

**PORODO**  
LIFESTYLE



**Porodo Lifestyle**  
**Advanced Stepper**  
with Elastic Pull Ropes

SKU: PD-LFST032-BK

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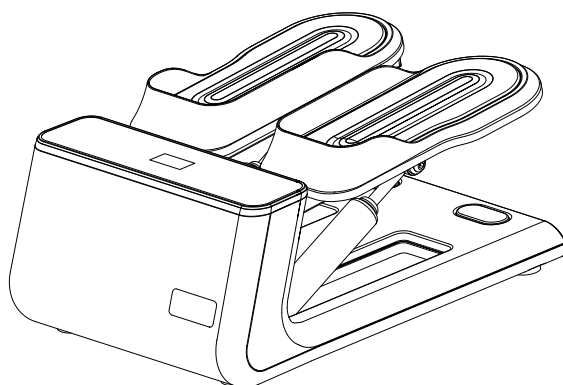
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Thank you for choosing the Porodo Lifestyle Advanced Stepper, a product designed with the highest standards of quality, safety, and functionality. This equipment provides a safe and effective way to exercise at your convenience, enhancing your overall health and well-being. We urge you to read this manual carefully before using the stepper, with special attention to the safety instructions, to maximize the benefits of your new equipment. Please keep this manual handy for future reference.

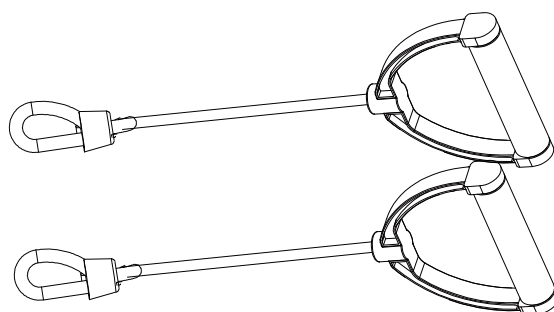
## Features

1. The advanced stepper machine is designed to engage multiple muscle groups, offering a comprehensive full-body workout for fitness enthusiasts.
2. This machine tracks the number of calories burned during your workout session, helping you monitor your fitness progress.
3. It accurately counts each step taken, allowing you to keep track of your workout intensity and progress.
4. The machine offers adjustable intensity levels, enabling users to customize their workout experience based on their fitness goals.
5. Built to support users up to 120 kilograms, the machine is sturdy and reliable for a range of body types.

## Package Contents

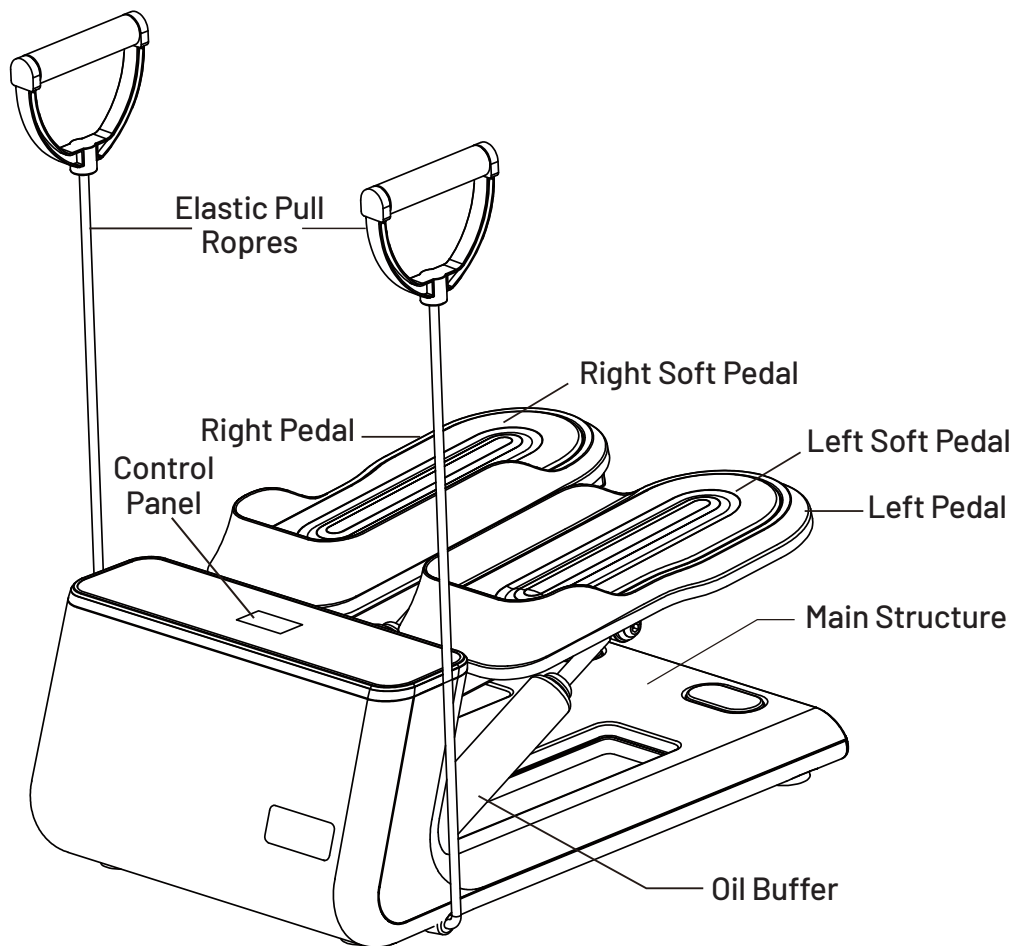


Advanced Stepper



Elastic Pull Ropes

## Schematic View



## Safety Instructions

Please review all the information in this manual thoroughly for your safety.

- 1.** Always consult a physician or qualified fitness instructor before beginning any exercise program, especially if you have any health conditions.
- 2.** If you experience chest pain, irregular heartbeat, shortness of breath, or discomfort while exercising, immediately stop and consult your doctor.
- 3.** This equipment is designed for use by one person at a time.
- 4.** Ensure that children and pets are kept away from the equipment at all times.
- 5.** This equipment is intended for exercise purposes only, as specified in this manual.
- 6.** Exercising excessively or improperly may result in injury.
- 7.** Avoid exercising immediately after meals. It is best to wait at least one hour before beginning any physical activity.
- 8.** Individuals with limited physical, sensory, or mental capacities, or lack of experience and knowledge, should be supervised or instructed by a qualified individual when using this equipment.
- 9.** It is the owner's responsibility to ensure that all users of the equipment are well-informed about the safety measures required.

- 10.** This appliance is designed exclusively for residential indoor use and is not suitable for therapeutic purposes.
- 11.** Ensure that all parts are correctly assembled and the equipment is positioned on a stable, level surface. Verify that the surrounding area is clear of any obstructions and that the appliance is in optimal condition before use.
- 12.** Always wear suitable attire for exercising and avoid wearing loose clothing or accessories that could become entangled in the machinery.
- 13.** For the safety of children and pets, prevent them from playing on or near the equipment.
- 14.** Always wear athletic shoes during exercise. Do not use the equipment barefoot or while wearing sandals.

## **Cleaning Safety Notes**

- 1.** Avoid using abrasive materials or solvents to clean the equipment.
- 2.** Protect the equipment from exposure to environmental elements like sunlight, rain, dew, dust, and salt spray.
- 3.** Ensure the equipment is not placed in dusty or humid conditions, such as saunas or any poorly ventilated areas.

## **Usage Prohibitions**

- 1.** Consult your doctor or fitness coach before starting any exercise regimen. They can help tailor the exercise frequency, intensity, and duration to suit your age and fitness level.

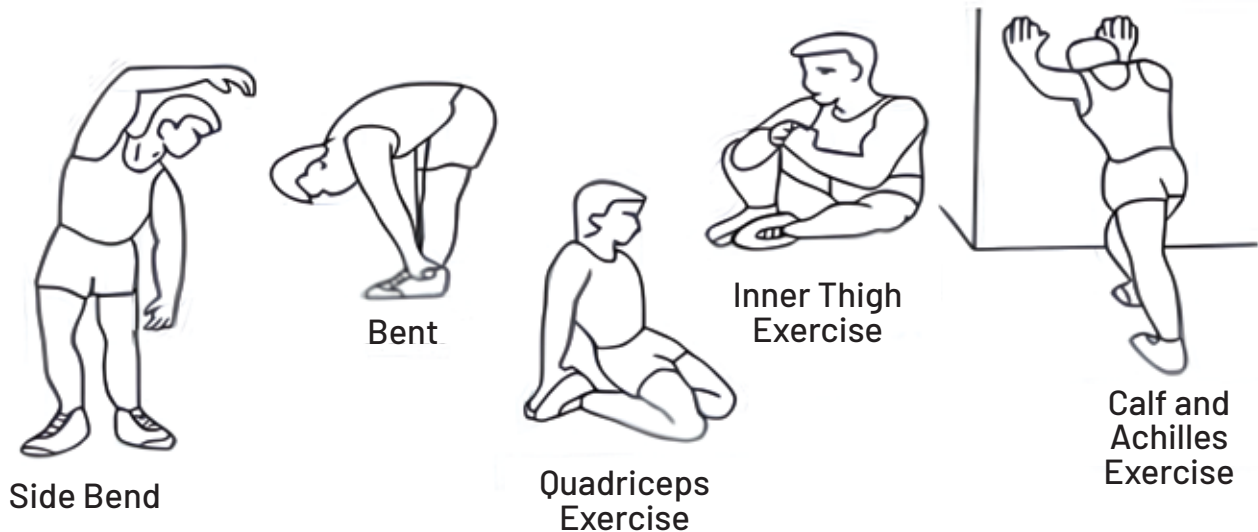
**Warning:** If you experience chest pain, tightness, irregular heartbeat, shortness of breath, faintness, or any discomfort during exercise, stop immediately and seek medical advice. This is crucial for individuals of all ages, especially those with ongoing health issues.

**Caution:** Excessive or improper exercise can result in injury.

- 2.** This equipment is designed for residential, indoor use only and is not suitable for therapeutic applications.
- 3.** Avoid exercising immediately after meals. It is advisable to wait at least one hour before beginning your workout.
- 4.** Individuals with limited physical, sensory, or cognitive abilities, or those new to exercise, should engage in activities under the supervision of a qualified safety coach.

## Warm-Up

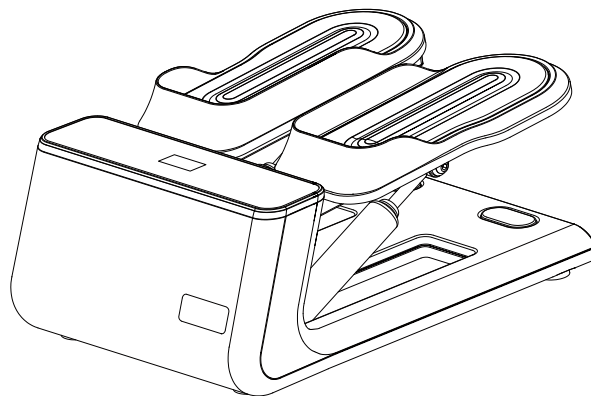
To prevent injuries and enhance performance, it is recommended to begin each workout session with a warm-up. Follow the exercises outlined in the accompanying diagram, performing each for at least 30 seconds.



## Assembly

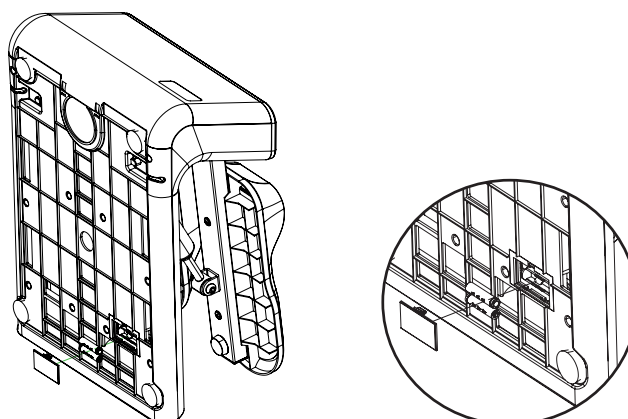
### A. Unpacking the Product

Upon opening the box, carefully remove the product and set it aside.



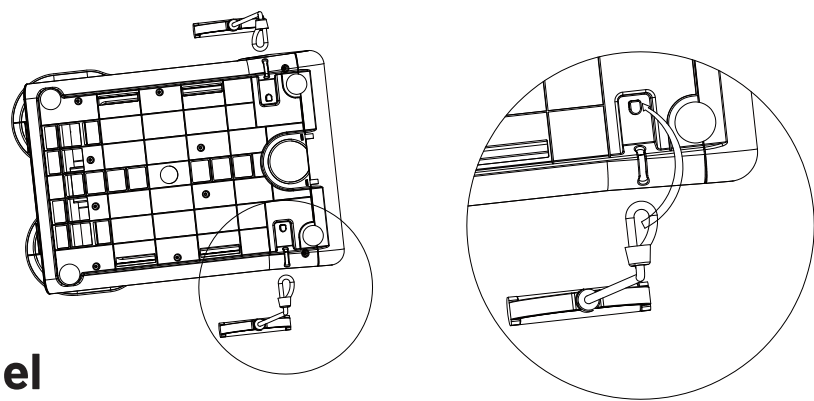
### B. Installing Batteries

1. Locate the battery cover on the inside of the frame.
2. Insert two AAA batteries into the designated compartment.



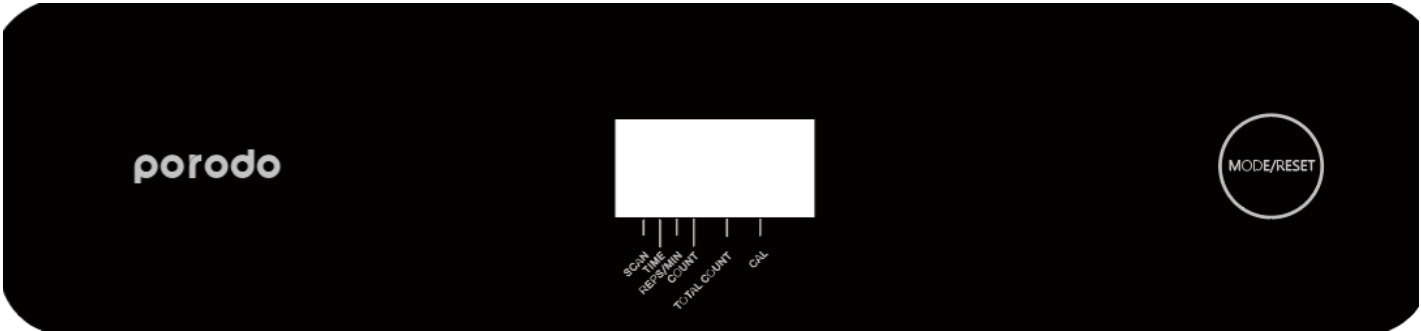
C. Attaching the Elastic Pull Rope

- 1. Lay the machine on its side.
- 2. Attach the elastic pull rope as illustrated in the diagram.



Control Panel

Explore the key features of the control interface:



|             |                              |
|-------------|------------------------------|
| TIME        | 00:00-99:59 (MINUTE: SECOND) |
| CALORIES    | 0-999 KCAL                   |
| COUNT       | 0-9999                       |
| STRIDES/MIN | 0-9999                       |
| TOTAL COUNT | 0-9999                       |

Function Introduction

1. MODE (SELECT/RESET)

This key allows you to select and lock onto a specific function you desire.

2. AUTO ON/OFF

The system activates when any key is pressed or when it detects input from the speed sensor. It automatically shuts off when there is no speed signal or key press for approximately 4 minutes.

### **3. RESET**

The unit can be reset by either replacing the battery or pressing the MODE/RESET key for 3 seconds.

### **4. MODE**

To select SCAN or LOCK mode, press the MODE/RESET key when the pointer is on the desired function. The selected function will begin blinking.

### **5. TIME**

Press the MODE key until the pointer locks onto TIME. The total workout time will be displayed when the exercise begins.

### **6. COUNT**

Press the MODE key until the pointer locks onto COUNT. The system automatically tracks and displays the number of workouts.

### **7. CALORIE**

Press the MODE key until the pointer locks onto CALORIE. The calories burned will be shown during the exercise.

### **8. TOTAL COUNT (IF APPLICABLE)**

Press the MODE key until the pointer locks onto TOTAL COUNT. The total number of workouts will be automatically recorded and displayed.

### **9. REPS/MIN (IF APPLICABLE)**

Press the MODE key until the pointer locks onto REPS/MIN to view the current speed during the workout.

### **10. SCAN**

The display automatically cycles through the functions every 4 seconds.

### **11. BATTERY**

If the monitor displays incorrectly, reinstall the batteries to ensure proper operation.



## Specifications

|                    |                          |
|--------------------|--------------------------|
| Power Source       | AAA Battery              |
| Product Material   | Plastic, ABS, PP, Rubber |
| Weight Capacity    | Up to 120 kg             |
| Product Net Weight | 9 kg                     |
| Product Dimension  | 530×380×240mm            |

## Cleaning and Maintenance

The safety and functionality of the equipment can only be preserved when it is regularly inspected for signs of damage and wear. It is the user's responsibility to perform routine maintenance. Pay special attention to the following:

- 1.** Clean the pedals and the main body with a damp cloth, ensuring the wheel tracks are clear. This helps reduce noise.
- 2.** Regularly check the pedal screws and tighten them with a screwdriver. Loose pedals can result in noise, damage, or injury.
- 3.** Do not subject the equipment to heavy shocks or excessive force. Do not attempt to disassemble or modify it.
- 4.** Use the equipment indoors on a level surface. Keep it away from moisture and dust.
- 5.** Avoid exposing the equipment to extreme temperatures. Do not leave it in direct sunlight for extended periods.
- 6.** Do not use any cleaners or solvents to clean the equipment.
- 7.** Avoid using lubricants, as they may damage the product.
- 8.** Do not exercise while standing on the equipment, as this will damage the engine and its structure. This equipment is designed for use while seated.

## **Warranty**

Products that you buy directly from our **Porodo** website or shop come with a 24-month warranty.

When you buy **Porodo** products from any of our approved sellers, you only get a 12-month warranty. If you want to extend this warranty, go to our website at **porodo.net/warranty** and fill out the form with your information. Don't forget to upload a picture of the product too. After we've checked and accepted your request, we'll send you an email to confirm that your product's warranty has been extended.

For more info, please check:  
**porodo.net/warranty**

## **Contact Us**

If you have any questions about this Privacy Policy, please contact us at:  
**info@porodo.net**

Website: **porodo.net**

Service Support: **support@porodo.net**

Instagram: **porodo**