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Ktaxon KT-Step Machines-429

Ktaxon Mini Stepper Instruction Manual

Model: KT-Step Machines-429

1. PRODUCT OVERVIEW

The Ktaxon Mini Stepper is a compact exercise machine designed for low-impact aerobic workouts. It features a unique twist movement that engages the waist and legs, and includes resistance bands for a full-body exercise. The integrated digital monitor tracks steps, time, and calories burned.



Image: Ktaxon Mini Stepper, showing its compact design and foot pedals.

Key Features:

- **Unique Twist Movement:** Engages waist and legs for enhanced calorie burning.
- **Adjustable Stride Height:** Allows customization of workout intensity from shallow steps to steep climbs.
- **Digital Training Computer:** Monitors steps, exercise time, total count, and calories.
- **Silent Operation:** Dual hydraulic cylinders and cushion pads reduce noise.
- **Stability Design:** Features anti-slip footplates and a heavy-duty steel structure for safety and durability.
- **Compact and Portable:** Easy to store and suitable for limited spaces.
- **Resistance Bands:** Included for upper body and arm workouts.

2. SAFETY INFORMATION

Read all instructions carefully before using the Ktaxon Mini Stepper. Keep this manual for future reference.

- Consult a physician before starting any new exercise program.

- Ensure the stepper is placed on a flat, stable surface.
- Wear appropriate athletic footwear during use.
- Do not exceed the maximum user weight capacity of 330.69 lbs (150 kg).
- Keep children and pets away from the stepper during operation.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Inspect the stepper for any loose or damaged parts before each use. Do not use if damaged.
- Use the resistance bands as instructed to avoid injury.

3. PACKAGE CONTENTS

Verify that all components are present in the package:

- 1 x Ktaxon Mini Stepper
- 2 x Resistance Bands (Drawstrings)
- 1 x Silicone Oil (for maintenance)
- 1 x Wrench (for adjustments)
- 1 x Protective Floor Mat (Cushion)
- 1 x Instruction Manual (this document)

100% PRE-ASSEMBLED

Ready to use right out of the box



Image: The Ktaxon Mini Stepper shown with its dimensions and included accessories: resistance bands, wrench, and protective floor mat.

4. SETUP AND ASSEMBLY

The Ktaxon Mini Stepper comes **100% pre-assembled** and is ready for immediate use out of the box. No complex assembly is required.

Initial Setup Steps:

1. Remove the stepper and all accessories from the packaging.
2. Place the protective floor mat on a flat, stable surface where you intend to exercise.
3. Position the stepper on top of the protective floor mat.
4. If desired, attach the resistance bands to the designated attachment points on the stepper. Ensure they are securely fastened.

5. OPERATING INSTRUCTIONS

5.1 Using the Stepper

The stepper provides a unique twist movement that targets various muscle groups.

1. Step onto the anti-slip pedals one foot at a time, ensuring you maintain balance.
2. Begin stepping up and down, allowing your hips and waist to perform a gentle twisting motion with each step.
3. Maintain a steady rhythm and controlled movements.



Image: A user demonstrating the effective twist action of the stepper, engaging the waist and legs.

5.2 Adjusting Stride Height and Resistance

The stepper's resistance and stride height can be adjusted to customize your workout intensity.

1. Locate the adjustment knob, typically found at the front or center of the stepper's base.
2. Turn the knob clockwise to increase resistance and achieve a higher stride, simulating a steeper climb.
3. Turn the knob counter-clockwise to decrease resistance and achieve a shallower stride, suitable for lower intensity workouts.
4. Always adjust resistance before starting your workout.

ADJUSTABLE STRIDE HEIGHT

Offers multiple options to suit your needs



Image: Diagram illustrating the adjustable stride height feature, showing options for low stride jogging and high stride stair workout.

5.3 Using the Digital Monitor

The integrated LCD display helps you track your workout progress.

- The monitor automatically activates when you begin stepping.
- It displays:
 - **TIME:** Duration of your current workout.
 - **COUNT:** Number of steps taken during the current workout.
 - **CALORIES:** Estimated calories burned.
 - **TOTAL COUNT:** Total steps accumulated over all workouts (resets when battery is removed).
- To reset the current workout data, press and hold the button on the monitor for a few seconds.
- The monitor will automatically turn off after a period of inactivity to conserve battery.

5.4 Using Resistance Bands

The included resistance bands allow for a more comprehensive full-body workout.

1. Ensure the resistance bands are securely attached to the stepper.
2. While stepping, hold the handles of the resistance bands and perform arm exercises such as bicep curls, tricep extensions, or shoulder presses.
3. Coordinate arm movements with your stepping rhythm for a dynamic workout.

EFFECTIVE WORKOUT



Image: A user exercising on the Ktaxon Mini Stepper, demonstrating how it can be part of an effective workout routine, similar to running, yoga, swimming, or cycling.

6. MAINTENANCE

Regular maintenance ensures the longevity and smooth operation of your Ktaxon Mini Stepper.

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Lubrication:** Apply the included silicone oil to the hydraulic cylinders periodically (e.g., every 2-3 months, or if squeaking occurs) to maintain smooth operation and reduce friction. Refer to the specific lubrication points indicated in the diagram below or on the stepper itself.
- **Inspection:** Regularly check all bolts, nuts, and moving parts for tightness. Tighten any loose components using the provided wrench.

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

75db Loud Conversation

60db Normal Conversation

43db Our Stepper

30db Whispered Conversation

UNIQUE MUTE FOOT MAT

Super quiet workout without disturbing others

No disturbing

No noise

Image: Illustration highlighting the silent operation of the stepper due to its unique mute foot mat and hydraulic system, which benefits from proper lubrication.

7. TROUBLESHOOTING

If you encounter issues with your Ktaxon Mini Stepper, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Digital monitor not displaying or counting.	<ul style="list-style-type: none"> ◦ Low or dead battery. ◦ Sensor connection issue. 	<ul style="list-style-type: none"> ◦ Replace the battery in the digital monitor. ◦ Check the sensor wire connection to the monitor. Ensure it is firmly plugged in.

Problem	Possible Cause	Solution
Squeaking noise during operation.	<ul style="list-style-type: none"> ◦ Lack of lubrication in hydraulic cylinders. ◦ Loose bolts or connections. 	<ul style="list-style-type: none"> ◦ Apply silicone oil to the hydraulic cylinders as described in the Maintenance section. ◦ Inspect and tighten all bolts and nuts using the provided wrench.
Uneven stepping motion or resistance.	<ul style="list-style-type: none"> ◦ Stepper not on a level surface. ◦ Resistance adjustment knob not set correctly. 	<ul style="list-style-type: none"> ◦ Ensure the stepper is placed on a completely flat and stable surface. ◦ Adjust the resistance knob to your desired setting, ensuring it is not overtightened or too loose.

8. SPECIFICATIONS

Specification	Detail
Model Number	KT-Step Machines-429
Dimensions (L x W x H)	40 x 33 x 20 cm (15.75 x 12.99 x 7.87 inches)
Product Dimensions (Packaged)	46.48 x 41.91 x 23.62 cm
Weight	6 kg (13.23 lbs)
Maximum Load Capacity	150 kg (330.69 lbs)
Resistance Adjustment	Hydraulic Balance Resistance
Step Mode	Step Up and Down with Twist Movement
Electronic Meter Display	Times/Minute, Browse, Count, Time, Calories
Material	Plastic, Steel
Color	Red
Batteries Included?	No (for monitor)

EXERCISE ANYTIME & ANYWHERE



Image: The Ktaxon Mini Stepper in a home setting, illustrating its compact dimensions (15.7 inches by 12.2 inches) and suitability for exercise anytime, anywhere.

9. WARRANTY AND SUPPORT

For warranty information, technical support, or any questions regarding your Ktaxon Mini Stepper, please contact Ktaxon customer service.

Please have your model number (KT-Step Machines-429) and purchase date available when contacting support.

Contact information for Ktaxon customer service is typically found on the product packaging or the official Ktaxon website.

