

Stair machine instruction manual



Directory:

- 1.Safety precautions
- 2.The technical standards
3. Graphics of the whole machine
 - A.The installation process
 - B.Instrument operating instruction
 - C.Machine commissioning process
 - D.Daily maintenance

1.Safety precautions:

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

1. The machine is suitable for commercial fitness clubs, clubs fitness, sports training, etc.
2. The stair machine shall be placed indoors and not used outdoors or in a place with high humidity. Water or other liquids shall not be splashed on the stair machine.
3. Use the stair machine to ensure that the four corners are placed on the ground smoothly and reliably. And the safety space of 2000mm*1000mm should be reserved behind the body of the stair machine.
4. When using the equipment, please wear appropriate sports clothes and sports shoes. Professional guidance must be provided for the first time.
5. Two or more people are not allowed to exercise on the stair machine at the same time. The maximum weight of the machine is 150 kg.
6. Action instruction:

A. aerobic exercise: it can consume energy, improve cardiopulmonary function, accelerate blood circulation, improve the comprehensive quality of human body, and achieve the effect of losing weight and keeping fit.

B. when using the stair machine for the first time, hold the handrail with both hands to maintain your balance.

C. when adjusting resistance, do so slowly, with as little adjustment as possible.

D. The user can only get off the platform when it is confirmed to be safe.

7. Any device above the fuselage shall not be in a relaxed state.

8. Improper or overload training may lead to damage of motor and controller, accelerated aging of transmission system, or even physical injury.

9. Do not touch any parts of the stair machine in operation with your hands.

10. Long hair users should pay attention to the safety of hair during use.

11. If the user feels any discomfort or abnormal conditions during use, please stop exercising immediately and consult a doctor.

12. Before each use, please check whether the transmission parts are forbidden or not. If there is any loosening, please tighten or replace them in time.

13. In the maintenance and repair process of the stair machine, the accessories of the machine shall have obvious signs of suspension of use.

14. If the stair machine has abnormal sound or other abnormal conditions, please stop the operation immediately and contact our after-sales department in time to seek professional goods

15. Install photoelectric switch at the lower right corner of the stair machine step. If objects are detected to be blocked, the stair machine will stop immediately for safe use.

16. Before each use of the staircase machine, it is necessary to confirm whether the brake has held the brake. The detection method is: without clicking on the start, step on the staircase machine under the staircase machine. If the staircase does not move continuously, the brake can be used without any problem. If the staircase has continuous movement, it is strictly prohibited to use and contact our company by telephone. Change the brake;

17. Staircase machine is strictly forbidden to be used under 180V and under unstable voltage. Ensure voltage is AC220, otherwise it is necessary to install a regulator to maintain voltage in the required voltage.

2. Technical standards:

Input power supply voltage: AC20V

Time display range: 0:00-99:59

Height display range: 0.00-999.9m

Heat Display Range: 0 - 999 (kcal)

Rank display range: 0-15

Step Number Display Range: 0-9999

Power Wire Display Specification: 10A AC250V

Running speed: 24 steps per minute - 164 steps per minute

3. Graphics of the whole machine



A. Installation process

Assembly instructions:

Everything in this section refers to ensuring that staircases can be assembled very easily and correctly.

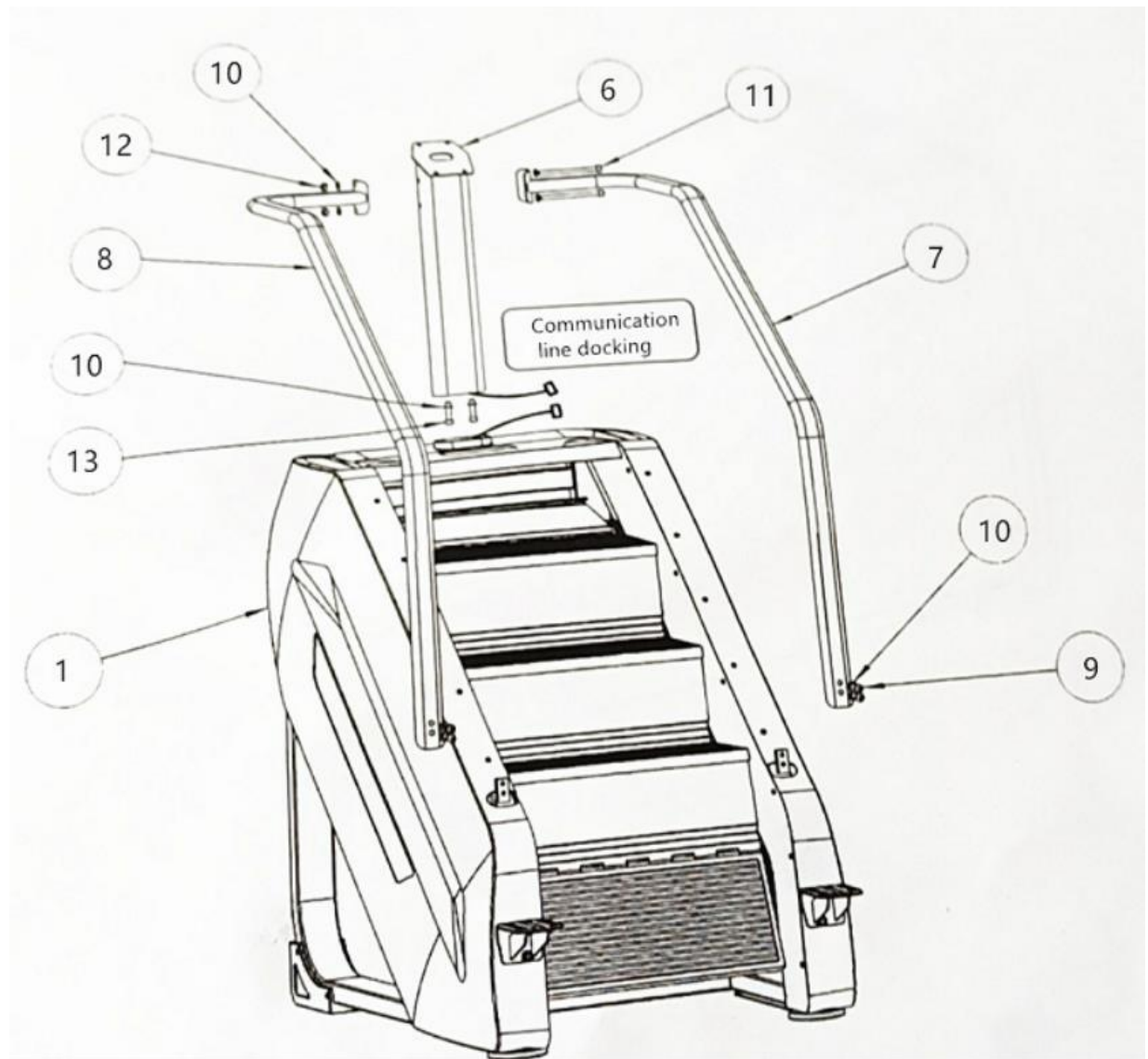
- A. Because of the large size of the staircase machine, please select the assembly site where the staircase machine will be placed to ensure that there is enough space around the staircase machine.
- B. Place all parts of staircase machine in empty area and remove all packing materials. Do not discard packing materials before assembly is completed.
- C. All bolts must be imprisoned during assembly unless otherwise specified, and all bolts must be inspected after assembly.
- D. When assembling this staircase, make sure that all parts are assembled according to the assembly drawing.

Assembly step 1

Connect communication lines and assemble armrest assemblies

Assembly instructions:

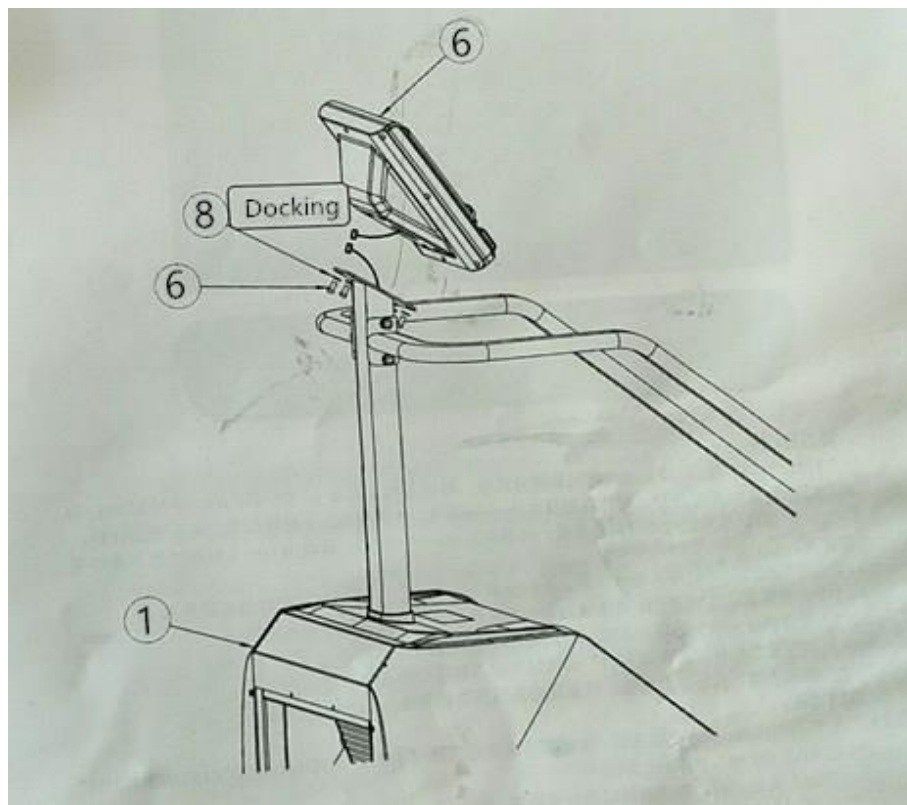
- (1) Connect the communication line of the screen support pipe with the communication line of the main frame of the staircase machine.
- (2) Fix the screen support tube to the corresponding position on the main frame.
- (3) Fix the left and right handrails in their respective positions.



Assemble step 2.

Assemble the screen to connect the communication wire.

- (1) Connect the screen support tube, communication line and display flat communication line.
- (2) After docking the communication line, place the watch head at the joint with the support frame and tighten it.



B. Stair machine operation instructions.

The stair machine panel adopts the principle of capacitive press, the user only needs to press and press gently when using, the effect can be comparable to that of the mobile phone screen. The surface of the panel is durable and colorful, the appearance of acrylic material to ensure long time use, will not appear wear off paint, color, water leakage and other problems.

C. Machine commissioning process

1. Plug the power supply.

Turn on the power supply, electrify the machine, step on the staircase machine, press all the keys on the electronic watch, and observe whether each key corresponds to the functions it represents, whether the keys are effective and whether the handle is good. Holding down the start button machine

running stairs, run level 1, check to see if the stairs machine parts working properly at this time

2. Manual touch

In standby mode, press "START/STOP" directly, and the stair machine will run at the speed of level 1. For other Windows counting forward from 0, click "+" and "-" to change the running level. The Delete key is the undo key, and OK is the confirm key

3. Photoelectric switch

The photoelectric switch indicates that the photoelectric switch is placed in the lower right corner of the step, and the stair machine will stop immediately if the object is detected, which will be used to ensure that there is no problem with the photoelectric light opening when it is used to ensure the use of the photoelectric switch.

D. Daily maintenance.

1. Clean every day.

Suggest you should clean equipment before and after training every time if want to clear the dust on equipment how to use soft cloth wet qing rui cleaner to wipe all exposed surfaces afterwards Be sure to read and follow the manufacturer's instructions before using any detergent to clean the equipment, especially the dilution instructions. Call for direct use of a concentrated solution with a strong concentration or any acid cleaner that may erode the protective coating of the equipment. Often use a vacuum cleaner to clean the floor below the equipment to prevent dust accumulation from affecting the equipment operation. Use nylon soft nylon board to clean the equipment groove and foot pedal.

2. Check every day.

Check the equipment at least once a day for the following problems. Slipping belt, loose fasteners, abnormal noise, any other signs that equipment may need to be repaired.

3. Weekly maintenance.

Perform the following weekly maintenance tasks.

Use gray or licensed cleaners to clean tracks and wheels, and use a vacuum cleaner or wet mop to clean floors under equipment. All functions of the detection console include heart rate monitoring function and whether the color detection equipment is stable on the floor. All feet of the fixed equipment should be fixed in contact with the floor equipment and should not be shaken or shaken when used. If not, flatten it again.

4. Moving equipment is very heavy.

If you plan to move the equipment to a new location, ask for adult help and use the correct lifting techniques. If the equipment has rollers at one end, the department USES rollers to reduce the burden on you and your assistants.

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

5. Storage when not in use for a long time.

If you do not want anyone to use the appliance for a long time, perform the following tasks to save it.

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