

VEVOR[®]

TOUGH TOOLS, HALF PRICE

Technical Support and E-Warranty Certificate www.vevor.com/support

MINI STEPPER FOR EXERCISE

MODEL: RB-SP04

We continue to be committed to provide you tools with competitive price. "Save Half", "Half Price" or any other similar expressions used by us only represents an estimate of savings you might benefit from buying certain tools with us compared to the major top brands and does not necessarily mean to cover all categories of tools offered by us. You are kindly reminded to verify carefully when you are placing an order with us if you are actually Saving Half in comparison with the top major brands.

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NEED HELP? CONTACT US!

Have product questions? Need technical support? Please feel free to contact us:

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This is the original instruction, please read all manual instructions carefully before operating. VEVOR reserves a clear interpretation of our user manual. The appearance of the product shall be subject to the product you received. Please forgive us that we won't inform you again if there are any technology or software updates on our product.

	<p>Warning-To reduce the risk of injury, user must read instructions manual carefully.</p>
	<p>CORRECT DISPOSAL</p> <p>This product is subject to the provision of European Directive 2012/19/EC. The symbol showing a wheeled bin crossed through indicates that the product requires separate refuse collection in the European Union. This applies to the product and all accessories marked with this symbol. Products marked as such may not be discarded with normal domestic waste, but must be taken to a collection point for recycling electrical and electronic devices</p>
	<p>Compliance is a EC & UK security certification.</p>

SAFETY WARNINGS AND PRECAUTIONS

Thank you for using this product. In order to make sure that you can operate the machine correctly, read this instruction carefully before operation and keep it properly for future reference. Please read the precautions and safety rules on this page to ensure your safe use. This manual will outline safety warnings and precautions, operating, maintenance and cleaning. The warnings and instructions reviewed in this manual cannot cover all possible conditions and situations that may occur. Caution and common sense are not built into this product, since we believe that the uses will comply with these codes. Before starting a training program or engaging in strenuous endurance activity on the device, please consult a doctor.

Please read ALL the instructions before using your product.

1. Do not let children and minors and pet get close to or touch the product. Never leave it unattended while in use.
2. Do not apply this unit to any other purposes than the indicated usage.

3. DO NOT CLEAN IT WITH ANY ABRASIVE MATERIAL.
4. Pet urine and feces can damage the product, please keep away.
5. Before using this product, consult with your physician or therapist to discuss an appropriate exercise program.
6. If you experience any pain or difficulty with this equipment, stop using immediately and consult your healthcare provider.
7. Always inspect the product for any damage before each use.
8. To prevent muscle fatigue or injury, do not use this exercise equipment for extended periods of time at once.
9. Improper use of this climbing rope and excessive or incorrect training can lead to serious injuries.
10. Before use, the product's feet must be leveled and the product must be placed on a level surface.
11. Keep your body balanced on the product and do not make large movements.
12. If you suffer from heart disease, high blood pressure or any other disease or condition, consult your physician or therapist before beginning any workout.
13. Perform two exercises slowly and in a controlled manner, If you feel dizzy or short of breath, please stop and rest as needed. If the problem persists, do not use this equipment and consult your doctor.
14. Use this product only as intended and demonstrated in these instructions and workout!
15. Please take warm-up exercise before using the equipment. Be aware of your physical ability and condition. Do not overuse.
16. Use the equipment on a solid,flat level surface. The feet end caps on the stepper is anti-skid, won't have damage to the floor. But you can also place the stepper over a mat if you want.
17. Before exercise, please carefully examine the equipment make sure it is in good condition. If any defect, adjust and repair it before use. Ensure to wear proper outfit while using this equipment to avoid any possible dangerous circumstances.
18. After 20 minutes exercise, the hydraulic cylinder will become hot. Don't touch the hydraulic cylinder.
19. Please put your heels on the pedal. Don't jump during exercise.

20. **⚠️ WARNING:** This appliance is not intended for use by young or infirm persons unless supervised by a responsible person to ensure that they can use the appliance safely. Young children should be supervised to ensure that they do not play with the product. Pets should stay away from the product.

21. **⚠️ WARNING:** Not all exercises are suitable for everyone, To reduce the risk of injury, consult with your physician before using this exercise equipment and beginning this or any other exercise program. This product is not intended to diagnose any medical condition, or to replace the advice or treatment recommended by your healthcare professional.

22. **⚠️ WARNING:** PLEASE KEEP A SAFE DISTANCE OF ONE METER ALL AROUND THE EQUIPMENT DURING EXERCISE

23. **⚠️ WARNING:** If there is a physical defects or movement disorders. Please consult the physician and trainer before exercise. Please read the manual carefully before use. We will not responsible for personal injury and damage to the equipment which is caused by improper use.

24. **⚠️** Do not use this product after taking drugs, drinking, eating, or in a bad mental state, etc.

25. **Indoor use only!** The product should not come into contact with water!
Only one person can use!

26. **Wear appropriate clothes while exercising.** Do not wear loose clothes that could become caught in the product.

PRODUCT PARAMETERS

MODEL	Height adjustment function	Maximum load
RB-SP04	Yes	330Lbs (150Kg)

METER FUNCTION AND USAGE

Attention: Before use, install the battery! The battery will need to be replaced when an incorrect display appears on the LCD.

- **COUNT:** Shows the total number of steps you have completed during your workout
- **TIME:** Shows the length of time you have exercised during your workout.(0-99.59S)
- **CALORIES**—Shows the approximate number of calories you have burned during your workout.
- **STEP/MIN:** Shows your stepping speed, in strides per minute
- **SCAN:** Displays the TIME, CALORIES, and STEP/MIN modes in a repeating cycle, showing each mode for approximately five seconds.
- **BUTTON:** Press and hold this button, all data will reset to zero. Shortly press this button, this display will switch in sequence; TIME, CALORIE, COUNT, REPS/MIN, SCAN
- **Switch off:** The data will continue from where last workout ended. The meter will switch off automatically if no movement in two minutes.



OPERATING INSTRUCTIONS

Before using the appliance for the first time, peel off any promotional and packaging materials and check that the product is clean and dust-free. Please dispose of all plastic bags carefully and keep them away from children and pets.

Attention: Before use, the product's feet must be leveled and the product must be placed on a level surface.

Attention: Please check whether the product is damaged before use.

Attention: Before use, install the battery! The battery will need to be replaced when an incorrect display appears on the LCD.

1. Put the stepper on a flat stable surface.
2. Push one pedal right down with your foot until the crash pad is laying on the mainframe. Then put your other on the raised pedal.
3. Feet trample down in turn, like climbing stairs.

4. If you are skilled in exercise, don't trample the pedals to the button, you can speed up to get better effected on the whole body.

CLEANING AND STORAGE

1. Wipe with a soft, dry cloth. Never use an abrasive cleanser or harsh pad. Be sure to keep the product dry
2. Children are **not allowed** to wipe the product to avoid tipping and falling injuries.
3. After disassembling the product, please assemble the parts and accessories.

METHODS TO DEAL WITH BREAKDOWNS

Breakdowns Description	Possible Reasons	Solution
No display or no changes on the meter	Battery in the meter power off	Replace the battery
	Meter broken	Replace the meter
	Pedal height is low	Adjust the black knob clockwise to increase the pedal height
Noise	Screw get loose	Tighten the screws
	No lubricant on rotating component	Add lubricant

INSTALLING / REPLACING BATTERIES

1. When changing the battery, pull out the display panel and then put in the new battery .
2. Then put the display panel back into the original position and make sure the display panel is completely set down in position.

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