

IMFIT™

STEPPER WITH EXERCISE BANDS

USER MANUAL



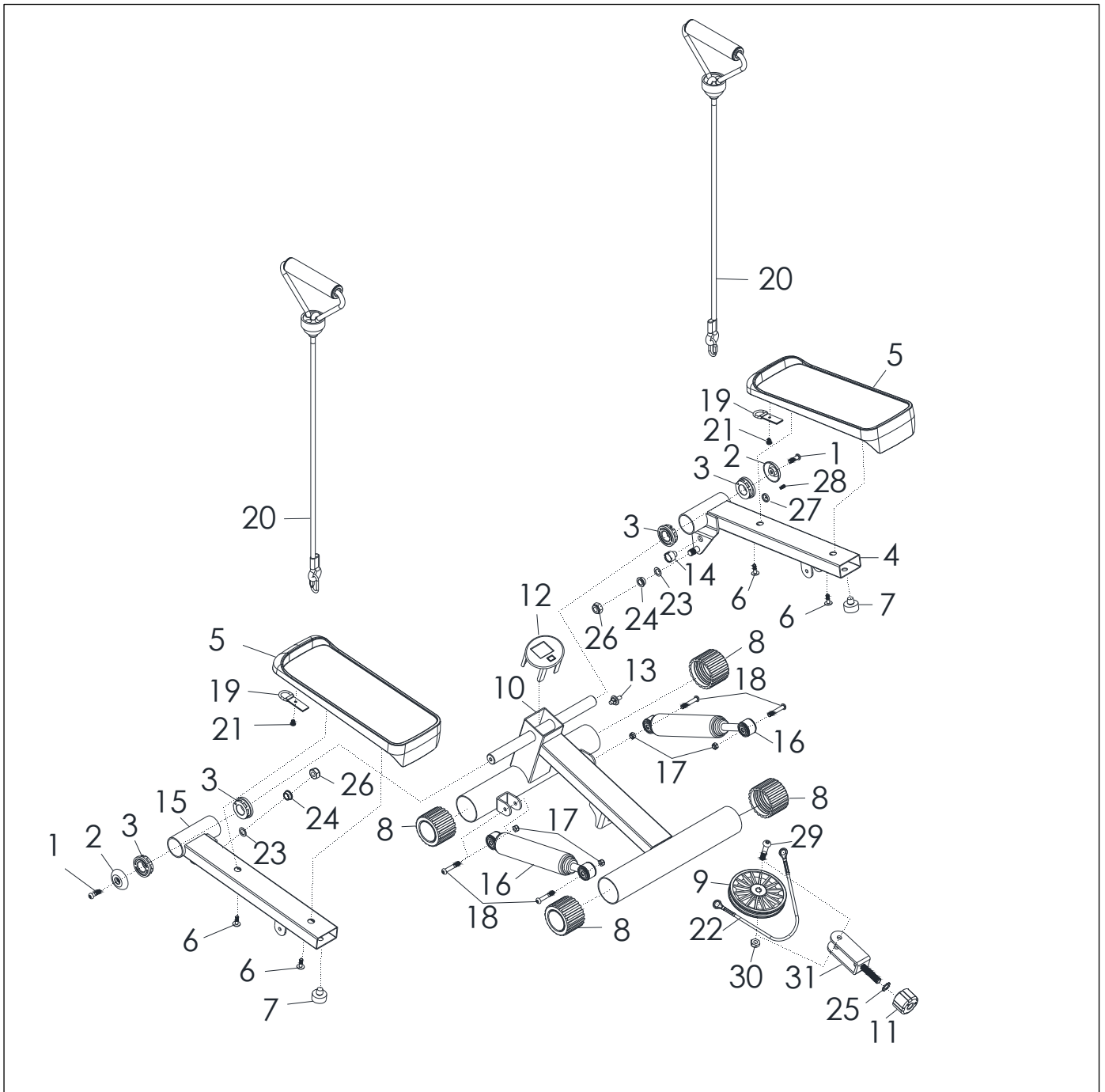
IMPORTANT! Please retain owner's manual for maintenance and adjustment instructions.

IMPORTANT SAFETY INFORMATION

We thank you for choosing our IMFIT 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 on your IMFIT stepper, 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, lightheaded, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program on IMFIT stepper.
3. Keep children and pets away from the IMFIT. The equipment is designed for adult use only.
4. Use the IMFIT stepper 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. Ensure that all nuts and bolts are securely tightened before using the IMFIT stepper. 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 IMFIT stepper 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 the use of the equipment immediately and do not use until the problem has been rectified.
7. Wear suitable clothing while using the IMFIT stepper. Avoid wearing loose clothing that may entangle in the equipment.
8. Do not place fingers or objects into the moving parts of the IMFIT stepper.
9. The maximum weight capacity of this unit is 220 pounds (100 KG).
10. IMFIT stepper 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 IMFIT stepper 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 IMFIT stepper is designed for indoor and home use only; it is not intended for commercial use.

EXPLODED DIAGRAM



PARTS LIST

No.	Description	Spec.	Qty
1	Screw	M6	2
2	Bearing Cap		2
3	Bearing Sleeve		4
4	Pedal Tube (R)		1
5	Pedal		2
6	Screw	M5	4
7	Stopper		2
8	Cap		4
9	Pulley		1
10	Main Frame		1
11	Adjustment Knob		1
12	Meter		1
13	Sensor		1
14	Magnet		1
15	Pedal Tube (L)		1
16	Hydraulic Cylinder		2
17	Nut	M6	4
18	Bolt	M6	4
19	Exercise Band Buckle		2
20	Exercise Band		2
21	Screw	M5	2
22	Cable		1
23	Plastic Gasket		2
24	Power Metallurgy		2
25	Lock Washer		1
26	Locknut	M10	2
27	Magnet Cover		1
28	Screw		1
29	Screw	M8	1
30	Locknut	M8	1
31	Pulley Block		1

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

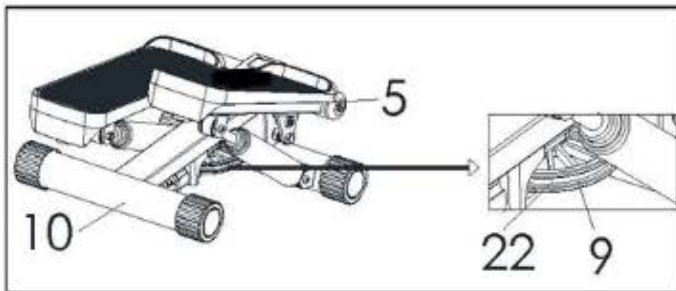
Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ 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 customercare@imgadgets.com or +1 647-797-3804

ASSEMBLY INSTRUCTIONS

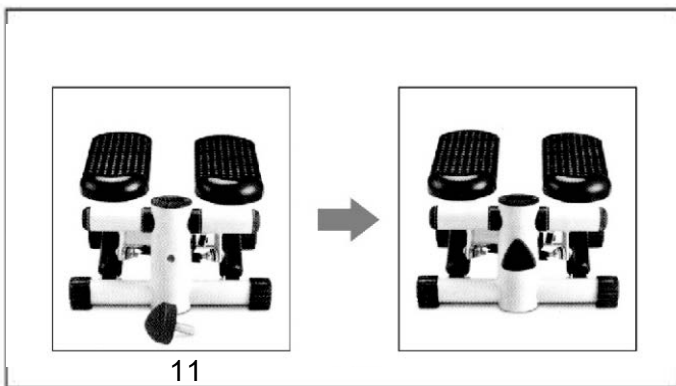
We value your experience IMFIT products. For assistance with parts or troubleshooting, please contact us at customer care@imgadgets.com or +1 647-797-3804



STEP 1

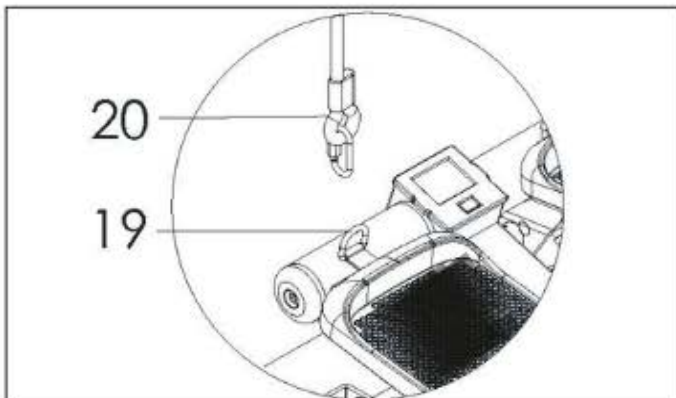
Remove the **Main Frame (No. 10)** from the box.

Lift one **Pedal (No. 5)** up with your hand and ensure that **Cable (No. 22)** is inserted into the slot of the **Pulley (No. 9)** as shown in the picture



STEP 2

Turn the **Adjustment Knob (No. 11)** clockwise " + " all the way right until it reached its end point.

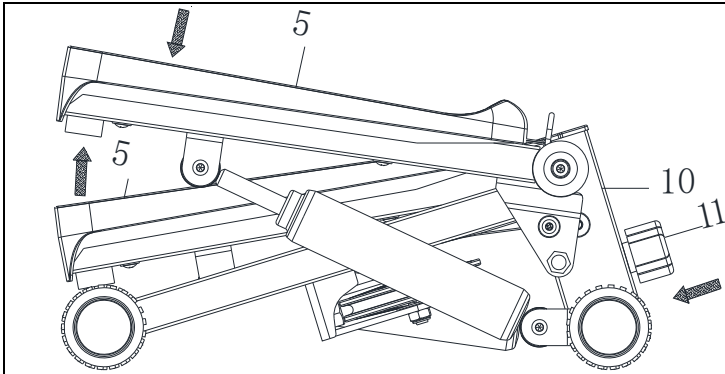


STEP 3

Connect 2 **Exercise Bands (No. 20)** to the **Exercise Band Buckles (No. 19)** at the front of the left and right pedals as shown in the picture.

The assembly is complete!

MAINTENANCE & ADJUSTMENT GUIDE



ADJUSTING THE STEPPING HEIGHT

Turn the **Adjustment Knob (No. 11)** clockwise to increase the stepping height.

Turn the **Adjustment Knob (No. 11)** counter-clockwise to decrease the stepping height.

CLEANING

The IMFIT stepper can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the stepper after each use. Be careful not to get excessive moisture on the display panel as this might cause electrical hazards or electronics failure.

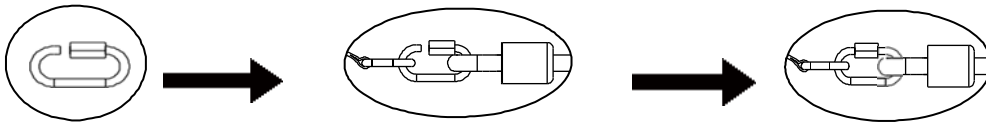
Please keep the stepper, especially the display, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the stepper for proper tightness every week.

STORAGE

Store the IMFIT stepper in a clean and dry environment, away from children.

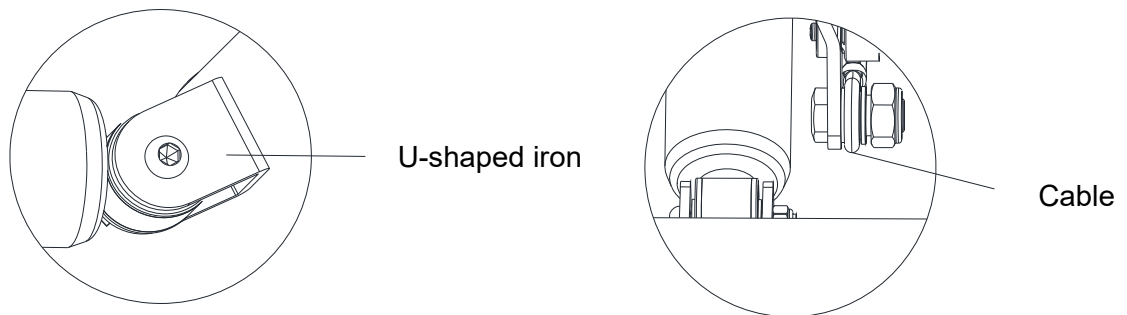
EXERCISE BAND INSTRUCTIONS

1. Unscrew the hook nut located on the band until the hook is open as shown in the picture below.
2. Attach the band hook onto the pedal hook and screw the hook nut closed until the pedal hook is secured with the hook nut.
3. Assembly is done



MAINTENANCE & CARE INSTRUCTIONS

1. If the IMFIT stepper screeches during exercise, please discontinue use and do the following: loosen the screw located on the U-Shaped iron then loosen the cable as shown in the picture below. Next, lubricate both the U-Shaped iron and cable to improve the sliding condition. Retighten and secure the screw and cable.
2. For safety and efficiency, please be sure to inspect and lubricate the U-Shaped iron and cable regularly.
3. Always use dry cloth when cleaning the stepper, never clean the stepper using a wet or damp cloth.
4. Store the IMFIT stepper in a dry area free of moisture, do not store or leave outdoors.
5. During exercise the hydraulic cylinders may produce noise if they become too hot, it is perfectly normal for this to occur.
6. To avoid injury to your hands, please refrain from touching the hydraulic cylinders during or immediately after use.



OPERATING INSTRUCTIONS

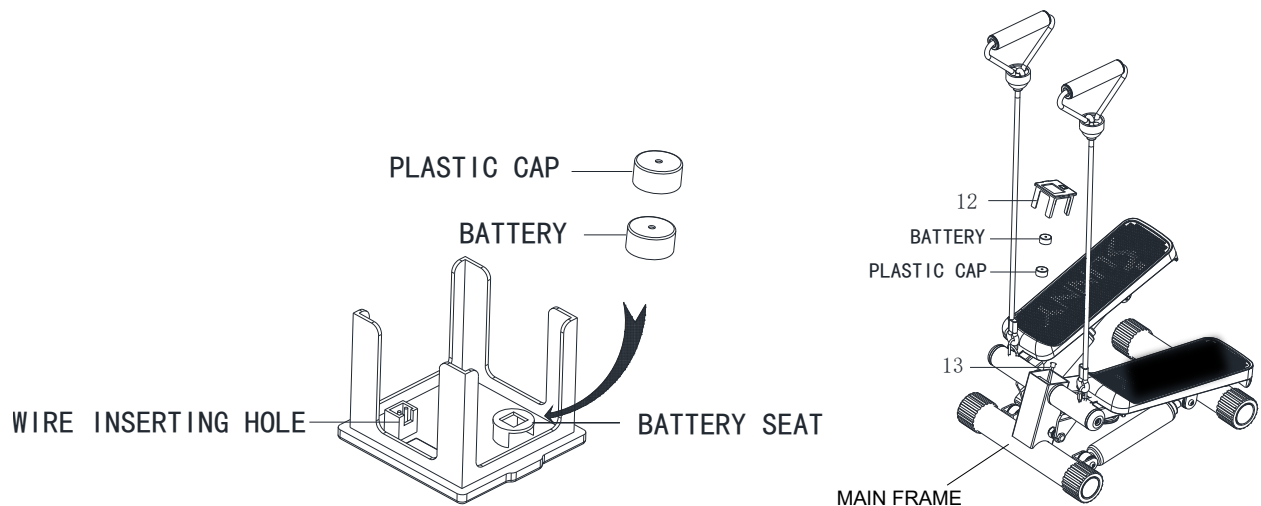
1. During the use of the IMFIT stepper , please make sure to follow all instructions carefully as any improper techniques of usage and/or assembly may result in injury and/or damage to the equipment.
2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
3. Before beginning exercise, always inspect the IMFIT stepper to ensure that all moving parts as well as hardware are secured correctly and are in proper condition.

NOTES:

If you are having a hard time balancing on the IMFIT stepper, please hold onto something for support.

Do not use the stepper for more than 15 minutes as the hydraulic cylinders may overheat and become damaged.

CHANGING THE BATTERY

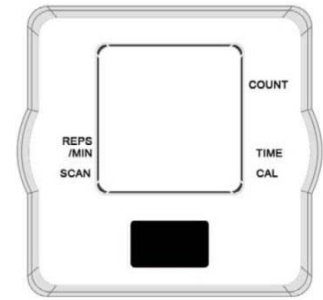


1. Remove **Meter (No. 12)** from **Main Frame (No. 10)** and disconnect the link wire of **Sensor (No. 13)** from the **Meter (No. 12)**.
2. Remove the plastic cap from the battery seat.
3. Remove the battery using your fingers.
4. Insert the new battery using your fingers. Ensure that the positive side of the battery which is labeled with a + sign is facing upward once the new battery is in place.
5. Place the plastic cap over the battery seat.
6. Insert the link wire of **Sensor (No. 13)** onto the wire inserting hole on the back of **Meter (No. 12)**.
7. Insert the **Meter (No. 12)** onto **Main Frame (No. 10)**.

EXERCISE METER

KEY FUNCTIONS:

MODE: Press the **MODE** button to select a function. (Time, Reps/Min, Count, Calorie and Scan)



OPERATION PROCEDURES:

1. AUTO ON/OFF:

If the steps of the machine are put into motion or the MODE button is pressed, the meter will activate and will remain active during use. If it goes without signal for approximately 4 minutes, the meter will turn off automatically.

2. RESET:

The meter can be reset by pressing and holding the MODE button for three seconds. Removing the batteries will also reset the meter and return all function settings back to zero.

3. MODE:

To select the LOCK MODE setting, press the MODE key when the pointer is on the function you wish to lock. Once locked, only the selected function will be displayed.

4. FUNCTIONS:

TIME: Counts the total time of an exercise from start to finish.

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

COUNT: Automatically accumulates the count of steps taken during sessions. Meter counts 1 step after you step once with each foot.

REPS/MIN: Automatically displays the count of steps per minute.

SCAN: Press the MODE button until the indicator arrow points to SCAN. The indicator arrow will continue to flash indicating that SCAN mode is active. SCAN mode will automatically scan through each function in sequence.

NOTE:

1. If you have an inaccurate reading on the meter, please replace the battery immediately. (See instructions below)
2. Please use (1) LR44, 1.5V battery.
3. The meter is auto-powered. It turns on when exercise begins, and it turns off when no movement is made between 4 to 5 minutes.
4. All functions will automatically stop calculating when "**STOP**" appears in the upper left corner of the meter. This occurs when there is no signal for a period of 4 seconds. Once the exercise begins again, the meter will automatically start recalculating.

WARRANTY

The customer is entitled to a limit manufacturer warranty of 90 days from the date of purchase. It is important to note that the manufacturer warranty does not cover any physical or accidental damage resulting from improper usage.

For more information about the warranty, please visit our website at www.imgadgets.com or contact us via email at customercare@imgadgets.com



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