

# MINI STEPPER OWNER'S GUIDE

## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE; please contact the Customer Care Center nearest you.**

**US:** 1-800-288-4802

**Germany:** 01805 231243

**Outside Germany:** +49 2233 613250

**France:** +33(0) 810 121 140

**Italy:** 800 865 114

**Outside Italy:** +39 075 5910111

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**Outside UK:** +44 0113 3877133

**Australia:** 02 9722 3800



## BEFORE YOU BEGIN

Thank you for selecting the innovative mini stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance, and toning the entire body. The mini stepper lets you enjoy this invigorating exercise in the comfort and privacy of your home. At the same time, the mini stepper is easily portable and can be taken virtually anywhere.

**For your benefit, read this manual carefully before using the mini stepper.** If you have additional questions, please call the Customer Care Center nearest you.

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the mini stepper. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the mini stepper are adequately informed of all precautions.
2. Use the mini stepper only as described in this manual.
3. Keep children under age 12 and pets away from the mini stepper at all times.
4. Place the mini stepper on a level surface. Place a mat beneath the mini stepper to protect the floor or carpet.
5. The resistance cylinders become very hot during use. Do not touch the resistance cylinders during or after use.
6. Inspect and tighten all parts often. Replace any worn parts immediately.
7. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
8. Inspect the resistance tubes for abrasions, cracks, and cuts before each use. Do not use the resistance tubes or attempt to repair them if they are worn or damaged.
9. Always wear appropriate clothes, including athletic shoes for foot protection, while using the mini stepper.
10. Always keep your feet on the pedals when stepping and be careful not to lose your balance. It is advisable to place the mini stepper near a wall or a chair back for support.
11. Make sure that the cable remains on the pulley at all times. If the cable binds while you are exercising, stop immediately and make sure the cable is on the pulley.
12. The mini stepper is intended for home use only. Do not use the mini stepper in a commercial, rental, or institutional setting.
13. Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

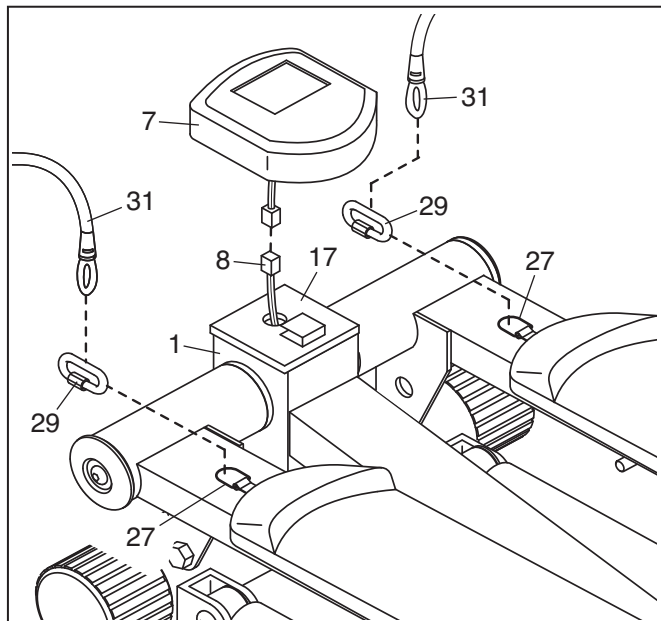
The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you. This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

# ASSEMBLY

Note: All numbers in this section refer to the PART LIST and the EXPLODED DRAWING on the back cover.

Pull the Reed Switch Wire (8) out of the Square Cap (17), and connect it to the wire on the Console (7).



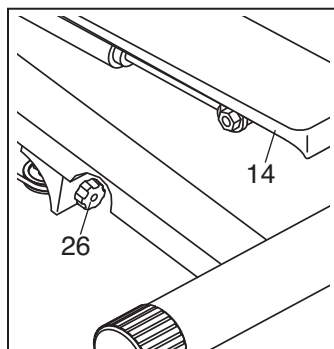
Gently push the Reed Switch Wire (8) downward into the Frame (1), and slide the Console (7) onto the mounting bracket on the Square Cap (17).

Open the Quick Link (29) by turning the Quick Link nut. Then, attach the loop on a Resistance Tube (31) to a D-ring (27) with the Quick Link. Close the Quick Link by turning the Quick Link nut. **Attach the other Resistance Tube (31) in the same way.**

## USING THE STEPPER

### ADJUSTING THE PEDAL DISTANCE

To increase the distance that the Pedals (14) move upward and downward, turn the Knob (26) counterclockwise. To decrease the distance that the Pedals move, lift the Pedal upward, then turn the Knob clockwise.



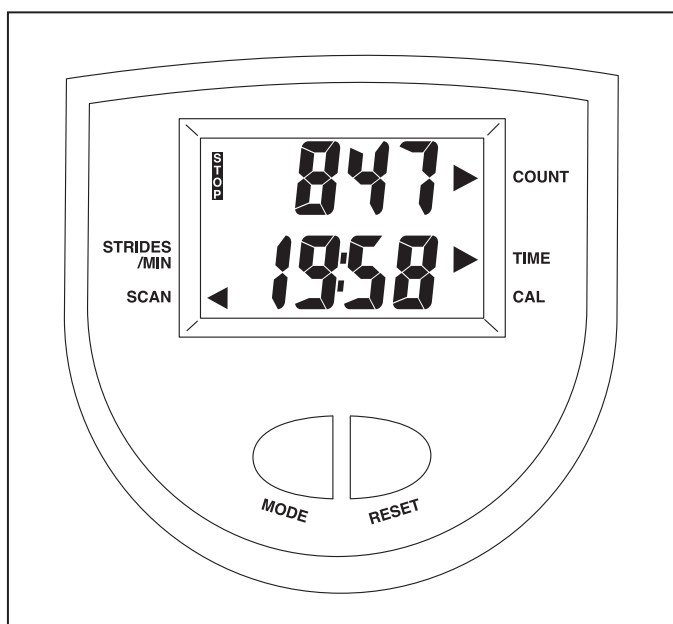
### REPLACING THE CONSOLE BATTERY

The console requires one AA battery. To replace the battery, first remove the screw from the back of the console and open the console. Install the battery in the holder in the same position as the old battery. Then, reassemble the console.

### USING THE CONSOLE

If there is a piece of clear protective plastic on the console, remove it before operating the stepper. The console will turn on when you step onto the pedals or push the MODE button. **IMPORTANT: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

The console features a selection of modes that provide you with instant exercise feedback:



- COUNT shows the total number of steps in the current exercise session.
- TIME displays the time you have exercised.
- CALORIES shows the approximate number of calories you have burned in the current exercise session.
- STRIDES/MIN shows your speed in strides per minute.
- SCAN displays the TIME, CALORIES, and STRIDES/MIN modes in a repeating cycle, showing each mode for approximately five seconds.

You can manually select each mode by pressing the MODE button until the desired mode is displayed.

The console will turn off automatically if neither the pedals nor the MODE and RESET buttons are used for about five minutes.

# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING below)

## PART LIST/EXPLODED DRAWING

| Key No. | Qty. | Description                 |
|---------|------|-----------------------------|
| 1       | 1    | Frame                       |
| 2       | 4    | Stabilizer Cap              |
| 3       | 2    | Plastic Spacer              |
| 4       | 1    | 5/16" x 1 7/16" Button Bolt |
| 5       | 4    | 1/4" x 1 7/16" Bolt         |
| 6       | 3    | 5/16" Locknut               |
| 7       | 1    | Console                     |
| 8       | 1    | Reed Switch/Wire            |
| 9       | 2    | Resistance Cylinder         |
| 10      | 8    | Cylinder Bushing            |
| 11      | 1    | Magnet                      |
| 12      | 1    | Right Pedal Arm             |
| 13      | 1    | Left Pedal Arm              |
| 14      | 2    | Pedal                       |
| 15      | 2    | Pedal Arm Cap               |
| 16      | 2    | Bumper                      |
| 17      | 1    | Square Cap                  |
| 18      | 4    | Pedal Screw                 |
| 19      | 2    | Cable Bushing               |
| 20      | 4    | Pedal Arm Bushing           |
| 21      | 1    | Star Washer                 |
| 22      | 1    | Cable                       |
| 23      | 1    | Pulley                      |
| 24      | 1    | U-bracket                   |
| 25      | 2    | 5/8" Washer                 |
| 26      | 1    | Knob                        |
| 27      | 2    | D-ring                      |
| 28      | 2    | 3/16" x 9/16" Screw         |
| 29      | 2    | Quick Link                  |
| 30      | 2    | 1/4" x 9/16" Screw          |
| 31      | 2    | Resistance Tube             |
| 32      | 4    | 1/4" Locknut                |

