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ADVWIN Exercise Stepper

ADVWIN Mini Stepper with Resistance Bands User Manual

Model: Exercise Stepper

1. INTRODUCTION

Thank you for choosing the ADVWIN Mini Stepper with Resistance Bands. This compact and efficient aerobic exercise machine is designed to provide a full-body workout in the comfort of your home. Featuring a hydraulic drive system for quiet operation, non-slip pedals, an integrated LCD monitor, and adjustable resistance, this stepper helps you track your progress and achieve your fitness goals. Please read this manual thoroughly before use to ensure safe and effective operation.

2. IMPORTANT SAFETY INFORMATION

- Consult your physician before starting any exercise program, especially if you have pre-existing health conditions.
- Always perform a warm-up before using the stepper and a cool-down afterwards.
- Inspect the stepper for any loose parts, damage, or wear before each use. Do not use if damaged.
- Wear appropriate athletic footwear and clothing during exercise.
- Place the stepper on a flat, stable, and non-slip surface. Ensure adequate clear space around the unit.
- The maximum user weight capacity for this stepper is 120 kg (264 lbs). Do not exceed this limit.
- Keep children and pets away from the stepper during operation.
- If you experience any pain, dizziness, or discomfort during exercise, stop immediately and consult a physician.
- The hydraulic cylinders may become hot during prolonged use. Avoid touching them directly after extended workouts. Allow the unit to cool down before handling or storing.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x ADVWIN Mini Stepper
- 2 x Resistance Bands
- 1 x User Manual

4. PRODUCT OVERVIEW

The ADVWIN Mini Stepper is a versatile fitness device designed for effective cardiovascular and strength training. Its compact design makes it ideal for home use, allowing for easy storage and portability.



Image: The ADVWIN Mini Stepper, showing its compact design and integrated LCD monitor.

Key features include:

- **2-in-1 Functionality:** Combines stepping motion for lower body with resistance bands for upper body and core.
- **Non-Slip Pedals:** Made from high-quality polypropylene with textured surfaces for secure foot placement and a massage effect.
- **Hydraulic Drive System:** Provides smooth, quiet stepping motion and protects joints.
- **Integrated LCD Monitor:** Tracks essential workout data such as steps, time, and calories burned.

- **Adjustable Height/Resistance:** A knob allows for varying the stepping height and resistance level.
- **Portable and Space-Saving:** Fully assembled and compact for easy movement and storage.



Image: Detailed view of the non-slip pedals, high-effect hydraulic drive, height adjustment knob, and resistance bands.

5. SETUP

The ADVWIN Mini Stepper comes fully assembled. Follow these steps to prepare it for use:

1. **Unpack:** Carefully remove the stepper and all accessories from the packaging.
2. **Placement:** Place the stepper on a firm, level surface. Ensure there is enough space around the unit for safe movement.
3. **Attach Resistance Bands:** If not already attached, hook the resistance bands to the designated attachment points on the stepper. Ensure they are securely fastened.

6. OPERATING INSTRUCTIONS

To begin your workout:

1. **Step On:** Carefully step onto the pedals, one foot at a time. Ensure your feet are centered and fully supported by the non-slip surface.
2. **Maintain Balance:** Use the resistance bands or a nearby stable object for balance if needed.
3. **Begin Stepping:** Start with a slow, controlled stepping motion. Push down on one pedal while the other rises. Maintain a steady rhythm.
4. **Posture:** Keep your back straight, shoulders relaxed, and engage your core muscles. Avoid leaning too far forward or backward.
5. **Workout Duration:** Start with short sessions (e.g., 10-15 minutes) and gradually increase duration as your fitness improves.



Image: A user demonstrating the stepping motion on the ADVWIN Mini Stepper, highlighting the maximum weight capacity of 120 kg.

7. ADJUSTING STEPPER HEIGHT AND RESISTANCE

The stepper features an adjustment knob to vary the stepping height and resistance, allowing you to customize your workout intensity.

1. **Locate the Knob:** The adjustment knob is typically located at the front or center of the stepper, between

the pedals.

2. **Adjust:** Turn the knob clockwise to increase the stepping height and resistance, making the workout more challenging. Turn it counter-clockwise to decrease the height and resistance for an easier workout.
3. **Modes:** The adjustment allows for different exercise modes:
 - **0°~20° Stepping Mode:** Lower resistance, suitable for beginners or light cardio.
 - **20°~40° Running Mode:** Medium resistance, ideal for a more intense cardio workout.
 - **40°~60° Climbing Mode:** High resistance, targets leg and glute muscles more intensely.



Image: Illustration of the height adjustment knob and the three distinct stepping modes (0-20°, 20-40°, 40-60°).

8. USING RESISTANCE BANDS

The included resistance bands allow you to incorporate upper body and core exercises into your stepping routine.

1. **Hold Firmly:** Grip the handles of the resistance bands firmly.
2. **Synchronize Movement:** As you step, you can perform various upper body exercises such as bicep curls, tricep extensions, shoulder presses, or lateral raises.

3. **Maintain Tension:** Keep a slight tension on the bands throughout the exercise for continuous muscle engagement.
4. **Controlled Movements:** Perform all movements in a controlled manner, avoiding sudden jerks.

9. LCD MONITOR FUNCTIONS

The integrated LCD monitor helps you track your workout progress. It automatically turns on when you start exercising and turns off after a period of inactivity.

Multifunctional LCD Monitor with Big Screen

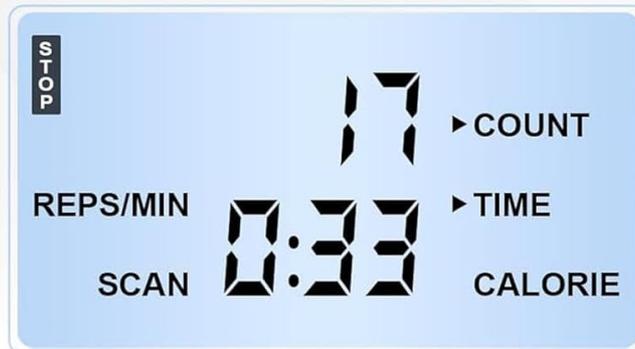


Image: A close-up view of the multifunctional LCD monitor, displaying COUNT, REPS/MIN, TIME, and CALORIE.

The monitor displays the following metrics:

- **COUNT:** Total number of steps taken during the current workout.
- **TIME:** Duration of your current workout in minutes and seconds.
- **REPS/MIN (RPM):** Steps per minute, indicating your current pace.
- **CALORIE:** Estimated calories burned during the workout.
- **SCAN:** Automatically cycles through all the above metrics, displaying each for a few seconds.

To reset the monitor, press and hold the red button located below the display for a few seconds.

10. 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. Do not use abrasive cleaners or solvents.
- **Check Connections:** Periodically check all nuts, bolts, and moving parts to ensure they are secure. Tighten any loose fasteners. Pay particular attention to the hydraulic cylinder connections.
- **Hydraulic Cylinders:** The hydraulic cylinders are sealed units and generally do not require lubrication. If you notice any leaks or significant changes in resistance, contact customer support.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures.

11. TROUBLESHOOTING

Problem	Possible Cause	Solution
Uneven stepping motion or excessive noise	Loose connections; uneven surface; hydraulic issue.	Ensure the stepper is on a flat surface. Check and tighten all nuts and bolts, especially those connecting the hydraulic cylinders. If the issue persists, contact customer support.
Hydraulic cylinders become very hot	Normal during intense or prolonged use; potential design limitation.	This can be normal. Allow the stepper to cool down between workouts. If the heat is excessive or accompanied by other issues (e.g., loss of resistance), reduce workout intensity/duration or contact customer support.
LCD monitor not displaying or inaccurate readings	Battery low or dead; sensor issue.	Replace the battery in the LCD monitor (usually a button cell battery). Ensure the sensor cable (if visible) is securely connected. Press the reset button.
Resistance bands feel too loose or too tight	Incorrect usage; wear and tear.	Ensure bands are correctly attached. Adjust your grip or body position to modify resistance. If bands are stretched or damaged, they may need replacement.

12. SPECIFICATIONS



Image: The ADVWIN Mini Stepper with key dimensions (length, width, height) indicated.

Feature	Detail
Brand	ADVWIN
Model Number	Exercise Stepper
Color	Black/Silver
Material	Steel alloy and Polypropylene
Max Weight Capacity	120 kg (264 lbs)
Product Dimensions (L x W x H)	42 cm x 30 cm x 30 cm (16.5 in x 11.8 in x 11.8 in)
Product Weight	6.5 kg (14.3 lbs)
Package Dimensions	47.5 cm x 36.5 cm x 22.5 cm
Package Weight	7.5 kg

Feature	Detail
Display Type	LCD

13. WARRANTY AND CUSTOMER SUPPORT

For warranty information, technical support, or any questions regarding your ADVWIN Mini Stepper, please refer to the warranty card included in your package or contact the retailer/manufacturer directly. Please have your product model number and purchase date available when contacting support.