



ST-14 Vertex Stair Climber

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.**

NOTE:

This manual may be subject to updates or changes. Up to date manuals are available through our website at www.lifespanfitness.com.au



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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 treadmill 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.

- Install the treadmill on a flat level surface with access to a 220-240 volt (50/60Hz), grounded outlet.
- Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
- Do not block the rear of the treadmill. Provide a minimum of 1 metre clearance between the rear of the treadmill and any fixed object.
- Place your unit on a solid, level surface when in use.
- When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
- Keep hands away from all moving parts.
- Never operate the treadmill 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.
- Keep the cord away from heated surfaces.
- 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.
- Never drop or insert any object into any openings.
- The treadmill is intended for in-home use only and is not suitable for commercial environments.
- To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
- 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.

- WARNING heat rate monitoring systems may be inaccurate. If you feel faint stop exercising immediately.
- Children should not be allowed on or around the equipment, even when not in use.
- Children should be supervised to ensure that they do not play with this machine.
- Loose-fitting clothing or jewellery that could become an entanglement hazard should not be worn.
- Training shoes should be worn when using the equipment.
- Equipment must be used on a level and stable surface.
- All fixings should be checked before the equipment is used.
- All literature relating to the use of the equipment should be retained for future reference.
- Recommended operating temperature: 5-40°C.

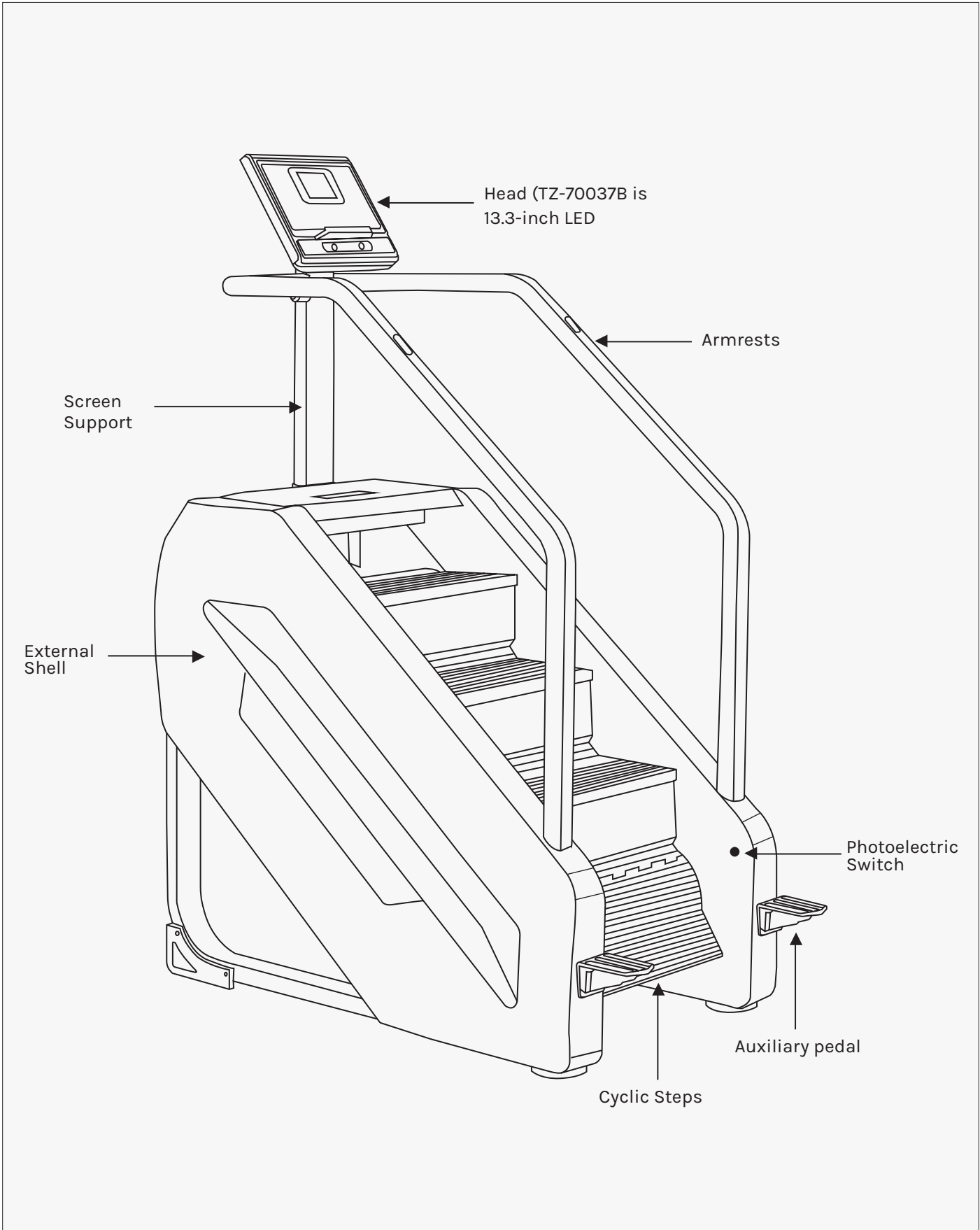


Remove the safety key after use to prevent unauthorized treadmill operation.

II. MAINTENANCE

- a. Lubricate moving joints with grease after periods of usage.
- b. Check belt is aligned and there is no abnormal noise.
- c. Be careful not to damage plastic or metal parts of the machine with heavy or sharp objects.
- d. The machine can be kept clean by wiping it down using dry cloth.
- e. 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.

III. EQUIPMENT DIAGRAM



IV. PARTS LIST

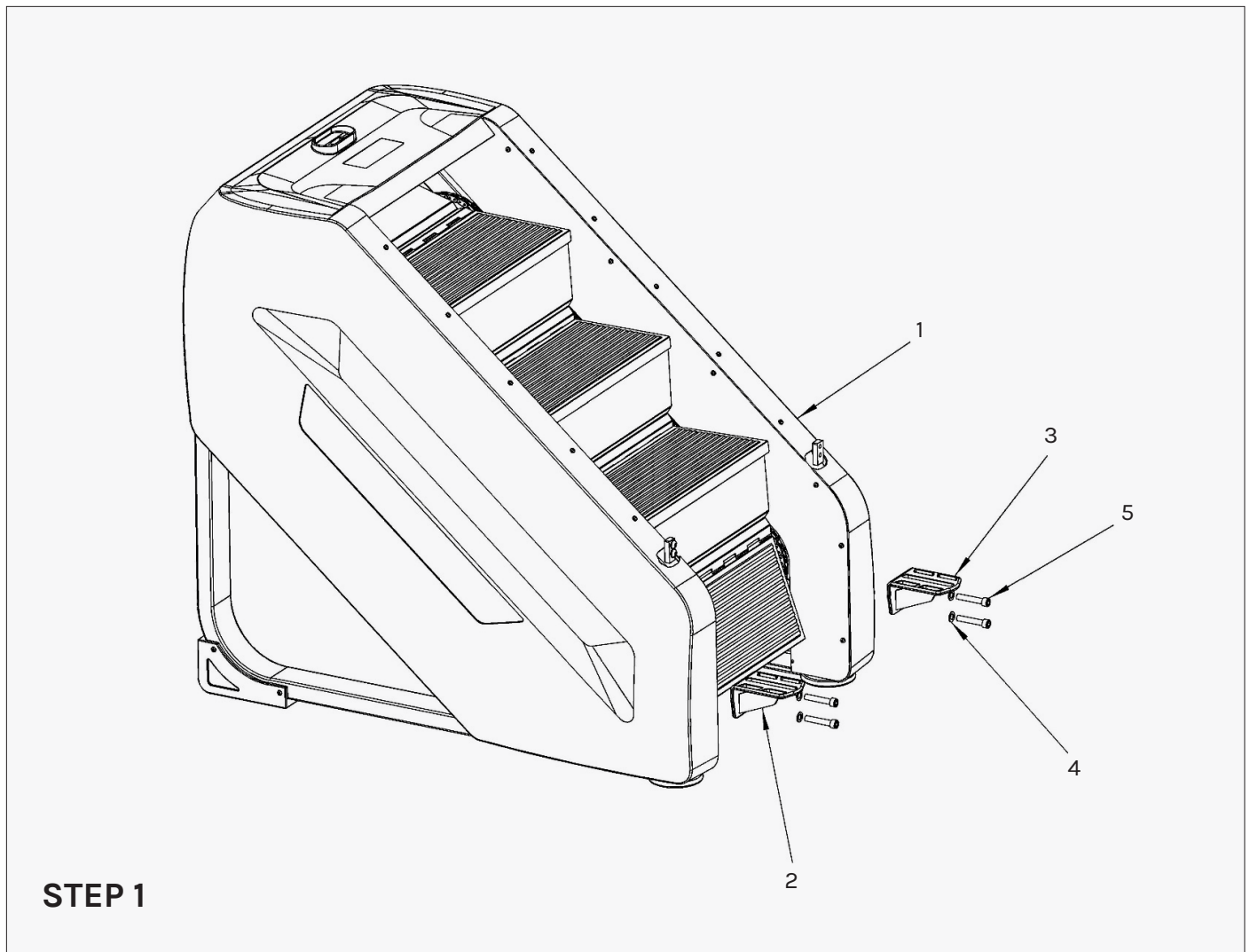
! Some items on this list may come pre-installed on your equipment. If you feel like you're missing anything, please double check your equipment.

NO.	Name	Size	Quantity
1	Main Frame		1
2	Left Pedal		1
3	Right Pedal		1
4	Washer		4
5	Hexagon Socket Head Bolt	M12 x 65mm	4
6	Screen Support Cover		1
7	Right Armrest		1
8	Left Armrest		1
9	Hexagon Socket Head Bolt	M10 x 16mm	4
10	Washer Ø10		4
11	Hexagon Socket Head Bolt	M10 x 55mm	2
12	Nut	M10	2
13	Hexagon Socket Head Bolt	M8 x 55mm	2
14	Hexagon Socket Head Bolt	M8 x 16mm	4
15	Console		1
17	Washers Pre-fitted		10
18	Bolt Pre-fitted		10
19	Back Cover Pre-fitted		1
20	Washer Ø8		2

V. ASSEMBLY INSTRUCTIONS

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

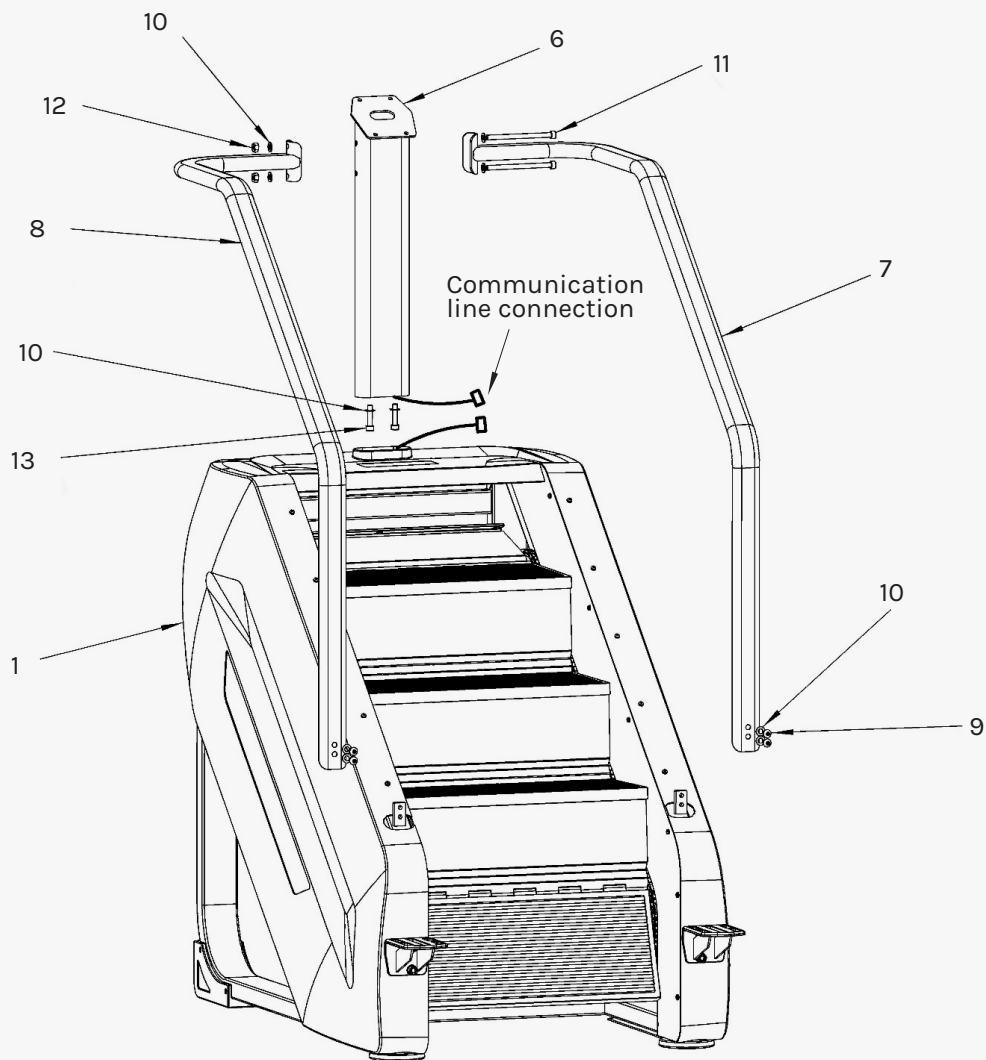
- Some parts are pre-fitted to the machine.
- Due to the bulkiness of the item ensure to allow space around the machine and set it up in the designated area. You may need 2 people to move the machine.
- Remove all parts from the packaging and check that the quantity is correct. Do not discard the packing material until assembly is completed in case a part is missed.
- All parts are to be tightened during assembly unless otherwise stated. Ensure all bolts are tightened properly after set-up is complete.
- Ensure all parts are assembled correctly as per the instruction.



Install the Auxiliary pedals:

1. Remove the left and right pedal from the packaging materials.
2. Install the Part 3 Right pedal to Part 1 Main Frame using 2x Part 5 Bolt and 2x Part 4 Washer.
3. Install the Part 2 Left pedal to Part 1 Main Frame using 2x Part 5 Bolt and 2x Part 4 Washer.

NOTE: Check that you are installing the Left and Right pedals in their correct spots.



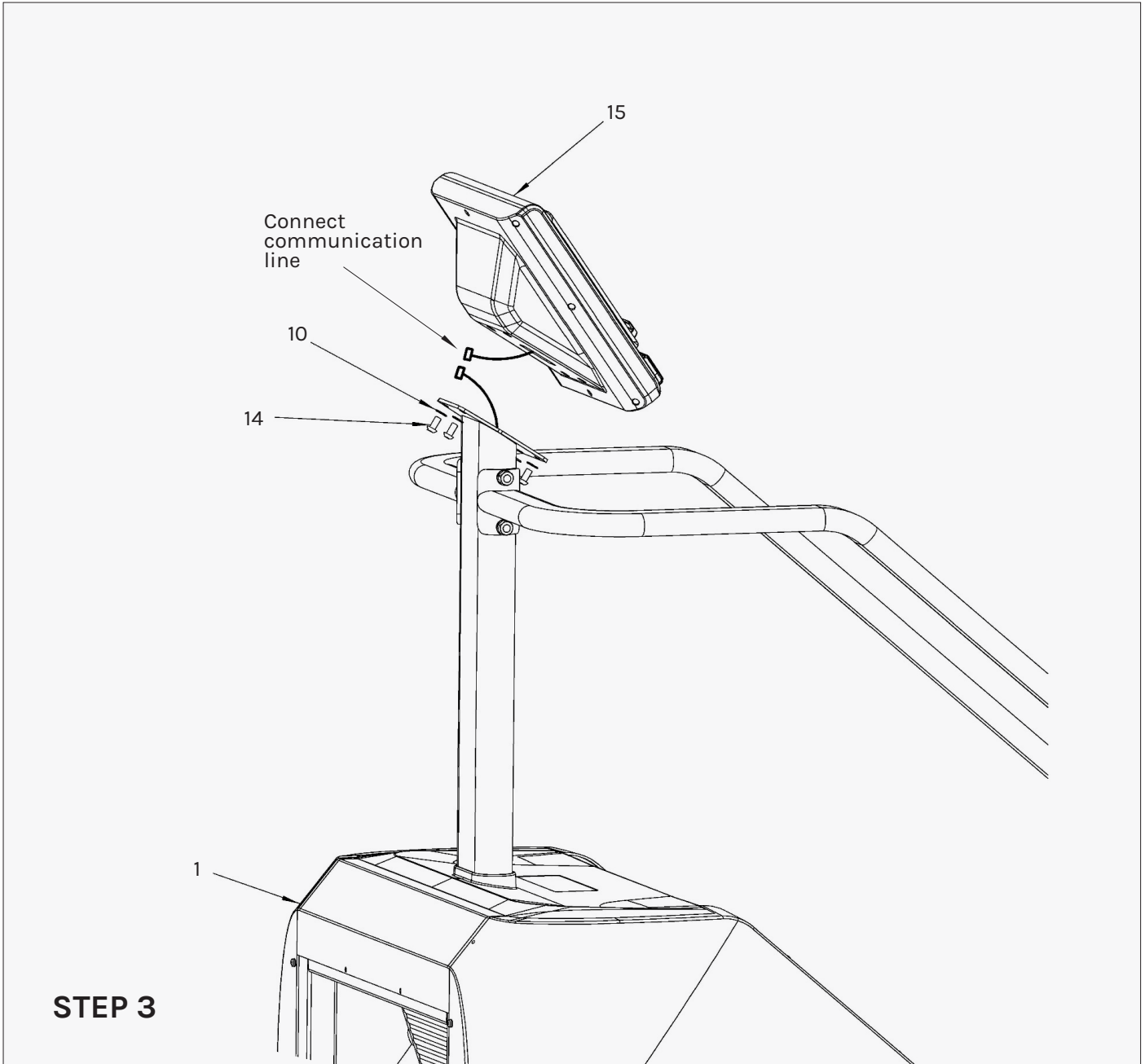
STEP 2

Connecting communication lines & assembling arm rests:

1. Dock the Part 6 Screen support tube and connect the communication line.
Secure with 2x Part 13 Bolt and 2x Part 20 Washer.
2. Secure the Part 7 Right handles to Main frame using 2x Part 9 and 2x Part 10. Insert the 2x Part 11 into the Part 7 and Part 6.

! **CAUTION** You may need a second hand to hold the handle in place to prevent it from falling.

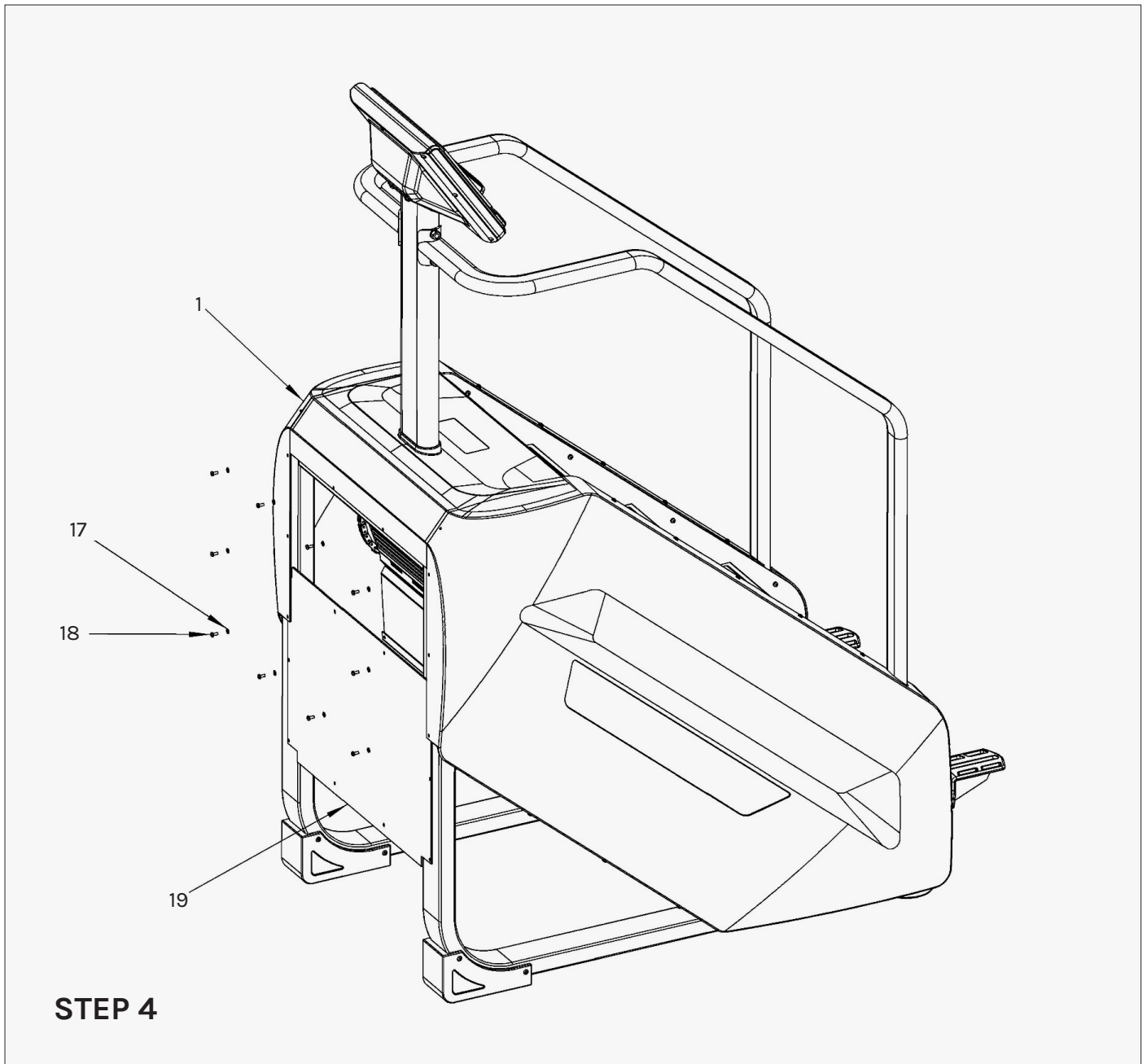
3. Secure the Part 8 Left handles to the Part 6 using the Part 11 Bolt and 2x Part 10 Washer and 2x Part 12 nut. Secure the bottom of the arm to Main frame with 2x Part 9 Bolt and 2x Part 10 Washer.



STEP 3

Assemble monitor and connect communication line

- 1. Connect the Communication line from Part 15 Display screen and Part 6 Screen support tube.
- 2. Secure the Part 15 Display screen to Part 6, using 4x Part 14 Bolts and 4x Part 10 Washers.
- 3. After docking the communication line, place the meter on the joint with the support frame and fasten it.

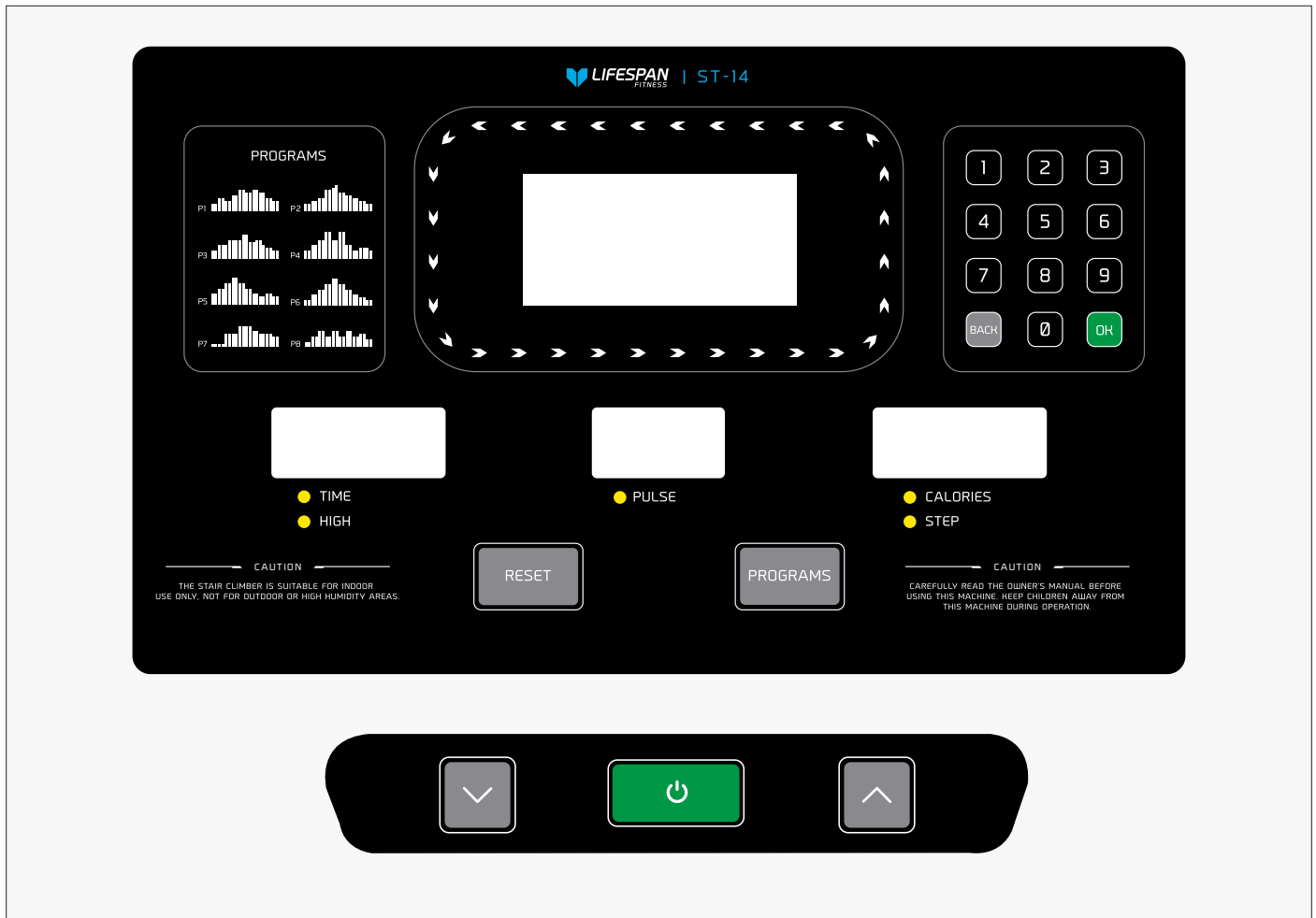


STEP 4

Fix rear cover

1. After the Display is assembled and all the wires are fixed in place. Check that there is no obstruction in the machine.
2. Insert the Part 19 Back cover of the stair machine on the inner side and slide from the bottom up.
3. Ensure the two sides of the casing are pressed against the back cover and fastened by 10x Part 18 Screws and 10x Part 18 Washer.

VI. COMPUTER OPERATION



1. WINDOW DISPLAY

A. TIME/HIGH: Displays the time and climb height. The time is from 0:00-99:59. When it reaches 99:59 it will be reset. The climb height is from 0.0 to 999.9. When it reaches 999.9 it will be reset.

B. CAL: Displays the calorie value of the athlete. Counts from 0.00 - 999.9 and will reset once it reaches 999.9.

C. STEP: Displays the number of steps of the athlete. The count is 0-999 and will be cleared when the count reaches 999.

D. Central dot matrix display area window: This area is WELCOME display area, and level and program progress chart.

E. The green display tube above: Is a circular runway with a circle of 400 meters.

F. Left LED display area window: This area displays the current motion mode indicator.

G. Right number key: The level direct selection button, you can directly input the required level, click to confirm.

2. KEYBOARD FUNCTION


A. PRO: Program key: in standby mode, press this button to cycle through "BIM", "TIME COUNT", "DISTANCE COUNT", "CALORIES COUNT", "HEART RATE".

P1	3	3	5	5	4	4	6	6	8	8	7	7	8	8	7	7	5	5	4	4
P2	3	3	4	4	5	5	8	8	9	10	7	7	6	6	5	5	4	4	3	3
P3	3	3	5	5	5	7	7	7	7	9	9	6	6	7	7	5	4	4	3	3
P4	3	3	5	5	7	7	10	10	7	7	10	10	5	5	3	3	4	4	4	3
P5	4	4	6	6	8	8	10	10	8	8	6	6	4	4	3	3	4	4	3	3
P6	2	2	4	4	6	6	8	8	10	10	8	8	6	6	4	4	3	3	2	2
P7	1	1	1	1	5	5	5	5	8	8	8	8	6	6	5	5	5	5	4	4
P8	2	2	4	4	6	6	4	4	6	6	4	4	6	6	4	4	5	5	3	3

B. REST: is the return button, press this button to return to the standby interface.

C. START/STOP: Start and stops the machine.


D. "+" and "-": Level adjustment key: Increase and Decrease. The standby state is used to adjust the set value. It is used to adjust the level after starting.

E. Keypad (0-9, , OK) Level adjustment key: Increase and Decrease. The standby state is used to adjust the set value. It is used to adjust the level after starting.

3. MACHINE CHECKS

A. Check that the handlebars are steady, and machine is stable.


B. Turn on the power and run the machine for a few minutes. Start using the equipment and test that all buttons correspond to the function it indicates and in working order.

C. Turn on the Power Key  and start the machine at level 1. Check that the cyclic steps are functioning normally.

4. MANUAL MODE

In the standby state, press the START/STOP button. The speed will start at level 1 and time will count from 0. Use the "+" or "-" button to change the speed level.

Click on the Numerical buttons for quick speed adjustments and OK to confirm.

The button  will undo your setting.

5. PHOTOELECTRIC SWITCH

The photoelectric switch is placed in the lower right corner of the step. When the object is blocked, the stair machine will stop immediately, this is used as a safety precaution.

Prior to using the machine, ensure that the photoelectric switch is functioning. In non-emergency situations, the photoelectric opening should not be used as an OFF switch.

VII. EXERCISE GUIDE

! PLEASE NOTE:

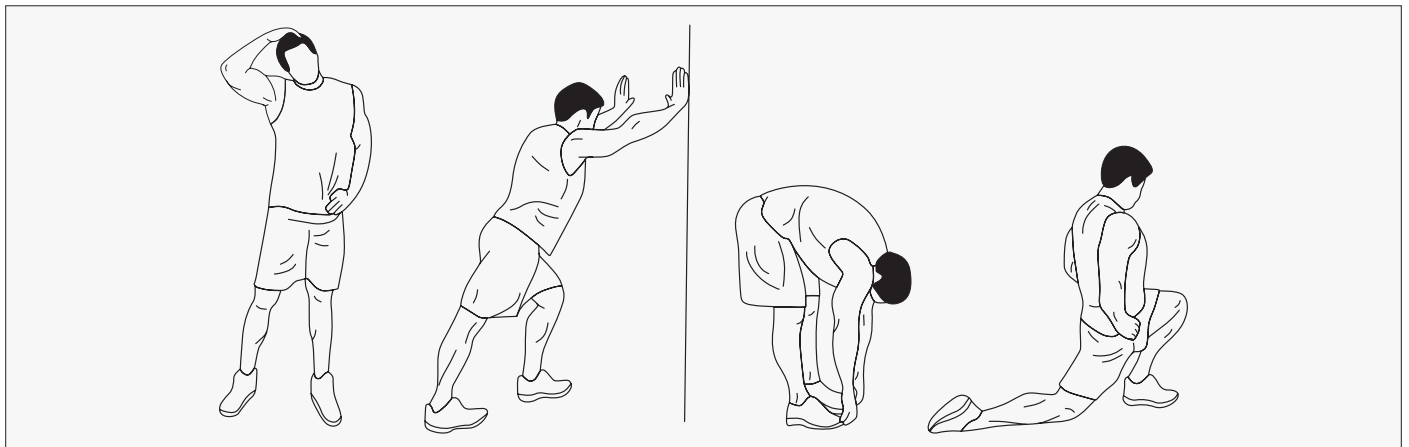
Before beginning any exercise program, consult your physician. This is important especially if you are over the age of 45 or individuals with pre-existing health problems.

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 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

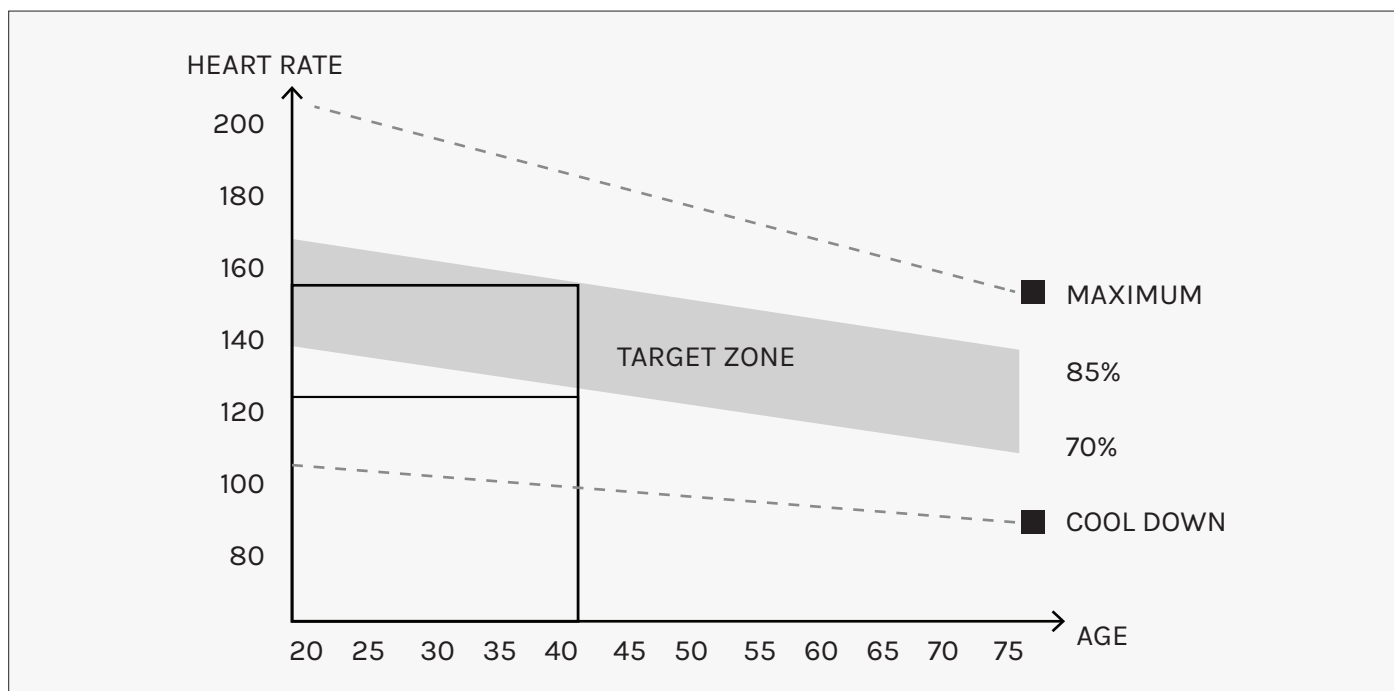
Start each workout with 5 to 10 minutes of stretching and some light exercises. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise. Ease into your exercise.

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 <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





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