



IMPORTANT: Please read the following before assembling and using the product

All persons using the machine must be adequately aware of all precautions and use it only as described in this manual. Consult your physician before beginning an exercise program or the use of this machine.

If at any time the machine is not operating properly, turn it off immediately with the switch on the back of the plate base or unplug it from the power source.

Persons using the machine:

- a) Children under 12 of age should not use this machine.
- b) Women who are pregnant should not use this machine.
- c) Persons with a pacemaker, diabetes, heart problems, epilepsy or any other illness, disease or injury should consult a physician before using the machine.
- d) Keep children and pets away from the machine when it is in use.
- e) Limit the use of the machine to ten minutes per session unless used in combination with the massage program, in which case, use is limited to twenty minutes a day.
- f) Do not lean on the center post for balance when using the machine.
- g) Do not use the machine when you are tired.
- h) Start your exercise program within your own comfort level.

Safety precautions related to the machine:

- a) Never leave it unattended when the power source is switched on. Unplug from the power source when not in use.
- b) Make sure the cord is plugged directly into the power source and is not sharing the source with another appliance.
- c) Turn the machine off before moving it.
- d) Do not touch the machine when your hands are wet or set the machine near water.
- e) Make sure the machine is setting on a solid level surface.
- f) Discontinue use if the electrical cord is wet, frayed or damaged in any way.
- g) Step down from the plate only when it has completely stopped.
- h) It is intended for indoor use only.
- i) Inspect and tighten all parts on a regular basis.

Any repair work not authorized by ADVANCE FIT CORP will void the warranty on this machine.