

Sunny Health & Fitness NO. 012-S

Sunny Health & Fitness Mini Stepper User Manual

Model: NO. 012-S

INTRODUCTION

Thank you for choosing the Sunny Health & Fitness Mini Stepper. This manual provides important information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation. Keep this manual for future reference.

The Sunny Health & Fitness Mini Stepper (Model NO. 012-S) is designed to provide a low-impact, full-body workout in the comfort of your home. Its compact design and integrated resistance bands make it a versatile tool for cardio and muscle strengthening.

IMPORTANT SAFETY INFORMATION

Before starting any exercise program, consult with your physician. This is especially important for individuals over the age of 35 or those with pre-existing health conditions.

- Always place the stepper on a flat, stable surface.
- Ensure all parts are securely fastened before each use.
- Do not exceed the maximum user weight capacity of 300 lbs (136 kg).
- Keep children and pets away from the equipment during operation.
- Wear appropriate athletic footwear and clothing.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- The stepper is for indoor use only.

PRODUCT COMPONENTS

The Sunny Health & Fitness Mini Stepper comes pre-assembled. The package includes the Mini Stepper unit and a user manual.



The Sunny Health & Fitness Mini Stepper, shown with included resistance bands and a user demonstrating its use for a full-body workout.

Original Stepper

US Based Brand
& Customer Service

30-Day
Easy Return

30K+ Reviews
Trusted by 1M+

300 LB
Max User Weight

Raised Bezel

Monitor

Foot Cover

Detailed view of the stepper, illustrating key features such as the maximum user weight capacity, the raised bezel on the pedals, the digital monitor, and the foot covers.

The stepper features a durable alloy steel frame, dual hydraulic cylinders for smooth operation, and an LCD monitor to track your workout progress.

SETUP

The Sunny Health & Fitness Mini Stepper is designed for immediate use and requires no assembly. Simply remove it from its packaging and place it on a stable, level surface.

- Unpacking:** Carefully remove the stepper from its box.
- Placement:** Position the stepper on a flat, non-slip surface. Ensure there is enough clear space around the unit for safe operation.
- Resistance Bands (Optional):** If using the included resistance bands, attach them to the designated points on the

stepper.



The compact design of the stepper makes it easy to unbox and set up without installation. Its dimensions are approximately 16.1" L x 12.2" W x 13.5" H.

OPERATING INSTRUCTIONS

Getting Started

- Step onto the pedals one foot at a time, ensuring your feet are centered and stable.
- Maintain balance by holding onto a stable object or using the resistance bands for support if needed.

Adjusting Intensity

The stepper's intensity can be adjusted by turning the knob located at the front of the unit. Turning the knob clockwise increases resistance and shortens the stride, while turning it counter-clockwise decreases resistance and allows for a longer stride.

Adjust Intensity

Max stride length of 14"



This diagram demonstrates how adjusting the height knob changes the stride length and workout intensity, from warm-up to high-tempo training.

Using the LCD Monitor

The integrated LCD monitor tracks your workout data. It typically displays:

- **TIME:** Duration of your workout.
- **COUNT:** Total number of steps taken.
- **CALORIES:** Estimated calories burned.
- **SCAN:** Automatically cycles through all display functions.

To reset the monitor, press and hold the red button for a few seconds.



The LCD monitor provides real-time feedback on your workout, including steps, time, and calories burned.

Workout Techniques

The stepper provides a low-impact, twisting motion that engages various muscle groups.

- **Lower Body:** Focus on pushing down through your heels to engage glutes and hamstrings.
- **Core Engagement:** Maintain an upright posture and engage your abdominal muscles throughout the exercise.
- **Upper Body (with Resistance Bands):** Use the resistance bands for exercises targeting your chest, back, and shoulders while stepping.

Effective Full Body Workout



Engage your core,
glutes, & legs.



Promotes calorie
burning.



Strengthen
muscles.



Tone both your lower
& upper body.

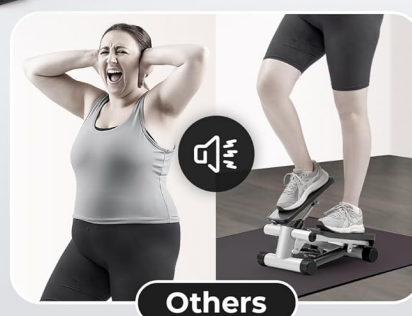


This image demonstrates the effective full-body workout achievable with the stepper, targeting core, glutes, legs, and with resistance bands, the upper body.

The dual hydraulic system ensures a smooth and quiet operation, allowing for discreet workouts at any time.

Smooth & Quiet

Dual hydraulic system provides a smooth and quiet workout at home.



The stepper's advanced dual hydraulic system provides a smooth and quiet workout experience, minimizing noise during use.

MAINTENANCE

Regular maintenance will ensure the longevity and optimal performance of your Mini Stepper.

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners.
- **Inspection:** Periodically check all bolts and nuts to ensure they are tightened. Inspect the hydraulic cylinders and resistance bands for any signs of wear or damage.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage in small spaces.

TROUBLESHOOTING

Problem	Possible Cause	Solution
LCD Monitor not displaying	Battery drained or incorrectly installed.	Replace the LR44 battery. Ensure it is installed with correct polarity.
Squeaking noise during operation	Loose parts or lack of lubrication.	Check and tighten all bolts and nuts. Apply a small amount of silicone-based lubricant to moving joints if necessary.
Uneven stepping motion	Uneven surface or hydraulic cylinder issue.	Ensure the stepper is on a flat, level surface. If the issue persists, contact customer support.

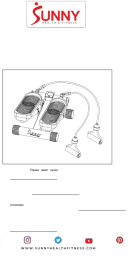



PRODUCT SPECIFICATIONS



- Model:** NO. 012-S
- Brand:** Sunny Health & Fitness
- Material:** Alloy Steel
- Color:** Gray
- Dimensions (L x W x H):** 40.64 cm x 31.75 cm x 34.29 cm (16 in x 12.5 in x 13.5 in)
- Product Weight:** 5.84 kg (12.87 lbs)
- Maximum User Weight:** 136 kg (300 lbs)
- Display Type:** LCD (Time, Count, Calories)
- Battery:** 1 x LR44 (included)
- Special Features:** Adjustable Resistance, Dual Hydraulic System, Resistance Bands (optional)

WARRANTY AND SUPPORT

- Sunny Health & Fitness stands behind the quality of its products. For warranty information, replacement parts, or technical support, please visit the official Sunny Health & Fitness website or contact their customer service department.
- Customer Service:** Refer to the contact information provided on the Sunny Health & Fitness official website or the product packaging.
- Online Resources:** www.sunnyhealthfitness.com

Related Documents - NO. 012-S

	<p>Sunny Health & Fitness Mini Stepper with Exercise Bands (Model 012S) User Manual</p> <p>Comprehensive user manual for the Sunny Health & Fitness Mini Stepper with Exercise Bands (Model 012S), covering safety information, assembly, operation, maintenance, and exercise meter functions.</p>
	<p>Sunny Health & Fitness SF-B0418 Smart Mini Exercise Bike User Manual</p> <p>Comprehensive user manual for the Sunny Health & Fitness SF-B0418 Smart Mini Exercise Bike, featuring resistance bands and a mat. This guide provides essential safety information, detailed assembly instructions, a parts list, an exploded diagram, battery installation, exercise meter functions, usage guidelines, and app connectivity details.</p>
	<p>Sunny Health & Fitness Stair Stepper Machine with Handlebar SF-S020027 User Manual</p> <p>Comprehensive user manual for the Sunny Health & Fitness Stair Stepper Machine with Handlebar, model SF-S020027. Includes safety information, assembly instructions, maintenance guide, and exercise computer details.</p>
	<p>QUXIS Resistance Bands Instruction Manual & Exercise Guide</p> <p>Comprehensive guide to using QUXIS resistance tubes and bands for effective home workouts, including safety instructions, exercise demonstrations, and product care.</p>

 <p>SUNNY HEALTH & FITNESS TWIST STEPPER NO. 045 USER MANUAL</p>	<p>Sunny Health & Fitness Twist Stepper No. 045 User Manual</p> <p>User manual for the Sunny Health & Fitness Twist Stepper (Model No. 045). Contains assembly, operation, maintenance, safety instructions, and parts list for home fitness.</p>
 <p>SUNNY HEALTH & FITNESS TOTAL BODY STEPPER MACHINE SF-S0978 USER MANUAL</p>	<p>SF-S0978 Total Body Stepper Machine User Manual</p> <p>User manual for the SF-S0978 Total Body Stepper Machine, providing important safety information, usage guidelines, and maintenance tips for optimal and safe exercise.</p>

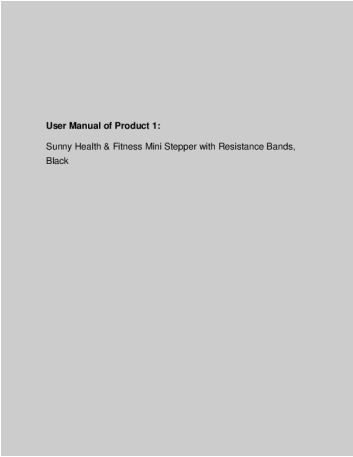
Documents - Sunny Health & Fitness – NO. 012-S



[\[pdf\]](#) User Manual Owner's Manual Instructions

NO 012 S Multi language manual Administrator User Manual Assembly Guides Sunny Health Fitness v 1701459833 cdn shopify s files 1 0052 7043 7978 |||

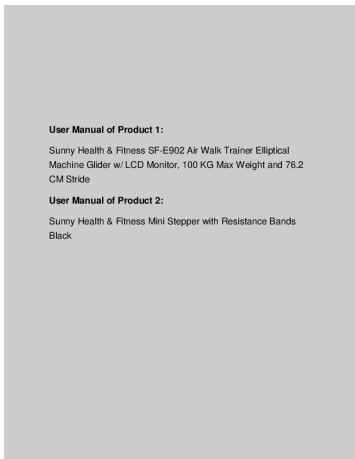
MINI STEPPER WITH EXERCISE BANDS **NO. 012-S** USER MANUAL English, Page 8 - 12 **IMPORTANT** Please retain owner s manual for maintenance and adjustment instructions. Your satisfaction is very important to us, **PLEASE DO NOT RETURN UNTIL YOU HAVE CONTACTED US:** support sunnyhealthfitness.com or 1- 877 -... lang:en **score:38** filesize: 3.15 M page_count: 34 document date: 2023-12-01



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User Manual of Product 1 Sunny Health Fitness Mini Stepper withEnglish Page 8 ~ 12 **IMPORTANT!** Please retain owner s manual for maintenance and adjustment instructions Your satisfaction is very important to us B1yOO0qxImLm media amazon images I B1yOO0qxImL |||

User Manual of Product 1: Sunny Health Fitness Mini Stepper with Resistance Bands, Black MINI STEPPER WITH EXERCISE BANDS **NO. 012-S** USER MANUAL English, Page 8 - 12 **IMPORTANT** Please retain owner s manual for maintenance and adjustment instructions. Your satisfaction is very important to us, ... lang:it **score:32** filesize: 2.84 M page_count: 35 document date: 2023-08-15



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User Manual of Product 1: Sunny Health Fitness SF-E902 Air Walk Trainer Elliptical Machine Glider ... ra dans le coin suprieur gauche du moniteur. Version 2.2 18 19 MINI STEPPER WITH EXERCISE BANDS **NO. 012-S** USER MANUAL English, Page 6 - 10 IMPORTANT Please retain owner s manual for maintenance...

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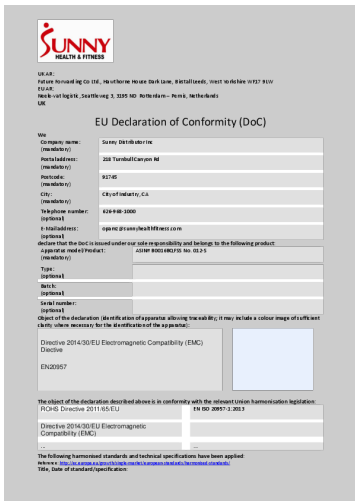
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Administrator User Manual Sunny Health Fitness 33lb Chrome Dumbbell Set w Carry Case NO 014

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[\[pdf\]](#) Declaration of Conformity

VOUNAST Declaration of Conformity Sunny Health Fitness EU DoC ASIN B0016BQFSS No 012 S UK

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UK AR: Future Forwarding Co Ltd., Hawthorne House Dark Lane, Birstall Leeds, West Yorkshire WF17 9LW EU AR: Neele-vat logistic, Seattleweg 3, 3195 ND Rotterdam Pernis, Netherlands UK EU Declaration of Conformity DoC We Company name: mandatory Sunny Distributor Inc Postal address: mandatory...

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