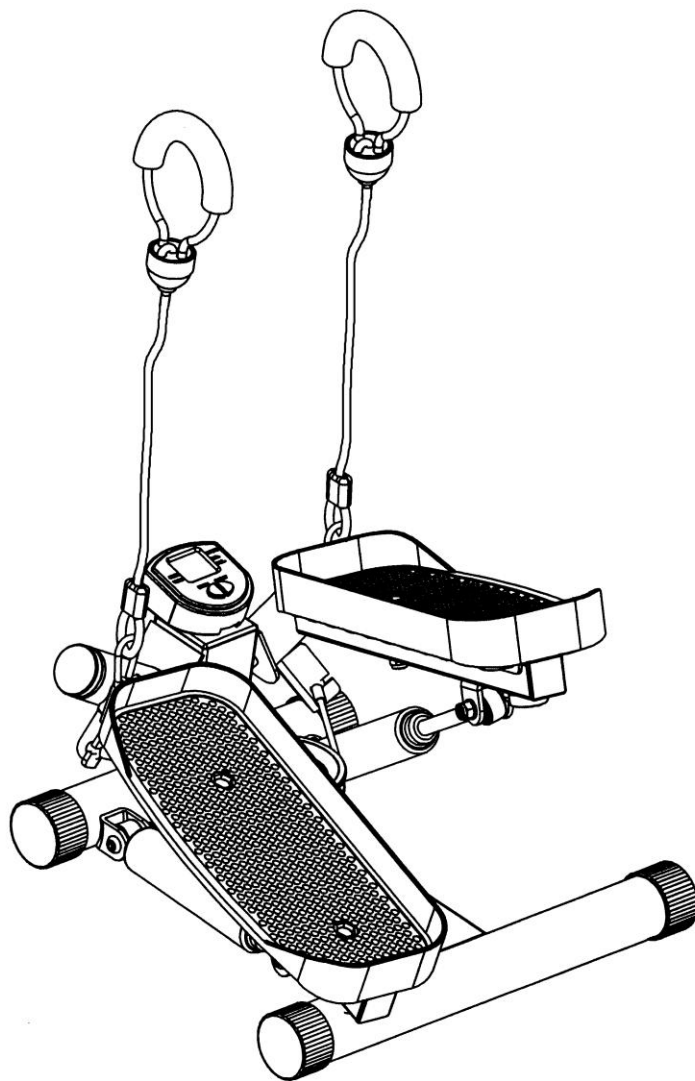


# MINI STEPPER - IRST31

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Dear customer,  
We would like to thank you for buying our home sports training equipment and hope that it gives your satisfaction. Please note and follow the information and instructions for assembly and use. If you have any questions, please contact us at any time.



## Important Safety Information

**This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before you assemble or operate your machine. In particular, note the following safety precautions**

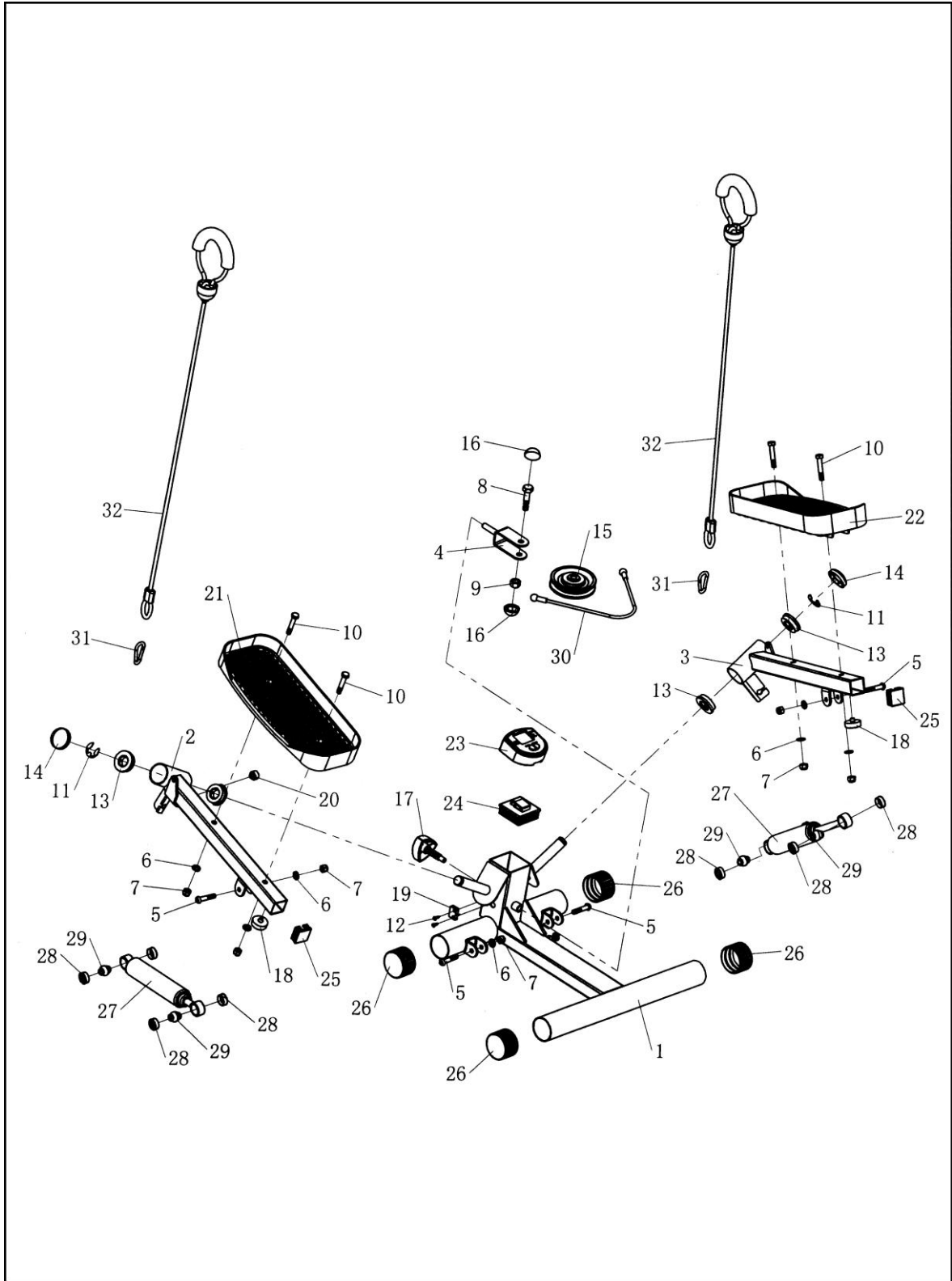
- Consult your physician before beginning this or any exercise or diet program, especially if you have concerns about your physician and fitness levels and overall suitability for using the trainer. This is especially important if you are over the age of 35, have never exercised before, pregnant or suffer from any illness.
- If you experience any pain or tightness in your chest, irregular heartbeat, and shortness of breath, faintness, or unusual discomfort during exercising, stop your workout at once and consult a physician before continuing.
- Read all warnings posted on the stepper
- **Keep children and pets away from the machine at all times. DO NOT leave children unattended in the same room with the machine.** The trainer is not a toy and not meant to be used by or near children. Please keep all children and pets away from the trainer during use as well as when the product is left unattended. If you have children, it is your responsibility to ensure that they do not place any part of their body such as their fingers under the unit while you are exercising. **SEVERE INJURY CAN RESULT IF BODY PARTS OR FINGERS ARE PLACED UNDER FOOT PEDALS OR UNIT DURING USE.**
- Only one person at a time should use the machine.
- This stepper is for consumer and home use only.
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- Use CAUTION when getting on or off the trainer. Until you are comfortable using the trainer please hold onto a solid chair or table placed in front of the trainer to hold on to when getting on or off the unit.
- Use the machine only for its intended use as described in this manual. DO NOT use attachments not recommended by the manufacturer.
- Do not place any sharp object around the machine.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
- Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
- Before using the machine to exercise, always do stretching exercises to properly warm up.
- KEEP fingers, limbs, loose clothing, and hair away from moving parts.

- Use only accessories and attachments recommended by the manufacturer. Use of any other attachments or accessories not recommended by the manufacturer will void the warranty and possibly cause serious personal injury or damage to the unit.
- Always choose the proper workout level which best suits your physical strength and flexibility.
- Follow your doctor's recommendations when developing your personal fitness program.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding this product or its exercise program, please see your physician.
  
- DO NOT use the trainer if it is damaged in any manner. Inspect unit before each use. Failure to observe this warning could result in personal injury while exercising.
- Never operate the machine if the machine is not functioning properly.
- Inspect the stepper for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
- Care should be taken in mounting or dismounting the stepper.

**SAVE THESE INSTRUCTIONS**

## Part List & Exploded View

No.	Description	Quantity
1.	Main Frame	1
2.	Left Foot Tube	1
3.	Right Foot Tube	1
4.	Pulley Rack	1
5.	Hex Socket Bolt M8X40	4
6.	Flat Washer 8	8
7.	Nylon Lock Nut M8	8
8.	Hex Bolt M10X45	1
9.	Nylon Lock Nut M10	1
10.	Hex Bolt M8X45	4
11.	Circlip 15	2
12.	Tapping Screw ST3.5X13	2
13.	Nylon Bearing	4
14.	End Cap	2
15.	Pulley	1
16.	Nut Cap M10	2
17.	Knob M12X50	1
18.	Stopper	2
19.	Sensor	1
20.	Magnet	1
21.	Left Foot Pedal	1
22.	Right Foot Pedal	1
23.	Meter	1
24.	Meter Stand	1
25.	Square Plug	2
26.	Round End Cap $\Phi 50$	4
27.	Resistance Cylinder	2
28.	Nylon End Cap	8
29.	Rotational Shaft	4
30.	Cable	1
31.	Link Snap	2
32.	Spring Rope	2



## Adjust Pedal Height

The trainer is shipped with the pedals set a medium height position. However, if you prefer, the height of the pedals can be adjusted to customize your workout to your fitness level. Increasing the pedal height increase the range of motion of each step for a more intense cardio workout.

### **To Adjust the Pedal Height:**

Lay the unit on the floor. Position yourself at the front of the unit so that the Knob is located the front side (refer to the picture)

### **To Increase the Pedal Height:**

Turn the Knob clockwise from left to right.

### **To Decrease the Pedal Height:**

Turn the Knob counter-clockwise from right to left.

