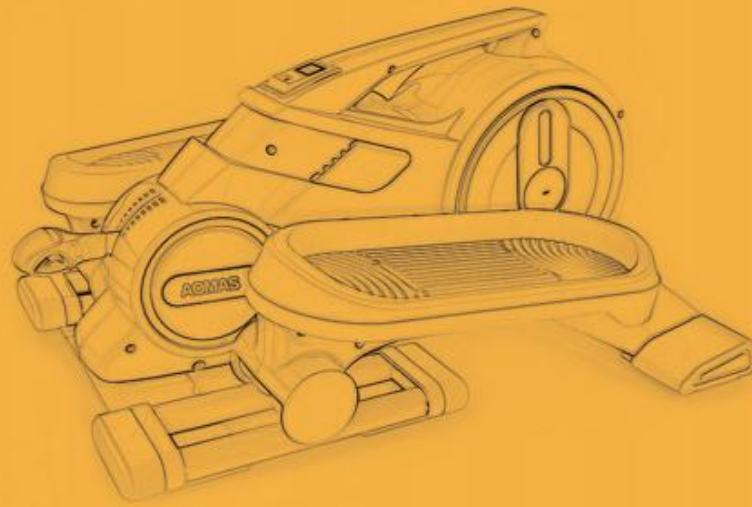


OMS-T8 User Manual



Please read the manual carefully and keep it in
a safe place for the future maintenance.

Precautions for Use

1. This Mini stepper meets the requirements of fitness products for home use but not for medical use.
2. Avoid using this device in places where it is hot, humid or easy to be water splashed.
3. If you stop moving on the device, the instrument will stop automatically.
4. Please read this user manual carefully before using the device.
5. Please place the Mini Stepper on a fixed, flat field and select a secure site for safe use.
6. Please do not step on other parts of the Mini stepper other than the pedals.
7. There should be enough space in all directions of the Mini stepper (at least one meter).
8. Incorrect and unregularly exercise could cause damage to your body.
9. Always check the damage and wear performance of the Mini stepper to ensure its safety.

10. Screws and nuts should be checked frequently.
11. Only children meeting the criteria for mental and physical development can use the Mini stepper under the correct guide.
12. This Mini stepper cannot be used as a toy or game machine.
13. The instruction of installation, use and training will be available for you when you order the Mini stepper.
14. It's the responsibility of the producer of the Mini stepper to inform users of precautions which could prevent danger.
15. This Mini stepper is designed for indoor use which means it's therefore only used in enclosed rooms (not in open spaces).
16. Please lay a rug under the Mini stepper in case that the Mini stepper will be damaged to the ground when exercising.
17. If you want to disassemble the Mini stepper, please contact the Professionals.
18. Please use the Mini stepper strictly according to the user manual.
19. Do not close your eyes when using the Mini stepper.

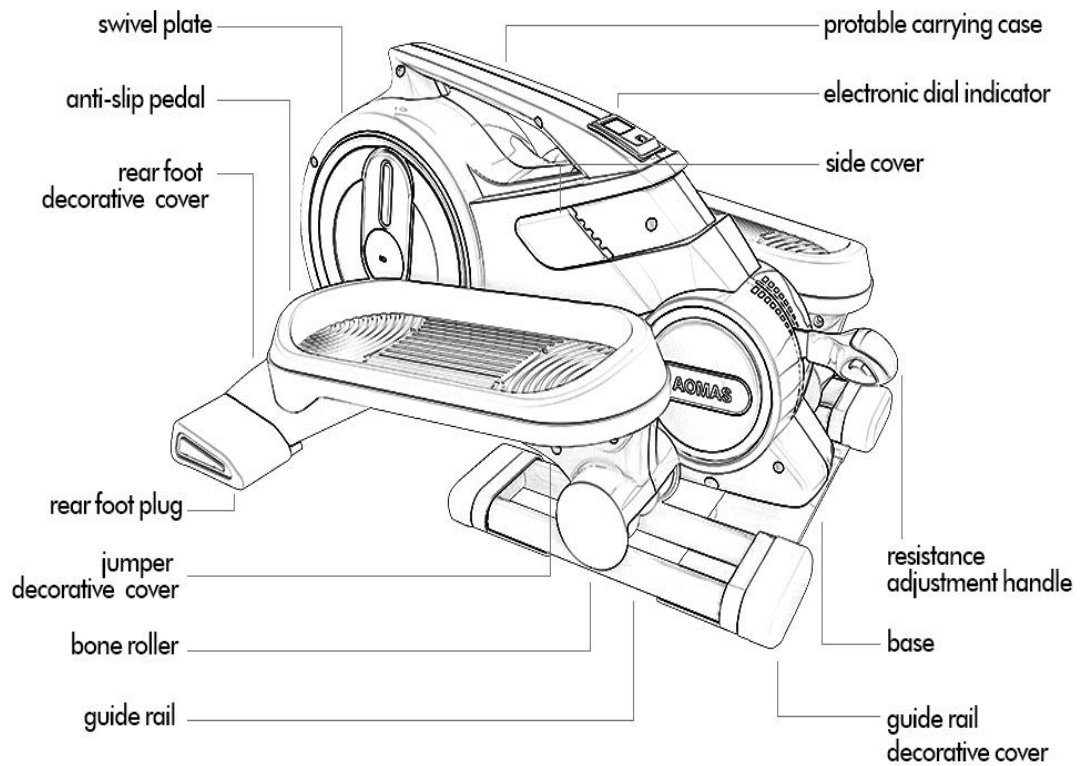
20. Please wear suitable sport suit when exercising, don't wear robes or other clothes, you may be tripped during sport.
21. Do not place any sharp objects around the machine.
22. Always do some stretch exercise for proper warm-up before using the Mini stepper.
23. If the user has dizziness, nausea, chest pain or any other abnormal symptoms, stop exercising at once and ask doctor for help immediately.
24. The maximum load of the Mini stepper is 250lbs.
25. Children cannot be allowed to access or use the Mini stepper if there is no care of an adult.

Warning:

Please consult a doctor before using this product. This is especially important for people over the age of 35 or who have experienced health problems. Please read all precautions before using this product.

The Mini stepper is free to install

- The Mini stepper can be used when the box is opened, saving time and effort.
- The diagram of the Mini stepper is as follows:



Instructions for Electronic dial

Mode:

By pressing this function key, you can select the time, number of times, total number of times, and calories. When pressed for more than 4 seconds, the watch will be reset, and all data will be cleared except the total number of times.

Function Description:

1. Scan

Press the "MODE" key to select the "scan" mode, in this mode, the electronic dial sequentially scanned time, frequency and total number of calories every 4 seconds.

2. Time

Measure the time from the start to the stop of the exercise.

3. Count

Measure the number of times from the start to the stop of the exercise.

4. Total count

Measure the total number of times from the time the battery is installed until the battery is used up.

5. CALs

Measure the amount of heat consumed from the start to the stop of the exercise.


NOTE:

1. If an incorrect display appears, replace the battery for better display.
2. The display will stop showing when there is no signal input for four to five minutes.
3. The display does not stop displaying when you are exercising or having a signal input such as a button.
4. After stopping the movement for 4 seconds, the "STOP" mark will appear in the upper left corner of the display. After restarting the exercise, the "STOP" mark will disappear.
5. The electronic dial accumulates data from the start of the movement. If there is no movement for 4 seconds, it will stop accumulating.

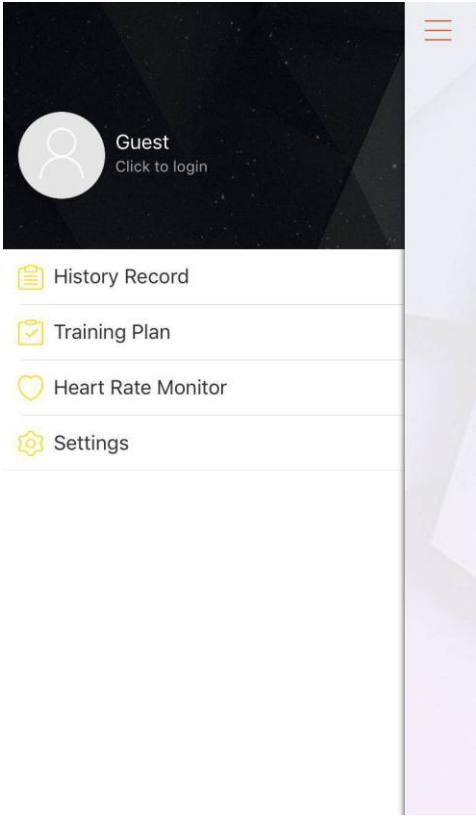
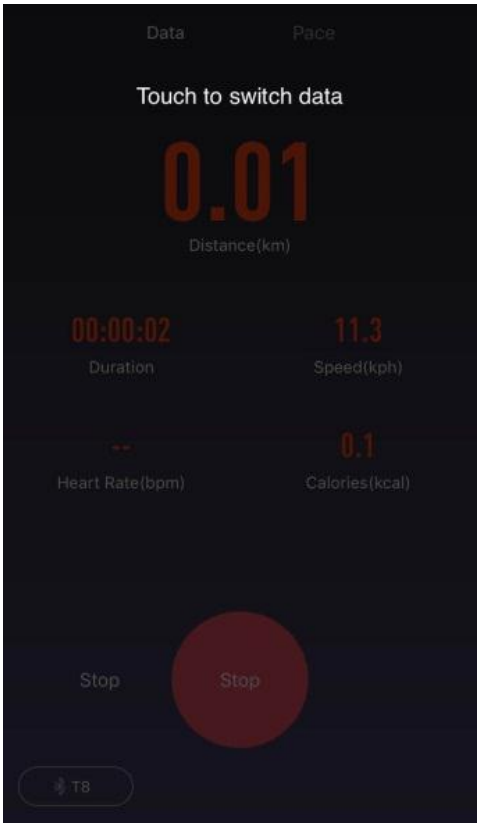
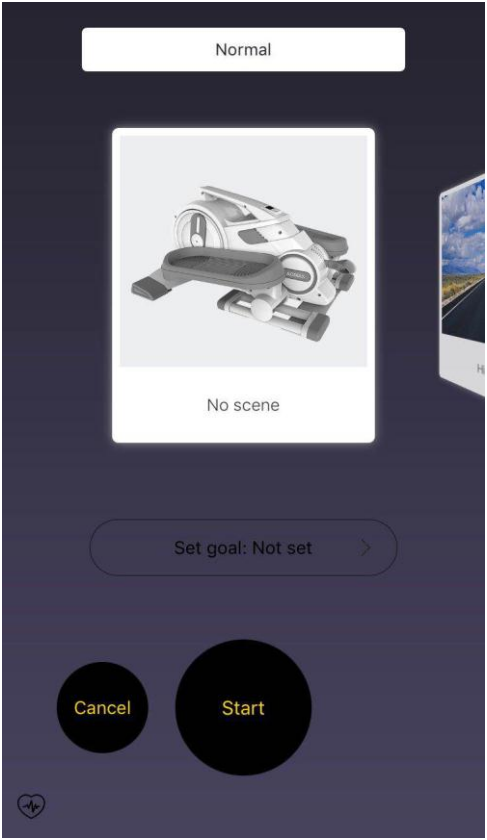
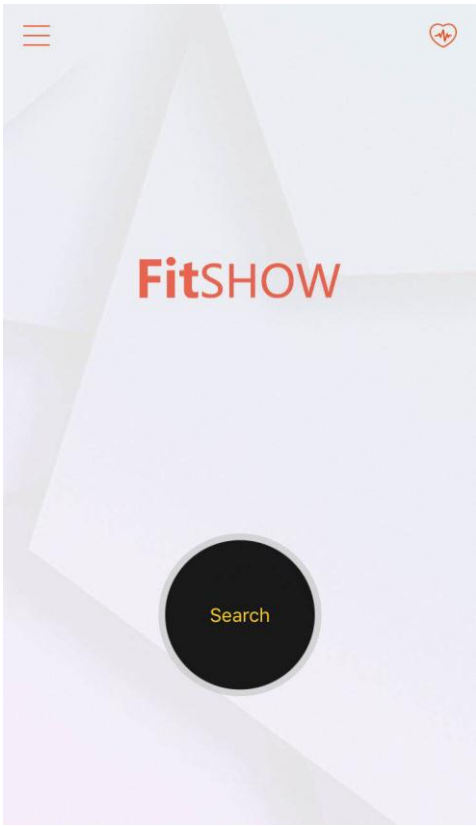
APP instructions

1. Search for "Fitshow" in the APP store, or scan the QR code directly below.



2. The icon  appears after scanning. Download the APP.
3. After download completed, open the phone Bluetooth while open the machine electronic dial, then connect via Bluetooth, no need for Wi-Fi.
4. Connect your device and start your sport journey.

Proceed as follows:



Sports advice

Your use of fitness equipment will provide you with many benefits, which will improve your physical fitness, strengthen your muscles, and help you lose weight while controlling your calorie diet.

1. Warm-up phase

This stage helps the body and muscles of the blood flow to work properly. It will also reduce the risk of cramps and muscle damage. It is advised to do some stretching exercises as shown below. Each stretch should be held for about 30 seconds. Do not force or force your muscles to stretch - if injured, stop.



2. Sport phase

This is the stage you are working on. Your leg muscles become more flexible after frequent use. Motor coordination is very important to you to maintain a steady pace of movement.

3. Cooling phase

This stage is to relax your cardiovascular system and muscles. This is a repetitive warm-up exercise, such as reducing your rhythm for about 5 minutes. Now you should repeat the stretching exercise, remember not to force or force your muscles to stretch.

As you get healthier, the longer you may need to train, the harder it is. Train at least three times a week, and if possible, your workout should be done evenly throughout the week.

FCC Warning

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Note 1: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.