



USER'S MANUAL – EN
IN 188 MINI STEPPER inSPORTline



Repair services and spare parts are ensured by the supplier

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Computer functions:

SCAN: automatic scanning of functions, each function is displayed for certain time interval

TMR: counting of time, range 0-99:59

REPS: counting of steps

TREPS: total number of steps during the training

CALS: the amount of calories burned during the exercise

STOP: computer stops measuring

Warning: reset the computer by holding the key for 5 seconds

Use AG13 batteries.

Maximum load capacity: 105kg.

The product is designed for home use. It is not designed for therapeutic purposes.

Assembly:

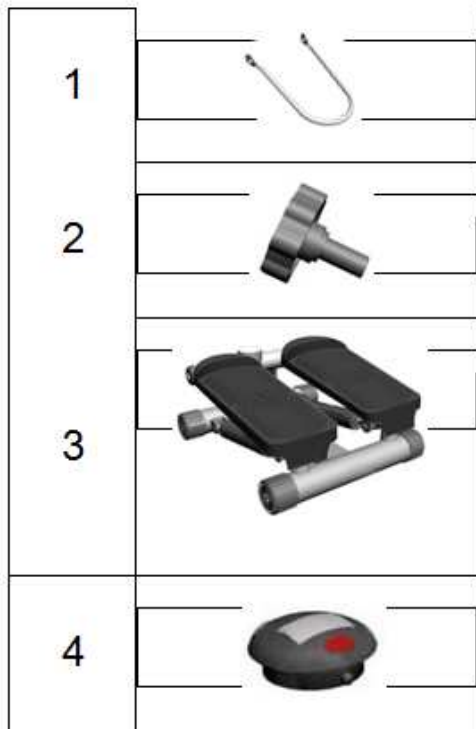
1. Attach the LCD display (23) to the base (1)
2. Pull the cable (20) through the pulley
3. Attach the resistance knob (7) to the base (1)

Operating instructions:

1. Read all instructions before you start to assemble and use the product.
2. Make sure that the cable is pulled through the pulley correctly before the first usage.
3. Assemble and use the product on a level and dry surface.
4. The product is designed for adults only.
5. Keep children and pets away from the product.
6. Use suitable clothes and shoes for the exercise. Do not use loose and long clothes that could become caught in the stepper.
7. We recommend to exercise 3 times a week for 10-15 minutes.
8. Always make sure before the exercise that all bolts are tightened and that your feet are placed on pedals properly.

Maintenance:

1. If the stepper makes noise during the exercise, try to lubricate the shock absorber.
2. Use only a dry cloth for cleaning. Store the stepper at a dry place.



Important:

1. Check before each exercise that all parts are securely tightened.
2. Tighten all bolts and nuts regularly.
3. Place the stepper on a level floor.
4. You should do warming up and stretching exercises
5. Do not let children play with the stepper.
6. Use suitable trainers. Do not wear clothes that could become caught in the movable parts of the stepper.
7. Before you start to use the stepper, consult your physician.
8. Use the stepper only for its intended purpose.
9. Do not touch the roller immediately after the exercise – it is warmed.