



Mini Stepper

USER MANUAL





Parts list

Item	Name	QTY	Item	Name	QTY
1	Pedal	2	2	Electronic Meter	1
3	Adjust Knob	1	4	Hydraulic Rod	2
5	Base frame	1	6	Pulley	1
Product Dimensions	16.81 x 13.62 x 7.87 Inches		Product Weight	6.07 Kilograms	

*updated ones with exercise straps

1.Installation Drawing



As picture shows, take out the adjusting button,adjust the hole site to the right position and insert the knob. The degree of tightness of knob can control the pedal height, the higher the closer.

2. Instructions of electronic meter



3.Instructions of function

Scan:

show different kinds of functional value automatically in order

Time:

from 0-99: 55

Calorie:

accumulate calorie consumption when
exercising only for reference value, not for medical reference
step per minute

Count:

accumulate the number of steps the ratio of

Mode:

can choose various function key If it keeps 3 seconds, all the value
will return to zero and restart to calculate

*Important notice:Any input wil start display. Press the mode button can choose
four functions(times/second,time, calorie, auto scan). The small arrow on the
screen will show various functions which are corresponding to four arrows
below the screen.

Auto scan:The screen will show automatically4 Seconds separately the
times/second, time, caiorie under this condition.

Auto power off: If there is no signal input lasting 4 seconds,the screen will
power off automatically. But it wili input signal again byexercising or touching
mode button.

4. Start workout

Important notice: Put the treadmill on the smooth ground. It is suggested to paye the blanket under it to avoid damage to the ground for long-term usage.

Step1: Stand on the ground back to the treadmill, put your left foot on the left pedal and press down until it stops when touching the bottom.

Step2: Put your right foot on the right peda

Step3: Start to exercise with slow pace and gradually famiiar with the unique stepping rule. If you want to adjust the obstruction of pedal, please firstiy come down the treadmill and then adjust knob or obstruction joystick.

Exercise frequency

It is suggested that you should exercise at least every other day. At the beginning, you can do 5 minutes ahead and then add gradually to 15 minutes, up to 30 minutes.Or 10 minutes each unit to complete three units. You can also insist exercising every, day. Please be remembered to exercise within your abilities.

Recovery after exércising

To reduce muscular soreness the following days. it is important to do some stretch exercise. Make deep breath, drink water and relax the body will make you feel well and have a sense of achievement.

5. Attention

1. The largest weight of the user is 100 KG.
2. The machine should be placed and used on smooth and stable ground.
If necessary, please pave the fabric under the machine to protect your floor or blanket. Please check it carefully before using each time.
3. Please wear suitable clothes when exercising. Do not wear loose clothes to be involved in the machine to block exercise.
4. Please keep babies, pets away from the machine to avoid unnecessary damage.
5. The users who are pregnant or install implantable medical products such as cardiac pacemaker should inquiry from your doctors before using.
If you have any discomfort like chest distress, arrhythmia, shortness of breath, dizziness or others, please stop exercising immediately and inquiry from your doctors before continuing the exercise.
6. Do warm-up before usage.
7. When hydraulic cylinder is used up to 20 minutes continuously, please use it after cooling. Do not touch it after usage.
8. Please give your body water of 150CC-500CC as supplement to help discharge UA, which leads to half the work with double results.
9. To enhance the adhesion of feet and body twister, adhering to the fitness principle of foot massage. it is better to use with bare feet.

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Mini Stepper

**Thank you
for your
support**

