

## Impex MS-100

# Pivot Trainer MS-100 Multi-Directional Stepper with Resistance Band

User Manual

Brand: Impex | Model: MS-100

## 1. INTRODUCTION

This manual provides essential information for the safe and effective use of your Impex Pivot Trainer MS-100 Multi-Directional Stepper with Resistance Band. Please read this manual thoroughly before operating the equipment and retain it for future reference.

The Pivot Trainer MS-100 is designed to provide a comprehensive low-impact workout, engaging various muscle groups through its unique multi-directional stepping motion. It combines cardiovascular exercise with resistance training for a full-body workout.

## 2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure the stepper is placed on a flat, stable surface.
- Wear appropriate athletic footwear during use.
- Maintain proper balance throughout your workout. If necessary, use a sturdy object for support.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Keep children and pets away from the equipment during operation.
- Do not exceed the maximum user weight limit (if specified, otherwise assume standard home fitness equipment limits).

## 3. PACKAGE CONTENTS

Upon unpacking, please verify that all components are present and undamaged:

- Impex Pivot Trainer MS-100 Multi-Directional Stepper (fully assembled)
- Resistance Bands (pair)
- User Manual (this document)



Figure 1: The Impex Pivot Trainer MS-100 Stepper, shown with its included resistance bands.

## 4. SETUP

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The Impex Pivot Trainer MS-100 comes fully assembled, requiring minimal setup before use.

1. **Placement:** Position the stepper on a firm, level surface. Ensure there is adequate space around the unit for safe movement.
2. **Stability Check:** Before each use, gently rock the stepper to ensure it is stable and does not wobble.
3. **Resistance Bands Attachment:** If using the resistance bands, securely attach them to the designated points on the stepper. Ensure the clips are fully engaged.

## 5. OPERATING INSTRUCTIONS

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### 5.1 Basic Stepping Motion

The Pivot Trainer MS-100 features a unique low-impact motion that moves both up and down, and side to side, engaging different muscle groups compared to traditional steppers.

1. Step onto the foot pedals one foot at a time, ensuring your feet are centered and stable.
2. Begin by gently shifting your weight from one foot to the other, initiating the stepping motion.

3. Allow the pedals to move naturally, observing the multi-directional movement.
4. Maintain a slight bend in your knees and keep your core engaged.





Figure 2: Proper form for basic stepping on the Pivot Trainer MS-100.

## 5.2 Using Resistance Bands

The included resistance bands allow for upper body and core engagement during your stepping workout.

- Attach the resistance bands to the designated anchor points on the stepper.
- Hold the handles firmly.
- Perform exercises such as bicep curls, tricep extensions, or lateral raises while stepping.
- Ensure a controlled motion and avoid snapping the bands.

## 5.3 Understanding the Training Computer

The integrated training computer tracks your workout progress. It typically displays:

- **Time:** Duration of your current workout session.
- **Total Strides:** The cumulative number of steps taken.
- **Calories:** An estimated number of calories burned during the workout.

To operate the computer, typically there is a single button to cycle through display modes. To reset the values, you may need to press and hold the button, or in some models, remove and reinsert the battery (refer to troubleshooting for battery information).

## 5.4 Workout Tips and Balance

- **Foot Position:** Varying your foot position on the pedals can target different muscles. Placing feet towards the back emphasizes a stepper-like motion, while moving them forward can feel more elliptical.
- **Balance Support:** If you are new to stepping or require additional stability, position the stepper near a sturdy wall or chair for support.





Figure 3: Using a chair for added balance and support during a workout.

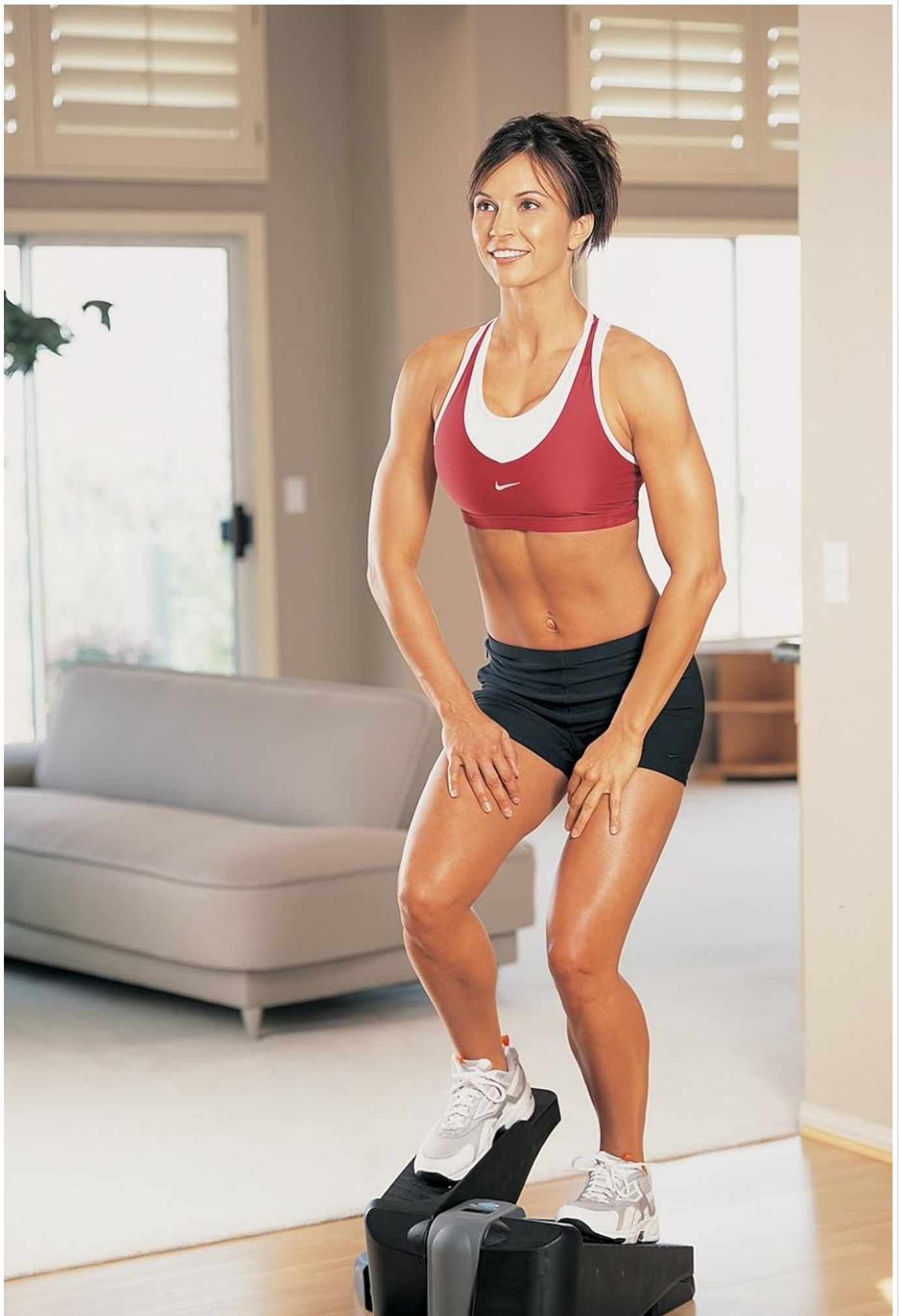




Figure 4: Maintaining proper posture and form during stepping exercises.

## 6. MAINTENANCE

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures.
- **Inspection:** Periodically check all moving parts and connections for wear or looseness. Tighten any loose bolts or screws.

## 7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Stepper motion feels too stiff.	This model is designed for a challenging workout and may feel stiff initially.	Continue use; the motion may become smoother with consistent use. Ensure full body weight is applied. This model does not feature tension adjustment.
Training computer display is blank or erratic.	Low or dead battery.	Replace the battery (typically a button cell battery). Refer to the computer unit for specific battery type and replacement instructions.
Resistance bands feel loose or detached.	Improper attachment or worn clips.	Ensure clips are securely fastened to the stepper's anchor points. Inspect bands and clips for damage; replace if necessary.

## 8. SPECIFICATIONS

Feature	Detail
Model	MS-100
Brand	Impex
Color	Black
Dimensions (L x W x H)	48.3 x 55.9 x 25.4 Centimeters
Item Weight	14.06 kg (approx. 31 Pounds)
Batteries Included	Yes (for training computer)
UPC	096362998079
Manufacturer	Image Control Communications

## 9. WARRANTY AND SUPPORT

Your Impex Pivot Trainer MS-100 is covered by a **2-Year Warranty** from the date of purchase. This warranty covers manufacturing defects and material flaws under normal use conditions.



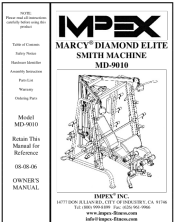
For warranty claims, technical support, or inquiries regarding your product, please contact Impex customer service. Keep your proof of purchase for warranty validation.

*Note:* The warranty does not cover damage resulting from misuse, neglect, unauthorized modifications, or normal wear and tear.




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This manual is subject to change without notice.

Related Documents - MS-100

	<p><a href="#">IMPEX WM-1508 Competitor Home Gym Owner's Manual and Assembly Guide</a></p> <p>Comprehensive owner's manual for the IMPEX WM-1508 Competitor Home Gym, providing detailed assembly instructions, parts list, safety precautions, maintenance guidelines, and warranty information.</p>
	<p><a href="#">Marcy Platinum MP-2105 Home Gym Owner's Manual</a></p> <p>Comprehensive owner's manual for the Marcy Platinum MP-2105 Home Gym by Impex Inc., including assembly instructions, parts list, safety notices, and warranty information.</p>
	<p><a href="#">Marcy Diamond Elite Smith Machine MD-9010 Owner's Manual and Assembly Guide</a></p> <p>Comprehensive owner's manual and assembly instructions for the Marcy Diamond Elite Smith Machine MD-9010 by Impex Inc. Includes detailed safety guidelines, parts lists, hardware specifications, assembly steps for both the Smith Machine and Multi-Purpose Bench, weight resistance chart, and warranty information.</p>



	<p><a href="#">Impex Marcy Weight Bench MWB 757 Owner's Manual and Assembly Guide</a></p> <p>Comprehensive owner's manual and assembly guide for the Impex Marcy Weight Bench MWB 757. Includes safety instructions, hardware identification, step-by-step assembly, parts list, and warranty information.</p>
	<p><a href="#">Marcy Home Gym MWM-988 Owner's Manual   Impex Fitness</a></p> <p>Comprehensive owner's manual for the Marcy Home Gym MWM-988 by Impex Inc. Includes safety notices, assembly information, operation guidelines, maintenance, parts list, and warranty details.</p>
	<p><a href="#">Impex MWM-1509 Home Gym Owner's Manual and Assembly Guide</a></p> <p>Comprehensive owner's manual and assembly guide for the Impex MWM-1509 Home Gym by Impex Inc., detailing safety instructions, hardware, assembly steps, parts list, resistance chart, and warranty information.</p>

Documents - Impex – MS-100

no relevant documents