



USER'S MANUAL

**IN 1794 inSPORTline Twist Stepper Big
(GS-A166N)**



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IMPORTANT SAFETY NOTICE

PRECAUTIONS:

This exercise machine is built for optimum safety. However, certain precautions apply whenever you operate the exercise equipment. Be sure to read the entire manual before use. In particular, note the following notices

1. Before beginning any exercise program, consult a physician.
2. Inspect the machine prior to starting to exercise, making sure all parts are fully assembled and tightened to prevent accidents.
3. Keep children away from this machine.
4. The maximum weight load is 100KGS only.
5. Only one person can use the machine at a time.
6. Position the machine on a level surface. DO NOT use the machine outdoors, and keep the machine from wet.
7. Keep body and clothing free from and clear of all moving parts.
8. Always wear appropriate workout clothing when exercising. DO NOT wear loose clothing that might become caught in the machine. Athletic shoes are recommended when using the machine.
9. A supervisor is recommended during exercise.
10. Use the equipment only for its intended use as described in this manual. DO NOT use attachments not included with this machine. DO NOT attempt to repair broken or worn parts by yourself.
11. If feel uncomfortable during use, pls stop exercise right away.
12. Injury may occur if the precautions above are not observed.

PRODUCT DESCRIPTION

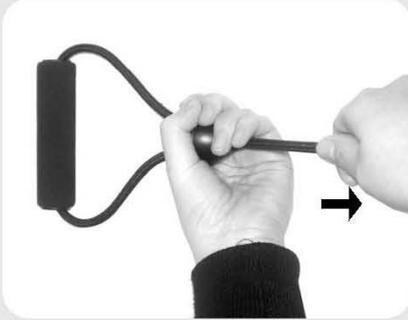


TENSION ADJUSTMENT

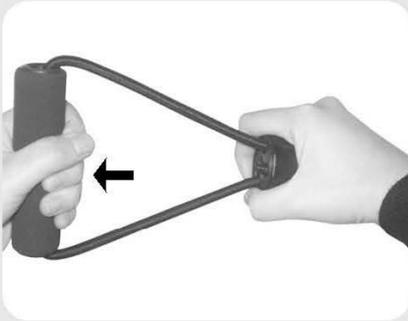


- Turn **RIGHT** to make the resistance tenser (Clockwise).
- Turn **LEFT** to make less resistance (Counterclockwise)

Notice: Please remember to loose the knob after use to prevent the band tension from fatigue failure.



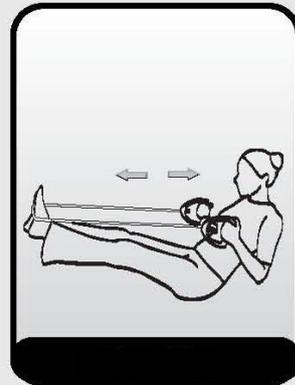
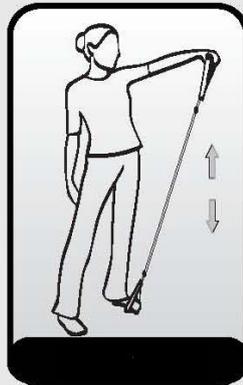
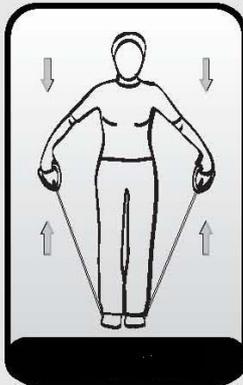
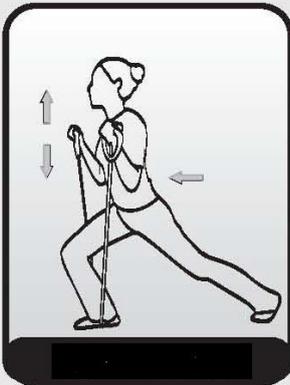
Adjust the rope longer or shorter through the position device according to your need.



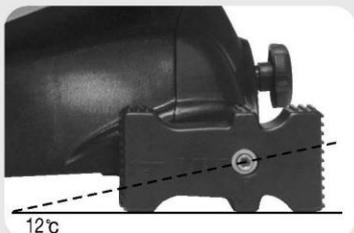
After the rope length is adjusted, please pull the handle to outside with power, and then the adjustment of rope length is completed.

Various exercises with flexible ropes

Besides exercising the stepper machine with the flexible ropes, the user can do workout with only the flexible ropes. The suggested exercises are demonstrated in following images. Please do exercises carefully to prevent any possible injuries.

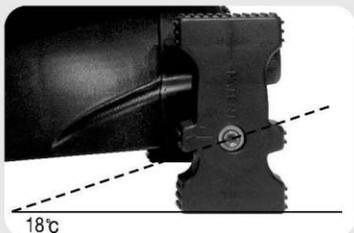


The front base pad of this machine can be adjustable to provide various exercise effects for users.



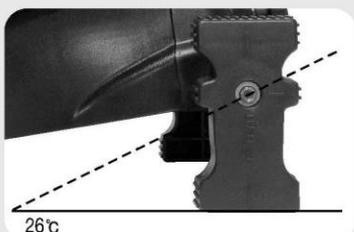
Primary Level

It provides basic exercise motion, feeling like stepping on flat ground.



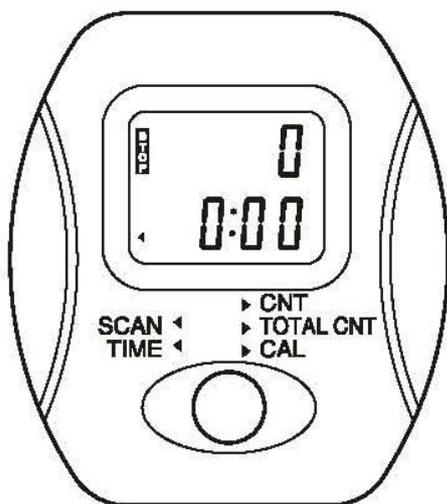
Middle Level

It provides more effective exercise, feeling like hiking on mild slope



High Level

When the pad is set on the highest level, it is similar to climbing the mountain.



The computer can display the workout condition, including time, stepping counts, and calories as well.

SCAN: Automatic Mode

TIME: Exercise Time

CNT: Stepping Count

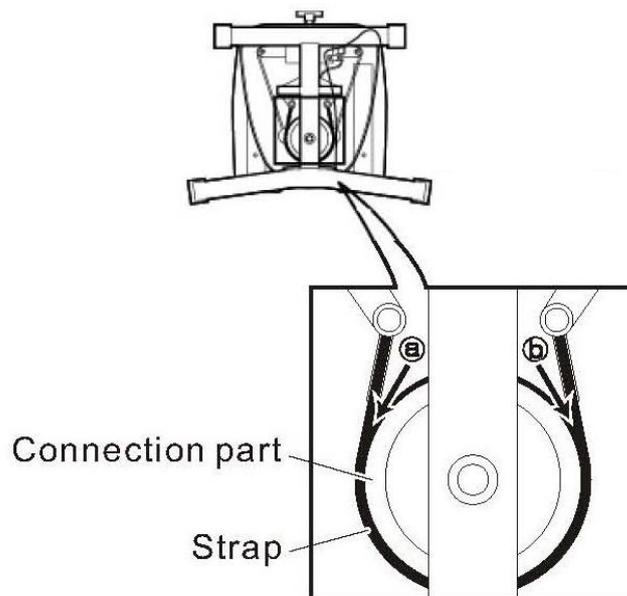
TOTAL CNT: Total Stepping Count

CAL: Calories

MAINTENANCE AND LUBRICATION

The machine will get hot after taking exercise for some time. It's normal condition, as the machine is designed with strap tension, and the strap may be heated for friction during exercise.

For durability and safety, please just use this machine less than 15 minutes for one workout. It's suggested to restart using this machine in 15 minutes' interval.



LUBRICATION

The strap will get dry after using for some time, and noises may be caused. Please lubricate the A and B part to smooth the exercise motion and prevent noises.

MALFUNCTION AND SOLUTION

Malfunction	Solution
Motion problem for too heavy load or light load	Adjust the tension knob to control the resistance for more appropriate motion.
Loud Noise	Add some lubricant on the strap for smoother motion with less friction.
Computer counting doesn't work	The footplates might have not been stepped to the end, so that the sensor cannot work. Please try it again with complete stepping exercises.
Powder generation	The powder may be generated for friction of strap with grease, but not parts failure.
Computer display errors	The batteries may be used up soon, and please reposition the batteries or replace new batteries.

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