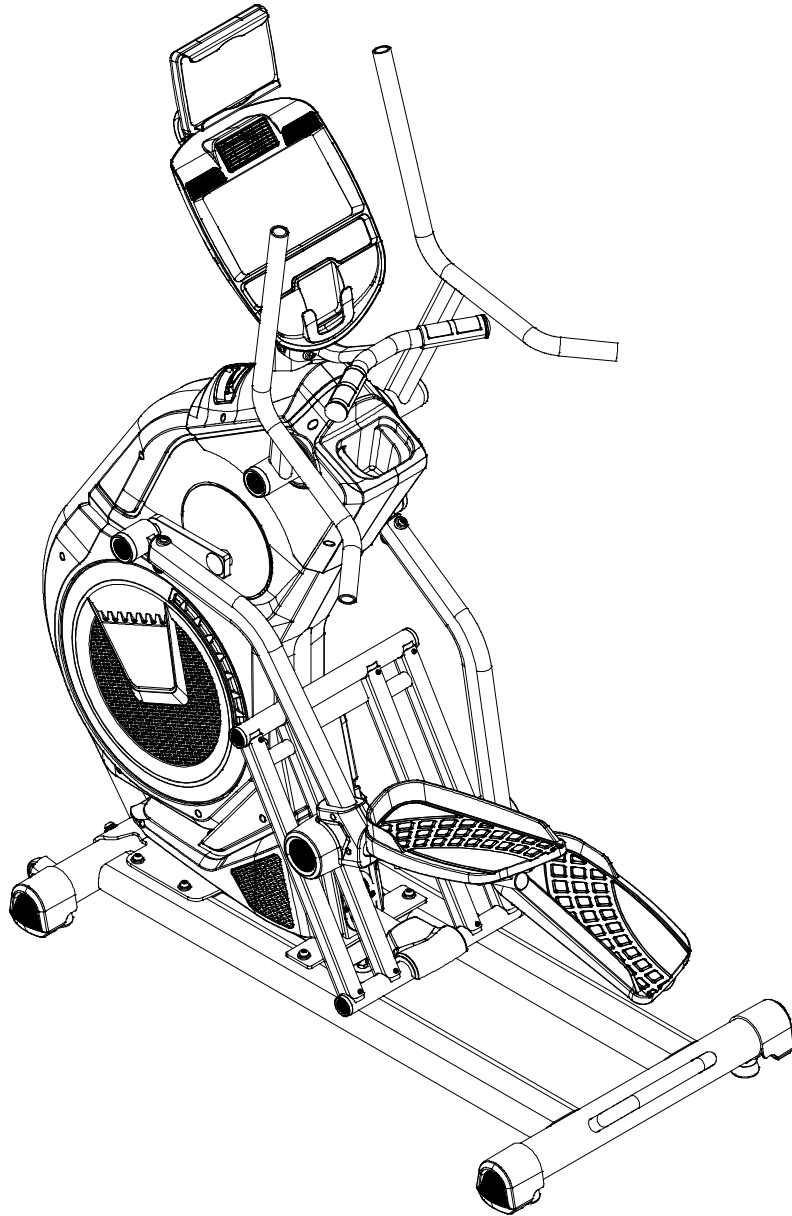


ST-13 INCLINE STEPPER OWNER'S MANUAL



Product may vary slightly from the item pictured due to model upgrades

Read all instructions carefully before using this product. Retain this owner's manual for future reference.

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1.IMPORTANT SAFETY INSTRUCTIONS

WARNING - Read all instructions before using this machine.

It is important your machine receives regular maintenance to prolong its useful life. Failing to regularly maintain your machine may void your warranty.

Please keep this manual with you at all times

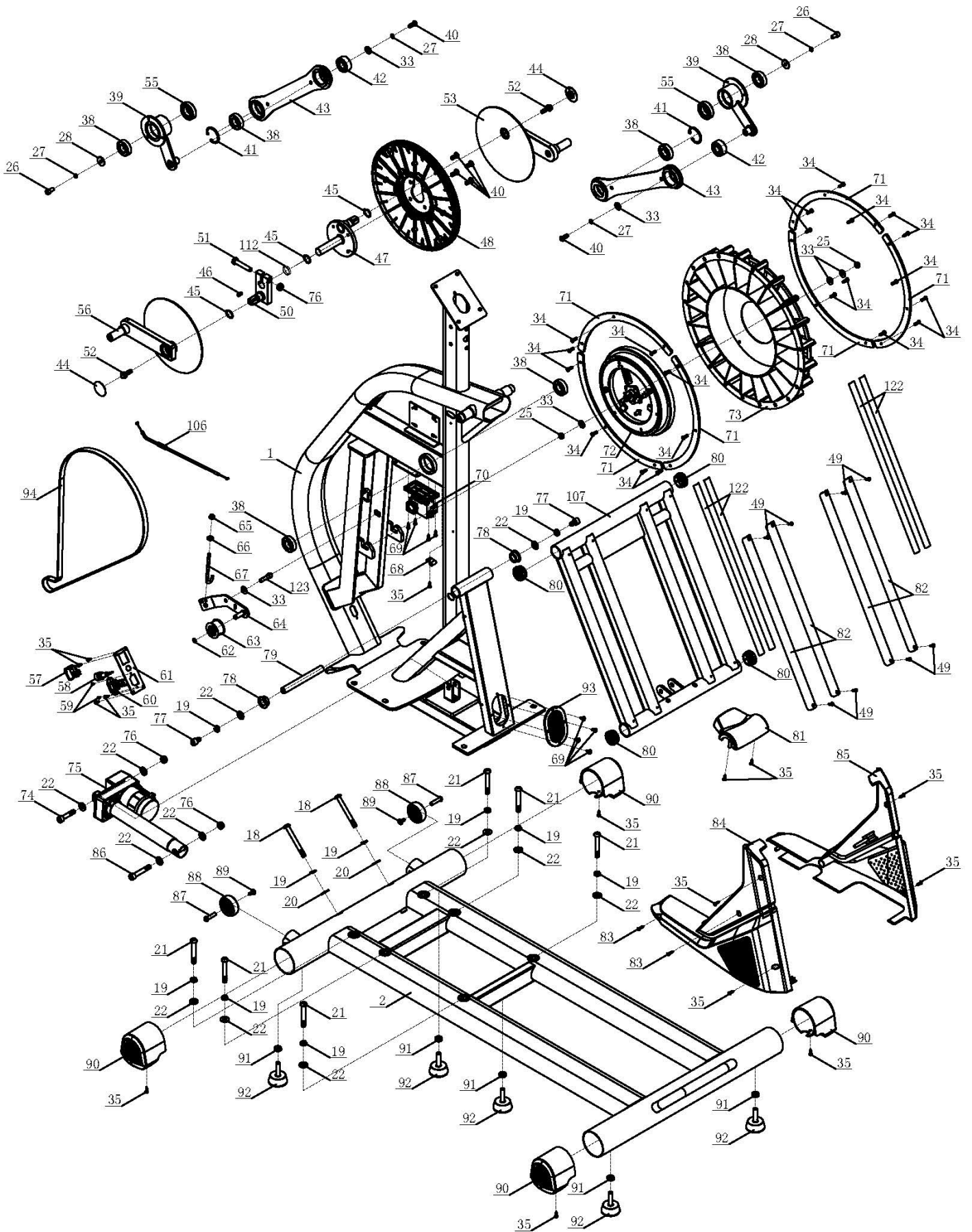
1. It is important to read this entire manual before assembling and using the equipment. Safe and effective use can only be achieved if the equipment is assembled, maintained and used properly. Please note: It is your responsibility to ensure that all users of the equipment are informed of all warnings and precautions.
2. Before starting any exercise program you should consult your doctor to determine if you have any medical or physical conditions that could put your health and safety at risk, or prevent you from using the equipment properly. Your doctor's advice is essential if you are taking medication that affects your heart rate, blood pressure or cholesterol level.
3. Be aware of your body's signals. Incorrect or excessive exercise can damage your health. Stop exercising if you experience any of the following symptoms: pain, tightness in your chest, irregular heartbeat, and extreme shortness of breath, lightheadedness, dizziness or feelings of nausea. If you do experience any of these symptoms, you should consult your doctor before continuing with your exercise program.
4. Keep children and pets away from the equipment. This equipment is designed for adult use only.
5. Use the equipment on a solid, flat level surface with a protective cover for your floor or carpet. To ensure safety, the equipment should have at least 2 meters of free space around it.
6. Before using the equipment, check that the nuts and bolts are securely tightened. If you hear any unusual noises coming from the equipment during use and assembly, stop immediately. Do not use the equipment until the problem has been rectified.
7. Wear suitable clothing while using the equipment. Avoid wearing loose clothing that may get caught in the equipment or that may restrict or prevent movement.

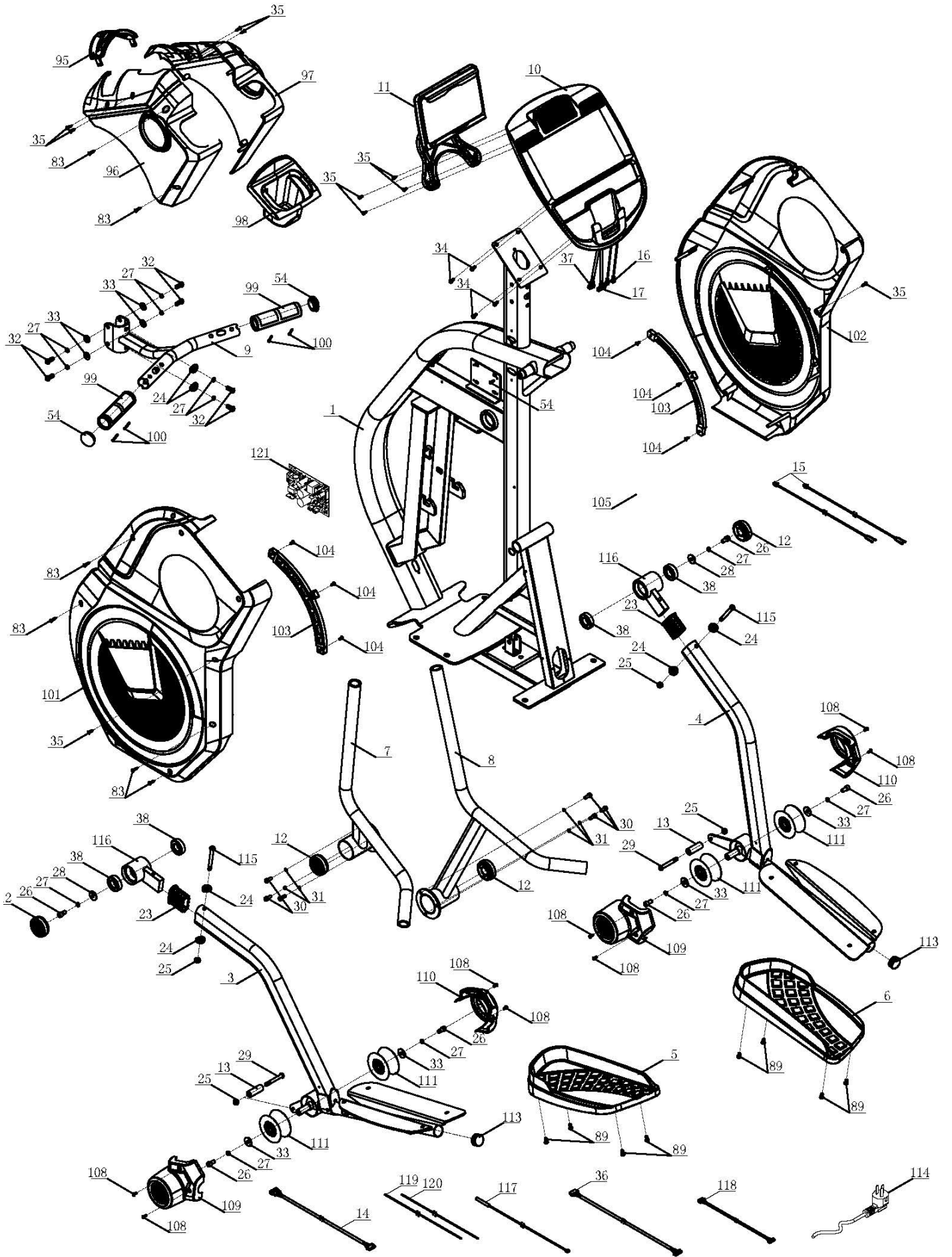
8. Do not put your hands on the moving parts to prevent injuries.
9. Keep the Ladder machine indoors, away from moisture and dust. Maintain the using place ventilation. DO NOT use it in the airless place.
10. Care must be taken when lifting or moving the equipment so as not to injure your back.
11. No more than one person should operate the Ladder machine at one time.
12. Do not put any sharp things around the Ladder machine.
13. Always keep this instruction manual and assembly tools at hand for reference.
14. The equipment is not suitable for therapeutic use.
15. The pulse or heart rate sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

2.CARE INSTRUCTIONS

- a. Lubricate moving joints with grease after periods of usage
- b. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects
- c. The machine can be kept clean by wiping it down using dry cloth
- d. All nuts and bolts are to be checked and tightened on a regular basis. This includes pedals and other moving parts. **Failure to do so may cause damage to your thread and void your warranty.**

3.EXPLODED DIAGRAM



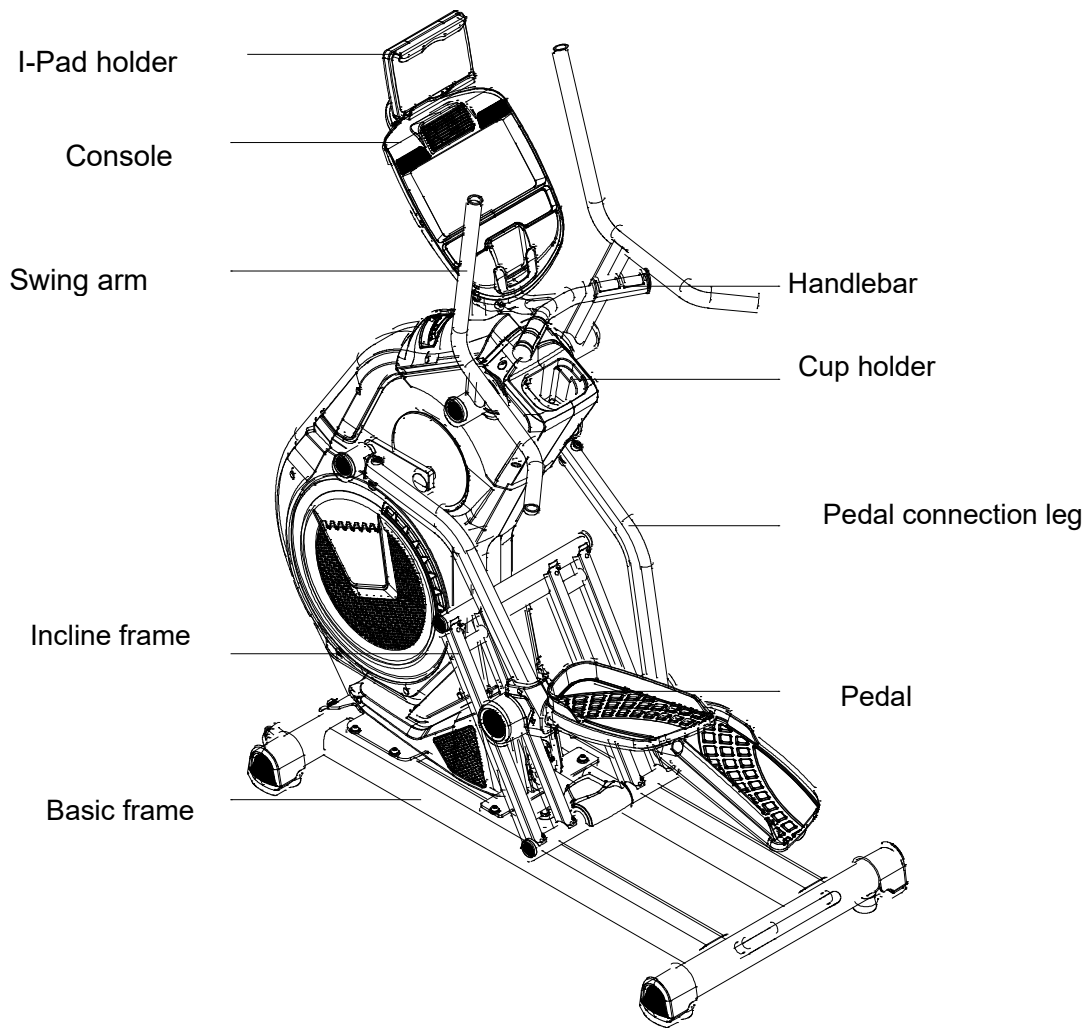


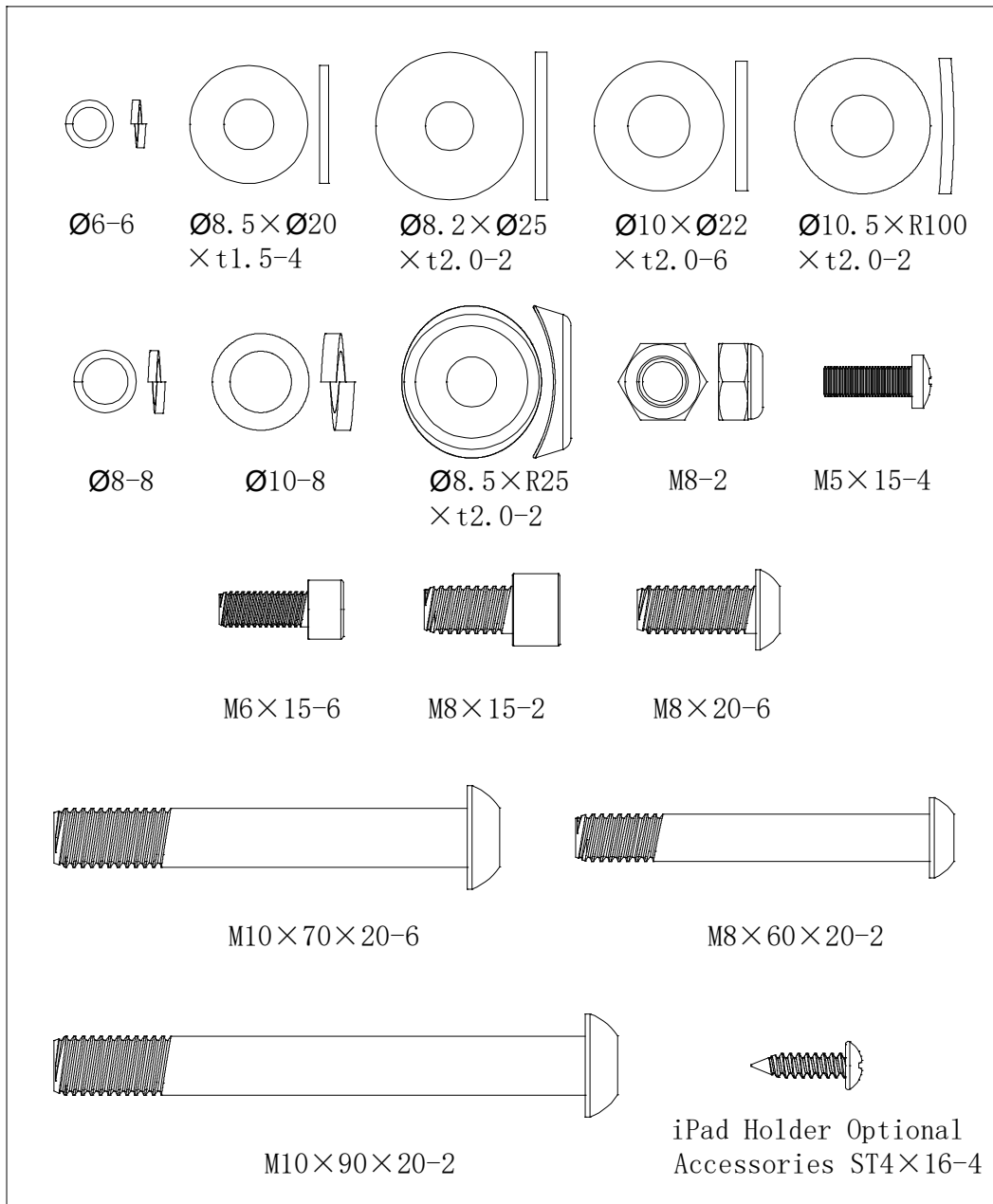
4.PARTS LIST

No.	Description	Specification	Qty
1	Main frame		1
2	Basic frame		1
3	Left pedal connection leg		1
4	Right pedal connection leg		1
5	Left pedal		1
6	Right pedal		1
7	Left upper swing arm		1
8	Right upper swing arm		1
9	Handlebar		1
10	Console		1
11	I-Pad holder		1
12	Tube cap	Φ55	4
13	Roll wheel position stopper	Φ17×Φ8.5×47	2
14	Communication line A	L-650mm	1
15	Hand pulse communication line	L-550mm	2
16	Hand pulse communication line of console		2
17	Communication line A of console		1
18	Allen pan head half thread bolt	M10×90×20	2
19	Spring washer	Φ10	10
20	Curved washer	Φ10.5×R100× t2.0	2
21	Allen pan head half thread bolt	M10×70×20	6
22	Flat washer	Φ10×Φ22×2.0	12
23	Pedal bushing	30×60×50	2
24	Curved washer	Φ8.5×R25×t2. 0	6
25	Hex self-locking nut	M8	6
26	Allen cylinder head full thread bolt	M8×15	10
27	Spring washer	Φ8	16
28	Flat washer	Φ8.2×Φ25×t2. 0	4
29	Allen Pan head half thread bolt	M8×60×20	2
30	Allen cylinder head full thread bolt	M6×15	6
31	Spring washer	Φ6	6
32	Allen Pan head full thread bolt	M8×20	6
33	Flat washer	Φ8.5×Φ20×t1.5	14
34	Philips C.K.S. full thread bolt	M5×15	25
35	Philips C.K.S. self-tapping screw	ST4×16	21
36	Communication line B	L-650mm	1
37	Communication line B of console		1
38	Deep groove ball bearing	6004-ZZ	10
39	Swing arm		2
40	Allen C.K.S. full thread bolt	M8×15	6
41	Spring washer	Φ42	2
42	Self-aligning ball bearing	2203-2RS	2
43	Lower swing arm		2
44	Crank cover	Φ41.8×10.5	2

45	Spring washer	Φ20	3
46	Flat key	5×5×15	1
47	Crank axle group	Φ101.6×142.5	1
48	Belt pulley	Φ308.9×22.2	1
49	Philips C.K.S. full thread bolt	M5×10	8
50	Eccentric square iron		1
51	Allen half thread bolt	M10×55×20	1
52	Allen big head full thread bolt	5/16-18UNC-25	2
53	Crank-right		1
54	Tube cap	Φ32×t1.5	2
55	Groove ball bearing	6005	2
56	Crank-left		1
57	Switch		1
58	Re-set switch	6A	1
59	Philips countersunk head self-tapping screw	ST3×10	2
60	Socket		1
61	Socket fixer		1
62	Spring washer	Φ10	1
63	Tensioning wheel	Φ43.5×25	1
64	Tensioning wheel fixer		1
65	Allen nut	M6	1
66	Flat washer	Φ6×Φ20×t2.0	1
67	Hook	103×Φ26×M6 ×50	1
68	Magnet sensor fixer		1
69	Philips self-tapping screw	ST4×12	8
70	Magnet control motor		1
71	Flywheel weight stack		6
72	Flywheel		1
73	Flywheel	Φ450×62	1
74	Allen cylinders head half thread bolt	M10×45×20	1
75	Incline motor		1
76	Hex self-locking nut	M10	3
77	Allen cylinder head full thread bolt	M10×15	2
78	Powder case	Φ32×Φ16×12.7	2
79	Sliding rail Axle	Φ16×145.5	1
80	Tube cap	Φ38×17.5	4
81	sliding rail tube cover		1
82	Sliding rail aluminum sheet		4
83	Philips C.K.S. self-tapping screw	ST4×20	8
84	Bottom cover-left		1
85	Bottom cover-right		1
86	Allen cylinders head half thread bolt	M10×60×20	1
87	Allen C.K.S. hollow bolt	Φ8×33×M6×1.5	2
88	Wheels	Φ55×25.8	2
89	Allen pan head full thread bolt	M6×12	10
90	Tube cap		4

91	Hex nut	M10	5
92	Feet pad	Φ49×22×M10×40	5
93	Rubber case	110×75×3	1
94	Motor belt	560PJ6	1
95	Top cover-middle		1
96	Top cover-left		1
97	Top cover-right		1
98	Water cup holder		1
99	Hand pulse		2
100	Philips pan head self-tapping screw	ST3×30	4
101	Out cover-left		1
102	Out cover-right		1
103	Out cover decoration strip		2
104	Philips C.K.S. self-tapping screw	ST4×10	6
105	Mp3 wire	L-400mm	1
106	Brake line		1
107	Sliding rail group		1
108	Philips C.K.S. full thread bolt	M4×10	8
109	Wheel cover-left		2
110	Wheel cover-right		2
111	Wheels	Φ79×37.8	4
112	Tube sets	Φ25×Φ21×6.5	1
113	Tube cap	Φ32×t1.5	2
114	Power line with computer tail		1
115	Allen C.K.S. half tooth bolt	M8×80×20	2
116	Pedal sleeve group		2
117	Magnet sensor	L-300mm	1
118	Power line	L-100mm	1
119	Power line	L-450mm	1
120	Power line	L-450mm	1
121	Controller		1
122	EVA glue sticker	t1.0×495×22	4
123	Allen cylinder head full thread bolt	M8×30	1

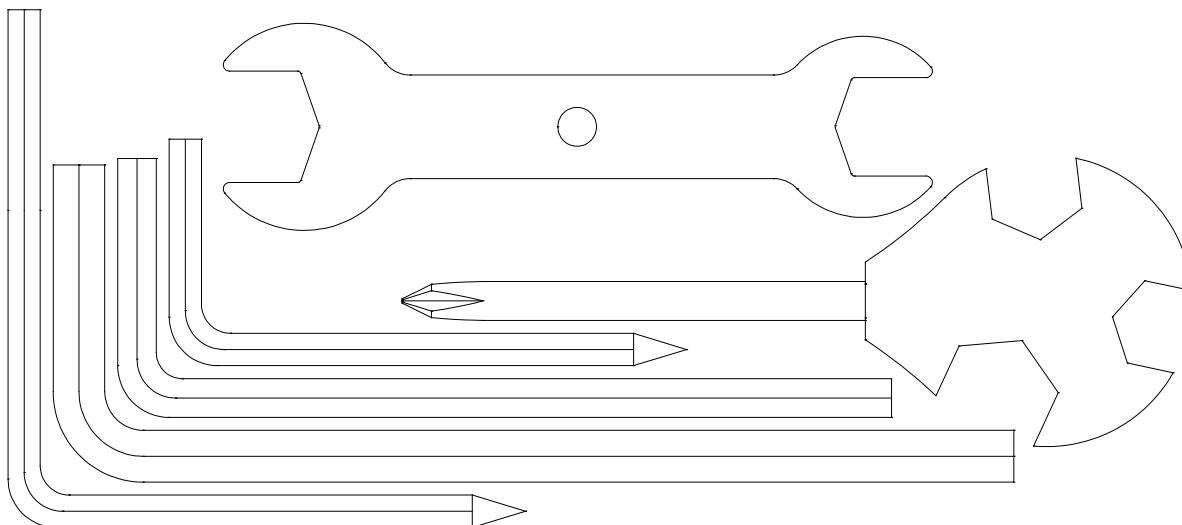




HARDWARE PACK LIST:

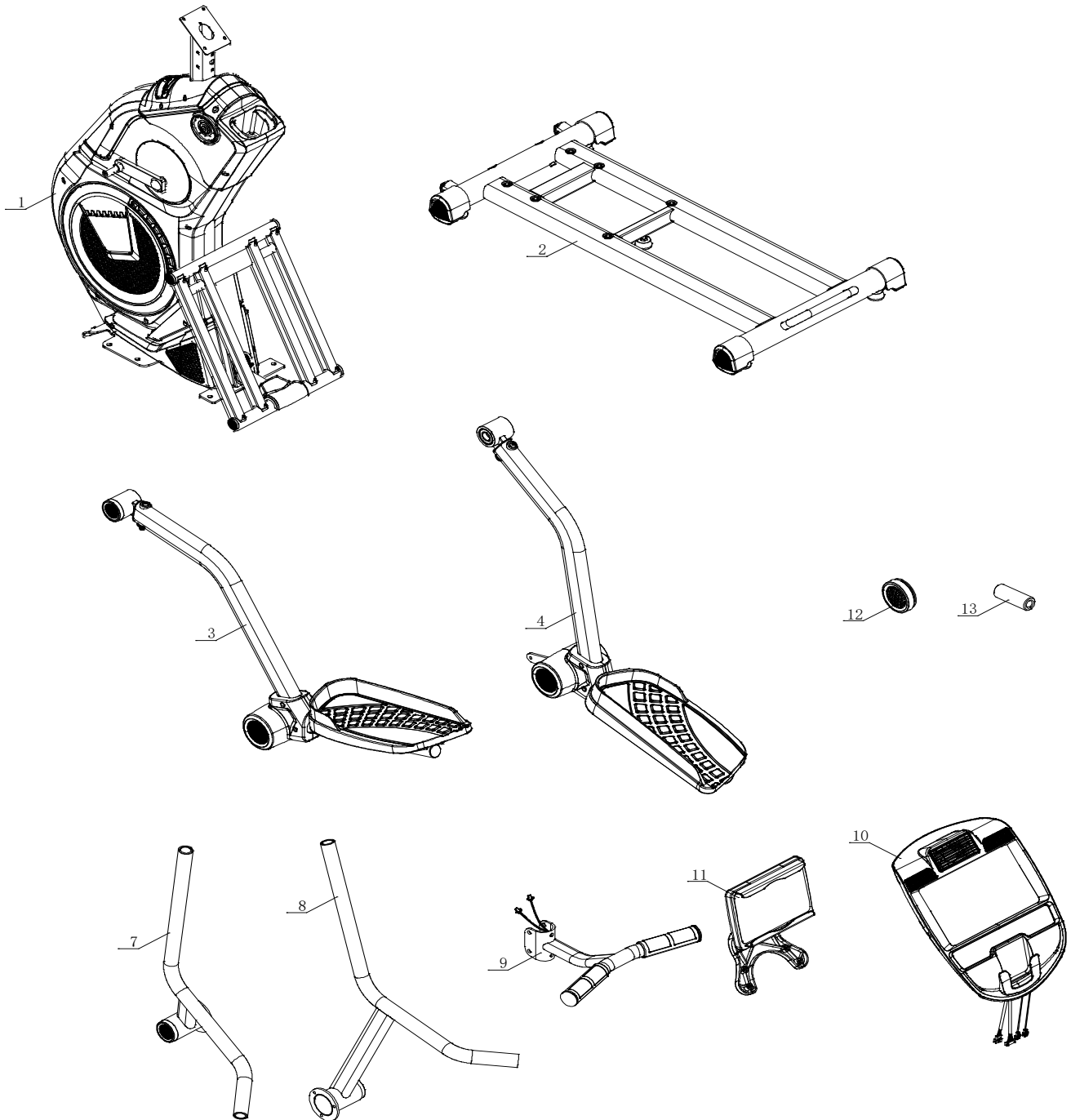
No.	Description	Specification	Qty	No.	Description	Specification	Qty
18	Allen pan head half thread bolt	M10×90×20	2	27	Spring washer	Φ8	8
19	Spring washer	Φ10	8	28	Flat washer	Φ8.2×Φ25×t2.0	2
20	Curved washer	Φ10.5×R100×t2.0	2	29	Allen Pan head half thread bolt	M8×60×20	2
21	Allen pan head half thread bolt	M10×70×20	6	30	Allen cylinder head full thread bolt	M6×15	6
22	Flat washer	Φ10×Φ22×2.0	6	31	Spring washer	Φ6	6
24	Curved washer	Φ8.5×R25×t2.0	2	32	Allen Pan head full thread bolt	M8×20	6
25	Hex self-locking nut	M8	2	33	Flat washer	Φ8.5×Φ20×t1.5	4
26	Allen cylinder head full thread bolt	M8×15	4	34	Philips C.K.S. full thread bolt	M5×15	4

				35	Philips C.K.S. self-tapping screw	ST4×16(optional)	4
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Tooling list:

Description	Specification	Qty
L Wrench	5×80×80S	1
L Wrench	5×35×85S	1
L Wrench	6×40×120	1
L Wrench	8×45×145	1
Phillips Wrench	14×17×75	1
Open end Wrench	15#&17#	1



Spare parts list:

NO	Name	Specification	Quantity
1	Main frame group		1
2	Base frame group		1
3	Foot-arm group left		1
4	Foot-arm group right		1
7	Upper swing rod group left		1
8	Upper swing rod group right		1
9	Handlebar group		1

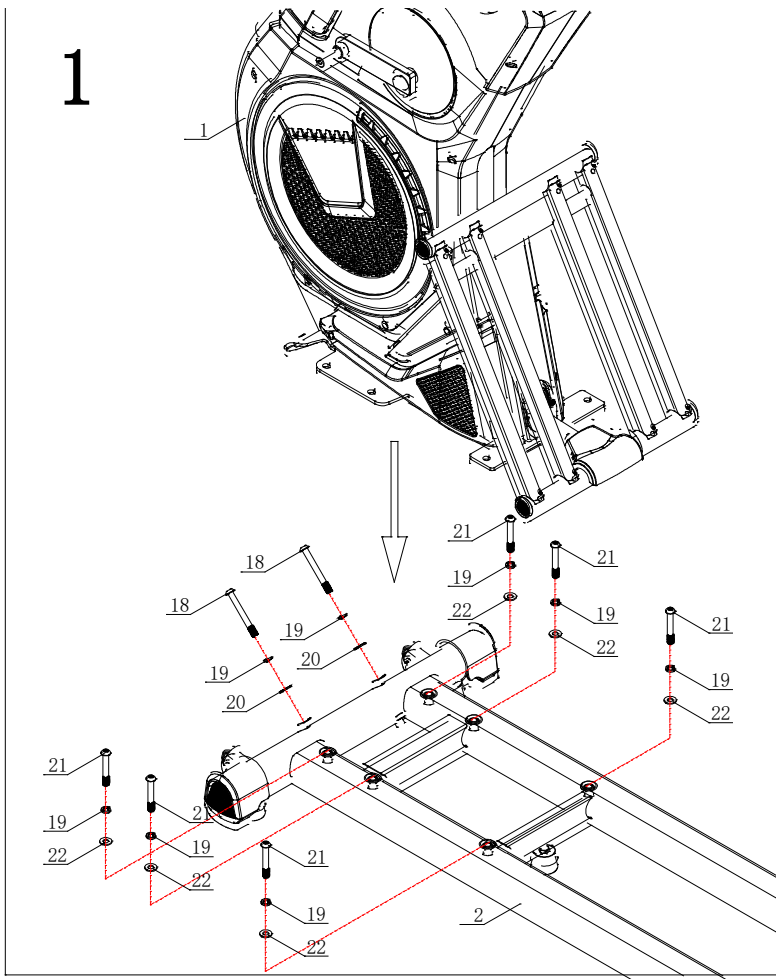
10	Console group		1
11	i-Pad holder group	(optional)	1
12	Tube	Φ55	2
13	Roller limit sleeve	Φ17×Φ8.5×47	2

Assembly material list:

NO.	Name	Specification	QTY.	NO.	Name	Specification	QTY.
1	Main frame group		1	20	The curved washer	Φ10.5×R100×t2.0	2
2	Base frame group		1	21	Allen pan head half thread bolt	M10×70×20	6
3	Foot-arm group left		1	22	Flat washer	Φ10×Φ22×2.0	6
4	Foot-arm group right		1	24	The curved washer	Φ8.5×R25×t2.0	2
7	Upper swing rod group left		1	25	Hexagon lock nut	M8	2
8	Upper swing rod group right		1	26	Allen cylinder head full thread bolt	M8×15	8
9	Handlebar group		1	27	Spring washer	Φ8	10
10	Console group		1	28	Flat washer	Φ8.2×Φ25×t2.0	2
11	i-Pad holder group	(optional)	1	29	Allen Pan head half thread bolt	M8×60×20	2
12	Tube cap	Φ55	1	30	Allen cylinder head full thread bolt	M6×15	6
13	Roll wheel position stopper	Φ17×Φ8.5×47	1	31	Spring washer	Φ6	6
14	Communication wire A	L-650mm	2	32	Allen Pan head full thread bolt	M8×20	6
15	Hand pulse communication line	L-550mm	2	33	Flat washer	Φ8.5×Φ20×t1.5	4
16	Hand pulse communication line of console		1	34	Philips C.K.S. full thread bolt	M5×15	4
17	Communication wire A of console		2	35	Philips C.K.S. self-tapping screw	ST4×16	4
18	Allen pan head half thread bolt	M10×90×20	2	36	Communication wire B	L-650mm	1
19	Spring washer	Φ10	1	37	Communication wire B of console		1

5.ASSEMBLY INSTRUCTIONS

1

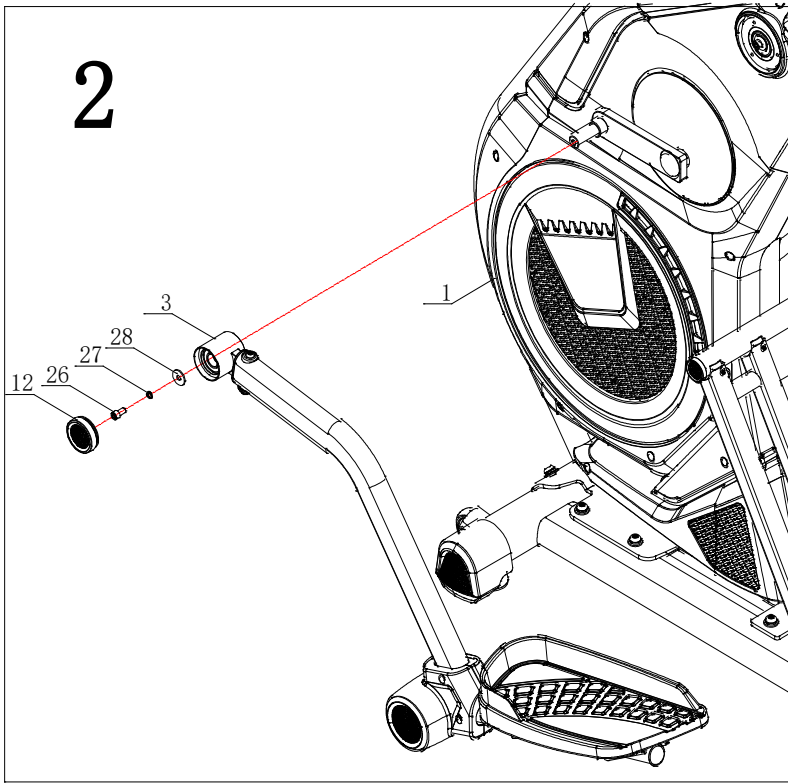


Step 1

1. Place the main frame (1) on the basic frame (2), secure with:
 - 6pcs Allen pan head half thread bolt (21)
 - 6pcs spring washer (19), 6pcs flat washer (22)
 - 2pcs Allen pan head half thread bolt (18)
 - 2pcs spring washer (19)
 - 2pcs curved washer (20)

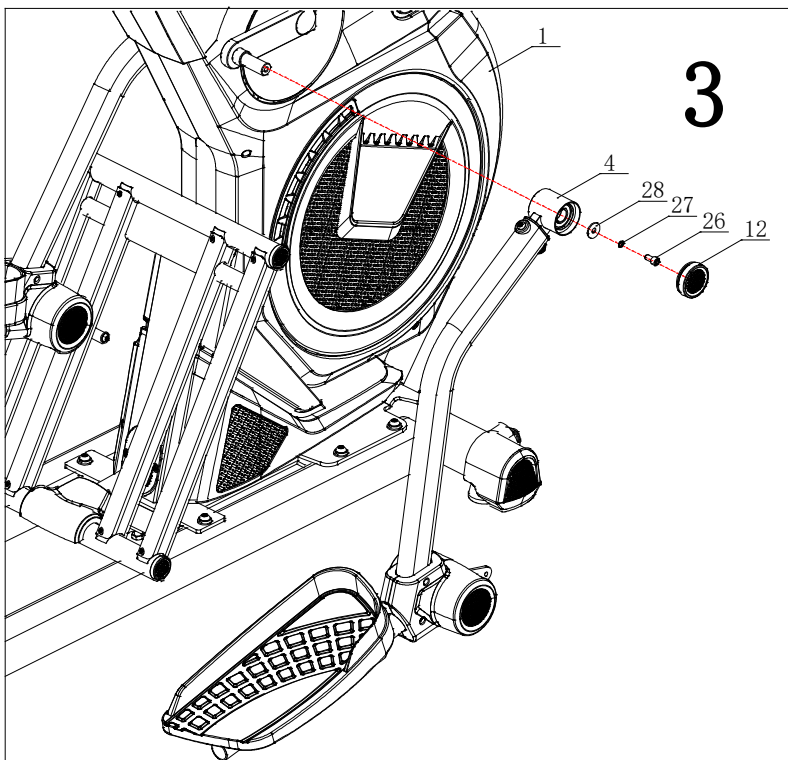
Use the Phillips Wrench provided.

Attention: Please put all the bolts and washers on the frame holes first, then secure them.



Step 2

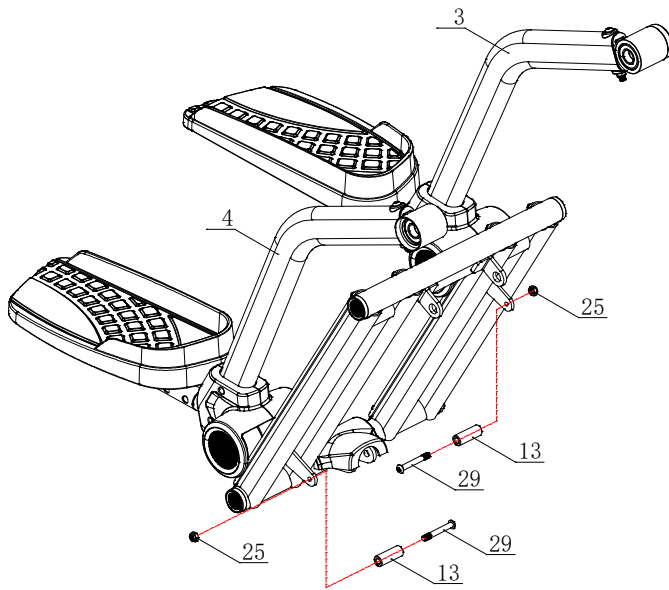
1. Add some grease on the axle of the main frame.
2. Assemble the left pedal group (3) on the main frame (1), secure with:
 - 1pc flat washer (28)
 - 1pc spring washer (27)
 - 1pc Allen cylinder head full thread bolt (26)
3. Then assemble the tube cover (12) on the left pedal group (3).



Step 3

1. Add some grease on the axle of the main frame.
2. Assemble the right pedal group (4) on the main frame (1), secure with:
 - 1pc flat washer (28)
 - 1pc spring washer (27)
 - 1pc Allen cylinder head full thread bolt (26)
3. Then assemble the tube cover (12) on the right pedal group (4).

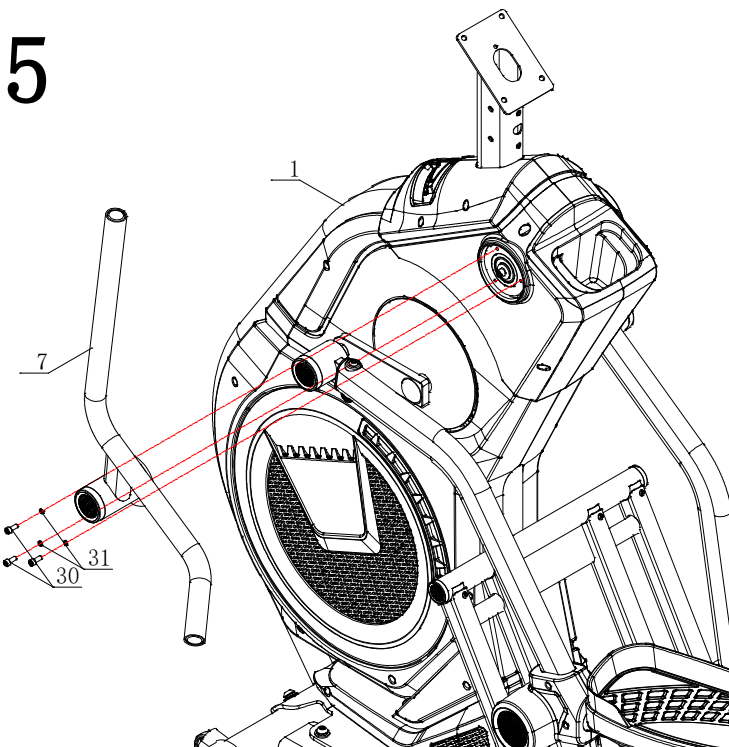
4



Step 4

1. Assemble 1pc roll wheel position stopper (13) on the left pedal group (3) and secure with:
 - 1pc hex self-locking nut (25)
 - 1pc Allen pan head half thread bolt (29)
2. Assemble 1pc roll wheel position stopper (13) on the right pedal group (4) same as above.
3. Apply a little grease to a paper towel, spread a thin layer of the grease evenly along the tracks where the wheels move, wipe off any excess grease.
4. Roll wheel position stopper (13) should be installed inside.

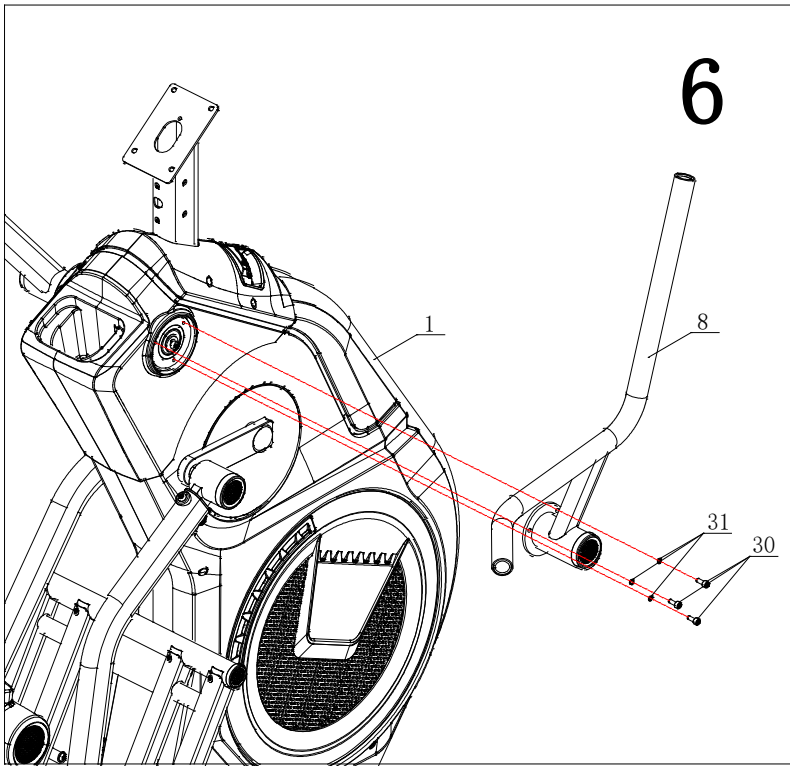
5



Step 5

1. Assemble the left upper swing arm (7) on the main frame (1) and secure with:
 - 3pcs spring washer (31)
 - 3pcs Allen cylinder head full thread bolt (30)

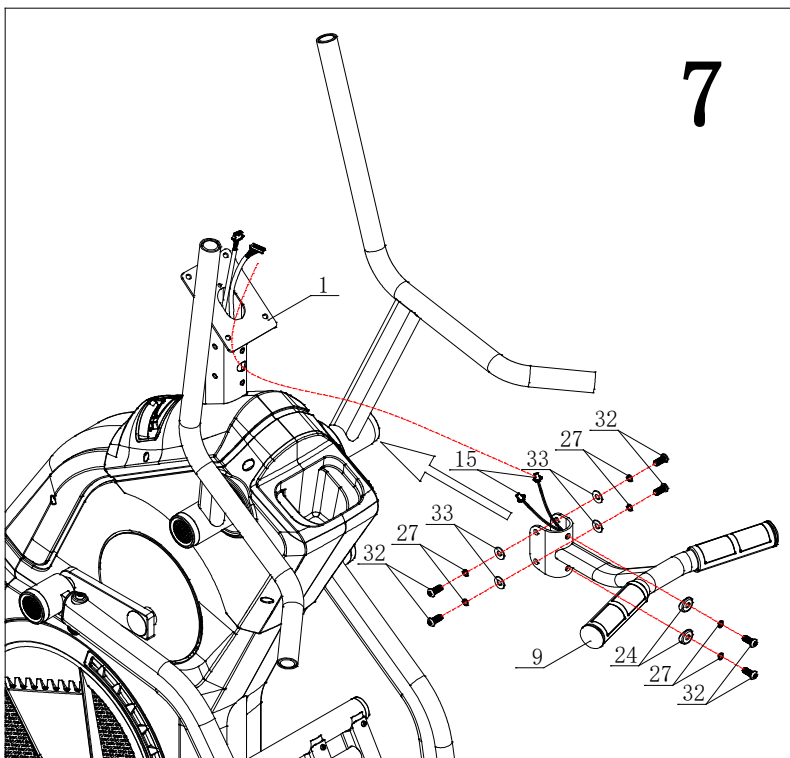
Attention: Please put all the bolts and washers on the frame holes first, then secure them.



Step 6

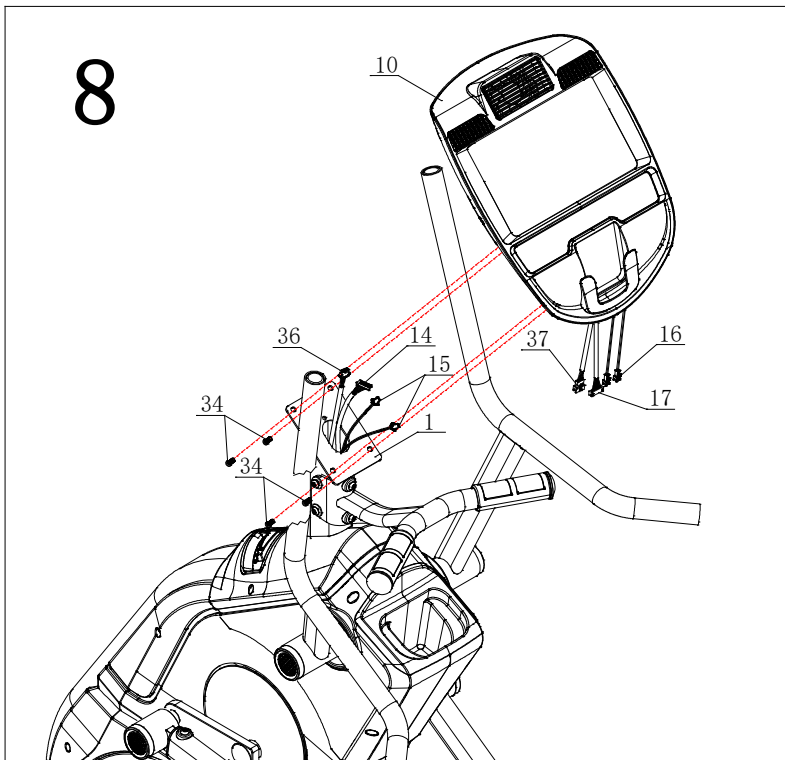
1. Assemble the left upper swing arm (8) on the main frame (1) and secure with:
 - 3pcs spring washer (31)
 - 3pcs Allen cylinder head full thread bolt (30)

Attention: Please put all the bolts and washers on the frame holes first, then secure them.



Step 7

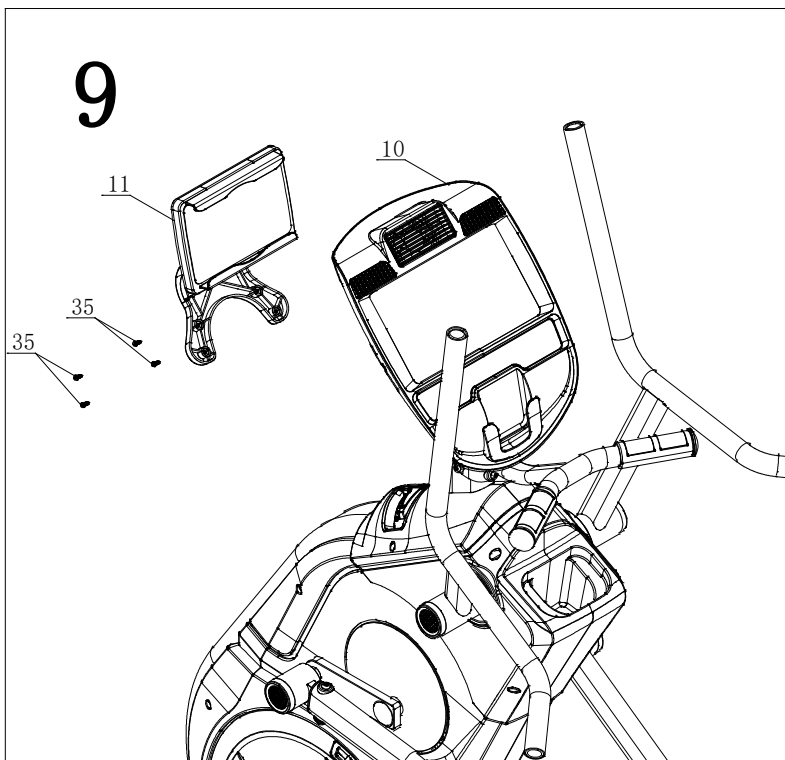
1. Put the hand pulse communication line (15) through the hole of main frame group (1), place the line on the console fix plate.
2. Insert the handlebar group (9) into the main frame (1), secure with:
 - 4pcs flat washer (33)
 - 4pcs spring washer (27)
 - 4pcs Allen pan head full thread bolt (32)
 - 2pcs curved washer (24)
 - 2pcs spring washer (27)
 - 2pcs Allen pan head full thread bolt (32)



Step 8

1. Connect the wire Communication line A of console (17) with Communication line A (14)
2. Connect Hand pulse communication line of console (16) with Hand pulse communication line (15)
3. Connect Communication line B of console (37) with Communication line B (36)
4. Assemble the console to main frame (1), secure with 4pcs Philips C.K.S. full thread bolt (34).

Attention: Please put all the bolts and washers on the frame holes first, then secure them.



Step 9 (Optional)

1. Attach the I-pad holder (11) to the console (10) with 4 PCS Philips C.K.S. self-tapping screw (35).

Attention: If you buy I-pad holder, the step is needed. Otherwise, you can skip this step.

6.COMPUTER OPERATION



BUTTON FUNCTIONS

RECOVERY	To test heart rate recovery status.
MODE	In STOP mode, press this button to select function or confirm all setting values.
PROGRAM	To select workout program.
BODY FAT	To test the Body Fat% (5.0%~ 50%) and BMI (0~50).
+	To make upward resistance level, select program or increase function value.
-	To make downward resistance level, select program or decrease function value.
RESET	In STOP mode or setting mode, press it to reverse to main menu. Hold on pressing this key for 2 seconds, console will reboot and start from user profile setting mode.
START/STOP	To start or stop training. When user stop training by pressing START/STOP key, the computer will remain all the setting values.
INCLINE ▲	Increase the incline level (1~15)
INCLINE ▼	Decrease the incline level (15~1)

DISPLAY FUNCTION

TIME	<ul style="list-style-type: none"> Count-up: no preset target, time will count-up from 0:00. Count down: with preset target, time will count down from preset to 0, then system will STOP and system alarm 8s with 4 sounds in every second. Display range: 0:00~99:59; Setting range: 0:00~99:00
SPEED	<ul style="list-style-type: none"> In START mode, with sensor input, screen display training speed in 3s. Without sensor input for 4.6s, the SPEED value is 0. Display range: 0.0 ~ maximum 99.9 KM/H or ML/H. SPEED & RPM value will display by turn in every 6s.
RPM	<ul style="list-style-type: none"> In START mode, with sensor input, screen display training rotation per minute in 3s; Without sensor input for 4.6s, the RPM value is 0. Display range: 0 ~ maximum 999. SPEED & RPM value will display by turn in every 6s.
CALORIES	<ul style="list-style-type: none"> Count-up: no preset target, calories will count-up from 0.0. Count-down: with preset target, calories will count down from preset to 0, then system will STOP and system alarm 8s with 4 sounds in every second. Display range: 0~999 CAL; Setting range: 0~990CAL
DISTANCE	<ul style="list-style-type: none"> Count-up: no preset target, distance will count-up from 0.0. Count-down: with preset target, distance will count down from preset to 0, then system STOP. And system alarm 8s with 4 sounds in every second. Display range: 0.0~99.9km(ml); Setting range: 0.0~99.0km (ml)
PULSE	<ul style="list-style-type: none"> With pulse signal input, it will display user heart rate in 7.5s; without pulse Input, PULSE window displays 0 in 6s. Pulse exceed the preset Target value; console will remind with a beeping sound. Display range: P-30~230; Setting range: 0-30~230
WATT	<ul style="list-style-type: none"> Display power consumption during training. With sensor input, it will display WATT value in 3s; without any signal input, WATT window displays 0 in 4.6s. Display range: 0~999.
MANUAL	<ul style="list-style-type: none"> Manually adjust workout load level.
PROGRAM	<ul style="list-style-type: none"> Self-select load level to work out; 12 profiles preset to be selected (P1~P12).
USER	<ul style="list-style-type: none"> Users create his own resistance level profile to workout.
H.R.C.	<ul style="list-style-type: none"> Target HR training mode. Four modes for selection: 55%, 75%, 90%, TAG.
WATT CONSTANT	<ul style="list-style-type: none"> WATT constant training mode.

OPERATION PROCEDURE:

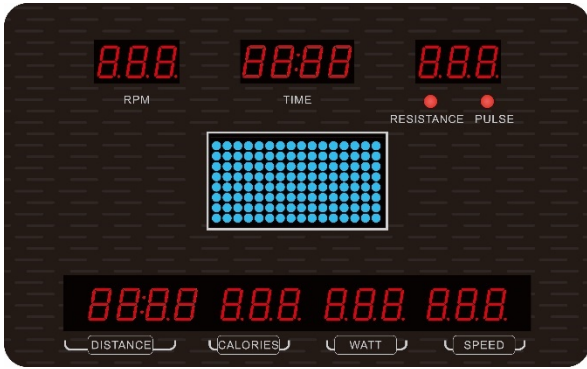
1. Power on

Connect power (press RESET key for 2s), buzzer sound for 1s and LED will full display 2s (**Drawing 1**), then display wheel diameter and KM (or ML) in middle window and "E" (or "A") in CALORIE window (**Drawing 2**). Then go to user setting mode.

2. User profile setting

2.1 System default user group is U1(**Drawing 3**), press UP or DOWN to select U1~U4, press MODE button to confirm. Press "+" or "-" buttons to set SEX (**Drawing 4**), AGE (**Drawing 5**), HEIGHT (**Drawing 6**), WEIGHT (**Drawing 7**) and confirm by pressing MODE. When finish setting, system enter function selection page (**Drawing 8**).

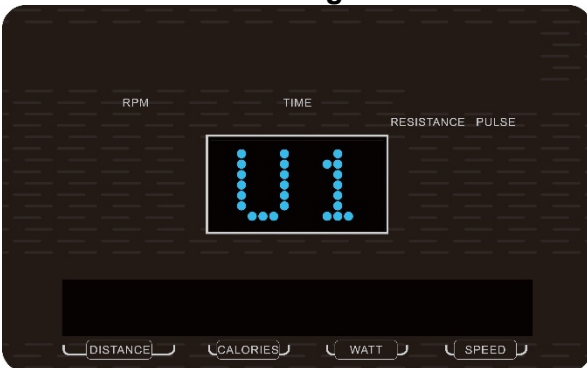
2.2 SEX- Female/Male; AGE- 1~99 (default value is last input value); HEIGHT- 100~200CM (default value is last input value); WEIGHT- 20~150KG (default value is last input value).



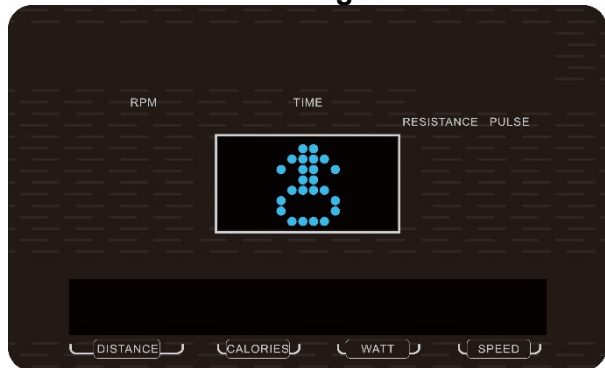
Drawing 1



Drawing 2



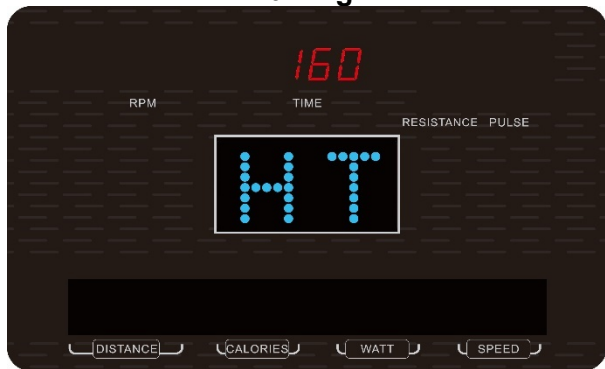
Drawing 3



Drawing 4



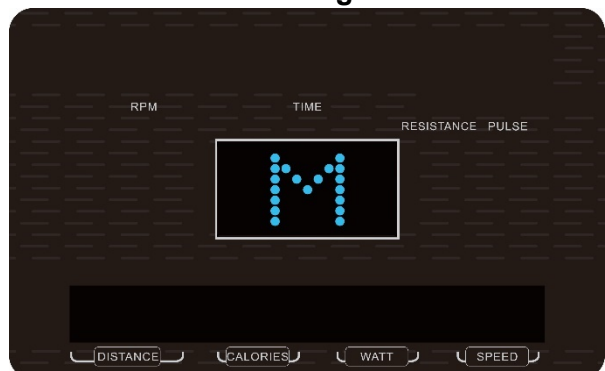
Drawing 5



Drawing 6



Drawing 7



Drawing 8

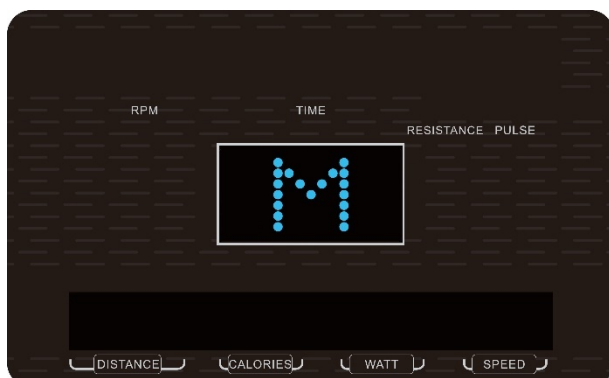
3. Power off

When there is no RPM signal input for 4 minutes, LED and console go to SLEEPING mode. Without stop power supply, user can press any key or start pedaling to wake up it.

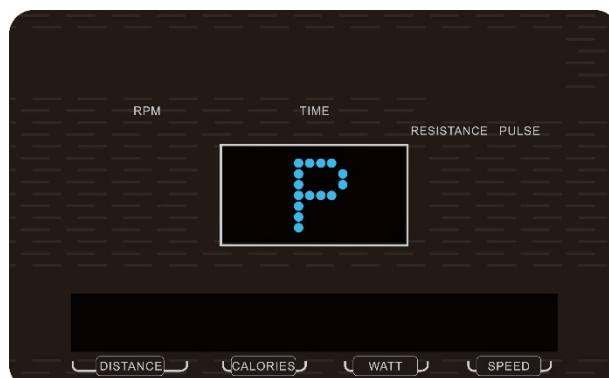
4. Training mode selection

After USER DATA setting, then come to main menu, user can press “P” (PROGRAM) or “+/-” to select: MANUAL -> PROGRAM ->USER -> H.R.C. ->WATT (**Drawing 9-13**), LED is lighting in centre window, press MODE to confirm.

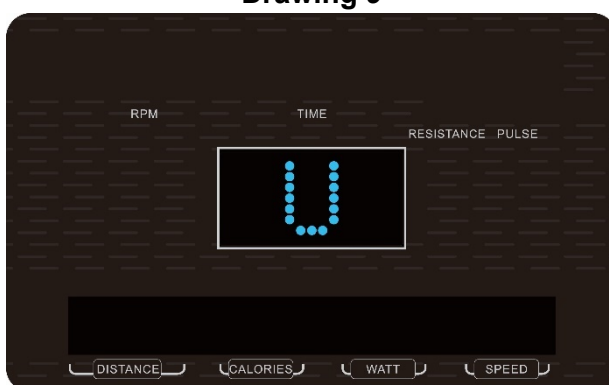
In main menu, user can also press START/STOP to entering Manual workout mode directly.



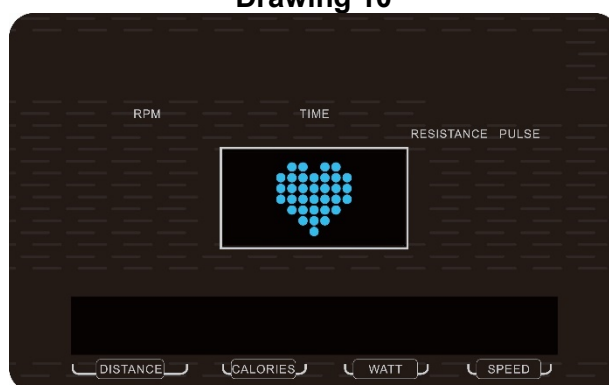
Drawing 9



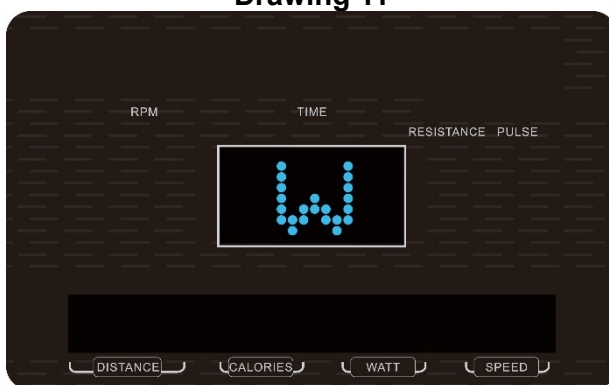
Drawing 10



Drawing 11



Drawing 12



Drawing 13

4.1 Manual mode

In main menu, press “P” (PROGRAM) key or press “+/-” to select MANUAL, press MODE to enter MANUAL mode.

Before exercising, user need to adjust following value:

TIME: is blinking (**Drawing 14**). User may press “+” or “-” button to set up target training time from 00:00 to 99:00. Press MODE to confirm setting.

DISTANCE: is blinking (**Drawing 15**). User may press “+” or “-” button to set up target distance from 0.0~99.0. Press MODE to confirm setting.

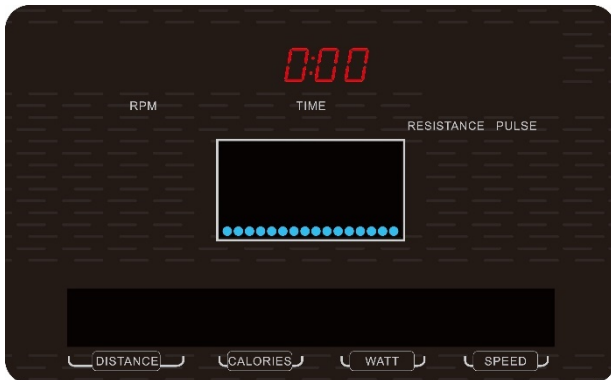
CALORIES: is blinking (**Drawing 16**). User may press “+” or “-” button to set up target calories from 0~990, the increment/decrement is 10. Press MODE to confirm setting.

PULSE: is blinking (**Drawing 17**). User may press “+” or “-” button to set up target pulse from 0-30~230. Press MODE to confirm setting. The console will detect user’s heart Rate, please hold on

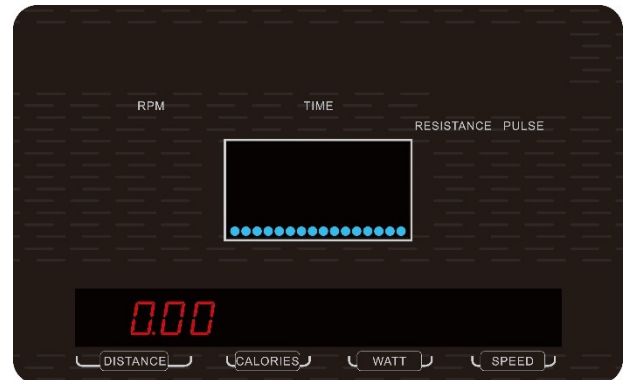
hand grip sensor or wearing chest belt correctly when start exercise.

During setting, TIME/ DISTANCE/ CALORIES light will light up and the value is flashing in 1Hz to be adjusted. Pressing “+” or “-” to adjust value. Keep pressing on “+” or “-” button, the value will continue to increase/decrease. When exercise start, PULSE LED will light up and display pulse value; While if no pulse signal, PULSE window display “P”. Press START/STOP button to start training.

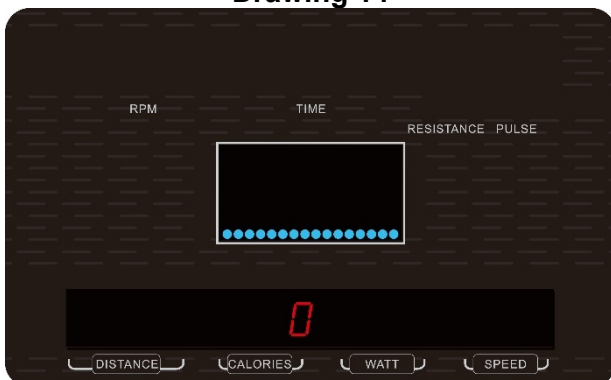
During training, user can adjust resistance level by pressing “+” or “-” button. When adjusting resistance level, RESISTANCE window will show LEVEL value for 2s then display PULSE value. The blue column starts blinking one by one and switch to the next one per preset time divided into 16. Once the preset target data counting down to 0, the monitor will stop automatically. User may also press START/STOP button to stop training. Press RESET reverse to main menu.



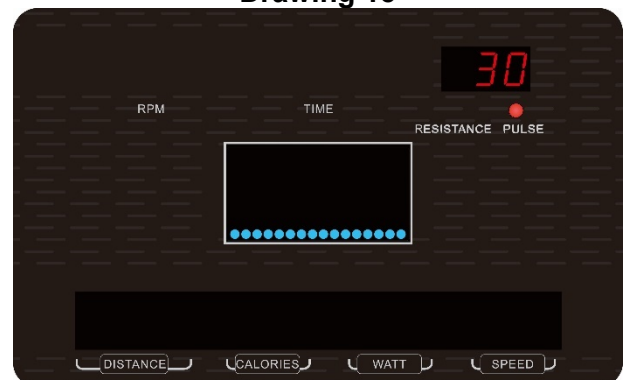
Drawing 14



Drawing 15



Drawing 16



Drawing 17

Press “+” or “-” key button to select one profile you prefer and press MODE to confirm. Before exercising, user need to adjust following value:

TIME: is blinking (**Drawing 30**). User may press “+” or “-” key to set up target training time from 00:00 to 99:00 (**Drawing 31**).

DISTANCE: is blinking. User may press “+” or “-” button to set up target distance from 0.0~99.0. Press MODE to confirm setting.

CALORIES: is blinking. User may press “+” or “-” button to set up target calories from 0~990, the increment/decrement is 10. Press MODE to confirm setting.

PULSE: is blinking. User may press “+” or “-” button to set up target pulse from 0-30~230. Press MODE to confirm setting.

Press START/STOP button to start training.

During training mode, user can also adjust resistance level by pressing “+” or “-” button. When adjusting resistance level, LED big window will show LEVEL value for 2s then display PULSE value.

4.2 Program mode

Press RESET key to go to main menu. Press “+” or “-” key and press MODE to enter PROGRAM mode. Entering the Program mode there are total 12 program profiles (P1~P12) (**Drawing 18~29**)

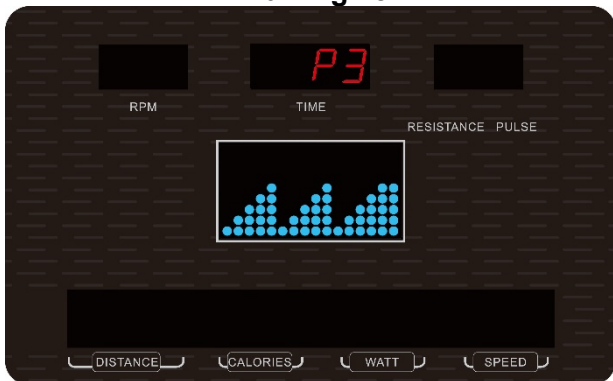
Once the preset target data counting down to 0, the monitor will stop automatically. User may also press START/STOP button to stop training. Press RESET reverse to main menu.



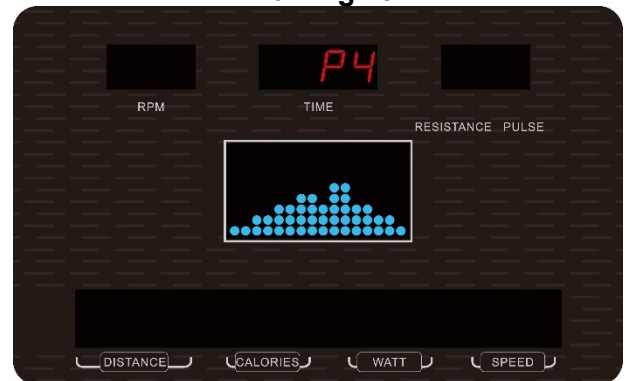
Drawing 18



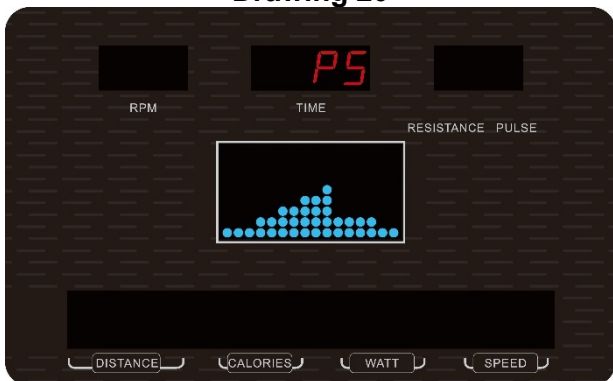
Drawing 19



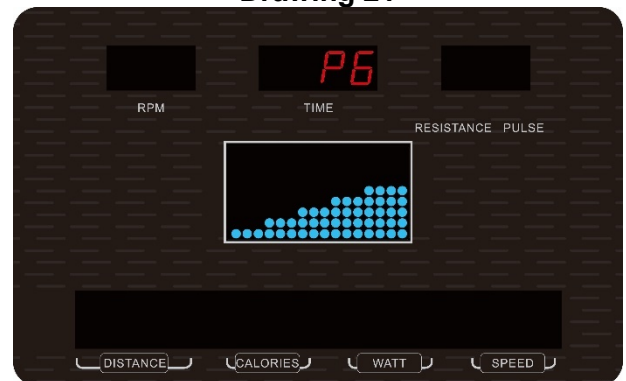
Drawing 20



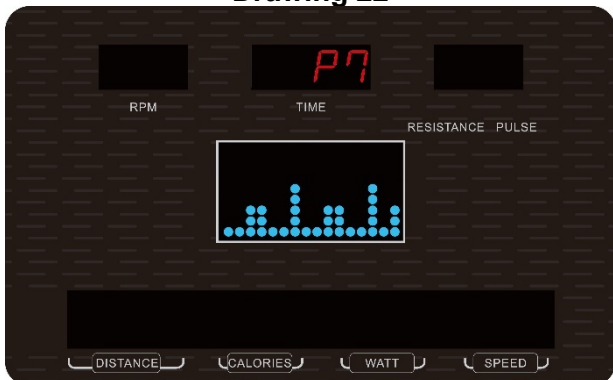
Drawing 21



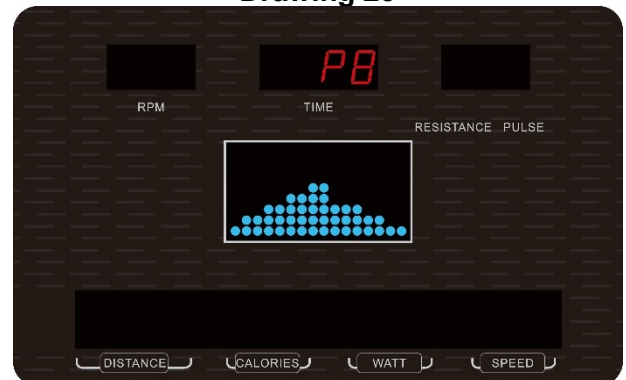
Drawing 22



Drawing 23



Drawing 24



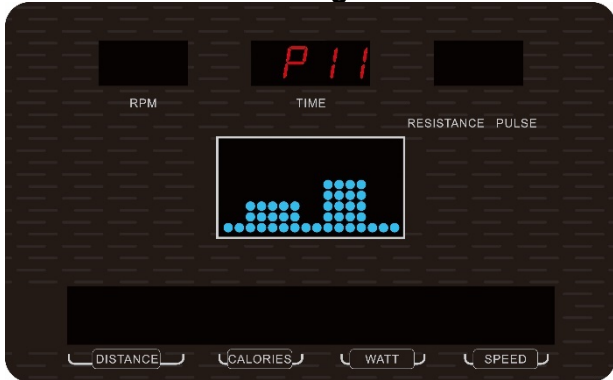
Drawing 25



Drawing 26



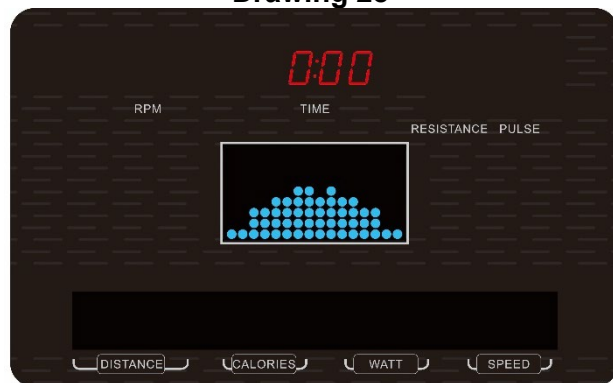
Drawing 27



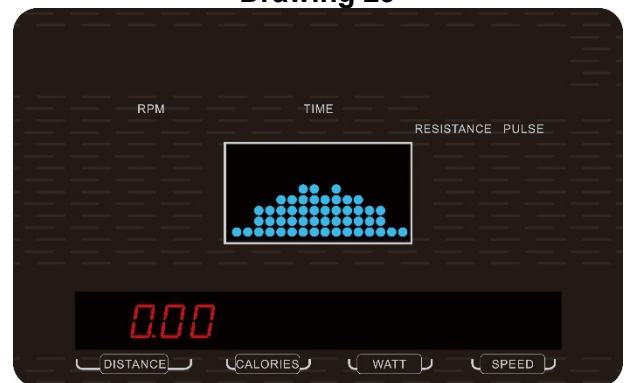
Drawing 28



Drawing 29



Drawing 30



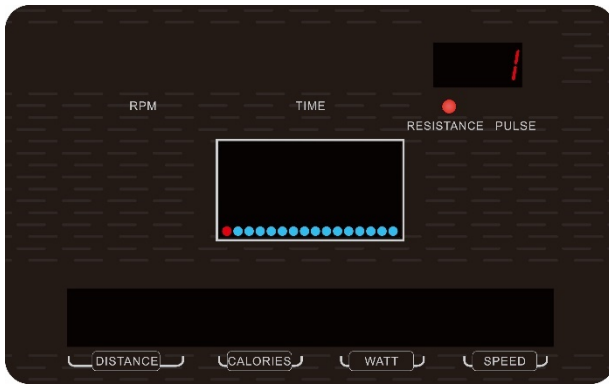
Drawing 31

4.3 User (program) mode

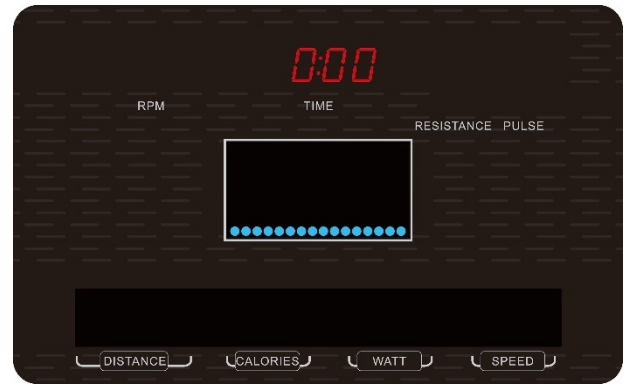
Press RESET key to go to main menu. Press “+” or “-” key and press MODE to enter USER program. User may create their own profile in this mode. The first blue dot of the profile will start blinking, then press “+” or “-” button to adjust resistance level of each column dot (**Drawing 32**), press MODE to confirm. A complete program profile will have 16 columns to be set (Default value =1). To finish or quit out setting, hold on MODE button for 2s.

Then adjust following value:

TIME: is blinking (**Drawing 33**). You may press UP or DOWN button to set up target training time from 00:00 to 99:00. Press START/STOP button to start training. During training mode, user can also adjust resistance level by pressing “+” or “-” button. Once the preset target data counting down to 0, the monitor will stop automatically. You may press START/STOP button to start training again. Other preset data will keep counting down from previous data. During STOP mode, user can press RESET button to reverse to main menu.



Drawing 32



Drawing 33

4.4 H.R.C. mode

Press RESET key to go to main menu. Press “+” or “-” button and press MODE to enter H.R.C. mode. In H.R.C. Mode, press “+” or “-” button to choose: 55%, 75%, 90% or TAG. The LED will be Blinking. User may choose different target heart, the preset value system self-calculated based on user input AGE will display in PULSE window (**Drawing 34~37**). Press MODE to confirm. If users select H.R.C TAG, screen will display the preset value 100, press “+” or “-” to adjust target pulse from 30~230. Press MODE button to enter.

Then adjust following value:

TIME: is blinking. You may press “+” or “-” button to set up target training time from 00:00 to 9:00. (**Drawing 38**).

Press START/STOP button to start training.

During training, the resistance level will adjust automatically according your current heart rate.

If **no pulse signal** detected, central LED will reminder by showing as **Drawing 39**.

Press STOP to pause workout, press RESET button to reverse to main menu.

※H.R.C 55% - Diet program; H.R.C 75% - Health program; H.R.C 90% - Sports program



Drawing 34



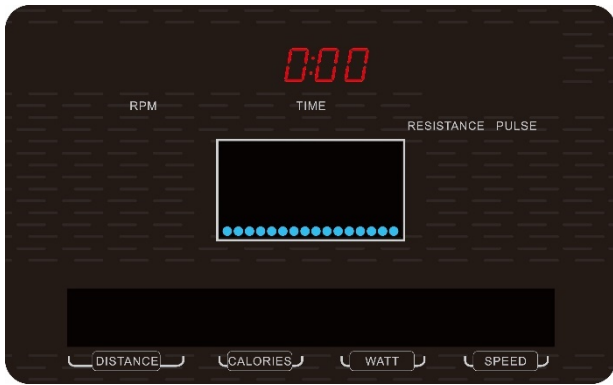
Drawing 35



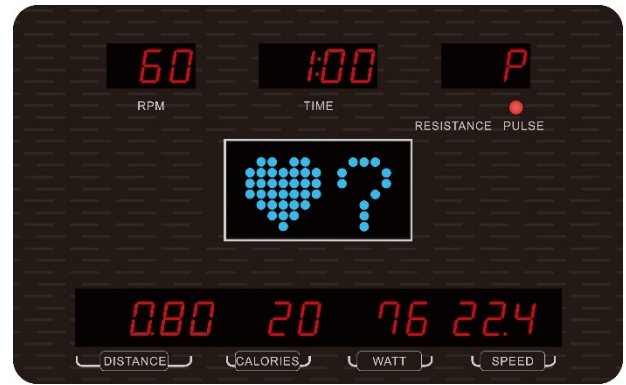
Drawing 36



Drawing 37



Drawing 38



Drawing 39

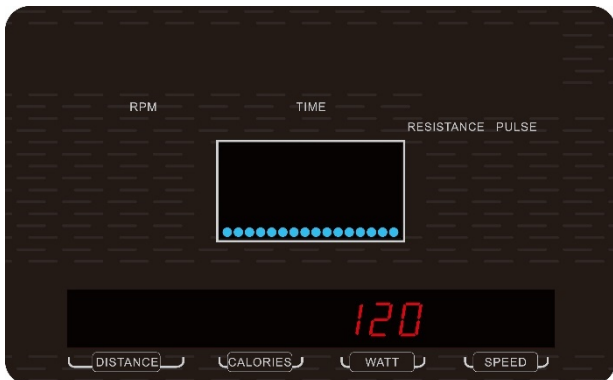
4.5 WATT control mode

When user in any mode, press START/STOP button then press RESET to go to main menu. Press “+” or “-” button and press MODE to enter WATT constant training mode. Entering WATT mode, the preset value 120 is blinking (**Drawing 40**). User may adjust WATT value by pressing “+” or “-” button from 10~350 with 5W increment and press MODE to confirm. Then adjust following value:

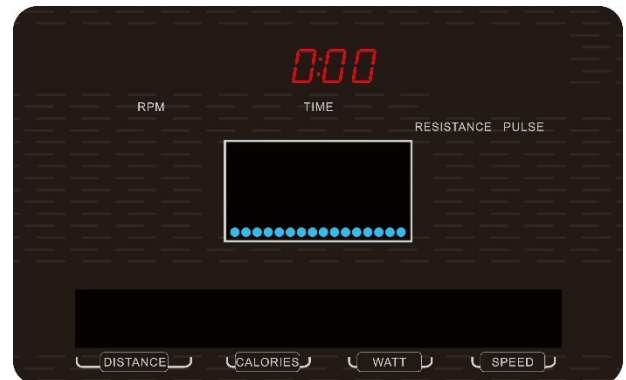
TIME: is blinking. You may press “+” or “-” button to set up target training time from 00:00 to 99:00. (**Drawing 41**)

Press START/STOP button to start training.

System will adjust WATT level automatically according to the preset target watt data, current RPM and training speed. If the training speed is quick, resistance level will be decreased. Otherwise, it will increase. When stop training, user can press RESET button to reverse to main menu.



Drawing 40



Drawing 41

5. RECOVERY MODE

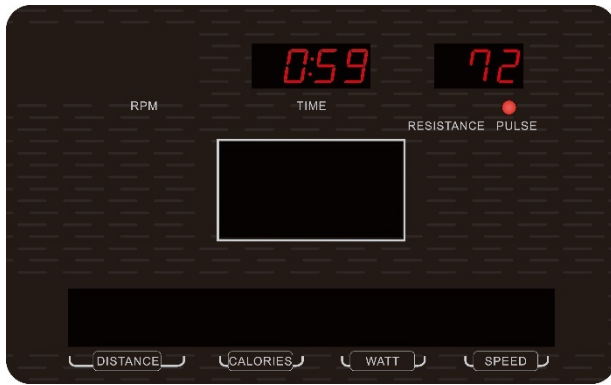
If there is no pulse signal input to console, it is invalid to press RECOVERY button.

When pulse value appears on screen, press RECOVERY button to start test. Keep both hands hold on hand grips (or wear chest belt). All function display will stop except “TIME” starts counting down from 00:60 by second (**Drawing 42**) and PULSE light is ON.

System resistance will reduce to level 1.

While TIME counts down to 00:00, screen will display heart rate recovery status with “FX” (X=1..6) (**Drawing 43**). F1 is the best, F6 is the worst.

Press RECOVERY button again to go to previous workout status. If user press RECOVERY prior to TIME counting down to 00:00, RECOVERY mode will be disable and console go to main menu.



Drawing 42



Drawing 43

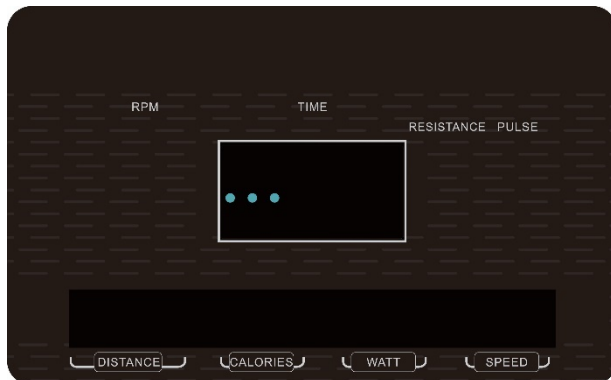
6. BODY FAT mode

In STOP mode, press the BODY FAT button to start body fat measurement. System will start measuring. During measuring, user must hold both hands on the hand grip. And the screen will display as **Drawing 44~46** until console finish measuring. After measuring, screen will display BODY FAT percentage and BMI (Body Mass Index) and FAT advice (**Drawing 47~48**). Press BODY FAT button again to go back to previous workout status.

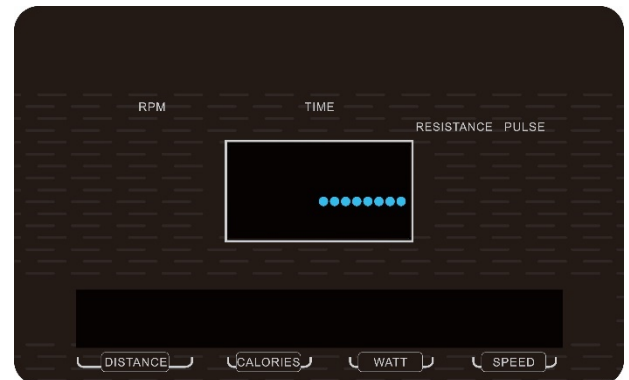
※Error code display during measurement:

E-1--- user does not hold hand grips correctly (**Drawing 49**)

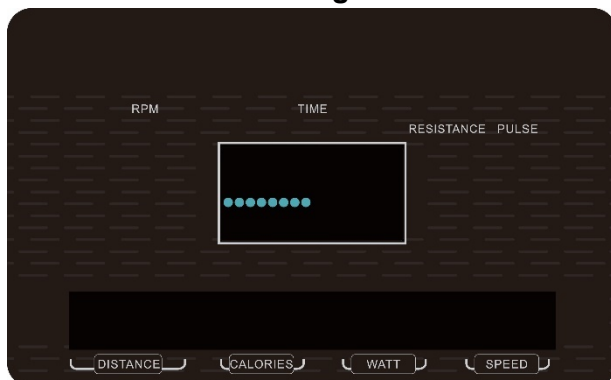
E-4--- Body Fat% exceed setting range (5.0%~ 50%). (**Drawing 50**)



Drawing 44



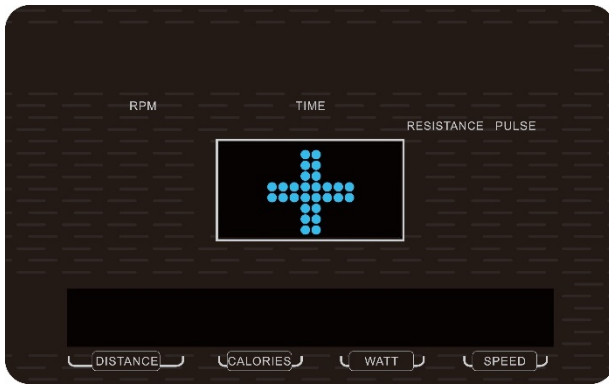
Drawing 45



Drawing 46



Drawing 47



Drawing 48



Drawing 49



Drawing 50

NOTE:

1. When user press RESET button for 2 seconds for TOTAL RESET, console enter to START mode, buzzer alarm 1s, all LED display for 2s then go to setting mode. Load level is 1.
2. This system is built with ALARM reminder:
 - 1 short beep - valid button
 - 2 short beeps - invalid button or pulse exceed Target value
 - 3 short beeps per second - WATT is over Spec
 - 4 short beeps- function value counts down to 0
 - 6 short beeps- H.R.C. & WATT control force system to stop

Other function:

1. Incline function- The console can be designed with incline function. During workout, user may press “▲” or “▼” button to adjust incline up or down. (Range: 1~15 levels, **Drawing 51~52**). The motor will turn up or down accordingly.



Drawing 51



Drawing 52

7. EXERCISE GUIDE

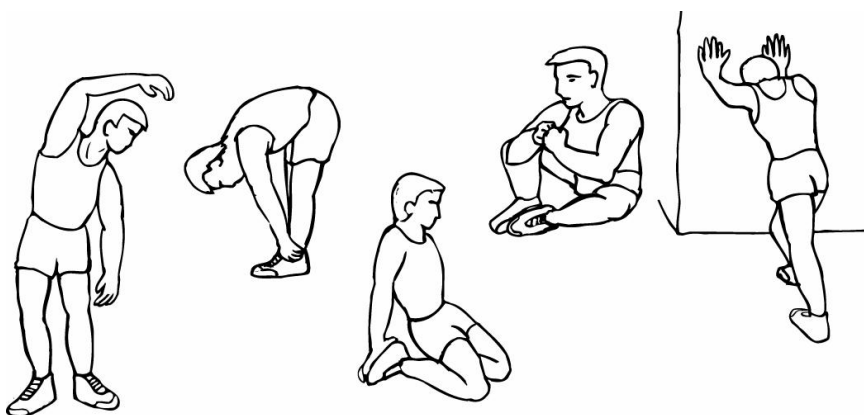
PLEASE NOTE: Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

Exercising is a great way to control your weight, improve your fitness and reduce the effect of aging and stress. The key to success is to make exercise a regular and enjoyable part of your everyday life. The condition of your heart and lungs and how efficient they are in delivering oxygen via your blood to your muscles is an important factor to your fitness. Your muscles use this oxygen to provide enough energy for daily activity. This is called aerobic activity. When you are fit, your heart will not have to work so hard. It will pump a lot fewer times per minute, reducing the wear and tear of your heart. So as you can see, the fitter you are, the healthier and greater you will feel.

Warm-up

Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.



Training Zone Exercise

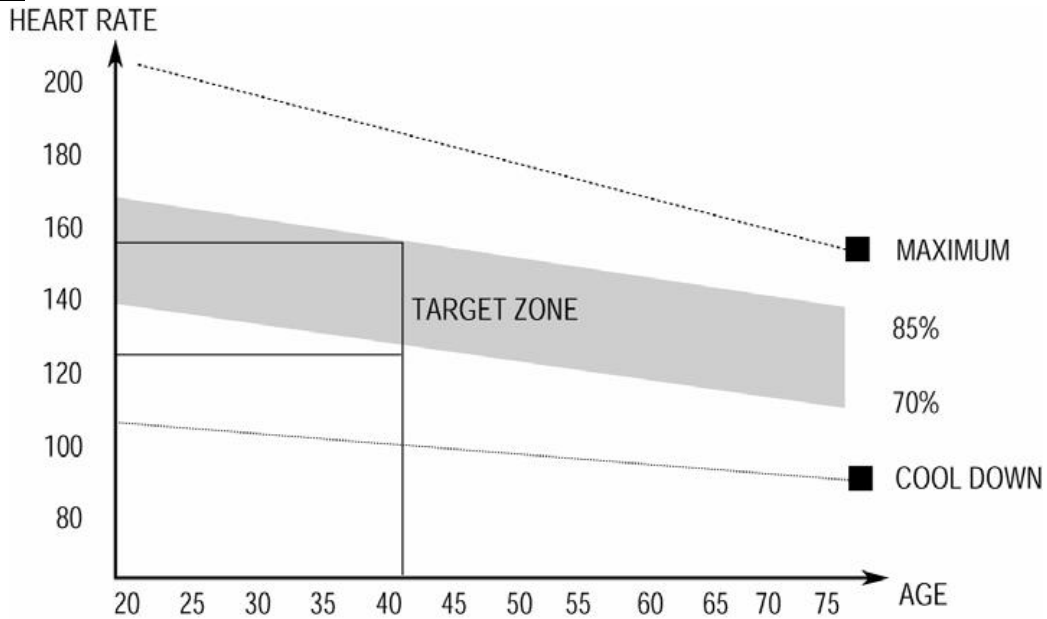
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

Cool Down

Finish each workout with a light jog or walk for at least 1 minute. Then complete 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

Workout Guidelines

TARGET ZONE



This is how your pulse should behave during general fitness exercise. Remember to warm up and cool down for a few minutes.

The most important factor here is the amount of effort you put in. The harder and longer you work, the more calories you will burn.

3. WARRANTY

AUSTRALIAN CONSUMER LAW

Many of our products come with a guarantee or warranty from the manufacturer. In addition, they come with guarantees that cannot be excluded under the Australian Consumer Law. You are entitled to a replacement or refund for a major failure and compensation for any other reasonably foreseeable loss or damage.

You are entitled to have the goods repaired or replaced if the goods fail to be of acceptable quality and the failure does not amount to a major failure. Full details of your consumer rights may be found at www.consumerlaw.gov.au

Please visit our website to view our full warranty terms and conditions:

<http://www.lifespanfitness.com.au/warranty-repairs>

Warranty and Support:

Please email us at support@lifespanfitness.com.au for all warranty or support issues.

For all warranty or support related enquiries an email must be sent before contacting us via any other means.

Hand Pulse Technology

This product comes equipped with hand pulse sensors which are used to pick up tiny EKG/ECG signals that run through the body when your heart beats. These electrical EKG/ECG signals are very small and that they must be amplified 1000 times to make the signal useful for the computer to display your pulse.

To ensure proper operation:

- The user must maintain good, consistent contact on all four sensors
- The users skin cannot be too dry or too wet

Other factors that could affect the reading:

- Change of grip on the sensors (during slow pace walking and up to running)
- Tightening of hand muscles will produce small electrical signals
- Static electricity charges from the air or from walking on the treadmill

EKG/ECG Sensors may filter through actual EKG/ECG signals and “Noise” factors that may affect the reading. This will cause the pulse reading to be delayed and will take longer to update the display as the heart rate changes. Too much noise will create an incorrect reading. Medical conditions or having no electrical signal in the hands are other factors that may affect pulse readings as well.

These are limitations of hand pulse technology and even the most expensive systems (which can cost upwards of \$3,000) used in hospitals have the same problems. The difference is that a patient in a hospital is not running on a treadmill. Hand pulse technology works well on stationary exercise machines like bikes and even elliptical cross trainers but are not perfect on a treadmill. We offer treadmills with a wireless heart rate receiver which may be a more accurate option.

To test if your hand pulse sensors are working up to specification, hold them while standing on the side step rails, not walking, and see if the reading is more in line with what you would expect. This will eliminate the movement and static electricity factors. If your hands are dry, then wet them slightly (saliva works as a great conductor if this doesn't bother you).

For more information, please contact our Lifespan Technical Support Department

www.lifespanfitness.com.au

support@lifespanfitness.com.au