



USER'S MANUAL
Stepper Machine With Armrest
SP37515

Dear Customer,

We are delighted that you have chosen this **training device**.

Before using the device for the first time, please read through the operating instructions carefully and keep them for future reference and other users. They are an integral part of the device.

If you have any questions about the device and about spare parts/accessories, contact the customer service department

Explanation of the Symbols



Danger symbol: This symbol indicates dangers of injury. Read through the associated safety notices carefully and follow them.



Supplementary information



Read operating instructions before use!



Circuit symbol for DC voltage

Explanation of the Signal Words

WARNING Warns of *possible* serious injuries and danger to life

NOTICE Warns of material damage

Intended Use

- This training device is intended to be used for fitness training and workout. It is suitable for use while standing or sitting down.
- Only one person may train on the training device at a time.
- The training device is able to withstand a **maximum weight of 220lbs**.
- This training device is designed exclusively for use at home.
- This training device is **not** suitable for therapeutic purposes.
- The training device is for personal domestic use only and is not intended for commercial applications.
- The training device should only be used as described in the operating instructions. Any other use is deemed to be improper.
- The warranty does not cover faults caused by incorrect handling, damage or attempted repairs. The same applies to normal wear and tear.

Safety Notices

The safety level of the training device can only be maintained if it is regularly checked for damage. Therefore, in the interest of your own safety, inspect the training device for damage each time before you use it (look for cracks, holes, loose screws etc.). If while using the training device you hear unusual noises from the device, stop training immediately.

The training device must no longer be used if it is damaged. In this case, contact the customer service department or a specialist workshop.



WARNING – Danger of Injury

- **Danger of suffocation!** Keep the accessories and the packaging material away from children and animals.
- This device should not be used by people (including children) with impaired sensory or mental faculties or who do not have adequate experience and/or knowledge of such devices, unless they are supervised by a person responsible for their safety, or have received instructions from such a person on how to use the device.
- Pregnant women should not use the training device or should use it only after consultation with their doctor.
- If you have any health concerns (risk group), after not doing any sport for a long time, or if you have any cardiovascular or orthopaedic problems, always consult a doctor before using the training device. Agree the training programme with the doctor if necessary.
- The training device is **not** a toy! Parents and other people in supervisory capacities should be aware of their responsibility because, due to children's natural instinct for play and desire to experiment, it is foreseeable that situations and behaviour will occur for which the training device is not constructed.
- Do not support your full body weight on the handle. There is a risk of tipping over!
- The expander bands may only be used with this device. They must not be attached to doors, windows or other objects.
- Never place your feet on the expander bands to fix them in place.
- **WARNING** – the maximum possible stretch length of the expander bands is 185cm/ 73". Do not over-extend this stretch length!
- The expander bands contain natural rubber (latex) and may cause allergic reactions in vulnerable people. People with a latex intolerance should not come into direct skin contact with the expander bands.



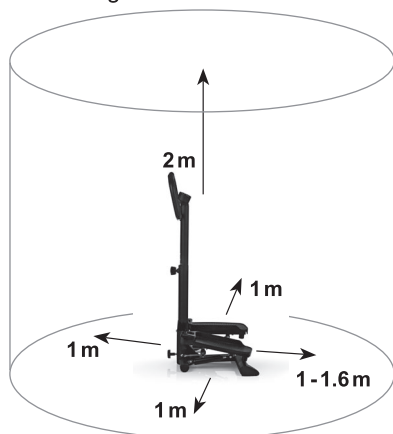
WARNING – Danger of Burns from Battery Acid!

- Batteries can be deadly if swallowed. Keep the battery and the device out of the reach of children and animals. If a battery is swallowed, immediate medical attention must be sought.
- If a battery has leaked, do not allow your skin, eyes and mucous membranes to come into contact with the battery acid. Wear protective gloves if necessary. If you touch battery acid, rinse the affected areas with abundant fresh water straight away and consult a doctor immediately.

NOTICE – Risk of Damage to Material and Property

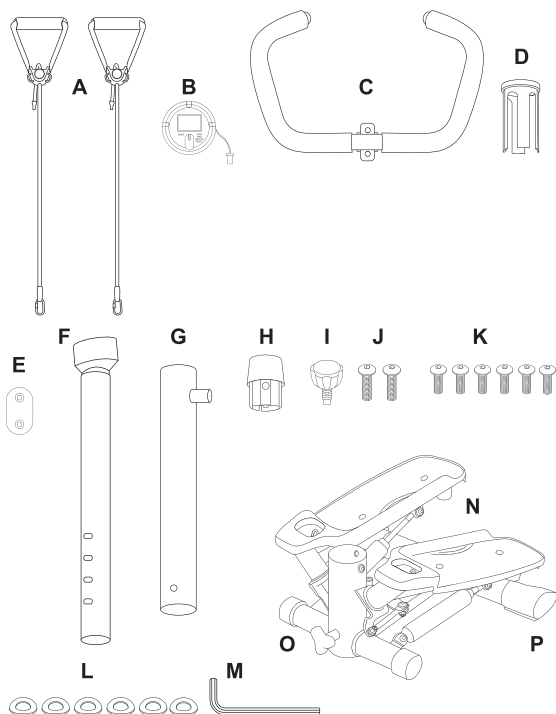
- Do not expose the training device to extreme temperatures, strong temperature fluctuations, persistent moisture or wet conditions, direct sunlight or impacts.
- Always protect the expander bands from sunlight in order to avoid discolouration and

damage to the material.



- Depending on your body size, leave plenty of space on all sides of the training device (at least 1 metre to the sides, 2 metres above) so that you have enough room to move about in during a workout. Furthermore, the free area in the direction from which you access the training device must be at least 0.6 m greater than the exercise area. The free area must include the space required for an emergency dismount. If training devices are set up in the immediate vicinity of one another, they can share one free area.

Items Supplied



- A** Expander band 2 x
- B** Training computer 1 x
- C** Handle 1 x
- D** Lower sleeve 1 x
- E** Fixing for handle 1 x
- F** Upper rod with holder for training computer 1 x
- G** Lower rod 1 x
- H** Upper sleeve 1 x
- I** Knob for adjusting rod height 1 x
- J** Hexagon socket screw (M8 x 40 mm) 2 x
- K** Hexagon socket screw (M8 x 20 mm) 6 x
- L** Washer, curved (Ø 20 x 1.2 mm) 6 x
- M** Hex key 1 x
- N** Main device with 2 pedals (premounted) 1 x
- O** Screw for adjusting step height 1 x
- P** Protective caps for base 2 x
- Operating instructions 1 x

Check the items supplied for completeness and the components for transport damage. If you find any damage, do not use the device but contact our customer service department.



For operating the training computer (**B**), a 1.5 V battery, AAA is also required. It is not supplied with the device.

Before Initial Use

1. Remove all packaging materials and any possible protection during transportation.
Never remove the rating plate and any possible warnings!
2. Assemble the training device (see the "Assembling the Training Device" chapter).
3. Insert batteries into the training computer (see the "Inserting Batteries into the Training Computer" chapter).

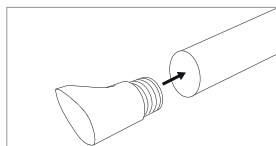
Assembling the Training Device



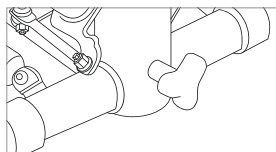
Read through the assembly instructions carefully before assembling the training device. The sequence of working steps described must be followed exactly.

1. Lay out all individual parts carefully on a flat floor. Place down the expander bands so that they do not become entangled or trapped.

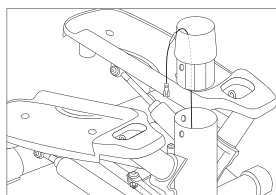
PLEASE NOTE: Protect the floor, carpet etc. with a mat or something similar before the component parts are removed from the box and also during set-up and training.



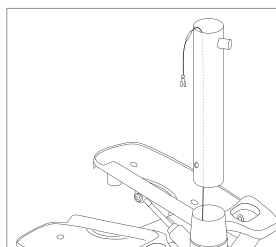
2. Plug the protective caps (**P**) into the front base on the main device (**N**). When you do this, make sure that the contact surface is pointing downwards. They must engage audibly.



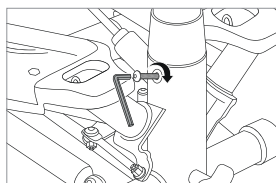
3. Twist the screw for adjusting the step height (**O**) at the rear into the recess which is provided for it on the rear base.



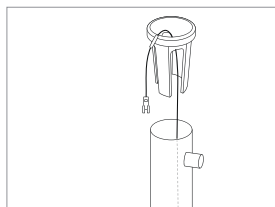
4. Pull the connecting cable for the training computer (**B**) through the lower sleeve (**D**) and plug it into the rod mount on the rear base. When you do this, make sure that the holes are aligned correctly.



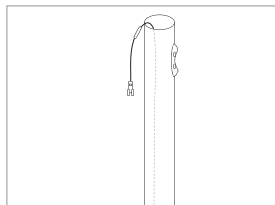
5. Pull the connecting cable for the training computer through the lower rod (**G**) and plug this into the lower sleeve. When you do this, make sure that the holes are aligned correctly.



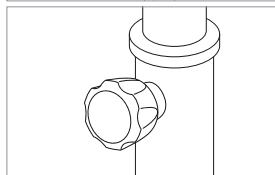
6. Fix the lower rod in the rod mount with the corresponding hexagon socket screw (M8 x 20 mm) (**K**).



7. Pull the connecting cable for the training computer through the upper sleeve (**H**) and plug this onto the lower rod. When you do this, make sure that the hole is aligned correctly.



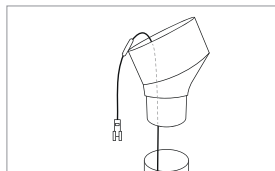
8. Pull the connecting cable for the training computer through the upper rod (**F**) and plug this into the upper sleeve.



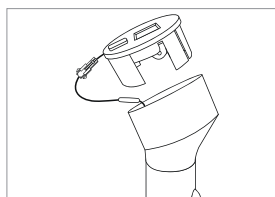
9. Secure the upper rod using the adjusting knob (**I**): Align the hole in the upper rod with the drill hole in the lower rod and turn the adjusting knob clockwise to secure it.



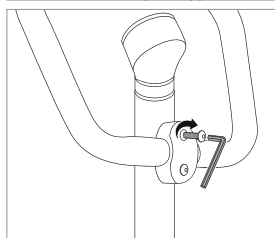
The rod can be adjusted to the correct height after assembly.



10. Pull the connecting cable through the holder for the training computer and plug the holder onto the upper rod.



11. Connect the connecting cable to the cable on the training computer and plug the training computer into the holder. This connects the computer sensor to the pedals.



12. Fix the handle (**C**) on the upper rod using the fixing (**E**) and the corresponding hexagon socket screws (M8 x 35 mm) (**J**).



13. Place the fully mounted training device on a solid, even and non-slip surface. Make sure that there is sufficient clearance around the training device so that you cannot bump into walls, furniture, etc. during training.

Inserting Batteries into the Training Computer



PLEASE NOTE!

- Use only the battery type specified in the “Technical Data”.
- Take the batteries out of the training computer when they are dead or if you will not be using the device for a prolonged period. This will prevent any damage caused by leaks.
- Remove dead batteries from the training computer immediately.
- Non-rechargeable batteries must not be recharged or reactivated by other means, dismantled, thrown into a fire, immersed in fluids, or short-circuited.

Before inserting the batteries, check whether the contacts in the training computer and on the batteries are clean, and clean them if necessary.

1. Pull the training computer (B) carefully out of the holder.
2. Insert a 1.5 V battery into the battery compartment on the back. Pay attention to the correct polarity (+/-).
3. Insert the training computer back into the holder.

If the training computer stops working, the battery needs to be replaced.

Functions of the Training Computer

- By pressing the pedals or pressing the button, the training computer (**B**) is switched on.
- In the top section, the number of steps per minute (projection) is displayed. If the pedals are still, STOP and 0 is shown there.
- The following displays can be shown in the bottom section. To switch between the displays, press the button.

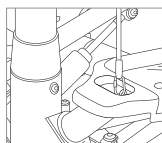


TMR	Training time in minutes and seconds
REPS	Currently run steps
CAL	Approx. number of calories consumed
TTR	Steps run since insertion of the battery

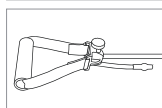
- If information flashes on the display, all displays are shown continuously for a few seconds while training.
- When the button is pressed for approx. 5 seconds, all data is reset to zero.
- If no action takes place for around 4 minutes, the computer switches off automatically.

Attaching / Detaching Expander Bands

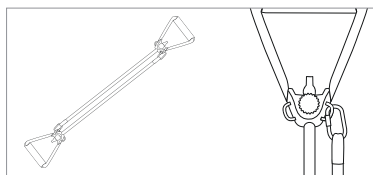
It is possible to train on the training device both with and without expander bands (**A**).



- To train on the training device with expander bands, fix them on the eyelets in the pedals using the spring hook. Unscrew the spring hooks, hook them in and then screw them hand-tight again.



- The length of the expander bands can be infinitely adjusted from 60-90cm (23.5"-35.5"): Undo the locking screw on the grip, pull the expander band through towards the grip until it is of the desired length, and then screw the locking screw hand-tight again.



The expander bands can also be connected to each other and used without the training device: To do this, unscrew the spring hooks, hook them in the respective eyelets on the grip of the expander bands and screw them hand-tight again.

Increasing / Decreasing the Step Height

The step height of the pedals can be adjusted via the adjusting screw (**o**):

- Turn the adjusting screw clockwise to increase the step height.
- Turn the adjusting screw anticlockwise to decrease the step height.

Use



PLEASE NOTE!

- Before each use, check all parts for a secure fit and wear.
- When doing the exercises, wear loose, comfortable clothing and non-slip trainers.
- Ensure that you are properly warmed up before you use the training device.
- Do not leave the training device unsupervised in the presence of children and animals.
- The eyelets on the pedals are aligned exclusively for a tensile load upwards. Do not load them crosswise!
- We explicitly point out that improper use of the training device and excessive training can be detrimental to your health.

1. Place the training device on a solid, even and non-slip surface. Make sure that there is sufficient clearance around the training device so that you cannot bump into walls, furniture, etc. during training.
2. Make sure that the training device is upright.
3. Set the step height you want (see the “Increasing / Decreasing the Step Height” chapter).
4. Set the correct height of the handle (**C**) using the adjusting knob (**I**) for the rod height.
5. Place your feet on the pedals. As soon as the pedals are moved, the training computer (**B**) switches on. Set the display you want (see the “Functions of the Training Computer” chapter).

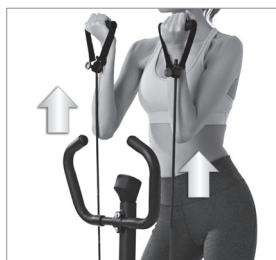
Begin the training slowly with a low step height after a warm-up phase and increase the height gradually until you reach the desired performance level that you are still capable of maintaining.

Allow the training to fade out with a slow pace and low step height. Finish off with a few stretching exercises.

Training with the Expander Bands

This chapter describes a number of basic exercises that can be performed with the expander bands (**A**). With this training it is also advisable to slowly increase the intensity of the training.

Biceps



Hold the handles of the expander bands with both hands, tense the arms and bend them upwards. Tense your whole body as you do this.

Reduce the movement again in a controlled manner.

Shoulders, arms, chest



Hold the handles of the expander bands with both hands, hold your arms at the side and tense them. Pull the arms up at the side, slightly bent to shoulder height. Tense your whole body as you do this.

Reduce the movement again in a controlled manner.

Training While Sitting



The training device can also be used for training while sitting down.

To do this, remove the whole rod with the handle (see the “Assembling the Training Device” chapter – point 11 – 5). **When removing the rod, it is essential to make sure that the cable for the training computer is secured on the main device! This must be rolled up before training and stored in the main device so that it is not damaged.**

If the training device is not to be used under a table or similar object, the rod with the handle may also remain attached. Here we recommend adjusting it to the lowest level using the adjusting knob (I).

1. Place the training device on a solid, even and non-slip surface. Make sure that there is sufficient clearance around the training device.
2. Make sure that the training device is upright.
3. Place a chair in front of the training device.
4. Set the step height you want (see the “Increasing / Decreasing the Step Height” chapter).
5. Sit on the chair.
6. Place your feet on the pedals. As soon as the pedals are moved, the training computer switches on. Set the display you want (see the “Functions of the Training Computer” chapter).

For this training, you should also start with a low step height and gradually increase it until you reach the desired performance level that you are still capable of maintaining.

Allow the training to fade out with a slow pace and low step height. Finish off with a few stretching exercises.

Training only with Expander Bands

The expander bands (A) can also be used without the training device. This type of training stretches the back and shoulder muscles in particular.

1. Remove the expander bands from the training device if necessary.
2. Attach the expander bands to one another in the manner described in the “Attaching / Detaching Expander Bands” chapter. Make sure that they are not twisted.
3. Adjust the expander bands to the length that you want or is required for the exercise (see the “Attaching / Detaching Expander Bands” chapter).

Basic Stance

1. Stand upright with your legs apart, hold the handles of the expander bands with both hands.
2. Stretch your arms out in front of your chest and then slowly pull both handles apart to the side, but never fully extend your elbows. Reduce the movement again in a controlled manner.

Lat Pulldown

1. Stand upright with your legs apart, hold the handles of the expander bands with both hands.
2. Hold your arms over your head and then slowly pull both handles apart to the side. When you do this, also pull your arms slightly back into your neck. Reduce the movement again in a controlled manner.

Triceps Training

1. Stand upright with your legs apart, hold the handles of the expander bands with both hands.
2. Hold a hand over your head and pull the grip down with your other arm bent in front of your body. Reduce the movement again in a controlled manner.

Butterfly

1. Stand bent slightly forward, guide the expander bands behind your shoulders and grip the handles of the expander bands with both hands at the level of the rib cage.
 2. Stretch your arms out forwards. Reduce the movement again in a controlled manner.
- The upper body should not move during the exercise so that the load is on the arms and the shoulders.

After Training

We recommend always performing a few stretching exercises in order to slowly restore your circulation to a normal level:

Upper body: Stand upright, cross your arms over your head and pull your left elbow to the right with your right hand. The upper body moves gently as you do this. Stay in this position for around 15 – 20 seconds. Change sides.

Calves: Stand up. Place your right leg in front of you and bend it slightly while your left leg remains stretched. Push your left heel down onto the floor. Stay in this position for around 15 – 20 seconds. Change sides.

Thighs: Stand on one leg, bend the other one and grab your foot with your hand. Pull it up to your buttocks and hold this position for around 5 – 20 seconds. Change sides.

Sit down on the floor, turn your knees to face outwards, place the soles of your feet together and pull towards your body. Place your hands around your ankles and press your knees gently down to the floor with your elbows. Keep your back straight. Stay in this position for around 5 – 20 seconds.

Back: Lie down flat on your back, bend your right leg and place it over your left leg, your hip twists but both shoulders remain on the floor. The arms are stretched out to the sides. Stay in this position for around 5 – 20 seconds. Change sides.

Shoulders / back: Sit down cross-legged with a straight back, fold / clasp together your hands and stretch your arms out above your head. Stretch your back. Stay in this position for around 15 – 20 seconds.

Cleaning and Storage



PLEASE NOTE!

- After each use, store the training device in a place where children cannot use it.
 - Do not use any caustic or abrasive cleaning agents or pads to clean the training device. These may damage the surfaces.
-
- Only clean the training device with a damp, soft cloth and mild detergent if necessary. Then dry all parts with a dry, soft cloth.
 - Keep the training device out of the reach of children and animals in a clean, dry, frost-free place which is protected from direct sunlight.

Technical Data

Class:	HC (home use)
Stretch length:	43.7``-72.8``
Max. loading capacity:	220 lbs.



Disposal



Dispose of the packaging material in an environmentally friendly manner so that it can be recycled.

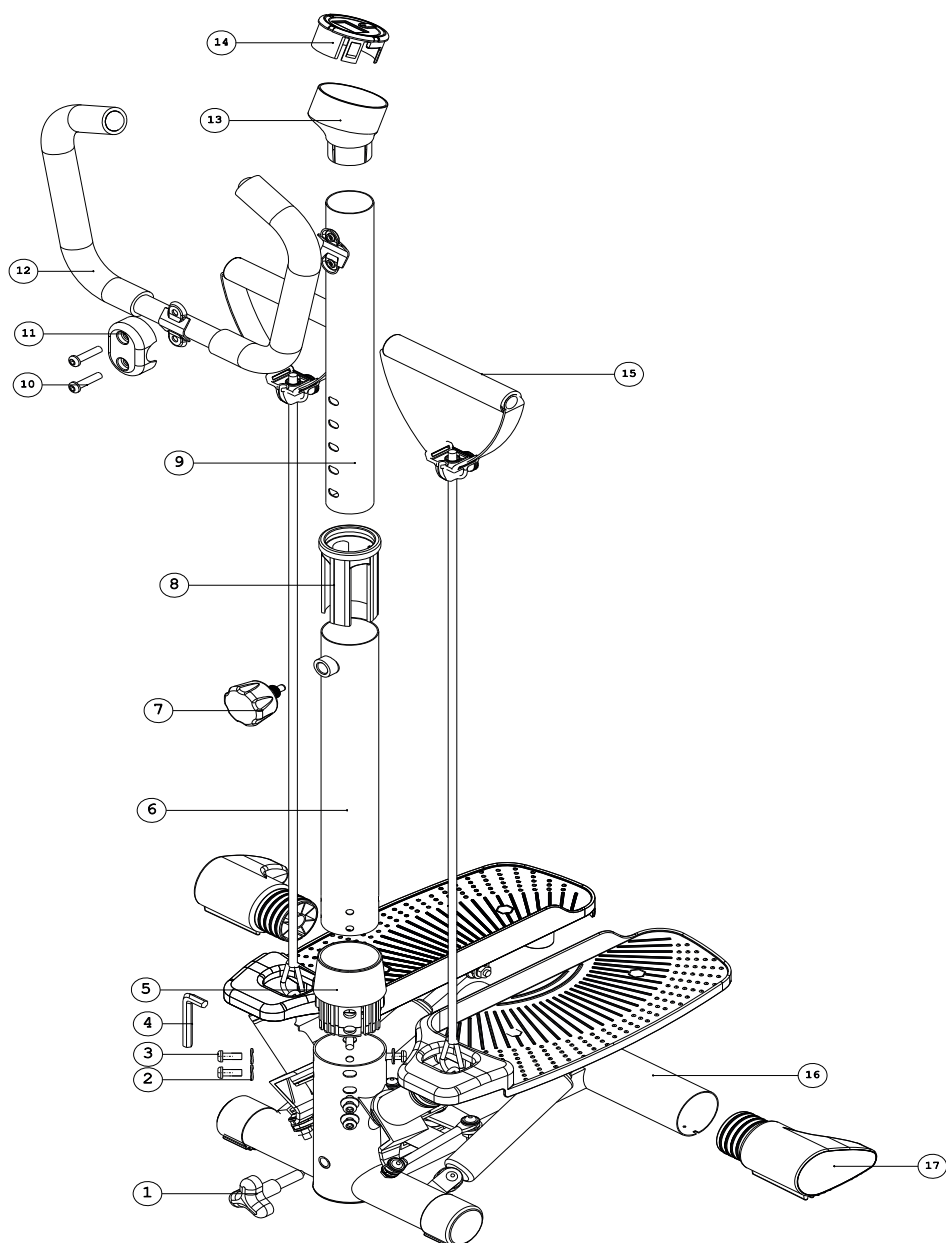


The battery should be removed from the training computer prior to disposal of the device and disposed of separately from the device at a suitable collection point.



The training computer is governed by the European Directive 2012/19/EU on waste electrical and electronic equipment (WEEE). Do not dispose of the training computer as normal domestic waste, but rather in an environmentally friendly manner via an officially approved waste disposal company.

Exploded Drawing



Not shown:
1 x tool

Parts List

Part No.	Description	Number	Dimensions
1	Adjusting screw (step height)	1	
2	Washer	6	Ø 20 x 1.2 mm
3	Hexagon socket screw	6	M8 x 20 mm
4	Hex key	1	
5	Lower sleeve	1	
6	Lower tube	1	
7	Adjusting knob	1	
8	Upper sleeve	1	
9	Upper tube	1	
10	Hexagon socket screw	2	M8 x 40 mm
11	Fixing for handle	1	
12	Handle	1	
13	Holder for training computer	1	
14	Training computer	1	
15	Expander band	2	
16	Main device with pedals	1	
17	Protective cap for base, front	2	



With your inspiring rating, COSTWAY will be more consistent to offer you EASY SHOPPING EXPERIENCE, GOOD PRODUCTS and EFFICIENT SERVICE!

Mit Ihrer inspirierenden Bewertung wird COSTWAY konsistenter sein, um Ihnen EIN SCHÖNES EINKAUFSERLEBNIS, GUTE PRODUKTE und EFFIZIENTEN SERVICE zu bieten!

Avec votre évaluation inspirante, COSTWAY continuera à fournir une EXPÉRIENCE D'ACHAT PRATIQUE, des PRODUITS DE QUALITÉ et un SERVICE EFFICACE !

Con su calificación inspiradora, COSTWAY será más consistente para ofrecerle EXPERIENCIA DE COMPRA FÁCIL, BUENOS PRODUCTOS y SERVICIO EFICIENTE.

Con la tua valutazione incoraggiante, COSTWAY sarà più coerente per offrirti ESPERIENZA DI ACQUISTO FACILE, BUONI PRODOTTI e SERVIZIO EFFICIENTE!

Dzięki twojej opinii COSTWAY będzie mógł oferować jeszcze WYGODNIEJSZE ZAKUPY, LEPSZE PRODUKTY i SPRAWNIEJSZĄ OBSŁUGĘ KLIENTA.

US office: Fontana

UK office: Ipswich

DE office: FDS GmbH, Neuer Höltingbaum 36, 22143 Hamburg, Deutschland

FR office : 26 RUE DU VERTUQUET, 59960 NEUVILLE EN FERRAIN, FRANCE

