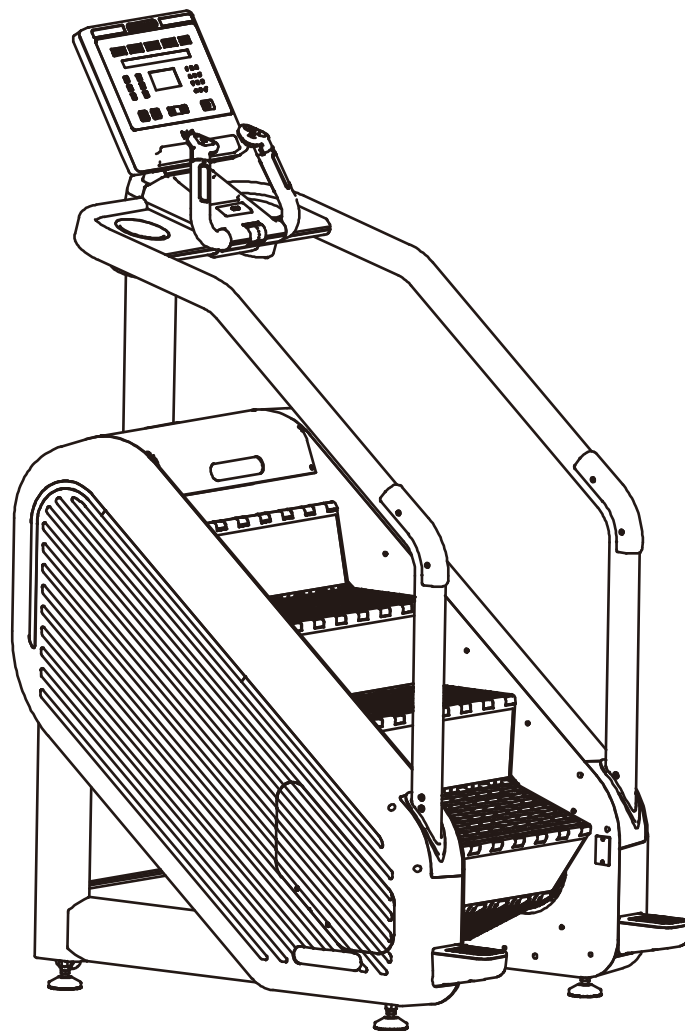




XSC700

Stepmill

Owner's Manual

23A Rev B

CAUTION! Read all precautions and instructions in this manual before using this equipment.

Table Of Contents

! CAUTION

Read all precautions and instructions in this manual before using this equipment.

Important Safety Instructions-----	3
Adjustment and Use remote controller-----	5
Main Parts List-----	6
Using Method-----	7
Warm Up Exercises-----	8
Console Information-----	9
Moving Instructions-----	10
Parts List and Exploded View-----	11
Console Panel Functions-----	21
Maintenance Check List-----	37

Important Safety Instructions

WARNING - Before using this Stepmill or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product. To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

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.

WARNING - Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint stop exercising immediately.

SAFETY PRECAUTIONS AND TIPS

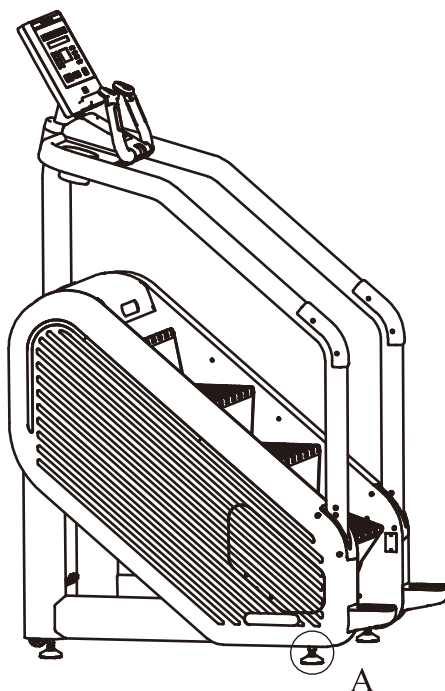
1. It is the owner's responsibility to ensure that all users of this Stepmill have read the Owner's Manual and are familiar with warnings and safety precautions.
2. The Stepmill should only be used on a level surface and is intended for indoor use only. The Stepmill should not be placed in a garage, patio, or near water and should never be used while you are wet. Recommends a Stepmill mat be placed under the Stepmill to protect floor or carpet and for easier cleaning.
3. Follow safety information in regards to plugging in your Stepmill. Keep the power cord away from the incline wheels and do not run the power cord underneath your Stepmill. Do not operate the Stepmill with a damaged or frayed power cord.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the Stepmill with bare feet, sandals, socks or stockings.
5. Hold on to handrail when adjusting speed, incline, or other controls.
6. Always examine your Stepmill before using to ensure all parts are in working order.

Important Safety Instructions

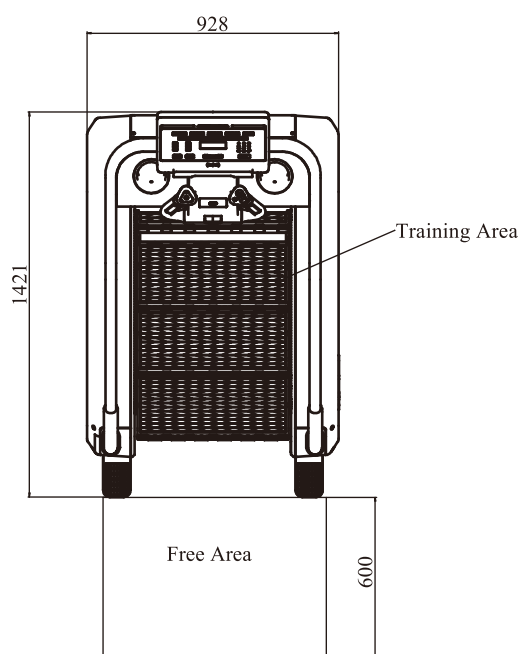
7. Allow the belt to fully stop before dismounting.
8. Pets should never be allowed near or on the Stepmill.
9. Do not leave children unsupervised near or on the Stepmill.
10. Never operate the Stepmill where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your Stepmill, no more than one person should use the Stepmill at a time.
13. Always unplug the Stepmill before cleaning and/or servicing. Service to your Stepmill should only be performed by an authorized service representative, unless authorized and or instructed by the manufacturer.
14. Failure to follow these instructions will void the Stepmill warranty.
15. If the supply cord is damaged, it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a hazard.

Adjustment and Use remote controller

If the ground in user's house is not level, please adjust the adjust support properly which is marked as A in the below figure to make the machine at a level place. After adjusting tighten the hex nut by using the Double-ended spanner.



Training Area and Free Area



Specifications

Class: SB

Maximum User Weight: 160kg/ 353lbs

Product Dimension: 1421*928*2248mm

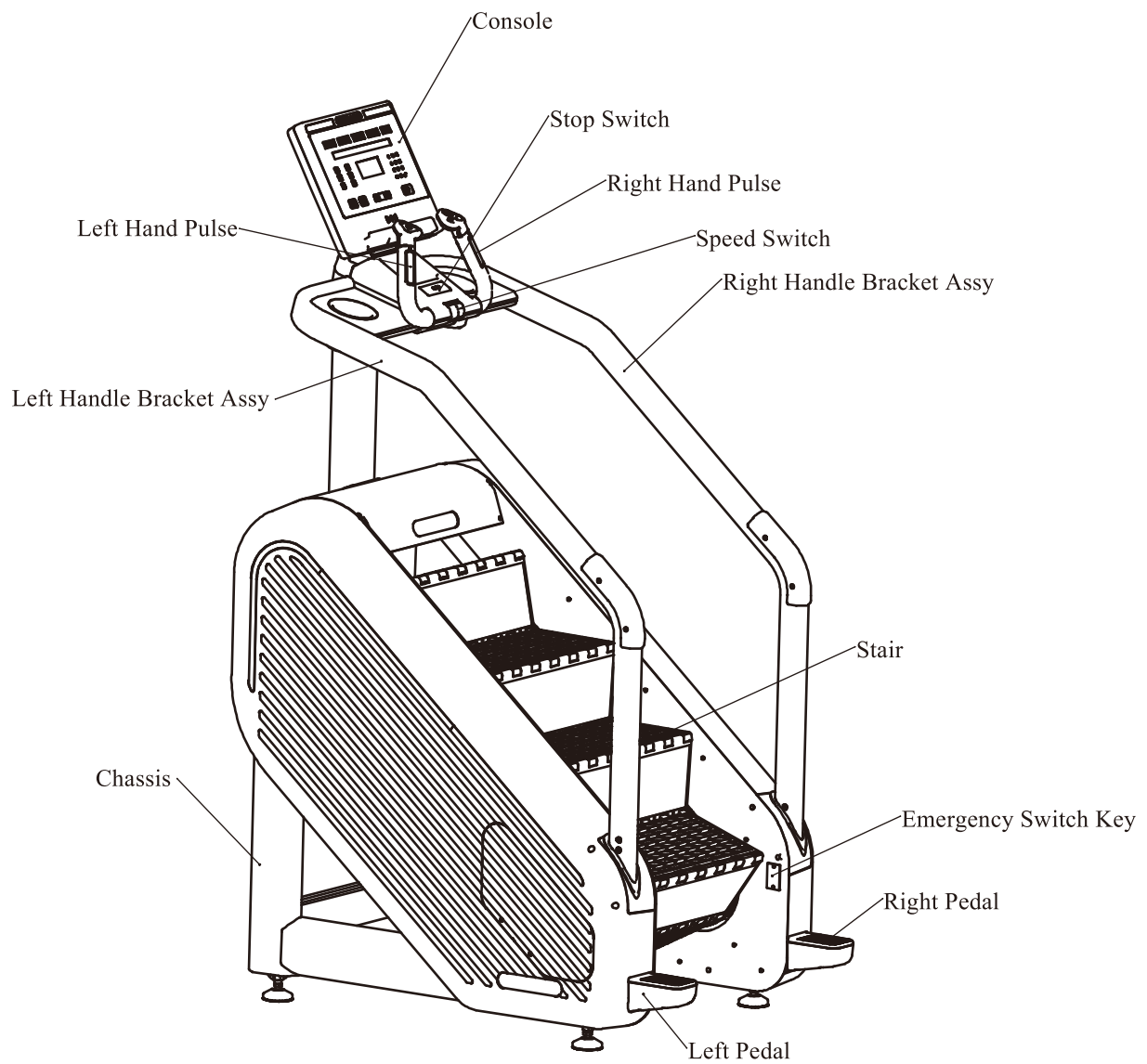
Product Total Surface: 1421*928mm

Product Total Mass: 206.4kg/ 455lbs

Speed range: 25-158 steps/min

Display information: gear, heart rate, steps, time

Main parts list



Using Method

Please read carefully and using follow the functions

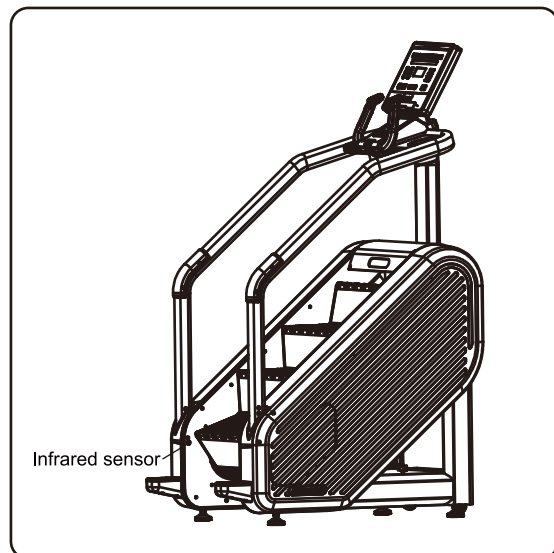
1. Only after the stair machine is fully installed can it be connected to the power supply.
2. When standing on the pedal and pressing the power button or the start/stop button, please hold the handle or both handrails with both hands.
4. Start the operation according to the operation instructions of the electronic watch, set the speed at the lowest at the beginning, and start walking, and then slowly accelerate.
5. Gradually reduce speed to a minimum before stopping, then hold onto the handrail and stand with both feet on the pedals.
6. When operating the electronic watch, you must hold the handrail with one hand.
7. After the exercise, please press the stop button. It is recommended to relax properly.
8. In case of emergency, please press the stop switch immediately, hold the handrail with both hands, and then step down from the back side after the machine stops.

Infrared sensor instructions

In addition to the stop switch, the Stepmill comes with an infrared sensor. When the user's foot position is too far back, there is a risk of sliding, the infrared sensor plays a role, so that the stair machine stops running, the user returned to the safe position, the stair machine can start normally.

WARNING

1. When the above switch is stopped, the pedal of the stair machine will run for a few seconds under the action of inertia before it can be completely stopped.
2. Please keep the reflector clean once a month.



Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.

HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.

CALF/ACHILLES STRETCH

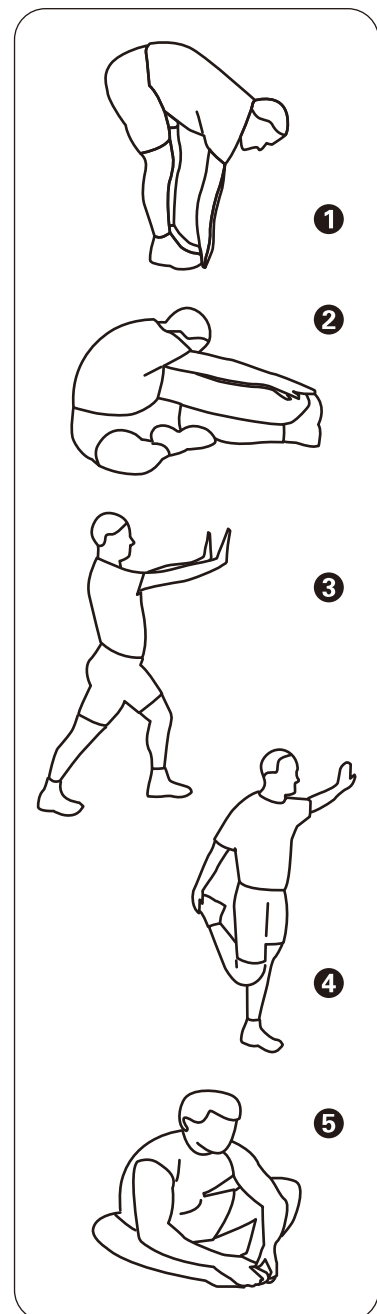
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the achilles tendon, bend your back leg as well. This will stretch your calves, achilles tendons, and ankles.

QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

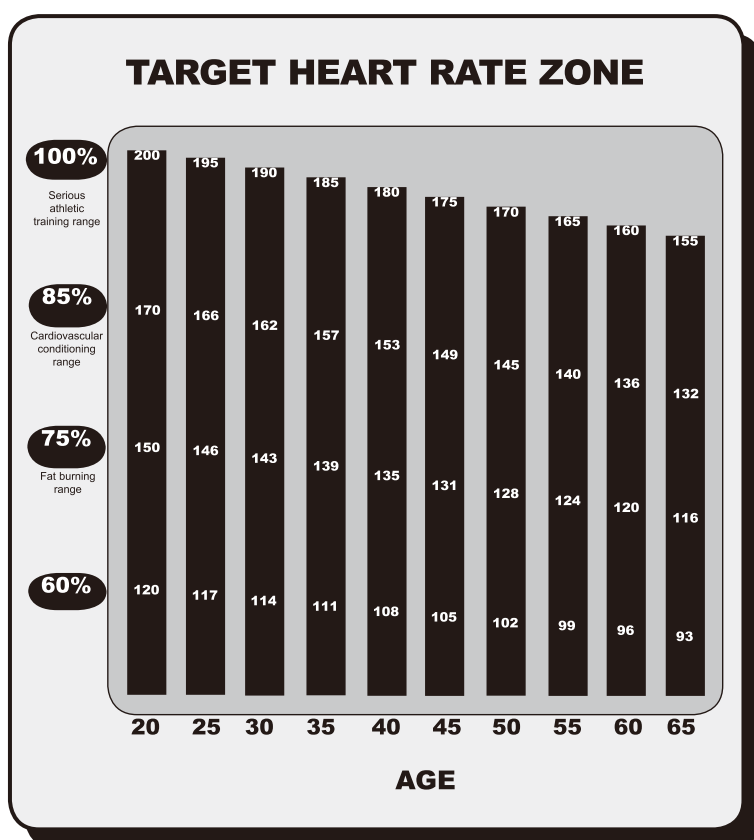


Console Information

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually pro-gressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.



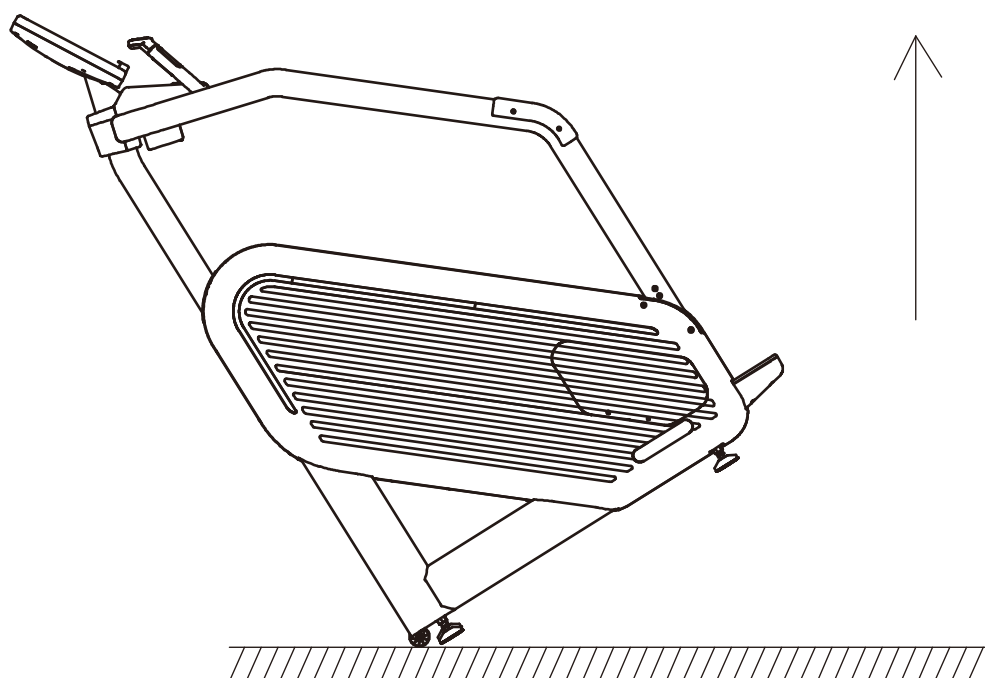
Fitness Safety The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

Moving Instructions

Caution! In order to protecting your Stepmill, spattering water on the machine must be forbidden. To avoid the risk of injury, never attempt to move the Stepmill while it is operating. To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you raise the Stepmill, lift using your legs, not your back. In order to raise or lower the Stepmill safely, you must be able to lift 220 pounds (100kg). It is suggested you always use the aid of a second person when moving the Stepmill.

Lift the Stepmill back then move it to the desired location. Carefully put down it on the position. Do not attempt to move the Stepmill over an uneven or rough surface.

Note: The Stepmill's angle can not exceed 25 degrees when lifted the Stepmill back.



Parts List and Exploded View

Chassis Assy

Grade NO.	Part No.	Description	QTY
1.1	XSC700B0100	Chassis	1
1.2	XSC70056ASSY	Lower right bearing assy	1
1.3	XSC70055ASSY	Lower left bearing assy	1
1.4	XSC7000400	Lower sprocket welder	1
1.5	XSC7000500	Upper sprocket welder	1
1.6	XSC7000600	Sprocket welder	1
1.7	XSC70007ASSY	Shaft ASSY	1
1.8	D90-LT	Brake	1
1.9	XSC70010ASSY	Tightener Assy	1
1.10	XSC70012ASSY	Tightener Assy	1
1.11	XSC7001700	Chain	1
1.12	XSC700B18ASSY	Left Cover Assy	1
1.13	XSC700B20ASSY	Right Cover Assy	1
1.14	XSC70021ASSY	Left Cover Assy	1
1.15	XSC70022ASSY	Right Cover Assy	1
1.16	XSC7005600	Back Cover 1	1
1.17	XSC7005700	Back Cover 2	1
1.18	XSC7005800	Back Cover 3	1
1.19	XSC7003600	The bottom Left Pedal	1
1.20	XSC7003700	The left pedal cover	1
1.21	XSC7002300	Chain	2
1.22	XSC7002400V1	Shaft	8
1.23	XST7008000V1	Pedal	8
1.24	XST7008100	Connection plate	8
1.25	XSC7002500V1	Shaft	8
1.26	GB276608-2RZNBK	Bearing,6608	16
1.27	GB8966FH12	Open ring	16
1.28	RU7004800	Wheel Bearing Sleeve	3
1.29	U7B4000	Spacer	1
1.30	TBT0800	Nut Spacer	1
1.31	STD P3400V1	Leveler Foot	4
1.32	Z3-25X50	Taper-lock	1
1.33	UP205	Bearing unit	2

Parts List and Exploded View

Chassis Assy

Grade NO.	Part No.	Description	QTY
1.34	B4004000	Corrugated elastic washer	4
1.35	NM10DHS2	Nut	10
1.36	GB41M8DHS2	Hexagon nut	3
1.37	GB41M10DHS2	Hexagon nut	4
1.38	PNLM10*55DHS2	Screws,M10*55	2
1.39	DQ10DHS2	Washer	12
1.40	GB70M5*15DHS4	Screws,M5*15	3
1.41	GB845ST4.2*13DHS	Screws,ST4.2*13	42
1.42	GB845ST4.2*16DHS	Screws,ST4.2*16	8
1.43	GB6177M16DS2	Nut	4
1.44	NM6DHS2	Nut	6
1.45	GB818M4*16DHS2	Screws,M4*16	32
1.46	NM8DHS2	Nut	31
1.47	DXD427K6A	Wedge belt	1
1.48	DQ8DHS2A	Washer	1
1.49	GB5780M8*25DS2NL	Screws,M8*25	1
1.50	GB936DHS12	Spring washer	18
1.51	GB938DHS12	Spring washer	1
1.52	DQCGQ15B	Speed sensor	1
1.53	C77B-XY	Controller	1
1.54	GB70M8*100*100DHS18	Screws,M8*100*100	1
1.55	XSC7005500	Wheel	2
1.56	PNLM8*25DHS20	Screws,M8*25	1
1.57	NM12DHS2	Nut	1
1.59	RFMMZ-NDL-XY	Cable for RF	1
1.60	XSC7005900	Shield	1
1.61	GB17880.3M5*13DS17	Screw M5*13	6
1.62	XSC7006100	L plate	1
1.63	XSC70072ASSY	Left handrail cover assy	1
1.64	XSC70077ASSY	Right handrail cover assy	1
1.65	XSC7005100	The bottom Right Pedal	1
1.66	XSC7004600	The Right pedal cover	1
1.67	GB5781M10*40DHS2	The bottom Right Pedal	4

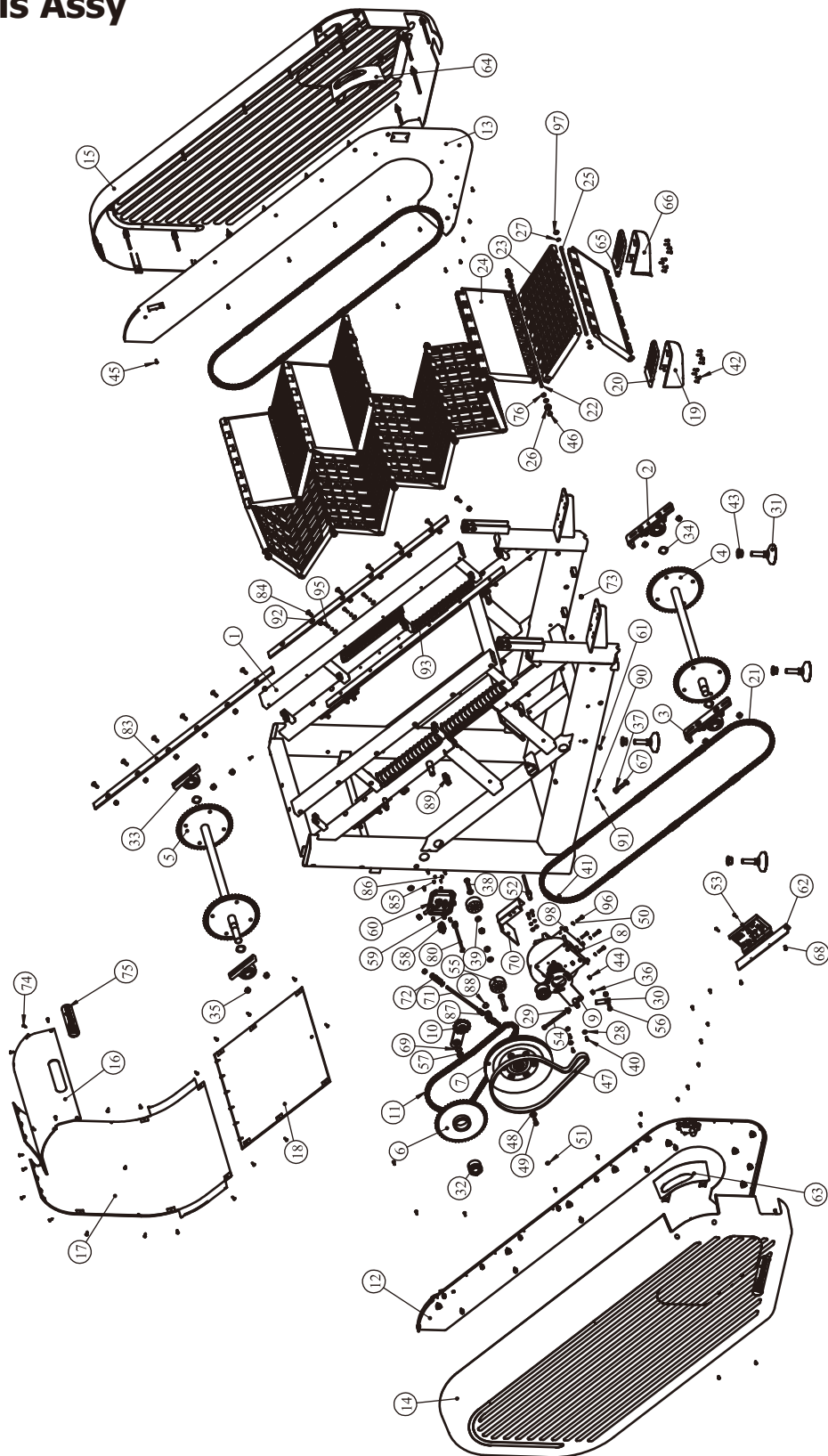
Parts List and Exploded View

Chassis Assy

Grade NO.	Part No.	Description	QTY
1.68	PNLM5*15DHS2	Screw M5*15	6
1.69	GR500A1100	The wave washer	2
1.70	XSC700B6900	Plate for sensor	1
1.71	XSC7008200	Threaded post	1
1.72	STDPA4700	Spring	1
1.73	ECU7P3500	Nut PA6	8
1.74	GB846ST4.2*16DHS	Screw ST4.2*16	26
1.75	XSC70085ASSY	LOGO	1
1.76	XSC7007000	Washer	16
1.77	L2060M35155-55-5JDP	Console line section	1
1.78	L2060M35155-84-2	Cable for safety switch	1
1.79	L420M35156-M5557-4B	Cable for Brake	1
1.80	L1650M35156-Z21-3B	Cable for power	1
1.81	L1320RFGG	Cable for RF	1
1.82	L1320RJ45-RJ45Z-8	Cable for Internet	1
1.83	XSC7000127	Plate for left chain	1
1.84	CNLM8*25*25DHS20	Screw M8*25*25	12
1.85	GB819M3*10DHS2	Screw M3*10	2
1.86	GB846ST2.9*13DHS	Screw ST2.9*13	2
1.87	PE350D10200	Tension shaft	1
1.88	GB894.117FH12	Elastic retaining ring	1
1.89	PBF30032V1	Stopper	1
1.90	GB862.24DS12	Gasket	1
1.91	GB6560M4*8DSG	Screw M4*8	1
1.92	XSC7008300	Plate for right chain	1
1.93	XSC7008700	Baffle plate	4
1.94	DQ6DHS2A	Washer	12
1.95	GB70M6*20DHS20	Screw M6*20	12
1.96	GB70M6*25DS20NL	Screw M6*25	6
1.97	GB958DHS2	Washer	37
1.98	GB956DHS2	Washer	6
1.99	DQCH02-SBD	Magnetic ring	1

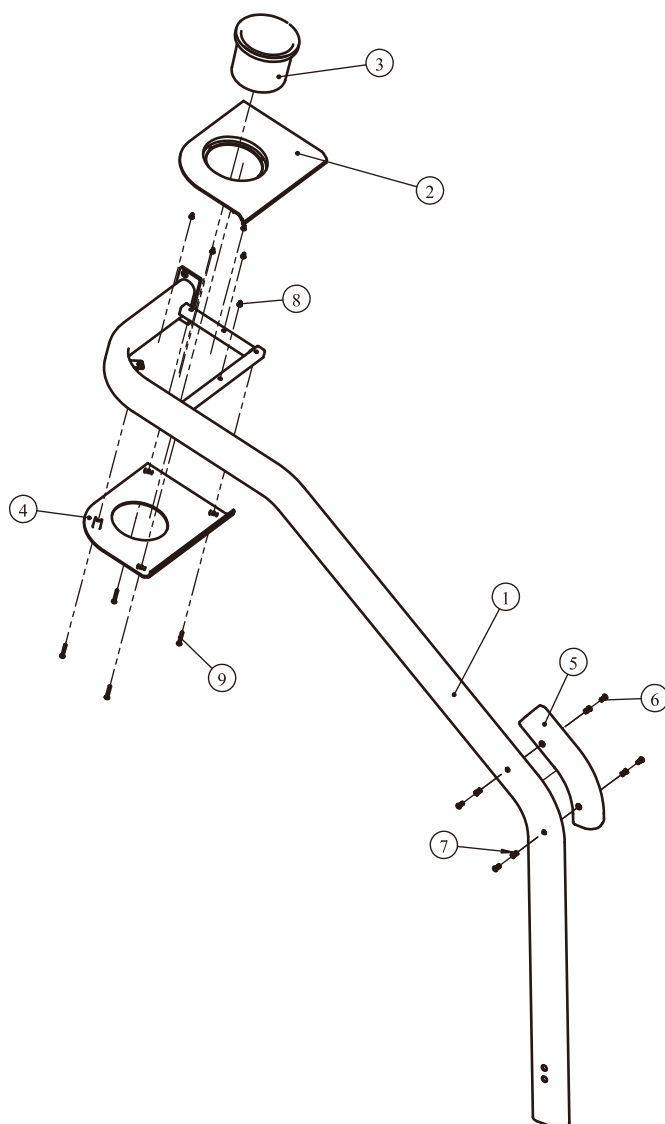
Parts List and Exploded View

Chassis Assy



Parts List and Exploded View

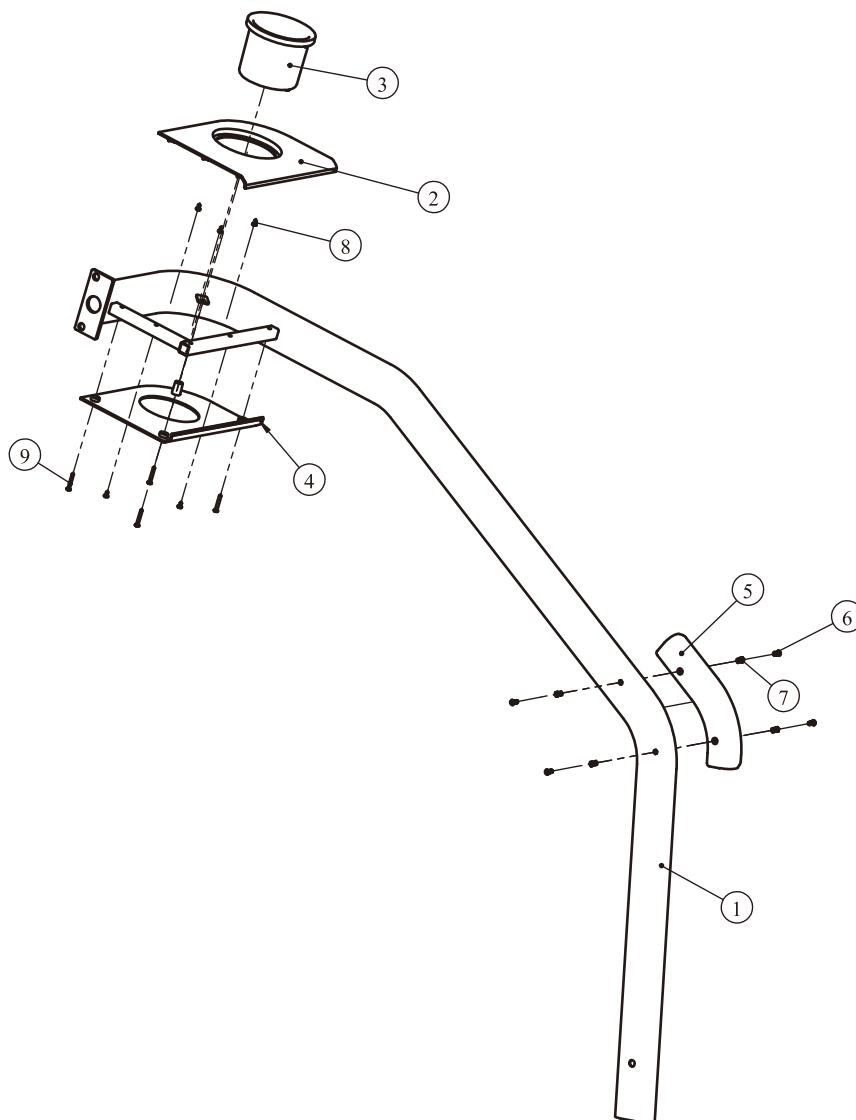
Left Handle Bracket Assy



Grade NO.	Part No.	Description	QTY
2.1	XSC7002800	Left Handle Bracket	1
2.2	XSC7004100	Left on the cup holder	1
2.3	XT7006500	Cup holder	1
2.4	XSC7004700	Left under the cup holder	1
2.5	XSC7004900	Handle	1
2.6	GB819M5*15DHS19	Screws,M*15	4
2.7	GB845ST4.2*32DHS	Screws,ST4.2*32	4
2.8	GB17880.3M5*13DS17	Screws,M5*13	4
2.9	GB845ST4.2*9.5DHS	Screws,ST4.2*9.5	5

Parts List and Exploded View

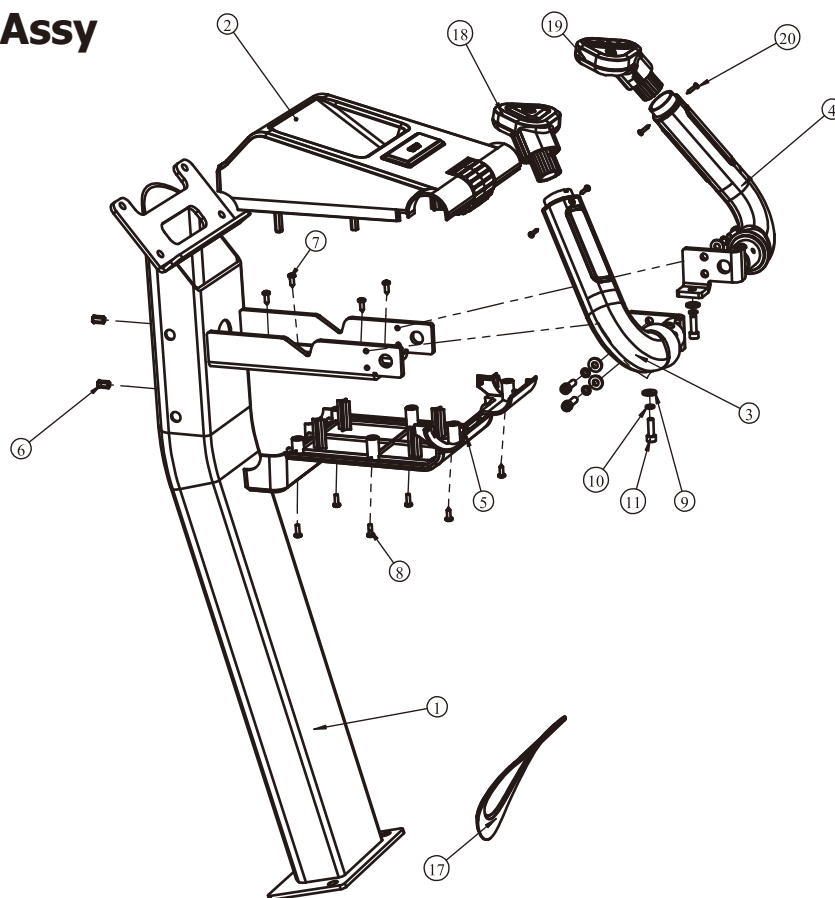
Right Handle Bracket Assy



Grade NO.	Part No.	Description	QTY
3.1	XSC7003000	Right Handle Bracket	1
3.2	XSC7004500	Right on the cup holder	1
3.3	XT7006500	Cup holder	1
3.4	XSC7004300	Right under the cup holder	1
3.5	XSC7004900	Handle	1
3.6	GB819M5*15DHS19	Screws,M*15	4
3.7	GB845ST4.2*32DHS	Screws,ST4.2*32	4
3.8	GB17880.3M5*13DS17	Screws,M5*13	4
3.9	GB845ST4.2*9.5DHS	Screws,ST4.2*9.5	5

Parts List and Exploded View

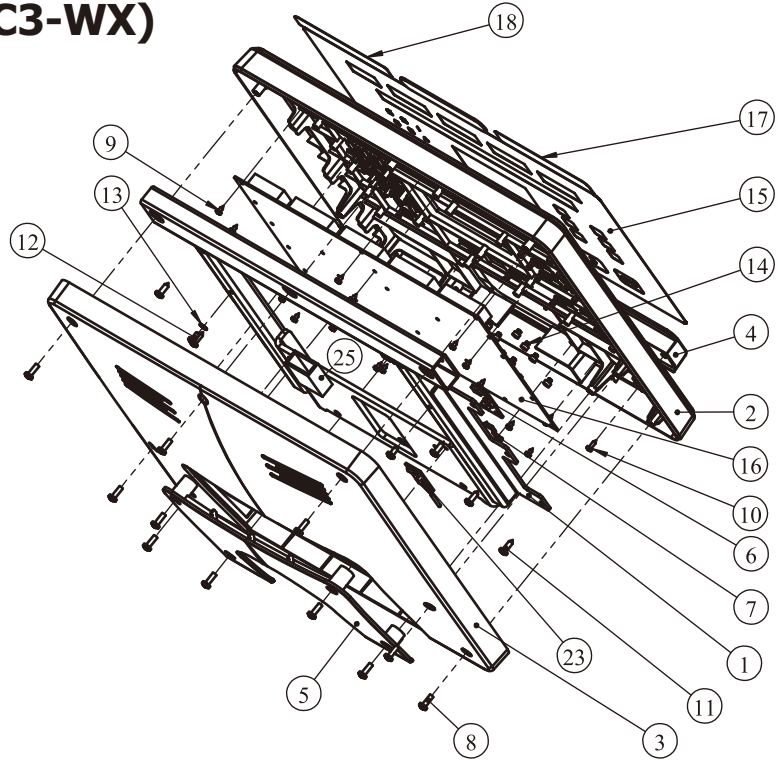
Central Control Assy



Grade NO.	Part No.	Description	QTY
4.1	XSC7003200	Upright frame	1
4.2	XSC70048ASSY	Cover assy	1
4.3	XSC700B52ASSY	Left handlebar assy	1
4.4	XSC700B51ASSY	Right handlebar assy	1
4.5	XSC7005400	Under the cover	1
4.6	GB17880.3M5*13DS17	Screw M5*13	2
4.7	GB845ST4.2*13DHS	Screw ST4.2*13	6
4.8	GB818M4*12DS2	Screw M4*12	4
4.9	DQ6DHS2A	Washer	6
4.10	GB936DHS12	Spring washer	6
4.11	GB70M6*20DHS20	Screw M6*20	6
4.12	L480-35155-35155-3	Cable for Roller	1
4.13	L1000M35184-84-5JDF	Console line middle	1
4.14	L1100-43020-35155-2	Cable for safety switch	1
4.15	L1200RFGG	Cable for RF	1
4.16	L1200RJ45-RJ45B-8	Cable for intent	1
4.17	XSC7008600	Decorative cover	1
4.18	XSC700B97ASSY	Pause button assy	1
4.19	XSC700B98ASSY	Speed key assy	1
4.20	GB845ST2.9*13DHS	Screw ST2.9*13	4
4.21	DQCH02-SBD	Magnetic ring	1

Parts List and Exploded View

Console Assy (XSCC3-WX)



Item No.	Part No.	Description	QTY
1	XSCC30100	Console fixed frame	1
2	XSCC31000	Console front cover	1
3	XSCC31100	Console back cover	1
4	XSCC31200	Console under cover	1
5	XSCC31300	Console tail-hood	1
6	B286	Wireless charging modular	1
7	AC2990ZN0200	Fix rack	2
8	GB818M4*12DS2	Phillip Screw M4*12	11
9	GB845ST2.9*6.5DS	Cross trough pan head self-drilling screwST2.9*6.5	25
10	GB845ST2.9*9.5DS	Cross trough pan head self-drilling screwST2.9*9.5	4
11	GB845ST4.2*13DS	Cross trough pan head self-drilling screwST4.2*13	6
12	GB6560M4*8DSG	Phillip Screw M4*8	2
13	GB862.24DS12	Serrated lock washers Φ4	2
14	ECT74800	Key pad	24
15	XSCC3BMM01	Overlay	1
16	B285B	Console board	1
17	XSCC3MM02NX	Warning stickers 1	1
18	XSCC3MM03NX	Warning stickers 2	1
19	L150M35155-HX25036-4	Charging wire	1
20	L300M35155-55-6B	Console online segment	1
21	L300M35155-84-4B	Grip line segment	1
22	L300M35155-84-3B	Roller key line segment	1
23	DQXTJS03	Heartbeat receiver	1
24	L300M35184-55-55-6B	Handrail control line upper section	1
25	RU5004400	Receiver guard	1
26	DQCH01-SBD	Magnetic ring	1

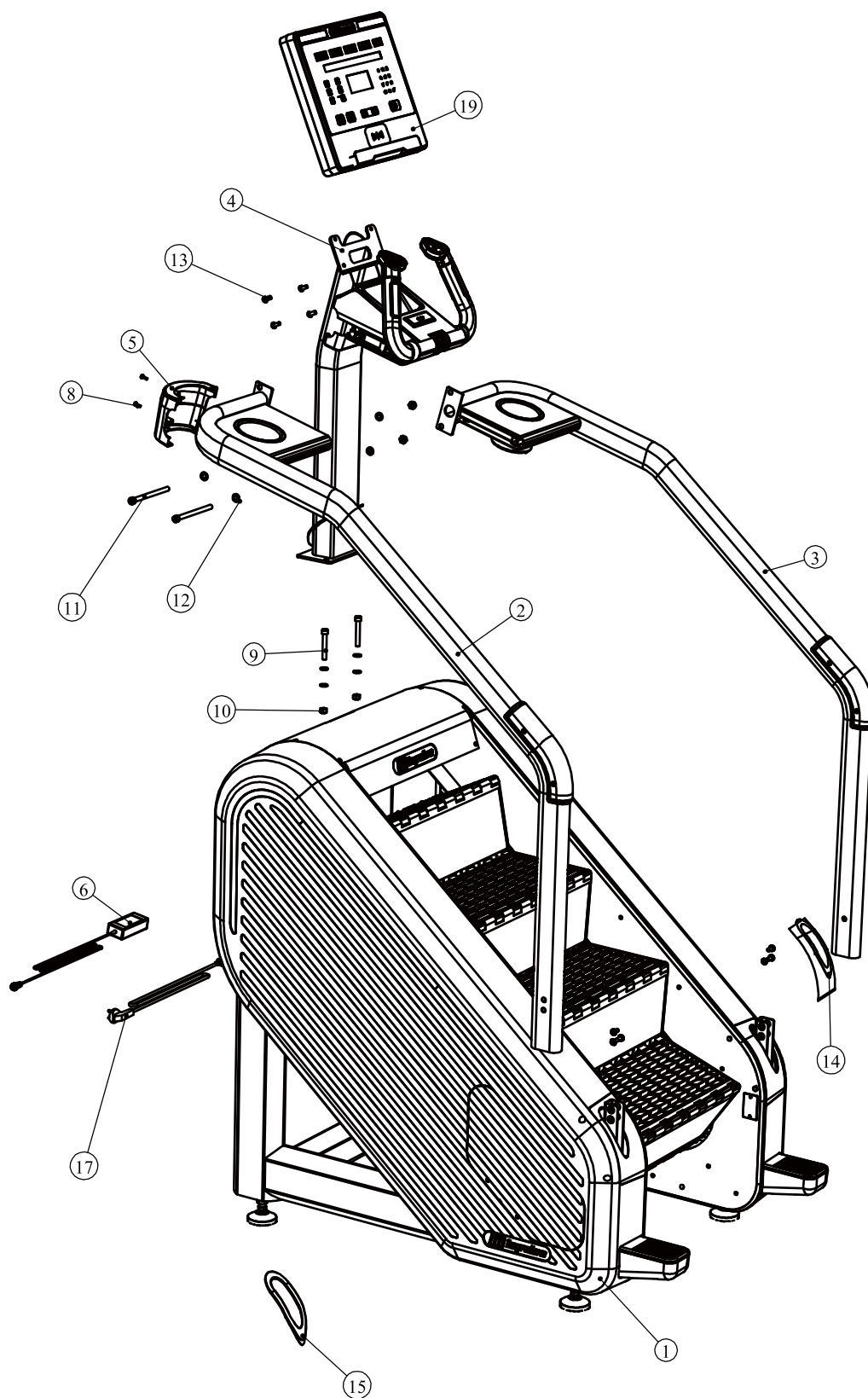
Parts List and Exploded View

Overall

Item No.	Part No.	Description	QTY
1	XSC700B02ASSY	Chassis Assy	1
2	XSC70027ASSY	Left Handle Bracket Assy	1
3	XSC70029ASSY	Right Handle Bracket Assy	1
4	XSC700B50ASSY	Central control assy	1
5	XSC7005200	Behind Cover	1
6	DQSPQ24V6A-Z22	Power Cable	1
8	GB818M5*15DHS20	Screws,M5*15	2
9	GB70M10*70DHS20	Screws,M10*70	2
10	NM10DHS2	Nut	4
11	GB70M10*145DHS20	Screws,M10*145	2
12	GB9510DHS2	Washer	4
13	PNLCM8*20DHS19	Screws,M8*20	10
14	XSC7008400	Decorative cover	1
15	XSC7008500	Decorative cover	1
16	13-0011-2	Power cord	1
17	A01-4	Power cord	1
18	A14-2	Power cord	1
19	XSCC3B	Console	1

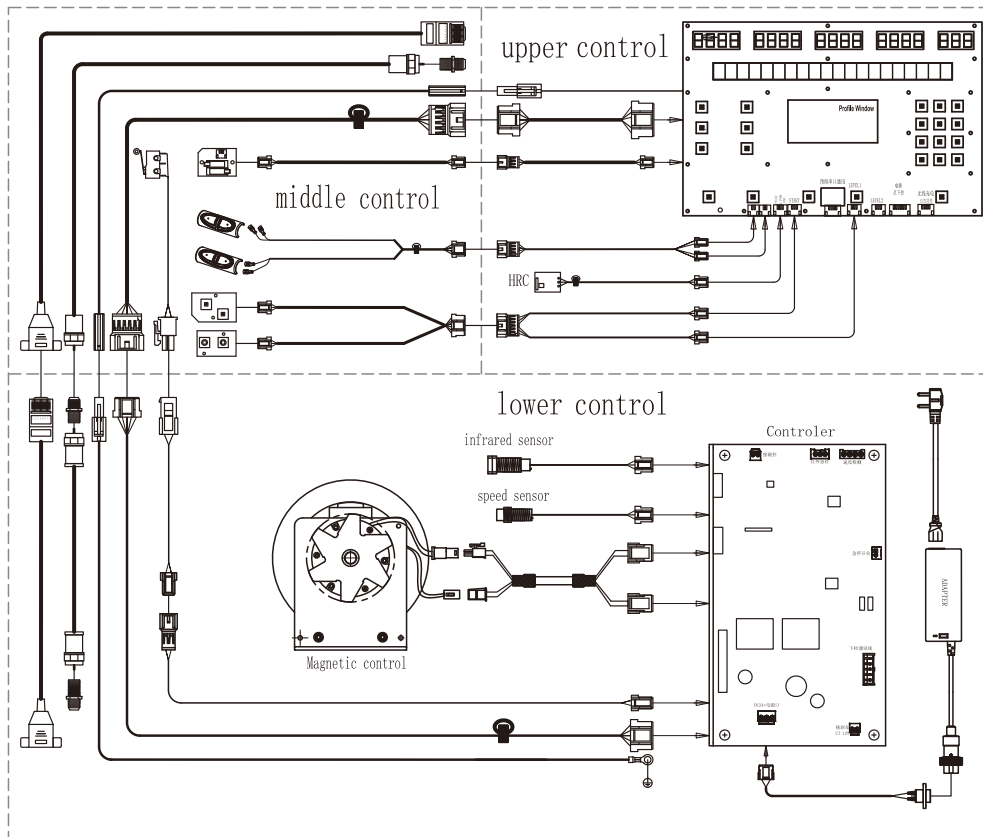
Parts List and Exploded View

Overall

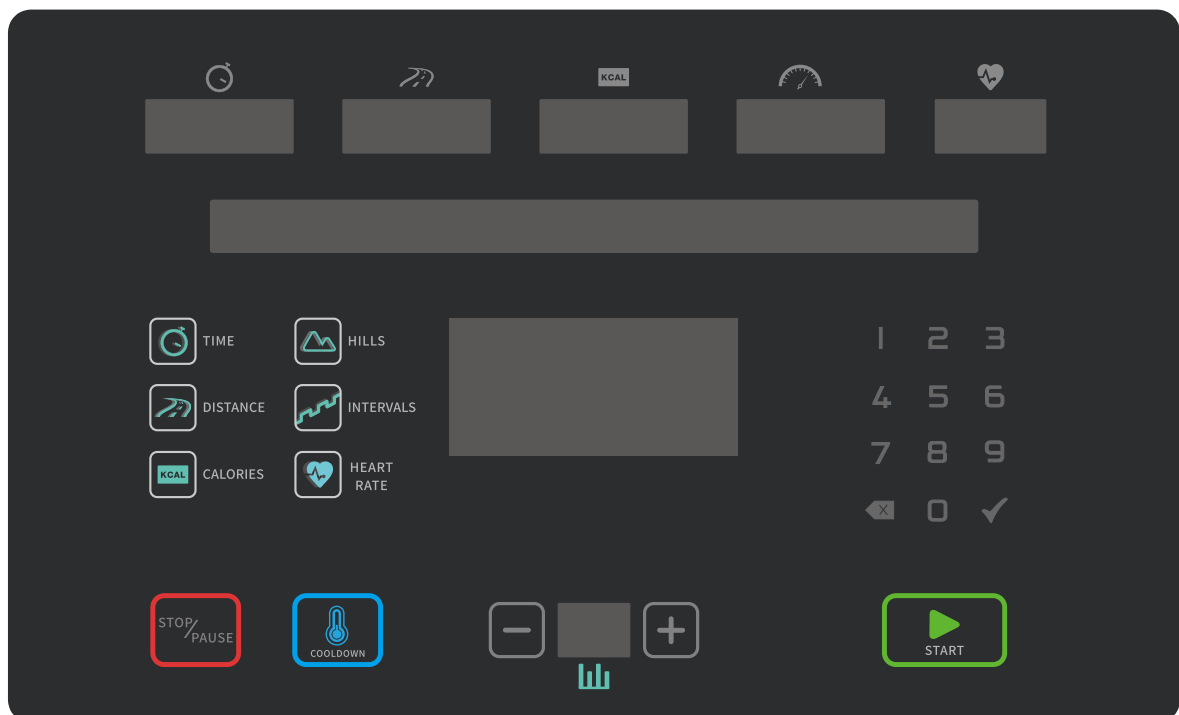


Console Panel Functions

1. Electrical Connection



2. DISPLAY



Console Panel Functions

Display description

1. The first behavior at the top is Time, Steps, Calories, Speed and Heart rate.
2. The second line is the Messaging Window, which is used to display information to the user.
3. The leftmost part in the middle is the programs key area, with 6 preset program keys.
4. Introduction window of middle center position.
5. The rightmost part in the middle is the numeric key area, which is composed of numeric keys, OK keys and back keys.
6. The right side of the bottom is composed of stop button and cool down button.
7. The center position at the bottom is a digital gear and an addition / subtraction button, which can be used to adjust the gear. The center position displays the current gear.
8. On the right side of the bottom is the movement start button (start), which is clicked to start the movement.

Key function

BUTTON	FUNCTION
TIME	Pressing this button selects the Time program menu
DISTANCE	Pressing this button selects the Distance program menu
CALORIES	Pressing this button selects the Calories program menu
HILLS	Pressing this button selects the Hills program menu
INTERVALS	Pressing this button selects the Intervals program menu
HEART RATE	Pressing this button selects the Heart Rate program menu
1	Used to enter a 1 when entering data
2	Used to enter a 2 when entering data
3	Used to enter a 3 when entering data
4	Used to enter a 4 when entering data
5	Used to enter a 5 when entering data
6	Used to enter a 6 when entering data
7	Used to enter a 7 when entering data
8	Used to enter a 8 when entering data
9	Used to enter a 9 when entering data
0	Used to enter a 0 when entering data
BACK	During program setup data entry this key shall return the user to the previous prompt. This can be pressed multiple times and shall ultimately go back to the initial "SELECT WORKOUT" screen. Pressing this key while a workout is running will have no effect.
ENTER	Used to confirm individual program parameter selections during program setup.
INCREASE RESISTANCE LEVEL [Rightmost + button]	During the workout, this button shall be used to increase the resistance level.
DECREASE RESISTANCE LEVEL [Rightmost - button]	During the workout, this button shall be used to decrease the resistance level.
STOP	During the workout this button shall be used to stop the workout currently in progress.
COOL DOWN	During the workout this button shall be used to immediately transition to the cool down phase of the selected workout.

Console Panel Functions

3. Idle Mode

During IDLE MODE the system is waiting for the user to select their desired workout. During this time the user shall be presented with the following messages:

Message To Display	Duration Displayed
SELECT PROGRAM OR PRESS START TO BEGIN	Continue to scroll until user selects a program

While the message above is being displayed in the Message Window, the workout profile shall scroll "IMPULSE FITNESS" across the Profile Window.

In the user has not selected a specific program within 30 seconds of entering IDLE MODE, the system shall then automatically initiate the Quick Start program.

4. QUICK START PROGRAM

The QUICK START PROGRAM is a time program with the following parameters:

Time	99 min (default time)
Level	1
Weight	70KG 155lbs

To initiate this program the user shall press the QUICK START button while the system is in either Idle Mode or Program Setup Mode, and then the system shall transition to Program Mode and the workout shall begin.

5. PROGRAM SELECTION AND SETUP

5.1 TIME PROGRAM

The TIME PROGRAM is a workout with a user specified time limit.

To initiate this program the user shall press the TIME button while the system is in either Idle Mode or Program Setup Mode.

Once the user has selected this program the following message shall be displayed in the Message Window:

Message To Display	Duration Displayed
TIME PROGRAM	3 seconds

While the message above is being displayed in the Message Window, the workout profile shown below shall be displayed in the Profile Window.

After the program name and profile have been displayed for the duration specified in the table above, the following messages shall be displayed in the Message Window.

Console Panel Functions

Message To Display	Display Method
ENTER TIME	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the workout duration shall be displayed in the Profile Window. The default workout duration shall be 30 minutes. To increment or decrement the workout duration, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value.

After the user has pressed the OK button to select the desired workout duration, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER LEVEL FROM 1-20	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the intensity level shall be displayed in the Profile Window. To increment or decrement the level value, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value.

After the user has pressed the OK button to select the intensity level, the system shall transition to Program Mode and the workout shall begin.

Console Panel Functions

5.2 DISTANCE PROGRAMS

The system shall provide three (3) options associated with distance as the program goal. To access the Distance program selection menu the user shall press the DISTANCE button while the system is in either Idle Mode or Program Setup Mode.

The distance program selection menu shall consist of the following options:

- 200m PROGRAM
- 500m PROGRAM
- CUSTOM DISTANCE

To navigate through the above choices, the user shall repeatedly press the DISTANCE button and the menu will be navigated in circular fashion. For each press of the DISPLAY button the options shall be displayed in the Message Window in the following order 200m PROGRAM→500m PROGRAM CUSTOM DISTANCE then back to the beginning (i.e. 200m PROGRAM) where the above sequence repeats for each press of the DISTANCE button.

To select a specific option the user shall press the OK button to select the displayed program. While any of the messages above are being displayed in the Message Window, the workout profile shown below shall be displayed in the Profile Window.

After the user has pressed the OK button to select the desired workout, the applicable workout Program Setup steps below shall be followed.

5.2.1 200m Program

This program has a fixed distance goal of 200m.

The following messages shall be displayed in the Message Window once this program is selected from the Distance Menu. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

Console Panel Functions

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER LEVEL FROM 1-20	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the intensity level shall be displayed in the Profile Window. To increment or decrement the level value, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value.

After the user has pressed the OK button to select the intensity level, the system shall transition to Program Mode and the workout shall begin.

5.2.2 500m Program

This program has a fixed distance goal of 500m.

The following messages shall be displayed in the Message Window once this program is selected from the Distance Menu. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Console Panel Functions

Message To Display	Display Method
ENTER LEVEL FROM 1-20	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the intensity level shall be displayed in the Profile Window. The default starting level shall be 5. To increment or decrement the level value, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the intensity level, the system shall transition to Program Mode and the workout shall begin.

5.2.3 Custom Distance Program

The following messages shall be displayed in the Message Window once this program is selected from the Distance Menu. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method	When Displayed
ENTER DISTANCE	Scroll Message	Units set to Metric
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message	Always
PRESS OK TO ACCEPT	Scroll Message	Always

While the messages above are being displayed in the Message Window, the workout distance shall be displayed in the Profile Window. The default workout distance shall be 30 minutes. To increment or decrement the workout distance, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value.

After the user has pressed the OK button to select the desired workout distance, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

Console Panel Functions

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER LEVEL FROM 1-20	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the intensity level shall be displayed in the Profile Window. To increment or decrement the level value, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value.

After the user has pressed the OK button to select the intensity level, the system shall transition to Program Mode and the workout shall begin.

5.3 CALORIE PROGRAM

The CALORIE PROGRAM is a workout with a user specified calorie goal.

To initiate this program the user shall press the CALORIE button while the system is in either Idle Mode or Program Setup Mode.

Once the user has selected this program the following message shall be displayed in the Message Window:

Message To Display	Duration Displayed
CALORIE PROGRAM	3 seconds

While the message above is being displayed in the Message Window, the workout profile shown below shall be displayed in the Profile Window.

After the program name and profile have been displayed for the duration specified in the table above, the following messages shall be displayed in the Message Window.

Console Panel Functions

5.3.1 Calorie Program

Message To Display	Display Method
ENTER CALORIE GOAL FROM 1-999	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the calorie goal value shall be displayed in the Profile Window. The default calorie goal shall be 100 kCals. To increment or decrement the calorie goal value, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value.

After the user has pressed the OK button to select the desired calorie goal value, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER LEVEL FROM 1-20	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the intensity level shall be displayed in the Profile Window. To increment or decrement the level value, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value.

Console Panel Functions

After the user has pressed the OK button to select the intensity level, the system shall transition to Program Mode and the workout shall begin.

5.4 HILL PROGRAMS

The system shall provide six (5) hill-based programs.

To access the Hill program selection menu the user shall press the HILLS button while the system is in either Idle Mode or Program Setup Mode.

The hill program selection menu shall consist of the following options:

- HILL 1 PROGRAM
- HILL 2 PROGRAM
- HILL 3 PROGRAM
- HILL 4 PROGRAM
- HILL 5 PROGRAM

To navigate through the above choices, the user shall repeatedly press the HILLS button and the menu will be navigated in circular fashion. For each press of the HILLS button the options shall be displayed in the Message Window in the following order HILL 1 PROGRAM→HILL 2 PROGRAM→HILL 3 PROGRAM→HILL 4 PROGRAM→HILL 5 PROGRAM then back to the beginning (i.e. HILL 1 PROGRAM)

where the above sequence repeats for each press of the HILLS button.

To select a specific option the user shall press the OK button to select the displayed program. While any of the messages above are being displayed in the Message Window, the associated workout profile shown below shall be displayed in the Profile Window.

After the user has pressed the OK button to select the desired workout, the applicable workout Program Setup steps below shall be followed.

5.4.1 HILL 1 - 5 Programs

The following messages shall be displayed in the Message Window after any of the five (5) preset Hill Programs have been selected from the Hills Program Menu. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER TIME	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

Console Panel Functions

While the messages above are being displayed in the Message Window, the workout duration shall be displayed in the Profile Window. The default workout duration shall be 30 minutes. To increment or decrement the workout duration, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired workout duration, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER LEVEL FROM 1-20	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the intensity level shall be displayed in the Profile Window. To increment or decrement the level value, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has presses the OK button to select the intensity level, the system shall transition to Program Mode and the workout shall begin.

Console Panel Functions

5.5 INTERVAL PROGRAMS

The system shall provide six (5) interval-based programs.

To access the interval program selection menu the user shall press the INTERVALS button while the system is in either Idle Mode or Program Setup Mode.

The interval program selection menu shall consist of the following options:

- INTERVAL 1 PROGRAM
- INTERVAL 2 PROGRAM
- INTERVAL 3 PROGRAM
- INTERVAL 4 PROGRAM
- INTERVAL 5 PROGRAM

To navigate through the above choices, the user shall repeatedly press the INTERVALS button and the menu will be navigated in circular fashion. For each press of the INTERVALS button the options shall be displayed in the Message Window in the following order INTERVAL 1 PROGRAM INTERVAL 2 PROGRAM INTERVAL 3 PROGRAM INTERVAL 4 PROGRAM INTERVAL 5 PROGRAM then back to the beginning (i.e. INTERVAL 1 PROGRAM) where the above sequence repeats for each press of the INTERVALS button.

To select a specific option the user shall press the OK button to select the displayed program. While any of the messages above are being displayed in the Message Window, the associated workout profile shown below shall be displayed in the Profile Window. After the user has pressed the OK button to select the desired workout, the applicable workout Program Setup steps below shall be followed.

5.5.1 INTERVAL 1 - 5 Programs

The following messages shall be displayed in the Message Window after any of the five (5) preset interval programs have been selected from the Interval Program Menu. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER TIME	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

Console Panel Functions

While the messages above are being displayed in the Message Window, the workout duration shall be displayed in the Profile Window. The default workout duration shall be 30 minutes. To increment or decrement the workout duration, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired workout duration, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER LEVEL FROM 1-20	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the maximum intensity level shall be displayed in the Profile Window. To increment or decrement the level value, the user shall press the + or – buttons respectively. The numeric keys can also be used to specify a new value.

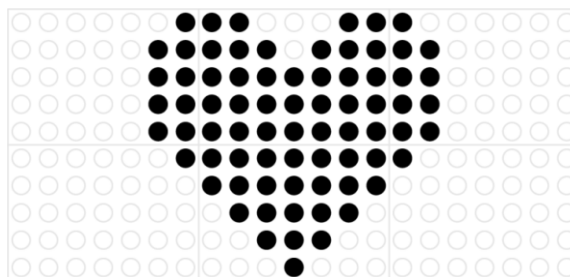
After the user has presses the OK button to select the intensity level, the system shall transition to Program Mode and the workout shall begin.

Console Panel Functions

5.6 HEART RATE PROGRAMS

To access the heart rate program selection menu the user shall press the HEART RATE button while the system is in either Idle Mode or Program Setup Mode.

Display Profile



The TARGET HR PROGRAM shall consist of a variable length workout aimed at driving a user's heart rate to a target value and then maintaining it throughout the duration of the workout. The workout will begin with a warm-up period and then be followed by a workout period. The workout will conclude with a cool down phase.

Once the user has selected this program the following message shall be displayed in the Message Window:

Message To Display	Display Method
TARGET HR	Display static message for 3 seconds

While the message above is being displayed in the Message Window, the workout profile shown below shall be displayed in the Profile Window.

After the program name and profile have been displayed for the duration specified in the table above, the following messages shall be displayed in the Message Window.

Message To Display	Display Method
ENTER AGE FROM 10-99	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the user's age shall be displayed in the Profile Window. The default age shall be 40 years old. The valid range for age shall be 10 to 99 years old. To increment or decrement the user's age, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value.

Console Panel Functions

After the user has pressed the OK button to accept their desired age, the following prompts shall be displayed in the Message Window. The prompts shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER TARGET HR	Display static message for 3 seconds
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

After the user has pressed the OK button to accept their desired Target HR, the following prompts shall be displayed in the Message Window. The prompts shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER TIME	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the workout duration shall be displayed in the Profile Window. The default workout duration shall be 30 minutes. The valid range for workout duration shall be from 5 to 99 minutes. To increment or decrement the workout duration, the user shall press either of the + or – buttons respectively.

After the user has pressed the OK button to select the desired workout duration, the following messages shall be displayed in the Message Window. The messages shall be looped until the user presses the OK button.

Message To Display	Display Method
ENTER WEIGHT	Scroll Message
USE +/- OR NUMERIC KEYS TO ADJUST	Scroll Message
PRESS OK TO ACCEPT	Scroll Message

While the messages above are being displayed in the Message Window, the user's weight shall be displayed in the Profile Window. The default weight shall be 70 kg (i.e. 155 lbs.). To increment or decrement the weight, the user shall press either of the + or – buttons respectively. The numeric keys can also be used to specify a new value. After the user has pressed the OK button to select the desired user weight, the system shall transition to Program Mode and the workout shall begin.

Console Panel Functions

6. Fault alarm

Malfunction	Corrective Action
ER01 Communication Error	1. Check console and the main communication cable connection.
	2. Check controller and the main communication cable connection.
	3. Replace controller.
	4. Replace console.
ER02 controller or Magnetic control Error	1. Replace controller.
	2. Replace Magnetic control.
ER04 Over current	1. Check if overload.
	2. Running deck check.
	3. Replace controller.
	4. Replace Magnetic control.
ER05 Over current	1. Check if overload.
	2. Running deck check.
	3. Replace controller.
	4. Replace Magnetic control.
ER06 DC 24V Error	1. Check power AC 110-220V.
	2. Check the Adaptor.
	3. Check if overload.
ER07 Infrared protection	1. Check infrared reflectors and sensitive heads for dust.
	2. Check infrared sensor.
ER08 Controller Error	Replace controller.
ER09 STOP KEY Error	1. Connection check.
	2. Check the mechanical structure.
	3. STOP switch check or replace.
	4. controller.
The console no power	1. Check the power voltage by using voltage-meter to see if it is within AC 110-220V.
	2. Check the power cable.
	3. Check the adaptor.
	4. Check the communication cable.

Maintenance Check List

PREVENTIVE MAINTENANCE SCHEDULE						
<i>Item</i>	<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>	<i>Quarterly</i>	<i>Biannual</i>	<i>Annual</i>
<i>Mounting Bolts</i>					Inspect	
<i>Frame</i>	Clean				Inspect	
<i>Power Cord</i>			Inspect			
<i>Display Console</i>	Clean		Inspect			
<i>Cover</i>	Clean					
<i>Handlebar</i>	Clean					
<i>Pedal</i>	Clean					
<i>Belt Tension</i>				Inspect		
<i>Belt</i>					Inspect	
<i>Lubricate Sliding Bearing and Linear Bearing</i>			Inspect			

