

POWER STEPPER

User Manual



General Information

Safety Information:

1. The Max user weight is 120KGS
2. Always keep children and pets away from this device.
3. This device can be used only by one person at a time.
4. This device are not suitable for therapeutic purposes!
5. Please read this user manual before using this device.
6. If the use of this device causes dizziness,nausea,chest pain,or other unusual symptoms immediately STOP exercising and contact a physician immediately.
7. Use this device only on clean and level surfaces.
8. Wrong and excessive exercise may be a danger to your health.
9. Use stretching exercises to warm up before using this device.
10. Alway wear appropriate athletic wear while exercising with this device. Never wear clothing that might get caught by the device.
11. Exercise devices are not suitable toys.

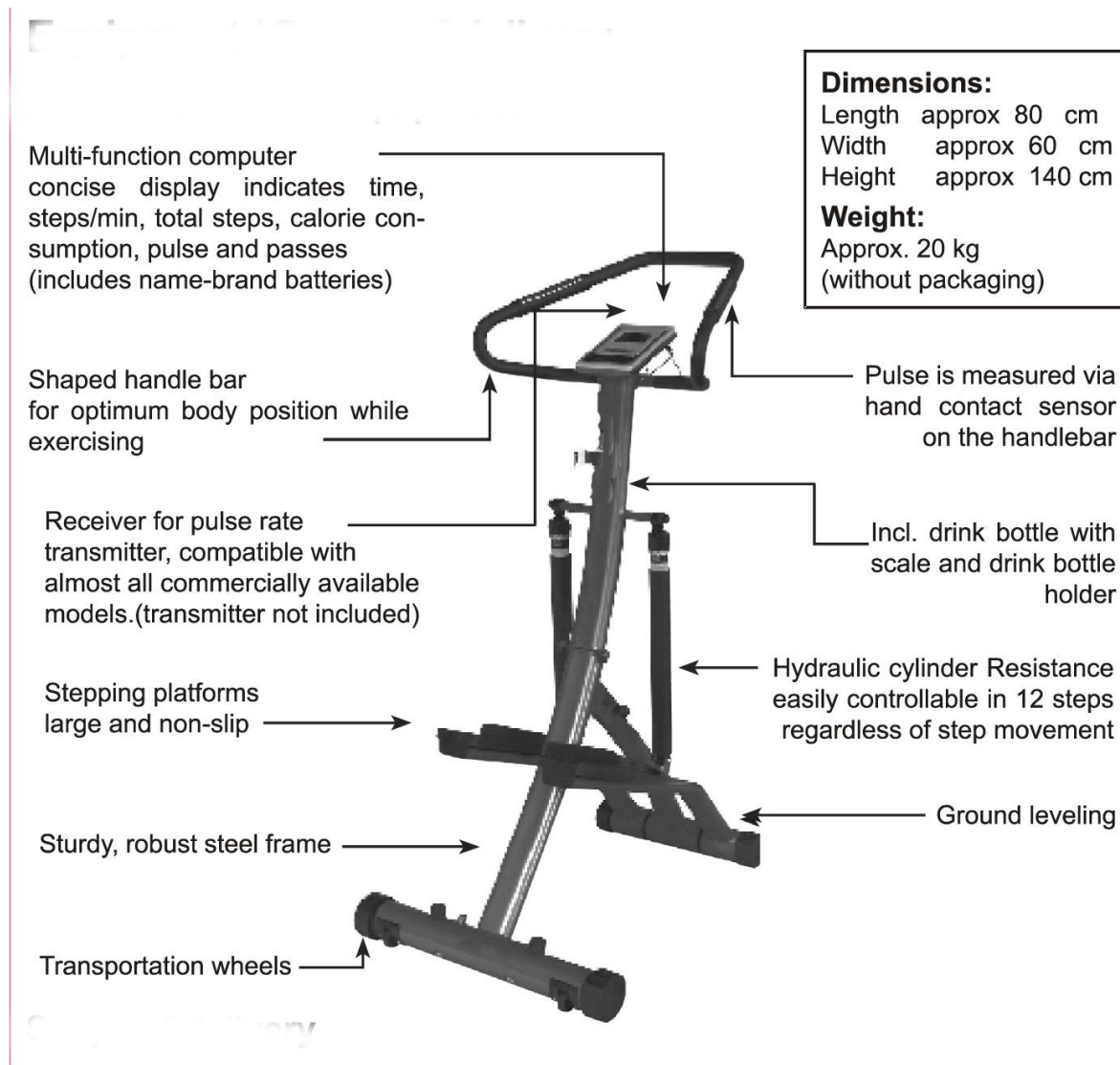
WARNING: Always go to the doctor before starting a training program for all ages, especially if you are over 35 years of age or with pre-existing health conditions. Read all instructions before using an exercise device.

Battery Information:

- 1.Never recharge batteries ! Danger of explosion!
- 2.Keep batteries away from children, do not throw batteries into open fire,short-circuit them or disassemble batteries.
- 3.Immediately remove empty batteries from the device increased risk of leakage!
- 4.Remove batteries from the device if it is not used for a long period of time.

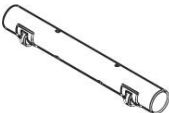
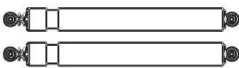
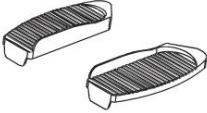
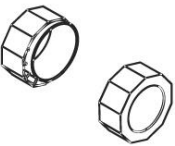
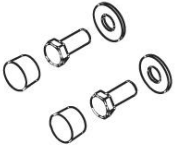
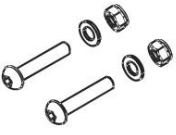
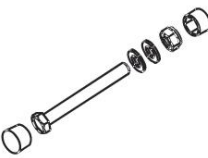
Equipment

Power Stepper equipment



Assembly

1.Reviewing the equipment
Please read these assembly instructions before assembling the device and then proceed step by step as described. Unpack all components and place them next to each other on the floor. Please ensure sufficient range of movement in every direction (mini.1m) during assembly.

 1	 51	 22	 24
 4	 36,39...	 21	 12
 23	 55	 40	 5
 9	 19	 16	 31
 54	 10,11,50	 18,33,46	 17,18
 14,15,17,46	 42,47,49	 13,14,15	 2,3,8,48
 28,29,30,35			

No.	Description	Quantity
1	Main frame lower part	1
51	Main frame upper part	1
22	Pedal pipe	2
24	Support pipe	1
4	Rear base	1
36/39	Handlebar	1
21	Hydraulic cylinder	2
12	Pedal (R+L)	1 set
23	Drink bottle holder	1
40	Computer	1
5	Base unit cap	2
9	Buffer	2
19	End cap	2
16	Cover	2
31	Safety pin	1
54	Cross head screw	2
10/11/50	Screw set for pedal assembly	4
18/33/46	Screw set for hydraulic cylinder assembly top	2
17/18	Screw set for pedal pipe assembly	2
14/15/17/46	Screw set for main frame assembly	3
42/47/49	Screw set for handlebar assembly	2
13/14/15	Screw set for hydraulic cylinder assembly bottom	2
2/3/8/48	Screw set for base unit assembly	2
28/29/30/35	Screw set for support from assembly	1
55	Batterie 1.5 V/R03/AAA	2

Need the following tools for assembly:

A: Combination wrench /box spanner SW 14

C: Allen wrench 6 mm

B: Combination wrench /box spanner SW 17

D: Cross head screw driver PH2

2. Assembling the base unit

A) Insert the base unit caps (5) on the rear base unit (4)

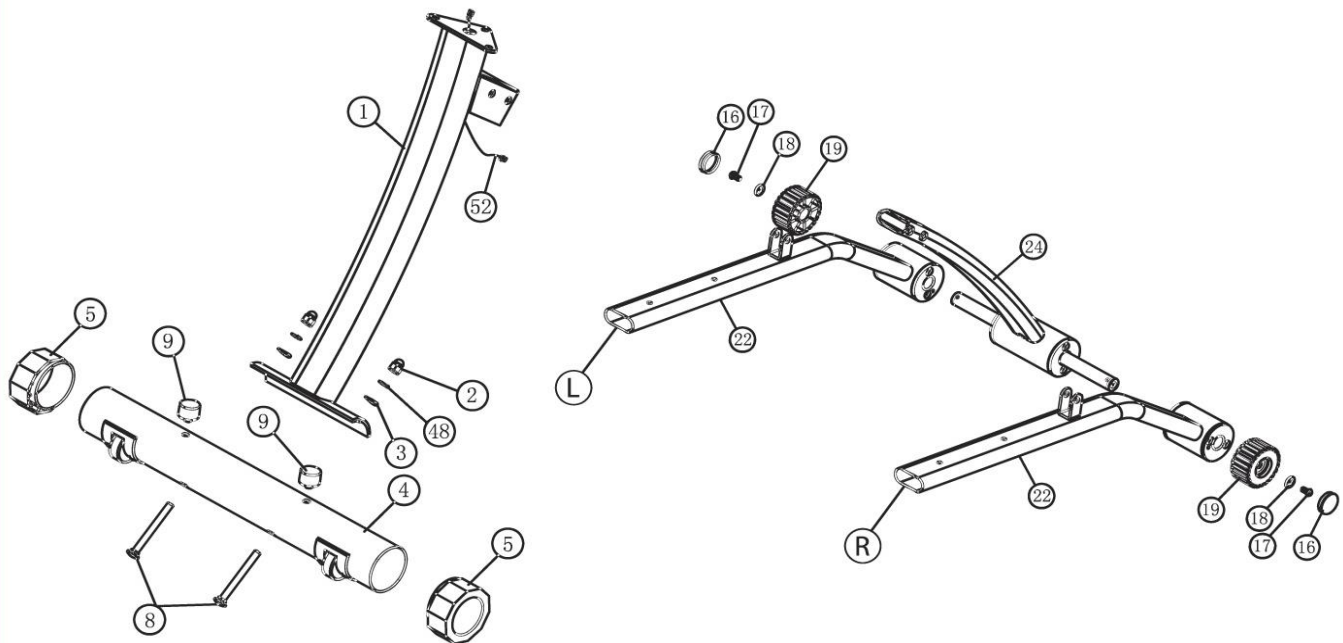
Note : Use the floor leveling mechanism to adjust your unit to minor uneven spots on the ground by twisting the caps.

B) Place both buffers (9) on the rear base unit (4)

C) Attach the rear base unit (4) using the two screws (8), two curved washers (3), two snap rings (48), and two nuts (2) on the bottom main frame (1).



1. Please be sure that the transport wheels face down on the base unit.
2. Ensure that the screws are tightened in order to prevent uncomfortable vibration during exercise.



3. Assembling the pedal pipes

Attach both pedal pipes (22) and both end caps (19) using one Allen screw (17) and one washer (18) each on the support frame (24). Push both cover caps (16) on the two end caps (19).



During assembly of the two pedal pipes, please observe the proper marking left (L) and right (R). The step display will not function if they are not assembled correctly.

4. Assembling the support frame to lower main frame

A) Hold the support frame (24) close to the bottom main frame (1) and connect the bottom sensor cord (27) of the support frame (24) to the center sensor cord (52) of the bottom main frame (1).



Ensure proper connection of the cords or no signal will be transmitted to the computer (40). The cord connections must be located on the inside of the frame and must not protrude in order to prevent damage to the cords.

B) Connect the support frame (24) to the bottom main frame (1) using a hexagon bolt (30), two washers (29) and a nut (28). Install on washer (29) each under the screw head and under the nut (28).

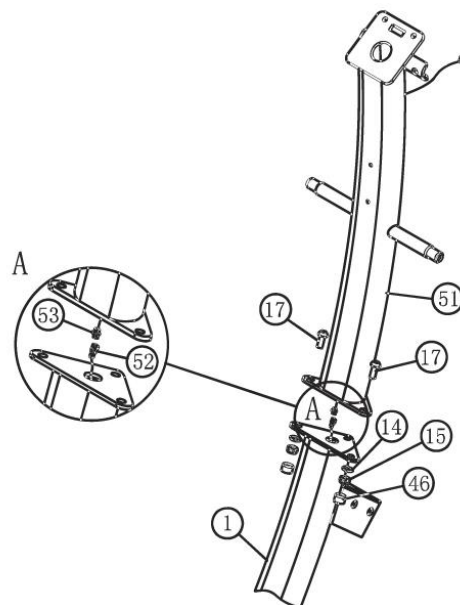
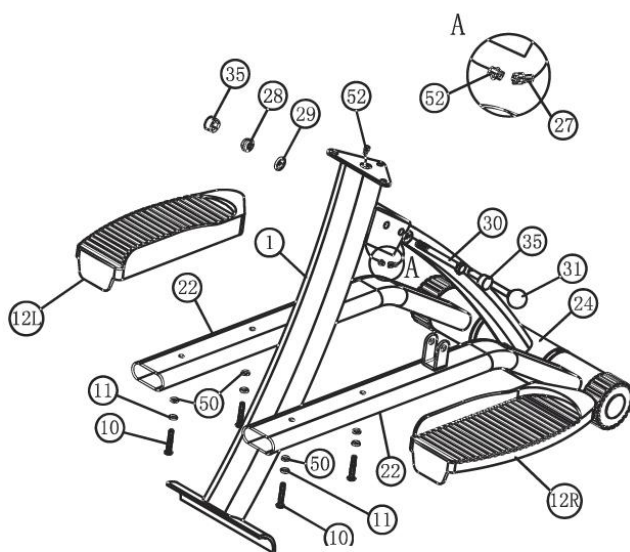
Insert the safety pin (31) into the second hole of the main frame (1).

Place on cover cap (35) on the hexagon nut (30) and the nut (28).



When connecting the support frame (24) to the bottom main frame (1), ensure that the hexagon nut (30) is located in the upper opening and the safety pin (31) is inserted into the bottom opening.

C) Attach the two pedals (12 R+L) using two cross-head screws (10) each, two spring clips (50) and two washer (11) to the pedal pipes (22).



5. Assembling the upper and lower main frame

A) Hold the upper main frame (51) to the lower main frame (1) and connect the two sensor cords (52 + 53)



Ensure proper connection of the cords, otherwise no signal will be transmitted to the computer. The cord connections must be located on the inside of the frame and must not protrude in order to prevent damage to the cords.

B) Attach the upper main frame (51) to the bottom main frame (1) using three Allen screws (17), three washers (14) and three nuts. Attach the three plastic caps (46) on the nuts (15)



Ensure that the screws are tightened in order to prevent uncomfortable vibration during exercise.

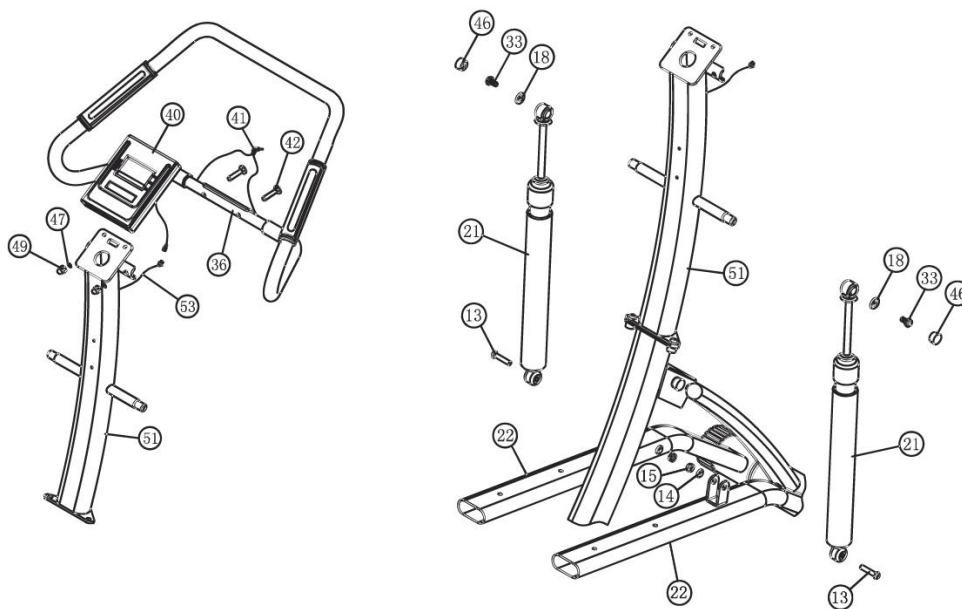
6. Assembling the hydraulic cylinders

A) Attach both hydraulic cylinders (21) to the upper main frame (51) using one hexagon bolt (33) and one washer (18) each. Insert the two plastic caps (46) on the two hexagon bolts (33).

B) Now insert the two hydraulic cylinders (21) into the forks of the two pedal pipes (22) and connect them with one Allen screw (13), one washer (14) and one nut (15) each.



The cylinder has twelve resistance levels: the higher the number , the higher the resistance. Turn the upper part of the cylinder clockwise to increase resistance. The number to which the arrow points is the precise range. Always ensure to set the same resistance level on both cylinders.



7. Assembling handlebar and computer

A) Use two bolts (42) ,two curved washers (47) and two nuts (49) to attache the handlebar (36) to the upper main frame (51).



Please be sure that the hand pulse cord (41) is not crushed.

B) Remove both pre-mounted crews from the back of the computer (40) and use the two screws to attach the computer (40) to the upper main frame (51).

C) Connect the cord from the back of the computer (40) to the upper sensor cord (53).

D) Insert the hand pulse cord (41) into the socket (PULSE) on the back of the computer (40).

Inserting batteries

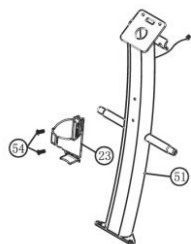
A: Open the battery compartment on the back of the computer (40). Clean the battery contacts and the contacts of the device prior to inserting batteries if necessary.

B: Insert two batteries 1.5V type AAA into the battery compartment. When inserting batteries, be sure to check the correct polarity (+/-). The computer will signal with a long beep.

C: Close the battery compartment and make sure the cover snaps in place.

8. Assembling drink bottle holder

A) Use two cross-head screws (54) to attach the drink bottle holder (23) to the upper main frame (51).



Final inspection :

Be sure that all screws are properly tightened and that the stepper is located on a level surface.

Ensure that both hydraulic cylinders are set to the same level of resistance before starting the exercise.

Folding closed :

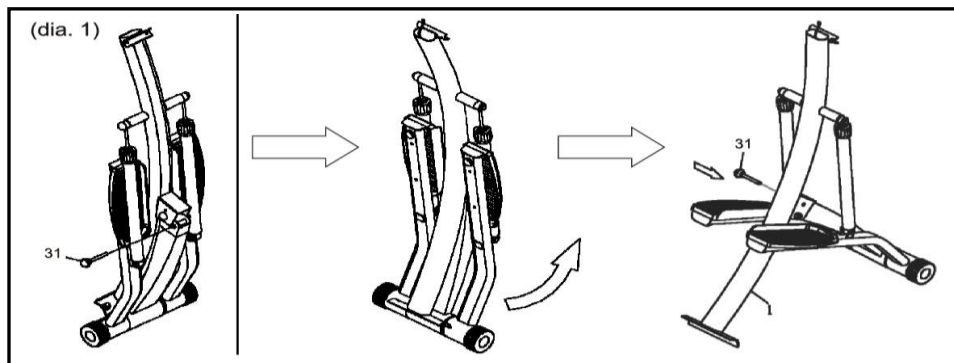
To save space when storing the device, it can be folded closed when not in use.

1. Set both hydraulic cylinders to level 1.
2. Pull the safety pin (31) out of the unit.
3. Hold the device on the handle while using your other hand to push the support frame (24) toward the main frame (1). See dia.1
4. For storage, insert the safety pin (31) into the openings on the main frame.



When folding the device open, there is a risk of crushing in the area of the joint ! Hold the device only outside of this area while folding it open.

- Remove the safety pin (31) from the main frame (1), open the frame and place it on the ground.
- Align the openings of the main frame (1) and the support frame (24). Push safety pin (31) through the openings.



Computer

Operating the computer

Functions:

1. STEPS (COUNT) : the stepping function is displayed permanently on screen LCD1.
2. STEPS /MIN (RPM): Press the MODE button to go to the next button STEP / MIN. This function will display on the screen LCD2 the number of steps per minute that you are actually doing.
3. SCAN (SCAN): Press the MODE button to move to the next selection key for the SCAN function. The scan now automatically scans through all the functions of the computer. Each function is displayed on LCD2 screen for about 4 seconds before the next function to be displayed. The third selection arrow will always be on the current function displayed on the computer screen (this type of arrow only function).
4. PULSE (PUL): Grasp both MEGA pulse sensors with both hands or Press the 1 selection key on the PULSE function.

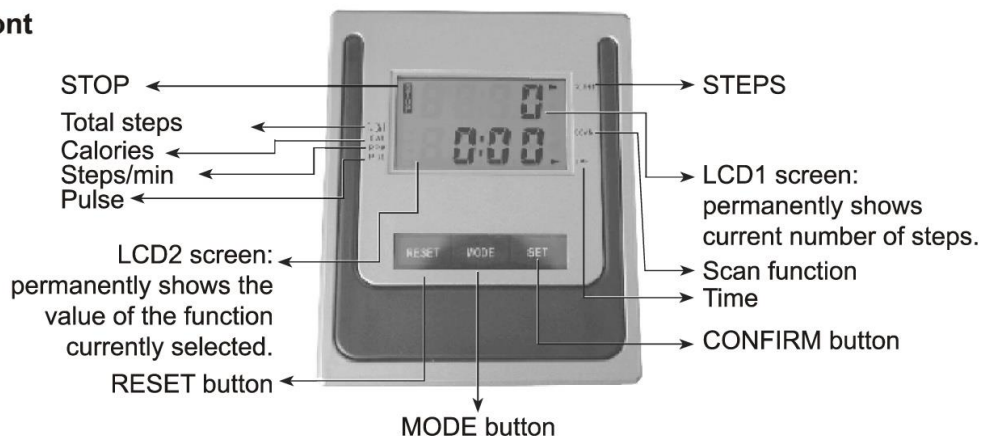
The current heart rate will appear on the screen LCD2. You can also set a target heart rate. Press the MODE button to select the function PULSE, press the SET button to set a frequency in bpm. As soon as you reach the target, the device beeps three times warning. The setting can be deleted using the RESET button.

The pulsations are indicative and may vary from the real ones so are not suitable for medical purposes.

5. TOTAL STEPS (T.CNT): Press the MODE button to go to the selection key for the function TOTAL STEPS. The LCD2 screen will display the total number of steps resulting from all the training units. When the batteries are replaced, this value will be reset.
6. TIME (TIME): Shows the elapsed time from the time of operation of the unit. The TIME function is displayed in the LCD2 only in combination with the SCAN function. E 'can also select the countdown. Press the MODE button to select the TIME function, press the SET button to set a time from 1 to 99 minutes. As soon as it reaches zero, the device beeps twice warning. The setting of the countdown can be deleted with the RESET button.
7. CALORIES (CAL): Press the MODE button to go to the function selection key calories. The amount of calories burned since the beginning of the year will be displayed on LCD2 screen. E 'can also select the countdown. Press the MODE button to select the function CALORIES, press the SET button to set the calories from 1 to 999. As soon as it reaches zero, the device beeps four times warning. The setting of calories can be deleted by pressing RESET.



Front



- 1.To reset the values of "TIME", "TOTAL STEPS", "CALORIES", press the MODE button for at least 5 seconds.
2. The PULSE function can be used only for informational purposes. Not to be used for medical use.
3. If your computer does not display any information or only partial information, replace the battery, the computer does not receive any signal, automatically turn off after 2 minutes.
- 4.The computer activates automatically when you start an exercise or by pressing any button.
5. Please use two batteries of 1.5 V/AAA.



Battery compartment 2pcs.
1.5V/AAA batteries

Training Notes

IMPORTANT!

Regular exercises and long-term

Wear comfortable clothing (eg. A tracksuit).

Wear shoes with rubber sole. Never exercise in bare feet (risk of injury).

Do not eat an hour before and one hour after exercise. Drink plenty of fluids!

Do not exercise if you are tired or exhausted.

Correct stepping on and off

-Always step on the device from the back, first with one foot until the pedal is nearest to the floor ,and then with the other foot

- When stepping off, please be sure that both pedals are nearest to the floor before slowly stepping off (when stepping off too fast,the pedal can recoil) the stepper , first with one foot and then with the other.

CORRECT FOOT POSITION

- For a more effective exercise, the pedals are equipped with red signals. These signs show approximately the optimum position of the foot. Since the movement for stepping is generated from the plant of the foot, it is recommended to remain standing in the central zone of the pedal, doing so has a better action of the lever, and then the movement is easier to complete. Make sure that at least half the length of the foot is on the pedal during exercise.

-Wear shoes with rubber sole.



CORRECT BODY POSTURE

- Stand upright and hold the handlebars of the stepper.

- Try to keep your upper body upright during exercise.

STEPPING

-At the beginning of the exercise, one leg is straight, the other bend at the knee. Push the pedal down with your left leg and at the same time bend the right leg at the knee.

Subsequently push down the other pedal and so on.

- Complete the movements smoothly and without jerks.

- During the activity, the pedals must not come into contact with the base frame. (The resistance will be stronger with an exercise stepping faster, but the movement of the steps does not depend on resistance).

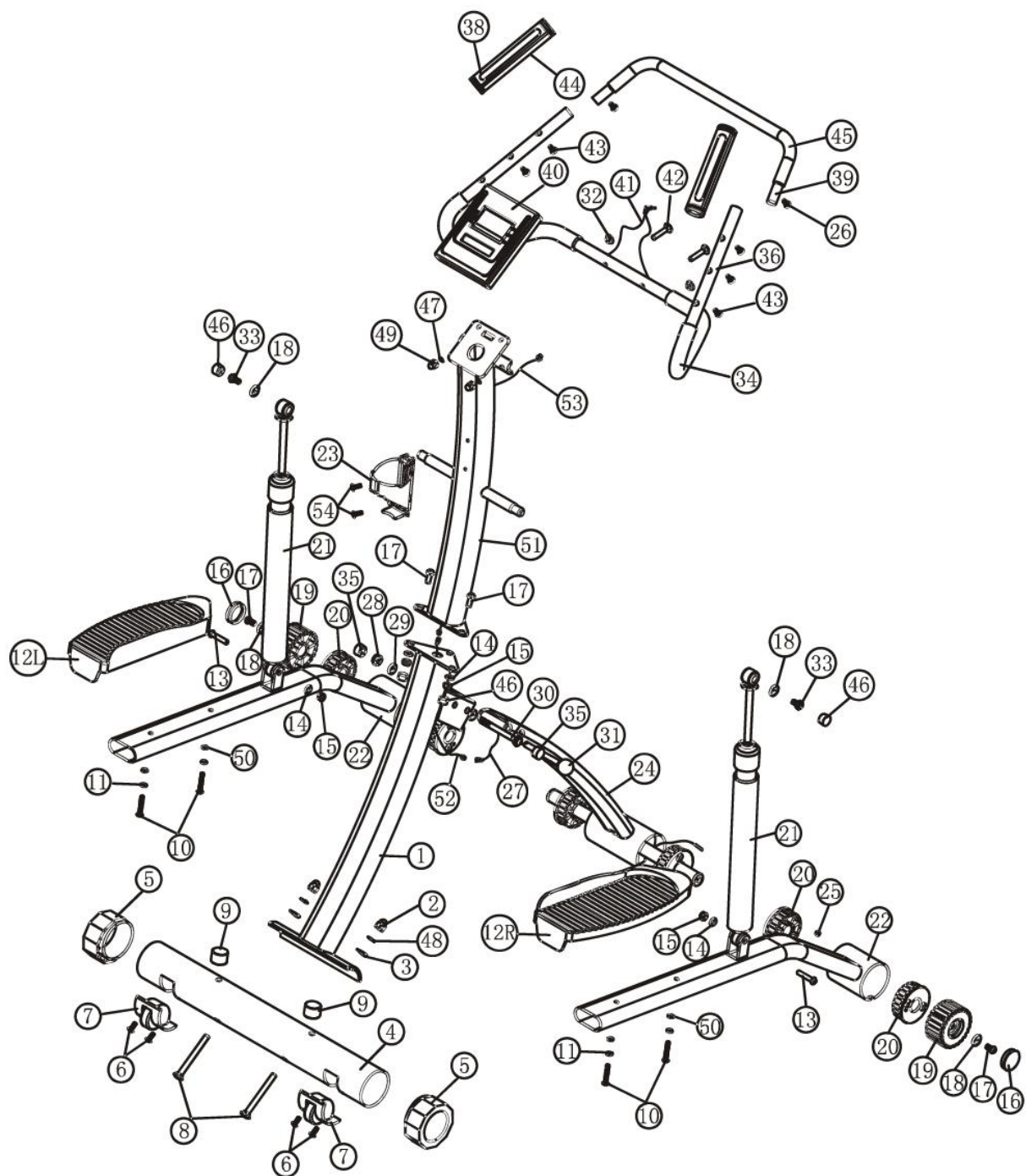
GROUND LEVELING

- In the case of uneven ground, the stepper can be adjusted with the leveling mechanism so that the tool can rest solidly on the ground.

- Turn the plastic plugs of the device of the rear base to the contact with the ground on both sides.

Error	Cause	What to do?
Computer		
No display or no function	No battery power	Batteries missing -insert
		Batteries empty -insert new batteries
		Batteries inserted wrongly - reinsert
	No cord connection	Inspect cord connection
		If this does not resolve your problem: call service
Pulse display for hand pulse malfunctions	Not both hands on both sensors	Place both hands on both sensors simultaneously
		Inspect cord connection
MECHANICAL		
Stepping resistance can not be controlled	Cylinder defect	Call service
Missing parts		Inspect packaging
		Call service

Exploded drawing



Parts List

No.	Description	Number	No.	Description	Number
1	Main frame lower part	1	28	Nylon nut	1
2	Nut (M10)	2	29	Washer	2
3	Curved washer	2	30	Hexagon bolt	1
4	Rear base unit	1	31	Safety pin	1
5	Base unit cap	2	32	Cord protection	5
6	Cross head screw	4	33	Hexagon bolt	2
7	Transportation wheels	2	34	Handle cover,bottom part	2
8	Carrier screw	2	35	Cover caps	2
9	Buffer	2	36	Handle,bottom part	1
10	Cross head screw	4	38	Hand pulse sensor (top)	2
11	Washer	4	39	Handle ,upper part	1
12	Pedal (R+L)	2	40	Computer	1
13	Allen screw	2	41	Hand pulse cord	1
14	Washer	5	42	Bolt	2
15	Nylon nut	5	43	Cross head screw	6
16	Cover	2	44	Hand pulse sensor (bottom)	2
17	Allen screw	5	45	Handle cover,upper part	2
18	Washer	4	46	Plastic cover	5
19	End cap	2	47	Washer	2
20	Sleeve	6	48	Spring clip	2
21	Hydraulic cylinder	2	49	Nut	2
22	Pedal pipe	2	50	Spring clip	4
23	Drink bottle holder	1	51	Main frame upper part	1
24	Support frame	1	52	Sensor cord,center	1
25	Magnet	1	53	Sensor cord,top	1
26	Cross head screw (M5*10)	2	54	Cross head screw	2
27	Sensor cord bottom with sensor	1	55	Batterie 1.5 V/R03/AAA	2