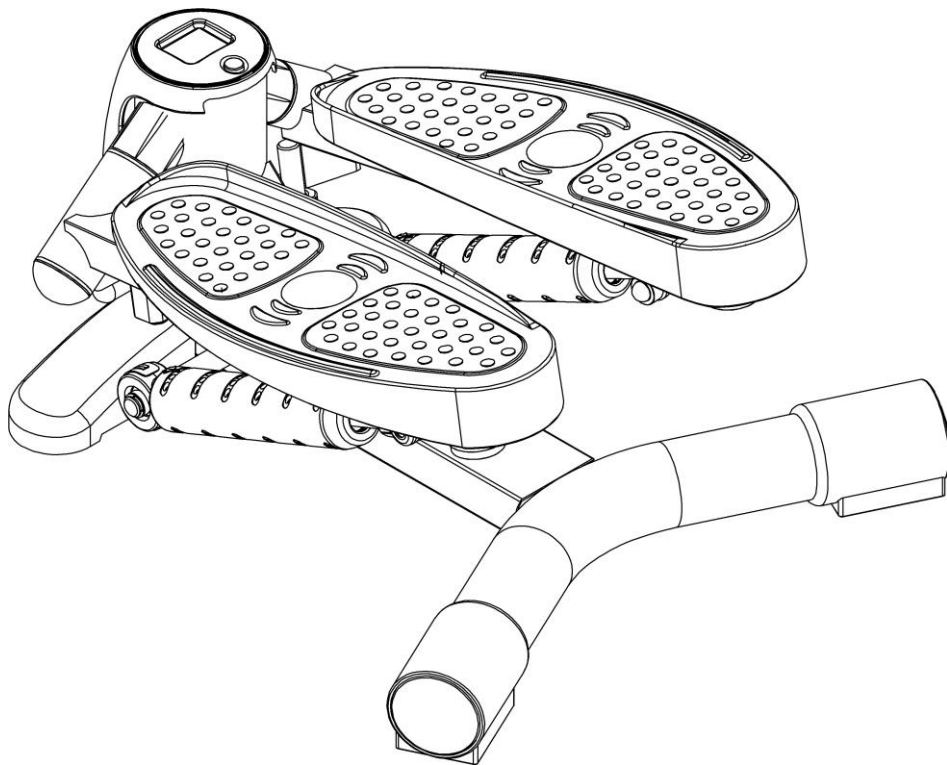




TWIST-IN STEPPER

SF-S0636

USER MANUAL



IMPORTANT! Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

IMPORTANT SAFETY NOTICE

Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions:

1. The Twist-In stepper is not a toy. Keep children and pets away from the machine at all times. Do not leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Position the machine on a clear, level surface. Do not use the machine near water or outdoors.
5. Keep hands away from all moving parts.
6. Always wear appropriate workout clothing when exercising. Do not wear clothes or accessories that could become tangled in the machine. Athletic shoes are recommended when using the machine.
7. Use the machine only for its intended use as described in this manual.
8. Do not place any sharp object around the machine.
9. This machine is intended for indoor home use only. It is not intended for commercial use!
10. Before using the machine to exercise, always do stretching exercises to properly warm up.
11. Check the machine regularly for wear and tear and damage to parts. Make sure parts are properly tightened before use.
12. Never use the machine if the machine is not functioning properly.
13. Maximum user weight is 220 lbs.

CAUTION:

The seller is not responsible or liable for indirect, special or consequential damages or injuries arising out of or in connection with the use or performance of the product or other damages.



WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

Check regularly all screw-connections and moving parts. Damaged parts have to be changed immediately. Do not use the product until it has been repaired.

Clean your equipment with non-caustic detergents. Use a soft cloth for drying after cleaning.

A) This product has been tested in accordance with the requirements of EN 957-1, 957-8 standard, class H (home use). The maximum load is limited to 100 kg.

B) The CE marking of this item is in regard to the electromagnetic compatibility (EC-directive 89/EWG) as well as to the electrical safety.

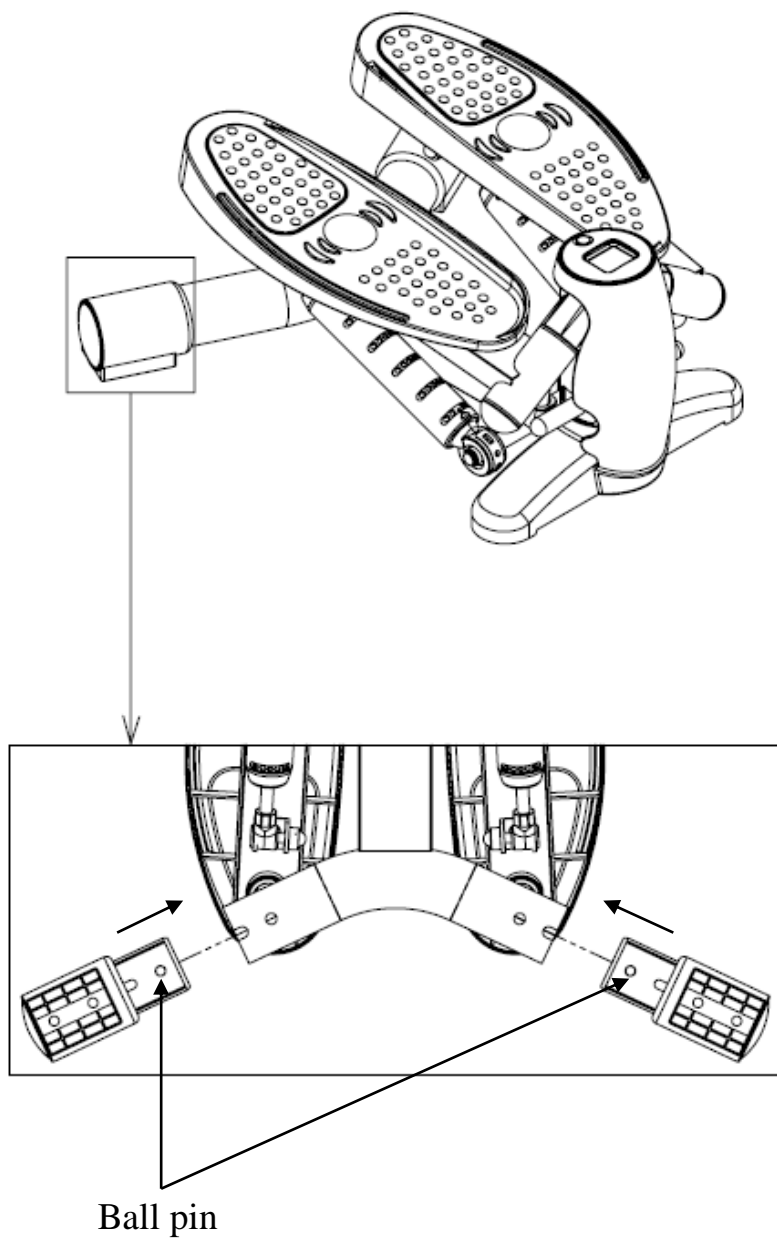
Always make sure that the product is placed onto a flat and non-sliding surface.

NOTE:

We recommend that you place a non-slip mat underneath the stepper to protect your carpet or floor.

ASSEMBLY INSTRUCTIONS

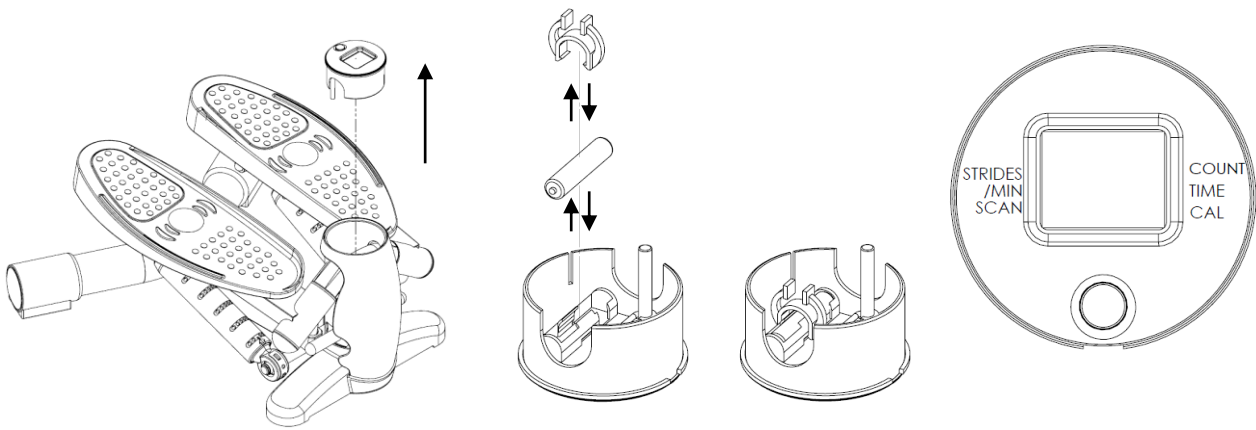
Put the 2 **Plastic End Pieces (13)** onto the rear tube. Make sure the ball pins pop into the holes on the bottom of the rear support. See drawing below.



BATTERY INSTALLMENT (REPLACEMENT):

If the meter display is not clear, try replacing the battery. The stepper uses 1 x 1.5V AAA battery.

To replace the battery, use the notch that is next to the button and gently pull the meter up slightly to loosen. Carefully pull the meter out all the way. Change the battery. Put the meter back into the stepper. Dispose of old battery according to your state and local guidelines.



METER FUNCTIONS:

Press the button to select a function.

SCAN : Automatically displays each function in sequence for a few seconds each.

TIME : Counts from 00:00 up to 99:59 in one-second increments.

CALORIES : Accumulates the calories burned during your exercise. This is a rough guide and should only be used as a comparison figure over several exercise sessions.

COUNT : Accumulates the numbers of strides during a workout session.

STRIDES/MIN: Displays strides per minute.

NOTE:

1. To turn on the power, just press the button or start exercise.
2. After 4 minutes of inactivity, the meter will turn off automatically.
3. To reset the values, press and hold the button for 3 seconds.

| Parts List | | |
|------------|---------------------------------------|-----|
| NO. | DESCRIPTION | QTY |
| 1 | Main frame | 1 |
| 2 | Pedal holder, right | 1 |
| 3 | Pedal holder, left | 1 |
| 4 | Hydraulic cylinder | 2 |
| 5 | Pedal, right | 1 |
| 6 | Pedal, left | 1 |
| 7 | Front base support | 1 |
| 8 | Plastic spacer | 1 |
| 9 | Meter | 1 |
| 10 | Magnet | 1 |
| 11 | Axle, diam. 16x170 mm | 1 |
| 12 | Square plastic bushing, diam. 25.4 mm | 2 |
| 13 | Plastic end piece | 2 |
| 14 | Plastic bushing, diam. 38 mm | 2 |
| 15 | Plastic spacer | 2 |
| 16 | C-Ring | 2 |
| 17 | Plastic Cap | 2 |
| 18 | Pedal stopper | 2 |
| 19 | Screw M8 x 40 mm | 2 |
| 20 | Screw M6 x 23 mm | 4 |
| 21 | Nut M8 | 2 |
| 22 | C-ring | 2 |
| 23 | Screw M8 x 20 mm | 1 |
| 24 | Washer 72 mm | 1 |
| 25 | Washer 38 mm | 4 |
| 26 | E-Ring | 2 |
| 27 | Cover | 1 |
| | | |

