

CONGRATULATIONS!

Thank you for making the Johnson Generator Series Stepper a part of your exercise and fitness activities. For years to come, you'll be able to rely on Johnson craftsmanship and durability as you pursue your personal fitness goals.

The Johnson Generator Series Stepper should enable you to shape and monitor your workouts to:

- ▲ Increase your energy level
- ▲ Increase cardiovascular and aerobic capacity
- ▲ Increase lower body muscle strength
- ▼ Decrease your overall percentage of body fat

Whether you are just getting started in an exercise program or are already in good shape, the Johnson Generator Series Bike is designed to be an efficient, easy and fun way to achieve an enhanced level of fitness. You can pedal your way to a slimmer and more healthy body. The digital computer enables you to accurately monitor your progress by tracking time climbing rate, height climbed and approximate calories burned.

This Owner's Manual contains all the information you need to operate and enjoy your Johnson Generator Series Stepper. Also included are general fitness guidelines. Please read this Owner's manual in its entirety before getting onto the Johnson Generator Series Stepper and working out. So let's get started. Take your time and have fun!

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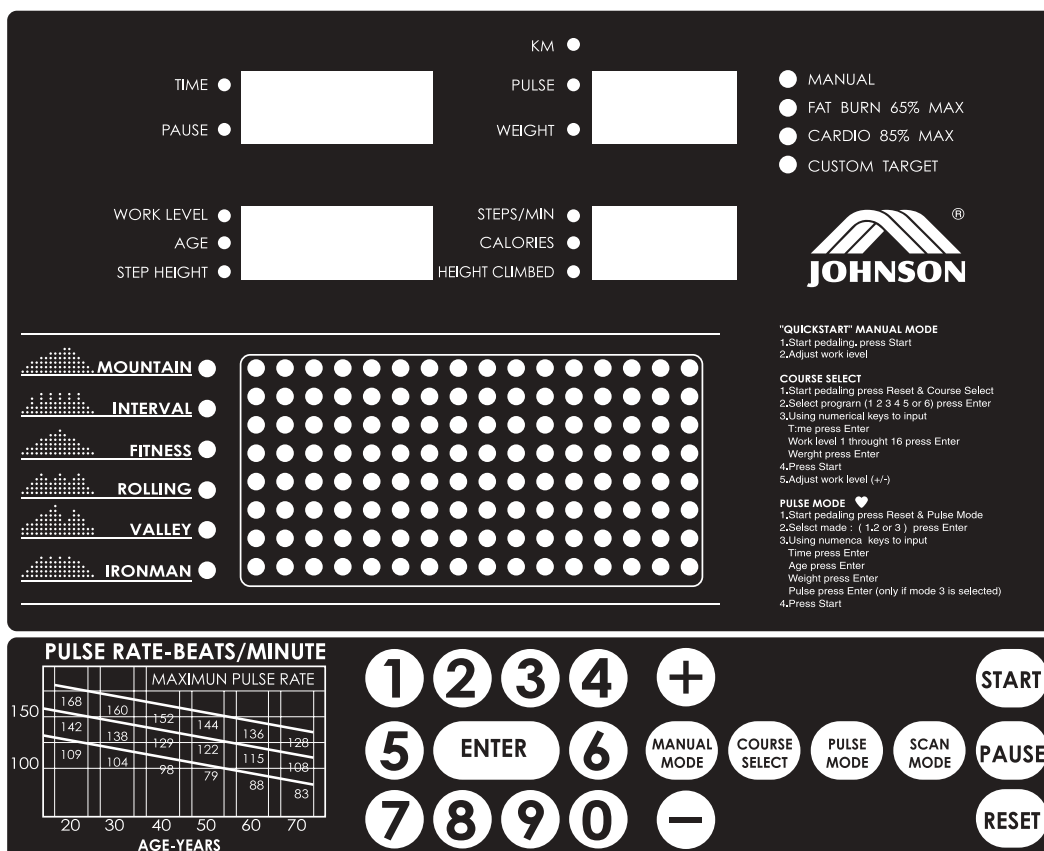
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FITNESS SAFEGUARDS

Before starting any exercise program, consult with your physician or health professional. He or she can help establish the exercise frequency, intensity (target heart rate zone) and time appropriate for your particular age and condition. If you have any pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while you exercise, STOP! Consult your physician before continuing



●FUNCTION KEY

- 1.MANUAL MODE:Press MANUAL MODE key to LED of MANUAL blinking, then press ENTER to manual function.
- 2.COURSE SELECT:Press COURSE MODE keys to LED of courses 1-6 blinking, then press numerical keys 1,2,3,4,5 or 6 to select course, then press ENTER to course function.
- 3.PULSE MODE:Press PULSE MODE key to LED of FAT BURN 65% MAX, CARDIO 85% MAX, CUSTOM TARGET, blinking, then press numerical key 1,2 or 3 to pulse function.
 (1)65% PULSE=(220-AGE)x65%
 (2)85% PULSE=(220-AGE)x85%
- 4.SCAN MODE:Press SCAN MODE key for 2 seconds to AUTO SCAN, show real time display of WORK LEVEL/ AGE/STEP HEIGHT and STEPS/MIN, CALORIES, HEIGHT CLIMBED.

- 5.START Press START key to workout, and LED of PAUSE is dark.
- 6.PAUSE: Press PAUSE key to STOP, and LED of PAUSE is dark.
- 7.0-9 keys: Press numerical keys, input your own personal information.
- 8.ENTER: Save and input data.
- 9.RESET Press RESET key to original setting value and LED of RESET is light.
- 10."+", "-": To increase or decrease work level of exercise mode (of ter pushing START key).

● DISPLAY FUNCTION

- 1.AGE: Display 10-99 years old.
- 2.WORK LEVEL: MANUAL Display 1-16 level or 1-16 difficulty.
COURSE Display 1-9 level or 1-9 difficulty.
- 3.STEP HEIGHT: Display total step height (11 inches/per step)
- 4.STEPS/MIN: Display current climbing rate per minute in NO./MIN.
- 5.CALORIES: Display calories burned during workout in KCL, (0-999 KCAI).
- 6.HIGHT CLIMBED: Display total height measured in floor (314 cm/floor)
- 7.PULSE: Display current pulse and setting date.
- 8.WEIGHT: MATRIC: Display 10-200 Kg.

OPERATING YOUR STEPPER

CHOOSING YOUR EXERCISE MODE

● QUICK START FUNCTION

Step 1 - Start stepping Put on the plug and turn on the switch, then press RESET and step on your stepper to start stepping. If you wish to monitor your heart rate, wear Polar belt or ear clip.

Step 2 -Press START.

A. The console will enter into "MANUAL MODE" automatically. Work Level will be at "L4", Time start from "00:00", Weight at "70 kg".

B. If you do not complete your setting procedure during you input data and press "START", all data will enter preset data as follows:

COURSE MODE: Program - "MOUNTAIN", Time - "20:00", Work Level - "L3", Weight - "70 kg"

PULSE MODE: Target pulse 3, Time - "20:00", Work Level - "L1", Age - "25", Weight- "70 kg", Pulse-"100".

Step 3 - Adjust Work Level

Using the numerical keypad, adjust your work level from 1-16 (1 represent - ing the least difficulty, to 16 being the most difficulty.) by pressing the "+" key to decrease or "-" to increase the resistance level as you step.

Note:

1. You can adjust your work level up or down any time during the exercise period.
2. The work level dot matrix increase means least resistance, so you may need step quickly that will increase your workout.

WORK LEVEL/SPM CHART

L1	32SPM	L9	80SPM
L2	38SPM	L10	86SPM
L3	44SPM	L11	92SPM
L4	50SPM	L12	98SPM
L5	56SPM	L13	104SPM
L6	62SPM	L14	110SPM
L7	68SPM	L15	116SPM
L8	74SPM	L16	122SPM

● MILES OR KILOMETERS EXCHANGE

Press "ENTER" and "6" together to change Mile to Kilometer or Kilometer to Mile.

● COURSE SELECT 1,2,3,4,5,6

Step 1 - Start Stepping

Put on the plug and turn on the switch, then press RESET and step on your stepper to start stepping. If you wish to monitor heart rate, simply wear Polar™ belt or ear clip.

Step 2 - Press COURSE SELECT

Using the numerical keypad, press COURSE SELECT and select 1,2,3,4,5 or 6 for your desired mode of exercise.

Note: Only one exercise mode may be in operation at a time.

Step 3 - Press ENTER

Step 4 - Selecting Length of Time for Exercise

Using the numerical keypads, enter the length of time in minutes that you wish to exercise. Press ENTER.

Step 5 - Set Your Work Level

Using the numerical keypad, adjust your work level from 1-9 (1 representing the least difficulty, to 9 being the most difficulty.) you will need to input TWO digits ie., 01,02,12,13. Press ENTER.

Step 6 - Input your Weight

Using the numerical keypad, enter your weight. Press ENTER.

Note: If you do not input your weight, the stepper will assume you weigh 70 kgs.

Step 7 -Press START

Using the numerical keypad press START to begin your exercise program.

As you step, watch your selected exercise mode on the control panel.

Illuminated indicator lights will monitor your progress.

Note: You can adjust your maximum work levels up or down anytime during the exercise period.

WORK LEVEL/SPM CHART

STEP RATE LEVEL	MIN	MAX
L1	32SPM	74SPM
L2	38SPM	80SPM
L3	44SPM	86SPM
L4	50SPM	92SPM
L5	56SPM	98SPM
L6	62SPM	104SPM
L7	68SPM	110SPM
L8	74SPM	116SPM
L9	80SPM	122SPM

●MANUAL MODE

Step 1 - Start Pedaling

Put on the plug and turn on the switch, then press RESET and step on your stepper to start stepping. If you wish to monitor heart rate, simply wear Polar™ belt or ear clip.

Step 2 -Press MANUAL MODE

Using the numerical keypad, press the MANUAL MODE key.

Note:Only one exercise mode may be in operation at a time.

Step 3 -Press ENTER

Step 4 - Selecting Length of Time for Exercise

Using the numerical keypad, enter the length of time in minutes that you wish to exercise. Press ENTER.

Step 5 - Input Your Weight

Using the numerical keypad, enter your weight. Press ENTER.

Note: If you do not input your weight, the stepper will assume you weight 70 kgs.

Step 6 -Press START

Using the numerical keypad, Press START to begin you program. As you step, watch your selected exercise mode on the control panel. Illuminated indicator lights will mark your progress.

Step 7 - Adjust Work Level

Using the numerical keypad, adjust your work level from 1-16 (1 representing the least difficulty, to 16 being the most difficulty) by pressing the + key to increase or - key to decrease the resistance level as you step. You will need to input TWO digits ie., 01,02,12,13.

Note: You can adjust your maximum work levels up or down anytime during the exercise period.

WORK LEVEL/SPM CHART

L1	32SPM	L9	80SPM
L2	38SPM	L10	86SPM
L3	44SPM	L11	92SPM
L4	50SPM	L12	98SPM
L5	56SPM	L13	104SPM
L6	62SPM	L14	110SPM
L7	68SPM	L15	116SPM
L8	74SPM	L16	122SPM

●PULSE MODE

Step 1 - Start Pedaling

Put on the plug and turn on the switch, then press RESET and step on your stepper to start stepping. If you wish to monitor heart rate, simply wear Polar™ belt or ear clip.

Step 2 -Press COURSE SELECT

Using the numerical keypad, press PULSE MODE and 1,2, or 3 for your

desired mode of exercise.

Step 3 -Press ENTER

Step 4 - Selecting Length of Time for Exercise

Using the numerical keypad, enter the length of time in minutes that you wish to exercise. Press ENTER.

Step 5 - Enter Your Age

Using the numerical keypad. Press ENTER.

Step 6 - Input Your Weight

Using the numerical keypad, enter your weight. Press ENTER.

Note: If you do not input your weight, the stepper will assume you weight 70 kgs. Once you enter your weight, the target heart rate for Mode 1 or 2 will be shown in the pulse window.

Step 7 -Press ENTER ONLYif .

You have selected Pulse Mode 3. Please use the numerical keypad to input the desired target heart rate you wish to achieve (you may want to refer to Chart B on page 11 for assistance). PRESS ENTER.

Step 8 -Press START

Using the numerical keypad, press START to begin your program. As you step, watch your selected exercise mode on the control panel. Illuminated indicator lights will mark your progress.

OPTION:

●POLAR™ BELT

The receiver of the wireless ECG system is built into the console unit of Johnson Generator series Stepper. While using heart rate control modes, the computer monitors the exact measurement and control over the activity of the heart. Heart rate frequency is displayed while the computer continually compares heart rate and adjusts wattage (load) to maintain

heart rate to the preprogrammed personal data.

Wrap the transmitter strap around your chest. Adjust the strap so that it

covers the lower ribs and tight enough so that it will not slide while exercising.

Hint: For most effective transmission, wet the back of the transmitter (the side making contact with the skin) before putting it on.

Holding the transmitter facing forward, position the center of the transmitter over your chest. The belt may be worn on the outside of clothing as long as the clothing is properly moistened under the back of the chest strap.

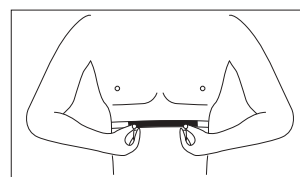
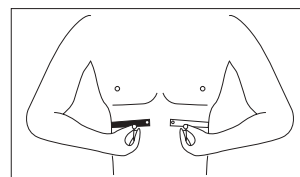
PRECAUTION: Erratic heart rate reception may occur if Johnson Generator Series Bike (used in conjunction with the Polar heart rate monitoring system) is in close proximity; to strong sources of electromagnetic radiation such as TV sets, PCs, electric motors, and other fitness equipment.

Only one transmitter should be used inside the range of any one receiver as the receiver may pick up several signals simultaneously causing an incorrect readout.

THE MINIMUM DISTANCE BETWEEN TWO TRANSMITTERS AND OTHER RADIATION SOURCES SHOULD BE 3-1/2 FEET.

How to Wear Your Sensor/Transmitter

1. Snap one end of the chest strap onto the transmitter.
2. Adjust the band length so that the strap fits chest, but not too tight.
3. Snap the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts) as shown.



5. Pull unit away from chest by stretching belt and moisten the conductive electrode strips underneath the snaps. If you wish to wear the band over a shirt, moisten the shirt under area of the electrode strip.

Note: The transmitter is on automatically when you're wearing it. It is off when it's not connected to your body. However, as moisture may activate the transmitter, please dry transmitter after use.

You will have to be within three and a half feet of the receiver in the control panel/console to pick up the heart rate signal. Please note that your transmitter may fluctuate erratically if you are too close to other Polar™ equipment. Maintain a distance of three and a half feet from other Polar™ units.

The chest band is washable. After you have detached the transmitter, wash the band in warm water, using a mild soap, and rinse in clear water. Never scrub the transmitter surfaces.

The transmitter uses an extended life non-replaceable battery. If you need new transmitters, contact an authorized JOHNSON'S AGENT.

Shorter belts for smaller people, and extra belts are available if required. Contact an authorized JOHNSON'S AGENT for additional belts.

IMPORTANT SAFETY INSTRUCTIONS

Failure to follow any of these safety instructions may result in injury or serious health problems.

- ⌋ Do not drop or insert any object into any opening
- ⌋ Do not use outdoors.
- ⌋ Keep children and pets away from your Generator Series Stepper. A child's curiosity may result in injury. Do not allow children to use the Stepper. The machine is designed and intended for adults, not children.

- Do not wear clothing that might catch on any parts of the Stepper.
- Make sure Pedal Arm and handlebars are secure before each use.
- Do not dismount the Stepper until it is a complete STOP.
- Warn bystanders to keep a safe distance. Do not allow anyone to touch the Stepper while it is in operation.

CAUTION! If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.

DETERMINING YOUR TARGET EXERCISE RATE

Each person has a pulse rate range (Target Zone) at which he or she gets the most aerobic benefit. Exercising below that range will have little effect in promoting fitness. Exercising at pulse rates above the Target Zone will add a great deal of extra effort for very little extra improvement in fitness.

The optimal target pulse rate range is between 70% and 85% (note chart A) of the maximal pulse rate an individual can reach at all-out effort. Your approximate target pulse rate can be established with the formula shown below. Remember that these values are for average individuals. For determining a more precise maximal pulse rate and target pulse rate zone, contact your physician for an exercise stress test.

(220-your age)x60% (Conservative Target Heart Rate for the beginner)

Example: 220 minus 40 years old = 180 x 60% = 108 Target Heart Rate

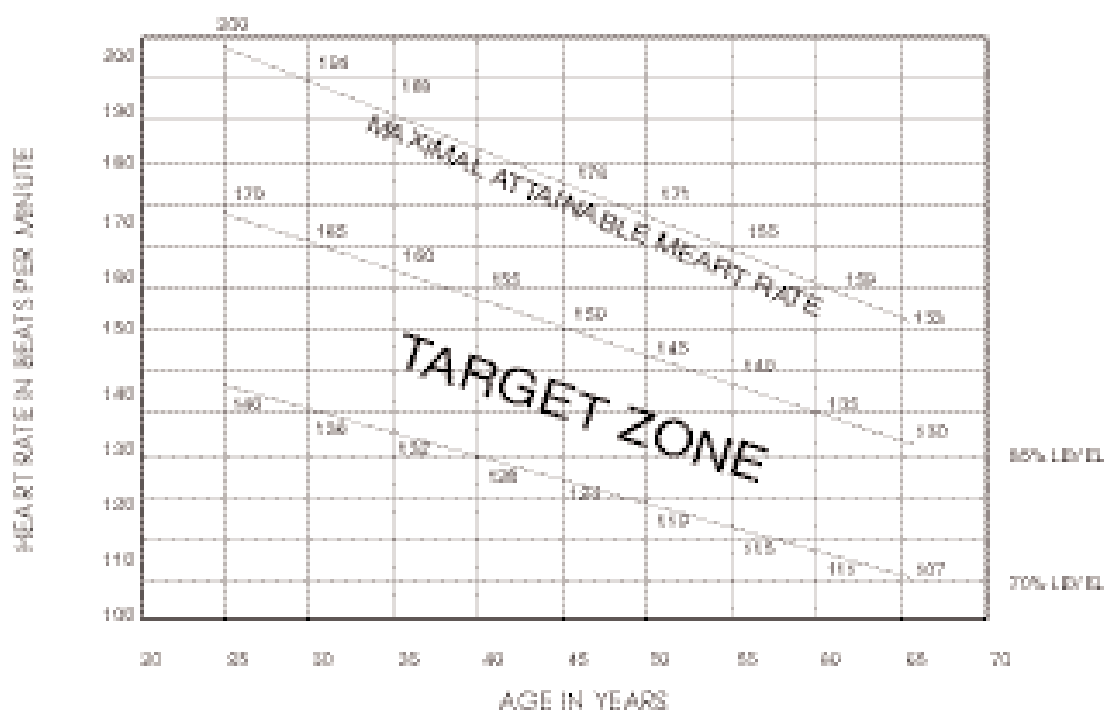
(220-year age)x70% (Intermediate Target Heart Rate)

(220-year age)x85% (Advanced Target Heart Rate for the well-conditioned person)

Be sure to consult your physician before engaging in any vigorous exercise and training, and obtain prior approval of the planned regimen.

Note: If you have had any recent surgery, or a muscle or joint problem, please consult your physician first.

CHART A : GUIDE TO TARGET EXERCISE RATE*



*According to the principles of exercise programming set forth by the American Heart Association and the President's Council on Physical Fitness and Sports.

CHART B: SUGGESTED EXERCISE GOALS

WEEK	TIME GOAL in minutes	TARGET PULSE
19 years-under		
1	12	117-123
2	14	117-123
3	16	137-143
4	18	137-143
5	20	152-160
20-29 years		
1	10	114-120
2	12	114-120
3	14	133-140
4	16	134-140
5	18	150-158
6	20	150-158
30-39 years		
1	8	108-114
2	10	108-114
3	12	126-133
4	14	126-133
5	16	144-152
6	18	144-152
7	20	144-152

WEEK	TIME GOAL in minutes	TARGET PULSE
40-49 years		
1	6	102-108
2	8	102-108
3	10	119-126
4	12	119-126
5	14	119-126
6	16	136-144
7	18	136-144
8	20	136-144
50-59 years		
1	4	95-102
2	6	95-102
3	8	95-102
4	10	109-112
5	12	109-112
6	14	109-112
7	16	120-126
8	18	120-126
9	20	120-126
60 and over		
1	2	93-99
2	4	93-99
3	6	93-99
4	8	109-115
5	10	109-115
6	12	109-115
7	14	122-128
8	16	122-128
9	18	122-128
10	20	122-128

The suggested target pulse rate at left are rough averages only. They are based on approximately 60% and 80% of a person's maximal pulse rate and averaged for each age group.

although these rates are relatively conservative, always start at a lower level and progressively increase your exercise time and pulse rate. If in doubt about your particular range, consult your physician before you begin.

JOHNSON GENERATOR SERISE STEPPER MAINTENANCE

●Moving your Johnson Generator Series Stepper

Carefully lift the horizontal rear floor support to move and steer the Johnson Generator Series Stepper to another location. Be gentle while moving the unit as any sharp impact directly or indirectly to the computer can affect computer operation.

●Daily maintenance

Use a damp cloth to wipe your Johnson Generator Series Stepper and computer free of sweat. Periodically, wipe your Johnson Generator Series Stepper with a damp cloth and mild dishwashing detergent solution. Rinse with a clean, damp cloth and dry.

IMPORTANT: To avoid damaging the finish on your Johnson Generator Series Stepper and computer, never use a petroleum-based solvent when cleaning. As the computer is not waterproof, avoid getting excessive moisture on the unit.

●This machine is for light-institutional use only.

STEPPER