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Niceday FR-6902S-C

NICEDAY Stair Stepper FR-6902S-C User Manual

Model: FR-6902S-C

Brand: Niceday

1. IMPORTANT SAFETY INFORMATION

Before using the NICEDAY Stair Stepper, please read and understand all safety instructions. Failure to follow these instructions may result in injury or damage to the equipment.

- **Consult a Physician:** Always consult with a healthcare professional before starting any new exercise program.
- **Proper Placement:** Place the stepper on a flat, stable, and non-slip surface. Ensure adequate clear space around the equipment.
- **Weight Limit:** Do not exceed the maximum user weight of 100 kg (220 lbs).
- **Check Equipment:** Before each use, inspect the stepper for any loose parts, damage, or wear. Do not use if any issues are found.
- **Children and Pets:** Keep children and pets away from the equipment during operation.
- **Proper Form:** Maintain proper posture and form during exercise to prevent injury. If you experience pain or discomfort, stop immediately.
- **Emergency Stop:** If you feel dizzy, faint, or experience pain, stop exercising immediately.

2. PRODUCT OVERVIEW

The NICEDAY Stair Stepper FR-6902S-C is a home fitness machine designed to simulate the natural motion of climbing stairs, providing a full-body cardio workout. It features a compact, foldable design for easy storage and adjustable components for a personalized exercise experience.

Key Features:

- **Full-Body Engagement:** Designed to activate multiple muscle groups, including glutes, core, and legs, for comprehensive conditioning.
- **Optimized Stride:** Features an innovative design with a scientifically developed stride length and optimized range of motion to protect knees while maximizing muscle activation.
- **Customizable Workout:** Adjustable pedals and handlebar allow users to tailor the workout intensity and accommodate various body sizes.
- **Real-time Monitoring:** An integrated LCD monitor tracks essential workout data such as time, steps, and calories burned.
- **Space-Saving Design:** The stepper is foldable for convenient storage in home environments.
- **Durable Construction:** Built with a robust frame to support up to 100 kg (220 lbs) and equipped with non-slip pedals and secure grips for stability.



This image displays the NICEDAY Stair Stepper with a user demonstrating the stepping motion, highlighting its design and functionality.

3. PACKAGE CONTENTS

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

- NICEDAY Stair Stepper Main Unit
- Handlebar Assembly
- Pedal Assemblies (Left and Right)
- LCD Monitor
- Phone/Tablet Holder
- Assembly Hardware (bolts, washers, nuts)
- Assembly Tools (wrenches, Allen keys)
- User Manual
- Sound-absorbing Mats (4 pieces)
- AA Battery (1 piece for LCD monitor)

4. SETUP AND ASSEMBLY

Follow these steps to assemble your NICEDAY Stair Stepper:

1. **Unpack Components:** Carefully remove all parts from the packaging and lay them out on a clean, flat surface. Verify all components listed in Section 3 are present.
2. **Attach Stabilizer Bars:** Secure the front and rear stabilizer bars to the main frame using the provided bolts and tools. Ensure they are tightened securely.
3. **Install Pedals:** Attach the left and right pedal assemblies to the main unit. Pay attention to the 'L' and 'R' markings. Ensure all connections are firm.
4. **Assemble Handlebar:** Connect the handlebar sections if necessary, then attach the complete handlebar assembly to the main frame. Secure it with the appropriate hardware.
5. **Mount LCD Monitor:** Insert the AA battery into the LCD monitor. Connect the sensor wire from the main unit to the monitor. Mount the monitor onto its designated slot on the handlebar.
6. **Attach Phone/Tablet Holder:** Secure the phone/tablet holder to the handlebar as instructed.
7. **Final Check:** Before first use, double-check all bolts, nuts, and connections to ensure they are tight and secure. Place the four sound-absorbing mats under the stepper's feet.



A detailed view of the stepper's pedal system, emphasizing the 46cm (18-inch) stride length and the design features that minimize knee pressure during exercise.

5. OPERATING INSTRUCTIONS

5.1 Getting Started

- Step onto the pedals one foot at a time, holding onto the handlebar for balance.
- Begin a stepping motion, pushing down alternately with each foot.
- The LCD monitor will automatically activate and display your workout data.

5.2 Adjusting Pedal Incline

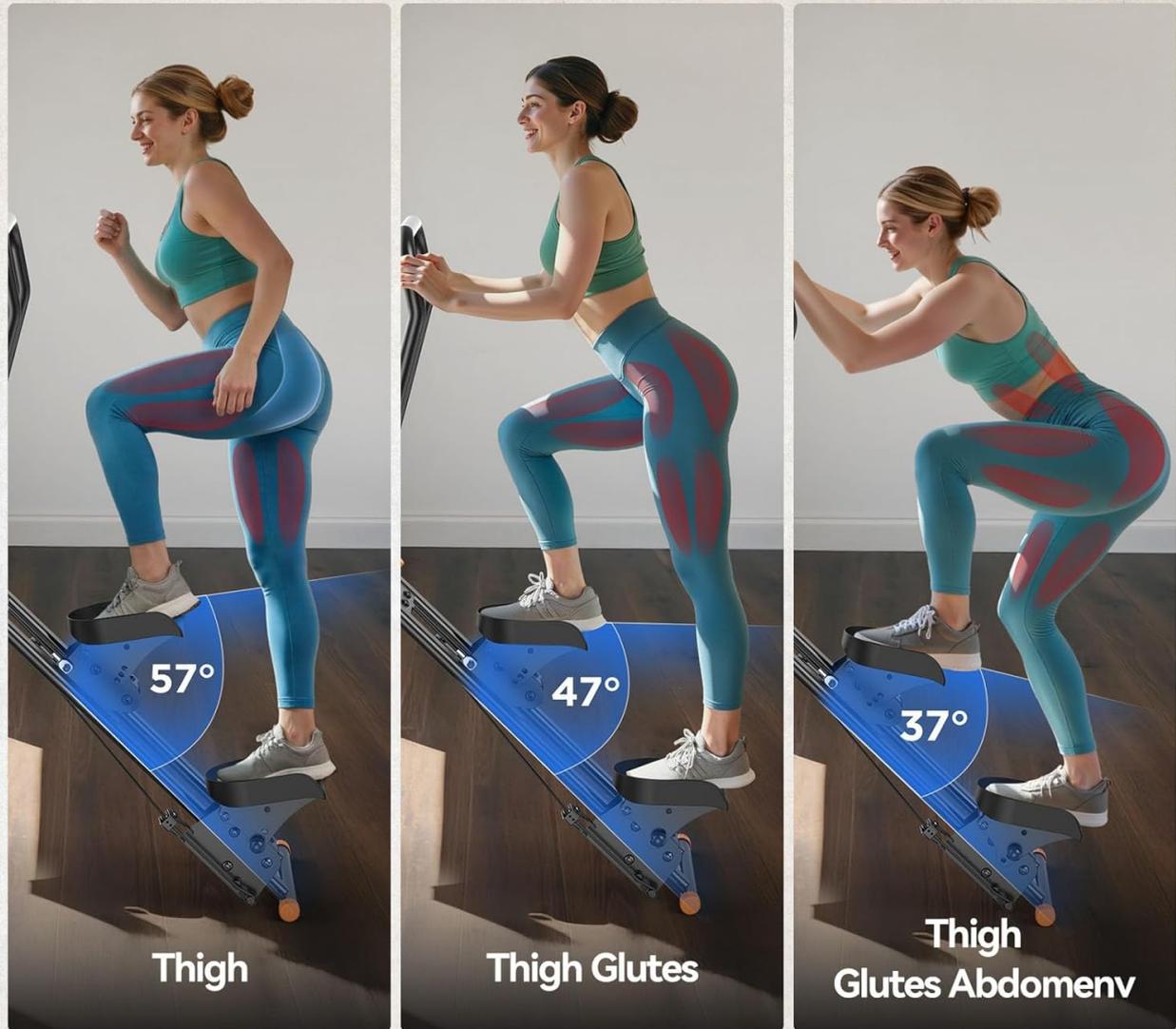
The stepper offers 3 levels of pedal incline to target different muscle groups and vary workout intensity:

1. **Level 1 (57°):** Primarily targets thighs.
2. **Level 2 (47°):** Engages thighs and glutes.

3. **Level 3 (37°):** Focuses on thighs, glutes, and abdomen.

To adjust the incline, carefully dismount the stepper. Locate the adjustment mechanism near the base of the pedals. Follow the instructions provided in the detailed assembly guide to change the incline level. Ensure the mechanism is securely locked in place before resuming exercise.

3-Level Incline Options of Pedal



This visual guide demonstrates the three distinct incline settings for the pedals, indicating how each setting targets different muscle groups such as thighs, glutes, and abdomen.

5.3 Using the LCD Monitor

The LCD monitor displays:

- **TIME:** Duration of your current workout.
- **COUNT:** Total number of steps taken.
- **CALORIES:** Estimated calories burned during the workout.

Press the button on the monitor to cycle through display modes or reset values. The monitor will automatically turn off after a period of inactivity.

5.4 Using the Phone/Tablet Holder

Place your mobile device securely in the adjustable holder for entertainment or to follow workout routines during your exercise session.

Climb Into Adventure With

Nicoday

Adjustable tablet stand



The image shows the integrated adjustable tablet stand on the stepper, designed to hold a mobile device for entertainment or workout tracking during exercise.

6. MAINTENANCE

6.1 Cleaning

- Wipe down the stepper with a damp cloth after each use to remove sweat and dust.
- Do not use abrasive cleaners or solvents, as these may damage the finish.

6.2 Regular Checks

- Periodically check all bolts, nuts, and moving parts for tightness. Tighten any loose fasteners.
- Inspect cables and connections for any signs of wear or damage.
- Ensure pedals move smoothly and quietly.

6.3 Storage

The NICEDAY Stair Stepper is designed to be foldable for compact storage:

- Carefully fold the stepper according to the instructions in the assembly guide.
- Store the stepper in a cool, dry place away from direct sunlight and moisture.

Only Occupies 0.35m²



This image shows the stepper in its operational and folded states, highlighting its space-saving design and ease of storage.

7. TROUBLESHOOTING

- **LCD Monitor Not Displaying:**

Check if the AA battery is correctly installed or needs replacement. Ensure the sensor wire is securely connected.

- **Squeaking Noise During Use:**

Inspect all pivot points and moving parts. Apply a small amount of silicone-based lubricant if necessary. Ensure all bolts are tightened.

- **Stepper Feels Unstable:**

Verify the stepper is placed on a flat, level surface. Check that all stabilizer bar bolts are securely tightened. Ensure the sound-absorbing mats are properly positioned.

- **Pedals Not Moving Smoothly:**

Check for any obstructions under the pedals. Ensure the pedal incline mechanism is correctly engaged.

8. SPECIFICATIONS

Feature	Specification
Model Number	FR-6902S-C
Brand	Niceday
Color	Black
Material	Acrylonitrile Butadiene Styrene (ABS)
Product Dimensions (L x W x H)	82 x 45 x 138 cm (32.3 x 17.7 x 54.3 inches)
Folded Dimensions (L x W x H)	Approx. 44 x 44 x 144 cm (17.3 x 17.3 x 56.7 inches)
Item Weight	10.1 kg (22.3 lbs)
Maximum Weight Capacity	100 kg (220 lbs)
Power Source (Monitor)	1 AA Battery (included)
Noise Level	Below 25dB (with sound-absorbing mats)

135kg Stable Load Capacity



**Commercial
Grade Steel**

This image features a user on the stepper, emphasizing its robust construction with an inset graphic detailing the commercial-grade steel used, supporting a stable load capacity of 135kg.

9. WARRANTY AND SUPPORT

Niceday products are designed for durability and reliability. This product comes with certified quality and lifetime support.

For any questions, technical assistance, or warranty claims, please contact Niceday customer support through the retailer's platform or the official Niceday website.

