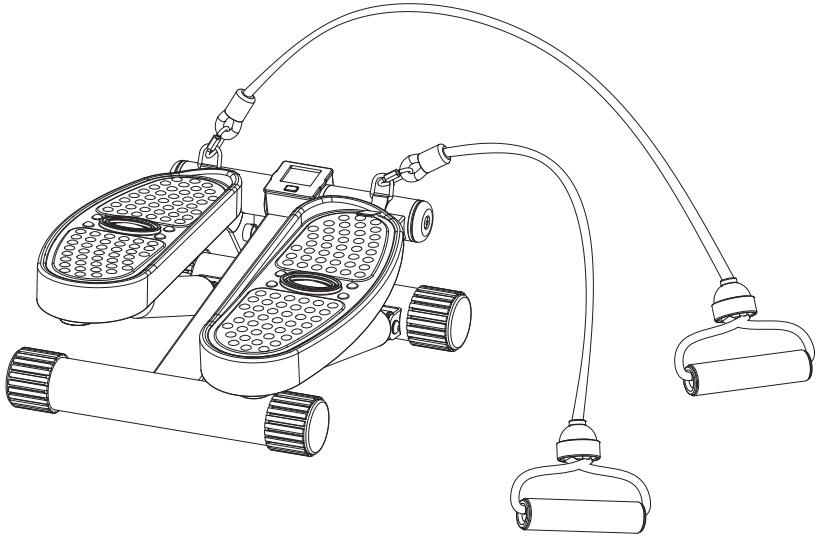
MINI STEPPER EXERCISE MACHINE
USER MANUAL



IMPORTANT SAFETY INFORMATION

This NICEDAY MINI STEPPER EXERCISE MACHINE WITH RESISTANCE BANDS is built for optimum safety. However, certain precautions apply whenever you operate an exercise machine. Be sure to read the entire manual before you assemble or operate it. In particular, note the following safety precautions:

1. Keep children and pets away from the machine at all times.
   DO NOT leave children unattended in the same room with the machine.
2. Only one person at a time should use the machine.
3. Your exercise machine is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas as this may lead to corrosion and other related problems.
4. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
5. Position the machine on a clear, leveled surface. DO NOT use the machine near water or outdoors.
6. Always wear appropriate workout clothing when exercising. DO NOT wear robes or other clothing that could become caught in the machine. Running or aerobic shoes are also required when using the machine.
7. Keep hands away from all moving parts.
8. Disabled person should not use the machine without a qualified person or physician in attendance.
9. Before using the machine to exercise, always do stretching exercises to properly warm up.
10. Never operate the machine if the machine is not functioning properly.
11. Inspect the machine for worn or loose component prior to use. Tighten/replace any loose or wore components prior to use.
12. Care should be taken in mounting or dismounting the machine.
13. The maximum weight capacity of this unit is 300 Pounds (136KG)

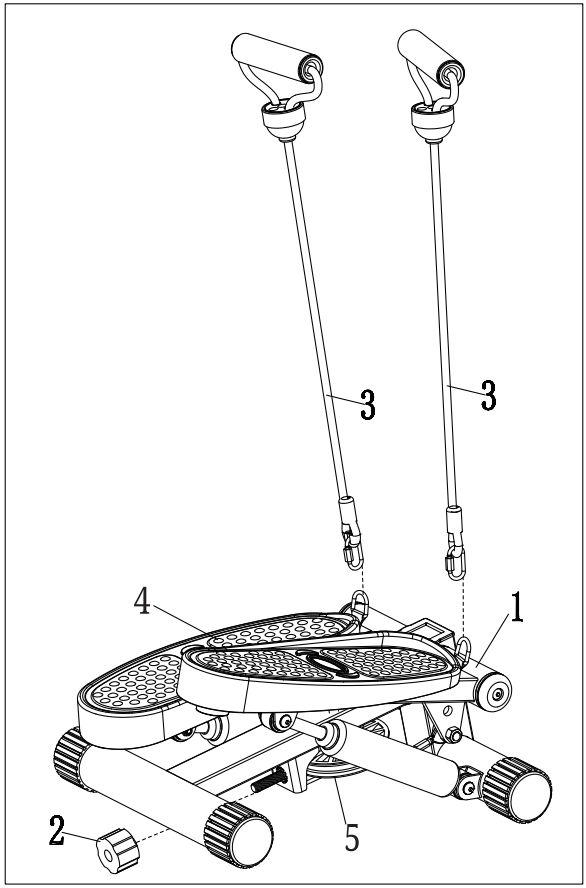
Customer Service:

nicedayfitness@outlook.com

WARNING!

Depending on individual usage habits and frequency, the hydraulic cylinder may become warm and produce slight squeaking noises after 20－30 minutes of continuous use.
This is a normal occurrence. We recommend allowing the machine to cool down before continuing your workout, which helps prolong its lifespan and improves the overall experience.

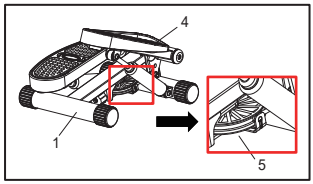
EXPLODED DIAGRAM



PARTS LIST

NO	Parts	Qty
1	Main Frame	1
2	Adjustment Knob	1
3	Resistance Bands	2
4	Pedal	2
5	Pulley	1

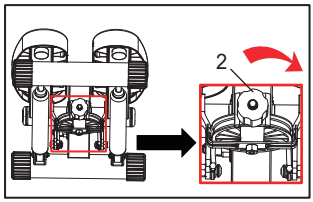
ASSEMBLY INSTRUCTIONS



STEP 1:

Remove the **Main Frame (No. 1)** from the box.

Lift both **Pedals (No. 4)** up with your hand and ensure that the cable is properly secured around the **Pulley (No. 5)** as shown in the picture.

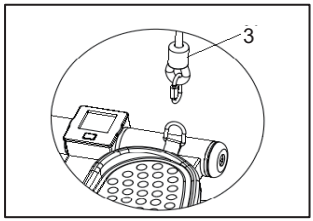


STEP 2:

Turn the **Adjustment Knob (No. 2)** clockwise " + " all the way right until it reached its end point.

Your stepper is set at its highest stepping height. Turn the **Adjustment Knob (No. 2)** counter-clockwise "**-**" to decrease the stepping range.

NOTE: Height range will decrease with each *counter-clockwise* turn.



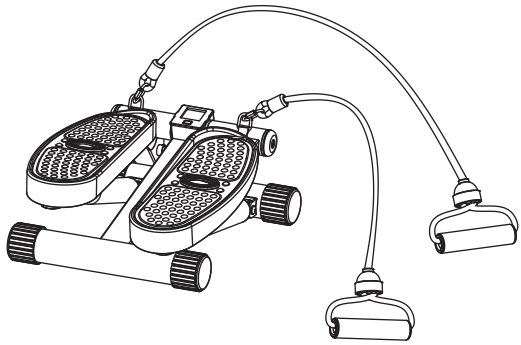
STEP 3:

Attach the 2 **Resistance Bands (No. 3)** to the pedal hooks located at the front of the left and right pedals as shown in the picture.

The assembly is complete!

Your stepper is set at its highest stepping height. Turn the **Adjustment Knob (No. 2)** counter-clockwise "**-**" to decrease the stepping range.

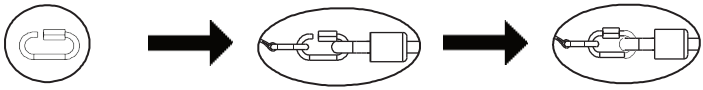
NOTE: Height range will decrease with each *counter-clockwise* turn.



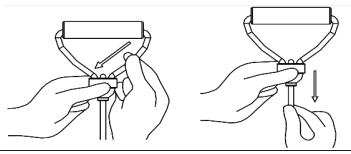
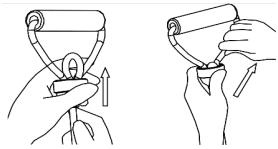
Customer Service: nicedayfitness@outlook.com

RESISTANCE BANDS INSTRUCTIONS

1. Unscrew the hook nut located on the band until the hook is open as shown in the picture below.
2. Attach the band hook onto the pedal hook and screw the hook nut closed until the pedal hook is secured with the hook nut.

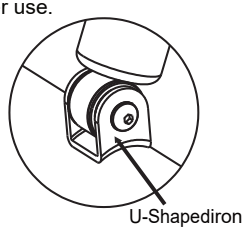


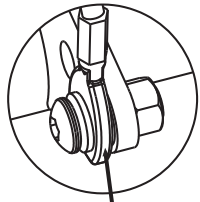
3. Assembly is done.

Adjusting the Rope Length	
To Lengthen Rope	**To Shorten Rope**
1. Push one side of the rope down. 2. Pull the bottom of the rope downward as shown in the picture below. 3. Repeat this process until the rope is at the desired length. **NOTE:** This adjustment decreases the tension on the bands.	1. Push the rope upward from the bottom. 2. Pull one side of the top rope up as shown in the picture below. 3. Repeat this process until the rope is at the desired length. **NOTE:** This adjustment increases the tension on the bands.
	
NOTE: When lengthening the rope; only one side of the rope can be pushed down. If the side that you are trying to push down does not move; try the other side of the rope.	

MAINTENANCE & CARE INSTRUCTIONS

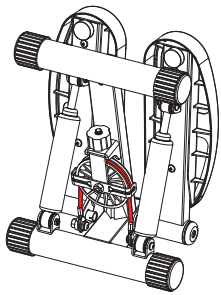
1. If the stepper screeches during exercise, please discontinue use and do the following: loosen the screw located on the U-Shaped iron then loosen the cable as shown in the picture below. Next, lubricate both the U-Shaped iron and cable to improve the sliding condition. Re-tighten and secure the screw and cable.
2. For safety and efficiency, please be sure to inspect and lubricate the U-Shaped iron and cable regularly.
3. Always use dry cloth when cleaning the stepper, never clean the stepper using a wet or damp cloth.
4. Store the stepper in a dry area free of moisture, do not store or leave outdoors.
5. During exercise the hydraulic cylinders may produce noise if they become too hot, it is perfectly normal for this to occur.
6. To avoid injury to your hands, please refrain from touching the hydraulic cylinders during or immediately after use.

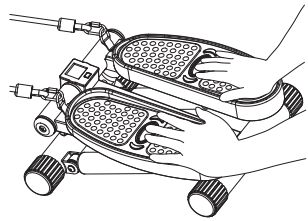




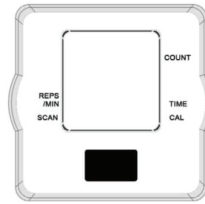
OPERATING INSTRUCTIONS

1. During the use of the equipment, please make sure to follow all instructions carefully as any improper techniques of usage and/or assembly may result in injury and/or damage to the equipment.
2. The suggested exercise regimen for optimal results is 10-15 minutes per day, at least three times a week.
3. Before beginning exercise, always inspect the equipment to ensure that all moving parts as well as hardware are secured correctly and are in proper condition.
4. Use **Adjustment Knob (No. 2)** to adjust the stepping height.
   "+ →" When the **Adjustment Knob (No. 2)** is tightened, increasing along with the height of the stepping range. (Turn the **Adjustment Knob (No. 2)** clockwise to tighten).
   "- →" When the **Adjustment Knob (No. 2)** is loosened, decreasing along with the height of the stepping range. (Turn the **Adjustment Knob (No. 2)** counter-clockwise to loosen).
5. **WARNING** :
   Initial setup: Lift the pedal, Secure cable in the groove. Level pedal by hand.
   Before each use: Turn the knob to the desired height.Secure cable in the groove. Level pedal by hand.





EXERCISE METER



KEY FUNCTIONS:

MODE: Press the **MODE** button to select a function. (Time, Reps/Min, Count, Calorie and Scan)

OPERATION PROCEDURES:

1. **AUTO ON/OFF:**
   If the steps of the machine are put into motion or the MODE button is pressed, the meter will activate and will remain active during use. If it goes without signal for approximately 4 minutes, the meter will turn off automatically.
2. **RESET:**
   The meter can be reset by pressing and holding the MODE button for three seconds. Removing the batteries will also reset the meter and return all function settings back to zero.
3. **MODE:**
   To select the LOCK MODE setting, press the MODE key when the pointer is on the function you wish to lock. Once locked, only the selected function will be displayed.
4. **FUNCTIONS:**
   TIME: Counts the total time of an exercise from start to finish.
   CALORIES: Counts the number of total calories burned during an exercise from start to finish.
   COUNT: Automatically accumulates the count of steps taken during sessions. Meter counts 1 step after you step once with each foot.
   REPS/MIN: Automatically displays the count of steps per minute.
   SCAN: Press the MODE button until the indicator arrow points to SCAN. The indicator arrow will continue to flash indicating that SCAN mode is active. SCAN mode will automatically scan through each function in sequence.

NOTE:

If you have an inaccurate reading on the meter, please replace the battery immediately. (See instructions below)

1. Please use (1) LR44, 1.5V battery.
2. The meter is auto-powered. It turns on when exercise begins, and it turns off when no movement is made between 4 to 5 minutes.
3. All functions will automatically stop calculating when '**STOP**' appears in the upper left corner of the meter. This occurs when there is no signal for a period of 4 seconds. Once the exercise begins again, the meter will automatically start recalculating.

CHANGING THE BATTERY

1. Remove the plastic cap from the battery.
2. Remove the battery using your fingers.
3. Insert the new battery using your fingers. Ensure that the positive side of the battery which is labeled with a **+** sign is facing upward once the new battery is in place.
4. Place the plastic cap over the battery.
5. Connect the meter wire onto the meter.
6. Insert the meter onto main frame.

