

# WEIDER Mini Stepper 28ST

## USER'S MANUAL

Model No. WMS/WEST40780

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find there are missing or damaged parts, we will guarantee you complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**  
**1-800-999-3756**  
Mon.-Fri., 6 a.m.-6 p.m. MST

**PATENT PENDING**

### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



### Before You Begin

Thank you for selecting the innovative WEIDER 28ST Mini Stepper. Stepping is one of the most effective exercises known for increasing cardiovascular fitness, building endurance and toning the entire body. The WEIDER 28ST lets you enjoy this invigorating exercise in the comfort and privacy of your own home. At the same time, the 28ST is easily portable and can be taken virtually anywhere.

**For your benefit, read this manual carefully before using the 28ST.** If you have additional questions, please call our Customer Service Department at the number shown above. To help us assist you, please note the product model number before calling. The model number is WEST40780.

**WARNING:** To reduce the risk of serious injury, read the following precautions and all instructions in this manual before using the 28ST.

1. It is the responsibility of the owner to ensure that all users of the 28ST are adequately informed of all precautions.
2. Place the 28ST on a level surface. Cover the floor or carpet beneath the 28ST for protection.
3. Keep the electronic monitor out of direct sunlight or the LCD display may be damaged.
4. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.
5. Inspect and tighten all parts often. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the 28ST at all times.
7. Keep hands and feet away from moving parts.
8. Always wear appropriate clothing, including athletic shoes for foot protection, when using the 28ST.
9. Always keep your feet on the pedals when stepping and be careful not to lose your balance. It is advisable to place the 28ST near a wall or chair back for support.
10. The shocks become very hot during use. Do not touch the shocks during or after use.
11. Use the 28ST only as described in this manual.
12. Make sure the cable remains on the pulley at all times. If the cable binds while you are exercising, stop immediately and make sure the cable is on the pulley.
13. The 28ST is intended for home use only. Do not use the 28ST in a commercial, rental or institutional setting.

**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## Limited Warranty

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by ICON at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**

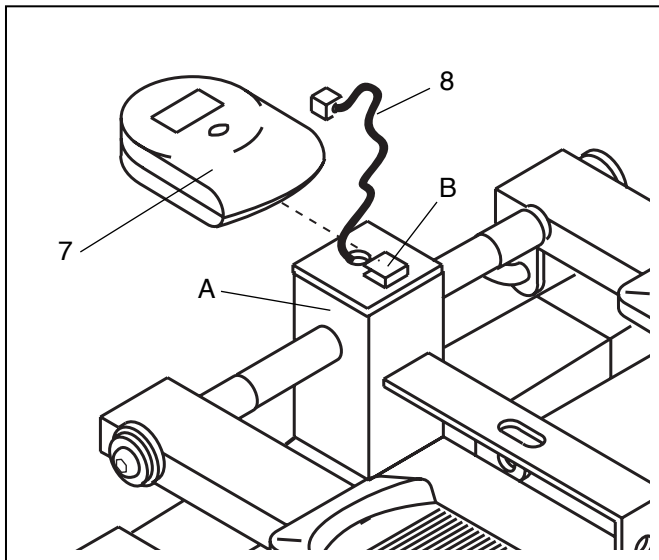
## Assembly

Note: All numbers in this section refer to the Part List and Exploded Drawing on the back cover.

Pull the Reed Switch Wire (8) out from the center post (A) and plug it into the back of the Electronic Monitor (7).

Gently push the Wire (8) back into the center post (A) and slide the Electronic Monitor (7) onto the mounting bracket (B) on top of the post.

Your Mini Stepper is ready to use.



## Using the Stepper

### Replacing the Monitor Battery

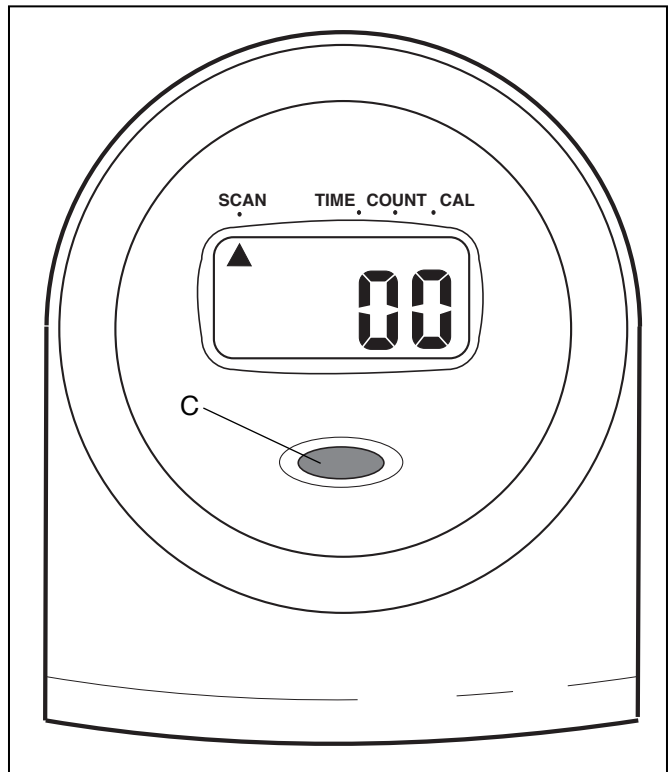
The Electronic Monitor uses a type L1154 Watch Battery (included).

To replace the battery, remove the screw on the back of the Electronic Monitor and open the Monitor. Install the battery into the holder in the same position as the old battery. Assemble the Monitor.

### Using the Electronic Monitor

If there is a piece of clear protective plastic on the Electronic Monitor, remove it before operating the Stepper. The Electronic Monitor will turn on when you step onto the Pedals or push the MODE/RESET Button (C).

The Monitor features four different modes to provide you with instant exercise feedback:



- TIME displays the time you have exercised.
- COUNT shows the total number of steps in this session.
- CALORIES shows the approximate number of calories you have burned while exercising.
- SCAN displays the preceding three modes in a repeating cycle, showing each mode for approximately five seconds.

You can manually select and hold each mode by pressing the MODE/RESET Button until the desired mode is displayed.

The Electronic Monitor will turn off automatically if neither the Pedals, nor the MODE/RESET Button are used for a period of approximately five minutes.

# Ordering Replacement Parts

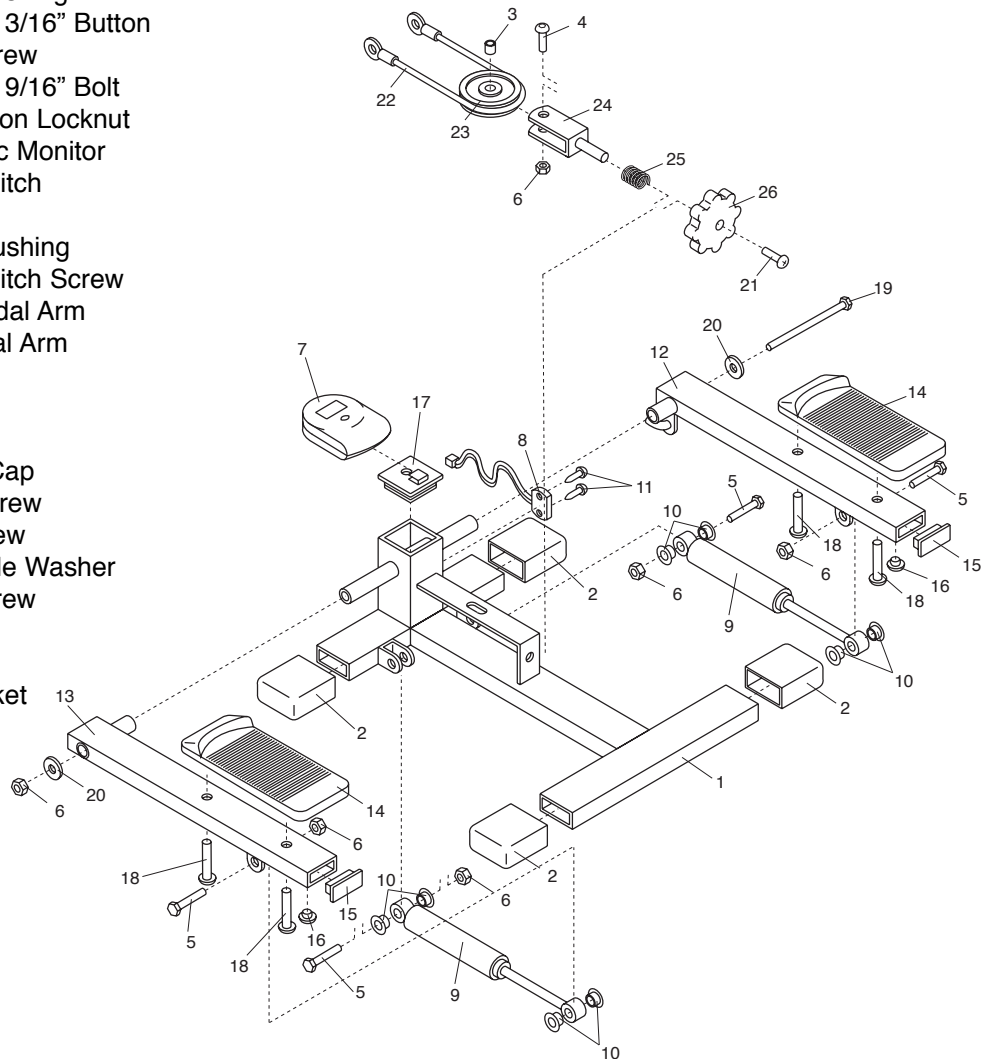
To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

1. The MODEL NUMBER of the product (WEST40780).
2. The NAME of the product (WEIDER 28ST).
3. The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING below).

## Part List

## Exploded Drawing

Key No.	Qty.	Description
1	1	Base
2	4	Stabilizer Cap
3	1	Pulley Bushing
4	1	5/16" x 2 3/16" Button Head Screw
5	4	5/16" x 1 9/16" Bolt
6	6	5/16" Nylon Locknut
7	1	Electronic Monitor
8	1	Reed Switch
9	2	Shock
10	8	Shock Bushing
11	2	Reed Switch Screw
12	1	Right Pedal Arm
13	1	Left Pedal Arm
14	2	Pedal
15	2	Arm Cap
16	2	Bumper
17	1	Square Cap
18	4	Pedal Screw
19	1	Axle Screw
20	2	Small Axle Washer
21	1	Knob Screw
22	1	Cable
23	1	Pulley
24	1	"U" Bracket
25	1	Spring
26	1	Knob



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