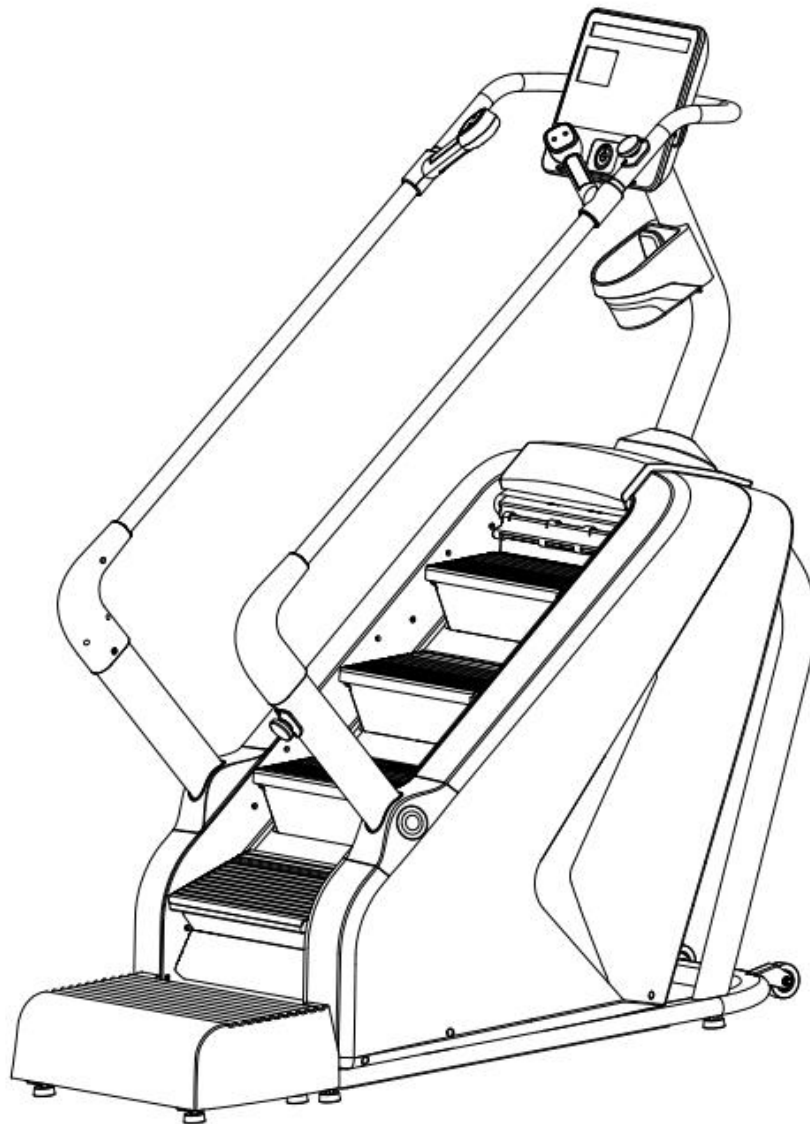# ST-15 Vertex 4 Level Commercial Stair Climber Stepmill

USER 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.

TABLE OF CONTENTS

I. 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.

⚠ **DANGER:** To reduce the risk of electric shock disconnect your stair climber from the electrical outlet prior to cleaning and/or service work.

Do not use an extension cord: do not attempt to disable the grounded plug by using improper adapters or in any way modify the cord set.

1. The machine is suitable for commercial and domestic use.

2. The stair climber is suitable for indoor (climate control) use only. It is not for suitable:
- for outdoor or high humidity; recommended operating temperature: 5-40^{0}C.
- does not allow water or other liquids to be splashed on the machine
- does not allow the placement or insertion of any foreign objects on the stair climber

3. Stair climber should be installed on solid, levelled surface with a safety space of 100-200cm.

4. Do not place equipment on thick carpet. If you have thick carpet, place a rubber mat over it first.

5. The stair climber should be used within the allowable range of voltage AC 110V-AC 240V.

6. Never operate the equipment if it has a damaged power cord or plug. When damaged, these must be replaced by the manufacturer, its service agent or similarly qualified persons in order to avoid a hazard.

7. Keep the cord away from heated surfaces.

8. Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly gaseous environment.

9. Never drop or insert any object into any openings.

10. All fixings should be checked before the equipment is used. Ensure to tighten any loose fixings.

11. All manuals relating to the use of the equipment should be retained for future reference.

12. Incorrect or overload training may cause the damage of the motor and controller, accelerate the aging transmission system, even bodily injuries. Ensure to allow cool down periods.

13. If the equipment has abnormal sound or other abnormal conditions, please stop running immediately and contact our after-sales department in time, or seek professional help.

14. Emergency stop: In the lower right corner of the stair climber installed with a photoelectric switch (Sensor), if an object is detected the staircase will immediately stop.
Note: The photoelectric switch is a sensitive component. If there is dust or there is a deviation in the

installation position, the "emergency stop" will be displayed on the display and the stair machine cannot be used. Therefore, the surface of the photoelectric switch must be clean and the installation position must be correct.

15. Check the stop button to ensure the brakes wont before use but pressing the start and stop button and checking the emergency stop at the bottom.

USER SAFETY:

1. Keep hands away from all moving parts.

2. Only one person at a time to use this equipment.

3. Ensure to hold onto the handrails for safety and start slow if it is your first time using this equipment.

4. This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

5. ⚠ **WARNING** heat rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.

6. Children should not be allowed on or around the equipment, even when not in use.

7. Children should be supervised to ensure that they do not play with this machine.

8. Loose fitting clothing or jewellery that could become an entanglement hazard should not be worn.

9. Training shoes should be worn when using the equipment.

10.Do not do exercise in 40 minutes after meal.

TECHNICAL STANDARDS:

Input power supply voltage: AC 110V AC 240V
Time display range: 0:00 99:59
Height display range: 0.00 999.9m
Heat display range: 0 999 (Kcal)
Level display range: 0 15
Step number display range: 0 9999
Power cord specification: 10A AC250V
Running speed: 24 steps / minute 164 steps / minute

II. MAINTENANCE

1. Cleaning

• It is recommended that you clean the equipment before and after each training session. To remove dust from the equipment, use a soft cloth to wet the following cleaning agents and then wipe all exposed surfaces.

NOTE: Before using any cleaning agent to clean the fitness equipment, read and follow the manufacturer's instructions. Do not use a strong concentration of concentrate, or any acidic cleaner; this type of cleaner will corrode the protective layer of the equipment. Use warm and slightly soapy water. Do not spill or spray water or liquid onto any part of the equipment. Wait until the equipment is completely dry before using the equipment.

• Vacuum around the equipment to prevent dust accumulation from affecting the operation of the equipment. Use a soft nylon brush to clean the device recesses and foot pedals.

• Clean the area where the emergency stop sensors are to prevent the dust from triggering the sensors.

2. Daily Inspection

Check the equipment at least once a day for the following problems:

• Belt slip

• Loose fasteners

• Abnormal noise

• Any other signs that the equipment may need to be repaired.

the equipment. Use a soft nylon brush to clean the device recesses and foot pedals.

• Clean the area where the emergency stop sensors are to prevent the dust from triggering the sensors.

3. Weekly Maintenance

Perform the following maintenance tasks weekly:

• Use water or approved cleaning agents to clean the tracks and wheels.

• Use a vacuum cleaner or wet mop to clean the floor around the equipment.

• Test the console's features, including heart rate monitoring.

• Check that the equipment is stationary on the floor. All feet of the equipment should be in firm contact with the floor and the equipment should not be shaken or shaken when in use. If not, please re level.

• Tighten any loose bolts or fixings.

Relocation of Equipment

If you plan to move your equipment to a new location, look for adult help and use the right lifting techniques. You may require 2 or more persons to help.

GROUNDING METHODS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

⚠ **DANGER**

Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded.

Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 220-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure that the product is connected to an outlet having the same configuration as the plug.
No adapter should be used with this product.

Grounded Outlet

Grounding Pin

Grounded
Outlet Box
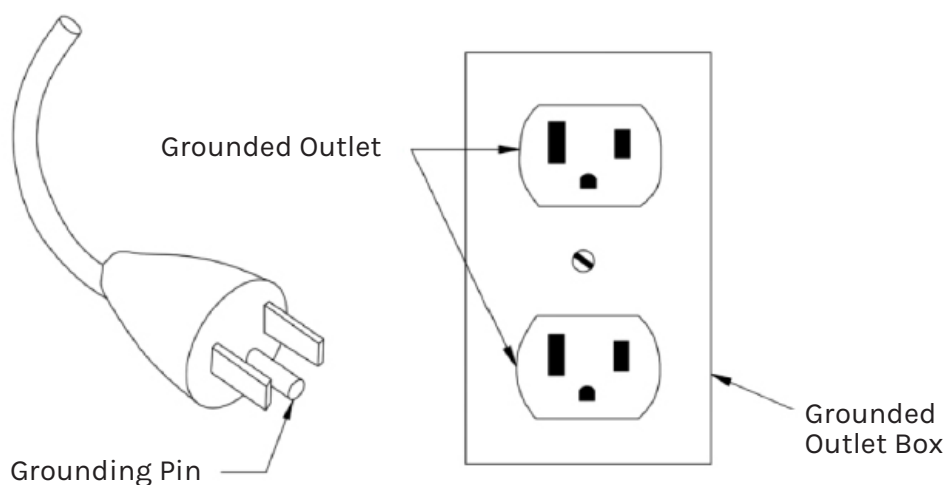
III. EXPLODED DIAGRAM
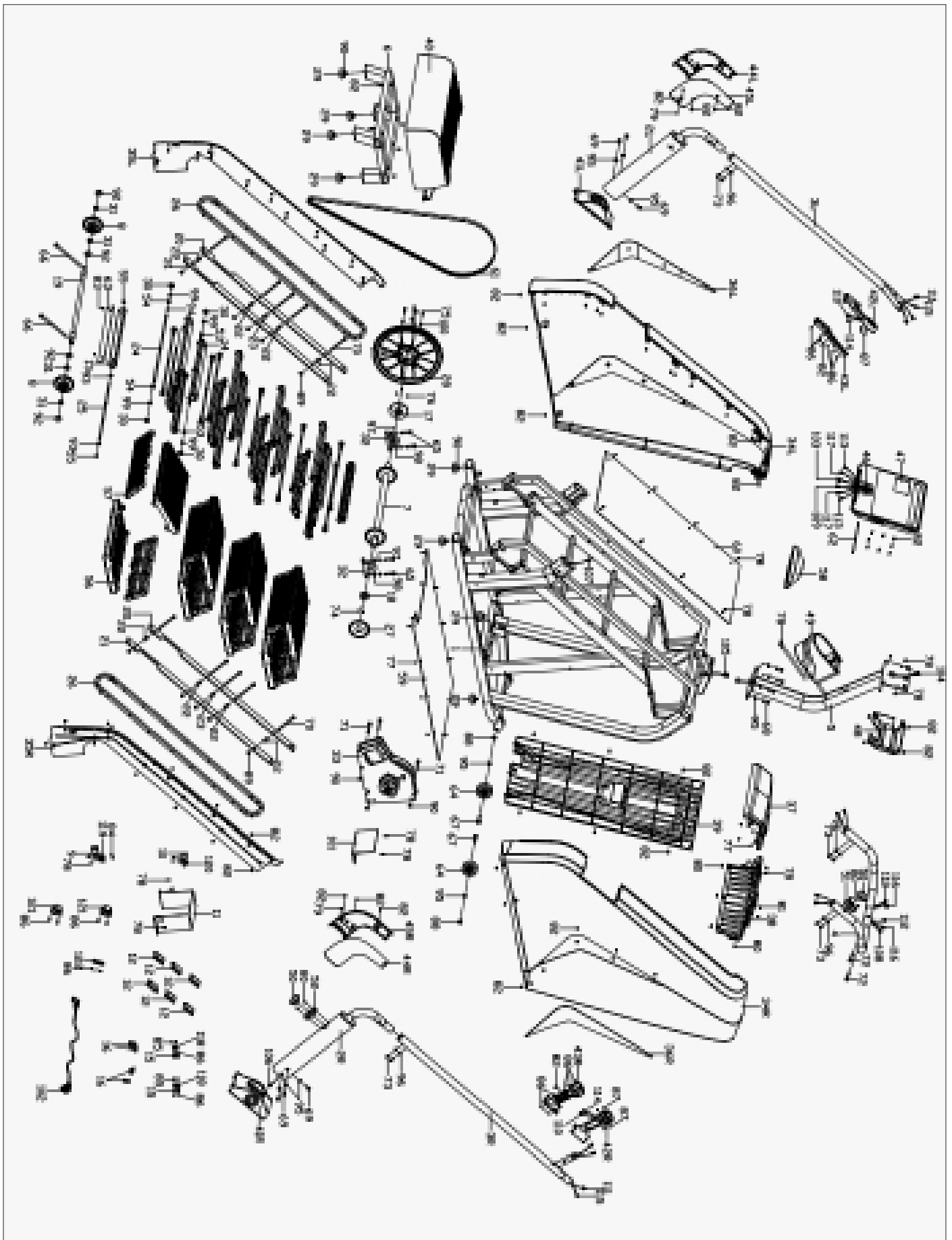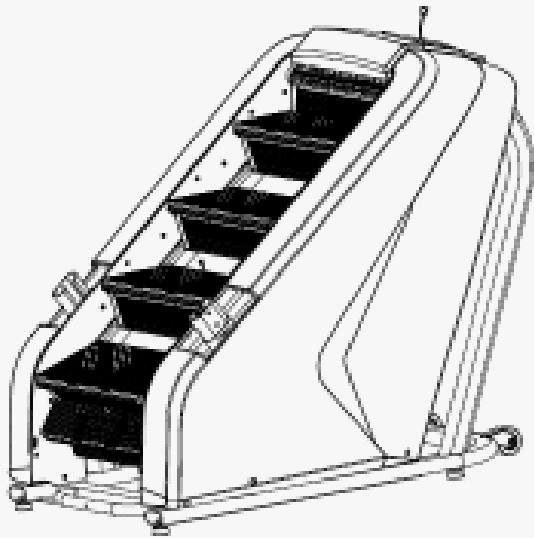
#5 Console support column - 1pc.
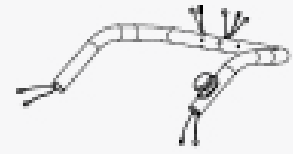
#4 Rear handrail - 1pc.

#1 Main Frame- 1pc.

#41L/R Decorative cover - 1 pair
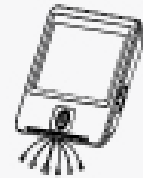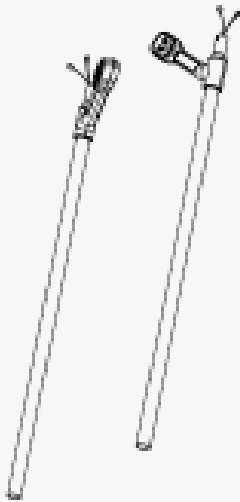
#47 Console - 1pc.

#2L Left Support Column - 1pc.

#44L/R Exterior Decorative cover

#45L/R Interior Decorative cover

#3L/R Handrail - 1pc.

#2R Right Support Column - 1pc.

#40 Pedal- 1pc.

#58 Decorative cover - 1pc.

#48 Rear decorative cover- 1pc.

#49 Bottle Holder- 1pc.

T Shape Allen Wrench - 1pc.

Allen Wrench (S=6) - 1pc.
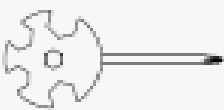
Cross Wrench - 1pc.

Allen Wrench (S=5)- 1pc.

IV. PARTS LIST

(!) Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

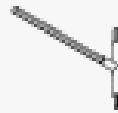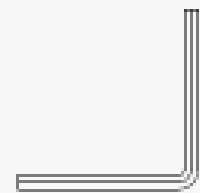| NO.	Name	Qty
1	Main Frame	1
2L/R	Support columns	1pr.
3L/R	Handrails	1pr.
4	Rear handrail	1
5	Console support column	1
6	Rear pedal	1
7	Front roller	1
8	Rear gear	2
9	Sensor fix tube	1
10	Light sensor support	1
11	PCB baffle	1
12	Fixing plug	6
13	Stair support 1	8
14	Stair support 2	8
15	Infrared fastener	2
16	Cover fixing	4
17	Pulley shaft sleeve	1
18	Emergency stop disk sleeve	1
19	Rear roller shaft	1
20	Guide	2
21	Guide 2	2
22	Support sleeve 1	8
23	Support sleeve 2	2
24	Bearing connecting shaft	16
25	Step connecting shaft	8
26	Chain	2
27	Emergency stop plate	1
28	Belt pulley	1
29	Foot pad	8
30	Bearing 608Z	32

NO.	Name	Qty
31	Bearing 6004	4
32	KP005 pedestal bearing	2
33	brake combination	1
34L/R	Protective cover	1pr.
35L/R	Inner protective cover	1pr.
36L/R	Decorative strips	1pr.
37	Upper protective cover	1
38	Upper protective cover 2	1
39	Rear cover	1
40	Pedal	1
41L/R	Decorative cover	1pr.
42L/R	Upper cover	1pr
43L/R	Lower cover	1pr
44L/R	Exterior decorative cover	1pr
45L/R	Interior decorative cover	1pr
46	Wireless charge module	1
47	Console	1
48	Rear decorative cover	1
49	Bottle Holder	1
50	Emergency stop switch	2
51	Switch base 1	1
52	Switch base 2	1
53	Step spacer 1	16
54	Step spacer 2	16
55	Wear washer	40
56	Pedal 1	8
57	Pedal 2	8
58	Decorative cover	1
59	Bottom baffle	1
60	Middle baffle	1

NO.	Name	Qty	NO.	Name	Qty
61	Belt	1	92	Outer snap ring Φ 25	4
62	Anti slip pad	1	93	Outer snap ring Φ 8	32
63	EVA silencing pad	16	94	C-type snap ring Φ 8	24
64	Roller	2	95	Internal serrated washer Φ 10*1.2	12
65	Allen bolt M10 * 40	4	96	Internal serrated washer Φ 8*1.2	8
66	Allen bolt M10 * 170	2	97	Standard spring washer Φ 10	4
67	Outer hexagon bolt M10 * 45	2	98	Standard flat washer Φ 10	4
68	Allen bolt M10 * 30	4	99	Flat washer Φ 8	32
69	Allen bolt M10 * 20	6	100	Flat washer Φ 6	4
70	Allen bolt M8 * 105	10	101	Controller	1
71	Allen bolt M8 * 75	3	102	Power cord	1
72	Allen bolt M8 * 40	2	103	Console upper wire	1
73	Large flat head bolt M8 * 15	8	104	Console extension wire	1
74	Flat end tightening M4 * 5	3	105	Console lower wire	1
75	Allen bolt M6 * 25	4	106	Switch upper wire 1	1
76	Flat end tightening M5 * 10	3	107	Switch lower wire 1	1
77	Phillips screw w/cushion head ST4 *12	16	108	Switch upper wire 2	1
78	Phillips screw w/ washer head M4 * 15	24	109	Switch lower wire 2	1
79	Phillips screw w/ washer head M4 * 8	2	110	Pulse upper wire	2
80	Phillips screw w/countersunk head M4*10	9	111	Pulse extension wire 1	2
81	Phillips screw ST4 0*16	2	112	Pulse extension wire 2	2
82	Phillips screw ST4 0*16	90	113	Pulse lower wire	2
83	Phillips screw ST4 0*10	32	114	Key board Upper wire	2
84	Phillips screw M3 * 20	2	115	Key board extension wire 1	2
85	Phillips screw m3 * 15	8	116	Key board extension wire 2	2
86	Phillips screw ST2 9*9.5	27	117	Key board lower wire	2
87	Phillips screw ST2 2*8	8	118	Infrared sensor	2
88	Nylon nut M10	2	119	Distance sensor	1
89	Nylon nut M8	10	120	Light sensor	1
90	Nut M8	11	121	Speaker	2
91	Nylon NUT M6	4	122	USB / headset interface	1

V. ASSEMBLY INSTRUCTIONS

Please follow the below instructions to ensure the machine is assembled correctly.

STEP 1

1. Open the package and remove all parts and place the main frame (1) on flat even ground. Ensure you have enough space for setting up.

2. Fasten the part A of pedal (40) (as shown in P1) to the part B of the main frame, please make sure the two parts are centered.
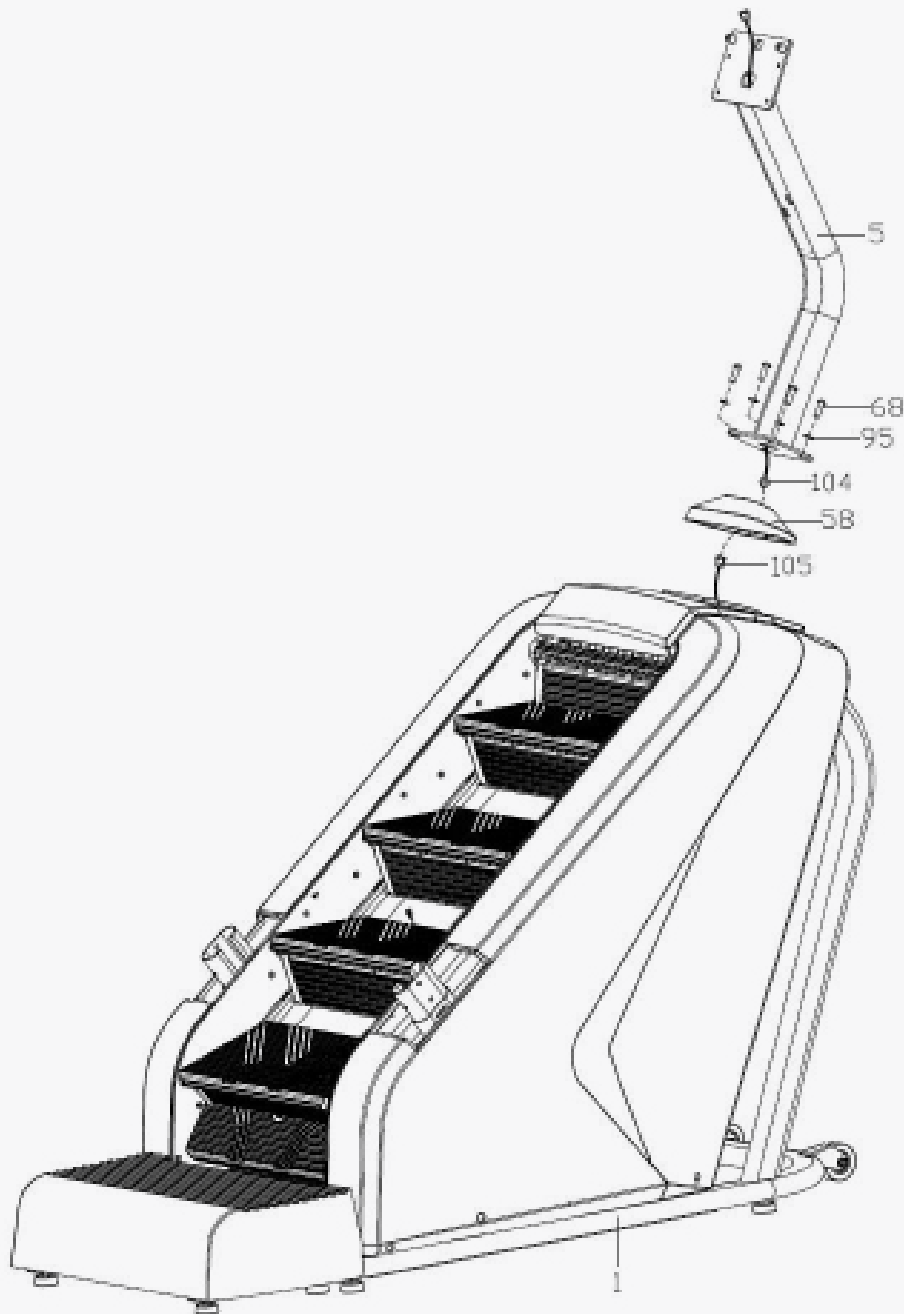
STEP 2

1. Connecting the Console extension wire (104) to the lower wire (105) from the main frame.

2. Assemble the support column (5) on the main frame (1) with screw (68) and washer (95). DO NOT TIGHTEN NOW.

3. Insert the decorative cover (58) and to the support column (5), then buckle it on the main frame (1).
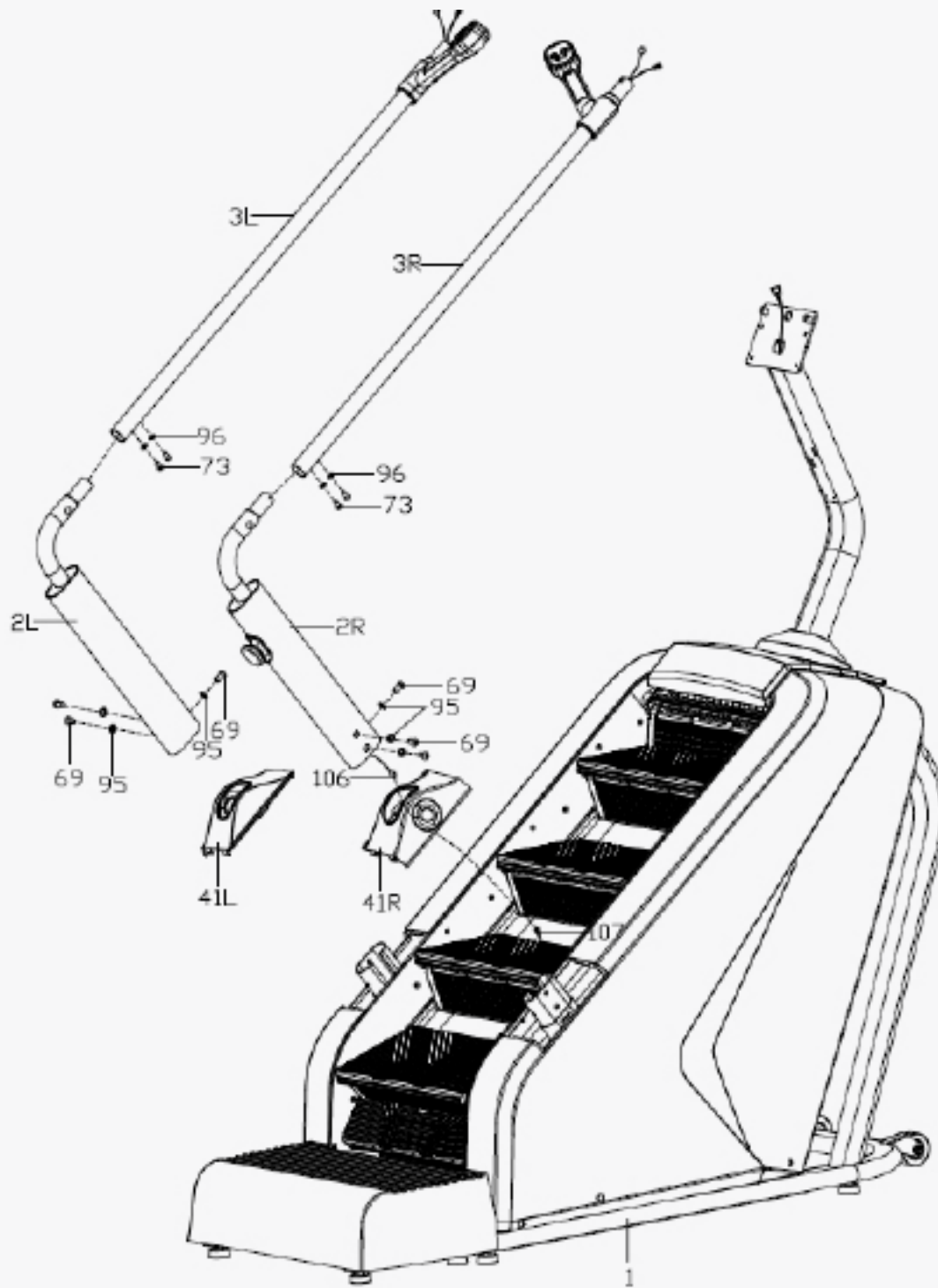
STEP 3

1. Pass the switch upper wire 1 (106) through the right decorative cover (41R) to connect with the lower wire 1 (107) on the main frame.

2. Insert the decorative cover (41L / R) on the support column (2L / R), assemble but not tighten the support column (2L / R) on the main frame (1) with screw (69) and washer (95).

3. Assemble but not tighten the handrail (3L/R) on the support column (2L / R) with screw (73) and washer (96).
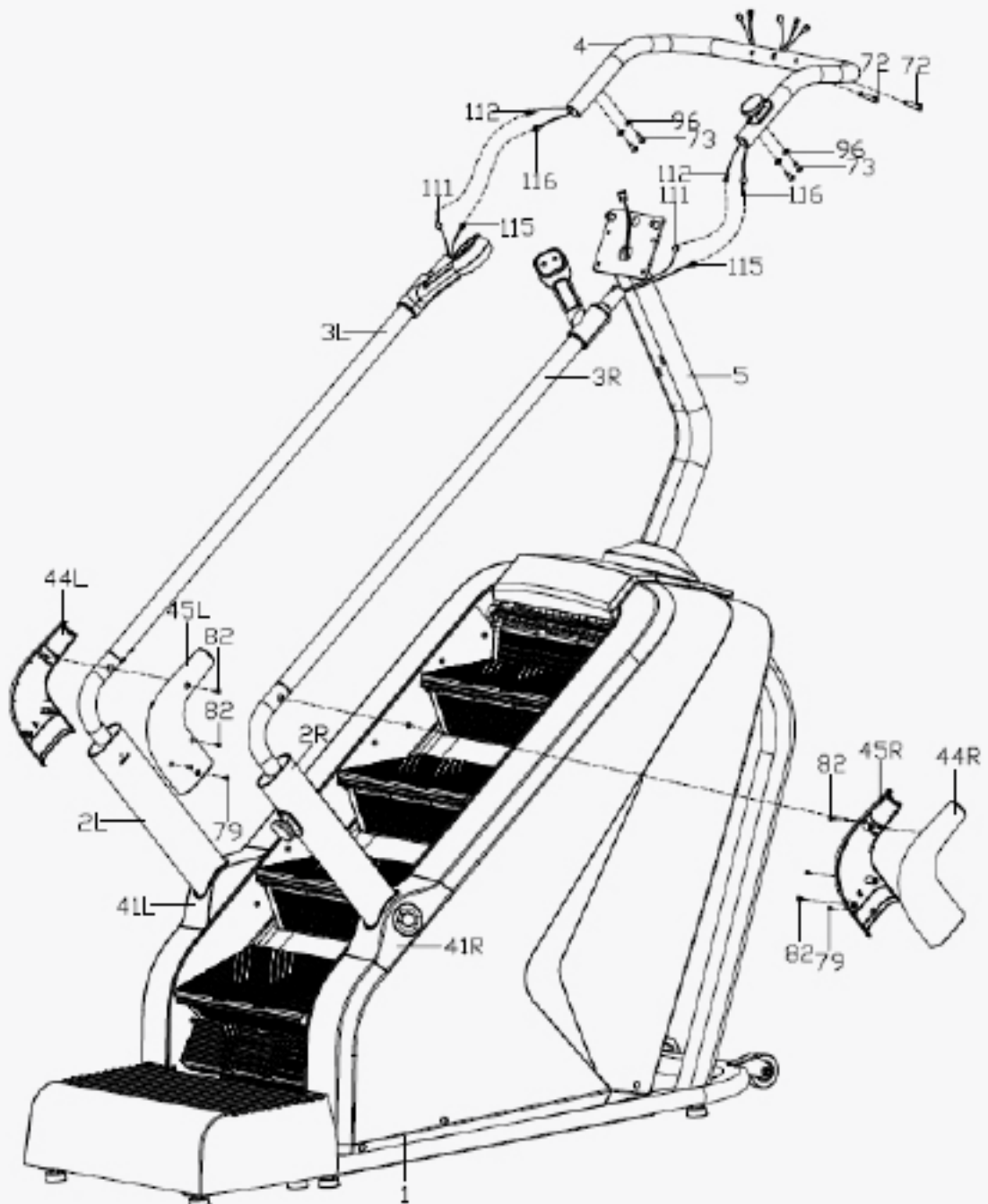
STEP 4

1. Connect the pulse extension wire 1 (111 from 3L/3R) to the pulse extension wire 2 (112 from part 4). Connect the key board extension wire 1 (115 from 3L/3R) to the key board extension wire 2 (116 from part 4).

2. Insert the rear handrail (4) to the handrail (3L / R), then assemble but not tighten the rear handrail (4) to the handrail (3L / R) with screw (73) and washer (96).

3. Assemble but not tighten the rear handrail (4) on the support column (5) with screw (72).

4. Tighten all the screws now (from Step 2 to Step 4).

5. Fasten the decorative cover (41L / R) on the main frame (1);

6. Lock the decorative cover (44L/ R) and (45L / R) on the support column (2L / R) with screw (79) and Phillips screw (82).

Fig. 1
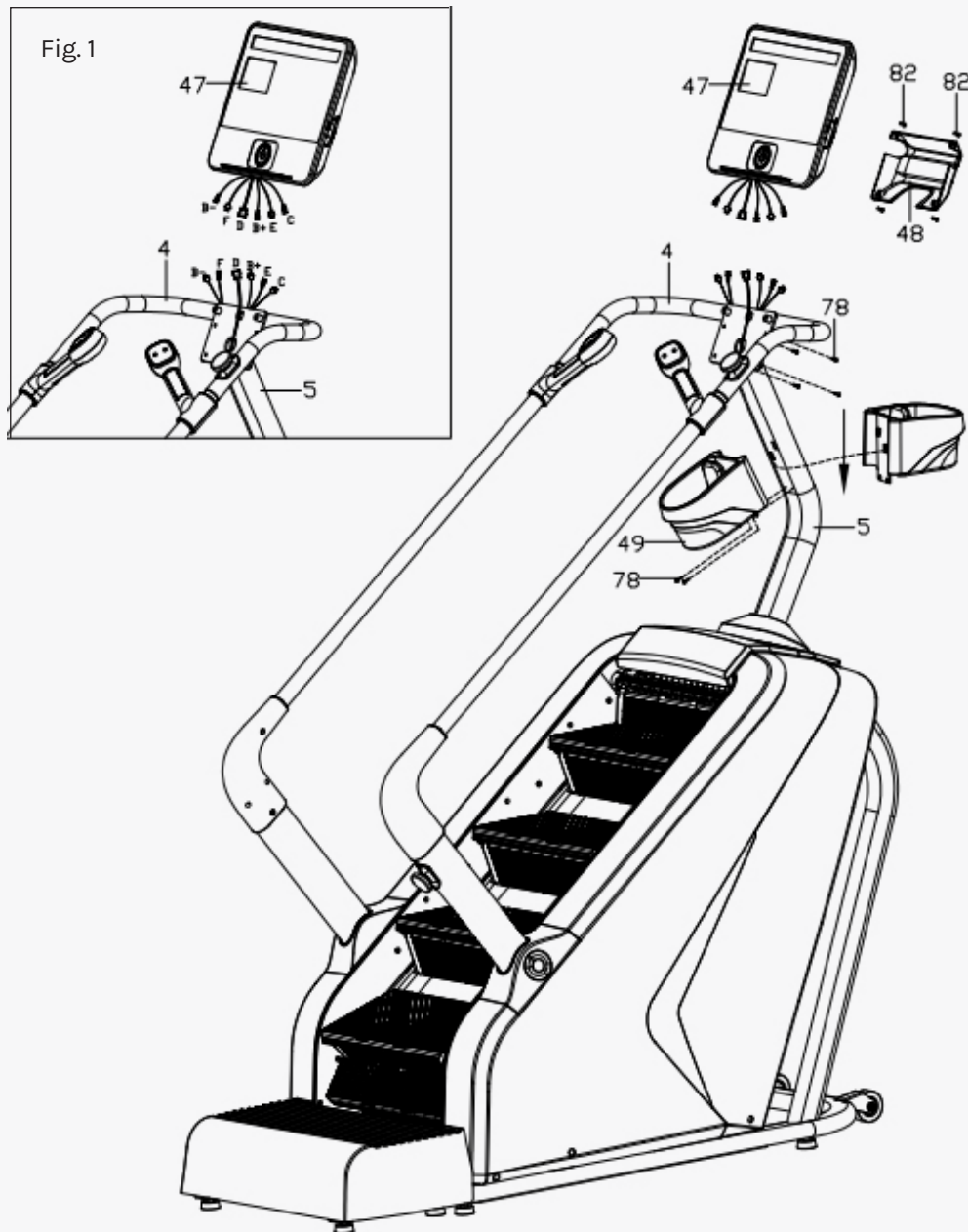
STEP 5

1. As shown in Figure 1, connect the wires on the console (47) with the corresponding on the rear handrail (4) and the console support column (5) (matched by the same wire number).

2. Tighten the console (47) on the support column (5) with screw (78), then lock the decorative cover (48) on the console (47) with screw (82).

3. Lock the water bottle holder (49) on the support column (5) from top to bottom, tighten with screw (78).

VI. OPERATING INSTRUCTIONS
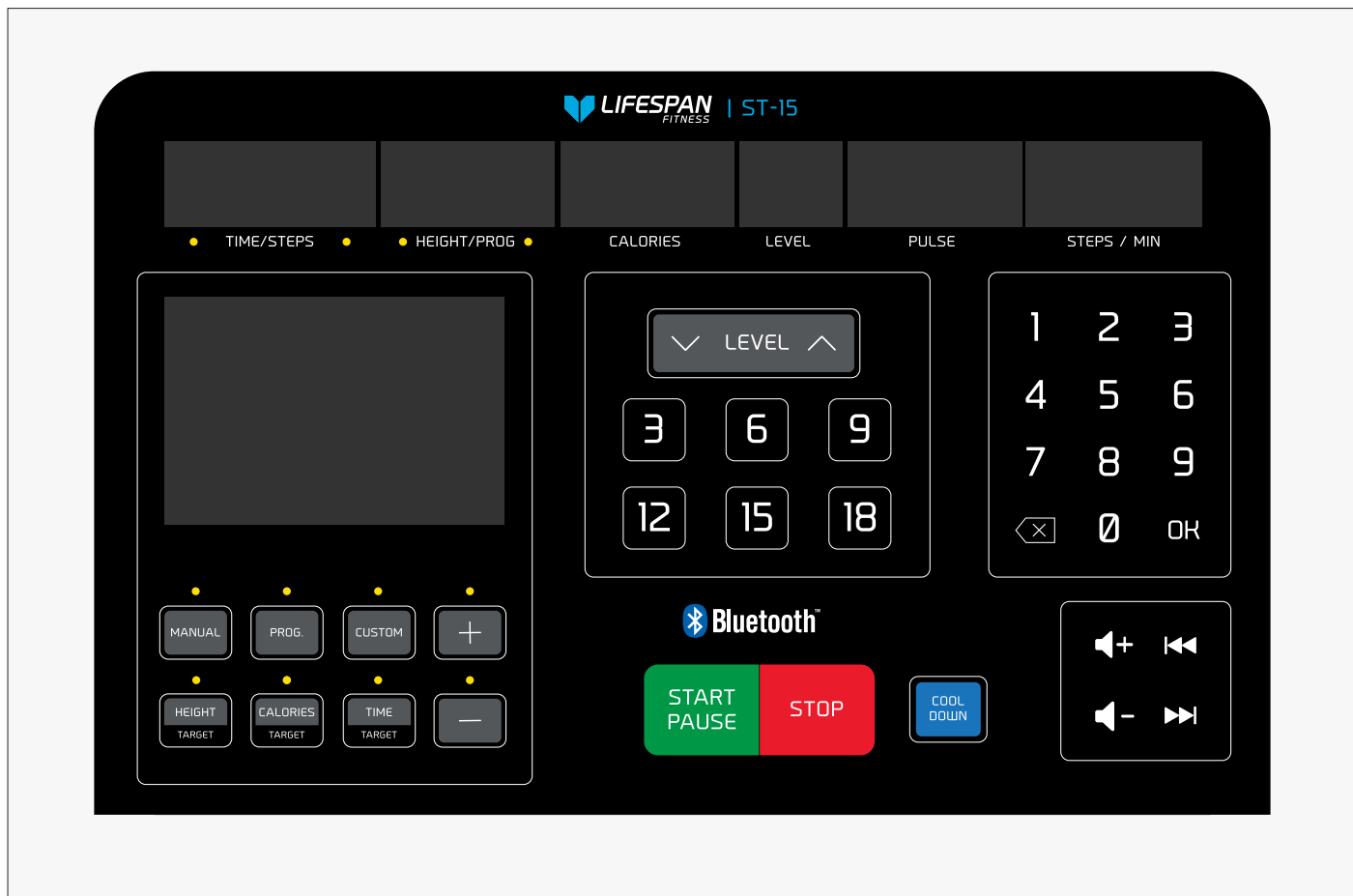
1. WINDOW DISPLAY

1. **"TIME/STEPS"** window: Movement time or number of steps is displayed, and will switch every 5 seconds. When the movement time is displayed, the range is from 0:00 to 99:59. Once it reaches the end time 99:59 it will stop running and displays "End" and enters the standby state after 5 seconds.
The countdown decreases from the set time to zero, when the reverse time drops to 0:00, the machine stops running and displays "End", after 5 seconds it will enter into the standby state. When the number of steps is displayed, the current number of actual moving steps is indicated.

2. **"HEIGHT/PROG"** window: Displays the height levels or the program sequence number. The motion height is displayed in ranges from 0.0 999, and the reverse count decreases from the set value to zero. When the reverse count drops to 0, machine will slow down to a stop and "End" is displayed, after 5 seconds it will enter into the standby state.
Prog: Indicates the current program sequence number when in program setting mode and the current segment number when custom program setting.

3. **"CALORIES"** window: Display the calorie value, and counts from range 0.0 999. When the reverse counting hits 0, the machine will slow to a stop and displays "End" on display. After 5 seconds it will enter into the standby state.

4. **"LEVEL"** window Displays the gear value. Ranges from 1 25 gear.

5. **"PULSE"** window Displays the pulse value of the user. When the user holds the pulse sensors on the handlebars, the system can automatically detect the heartbeat frequency of the user and display it in this window.

The pulse value display range is 50 200 times / minute (This data is for reference only and cannot be used as medical data).

6. **"SPM"** window Display the machine speed and the running speed.

7. **"Lattice"** window Program mode displays program diagram and other modes display floor runway (3.5 m/layer).

2. KEY FUNCTION:

1. **"Manual / Program / Custom"** is the manual and program mutual switch key: Manual mode is for adjusting your settings manually as you do your workout.

Preset Programs can switch between settings automatically.

Custom mode is user adjusted program. In this mode, you use the keypad to set your custom program segments. You can quickly set the parameters through the parameter "Set + --".

2. **"Time / Height / Calorie"** key: You can quickly set the parameters (For Time/Height/Calorie) through the parameter "Set + --" during this period.

The key allows for countdown mode.

3. **"Start"** key: When the power is on, press and hold this key to activate the machine. Press this key during operation to pause the machine.

4. **"Stop"** key: During the workout, this key is used to stop the machine and reset it to zero.

5. **"Cooldown"** key: Press this key during exercise to determine the countdown according to the gear value of the workout. Cooldown bring the gear lower to lower your heart rate and stops workout. (When the gear is 1 15, press the Cooldown button and the gear will drop to 0 within 30 seconds, and the window will display a 30 second countdown. When the gear is 16 25, press the Cooldown button and the gear will drop to 0 within 45 seconds, and the window will display a 45 second countdown.)

6. **"+/-"** key: Used to adjust the values. After startup, it is used to adjust the gear, and its adjustment increment value is 1 each time.

7. **"Level 3, 6, 9, 12, 15, 18"** shortcut key: Changes the gear quickly.

8. **"Number keypad"** (Preferred as Keypad): Press the keypad number key to quickly set the parameter value, and key to clear the input value. Confirm the set parameter as the value using the OK key. Beyond the set range, will automatically set to the maximum or minimum value.

9. **Music Bluetooth** control key: Volume up / Volume down controls the music volume when playing. Use the backward/forward buttons to change songs.

3. QUICK START (MANUAL MODE):

1. Turn on the power switch and correctly attach the magnetic safety lock to the safety lock position below the panel.

2. Press the **"START"** start key, the system enters the 3 seconds countdown and a buzzer will sound. The speed window shows the countdown number, after the 3 seconds countdown, the stair climber starts running at a speed of 1.0 km (0.6 mi) / hour.

3. After startup, use the SPEED + and SPEED the keys to adjust the speed of the stair climber as needed.

4. OPERATION DURING MOVEMENT:

1. Press "+" key to increase the running speed of the machine station.
2. Press "-" key to reduce the running speed of the machine.
3. Press "Keypad" key to quickly set the machine speed.
4. Press will Stop to stop operation.
5. Press the Start/Pause key will slow down to suspend operation.
6. The heartbeat data is displayed for about 3 seconds when the exerciser holds the heartbeat handle

5. MANUAL MODE:

1. In standby, press Start to start running at 1 speed. The other windows count forward from 0, press gear + to change the gear speed.
2. In the non running state, press the "manual / program / custom / time / height / calorie" key to quickly switch the mode. After switching the mode (excluding manual mode), you can set the relevant parameter value using "+ / --" key.
3. After the mode setting, select one of the settings and then press the start button, to start the operation after 3 seconds. Press "+ / --" button to adjust the gear. Press Stop key to stop operation.

6. RUNNING MODE:

1. In non running state, start the machine at 1 speed. Other windows will start counting from 0. Press "+ / -" or "Keypad" key to change the gear speed.
2. Press "Time" key to enter the countdown time. "Time" window will display "15:00" and flash. Press "+ / -" or "Keypad" key to set the required Time. Setting the range is 5:00 99:00.
3. Press "Distance" key to enter the Distance countdown, "Dist." window will display "10.0" and flash.
4. Press "+ / --" or "Keypad" key to set the Km, the setting range is: 5.0 999.
5. Press the "Calorie" key to enter the calorie countdown. "Cal" window will display "50.0" and flash.
6. Press "+ / --" or "Keypad" key to set the calories, the calorie setting range is 10.0 999.
7. Select one of the three reverse modes before pressing the start button, and the machine will start running after 3 seconds. You can change the current running speed through the control button, or stop the machine.

7. PROGRAMS:

There are 36 built in programs P01 P36 in this system. In non running state, press "Program" to display "P01 P36". Select the desired program, the "TIME" window will flash and display the preset time 10:00. Press "+ / --" or "keypad" to set the required Time.

Press "Start" to start the built in program.

Built--in program is split to 20 segments, each movement time = set time / 20. When entering the next section, the system has a 3--sound prompt.

The speed of the system changes with the program. You can press the "gear + --" to change the gear speed value, however when the program goes into the next segment the speed will change according to program.

The machine steady speed down to stop running and display "End", 5 seconds after completely stop into the standby state.

8. PROGRAM CHART:

Each program divides the movement time into 20 equal parts, and each time period has a corresponding speed.

	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19	S20
P1	4	5	5	6	6	7	7	7	7	7	7	7	7	7	7	6	6	5	5	1
P2	4	5	5	6	7	7	10	7	10	10	10	7	10	10	7	7	6	5	5	1
P3	4	5	5	6	7	7	10	10	7	10	10	10	10	7	7	7	6	5	5	1
P4	4	5	5	6	6	9	9	9	9	9	9	12	9	9	9	6	6	5	5	1
P5	4	5	5	6	7	9	9	9	9	12	9	9	9	9	9	7	6	5	5	1
P6	4	5	5	7	7	9	9	12	12	12	9	9	9	9	9	9	5	5	5	1
P7	4	5	6	8	8	11	11	11	11	11	11	11	11	11	11	11	8	6	6	2
P8	4	5	5	7	7	10	10	10	10	12	12	12	12	12	12	12	12	12	11	4
P9	4	5	5	8	8	11	11	11	9	11	11	11	11	11	11	11	8	5	5	2
P10	4	5	5	7	7	9	5	7	7	9	5	7	7	9	5	7	7	9	7	3
P11	4	6	6	8	8	11	6	8	8	11	6	8	8	11	6	8	8	11	6	1
P12	4	6	6	9	12	12	6	9	12	12	6	9	12	12	6	9	12	12	9	4
P13	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9
P14	4	5	5	8	11	11	5	8	11	11	5	8	11	11	5	8	11	11	8	3
P15	4	6	9	9	9	6	9	9	9	6	9	9	9	6	9	9	9	6	4	2
P16	4	6	6	11	6	11	6	11	6	11	6	11	6	11	6	11	6	11	6	9
P17	4	4	4	6	8	8	1	1	1	4	6	8	8	11	11	11	8	4	4	2
P18	5	8	5	8	8	5	8	8	5	8	8	5	8	8	5	8	8	4	4	2
P19	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	9	4	2
P20	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	12	4	4
P21	4	8	4	8	11	4	8	11	4	8	11	4	8	11	4	8	11	4	8	2
P22	6	8	11	8	4	11	8	4	11	8	4	11	8	4	11	8	4	4	6	2
P23	6	8	11	8	8	4	11	8	8	4	11	8	8	4	11	8	8	4	4	2
P24	6	8	11	8	6	11	8	6	11	8	6	11	8	6	11	8	6	4	6	2
P25	4	6	5	6	5	7	6	4	7	4	8	4	9	4	10	5	9	5	11	3
P26	4	7	6	8	6	8	6	4	6	5	5	8	7	9	7	9	7	5	7	2
P27	4	7	6	7	6	7	6	4	5	5	5	8	7	8	7	8	7	5	6	2

P28	4	8	9	6	6	9	6	4	6	5	5	9	10	7	7	10	7	5	7	2
P29	4	6	8	10	9	10	8	4	5	5	5	7	9	11	10	11	9	5	6	2
P30	4	6	7	7	8	7	8	5	5	5	5	7	8	8	9	8	9	6	6	2
P31	5	8	9	7	10	7	11	8	6	4	6	9	10	8	11	8	11	9	6	3
P32	4	7	8	6	9	7	8	7	5	5	5	8	9	7	10	8	9	8	6	3
P33	4	10	8	6	7	11	9	7	6	6	5	11	9	7	8	11	10	8	7	3
P34	4	5	7	5	5	7	5	8	5	6	5	6	8	6	6	8	6	9	6	3
P35	4	7	10	11	8	11	7	5	4	5	5	8	11	11	9	11	8	6	5	2
P36	4	7	7	6	6	8	6	4	5	7	5	8	8	7	7	9	7	5	6	4

9. USER CUSTOM PROGRAM:

1. Settings of user custom programs

Press the "Custom" key until the user custom program (U01 U03), select and press the "Confirm" key to enter the setting, and then set the first segment.

Use the "+/ --" key and key pad to set the values and press the "Confirm" key. Repeat until all segments are set.

After setting, the data will be permanently saved until your next reset, the data will not be lost due to power failure.

2. Start of a user custom program

A. Press Customize until the user customization (U01 U03) and set the running time then press the start key to start.

B. Press the start button immediately after the user custom program and running time setting.

10. BODY FAT TEST:

In the standby mode, Press the "Program" key continuously to enter the BMI index (FAT) detection function. Press the "Confirm" key on the keypad to enter the F 1, Then press "Confirm" key or "Program" to quickly switch to F 2, F 3, F 4, F 5 interface (F 1 gender, F 2

Age, F-3 height, F 4 Body weight, F 5 Physical fitness test).

Press "+/ --" or "Keypad" keys to set the parameters of F 1 F 4 (parameters are shown below).

After setting, enter the F 5 constitution test interface, while holding the heart rate board for 2 3 seconds will show your body mass index. Check if your weight is commensurate with your height. BMI (FAT) is a measure of the relationship between a person's height and weight, not body ratio. FAT is suitable for any men and women, along with other health indicators, for people to adjust their weight. The ideal FAT should be between 20 and 25, if below 19 it means underweight, if between 25 and 29 is overweight, and beyond 30 it is considered obese.

(This data is for reference only and should not be considered as medical data)

F-1	Gender	01 (man)	02(woman)
F-2	Age	10 - 99	
F-3	Height	40 - 80 inch / 100 200 cm	
F-4	Weight	44 - 330 lbs. / 20 - 150 kgs	
F-5	FAT	≤19	Underweight
	FAT	=(20 - 25)	Normal weight
	FAT	=(26 - 29)	Overweight
	FAT	≥30	Obesity

11. DISPLAY RANGE OF VARIOUS PARAMETERS

Set parameters	Initial value	Set initial value	Setting range	Display range
TIME (minute: second)	0:00	15:00	5:00 99:00	0:00 - 99:59
Block (file)	1	1	1 25	1 - 25
Step number (step)	0	5000	100 9990	0 - 9999
Height (m)	0.0	10.0	5.0 999	0.0 - 999
Heart rate (sub / min)	P	N/A	N/A	50 - 200
CAL (CALORIE) (KCAL)	0.0	50.0	10.0 999	0.0 - 999
SPM (change)	0	N/A	N/A	0-999

12. SAFE LOCK FUNCTION

Under any state, the safety lock can be pulled off to stop the machine, and all windows displays --", and the buzzer sends 3 alarm sounds. At this time, the machine cannot perform any other operation except shutdown. After the safety lock is reinstalled correctly, the machine will reenter the standby state and wait for the input instruction.

13. POWER SAVING MODE:

The system has the function of sleep mode. If there is no key command input within 10 minutes under non running state, the system enters the power saving mode. Automatically the display will close (go black), you can then press any key to reawaken the system.

14. AUX/ BLUETOOTH / USB/ WIRELESS CHARGING FUNCTION (OPTIONAL):

Aux Audio output

Bluetooth music Connect mobile device to Bluetooth

Bluetooth name SYMK

USB interface Plays audio from the USB flash drive.

Wireless charging used to charge mobile device.

15. SHUT DOWN

You can turn off the stair climber at any time by turning off the power switch, which does not damage the stair climber.

16. SAFETY CHECKS

1. Check the power supply before exercise. Check whether the safety lock is working.

2. If abnormality occurs during movement, the safety lock can be pulled off and the machine will quickly stop; and then put the safety lock clockwise, reset and wait for input instruction.

3. If there is any problem with this machine, please contact the place of purchase.

4. During operation, any object entering the infrared sensing area will immediately stop the stair climber.

17. TROUBLESHOOT

Error	Possible reasons	Test method
Display not turning on	A. No power supply	Check Power cord access to the AC, or check the AC socket
	B. Power switch not turned on	Place the power switch in the ON position
	C. Drive without power supply or damaged	Press the overload protector again, or replace the drive
	D. Open circuit of Electric watch signal line	Replace the signal line and plug it in again
	E. The Electric watch is damaged	Replace the electronic table
Machine display is cut off, missing strokes	A. Display driver IC faulty soldering or continuous soldering	Need to repair, check the solder joints, heavy welding in place
	B. Poor display driver IC	Need to repair, weld the new display driver IC
Display	-or- A. Safety lock detachment	Place the safety lock to the suction or card position on the panel
	B. Controller emergency stop switch detached	Connect or rotate the emergency stop switch in the correct position
	C. Magnetron not engaged (if any)	The magnetron is installed to the correct position
	E80 Communication failure (the driver does not receive the Electric watch signal). E02 Communication failure (no driver signal is received by the Electric watch) A. The signal wire of the Electric watch is not connected well or has poor contact	Re connect the plug
	B. The signal wire of the Electric watch is damaged, short circuited or open circuited	Replace the signal line
	C. Electronic watch signal line reason	Replace the electronic table
	D. Driver signal circuit fault	Replace the drive
	E08 Lower control infrared fault A. The infrared detection at the tail end of the machine is blocked	Remove the blocked foreign body
	B. IR sensor failure	Replace the sensor
	C. Controller fault	Replace the controller
	E48 No speed sensing signal (with speed sensing driver) A. The speed signal line is not connected	Reinsert the speed signal line or replace the sensor
	B. Driver sensor circuit is poor	Replace the drive

VII. 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 great way to control your weight, improving 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.
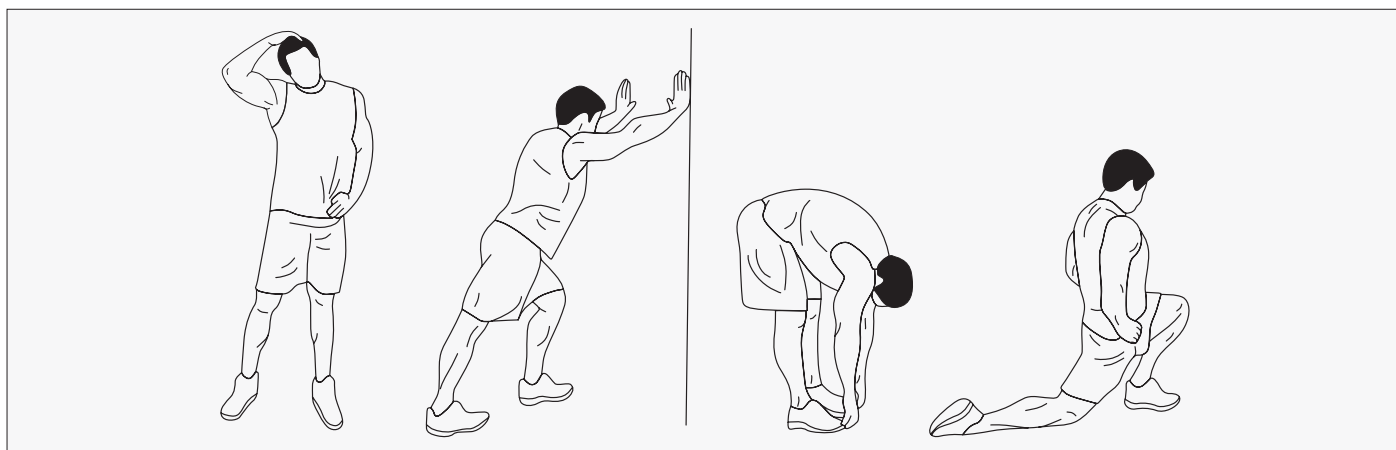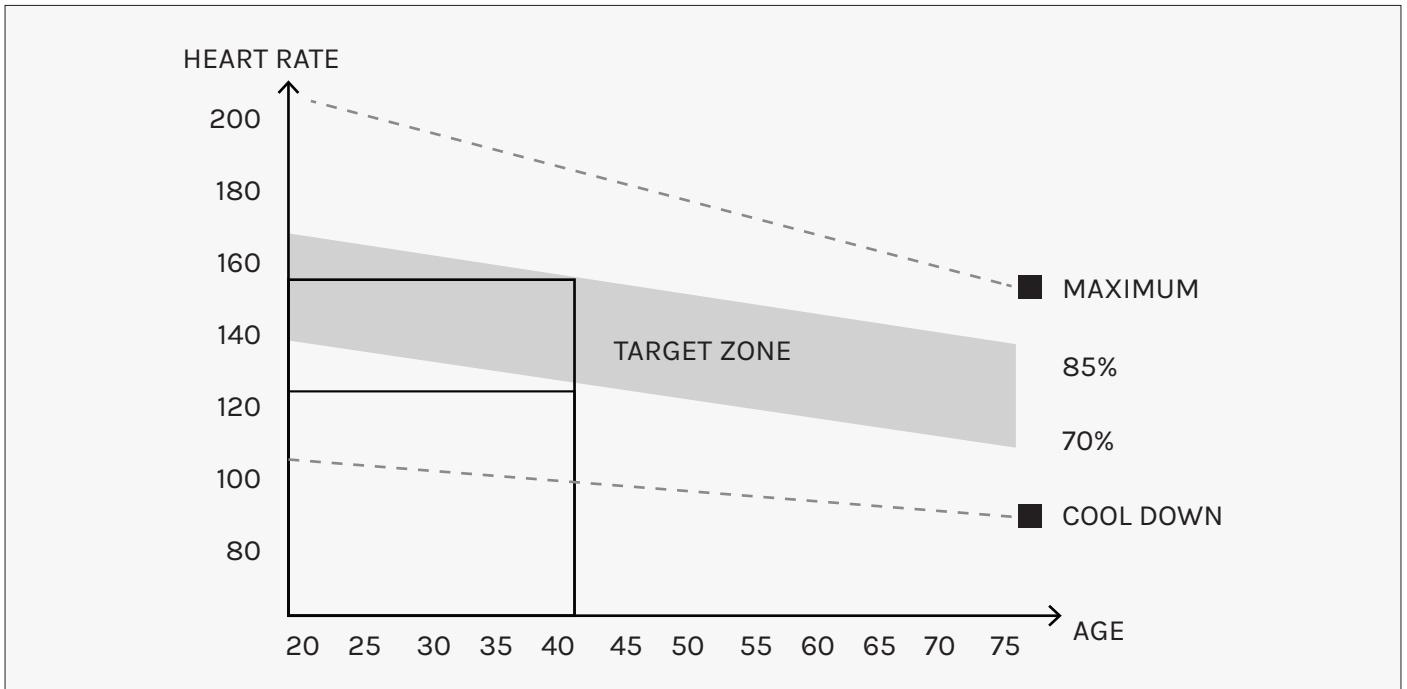

WARM UP

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.

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

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

VIII. TROUBLESHOOTING

There are two types of fault problems:

1. An emergency stop appears on the screen:

Emergency stop problem: Check whether the photoelectric switch under the steps is blocked (clean it with a towel), and then check whether the reflective paper is aligned with the sensor probe light (If you do not understand, ask for manufacturer for a video).

2. The screen display is normal, and the stair climber does not run after "Start".

Step 1: open the protective cover on both sides of the stair climber and loosen the four screws fixing the operating system a little. If the loose screws have no effect, then try the next step (If you do not understand, ask for manufacturer for a video).

Step 2: Turn the wheel of the brake system by hand. If it you cannot turn (or too hard to turn), then the brake system is faulty, and the brake needs to be replaced. If it is easy to turn, then go to the next step.

Step 3: Check whether the signal light of the controller is normal (blinking). If it is not normal, replace the controller.

If the above steps are not resolved, please contact the manufacturer!

IX. 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

Any claim against this warranty must be made through your original place of purchase.
Proof of purchase is required before a warranty claim may be processed.

If you have purchased this product from the Official Lifespan Fitness website, please visit
https://lifespanfitness.com.au/warranty-form

For support outside of warranty, if you wish to purchase replacement parts or request a repair or service, please visit h**ttps://lifespanfitness.com.au/warranty-form** and fill in our Repair/Service Request Form or Parts Purchase Form.

Scan this QR code with your device to go to **lifespanfitness.com.au/warranty-form**

X. 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 signal.
- 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 sidestep 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).