

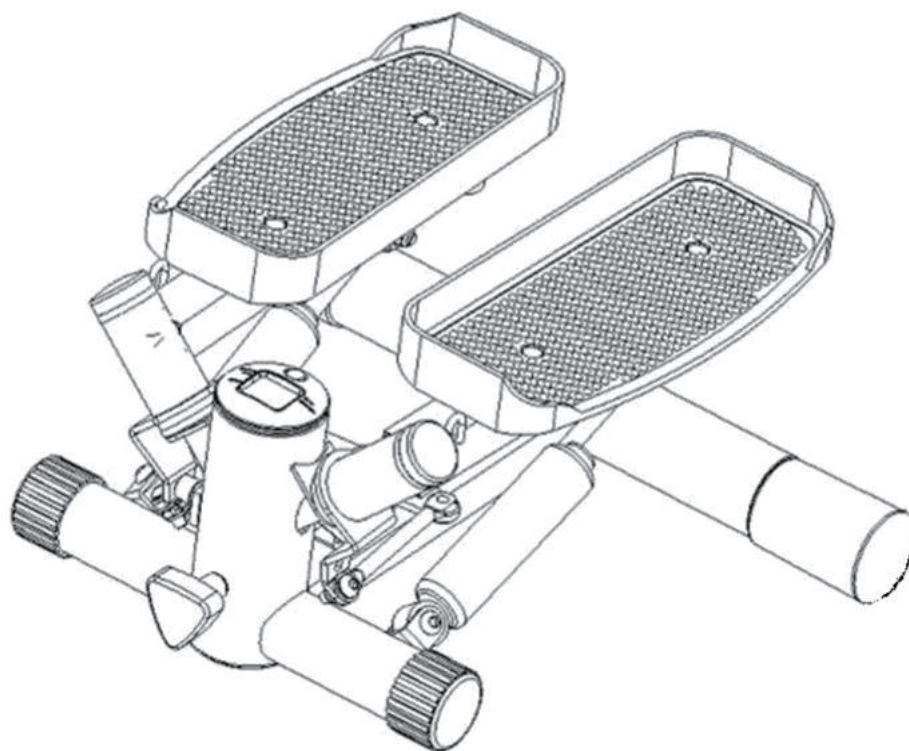
Soozier

INapc004_US

A90-280

Twist Stepper

Owner's manual



* Maximum user weight is 120 kg.

IMPORTANT, RETAIN FOR FUTURE REFERENCE: READ CAREFULLY

ASSEMBLY & INSTRUCTION MANUAL

SAFETY INSTRUCTIONS

READING CAREFULLY!

Please keep this manual in a safe place for easy reference

1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. It is your responsibility to ensure the full users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, 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.
3. 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, lightheadedness, dizziness, or feelings of nausea. If you do experience any of these conditions, you should consult your doctor before continuing with your exercise program only.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover on your floor or carpet. To ensure safety, the equipment should have at least 0.5 meters of free space all around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified."
9. An error may occur due to unstable power. DO NOT share a power socket with other high-powered items such as computers or air conditioning units.
10. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
11. The equipment has passed relevant tests and certifications. Suitable for home use only. Braking ability is independent of speed.
12. The equipment is not suitable for therapeutic use.
13. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance necessary.
14. DO NOT attempt to service the treadmill yourself except for the maintenance tasks which are described in this manual. The treadmill does not contain any user-serviceable parts so disassembling it yourself will not only void your warranty and could result in serious injury

Attention!

- 1.If the computer would not be displaying data normally, please install the battery again.
- 2.The battery must be taken out from the computer for safe treatment once it was out of energy for trash.
- 3.This manual is also suitable for equipment without computer.

MAINTAIN

Neutral detergent can be used to dilute the water to wipe the cloth carefully wipe the oil, and then dry with a dry cloth.

Do not use alkaline solvents, solvents such as solvent,volatile oils and other solvents.

MAINTENANCE / INSPECTION

Avoid high temperature, moisture or direct sunlight, please place in a well-ventilated place.

When not in use please fold the admission, and placed in the children can not touch the Department.

If you do not use it for a while, be sure to check the precautions before using this product and use it for normal use.

When you accidentally wet the product, use a dry cloth to avoid skidding.

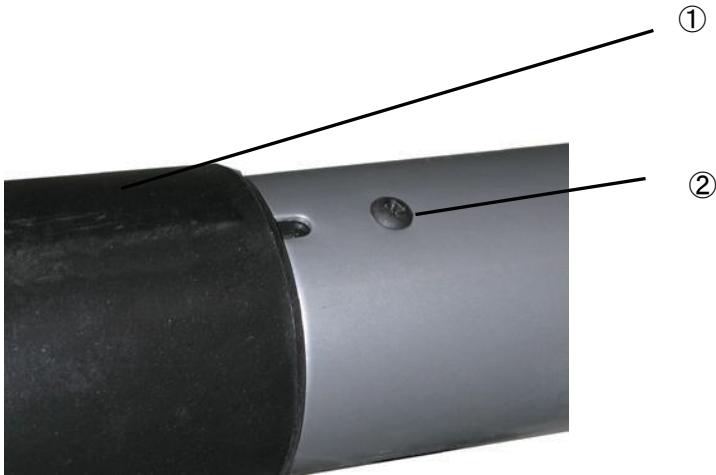
In case of malfunction, abnormality or any operational problem, please contact us at the company.

PRODUCT RECYCLING

Due to the different national recycling regulations, please refer to the relevant regulations.

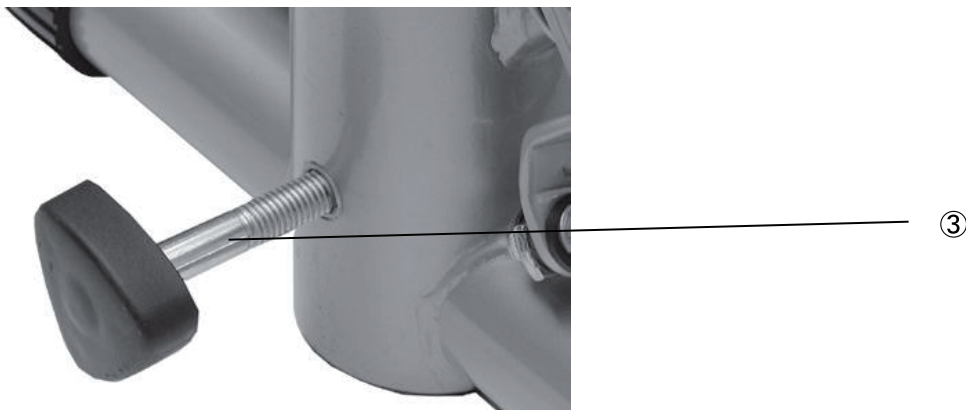
ASSEMBLING AND SETTING UP

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).

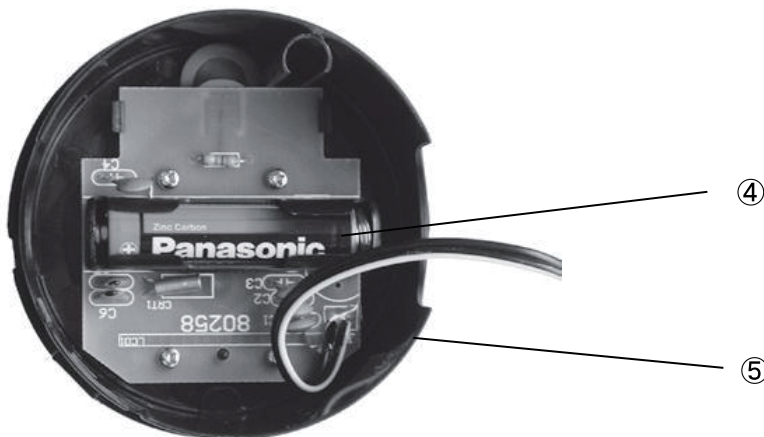


1. Insert the two plastic feet ① into the rear floor tube ② .If necessary, rotate the foot ① until the slot fits into the recess of the floor tube ② .

Screw the self-tapping screws into the pre-drilled holes on the underside of the floor tube.



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



3. Insert the supplied battery into the battery compartment ④ in the computer casing ⑤ :



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



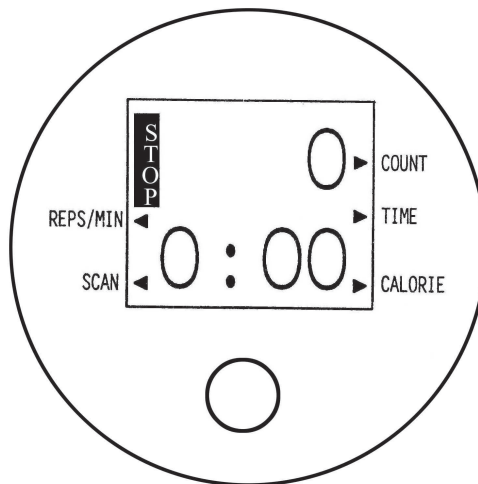
5. Press insert the computer ⑤ into the post without pinching the cable. If necessary, rotate the computer so that the display lettering can be read during training.

SETTING THE RISING HEIGHT



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

USING THE COMPUTER



FUNCTIONS

STOP : WHEN STOP PEDALING, "STOP" DISPLAYS ON LCD.

STEP/MIN (or STRIDES/MIN): Display strides in every minute

SCAN : Scan each function in sequence

TIME: Determine the length of workout session

CALORIES: Show the calories burned.

COUNT: Accumulate the number of stride during workout session

NOTE

1. WITHOUT ANY SIGNAL FOR A PERIOD OF 4 MINUTES, THE LCD DISPLAY WILL SHUT OFF

AUTOMATICALLY, AND ALL PREVIOUS WORKING VALUES ARE TOTAL RESET

2. WHEN THERE IS SIGNAL IN, THE MONITOR IS AUTO POWER ON.

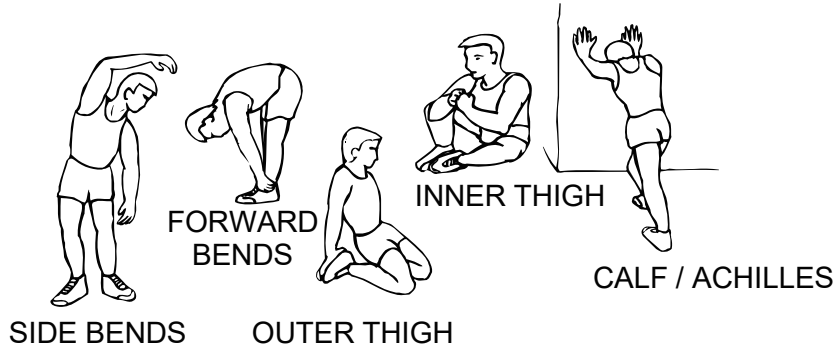
3. IF IMPROPER DISPLAY ON MONITOR, PLEASE-INSTALL THE BATTERIES TO HAVE A GOOD RESULT.

EXERCISE INSTRUCTIONS

Using your **Twist Stepper** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

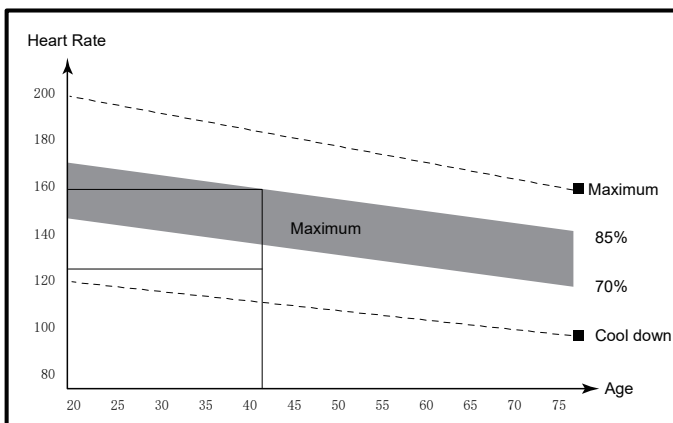
1. The Warm Up Phase

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds, do not force or jerk your muscles into a stretch - if it hurts, **STOP**.



2. The Exercise Phase

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The rate of work should be sufficient to raise your heartbeat into the target zone shown on the graph below.

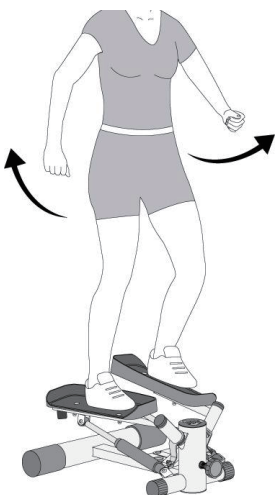


This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

3. The Cool Down Phase

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise e.g. reduce your tempo, continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week.



Exercise

Exercise: for thighs, calves and buttocks

1. Move your arms backwards and forwards very naturally whilst stepping – as if you were walking or climbing stairs.
2. Gradually raise your arms slightly higher.

