

S023 Twist Fitness Stepper with Resistance **Bands User Manual**

IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: service@zoovaa.com

IMPORTANT SAFETY INFORMATION

this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured 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.

- health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise
- 3. Keep children and pets away from the equipment. The equipment is designed for
- 5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for
- 6. It is recommended that you lubricate all moving parts on a monthly basis.
- use the equipment until the problem has been rectified.
- 10. The maximum weight capacity of this unit is 220 pounds.
- 11. This equipment is not suitable for therapeutic use.
- 12. Move with caution when lifting and moving the equipment. Always use proper lifting

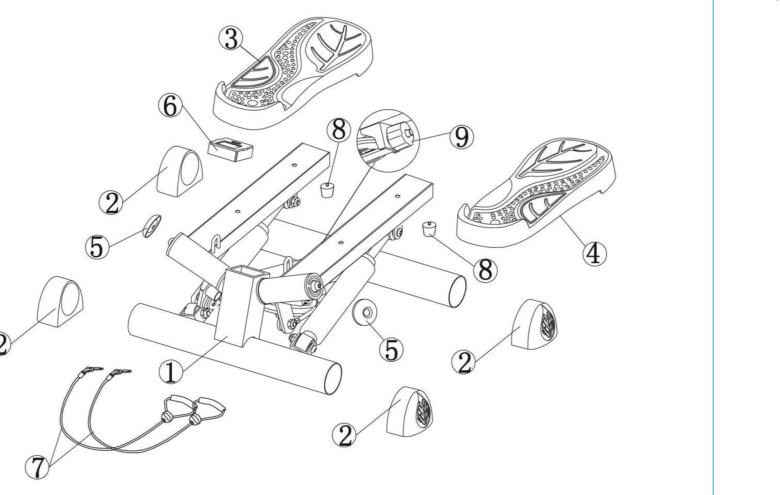
the State of California to cause cancer and birth defects or reproductive harm.

We thank you for choosing our product. To ensure your safety and health, please use

- 1. Before starting any 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
- 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 2 feet of free space
- damage and/or wear and tear.
- 7. 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, stop using the equipment immediately and don't
- 8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
- 9. Do not place fingers or objects into moving parts of the exercise equipment.
- technique and seek assistance if necessary.
- 13. This equipment is designed for indoor use only! t is not intended for commercial use!

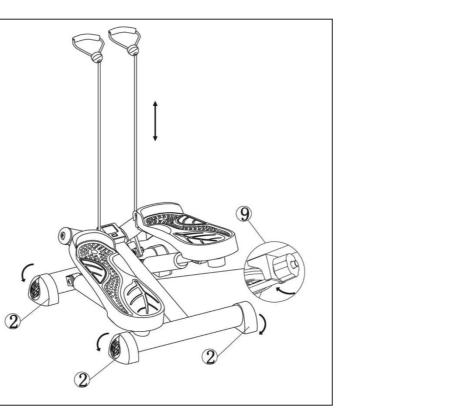
WARNING: This product can expose you to one or more chemicals known to For more information go to www.P65Warnings.ca.gov.

EXPLODED DRAWING & PARTS LIST



Main Frame	1	
End Cap	4	
Right Pedal	1	
Left Pedal	1	
Plug	2	
Meter	1	
Exercise Bands	2	
Stopper	2	
Adjustment Knob	1	
·		

Parts NO. Description Qty.



STEP1: Take out the stepper from shipping carton.

STEP2: Rotate 4 End Caps (No. 2) so the straight side is on the floor. If the End Caps (No. 2) are hard to turn, pull out slightly, turn the End Caps (No. 2), then push back onto the stepper. STEP3: Stand on the pedal.

SET UP INSTRUCTIONS

Start by carefully removing the Machine from the shipping carton & place all components on a

The Twist Fitness Stepper arrives completely assembled.

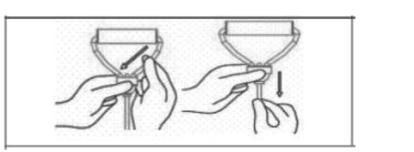
STEP4: Rotate the Adjustment Knob (No.9) to alter the pedal's movement range.

ADJUSTING THE ROPE LENGTH

To Lengthen Rope

Pull one side of the rope down and pull the bottom of the rope downward as shown in the picture below.

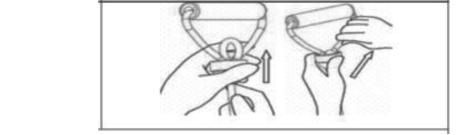
Repeat this process until the rope is at the desired length. **NOTE**: This adjustment decreases the tension on the bands.



To Shorten Rope

Push the rope upward from the bottom, then pull one side of the top rope as shown in the picture below.

Repeat this process until the rope is at the desired length. **NOTE**: This adjustment increases the tension on the bands.



NOTE: When lengthening the rope, only one side of the rope can be pushed down. If the side that you're trying to push down on doesn't move, try the other side of the rope

EXERCISE COMPUTER

KEY FUNCTIONS:

MODE: Press to select functions (TIME, COUNT, REPS/MIN, CALORIES), or hold on for 3 seconds to reset all values.

FUNCTIONS

SCAN: Automatically rotates each function in sequence

TIME: Displays the total time of an exercise starts from

COUNT: Automatically accumulates the count of steps made **STRIDES/MIN:** Displays steps per minute during the exercise.

CAL: Counts the number of calories burned during an exercise from start to finish. NOTE: This is an approximate

OPERATING INSTRUCTIONS

Auto ON/OFF - The computer will activate when you press MODE or when you begin stepping. If there's no signal for approximately 4 minutes, the computer will automatically turn off. When you are not stepping, meter shows STOP.

Display - Meter always displays Count at the top.

The bottom of the meter can display STRIDES/MIN, TIME, or CAL. Press MODE to select which function you want to display at the bottom. An arrow points to the function displayed.

SCAN - If arrow points to SCAN, then the meter will automatically rotate the display at the bottom of the meter in the following sequence: STRIDES/MIN, TIME, CAL. An arrow will point to the function displayed.

Reset – Press and hold button 3 seconds to reset all values.

- 1. If there is a problem with the display, please replace the battery to improve results. Replacing the battery will reset all values.
- 2. Please use one LR44 cell battery as a power supply. One battery is installed in the meter.



HOW TO REMOVE BATTERY



old battery and install the battery the new battery into the correct position

Open the Meter (No. 6), remove the



Connect the Meter (No. 6) with Main Frame cable (Pic. 2)



Install the Meter (No. 6) into Main Frame (No. 1)

MAINTENANCE 1. Lubrication of all moving parts is essential to the longevity and optimal performance of your

- Machine. We recommend a clear aerosol or silicone spray. Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually gum up and erode bushings and sealed bearings.
- 2. All pulleys and bushings should be checked regularly for signs of wear.
- 3. Check and adjust cable tension periodically as it will maintain proper function.
- 4. Periodically check all moving parts, bands and grips for signs of wear or damage. If there is a problem or replacement part is necessary, STOP USING THE EQUIPMENT and immediately contact customer service. Replace parts using only authorized parts.
- 5. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.
- 6. Check welds to be free of cracks.

Failure to perform routine maintenance could result in personal injury and/or equipment