

**ever-fit**

**INSTRUCTION**



**STEP | UP**



## SAFETY WARNINGS



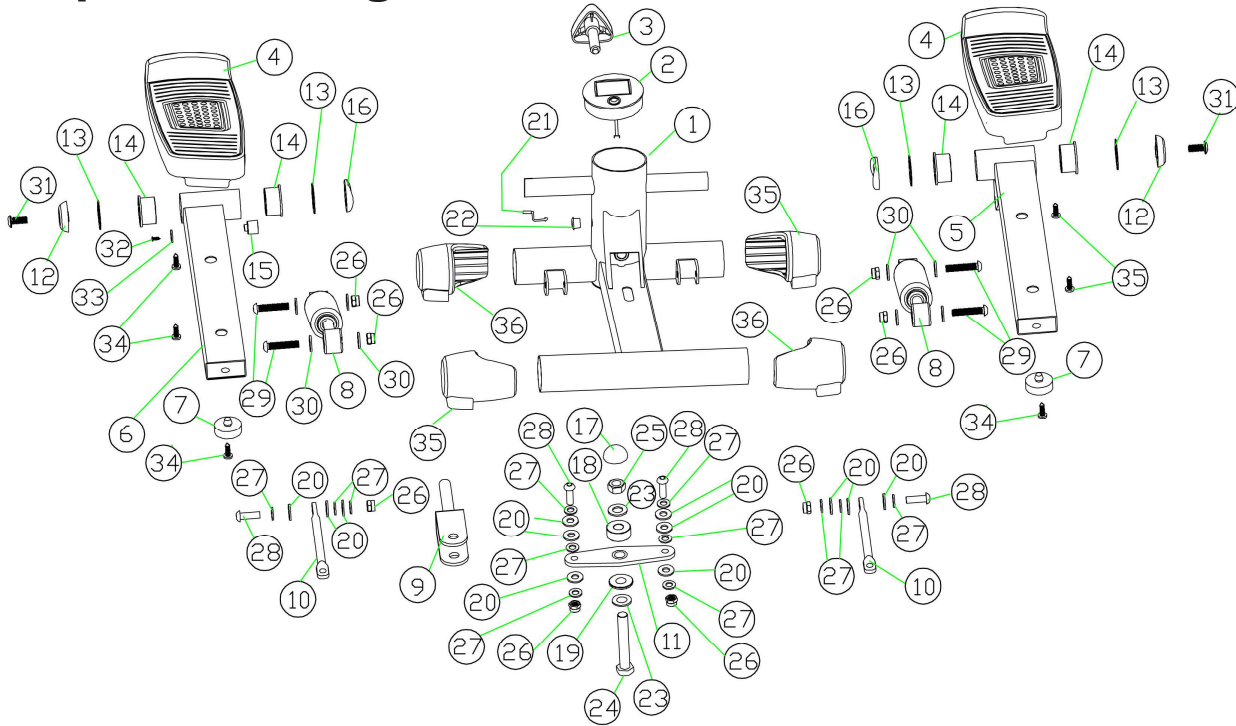
### **BEHAVIOURS ALLOWED**

- Use the equipment in households only. Make sure to explain how to safely use this equipment to all your family members and to any friends whom you allow the use.
- Use the equipment on a flat surface only and cover the floor or carpet below the equipment to prevent them from being damaged.
- Make sure that the equipment user has understood the instructions clearly, watching the first steps of the training. Keep the instruction manual always at hand for quick reference, in case of necessity.
- Make sure that the equipment is used only by persons over 16 and in good physical conditions.
- Always wear clothes suitable for training, not hindering movements or perspiration. Use trainer shoes. Do not use leather sole shoes or shoes with soles in any stiff material.
- Do not allow other people, children or pets to get near the equipment because of the danger caused by moveable parts. During your training firmly grasp the grips with both hands, as per the instructions in the manual. Keep your heart rate under control and adjust the exercise intensity consequently during the training.
- If you should feel light-headed, or breathlessness or if you feel chest pain during your training with the equipment, immediately stop and consult a doctor.
- Periodically check that bolts and screws are adequately tightened.

### **DON'T DO BEHAVIOURS**

- DO NOT use the equipment in fitness centers or in commercial premises. Do not rent it. This equipment is not designed for intensive use in professional activities or for rehabilitation purposes.
- DO NOT place glasses or bottles containing drinks next to or above the equipment.
- DO NOT ruin the equipment with pointed or sharp objects, brushes or abrasive sponges, or aggressive chemical substances.
- DO NOT disassemble parts of the equipment, except if the operation is requested by the instruction manual.
- DO NOT place the equipment in any building basement, cellars, humid areas in general. Do not leave it exposed to atmospheric agents (rain, sun, etc).
- DO NOT allow children or pets to get near the equipment. It is advisable to place the equipment in a dedicated room with a door to prevent access to anybody non authorized to use the product.
- NEVER use the equipment if it is damaged or is not in perfect conditions. In case of breakdown or failure of the equipment switch it off and do not tamper with it. For any repairing please only contact specialized assistance services.
- Always wear gym shoes suitable for running.
- DO NOT wear synthetic clothes or linsey woolsey fabric which do not allow natural perspiration during training. Use of unsuitable clothes can cause hygienic problems.

# Explosion Diagram



## Parts List

PART NO.	DESCRIPTION	QT Y		PART NO.	DESCRIPTION	QT Y
1	Main frame	1		14	Alex sleeve	4
2	Display	1		15	Magnetic fix base	1
3	Adjustment knob	1		21	Cable	1
4	Pedal	2		22	Protective sheeve	1
5	Support pole (R) for pedal	1		29	Screws	4
6	Support pole (R) for pedal	1		30	Cushion	8
7	Cushion rubber	2		31	screws	2
8	Hydraulic rod	2		32,33	Cushion	1
9 ,11,17, 18,19,20 ,23,24,2 5,26,27, 28	Power drive unit	1 set		34	Tapping screws	6
10,20,26 ,27,28	Master rod unit	2 set		35,36	Plastic cover	4
12,16	Plastic cover	4				
13	Cushion	4				

# Product Operation Guide

## Operation Procedure

1. Rotate the adjustment knob to alter the pedal's movement range.
2. Adjust the tension of the adjustment knob to ensure tension wire is well connected for proper function.
3. The computer will automatically shut off if there is no movement for 4 minutes.
4. The computer will automatically turn on when exercise commences.
5. All functions will automatically stop and a "STOP" sign will appear on top left corner of the computer when there is no movement for 4 sections. Functions will recommence when you begin to exercise.

## Function Parameter

SCAN	Automatically scans each function in sequence.
TIME	Displays the total time of the workout session starts from 00:00 – 99:59.
COUNT	Displays the total number of steps taken during the workout session.
REPS/MIN	Displays the repetitions (or strides) per minute during the workout session.
CAL	Displays the calories burned during the workout session. NOTE: This is an approximate measurement.
FUNCTION BUTTON	To select TIME, COUNT, REPS/MIN, CALORIES To RESET the values to default. Press 4 secs to reset the value.

# Product Installation

## Step 1



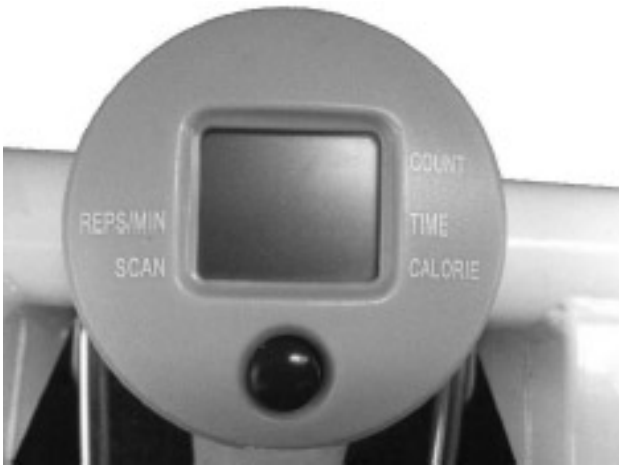
Open the Computer (Part: 22), Install the battery into the correct position (Pic.: 1)

## Step 2



Connect the Computer (Part: 22) with Main Frame cable (part: 22) (Pic: 2)

## Step 3



Install the Computer (Part: 22) into Main Frame (Part: 1) (Pic: 3)





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