

SPORTSART *7005 Series*



OWNER'S MANUAL
ASSEMBLY INSTRUCTIONS

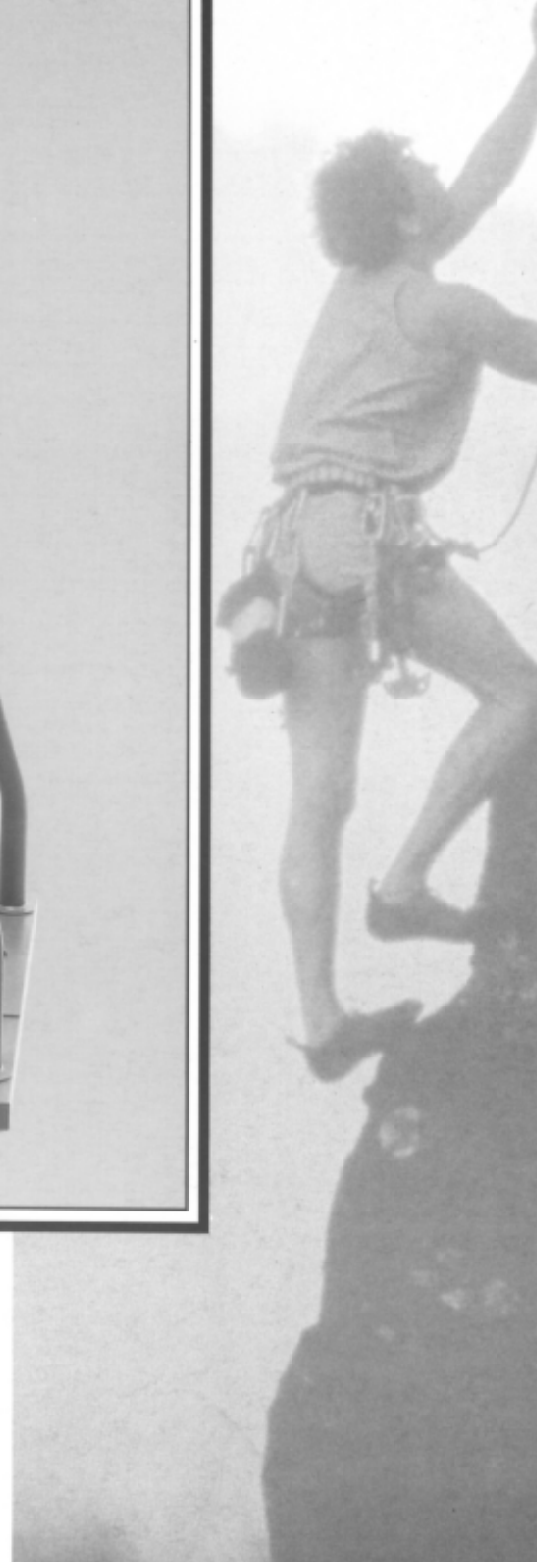


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SPORTS ART COMMERCIAL GRADE **EDDY CURRENT STAIR CLIMBER**

SAFETY GUIDELINES:

Please read and follow the following safety guidelines.

- * Read this owner's manual and follow the instructions.
- * Keep this owner's manual for future use and reference.
- * Assemble and operate the Stair climber on a solid, level surface.
- * Never allow children on or near the Stair climber.
- * Check the Stair climber before every use. Make sure all parts are assembled, and all nuts and bolts are tightened. Do not use the Stair Climber if the unit is disassembled in any way.
- * Keep your hands away from moving parts.
- * Wear proper workout clothing: DO NOT wear loose clothing. DO not wear shoes with leather soles or high heels. Tie all long hair back.
- * Don't rock the unit from side to side, and use care when mounting and dismounting the unit.
- * Do not use any accessories that aren't specifically recommended by the manufacturer - these might cause injuries or cause the unit to fail.
- * Work within your recommended exercise level—do NOT work to exhaustion.
- * If you feel any pain or abnormal systems, STOP YOUR WORKOUT. And consult your physician immediately.

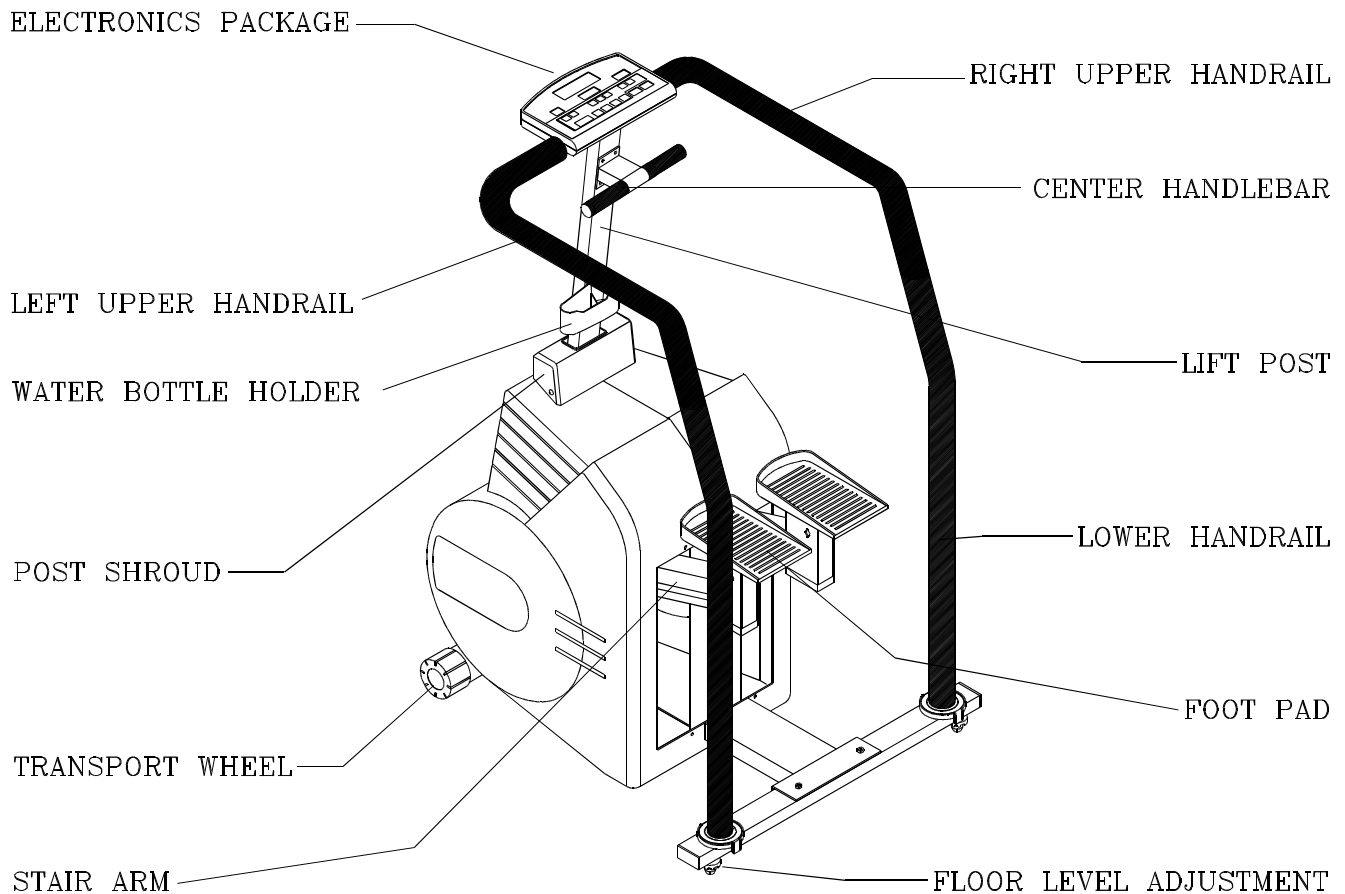
CAUTION: Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

SPORTS ART COMMERCIAL GRADE EDDY CURRENT STAIR CLIMBER

INTRODUCTION:

Congratulations on purchasing one of the finest pieces of exercise equipment on the market today. Constructed of high quality materials and designed for years of trouble-free usage, the 7005 Stair Climber will be an integral part of your club.

Before using your Stair climber, we recommend that you familiarize yourself with this Owner's Manual. Understanding the correct use of the equipment will enhance your ability to achieve exercise goals safely and successfully.



ASSEMBLING YOUR STAIR CLIMBER:

List of Parts:

Before assembling this stair climber, make sure that you have all the following items:

- Four 5/16"x3/4" bolt a- Rear base
- Four 5/16" flat washer - Rear base
- Six 5/16" x 3/4" bolts - Front post
- Six 5/16" spring washers - Front post
- Six 5/16" flat washers - Front post
- Four 1/4" x 3/4" bolts - Left & Right middle handll
- Four 1/4" specific curve washers - Left & Right middle handrail
- Four 1/4" x 3/4" bolts - Left & Right upper handrail
- Four 1/4" specific curve washes - Left & Right upper bhandail
- Two 1/4" x 1" bolts - Left & Right bottom handrail
- Two 1/4" flat washers - Left & Right bottom handrail
- Two Philip head screws - Post shroud
- One set of screw drivers
- One hex allen wrench
- One combination wench
- One spare 2A fuse
- Two fuses:
 - a. One 2A fuse - power switch
 - b. 3A(100V-120V) or 2A(200V-240V) - rectifier

If any items are missing , contact your authorized service dealer.

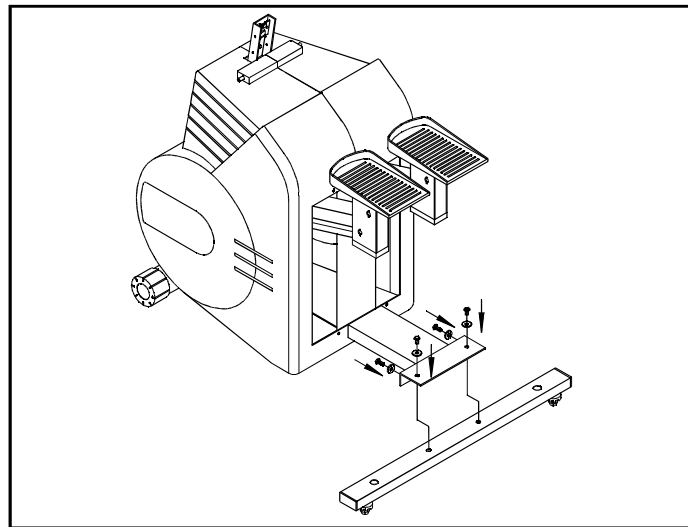
IMPORTANT: The packing for this stair climber was designed to protect it during shipment. Please store the orginal packaging in a safe place in case you need to ship in the future.

Step by step instructions:

Before assembling your stair climber, make sure that you have all the above parts.

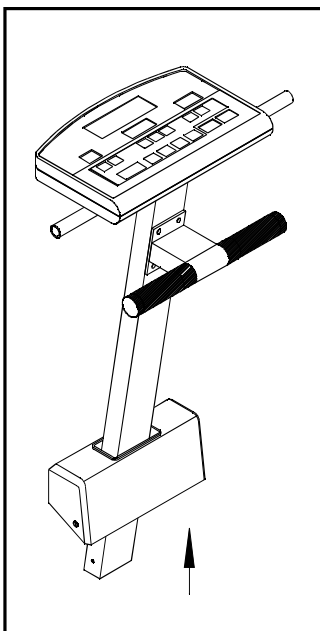
The following steps explain how to assemble the Stair climber. Please read every step thoroughly, and follow the directions carefully and completely to ensure correct assembly.

1. Make sure all packing materials are removed from the stair climber frame.
2. Place the stair climber on a level, flat surface.
3. First assemble the rear base to the main frame of the stair climber with the four screws and washers provided. (see Fig.1)

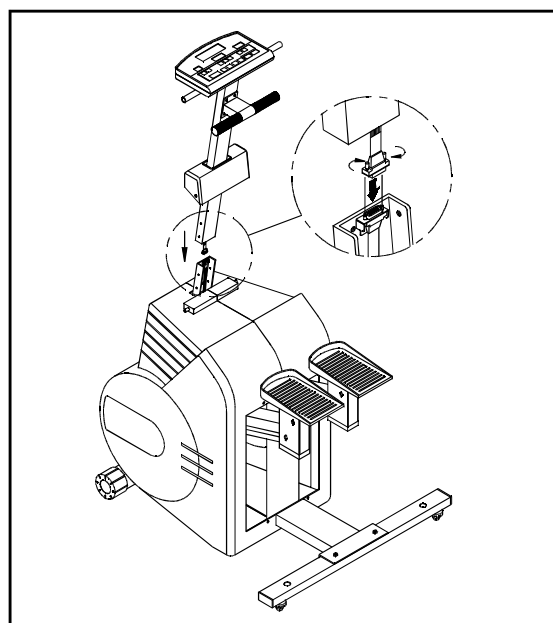


(FIG.1)

4. Next, slip the post shroud onto the front post (see Fig.2). Then, connect the ribbon cable inside the front post to the ribbon cable connector inside the main frame of the stair climber. Note: Push down and tighten the connector by turning both screws pins clockwise to secure. (see Fig.3)

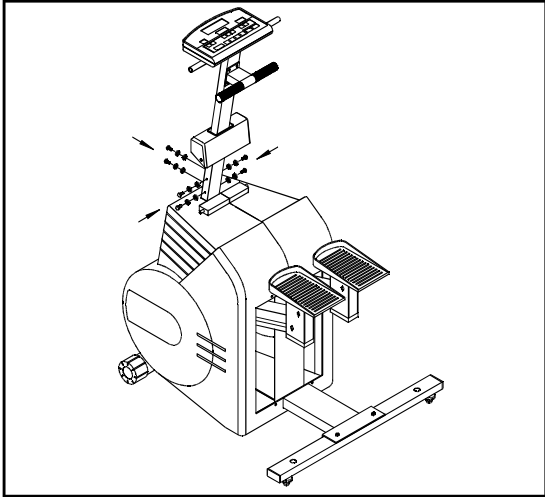


(FIG.2)



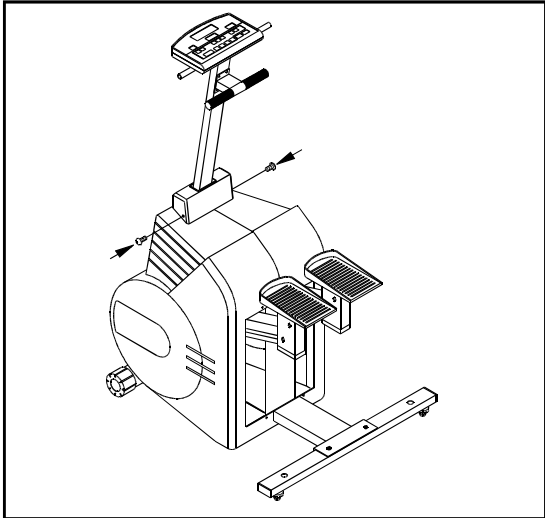
(FIG.3)

5. Insert the post into the main frame of the stair climber, and secure with the six screws and washers provided (see Fig.4).



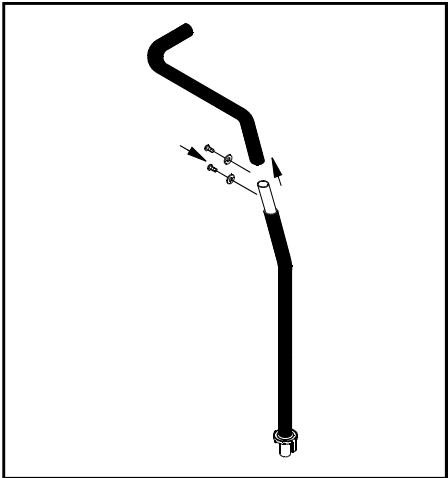
(FIG.4)

6. Slide the post shroud down into place, and secure with the two screws provided (see Fig.5).



(FIG.5)

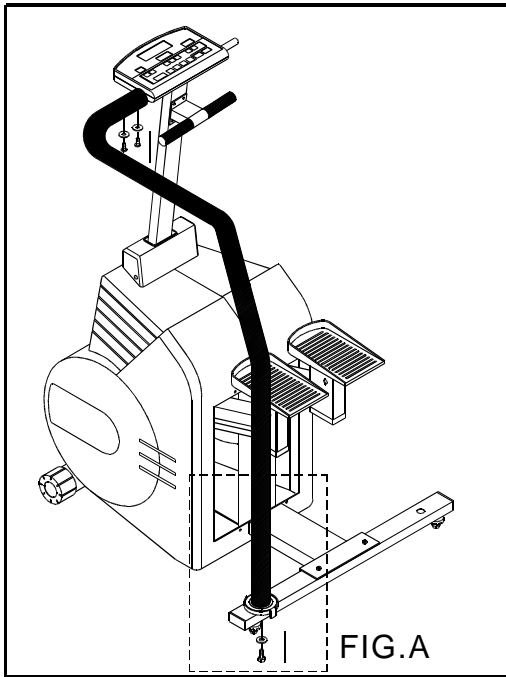
7. Assemble the left handrail with two screws and washers provided (see Fig.6).



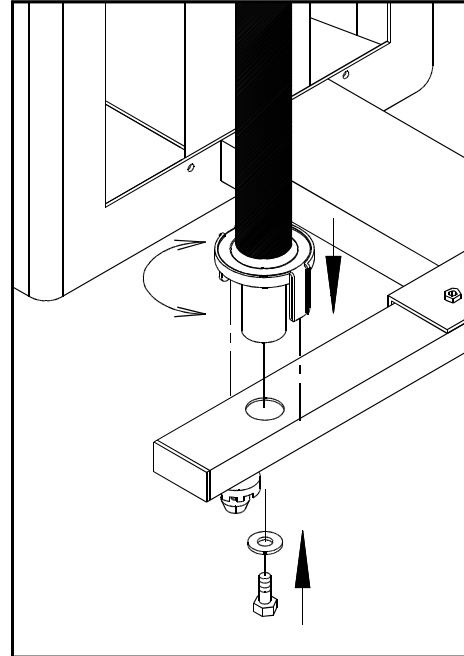
(FIG.6)

8. Insert the left handrail into the rear base and into the electronics package, securing with the screws and washers provided (see Fig.7).

Note: Before the left handrail is secured, make sure the bottom of handrail's protecting cap is aligned to the rear base. If the protecting cap is not assembled correctly, try to turn it around and adjust until it is align with the rear base. Then fasten the screws into the bottom of the handrail and tighten it. (See Fig. A)

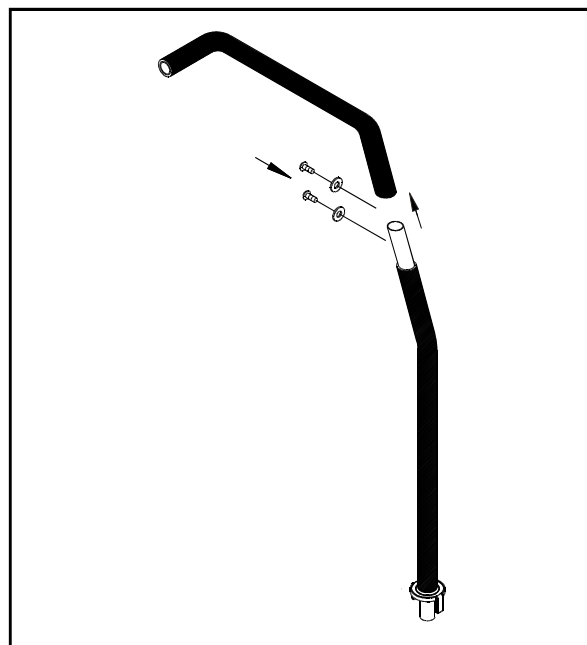


(FIG.7)



(FIG.A)

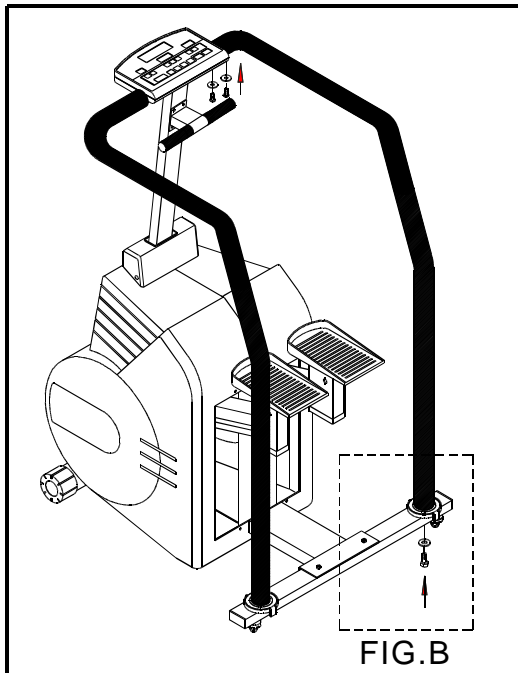
9. Assemble the right handrail with two screws and washers provided (see Fig.8).



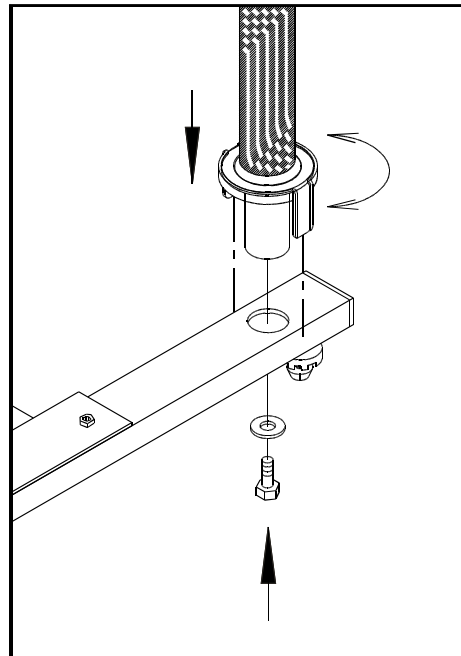
(FIG.8)

10. Insert the right handrail into the rear base and into the electronics package, securing with the screws and washers provided (see Fig.9)

Note: Before the right handrail is secured, make sure the bottom of handrail's protecting cap is aligned to the rear base. If the protecting cap is not assembled correctly, try to turn it around and adjust until it is align with the rear base. Then fasten the screws into the bottom of the handrail and tighten it. (See Fig. B)

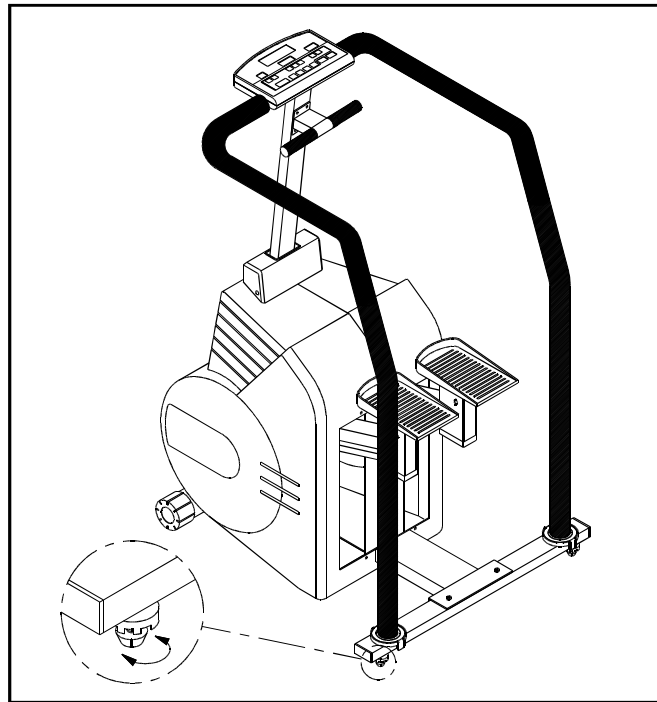


(FIG.9)



(FIG.B)

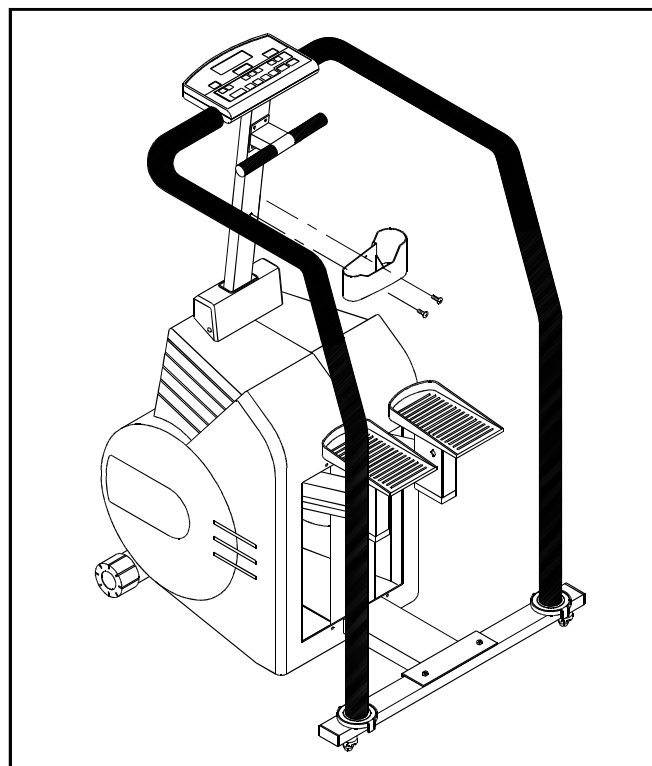
11. If the stair climber is unsteady on your floor, turn the floor level adjustments on each end of the rear base. Raise or lower the floor level adjustments to steady your stair climber (see Fig.10).



(FIG.10)

Your Commercial Grade Eddy Current Stair Climber is assembled and ready to use.

12. Assemble the water bottle/personal stereo holder to the right front post using the screws provided (see Fig.11).



(FIG.11)

EXERCISING ON THE 7005 COMMERCIAL GRADE STAIR CLIMBER:

Understanding The Electronics Package

As soon as you turn on the machine, you will automatically enter the MANUAL Mode, starting at "LEVEL 1." If this is the Mode you wish to use, you may begin.

PLEASE NOTE: There are 28 levels, with Level 1 being the easiest workout (the steps slow and heavy), and LEVEL 2-8 being the hardest workout (you have to step very fast to keep up with the pedals). Use the ▲▼ keys to choose the desired level.

Once you have made your choice, the electronics will display the word "MAN'L," and you will be prompted to "STEP TO START."

MANUAL:

1. When "MAN'L" appears in the display window, you can adjust the LEVEL to your desired workout.
2. Press the LEVEL ▲ or ▼ keys to choose your desired workout LEVEL. The display will prompt you to "STEP TO START."
3. If you stop in the middle of your workout, you will be prompted to STEP TO START. All input information (TIME, HEIGHT CLIMBED, CAL., etc.) will be retained.
4. You can use the MODE key to switch between TIME, HEIGHT CLIMBED, CAL., SCAN or PULSE. Use the + or - keys to set the desired TIME or HEIGHT CLIMBED.

What each of these categories means.

TIME: Use the + or - keys to set the desired time. Each press of the key changes the time in increments of 1 minute. Pressing and holding the key will change the display by 5 minutes every 0.5 seconds. When you have reached the desired time, press ENTER.

During your workout, the electronics package will count down, and then beep for 1.5 seconds when your desired time is reached. If your workout continues, the unit will start to count up.

HEIGHT CLIMBED: Use the + or - keys to set the desired height climbed. Each press of the key changes the distance by 5 feet (1 meter). If you hold down the key, the numbers will increase or decrease by 50 feet or 10 meter every 0.5 seconds.

During your workout, the electronics package will count down, then beep for 1.5 seconds when your desired height climbed is reached. If your workout continues, the unit will start to count up.

CAL: This readout gives you the amount of calories burned, based on the weight entered and height climbed.

SCAN: Pressing the MODE key to "SCAN" mode will result in the display alternating between Mode readouts every 4 seconds.

SET:

Press the MANUAL/SET key, and "MAN'L" will show in the display. Press the key once again, and "SET" will appear in the display. Press ENTER.

1. You can choose between METER/FEET and WEIGHT while in the SET MODE.
2. The read out will display "PRESS + - ▲▼ TO SELECT METER/FEET." Press ▲▼ or + - keys to select either METER or FEET, then press ENTER to save your selection. (Note: choosing METER will automatically select kilograms in the weight calculation, and choosing FEET will automatically select pounds in the weight calculation.)
3. Next you will be prompted to "ENTER WEIGHT". After 4 seconds, a starting weight (either 176 LB or 80 KG) will appear. Use the + or - keys to change the weight. Pressing the key once changes the weight 1 LB or 1 KG. Holding the key down will change the weight 10 LB or 5 KG every 0.5 seconds. The weight range available is 113 - 330 LB and 50KG - 150KG.

Using the INTERVAL mode:

A. INTERVAL 1:

1. Setting the REST workload:

Press the INTERVAL key and you will be in "INTV. 1" press ENTER. The LED will display the message: "INPUT REST LEVEL & TIME, THEN PRESS ENTER."

When REST appears in the main display, adjust the desired level using the ▲ or ▼ keys. Select the desired REST time (in seconds) using the + - keys, then press ENTER.

2. Setting the WORK Workload:

After the REST level and time have been set, the LED will display the message: "INPUT WORK LEVEL & TIME, THEN PRESS ENTER."

When WORK Appears in the main display, adjust the desired level using the ▲ or ▼ keys. Select the desired WORK time (in seconds) using the + - keys, then press ENTER.

3. If you don't press the "ENTER" key, the display will remind you to press the "ENTER" key.

4. The stair climber will automatically adjust the load according to your entered preferences. The lower LED lights indicates the rest load, the height of the LED lights indicates the variations in work load.

The numbers on the right indicate the time (in seconds) remaining for the current segment.

When the REST interval is over, the display will show "GOING TO WORK LOAD," and the machine will adjust to the settings you chose for the work interval. When the WORK time is over, the display will show "GOING TO REST LOAD." and return to the settings you chose for the rest interval.

5. You can change the level at any time during your workout.

B. INTERVAL 2 (Custom program):

Interval 2 allows you to design your own personalized workout program. There are Eight programmable segments in Interval 2. Press the INTV key until you see INTV. 2 in the window, then press ENTER.

You will be prompted to "INPUT LEVEL & TIME OF SEGMENT 1." Then SEG 1 will appear on the display. Use the ▲ or ▼ keys to select the desired LEVEL. Then, use the + - keys to select the desired TIME (in seconds), then press ENTER.

After you have set your desired SEG. 1 of LEVEL & TIME, then SEG. 2 will appear in the window. For Segments 2-8, please refer to the instructions above. Once all segments are set, press ENTER one last time, and your own personalized program, under INTV. 2 will be recorded. If you only want to set four segments, for example, leave segment 5's TIME with a value of zero, and the stair climber will use only your desired four segments.

At the end of each segment, the display will read "GOING TO SEGMENT X." You can change the load level anytime during your workout.

If you stop in the middle of your workout, you will be prompted to "STEP TO START." All input information (TIME, HEIGHT CLIMBED, CAL., etc.) will be retained.

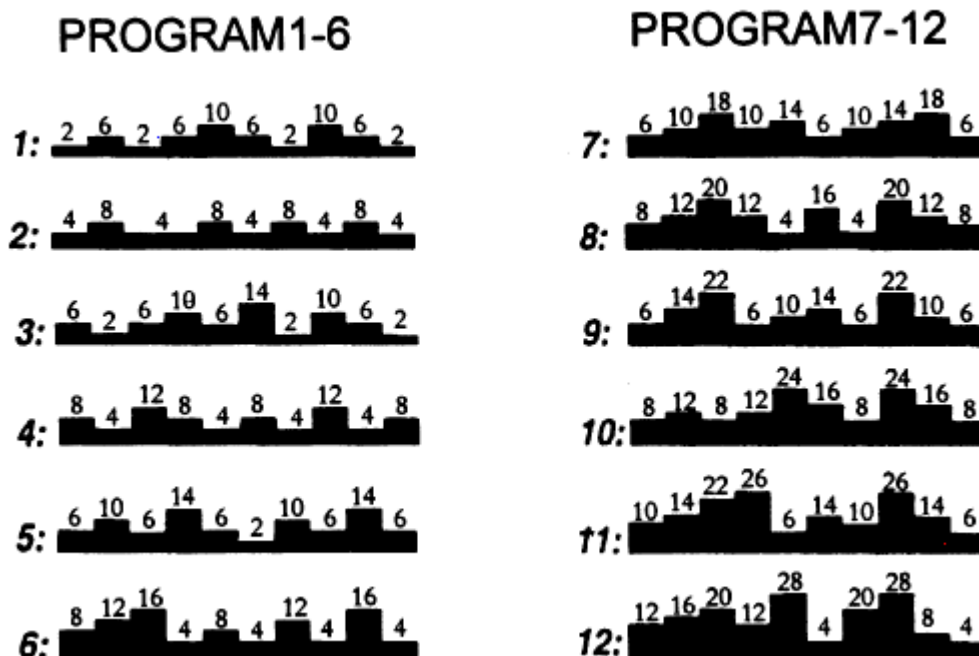
PROGRAM:

The Stair climber features a total of twelve (12) professionally designed workout programs. These programs control the level of your workout.

1. Press the PROGRAM key to scroll between the 12 Programs. When you have chosen the program you want, press the "ENTER" key. You will be prompted to "INPUT TIME OR HEIGHT." Use the ▲▼ or + - keys to switch between HEIGHT and TIME, then press ENTER.

2. Then the message: "PRESS + - TO SET HEIGHT or TIME" will scroll from right to left across the screen. Use the + or - keys to set your desired HEIGHT or TIME. Once you have set your desired height or time, press ENTER. If you don't press ENTER, the display will prompt you to "PRESS ENTER."
3. The program profile will be displayed in the LED window, and the program will begin when you start stepping. If you do not begin stepping immediately, you will be prompted to "STEP TO START."
4. During these programs, the unit will automatically switch between levels, varying your workout.
5. When your desired HEIGHT CLIMBED or TIME is reached, a beep tone will sound for 1.5 seconds, after which the machine will begin to count up.

The course profiles for each PROGRAM are as follows:



Even though the programs feature pre-programmed levels, you can change the level anytime during your workout.

If you stop in the middle of your workout, you will be prompted to "STEP TO START." All input information (HEIGHT CLIMBED or TIME, CAL., Etc.) will be retained.

RESET

To change any of the data in MAN'L, SET, INTV., PROGRAM and MODE, simply press the RESET key, and this information will be cleared. Then you can re-enter the new data.

MAINTAINING THE STAIR CLIMBER

This stair climber requires little maintenance. The stair climber's low friction operation is dependent on keeping the unit as clean as possible. See "Cleaning the stair climber" for more information.

Cleaning the stair climber

CAUTION: Turn off the unit and disconnect the AC cord before cleaning.

Regular cleaning is recommended to keep your stair climber at peak performance.

Before your workout, use a dry cloth to clean the surface of the electronics package.

NOTE: NEVER POUR LIQUIDS ON THE ELECTRONICS PACKAGE. Should water, for some reason, get in the electronics package, immediately blow dry the electronics package.

To clean the plastic parts, use a mild detergent and make sure the unit is completely dry before operating.

It is recommended that you keep all liquids away from the unit during operation. Spillage of liquids onto or into the machine will void the warranty.

TROUBLE SHOOTING:

A. Blank Display:

1. If you turn on the POWER switch and the switch is not lit:
 - a. Check if the power cord is plugged securely into the wall socket.
 - b. After the above step performed, if the power switch is still not lit, please replace a new fuse.

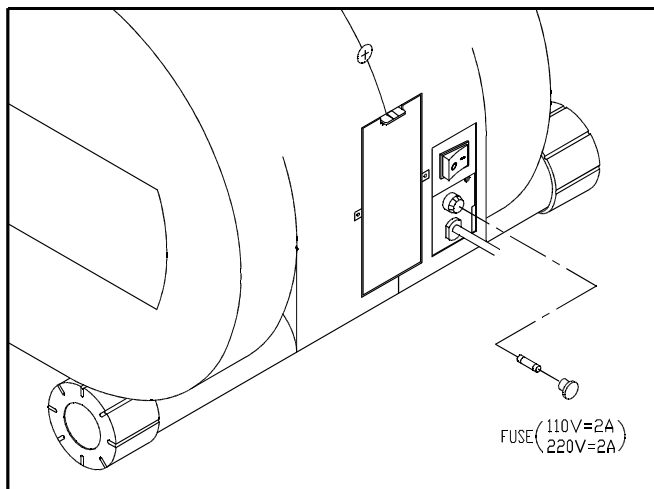
CAUTION: Make sure to unplug the power cord from the wall socket before replacing the fuse.

To remove:

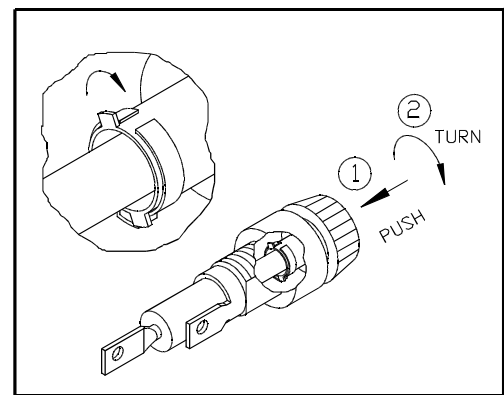
Find the 1A fuse holder on the front of the machine, push on the fuse holder and turn the fuse holder counterclockwise to remove the damaged fuse (see 12-1~12-2).

To install:

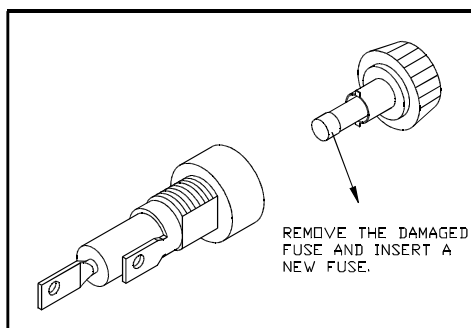
Insert a new fuse into the holder. Push the fuse and holder in, then turn clockwise to secure the fuse holder (see Fig.12-3~12-4).



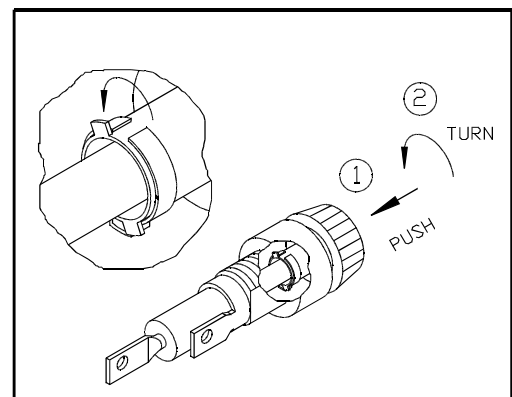
(FIG.12-1)



(FIG.12-2)



(FIG.12-3)



(FIG.12-4)

- c. Plug the power cord into the wall socket and turn on the machine again. If the power switch is still not lit, please contact your dealer for more information.
2. If you turn on the power switch and the switch is lit, but there is no display, please contact your dealer for more information.

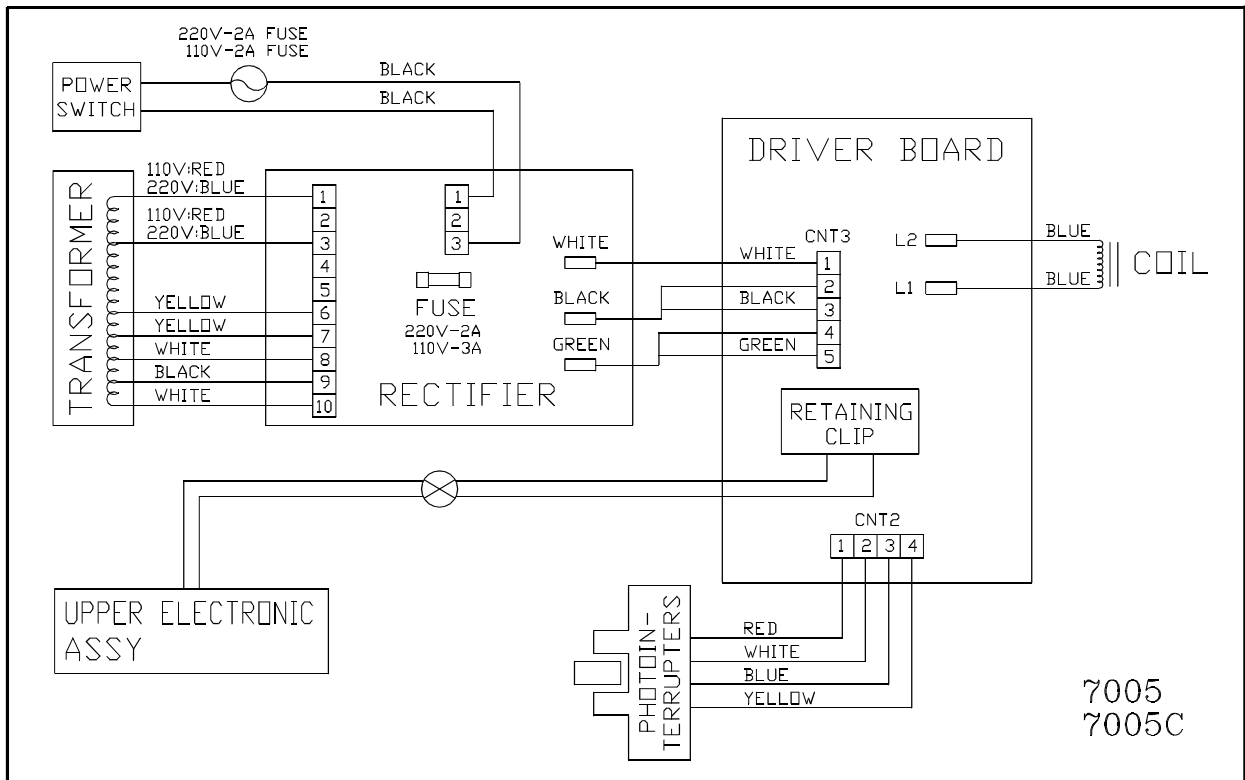
B. If The LOAD Does Not Respond Properly:

If there is no load or does not respond properly according to your LEVEL setting, please contact your dealer for more details.

C. No Step/Minute Reading:

If your display has no STEP/MINUTE reading while you are stepping, please contact your dealer for more details.

Wiring Schematic



Your Authorized SPORTS ART Distributor