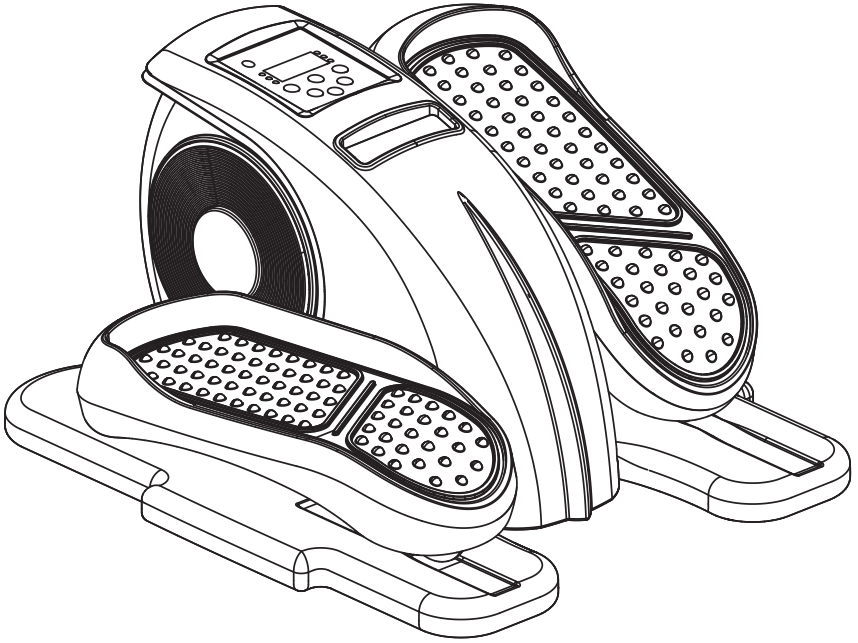
ELECTRONIC STEPPER



User Manual

IMPORTANT

Read all instructions carefully before using this product. Retain this manual for future reference. Read the operating instructions carefully before use, especially the safety precautions.

SAFETY INSTRUCTIONS

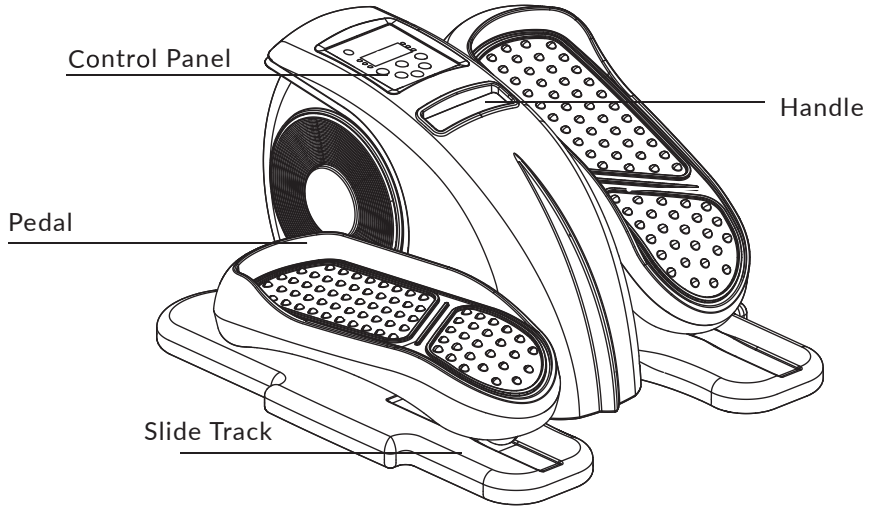
Be sure to use this product in accordance with the operating instructions.

1. Turn off the power after each use. After using or before cleaning the machine, unplug the power supply from the outlet.
2. Do not cover while using, to avoid motor overheating and cause malfunction or damage.
3. Keep children away from the equipment. This machine is for adult use only.
4. Be aware how you are feeling. If you feel uncomfortable or experience any adverse symptoms, stop the using the machine immediately.
5. Do not use the product if it is damaged or defective.
6. Do not insert or drop debris in the product.
7. This equipment is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or EKG machines.
8. Do not use the product in wet or dusty environment. Do not use in humid environment, such as bathroom.
9. Do not store or use the product outdoors. Keep the product away from direct sunlight.
10. Do not operate the machine with wet hands.
11. Do not allow water and other liquids to touch control switch.
12. Do not place the power cord under the product or any heavy object.
13. Do not wind the power cord around the product. That could damage the power cord, cause electric shock or electrical fire.
14. If the power plug is loose, do not use the product.
15. Do not use the power cord to move the product.
16. Use the elliptical indoors on a level surface, and keep at least 3 feet of free space all around it.
17. If there is a power surge during use, stop using the product. Sudden restoration of power could cause injury to you
18. The product's rated voltage fits 100-240V, rated power is 50W, 15 min.
19. Consult your physician before use, especially if you have any medical conditions such as diabetes.

WARNING

ONLY USE THE DEVICE WHILE SITTING. DO NOT STAND ON THE DEVICE.

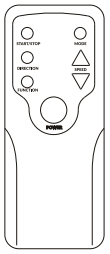
PARTS LIST



CONTROL PANEL:



REMOTE CONTROL:



Note: Operations executed- whether via remote control or directly on the control panel -will be displayed on the control panel's screen.

OPERATING INSTRUCTIONS

1. Plug in the electronic stepper.
2. Press the Power button to turn on the power.

Power: The device is now ready to be operated.

Mode:
Auto Exercise: Auto Exercise: Press the MODE button once to activate P1, twice to activate P2.....and twelve times to activate P12.
The pedals will rotate at a different speed and direction when set to these different Auto Modes.
Note: Speed and Direction CANNOT be adjusted on Auto Mode.

Manual Exercise (HR): Press the Power button until the letters HR are displayed on the screen. The device is now set to Manual Mode.
There are 12 Speed levels, each is outlined below:

01: 42 r/min	06: 67 r/min	11: 92 r/min
02: 47 r/min	07: 72 r/min	12: 95 r/min
03: 52 r/min	08: 77 r/min	
04: 57 r/min	09: 82 r/min	
05: 62 r/min	10: 87 r/min	

Direction: Press this button to switch the pedaling direction. Only available on HR (Manual Exercise).

Speed: Press this button to increase or reduce speed among the 12 Speed levels: 01, 02, 03, 04, 05.....12, Only available on HR (Manual Exercise).

Function: Press this button to alternate the information displayed on the screen for: Scan, Time, Distance, Speed, Counter, and Calorie

Note:
1. After the device stops operating a function mode:
   Panel: Press the Power button to start/stop the function.
   Remote: Press the Start/Stop button to start/stop the function.
2. When the device is operating and your Function has been selected, it will take the device 3 seconds to start.

DISPLAY ON CONTROL PANEL

Scan	Press The Function Button Until The Word Scan Appears On The Screen; The Screen Will Automatically Explore The Value Of Each Function Every Five Seconds.
Time	Press The Function Button Until The Time Light Appears On The Screen; The Screen Will Show The Actual Length Of Time Of Training/in Use.
Distance	Press The Function Button Until The Distance Light Appears On The Screen; The Screen Will Show The Walking Distance (Meter).
Speed	Press The Function Button Until The Speed Light Appears On The Screen; The Screen Will Show The Current Speed.
Counter	Press The Function Button – When “Counter” Is Lit, The Number Displayed On The Control Panel Will Indicate The Number Of Circles Counted.
Calorie	Press The Function Button – When “Calorie” Is Lit, The Number Displayed On The Control Panel Will Indicate The Number Of Calories Burned.

PRESS POWER BUTTON TO TURN THE ELECTRONIC STEPPER OFF.
The device automatically stops operating after 15 minutes. Press Auto Exercise or Manual Exercise to restart the timer at 15 minutes and continue exercising.

WHEN POWER IS OFF OR NOT PLUGGED IN
You can use the device when it is not plugged in or when the power is off. You can pedal forward or backwards.

MOVING THE PRODUCT

Always use the built-in handle to carry or move the device.

PRODUCT CARE

STORAGE

When not in use, place the product into the box and store in a dry, ventilated, cool area.
Do not twist the power cord.
Do not place product in direct sunlight or heat. Do not store where there is high humidity, in areas such as bathrooms.

CLEANING

Before cleaning, make sure to turn the power off and unplug the power cord.
Use a dry cloth to clean the surface of the product.
Do not use corrosive cleaning agents to clean the product.

TROUBLESHOOTING

If you have problems when using this product, refer to the following tips and possible solutions.

Status	Possible Cause	Solution
Product doesn't turn on	Not powered	Make sure power cord is plugged in
Product suddenly stops operating	1. Power failure 2. Timer exceeded 15 minutes 3. Continuous use time is too long, overheat protection 4. Max User Weight exerted on pedals has been exceeded. A Protection Action is initiated	1. Check that the power cord is connected 2. Press the Power button to turn the machine on 3. Let the product cool down, then turn the power back on 4. Do not stand on device and do not exceed the Max User Weight