# USER MANUAL

# BUILDING STRENGTH, ONE BOLT AT A TIME.

## Welcome to Bells of Steel, you've made an excellent choice.

First off I want to say thank you for supporting my small business.

I've put significant thought into designing this product to enhance your lifting experience and help you reach your full potential. I hope you love it!

I've done my best to keep the setup of your new gear simple. If you find yourself needing a bit more assistance than the included instructions, check our youtube page for assembly videos or feel free to email us for troubleshooting guidance.
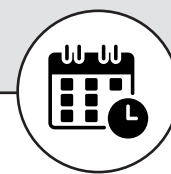
**Kaevon Khoozani**

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Crush your Gains! Subscribe to our YouTube for workouts & how-to's.

**@BELLSOFSTEEL**

Warranty & returns? We got you covered—check here:

**bellsofsteel.com/pages/warranty**

Changed your mind? No sweat. 30-day refund guarantee:

**bellsofsteel.com/policies/refund-policy**

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### Let us know how we've done

Love it? Leave a review! Hate it? We still read it. Help us get better by reviewing our products.

### Customer Notice

If you are missing any parts, or otherwise have any warranty issues/shipping damages, please file a warranty claim on our website.

Before discarding the box, please take clear photos of the box and shipping labels, as these may be required if parts are missing or the item is damaged.

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# BEFORE WE BEGIN, LET'S STAY SAFE.

## A GUIDE TO SAFETY

We know you are excited to use your new Bells of Steel gear, but please read through this Guide to Safety to ensure you do not hurt yourself or others while exercising. It is your responsibility to ensure that all users of the equipment are informed of all warnings and instructions in this manual. TO REDUCE THE RISK OF SERIOUS INJURY, READ THE FOLLOWING IMPORTANT PRECAUTIONS BEFORE USING YOUR BELLS OF STEEL PRODUCT.

1. Before starting any exercise program consult your physician. Be aware of your body's signals. Incorrect or excessive exercise can be damaging to your health. STOP EXERCISING IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS: PAIN, TIGHTNESS IN YOUR CHEST, IRREGULAR HEARTBEAT, SHORTNESS OF BREATH, LIGHTHEADEDNESS, DIZZINESS, OR FEELINGS OF NAUSEA. IF YOU EXPERIENCE ANY OF THESE SYMPTOMS, STOP EXERCISING IMMEDIATELY AND CONSULT YOUR PHYSICIAN BEFORE CONTINUING WITH YOUR EXERCISE PROGRAM.

2. It is your responsibility to ensure there is enough space around the product for the intended exercise. Use the product on a flat surface and ensure at least 2 feet (60 cm) of free space around it.

3. Children and pets must not be let on or near the product. Moving parts and heavy features of the product can be dangerous and cause serious injury.

4. Read all instructions in this manual before using the product and use the product only as described in this manual.

5. It is your responsibility to ensure that all users of the product are adequately informed of all precautions, have read and understand all warnings, and are informed how to use the product properly.

6. Keep hands and feet from moving parts. Do not lean or rest on the product.

7. Wear athletic shoes for foot protection while exercising.

8. Your product is intended for use in cool, dry conditions. You should avoid storage in extreme cold, hot, or damp areas.

9. This product is designed for indoor use only.

10. Ensure that any weight pins that may be included with your product are completely inserted into an appropriate weight plate.

11. Ensure that any handles that may be included with your product are attached securely before using the product.

12. Ensure that any nuts and bolts that may be included with your product are securely tightened before use. Regularly re-tighten nuts and bolts.

13. Ensure any cables that may be included with your product always remain attached to their proper pulleys. If a cable bind occurs during exercise, stop immediately and inspect the part to ensure any interference is fixed.

14. Do not overexert yourself during any exercise program. Operate the product as intended.

15. The product should be anchored where required or whenever possible. The product should be secured when not in use.

16. The product is very heavy. Improper use or assembly can lead to serious injury or death.

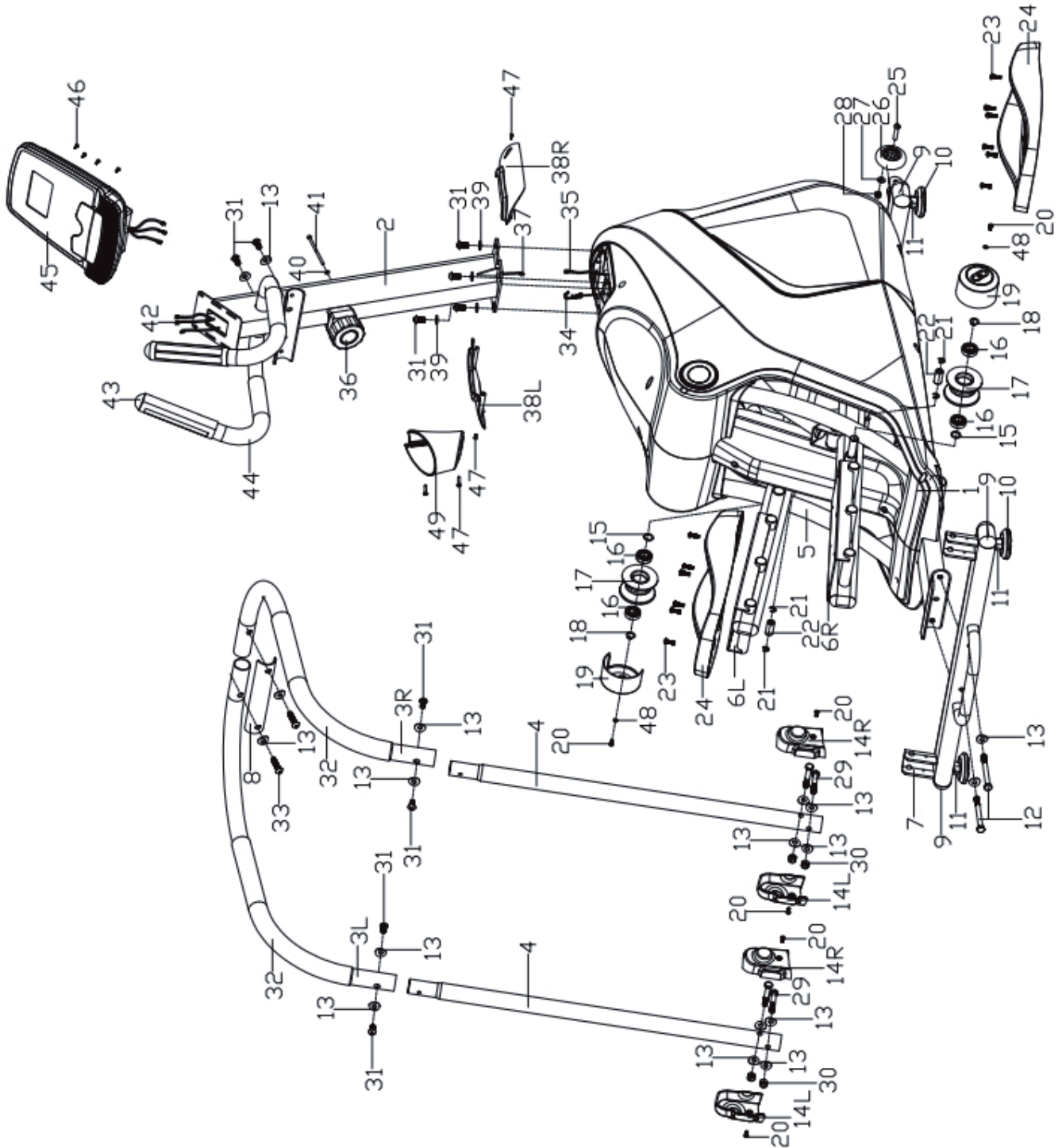17. SAVE AND REVIEW THESE INSTRUCTIONS.

NOW...
## LET THE GAINZ BEGIN

# BLITZ STEPPER
# USER MANUAL

## TABLE OF CONTENTS

# PARTS LIST

| No. | Description | Qty | | No. | Description | Qty |
|-----|-------------|-----|---|-----|-------------|-----|
| 1 | Mainframe connection | 1 | | 26 | Roller wheel | 2 |
| 2 | Handlebar post | 1 | | 27 | Flat washer D8*D17*1.5 | 2 |
| 3 | L/R handlebar | 1 pr | | 28 | Nylon nut M8 | 2 |
| 4 | Handlebar supporting tube | 2 | | 29 | Outer hex bolt M10*58 | 4 |
| 5 | Railway | 2 | | 30 | Nylon nut M10 | 4 |
| 6 | L/R pedal tube | 1 pr | | 31 | Inner hex screw M10*20 | 10 |
| 7 | Rear bottom tube connection | 1 | | 32 | Foam grip | 2 |
| 8 | Arc washer 2 | 1 | | 33 | Inner hex screw M10*50 | 4 |
| 9 | Flat round end cap | 4 | | 34 | Tension cable | 1 |
| 10 | Adjustable pad | 4 | | 35 | Sensor wire | 1 |
| 11 | Hex bolt M16*1.5 | 4 | | 36 | Tension control | 1 |
| 12 | Outer hex bolt M10*95 | 2 | | 37 | Sensor extension wire | 2 |
| 13 | Arc washer D10*D23*1.5, R20 | 18 | | 38 | L/R handlebar post cover | 1 pr |
| 14 | L/R supporting tube protective cover | 1 pr | | 39 | Flat washer D10*D20*1.5 | 4 |
| 15 | Flat washer D17*D22*1 | 2 | | 40 | Flat washer | 1 |
| 16 | Bearing | 4 | | 41 | Cross pan screw | 1 |
| 17 | Railway roller wheel | 2 | | 42 | Handlebar pulse extension wire | 2 |
| 18 | Jump ring Ø17 | 2 | | 43 | End cap | 2 |
| 19 | Roller wheel protective cover | 2 | | 44 | Foam grip | 2 |
| 20 | Cross pan screw M5*8 | 6 | | 45 | Computer | 1 |
| 21 | E-shaped check ring | 4 | | 46 | Cross pan screw | 4 |
| 22 | Limiting spacer | 2 | | 47 | Crossed discal screw ST4.2*18 | 4 |
| 23 | Cross pan screw M6*12 | 12 | | 48 | Flat washer D5*D10*1 | 2 |
| 24 | Pedal | 2 | | 49 | Bottle holder | 1 |
| 25 | Inner hex bolt M8*40 | 2 | | | | |

**NOTE:** Most of the listed assembly hardware has been packaged separately, but some hardware items have been pre installed into the identified assembly parts. In these instances, simply remove and reinstall the hardware as required. Please reference the individual assembly steps and make note of all pre installed hardware.

# ASSEMBLY INSTRUCTIONS

## STEP 1:

1. Lock the rear bottom tube connection (7) firmly onto the main frame connection (1) with the outer hex bolt (12) and arc washers (13) as shown.

2. Lock the pedal (24) to L/R pedal tube (6L/R) with cross pan screw (23)
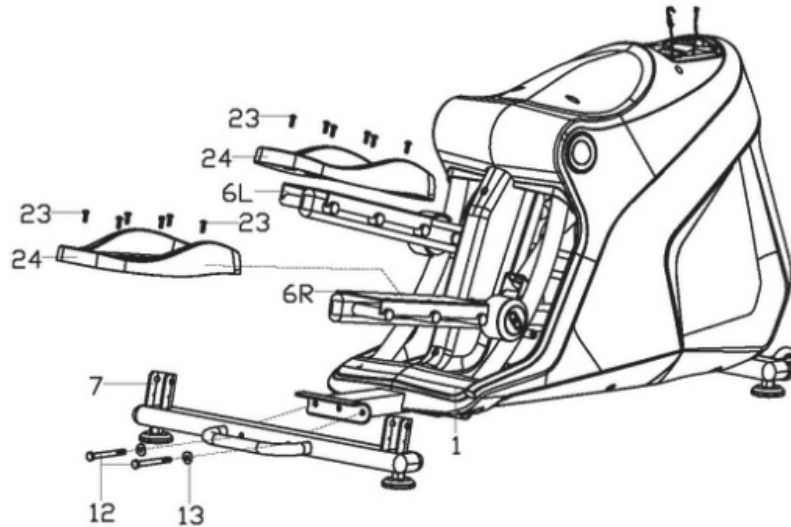


## STEP 2:

1. Connect sensor extension wire (37) with sensor wire (35) well. Then, feed tension cable (34) through handlebar post (2) and pull it out from the hole of the tension control. Finally, connect tension cable (34) and tension control (36) as shown in picture A below.

2. Lock tension control (36) to the handlebars (2) with cross pan screw (41) and flat washer (40).

3. Lock the handlebar post (2) to the mainframe connection (1) with inner hex screw (31) and flat washer (39). Do not tighten screws yet.
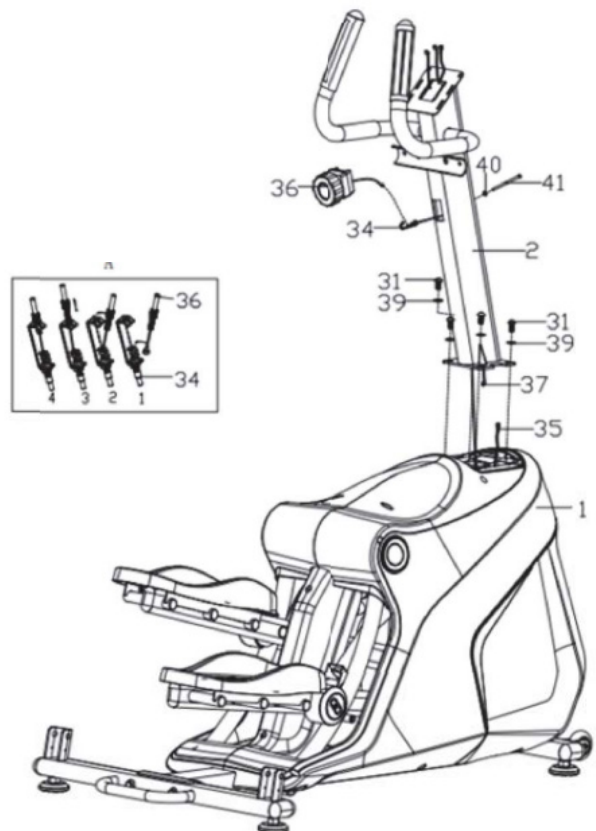
# STEP 3:

1. Lock L/R handlebar (3L/R) to handlebar supporting tube (4) with inner hex screw (31) and arc washer (13). Then lock L/R handlebar (3L/R) to handlebar post (2) with inner hex screw (31), inner hex screw (33), arc washer (13) and arc washer 2 (8). Do not tighten screws yet.

2. Lock handlebar supporting tube (4) to the rear bottom tube connection (7) with outer hex bolt (29), arc washer (13) and nylon nut (30). Now tighten all the screws that were not tightened previously.

3. Fix the L/R supporting tube protective cover (14L/R) to the rear bottom tube connection (7) with cross pan screw (20). Then fix the L/R handlebar post cover (38L/R) to the mainframe connection (1) by crossed discal screw (47).
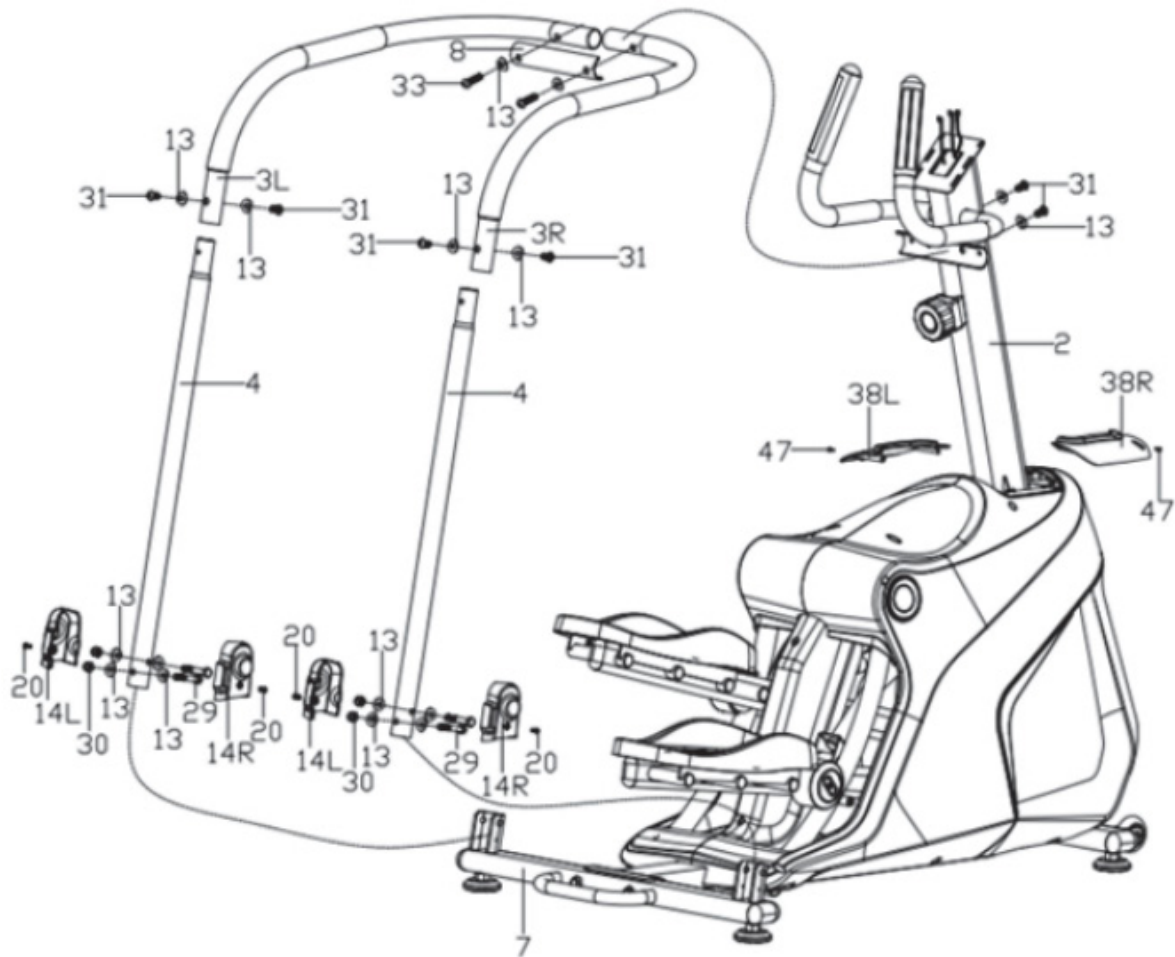
# STEP 4:

1. Connect the sensor extension wire (37) and handlebar pulse extension wires (42) to the computer (45). Then, lock the computer (45) carefully onto the bracket of the handlebar post (2), secure in place with cross pan screws (46).

2. Fix the bottle holder (49) to handlebar post (2) with crossed discal screw (47).
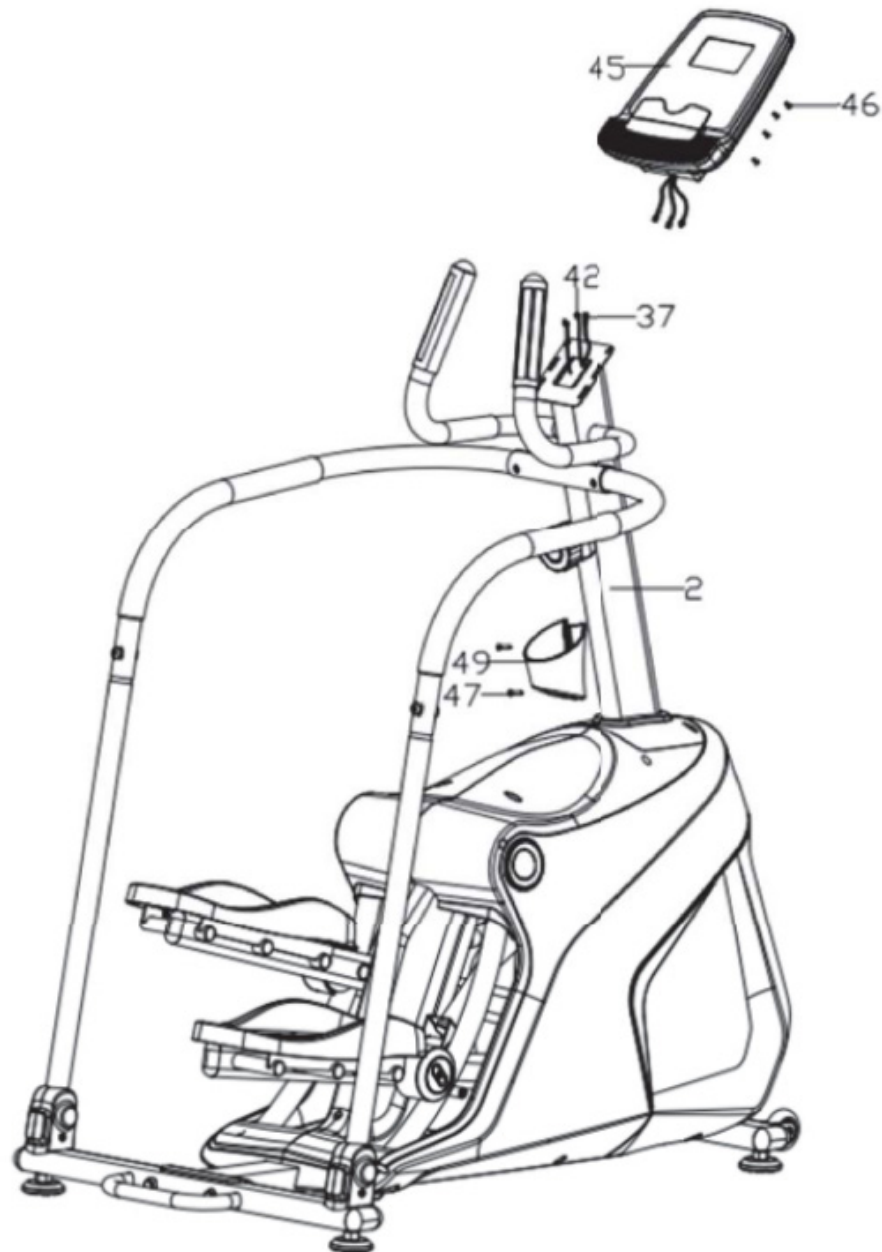
# RESISTANCE ADJUSTMENT

**TENSION**

- Use the tension control dial on the machine to adjust the resistance. Tension ranges from 1 (lowest resistance) to 15 (highest resistance). Line the white arrow up with the desired resistance.

## BUTTONS

**1. MODE:**

Press this button to change over display or choose the window that needs to be set.

**2. RECOVERY / UP:**

- In setting status, press this button to increase setting value in relevant flashing window for TIME, COUNT(BMR), CAL and TEMP (°C or °F).

- In non-exercise or non-setting status, press this button to enter/exit pulse recovery function.

**3. DOWN:**

In setting status, press this button to decrease setting value in relevant flashing window for TIME, COUNT(BMR), CAL and TEMP (°C or °F).

**4. RESET/GO:**

- In setting status, press this button to reset the value in the relevant flashing window for TIME, COUNT(BMR) and CAL.

- In parameters setting status for body fat, press this button to enter body fat test.

- In monitor status, hold this button for 3 seconds to reset all values to zero.

**5. BODY FAT:**

In non-exercise status, press this button to enter/exit body fat parameters set-up.

## FUNCTIONS

**1. RPM/BODY FAT RATIO:**

- Displays current repetitions per minute (RPM) during exercise. It reflects the pedal frequency. The range is 0-1500 repetitions per minute.

- Displays body fat ratio.

**2. TIME/BMI**

- Counts the total time from exercise start to finish and the range is 0 - 99 min 59 sec.

- Exercise time can be set in advance. When it approaches the preset time, the monitor will alarm at 10 seconds. The maximum preset time is 99 minutes.

- Display Body Mass Index (BMI).

**3. COUNT/BMR:**

- Counts the total count from exercise start to finish and the range is 0-999.

- Exercise count can be set in advance. When it approaches the preset count, the monitor will alarm at 10 seconds. The maximum preset count is 990.

- Displays Basal Metabolic Rate (BMR).

### 4. CALORIES/TEMPERATURE:

- Counts the total calories burned from exercise start to finish and the range is 0.0 - 999.9 KCAL.

- The calorie value can be set in advance. When it approaches the preset calorie value, the monitor will alarm at 10 seconds.

- Displays room temperature (TEMP).

### 5. PULSE

- Measures your heart rate per minute. The range is 40 - 240 bpm.

- It will display "P" to pause the pulse test if there is no pulse signal for over 60 seconds. You can press UP or DOWN to enter the pulse test again.

### 6. ALARM

The monitor will "beep" when "MODE" "RECOVERY/UP" "DOWN", "RESET/GO" or "BODY FAT" buttons are pressed.

### 7. AUTO ON/OFF & AUTO START/STOP

- Without any signal of exercise or operation for 8 minutes, the power will turn off automatically and all the memory will be cleared off except body fat parameters and temperature.

- Once exercise is started, the monitor will turn on automatically.

    **Note:** When NOT in body fat testing mode, BMR indicates COUNT function.

## OPERATION

### 1. SET:

Press MODE to choose the display window that needs to be preset, and the value in the relevant window will flash. Then press UP/DOWN to increase/decrease the value to reach your preferred preset time, count, or calories. Hold UP/DOWN to increase/decrease the value rapidly. Press RESET to reset the value in the relevant flashing window.

### 2. PULSE RATE

Before measuring your pulse rate, press any button to change "P" into "0" in the window, then enter pulse mode. Please place both your palms on the contact pads and the monitor will show your current heart rate in beats per minute (BPM) on the screen after 3-4 seconds.

**Note:** During the process of pulse measurement, because of the contact jamming, the measurement value may be higher than the virtual pulse rate during the first 2~3 seconds, then will return to normal level. The measurement value is not intended for medical purposes and cannot be considered as the basis of medical treatment.

### 3. PULSE RECOVERY:

In non-setting and non-exercising status, first test your pulse as mentioned above. Then press RECOVERY/UP to enter pulse recovery function. The display will show 1 minute count-down as well as your pulse rate. Hold on the pulse sensor until it counts down to zero. Then, it will pop up your pulse recovery level from F1 to F6, that is, from the fastest recovery to slowest. F1 represents the fastest recovery. Press RECOVERY/UP again to exit pulse recovery function.

### 4. BODY FAT, BMI & BMR

In non-exercising status, press BODY FAT to enter body fat parameters settings. You can set from the below sequence: exerciser No.( 1 - 8 ), weight (KG), height (CM), age (YEARS), gender. If the meter is showing M, then the weight will show "lb", while height will show "in". Press MODE to proceed to the next parameter setting. Press RECOVERY/UP to increase the setting value and press DOWN to decrease.

When you finish setting, place your hand on the pulse sensor and press RESET/GO. Then the display will show your body fat in 6 seconds. Press BODY FAT again to exit the body fat test.

**Note:**

- During parameter setting, it will exit the body fat test automatically if it detects no operation signal for over 10 seconds.

- During the body fat testing, it will display Er.1 if it senses no test target over 10 seconds.

# BATTERY REPLACEMENT

When the display becomes dim or illegible, remove the battery and replace it with AA batteries.

# YOU'RE FINISHED!

## WANT TO LEARN MORE ABOUT THE BLITZ STEPPER? CHECK OUT THE OVERVIEW VIDEO:



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