

Art: Nr: 1228

# MOTION STEPPER



**OWNER'S MANUAL**

# *IMPORTANT SAFETY INFORMATIONS*

## READ ALL INSTRUCTION BEFORE USING

1. Read the owner's manual and all accompanying literature and follow it carefully before using your machine.
2. This machine is intended for household use only. It is NOT designed for commercial or medical use.
3. Inspect your stepper prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. Make sure the stepper is established on the floor and uneven surfaces are levelled before use.
5. Most exercise machine is not recommended for children. Children should not use the machine unless they are under adult supervision.
6. Exercise machine has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
7. Make sure all adjustment devices are fully inserted and properly adjusted before use to avoid injury.
8. Remove all jewelry, including rings, chains and pins before commencing exercise.
9. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
10. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
11. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
12. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 or 5 times per week.
13. DO NOT "over train". Incorrect or excessive training may result in injury.
14. Only one person is permitted to use this exercise machine at a time.
15. Ask your doctor before using the exercise machine if you belong to a risk group concerning your health.
16. Pregnant woman should not use this exercise machine.
17. This exercise machine is not allowed to get wet. Don't stand on machine or use it improperly.
18. Only use the exercise machine if it is assembled completely.

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19. Interrupt your exercise immediately when feeling weak or giddy. Consult your doctor immediately when feeling sick, having pain of breast or joints, heartbeat or any other symptoms.
20. Do not use this exercise machine outdoors.
21. Keep fingers and other parts of the body away of moving parts, especially pedal.
22. When passing the exercise machine to another person you have to hand over the instruction, too. Manufacturer, importer and seller will not be liable if these instructions are not followed.
23. NEVER exercise with a full stomach. DON'T have a meal about one hour before and after the exercise.
24. Always remember that your body needs enough liquid while exercising.
25. Start your exercise slowly and increase intensity of exercise gradually.
26. DON'T use aggressive agents, only a mild agent for cleaning.
27. The maximum capacity of loading weight is 80 kgs.

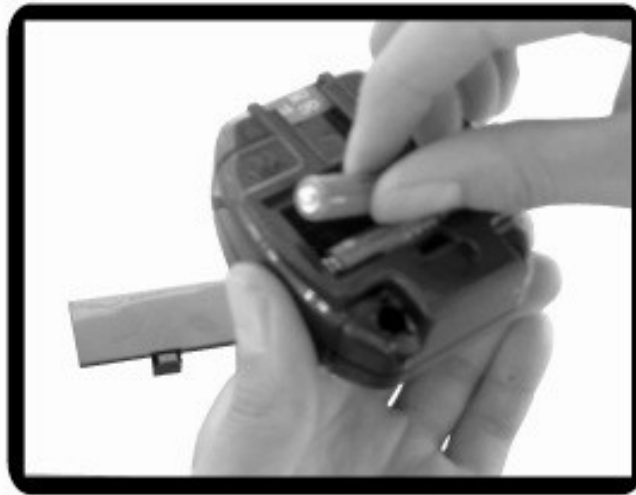
## ASSEMBLY OF ITEMS

### Assembly of item:

Take out all spare parts out of the packing and lay them carefully on the floor or table. Cut all cable bands with a pair of nippers or a knife. Take of the protection bubble papers, Please check whether all needed parts are available and not damaged from transport. Go through the instruction step by step in accordance to avoid any mistakes by assembling the item.

#### 1. COMPUTER BATTERIES ASSEMBLE:

To assemble the batteries, please take off the batteries cover from the back side of computer, insert the batteries into batteries base, please make sure that batteries install direction is in current direction, than close the batteries cover. Please make sure that computer can be work after install the batteries, you can try to press the computer button and check that monitor can be work.



#### 2. COMPUTER SENSOR WIRE CONNECT:

Pull the sensor wire from main frame, connect the sensor wire to the back side of computer.



## ASSEMBLY OF ITEMS

Assembly of item:

3. CONNECT THE COMPUTER ONTO MAIN FRAME:

Slide the computer onto computer bracket. Please be note that computer must slide to the end side of computer bracket.



4. ASSEMBLE FINISHED:

After computer assembled, you can start to use your exercise machine.



## *BEFORE USE*

### Tension Control Adjustment:

Please adjust the tension resistance from tension knob to control the stepping level from light resistance to heavy resistance. Turn the tension knob clockwise direction for heavy stepping resistance, turn the knob anti-clockwise direction for light resistance. Please adjust to suitable resistance level for your personal use before start to exercise on this stepping machine.



Now, you can start to exercise, we wish you a lot of fun and success with your MOTION STEPPER.