

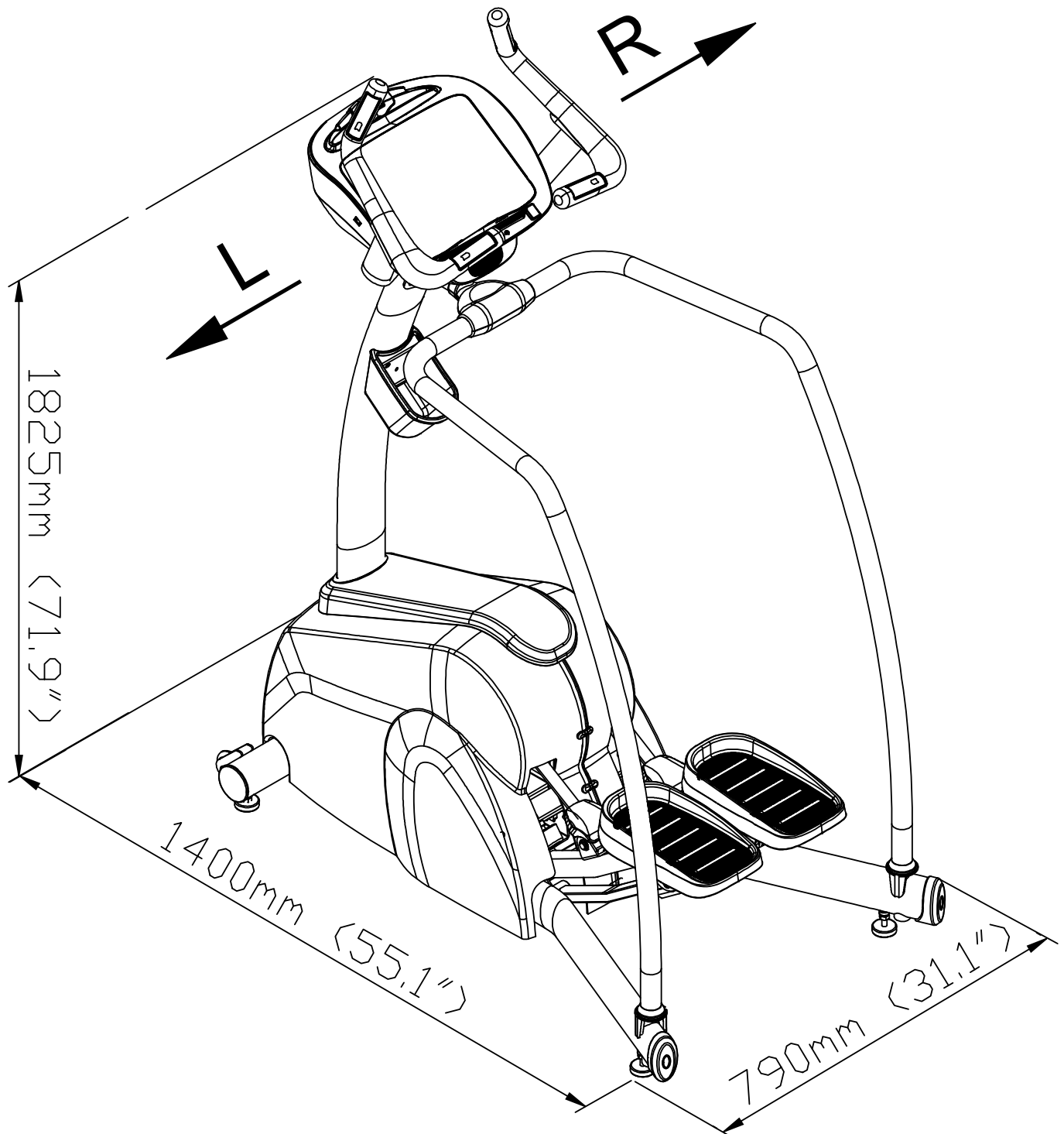
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1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt S715 stair climber. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



2. SAFETY PRECAUTIONS

Your SportsArt product was designed and built for optimum safety. However certain precautions apply whenever you use your elliptical trainer.

Please read the entire manual before assembly and operation. Also, please note the following safety precautions:

- Please read the instructions carefully and install the product as instructed.
- Assemble and operate the product on a solid, level surface. DO NOT use outdoors or near water.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. DO NOT use the product if the unit is disassembled in any way.
- Keep your hands away from moving parts.
- Wear proper workout clothing; DO NOT wear loose clothing. DO NOT wear shoes with leather soles or high heels. Tie all long hair back. DO NOT go barefoot on this product.
- Be careful when mounting and dismounting the unit.
- The product may or may not stop immediately if an object becomes caught or impedes normal motion.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Close supervision is necessary when this product is used by, on, or near children 14 or younger, invalids, or disabled persons.
- Use this product only for its intended use as described in this manual.
- Never operate this product if it has been damaged in any way. If it is not working properly, or has been dropped or damaged, contact your dealer.
- Keep all air ventilation areas free of blockage.
- Never drop or insert any object into any opening.
- DO NOT operate where aerosol (spray) products are being used or where oxygen is being administered.
- Please refer to the product specification table in the appendix for the user maximum weight.
- Contact your SportsArt representatives on all materials damaged in shipment. (Note: Shipping damages are the responsibility of the carrier.)
- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing.
- This product is not equipped with a free wheel and therefore the moving parts cannot be stopped immediately.
- This product is not intended for use by persons (including children 14 or younger) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of this product by a person responsible for their safety.
- Children 14 or younger should be supervised to ensure that they do not play on or near the product.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also may present a danger to the exerciser.
- Warning that any of the adjustment devices that could interfere with the user's movement should not be left projecting.
- To reduce the risk of injury from moving parts of electric shock, unplug before cleaning or servicing.
- **WARNING** — This stationary training equipment is not suitable for high accuracy purposes.

2. SAFETY PRECAUTIONS (CONT.)

Caution

If you feel any pain or abnormal sensation, STOP YOUR WORKOUT and consult your physician immediately. Work within your recommended exercise level. DO NOT work to exhaustion.

Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

DO NOT step onto the highest footplate. While holding onto supports for stability, step onto the lowest footplate.

Note: This equipment has been tested and found to comply with the limits for a 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 the user desires to correct such interference, it is at the user's own expense.

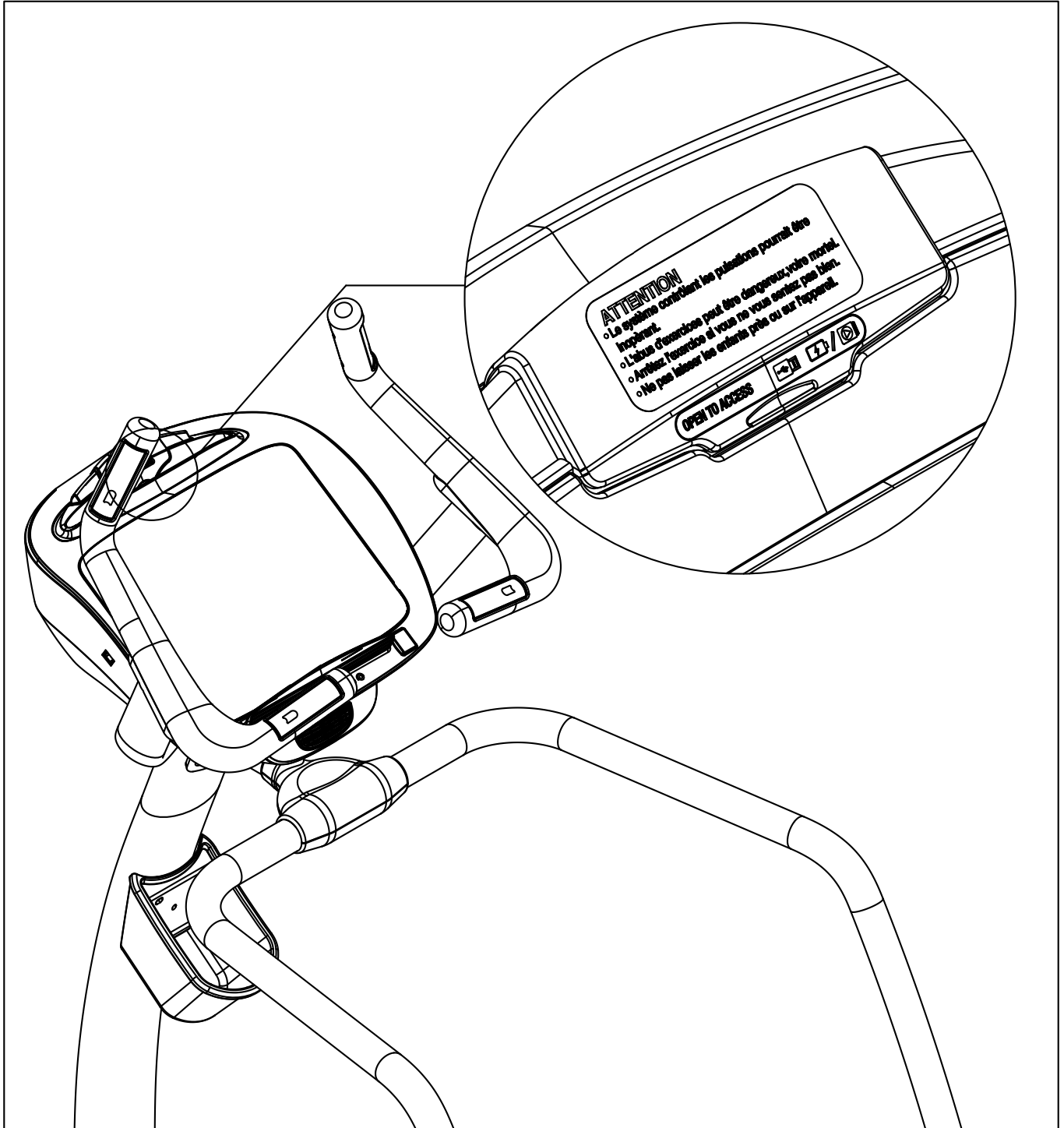
Warning

Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint, stop exercise immediately.

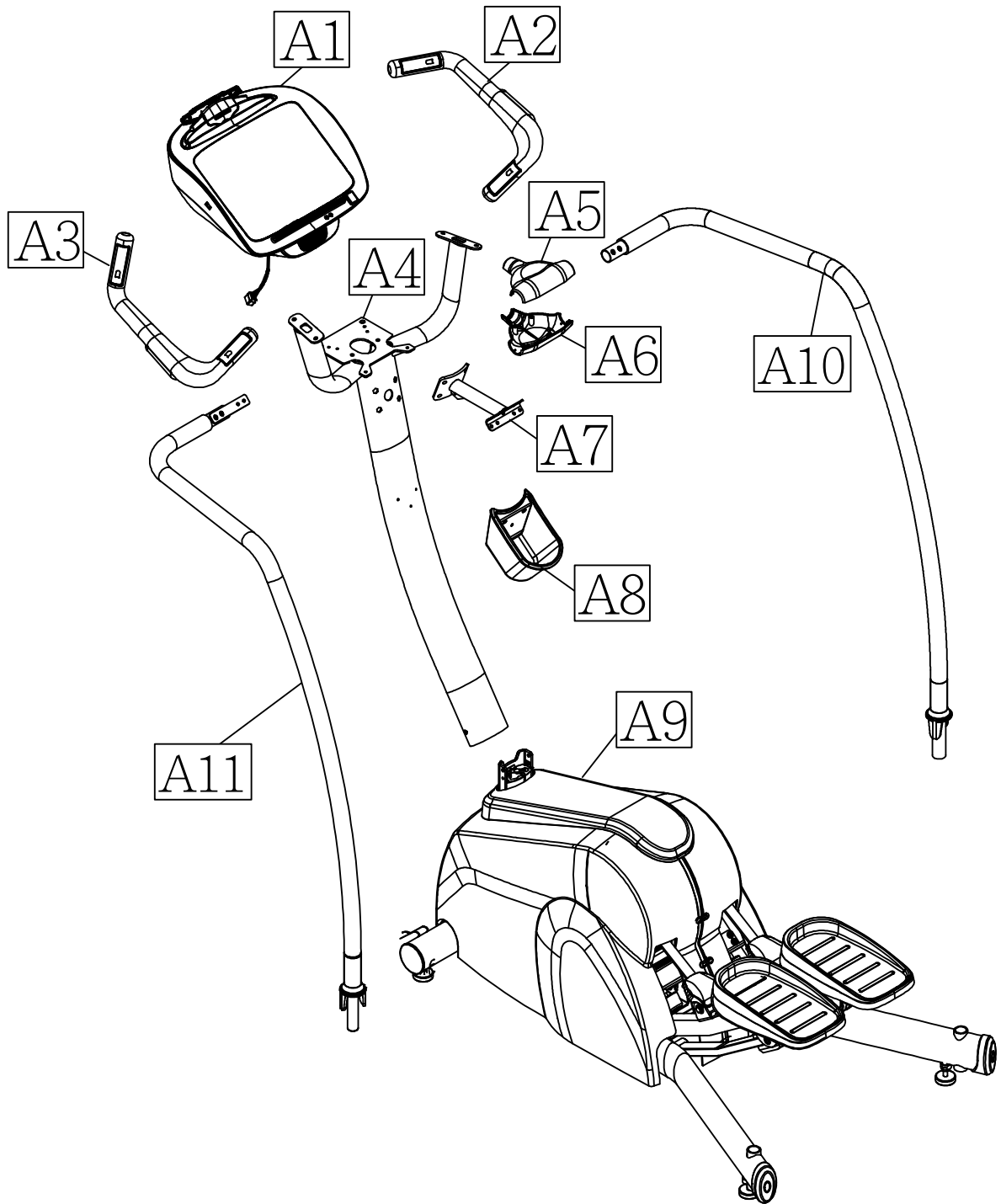
2. SAFETY PRECAUTIONS (CONT.)

If you are a French speaking person in North America, please place the following label contained in the owner's manual on the console as shown. Customers outside of North America will not receive this French warning label.

(Note: If there are any other warning labels contained in the owner's manual, please place them on the clearly displayed location on the console as well.)



3. LIST OF PARTS



Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Display assembly	1	A7	Handrail connector	1
A2	Display assembly	1	A8	Storage tray	1
A3	Left upper handrail	1	A9	Main frame	1
A4	Pedestal assembly	1	A10	Right lower handrail	1
A5	Handrail upper cove	1	A11	Right lower handrail	1
A6	Handrail lower cover	1	A12	French Sticker (For USA)	1

3. LIST OF PARTS (CONT.)

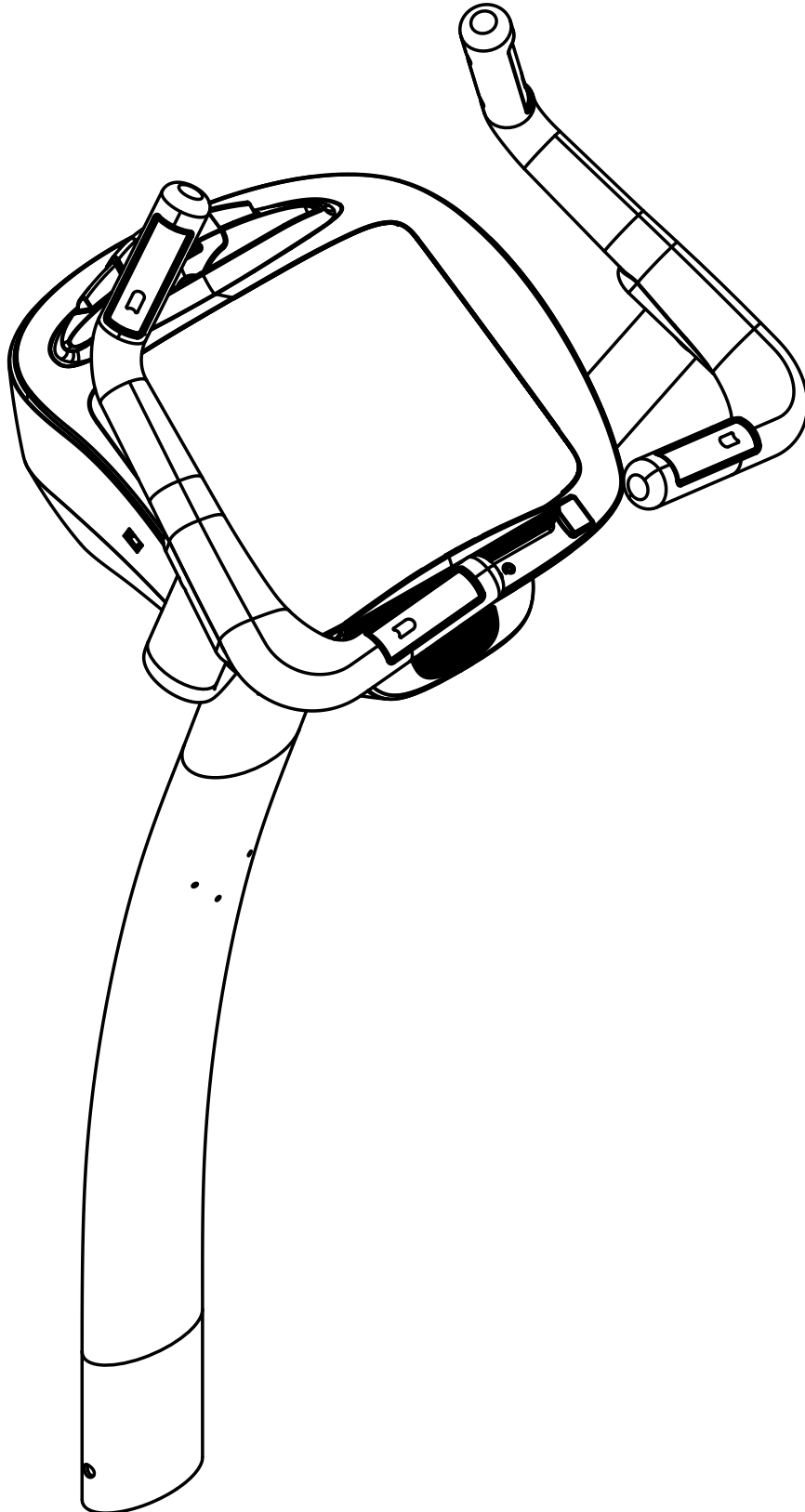
Components in the Hardware Kit				
No.	Name	Qty.	Specification	Notes
31A	Screw cover A	2		
31B	Screw cover B	2		
32	Mushroom top Phillips screw	4	M4*L14	
	PVC vacuum pack	1		
	Hardware kit cardboard	1		
	L shaped Allen wrench	1	M5	
	L shaped Allen wrench	1	M6	
	L shaped Allen wrench	1	M4	
	Screwdriver shank	1	Phillips and flat	
	Screwdriver handle	1	Black	
	Double open-end wrench	1	(13*17)	
	Ground wire	1	Yellow/Green L1500	
	Cap nut	1 batch		

Components on the Product			
No.	Name	Specification	Notes
41	Mushroom top Phillips screw	M4*L16	
42	Fan cover		
43	Mushroom top Phillips screw	M4*L25	
44	Spring washer	M8	
	Serrated washer	D18*d8.5*t2.0*19	
	Mushroom top inner hex screw	M8*P1.25*L15	
45	Serrated washer	D18*d8.5*t2.0*19T	
	Inner hex screw	M8*P1.25*L25	
46	Upper cover		
47	Flat washer	D17*d8.3*t2	
	Mushroom top inner hex screw	M8*P1.25*L20	
48	Flat washer	D16*d6.3*t2	
	Mushroom top inner hex screw	M6*P1.0*L12	
49	Washer	D30*d19.2*t0.5	
	Inner hex screw	M8*P1.25*L15	
50	Mushroom top Phillips screw	M4*L12	
51	Phillips screw	M5*P0.8*L12	
52	Water guard		

4. ASSEMBLE THE PRODUCT

Follow instructions below to assemble this product. Note that in this manual the words “left” and “right” are used to refer to the product and its parts. As such, these designations correspond to the “left” and “right” sides of a person in position to exercise on this product. Also, for brevity, the word “screws” is used where screws, washers, and other hardware may be involved.

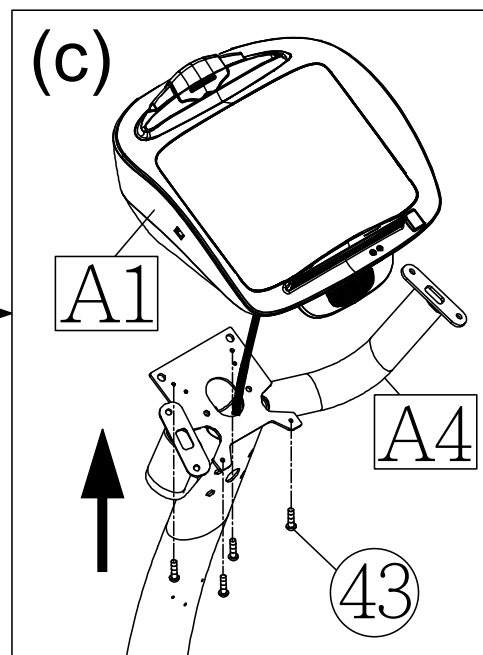
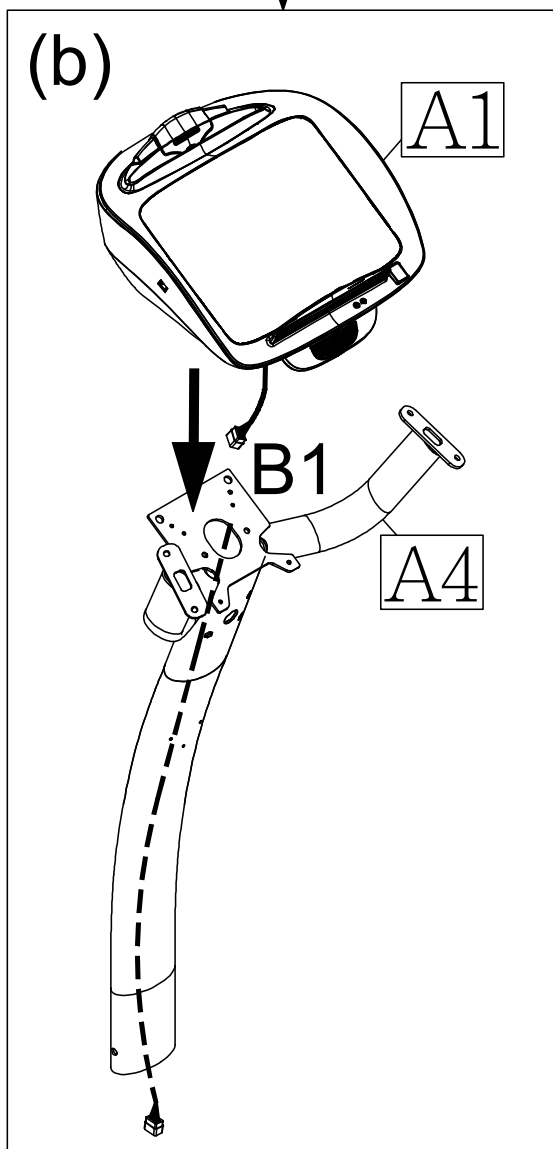
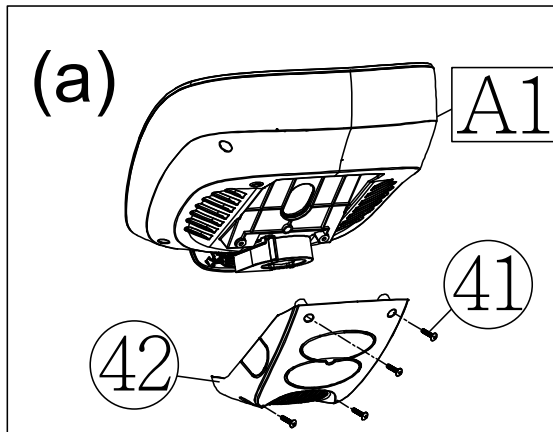
STEP 1 Install the Display and Pedestal Assembly



STEP 1 Install the Display and Pedestal Assembly (CONT.)

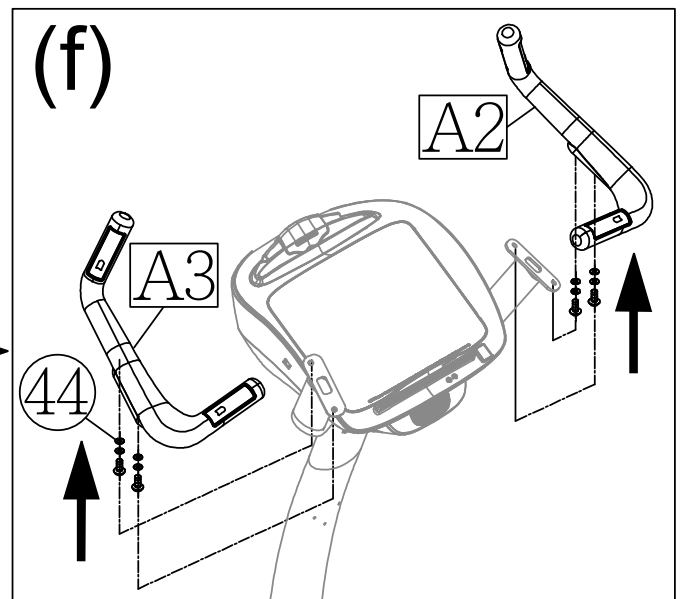
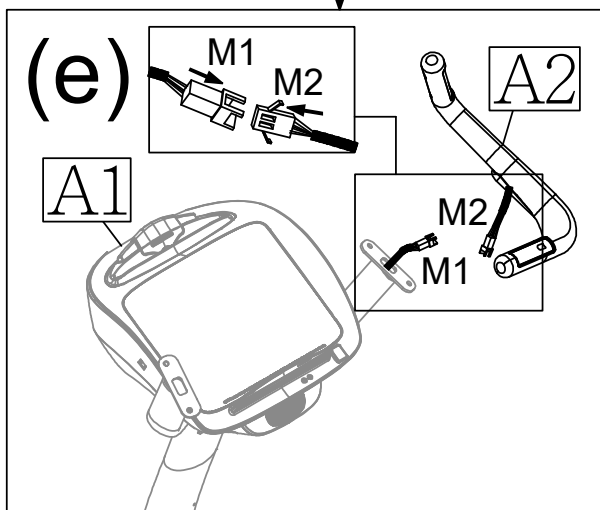
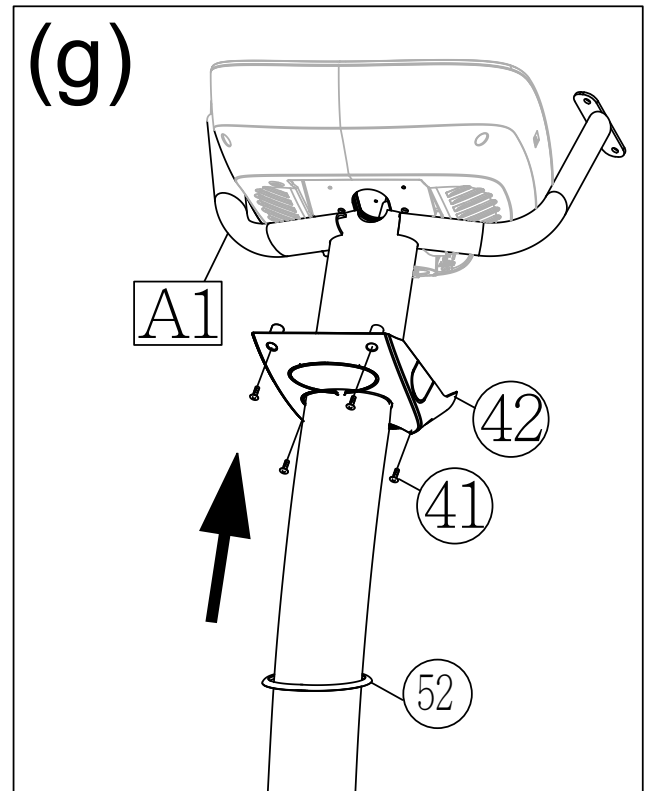
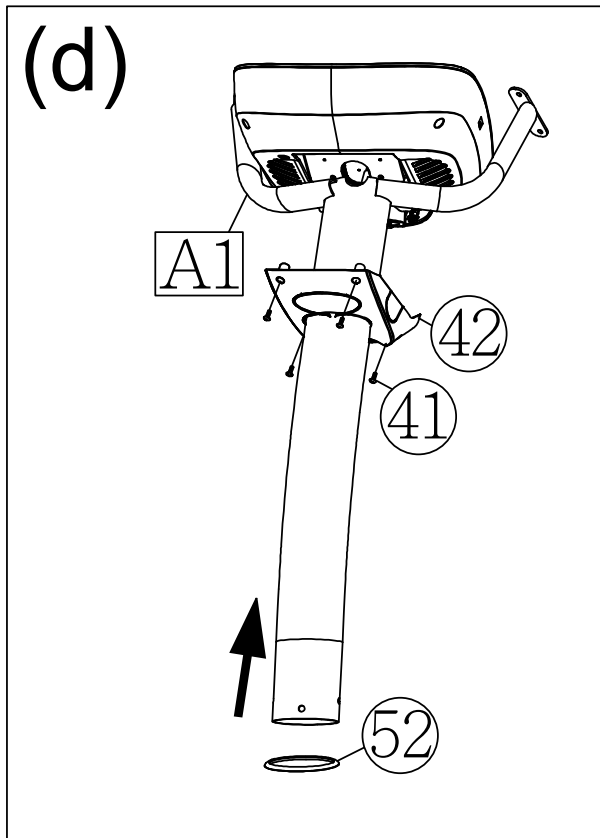
Please follow instructions (a) through (g) to install the display and pedestal assembly.

- (a) First, remove the fan cover (42) and screws (41) from the display assembly (A1).
- (b) Insert two cables from the display assembly (A1) into the hole B1 on the pedestal assembly (A4) and then tread the long cable through the pedestal and out of the bottom of pedestal as shown. (Do not tread the short cable through the pedestal.)
- (c) Secure the display assembly (A1) to the pedestal assembly (A4) with screws (43).



STEP 1 Install the Display and Pedestal Assembly (CONT.)

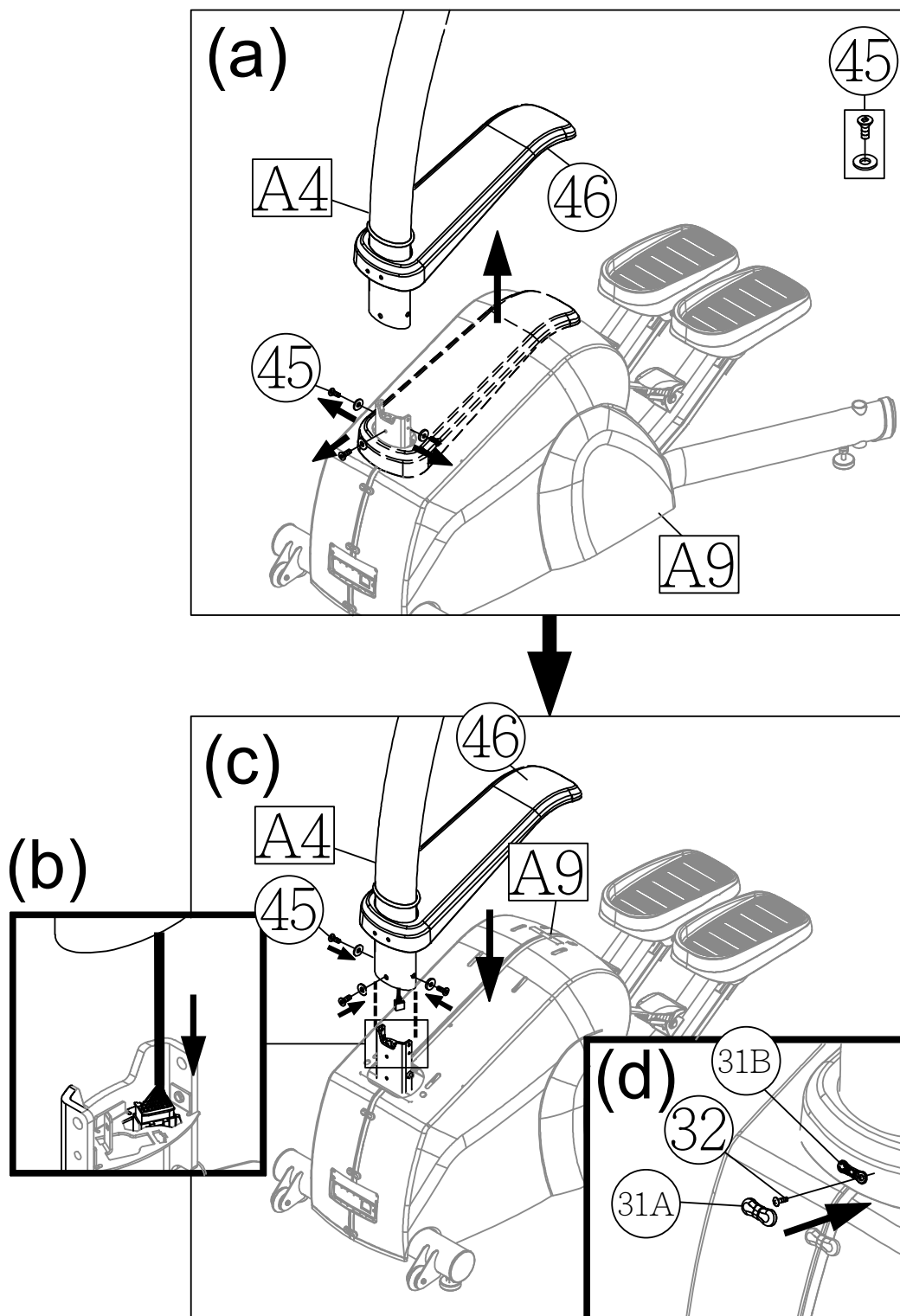
- (d) Tread the short cables into the right/left handrail as indicated by arrows and then pull the cables out of the top of the right/left handrail as shown.
- (e) Connect the cable (M1) from the display assembly (A1) and the cable (M2) from the right upper handrail (A2) as shown and then tuck all the cables back into the hole of display for safety.
(Note: Follow the same instructions to connect the cables from the left upper handrail.)
- (f) Secure the right/left upper handrail (A2) (A3) to the display assembly with screws (44).
- (g) Insert the fan cover (42) into place on the pedestal assembly tube and secure it to the display assembly (A1) with screws (41), and then slide the water guard (52) upward as shown.



STEP 2 Install the Main Frame and the Pedestal Assembly

Please follow instructions (a) through (c) to install the main frame and the pedestal assembly.

- (a) First, remove the upper cover (46) from the main frame (A9) and insert it into place on the pedestal assembly tube, and then remove screws (45) from the main frame (A9).
- (b) Connect the cable from the pedestal assembly (A4) to the connector of the main frame (A9) as shown.
- (c) Insert the pedestal assembly (A4) into the main frame (A9) and secure them with screws (45), and then click the upper cover (46) back into the place on the main frame (A9). (*Note: Hold the upper cover (46) to avoid pinching to cause injury.*)
- (d) Click the screw cover B into the unit. Press the upper cover (46) downward and secure the screws in the right hole to make sure the covers are installed firmly, and then click the screw cover A into the screw cover B.

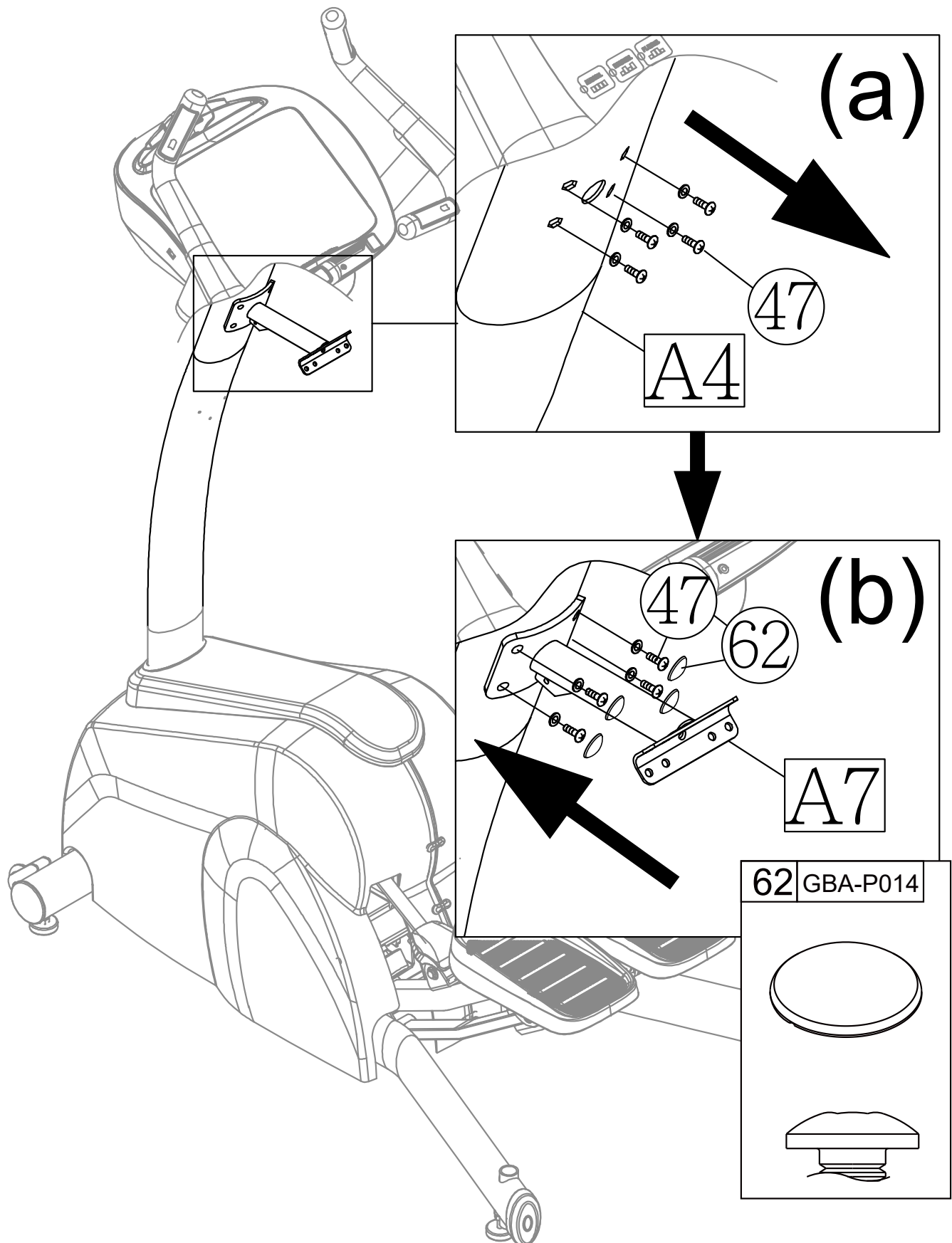


STEP 3 Install the Handrail Connector

Please follow instructions (a) through (b) to install the handrail connector.

(a) Remove screws (47) from the pedestal assembly (A4).

(b) Secure the handrail connector (A7) to the pedestal assembly with screws (47) as shown.

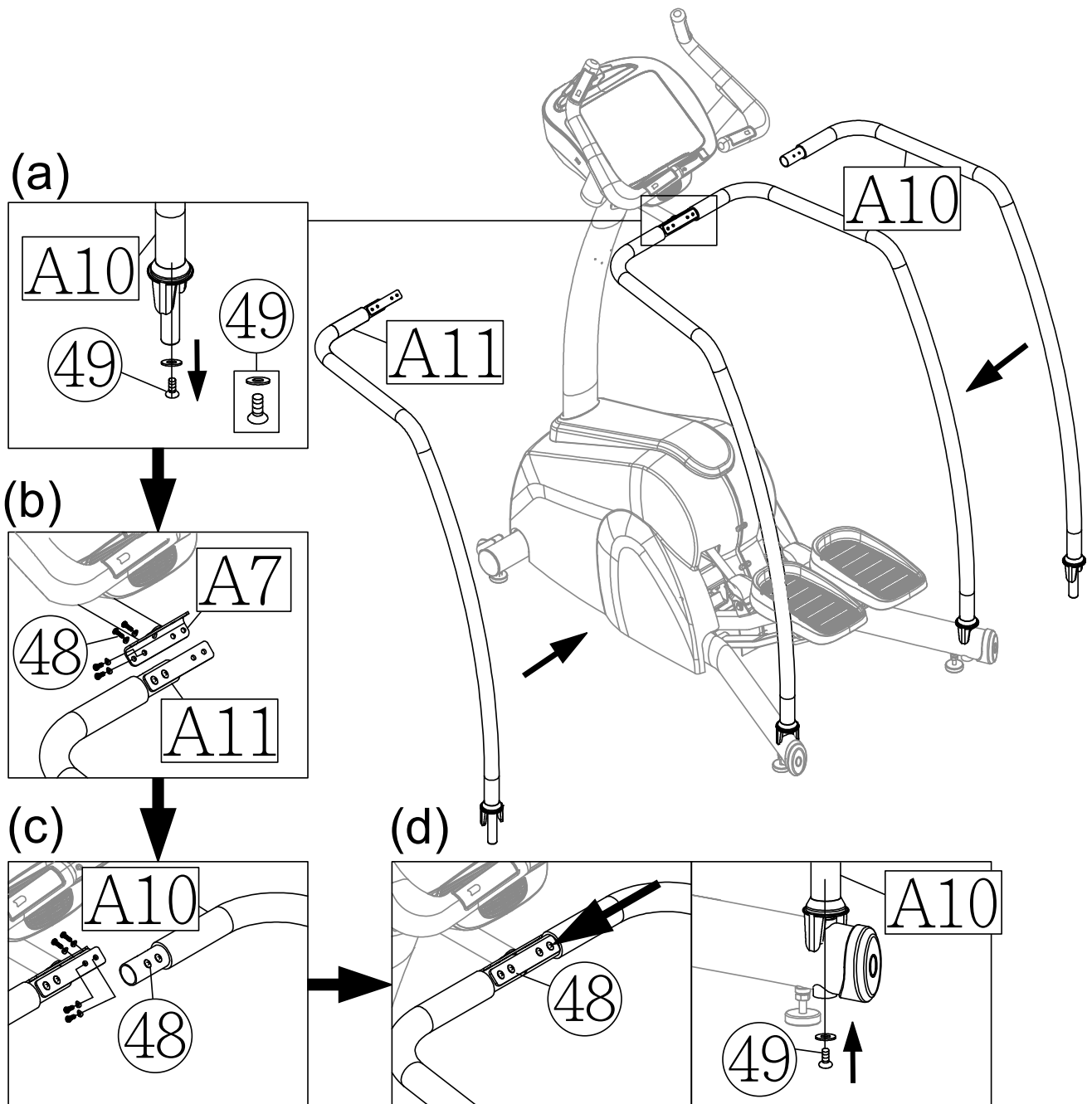


STEP 4 Install the Right/Left Lower Handrail

Please follow instructions (a) through (d) to secure the left and right lower handrail.

- (a) Remove screws (49) from the right lower handrail (A10).
- (b) Use screws (48) to loosely secure the left lower handrail (A11) into place on the handrail connector (A7). Do not fully tighten screws yet. (There are a total of six screws.)
- (c) Follow the same instructions to install the right lower handrail (A10).
- (d) Finally, fully tighten screws on the right/left lower handrail (A10) (A11) (There are a total of twelve screws.) and screws (49) in the bottom of the right lower handrail (A10).

Note: Left and right lower handrail are installed in the same way.

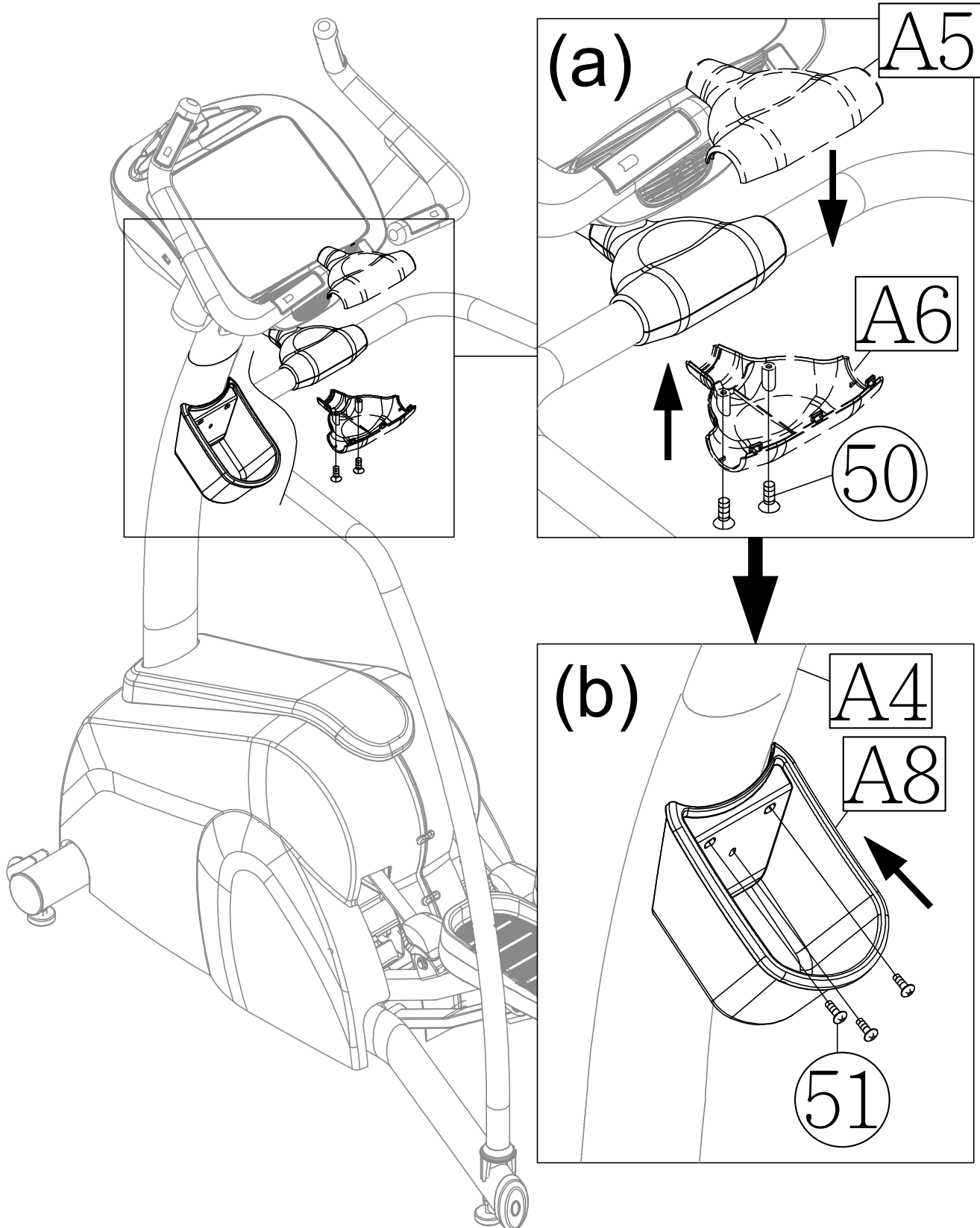


STEP 5 Install Handrail Upper/Lower cover & Storage Tray

Please follow instructions (a) through (b) to install the handrail upper and lower cover and the storage tray.

(a) Use screws (50) to secure the handrail upper and lower cover (A5) (A6) to the unit as shown.

(b) Use screws (51) to secure the storage tray (A8) to the unit as shown.



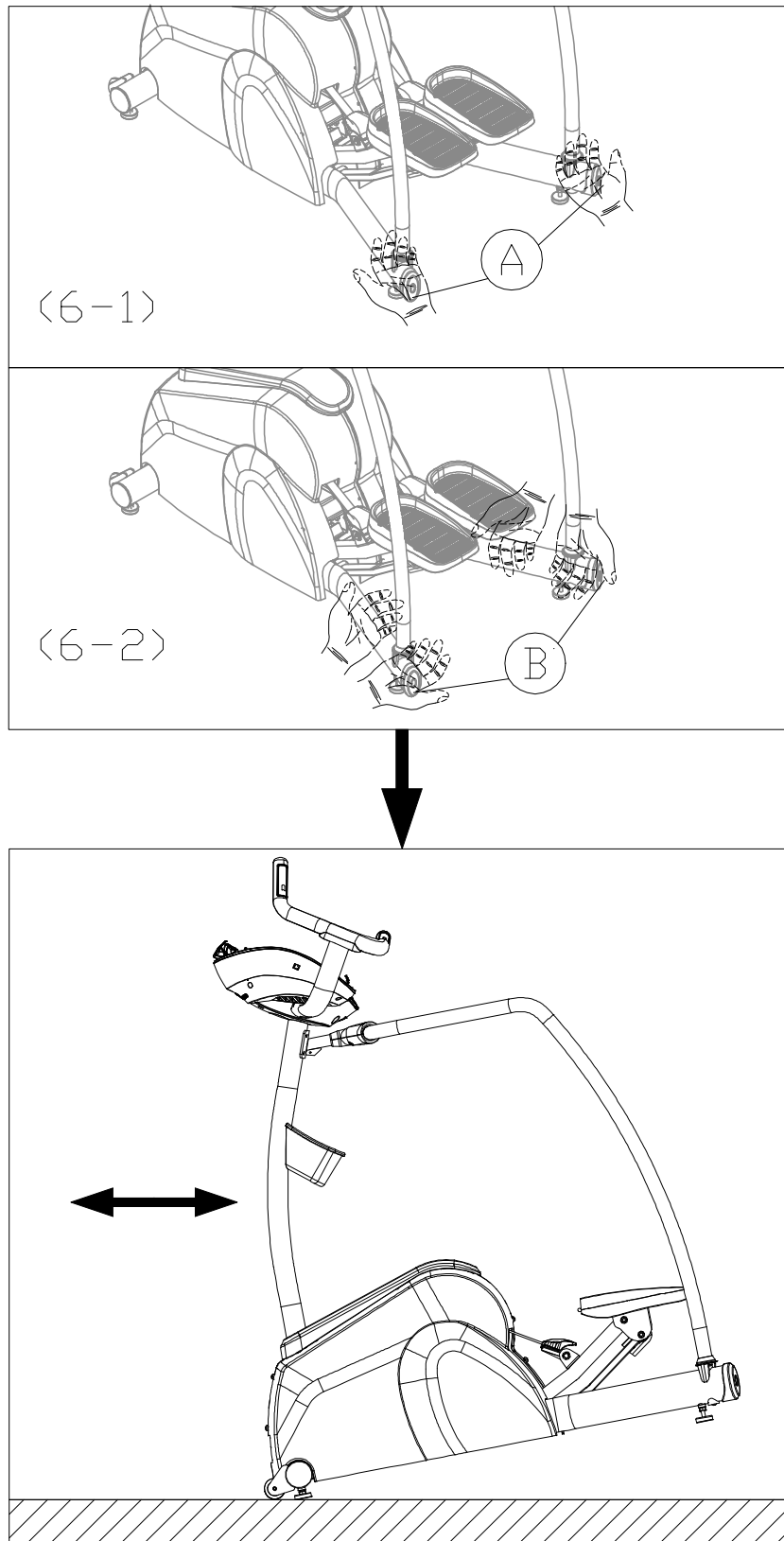
STEP 6 Moving the Unit

Instructions for one person:

Stand in the center behind the unit. Grip the bottom of the left/right lower handrail at area A with both hands. Lift the bottom of the left/right lower handrail at area A and roll the unit into position.

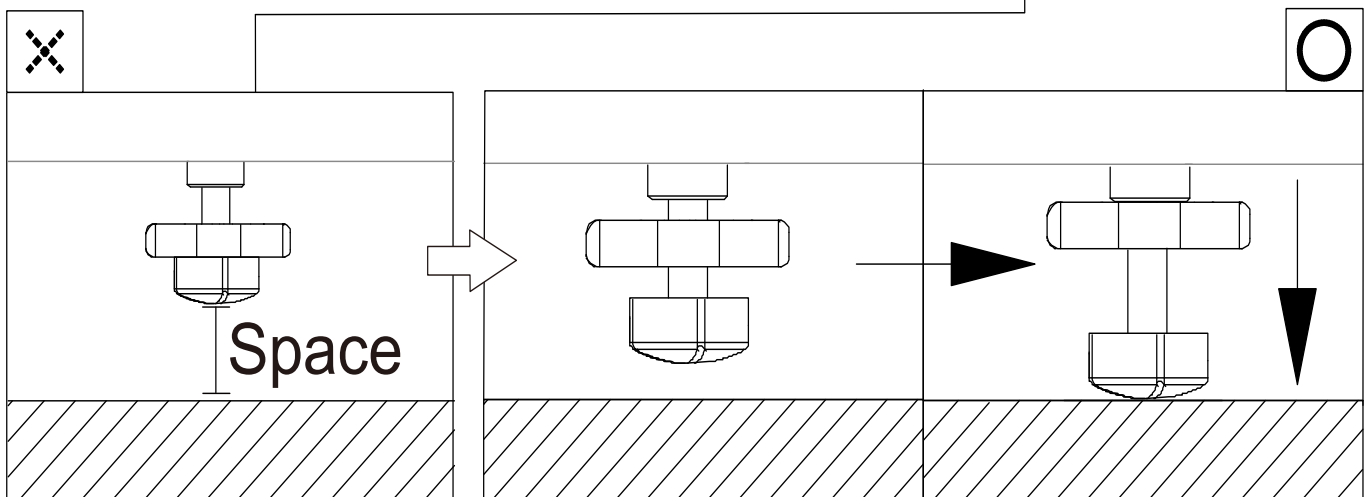
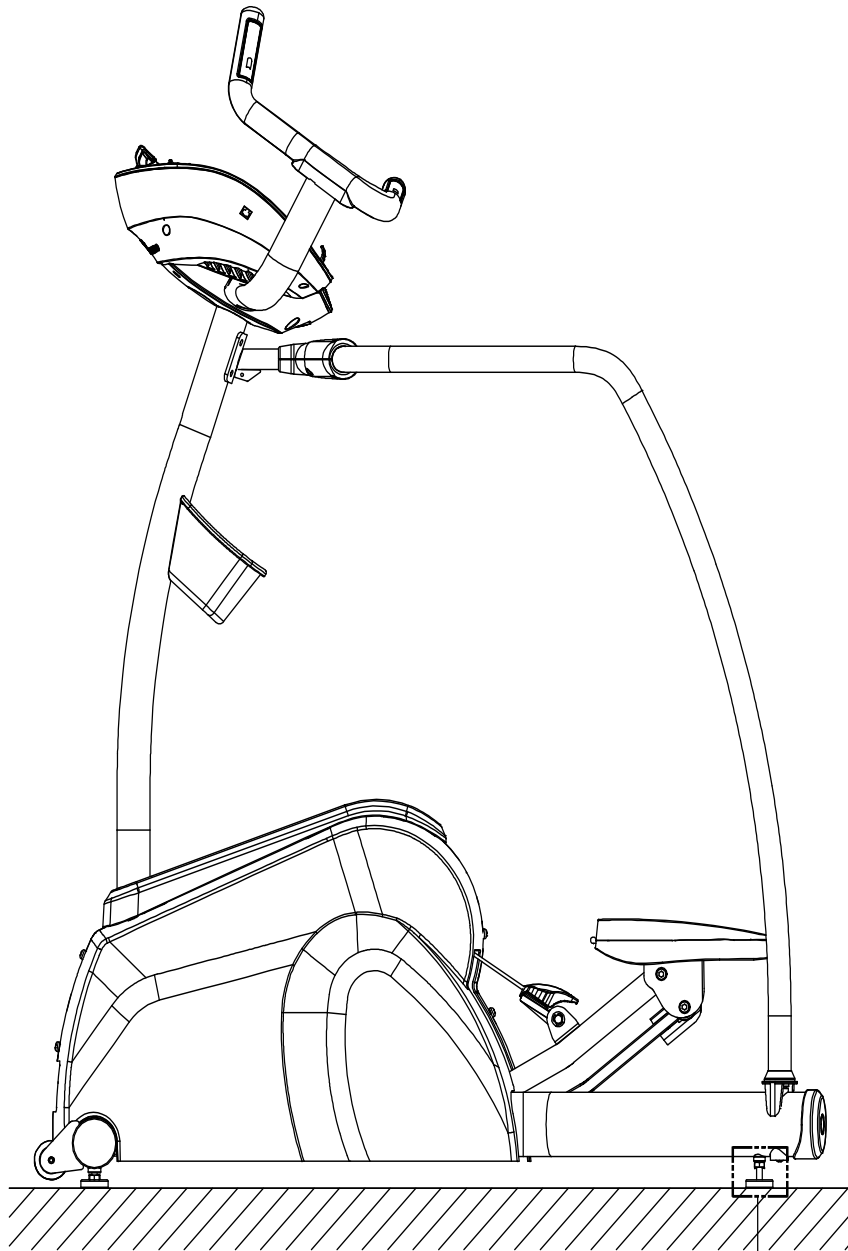
Instructions for two people:

Stand on the left and right sides, behind the unit. Grip the bottom of the left/right lower handrail at area B with both hands. Simultaneously lift the unit and roll it into place.



STEP 7 Leveling the Unit

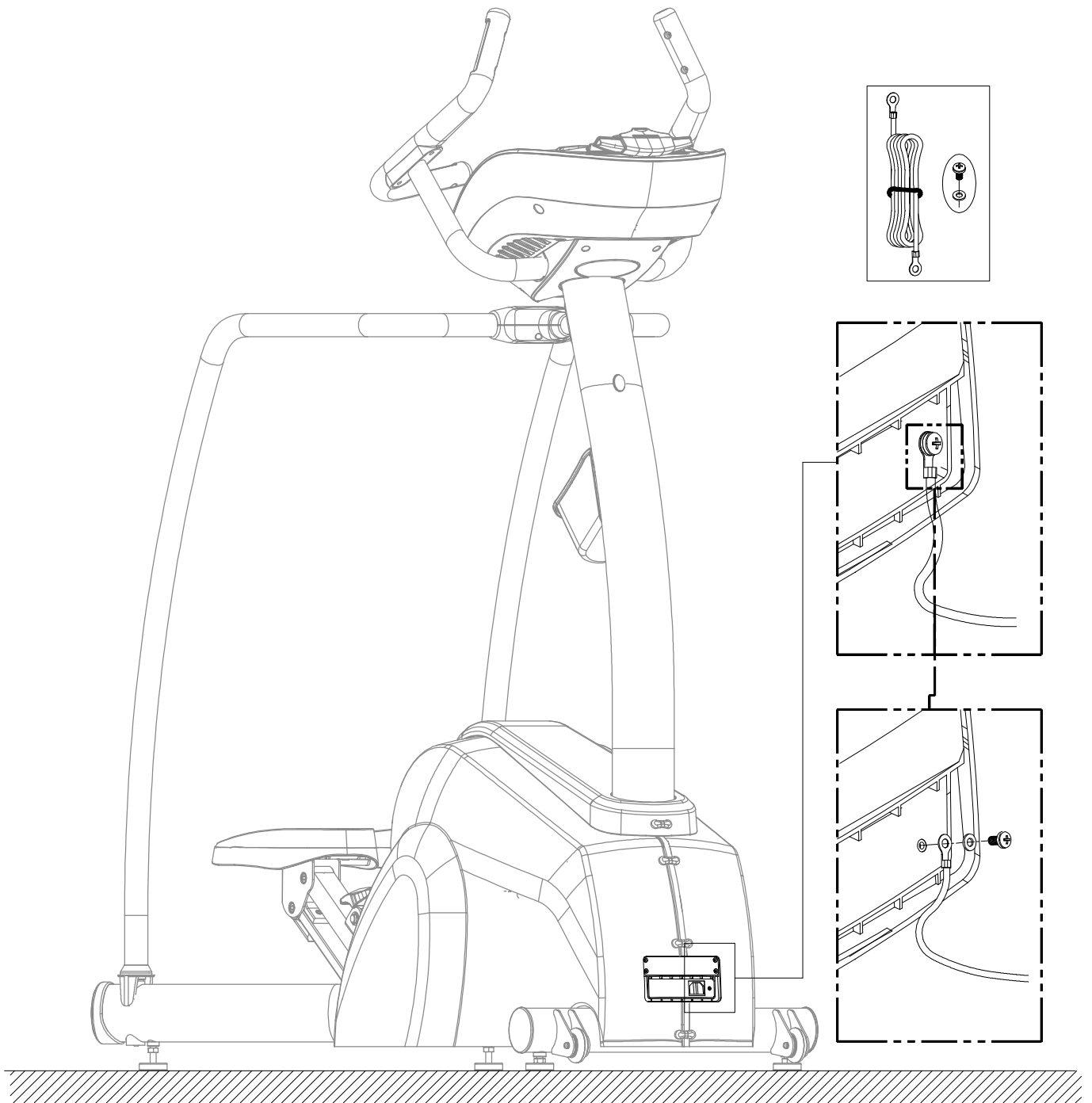
- (a) To function properly, the unit must be level on the floor.
- (b) Rotate the leveler feet at area A downward until it touches the floor.
- (c) Rotate the leveler nut upward, against the frame of the unit, to secure this position.



STEP 8 How To Connect The Ground Wire

Note: The installation of a ground wire is required by European safety standards. The ground wire is not required by North American safety standards.

Ground wire installation: Use a screw to secure one end of the ground wire to the product frame as shown. Secure the other end of the ground wire to the building ground connection.

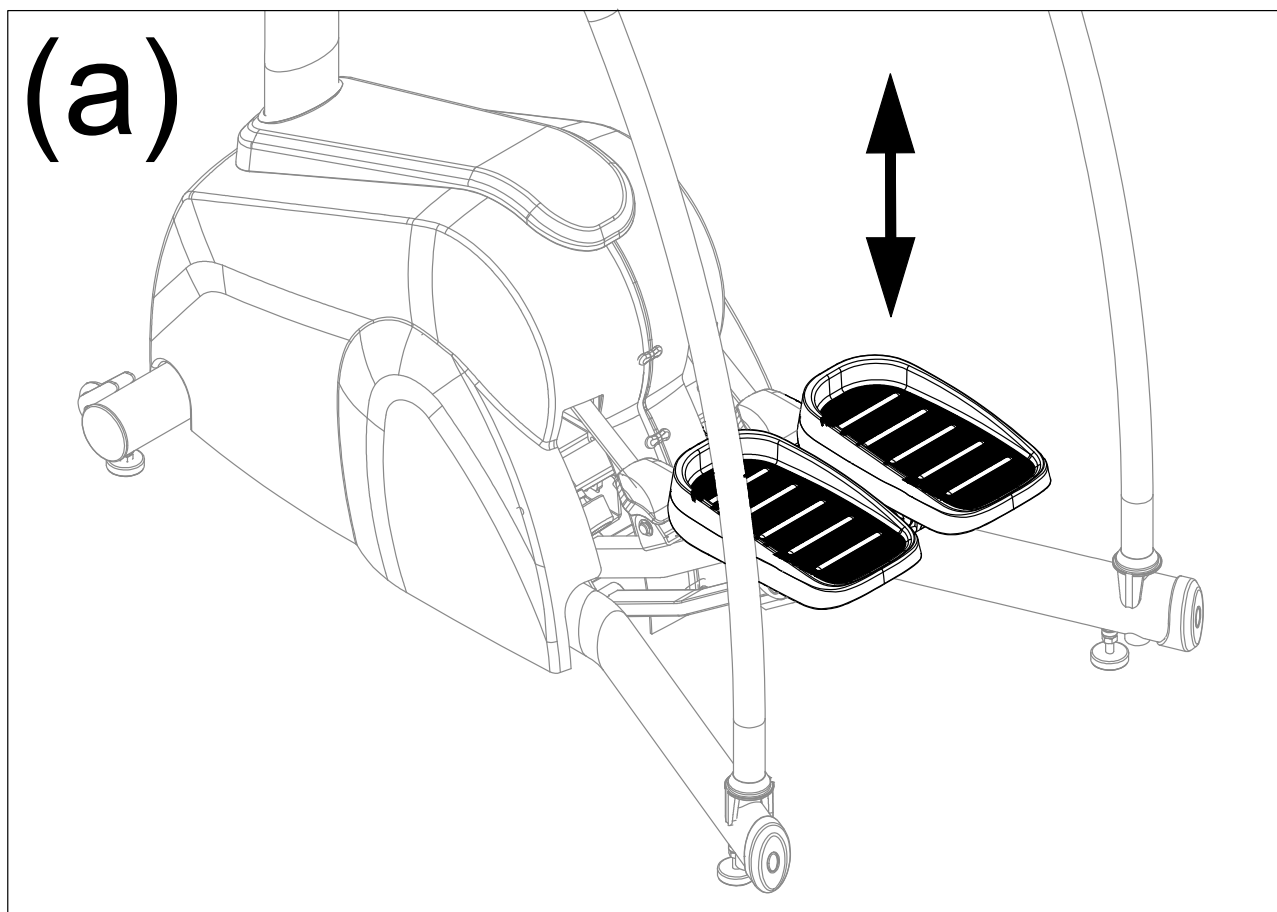


STEP 9 Unit Inspection

Please follow instructions (a) through (b) to inspect operation and confirm that the unit is working properly after all parts are assembled.

(a) Inspect the unit is stable without moving.

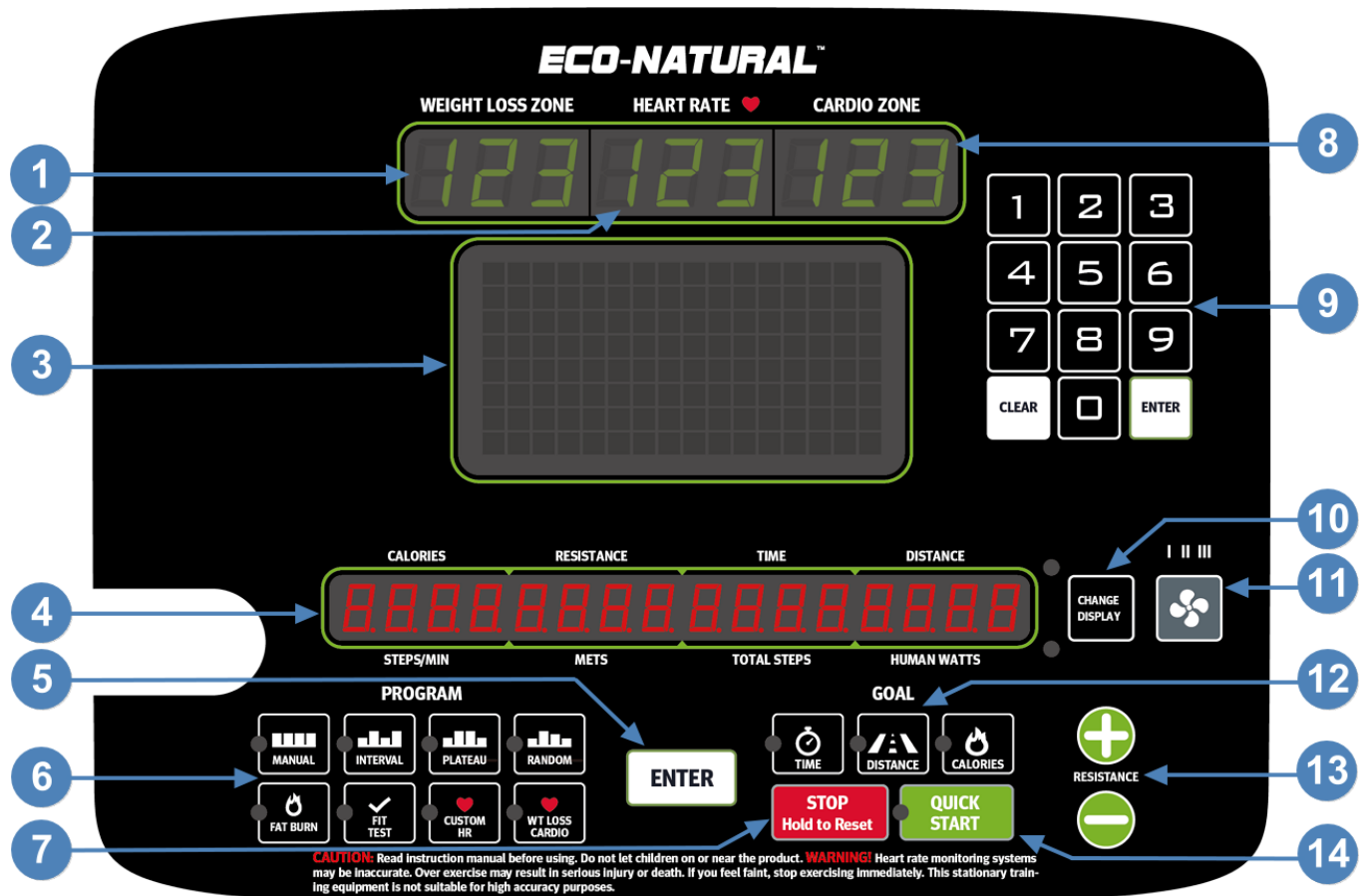
(b) Pull the left and right footplates to confirm the working is properly and then have someone to exercise on the unit to double check the working is properly.



5. UNDERSTAND THE S715 DISPLAY

DISPLAY Overview

The S715 stair climber is designed for user convenience. With better feedback about your workout, you get better results. The following explains the display key and window functions. Please read this manual, understand the display functions, and thereby get optimum enjoyment and benefit from this product.



No.	Description	No.	Description
1	Weight Loss Target Heart Rate	8	Cardio Target Heart Rate
2	Actual Heart Rate	9	Numeric Keys
3	Dot Matrix Display	10	Change Display Key
4	Exercise Feedback Window	11	Fan Key
5	Enter Key	12	Workout Goals
6	Workout Program Keys	13	Resistance Adjusting Keys
7	Stop/Reset Key	14	Quick Start Key

DISPLAY Specifications

- Workout level (resistance level): 1 - 40
- Time: 0:00 - 300:00
- Distance: 0.00 - 9999 km or mile
- Calories: 0.0 - 9999 kcal
- Steps per minute (SPM): 25 – 160 (Range shown)
- Total steps(accumulated step count): 0 - 9999
- Human Watts: 0 – 9999
- METS: 0.0 - 99.0
- Heart Rate range: 35 - 255bpm
- Programs: MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, FIT TEST, CUSTOM HR and CARDIO/WT LOSS.

DISPLAY Windows

- Cardio Advisor™ shows heart rate goals, WT LOSS 65% and CARDIO 80%, and actual heart rate (center).
- The exercise feedback window shows workout usage prompts and workout information.
- The workout illustration window shows workout program illustrations.

DISPLAY Keys

Display key functions are introduced briefly below.

QUICK START – Press this key to start exercising without first entering age, weight, and other user information. During pause mode, press this key to resume the workout. During program set up, press this key to start using the selected program.

MANUAL – This key allows you to directly control resistance, via resistance keys.

INTERVAL – Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. For example, the 1:1 interval program consists of one minute of rest, followed by one minute of work.

PLATEAU – This workout program gradually increases in difficulty, plateaus, then tapers off, in a 20-60-20 pattern.

RANDOM – Press this key to select one of an almost endless number of randomly generated workout programs. Each key press, the console will randomly generate a different program.

FAT BURN – This workout program provides 1 - 20 different difficulties to select from.

FIT TEST – Press this key to enter a FIT TEST program and start the fitness test.

CUSTOM HR – This heart rate control program allows you to set your own target heart rate.

DISPLAY Keys (CONT.)

WT LOSS – A heart rate control program, the weight loss workout is designed to keep the exerciser's pulse at the optimum rate for losing weight. Resistance settings change automatically to maintain a target heart rate calculated by the formula $(220 - \text{AGE}) * 0.65$.

CARDIO – A heart rate control program, the cardio conditioning workout is designed to keep the exerciser's pulse at the optimum rate for cardio conditioning. Resistance settings change automatically to maintain a target heart rate calculated by the formula $(220 - \text{AGE}) * 0.8$.

TIME – Press this key to make time your workout goal.

DISTANCE – Press this key to make distance your workout goal.

CALORIES – Press this key to make calories your workout goal.

ENTER – After making a selection, press this key to confirm your choice.

RESISTANCE +/- – Press this key to change resistance settings. Settings change by one level each time the key is pressed.

STOP/HOLD TO RESET – During a workout, or Cool Down mode, press this key to display the workout information such as time, distance and calories. At workout summary display mode, press this key to end this program and return to idle and the display will show: SELECT A PROGRAM. At any time of a program, press and hold this key for 2 seconds, it will reset the console and return to idle mode.

0 – 9 numeric keys – Press these keys to directly input numbers, rather than pressing +/- keys.

CLEAR – When inputting setting values, press this key to delete previous setting values back to 0.

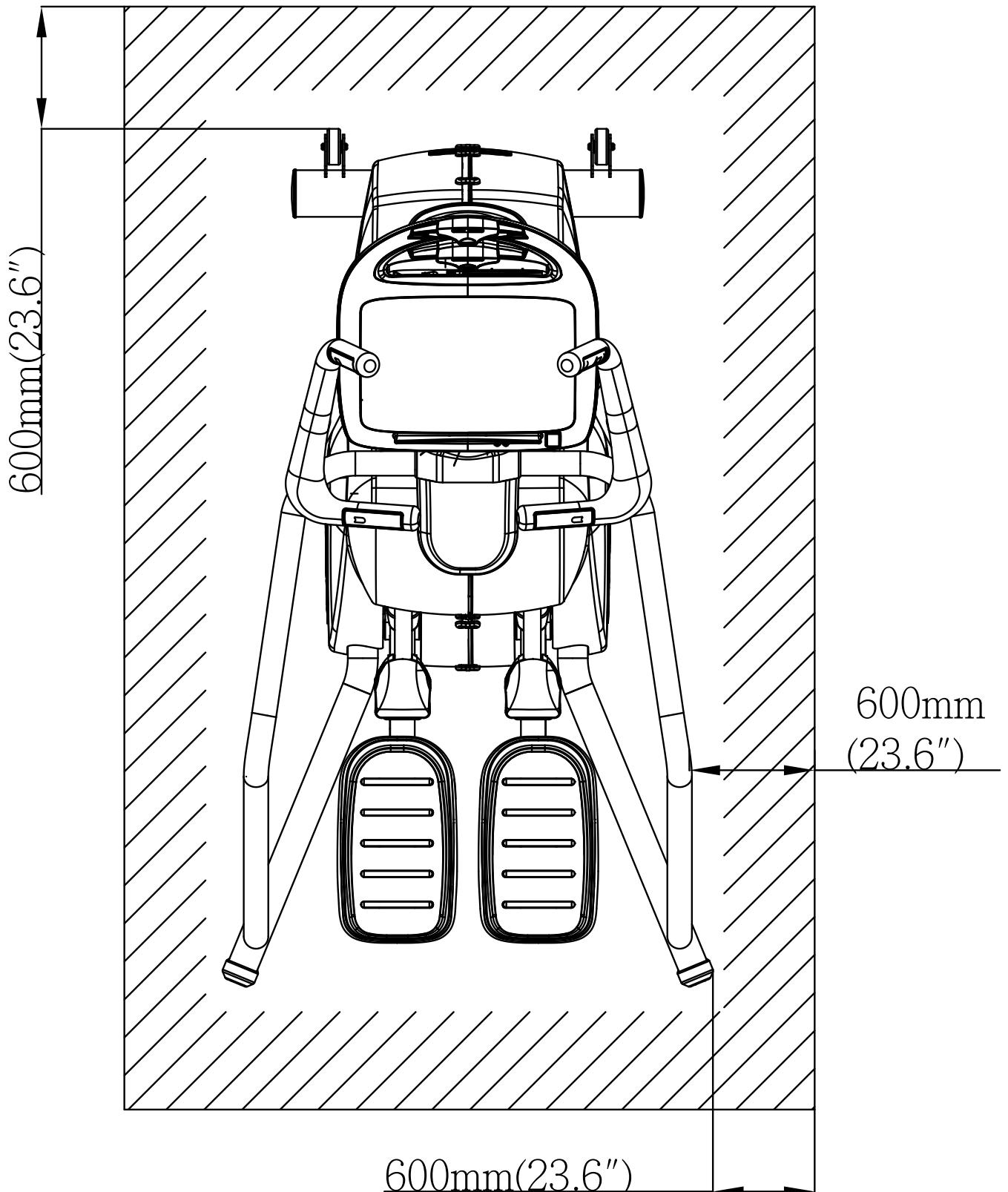
FAN – Press this key to activate the fan. There are settings: low, medium, high, and off.

CHANGE DISPLAY – This key controls the exercise feedback window, which has two rows: The top row shows CALORIES, RESISTANCE, TIME, DISTANCE; the bottom row shows STEPS/MIN, METS, TOTAL STEPS, HUMAN WATTS. Corresponding LEDs light to indicate the active row of exercise feedback. Press the CHANGE DISPLAY key to toggle between top and bottom feedback row views.

6. OPERATE THE PRODUCT

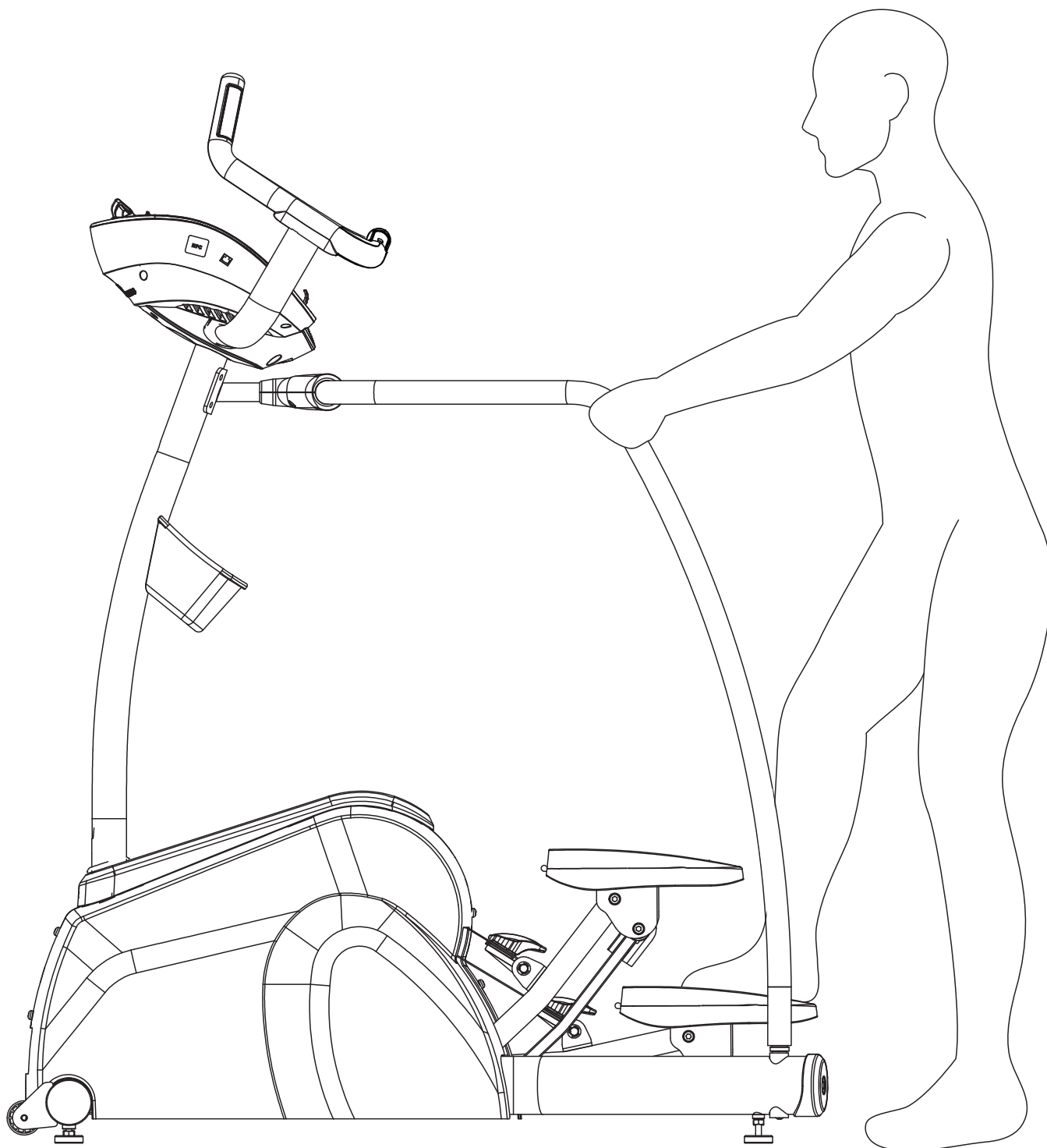
OPERATION Safety Operating Area

- (a) Safety clearance required as below shown. Do not allow people to be near this area when operating.
- (b) Noise emission under load is higher than without load.



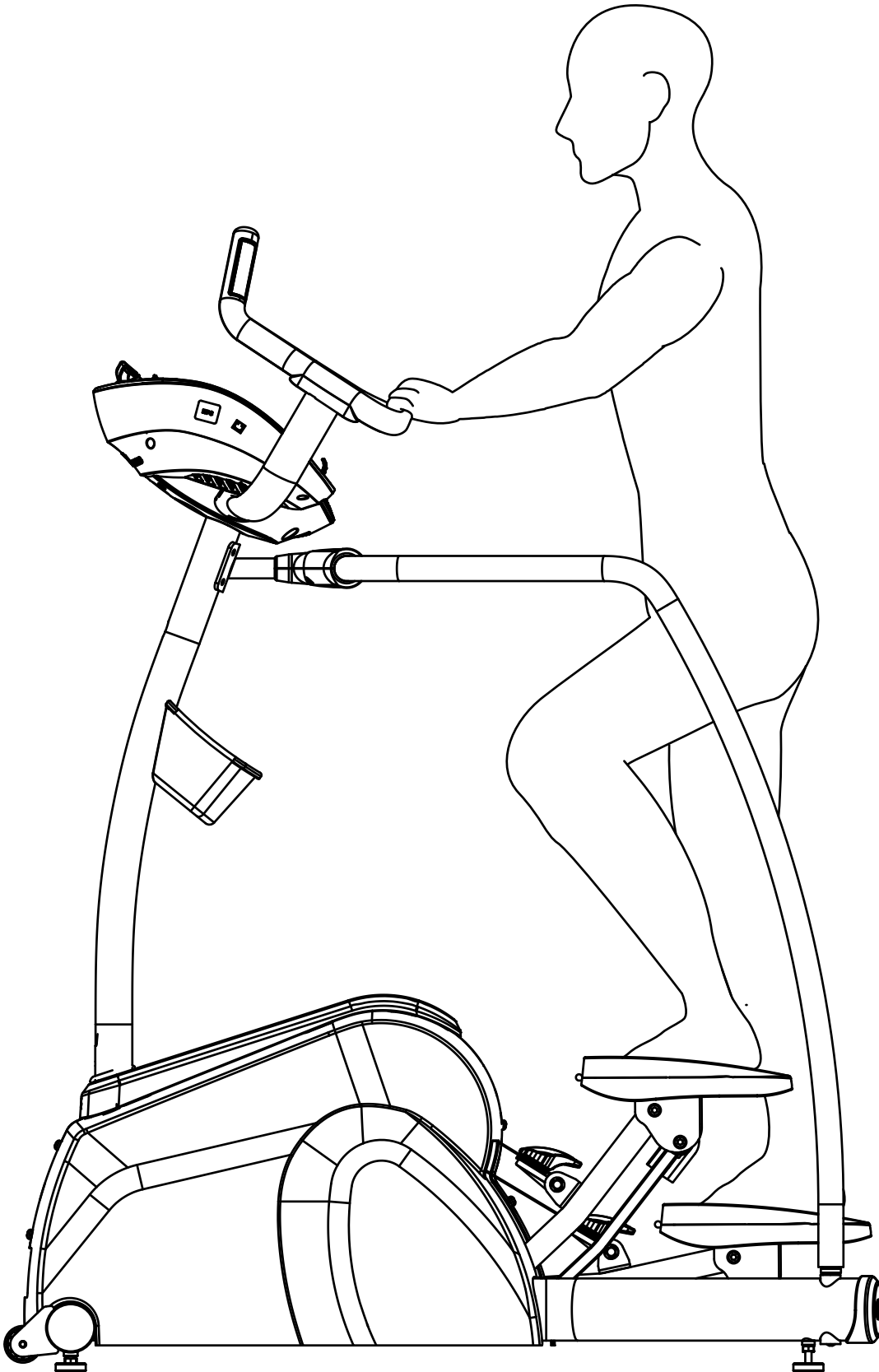
OPERATION Safety Get On/Off

- (a) Place your feet on floor and then hold the handles to steady self while stepping into the pedals as below shown.
- (b) Wait until pedals come to a complete stop and then hold onto handles for stability while carefully stepping off the stair climber.



OPERATION | Proper Workout Position

- (a) User proper workout position as below shown.
- (b) Over exercise or improper workout position may result in serious injury.
- (c) User can hold onto handles for stability when getting on or getting off from the right/left side of the stair climber.
- (d) This product is intended for exercise legs.



OPERATION Quick Start

There are two ways to start operating this product, either through the QUICK START mode or through a workout program/goal.

Time, distance and calories will count up. If a workout time limit is activated, time will count down, but distance and calories will count up continuously. In QUICK START mode, resistance begins at level 5; calorie and other information is based on a 35 year old and 165 lb. (75 kg) user. Both QUICK START and MANUAL LEDs are lit up to indicate QUICK START program is in session. In QUICK START mode, resistance settings can be modified at any time.

OPERATION Start a Workout Program

To obtain more accurate calorie counts and target heart rates, operate the product via a workout program as follows:

1. Press a workout program key to select a workout or press a goal key (TIME, DISTANCE, CALORIES) to select a goal program. Press ENTER to confirm the program selection.
2. If you select a program key, then "SELECT GOAL" will appear on the exercise feedback window. There are three types of workout goals: TIME, DISTANCE, and CALORIE. Press the key of your preferred workout goal. Its indicator LED will light up.

If you select a goal program, its LED indicator will light up. Follow the instruction below to set up the goal and start the program. Once the program is started, resistance and stride setting can be modified at any time.

- The TIME setting range is from 5:00 to 300:00, with a default value of 30:00. If the program time limit is activated in user preference setting, the max time can be entered will change accordingly. Use RESISTANCE +/- keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.
- The DISTANCE setting range is from 0.1 to 99.9 miles or kilometers, with a default value 2.0 miles (3.0 kilometers). If the program time limit is activated at the user preference setting, then the DISTANCE goal will be deactivated. Use RESISTANCE +/- keys or numeric keys (0-9) to adjust the setting. Press the ENTER key to confirm your setting and proceed to input your age. Or press QUICK START key to start this program right away with default age and weight.
- The CALORIE setting range is from 100 to 9999 kCal, with a default value of 100 kCal. If the program time limit is activated at the user preference setting, then the CALORIE goal will be deactivated. Use RESISTANCE +/- keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the age setting. Or press QUICK START key to start this program right away with default age and weight.

OPERATION Start a Workout Program (CONT.)

3. The age setting range is from 10 to 90, with a default value of 35 years old. Use RESISTANCE +/-keys or numeric keys (0-9) to make your selection. Press the ENTER key to confirm your setting and proceed to the weight setting. Or press QUICK START key to start this program right away with default weight.
4. The weight setting range is from 50 to 500 lb. (20 to 227 kg), with a default setting of 165 lb. (75 kg). Use RESISTANCE +/- keys or numeric keys (0-9) to make your selection. Press the ENTER or QUICK START key to confirm your setting and start exercising.

Follow prompts to begin your workout. Please refer to OPERATION Workout Programs for information about specific workout programs.

Note that a different workout program can be activated simply by pressing the other workout program key. The workout goal will remain the same, and progress toward the workout goal will continue to accrue.

OPERATION Display

1. If the feedback window is at lower row, press RESISTANCE +/- key to adjust the resistance, the display will temporary switch to top row to show the adjustment. In 4 seconds, it will return to lower row.
2. Heart Rate display: it will display the actual heart rate bpm.
3. During workout, user can switch to a different workout program using the same goal by pressing a different program key. There are some exceptions, listed below:
 - During MANUAL, INTERVAL, PLATEAU, RANDOM, FAT BURN, CUSTOM HR, WT LOSS & CARDIO workout, it can't be switched to FIT TEST program.
 - Switch program is not allowed during FIT TEST program.

OPERATION Cool Down

Once the workout goal (time, distance, or calorie expenditure) has been obtained, the product will enter a two-minute cool down period. The display will count down from two to zero.

When the countdown reaches zero, the cool down period will end. The message "REVIEW SUMMARY" will appear, along with accumulated workout information, including total time, distance and calorie expenditure. Press the STOP key to return to idle mode which the "SELECT A PROGRAM" prompt will appear.

OPERATION Workout Programs

Workout program details are explained below.

MANUAL

This program allows you to manually control resistance. In manual mode, simply press RESISTANCE +/- keys to control resistance.

INTERVAL

There are three interval programs: INTERVAL1:1, INTERVAL1:2, INTERVAL 2:2. Each interval program includes two segments, a work segment and a rest segment. (Example: Interval 1:1 indicates one segment of one minute in duration, followed by a second segment of one minute in duration.).

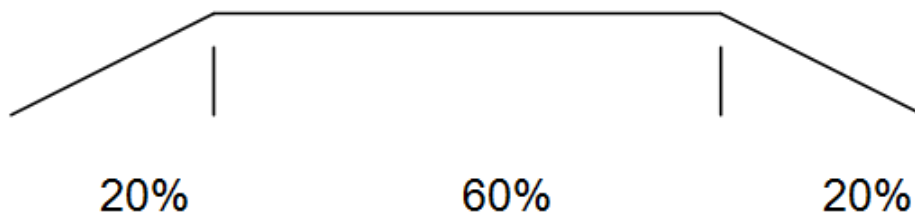
Each time the INTERVAL key is pressed, one of the three interval programs will appear. When your preferred interval program appears, press the ENTER key to activate that program. Then follow prompts to set the interval segment resistance settings. After you begin exercising, the resistance level of any segment can be changed. Simply press RESISTANCE +/- keys during the segment to do so. The new resistance level will then become the resistance level each time that segment is activated.

HILL

There are three hill workouts, HILL 1, HILL 2, and HILL 3, each of which is represented by a different hill illustration. One of the three hill illustrations will appear each time the hill key is pressed; press ENTER to confirm.

PLATEAU

Resistance levels in this workout gradually increase, level off, then gradually decrease. The first and last segments of this workout each occupy 20% of the workout. The middle segment occupies 60% of the workout. Follow prompts to establish your workout goal.



RANDOM

This program provides a near infinite number of randomly generated workouts. A new workout illustration appears each time the RANDOM key is pressed.

OPERATION Workout Programs (CONT.)

FAT BURN

In this program, there are 1-20 different difficulty profiles to select from. During program setting, before entering program mode, you must first select the PROFILE, range from 1 - 20 (default value is PROFILE 5). The display will show "PROFILE - XX", press RESISTANCE +/- keys, or numeric (0-9) key to select the profile. Then press the ENTER key to confirm your choice and start exercise. During program setting, you may press QUICK START to start the program right away. The difficulty profile can be adjusted during exercising by pressing RESISTANCE +/- keys.

FIT TEST

The FIT TEST program is designed for physical fitness assessments. The program is set with a time limit; therefore it is not restricted by the program time limit setting at the engineering mode.

After you press the FIT TEST key, the display will show "STARTING TEST" to begin this program. The test is divided into 4 segments of 3 minutes; it will compare the actual Watts and the preset Watts in each segment and adjust the resistance accordingly.

During the test, the Red dot in the dot matrix window represents the target SPM and the orange dot represents the actual SPM. You want to match the actual SPM to the targeted value. The best SPM range during test is between 60SPM to 90SPM with targeted 70SPM. If the actual SPM is below 60SPM for more than 5 seconds, the display will ask you to "SPEED UP" and if it is above 90SPM for More than 5 seconds, it will ask you to "SPEED DOWN".

Following conditions occurs will end this test program:

1. STOP key is pressed.
2. Program time ends.
3. Actual Heart Rate is $> (220 - \text{Age}) \times 0.8$ for more than 15 seconds.
4. No heart rate detected for more than 30 seconds.
5. The speed is slower than 60SPM or faster than 90SPM for more than 5 seconds. The message will display "END OF FIT TEST" and "YOUR SCORE -XXX". (The max score is 100 and min is 0)

OPERATION Workout Programs (CONT.)

CARDIO/WEIGHT LOSS/CUSTOM HR

In these heart rate control programs, the resistance level will automatically change to keep the exerciser's pulse at the optimum rate for achieving his or her fitness goals. Target heart rates are calculated based on a standard "maximum" heart rate for the exerciser's age. The weight loss target heart rate is calculated at 65% of the maximum heart rate: $(220 - \text{age}) \times 65\%$. The cardio target heart rate is calculated at 80% of the maximum heart rate: $(220 - \text{age}) \times 80\%$. Custom target heart rate is set by user.

If CUSTOM HR is selected, the target heart rate will need to be set first. The range is 84 - 199bpm

with default value of 120bpm. The display will show "TARGET HR - XXX" for setting. Press RESISTANCE +/- key or numeric keypads 0-9 to adjust the setting. Press ENTER key to confirm and start the program. You may press QUICK START at any time to begin the program right away using default values.

After a heart rate control workout is activated, a heart illustration will appear on the dot matrix screen. When the actual heart rate signal is detected, the color of the heart illustration will alternate between red and green. Otherwise, it will maintain with green color. Orange color represents the 65% or 80% of max HR or target heart rate entered.

Once the exerciser begins to exercise, a red dot and a orange line will appear on the lower part of the screen. The red dot represents the recommended SPM; the orange line represents actual SPM. Try to maintain an SPM even with the red dot.

Resistance will start at level 5. The default SPM is 70. If the actual SPM is 5 revolutions below the recommended step rate for 25 seconds, "SPEED UP" will appear on the exercise feedback window.

A telemetry heart rate transmitter must be worn during heart rate control programs. If no heart rate signal is received at the display, the message "NO HEART RATE READING, PLEASE CHECK TRANSMITTER" will appear, and then resistance will start decrease slowly to Level 1.

OPERATION User Information and User Preferences Setting

User preference settings allow you to change default settings and review some historical data of this product. To access user preference settings, press the CHANGE DISPLAY key for 2 seconds during Banner page.

Exit User Information/User Preference Settings and Change Display

You may press and hold STOP key can be pressed to end the setting and return to Banner page.

You may press QUICK START key to change display.

User Information:

- Total distance will appear: "DIST - xxxxxx MILE" or "DIST - xxxxxx KM".
Press ENTER to review total time.
- Total time will appear: "TIME - xxxxxx HOUR".
Press ENTER to review product serial number of this product.
- The product serial number will appear as "S/N - xxxxxxxx".
Press ENTER key to view display program version.
- Display program version will appear: "CTL SA_5-xx".
Press ENTER to review drive board version.
- Drive board version will appear: "DRV S715_SG-xx".
Press ENTER to exit the user Information and return to Banner page.

Default Settings

- Unit setting:
The default unit is English. On the message window, "UNIT-MPH" or "UNIT-KPH" will appear. Press RESISTANCE +/- keys to toggle between English and metric units of measure. While your preference appears, press the ENTER key to confirm your choice and proceed to the next setting.
- Program Time setting:
This setting is to limit how much time a program can be used. The message window shows "TIME LIMIT - YES" or "TIME LIMIT - NO". Press RESISTANCE +/- keys to toggle between Yes or No setting. Press ENTER key on YES to set the timer or NO to de-activate and bypass this setting.

If ENTER key is pressed during YES message, then the message will show "TIME - xx : 00". Press RESISTANCE +/- keys, or numeric keys to adjust the timer from 5 - 60 minutes (the default time is 30 minutes). Press ENTER to confirm the setting and proceed to the next setting.
- Language setting:
The display will show the current country selected, such as "US". Note: After 4 seconds, it will display "XX MILE H>H" or "XX KM H>H" (XX represents the country code). Press RESISTANCE +/- keys to change the country. Press the ENTER key to confirm the selection.
- Beep sound setting:
The message window shows "BEEP SOUND- OFF" or "BEEP SOUND- ON". Press RESISTANCE +/- keys to change the setting. Press the ENTER key to confirm the selection and return to Banner page.

7. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

HEART RATE Telemetry

The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Inside the transmitter is a 3 V battery (CR2032). If the battery voltage is too low, either the reception distance shortens or there will be no reception whatsoever.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.
- Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

HEART RATE Contact

The words “contact heart rate” refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors. The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

CAUTION: Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor’s supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

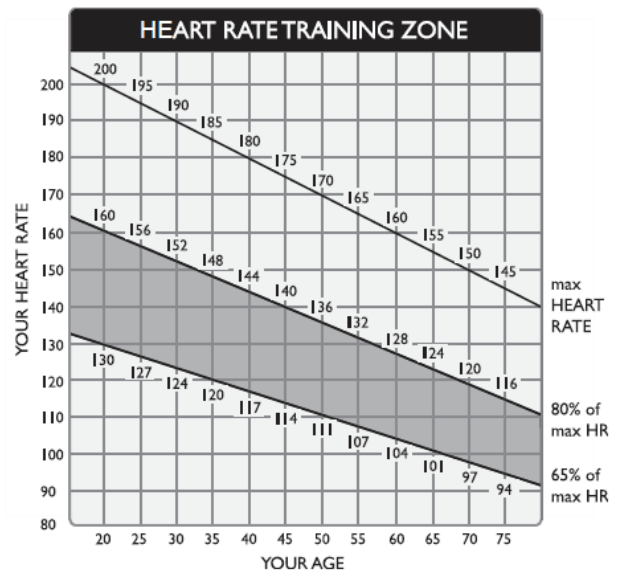
8. GUIDELINES FOR EXERCISE

HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

CAUTION: Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.



HOW LONG SHOULD I EXERCISE?

The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

9. MAINTENANCE

This section covers maintenance topics, including instructions on replacing a fuse and lubricating the walk belt, along with the presentation of a maintenance schedule, maintenance task list, one-year maintenance log, and electronics block diagram.

MAINTENANCE Safety Precautions

- Please follow standard safety precautions when servicing this product.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use a water damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We are not responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- The cycle should be disconnected from its power source during service and when replacing parts.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but may also present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- If you need to remove any cover for repair or maintenance, please contact your service technician or dealer, do not attempt repairs on your own.

MAINTENANCE Messages

The following message can appear on this product for diagnostic purposes.

ERROR_8_x

Error messages will appear on the display when the drive board communication is abnormal.

Error code explanations follow:

ERROR_8_1_: When power on, the communication to the drive board is abnormal.

ERROR_8_2_: When power on, the communication to the drive board normal, however an abnormality occurs during operation.

These two errors will disappear once the communication recovered.

- - - - **(Four flashing lines)** - Indication: The unit is entering the energy saving mode. The main display will shut off, and keys will remain lit. To reactivate the unit, press a key or exercise on it.

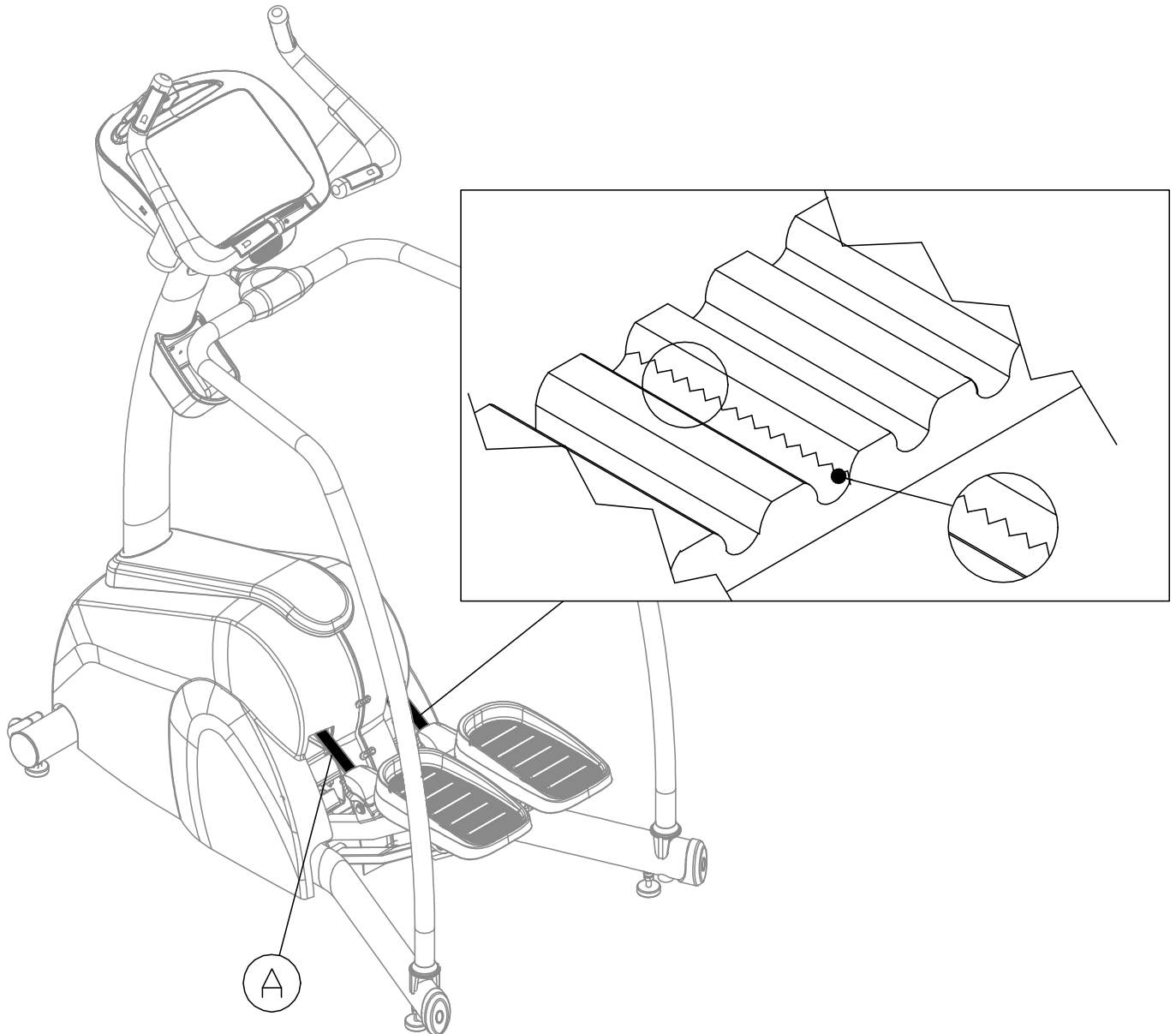
MAINTENANCE | Inspect Wear Items

If there is a need for maintenance of components, please visit the SportsArt website.

Cautionary notes regard the following: (a) belt.

1. The belts are wear items. Replace them as necessary on a regular schedule.
2. The belt must be inspected after the first year. Thereafter, inspect these parts once a month. Increase inspections as necessary according to usage. Pay attention to exterior skin cracking and exposed fibers.

If you note these or other abnormalities, stop usage of the machine and immediately replace the abnormal part.



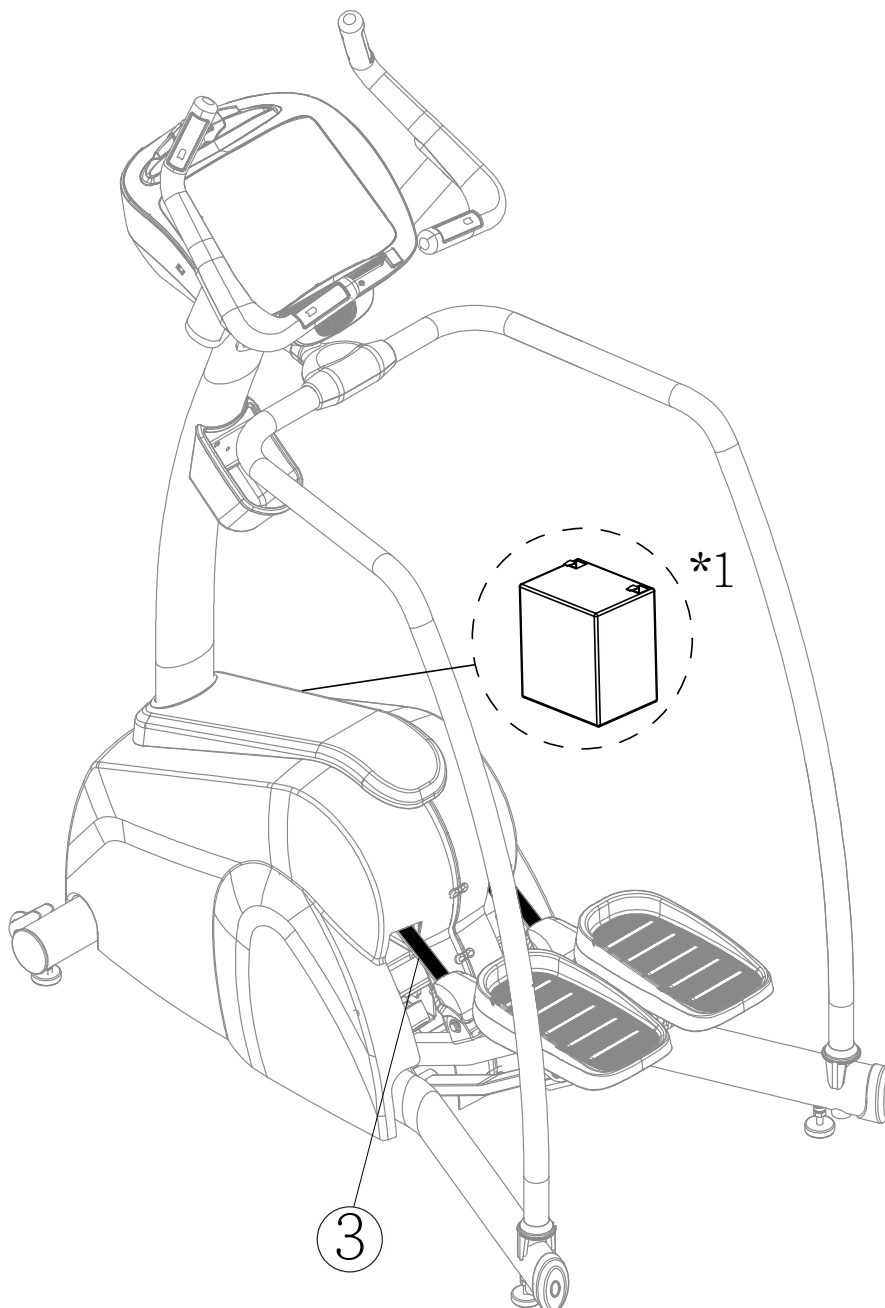
MAINTENANCE Schedule

If there is a need for maintenance of components, please visit the SportsArt website.

The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

	Area	Day	Week	Month	Quarter	Year	Notes
1	Exterior	●					Clean.
2	Screws		●				Inspect and secure loose parts.
3	Belt		●				Inspect for serious cracking and wear.
4	Leveling the equipment			●			Check whether the equipment is flat



MAINTENANCE Task List (Stair Climber)

Like cars, fitness products require maintenance. Regular maintenance extends product life, and failure to maintain products can void the manufacturer's warranty. Copy the maintenance log sheet, and record maintenance work for each fitness product.

Daily tasks

1. Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner and water, to thoroughly clean the product exterior.

Weekly tasks

1. Inspect parts for looseness, and secure all loose screws. Make sure that the product is safe for operation. If safety issues arise, place an "Out of Order" sign on the product, and call for service.
2. Inspect the belt for cracking and other signs of wear. Replace it if necessary.

Caution

Please follow standard safety precautions when servicing on this product.

- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product
Doing so can damage electronic components and void the warranty.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.

MAINTENANCE One-Year Maintenance Log

Facility: _____

Supervisor: _____

Product model number: _____

Serial number: _____

Start date: _____

End date: _____

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28						
Completed																												

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52						
Completed																												

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28						
Completed																												

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52						
Completed																												

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: _____

10. ACCESSORIES

There are accessories attached to this console; some are standard and some are optional. The following explains the details of each accessory and its function.

ACCESSORIES Standard

USB CHARGER

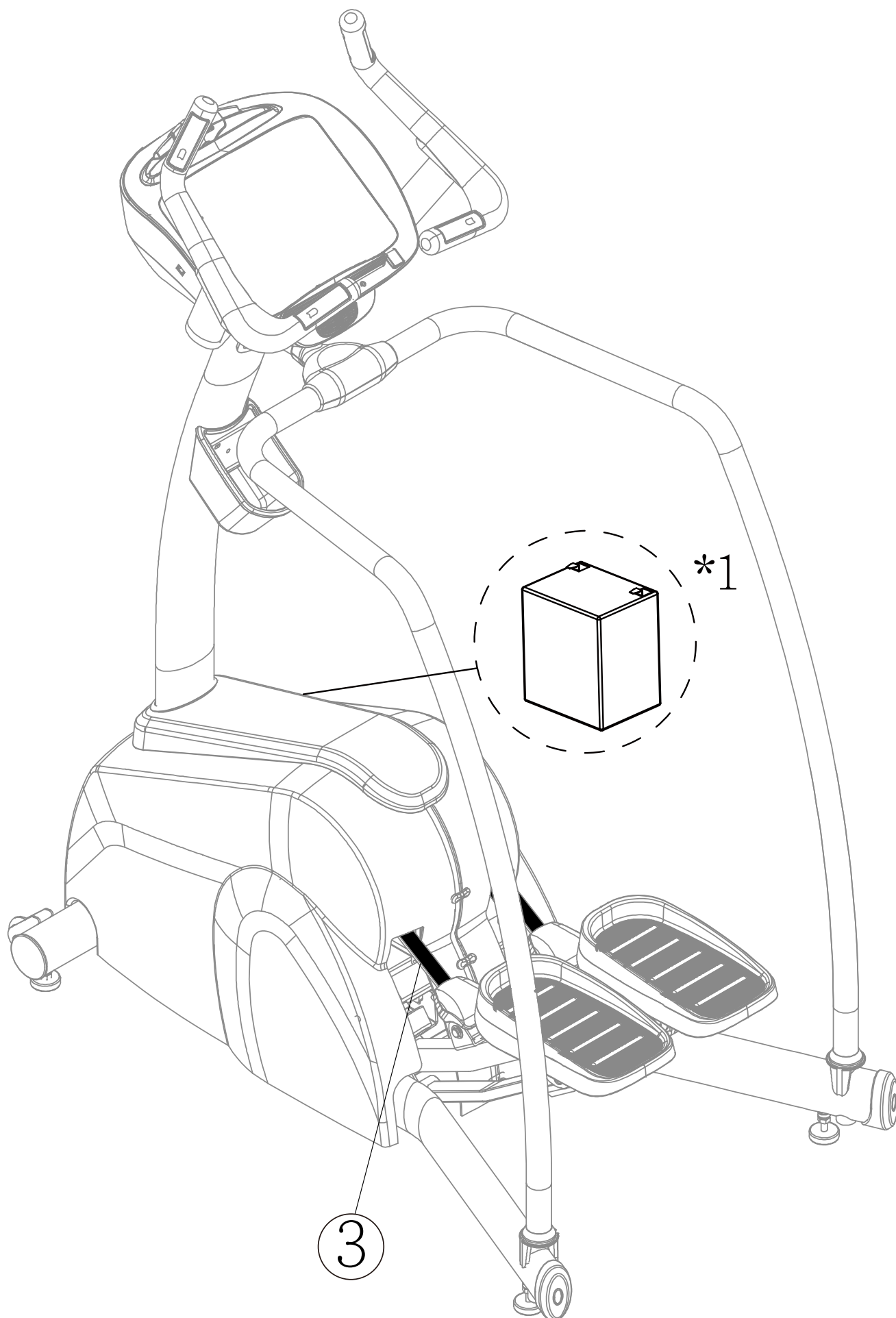
The USB charger will provide 5V 0.5A voltage for devices charging.

CSAFE PORT

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol.

ACCESSORIES Options

1. External Mount TV Bracket

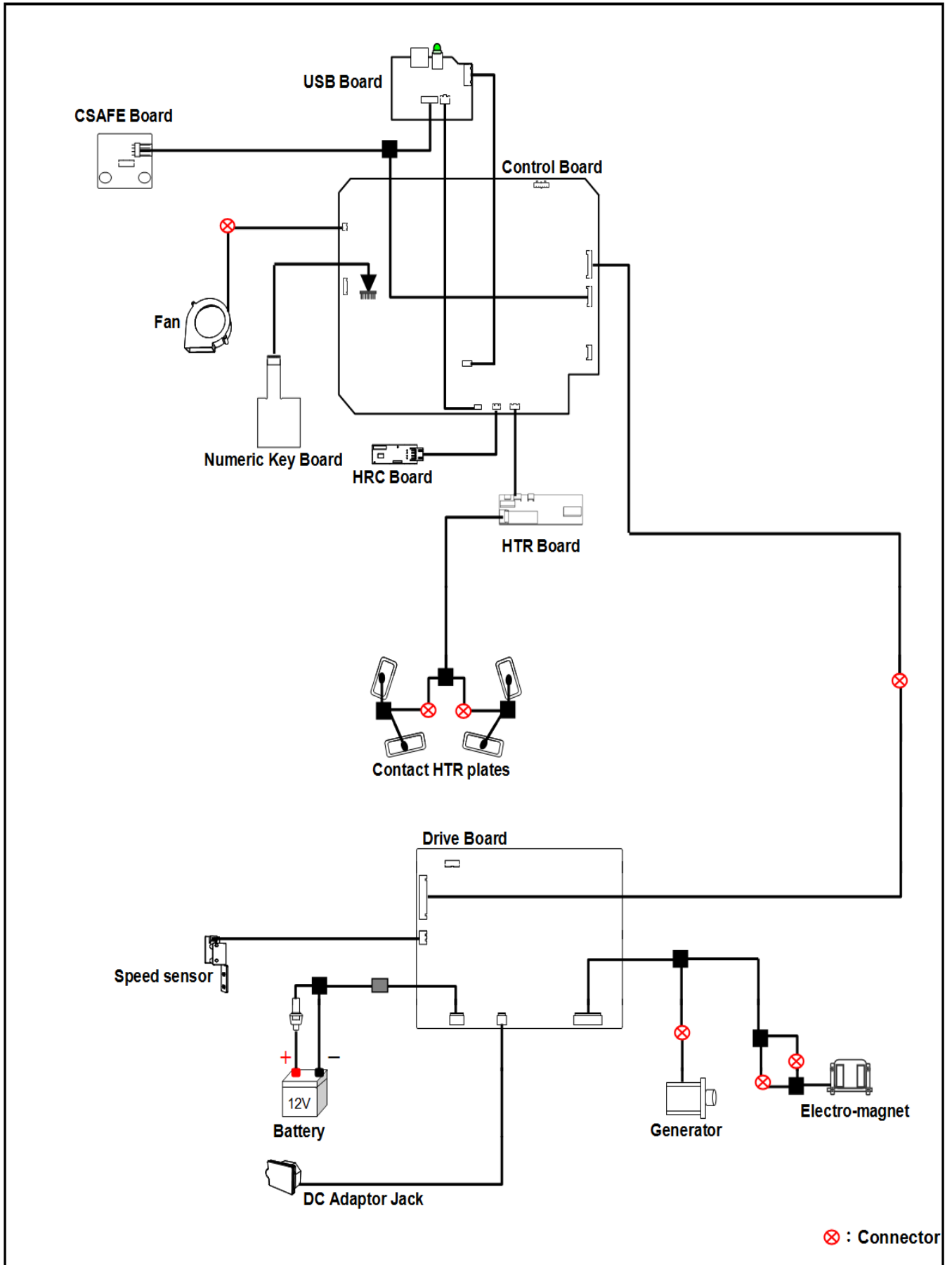


11. APPENDIXES

APPENDIXES Specifications

Model	S715
Dimensions	L : 1400 mm (55.1") W : 790 mm (31.1") H : 1825 mm (71.9")
Overall Weight	106 kg (233 lbs)
Maximum User Weight	227 kg (500 lbs)
Power Requirement	DC 12V 4.0 Ah
Braking System	Adjustable

APPENDIXES Exploded Diagrams



Your Authorized Distributor