

## MINI STEPPER



**INSTRUCTION MANUAL  
EXERCISE GUIDE**

## Why the Mini Stepper is good for you

- The mini stepper can be a better alternative to jogging and running that will not give too much pressure on your knee joints.
- It can make your legs firmer and more slender.
- It can make your buttocks more toned and more lifted.
- Its twisting movement can increase your body's flexibility.
- It occupies only a small space, so you can take it anywhere with you.
- It is an ideal cardio exercise that mimics walking - a moderate aerobic activity. We recommend using your mini stepper at least 150 minutes a week.

## Ideal Users

We highly recommend our mini stepper for:

- \*those who cannot squeeze gym time or jog time in their schedule
- \*those who want to tone their legs and calves
- \*those who want to lose weight and trim their body
- \*those who want to start their fitness journey
- \*those who want to improve functions of their joints and bones

## Product Features

### Display

The monitor records your stepping time (TIME), the total number of strides you took (COUNT), the rate of strides per minute (REPS/MIN), and the **calories burned (CAL). The monitor will also scan (SCAN) each function in sequence every six seconds.**

*Note: The amount of calories burned will only be an estimate as it still varies according to body type, age, and level of physical activity.*

### Snap-lock

Our circlip lock is secure and does not fall off easily. Its semi-circular decorative cover protects the body from being scratched.

### Balance bar drive

Our classic balance bar ensures that you can pedal without worrying about losing your balance while stepping.

### Massage Pedal

Our new ABS material pedal is non-slip and wear-resistant, so you can exercise comfortably and stay safe during your workout.

### CHOOSE YOUR RESISTANCE LEVEL!

Our resistance bands are made in different sizes, each corresponding to a level of tension depending on the type of workout you desire to do and intensity level you wish to take on. Choose among the following resistance levels:

- 50cm = 25lbs
- 70cm = 20 lbs
- 100cm = 15 lbs



### Data Module

With our latest magnetic induction module, data transmission becomes more accurate!

### Hydraulic Cylinder

Our hydraulic cylinder has been tested for over a million times to ensure quality and performance!

## How to Use the Mini Stepper

Optional: Hold the exercise handles (Do this step only if you want to use the resistance bands).

1. Step onto the machine with one foot on each foot pedal.
2. Allow your arms to be somewhat loose so you can focus primarily on the movement of your legs.
3. Step downward with one foot. This will then cause the other foot pedal to rise at the same time.
4. Once you reach the peak of the pedal with the top foot, press the pedal down instantly with the same foot and allow the other foot to rise.
5. Start your exercise slowly, and then eventually increase your speed as you get more comfortable with the movement to achieve an effective workout.
6. Incorporate exercises while you are on the mini stepper to make it more challenging and fun.

*Pro-tip: Turn on your favorite music and follow along the rhythm so you can make your workout even more fun! You can also try placing the mini stepper in front of your TV so you can do your workout while enjoying your favorite TV show.*

## EXERCISE GUIDE

*Note: Perform the following exercises while stepping up and down the Mini Stepper for a more challenging and more effective workout. The resistance bands vary in size. Choose them according to your height, desired resistance level, and workout difficulty.*

**For 50cm:**

### Alternating Bicep Curl

1. Hold the handles of the resistance bands in each hand using an underhand grip.
2. Start curling your arms toward your chest in an alternating method.



### Bent-Over Raises

1. Hold the handles of the resistance bands and slightly bend your knees. Lean forward from the hips.
2. Keep a flat back while executing the routine.
3. Pull the bands to your sides slowly before bringing them back to the original position.
4. Repeat as many reps as you can.



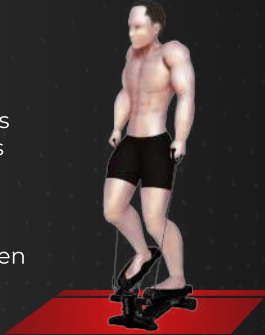
### Upright Shoulder Row

1. Hold the handles of the resistance bands using an overhand grip.
2. Pull the resistance bands simultaneously up onto shoulder level, with your elbows extending, and continue pulling it up until your hands are above your head and bring it down before repeating the exercise.



### Shoulder Shrugs

1. Grab the handles of the resistance bands and slowly shrug your shoulders as high as your ears, contracting your muscles.
2. Once you reach the top of the position, hold for a count on the contraction and then return to the starting position.



### Tricep Kickback

1. Grab the handles of the resistance bands, lean forward slightly, and bring them to the side of your hips.
2. Keep your elbow towards your body.
3. Extend your arms slowly as far as you can, squeezing your tricep.
4. Return to starting position and repeat for as many reps.



For 70cm/100cm:

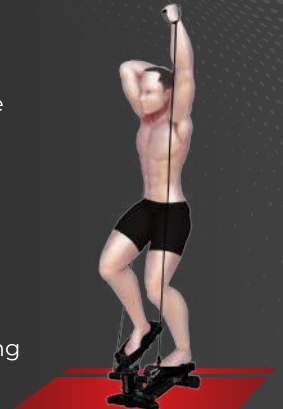
### ALTERNATING SHOULDER PRESS

1. Hold a resistance band handle in each hand just above shoulder height with your arms facing forward.
2. Press one arm up over your head while standing upright, keeping your chest up and your shoulders back.
3. Return to your starting position.
4. Perform the same steps on the other side.



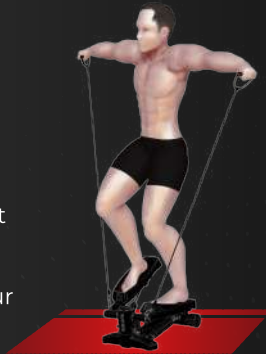
### ALTERNATING OVERHEAD TRICEPS EXTENSION

1. Slowly lift one resistance band handle above your head.
2. With your elbow tucked in and arm close to your head, lower the handle behind your head until your elbow and forearm make a 90-degree angle. Make sure that you are doing this while keeping your upper arm in place, only moving your forearm.
3. Using your tricep's strength, drive the resistance band handle upward in a controlled manner, returning to your starting position.
4. On the way back up, slowly do the exercise on the other arm, lowering the other handle.



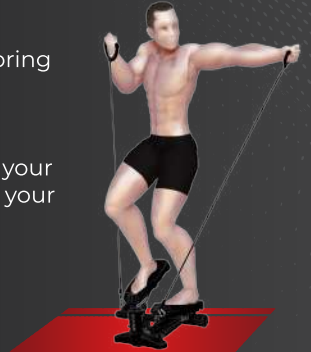
## FRONT AND LATERAL RAISES COMBO

1. Hold a resistance band handle in each hand, with your palms facing back.
2. Raise the handles in front of you until your arms are parallel to the floor. Slowly lower them back to your starting position.
3. Turn your hands so your palms are facing each other, and handles are held at the sides.
4. Raise the handles to the sides until your arms are parallel to the floor. Slowly lower them back to your starting position.
5. Do the steps in an alternating manner. Repeat the pattern as many times as you desire.



## BACK FISTS SIDE TO SIDE

1. Hold a resistance band handle in each hand, begin by bending your elbows to bring the handles up at chin-level. Your hands should be facing each other.
2. Extend one arm to the side by driving your fist, mimicking the motion of a back fist; your arm should only extend at shoulder-level.
3. Return to your starting position.
4. Do the same steps on the other arm.



## CROSS-BODY HAMMER CURLS

1. With your chest up, hold a resistance band handle in each hand.
2. Keeping your upper arm in place, curl your right arm up to bring the handle to your left shoulder.
3. Lower the handle back to your starting position.
4. Repeat the same steps on the other side.



## OTHER EXERCISES YOU CAN DO WITH THE MINI STEPPER:

Simply go to [www.nordiclifiting.com/bonus](http://www.nordiclifiting.com/bonus) to watch demonstration videos so you can execute the following exercises:

### 50cm:

Bent Over Rows  
Deadlift  
Good Mornings  
Narrow Squats

### 70cm/100cm:

Chest Expansions  
Jabs/Forward Punches  
Elbow Kicks  
The Lawnmower  
Alternating Dumbbell Curls  
Dumbbell Extensions  
Power Circles  
Alternating Shoulder Raise  
With Lunges

## MAINTENANCE AND CARE

### How to Oil Your Mini Stepper

If you notice a squeaking noise or screeching from your mini stepper, it means that it might be in corrosion or some parts are stuck, and the equipment needs lubrication.

*Note: Do not over-lubricate the parts of the mini stepper, a few drops is enough to solve your problem. Refer to the image below for these parts.*

### LUBRICATION SERVICE GUIDE



1. Prepare the area where you will oil your mini stepper. Put a mat under the mini stepper to keep the floor from getting dirty.
2. Put small drops of oil on Part A near the display of the mini stepper (check the photo).
3. Turn over the mini stepper and put small drops of oil on Parts B, C and D (check the photo), and turn the stepper back to its original position.
3. Once you are done, use the stepper for at least 2 minutes to spread the oil in the spring. Repeat the procedure if the squeaking sound still persists.

### How to Clean Your Mini Stepper

1. Clean the mini stepper using a dry cloth; never use a damp or wet cloth.

### How to Store Your Mini Stepper

1. When not in use, store your mini stepper in a clean and dry place.
2. To move the mini stepper, hold its front and rear stabilizers. Refrain from grabbing the pedal arms to move it.


## TROUBLESHOOTING GUIDELINES

Here are some guidelines when you encounter the following problems with your Mini Stepper:

PROBLEM	CAUSE	SOLUTION
The display is not showing on the monitor.	Battery is drained.	Replace the AAA battery with a new one (this is located under the display).
The pedal and other parts of the stepper are squeaking.	Parts need to be lubricated.	Lubricate your stepper at least once a month. Check our maintenance guide for the comprehensive instructions.

## WARNING

1. Read the entire manual thoroughly before using the mini stepper.
2. To gain results effectively, ensure proper posture and the correct usage of the parts of the mini stepper.
3. The mini stepper is for adults only. Keep away from children.
4. Use the mini stepper in a solid, flat level surface. Make sure that the area where you will workout has plenty of free spaces.
5. Wear suitable active gear when exercising. Avoid loose clothing or any other garments that may get caught in the mechanism.

6. Do not touch the cylinder  while you do your exercise.
7. Before starting your exercise, ensure all nuts and moving parts are tight and secure. If you find defective components during assembly and when checking the equipment, or if you hear unusual noises from the stepper during use, immediately stop and do not use until the problem is resolved.
8. Check the bolts and nuts of the mini stepper regularly, including all parts, to ensure that it is 100% in good condition.
9. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, immediately stop the workout and seek medical advice.
10. This equipment is for home use only.

## Warranty

Here at Nordic Lifting, we are confident that everything offered is guaranteed to last. We offer a 1-year warranty for defects of the Mini Stepper. Warranty does not cover wear and tear, self-inflicted damage, or lost/stolen products.

### +1 YEAR EXTRA WARRANTY

Turn your 1-year warranty into a 2-year warranty by registering within 14 days from the date of your purchase. Go to [www.nordiclifting.com/warranty](http://www.nordiclifting.com/warranty) to claim your warranty extension.

### Warranty Support

For any unresolved issues that you have with the Nordic Lifting Mini Stepper, you may contact our customer support team at +1 (662) 200-9787 or send us an email at [support@nordiclifting.com](mailto:support@nordiclifting.com). You can also connect with us instantly via live chat on our website; go to [www.nordiclifting.com](http://www.nordiclifting.com) and let us know how we can help you!

WWW.NORDICLIFTING.COM

Got a problem?  
Don't hesitate to contact us!  
We'll always help you within 24 hours.

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