

# PST300

Stepper

## OWNER'S MANUAL



### **! CAUTION**

Read all precautions  
and instructions in this manual  
before using this equipment

12V Rev C

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## **Table Of Contents**

Important Safety information -----	3
Warm Up Exercises -----	4
Parts List -----	5
Exploded View -----	7
Usage And Maintenance -----	9
Console Panel Functions -----	10
Troubleshooting Guide -----	15

## Important Safety Instructions

### Warning

The safety of the product can be maintained only if it is examined regularly for damage and wear. see preventive maintenance section for details.

### Location

1. Keep the area around the product clear of any obstructions, including walls and furniture. provide at least three feet of clearance behind the unit.
2. Do not use the product outdoors, near swimming pools, or in areas of high humidity.
3. Do not allow other people to interfere in any way with the user or equipment during a workout.
4. Supervise closely any children or disabled persons using the product.

### Operation

1. Always follow the console instructions for proper operation.
2. Do not reach into, or underneath, the unit; and do not tip the unit on its side during operation.
3. Never insert objects into any opening of the machine. if an object should drop inside, carefully retrieve it while the unit is not in use. if the object can't be reached, contact customer support services.
4. Never place containers filled with liquids directly on the unit, except in the accessory tray water bottle holder. containers should be covered with lids.
5. Wear shoes with rubber or high-traction soles. do not use shoes with heels, leather soles, cleats, or spikes. make sure no stones are embedded in the soles.
6. Do not use the machine with bare feet.
7. Keep all loose clothing, shoelaces, and towels always from moving parts.
8. Use caution when stepping on or off of the bike.
9. Never face backward while using the bike.

**save these instructions for future reference**

## Warm Up Exercises

### EXERCISE GUIDELINES

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

### TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

### HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

### CALF/ACHILLES STRETCH

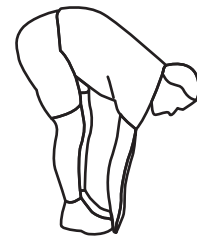
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.

### QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

### INNER THIGH STRETCH

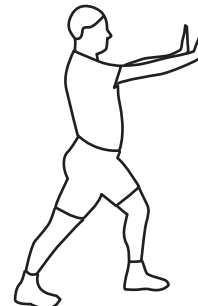
Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



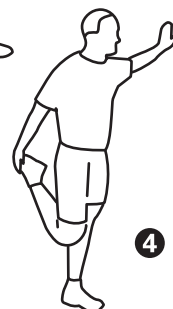
1



2



3



4



5

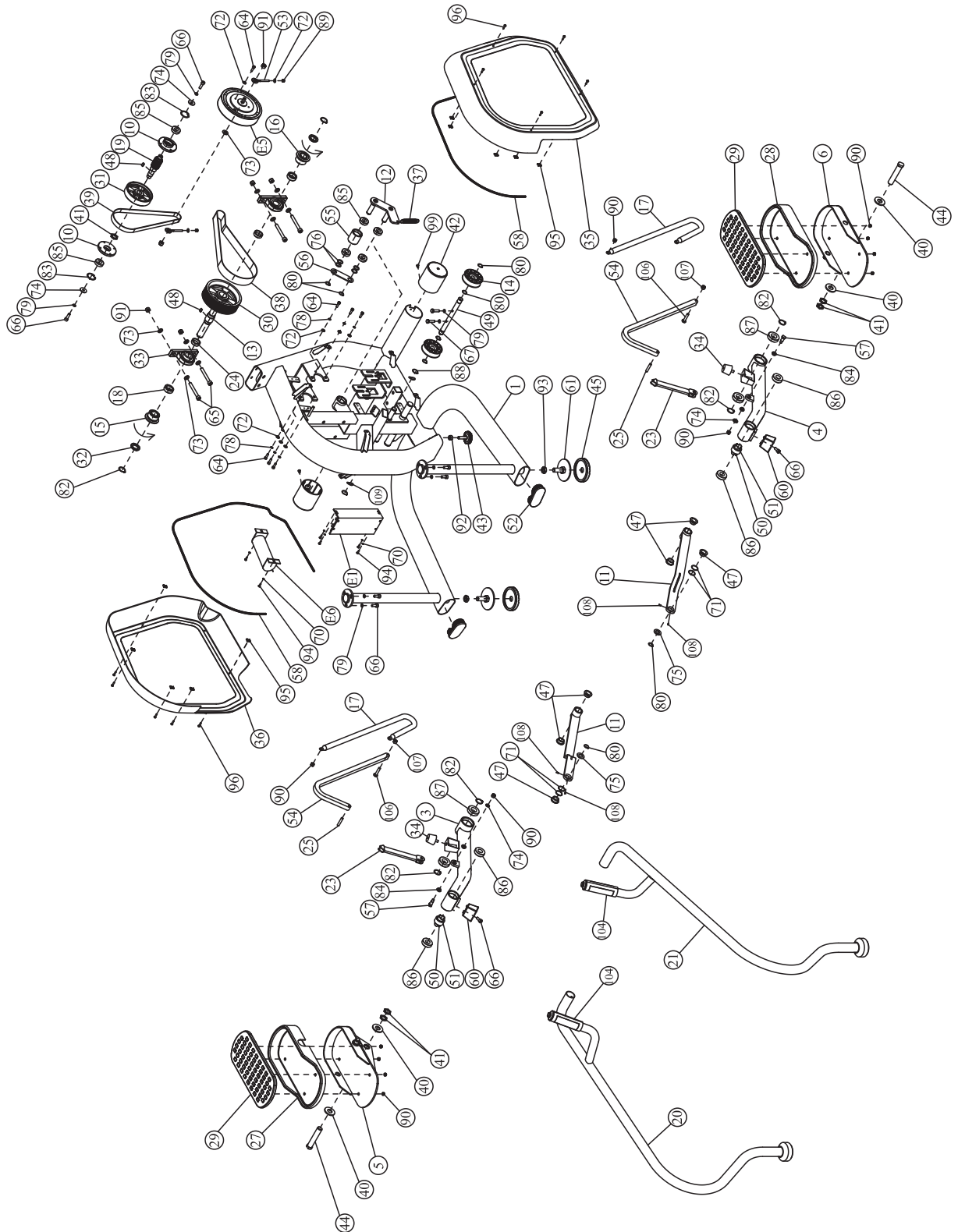
## Parts List

Item No.	Description	Qty	Item No.	Description	Qty
1	Main Frame	1	36	Left Cover	1
3	Left Swing Frame	1	37	Pull-Back Spring	1
4	Right Swing Frame	1	38	Belt 360J16	1
5	Left Pedal Frame	1	39	Belt 300J8	1
6	Right Pedal Frame	1	40	Washer	4
7	Upright	1	41	Hex Nut M20*1.0	5
8	Console Frame	1	42	Endcap With Wheele	2
10	Bearing Bracket	2	43	Adjusting Feet	1
11	Connecting Rod	2	44	Axis, For Pedal	2
12	Tightener	1	45	Rubber	2
13	Chain Wheel Axis	1	47	Copper Bush	6
14	Guiding Wheel	2	48	Key6*6*14.3	2
15	Left Chain Wheel	1	49	Guiding Wheel Axis	1
16	Right Chain Wheel	1	50	Space,Long	2
17	Pull-Back Spring	4	51	Space,Short	2
18	Space, Long	2	52	Ellipse Stopper	2
19	Connection Shaft	1	53	Tightening Bolt	2
20	Left Handle	1	54	Chain 08A	2
21	Right Handle	1	55	Tightener Wheel	1
23	Chain Connecting Frame	2	56	Connecting Board	1
24	Space	2	57	Connecting Axis	2
25	Chain Axis	2	58	Cover Regular	2
27	Left Pedal	1	60	Bumper	2
28	Right Pedal	1	61	Adjusting Frame	2
29	Pedal Foaming	2	64	Socket Head Cap Screw M6*20	7
30	Pulley1	1	65	Socket Head Cap Screw M10*80	4
31	Pulley2	1	66	Socket Head Cap Screw M8*20	14
32	Space, Short	2	67	Hex Head Bolt M8*30	2
33	Pillow Block	2	69	Flat Head Cap Screw M6*16	4
34	Bumper	2	70	Washer $\Phi 4.5 \times \Phi 9 \times 0.8$	6
35	Right Cover	1	71	Washer $\Phi 32 \times \Phi 25.5 \times 1$	8

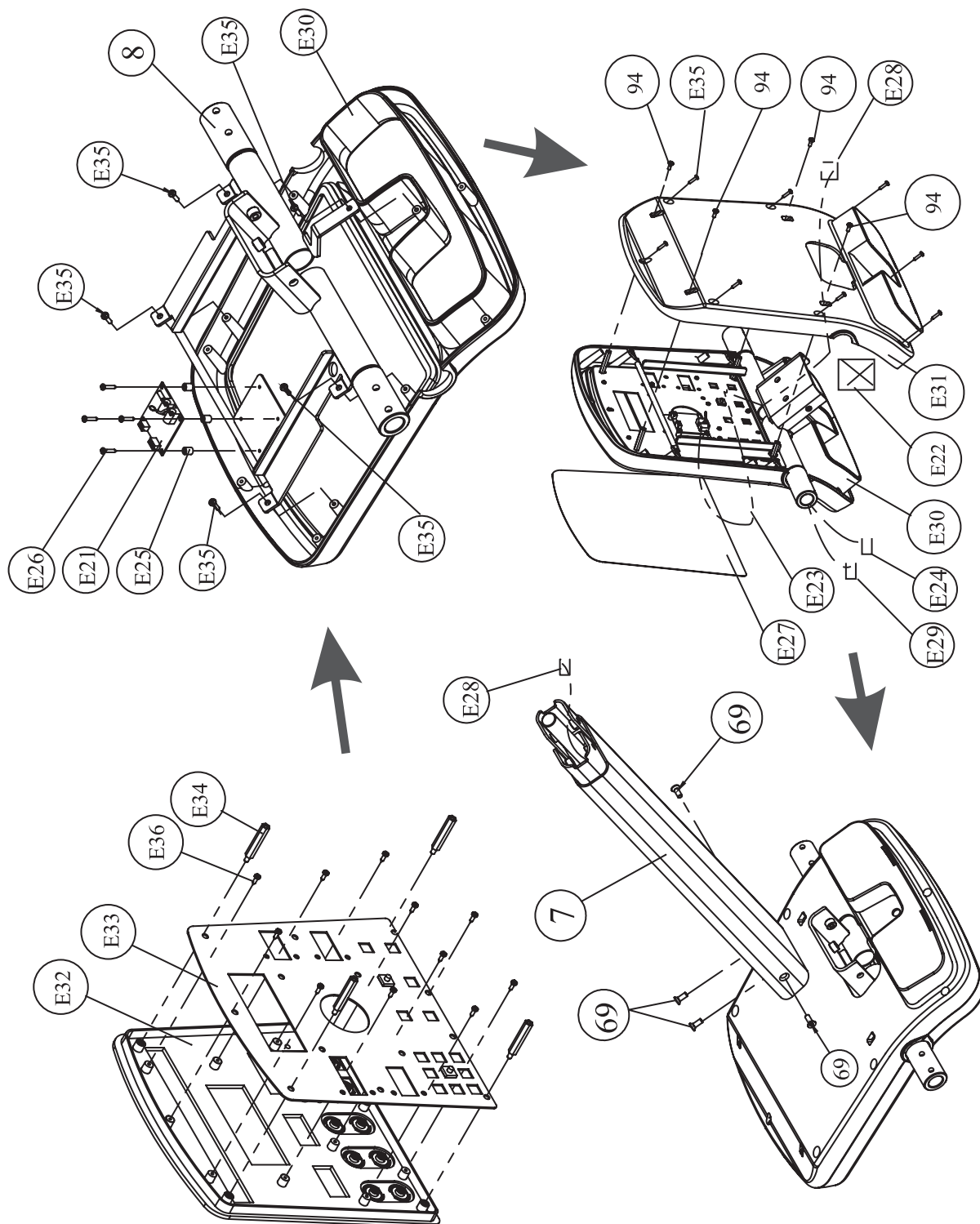
## Parts List

Item No.	Description	Qty	Item No.	Description	Qty
72	Washer $\Phi 6.6 \times \Phi 15 \times 2$	9	E1	CONSOLLER	1
73	Washer $\Phi 11 \times \Phi 20 \times 2.0$	9	E2	Bottom Harness	1
74	Washer $\Phi 9 \times \Phi 22 \times 2$	4	E3	Magic Ring	2
75	Washer $\Phi 17 \times \Phi 30 \times 2.5$	2	E4	R Line	1
76	Washer $\Phi 17.2 \times \Phi 23 \times 0.35$	6	E5	Magnctic Force	1
77	Washer $\Phi 20.2 \times \Phi 25 \times 1$	6	E6	Power R	1
78	Spring Washer $\Phi 6$	6	E7	Spring Washer $\Phi 4$	2
79	Spring Washer $\Phi 8$	14	E8	Screw M4*10	2
80	Shaft Clip $\Phi 17$	8	E9	Hex Nut M4	2
82	Shaft Clip $\Phi 25$	6	E10	Washer $\Phi 4.5 \times \Phi 12 \times 0.8$	4
83	Bore Clip $\Phi 35$	2	E11	Right Handle Adjusting Line	1
84	Space	4	E12	Left Handle Adjusting Line	1
85	Bearing 6003	6	E13	Left Adjusting Line	1
86	Bearing 6004	4	E14	Right Adjusting Line	1
87	Bearing 6005	4	E15	Handle Pulse Line2	2
88	Shaft Clip $\Phi 19$	2	E21	Hand Pulse Circuitry Board	1
89	Nut, M6	2	E22	Heartbeat Receiver	1
90	Nut, M8	12	E23	Handle Pulse Line To Console	1
91	Nut, M10	6	E24	Handle Pulse Line1	2
92	Hex Nut M10	1	E25	Space	4
93	Hex Nut M16*8	2	E26	Screw ST2.9*16	4
94	Screw M4*12	6	E27	Console Cover	1
95	Screw Clip	10	E28	Upper Harness	1
96	Screw ST4.2*19	10	E29	Adjusting Line	1
99	Screw M5*12	2	E30	Up Shell Of Console	1
104	Hand Pulse	2	E31	Bottom Shell Of Console	1
105	Hand Pulse Cap	2	E32	Circuit Board Frame	1
106	Screw M4*16	2	E33	Circuit Board	1
107	Nut, M4	2	E34	Support Pillar	4
108	Screw M4*8	4	E35	Screw ST3.5*16	13
109	Wave Washer $\Phi 20$	2	E36	Screw ST2.9*9.5	11

# Exploded View

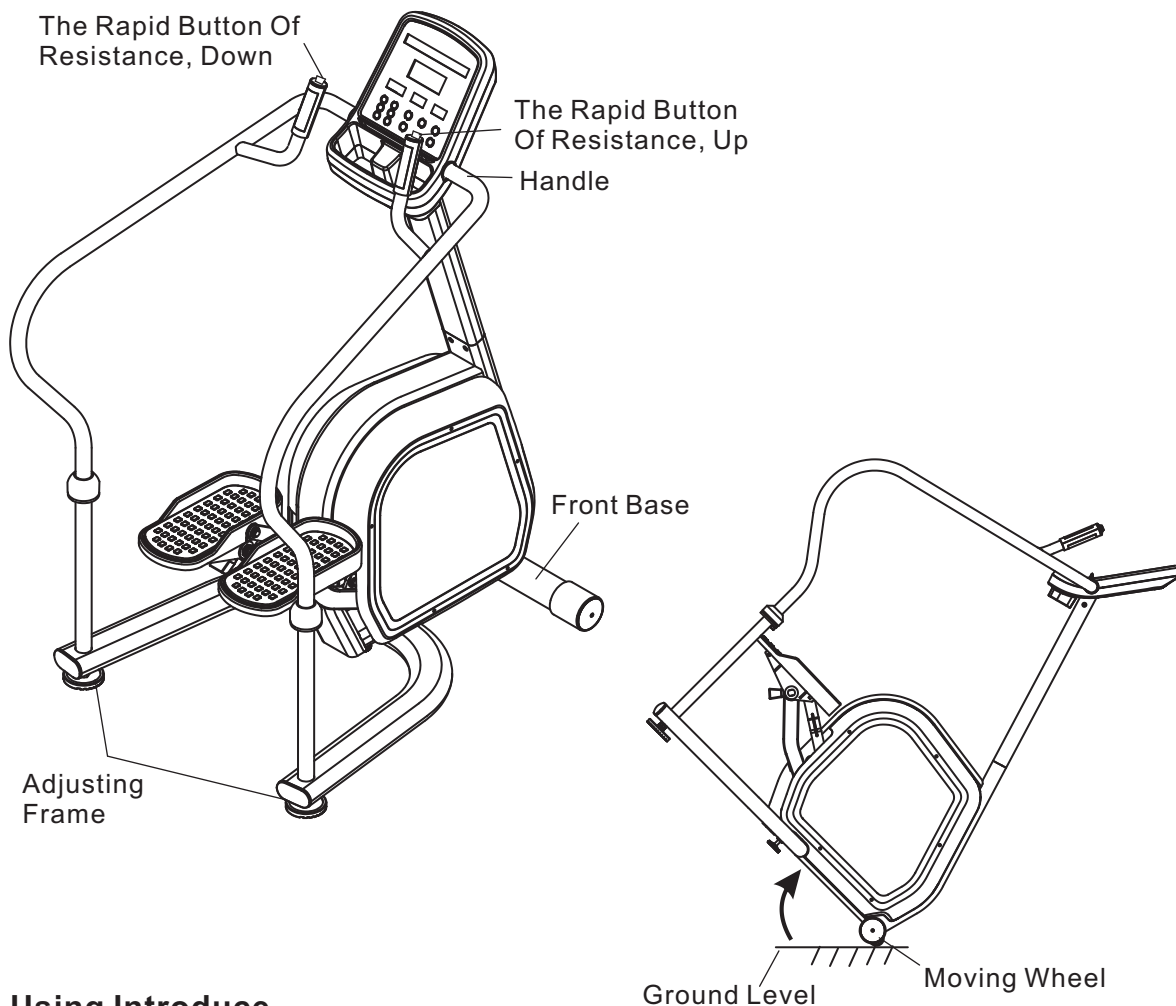


## Exploded View





## Usage And Maintenance



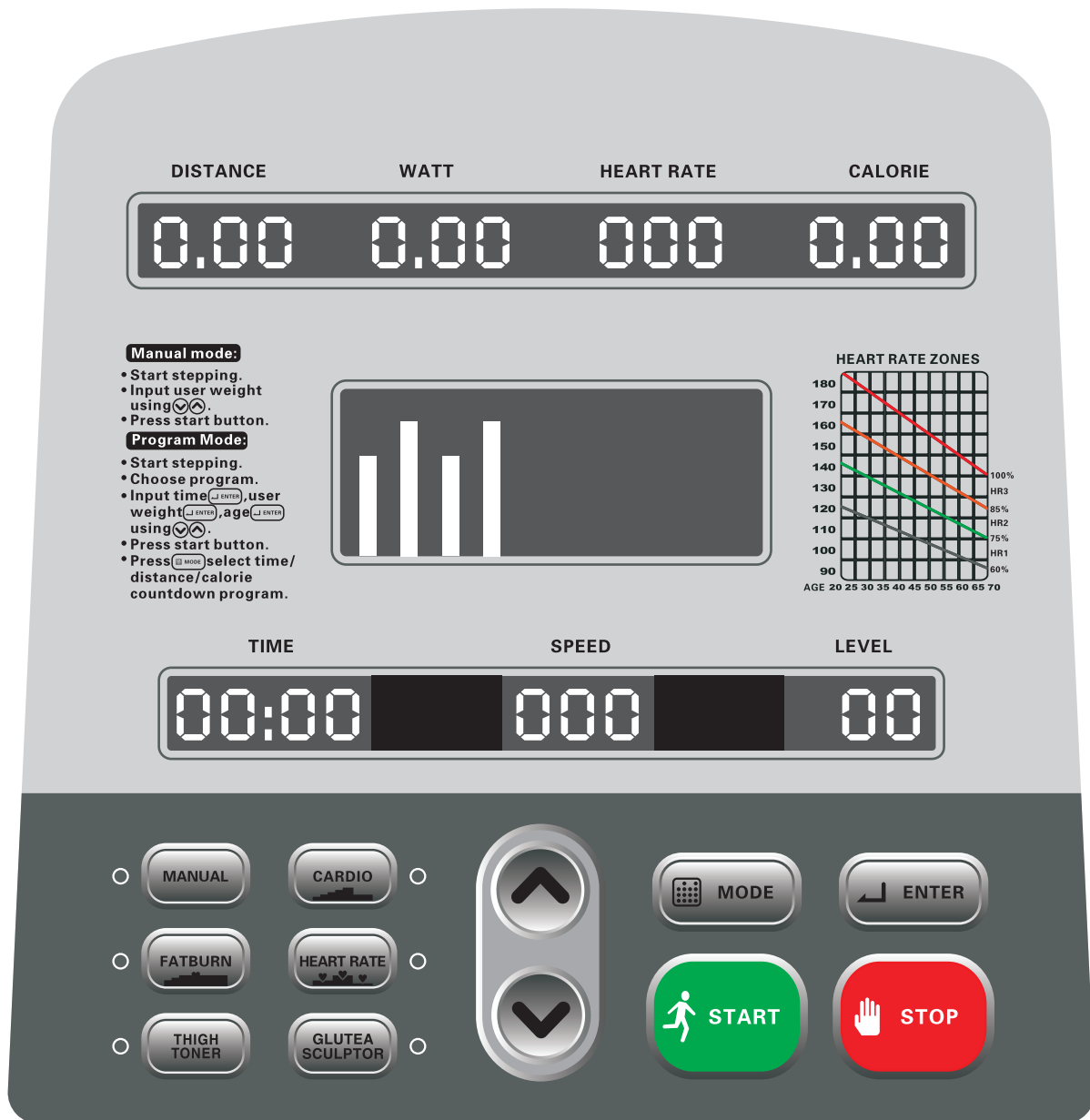
### Using Introduce

1. Max. weight is 150kg.
2. When moving the machine, you can grasp the handle, one foot treads the front base and pull it down, you can move it.
3. When using the machine, you must ensure it stand steadily on the ground. If it isn't steady, you can adjust the Adjusting Feet.
4. When using the machine, two feet tread the pedals, two hands grasp the left and right handles, step up and down, the machine can produce electricity itself, Press "START" and then adjust the resistance to the suitable level according to your weight.
5. when adjusting the resistance, you can also use the rapid button, the black is down the red is up.

### Maintenance

If the bolts and screws have the trend of losing, please lock them timely.

## Console Panel Functions



## Console Panel Functions

### Console Function

Display: Distance, Watt, Heart Pulse, Calories, Time, Speed, Degree, Dot matrix

#### 1. Distance window:

- 1) Show total distance of Manual or Program mode;
- 2) Show spare distance of down count mode;
- 3) Show preset distance of User mode.

#### 2. Power window:

Show total watt of manual or program mode.

#### 3. Heart rate window:

Show heart rate of user.



#### 4. Calories window:

- 1) Show total calories of manual or program mode;
- 2) Show spare calories of down count Calorie mode.

#### 5. Time window:

- 1) Show total time of manual or program mode;
- 2) Show spare time of down count time mode.

#### 6. Speed window:

Show speed currently.



#### 7. Resistance window:

Show resistance degree currently.

#### 8. Dot matrix window:

- 1) Show message when select any function;
- 2) Show program curve.



9. LED indication of manual mode
10. LED indication of cardio mode
11. LED indication of fat burn mode
12. LED indication of heart rate mode
13. LED indication of glutea sculptor mode
14. LED indication of thigh toner mode



## Console Panel Functions

### Buttons

#### 1. Resistance degree up button (Double function):

- 1) Increase resistance degree;
- 2) Increase target value of time or weight.



#### 2. Resistance degree down button (Double function):

- 1) Decrease resistance degree;
- 2) Decrease target value of time or weight.



#### 3. Mode button:



To select down count time mode or down count distance mode or down count calories mode.

#### 4. Enter button:



Enter preset value when input any value.

#### 5. Start button:



Turn on the stepper after input time and weight.

#### 6. Stop button:



Stop the stepper at any mode.

#### 7. Manual mode:



- 1) Be default after turn on;
- 2) Back manual mode after press this button when any program mode.

#### 8. Cardio button:



Back cardio mode after press this button when any program mode.

#### 9. Fat burn button:



Back fat burn mode after press this button when any program mode.

#### 10. Heart rate button:



Back heart rate mode after press this button when any program mode.

#### 11. Glutea sculptor button:



Back glutea sculptor mode after press this button when any program mode.

#### 12. Thigh toner button:



Back thigh toner mode after press this button when any program mode.

## Console Panel Functions

### Program operation

#### 1. Manual mode

- 1) Be default manual mode after turn on;
- 2) Please input weight (Default 68Kg);
- 3) Adjust weight then press "START" button.

#### 2. Cardio mode

- 1) Press cardio button to select this function;
- 2) Please input time;
- 3) Adjust time then press "ENTER" button;
- 4) Please input weight;
- 5) Adjust weight then press "ENTER";
- 6) Please input age;
- 7) Adjust age then press "START".

#### 3. Fat burn mode

- 1) Press fat burn button to select this function;
- 2) Please input time;
- 3) Adjust time then press "ENTER" button;
- 4) Please input weight;
- 5) Adjust weight then press "ENTER";
- 6) Please input age;
- 7) Adjust age then press "START".

#### 4. Heart rate mode

- 1) Press heart rate button to select this function;
- 2) Please input time;
- 3) Adjust time then press "ENTER" button;
- 4) Please input weight;
- 5) Adjust weight then press "ENTER";
- 6) Please input age;
- 7) Adjust age then press "START".

#### 5. Glutea sculptor mode

- 1) Press glutea sculptor button to select this function;
- 2) Please input time;
- 3) Adjust time then press "ENTER" button;
- 4) Please input weight;
- 5) Adjust weight then press "ENTER";
- 6) Please input age;
- 7) Adjust age then press "START".

## Console Panel Functions

### 6. Thigh toner mode

- 1) Press thigh toner button to select this function;
- 2) Please input time;
- 3) Adjust time then press "ENTER" button;
- 4) Please input weight;
- 5) Adjust weight then press "ENTER";
- 6) Please input age;
- 7) Adjust age then press "START".

### 7. Time target mode

- 1) Press mode button to select this function;
- 2) Please input time;
- 3) Adjust time value then press "ENTER";
- 4) Please input weight;
- 5) Adjust weight value then press "START".

### 8. Distance target mode

- 1) Press mode button to select this function;
- 2) Please input distance;
- 3) Adjust distance then press "ENTER";
- 4) Please input weight;
- 5) Adjust weight value then press "START".

### 9. Calorie target mode

- 1) Press mode button to select this function;
- 2) Please input calorie;
- 3) Adjust calorie value then press "ENTER";
- 4) Please input weight;
- 5) Adjust weight value then press "START".

### How to use heart rate

#### 1. Handle pulse

- 1) hold the handle pulse set;
- 2) Please wait 15-30s;
- 3) Heart rate Will be show in heart rate window.

#### 2. Wireless heart rate

- 1) Fasten chest belt;
- 2) Please wait 5s;
- 3) Heart rate Will be show in heart rate window.

### "SI" and "ENG" switch

Hold "ENTER" button to "SI" and "ENG" switch mode after 3s when turn on.  
Press resistance degree up and down button to switch.

## Troubleshooting Guide

Malfunction	Probable Cause	Corrective Action
Heart rate reading is erratic or absent entirely	Belt transmitter electrodes are not wet enough to pick up accurate heart rate readings.	Wet the belt transmitter electrodes.
	Belt transmitter electrodes are not laying flat against the skin.	Ensure the belt transmitter electrodes are laying flat against the skin.
	Belt transmitter needs cleaning.	Wash the belt transmitter with mild soap and water.
	Belt transmitter is not within 3 feet (one meter) of the heart rate receiver.	Make sure the chest strap transmitter is within three feet (one meter) of the heart rate receiver.
	Chest strap battery is depleted.	Contact Customer Support Services for instructions on how to have the chest strap replaced.
Abnormally elevated heart rate readings	Electromagnetic interference from cell phones.	Move the cross-trainer a few inches away from the probable cause, or move the probable cause a few inches away from the cross-trainer, until the heart rate readings are accurate.
	Electromagnetic interference from computers.	
	Electromagnetic interference from cars.	
	Electromagnetic interference from high voltage power lines.	
	Electromagnetic interference from motor driven exercise equipment.	
	Electromagnetic interference from another heart rate transmitter within three feet (one meter).	

## Troubleshooting Guide

Malfunction	Correction Action
1. Belt slips	<ul style="list-style-type: none"> <li>a. Adjust the tension spring</li> <li>b. Regulate the tension board</li> <li>c. Replace the belt</li> <li>d. Call customer service</li> </ul>
2. Noise	<ul style="list-style-type: none"> <li>a. Check magnetic control device</li> <li>b. Check bolt and bearing</li> <li>c. Check driver</li> <li>d. Call customer service</li> </ul>
3. No feedback on display windows	<ul style="list-style-type: none"> <li>a. Pull out the plug of console and re-plug it under working condition</li> <li>b. Check the plug of console and controller</li> <li>c. Replace the console</li> <li>d. Replace the controller</li> <li>e. Call customer service</li> </ul>
4. Pedal become flexible	<ul style="list-style-type: none"> <li>a. Tighten the pedal with spanner</li> <li>b. Replace the pedal</li> <li>c. Replace the crank</li> <li>d. Call customer service</li> </ul>
5. Strengthless	<ul style="list-style-type: none"> <li>a. Check low controller</li> <li>b. Check console</li> <li>c. Check magnetic device</li> </ul>
6. Console inactive	<ul style="list-style-type: none"> <li>a. Re-start until the appliance stop completely</li> <li>b. Replace the console</li> <li>c. Call customer service</li> </ul>



