



INapc001V01\_UK

**A90-262**



IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

# ASSEMBLY & INSTRUCTION MANUAL

## IMPORTANT SAFETY INFORMATION

Please keep this manual in a safe place for easy reference

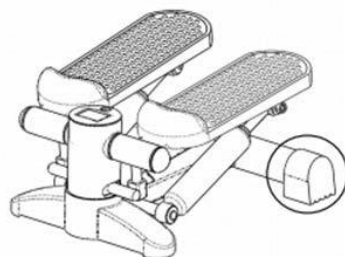
1. It is important to read this entire manual before assembling and using the equipment.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
5. Before using the equipment check that the nuts and bolts are securely tightened.
6. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
7. The equipment is not suitable for therapeutic use. Suitable for home use only. Maximum weight of user: 100kg.
8. DO NOT touch the Cylinder while doing exercises.

### HOW TO USE THE STEPPER:

Let your feet get on the Foot pedals (#20&#22), then you can step in place.

### WARNING!

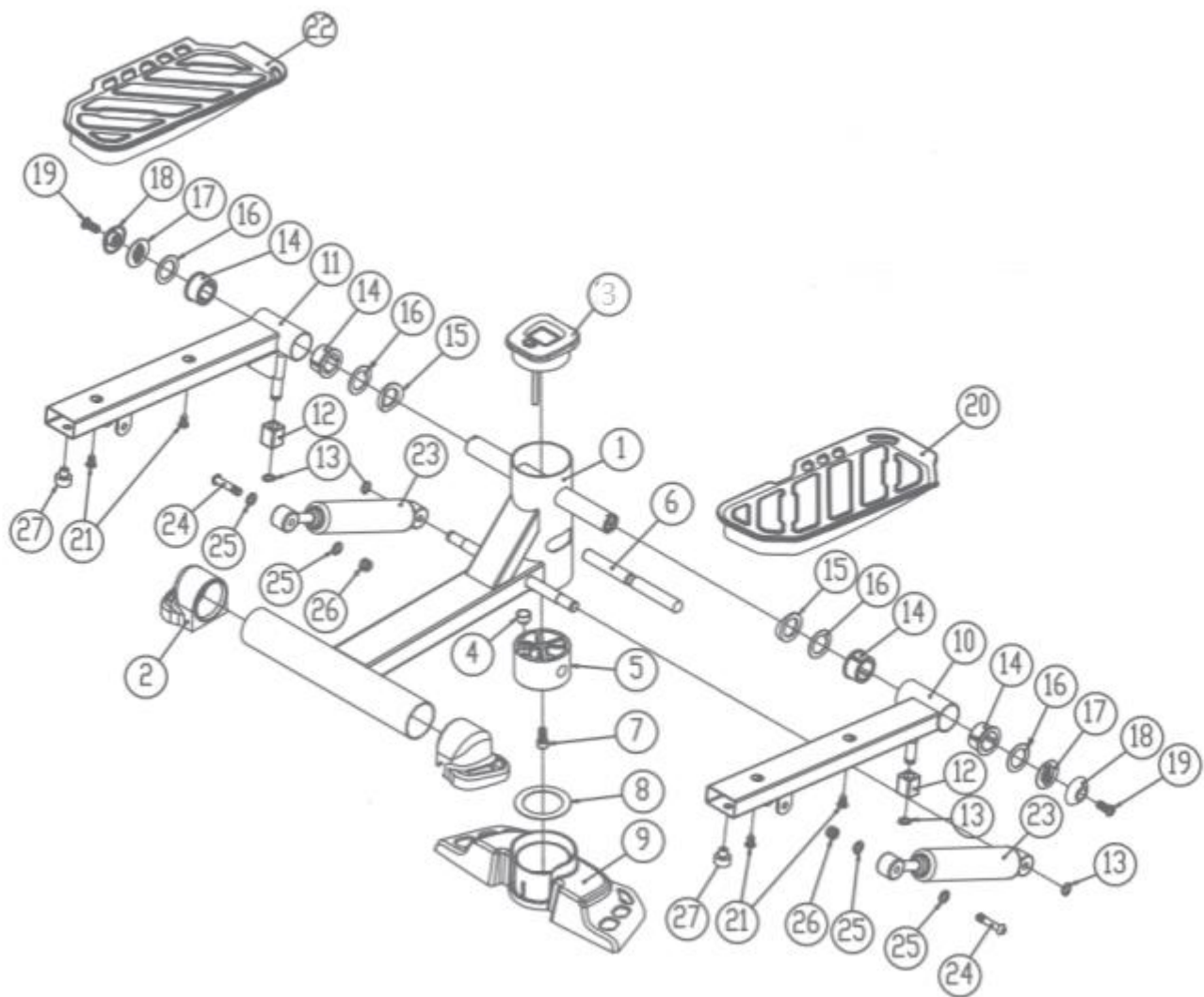
The right installation of (2) Rear tubing end piece.



# PART LIST

Part No.	Description	Q'ty
1	Main Base	1
2	End cap	2
3	Console	1
4	Magnet	1
5	Plastic bearing	1
6	Pivot	1
7	Hex Recessed Flat head Bolt M8X16	2
8	Big abnormality washer	1
9	Foot base	1
10	Foot support (R)	1
11	Foot support (L)	1
12	Bushing	2
13	Snap ring	4
14	Nylon bearing	4
15	Bushing	2
16	Flat washer	2
17	Abnormality washer	2
18	Plastic cover	2
19	Hex Recessed Flat head Bolt M8X16	2
20	Pedal (R)	1
21	Cross screw	2
22	Pedal (L)	1
23	Cylinder	2
24	Hex Recessed Flat head Bolt M8X40	2
25	Washer	4
26	Lock nut	2
27	Rubber	2

## EXPLODED DRAWING



## COMPUTER

### FUNCTION BUTTON

PRESS TO SELECT FUNCTIONS PRESET, OR HOLD ON CAN BE TOTAL RESET

### FUNCTIONS

**STOP** : WHEN STOP PEDALING, “STOP” DISPLAYS ON LCD.

**STEP/MIN ( or STRIDES/MIN):** Display strides in every minute

**SCAN** : Scan each function in sequence

**TIME**: Determine the length of workout session

**CALORIES**: Show the calories burned.

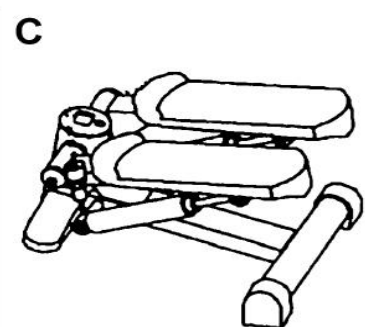
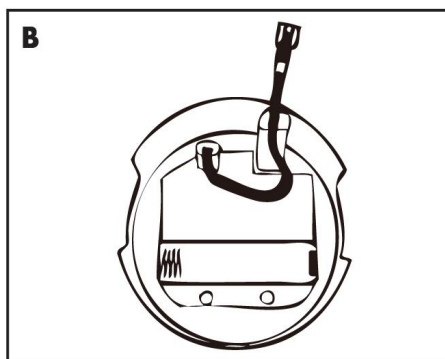
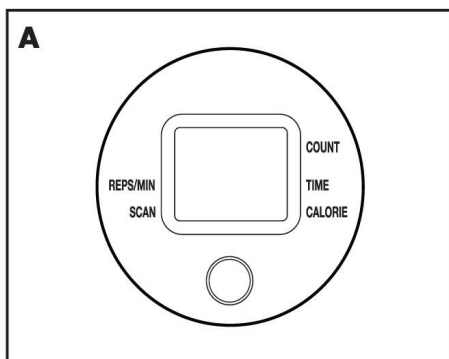
**COUNT**: Accumulate the number of stride during workout session

### NOTE

1. WITHOUT ANY SIGNAL FOR A PERIOD OF 4 MINUTES, THE LCD DISPLAY WILL SHUT OFF AUTOMATICALLY, AND ALL PREVIOUS WORKING VALUES ARE TOTAL RESET
2. WHEN THERE IS SINGAL IN, THE MONITOR IS AUTO POWER ON.
3. IF IMPROPER DISPLAY ON MONITER, PLEASE-INSTALL THE BATTERIES TO HAVE A GOOD RESULT.

### HOW TO REMOVE BATTERY

1. Pull out the computer from the equipment and place one SIZE-AAA battery into battery housing on back of monitor, please refer to below illustrations.
2. Insure the battery is correctly positioned and battery springs are in proper contact with battery.
3. Then put the computer back into the original place and make sure it completely set down in position.
4. Battery life is approx. 1 year under normal usage.
5. If the display is illegible or only partial segments appear, remove batteries and wait 15 sec. before reinstalling.
6. Removing the batteries will erase computer memory.
7. If the step counter does not work, please carefully remove the computer and adjust the height of the sensor manually,until the computer can display the number of steps.



**WARNING:** The battery is environmental, so the used battery should be thrown into the reference dustbin.

