STAR TRAC®

Star Trac®

8-CT Cross Trainer

OWNER'S MANUAL

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PRODUCT SPECIFICATIONS

8-CT

Dimensions: 30"W x 76"L x 72"H
66cm x 193cm x 183cm

Weight: 456 lbs/207 kg

MANUFACTURER:

CORE HEALTH & FITNESS

4400 NE 77th Avenue, Suite 300
Vancouver, WA 98662

Telephone: (888) 678-2476

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CUSTOMER SUPPORT:

CORE HEALTH & FITNESS

Contact your local distributor, or Core Health & Fitness directly at: **1-800-503-1221**

Support@corehandf.com

DANGER - to reduce the risk of electrical shock:

1. Always unplug the machine from the electrical outlet before cleaning or servicing.
2. This machine is not intended to be serviced by the end user, refer servicing to qualified personnel only.
3. This product will be wired for either 120 VAC nominal power input OR 230 VAC nominal input. It is factory-equipped with a specific electric cord an plug to permit connection to the proper electric circuit. Make sure that the product is connected to a dedicated power line having an outlet with the same configuration as that of the plug.
4. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel in order to avoid a hazard.
5. If the power supply cord is damaged, it must be re placed by the manufacturer, its service agent, or similarly qualified persons in order to avoid hazard.

WARNING - to reduce the risk of burns, fire, electrical shock, or injure to person:

1. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equip ment is used by your members in a safe manner as intended. In addition to instructing the club mem bers in the proper use of the equipment, the club member should obtain a complete physical exam ination form their health care provider before beginning any exercise program.
2. This machine is not intended to be used by children. It is not intended to be used by persons with re duced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruc tion and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the machine.
3. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 20 inches (0.5 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 48 inches (1.25 meters) of clearance behind the ma chine. These dimensions are the recommended min imum distances. The actual area for access and passage is the responsibility of the facility and should take into account this training envelope and any other national or local codes or regulations.
4. Keep power cord away from heated surfaces. Unplug power cord when the machine is unattended and before performing any preventative maintenance such as cleaning or replacing a worn part.
5. Familiarize yourself with the location of the STOP buttons on the console. If you experience difficulties during the workout, pushing the STOP button will bring the machine to a stop.
6. Do not exceed the maximum allowable weight limit of 350 lbs. / 158 kg.
7. Use care when getting on or off the machine. Always use the handrails. Do not step off of the machine while it is moving. Press the STOP button and wait for the machine to come to a complete stop before dismounting.
8. Do not over exert yourself during exercise. Stop exer cising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercis ing and consult your health care provider.
9. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.

10. Do not operate the machine if the motor shroud is removed or if the power cord is damaged in any manner. Keep all air openings free from dirt or any material that would block the flow of air to the motor.
11. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

SAVE THESE INSTRUCTIONS

Safety Instructions , Warnings And Precautions

تعليمات الأمان - التحذيرات - الاحتياطات

Caution: This appliance is not intended for use by persons , (including children) with reduced physical , sensory or mental capabilities , or lack of experience and knowledge , unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

-Children should be supervised to ensure that they do not play with the appliance.

تحذير هام جداً: من الضروري جداً على الأطفال و الأشخاص الغير المؤهلين بدنياً كان أو حسياً أو عقلياً و الأشخاص الذين لاتتوفر لديهم تلك المعرفة و الخبرة الكافية يجب عليهم عدم استخدام الجهاز منعاً باتاً إلا إذا تم الإشراف عليهم و مراقبتهم و توجيههم و مباشرتهم عن كثب من قبل أناس متخصصين و احترافيين و لديهم معرفة تامة و كافية بأصول و قواعد إستخدام مثل تلك الأجهزة و المخاطر المترتبة و الناجمة عن سوء استخدامها إن و جدت .

Warning: keep out of reach of children

تحذير : أحفظها بعيدا عن متناول الأطفال

SAFETY INSTRUCTIONS

This chapter includes precautions and fitness safeguards for the installation and use of the product. Please read this chapter carefully before installing or using your equipment.

Safety instructions are provided in the followinglanguages (in the order shown):

- English
- Dutch
- French
- Italian
- Portuguese
- Spanish
- Swedish
- Chinese
- Japanese

PRECAUTIONS

CAUTION: READ THE OWNER'S MANUAL COMPLETELY BEFORE OPERATING THIS MACHINE.

CAUTION: MOVING PARTS, KEEP HANDS AND FEET FROM UNDER THE TREADMILL WHEN OPERATING.

ON

OFF

CAUTION: BEFORE CLEANING OR SERVICING, DISCONNECT POWER SUPPLY.

STOP (OF ACTIVITY)

These safety notes are directed to you as the owner of the equipment. For safety purposes, it is your responsibility to train all your members and fitness staff to follow these safety instructions.

DO

- Do instruct your members to obtain a medical exam before starting any exercise program. If at any time during exer cise you feel faint, dizzy or experience pain, stop and con sult your physician
- Do read, understand and carefully follow all warnings, instructions and procedures on the machine and in this manual before use.
- Do use your machine only for its intended use, as described in this manual.
- Do set up the machine on a solid, level surface
- Do inspect the machine for incorrect, worn or loose components and then correct, replace or tighten prior to use
- Do stop operating your machine if you feel dizzy, faint or exhausted.
- Do use care when mounting or dismounting the machine, and make sure it is completely stopped before attempting to mount or dismount
- Do perform regular preventive maintenance as instructed in the manual.
- Do keep the air openings free of lint, hair, etc.
- Do keep the belt surface clean and dry.
- Do move the pedal on the mounting or dismounting side to the lowest position and bring the machine to a complete stop before attempting to get on or off
- Do reduce pedal/crank speed in a controlled manner - this unit is not equipped with a free-wheel.
- Do read, understand and test the emergency STOP procedure prior to use.
- Do keep the electrical cord away from sources of excessive heat.
- Do disconnect all power before doing any maintenance or cleaning.

DO NOT

- Do not let children operate your machine. Supervise invalids or disabled persons who use your machine.
- Do not exceed the maximum allowable user weight (350 lbs. / 159 kg).
- Do not use your machine without athletic shoes.
- Do not wear loose or dangling clothing while using the machine.
- Do not step or jump on or off the machine while it is in motion.
- Do not use this machine in damp or wet locations
- Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.
- Do not place water bottles or cups on the machine unless you are using the designed holders
- Do not use your machine where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use attachments or parts not recommended by the manufacturer.
- Do not run the equipment with the motor shroud removed, or modify the equipment in any way.
- Do not operate your machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if the display shows an error code.

VOORZORGSMAATREGELEN

WAARSCHUWING: LEES DE GEBRUIKERSHANDLEIDING VOLLEDIG VOORDAT UDIT TOESTEL IN GEBRUIKT NEEMT.

WAARSCHUWING: BEWEGENDE ONDERDELEN, HOUD HANDEN EN VOETEN NIET ONDER HET TOESTEL TIJDENS GEBRUIK.

AAN

UIT

WAARSCHUWING: HAAL DE STEKKER UIT HET STOPCONTACT VOORDAT U HET TOESTEL REINIGT OF ONDERHOUDT.

STOP (ACTIVITEIT)

Deze veiligheidsmaatregelen zijn aan u als eigenaar van de apparatuur gericht. Om veiligheidsredenen is het uw verantwoording om al uw leden en personeel te trainen in deze veiligheidsinstructies.

WEL

- Laat uw leden een medisch onderzoek ondergaan voordat ze met een trainingsprogramma beginnen. Indien u zich tijdens de training flauw of duizelig voelt, of als u pijn hebt, dient u de oefening stop te zetten en uw arts te raadplegen
- Lees alle waarschuwingen, instructies en procedures over het toestel en deze handleiding goed voordat u het toestel in gebruik neemt.
- Gebruik uw toestel alleen voor het beoogde gebruik zoals beschreven in deze handleiding.
- Zet het toestel op een stevig en recht oppervlak
- Controleer het toestel op onjuiste, versleten of loszittende onderdelen en corrigeer, vervang of zet onderdelen vast voor gebruik
- Stop met de training als u zich duizelig, onwel of oververmoeid voelt.
- Wees voorzichtig wanneer u het toestel op- of afstapt en zorg dat het helemaal stilstaat voordat u probeert op of af te stappen
- Voer regelmatig preventief onderhoud uit zoals bes chreven in de handleiding.
- Zorg dat de luchtingangen vrij blijven van stof, haar, enz.
- Houd het bandoppervlak schoon en droog.
- Beweeg het pedaal aan de kant waarop u op- of afstapt naar de laagste stand en laat het toestel helemaal stoppen voordat u probeert op of af te stappen
- Verlaag de snelheid van pedaal/crank op een beheerste manier. Dit toestel is niet voorzien van een freewheel.
- Lees, begrijp en test de noodstopprocedure voordat u het toestel gebruikt.
- Houd het stroomsnoer weg bij bronnen van overmatige hitte.
- Sluit alle stroom af voordat u onderhoud uitvoert of het toestel reinigt.

NIET

- Laat kinderen het toestel niet bedienen. Houd toezicht op mensen met een handicap die uw toestel gebruiken.
- Laat geen personen van meer dan 159 kg op het toestel
- Gebruik uw toestel niet zonder sportschoenen.
- Draag geen losse of fladderende kleding tijdens het gebruik van het toestel.
- Stap niet op of van het toestel terwijl het in beweging is.
- Gebruik dit toestel niet op vochtige of natte locaties
- Laat nooit objecten vallen en steek geen objecten, handen of voeten in een van de openingen of onder dit toestel.
- Plaats geen bidons of kopjes op het toestel tenzij u de speciale houders gebruikt
- Gebruik uw toestel niet op een plek waar aerosolproducten (spuitbussen) worden gebruikt of waar zuurstof wordt toegediend.
- Gebruik geen hulpstukken of onderdelen die niet door de fabrikant worden aanbevolen.
- Gebruik het toestel niet als de beschermkap om de motor is verwijderd en wijzig de apparatuur op geen enkele wijze.
- Gebruik dit toestel niet als het snoer of de stekker beschadigd is, als het niet goed werkt of als het is gevallen of is beschadigd, of als het display een foutmelding weergeeft.

PRÉCAUTIONS

MISE EN GARDE : PRENDRE CONNAISSANCE DU MODE D'EMPLOI AVANT DE SE SERVIR DE L'APPAREIL.

MISE EN GARDE : PIÈCES MOBILES ; NE PAS METTRE LES MAINS NI LES PIEDS EN DESSOUS DE L'APPAREIL LORSQU'EN FONCTIONNEMENT.

MARCHE

ARRÊT

MISE EN GARDE : DÉBRANCHER L'APPAREIL DU SECTEUR AVANT TOUTE PROCÉDURE DE NETTOYAGE OU D'ENTRETIEN.

ARRÊT (DE L'ACTIVITÉ)

Ces consignes vous concernent en tant que propriétaire de l'équipement. Pour des raisons de sécurité, il vous incombe de former tous les adhérents et le personnel de remise en forme pour que ces consignes de sécurité soient respectées.

À FAIRE

- Informer les adhérents qu'un examen médical est obligatoire avant de commencer un programme d'exercice. Si vous ressentez des douleurs, des vertiges ou des étourdissements à un quelconque moment de l'entraînement, arrêtez immédiatement et consultez votre médecin
- Avant toute utilisation, lire, comprendre et respecter soigneusement tous les avertissements, consignes et procédures figurant sur l'appareil et dans ce mode d'emploi.
- Utiliser uniquement l'appareil dans le but pour lequel il a été conçu, comme indiqué dans le présent manuel.
- Installer l'appareil sur une surface plane et solide.
- Inspecter l'appareil pour vérifier si des composants sont usés, desserrés ou inadaptés et remplacer, resserrer ou rectifier avant chaque utilisation.
- Mettre un terme à l'exercice en cas de vertiges, étourdissements ou fatigue.
- Faire attention lors de la montée et de la descente et veiller à l 'arrêt total de l'appareil avant d'y monter ou d'en descendre
- Procéder à un entretien régulier comme indiqué dans le manuel.
- Vérifier que les ouvertures de ventilation ne sont pas bloquées par des fibres, des cheveux, etc.
- La surface du tapis doit être propre et sèche.
- La pédale se trouvant du côté de la montée ou de la descente doit être en position basse, et l'appareil doit être complètement arrêté avant d'y monter ou d'en descendre
- Cet appareil n'étant pas équipé d'une roue libre, la vitesse doit être réduite de manière progressive.
- La procédure d'arrêt d'urgence doit être lue, comprise et testée avant toute utilisation.
- Le cordon électrique doit se trouver à distance de toute source de chaleur excessive.
- L'alimentation électrique doit être débranchée avant de procéder à la maintenance ou au nettoyage.

À NE PAS FAIRE

- Les enfants ne doivent pas se servir de l'appareil. Les personnes atteintes d'invalidité ne doivent pas se servir de l'appareil sans supervision.
- Le poids de l'utilisateur ne doit pas dépasser (159 kg /350 livres).
- Ne pas se servir de l'appareil sans chaussures de sport.
- Ne pas porter de vêtements lâches ou flottants lors de l'utilisation de l'appareil.
- Ne pas monter sur ou descendre de l'appareil lorsque ce dernier est en mouvement.
- Ne pas utiliser cet appareil dans un environnement humide ou détrempé.
- Ne jamais faire tomber d'objets dans les ouvertures, ni insérer les mains ou les pieds dans ces derrières ou en dessous de l'équipement.
- Ne jamais placer de bouteilles ou de récipients sur l'appar eil à moins que ce ne soit dans le support prévu à cet effet.
- Ne pas se servir de l'appareil lorsqu'un aérosol ou de l'oxygène est en cours d'utilisation.
- Ne pas utiliser d'accessoires ou de pièces qui ne sont pas recommandés par le fabricant.
- Ne pas utiliser l'appareil sans le carénage, ni ne le modifier d'aucune façon.
- Ne pas utiliser l'appareil si le cordon ou la fiche est endommagé, s'il ne fonctionne pas correctement, s'il est tombé, a été endommagé ou affiche un code d'erreur.

PRECAUZIONI

ATTENZIONE: PRIMA DI UTILIZZARE LA MACCHINA LEGGERE IL MANUALE DI ISTRUZIONI.

ATTENZIONE: PRESENZA DI PARTI IN MOVIMENTO, TENERE MANI E PIEDI LONTANI DALLA PARTE INFERIORE DELLA MACCHINA MENTRE QUESTA È IN FUNZIONE.

ON

OFF

ATTENZIONE: PRIMA DI EFFETTUARE LA PULIZIA O INTERVENTI DI MANUTENZIONE, TOGLIERE TENSIONE ALLA MACCHINA.

ARRESTO (DELL'ATTIVITÀ)

Le presenti note di sicurezza sono destinate al proprietario di questa attrezzatura. Per motivi di sicurezza, si è tenuti a fornire la necessaria formazione a tutti i membri del personale e allo staff di fitness in relazione alle presenti istruzioni di sicurezza.

COSA OCCORRE FARE

- Istruire il personale affinché richieda un esame medico prima di iniziare qualsiasi programma di allenamento. Se in qualsiasi momento durante l'allenamento si avvertono debolezza, vertigini o dolore, fermarsi e consultare il medico
- Prima dell'uso leggere, assicurarsi di avere compreso e rispettare scrupolosamente tutte le avvertenze, le istruzioni e le procedure relative alla macchina riportate nel presente manuale.
- Utilizzare questa macchina esclusivamente ai fini descritti nel presente manuale.
- Installare la macchina su una superficie solida e in piano
- Ispezionare la macchina per verificare l'eventuale presenza di componenti non corretti, usurati o allentati, nel qual caso correggere, sostituire o serrare le parti in questione prima dell'uso
- Smettere di utilizzare la macchina se si avvertono vertigini, debolezza o forte stanchezza.
- Fare attenzione durante la salita e la discesa dalla macchina e prima di procedere assicurarsi che sia completamente ferma
- Eseguire la manutenzione preventiva regolarmente, come indicato nel manuale.
- Mantenere le aperture di ventilazione prive di pelucchi, capelli ecc.
- Mantenere la superficie della pedana pulita e asciutta.
- Portare il pedale sul lato di salita o discesa nella posizione inferiore e attendere che la macchina si arresti completamente prima di tentare di salire o scendere
- Ridurre la velocità di pedalata/di avvio in modo controllato: questa unità non è dotata di ruota libera.
- Prima dell'uso, leggere, assicurarsi di avere compreso e testare la procedura di arresto di emergenza.
- Mantenere il cavo elettrico lontano da fonti di calore eccessivo.
- Scollegare l'alimentazione prima di eseguire qualsiasi intervento di manutenzione o di pulizia.

COSA NON FARE

- Non lasciare usare la macchina da bambini. Sorvegliare le persone invalide o disabili che utilizzano la macchina.
- Non superare il peso massimo consentito per utente (350 lbs. / 159 kg).
- Non utilizzare la macchina senza scarpe da ginnastica.
- Non utilizzare la macchina indossando indumenti ampi o penzolanti.
- Non salire o saltare su e giù dalla macchina mentre questa è in funzione.
- Non utilizzare la macchina in ambienti umidi o bagnati
- Non lasciare cadere o inserire oggetti, mani o piedi nelle aperture o sotto l'attrezzatura.
- Non tenere sulla macchina bottiglie d'acqua o tazze a meno che non si utilizzino supporti appositamente progettati
- Non utilizzare la macchina in luoghi in cui vengono impiegati prodotti spray (aerosol) o in cui è in funzione l'erogazione di ossigeno.
- Non utilizzare accessori o componenti non raccomandati dal produttore.
- Non utilizzare l'apparecchiatura con la copertura del motore rimossa, né modificare l'attrezzatura in alcun modo.
- Non utilizzare la macchina in presenza di un cavo o di una spina danneggiati, di un malfunzionamento o nel caso la stessa sia stata danneggiata, lasciata cadere oppure mostri un codice di errore sul display.

PRECAUÇÕES

CUIDADO: LEIA POR COMPLETO O MANUAL DO PROPRIETÁRIO ANTES DE OPERAR ESTA MÁQUINA.

CUIDADO: PARTES MÓVEIS, MANTENHA AS MÃOS E OS PÉS AFASTADOS DA PARTE SOB A MÁQUINA DURANTE A OPERAÇÃO.

LIGA

DESLIGA

CUIDADO: ANTES DA LIMPEZA OU MANUTENÇÃO, DESCONECTE A ALIMENTAÇÃO.

PARADA (DA ATIVIDADE)

Essas observações de segurança são direcionadas a você na qualidade de proprietário do equipamento. Para fins de segurança, é sua responsabilidade treinar todos os usuários e a equipe de preparação física para que sigam estas instruções de segurança.

QUÉ HACER

- Indique a los miembros que se hagan un examen médico antes de comenzar cualquier programa de ejercicios. Si en algún momento del ejercicio, se siente débil, mareado o experimenta dolor, deténgase y consulte a su médico.
- Antes de usarla, lea, comprenda y siga cuidadosamente todas las advertencias, instrucciones y procedimientos de la máquina y de este manual.
- Use la máquina únicamente para su fin previsto, como se describe en este manual.
- Ubique la máquina en una superficie sólida y nivelada.
- Inspeccione la máquina para comprobar que no tenga componentes incorrectos, desgastados o sueltos, y corrija, reemplace o aprietelos antes de usarla.
- No opere la máquina si se siente mareado, débil o cansado.
- Suba y baje de la máquina con cuidado, asegurándose que se haya detenido por completo antes de bajarse o subirse.
- Realice mantenimiento preventivo con la frecuencia descrita en el manual.
- Mantenga todas las aberturas de ventilación libres de motas, cabellos, etc.
- Mantenga la superficie de la correa limpia y seca.
- Al subirse y bajarse mueva el pedal del lado por el que se baja a la posición más baja y detenga la máquina por completo antes de intentar bajarse o subirse.
- Reduzca la velocidad del pedal/biela de forma controlada. Esta unidad no está equipada con una rueda libre.
- Lea, comprenda y pruebe el procedimiento de PARADA de emergencia antes de usarla.
- Mantenga el cable eléctrico lejos de fuentes de calor excesivo.
- Desconecte toda la energía antes de realizar cualquier mantenimiento o limpieza.

QUÉ NO HACER

- Não deixe crianças operarem a máquina. Supervisione o uso da máquina por pessoas inválidas ou incapacitadas.
- Não exceda o peso máximo permitido para o usuário (159 kg /350 lbs).
- Não use a máquina sem calçados específicos para exercícios.
- Não use trajes largos ou com itens soltos enquanto utiliza a máquina.
- Não pise ou pule para subir ou descer da máquina enquanto ela estiver em movimento.
- Não use a máquina em locais úmidos ou molhados.
- Nunca deixe cair nem introduza objetos, mãos ou pés em qualquer abertura ou debaixo deste equipamento.
- Não coloque garrafas ou copos d'água sobre a máquina, a menos que você use os suportes destinados para isso.
- Não use a máquina em locais em que se borrifem produtos ou em que esteja sendo administrado oxigênio.
- Não use acessórios ou peças não recomendadas pelo fabricante.
- Não use o equipamento sem a cobertura do motor nem faça modificações de qualquer espécie no equipamento.
- Não use a máquina se o cabo ou a tomada estiver danificada, se a máquina não estiver funcionando corretamente, se tiver sofrido uma queda ou estiver danificada ou se o visor mostrar um código de erro.

PRECAUCIONES

CUIDADO: LEA COMPLETAMENTE EL MANUAL DEL PROPIETARIO ANTES DE OPERAR ESTA MÁQUINA.

CUIDADO: CUENTA CON PARTES MÓVILES, AL OPERARLA MANTENGA LAS MANOS Y PIES ALEJADOS DE DEBAJO DE LA MÁQUINA.

ENCENDIDA

APAGADA

CUIDADO: ANTES DE LIMPIAR O DAR SERVICIO, DESCONECTE EL SUMINISTRO DE ENERGÍA.

DETENER (EL FUNCIONAMIENTO)

Estas notas de seguridad están dirigidas a usted, como propietario del equipo. Para propósitos de seguridad, es su responsabilidad entrenar a todos los miembros y al personal de entrenamiento para que sigan estas instrucciones de seguridad.

O QUE FAZER

- Instrua os usuários a providenciarem um exame médico antes do início de qualquer programa de exercícios. Se, em qualquer momento durante o exercício, você sentir uma sensação de desmaio, tontura ou apresentar dor, pare e consulte um médico.
- Leia, entenda e siga cuidadosamente todas as advertências, instruções e procedimentos mostrados na máquina e neste manual antes do uso.
- Use sua máquina somente para o uso previsto, conforme descrito neste manual.
- Instale a máquina sobre uma superfície sólida e plana
- Inspecione a máquina para verificar a existência de compo nentes incorretos, desgastados ou soltos e execute as correções, substituições ou apertos antes do uso
- Interrompa o funcionamento da máquina em caso de tontura, desmaio ou exaustão.
- Tenha cuidado ao subir ou descer da máquina e certifique-se de que ela esteja totalmente parada antes de tentar subir ou descer.
- Faça regularmente a manutenção preventiva conforme instruído neste manual.
- Mantenha as aberturas de ventilação livres de fiapos, cabelos etc.
- Mantenha a superfície da esteira limpa e seca.
- Coloque o pedal no lado da subida ou descida na posição mais baixa e faça a máquina parar por completo antes de tentar subir ou descer.
- Reduza a velocidade do pedal/manivela controladamente - esta unidade não é equipada com uma roda livre.
- Leia, entenda e teste o procedimento de PARADA de emergência antes do uso.
- Mantenha o cabo de alimentação longe de fontes de calor excessivo.
- Desconecte a alimentação antes de qualquer procedimento de manutenção ou limpeza.

O QUE NÃO FAZER

- No permita que los niños operen la máquina. Supervise a las personas inválidas o discapacitadas que usan la máquina.
- No exceda el máximo peso de usuario permisible (350 lb / 159 kg).
- No use la máquina sin zapatos deportivos.
- Al utilizar la máquina no use ropa suelta o que cuelgue.
- No se pare o salte de/a la máquina cuando está en movimiento.
- No use está máquina en sitios húmedos o mojados.
- Nunca de caer o inserte objetos, las manos o los pies en las aberturas o debajo del equipo.
- No ponga botellas o vasos de agua en la máquina a menos que use los soportes que tiene.
- No use la máquina en lugares donde se usan productos en aerosol (pintura) o donde se administra oxígeno.
- No use accesorios o partes que no estén recomendadas por el fabricante.
- No haga funcionar el equipo sin la cubierta del motor, ni lo modifique de forma alguna.
- No opere la máquina si tiene el cable o enchufe dañado, si funciona incorrectamente, si se ha caído o dañado o si la pantalla muestra un código de error.

FÖRSIKTIGHETSÅTGÄRDER

VARNING: LÄS HELA ÄGARHANDBOKEN INNAN DU ANVÄNDER DEN HÄR MASKINEN.

VARNING: DET FINNS RÖRLIGA DELAR. HA INTE HÄNDER ELLER FÖTTER UNDER MASKINEN NÄR DEN ANVÄNDS.

PÅ

AV

VARNING: kOPPLA UR ELKABELN FÖRE RENGÖRING OCH UNDERHÅLL.

STOPPA (AKTIVITETEN)

Dessa säkerhetsföreskrifter är riktade till dig som är ägare av utrustningen. Av säkerhetsskäl är det ditt ansvar att utbilda alla medlemmar och träningspersonal så att de följer dessa säkerhetsföreskrifter.

GÖR DETTA

- Instruera medlemmarna att gå igenom en läkarundersökning innan de börjar med något träningsprogram. Om du vid något tillfälle under träningen känner dig svimfärdig, yr eller upplever smärta, ska du konsultera din läkare.
- Se till att du innan användning av maskinen har läst, förstått och följer alla varningar, instruktioner och procedurer för maskinen och i den här handboken.
- Använd endast maskinen på det sätt som är avsett och som beskrivs i den här handboken.
- Ställ upp maskinen på en stabil och plan yta.
- Inspektera maskinen så att där inte finns felaktiga, utslitna eller lösa delar. Dessa måste du i så fall korrigera, ersätta och skruva åt före användning.
- Sluta att använda maskinen om du känner dig yr, svimfärdig eller utmattad.
- Var försiktig när du stiger upp på eller ner från maskinen och se till att den har stannat helt innan du stiger upp eller ner från den.
- Genomför regelbundet förebyggande underhåll enligt instruktionerna i handboken.
- Se till att luftintagen är fria från hår, ludd och annat.
- Se till att ytan på bältet är ren och torr.
- Flytta pedalen på den sida du stiger upp eller ner till dess lägsta position och se till att maskinen har stannat helt innan du stiger upp eller ned från den.
- Minska hastigheten för pedalerna/vevaxeln på ett kontrollerat sätt - den här enheten är inte utrustad med frihjul.
- Innan du använder maskinen måste du läsa, förstå och testa proceduren för NÖDSTOPP.
- Se till att elkabeln inte är i närheten av alltför heta värmekällor.
- Koppla ur all strömtillförsel före underhåll och rengöring.

GÖR INTE DETTA

- Låt inte barn använda maskinen. Övervaka handikappade och rörelsehindrade personer som använder sin maskin.
- Överskrid inte den maximalt tillåtna vikten för an vändare(350 lbs. / 159 kg).
- Använd inte maskinen utan gymnastikskor.
- Bär inte löst sittande kläder eller kläder som kan fastna.
- Stig inte på och hoppa inte av maskinen när den är i rörelse.
- Använd inte den här maskinen på fuktiga eller blöta platser.
- Sätt inte in och tappa inte någonting och ha inte någon hand eller fot i någon öppning eller under den här maskinen.
- Placera inte vattenflaskor eller koppar på den här maskinen om du inte använder de hållare som är avsedda för detta.
- Använd inte maskinen på sådana ställen där aerosolspray används eller där syrgas används.
- Anslut inte någonting som tillverkaren inte har rekommenderat.
- Använd inte maskinen med borttagen motorhuv och gör inte om maskinen på något sätt.
- Använd inte maskinen om elkabeln eller kontakten är skadad eller om den inte fungerar normalt, om den har tappats eller blivit skadad eller om skärmen visar en felkod.

预防措施

注意：操作机器前请通读用户手册。

注意：活动部件，操作时请将手脚远离机器下方。

开启

关闭

注意：清洗或维修前，请断开电源。

停止（活动）

这些安全须知专为机器所有者编写。安全起见，您应负责培训所有会员及健身教练，使之遵守相关安全说明。

应做事项

- 在开始任何锻炼项目之前通知会员进行健康检查。使用过 程 中如出现头晕目眩或疼痛感，请立即停止并咨询医生
- 使用前请务必通读、理解并严格遵守机器及本手册上的所 有警告、说明及程序。
- 仅可将该机器用于本手册所述的预期用途。
- 请务必将本机器置于平坦坚实的表面上。
- 使用前请务必检查机器是否出现错误、磨损或部件松动的 情 况，并及时校正、替换或紧固部件。
- 如感觉头晕、虚弱或疲惫，请立即停止操作机器。
- 安装或拆解机器时请使用防护用品，并应于尝试安装或拆 解 前确保机器已完全停止运转
- 请按照手册上的说明定期开展预防性维护。
- 确保气孔中没有线头、头发等物。
- 确保带面清洁干燥。
- 上下机器之前，请将安装或拆解一侧的踏板调到最低位置，并将机器完全关停。
- 请将踏板及曲柄的速度降至可控制范围 - 本机器未加装空 转轮。
- 使用前请阅读、理解并测试紧急停止程序。
- 务请将电源线远离高热源。
- 在进行任何维护或清洗作业时，请断开所有电源。

禁止事项

- 请勿让儿童操作机器。病人或残疾人士使用机器时需有人监管。
- 请勿超过使用者体重的最大容许值 350 磅/159 千克）。
- 请勿在未穿运动鞋时使用机器。
- 使用机器时，请勿穿着宽松、悬垂的衣物。
- 请勿在机器运转时进行踩踏或跳上跳下。
- 请勿在潮湿的环境中使用本机器。
- 请勿将任何物件、手或脚放在或插入任何开口或设备下方。
- 除装有特殊把手外，请勿在机器上放置水壶或水杯。 请勿在使用气雾剂（喷雾）产品或需要供给氧气的环境 中操作机器。
- 请勿使用非制造商建议的附件或零件。
- 请勿在移开电机护罩的情况下运行设备或以任何形式改装设备。
- 若绳索或插头损坏、机器无法正常运转、跌落或损坏或其显示屏出现错误代码，请勿操作机器。

使用上の注意

注意：本機を操作する前に、取扱説明書全体に目を通してください。

注意：本機の稼働中は、可動部に注意し、本体の下側に手足を差し込まないでください。

オン
オフ

注意：清掃や保守を行う前に、電源を切断してください。

エクササイズの）中止

これらの安全上の注意は、機器の所有者に向けられています。安全手順が守られるよう、すべてのフィットネス会員やスタッフにトレーニングを提供することは所有者の責任です。

次のことを確実に実施してください。

- 何らかのエクササイズ プログラムを開始する前に、健康診断を受けるよう会員に促す。運動中にめまい、脱力感、痛みなどを感じた場合は、ただちに使用を停止して医師に相談する。
- 本機上に貼られていたり、本取扱説明書に含まれていたりする警告、指示や手順をすべて読んで理解し、注意して従う。
- 取扱説明書に記載されている使用目的でのみ、本機を使用する。
- 固く平らな床面上に本機を設置する。
- 部品に誤り、摩耗、あるいは緩みがないか点検し、問題がある場合には使用する前に調整、交換、または締め付けを行う。
- めまい、立ちくらみや疲れを感じた場合に、本機の動作を停止させる。
- 本機に乗り降りする際は注意を払い、乗り降りする前に、完全に停止していることを確認する。
- 取扱説明書の指示に従って、予防保守を定期的に実行する。
- 空気口に、糸くずや髪の毛などがない状態を維持する。
- ベルト表面を、清潔で乾燥した状態に保つ。
- 乗り降りする際は、最初に足を乗せる側のペダルを最も低い位置まで動かし、本機が完全に停止するまで待つ。
- ペダルやクランクの速度を徐々に緩める。本機にはフリー ホイールが装備されていません。
- 使用前に緊急停止の手順を読んで理解し、一度自身で試す。
- 電気コードを高温の熱源に近づけない。
- メンテナンスやクリーニングを行う際は、事前にすべての電源を外す。

次のことは絶対に避けてください。

- 子供達に本機を操作させる。病人や障害者に本機を使用させる。
- 159 kg（350 ポンド）の最大許容体重を超える。
- 運動靴を履かずに本機を使用する。
- ぶかぶかな服や、垂れている服を着て本機を使用する。
- 本機の作動中に、上に乗ったり、飛び乗ったり、飛び降りたりする。
- 湿った場所や濡れた場所で本機を使用する。
- 開口部や本機の下に、異物、手や足を落としたり、差し込んだりする。
- 専用ホルダーを使用せずに、本体の上に水のボトルやコップを置く。
- エアゾールスプレー製品を使用する場所や、酸素が供給されている場所で本機を使用する。
- 当社が推奨する付属品以外を使用する。
- モーターシュラウドが外れた状態で本機を動作させたり　、本機に何らかの改造を加えたりする。
- コードやプラグが損傷している、正常に動作していない、本機が落下したり損傷したりしている、またはディスプレイにエラーコードが表示されているにも関わらず、本機を操作する。

ПРАВИЛА ТЕХНИКИ БЕЗОПАСНОСТИ

ВНИМАНИЕ. ПЕРЕД ИСПОЛЬЗОВАНИЕМ ТРЕНАЖЕРА ВНИМАТЕЛЬНО ПРОЧИТАЙТЕ РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ.

ВНИМАНИЕ. ДВИЖУЩИЕСЯ ЧАСТИ - УБИРАЙТЕ РУКИ И НОГИ ИЗ-ПОД ТРЕНАЖЕРА ПРИ ЭКСПЛУАТАЦИИ.

ВКЛ.

ВЫКЛ.

ВНИМАНИЕ. ПЕРЕД ОЧИСТКОЙ ИЛИ ОБСЛУЖИВАНИЕМ ТРЕНАЖЕРА ОТКЛЮЧИТЕ ЕГО ОТ ИСТОЧНИКА ПИТАНИЯ.

ОСТАНОВ (РАБОТЫ)

Настоящие примечания по технике безопасности предназначены для вас как для владельца тренажера. В целях безопасности вы отвечаете за подготовку персонала фитнес-зала и всех пользователей к соблюдению следующих инструкции по безопасности.

ВЫПОЛНЯЙТЕ СЛЕДУЮЩЕЕ

- Поручите пользователям пройти медосмотр перед использованием любой программы тренировки. Если во время тренировки почувствуете слабость, головокружение или боль, прекратите тренировку и проконсультируйтесь с врачом.
- Перед использованием изучите, осознайте и неуклонно соблюдайте все предупреждения, инструкции и процедуры, содержащиеся в данном руководстве и на тренажере.
- Используйте этот тренажер только по назначению, как описано в данном руководстве.
- Установите тренажер на твердую и ровную поверхность.
- Перед использованием проверяйте тренажер на отсутствие неисправных, изношенных или ослабленных деталей, а при обнаружении замените или затяните их.
- Прекратите эксплуатацию тренажера, если вы почувствуете слабость, головокружение или истощение.
- Будьте внимательны при подъеме и спуске с тренажера, убедившись, что он полностью остановлен.
- Проводите регулярно плановое техническое обслуживание, как указано в данном руководстве.
- Не допускайте попадания пыли, волос и других загрязняющих компонентов в отверстия для воздуха.
- Следите за тем, чтобы движущееся полотно было чистым и сухим.
- Переместите педаль на стороне спуска или подъема в самое нижнее положение и полностью остановите тренажер, прежде чем пытаться влезть или слезть с него.
- Плавно регулируйте уменьшение скорости педали/кривошипа - устройство не оборудовано муфтой свободного хода.
- Перед использованием изучите, осознайте и проверьте процедуру экстренного останова.
- Держите шнур питания подальше от источников тепла и не подвергайте его избыточному нагреву.
- Перед техническим обслуживанием или чисткой отключите все источники питания.

ЗАПРЕЩАЕТСЯ

- Не разрешайте детям использовать тренажер. Контролируйте использование тренажера инвалидами или людьми с ограниченными возможностями.
- Не превышайте максимально разрешенный вес пользователя тренажера (350 футов или 159 кг).
- Не используйте тренажер без спортивной обуви.
- Не одевайте свободно болтающуюся или свисающую одежду, занимаясь на тренажере.
- Не ходите, не прыгайте и не слезайте с тренажера, пока он находится в движении.
- Не используйте тренажер в сырых и влажных помещениях.
- Никогда не вставляйте и не опускайте какие-либо предметы, руки или ноги в отверстия тренажера или под тренажер.
- Не помещайте бутылки или стаканы с водой на тренажер без использования специальных держателей.
- Не эксплуатируйте тренажер во время использования аэрозоля (разбрызгивания) или кислорода.
- Не используйте принадлежности или части, не рекомендованные производителем.
- Не используйте тренажер со снятым кожухом двигателя и не изменяйте его никаким способом.
- Не используйте тренажер с поврежденными шнуром питания или вилкой, если он работает неправильно, поврежден или опрокинулся, если на нем отображается код ошибки.

IMPORTANT LABEL LOCATIONS

⚠ WARNING

READ THE OWNERS MANUAL AND FOLLOW ALL PROPER INSTRUCTIONS PRIOR TO USE.

IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS INJURY.

1. As with all exercise equipment or programs, consult a physician prior to use and stop if you feel faint, dizzy or exhausted.
2. This equipment should only be used in a supervised environment.
3. Inspect machine prior to use and immediately report worn, loose or damaged equipment to the responsible party and refrain from using it.
4. Always exercise in control. Begin exercising carefully as steps and/or pedals will begin to move once contacted.
5. Keep body and clothing free and clear of all moving parts.
6. Always wear closed toe athletic shoes when operating this machine.
7. Keep children away.
8. Replace this label if damaged or illegible.

050-2215 B

Core Health & Fitness, LLC
4400 NE 77th Avenue, Suite 300
Vancouver, WA 98662 USA
1-888-678-2476

SKU

SERIAL

⚠ WARNING

SHOCK HAZARD

Do not open cover.
Refer servicing to qualified Personnel only. Disconnect from power source before servicing.

DATE | MAX USER WEIGHT
CYCLES | WATTS
VOLT AMPS | PHASE

Class SA Fitness Equipment for comercial use only
DESIGNED IN THE USA
MADE IN CHINA

CERTIFICATIONS

Patents:
www.corehealthandfitness.com/patents

P/N: 050-5456 Rev A

DISPLAY MEASUREMENTS

(SPM) Displays the current Steps Per Minute

(LEVEL) Displays the current level

(KCAL) Displays accumulated calories burned

(WATTS/ METS) Alternates display of current user Watts and METS

WORKOUT PROFILE Displays profile of past and upcoming speed levels relative to one another

SEGMENT TIMER Below the Workout Profile area is a segment timer that counts down the time remaining in the current segment.

TOP DISPLAY WINDOW

The top display window includes several measures:

TIME	Current total workout time
HEART RATE	Current HR in beats per minute, if available
DISTANCE	Current total distance traveled (MI/KM)
SPEED	Current speed (MPH/KPH)

CONSOLE KEY FUNCTIONS

Bluetooth Device Pairing: Pushing the button puts the console into discover mode. The console will be available for pairing for up to 60 seconds. To pair with a compatible App. The button will flash while searching for pairing, and the display will show the unique console code. Once a device is paired with the console, the light will stop flashing and remain on to indicate the connection. Visit our website for a list of compatible Apps.

QUICK START Key: Enables manual operation using a default weight, LEVEL of "1", and a default time limit.NOTE: Default time and weight are adjustable through Maintenance Mode.

Numeric Keypad: Use to enter specific values for program parameters during program setup.During a program, these keys may be used to change level.

Fan Button: Cycles the fan between three settings: High, Low and Off

Up/Down Buttons: Cycle between options during setup mode, adjust level up and down during workout mode

WORKOUT SELECTION KEYS AND PROGRAM DEFINITIONS

GOAL BASED PROGRAMS

NOTE: When a goal based program is selected, user will then have the option to select from a list of program profiles, see PROGRAM PROFILES section for details on the profile options

Manual: Similar to Quick Start, but allows user to enter weight for more accurate Calorie measurement

Auto Pilot: Increase resistance by pedaling faster, no key to press

Warm up program: Seven minute program with three resistance level settings designed to properly warm up the muscles prior to a workout

CONSOLE KEY FUNCTIONS

Random Hill: Climbing interval style workout

Alpine Pass: Climbing interval style workout with a progressive, high level of intensity

Training Tools: Access to HR Training and the fitness test

OPERATION - OPENHUB TOUCHSCREEN CONSOLES

DISPLAY MEASUREMENTS

Time	Current total workout time
Level	Current level, from 1-20
SPM	Current Steps Per Minute
Distance	Current total distance
Calories	Accumulated calories burned
Cal/Hour	Current rate of calorie burn
WATTS	Current user Watts
METS	Current user METS
Heart Rate	Current HR in beats per minute, if available

CONSOLE KEY FUNCTIONS

Bluetooth Device Pairing: Pushing the button puts the console into discover mode. The console will be available for pairing for up to 60 seconds to pair with a compatible App. The button will flash while searching for pairing, and the display will show the unique console code. Once a device is paired with the console, the light will stop flashing and remain on to indicate the connection. Visit our website for a list of compatible Apps.

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Fan Button: Cycles the fan between three settings: High, Low and Off

WORKOUT SELECTION KEYS AND PROGRAM DEFINITIONS

On the main screen are several choices:

Select a Workout User selects from a variety of pre-loaded workout options:

- Warm Up
- Burn Fat
- Improve Cardio Capacity (HR Control Programs)
- Train (Speed, Strength, Endurance, 5K Time Trial, Constant Watts, Interval Watts)
- Evaluate Fitness Level (Fitness Test)

Create a Workout User creates a workout after choosing either a time or distance goal

OPTIONS DURING WORKOUT MODE

Screen Views During any workout, user can select from four screen view options by selecting a tab in top left of screen:

Progress	Workout stats plus graphical representation of workout level segments
Simple	Key workout stats in large format, easily readable
Heart Rate	Workout stats plus graphical representation of HR and zones
Track	Workout stats plus a track view

Changing Level

Use the +/- buttons to adjust the level up and down on screen

Pausing Workout

Stop stepping to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 30 seconds. To re-start workout re-start pedaling.

End of Workout

When program goal is reached, or the unit has been in pause mode for 30 seconds, the workout ends and the display will show the total workout statistics and clear.

TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed (Fig. 7) available when performing maintenance.

Tool	
Multi-meter	Screwdriver Set, Phillips
Socket Set, SAE	Screwdriver Set, Flat
Socket Set, Metric	Tape Measure
Socket driver	Ball Pene Hammer
Open end wrenches, SAE	Rubber Mallet
Open end wrenches, Metric	USB - Flash Drive
Hex Bit Socket Set, SAE	Motorcycle straps, adjustable
Hex Bit Socket Set, Metric	Loctite 680
Adjustable Wrench	1' Jumper wire w/ alligator clips
Snap Ring Pliers	zip ties – various sizes
Torque Wrench	

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service untilthe repair is made.

MAINTENANCE SCHEDULE

	Daily	Weekly	Monthly	Every 3 Months	Comments
General Maintenance					
Check Safety & Warning Labels	X				
Check for squeaks & vibrations					
Check steps are tight and are in good conditon		X			
Check and tighten all hardware			X		
Check leveling feet			X		
Check all settings & keypad performance			X		
Check drive assembly for wear				X	
Cleaning					
Clean Console	X				Clean with a water dampened cloth & wipe dry after cleaning.
Clean Side Covers	X				Clean exterior with soap and water or a diluted household cleaner.

INSPECTION

Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damagethe unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from core Health Fitness (call Customer Service for order information).

MAINTENANCE MODE - LCD

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. Press and hold the 0 , 2 and OK keys together.
2. A beep will sound and "MAINTENANCE MODE" will display momentarily in the Information Window.
3. Release all keys. "SERIAL NO #####" will display in the Information Window.

The following keys are available in MAINTENANCE MODE:

Increase and Decrease LEVEL Keys: Adjust the value of the displayed parameter up and down, respectively, in incre- ments of 1 unit. These keys do not save the new value - see OK Key below.

Numeric Keypad: Allows you to enter specific values for numeric parameters. These keys do not save the new value - see OK Key below.

OK Key: Updates (saves) the values of all parameters in non-volatile memory,and exits Maintenance Mode.

NOTE: To exit Maintenance Mode without saving any values or settings, press the QUICK START key.

A complete list of the items that you may display and change in Maintenance Mode:

Item	Min	Max	Default	Notes
SN	0	65535	0	Serial Number. Bike serial number (set by factory).
DSW	N/A	N/A	Vx.xx	Display Software. Display panel software version number (set by factory). (V.55 4A72CA5D)
LCB VERS	N/A	N/A	Vx.xx	LCB Software. LCB software version number (set by factory). (V2.05)
UNx	N/A	N/A	ENGLISH	Units. UNE (English) = units of pounds, miles, feet, inches
				UNM (Metric) = units of kilograms, kilome- ters, centimeters
MAX TIME	5	99	99	Time. Maximum time in minutes allowed for a program, excluding warm-up and cooldown.

WGT	1 (lb)	500 (lb)	155 (lb)	Default Weight (to user). Typical weight in lb (UNx = UNE) or kg (UNx = UNM).
	1 (kg)	226 (kg)	70 (kg)	
LANG	N/A	N/A	ENG	Language. Display language; either LEN (English), LGE (German), LSP (Spanish), LDU (Dutch), LPO (Portuguese), LFR (French), LIT (Italian), LSW (Swedish), LKA (Katakana) or RUS (Russian).
MDL			XX-XX	PB-UB : Upright Bike, PB-RB : Recumbant Bike, PRO CT: Cross Trainer or VersaStrider
CSAFE			OFF	OFF=CSAFE communication disabled.
				ON=CSAFE communication enabled.
METS			OFF	OFF=METS display disabled.
				ON=METS display enabled.
WALL PW			OFF	OFF = SELF PW ， ON = PLUG IN 12V ADAPTOR
AUTO FAN			ON	
ANT +			OFF	OFF=Ant + function disabled.
				ON=Ant + function enabled.
OP HOURS				Operating Hours. Total operating hours
QUICK START			0	Quick Start. Number of times the Quick Start program was run since last reset.
CONST HR			0	Constant Heart Rate. Number of times the Constant Heart Rate program was run since last reset.
DYNAM HR			0	Dynamic Heart Rate. Number of times the Dynamic Heart Rate program was run since last reset.
FITNESS TEST			0	Fitness Test. Number of times the Fitness Test program was run since last reset.
ALPINE PASS			0	Alpine Pass. Number of times the Alpine Pass program was run since last reset.
RNDM PROG			0	Random Program. Number of times the Random program was run since last reset.
IW PROG			0	Interval Watts Program. Number of times the Interval Watts program was run since last reset.

CW PROG			0	Continuous Watts Program. Number of times the Continuous Watts program was run since last reset.
AUTO PILOT			0	Auto Pilot. Number of times the Auto Pilot program was run since last reset.
BATT VLT			X.X	Battery voltage measurement
DISPLAY TEST				Access to LCD Test function
KEYPAD TEST				Access to Keypad Test function
HEART RATE TEST				Access to Heart Rate System Test function
SERIAL PORT TEST				Access to Serial Port Test function
FAN TEST				Access to Fan Test function
ERROR STATS				Count of errors
BACK LIGHT	10	200	200	Display backlight setting
CONTRAST	0	100	100	Display contrast setting
UPDATE SOFTWARE				Upadate SW through USB port

MAINTENANCE MODE - TOUCHSCREEN

To enter maintenance mode on 15" touchscreen display, simultaneously press the Vol UP, Channel UP and the number 3 on the media center keypad.

To enter maintenance mode on the 10" touchscreen display, in sequence press the top left corner, then top right corner, then the StairMaster icon.

The maintenance menus for the touchscreen displays contain many of the same options as for the LCD displays, as well as a few extra options related directly to touchscreens, such as touchscreen calibration and an option to upload background images. Refer to the touchscreen manual for more information.

REGULATORY INFORMATION

This section provides regulatory and safety information pertaining to the product

FCC AND OTHER DOMESTIC REGULATIONS

This product has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of FCC rules. Under FCC guidelines, operation is subject to the following two guidelines:

1. This device may not cause harmful interference, and
2. This device must accept any interference received, including interference that may cause undesired operation.

The product generates and uses radio frequency energy. If the product is not installed and used in accordance with the instructions provided in the owner's manual, interference with radio communications may occur. Likewise, if unapproved accessories are installed, interference with radio communications may occur. The intent of the FCC class A limit is to provide reasonable protection against harmful interference in a commercial installation. However, there is no guarantee that interference may not occur in a specific installation. In the event that interference is experienced, turn off the unit to verify that it is the source. If the interference clears with the unit off, then try each of the following measures and combinations thereof:

- Reorient or relocate the machine.
- Reorient or relocate the receiving antenna for your television, radio or VCR.
- If using the wall outlet option, connect the unit to a different power outlet.
- Contact Product Support, your authorized dealer, or a qualified radio/television technician for help. This product has also been tested to meet the following standards:
- UL 1647 (1997) Motor Operated Massage and Exercise Machines

CANADIAN DOC AND OTHER REGULATIONS

This class A digital apparatus meets all requirements of the Canadian Interference Causing Equipment Regulations. This product has also been tested to meet the following standards:

- CSA C22.2 No 0-M91 General Requirements
- CSA C22.2 No. 68-92 Motor Operated Appliances

EUROPEAN APPLICATIONS

This product has been tested to thefollowing standards:

EN 60335-1: 1995	Safety of household and similar electrical appliances Part 1: General requirements
EN 61000-6-1: 2001	EMC Generic standards - Immunity for residential, commercial and light-industrial environments
EN 61000-6-3: 2001	EMC Generic standards - Emissions standard for residential, commercial and light-industrial environments
EN 957-1	Safety of Machinery
EN 957-8	Stationary Training Equipment - Part 8: Steppers, Stairclimbers and Climbers- Additional Specification safety requirements and test methods

OTHER

ASTM 2776-10	Standard Specification for fitness Equipment

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