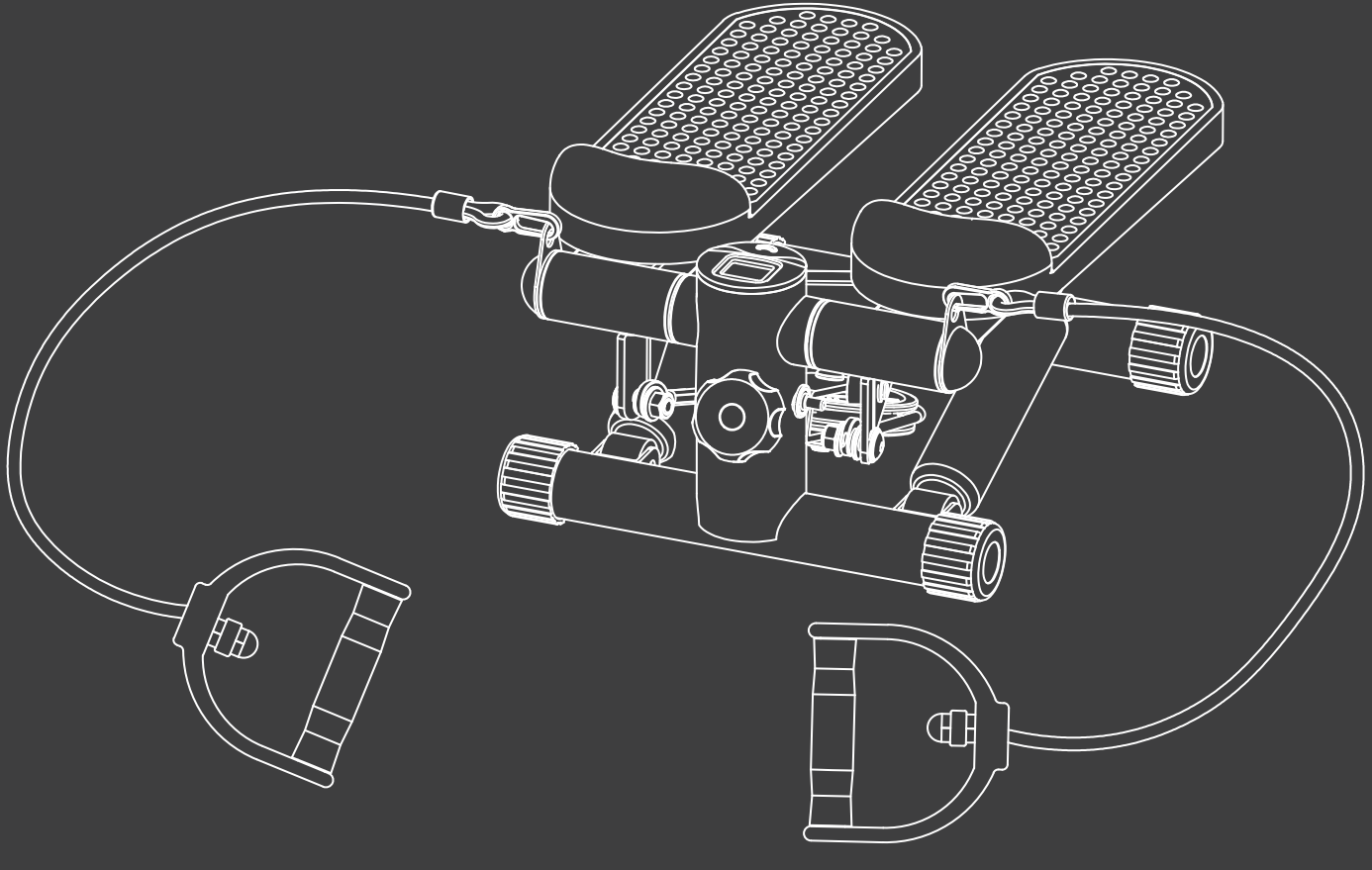
Stair Stepper

Instruction Manual

TBJ-J01-V2



HJ-Customer-Service@outlook.com

(909)637-7665 | (909)637-7593

EST 9:00AM--17:00PM

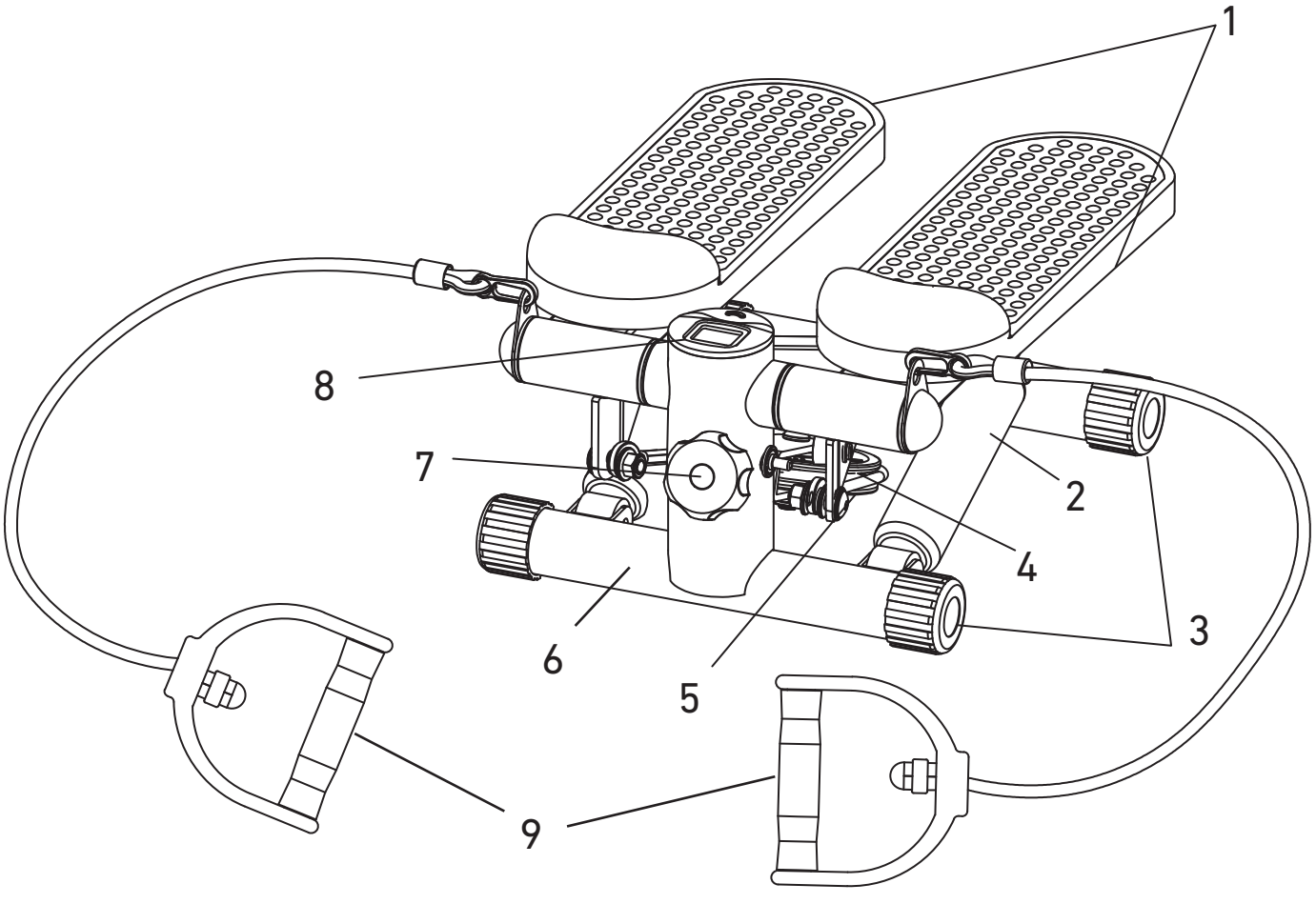
IMPORTANT SAFETY INFORMATION

Thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be ensured if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are aware of all warnings and precautions.

1. Before starting any exercise program you should consult your physician to determine whether you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your physician's advice is essential if you are taking medications that affect your heart rate, blood pressure, or cholesterol level.
2. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, chest tightness, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions, you should consult your physician before continuing your exercise program.
3. Keep children and pets away from the equipment. The equipment is designed for adult use only.
4. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 feet of free space all around it.
5. Ensure that all nuts and bolts are securely tightened before using the equipment. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
6. It is recommended that you lubricate all moving parts monthly.
7. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during exercise, stop using the equipment immediately and don't use the equipment until the problem has been fixed.
8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may become entangled in the equipment.
9. Do not place fingers or objects into moving parts of the exercise equipment.
10. This equipment is not suitable for therapeutic use.
11. Be cautious when lifting and moving the equipment. Always use proper lifting techniques and seek assistance if necessary.
12. This equipment is designed for indoor use only! It is not intended for commercial use!

WARNING: This product can expose you to one or more chemicals known to the State of California to cause cancer and birth defects or reproductive harm. For more information go to www.P65Warnings.ca.gov.

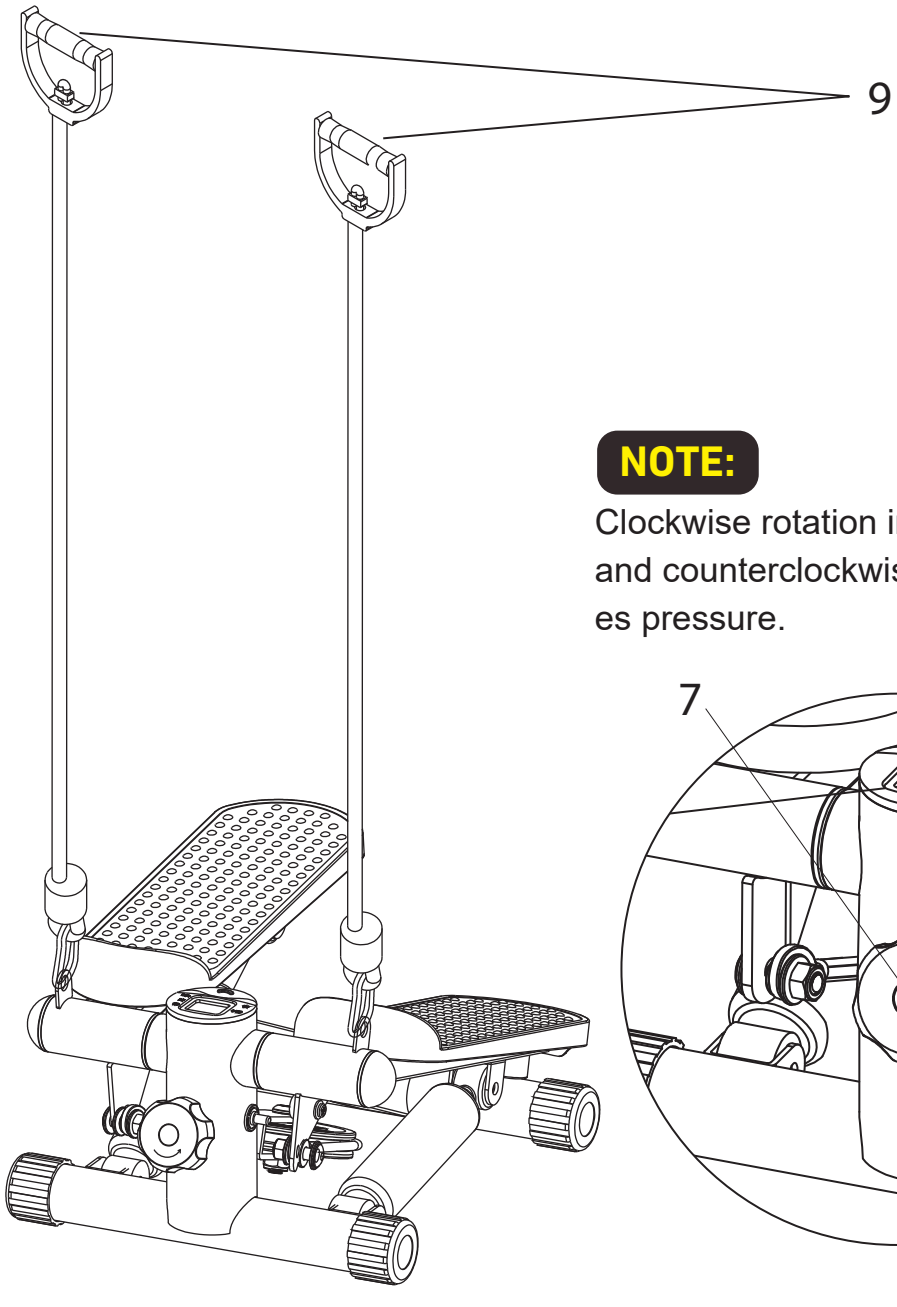
EXPLODED DRAWING



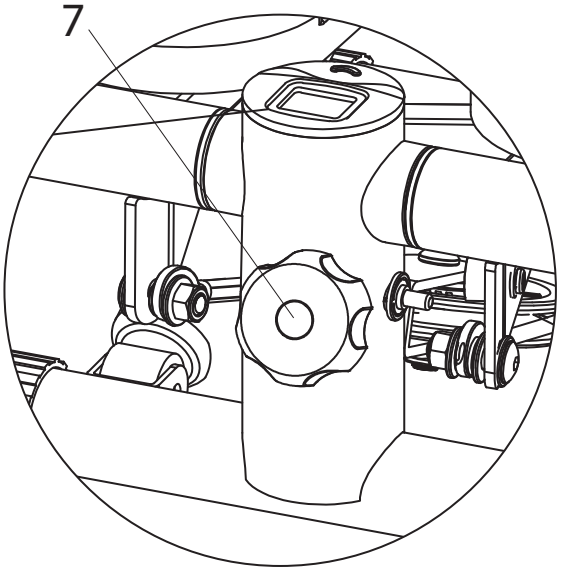
NO.	PART NAME	QTY	NO.	PART NAME	QTY
1	Pedal	2	6	Main frame	1
2	Hydraulic rod	2	7	Knob	1
3	Plastic foot cap	4	8	Digital display	1
4	Balance wheel	1	9	Resistance band	2
5	Wire rope	1			

SET UP INSTRUCTIONS

The Stair Stepper arrives completely assembled.
Start by carefully removing the machine from the shipping carton and placing all components on a flat surface.



NOTE:
Clockwise rotation increases pressure, and counterclockwise rotation decreases pressure.



STEP1: Take out the stepper from shipping carton.

STEP2: Rotate the knob **(No.7),** to alter the pedal's movement range.

NOTE: When adjusting the knob, please lift one pedal and keep the other pedal stationary. Then lift the Stair Stepper and rotate the knob clockwise to tighten.

STEP3: Install the resistance band **(No.9).**

STEP4: Stand on the pedals.

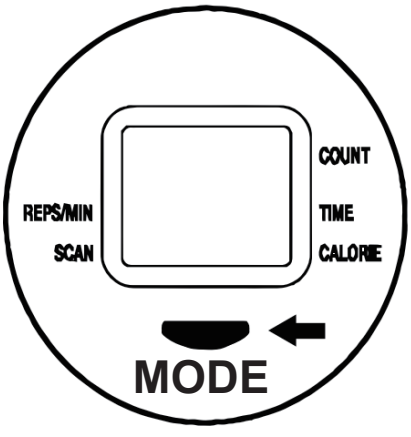
DIGITAL DISPLAY

BUTTON FUNCTIONS:

MODE: Press the button to select a function (TIME, COUNT, REPS/MIN, CALORIES, SCAN), or press and hold for 3 seconds to reset all values.

FUNCTIONS :

SCAN: Automatically cycles through each function in sequence.
TIME: Displays the total duration of an exercise, ranging from 00:00-99:59.
COUNT: Automatically accumulates the steps taken during exercise.
REPS/MIN: Displays steps per minute during the exercise.
CALORIES: Displays the estimated calories burned during an exercise session.



OPERATING INSTRUCTIONS :

Auto ON/OFF - The digital display will activate when you press MODE or when you begin stepping. If there's no signal for approximately 4 minutes, the display will automatically turn off. When you are not stepping, the display shows 'STOP'.

Display - The display always shows the count at the top.The lower section of the display shows REPS/MIN, TIME, or CAL. Press MODE to select a function, and an arrow will indicate the selected one.

SCAN - If the arrow points to SCAN, the display will automatically cycle through the following sequence: REPS/MIN, TIME, CAL. An arrow will point to the currently displayed function.

Reset – Press and hold the 'MODE' button for 3 seconds to reset all values.

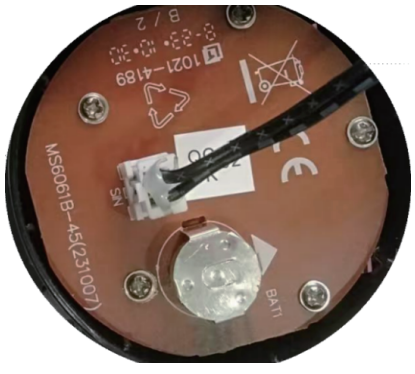
NOTE:

1. If there is a problem with the display, please replace the battery to improve performance. Replacing the battery will reset all settings.
2. Please use one button cell battery as a power supply. One battery is pre-installed in the device.



HOW TO REMOVE BATTERY

Step 1



1 x Button cell battery

Open the **Digital display (No.8)**, remove the old button, and install the new battery in the correct position.

Step 2



Connect the **Digital display(No.8)** to the cable from the **Main frame (No.6).**

Step 3



Install the **Digital display (No.8)** into **Main frame (No. 6)**

MAINTENANCE

1. Lubrication of all moving parts is essential to the longevity and optimal performance of your machine. We recommend a clear aerosol or silicone spray.

Note: Do not use oil based lubricants as they will attract dust, dirt and grime, and will eventually clog up and erode bushings and sealed bearings.

2. All pulleys and bushings should be checked regularly for signs of wear.

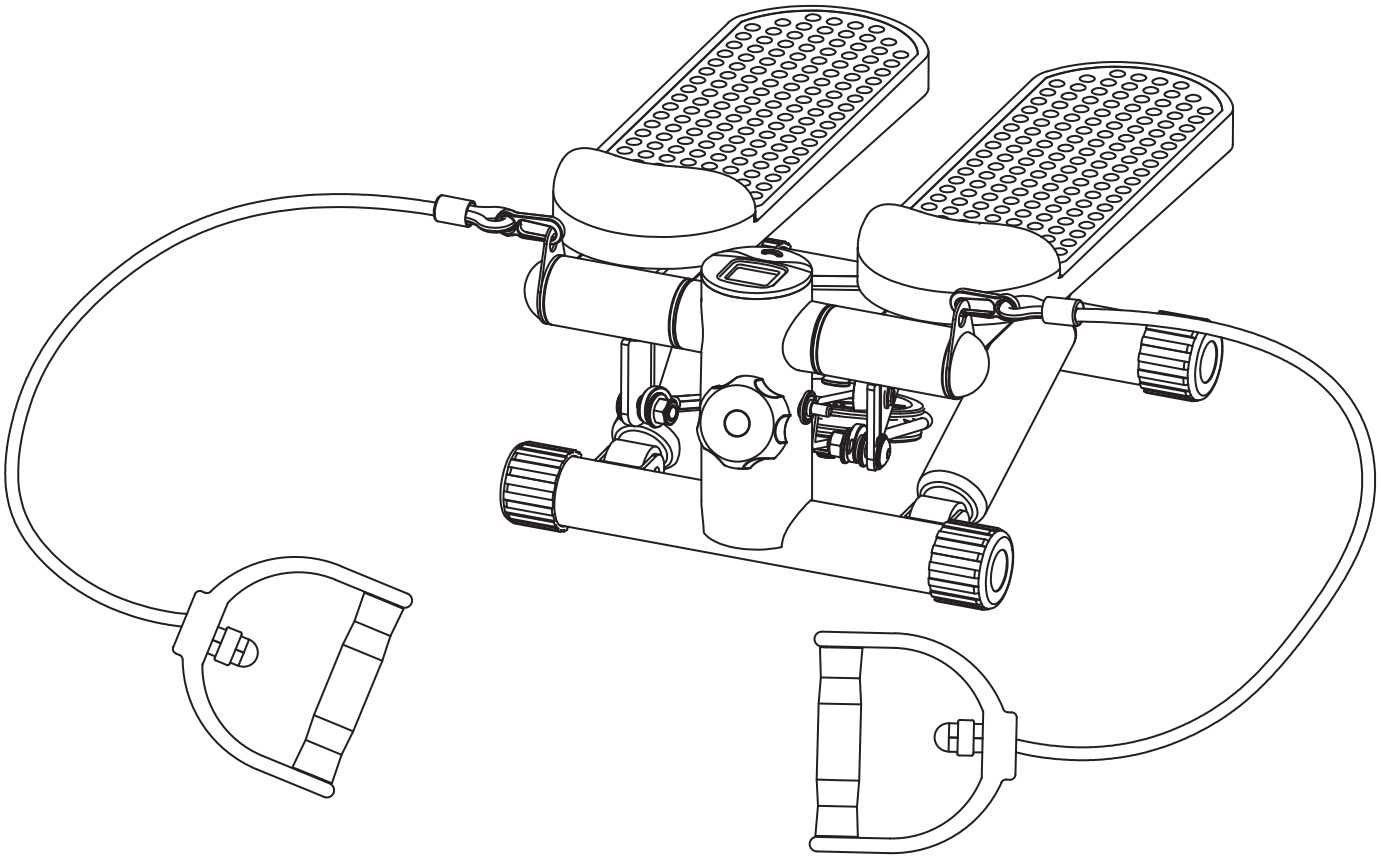
3. Check and adjust cable tension periodically as it will maintain proper function.

4. Periodically check all moving parts, bands and grips for signs of wear or damage.
If there is a problem or replacement part is necessary, STOP USING THE EQUIPMENT and immediately contact customer service. Replace parts using only authorized parts.

5. When checking the bolts and nuts, be sure they are all fully fastened. If there is a bolt or nut that continuously loosens obtain a replacement through your local retailer.

6. Check welds to be free of cracks.

Failure to perform routine maintenance could result in personal injury and/or equipment damage.



Technical Support

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Other Info

HJ-Customer-Service@outlook.com

Thank you for choosing this product. We strive to provide you with the best quality products and services in the industry. Should you have any issues, please don't hesitate to contact us.