



Mini-Stepper Exercise Machine

FSMNISTEPXA

Quick Start Guide

Thank you for buying the Fortis Mini-Stepper Machine, which will simulate the sensation of ascending steps while working out your legs in both the up and down paces. It will provide a low-impact cardiovascular workout while toning your legs and targeting the core muscles in your abdomen and lower back.

Important Safety Notices

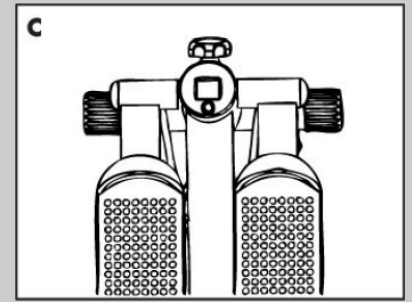
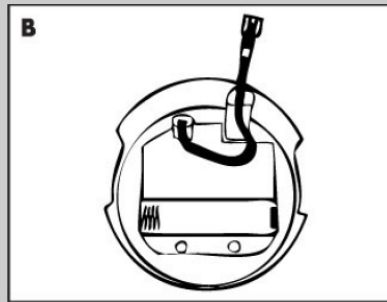
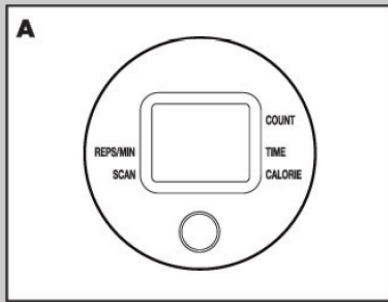
- Check all parts prior to commencing exercises. Never operate the stepper if it is not functioning properly.
- Tighten all bolts and nuts on a regular basis.
- Position the stepper on a clear, level surface.
- Before exercising, perform a warm-up first.
- Keep children and pets away from the stepper at all times.
- Always wear appropriate workout clothing and footwear when exercising.
- Consult a physician before doing exercises.
- Do not touch the cylinder when exercising.
- Suitable for domestic home use only. Maximum weight of user: 100kg

Display Panel Usage

You can set the control of your stepper by pressing the buttons to display the following functions:

- **STRIDES/MIN:** Display number of steps per minute.
- **SCAN:** Scans through each function in sequence.
- **TIME:** Determines the length of the workout session.
- **CALORIES:** Shows the calories burned. This is a rough guide only and should only be used as comparison over several exercise sessions.
- **COUNT:** Accumulate the number of steps taken during a workout session.

Replacing the battery



When changing the battery, pull out the display panel (A) and then put in the new battery (B). Then put the display panel back into the original position and make sure the display panel is completely set down in position correctly (C).

NOTE

- Turn the power display on to start exercising.
- If holding the power button for 3 seconds, all function values will reset to zero.
- If the display is not used for 4 minutes, the display panel will shut off automatically.

How to assemble the resistance rope



Hook the resistance handles onto the right and left hand side hooks of the mini-stepper, as shown above.

Exercising

Before exercising, ensure the resistance handles are securely attached to the mini-stepper.

Step 1



Step 2

