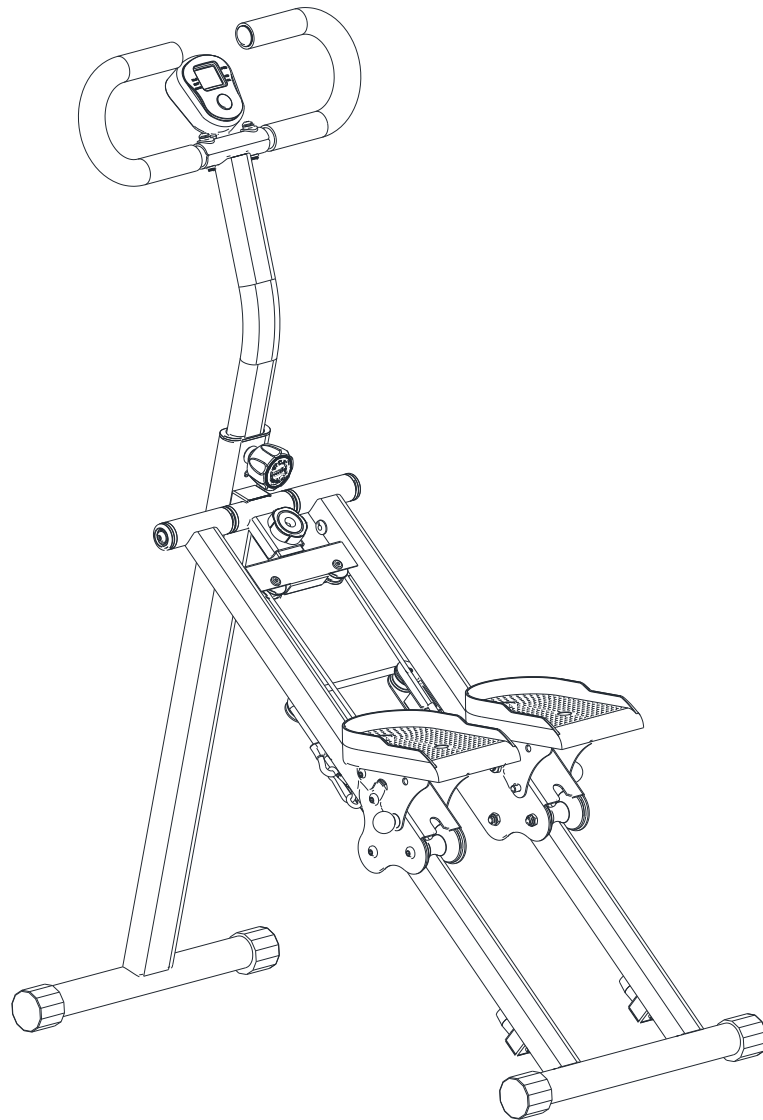


STAIR CLIMBER

Instruction manual



Attention! Please read this manual carefully before assembling and using this product; The shape of the product is subject to change without prior notice.

Safe use needs to know

Thank you for purchasing our products. The correct use of this device is the guarantee of your safety and health. It is very important to read the manual carefully before using this device! Only when this equipment is properly installed, maintained and used can exercise be safe and effective.

- 1, This equipment is only suitable for indoor use, home use. The maximum user weight and load is 120KG.
2. This device belongs to HC grade and is not suitable for medical use.
- 3, Before assembly, it is necessary to fully understand the list of parts provided for this equipment, and install in full accordance with the instruction manual.
- 4, Installation need to use the appropriate tools to install, if necessary, please ask the second person to assist you to install together.
- 5, The fitness equipment needs to be placed on a flat, non-slip ground to use, if placed in a wet space, the long-term use of the equipment will be affected by corrosion.
- 6, Please check whether the screw parts are locked before use, and ensure that there is a space distance of 0.6 meters around the equipment, and there is no prominent adjustable device.
- 7, Regularly check whether the various connection parts of the equipment are tight and whether the state is normal, in order to ensure the safety level of the equipment.
8. Do not use corrosive cleaning agents during maintenance and cleaning to avoid liquid entering the equipment through the tail or gap.
9. This device is used by adults, children and pets should stay away from this device, and can only be operated under the guidance of adults.
- 10, This equipment can only be exercised by one person at the same time, please point out the possible dangers to the people around you, such as the danger of moving parts during exercise.
11. Wear well-fitting clothing when exercising to prevent loose clothing from tripping on equipment or restricting movement.
12. Please don't exercise before and after meals.
13. Please pay attention to the exercise methods in the instructions.
- 14, please consult your family doctor before exercise, he will tell you what kind of exercise and exercise load is suitable for you, the wrong exercise can damage your health, excessive training can lead to serious injury or death, if you feel dizzy please stop training immediately.
- 15, the electronic watch has a number of functions to display, it will reflect the corresponding value according to the different degrees of human movement.
- 16, please keep this manual and installation tools.
- 17, If you have any questions need our assistance, please contact our after-sales service department.

Important advice

1. Follow the installation instructions and use only the parts configured with this device.
- 2, In principle, we do not regard sports equipment as toys, and can only be used by people who know the relevant knowledge or have been guided.
3. If you experience dizziness, nausea, chest pain, or other abnormal symptoms, stop exercising immediately and consult your doctor.
- 4, Such as children and disabled people, only under the guidance of a skilled operator should use this equipment.
- 5, Please note that you and others must not put any part of the body into the sports area.
- 6, In the parts of the equipment can be adjusted, pay special attention to the maximum limit position marked.

7, Only regular inspection for wear and loose parts, in order to ensure that the equipment in a high quality state.

Assembly instruction

1, The product must be carefully installed by adults, in the case of uncertainty to ask for technical experience to help.

2, Unpack all the packaging materials, place the various parts, make people more clear and easier to understand the assembly, use the pad to protect the installation surface, avoid dirt or scratch.

3, And then according to the parts list to check whether the parts are complete, only after the installation can be discarded packaging materials.

4, Before starting the assembly, please carefully read the installation instructions and understand the corresponding schematic diagram.

5, Please note that when using tools and manual operation, there may be a risk of operating injury, so be careful when installing the product.

6. After assembling the product according to the instructions, please carefully check whether the screws, nuts and knobs are installed correctly and tightened in place.

7, After installation, please do not put the tool randomly.

8, It is recommended that you find a protective pad (not provided in the product), placed under the product to protect the floor, because the product rubber inevitably leaves traces.

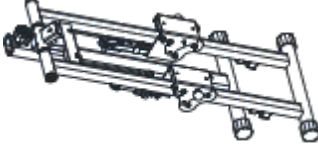
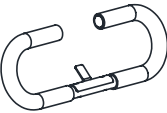
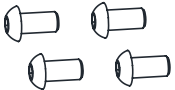
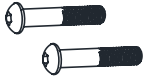
Motion specification

1. Did you know that moderate endurance exercise (such as about 30 minutes, 2 times a week) can greatly improve your health? Your blood pressure, cholesterol, blood sugar, initiative, and even your mood can all be greatly improved by a small amount of exercise. You can reduce your body fat percentage by making modest changes to your body shape and matching your nutrient intake accordingly.

2, exercise should always start from the warm up. The harder the workout ahead, the more important it is to warm up. Warming up prepares the body for the load, stimulates the cardiovascular system and protects ligaments, tendons and joints from injury. It also helps reduce the risk of cramps and muscle injuries

Pre-assembly checklist

Make sure to include all parts before starting assembly.

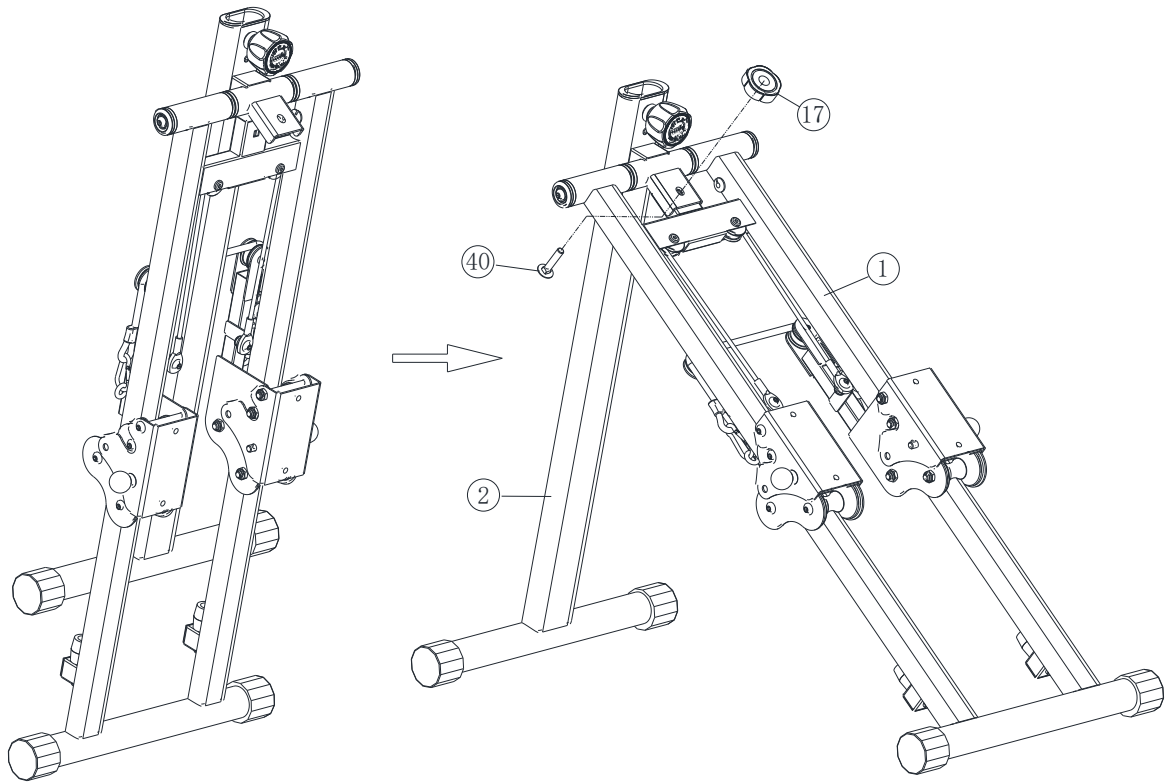
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NO.	Name	Specifications	QTY		NO.	Name	Specifications	QTY
1	Main frame		1		32	Screw	M8*16	4
3	Adjustable tube		1		36	Screw	M8*40	2
4	Handle		1		40	Screw	M8*40	1
17	Knob	M8	1		42	Spring washer	M8	2
20	Pedals		2		43	Curved washer	Φ8.5 *Φ20* 1.5	2
27	Monitor		1		46	Allen wrench	5mm	1

Assembly instruction

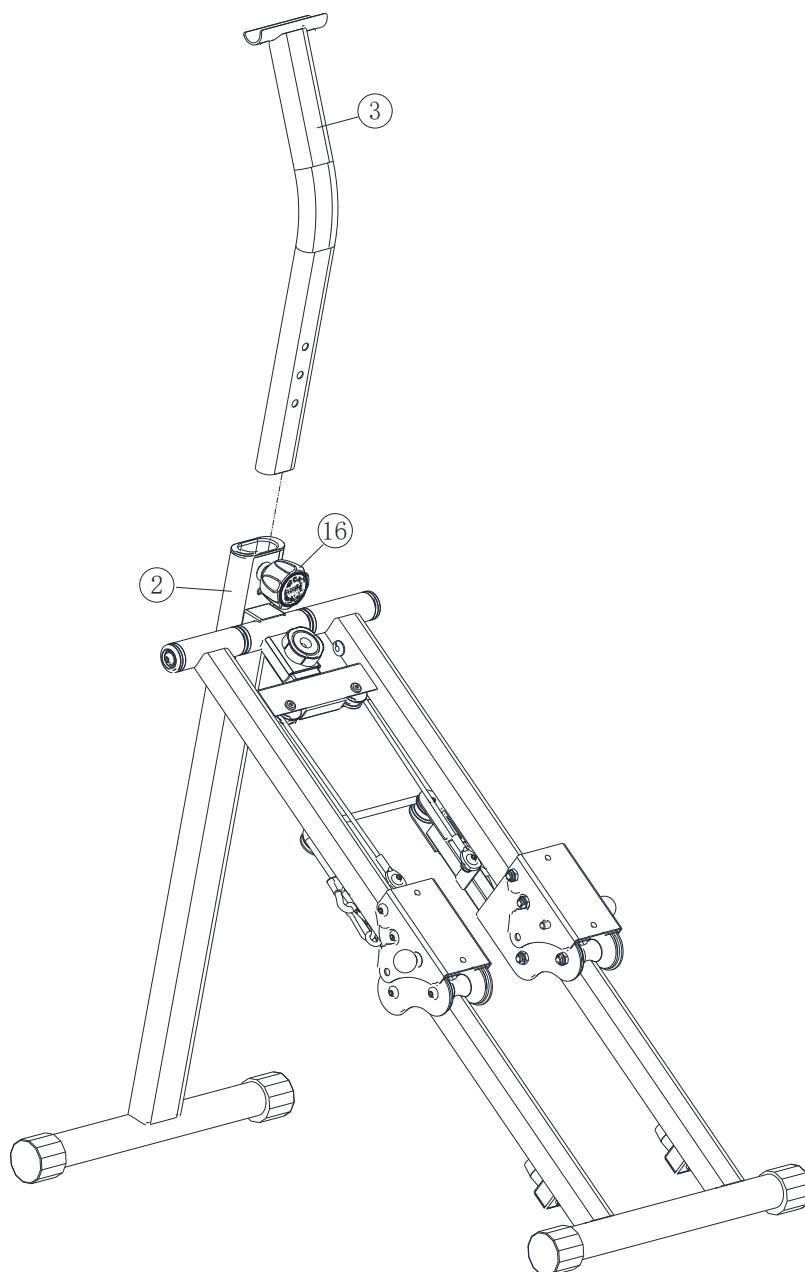
Step 1: Stair machine expansion

Take out the stair main frame from the packing box, hold the (1#) slide support with one hand, hold the (2#) diagonal support with the other hand, open the stair main frame to both sides to the maximum Angle, and then use the (17#) club knob to put on the (40 #) flat pad from above to lock the stair main frame.



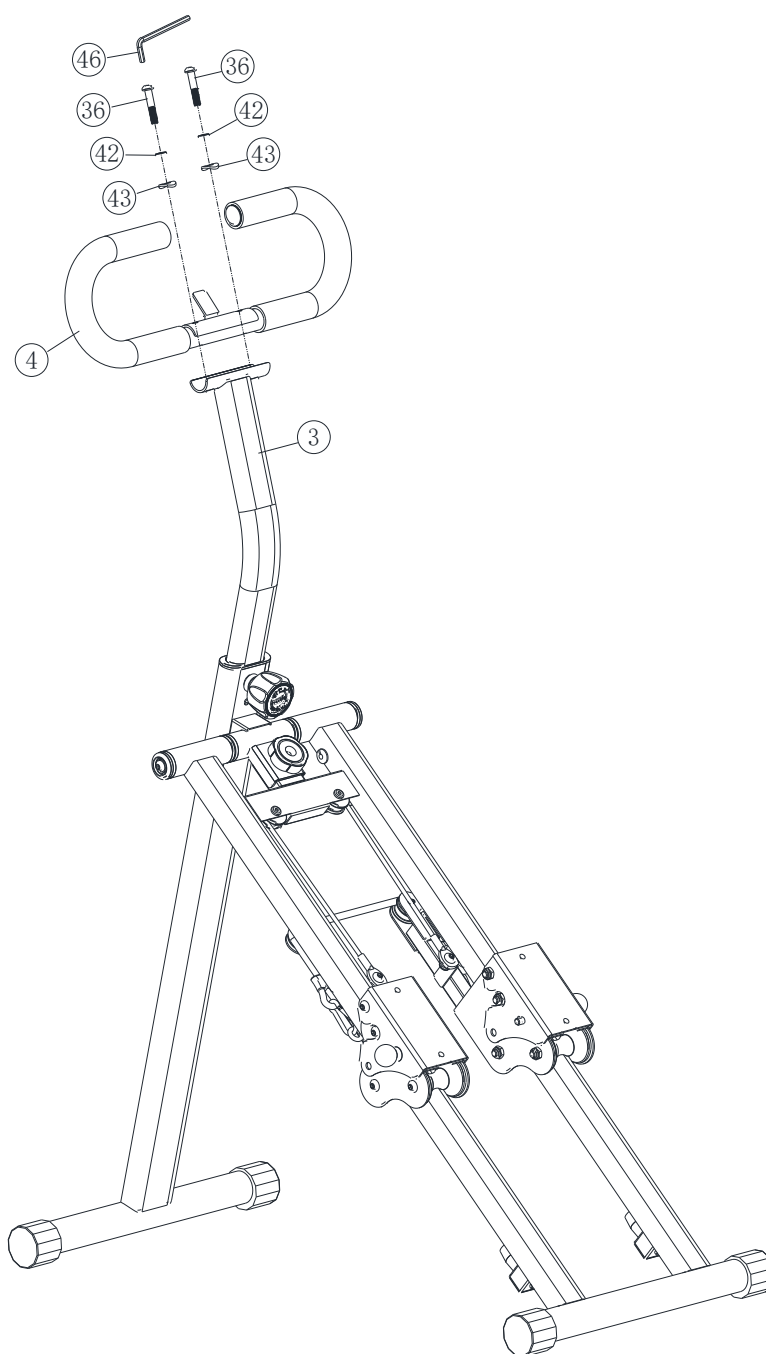
Step two, the adjustment pipe installation

First, loosen the (16#) pull pin knob with one hand and pull it outward, and then insert the (3#) adjusting tube into the (2#) inclined support frame with the other hand. The (3#) adjusting tube has holes to adjust the height up and down. Adjust to the appropriate height, and then force the (16#) pull pin knob to lock, ensure that the (3#) adjustment tube is stable and secure.



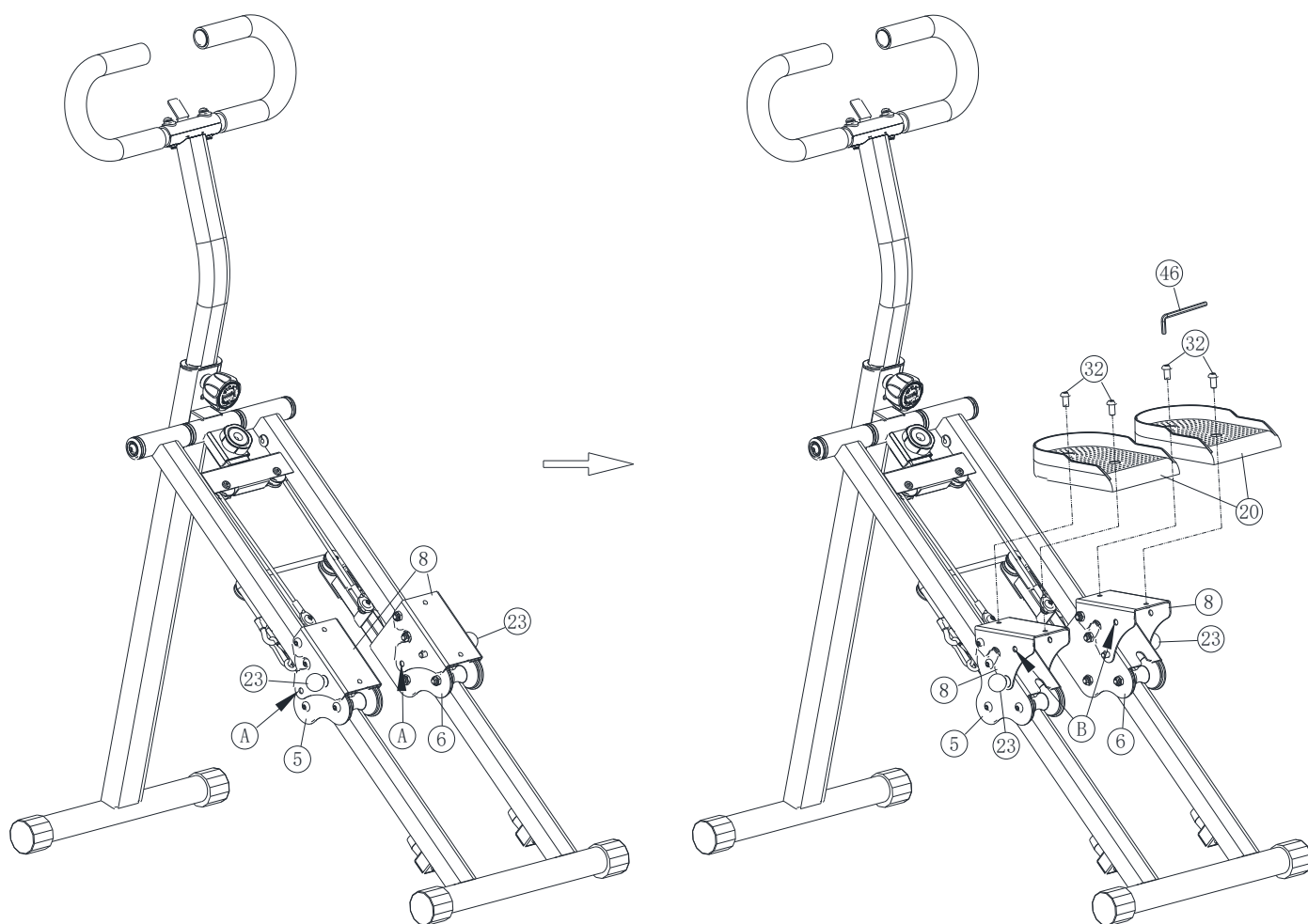
Step three, handrail installation

First, place the (4#) handrail on the (3#) adjusting tube and align the holes, then put on the (42#) spring washer and (43#) curved washer with the (36#) half-round head hexagonal screw, fix the (4#) handrail to the (3#) adjusting tube, and then lock the two (36#) half-round head hexagonal screws with the (46#) hexagonal wrench, respectively. Make sure (4#) handrails are secure and secure.



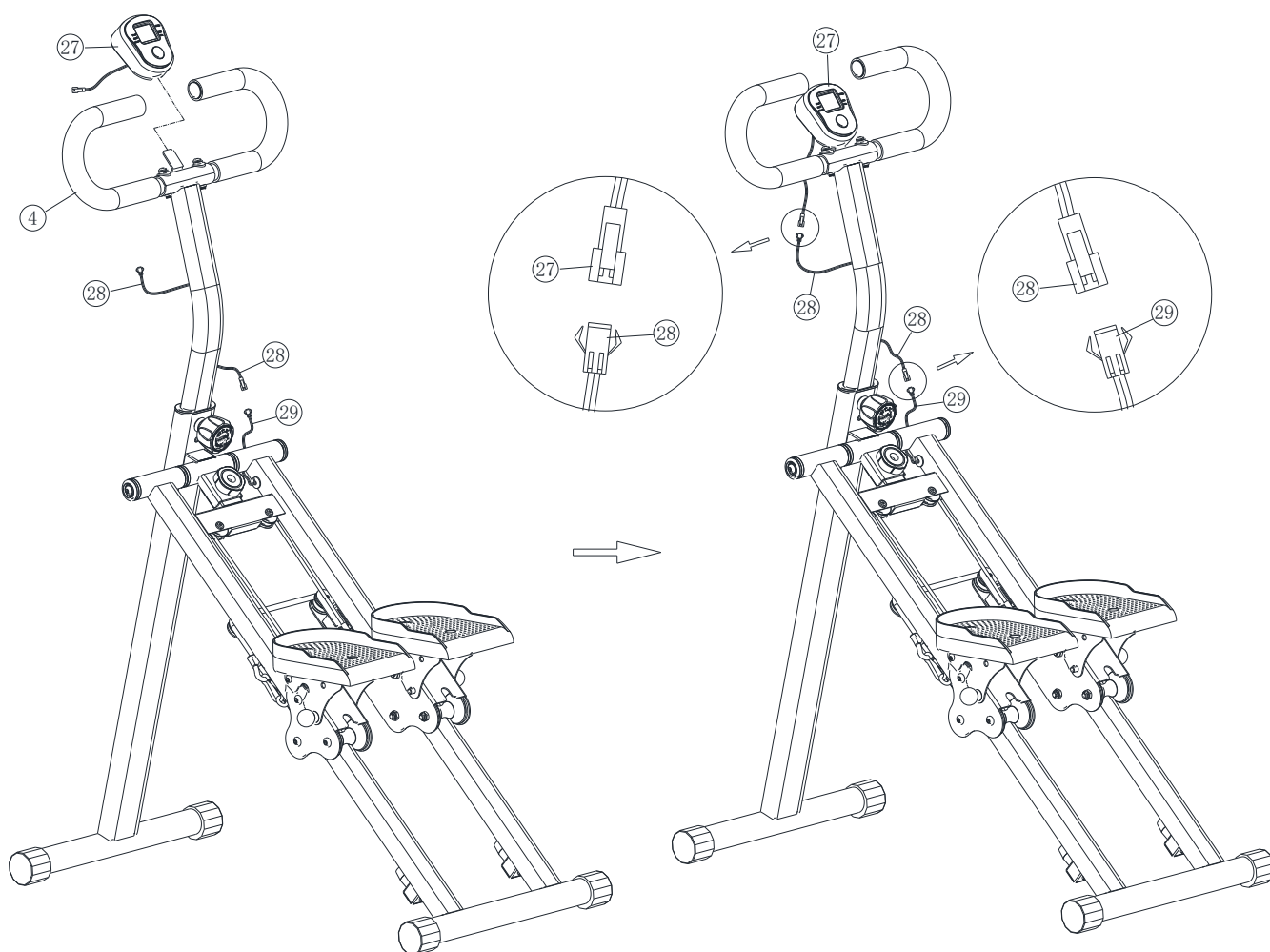
Step four, pedal installation

First pull the (23#) ball head latch out of the B hole of the (8#) pedal fixing seat, then rotate the (8#) pedal fixing seat upward so that the A hole of the (8#) pedal fixing seat is aligned with the mounting hole on the left side of the (5#) slide seat and the upper right side of the (6#) slide seat, and then insert the (23#) ball head latch from the A hole of the (8#) pedal fixing seat. Adjust the (8#) pedal holder to level; Then place the (20#) pedal on the (8#) pedal fixing seat and align the screw holes, then screw in the (32#) half-round head hex screws from above. After both pedals are installed, use the (46#) hex wrench to lock the four (32#) half-round head hex screws respectively to ensure that the (20#) pedal is stable and secure.



Step five, electronic watch installation

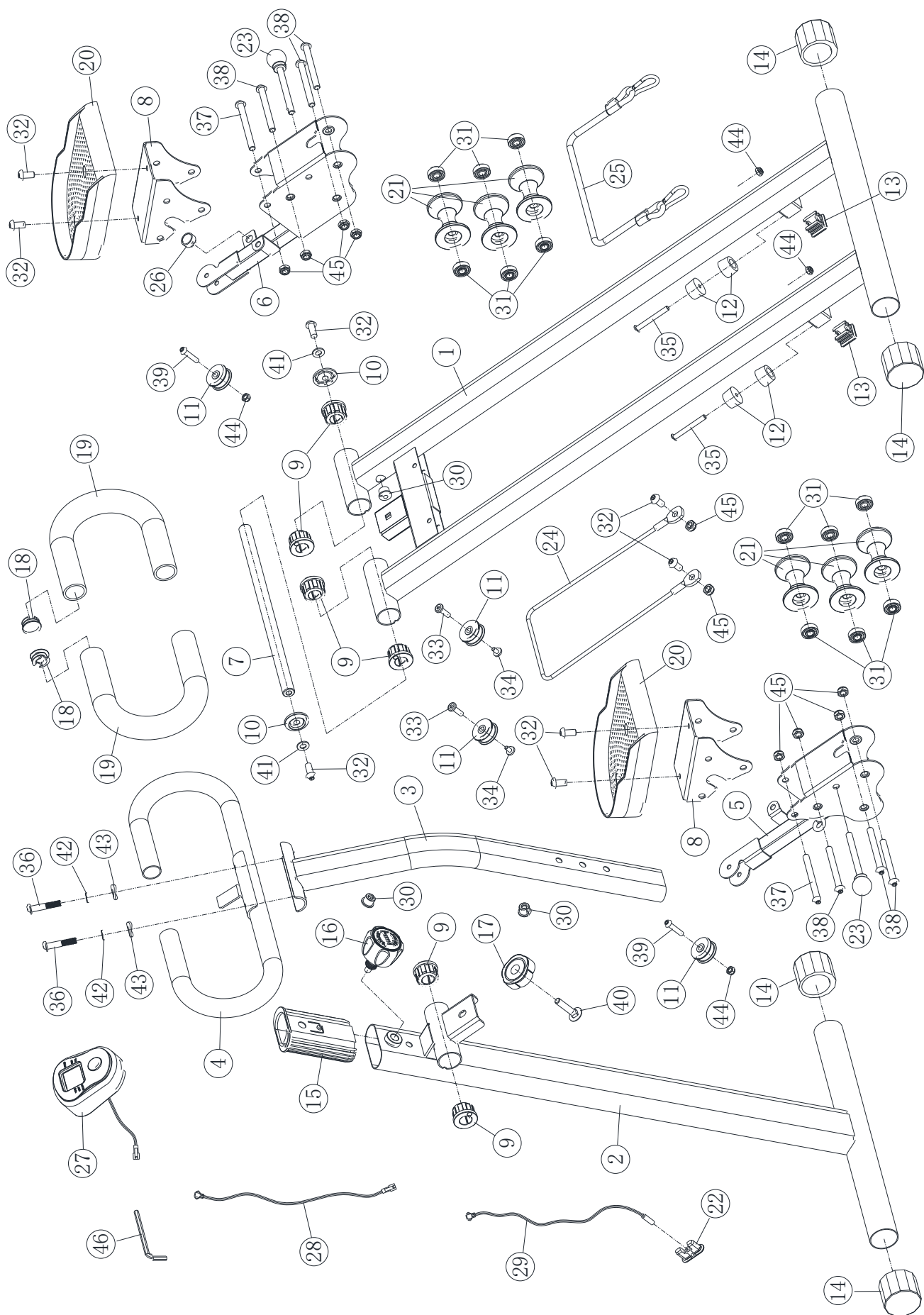
First push the (27#) electronic watch card slot into the (4#) armrest insert, after the (27#) electronic watch is firmly stuck, then connect the 2P male head of the (27#) electronic watch to the 2P female connector of the (28#) middle induction wire, and then connect the 2P male head of the (28#) middle induction wire to the 2P female connector of the (29#) pin induction rod. Take care to ensure that the induction wire is tightly connected.



Step 6 After the installation is complete, check whether all screws and nuts of the device are installed and locked to ensure that all screws and nuts are securely secured.

Maintenance and adjustment guidelines

1. Cleaning and maintenance: Please wipe the stair machine with a clean and soft wet cloth. Do not expose plastic parts to corrosive solvents. Please wipe off any perspiration that may be left on the stair machine after each use. Please be careful not to let too much water contact the electronic watch screen, otherwise it may cause the circuit to fail. Please avoid the stairmaster, especially the electronic watch screen from direct sunlight to avoid damage to the product. Please check every week to see if all screws, nuts and pedals are loose.
- 2, storage: Please place the stair machine in a dry and clean environment, away from children and pets.
- 3, note: each use time should not exceed 15 minutes.



NO.	Name	Specifications	QTY
1	Rail support		1
2	Inclined support		1
3	Adjustable tube		1
4	Handle		1
5	Left Slide Seat		1
6	Right Slide Seat		1
7	Folding shaft	Φ16*M8*297	1
8	Pedal holder	2T	2
9	Shaft bushing	Φ32*Φ16*19.5	6
10	Fluted gasket	Φ32*Φ8*3	2
11	Single slot roller	Φ32*Φ6.5*14.5	4
12	cushion pad		2
13	Square pipe plug	Equipped with 25*25 square pipe	2
14	foot cover	Equipped with Φ38 round tube	4
15	Hollow bushing	30*70 转 25*50	1
16	Pull pin knob	M16	1
17	Plum knob	M8	1
18	Round pipe plug	Equipped with Φ25 round pipe	2
19	Handrail foam	Φ25*3T*360	2
20	Pedals		2
21	Slide roller	Φ47*59	6
22	Plastic flat pad		2
23	Ball head latch	Φ8	2
24	Wire rope	Φ5*650	1
25	Rubber Band Pull	Φ7*380	1

NO.	Name	SPECIFICATIONS	QTY
26	Strong magnetic with holes	Φ15*Φ5*3.5	1
27	Monitor		1
28	Midsection induction line		1
29	Induction box		1
30	Conduit plug	With Φ13 round holes	2
31	Bearing with convex table	608 tape	12
32	Screw	M8*16	8
33	Screw	Φ6* M5*20	2
34	Screw	M5*9	2
35	Screw	M6*50	2
36	Screw	M8*40	2
37	Screw	M8*80	2
38	Screw	M8*75	6
39	Screw	M6*30	2
40	Screw	M8*40	1
41	Flat washer	Φ8.5*Φ20*1.5	2
42	Spring washer	M8	2
43	Curved wahser	Φ8.5*Φ20*1.5	2
44	NUT	M6	4
45	NUT	M8	10
46	Allen wrench	5mm	1