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CHAOKE 8712P

CHAOKE Stepper 8712P User Manual

Model: 8712P

1. PRODUCT OVERVIEW

The CHAOKE Stepper 8712P is a compact and efficient home fitness device designed for full-body workouts. It combines pedal movement with resistance band exercises to engage your core, hips, legs, and arms. This stepper features a silent operation, adjustable intensity levels, and a built-in monitor to track your progress, making it suitable for various fitness levels and home environments.

全身効果的な トレーニング



体幹・ヒップ・
脚をしっかり鍛える



効率よく
カロリーを燃焼



筋力を強化し、
持久力アップ



下半身から上半身ま
でバランスよく引き締め

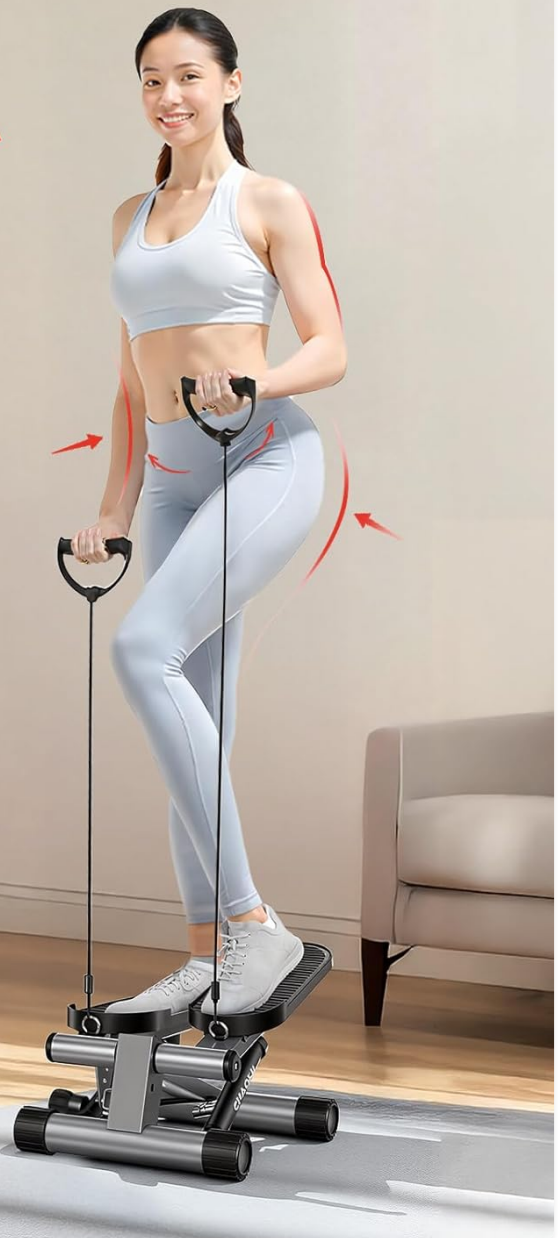


Image: A woman demonstrates a full-body workout using the CHAOKE Stepper with attached resistance bands.

2. SETUP

The CHAOKE Stepper 8712P comes fully assembled, requiring no complex setup. Simply remove it from the packaging, and it is ready for immediate use. Ensure the stepper is placed on a flat, stable surface before beginning your workout.

信頼してお買い物

「この商品はとてもおすすめです。配送も非常に早く、梱包も丁寧にエアバッグやフォームでしっかり保護されていました。組み立ても不要です。」



24時間
カスタマーサポート



30日間
返品保証



5年間
品質保証

Image: The CHAOKE Stepper, resistance bands, and instruction manual are shown, highlighting the product's ready-to-use, fully assembled state.

3. OPERATING INSTRUCTIONS

3.1. Powering On and Off

The built-in monitor automatically activates when you begin stepping. To conserve battery, the monitor will automatically turn off after a period of inactivity.

3.2. Adjusting Intensity

The stepper offers 1 to 11 levels of intensity adjustment. Rotate the dial located on the front of the stepper to increase or decrease the resistance. Start with a lower intensity for warm-up and gradually increase as your fitness improves. The 'P' (Park) position locks the pedals for safe mounting and dismounting, preventing accidental movement.

1-11レベル強度を自由に調整可能

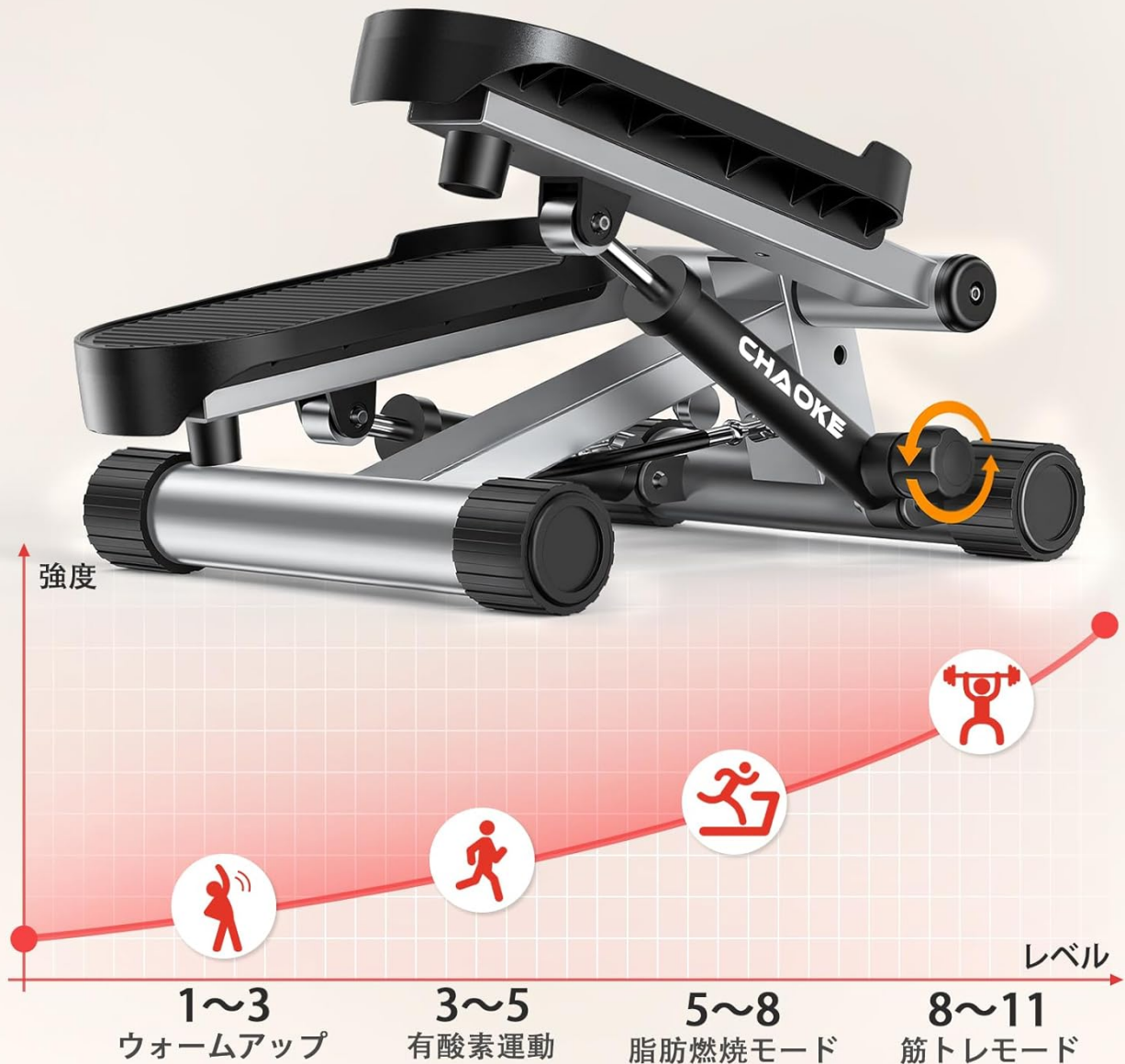


Image: The stepper's intensity dial is visible, along with a graphic illustrating the 1-11 resistance levels for various exercise modes.

3.3. Using the Monitor

The integrated monitor displays key workout data including exercise time, calories burned, and step count. This allows you to track your progress in real-time and manage your fitness goals effectively. Press the button on the monitor to cycle through different display modes or reset the data.

スポーツデータの追跡

運動をより効果的に計画する



Image: A detailed view of the stepper's monitor, showing tracked metrics like time, calories, and steps.

3.4. Resistance Band Usage

Attach the included resistance bands to the designated points on the stepper. These bands allow for upper body and core exercises, providing a comprehensive full-body workout. Adjust your grip and body position to target different muscle groups.

3.5. Workout Recommendations

- **Warm-up (Levels 1-3):** Begin with 5-10 minutes of light stepping to prepare your muscles.
- **Aerobic Exercise (Levels 3-5):** Maintain a steady pace for cardiovascular benefits.
- **Fat Burning Mode (Levels 5-8):** Increase intensity for sustained calorie expenditure.
- **Strength Training (Levels 8-11):** Focus on higher resistance for muscle building.

高強度・低負荷ワークアウト



Image: A comparison chart illustrating the calorie burn equivalence of 15 minutes on the stepper versus other common exercises.

いつでもどこでもトレーニング



Image: Various scenarios demonstrating the stepper's versatility for use during daily activities like cooking, working, or watching TV.

4. MAINTENANCE

4.1. Cleaning

Wipe down the stepper with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish.

4.2. Lubrication

The stepper utilizes an air+oil drive system designed for smooth operation. Regular lubrication is generally not required under normal use. If you notice any squeaking or stiffness, consult the troubleshooting section or contact customer support.

4.3. Storage

The compact design of the CHAOKE Stepper allows for easy storage. Store it in a dry place away from direct sunlight and extreme temperatures. Its dimensions (approximately 39cm x 39cm x 25cm) make it suitable for storage in small spaces.

超便利設計



持ち運びラクラク



組み立て不要



簡単収納



Image: A woman demonstrates the compact storage of the stepper, highlighting its small footprint.

5. TROUBLESHOOTING

- **No display on monitor:** Check if the battery is correctly installed or needs replacement. The monitor uses 1 alkaline button battery.
- **Squeaking noise during operation:** Ensure all bolts are tightened. If the noise persists, apply a small amount of silicone-based lubricant to the pivot points. Avoid oil-based lubricants.
- **Pedals feel stiff or uneven:** Verify that the stepper is on a level surface. Check for any obstructions beneath the pedals. If the issue continues, contact customer support.
- **Stepper moves during use:** Ensure the stepper is placed on a non-slip mat. The non-slip foot covers should provide adequate grip on most surfaces.

6. SPECIFICATIONS

Brand	CHAOKE
Model Number	8712P
Material	Alloy Steel
Max Load Weight	150 kg
Included Components	Stepper, Exercise Band, Instruction Manual
Battery Type	1 Alkaline Button Battery (included)
Dimensions (approx.)	39cm x 39cm x 25cm

ツイストステッパー

最大耐荷重
150kg



高縁デザイン

モニター付き

滑り止め
フットカバー

Image: The stepper is shown with an emphasis on its robust construction and 150kg maximum load capacity.

7. WARRANTY

The CHAOKE Stepper 8712P comes with a **5-year product warranty**, covering free parts replacement during this period. This warranty reflects our confidence in the product's quality and durability.

8. SUPPORT

For any questions or issues regarding your CHAOKE Stepper, please contact our customer support team. We offer video support from specialized engineers to assist you promptly.

8.1. Contact Information

- **Email:** To contact us via email, navigate to the product page on Amazon.co.jp. Below the "Add to Cart" button, click on the store name "CHAOKE [Official Shop]". On the top right of the store page, click "Ask a question" to send us an email.
- **Reception Hours:** 10:00 - 19:00 JST (excluding Saturdays, Sundays, and manufacturer holidays). We aim to respond to inquiries within 24 hours on weekdays, and within 48-72 hours on weekends.