



MiniStepper with LED Display and Training Ropes



VP159T

Usage and Maintenance Instructions



INTRODUCTION

Thank you for deciding to purchase the MiniStepper with LED Display and Training Ropes from Aidapt. The MiniStepper is manufactured from the finest materials and components available, when used correctly it is designed to give many years of reliable trouble-free service.

BEFORE USE

- Carefully remove all packaging. Avoid using any knives or other sharp instruments as this may damage the surface of the product.
- Check the product for any visible damage. If you see any damage or suspect a fault, do not use your product, but contact your supplier for support.

INTENDED USE

The MiniStepper enables both upper and lower body exercise from a standing or seated position. Using the pedals provides strength training and exercise for the legs, hips and buttocks, while your arms and upper body muscles can be targeted with the removable latex expander bands (training ropes).

SAFETY

- Please consult a medical professional before undertaking a new form of exercise or using new exercise equipment.
- As with all forms of exercise, do not use the MiniStepper if you feel unwell or immediately after eating.
- Always ensure that you perform an adequate Warm Up before and Cool Down after exercising.
- Use the MiniStepper only on solid, flat floors.
- Use a fixed handrail for balance and support if necessary.
- Wear suitable clothing and footwear. You can also use the MiniStepper with bare feet if you prefer.
- Do not touch or insert any objects into the moving parts while the MiniStepper is in use.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Children shall not play with the appliance.
- Cleaning and user maintenance shall not be made by children without supervision.

INSTRUCTIONS FOR USE

1. Place the MiniStepper on a dry, solid, flat area of floor. You may prefer to position the MiniStepper so that you have access to a fixed handrail for support and balance during use.
2. To operate the pedals, carefully put each foot onto the onto the MiniStepper and press down to push alternate pedals to the ground. Always exercise at a comfortable pace for you.
3. To use the removable Training Ropes, attach each rope to the loop at the top of each bar supporting the step. Take hold of one rubberised handgrip with each hand and bend/relax your arms in order to exercise with the resistance of the bands.
4. Take care not to allow the Training Ropes to become tangled in the equipment, especially when moving onto and off the MiniStepper and during use.
5. When you have finished your exercise session, carefully step down from the MiniStepper and store it away when not in use.

USING THE BUILT-IN COMPUTER

MODE/RESET

Press to select each function and hold for 3 seconds to reset all values to zero.

FUNCTIONS

SCAN	Automatically scrolls through each function in sequence
TIME	Counts from zero up to 99:59 in one second increments
CALORIES	Displays total calories used during exercise. NB. This is a rough guide only and should be used as a comparison over several exercise sessions.
COUNT	Displays the total number of strides during the workout sessions.
STRIDES	Displays the number of strides/minute.

NOTE

To turn on the power, press any button or start to exercise.

If no signal is transmitted to the computer for 4 minutes, the computer display will shut off automatically.

Requires 1 x AAA battery.

CLEANING

Clean your MiniStepper using a non-abrasive cleaner or mild detergent with a soft cloth. Abrasive cleaners e.g. AJAX and/or abrasive cleaning pads may seriously damage the product beyond repair and should not be used. Always ensure that you wipe dry the equipment after cleaning.

DISPOSAL AND RECYCLING



You must not dispose of this appliance with domestic household waste. Most local authorities have specific collection system for appliances and disposal is free of charge to the end-user.

When replacing an existing appliance with a similar new appliance your retailer may take the old appliance for disposal.

REISSUE

If you reissue or are about to reissue this product, please thoroughly check all components for their safety.

This includes:

- Tightness of all nuts/ bolts/castors
- Other screw in/ bolt in/ push in components.

If in any doubt, please do not issue or use, but immediately contact your supplier for service support.

CARE & MAINTENANCE

Please make a safety check of the product at regular intervals or if you have any concerns.

IMPORTANT INFORMATION

The information given in this instruction booklet must not be taken as forming part of or establishing any contractual or other commitment by Aidapt Bathrooms Limited, Aidapt (Wales) Ltd or its agents or its subsidiaries and no warranty or representation concerning the information is given.

Please exercise common sense and do not take any unnecessary risks when using this product; as the user you must accept liability for safety when using the product.

Please do not hesitate to contact the person who issued this product to you or the manufacturer (detailed below) if you have any queries concerning the assembly/use of your product.

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