

STEPR CYCLE XL VPR™

USER MANUAL

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BEFORE YOU START

It is the sole responsibility of the purchaser of STEPR 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 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 equipment in any way other than designed or intended by the manufacturer. It is imperative that all STEPR equipment is 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 Cycle Bike is 160kg/350lbs.
- Only one user at a time is permitted to use the STEPR Performance VPR Cycle 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 any seat, handlebar mechanism, make certain that the adjusting pin 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 PERSONELL 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 Cycle 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 Cycle Bike must have a tight-fitting cap or lid. Do not use the STEPR Performance VPR Cycle 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 Cycle Bike is user powered. The user controls the speed of the movement.
- There is no emergency stop function in the STEPR Performance VPR Cycle Bike.
- Every user must become familiar with the mechanism and functions before using the STEPR Performance VPR Cycle Bike.

BEFORE YOU START

- Ensure entry to the STEPR Performance VPR Cycle Bike is via the rear, gripping the handles when embarking or disembarking.
- The STEPR Performance VPR Cycle 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 Cycle 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 Cycle Bike.
- Examine the STEPR Performance VPR Cycle Bike regularly for safe operation.

CAUTION

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



INSTALLATION & ASSEMBLY

TECHNICAL SPECIFICATIONS

The STEPR Performance VPR Cycle Bike does not require any electrical wall outlet. The STEPR Performance VPR Cycle Bike is a non-motorized product.

The STEPR Performance VPR Cycle Bike uses unique patented Variable Pitch Resistance (VPR) to provide an unprecedented wide, user controlled resistance range.

PRODUCT DIMENSIONS:

147.5cm(L) x 56.5cm(W) x 130.5cm(L) / 58" x 22" x 51"

INSTALLATION

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

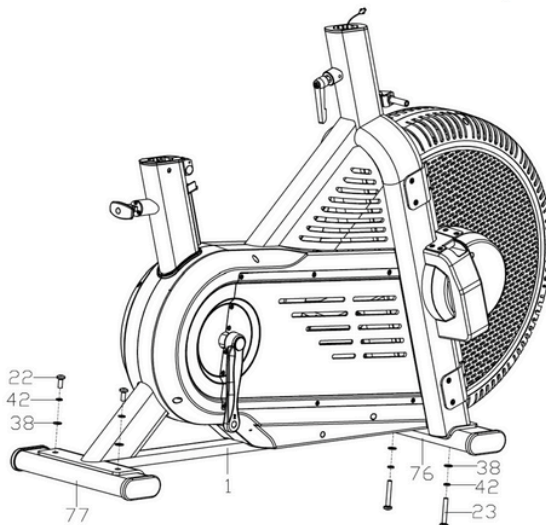
PRECAUTIONS

- 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

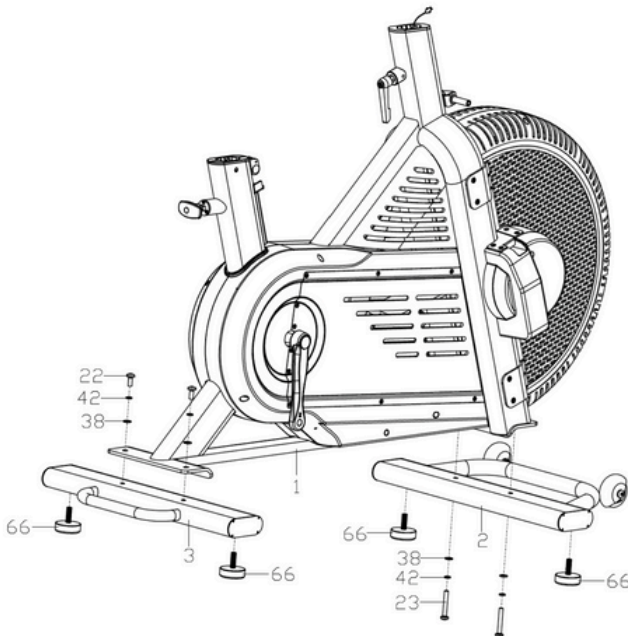
1. Remove hex pan head bolts (23), spring washers (42), flat washers (38) – (RETAIN THEM FOR NEXT STEP USE). Remove and discard the front packing leg (76).
2. Remove hex pan head bolts (22), spring washers (42), flat washers (38) – (RETAIN THEM FOR NEXT STEP USE). Remove and discard the rear packaging leg (77).
3. Attach the Front Support Tube (3) to the main frame with the pan head screw (20), spring washer (43) and flat washer (48), then tight securely.



ASSEMBLY STEPS

STEP 2

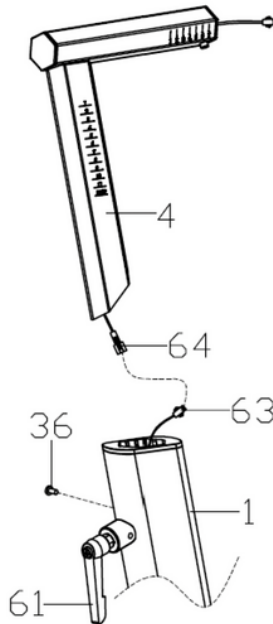
1. First tighten the leveling feet (66) on the front stabilizer leg (2) and the rear stabilizer leg (3) respectively.
2. Lock the front stabilizer leg (2) to the main frame (1) with the previously removed hex head bolt (23), spring washer (42), and flat washer (38).
3. Lock the rear stabilizer leg (3) to the main frame (1) with the previously removed hex head bolt (22), spring washer (42), and flat washer (38).



ASSEMBLY STEPS

STEP 3

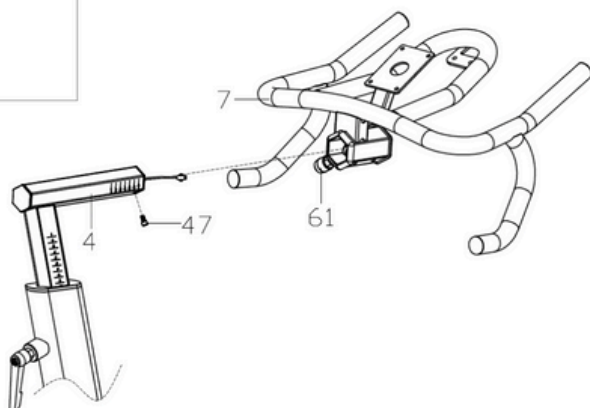
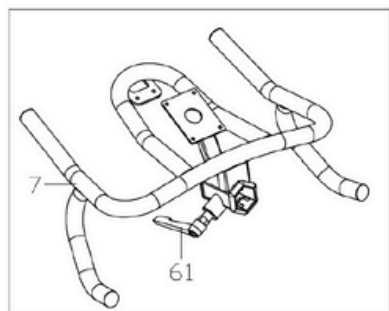
1. Connect the Sensor Wire 1 (63) and the Connection Wire 2 (64) together.
2. Loosen L-shaped knob (61) and Phillips head screw (36) on main frame (1) and insert handlebar post (4) into main frame (1). Adjust to the appropriate height and tighten the L-shaped knob (61) and the Phillips head screw (36).



ASSEMBLY STEPS

STEP 4

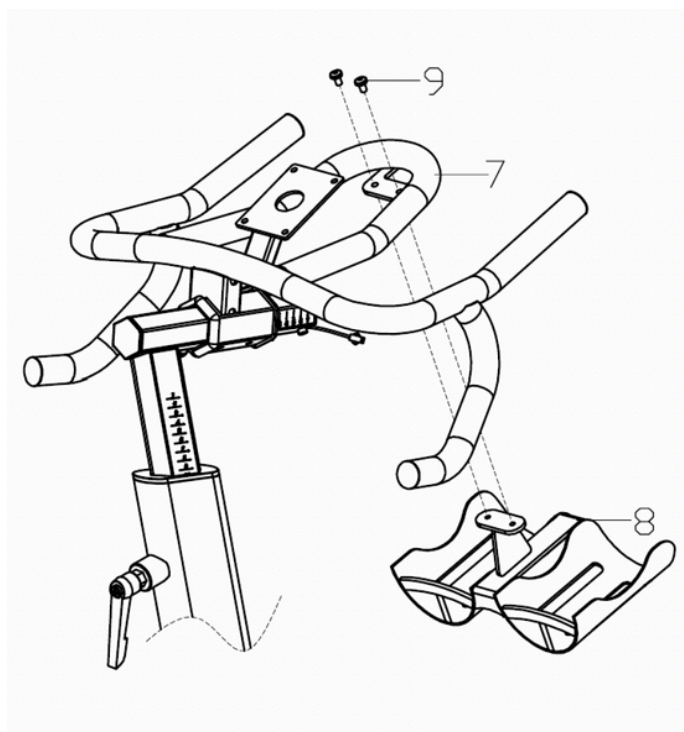
1. Loosen the hexagon socket cap screw (47) on the handlebar post (4).
2. Release the L-shaped knob (61) on the handlebar (7) and slide the handlebar (7) onto the handlebar post (4), then tighten the L-shaped knob (61).
3. Finally lock the hexagon socket cap screw (47) back to the handlebar post (4).



ASSEMBLY STEPS

STEP 5

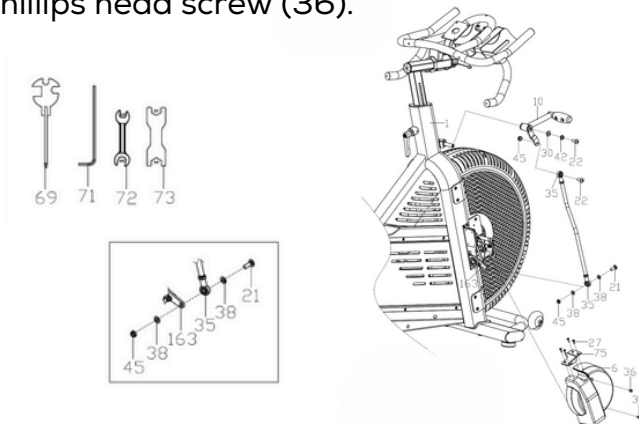
1. Lock the bottle holder (8) to the handlebar (7) with the hexagon socket pan head screw (9).



ASSEMBLY STEPS

STEP 6

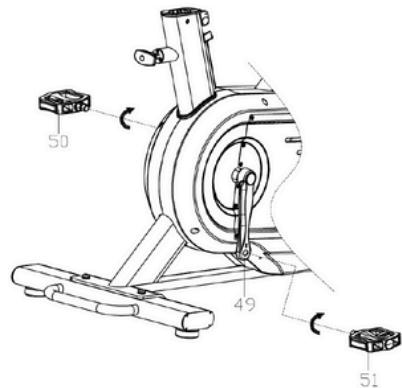
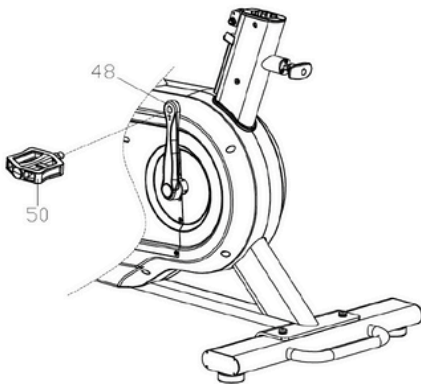
1. Remove the cross countersunk head tapping screws (27) and Phillips head screw (36), and then remove cover (75) and right hub cover (6);
2. Fix resistance adjustment handle (10) on the main frame (1) with the hex pan head screw (22), spring washer (42) and flat washer (30); (Note – don't lock tightly for now)
3. Fix the rod end bearing (35) on the Turbine control transfer shaft (163) with the hex head screw (21), flat washer (38) and nyloc nut (45) (don't lock tightly), and then use hex pan screw (22), nyloc nut (45) to fix the other end bearing (35) to the resistance control lever (10). Lock all screws tightly.
4. Refit the cover (75) and right hub cover (6) with cross countersunk head tapping screw (27) and Phillips head screw (36).



ASSEMBLY STEPS

STEP 7

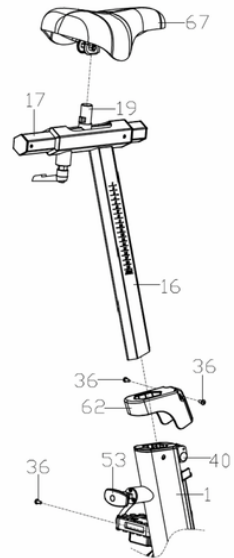
1. Use a double head wrench (77) to lock the left pedal (50) to the left crank arm (48) and the right pedal (51) to the right crank arm (49).
 - **Note:** The left pedal should be locked counterclockwise, and the right pedal should be locked clockwise. Follow the direction indicated by the arrow in the following figure. Keep the left pedal (50) and the right pedal (51) always tightened to avoid any thread damage.



ASSEMBLY STEPS

STEP 8

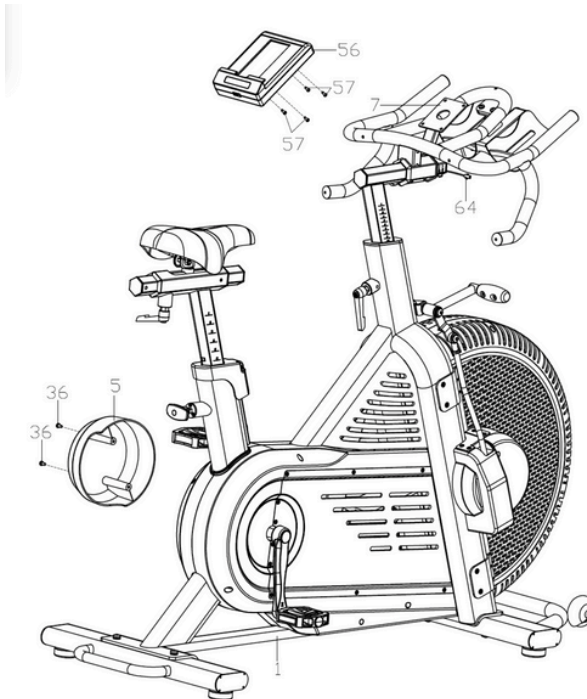
1. Fasten the saddle (67) to the saddle post (19) with a double head wrench (77).
2. Put the top seat post cover (79) onto the seat post (16).
3. Loosen the Philips pan head screw (36) from the main frame (1), and then pull the T-Handle (87) from the main frame (1) and insert seat post (16) into main frame (1). Adjust to the appropriate height and then tighten the Philips head screw (36).
4. Slide up the top seat post cover (79) and tighten the square neck bolt (40) to put the desired clamping pressure onto the seat post (16). Slide down the top seat post cover (79) and secure with pan head screws (36).
5. Fasten the towel rack (18) to the saddle horizontal pipe (17)
 - **Note:** Make sure the seat post (16) and saddle (67) are locked before exercise!



ASSEMBLY STEPS

STEP 9

1. Insert connection wire 2 (64) into the console (56) and lock the console (56) with the Phillips head screws (57) to the console mast (7) on handlebar.
2. Lock the bottle holder (55) to the main frame (1) with Philips head screw (36).
3. Lock tightly the left hub cover (5) with Philips head screw (36) on the left front turbine shroud.



INSTRUCTIONS FOR USE

The STEPR Performance VPR Cycle 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 Cycle Bike should be maintained regularly.

DAILY MAINTENANCE

- Daily cleaning and inspection, and lubrication will keep the STEPR Performance VPR Cycle 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

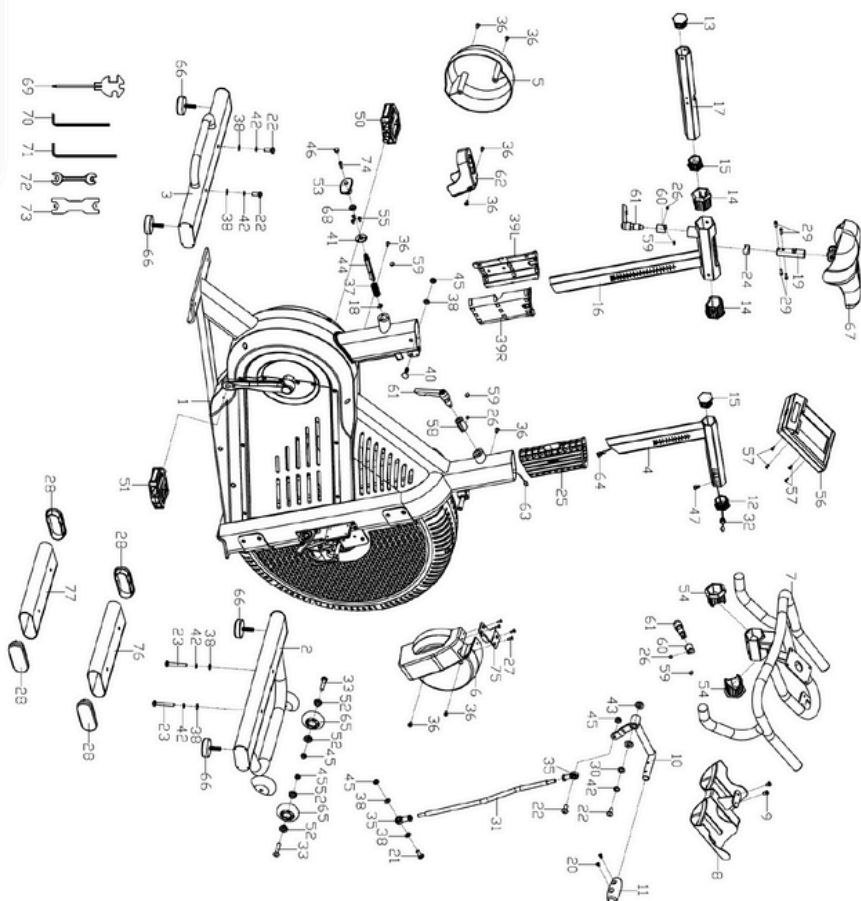
SIX MONTHLY MAINTENANCE

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

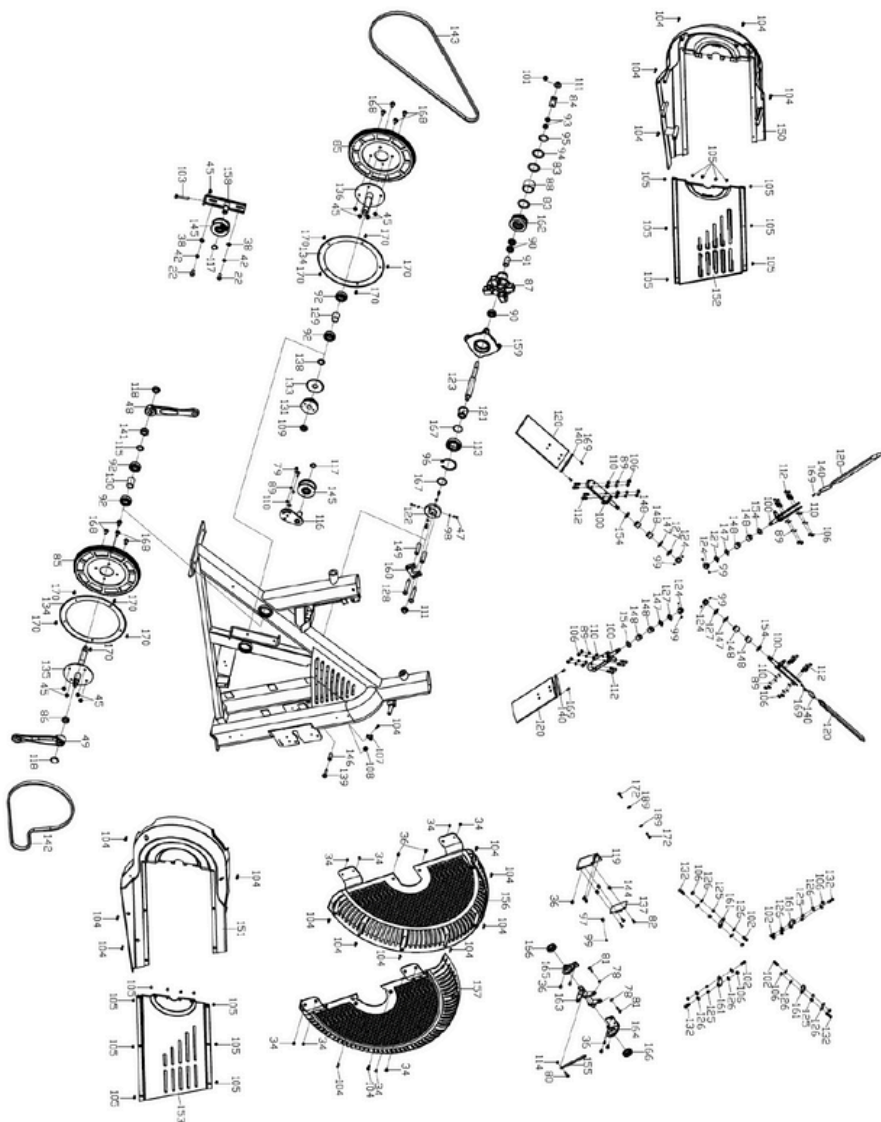
TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.

EXPLODED DIAGRAM



EXPLODED DIAGRAM



PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	38	Flat washer $\Phi 8 \times \Phi 16 \times 1.5$	8
2	Front stabilizer leg	1	39L	Left Seat post sleeve 206*100*40	1
3	Rear stabilizer leg	1	39R	Right Seat post sleeve 206*100*40	1
4	Handlebar post	1	40	Square neck bolt M8*30	1
5	Left hub cover	1	41	Pull pin fastener	1
6	Right hub cover	1	42	Spring washer D8	19
7	Handlebar Assembly	1	43	Nylon washer $\Phi 12.2 \times \Phi 24.4$	2
8	Bottle Holder	1	44	Seat ratchet pop pin	1
9	Hex socket pan head screw M6*12	2	45	Nyloc nut M8	14
10	Resistance control handle	1	46	Screw cover	1
11	Resistance control handle grip	2	47	Hexagon socket cap screw	5
12	Bottom handlebar grip $\Phi 28 \times T3 \times 320$	2	48	Left crank arm	1
13	Hexagonal cap 38*2.0	1	49	Right crank arm	1
14	Hexagonal fwd/aft seat slide sleeve	2	50	Left Pedal	1
15	Hexagonal cap 38*2.0	2	51	Right Pedal	1
16	Seat post	1	52	Bearing 608ZZ	4
17	Saddle horizontal pipe	1	53	T-Handle	1
18	Split washer D8	1	54	Handlebar Sleeve	2
19	Saddle post	1	55	Phillips head screw M4*12	3
20	Hexagonal countersunk screw	2	56	Console	1
21	Hex pan head screw M8*30	1	57	Phillips head screw	4
22	Hex pan head screw M8*20	5	58	V-shaped holding block $\Phi 22.6 \times 38$	1
23	Hex pan head screw M8*55	2	59	Round magnet $\Phi 10 \times 3$	4
24	Plastic spacer $\Phi 26 \times 13$	1	60	V-shaped holding block $\Phi 22.6 \times 25$	1
25	Cap $\Phi 50 \times 12$	2	61	L-shape knob M16*1.5*17	1
26	Grub screw M6*6	3	62	Seat tube top cover	1
27	Cross countersunk head tapping screw ST4.2*16	4	63	Sensor Wire	1
28	Oval plastic end cap	2	64	Console Wire	1
29	Hexagon socket head cap screw M5*14	4	65	Moving wheel $\Phi 64 \times 24$	2
30	Flat washer $\Phi 8.2 \times \Phi 25.2$	1	66	Leveling foot	4
31	Linkage Rod	1	67	Saddle	1
32	Console wire stop grommet	1	68	Hex nut M10	1
33	Hex socket pan head screw M8*40	2	69	Cross wrench S22, S13, S15	1
34	Cross countersunk head screw M5*10	8	70	Hex wrench S4	1
35	Rod end bearing (rose joint)	2	71	Hex wrench S6	1
36	Phillips head screw M5*12	19	72	Double-head wrench S13, S15	1
37	Pressure spring	1	73	open-end wrench S17, S19	1

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
74	Cross countersunk head screw M5*15	1	114	Nyloc nut M5	1
75	Rubber Cover	1	115	Wave washer	1
76	Front packaging leg	1	116	Idler connecting rod 2	1
77	Rear packaging leg	1	117	Circlip for shaft D17	2
78	Saw teeth washer $\Phi 6^* \Phi 11^* S0.6$	2	118	Crank cover plastic cap	2
79	Hex head bolt M6*16	2	119	PCB Mounting plate	1
80	Hex head bolt M5*20	1	120	Turbine Blade	4
81	Hex head bolt M6*20	2	121	Guide bushing	1
82	Phillips head screw M4*15	3	122	Actuator Collar	1
83	Thrust Washer	2	123	Turbine Shaft	1
84	Turbine alignment locking tab	1	124	Outer hexagon nut M10*15	4
85	Large Belt Pulley $\Phi 260^* 20.5$	2	125	Spacer $\Phi 5.9^* \Phi 7.9^* 6.3$	8
86	Spacer $\Phi 20.1^* \Phi 25^* 9$	1	126	Flat washer $\Phi 8.1^* \Phi 15^* 0.7$	16
87	Turbine Hub	1	127	Flat washer $\Phi 19^* 19^* 2$	4
88	Clutch Bearing	1	128	Screw $\Phi 10^* 75$	2
89	Spring washer D6	18	129	Spacer $\Phi 20.1^* \Phi 25^* 28.2$	1
90	Bearing 6902	3	130	Spacer $\Phi 20.1^* \Phi 25^* 35.2$	1
91	Bush	1	131	Small intermediate pulley	1
92	Bearing 6004ZZ	4	132	Hex pan head screw M6*23	4
93	Hex head screw	2	133	Pulley belt guide washer $\delta 2^* 80^* 80$	1
94	Flat washer	1	134	Pulley belt guide ring $\delta 2^* 260.6^* 260.6$	2
95	Circlip for shaft D35	1	135	Main crank shaft $\Phi 20^* 214$	1
96	Circlip for hole D55	1	136	Intermediate crank shaft $\Phi 25^* 127$	1
97	PC Control linkage mounting collar	1	137	PC Board	1
98	Spring washer D5	4	138	Spacer $\Phi 20.1^* \Phi 26^* 3$	1
99	Grub Screw M4*4	9	139	Bolt $\Phi 8^* 35.5$	1
100	Turbine fin mounting saddle	4	140	Blade end cap	4
101	Hexagon socket head cap screw M6*18	1	141	Nyloc nut	1
102	Hex pan head screw M6*18	4	142	Belt 1048-8M-15	1
103	Outer hexagon bolt M8*45	1	143	Belt 1392-8M-12	1
104	Cross pan head screw ST4.2*18	19	144	Spacer	3
105	Cross countersunk head screw M4*8	20	145	Idler tension pulley	2
106	Nyloc nut M6	24	146	Plastic bush	1
107	Sensor base	1	147	Plastic Washer $\delta 0.4^* 19^* 19$	4
108	Wiring grommet	1	148	Needle bearing NK12/16	8
109	Hex head screw	1	149	Spacer $\Phi 10^* \Phi 14^* 53$	2
110	Flat washer	20	150	Left outer side cover	1
111	hexagon flange nut M12*1*H11	2	151	Right outer side cover	1
112	Hex pan head screw	16	152	Left inner side cover	1
113	Bearing 6006	1	153	Right inner side cover	1

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
154	Plastic washer $\Phi 12.2 \times \Phi 24 \times 0.4$	4	163	Turbine control transfer shaft	1
155	PC Board control linkage arm	1	164	Forward transfer shaft mounting plate	1
156	Left front Turbine shroud	1	165	Rear transfer shaft mounting plate	1
157	Right front Turbine shroud	1	166	Bearing 99502Z	2
158	Idler mounting plate	1	167	Thrust washer $\Phi 30.2 \times \Phi 35.5 \times 0.4$	2
159	Turbine collector plate	1	168	Hex socket pan head screw	8
160	Actuator control linkage	1	169	Cross pan head screw	8
161	Fin control linkage	4	170	Self-tapping Screw ST5*16	10
162	Turbine hub clutch pulley	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,

STEPR UNIVERSAL CONSOLE

- 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 time 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

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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.

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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

STEPR UNIVERSAL CONSOLE

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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.

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.



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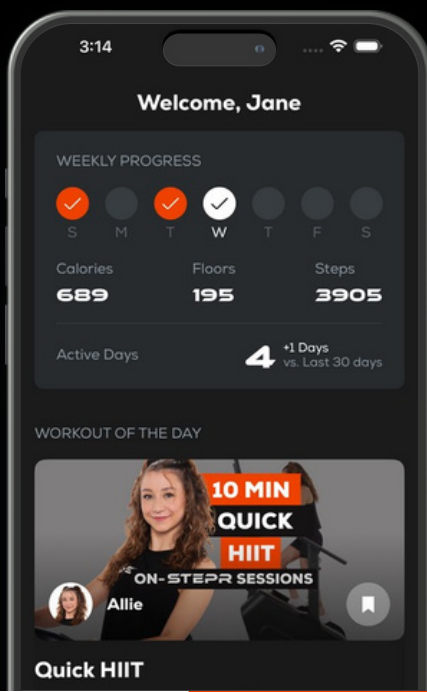
ON-DEMAND WORKOUTS

SCENIC CLIMBS

REAL-TIME PERFORMANCE TRACKING

WORKS WITH ANY STAIR CLIMBER

EVERY STEP
COUNTS





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