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> Yagud Mini Stair Stepper with Resistance Bands User Manual

Yagud STEPPER

Yagud Mini Stair Stepper with Resistance Bands User Manual

Model: STEPPER | Brand: Yagud

1. INTRODUCTION

Thank you for choosing the Yagud Mini Stair Stepper. This compact and versatile exercise machine is designed to provide an effective low-impact cardio workout, targeting your lower body muscles while also offering a full-body workout with the included resistance bands. Its quiet operation and portable design make it ideal for use in any home or office setting. Please read this manual thoroughly before initial use to ensure proper assembly, operation, and maintenance.



Figure 1.1: Yagud Mini Stair Stepper with Resistance Bands

2. SAFETY INFORMATION

To ensure your safety and prolong the life of your stepper, please adhere to the following guidelines:

- Consult your physician before starting any new exercise program.
- Place the stepper on a flat, stable, and non-slip surface. Ensure adequate space around the unit.
- The maximum user weight capacity for this stepper is 300 lbs (136 kg). Do not exceed this limit.

- Keep children and pets away from the stepper during operation.
- Always wear appropriate athletic footwear when using the stepper.
- Inspect the stepper for any loose or damaged parts before each use. Do not use if any damage is found.
- Do not place hands or feet near moving parts during operation.
- Stop exercising immediately if you feel dizzy, faint, or experience any pain.

3. PACKAGE CONTENTS

Please check the box for the following items:

- Yagud Mini Stair Stepper (Main Unit)
- Resistance Bands (Pair)
- LCD Digital Monitor (Pre-installed)
- User Manual (This document)

4. SETUP

4.1 Assembly

The Yagud Mini Stair Stepper comes largely pre-assembled. Only minimal setup is required:

1. Carefully remove all components from the packaging.
2. Attach the resistance bands: Locate the attachment points on the front of the stepper's frame. Securely clip or loop the resistance bands onto these points. Ensure they are firmly attached before use.
3. Adjust the resistance knob (optional for initial setup): The stepper features an adjustable resistance knob. For initial use, you may want to set it to a comfortable level. Turn the knob clockwise to increase resistance and counter-clockwise to decrease it.

Work Super Quietly

Will not Disturb Your Family



Figure 4.1: Stepper with resistance bands attached

Enjoy Exercise Without Worry

High Quality Material



Figure 4.2: Close-up of the resistance adjustment mechanism

5. OPERATING INSTRUCTIONS

5.1 Basic Stepping Operation

1. Step onto the pedals one foot at a time, ensuring your feet are centered and stable.
2. Maintain balance by holding onto a stable object or using the resistance bands for support.

3. Begin stepping by pressing down on one pedal, then the other, in a continuous motion.
4. For accurate tracking by the LCD monitor, ensure you step fully to the bottom of each stroke. The tip of your shoe should be close to the top of the pedal.

5.2 Adjusting Resistance

The stepper's resistance can be adjusted to customize your workout intensity. Locate the large knob at the front of the stepper:

- Turn the knob **clockwise** to **increase** the stepping resistance, making the workout harder. This results in a higher stride.
- Turn the knob **counter-clockwise** to **decrease** the stepping resistance, making the workout easier. This results in a lower stride, suitable for jogging-like motions.

High Resistance Cardio Exercise

Smooth Stepping Motion



Higher Resistance



Smooth Hydraulic System

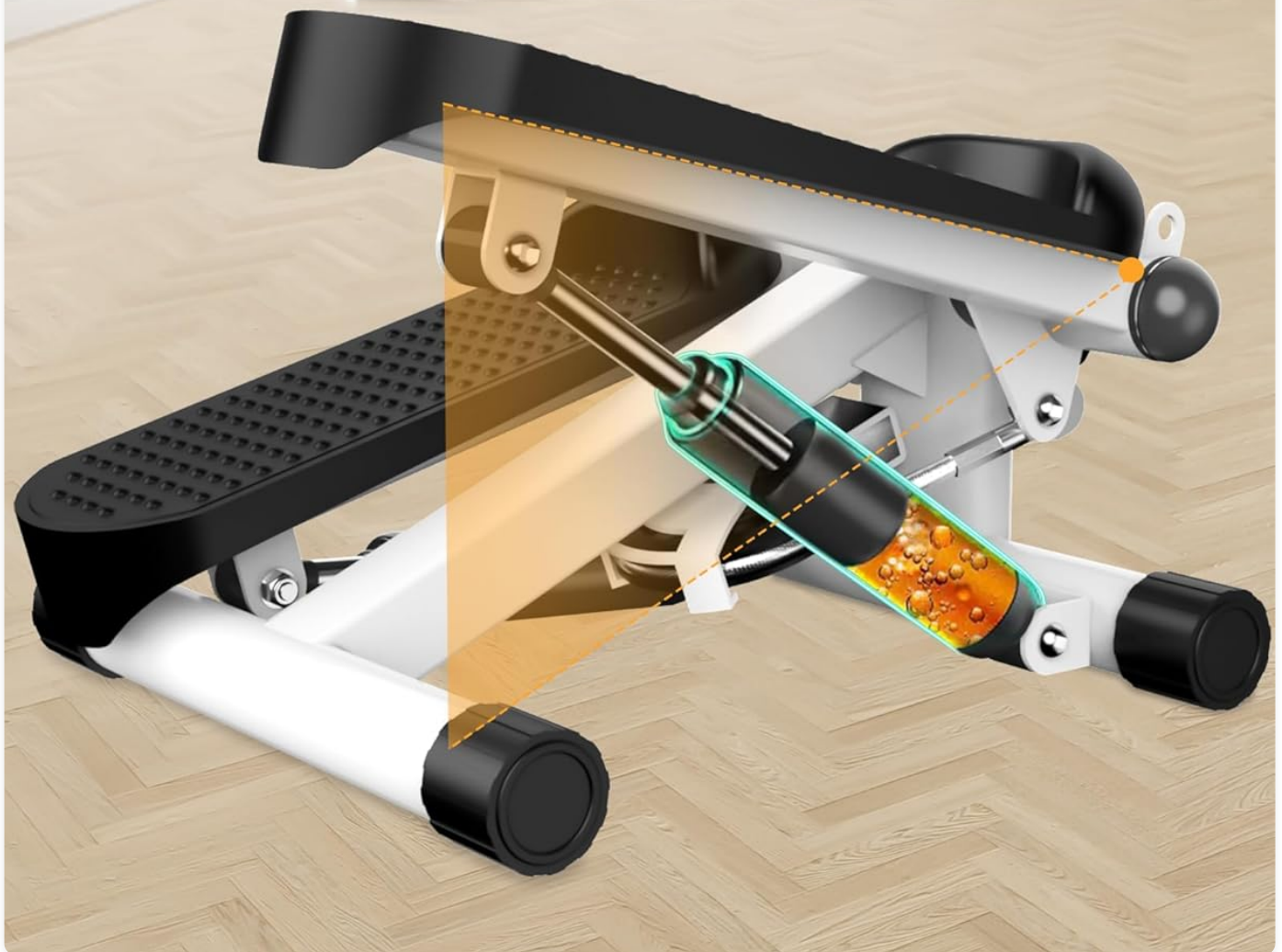


Figure 5.1: Adjustable Resistance for varied workouts

5.3 Using the LCD Monitor

The integrated LCD digital monitor tracks your workout progress:

- **COUNT:** Displays the total number of steps taken during the current session.
- **TIME:** Shows the duration of your current workout session.
- **CAL:** Estimates the calories burned during the workout.

- **REPS/MIN:** Indicates your stepping speed (repetitions per minute).
- **SCAN:** Cycles through all the metrics (COUNT, TIME, CAL, REPS/MIN) automatically.

The monitor typically activates automatically when you begin stepping. To reset the values, press and hold the button on the monitor for a few seconds.



Figure 5.2: LCD Digital Monitor

5.4 Using Resistance Bands

The included resistance bands allow for a comprehensive full-body workout, engaging your arms, shoulders, and chest while you step. Hold the handles firmly and perform various upper body exercises such as bicep curls, tricep extensions, or shoulder presses while stepping.

Promote Fat Burning



Weight Loss



Slim Legs



Lift Buttocks



Shape Body



Figure 5.3: Full-body workout with resistance bands

Regular maintenance ensures the longevity and optimal performance of your Yagud Mini Stair Stepper:

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents.
- **Lubrication:** The stepper utilizes a hydraulic system. If you notice any squeaking or stiffness in the stepping motion, apply a small amount of silicone-based lubricant to the hydraulic cylinders and pivot points. Do not use oil-based lubricants.
- **Inspection:** Periodically check all nuts, bolts, and moving parts to ensure they are secure. 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 a desk or in a closet.

7. TROUBLESHOOTING

If you encounter any issues with your stepper, refer to the following table for common problems and solutions:

Problem	Possible Cause	Solution
Stepper is noisy (squeaking/clunking)	Lack of lubrication; foot holds hitting base.	Apply silicone lubricant to hydraulic cylinders and pivot points. Ensure proper stepping technique to avoid pedals hitting the base forcefully.
Pedals not returning smoothly or fully	Insufficient lubrication; resistance knob too tight.	Lubricate hydraulic cylinders. Try loosening the resistance knob slightly.
LCD monitor not displaying data or inaccurate readings	Loose connection; battery low; improper stepping.	Check the wiring connection to the monitor. Replace the battery if necessary. Ensure you are stepping fully to the bottom of each stroke for accurate counting.

8. SPECIFICATIONS

Key technical specifications for the Yagud Mini Stair Stepper:

Feature	Detail
Model Name	STEPPER
Brand	Yagud
Material	Alloy Steel
Color	White
Weight Capacity	300 Pounds (136 kg)
Item Package Dimensions (L x W x H)	16.85 x 13.46 x 7.72 inches
Package Weight	5.98 Kilograms
Included Components	Resistance Bands
Noise Level (Approx.)	Less than 25DB during normal operation

Adjustable Resistance

Adjust The Height To Control The Resistance



Figure 8.1: 300 lbs Loading Capacity

300LBS Loading Capacity



**Step to the bottom
for accurately count**



Figure 8.2: Quiet Operation

9. WARRANTY & SUPPORT

Yagud is committed to providing high-quality products and customer satisfaction. If you have any questions or concerns regarding your Mini Stair Stepper, please do not hesitate to contact us. We are here to assist you.

For further assistance or to report any issues, please refer to the contact information provided with your purchase or visit the official Yagud website.

You can also refer to the official User Guide PDF for more detailed information: [Download User Guide \(PDF\)](#)

