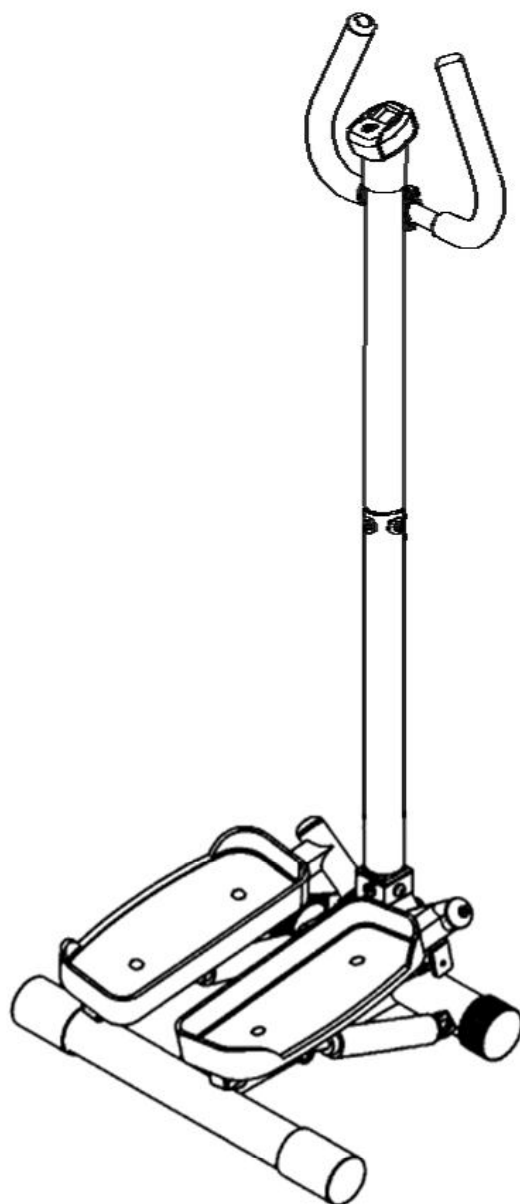




TWIST STEPPER WITH HANDLE
OWNER'S MANUAL



FN-10256

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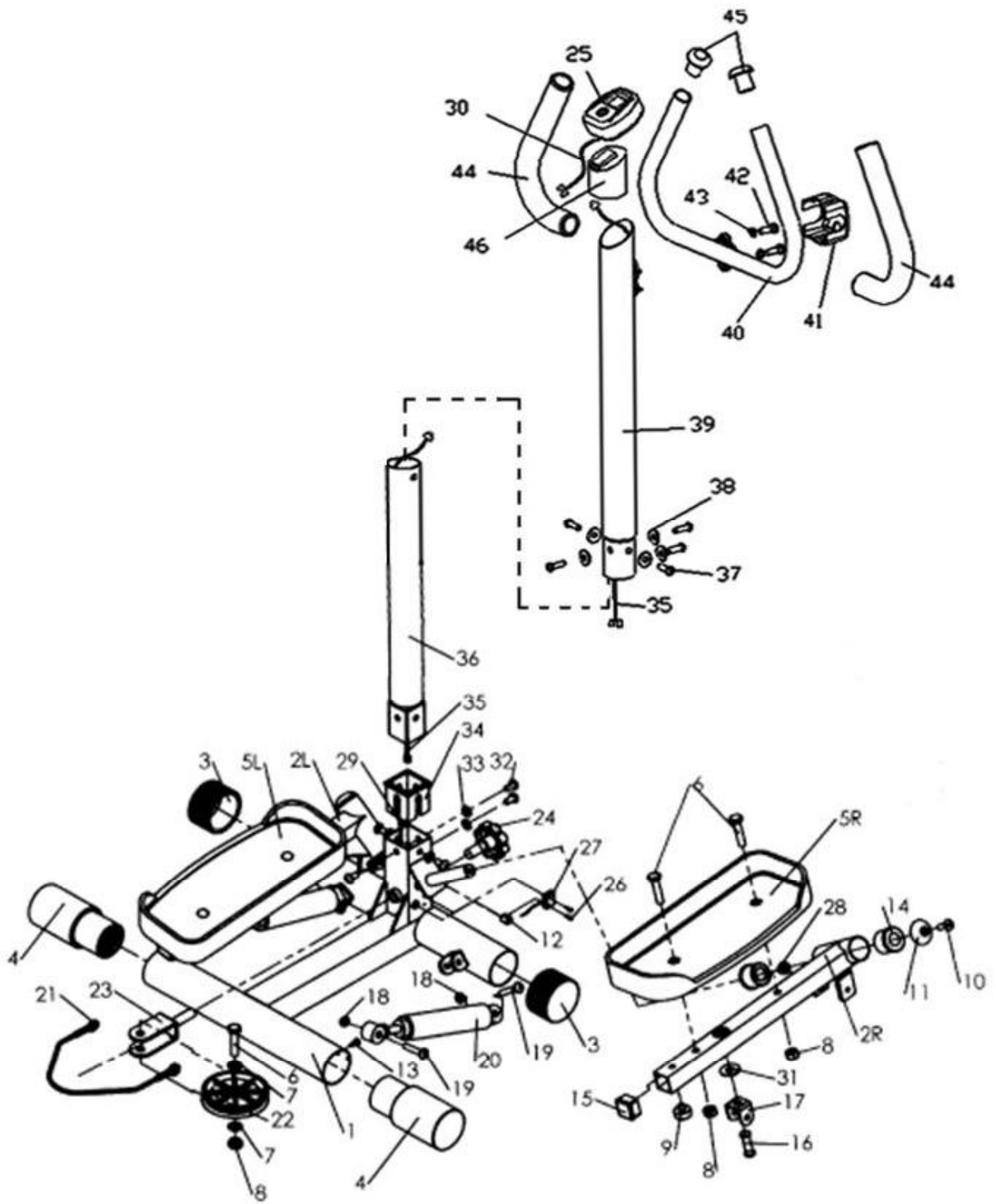
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Important Safety Information

Please keep this manual in a safe place for easy reference.

1. 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.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Always be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these conditions you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. The equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 1.65 feet of free space around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened.
7. The safety of the equipment can only be maintained if it is regularly examined for damage and/or wear and tear.
8. Always use the equipment as indicated. If you find any defective components while assembling or checking the equipment, or if you hear any unusual noises coming from the equipment during use, stop immediately. Do not use the equipment until the problem has been rectified.
9. Wear suitable clothing and shoes while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.
10. The equipment has been tested and certified to EN957 under class H.C. Suitable for home use only. Maximum weight of user: 264lbs. .
11. The equipment is not suitable for therapeutic use.
12. Care must be taken when lifting or moving the equipment so as not to injure your back. Always use proper lifting techniques and/or seek assistance if necessary.

EXPLODED DIAGRAM

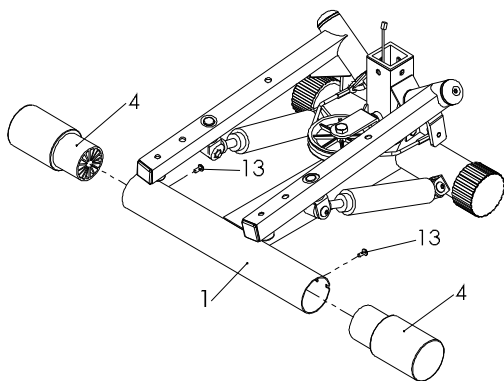


PARTS LIST

No.	Description	Quantity	Dimensions
1	Main frame	1	
2R	Pedal Arm (R)	1	
2L	Pedal Arm (L)	1	
3	Leg End cap	2	$\varphi 60$
4	Leg End cap	2	$\varphi 56 \times \varphi 68 \times 140$
5R	Pedal (R)	1	
5L	Pedal (L)	1	
6	Bolt	5	M10 \times 45
7	Washer	6	$\varphi 10 \times 2 \times \varphi 20$
8	Nylon nut	5	M10
9	Rubber stopper	2	$\varphi 31 \times 25 / \text{PVC}$
10	Bolt	4	M8 \times 24
11	Plastic cover	2	$\varphi 38 / \text{PVC}$
12	Stopper	1	$\varphi 12.5 \times 13 \times \varphi 3$
13	Self-locked nut	2	ST5 \times 11
14	Bushing	4	$\varphi 35 \times \varphi 19 \times 26$
15	Stopper	2	$\square 30 \times 30$
16	Rivet	2	$\varphi 10 \times 36.5$
17	Steel U-bracket	2	$\varphi 8 \times \varphi 16 \times 1.5$
18	Nylon nut	6	M8
19	Bolt	4	M8 \times 40
20	Cylinder	2	
21	Steel Cable	1	$\varphi 5 \times 380$
22	Pulley	1	$\varphi 95 \times 16$
23	Pulley bracket	1	
24	Adjustable knob	1	M16 \times 32 \times φ 62
25	Meter	1	
26	Bolt	1	ST3 \times 10
27	Sensor	1	24 \times 17 \times 6
28	Magnet	1	$\varphi 18 \times 8$
29	Sensor line	1	
30	Meter line	1	
31	Nylon washer	2	$\varphi 30 \times \varphi 12.5 \times 2.5$
32	Bolt	5	M8 \times 16

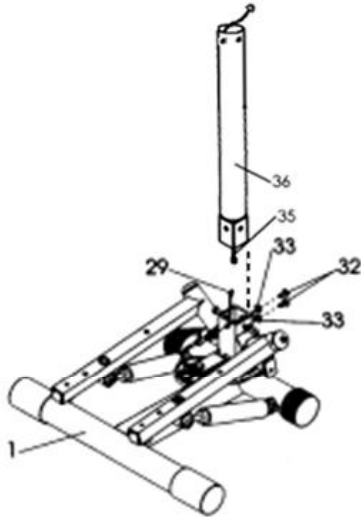
33	Washer	5	$\phi 8.5 \times 1.5 \times \phi 17$
34	Plastic bushing	1	
35	Computer cable	2	
36	Handlebar Post	1	
37	Hexagon socket pan head screw	5	M8×16
38	Cambered washer	5	
39	Handlebar Extension post	1	
40	Handle bar	1	
41	Handle bar cover	1	
42	bolt	2	M8×30
43	Spring washer	2	d8
44	Foam grip	2	
45	End cap	2	
46	Exercise Computer holder	1	

ASSEMBLY INSTRUCTIONS:



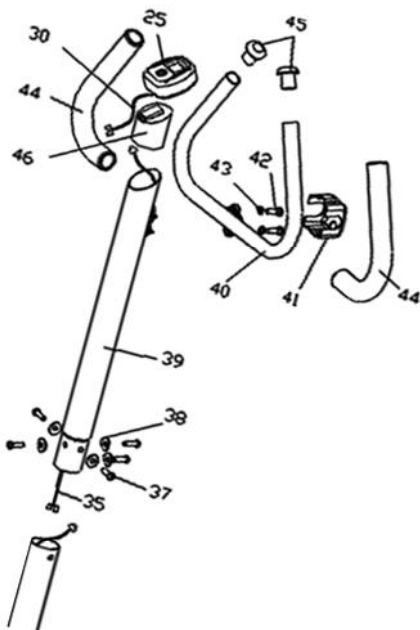
Step 1:

Attach 2- Front Leg End Caps (4) onto the Main Frame (1) using 1 (each) Self Locking Screw (13)



Step 2:

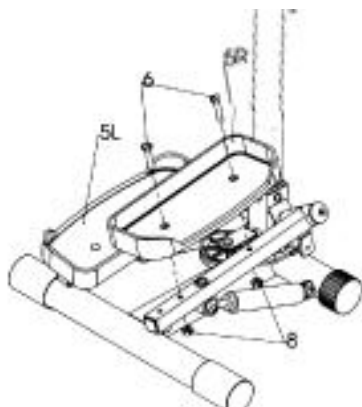
Connect Sensor Line (29) to the Computer Cable (35) then attach the handlebar post (36) to the into the post hole in the Main base (1) using 2-sets of Bolts (32) and washers (33).



Step 3.

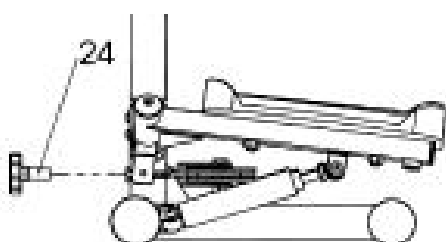
Connect Computer Cable (35) from the bottom of Handlebar Post Extension (39) to the top Computer Cable noted in step 2. Now attach Handlebar Post Extension (39) to Handlebar Post (36) using 4-sets of Screws 37 and Washers (38).

Carefully slip Handlebar Grips (44) onto the Handlebar (40) and then insert the Handlebar End Caps (49). Attach this handlebar assembly to the Handlebar Post Extension (39) using 2-sets of Bolts (42) and Spring Washers (43). Place the Bolt Cover (41) over the Bolts as shown and snap into place. Connect Computer Cable (35) from the top of Handlebar Post Extension (39) to the Main Computer Cable (30) ensuring that the cable runs through the Computer Holder (46) Insert Computer Holder (46) into the top of the Handlebar Post Extension (39) and slide the Exercise Computer (25) into the Computer Holder (46)



Step 4:

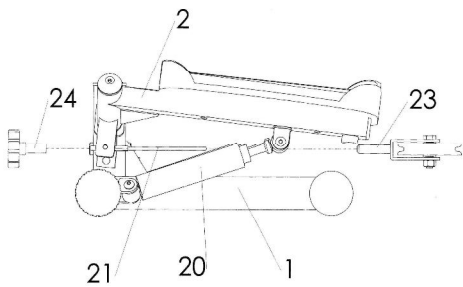
Attach Left and Right Foot Pedals (5L and 5R) onto the Pedal Arms (2L and 2R) using 2 sets each of Bolts (6) and Nylon Nuts (8). Ensure open end of the Foot Pedals are facing outwards as shown.



Step 5:

Insert Adjusting Knob (24) into the back of Main Frame (1) as shown.

IMPORTANT



Over loosening the Adjusting Knob may lead to the Pulley Cable detaching. If this happens simply lift the Left and Right Pedal Arms (2L and 2R) then re-insert the Pulley Bracket (23) into the Main Frame (1), ensuring that the Pulley Cable is correctly installed. Lifting one Pedal Arm and Lowering the other will make this adjustment easier.

EXERCISE COMPUTER

FUNCTION/BUTTON:

MODE/RESET: Press to select each function. Holding the button for 3 seconds resets all function to zero.

SCAN: Press to automatically scan each function in sequence.

TIME: Counts from zero up to 99 : 59 in one second increments.

CALORIES : Accumulates the consumption of calories during exercise. This is a rough guide only and should be used as a comparison over several exercise sessions.

COUNT : Accumulates the numbers of strides during work out sessions.

STRIDES/ MIN : This will display current STRIDES/MIN during workout time.

NOTE:

1. To turn on the power just press any button.
2. The Exercise Computer will automatically shut off after 4 minutes of in activity.
3. The computer operates with 1 x AAA battery.

BENEFITS

Using your **Stepper** will provide you with several benefits. It will improve your physical fitness, tone your muscles and, in conjunction with a calorie-controlled diet, help you lose weight.

MUSCLE TONING

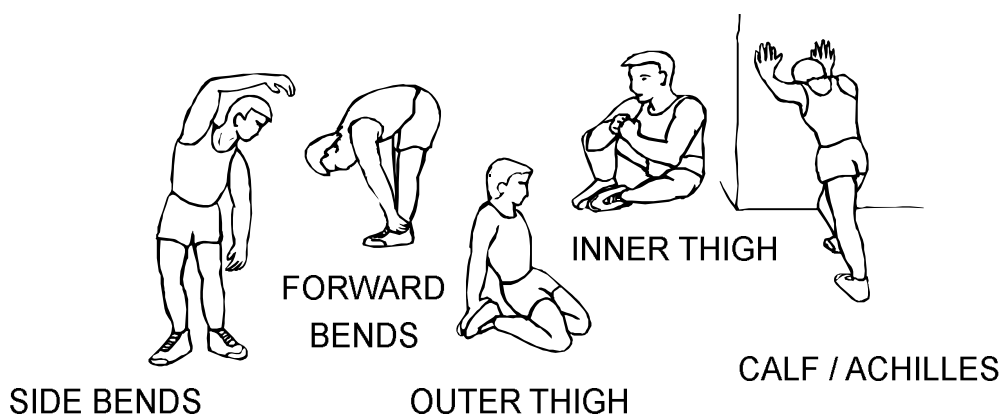
To tone muscles while on your **Stepper** you will need to have the resistance set quite high. This will put more strain on your leg muscles and may mean you cannot train for as long as you would like. If you are also trying to improve your fitness you need to alter your training program. You should train as normal during the warm up and cool down phases, but towards the end of the exercise phase you should increase resistance making your legs work harder. You will have to reduce your speed to keep your heart rate in the target zone.

WEIGHT LOSS

The important factor here is the amount of effort you put in. The harder and longer you work the more calories you will burn. Effectively this is the same as if you were training to improve your fitness, the difference is the goal.

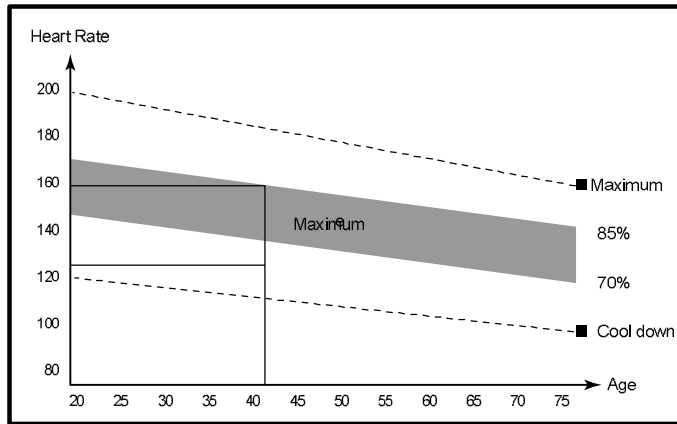
THE WARM UP PHASE

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramps and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch - if it hurts, STOP IMMEDIATELY.



THE EXERCISE PHASE

This is the stage where you put the effort in. After regular use, the muscles in your legs will become more flexible. Work at your own pace and be sure to maintain a steady tempo throughout. The amount of work should be sufficient to raise your heart rate into the target zone shown on the graph below.



This stage should last for a minimum of 12 minutes though most people start at about 15-20 minutes

THE COOL DOWN PHASE

This stage is to let your Cardio-vascular System and muscles wind down. This is a repeat of the warm up exercise (e.g. reduce your tempo). Continue for approximately 5 minutes. The stretching exercises should now be repeated, again remembering not to force or jerk your muscles into the stretch.

As you get fitter you may need to train longer and harder. It is advisable to train at least three times a week, and if possible space your workouts evenly throughout the week

TROUBLE SHOOTING:

1. **Change the battery.** To change the computer battery, please slide the computer from the computer holder, remove the battery cover on the back of the computer console, and remove the batteries. Replace with 1-AAA batteries. Finally put the cover back on the console, and slide the computer back on the computer holder.
2. **Computer not working correctly.** If your computer is not working correctly, please check whether the lower sensor wire is connected to the upper sensor wire, and make sure the upper sensor wire is plugged into the computer. When you have checked the above, and the computer still not working, then please make sure the batteries are installed correctly in the computer and that the batteries are still working.

BATTERY DISPOSAL

1. A spent battery is hazardous waste - please dispose of it correctly and do not throw it in the trash. Please see your local battery retailer for disposal options.
2. Keep batteries out of the reach of small children. Batteries are extremely dangerous when swallowed. If a battery has been swallowed, seek immediate medical treatment.

CARE AND MAINTENANCE

1. Check before the Elliptical Bike is first used and again at regular intervals that all screws, bolts, nuts and other connections have been done up tightly to ensure that your training equipment is in safe operating condition.
 2. Periodically check all moving parts, upholstery and grips for signs of wear or damage. If there is a problem or replacement parts are necessary, STOP USING THE EQUIPMENT and immediately contact your local retailer. DO NOT use the EQUIPMENT until repaired.
 3. Lubrication of all moving parts is essential to the longevity and optimal performance of your Elliptical Bike. We recommend the use of a clear aerosol, silicone or Teflon spray. Do not use oil based lubricants as they will attract dust, dirt and grime and will eventually gum up and erode bushings and sealed bearings.
 4. As needed, upholstery may be cleaned with a mild solution of soap and water. Regular use of a vinyl treatment will add to the life and appearance of your upholstery.
 5. All chrome plated surfaces should be cleaned regularly to prolong the life and luster of the finish. Wipe the machine down with a commercial grade or automotive type chrome polish.
1. Check welds for signs of cracks. Discontinue use immediately if cracks are found.
 2. Failure to perform routine maintenance could result in personal injury and/or equipment damage.

Safety Notice

Not recommended for use without competent adult supervision.

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.

If you experience any problems or require any further assistance, please contact our Customer Service line on 818-357-2339.

Limited USA Warranty

NuQuest International Inc. Warrants iGym® Fitness Equipment to be free from defects in workmanship and material under normal use and service conditions. Parts are warranted for one hundred and eighty (180) days after the date of purchase.

This warranty extends only to the original purchaser. NuQuest Intl's obligation under this warranty is limited to replacement parts. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by NuQuest International.

NuQuest International is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature.

Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you. The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

Congratulations on your purchase of fitness equipment. You may register your product with the form below or simply go to our website at:

http://www.nuquestintl.com/Warranty_Page.html.

Registering your product makes it easier for us to help you obtain service for your product so don't delay and register today.

Registration form can be sent to:

Nuquest International Inc.
19360 Rinaldi St. Suite 332 Porter Ranch, CA 91326

Product Warranty and Registration Card

Your name:

Address:

City:

State: * Zip Code:

Email:

Product Name

Product Number

Purchased at?

Date of Purchase



Nuquest International Inc.

19360 Rinaldi St. Suite 332 Porter Ranch, CA 91326

www.nuquestintl.com

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