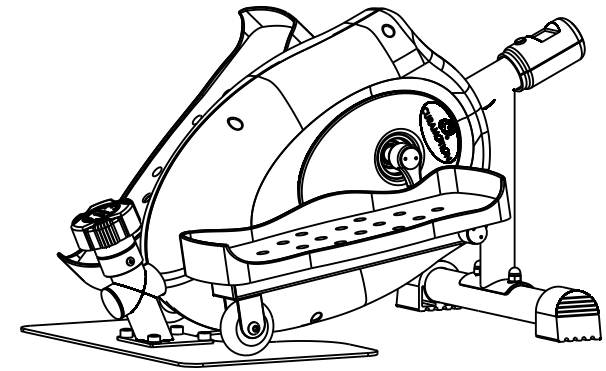




Ellipsteppers

Elliptical and Steppers - 2in1 Exerciser

Owner's Manual



PT21200

The specification of this product may vary from this photo,
subject to change without notice.

OPERATION INSTRUCTION

Lower Body Exercise : Put your feet on the Pedals (5/6), then exercise forward or backward.



9 Resistance Control Knob

1. Resistance Control Knob (9)

This is to control the amount of resistance applied during exercise.

Turn the Resistance Control Knob clockwise (+) for a stronger workout, and count clockwise (-) for a less strong workout.

It is recommended for beginner to start the exercise from the lightest resistance to avoid any injury. Then increase the resistance gradually to strengthen the joints, legs, thighs and the muscles of the lower body.

FUNCTION BUTTON

MODE/RESET PRESS TO SELECT FUNCTIONS
RESET, OR HOLD ON CAN BE
TOTAL RESET FOR ALL FUNCTION
VALUES.

FUNCTIONS

STOP WHEN STOP PEDALING, "STOP"
DISPLAYS ON LCD.

STRIDES/MIN DISPLAYS NUMBERS EXERCISER
STRIDES EVERY MINUTE.

SCAN AUTOMATICALLY SCAN THROUGH
EACH FUNCTION IN SEQUENCE.

TOTAL STRIDES ACCUMULATES TOTAL NUMBERS
OF STRIDE DURING WORKING
SESSION.

TIME ACCUMULATES TOTAL WORKING
TIME UP TO 99:59



NOTE :

1. WITHOUT ANY SIGNAL FOR A PERIOD OF 4 MINUTES, THE LCD
DISPLAY WILL SHUT OFF AUTOMATICALLY, AND ALL PREVIOUS
WORKING VALUES ARE TO RESET.
2. WHEN THERE IS SIGNAL IN, THE MONITOR IS AUTO POWER ON.
3. IF IMPROPER DISPLAY ON MONITOR, PLEASE RE-INSTALL THE
BATTERY TO HAVE A GOOD RESULT.
4. BATTERY SPEC : 1.5V AA (1PC).

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CAUTION

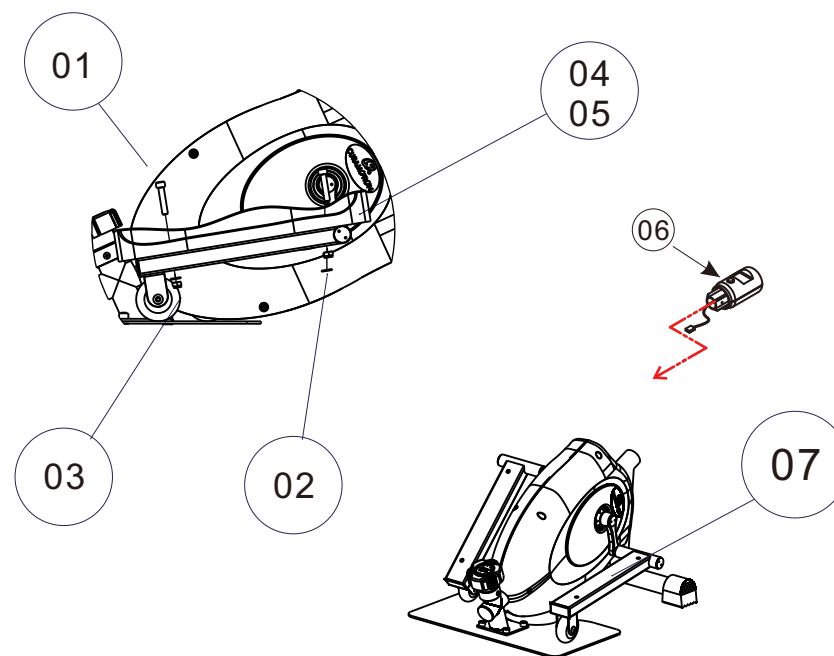
Safety always comes first. Please keep the following points in mind at all times. Read and follow this instruction guide completely before using you're the device. Keep this guide in a safe place and make sure everyone who uses the machine also reads this guide. Have a safe exercise.

- Read, understand, and practice the precautionary and operating instructions. Know the limitations and hazards associated with using any the device. Observe the precautionary and operational decals placed on the unit.
- Exercise of a strenuous nature, as customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.
- Check unit before each use of determine all controls function normally.
- Handle unit with care. Inappropriate handling of the unit may adversely affect its characteristics.
- DO NOT permit any foreign materials or liquids to enter the unit. Take care to prevent any foreign materials including, but not limited to, inflammables, water, and metallic objects from entering the unit. These may cause unit damage, malfunction, of personal injury.
- DO NOT modify or remodel the unit. This may cause unit damage, malfunction, or personal injury.
- If you have difficulty in operating the unit after carefully reviewing this operator's guide, contact your dealer for assistance.
- Failure to use and maintain the CuraMotion - Exer II in accordance with the instructions outlined in this manual will invalidate your warranty.
- Know your heart rate and pulse, as well as your physician recommended target heart rate training zone. Monitor these during exercise.
- Proper medical clearance is recommended for anyone beginning an exercise program, especially if you are over 35 years of age or suffer from heart or respiratory problems.

Assembly:

Attach (04)(05) Pedals onto Main Unit (07), Then secure four Screws (01) Flat Washer (02) Nylon Nuts with Allen Wrench and Double Open End Wrench to tighten both parts completely.

Connect the cables of the Main Unit and LCD Display(06) then insert the LCD Display onto the Main Unit.



ASSEMBLY PARTS

Pedal - Right side
- 1pc

#04



Pedal - Left side
- 1pc

#05

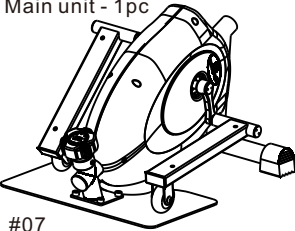


LCD display - 1pc

#06



Main unit - 1pc



#07

HARDWARE PACK

Sockethead cap screw -4pcs

#01



Flat Washer (ø8.5xø16x1.5t) 4pcs

#02



Nylon nut (M8) 4pcs

#03



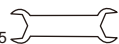
Allen wrench

#14



Double Open End Wrench

#15



WARNING

- Warm up before any exercise programs with 8 minutes of aerobic activity.
- Wear comfortable clothes that allow freedom of movement and are not tight or restricting. shoes with good support and nonslip soles.
- Breathe naturally, and never hold your breath during an exercise.
- Perform exercises consistently with proper technique, and with a full range of motion.
- Avoid over-training. After an exercise session, cool down with slow stretching, cycling, or walking.
- This unit should not be used by or near children.
- Handicapped or disabled people must have medical approval before using this unit, and should be under close supervision when using any exercise equipment.
- Use this unit only for its intended purpose as described in this manual.
- This unit should only be used by one person at a time.
- Do not put hands, feet, or any foreign objects on or near this unit when in use by other people.
- Always operate this unit on a level surface.
- Never operate this unit if it is not functioning properly.
- Start exercise slowly and gradually increase the amount of resistance.
- If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop the exercise at once and consult a physician immediately.
- Use caution to prevent fingers or hands from being pinched in moving parts when operating the unit.

PARTS LIST

NO.	DESCRIPTIONS	Q'TY
01	Socket head cap screw	4
02	Flat Washer	4
03	Nylon Nuts	4
04	Pedal - Right side	1
05	Pedal - Left side	1
06	LCD Display	1
07	Main Unit	1
08	End Caps	1
09	Resistance Knob	1
10	Cranks	2
11	Housing	2
12	Decor Plate (with logo)	2
13	Wheels	2
14	Allen Wrench	1
15	Double Open End Wrench	1

COMPONENTS DIAGRAM

