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Soozier A90-128

Soozier Mini Stepper with Resistance Bands and LCD Monitor

Model: A90-128

1. INTRODUCTION

Thank you for choosing the Soozier Mini Stepper. This compact and versatile fitness machine is designed to provide an effective workout for various muscle groups, including your calves, buttocks, thighs, and hips. With its integrated resistance bands, you can also engage your upper body, targeting arms, chest, back, and shoulders. The built-in LCD monitor helps you track your progress, making your fitness journey more efficient. Please read this manual thoroughly before assembly and use to ensure safe and optimal performance of your stepper.

2. SAFETY INFORMATION

- Consult a physician before starting any new exercise program.
- Ensure the stepper is placed on a flat, stable surface before use.
- Keep children and pets away from the equipment during operation.
- The maximum user weight capacity for this stepper is **220 lbs (100 kg)**. Do not exceed this limit.
- Wear appropriate athletic footwear during exercise.
- Hold onto the handlebars for balance, especially when starting or stopping.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Regularly inspect the stepper for any signs of wear or damage. Do not use if damaged.

3. PACKAGE CONTENTS

Please check to ensure all components are present and undamaged:

- Soozier Mini Stepper Frame
- Resistance Bands (2)
- LCD Monitor
- Phone Holder
- Assembly Hardware (bolts, nuts, washers)
- Lubricant (small bottle)

- Instruction Manual

4. ASSEMBLY INSTRUCTIONS

The Soozier Mini Stepper is designed for quick and straightforward assembly. Most of the main frame comes pre-assembled.

1. **Unfold the Stepper Frame:** Carefully pull the main frame outwards until it locks into its operational position. Ensure all locking mechanisms are securely engaged.
2. **Attach Handlebars:** Secure the handlebars to the main frame using the provided bolts and tighten them firmly.
3. **Install LCD Monitor:** Mount the LCD monitor onto its designated slot on the handlebar assembly. Connect the sensor wire from the stepper to the monitor.
4. **Attach Phone Holder:** Secure the phone holder to the top of the handlebar assembly.
5. **Connect Resistance Bands:** Attach the resistance bands to the designated connection points on the stepper frame and the handlebar grips.
6. **Adjust Pedal Resistance:** The stepper features adjustable resistance. Locate the pegs or adjustment points near the pedals. You can move these up or down to increase or decrease the incline and thus the resistance. Experiment to find a comfortable and challenging level.
7. **Initial Lubrication:** Apply a small amount of the included lubricant to the hydraulic cylinders and moving parts to ensure smooth operation and prevent squeaking.



Figure 1: Fully assembled Soozier Mini Stepper with resistance bands.

SAFETY DESIGN



Figure 2: Product dimensions for the Soozier Mini Stepper.

5. OPERATING INSTRUCTIONS

Using your Soozier Mini Stepper is simple and effective:

- 1. Step On:** Carefully step onto the pedals, one foot at a time, ensuring your feet are centered and stable. Hold onto the handlebars for support.
- 2. Begin Stepping:** Start a rhythmic stepping motion, pushing down on one pedal while the other rises. Maintain a controlled and steady pace.
- 3. Use Resistance Bands:** For an upper body workout, grasp the resistance band handles. As you step, you can perform bicep curls, tricep extensions, or shoulder presses. Coordinate your arm movements with your stepping for a full-body engagement.
- 4. Monitor Your Workout:** The LCD monitor will automatically display your workout data. Use the 'MODE' button to cycle through different metrics:
 - **COUNT:** Total steps taken.
 - **TIME:** Duration of your workout.
 - **CAL:** Estimated calories burned.
 - **STRIDES/MIN:** Steps per minute.

- **SCAN:** Cycles through all metrics automatically.

To reset the monitor, press the 'RESET' button.

5. **Cool Down:** After your workout, gradually slow your stepping pace before stepping off the machine.
Perform light stretches to cool down.



Figure 3: The Soozier Mini Stepper provides a full body workout, targeting legs, glutes, and upper body with resistance bands.

LCD MONITOR DISPLAY



Figure 4: Close-up of the LCD monitor displaying workout metrics like count, time, and calories.

6. FEATURES

- **Sturdy Construction:** Features a heavy-duty steel frame with two adjustable hydraulic resistance cylinders for smooth and stable stepping motions.
- **Full Body Workout:** Engages calves, buttocks, thighs, and hips with its up-and-down, side-to-side motion. Includes two elastic resistance bands for upper body exercises (arms, chest, back, and shoulders).
- **LCD Monitor:** Tracks and displays time, step count, burned calories, reps per minute, and offers a scan function to cycle through all metrics.
- **Enhanced Safety:** Equipped with textured non-slip pedals, foam handlebars for comfortable grip, and rubber end caps for extra stability.
- **Compact Design:** Designed to be space-saving and easy to store, making it suitable for home or office use.

COMPACT SIZE



- Space Saving
- Easy to Store



Office



Home

Figure 5: The compact design of the Soozier Mini Stepper makes it ideal for small spaces.



Figure 6: Safety features include non-slip pedals and stable foot pads.

7. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your stepper:

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Periodically apply lubricant to the hydraulic cylinders and any moving joints to maintain smooth operation and prevent friction noise. The frequency depends on usage, but monthly checks are recommended for regular users.
- **Check Connections:** Regularly inspect all bolts, nuts, and connections to ensure they are tight and secure. Tighten if necessary.
- **Resistance Bands:** Check resistance bands for any signs of fraying or damage. Replace immediately if any damage is observed.
- **Storage:** When not in use, the stepper can be folded for compact storage. Store in a dry, cool place away from direct sunlight.

8. TROUBLESHOOTING

- **Squeaking Noise:** If the stepper produces squeaking noises, apply lubricant to the hydraulic cylinders and all pivot points. Ensure all bolts are tightened.
- **LCD Monitor Not Working:** Check if the battery (1 AAA battery, not included) is correctly installed and has sufficient charge. Ensure the sensor wire is securely connected to both the stepper and the monitor.
- **Uneven Stepping Motion:** Verify that the stepper is on a level surface. Check the hydraulic cylinders for any visible damage or leaks. Ensure the pedal resistance adjustment is set evenly on both sides.

9. SPECIFICATIONS

Product Dimensions	40 x 40 x 118 cm (15.75" L x 15.75" W x 46.5" H)
Item Weight	9.07 kg (20 lbs)
Maximum Weight Capacity	220 lbs (100 kg)
Material	Acrylonitrile Butadiene Styrene (ABS), Alloy Steel
Color	Black
Included Components	LCD Monitor, Resistance Bands
Batteries Required	1 AAA battery (not included)

10. WARRANTY & SUPPORT

Soozier is committed to providing quality products. If any parts are found to be broken or missing upon delivery, please contact Soozier customer support for assistance. For any questions regarding assembly, operation, or maintenance not covered in this manual, please reach out to the manufacturer's customer service. Keep your proof of purchase for warranty claims.