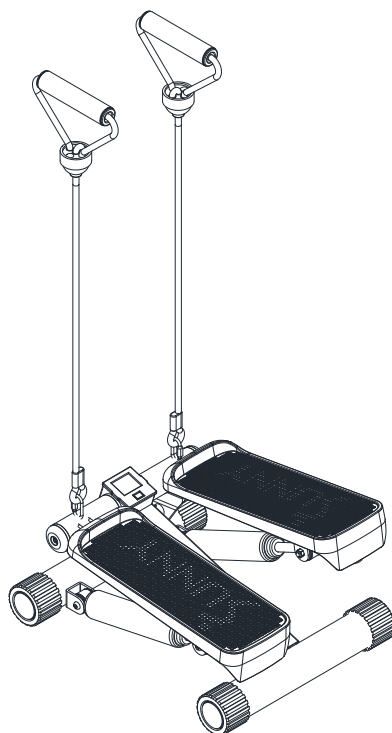




Mini Stepper with Exercise Bands

NO. 012-S



ASSEMBLY MANUAL



ACTIVATE YOUR WARRANTY



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Important Safety Information

We thank you for choosing our product. To ensure your safety and health, please use this equipment correctly. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained, and used properly. It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.

General Safety

1. Consult your physician before starting any exercise program, especially if you have medical conditions, are pregnant or nursing, or take medication affecting heart rate, blood pressure, or cholesterol.
2. Stop exercising immediately if you experience chest pain, irregular heartbeat, shortness of breath, dizziness, or nausea. Seek medical advice before continuing.
3. Keep children and pets away from the equipment at all times. This unit is for adult use only. Children must always be supervised when present.
4. Use only on a flat, stable surface. Allow at least 4 ft (120 cm) of clear space around the product. Use a protective mat to prevent floor damage.
5. Ensure all bolts and nuts are securely tightened before use. Inspect regularly for wear or damage.
6. Do not use the equipment if it is damaged or malfunctioning. Stop immediately if unusual noise occurs.
7. Wear appropriate, fitted clothing. Avoid loose garments that may get caught.
8. Keep hands and objects away from moving parts at all times.
9. Maximum user weight: 300 lbs (135 kg).
10. For indoor, home use only. Not intended for commercial or therapeutic use. Do not operate outdoors or in high-humidity environments.
11. Use proper lifting techniques when moving the equipment.
12. Store in a cool, dry environment. Avoid extreme temperatures and humidity.

Statement of Purpose

The Mini Stepper with Exercise Bands is designed to provide a low-impact cardio workout while strengthening the lower body and engaging the upper body with resistance bands.

Waste Disposal



Sunny Health & Fitness products are recyclable. At the end of its useful life please dispose of this article correctly and safely (local refuse sites).

EU Declaration of Conformity

You can find the declaration of conformity at the following link:
<https://sunnyhealthfitness.com/pages/declaration-of-conformity>

Ordering Replacement Parts

Please provide the following information in order for us to accurately identify the part(s) needed:

- ✓ The model number
- ✓ The product name
- ✓ The part number

Please contact us at
Support@sunnyhealthfitness.com or
1-877-90SUNNY (877-907-8669)

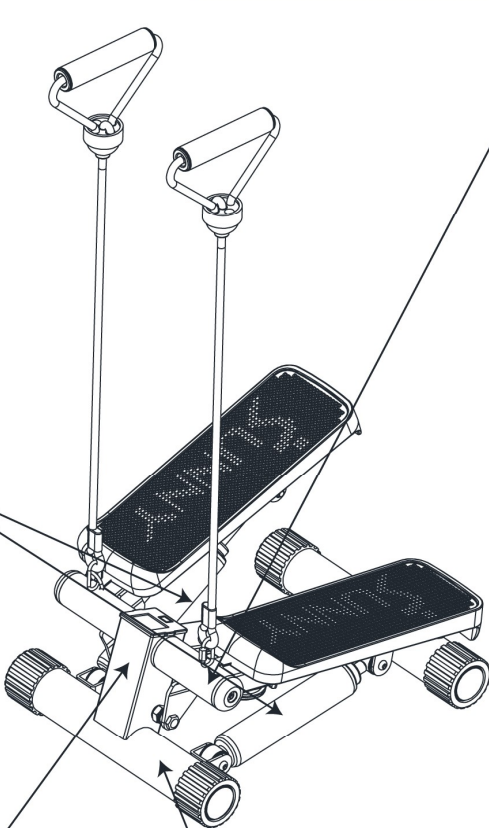
Warning Labels

Before first use, screw the Adjustment Knob into the Main Frame and tighten all the way.

NOTE: Tighten or loosen the Adjustment knob to adjust the stepping height of the stepper.

**WARNING**

The cylinder will become hot during use.
Refrain from touching the cylinder until
it has completely cooled down.



**WARNING**

INGESTION HAZARD:
This product contains a
button cell or coin battery.

**WARNING**

300LBS / 135KG Weight Capacity
**Keep children and pets away from equipment
when in use.**

Failure to comply with these warnings could result in
serious injury or death. Please read all warnings and
instructions before using the machine. Consult your
physician prior to beginning any exercise program.
Make sure all nuts and bolts are securely tightened
before each use. Follow all the instructions in the
manual. For Customer Service, please contact:
support@sunnyhealthfitness.com.

⚠ WARNING

- **INGESTION HAZARD:** This product contains a button cell or coin battery.
- **DEATH** or serious injury can occur if ingested.
- A swallowed button cell or coin battery can cause **Internal Chemical Burns** in as little as **2 hours**.
- **KEEP** new and used batteries **OUT OF REACH** of **CHILDREN**
- **Seek immediate medical attention** if a battery is suspected to be swallowed or inserted inside any part of the body.

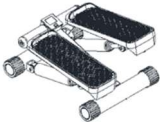
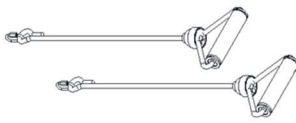


NOTES:

1. Remove and immediately recycle or dispose of used batteries according to local regulations and keep away from children. Do NOT dispose of batteries in household trash or incinerate.
2. Even used batteries may cause severe injury or death.
3. Call a local poison control center for treatment information.
4. The compatible battery type LR44H 1.5V.
5. Non-rechargeable batteries are not to be recharged.
6. Do not force discharge, recharge, disassemble, heat above 50°C/122°F, or incinerate. Doing so may result in injury due to venting, leakage or explosion, resulting in chemical burns.
7. Ensure the batteries are installed correctly according to polarity (+ and -).
8. Remove and immediately recycle or dispose of batteries from equipment not used for an extended period of time according to local regulations.
9. Always completely secure the battery compartment. If the battery compartment does not close securely, stop using the product, remove the batteries, and keep them away from children.

Pre-Assembly Checklist

When you open the carton, you will find the following parts:

No.	Description	Spec.	Qty
10-1	Main Frame		1
20	Exercise Band		1
A	Manual		1
B	Battery		1

Assembly Instructions

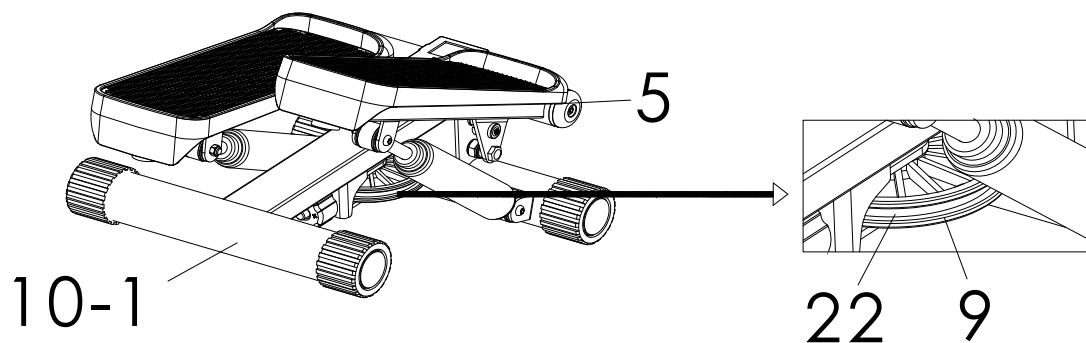
STEP 1

Scan the QR code to register and activate the warranty.



Remove the Main Frame (No. 10-1) from the box.

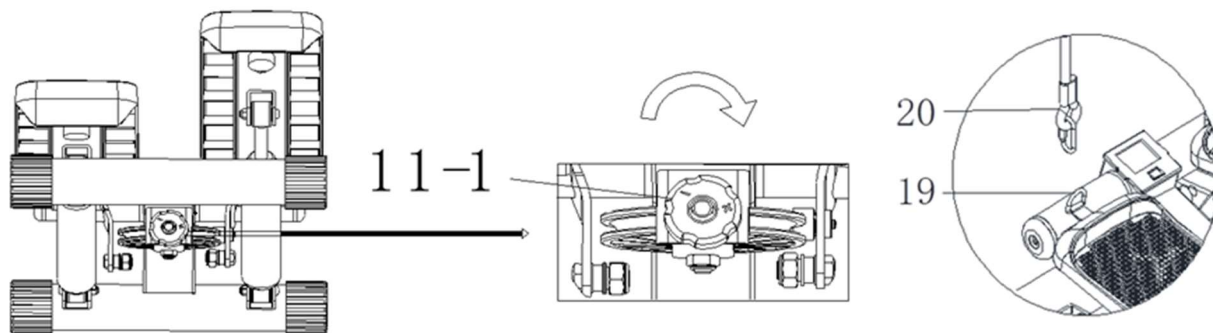
Lift one Pedal (No. 5) up with your hand and ensure that Cable (No. 22) is inserted into the slot of the Pulley (No. 9) as shown in the picture.



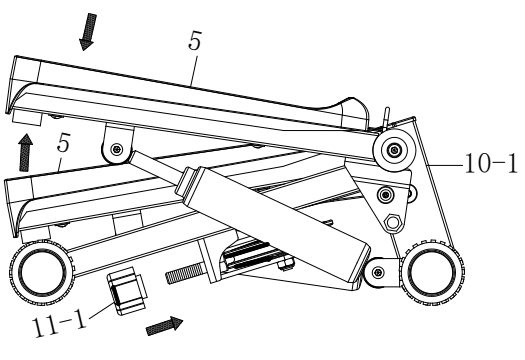
STEP 2

Turn the Adjustment Knob (No. 11-1) clockwise " + " all the way right until it reached its end point.

Connect 2 Exercise Bands (No. 20) to the Exercise Band Buckles (No. 19) at the front of the left and right pedals as shown in the picture.

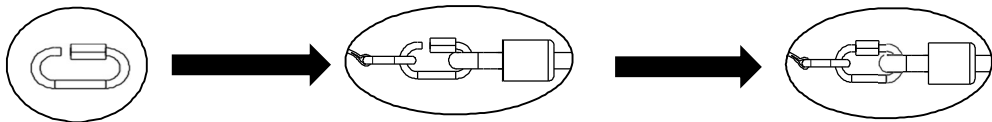


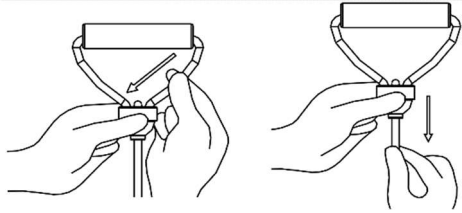
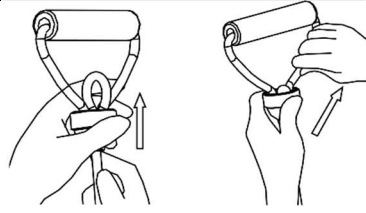
Maintenance & Adjustment Guide

	ADJUSTING THE STEPPING HEIGHT Turn the Adjustment Knob (No. 11-1) <u>clockwise</u> to increase the stepping height. Turn the Adjustment Knob (No. 11-1) <u>counter-clockwise</u> to decrease the stepping height. NOTE: Before turning the adjustment knob, you need to lift one Pedal (No. 5) up and ensure the cable is around the pulley. If the cable is not properly positioned around the pulley, it can cause damage to the main frame of the product or prevent the height from adjusting correctly.
CLEANING The stepper can be cleaned with a soft, clean, and damp cloth. Do not use abrasives or solvents on plastic parts. Please wipe your perspiration off the stepper after each use. Be careful not get excessive moisture on the computer display panel as this might cause electrical hazards or electronics failure. Please keep the stepper, especially the computer, out of direct sunlight to prevent screen damage. Please inspect all assembly bolts and pedals on the stepper for proper tightness every week.	
STORAGE Store the stepper in a clean and dry environment, away from children.	

Exercise Band Instructions

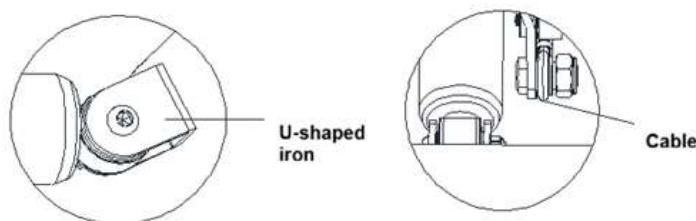
1. Unscrew the hook nut located on the band until the hook is open as shown in the picture below.
2. Attach the band hook onto the pedal hook and screw the hook nut closed until the pedal hook is secured with the hook nut.
3. Assembly is done.



Adjusting the Rope Length	
To Lengthen Rope	To Shorten Rope
Push one side of the rope down and then pull the bottom of the rope downward as shown in the picture below. Repeat this process until the rope is at the desired length. NOTE: This adjustment decreases the tension on the bands.	Push the rope upward from the bottom and then pull one side of the top rope up as shown in the picture below. 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.	

Troubleshooting Guide

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.



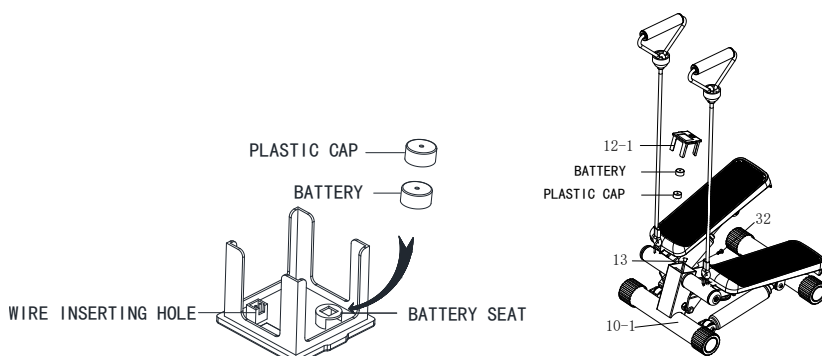
Operating Instructions

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.

NOTES:

If you are having a hard time balancing on the stepper, please hold onto something for support. The Hydraulic Cylinder (No. 16) may become excessively hot after prolonged use and may be dangerous to touch. Allow the Hydraulic Cylinder (No. 16) to cool between uses.

Changing The Battery

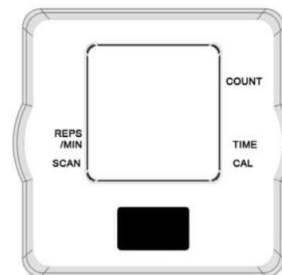


1. Remove the Screw (No. 32) from the Main Frame (No. 10-1). Remove Meter (No. 12-1) from Main Frame (No. 10-1) and disconnect the link wire of Sensor (No. 13) from the Meter (No. 12-1).
2. Remove the plastic cap from the battery seat.
3. Remove the battery using your fingers.
4. Insert the new battery 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.
5. Place the plastic cap over the battery seat.
6. Insert the link wire of Sensor (No. 13) onto the wire inserting hole on the back of Meter (No. 12-1).
7. Insert the Meter (No. 12-1) onto Main Frame (No. 10-1) and secure the Screw (No. 32).

Exercise Meter

KEY FUNCTIONS:

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



OPERATION PROCEDURES:

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.

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.

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.

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.

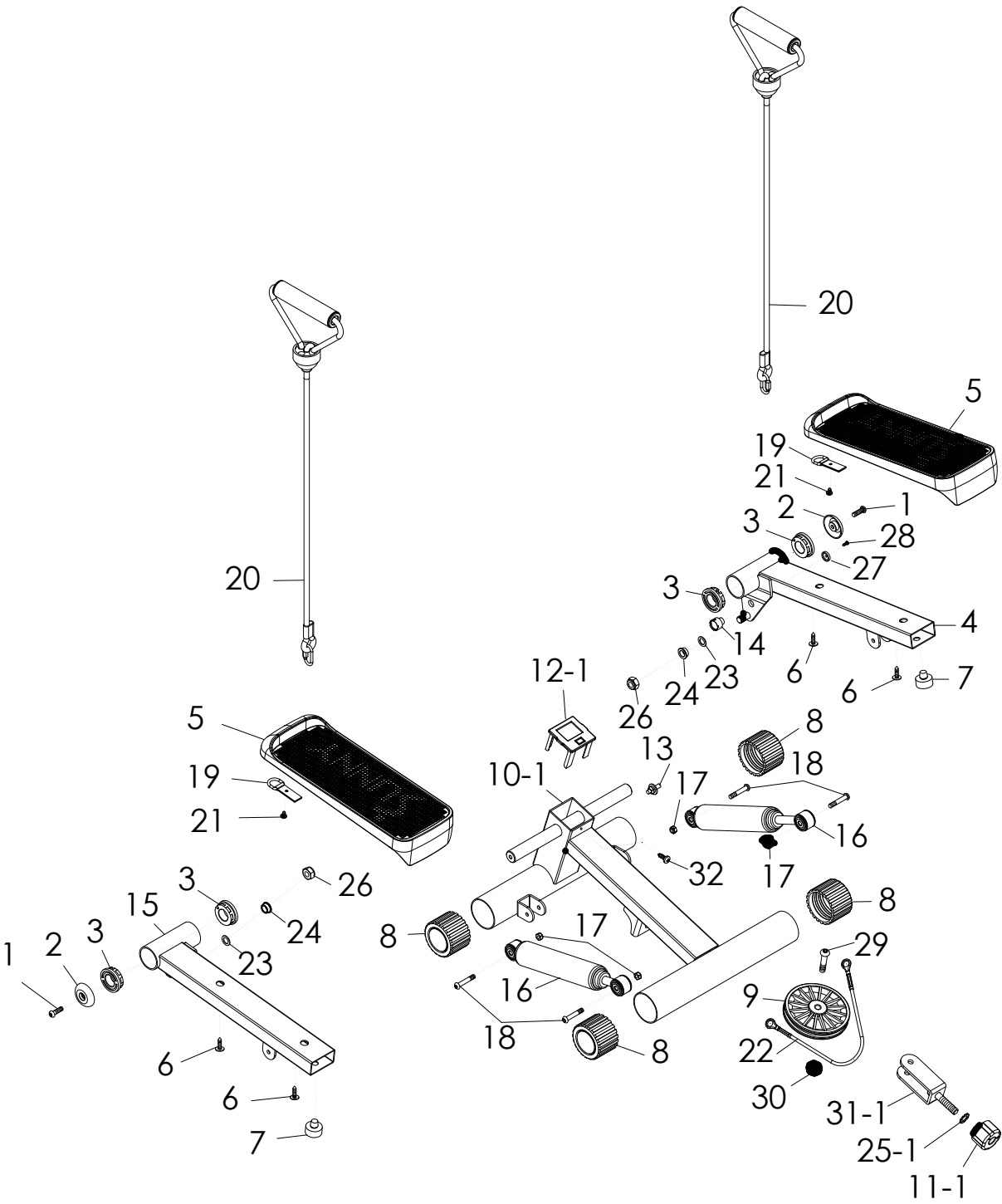
REPS/MIN: Automatically displays the count of steps per minute.

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:

1. If you have an inaccurate reading on the meter, please replace the battery immediately. (See instructions below)
2. Please use (1) LR44H, 1.5V battery.
3. 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.
4. 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.
5. The information displayed is an estimate only. Actual values may vary depending on factors such as body weight, resistance level, workout intensity, and other individual conditions. This information is provided for reference purposes only and should not be used for medical or dietary purposes.

Exploded Diagram



Parts List

No.	Description	Specification	Qty.
1	Screw	M6	2
2	Bearing Cap		2
3	Bearing Sleeve		4
4	Pedal Tube (R)		1
5	Pedal		2
6	Screw	M5	4
7	Stopper		2
8	Cap		4
9	Pulley		1
10-1	Main Frame		1
11-1	Adjustment Knob	M12	1
12-1	Meter	3605	1
13	Sensor		1
14	Magnet		1
15	Pedal Tube (L)		1
16	Hydraulic Cylinder		2

No.	Description	Specification	Qty.
17	Nut	M6	4
18	Bolt	M6	4
19	Exercise Band Buckle		2
20	Exercise Band		2
21	Screw	M5	2
22	Cable		1
23	Plastic Gasket		2
24	Power Metallurgy		2
25-1	Lock Washer	Φ19*Φ12.9*1.0	1
26	Locknut	M10	2
27	Magnet Cover		1
28	Screw		1
29	Screw	M8	1
30	Locknut	M8	1
31-1	Pulley Block		1
32	Screw	ST4.2*12	1



Contact Us

Get in touch with us for any questions.

☎ 1-877-90SUNNY (877-907-8669)

✉ support@sunnyhealthfitness.com

www.sunnyhealthfitness.com