43789450
ROCK STEPPER
USER MANUAL



Safety Instructions

-Always read the instruction manual before using the device.

-For indoor use only.
-A clearance of 0.6 meters around the device is neccessory as the free training area.
-If you have any questions about your physical condition or suffer from an ailment, always consult your doctor before using the device.
-If you suffer from asthma or any other respiratory ailment,consult your doctor before using the device.
-Avoid excessive training that may lead to health injuries
-Do not allow children to play on or around the device.
-Do not use the device if you are pregnant.
-Do not drink alcoholic beverages when using the device.
-Drink water and/or an isotonic beverage after use.
-As with any physical exercise machine, consult your doctor before you start using.
-Keep fingers clear of moving parts. Use only under competent supervision.

This product is not designed to be used by individuals who are with reduced physical, sensory or mental abilities, or by people without adequate experience and/or knowledge, unless they are supervised by someone responsible for their safety or are given instructions on how to use the device. The maximum weight for using the device is 100 kg.

Assembly

Install the hooks of the resistance bands into the holes of the pedals on both sides. Before installation, check that all connecting parts of the resistance bands are securely fixed and free from damage, looseness, or other abnormalities.



Assembly and change the battery



1. Press one side of the display with your hand to open the display housing.
2. Gently disassemble the display, remove the old battery from the back, and replace it with a new batterty of AAA.
3. Assemble the display to its original position.



Exercise Instructions

Method 1

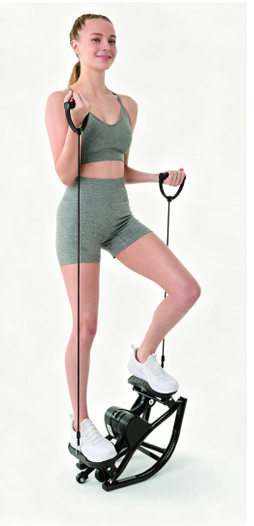





1. Place the product on a flat and level ground.
2. Place one foot onto the pedal of the product (step down to the lowest point). For beginners, it is recommended to use your hands for auxiliary support to prevent falling. Refer to the picture.
3. Once one foot is steady, place the other foot onto the other pedal.
4. After your body is balanced, begin the side-to-side pedaling motion with both feet.
5. After finishing the exercise, similarly press one pedal down to the lowest point and maintain balance, then slowly lift the other foot off the pedal and step onto the ground, and finally place both feet on the ground.

Method 2

Place the product on a flat ground. Hold the resistance band handles with both hands. First, press one pedal all the way down with one foot, then step onto the other pedal with your other foot. Once your body is balanced, begin the side-to-side stepping motion with both feet as shown in the figure



Warnings:

-The product must be placed on a flat ground, or used on a non-slip, flat, and hard mat for assistance.
-Do not jump off during use.
-Do not use the product directly on floors that are easily scratched, such as wooden floors.
-Before use, check that all parts are securely fixed and free from looseness or other abnormalities.
-Regularly inspect key components (e.g., wheels, rotating mechanisms, etc.) for any abnormalities. If any problem is found, stop using immediately until the issue is resolved.

Monitor Usage



5 DISPLAY ITEMS

TIME: Exercising time.
COUNT: The total number of steps or repetitions performed.
CAL: Estimate calories burned during use.
STEP/MIN: How many repetitions are performed per minute.
SCAN: Display vary from TIME, COUNT, CAL, to STEP/MIN
automatically in sequence.

Function of key <MODE>: white button

Press the key to select or shift diaplay data in following sequence: TIME - COUNT - CAL - STEP/MIN - SCAN

HOW TO USE

Auto Sleep Mode & Actication:
The monitor will go into sleep mode when speed sensor has no signal input or the key had not been pressed for appr.4 mins, and turn to acticated when the key is pressed or the speed sensor detects
the input of exercising.

RESET:

The display of all values can be reset by either pressing the key for 3 seconds or changing the battery.SPECIFICATIONS:
The Max Value of each display:
TIME: 0:00-99:59, COUNT: 0-9999, CAL: 0.00-9999, STEP/MIN: 0-9999

NOTE:The design of package is for reference only, and should be subjected to real product, counting tolerance will be unavoidable. Displaying data is not entirely accurate and is for reference only.

WARRANTY

This warranty does not cover damages resulting from inadequate use, negligent commercial use, abnormal wear and tear, accidents or improper handling.

DISPOSAL OF MATERIALS

A symbol of a crossed-out wheeled bin means you should find out about and follow local regulations about disposing of this kind of product.
Do not dispose of this product as you would other household waste.
Dispose of this device in accordance with the corresponding local regulations.
Electrical and electronic devices contain hazardous substances that can have harmful effects on the environment and/or human health and should be recycled properly.