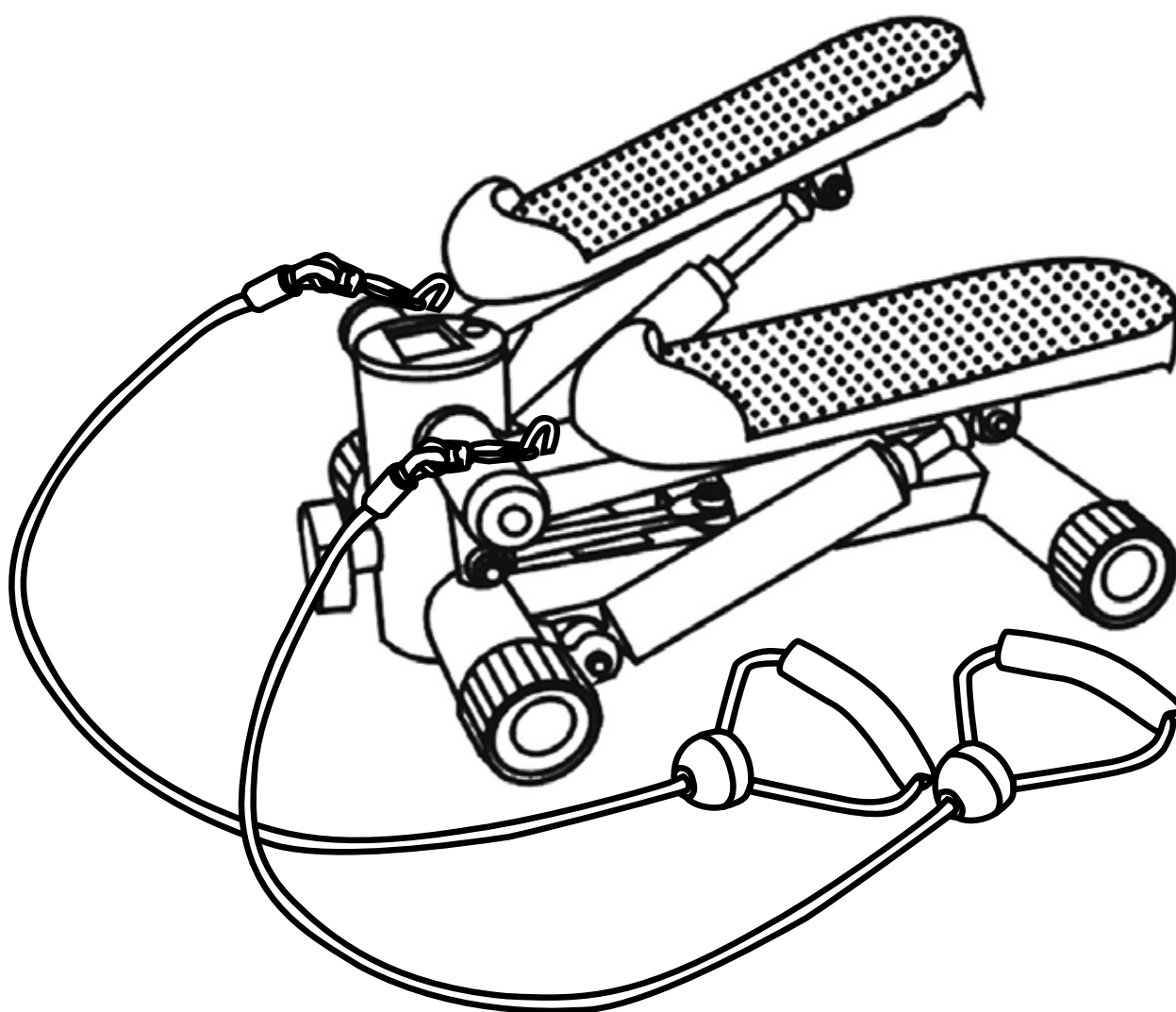


Mini Stepper

Assembly & User Instructions - Please keep for future reference

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opti



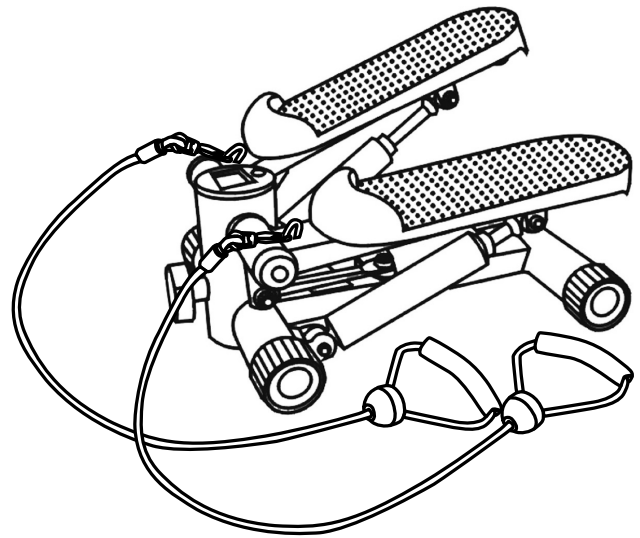
Important – Please read these instructions fully before assembly or use

These instructions contain important information which will help you get the best from your equipment and ensure safe and correct assembly, use and maintenance.

If you need help or have damaged or missing parts, call the **Customer Helpline: 0345 600 1714**
or visit **www.argos-support.co.uk**

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Safety Information



Important – Please read fully before assembly or use

This exercise equipment 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, operate or use this equipment.

Assembly

- The product must be installed on a stable and level surface. To protect the floor or carpet from damage, place a mat under the stepper.
- Keep children and animals away from the work area, small parts could pose a choking hazard if swallowed.
- Make sure you have enough space to layout the parts before starting.
- Dispose of all packaging carefully and responsibly.

Using

- It is the responsibility of the owner to ensure that all users of this product are properly informed as to how to use this product safely.
- This product is intended for domestic use only. **Do not** use in any commercial, rental, or institutional setting.
- Before using the equipment to exercise, always perform stretching exercises to properly warm up.
- If the user experiences dizziness, nausea, chest pain, or other abnormal symptoms **stop the workout and seek immediate medical attention.**
- Only one person at a time should use the equipment.
- Keep hands away from all moving parts.
- Always wear appropriate workout clothing when exercising. **Do not** wear loose or baggy clothing, since it may get caught in the equipment. Wear trainers to protect your feet while exercising.
- Use the equipment only for intended use, as described in this manual. Do not use attachments not recommended by the manufacturer.
- Keep this equipment indoors, away from moisture and dust. Do not put the equipment in a garage, outbuilding, covered patio, or near water.

- Your product is intended for use in clean dry conditions. You should avoid storage in excessively cold or damp places as this may lead to corrosion and other related problems that are outside our control.

This product is not suitable for therapeutic purposes.

- **Do not** place any sharp objects around the equipment.
- Disabled persons should not use the equipment without a qualified person or doctor in attendance.
- The maximum user weight for this product is **100kg**
- This product conforms to: EN ISO 20957 Part 1 and EN 957 Part 8 class (H) - Home Use - Class (C).
- Injuries to health may result from incorrect or excessive training
- The braking system on this product is speed-dependent.
- Keep unsupervised children away from the equipment.
- Use the equipment on a solid, flat and level surface with a protective cover for your floor or carpet.
- The stepping action is dependent.

Battery safety

- **Warning:** Incorrect installation of batteries may cause battery leakage and corrosion, resulting in damage to the computer.
- **Do not** dispose of batteries in a fire.
- **Do not** dispose of batteries with normal household waste, take to a local recycling centre.



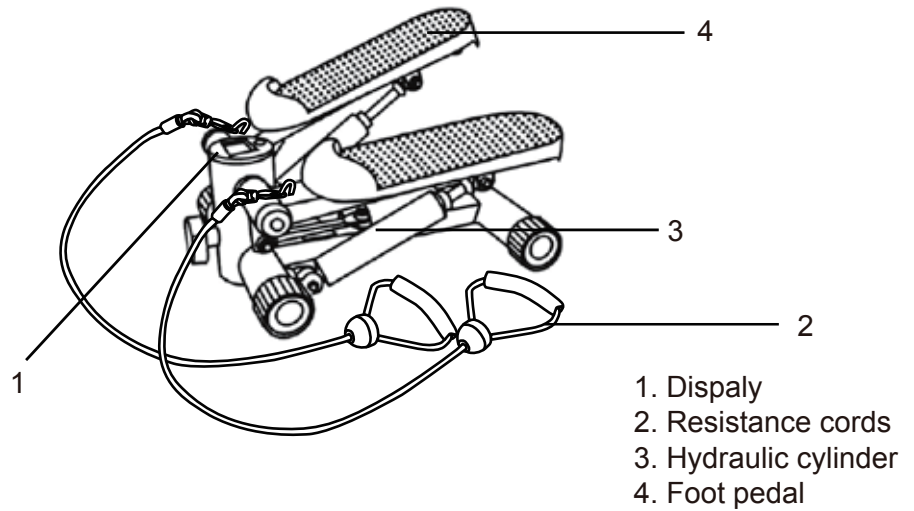
Warning: Before beginning any exercise program, consult your Doctor. This is especially important for persons over the age of 35 or persons with pre-existing health problems. You **MUST** read all instructions before using any fitness equipment. Argos and its associates assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

Assembly Instructions

Total mass of the product is 7.3 kg. Total size of the equipment is (width) 42cm x (depth) 31cm x (height) 20cm.

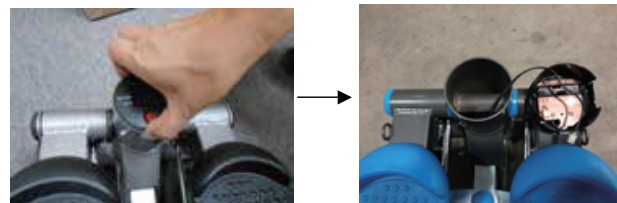
Step 1

1. Remove the computer from the stepper.
2. Insert the sensor wire into the computer.
3. Install an AAA battery.
4. Replace the computer back into the stepper.
5. Install the resistance cords.



Use

Twisting the adjustment knob between the two pedals can alter the range of movement of the pedals. To increase the range of movement turn the wheel clockwise. To decrease the range, turn the wheel anti clockwise. A large range of movement in the pedals requires more effort to push them down. This makes your workout harder (it's also better for toning your muscles). To gain the benefits from this aerobic exercise you must train for a minimum of 12 minutes, beginners usually do 15-20 minutes on a light setting. You should try to keep your rate of work (steps per minute) constant throughout the workout. As you get fitter you may need to train for longer and at a higher intensity. You should try to train at least 3 times a week, preferably on alternate days.



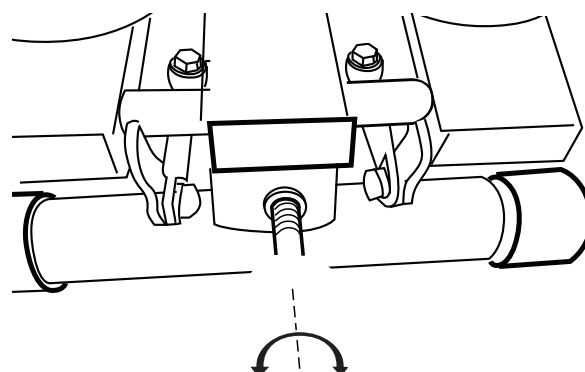
(2)

(3)

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(5)

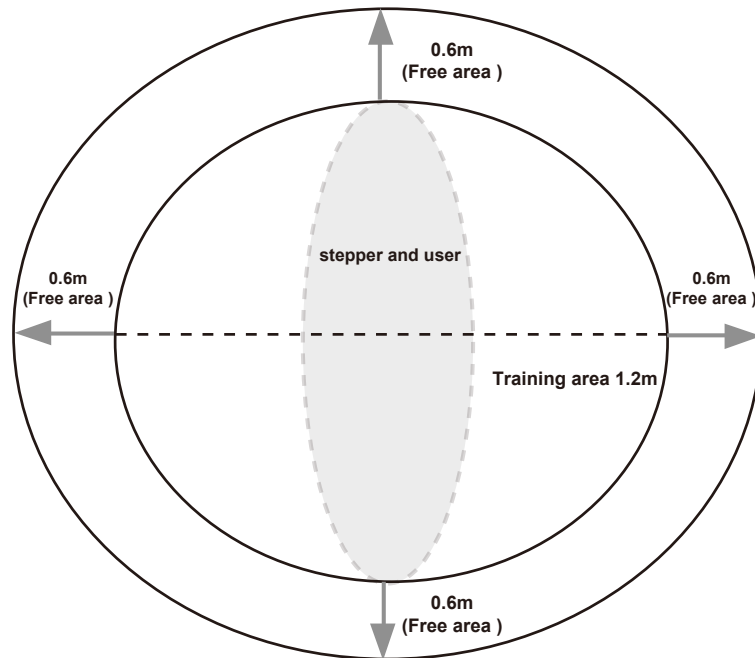


NOTE : The counter may not accumulate steps if the range of the movement is too small.

Free area and Training area

Please ensure you have 2.4m of space in which to use your stepper. The training area requires a circular area of 1.2m diameter. Beyond this you must have a further 0.6m in all directions to allow space for emergency dismount.

If you have two steppers in use, with two users, then the free area can be shared for the two products.





Press the button to display the following functions:

REPS/MIN: Display steps in every minute.

SCAN: Scan each function in sequence.

TIME: Determine the duration of workout session.

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

COUNT: Accumulate the number of steps during your workout session.

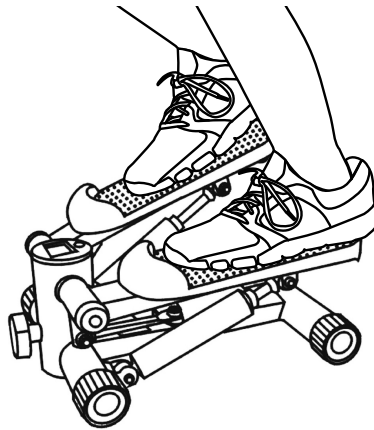
How to replace the battery:

1. Using the assembly instructions for guidance. Remove the computer from the stepper.
2. Remove the old battery.
3. Replace with a new battery and make sure the battery is positioned correctly.
4. Replace the computer into the stepper.

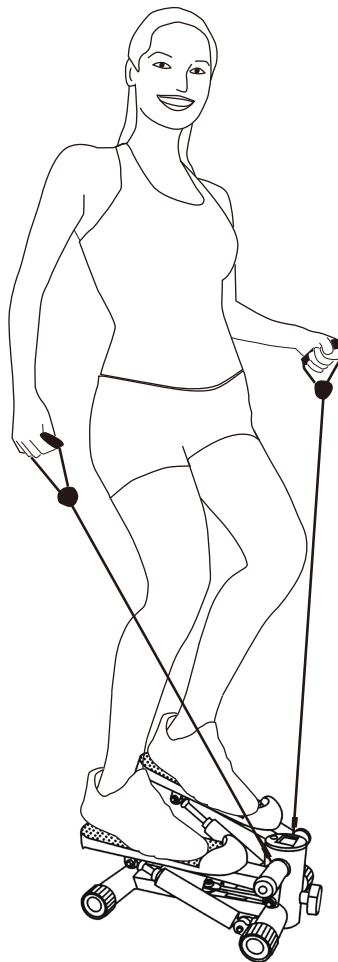
Exercising Information

Exercise Guide

(1)



(2)



Stretching length (cm)	120	140	160	185
Force (N) approximate	32.5 (N)	42.5 (N)	50 (N)	65 (N)

Warning : The maximum stretching length of the resistance cords is 185cm.

Exercising Information

Before starting

Tailor your exercise program according to your physical condition. If you have been inactive for several years, or are overweight, you must start slowly and increase your time on the equipment; a few minutes per increase is advisable.

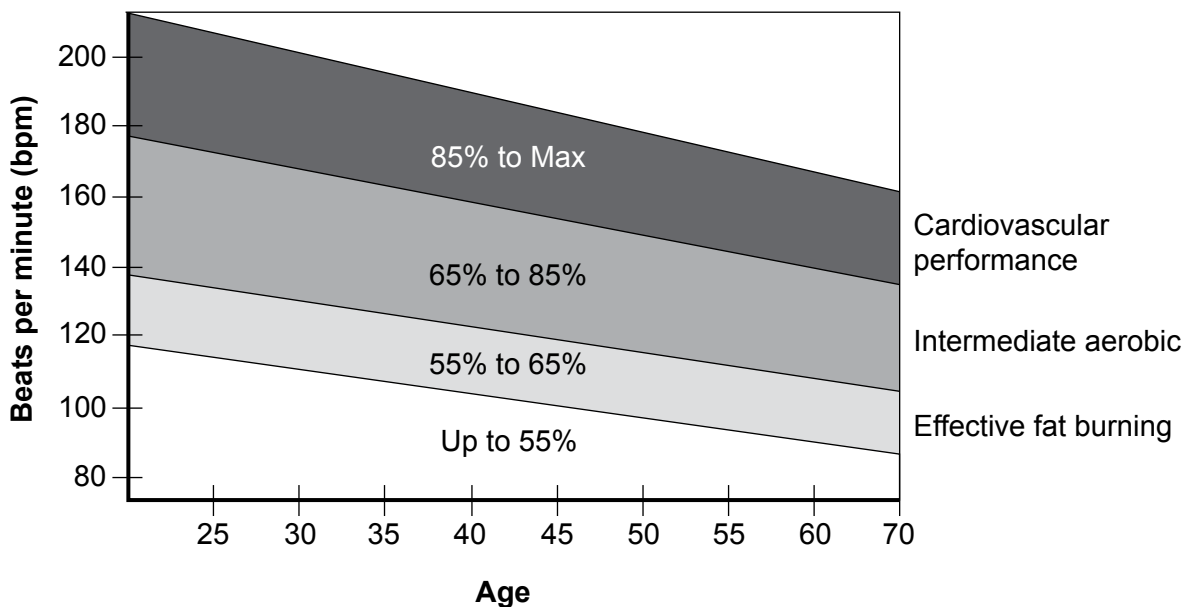
Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace.

Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals.
- Monitor your pulse frequently. Establish your target heart rate based on your age and condition.
- Set up your equipment on a flat even surface with adequate training area, as prescribed in this manual.

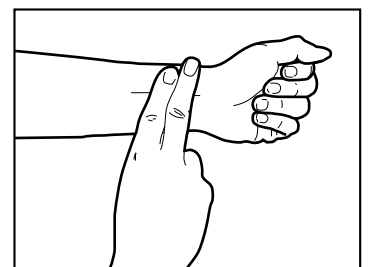
Exercise intensity

To maximize the benefits of exercising, it is important to exercise at an appropriate intensity. The intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.



During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place two fingers on your wrist. Take a six-second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.) Adjust the intensity of your exercise until your heart rate is at the required level.



Muscle chart

Aerobic Exercise

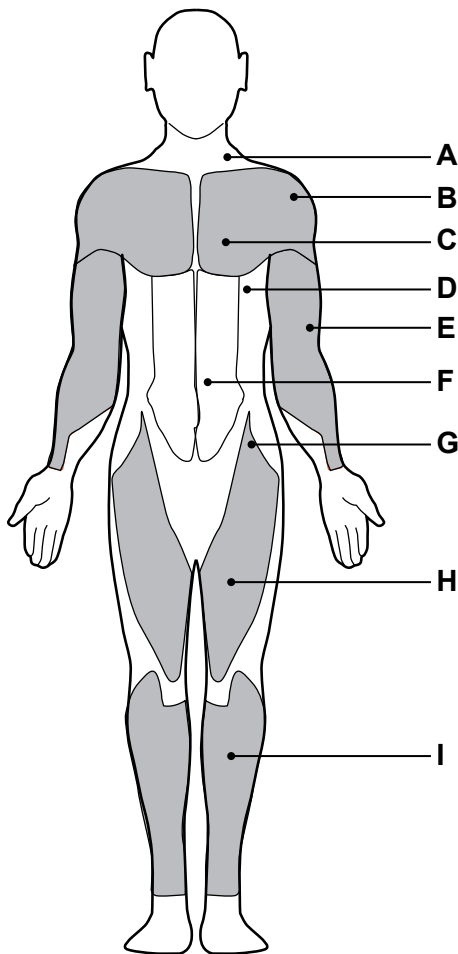
Aerobic exercise improves the fitness of your lungs and heart - your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttock, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should be part of your entire exercise routine.

Weight Training

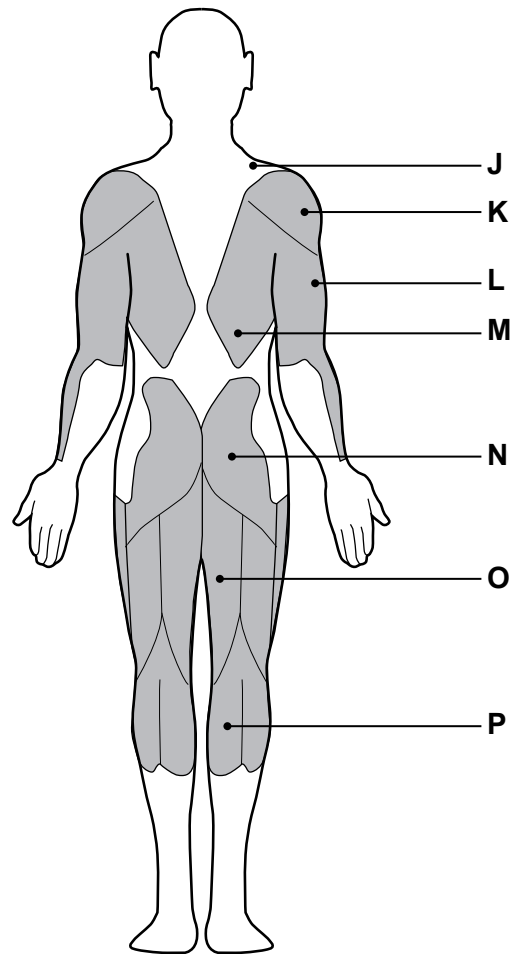
Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lower number of reps.

Targeted Muscle Groups

The exercise routine that is performed on the mini stepper will develop the upper and lower body muscle groups. These muscle groups are highlighted on the muscle chart below.



Front



Back

- A:** Trapezius
- B:** Anterior Deltoid
- C:** Pectoralis Major
- D:** Serratus Anterior
- E:** Biceps
- F:** Abdominal
- G:** Sartorius
- H:** Quadriceps
- I:** Tibialis Anterior

- J:** Trapezius
- K:** Posterior Deltoid
- L:** Triceps
- M:** Latissimus Dorsi
- N:** Gluteals
- O:** Hamstrings
- P:** Gastrocnemius

Exercising Information

Warming up and Cooling down

Each workout should include the following three parts:

1. A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
2. Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (**Note:** During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)
3. A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to reduce post-exercise muscle soreness.

Exercise Frequency

To maintain or improve your fitness, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

Suggested Stretches

For a correct warm up, see the following basic stretching exercises. Move slowly as you stretch, never bounce.

Toe touch stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Hamstrings, back of knees and back.



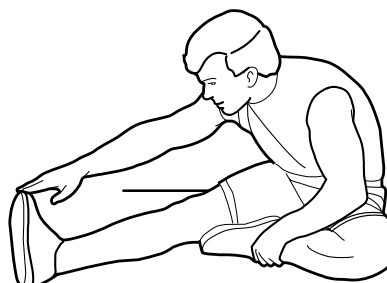
Hamstring stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.



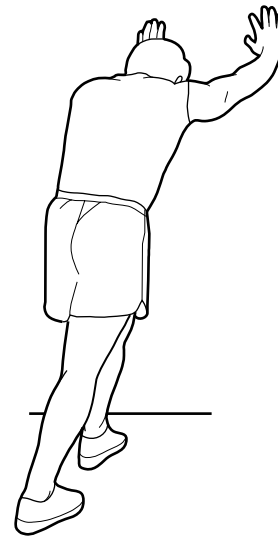
Calf/Achilles stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall.

Hold for 15 counts, then relax.

Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons and ankles.



Quadriceps stretch

With one hand against the wall for balance, reach back and grasp one foot with your other hand. Keeping your bent knee pointing directly downward towards the floor, gently pull your heel towards your buttock until you feel a gentle stretch in the target area.

Hold for 15 counts, then relax.

Repeat 3 times for each leg.

Stretches: Quadriceps and Hip muscles.



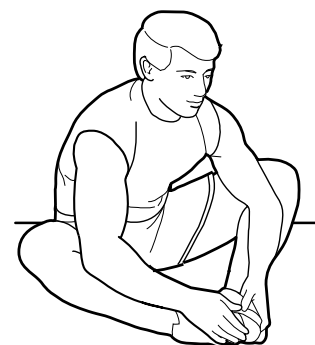
Inner thigh stretch

Sit with the soles of your feet together and your knees outwards. Pull your feet towards your groin area as far as possible, and push your knees down towards the ground.

Hold for 15 counts, then relax.

Repeat 3 times.

Stretches: Quadriceps and Hip muscles.



Care and Maintenance

1. Examine the equipment periodically in order to detect any damage or wear.

The safety level of the equipment can only be maintained if it is examined regularly for damage and wear, e.g. connection points

2. Lubricate moving parts with light oil periodically to prevent premature wear.

3. Inspect and tighten all parts before using the equipment, replace defective components immediately and keep the equipment out of use until repair.

4. The equipment can be cleaned using a damp cloth and mild non-abrasive detergent.

Do not use solvents.

5. Do not attempt to repair this equipment yourself. Should you have any difficulty with assembly, operation or use of your exercise product or if you think that you may have parts missing, contact the manufacturer, their approved service agent or the **Customer Helpline: 0345 600 1714.**
<http://www.argos-support.co.uk/>

6. Pay special attention to components most susceptible to wear.

Guarantee:

For guarantee purposes, please retain your purchase receipt.

Information for Users on Disposal of old Equipment and Batteries (European Union only)

These symbols indicate that equipment with these symbols should not be disposed of as general household waste. If you want to dispose of the product or battery, please consider the collection systems or facilities for appropriate recycling.

Notice: The sign Pb below the symbol for batteries indicates that this battery contains lead.

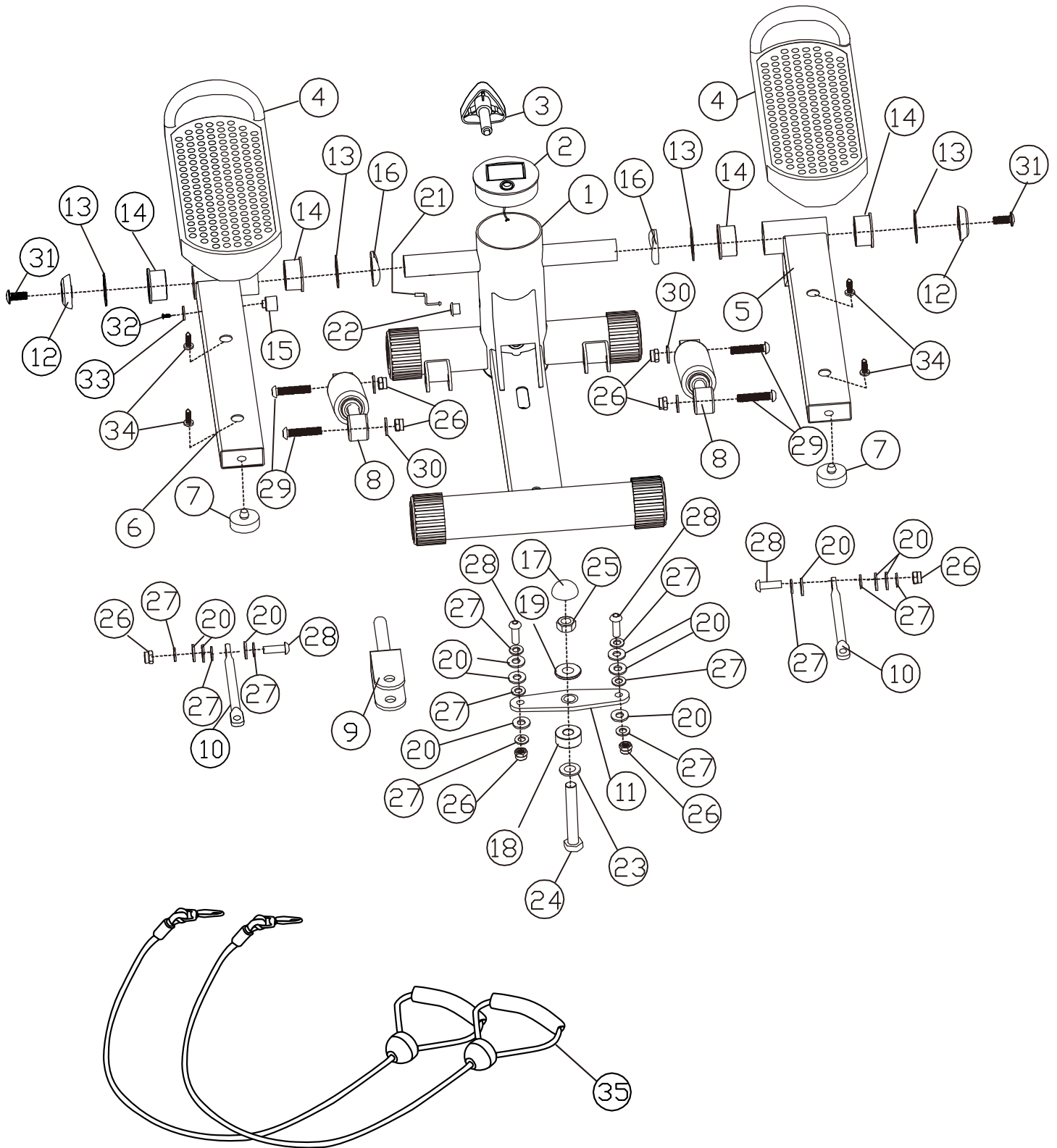


Products



Battery

Exploded Diagram



Parts List

Part	Description	Qty	Part	Description	Qty
1	Main frame	1	19	Plastic flat washerφ30	1
2	Computer	1	20	Plastic flat washerφ20	12
3	Adjustable Knob	1	21	sensor	1
4	Pedal	2	22	Plastic fastener	1
5	Pedal Support (R)	1	23	Flat washer M12	1
6	Pedal Support (L)	1	24	Hex Screw M12x80	1
7	Rubber stopper	2	25	Nut M12	1
8	Hydraulic cylinder	2	26	Nut M8	8
9	Pulley frame	1	27	Flat washer φ8	12
10	Connecting rod	2	28	Inner hexagon screw M8x30	4
11	Connecting sheet for connecting rod	1	29	Inner hexagon screw M8x40	4
12	Plastic cover	2	30	Flat washer	4
13	Flat washer M25	4	31	Inner hexagon screw M8x20	2
14	Shaft sleeve	4	32	Cross Screw	1
15	Magnet	1	33	Washer M5	1
16	Plastic washer	2	34	Cross Screw	4
17	Nut cover	1	35	Resistance cords	2
18	Plastic flat washerφ30	1			

Guarantee



Product Guarantee

This product is guaranteed against manufacturing defects for a period of



This product is guaranteed for twelve months from the date of original purchase. Any defect that arises due to faulty materials or workmanship will either be replaced, refunded or repaired free of charge where possible during this period by the dealer from whom you purchased the unit.

The guarantee is subject to the following provisions:

- The guarantee does not cover accidental damage, misuse, cabinet parts, knobs or consumable items.
- The product must be correctly installed and operated in accordance with the instructions contained in this manual.
- It must be used solely for domestic purpose.
- The guarantee will be rendered invalid if the product is re-sold or has been damaged by inexpert repair.
- Specifications are subject to change without notice.
- The manufacturer disclaims any liability for the incidental or consequential damages.
- The guarantee is in addition to, and does not diminish your statutory or legal rights.
- In the event of a problem with the product within the guarantee period call the **Customer Helpline: 0345 600 1714.**
<http://www.argos-support.co.uk/>

Guarantor: Argos Ltd
489 - 499 Avebury Boulevard
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