

## Steps move automatically at your desired pace.

With "e-jog", that slim, healthy body that you deserve is now easily within your reach. And it's all available in the comfort and privacy of your own home. "e-jog" is similar to step machines you might have seen, but with a key difference — the steps move up and down automatically. The effect is the same though — a stimulating aerobic exercise that helps you improve your health and stay in shape.



Motor control for smooth operation.



The "e-jog" control regulates the motor used for the automatic up and down motions, enabling a smooth start for your exercise session and a smooth speed changeover during exercise.

Sturdy handlebars ensure your safety.



The handlebars and stand help you keep your balance while getting on or off the steps and while exercising.



Folds compactly for convenient storage

### Specifications

Power consumption	105-110W (Power consumption differs according to type)
Weight	41kg (90 lbs)
Rated time	35 min.
Timer	1 - 30 min.
Dimensions	When assembled: 580mm (22 13/16") [W] x 800mm (31 1/2") [D] x 1400mm (55 1/8") [H] When folded up: 580mm (22 13/16") [W] x 920mm (36 1/4") [D] x 460mm (18 1/8") [H]
Exercise courses	Sensor Auto Courses: SLOW WALK/QUICK WALK/JOE Programmed Courses: Constant/Up and Down/Interval
Speed adjustment	Sensor Auto Courses: Automatic Programmed Courses: 10 stages
Applicable weight	Max. 100kg (220 lbs)
Power cord length	2.5m (8ft.)

Note : Products appearance and specifications are subject to change without notice.

For more information, access our website : <http://www.overseas.sanyo.com/>

Distributed by:

**SANYO**

SANYO Electric Co., Ltd.

© 2008 SANYO Printed in Japan 2008.9 MARL SHM037

Think GAIA  
For Life and the Earth

Home Stepper

**SANYO**

HRM-DS10

The Easy, Fun Way to Get in Shape.



e-jog

## Step up to “e-jog” and feel the difference.

### Just walk in place following the movement of the steps.

With “e-jog,” you don’t have to press down on the steps. They move up and down, working your muscles and toning your figure. No more waiting in line at crowded, unsanitary gyms either. “e-jog” is ready when you are to build the new you.



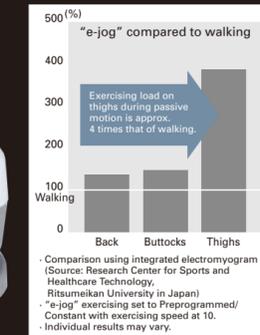
## “Twist step” exercises your whole body.

“Twist step” keeps you walking while also twisting your body at the waist. This helps develop the muscles of the lower body, while trimming your waistline and toning your upper body.

Unlike walking or jogging, “e-jog” lets you exercise while surrounded by all the comforts of home. Watch TV, listen to music, talk on the phone—with “e-jog,” you don’t have to take time out of your busy schedule to stay in shape.

With regular use of “e-jog,” you can expect a variety of health and fitness benefits, including weight reduction, removal of unwanted fat, and a trimmer stomach and waistline.

Comparison of exercising results on muscle.



## Exercising results of “e-jog”



## Automatic pulse monitoring keeps you in the aerobic zone.

Based on your pulse as measured by the pulse sensor, along with your personal health data, “e-jog” automatically controls the step speed to maintain your pulse rate in the fat-burning aerobic zone.

If your pulse is too high, the steps move at a slower speed. If your pulse is too low, the steps automatically speed up. It’s all controlled for you—all you have to do is move to the rhythm of the steps, and let the fat burn away.



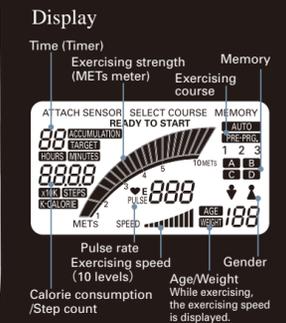
## Sensor Auto Courses

In addition to the pulse sensor, you can input data for gender, age, weight and timer. Based on these factors, “e-jog” automatically controls the pace and intensity of your exercise. (Unit: METs). “e-jog” can store individual data for up to four people, so the family can enjoy a custom-designed exercise program.

- SLOW WALK**  
 for “e-jog” beginners and those unsure of their physical condition
- QUICK WALK**  
 for those somewhat familiar with “e-jog” and those who demand more than a SLOW WALK
- JOG**  
 for those who want to sweat a bit and those who are in good physical condition

Personal settings/Memory

Exercising speed adjustment



## Pre-Programmed Courses

You can easily set the exercising speed yourself by choosing from 10 different levels. Even while the steps are moving, you can adjust the exercising speed using the [SPEED] buttons.

- 1 Constant**  
 Exercising speed is maintained at a constant speed.
- 2 Up and down**  
 Speed gradually increases until the set exercising speed is reached. Then speed gradually decreases, and the cycle is repeated.
- 3 Interval**  
 Speed alternates between the set exercising speed and exercising Speed 1.

## METs — units of exercising strength

Exercising strength is indicated in METs (Metabolic Equivalent) as proposed by and the Japanese Ministry of Health, Labor and Welfare.

### Examples of METs for various activities

METs	Lifestyle activity	“e-jog”
1	Sitting quietly	-
3	Normal walking (67m/min., strolling, shopping, etc) Cleaning indoors, going downstairs	SLOW WALK
4	Fast walking (95-100m/min.) Nursing, riding a bicycle, playing with children	QUICK WALK
5	Very fast walking (107m/min.) Playing vigorously with children	JOG

### Exercise (Ex) — units of body activity

Exercise (Ex) indicates a unit of the body activity amount proposed by the Japanese Ministry of Health, Labor and Welfare which promotes active lifestyles (exercises and lifestyle activities) that require a person to expend 23 Exercises (3 METs and more) per week with at least 4 being vigorous exercises.

- \* Exercise (Ex) = METs × Time (h)
- \* Calorie consumption (kcal) = Body weight (kg) × Exercise (Ex) × 1.05