STEPR ROWER XL VPR™

USER MANUAL

TABLE OF CONTENTS

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 Rower is 160kg/350lbs.
- Only one user at a time is permitted to use the STEPR Performance VPR Rower.
- 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 Rower 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 Rower must have a tight-fitting cap or lid. Do not use the STEPR Performance VPR Rower 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 Rower is user powered. The user controls the speed of the movement.
- There is no emergency stop function in the STEPR Performance VPR Rower.
- Every user must become familiar with the mechanism and functions before using the STEPR Performance VPR Rower.

BEFORE YOU START

- Every user must become familiar with the mechanism and functions before using the STEPR Performance VPR Rower.
- Ensure entry to the STEPR Performance VPR Rower is via the rear, gripping the handles when embarking or disembarking.
- The STEPR Performance VPR Rower 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 Rower.
- 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 Rower.
- Examine the STEPR Performance VPR Rower regularly for safe operation.

CAUTION

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

INSTALLATION & ASSEMBLY

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

PRODUCT DIMENSIONS:
245cm(L) x 55cm(W) x 131cm(H) / 96" x 21.5" x 51.5"

INSTALLATION
It is important that the STEPR Performance VPR Rower 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.

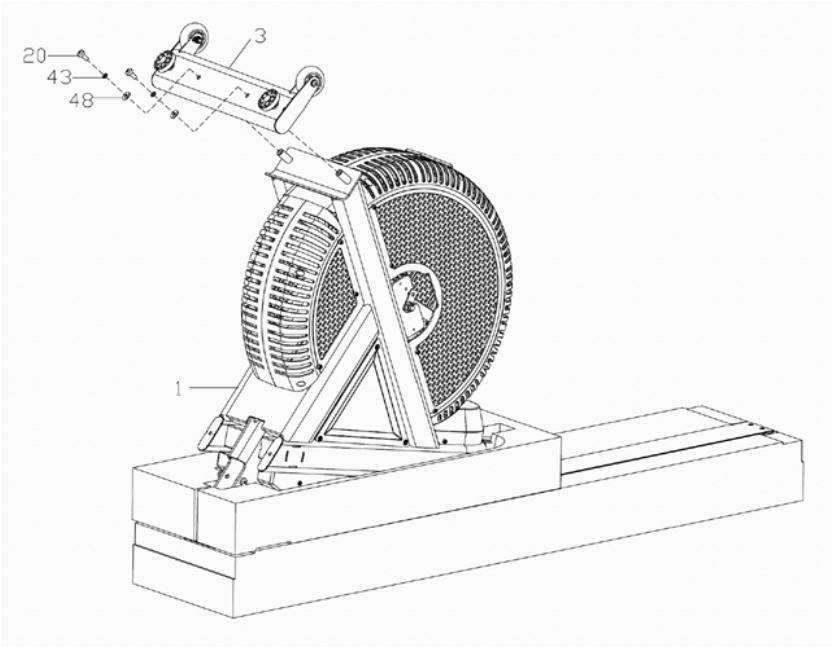
ASSEMBLY STEPS

STEP 1

1. Put aside the parts and Styrofoam from the package and leave the Main Frame (1) and the Beam (12) assembly as shown in below figure.

2. Remove the red packaging tube (A) by releasing the pan head screw (20), spring washer (43) and flat washer (48);

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.

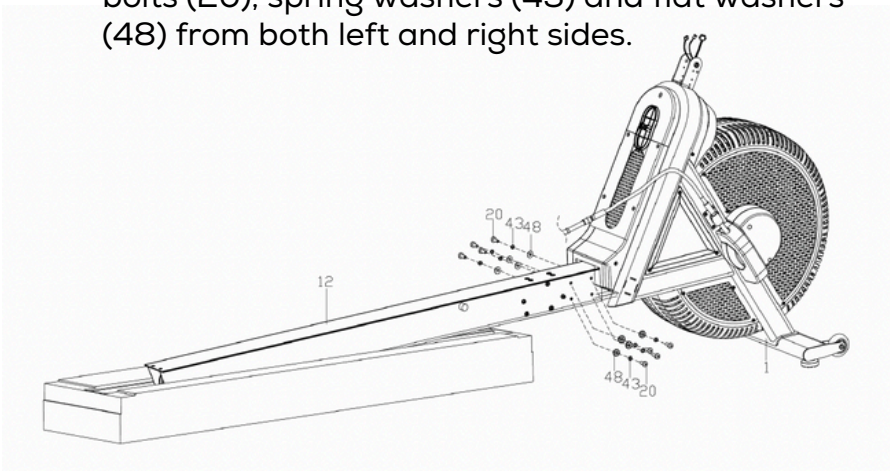


ASSEMBLY STEPS

STEP 2

1. With the assistance of a person, please rotate the main frame 180 degree towards front and let it stand in upright position as shown in below figure;
   - **Note** – When rotating the Main Frame (1) down towards the floor, please make sure to keep the Beam (12) assembly in line with the Main Frame (1) and ensure that the chain is straight with no twists.
   - **Warning** – the tension of the chain may drag the beam assembly towards the main frame (1), be mindful not pinch your hand.

2. Hold tight the beam (12) assembly and align the beam assembly to slide it onto the main frame (1), align the holes and lock with 4 sets of pan head bolts (20), spring washers (43) and flat washers (48) from both left and right sides.

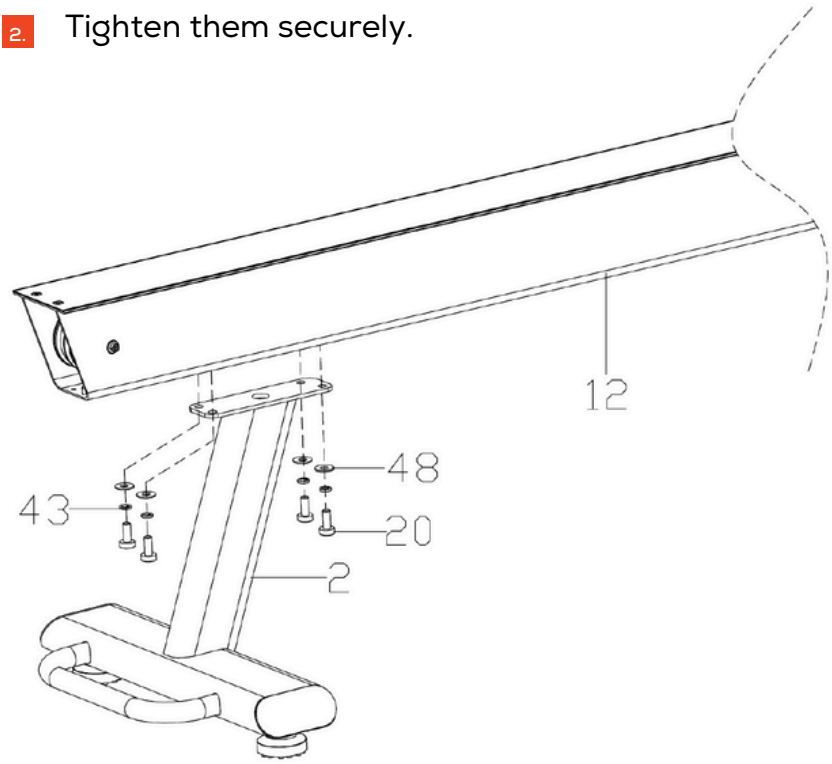


ASSEMBLY STEPS

STEP 3

1. Attach the rear support leg (2) to the rear of the beam with 4 sets pan head bolts (20), spring washers (43) and flat washers (48)

2. Tighten them securely.



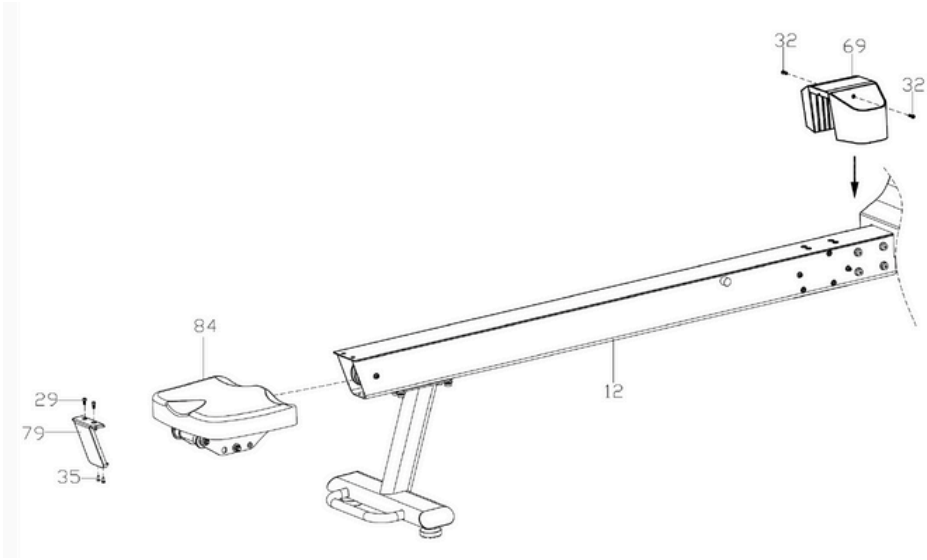
ASSEMBLY STEPS

STEP 4

1. Slide carefully the Seat (84) onto the Beam (12) by aligning the rollers under the seat.
   - **Note** – don't force the seat onto the beam to avoid any damage to the rollers.

2. Lock the Beam end cover (79) to the rear end of the Beam (12) with 2 bolts (29) from the top and 2 screws (35) from the bottom.

3. Put the water bottle holder (69) on top of the joint between the beam (12) and the main frame (1), and lock with 2 pan head bolts (32).

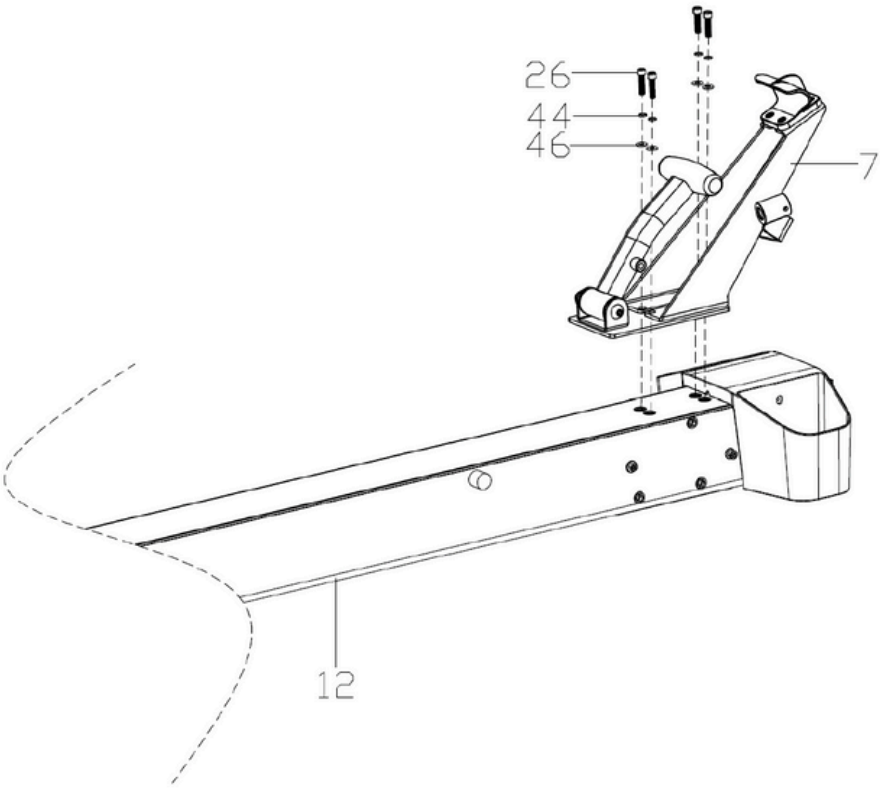


ASSEMBLY STEPS

STEP 5

1. Place the assembly of Handlebar Holder/ Resistance Control Handle on top of the Beam as shown in below figure and align the 4 holes;

2. Tighten with 4 sets of pan head bolts (26), spring washers (44) and flat washers (46).

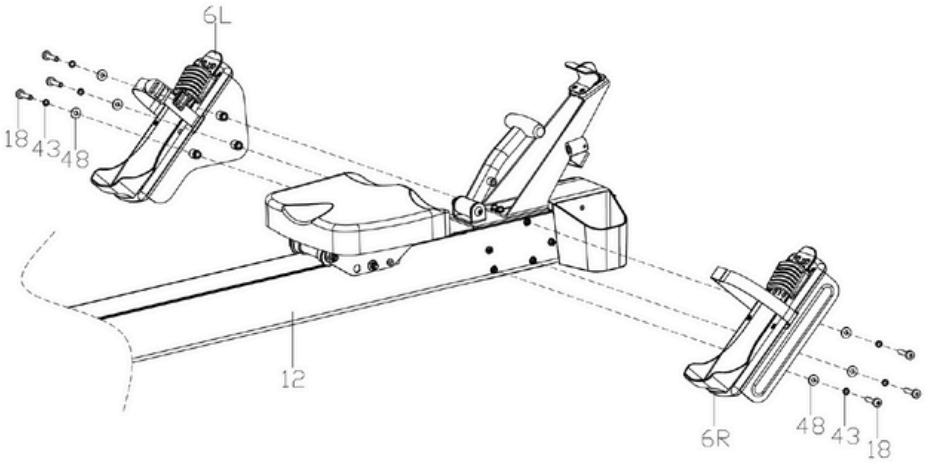


ASSEMBLY STEPS

STEP 6

1. Install the Left Foot Platform (6L) to the left side of the Beam with 3 sets pan head bolts (18), spring washers (43) and flat washers (48)

2. Repeat the step to install the Right Foot Platform (6R) and tight all the bolts securely.



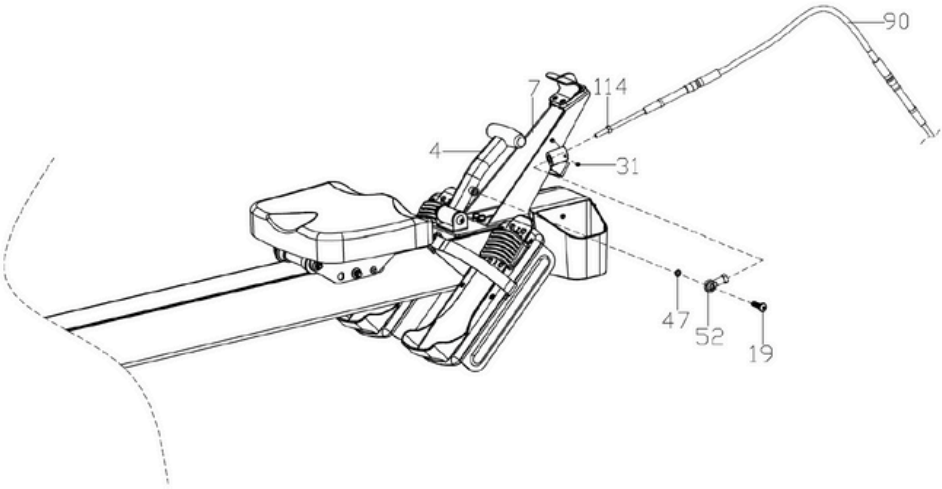
ASSEMBLY STEPS

STEP 7

1. Release the Rose Bearing (52) and the Secure Nut (114) from the Resistance Adjustment Cable (90) end, then pass the cable through the Cable Guide on the left side of the Handle Holder as shown in below figure; Tighten the Cable with the Lock Bolt (31) on the Cable Guide side.

2. Screw back the Secure Nut (114) and the Rose Bearing (52) back onto the Resistance Adjustment Cable (90) end;

3. Connect the Rose Bearing (90) with the Resistance Adjustment Handle with pan head bolt (19) and flat washer (47), then tighten securely.



ASSEMBLY STEPS

STEP 8

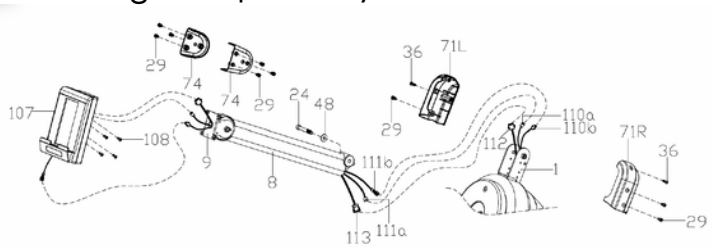
1. Connect the Speed Sensor Wires (110a/b) on top of the Main Frame (1) to the Sensor Extension Wire (111a/b) in the Console Mast (8), and the Potentiometer Wire (112) with the Extension Wire (113)

2. Lock the Console Mast (8) to the Main Frame (1) with pan head bolt (24) and flat washer (48); then cover the joint with Console Mast Cover (71L/R) and lock with socket head bolts (29) and self-tapping screws (36).

3. Connect the Speed Sensor Extension Wires (111a/b) and the Potentiometer Extension Wire (113) to the ports on back of the Console (107)

4. Store the excessive wires inside the console case or the Console Mast, lock the Console (107) to the Console Pivot Bracket (9) with 4 sets pan head bolts (108)

5. Lock the Console Pivot Cover (74) to the Console Pivot Bracket (9) with 3 sets socket head bolts from left/right respectively.



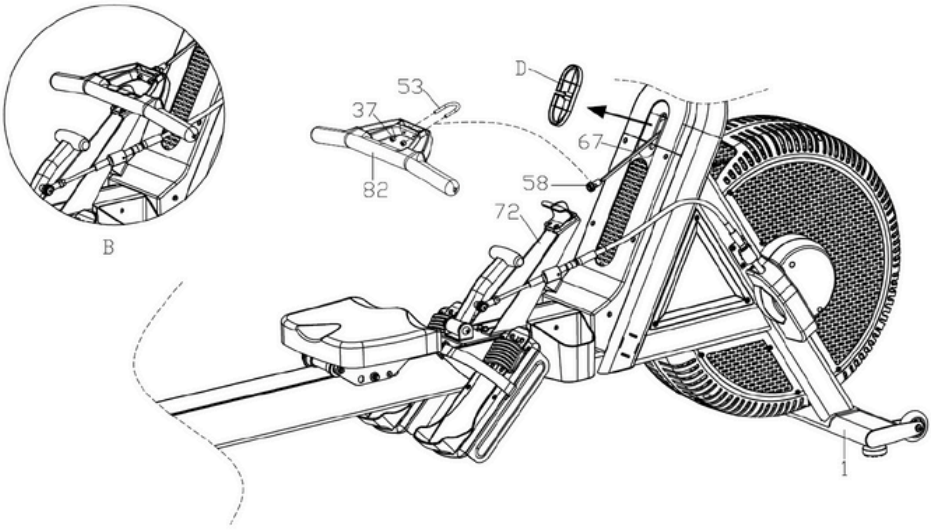
ASSEMBLY STEPS

STEP 9

1. Remove the U-Bolt (53) from the T-Handle by releasing the 2 Nyloc nuts (37);

2. Insert the U-Bolt through the chain anchor collar (58), pull the Collar out of the Temporary Chain Anchor Holder (D), then attach the U-Bolt back to the T-handle and lock with the 2 Nyloc nuts.

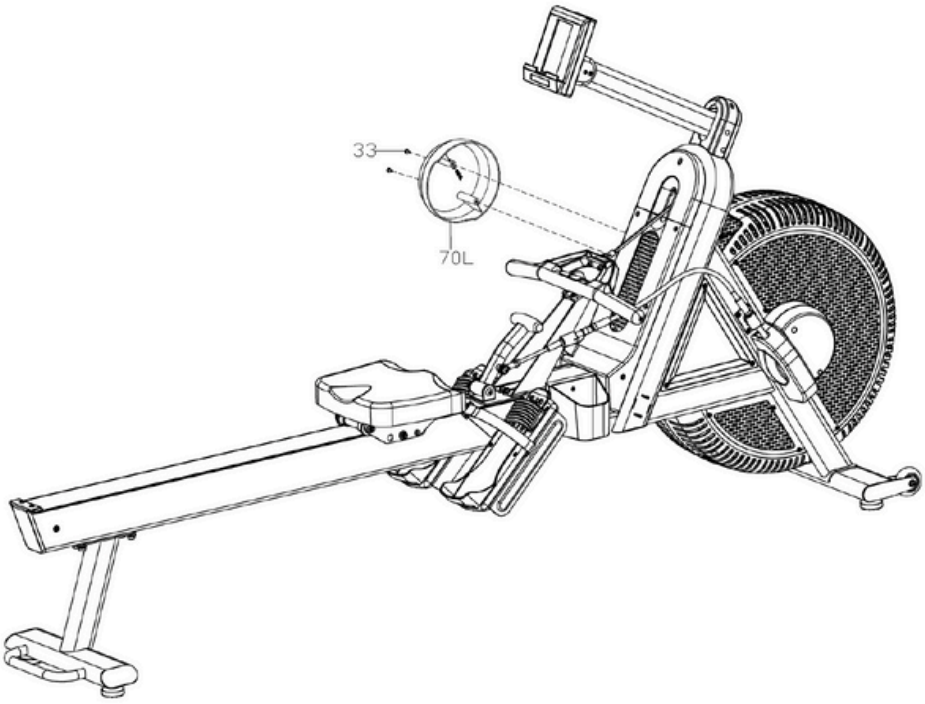
3. Remove the temporary chain Anchor Holder (D) from the chain and store the T-Handle assembly to the Handle Holder (72).
   - **Note** – check the chain to ensure there is no twist during the assembly.



ASSEMBLY STEPS

STEP 10

1. Lock the Left Shroud Hub Cover (70L) to the left side of main frame with 2 Philips pan head bolts.



INSTRUCTIONS FOR USE

The STEPR Performance VPR Rower 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.

MAINTENANCE

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

DAILY MAINTENANCE

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

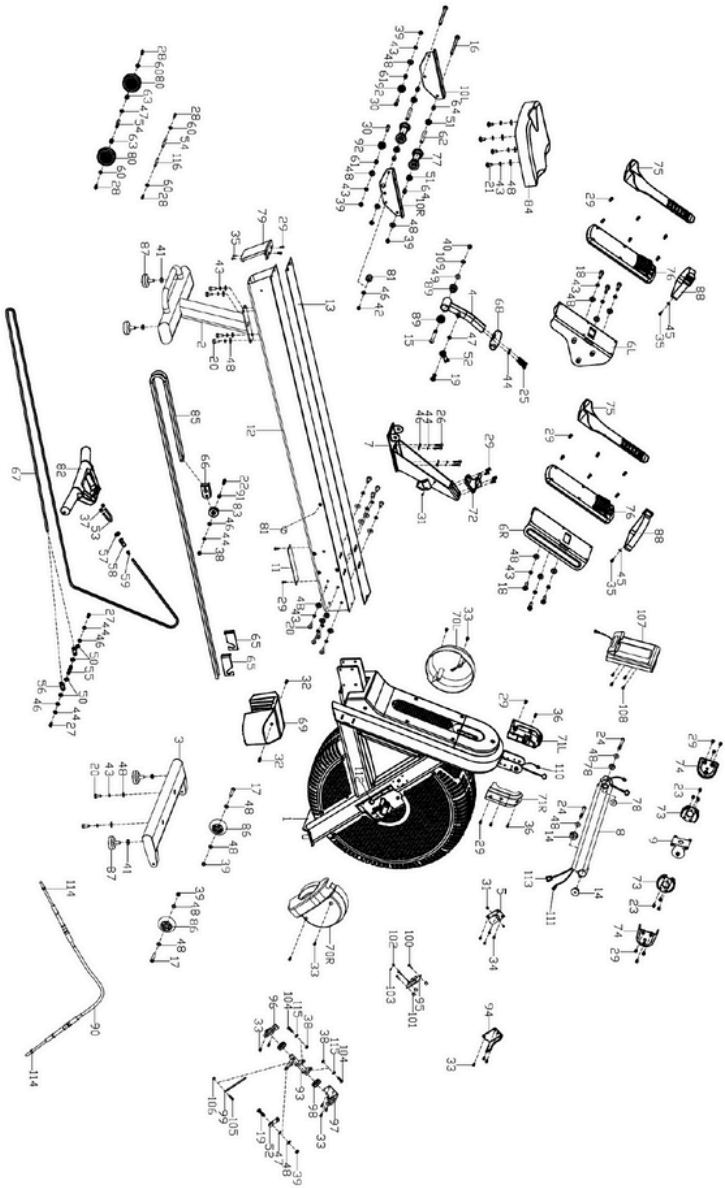
SIX MONTHLY MAINTENANCE

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

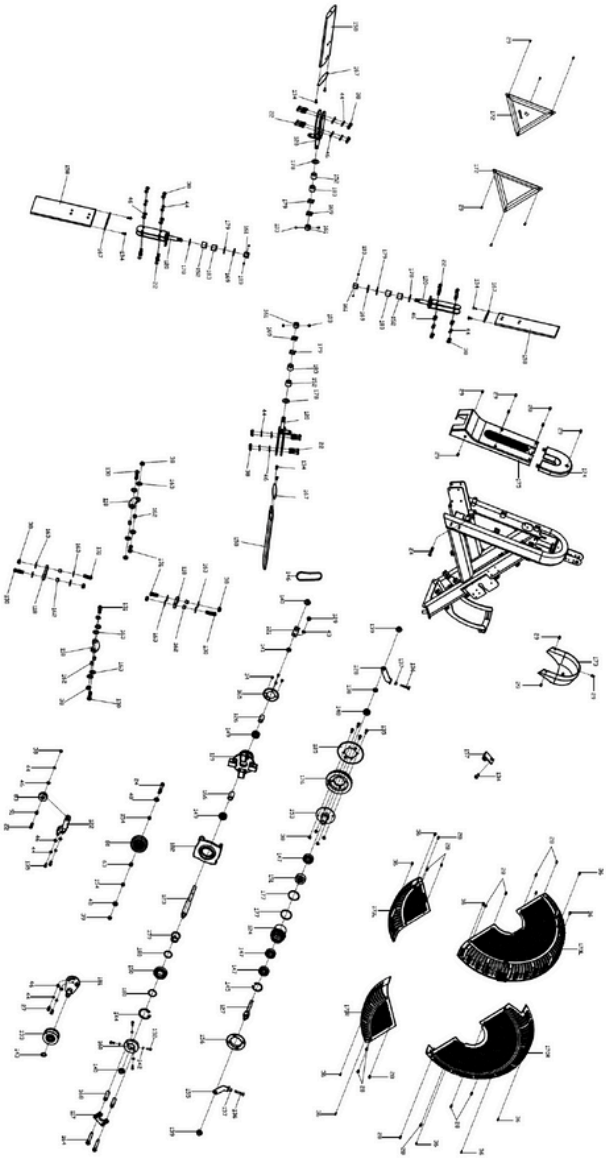
TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.

EXPLODED DIAGRAM



EXPLODED DIAGRAM



PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	42	Cap nut M6	1
2	Rear Support Tube	1	43	Spring washer D8	27
3	Front bottom tube	1	44	Spring washer D6	30
4.	Brake handle	1	45	Flat washer D5*D10*1	2
5	Fixed plate	1	46	Flat washer D6*D13*1.5	29
6L	Left Foot Plate base	1	47	Flat washer D8*D10*1.5	3
6R	Right Foot Plate base	1	48	Flat washer D8*D20*1.5	37
7	Handle fixed plate	1	49	Flat washer D10*D20*2	1
8	Console Mast	1	50	Circlip for shaft D10	4
9	Console Pivot Bracket	1	51	Bearing 608Z	4
10L	Left Seat Support Bracket	1	52	Rose bearing	2
10R	Right Seat Support Bracket	1	53	U bolt	1
11	Beam bottom cover	1	54	Rail support shaft	2
12	Beam	1	55	Chain fixed axis	1
13	Stainless Steel Beam Slide Top	1	56	Chain hook	2
14	Alloy bush	2	57	Chain stop collar	1
15	Pan Head Screw M10*75	1	58	Chain button	1
16	Pan Head Screw M8*135	2	59	Chain connection buckle	1
17	Pan Head Screw M8*45	2	60	Spacer Φ14*6.2	4
18	Pan Head Screw M8*40	6	61	Spacer Φ8.3*Φ12*11.3	2
19	Pan Head Screw M8*30	2	62	Spacer Φ8.3*Φ12*73.2	2
20	Pan Head Screw M8*20	14	63	Spacer Φ8.5*Φ12.7*13.6	3
21	Pan Head Screw M8*16	4	64	Spacer Φ8.3*Φ12*15.3	4
22	Pan Head Screw M6*30	18	65	Rope board	2
23	Pan Head Screw M5*12	6	66	Pulley fixed plate	1
24	Socket Cap Screws M8*60	4	67	Chain	1
25	Socket Cap Screws M6*30	2	68	Brake handle	1
26	Socket Cap Screws M6*25	4	69	Bottle cage	1
27	Socket Cap Screws M6*16	4	70L	Left Hub Cover	1
28	Socket Cap Screws M5*16	20	70R	Right Hub Cover	1
29	Socket Cap Screws M5*10	43	71L/R	Console Mast cover	1pr.
30	Hex socket flat round head screw M8*35	2	72	Pull handle retaining seat	1
31	hexagon socket set screw with cone point M6*6	4	73	Inner cover	2
32	Cross pan head screw M4*20	2	74	Outer Bracket Cover	2
33	Cross pan head screw M5*12	12	75	Upper pedal seat	2
34	Countersunk screw M5*10	8	76	Lower pedal seat	2
35	Self-tapping screw ST4.2*12	4	77	Roller	2
36	Self-tapping screw ST4.2*18	13	78	Axle sleeve	2
37	Nyloc nut M6*H8	2	79	Rail cover	1
38	Nyloc nut M6*H6	32	80	Pulley	3
39	Nyloc nut M8*H8	8	81	Buffer limit seat	2
40	Nyloc nut M10	1	82	Handlebar	1
41	Hex nut M10	4	83	Small roller	2

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
84	Seat	1	129	Pan Head Screw M8*10	1
85	Rope	1	130	Pan Head Screw M6*23	4
86	Roller	2	131	Pan Head Screw M6*18	4
87	Adjust foot pad	4	132	Socket cap screws M5*12	4
88	Bandage	2	133	Tensioner Wheel	1
89	Plastic bush	2	134	Cross pan head screw M4*10	9
90	Brake cable	1	135	Hex head bolt M6*18	6
91	Copper spacer bush	2	136	Hex head bolt M6*35	2
92	Small roller	2	137	Hex nut M6	4
93	Pivot	1	138	Hexagon thin nut M10*1*H5	1
94	Connecting base	1	139	Hexagon flange M10*1	2
95	Control plate	1	140	Hexagon flange M12*1*H11	2
96	Fixed plate 1	1	141	Hex nut M12*1*H6	1
97	Fixed plate 2	1	142	Spring washer D5	4
98	Bearing 99502Z	2	143	Circlip for shaft D17	1
99	Connecting plate	1	144	Stop ring for hole D55	1
100	Cross pan head screw M4*15	3	145	Stop ring for hole D42	1
101	Spacer bush Φ6*Φ10*8	3	146	Belt	1
102	Stop collar	1	147	Bearing 6004	3
103	Flat point set screw M4*4	9	148	Bearing 6001	1
104	Hex head bolt M6*20	2	149	Bearing 6002	2
105	Hex head bolt M5*20	1	150	Bearing 6006	1
106	Nylon nut M5	1	151	One-way bearing	1
107	Console	1	152	Needle bearing	4
108	Cross pan head screw M4*12	4	153	Timing Pulley Reel	1
109	Spring washer D10	1	154	Spacer bush Φ8.3*Φ12*6.	2
110	Speed Sensor wire	1	155	Tension plate	1
111	Speed Sensor Extension wire	1	156	Magnet plate	1
112	Potentiometer Wire	1	157	Sensor plate	1
113	Potentiometer Extension Wire	1	158	Blade	4
114	Bolt M8	2	159	Guide bush	1
115	Saw teeth Locking washer	2	160	Guide Ring	1
116	Spacer Φ8.2*T2.5*56	1	161	Hex nut	4
117	Actuator control linkage	2	162	Spacer bush Φ5.9*Φ7.9*6.3	8
118	Link block	4	163	Flat washer Φ8.1*Φ15*0.7	16
119	Belt pulley	1	164	Shaft shoulder bolt	2
120	Blade fixed base	4	165	Belt cover	1
121	Chain regulating plate	1	166	Spacer bush Φ15.2*Φ20*38.7	1
122	Limit pulley	1	167	Blade seal	4
123	Axle	1	168	Spacer bush Φ10*Φ14*53	2
124	Chain wheel	1	169	Flat washer 21.5*24*6	4
125	Belt cover 2	1	170L	Left Front cover	1
126	Spacer bush	1	170R	Right Front Cover	1
127	Sprocket shaft	1	171L	Left Lower cover	1
128	Tension plate 3*67*67.9	1	171R	Right Lower Cover	1

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
172	Triangle cover	2	179	Plastic plate 0.4*21.5*24	4
173	Front cover	1	180	Plastic plate Φ30.2*Φ35.5*0.4	2
174	Upper rear cover	1	181	Tensioner Wheel Holder	1
175	Lower rear cover	1	182	Turbine collector plate	1
176	Drive Pulley	1	183	Needle Bearing Φ12*Φ19*2	4
177	Rubber seal	2			
178	Plastic plate Φ12.2*Φ24*0.4	4			

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

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.

MACHINE CODES

Row VPR AIR+	(4 blade adjustable pitch)
Row AIR	(Standard Row - no pitch adjustment)
Row VPR AIR+ SG	(4 blade adjustable pitch with ser generator)
Row AIR SG	(Standard row – no pitch adjustm – with sensor generator)
Ski VPR AIR+	(4 blade adjustable pitch)
Ski AIR	(Standard Ski - no pitch adjustme
Ski VPR AIR+ SG	(4 blade adjustable pitch with ser generator)
Ski AIR SG	(Standard Ski – no pitch adjustme – with sensor generator)
Cycle VPR AIR+	(4 blade adjustable pitch)
Cycle AIR	(Standard Cycle - no pitch adjustment)
Cycle VPR AIR+ LC	(4 blade adjustable pitch with loa cell)
Cycle AIR LC	(Standard Cycle – no pitch adjustment – with load cell)
Performance VPR Bionic AIR+	(4 blade adjustable pitch)
Bionic AIR	(Standard Bionic - no pitch adjustment)
Performance VPR Bionic AIR+ LC	(4 blade adjustable pitch with loa cell)
Bionic AIR LC	(Standard Bionic – no pitch adjustment – with load cell)
Tread/Sled VPR AIR+	(4 blade adjustable pitch)
Tread/Sled AIR	(Standard Tread/Sled - no pitch adjustment)
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

Download on the App Store

GET IT ON Google Play

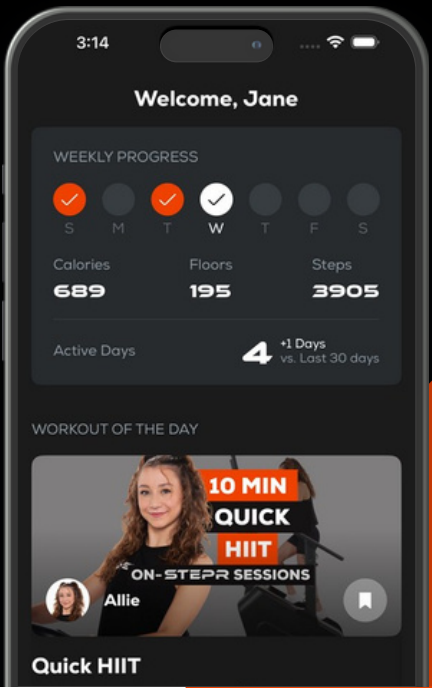
ON-DEMAND WORKOUTS

SCENIC CLIMBS

REAL-TIME PERFORMANCE TRACKING

WORKS WITH ANY STAIR CLIMBER

EVERY STEP COUNTS



getstepr.com