

## GEARSTONE GT-JT2

# GEARSTONE GT-JT2 Under Desk Elliptical Stepper User Manual

Model: GT-JT2

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## 1. IMPORTANT SAFETY INSTRUCTIONS

Please read all instructions carefully before using the GEARSTONE GT-JT2 Under Desk Elliptical Stepper. Retain this manual for future reference.

- Consult your physician before starting any exercise program.
- This equipment is intended for home or office use only.
- Ensure the stepper is placed on a flat, stable surface.
- Keep children and pets away from the equipment during use.
- Do not exceed the maximum user weight of 110 kg (242 lbs).
- Wear appropriate footwear during exercise.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- The LCD display requires batteries (not included). Ensure correct battery installation.

## 2. PRODUCT OVERVIEW

The GEARSTONE GT-JT2 is a compact under-desk elliptical stepper designed for low-impact exercise. It features 'wing-style' steps for a smooth motion and an LCD display to track your workout progress. Its low-profile design allows for convenient use in various settings, including under a desk.

### Key Features:

- **Compact Design:** Ideal for use at home or in the office.
- **Low-Impact Exercise:** Engages lower body muscles with minimal joint strain.
- **Digital LCD Display:** Tracks time, distance, speed, step count, and calories burned.
- **Durable Construction:** Made from iron, ABS, and rubber for stability and longevity.
- **Large Foot Pedals:** Provides a secure and comfortable platform for various foot sizes.



Image: The GEARSTONE GT-JT2 Under Desk Elliptical Stepper, shown with its remote control, ready for use in a home or office environment.

## 3. PACKAGE CONTENTS

Please check the package to ensure all items are present and undamaged:

- GEARSTONE GT-JT2 Under Desk Elliptical Stepper Unit
- Remote Control (if included with your model)
- User Manual (this document)

**Note:** Batteries for the LCD display are not included and must be provided separately.

## 4. SETUP AND ASSEMBLY

The GEARSTONE GT-JT2 Stepper comes largely pre-assembled. Minimal setup is required.

1. **Unpack:** Carefully remove the stepper from its packaging.
2. **Placement:** Place the stepper on a flat, stable surface. Ensure there is enough clear space around the unit for safe operation.
3. **Battery Installation (for LCD Display):**
  - Locate the battery compartment on the back or underside of the LCD display unit.
  - Open the compartment cover.
  - Insert the required batteries (typically AA or AAA, refer to the compartment label) ensuring correct polarity (+/-).
  - Close the battery compartment cover securely.

## 5. OPERATING INSTRUCTIONS

Using your GEARSTONE GT-JT2 Stepper is straightforward. Follow these steps for an effective workout:

1. **Positioning:** Sit comfortably in a chair with the stepper placed directly in front of you on the floor. Ensure your knees are at a comfortable angle and your feet can reach the pedals easily.
2. **Foot Placement:** Place your feet firmly on the large, non-slip pedals. Ensure your entire foot is supported.
3. **Start Exercising:** Begin pedaling in a smooth, continuous motion. The 'wing-style' steps are designed to provide a natural elliptical movement.
4. **Adjust Resistance (if applicable):** This model typically offers fixed resistance. Focus on maintaining a consistent pace.
5. **Monitor Progress:** Observe the LCD display to track your workout data (see Section 6 for details).
6. **Remote Control (if included):** If your model includes a remote, you can use it to control the display functions (e.g., changing modes, starting/stopping the timer) without bending down.
7. **Ending Workout:** Gradually slow down your pedaling until you come to a complete stop. Remove your feet from the pedals.



# Leg Pedal Exercise

Keep Fit While You Work

Image: A user demonstrating the GEARSTONE GT-JT2 Under Desk Elliptical Stepper in use, positioned beneath a desk for convenient exercise during work.

## 6. LCD DISPLAY FUNCTIONS

The integrated LCD display provides real-time feedback on your workout. It is powered by user-provided batteries.

# LCD SCREEN CLEAR EXERCISE DATA



LCD SCREEN



Scan



Time



Distance



Speed



Counter



Calorie

Image: A detailed view of the GEARSTONE GT-JT2's LCD display, illustrating the various metrics it tracks, such as time, distance, speed, step count, and calories.

## Display Modes:

- **SCAN:** Automatically cycles through all data metrics every few seconds.
- **TIME:** Displays the duration of your current workout session.
- **DISTANCE:** Shows the estimated distance covered during your workout.
- **SPEED:** Indicates your current pedaling speed.
- **COUNTER:** Displays the total number of steps or rotations.
- **CALORIE:** Estimates the calories burned during your workout.

## Button Functions:

- **MODE:** Press to cycle through the different display modes (TIME, DISTANCE, SPEED, COUNTER, CALORIE, SCAN).
- **START/STOP:** Initiates or pauses the tracking of your workout data.
- **+/-:** Used for adjusting settings or values if applicable (e.g., setting target goals, though this model typically has simpler functionality).

The display will automatically turn off after a period of inactivity to conserve battery life. It will resume tracking when movement is detected or a button is pressed.



## 7. MAINTENANCE AND CARE

Regular maintenance ensures the longevity and optimal performance of your stepper.

- **Cleaning:** Wipe down the unit with a damp cloth after each use to remove sweat and dust. Do not use abrasive cleaners or solvents.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures. Its compact size allows for easy storage under a bed or in a closet.
- **Inspection:** Periodically check all bolts and moving parts to ensure they are secure and functioning correctly. Tighten any loose components.
- **Battery Replacement:** Replace the LCD display batteries when the screen becomes dim or stops functioning.

## 8. TROUBLESHOOTING

If you encounter any issues with your GEARSTONE GT-JT2 Stepper, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
LCD display is blank or dim.	Dead or incorrectly installed batteries.	Replace batteries with new ones, ensuring correct polarity.
No data displayed during exercise.	Sensor not detecting movement; display in 'STOP' mode.	Ensure the stepper is in motion. Press the START/STOP button if applicable. Check battery status.
Stepper makes unusual noises.	Loose components; lack of lubrication.	Check and tighten all bolts and screws. Apply a small amount of silicone-based lubricant to moving joints if necessary.
Pedals feel stiff or uneven.	Internal mechanism issue; debris.	Inspect for any obstructions. If the problem persists, contact customer support.

## 9. SPECIFICATIONS

Feature	Detail
Model	GT-JT2

Feature	Detail
Brand	GEARSTONE
Dimensions (L x W x H)	Approx. 446 x 392 x 247 mm (17.5 x 15.4 x 9.7 inches)
Product Weight	Approx. 8 kg (17.6 lbs)
Maximum User Weight	110 kg (242 lbs)
Material	Iron, ABS, Rubber
Display	LCD (Time, Distance, Speed, Counter, Calorie)
Power Source (Display)	Batteries (Self-provided, not included)
Color	Black and Blue

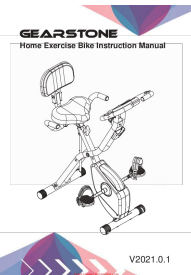
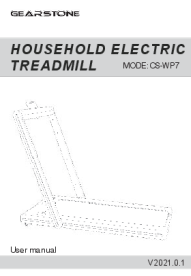
## 10. WARRANTY AND SUPPORT

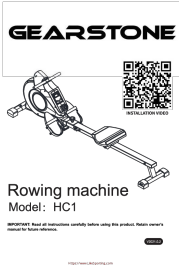
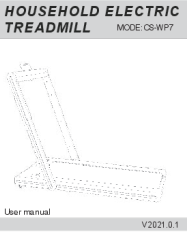
For warranty information or technical support, please refer to the documentation provided at the time of purchase or contact GEARSTONE customer service through the retailer where the product was purchased.

Please have your model number (GT-JT2) and purchase details ready when contacting support.

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### Related Documents - GT-JT2

 <p>GEARSTONE Home Exercise Bike Instruction Manual V2021.0.1</p>	<p><a href="#">GEARSTONE Home Exercise Bike Instruction Manual: Assembly, Operation &amp; Training Guide</a></p> <p>Comprehensive instruction manual for the GEARSTONE Home Exercise Bike (X-BIKE, V2021.0.1). Covers safety, assembly, computer functions, and fitness training tips. Visit LikeSporting.com for support.</p>
 <p>GEARSTONE HOUSEHOLD ELECTRIC TREADMILL MODE: CS-WP7 User manual V2021.0.1</p>	<p><a href="#">GEARSTONE Household Electric Treadmill CS-WP7 User Manual</a></p> <p>Comprehensive user manual for the GEARSTONE Household Electric Treadmill, Model CS-WP7. Includes safety instructions, installation guide, operation details, maintenance tips, and troubleshooting.</p>

	<p><a href="#">GEARSTONE HC1 Rowing Machine User Manual and Assembly Guide</a></p> <p>Comprehensive user manual and assembly guide for the GEARSTONE HC1 Rowing Machine. Includes safety information, parts list, assembly instructions, adjustment guide, and exercise meter details.</p>
	<p><a href="#">GEARSTONE Household Electric Treadmill CS-WP7 User Manual - Safety, Setup &amp; Operation Guide</a></p> <p>Comprehensive user manual for the GEARSTONE CS-WP7 Household Electric Treadmill. Includes detailed safety instructions, product overview, installation steps, maintenance procedures, troubleshooting tips, and exercise guidance for optimal use.</p>