



Stair Climber Android

User Manuel

Stair Climbers Z | AF-SCSTZA



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1、 Safety Precautions:

Read all precautions and instructions in this manual before using this equipment.

- 1.The machine is suitable for commercial fitness clubs, clubhouse fitness, bodybuilding training, sports training, physical education and so on.
- 2.The stair climber is suitable for indoor use, not for outdoor or high humidity, 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.Use the Stair climber should ensure its 4 feet on the ground, and placed a smooth, reliable, and the stair climber should retain the fuselage behind the safety of the 2000 mm * 1000 mm space.
- 4.Recommend the use of a running machine wear sportswear and proper sports shoes, The first time you use this device, you must have professional guidance. In the event of an emergency, you need to stop the machine immediately.
- 5.Don't allow two or more than two people at the same time on the treadmill exercise, this tester Max users weight is 170 kg.
- 6.The action guidance:
 - A. Aerobic exercise: energy consumption, improve cardiopulmonary skills, accelerate the blood circulation, improve human quality, achieve weight loss, toning.
 - B. If it is the first time using stair climber, you need to hold the handrail to keep the balance of the body.
 - C. Adjust resistance, be sure to adjust slowly, adjustment as far as possible.
 - D. People Walk down the stair climber in case of confirming safety.
- 7.Any part of the Machine cannot be in loose status.
- 8.Incorrect or overload training may cause damage to the magnet resistor and controller, accelerate the aging transmission system, even bodily injuries.
- 9.Never touch any parts of stair climber with your finger
- 10.People with long hair should pay attention to the safety of hair when using.
- 11.When you feel uncomfortable and unusual, pls stop at once and consult the doctor.
12. Before each use, ask the professional to check whether the transmission parts are fastened, if there is loosening, please fasten or replace it in a timely manner.
- 13.There must be the mark of stopping using when the machine is in maintenance.
- 14.If the treadmill has abnormal sound or other abnormal conditions, please stop running immediately and contact our after-sales department in time or seek professional help.
- 15.In the lower right corner of the stair climber installed with a photoelectric switch, if the object is detected to block, the staircase will immediately stop, pay attention to safe use.
16. Before each use of the stair climber, to confirm whether the brakes have been the brake magnet resistor, the detection method is: No click to start the case, under the stair climber pedal stair machine, if the steps will not continue to move, then the brakes have no problem can be used, if the steps continuous movement, it is strictly prohibited to use and contact us to change brake.
- 17.Please use within the permitted voltage range, input voltage demand AC110V - AC240V;
- 18.This machine is confirmed to the type of CS in EN 957-6.

2、 Technical Standards:

Input power supply voltage: AC110V——AC240V

Time display range: 0:00 - 99:59

Height display range: 0.00——999.9m

Heat display range: 0-999 (Kcal)

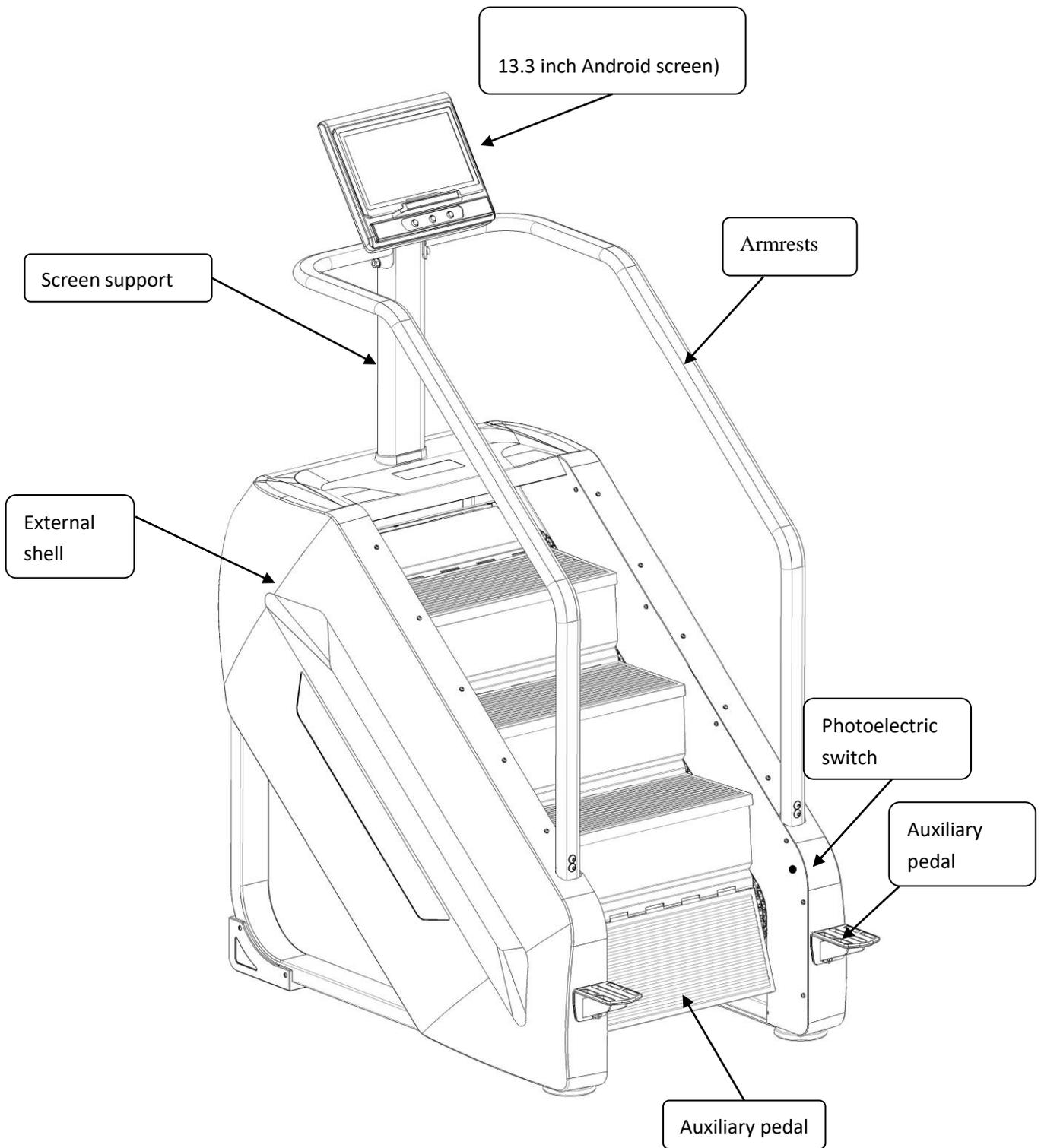
Level display range: 0 - 15

Step number display range: 0 - 9999

Power cord specification: 10A AC250V

Running speed: 24 steps / minute - 164 steps / minute

3、 The Whole Machine Diagram



4、 The Installation Process

Assembly instructions:

So that assembly is the principle

All of this section is intended to ensure that the stair machine can be assembled correctly and easily.

- Because the size of the stair machine is large, please select the assembly location where the stair machine will be placed and ensure there is enough space around the stair machine.
- Place all parts of the stair machine in the empty area and remove all packing materials. Do not discard the packing materials until the assembly work is completed.
- All bolts must be tightened during the assembly process unless otherwise stated, and all bolts must be tightened after the assembly work is completed.
- When assembling the stair machine, make sure all parts are assembled according to the assembly drawing



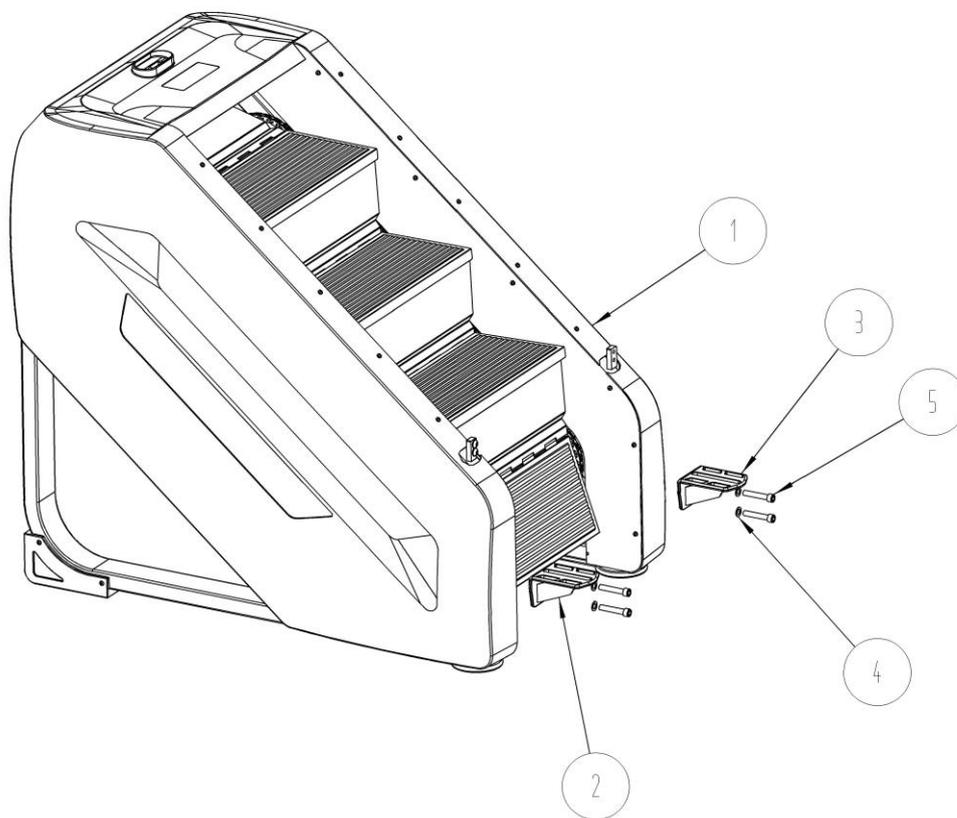
Assembly step 1 :

Fixed auxiliary pedal

Assembly instructions:

(1) Remove the left and right auxiliary pedal packaging materials

(2) Fix the auxiliary pedal in the position shown in the figure, pay attention to distinguish between left and right pedals.

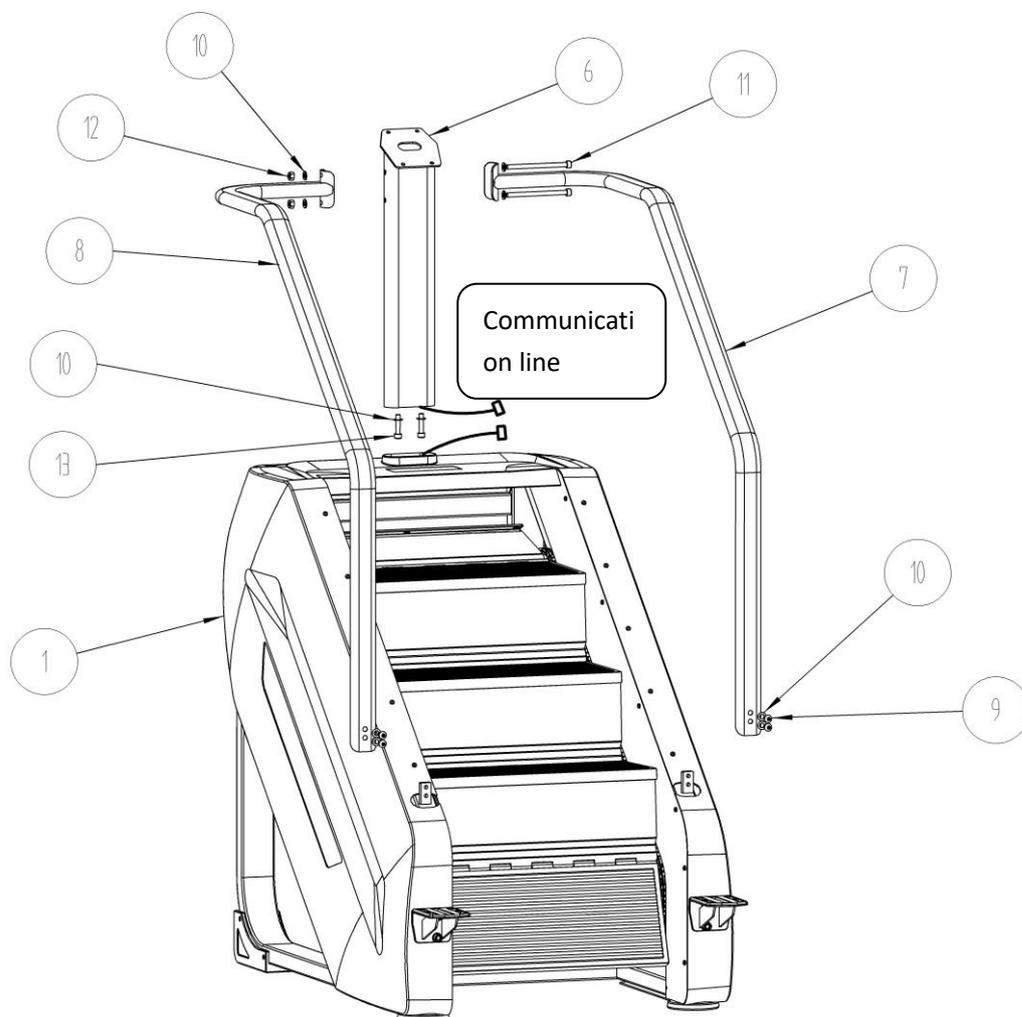


Assembly step2

Connect the communication cable and the power cable, each has a unique interface, and the armrest assembly is assembled.

Assembly instructions:

- (1) docking the screen support tube communication line with the stair machine main frame communication line
- (2) Fix the screen support tube to the corresponding position on the main frame.
- (3) Fix the left and right armrests in the corresponding positions

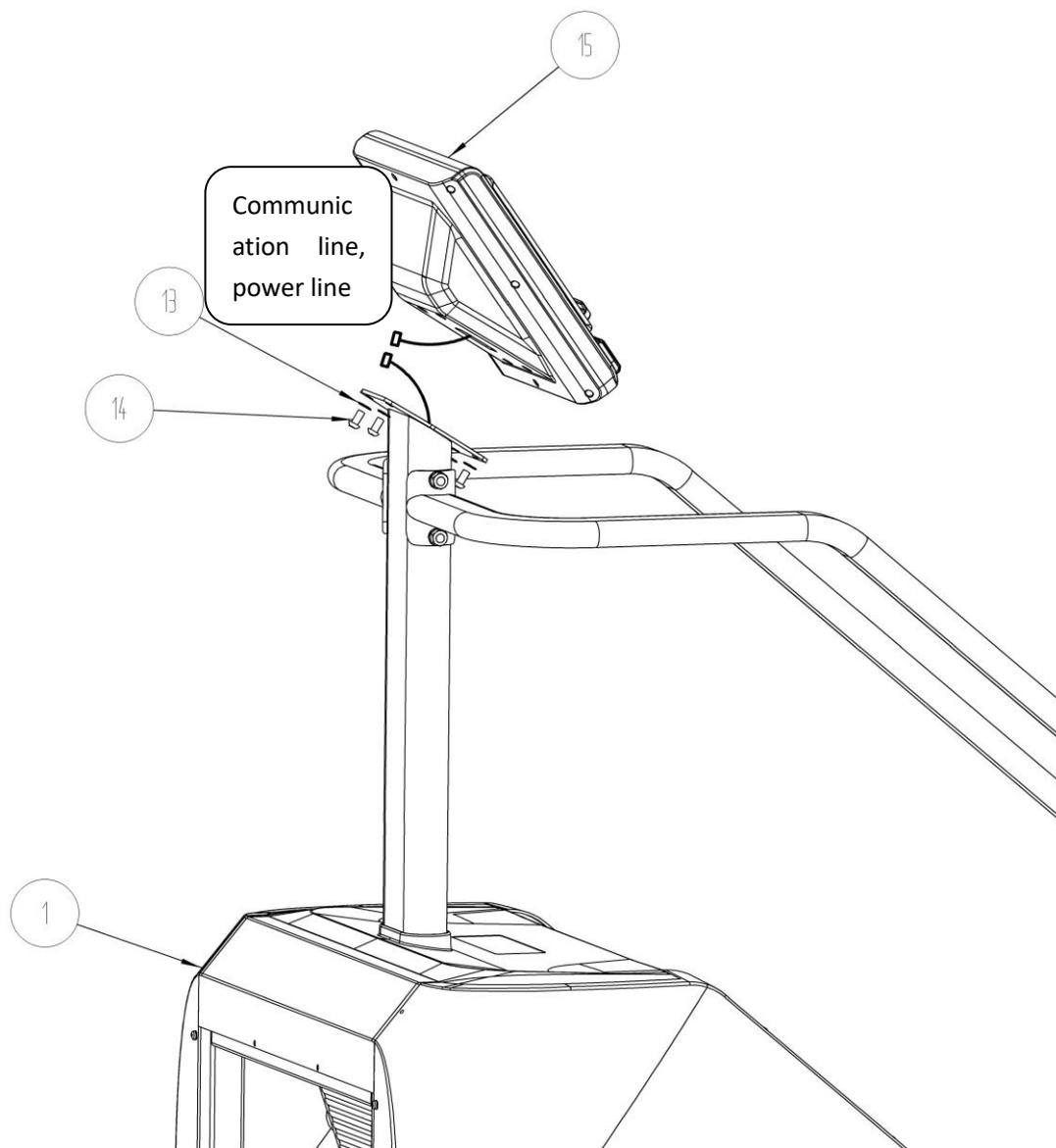


Assembly step 3:

Assemble the meter head, connect the communication line, power line and heart rate line, and connect the communication line, power line and heart rate line only;

Assembly instructions:

- (1) Connect the screen support tube communication line to the display communication line
- (2) After docking the communication line, place the meter on the joint with the support frame and fasten it.





Staircase operating instructions

Introduction:

This stair machine is truly the Android system used in the fitness equipment industry, while using the high-performance 13.3-inch capacitive touch screen display as a carrier, making the operation of the stair machine smooth and full of fun; and in the entertainment aspect of the Android system Get fully reflected, playable, and make your fitness no longer boring!

This stair machine uses the Android system, so the boot process takes a long time. When the stair machine screen enters the main interface, it means the boot is completed, please be patient.

Functions:

This stair machine is mainly composed of five operation interfaces: 1. lock screen interface; 2. standby page; 3. motion page; 4. program mode; 5. fast start mode; 6. target mode; 7. real scene simulation; 8. Heart rate mode; 9. exercise record; 10. entertainment interface

1、 Screen introduction

1.lock screen interface

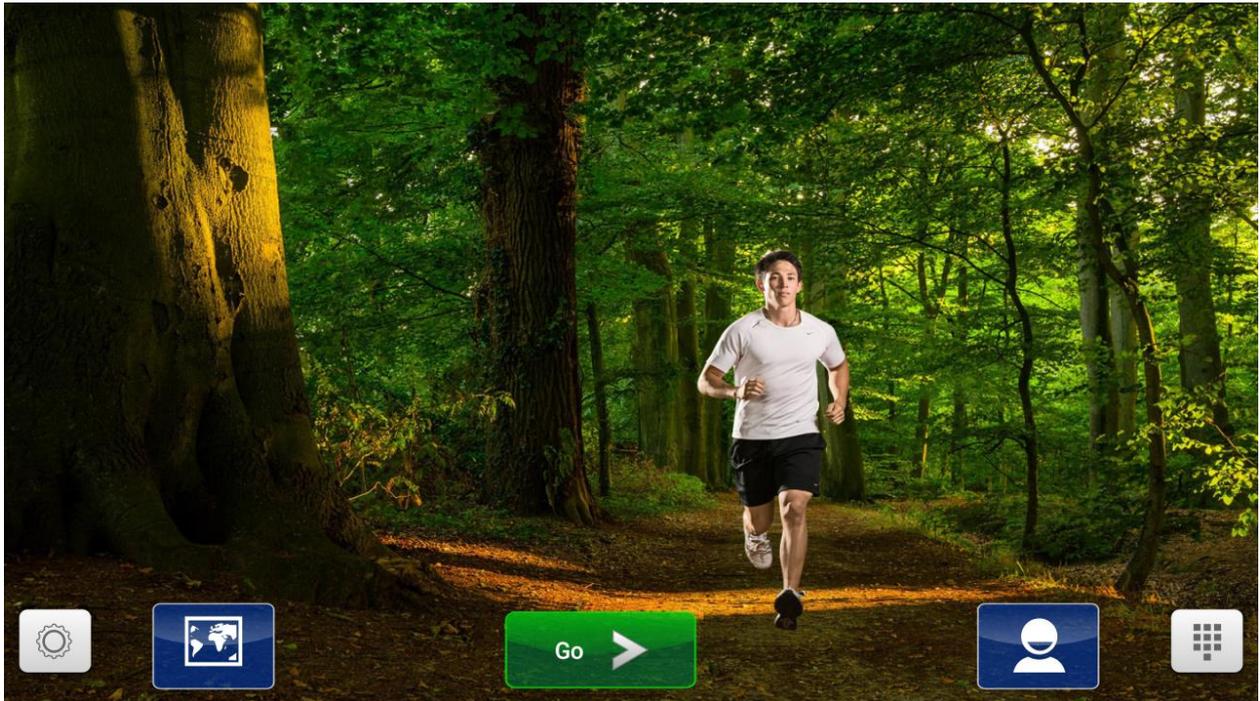


Figure - 1 lock screen page

Instructions:

- a) After the system is started, it will enter the lock screen page by default;
- b) There are 5 buttons at the bottom, from left to right, "Settings", "Language", "Start", "Login" and "Entertainment";
- c) Click the “Settings” button and the system will enter the system settings page.
- d) Click the “Language” button and the system will enter the language setting page in the System Settings page.
- e) Click the “Start” button and the system will enter the standby main page.
- f) Click the “Login” button and the system will enter the user login page.
- g) Click the “Entertainment” button and the system will enter the entertainment page.

2.Standby Page

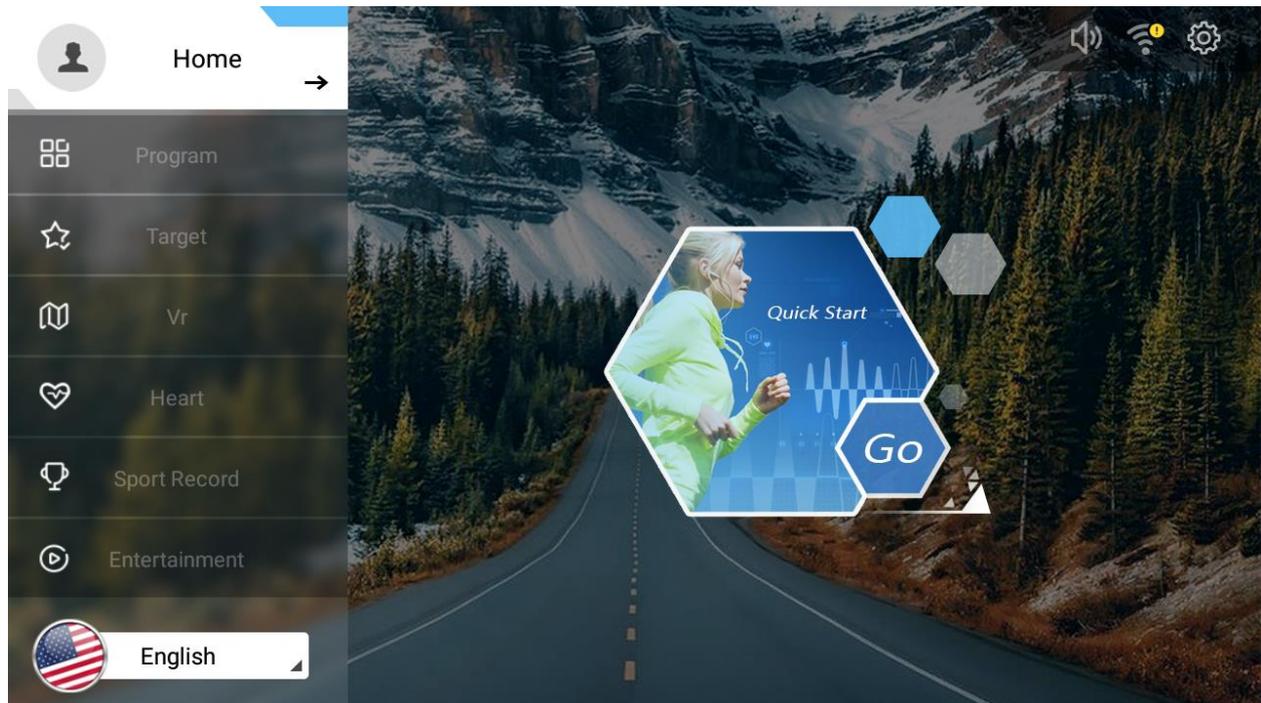


Figure - 2 Standby Page

Instructions:

- a) The left side of the screen is a function switching list, including: “Homepage (Quick Start)”, “Program Mode”, “Target Mode”, “Real Scene Mode”, “Heart Rate Mode”, “Sport Record”, “Language Switch”; Click on different functions to switch the function page on the right;
- b) The function display area on the right side of the screen is used to display the function page;
- c) There are three buttons in the upper right corner, from left to right: "Volume adjustment", "WIFI settings", "System settings";

3.Motion Page

3.1.General page



Figure - 3 motion page (time)

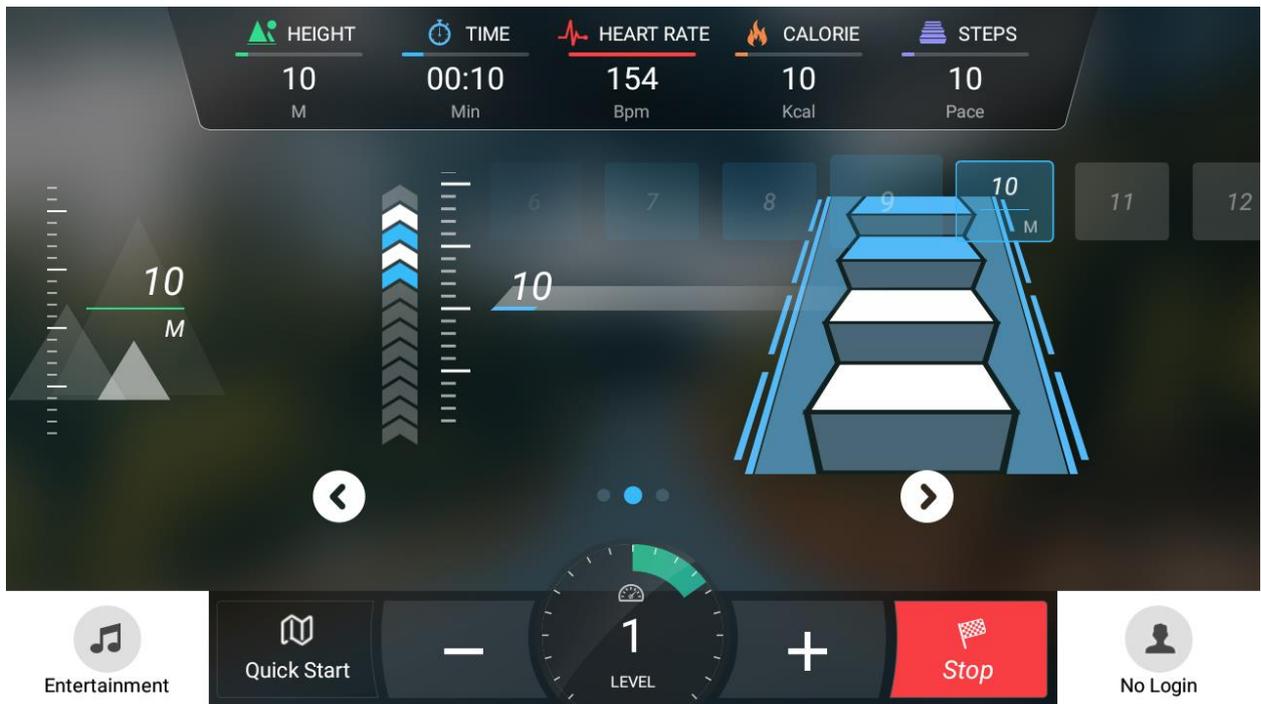


Figure - 4 motion page (number of steps)

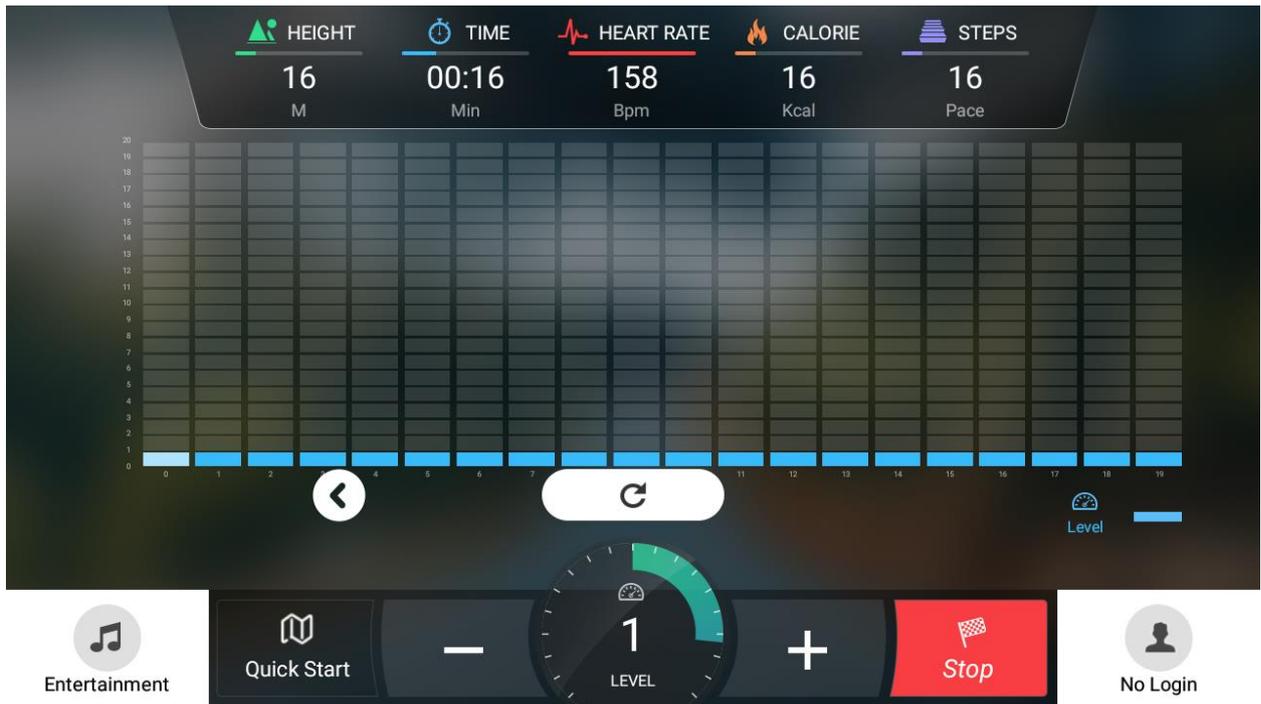


Figure - 5 motion page (sports history)

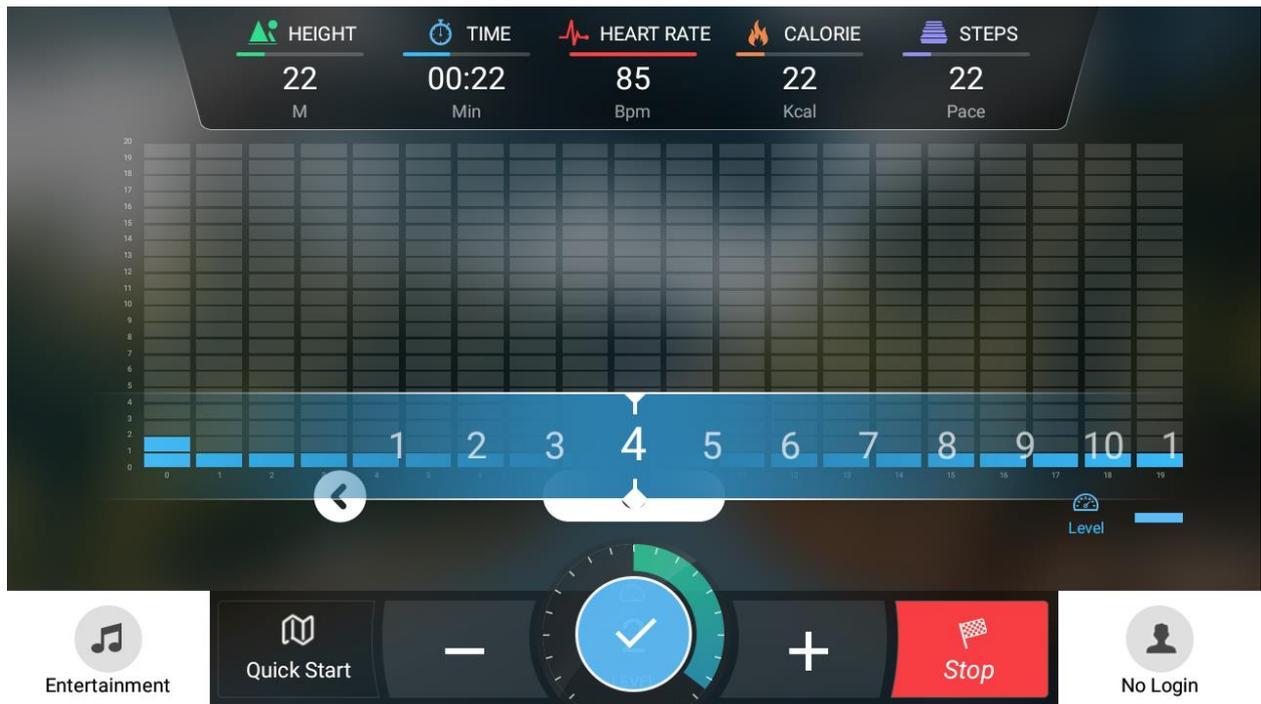


Figure - 6 motion page (level adjustment)

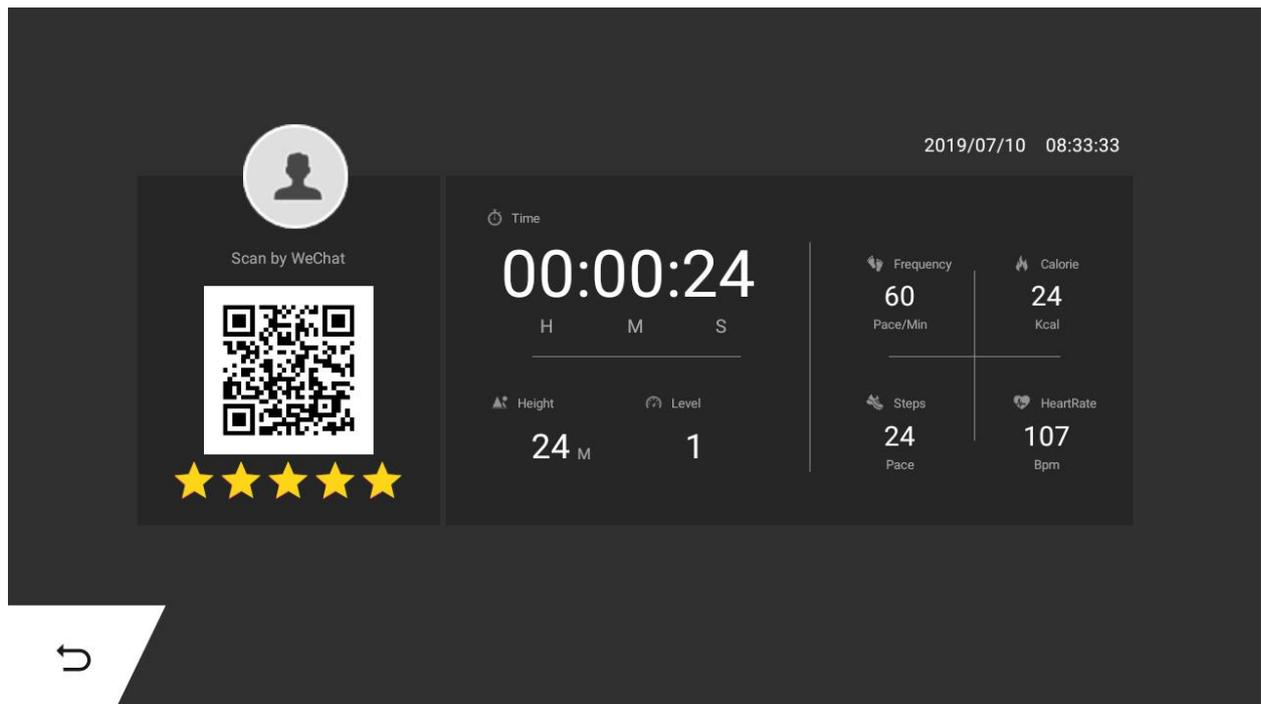


Figure - 7 Sports Results Page

Instructions:

After the exercise starts, the system will enter the sports page. The page in motion provides three different display modes, which can be switched by the left and right arrows. By default, the three display modes are automatically rotated.

- a) Time mode - the calories are displayed on the left side, the climb height is displayed on the right side, and the exercise time is displayed in the middle;
- b) Step number mode - the number of steps is displayed on the left side, the simulated 400 meter runway is displayed on the right side, the virtual step is displayed in the middle, and the climb height meter is displayed on the upper side;
- c) Motion history mode - displays the level of motion by time segmentation;
- d) Sports level adjustment - click the bottom level plus or minus button to pop up the movement level adjustment operation interface, slide on the interface to quickly adjust the speed, and automatically hide after 5 seconds without operation;
- e) Results of the exercise - automatically pop up after the end of the exercise.

3.2. Quick start mode

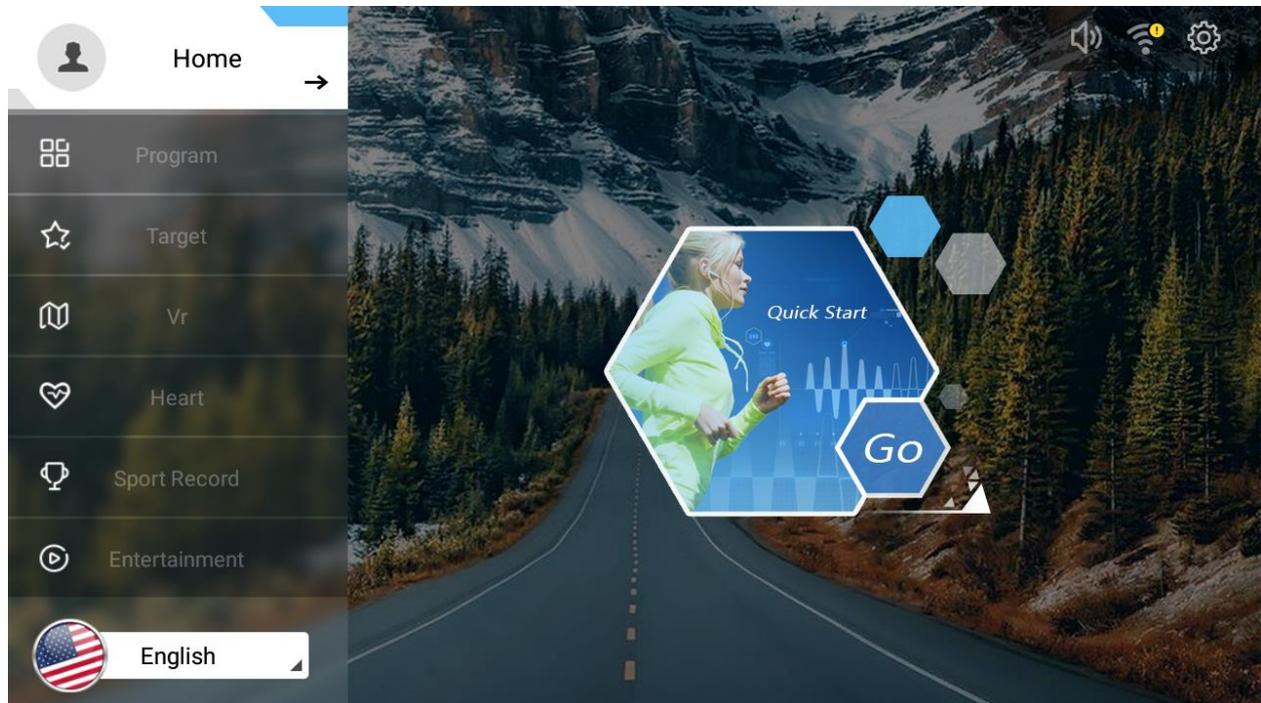


Figure-8 Quick Start

Instructions:

Under the standby page, select the left home button, the system is in the quick start mode, click the quick start button in the right page, the system will enter the motion state in the quick start mode, open the motion page. Such as the 3.3.1 general page.

3.3. Target mode

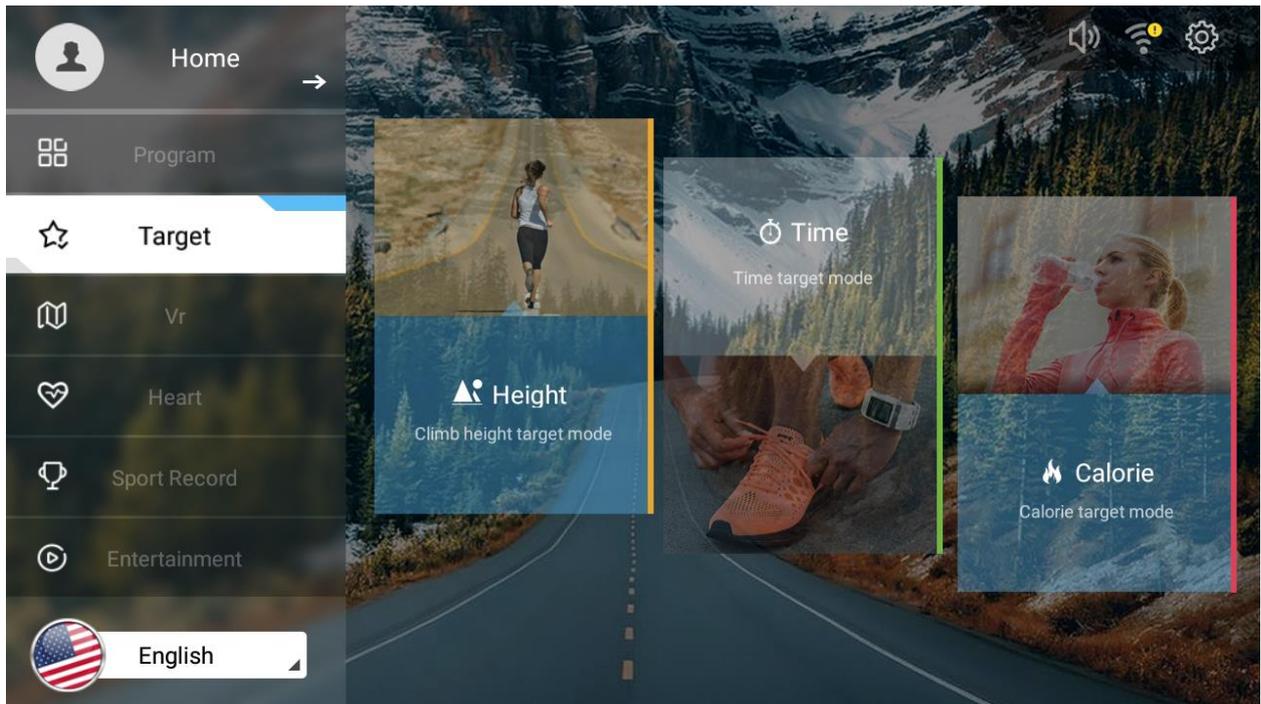


Figure - 9 target mode selection page

Instructions:

Click the "Target Mode" button on the left side of the standby page to enter the target mode selection page. Figure-9 shows

3.3.1.Time

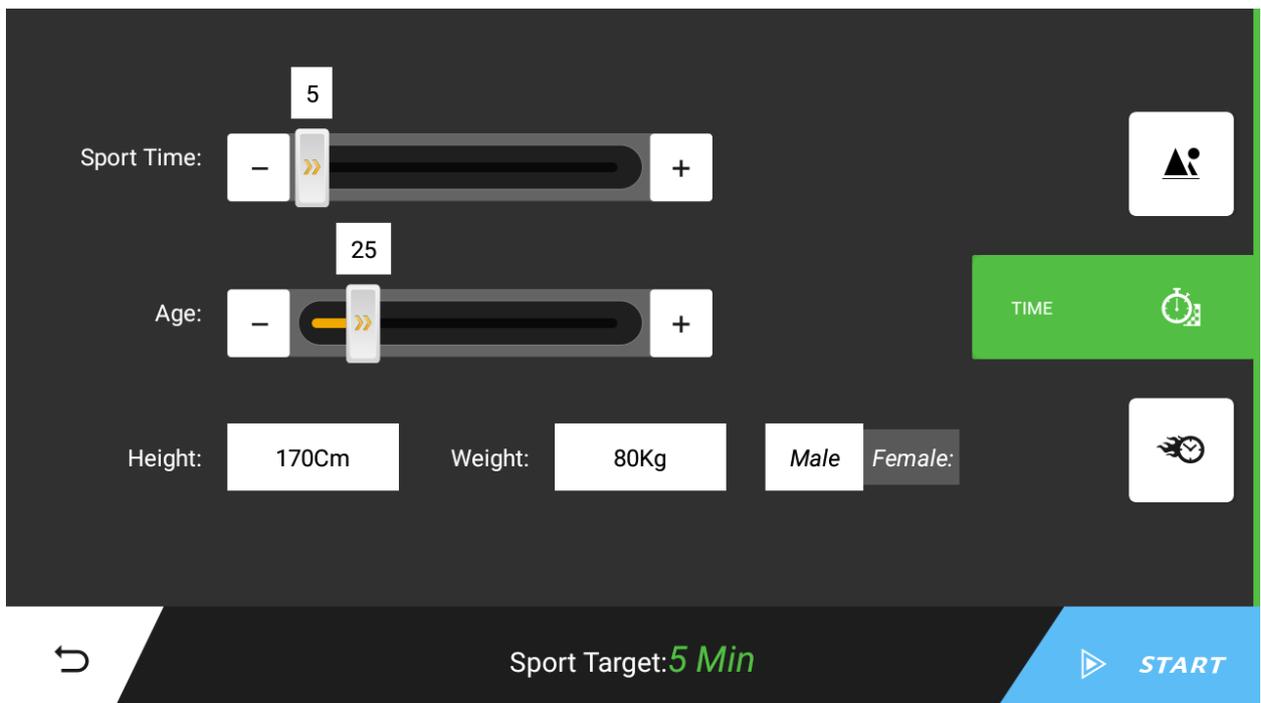


Figure - 10 target mode - time

Instructions:

- The movement started in the time mode will automatically end when the exercise time reaches the target value, or the stop button can be actively pressed to terminate the movement in advance;
- The initial value of the time target is 5 minutes, and the setting range is 5 to 99 minutes;
- sliding to select the time target;
- Click the start button in the lower right corner to start the exercise and enter the motion page in the time target mode;
- The level of exercise can be adjusted manually during exercise;

3.3.2.Climb height

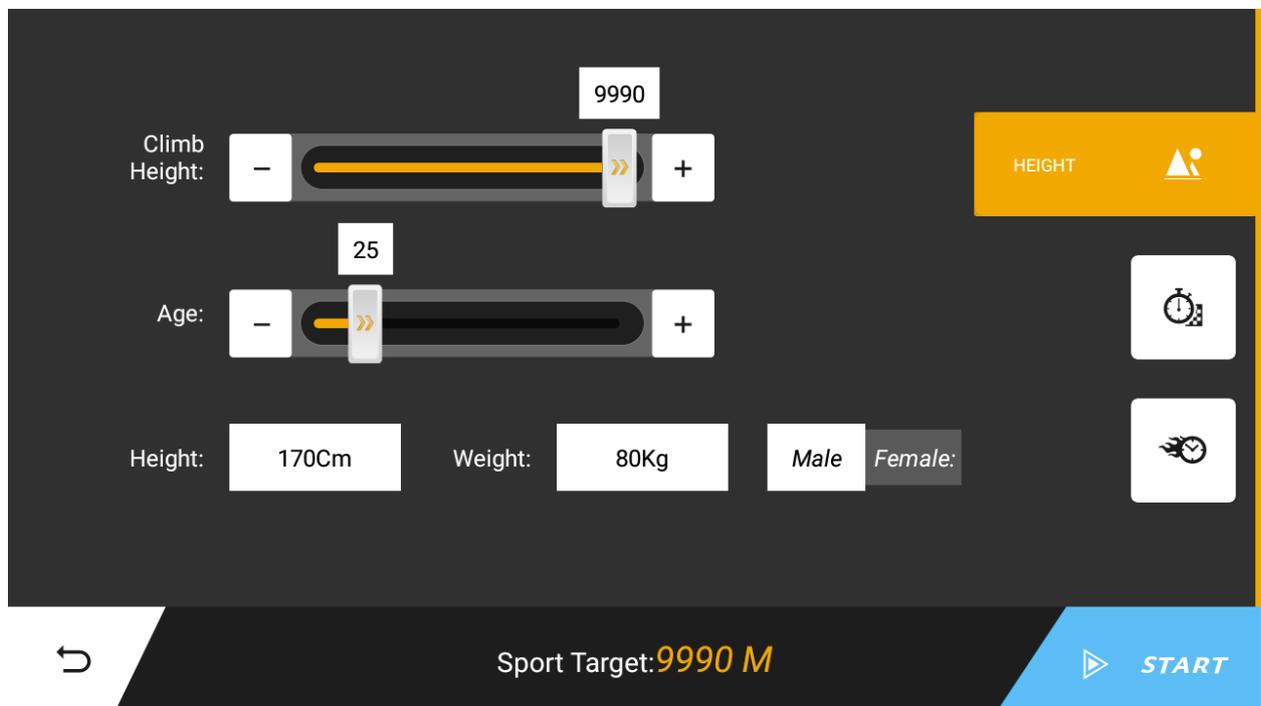


Figure - 11 target mode - climb height

Instruction:

- The movement started in the climb height mode will automatically end when the climb height reaches the target value, or the stop button can be actively pressed to terminate the exercise early;
- The initial value of the time target is 1 km, and the setting range is 1~99 km;
- Click the start button in the lower right corner to start the exercise and enter the motion page in the climb height target mode;
- The level of exercise can be adjusted manually during exercise;

3.3.3.Calories

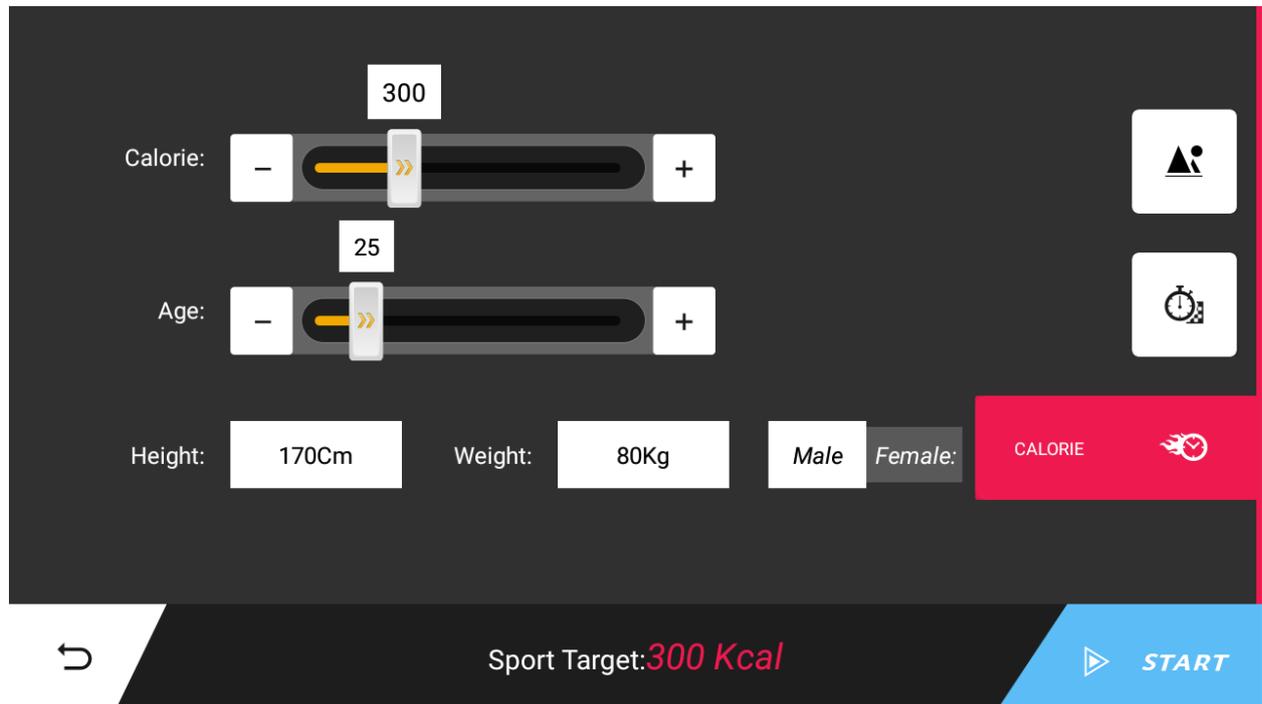


Figure - 12 target mode - calories

Instruction:

- The movement started in the calorie mode will automatically end when the calorie intake reaches the target value, or the stop button can be actively pressed to terminate the exercise early;
- The initial value of the time target is 9 Kcal, and the setting range is 9~999 Kcal;
- Click the start button in the lower right corner to start the exercise and enter the sports page in the calorie target mode;
- The level of exercise can be adjusted manually during exercise;

3.4.Fitness program mode

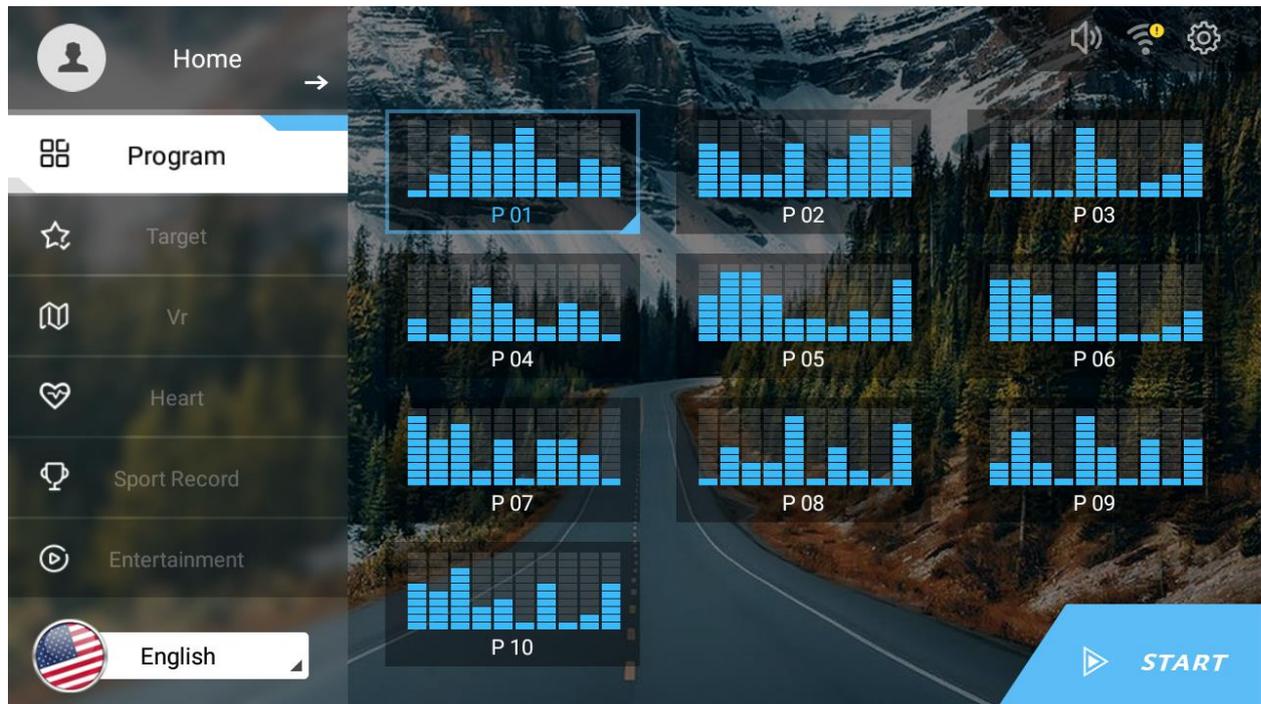


Figure - 13 Program Mode

Instruction:

- a) The program mode is to set the motion level segmentation value before the start of the motion, and the system automatically adjusts the motion level according to the preset segmentation value of the motion level after the motion starts.
- b) The system provides 10 different exercise programs;
- c) The level of exercise can still be actively adjusted during exercise.

3.5. Entertainment page

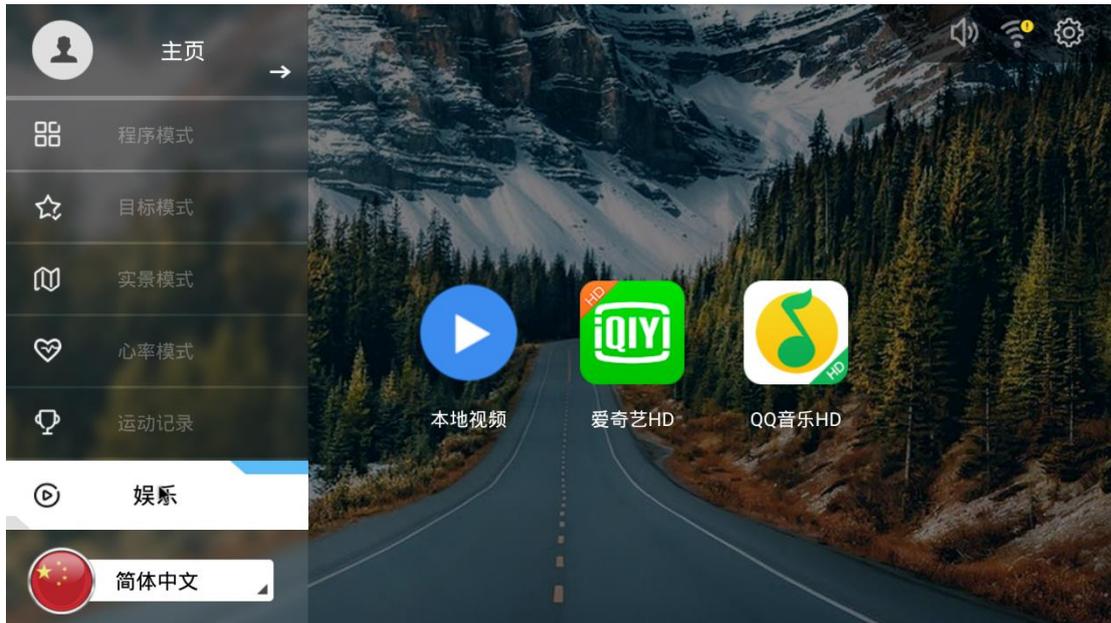


Figure - 14 Entertainment Mode

Instruction:

Enter the entertainment mode by clicking the "Entertainment" button on the right side of the standby page. Click on the app icon on the right to go directly to a third-party app (the app icon here varies depending on the system pre-installation)

4.Real scene page

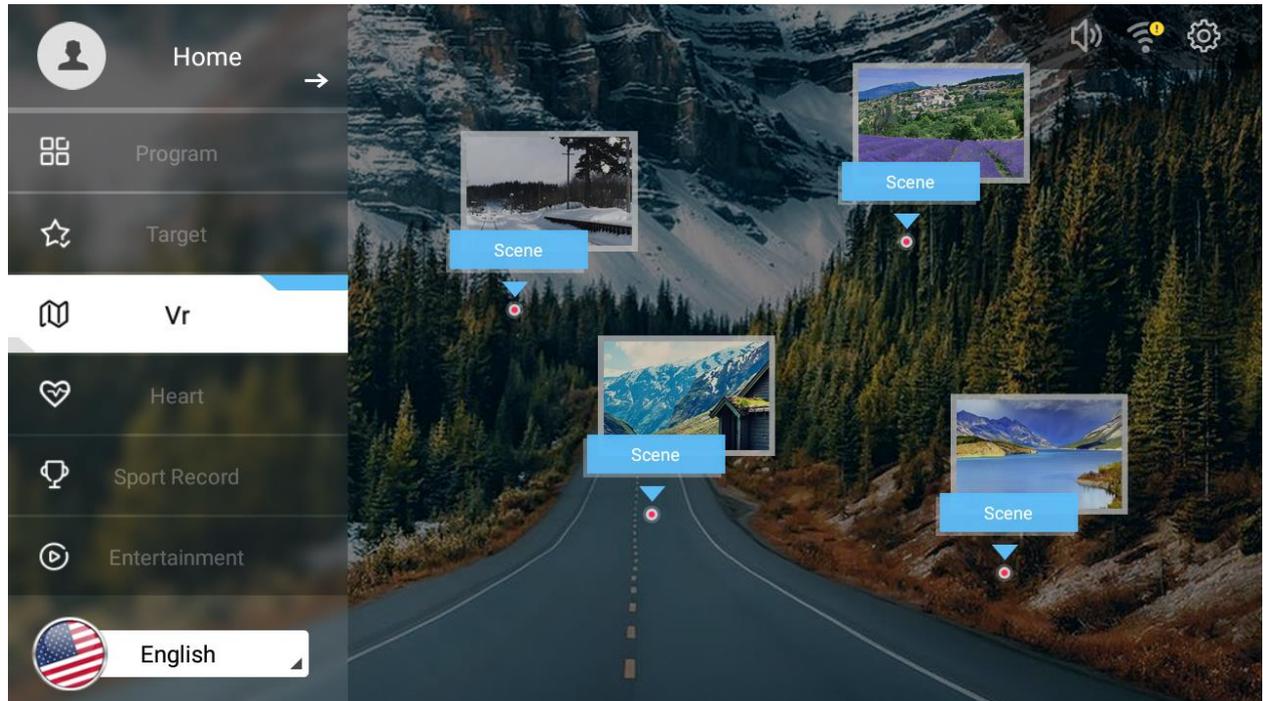


Figure - 15 Real Mode

Instructions:

- a) Click the “Real Scene Mode” button on the right side of the standby page to enter the live view mode.
- b) Display all the real scenes preset in the system on the right side, click on different real scenes, you can enter the motion state in the real scene mode, and open the real scene motion page;
- c) The live video will change in speed depending on the level of motion
- a) Click the button in the lower right corner to switch between the universal motion interface and the real motion interface.

5.Heart rate mode page

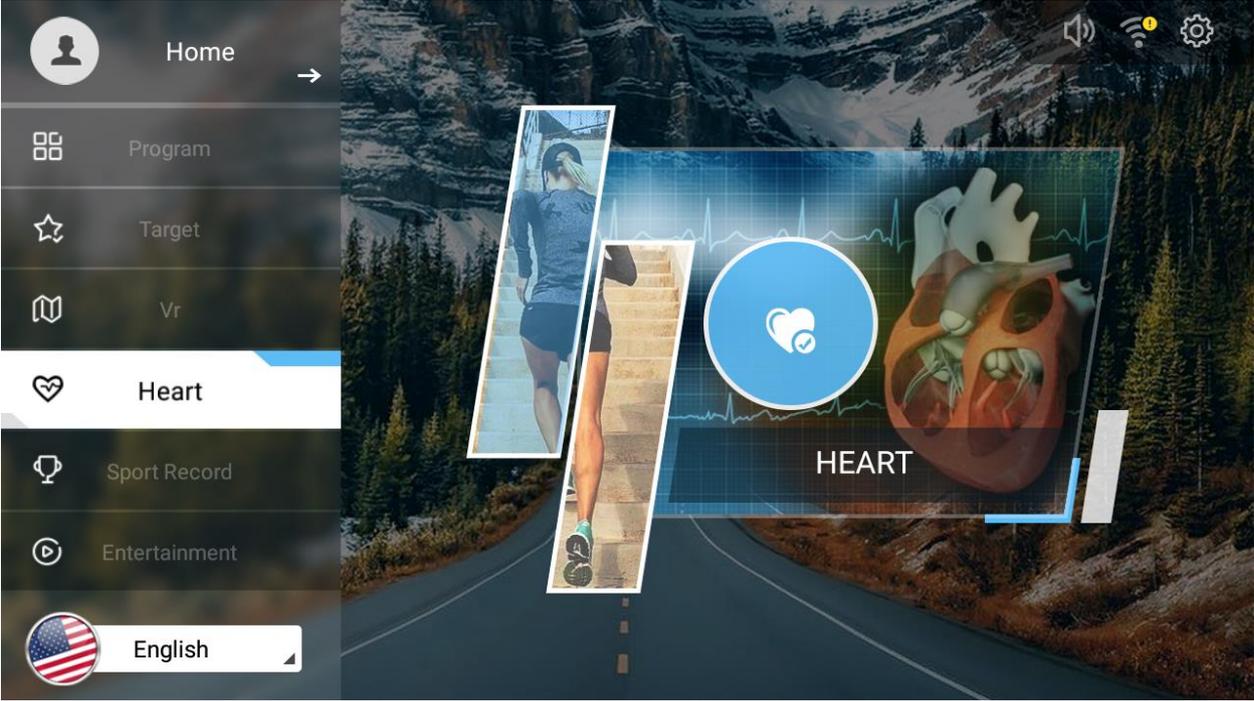


Figure - 17 heart rate mode

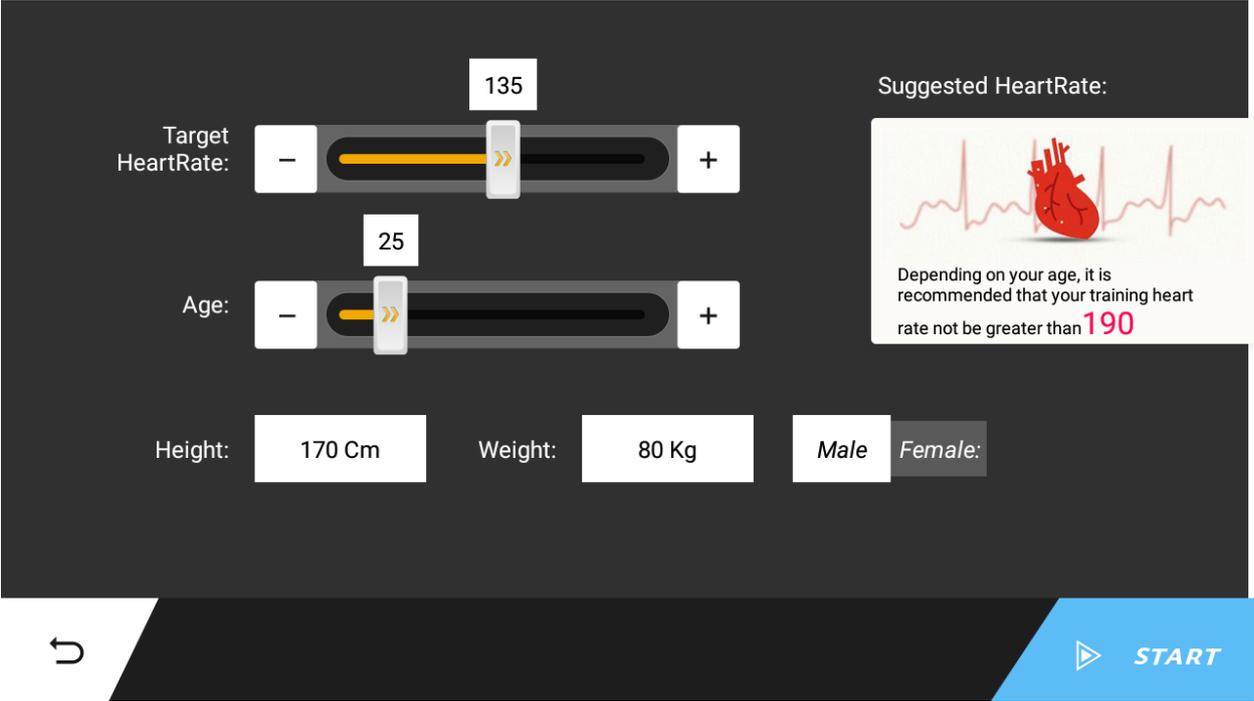


Figure - 18 Heart Rate Mode - Preparation

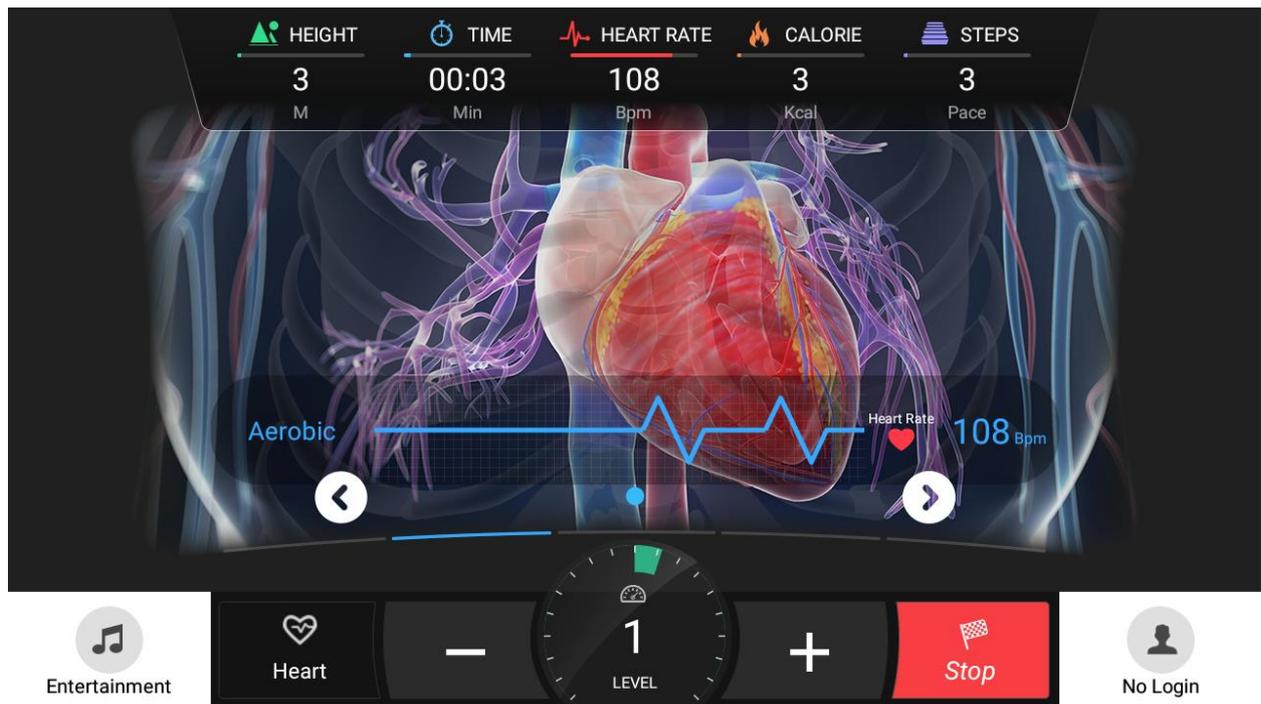


Figure - 19 heart rate mode - in motion

Instructions:

- a) Click the “Heart Rate Mode” button on the right side of the standby page to enter the heart rate mode page.
- b) Click the button on the right to enter the heart rate mode - preparation page;
- c) Heart rate mode - in the preparation page, the user can select the exercise heart rate on the left side of the page. When the user's heart rate reaches the preset value after the start of the exercise, the machine buzzer will sound a tone to prompt the user to control the heart rate; the right page will be based on the user. The age calculates the recommended heart rate; clicking the start button in the lower right corner will enter the in-motion state at the target heart rate selected by the user;
- d) Heart rate mode - In the sports page, the user's heart rate is displayed as an image, and the heart rate interval is marked with different colors, prompting the user to reasonably arrange the exercise heart rate.

6.Sports data center

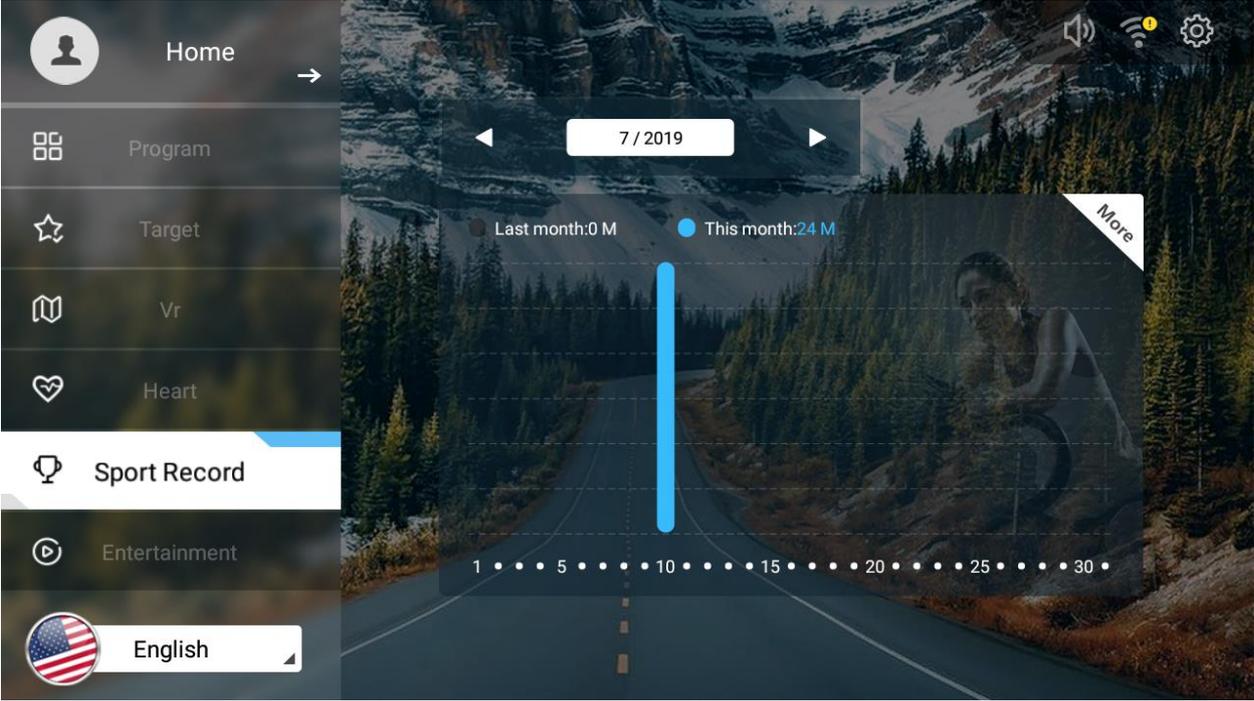


Figure - 20 Sports Data Center



Figure - 21 Sports Data Center - List

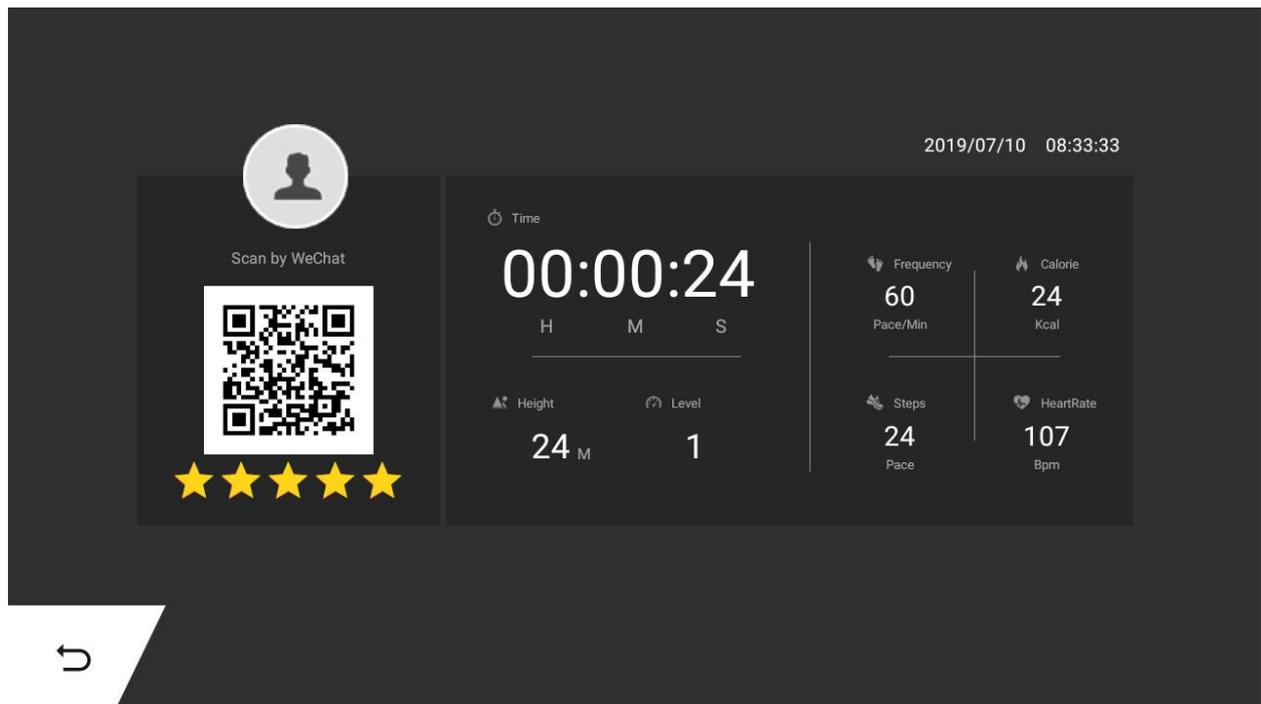


Figure - 22 Sports Data Center - Sports Details

Instructions:

On the standby page, click the “Sports Record” button on the left to enter the Sports Data Center page.

- a) The page displays the monthly summary of the campaign's motion by default;
- a) The user can click the left and right buttons above the icon to select the month, and the chart will be updated automatically.
- b) Click anywhere on the chart to enter the Sports Data Center - List page. The list shows the history of each exercise by day.
- d) Click on any of the sports records to view the sport details

7.Settings page

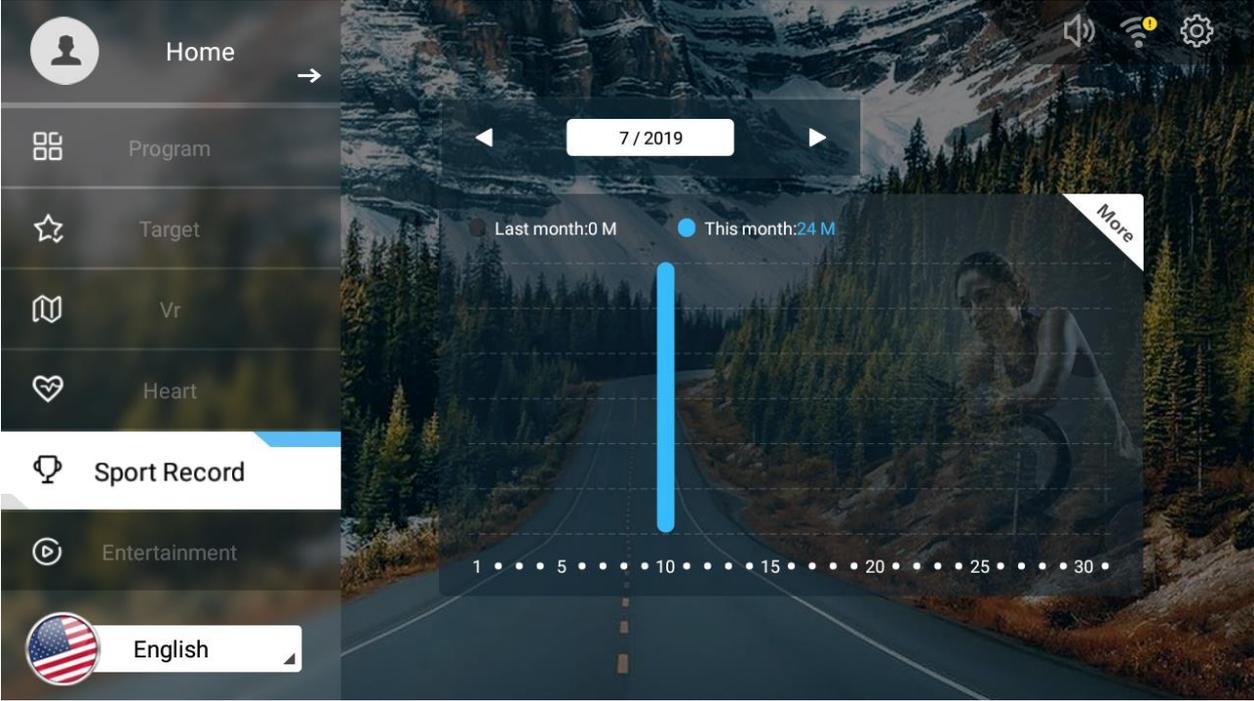


Figure - 23 Sports Data Center



Figure - 24 Sports Data Center - List

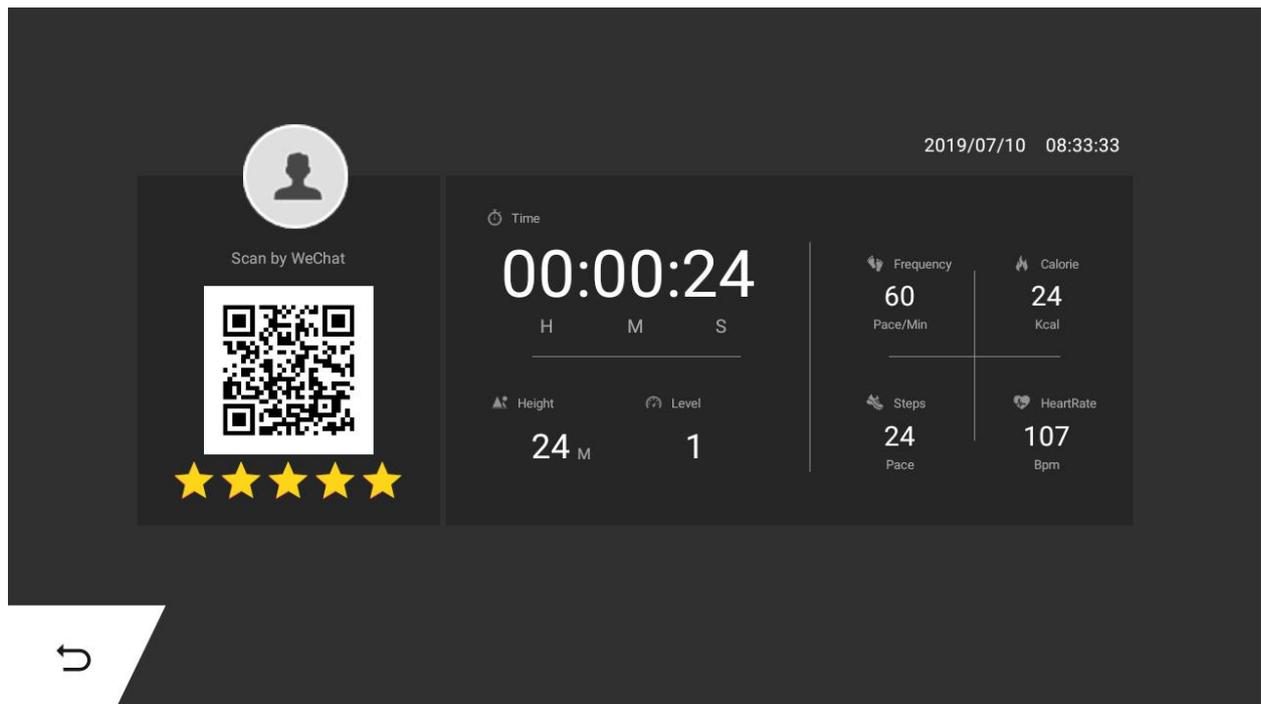


Figure - 25 Sports Data Center - Sports Details

Instructions:

On the standby page, click the “Sports Record” button on the left to enter the Sports Data Center page.

- a) The page displays the monthly motion summary histogram by default;
- b) The user can click on the left and right buttons above the icon to select the month and the chart will be updated automatically
- c) Click anywhere on the chart to enter the Sports Data Center - List page. The list shows the history of each exercise by day.
- d) Click on any of the sports records to view the sport details

2. the machine debugging process:

1. Shake the handrail of the machine by hand to confirm that the machine is stable.
2. Turn on the power, energize the machine, step on the stair machine, press all the buttons on the electronic watch, observe whether each button corresponds to the function it indicates, whether the button is valid and the hand feels good;



3. Press the “” key to start the operation of the stair machine. The running level is one. At this time, check whether the components of the stair machine are running normally.

5、 Manual mode:

In the standby state, directly press the “START/STOP” button, the stair machine runs at level 1 speed, other windows start counting from 0, click “+” “-” button to change the running level, and the running level can also be clicked. The numeric keys are directly input; the Delete button is the undo button, and OK is the confirmation button;

6、 Photoelectric switch description

The photoelectric switch is placed in the lower right corner of the step. When the object is blocked, the stair machine will stop immediately, which is used for safety assurance. When using, ensure that the photoelectric switch has no problem; in non-emergency situations, the photoelectric opening should not be used to achieve the purpose of shutdown;

Routine maintenance

1.clean every day

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, especially the dilution instructions. Do not use strong concentrations of concentrate or any acid cleaner directly; this type of cleaner will corrode the protective layer of the equipment. 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. Frequent use of the vacuum cleaner to clean the floor underneath the equipment can prevent dust accumulation from affecting the operation of the equipment. Use a soft nylon brush to clean the device recesses and foot pedals.

2. check daily 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.

2.weekly maintenance Perform the following maintenance tasks weekly:

(1) Use water or approved cleaning agents to clean the tracks and wheels.

(2) Use a vacuum cleaner or wet mop to clean the floor under the equipment.

(3) Test the console's all features, including heart rate monitoring.

(4) Check if the equipment is fixed 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.

4.mobile equipment is very heavy.

5. If you plan to move your equipment to a new location, look for adult help and use the right lifting techniques. If there is a roller on one end of the device, you can use the wheel to relieve the load on you and your assistant.

6. It is recommended to use a four-wheeled handling cart to move.

7. Preservation when not in use for a long time

8. If you do not want anyone to use the equipment for a long time, perform the following tasks to save: Place the equipment properly to avoid damage and not interfere with other people or other equipment.