

leikefitness ST6600

LeikeFitness ST6600 Premium Portable Climber Stair Stepper & Waist Fitness Twister User Manual

MODEL: ST6600

1. Introduction

Thank you for choosing the LeikeFitness ST6600 Premium Portable Climber Stair Stepper & Waist Fitness Twister. This 2-in-1 fitness machine is designed to provide an effective workout for various muscle groups, including legs, hips, and core, through both up-and-down climbing action and side-to-side twisting action. Its compact design allows for convenient use and storage in various home or office environments. This manual provides essential information for safe operation, setup, maintenance, and troubleshooting.

2. Safety Information

- Consult your physician before starting any new exercise program.
- Always place the stepper on a flat, stable, non-slip surface during use.
- Ensure adequate clear space around the stepper for safe operation.
- Wear appropriate athletic footwear during exercise.
- Do not exceed the maximum weight limit of 100 kg (220 lbs).
- Keep children and pets away from the equipment during operation.
- Stop exercising immediately if you feel dizzy, faint, or experience any pain.
- Regularly inspect the stepper for any signs of wear or damage. Do not use if damaged.

3. Package Contents

- LeikeFitness ST6600 Stepper Unit
- LCD Monitor (pre-installed or separate)
- Lubricant (small bottle)
- Instruction Manual

4. Assembly

The LeikeFitness ST6600 Stepper comes pre-assembled and ready for use. No complex assembly is required.

5. Setup

1. **Placement:** Place the stepper on a firm, level surface. Ensure the rubber stoppers on the bottom are securely in place to prevent slipping and protect your floor.
2. **LCD Monitor Battery:** The LCD monitor requires 1 LR44 battery. If the monitor is not displaying, open the battery compartment and insert a fresh LR44 battery, ensuring correct polarity.
3. **Selecting Exercise Mode:** The ST6600 offers two exercise modes: up-and-down stepping and side-to-side twisting. You can switch between these modes using the locking pin located at the front of the stepper.



Image Description: This image illustrates the two operational modes of the stepper. On the left, the 'Up and Down Setting' shows the locking pin inserted into the first hole, enabling vertical stepping. On the right, the 'Side and Side Setting' shows the pin in the second hole, allowing for a twisting motion. This visual guide helps users understand how to switch between the two exercise types.

- **Step Mode (Up and Down):** Insert the locking pin into the **1st hole**. This provides a traditional stair-climbing motion.
- **Wiggled Mode (Side to Side / Twister):** Insert the locking pin into the **2nd hole**. This engages the twisting action, targeting different muscle groups and providing a waist-sculpting workout.

6. Operating Instructions

Once set up, step onto the pedals one foot at a time. Hold onto a stable object for balance if needed. Begin a rhythmic stepping motion. The hydraulic resistance system ensures smooth and quiet operation.

Using the LCD Monitor



Image Description: This image highlights the stepper's LCD monitor, which tracks workout data. The monitor clearly displays the step count, exercise time, and estimated calories burned, providing essential feedback during your workout. The image also points out the maximum load capacity of 220 lbs and the smooth, quiet operation of the hydraulic system.

The integrated LCD monitor automatically tracks your workout data. Press the button to cycle through different display modes:

- **SCAN:** Automatically cycles through all functions.
- **TIME:** Displays the duration of your current workout.
- **COUNT:** Shows the total number of steps taken.
- **CALORIES:** Estimates the calories burned during your workout.

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

Product Features Overview

Your browser does not support the video tag.

Video Description: This short video demonstrates the LeikeFitness ST6600 stepper in action, showcasing both the step mode and the wiggled (twister) mode. It highlights features such as the hydraulic resistance for smooth operation, the LCD monitor displaying workout data, and the non-slip pedals. The video also emphasizes the compact size and quiet operation, making it suitable for home use.

7. Maintenance

- **Lubrication:** If the stepper begins to squeak or the motion becomes less smooth, apply the provided lubricant to the hydraulic cylinders and moving joints. This will ensure continued quiet and efficient operation.
- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners.
- **Inspection:** Periodically check all nuts, bolts, and moving parts to ensure they are secure. Tighten any loose components.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size (approximately 40L x 35W x 24H cm) makes it easy to store under furniture or in a closet.



Image Description: This image demonstrates the compact and space-saving design of the LeikeFitness ST6600 stepper. It shows the unit neatly stored under a coffee table, highlighting its small footprint (15.75 inches long, 13.78 inches wide, 9.45 inches high) and light weight (19 lbs), making it easy to move and store in any home environment.

8. Troubleshooting

- **Squeaking Noise:** Apply lubricant to the hydraulic cylinders and pivot points. Ensure all bolts are tightened.
- **LCD Monitor Not Working:** Check if the LR44 battery is correctly installed and replace it if necessary.
- **Uneven Stepping Motion:** Ensure the stepper is placed on a completely flat and stable surface. Check for any obstructions under the pedals.

9. Specifications

Model Number	ST6600
Brand	LeikeFitness
Material	Alloy Steel
Product Dimensions (L x W x H)	40L x 35W x 24H Centimetres (15.75 x 13.78 x 9.45 inches)
Item Weight	8.62 kg (19 Pounds)
Weight Limit	100 Kilograms (220 lbs)
LCD Monitor Battery	1 x LR44 battery (required)
Features	2-in-1 Stepper & Twister, Non-slip Pedals, Hydraulic Resistance, LCD Monitor

The stepper features large non-slip pedals for safety and comfort during your workout. The dimensions of the pedals are approximately 13 inches in length and 5.5 inches in width.

Large Non-Slip Pedals

❗ **Help Promote
Blood Circulation.**

❗ **Safer Using**



Image Description: This image focuses on the large, non-slip pedals of the LeikeFitness ST6600 stepper. It highlights the textured surface designed to prevent slipping and shows the approximate dimensions of the pedals (13 inches long, 5.5 inches wide), emphasizing user safety and comfort during exercise. The image also notes that these pedals help promote blood circulation and ensure safer use.

10. Warranty and Support

LeikeFitness provides a 1-year manufacturer warranty for this product. For any questions or assistance regarding your LeikeFitness ST6600 stepper, please contact customer service through your Amazon account. Navigate to "Your orders," find the order ID, and click "Contact seller."

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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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