

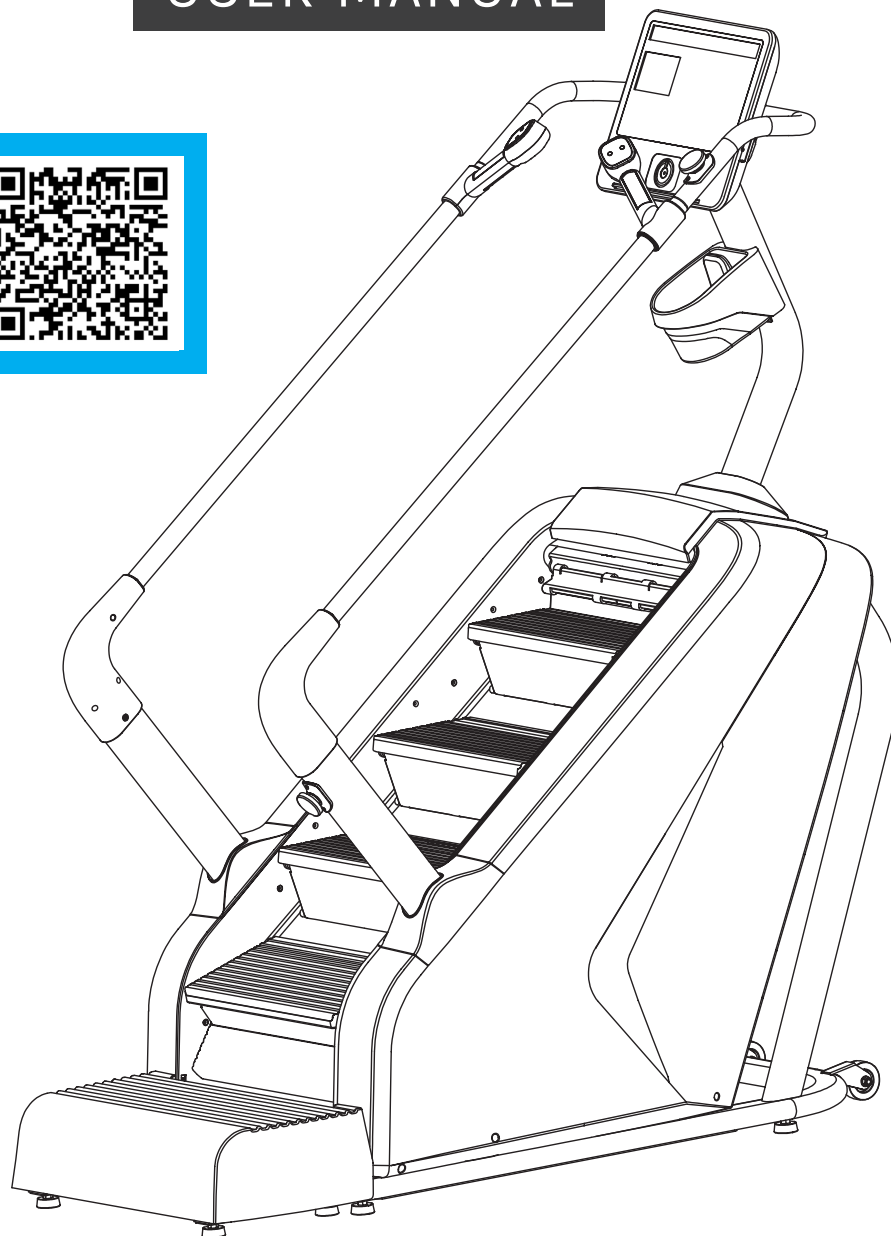


# ST-15 Vertex 4 Level Commercial Stair Climber Stepmill

## USER MANUAL



Find the  
Digital Manual  
Online



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.**

**NOTE:**

This manual should not be used to guide your purchasing decision. Your product, and the contents inside its carton, may vary from what is listed in this manual. This manual may also be subject to updates or changes. Updated manuals are available through our website at [www.lifespanfitness.com.au](http://www.lifespanfitness.com.au)



# TABLE OF CONTENTS

I. Important Safety Instructions .....	03
II. Maintenance .....	05
III. Exploded Diagram .....	07
IV. Parts List .....	09
V. Assembly Instructions .....	11
VI. Operating Instructions .....	16
VII. Exercise Guide .....	23
VIII. Troubleshooting .....	25
IX. Warranty .....	26
X. Hand Pulse Technology .....	27

# 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 designed for indoor use only, within a climate-controlled environment. It is not suitable for outdoor use or high humidity.
  - The recommended operating temperature range is 5-40°C.
  - Do not expose the machine to water or other liquids.
  - Do not place or insert any foreign objects on or into 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 a thick carpet, place a rubber mat over it first.
5. 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.
6. Keep the cord away from heated surfaces.
7. 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.
8. Never drop or insert any object into any openings.
9. All fixings should be checked before the equipment is used. Make sure to tighten any loose fixings.
- 10 All manuals relating to the use of the equipment should be retained for future reference.
11. Incorrect or excessive training can damage the motor and controller, accelerate the aging of the transmission system, and even cause bodily injuries. Be sure to allow for cool-down periods.
12. 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.
13. Emergency Stop: A photoelectric switch (sensor) is installed in the lower right corner of the stair climber. If an object is detected, the staircase will stop immediately.

Note: The photoelectric switch is a sensitive component. If dust accumulates on it or the installation position is misaligned, the "emergency stop" message will appear on the display, rendering the stair machine unusable. Therefore, ensure that the surface of the photoelectric switch is clean and that it is correctly installed.

14. Check the stop button before use to ensure the brakes function properly. Press the start and stop buttons, and verify that the emergency stop at the bottom is working correctly.

## USER SAFETY:

---

1. Keep hands away from all moving parts.
2. Only one person at a time may be allowed 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. Avoid exercising within 40 minutes after a eating a meal.

# 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.

## 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.
- Ensure that the equipment is stable on the floor. All feet should be in firm contact with the floor, and the equipment should not wobble or shake during use. If it does, please re-level the equipment.
- 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.

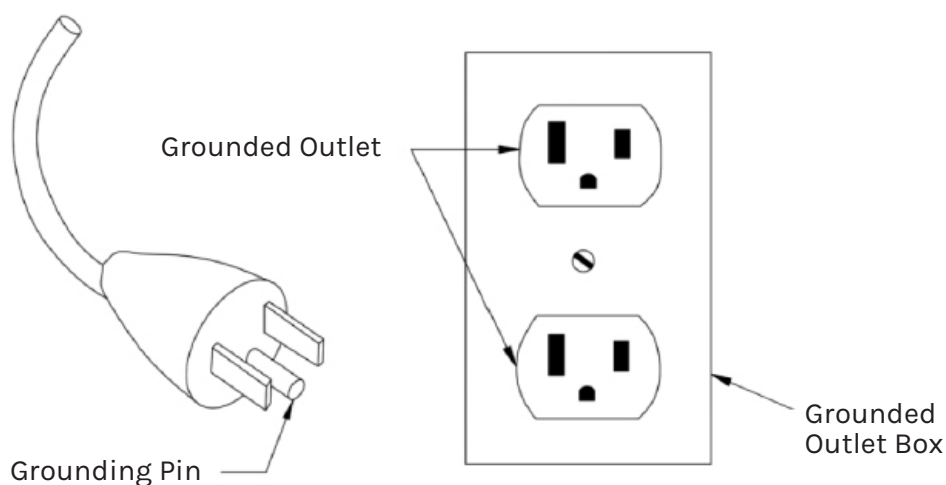
### **DANGER**

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.

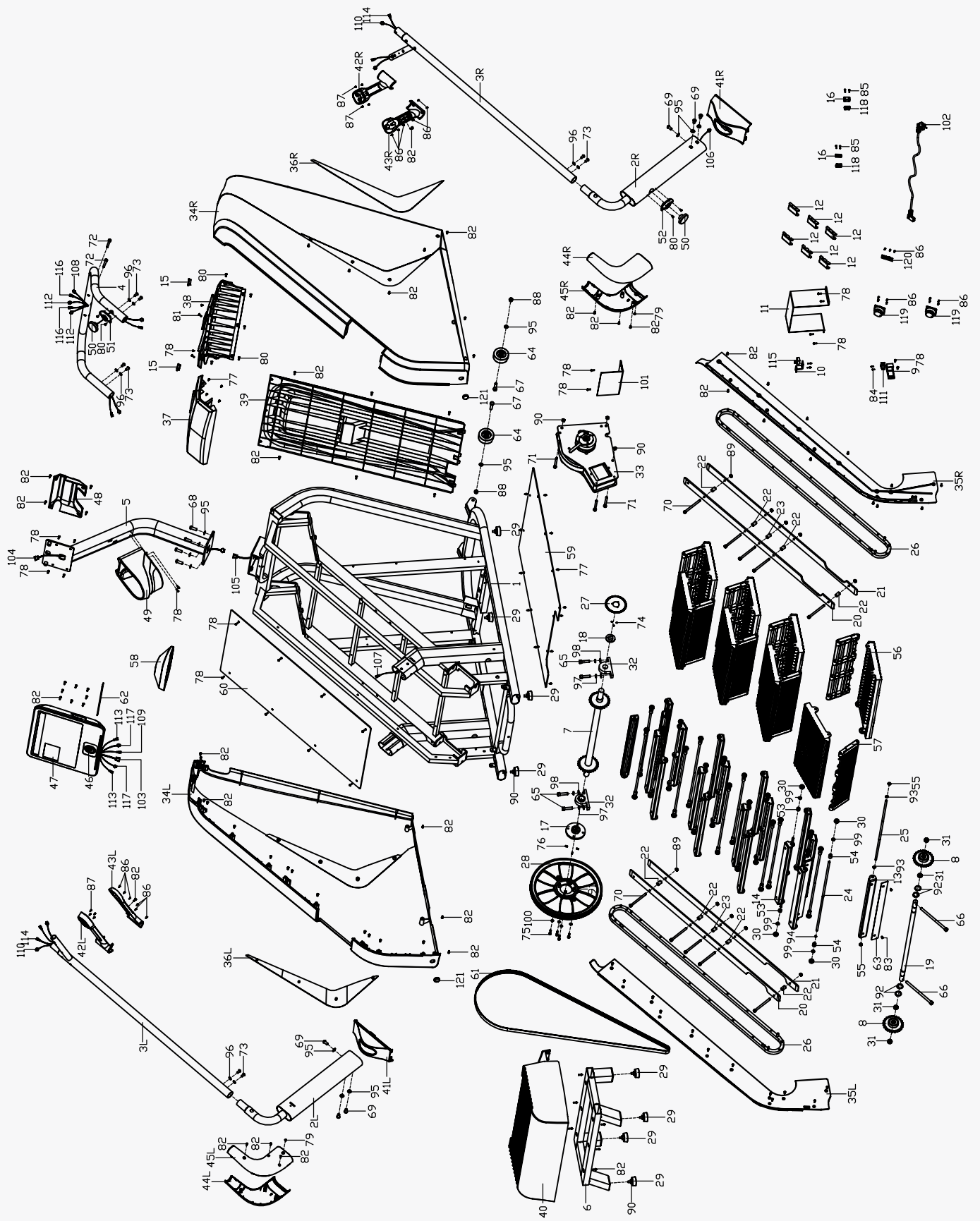
Do not modify the plug provided with the product – if it does not fit the outlet, have a proper outlet installed by a qualified electrician.

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.

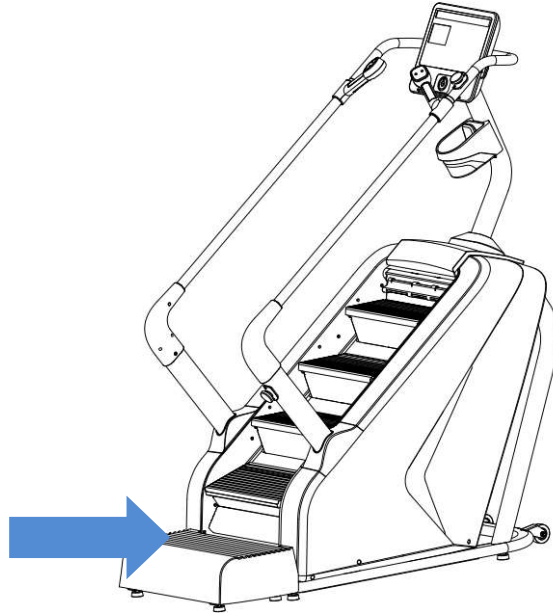


# III. EXPLODED DIAGRAM



## IV. PROPER USAGE

1. As shown in the figure below, the user enters the step area of the stair trainer from the direction of the arrow, walks up the steps, and clicks the start button to start using the machine.



2. As shown in the figure below, after the user finishes exercising, click the stop button. After the stair trainer stops smoothly, the user exits the step area of the stair machine from the direction of the arrow.



3. If the stairs shake too much during exercise, it means that the chain is too loose. Please remove the left and right protective cover of the main frame, and use a hexagonal T-type wrench to fix the screw of the rear gear clockwise to tighten the chain as shown in Figure 1.

As shown in Figure 2, when the gap between the chain and the tube is adjusted to 35mm, you can continue to use the machine.



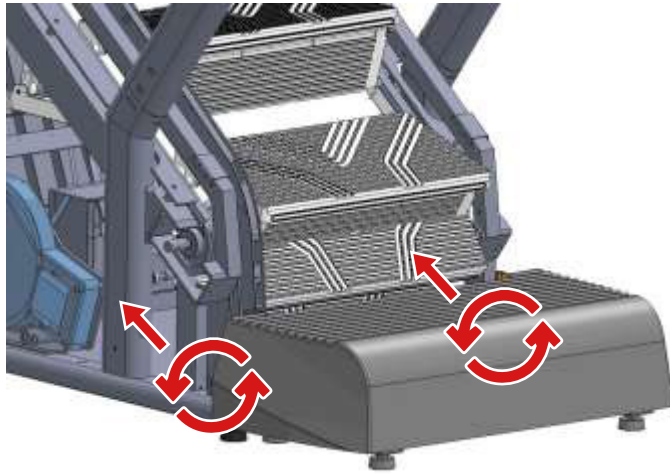


Figure 1

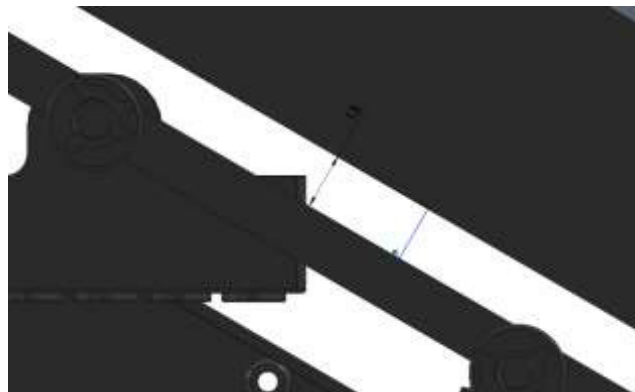


Figure 2

4. If the start/stop button is damaged during use, you cannot continue to use the stair machine, and you need to replace the internal electronic parts before you continue to use the machine.
5. The surface of stairs are plastic, which is easy to wear and tear. Please ensure that the user's soles are clean when using it.
6. There are two EMERGENCY STOP BUTTONS on the stair machine. One emergency stop button is located at the below of the handlebars and the second is located on the lower right side handlebar. The EMERGENCY STOP BUTTONS will bring the step surfaces to a complete stop when pressed.
7. Stand directly in front of the machine. Grasp the handlebars and step onto the stair machine until you are comfortably within reach of the console, the top emergency stop button, and the handlebar controls.
8. To determine proper workout position, stand on the steps within comfortable reach of the console. Maintain a constant distance from the console and in-reach handlebar controls. Keep your knees slightly bent at all times.
9. **CAUTION:** Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

# V. 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.

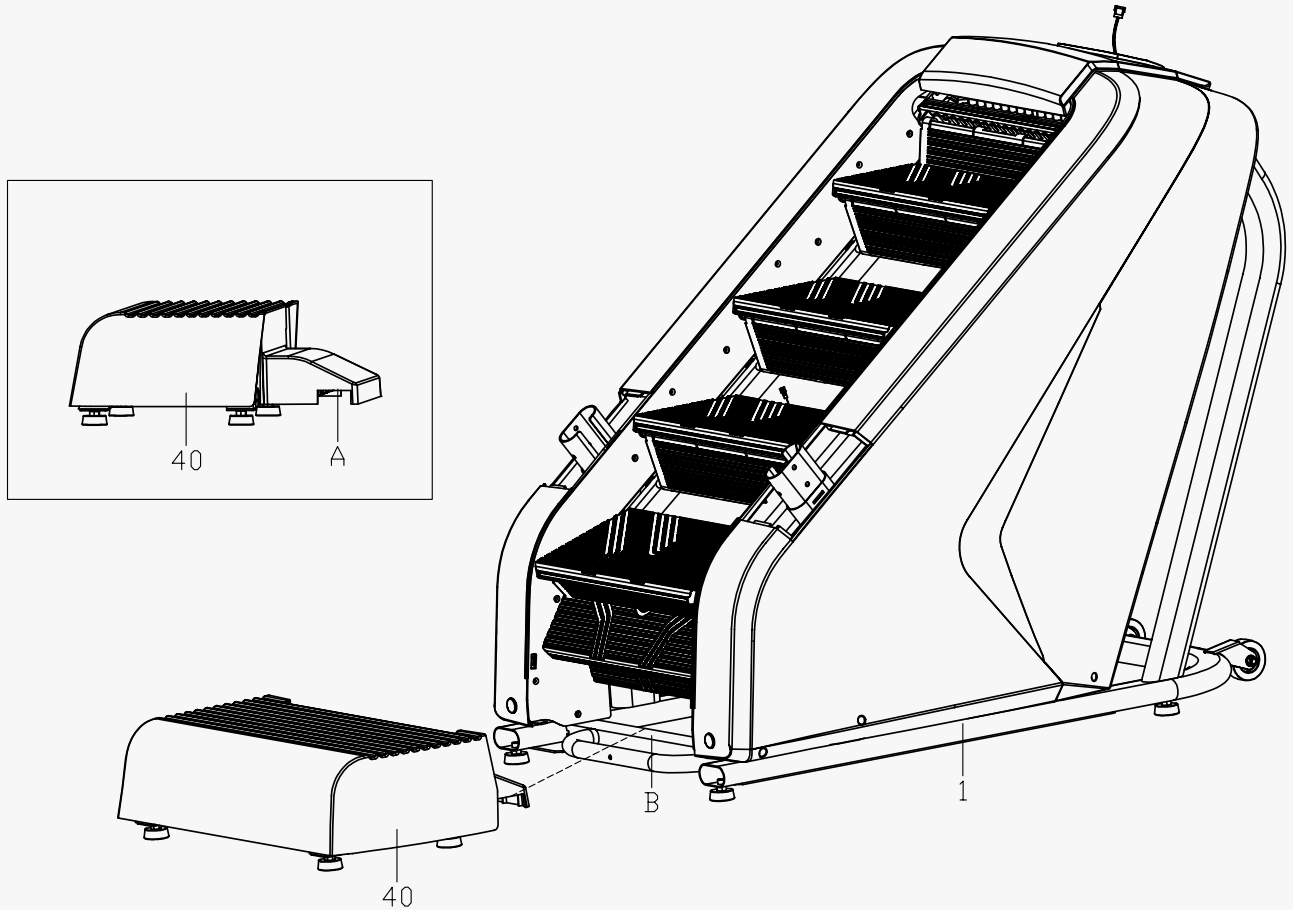
NO.	Name	Qty
1	Main Frame	1
2L/R	Support columns	1pr.
3L/R	Handrails	1pr.
4	Rear handrail	1
5	Console support column	1
6	Rear pedal	1
7	Front roller	1
8	Rear gear	2
9	Sensor fix tube	1
10	Light sensor support	1
11	PCB baffle	1
12	Fixing plug	6
13	Stair support 1	8
14	Stair support 2	8
15	Hole plug	2
16	Fastener	2
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
61	Belt	1
62	Anti slip pad	1
63	EVA silencing pad	16
64	Roller	2
65	Allen bolt M10 * 40	4
66	Allen bolt M10 * 170	2
67	Outer hexagon bolt M10 * 45	2
68	Allen bolt M10 * 30	4
69	Allen bolt M10 * 20	6
70	Allen bolt M8 * 105	10
71	Allen bolt M8 * 75	3
72	Allen bolt M8 * 40	2
73	Large flat head bolt M8 * 15	8
74	Flat end tightening M4 * 5	3
75	Allen bolt M6 * 25	4
76	Flat end tightening M5 * 10	3
77	Phillips screw w/cushion head ST4 *12	16
78	Phillips screw w/ washer head M4 * 15	24
79	Phillips screw w/ washer head M4 * 8	2
80	Phillips screw w/countersunk head M4*10	9
81	Phillips screw ST4 0*16	2
82	Phillips screw ST4 0*16	90
83	Phillips screw ST4 0*10	36
84	Phillips screw M3 * 20	2
85	Phillips screw m3 * 15	4
86	Phillips screw ST2 9*9.5	23
87	Phillips screw ST2 2*8	8
88	Nylon nut M10	2
89	Nylon nut M8	10
90	Nut M8	11
91	Nylon NUT M6	4

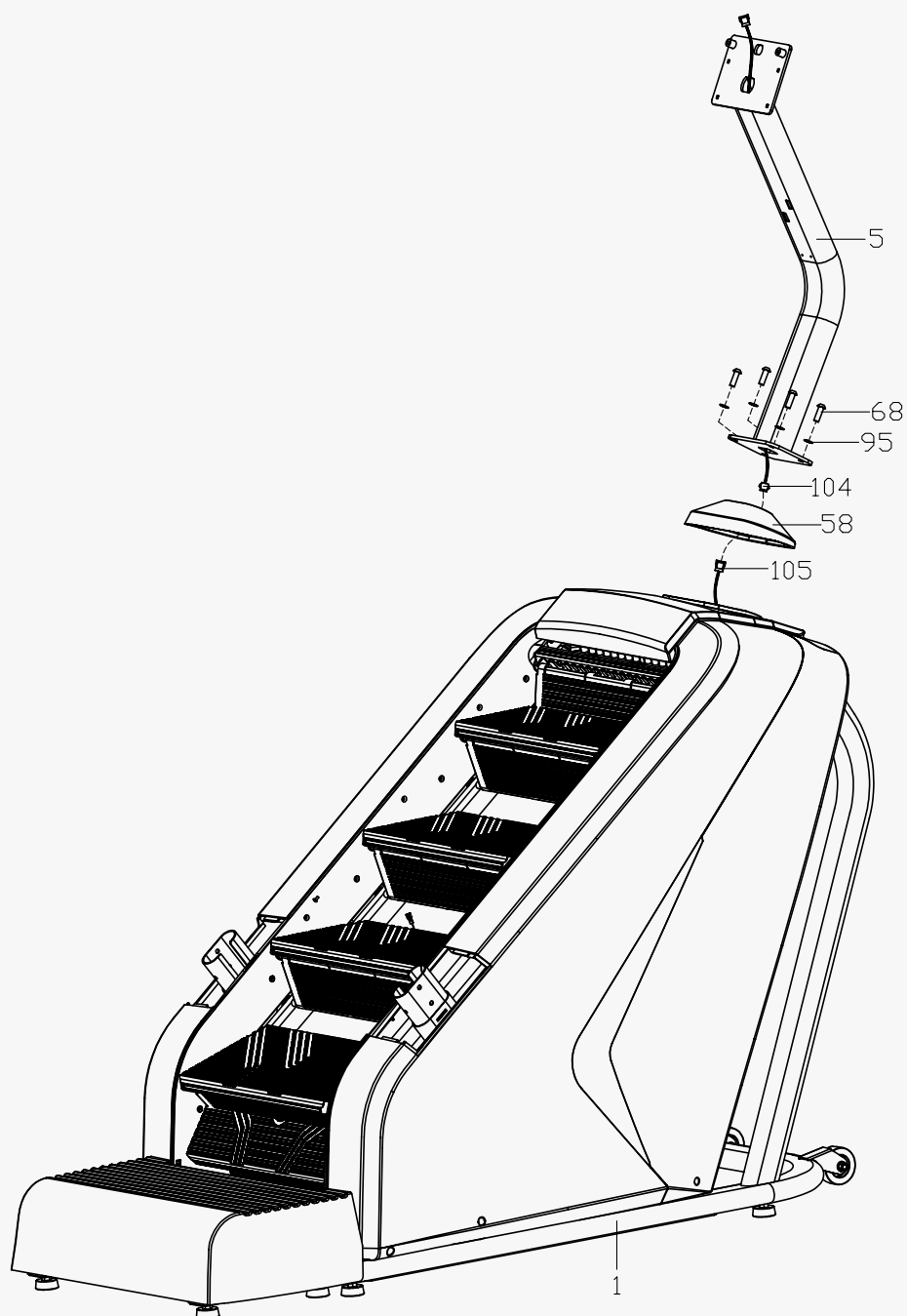
NO.	Name	Qty
92	Outer snap ring $\Phi$ 20	4
93	Clamp $\Phi$ 8	32
94	E-type snap ring $\Phi$ 7	24
95	Internal serrated washer $\Phi$ 10*1.2	12
96	Internal serrated washer $\Phi$ 8*1.2	8
97	Standard spring washer $\Phi$ 10	4
98	Standard flat washer $\Phi$ 10	4
99	Flat washer $\Phi$ 8	32
100	Flat washer $\Phi$ 6	4
101	Controller	1
102	Power cord	1
103	Console upper wire	1
104	Console extension wire	1
105	Console lower wire	1
106	Switch lower wire 2	1
107	Switch upper wire 2	1
108	Switch lower wire 1	1
109	Switch upper wire 1	1
110	Pulse upper wire	2
111	Distance sensor	1
112	Pulse extension wire	2
113	Pulse lower wire	2
114	Key board Upper wire	2
115	Light sensor	1
116	Key board extension wire	2
117	Key board lower wire	2
118	Infrared sensor	2
119	Speaker	2
120	USB / headset interface	1
121	Hole plug 2	2

# VI. ASSEMBLY INSTRUCTIONS



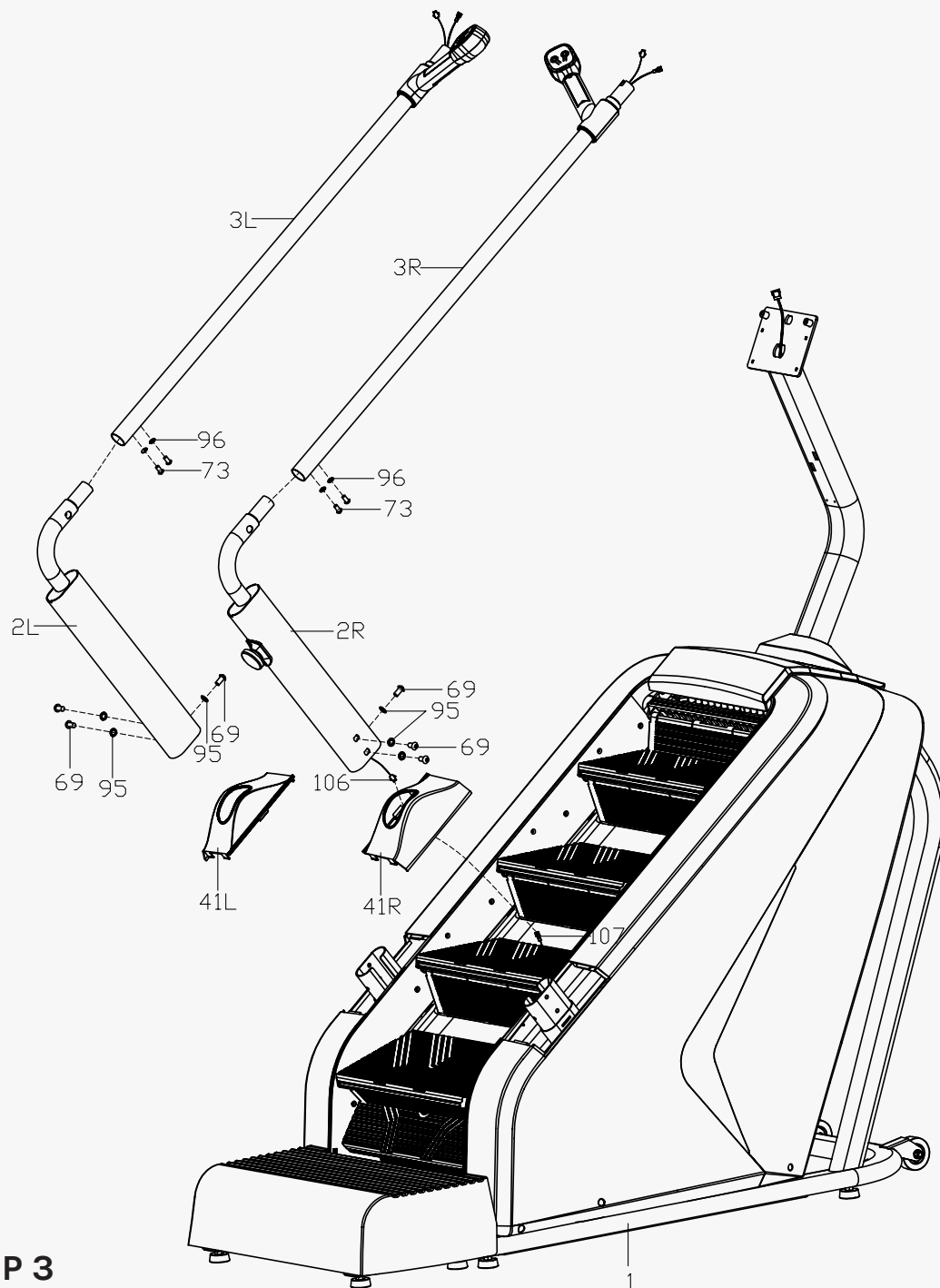
## STEP 1

1. Open the package, take out all parts and place the main frame (1) on the flat ground.
2. Fasten the part A of pedal (40) (as shown) to the part B of the main frame. Please make sure the two parts are centered.



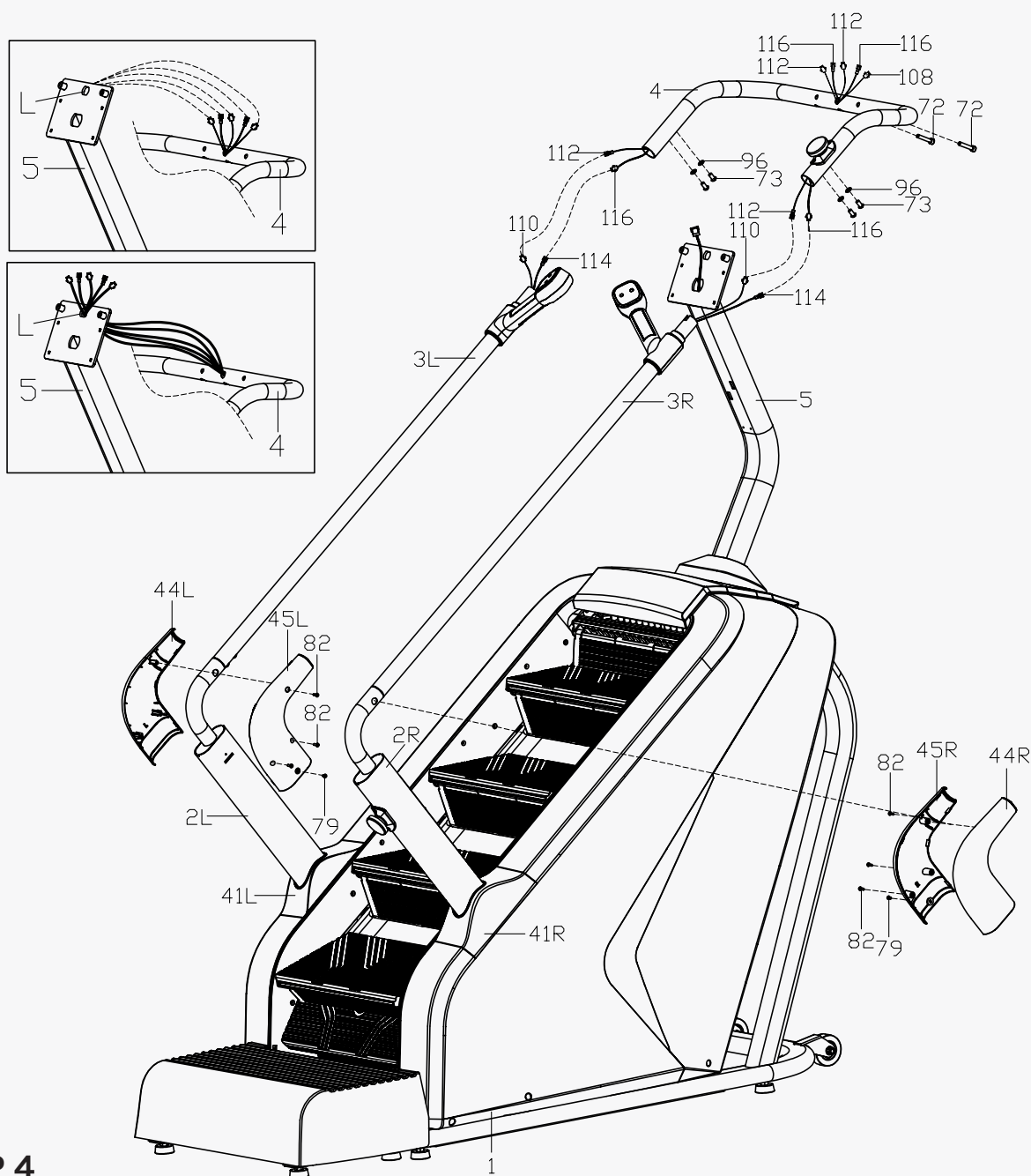
## STEP 2

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



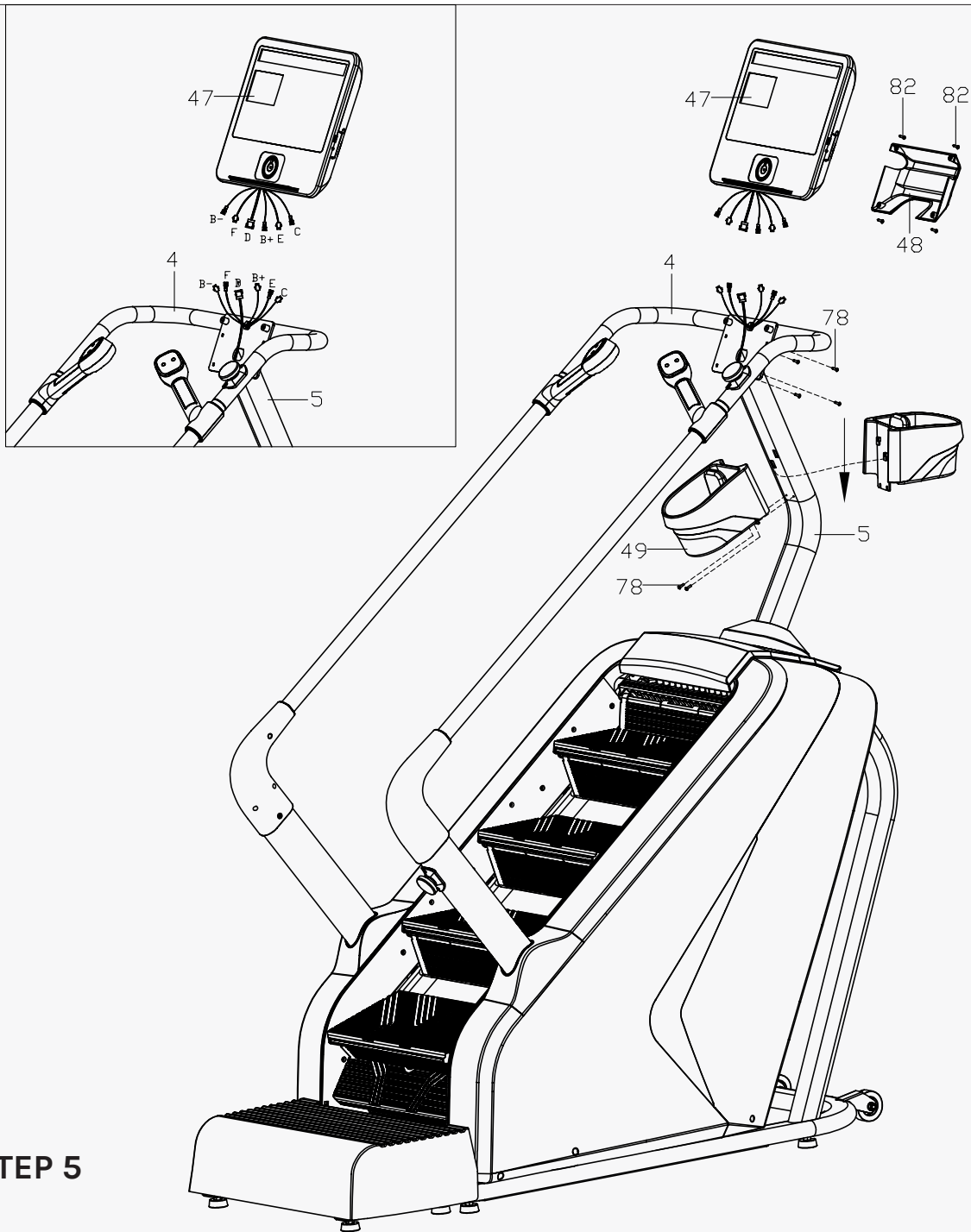
### STEP 3

1. Pass the Switch upper wire 2 (106) through the right decorative cover (41R) to connect with Switch lower wire 2 (107).
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 upper wire (110) to the Pulse extension wire (112); connect the Key board Upper wire (114) to the Key board extension wire (116).
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. Feed all the wires (108, 112 & 116) pass through the designed hole L on top of the support column (5) as shown.
4. Assemble but not tighten the rear handrail (4) on the support column (5) with screw (72).
5. Tighten all the screws now.
6. Fasten the decorative cover (41L/R) on the main frame (1).
7. Lock the decorative cover (44L/R) and (45L/R) on the support column (2L/R) with screw (79) and (82).

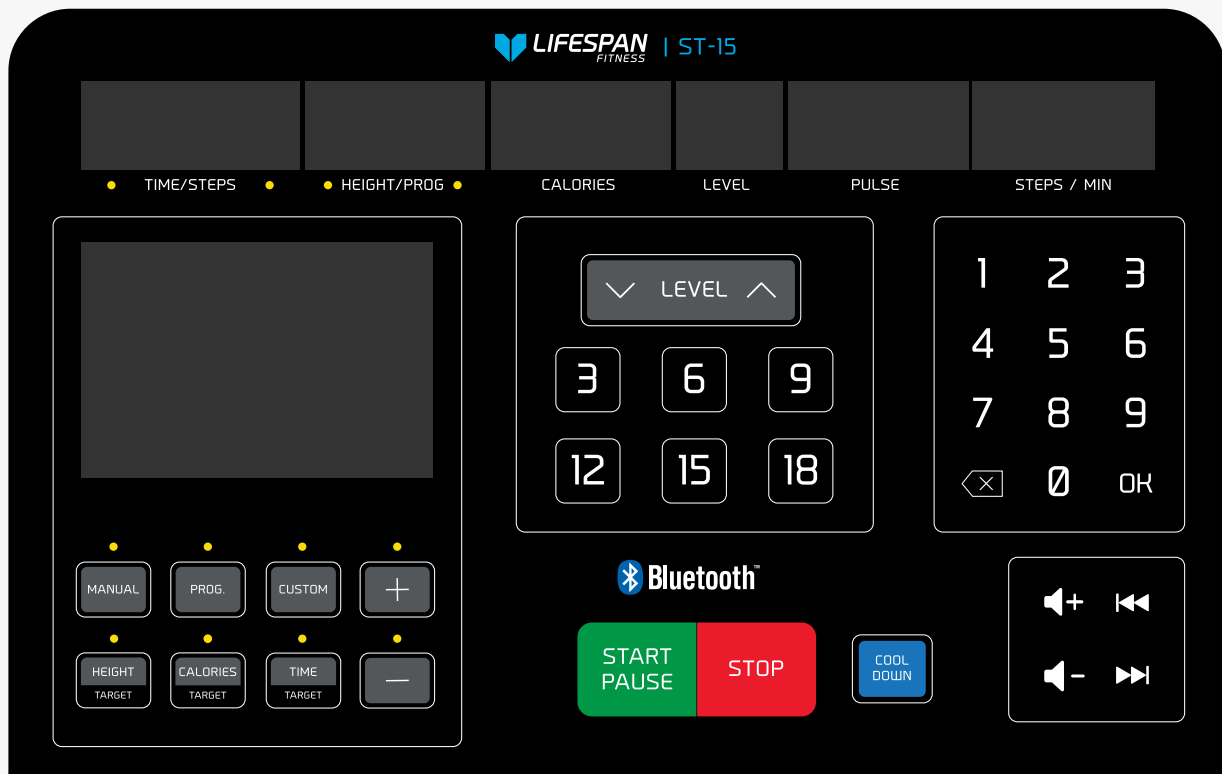


## STEP 5

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: The display alternates between movement time and the number of steps every 5 seconds. When movement time is shown, the range is from 0:00 to 99:59. Once the time reaches 99:59, the machine will stop running, display "End," and enter standby mode after 5 seconds.

When viewing the countdown timer, it will decrease from the set time to zero. When the timer reaches 0:00, the machine will stop, display "End," and enter standby mode after 5 seconds. When the number of steps is displayed, it indicates the current number of actual steps taken.

2. **"HEIGHT/PROG"** window: This shows either the height levels or the program sequence number. The motion height is shown in a range from 0.0 to 999. In countdown mode, the reverse count decreases from the set value to zero. When the count reaches 0, the machine will gradually slow down to a stop, display "End," and then enter standby mode after 5 seconds.

When in program setting mode, "Prog" indicates the current program sequence number. During custom program setting, it shows the current segment number.

3. **"CALORIES"** window: This shows the calorie value, ranging from 0.0 to 999. When the countdown reaches 0, the machine will gradually slow down to a stop, display "End," and then enter standby mode after 5 seconds.

4. **"LEVEL"** window: Displays the gear value. Ranges from 1-25 gear.
5. **"PULSE"** window: Displays the heartbeat value of the athlete. When the athlete holds the heartbeat induction hand knob, the system can automatically detect the heartbeat frequency of the athlete and display it in this window. The heartbeat 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 program switch key that allows you to select between different modes:

Manual Mode: Allows you to adjust settings manually while you work out.

Preset Programs: Automatically switch between pre-defined settings.

Custom Mode: Lets you create and adjust your own program segments using the keypad. You can quickly set parameters with the "Set + --" buttons. 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. **"Cool down"** key: Press this key during exercise to start the cooldown process based on the current gear value. The cooldown function gradually lowers the gear to reduce your heart rate and stop the workout.

If the gear is between 1 and 15, pressing the Cooldown button will reduce the gear to 0 within 30 seconds, with a 30-second countdown displayed on the screen.

If the gear is between 16 and 25, pressing the Cooldown button will reduce the gear to 0 within 45 seconds, with a 45-second countdown displayed on the screen.

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"** (Referred to as Keypad): Press the number keys on the keypad to quickly set parameter values. Use the key to clear any input values. Press the OK key to confirm and set the parameter. If a value is outside the allowable range, it will automatically adjust 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"** key, and the system will begin a 3-second countdown with a buzzer sound. The speed window will display the countdown numbers. After the 3 seconds, the stair climber will start running at a speed of 1.0 km/h (0.6 mi/h).
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 the "+" key to increase the running speed of the machine.
2. Press the "-" key to decrease the running speed of the machine.
3. Press the Keypad key to quickly set the machine speed.
4. Press the Stop key to halt operation.
5. Press the Start/Pause key to slow down and suspend operation.
6. Heartbeat data will be displayed for about 3 seconds when the user holds the heartbeat sensor handles with both hands.

### 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. The setting range is from 5:00 to 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 from 5.0 to 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:

This system includes 36 built-in programs, labeled P01 to P36. In a non-running state, press the "Program" button to display the available programs.

Select the desired program. The "TIME" window will flash and display the preset time of 10:00. Use the "+/-" or "Keypad" to adjust the time as needed.

Press "Start" to begin the selected program.

Each built-in program is divided into 20 segments, with each segment's duration equal to the set time divided by 20. As the program transitions to the next segment, the system will emit a 3-beep prompt.

The system speed will automatically adjust according to the program. You can manually adjust the gear speed using the "gear + / -" buttons, but the speed will reset to the program's settings when the next segment begins.

At the end of the program, the machine will gradually slow down, stop, and display "End." Five seconds after stopping, it will enter standby mode.

## 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. Setting User Custom Programs

Press the "Custom" key until the user custom program (U01 to U03) is displayed. Select the desired program and press the "Confirm" key to enter the settings.

Set the first segment by using the "+/-" keys and the keypad to input values, then press the "Confirm" key. Repeat this process for each segment until all segments are set.

Once all settings are complete, the data will be permanently saved until the next reset. The data will not be lost even if there is a power failure.

### 2. Starting a User Custom Program

A. Press the "Custom" key until the desired user custom program (U01 to U03) is displayed. Set the running time, then press the "Start" key to begin the program.

B. Press the "Start" button immediately after setting both the user custom program and running time to begin the workout.

## 10. BODY FAT TEST:

In standby mode, press the "Program" key repeatedly to access the BMI (FAT) detection function.

Press the "Confirm" key on the keypad to enter the F1 setting. Then press "Confirm" or "Program" to quickly switch between F1 through F5:

F1: Gender	F-1	Gender	01 (man)	02(woman)
F2: Age	F-2	Age	10 - 99	
F3: Height	F-3	Height	40 - 80 inch / 100 200 cm	
F4: Body Weight	F-4	Weight	44 - 330 lbs. / 20 - 150 kgs	
F5: Physical Fitness Test	F-5	FAT	≤19	Underweight
		FAT	=(20 - 25)	Normal weight
		FAT	=(26 - 29)	Overweight
		FAT	≥30	Obesity

Use the "+/-" or "Keypad" keys to set the parameters for F1 through F4.

After setting the parameters, enter the F5 Physical Fitness Test interface. While holding the heart rate sensors for 2-3 seconds, your Body Mass Index (BMI) will be displayed.

BMI (FAT) is a measure of the relationship between a person's height and weight, not body composition. This function is suitable for both men and women, and can help people adjust their weight alongside other health indicators.

The ideal BMI (FAT) is between 20 and 25.

- A BMI below 19 indicates underweight.
- A BMI between 25 and 29 indicates overweight.
- A BMI of 30 or above is considered obese.

## 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

In any state, pulling off the safety lock will immediately stop the machine. All windows will display "---", and the buzzer will sound three alarm beeps. At this point, the machine cannot perform any operations 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 power saving. If there is no key command input within 10 minutes under standby state, the system enters the power saving mode, automatically closes the display, and presses any key to reawaken the system.

## 14. MP3/SD/USB/BLUETOOTH MUSIC FUNCTION

When the MP3 or other audio device is connected after power on, the electronic watch can play music. Song switch and press the corresponding button or audio device on the board. The size of the sound control press the corresponding button or audio equipment on the board, please pay attention to control the size of the sound to avoid affecting the quality of the sound and the built-in audio circuit.

## 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 any abnormality occurs during operation, pull off the safety lock to quickly stop the machine. Then, reinstall the safety lock by turning it clockwise, reset the machine, and wait for input instructions.
3. If there are any problem with this machine, please contact the place of purchase.
4. During operation, if any object enters the infrared sensor area, the ladder machine will immediately stop. After clearing the foreign object blocking the gear, press any key to clear the alarm interface.

## 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
-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
Display	E01 Communication failure (the driver does not receive the Electric watch signal).	A. The signal wire of the Electric watch is not connected well or has poor contact Re connect the plug
	E02 Communication failure (no driver signal is received by the Electric watch)	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

## 18. CALORIE CALCULATION FORMULA

Calories of 6 steps a card, 5 steps of one meter, 3.5 meters for a floor high.

# 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.

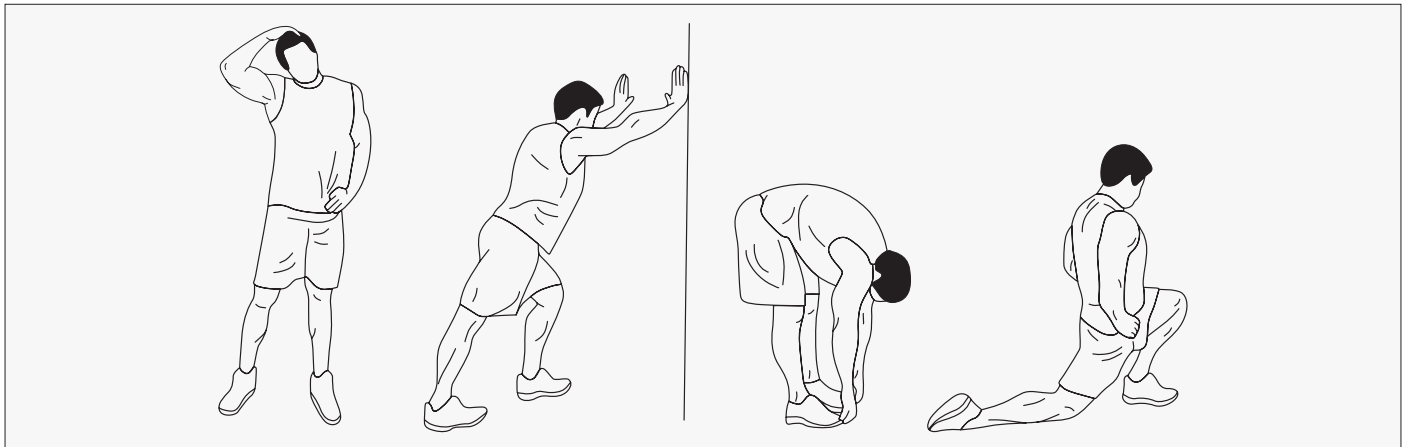
The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.

---

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.

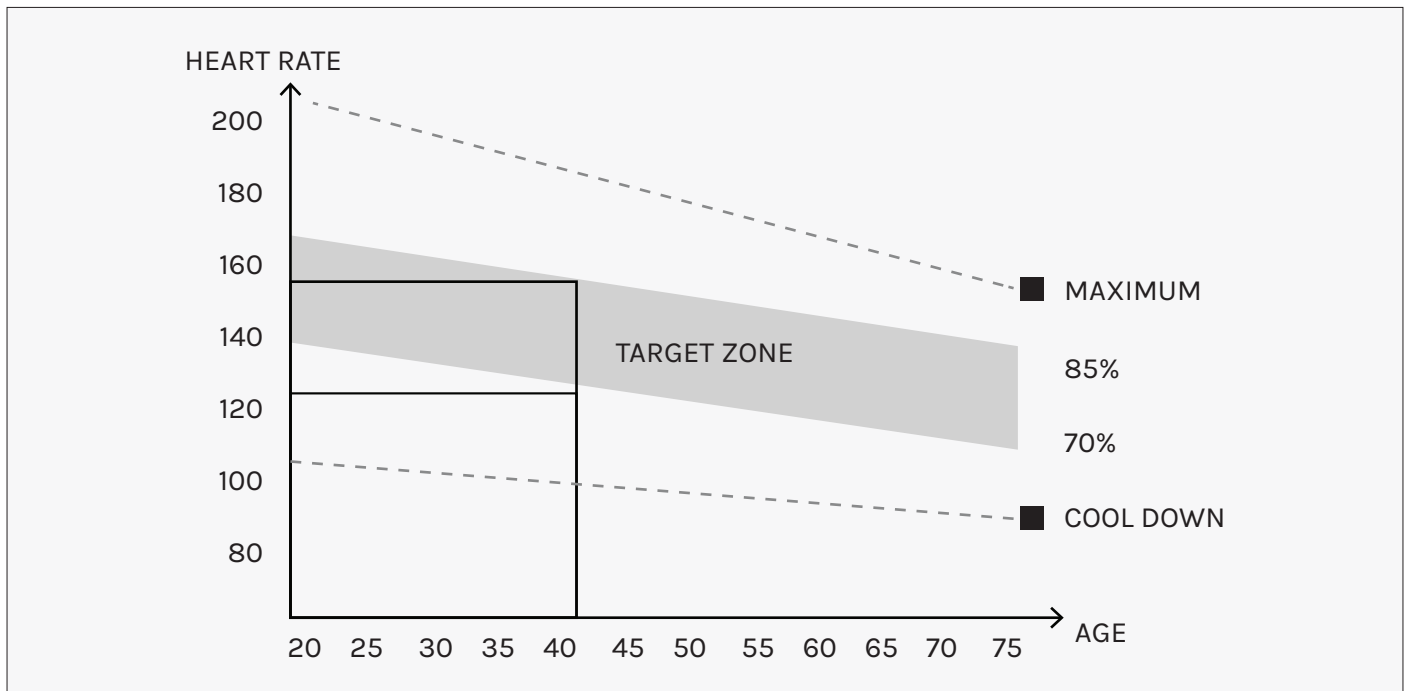
After warming up, increase the intensity to your desired exercise program. Be sure to maintain your intensity for maximum performance. Breathe regularly and deeply as you exercise.

## 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 are unsure, contact the manufacturer for assistance).

2. The screen display is normal, but 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 are unsure, contact the manufacturer for assistance).

**Step 2:** Turn the wheel of the brake system by hand. If it you cannot turn (or if it is 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](http://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 <https://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](https://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).





[WWW.LIFESPANFITNESS.COM.AU](http://WWW.LIFESPANFITNESS.COM.AU)