



1. Before assembling and training, please read this instruction manual carefully, the information in it can let you know how to install and use the product correctly. When you use this product, we think of you have read it.

2- After you purchase the product, please fill out the warranty card carefully and save it. Mail the receipt to our company to let us provide you with quality services more easier.



3-With the continuous improvement of the product, the manual content must be revised, we will not inform you at more.

4-User manual should be kept in a safe place in order to check it at any time.

## **Safe Tips:**

This manual illustrate important safe-using instruction, please read carefully before use this machine.

1. This machine is suitable for commercial fitness club, bodybuilder training, physical training, physical training school, etc.
2. The stair master are suitable for indoor use only. Do not use them in outdoor or in places with high humidity. Water or other liquids are not allowed to splash on the stair master. Do not place or insert any objects on the stair master

3. The use of the stair master should ensure that its four corners are on the ground, and the placement are stable and reliable. And safety space of 2000X1000mm should be reserved behind the stair master.

4. When using this machine, please wear appropriate sportswear and shoes. The person who uses this device for the first time , please consult with the coach. Please stop the machine immediately If any emergency happen.

uses this device for the first time , please consult with the coach. Please stop the machine immediately If any emergency happen.

5. Two or more people are not allowed to step on the stair master at the same time. The maximum weight of this machine is 160 kg.

6.Movement instruction : A. Aerobic exercise: Consume energy, Improve cardiopulmonary function, Speed up blood circulation, Improve the overall quality of the human body, Achieve the purpose of weight loss and Body sculpture.

B. Please hold the handrail with both hands to maintain your balance when you use this machine in first time.

C. When adjusting the resistance, please adjust it slowly and make the adjustment as small as possible.

D. The user can walk off the running platform only after confirm the safety.

6. Any spare parts of the stair master should not be in a relax condition.

7. Incorrect or overload training may cause damage to the motor and controller, accelerate the aging of the transmission system, and even cause personal injury.

8. Don't touch any parts of the stair machine in operation.

9. Users with long hair should pay attention to the safety when using the stair machine
10. If you feel any discomfort or abnormality in the progress of using, please stop exercise immediately and consult with your doctor.
11. Before using in each time, please have the professional check whether the transmission parts are tight. If they are loose, please fasten or replace them in time.
12. During the maintenance of the stair machine, please put “ Out of order “ on the obvious place of the stair master.
13. If the stair machine has abnormal noise or other abnormal conditions, please stop using immediately and contact our after-sales department in time or ask professional person for help.

14. A photoelectric switch is installed at the lower right corner of the stairs. If the object is detected, the stairs will stop immediately, pay attention to safe use.

15.

Before using stair master each time , you must confirm whether the brake has on motor.

The detection method is: Step on the stair machine without clicking the start. If the steps do not move continuously, the brake work normally; If the steps move, please don't use this machine and contact us to replace the brake.

16. The voltage range of the stair machine is  $AC110 \pm$  or  $AC220 \pm$ , and the switching power supply need to be adjusted according to the customer's voltage requirements. Please don't use it without adjustment

Input Power voltage: AC220V  $\pm 10\%$  or

AC110  $\pm 10\%$

Step Area: 56cm\*23.5cm\*22cm

Max loaded: 160kg

Heart Rate: 0——999

Time : 0:00——99: 59 Kilo Meter: 0

——999

Calories: 0——999

Degree: 0——15

Power Line: 10A AC250V Speed: 15

——164

Net Weight: 190kg

Gross Weight : 240kg

Product Size: 145cm\*82cm\*208cm

Package Size: 137cm\*96c





## **Assembling Process**

Assembling Instruction :

Everything in this section is intended to ensure that the stair machine can be assembled very easily, in order to facilitate assembly。

Due to the large size of the stair master, please select the assembly location where the stair master will be placed and ensure that there is enough space around the stair machine

Place all parts of the stair machine in the empty area and remove all packaging materials. Do not discard the packaging materials until the assembly work is completed.

All bolts must be tightened and please check again after finish assemble.

● Please assemble all parts according to the instruction.

Step one :

Fix assisted pedal

Assemble

Instruction :



(1)Remove the packing material of the pedal.

(2)Fix the pedal according to the

picture, please distinguish the right and the left pedal.

Step two:

Connect the communication line and load the handle .

## Assemble Instruction

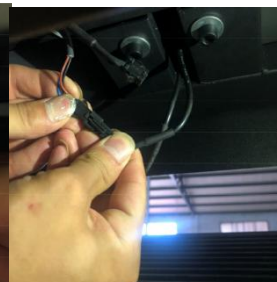
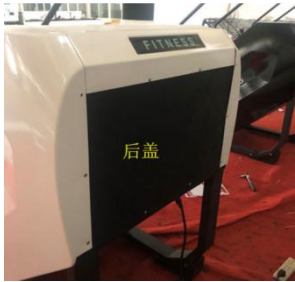
(1) Open the back cover and remove all screws of the back cover then insert the screen with the mental supporter from above. (as shown in picture one)

(2) Insert the screen and insert the screen with supporter from the position (as shown in picture two).

(3) Then open the top of the back cover and fix the meter head with screws (as shown in picture three)

(4) Find the power line beside the screw, there are three lines with three hole and four hole.

(5) Please connect the right three hole power line with the left three hole power line, then connect the right four hole power line with the left four hole power line. (as shown in picture



( Pic one ) ( Pic two )

( Pic three ) ( Pic four )

( Pic Five )

### Step three

Install handles: Use screw to connect the left and right handle with the machine.



## Stair master operation manual







## Showcase

### 1、 VERTICAL/STEPS:

Height and Steps will show on screen alternately, the unit of height is meters.

### 2、 CALORIES:

Show calories,add 1 calories for every 10 step.

### 3、 HEARTRATE:

Show Heart Rate

4 TIME::  
Show Time

5 LEVEL::

Show resistance

6、 SPEED/SEPS MIN: :

Alternate display of speed and number of steps per minute

Press Function

1

Number keys: Press the number key during do exercise and then press the “OK” key to adjust the resistance quickly.

2-USER:;

You can edit the motion curve and save the data yourself.

3、FAT:

Fat test

4、;

Start: This key has start and pause functions.

5、;

Stop: Press this button to stop the machine and clear the data.

## 6、 PROG:

Program key: Press this key to run according to the program written by the machine.

## 7、 MODE:

MODE key: Press this key to enter time setting, distance setting, calorie setting operation in sequence.

8 Add / Subtract keys, press this key to adjust resistance and parameter settings.

Lattice Window

1WELCOME

Show “Welcome” on screen.

2: TIME COUNTDOWN

3、 : DISTANCE COUNTDOWN

4: CALORIES COUNTDOWN

5: FAT setting in this order:

(1): FAT RATE TEST

(2): MALE

(3): FAMALE

(4): INPUT AGE

(5): INPUT HEIGHT

(6): INPUT WEIGHT

(7): FAT TEST, PLEASE WAIT

## Daily Maintenance

1、 Clean the machine every day.

It is recommended that you should clean the equipment before and after using . To remove dust from the equipment, Please use a soft cloth dampened with cleanser and then wipe all dust from the equipment; Please note that please read and the manufacturer's instructions about the cleanser selection. Do not use strong concentrated solutions or any acidic cleaning agents; They will corrode the protection layer of the equipment. Never spill or spray water or other liquid on any parts of the equipment.

Please use it when the equipment is dry and clean. Use a dust collector to clean the dust under the equipment regularly , otherwise the dust will effect the normal operation of the machine . Use a soft nylon brush to clean the grooves and the pedals of the machine.

2、 Check everyday

3、 : Check followed parts everyday.

Belt loosen

Tighten parts loosen

Abnormal Noise

◦ Other parts need to be repair.

4、 Weekly Maintenance

Use water or licensed cleaners to clean the tracks and wheels

(2) 。

Use a dust collector or wet mop to clean the floor under the machine.

(3) 。

Test all functions of the console, including heart rate monitor.

(4)

Please Check if the machine is stable on the floor. All feet of the equipment should be firmly in contact with the floor, and the equipment should not be shaken or shaken during use. If not, please adjust.



## 5、 Heavy Machine

If you want to move the 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 equipment, you can use it to reduce the load on you and your assistant. Kindly recommend you to use a four-wheeled trolley to move it .

## 6、 Reserve Method

If you do not want anyone to use the equipment for a long time, please perform the following tasks. Place the equipment in a place that is not available to other people or equipment.