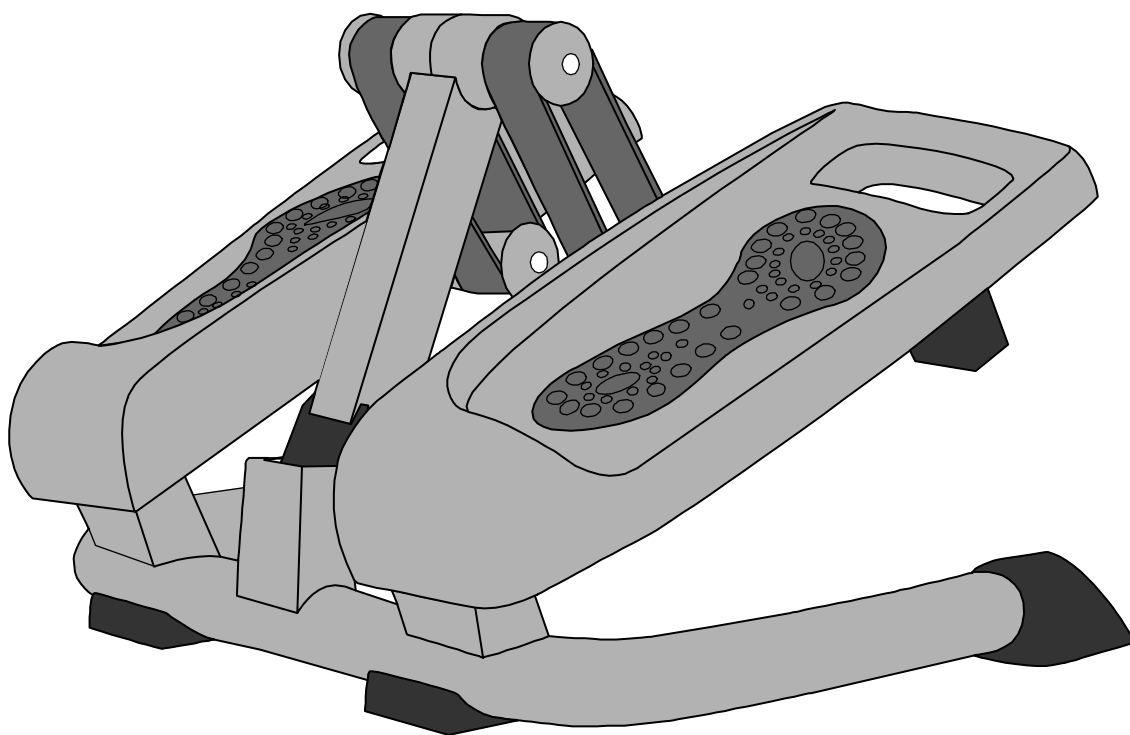




OWNER'S MANUAL

Model# 7111

oxy•stepper II



The specifications of this product may vary from this photo and are subject to change without notice.

To request for product service and order replacement parts, please call our customer service department at:

1-866-924-1688 (U.S.A. Only)

Monday through Friday, 8:00 AM-5:00 PM Pacific Standard Time,

Or email us at: service@paradigmhw.com

Please have the following information ready when requesting for service:

Your name

Phone number

Model number

Serial number

Part number

Proof of Purchase

***If the product has major defects which prevent it from functioning properly, please return it to the store of purchase within the period allowed by the store.**

Paradigm Health & Wellness, Inc.

1189 Jellick Ave.

City of Industry, CA 91748

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ONE YEAR LIMITED WARRANTY

Paradigm Inc. warrants to the original purchaser that this product is free from defects in material and workmanship when used for the purpose intended, under the conditions that it has been installed and operated in according to Paradigm's Owner's Manual. Paradigm's obligation under this warranty is limited to replacing free of charge, any parts which may prove to be defective under normal home use. This warranty does not include any damage caused by improper operation, misuse or commercial application. From the date of purchase, the frame is warranted to be free from defects for 1 (one) year. All parts and workmanship, including electronics and its console cases, upholstery, foam, ball bearings, pulleys, cables, shocks, all tension mechanisms, wheels, pedals and hardware are to be free from defects for 90 days. This warranty is offered only to the original owner and is not transferable. Proof of purchase is required.

SAFETY PRECAUTIONS

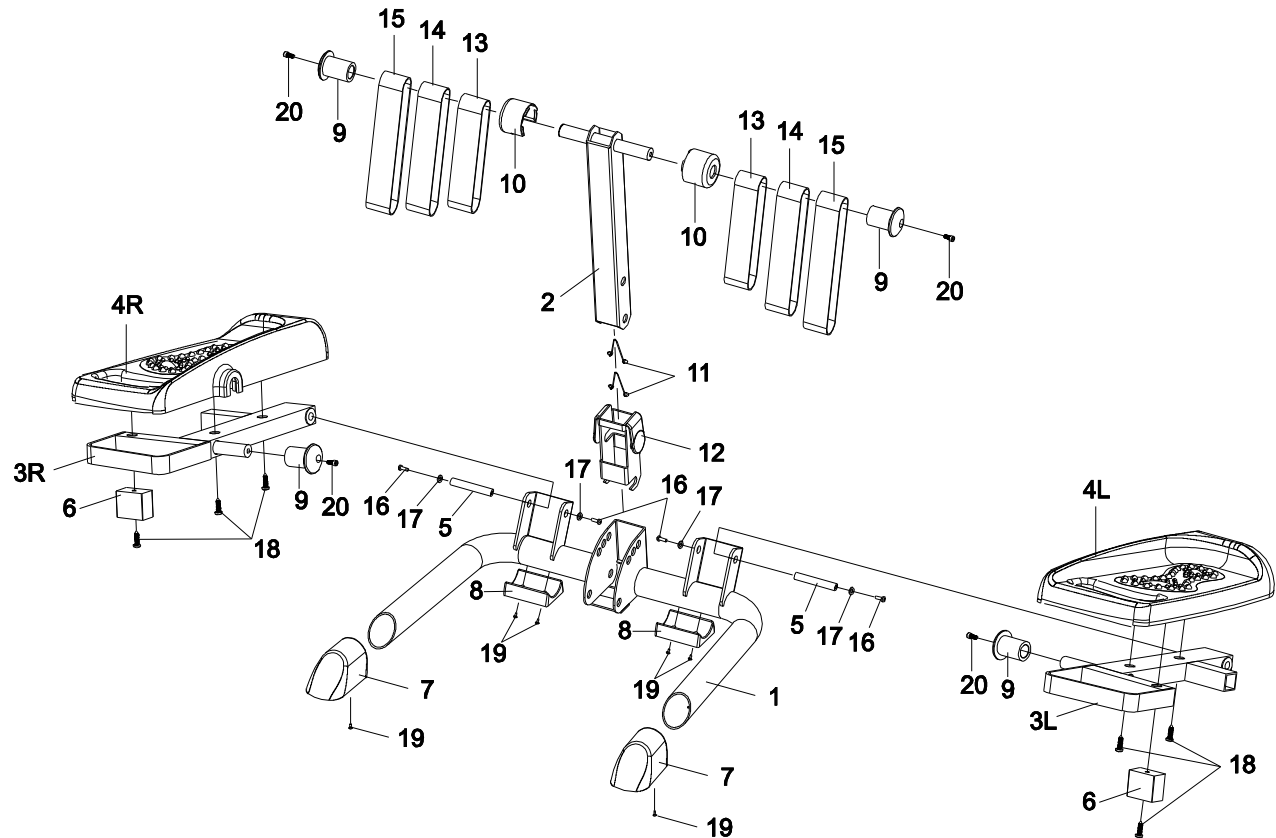
Read all instructions carefully before operating this product. Retain this owner's manual and keep all original transaction receipt for future reference.

1. Consult your physician or other health care professional before beginning this or any other exercise program.
2. If you experience any irregular physical conditions such as dizziness, severe muscle or joint pain, pain in the chest, stop exercising and consult with your physician immediately.
3. Keep children and pets away from the machine while in use.
4. Do not operate this or any exercise equipment if it is damaged.
5. Place the OxyStepper II unit on a level and non-slip surface.
6. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
7. Perform 3 to 5 minutes of warm-up and stretching before beginning your daily exercise.
8. Never exercise to exhaustion.
9. Do not stand on the OxyStepper II, only exercise in seated position.

**WARNING: The OxyStepper II is designed for SEATING
POSITION USE ONLY on a flat and stable surface.**

- The Rubber Band contains no Latex Materials.

OVERVIEW DRAWING



PARTS LIST

No	Description	Qty	No.	Description	Qty
1	Main Frame	1	10	Bushing	2
2	Incline Bracket	1	11	Spring Clip	2
3L	Left Foot Bar	1	12	Cover	1
3R	Right Foot Bar	1	13	Belt t1.3mm.	2
4L	Left Foot Pedal	1	14	Belt t1.9mm.	2
4R	Right Foot Pedal	1	15	Belt t2.6mm.	2
5	Axle Rod	2	16	M5x12mm. Flat Torx Head Bolt	4
6	Pad	2	17	M5 Washer	4
7	Base End Cap	2	18	ST4.2x15mm. Flat Torx Head Screw	6
8	Semicircle Cap	2	19	ST4.2x15x15mm. Flat Cross Head Screw	6
9	Cap	4	20	Hex Socket Cap Bolt M5x12	4

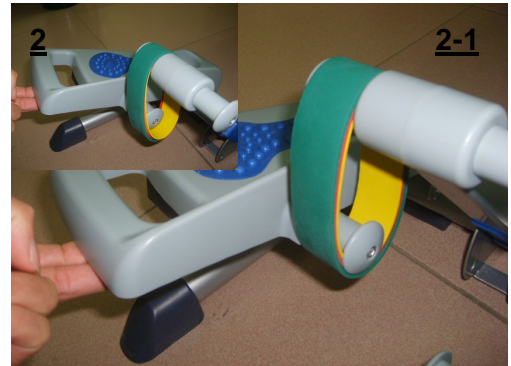
HOW TO PUT ON THE RUBBER BAND

To change the resistance of the Stepper, you can change your combination of the rubber bands.

- 1) Place the rubber band(s) on the top holder as shown.



- 2) Lift the Foot Pedals up a little so it will be easy for you to place the bottom part of the rubber bands onto the unit. (See figures 2 and 2-1).



- 3) Repeat the same steps on the other side to place the rubber bands on the second pedal.



- 4) Once you are done, this is what it will look like.



WORKOUT PRINCIPALS

Workout Factors

1. By using the OxyStepper II on a regular basis, you can achieve personal goals such as toning and strengthening your arms and legs.
2. With this light weight and portable OxyStepper II, you have the convenience to develop a 15 minute program to incorporate into your daily life.
3. It is recommended to begin your exercise slowly to warm up your muscles.
4. Focus on the exercise, feel your muscles work. No matter what your fitness level, in a short time you should feel the increase in your level of strength and endurance.
5. The design of the OxyStepper II allows you to exercise your muscles with natural and affective movements.
6. Being consistent with your exercise will help you reach your goal. Remember a good fitness lifestyle will help with muscles and contributes to a healthy lifestyle.

The Overload Principle

In order to see results, you must challenge your body. When you work out on a regular basis adjusting to new level increases muscle toning. It's called increasing local metabolic efficiency. As a result, your muscles work better and you strengthen your body. If you keep working at the same level the metabolic efficiency does not increase above that level. You're at the plateau. You will need to increase the duration of the exercises. Thus, in order to improve your fitness level, you must progressively increase your work load until you have reached your personal goal.

Routine

People adapt differently to repetitive exercises. In developing an exercise routine, pay attention to how you feel especially after an exercise is completed. You may feel tired but you should not feel exhausted. When you first start exercising, the principal muscles you use will ache slightly, especially the next day. However, they should not hurt or cramp. No matter what the recommended exercise routine, never exercise beyond the point of discomfort.

For the first two weeks, you should begin with 5-10 minutes once a day or every other day. When the exercise no longer feels difficult to you, then the device can be used more frequently for longer periods of time for maximum benefit. After approximately 3-4 weeks you should be able to use OxyStepper II for 15-20 minutes without exhaustion. It is important to realize that over- use can create injuries to the muscles and may cause muscle soreness.

EXERCISE INSTRUCTIONS

OxyStepper II Exercises

As a lower body resistance device, it will enable the user to tone and strengthen the muscles in the lower leg including gastrocnemius and soleus (muscles of the calf), and anterior tibialis (the muscle in the front of the lower leg). It will increase flexibility of the ankle joint and increase blood circulation to the entire foot.

As an upper body resistance device it will tone and strengthen the muscles in the upper arm including triceps (muscles located on the posterior side of the upper arm), deltoids (the muscles that wrap around the shoulder joint, and the muscles of the forearm.

Leg Exercise

Place OxyStepper II on a stable, level surface approximately 6 inches directly in front of you. For individuals who are taller than average move OxyStepper II a couple inches further away. Use a chair that will not slip. Sit up straight during exercise.

Do not stand on the OxyStepper II. Only exercise in seated position.

Arm Exercise

For upper body usage, it is recommended that the device be placed directly in front of the user on a non slip surface. Grab the top of the pedal with your hands. If your arms are long, you can rest your elbows on the table top. You can alternate left to right using your arms to push the pedal toward the surface in a smooth, rhythmic motion.