

Mini Stepper EXERCISER

PLEASE READ PRIOR TO USE

PREPARING THE MINI STEPPER FOR USE

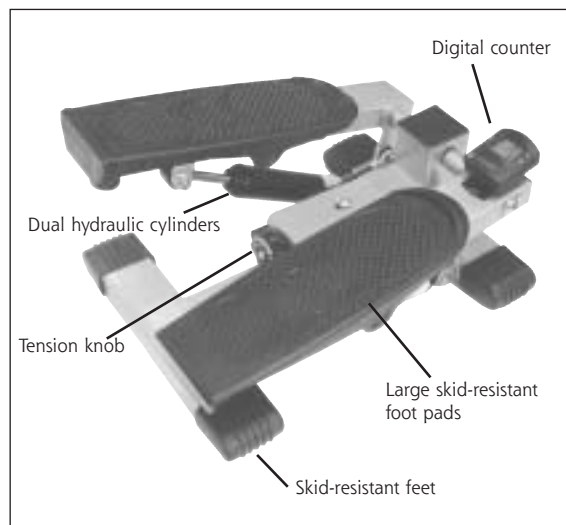
- ▶ Raise both pedals allowing the return cable to loosen.
- ▶ Turn the tension knob, located between the pedals, counterclockwise until the pulley releases from the tension knob.
- ▶ Place the return cable around the pulley and tighten the tension knob to the desired setting.
- ▶ The Mini Stepper is now ready for use.

USING THE MINI STEPPER

- ▶ The tension knob, located between the two pedals, will adjust the range of motion. To increase the range of motion, turn the knob clockwise. To decrease the range of motion, turn the knob counterclockwise. Adjusting the tension knob will determine the intensity of your workout. A wider range of motion creates more resistance; a narrow range of motion yields less resistance.
- ▶ In the beginning, train for 15 - 20 minutes on a less resistant setting. Keep your steps consistent throughout your entire workout. For best results, workout at least three times a week, preferably on alternating days, for a minimum of 12 minutes to receive the maximum benefit from this aerobic exercise.

SAFETY SUMMARY

- ▶ Consult your physical therapist or health care professional before starting any exercise program. This is especially recommended if you have a risk factor for coronary disease, such as high blood pressure, diabetes, obesity, cigarette smoking or a family history of heart disease.
- ▶ Before you begin exercising, check the Mini Stepper for any loose screws or parts and tighten as necessary.
- ▶ If you experience pain or tightness in your chest, an irregular heartbeat, shortness of breath, feel faint or have any discomfort while exercising, STOP immediately! Consult your physician or health care professional before continuing any exercise routine.
- ▶ If you have a problem keeping your balance, position an item in front of the Mini Stepper to help you keep your balance.
- ▶ Always wear proper clothing and footwear when exercising.
- ▶ Keep small children and animals away from the Mini Stepper when in use.
- ▶ Always use your Mini Stepper on a protected, level surface.



CAUTION: During use, the hydraulic cylinders will heat up. Please allow the cylinders to cool down before moving or storing your Mini Stepper.

Distributed by:

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Made in Taiwan R.O.C.

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#910-2005-0000 02/06
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