STEPR BIONIC BIKE XL VPR™

USER MANUAL

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BEFORE YOU START

It is the sole responsibility of the purchaser of STEPR Performance products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment. It is recommended that all users of STEPR Performance exercise equipment be informed of the following information prior to its use. STEPR recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access-controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

SAFETY INSTRUCTIONS

PROPER USAGE

- Do not use any STEPR Performance equipments in any way other than designed or intended by the manufacturer. It is imperative that all STEPR Performance equipments are used properly to avoid injury.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- The product must be correctly assembled and tested before operation.
- The equipment must be installed indoors in a location free of moisture and dust.
- Regularly check operation and component parts of the machine. Securely tighten any loose fittings or connections. To ensure that the safety level of this bike is maintained, examine components for wear and tear on a regular basis. Components that are excessively worn or inoperable should be replaced immediately or the bike should be put out of use until it is repaired.

BEFORE YOU START

- Routinely protect all metal and plastic surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces. Note- Do not apply Lanoline directly to the machine.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all STEPR equipment.

CHECK FOR DAMAGED PARTS

- DO NOT use any equipment that is damaged and or has worn or broken parts. Use only replacement parts supplied by STEPR.
- MAINTAIN LABELS AND NAMEPLATES: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact STEPR or your re-seller for a replacement.
- SECURING EQUIPMENT: All equipment MUST be installed on a solid, level surface to stabilize and eliminate rocking or tipping over. Ensure leveling feet are set properly and locked into position.
- MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

BEFORE YOU START

SPECIFIC OPERATING WARNING

- Always operate the equipment in accordance with these instructions.
- Do not remove your feet from the pedals or your hands from the handlebar while they are in motion.
- Do not dismount the bike until both the pedals and handlebars have come to a complete stop.
- Do not attempt to use this bike at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.
- Do not spill food or drink on the product.
- Children under the age of 12 are not allowed to use the machine.
- Keep pets away from this machine.
- The maximum weight supported by the STEPR Performance VPR Bionic Bike is 160kg/350lbs.
- Only one user at a time is permitted to use the STEPR Performance VPR Bionic Bike.
- Never drop or insert any object into any opening on this bike.
- Routinely inspect all bolts, nuts and fixings are secure. Tighten where needed.
- Routinely check the machine for smooth operation, feeling for loose cranks, rough bearings or belts, and listen for any abnormal noises like squeaks or clunks.
- Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.

BEFORE YOU START

- When adjusting the seat, make certain that the adjusting mechanism is fully engaged in the hole or slot to avoid injury.
- Keep children away from all exercise machines. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM STEPR PERSONEL OR THE EQUIPMENT RESELLER.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Do not exceed maximum user weight of 160kg/350lbs.

DANGER

- Do not wet the surface of the STEPR Performance VPR Bionic Bike with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the STEPR Performance VPR Bionic Bike must have a tight-fitting cap or lid. Do not use the STEPR Performance VPR Bionic Bike if a liquid has been spilt on any surface.

BEFORE YOU START

ATTENTION

- Please consult your physician before commencing any exercise program.
- Clearance must be obtained from a health professional if suffering from any of the following health conditions of the user:
  - Pregnancy
  - Heart disease
  - High blood pressure
  - Diabetes
  - Chronic respiratory disease
  - High cholesterol
  - Cigarette related or other chronic disease
  - Physical disability.
- Stop exercising immediately if you are experiencing any of the following symptoms. dizziness, chest pain, nausea, or any other health abnormality during exercise. Please consult your physician before continuing the exercise.
- A qualified engineer or recognized service agent must conduct any repair or maintenance work.

WARNING

- The STEPR Performance VPR Bionic Bike is user powered. The user controls the speed of the movement.
- There is no emergency stop function in the STEPR Performance VPR Bionic Bike.
- Every user must become familiar with the mechanism and functions before using the STEPR Performance VPR Bionic Bike.

BEFORE YOU START

- Ensure entry to the STEPR Performance VPR Bionic Bike is via the rear, gripping the handles when embarking or disembarking.
- The STEPR Performance VPR Bionic Bike must be installed vertically on a hard, level surface.
- Keep hands away from all moving surfaces and components.
- Do not allow a towel or clothing to become caught in the moving surface of the STEPR Performance VPR Bionic Bike.
- Shoelaces must be enclosed and short enough not to touch the foot pedals.
- Do not wear high heels, or shoes with leather soles.
- Always use the handles when embarking or disembarking the STEPR Performance VPR Bionic Bike.
- Examine the STEPR Performance VPR Bionic Bike regularly for safe operation.

CAUTION

- The following safety sign is affixed to the STEPR Performance VPR Bionic Bike.

INSTALLATION & ASSEMBLY

TECHNICAL SPECIFICATIONS
The STEPR Performance VPR Bionic Bike does not require any electrical wall outlet. The STEPR Performance VPR Bionic Bike is a non-motorized product.
The STEPR Performance VPR Bionic Bike uses unique patented Variable Pitch Resistance (VPR) to provide an unprecedented wide, user controlled resistance range.

PRODUCT DIMENSIONS:
143cm(L) x 76cm(W) x 145cm(H) / 56" x 30" x 57"

INSTALLATION
It is important that the STEPR Performance VPR Bionic Bike is correctly assembled, and we recommend that installation and assembly shall be carried out by suitably qualified personnel.

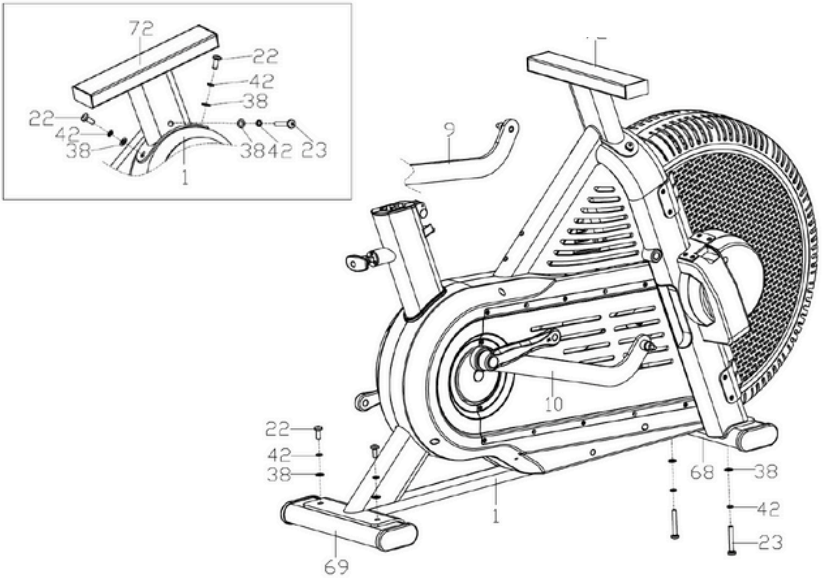
PRECAUTIONS
- Before assembling, make sure that you have enough space around the machine.
- Use the supplied tools for assembling.
- Before assembling please check whether all the supplied parts are available.
- It is recommended that this machine is assembled by two or more persons to avoid any injury or damage to the machine.

ASSEMBLY STEPS

STEP 1

1. Remove the packing tube 72, 68 and 69 respectively by unscrewing the related screws/spring washers/flat washers, keep the bolts/washers for next step use and dispose the tubes.

2. Cut the cable ties on the left connecting rod (9) and right connecting rod (10), gently lower the left connecting rod (9) and right connecting rod (10) to avoid damaging the cover, and then remove the foam package.

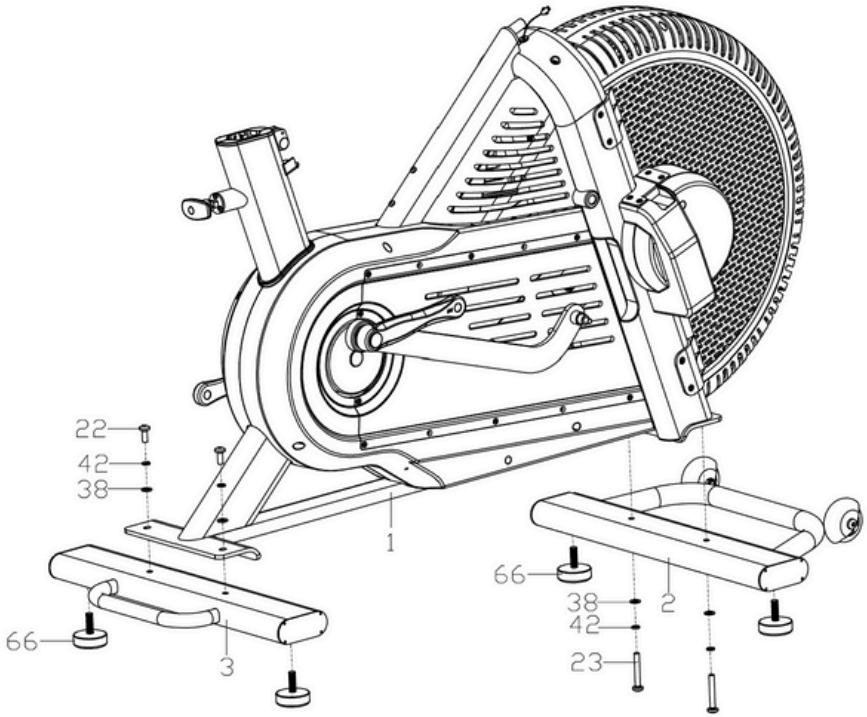


ASSEMBLY STEPS

STEP 2

1. Tighten the leveling feet (66) on the bottom of front stabilizer leg (2), then lock the front stabilizer leg (2) to the front of main frame (1) with the bolts (23), spring washers (42), and flat washers (38).

2. Repeat above step to assemble the rear stabilizer leg (3) to the rear of main frame (1).

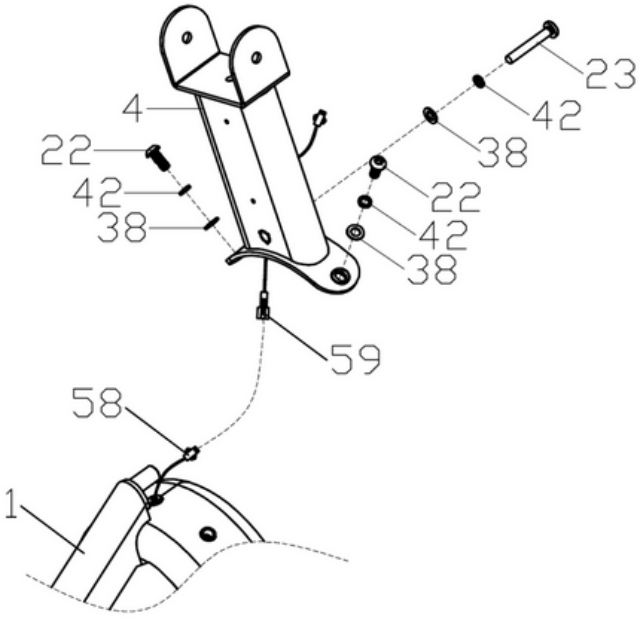


ASSEMBLY STEPS

STEP 3

1. Connect Sensor Wire (58) and Connection Wire 1 (59).

2. Lock the Resistance Control Mast (4) on the Main Frame (1) with hex head bolt (22), hex head bolt (23), spring washer (42), and flat washer (38)
   - **Note**: Be mindful when locking the bolts to avoid pinching any wires. Store the excess wire inside the Resistance Control Mast (4).

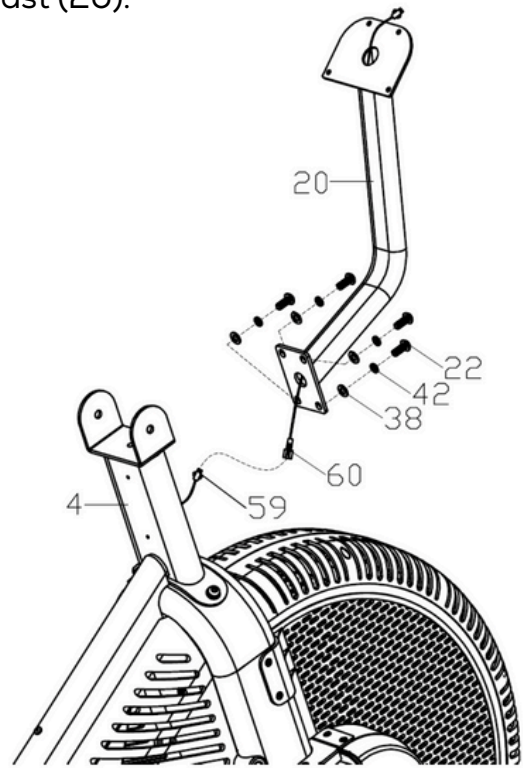


ASSEMBLY STEPS

STEP 4

1. Connect Connection Wire 1 (59) and Wire 2 (60)

2. Lock Console Mast (20) to Resistance Control Mast (4) with hex head bolt (22), spring washer (42), and flat washer (38)
   - **Note**: Be mindful when locking the bolts to avoid pinching any wires. Store the excess wire inside either Resistance Control Mast (4) or Console Mast (20).



ASSEMBLY STEPS

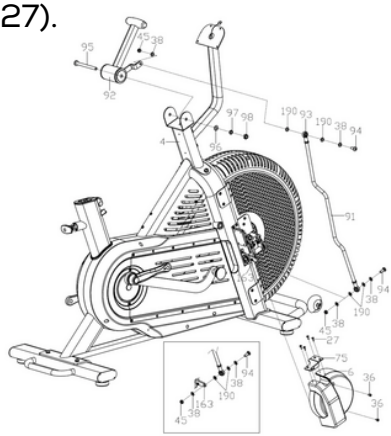
STEP 5

1. Remove right Hub Cover (6) by unscrewing 2 Phillips screws (36).

2. Hand assemble the Resistance Control Handle (92) to Resistance Control Mast (4) with hex bolt (95), flat washer (96), wave washer (97) and nyloc nut (98).

3. Attach the lower end Connecting Rod Linkage (91, note the direction as shown) to Turbine Control Transfer Shaft (163) with bolt (94), flat washer (38), rubber washer (190) and nyloc nut (45); then lock the top end to the Resistance Control Lever (92).

4. Disassemble the plastic Side Cover (72) from right Hub Cover (6), lock the Hub Cover (6) to main frame with Phillips head screws (36), then lock Side Cover (75) with 4 screws (27).



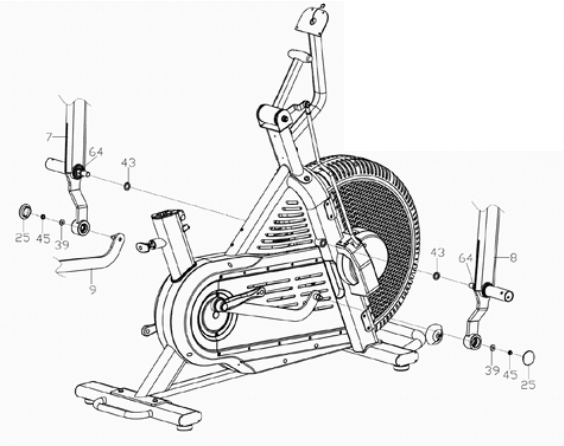
ASSEMBLY STEPS

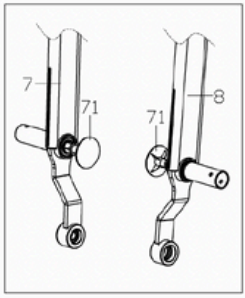
STEP 6

1. Remove peg thread Protector (71) from both Moving Arms (7 and 8) and discard.

2. Hand tight Left Moving Arm (7) into Main Frame (1) (appr. 1/3 threads) with a large spring washer (43), whilst holding tight Left Moving Arm (7) connect Left Coupling Arm (9) to the bottom of Left Moving Arm (7) using the supplied flat washer (39) and Nyloc nut (45). **NOTE: BE VERY CAREFUL NOT TO DAMAGE THE SELF ALIGNING BEARING (54) WHEN ASSEMBLING.** Once all pre-assembled, tighten all fixings properly with the supplied tools and then press the End Cap (25) onto the bottom end of Moving Arm.

3. Repeat above step to assemble the Right Moving Arm (8) to the Main Frame (1) and connect with Right Coupling Arm (10).



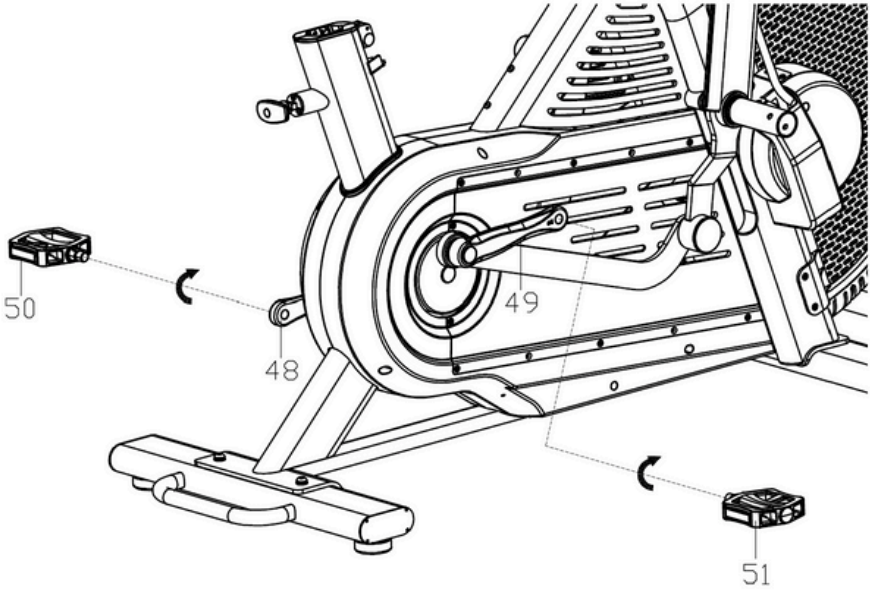


ASSEMBLY STEPS

STEP 7

1. Hand thread Left Pedal (50) into the Left Crank Arm (48), then tighten securely with supplied Open Wrench (77).

2. Repeat above step to attach the Right Pedal (51) to Right Crank Arm (49) securely.
   - **Note**: The left pedal should be locked counterclockwise, and the right pedal should be locked clockwise. Follow the direction indicated by the arrow in the following figure. Keep the left pedal (50) and the right pedal (51) always tightened to avoid any thread damage.



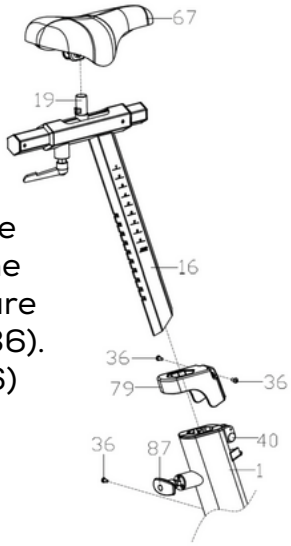
ASSEMBLY STEPS

STEP 8

1. Fasten Saddle (67) to Saddle Post (19) with Open Wrench (77).

2. Slide the Top Seat Post Cover (79) onto the Seat Post (16).

3. Loosen the Philips pan head screw (36) on the left side of Main Frame (1) first, pull the T-Handle (87) outward and insert Seat Post (16) into seat tube, then tighten the Philips head screw (36) when the Seat Post inserted at least to the "STOP" marking.



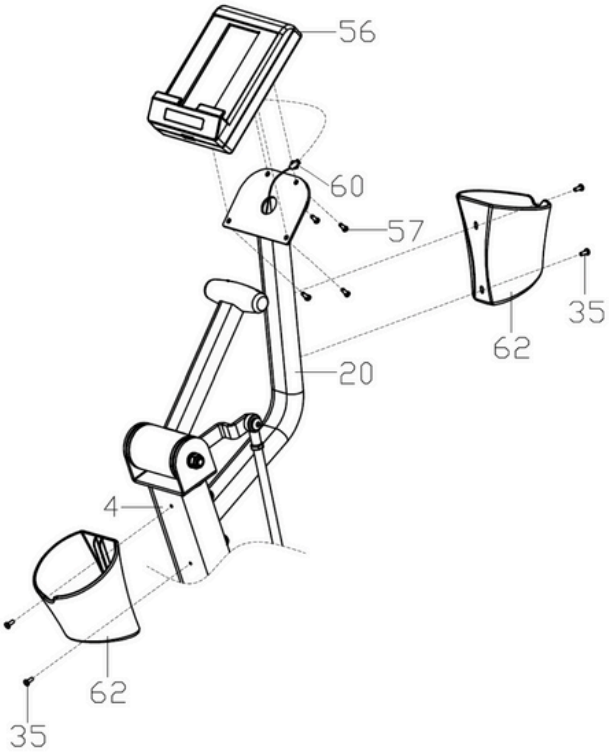
4. Tighten Square Neck Bolt (40) to put the desired clamping pressure onto seat post (16). Slide down the top seat post cover (79) and secure with 2 Philips pan head screws (36).
   - **Note**: Make sure Seat Post (16) and Saddle (67) are locked tightly before every workout!

ASSEMBLY STEPS

STEP 9

1. Insert Connection Wire 2 (60) into the back port of Console (56), store the excessive wires into Mast and lock the Console (56) with 4 Phillips head screws (57) to the Console Mast (20).

2. Lock the Accessory Holder (62) to back side of Console Mast (20) with 2 cross pan head screws (35).

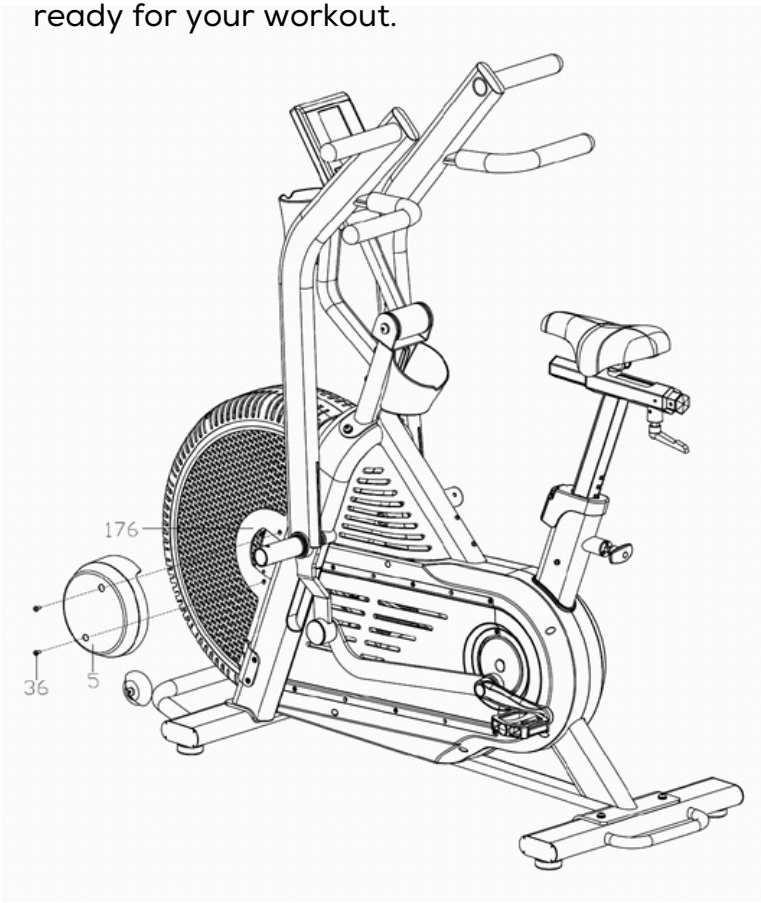


ASSEMBLY STEPS

STEP 10

1. Lock tightly the Left Hub Cover (5) with Philips head screws (36) on the left front turbine shroud (176).

2. Check all the bolts/screws in the previous assembly steps to ensure they are all secure, then the bike is ready for your workout.



INSTRUCTIONS FOR USE

The STEPR Performance VPR Bionic Bike has Variable pitch turbine blades that can be adjusted by the user in order to change the resistance level. This can be adjusted when stationary or while in use.

NOTE: The user will need to slow down the cadence to make it easier to adjust the resistance while the machine is in use.

Adjust gently to avoid potential damage to the adjusting system.

Seat Adjustment (both up/down and forward/aft)

1. It is important that the seat is set at the right position for your body. Ask your instructor for assistance if required.
2. Make sure the seat is securely tightened and that there is no lateral or vertical movement of the seat tube.
3. To lower the seat height, pull the seat pop pin and drop the seat to the desired height. To raise the seat simply lift the seat and it will ratchet up to the desired height.
4. To move the seat forward and AFT simply loosen the knob under the seat and slide it into the desired position, then tighten the knob to hold the seat in set position.

MAINTENANCE

Like any other mechanical cycling device, the STEPR Performance VPR Bionic Bike should be maintained regularly.

DAILY MAINTENANCE

- Daily cleaning and inspection, and lubrication will keep the STEPR Performance VPR Bionic Bike in optimal condition.
- Listen out for any unusual noise and loose components. Do not ignore but address the issue immediately.
- The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.

WEEKLY MAINTENANCE

- Clean the frame and plastic surfaces with a soft cloth or brush. Do not use abrasive cleaning materials or brushes.
- Protect all metal surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces. NOTE – Do not apply Lanoline to handles and/or Foot plates or pedals.
- Clean the console with a soft cloth.
- Check all bearings, pedals, handlebar, seat adjustment knobs/ratchet are still secure and functioning optimally. If required, tighten crank arms, handlebars, footrests/pedals.

MAINTENANCE

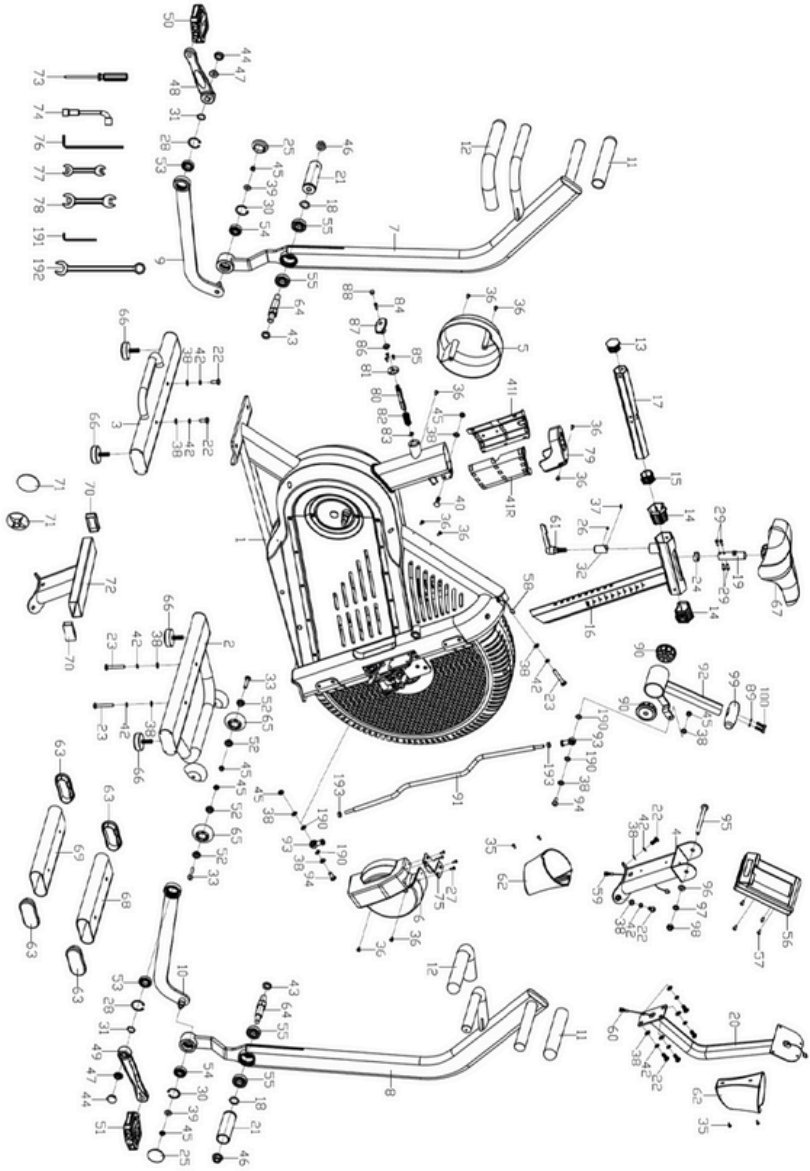
SIX MONTHLY MAINTENANCE

- Check belt tension. Call a service agent if in doubt.
- Inspect main frame bolts.

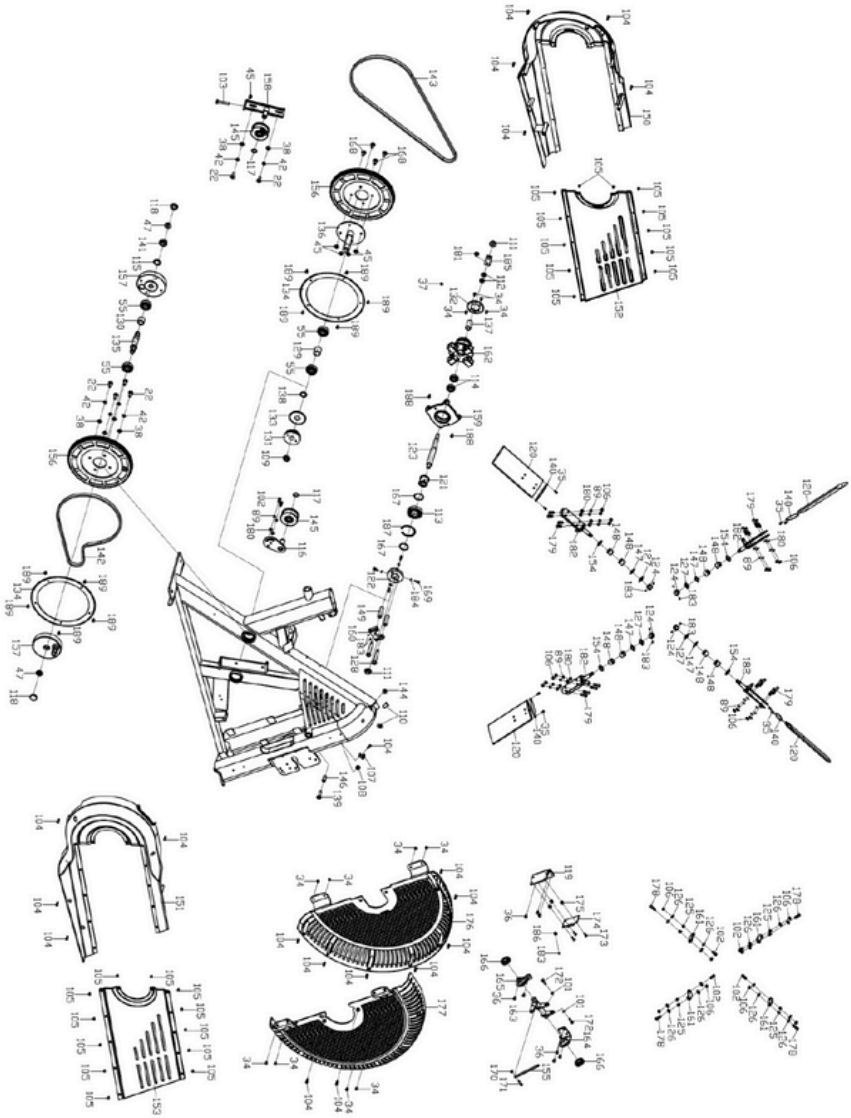
TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.

EXPLODED DIAGRAM



EXPLODED DIAGRAM



PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	36	Phillips head screw M5*12	23
2	Front Stabilizer Leg	1	37	Round magnet Φ10*3	2
3	Rear Stabilizer Leg	1	38	Flat washer Φ8*Φ16*1.5	22
4	Resistance Control Handle Mast	1	39	Flat washer Φ8*Φ20*2	2
5	Left Hub Cover	1	40	Square neck bolt M8*30	1
6	Right Hub Cover	1	41L /R	Seat post sleeve 206*100*40	1 pr.
7	Left Moving Arm	1	42	Spring washer D8	19
8	Right Moving Arm	1	43	Spring washer D16	2
9	Left Linkage Arm	1	44	Crank cap	2
10	Right Linkage Arm	1	45	Nyloc nut M8	12
11	Top handlebar grip Φ32*T3*200	2	46	Flange nut M14*1.5	2
12	Bottom handlebar grip Φ28*T3*320	2	47	Hexagon flange nut M12*1.25*H7	4
13	Hexagonal cap 38*2.0	1	48	Left Crank	1
14	Hexagonal fwd/aft seat slide sleeve	2	49	Right Crank	1
15	Hexagonal cap 38*2.0	1	50	Left Pedal BR-04	1
16	Seat Post	1	51	Right Pedal BR-04	1
17	Saddle Horizontal Tube	1	52	Bearing 608ZZ	4
18	Wave washer Φ0.3*Φ18.6*15	1	53	Bearing 6904	2
19	Saddle post	1	54	Self-aligning ball bearing	2
20	Console Mast	1	55	Bearing 6004ZZ	8
21	Foot Peg	2	56	Console	1
22	Hex pan head screw M8*20	14	57	Phillips head screw	4
23	Hex pan head screw M8*55	3	58	Sensor wire	1
24	Plastic spacer Φ26*13	1	59	Connection wire 1	1
25	Cap Φ50*12	2	60	Connection wire 2	1
26	Hexagon socket head cap screw M6*6	1	61	L-shape knob M16*1.5*17	1
27	Cross countersunk head tapping screw ST4.2*16	4	62	Bottle Holder	1
28	Circlip for hole D37	2	63	Packaging Leg end cap	4
29	Hexagon socket head cap screw M5*14	4	64	Foot peg shaft Φ25*116.5	2
30	Circlip for hole D35	2	65	Moving wheel Φ64*24	2
31	Circlip for shaft D20	2	66	Leveling foot	4
32	V-shaped holding block Φ22.6*25	1	67	Saddle	1
33	Hex socket pan head screw M8*40	2	68	Front packaging leg tube	1
34	Cross countersunk head screw M5*10	16	69	Rear packaging tube	1
35	Phillips head screw M4*10	12	70	Top Packaging Tube Cap	2

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
71	Peg thread protector (for packaging)	2	110	Flat head cylindrical head nut	2
72	Top Packaging Tube	1	111	Hexagon flange nut	2
73	Philips screw driver	1	112	Outer hexagon nut	2
74	Socket head wrench	1	113	Bearing 6005	1
75	Plastic Cover	1	114	Bearing 6002	2
76	Allen key S6	1	115	Spring washer	1
77	Open wrench S13, S15	1	116	Idler connecting rod 2	1
78	Open wrench S17, S19	1	117	Circlip for shaft D17	2
79	Seat tube top cover	1	118	Crank cap M25*1.0	2
80	Seat ratchet pop pin	1	119	Connecting base	1
81	Pull pin fastener	1	120	Blade 222*88*14	4
82	Pressure spring	1	121	Guide Sleeve	1
83	Split washer	1	122	Actuator Collar	1
84	Cross countersunk head screw M5*15	1	123	Turbine Shaft	1
85	Phillips head screw M4*12	3	124	Hex locking nut	4
86	Hex nut M10	1	125	Spacer bush	8
87	T-Handle	1	126	Flat washer Φ8.1*Φ15*0.7	16
88	Screw cover	1	127	Flat washer Φ19*19*2	4
89	Spring washer D6	20	128	Actuator shoulder bolt Φ10*75	2
90	Shaft sleeve	2	129	Spacer Φ20.1*Φ25*28.2	1
91	Connecting rod linkage	1	130	Spacer Φ20.1*Φ25*21.2	1
92	Resistance control handle	1	131	Small intermediate pulley	1
93	Rose Bearing	2	132	Turbine Pulley Flange	1
94	Socket head cap screw M8*30	2	133	Intermediate Pulley Flange	1
95	Socket head cap screw M10*120	1	134	Large Pulley Flange	2
96	Flat washer Φ10.2*Φ20*2	1	135	Main crank shaft Φ25*132	1
97	Spring washer D10	1	136	Intermediate shaft Φ25*127	1
98	Nyloc nut M10*H10	1	137	Spacer bush Φ15.2*Φ20*34.7	1
99	Resistance control handle grip	1	138	Spacer bush Φ20.1*Φ26*3	1
100	Hex socket screw with cylindrical head M6*30	2	139	Shaft shoulder bolt	1
101	Saw teeth locking washer Φ6*Φ11*S0.6	2	140	Blade end cap	4
102	Hex socket pan head screw M6*18	6	141	Nyloc nut	1
103	Hexagon socket head cap screw M6*45	1	142	Timing Belt 1032-8M-12	1
104	Cross pan head tapping screw	19	143	Poly-V Belt 1392-8M-12	1
105	Cross countersunk head screw	24	144	Wiring grommet	1
106	Nyloc nut M6	24	145	Idle tension pulley	2
107	Sensor bracket	1	146	Plastic spacer	1
108	Wire plug	1	147	Plastic washer	4
109	Outer hexagon nut	1	148	Needle roller bearing NK12/16	8

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
149	Spacer Φ10*Φ14*53	2	172	Hex head bolt M6*20	2
150	Left outer side cover	1	173	Cross pan head screw M4*15	3
151	Right outer side cover	1	174	PCB board	1
152	Left inner side cover	1	175	Spacer Φ6*Φ10*8	3
153	Right inner side cover	1	176	Left front turbine shroud	1
154	Plastic washer Φ12.2*Φ24*0.4	4	177	Right front turbine shroud	1
155	Potentiometer Linkage Arm	1	178	Hex socket head screw M6*23	4
156	Large Pulley	2	179	Hex socket head screw M6*32	16
157	Crank offset hub	1	180	Flat washer Φ6.2*Φ12*1.2	18
158	Tensioner Wheel Bracket	1	181	Hex socket head screw M8*10	1
159	Turbine collector	1	182	Turbine Blade Holder	4
160	Actuator control linkage	1	183	Grub Screw M4*4	11
161	Fin control linkage	4	184	Spring washer D5	4
162	Turbine hub pulley assembly	1	185	Turbine alignment locking tab	1
163	Turbine control transfer shaft	1	186	Potentiometer Pin Collar	1
164	Right transfer shaft mounting bracket	1	187	Circlip	1
165	Left transfer shaft mounting bracket	1	188	M5*16 Screw	2
166	Bearing 99502Z	2	189	Self-taping Screw ST5*16	10
167	Thrust washer Φ30.2*Φ35.5*0.4	2	190	Clear Rubber Washer	4
168	Hex socket head screw M8*16	4	191	Allen Key S4	1
169	Hex socket cap screw M5*12	4	192	Wrench S22	1
170	Nyloc nut M5	1	193	Nut M8	2
171	Hex head bolt M5*20	1			

STEPR UNIVERSAL CONSOLE

UNIVERSAL PROGRAMABLE CONSOLE to suit all STEPR Performance Series VPR and AIR machines.

Machine Type programmed in background to automatically activate appropriate machine specific workout performance calculations and display data.

DISPLAY

Auto Start Up with Backlit Screen (2 x D cell batteries).

POWER (Watts) / SPEED (kph/mph)

Simultaneously Displays

- Large Display of Current Operating POWER in Watts on the Bionic, Cycle, Row, Ski and TreadSled Sled Drive. When the TreadSled is being used in a normal Run/Walk mode (without the turbine being activated) POWER SPEED (km/hr, or mile/hr) is displayed, which represents the equivalent speed that would be achieved when running on a flat treadmill without the curve incline, based on the user power actually being exerted to effectively run uphill on the curve (note that the actual raw belt speed is constantly displayed in the bottom left hand console window). The TreadSled automatically reverts to Power (Watts) during the Sled Drive mode, when the turbine resistance is activated. The default POWER SPEED calculation is based on a default user weight of 100kg, so to increase the accuracy of the POWER SPEED metric the user can input their personal body weight by simultaneously holding down the START and CAL buttons,

- modify the kg value using the up and down buttons and then pressing ENTER. This also changes the calorie display from cal/kg to calories.
- Current and Total Workout Average Watts/Speed. Current and Total Interval Workout Watts/Speed.
- Current and Final Max Workout Watts/Speed.

GEAR (Performance + VPR series only)

- Gear level displayed (Levels 1 to 10)
- 100 calibrated finite gear levels calculate watts and other data in the background.

TIME

- Large Workout or Current Interval Elapsed or Programmed Target Time Countdown Display.
- Intra-Interval Rest time counts down
- Displays Cumulative Intervals completed. (interval count ends when STOP button activated to end workout).

INTERVALS

- Programable Interval Work and Rest Time. Activate INTERVAL key to first enter interval EXERCISE time (adjust with the up/down keys), then press ENTER to allow you to enter the desired interval REST time and then press ENTER again. Press START to begin 3 second countdown to begin EXERCISE time countdown.
- Counts Cumulative Intervals completed (interval count ends when STOP button activated to end workout).

STEPR UNIVERSAL CONSOLE

HEART RATE
Current Heart Rate detected from Bluetooth or ANT+ Heart Rate Transmitter.

PACE
- Treadmill/Cycle/Bionic - Pace / KM (1000m).
- Row/Ski - Pace/500m

Average Pace for the entire completed workout is displayed after the STOP key is pressed for a second tie after the workout is initially ended, by initially pressing the STOP key.

DISTANCE
Cumulative or Programmed Target Countdown Meters

RPM / SPEED
- Cycle/Bionic - Pedal Cadence RPM
- Row/Ski - Strokes per minute
- Treadmill - Running Speed (km/hr or miles/hr).

CALORIES
- Cycle/Bionic/Row/Ski - Cumulative or Programmed Target Calories Countdown.
- Treadmill - CAL/KG - Cumulative Calories per kg of body weight. Entering user weight in kg (via START+CAL) changes to absolute cumulative calories.

BLUETOOTH
- Press and hold to activate
- Transmits workout data to third party Apps.

STEPR UNIVERSAL CONSOLE

SOFTWARE UPDATES
Via Bluetooth from file download to email or any message Application.

CALIBRATION
1-99 gear calibration on VPR and AIR models

STEPR UNIVERSAL CONSOLE

STEPR – Console Technical Guide

NOTE: There is one console for all machines!

MPH to KPH

1. Press and hold ARROW RIGHT key for three seconds.
2. Toggle the value between 0 or 1.
    a. (0)=KPH, (1)=MPH
3. Press ENTER to confirm selection.

CONSOLE MACHINE SELECTION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + START keys for 3 seconds
3. Use UP + DOWN arrow keys to select desired machine (see list for relevant machine code)
4. Once the desired machine code is flashing, hit ENTER to select that machine

CALIBRATION PROCEDURE

1. Press any key to power the console up
2. Simultaneously press and hold ENTER + STOP keys for 3 seconds
3. Adjust the turbine pitch to the lightest setting
4. Press ENTER key
5. Adjust the turbine pitch to the heaviest setting
6. Press ENTER key
7. Then wait and the console will restart - the calibration procedure is now complete

TEST MODE PROCEDURE

1. To enter test mode whereby the console will show 1 to 99 gears as opposed to 1 to 10 gears
2. Simultaneously press and hold ENTER + INTERVAL keys for 3 seconds

Console Software Update (OTA)

CONSOLE SOFTWARE UPDATE PROCEDURE (USING BLUETOOTH OTA)

iOS PROCEDURE

1. Go to Apple App Store.
2. Search for and download the SUNRISE OTA App to your device. 
3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the SUNRISE OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.

9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.
10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

ANDROID PROCEDURE

1. Go to Google Play Store.
2. Search for and download the ANPLUS-OTA App to your device. 

3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the ANPLUS-OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth

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13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

MACHINE CODES

1A	Row VPR AIR+	(4 blade adjustable pitch)
1C	Row AIR	(Standard Row - no pitch adjustment)
1D	Row VPR AIR+ SG	(4 blade adjustable pitch with sensor generator)
1F	Row AIR SG	(Standard row – no pitch adjustment – with sensor generator)
2A	Ski VPR AIR+	(4 blade adjustable pitch)
2C	Ski AIR	(Standard Ski - no pitch adjustment)
2D	Ski VPR AIR+ SG	(4 blade adjustable pitch with sensor generator)
2F	Ski AIR SG	(Standard Ski – no pitch adjustment – with sensor generator)
3A	Cycle VPR AIR+	(4 blade adjustable pitch)
3C	Cycle AIR	(Standard Cycle - no pitch adjustment)
3D	Cycle VPR AIR+ LC	(4 blade adjustable pitch with load cell)
3F	Cycle AIR LC	(Standard Cycle – no pitch adjustment – with load cell)
4A	Performance VPR Bionic AIR+	(4 blade adjustable pitch)
4C	Bionic AIR	(Standard Bionic - no pitch adjustment)
4D	Performance VPR Bionic AIR+ LC	(4 blade adjustable pitch with load cell)
4F	Bionic AIR LC	(Standard Bionic – no pitch adjustment – with load cell)
5A	Tread/Sled VPR AIR+	(4 blade adjustable pitch)
5B	Tread/Sled AIR	(Standard Tread/Sled - no pitch adjustment)
5C	Curved Treadmill AIR	(No Turbine/Sled)

MACHINE CODES

5D	Tread/Sled VPR AIR+ LC	(4 blade adjustable pitch with load cell)
6A	Sled VPR AIR+	(4 blade adjustable pitch)
7A	Step/Sled VPR AIR+	(4 blade adjustable pitch)
8A	Total VPR AIR+	(4 blade adjustable pitch)
9A	Upper VPR AIR+	(4 blade adjustable pitch)
10A	Swim VPR AIR+	(4 blade adjustable pitch)
11A	Kayak/SUP VPR AIR+	(4 blade adjustable pitch)

DUTY OF CARE ACKNOWLEDGEMENT

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge & understand that the fitness equipment being supplied by STEPR to our Facility must be used correctly and that incorrect use could potentially result in injury. Accordingly, as part of our 'Duty of Care', I understand that it is our responsibility to ensure:

1. That all equipment users, prior to using the equipment must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety 'Warning' labels on each machine and that reference is made to the exercise Instructional Placards' fitted to equipment.
2. It is understood that many of the machines, can be used for a wide range of exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

PLEASE NOTE - Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer's responsibility to determine if they wish to fix the equipment to the floor.

STEPR

TAKE THE STAIRS FURTHER
DOWNLOAD THE STEPR APP FREE!

NO SUBSCRIPTION NEEDED

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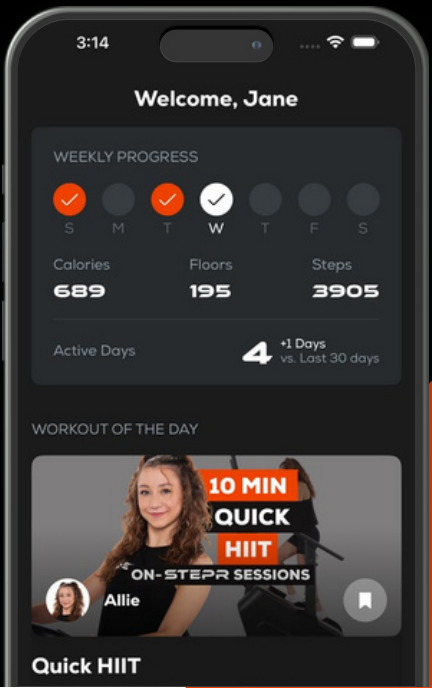
ON-DEMAND WORKOUTS

SCENIC CLIMBS

REAL-TIME PERFORMANCE TRACKING

WORKS WITH ANY STAIR CLIMBER

EVERY STEP COUNTS



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