

E**FIT****M****E****N****T**

TWIST FITNESS STEPPER WITH RESISTANCE BANDS

MODEL NO:

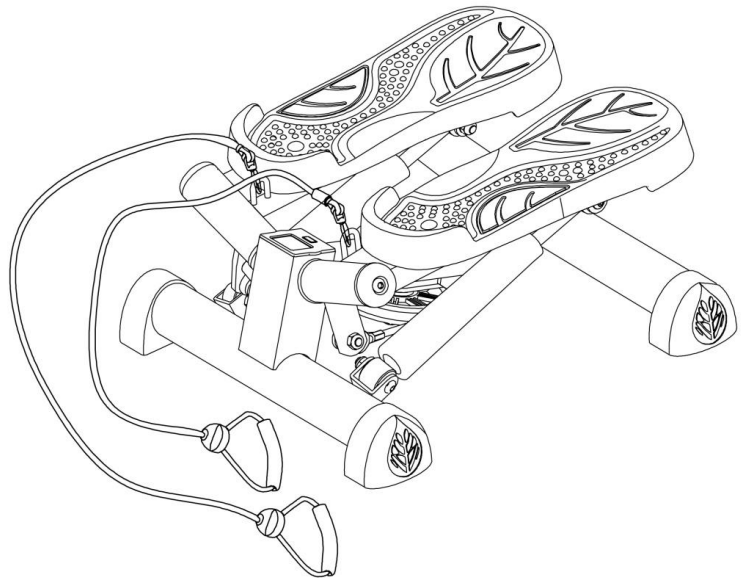
S023

IMPORTANT!

Read all instructions
carefully before
using this product.
Save this manual for
future reference.

**EXERCISE
EQUIPMENT
QUESTIONS:**

Contact customer
service at
service@zoovaa.com



USER MANUAL

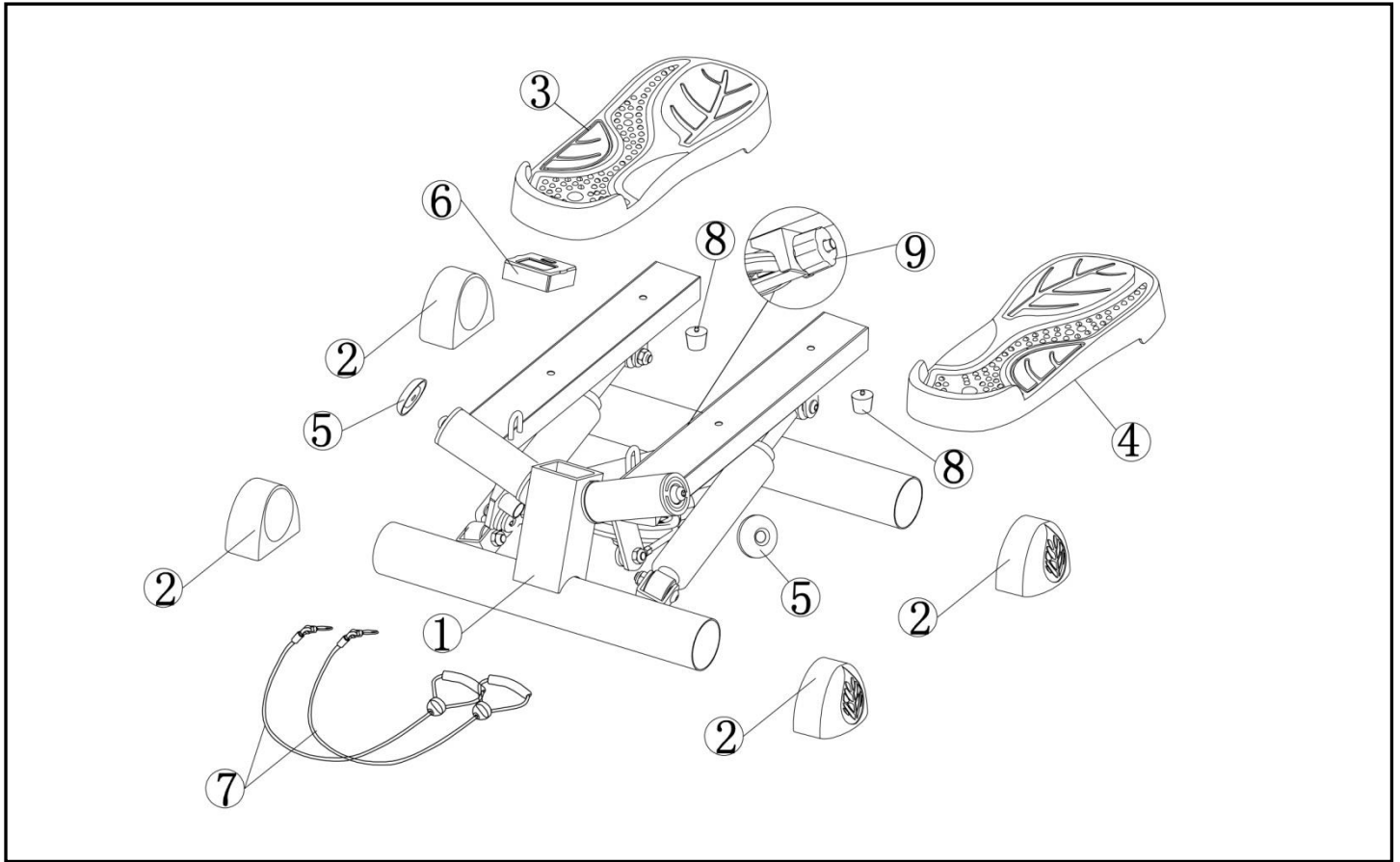
IMPORTANT SAFETY INSTRUCTIONS

At Efitment your safety is our top priority and to make sure both *you* and the unit remain in perfect working order, we encourage you to read all the instructions before assembling and using your new Efitment machine. Do not skip, substitute or modify any steps or procedures herein, as doing so could result in personal injury and will void your warranty.

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 any medication that may affect 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 feelings of nausea. If you experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. This equipment is intended for adult use only. Keep children and pets away from the machine. DO NOT leave children unattended in the same room with the equipment.
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 all around it.
5. Check if you have all the components and tools listed. Please note that some components are pre-assembled to help make the assembly process quick and easy.
6. Always use the equipment as intended. 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 immediately and do not use until the problem has been rectified.
7. Always wear appropriate workout clothing when exercising. Do not wear clothing that can get tangled in the equipment.
8. Keep hands and other objects away from all moving parts.
9. The maximum user's weight is 220 lbs/100 kgs.
10. Be careful when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
11. Your equipment is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
12. This equipment is designed and intended for indoor use only, not for commercial use.

SAVE THESE INSTRUCTIONS

EXPLODED DRAWING



PARTS LIST

No.	Description	Qty.
1	Main Frame	1
2	End Cap	4
3	Right Pedal	1
4	Left Pedal	1
5	Plug	2

No.	Description	Qty.
6	Meter	1
7	Exercise Bands	2
8	Stopper	2
9	Adjustment Knob	1

ASSEMBLY INSTRUCTIONS

The Twist Fitness Stepper arrives completely assembled.

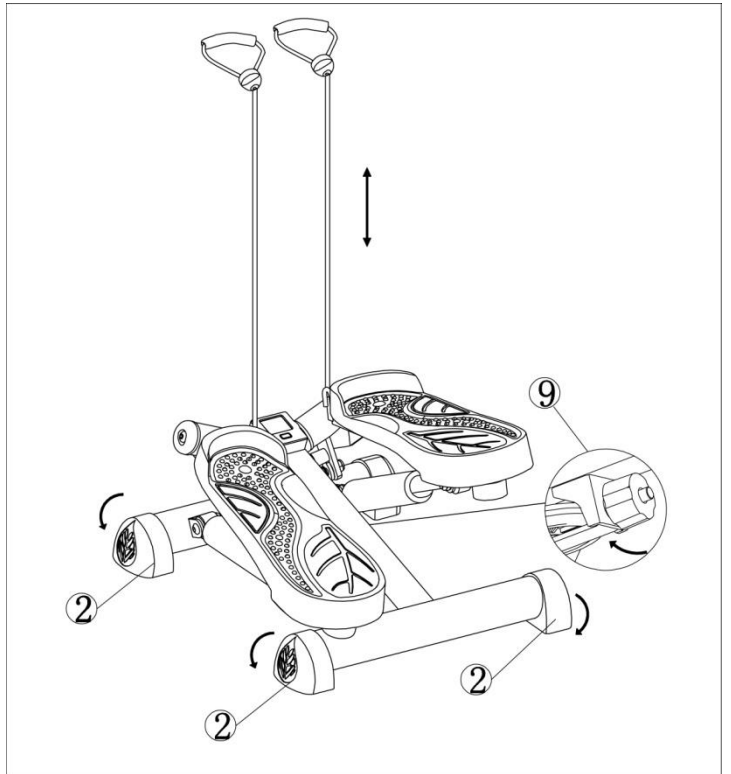
Start by carefully removing the Machine from the shipping carton & place all components on a flat surface.

STEP 1:

Remove the stepper from the shipping carton. The 4 **End Caps (No. 2)** are preassembled, rotate 4 **End Caps (No. 2)** so the straight side is on the floor. If the 4 **End Caps (No. 2)** are hard to turn, pull out slightly, turn the 4 **End Caps (No. 2)**, then push back onto the stepper.

NOTE: The **Adjustment Knob (No. 9)** is used to adjust stepping height.

Assembly is now complete!



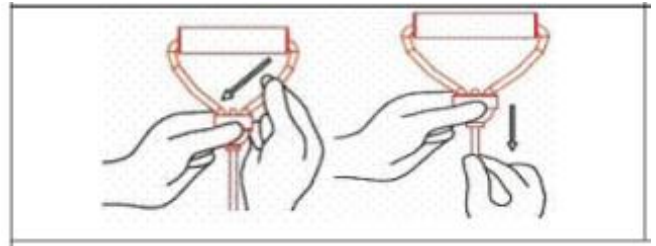
ADJUSTING THE ROPE LENGTH

Extending the Rope

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

Repeat this process until the rope is at the desired length.

NOTE: This adjustment decreases the tension on the bands.

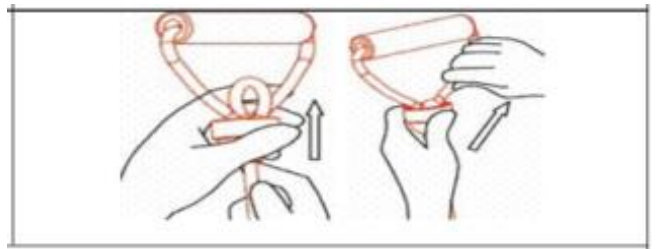


To Shorten Rope

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

Repeat this process until the rope is at the desired length.

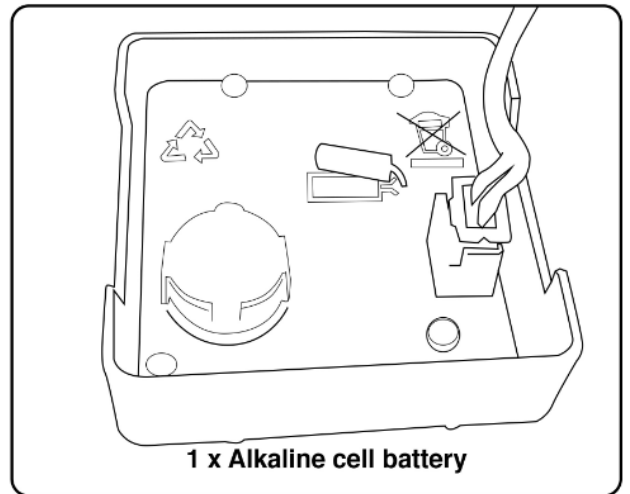
NOTE: This adjustment increases the tension on the bands.



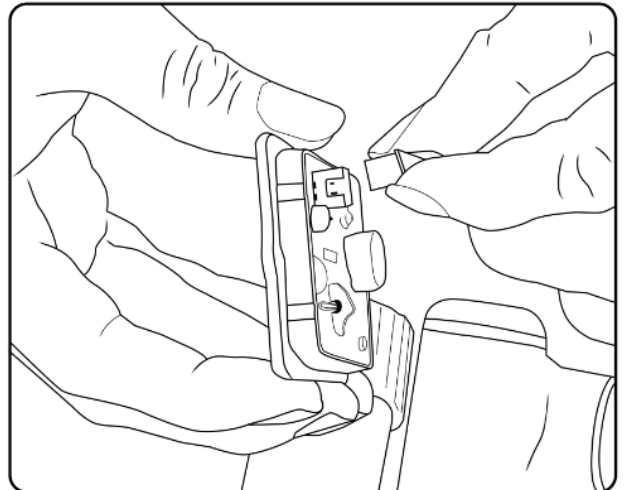
NOTE: When lengthening the rope, only one side of the rope can be pushed down. If the side that you're trying to push down on doesn't move, try the other side of the rope.

CHANGING THE BATTERY

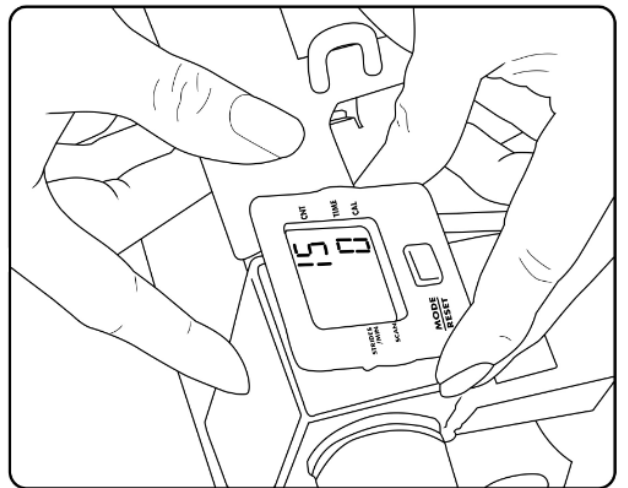
One LR44 cell battery is included in the **Meter (No. 6)**. To replace the battery, open the **Meter (No. 6)** from **Main Frame (No. 1)**, and disconnect the main frame cable. Remove the old battery and install the new battery into the correct position.



Connect the **Meter (No. 6)** with main frame cable.



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



EXERCISE COMPUTER INSTRUCTION

KEY FUNCTIONS

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

FUNCTIONS

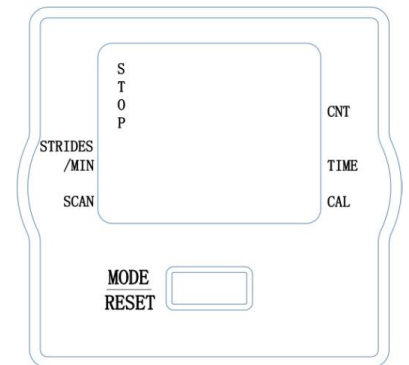
SCAN: Automatically rotates each function in sequence.

TIME: Displays the total time of an exercise starts from 00:00-99:59.

CNT (COUNT): Automatically accumulates the count of steps made during exercise.

STRIDES/MIN: Displays steps per minute during the exercise.

CAL (CALORIES): Counts the number of calories burned during an exercise from start to finish. This is an approximate measurement.



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.

BATTERY: The computer uses one LR44 cell battery, which is included. If there is a problem with the display, try changing the battery first. Dispose old battery according to your regional guidelines. Replacing the battery will reset all values.