SUNNY
HEALTH & FITNESS

FOLDING CLIMBING STEPPER
SF-1115

For Customer Service, please contact: support@sunnyhealthfitness.com

Important Safety Information

We thank you for choosing our product. To guarantee your safety and health, please use this equipment correctly. Please read the information below carefully before using this equipment.

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.

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. 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, and 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 1.7 feet of free space all around it.

6. Before using the equipment, check that the nuts and bolts are securely tightened. 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.

7. There are many functions of the computer; the data will show when using the equipment and will display information about your exercise routine.

8. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

9. This equipment is designed for indoor and home use only, not intended for commercial use.

10. Care must be taken when lifting or moving the equipment so as not to injure your back.

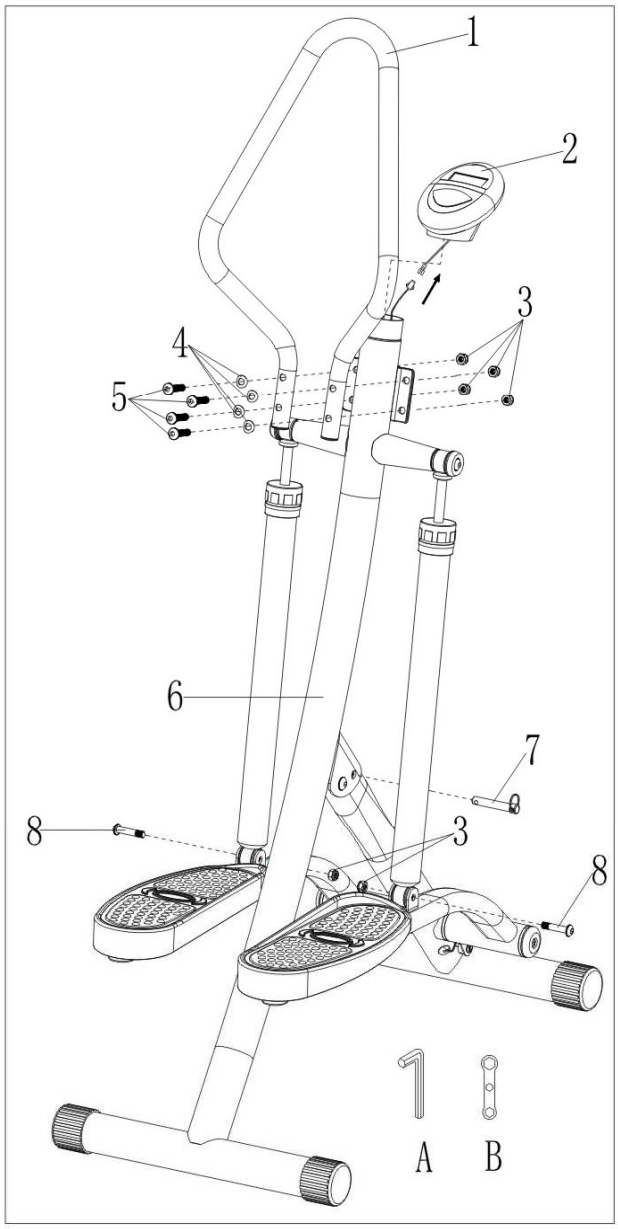
11. The equipment is not suitable for therapeutic use.

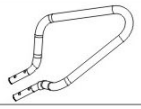
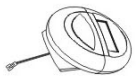
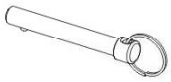
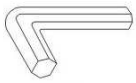
12. Maximum weight of user: 220LB.

13. Please save this manual and the assembling tools as well.

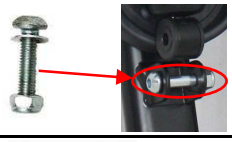
FOLDING CLIMBING STEPPER

PARTS LIST



NO	Parts	Q'TY
1		1
2		1
3	M8	6
4		4
5	M8	4
6		1
7	 ⌀9*58mm	1
8	M8	2
A		1
B		1

FOLDING CLIMBING STEPPER

Packing List			
Part No.	**Description**	**Description**	**Quantity**
6		**Main Frame**	**1**
1		**Handle bar**	**1**
8,3		**Screws and nuts (set)on the pedal tube**	**2**
7		**Pin(pcs)**	**1**
2		**Meter**	**1**
3,4, 5		**Screws and nut(set) on base frame**	**4**
A,B		**tool set**	**1**

FOLDING CLIMBING STEPPER

ASSEMBLY INSTRUCTIONS

Main frame and all parts

Pull out the support tube.

Secure the support tube by the pin #7.

Move up the pedal, and use the tool set to scure the cylinders by using the screws #8 and nuts #3.

Attach the handlebar to the main frame and make sure the holes match correctly.

Use the tool set to assemble the handle bar by screws #5, spacer #4 and nuts #3.

Pull out the wire from the tube and connect with the meter wire.

Install the meter on the top. (Please make sure the wire is in the tube.)

The assembly is done.

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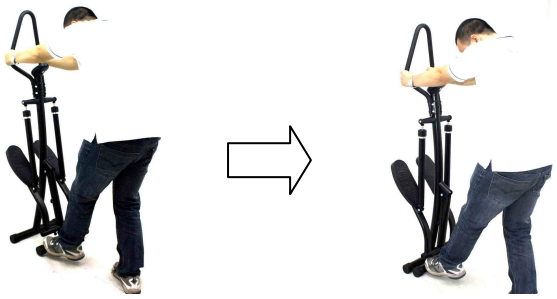
METER FUNCTIONS

KEY FUNCTION:	
MODE/SELECT:	To select the funtion you want.Hold the key for 4 seconds to have count, time and cal values reset.
OPERATION PROCEDURES:	
AUTO ON/OFF : The monitor will be automatically shut off if there is no signal coming in for 4 to 5 minutes. The monitor will turn on automatically once you start to exercise.	
FUNCTIONS:	
TIME(TMR)	Automatically accumulates workout time when starting exercise.
COUNT(CNT)	Automatically accumulates steps when starting exercise.
CALORIES(CAL)	Automatically accumulates calories consumed when starting exercise.
TOTAL COUNT(TOTAL)	Automatically accumulates amount of steps since first workout. The TOTAL COUNT can't be reset by MODE key, only by replacing batteries.
SCAN	Automatically scans through each function: TIME, COUNT(CNT), TOTAL COUNT, CALORIES.
BATTERY	If the digits do not show clearly on the monitor, please replace the batteries. This monitor uses two "AA" batteries. You should replace both batteries at the same time.

FOLDING CLIMBING STEPPER

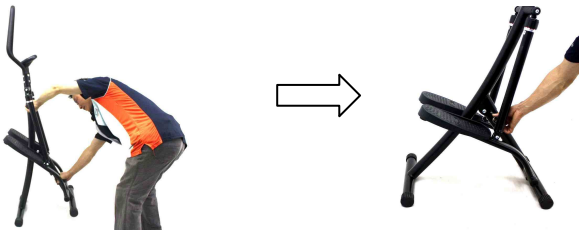
WARNING: Consult a physician before using this equipment.

FOLDING THE STEPPER:



Remove the pin #7. Step on the rear tube, and push forward for storage.

UNFOLDING THE STEPPER:



Hold the main frame, and pull out the support tube.
Secure the support tube by the pin #7.

EXERCISE INSTRUCTIONS:

1. Stand behind your CLIMBING STEPPER with both hands on the handlebar assembly, your right foot on the right pedal, and carefully move your left foot and place it on the left foot pedal. Make sure you are balanced, using smooth and controlled movements.
2. Keep both hands on the handle bar to keep your balance.
3. If you want to adjust the level of tension, please turn the adjustment knob of the cylinder carefully as below. Level 1 is the lowest level, and level 12 is the highest level.

4. The suggested time limit of exercise is 10 - 15 minutes, at least 3 times a week.