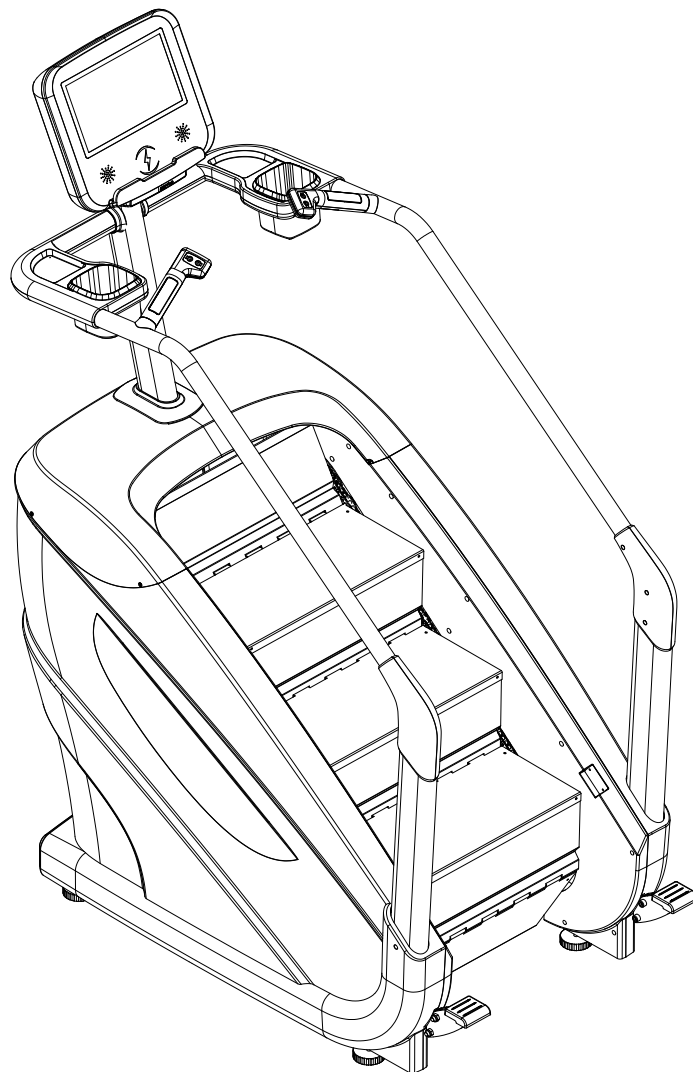


ELITE COMMERCIAL STAIR CLIMBER

CC-SCV2-TS



TO OBTAIN THE WARRANTY OF THIS PRODUCT, WE RECOMMEND THAT A QUALIFIED TECHNICIAN CARRIES OUT THE FULL ASSEMBLY.



CAUTION

BEFORE USING THIS EQUIPMENT, READ ALL PRECAUTIONS AND INSTRUCTIONS IN THIS MANUAL. KEEP THIS MANUAL FOR FUTURE REFERENCE.

INSTALLATION MANUAL

WWW.MUSCLEDFIT.COM

Assembly operation instructions

Safety Precautions

CAUTION: Please read this instruction manual carefully before use and observe the following safety precautions.

1. The stairmaster is suitable to be placed indoors to avoid moisture, water or other liquids are not allowed to be splashed on the stairmaster, and no foreign objects are allowed to be placed or inserted on the stairmaster.
2. During the operation of the machine, the moving parts will generate static electricity, which should be kept away from flammable and explosive materials.
3. The stairmaster should be used in such a way that all four feet are securely on the ground and placed in a smooth and reliable manner.
4. It is recommended to wear sportswear and appropriate sports shoes when using the stairmaster.
5. The product is suitable for the main application of professional health clubs. The second is the neighborhood, unit gym.
6. No device on the fuselage should be in a slack condition.
7. This machine must be used in a regulated area. It is prohibited for use by children under 12 years of age elderly, disabled and cardiac patients, and must be used by minors under the guidance of a professional.
8. It is never permitted to touch any part of a running staircase machine with your hands.
9. If you feel any discomfort or have an abnormal condition while using the machine, stop exercising immediately and consult your doctor.
10. Before each use, please ask the professional staff to check whether the transmission parts are tight, if loose, tighten or replace in time.
11. During maintenance and repair of the stair machine, there should be a visible sign of suspension of use near the machine.

INSTRUMENT PARAMETERS

Instrument parameters

Power supply voltage: input voltage AC220V or AC110V, output 6.5A DC
24V

Calorie Range:0-999 (Kcal)

Level range: 1-15

Boat type switching power supply:10A AC250V

Running speed: 0.3-2 km/hour

Heart rate range: 40-180

Time range:0:00-99:59

Mileage range:0-99.99

Product size: 62" x 33" * 83"

Packing size:1455*920*1270mm(wooden case)

Net weight: 428 LB

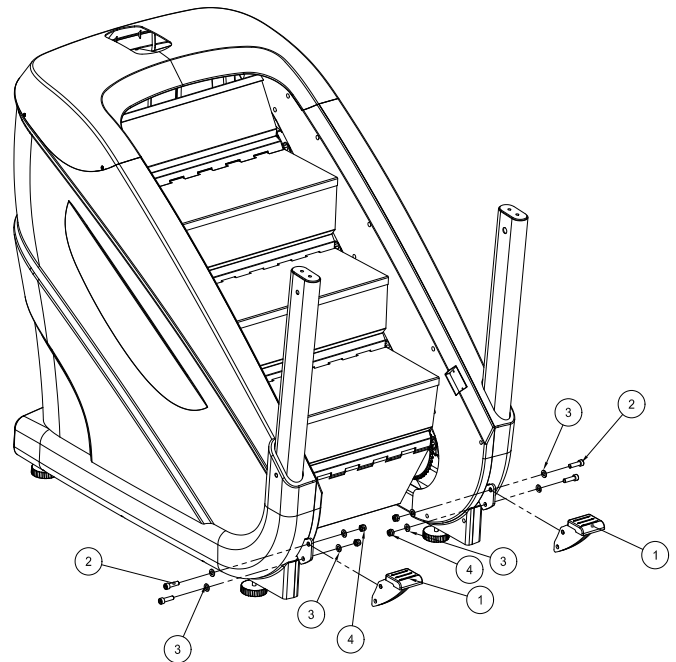
Gross weight: 531 LB

ASSEMBLY OPERATION INSTRUCTIONS

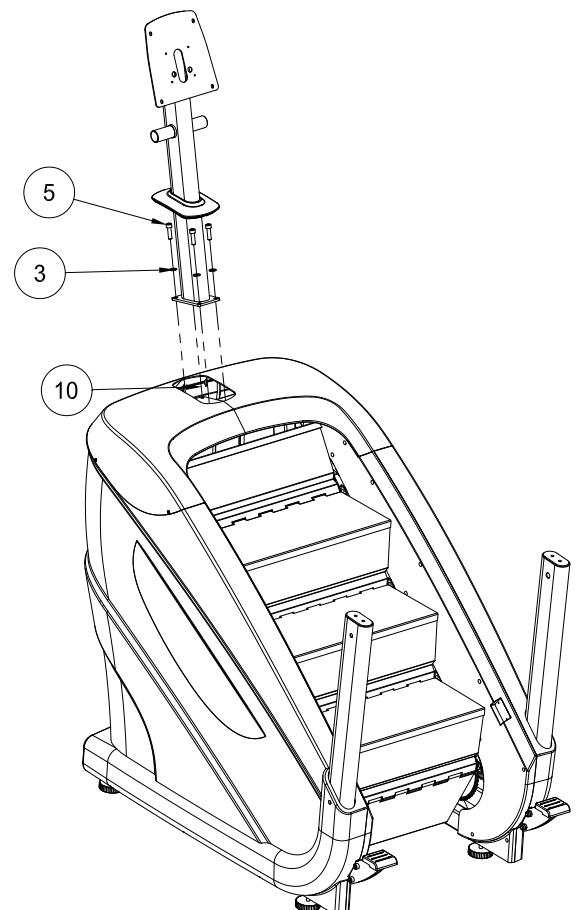
Assembly instructions

Step 1: Start by placing the large frame on the ground and adjusting the four ground feet to place it smoothly.

As shown in the picture: with ② (Cylindrical head hexagon socket screws M10*35) 4 pcs, ③ (φ10 spacer) 8 pcs, ④ (M10 anti-loosening mother) 4 pcs to fix the ① (M10 anti-loosening female) 4 pcs to fix the foot pedal.

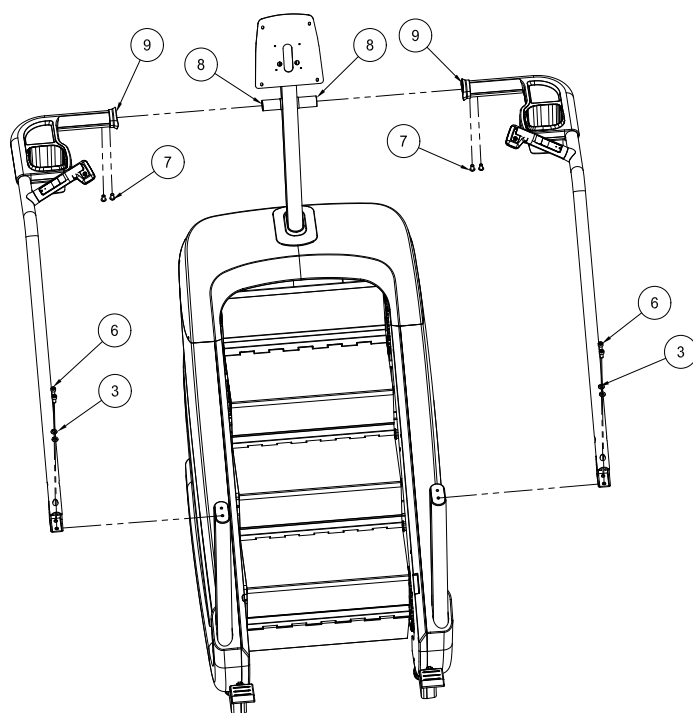


Step 2: As shown in the picture: Use ⑤ (Cylindrical head hexagonal screws M10*20) 4 pcs, ③ (φ10 spacer) 4 pcs, fix the column on the big frame. Note that there is a joint line at ⑩ there is a connector line, just insert it to the hole.

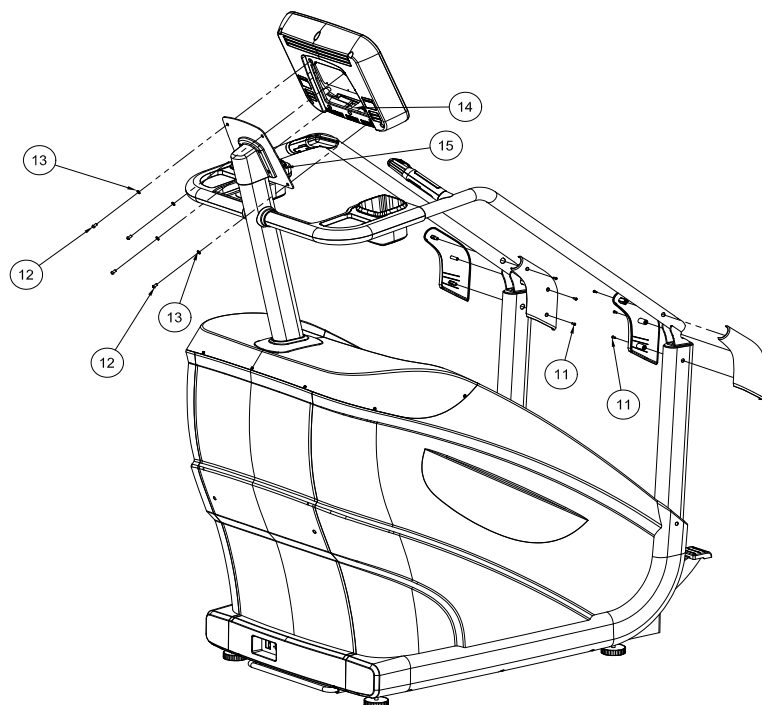


ASSEMBLY OPERATION INSTRUCTIONS

Step 3: As shown in the picture: use ⑥ (Cylindrical head hexagon socket screws M10*16) 4 pcs, ③ (φ10 spacer) 4 pcs and ⑦ (half-round head hexagon socket screws M10*16) 4 pcs, fix the handrail. Note: In the ⑧ and ⑨ there are two plugs at each place, just insert them into the right holes when installing the handrail.



Step 4: As shown in the picture: use ⑪ (half-round head cross self-tapping wire ST4.2*16) 6 pcs to fix the plastic shell. Use ⑫ (Crosshair semi-circular head screws M6*10) 4 pcs, ⑬ (φ6 spacer) 4 pcs to fix the meter head. Attention: ⑭ and ⑮ the terminal head at the place can be inserted against the hole.












SYSTEM OPERATION INSTRUCTIONS



Function data display instructions:

Item	Program	Display range	Discription
1.	TIME	0:00~99:59 Min Sec Min Sec	time window
2.	DISTANCE	0-99.99	Mileage window. It says kilometers. The distance is 10 meters
3.	PROGRAM	P1-P8	Displays program name P1-P8
4.	HEART RATE	40-180	Display heart rate
5.	CALORIES	0-999	Show calories; For every 10 meters you walk, add 1 kcal.
6.	Intermediate maximum window		Dot matrix graphic display
7.	RESISTANCE	1-15	Apparent resistance
8.	RPM	28-168	Show the number of steps per gear resistance
9.	SPEED	0.3-2	Display speed. Miles per hour

BUTTON FUNCTION DESCRIPTION

-  Number button: Press the number keys during exercise to quickly set the number of motion resistance segments
-  Program button: Press this key to select the motion program (P-1 to P-8)
-  Mode key: Press this key to enter time mode, distance mode and calorie mode successively;
 - 1) Time mode: After startup, time begins to count down, and distance and calories are counted positively
 - 2) Distance mode: After starting the distance countdown, time and calories are counted positively
 - Calorie mode: Start the calorie countdown, time and distance count
-  Pause button: Press this button to pause the motion, each motion data pauses counting, press this button twice to end the motion
-  Start button: Press this button to start the exercise, and the various sports data starts counting.
-  Stop button: Press this button to stop the motion and the various motion data is cleared.
-  Setting button: Press this button to select the sport mode (countdown time mode, countdown distance mode, countdown calorie mode). Press and hold the reset in standby mode.
-  Increase key: Increase the function value (time / distance / calories / resistance)
-  Reduce button: reduce the function value (time / distance / calories / resistance)

BUTTON FUNCTION DESCRIPTION

Function Description:

VI.Function Description:

1.Mode: Time (TIME) Mode / Distance (DISTANCE) Mode / CALORIES mode

1)Press the "Settings" button in the standby interface, the time window will flash. At this time, press the "plus/subtract" button to preset the target time value of the user's movement. After setting, press the "Start" button to start the movement. Start counting down, other functions are numerically up. When the time counts down to zero, the meter stops moving. During the time countdown, press the "plus/subtract" button to adjust the resistance (the number of resistance points is displayed in the resistance display window of the meter). Press the "Pause" button to pause the motion or press twice the "Pause" button to end the movement or press the "Stop" button to stop the movement.

2)When the time window is flashing, press the "Settings" button again, the distance window will flash. At this time, the target distance value of the user movement can be preset. When the distance window flashes, press the "Settings" button again, and the calorie window will flash. Set the target calorie value for user movement. After setting the preset value, press the "Start" button and the countdown 3, 2, 1, GO will be displayed in the middle to enter the start motion.

2.Program: P-1 to P-8

Press the "Program" button in the standby interface to select the moving program graphics P-1 to P-8. Under the corresponding program graphics, you can preset the time to complete it. For example: set 25 minutes, select good motion graphics. It will be completed in 25 minutes, the meter has 25 columns, the first column flashes in first minute, the second column flashes in second minute, and the number of columns in the dot matrix will flash in sequence until the time countdown is completed. During the time countdown, press the "plus/minus" button to adjust the resistance. Press the "pause" button to pause the motion or press the "pause" button twice to end the movement, or press the "stop" button to stop the movement. When the program graphic is running, the time is counted down, and other functions display the numerical value.

BUTTON FUNCTION DESCRIPTION

3: Heartbeat

When the user is exercising, the user holds the heart rate tablet with both hands. When the heartbeat signal is detected, the heart rate display window of the instrument will display the user's heart rate value.

4. Stop short

The end of the staircase is equipped with a photoelectric switch and an induction board. When the user steps back to the last step, the induction is triggered and the machine automatically stops running.

5. Power supply voltage

There is a red switch at the power supply, which can be converted between 220V and 110V by flipping the red switch.

Remarks:

1. When the user is moving, the time and distance, speed and speed display window of the instrument will switch automatically every 5 seconds, and light up the corresponding indicator at the same time;
2. The resistance size of the instrument is displayed on the lattice:
Resistance 1-2, the first row of lattice; Resistance 3-4, lattice second row; Resistance 5-6, lattice third row; And so on.

FITNESS TIPS & TECHNIQUES

AEROBIC EXERCISE

Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. Aerobic exercise improves the fitness of your lungs and heart – your body's most important muscle. Aerobic exercise fitness is promoted by any activity that uses your large muscles (arms, legs, or buttocks, for example). Your heart beats quickly and you breathe deeply. An aerobic exercise should form part of your entire exercise routine.

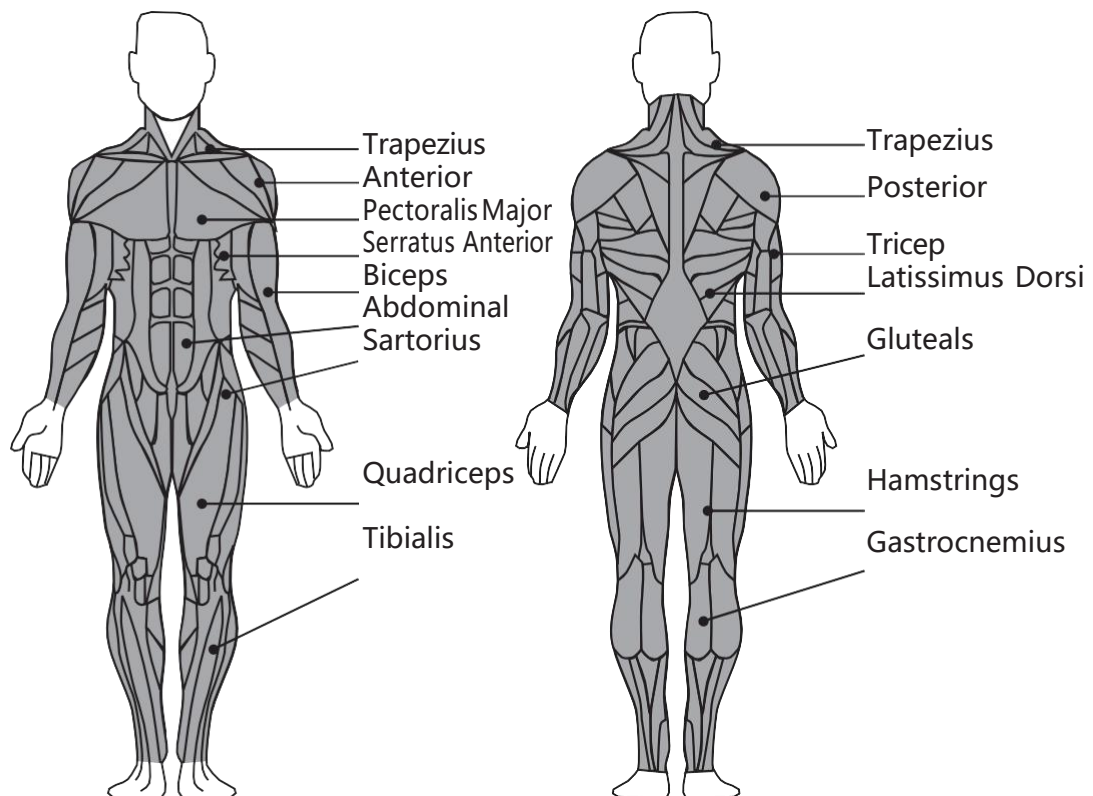
WEIGHT TRAINING

Along with aerobic exercising which helps get rid of and keep off the excess fat that our bodies can store, weight training is an essential part of the exercise routine process. Weight training helps tone, build and strengthen muscle. If you are working above your target zone, you may want to do a lesser amount of reps. Always consult your physician before beginning any exercise program.

MUSCLE CHART

The exercise routine that is performed on the will develop your whole body.

The targeted muscle groups are the chest, shoulders, back, legs and arms. It will also condition the circulatory system and provide a good aerobic workout. These muscle groups are highlighted on the muscle chart below.



CONDITIONING GUIDELINES

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time on the equipment, a few minutes per workout.

Initially, you may be able to exercise only for a few minutes in your target zone, however, your aerobic fitness will improve over the next 6 to 8 weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. The better your aerobic fitness, the harder you will have to work to stay in your target zone. Please remember these essentials:

- Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- Begin your training program slowly with realistic goals that have been set by you and your doctor.
- Monitor your pulse frequently.
- Establish your target heart rate based on your age and condition

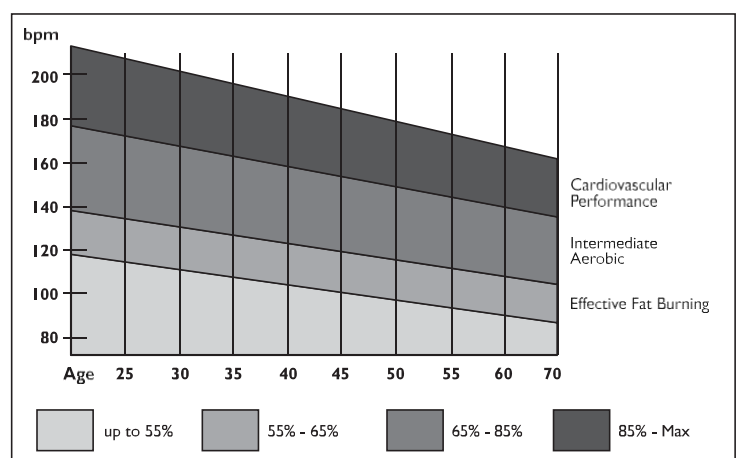
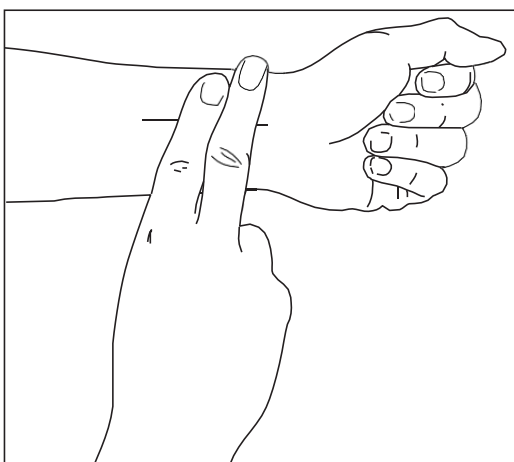
EXERCISE INTENSITY

To maximise the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 65% and 85% of your maximum heart rate as you exercise. This is known as your target zone. You can find your target zone in the table below.

During the first few months of your exercise program, keep your heart rate near the low end of your target zone as you exercise. After a few months, your heart rate can be increased gradually until it is near the middle of your target zone as you exercise.

To measure your heart rate, stop exercising but continue moving your legs or walking around and place 2 fingers on your wrist. Take a 6 second heartbeat count and multiply the results by 10 to find your heart rate. For example, if your 6 second heartbeat count is 14, your heart rate is 140 beats per minute. (A 6 second count is used because your heart rate will drop rapidly when you stop exercising).

Adjust the intensity of your exercise until your heart rate is at the proper level.



WARM UP & COOL DOWN

WORKOUT GUIDELINES

Each workout should include the following 3 parts:

- 1. A WARM-UP:** 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.
- 2. TRAINING ZONE EXERCISE:** 20 to 30 minutes of exercising with your heart rate in your training zone. (Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes).
- 3. COOL-DOWN:** 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 3 workouts each week, with at least 1 day of rest between workouts. After a few months of regular exercise, you may complete up to 5 workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches are shown on the right. Move slowly as you stretch, hold the position and never bounce.

1. TOE TOUCH STRETCH

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Hamstrings, back of knees and back.

2. HAMSTRING STRETCH

Sit with 1 leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, and then relax. Repeat 3 times for each leg.

Stretches: Hamstrings, lower back and groin.

3. CALF/ACHILLES STRETCH

With 1 leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, and then relax. Repeat 3 times for each leg. To cause further stretching of the Achilles tendons, bend your back leg as well.

Stretches: Calves, Achilles tendons and ankles.

4. QUADRICEPS STRETCH

With 1 hand against a wall for balance, reach back and grasp 1 foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg.

Stretches: Quadriceps and hip muscles.

5. INNER THIGH STRETCH

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, and then relax. Repeat 3 times.

Stretches: Quadriceps and hip muscles.

