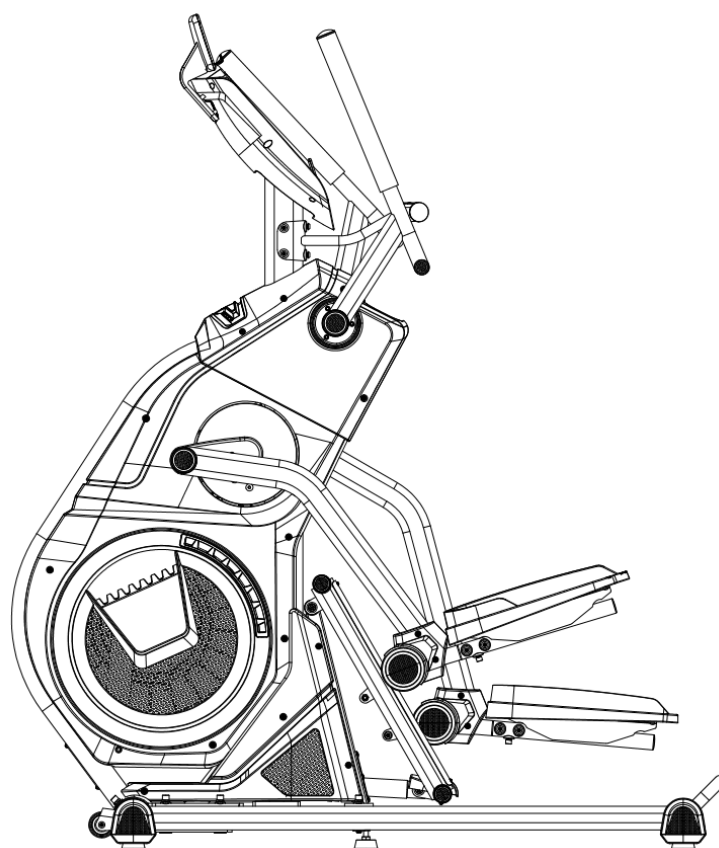




**USER MANUAL – EN**  
**IN 16186 Stepper inSPORTline AVALOR ST**



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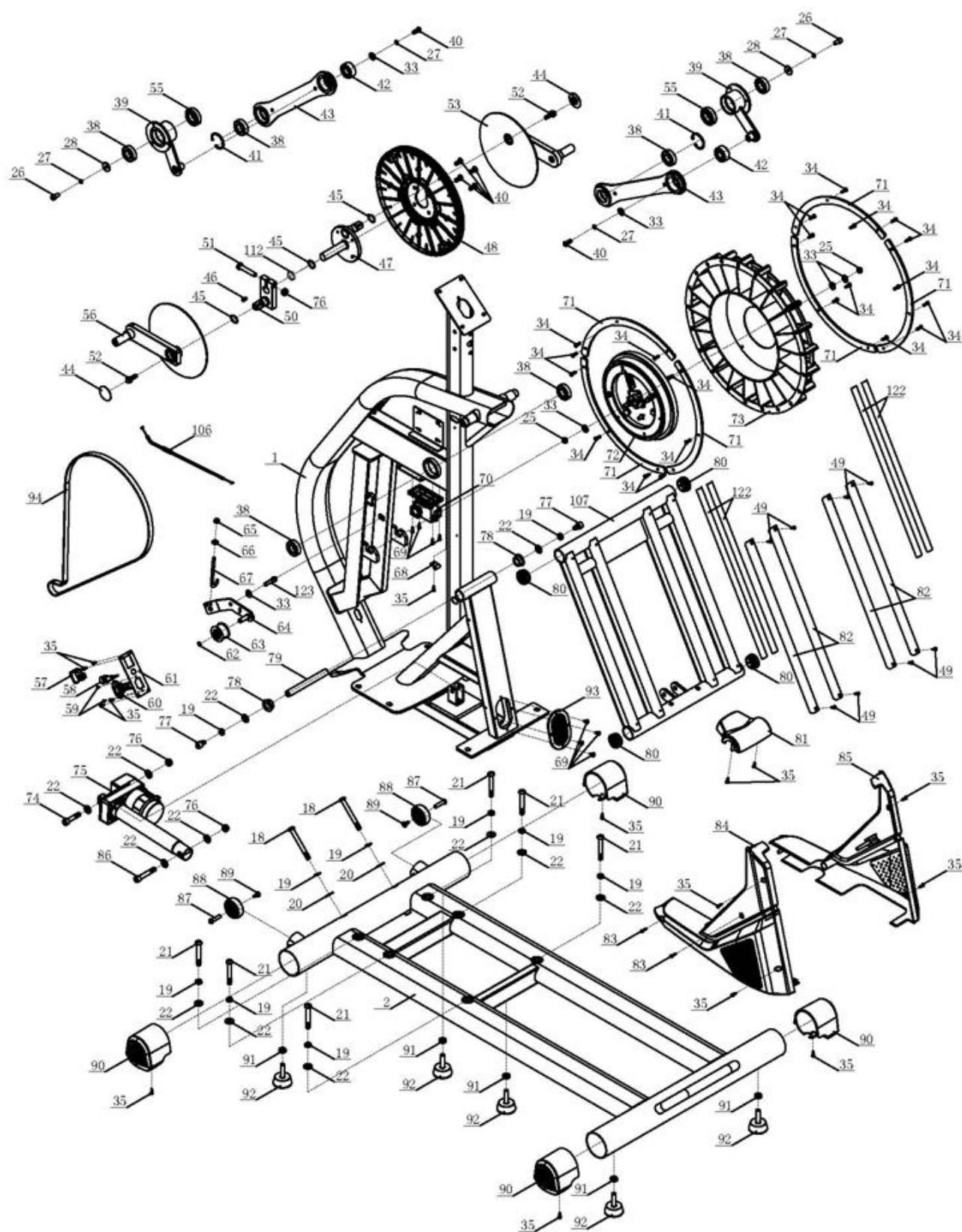
## INTRODUCTION

Thank you for purchasing this product. To use it properly and safely, read the entire manual and observe all warnings and recommendations.

## SAFETY PRECAUTIONS

- **WARNING!** This product has been designed to offer the maximum safety. Nevertheless, certain precaution should be kept while using it. Read the whole manual before first using and retain it for future reference.
- It's the owner responsibility to use it safely and properly. Instruct all other users in correct using.
- Use this product only for intended purpose. Don't do any improper modification.
- Keep it away from children and pets. Never let children unattended near this device.
- Regularly check all bolt, nuts and components, if they are well tightened. Retighten, if necessary. Regularly check this machine for damage or wearing. Never use damaged or worn product. All damager or worn parts should be replaced immediately.
- Place it only on a flat, clear and solid surface and keep a safety clearance of at least 0.6 m round it. Put a mat under this device to protect your floor.
- Use it only indoors and protect it from humidity and dust. Assure sufficient ventilation. Never exercise in an airless place.
- Don't put any sharp objects on or near this stepper.
- Always wear appropriate clothes and sports shoes. Avoid too loose dress that can be caught in device.
- Keep your hands away from moving parts to avoid an injury. No adjustable part should protrude and obstruct user movements.
- Control your speed and exercise reasonably.
- If you remark it works abnormally, stop using.
- Only one person can use it at time.
- Consult your physician before starting any exercise. It is especially necessary if you are over 35 years of age or if you have some problems. If you feel faintly or remark other health complications, stop immediately. Don't use it, if you have health complications or if you take some medical care.
- Avoid using if you have: leg pain, waist pain, wounded neck, waist, leg, arthritis, rheumatic, gout, osteoporosis, perfunctory obstacles (heart problems, wrong blood circulation, hypertension), respiratory complications, sarcomata, thrombus, diabetes, skin irritation, hyperpyrexia, bone problems, if you are pregnant or have catamenia or similar problems.
- **Weight limit:** 120 kg
- **Category:** SC (according to EN957 norm) suitable for semi-commercial, hotel and Club use.
- **WARNING!** The heart rate frequency monitoring may not be completely accurate. Overexertion during training can lead to a serious injury or even death. If you start to feel faint, stop the exercise immediately.

# EXPLODED DRAWINGS





## PARTS LIST

No.	Description	Specification	Qty.
1	Main frame		1
2	Basic frame		1
3	Left pedal connection leg		1
4	Right pedal connection leg		1
5	Left pedal		1
6	Right pedal		1
7	Left upper swing arm		1
8	Right upper swing arm		1
9	Handlebar		1
10	Console		1
11	I-Pad holder	Optional	1
12	Tube cap	Ø55	4
13	Roll wheel position stopper	Ø17xØ8.5x47	2
14	Communication line A	L-650 mm	1
15	Hand pulse communication line	L-550 mm	2
16	Hand pulse communication console line		2
17	Communication line A of console		1
18	Allen cylinder head full-thread screw	M10x90x20	2
19	Spring washer	Ø10	10
20	Curved washer	Ø10.5xR100xt2.0	2
21	Allen cylinder head half-thread bolt	M10x70x20	6
22	Flat washer	Ø10x Ø22x2.0	12
23	Pedal bracket	30x60x50	2
24	Curved washer	Ø8.5xR25xt2.0	6
25	Hex self-locking nut	M8	6
26	Allen cylinder head full-thread bolt	M8x15	12
27	Spring washer	Ø8	16
28	Flat washer	Ø8.2x Ø25xt2.0	4
29	Allen cylinder head half-thread bolt	M8x60x20	2
30	Allen cylinder head full-thread bolt	M6x15	6
31	Spring washer	Ø6	6
32	Allen pan head full-thread bolt	M8x20	7
33	Flat washer	Ø8.5xØ20xt1.5	13
34	Philips CKS full-thread bolt	M5x15	25
35	Philips CKS self-tapping screw	ST4x16 (optional)	30
36	Communication line B	L-650 mm	1

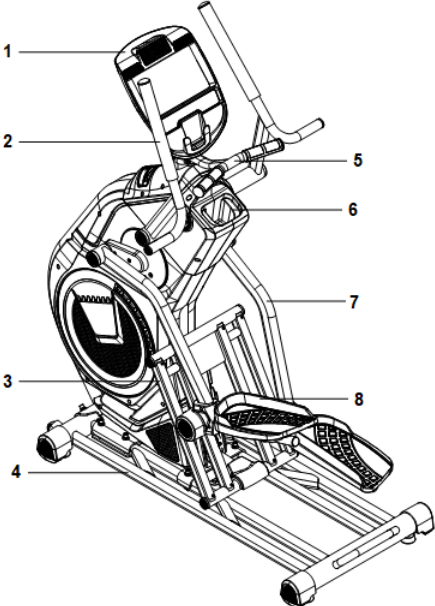
37	Communication line B of console		1
38	Deep-groove ball bearing	6004-ZZ	6
39	Swing arm		2
40	Allen bolt	M8x15	6
41	Spring washer	Ø120	2
42	Deep-groove ball bearing	61819	2
43	Eccentric fixer		2
44	Deep-groove ball bearing	6203-ZZ	2
45	Spring washer	Ø40	2
46	Spring washer	Ø25	2
47	Crank axle group	Ø25x133	1
48	Belt pulley	Ø308.9x22.2	1
49	Allen counter-sunk head full-thread bolt	M8x20	12
50	Spring washer	Ø95	2
51	Eccentric wheel	Ø103x26	2
52	Allen big head full-thread bolt	5/16-18UNC-25	2
53	Crank-right		1
54	End cap	Ø32xt1,5	2
55	Ball bearing	6005	2
56	Crank-left		1
57	Switch		1
58	Re-set switch	6A	1
59	Allen countersunk head self-tapping screw	ST3x10	2
60	Socket		1
61	Socket fixer		1
62	Spring washer	Ø10	1
63	Tensioning wheel	Ø43.5x25	1
64	Tensioning wheel fixer		1
65	Allen nut	M6	1
66	Flat washer	Ø6XØ20XT2.0	1
67	Hook	103XØ26XM6x50	1
68	Magnet sensor fixer		1
69	Philips self-tapping screw	ST4x12	8
70	Magnet control motor		1
71	Flywheel weight stack		6
72	Inside magnet flywheel		1
73	Flywheel	Ø450x62	1
74	Allen cylinder head half-thread bolt	M10x45x20	1

75	Incline motor		1
76	Hex self-locking nut	M10	2
77	Allen cylinder head full-thread bolt	M10x15	2
78	Powder case	Ø32xØ16x12.7	2
79	Sliding rail axle	Ø16x145.5	1
80	Tube cap	Ø38x17.5	4
81	Sliding rail tube cover		1
82	Sliding rail aluminium sheet		4
83	Philips CKS self-tapping screw	ST4x20	8
84	Bottom cover-left		1
85	Bottom cover-right		1
86	Allen cylinder head half-thread bolt	M10x60x20	1
87	Allen CKS hollow bolt	Ø8x33xM6x15	2
88	Wheels	Ø55x25.8	2
89	Allen pan head full-thread bolt	M6x12	10
90	Tube cap		4
91	Hex nut	M10	5
92	Feet pad	Ø49x22xM10x40	5
93	Rubber case	110x75x3	1
94	Motor belt	560PJ8	1
95	Top cover-middle		1
96	Top cover-left		1
97	Top cover-right		1
98	Water cup holder		1
99	Hand pulse		2
100	Philips pan head self-tapping screw	ST3x30	4
101	Out cover-left		1
102	Out cover-right		1
103	Out cover decoration strip		2
104	Philips CKS self-tapping screw	ST4x10	6
105	Spring washer	Ø42	2
106	Brake line		1
107	Sliding rail group		1
108	Philips CKS full-thread bolt	M4x10	8
109	Wheel cover-left		2
110	Wheel cover-right		2
111	Wheels	Ø79x37.8	4
112	Rods	Ø25x Ø21x6,5	1



113	Tube cap	Ø32x1.5	2
114	Power line with computer tail		1
115	Tube cap	Ø32x17	2
116	Foam	Ø30x13.0x350	2
117	Magnet sensor	L-300 mm	1
118	Communication line	L-200 mm	1
119	Power line	L-450 mm	1
120	Power line	L-450 mm	1
121	Controller		1
122	Sticker	t1.0x495x22	4
123	Allen full-threaded bolt	M8x30	1

## PRODUCT DESCRIPTION


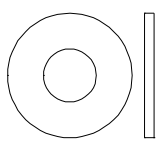
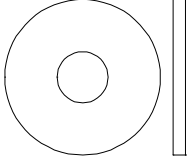
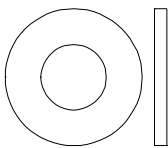
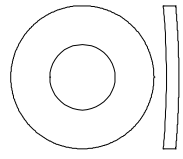


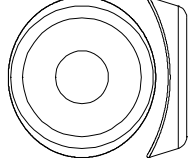


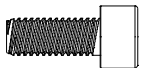
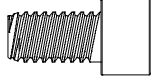
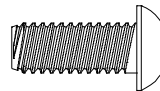
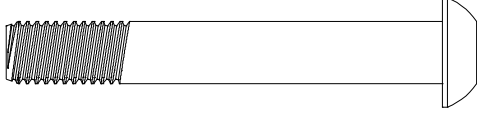
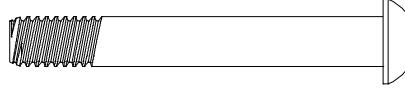
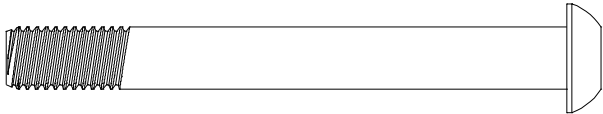

	1) Console group
	2) Swing arm
	3) Incline frame
	4) Basic frame
	5) Handlebar
	6) Cup holder
	7) Pedal connection leg
	8) Pedal

## PRODUCT SPECIFICATION

Model No.	E13
Dimensions (unfold)	1660x880x1780 mm
Max. user weight	120 kg
Speed ratio	8.8
Flywheel	Inside magnet, two-way, Ø450/8kg
Resistance level	1-24
Stride length	264 mm

**NOTE:** The producer reserves the right to amend this product without any prior notice.

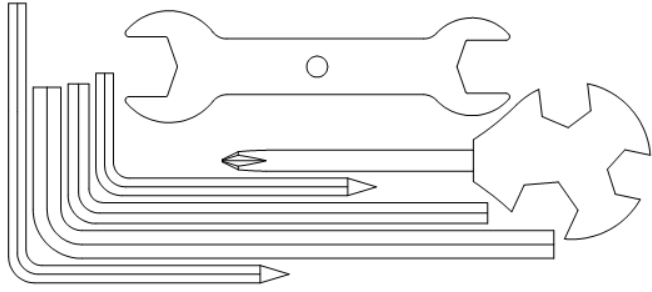
## HARDWARE LIST

     <p> <math>\varnothing 6-6</math>    <math>\varnothing 8.5 \times \varnothing 20 \times t1.5-4</math>    <math>\varnothing 8.2 \times \varnothing 25 \times t2.0-2</math>    <math>\varnothing 10 \times \varnothing 22 \times t2.0-6</math>    <math>\varnothing 10.5 \times R100 \times t2.0-2</math> </p>			
     <p> <math>\varnothing 8-8</math>    <math>\varnothing 10-8</math>    <math>\varnothing 8.5 \times R25 \times t2.0-2</math>    M8-2    M5 <math>\times 15-4</math> </p>			
   <p> M6 <math>\times 15-6</math>    M8 <math>\times 15-2</math>    M8 <math>\times 20-6</math> </p>			
  <p> M10 <math>\times 70 \times 20-6</math>    M8 <math>\times 60 \times 20-2</math> </p>			
  <p> M10 <math>\times 90 \times 20-2</math>    iPad Holder Optional Accessories ST4 <math>\times 16-4</math> </p>			

No.	Description	Specification	Qty.
18	Allen half-threaded bolt	M10x90x20	2
19	Spring washer	$\varnothing 10$	8
20	Curved washer	$\varnothing 10.5 \times R100 \times t2.0$	2
21	Allen pan head half-thread bolt	M10x70x20	6
22	Flat washer	$\varnothing 10 \times \varnothing 22 \times t2.0$	6
24	Curved washer	$\varnothing 8.5 \times R25 \times t2.0$	2
25	Hex self-locking nut	M8	2
26	Allen cylinder head full-thread bolt	M8x15	4
27	Spring washer	$\varnothing 8$	8

28	Flat washer	Ø8.2x Ø25xt2.0	2
29	Allen cylinder head half-thread bolt	M8x60x2.0	2
30	Allen cylinder head full-thread bolt	M6x15	6
31	Spring washer	Ø6	6
32	Allen pan head full-thread bolt	M8x20	6
33	Flat washer	Ø8.5xØ20xt1.5	4
34	Philips CKS full-thread bolt	M5x15	4
35	Philips CKS self-tapping screw	ST4x16 (optional)	4

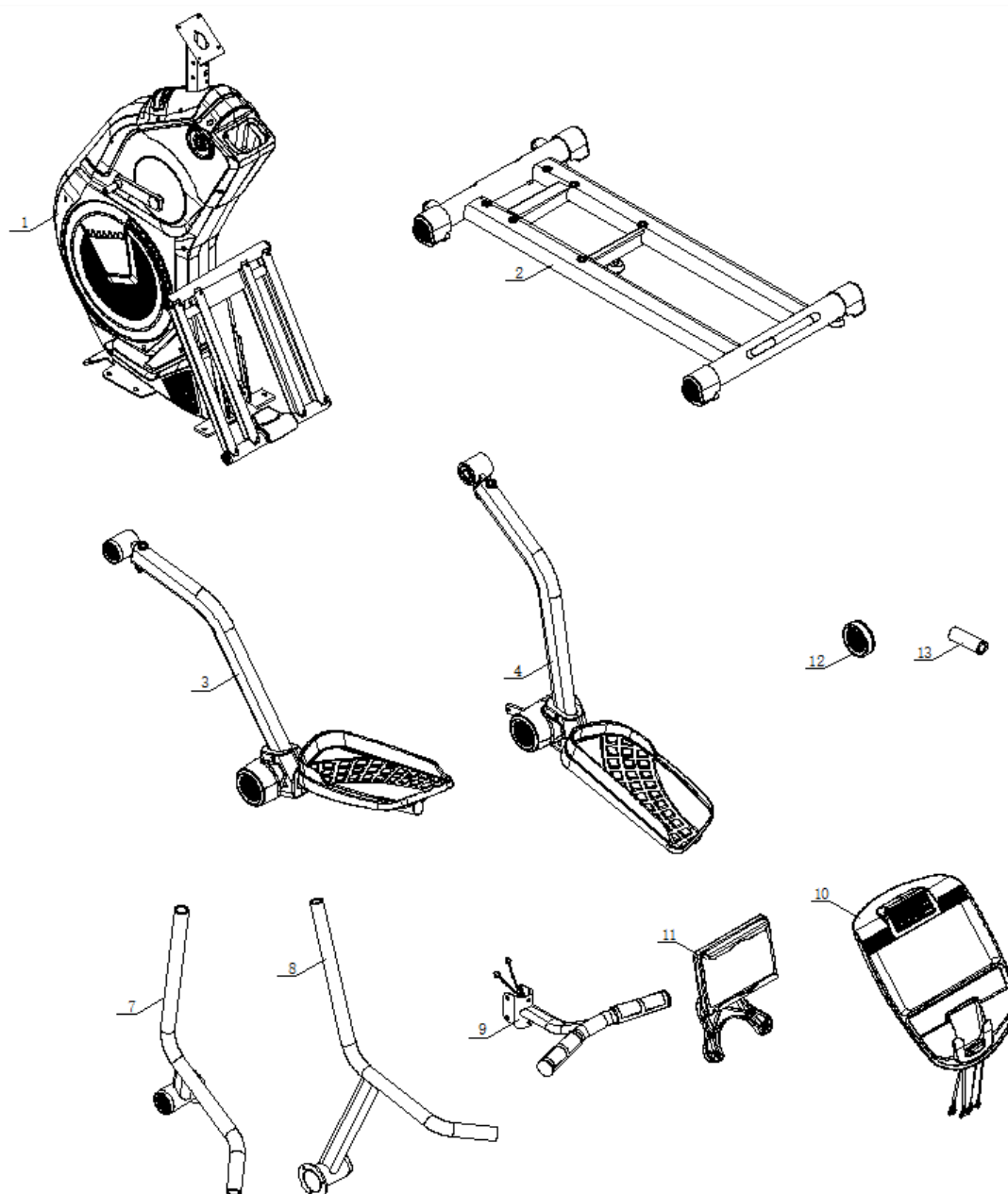
#### TOOLS:

		
Description	Specification	Qty.
L wrench	5x80x80S	1
L wrench	5x35x85S	1
L wrench	6x40x120	1
L wrench	8x45x145	1
Philips wrench	14x17x75	1
Open end wrench	15#&17#	1

## ASSEMBLY

### PARTS LIST FOR ASSEMBLY

No.	Name	Specification	Qty.	No.	Name	Specification	Qty.
1	Main frame		1	20	Arc washer	Φ10.5×R100×t2.0	2
2	Base		1	21	Allen bolt	M10×70×20	6
3	Left pedal		1	22	Flat washer	Φ10×Φ22×2.0	6
4	Right pedal		1	24	Arc washer	Φ8.5×R25×t2.0	2
7	Left handlebar		1	25	Nut	M8	2
8	Right handlebar		1	26	Allen bolt	M8×15	8
9	Handles		1	27	Spring washer	Φ8	10
10	Console		1	28	Flat washer	Φ8.2×Φ25×t2.0	2
11	Tablet holder	optional	1	29	Allen bolt	M8×60×20	2
12	End cap	Φ55	1	30	Allen bolt	M6×15	6
13	Stopper	Φ17×Φ8.5×47	1	31	Spring washer	Φ6	6
14	Cabel A	L-650mm	2	32	Allen bolt	M8×20	6
15	HR cable	L-550mm	2	33	Flat washer	Φ8.5×Φ20×t1.5	4
16	Console pulse cable		1	34	Bolt	M5×15	4
17	Communication cable A		2	35	Self-tap screw	ST4×16	4
18	Allen bolt	M10×90×20	2	36	Cable B	L-650mm	1
19	Spring washer	Φ10	1	37	Communication cable B		1

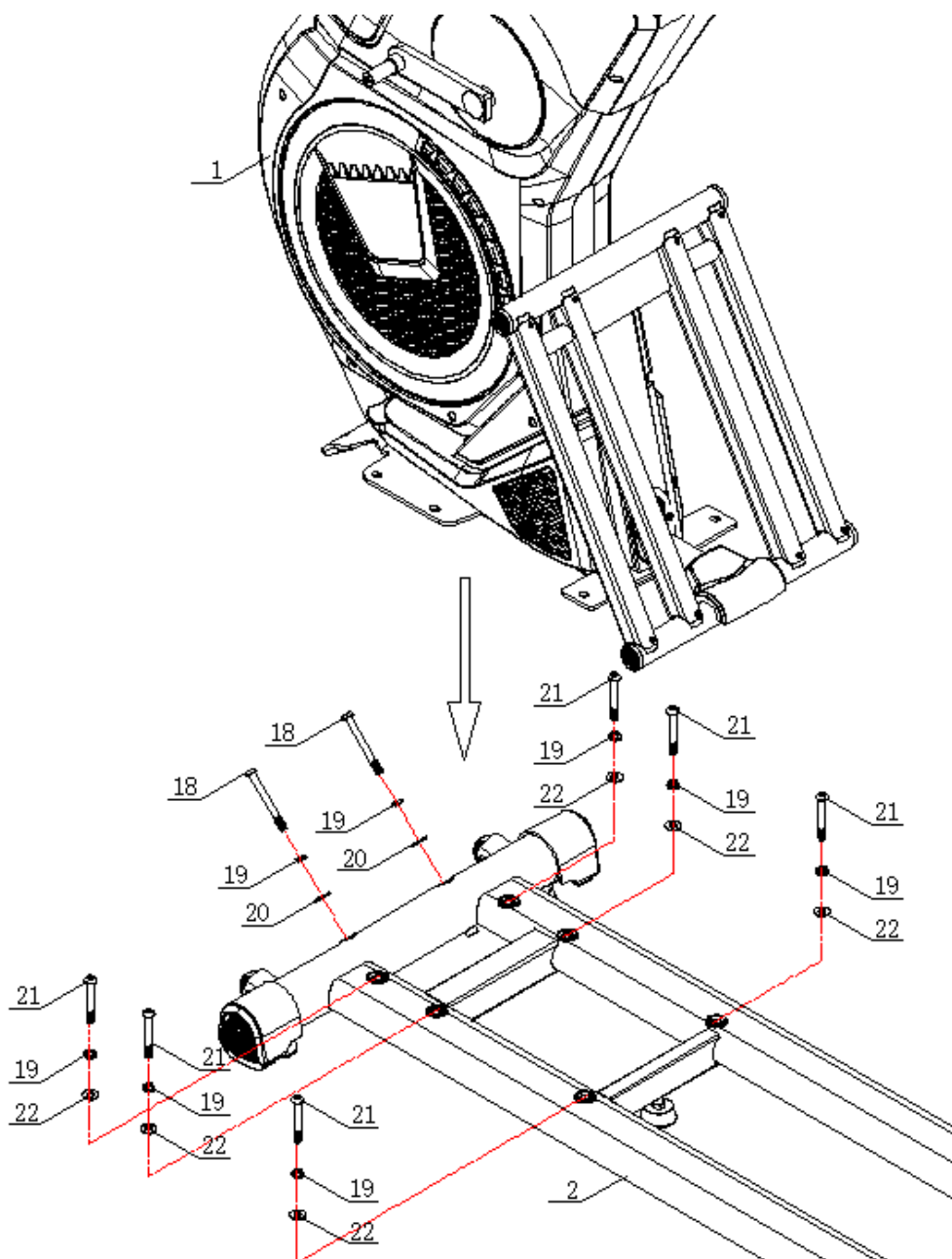


No.	Name	Specification	Qty.
1	Main frame		1
2	Base		1
3	Left pedal		1
4	Right pedal		1
7	Left handlebar		1
8	Right handlebar		1
9	Handles		1
10	Console		1
11	Tablet holder	optional	1
12	End cap	Φ55	2
13	Stopper	Φ17×Φ8.5×47	2

## STEP 1

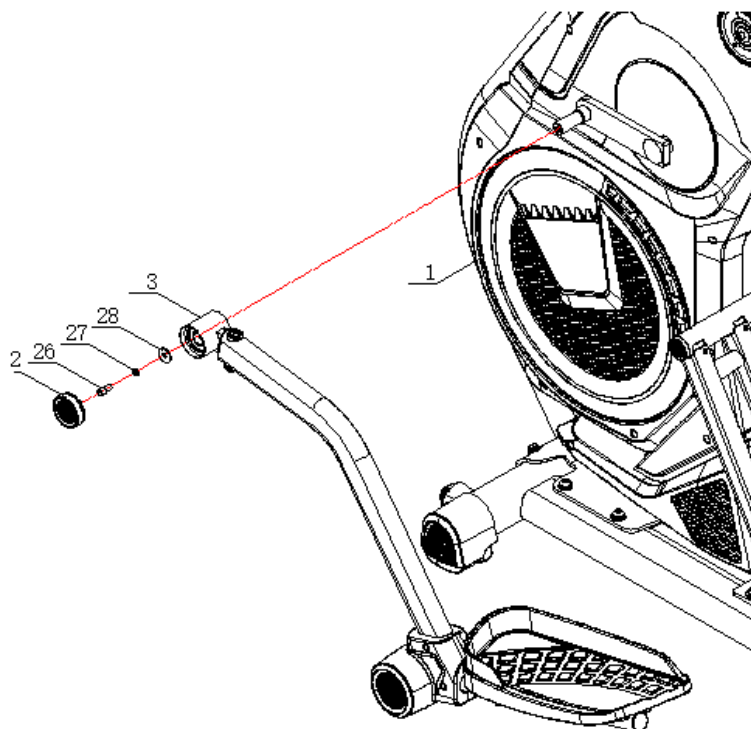
Place the main frame (1) on the basic frame (2) and secure with six allen pan head half-thread bolts (21), six spring washers (19), six flat washers (22), two allen head half-thread bolts (18), two spring washers (19), two curved washers (20). Use included Philips wrench.

**WARNING!** First put all the bolts and washers onto the frame holes. Thereafter secure them.



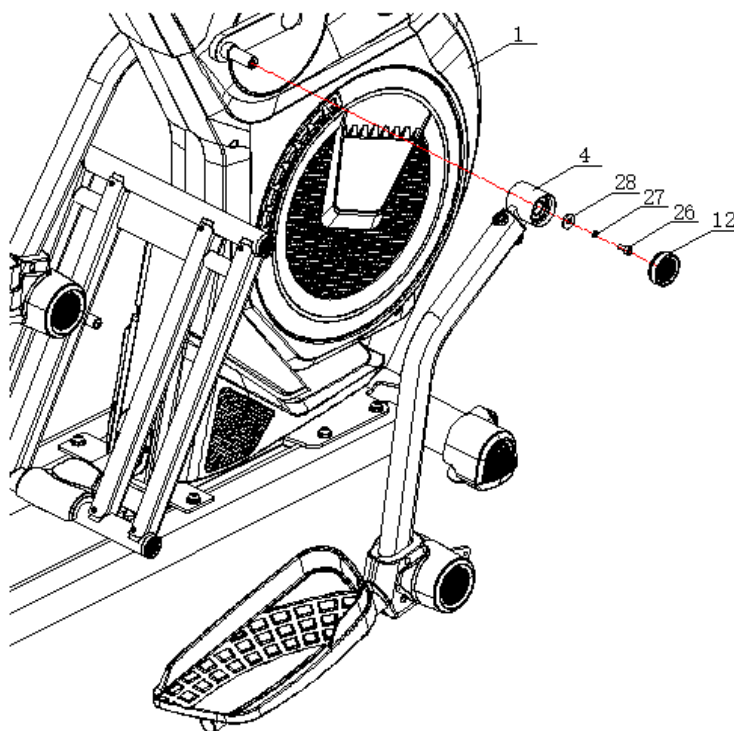
## STEP 2

Lubricate axles on main frame (1) and attach left pedal crank (3) to the main frame (1) and secure with 1x washer (28), 1x spring washer (28) and 1x bolt (26). Then attach the end caps (12).



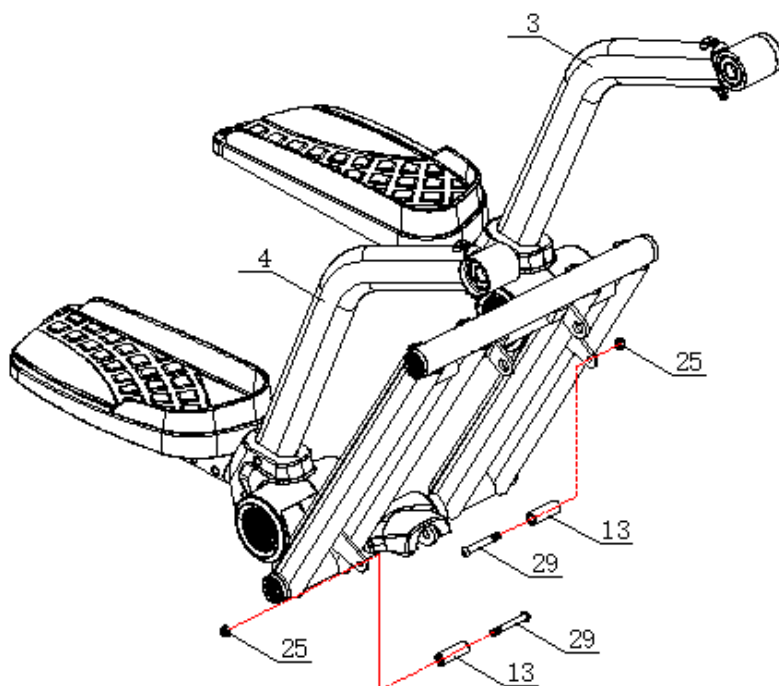
## STEP 3

Lubricate axles on main frame (1) and attach right pedal crank (4) to the main frame (1) and secure with 1x washer (28), 1x spring washer (28) and 1x bolt (26). Then attach the end caps (12).



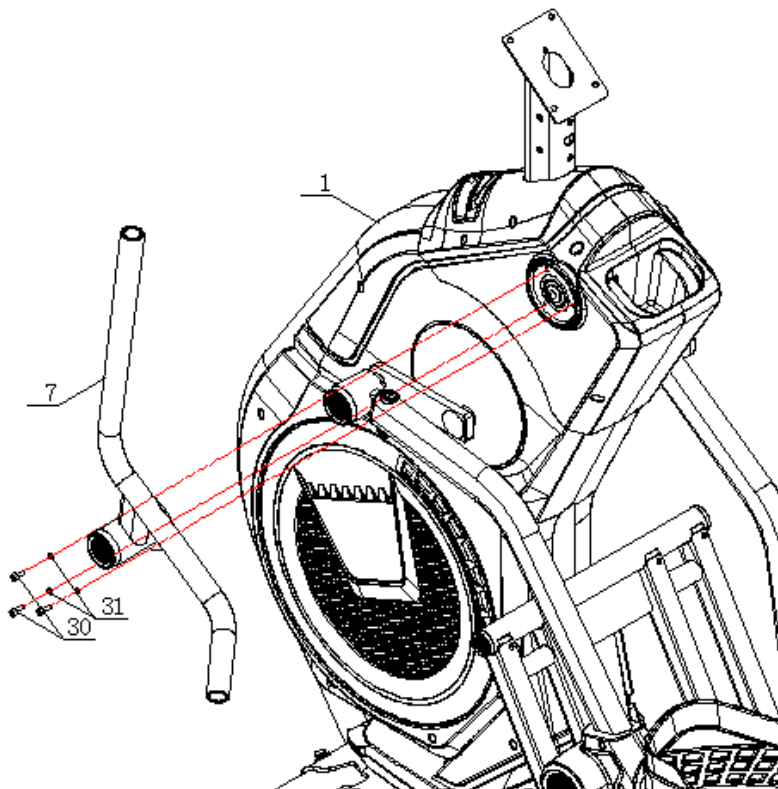
#### STEP 4

Attach the stopper (13) on left and right pedal crank (3 and 4) with 2x bolts (29) and 2x nuts (25). Lubricate all movable parts of the crank.



#### STEP 5

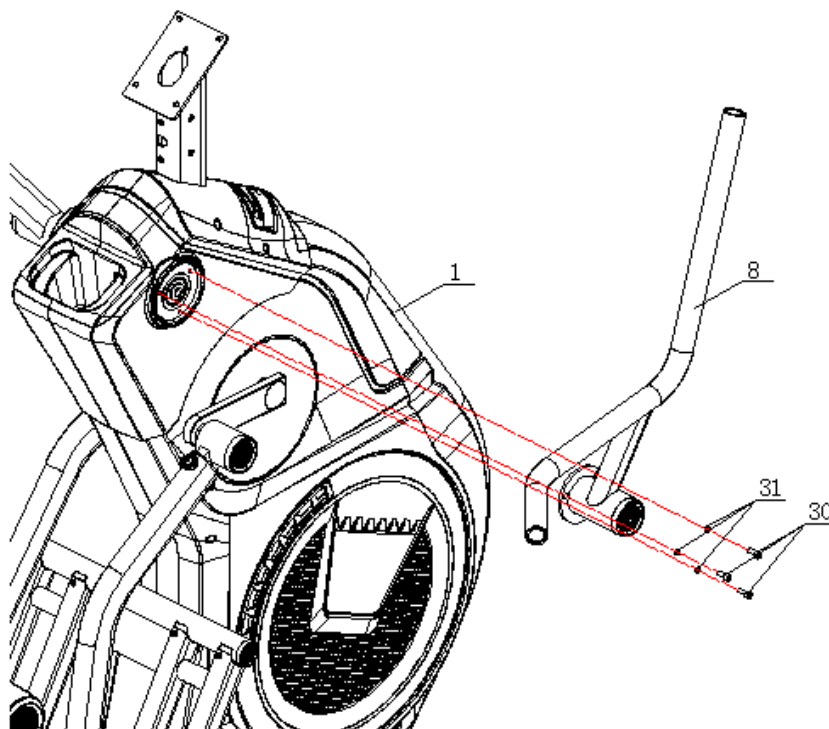
Attach the left handle (7) to the main frame (1) with 3x spring washers (31) and 3x bolts (30). First tighten all bolts with hand and then with key.





## STEP 6

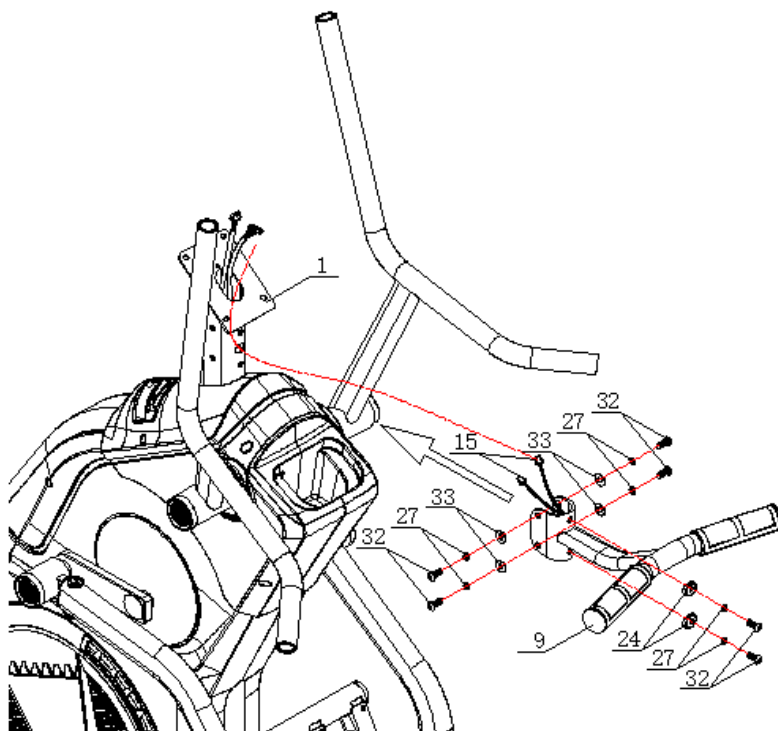
Attach the right handle (8) to the main frame (1) with 3x spring washers (31) and 3x bolts (30). First tighten all bolts with hand and then with key.



## STEP 7

Connect pulse handlebars cables (15) to cables from the main frame (1).

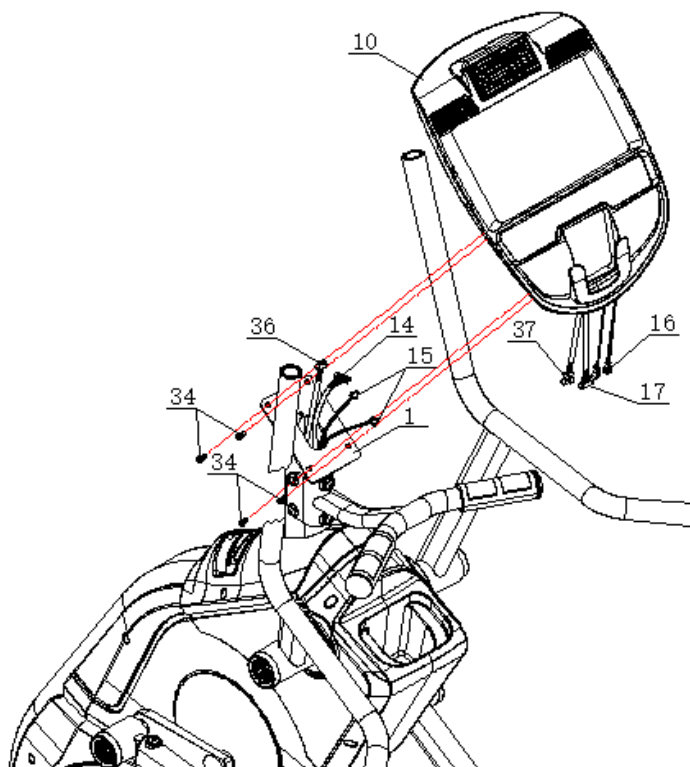
Handles (9) attach to the main frame (1) with 4x washers (33), 4x spring washers (27), 4x bolts (32), 2x arc washers (24), 2x spring washers (27) and 2x bolts (32).



### STEP 8

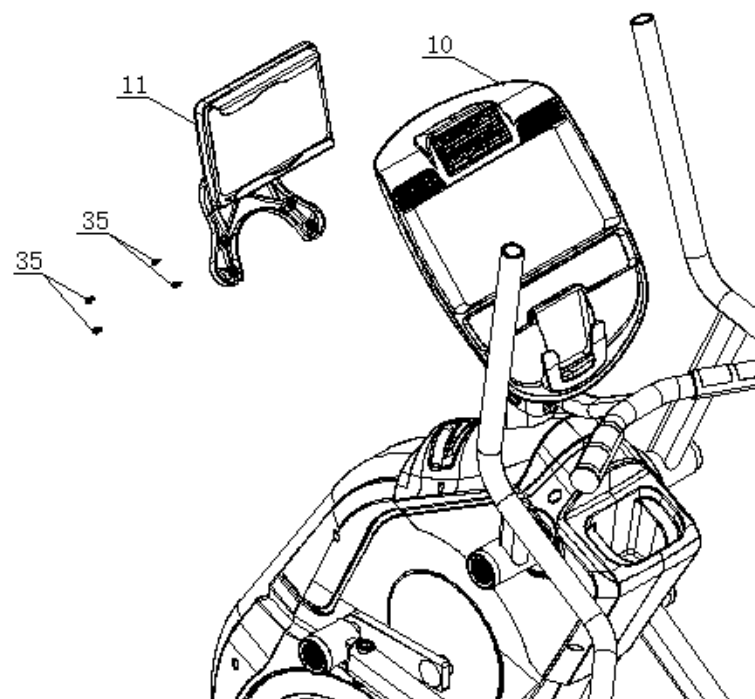
Connect communication cables A from the console with communications cables A (17 and 14), cables for pulse from console with pulse cables (16 and 15) and communication cables B from console to communication cables B (37 and 36)

Connect console (10) to the main frame (1) with 4x bolts (34). First tighten all bolts with hand and then with key.



### STEP 9 (optional)

If you have a version with tablet holder attach the tablet holder (11) to the console (10) with 4x bolts (35).



## CONSOLE INSTRUCTION



## FUNCTION DESCRIPTION

- Manual: adjust exercise mode.
- Program: 12programs (P1~P12) adjust the load level automatically.
- Watt: display power consumption during training.
- HRC: Set 55%/75%/90%/TARGET, adjust load level base on heartbeat value automatically.
- User program: self-selected load to exercise
- Recovery: recovery the heart rate test
- Bodyfat: To test user's body fat and fat ratio.
- User data: Set user information, you can choose UX(X=1~4).
- Incline function: (01~15) levels
- Music speaker

## MAIN FUNCTION DESCRIPTION

Function	Display range	Setting range	Memorize	Return to 0	Description
Time	0:00 ~ 99:59 Minute	0~99 Circulation (+1 minute)	Yes	Yes	Count – no preset target, time will count from 0:00.  Count down – with preset target, time will count down from preset to 0, then system STOP. The indicator light of TIME flash, and system alarm 8s with 4 sounds in every second. (Press any key to stop alarm)
SPEED	0.0~99.9 KMH 0.0~99.9 MLH	Can't be preset	No	Yes	In START mode:  With sensor input, screen display training speed in 3s.  Without sensor input for 4.6s, the SPEED value is 0.  SPEED & RPM value will display 6s by turn in same window.
RPM	0~999	Can't be preset	No	Yes	In START mode:  With sensor input, screen display training RPM in 3s.  Without sensor input for 4.6s, the RPM value is 0.  SPEED & RPM value will display 6s by turn in same window.
DISTANCE	0.0~99.99 KM (ML)	0.0 ~99.90 (+0.1)	Yes	Yes	Count – no preset target, time will count from 0.0.  Count down – with preset target, time will count down from preset to 0, then system STOP. The indicator light of DISTANCE flash, and system alarm 8s with 4 sounds in every second. (Press any key to stop alarm)
CALORIES	0~9999 CAL	0~9990 (+10)	Yes	Yes	Count – no preset target, time will count from 0.  Count down – with preset target, time will count down from preset to 0, then system STOP. The indicator light of CALORIES flash, and system alarm 8s with 4 sounds in every second. (Press any key to stop alarm)
PULSE	P-30~230 BPM	0-30~230 (+1) BPM Circulation	Yes	Yes	With pulse input, screen display initial value in 7.5s.  Without pulse input in 6s, the PULSE value is 0.  Pulse exceed the preset target, console will remind with Bi-bi sound.
WATT	0~999	Can't be preset	Yes	Yes	With sensor input, screen display WATT value in 3s.  Without sensor input for 4.6s, the WATT value is 0.
AGE	1~99	1~99	Yes	Yes	The indicator light flash waiting for preset, the screen display default value is 25.
RECOVERY	F1~F6	Can't be preset	No	No	To display the PULSE input value.
MANUAL		1~24LEVEL	Yes	Yes	Press ▲, ▼KEY to preset LEVEL.  CPU adjust the resistance base on LEVEL preset

					value.
PROGRAM	(P1~P12)	(P1~P12)	Yes	Yes	Press ▲, ▼KEY to preset PROGRAM. When you select, the indicator light flash, press MODE confirm your selection.  CPU adjust the resistance base on LEVEL preset value.
USER		16X*8Y	Yes	Yes	When you select, the indicator light flash, press MODE confirm your selection.  USER can preset one PROGRAM.
H.R.C		55%,75%, 90%,TAG	Yes	Yes	When you select, the indicator light flash, press MODE confirm your selection.  Before this preset, you must set the AGE first.
WATT CONSTANT		(10~350) (+5) Circulation	Yes	Yes	When you select, the indicator light flash, press MODE confirm your selection.  The default value is 120, finished preset, press the START to conduct this WATT CONSTARNT function.
CIRCLE		Can't be preset	Yes	No	Select by OPTION
LEVEL	Display 1 ~24	1 ~24	No	No	Screen display LEVEL value when you select and adjust this function.
SEX	Male OR Female	Male OR Female	Yes	No	Select Male or Female.
HEIGHT	100~200 CM	100~200 (+1) CM  40~80 (+-1) INCH	Yes	Yes	Set the height of user, as the calculation parameter of exercise, preset value is 160CM (60 INCH).  When you select, the indicator light of "HT" flash.
BODY FAT	20~150 KG	20-150 KG (+1) KG  40~350 LB (+1)	Yes	Yes	Set the weight of user, as the calculation parameter of exercise, preset value is 50KG (100 LB).  When you select, the indicator light of "WT" flash.
BMI	5.0%~50%	Can't be preset	No	No	LED display.
INC	0~50	Can't be preset	Yes	No	LED display.

## OPERATION DESCRIPTION

### POWER ON

- Connect power or when step RPM>, (self-power generation), buzzer sounds for 1s and LED will full display 2S /drawing 1). Then display KM or ML in center of screen.
- Enter USER setting mode (with FAT function), input user information U1~U4, select one user (Drawing 3), press MODE / ENTER KEY to select SEX (Drawing 4), AGE (Drawing 5), HEIGHT (Drawing 6), WEIGHT (Drawing 7). When you select, the window show the default

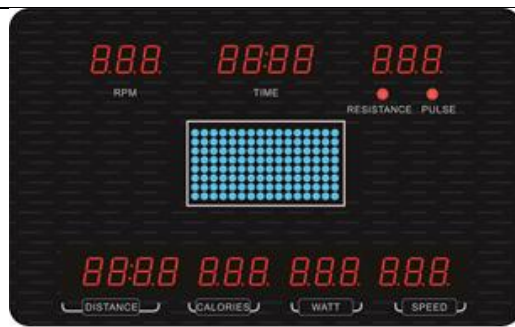
value or previous record, then go to main function window (Drawing 8 MANUAL、PROGRAM、User Program、H.R.C.、WATT function.

## SLEEP

- If SM&SE system without any RPM information input 4 minutes, the console will enter sleep mode, the console will wake up if any RPM information input.
- SR system without any RPM information input 90s, the console will be in sleep mode, the console will wake up when sensor input >15RPM.



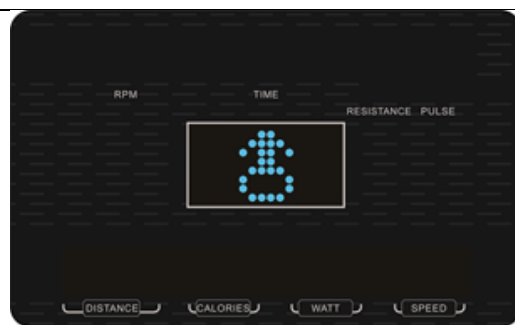
Drawing 1



Drawing 2



Drawing 3



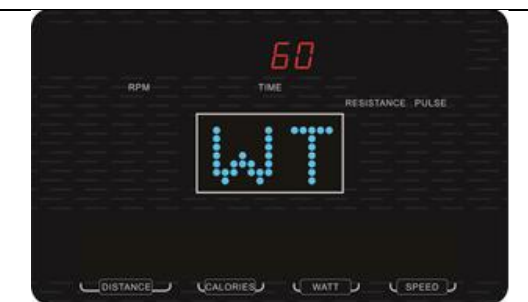
Drawing 4



Drawing 5



Drawing 6



Drawing 7

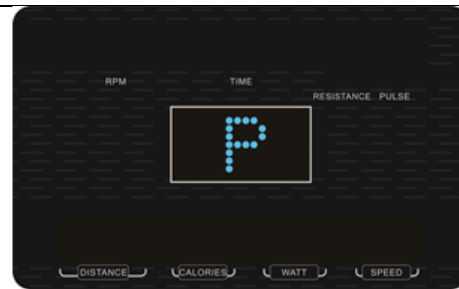


Drawing 8

## FUNCTION CIRCULATION: MANUAL – PROGRAM-USER-HRC-WATT



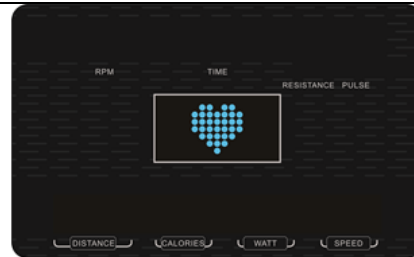
Drawing 9



Drawing 10



Drawing 11



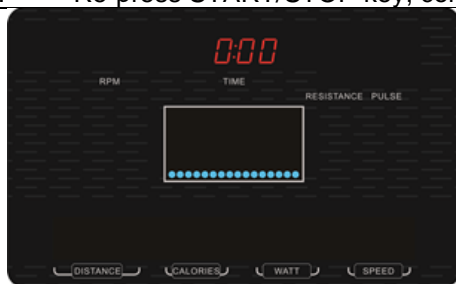
Drawing 12



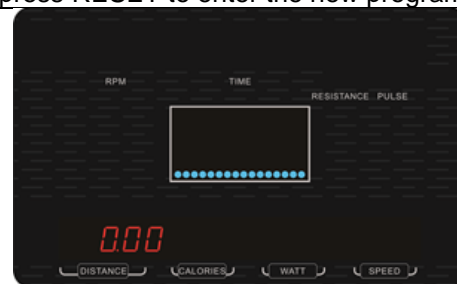
Drawing 13

## MANUAL MODE (PRESS START/STOP KEY)

- Select MANUAL mode to adjust setting value, use MODE key to select, press UP /DOWN to set the value. TIME (Drawing 14) DISTANCE (Drawing 15) CALORIES (Drawing 16) PULSE (Drawing 17))
- Press START/STOP key to start exercise, press UP or DOWN key to adjust resistance during exercise.
- During exercise, press START/STOP key, the console will change from LEVEL mode to INC mode automatically, press +/- adjust the incline height.
- Re-press START/STOP key, console pause, press RESET to enter the new program.

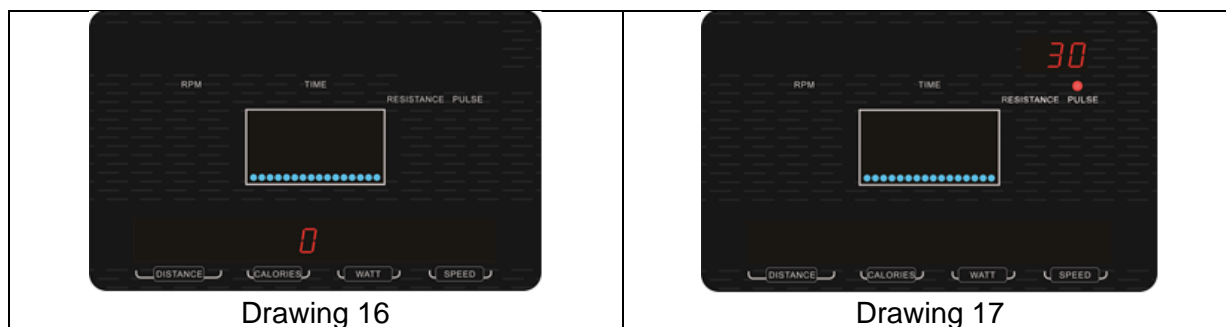


Drawing 14



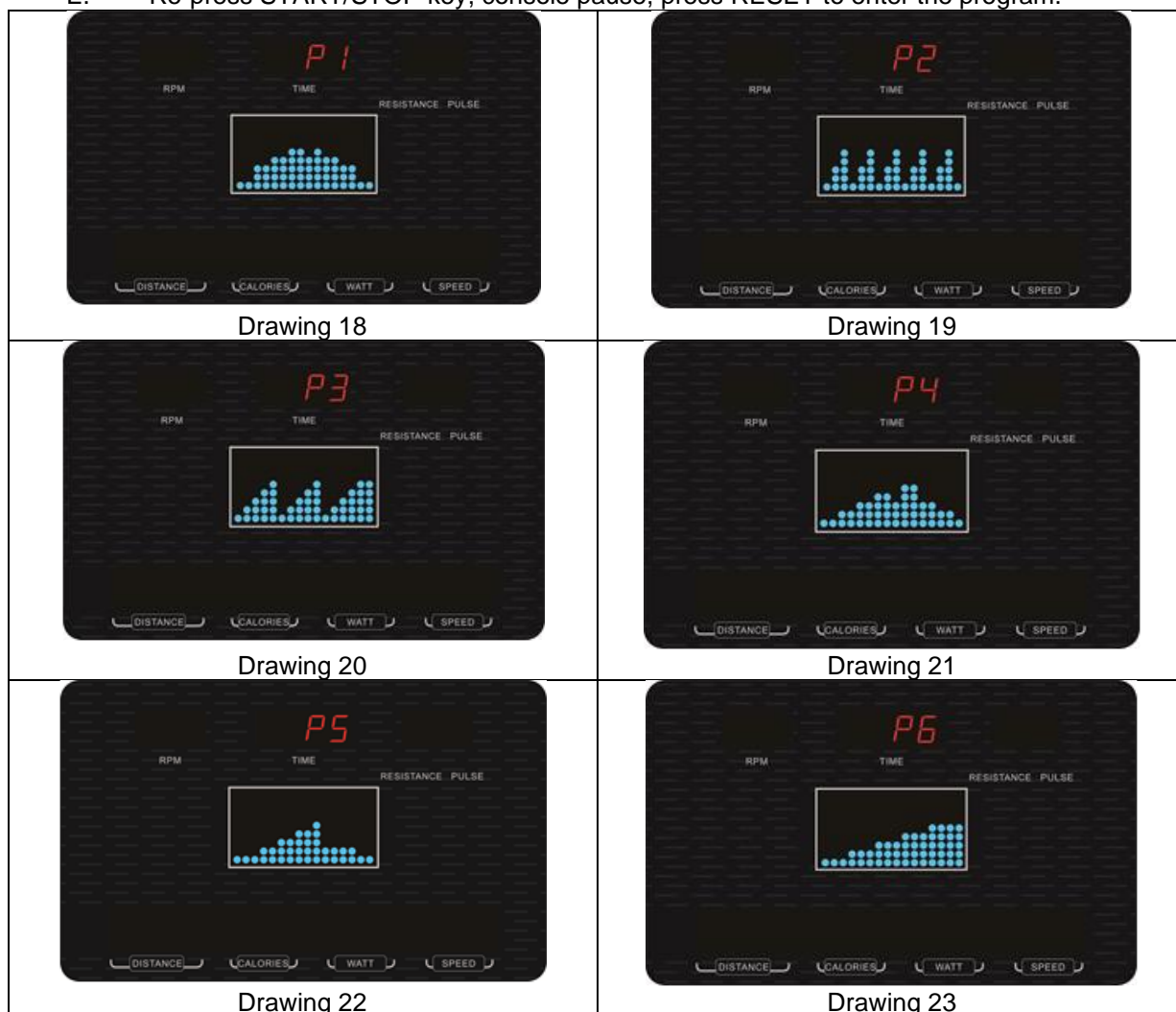
Drawing 15





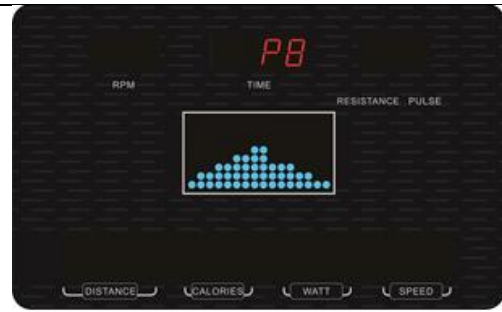
## PROGRAM MODE

- Select PROGRAM mode, press UP/DOWN to choose P1~P12 (Drawing 18~Drawing 29)
- Enter time window, press UP/DOWN key to adjust (Drawing 30)
- Press START/STOP key to start exercise, press UP or DOWN key to adjust resistance during exercise.
- During exercise, press START/STOP key, the console will change from LEVEL mode to INC mode automatically, press +/- adjust the incline height.
- Re-press START/STOP key, console pause, press RESET to enter the program.





Drawing 24



Drawing 25



Drawing 26



Drawing 27



Drawing 28



Drawing 29



Drawing 30



Drawing 31



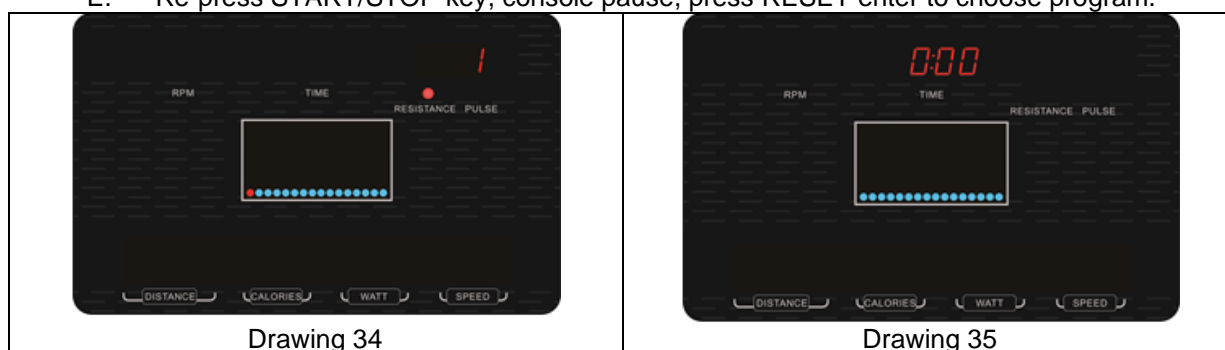
Drawing 32



Drawing 33

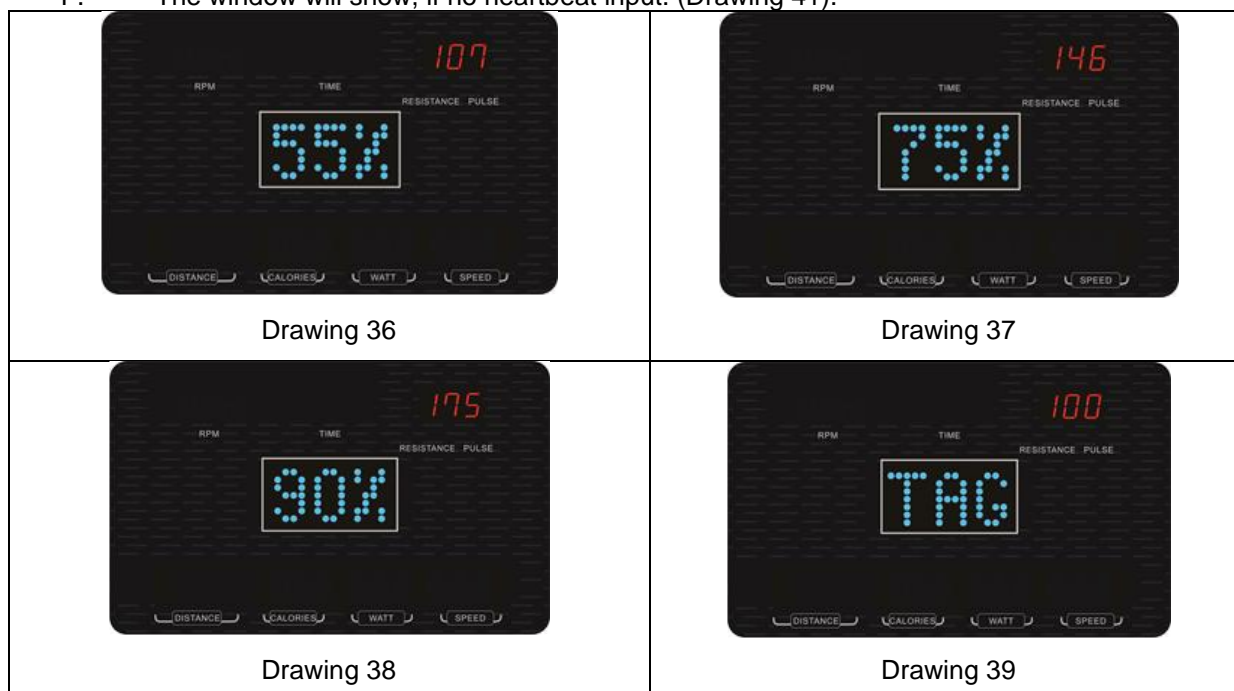
## USER MODE

- Select USER mode, press UP/DOWN key to set USER PROGRAM (Drawing 34) Press MODE key 2s to skip this setting, (keep previous record, or keep as LOAD 1 if no setting before)
- Enter time window, press UP/DOWN key to adjust (Drawing 35)
- Press START/STOP key to start exercise, press UP or DOWN key to adjust resistance during exercise.
- During exercise, press START/STOP key, the console will change from LEVEL mode to INC mode automatically, press +/- adjust the incline height.
- Re-press START/STOP key, console pause, press RESET enter to choose program.



## HRC MODE

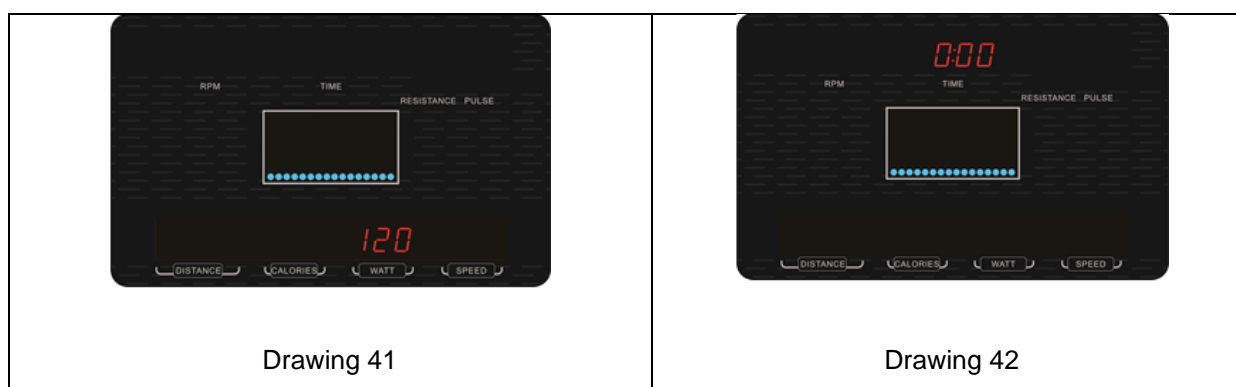
- Enter HRC mode, press UP/DOWN key to select 55%(107) 75%(146) , 90%(175) , TAG (100) (Drawing 36~Drawing 39)
- Enter time window, press UP/DOWN key to adjust (Drawing 40).
- Press START/STOP key to start exercise, press UP or DOWN key to adjust resistance during exercise.
- During exercise, press START/STOP key, the console will change from LEVEL mode to INC mode automatically, press +/- adjust the incline height.
- Re-press START/STOP key, console pause, press RESET to enter and choose program
- The window will show, if no heartbeat input. (Drawing 41).





## WATT MODE

- A. Enter WATT mode, press UP/DOWN key to adjust the value (Default value is 120W) (Drawing 41)
- B. Enter time window, press UP/DOWN key to adjust (Drawing 42)
- C. Press START/STOP key to start exercise, based on the value of WATT to adjust resistance automatically.
- D. During exercise, press START/STOP key, the console will change from LEVEL mode to INC mode automatically, press +/- adjust the incline height.
- E. Re-press START/STOP key, console pause, press RESET to enter and choose program.



## OPERATING KEY

Console with key alarm function (Valid KEY: 1 short sound, Invalid KEY: 2 short sound, count down to zero: 4 short sound in every second, H.R.C & WATT CONTROL stop forcedly: 6 short sound continuously, PULSE over setting value: 2 short sound in every second, WATT OVER SPEC:3 short sound in every second).

### UP/DOWN KEY

- Press up this button to add or reduce value 1, long press to add or reduce value continuously. Select user U1~U4 (Age, Sex, Weight, Height) Select MANUAL, PROGRAM, USER, HRC, WATT function

### INCLINE KEY

- INC UP/INC DOWN (Level 1~15)
- Press this button to add or reduce value 1 UP MODE Key
  1. Select function(TIME, DIST, CAL, PULSE) ect
  2. After select or preset value, press this key go to next step.

### MODE KEY

- Select function(TIME, DIST, CAL, PULSE) ect
- After select or preset value, press this key go to next step P.

### RESET KEY

1. RESET : Press RESET key when system under STOP state, enter the main function window to select (WATT, H.R.C, User, PROGRAM, MANUAL function , and clear previous record of TIME, DISTANCE, CALORIES, PULSE, WATT).
2. TOTAL RESET : Press RESET key 2s, enter to just power on state, which is TOTAL RESET. system with 1s long sound alarm, and enter setting mode 2s later, the system is stand by LEVEL 1 waiting for preset.

### START/STOP KEY

- Press this key to start exercise, press it one more time, the console stop.

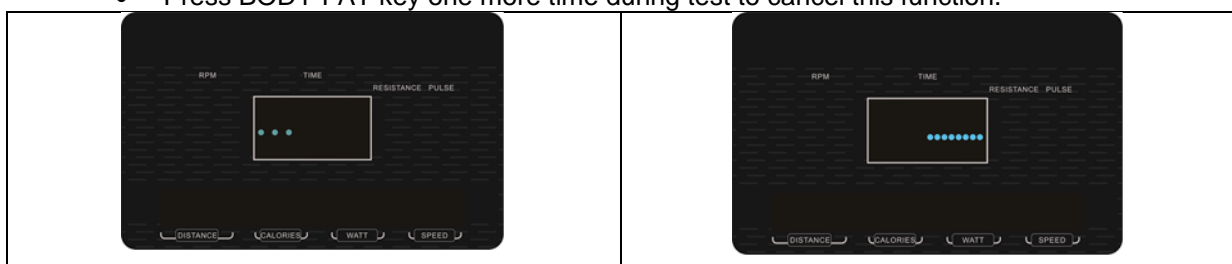
### RECOVERY

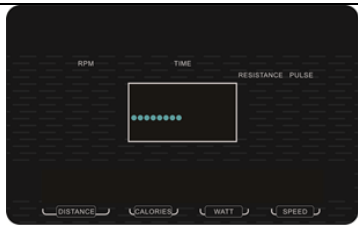


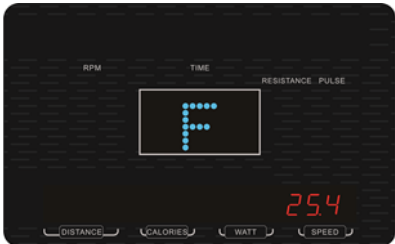

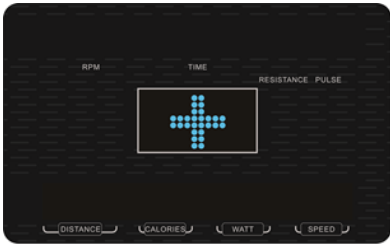
1. If no PULSE input, this key is invalid.
2. In START or STOP state display PULSE value, press RECOVERY key :  
A, Conduct RECOVERY function, display TIME and PULSE window only. Voltage value of LEVEL reduce to LEVEL 1 immediately.  
B, TIME window display 0:60(Drawing 43), start to time count down (if no PULSE input during time count down, the window display "F1~F6" when the time count down to 0). Press the RECOVERY key resume display.  
3. Press this key during time count down, resume normal display.



### BODY FAT

- Under STOP state, after finish user's information, this function is ready.
- Press this key to test body fat ratio, put your hands on the handlebar, the test result display on the window (Drawing 45~Drawing 47).
- If window display E-1(Drawing 48), which means not hold the handlebar closely.
- If the window display E-1(Drawing 49), which means the bodyfat ratio over setting range (5%~50%).
- After test, the FAT% and BIM will display on the window (Drawing 50, Drawing 51, Drawing 52).
- Press BODY FAT key one more time during test to cancel this function.



<p style="text-align: center;">Drawing 45</p> 	<p style="text-align: center;">Drawing 46</p> 
<p style="text-align: center;">Drawing 47</p>  <p style="text-align: center;">Drawing 49</p> 	<p style="text-align: center;">Drawing 48</p>  <p style="text-align: center;">Drawing 50</p>  <p style="text-align: center;">Drawing 51</p> <p style="text-align: center;">Drawing 52</p>

## USE OF STEPPER

Whether you are looking for a nice figure, relaxation, or improved physical condition, the stepper is an aerobic equipment that you can quickly enjoy because of its positive influence on the cardiovascular and circulatory system.

In fact, steppers simulate walking down the stairs. Additionally, compared to just walking down the stairs, they do not burden the joints and are therefore more suitable for overweight people and people with joint problems. Because the body is free to move in space and upright, they are also suitable for people who have some back problems and who do not like, for example, the static position of the exercise bikes.

The Stepper works by putting your feet on two moving platforms, setting up specific features, and then moving the weight of your body alternately from one foot to the other. The basic features you can set for some steppers include step counting, total training time, energy consumption, walking distance or heart rate. These simpler devices do not contain handholds and are more demanding for stability, but of course you can also buy one with the holders.

The main muscles involved in the movement are the thigh muscles (quadriceps and hamstrings), the muscles of the buttocks, but also the calves and some smaller stabilizing muscles. However, the involvement of individual groups also depends on what you are doing on the stepper.

Deeper exercising uses more quadriceps muscles (quadriceps). Shallow exercising uses hamstrings and calves.



When exercising on most types of steppers, you can, to a certain extent, adjust the resistance and intensity of your activity to your performance level, goals, or type of aerobic unit. Take care of the right stance and avoid moving the knees into the sides or inwards.

## EXERCISE INSTRUCTIONS

A successful workout starts with the warm-up phase and ends with the cool-down phase (relaxation). At the warm-up phase your muscle should be prepared for strenuous workout. The cool-down phase should protect your body from muscular problems. Follow stretching exercise instructions for warming up and cooling down your body.



### Toe Touch

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 seconds counts.



### Tights

With one hand, lean against the wall. Put your other hand down and grasp your foot. Tighten it to the buttocks, do not overextend your thighs. Hold for 30 seconds and repeat with the second leg.



### Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 30-40 seconds. Relax and then repeat with left leg extended.



### Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 30-40 seconds.



### Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 30-40 counts.

## MAINTENANCE

- Use only a soft cloth and a mild detergent.
- Do not clean the plastic parts with abrasives or solvents.
- Wipe the sweat after each use.
- Protect the device from moisture and extreme temperatures.
- Protect your device, computer and console from direct sunlight.
- Check the tightening of all bolts and nuts regularly.
- Store in a dry and clean place away from children.

## ENVIRONMENT PROTECTION

After the product lifespan expired or if the possible repairing is uneconomic, dispose it according to the local laws and environmentally friendly in the nearest scrapyard.

By proper disposal you will protect the environment and natural sources. Moreover, you can help protect human health. If you are not sure in correct disposing, ask local authorities to avoid law violation or sanctions.

Don't put the batteries among house waste but hand them in to the recycling place.

## TROUBLESHOOTING

### E-1 The console didn't receive BODY FAT test signal

Solution:

- The heart pulse abnormality. The hands of user are too dry or wet (test after washing).
- Check the hand pulse communication wire whether the wire is connected properly with hand pulse sets.
- Check the hand pulse communication wire whether the wire is connected properly with console.
- Try a new console to test, if the console is damaged, replace it.
- Try a new hand pulse communication wire to test, if the wire is damaged, replace it.

### E-2, E-7 The console detects motor wire problem

Solution:

- Check the motor wire or replace the motor
- Check the motor wire whether broken.
- Check the motor whether connect well with console.
- Change a new motor to check, if the motor defect, change it

### E-3 Console can't detect signals from motor, speed sensor or power line

- Check the motor 2P wire whether connect properly.
- Check the speed sensor box distance whether is too far.
- Check the motor wire whether connect properly with console.
- Change the speed sensor box.
- Try a new console to test, if the console is damaged, replace it.

### E-4 Body fat test function, the test value out of setting range.

- The age/weight setting range incorrect, re-set it.

### E-5 The console detects motor disc problem

No Error code E-6

## TERMS AND CONDITIONS OF WARRANTY, WARRANTY CLAIMS

### General Conditions of Warranty and Definition of Terms

All Warranty Conditions stated here under determine Warranty Coverage and Warranty Claim Procedure. Conditions of Warranty and Warranty Claims are governed by Act No. 89/2012 Coll. Civil Code, and Act No. 634/1992 Coll., Consumer Protection, as amended, also in cases that are not specified by these Warranty rules.

The seller is SEVEN SPORT s.r.o. with its registered office in Strakonická street 1151/2c, Prague 150 00, Company Registration Number: 26847264, registered in the Trade Register at Regional Court in Prague, Section C, Insert No. 116888.



According to valid legal regulations it depends whether the Buyer is the End Customer or not.

“The Buyer who is the End Customer” or simply the “End Customer” is the legal entity that does not conclude and execute the Contract in order to run or promote his own trade or business activities.

“The Buyer who is not the End Customer” is a Businessman that buys Goods or uses services for the purpose of using the Goods or services for his own business activities. The Buyer conforms to the General Purchase Agreement and business conditions.

These Conditions of Warranty and Warranty Claims are an integral part of every Purchase Agreement made between the Seller and the Buyer. All Warranty Conditions are valid and binding, unless otherwise specified in the Purchase Agreement, in the Amendment to this Contract or in another written agreement.

### **Warranty Conditions**

#### **Warranty Period**

The Seller provides the Buyer a 24 months Warranty for Goods Quality, unless otherwise specified in the Certificate of Warranty, Invoice, Bill of Delivery or other documents related to the Goods. The legal warranty period provided to the Consumer is not affected.

By the Warranty for Goods Quality, the Seller guarantees that the delivered Goods shall be, for a certain period of time, suitable for regular or contracted use, and that the Goods shall maintain its regular or contracted features.

#### **The Warranty does not cover defects resulting from (if applicable):**

- User's fault, i.e. product damage caused by unqualified repair work, improper assembly, insufficient insertion of seat post into frame, insufficient tightening of pedals and cranks
- Improper maintenance
- Mechanical damages
- Regular use (e.g. wearing out of rubber and plastic parts, moving mechanisms, joints, wear of brake pads/blocks, chain, tires, cassette/multi wheel etc.)
- Unavoidable event, natural disaster
- Adjustments made by unqualified person
- Improper maintenance, improper placement, damages caused by low or high temperature, water, inappropriate pressure, shocks, intentional changes in design or construction etc.

### **Warranty Claim Procedure**

The Buyer is obliged to check the Goods delivered by the Seller immediately after taking the responsibility for the Goods and its damages, i.e. immediately after its delivery. The Buyer must check the Goods so that he discovers all the defects that can be discovered by such check.

When making a Warranty Claim the Buyer is obliged, on request of the Seller, to prove the purchase and validity of the claim by the Invoice or Bill of Delivery that includes the product's serial number, or eventually by the documents without the serial number. If the Buyer does not prove the validity of the Warranty Claim by these documents, the Seller has the right to reject the Warranty Claim.

If the Buyer gives notice of a defect that is not covered by the Warranty (e.g. in the case that the Warranty Conditions were not fulfilled or in the case of reporting the defect by mistake etc.), the Seller is eligible to require a compensation for all the costs arising from the repair. The cost shall be calculated according to the valid price list of services and transport costs.

If the Seller finds out (by testing) that the product is not damaged, the Warranty Claim is not accepted. The Seller reserves the right to claim a compensation for costs arising from the false Warranty Claim.

In case the Buyer makes a claim about the Goods that is legally covered by the Warranty provided by the Seller, the Seller shall fix the reported defects by means of repair or by the exchange of the damaged part or product for a new one. Based on the agreement of the Buyer, the Seller has the right to exchange the defected Goods for a fully compatible Goods of the same or better technical characteristics. The Seller is entitled to choose the form of the Warranty Claim Procedures described in this paragraph.

The Seller shall settle the Warranty Claim within 30 days after the delivery of the defective Goods, unless a longer period has been agreed upon. The day when the repaired or exchanged Goods is handed over to the Buyer is considered to be the day of the Warranty Claim settlement. When the Seller is not able to settle the Warranty Claim within the agreed period due to the specific nature of the Goods defect, he and the Buyer shall make an agreement about an alternative solution. In case such agreement is not made, the Seller is obliged to provide the Buyer with a financial compensation in the form of a refund.

**CZ**  
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