

# Mini Stepper Master™



User's Manual



# Mini Stepper Master™ by Wagan Tech®

Dear Valued Customer,

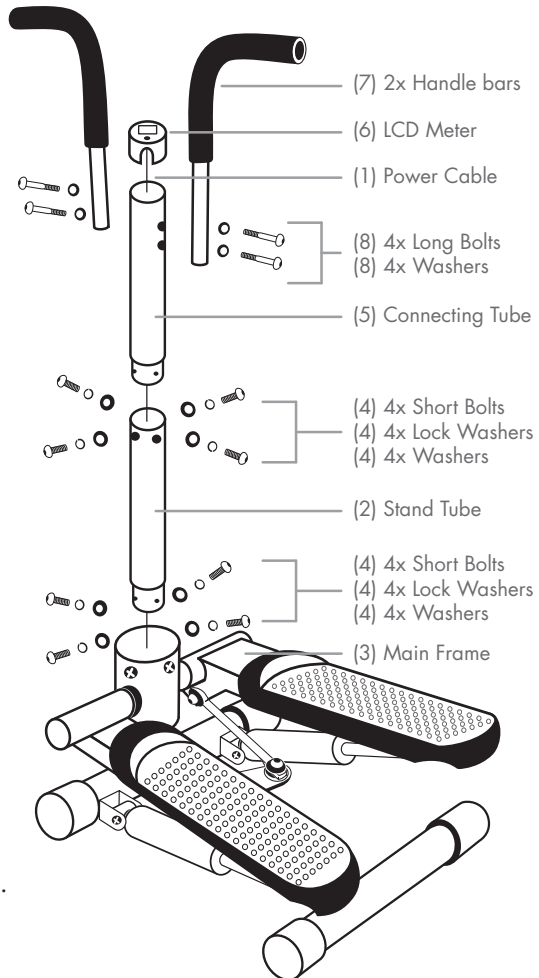
Thank you for purchasing Wagan Tech® Mini Stepper Master fitness equipment! We know you will be more than satisfied with our products. This user manual contains instructions on how to properly operate and care for your new Mini Stepper Master.

## NOTE:

**It is important to adhere strictly to the instructions that are outlined in this manual for correct operation and maintenance of the equipment. We will not be held liable for any bodily injury or property damage resulting from misuse of the equipment.**

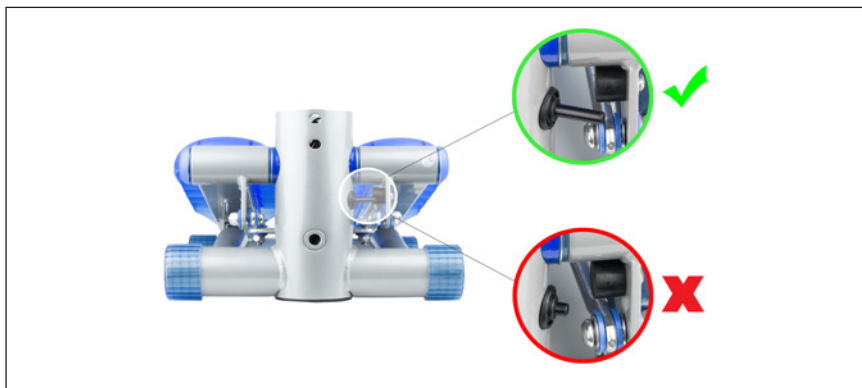
## SPECIFICATIONS

- Assembled size: 11.5 x 15.5 x 45.0 in.
- Weight: 27.0 lbs



## ASSEMBLY

1. Run the Power Cable (1), located in the tube of the Main Frame (3)\*, through the Stand Tube (2). Be careful not to pull/push the sensor that is connected to the Power Cable too far in.



2. Connect the Stand Tube (2) to the Main Frame (3) with supplied short bolts and washers (4).
3. Run the Power Cable (1) through the Connecting Tube (5).
4. Connect the Connecting Tube (5) to the Stand Tube (2) with supplied short bolts and washers (4).
5. Connect the Power Cable (1) to the underside of the LCD Meter (6)
6. Cap the LCD Meter (6) onto the top of the Connecting Tube (5).
7. Connect the two Handle Bars (7) to either side of the Connecting Tube (5) with supplied long bolts and washers (8).

*\*If the cable is not in the main frame, check both the Stand Tube (2) and the Connecting Tube (5).*

## MAINTENANCE

- Inspect the Mini Stepper Master thoroughly at regular intervals to check to see whether there are loose joints, loose hydraulic parts, wobbling pedals and/or parts that have been damaged or worn out over time.
- Put lubricating oil or grease on hydraulic components of the Mini Stepper Master and any of its moving parts at 3 month intervals. Applying lubricating grease may help to minimize noise and to fix uneven or rough movements of the pedals, should these occur.

- Store the Mini Stepper Master in a cool and dry environment.
- Do not clean the surface of the Mini Stepper Master with organic solvents (i.e. gasoline, benzene, etc.) to avoid damaging the equipment's surfaces.

## TENSION ADJUSTMENT

1. Locate the tension knob, which looks like a screw with a triangular cap (Figure 1).
2. Locate the threaded hole on the backside of the main frame (3), opposite of the pedals (Figure 2).

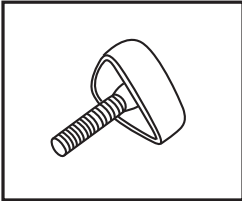


Figure 1

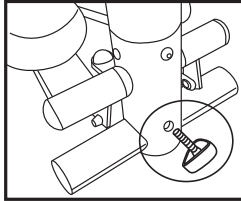


Figure 2

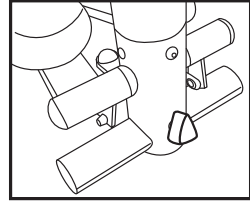


Figure 3

3. Twist the tension knob slowly into the threaded hole (Figure 3). As the tension knob is fastened into the main frame, the amount of force required to tighten the knob will increase.
4. Tighten the tension knob fully for the initial set up. One side of the stepper will automatically lift up as the tension knob is screwed into the main frame. Manually press one pedal all the way down and lift the other pedal all the way up.
5. Once the tension knob has been inserted fully, test out the workout tracker. First, reset the display by holding down the red mode button for about 4 seconds, then start stepping on each pedal in an alternating fashion to make sure the workout tracker is counting.
6. If the tension is too tight or hard, adjust the knob by unscrewing it slightly. Do not unscrew the tension knob too far out or you may have to repeat the set-up process.

## USING THE MINI STEPPER MASTER

We recommend that you utilize your Mini Stepper Master on a daily basis, for half an hour at a time. We believe you will feel its marvelous cardio training effects after one month of use. The Mini Stepper Master is excellent whether

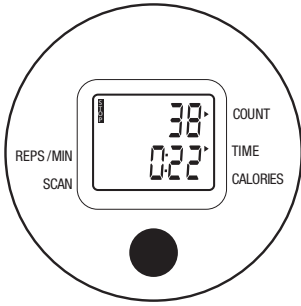
used at home or in the office. For example, even exercising during a break at work would produce great results. Rather than feeling fatigued or exhausted, you will feel refreshed and energized with the Mini Stepper Master!

- Persons with hypertension, obesity, and heart disease should not perform strenuous exercise using the Mini Stepper Master.
- This product is designed only for use by individuals with a weight not exceeding 225 lbs.
- We suggest that you keep a healthy daily diet; it is strongly encouraged that you consume sufficient amounts of nutrients in each category of the food pyramid that is outlined on the U.S. Department of Agriculture's website.
- We do not recommend that you exercise when feeling exhausted or tired.
- Perform some warm-up exercises prior to your exercise routine to decrease the risk of injury. For example, stretch your arms, legs, and back.
- Pacing yourself is extremely important. Exercise on the Mini Stepper Master should be done in a regular, smooth fashion; sudden bursts of speed are not recommended because they may increase the risk of physical injury.

### HOW TO OPERATE THE DIGITAL TRACKER

Start	Start exercising by stepping on the pedals. The power for the display will automatically turn on and the counter will start tracking your workout.
Function selection	Press the MODE button until the function you would like to have displayed is selected.
Scan	When the display is set on the SCAN function, the workout tracker will be changed every 5 seconds to display TIME > CAL > REPS/MIN, then back to TIME again, and so on.
Stop	There is no power-off button. Simply stop stepping. The display will automatically turn off after several minutes (~4 minutes) of inactivity.
Resume	If you have stepped away momentarily and would like to resume your workout session, DO NOT PRESS ANY BUTTONS. Start stepping again and the display will automatically come on if it has turned off while you were away. The tracker will pick up where you left off and continue counting. If you do not want to continue the last workout session, you will need to reset the tracker.
Reset	Hold the MODE button for 3–4 seconds to have all function values reset to zero.

## MULTI FUNCTION WORKOUT TRACKER



<b>COUNT</b>	Steps accumulated since start of exercise (always visible)
<b>REPS/MIN</b>	Repetitions per minute (estimated)
<b>SCAN</b>	Cycles between: TIME > CALORIES > REPS/MIN
<b>TIME</b>	Workout duration (Time lapse)
<b>CALORIES</b>	Calories burned (estimated)

### BATTERY

- The Workout Tracker LCD operates on 1 AAA battery.
- The battery will need to be replaced when an incorrect display appears on the LCD meter.