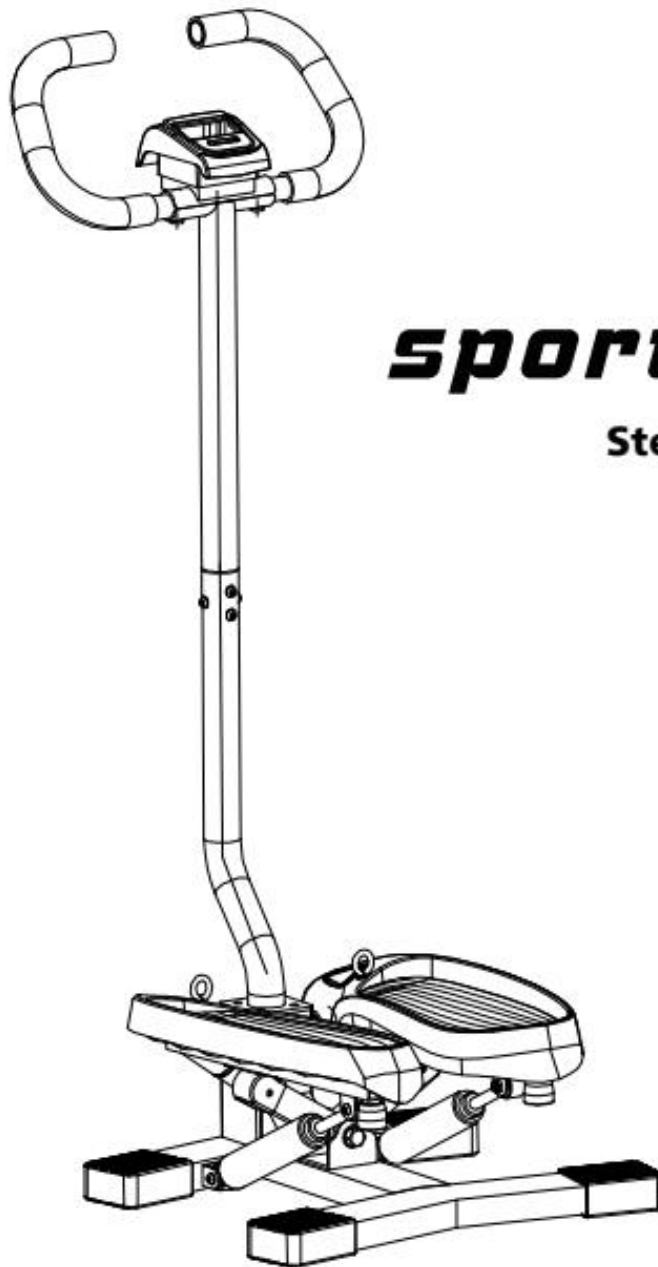
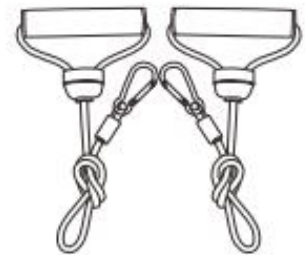


# Stepper Machine



***sportsroyals***

**Stepper With handlebar**



**LED**  
Monitor

**QUIET**

**HOME**  
Exercise

**UP TO**  
**330lb**

## Instruction manual

**Please read this manual before using stepper**

# IMPORTANT SAFETY INFORMATION

Thanks so much 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. It is our responsibility to ensure that all users are informed of all warnings and precautions.

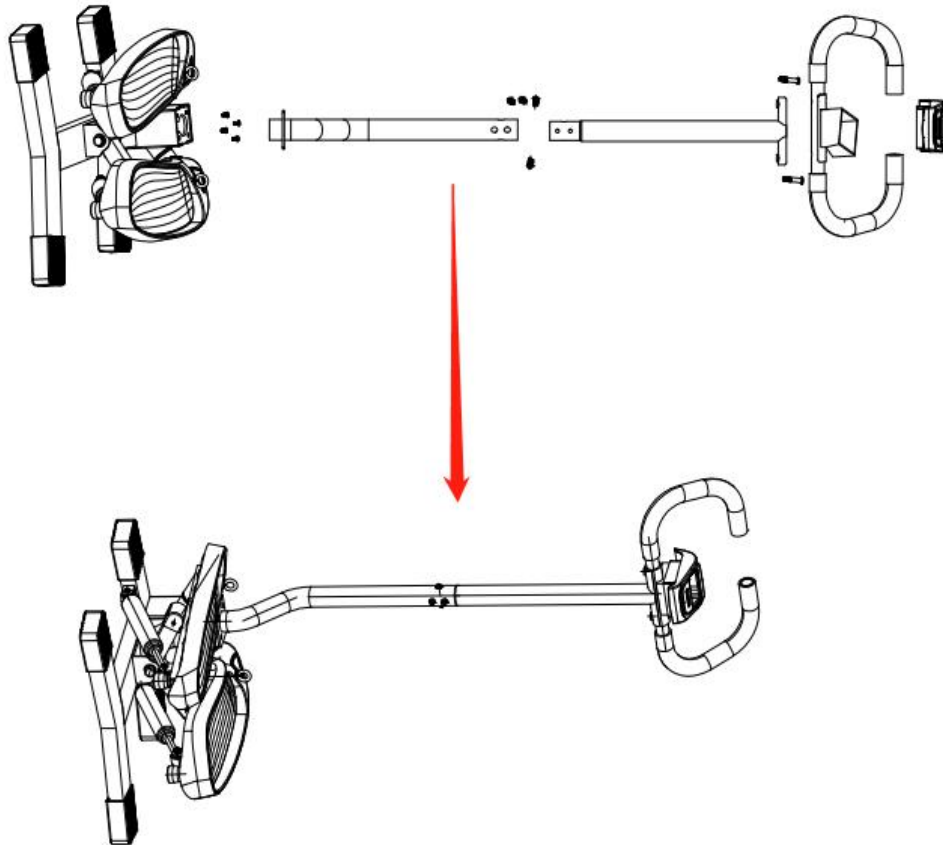
1. Before starting your exercise program, you should consult your physician to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medication that 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 (120 cm) of free space all around it.
5. Check for damage and wear before each use. Ensure that all nuts and bolts are securely tightened before using the equipment.
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 330 pounds.
10. The equipment is not suitable for therapeutic use.
11. Pay attention that the hydraulic tube need rest after 20-minutes exercises
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.

## How to Contact US:

**Login your AMZ account > choose "*Your orders*" > find the order ID > click "*Contact seller*"**

**We also provide one-month return and one-year warranty service.**

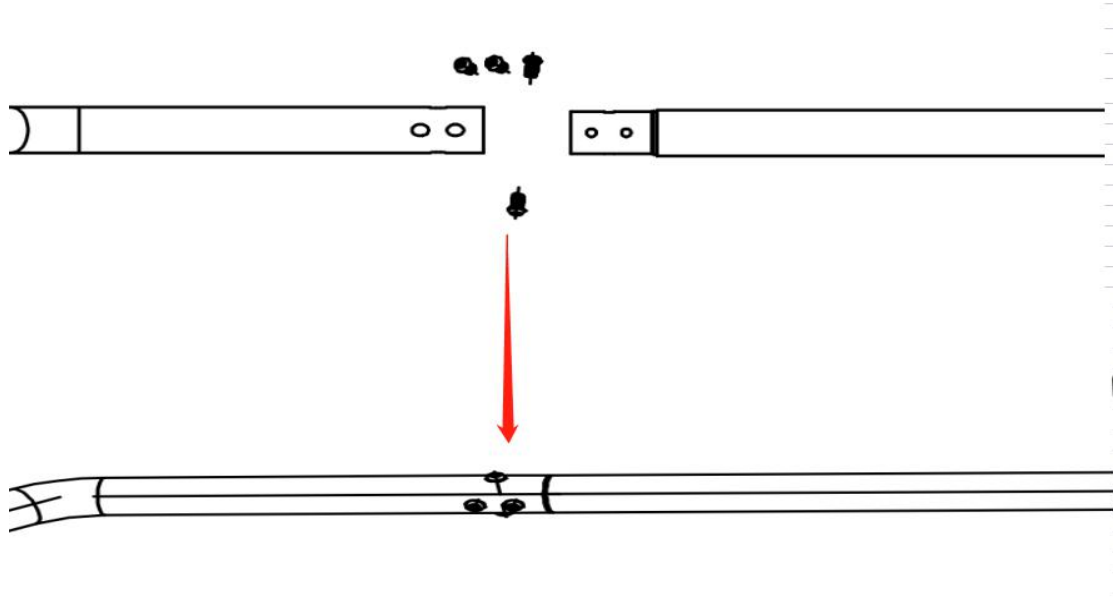
## Assembly instruction:



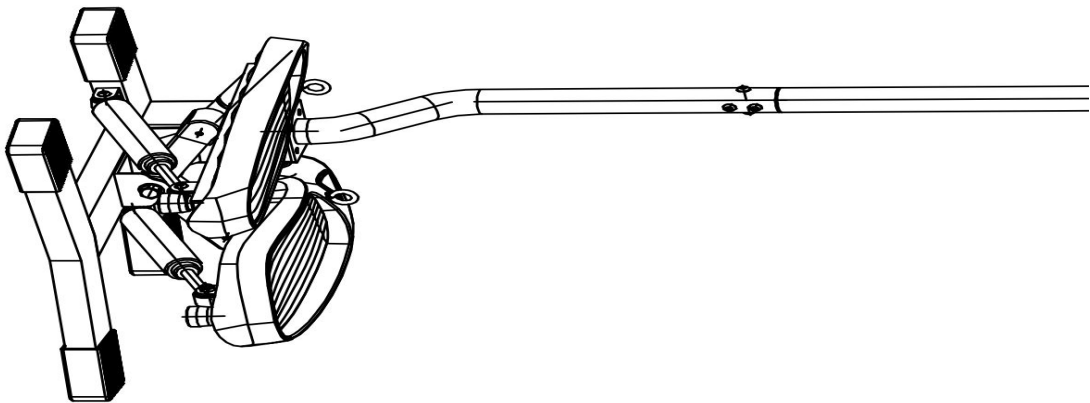
## Detailed steps:

1. Pass the instrument sensor line reserved on the upper pole through the lower pole, (Please kindly note that because the sensing line is relatively soft, when you pass the sensing line through the lower rod, **you need to shake the lower rod several times to make the sensing line pass through the lower rod smoothly**).

2. Use 4 M8x16 screws and 4 concave washers to connect the upper pole and the lower pole and tighten the screws. (**These screws are pre-installed on the upper pole**).

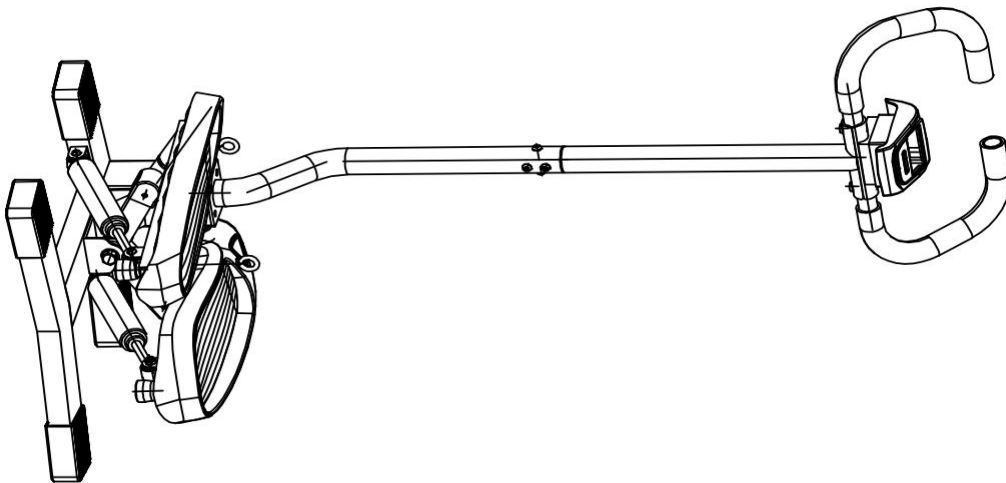


3. Connect the sensor line at the lower end of the pole to the induction line plug of the host, and then use 4pcs M8x30 screws to install the assembled pole part on the stepper host. **The installation direction is that the pole is bent forward, and the screws are tightened.**



4. Pass the sensor line plug at the upper end of the pole through the reserved hole of the U-shaped handlebar, and then use 2pcs M8x40 screws and 2 concave washers to install the "U"-shaped armrest on the pole, and tighten the screws.

5. Insert the plug on the upper end of the pole into the instrument socket, and then install the entire instrument on the square card seat on the U-shaped handlebar to complete the installation.



## HOW TO USE THE STEPPER

This product can only be used after installation. Please check that the parts and accessories are not loose before use. Please put the stepper on a flat surface, hold the U-shaped armrest with both hands, choose a suitable position according to your height, and then put your left foot on the left pedal and your right foot on the right pedal. Keep your balance, step on it slowly, and you can start exercising.

## **HOW TO USE THE MONITOR**

1. Install the battery and connect the sensor line.
2. The work of the monitor is smart. When you exercise, the monitor will automatically turn on and automatically turn off when you are not exercising.
3. Long press the reset button to reset the tracked data, press the mode button to switch the data you want to track.

**NOTE:** If the monitor always shows 0, please check if the sensor wire is connected. **(If it fails, Please contact us immediately)**

**Cleaning Method** For daily cleaning, wipe the surface of the equipment with a soft cloth. Do not use industrial cleaners or solvents as they may damage the surface of the equipment or dissolve.

## **100% Satisfaction Customer Services**

If you have any problem with our Stepepr (like Installation problems or monitor not working), please feel free to contact our service support team. We will response within 18hrs and give you a 100% satisfactory solution.

## **Keep Fit From SPORTSROYALS**

Sportsroyal hope that you have a healthy and pleasant day or evening, wherever you may be.

