

TEMKIN B0CG9H6LT2 ELLIPTICAL MACHINE CROSS TRAINER STEPPER



# TEmkin B0CG9H6LT2 Elliptical Machine Cross Trainer Stepper User Manual

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**Temkin B0CG9H6LT2 Elliptical Machine Cross Trainer Stepper**



### Product Specifications

- **Maximum User Weight:** 100kg
- **Features:** Electronic Meter, Hydraulic Rod, Exercise Straps
- **Usage:** Stepper for indoor exercise

### Product Usage Instructions

#### Installation Steps

Remove the adjustment button and insert the knob into the correct position as shown in the diagram. The tightness of the knob controls the height of the pedal. Finally, lock the elastic band on the pull ring to complete the assembly.

#### Instructions for Usage

Follow these steps while using the stepper:

- Exercise at least every other day, gradually increasing from 5 to 30 minutes per session.
- Choose different functions on the electronic meter for tracking progress.
- After exercise, stretch your muscles to reduce soreness. Stay hydrated during exercise and avoid excessive cold drinks.

#### Stretching Exercises

Perform these stretching exercises after using the stepper:

1. Calf Stretch: Heels touch the ground and tilt towards the wall. Hold for 10-15 seconds and repeat.
2. Quadriceps Stretch: Balance against a wall, grab your heel and pull towards your hips. Hold for 10-15 seconds and repeat for each leg.

#### Attention

- The machine should be on a flat and stable surface.
- Consult a healthcare provider before starting a workout.
- Avoid using if pregnant or fitted with medical implants without consulting a doctor.
- Warm up with stretching exercises before using the stepper.
- Stop exercising if you experience any discomfort and seek medical advice.
- Cool down the hydraulic cylinder after 20 minutes of continuous use.

Please read this manual carefully before using the product and keep it.

## Product Structure



Parts list					
Item	Nama	QTY	Item	Nama	QTY
①	Pedal	2	②	Electronic Meter	1
③	Adjust knob	1	④	Hydraulic Rod	2
⑤	Base frame	1	⑥	Pulley	1
※ Updated ones with exercise straps					

## Installation Steps



Remove the adjustment button and insert the knob into the correct position as shown in the diagram. The tightness of the knob controls the height of the pedal. Finally, lock the elastic band on the pull ring to complete the assembly.

## Instructions

### 1. Instructions for electronic meter



- **Scan:** Show different kinds of functional values automatically in order.
- **Time:** From 0-99:55.
- **Calorie:** Accumulate calorie consumption when exercising only for reference value, not for medical reference.
- **Count:** Accumulate the number of steps and the ratio of stepper minutes.
- **Mode:** Can choose various function keys fit keeps 3 seconds, all the values will return to zero and restart to calculate.

2. **Important note** input will be displayed. Press the mode button can choose four functions (times, second time, calorie, auto scan) the small arrow on the screen will show various functions corresponding to the four arrows

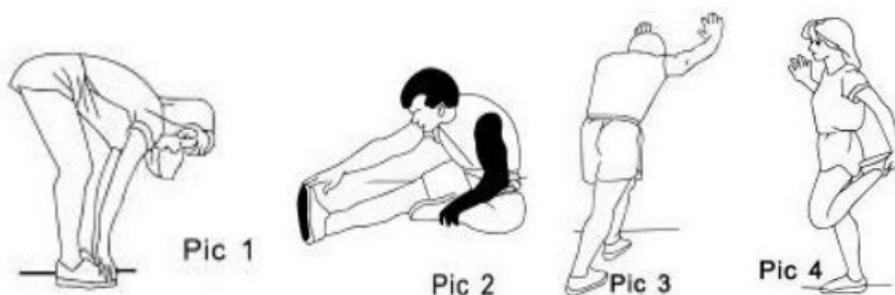
below the screen auto scan. The screen will show automatically 4 seconds separately from the limes/second time, calories under this condition. Auto power off if there is no signal input lasting 4 seconds the screen will power off automatically But it will input the signal again by exercising or touching the mode button.

3. **Start workout:** Put the treadmill on the smooth ground. It is suggested to pave the blanket under it to avoid damage to the ground for long-term usage.
  1. **Step 1:** put left foot on the left pedal and press down until it stops when touching the bottom.
  2. **Step 2:** Put your right foot on the right pedal.
  3. **Step 3:** Start to exercise at a slow pace and gradually familiarize yourself with the unique stepping rule. If you want to adjust the obstruction of the pedal, please first come down the treadmill and then adjust the knob or obstruction joystick.
4. **Exercise frequency** It is suggested that you should exercise at least every other day.

At the beginning, you can do 5 minutes ahead then add gradually to 15 minutes, up to 30 minutes, Or 10 minutes each until to complete three units. You can also insist! exercising every day. Please remember to exercise within your abilities after exercising to reduce muscular soreness the following days, it is important to do some stretch exercises. Take a deep breath drink water and relax the body will make you feel well and have a sense of achievement.

### Stretching exercise

1. **Stretch down:** Bend your knees slightly, bend your body slowly forward, relax your back and shoulders, and touch your toes as much as possible. Hold for 10-15 seconds, then relax. Repeat 3 times.
2. **Hamstring stretch:** Sit on a clean cushion, straighten one leg, and draw the other inward so that it is snug on the inside of the straightened leg, and try to touch the toes with your hands. Hold for 10-15 seconds, then relax. Repeat 3 times for each leg.
3. **The calf and heel are stretched:** Hold the wall with both hands or stand with one foot behind, keep the hind legs upright, and the heels touch the ground and tilt toward the wall. Hold for 10-15 seconds and then relax. Repeat 3 times for each leg.
4. **Quadriceps stretch:** Balance with your left hand against a wall or table, then reach back with your right hand, grab your right heel and slowly pull it toward your hips until you feel the muscles in the front of your thigh tighten. Hold for 10-15 seconds, then relax. Repeat for each leg.



### Attention

1. The user's weight should not exceed 100kg.
2. The machine should be placed on a flat and stable surface for use. If necessary, place fabric underneath the machine to protect the floor or blanket.

3. Please consult your healthcare practitioner before working out. Please wear appropriate sportswear for your workout.
4. Please keep babies and pets away from the machine to avoid causing accidents.
5. Users who are pregnant or who are fitted with implantable medical products such as pacemakers should consult a doctor before use.
6. Please warm up by doing stretching exercises before use.
7. If you experience any discomfort such as chest tightness, arrhythmia, shortness of breath, dizziness, etc., please stop exercising immediately and consult your doctor before continuing.
8. If the hydraulic cylinder is used continuously for 20 minutes, use it after it has cooled down.
9. Drink plenty of water during exercise. You must replenish moisture lost from excessive exercise to prevent dehydration.

Avoid drinking plenty of ice water or beverages, and the temperature of your drinking water or beverage is equal to room temperature.

## FAQ

**Q: Can this stepper be used by individuals over 100kg?**

A: No, the maximum user weight limit is 100kg. Exceeding this limit may cause damage to the machine.


**Q: What should I do if I experience chest tightness during exercise?**

A: Stop exercising immediately and consult a doctor before continuing. It's important to prioritize your health and safety.

**Q: How often should I replace the elastic bands on the stepper?**

A: It is recommended to inspect the elastic bands regularly for wear and tear and replace them if they show signs of damage to ensure safe usage.

## Documents / Resources

	<p><a href="#">TEmkin B0CG9H6LT2 Elliptical Machine Cross Trainer Stepper</a> [pdf] User Manual  B0CG9H6LT2 Elliptical Machine Cross Trainer Stepper, B0CG9H6LT2, Elliptical Machine Cross Trainer Stepper, Machine Cross Trainer Stepper, Cross Trainer Stepper, Trainer Stepper, Stepper</p>
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## References

- [User Manual](#)

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