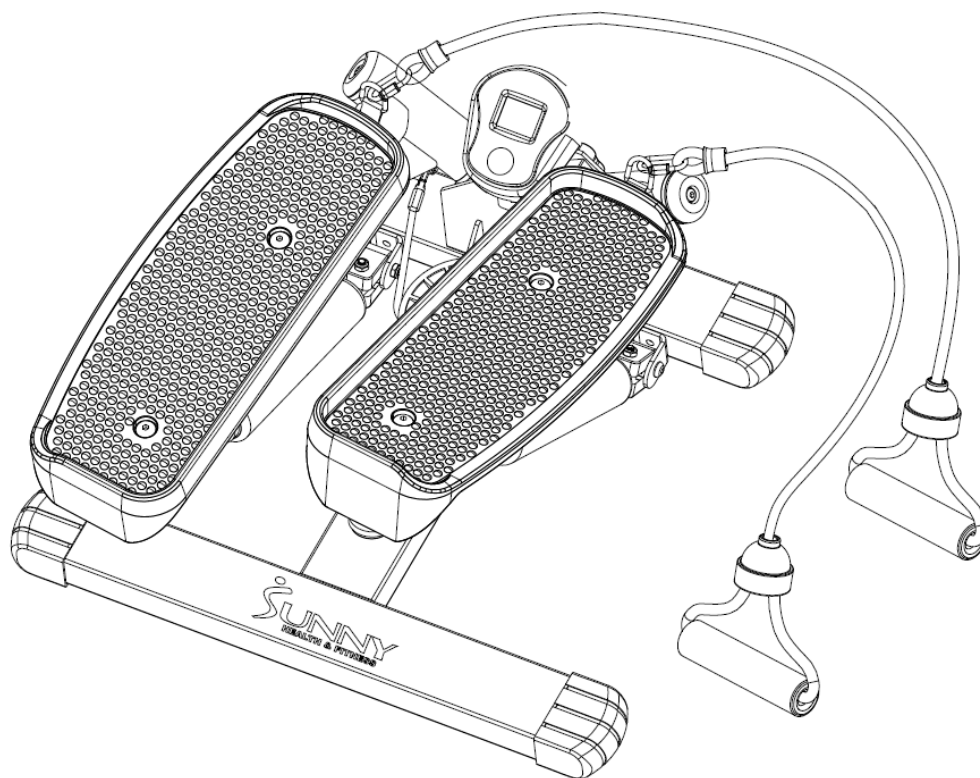




TWIST STEPPER

NO. 045

USER MANUAL



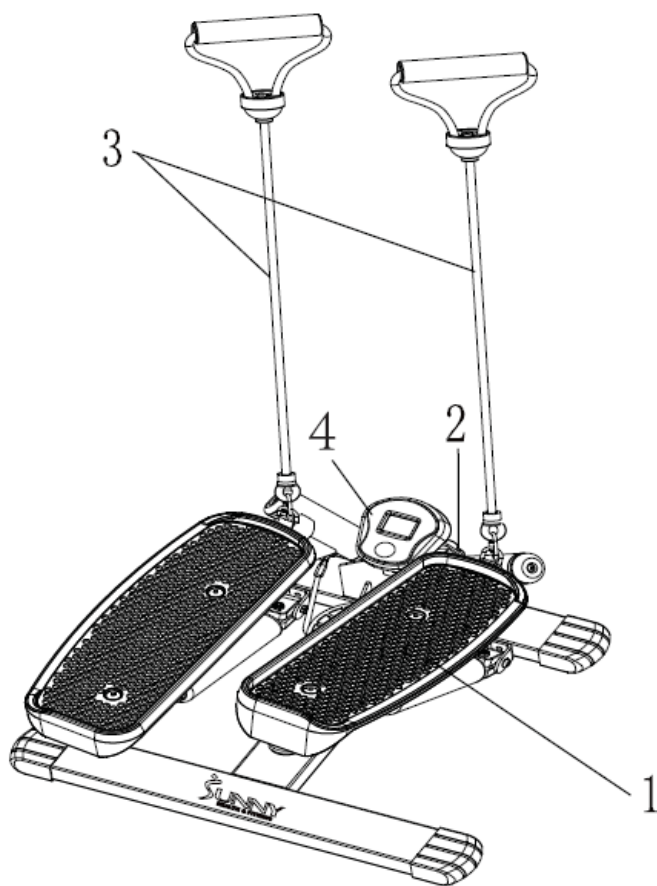
IMPORTANT: Read all instructions carefully before using this product. Retain owner's manual for future reference. For customer service, please contact: support@sunnyhealthfitness.com

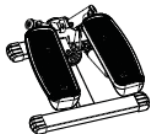
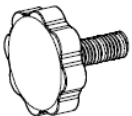


IMPORTANT SAFETY INFORMATION

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be assured 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.

1. Before starting any exercise program you should consult your physician 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 physician's advice is essential if you are taking medication that affects your heart rate, blood pressure, or cholesterol level.
2. 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, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing with your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts on a monthly basis.
7. 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 exercise, stop using the equipment immediately and don't use the equipment until the problem has been rectified.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into moving parts of the exercise equipment.
10. The maximum weight capacity of this unit is 250 pounds.
11. This equipment is not suitable for therapeutic use.
12. Move with caution when lifting and moving the equipment. Always use proper lifting technique and seek assistance if necessary.
13. This equipment is designed for indoor use only! It is not intended for commercial use!

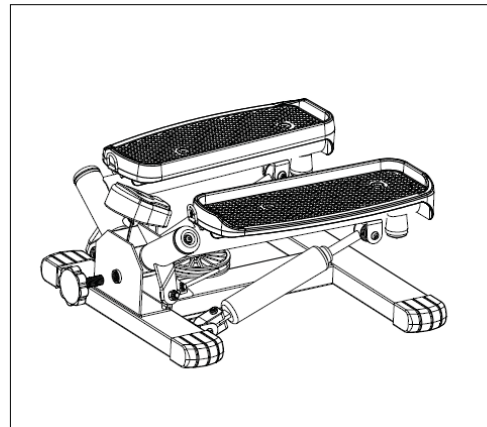
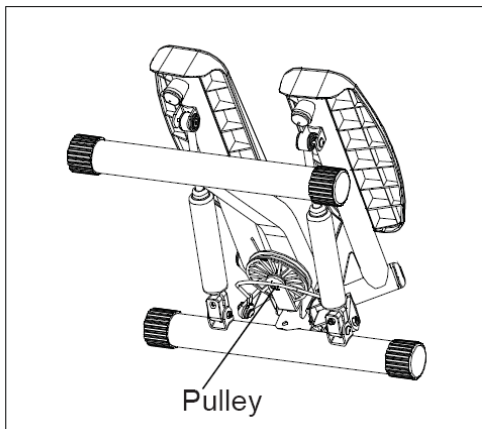
EXPLODED DRAWING & PARTS LIST



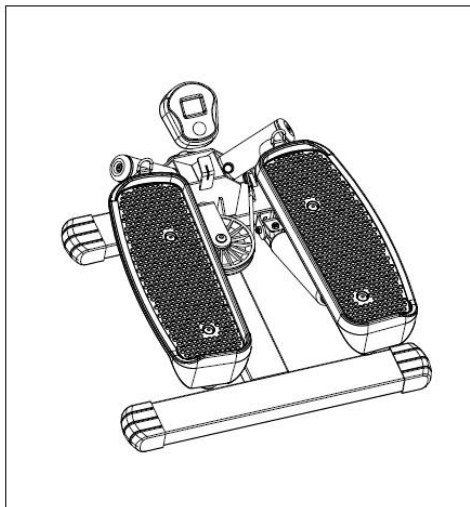
Parts No.	Parts	QTY
1		1
2		1
3		2
4		1

ASSEMBLY INSTRUCTIONS

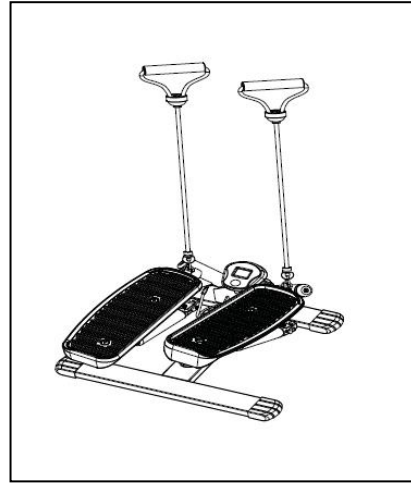
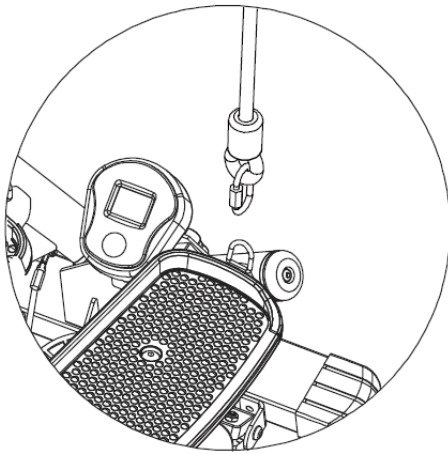
1. Remove the **Main Frame (1)** from the box.
2. Lift one pedal all the way up and ensure the pulley is in place.
3. Next, hook the cable into the groove of pulley.
4. Screw the **Adjustment Knob (2)** into the **Main Frame (1)**. Ensure it is secured all the way.
5. From here, your stepper is ready to use. You may tighten or loosen the **Adjustment Knob (2)** to adjust the stepping height (and tension) of the stepper.



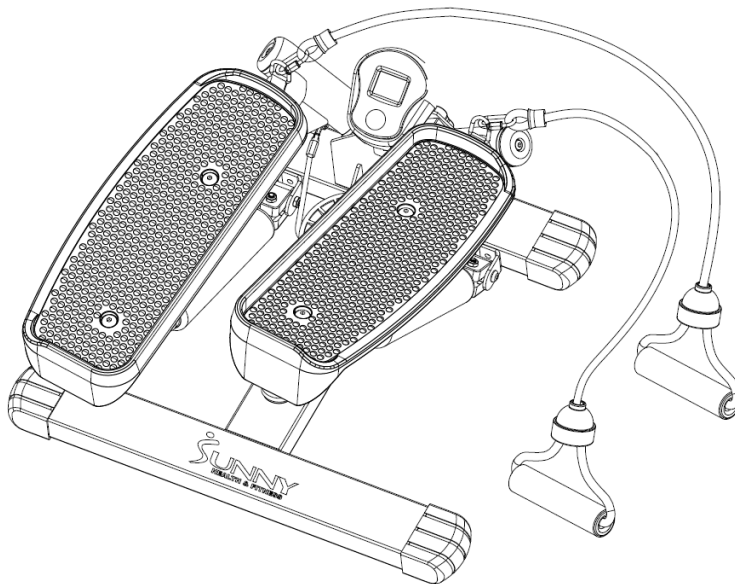
2. Attach the **Meter (4)** to the **Main Frame (1)**.



3. Attach the **Exercise Bands (3)** to the pedal hooks located at the front of the left and right pedals as shown in the picture below.

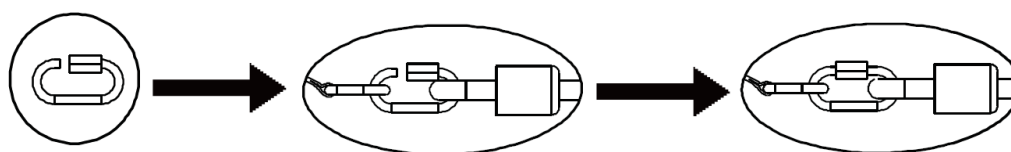


4. The assembly is completed!



EXERCISE BAND INSTRUCTIONS

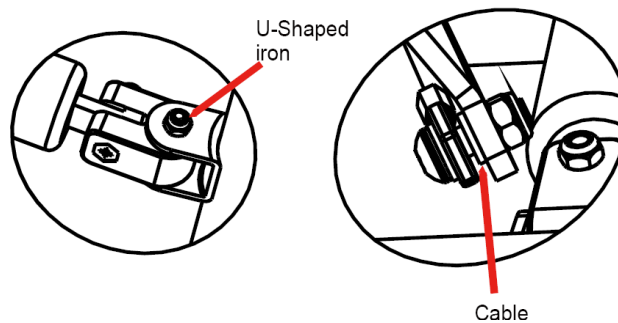
1. Unscrew the hook nut located on the band until one end of the hook is open as shown in the picture below.
2. Attach the band hook onto the pedal hook and screw the hook nut closed so that the pedal hook is secured within the hook nut.
3. Assembly is done.



Adjusting the Rope Length	
To Lengthen Rope	To Shorten Rope
<p>Pull one side of the rope down and pull the bottom of the rope downward as shown in the picture below. Repeat this process until the rope is at the desired length.</p> <p>NOTE: This adjustment decreases the tension on the bands.</p>	<p>Push the rope upward from the bottom, then pull one side of the top rope as shown in the picture below. Repeat this process until the rope is at the desired length.</p> <p>NOTE: This adjustment increases the tension on the bands.</p>
<p>NOTE: When lengthening the rope, only one side of the rope can be pushed down. If the side that you're trying to push down on doesn't move, try the other side of the rope.</p>	

MAINTENANCE & CARE INSTRUCTIONS

1. If the stepper screeches during exercise, please discontinue use and do the following: loosen the screw located on the U-Shaped iron and then loosen the cable as shown in the picture below. Next, lubricate both the U-Shaped iron and cable to improve the sliding condition. Re-tighten and secure the screw and cable.
2. For safety and efficiency, please be sure to inspect and lubricate the U-Shaped iron and cable regularly.
3. Always use dry cloth when cleaning the stepper, never clean the stepper using a wet or damp cloth.
4. Store the stepper in a dry area free of moisture, do not store or leave outdoors.
5. During exercise the hydraulic cylinders may produce noise if they become too hot, it is perfectly normal for this to occur.
6. To avoid potential injuries to your hands, please refrain from touching the hydraulic cylinders during or immediately after an exercise.



OPERATING INSTRUCTIONS

1. Please read all instructions before attempting to assemble the equipment. During assembly and during the use of the equipment, please make sure to follow all instructions carefully. Any improper techniques of use and/or assembly may result in injury or damage to the equipment.
2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
3. Before beginning exercise, always inspect the equipment to ensure that all moving parts, as well as hardware, are secured correctly and in proper condition.
4. Use the **Adjustment Knob (2)** to adjust the stepping height & tension.
“+” When the knob is tightened, the tension level is increased along with the height of the stepping range. (Turn the knob **clockwise** to tighten).
“-” When the knob is loosened, the tension level is decreased along with the height of the stepping range. (Turn the knob **counter-clockwise** to loosen).

EXERCISE COMPUTER

KEY FUNCTIONS:

MODE: Press the red button to select a function.
(Time, Count, Total Count, Calorie and Scan)

OPERATION PROCEDURES:

1. AUTO ON/OFF:

If the steps of the machine are put into motion, or the mode button is pressed, the computer will activate and will remain active while in use. If there's no signal for approximately 4 minutes, the computer will automatically turn off.

2. RESET:

The computer can be reset by pressing and holding the red **MODE** button for three seconds. Removing the batteries will also reset the computer and return all function settings back to zero (except Total Count).

3. MODE:

To select the LOCK MODE setting press the red **MODE** button when the pointer is on the function you wish to select and begins to blink. Once locked, only the selected function will be displayed.

4. FUNCTIONS:

TIME: Counts the total time of an exercise from start to finish.

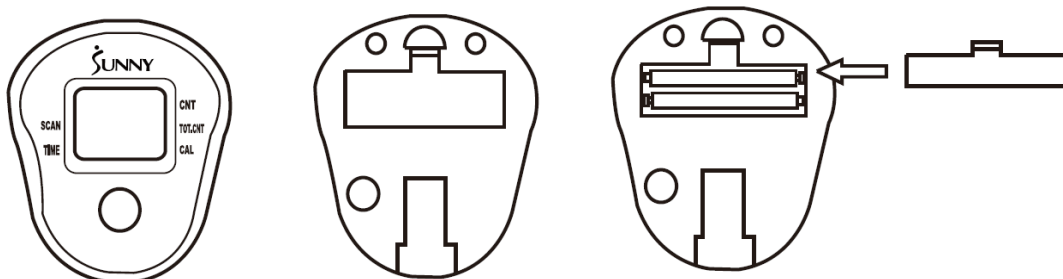
CALORIES: Counts the amount of total calories burned during an exercise from start to finish.

COUNT: Automatically accumulates the count of steps made during exercise.

TOTAL COUNT: Automatically accumulates the count of steps made during all exercise sessions, previous and current.

SCAN: Press the red **MODE** button until the arrow points to **SCAN**. Once on **SCAN**, the arrow will continue to flash indicating that **SCAN** mode is active. **SCAN** will automatically scan through each function in sequence.

CHANGING THE BATTERY:



NOTE:

1. If there is an improper display on the monitor, please replace the battery to improve results.
2. This meter uses (2) two AA batteries.