

MINI STEPPER

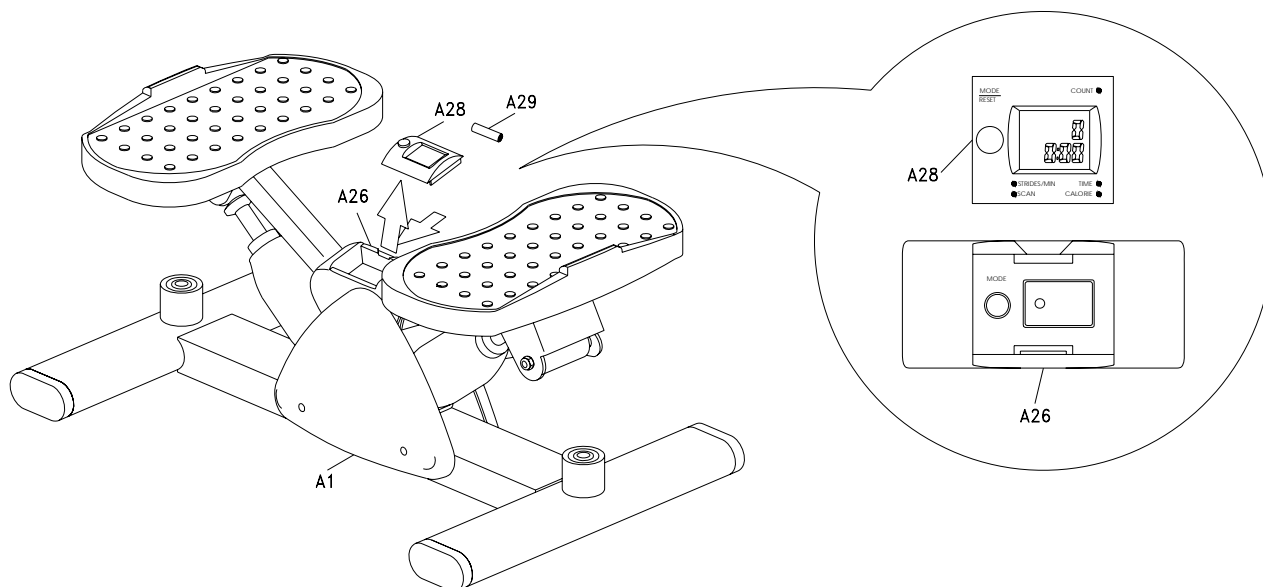


MODEL: **FS3400**

SPORTOP®

Owner's Operating Manual

ENGLISH



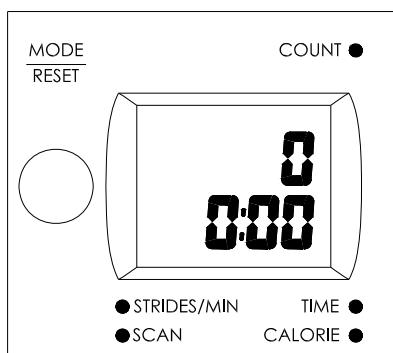
How to replace the battery:

Step.1 To pull open the meter(A28) from the housing(A26).

Step.2 Take out the battery from the meter and put the new one into the meter (A28).

Step.3 pay attention to positive/negative pole of the battery while assembling the new battery.

Step.4 Equip the meter onto the housing (A26) as per the instruction inside the housing (A26).



EXERCISE COMPUTER FUNCTION BUTTONS

MODE/RESET: PRESS TO SELECT EACH FUNCTION AND HOLD ON THE BUTTON FOR 3 SECONDS, ALL VALUE WILL BE RESET TO ZERO.

FUNCTIONS:

SCAN: AUTOMATICALLY SCANS EACH FUNCTION IN SEQUENCE.

TIME: COUNTS FROM ZERO UP TO 99:59 IN ONE SECOND INCREMENT.

CALORIES: ACCUMULATES THE CALORIE CONSUMPTION DURING EXERCISE.
THIS IS A ROUGH GUIDE ONLY AND SHOULD BE USED AS A
COMPARISON OVER SEVERAL EXERCISE SESSIONS.

COUNT: ACCUMULATES THE NUMBERS OF STRIDE DURING WORKOUT SESSION.

STRIDES/MIN: DISPLAYS STRIDES IN EVERY MINUTE.

NOTE:

1. TO TURN ON THE POWER, JUST PRESS ANY BUTTON OR START EXERCISE.
2. WITH NO SIGNAL TRANSMITTED TO THE COMPUTER FOR 4 MINUTES, THE COMPUTER WILL SHUT OFF THE LCD DISPLAY AUTOMATICALLY.
3. BATTERY SPEC: 1.5V UM-4 OR AAA(1 PCE).