

TWISTER STEPPER

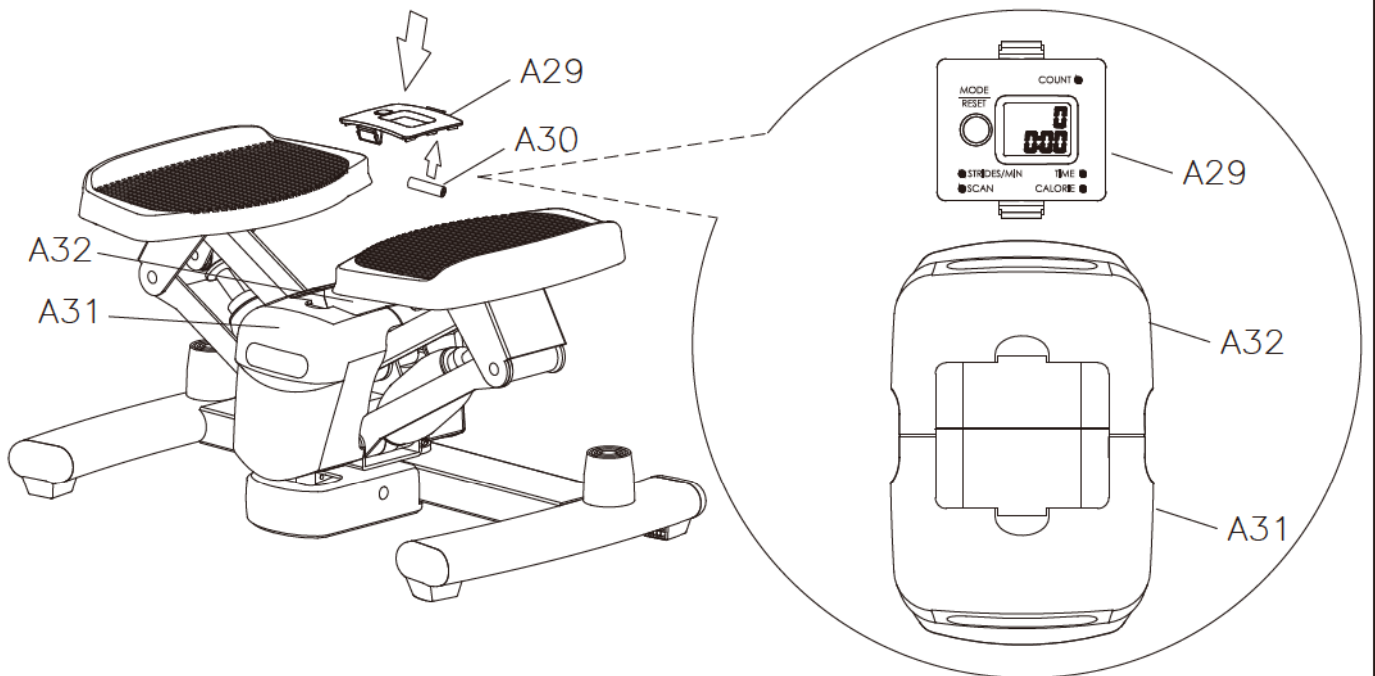


MODEL: **FS3550**

SPORTOP®

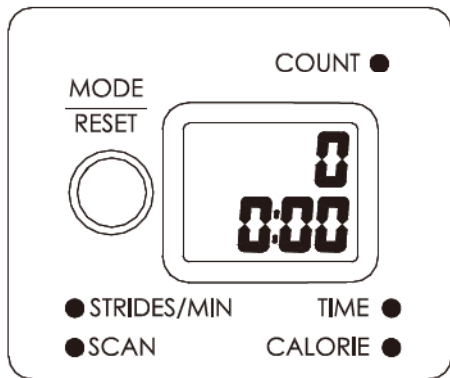
Owner's Operating Manual

ENGLISH



HOW TO REPLACE BATTERY:

- Step1. To pull up the meter(A29) from the housing of front side cover(A31)& rear side cover(A32).
 - Step2. Take out the battery from the meter and put the new one into the meter(A29).
 - Step3. Pay attention to positive/negative pole of the battery while assembling the new battery.
 - Step4. Equip the meter(A29) onto the housing of front side cover(A31)& rear cover(A32).
- P.S. There is no exact positive or negative side of this model, so the console position can be changed according to your body exercise direction.



EXERCISE COMPUTER

FUNCTIONS

TIME	0:00	-	99:59
COUNT	0	-	9999
STRIDES/MIN	0	-	480
CALORIES	0	-	9999

DESCRIPTION

AUTO ON /OFF

- ◇ The system turns on when any key pressed, any signal input, or starting to exercise .
- ◇ Without any signal for 6 seconds The LCD display will shows "STOP".
- ◇ Without any signal for 4 minutes, The LCD will off automatically.

SCAN

- ◇ Scan automatically through each function in sequence so that you can monitor your progress without pressing SELECT button .
- ◇ When the exercise computer during SCAN function the LCD display will show "◀"
- ◇ Display repeatedly as following order : STRIDES/MIN→TIME→CAL

BATTERIES

- ◇ BUM4 "AAA" battery one pieces.
- ◇ Replace the batteries through the backside of the unit.

KEY FUNCTIONS

MODE

- ◇ To press SCAN or LOCK to stops repeatedly display functions. To press MODE to fix function which you chosen. The pointer will show what function displayed.
- ◇ To press the MODE key once the pointer stops blinking and lock on the function which you chosen.

NOTE

1. Do not expose under sunlight for a long time.
2. To avoid wet, humid or moist, to avoid any impact intensely.