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› Sportneer Vertical Foldable Stair Stepper User Manual (Model: B0GCSD7VQN)

Sportneer B0GCSD7VQN

Sportneer Vertical Foldable Stair Stepper User Manual

Model: B0GCSD7VQN | Brand: Sportneer

1. IMPORTANT SAFETY INFORMATION

Before using the Sportneer Stair Stepper, please read and understand all safety instructions. Keep this manual for future reference.

- Consult a physician before starting any exercise program.
- Ensure the stepper is placed on a flat, stable surface.
- Maintain a clear area of at least 0.6 meters (2 feet) around the equipment during use.
- Check all bolts and connections are securely tightened before each use.
- Do not exceed the maximum weight capacity of 440 lbs (200 kg).
- Children and pets should be kept away from the equipment during operation.
- Stop exercising immediately if you feel faint, dizzy, or experience pain.
- Wear appropriate athletic footwear during use.
- The elastic cords are subject to minimal wear over time but will not affect the lifetime of the stepper.

2. PACKAGE CONTENTS

Verify that all components are present before assembly.

Engage Your Full-Body Power

Activate More Muscles



Image: All components included in the Sportneer Stair Stepper package.

1. **Main Frame:** 1 unit
2. **Pedals:** 2 units
3. **Handrail:** 1 unit
4. **Dashboard (Digital Monitor):** 1 unit
5. **Frame Screws:** 2 units (for main frame assembly)
6. **Handrail Screws:** 2 units (for handrail installation)
7. **Pedal Screws:** 4 units (for pedal installation)
8. **Allen Key:** 1 unit (for assembly)
9. **Pedal Lock Pin:** 1 unit (pre-installed on main frame)

3. ASSEMBLY INSTRUCTIONS

Follow these steps to assemble your Sportneer Stair Stepper. A visual guide for assembly and folding is available in the video below.

Your browser does not support the video tag.

Video: Step-by-step guide for assembling and folding the Sportneer Foldable Stair Climber.

1. Assemble the Main Frame:

Unfold the main frame into an A-shaped position. Secure it by inserting and tightening the two frame screws (Item 4 from package contents) into the designated holes on each side of the frame. Ensure the frame is stable.



Image: Securing the main frame in its open position.

2. Adjust the Pedal Lock Pin:

Locate the pedal lock pin (Item 9) on the main frame. This pin allows for adjustment of the pedal incline angle. For initial setup, ensure it is in a secure position.

3. Install Pedals:

Attach the two pedals (Item 2) to the main frame using the four pedal screws (Item 3) and the provided Allen key (Item 8). Ensure each pedal is firmly secured to its respective arm.

4. Install Handrail:

Insert the handrail (Item 7) into the top openings of the main frame. Secure it using the two handrail screws (Item 5). These screws also allow for height adjustment later.



Image: Attaching the adjustable handrail to the main frame.

5. Install the Dashboard (Digital Monitor):

Open the battery compartment on the back of the dashboard (Item 6) and insert the required batteries (not included). Connect the sensor wire from the main frame to the dashboard. Slide the dashboard onto the designated tab on the handrail.

4. OPERATING INSTRUCTIONS

4.1. Adjusting Resistance

The Sportneer Stair Stepper features 3 levels of adjustable resistance. To change the resistance:

- Locate the elastic cords and their attachment points near the pedals.
- Unclip the end of each elastic cord from its current slot.
- Hook the cords into a different slot to increase or decrease resistance. There are three positions available.



Image: Illustration of the 3-level resistance adjustment mechanism.

4.2. Adjusting Handrail Height

The handrail height can be adjusted to accommodate different user heights and preferences for a straight posture, supporting your back.

- Loosen the handrail screws (Item 5) on both sides.
- Pull the handrail up or down to your desired height.
- Tighten the screws securely to lock the handrail in place.

Built to Last Design to Protect

Enhanced Stability with Wider Base & **440lb** Capacity



Image: The handrail can be adjusted to multiple height settings for user comfort.

4.3. Adjusting Pedal Incline Angles

The stepper offers 3 pedal incline angles (55°, 45°, and 35°) to target different muscle groups and vary workout intensity.

- Locate the pedal lock pin (Item 9) on the main frame.
- Retract the pin fully.
- Swivel the pedal assembly to the desired angle.
- Reinsert the pin to secure the chosen incline angle.

Only Occupies 5.4ft²

Fold in 3 seconds, move anywhere



Image: Visual guide for setting the 3 adjustable pedal incline angles.

4.4. Using the Digital Monitor

The dashboard tracks your workout progress:

- **TIME:** Displays the duration of your workout.
- **CNT (Count):** Shows the total number of steps taken.
- **CAL (Calories):** Estimates calories burned during the workout.
- **R.P.M (Revolutions Per Minute):** Indicates the stepping speed.
- **SCAN:** Cycles through all metrics automatically.

Press the red button to switch between modes or reset values. Ensure the sensor wire is properly connected for accurate readings.

5. FOLDING AND STORAGE

The Sportneer Stair Stepper is designed for easy folding and compact storage.

1. Prepare for Folding:

Ensure the handrail is at its lowest position and all adjustment screws are tightened.

2. Fold the Frame:

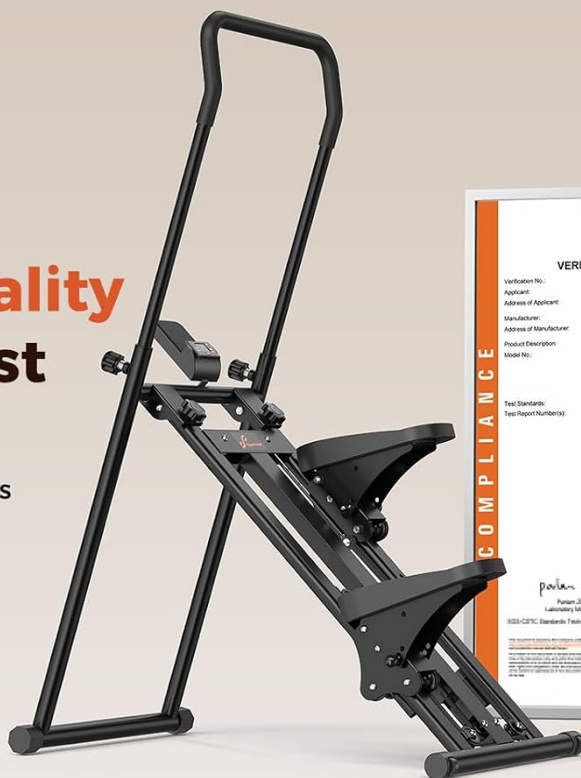
Loosen the two frame screws (Item 4) that secure the main frame in its A-shaped position. Carefully fold the frame inwards until it is flat. Re-tighten the frame screws into their original holes to secure the folded position.

3. Move for Storage:

The stepper is equipped with wheels for easy relocation. Once folded, tilt the unit and roll it to your desired storage location. The folded size is approximately 41x21 inches, occupying minimal space.

Certified Quality You Can Trust

All materials and parts meet
international safety standards



Safety Certification

Tested and
Verified by

CE FCC RoHS

Ca Prop65

ready for
REACH

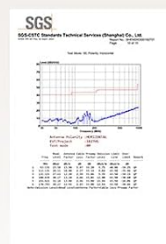


Image: The stair stepper in its folded configuration, highlighting its compact size and wheels for portability.

6. MAINTENANCE

Regular maintenance ensures the longevity and safe operation of your stair stepper.

- **Cleaning:** Wipe down the equipment with a damp cloth after each use to remove sweat and dust. Avoid abrasive cleaners.
- **Inspections:** Periodically check all nuts, bolts, and moving parts for tightness and wear. Tighten any loose fasteners.

- **Lubrication:** Apply a small amount of silicone-based lubricant to moving joints if you notice any squeaking or stiffness.
- **Storage:** Store the stepper in a dry, cool place away from direct sunlight and extreme temperatures.

7. TROUBLESHOOTING

Problem	Possible Cause	Solution
Uneven stepping action or squeaking noise.	Loose connections or lack of lubrication.	Check and tighten all bolts. Apply silicone lubricant to moving parts.
Digital monitor not displaying.	Dead batteries or loose sensor connection.	Replace batteries in the dashboard. Ensure the sensor wire is securely connected.
Resistance feels too easy/hard.	Resistance cords are set to an inappropriate level.	Adjust the elastic cords to a different resistance slot as described in Section 4.1.

If you encounter issues not listed here, please contact Sportneer customer support.

8. PRODUCT SPECIFICATIONS

- **Model Number:** B0GCSD7VQN
- **Product Dimensions (L x W x H):** 104 x 15 x 56 cm (41L x 21W x 53.5H inches when unfolded at max height)
- **Folded Dimensions (L x W):** Approximately 41 x 21 inches
- **Item Weight:** 15.5 kg (approx. 34.1 lbs)
- **Weight Capacity:** Up to 440 lbs (200 kg)
- **Material:** High Carbon Steel, Acrylonitrile Butadiene Styrene (ABS), Polypropylene (PP), Polyvinyl Chloride (PVC)
- **Resistance Levels:** 3 adjustable levels
- **Pedal Incline Angles:** 3 adjustable angles (55°, 45°, 35°)
- **Handrail Height Adjustment:** 3 levels (approx. 50.5 in, 52 in, 53.5 in)
- **Color:** Black
- **Manufacturer:** Sportneer
- **Country of Origin:** China

9. WARRANTY AND SUPPORT

The Sportneer Stair Stepper comes with a **1-Year Manufacturer Warranty**.

For warranty claims, technical support, or any questions regarding your product, please contact Sportneer customer service through the retailer where you purchased the product or visit the official Sportneer website.

Manufacturer Contact Information: Sportneer

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page’s manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question