

BMI status : Please hold both hands on the heart rate sensors on the left and right handles, pop up the test window, and wait for 8 seconds. Result for reference:

BMI less than 18: thin;

between 18 and 24: ideal weight;

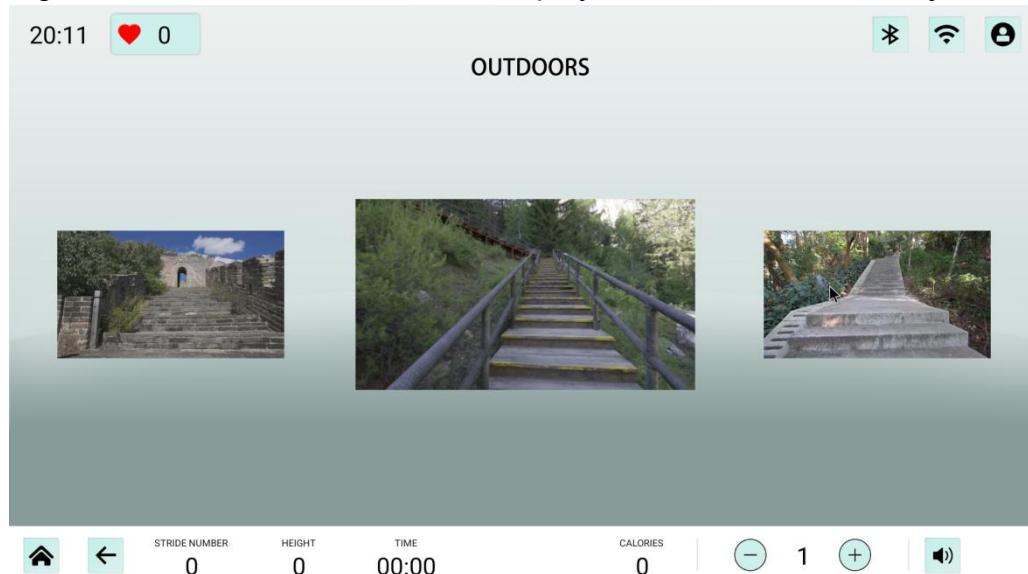
between 25 and 28: overweight;

greater than 29, obese (this data is only for exercise reference). Default value: 24

2.2.4 OUTDOORS Mode

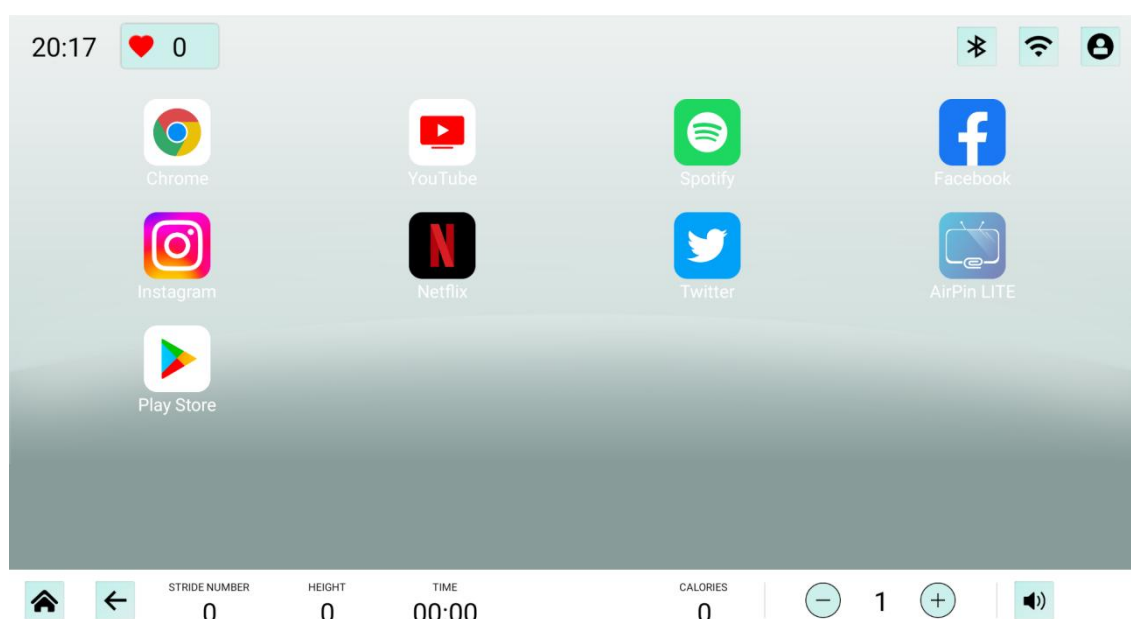
Click on OUTDOORS on the main interface to enter the real-life exercise mode. You can choose your favorite real-life and click on the real-life image to enter the exercise mode.

The following image shows the real-time exercise display interface, which can adjust the gear.




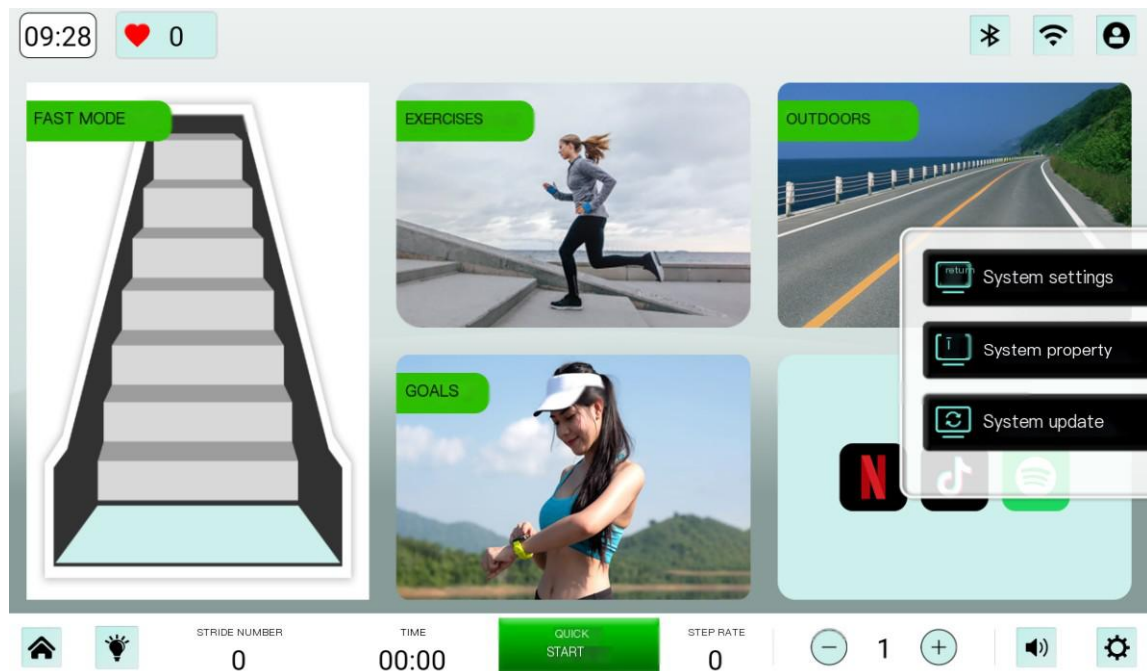
2.3 APPS Functions

Click "APPS" on the main interface to enter the embedded application and use the installed application.



2.4 Function Settings

Click on the settings  icon on the main interface to configure system functions



System Settings

Select Language: The system has built-in Chinese and English.

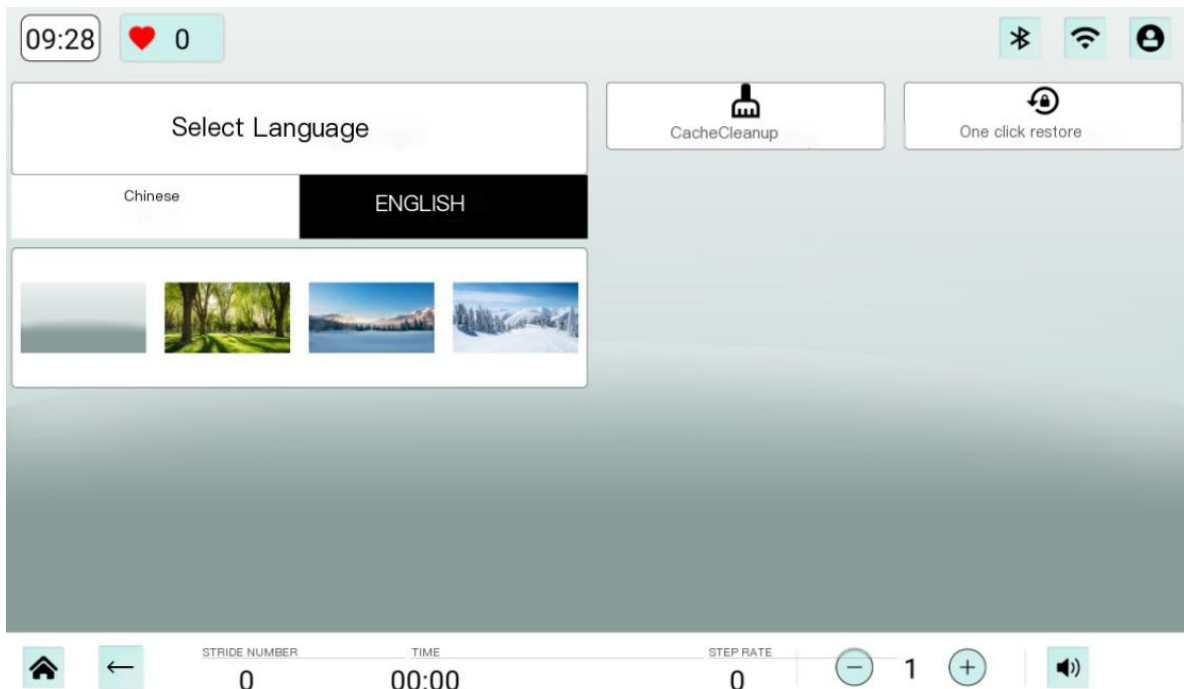
Skins: Select the background image to change the display background image;

UNIT: switch Metric , IMPERIAL .

UpDown learning: After replacing the console or the lifting journey is incorrect, select this interface for calibration. Under standby mode, the calibration takes about 20 seconds; During calibration, keep power on and no other operations.

Cache Cleanup: There is too much system memory. Clicking this function can clean up excess cache garbage in the background and free up system memory space;

One click restore: If the system has irreparable or other special defects, this option can be used to restore the factory default system.



System property allows viewing of system parameters



System update: by connecting to the network for system updates

Foreign renewal: External updates

3. Safety key function description:

1) The safety key consists of copper inserts, clothes pegs and nylon cords, with safety protection for emergency stop. In any state, as long as the safety key is out of position, the stair machine stops running, the electronic watch keypad prohibits operation, and the screen displays "E-07" with a prompt tone. Each time the security key is placed, the screen will be displayed for 2 seconds, and then enter the system default working state.

4. Safety Guide:

- 1) Insert the power cord plug into the 10A power socket with safety ground, turn on the power switch, the console screen is fully displayed with a prompt tone, and then identify the security lock;
- 2) Put the safety key on the position on the console, and put the clothes pin on the clothes on the chest. After the screen is fully displayed for 2 seconds, it will enter the default working state: all the counters are cleared, the set value is reset;
- 3) In P1-P36, the speed gear of each program is divided into 10 segments, each time is divided equally according to the set time, and the speed gear after the button adjustment is valid only in the current segment, when switching between segments Three beeps will be sent three seconds in advance. The motor stops automatically when the program runs for 10 segments, accompanied by a prompt tone;
- 4) In the standby state, press the "START" button to start the motor;
- 5) During motor operation, press the "STOP" button, the motor will slowly decelerate until it stops smoothly, and all settings will return to the default state;
- 6) In any state, pull off the safety lock, the screen displays "E-07", accompanied by a tone, and the stair machine stops running;
- 7) The electronic control system is in safety monitoring at any time. As long as an abnormality is found, the running stairs will stop urgently, and the screen displays an abnormal information prompt with a prompt tone;
- 8) The system refuses to start without load, and when the machine is in standby state and no load is detected, it cannot start running.
- 9) When the system is running normally, the load disappears suddenly, and the machine needs to slow down and stop immediately.
- 10) When the deceleration process continues without detecting a renewed load, a complete shutdown requires the machine to be started again.
- 11) When the deceleration process is not completely stopped, the load is re-detected and the speed increases to the original running resistance.
- 12) During running, when triggering the sensor, the machine stops; the system will automatically eliminate the fault after 5 seconds. If the load is detected again, the system will accelerate at a constant speed till reaching the previous operation speed.

8. Speed program and slope table of automatic program P1-P36:

<div> <div>Level</div> <div>Prog</div> <div>Class</div> </div>		1	2	3	4	5	6	7	8	9	10
P1	LEVEL	1.0	3.0	5.0	5.0	5.0	7.0	7.0	5.0	3.0	2.0
P2	LEVEL	2.0	3.0	5.0	6.0	5.0	5.0	6.0	6.0	4.0	3.0
P3	LEVEL	2.0	3.0	6.0	6.0	5.0	5.0	5.0	6.0	4.0	3.0
P4	LEVEL	2.0	2.0	5.0	7.0	7.0	6.0	7.0	5.0	3.0	2.0
P5	LEVEL	3.0	4.0	6.0	5.0	4.0	4.0	5.0	5.0	4.0	3.0
P6	LEVEL	3.0	4.0	6.0	7.0	7.0	7.0	6.0	6.0	5.0	3.0
P7	LEVEL	3.0	4.0	4.0	3.0	4.0	3.0	4.0	4.0	3.0	2.0
P8	LEVEL	3.0	5.0	7.0	7.0	3.0	5.0	7.0	5.0	5.0	1.0
P9	LEVEL	3.0	3.0	3.0	4.0	5.0	6.0	5.0	4.0	5.0	1.0
P10	LEVEL	3.0	5.0	6.0	7.0	6.0	6.0	5.0	5.0	3.0	3.0
P11	LEVEL	4.0	5.0	3.0	3.0	6.0	7.0	7.0	6.0	6.0	1.0
P12	LEVEL	4.0	6.0	5.0	3.0	4.0	7.0	7.0	3.0	2.0	1.0
P13	LEVEL	2.0	4.0	6.0	6.0	6.0	8.0	8.0	6.0	4.0	3.0
P14	LEVEL	3.0	4.0	6.0	5.0	6.0	6.0	7.0	6.0	5.0	4.0
P15	LEVEL	3.0	4.0	8.0	8.0	6.0	6.0	6.0	4.0	5.0	4.0
P16	LEVEL	3.0	3.0	6.0	5.0	4.0	3.0	4.0	5.0	4.0	3.0
P17	LEVEL	4.0	5.0	6.0	7.0	6.0	5.0	4.0	3.0	2.0	2.0
P18	LEVEL	4.0	5.0	7.0	7.0	5.0	5.0	4.0	4.0	3.0	1.0
P19	LEVEL	4.0	5.0	5.0	4.0	5.0	6.0	5.0	4.0	3.0	3.0
P20	LEVEL	4.0	6.0	7.0	8.0	7.0	6.0	5.0	6.0	5.0	2.0
P21	LEVEL	4.0	4.0	7.0	7.0	5.0	5.0	6.0	5.0	4.0	3.0
P22	LEVEL	4.0	6.0	5.0	4.0	3.0	3.0	4.0	4.0	3.0	2.0
P23	LEVEL	5.0	6.0	6.0	6.0	7.0	7.0	8.0	8.0	7.0	4.0
P24	LEVEL	5.0	7.0	5.0	5.0	6.0	6.0	8.0	5.0	5.0	3.0
P25	LEVEL	3.0	5.0	7.0	6.0	5.0	6.0	6.0	5.0	5.0	2.0
P26	LEVEL	4.0	5.0	7.0	8.0	7.0	7.0	8.0	5.0	6.0	2.0
P27	LEVEL	4.0	5.0	4.0	5.0	6.0	7.0	6.0	5.0	6.0	3.0
P28	LEVEL	4.0	4.0	7.0	7.0	8.0	8.0	7.0	7.0	5.0	4.0
P29	LEVEL	5.0	6.0	8.0	8.0	7.0	6.0	5.0	6.0	6.0	5.0
P30	LEVEL	5.0	6.0	8.0	9.0	9.0	9.0	8.0	8.0	7.0	5.0
P31	LEVEL	5.0	6.0	6.0	8.0	6.0	8.0	6.0	8.0	5.0	4.0
P32	LEVEL	5.0	7.0	9.0	8.0	5.0	7.0	9.0	7.0	6.0	4.0
P33	LEVEL	5.0	9.0	8.0	7.0	9.0	8.0	7.0	6.0	5.0	3.0
P34	LEVEL	5.0	7.0	8.0	9.0	8.0	8.0	9.0	8.0	6.0	5.0
P35	LEVEL	6.0	7.0	7.0	8.0	8.0	9.0	8.0	7.0	8.0	4.0
P36	LEVEL	6.0	8.0	8.0	7.0	7.0	9.0	9.0	6.0	6.0	3.0

Common faults and Solution:

Problem/code	Probably reason	solution
The system is not working	A、 No power or no power on	Connect the power supply or turn the power switch on to the "NO" position
	B、 Safety key are not in place	Put the safety key in the right place
	C、 Circuit breakage	Check the input and output of the system and the communication line
Stop abruptly in normal condition	A、 Safety key drop	Insert the safety key
	B、 System fault	Call service person
The key failure	Invalid key	1. Replace keyboard and its wiring 2. Replace the main board 3. Replace the console
E01	Communication failure	1. Check if wiring in good contact 2. bad controller 3. bad console
E02	The IGBT is damaged or the electromagnet is not plugged in	Replace the controller or magnetoresistor.
E-05	Overcurrent protection	Replace the motor or Controller
E-06	Infrared radiation sensor malfunction	Defective infrared radiation sensor or other object blocks (the radiation sensor is triggered, and the fault is automatically eliminated after 5 seconds)
E-08	Load Sensor fails	MAGNETORESISTANCE SENSOR Not locked or sensor error
----	MAGNETORESISTANCE open circuit	MAGNETORESISTANCE error or emergency stop wiring fails
	Safety key error	Safety key falls off or console error
Display no heart rate	A 、 The hand pulse wire is not inserted in place or the wire is not good	Check and connect or replace the handle pulse wire
	B、 the console wires fails	Replace console
The console shows incomplete or missing lines	A、 the screen plate screw loose	Tighten the screws
	B、 System failure	Replace console

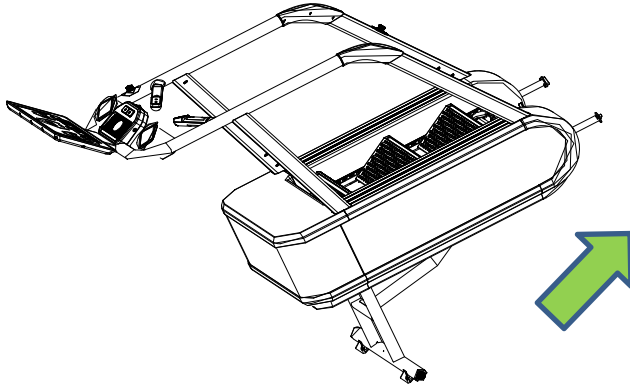
Platform instructions

1. The movement of the stair mill

When moving the unit, you must determine:

- 1.1 The power switch of the stair mill is turned off;
- 1.2 The power plug has been removed from the power outlet;

After clearing the above points, grasp the end of the stair stair mill with both hands and lift the angle of 30-40 degrees upwards to push forward or pull the engine table backwards!

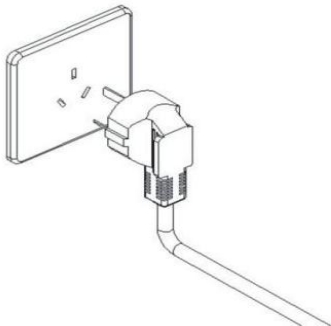


Grounding guide:

This product must be grounded. If the stair mill fails or damaged, the ground wire can form a circuit with the lowest resistance, and the current is directed into the ground, thus reducing the risk of electric shock. This product is equipped with a cable that has a conductor that grounds the unit and a grounding plug. This plug must be plugged into an outlet that meets local installation and grounding requirements.

Danger! Improper connection of the equipment grounding conductor may result in electric shock. If you do not know if the equipment is properly grounded, consult a qualified electrician or service person. Please do not change the plug supplied with this product. If the plug does not match the outlet, have a qualified electrician install a suitable outlet.

This product is used on a 220-240 volt line and is equipped with a grounded outlet as shown in the illustration below.



Stair mill using instructions

1. Turn on the power, place the stair mill on a flat surface, and check if the machine is normal.
2. Clip the safety lock clip to the placket on the chest of the athlete.
3. Before the exercise, check the stability and function of the stair mill. It is strictly forbidden to start the stair mill when no user is used. Stand on the second step and hold the handrail smoothly before running. When starting up, grab the handrail with one hand and press the "START" button with one hand. The stair mill will start for 5 seconds and run at 1 speed. According to the user's needs, after the stair machine runs smoothly, you can adjust the speed gear of the stair machine by pressing the +/- button on the keypad!
4. During the exercise, press the speed gear shortcut button to quickly enter the speed of the climb you need (the high-speed operation speed is faster, please pay attention to increase the gear position, and ensure that the speed gear is within the acceptable range, so as to avoid accident.
5. Press the "Stop" button at any time during the movement to stop the motor.
6. Preset mode use

Turn on the power, turn on the power switch, after the display is normal, press the "Select" button to select one of the automatic operation modes as the current mode to be run, press the "Start" button to start the stair machine, and the stair machine starts to run automatically according to the selection mode. In operation, you can change the running speed of the current time period by pressing the "Speed" + "" or "Speed" - "" keys. Press the "Stop" button to stop the movement.

7. Heart rate test: After the stair mill is powered on, hold the hand on the heartbeat metal sensor piece, and the heart rate display window will display the user's heart rate value after a few seconds. (Note: This value is not used as medical data and can only be used as a sports reference.)

Note: During the movement, the safety key is pulled off, the stair mill will stop running immediately, the console will refuse any operation, the window will display "----" or E07 !

Product maintenance

1. Lubrication

After the machine is used for a period of time, there may be grease oxidation and accumulation of stains on the chain and the sprocket. It is recommended to clean it regularly and change the oil!

2. Note: Regular cleaning of belt and pulley groove cleaning