STEPR TREADSLED 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 TreadSled is 170kg/375lbs.
- Only one user at a time is permitted to use the STEPR Performance VPR TreadSled.
- 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 170kg/375lbs.

DANGER

- Do not wet the surface of the STEPR Performance VPR TreadSled 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 TreadSled must have a tight-fitting cap or lid. Do not use the STEPR Performance VPR TreadSledif 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 TreadSled is user powered. The user controls the speed of the movement.
- There is no emergency stop function in the STEPR Performance VPR TreadSled.
- Every user must become familiar with the mechanism and functions before using the STEPR Performance VPR TreadSled.

BEFORE YOU START

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

CAUTION

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

INSTALLATION & ASSEMBLY

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

PRODUCT DIMENSIONS:
204cm(L) x 115.5cm (W) x 168cm(H) / 80" x 45" x 66"

INSTALLATION
It is important that the STEPR Performance VPR TreadSled 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

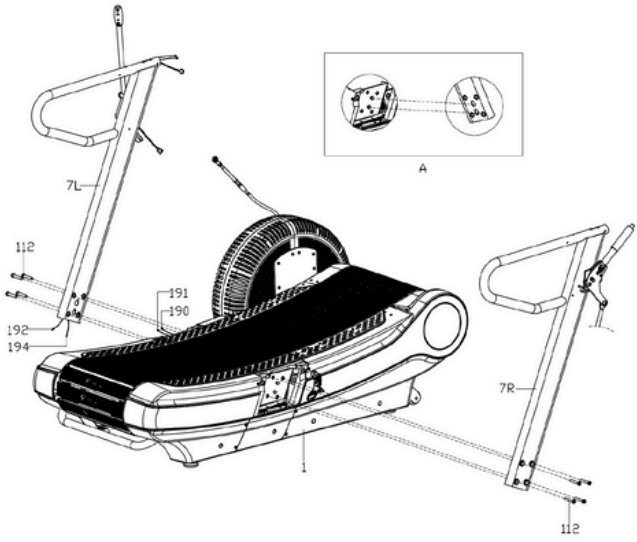
STEP 1

1. Open the box and take out all the components and leave the main frame (1) on the level floor.

2. Unwrap the Left Upright Tube (7L) and connect the Sensor Wire 1 (190) on main frame (1) with the Extension Wire (192) from the bottom of the Left Uright Tube (1), and Sensor Wire 2 (191) with Extension Wire 3 (194).

3. Lock the Left Upright Tube (7L) to the Main Frame (1) with socket cap screw (112). **Note** – don't tighten them for now.

4. Repeat above step 2/3 to lock the Right Upright Tube (7R) to the right side of Main Frame (1).



ASSEMBLY STEPS

STEP 2

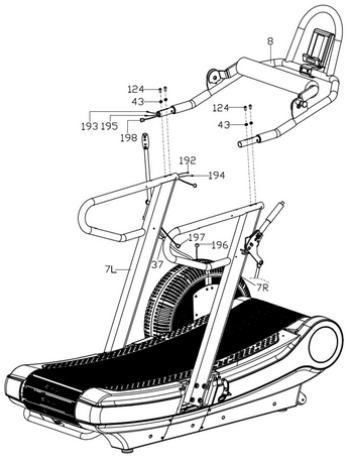
1. Connect the 3 Extension Wires on the left Handlebar with those 3 corresponding on the Left Upright Tube respectively (Wire 198 to Wire 197, Wire 193 to Wire 192 and Wire 195 to Wire 194).

2. Insert the Handlebar assembly (8) into the top cross bar of the Left/Right Upright Tube (7L/R) respectively as shown in below figure.

3. Lock the Handrail assembly (8) with 4 sets pan head screws (124) and washers (43);

4. Connect the Potentiometer Sensor Wire (196) with the extension wire 1 (197) along the Resistance Control Cable (37).

5. Finally check and tighten all the bolts are securely tightened.
Note: Store the excess wire inside the Handlebar assembly. Be mindful when locking the bolts to avoid pinching any wires.

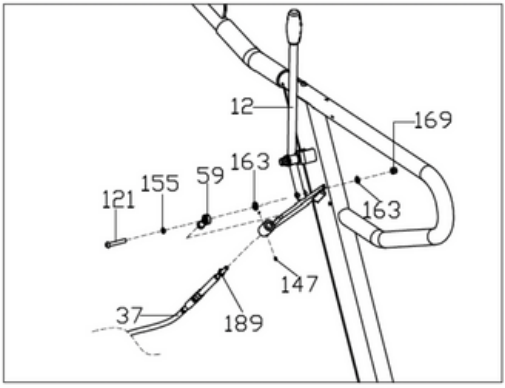


ASSEMBLY STEPS

STEP 3

1. Remove the Rose Bearing (59) on the Resistance Controle Cable (37), insert the Cable through the Cable Holder on the Left Upright Tube (7L) to the end, then lock with Grub Screw (147) on the Cable Holder. Assemble the Rose Bearing (59) back onto the Cable end.

2. Connect the lower end of the Resistance Control Handle (12) to the Rose Bearing on the Cable (37) and lock with pan head bolt (121), spring washer (155) and flat washer (163).
Note: Be mindful to make sure that the Control Cable bends on it's natural position before locking the Grub Screw (147) on Cable Holder.



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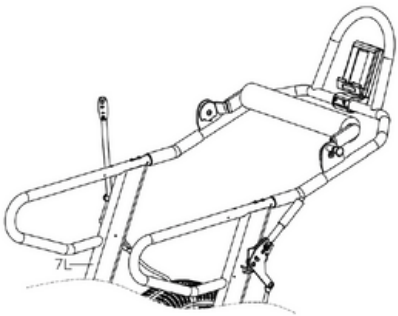
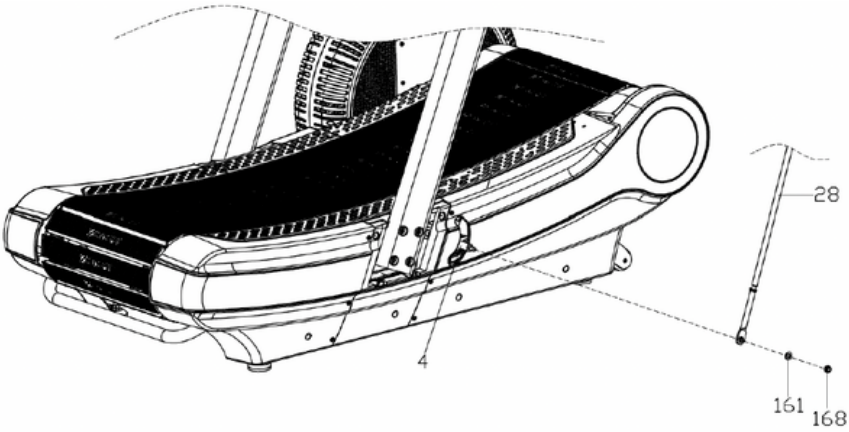


ASSEMBLY STEPS

STEP 4

1. Connect the Sled Drive Control Rod (28) on the right upright tube to the Sled Pivot Linkage Bracket (4) on right main frame, and lock with Nyloc nut (168) and flat washer (161).



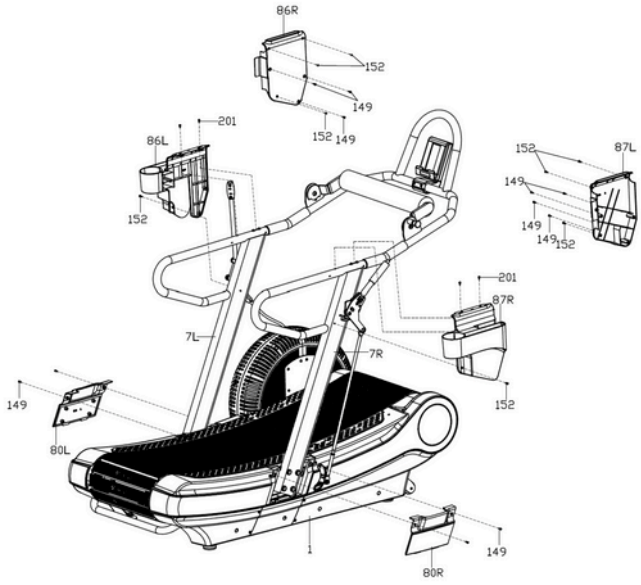
ASSEMBLY STEPS

STEP 5

1. Lock the Left/Right Upright Tube side cover (80L/R) to the left and right side of the Main Frame (1) respectively with self-tapping screws (149).

2. Attach the Left Phone/Bottle Holder (86L) onto the cross section of Handlebar and Uright Right Tube with 2 self-taping Screws (201), then lock with the back Cover (86R) by self-taping screws (149/152) as indicated in below figure.

2. Repeat step 2 to attach the Right Phone/Bottle Holder (87R) and the back cover (87L) to the Right side of the Handlebar.



INSTRUCTIONS FOR USE

The STEPR Performance TreadSled VPR 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.

The STEPR Performance VPR TreadSled have two main workout modes - Sled Drive and Free Runner:

- Sled Drive mode: you need to pull the Sled Handle on the right-hand side of the Handrail backwards to engage the VPR air resistance system (a "click" sound would be heard). Once engaged, you can adjust the resistance level by the Handle on the left-hand side of the handrail.

- Free Runner mode: you need to disengage the Sled Handle by pressing the lock pin on top of the handle and push forward. Once disengaged, the VPR air resistance system will be disconnected for free running.

MAINTENANCE

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

DAILY MAINTENANCE

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

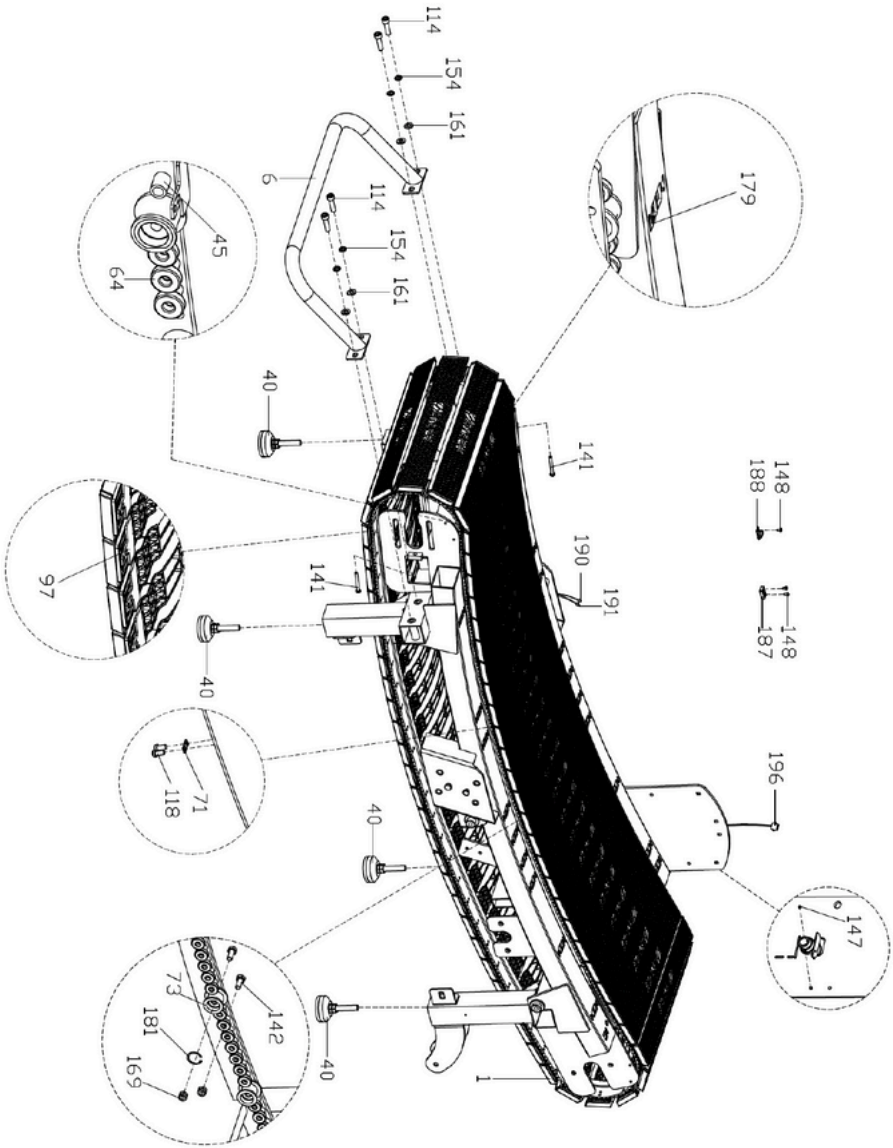
SIX MONTHLY MAINTENANCE

- 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



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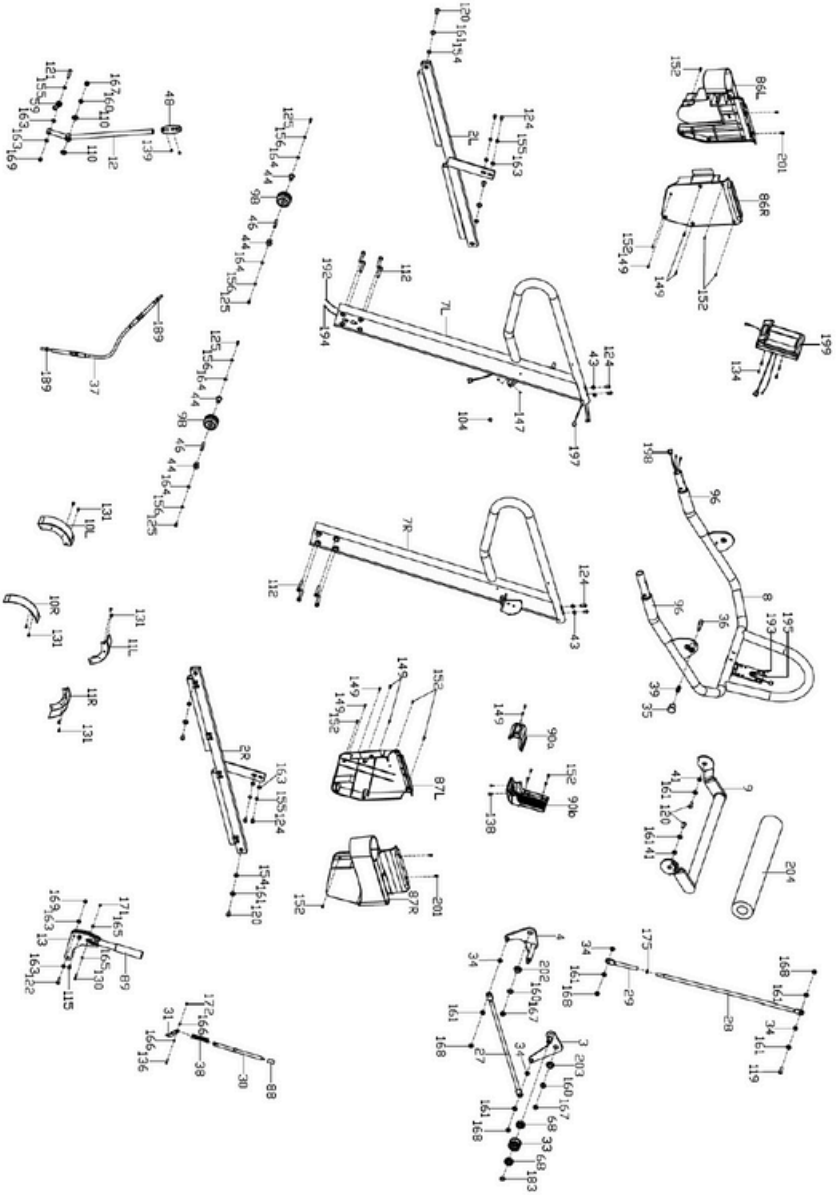

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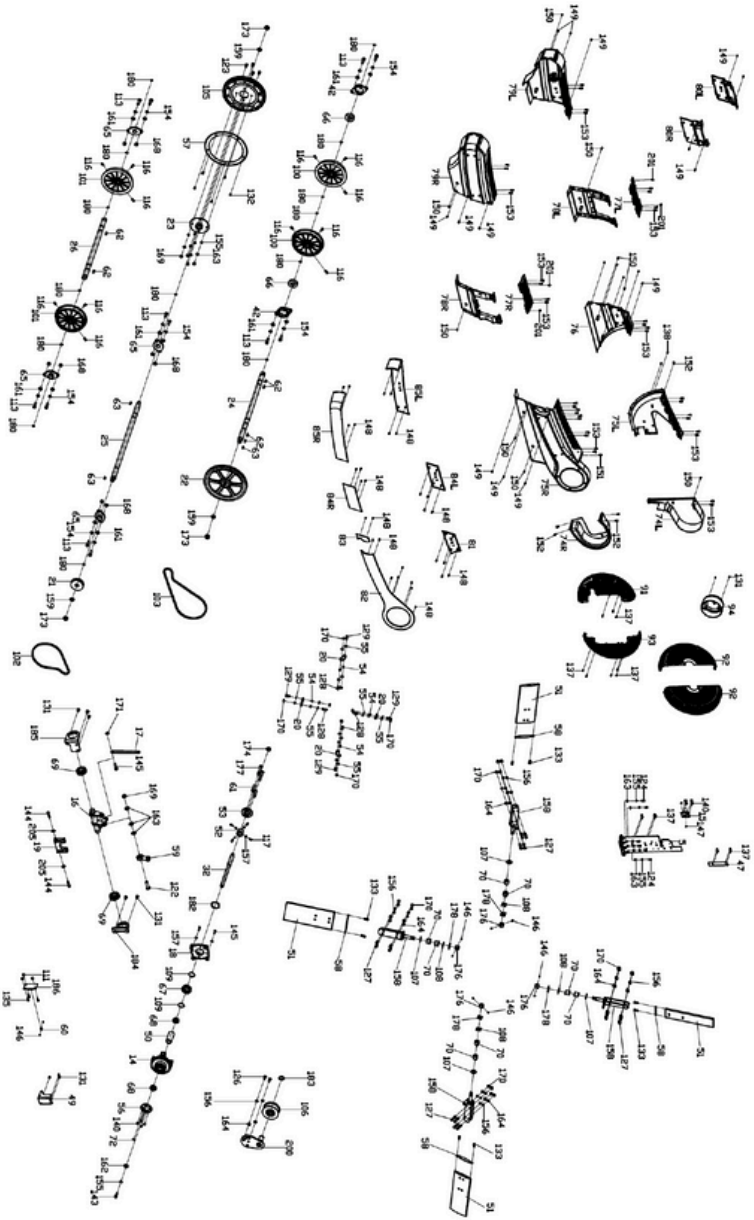

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main frame	1	45	Belt Bearing Spacer	106
2L/R	Frame Base assembly L/R	1pr	46	Transport Wheel Shaft	2
3	Sled Pivot Linkage	1	47	Shroud Locking Plate	1
4.	Sled Pivot Linkage Bracket	1	48	Alloy Handle Grip	1
5	Turbine Support plate	1	49	Potentiometer Bracket	1
6	Transport Handle	1	50	Turbine Spacer	1
7L/R	Upright Tube L/R	1	51	Fan Blade	4
8	Handrail Assembly	1	52	Guide Spacer	1
9	Sled Push Bar	1	53	Turbine Hub Ring	1
10	L&R protective cover	1pr	54	Spacer Φ5.9*Φ7.9*6.4	8
11	L&R protective cover	1pr	55	Flat washer	16
12	Resistance Control Handle	1	56	Turbine Pulley Flange	1
13	Sled Drive Handle Base	1	57	Large Timing Belt Pulley Flange	1
14	Turbine Collector	1	58	Fan Blade End Cover	4
15	Turbine Control Cable Holder	1	59	Rose Bearing	2
16	Turbine Control Transfer Shaft	1	60	Potentiometer Pin Collar	1
17	Potentiometer Linkage Arm	1	61	Spacer Φ8*Φ14*53	2
18	Turbine Collector	1	62	Shaft Washer 8*T7*20	6
19	Actuator control linkage	1	63	Shaft Washer 6*T6*16	3
20	Fin control linkage	4	64	Roller Bearing 608Z	106
21	Small V-Belt Pulley	1	65	Bearing FL005	4
22	Large V-Belt Pulley	1	66	One-way bearing 6205PP	2
23	Large Pulley Hub	1	67	Bearing 6006	1
24	Front Roller Shaft	1	68	Bearing 6003	4
25	Sled Drive Shaft	1	69	Bearing 99502Z	2
26	Rear Roller Shaft	1	70	Needle Bearing NK12/16	8
27	Sled Linkage Rod Φ14*574.8	1	71	Washer 21*13.2*1.5	120
28	Sled Linkage Rod Φ14*648	1	72	Magnetic Ring	1
29	Sled Linkage Rod Φ14*143	1	73	Guide Roller	14
30	Sled Control Handle	1	74L/R	L/R Front Shroud 1	1pr.
31	Sled Drive Locking Key	1	75L/R	L/R Front Shroud 2	1pr.
32	Turbine Shaft	1	76	L Front Shroud 3	1
33	V-Belt Tensioner	1	77 L/R	L/R Middle Shoud 1	1pr.
34	Alloy Spacer	4	78 L/R	L/R Middle Shroud 2	1pr.
35	Sled Push Bar Lock Pin Knob	1	79 L/R	L/R Rear Shroud 1	1pr.
36	Sled Push Bar Lock Pin	1	80 L/R	L/R Upright Tube Side Cover	1pr.
37	Turbine Adjusting Cable	1	81	Left Decorative Cover	1
38	Sled Handle Spring	1	82	Right Decorative Cover 1	1
39	Sled Pushbar Lock Pin Spring	1	83	Right Decorative cover 2	1
40	Adjustable Foot	4	84L/R	Middle Decorative cover	1pr.
41	Spacer bush	2	85 L/R	Rear Decorative cover	1pr.
42	One-way Bearing Holder	2	86 L/R	Left Phone/Bottle Holder	1pr.
43	Saw teeth Locking washer	4	87 L/R	Right Phone/Bottle Holder	1pr.
44	Transport Wheel lock spacer	4	88	Sled Control Pin	1

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
89	Sled Control Handle Grip	1	136	Cross recess pan head screw	1
90a/b	Console Bracket Cover	1pr.	137	Cushion screws M5*20	16
91	Left Front Turbine Shroud	1	138	Screws M4*12	3
92	Back Turbine Shroud	2	139	Countersunk screw M6*15	2
93	Right Front Turbine Shroud	1	140	Countersunk screw M5*10	8
94	Turbine Hub Cover	1	141	Hex head bolt M8*50	2
95	Belt Slat	60	142	Hex head bolt M8*4	106
96	Handrail Grip	2	143	Hex head bolt M8*20	1
97	EVA Pad	120	144	Hex head bolt M6*20	2
98	Transport Wheel	2	145	Hex head bolt M5*20	1
99	Belt Rail 3600*50*10	2	146	Grub Screw M4*4	10
100	Front Belt Pulley	2	147	Grub Screw M6*6	6
101	Rear Belt Pulley	2	148	Self-tapping screw ST4*10	33
102	Timing Belt 960-8M-12	1	149	Self-tapping screw ST4*16	27
103	V-Belt	1	150	Self-tapping screw ST4.2*12	9
104	Wire Grummet	1	151	Self-tapping screw ST4.2*20	1
105	Large Timing Belt Pulley	1	152	Self-tapping screw ST4*16	18
106	Tensioner Wheel	1	153	Self-tapping screw ST4.2*32	38
107	Plastic washer Φ12.2*Φ24*0.4	4	154	Standard spring washer D10	20
108	Plastic washer Φ24*Φ21.5*0.4	4	155	Standard spring washer D8	16
109	Plastic washer Φ30.2*Φ35.5*0.4	2	156	Standard spring washer D6	22
110	Handlebar Nylon Washer	2	157	Standard spring washer D5	6
111	Spacer bush Φ6*Φ10*8	3	158	Turbine Blade Holder	4
112	Socket cap screws M10*55	8	159	Flat washer Φ16.2*Φ30*1.5	3
113	Socket cap screws M10*35	12	160	Flat washer M12	3
114	Socket cap screws M10*25	4	161	Flat washer M10	27
115	Socket cap screws M8*10	1	162	Flat washer M8.2*Φ26*2	1
116	Socket cap screws M6*15	12	163	Flat washer M8*Φ16*1.5	21
117	Socket cap screws M5*12	4	164	Flat washer Φ6.2*Φ13*1.5	24
118	Socket cap screws M5*14	240	165	Flat washer M5	3
119	Hex pan head screws M10*30	1	166	Flat washer M4	2
120	Hex pan head screws M10*25	6	167	Nylon nut M12	3
121	Hex pan head screws M8*50	1	168	Nylon nut M10	4
122	Hex pan head screws M8*30	2	169	Nylon nut M8	113
123	Hex pan head screws M8*20	4	170	Nylon nut M6	26
124	Hex pan head screws M8*16	14	171	Nylon nut M5	2
125	Hex pan head screws M6*16	4	172	Nylon nut M4	1
126	Hex pan head screws M6*15	2	173	Hex nut M16*1.5*H8	3
127	Hex pan head screws M6*30	16	174	Hex Flange Nut M12*1*H11	1
128	Hex pan head screws M6*18	4	175	Hex nut M10*H15	1
129	Hex pan head screws M6*23	4	176	Hex nut M10*15	4
130	Hex pan head screws M5*30	1	177	Shaft Shoulder Bolt Φ10*75	2
131	Phillips head screws M5*10	18	178	Flat washer 19*19*2	4
132	Phillips head screws M5*12	5	179	Shroud Clip Nut ST4.2	48
133	Phillips head screws M4*10	8	180	Circlip for shaft D25	14
134	Phillips head screws M4*12	4	181	Circlip for hole D22	14
135	Phillips head screws M4*15	3	182	Circlip for hole D55	1

PARTY LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
183	Circlip for shaft D17	2	196	Potentiometer sensor wire	1
184	Turbine Control Transfer Shaft Left Holder	1	197	Potentiometer extension wire 1	1
185	Turbine Control Transfer Shaft Right Holder	1	198	Potentiometer extension wire 2	1
186	PCB board	1	199	Console	1
187	Sensor	1	200	Tensioner Wheel bracket	1
188	Sensor Holder	1	201	Self-taping screw ST4*12	8
189	Turbine Adjusting Cable locking nut	2	202	T-shape Spacer Φ32*11.5	1
190	Sensor wire 1	1	203	Spacer Φ32*7.5	1
191	Sensor wire 2	1	204	Sled Push Bar Pad	1
192	Extension wire 1	1	205	Saw teeth locking washer Φ6*Φ11*S0.6	2
193	Extension wire 2	1			
194	Extension wire 3	1			
195	Extension wire 4	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

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.
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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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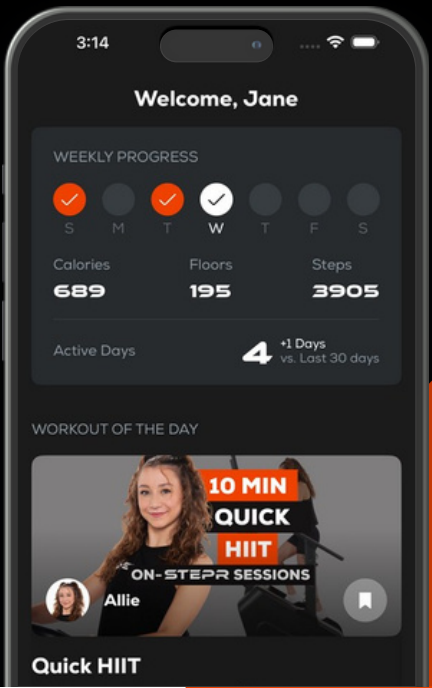

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