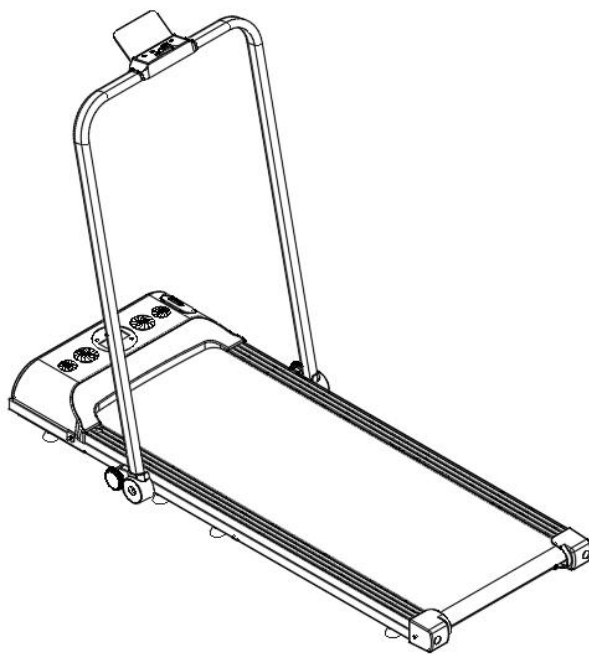


Stepper User manual



Please read this manual carefully before using this product and keep it properly

1、Directory

Serial number	Content
1	Directory
2	Instructions for safe use
3	Filed under box
4	Assembly instructions
5	Electrical control instructions
6	Maintenance guidelines
7	General fault and troubleshooting
8	Maintenance terms
9	Workout instructions
10	Warm body exercise

You are welcome to choose the electric walker machine made in China. Our products will improve your health level. The more familiar with your walker machine, you will find it easy to use it. Therefore, we please you: carefully read this user manual before using the new walker.

All parts of the machine are high quality materials and strict inspection and testing to ensure the product quality. Referring to this manual to guide your proper installation, use and maintenance of the native machine.

Thanks for your use!

II. Safe use instructions

We consider many safety issues in design and manufacturing. To ensure your safety, be sure to read the entire manual before operating it, just in case. We do not bear any consequences arising from an abnormal operation.

Dangerous

. Do not use the heart rate device simultaneously with other wireless heart rate devices, otherwise it will cause electrical interference.

Warning

Please follow the following instructions to avoid injury to you and others




- 1, Before using the local machine, ensure that it is fully grounded to avoid accidents and hazards.
 - 2, During walking movement, please clip the safety lock (red) clip in the appropriate position of the clothes to remove the safety lock in an emergency and stop the machine in time to ensure safety.
 - 3, Ask your health care doctor before the a, fitness workout.
 - b, Please work out in suitable sportswear (running on soft bottom shoes is prohibited, or the sole chips are involved in the motor and control system, causing a table running failure.
 - c, room remains clean and tidy to avoid debris electrostatic adsorption into the stepping machine, causing operation failure of the console.
- The d, user weight should not exceed 100kg.
- 4, This product is for one person to use only at runtime. Do not let children or pets play nearby to avoid accidents.
 - 5, The minimum spacing requirements placed in the home after the deployment (i. e. from the wall and furniture), the front and both sides are not less than 100CM, and no less than 200CM., respectively
 - 6, Do not use the local machine if the power cord is damaged.
 - 7, Do not use it and contact the local dealer for repair.
 - 8, No part in the movement shall be touched by hand, and no object shall be pressed or stuffed into the machine.
 - 9, The applicable scope is indoor household and shall not be used in outdoor and gym.

- 10, Please place the machine on clean and flat ground to keep the ventilation good, ensure there are no sharp items nearby and do not use it near the water and heat source.
- 11, Use the handrail when going up and down the machine. When the walker is not completely stopped, do not get off. If you need to jump away urgently, you must unlock the safety lock: the walker will stop immediately.
- 12, Do not operate the trainer when using oxygen equipment or sprays near the machine.
- 13, To keep the machine in normal operation, do not install any accessories provided other than the original plant.
- 14, All local components must be installed firmly.
- 15, Please turn off the power supply and unplug it promptly after using the walker.








16, Product Specifications

Current voltage	110v-120v	Current frequency	50/60 Hz
Product size	1435*590*985	Effective use area	400*1100
Speed	0.5-6.5MPH	Max weight	220LBS
Peak power	2.0HP	Category and rate	HB

III.Details of box loading

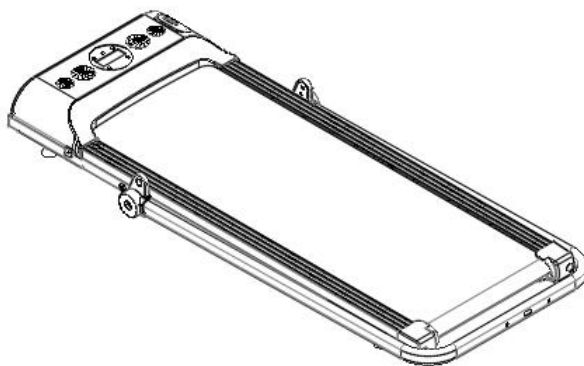
Serial number	Parts	
1	Main frame	
2	Phone rack	
3	Instructions	

Accessory details

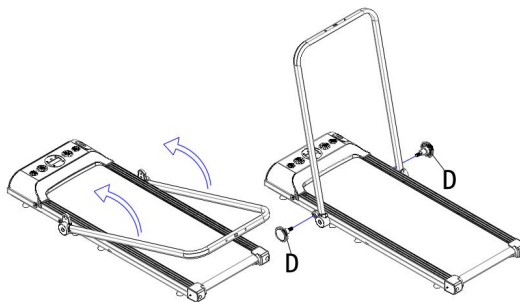
Serial number	Parts	Number	Pictures
A	Safety lock	One	
B	6mm inside the hexagon wrench	One	
C	Lubricant	One	
D	Round knob	Two	
E	Remote control	One	
F	Key box	One	
G	Cross recessed half round head tapping nail ST4.0*16	Two	

4、Assembly instructions

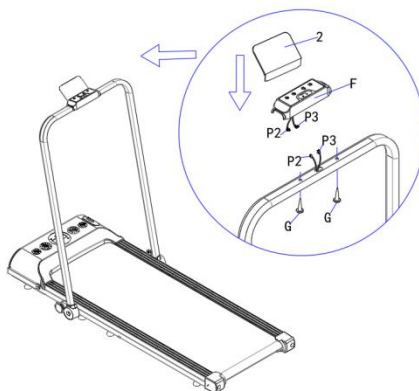
Step 1: Lift the main frame out of the carton.



Step 2: Please hold the column with the figure by hand and slowly in the direction shown in the icon arrow, and use the D#(circular knob) to fix the column to the main frame.

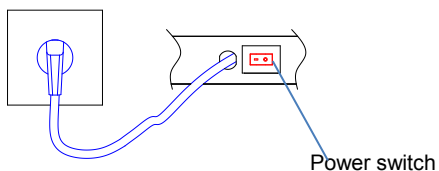


Step 3: As shown in the figure below: first, connect the P2 P3 connector on the keypad (F) with the P2 P3 connector on the column, and plug the multi-line and connector together into the tube through the lead hole of the column; then put the bolt column on the keypad box (F) through the corresponding hole on the column, and fix it on the column with the ST4.0*16 Phillips pan head self-tapping screw (G); finally, insert the handset holder (2) into the slot of the keypad box (F) in the direction shown by the arrow. Finally, insert the phone holder (2) into the slot of the key box (F) in the direction shown by the arrow and fasten it.



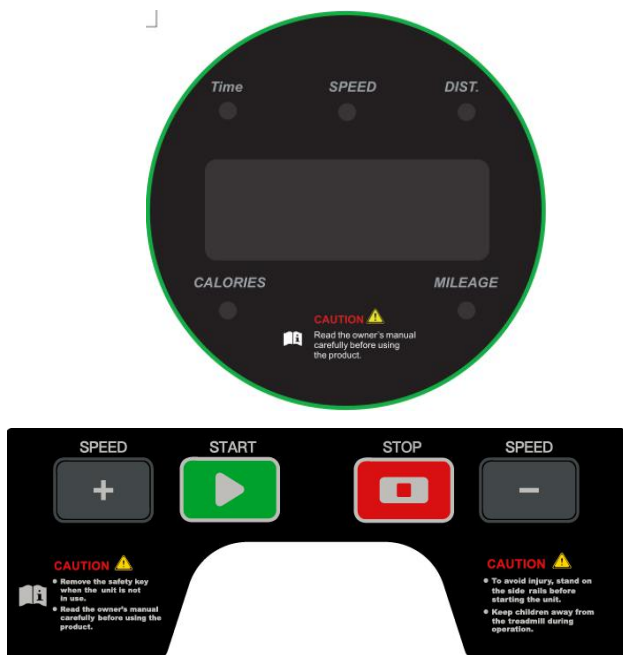
5、Description of electrical control operation

Before using the walker: please plug in the power supply first, turn on the switch (switch in red), please wait for the screen to illuminate, and enter the start interface.



1. function instructions

The appearance of the electronic balance sheet is shown in Fig



2. boot start

Start normally after 3 seconds.

3. security lock function

Pull out the security lock and immediately show that the "- - -" walking machine stops quickly, and issue a beep alarm sound. When putting the security lock, the electronic meter is displayed for 2 seconds and the data is cleared.

4. keyboard button function

4.1. Start / Stop key:

Start key, in the walker stop state, press the stop key, the speed shows "0.5", and the walker starts. Stop key. In the running state of the walker, press the open and stop key to clear all data. After the walker will stop, return to manual mode and the walker will stop.

4.2. Speed add and minus key:

It can be used to adjust the set value when setting the parameter. After the walker starts, it can be used to adjust the speed, step by 0.1MPH/ times, and automatically continuously increase or decrease when holding down for more than 2 seconds.

5. display function

5.1. "Time" Time window:

Show movement time, forward timing from 0:00-99:59 and reset to 99:59;

5.2. "The S peed" Speed Window:

Display the current speed value in the running state, the speed display range: 0.8-6.5MPH/H.

On the startup countdown, display 3,2, and 1.

5.3. "Distance" Distance Window:

Show movement distance, forward count from 0.0-99.9, re-counted after overflow.

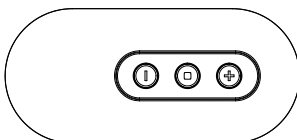
5.4. "Calories" Calorie Window:

Displays the heat consumption value, displays the forward count from 000-990, and displays the recount after overflow,

5.5. "Mileage" Total Mileage Window:

Display the cumulative distance data after movement (save the movement distance data under normal shutdown, zero if abnormal shutdown)

6. Remote Key function:






6.1. "□" is the start / stop key: press the operation with the power on; stop the operation and reset zero. After shutdown, press the instrument to enter the dormant state; press any key to awaken the instrument.

6.2. "⊕" and "⊖" are speed add and minus keys: start for speed adjustment, adjustment

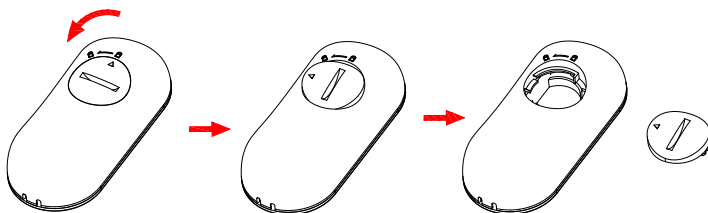
value is 0.1MPH

7、Operation during the .motion:

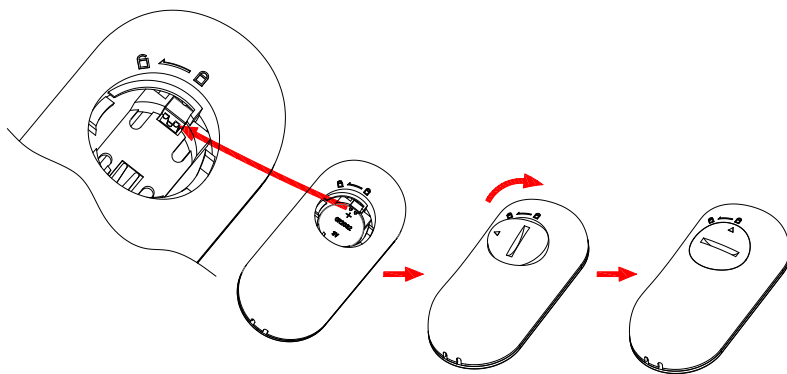
- 7.1.  Reduce the running speed.
- 7.2.  Press increases the speed of the walker.
- 7.3.  Press Step to slow down to stop.

7.4. Remote control battery installation instructions

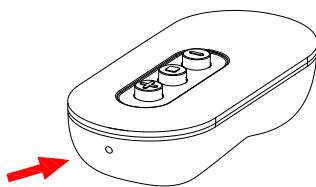
7.4.1 below: rotate the battery cover for 90 ° counterclockwise and remove the battery cover.



7.4.2 Below: level the remote control, first snap the 3V button battery of "CR2032" or "CR2025" model into (inside the metal card foot indicated by the arrow in the picture), then snap the battery into the battery box, note that the battery "+" should face the battery cover.; cover the battery cover into the card slot and rotate 90 ° clockwise, cover the simple head on the battery should have its lock icon.



7.4.3pool is installed, press any key on the remote control. The front indicator light of the remote control should be on. If the indicator light is not on, the remote control battery is not installed correctly, and the above actions should be repeated to install the battery.



8. energy-saving mode:

In standby mode, no operating machine enters the energy saving mode, when the display has no display, press either button to exit to standby mode.

Scope of each display data:

TIME: 5:00 – 99.59(MIN)

DISTANCE: 1.0 – 99.0(KM)

CALORIES: 20.0 – 990 (C)

SPEED:0.5-6.5(MPH)

9. others

The standard value of calories is 30k cal / km.

Acceleration is 0.1MPH, and deceleration is 0.1MPH.

Bluetooth sharing music (see this if you buy a walker with Bluetooth music)

Enter the phone setting-Bluetooth-open Bluetooth-search device-appear (JF-BTMP3) Bluetooth device name click pairing, return to music APP play music.

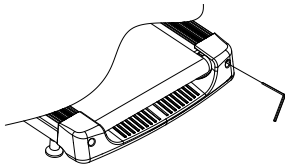
Maintenance guidelines

Proper maintenance keeps your walker always in optimal condition; incorrect maintenance can harm or shorten the service life of the walker.

Warning: Make sure to remove the power plug of the walker before cleaning or maintaining the product!

- 1, Remove the dust regularly to keep the parts clean,
- 2, After each use of the walker, wipe the instrument and other parts of the sweat stains and debris with a clean towel or cloth, please be careful not to splash the water on the electrical element and under the running belt.
- 3, Please place your walker in a clean, dry environment to make sure the power is off and the plug removed.

- 4, To facilitate movement, the walker set installed wheels, please confirm that the power is disconnected and fold the body before moving.
- 5, Regularly check and lock all the parts of the walker; the parts of the damaged ring must be replaced immediately.
- 6, To better maintain and extend the life of the walker, it is recommended that you let the walker rest for 10 minutes after continuing for 30 minutes.
- 7, The running belt has been adjusted at the factory, but after use, the running belt will be stretched, will be away from the center position will cause the running belt friction edge bar and rear cover and damage. It is normal to stretch the strap to use. After a period of time, if you slip or not smoothly, you can adjust the tightness of the belt to improve.



A. Adjust the running belt for tightness. If the running belt is too loose, please insert the random hexagon wrench into the adjustment hole of the left guard footsteps of the walker, rotate 1 / 4 laps clockwise, and then rotate the right foot rotation clockwise. Note that the left and right sides must be adjusted simultaneously, so that the running belt can be tightened and the

running belt will not deviate from the center point. If the running band is too tight, adjust the left and right synchronization counterclockwise.

Note: The running belt cannot be adjusted too tight. This will pull down the running belt, increase the pressure of the front / rear roller, bring damage to the roller axle bearing, produce abnormal tones or other problems, just adjust to the running belt does not slip is the most appropriate.

B. Running band pair of center adjustment

When you use a stopper, the pressure on the running belt is unbalanced due to the different force of your feet. This deviation is normal and automatically goes back to the center when no one is running on a running strap. If you don't return to the center, you need to run back to the center.

Run the walker on no load, adjust the speed to gear 6, and observe the distance to the left and right bars:

- If left, rotate the screw clockwise to the left;
- If biased to the right, use the hexagonal wrench clockwise for the right screw;
- If the running band is still not in the middle, repeat the above action until adjusting to the middle.

After adjusting the run to the middle, adjust the speed to gear 6, and observe the deviation of the run belt and the smoothness of the running. If there is a deviation, repeat the adjustment step.

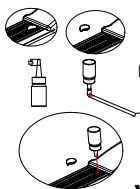
Warning! Do not overtighten the drum! This will cause permanent damage to the bearings!

8, Lubricant

The stepper is added with lubricating oil at the factory, but often checks the lubricity of the stropper, which helps the walker to keep in the optimal use condition. The walker must be lubricating after one year or for 100 hours.

After 30 hours or 30 days, pull the starting belt on the side to touch the running surface inside, if feeling the lubricating oil; if there is a strong dry feeling when touching the surface, follow the following instructions. (Please use a lubricating oil made from non-oil)

How to add lubricating oil, please operate according to the figure below, open the refueling decoration cover on the left front side of the edge, cut the lubricating oil bottle with scissors or art knife



according to the size of the following figure, and then according to the bottom of the refueling, please pay attention to insert the fine stick at the front end of the lubricating oil bottle into the refueling pipe on the table and then inject oil in.

VII. General faults and troubleshooting

1. The electronic sheet displays the error message code and exclusion

Fault code	Fault description	Troubleshooting
E01	Abnormal communication: abnormal after upper power control and electronic meter communication.	<p>The shutdown shutdown enters a fault state. Cannot start on. The electronic meter shows the fault code, and the buzzer rings 3 times.</p> <p>Possible reasons: the communication between the electronic control and the electronic meter is blocked, check the connection of the electronic meter to the lower control communication line, to ensure that each core is fully inserted. Check whether the connection line between the electronic meter and the controller is broken, and replace the connection line.</p>

E02	It means that the controller did not detect the voltage above the motor	Check that the terminal connection of the motor line on the control is secure
E03	No speed sensor signal: lower control voltage output to DC motor, continuous can to receive motor speed feedback for more than 3 seconds.	<p>1 Shutdown time into fault state, electronic meter buzzer sounds 9, display fault code, and other areas do not display content. Restboot restart after about 10 seconds into standby. Possible cause: No speed sensor signal was detected for 3 consecutive seconds, check whether the sensor plug is not plugged in or damaged, plug it in or replace the sensor.</p> <p>2. Shutdown enters the fault state, the electronic meter buzzer rings 9, while displaying the fault code, and the other areas do not show the content. If it returns to normal after the shutdown, you can enter the standby state and start on normally. Possible reasons: Check whether the motor wire is connected and reconnect the motor wire. Check the controller for odor and replace the controller;</p>
E5	Explosion-proof impulse protection: abnormal power voltage or abnormal motor shall cause damage to the drive motor circuit.	Possible reasons: Check whether the power supply voltage is lower than 50% of the normal voltage, please retest with the correct voltage specification; check the controller for odor and replace the controller; check whether the motor wire is connected and reconnect the motor wire.
E6	Overcurrent protection: in the operation state, the lower control continuously detects that the DC motor current is greater than the rated current for more than 5 seconds.	<p>The shutdown enters the fault state, the electronic meter buzzer sounded 9, while displaying the fault code, the remaining area does not show the content. Restboot restart after about 10 seconds into standby.</p> <p>Possible reasons: beyond the rated load, the current is too large, or some part of the stepping machine is stuck, resulting in the motor can not turn, excessive load, excessive current,</p>

		the system self-protection; adjust the stepping machine to start operation. Also check whether the motor has current or burnt odor, replace the motor, replace the controller, or check whether the power supply voltage specification is inconsistent or low, retest using the correct voltage specification.
---	Indicates that no safety lock signal was detected in the spreadsheet	The magnetron is damaged, whether the magnetron is installed is correct and the magnet is placed.

2. FAQs and exclusion methods

Part or all of the 1. keys are not work

1.1 Open the upper shell of the electronic meter, and test whether each button is normal;

1.2 Check or replace the electronic watch panel;

1.3 Whether the button can be used normally after re-charging.

2. The electronic table is not shown

Exclude guidelines:

2.1 Check whether the input voltage is in the allowable range;

2.2 Check whether the switch on the electric runner platform is open;

2.3 Check the fuse in the power socket. If fused, please replace it with a spare fuse;

2.4 Check the controller and keep the LED lights on;

2.5 Check each connecting line;

2.6 Check or replace the electronic dial panel;

2.7 Check or replace the lower control circuit board.

3. Other problems and exclusion methods

a. The walker cannot be started

Check whether the power plug is plugged in, whether the power switch is on, and whether the safety switch is removed.

b. The stepping machine skidded

Adjust the running belt tightness according to the instructions.

c. Running with running deviation

Adjust the running zone centered by referring to the instructions.

d. Run the abnormal sound

Check the console screws for loose, and check the running belt for lubricating oil.

VIII. Maintenance terms

1, Warranty range

Non-human damage under normal use and maintenance.

2. The following terms are not under the warranty

a. Damage caused by abuse, negligent use, accident, or unauthorized modification;

b. Damage caused by improperly adjusting the running belts and drive belts;

c. Damage due to abnormal maintenance;

d. Other violations and resulting damage.

5. The warranty commitment is only valid for family private use and is not applicable to professional training situations such as gyms.

IX. Instructions for exercise

Please consult your doctor before starts the exercise or training program and follow the doctor's advice and guidance.






Talks with your doctor to set exercise goals to ensure the plan is practical and starts the training plan.

You can add some cardio to your exercise plan, such as walking, jogging, swimming, dancing, or cycling. Check your pulse regularly. If you personally do not have an electronic heartbeat monitoring table, consult your doctor about the right way to measure your pulse from your hand on your wrist or neck. In addition, you must set the target heartbeat rate based on your age and good health.

Drink enough water during the exercise. You must supplement the water lost by excessive exercise to prevent dehydration. Avoid drinking a lot of ice water or drink, and the drinking water or drink temperature equals room temperature.

Ten, warm body exercise

Warm and soothing exercises: A successful exercise program must include warm, aerobic and soothing exercise. The number of exercises takes place at least two or three times a week, with a day off, and after a few months, you can increase the number of exercises to a Thursday to five days. Warm your body is an important part of your fitness exercise. Before each exercise, moderately warm your body can prepare your body for more intense exercise, because warm your body can help your muscles warm and stretch, improve blood circulation, improve your pulse, and send more oxygen into the muscles. After aerobic exercise, repeated body-warming exercise can also reduce muscle soreness. We recommend the following body-warming and soothing exercises.

<p>1、Stretch down:</p> <p>Knees slightly curved, the body slowly bend forward, let the back and shoulders relax, hands try to contact the toes.Hold it for 10-15 seconds, and then relax.It was repeated three times</p>	 <p>Pic 1</p>
<p>2、Foot tendon extension:</p> <p>Sit on a clean cushion, straighten one leg, and close the other inward, keep it close to the inside of one leg, and try to touch your toes with your hands.Hold it for 10-15 seconds, and then relax.Repeat each leg 3 times</p>	 <p>Pic 2</p>
<p>3、Shs and Achilles tendon extension:</p> <p>Two hands on the wall or stand, one foot behind, keep the hind legs upright, follow the ground, tilt in the direction of the wall.Hold it for 10-15 seconds, and then relax.Each leg was repeated 3 times</p>	 <p>Pic 3</p>
<p>4、Tetracephalus extension:</p> <p>Hold the balance with the wall or table, then stretch your right hand back, grab your right heel and pull it slowly toward your hips until you feel the tight muscles in the front of your thigh.Hold it for 10-15 seconds, and then relax.Repeat for each leg</p>	 <p>Pic 4</p>
<p>5、Sesmith muscles (inner thigh) extension:</p> <p>The soles of your feet are opposite, your knees sit out, hold your feet in the groin.Hold it for 10-15 seconds, and then relax.It was repeated three times</p>	 <p>Pic 5</p>

FCC Caution.

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Any Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20cm between the radiator & your body.

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MADE IN CHINA