STAR TRAC®

StairMaster®

CORE HEALTH & FITNESS

EMBEDDED CONSOLES

OWNER'S MANUAL

TABLE OF CONTENTS

IMPORTANT SAFETY INSTRUCTIONS **3**

IMPORTANT LABEL LOCATIONS **7**

ASSEMBLY **9**

ALL BCS FRAMES **9**

ALL TREADMILL FRAMES **11**

FIRST TIME SETUP **13**

CONSOLE OPERATION **14**

SCREEN VIEWS **15**

NAVIGATING YOUR HOMESCREEN **16**

MAINTENANCE MODE **20**

MAINTENANCE **24**

TOOLS **24**

REPLACEMENT PARTS **25**

700-0555-XX - KIT, CONSOLE, 24in EMBEDDED, TREADMILL **25**

700-0554-XX - KIT, CONSOLE, 16in EMBEDDED, BCS **25**

SUPPORT & SERVICE **28**

IMPORTANT SAFETY INSTRUCTIONS

WARNING!

Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment operation and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.

Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

DANGER: To reduce the risk of electric shock

1. Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING:
DISCONNECT FROM SUPPLY CIRCUIT BEFORE OPENING.

AVERTISSEMENT : DÉBRANCHER DU CIRCUIT D'ALIMENTATION AVANT D'OUVRIR

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

1. A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
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. Keep children under the age of 13 away from this machine.
3. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by Core Health & Fitness.
4. Never operate this machine 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 machine to a service center for examination and repair.
5. Keep the cord away from heated surfaces.
6. Never operate the machine with the air openings blocked. Keep the air openings free of lint, hair, and the like.
7. Do not carry this appliance by supply cord or use cord as a handle.
8. 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.
9. Do not operate unit in damp or wet locations.
10. Do not use outdoors.
11. To disconnect, turn all controls to the off position, then remove plug from outlet.
12. Never drop or insert any object into any opening.
13. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
14. Do not place a wireless charging device in the charging tray. Doing so may cause the fitness product's charging coil or the wireless charging device to overheat, posing a risk of fire or injury.

WARNING: to reduce the risk of serious injury to persons using this equipment, read and follow all of these warnings:

1. Assemble and operate the machine on a solid level surface. Refer to the Owner's Manual for the machine base connected to the unit for the recommended minimum clearance distances.

   The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).

   The clear safety area recommendations are accurate as of the time of manual publication, Core Health & Fitness strongly recommends that you review the latest applicable standards from:

   ASTM standards for Stationary Training Equipment (https://www.astm.org/) and ISO standards for Stationary Training Equipment (https://www.iso.org)
2. 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.
3. 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.
4. Do not exceed the maximum allowable weight limit of the base unit. Refer to the Owner's Manual for the machine base connected to the unit.
5. Use only replacement components supplied by Core Heath & Fitness. Substitutes are forbidden and will void all warranties.
6. This machine 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.
7. Keep children away.
8. 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.
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 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.
11. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all equipment.
12. **WARNING:** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately

SAVE THESE INSTRUCTIONS

⚠ WARNING: This manual serves as a supplement to the Owner's Manual that was included with the base product. For your safety, please read the entire Owner's Manual of the base product before installing or using the display. If you no longer have the original manual, scan the QR code below to access it online:

8TR / 8TRX

10TRX

8RB

8UB

8RDE

8CT

8GX

10G

8FC

8VS

FCC INFORMATION & INDUSTRY CANADA WARNING

FCC Warning

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions:

(1) This device may not cause harmful interference.

(2) This device must accept any interference received, including interference that may cause undesired operation.

⚠ **CAUTION:** Text Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

NOTE:

This equipment 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.

This equipment 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 this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment 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 equipment and receiver.
- Connect the equipment 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.

Limited by local law regulations, version for North America does not have region selection option.

FCC Radiation Exposure Statement:

To satisfy FCC&IC RF exposure requirements, a separation distance of 20 cm or more should be maintained between the antenna of this device and persons during device operation.

To ensure compliance, operations at closer than this distance is not recommended.

Les antennes installées doivent être situées de facon à ce que la population ne puisse y être exposée à une distance de moin de 20 cm. Installer les antennes de facon à ce que le personnel ne puisse approcher à 20 cm ou moins de la position centrale de l' antenne.

Industry Canada (IC) Warning:

This device complies with Industry Canada license-exempt RSS standard(s). Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

(i) the device for operation in the band 5150-5250 MHz is only for indoor use to reduce the potential for harmful interference to co-channel mobile satellite systems;

les dispositifs fonctionnant dans la bande de 5 150 à 5 250 MHz sont réservés uniquement pour une utilisation à l'intérieur afin de réduire les risques de brouillage préjudiciable aux systèmes de satellites mobiles utilisant les mêmes canaux;

(ii) for devices with detachable antenna(s), the maximum antenna gain permitted for devices in the bands 5250-5350 MHz and 5470-5725 MHz shall be such that the equipment still complies with the e.i.r.p. limit;

pour les dispositifs munis d'antennes amovibles, le gain maximal d'antenne permis pour les dispositifs utilisant les bandes de 5 250 à 5 350 MHz et de 5 470 à 5 725 MHz doit être conforme à la limite de la p.i.r.e;

(iii) for devices with detachable antenna(s), the maximum antenna gain permitted for devices in the band 5725-5850 MHz shall be such that the equipment still complies with the e.i.r.p. limits as appropriate;

pour les dispositifs munis d'antennes amovibles, le gain maximal d'antenne permis (pour les dispositifs utilisant la bande de 5 725 à 5 850 MHz) doit être conforme à la limite de la p.i.r.e. spécifiée pour l'exploitation point à point et l'exploitation non point à point, selon le cas;

(iv) where applicable, antenna type(s), antenna models(s), and worst-case tilt angle(s) necessary to remain compliant with the e.i.r.p. elevation mask requirement set forth in section 6.2.2.3 shall be clearly indicated;

lorsqu'il y a lieu, les types d'antennes (s'il y en a plusieurs), les numéros de modèle de l'antenne et les pires angles d'inclinaison nécessaires pour rester conforme à l'exigence de la p.i.r.e. applicable au masque d'élévation, énoncée à la section 6.2.2.3, doivent être clairement indiqués;

Avertissement d'Industrie Canada (IC):

Le présent appareil est conforme aux CNR d'Industrie Canada applicable aux appareils radio exempts de licence. L'exploitation est autorisée aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioélectrique subi, même si le brouillage est susceptible d'en compromettre le fonctionnement.

IC Radiation Exposure Statement

This device is compliant with SAR for general population/uncontrolled exposure limits in IC RSS-102 and had been tested in accordance with the measurement methods and procedures specified in IEEE 1528.

REMARQUE IMPORTANTE

Déclaration IC d'exposition aux radiations

Ce EUT est conforme avec SAR pour la population générale / limites d'exposition non contrôlée à IC RSS-102 et a été testé en conformité avec les méthodes de mesure et procédures spécifiées dans la norme IEEE 1528.

IMPORTANT LABEL LOCATIONS

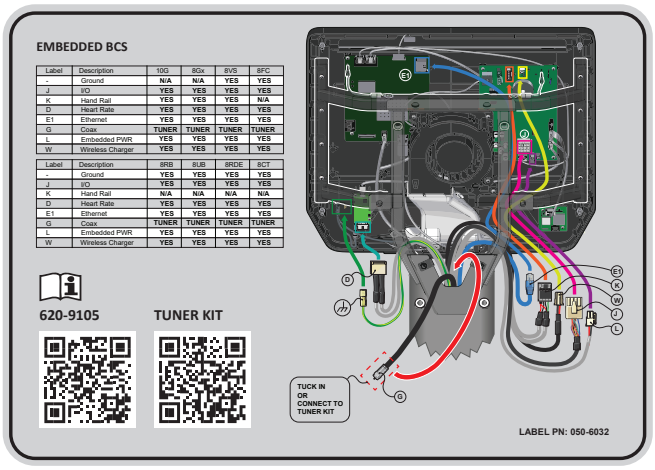
This page shows the location of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site and following pages. See Support and Service to order replacements. Note: Sticker/Label images are not to scale.

Fig. 1 Important Label Locations

PRODUCT SPECIFICATIONS

SKU: 700-0554-XX **Desc:** Display, 16in Embedded, BCS

Unit Weight[1]		Width[2]		Length		Height	
8.8	lbs	**16**	in	**37**	in	**4**	in
3.9	kg	**40.8**	cm	**14.5**	cm	**10.3**	cm



050-6032

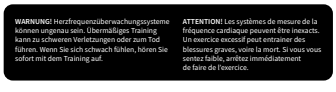
CABLE ROUTE, PICTORIAL, EMBEDDED BCS

050-5933

STOP BUTTON, EWAY EMBEDDED CONSOLES

050-5986

WARNING LABEL, LEFT, 16 IN EMBEDDED



050-5987

WARNING LABEL, RIGHT, 16 IN EMBEDDED

1 Shipping Weight (Boxed): 13 lbs (5.9kg)
2 Shipping Dimensions: 17.9in x 5in x 19.2in (45.7cm x 12.8cm x 49cm)

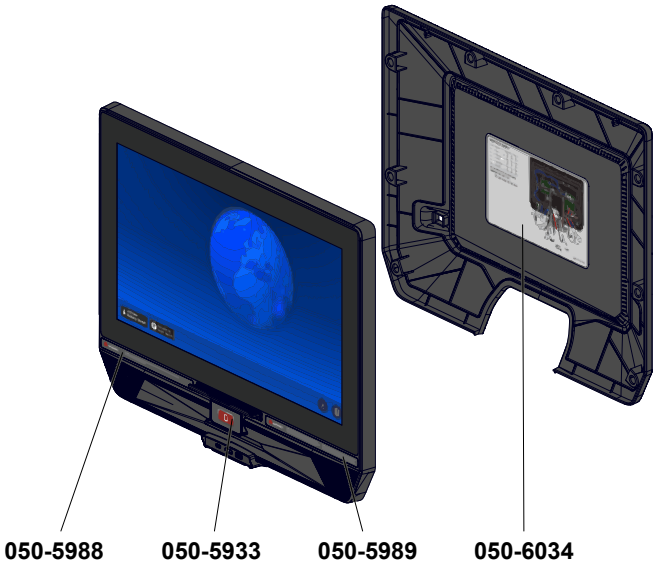
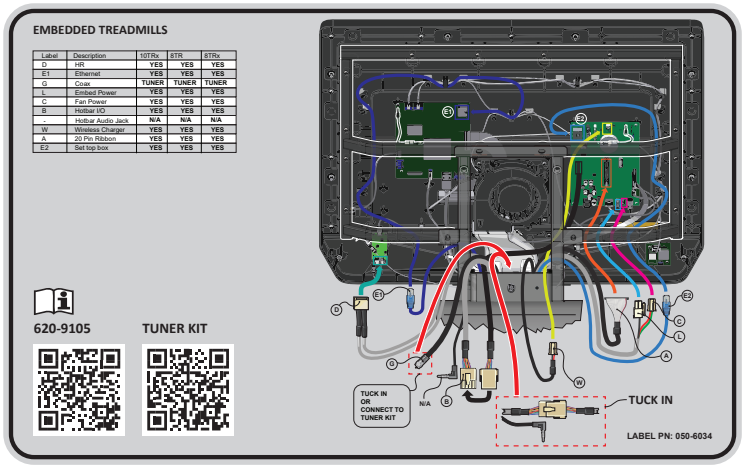


Fig. 2 Important Label Locations

PRODUCT SPECIFICATIONS

SKU: 700-0555-XX **Desc:** Display, 24in Embedded, Treadmill

Unit Weight[1]		Width[2]		Length		Height	
23.1	lbs	**24.2**	in	**19.2**	in	**4.2**	in
10.4	kg	**61.6**	cm	**49**	cm	**10.8**	cm



050-6034

CABLE ROUTE, PICTORIAL, EMBEDDED TREAD

050-5933

STOP BUTTON, EWAY EMBEDDED CONSOLES

050-5988

WARNING LABEL, LEFT, 24 IN EMBEDDED

050-5989

WARNING LABEL, RIGHT, 24 IN EMBEDDED

1 Shipping Weight (Boxed): 27.6 lbs (12.5kg)
2 Shipping Dimensions: 26.9in x 5.9in x 22in (68.5cm x 15.2cm x 56.1cm)

ALL BCS FRAMES

1. Use a 4mm allen key to remove the M5 x 35mm socket head screws 110-4480 securing the machine shroud to the mast, then remove the machine shroud. (See Fig. 3, shroud PN will vary by unit, see base manual)
2. Drape all wires from the base out the back of the mast weldment prior to installing the console.
3. Unpackage the console and firmly pull the rear console cover off from the bottom.
4. Place the front of the console against the console weldment, angled forward. Make sure the bottom plastic of the console is below the wireless phone charger lip. (See Fig. 4)
5. Secure console to frame weldment with four screws 110-4474. (See Fig. 5)

   TORQUE TO 7.4-11 ft-lbs (10-15 Nm)

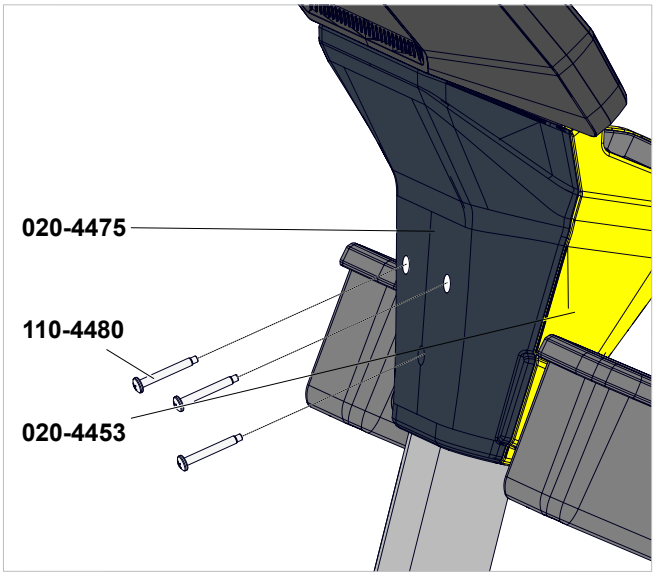


Fig. 3

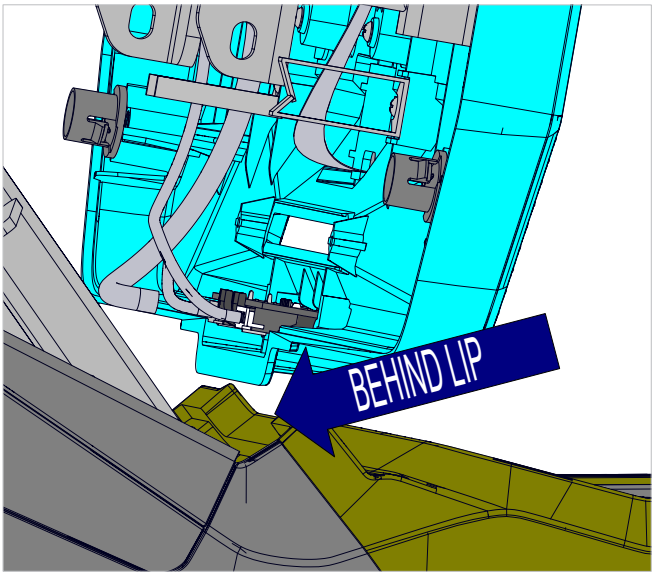


Fig. 4

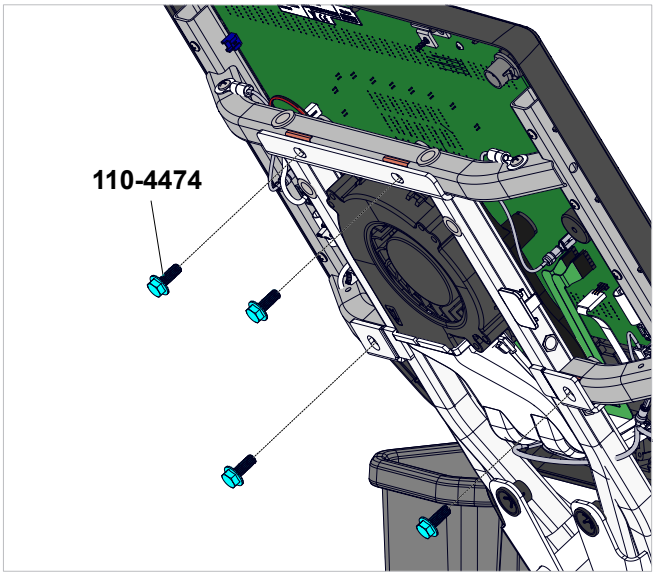


Fig. 5

STOP If installing a Tuner Card please refer to the documentation that ships with the accessory before continuing with assembly or scan the QR below:

Tuner Installation

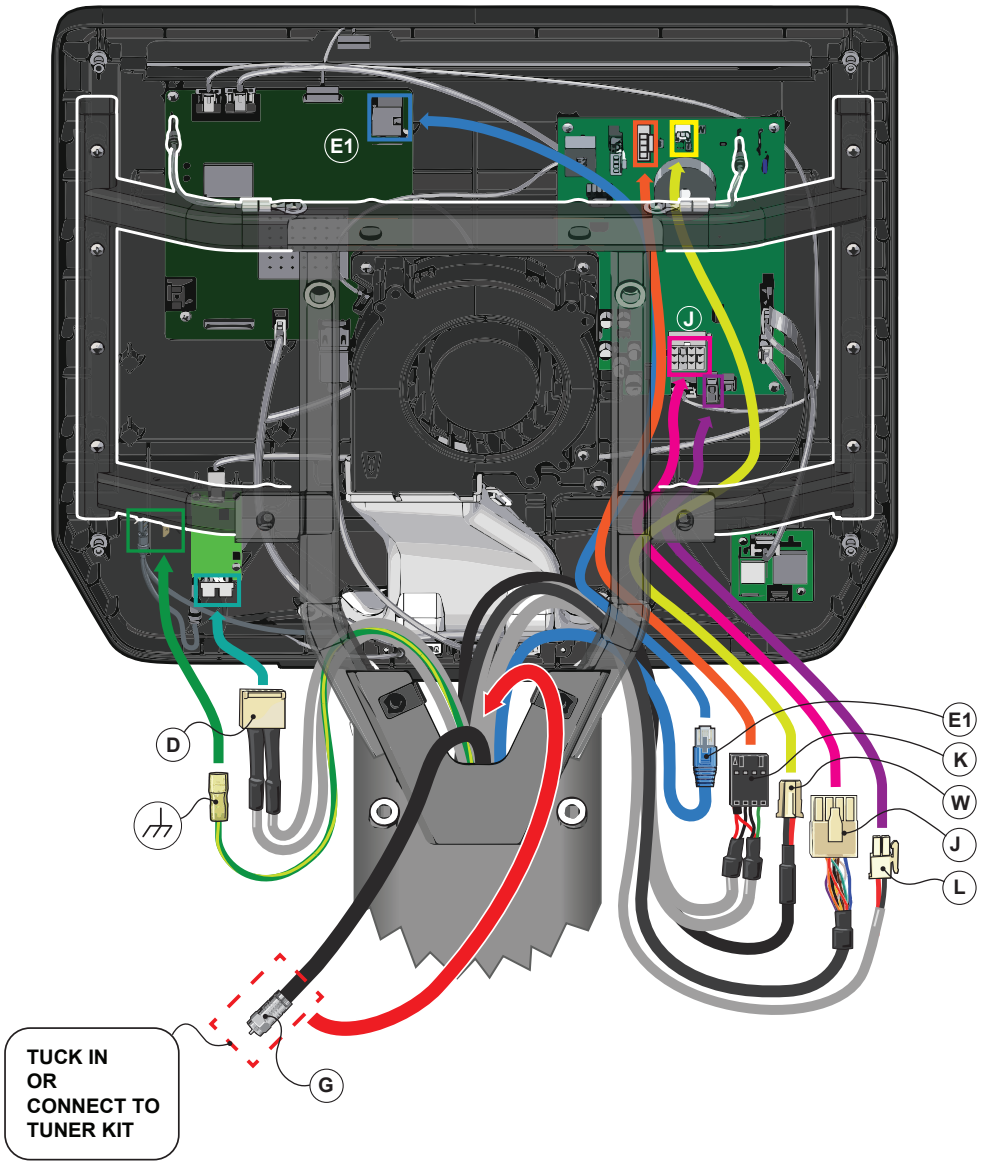


Fig. 6 - Wiring: BCS Console

6. Plug in the cables listed in Table 1 from the mast routed into the console with wire routed in front of the console weldment to prevent pinching. For specific wire routing paths see the decal on the rear console cover or Fig. 6.
7. Feed unused cables back into the mast weldment. Make sure wires aren't pinched.
8. Snap rear console cover 701-0543-XX onto secured console.
9. Reinstall machine shroud on unit. See base manual for hardware and shroud part numbers. See Fig. 3 for example.
10. Assembly is complete.

Label	Cable Name	Units	Part No.
-	Ground	8VS, 8FC, 8RB, 8UB, 8RDE, 8CT	See Base
J	I/O	All	See Base
K	Hand Rail	10G, 8VS	10G: 220-0359 8VS: 220-0377
D	HR	All	See Base
E1	Ethernet	All	See Base
G	Coax	All	See Base
L	Embedded Power	All	See Base
W	Wireless Charger	All	See Base

Table 1 BCS Cables