

Dear Customer: Hello!

Thank you for choosing Niceday Stepper.

To ensure you have a pleasant shopping experience, we hope you take a moment to read the following notes:

Niceday steppers come ready to use out of the box and require no additional assembly. When you receive the stepper, please make sure that the cable at the bottom of the stepper is in the correct position, and then turn the orange knob in the direction of "+" and tighten it (the orange knob adjusts the connection between the two pedals and the step height during exercise, the more you rotate to "+", the higher the step height, the greater the difficulty, and vice versa)

You may encounter some problems during use, you can solve them as follows:

1. **Loose pedals/insufficient step height:** Turn the orange knob on the bottom of the Stepper in the direction of "+". You send new Steppers for free.

2. **The cable is stuck or loose:** please provide us with pictures or videos, we are willing to send you a new Stepper.

3. **The display screen does not count:** firstly, make sure that the wire of the display screen is tightly connected with the stepper, and secondly, a battery is included in our manual, please replace the battery; or contact us, we are willing to refund part of the money for you to buy by yourself new battery.

The most important thing is: if you want the stepper to count correctly, you can adjust the step length by adjusting the orange knob. When the step length is enough, the silicone pad under the pedal touches the bottom bar and counts.

4. **The display screen is damaged due to logistics:** please contact us, we will resend the display screen to you.

5. **There is abnormal sound when using the stepper:** tighten the orange knob, or drop lubricating oil on the joints at the bottom of the machine, if it still doesn't work, please contact us.

6. **Reset the counter to zero:** Long press the orange button in the middle of the display for about 2-3 seconds.

7. **The range of motion is small during use:** Please rotate the orange knob at the bottom of the Stepper in the direction of "+". The larger the rotation range, the greater the range of motion and the higher the difficulty.

8. **Knee pain during use:** Using a stepper is the same as running. It will inevitably put pressure on the knee during exercise, and you will not feel uncomfortable when using it under normal circumstances. If you feel knee pain, for your health, we recommend reducing the exercise time, slowing down the step height, while applying heat with a towel, and gradually increasing the exercise intensity as needed.

No matter you encounter any problems, please feel free to contact us, we have a lifetime warranty and high-quality after-sales service, we guarantee to provide you with a satisfactory solution. When contacting us, it would be great if you can attach pictures or videos. Our customer service will understand the problems you encounter more intuitively and help you solve them.

If you are satisfied with our product service and after-sales service, you are welcome to recommend it to your friends and family.

Thank you for your support and trust.

I wish you a happy life!

——NICEDAY FITNESS