



TWIST STEPPER

NO. 045








For Customer Service, please contact: support@sunnyhealthfitness.com

Important Safety Information




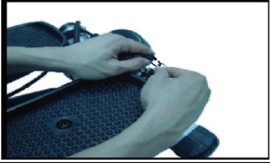
We thank you for choosing our product. To guarantee your safety and health, please use this equipment correctly. Please read the information below carefully before using this equipment.

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 1.7 feet of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
7. There are many functions of the computer; the data will show when using the equipment and will display information about your exercise routine.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
9. This equipment is designed for indoor and home use only. Maximum weight of user: 250LB.
10. Care must be taken when lifting or moving the equipment so as not to injure your back.
11. The equipment is not suitable for therapeutic use.
12. Please save this manual and the assembling tools as well.






Part No.	Description	Quantity
1	Adjustment Knob 	1
2	LCD Computer 	1
3	 Exercise Band	2
4	Base Frame 	1
5	Wheel 	1
6	Cable 	1

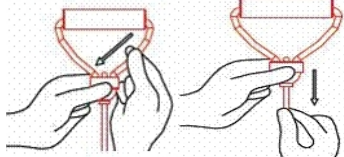
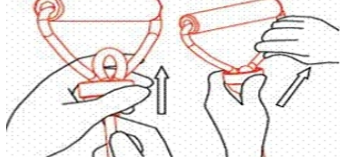
Assembly Instructions

1. Install the LCD computer(2) on Base Frame(4).	
2. Lift one pedal all the way up, then hook the Cable(6) on the Wheel (5) and press the pedal down.	
3. Tighten the Adjustment Knob(1) onto the Base Frame(4).	
4. If using the Exercise Bands (3), please screw the rope onto the hook (please see below instructions).	

Rope Assembly Instructions

1. Unscrew the rope hook nut until it has opened.	
2. Attach the rope hook into the pedal hook. Screw the rope hook nut until it is securely closed.	
3. Assembly is done.	

Adjusting the Rope Length

To Lengthen Rope	To Shorten Rope
Put down one side of the rope; then pull the bottom of rope down. (repeat until rope is at desired length) This adjustment decreases the tension.	Push up the rope from the bottom; pull one side of the top rope. (repeat until rope is at desired length) This adjustment increases the tension.
	

*When lengthening the rope; only one side of the rope can be pushed down. If it doesn't go down; try the other side of the rope.

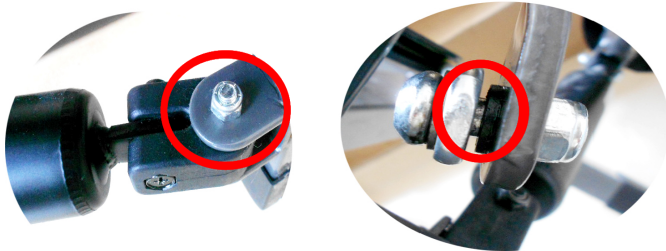
Operating Instructions

1. Please follow and read the instructions before assembling and using the equipment. Any other kinds of improper use are strictly prohibited.
2. To operate your stepper, make sure the cable is connected to the groove of the pulley which is located under the baseframe.
3. Place and operate your stepper on a flat level and dry surface.
4. This product is designed for adult use only.
5. Keep children and pets away from the exercise area.
6. Wear suitable clothing and footwear when using the product.
7. The time limit of exercise is 10-15 minutes each time.
8. To start an exercise, always make sure your feet step right on the pedals and that all nuts and bolts are securely tightened.
9. Use Knob (#1) to adjust the stepping height & tension.
 - + → Tension gets stronger when tightening the knob and moving range gets higher.
 - → Tension gets weaker when loosening the knob and moving range gets lower.

Maintenance and Care Instructions

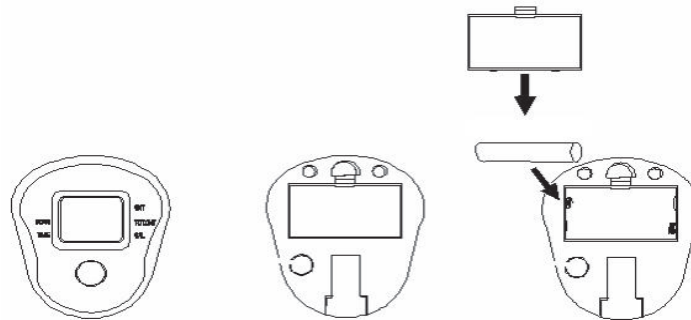
1. If the stepper screeches during exercise, please loosen the screw of U-Shaped iron and cable. Then, lubricate U-Shaped iron and cable (#6) to improve the sliding condition (as seen in picture below). After lubricating with oil, please secure the U-Shaped iron and Cable (#6).
2. Only use dry cloth to gently wipe the stepper clean after usage. Then store your stepper in a dry place.
3. It's normal for sound to come from the cylinder when it gets hot during exercise.
4. The cylinder will become hot while exercising. Please do not touch the cylinder to avoid burning your hand.

Please lubricate U-Shaped iron and cable (as pointed out) .



Meter Functions

- Function Button : Press red button to select functions of time, count, total count, calories. Hold the button for 4 seconds to have a total reset (except TOTAL COUNT).
- SCAN : Press “mode” key to select “scan”. This function will automatically scans through all the functions displayed on the bottom line of the monitor.
- TIME : Automatically accumulates workout time when starting exercise.
- COUNT : Automatically accumulates workout counts when starting exercise.
- TOTAL COUNT : Automatically accumulates different sessions workout counts when starting exercise. TOTAL COUNT will be reset by replace the batteries.
- CALS : Automatically accumulates calories amount consumed when starting exercise.



NOTE

1. If there is a improper display on the monitor, please replace the batteries to improve results.
2. Please use one AAA battery as a power supply.
3. The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes.
4. The monitor will be auto-powered when you start to exercise, or you can push button to signal in.
5. When there is no signal coming in for a period of 4 seconds, all functions will automatically stop calculating and a “stop” sign will appear on the upper left corner of the monitor.
6. The meter will automatically start calculating by simply starting to exercise, and will automatically stop calculating when exercise stops for 4 seconds.