

BIOS living

BIOS LIVING STEPPER OWNER'S MANUAL

Portable Foot Exerciser
Includes LCD Fitness Monitor



Thank you for selecting the **BIOS Living Stepper** portable foot exerciser. It has been designed and manufactured to high quality standards, and with proper care will provide reliable operation for many years.

This manual has been prepared as a guide to operating the product. It contains some very helpful information for optimum performance and safety. Please read carefully to take advantage of the many exciting features and retain for future reference. Save the carton and packaging and proof of purchase to simplify and accelerate any future needed action. We wish you years of pleasure and enjoyment.

BIOS Stepper - Introduction

The Bios Stepper was designed to meet the needs of the human body from lack of exercise, and prolonged sitting.

It can help you improve your lifestyle by allowing you to "Walk while being seated".

The lightweight design means that you can take it anywhere with you. Take it outside on the patio in nice weather, or pedal while watching t.v. Take it with you while you travel. Just take it out and pedal as you wait for that connecting flight, or in your hotel room. If you can find a comfortable seat you can use the Bios Living Stepper. Walking while you sit is an ideal exercise for those dealing with prolonged periods of inactivity.

The Bios Living Stepper is recommended for those that spend much of their time seated. This may result from working at a desk. It's a great way for those that have problems walking to exercise.

The Bios Living Stepper can be used in the office, at home, while traveling, or anywhere you can sit and enjoy walking at the same time.

Features & Benefits

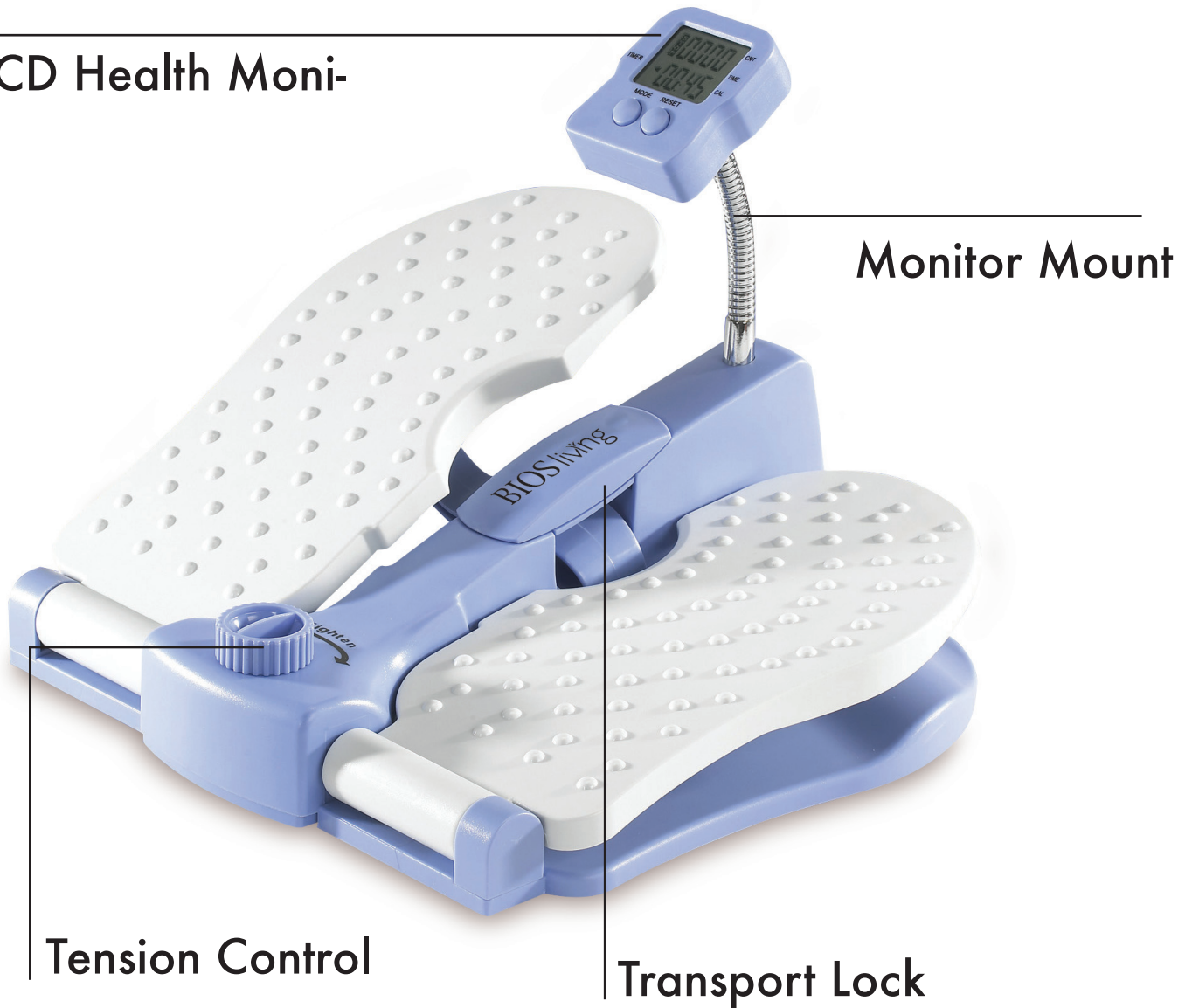
The Bios Living Stepper Portable foot and leg exerciser provides the benefits of walking while you are sitting. The Lightweight Design means that it can be taken almost anywhere with you. Use while watching t.v., reading, knitting, working on the computer, talking on the phone, while travelling or in the office. You can adjust the tension to whatever level you feel comfortable. It comes with an easy to read fitness monitor that includes a timer, as well as a calorie step counter, so you can track your progress, and instruction manual. No assembly required Lightweight (only 3.5 lbs.)

Individual results will vary.

Please consult a physician prior to beginning any exercise program.

BIOS Living Stepper - Simple and Easy to Use

LCD Health Moni-



What's included:

- BIOS Living Stepper Unit
- LCD Fitness Monitor
- Monitor mount

Step 2- Unlock the pedals

When you remove the Bios Living Stepper from the box, it will be in the "locked position"; this prevents the pedals from moving while being transported. Release the pedals by turning the lock mechanism to the unlock position as shown in the picture



Step 3 - Test the unit

Find a comfortable seat and place one foot on each pedal- Start pedaling! Determine the most comfortable position for yourself. Your feet should remain comfortably on the pedals at all times as you "walk while seated"

How fast and for how long you use the Bios Living Stepper, is up to you. As with all exercise, moderation and common sense are important considerations. Consult your doctor prior to use. If you develop any pain or discomfort, consult your doctor immediately.



Warnings

Use the Bios Living Stepper while seated
Do not lock pedals with using the BIOS Living Stepper
The Bios Living Stepper is not a toy. Keep away from reach of children

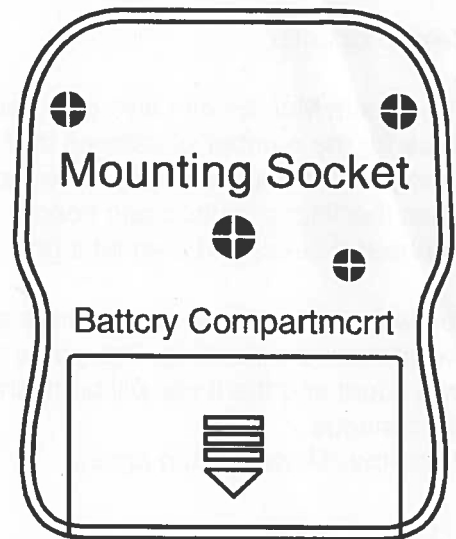
Health Monitor

The Bios Living Stepper includes a LCD Health monitor with a step and calorie counter, and timer with alarm. The monitor is attached to your Bios Living Stepper with the provided mount. Two "AAA" Batteries are required

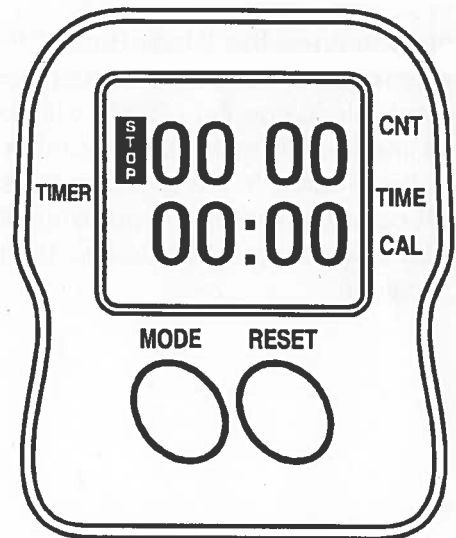


How to operate the Health Monitor

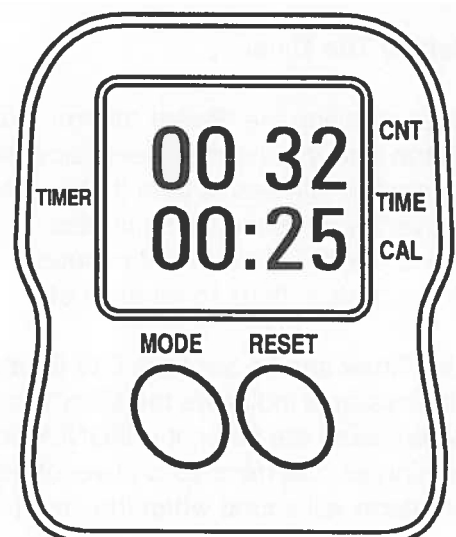
Insert 2 "AAA" Batteries into the battery compartment on the back of the monitor. Connect one end of the monitor mount to the socket on the back of the monitor and the other end to the socket on the Bios Living Stepper. (Refer to picture on page 4)



To begin, Press the "Reset" Button . The monitor will appear similar to the illustration and the timer will start (The second line of LCD). The "**STOP**" indicator will disappear once you have started to pedal.



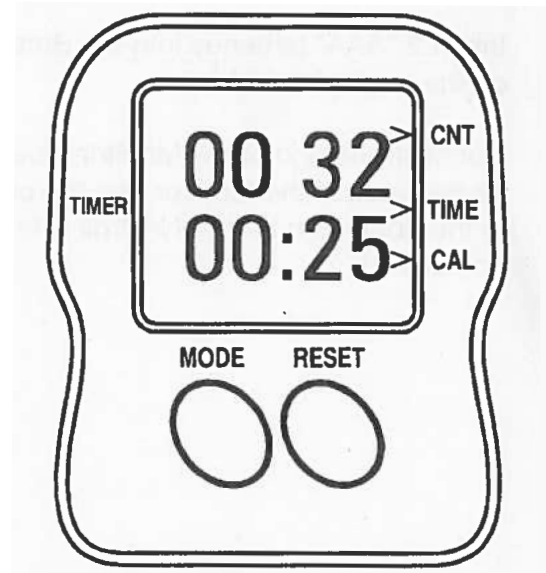
As you pedal, you will see the count of the number of steps accumulating on line one and the time shown on the second line. In the example, 32 steps have been pedaled in 25 seconds. If you stop pedaling the information shown on LCD will disappear after 30 seconds. If you want to continue to accumulate your steps, press the "Mode" button, and the step count will show the number that you pedaled before. It will continue to accumulate your steps until you press the "**RESET**" button.



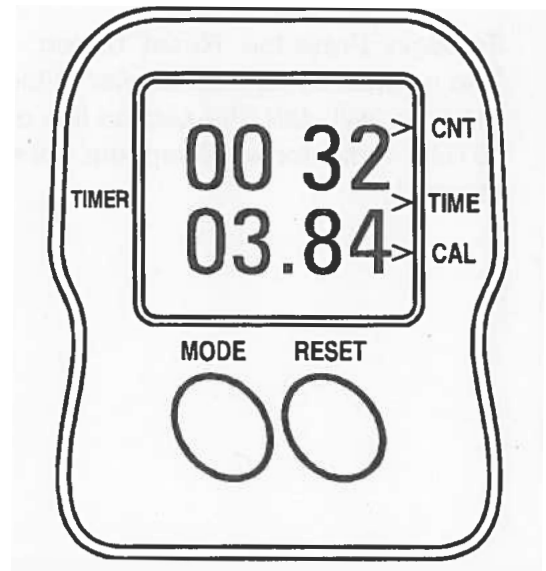
How to operate the Health Monitor

Calorie Counter

The Health Monitor can give you an approximate value for the number of calories that you have burnt while you have used the stepper. After you have stopped pedaling, press the "**MODE**" button and keep it depressed until you hear a beep, and then let it go. You will see the three arrows have appeared and that two of them are flashing. The arrow next to your final step count and the timer will be flashing. The timer will still continue. Press the "**MODE**" button again.



After you press the "**MODE**" button the flashing arrow will continue to flash by your step count, but the arrow by the calorie counter- "**CAL**" will now begin to flash and line two will indicate the number of calories that you have burnt. In the example, 32 steps have used 3.84 calories. This is an approximation based on each pedal consuming 0.12 calories. Ten pedals will consume 1.2 Calories.



Setting the Timer

After pressing the "**RESET**" button, press the "**MODE**" button until you hear a "Beep" and then press it again for each 5 minutes of time that you wish.

Press "**MODE**" Once for 5 minutes

Press "**MODE**" twice for 10 minutes

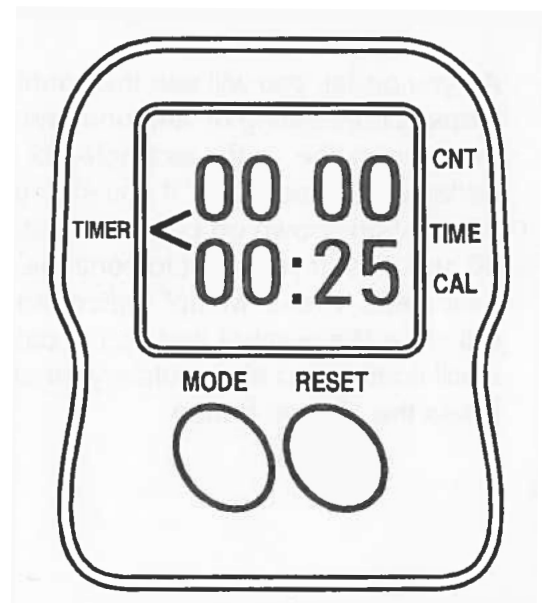
Press "**MODE**" third 15 minutes etc.

The timer can be set from 5 to 60 minutes.

The example indicates the timer is set for 25 minutes.

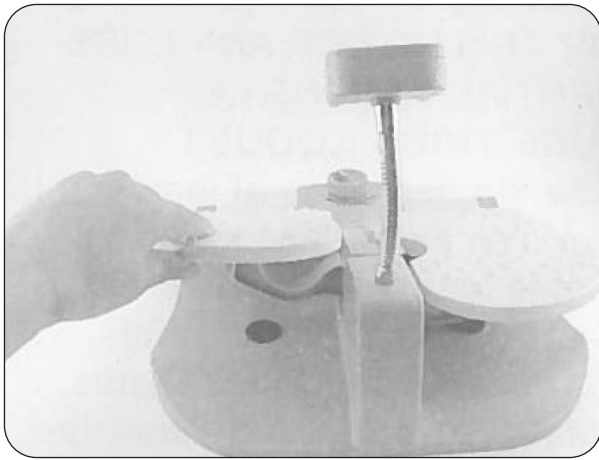
When using the timer, it will **ONLY** be displayed in minutes, not minutes and seconds.

An alarm will sound when the time is up



BIOS Living Stepper Maintenance Guide

In cases where you hear squeaky sounds, lift the pedal and apply a lubricant on the rounded metal underneath the pedal. Do this on both pedals.



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