



## Mini Stepper Instruction Manual



### FEATURES

- COUNT** **COUNT**  
Displays the total number of steps taken during your workout session.
- TIME** **TIME**  
Shows the total time of your workout session.
- CALORIE** **CALORIE**  
Counts the calories burned during your workout session. NOTE: This is an approximate measure.
- REPS/MIN** **REPS/MIN**  
Displays the repetitions (or strides) per minute during your workout session.
- SCAN** **SCAN**  
Briefly displays each of the functions (Count, Time, Calorie and Reps/Min) in a rotating sequence.

### IMPORTANT INFORMATION

- Before starting any new exercise program, we strongly suggest that you consult a physician for a complete physical and to discuss your exercise plans.
- Check all parts of your equipment before exercising. Never operate the Mini Stepper if it is not functioning properly.
- Tighten all nuts and bolts on a regular basis.
- Position the Mini Stepper on a clear, level surface before using.
- Keep children and pets away from the Mini Stepper at all times.
- Always wear appropriate workout clothing when exercising. Running or aerobic shoes are highly suggested.
- Keep hands and other objects away from the cylinders while the Mini Stepper is in use.

### CHANGING THE BATTERY

The Mini Stepper uses one AAA Battery.

Changing the battery in the Mini Stepper will reset all values to zero.

To change the Mini Stepper battery:

- Carefully pry the display in an upward motion until it is completely released from the Mini Stepper machine.
- Replace the old AAA battery with a new one, making sure the polarity is the same.
- Before placing the display back in the Mini Stepper machine, press the red button to make sure that the new battery is working correctly (all values will be zero).
- Place the display back in the allocated space and gently press the display around the edges to ensure a snug fit.

### CARE & MAINTENANCE

- Protect your Mini Stepper from extreme heat, shocks and excessive exposure to direct sunlight.
- The Mini Stepper can be wiped clean with a lightly moistened cloth. Apply mild soap to the area if there are stubborn stains or marks.
- Do not expose your Mini Stepper to strong chemicals such as gasoline, cleaning solvents, acetone, alcohol, insect repellents, sunscreen and other toiletries, as they may damage the unit.
- Store your Mini Stepper in a dry place when you are not using it.

### WARRANTY & SERVICE

Warranty and Service information can be found at the New Balance Sports Monitors website: [www.nbmonitors.com](http://www.nbmonitors.com)  
800-446-7587 / [help@4implus.com](mailto:help@4implus.com)

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To Use the Mini Stepper:

- The Mini Stepper must be placed on a clear, level surface.
- To begin your workout session, simply place your feet evenly upon the foot pads and begin a stepping motion. NOTE: The electronic display will automatically turn on and begin to calculate your date in SCAN mode (see below).

To Use the Resistance Cords:

- The Mini Stepper can be used with or without the resistance cords (included). To connect the resistance cords to the Mini Stepper machine, simply clip the mini carabineers (located on the resistance cords) onto the metal loops (located in front of the foot pads).

To Use the Electronic Display:

- Turn on the display by quickly pressing the red button (located next to the screen) or by stepping onto the foot pads to begin your workout session.
- NOTE: The data displayed during your workout session will automatically be saved when you step off of the Mini Stepper. When you begin a new workout session, the data will start where you left off unless you reset the data values to zero.
- To reset the data values to zero, Press and Hold the red button for three (3) seconds.
- After your workout session has ended (or after four (4) minutes of inactivity), the data display will automatically turn off.
- When you turn on the display, the following data options will appear: Count, Time, Calorie, Reps/Min and Scan. If you do not want the display to toggle through (SCAN) all data modes in a rotating sequence, you can change your display options as follows:

### SCAN MODE

- SCAN is the default mode, which means that this mode will display whenever the Mini Stepper is turned on.
- SCAN mode toggles through all data modes in a rotating sequence.
- Three arrows will appear on the screen (one arrow will be static, while the other two arrows will be flashing). The static arrow will appear next to the word COUNT; this means that the COUNT data will be displayed at all times during this mode. The second arrow will flash next to the word SCAN, which denotes that you are in SCAN mode. The third arrow will flash next to either TIME, CALORIE or REPS/MIN mode; this flashing arrow indicates which specific mode is being displayed in the rotation.

### COUNT/TIME MODE

- In COUNT/TIME mode, the display will show (COUNT) the total number of steps taken and (TIME) the total time of your workout session.
- To view COUNT/TIME mode, turn on the display, then press the red button one time.
- In COUNT/TIME mode, two arrows will appear on the screen: one arrow will appear next to the word COUNT and the second arrow will appear next to the word TIME.

### COUNT/CALORIE MODE

- In COUNT/CALORIE mode, the display will show (COUNT) the total number of steps taken and (CALORIE) the number of calories burned during your workout session.

- To view COUNT/CALORIE mode, turn on the display, then press the red button twice.
- In COUNT/CALORIE mode, two arrows will appear on the screen: one arrow will appear next to the word COUNT and the second arrow will appear next to the word CALORIE.
- NOTE: The number of calories burned during your workout session is an approximate measure.

### COUNT/ REPS per MIN MODE

- In COUNT/REPS per MIN mode, the display will show (COUNT) the total number of steps taken and (REPS/MIN) the estimated number of strides you will take per minute if you maintain a continuous speed throughout your workout session. NOTE: If you speed up or slow down your stepping motion, the number of REPS/MIN will increase/decrease accordingly.
- To view COUNT/REPS per MIN mode, turn on the display, then press the red button three times.
- In COUNT/REPS per MIN mode, two arrows will appear on the screen: one arrow will appear next to the word COUNT and the second arrow will appear next to the words REPS/MIN.

### ALL MODES

- After your workout session has ended (or if you pause/stop the stepping motion during your workout), the word STOP will appear in the upper left corner to indicate that the display has stopped calculating data.