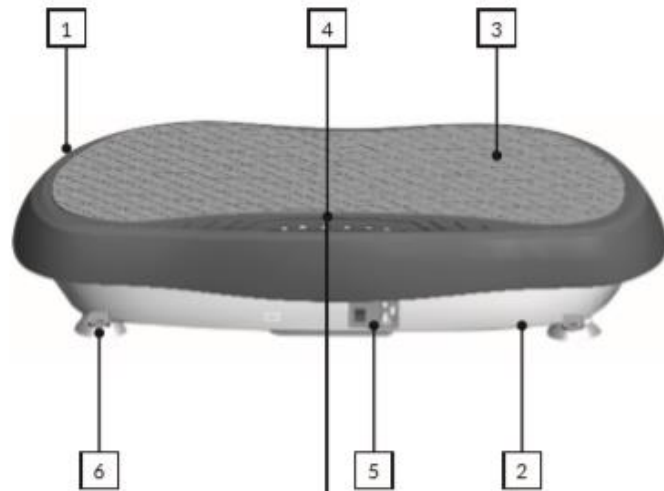
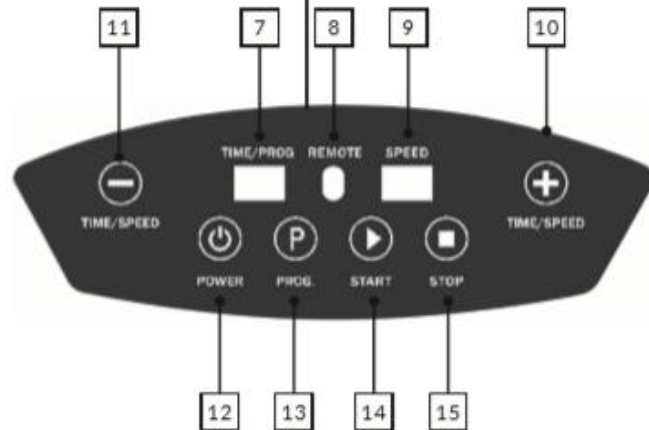


NAMES AND FUNCTIONS OF THE PRODUCT

- 1 Upper cover
- 2 Base cover
- 3 Rubber pedal
- 4 Infrared Receiving Window
- 5 AC Socket
- 6 Foot Pad



- 7 Time/Program Window
- 8 Infrared Receiving Window
- 9 Speed Window
- 10 Time/Speed +
- 11 Time/Speed -
- 12 Power
- 13 Program
- 14 Start
- 15 Stop



NAMES AND FUNCTIONS OF THE CONTROL



START/STOP:

Plug in the product, use the power button to turn on and off.

TIME:

The default setting is 10 minutes.

Press the Time button to decrease the time.

SPEED:

Press this button to increase/decrease the speed level.

M:

This is the Speed Quick Mode button for levels 30, 60 and 90. To access each speed level, press once for level 30, twice repeatedly for level 60, and 3 times repeatedly for level 90.

AUTO MODE:

Press this button to access the automated setting. Note: Time nor Speed can be adjusted under this setting.



Reception range for the controller is 2.5 meters/8.2 feet. Ensure the infrared red emission indicator on the controller is aligned with the receiving window on the product.**

WAYS TO USE

- 1 Stand upright with feet shoulder-width apart. This position will engage core and glutes, relieving stress and adding shape.



- 2 To exercise the thighs, reduce fat and improve circulation, stand on product with feet hip distance apart and knees bent.



- 3 To exercise thigh and calf muscles, sit on a chair or sofa and place feet on the product.



- 4 To exercise legs, sit on the floor and place feet on the product.



- 5 To exercise arms and shoulders, kneel on the floor and place hands on the product.



STORAGE & MAINTENANCE

SURFACE CLEANING

Before cleaning, switch off the power and unplug.

Use a damp cloth with preferred cleaning product on the rubber pedal and covers. Wipe away any cleaning product residue.



Do not clean with an abrasive product or detergent as it may cause corrosion. Do not splash water to avoid short circuiting the product.**

CLEANING THE CONTROLLER

Use only a dry cloth to avoid malfunction.

STORAGE AND MAINTENANCE

Ensure the power is off and the product is unplugged.

Clean any dust or debris.

Do not store in high humidity or extreme temperatures.

Use a dust cover if not in use over long periods of time.

COMMON PROBLEMS & SOLUTIONS

S/N	Problems	Causes	Solutions
1	The product can not be started	The plug is not in place	Insert the plug
		The power switch is off	Turn switch on, the indicator
		The fuse is burnt	Replace with a new fuse of the same mode!
2	Sound like Phew or Da-da is heard during working	Normal sound generated by the motor or from the abrasion between mechanical units	No additional treatment is required
3	Operate the controller, but the product no action	The electricity of batteries is worn out	Replace batteries
		The controller is too far away from the product	The effective distance of infrared signal is 2.5M
4	Sudden stop	Default working time is up	Restart it after 10 minutes interval
5	Can not operation	Too many commands sent to the product en the can not be responded in time	Power off and then restart