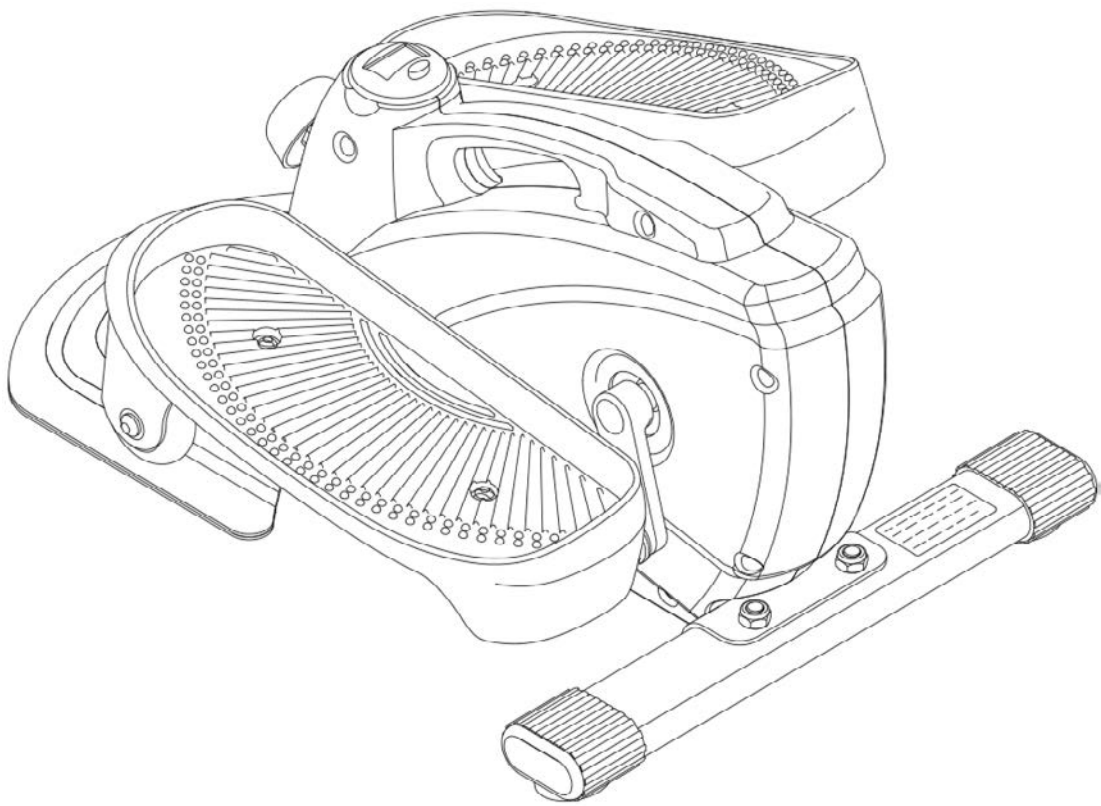


MINI ELLIPTICAL STEPPER



Product May Vary Slightly From Pictured.

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Owner's Manual

SAFETY INSTRUCTIONS

WARNING

Before use the machine, please consult your physician if you are available to use it and listen to their suggestion.

WARNING

To reduce the risk of serious injury, read the following Safety Instructions before using the MINI ELLIPTICA STEPPER.

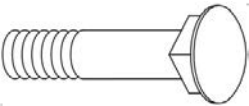
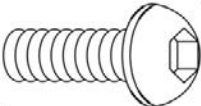
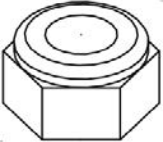
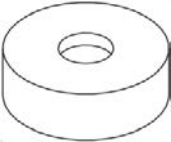
1. Save these instructions and ensure that other exercisers read this manual prior to using the **MINI ELLIPTICAL STEPPER** for the first time.
2. The **MINI ELLIPTICAL STEPPER** should only be used after a thorough review of the Owner's Manual. Make sure that it is properly assembled and tightened before use.
3. We recommend that two people be available for assembly of this product.
4. Keep children away from the **MINI ELLIPTICAL STEPPER**. Keep children and pets away from the **MINI ELLIPTICAL STEPPER** when it is in use.
5. It is recommended that you place this exercise equipment on an equipment mat.
6. Set up and operate the **MINI ELLIPTICAL STEPPER** on a solid level surface. Do not position the **MINI ELLIPTICAL STEPPER** on loose rugs or uneven surfaces.
7. Before using, inspect the **MINI ELLIPTICAL STEPPER** for worn or loose components, and securely tighten or replace any worn or loose components prior to use.
8. Consult a physician prior to commencing an exercise program. If, at any time during exercise, you feel faint, dizzy, or experience pain, stop and consult your physician.
9. Do not wear loose or dangling clothing while using the **MINI ELLIPTICAL STEPPER**.
10. The **MINI ELLIPTICAL STEPPER** should be used by only one person at a time.

CAUTION:

Weight on this product should not exceed 250 lbs.

ASSEMBLY INSTRUCTIONS

After unpacking the unit, open the hardware bag and make sure that you have all the following items. Some hardware may be already attached to the part.

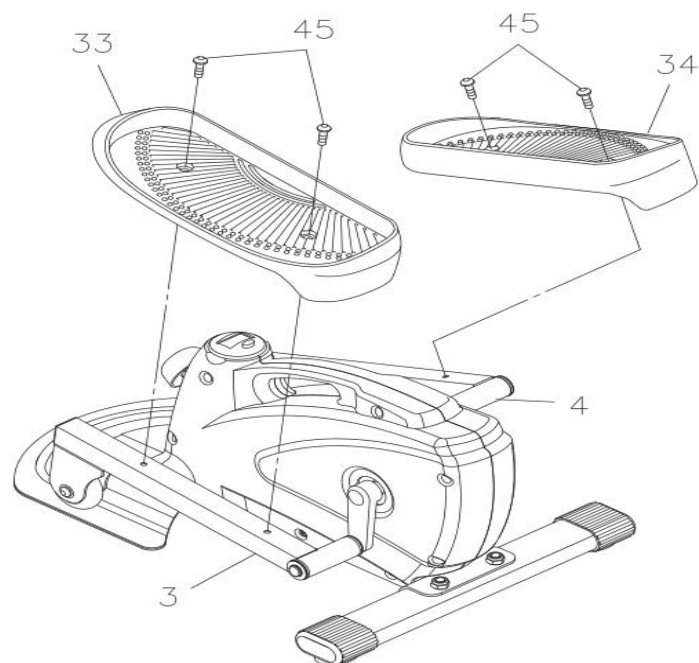
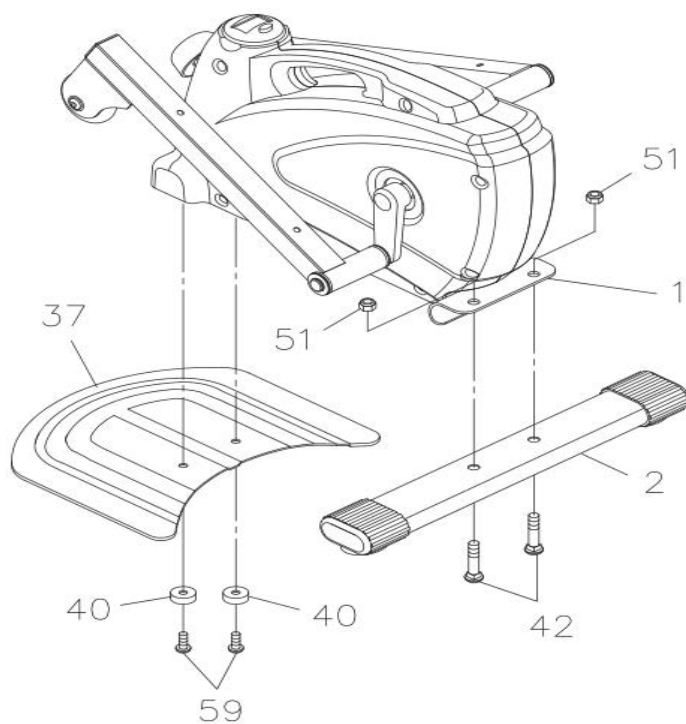
Part Number and Description		Qty
	42 Carriage Bolt (M10 x 1.5 x 43mm)	2
	5 Bolt, Button Head (M8 x 1.25 x 20mm)	4
	9 Bolt, Button Head (M8 x 1.25 x 16mm)	2
	1 Nylock Nut (M10 x 1.5)	2
	0 Stand	2

STEP 1: Attach the **REAR STABILIZER(2)** to the **MAIN FRAME(1)** with **CARRIAGE BOLTS (M10x1.5x43mm)(42)** and **NYLOCK NUTS (M10x1.5)(51)**.

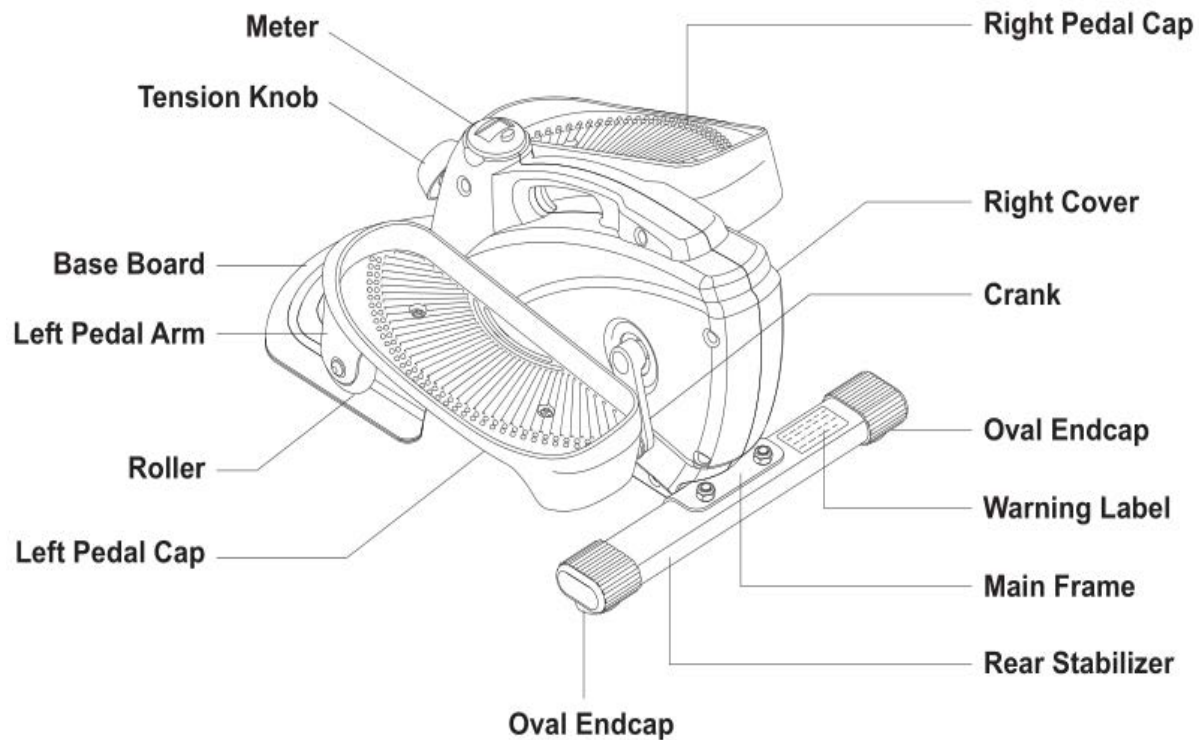
STEP 2: Attach the **BASE BOARD(37)** to the **MAIN FRAME(1)** with the **STANDS(40)** and **BUTTON HEAD BOLTS(M8x1.25x16mm)(59)**.

STEP 3: Attach the **LEFT PEDAL CAP(33)** to the **LEFT PEDAL ARM(3)** with **BUTTON HEAD BOLTS (M8x1.25x20mm)(45)**. Repeat on the other side.

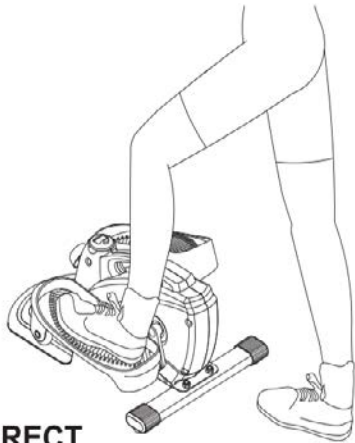
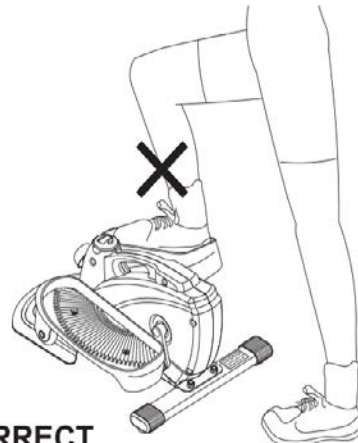
NOTE: The **LEFT and RIGHT PEDAL CAPS(33, 34)** have a raised lip on three sides. Attach the **LEFT and RIGHT PEDAL CAPS(33, 34)** to the **LEFT and RIGHT PEDAL ARMS(3, 4)** so that the side without the raised lip is on the outside.



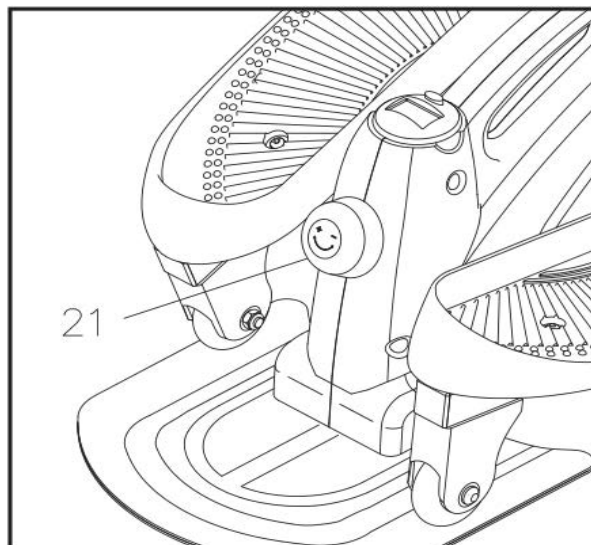
OPERATING INSTRUCTIONS



1. If you have good balance and are familiar with the **MINI ELLIPTICAL STEPPER**, stand on the foot pedals. If you do not have good balance, sit in a chair and place feet on the foot pedals.
2. Always mount and dismount the elliptical from the lowest foot pedal (as shown below)

**CORRECT****INCORRECT**

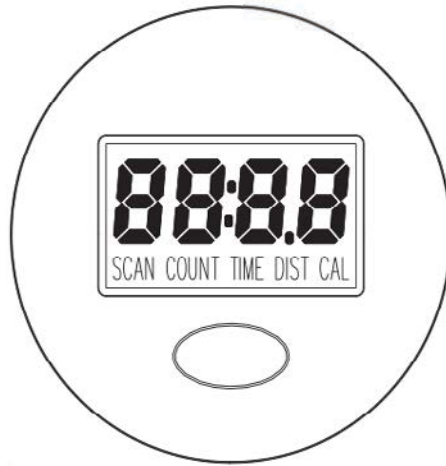
3. Slowly move your highest foot forward and follow the natural path of the machine. Turn the crank slowly through one complete revolution to verify that the drive train functions properly.
4. The **MINI ELLIPTICAL STEPPER** can be used in forward and reverse directions to vary the muscles that you work. To change directions, simply slow the pedals down until they stop, then pedal in the opposite direction.
5. The load level of **MINI ELLIPTICAL STEPPER** can be changed at any time during your workout. To increase the load, turn the **TENSION KNOB(21)** clockwise. To decrease the load, turn the **TENSION KNOB(21)** counterclockwise.



ELECTRONIC METER INSTRUCTIONS

FUNCTION

1. **SCAN:** Automatically scans **COUNT**, **TIME**, **CALORIES**, and **DISTANCE** in sequence with a change every six seconds. Press and release the button until "**SCAN**" appears on the display.
2. **COUNT:** Displays the total number of strides you have taken from zero to 9999 strides.
3. **TIME:** Displays the time from one second up to 99:59 minutes.
4. **CALORIES:** Displays the calorie consumption from zero to 9999 Kcal. The calorie readout is an estimate for an average user. It should be used only as a comparison between workouts on this unit.
5. **DISTANCE:** Displays the distance from zero to 999.9 miles.
6. **NOTE:** The meter will shut off automatically after four minutes of inactivity. All function values will be kept. Push the button and hold it down for four seconds to reset all functions to zero.



BATTERY

The meter operates with a 1.5v LR44 button cell battery. Replace the battery when you see inconsistencies in the display.

HOW TO INSTALL AND REPLACE BATTERY:

1. Remove the **METER(22)** from the **MINI ELLIPTICAL STEPPER**. Unplug the SENSOR WIRE. Place the **METER(22)** up-side down as shown in the illustration.
2. Refer to the illustration. Remove the Battery Cover, and then slide out the old battery.
3. Install a new button cell battery and cover with the Battery Cover. Assembly the **METER (22)** back to the **MINI ELLIPTICAL STEPPER**.

NOTE: 1. Ultimate disposal of battery should be handled according to all state and federal laws and regulations.

2. Do not dispose of batteries in fire.

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