

BUILT FOR HEALTH





SKEICH MAP OF THE PARIS OF STEPPER WH A POLE

- | | |
|-------------------|-----------------------|
| (1)MAIN FRAME | (4)LINE |
| (2)COUNTIGN METER | (5)PEDAL |
| (3)KNOB | (6)HYKRAULIC CYLINDER |

PACK LESTS FOR STEPPER WIIH A POLE

SERIAL NO	DESERPTION	QUANTITY	REMARR
1	MAIN FRAME	1	
2	COUNTIGN MERER	1	
3	KNOB	1	
4	LINE	2	

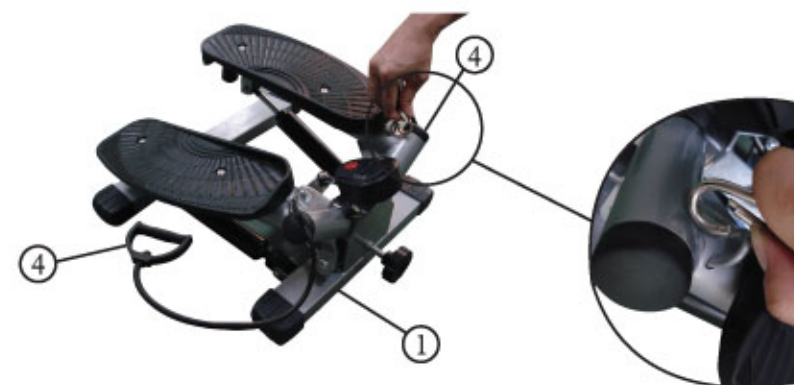
INSTALLATION STEPS FOR STEPPER WTTT A POLE

(SEE THE FOLLOWLNG DETAILED ILLUSTRATOSS)



(FIG 1)

(FIG 2)



(FIG 3)

COMPUTER INSTRUCTION

FUNCTION BUTTONS

MODE/RESET: PRESS TO SELECT EACH FUNCTION AND HOLD ON THE BUTTON FOR 3 SECONDS. ALL VALUE WILL BE RESET TO ZERO.

PRESS TO SELECT EACH FUNCTION AND HOLD ON THE BUTTON FOR 3 SECONDS. ALL VALUE WILL BE RESET TO ZERO.



FUNCTIONS

SCAN: AUTOMATICALLY SCANS EACH FUNCTION IN SEQUENCE.

TIME: COUNTS FROM ZERO UP TO 99:59 IN ONE SECOND INCREMENT.

ACL: ACCUMULATES THE CALORIE CONSUMPTION DURING THIS IS A ROUGH GUIDE ONLY AND SHOULD BE USED AS A COMPARISON OVER SEVERAL EXERCISE SESSIONS.

REPEATING RESET: PRESS THIS KEY, THE CALORIE/TIMES WILL BE RESET TO ZERO.

TIMES/MIN: AVERAGE STEPPING TIMES IN ONE MINUTE.

TIMES:



△ NOTE

1. TO TURN ON THE POWER, JUST PRESS ANY BUTTON OR START EXERCISE.

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2. WITH NO SIGNAL TRANSMITTED TO THE COMPUTER FOR 4 MINUTES, THE COMPUTER WILL SHUT OFF THE LCD DISPLAY AUTOMATICALLY.

3. BATTERY SPEC:



STORAGE BATTERY	1.5V	5#	1batteries

△ IMPORTANT

1. CHECK ALL PARTS ARE SAFE AND STRONG BEFORE USING THE STEPPER.
2. TIGHTEN ALL BOLTS AND NUTS.
3. PLACE THE STEPPER ON A FLAT SURFACE BEFORE USING.
4. YOU HAVE TO DO WARM-UP EXERCISE BEFORE USING THE STEPPER.
5. DON'T ALLOW CHILDREN TO PLAY WITH OR AROUND EXERCISE EQUIPMENT.
6. WHILE EXERCISING, WEAR SHOES WITH COMFORTABLE BOTTOMS OR SPORT SHOES, AND DON'T WEAR LOOSE CLOTHING THAT COULD GET CAUGHT IN THE MACHINE.
7. BEFORE UNDERTAKING FITNESS EXERCISE, YOU SHOULD FIRST CONSULT YOUR DOCTOR.
8. USE STEP EXERCISE ACCORDING TO THE INSTRUCTION.
9. DON'T TOUCH THE CYLINDER AFTER USING THE MINI STEPPER EXERCISE.

MASSAGE STEPPER

A. BARE FEET AND HEALTH

According to advanced medical research, there are numerous ZONES of reflection under the bottom of foot, (Please refer to the DRAWING) and each ZONE responds physiological condition.

It would produce an effect of conduction to human body by stimulating the reflection ZONES, in another word it would be much helpful to our health if we can walk with BARE FEEL as possible as we can.

But, most of the people are not used to walking by this way. Therefore, there are various diseases happened inside the internals. In view of that we have designed and presented this MASSAGE STEPPER.

B. THE EASIEST WAY TO EXERCISE

This MASSAGE STEPPER is compact, portable and suitable for all ages, and usable any time at any place. It's especially good for those who have limited time to exercise.

SIMPLY STEP UP AND DOWN, JUST THAT EASY AND COMFORTABLE.

The special convexoconcave design would strengthen the stimulating your feet while you are exercising with it.

C. WITH A POLE STRUCTURE

STEPPER WITH A POLE ADOPTS ARMREST DESIGN, THE STRUCTURE OF THE BRACKET IS REASONABLE, STEADY AND RELIABLE, CONVENIENT FOR USER TO BALANCE ITS CENTER OF GRAVITY AND TO OBSERVE THE VALUE OF THE COUNTING METER.



ADJUSTABLE ROTARY HANKLE

D. IT PROVIDES HEALTH BENEFITS AND MAKES A BETTER LOOKING YOU

- Exercise your waist, strengthens your knees simultaneously.
- Strengthens the HEART & LUNGS.
- Increases Circulatory System of the body, recovers the resilience of Blood Vessels and helps maintain healthy and tender skin.
- Eliminates superfluous fat, beautifies your figure.
- Get rid of fatigue.

⚠ WARNING!!

- Use this unit on **SOLID, FLAT SURFACES**.
- Do NOT use this unit within 40 minutes after meals.
- DO NOT use this unit if you have bone fracture or are wounded in any way.
- DO NOT use this unit if you are a pregnant woman to avoid any complications that could arise.
- Those who have serious heart conditions **SHOULD NOT** use this unit.
- **BETTER** to use it with **BARE FEET**.
- You may select a place with handrail as a support to get your balance when you use it, if you don't have much confidence in the beginning.

△ DRAWING:

