

Kettler 07874-900

Kettler Stepper 2-in-1 Instruction Manual

Model: 07874-900

Brand: Kettler

1. INTRODUCTION

The Kettler Stepper 2-in-1 is a versatile movement trainer featuring adjustable braking resistance for light and flexible exercise. It allows you to engage in physical activity while performing other tasks, whether at home or in the office. This compact fitness equipment helps improve blood circulation, tone muscles, and enhance endurance, providing an ideal balance for those who spend much of their day in sedentary positions.

2. SAFETY INFORMATION

Please read all safety instructions carefully before using the Kettler Stepper 2-in-1. Failure to do so may result in injury or damage to the equipment.

- Consult your physician before starting any new exercise program.
- Ensure the stepper is placed on a flat, stable, non-slip surface.
- Keep children and pets away from the equipment during use.
- Inspect the stepper for any loose parts, damage, or wear before each use. Do not use if damaged.
- Maintain proper balance and form during exercise. Use a stable object for support if needed.
- Do not exceed your physical limits. Stop exercising immediately if you feel pain, dizziness, or nausea.
- The maximum user weight capacity is not specified; use with caution and within reasonable limits.

3. PACKAGE CONTENTS

Before assembly and first use, please ensure all the following components are present in your package:

- Kettler Stepper 2-in-1 Main Unit
- Resistance Bands (2)
- Exercise Computer/Monitor
- Required Batteries (2 x CR2)
- User Manual (this document)



Image 1: The Kettler Stepper 2-in-1 main unit, showing the footplates, central frame, digital display, and attached resistance bands.

4. SETUP AND ASSEMBLY

The Kettler Stepper 2-in-1 comes largely pre-assembled. Follow these steps for initial setup before first use:

4.1. Unpacking

Carefully remove all components from the packaging. Retain packaging for future storage or transport if needed.

4.2. Battery Installation

Locate the battery compartment on the exercise computer, usually on the front or underside. Insert 2 CR2 batteries, ensuring correct polarity (+/-) as indicated inside the compartment. Close the compartment securely.

4.3. Attaching Resistance Bands (Optional)

If you wish to use the resistance bands for an upper body workout, attach them to the designated attachment points on the stepper frame. Ensure they are securely fastened with the provided clips.



Image 2: The detachable resistance bands with foam handles and carabiner clips for attachment to the stepper.

4.4. Placement

Place the stepper on a flat, stable, non-slip surface. Ensure adequate clear space around the unit (at least 0.5 meters) for safe operation and to prevent obstructions.

5. OPERATING INSTRUCTIONS

5.1. Getting Started

1. Step onto the footplates one at a time, ensuring your feet are centered and stable.
2. Hold onto a stable object for balance if needed, especially when first starting or if you are new to using a stepper.

5.2. Adjusting Resistance

The stepper features adjustable braking resistance, typically controlled by a central knob or lever. To increase resistance, turn the adjustment mechanism clockwise. To decrease resistance, turn it counter-clockwise. Adjust to a comfortable yet challenging level that suits your fitness goals.





Image 3: Side view of the stepper, highlighting the hydraulic cylinders responsible for resistance and the general structure.

5.3. Stepping Motion

1. Begin a stepping motion, pressing down alternately with each foot. Maintain a smooth, controlled rhythm.

2. The 2-in-1 design allows for different stepping directions. Experiment with lateral movements by adjusting your foot placement and body lean to engage different muscle groups in your legs and glutes.

5.4. Using Resistance Bands

If attached, use the resistance bands for an upper body workout simultaneously with stepping. Hold the handles and perform arm exercises such as bicep curls, tricep extensions, rows, or chest presses to engage your arms, shoulders, and back muscles.

5.5. Exercise Computer

The integrated computer displays various metrics such as time, total step count, steps per minute, and estimated calories burned. Press the red button to cycle through display modes or hold it down to reset the values. Refer to the computer's specific instructions (if provided separately) for detailed operation and reset functions.

5.6. Ending Your Workout

Slowly reduce your stepping speed. Once the stepper has come to a complete stop, step off the unit carefully, one foot at a time.

6. MAINTENANCE

Regular maintenance ensures the longevity and optimal performance of your Kettler Stepper 2-in-1.

6.1. Cleaning

Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners, solvents, or harsh chemicals, as these can damage the finish and components.

6.2. Lubrication

If the stepper begins to make squeaking noises, apply a small amount of silicone-based lubricant to the moving joints and hydraulic cylinders. Avoid oil-based lubricants, as they can attract dust and degrade plastic components.

6.3. Storage

Store the stepper in a dry, cool place away from direct sunlight and moisture. Ensure it is placed on a stable surface to prevent accidental tipping.

7. TROUBLESHOOTING

This section addresses common issues you might encounter with your Kettler Stepper 2-in-1.

7.1. Squeaking Noise

Issue: The stepper makes squeaking noises during use.

Solution: Apply a small amount of silicone lubricant to the hydraulic cylinders and moving pivot points. Ensure all bolts and screws are tightened securely.

7.2. Monitor Not Displaying

Issue: The exercise computer display is blank or not functioning.

Solution: Check and replace the CR2 batteries. Ensure they are inserted with correct polarity. If the issue persists, contact customer support.

7.3. Uneven Resistance

Issue: One side of the stepper feels different in resistance than the other.

Solution: Ensure the resistance adjustment knob is set correctly. Check for any obstructions or damage to the hydraulic cylinders. If the issue persists after inspection, contact customer support.

8. SPECIFICATIONS

Brand: KETTLER
Model Number: 07874-900
Color: Silver / Black
Material: Metal, Plastic
Number of Batteries: 2 CR2
Product Weight: 2 Kilograms
Global Trade Item Number (GTIN): 04001397470809
Part Number: 07874-900_Silber/Schwarz
ASIN: B00M2IKZTY
Manufacturer: Kettler

9. WARRANTY AND SUPPORT

For detailed warranty information, please refer to the documentation provided with your original purchase. If you require technical assistance, spare parts, or have questions not covered in this manual, please contact Kettler customer service directly. You can often find contact information on the manufacturer's website or through the retailer where you purchased the product.

Visit the official Kettler store for more information:[KETTLER Store](#)

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Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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