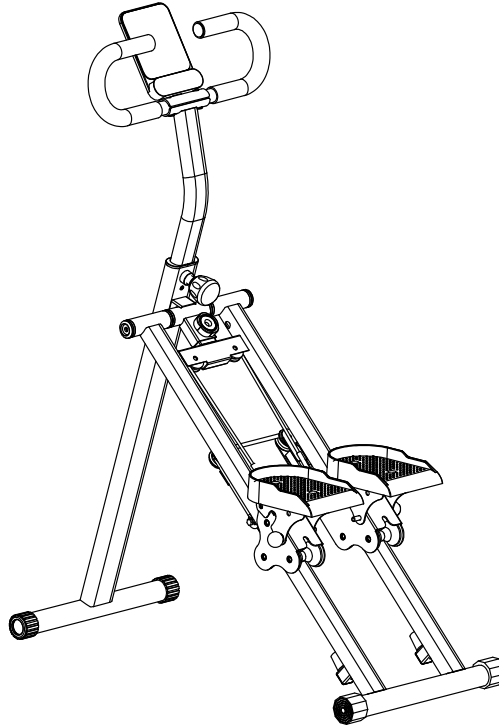


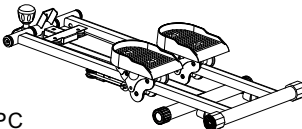
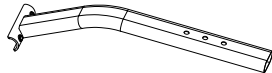
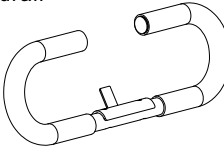


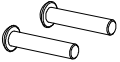
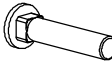



OPERATION INSTRUCTIONS



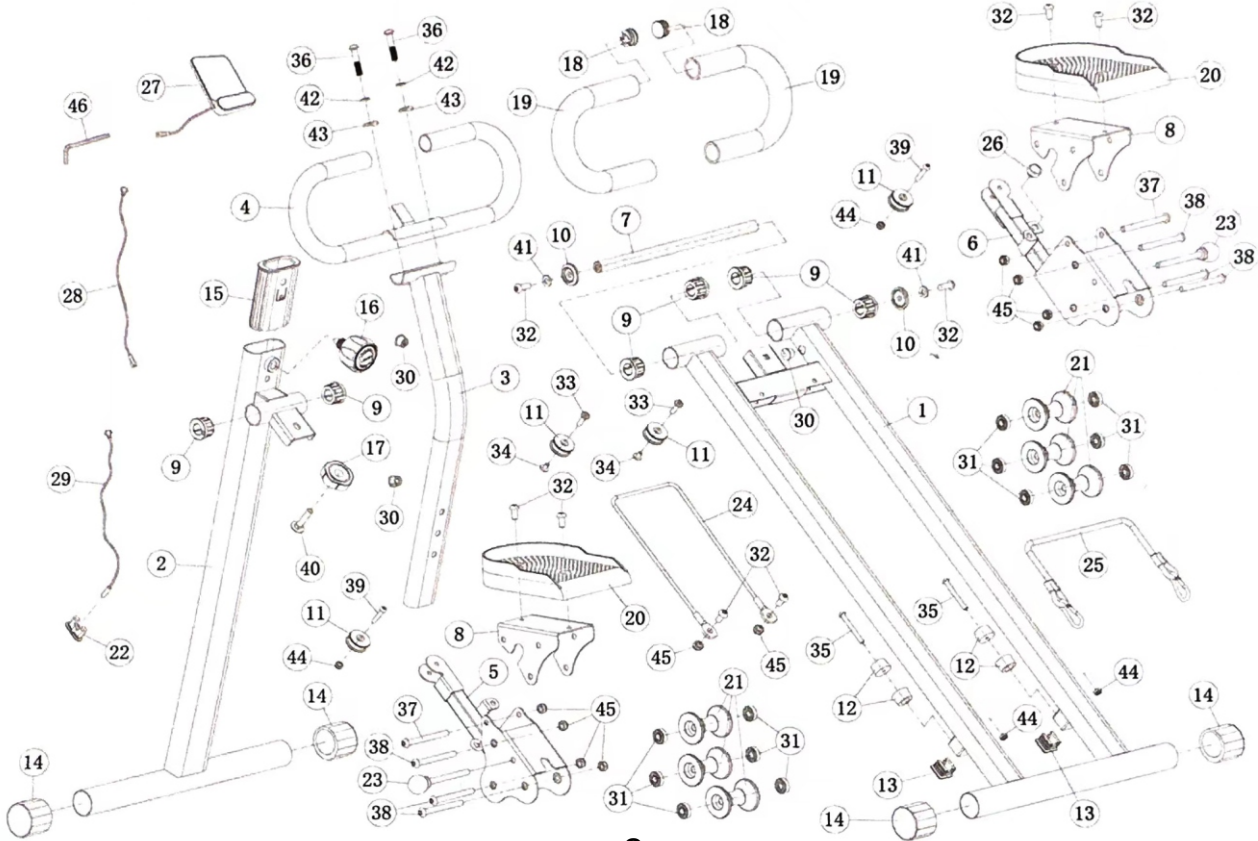
CAUTION:

BEFORE USING THIS EQUIPMENT, FOLLOW THE INSTRUCTIONS AND READ ALL PRECATION CAREFULLY, THEN RETAIN FOR FUTURE REFERENCE.

LIST OF SPARE PARTS

<p>1、Body frame</p>  <p>1PC</p>	<p>2、Regulating tube</p>  <p>1PC</p>	<p>3、Handrail</p>  <p>1PC</p>	<p>4、Plum Blossom Knob</p>  <p>1PC</p>
<p>5、Monitor</p>  <p>1PC</p>	<p>6</p>  <p>2PC M8*40 Screw</p>	<p>7</p>  <p>1PC M8*40 Screw</p>	<p>8</p>  <p>2PC M8 Washer</p>
<p>9</p>  <p>2PC M8 Washer</p>	<p>10</p>  <p>1PC Allen Wrench L5</p>		

Exploded Parts Diagram

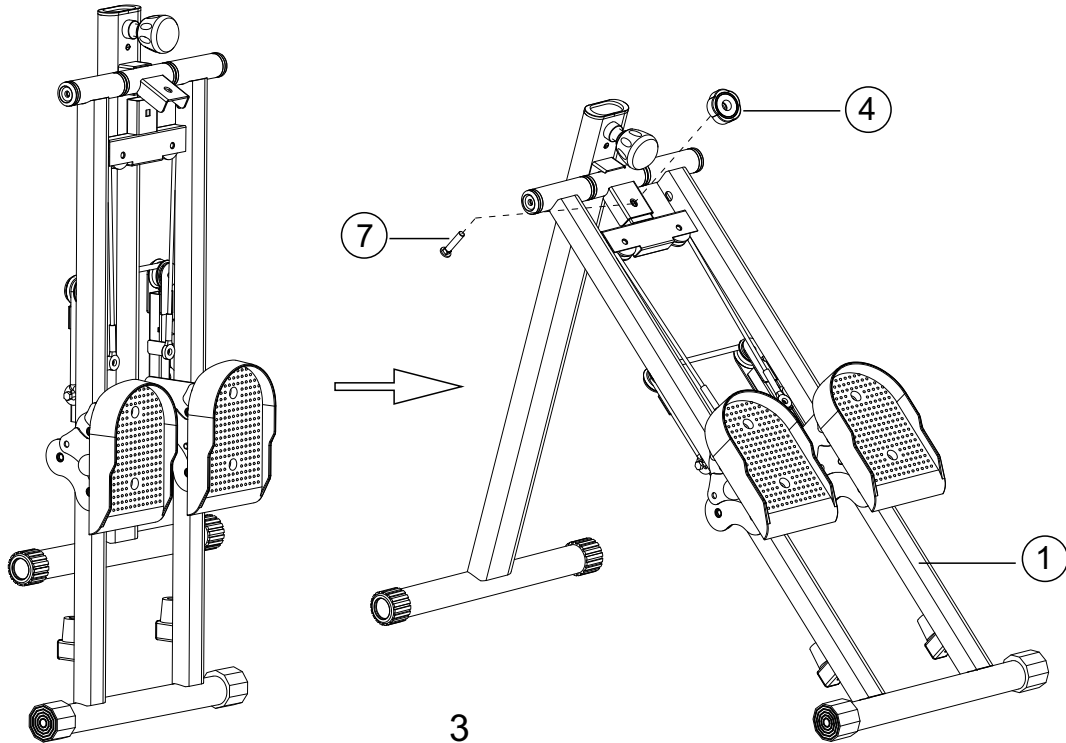


Step1 :

1-1: Remove the main rack from the packaging

1-2: Pull the main frame apart to the maximum angle on both sides

1-3: Thread the M8*40 screws (7) through the slide rail bracket and diagonal support bracket from below, and then use the plum blossom knob (4) to lock and fix the main frame from above

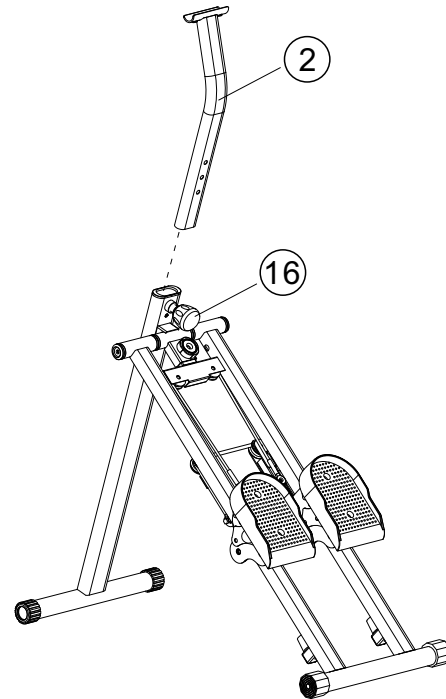


Step2:

2-1: Loosen the pull pin knob (16) and pull it outward

2-2: Insert the Regulating tube (2) into the inclined support frame

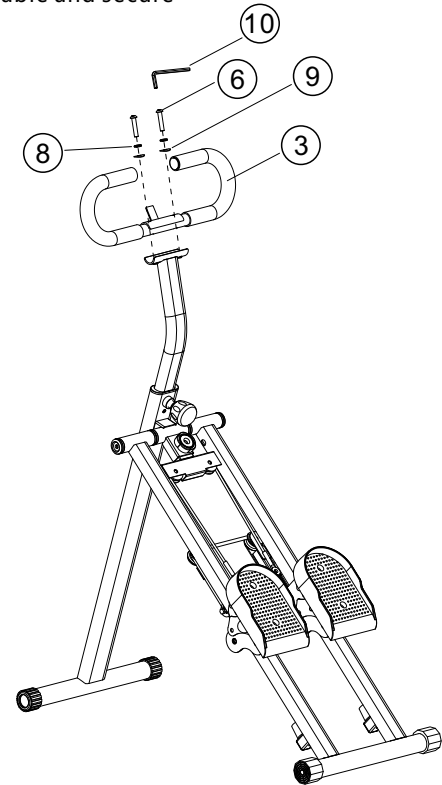
2-3: After inserting the Regulating tube, adjust it to the desired height setting ,
and then firmly lock the pull pin knob to ensure that the adjusting tube is stable and secure



Step3:

3-1: First, place the Handrail (3) onto the adjustment tube and align the holes

3-2: Thread the M8 * 40 screw (10) onto the M8 spring washer (8) and M8 curved washer (9), then use an M5 hex wrench to tighten the screw, ensuring that the armrest is stable and secure

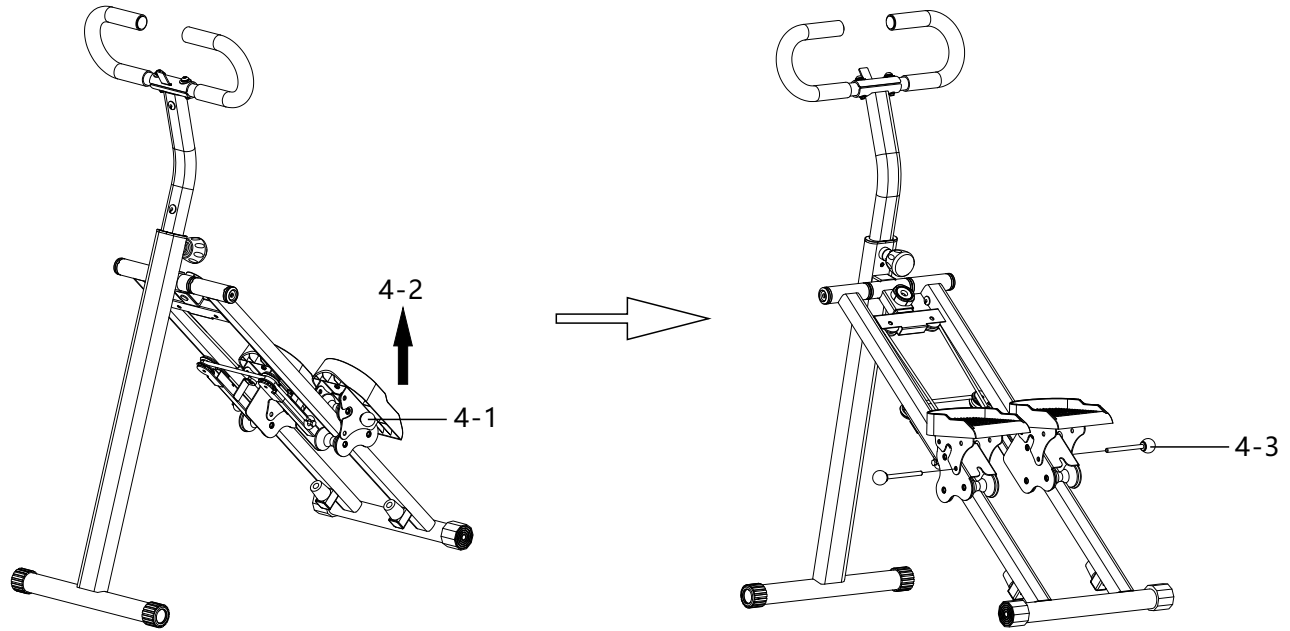


Step4:

4-1: Pull out the plug

4-2: Move the foot pedal in the direction indicated by the arrow

4-3: Align the limit hole and insert the pin

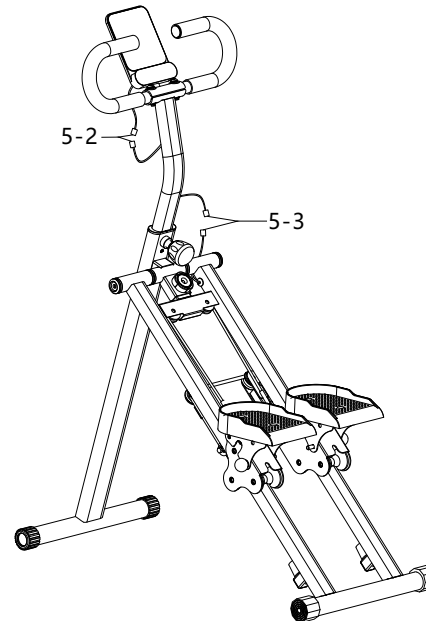
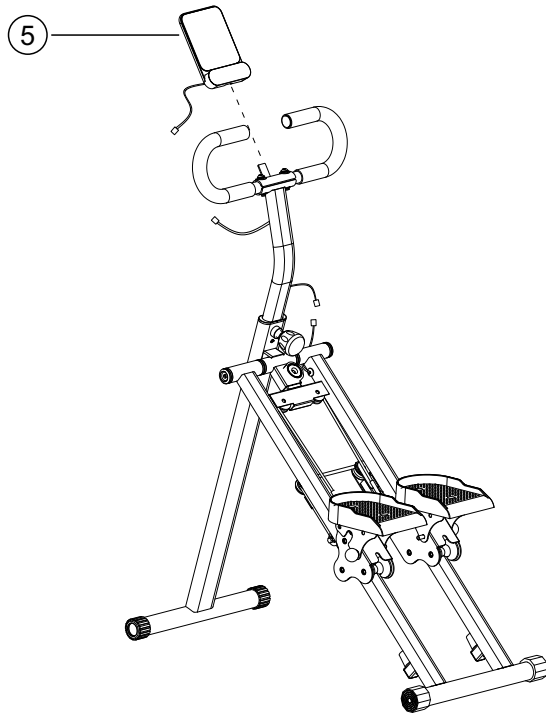


Step5:

5-1: Insert the Monitor (5) card slot into the armrest iron

plate

5-2: Connect the upper and middle lines together



Monitor Operation



1. One basic function

Selection - Function Selection Key

Open the battery cover of the battery and insert the 2032 coin cell battery according to the label inside the battery box. If the power-on reset is incomplete, press the clear button and reset button can be pressed, and the user can select any function as needed. The flashing function can be reset and set

- When scanning the arrow display, each function can be displayed in a loop
- [SPEED] Speed - Display the current speed in kilometers per hour (0-99KM/H)
- [TIME] Time - Display the time of motion (0-99 minutes and 59 seconds)
- [DIST] Distance - Display the distance of the movement (0-99.9 kilometers)
- [CAL] Calories - Display the consumed calories (0-99.9 kcal)

2. precautions

1. Cannot be directly exposed to the sun for a long time
2. Do not let the electronic watch come into contact with water
3. If there is no signal for four minutes, the screen will automatically turn off, but the data will still be retained
4. Press and hold the reset button for 3 seconds to reset the instrument panel and reset all functions to zero

Maintenance and upkeep

Maintenance and Adjustment Guidelines

1. Cleaning and maintenance: Please wipe the stair machine with a clean, soft, and damp cloth. Do not let the plastic part come into contact with corrosive solvents.

Wipe off sweat stains from the stair machine after each use.

Please be careful not to let too much moisture come into contact with the electronic watch screen, otherwise it may cause circuit failure.

Please avoid direct sunlight on the stair machine, especially the electronic watch screen, to prevent damage to the product. Please confirm weekly if all screws, nuts, and pedals are loose.

2. Storage:

Please place the staircase machine in a dry and clean environment away from children and pets.

3. Attention:

Do not use for more than 15 minutes each time.

Warranty & Support Section

Limited Warranty

warrants this product to be free from defects in materials and workmanship for 1 years from the date of purchase. To make a warranty claim, contact our Customer email [Anwick@163.com] with your proof of purchase.