

STEPR PRO CLASSIC

USER MANUAL

TABLE OF CONTENTS

WARNINGS AND SAFETY INFORMATION	02
PROPER USAGE	10
FCC INFORMATION	13
ASSEMBLY	14
MOVING THE STEPR	25
CONSOLE ONBOARDING PROCESS	26
GROUNDING METHODS	40
EXPLODED DRAWING	41
PARTS LIST	42

IMPORTANT SAFETY INSTRUCTION!

When using the STEPR, basic precautions should always be followed, including the following:

Read all instructions before using the STEPR.

DANGER – To reduce the risk of electric shock:

- 1.** Always unplug the STEPR from the electrical outlet immediately after using and before cleaning.

WARNING – To reduce the risk of burns, fire, electric shock, or injury to persons:

- 1.** The STEPR should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2.** Use the STEPR only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 3.** Never operate the STEPR if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the STEPR to a service center for examination and repair.
- 4.** Keep the cord away from heated surfaces.
- 5.** Never operate the STEPR with the air openings blocked. Keep the air openings free of lint, hair, and alike items.

IMPORTANT SAFETY INSTRUCTION!

6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) the STEPRs are being used or where oxygen is being administered.
9. To disconnect, turn the STEPR off, then remove the plug from the outlet.
10. Connect the STEPR to a properly grounded outlet only. See grounding instructions.
11. The STEPR is not intended for use by persons 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 STEPR by a person responsible for their safety. Keep children under the age of 13 away from the STEPR.
12. Do not carry the STEPR by supply cord or use cord as a handle.

SAVE THESE INSTRUCTIONS

The specifications of the STEPR may vary slightly from the illustrations and are subject to change without notice.

WARNING

Read all instructions carefully before using the STEPR. Retain this owner's manual for future reference:

There are several areas during the assembly process that special attention must be paid. It is very important to follow the assembly instructions correctly and to make sure all parts are firmly tightened. If the assembly instructions are not followed correctly, the STEPR could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the STEPR, the assembly instructions must be reviewed and corrective actions should be taken.

Never operate the STEPR if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water.

When emergency happens, take away the "emergent stop button" immediately.

There is a certain risk of too fast speed, it is recommended that users do not use too fast speed directly after starting the machine.

Caution: Read the assembly instruction carefully, follow the instruction when assemble.

IMPORTER:
STEPR INC.
ADD: 300 Delaware Ave. Suite 210 #524
Wilmington, DE 19801
United States

ATTENTION

1. Before starting any exercise program, consult with your physician or health professional.
2. Check all the bolts locked.
3. Never put the STEPR in the wetness area, or it will cause troubles.
4. We take no responsibility for any troubles or hurts due to above reasons.
5. Dress sport clothes and shoes before running.
6. Do not do exercise in 40 minutes after meal.
7. To prevent hurts, please warm up before exercise.
8. Consult with doctor before exercise if you have high blood pressure.
9. The STEPR is only used for adults and indoor using.
10. Provide the olds, children and handicapped with good care, guide and supervision.
11. Do not plug anything into any parts of the STEPR, or it may damage.
12. Do not connect line to the middle of cable; do not lengthen cable or change the cable plug; do not put any heavy thing on cable or put the cable near the heat source; forbid using socket with several holes, these may cause fire or people may be hurt by the power.
13. Cut off the power when the STEPR is not used. When the power is cut off , do not pull the power line to keep the wire unbroken.
14. Maximum weight of user: 400 lbs (180kg).

ATTENTION

15. Pulse monitor data may not be accurate, can not be used for medicine. Over-exercise may cause injury, even death. If you have a feeling of dizziness, sickness or other abnormal symptoms, please stop training and consult a doctor immediately.
16. The class of the STEPR is: SC
17. That injuries to health may result from incorrect or excessive training.
the STEPR can be used by children aged from 14 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the STEPR in a safe way and understand the hazards involved.

CARE AND MAINTENANCE

Care and, if applicable, maintenance advice shall be provided with each piece of the STEPR. The advice shall include at least:

- a. A warning notice to the effect that the safety level of the STEPR can be maintained only if it is examined regularly for damage and wear, e.g. ropes, pulleys, connection points;
- b. An advice to replace defective components immediately and/or keep the STEPR out of use until repair;
- c. Special attention to components most susceptible to wear.

IMPORTANT SAFETY PRECAUTION

- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the STEPR.
- Always wear athletic shoes while using the STEPR.
- Do not jump on the STEPR.
- At no time should more than one person be on the STEPR while in operation.
- The STEPR should not be used by persons weighing more than specified on this manual. Failure to comply will void the warranty.
- Disconnect all power before servicing or moving the STEPR. To clean, wipe surfaces down with soap and slightly damp cloth only; never use solvents.
- The STEPR should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- Connect this exercise the STEPR to a properly grounded outlet only.
- At NO time should children under the age of 13 or pets be within 10 feet of the machine.

IMPORTANT SAFETY PRECAUTION

- Keep children under the age of 13 away from the STEPR. Teenagers must be supervised at all times while using the STEPR.
- The STEPR is not intended for use by persons 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 STEPR by a person responsible for their safety.
- Use the STEPR only for its intended use as described in the owner's manual.
- Do not use other attachments that are not recommended by STEPR. Attachments may cause injury.
- Never operate the STEPR if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or immersed in water.
- Keep power cord away from heated surfaces. Do not carry this unit by its supply cord or use the cord as a handle.
- Never operate the STEPR with the air opening blocked. Keep the air opening clean, free of lint, hair, and the like.
- To prevent electrical shock, never drop or insert any object into any opening.
- Do not operate where aerosol (spray) the STEPRs are being used or when oxygen is being administered.
- To disconnect, turn all controls to the off position, then remove plug from outlet.
- Do not use the STEPR in any location that is not temperature controlled, such as but not limited to garages, porches, pool rooms, bathrooms, car ports or outdoors. Failure to comply may void the warranty.

IMPORTANT SAFETY PRECAUTION

- Do not remove the console covers unless instructed by Customer Tech Support. Service should only be done by an authorized service technician.
- Make sure there is no less than 2*1m free space behind the STEPR.
- In case of any abnormality during the use process, please press the emergency button and get off the STEPR after it stops.
- If you observe any damage or wear on the mains plug or on any section of the mains lead then please have these replaced immediately by a qualified electrician – do not attempt to change or repair these yourself.
- If the supply cord is damaged, it must be replaced by STEPR, its service agent or similarly qualified persons in order to avoid a hazard.
- If you want to dismount the STEPR, you must stop the STEPR completely.
- Indication that the free area shall be not less than 0,6 m greater than the training area in the directions from which the STEPR is accessed. The free area must also include the area for emergency dismount. Where the STEPR is positioned adjacent to each other the value of the free area may be shared. The free area and training area shall be illustrated with a dedicated figure.
- Children should be supervised to ensure that they do not play with the STEPR.

Cleaning and user maintenance shall not be made by children without supervision.

PROPER USAGE

1. As shown in the figure below, the user enters the step area of the stair trainer from the direction of the arrow, walks up the steps, and clicks the start button to start using the machine.



2. As shown in the figure below, after the user finishes exercising, click the stop button. After the stair trainer stops smoothly, the user exits the step area of the STEPR from the direction of the arrow.

3. If the stairs shake too much during exercise, it means that the chain is too loose. Please remove the left and right protective cover of the main frame, and use a hexagonal T-type wrench to fix the screw of the rear gear clockwise to tighten the chain as shown in Figure 1. As shown in Figure 2, when the gap between the chain and the tube is adjusted to 35mm, you can continue to use the machine.

FIGURE 1

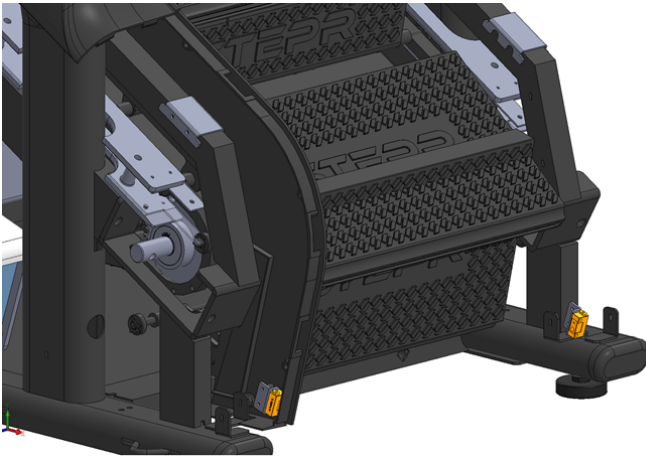
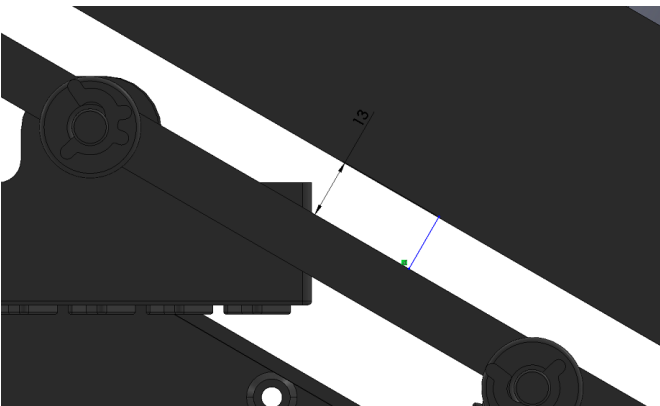


FIGURE 2



4. If the start/stop button is damaged during use, you cannot continue to use the STEPR, and you need to replace the internal electronic parts before you continue to use the machine.
5. The surface of stairs are plastic, which is easy to wear and tear. Please ensure that the user's soles are clean when using it.
6. There are two EMERGENCY STOP BUTTONS on the STEPR. One emergency stop button is located at the below of the handlebars and the second is located on the lower right side handlebar. The EMERGENCY STOP BUTTONS will bring the step surfaces to a complete stop when pressed.
7. Stand directly in front of the machine. Grasp the handlebars and step onto the STEPR until you are within comfortable reach of the console, top emergency stop lever, and in-reach handlebar controls.
8. To determine proper workout position, stand on the steps within comfortable reach of the console. Maintain a constant distance from the console and in-reach handlebar controls. Keep your knees slightly bent at all times.

FCC information to the user

1. **Caution:** Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the STEPR.

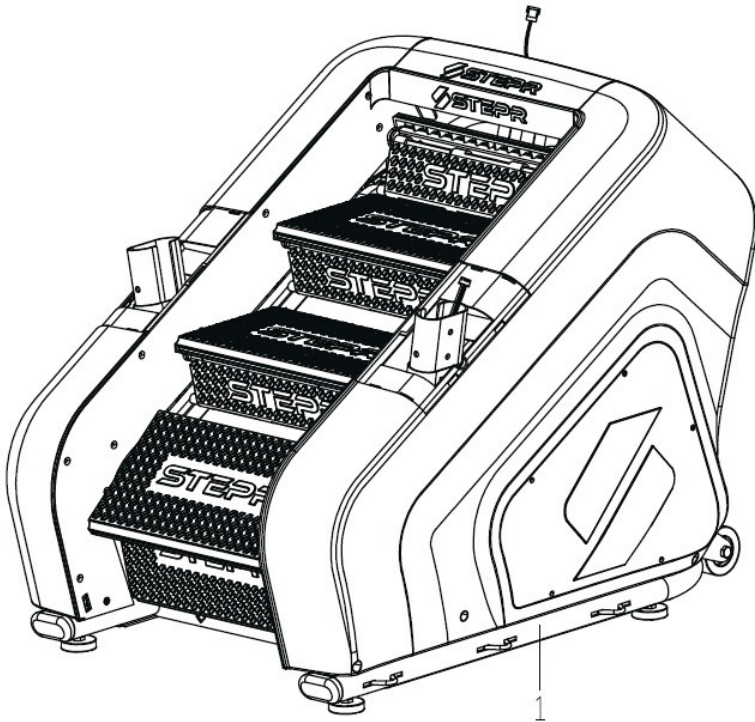
2. **Note:** the STEPR has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. the STEPR generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the STEPR does cause harmful interference to radio or television reception, which can be determined by turning the STEPR off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
 - Reorient or relocate the receiving antenna.
 - Increase the separation between the STEPR and receiver.
 - Connect the STEPR into an outlet on a circuit different from that to which the receiver is connected.
 - Consult the dealer or an experienced radio/TV technician for help.

ASSEMBLY STEPS

*Note: The floor area of this machine is 1345*835mm.
Weight: 165KGS*

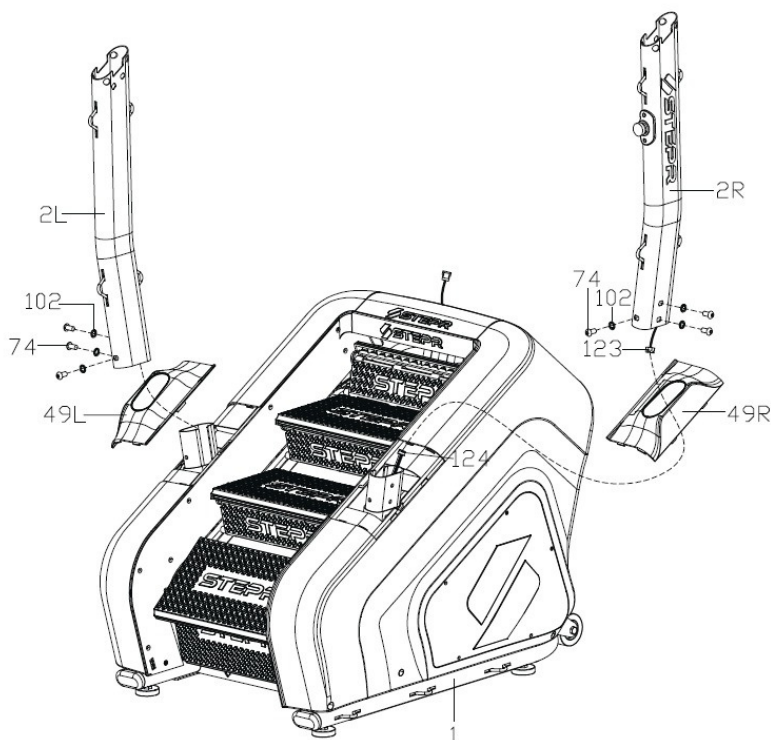
STEP 1

1. Open the package, take out all parts and place the Main frame(1) on the flat ground.



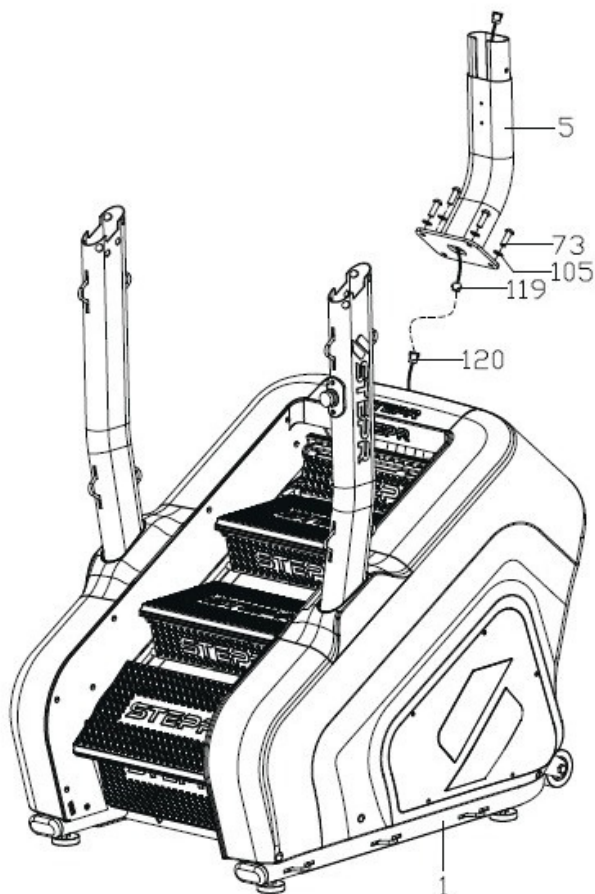
STEP 2

1. Pass the Switch upper wire 2(123) through the right Decorative cover (49R) to connect with the Switch lower wire 2 (124);
2. Cover the Decorative cover (49L / R) to the Upright tube (2L / R), then lock the Upright tube (2L/R) to the Main frame (1) with six M10*20 Hex socket screws (74) and six $\phi 10 \times 1.2$ Lock washers (102). (Please don't tighten them now)



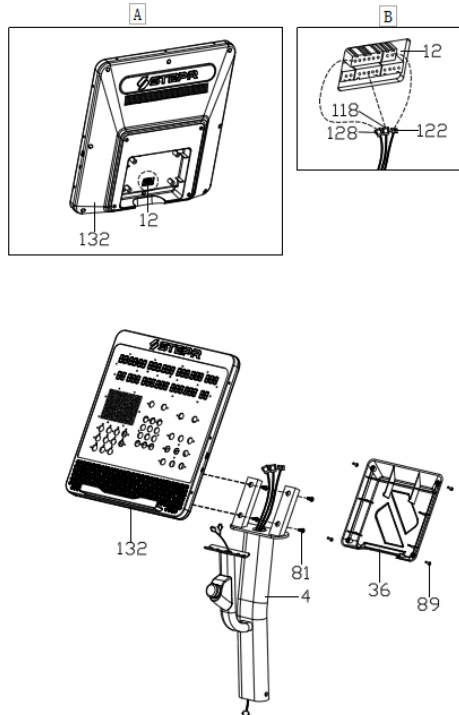
STEP 3

1. Connect the Console lower extension wire (119)to the Console lower wire (120).
2. Attach the Console mast 2 (5) to Main frame (1) with four M10*30 Hex socket screws(73) and four ϕ 10 Flat washers(105).(Please don't tighten them now)



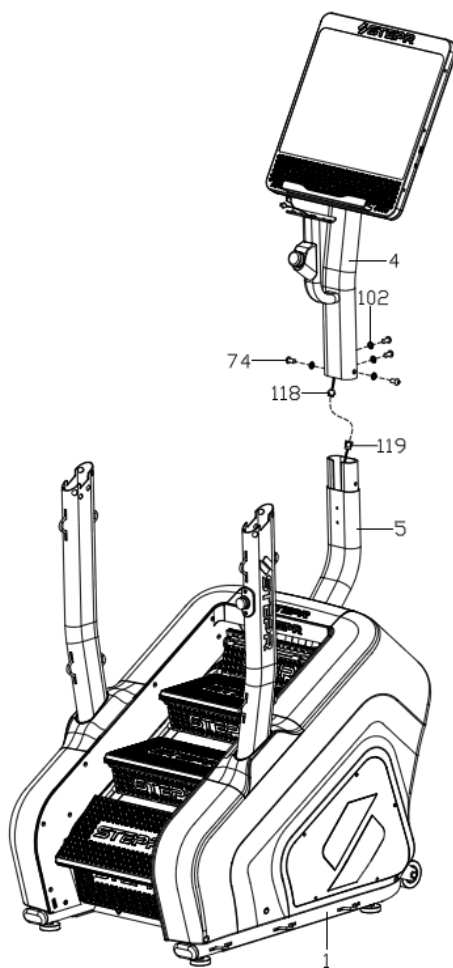
STEP 4

1. Lock the Console (132) to Upper Console mast (4) with four Cross screw M5*15 (81).
2. Insert the Key board extension wire (128), Console upper extension wire (118), Wireless charging of the upper line (149) , Emergency switch lower wire 1 (122) into the Interface board (12) (As shown in figure A,B).
3. 1. Lock the Computer cover adornment (36) to Console (132) with four Cross tapping screw ST4.0*16 (89).



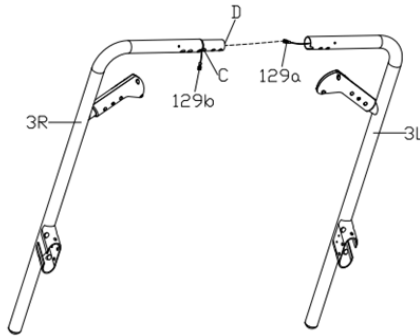
STEP 5

1. Connect the Console upper extension wire (118) to the Console lower extension wire (119).
2. 1. Attach the Console mast 1 (4) to the Console mast 2 (5) with four M10*20 Hex socket screws (74) and four $\phi 10 \times 1.2$ Lock washers (102). (Please don't tighten them now).



STEP 6

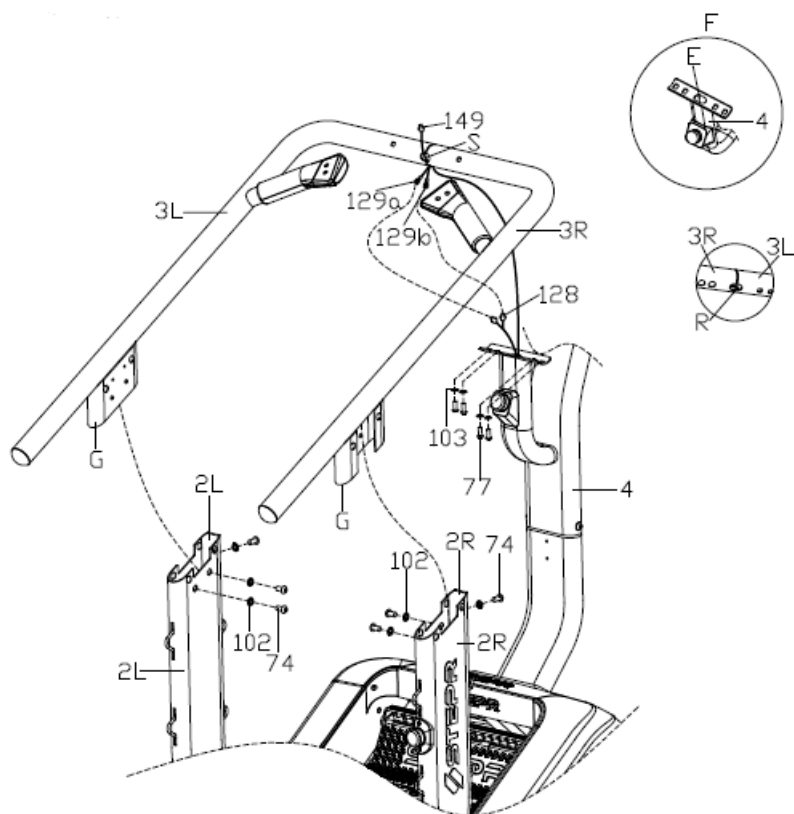
1. Insert Key board lower wire a (129a) go through hole D of right Handrails (3R) and come out of hole C of right Handrails (3R) and slide the left Handrails (3L) and the right Handrails (3R) together. (Please be careful not to clip the wires).



STEP 7

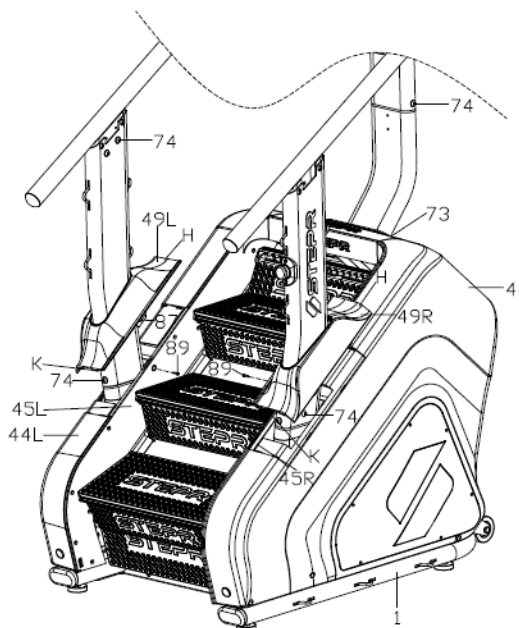
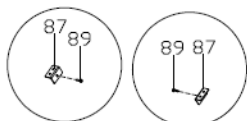
1. Cover the Handrails (3L/R) to the Upright tube (2L/R)
2. Put Wireless charging of the upper line (149) through the hole R in Handrails (3L/R) and out of the hole S
3. Connect the Key board lower wire a(129a) and Key board lower wire b(129b) to the Key board extension wire (128). And plug all wire connectors and wires into the connection tube of Console mast 1(4) through hole E. (Be careful not to clip wires)

4. Insert the Position G of the Handrails (3L/R) into Upright tube (2L/R), align the holes and then lock the Handrails (3L/R) to Upright tube (2L/R) with six M10*20 Hex socket screws (74) and six $\phi 10*1.2$ Lock washers (102).(Please don't tighten them now)
5. Align the holes of the Handrails (3L/R) to the connection tube of the Console mast (4),and then lock the Handrails (3L/R) to the connection tube of Console mast (4) with four M8*20 Hex bolts (77) and four $\phi 8*1.2$ Lock washers (103).



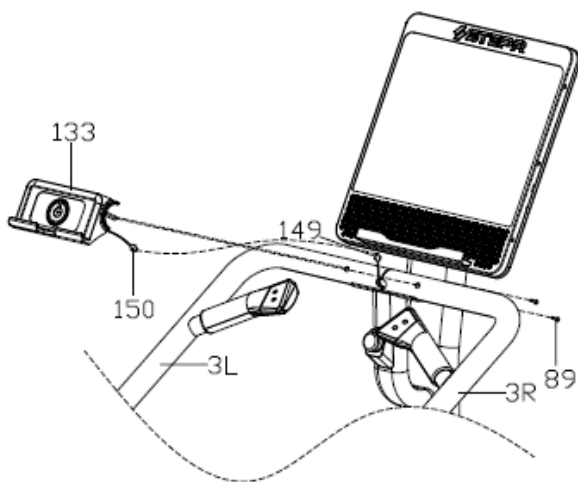
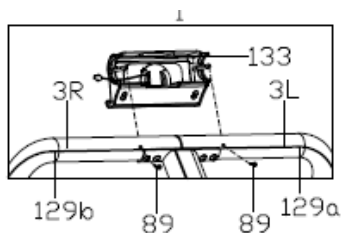
STEP 8

1. Lock all the sixteen M10*20 Hex socket screws (74) and the four M10*30 Hex socket screws (73) that are not locked tightly in the previous assembly steps.
2. Clip the snap joint at H of Decorative cover (49L/R) into Protective cover (44L/R), and then press the snap joint at K of Decorative cover (49L/R) down to Protective cover (44L/R). Lock the Decorative cove fixture(87)to the Inner protective cover(45L/R)with Cross tapping screw ST4.0*16(89)



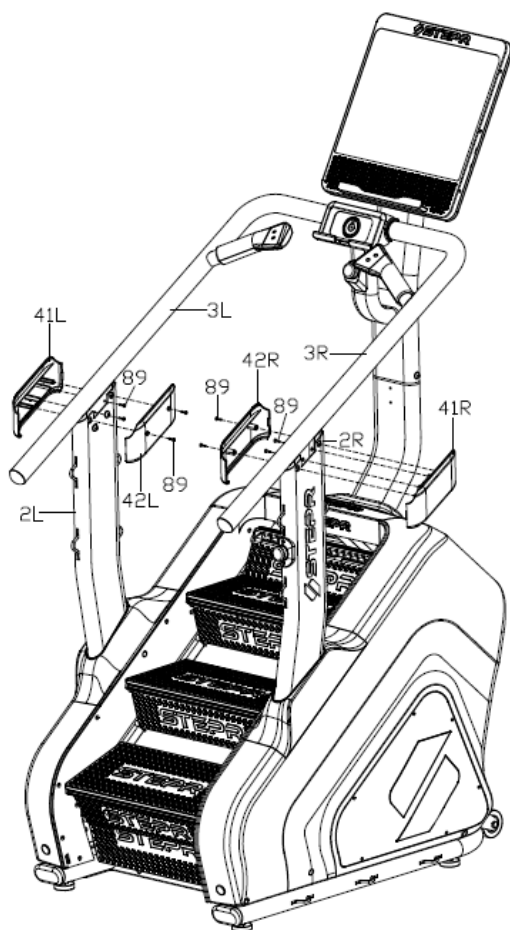
STEP 9

1. Connect Wireless charging of the upper line (149) to Wireless charging of the lower line (125)
2. Place the Phone holder (133) to the Handrails (3L/R) and lock the Phone holder (133) to the Handrails (3L/R) with two ST4.0*16 Cross tapping screws (89). (Note: Please avoid Key board lower wire a/b(129a/b) to break the wire)



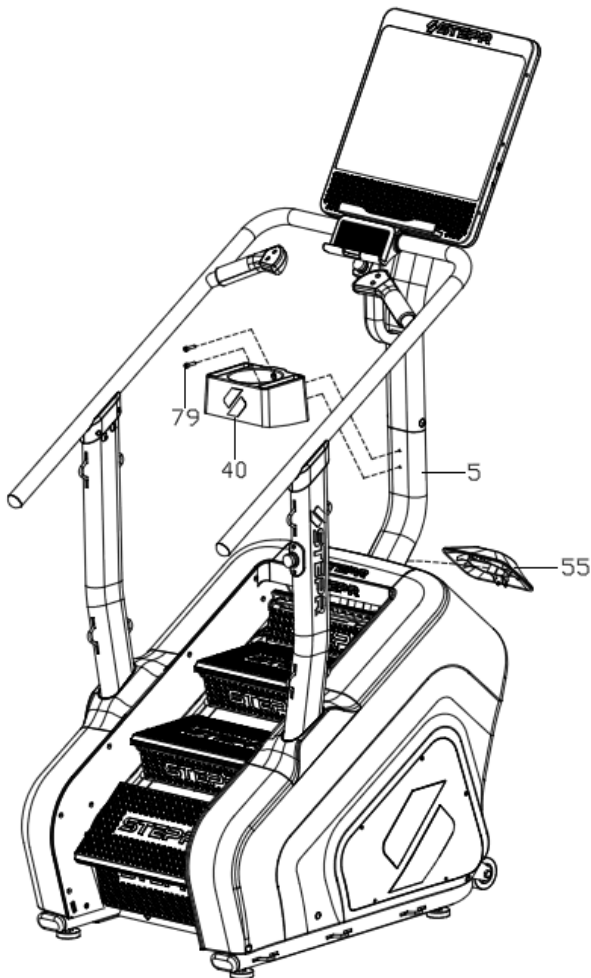
STEP 10

1. Lock the Exterior decorative cover (41L/R) to Handrails (3L/R) with four ST4.0*16 Cross tapping screws (89).
2. Lock the Interior decorative cover (42L/R) to Upright tube(2L/R) with four ST4.0*16 Cross tapping screws (89).



STEP 11

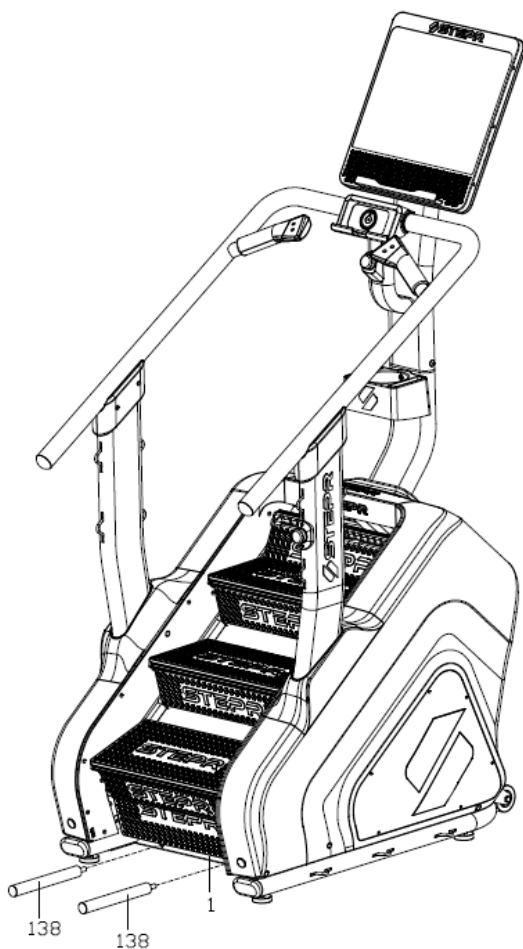
1. Lock the Bottle holder (40) to the Console mast 2 (5) with two M6*25 Hex socket cap screws (79).
2. Put the Console mast decorative cover (55) apart with hands and then cover it into the Console mast 2 (5).



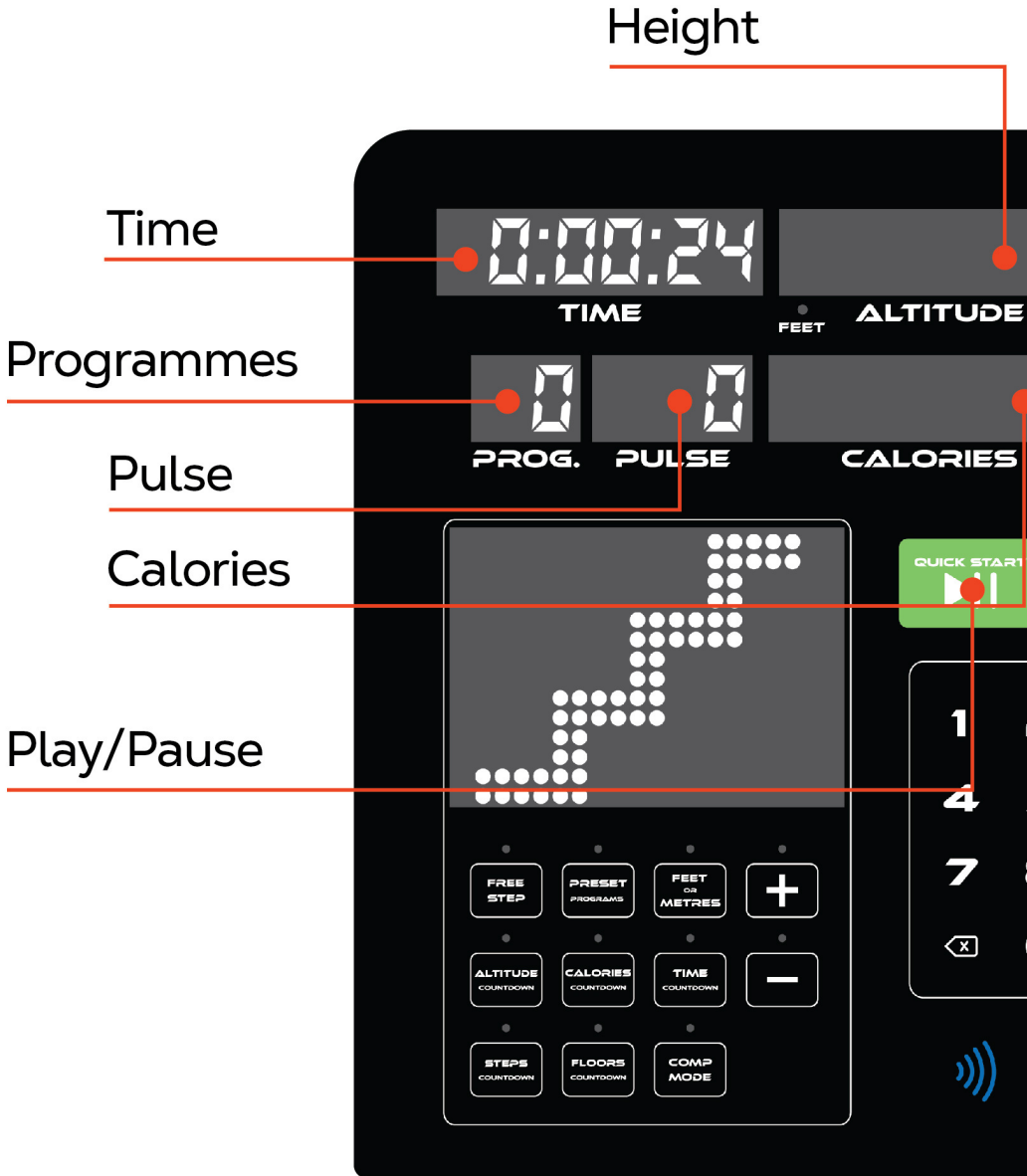
MOVING THE STEPR

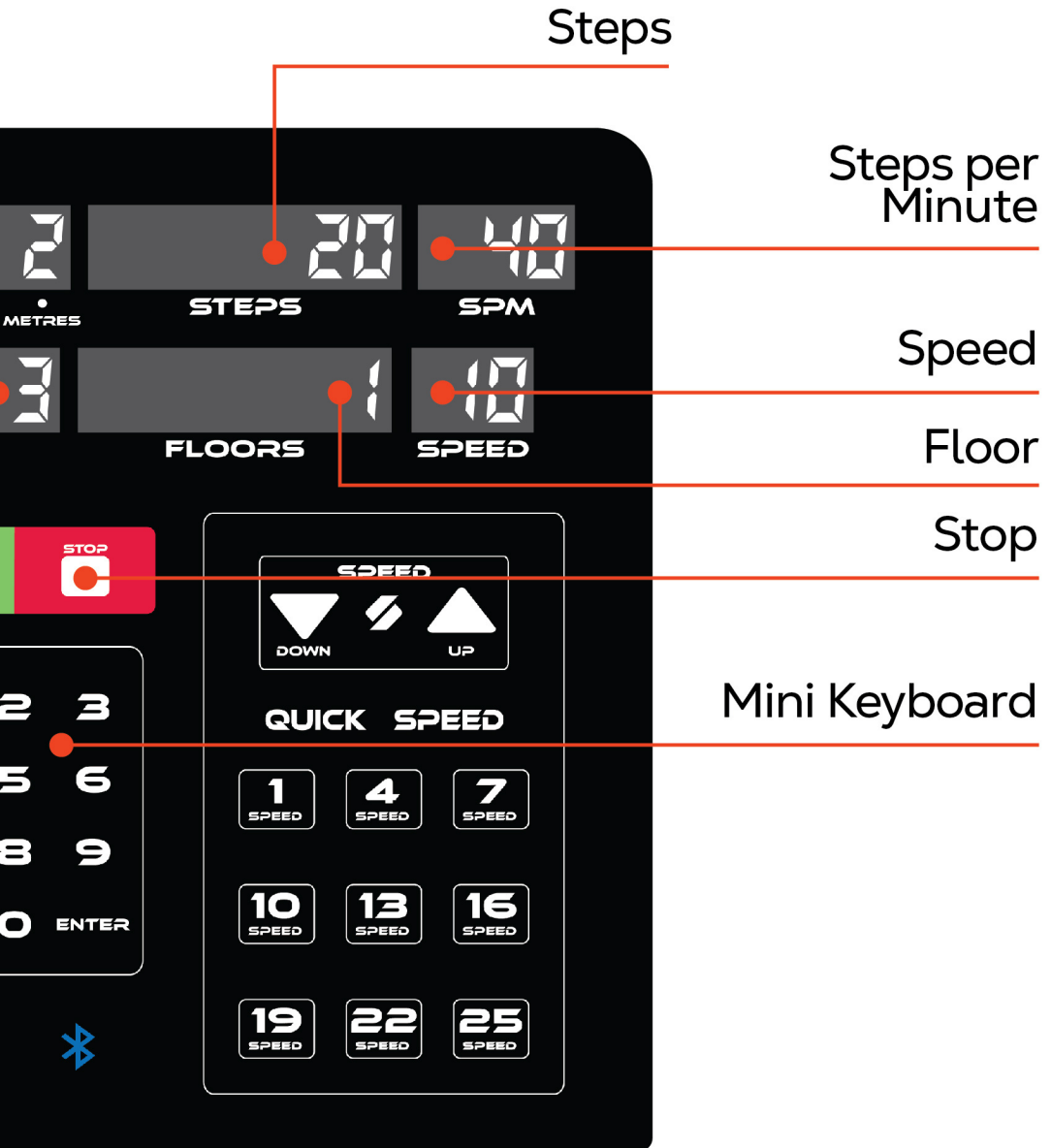
Screw the two Transport handles (138) into the main frame (1), after the completion of moving machine, and screw the Transport handles (138) out and put them away for use next time.

WARNING: the STEPR is heavy, use care and additional help if necessary when moving. Failure to follow these instructions could result in injury.



CONSOLE ONBOARDING PROCESS





CONSOLE ONBOARDING PROCESS

WINDOW DISPLAY

- 1. TIME:** The STEPR displays workout duration. When showing the workout time, the forward timer starts from 0:00:00 and progresses up to 99:59:59. The STEPR gradually decelerates and comes to a complete stop at 99:59:59, showing 'End.' After reaching a full stop, it enters standby mode for 5 seconds.

In countdown mode, it counts down from the set time to zero. When the countdown reaches 0:00:00, the STEPR smoothly decelerates and stops running, displaying 'End.' After it has completely stopped, it enters standby mode for 5 seconds.

- 2. HEIGHT:** Display motion height. The forward count ranges from 0 to 999999 meters, while the reverse count decreases from the set value to zero. When the countdown reaches 0, the STEPR slows down smoothly and stops running, displaying "End". After a complete stop, it enters standby mode for 5 seconds.

- 3. STEPS:** The STEPR displays the vertical distance traveled. The forward count ranges from 0 to 999,999 meters, while the reverse count decreases from the set value to zero. When the countdown reaches 0, the STEPR gently decelerates and comes to a complete stop, displaying 'End.' After a full stop, it enters standby mode for 5 seconds.

CONSOLE ONBOARDING PROCESS

4. **SPEED:** The STEPR displays the gear position in operating mode, with a display range of 1 to 25 Resistance Levels.
5. **PROG.:** The STEPR displays the program number when in program mode, indicating the current program number.
6. **PULSE:** The STEPR displays the athlete's heartbeat value when wearing the wireless heartbeat chest band. The system automatically detects the athlete's heartbeat frequency and shows it in this window. The heartbeat value display range is 50 to 200 beats per minute. (This data is for reference purposes only and should not be used as medical data.)
7. **CALORIES:** The STEPR displays the calories value. When counting in the forward direction, it starts from 0 and progresses up to 999,999. When counting in the reverse direction, it starts counting down from the set value to 0. Upon reaching 0, the STEPR gently decelerates and comes to a complete stop, displaying 'End.' After a full stop of 5 seconds, it enters standby mode
8. **FLOORS:** The STEPR displays the current floor value, with a display range of 0 to 999,999.
9. **SPM:** The STEPR displays the steps per minute in operating mode.

CONSOLE ONBOARDING PROCESS

KEY FUNCTION

- 1. "MANUAL/PROGRAM/TIME/HEIGHT/CALORIE S/STEPS/FLOOR" buttons:** The program can be swiftly switched between fixed programs. Time can be quickly activated to start the time countdown mode. Height can be rapidly activated in the height countdown mode. Calories can be promptly activated in the calorie countdown mode. Step count can be swiftly activated in the step count down mode. Floor can be quickly activated in the floor countdown mode. During this period, parameters can be efficiently set using the 'Set+-' parameter.
- 2. METRIC:** Used to switch between measurement units, feet, and meters.
- 3. COMPETITION MODE:** Activate competition mode. There are 5 competition modes: floor, steps, calories, height, and time.
- 4. START:** With the power on and the safety lock engaged, pressing this button at any time can initiate the operation of the STEPR. Press this button during operation to temporarily pause the STEPR from running.
- 5. STOP:** During the movement process, this button can be used to halt the operation of the STEPR and reset it to zero.

CONSOLE ONBOARDING PROCESS

6. **"UP" and "DOWN":** In standby mode, this button is used to adjust the set value. After startup, it is utilized to adjust the speed, with an adjustment increment of 1 each time. When continuously held down for more than 0.5 seconds, it automatically increases or decreases continuously.
7. **1, 4, 7, 10, 13, 16, 19, 22, 25:** For quick speed adjustment.
8. **Mini keyboard:** In running or setting mode, pressing the numeric keys on the mini keyboard can swiftly set parameter values. Clear the input using the clear key and confirm the parameter to the input value with the confirm key. Beyond the set range, it will automatically be adjusted to the maximum or minimum value.

QUICK START (MANUAL MODE)

1. Turn on the power switch, rotate the two emergency stop switches outward, and ensure that there are no obstructions in the infrared sensing area.
2. Press the 'START' start button. The system initiates a 3-second countdown with a buzzer sound, and the speed window displays the countdown number. After the 3-second countdown, the treadmill begins running at a speed of 0.6 mph (1.0 kmh) per hour.

CONSOLE ONBOARDING PROCESS

3. After starting, use the DOWN and UP buttons to adjust the STEPR's speed as needed.

OPERATION DURING THE MOVEMENT PROCESS

1. Pressing the 'UP' button will increase the running speed of the STEPR Console
2. Pressing the 'DOWN' button will decrease the running speed of the STEPR.
3. Use the 1, 4, 7,(...). 24 buttons to quickly set the STEPR speed
4. Press 'Stop' to gradually slow down and stop the operation
5. Press the 'Start' button to gradually slow down and suspend the operation.

MANUAL MODE

1. In standby mode, press 'Start' to initiate running at a speed of 1. The other windows count upwards from 0. Use the 'UP' and 'DOWN' buttons to adjust the speed.

CONSOLE ONBOARDING PROCESS

2. In non-operating mode, pressing the 'Manual/Program/Time/Height/Calories/Steps/Floor' button can swiftly switch modes. After switching modes (excluding manual mode), relevant parameter values can be adjusted using the '+/-' button.
3. After selecting a mode setting, choose one of the settings and then press the start button to initiate the operation after a 3-second countdown. Use the 'UP/DOWN' buttons to adjust the speed, and press the 'stop' button to stop running.

RUNNING MODE

1. In standby state, initiate the Sat 1 speed. The other windows count upwards from 0. Use the 'UP/DOWN' and 'Mini Keyboard' buttons to adjust the speed.
2. Press the 'Time' key to enter the time reverse mode. The 'Time' window displays '10:00' and flashes. Use the '+/-' and 'Mini Keyboard' keys to set the workout time within the range of 0:05:00 to 99:59:59
3. Press the 'HEIGHT' button to enter the height countdown mode. The 'ALTITUDE' window displays '10' and flashes, and the height countdown matrix window displays 'AC'. Use the '+/-' and 'Mini Keyboard' keys to set the exercise height. The height setting range is 1 to 999,999.

CONSOLE ONBOARDING PROCESS

4. Press the 'CALORIE' button to enter the calorie inverted mode. The 'CALORIES' window displays '50.0' and flashes. Use the '+/-', and 'Mini Keyboard' keys to set the calorie goal. The calorie set range is 10 to 999,990.
5. Press the 'FLORS' button to enter the floor countdown mode. The 'FLO' window displays '5' and flashes, and the floor countdown matrix window displays 'FC'. Use the '+/-' and 'Mini Keypad' keys to set the floor value. The range for setting the floor value is 1 to 999,999.
6. Press the 'STEP COUNT' button to enter the step count countdown mode. The 'STEPS' window displays '50' and flashes, and the step count countdown matrix window displays 'SC'. Use the '+/-', and 'Mini Keypad' buttons to set the number of steps, with a range of steps to be set between 10 and 999,990.
7. After selecting one of the five countdown modes, press the start button. The STEPR will begin running after a 3-second delay. You can change the current running gear through the control button, and you can also stop the STEPR.

CONSOLE ONBOARDING PROCESS

PROGRAMS

There are 36 built-in programs, labeled P01 to P36, in this system. In a non-running state, press the 'PROGRAM' button to display 'P01-P36'. Select your favorite program, and the 'TIME' window will start flashing. It will display the preset time as 10:00. Use the '+/-' and 'Mini Keypad' buttons to set the desired workout time. Then, press 'START' to initiate the selected built-in program. Each built-in program consists of 20 segments, with each segment's movement time calculated as the set time divided by 20.

When transitioning to the next program segment, the system will emit a 'Bi-Bi-Bi-' sound prompt. You can adjust the gear speed value using the 'Gear + -' buttons, but when the program moves to the next segment, the system will sound 'Bi-Bi-Bi' three times as a prompt. The STEPR will gradually slow down to a stop and display 'End'. After a complete stop, it will enter standby mode after 5 seconds.

SCHEMATIC DESCRIPTION

Each program divides the movement time into 20 equal parts, and each time period has a corresponding speed.

CONSOLE ONBOARDING PROCESS

COMPETITIVE MODE

In standby mode, press the 'Competition Mode' button to enter the competition mode. There are a total of 5 competition parameter options (floor, steps, calories, height, time). After selecting one of them, the corresponding window parameter on the electronic display will start flashing. You can adjust the parameter value by pressing the '+/-' button or quickly set it using the 'Mini Keyboard'.

To use the mini keyboard, enter your desired value and then press the 'OK' key. Once you've set the value, press the 'START' button to begin your workout.

For quick access to the competition parameters and values selected in the previous competition mode, long-press the 'Competition Mode' button for 3 seconds. Then, press the 'START' button to initiate your exercise.

DISPLAY RANGE OF VARIOUS PARAMETERS

Set parameters	Initial value	Set initial value	Setting range	Display range
TIME(minrte:second)	0:00: 00	00: 10: 00	0:05:00-99:59:59	0:00:00—99:59: 59
Block (file)	1	1	1-25	1-25
Step number (step)	0	50	10-999990	0—999999
Height (m)	0.0	10	1-999999	0—999999
Heart rate (sub / min)	P	N/A	N/A	50-200
CAL(CALORIE) (KCAL)	0.0	50	10-999990	0—999999
Step frequency (rotation)	0	N/A	N/A	0-999
Floor	1	5	1-999999	0-999999

CONSOLE ONBOARDING PROCESS

EMERGENCY STOP FUNCTION

In any state, pressing the emergency stop button will immediately halt the operation of the STEPR. The STEPR comes to an emergency stop, and the "numerical window" displays "-- --". Simultaneously, the dot matrix window shows "Safety Stop Button Activated - Twist Emergency Stop Button to Unlock", accompanied by a "BB" alarm sound from the buzzer. In this state, the STEPR is unable to perform any other actions except for shutting down. To resume normal operation, simply turn the emergency stop switch clockwise, and the STEPR will return to standby mode, ready to accept input commands

POWER SAVING MODE

The system features a power-saving function. If no key commands are input within 10 minutes while in standby mode, the system will enter power-saving mode. During this mode, the display will automatically turn off. To wake up the system, simply press any key, and it will return to its active state.

TYPE-C CHARGING INTERFACE/USB DATA OUTSOURCING

Type-C Charging Interface: This interface can be utilized for charging your phone.

USB Data Outsourcing: Data can't be transferred or exported using this USB connection.

CONSOLE ONBOARDING PROCESS

SHUT DOWN

You can safely turn off the STEPR at any time by switching off the power, and this action will not cause any damage to the STEPR.

MATTERS NEED ATTENTION

The STEPR is equipped with a power-saving feature. If no key commands are entered within 10 minutes while in standby mode, the system will activate power-saving mode. During this mode, the display will automatically shut off. To wake up the system, simply press any key, and it will return to its active state.

1. Before starting your exercise, please ensure that the power supply is functioning properly. Additionally, check the effectiveness of the emergency stop switch.
2. In the event of any abnormal situation during your workout, immediately press the emergency stop switch, which will quickly halt the operation of the STEPR. To reset the device, simply rotate the emergency stop switch clockwise again and wait for input commands.
3. If you encounter any issues with the STEPR, please contact the dealer for assistance. It's important not to attempt removal or repairs yourself, especially if you are not a professional, as this can potentially lead to STEPR damage.

CONSOLE ONBOARDING PROCESS

MEANINGS OF ERROR MESSAGE CODES

Issue		Possible causes	Resolution Method
STEPR Not Starting		A. No power supply or power connection issue	Ensure the power cord is properly connected to the AC outlet.
		B. Power switch not in the 'ON' position	Move the power switch to the 'ON' position.
		C. Controller not powered or faulty	Replace the Controller.
		D. Break in the electrical signal cable	Replace the communication cable and reconnect.
		E. Faulty electrical signal receiver	Replace the electronic board.
Electronic Meter Display Issues	"STOP" and "Safety Stop Button Activated - Twist Emergency Stop Button to Unlock"	A. Emergency stop triggered on the controller	Rotate the emergency stop switch clockwise to disengage it.
		B. Emergency stop switch cable disconnected or loose	Inspect and secure the emergency stop switch cable.
	E80 - Communication failure (Controller not receiving signal from the electronic signal receiver); E02 - Communication failure (Electronic signal receiver not receiving signal from the controller)	A. Loose or poor connection of the electronic signal receiver's communication line	Reconnect the plug securely.
		B. Damaged, short-circuited, or disconnected communication line of the electronic signal receiver	Replace the communication cable.
		C. Fault in the electronic meter's communication line	Replace the electronic board.
		D. Fault in the controller's communication line	Replace the controller.
	E08 and "Safety Sensor Activated - Press STOP button on console to reset"	A. Infrared detection at the machine's end is obstructed	Clear any obstructions and press the STOP button
		B. IR sensor malfunction	Replace the sensor.
		C. Controller malfunction	Replace the controller
	E48 - No speed sensing signal (with speed sensing driver)	A. Speed signal line disconnected or sensor damaged	Reinsert the speed signal line or replace the sensor, as needed.
		B. Faulty speed sensing circuit in the controller	Replacing the controller

GROUNDING METHODS

The STEPR must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock.

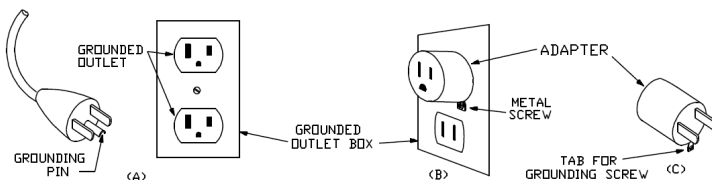
The STEPR is equipped with a cord having an the STEPR-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the STEPR-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 STEPR is properly grounded.

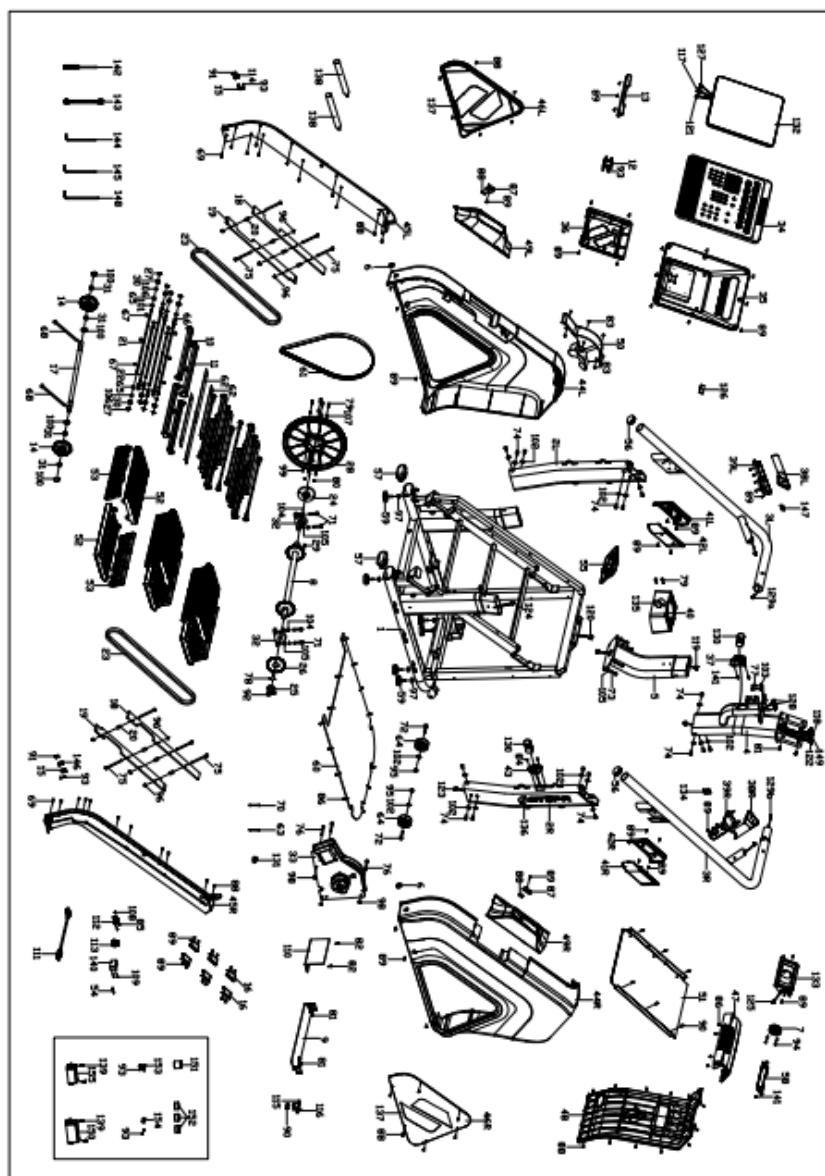
Do not modify the plug provided with the STEPR – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

The STEPR is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure that the STEPR is connected to an outlet having the same configuration as the plug.

No adapter should be used with the STEPR.



EXPLODED DRAWING



PARTS LIST

Part No.	Description	Qty	Part No.	Description	Qty
1	Main frame	1	35	Computer bottom cover	1
2L	Upright tube-Left	1	36	Computer cover adornment	1
2R	Upright tube-Right	1	37	Switch base 1	1
3L	Handrails-Left	1	38L	Upper cover-Left	1
3R	Handrails-Right	1	38R	Upper cover-Right	1
4	Upper Console mast	1	39L	Lower cover-Left	1
5	Lower Console mast	1	39R	Lower cover-Right	1
6	Spout plug	2	40	Bottle Holder	1
7	Wireless charging module	1	41L	Exterior decorative cover-Left	1
8	Front roller	1	41R	Exterior decorative cover-Right	1
9	Baffle plate	1	42L	Interior decorative cover-Left	1
10	Stair support 1	6	42R	Interior decorative cover-Right	1
11	Stair support 2	6	43	Switch base 2	1
12	Interface board	1	44L	Protective cover-Left	1
13	Carrier	1	44R	Protective cover-Right	1
14	Rear gear combination	2	45L	Inner protective cover-Left	1
15	Infrared fastener	2	45R	Inner protective cover-Right	1
16	Outer shield fastener 2	6	46L	Exterior protective cover-Left	1
17	Rear roller shaft	1	46R	Exterior protective cover-Right	1
18	Guide	2	47	Upper protective cover	1
19	Guide2	2	48	Rear protective cover	1
20	Support sleeve 1	8	49L	Decorative cover-Left	1
21	Bearing connecting shaft	12	49R	Decorative cover-Right	1
22	Stair connecting shaft	6	50	Flywheel protective cover	1
23	Chain combination	2	51	Middle baffle plate	1
24	Pulley shaft sleeve	1	52	Stair 1	6
25	Front roller light emergency stop disc bushing	1	53	Stair 2	6
26	Front roller light emergency stop disk	1	54	fuse	1
27	Clip	24	55	Console mast decorative cover	1
28	Belt pulley	1	56	End cap of handrail	2
29	Flat key 1	1	57	End cap	2
30	Bearing 608Z	24	58	The back cover of the phone holder	1
31	Bearing 6004	4	59	Foot pad	6
32	KP005 pedestal bearing	2	60	Bottom baffle	1
33	Brake combination	1	61	Poly V-belt	1
34	Computer upper cover	1	62	EVA silencing pad	12

PARTS LIST

63	The connection line between the drive and the brake disc	1	101	E-type snap ring $\phi 6$	18
64	Roller	2	102	Lock washer $\phi 10 \times 1.2$	4
65	Stair spacer 1	12	103	Lock washer $\phi 8 \times 1.2$	4
66	Stair spacer 2	12	104	standard spring washer $\phi 10$	4
67	Wear washer	30	105	Standard type flat washer $\phi 10$	8
68	Hex socket cap screw M10 \times 170	2	106	Flat washer $\phi 8$	32
69	Cross countersunk tapping screw ST5.0 \times 25	2	107	Flat washer $\phi 6$	4
70	The connection wire between the driver and the electromagnet	1	108	Hex nut M3	2
71	Hex socket cap screw M10 \times 35	4	109	Cross screw M4 \times 40	2
72	Hex bolt M10 \times 45	2	110	Controller	1
73	Hex socket screw M10 \times 30	4	111	Power cord	1
74	Hex socket screw M10 \times 20	16	112	Switch	1
75	Hex socket cap screw M8 \times 110	8	113	Power socket	1
76	Hex socket cap screw M8 \times 75	3	114	Infrared emitter	1
77	Hex bolt M8 \times 20	4	115	Light sensor bracket	1
78	Slotted flat point set screw M4 \times 5	3	116	Light sensor 1	1
79	Hex socket cap screw M6 \times 25	6	117	Console upper wire	1
80	Slotted flat point set screw M5 \times 10	3	118	Console upper extension wire	1
81	Cross screw M5 \times 15	4	119	Console lower extension wire	1
82	Cross screw M4 \times 15	2	120	Console lower wire	1
83	Cross countersunk head screw M5 \times 8	6	121	Emergency switch upper wire 1	1
84	Cross countersunk head screw M4 \times 15	2	122	Emergency switch lower wire 1	1
85	Cross countersunk head screw M3 \times 15	2	123	Emergency switch upper wire 2	1
86	Cross tapping screw ST4.0 \times 12	17	124	Emergency switch lower wire 2	1
87	Decorative cove fixture	2	125	Wireless charging lower wire	1
88	Cross countersunk tapping screw ST4.0 \times 16	48	126	Bluetooth module	1
89	Cross tapping screw ST4.0 \times 16	55	127	Key board upper wire	1
90	Cross screw M4 \times 10	8	128	Key board extension wire	1
91	Cross screw M3 \times 15	4	129a	Key board lower wire a	1
92	Cross screw M3 \times 8	3	129b	Key board lower wire b	1
93	Cross tapping screw ST2.9 \times 9.5	12	130	Emergency stop	2
94	Cross tapping screw ST2.2 \times 8	4	131	Photoelectric sensor 2	1
95	Nylon nut M10	4	132	Console	1
96	Nylon nut M8	6	133	Phone holder	1
97	Hex thin nut M10 \times 5	6	134	Speed gear quick keypad	1
98	Hex thin nut M8	3	135	Small S logo	1
99	Nylon nut M6	4	136	STEPR logo	2
100	Outer snap ring $\phi 20$	4	137	Big S logo	2

PARTS LIST

138	Transport handle	2	147	Start/Pause shortcut key board	1
139	Cross screw M4*8	4	148	Allen wrench S8	1
140	Distance sensor	1	149	Wireless charging of the upper line	1
141	Cross tapping screw ST4.0*8	4	150	inductance filter(optional)	1
142	Screwdriver	1	151	Magnet ring 1(optional)	1
143	S17 Wrench	1	152	Magnet ring 2(optional)	3
144	Allen wrench S5	1	153	Type-C charging(optional)	1
145	Allen wrench S6	1	154	USB port(optional)	1
146	Infrared receiver	1	155	filter(optional)	1



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