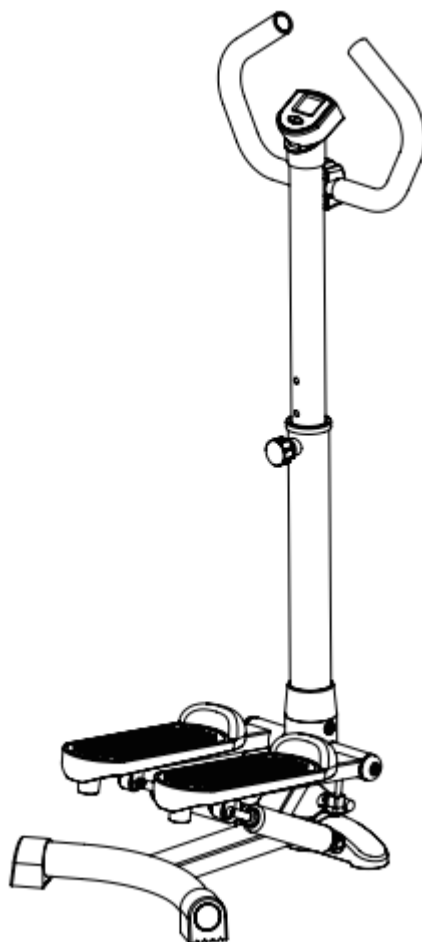


UPRIGHT CARDIO STEPPER

KEYCODE:43236046

User's Manual



Important Safety Information

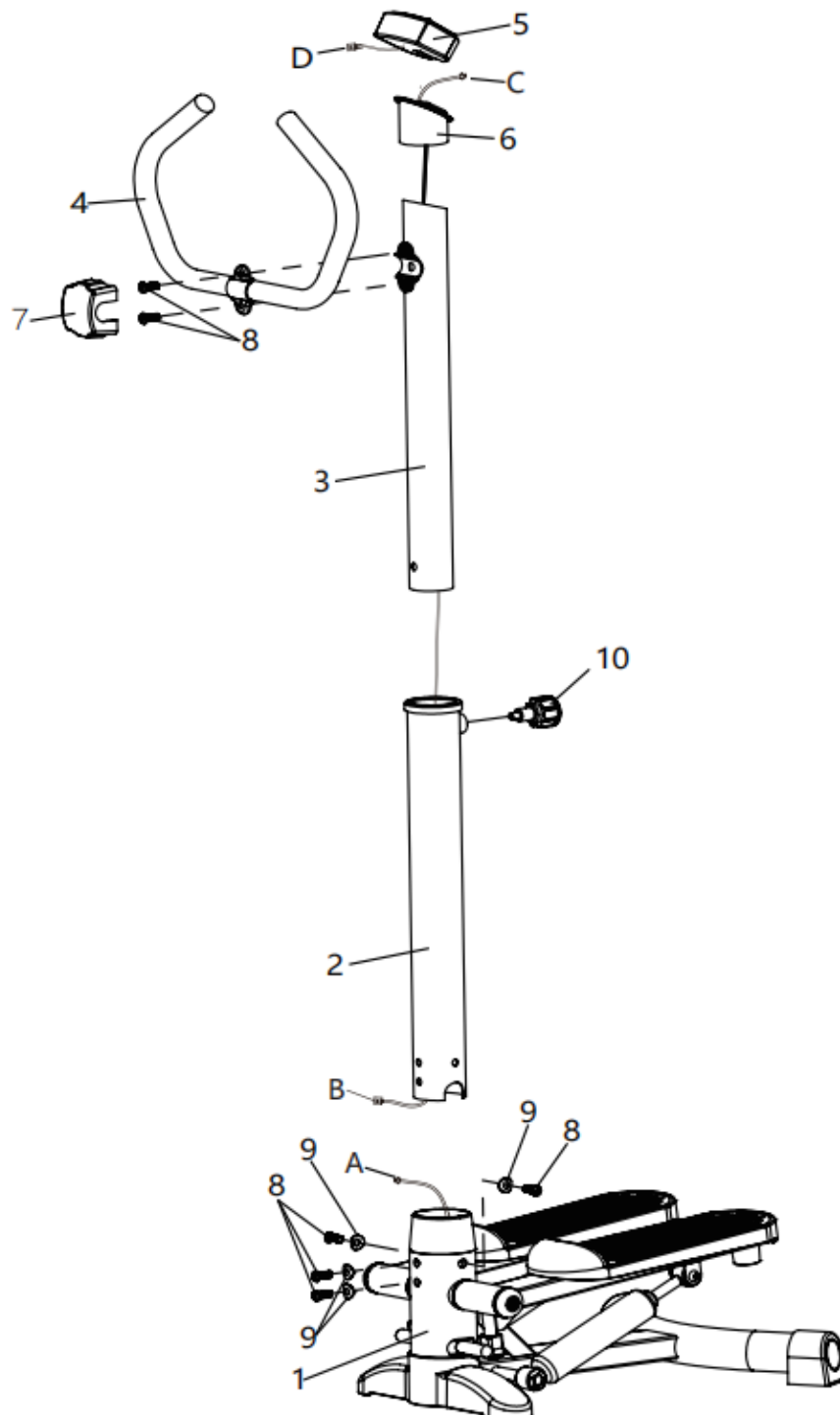
Please keep this manual in a safe place for easy reference

1. It is important to read this entire manual before assembling and using the equipment.
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.
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, feeling light headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
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 for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Maximum weight of user is 100kg.
7. DO NOT touch the Cylinder while doing exercises.
8. The equipment is only intended for home use only, not suitable for therapeutic use.

Care and maintenance

1. The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
2. Before using the equipment, check the nuts and bolts, make sure all moveable components are securely tightened. If anything is broken or loose, please repair it immediately, then you may continue to use.
3. Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, do not use the equipment until the problem has been rectified.
4. Wear suitable clothing while using this equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.

Exploded Drawing



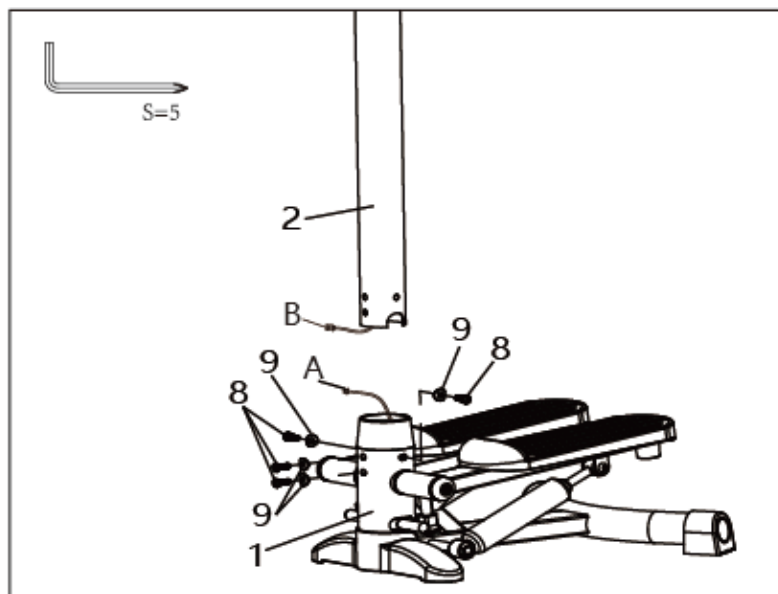
SPARE PARTS LIST

NO.	DESCRIPTION	QTY.	NO.	DESCRIPTION	QTY.
1	Main frame	1	6	Monitor base	1
2	Lower stand tube	1	7	Plastic cover	1
3	Upper stand tube	1	8	Inner hexagon screw M8x20	6
4	Handlebar	1	9	Curved gasket $\phi 8$	4
5	Monitor	1	10	Pull pin M16	1

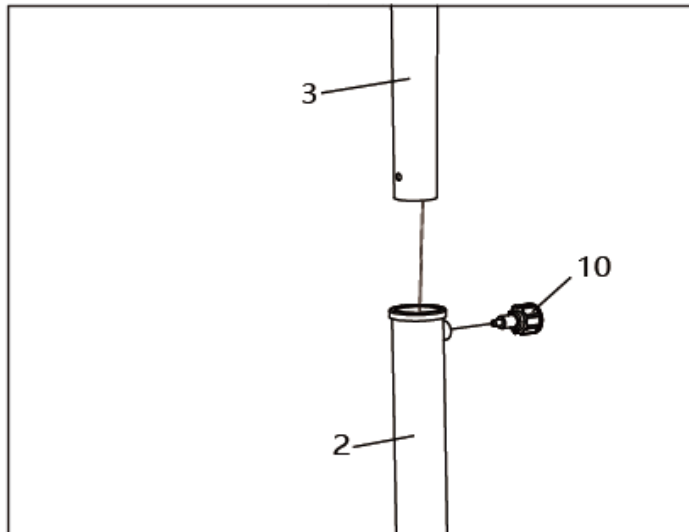
Assembling Instruction

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

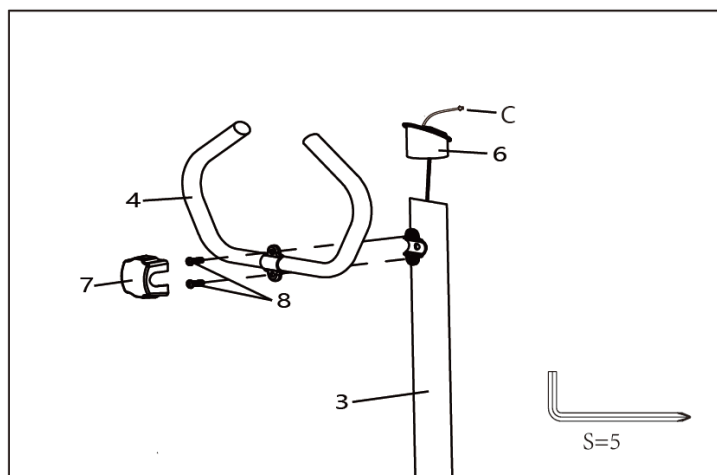
1. Connect the induction line A and B, then install the workpiece (2) into the hole of the main machine (1), and fix it with M8X20 screw (8) and gasket (9)



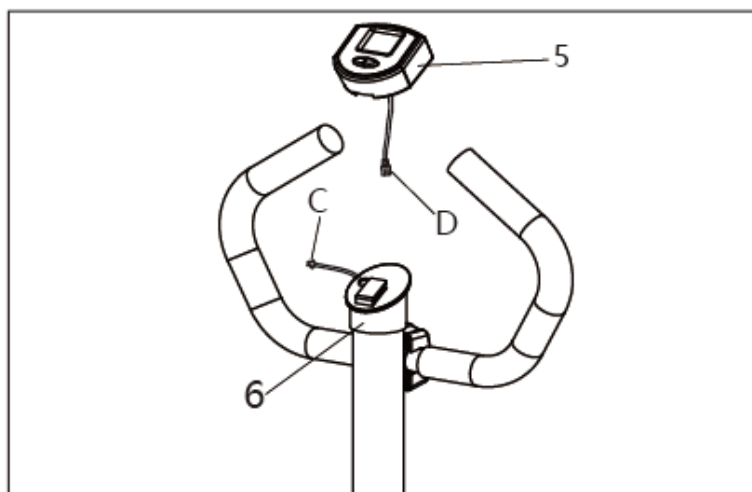
2. Thread the upper column (3) into the hole of the lower column (2), align the hole with the Pull pin M16 (10), lock and secure



3. Clamp the handlebar (4) into the slot of the upper stand tube (3), lock and fix it with M8X20 screw (8), then install the plastic cover (7), and then put on the monitor base (6)



4. Connect the connecting line C and D, and then clamp the monitor (5) into the monitor base (6)



Computer

SPECIFICATION:

COUNT (CNT) -----	0~9999
TIME -----	0:00~99:59
CALORIE (CAL)-----	0~9999
STRIDES/MIN (REPS/MIN) -----	0~9999

OPERATION PROCEDURES:

1. AUTO ON/OFF

- ▲ The system turns on when any key is pressed or when it gets a signal input from the sensor.
- ▲ The system turns off automatically when there is no signal input or no key is pressed for approximately 4 minutes.

2. MODE (SELECT)

- ▲ This key lets you to select and lock on to a particular function you want.
- ▲ Keep pressing on this key for 3-4 seconds, the monitor will get reset.

3. RESET

Press this key, all datas will be return to zero.

FUNCTION:

1. COUNT (CNT): Automatically accumulates workout times when starting exercise.
2. TIME: Press the MODE(SELECT) key until pointer lock onto TIME. The total working time will be shown when starting exercise.
3. CALORIE (CAL): Press the MODE(SELECT) key until pointer lock on to CALORIE(CAL). The calories burned will be displayed when starting exercise.
4. STRIDES/MIN (REPS/MIN): Displays current Speed during workout time.
5. SCAN: Automatically display the following functions every 4 seconds in the order:
TIME → CALORIE (CAL) → STRIDES/MIN (REPS/MIN)

NOTE

Without any signal input in 4-5 minutes, the LCD display will be shut off automatically.
When there is signal input, the monitor automatically turns on.

If there is improper display on the monitor, please replace the battery to have a good result. The monitor use 1 piece "1.5V AAA" battery.