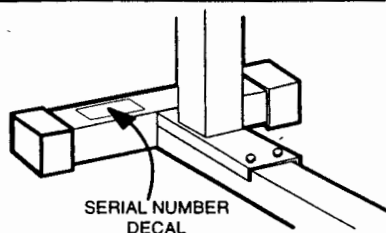


SM9SL INDEPENDENT ACTION SHOCKS STEPMASTER

SELF-LEVELING PEDALS/ MULTI-FUNCTION ELECTRONICS/ AEROBIC STEPPER

**MODEL NO. SM9SL
SERIAL NO.**

Write serial number in the space
above for reference.



APPROXIMATE WEIGHT:

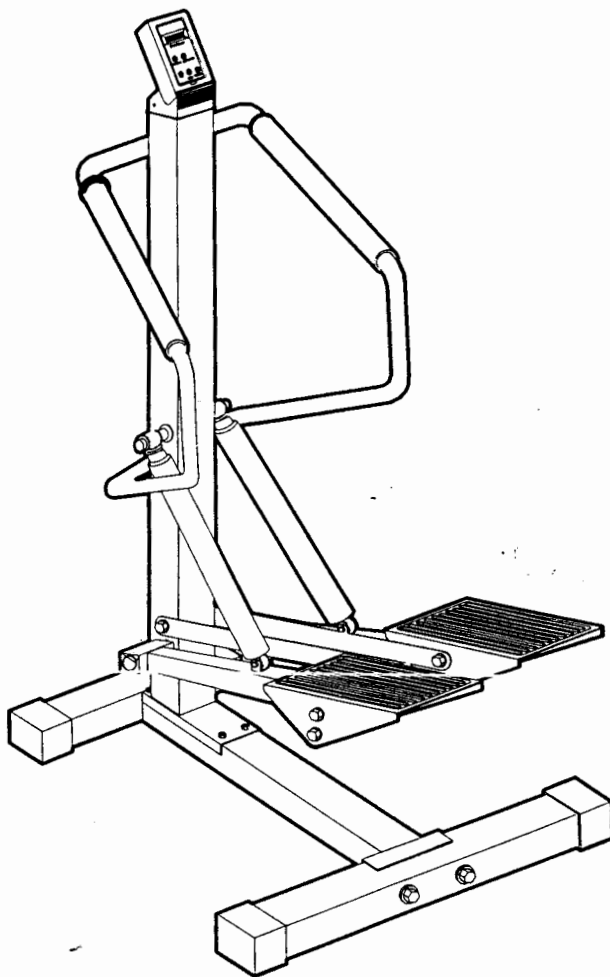
65 LBS.

APPROXIMATE SET UP DIMENSIONS:

32"L X 30 1/2"W X 56"H

weider
OWNER'S MANUAL

MADE IN CANADA



Congratulations on selecting a WEIDER Fitness Product. You have just joined thousands of health conscious men and women in the growing family of WEIDER customers.

We are committed to providing excellent service and customer satisfaction. We invite you to call us with any questions you may have concerning this product. Our customer service representatives are here to serve you and provide helpful information.

Call us toll -free at 1-800-225-0653, Monday-Friday 7:00 AM - 6:00 PM CST.

Extended Seasonal Hours: (Dec. 1 - Feb. 28) Monday-Friday 7:00 AM - 9:00 PM;

Saturday 9:00 AM - 5:00; Sunday 12:00 PM - 4:00 PM.

Thank you again for choosing WEIDER. We appreciate having you as a customer and hope this product will provide years of enjoyable service.

PRINTED IN CANADA

NN1279SM9SL

WEIDER SPORTING GOODS, INC.
900 West St. John, Olney, IL 62450 USA

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IMPORTANT SAFETY PRECAUTIONS

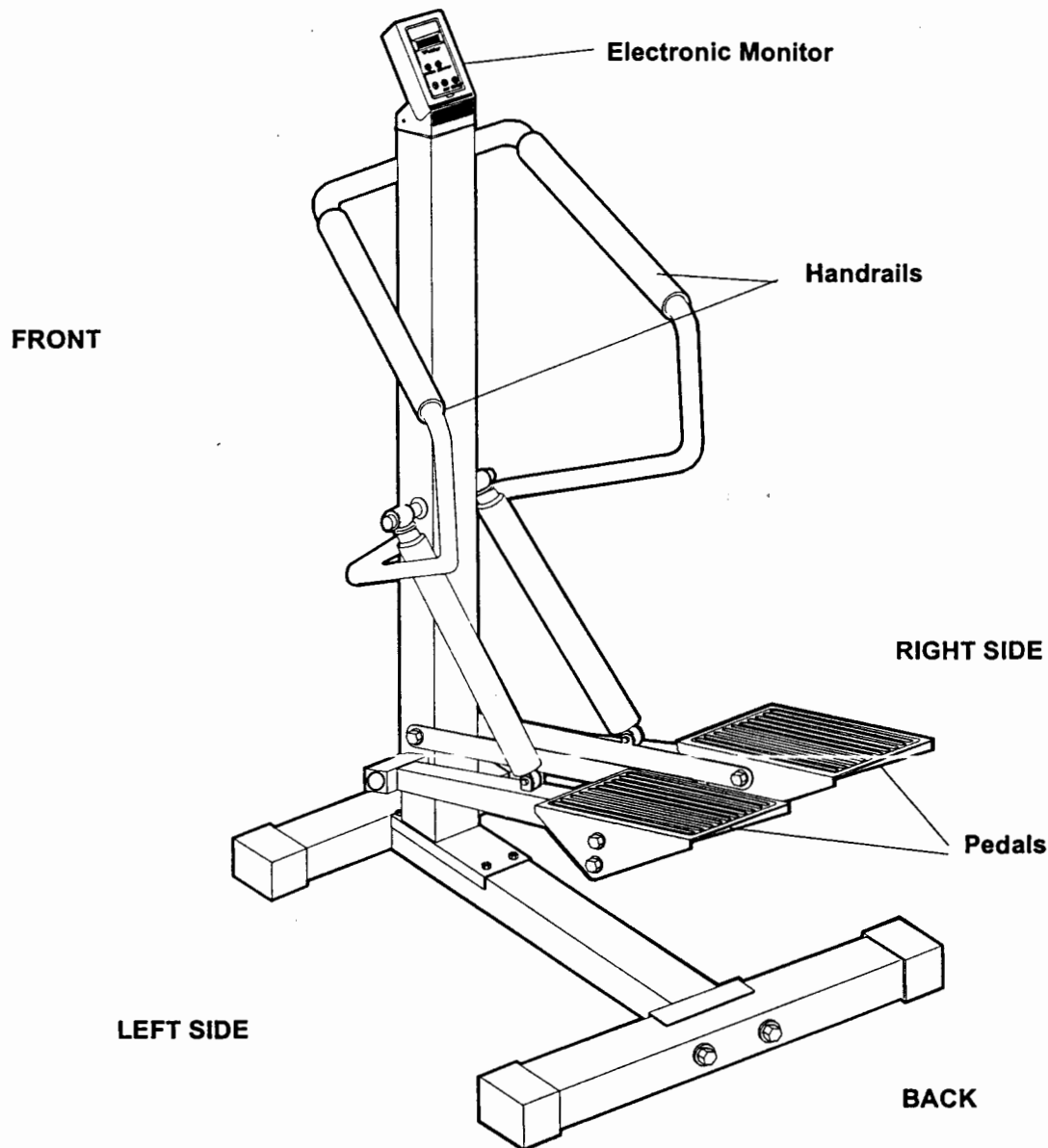
WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

CAUTION: DO NOT ASSEMBLE OR USE THIS EQUIPMENT ON A NON-MAR SURFACE.

1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Assembly Manual.
3. Position the Aerobic Stepper on a level surface.
4. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
5. Always hold the handle bars when exercising.
6. Keep hands away from moving parts other than the designated handles.
7. Keep small children away from this equipment during use.
8. Do not allow small children to play on this equipment unattended.
9. Wear appropriate workout attire, including running or aerobic shoes.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

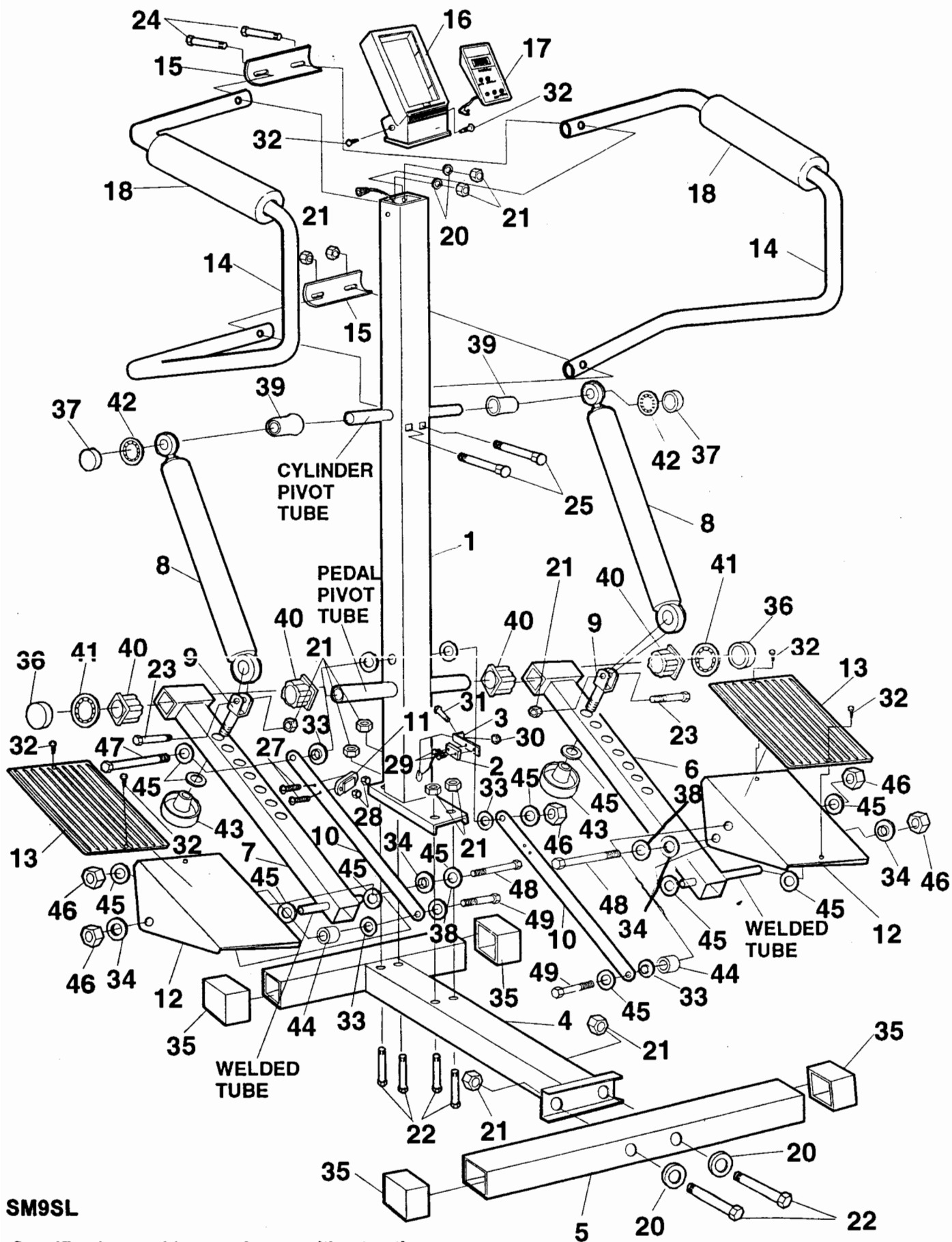
Thank you for selecting the STEPMaster SM9SL Aerobic Stepper. The STEPMaster SM9SL blends advanced engineering with innovative design to provide you with an effective, low-impact cardiovascular workout in the comfort and privacy of your home. To make your exercise more enjoyable, the STEPMaster SM9SL gives you such features as a multi-function Electronic Monitor, easy resistance adjustment, and cushioned Handrails for stability and comfort.



MAINTENANCE TIPS

Keeping your STEPMaster SM9SL in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

1. Check all fasteners, nuts and bolts, and caps to see that they are tight and are fitted properly.
2. Lubricate all moving parts frequently to keep handles and other parts moving smoothly and eliminate squeaks and excessive noise.
3. Painted surfaces can be cleaned with a soft cloth and a mild non-abrasive detergent.



SM9SL

Specifications subject to change without notice.

SM9SL PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO.
1	MAIN FRAME	1	C4255-G26*G26
2	SENSOR WIRE WITH REED SWITCH	1	HH-5560*G26
3	L-BRACKET	1	C7766-G26*G26
4	BASE "T"	1	C4256-G26*G26
5	FRONT BASE	1	C4257-G26*G26
6	STEPPER ARM - RIGHT	1	C4258-G26*G26
7	STEPPER ARM - LEFT	1	C4259-G26*G26
8	RESISTANCE CYLINDER	2	ZZ-0004*G26
9	CYLINDER MOUNTING BRACKET	2	C7765-G25*G26
10	PEDAL LINKING STRAP	2	C4260-G26*G26
11	MAGNET	1	HH-5352*G26
12	STEPPER PEDAL	2	C4261-G26*G26
13	PEDAL FOOT PAD	2	AA-8277*G26
14	HANDLE BAR	2	C6856-G26*G26
15	CURVED ATTACHMENT PLATE	2	C7005-G26*G26
16	ELECTRONICS MONITOR BRACKET	1	C0845-G26*G26
17	ELECTRONICS MONITOR	1	C0846-G26*G26
18	FOAM ROLLER - 1 1/4" I.D. X 8" LONG	2	C0447-E50*G26
20	5/16" FLAT WASHER	4	HH-5127*G26
21	5/16" NYLON LOCK NUT	12	HH-5012*G26
22	5/16" X 3 1/2" HEX HEAD BOLT	6	HH-5294*G26
23	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*G26
24	5/16" X 2" HEX HEAD BOLT	2	HH-5054*G26
25	5/16" X 5" CARRIAGE BOLT	2	HH-5565*G26
26	1 1/2" SQUARE PLASTIC INSERT CAP	2	AA-8001*G26
27	1/8" X 5/8" PHILLIPS HEAD SCREW	2	HH-5513*G26
28	1/8" HEX NUT	2	HH-5436*G26
29	#4 X 3/8" SCREW	2	HH-5558*G26
30	1/4" NYLON LOCK NUT	1	HH-5011*G26
31	1/4" X 1/2" CARRIAGE BOLT	1	HH-5471*G26
32	#8 X 1/2" LONG SHEET METAL SCREW	6	HH-5515*G26
33	BLACK METAL PIVOT BUSHING - 1/4" SHOULDER	4	HH-5510*G26
34	BLACK METAL PIVOT BUSHING - 3/32" SHOULDER	4	HH-5511*G26
35	3" SQUARE RUBBER FOOT	4	AA-8222*G26
36	1" ROUND PLASTIC COVER CAP	2	HH-5348*G26
37	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*G26
38	3/8" PLASTIC FLAT WASHER	4	AA-8172*G26
39	5/8" I.D. X 1 5/8" FLAIR END BUSHING	2	AA-8148*G26
40	1 1/4" SQUARE PLASTIC PIVOT BUSHING	4	AA-8203*G26
41	1" SPRING RETAINER RING	2	HH-5423*G26
42	5/8" SPRING RETAINER RING	2	HH-5422*G26

SM9SL PART LIST

[illegible]

ORDERING PARTS

TO INSURE THAT YOU WILL GET ALL OF THE PRIVILEGES AND PROTECTION THAT COME WITH YOUR PURCHASE, PLEASE COMPLETE YOUR *OWNER'S REGISTRATION CARD* WITHIN THE NEXT 10 DAYS.

Simply mail your *OWNER'S REGISTRATION CARD* to receive all benefits to which you are entitled.

WARRANTY VERIFICATION : Your prompt registration verifies your right to protection under the terms and conditions of your warranty.

OWNER CONFIRMATION : Your completed OWNER'S REGISTRATION CARD serves as confirmation of ownership in the event of product loss or theft.

1. YOUR OWNER'S I.D. CARD VERIFIES THE PRODUCT YOU HAVE PURCHASED, YOUR NAME, ADDRESS, AND THE DATE OF YOUR PURCHASE.
2. PARTS MAY BE ORDERED USING THE PARTS ORDER CARD WHICH IS INCLUDED WITH THIS PRODUCT OR BY CALLING OUR PRODUCT SERVICE NUMBER: 1-800-225-0653.
3. BEFORE ORDERING PARTS BY PHONE HAVE READY THE FOLLOWING INFORMATION TO EXPEDITE YOUR ORDER:

1. Name of the Product (SM9SL STEPMaster AEROBIC STEPPER)
2. Model Number of the Product (SM9SL)
3. Ordering Number of the Part (See Parts List Page)
4. Description of the Part from the Parts List Page.
5. Country of the Manufacturer (See Cover)

THE SAME INFORMATION IS REQUIRED WHEN PLACING YOUR ORDER BY MAIL.

If you need parts or assistance do not return this product to the store, simply contact WEIDER CUSTOMER ASSISTANCE at 1-800-225-0653 Monday through Friday 7 a.m. to 6 p.m. CST.

Extended Seasonal Hours (Dec. 1 - Feb 28) Monday through Friday 7 a.m. to 9 p.m.; Saturday 9 a.m. to 5 p.m.; Sunday 12 p.m. to 4 p.m.

All parts and service inquiries should be directed to: WEIDER SPORTING GOODS, Parts Service Department, 900 West ST. John Street, Olney Illinois. 62450.

ESTIMATED TIME OF ASSEMBLY IS 1 1/2 HOURS

UNPACKING TIPS:

- To avoid losing small parts during the unpacking process we suggest that you remove and unwrap one part at a time and discard the paper wrapping in the lid of the box.
- Do not discard packing material until the stepper is completely assembled. If you are missing a part, it may have gotten mixed up with the wrapping paper.
- Lay each unwrapped part to the side so you can easily see each part for ease of identification as you do your assembly.
- Lay the nuts, bolts, washers, etc. in groups of like sizes and lengths. Putting these inside the carton bottom would be a good place to hold them to avoid losing parts. You can also write the sizes below each group to help you identify them quicker.

TOOLS REQUIRED FOR ASSEMBLY

1. Two adjustable crescent wrenches or a combination of 1/2" and 9/16" box end wrenches
2. Phillips Screwdriver
3. Flat Blade Screwdriver
4. Hammer

MAINTENANCE

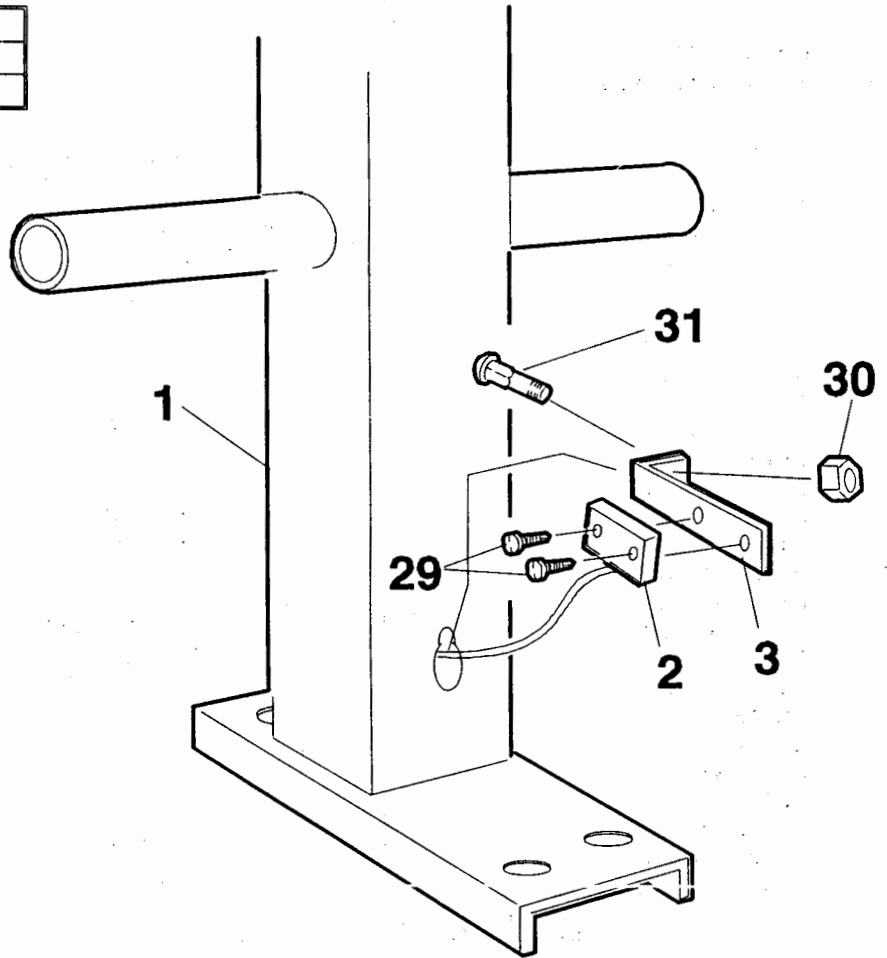
- To insure that your fitness equipment functions at peak efficiency and to reduce drag and wear on components, it is essential that pulleys, hinges, guide rods and other moving parts be properly lubricated and maintained. You will see throughout the assembly manual the symbol to the right.
- After you have completed the assembly of this product, you should lubricate all the indicated areas before using. In the future you should lubricate these areas at least once a month.
- Use a household type light weight oil as a lubricant. Most household light weight oil can be purchased in any hardware department.



STEP 1 REED SWITCH ASSEMBLY

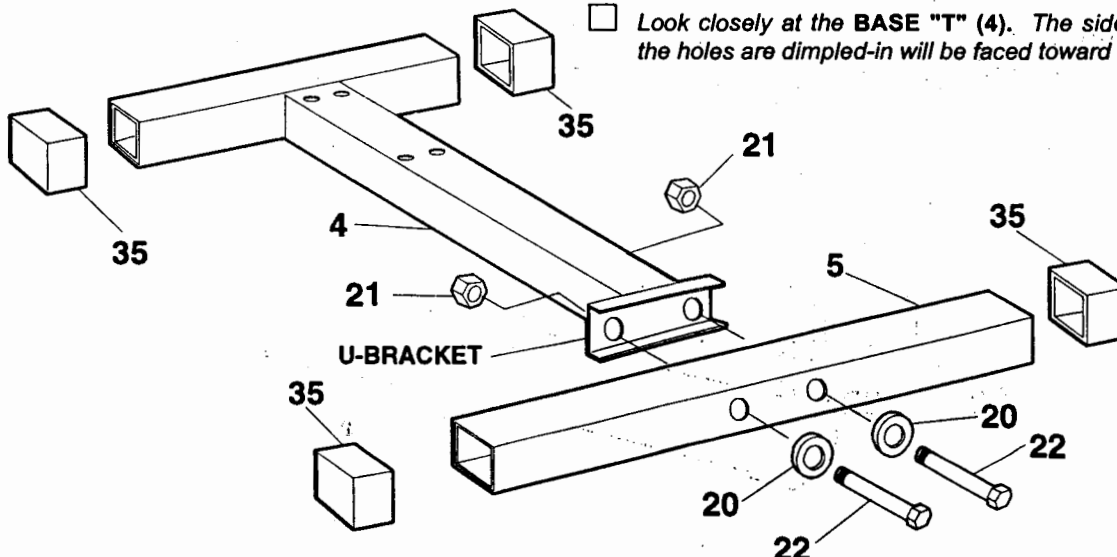
PART NAME	QTY
30 1/4" NYLON LOCK NUT	1
31 1/4" X 1/2" CARRIAGE BOLT	1

- ☐ The **SENSOR WIRE W/REED SWITCH (2)** comes pre-assembled in the **MAIN FRAME (1)**. This is the front of the Main Frame piece. At the bottom end of the Main Frame, the Square Reed Switch part of the Sensor Wire will be hanging out the oval-shaped hole.
- ☐ Attach the **L-BRACKET (3)** by first facing the longer outside flat portion to the left side of the **MAIN FRAME (1)** while facing the front of it.
- ☐ Attach the **L-BRACKET (3)** by assembling the **1/4" X 1/2" CARRIAGE BOLT (31)** into the outside end of the L-Bracket. Assemble loosely onto the Bolt end a **1/4" NYLON LOCK NUT (30)**. **DO NOT TIGHTEN.**
- ☐ Next, attach the **L-BRACKET (3)** assembly to the **MAIN FRAME (1)** by inserting only the Bolt head into the oval hole of the Main Frame tube and then pushing the Bolt assembly up to the top of the hole. Fasten the assembly securely by tightening the **1/4" NYLON LOCK NUT (30)**.

**STEP 2 LOWER FRAME ASSEMBLY**

PART NAME	QTY
20 5/16" FLAT WASHER	2
21 5/16" NYLON LOCK NUT	2
22 5/16" X 3 1/2" HEX HEAD BOLT	2
35 3" SQUARE RUBBER FOOT	4

- ☐ Cap each end of the **BASE "T" (4)** with **3" SQUARE RUBBER FEET (35)**.
- ☐ Cap each end of the **FRONT BASE (5)** with **3" SQUARE RUBBER FEET (35)**.
- ☐ Look closely at the **BASE "T" (4)**. The side of the Base "T" in which the holes are dimpled-in will be faced toward the floor.

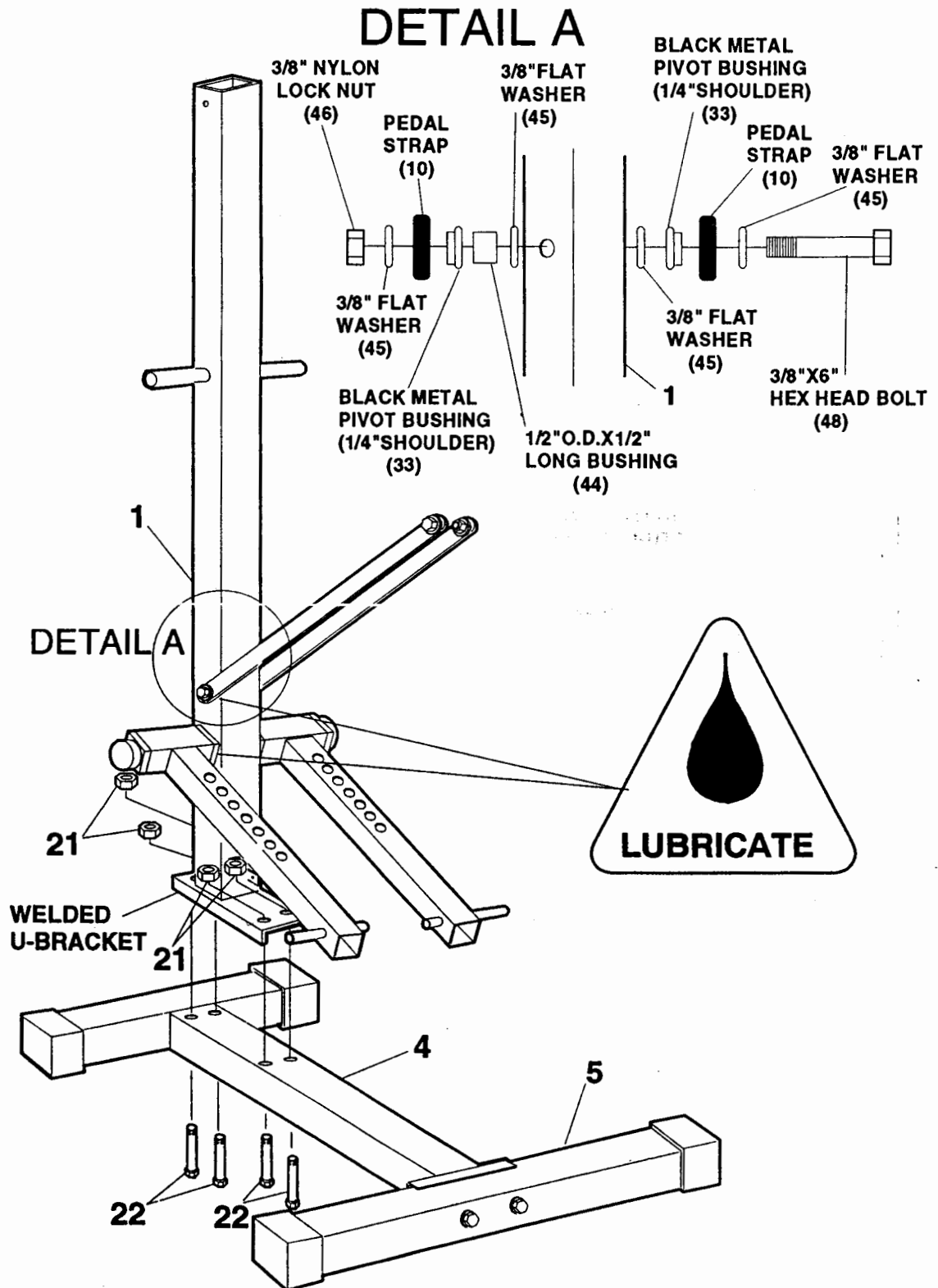


- ☐ Join the **FRONT BASE (5)** to the **BASE "T" (4)**. Place **5/16" FLAT WASHERS (20)** onto two **5/16" X 3 1/2" HEX HEAD BOLTS (22)**. Insert through the Front Base and then through the welded U-Bracket on the Base "T". Secure with **5/16" NYLON LOCK NUTS (21)**.

STEP 3 UPPER FRAME ASSEMBLY

PART NAME	QTY
21 5/16" NYLON LOCK NUT	4
22 5/16" X 3 1/2" HEX HEAD BOLT	4

□ Lower the Welded U-Bracket of the MAIN FRAME (1) over the BASE "T" (4) and align the Bolt holes. Insert the four 5/16" X 3 1/2" HEX HEAD BOLTS (22) up through the bottom of the Base "T" and then through the Welded U-Bracket on the Main Frame. Secure with 5/16" NYLON LOCK NUTS (21). Tighten these Bolts securely.



STEP 4 STEPPER ASSEMBLY

PART NAME	QTY
21 5/16" NYLON LOCK NUT	2
23 5/16" X 1 1/2" HEX HEAD BOLT	2
27 1/8" X 5/8" PHILLIPS HEAD SCREW	2
28 1/8" HEX NUT	2
34 BLACK METAL PIVOT BUSHING (3/32" shoulder)	4
37 5/8" ROUND PLASTIC COVER CAP	2
38 3/8" PLASTIC FLAT WASHER	4
39 5/8" I.D. X 1 5/8" LONG FLAIR END BUSHING	2
43 3/8" FEMALE KNOB	2
45 3/8" FLAT WASHER	10
46 3/8" NYLON LOCK NUT	2
48 3/8" X 6" HEX HEAD BOLT	2

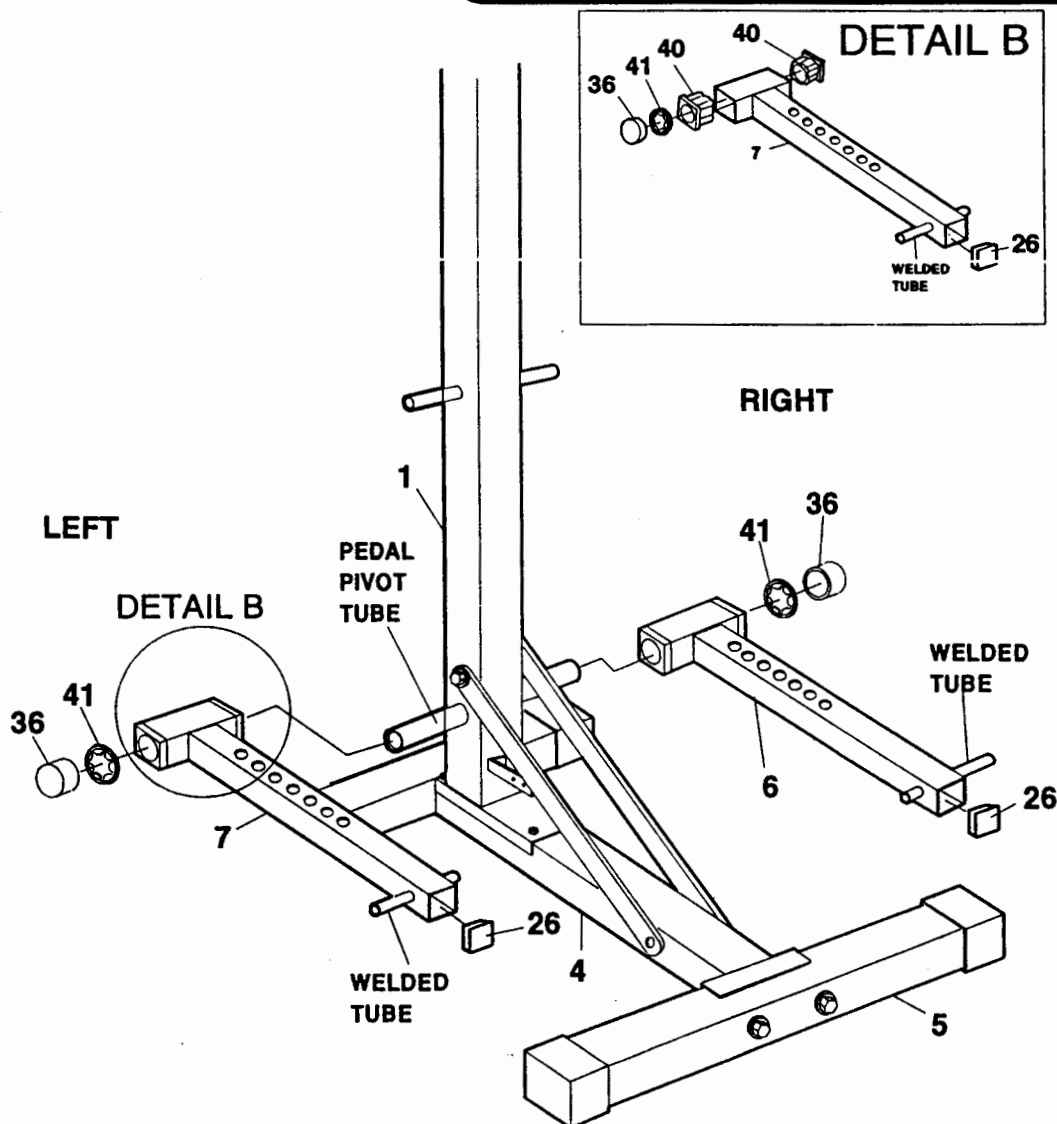
» **NOTE:** THESE SHADED INSTRUCTIONS ARE ASSEMBLIES THAT HAVE BEEN PRE-ASSEMBLED AT THE FACTORY FOR YOUR CONVENIENCE.

☐ Press 1 1/2" SQUARE PLASTIC INSERT CAPS (26) into the ends of the STEPPER ARMS - RIGHT (6) and LEFT (7).

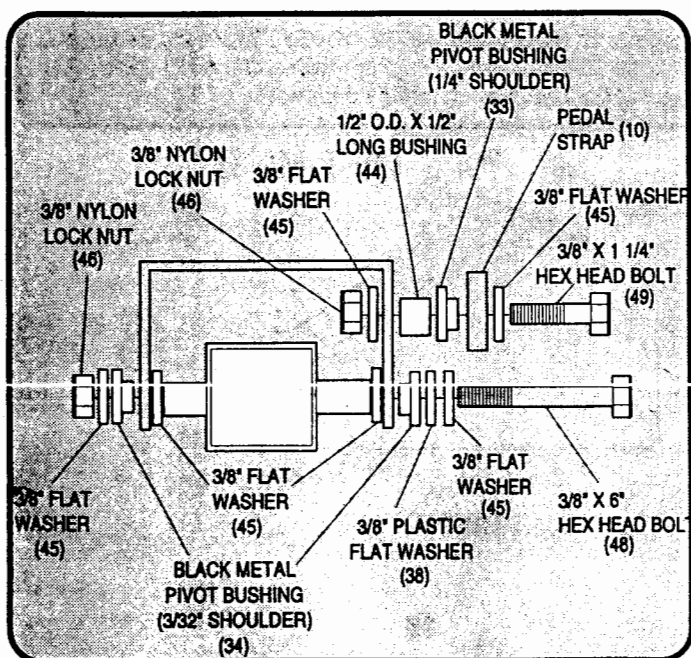
☐ Apply some grease to the 1" Pedal Pivot Tube welded through the base of the MAIN FRAME (1) and insert the STEPPER ARMS (6) and (7) onto the Pedal Pivot Tube so that the longest side of the Welded Tube at the end of the Arms is to the outside.

☐ Press a 1" SPRING RETAINER RING (41) onto the ends of the Pedal Pivot Tube. Note that the teeth in the Spring Retainer Rings are tilted slightly to one side. The teeth should be away from the Pivot Tube as it is driven on.

☐ Using a 1" ROUND PLASTIC COVER CAP (36) as an aid, push the Retainer Ring up tightly against the STEPPER ARM (6) and (7). Tap in place with a hammer.

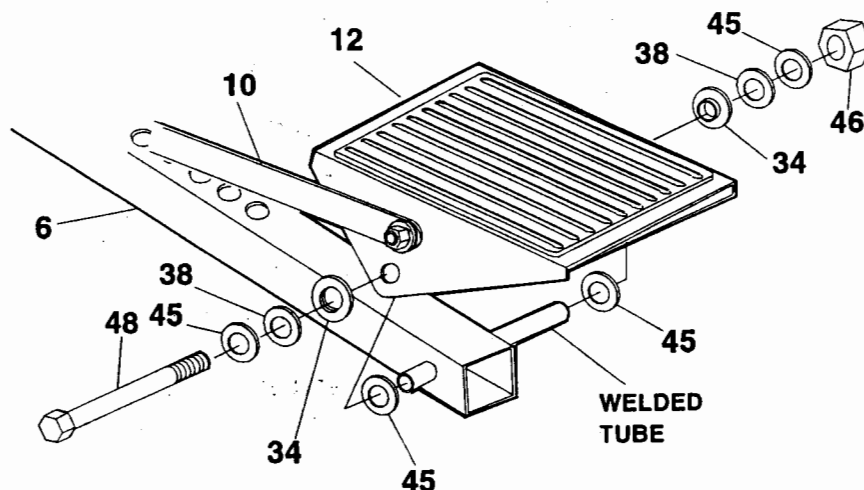
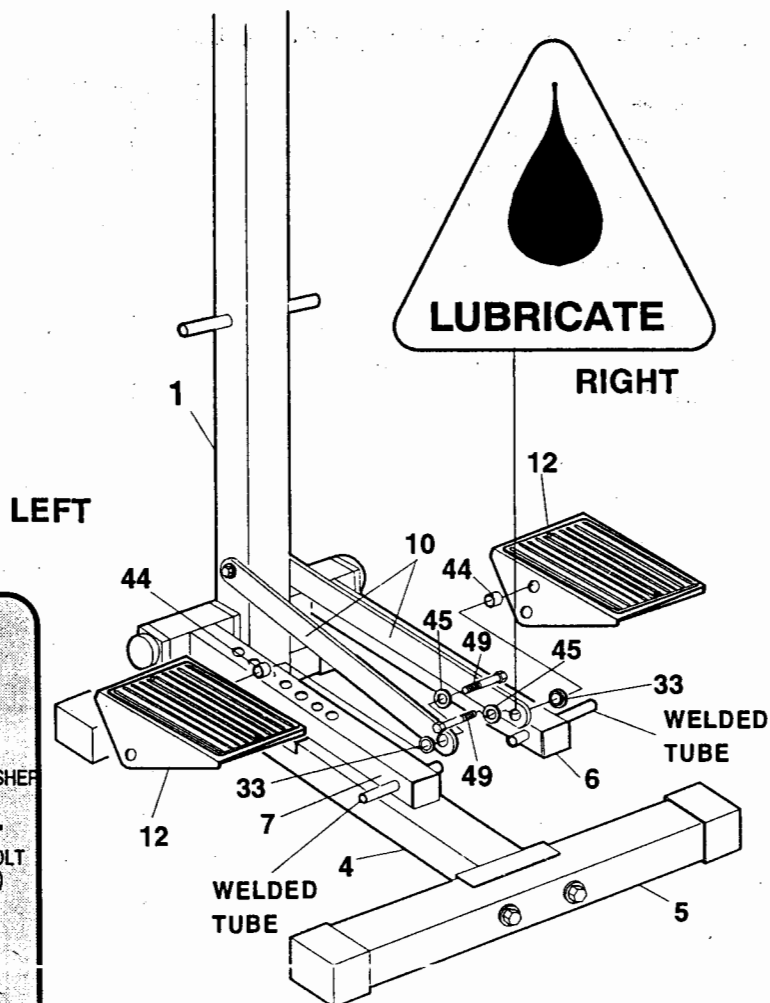


- ☐ To assemble the **PEDAL LINKING STRAPS (10)** (which are pre-assembled to the **MAIN FRAME (1)**), to the **STEPPER PEDALS (12)**, remove ONLY the **3/8" NYLON LOCK NUTS (46)** and the adjacent **3/8" FLAT WASHERS (45)** from the **3/8" X 1 1/4" HEX HEAD BOLTS (49)** which were pre-assembled to the end of the **LINKING STRAPS (10)**. Assemble the Bolts into the outside and top hole location of the **Stepper Pedals**. Re-assemble the **3/8" FLAT WASHERS (45)** and the **3/8" NYLON LOCK NUTS (46)** onto the Bolts on the inside of the Pedals. (SEE DETAIL A)

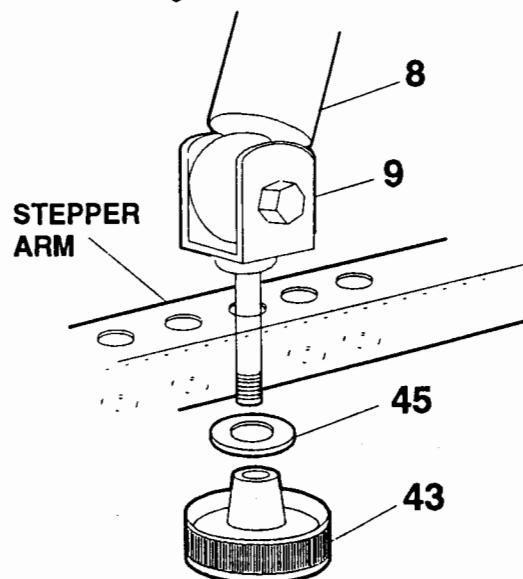
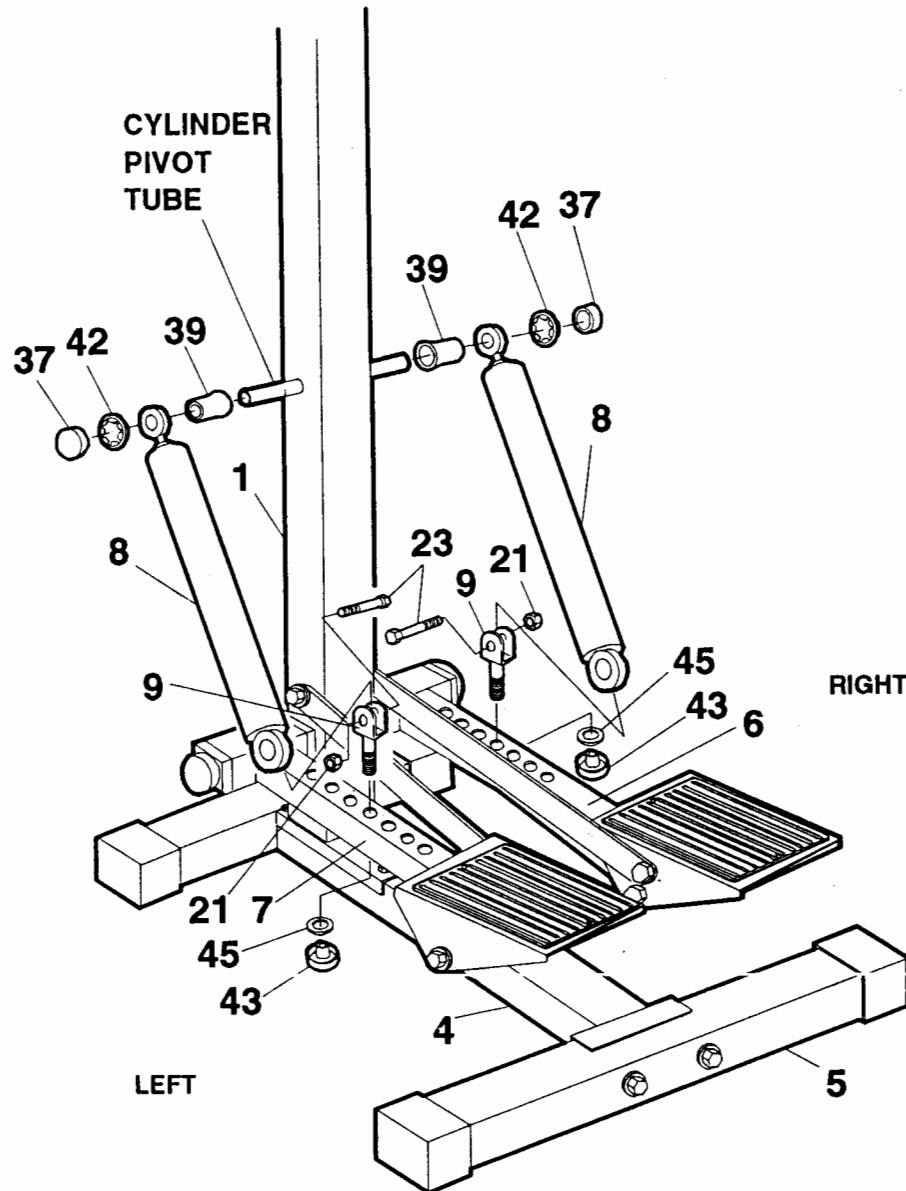


DETAIL A

- ☐ Press a **BLACK METAL PIVOT BUSHING** (with a 3/32" shoulder) (34) into the lower outside holes of the **STEPPER PEDALS (12)**.
- ☐ Position each of the **STEPPER PEDALS (12)** over the **Welded Tubes** at the end of the **STEPPER ARMS (6)** and (7). Assemble a **3/8" FLAT WASHER (45)** and a **3/8" PLASTIC FLAT WASHER (38)** onto a **3/8" X 6" HEX HEAD BOLT (48)** and bolt through the inside of the Pedal at the lower hole (**PIVOT BUSHING**) add another **3/8" FLAT WASHER (45)** and then through the **Welded Tube** on the **Stepper Arm**. Assemble another **3/8" PLASTIC FLAT WASHER (38)** and a **3/8" FLAT WASHER (45)** onto the Bolt and fasten with a **3/8" NYLON LOCK NUT (46)**.

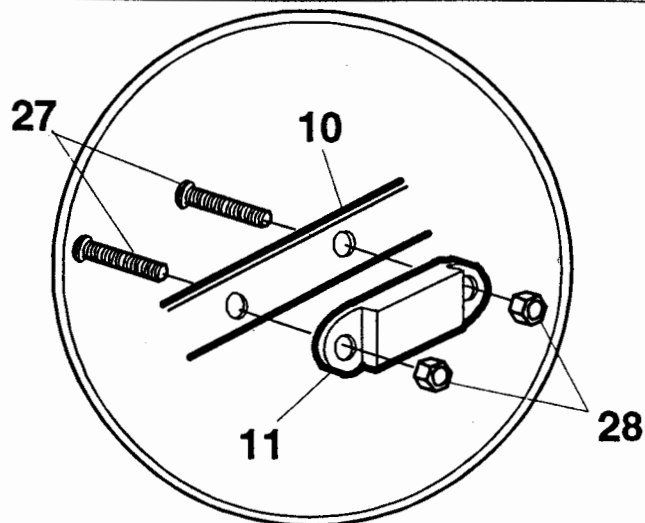


- ☐ Fit a 5/8" X 1 5/8" **LONG FLAIR END BUSHING (39)** (Flair end to the inside) onto the 5/8" Cylinder Pivot Tube on the **MAIN FRAME (1)**.
- ☐ Apply a small amount of lubricant to the Cylinder Pivot Tube and slide on the **RESISTANCE CYLINDERS (8)**.
- ☐ Push a 5/8" **SPRING RETAINER RING (42)** onto the Pivot Tube and fit tightly against the **RESISTANCE CYLINDER (8)** head. Again the teeth of the Retainer Ring should be positioned outward and use a 5/8" **ROUND PLASTIC COVER CAP (37)** as an aid to help secure the Retainer Ring in place. Tap this Cap and Retainer Ring on using a hammer.
- ☐ Attach the lower ends of the **RESISTANCE CYLINDERS (8)** to the **CYLINDER MOUNTING BRACKETS (9)** using 5/16" X 1 1/2" **HEX HEAD BOLTS (23)** and 5/16" **NYLON LOCK NUTS (21)**.
- ☐ Place the **CYLINDER MOUNTING BRACKETS (9)** into one of the resistance setting holes in the **STEPPER ARMS (6)** and (7) and secure with a 3/8" **FLAT WASHER (45)** and a 3/8" **FEMALE KNOB (43)**. (SEE DETAIL A)



DETAIL A

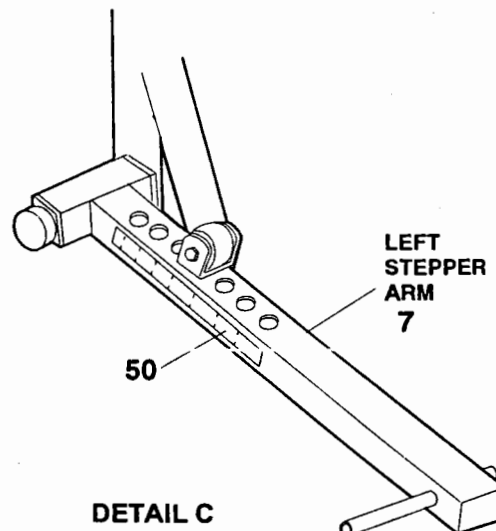
- ☐ To the inside of the **LEFT PEDAL LINKING STRAP (10)**, attach the **MAGNET (11)** using **1/8" X 5/8" PHILLIPS HEAD SCREWS (27)** and **1/8" HEX NUTS (28)**. Note that the Magnet should be on the side where the Pivot Bushing Head is oriented. (SEE DETAIL B)



**INSIDE (AGAINST MAIN FRAME)
OF THE LEFT STRAP**

DETAIL B

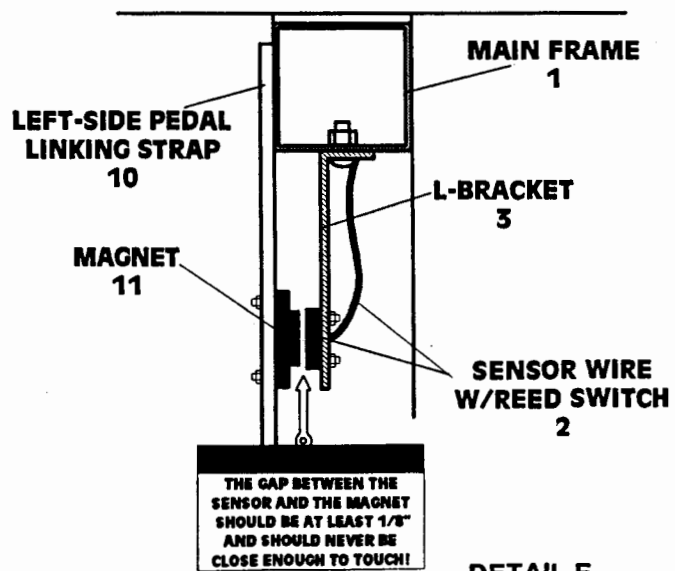
- ☐ Remove the **STEPPER RESISTANCE SCALE DECALS (50)** from the backing sheet and affix the Decals to the outsides of the **STEPPER ARMS (6) and (7)** so that they align with the hole settings on the Arms. Setting "1" should be to the front of the Stepper Arm. (SEE DETAIL C)



DETAIL C

- ☐ **SETTING RESISTANCE:** After the **STEPPER ARMS (6) and (7)** and **STEPPER PEDALS (12)** are attached to the **RESISTANCE CYLINDERS (8)**, the resistance can be changed by unscrewing the **FEMALE KNOB (43)** from the bottom of the Arms and moving the **CYLINDER MOUNTING BRACKETS (9)** to another hole and re-assembling the **3/8" FLAT WASHER (45)** and the Knob.

- ☐ **SETTING MAGNET PICK-UP:** Pivot the **STEPPER ARM (7)** past the **SENSOR WIRE WITH REED SWITCH (2)** on the **L-BRACKET (3)** on the **MAIN FRAME (1)** to insure that the Pick-up is counting. If the counter is not registering (an audible beep), reposition the L-Bracket until it does. This movement may be up or down the Main Frame or to the right or left down the side of the Main Frame. (SEE DETAIL E)

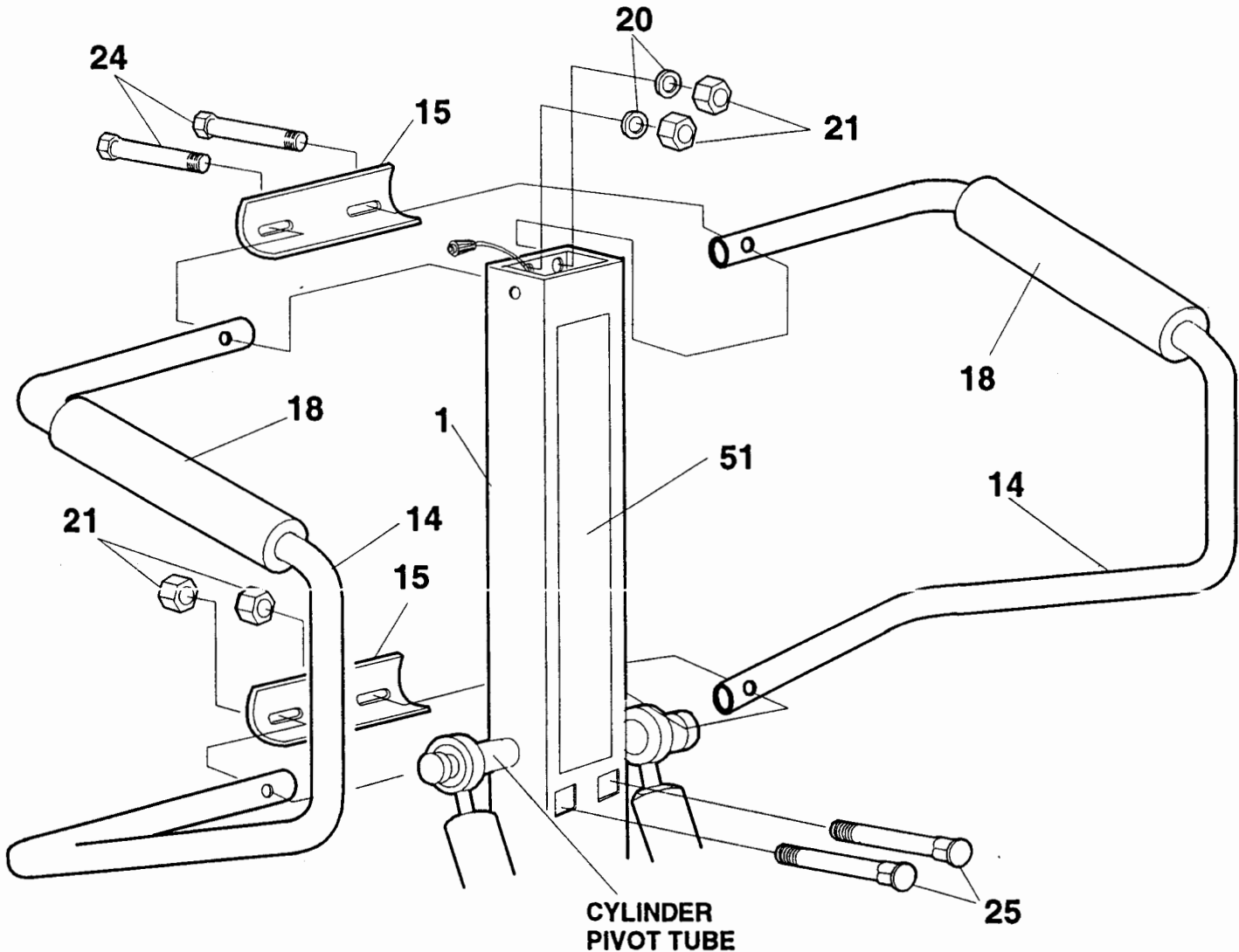


DETAIL E

STEP 5 HANDLE BAR ASSEMBLY

PART NAME	QTY
20 5/16" FLAT WASHER	2
21 5/16" NYLON LOCK NUT	4
24 5/16" X 2" HEX HEAD BOLT	2
25 5/16" X 5" CARRIAGE BOLT	2

- ☐ Wipe a small amount of liquid dish detergent along the length of one end of each **HANDLE BAR (14)**. This will help in the assembly of the Foam Rollers. When the detergent dries, it will also act as an adhesive. Assemble the 1 1/4" I.D. X 8" **LONG FOAM ROLLERS (18)** onto the Handle Bars in the position shown in the illustration.

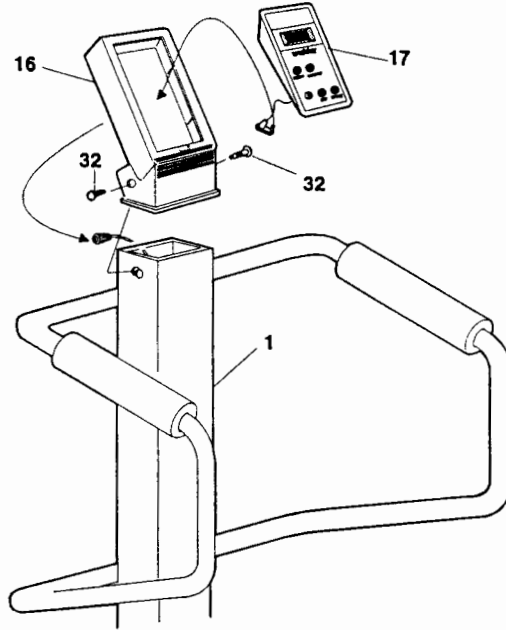


- ☐ Attach the **HANDLE BARS (14)** to the **MAIN FRAME (1)** by first assembling two 5/16" X 2" **HEX HEAD BOLTS (24)** into the outside curve of one of the **CURVED ATTACHMENT PLATES (15)**. Bolt this assembly through one end of each of the Handle Bars and then through the back of and into the Main Frame tube. **INSIDE** the Main Frame tube, assemble 5/16" **FLAT WASHERS (20)** onto the Bolt ends and secure with 5/16" **NYLON LOCK NUTS (21)**.
- ☐ Attach the lower ends of the **HANDLE BARS (14)** to the **MAIN FRAME (1)** using 5/16" X 5" **CARRIAGE BOLTS (25)** to bolt through the square holes located directly below the Cylinder Pivot Tube which the **RESISTANCE CYLINDER (8)** are mounted upon. Bolt through the front of the Main Frame, through the ends of the Handle Bars, and finally through the inside curve of another **CURVED ATTACHMENT PLATE (15)**. Secure with 5/16" **NYLON LOCK NUTS (21)**.
- ☐ Remove the **MAIN FRAME DECAL (51)** from the backing sheet and apply to the front of the **MAIN FRAME (1)** between the top of the Main Frame tube and the Cylinder Pivot Tube.

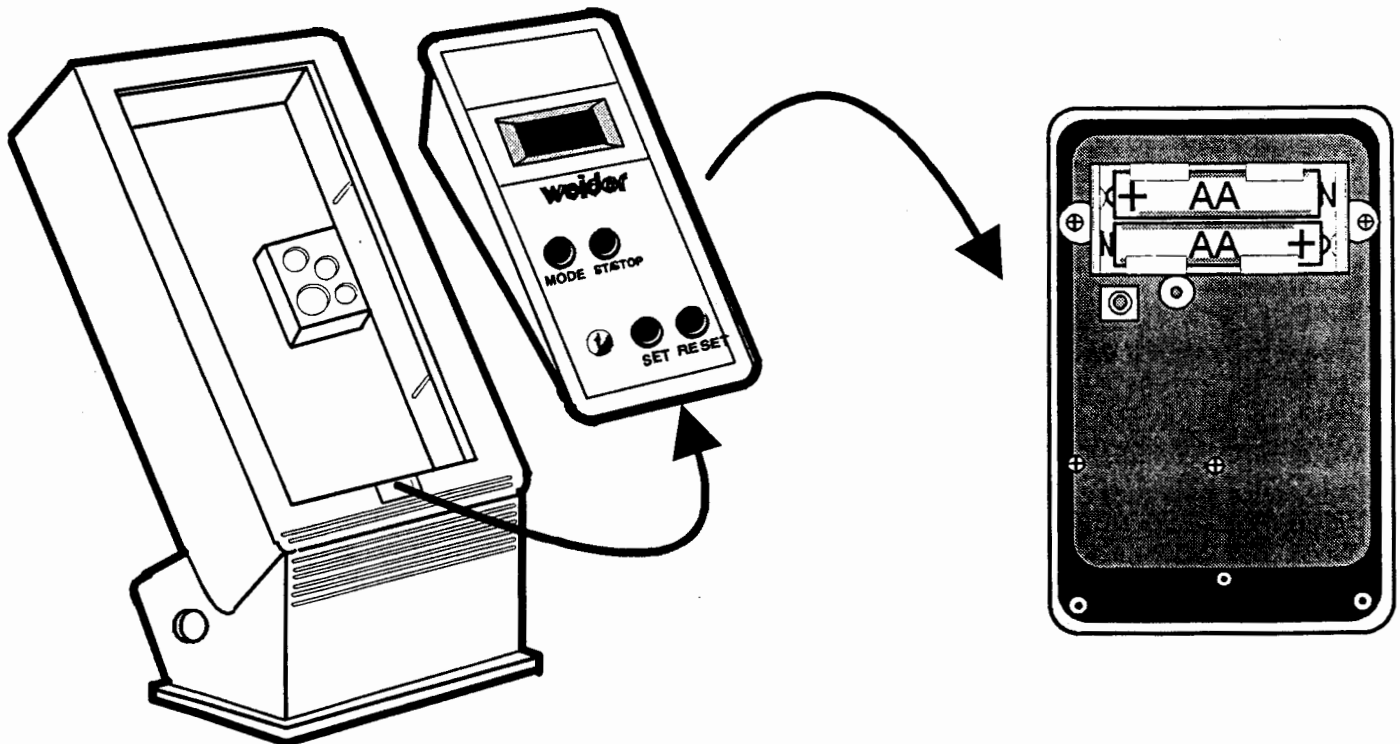
STEP 6 ELECTRONICS MONITOR ASSEMBLY

PART NAME	QTY
32 #8 SHEET METAL SCREW	2

- ☐ Attach the **ELECTRONICS MONITOR BRACKET (16)** to the top of the **MAIN FRAME (1)** using **#8 SHEET METAL SCREWS (32)** to bolt through the sides of the Bracket and into the Main Frame.
- ☐ Making sure to properly place the female plug to the inside of the **MONITOR BRACKET (16)**, press the **ELECTRONICS MONITOR (17)** into the Monitor Bracket.

**HOW TO REMOVE THE BATTERIES**

1. THE UPPER CASE OF THE COMPUTER EASILY SEPARATES FROM THE BOTTOM CASE. SIMPLY PRY IT OPEN USING A COIN (SEE ILLUSTRATION A).
2. REMOVE BATTERIES AND REPLACE WITH TWO "AA" ALKALINE BATTERIES AS SHOWN IN (ILLUSTRATION B).
3. REMOVING THE BATTERIES WILL ERASE ALL FUNCTIONAL DATA.



ELECTRONIC MONITOR OPERATING GUIDE



FUNCTIONAL BUTTONS

- MODE** - PRESS DOWN TO SELECT FUNCTIONS
- SET** - TO SET UP THE VALUES OF TIMER, COUNTER, AND CALORIE
- RESET** - RESET THE VALUES OF TIMER, COUNTER, AND CALORIE TO ZERO
- ST/STOP** - TO START OR STOP FUNCTIONS OF TIMER, COUNTER, AND CALORIE.

FUNCTIONS

1. **SCAN** - AUTOMATICALLY SCANS FUNCTIONS OF TIMER, COUNTER, AND CALORIE SEQUENCE FOR YOU TO UPDATE YOUR PROGRESS WITHOUT PUSHING (MODE) BUTTON EACH TIME.
2. **TIMER** - **COUNT-UP**: ELECTRONICALLY COUNTS UP TO 99:59 FROM ZERO IN ONE SECOND INCREASEMENT. **COUNT-DOWN**: MEASURES TIME REMAINING FROM PRE-SET TIME. INTERVAL BEEPS FOR 8 SECONDS (FOUR BEEP BEEP BEEP SHORT SOUNDS) WHEN THE DESIRED VALUE COUNTS BACK TO ZERO. WHEN (TIMER) VALUE RETURNS ZERO, PUSH (ST/STOP) BUTTON AGAIN TO COUNT UP ONCE MORE.
3. **COUNTER** - **COUNT-UP**: ELECTRONICALLY COUNTS UP TO 99:59 FROM ZERO. **COUNT-DOWN**: COMPUTES BACKWARDS THE STEP NUMBER FROM THE DESIRED NUMBER. INTERVAL BEEPS FOR 8 SECONDS (FOUR BEEP BEEP BEEP SHORT SOUNDS) WHEN THE DESIRED VALUE COUNTS BACK TO ZERO. THE DESIRED NUMBER CAN BE SET BY 10 & INCREASED BY FUNCTIONAL BUTTONS.
4. **DISTANCE** - NOT AVAILABLE ON THIS MODEL.
5. **TEMPO** - NOT AVAILABLE ON THIS MODEL.
6. **CALORIES** - CALORIES CONSUMPTION COMPUTATION VARIES ACCORDING TO USER'S EXERCISE RATIO DURING WORK TIME. SUGGESTION TO USER, IT IS HELPFUL IF YOU MAKE COMPARISONS BETWEEN TWO CALORIE VALUES WHICH WERE OBTAINED IN TWO DIFFERENT OCCASIONS. CALORIES BURNED-UP FIGURE PROVIDES A ROUGH VALUE FOR USER'S REFERENCE ONLY, DURING WORKOUT.

MODE	FUNCTIONS	ILLUSTRATED EXAMPLES OF OPERATING PROCEDURES		
1	SCAN	0 0 0 1 TIMER	7 COUNTER	0.3 CALORIES
2	TIMER	STP 0 6:54 COUNT-UP (RESET)	STP 0 0:00 (START)	0 0:01 COUNT-DOWN (SET)
3	COUNTER	STP 6 5 4 COUNT-UP (RESET)	STP 0 (START)	0 0 0 1 COUNT-DOWN (SET)
4	CALORIES	STP 1 9 9.8 COUNT-UP (RESET)	STP 0.0 (START)	0.1 COUNT-DOWN (SET)

NOTE:

1. PUSH (SET) BUTTON A LITTLE LONGER, THE DESIRED VALUE CAN BE GOT IN A FASTER SPEED.
2. ONE STEP SHOULD BE ACCOMPANIED BY ONE SOUND SIGNAL.
3. THE SYMBOL STP APPEARS ON LCD DENOTES ALL FUNCTIONS ARE CEASED AND NEW VALUES CAN BE REGISTERED INTO COMPUTER, NO MATTER IN WHAT FUNCTION DISPLAY, PUSH (ST/STOP) BUTTON CAN START OR STOP ALL FUNCTIONS.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

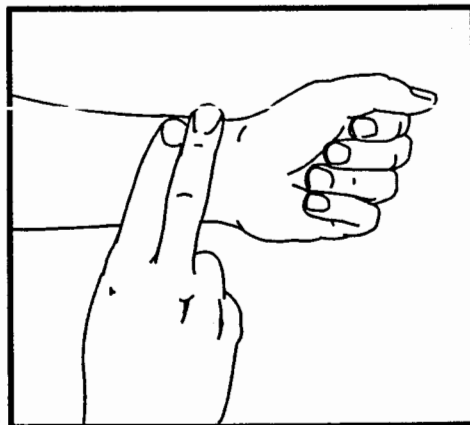
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: 1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of stretching or light exercise will allow the body to cool down.

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

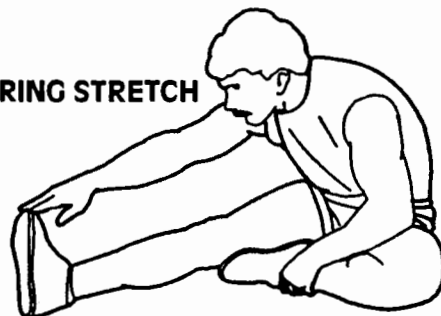
Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

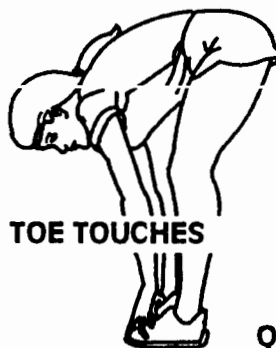
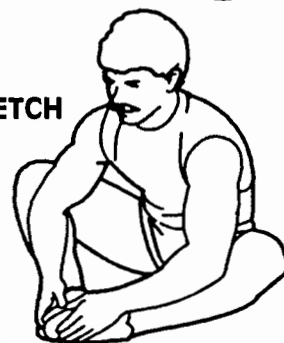
With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankles

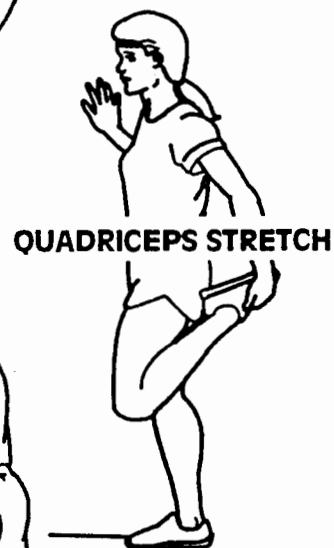
HAM STRING STRETCH



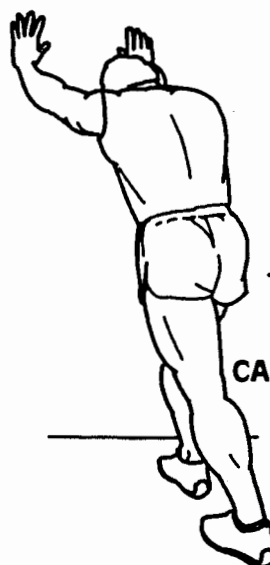
INNER THIGH STRETCH



TOE TOUCHES



QUADRICEPS STRETCH



CALF/ACHILLES STRETCH

LIMITED WARRANTY

Weider Sporting Goods, Inc. warrants this item of equipment to be free from defects in material and/or workmanship for a period of 90 DAYS from the date of the original purchase (retail, mail order or otherwise) for use. Weider also warrants the frame of this item of equipment to be free from defects in material or workmanship for a period of THREE YEARS from the date of original purchase.

In the event of a defect in material or workmanship during the warranty period, Weider will repair or replace (at its option) the Equipment (or frame) under the conditions of this Warranty. Weider will do so at its expense for the cost of labor and materials but not for mailing except as noted.

LIMITATIONS, EXCLUSIONS AND OTHER RIGHTS:

Weider disclaims liability for any and all implied warranties except as set forth to the contrary herein. Some states do not allow limitations on how long an implied warranty lasts, so the above limitation may not apply to you.

Weider disclaims liability for indirect, incidental or consequential damages. This disclaimer applies during and after the warranty period. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

Weider is not responsible for damage to the Equipment caused by accident, theft, misuse, abuse, abnormal use or conditions, neglect or modifications.

This Warranty gives you specific legal rights, and you may have other rights which vary from state to state.

CLAIM PROCEDURE

If you discover a defect or malfunction during the period to which this Warranty applies, you must follow this procedure:

Write to: Parts Service Weider Sporting Goods 900 West St. John Street Olney, Illinois 62450

In your letter state your full name and address; the reason why you believe there is a defect or malfunction subject to this warranty; and the date and conditions under which the defect or malfunction occurred.

To obtain warranty you must include in your letter a copy of the sales receipt or other proof of date of purchase of the Equipment; otherwise no warranty will be issued. Upon receipt of your letter, Weider will make a preliminary determination of its responsibility to repair or replace under this Warranty.

PARTS SERVICE 1-800-225-0653

If Weider denies responsibility it will explain its decision in writing. If Weider accepts responsibility to repair or replace the item or part under the warranty it will notify you in writing to bring or ship the Equipment to a designated Weider facility or an authorized service station for repairs.

If Warranty repair or replacement is made at a Weider facility, the Equipment will be returned to you at Weider's expense. If Warranty repair or replacement is made at a service station, arrangements for the return of the Equipment must be made directly with the service station and are made at your expense.