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› LeikeFitness ST6600 Portable Climber Stair Stepper User Manual

leikefitness ST6600

LeikeFitness ST6600 Portable Climber Stair Stepper User Manual

Model: ST6600

1. INTRODUCTION

Thank you for choosing the LeikeFitness ST6600 Portable Climber Stair Stepper. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation, and keep it for future reference.

The ST6600 is designed to offer a versatile workout, targeting your lower body, stomach, glutes, hips, waist, and thighs. Its compact design and quiet operation make it suitable for use in various home or office environments.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before starting any exercise program.
- Always place the stepper on a flat, stable surface.
- Ensure all parts are securely assembled before each use.
- The maximum user weight capacity is 220 lbs (100 kg). Do not exceed this limit.
- Keep children and pets away from the equipment during operation.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Wear appropriate athletic footwear during use.
- This product is intended for users aged 14 and up.

3. PACKAGE CONTENTS

Upon opening the package, please verify that all components are present and undamaged:

- LeikeFitness ST6600 Stepper Unit
- LCD Monitor (pre-installed or separate)
- (2) AA Batteries (for LCD Monitor)
- User Manual

- Lubricant (small bottle)
- Adjustment Pin (for mode selection)

4. ASSEMBLY INSTRUCTIONS

The LeikeFitness ST6600 Stepper comes largely pre-assembled. Minimal assembly is required.

1. **Unpacking:** Carefully remove the stepper and all components from the packaging.
2. **Battery Installation:** If the LCD monitor is not pre-installed with batteries, open the battery compartment on the monitor and insert (2) AA batteries, observing polarity.
3. **Placement:** Place the stepper on a firm, level surface. Ensure there is enough clear space around the unit for safe operation.

No complex tools are required for setup.

5. OPERATING INSTRUCTIONS

5.1 Getting Started

Step onto the pedals one foot at a time, ensuring your feet are centered and stable. Hold onto a stable object for balance if needed. Begin stepping gently to get accustomed to the motion.

5.2 Adjusting Exercise Modes (2-in-1 Functionality)

The ST6600 offers two distinct exercise modes: Up and Down Stepping and Side-to-Side Twisting. You can switch between these modes using the adjustment pin located on the unit.

- **Up and Down Stepping Mode:** For a traditional stair-climbing motion, insert the adjustment pin into the **1st hole**. This mode focuses on vertical movement.
- **Side-to-Side Twisting Mode:** For a twisting motion that engages core and inner/outer thigh muscles, insert the adjustment pin into the **2nd hole**.



Figure 1: Adjusting between Up and Down Stepping and Side-to-Side Twisting modes.

Important: Always ensure the adjustment pin is fully inserted and secured before using the stepper in either mode.

5.3 Using the LCD Monitor

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

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



Figure 2: LCD Monitor and key features of the stepper.

Press the button on the monitor to cycle through the display functions or hold it to reset the values.

5.4 Pedal Design

The stepper features large, non-slip textured pedals designed for comfort and safety, accommodating various foot sizes and promoting stable usage.

Large Non-Slip Pedals

❶ **Help Promote
Blood Circulation.**

❷ **Safer Using**



Figure 3: Large non-slip pedals for enhanced safety and comfort.

5.5 Product Video Demonstration

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Video 1: A demonstration of the LeikeFitness ST6600 Portable Climber Stair Stepper, showcasing its two exercise modes (up-down and side-to-side), quiet operation, LCD monitor, and compact design for home fitness.

6. MAINTENANCE

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** The hydraulic cylinders may require occasional lubrication to maintain smooth and quiet operation. Apply a small amount of the provided lubricant to the pivot points as needed. Refer to the specific points indicated in the manual or on the product.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.

- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under furniture.



Figure 4: Compact storage of the LeikeFitness ST6600 stepper.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Stepper is squeaking.	Lack of lubrication on moving parts.	Apply lubricant to the hydraulic cylinders and pivot points.
LCD monitor not displaying.	Dead or incorrectly installed batteries.	Check battery polarity or replace with new AA batteries.
Pedals feel uneven or unstable.	Unit not on a level surface; loose fasteners.	Ensure the stepper is on a flat surface. Check and tighten all bolts and nuts.

Problem	Possible Cause	Solution
Difficulty changing exercise modes.	Adjustment pin not properly aligned or inserted.	Ensure the pin is fully removed and re-inserted into the desired hole until it clicks into place.

8. SPECIFICATIONS

Feature	Detail
Model	ST6600
Construction Material	Reinforced Alloy Steel
Max. Weight Capacity	220 lbs (100 kg)
Assembled Dimensions (L x W x H)	15.75" x 13.78" x 9.45" (40L x 35W x 24H cm)
Item Weight	19 lbs (8.62 kg)
Monitor Battery Type	2 x AA Batteries
Recommended Age	14+ years

Note: Product specifications may vary slightly. Please refer to your specific unit for the correct battery type if different from 2 x AA.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or replacement parts, please contact LeikeFitness customer service through your original purchase platform or visit the official LeikeFitness website. Please have your model number (ST6600) and purchase details ready when contacting support.

