



SCOOP®



SC100

ASSEMBLY MANUAL





THANK YOU SO MUCH FOR YOUR PURCHASE.
THE FOLLOWING INSTRUCTIONS SHOULD HELP YOU WITH ASSEMBLY AND WITH
HOW TO USE TO YOUR SCOOP.

Please note, there is much helpful information on [Scoopfit.com](https://www.scoopfit.com), including video instructions and answers to frequently asked questions. Our customer service team is also happy to help at [1-844-GoScoop \(844-467-2667\)](tel:18444672667)



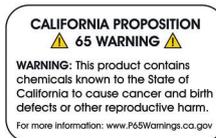
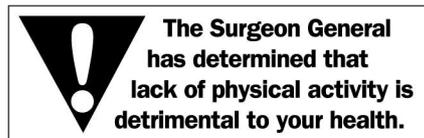
THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

IMPORTANT SAFETY PRECAUTIONS

- 1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your machine.
2. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
3. Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
4. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
5. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
6. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
7. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 or 5 times per week.
8. Remove all jewelry, including rings, chains and pins before commencing exercise.
9. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.
10. This machines is not intended nor warranted for any form of commercial use or enterprise. It is intended to be used for private and non-business purposes. Additionally, this equipment is only intended and only warranted to be used within the indoor enclosed spaces of a living structure and is not warranted for use in any location that is not considered "indoor space".

IMPORTANT NOTICE BELOW !!

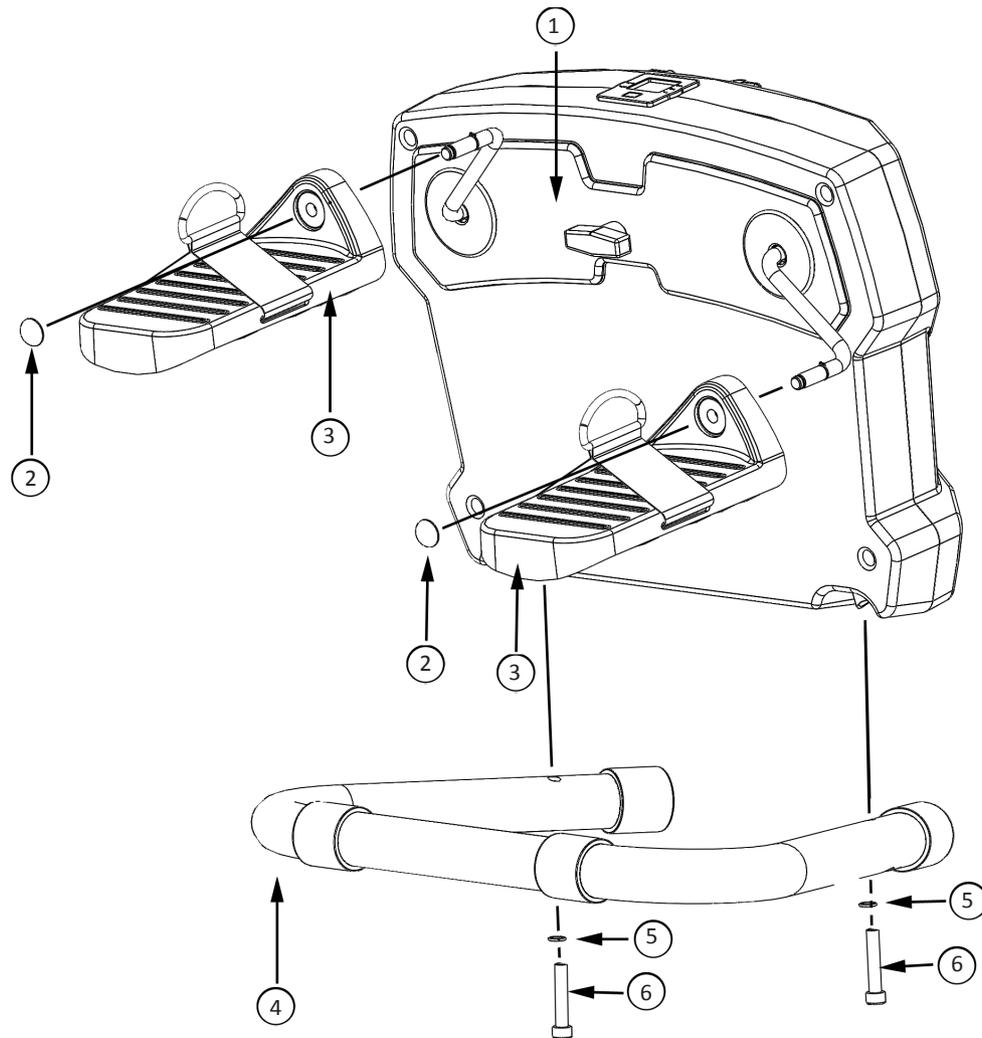
This machine is not intended to be used while standing. Standing on this machine will result in severe damage to the machine and may result in serious personal injury. Any failure as a result of non-seated use of this machine shall invalidate all warranties expressed or implied for this machine.



WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State Laws of Regulations. They are being supplied strictly to ensure the safety of the individuals using this product.

Table with 2 columns: Section Name and Page Number. Rows include: 1 IMPORTANT SAFETY INFORMATION PAGE 4, 2 TABLE OF CONTENTS PAGE 5, 3 BEFORE YOU BEGIN PAGE 6-7, 4 UNPACKING PAGE 8-9, 5 ASSEMBLY PAGE 10-11, 6 LEVELER INSTALLATION PAGE 12, 7 HOW TO USE PAGE 13-15, 8 CONSOLE OPERATION PAGE 16-17, 9 FAQ'S PAGE 18-19

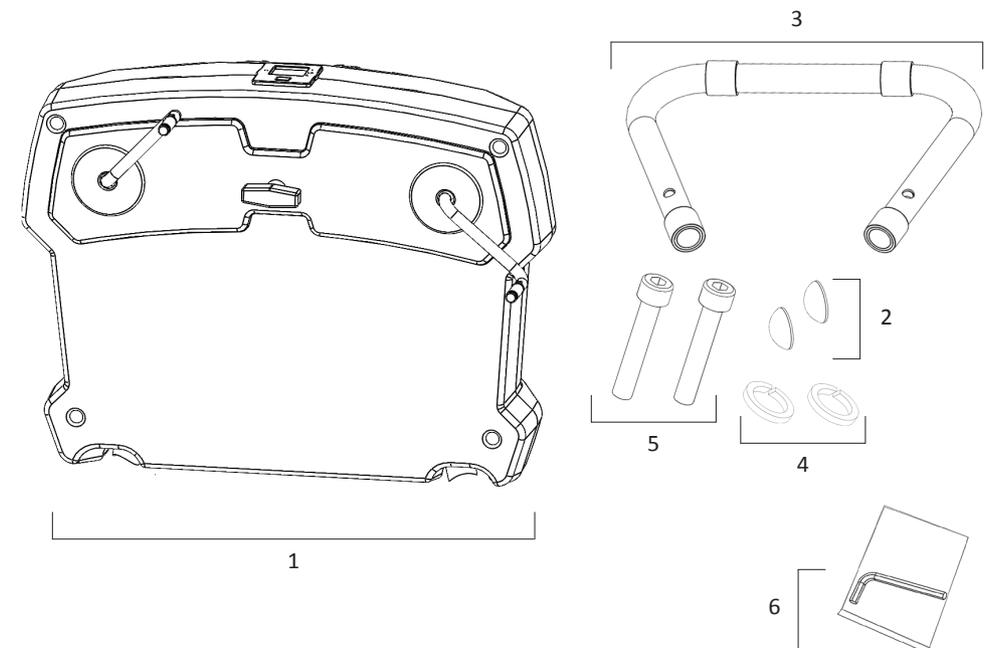
PART NO	PART DESCRIPTION	QTY
1	MAIN BODY	1
2	DOME-SHAPED C-CLIPS	2
3	PEDAL FRAMES AND COVERS	2
4	BASE TUBE	1
5	WASHERS	2
6	BOLTS	2

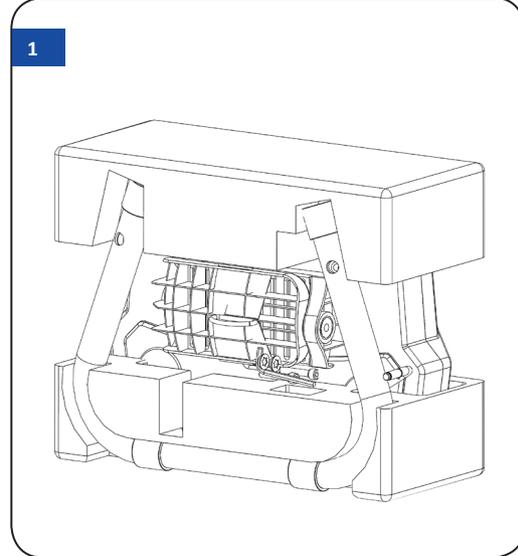
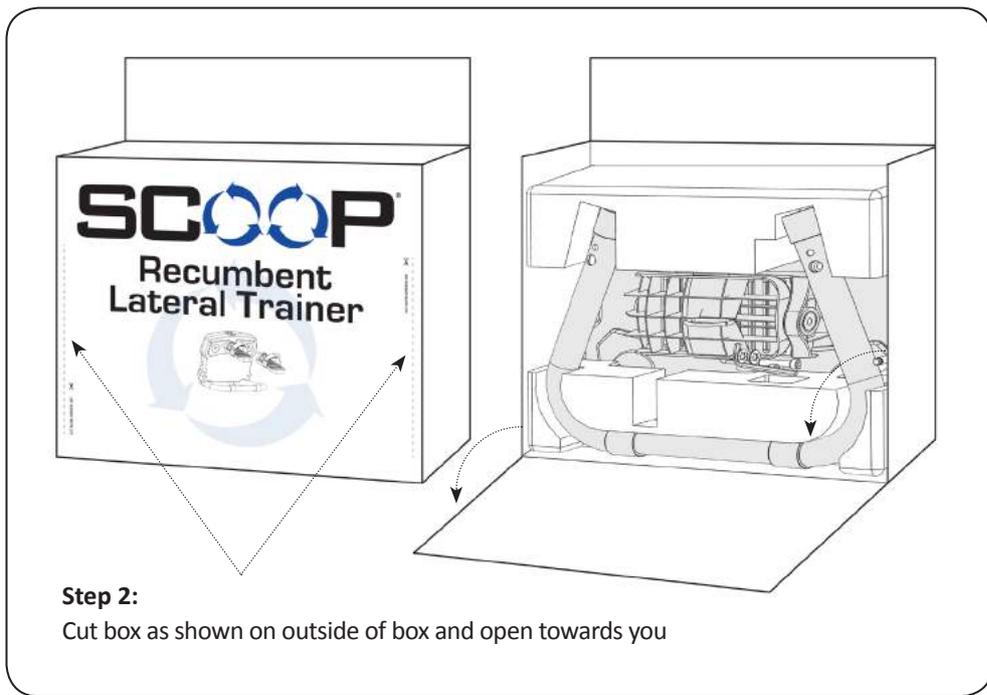


IMPORTANT: Read all instructions carefully. Assemble the SCOOP in accordance with the steps in the manual. All tools required for assembly are included with your SCOOP. Lay out all parts on the floor. Make sure that you have all the parts listed below before beginning assembly. In case of discrepancy, please contact SCOOP at 844-GOSCOOP (467-2667) or service@scoopfit.com.

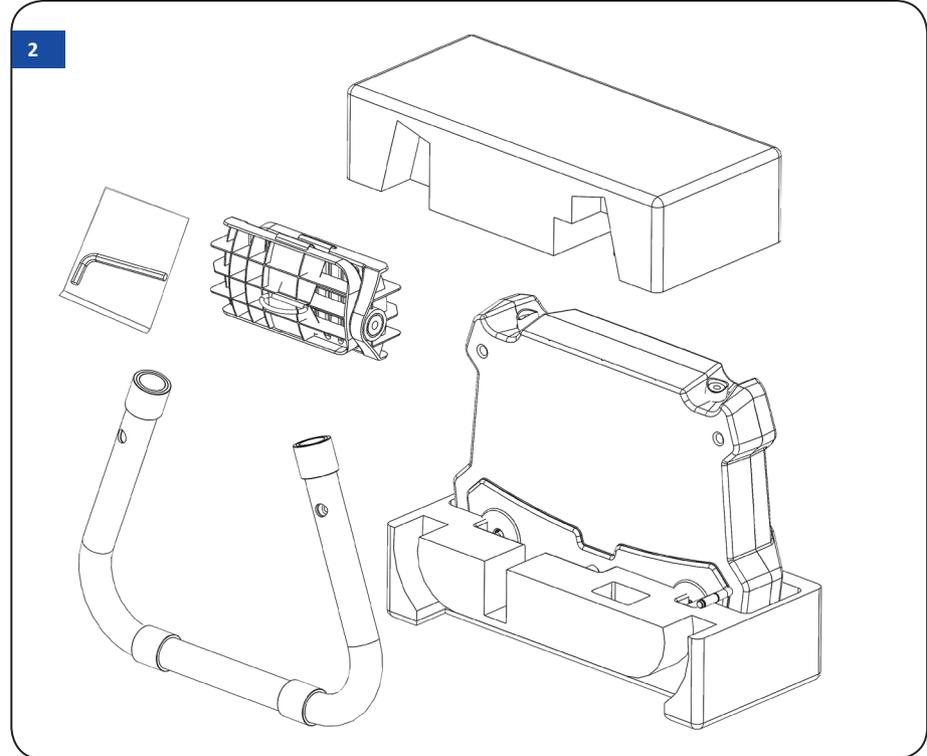
PRE-ASSEMBLY CHECK LIST

ITEM #	DESCRIPTION	QTY	ITEM #	DESCRIPTION	QTY
1.	MAIN BODY	1	4.	WASHERS	2
2.	DOME-SHAPED C-CLIPS	2	5.	BOLTS	2
3.	BASE TUBE	1	6.	TOOL	1



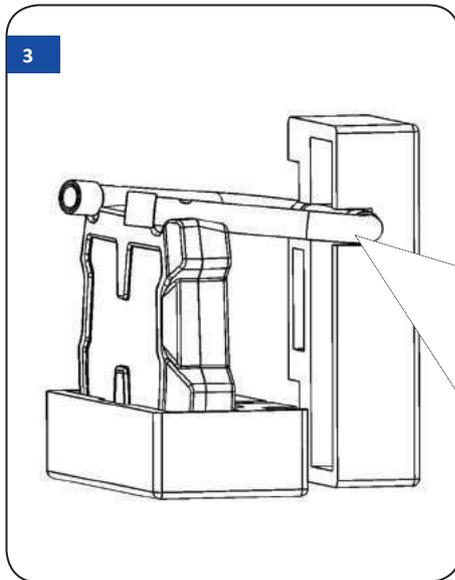


Step 1:
Remove entire contents of the box as one unit as shown. Place the unit on the floor with box positioned as shown.



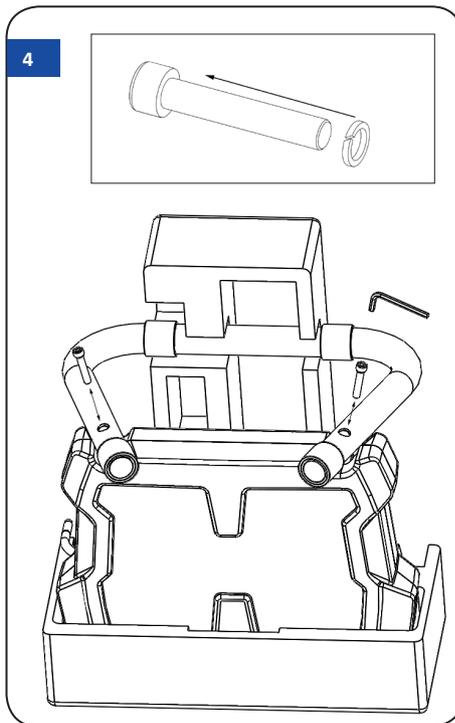
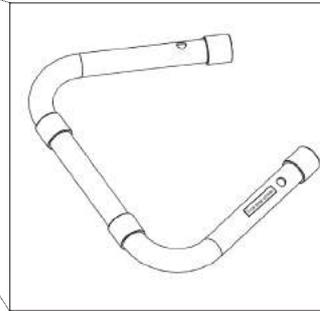
Step 2:
Remove the foam top, the pedals, hardware pack and the base tube, leaving just the main body in the lower foam packaging.



**Step 3:**

Note that there is a decal on the base tube that says 'This side down.'

Place the base tube on the main body so the decal remains visible during this assembly step and will face the floor after being fully assembled and ready for use.

**Step 4:**

Find the two bolts and the two washers, and first install the washers onto the bolts as shown.

Next install one bolt with washer through the tube into the main body but do not fully tighten. Then install the second bolt.

Once both bolts are installed, fully tighten both bolts with the tool provided.

These bolts should be very secure.

Step 5:

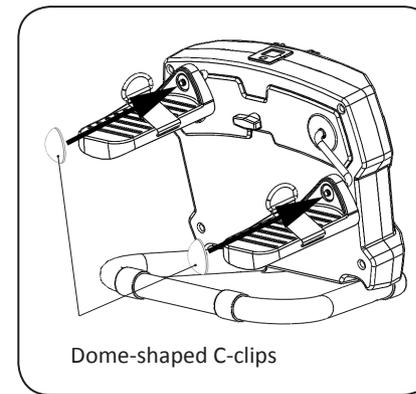
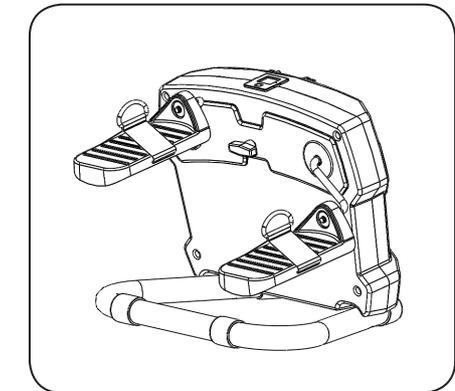
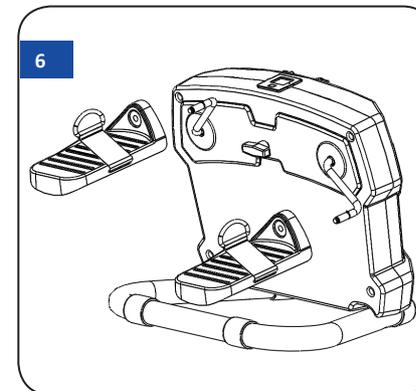
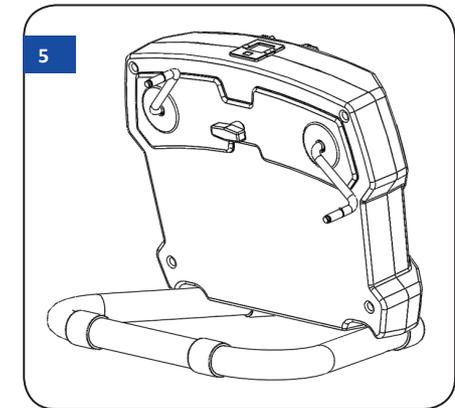
Once the base tube has been fully secured, lift the main body from the foam packaging and place it on the floor as shown.

Step 6:

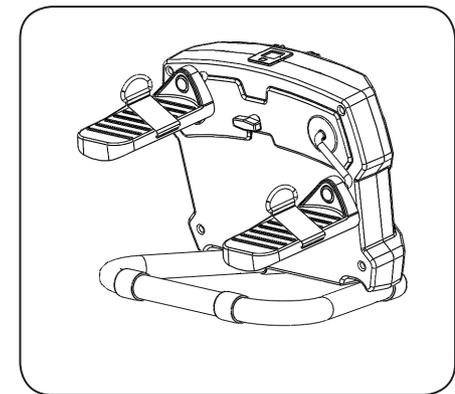
Taking one pedal at a time, slide the pedal onto the shaft as shown in Fig 6 below.

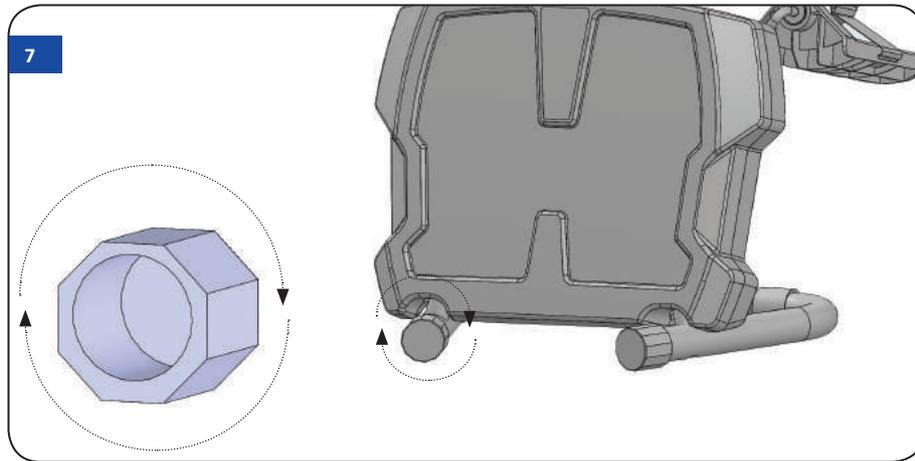
After sliding the pedal onto the shaft, press the dome-shaped C-clip as shown onto the end of the shaft until it is secure. When the C-clip is fully secured, there will be a click sound.

Test the pedal by pulling on it to determine whether it is locked in place by the C-clip.



Dome-shaped C-clips



**Step 7:**

If your Scoop is not stable on your floor, it can be leveled with the rear end caps. As you can see, the endcaps are thick on one side and thin on the other. If rotated, they will change the height of that side of your Scoop allowing you to adjust it for your floor.

Determine which side is wobbling and not in contact with the floor, then adjust that endcap by rotating it until it comes in contact with the floor. If by chance, you've rotated it 360 degrees and it still cannot contact the floor, then you will need to adjust the other end cap to allow that side to be lower.

Adjustment is easy and having your Scoop stable on your floor is important.

Step 1:

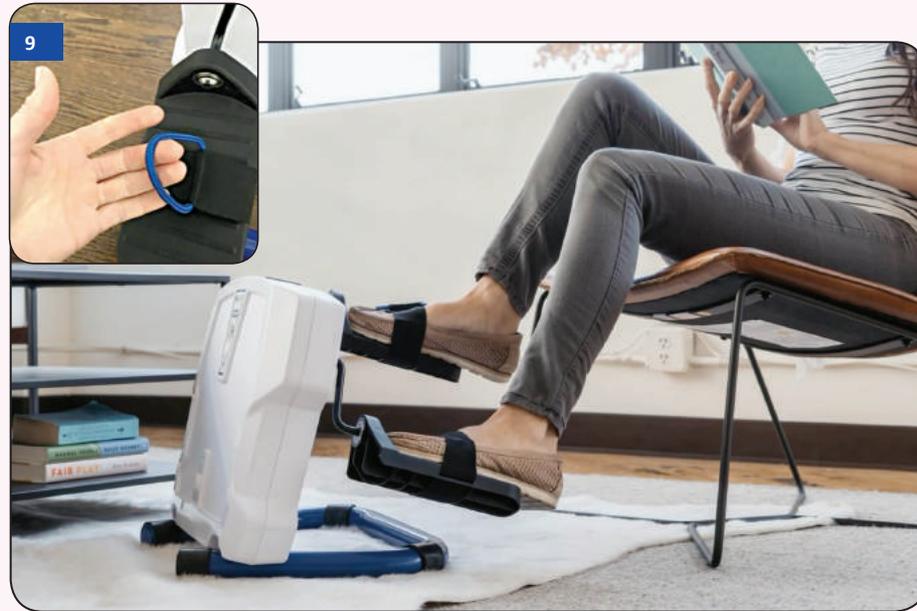
Put the Scoop on a smooth, level floor at a comfortable distance from the seat where you intend to work out. For most people, this is about 18 to 24 inches from a chair, bed or couch. **(Fig 8)**



If you intend to Scoop under a desk, ensure that there is enough space for your knees as they move through the lateral motion.

Step 2:

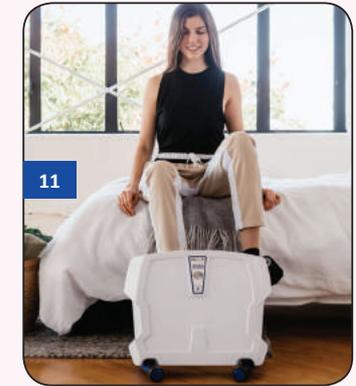
Secure your feet in the pedals by pulling the blue strap (Fig 9) to make it easier to slip your feet under the black elastic strap. You'll want to wear flat-soled shoes.

**Step 3:**

In order to adjust the tension knob, first, loosen it completely by turning to the left/counter clockwise until the knob is very loose. Then turn it to the right/clockwise until it just engages and feels tight. That is your lowest tension level. From here, in order to increase the tension, turn to the right/clockwise. Go to [Scoopfit.com/pages/faq](https://www.scoopfit.com/pages/faq) to see a video of this process. (Fig 10)

Step 4:

Start your workout by lightly pressing down more with one foot than with the other to get started. Concentrate on making smooth motions with your feet. You want to imagine that you are creating sideways figure 8s with your feet in the air, almost as if the Scoop wasn't there. In other words, you do not want to press down hard. If the machine starts to push away from you as you are working out, most likely you are pedaling too hard. For more, including a video about making sure the motion is smooth, please go to [Scoopfit.com/pages/faq](https://www.scoopfit.com/pages/faq). (Fig 11)

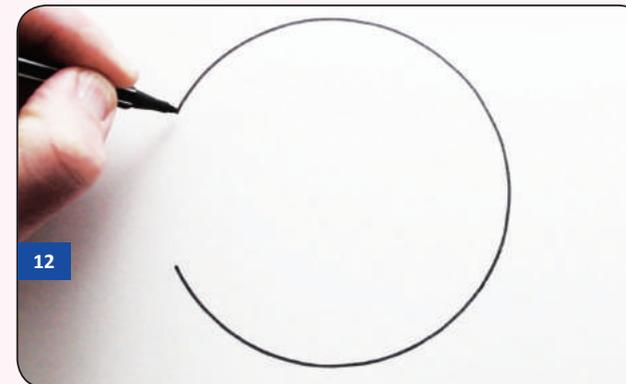
**Step 5:**

The Scoop lets you work in two different directions to more specifically target your inner thighs and glutes OR your outer thighs and glutes. Change directions regularly throughout your workout.

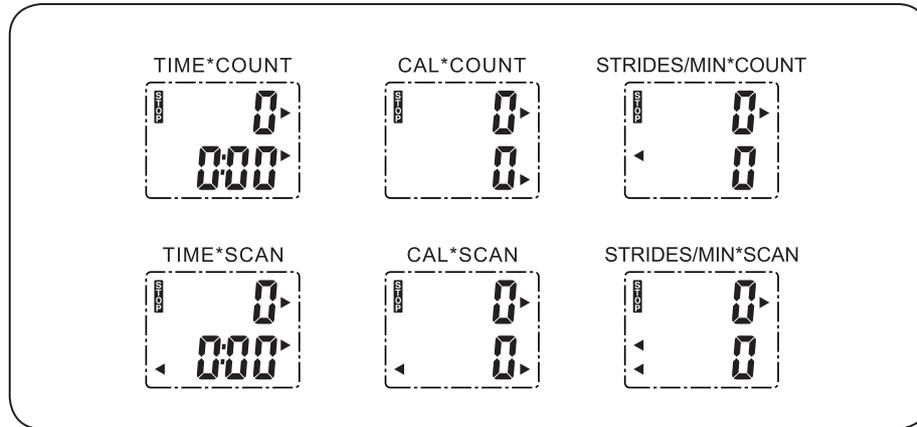
How do you know which direction you are going? Imagine you are drawing a circle with your feet as you pedal. When your feet are 'drawing' circles that go away from the center of the Scoop, your focus is on the outer thighs. (Hint, your left foot will be going counter-clockwise). (Fig 12)

Step 6:

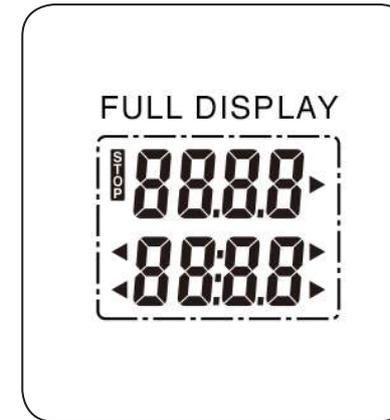
For best results, work out regularly (three to five times a week, for 20 - 45 minutes each workout). Remember to change directions regularly throughout your workout. It is recommended that you consult your physician prior to beginning any new exercise regimen, and discontinue should you feel pain or extreme shortness of breath.



The console has three main modes of operation (time, calories, strides/minute), along with a scan mode.



TIME COUNT	Use this mode to view workout time. Workout time automatically accumulates as you exercise.
CALORIE COUNT	Use this mode to view an estimate of calories burnt through exercise. These numbers accumulate through the workout.
STRIDES/ MINUTE COUNT	Use this mode to view rotations per minute. This figure increases and decreases to reflect the speed at which you are exercising.
MODE/RESET	Push the MODE/RESET key to select the mode that you intend to view. To clear the setting, hold this key down for two seconds.

**NOTE:**

1. If the display is faint or shows no figures, please replace the batteries.
2. The console will power up when movement is detected.
3. If no movement is detected for four minutes, the console will shut off.
4. If no movement is detected for four seconds, the word STOP will appear in the upper left corner of the console. This message will disappear when movement resumes.
5. The console will start calculating when you start exercising and stop calculating after no movement is detected for four seconds.

Other Specs:

Battery type: 1 pc LR44 (1.5V)
 Operating temperature: 0°C to +40°C
 Storage temperature: -10°C to + 60°C

**What do I do if The Scoop pushes away from me when I am using it?**

The Scoop is designed to facilitate a motion you make with your feet and legs. For best results, you should not press down with force; instead, imagine that you are making light, circular motions with your feet and legs almost as if the Scoop wasn't there. If the machine pushes away from you, you are pushing too hard. It is not like a bicycle. For more, see the video at Scoopfit.com/pages/faq for more.

What do I do if my floor is uneven or The Scoop rocks on the floor when I use it?

Adjust the end cap knobs on one or both legs by turning them clockwise until the Scoop no longer rocks. See the video at Scoopfit.com/pages/faq for more.

How do I know how far to place the Scoop with respect to my seat?

Your positioning depends on your height and the difficulty of workout that you desire. Typically, it is about 2 feet from the chair, but positioning it closer will place your knees higher, forcing you to engage your core and making the workout more challenging. See the video for more. See the video at Scoopfit.com/pages/faq for more.

Does the Scoop have a computer?

The Scoop has a computer that automatically keeps track of workout time, repetitions, strides per minute, and approximate calories burned. For more, see the video at Scoopfit.com/pages/faq

How do I strap my feet in? What if my feet are too big for the pedals?

Pull on the blue tab to help lift the black elastic and slide your foot in. The pedals are designed to be much smaller than most people's feet because the unit tilts and large pedals would scrape the floor. As is the case with a bicycle pedal, the pedals do not need to be larger than your feet. See video for more.

Why doesn't the motion feel smooth? What do I do if the motion feels 'jerky'?

Using The Scoop is easy, but because most people have never tried lateral training before, they aren't practiced at making the circular motion with their legs. Most people instinctively push down too hard on the pedals, as if they are on a stepper or a bicycle. Concentrate on making fluid, smooth circles with your feet and legs and soon the motion will feel smooth. For more, see the video at Scoopfit.com/pages/faq

How fast should I pedal?

The Scoop is designed to use muscles that other machines ignore. As such, the most important thing is to try for a smooth, fluid motion, making nice, careful circles with each foot. This matters much more than speed or even tension, and will ensure that you engage all of the muscles of your lower body 360 degrees.

How often should I switch directions?

The Scoop is designed to work the inner thighs and outer thighs at the same time, but the direction you go impacts how much each muscle group is targeted. Therefore, it is recommended that you alternate evenly during your workouts. Some people like to divide their workout in half, then switch directions. Others prefer to do one minute in one direction, then the next minute in the other. It is up to you.

One exception: if you find one direction is much easier than the other, it will serve you to work MORE on the direction that is harder. For example, Scoop 12 minutes in the 'harder' direction and then 8 in the easier direction. This will help you to balance your body.

Why doesn't it feel like there is a lot of resistance when I Scoop?

The Scoop is supposed to be an easy, fluid motion. It is not intended to feel like a strength-training exercise. Think of it more like swimming underwater than lifting weights. We recommend that users concentrate on a fluid, even motion, making circles with their legs and feet. This is what engages the muscles of the lower body.



Please contact SCOOP directly for any issues or
concerns regarding your SCOOP. 844-GOSCOOP(467-2667)
or service@scoopfit.com

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