

2 IN 1 STEPPER

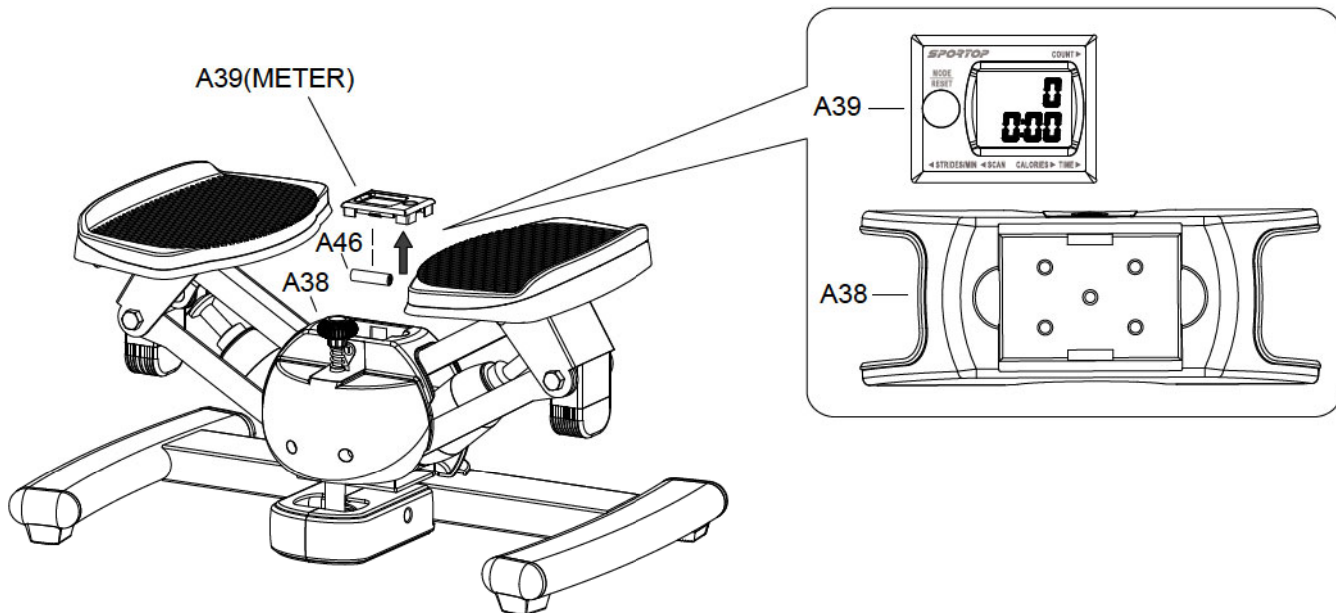


MODEL: **FS5000**

SPORTOP®

Owner's Operating Manual

ENGLISH



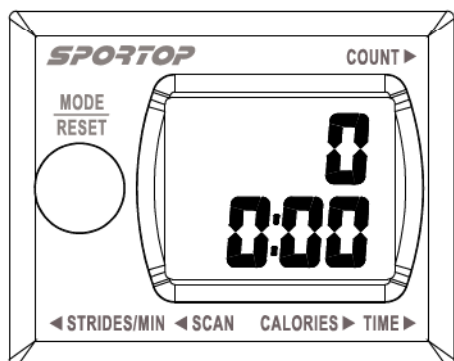
How to replace the battery:

Step.1 To pull open the meter(A39) from the housing(A38).

Step.2 Take out the battery from the meter and put the new one into the meter (A39).

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

Step.4 Equip the meter onto the housing (A38) as per the instruction inside the housing (A38).



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

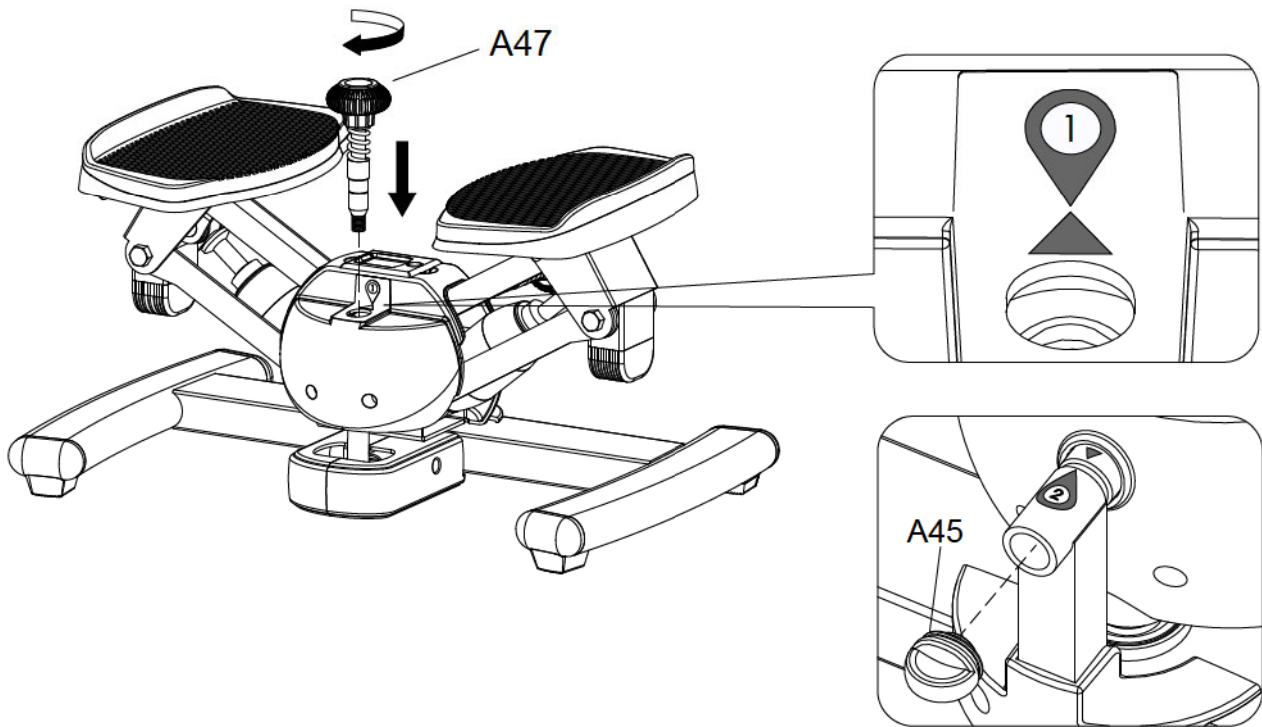
- ◇ To press SCAN or LOCK to stops repeatedly display functions. To press MODE to fix function which you chosen. The pointer will show what function displayed.
- ◇ To press the MODE key once the pointer stops blinking and lock on the function which you chosen.

NOTE

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

USAGE 1 – TWISTER

1. Make sure the arrow point 1 with alignment (as the right image) before using.
2. After clockwise to lock the knob (A47) into position (hole 1), the pipe stopper (A45) could be put into hole 2.



USAGE 2 – STEPPER

1. Make sure the arrow point 2 with alignment (as the left image) before using.
2. After clockwise to lock the knob (A47) into position (hole 2), the pipe stopper (A45) could be put into hole 1.

