

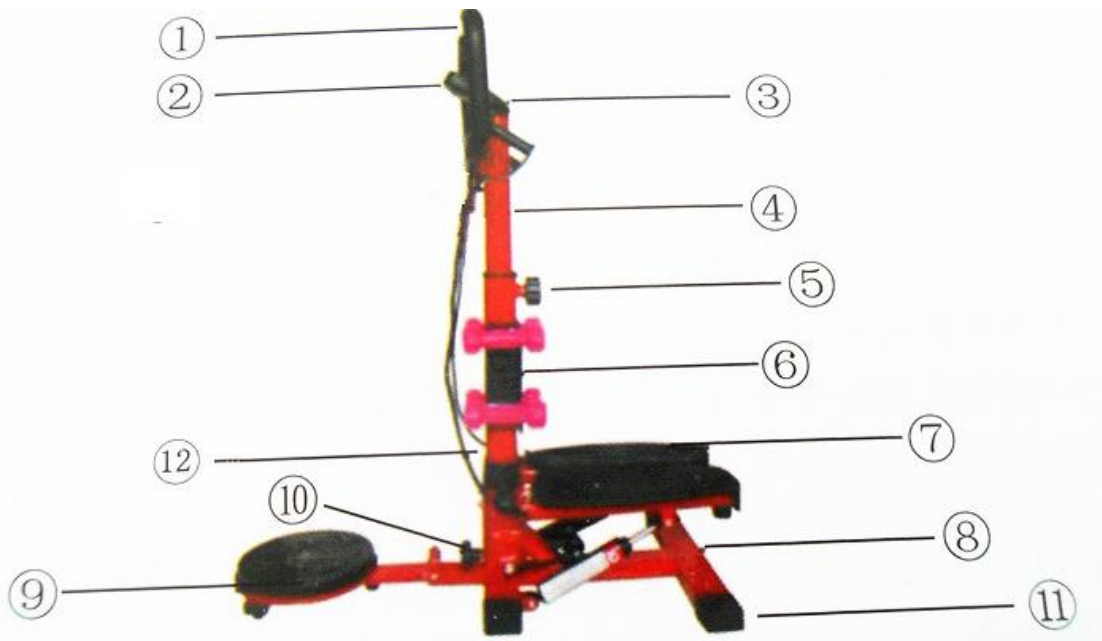
Important Safety Information

Please keep this manual in a safe place for reference.

1. It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all 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 physical or health conditions that could create a risk to your health and safety, 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, 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. For safety, the equipment should have at least 0.5 metre of free space all around it.
6. Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.
7. The safety level 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 whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement.

10. The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speeding dependent.
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or use assistance.

STEPPER DRAWING



Part list

- (1) Handle bar (2) Computer (3) Computer stand cap (4) Upward vertical tube
 (5) Height adjustable knob (6) Downward vertical tube (7) Pedal (8) Foot tube
 (9) Twister (10) Resistance adjust tube (11) Foot tube stack (12) Tube stack



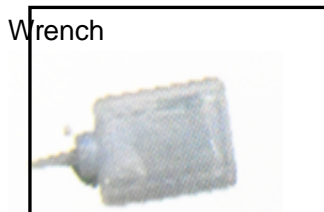
Bottom screw



Handle bar screw



Hexagonal and Allen



Wrench



Lubricating oil

twister screw and fixation

ASSEMBLY INSTRUCTION

1. Put tube stack in downward tube.
downward tube



2. Then put wire (in stepper) into



3. Let the hole on downward tube coincide with the hole on stepper, then fix bottom screw (5 pcs) by Hexagonal wrench.



4. Put the wire (in downward tube) into upward tube.



5. Insert upward tube into downward tube, and line up the holes that give the correct height. Secure the tube in position with the adjustment knob.



6. Pass wire through computer stand cap, and insert the cap in upward tube.



7. Use handle bar screw fit handle bar.
Like following.

8. Insert computer into computer stand cap, then insert two wire.



9. Fix dumbbell on steel tube.



10. Use longest screw fix twister.



10. Stand on stepper to adjust two stepper to highest and lowest, then insert knob till final position. If not, computer can't show correct date.



11. Insert expander rope through.



INSTRUCTIONS FOR ELECTRONIC COMPUTER



Automatic scan (SCAN): the display will automatically display in proper sequence in this

state.

Count: Accumulated stepper in the motion process.

Strieds/MIN: Stepper rate per minute .

Timer (TMR): From 0 to 99:59.

Calories (CAL): Accumulated consumption in the motion process.

TIMER (TMR).....from 0 to 99:59 MIN

Time

COUNT.....from 0 to 99.9 KM/H

Count

STRIEDS/MIN.....from 0 to 999.9 KM

Strieds/MIN

CALORIES (CAL)from 0 to 9999 KCAL

Calories

EXERCISE INSTRUCTIONS

Using your EXERCISE CYCLE will provide you with several benefits, it will improve your physical fitness, tone muscle and in conjunction with calorie controlled diet help you lose weight.

FAULT FINDER

PROBLEM	SOLVE MATHOD
Computer don't show	Ensure all connections are correct. Ensure resistance is biggest.
There is noise when stepper work,and resistance reduce.	Stop exercise for 4~5 minutes.And check all screw if it is fixed well.Or need to add lubricating oil.
Dumbbell shelf is incline	Check shelf's screw and screw between upward tube and downward tube.If it is fixed in correct way.