



**Gauntlet™**

**OWNER'S  
MANUAL**



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## PRODUCT SPECIFICATIONS

**Dimensions:** 34.5" W x 59.5" L x 88.6" H  
(87cm x 151cm x 225cm)

**Weight:** 370 lbs (167.5 kg)

## MANUFACTURER:

### CORE HEALTH & FITNESS

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

Telephone: (888) 678-2476

<http://www.stairmaster.com>

## CUSTOMER SUPPORT:

### CORE HEALTH & FITNESS

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

[Support@corehandf.com](mailto: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 and 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 replaced 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 equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination 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 reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction 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 machine. These dimensions are the recommended minimum 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 exercising 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 exercising 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 المزمعين بتدنياً

كان او حسيماً او عقلياً و الأشخاص الذين لا تتوفر 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 كلب من قبل أناس متخصصين و احترافيين و لديهم معرفة تامة و كافية بأسول و قواعد إستخدام مثل تلك الأجهزة و المخاطر المترتبة و الناجمة عن سوء استخدامها إن وجدت .



**Warning: keep out of reach of children**

تحذير : أحفظها بعيداً 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 following languages (in the order shown):**

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

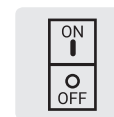
# PRECAUTIONS



**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 exercise you feel faint, dizzy or experience pain, stop and consult 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.

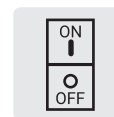




**WAARSCHUWING: LEES DE GEBRUIKERSHANDLEIDING VOLLEDIG VOORDAT UDIT TOESTEL IN GEBRUIKT NEEMT.**



**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 oververmoed 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 beschreven 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/krank 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

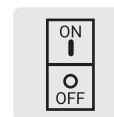
- Laat kinderen het toestel niet bedienen. Houd toezicht op mensen met een handicap die uw toestel gebruiken.
- Laat geen personen van meer dan 159 kg op het toestel
- Gebruik uw toestel niet zonder sportschoenen.
- Draag geen losse of fladderende kleding tijdens het gebruik van het toestel.
- Stap niet 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.



**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

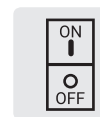
- Les enfants ne doivent pas se servir de l'appareil. Les personnes atteintes d'invalidité ne doivent pas se servir de l'appareil sans supervision.
- Le poids de l'utilisateur ne doit pas dépasser (159 kg /350 livres).
- Ne pas se servir de l'appareil sans chaussures de sport.
- Ne pas porter de vêtements 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 derrière ou en dessous de l'équipement.
- Ne jamais placer de bouteilles ou de récipients sur l'appareil 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.



**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

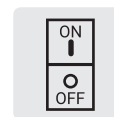
- Non lasciare usare la macchina da bambini. Sorvegliare le persone invalide o disabili che utilizzano la macchina.
- Non superare il peso massimo consentito per utente (350 lbs. / 159 kg).
- Non utilizzare la macchina senza scarpe da ginnastica.
- Non utilizzare la macchina indossando indumenti ampi 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.



**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 apriete los 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

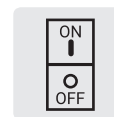
- Não deixe crianças operarem a máquina. Supervisione o uso da máquina por pessoas inválidas ou incapacitadas.
- Não exceda o peso máximo permitido para o usuário (159 kg /350 lbs).
- Não use a máquina sem calçados específicos para exercícios.
- Não use trajés largos ou com itens soltos enquanto utiliza 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.



**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
- Inspeccione a máquina para verificar a existência de componentes 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

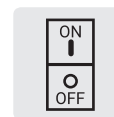
- No permita que los niños operen la máquina. Supervise a las personas inválidas o discapacitadas que usan la máquina.
- No exceda el máximo peso de usuario permisible (350 lb / 159 kg).
- No use la máquina sin zapatos deportivos.
- Al utilizar la máquina no use ropa suelta o que cuelgue.
- No se pare o salte de/a la máquina cuando está en movimiento.
- No use esta 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.



**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 korrigeras, 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 ström tillförsel före underhåll och rengöring.

## GÖR INTE DETTA

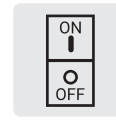
- Låt inte barn använda maskinen. Övervaka handikappade och rörelsehindrade personer som använder sin maskin.
- Överskrid inte den maximalt tillåtna vikten för användare (350 lbs. / 159 kg).
- Använd inte maskinen utan gymnastikskor.
- Bär inte löst sittande kläder eller kläder som kan fastna.
- Stig 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.



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

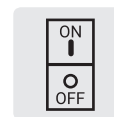
- 请勿让儿童操作机器。病人或残疾人士使用机器时需有人监管。
- 请勿超过使用者体重的最大容许值（350 磅/159 千克）。
- 请勿在未穿运动鞋时使用机器。
- 使用机器时，请勿穿着宽松、悬垂的衣物。
- 请勿在机器运转时进行踩踏或跳上跳下。
- 请勿在潮湿的环境中使用本机器。
- 请勿将任何物件、手或脚放在或插入任何开口或设备下方。
- 除装有特殊把手外，请勿在机器上放置水壶或水杯。请勿在使用气雾剂（喷雾）产品或需要供给氧气的环境中操作机器。
- 请勿使用非制造商建议的附件或零件。
- 请勿在移开电机护罩的情况下运行设备或以任何形式改装设备。
- 若绳索或插头损坏、机器无法正常运转、跌落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



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行う。
- ・ 空気口に、糸くずや髪の毛などがい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。

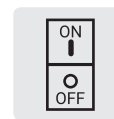




**ВНИМАНИЕ. ПЕРЕД ИСПОЛЬЗОВАНИЕМ ТРЕНАЖЕРА ВНИМАТЕЛЬНО ПРОЧИТАЙТЕ РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ.**



**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 фунтов 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

**⚠ WARNING**  
**⚡ SHOCK HAZARD**  
Do not open cover. Refer servicing to qualified Personnel only. Disconnect from power source before servicing.

Patents:  
[www.corehealthandfitness.com/patents](http://www.corehealthandfitness.com/patents)

SKU

SERIAL

DATE  MAX USER WEIGHT

CYCLES  WATTS

VOLT  PHASE

AMPS

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

CERTIFICATIONS

P/N: 050-5456 Rev. A

## DISPLAY MEASUREMENTS



(SPEED) Displays the current speed in Steps per Minute



(LEVEL) Displays the current level, from 1-20



(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:

<b>TIME</b>	Current total workout time
<b>FLOORS</b>	Current total number of floors climbed
<b>STEPS</b>	Current total number of steps climbed
<b>HEART RATE</b>	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.



**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

### FUNCTION NOTE:

The 8-Series Gauntlet has a safety feature to help prevent users from accidentally increasing the machine speed to a level that is too high for them. When pressing the level up button to increase speed, there are two stop points at level 10 and level 15 which function as follows: when increasing level, the machine will not allow the user to increase the level past the stop point until the actual machine speed has reached the set level. For example, if a user is at level 5 and repeatedly pressed the level up button, it will allow the set level to go up to level 10, but no further until the actual machine speed has reached level 10. Once the machine speed has reached the set level, the user can increase the level further.

## 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



**Time Goal:** Allows entry of a set workout time goal



**Calorie Goal:** Allows entry of a set number of calories to burn during workout



**Distance Goal:** Allows entry of a set number floors to climb during workout (1 Floor = 16 Steps)

### CONSOLE KEY FUNCTIONS



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



**Landmark Challenge:** Choose from 1 of 14 different famous buildings to climb



**Training Tools:** Access to CPAT, HR Zone Trainer and WFI programs

**CPAT:** Candidate Physical Aptitude Test, used to test firefighters in the United States. Consists of a 20 second warm up phase at 50 steps/minute, followed by a 3 minute test phase at 60 steps/minute.

**HR ZONE TRAINER:** Program requires telemetry HR belt. User will be asked to select a Target Heart Rate (THR). Once the workout begins, the machine will slowly increase effort level to bring user into the range of THR, and will adjust resistance automatically to keep user HR in that range. To choose a different THR at any time during the workout, use the numeric keypad to enter the new THR (between 50-190 beats/minute)

## WFI TEST:

### WFI Test Program:

The WFI test assesses aerobic capacity expressed as VO<sub>2</sub>max. The results are calculated and recorded in milliliters (ml) of oxygen per kilogram (kg) of body weight per minute (VO<sub>2</sub> max).

These aerobic assessments are submaximal and are based on the heart rate response during graded exercise. Accurate estimation of maximal heart rate (MHR) is critical to the submaximal prediction used in these assessments. A new formula for calculating maximal heart rate is utilized with these protocols, it more accurately accounts for age-related reduction of MHR. Be aware that the heart rate can be affected by variables such as body temperature, hydration state, anxiety, stress and medications. In addition to heart rate, body mass (height-to-weight ratio), is also a significant variable in both prediction equations. The relationship between height and weight is recorded as Body Mass Index (BMI). It is important to note that BMI is not being used in these aerobic protocols to estimate body composition; but rather, is used to represent the mass of each participant.

$$\text{Target HR} = [208 - (0.7 * \text{Age})] * 0.85$$

#### BMI

$$(\text{in} - \text{lbs}) = 703 * \text{Weight (lbs)} / \text{Height (inches)}^2$$

$$\text{BMI (cm} - \text{kg)} = \text{Weight (Kg)} / \text{Height (cm/100)}^2$$

$$\text{VO}_{2\text{max}} = 57.774 + (1.757 * \text{time}) - (0.904 * \text{BMI})$$

The test starts at 46 steps/min for 2 minutes, then 53 steps/min for 1 minute (warm-up period). The test time includes the warm-up time. The test is a series of 1-minute intervals with increasing work loads on each subsequent minute.

Note: Once the test starts, the user should not maintain a hold or lean on the handrails; this will result in overestimation of aerobic capacity.

The test is complete when the heart rate exceeds the Target Heart Rate (THR) for 15 seconds. The total Test Time (TT) begins from the time the user starts on the StepMill, to the point at which the user exceeds their THR. It does not include the final 15 second qualification period that the heart rate was above the THR.

The qualification period is to verify the user's heart rate does not exceed the target, and then drop down to the THR or below for 15 seconds, if it does, then the test continues.

Once the test is completed, the user should cool down for a minimum of 2 minutes at 39 steps/min.

### The test is aborted with no results if any of the following occurs:

- The user stops or pauses the workout at any point during the test.
- The [STOP] key is pressed.
- The THR has not been met after 16 minutes previous work level.
- The Heart Rate signal is lost.
- The equipment malfunctions.

## PROGRAM PROFILES

These profiles are selected in combination with the Goal Based programs.

### Manual Profile

Manual allows you to control the speed of the machine during the workout, while accurately calculating exercise statistics based on your weight. The workout profile in the display window is divided into 20 equal intervals within the selected workout time.

### Fat Burner Profile

Fat Burner is a 20-interval workout designed with moderate changes in intensity level designed to stimulate fat store assimilation for users on a weight control program. Any changes to speed during workout will change levels for rest of workout.

### The Calorie Burner Profile

Calorie Burner is a 20 interval workout designed for users wanting to increase their aerobic capacity. The changes of the intensity in the program are greater than the changes in the Fat Burner program, and are designed specifically to tax the cardiorespiratory system.

The profile in the center display indicates relative intensity. Any changes to speed during workout will change levels for rest of workout.

### The Intervals Profile

Intervals is an interval workout containing 8 alternating rest intervals with 7 exercise intervals.

An interval cycle consists of a work phase and a rest phase. You may scale the rest intensity level and the work intensity level independently - which will be saved for the remainder of the workout.

### Bell-Shaped

ProfileThe Bell-shaped is a 20 interval workout that steadily increases intensity for the first half of the workout, and then decreases over the second half of the workout. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

### Build Profile

The Build is a 20 interval workout that steadily increases intensity over the course of the workout. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

### Mystery Challenge Profile

The Mystery Challenge is a 20 interval workout with intensity changes randomly selected and applied to create a unique workout profile every time. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

### Steady Profile

The Steady is a 20 interval workout that includes a warm-up period, then goes to a selected intensity level and remains there for the duration of the workout. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

## OPTIONS DURING WORKOUT MODE

### Changing Step Rate/Level

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

### Pausing Workout

Press the STOP button to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 2 minutes. To re-start workout press the green Start button. To end the workout push the STOP button again

### End of Workout

When program goal is reached, or the STOP button is pressed while in pause mode, the workout ends and the display will show the total workout statistics for 2 minutes and clear. Press the STOP button to clear results immediately.

# OPERATION - OPENHUB TOUCHSCREEN CONSOLES



## DISPLAY MEASUREMENTS

<b>Time</b>	Current total workout time
<b>Segment Timer</b>	Counts down time left in current segment
<b>Level</b>	Current level, from 1-20
<b>SPM</b>	Current speed in Steps per Minute
<b>Steps</b>	Current total number of steps climbed
<b>Floors</b>	Current total number of floors climbed
<b>Calories</b>	Accumulated calories burned
<b>Cal/Hour</b>	Current rate of calorie burn
<b>WATTS</b>	Current user Watts
<b>METS</b>	Current user METS
<b>Heart Rate</b>	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.



**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.



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

### FUNCTION NOTE:

The 8-Series Gauntlet has a safety feature to help prevent users from accidentally increasing the machine speed to a level that is too high for them. When pressing the level up button to increase speed, there are two stop points at level 10 and level 15 which function as follows: when increasing level, the machine will not allow the user to increase the level past the stop point until the actual machine speed has reached the set level. For example, if a user is at level 5 and repeatedly pressed the level up button, it will allow the set level to go up to level 10, but no further until the actual machine speed has reached level 10. Once the machine speed has reached the set level, the user can increase the level further.



## WORKOUT SELECTION KEYS AND PROGRAM DEFINITIONS

On the main screen are several choices:

### Landmark

**Challenge** User selects one of 14 famous landmarks from around the world to climb

### Existing

**Workouts** User selects from a variety of programs pre-loaded into the console:

- Fat Burner** A workout profile with moderate changes in intensity level designed to stimulate fat store assimilation
- Calorie Burner** A workout profile with larger changes in intensity level, designed to tax the cardiorespiratory system
- HR Training** Two HR workout options: HR Zone Trainer and HR Interval Trainer
- Fitness Test** Access to three different fitness tests:

- CPAT** Candidate Physical Aptitude Test, used to test firefighters in the United States. Consists of a 20 second warm up phase at 50 steps/minute, followed by a 3 minute test phase at 60 steps/minute.

- Dutch Firefighter** Program used for fitness testing of firefighters in the Netherlands. Program requires a HR strap to be worn. Program requires user to climb 100 total steps at a speed they choose. At test completion, console displays total time and final user heart rate.

- WFI** The WFI test assesses the fire fighter's aerobic capacity expressed as VO<sub>2</sub>max. The results are calculated and recorded in milliliters (ml) of oxygen per kilogram (kg) of body weight per minute (VO<sub>2</sub> max).

These aerobic assessments are submaximal and are based on the heart rate response during graded exercise. Accurate estimation of maximal heart rate (MHR) is critical to the submaximal prediction used in these assessments. A new formula for calculating maximal heart rate is utilized with these protocols, it more accurately accounts for age - related reduction of MHR. Be aware that the heart rate can be affected by variables such as body temperature, hydration state, anxiety, stress and medications. In addition to heart rate, body mass (height-to-weight ratio), is also a significant variable in both prediction equations. The relationship between height and weight is recorded as Body Mass Index (BMI). It is important to note that BMI is not being used in these aerobic protocols to estimate body composition; but rather, is used to represent the mass of each participant.

The test starts at 46 steps/min for 2 minutes, then 53 steps/min for 1 minute (warm-up period). The test time includes the warm-up time. The test is a series of 1-minute intervals with increasing work loads on each subsequent minute.

**Note:** Once the test starts, the user should not maintain a hold or lean on the handrails; this will result in overestimation of aerobic capacity.

The test is complete when the heart rate exceeds the Target Heart Rate (THR) for 15 seconds. The total Test Time (TT) begins from the time the user starts on the Stepmill, to the point at which the user exceeds their THR. It does not include the final 15 second qualification period that the heart rate was above the THR.

The qualification period is to verify the user's heart rate does not exceed the target, and then drop down to the THR or below for 15 seconds, if it does, then the test continues.

**WFI Target**

HR =  $[208 - (0.7 * \text{Age})] * 0.85$

**BMI**

(in - lbs) =  $703 * \text{Weight (lbs)} / \text{Height (inches)}^2$

**BMI**

(cm - kg) =  $\text{Weight (Kg)} / \text{Height (cm}/100)^2$

VO2max =  $57.774 + (1.757 * \text{time}) - (0.904 * \text{BMI})$

Once the test is completed, the user should cool down for a minimum of 2 minutes at 39 steps/min.

**The test is aborted with no results if any of the following occurs:**

- The user stops or pauses the workout at any point during the test.
- The [STOP] key is pressed.
- The THR has not been met after 16 minutes previous work level.
- The Heart Rate signal is lost.
- The equipment malfunctions.

**WFI Workout**

1. Program requires telemetry HR chest belt. Remember to wet the electrodes underneath the chest strap. The console must detect a HR signal to allow selection of the HR Zone Trainer program.
2. After selection, the console will first display Checking for HR. When the console detects a valid signal from the HR belt it will then proceed to the next step.
3. Screen will walk you through entry of Weight, Age and Height information. These numbers are used in calculation of results, so for accurate results it is important to enter them correctly.
4. After successful completion of the WFI test, the following statistics will be displayed: EST V02 MAX, HIGHEST STEP RATE, TOTAL TIME.

**Build a Workout**

User creates a workout from the following:

- Time Goal** User enters total time desired for workout then selects workout profile
- Floors Goal** User enters total floors desired for workout then selects workout profile
- Custom Intervals** User creates a custom interval program, setting speed and time for work intervals, and speed and time for rest intervals, 20 intervals total

## **SPARTAN Training**

Created in partnership with the SPARTAN race team, this is a series of workouts designed to help users train for SPARTAN race events. There are six in total, each progressively more challenging in terms of time and floors to climb:

**Georgia Sprint** 66 Floors in < 22 minutes

**New York  
Sprint** 75 Floors in < 22 minutes

**Florida Super** 140 Floors in < 40 minutes

**Utah Super** 159 Floors in < 40 minutes

**Texas Beast** 206 Floors in < 60 minutes

**Vermont Beast** 309 Floors in < 60 minutes

## **OPTIONS DURING WORKOUT MODE**

**Screen Views** During any workout (except Spartan workouts), user can select from four screen view options by selecting a tab in top left of screen:

**Progress View** Workout stats plus graphical representation of workout level segments done and upcoming

**Simple View** Shows workout stats in large written format, easily readable

**Landmark  
View** Workout stats plus graphical representation of floors progress

**Heart Rate  
View** Workout stats plus graphical representation of heart rate and HR zones

### **Changing Step Rate/Level**

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

### **Pausing Workout**

Press the STOP button to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 2 minutes. To re-start workout press the green Start button. To end the workout push the STOP button again

### **End of Workout**

When program goal is reached, or the STOP button is pressed while in pause mode, the workout ends and the display will show the total workout statistics for 2 cycles and clear. Press the STOP button to clear results immediately.

## 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 until the repair is made.

## MAINTENANCE SCHEDULE

	Daily	Weekly	Monthly	Every 3 Months	Comments
General Maintenance					
Check Safety & Warning Labels	X				
Spot Check Step Chains	X				
Alternator Belt Tension			X		Tension to 40-54 in lbs
<b>Lubrication</b>					
Drive Chains			Or every 300 hrs.		30W Oil
Bearing Plate			X		Multi-Purpose grease
Pillow Block Bearings				X	Multi-Purpose Grease
<b>Cleaning</b>					
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 damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from StairMaster® (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 increments 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
SW VERSION	01.00	99.99	N/A	Display software version (set by factory)
LCB VERSION	01.01	99.99	N/A	Load Control Board software version (set by factory)
SERIAL #	0	65535	N/A	Serial number (set by factory)
RUN HRS	0	65535	N/A	Total operating hours
MAINT HRS	0	9999	N/A	Total operating hours since last reset
FLOORS	0	65535	N/A	Total floors climbed
UNITS (ENGLISH/METRIC)	English	Metric	English	English = pounds, feet; Metric = kilograms, meters
DEFAULT TIME (5-180)	5	180	120	Default time used by programs

WEIGHT (LBS) (50-350)	50	350	176	Default user weight used in calorie calculations if not entered by user
INTENSITY (1-9)	1	9	1	Default starting level
AGE (5-99)	5	99	40	Default user age used if not entered by user
CHR PERCENT: (10-90)	10	90	70	
LANG (ENG,,,,,,)	N/A	N/A	English	Language is English (ENGL), Dutch (DUTC), French (FREN), German (GERM), Portuguese (PORT), Spanish (SPAN), Swedish (SWED), Italian (ITAL) or Katakana (KATA).
CSAFE (ON/OFF)	N/A	N/A	ON	Turns CSAFE function ON or OFF
AUTO FAN (ON/OFF)	N/A	N/A	ON	Turns AUTO FAN function ON or OFF
MODEL (STAIRCLIMBER/ STEPMILL /NTM CONFIG RQD)	N/A	N/A	NTM CONFIG REQUIRED	Set console to STAIRCLIMBER/STEPMILL/ NTM CONFIG REQUIRED
PROGRAM STATS	N/A	N/A		
DISPLAY TEST	N/A	N/A	0	Access to LCD Test function
KEYPAD TEST	N/A	N/A	0	Access to Keypad Test function
HEART RATE TEST	N/A	N/A		Access to Heart Rate System Test function
SERIAL PORT TEST	N/A	N/A		Access to Serial Port Test function
CSAFE TEST	N/A	N/A	0	Access to CSAFE Test function
FAN TEST	N/A	N/A	0	Access to Fan Test function
BRAKE TEST (ON/OFF)	N/A	N/A	0	Access to Brake Test function
MEASUREMENTS	N/A	N/A		Access to Integral Measurements function (for use by Authorized Maintenance Technician)
LAST ERROR LIST	N/A	N/A		
LCB COMM	N/A	N/A		Number of times a "LCB Communication" condition occurred since last reset
STUCK KEY	N/A	N/A		Number of times a "Stuck Key" condition occurred since last reset
BACKLIGHT	1	100	50	
CONTRAST	1	100	50	

SPM OVERFLOW	N/A	N/A		Number of times machine shut down due to higher than expected step rate.
KEY REPEAT	ON	OFF	ON	Turns KEY REPEAT function ON or OFF
SET DEFAULTS	N/A	N/A		Select to restore console defaults
CLEAR ERRORS	N/A	N/A		Select to clear error logs
RESET CONSOLE	N/A	N/A		Resets Console to default factory settings
UPDATE SW	N/A	N/A		Updates console software from USB

## 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.



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 the following 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

