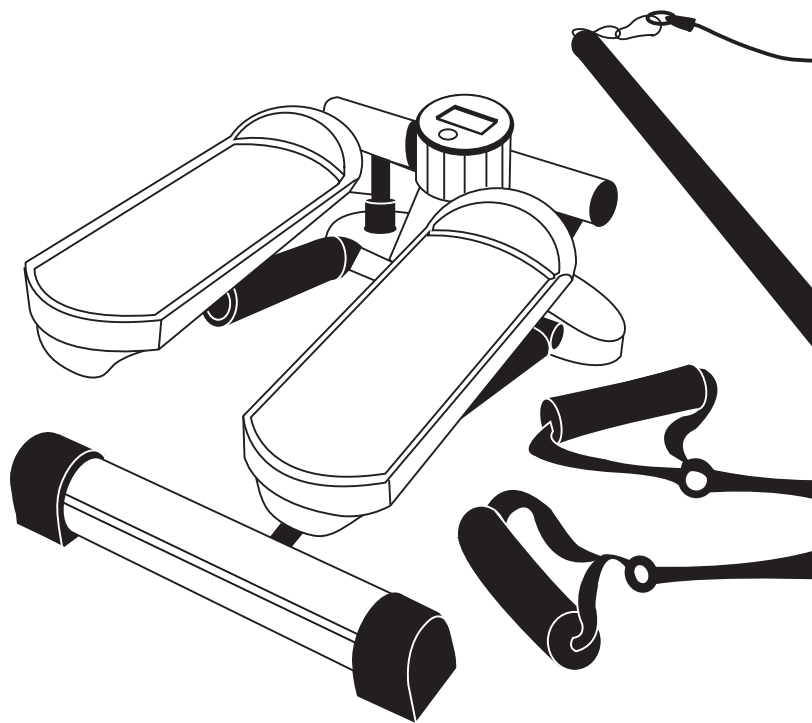


THE SHARPER IMAGE®

Mini Step & Flex 2.0

SR407 Instructions

Read and save these instructions.



Dear Sharper Image Customer,

Thank you for your purchase of a Sharper Image product. We appreciate your business very much.

Please accept my personal assurance of your complete satisfaction with this product's quality and performance. We offer generous return privileges and excellent warranties on all our products.

For more than 25 years, The Sharper Image has shared the fun of discovering innovative products that make life easier and more enjoyable. We've been in business a long time because we are an exciting place to shop and — just as importantly — we strive to deliver great customer service that exceeds your expectations.

Enjoy your purchase!

Respectfully,

A handwritten signature in cursive script that reads "Richard".

Richard Thalheimer

Founder, Chairman and Chief Executive Officer

*Call 1-800-344-4444 for 24-7 ordering and customer service,
or go to **www.sharperimage.com**, our complete online store.*

Warning

Before starting any exercise program, it is recommended that you consult a physician.

Do not allow children to play on or around Mini Step & Flex 2.0.

Check regularly that all nuts and bolts are securely tightened.

Always wear rubber-soled shoes when using Mini Step & Flex 2.0.

Do not position Mini Step & Flex 2.0 on loose rugs or uneven surfaces.

Resistance cords should not be stretched beyond user's chin.

Weight limit is 200 lbs.

Mini Step & Flex 2.0 should not be used by people in poor health or those suffering from injuries.

Hydraulic cylinder is designed to be used for 15 minutes of constant use. After 15 minutes of use, cylinders must cool off for 15 minutes before unit is used again.

Hydraulic cylinder can overheat after long periods of use. Do not touch cylinder shafts until they have completely cooled off.

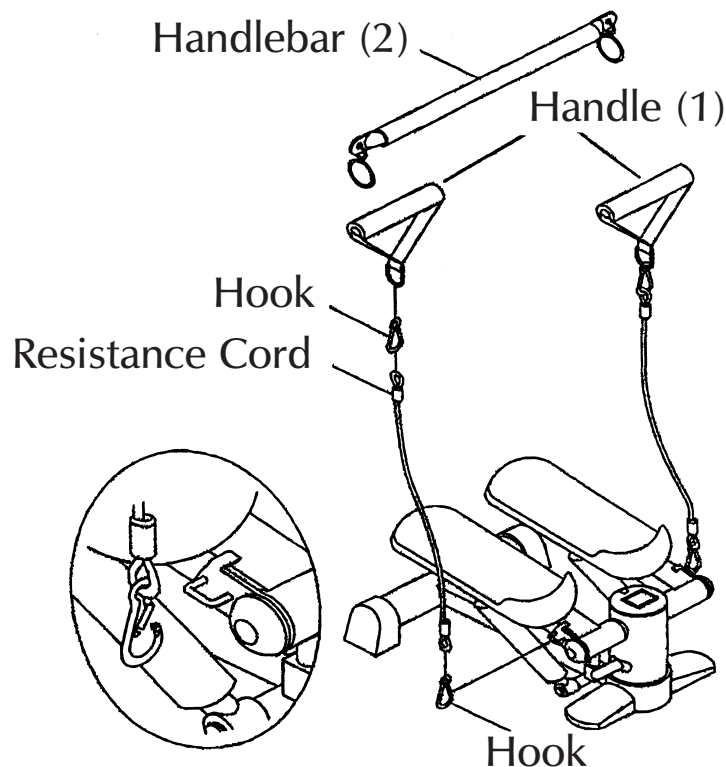
Do not jump on unit while stepping.

When first using unit, beginners and older people should steady themselves by holding onto a stationary object.

Attaching Handles

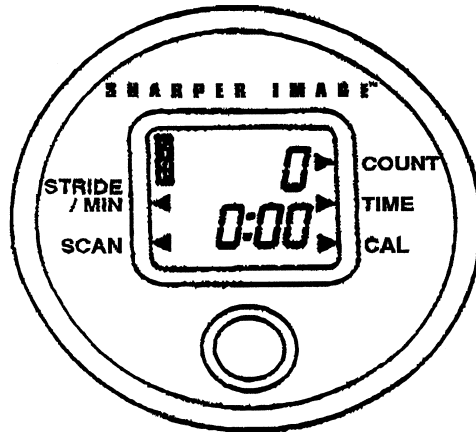
Please read instructions carefully before attaching handles. Make sure all nuts and bolts are securely tightened.

1. Locate metal loops near the toes of each footpad. Attach resistance cords to loops with hinged metal clips found on the end of both cords.
2. Attach individual handles or long handlebar to ends of resistance cords with metal clips.



The product herewith complies with the requirements of the EMC Directive 89/336/EEC and carries the "CE" mark accordingly.

Using Computer



Press gray button under LCD to select each function. Hold button for 3 seconds to reset all values to 0. Triangles on LCD point to activated functions. Computer turns off automatically after 4 minutes of inactivity.

TIME — counts exercise time from 0:00 to 99:59 in one-second increments.

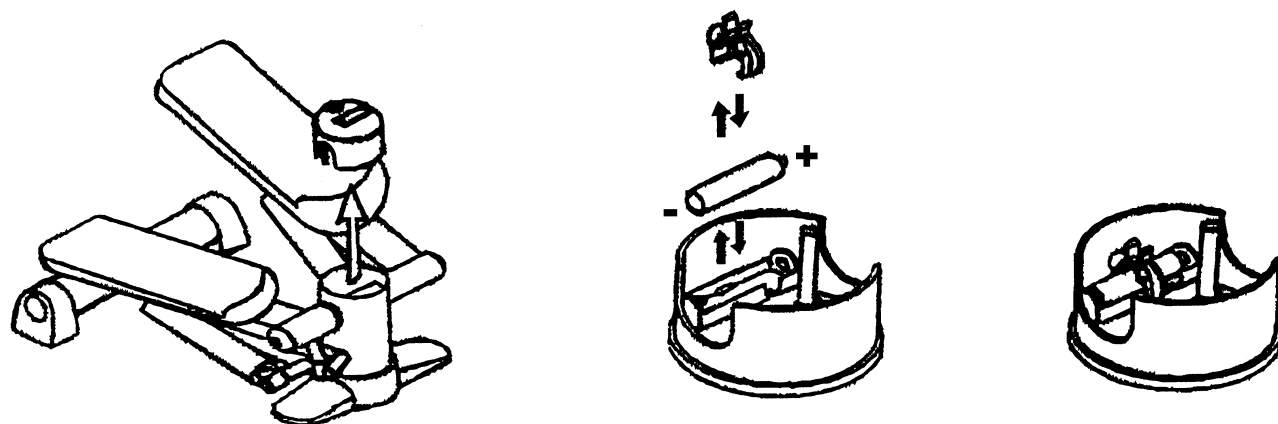
COUNT — counts the number of strides taken during each workout.

CALORIES — calculates the approximate number of calories burned during workout.

STRIDES/MIN — counts the number of strides taken per minute during workout.

SCAN — automatically displays each function in sequence.

Changing Battery



If computer does not turn on when you begin exercising, the battery may need to be replaced.

1. Grasp LCD face panel and pull straight up. Computer unit will slide out from main unit.
2. Remove clip holding battery in place.
3. Remove battery from battery compartment and replace with a fresh AAA battery. Orient +/- ends of battery according to illustration in battery compartment.
4. Replace clip.
5. Replace computer unit in main unit. Make sure LCD panel is properly oriented.

Using Mini Step & Flex 2.0

The physical conditioning benefits that can be achieved with the Mini Step & Flex 2.0 require regular and consistent use. It is important that you consult with your physician before starting this or any exercise program.

During your first several workouts, exercise 3-5 minutes at an easy pace, then stop, walk around and stretch for 1 minute. Return to the Mini Step & Flex 2.0 and perform one of the basic arm exercises for 3-5 minutes. Exercise in this manner for 10-15 minutes every other day for the first several weeks. Progress at your own pace, gradually adding 1 minute to your total exercise time until you are exercising at least 15 minutes every other day.

Tension for the upper body exercises is provided by two resistance cords. Each cord provides approximately 5-8 pounds of resistance. Cords may stretch and lengthen after vigorous or prolonged use.

For a total body workout, perform at least one of the upper-body exercises while stepping.

Using Mini Step & Flex 2.0

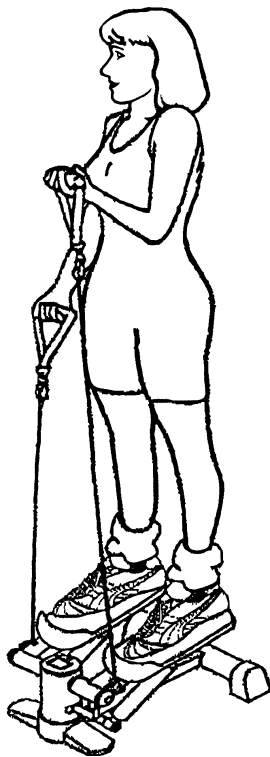


Image A

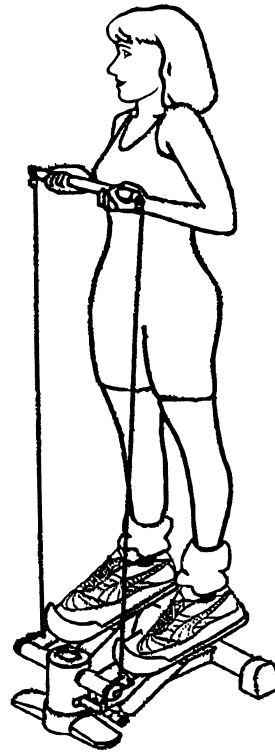


Image B

IMAGE A: Arm Curls — Single Handles (biceps and forearms)

Grasp handles with an underhand grip. While stepping, alternate raising and lowering each hand.

IMAGE B: Arm Curls — Long Handlebar (biceps and forearms)

Grasp handlebar with an underhand grip. While stepping, alternate raising and lowering arms.

Using Mini Step & Flex 2.0

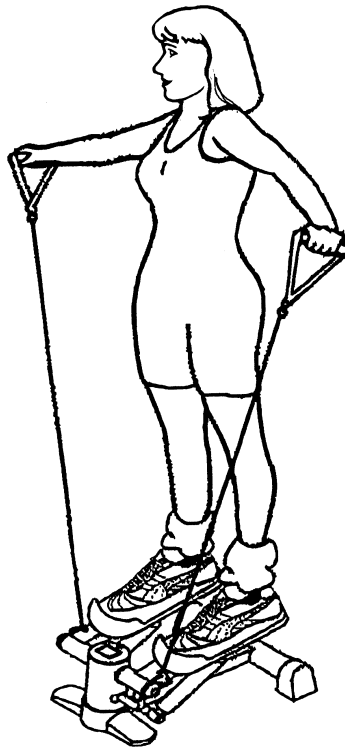


Image C

IMAGE C: Arm Raises - Single Handles (deltoids)

Grasp handles with an overhand grip. Raise and lower arms one at a time or together.

WARRANTY

What Is Covered

This warranty covers any defects in materials or workmanship, with the exceptions stated below.

How Long Coverage Lasts

This warranty runs for 90 days from the date of original purchase.

What Is Not Covered

This warranty does not cover damage caused by misuse or use other than as intended and described in the product instruction manual, or loss or damage to batteries or removable parts.

What The Sharper Image Will Do

The Sharper Image will repair any defects in materials or workmanship. In the event repair is not possible, The Sharper Image will either replace this product with one of similar features and price, or refund the full purchase price of the product, whichever you prefer.

How to Obtain Service

Return the product and receipt, along with a brief explanation of the problem, to:

T.S.I. - Returns Department
2901-A West 60th Street
Little Rock, AR 72209

If you have questions please feel free to contact our customer service representatives at 1-800-344-5555 or by email at care@sharperimage.com.

This warranty gives you specific legal rights, and you may have other legal rights that vary from state to state.

Sharper Image Corporation
650 Davis St., San Francisco, CA 94111
(415) 445-6000

Shop online: **www.sharperimage.com**

Due to continuing improvements, actual product may differ slightly from the product described herein.

V2 12/02