



# Fitness Stepper

# Safety Instructions

**Notice: Ensure you read and fully understand instructions before use**

**While every attempt is made to ensure the highest degree of protection in all equipment, we cannot guarantee freedom from injury. The user assumes all risk of injury due to use. All merchandise is sold on this condition, which no representative of the company can waive or change.**

- If at any time during activity you feel faint, dizzy or experience pain, stop and consult your physician or doctor.
- This product is not a toy, and is only to be used for its designated purpose.
- Do not carry out alterations or modifications to this product.
- Clean only with a damp cloth. Do not use strong industrial cleaning substances.
- Leaving the product outside exposed to weather, especially direct sun and rain, will speed the weathering process. This can be slowed by removing the product from these conditions.
- Pinch points can cause personal injury.
- This product is not intended for use by persons (including children) with reduced physical, sensory and mental capacities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the product by persons responsible for their safety.
- Only use 1 x AAA battery, as instructed.
- Only use this product on stable, level and dry ground.
- This product is for domestic use only.
- Do not discard any of the packaging until you have checked that you have all of the parts and fitting required.
- Keep away from fire.
- Consult your physician before starting this or any exercise program.
- It is advised to complete a warm-up before using this product.
- This product is not suitable for use by children.
- Wear shoes with comfortable bottoms or sports shoes while exercising.
- Do not wear any loose clothing while exercising as this may get caught in the product.
- Do not attempt to touch the fitness stepper while it is in use.
- If the product is damaged or has any defects, please contact [cservice@oypla.com](mailto:cservice@oypla.com)

**Please retain a copy of all instructions for future consultation.**

# Operating Instructions

## Assembly:

The Fitness Stepper is already assembled but it also comes with ropes that are optional for you to use. If you want to use the ropes, simply hook the clip on the end of each rope onto either side of the stepper where there is a small hoop located at the front.

## Monitor Instructions:

**Power** – To turn the monitor on, press the button or begin to take strides.

**Select Mode** – In order to select which details you would like to show on the monitor, press the button once to go through the options. There will be a small triangle appear next to the functions that are showing.

**Reset** – To reset the monitor, hold down the button for around 3 seconds.

**Auto Shut Off** – After 4 minutes of no movement on the stepper, the monitor will shut off automatically.

## Functions:

**Scan** – This means that the monitor will go through each function without you having to press the button, it will change frequently.

**Time** – This will show the amount of time that you have been active on the stepper. This will increase in seconds and is able to go up to 99:59.

**Calories** – This function will estimate the number of calories that you have been able to burn off during your workout. This is only is only a rough guide.

**Count** – This will show you the number of strides that you have taken during your workout.

**Strides** – This function will show your average number of strides per minute.

PLEASE RETAIN A COPY OF THESE INSTRUCTIONS FOR FUTURE CONSULTATION



Environmental Protection

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