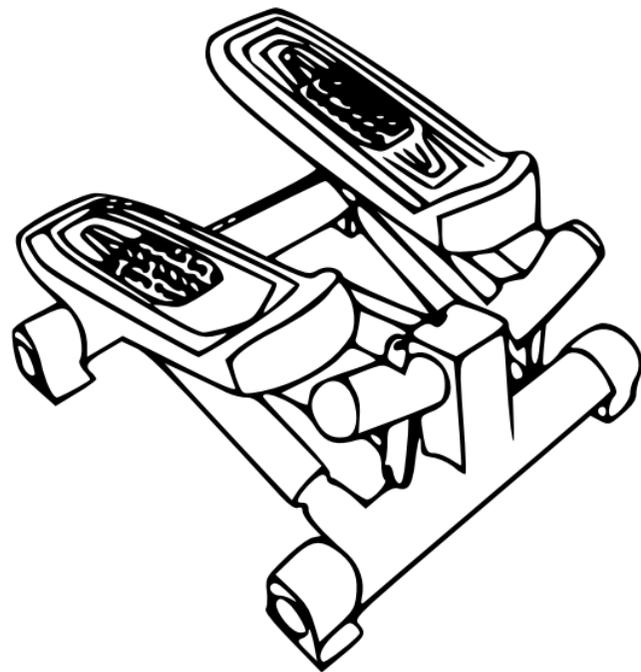


# Lifelong

MAKING IT POSSIBLE

## FIT PRO STEPPER

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Muscle  
Toning



Weight  
Loss

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**1 YEAR**  
WARRANTY

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## IMPORTANT SAFETY INFORMATION:

- Thank you for using our stepper. Before exercise please read this manual carefully and get the correct way to use the stepper so that you can make full use of it. We believe it will bring convenience and comfort to you and your family.

- Please keep the manual for future reference. If you encounter problems during exercise. Please contact our after-sales service department or our company. You will get warm service.  
NOTE: As we will constantly make improvement to the equipment technical specifications may change without notice.

## NOTICES BEFORE EXERCISE:

1. Please read the manual carefully before exercise.
2. Please do warm-up exercise before using the equipment. Be aware of your physical ability and condition. Do not overuse.
3. Use the equipment on a solid, flat level surface. The feet end caps on the stepper are anti-skid, won't damage the floor. But you can also place the stepper over a mat if you want.
4. Before exercise, please carefully examine the equipment make sure it is in good condition. If any defect, adjust and repair it before use. Ensure to wear proper outfit while using this equipment to avoid any possible dangerous circumstances.
5. The stepper is intend for user over 12 years old. Users under 12 years old should exercise under adult's supervision.
6. After 20 minutes exercise, the hydraulic cylinder will become hot. Don't touch the hydraulic cylinder.
7. Please put your heels on the pedal. Don't jump during exercise.
8. Maximum load: 120KGS.

**Warning:** if there is a physical defects or movement disorders.

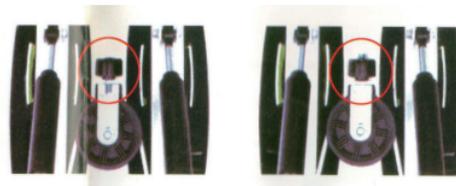
Please consult the physician and trainer before exercise. Please read the manual carefully before use. We will not responsible for personal injury and damage to the equipment which is caused by improper use.

## METER FUNCTION AND USAGE



- COUNT: Shows the total number of steps you have completed during your workout.
- TIME: Shows the length of time you have exercised during your workout. (0-99.59S)
- CALORIES: Shows the approximate number of calories you have burned during your workout.
- STEP/MIN: Shows your stepping speed, in strides per minute.
- SCAN: Displays the TIME, CALORIES and STEP/MIN modes in a repeating cycle, showing each mode for approximately five seconds.
- BUTTON: Press and hold this button, all data will reset to zero. Shortly press this button, this display will switch in sequence; TIME, CALORIE, COUNT REPS/MIN, SCAN.
- SWITCH OFF: The data will continue from where last workout ended. The meter will switch off automatically if no movement in two minutes.

## Adjust the pedal height before exercise



Please pull one of the pedals upwards as far as it goes. Turn the locking knob clockwise as far as it can go. Align the pedals at the same height, if the pedals are too high. Turn the locking knob anticlockwise.

## HOW TO USE



- Put the stepper on a flat stable surface.
- Push one pedal right down with your foot until the crash pad is laying on the mainframe. Then put your other leg on the raised pedal.
- If you are skilled in exercise, don't trample the pedals to the button, you can speed up to get better effect on the whole body.

## ⚠️ WARMING

**PLEASE KEEP A SAFE DISTANCE OF ONE METER ALL AROUND THE EQUIPMENT DURING EXERCISE.**

**Exercise Suggestion:** We recommend to use the stepper at least once every day. At the beginning, the exercise can last for 5 minutes. Then gradually increase to 15 minutes or 30 minutes, or 10 minutes at a time. Three times a day. You can also exercise everyday. Please keep in mind: exercise according to your personal ability.

## Methods to deal with breakdowns

The following methods can be used to solve some breakdowns.  
If cannot customer service center. You will get warm service.

Breakdowns Description	Possible Reasons	Solution
No display or no changes on the meter	Battery in the meter power off	Replace the battery
	Meter broken	Replace the meter
Noise	Screw get loose	Tighten the screws
	No lubricant on rotating component	Add lubricant

## Consumer Warranty Card

Dear Customer,

Thank you for choosing a Lifelong consumer product. All Lifelong Consumer products are designed and manufactured to the highest standards to deliver high quality performance, as well as easy installation and use. At Lifelong, we believe in providing not only service, but adding value to your purchase. The warranty has therefore been designed especially for you with your interest at heart.

### Warranty Service

All Lifelong consumer products are covered against manufacturing defects from their date of purchase.

Name of the product: \_\_\_\_\_

Model: \_\_\_\_\_

Warranty coverage: 1 year

Please note:

Purchase receipt is necessary for warranty verification.

Customer Care: [customer@lifelongindia.com](mailto:customer@lifelongindia.com)

### Customer Details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Home Number: \_\_\_\_\_

Office Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

### Product Details

Model No.: \_\_\_\_\_

Serial No.: \_\_\_\_\_

Purchase Date: \_\_\_\_\_

Invoice Number: \_\_\_\_\_

Online Site: \_\_\_\_\_

Please log onto to [www.lifelongindiaonline.com](http://www.lifelongindiaonline.com) and complete the online warranty form with your personal and product details within 14 days.

## Terms and Conditions:

- This warranty is void if:
  - The completely filled warranty card is not presented at the time of servicing the product.
  - The product is not operated according to the instructions given under the user manual.
  - Damages are caused by lightning, abnormal voltage, water or other liquid intrusion, fire, flood, accident, negligence or improper handling.
  - Product has been damaged due to installation, repairs, alterations or modifications by unauthorized service organizations or persons.
  - Product label specifying the model number, serial number and production code has been removed and altered.
  - Defects or parts requiring replacement due to ordinary wear and tear, corrosion, rust or stains, scratches, dents on the casing or paintwork of the product.
  - Claims damaged and/or missing parts (accessories) after 7 days from the original date of goods received.
  - Defects or faults in product which have been used for commercial/industrial purposes or which have been rented/leased or have been otherwise subject to non-household/non-domestic use.
- Repairs or replacements will be carried out by authorized service provider.
- During the limited warranty period, Lifelong or its authorized service provider will repair without charge the defective unit inclusive of labor and parts and restore the unit to its optimum working condition. All defective parts used for the warranty repair should be surrendered to Lifelong and/or its authorised service provider.
- All expenses incurred in collecting the unit (s) or part(s) thereof from authorised service provider as well as any other expenses and incidentals will be borne by the consumer.
- Lifelong obligations are limited to the repair and replacement of the defective product. Except as set forth above, there are no other express or implied warranty and all warranted, conditions or other terms implied by statute or common law (including any warranty of satisfactory quality, merchantability or fitness for a particular purpose) are excluded to the fullest extent permitted by the law.
- Lifelong total liability for damages relating to or arising out of the purchase or use of the product regardless of the type or cause of such damage of the form of characterization of the claim asserted (e.g. contract or tort) shall not exceed the original purchase price paid for the product.
- However in no event shall Lifelong and Lifelong authorized distributors be liable for any punitive, special incidental, indirect or consequential losses or damages whatsoever (including without limitation, damages for the loss of revenue, business, profits, goodwill, or contracts, business interruptions, loss of business information or any other pecuniary loss.) Whether or not Lifelong has been advised of the possibility of such damages. These limitations shall apply not with standing the failure of the essential purpose of any limited warranty. This limited warranty does not affect consumer's statutory rights under the law.
- No carrier, dealer or employee is thereof authorized to make modifications to this warranty and you should not reply on any such representation. Lifelong reserves the right to amend the terms and conditions if necessary.

Manufactured for & Marketed by :  
**Lifelong Online Retail Private Limited**  
Made in China  
For queries and complaints:  
[please contact: customer@lifelongindia.com](mailto:customer@lifelongindia.com)  
[www.lifelongindiaonline.com](http://www.lifelongindiaonline.com)