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› HoMedics StayFit Mini-Stepper FMS-385 Instruction Manual

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HoMedics StayFit Mini-Stepper FMS-385 Instruction Manual

Model: FMS-385

INTRODUCTION

The HoMedics StayFit Mini-Stepper is designed to provide a convenient way to incorporate physical activity into your daily routine. This portable fitness step machine can be used while seated at a desk or on a couch, offering adjustable speeds and preset exercise programs. This manual will guide you through the proper setup, operation, and care of your Mini-Stepper.



Figure 1: HoMedics StayFit Mini-Stepper

PACKAGE CONTENTS

- (1) HoMedics StayFit Mini-Stepper
- (1) Floor Mat
- (1) Power Adapter
- (1) Instruction Manual

SETUP

1. **Unpack the Device:** Carefully remove all components from the packaging.
2. **Position the Mat:** Place the included floor mat on a flat, stable surface where you intend to use the Mini-Stepper. The mat helps protect your floors and keeps the stepper in place during use.
3. **Place the Mini-Stepper:** Position the HoMedics StayFit Mini-Stepper on top of the floor mat. Ensure it is stable and does not wobble.

4. **Connect Power:** Plug the power adapter into the Mini-Stepper's power port, then plug the adapter into a standard electrical outlet.



Our StayFit Mini-Stepper lets you keep active while you're busy at your desk.

Figure 2: Proper placement of the Mini-Stepper with mat for desk use.

The Mini-Stepper features an integrated carry handle for easy portability. To move the device, ensure it is unplugged, then lift it using the handle located at the top of the unit.



The Stayfit Mini-Stepper has an integrated carry handle for convenience and portability.

Figure 3: Integrated carry handle for portability.

OPERATING INSTRUCTIONS

The HoMedics StayFit Mini-Stepper offers both manual and automatic modes, along with forward and reverse motion options and preset exercise programs.

Control Panel Overview



Figure 4: Control Panel

- **Power Button:** Turns the device on and off.
- **Step Counter Display:** Shows the number of steps taken.
- **Manual Mode:** Allows you to control the stepping motion and speed manually.
- **Auto Mode:** Activates preset exercise programs (Warm Up, Stretch, Recovery).
- **Forward Button:** Initiates forward stepping motion.
- **Reverse Button:** Initiates reverse stepping motion.
- **Speed Indicators:** Lights indicate Low, Medium, or High speed settings in Manual mode.
- **Program Indicators:** Lights indicate Warm Up, Stretch, or Recover programs in Auto mode.

Getting Started

1. **Power On:** Press the **Power** button to turn on the Mini-Stepper. The LED display will illuminate.
2. **Position Your Feet:** Place your feet comfortably on the pedals.



Figure 5: Feet placement on pedals.

Manual Mode

1. Press the **Manual** button.
2. Select your desired speed: Low, Medium, or High. The corresponding indicator light will illuminate.
3. Choose your direction: Press **Forward** for forward motion or **Reverse** for reverse motion.
4. Begin stepping. The step counter will track your progress.

Auto Mode (Preset Programs)

1. Press the **Auto** button.
2. The device will cycle through preset programs: Warm Up, Stretch, or Recovery. The corresponding indicator light will illuminate. These programs guide your feet through varying motions and intensities.
3. Allow the program to guide your feet. The step counter will track your progress.

The dual training feature allows you to work contrasting muscles by switching between forward and reverse modes.



Get ready to burn calories anytime - even when you're watching TV.

Figure 6: Using the Mini-Stepper while relaxing.

MAINTENANCE

- **Cleaning:** Wipe the Mini-Stepper with a soft, damp cloth. Do not use abrasive cleaners or solvents.
- **Storage:** Store the device in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Periodically check for any loose parts or signs of wear. Do not use the device if it appears damaged.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Device does not power on.	Not plugged in; power outlet issue.	Ensure the power adapter is securely plugged into both the device and a working electrical outlet.
Pedals are not moving smoothly.	Obstruction; internal issue.	Check for any obstructions around the pedals. If the issue persists, discontinue use and contact customer support.
Step counter is not accurate.	Improper usage; sensor issue.	Ensure consistent and full pedal strokes. If the problem continues, contact customer support.

SPECIFICATIONS

Feature	Detail
Model Number	FMS-385
Product Dimensions	16.75 x 12.38 x 23.5 inches
Material Type	Plastic
Included Components	Stepper, Floor Mat
Control Modes	Manual (Low, Medium, High speeds), Auto (Warm Up, Stretch, Recovery programs)
Motion Options	Forward, Reverse
Display	Step Counter



Figure 7: Mini-Stepper dimensions.

WARRANTY INFORMATION

The HoMedics StayFit Mini-Stepper (Model FMS-385) comes with a **2-year limited warranty**. Please refer to the warranty card included with your product for full details on coverage and terms. Keep your proof of purchase for warranty claims.

CUSTOMER SUPPORT

For further assistance, product inquiries, or to report any issues, please contact HoMedics customer support. You can find contact information on the official HoMedics website or through the retailer where you purchased the product. Visit the official HoMedics Store for more information and products.