



INapc005\_UK

**A90-279\_A90-279V01**

# **STEPPER**

## **User's Manual**



\* Maximum user weight is 120 kg.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

# **ASSEMBLY & INSTRUCTION MANUAL**

# SAFETY INSTRUCTIONS

## READING CAREFULLY!

### Please keep this manual in a safe place for easy reference

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure the full users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor 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 doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. 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, extreme shortness of breath, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program only.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover on your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. 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 use, stop immediately. Do not use the equipment until the problem has been rectified."
9. An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.
10. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
11. The equipment has passed relevant tests and certifications. Suitable for home use only. Braking ability is independent of speed.
12. The equipment is not suitable for therapeutic use.
13. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance necessary.
14. DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty and could result in serious injury

**Attention!**

- 1.If the computer would not be displaying data normally, please install the battery again.
- 2.The battery must be taken out from the computer for safe treatment once it was out of energy for trash.
- 3.This manual is also suitable for equipment without computer.

**MAINTAIN**

Neutral detergent can be used to dilute the water to wipe the cloth carefully wipe the oil, and then dry with a dry cloth.

Do not use alkaline solvents, solvents such as solvent,volatile oils and other solvents.

**MAINTENANCE / INSPECTION**

Avoid high temperature, moisture or direct sunlight, please place in a well-ventilated place.

When not in use please fold the admission, and placed in the children can not touch the Department.

If you do not use it for a while, be sure to check the precautions before using this product and use it for normal use.

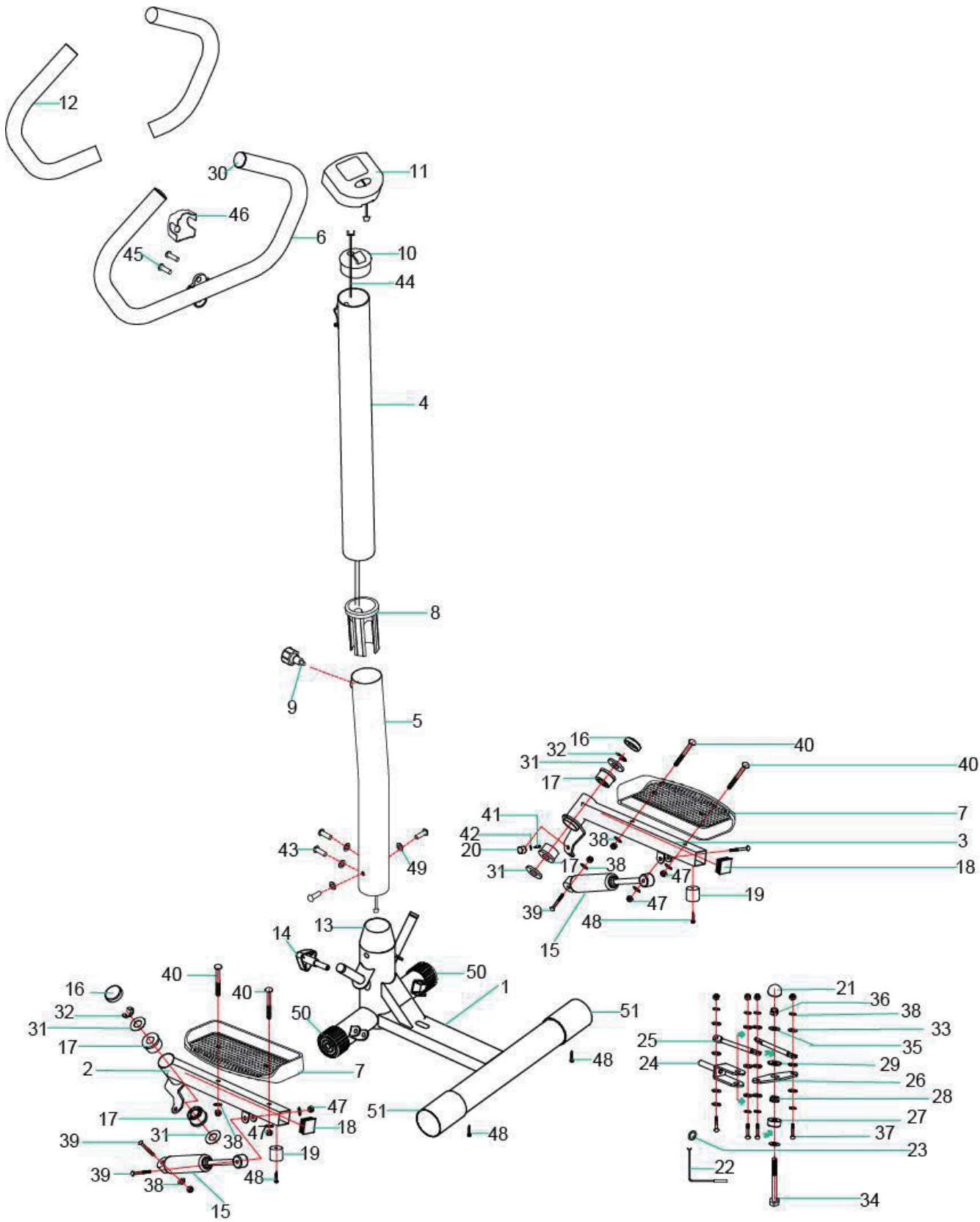
When you accidentally wet the product, use a dry cloth to avoid skidding.

In case of malfunction, abnormality or any operational problem, please contact us at the company.

**PRODUCT RECYCLING**

Due to the different national recycling regulations, please refer to the relevant regulations.

# EXPLODED DRAWING



# SPARE PARTS LIST

NO.	DESCRIPTION	QTY.	NO.	DESCRIPTION	QTY.
1	Main frame	1	27	Plastic washer	1
2	Pedal support tube(L)	1	28	T-shaped steel washer	1
3	Pedal support tube(R)	1	29	Plastic washer	1
4	Upper stand tube	1	30	Plastic plug $\phi$ 25	2
5	Lower stand tube	1	31	Flat washer $\phi$ 19	4
6	Handle tube	1	32	Circlip	2
7	Pedal	2	33	Plastic washer	12
8	Bushing $\phi$ 60	1	34	Hex screw M12x80	1
9	Pull pin	1	35	Flat washer $\phi$ 12	2
10	Monitor base	1	36	Nut M12	1
11	Monitor	1	37	Inner hexagon screw M8x30	4
12	Foam for handlebar	2	38	Flat washer $\phi$ 8	20
13	Bushing $\phi$ 76	1	39	Inner hexagon screw M8x40	4
14	Adjusting knob	1	40	Hex screw M8x50	4
15	Hydraulic cylinder	2	41	Cross screw ST5x10	1
16	Round cap	2	42	Flat washer $\phi$ 5	1
17	Shaft sleeve	4	43	Inner hexagon screw M8x20	4
18	Plastic plug $\square$ 35	2	44	Connecting line	1
19	Rubber stopper	2	45	Inner hexagon screw M8x25	2
20	Magnet	1	46	Plastic cover	1
21	Nut cap	1	47	Nut M8	12
22	Sensor	1	48	Cross screw ST5x16	4
23	Clip	1	49	Arc-shaped washer	4
24	Bracket	1	50	Front end cap	2
25	Connecting rod	2	51	Rear end cap	2
26	Connecting sheet	1			

# ASSEMBLING INSTRUCTION

After unpack the carton, check and make sure nothing is missing.



1. lock the rear end cap(51) with cross screw (48).



2. Insert the bushing(13) to the front tube of the main body.



3. Connect the lower stand(5) tube to the upper stand(4) tube by pull pin (9).



4. Make the connecting line(44) go through stand tubes.



5. Connect the line of the main body to the connecting line(44) that go through the stand tubes.



6. Connect the lower stand tube (5) to the main body with Inner hexagon screw M8x20 (43) and Arc-shaped washer (49).



7. Make the upper side of connecting line go through the hole on the monitor base(10).



8. Install the handle bar with Inner hexagon screw M8x25 (45).



9. Connect the upper end of connecting line to the line of the monitor.





10. Insert the monitor(11) to the monitor base(10).



11. Install the plastic cover.



12. install the adjusting knob(14) to the main body.



# COMPUTER

## SPECIFICATIONS:



TIME.....00:00-99:59  
CALORIES (CAL).....0.0-9999KCAL  
COUNT.....0-9999  
STRIDES/MIN.....0-2000

## BATTERY:

1 AAA 1.5V batteries are required. Remove the battery cover on the back of the computer; insert 1 new "AAA" batteries. Ensure that the batteries are correctly positioned and that proper contact is made with terminals.

NOTE: Removing the batteries will erase any stored monitor function.

NOTE: If there is an improper display on the monitor, please remove and re-install the batteries to have a good result.

## KEY FUNCTIONS:

**MODE:** This key allows you to select the function you want displayed on the screen.

**RESET:** This key allows you to reset values to zero.

## **OPERATION PROCEDURES:**

**AUTO ON/OFF:** The computer turns on when any key is pressed or when it receives an input from the sensor. The computer turns off when the sensor has no signal input or if no key is pressed for approximately 4 minutes.

**RESET:** The unit can be reset by changing the batteries or pressing the RESET key for 3 seconds.

## **FUNCTIONS:**

**COUNT:** This function is automatically displayed on the screen at all times. It displays the number of strides during a workout.

**TIME:** Press the MODE key until TIME function appears; the time of exercise will be displayed.

**CALORIES:** Press the MODE key until the CAL function appears; calories burned will be displayed.

**STRIDES/MIN:** Press the MODE key until STRIDES/MIN function appears; the number of strides per minute will be displayed. It is determined based on the speed of exercise.

**SCAN:** Press the MODE key until the SCAN function appears; automatic display of the following functions: STRIDES/MIN – TIME - CALORIES.

