

EXERCISE MONITOR INSTRUCTION MANUAL

SPECIFICATIONS:
TIME(TMR).....00: 00~99: 59MIN
COUNT(REPS).....0~9999
CALORIE(CAL).....0~9999KCAL
※TOTAL COUNT(TTR).....0~9999
※REPS/MIN(STRIDES/MINUTE).....0~9999

KEY FUNCTIONS:
MODE(SELECT/RESET):This key lets you to select and lock on to a particular function you want.

- OPERATION PROCEDURES:
- AUTO ON/OFF
 - The system turns on when any key is pressed or when it sensor an input from the speed sensor.
 - The system turns off automatically when the speed has on signal input or no key are pressed for approximately 4 minutes.
 - RESET

The unit can be reset by either changing battery or pressing the MODE key for 3 seconds.
 - MODE

To choose the SCAN or LOCK if you do not want the scan mode,press the MODE key when the pointer on the function you want which begins blinking.

- FUNCTIONS:
- TIME:Press the MODE key until pointer lock on to TIME.The total working time will be shown when starting exercise.
 - COUNT:Press the MODE key until pointer lock on to COUNT.Automatically accumulates workout count when starting exercise.
 - CALORIE:Press the MODE key until pointer lock on to CALORIE.The calorie burned will be displayed when starting exercise.
 - TOTAL COUNT(IF HAVE):Press the MODE key until pointer lock on to TOTAL COUNT. Automatically accumulates workout count when starting exercise.
 - REPS/MIN(IF HAVE):press the MODE key until pointer lock on to REPS/MIN.Display current speed during working time.

SCAN:Automatically display changes every 4 seconds.
BATTERY:
If improper display on monitor,please reinstall the batteries to have a good result.

Soozier
Assembly Instructions



Important Safety Information

Please keep this manual in a safe place for reference.

- It is important to read this entire manual before assembling and using the equipment. Safe and efficient use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
- Before starting any exercise program you should consult your doctor to determine if you have any physical or health conditions that could create a risk to your health and safety, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
- Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: Pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, feelinglight headed, dizzy or nauseous. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
- Keep children and pets away from the equipment. The equipment is designed for adult use only.
- Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. For safety, the equipment should have at least 0.5 metre of free space all around it.
- Before using the equipment, check the nuts and bolts are securely tightened. Some parts like pedals, etc., It's easy to be wared away.
- The safety level of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
- Always use the equipment as indicated. If you find any defective components whilst assembling or checking the equipment, or if you hear any unusual noise coming from the equipment during use, stop. Do not use the equipment until the problem has been rectified.
- Wear suitable clothing whilst using the equipment. Avoid wearing loose clothing which may get caught in the equipment or that may restrict or prevent movement. Please run it slowly in the beginning. Please hold the handlebar tightly and do not let your body leave the seat when exercise.
- The equipment has been tested and certified to EN957 under class H.C. Suitable for domestic, home use only. Maximum weight of user, 100kg. Breaking is speed independent.

Important! If the elastic ropes are not being used whilst training with the stepper, they must definitely be unhooked and removed from the device. This is to avoid a risk of tripping.

Setting the rising height

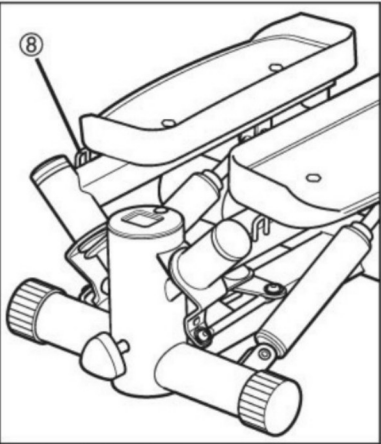
You can use the adjusting screw ③ to set the position of the pedals and thus adjust the rising height.

- Turning clockwise makes the pedals steeper.



6. Press slightly on the lug ⑦ and insert the computer ⑤ into the post without pinching the cable. If necessary, rotate the computer so that the display lettering can be read during training.

7. Place the device on a firm, level surface with a non-slip protective covering for your floor or carpet. Maintain a safe distance around the device of 2 x 2 m away from other objects and walls.



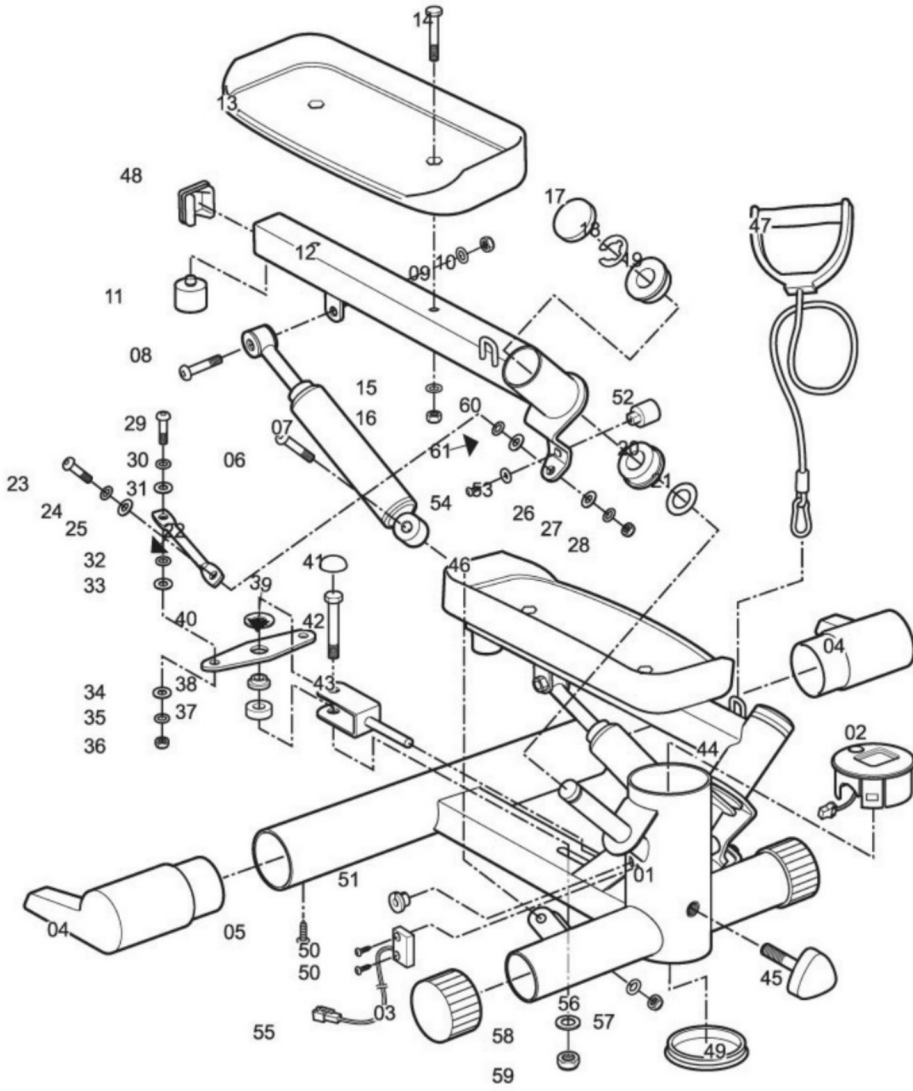
8. Hook both elastic ropes into the eyelets ⑧ that are located in front of the pedal treads. Then tighten the screw connection on both rope hooks. Before every training session in which you want to use the elastic ropes, please make sure the screw connections on the rope hooks are always closed.

9. Caution: The hooks on the stepper must not be subjected to loads crossways, since they have only been designed to withstand tensile loads in an upwards direction. The same applies to the hooks on the elastic ropes. Ignoring these instructions can lead to the hooks on the stepper breaking.

No.	Quantity	Component
1	1	Base frame
2	1	Computer
3	2	Front plastic foot
4	2	Rear plastic foot
5	2	Self-tapping screw 17.5 mm
6	2	Bolt M8 x 43 mm
7	2	Hydraulic cylinder
8	2	Bolt M8 x 43 mm
9	2	Washer
10	2	Self-locking nut M8
11	2	Stopper
12	1	Right crossbeam
13	1	Right footrest
14	4	Bolt M8 x 55 mm
15	4	Washer
16	4	Self-locking nut M8
17	2	Plastic cap for the cross-beam
18	2	Retaining ring
19	2	Plastic bush
20	2	Plastic bush
21	2	Washer
22	2	Diagonal connector
23	2	Bolt M8 x 335
24	2	Washer
25	2	Plastic washer
26	2	Plastic washer
27	2	Washer
28	2	Self-locking nut M8
29	2	Bolt M8 x 335
30	2	Washer

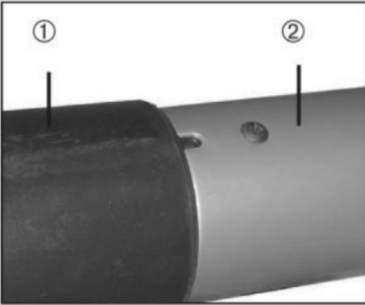
31	2	Plastic washer
32	2	Plastic washer
33	2	Washer
34	2	Plastic washer
35	2	Washer
36	2	Self-locking nut M8
37	2	Grommet
38	2	Guide bush
39	1	Reversing plate
40	2	Washer
41	2	Plastic cap
42	2	Bolt M12 x 81
43	1	Retaining clevis
44	1	Left crossbeam
45	1	Adjusting screw
46	1	Left footrest
47	2	Elastic ropes
48	2	Plastic cap for the cross-beam
49	1	Plastic cap
50	2	Screw
51	1	Cable guard
52	1	Magnet
53	1	Washer
54	1	Self-tapping screw 12 mm
55	1	Sensor with cable
56	2	Washer
57	2	Nut M8
58	1	Washer
59	1	Nut M12
60	2	Washer
61	2	Plastic washer

Replacement parts



Assembling and setting up

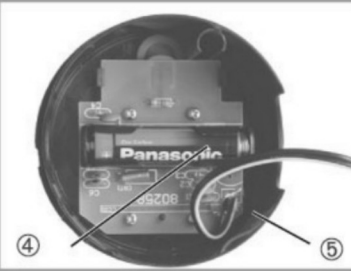
Most of the device is supplied pre-assembled. Only a few things need to be done in order to make it ready for use. You will need 1 cross-tip screwdriver (small).



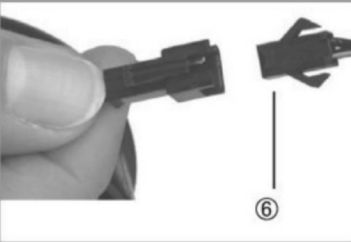
- Insert the two plastic feet ① into the rear floor tube ②. If necessary, rotate the foot ① until the slot fits into the recess of the floor tube ②.
- Screw the self-tapping screws into the pre-drilled holes on the underside of the floor tube.



3. Screw the adjusting screw ③ into the thread on the front frame.



4. Insert the supplied battery into the battery compartment ④ in the computer casing ⑤: negative terminal first. Make sure the polarity is correct!



5. Connect the computer to the device using the plug ⑥ without bending or breaking the pins inside.