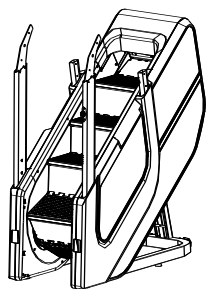
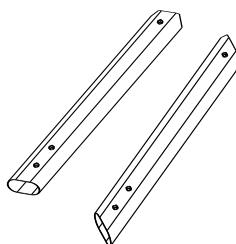


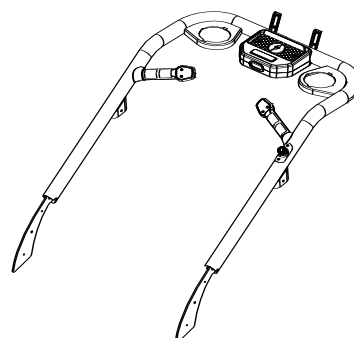
Packing parts



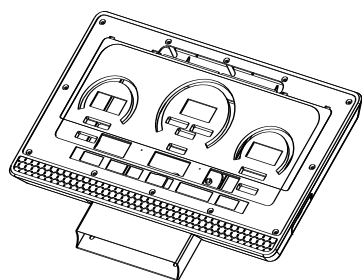
Base



Upper upright



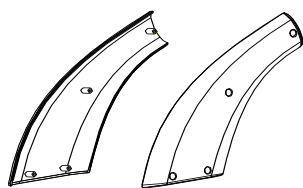
Handrail



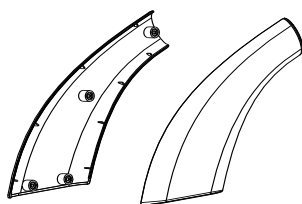
LED panel



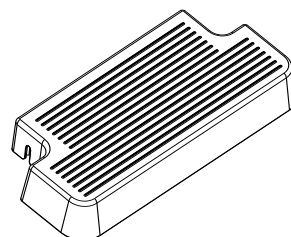
Water cup



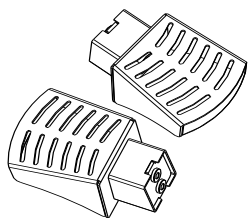
Left upright trim
cover



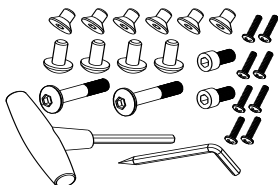
Right upright trim
cover



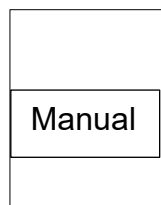
Foot plate



Footrest

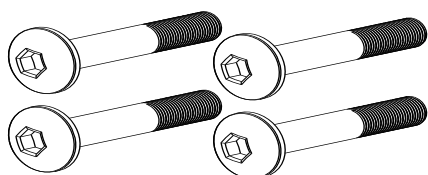


Hardware kit

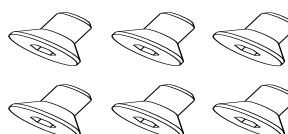


User manual

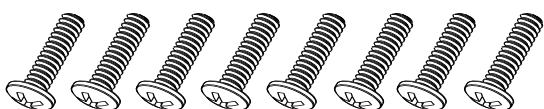
Hardware kit



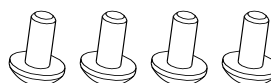
Allen half thread bolt (M8*75*20) 4ea



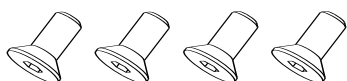
Allen full thread bolt (M8*12) 6ea



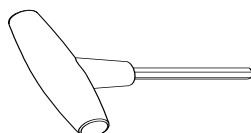
Philips self-tapping screw (ST4*16) 8ea



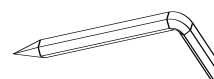
Allen full thread bolt (M8*15) 4ea



Allen full thread bolt (M6*15) 4ea



T-shaped wrench (6*80)
1ea



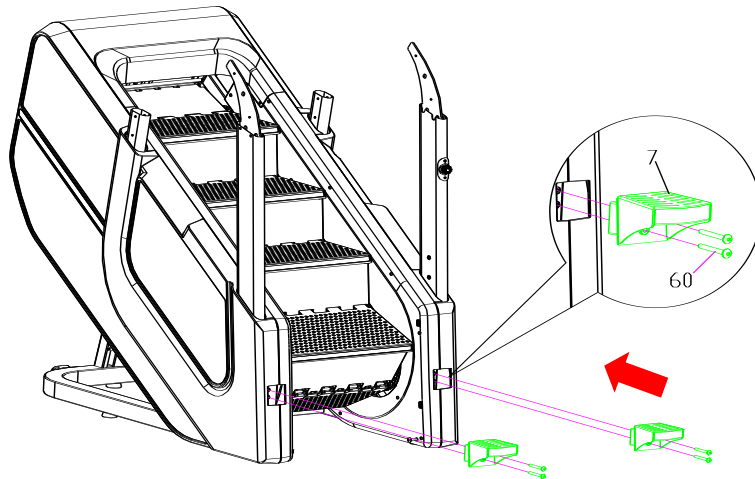
L-shaped wrench
(5*35*85S) 1ea



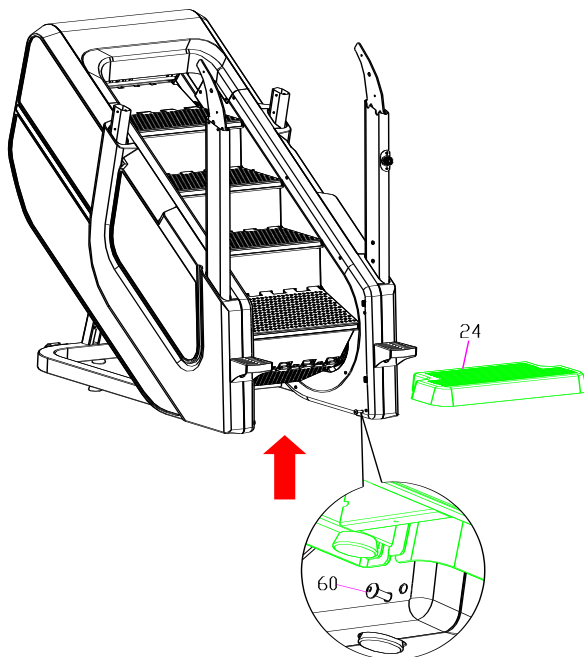
L-shaped wrench (4*30*80) 1ea

ASSEMBLY INSTRUCTION

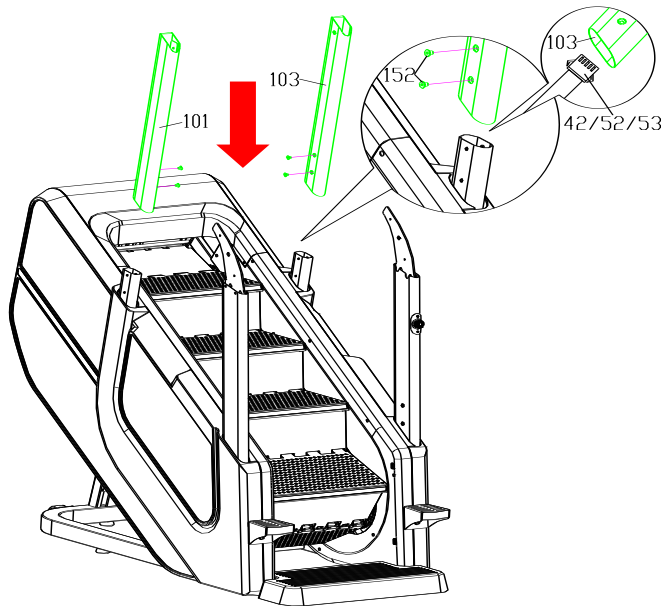
NOTE: During assembly, don't lock all screws tight firstly.
When all parts are completely assembled, lock all screws tight.



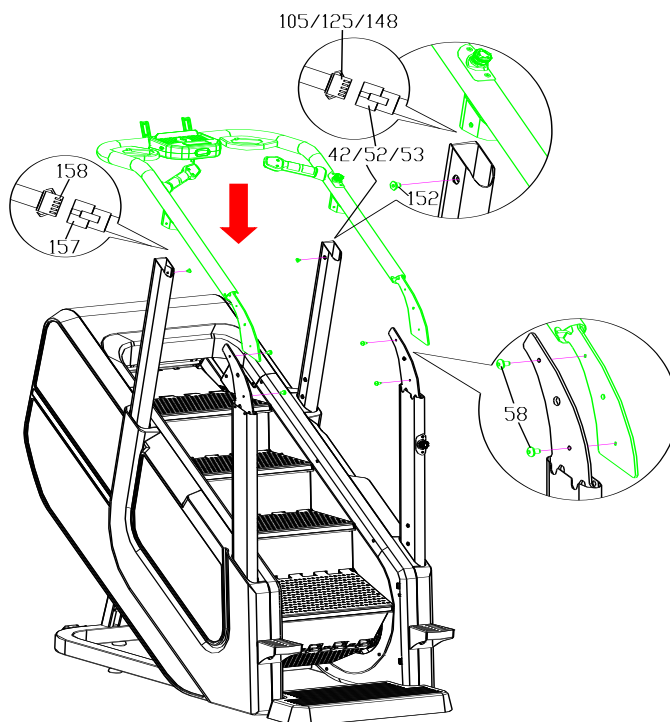
Step 1: Organize all materials well according to the packing list, place the base on a flat and stable ground, and attach two footrest (7) by 4ea M8*75*20 bolt (60) with T-shaped wrench from hardware kit.



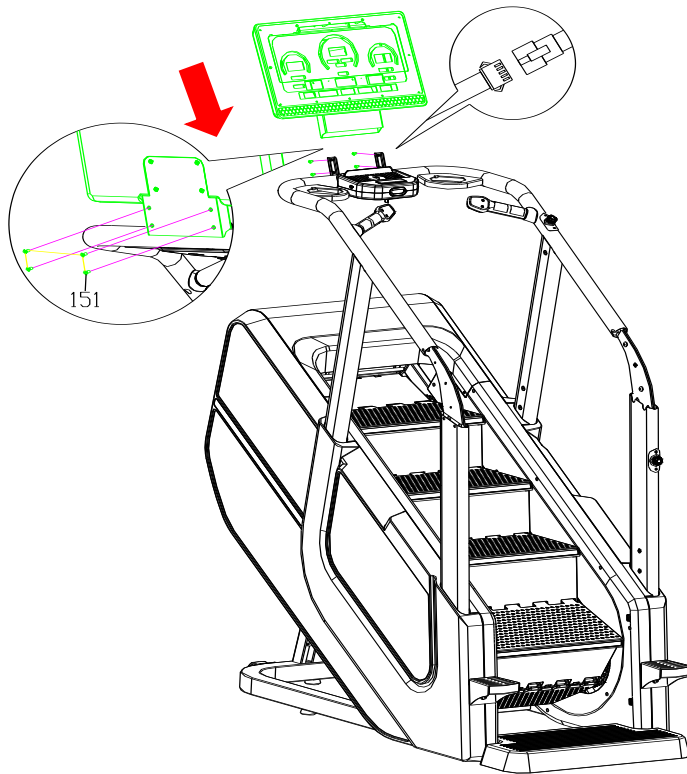
Step 2: There are bolt (60) from inner side of bottom base; Buckle the footplate (24) into bolt (60) . Note: the footplate shall be buckle completely onto the bolt.



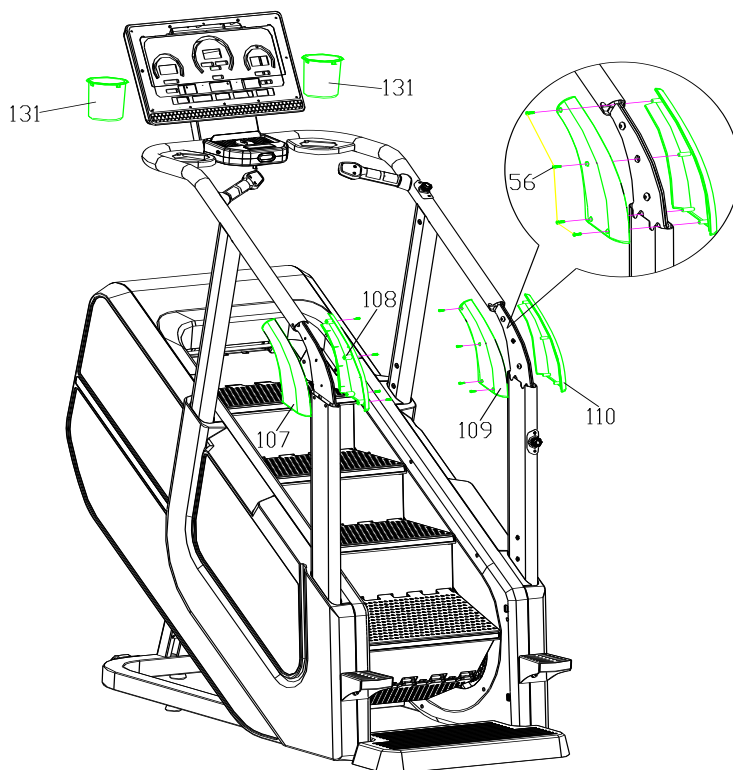
Step 3: As picture shown, take out the left and right upper upright (101 and 103), feed the emergency stop connection wire (42), LED strip communication wire (52), and main communication wire (53) into the right upper upright (103), then attach both upright onto clamps at each side by 4ea M8 * 12 bolt (152) (but don't tighten the bolt)



Step 4: Take out the handrail (111), connect the emergency stop connection wire (42), LED strip communication wire (52), and main communication wire (53) well, insert them into the upper upright as picture shown, fix them to the upper upright with 2ea M8 * 12 bolt (152), and then another 4ea M8 * 15 bolt (58) to the lower upright (Note: don't tighten the bolts)



Step 5: Take out the the LED panel from box, connect the communication/network/power cables from the console, insert them into the handrail as picture shown, and fix them with 4 allen bolts (151). (Just slightly lock the bolts, do not tighten them yet).



Step 6: Attach the left and right upright trim covers onto the left and right lower upright separately by 8 ST4 * 16 screws (56). Then install water cup (131) . Finally, tighten all bolts and double check to ensure that all fasteners are firm. The installation of the whole machine is completed.

GENERAL FITNESS TIPS

Warm-Up

Do some warm-up for at least 5 to 10 minutes before every exercise.

Breathe

Make sure you breathe regularly, properly and calmly when exercising.

Exercise Frequency

It should have 48 hours of rest for the same muscles.

Load

Do exercise as per your own condition, can enhance exercise force step by step .In the beginning ,it's normal to get aching pain of muscles. This pain can be removed in the late phase.

Relax

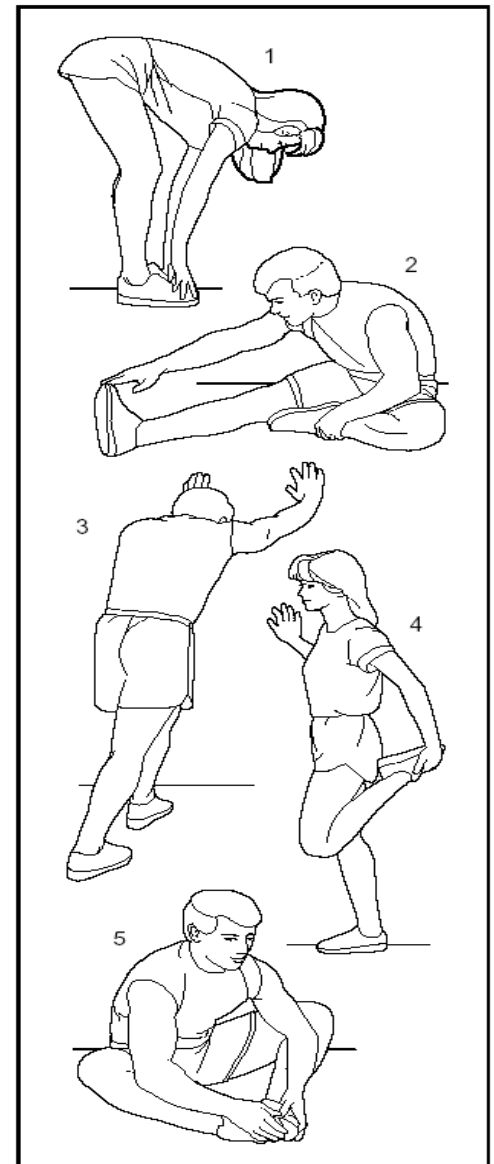
Remember to have some relax at least 5 minutes to do some stretch after running.

Drink and Meal

Start running on the treadmill after 1 hour of your meal. And you can start your meal after half an hour of finishing exercise. Drink less water and no large drink when running.

Stretching Exercises

A successful exercise session begins with warming up exercises and ends with exercises for cooling down and relaxing. These warming up exercises prepare your body for the subsequent demands made upon it. The cooling down / relaxation period after the exercise session ensures that you do not experience any muscular problems. In the following you will find stretching



exercise instructions for warming up and cooling down. Please pay attention to the following points:

1. TOUCH TOES

Bend your trunk slowly forwards and try to touch your feet with your hands. Reach down as far as possible to your toes. Maintain this position for 10-15 seconds if possible and relax. Repeat three times. See pic.1

2. EXERCISES FOR THE KNEES

Sit on the floor and place your feet in such a way that your knees are facing outwards. Pull you 10-15 seconds if possible. Repeat three times for each leg .See pic.2

3. EXERCISES FOR THE CALVES/ACHILLES TENDON

Place both hands on the wall and support your full body weight. Then move your left leg backwards and alternate it with your right leg. This stretches the back of the leg. Maintain this position for 10-15 seconds if possible. Repeat this exercise 2 times for each leg. See pic.3

4. EXERCISES FOR THE UPPER THIGH

Support yourself by placing your hand on the wall, then reach down behind you and lift up your right or left foot as close to your buttocks as possible. Feel a comfortable tension in your front upper thigh. Maintain this position for 10-15 seconds if possible and repeat this exercise 2 times for each leg. See pic.4

5. INSIDE UPPER THIGH

Sit on the floor and stretch out your right leg. Bend your left leg and place your foot on your right upper thigh. Now try to reach your right foot with your right arm. Maintain this position for 10-15 seconds if possible. Repeat this exercise 3 times for each leg. See pic.5

CONSOLE KEYPRESS INSTRUCTION



PRODUCT USE

CONTROL BUTTON DEFINITION

START:

- "Start" buttons are located on main console above safety key and on left handle.
- Press "Start" button to begin exercise after a 3 second countdown.
- After the countdown has finished, the stairmill will start moving.

STOP:

- "Stop" buttons are located on main console above safety key and on left handle.
- Press "Stop" button to stop the machine. The data is cleared. And the program can be reset when at stop status.

SPEED (RIGHT HANDLE):

- Speed can be adjusted on right handle or using quick adjust buttons on console.
- Quick adjust: Buttons will change speed to 3, 6, 9, or 12 as selected.
- Right handle: Press + to increase speed; press – to decrease speed (speed range: 15 Levels // (14-160pace per min)

Product Features

SAFETY KEY:

When safety key is pulled out, stairmill stops with flashing Red LED; when safety key is inserted, press Start key to restart the workout.

SAFETY SENSOR:

- The safety sensor prevents use for any weight under 77 lbs (+ or - 11 pounds). An individual over 77 lbs must be standing on the Stairmill for it to begin moving. **IMPORTANT NOTE:** An individual under 77 lbs can activate the Stairmill by applying enough force (e.g. jumping, falling, or carrying heavy objects). Care should ALWAYS be taken with children and pets.
- Safety sensors on the inner bottom of the stairmill will cause the unit to stop immediately when triggered while in use. To resume use once safety sensors have been triggered, properly mount the stairmill and press “Start” once in position.

HAND PULSE:

Place both hands on hand pulse monitors. Once pulse is detected, it will appear in the Pulse window of the console. (Note: This value is not to be used as medical data, only for workout reference.)

WIRELESS CHARGING DOCK:

Place phone with wireless charging capability on wireless charging dock to charge. Note: some phone cases may impede wireless charging. Remove case to charge.

EMERGENCY STOP: There are two emergency stop buttons: one on the right side of the handrail, and one on the right lower upright. Press to immediately stop the stairmill. To resume use of the stairmill, rotate the emergency stop clockwise.

Training Profile Program

Choose among 12 profiles. At Program mode, the time defaults at 30 minutes.

Press Program to enter Training Profile Program and press Program key again to choose among P1~P12. The default target time for each profile is 30 mins and you can change by - or + key to adjust time. Upon setup done, press START to workout.

To quit the Training Profile Program before pressing the START key, just press STOP key, and the console will return to standby. You can start any type of training from there.

Below Table shows the level of each profile of the Training Profile Program. Each program segments into 10. Each segment is the duration of target time divided by 10.

No. of Program / Segment	1	2	3	4	5	6	7	8	9	10
P1	1	3	5	5	5	7	7	5	3	2
P2	2	3	5	6	5	5	6	6	4	3
P3	2	3	6	6	5	5	5	6	4	3
P4	2	2	5	7	7	6	7	5	3	2
P5	3	4	6	5	4	4	5	5	4	3
P6	3	4	6	7	7	7	6	6	5	3
P7	3	4	4	3	4	3	4	4	3	2
P8	3	5	7	7	3	5	7	5	5	1
P9	3	3	3	4	5	6	5	4	5	1
P10	3	5	6	7	6	6	5	5	3	3
P11	4	5	3	3	6	7	7	6	6	1
P12	4	6	5	3	4	7	7	3	2	1

MODE

MODE is Training Target Mode. It allows users to set up training target time or/and calories or/and steps. Press MODE key to switch between Time, Calories, and Steps and then input the target. Press + or - key to adjust the target time or calories or steps. Upon setup done, press START to workout.

ERROR CODES AND TROUBLE SHOOTING CODE REASON MAINTENANCE

APP Display	LED display	Description	Sending frequency	Trouble shooting
AA	All window show " - - - "	SAFE KEY Lost or emergency key triggered	Continue. Will not stop until the safety key is plugged.	Plug the safety key back or release the emergency key.
A1	Time window shows A1	communication failure.	Continue. Stairmill will be disabled to use till troubleshooting is done	A1 Error If the Time window displays "A1" after running, it is a communication failure. Possible causes: The communication between the electronic control and the console is blocked. Check the connection especially the cables between the console and the lower control board connected properly. Check the cables are no obvious damage. It could help by replacing the cables. Check if the voltage is correct. Incorrect voltage can cause communication error.
F02	Time window shows F02	EMS Magnetic reluctance device is not detected.	Continue. Stairmill will be disabled to use till troubleshooting is done.	After the operation, if the LED panel displays "F02", replace the controller. Check whether the cables are good connected.
F05	Time window	EMS Magnetic	Continue.	After the operation, if the LED

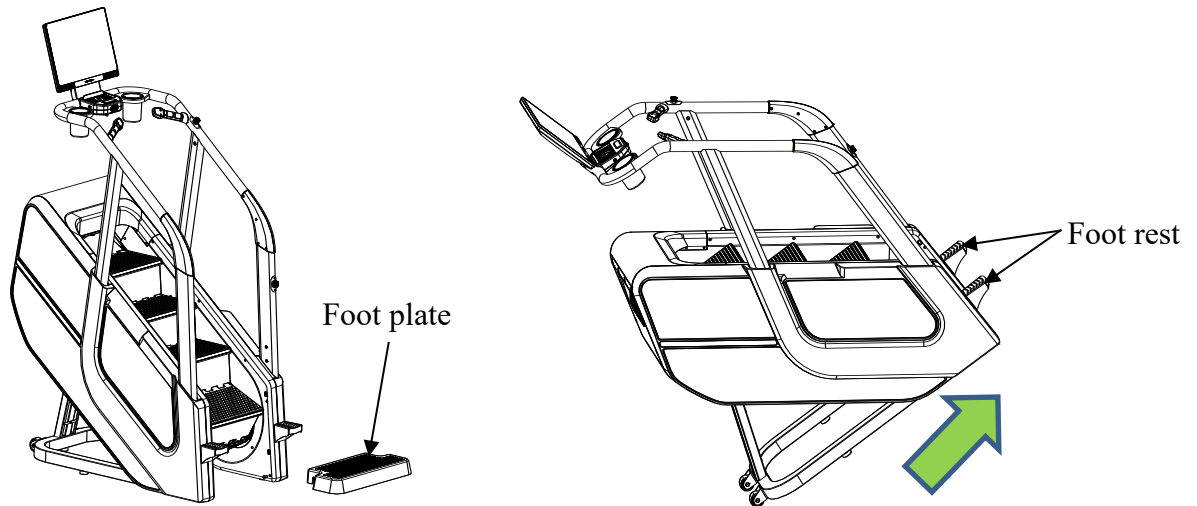
	shows F05	reluctance device drive overcurrent fault	Stairmill will be disabled to use till troubleshooting is done.	panel displays "F05", replace the controller. Check whether the cables are good connected.
F06	Time window shows F06	The infrared sensor is activated	The infrared sensor detects someone or something approaching behind the stairmill for safety and will cause the stairmill to pause. Once the approaching object is removed, the error will be gone in 5 seconds. Then you may press Start to resume./	Check if there anyone or anything near the back of the stairmill.
F08	F08 at the time window	EMS magnetic resistance is locked for safety during maintenance or repairs	Continue. stairmill will be disabled to use till troubleshooting is done	After operation, if the console displays "F08", check whether the red handle on the EMS magnetic resistance is pulled up for locked.Unlock the red handle bar

Using instruction:
Stair mill moving:

Please ensure below before moving:

- 1: the power is off;
- 2: the plug has been pulled out from the socket;

Take off the footplate, lift the footrest by both hands by tilting up 30~40°, move the stair mill slowly, as below picture.



HOW TO USE THE PRODUCT

- 1, Turn the power on, keep the stair mill at level and stable ground and check if normal function.
- 2, Attach the safety key to your clothes by clips.
- 3, Check and ensure proper function and stability before use. The stairmill won't activate running if lower than 35KGS, for keeping children safety; before starting the stairmill, stand on the 2nd step and hold the handrail; when starting, one hand hold the stairmill, while the other hand press the Start key, the stairmill will run at initial speed level 1; after adapting to the stairmill speed, the user can adjust the level slowly by pressing up/down key at handgrip.
- 4, During workout, you can press up/down key at handgrip to get your speed, or the fast key on console. It's suggested to speed up slowly to adapt to the speed, so to avoid accidents
- 5, Press Stop key to stop the stairmill immediately; the stairmill is configured with sensor at inner bottom, when user come down suddenly to reach the sensor position, it will trigger stop for safety; when return to the stairmill again, press start key, and the stairmill will run at initial speed level 1.
- 6, Heart rate testing: After the stairmill is powered on, hold your hands on the hand pulse, then you can see PULSE value on the tablet.

NOTE:

- a. When the safety key is fallen off, the stairmill will stop immediately, and show error code;
- b. There are two emergency stop key, one at the handrail, one at the upright; the user can press to stop for safety; Turn clockwise to release the key to resume stairmill workout.

STAIRMILL MAINTENANCE

1. Regular cleaning: During the use of the stair machine, dust and debris can easily accumulate on the stair surface. It is recommended to clean at least once a week, pay special attention to cleaning the debris between the side of the staircase and the outer shell.
2. Lubrication and maintenance: Insufficient lubrication of the stair machine can also reduce its service life. It is recommended to add an appropriate amount of lubricating oil to the lubrication parts of the stair machine every 3 months or so.
3. Maintenance and inspection: If there are any abnormal problems with the staircase machine, such as excessive noise or abnormal stair surfaces, please contact professional personnel for inspection and maintenance immediately.

Attention: **Regularly clean the belt and pulley grooves for cleanliness**

Customer Service

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Questions or Concerns

Our members are our priority! If you require assistance or have concerns, please contact our customer service team.

(423) 455-8989

cs@echelonfit.com



Submit a Request: