

ALL TREADMILL FRAMES

1. Use a 4mm allen key to remove the M5 x 35mm socket head screws securing the Transition Trim to the mast, then remove the Transition Trim. Drape all wires from the base out the back of the mast weldment prior to installing the console.
2. Unpackage the console and firmly pull the rear console cover off from the bottom.

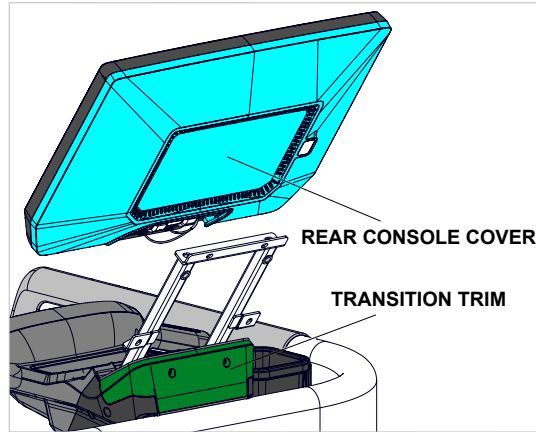


Fig. 7

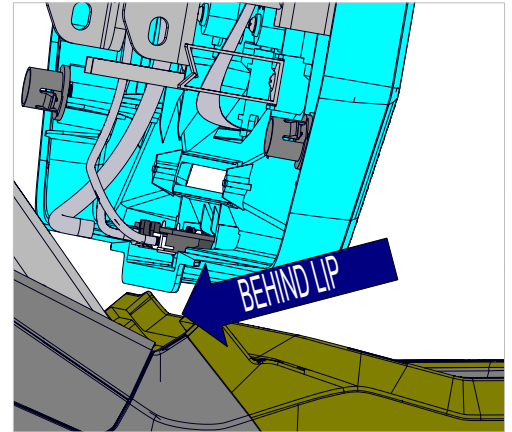


Fig. 8

3. Place the front of the console against the console weldment, angled forward. Make sure the bottom plastic of the console is below the wireless phone charger lip. (See Fig. 8)
4. Secure console to frame weldment with four screws 110-4474. (See Fig. 9)

TORQUE TO 7.4-11 ft-lbs (10-15 Nm)



If installing a Tuner Card please refer to the documentation that ships with the accessory before continuing with assembly or scan the QR below:



Tuner Installation

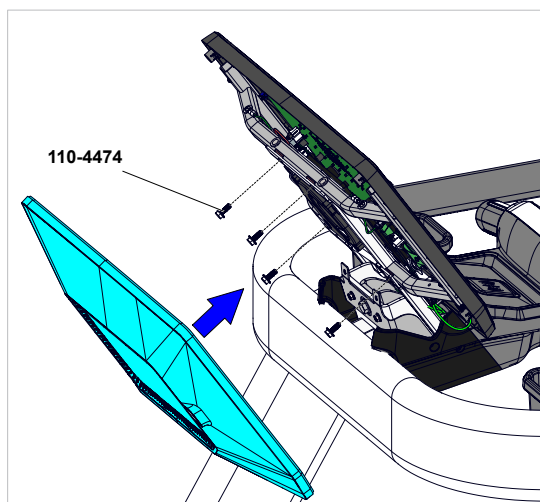


Fig. 9

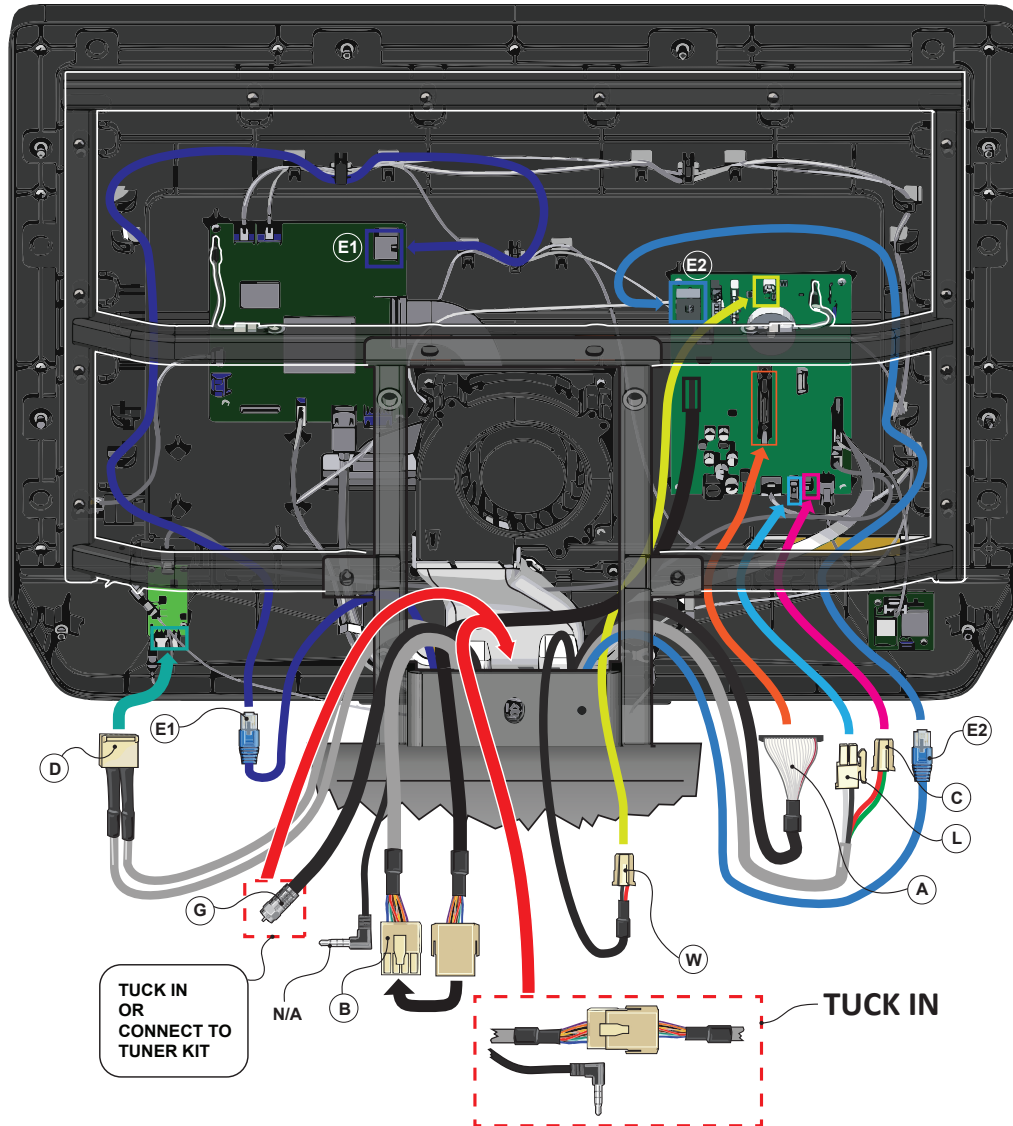


Fig. 10 - Wiring: Treadmill Console

5. Plug in the cables listed in Table 2 from the mast routed into the console with wire routed in front of the console weldment to prevent pinching. For specific wire routing paths see the decal on the rear console cover or Fig. 10.
6. Feed unused cables back into the mast weldment. Make sure wires aren't pinched.
7. Snap rear console cover 701-0547-XX onto secured console.
8. Reinstall Transition Trim to back of treadmill with 2 bolts 110-4497.
9. Fully tighten all transition trim fasteners removed in step 1.
10. Assembly is complete.

Label	Cable Name	Units	Part No.
D	HR	All	See Base
E1	Ethernet	All	See Base
G	Coax	All	See Base
L	Embedded Power	All	See Base
C	Fan Power	8TR, 8TRx	220-0366
B	Hotbar	8TR, 8TRx	220-0334
W	Wireless Charger	All	See Base
A	20 Pin Ribbon	8TR, 8TRx	220-0355
E2	Set Top Box	8TR, 8TRx	220-0372

Table 2 Treadmill Cables

FIRST TIME SETUP

Once assembly is complete, plug in the base power and turn the unit on. When the console loads it will automatically begin the registration process. It is recommended to use a wired connection rather than WiFi. To complete the process follow the steps below:

1. Console loads into a Select Language screen. Choose from the available languages and tap select.
2. If the unit has a network wire plugged in WiFi screens will not appear and you should move to step 5. Otherwise wait for the console to find available WiFi networks.
3. Select a network.
4. Enter network password then tap connect. If password is incorrect console will display an error. Retype password and tap connect.
5. Wait for console to connect and update. If console update fails try again or skip and console will automatically try again later.
6. Select model of base.
7. Enter the serial from the base. Click the info icon to locate the serial of the base. Serials are typically on the front of the unit on the main frame.
8. If serial is correct and information on the serial is found, a verify information screen will load. Verify the information and tap confirm.
9. Console will register. If registering a treadmill, you will be asked to calibrate speed and incline. Press 'skip' to do this later. Console will restart automatically. Further customization may now be done in Maintenance Mode

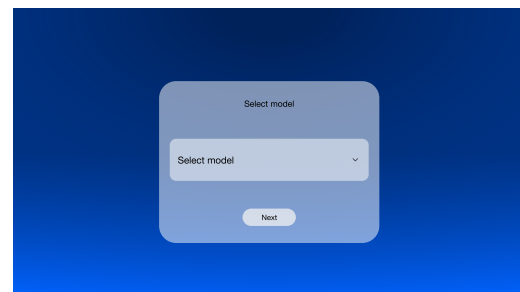


Fig. 11 - Selecting a model

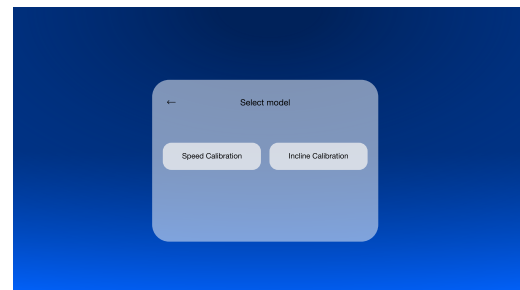


Fig. 12 - Treadmill prompts for calibration

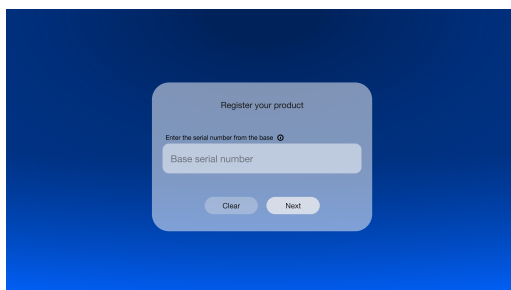


Fig. 13 - Entering a Serial Number

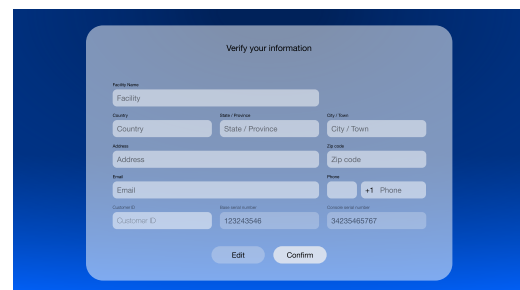


Fig. 14 - Verifying your information



Fig. 15 Treadmill Hotbar

CONSOLE FUNCTIONS

A	Hall of Fame	Showcases the top user-performances of the day, week and all time.
B	Workout Wheel	Quickstart, workouts and more are available here. Choose one to start a workout.
C	Quick Challenge	Swipe through challenges and pick a quick workout.
D	Stop Button	
E	Fan	
F	Port Panel	USB-C - wired audio and device charging HDMI – wired mirroring to device USB – device charging and maintenance mode content upload
G	Tap to Pair Connectivity	For connecting compatible watches (see below).

TAP TO PAIR CONNECTIVITY



Pairing with Apple Watch: OpenHub consoles marked with this icon ((••)) have the capability to connect using Near Field Communication (NFC) with Apple Watch (must be running WatchOS 4.2 or later and have option **Detect Gym Equipment** set to **On** in Watch settings for Workout App.)



Pairing with Samsung Galaxy Watch: OpenHub consoles marked with the Samsung icon also have the capability to connect with Samsung Galaxy Watch (must be running software 4.8 or later and have **NFC** set to **On**)¹.

To connect: Hold the watch near the ((••)) icon on the console (this is where the NFC reader is located). Once connection is confirmed by user, it will finalize and data will begin to pass between console and watch. It is possible to make this connection either before the workout begins (recommended), or at any time during an active workout. At the end of workout, the connection will be terminated.

Note: when Apple Watch is connected to display, the Calories display window will show both Active and Total Calories per Apple Watch calculations.

WIRELESS CHARGING TRAY

Place the mobile device face-up in the center of the tray, aligning it with the charging icon ((⚡)).

This ensures optimal alignment of the mobile device's charging coil with the wireless charging circuit beneath the phone tray.

Do not place a wireless charging device in this charging tray. Doing so may cause the fitness product's charging coil or the wireless charging device to overheat, posing a risk of fire or injury.

The rate of charge is variable dependent upon the specific make and model of the mobile phone device, the current level of battery charge of the mobile phone device, and the thickness of the mobile phone device case (if a case is present).

Self-Powered Product:

Star Trac Electronic Bikes and Ellipticals as well as StairMaster FreeClimbers with LED console are often used in facilities in a self-powered state. This wireless charging tray is designed to charge mobile phones on these self-powered products. Some limitations may apply.

1 See support.corehandf.com/Software for version numbers and update instructions

SCREEN VIEWS

Theme Selection

Tap icon to change the theme. Choose from list and tap 'Select' to confirm, theme will save for immediate workout. If you want to change the default theme, go to product settings in maintenance mode.

• Cityscape	• Northern Lights	• Pink Sunset
• Golden Hour	• Mediterranean	• Eclipse



Fig. 16

Language Selection

Tap icon to change language for immediate workout, there are 22 languages to choose from. Choose from list and tap 'Select' to confirm, language will save for immediate workout. If you want to change the default language, go to product settings in maintenance mode.

• Arabic	• Danish	• Hebrew	• Russian	• Turkish
• Catalan	• Dutch	• Italian	• Slovak	• English
• Chinese (Simplified)	• Finnish	• Japanese	• Spanish	
• Chinese (Traditional)	• French	• Polish	• Swedish	
• Czech	• German	• Portuguese	• Thai	

Bluetooth

Tap the Bluetooth icon to pair wireless headphones and/or heart rate tracking devices.

Pairing Wireless Headphones

1. Activate pairing mode on wireless headphones. If the headphones don't automatically enter pairing mode, press and hold the pairing button (often marked with a Bluetooth symbol) until the LED flashes rapidly or you hear a pairing sound.
2. On the console Bluetooth Menu, tap headphone icon. A list of all available local devices will appear. Tap your device.
3. If pairing is successful, tap ok. If pairing is unsuccessful, try again.

Pairing Heart Rate Device

1. Ensure device is in pairing mode.
2. On the console Bluetooth Menu, tap heart icon. A list of all available local devices will appear. Tap your device.
3. If pairing is successful, tap ok. If pairing is unsuccessful, try again.

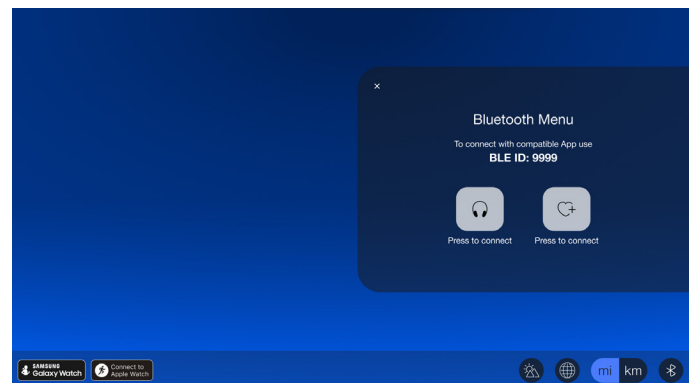


Fig. 17 - Selecting a device

NAVIGATING YOUR HOMESCREEN

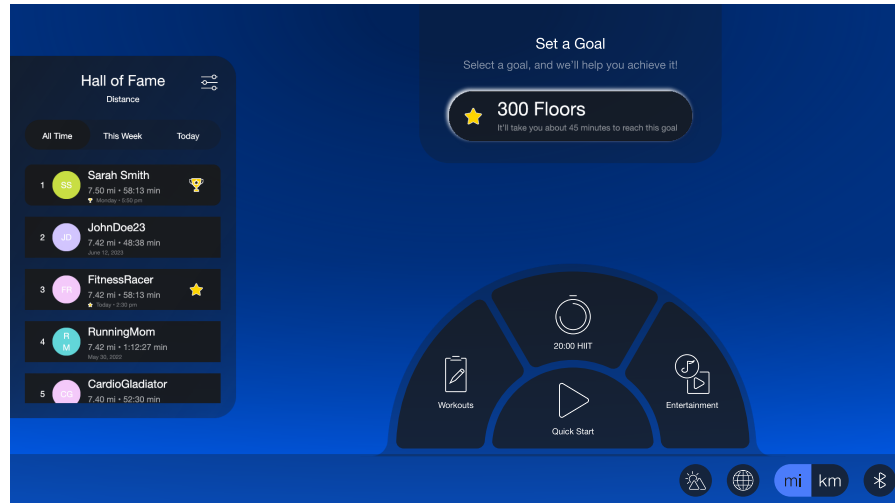


Fig. 18 - Homescreen

20:00 HIIT

The HIIT 20 program offers a 20-minute workout combining work and recovery intervals for maximum fitness benefits. These workouts require up to 90% less training volume and 67% less time than traditional interval programs. To start, tap HIIT 20 and choose from one of five targeted programs:

1. ENDURANCE I - Heart health, aerobic capacity, weight management, speed endurance.
2. ENDURANCE II - Aerobic capacity, weight management, heart health.
3. POWER - Anaerobic power, speed development, fat loss, measured performance.
4. SPEED I - Anaerobic and aerobic, speed development, fat loss, lactate clearing/stamina.
5. SPEED II - Anaerobic and aerobic, speed development, fat loss, lactate clearing/stamina.

ENTERTAINMENT

View video from connected TV feed or wireless mirroring / casting from personal device. Select from a preset list of on-board apps including YouTube, Netflix, PlutoTV, Instagram, Reddit, Disney+ (list subject to change at any time). Entertainment mode can be accessed from homescreen by tapping 'Entertainment' or from workout screen on the bottom toolbar.

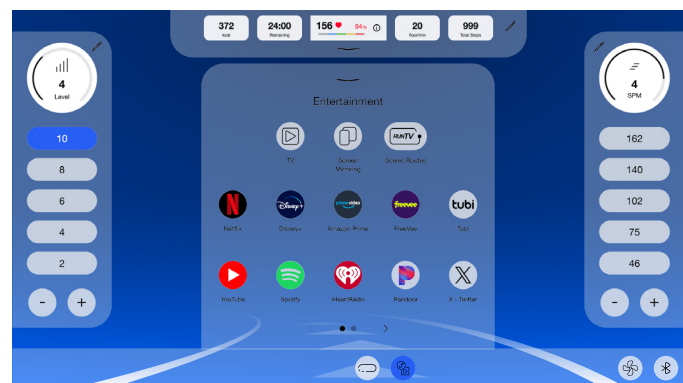


Fig. 19 - Entertainment Options

PROGRAMS

SCENIC ROUTES

Powered by RunTV, transform workouts into immersive experiences with interactive media and entertainment. Users can explore a variety of channels, including:

- Inspirational Stories: Uplifting short films showcasing unique fitness journeys.
- Training Tips: Expert coaching and advice for better performance.
- Virtual Trails: Realistic simulations of iconic locations, dynamically syncing with equipment for an engaging experience.

RunTV enhances motivation and enjoyment, making every workout more dynamic and rewarding.

Note: Internet connection required for the full library of content. 6 videos available with no internet connection.

SET A GOAL

1. **TIME GOAL** - Allows entry of a set workout time goal
2. **CALORIE GOAL** - Allows entry of a calorie burn goal
3. **DISTANCE / FLOOR GOAL** – Allows entry of a set distance or floors (1 Floor = 16 Steps) depending on product

HEART RATE TRAINING

1. **DYNAMIC HR CONTROL** - Program is designed to gradually elevate your heart rate to the upper end of your selected training range, then gradually decrease your heart rate to the lower end of your selected training range using speed and incline. During the workout, this cycle will repeat several times, creating an interval training effect that is customized to the user's desired heart rate training range.
2. **CONSTANT HEART RATE** - This heart rate feature is designed to maintain your heart rate at a constant level by varying the level/incline during your workout.

Note that your heart rate may vary above and below your target heart rate during this program.

Note: Heart Rate Programs require a connected heart rate device.

CUSTOM INTERVAL PROGRAM

Build your own interval training cardio program.

ADDITIONAL PROGRAMS – STEPMILL / STEPPER

OVERDRIVE (10G ONLY)

OverDrive Training Mode offers an intense workout that simulates carrying or pushing a load up stairs, providing an intense and realistic climbing experience. By replicating real-world challenges, it enhances the effectiveness of traditional stair-climbing while improving strength, endurance, and functional fitness.

There are 5 different program options to choose from, select OverDrive and follow the prompts on the screen.

Note: Overdrive workouts start with a 10-second calibration, during this time, climb steadily without leaning on the handrails.

1. **HVIT** - High Volume Interval Training promotes heart health, aerobic capacity, weight management, speed endurance.
2. **VRT** - Variable Recovery Training promotes aerobic capacity, weight management, heart health.
3. **HIIT** - High Intensity Interval Training promotes anaerobic power, fat loss, speed development.
4. **SET A GOAL** - Set a time, floors or calorie goal, and then manually control power mode, push/carry and recover when you choose.
5. **CUSTOM INTERVAL** - Set number of intervals, and length of work and rest intervals so display will cue you through your custom intervals

LANDMARK CHALLENGE

Choose from different famous buildings to climb. You also have the opportunity to create a custom landmark challenge with a usb-upload image. Instructions for custom landmark challenge are located in maintenance mode on your display.



Landmark	Floors
Statue of Liberty	14
Tower of Pisa	17
Taj Mahal	20
Big Ben	30
Great Pyramid	45
Space Needle	57
Transamerica Building	80
Eiffel Tower	100
Empire State	117
Petronas Tower	139
Taipei 101	157
Sears Tower	162
CN Tower	171
Burj Khalifa	255

Table 3

EVALUATE FITNESS

1. **CPAT** - The Candidate Physical Aptitude Test (CPAT) is a standardized test used to evaluate firefighters in the United States. It includes a 20-second minute, followed by a 3-minute test phase at 60 steps per minute.
2. **WFI** - The Wellness Fitness Initiative Test (WFI) test measures VO2max (aerobic capacity) based on heart rate response during graded exercise, using an age-adjusted MHR formula. Factors like hydration, stress, and medications can affect heart rate. BMI reflects participant mass but doesn't measure body composition.
Note: Speed adjustments alter subsequent levels. A heart rate strap is required.
3. **DUTCH FIREFIGHTER** – A pass/fail test where user must climb 100 steps to complete the challenge.

warm-up at 50 steps per

ADDITIONAL PROGRAMS – BIKE/ELLIPTICAL

TRENDING NOW

1. AUTOPILOT - Increase resistance by pedaling faster, no key to press.
2. RANDOM HILL - A climbing interval style workout.
3. ALPINE PASS - Simulates the experience of moving on varied terrain, with changing speed and incline to mimic uphill and downhill movement. This interval-style program progressively increases intensity, providing a challenging climbing workout.
4. FITNESS TEST – A modified version of the Balke and Ware protocol for measuring maximal VO₂. Evaluation based on weight, gender and age
5. CONSTANT WATTS (Bikes only) - Program maintains a steady wattage throughout your workout by adjusting the program level as needed.
6. DYNAMIC WATTS (Bikes only) - Program gradually increases wattage to the upper limit of your selected training range, then decreases it to lower limits, using speed and level adjustments. This interval-style workout repeats the cycle multiple times, tailoring intensity to your desired heart rate training range.

ADDITIONAL PROGRAMS – TREADMILLS

TRENDING NOW

1. 12-3-30 – Program set at 12% incline, 3 mph with a 30-minute time goal.
2. ALPINE PASS - Simulates the experience of walking or running on varied terrain, with changing speed and incline to mimic uphill and downhill movement. This interval-style program progressively increases intensity, providing a challenging climbing workout.

EVALUATE FITNESS

1. FITNESS TEST – A modified version of the Balke and Ware protocol for measuring maximal VO₂. This adapted 12-minute test, with a maximum incline of 12%, is ideal for older, deconditioned, or patient groups. The treadmill speed remains constant at 3.4 mph throughout the test.
 - Incline Progression: Starts at 0% for the first minute, increases to 2% in the second minute, and then rises by 1% each minute.
 - Restrictions: Speed and incline cannot be adjusted, and the program cannot be paused.
 - Heart Rate Limit: If your heart rate exceeds 150 BPM for more than one minute, the test will automatically terminate.

At the end of the test, your heart rate is compared with data for your age and gender to calculate your VO₂ max—a key indicator of your fitness level, reflecting your body's oxygen absorption capacity.

2. FIREFIGHTER TEST – Based on the Gerkin Protocol developed by Dr. Richard Gerkin of the Phoenix Fire Department. This sub-maximal graded treadmill evaluation is widely used by U.S. fire departments to assess firefighter fitness. Heart rate is continuously monitored during the test, which consists of:
 - Warm-Up: 3 minutes at 3.0 mph, 0% incline.
 - Test Progression:
 - Starts at 4.5 mph.
 - Odd Minutes: Incline increases by 2%.
 - Even Minutes: Speed increases by 0.5 mph.
 - If heart rate exceeds 85% of max, the test stabilizes for 15 seconds. It resumes if heart rate returns to target; otherwise, the test ends.

Completion: The test ends when heart rate stays above the target for 15 seconds or after completing 11 stages. A 3-minute cooldown at 3.0 mph, 0% incline follows.

Note: A heart rate strap is required.

3. NAVY – 1.5 Mile Run, object is to complete as quickly as possible. Part of Physical Readiness Test (PRT).
4. AIR FORCE – 1.5 Mile Run, object is to complete as quickly as possible. Part of Physical Fitness Test (PFT).
5. MARINE CORPS – 3 Mile Run, object is to complete as quickly as possible. Part of Physical Fitness Test (PFT).
6. ARMY – 2 Mile Run, object is to complete as quickly as possible. Part of Physical Training Test (PT). (HR strap required).

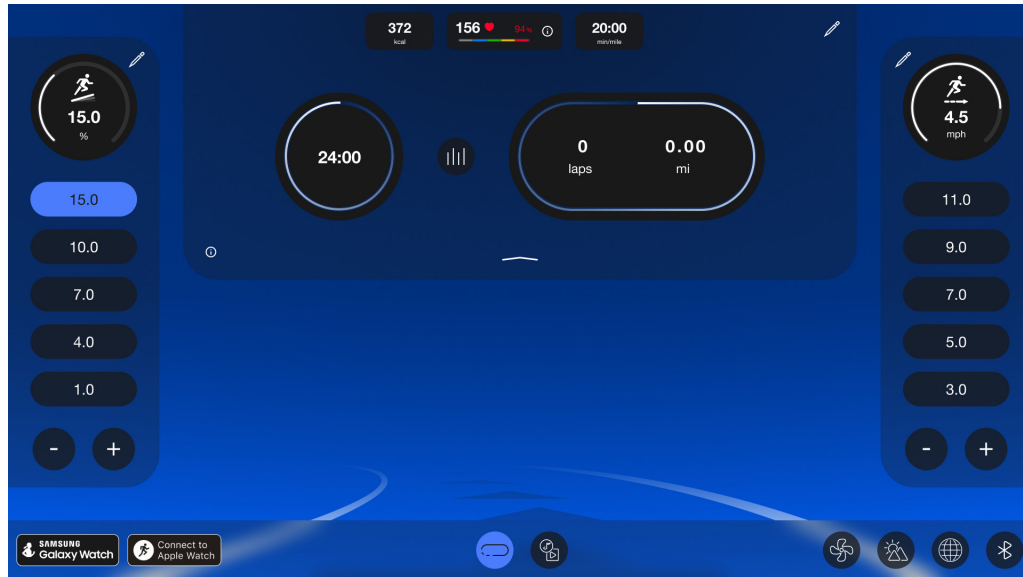


Fig. 21 Treadmill Shown

Workout Metric Bar Readouts

All readouts available by product type:

Treadmill	Stepmill / Stepper	Bike / Elliptical
• Speed (mph / kph)	• Level	• Level (Resistance)
• Incline %	• Steps per minute (SPM)	• RPM (Bike only)
• Total Time	• Total Time	• SPM (Elliptical only)
• Time Remaining	• Time Remaining	• Total time
• Total Distance	• Total Distance	• Time Remaining
• Distance Climbed	• Distance Climbed	• Total Distance
• Kcal / kcal/hr	• Kcal / kcal/hr	• kcal
• METs	• METs	• Kcal/hr
• Watts	• Watts	• METS
• Heart Rate BPM *	• Heart Rate BPM *	• Watts
• Average Heart Rate BPM *	• Average Heart Rate BPM *	• Heart Rate BPM *
• Heart Rate Zone % *	• Heart Rate Zone % *	• Average Heart Rate BPM *
• Pace	• Floors	• Heart Rate Zone % *
• Average Pace	• Floors/min	
	• Steps	
	• Vertical Distance	

* when HR is connected

Tap in the top bar to edit metric bar readouts (top bar) or quick keys (left & right).

Tap in the top bar to view 'interval mode' for interval training

MAINTENANCE MODE

Maintenance Mode allows access to service and diagnostic information, as well as provides the ability to adjust certain program default parameters. To enter Maintenance Mode:

1. From the main screen, tap the upper left (A) then right (B), then left (A) to open Maintenance Mode.
2. A password screen will open.
3. Enter the password: **218** and tap Enter.
4. The Maintenance Mode screen will display an array of options to choose from depending on the Machine Mode setting.



Fig. 22

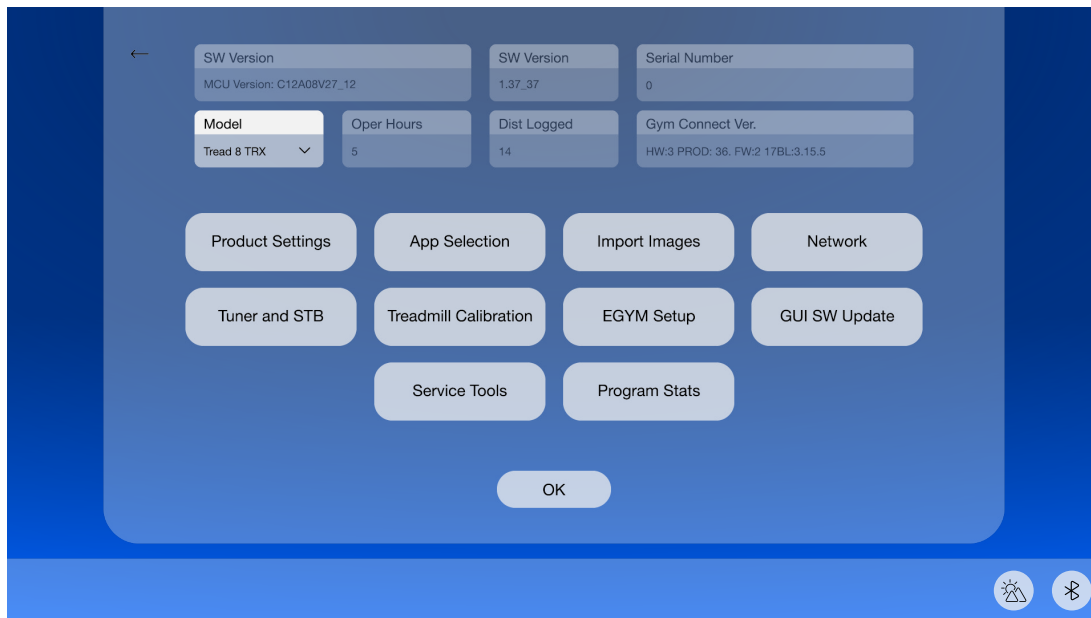


Fig. 23 Treadmill Maintenance Mode Main Screen