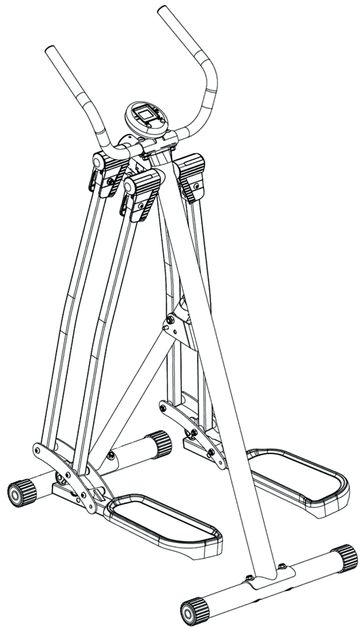
MANUAL



IMPORTANT SAFETY NOTICE

Note the following precaution before assembling or operating the machine.

1.Assemble the machine exactly as the description given in the instruction manual.

2.Check all the screws, nuts and other connections before using the machine for the first time an ensure that the trainer is inn the safe condition.

3.Set up and operate the machine in a dry level place. Do not allow moisture of water near the machine.

4.Place a suitable base such as a rubber mat under the machine and keep the area clean from any dirt or other objects.

5.Before beginning training, remove all objects within a radius of 2 meters from the machine.

6.Do not use aggressive cleaning articles to clean the machine, only use the supplied tools or suitable tools of your own to assemble the machine or repair any parts of machine. Remove drops of sweat from the machine immediately after finishing training.

7.Your health can be affected by incorrect or excessive training. Consult a doctor or personal trainer before beginning a training program. This machine is not suitable for therapeutic purposes and is designed for home use only.

8.Prior to any training please ensue the machine is in good working order. Replace any worn parts as required.

9.Only one person at a time is to use this machine.

10.Use training clothing and suitable shoes while training.

11.If at any time you feel dizziness, sickness or any other physical problems while using the machine, please stop training and consult your doctor.

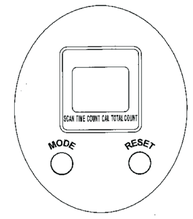
12.Children and handicapped persons should only use the machine in the presence of another person who can give assistance and advice.

13.The power of the machine increases with increasing he speed, and the reverse. You should always hold the assembly instruction could cause you to slip and fall, resulting in serious injury.

14.The maximum user's weight is 100kgs.

OPERATIONAL INSTRUCTIONS

USING THE FITNESS METER



POWER ON : Pedal movement or press any button.
POWER OFF : Automatic shut off after four minutes of inactivity.

FUNCTION BUTTONS:

MODE : Press to select display functions, include **SCAN, TIME, COUNT, CALORIES,** and **TOTAL COUNT.** Press and hold for three seconds to reset all functions to zero, except **TOTAL COUNT.**

RESET : Press to reset all functions to zero, including **TOTAL COUNT.**

FUNCTIONS:

SCAN: Automatically scans each function of **TIME, COUNT, CALORIES,** and **TOTAL COUNT** in sequence with change every four seconds. Press and release the **MODE** button until **"SCAN"** appears on the display.

TIME: Displays the time from one second up to 99:59 minutes.

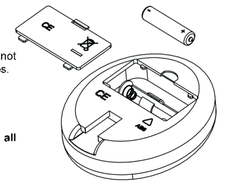
COUNT: Displays the total number of strides you have taken from zero to 9999 strides.

CALORIES: Displays the calorie consumption from zero to 999.9 Kcal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.

TOTAL COUNT: Displays the total accumulated number of strides you have taken from zero to 9999 strides.

NOTE:
1. The meter will stop counting time automatically after four seconds of inactivity. All function values will be kept. Restart the meter by pedal movement or press any button.
2. The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Press the **MODE** button and hold it down for three seconds to reset all functions to zero, except **TOTAL COUNT.** Or press the **RESET** button to reset all functions to zero.

HOW TO INSTALL AND REPLACE BATTERIES:



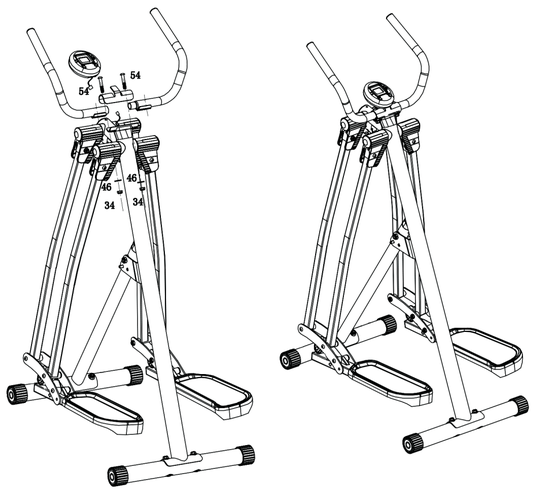
1. Open the Battery Door on the back of the **METER(39).**
2. The **METER(39)** operates with an AA battery, the battery is not included. Refer to the illustration to install or replace the batteries.

NOTE:

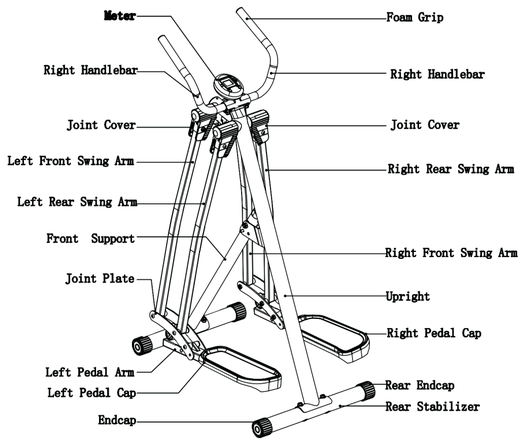
1. Rechargeable batteries are not recommended.

Ultimate disposal of battery should be handled according to all state and federal laws and regulations.

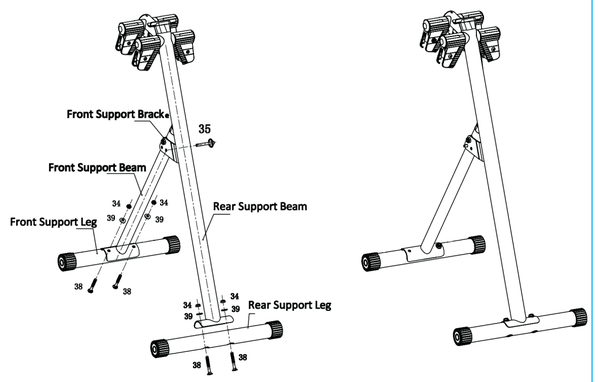
1. Fasten the right and left handlebars to the meter bracket to the rear support beam with the two #54bolts, #46 washer and #34 nuts.
2. Install the battery into the meter.
3. Slide the meter onto the meter bracket.
4. Plug the sensor wire into the meter and push any excess wire into the rear support beam.



Hardware:		
	54	8 x 45mm Bolt - 2 pcs.
	34	8mm Nut - 16 pcs
	46	8mmflat washer -6 pcs
		13-17mm Wrench
		5mm Allen Wrench

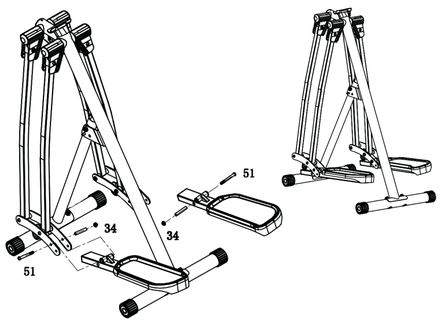


1. Clear a 10 square foot area (3 meter) to have neough space to assemble the slim strider.
2. Use #38, #31, #39 to assemble front and rear support legs to support beams.
3. Stand up the Slim Strider and insert #35 pin in to the rear support beam bracket.



Hardware:		
	35	8 x 60mm Pin - 1 pc.
	38	8 x 60mm Bolt - 4 pcs
	39	8mm Washer - 4 pcs
	34	8mm Nut - 16 pcs.
		13-17mm Wrench

1. Insert the bushing in to the pedal spacer.
2. Assemble the pedals to the lower joint plates using #51 bolt and fasten with #34 nut.



Hardware:		
	51	8 x 70mm Bolt - 6 pcs.
	34	8mm Nut - 16 pcs.
		13-17mm Wrench
		5mm Allen Wrench