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Mini Stepper

Instructions / Manual / Maintenance

IMPORTANT SAFETY NOTICE

Thank you for purchasing the Office Fitness Twist Stepper.

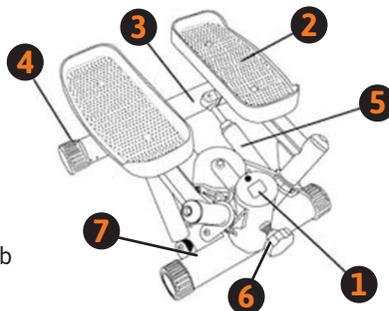
Please read this safety notice, assembly manual and usage guide before use.

- The stepper is designed for adults. Please keep away from children when not in use and ensure children are kept at a safe distance when in use due to moving parts.
- Maximum weight limit is 100kgs and only one person at a time should use the stepper.
- If the user experiences dizziness, nausea, chest pain or any other abnormal symptoms stop the workout and seek medical advice.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. Ensure at least a metre of space, free of any sharp objects.
- Avoid any clothing which may get caught in the mechanism.
- Before commencing exercise, ensure all nuts and moving parts are tight and secure. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises from the stepper during use, stop and do not use until the problem has been rectified.
- Care must be taken when lifting or moving the equipment, along with caution that the stepper is a potential trip hazard if left unattended in a public area.
- Intended for home and office use only. Not designed for therapeutic purposes.

PARTS LIST

No Description

1. Computer
2. Pedal
3. Horizontal tube
4. Socket sleeve
5. Hydraulic cylinder
6. Height adjustment knob
7. Main frame



BATTERY REPLACEMENT AND MAINTENANCE

To replace the battery pull out the computer from the frame to reveal the underside of the LCD containing the battery. Insert or replace the battery requires using a 'AAA' size battery. Maintenance means inspecting the cords for tears or cracks. If they appear, replace the cords. Moving parts will require cleaning and lubrication with a general purpose oil at the pivot points. Noise level does not necessarily mean maintenance is needed as some amount of sound is normal during usage as the hydraulic arms heat up. Only use a dry cloth to gently wipe the stepper, clean after usage. Then store your stepper in a dry place. The hydraulic cylinder will become hot while exercising. Please do not touch the cylinder to avoid burning your hand.

ASSEMBLY

Take out the stepper main frame from the box and lift one pedal up first.



Attach the exercise bands to the ring on the stepper.



Then adjust the knob clockwise to its place.
Note: "+" means higher step range and "-" means lower step range.
Adjustment to the stepper is in the form of height rather than resistance. Increasing the stepping speed and height equates to a more intense workout.

Pull out computer from the frame (can be gently prised out with a flat screwdriver) and insert battery. Assembly completed.

COMPUTER DISPLAY

TIME: Displays the elapsed workout time.

REPS: Displays the number of steps during the current workout.

CAL: Displays the cumulative calories burned during your workout (up to 999 calories).

COUNT: Displays the cumulative number of steps since inserting the battery (up to 999).

SCAN: toggles you through the different modes of display listed above for a few seconds at a time.

MODE: Holding the red button for 4 seconds causes a reset of all the values except the TTL count.



TIPS ON GENERAL USAGE

On first usage start off by working out with the lower body, no cords. Place feet in the foot pads and in order to retain balance, best to start off by looking ahead rather than down. The more the toes are toward the front, the easier stepping may feel on your legs. With heels toward the back of the foot pad, the challenge to leg muscles is greater. Begin stepping up and down like climbing stairs. After a few steps, the machine will calculate the number of steps for you (this is done by a magnet on the stepper passing a sensor). For more intense exercise, step faster. To engage core muscles, low back, hips and buttocks, add a twisting motion. Simply swivel the hips from side to side as you are stepping. Start with subtle twisting to get used to the motion and then increase the rotation. But, be careful: You may not be able to add rotation if you have low back or spinal issues.

Once you have mastered the basic stepping action work out the upper body by grasping the cords attached to the twist stepper. With a handle in each hand, gently pull up on one band at a time while stepping. For more intensity, push the arm up and out in front of you, or overhead to use chest and shoulder muscles. It does take a level of coordination to step, twist, and add arm pulling or pushing motions. If you drop a cord, we advise dismounting from the stepper rather than bending down whilst still on the equipment.

For a more detailed list of the exercises available please refer to the Workout booklet.