory system into action, improves irrigation of the muscles and prepares for making efforts. It must be sufficiently long: 10 min for a leisure sport activity, 20 min for a competition sport activity. Note that warming up must be longer: after 55 years old, in the morning.

7.4.2 Training

TRAINING is the main phase of your physical activity. You can improve your physical condition by **REGULAR** training.

- Anaerobic exercise to develop endurance.
- Aerobic exercise to develop cardio-pulmonary resistance.

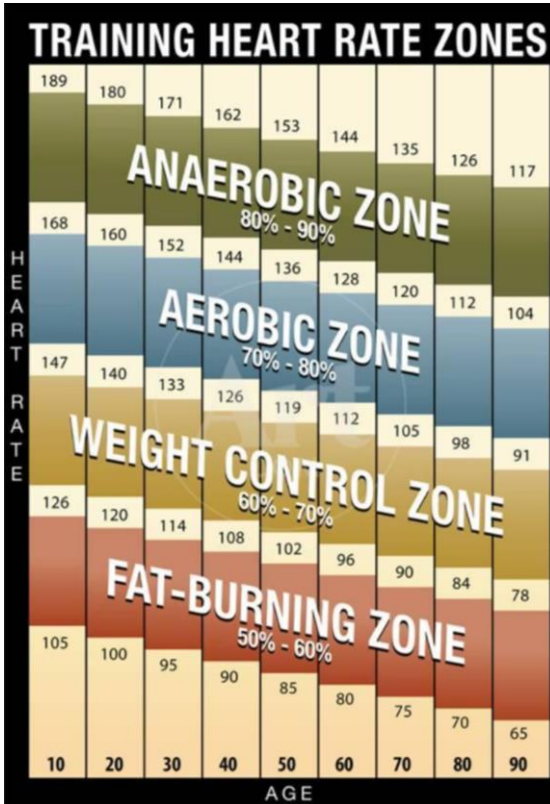
7.4.3 Slowing down

This is the continuation of an activity at low intensity, the gradual “return to rest” phase. **SLOWING DOWN** brings the cardiovascular and respiratory system, the blood flow and muscles back to “normal” (eliminating the counter effects of an exercise, such as lactic acids, the accumulation of which is one of the major causes of muscular pains such as cramps and stiff muscles).

7.4.4 Stretching

STRETCHING must follow the slowing down phase while joints are still warm in order to reduce risks of injury. Stretching after an activity: minimizes **MUSCULAR STIFFNESS** due to an accumulation of **LACTIC ACIDS**, “stimulates” **BLOOD CIRCULATION**.

7.5. Exercise Range



⚠ WARNING TO USERS:
You must work towards getting fit in a controlled manner.

Do not hesitate to consult a doctor before any physical activity, especially if : you have not practiced any sports activities in recent years, you are more than 35 years old, you are not sure about your health, you are following medical treatment.

CONSULT A DOCTOR BEFORE PRACTISING ANY SPORT.

ANAEROBIC ZONE: Exercise from 80 to 90% and beyond: This zone reserved for high performance and specialized athletes.

AEROBIC ZONE: Exercise of 70% to 80% of the maximum cardiac rate: Endurance exercise.

EIGHT CONTROL ZONE: Exercise from 60 to 70% of the maximum cardiac rate: Getting fit/favorable consumption of fat.


FAT BURNING ZONE: Exercise from 50 to 60% of the maximum cardiac rate: Maintenance/warm up.

7.6. Using the Step Machine without the resistance bands.

When using the Step Machine for the first time start slowly. As fitness improves the speed can be increased. Exercise up to three times per week for 10 – 15 minutes as personal fitness level permits.

Move one foot pedal to the lowest position, step onto this pedal and then step onto the higher pedal with the other foot.

Push down on the raised leg and the back of the foot pedal will move in a downward direction. Repeat with the second leg.

 Do not arch your back when using the Step Machine; always keep your back straight.

EXERCISES:

For consistent exertion of the legs and thighs, make sure you keep an absolutely vertical position (basic position). With the **DGSTEPPER Step Machine** you can focus on specific muscle groups.

1. **Basic position:**

Absolutely vertical position, back straight, abdominals flexed, hips tipped forward, push on your heels, arms bent.

2. **Targeting on the muscles at the back of the thighs:**

The muscle located at the back of the thigh is used when bending the leg, thus bringing the heel back towards the thigh. On the Step Machine all you have to do, therefore, is reproduce this movement, bringing the heel to the thigh. To do so, bend down slightly whilst keeping your trunk upright so as to reach a half-sitting position without leaning over entirely.

3. **Concentrating on your rear muscles:**

To concentrate on your rear muscles, remove the feet from the pedal half way and contract your abdominals to keep your back straight and avoid curving.

4. **Concentrating on the calf muscles:**

Working on the balls of your feet will tone your calf muscles.

7.7. Using the Step Machine with the resistance bands.






For arms, shoulders, legs and buttocks.

For arms and particularly your shoulders.

1. Keep the left arm slightly bent, raise it in front of your body to approximately shoulder height and press the right pedal down.
2. Lower the left arm and raise the right arm to the same height and press the left pedal down at the same time.
3. Repeat steps 1 and 2.

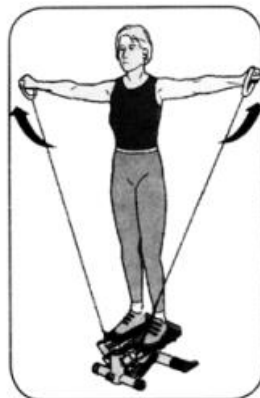
1. Do not step
2. Start with the hands at hip height.
3. Keeping the back of the hand facing upwards, pull the right handle towards the chin and at the same time lower the left handle.
4. Return the hands to the start position and repeat the exercise with the alternate arm.

 All Pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.



For arms, legs, buttocks and particularly your upper arms.

1. The palms of your hands are facing upwards.
1. Press your elbows firmly against your body.
2. Lower the left pedal and pull up on the rope with your left arm.
3. Lower the right pedal and your left arm and at the same time pull up your right arm.



For the back, shoulders, chest, legs and buttocks.

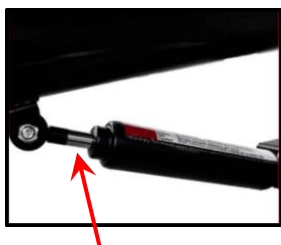
2. Start stepping
3. While stepping, raise the arms sideways up to shoulder height.
4. Lower the arms again.
5. Repeat steps 2 and 3 while continuing to step.
6. A variation of the above exercise can be performed with the palms of the hands facing upwards.



All Pictures shown are for illustration purpose only. Actual product may vary due to product enhancement.

8. Care and Maintenance

- Avoid dropping the stepper and the display.
- Do not use or store in wet or humid conditions.
- The DGSTEPPER Step Machine only requires minimum maintenance.
- To clean the Step Machine, use a sponge and clean water for all parts, except for the cylinders and the display. These should be cleaned with a dry cloth.
- Use light sewing machine oil to lubricate the piston when they start to have noise or screech. There is a small bottle of lubrication oil in the package included. Oil only the piston (see the red arrow on the below picture).



9. Warranty

9.1. Manufacturer's 1-Year Limited Warranty

The manufacturer warrants that all parts and components are defect free in materials and workmanship for 1 year. This warranty is valid only in accordance with the conditions set forth below:

1. The warranty extends only to the original consumer purchaser and is not transferable. In addition, proof of purchase must be demonstrated.
2. This limited warranty is the only written or express warranty given by the manufacturer. Any implied warranty of merchantability or fitness for a particular purpose on this product is limited in duration to the duration of this warranty. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.
3. This warranty gives you specific legal rights. You may also have other rights which vary by state.

9.2. Procedure for Replacement or Return within the 1 Year.

To return the product for replacement or refund within the 1 year, the original purchaser must pack the product securely and send it postage paid with a description of the reason for replacement or refund, proof of purchase, and include your order number on the package, to the following address:

Deco Home
80 Carter Drive
Edison, NJ 08817

10. Notes

For more information, visit www.decogear.com or scan the below mentioned Q-code.

Contact our support at customerservice@decogear.com or call 844-413-2646

Business Hours:

Mon-Thurs: 9AM–6:30PM

Fri: 9AM–3PM

Sat-Sun: Closed



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