

SPORTSROYALS STAIR STEPPER

Owner's Manual & Assembly Instructions

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1. IMPORTANT SAFETY INFORMATION

WARNING - READ BEFORE USE

Before beginning any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems.

IMPORTANT SAFETY PRECAUTIONS:

- Maximum weight capacity: 330 lbs (150 kg)
- Use only on flat, stable surfaces
- Ensure adequate clearance around the stepper (at least 3 feet in all directions)
- Always warm up before exercising and cool down afterwards
- Stop exercising immediately if you feel dizzy, nauseous, or experience chest pain
- Keep children and pets away from the equipment during use
- Do not use if any parts are damaged or worn
- Wear appropriate athletic footwear with good traction
- Hold handrails or resistance bands for balance when needed

BEFORE FIRST USE

- Read all instructions thoroughly
 - Inspect all parts for damage
 - Ensure all bolts and connections are properly tightened
 - Test the stepper at low intensity before full workout
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2. PRODUCT OVERVIEW

The Sportsroyals Stair Stepper is a high-quality fitness machine designed to provide effective cardiovascular and lower body strengthening exercises. This twist stepper features:

KEY FEATURES:

- **Twist Action Movement:** Engages core muscles while providing cardiovascular benefits
- **Hydraulic Resistance System:** Smooth, quiet operation with adjustable intensity
- **Resistance Bands:** Upper body workout capability for full-body exercise
- **Heavy-Duty Construction:** 2mm high-quality steel frame with precision bearings
- **330 lb Weight Capacity:** Accommodates users of various sizes
- **Compact Design:** Space-efficient for home use
- **Non-slip Pedals:** Textured surface for secure footing

BENEFITS:

- Improves cardiovascular health
 - Strengthens legs, glutes, and core muscles
 - Burns calories effectively
 - Low-impact exercise suitable for joint health
 - Convenient home workout solution
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3. PACKAGE CONTENTS

Please verify all parts are included before assembly:

- Main stepper unit (pre-assembled)
- Left resistance band with handle
- Right resistance band with handle
- Instruction manual
- Hardware kit (if applicable)

TOOLS REQUIRED:

- No tools required for basic assembly
 - Phillips head screwdriver (if resistance band attachment requires adjustment)
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4. ASSEMBLY INSTRUCTIONS

STEP 1: UNPACK AND INSPECT

1. Carefully remove all components from packaging
2. Inspect each part for damage during shipping
3. Place stepper on a flat, stable surface

STEP 2: RESISTANCE BAND ATTACHMENT

1. Locate the resistance band attachment points on both sides of the stepper base
2. Thread the looped end of each resistance band through the attachment point
3. Pull the handle end through the loop to secure the band
4. Ensure both bands are securely attached and equal in length
5. Test the resistance bands by gently pulling to verify secure attachment

STEP 3: FINAL INSPECTION

1. Check that all hydraulic cylinders move smoothly
2. Verify pedals are level and secure
3. Test the twist action by gently rotating the pedal platform
4. Ensure resistance bands are properly attached and functional

ASSEMBLY COMPLETE

Your Sportsroyals Stair Stepper is now ready for use.

5. OPERATING INSTRUCTIONS

GETTING STARTED

1. **Position:** Place stepper on a flat, non-slip surface
2. **Stance:** Step onto pedals with balls of feet, maintaining shoulder-width stance
3. **Grip:** Hold resistance band handles or place hands on hips for balance
4. **Posture:** Keep back straight, core engaged, and look forward

BASIC STEPPING MOTION

1. **Start Position:** Both feet on pedals, knees slightly bent
2. **Step Down:** Press one foot down while the other rises
3. **Alternating Motion:** Continue alternating feet in a stepping motion
4. **Rhythm:** Maintain steady, controlled pace
5. **Breathing:** Breathe consistently throughout exercise

TWIST STEPPER TECHNIQUE

1. **Engage Core:** Tighten abdominal muscles
2. **Twist Motion:** Allow natural twisting motion of the stepper
3. **Controlled Movement:** Don't force the twist; let it happen naturally
4. **Balance:** Use resistance bands or maintain arm position for stability

RESISTANCE ADJUSTMENT

Hydraulic Cylinders:

- Most models have fixed resistance
 - Some models feature adjustable knobs at the base of cylinders
 - Turn clockwise to increase resistance
 - Turn counter-clockwise to decrease resistance
 - Start with lower resistance and gradually increase
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6. RESISTANCE BAND SETUP

PROPER FORM

1. **Grip:** Hold handles firmly with palms facing down
2. **Arm Position:** Keep elbows slightly bent
3. **Range of Motion:** Pull bands up and back, engaging upper body muscles
4. **Coordination:** Coordinate arm pulls with stepping motion

UPPER BODY EXERCISES

Basic Pull:

- Pull handles straight up while stepping
- Focus on back and shoulder muscles

Alternating Pull:

- Pull one handle while stepping with opposite foot
- Engages core and improves coordination

Chest Expansion:

- Pull handles apart at chest level
- Targets chest and rear deltoid muscles

SAFETY TIPS

- Inspect bands regularly for wear or damage
 - Replace bands if cracking or thinning is visible
 - Never overstretch bands beyond comfortable range
 - Ensure secure grip to prevent slipping
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7. WORKOUT GUIDELINES

BEGINNER PROGRAM (Weeks 1-2)

Frequency: 3 times per week **Duration:** 5-10 minutes per session **Intensity:** Low to moderate pace **Rest:** 1 day between sessions

Workout Structure:

- 2-minute warm-up (slow pace)
- 3-6 minutes main workout
- 2-minute cool-down (slow pace)

INTERMEDIATE PROGRAM (Weeks 3-6)

Frequency: 4-5 times per week **Duration:** 15-20 minutes per session **Intensity:** Moderate pace with intervals **Rest:** As needed

Workout Structure:

- 3-minute warm-up
- 10-15 minutes main workout (include 30-second fast intervals)
- 2-minute cool-down

ADVANCED PROGRAM (Week 7+)

Frequency: 5-6 times per week **Duration:** 20-30+ minutes per session **Intensity:** Moderate to high intensity **Rest:** 1 day per week

Workout Structure:

- 5-minute warm-up
- 20-25 minutes main workout (varied intensity)
- 5-minute cool-down

WORKOUT VARIATIONS

Fat Burning Zone:

- 60-70% maximum heart rate
- Steady, moderate pace
- 20-45 minutes duration

Cardio Intervals:

- Alternate between high and low intensity
- 1-2 minutes high intensity
- 1-2 minutes recovery pace
- Repeat 5-10 cycles

Full Body Workout:

- Incorporate resistance band exercises
 - Coordinate upper and lower body movements
 - Focus on compound movements
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8. MAINTENANCE & CARE

DAILY MAINTENANCE

After Each Use:

- Wipe down pedals and frame with a damp cloth
- Check for any loose bolts or connections
- Store in a dry area away from moisture

WEEKLY MAINTENANCE

Cleaning:

- Use mild soap and water to clean frame
- Dry thoroughly to prevent rust
- Clean resistance bands with damp cloth

Inspection:

- Check hydraulic cylinders for leaks
- Inspect resistance bands for wear
- Verify all connections are secure

MONTHLY MAINTENANCE

Lubrication:

- Check manufacturer specifications for lubrication points
- Use appropriate lubricant for moving parts
- Do not over-lubricate

Deep Cleaning:

- Disassemble resistance bands for thorough cleaning
- Inspect all hardware for wear
- Tighten any loose connections

STORAGE

Short-term:

- Store in dry, room temperature environment
- Keep away from direct sunlight
- Ensure adequate ventilation

Long-term:

- Clean thoroughly before storage
 - Store in original packaging if available
 - Inspect before returning to use
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9. TROUBLESHOOTING

COMMON ISSUES AND SOLUTIONS

Problem: Stepper makes noise during use

- **Cause:** Loose bolts, lack of lubrication, or worn parts
- **Solution:** Tighten all connections, lubricate moving parts, inspect for wear

Problem: Pedals feel uneven or wobbly

- **Cause:** Uneven surface, loose connections, or hydraulic issues
- **Solution:** Place on level surface, check all bolts, inspect hydraulic cylinders

Problem: Resistance feels too light or too heavy

- **Cause:** Improper adjustment or hydraulic fluid issues
- **Solution:** Adjust resistance knobs if available, check for hydraulic leaks

Problem: Resistance bands snap or stretch excessively

- **Cause:** Normal wear, overstretching, or manufacturing defect
- **Solution:** Replace bands, check attachment points, avoid overstretching

Problem: Twist action is too stiff or too loose

- **Cause:** Need for lubrication or adjustment
- **Solution:** Lubricate pivot points, check for obstructions

Problem: Pedals slip during use

- **Cause:** Smooth-soled shoes, wet pedals, or worn pedal surface
- **Solution:** Use proper athletic shoes, clean pedals, consider pedal replacement

WHEN TO CONTACT CUSTOMER SERVICE

- Hydraulic cylinder leaks
 - Structural damage to frame
 - Persistent mechanical problems
 - Warranty-related issues
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10. SPECIFICATIONS

DIMENSIONS AND WEIGHT

Overall Dimensions:

- Length: Approximately 16 inches (40 cm)
- Width: Approximately 12 inches (30 cm)
- Height: Approximately 8 inches (20 cm)
- Weight: Approximately 15-20 lbs (7-9 kg)

CAPACITY AND PERFORMANCE

Weight Capacity: 330 lbs (150 kg) **Resistance Type:** Hydraulic cylinders **Step Height Range:** Variable based on user weight and resistance **Twist Range:** Approximately 30 degrees each direction

MATERIALS

Frame: High-quality 2mm steel construction **Pedals:** Non-slip textured surface **Resistance Bands:** Durable latex or rubber construction **Hardware:** Corrosion-resistant steel fasteners

ENVIRONMENTAL CONDITIONS

Operating Temperature: 32°F to 100°F (0°C to 38°C) **Storage Temperature:** -10°F to 120°F (-23°C to 49°C) **Humidity:** Up to 80% relative humidity (non-condensing)

11. WARRANTY INFORMATION

LIMITED WARRANTY

Warranty Period: 1 Year from date of purchase

Coverage Includes:

- Manufacturing defects in materials and workmanship
- Hydraulic cylinder function
- Frame integrity
- Hardware and fasteners

Coverage Excludes:

- Normal wear and tear
- Damage from misuse or abuse
- Damage from improper assembly
- Resistance bands (considered consumable items)
- Damage from moisture, chemicals, or extreme temperatures

WARRANTY CLAIM PROCESS

1. **Contact Customer Service**
2. **Provide Proof of Purchase**
3. **Describe the Issue**
4. **Follow Instructions for Return or Repair**

CUSTOMER SERVICE CONTACT

Sportsroyals Customer Service

- Website: <https://sportsroyals.org/>
- Email: Available on website
- Phone: Available on website

When Contacting Support, Have Ready:

- Model number
- Purchase date and receipt
- Description of the problem
- Photos of any damage (if applicable)

IMPORTANT NOTES

- Keep this manual for future reference
- Register your product if registration is available
- Follow all safety guidelines for safe and effective use
- Consult healthcare providers before beginning any exercise program

Thank you for choosing Sportsroyals fitness equipment!

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