

User's manual

Stepper with training computer

62793

toboli



Illustration similar, may vary depending on model

Please read and follow the operating instructions and safety information prior to initial operation.

Technical changes reserved!

Illustrations, functional steps, and technical data may deviate insignificantly due to continuous further developments.



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Our postal address is:

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To return your goods for exchange, repair, or other purposes, please use the following address. Attention! To allow for a trouble-free complaint or return, it is important to contact our customer service team before returning your goods.

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Introduction

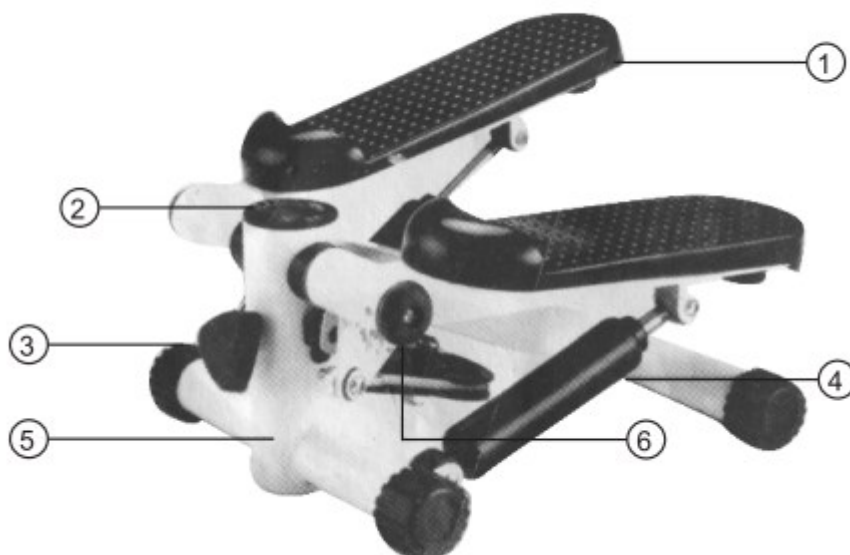
Thank you for choosing to purchase this quality product. To minimise the risk of injury, we ask you to always take some basic safety precautions when using this product. Please read this operating manual carefully and make sure that you understand it.

Keep these operation instructions in a safe place.

Safety instructions

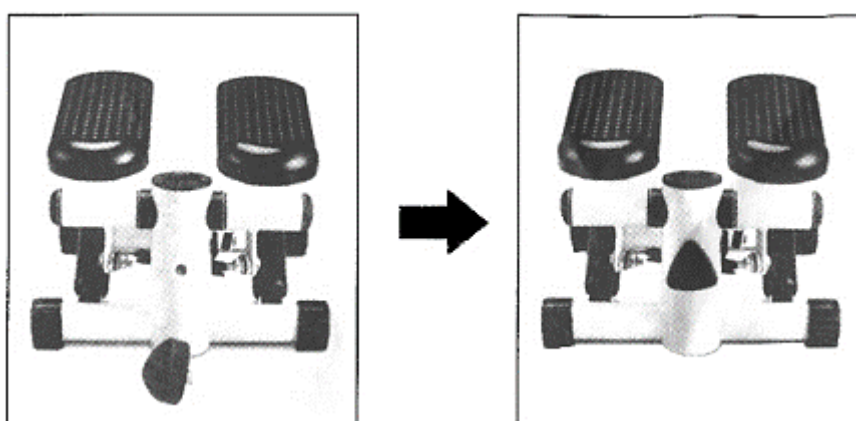
- Only use the stepper as inside training device.
- It is not suitable for commercial or therapeutic use.
- The maximum capacity of 100 kg must not be exceeded.
- Only use the device according to the intended use defined in this manual. Every incorrect use might lead to injuries.
- The stepper can be used by persons with reduced physical, sensory, or mental abilities or a lack of experience or knowledge if a person responsible for their safety observes them during use or has informed them on the safe use and if they are able to understand the dangers that could occur.
- Do not permit children to use the stepper without supervision. Children must not play with the device. Children may only clean and maintain the device if they are supervised.
- Do not leave the stepper unattended during use.
- Only place the stepper on a flat, level, and non-slip surface and make for a safe stand. If necessary, protect the floor by placing a mat.
- The stepper can only be used by one person at the same time. It is strictly forbidden that more than one person uses the stepper at the same time.
- Before any use, check the stepper for damages and loose components, especially the tread surfaces. Do not use the stepper in case it is damaged. Only have a qualified person repair the stepper.
- Before beginning your training, ask a doctor to detect and avoid possible risks to your health.
- Warm up sufficiently before each training unit to avoid injuries.
- During training, pay attention to what your body tells you. Should you feel pain or should you determine unusual symptoms (chest pain, irregular heartbeats, extreme breathlessness, dizziness, or numbness), immediately interrupt your training and see a doctor.
- Observe a safety distance around the stepper.
- Keep small children and domestic animals away from the stepper.
- During training, wear suitable sport clothes. Do not wear loose clothing, as it could be caught in moving parts.
- Make sure that the hydraulic piston does not get too hot. Do not touch it immediately after a training unit.

Parts list and names



No	Name	Quantity
1	Tread surfaces	2
2	Training computer	1
3	Adjusting knob	1
4	Hydraulic cylinder	2
5	Base	1
6	Guide pulley	1

Assembly



Place the adjusting knob as shown and set it to the correct position. By turning the adjusting knob, you can adjust the height of the tread surfaces; this will reduce or increase the degree of difficulty.



Training computer

Read

Display of different kinds of functional values in automatic order.

Time

Display from 0 to 99:55

Calories

Display of calory consumption during training. This display is only to be considered as approximate value; it is note a medical estimation.

Count

Display of number of steps (steps per minute)

Mode

You can select between different functional buttons. Keep this button pressed during 3 s to re-initialise all values and to begin a new counting.

Note! Each activation will activate the display. Press the mode button to choose one of four functions (times/seconds, time, calories, automatic scan). The small arrows shown on the display screen indicates different functions that correspond to the four arrows found under the screen.

Automatic scan

The screen automatically shows the times/seconds, time, and calories during 4 s when you have chosen this function.

Automatic deactivation

If there is no entry during 4 s, the screen is deactivated automatically. By activating or touching the mode button, the entry signal is read again.



Starting the training

Note! Place the stepper on a level surface. It is advisable to place a protecting mat or non-slip cover under the stepper to avoid that the floor is damaged from continuous use.

Step 1

Place the left foot onto the left tread surface and push it down until it touches the floor.

Step 2

Place the right foot onto the right tread surface.

Step 3

First begin your training slowly and familiarise yourself with the order of steps before accelerating. If wanting to adjust the tread surfaces, first dismount, then adjust with the help of the adjusting knob.

Training frequency

It is advisable that you do sports every two days. At the beginning, you can for example do a 5-min training, then, step by step, increase the time to 15 min up to 30 min or 3 training units of 10 min each. You may of course exercise every day on the stepper; however, you should pay attention to not overstraining yourself.

Post-training rest

To avoid sore muscles the next day, it is important to do some stretching before and after your training.

Regulations for waste disposal

The Waste Electrical and Electronic Equipment Directive (WEEE Directive, 2012/19/EU) of the EU was implemented in the German law related to electrical and electronic equipment and appliances.

All WilTec electric devices that fall under the WEEE directive are labelled with the symbol of a crossed-out wheeled rubbish bin. This symbol indicates that this electric device must not be disposed of with the domestic waste.

WilTec Technik GmbH is registered with the German registration authority EAR (Stiftung Elektro-Altgeräte Register) under the WEEE-registration number DE45283704.

Disposal of used electrical and electronic devices (intended for use in the countries of the European Union and other European countries with a separate waste collection system for these devices).

The symbol on the packaging or the product itself indicates that this product must not be treated as normal domestic waste but must be disposed of at a recycling collection station for electrical and electronic waste.

By disposing of this product correctly, you contribute to the protection of the environment and the health of your fellow people. Inappropriate disposal threatens the environment and health.



Material recycling helps to reduce the consumption of raw materials.

Additional information about the recycling of this product can be provided by your local commune, the municipal waste disposal facilities, or the store where you purchased the product.

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