

ANATOMYXX

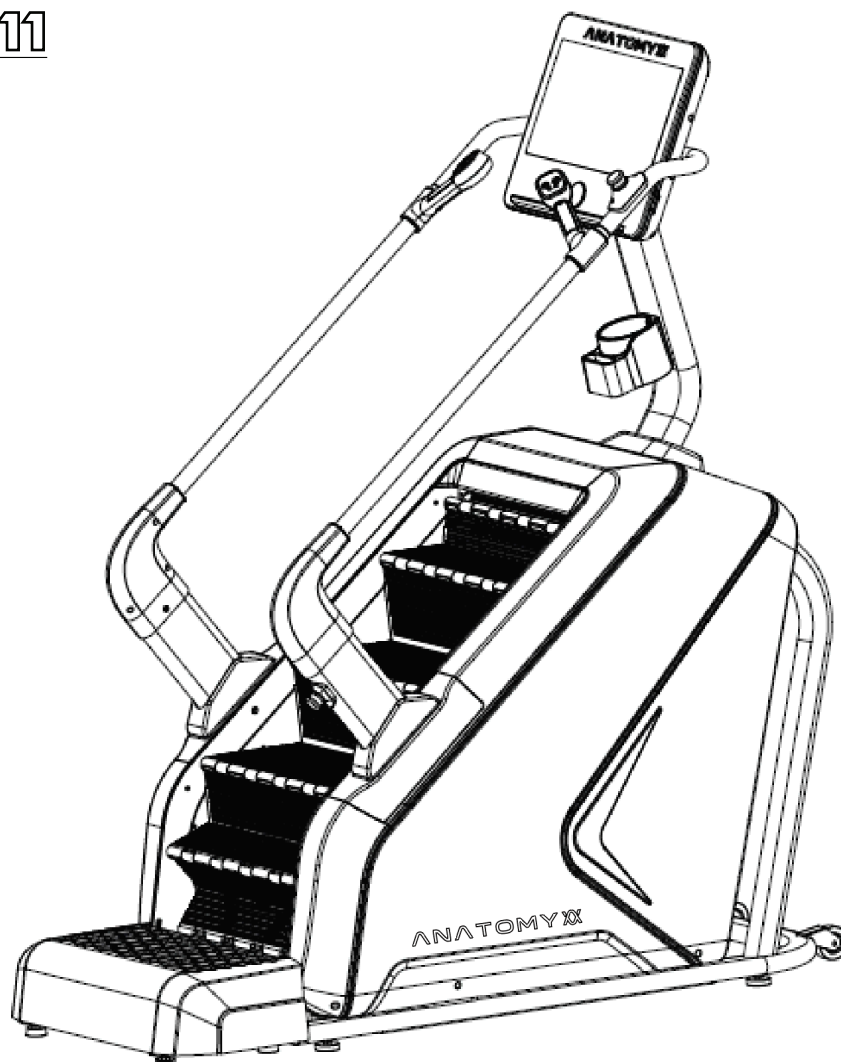
// THE FITNESS EQUIPMENT CO. //

STAIR CLIMBER - LED

VELTRIX SERIES

Owners Manual

AF-8211



www.anatomyfitness.co

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:
Read all instructions before using (this appliance).

DANGER – To reduce the risk of electric shock:

Always unplug this appliance 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. An appliance 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 this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
3. Never operate this appliance 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 this appliance to a service center for examination and repair.
4. Keep the cord away from heated surfaces.
5. Never operate the appliance with the air openings blocked. Keep the air openings free of lint, hair, and alike items.
6. Never drop or insert any object into any opening.
7. Do not use outdoors.
8. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
9. To disconnect, turn the appliance off, then remove the plug from the outlet.
10. Connect this appliance to a properly grounded outlet only. See grounding instructions.
11. This appliance 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 appliance by a person responsible for their safety. Keep children under the age of 13 away from this machine.
12. Do not carry this appliance by supply cord or use cord as a handle.

SAVE THESE INSTRUCTIONS

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

WARNING

Read all instructions carefully before using this product. 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 equipment could have parts that are not tightened and will seem loose and may cause irritating noises. To prevent damage to the equipment, the assembly instructions must be reviewed, and corrective actions should be taken.

---Never operate product 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, press the "Emergency Stop Knob" immediately.

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

ATTENTION

01- Before starting any exercise program, consult with your physician or health professional.

02- Check all the bolts locked.

03- Never put the stair machine in the wetness area, or it will cause troubles.

04- We take no responsibility for any troubles or hurts due to above reasons.

05- Dress sport clothes and shoes before running.

06- Do not do exercise in 40 minutes after meal.

07- To prevent hurts, please warm up before exercise.

08- Consult with doctor before exercise if you have high blood pressure.

09- The stair machine 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 this equipment, 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 equipment 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: 400LBS | 180KGS
- 15- Pulse monitor data may not be accurate, cannot 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 this machine is: SC
- 17. That injuries to health may result from incorrect or excessive training.

This appliance 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 appliance 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 equipment. The advice shall include at least:

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

IMPORTANT SAFETY PRECAUTION

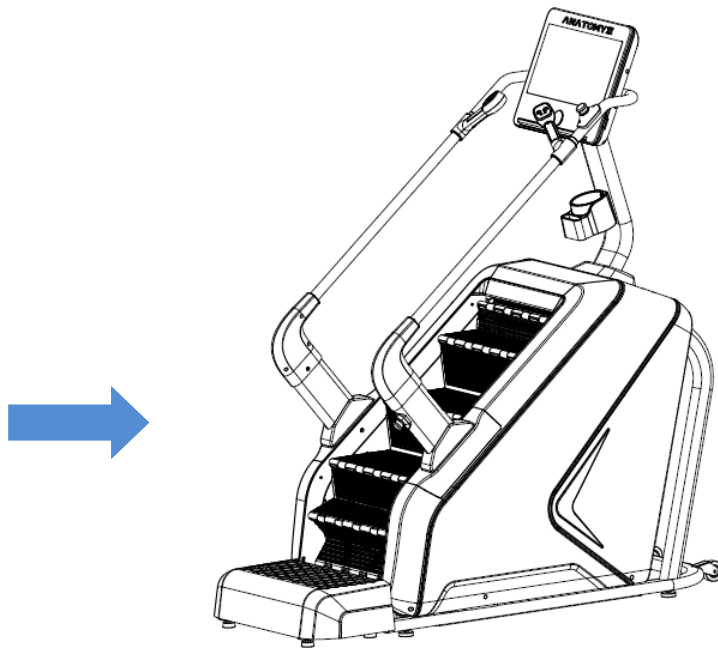
- If you experience any kind of pain, including but not limited to chest pains, nausea, dizziness, or shortness of breath, stop exercising immediately and consult your physician before continuing.
- When exercising, always maintain a comfortable pace.
- Do not wear clothes that might catch on any part of the equipment.
- Always wear athletic shoes while using this equipment.
- Do not jump on the equipment.
- At no time should more than one person be on equipment while in operation.
- This equipment 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 equipment. To clean wipe surfaces down with soap and slightly damp cloth only never use solvents.
- The equipment 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 product 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.
- Keep children under the age of 13 away from this exercise equipment. Teenagers must be always supervised while using this equipment.
- This equipment 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 equipment by a person responsible for their safety.
- Use the equipment only for its intended use as described in the owner's manual.
- DO not use other attachments that are not recommended by the manufacturer. Attachments may cause injury.
- Never operate the equipment 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 equipment 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) products 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 equipment 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.
- 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 6.5ft * 3.2ft (2*1m) free space behind the appliance.
- In case of any Abnormality during the use process, please press the emergency button and get off the equipment 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 the manufacturer, its service agent or similarly qualified persons to avoid a hazard.
- If you want to dismount this equipment, you must stop the equipment completely.
- Indication that the free area shall be not less than 0,19.6ft (0,6 m) greater than the training area in the directions from which the equipment is accessed. The free area must also include the area for emergency dismount. Where equipment 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 appliance.

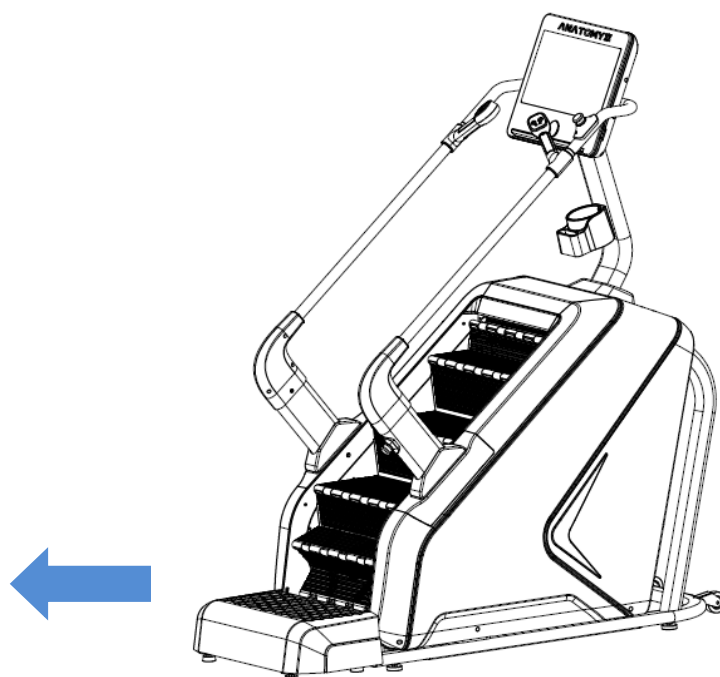
Cleaning and user maintenance shall not be made by children without supervision.

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.

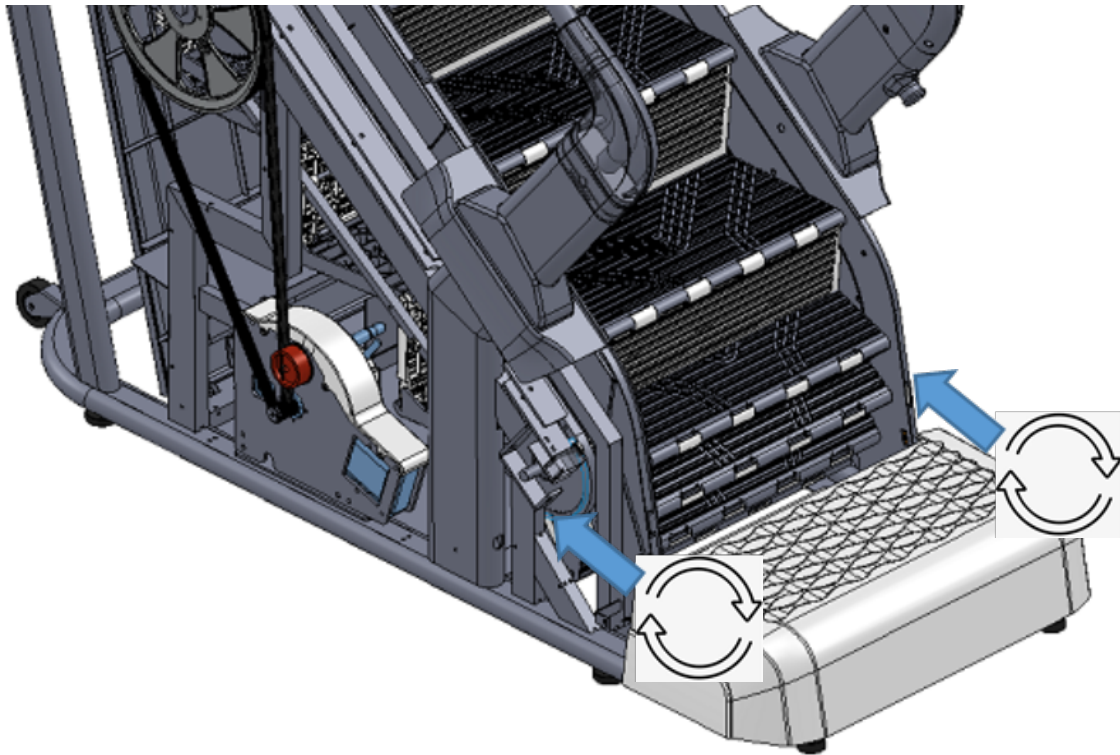


2. As shown in the figure below, after the user finishes exercising, click the stop button. After the stair trainer stops smoothly, the user exits the step area of the stair machine from the direction of the arrow.



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.

If Tighten chain in clockwise , if loosen chain in counterclockwise.



4. If the start/stop button is damaged during use, you cannot continue to use the stair machine, 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 shoes are clean when using it.

6. There are two EMERGENCY STOP BUTTONS on the stair machine. One emergency stop button is positioned beneath the handlebars, while the second is situated on the lower right side of the 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 stair machine 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 always bent.

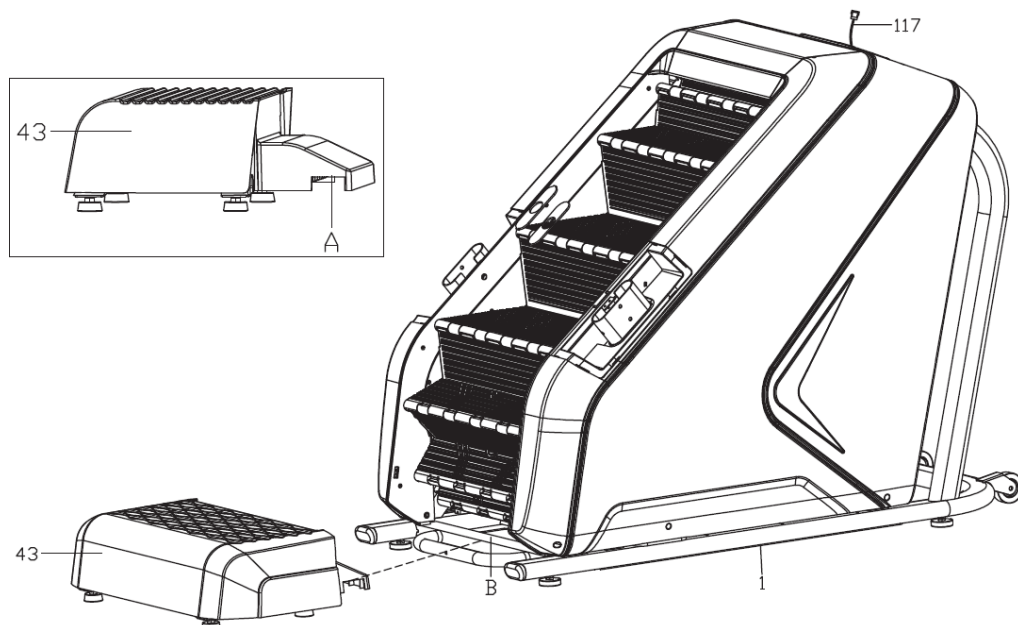
9. CAUTION: Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

ASSEMBLY STEPS

STEP 1:

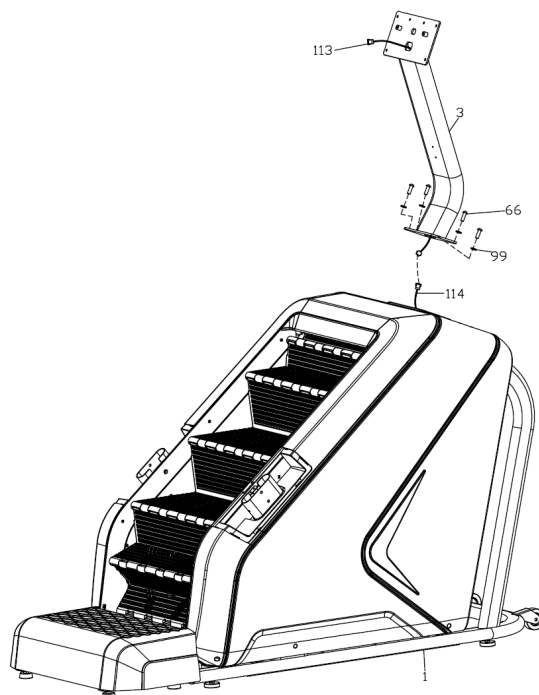
1. Open the package, take out all parts and place the main frame (1) on the flat ground.

2. Fit and clip the part A of pedal (43) (as PICTURE 1 shows) to the part B of the main frame; please make sure the two parts are centered.



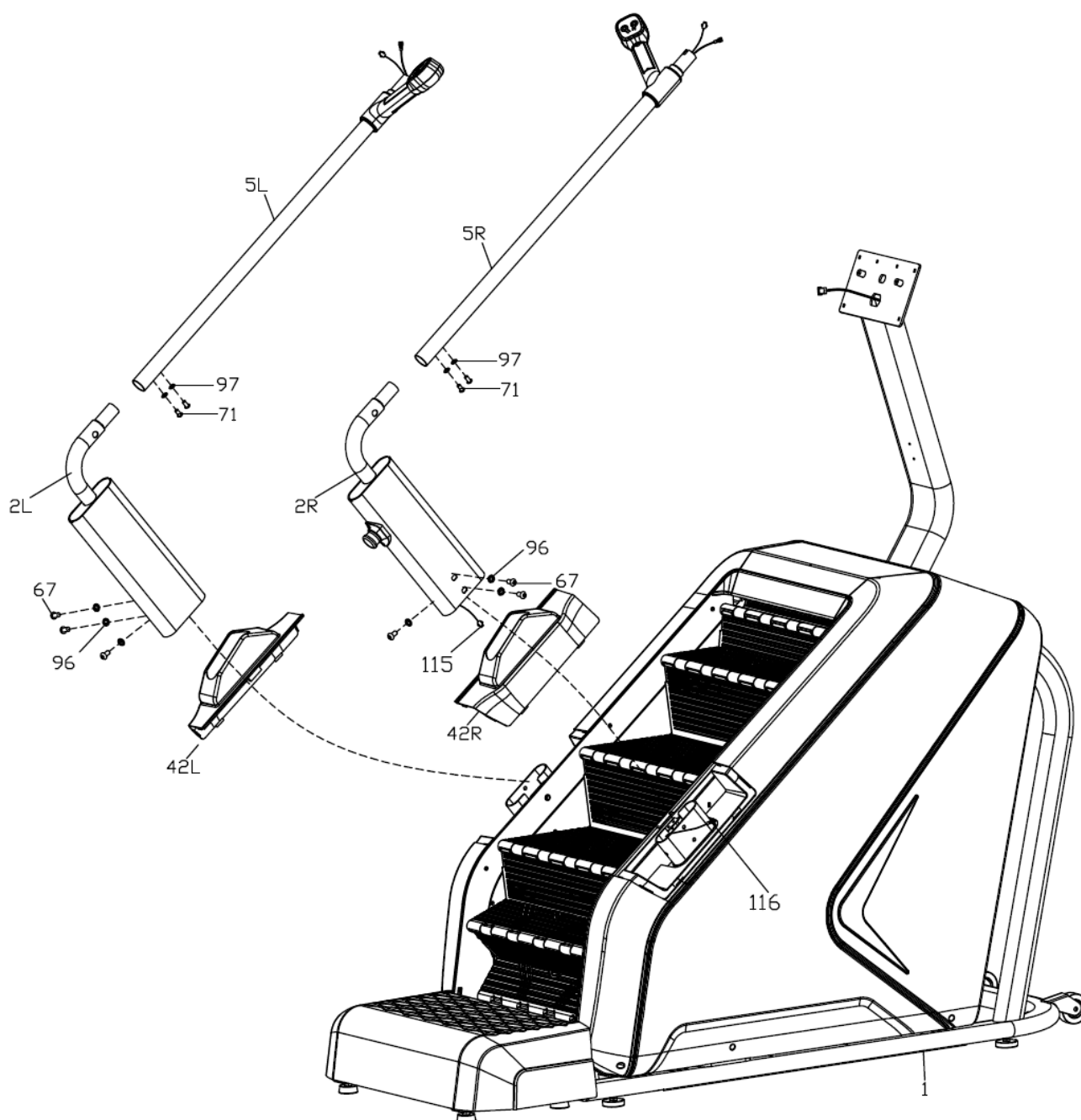
STEP 2:

1. Connecting the console extension wire (113) to the lower wire (114).
2. Assemble the console mast (3) on the main frame (1) with Allen bolts (66) and flat washers (99); DO NOT TIGHTEN NOW.



STEP 3:

- 1: Pass the emergency stop switch lower wire 2 (115) through the right handrail upright cover (42R) to connect with the upper wire 2 (116)
- 2: Sleeve the handrail upright cover (42L/R) on the handrail upright (2L/R), assemble but not tighten the handrail upright (2L/R) on the main frame (1) with Allen bolts (67) and Serrated washers (96).
- 3: Assemble but not tighten the handrail (5L/R) on the handrail upright (2L/R) with screw (71) and washer (97).



STEP 4:

1: Connect the pulse lower wire (119) to the pulse extension wire (120); connect the START/STOP keyboard lower wire (122), SPEED keyboard lower wire (125) to the START/STOP key board extension wire (123) and SPEED key board extension wire (126) accordingly.

2: First, put the rear handrail (4) on the handrails (5L/R), and then use the large flat head bolt (71) and the serrated washer (97) to pre-lock the rear handrail (4) on the handrails (5L/R) (do not tighten it yet).

3: Pass the pulse extension wire (120) of the hand grip heart rate meter, the key board extension wire (123) of the keypad, and the key board extension wire (126) of the keypad, the emergency stop

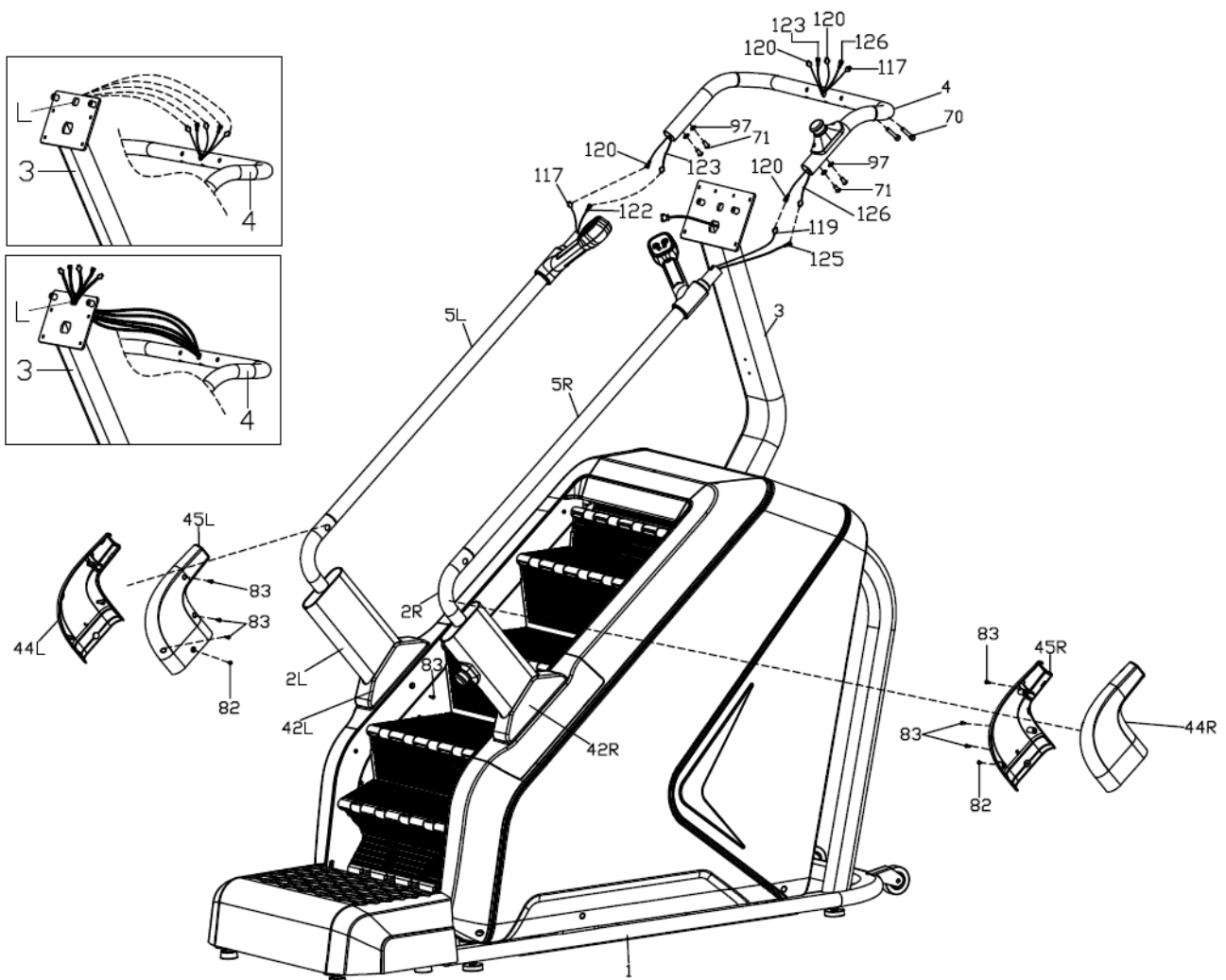
switches lower wire 1 (117) of the emergency stop switch on the rear handrail (4) through the L hole on the console mast (3)

4: Use allen bolts (70) to pre-lock the rear handrail (4) on the console support plate of the console mast (3) (do not tighten it yet).

5: Tighten all the above-mentioned bolts now.

6: Force and fit the handrail upright covers (42L/R) onto the main covers of the main frame (1), and lock tightly with Phillips tapping screw (83).

7: Fit the handrail covers (44L/R & 45L/R) to the handrail uprights (2L/R) accordingly, secured with the Phillips screw w/ washer (82) and Phillips tapping screws (83) as shown.



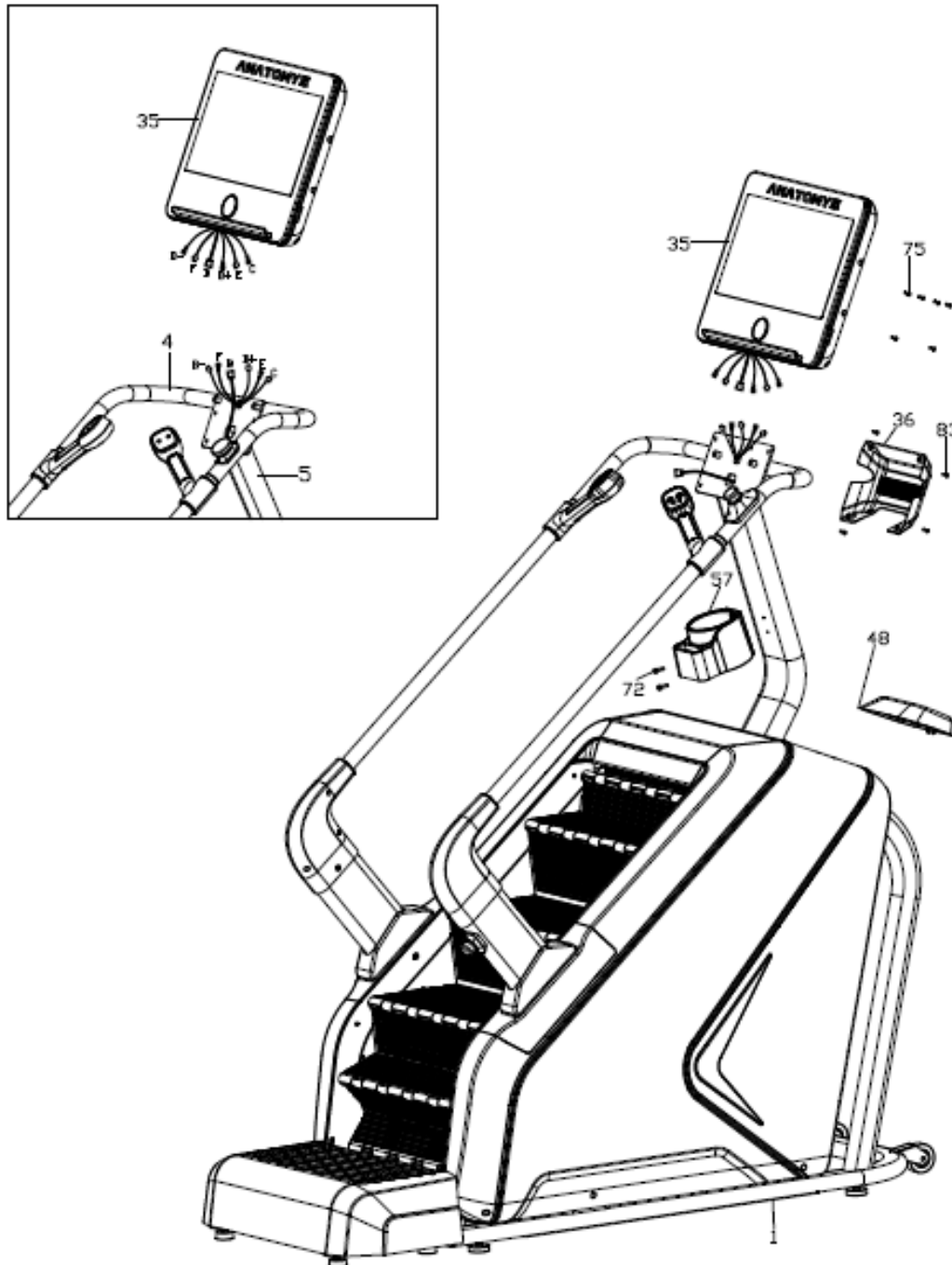
STEP 5:

1: Connect all the wires from the console (35) with the corresponding wires from the rear handrail (4) and the console mast (3) as shown; (matched by the same wire number)

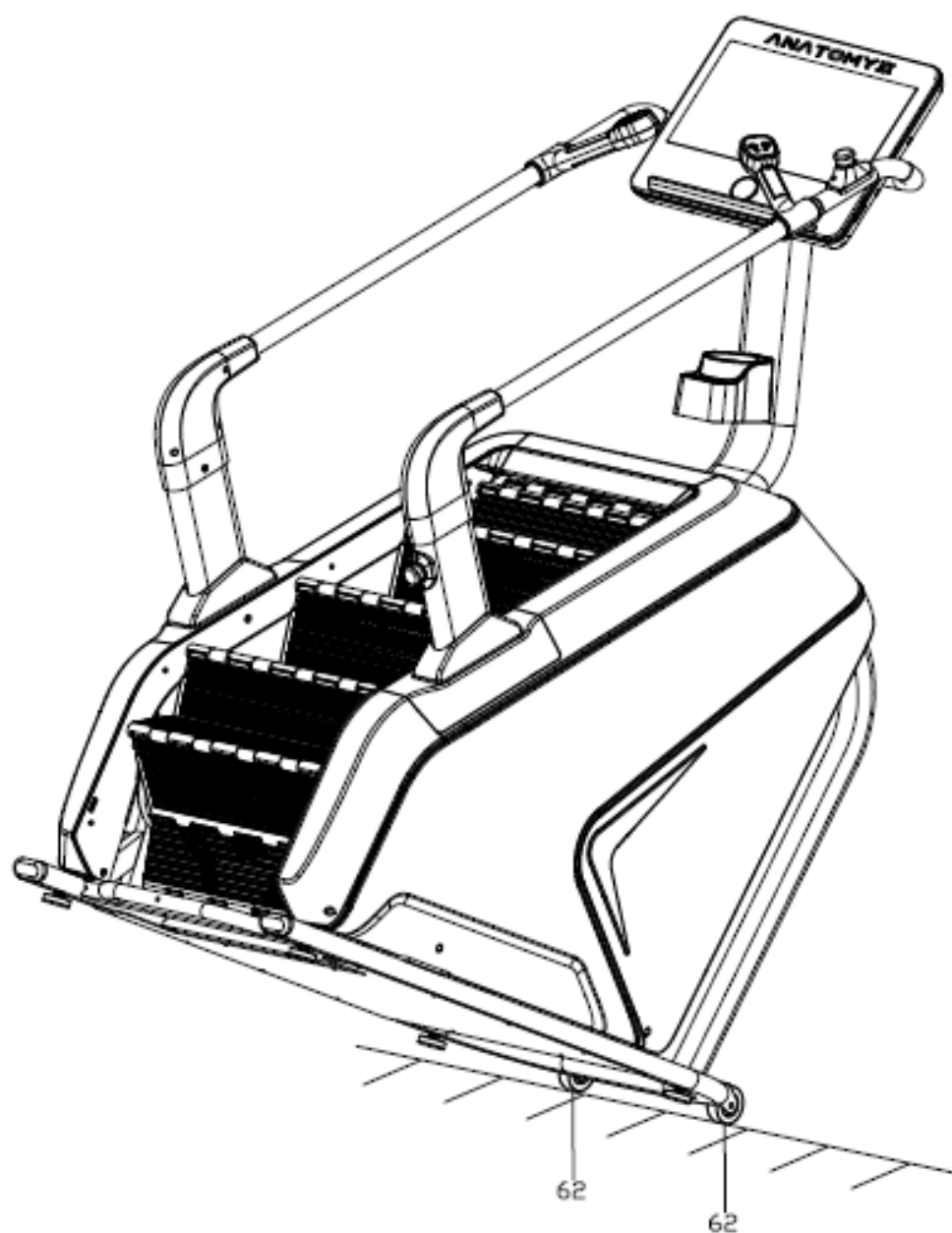
2: Attach the console (35) onto the console mast (3) with Phillips screw w/ washer (75), then lock the console rear cover (36) to the console (35) with Phillips tapping screw (83) as shown.

3: Attach the water bottle holder (57) to the console mast (3) with Allen cylindrical bolts (72).

4: Open the console mast cover (48) by hand, cross the console mast cover (48) over the support console mast (3), and then fit the cover (48) on the main frame (1).



HOW TO MOVE THE STAIR



GROUNDING METHODS

This product 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.

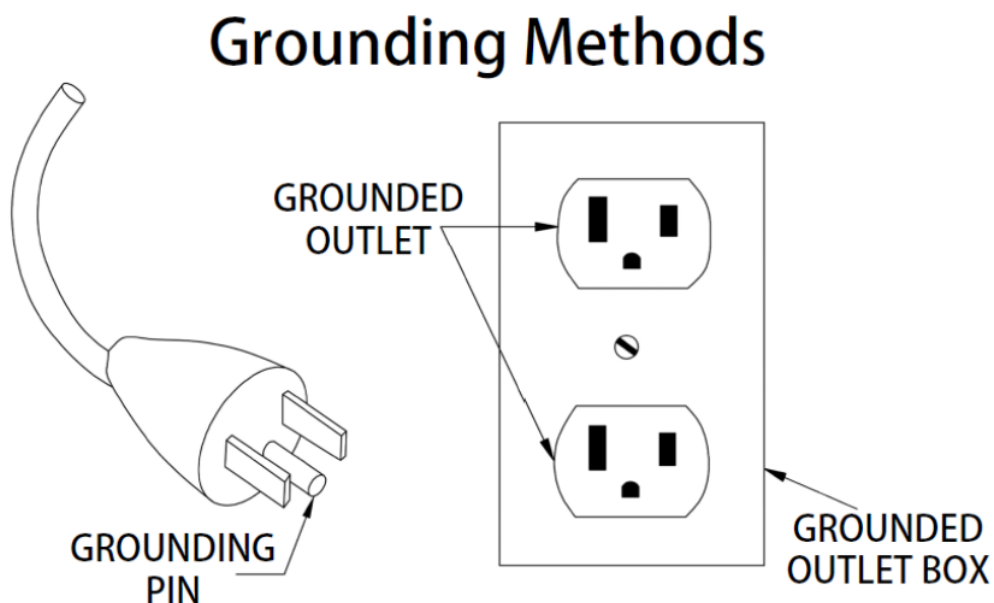
This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER – Improper connection of the 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 – if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

This product is for use on a nominal 110-220volt circuit and has a grounding plug that looks like the plug illustrated in sketch A in following figure. Make sure that the product is connected to an outlet having the same configuration as the plug.

No adapter should be used with this product.



1.Product Photos (LED full display):



2.Features List:

2-1. This table can be equipped with Stair mill according to the panel function

2-2. Software Features:

2-2-1. MANUAL: Manual setting practice, including Quick start operation function, and can set TIME, COUNT, CAL, ELEVATION, PULSE.

2-2-2. PROGRAM (Program value varies depending on the device): P1~P12, 12 sets of PROGRAM selection, TIME can be set.

2-2-3.H.R.C.: There are 55%, 75%, 90%, and Target heart rate setting modes, Use heartbeat value to control automatic load adjustment, You can also set AGE and TIME.

2-2-4. Interval Program (Program values vary depending on the device): 3 sets of intermittent training program options, TIME cannot be set.

2-2-5.Elevation Program (different values are set according to the equipment): Choose from three levels of difficulty: low, medium, and high, TIME cannot be set. (Staircase machine low 0.31ML (500 Meter) / medium 0.62ML (1000 Meter) / high 0.93ML (1500 Meter)).

2-2-6. Calories Program: Three CAL target difficulty graphs to choose from: low 200KCAL, medium 400KCAL, high 500KCAL, TIME cannot be set.

2-2-7. LEVEL: Stair mill: 28 paragraphs.

2-2-8. Bluetooth Function: Supports wireless music playback. When pairing, the device will appear as 'Anatomy' in the list of available Bluetooth devices.

2-3. Hardware Features:

2-3-1. Magnetic 10W wireless charging.

3. Show Function Description:

Function Name	Display range	Setting range	Settings	Unit	Remarks
TIME	00:00~99:59	00:00~99:00	±1Min	Min/Sec	
LEVEL	1~32	1~32	±1 Level		Stairmill :28 paragraphs
CALORIES	0~9999	10~9990	±10 KCAL	KCAL	
PULSE	0; 30~230	30~230	±10 (Default100)	Bpm	Wireless>Handheld Display
SPM	0~999			SETP/MIN	For stair climbers
CLIMB/MIN	0~99.9			rice	For stair climbers
ELEVATION	0~9999	10~9990	±10(Default 50)	rice	For stair climbers
COUNT	0~9999	10~9990	±10(Default 100)	STEP	For stair climbers
AGE	1~99	1~99	±1 (Default 25)	year	Set at the time of H.R.C.
Program	P01~P12	P01~P12	±1		12 Programs (Program diagrams vary depending on the device)
H.R.C	H1~H4	H1~H4	±1		55%,75%,90%, Custom TARGET (default 100 and user-adjustable)
Interval Program	I1~I3	I1~I3	±1		3 Programs (Program diagrams vary depending on the device)
Elevation Program	D1~D3	D1~D3	±1		3 Programs (Program diagrams vary depending on the device)
Calories Program	C1~C3	C1~C3	±1		3 Programs (Program diagrams vary depending on the device)
Point Matrix	14 X 35	If the time is not set, it will advance one grid every 0.1KM/ML (can be cycled). If the TIME is set, it will advance one grid every (TIME / 35) seconds (not cycled).			
Matrix Rank for Stair mill		28 vertical grids and 14 height grids, 1~14 represent 2 levels, and levels above 28 are not displayed。			
		Vertical grid number	Rank		
		14	28		
		13	26		
		12	24		
		11	22		
		10	20		
		9	18		
		8	16		
		7	14		
		6	12		
		5	10		
		4	8		
		3	6		
		2	4		
1	2				

4.Button Function:

4-1. General button function description:

4-1-1. SET UP: Function selection UP

4-1-2. SET DOWN: Select DOWN.

4-1-3. LEVEL DOWN: Adjust resistance downward.

4-1-4. LEVEL UP: Adjust resistance upward.

4-1-5. ENTER: Select/Confirm.

4-1-6. RESET : 1.Function adjustment Press once to return to standby。2.Press and hold for 2 seconds to restart the watch or return to standby mode when the watch stops moving.

4-1.7. START/PAUSE: Start the movement, the instrument starts to calculate the value / Pause the movement, the instrument stops calculating the value and the screen remains.

4-1-8. STOP: Click to end the exercise.

4-2. Shortcut Help:

4-2-1. Interval Program Quickly jump to Interval Program function settings (when the sport mode is not confirmed).

4-2-2. Function to quickly jump from Elevation Program to Distance Program settings (when the sport mode is not confirmed).

4-2-3. Calorie Program Quickly jump to Calorie Program function settings (when the exercise mode is not confirmed).

5.Operating Instructions:

5-1. Power on:

After power on, BUZZER beeps for 2 seconds, the full display is on for 2 seconds (Figure 1), then the unit is displayed (according to OPTION setting) for 1 second (Figure 2) and enters standby mode. The matrix displays shows "Welcome" with two horizontal lines in the lower row lighting up crosswise (Figure 3). Press the function shortcut key to jump to the mode menu or operate SET+/- to select the exercise mode; the order of exercise modes is Manual > Program > Heart Rate Control > Interval Program > Elevation Program>Calorie Program > Manual (the function word flashes before confirmation and stays on after confirmation). The functions are displayed on the matrix with words

or graphics, Manual = "M" / Program = "Display graphics, PXX display in TIME window" > Heart Rate Control = "♥" > Interval Program = "Display graphics, IOX display in TIME window" > Elevation Program = "Display graphics, d0X display in TIME window" > Calorie Program = "Display graphics, COX display in TIME window".



5-2. standby:

Display in standby mode "TIME=00:00/ELEVATION=0.0/SPM=0.0/PULSE=P/LEVEL=0" Windows , The bottom row of the matrix is always bright, waiting for user operation.

5-3. Each function operation mode:

5-3-1. Manual:

5-3-1-1. In standby or sports mode menu, press START to start exercise directly in Manual. If you operate SET+/- to Manual, press Enter to enter the target setting, and set TIME, CAL, COUNT, ELEVATION, PULSE in sequence by operating SET+/- . During the setting process, the function value flashes. After setting, press Enter to confirm and jump to the next setting target (can be cyclic). After setting, you can press START to start exercise.

5-3-1-2. During exercise, the two function windows (ELEVATION/CAL, CLIMB/MIN/SPM, COUNT/LEVEL) cycle every 3 seconds. During exercise, LEVEL+/- adjusts the resistance and immediately jumps to LEVEL. After 3 seconds without operation or change, it jumps back to the original function value display. The bottom row of the matrix is always bright (the point of the current movement flashes). When the LEVEL is adjusted, the entire matrix moves up or down horizontally (14 vertical grids, each representing 2 levels, and the matrix does not display more than 28 levels). During exercise, press the PAUSE/STOP key to pause the exercise. Press it again or when the set value is reached to end the exercise. The data is retained. The value of each item needs to be displayed for 3 seconds. After the display is cycled twice, it returns to standby mode, or press RESET to return to standby mode immediately.

5-3-2. Program (Program value varies depending on the device) :

5-3-2-1. Operate SET+/- to the Program menu, press ENTER to enter the Program mode, there are 12 graphics to choose from in this mode (unconfirmed function words flash). The graphics are displayed on the matrix, and PXX is displayed in the TIME window. When SET+/- is pressed continuously, the 12 graphics will be displayed in a cycle (P1>P2>P3...>P12>P1). Press Enter to confirm the graphics and enter the TIME setting. The setting is set with SET+/- . The function value flashes during the setting process. After setting, press START to start the movement.

5-3-2-2. During exercise, the two function windows (ELEVATION/CAL, CLIMB/SPM, COUNT/LEVEL) cycle every 3 seconds. During exercise, press LEVEL+/- to adjust the resistance. When the LEVEL changes, it will immediately jump to the LEVEL window display. After 3 seconds without any operation or change, it will jump back to the original function value display. The matrix displays graph moves up or down as a whole according to the default original graph. The upper segment of the Program graph, when it reaches the highest position, it cannot move up. The lower segment of the Program graph, when it reaches the lowest position, it cannot move down (vertical grid number 14 grids, each representing 2 levels, no display for more than 28 levels) During exercise, press the PAUSE/STOP key to pause the exercise, press it again or when the set value is reached to end the exercise, retain the data, and display each item in a loop for 3 seconds. After two cycles, return to standby mode, or press RESET to return to standby mode immediately.

5-3-3. H.R.C.(Heart Rate Control) :

5-3-3-1. In the standby or sports mode menu, operate SET+/- to Heart Rate mode, press Enter to enter Heart Rate mode, first set age (default is 25) in the COUNT window, the matrix displays "AGE", the setting value is not saved, and the age must be reset each time you re-enter HRC). The value is set with SET+/- . During the setting process, the function value flashes. After setting, press Enter to confirm the value and jump to the heart rate target setting. Continue to press SET+/- to select 55% (Figure 37), 75% (Figure 38), 90% (Figure 39), TAG (Figure 40) Four modes are displayed in the matrix. During the selection process, the function value flashes. TAG is a manual heart rate value (must be confirmed by Enter before setting by SET+/- , The COUNT window displays the setting value). After setting, press Enter to select the mode and enter the TIME setting. After setting the TIME, press START to start the exercise, or press START directly to start the exercise without setting the TIME.

5-3-3-2. The load will automatically adjust according to the heartbeat (this mode does not support manual adjustment of LEVEL). If no heartbeat input is detected, the dot matrix will display "❤️?" to remind you to input the heartbeat (picture). When there is no heartbeat value or the heartbeat value exceeds the current value range, the LEVEL will gradually decrease. When it is already at LEVEL1, there is still no heartbeat value or the heartbeat value exceeds the range, the instrument will automatically pause after 30 seconds. During exercise, press the PAUSE/STOP key to pause the exercise. Press it again or when the set value is reached to stop the exercise. The data is retained. The value of each item needs to be displayed for 3 seconds. After two cycles, it returns to standby mode, or press RESET to return to standby mode immediately.

5-3-4. Interval Program (Program values vary depending on the device):

5-3-4-1. In the standby or exercise mode menu, operate SET+/- or press the Interval Program Key to enter the Interval Program menu, and press Enter to enter the Interval Program mode. This mode has three sets of intermittent modes to choose from (the function word flashes before confirmation; when SET+/- is pressed continuously, the three graphics will be displayed in a cycle (I1 (preset mode 1)> I2 (preset mode 2)>>I3 (preset mode 3)>I1). After confirming the intermittent mode with Enter, press the START key to start intermittent exercise.

5-3-4-2. Start by warming up for 3 minutes and then start training. In this mode, you can only adjust the LEVEL of the IMPLEMENT mode from the default setting upwards and cannot adjust it below the default setting. LEVEL+/- adjusts the LEVEL. REST is only a rest mode and cannot be adjusted until the entire Interval goal is completed (the number of CIRCLES is completed). Currently, the electronic watch stops. During exercise, press the PAUSE/STOP button to pause the exercise. Press PAUSE/STOP again or when the set value is reached to end the exercise. The data is retained, and the value of each item is displayed in a cycle for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

5-3-5. Elevation Program (values vary depending on the device):

5-3-5-1. In the standby or exercise mode menu, operate SET+/- or press the Elevation Program Key to enter the Elevation Program menu, and press Enter to enter the Elevation Program mode. This mode has 3 difficulty levels/graphics to choose from (the function word flashes before confirmation; when you continue to press SET+/-, the low, medium, and high difficulty graphics will be displayed in sequence. Confirm the difficulty selection with Enter, and then press the START key to start exercise.

5-3-5-2. The stair machine LEVEL is automatically adjusted, and each time you complete an Elevation target value, you will move forward to the next Elevation target until the entire Elevation target graph is completed. Currently, the electronic watch ends the exercise. During the exercise, press the PAUSE/TOP button to pause the exercise. Press PAUSE/TOP again or when the set value is reached to end the exercise. The data is retained, and the value of each item is displayed in a cycle for 3 seconds. After the display is cycled twice, return to the exercise mode menu, or press RESET to return to the exercise mode menu immediately.

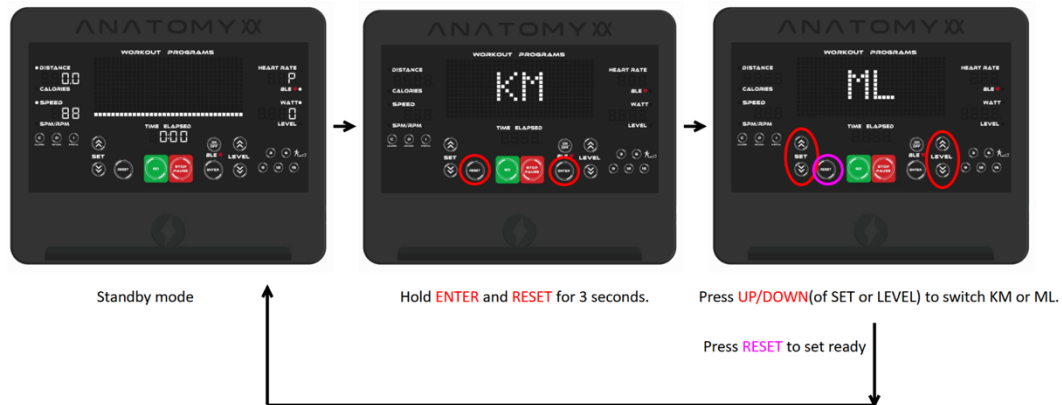
5-3-6. Calories Program :

5-3-6-1. In the standby or exercise mode menu, operate SET+/- or press the Calories Program Key to enter the Calories Program menu, and press Enter to enter the Calories Program mode. This mode has 3 difficulty levels/graphics to choose from (the function word flashes before confirmation; when you continue to press SET+/-, the low, medium, and high difficulty graphics will be displayed in sequence. Confirm the difficulty selection with Enter, and then press the START key to start exercise.

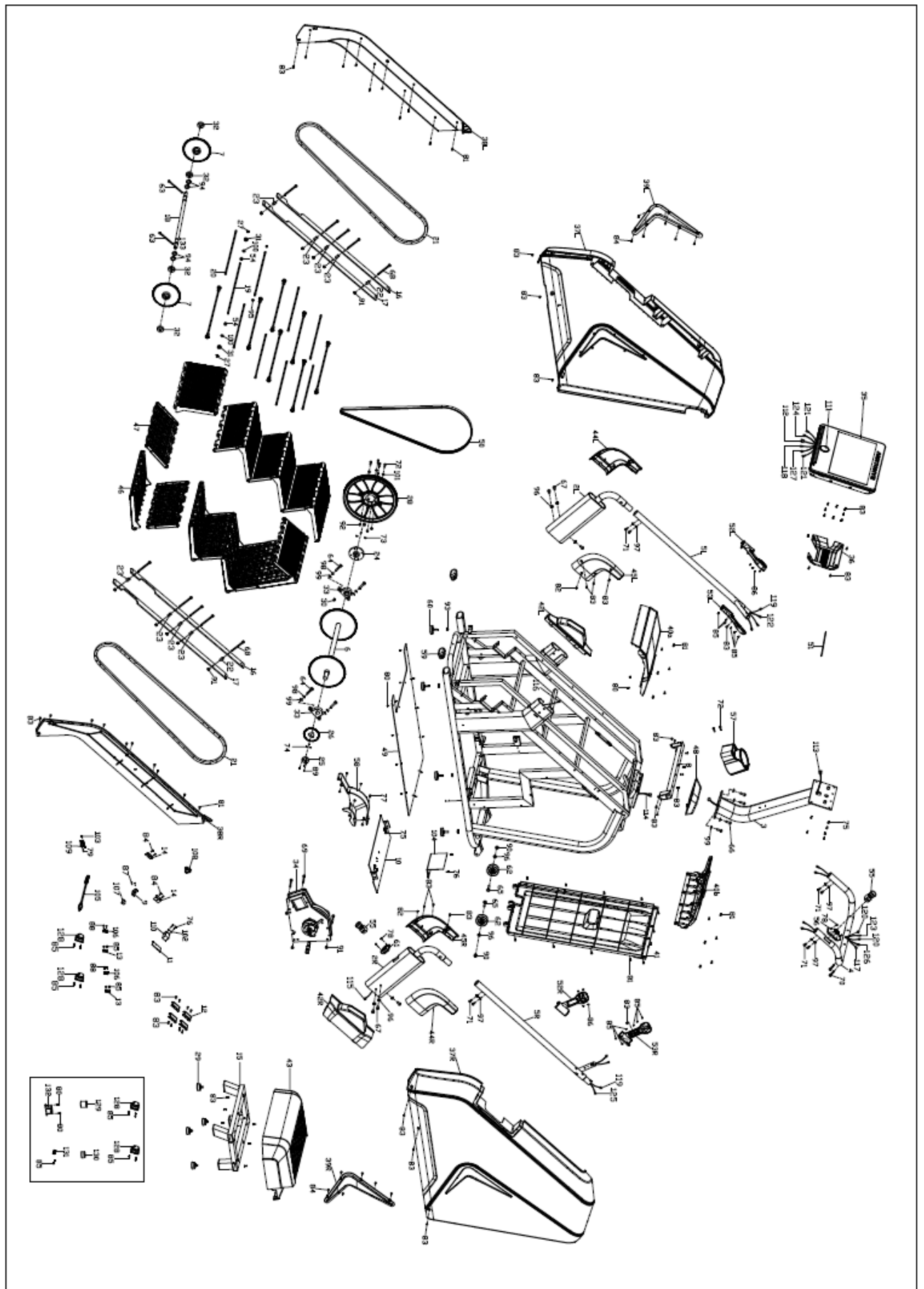
6.Engineering Mode:

6-1. Metric to Imperial Switching: In standby mode, press Enter Reset Key for 3 seconds to enter, press SET+/- to switch units, press Reset to exit after completion, the electronic watch will restart to complete the switch.

Switching process:



EXPLODED DRAWING



PARTS LIST

Part No.	Description	QTY	Part No.	Description	QTY
1	Main frame	1	29	Foot pad	4
2L/R	Handrail upright L/R	1/1	30	Flat button	1
3	Console mast	1	31	Bearing 608Z	16
4	Rear handrail	1	32	Bearing 6004	4
5L/R	Handrails	1/1	33	KP005 pedestal bearing	2
6	Front roller	1	34	Flywheel brake system	1
7	Rear gear	2	35	Console	1
8	Upper cover	1	36	Rear console cover	1
9	Optical sensor rack	1	37L/R	Mainframe cover	1pr.
10	Board	1	38L/R	Inner mainframe cover	1pr.
11	Switch board	1	39L/R	L&R decorative cover	1pr.
12	Outer cover fixer	4	40a/b	Top mainframe cover	1/1
13	Infrared fixer	2	41	Rear cover	1
14	Upright cover fixer	2	42L/R	Handrail upright cover	1pr.
15	Rear step	1	43	Entry step	1
16	Rail	2	44L/R	Exterior handrail cover	1/1
17	Rail 2	2	45L/R	Interior handrail cover	1/1
18	Rear roller shaft	1	46	Step 1	8
19	Bearing connecting shaft	8	47	Step 2	8
20	Step connecting shaft	8	48	Console mast cover	1
21	Chain	2	49	Mainframe bottom board	1
22	Support sleeve 1	8	50	Belt	1
23	Support sleeve 2	2	51	Mobile phone pad	1
24	Front roller pulley axle sleeve	1	52L/R	Handgrip upper cover	1/1
25	Front roller sensor axle sleeve	1	53L/R	Handgrip lower cover	1/1
26	Front roller optical sensor brake	1	54	Spacer for step	16
27	Clip	16	55	Emergency stop knob	2
28	Belt pulley	1	56	Handrail emergencies stop base	1

Part No.	Description	QTY	Part No.	Description	QTY
57	Bottle holder	1	81	Phillips flat head tapping screw ST4*16	40
58	Flywheel cover	1	82	Phillips screw w/washer M4*8	2
59	End cap	2	83	Phillips tapping screw ST4.0*16	52
60	Adjustment pad	4	84	Phillips tapping screw ST4.0*8	16
61	Emergency stop base 2	1	85	Phillips tapping screw ST2.9*9.5	26
62	Transport wheel	2	86	Phillips tapping screw ST2.2*8	8
63	Allen cylindrical bolt M10*120	2	87	Phillips screw M4*10	2
64	Allen cylindrical bolt M10*40	4	88	Phillips screw M3*15	4
65	Hex bolt M10*45	2	89	Phillips screw M3*8	3
66	Allen bolt M10*30	4	90	Nylon nut M10	2
67	Allen bolt M10*20	6	91	Nylon nut M8	11
68	Allen cylindrical bolt M8*110	8	92	Nylon nut M6	4
69	Allen cylindrical bolt M8*75	3	93	Hex thin nut M10*5	4
70	Allen cylindrical bolt M8*40	2	94	Outer snap ring Φ20	4
71	Flat head allen bolt M8*15	8	95	E-type snap ring Φ7	16
72	Allen cylindrical bolt M6*25	6	96	Serrated washer Φ10*1.2	8

73	Flat end tightening bolt M5*10	3	97	Serrated washer Φ8*1.2	8
74	Flat end tightening bolt M4*5	3	98	Spring washer Φ10	4
75	Phillips screw w/washer M5*15	4	99	Flat washer Φ10	8
76	Phillips screw w/washer M4*15	8	100	Flat washer Φ8	16
77	Phillips flat head screw M5*8	6	101	Flat washer Φ6	4
78	Phillips flat head screw M4*10	4	102	Flat washer Φ4	2
79	Phillips flat head screw M3*15	2	103	Hex nut M3	2
80	Phillips tapping screw w/washer M5*11	16	104	Controller	1
105	Power cord	1	119	Pulse lower wire	2
106	Infrared sensor	2	120	Pulse extension wire	2
107	Optical sensor	1	121	Pulse upper wire	2
108	Switch	1	122	START/STOP quick button lower wire	1
109	Power socket	1	123	START/STOP quick button ext. wire	1
110	Near-field sensor	1	124	START/STOP quick button upper wire	1
111	Wireless charge module	1	125	SPEED quick button lower wire	1
112	Console upper wire	1	126	SPEED quick button extension wire	1
113	Console extension wire	1	127	SPEED quick button upper wire	1
114	Console lower wire	1	128	Speaker (Optional)	2
115	Switch lower wire 2	1	129	Magnet ring (Optional)	1
116	Switch upper wire 2	1	130	Magnet ring (Optional)	1
117	Switch lower wire 1	1	131	Type-C/ Headphone jack (Optional)	1
118	Switch upper wire 1	1	132	Inductor and Filter (Optional)	1

Caution:

The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

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.

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.

FCC Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with a minimum distance of 20cm between the radiator and your body.

This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.