User Manual

ELECTRONIC STEPPER

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REMOTECONTROL

MODE	SCANCODE
REMOTE	[illegible]
MAX	[illegible]
START	[illegible]

ELECTRONIC STEPPER

OPERATING INSTRUCTIONS

START/STOP : Press the button to turn on the power. Press this button again to stop(manual mode).

DISPLAY: TIME/TIME/DISTANCE/SPEED/CONATE /CALORIE

AUTO: Press the button once to activate P1, twice to activate P2, thrice to activate P3 The pedals will rotate at a different speed and different Auto Modes (Default automatic)

DIRECTION : Press this button to switch the pedaling direction. Only available in MM (Manual Exercise).

SPEED + : Speed up (1→12)

SPEED - : Speed down (12→1)

This machine can be used for exercise and rehabilitation with both hands and feet. The device automatically stops operating after 30 minutes.

PRODUCT PARAMETER

MODEL: [illegible]

NET WEIGHT: [illegible] Kg

SIZE: [illegible]

NOMINAL VOLTAGE: 220V ~

POWER: [illegible]W

NAME: ELECTRONIC STEPPER

GROSS WEIGHT: [illegible] Kg

EXECUTIVE STANDARD:

[illegible]

RATED POWER: 50W

GRADE: A0

CE

AUTO EXERCISE INSTRUCTIONS

P1 GENTLE

Calories	[illegible]																				
Speed	[illegible]																				
Distance	[illegible]																				

P2 BALANCE

Calories	[illegible]																				
Speed	[illegible]																				
Distance	[illegible]																				

P3 SPORT

Calories	[illegible]																				
Speed	[illegible]																				
Distance	[illegible]																				

IMPORTANT

Read all instructions carefully before using this product. We are not responsible for any personal injury caused by the factors to operate the product in accordance with safety instructions.]

[illegible]

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 come 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 objects into the product.

7. This equipment is not suitable for therapeutic use. Do not use with other medical electronic equipment, such as pacemakers or ECG monitors.

8. Do not use the product in wet or damp environment. Do not use in humid environment, such as bathroom.

9. Do not place or use the product outdoors. Keep the product away from direct sunlight.

10. Do not operate the machine with wet hands.

11. Do not wear sandals and other shoes to avoid skidding.

12. Do not place the power cord under the product or any heavy objects.

13. Do not wind the power cord around the product. This 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. Place the all control knobs 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 is 110V, rated power is 50W, 60 Hz.

19. Consult your physician before use, especially if you have any medical conditions such as diabetes.

! NOTE

1. Do not use this product within one hour after a meal to avoid indigestion.
2. Do not use for pregnant users.
3. If in high blood pressure, heart attack period, please stop using.
4. Use for 30 minutes at a time. Do not use continuously for too long.

The benefits of brisk walking

- Makes people walk fast, prevent joint stiffness and other aging phenomena and to be younger.
- Walking is not only an aerobic energy-consuming exercise, but also the pressure on the knees during walking is two or three times, and the requirements on the muscle strength of the lower limbs are also higher, which is quite suitable for the general adults as an entry sport.
- By stimulating the movement of going up and down stairs, it helps strengthen the strength and endurance of our leg muscles.
- Easy to be adherence to use, but also to improve cardiopulmonary function, enhance physical fitness.
- Burn calories, increase blood circulation, and stay in shape.
- Improve metabolism, prevent disease.
- Walking stimulates our brain to secrete betaendorphin (happiness substance), which helps us relieve stress, fight anxiety, and eliminate fatigue.

! NOTE

- Please consult doctor if you are suffering pain in use this product. You may stop exercise at ease.
- Please stop using or adjust your body's condition if you feel dizziness or any discomfort during use, which causes by low blood pressure and probably overtiredness after exercise.
- If you have physiotherapy after using this product, please stop exercising immediately and consult a doctor.

Warranty card

Dear users, thank you for buying our products. In order to better serve you after purchasing the product, please read, fill in and take good care of this warranty card

User name		Contact person	
User address		Contact number	
Product name		Product model	
Date of purchase		Factory number	
Maintenance record	Date	Cause and handling of the fault	

Aftersales service

1. Product warranty period:

a. Free 1 year warranty.

2. Warranty coverage

a. In the specified warranty period, under normal use, the product appears to affect the normal function of the fault.

3. Any of the following circumstances is not covered by the warranty

a. Periodic charge.

b. Damage to force majeure factors, natural disasters such as earthquakes.

c. Damage due to not according to the specifications of operation and use or improper storage.

d. Exceed the product warranty period.