

NordicTrack® Mini Stepper



Congratulations! By purchasing the NordicTrack® Mini Stepper you have taken the first step toward enhancing your physical fitness. Your Mini Stepper is designed to provide you with all the benefits of a low-impact cardiovascular workout in the convenience of your home. The Mini Stepper is compact and portable, perfect for use almost anywhere.

Model Number NTST00890

NordicTrack® is a registered trademark of ICON Health & Fitness, Inc.

BEFORE YOU BEGIN

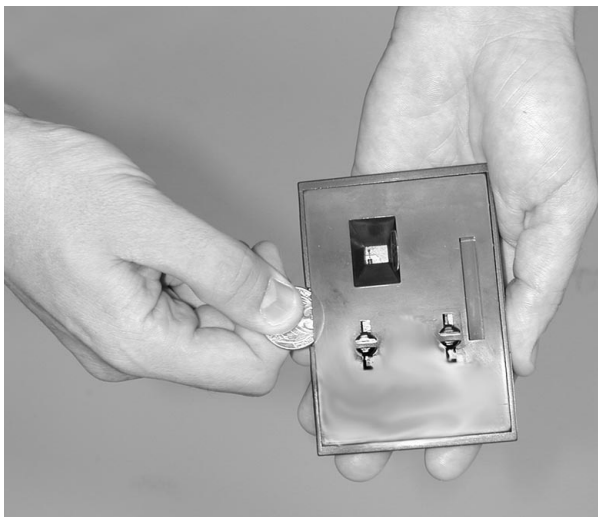
For your safety and benefit, carefully read these instructions before using the Mini Stepper. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory. Please call our Customer Service Department toll-free at 1-888-825-2588, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

ASSEMBLY

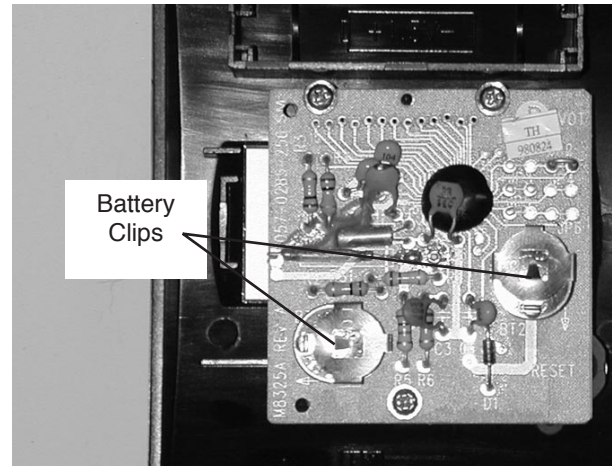
Set all parts of the Mini Stepper in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is complete. No tools are required for assembly.

1. Your NordicTrack® Mini Stepper workout monitor is easy to install. You will need two 1154 watch batteries.

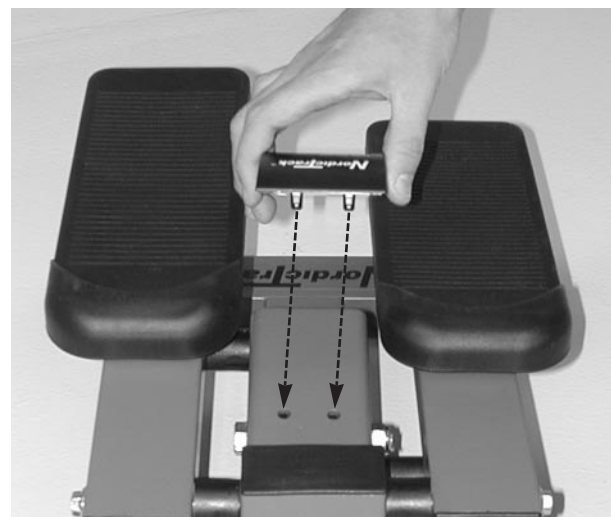
Using a coin, pry open the monitor as shown below. Lift the back off the monitor.



Next, turn the 1154 watch batteries so the positive (+) sides are facing up and insert them into the battery clips. Snap the monitor back together.



2. Press the two posts on the back of the monitor into the holes in the center of your Mini Stepper as shown below.



MONITOR OPERATION

Your workout monitor helps you achieve your fitness goals by providing instant exercise feedback. The modes and functions are described below.

TIME—Measures elapsed time up to 99:59 minutes.

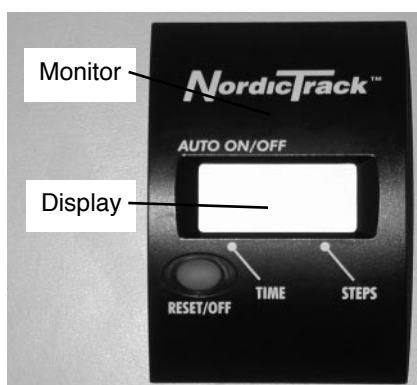
STEPS—Monitors the number of steps up to 9,999.

AUTO ON/OFF—The monitor activates when the stepper is in motion. The monitor shuts off automatically after five minutes of inactivity.

RESET/OFF—Press this button to reset the monitor to zero or to turn off the monitor.

To use the monitor, turn on the power by pressing the RESET/OFF button or begin stepping. The monitor will automatically begin scanning the Time and Steps modes in five second intervals. The monitor shuts off automatically after approximately five minutes of inactivity.

If the monitor display becomes faint or the monitor quits operating, change the batteries.



BATTERY INSTALLATION

Before the console can be operated, two 1154 batteries must be installed. If you have not installed batteries, or if your monitor is not working properly, see assembly step 1 in this manual.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read these precautions before using the stepper.

1. Read all instructions before using the stepper and use it only as described. It is the owner's responsibility to ensure that all users are adequately informed of all precautions.
2. Use the stepper indoors on a level surface. Place a mat under the stepper to protect the floor or carpet.
3. Inspect and tighten all parts regularly.
4. Keep children under age 12 and pets away from the stepper at all times.
5. The stepper weight limit is 225 pounds.
6. Wear shoes when using the stepper.
7. If you feel pain or dizziness while exercising, stop immediately and cool down.
8. Do not use the stepper in a commercial, rental, or institutional setting.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or con-

sequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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