

# STC-MN-BS021-BLK operation instruction



- **Please read this manual carefully before assembling and training. The information in it can help you know how to install and use this product correctly. When you use this product, we assure that you have read this manual.**
- **After you purchase this product, please fill in the warranty card carefully and keep it well. Mail receipt to our company by express to ensure that we can provide you with quality services in the future.**
- **With the continuous improvement of the products, the contents of the manual shall be revised and we will not notice you.**
- **The user's manual should be kept properly so that it can be viewed at any time.**

## **PART ONE : Safety Notes**

**Safety tips: this manual contains important safety information. Please read it carefully before use this production.**

**1. The machine is suitable for commercial fitness clubs, clubs, fitness training, physical training, physical education, etc.**

**2.This machine is suitable for indoor use, not for outdoors use or in high humidity areas, do not allow water or other liquid splattered on machines, not allowed to place or insert any other objects on it.**

**3. Please ensure its four corner placed smoothly and reliable on the ground. There should have 2000mm x 1000mm safety space behind this production .**

**4. When using this machine , please warn the person wear appropriate sportswear and sport shoes, the first time to use the device must be guided by professional trainer . During the exercise, stop the machine immediately when accidents happened.**

**5. Two or more people are not allowed to move on the stairs at the same time, and the maximum body weight of the machine station is 170 kg.**

**6. Action Guidance:**

**A. Aerobic exercise: can consume energy, improve heart and lung function, speed up blood circulation, improve the overall quality of the human body, to achieve weight loss, body building purposes.**

**B.For the first time**

**to use the stairs machine, you need to hold the armrest with both hands to maintain the balance of your body.**

**C. When adjust resistance, please adjust slowly.**

**D. The user can walk off the running platform only if it is safe.**

**7. No device on the fuselage can be in a relaxed state.**

**8. Incorrect or overloaded training may result damage to the motor and controller, accelerate the machine aging , and even lead to personal injury.**

**9. Do not touch any part of the stair machine with your hands when you use this machine.**

**10. Long hair users should pay attention to the safety of their hair during the use of stair machines.**

**11.If you feel**

**any discomfort or abnormality , stop exercise immediately and consult your doctor.**

**12. Before use, ask professionals to check that the transmission components are tight, if it is loose, please tighten or replace in a timely manner.**

**13. During maintenance and repair, please put an warn card to tell people that this machine is broken and can not work normally.**

**14. If there is an abnormal sound or other abnormal situation of the stair machine, please immediately stop the operation and contact our after-sales department in a timely manner, or seek professional help.**

**15. In the bottom right corner of the stair's steps installed with a photoelectric switch, if the**

**machine detect objects, stairs machine will immediately stop, please**

**pay attention to the safe .**

**16. Before each use of the stairs, it is necessary to confirm whether the brakes have been held on the brake motor.**

**the detection method is: no click on the start of the case, in the stair under the stairs, if the steps will not move continuously, then the brakes can not be used; It is strictly prohibited to use and telephone contact us, replace the brakes;**

**17.This**

**machine are strictly prohibited for use below AC180V and in volatile voltages, ensuring that the voltage is  $AC220 \pm 10\%$  , otherwise it is necessary to install a regulator to keep voltage a**

**t the demand voltage;**

## **Part Two: technical standards:**

**Enter the supply voltage: AC220V  $\pm$  10%**

**Slab area: 56cm x 23.5cm x 22cm**

**Maximum load: 160kg**

**Heart rate display range: 0 - - 999**

**Time display range: 0:00 - - 99 : 59**

**Mileage range: 0 - - 999**

**Heat display range: 0 - - 999 ( Kcal ) )**

**Level display range: 0 - - 15th**

**Power cord specifications: 10A AC250V**

**Running speed: 15th Order / Minutes - 164 Order / Minutes**

**Net weight: 190kg**

**Gross weight: 236kg**

**Product size: 145cm x 82cm x 208cm**

**Package size: 137cm x 96cm x 130cm**

## Third Part: The whole machine diagram



## **Fourth Part: The installation process**

### **Assembly instructions:**

**To facilitate assembly as a principle**

**Everything in this section is intended to ensure that the stair machine can be easily and correctly assembled.**

- **Due to the large size of the stair machine, please select the assembly site where the stair machine will be placed and make sure there is enough space around the stair machine.**
- **place all parts and components of the stair machine in the empty area and remove all packaging materials. Do not discard the packaging materials until the assembly is completed.**

● all bolts must be tightened during assemble.

● When assembling this stair machine, ensure that all parts are assembled according to the assembly drawing

**Assembly Step 1:**

**Fixed auxiliary foot**

**Assembly instructions:**



- (1) remove the packaging materials of left and right auxiliary feet**
- (2) fix the auxiliary feet in the position as shown in the picture, and pay attention to distinguish the left and right feet**

## **Assembly step 2**

**Connect the communication line and assemble the handrail assembly**

### **Assembly instructions:**

- (1) open the back cover. Remove all screws from the back cover, open the back cover, and insert the head with the column from above. (see figure 1)**
- (2) insert the table head display. Insert the column head from the indicated position. (as shown in figure 2)**

**(3) open the top of the back cover and fix the watch head with screws. (as shown in figure 3)**

**(4) there are 2 wires on the right and left side of the fixing screw. Please observe the number of holes in the connector, 3 holes and 4 holes respectively. (as shown in figure 4)**

**(5) connection method: 3 holes on the left and 3 holes on the right, 4 holes on the left and 4 holes on the right. Please look at the diagram. Be careful not to use brute force. Reinstall the back cover (as shown in figure 5)**



(figure 1)



(figure 2)



(figure 3)



(figure 4)



(figure 5)

### Assembly step 3

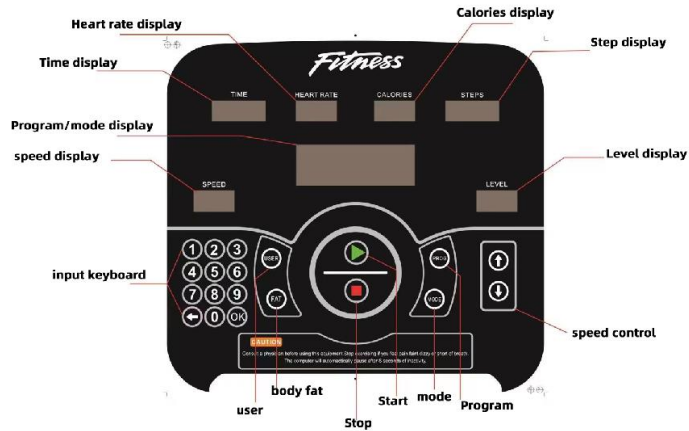
**Install handrails. There are two handrails with right and left symmetry above each machine.**

As is shown in



# Stair machine operation instructions


## One: Display



## **Second: machine commissioning process**

- 1. Shake the handrail of the machine with your hand to confirm whether the machine is stable.**
- 2. Turn on the power, electrify the machine, step on the stair machine, press all the keys on the electronic watch, observe whether each key corresponds to its function, whether the keys are effective and feel good;**



- 3. Press “” button and the stair machine starts to turn. The operation level is 1. Check whether all parts of the stair machine are running normally at this time.**

### Third: manual mode:

In standby mode, press "START/STOP" directly, and the stair machine will run at the speed of level 1. Other Windows START counting forward from 0, and click "+" and "-" to change the running level. The running level can also be directly entered by clicking the number key.

### Fourth: The keyboard

1、In standby mode, press "" button, enter the training mode, you can choose (P1、P2、

P3、 P4、 P5、 P6、 P7、 P8) ,and then select "" , to enter the training mode.

2、 In standby mode, press "" button, to enter the setting mode, click to set the training

time (8:00—99:00), click again to set mileage (100—990), three presses to set calories

(20.0—990), after setting, press “” button to enter the training mode.

## **Fifth: photoelectric switch description**

The photoelectric switch is placed at the lower right corner of the step, and the stair machine will stop immediately when it detects the object blocking, for safety assurance. Make sure there is no problem with the photoelectric switch when using. Photoelectricity cannot be used in non-emergency situations to achieve the purpose of stopping;

### **Daily maintenance**

#### **1. Clean every day**

**It is recommended that you clean the equipment before and after each training session. To remove dust from the equipment, wipe all exposed surfaces later with a cleaning agent soaked in a soft cloth; Note: read and follow the manufacturer's instructions before using any cleaning agent to clean fitness equipment, especially the dilution instructions. Do not use concentrated solution of strong concentration, or any acidic cleaning agent directly. This cleaning agent will corrode the protective coating of the equipment. Do not splash or spray water or liquid on any parts of the equipment. Wait until the equipment is completely dry before using it.**

**Often use a vacuum cleaner to clean the floor below equipment to prevent dust accumulation from affecting equipment operation. Use a soft nylon scrubbing brush to clean equipment**

**grooves and pedals.**

**2.Check every day**

**3. Check the equipment at least once a day for the following problems:**

**Belt creep**

**Loose fastener**

**Abnormal noise**

**Any other indication that the equipment may require repair.**

**4. Weekly maintenance**

**Perform the following weekly maintenance tasks:**

**(1) use water or a cleaning agent to clean tracks and wheels.**

**(2) use a vacuum cleaner or wet mop to clean the floor under the equipment.**

**(3) all functions of the test console, including heart rate monitoring function.**

**(4) check whether the equipment is fixed steadily on the floor. All legs of the equipment should be firmly in contact with the floor, and the equipment should not be shaken or shaken when used. If not, flatten it again.**

**5. Move equipment is very heavy.**

**If you plan to move the equipment to a new location, look for adult helpers and use the right lifting techniques. If the equipment has rollers at one end, use rollers to reduce the load on you and your assistants.**

**It is recommended to use four-wheel transport trolley to move.**

## **6. Long-term storage when not in use**

**If you do not want anyone to use the equipment for a long time, perform the following tasks to save it:**

**Place equipment properly to avoid damage and not interfere with other people or other equipment.**