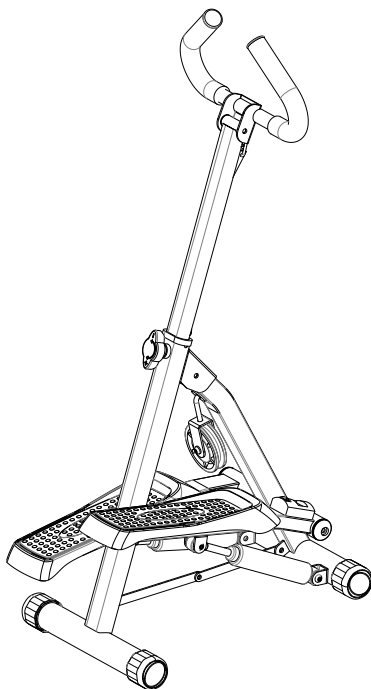


Wayflex®

STEPPER



USER'S GUIDE

- ▲ Read all precautions and instructions before using this equipment.
- ▲ After reading, keep this user's guide in a safe place for future reference.

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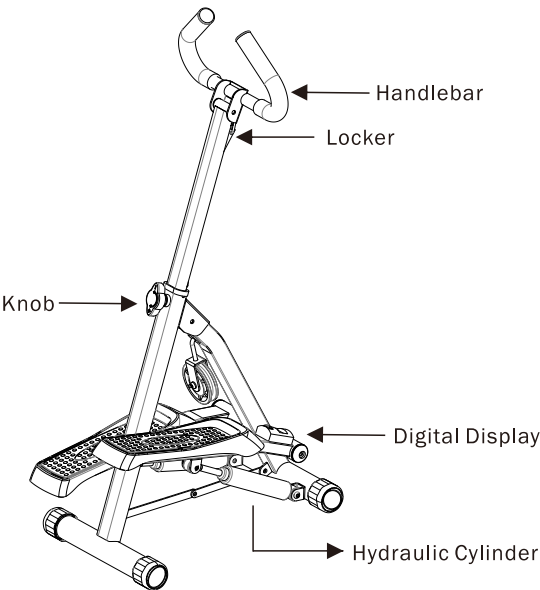
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YOUR WAYFLEX FOLDING STEPPER



Please be sure that you read everything on the next page before use. Failure to do so may result in injury. Users assumes the risk of injury and all liability resulting the use of this product.

IMPORTANT PRECAUTIONS

To reduce the risk of serious injury, read all important precautions and instructions in this user's guide before use. Users assumes the risk of injury and all liability resulting the use of this product. It is also user's responsibility to take proper care of your Wayflex Folding Stepper.

WARNING

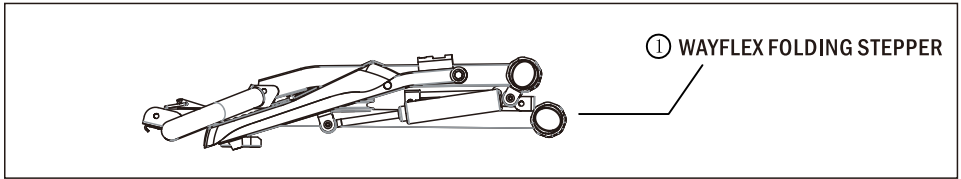
- Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
- Use the Wayflex Folding Stepper only as described in this manual.
- The Wayflex Folding Stepper is intended for home use only. Do not use the Wayflex Folding Stepper in a commercial, rental, or institutional setting.
- Keep the Wayflex Folding Stepper indoors, away from moisture and dust. Do not put the Wayflex Folding Stepper in a garage or covered patio, or near water.
- Place the Wayflex Folding Stepper on a level surface with at least 2 ft. (0.6 m) of clearance around the Wayflex Folding Stepper.
- Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
- The Wayflex Folding Stepper should not be used by persons weighing more than 100 kg.
- Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
- Always check your unit before each use, and ensure that all nuts and bolts are tight, and that the unit is in good working condition.
- Do not allow more than one person on the Wayflex Folding Stepper at any time.

ATTENTION

- It is the responsibility of the owner to ensure that all users of the Wayflex Folding Stepper are adequately informed of all precautions.
- Wear appropriate clothes while exercising.
- Keep children under age 12 and animals away from the Wayflex Folding Stepper.
- Always keep your back straight while using the Wayflex Stepper; do not arch your back.
- Warm up at least 5 minutes before workout and cool down at least 5 minutes afterwards.

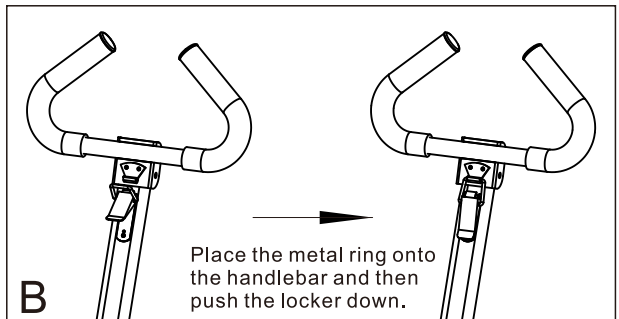
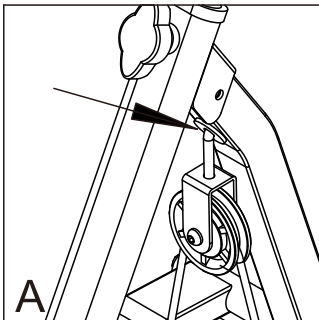
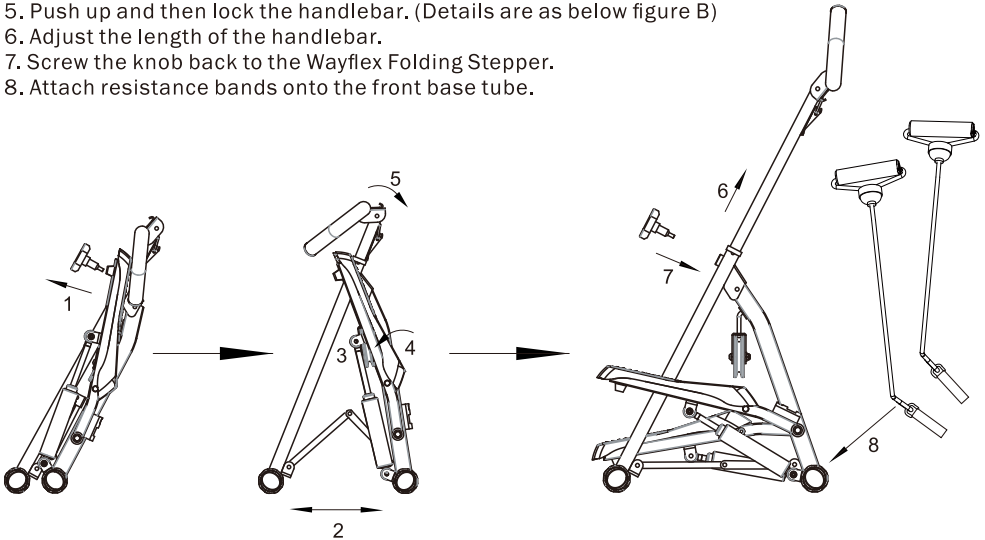
ASSEMBLY INSTRUCTIONS

PART IDENTIFICATION CHART



Follow below figures to unfold the Wayflex Folding Stepper.

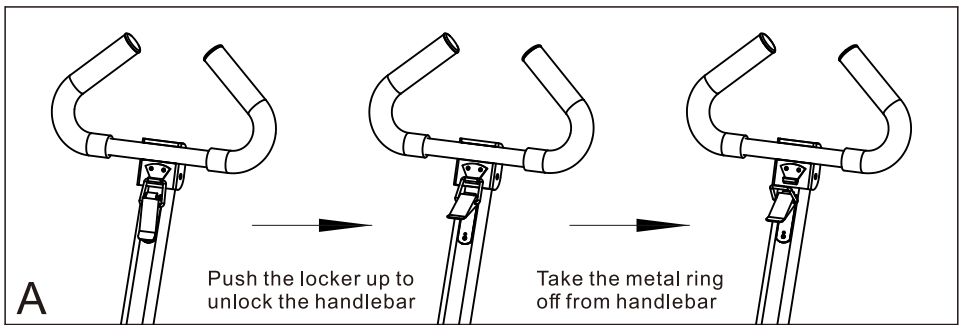
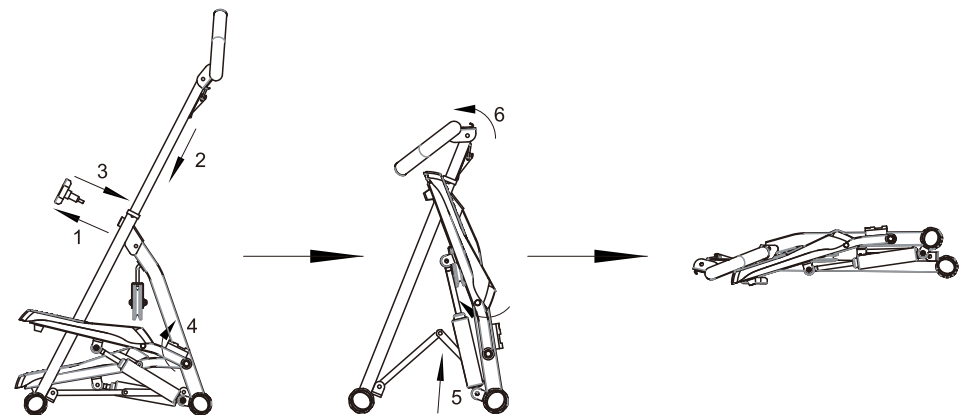
1. Take the knob off from the Wayflex Folding Stepper.
2. Unfold the Wayflex Folding Stepper.
3. Check if the pulley wheel is well inserted into the front tube. (Details are as below figure A)
4. Push both pedals down.
5. Push up and then lock the handlebar. (Details are as below figure B)
6. Adjust the length of the handlebar.
7. Screw the knob back to the Wayflex Folding Stepper.
8. Attach resistance bands onto the front base tube.



FOLDING INSTRUCTIONS

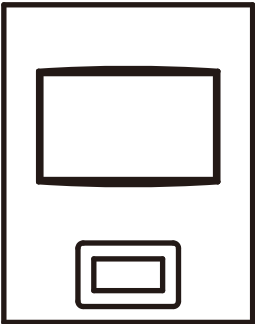
Follow below figures to fold the Wayflex Folding Stepper up.

- 1. Take the knob off.
- 2. Push the handle tube down, so it can be stored inside the base frame.
- 3. Screw the knob back to the Wayflex Folding Stepper, so it will not get lost.
- 4. Push both pedals up.
- 5. Fold the metal tubes at the bottom up, so the Wayflex Folding Stepper can also be folded up accordingly.
- 6. Unlock and fold up the handlebar. (Details are as below figure A)



METER INSTRUCTIONS

SCAN	Display <rotating> 5 seconds for every mode
TIME	0:00-99:59 (Duration of exercise)
COUNT	The accumulative rotary times
REPS	The number of rotary times per minute
CALORIE	0-999.99 (Calories burned)



FUNCTION BUTTONS

Press the button to select any specific data to continuously display on the monitor. If you do not select any specific data, then each data will be shown for 5 seconds.

To reset the data values, press and hold the button for few seconds .

FUNCTIONS AND OPERATIONS

Battery(LR44) Installation:

1. Replacing the battery will reset ALL values on the meter to ZERO.
2. If the computer displays data abnormally, please remove the battery and try again.

Auto On/Off:

1. The system turns on when you press the button or when you begin to do rotation exercise.
2. The system turns off automatically approximately 4 minutes after you have stopped using the unit.

EXERCISE INSTRUCTIONS



STEP VARIATIONS

- (1) Standing Upright Step: These are the steps with full movement up and down.
- (2) ½ Squat Long Step: In a squat position, step fully up and down on the stepper.
- (3) Sprinting Half Step: Movement of feet rapidly and take half steps to increase speed of your step in a half squat position.



BICEPS CURL

- Stand on the stepper, grasp both ends of the band in each hand.
- Keep your back and head straight, chest up and stomach tight.
- To begin, straighten arms with palms facing down and elbows into the side of the body.
- Pull the handles up and bend your arms until hands are chest high.



FRONT RAISE

- Stand on the stepper, grasp both ends of the band in each hand.
- Keep your back and head straight, chest up and stomach tight.
- Your arms should be straight down, palms facing back and elbows into the side of body.
- Lift your arms straight out in front of you and then return to starting position.



SIDE RAISE

- Stand on the stepper, grasp both ends of the band in each hand.
- Your arms should be straight down, palms facing towards your body and elbows into the side of your body.
- Lift both arms up sideways to shoulder level, return to starting position.



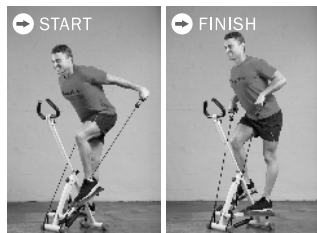
UPRIGHT ROW

- Stand on the stepper, grasp both ends of the band in each hand.
- Your arms should be straight down, palms facing towards you and in front of your body.
- Raise elbows out to the side letting them bend so that your hands raise to about your collarbone.
- Lead the upward motion with your elbows and slowly lower to start position.



SKI PUMP

- Stand on the stepper, grasp both ends of the band in each hand holding at waist level with palms facing in.
- Keep arms straight, pump the arms backwards and forwards whilst leaning forward.



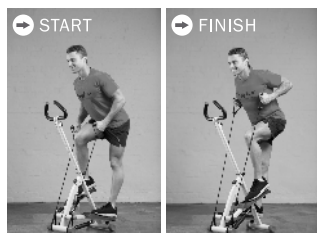
TRICEPS KICKBACK

- Stand on the stepper, grasp both ends of the band in each hand holding at waist level with palms facing inwards.
- Reach your arm backwards, then bend at 90 degrees forward then returning back.



CHEST FLY

- Stand on the stepper, grasp both ends of the band in each hand holding at waist level with palms facing inwards.
- Lift straight arms outwards at 45 degrees, pulling the bands open and close in front of the body.



BENT OVER ROW

- Stand on the stepper, grasp both ends of the band in each hand holding at waist level with palms facing inwards.
- Begin with your arms hanging down.
- Keep your elbows tucked close to your body as you pull the band back towards your waist.
- Pause at the top, lower the arms back down and repeat.



STANDING ROTATION

- Stand on the stepper, grasp both ends of the band in each hand holding at chest level.
- Lift your arms straight out in front of you and twist them from side to side engaging the core throughout the movement.



ROMANIAN DEADLIFT

- Stand on the stepper, grasp both ends of the band in each hand holding at shoulder level.
- Hinge at the hips feeling a stretch at the hamstrings, whilst keeping your back arched.
- Look forward and explosively extend your hips to come up straight and squeeze the bum.



BAND SQUAT

- Stand on the stepper, and keeping the steps level with each other.
- Grasp both ends of the band in each hand and hold it at shoulder level with palms facing inwards.
- Squat down as low as you can without losing the arch in your lower back.
- Explosively extend your hips to come back up and squeeze the bum.

STRETCHES

Stretching while your muscles are warm after a proper warm-up and again after your strength or aerobic training session is very important. Muscles stretch more easily at these times because of their elevated temperature, which greatly reduces the risk of injury.

SUGGESTED STRETCHING EXERCISES



Hamstring Stretch

Extend one leg and rest your heel onto stepper. Reach forward with both arms, place onto extended leg above the knee and bow forward from the hips, until you feel stretch in the back of the legs.

Hold for 30 seconds, and then switch sides



Quad Stretch

Stand with feet together. Bend one leg and reach back and grasp that foot with the same-side hand. The other hand can hold onto the stepper. Keeping your knees in line, press your hips forward and gently pull your foot toward your rear to feel a stretch in your thigh.

Hold for 30 seconds. Switch sides.



Triceps Stretch

Reach your hand behind your head, grasp your elbow and gently pull.

Hold for 10 to 20 seconds, then switch sides.



Standing Prayer Pose

From a standing position, grab onto stepper and bend forward. Sit back onto your heels while stretching your arms as far as possible overhead. Press your hips back while dropping your torso toward the floor.

Hold for 30 seconds.