

SPORTNOW A90-371V00GY

SPORTNOW Mini Stepper with Resistance Bands

MODEL: A90-371V00GY

User Manual

Introduction

Thank you for choosing the SPORTNOW Mini Stepper with Resistance Bands. This manual provides essential information for the safe and effective use of your new fitness equipment. Please read it thoroughly before assembly and operation, and retain it for future reference. This mini stepper is designed for home use, offering a full-body workout targeting your core, thighs, glutes, and upper body with the included resistance bands.

Safety Information

Before starting any exercise program, consult with your physician. It is crucial to understand and follow all safety precautions to prevent injury.

- Ensure the stepper is placed on a flat, stable surface.
- Maintain a clear area of at least 0.6 meters (2 feet) around the stepper during use.
- Inspect the stepper for any loose or damaged parts before each use. Do not use if damaged.
- Wear appropriate athletic footwear during exercise.
- The maximum user weight capacity for this stepper is 100 kg (220 lbs). Do not exceed this limit.
- Children and pets should be kept away from the stepper during operation.
- Stop exercising immediately if you feel pain, dizziness, or shortness of breath.
- Keep hands and feet clear of moving parts.
- The resistance bands are for upper body exercise. Ensure they are securely attached before use.

Package Contents

Verify that all components are present in the package:

- 1x Mini Stepper
- 2x Power Ropes (Resistance Bands)
- 1x User Manual (this document)



Image: Illustration of the SPORTNOW Mini Stepper package contents, showing the stepper and resistance bands.

Product Overview

Familiarize yourself with the main components of your SPORTNOW Mini Stepper.



Image: A full view of the SPORTNOW Mini Stepper, showcasing its compact design, pedals, central unit, and attached resistance bands.

- **Pedals:** Large, textured anti-slip pedals for secure footing.

- **Hydraulic Cylinders:** Provide smooth and quiet stepping motion, protecting joints.
- **LCD Monitor:** Displays exercise data such as time, step count, and calories burned.
- **Intensity Adjustment Knob:** Allows modification of step height and resistance.
- **Resistance Bands (Power Ropes):** Detachable bands for upper body and arm workouts.
- **Anti-Slip Floor Protectors:** Located at the base for stability and floor protection.

SICHERES DESIGN

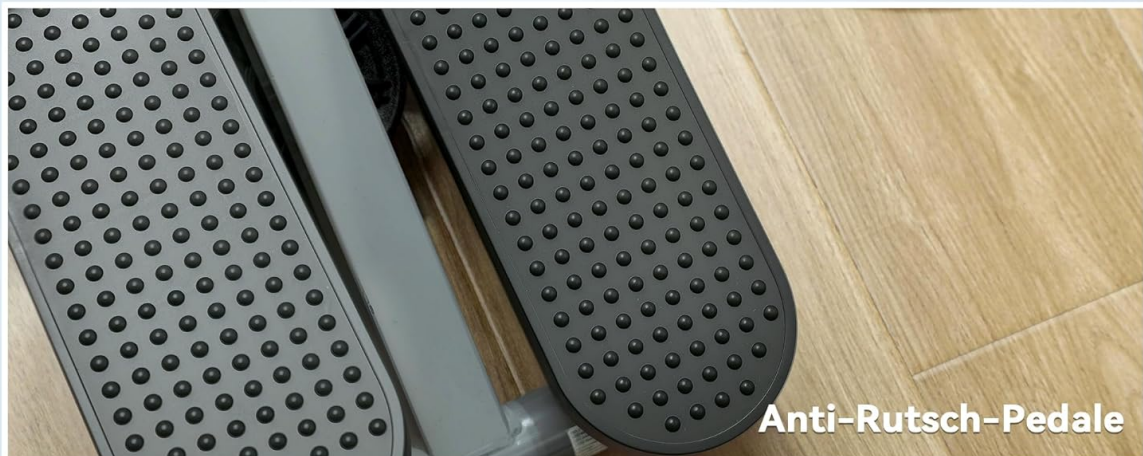


Image: Close-up view of the anti-slip pedals and the anti-slip floor protectors at the base of the stepper, highlighting safety features.



Image: Detailed view of the hydraulic cylinder, illustrating the mechanism responsible for smooth and quiet operation.

Setup

The SPORTNOW Mini Stepper comes pre-assembled, requiring minimal setup before first use.

1. **Unpacking:** Carefully remove the stepper and all components from the packaging.
2. **Placement:** Place the stepper on a firm, level surface. Ensure there is sufficient space around the unit for safe operation.
3. **Resistance Bands Attachment:** If desired, attach the power ropes (resistance bands) to the designated attachment points on the stepper. Ensure they are securely fastened.
4. **LCD Monitor Battery:** The LCD monitor may require a battery (not included). Open the battery compartment, insert the correct battery type (typically AAA), and close the compartment.

Operating Instructions

Follow these steps for a safe and effective workout.

1. **Step On:** Carefully step onto the pedals, one foot at a time, ensuring your feet are centered and stable.

2. **Stepping Motion:** Begin a gentle stepping motion. The stepper provides an up-down swing motion.
3. **Using Resistance Bands:** If using the resistance bands, hold the handles firmly. Perform arm exercises such as bicep curls, tricep extensions, or shoulder presses while stepping.
4. **LCD Monitor:** The LCD monitor will automatically activate when you begin stepping. It displays:
 - **TIME:** Duration of your workout.
 - **COUNT:** Total number of steps.
 - **CAL (Calories):** Estimated calories burned.
 - **SCAN:** Cycles through all functions automatically.

Press the "MODE" button to cycle through the display functions or to reset the values.

5. **Step Off:** When finished, carefully step off the pedals one foot at a time.



Image: A person demonstrating the use of the SPORTNOW Mini Stepper, actively stepping while holding the resistance bands for an upper body workout.

LCD-BILDSCHIRM



Image: A detailed view of the LCD monitor, showing the display for calories burned, step count, and exercise duration, with the 'MODE' button visible.

Adjustments

You can adjust the intensity of your workout by modifying the step height.

- **Intensity Adjustment Knob:** Locate the knob at the front of the stepper.
- **To Increase Intensity:** Turn the knob clockwise to decrease the step height, which increases the resistance and makes stepping more challenging.
- **To Decrease Intensity:** Turn the knob counter-clockwise to increase the step height, which reduces the resistance and makes stepping easier.
- Always adjust the intensity when not standing on the stepper.



EINSTELLBARE INTENSITÄT

Passen Sie die Stufenhöhe an Ihr Fitnessniveau an

Image: Close-up of the intensity adjustment knob on the stepper, with arrows indicating clockwise and counter-clockwise rotation for adjusting step height and resistance.

Maintenance

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

- **Cleaning:** Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspection:** Periodically check all bolts, nuts, and moving parts for tightness and wear. Tighten any loose fasteners.
- **Storage:** Store the stepper in a cool, dry place away from direct sunlight and extreme temperatures.
- **Resistance Bands:** Inspect resistance bands for any signs of wear, tears, or damage. Replace if necessary.

Troubleshooting

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

Problem	Possible Cause	Solution
LCD Monitor not displaying	Battery depleted or incorrectly installed.	Check battery installation or replace with a new battery (e.g., AAA).
Stepper feels unstable	Uneven surface or loose components.	Ensure stepper is on a flat surface. Check and tighten all bolts and nuts.
Resistance too low/high	Intensity adjustment knob setting.	Adjust the intensity knob (see "Adjustments" section).
Squeaking noise during use	Lack of lubrication or loose parts.	Apply a small amount of silicone-based lubricant to pivot points. Check and tighten all fasteners.

Specifications

Technical details for the SPORTNOW Mini Stepper (Model A90-371V00GY):

- **Model Number:** A90-371V00GY
- **Brand:** SPORTNOW
- **Color:** Grey
- **Material:** Alloy Steel, Plastic
- **Dimensions (L x W x H):** 41 cm x 30.5 cm x 18.5 cm (16.1 in x 12.0 in x 7.3 in)
- **Maximum Weight Capacity:** 100 kg (220 lbs)
- **Components Included:** Mini Stepper, Power Ropes
- **Assembly Required:** No
- **Power Source for LCD:** Battery (not included)



Image: Diagram showing the dimensions of the SPORTNOW Mini Stepper: 41 cm length, 30.5 cm width, and 18.5 cm height.

Warranty and Support

For warranty information or technical support, please refer to the documentation provided at the point of purchase or contact your retailer. Keep your proof of purchase for any warranty claims.

Related Documents - A90-371V00GY



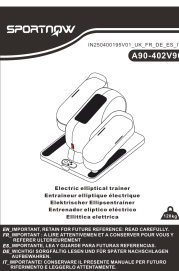
[SPORTNOW Aerobic Step User Manual: Exercises and Safety Guide](#)

Comprehensive guide to using the SPORTNOW Aerobic Step, including safety instructions, warm-up, strength training, cool-down, and detailed exercise descriptions for fitness.



[SPORTNOW A90-379V00 Aerobic Step User Manual and Exercise Guide](#)

Comprehensive user manual for the SPORTNOW A90-379V00 Aerobic Step, including setup, safety warnings, maintenance, parts list, and detailed exercise instructions. This guide is available in English, French, German, Spanish, Italian, and Portuguese.



[SPORTNOW A90-402V90 Electric Elliptical Trainer User Manual](#)

Comprehensive user manual for the SPORTNOW A90-402V90 electric elliptical trainer. Learn about safety, operation, maintenance, and product specifications for optimal use.



SPORTNOW Exercise Bike Assembly and Operation Manual

Comprehensive guide for assembling, operating, and maintaining the SPORTNOW Exercise Bike (Model A90-363V00/V01), including features, computer functions, and troubleshooting.



SPORTNOW Power Stepper A90-328V00 Benutzerhandbuch

Umfassendes Benutzerhandbuch für den SPORTNOW Power Stepper (Modell A90-328V00).
Enthält Anleitungen zur Montage, Bedienung des Computers, Sicherheitshinweise,
Trainingsmethoden und Fehlerbehebung für ein effektives Heimtraining.



[SPORTNOW A90-347V70/A90-347V90 Treadmill Instruction Manual](#)

This instruction manual provides detailed information on the SPORTNOW A90-347V70 and A90-347V90 treadmills, covering safety precautions, product introduction, operation, troubleshooting, and maintenance. Ensure safe and effective use of your home treadmill.