

SPORTSART 7100



OWNER'S MANUAL ASSEMBLY INSTRUCTIONS



#7100
SPORTS ART COMMERCIAL GRADE
GENERATOR STAIR CLIMBER

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SAFETY GUIDELINES:

Please read and follow the below 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 correctly, 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 sensations, STOP YOUR WORKOUT, and consult your physician immediately.
- If any parts fail or are defective, please stop your workout immediately and contact your authorized SPORTS ART dealer for repairs.

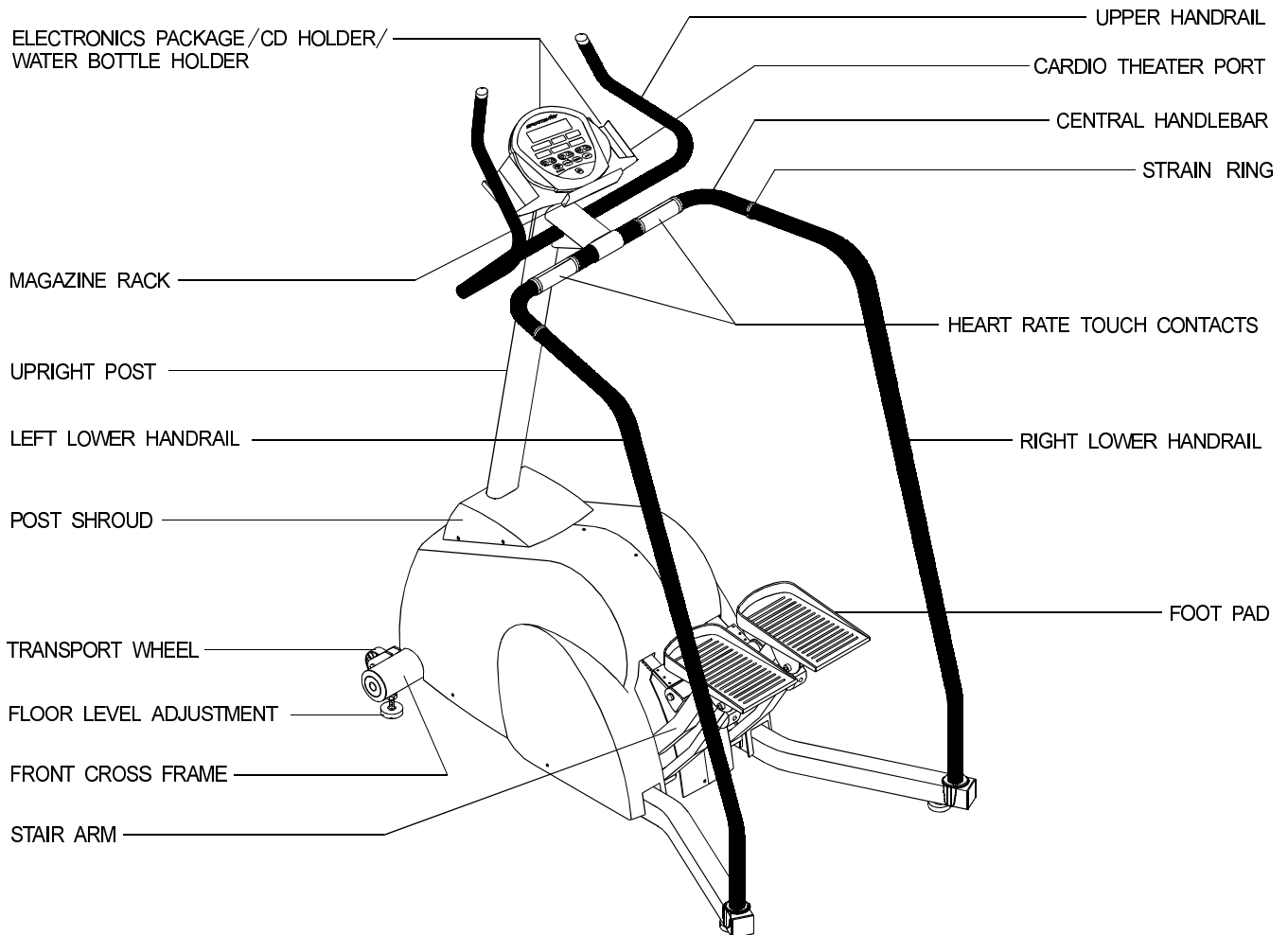
CAUTION: Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

SPORTS ART COMMERCIAL GRADE GENERATOR 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 #7100 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 parts.

- Six 5/16"x18UNCx19" bolts - upright post (Fig.3)
- Two 5/16"x 20 x 2(t) flat washers - upright post (Fig.3)
- Four 8.3 x 24 x 2(t) washers - upright post (Fig.3)
- Five 1/4" x 20UNC x 3/4" bolts - center handrails (Fig.5)
- Four 1/4" x 20UNC x 3/4" bolts - lower handrails (Fig.4)
- Four 7 x 20 x 2(t) washers - lower handrails (Fig.4)
- Two 5/16"x 18UNC x 1" bolts - lower handrails (Fig.4)
- Two 5/16" x 25 x 3(t) flat washer - lower handrails (Fig.4)
- Four 4 x 12 bolts - post shroud (Fig.5)

Tooling

- one set of screw drivers (screw driver, handle, socket)
- T-handled Hex Allen Key
- one Hex Allen wrench
- one open-ended wrench

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

IMPORTANT: The packing for this stair climber was designed to protect it during shipment. Please store the original 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 level, flat ground.
3. Then slip post shroud onto the upright post . (see Fig.1)

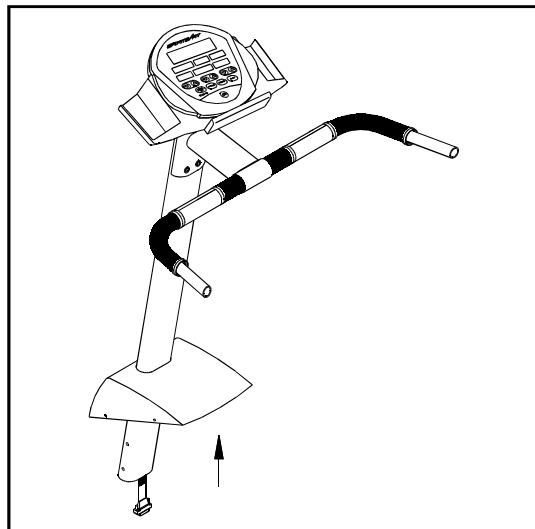


Fig.1

4. Connect the upper ribbon cable inside the upright post to the connector inside the main frame. (see Fig.2)

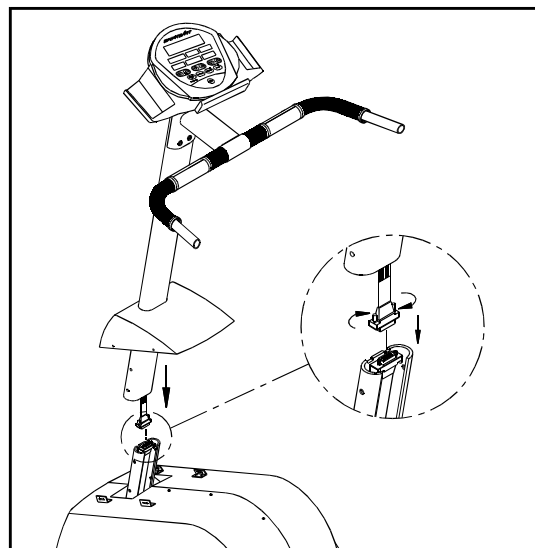


Fig.2

Note: Push down and tighten the connector by turning both screw pins clockwise.

5. Insert the upright post into the main frame, and secure with the six screws and washers provided. (see Fig.3)

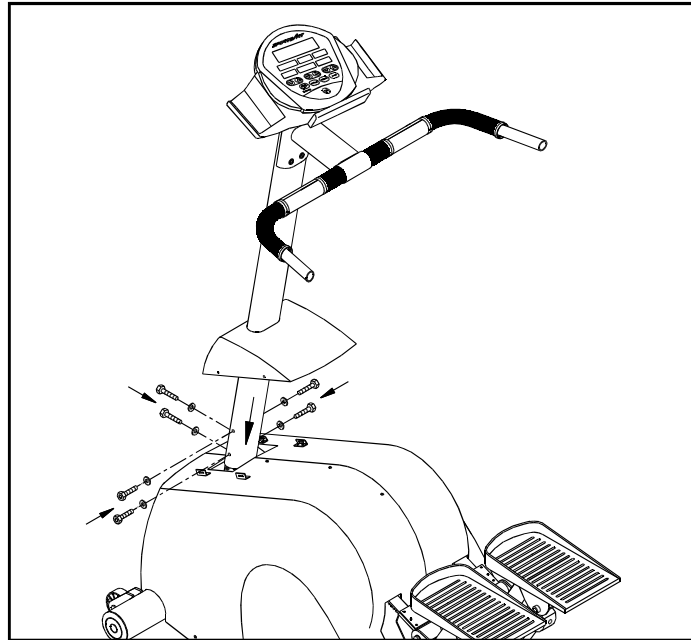


Fig.3

Note: Don't tighten completely yet.

6. Assemble the right and left handrails to the central handrail and the rear base with the six screws and washers provided. (see Fig.4)

After the handrails (R+L) are fixed, you should pay attention to the covers on the button of the handrails and check whether they fit well with the tube of the handrails. If not, you could rotate the covers and then insert them into the tube. Please fasten the screws after. (see Fig. A)

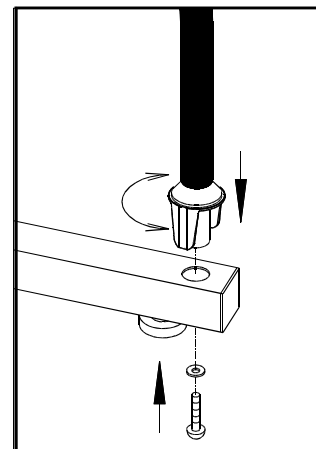
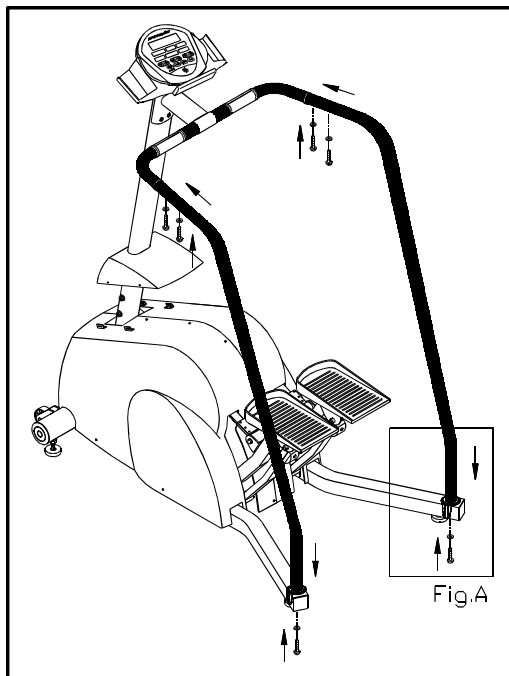


Fig.A

Fig.4

Note: Don't tighten completely yet.

7. Tighten all screws on the upright frame, rear base and central handlebar using the screw driver, socket and L-handled Hex Allen key provided. (see Fig.4-1)

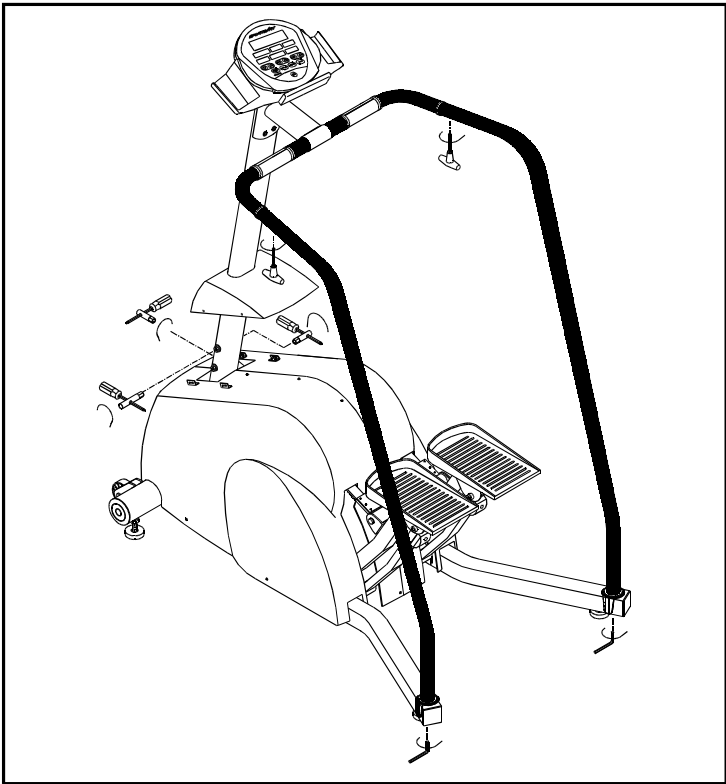


Fig.4-1

8. Loosen five screws to assemble the upper handrail. (see Fig.5)

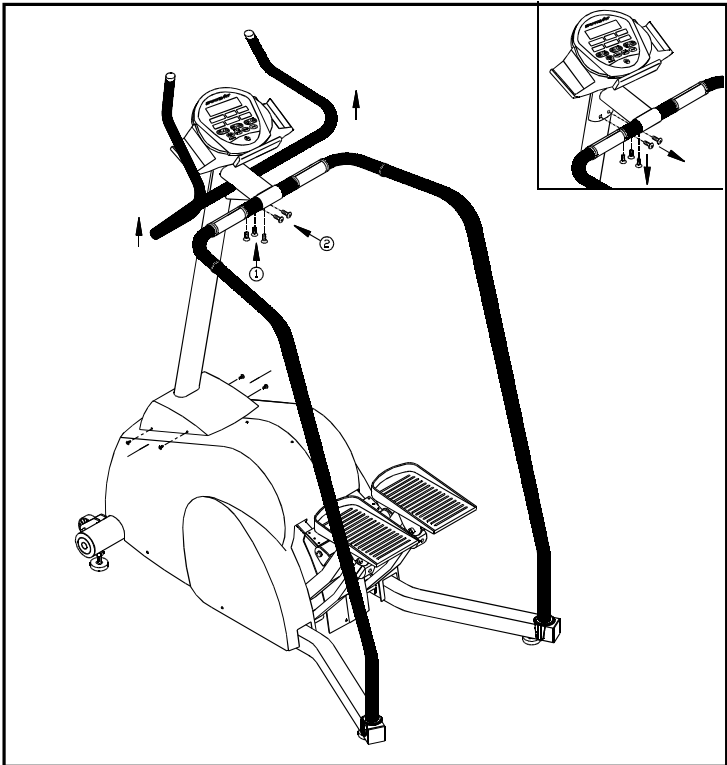


Fig.5

Assemble the upper handrail onto the upright post and tighten all screws completely. Secure the post shroud with bolts. Push the front handrail to the end firstly. Then fasten the 3 screws (see step ①). Lastly fasten the 2 screws (see step ②).

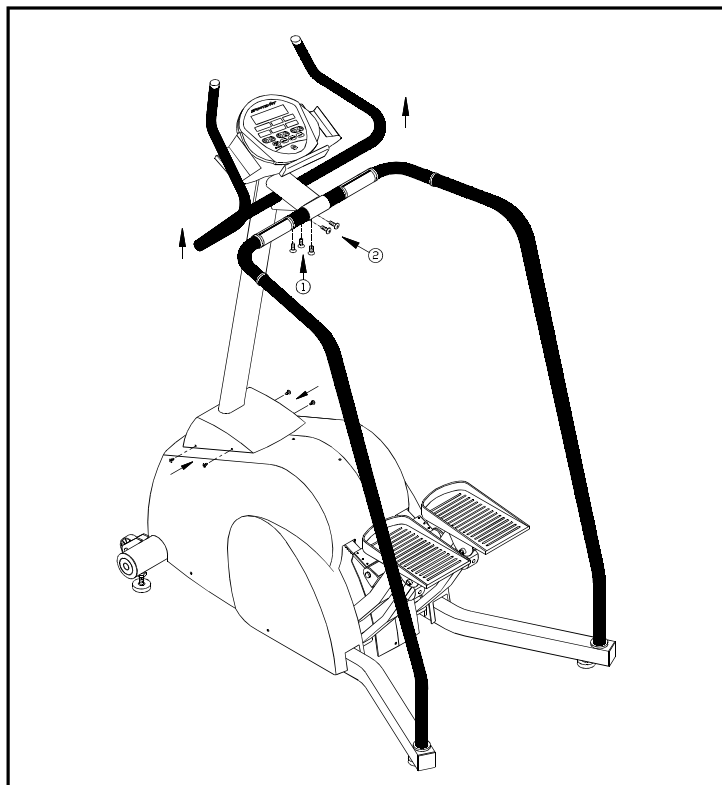


Fig.5-1

9. If the stair climber is unsteady on your floor, turn the floor level adjustments on each end of the front base. Raise or lower the floor level adjustments to steady your machine. Then tighten the nuts using the open-ended wrench. (see Fig.6)

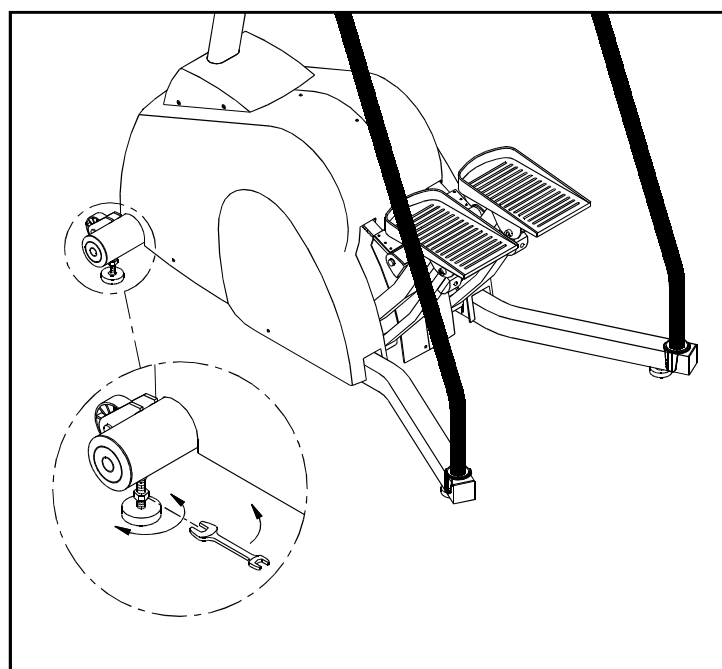


Fig.6

Now, you have finished the assembly. Please read the following section to become familiar with the operation of your SPORTS ART 7100 stair climber.

EXERCISING ON THE 7100 COMMERCIAL GRADE STAIR CLIMBER

Understanding the electronic package

As soon as you press the "ON" button in the electronic package or begin stepping, you will automatically enter the MANUAL MODE, starting at "LEVEL 5". If this is the MODE you wish to use, you may simply begin your workout. If you do not begin within 3 seconds, you will be prompted to STEP TO START.

NOTE: 1) There are 28 levels, with LEVEL 1 being the easiest workout, and LEVEL 28 being the hardest workout. Use the ▼▲ button to choose your desired level.

2) This machine uses a generator system, If the user weighs less than 40KGS (88LBS), the unit may not automatically turn on simply by this stepping.

MANUAL:

1. When "MAN'L" appears in the display window, you can adjust the LEVEL to your desired workout.
2. Press the LEVEL ▼▲ button to choose your desired workout LEVEL.
Press the TIME ▼▲ button to set your desired workout TIME.
Press the HEIGHT CLIMBED ▼▲ buttons to set your desired workout HEIGHT CLIMBED.
3. After you finish setting the above, if you stop in the middle of your workout or do not pedal within 3 seconds, you will be prompted to "STEP TO START". All input data (TIME, CAL. HEIGHT CLIMBED, etc.) will be retained.
4. When your desired TIME or HEIGHT CLIMBED is reached, a beep tone will sound for 1.5 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. Then press ENTER.

1. You can choose between MILE/KILO and WEIGHT while in the SET mode.
2. The read out will display "PRESS ▼▲ TO SELECT MILE/KILO". Press the keys to select either MILE or KILO, then press ENTER to save your selection.
(Note: choosing MILE will automatically select pounds in the weight calculation, and choosing KILO will automatically select kilograms in the weight calculation.)

3. Next, " ENTER WEIGHT" will scroll across the screen. Then the last weight setting will show on the display. Use the ▼▲ keys to set your weight.

Once you have set your weight, press "ENTER" to record it. This will allow the unit to calculate caloric expenditure.

INTERVAL MODE

A. INTERVAL 1:

The interval 1 mode alternates between REST and WORK loads.

1. Setting the REST workload:

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

- a. When REST appears in the main display,
- b. Adjust the desired level by using the LEVEL ▼▲ buttons.
- c. Select the desired REST time (in seconds) by using the TIME ▼▲ buttons.
- d. Then press ENTER to record your selections.

2. Setting the WORK workload:

Once the REST level and time have been set, the display will read: "INPUT WORK LEVEL & TIME, THEN PRESS ENTER", and WORK will appear in the main window.

Adjust your desired WORK LEVEL and TIME by using the ▼▲ buttons, then press ENTER to complete the setting.

3. If you stop in the middle of your workout or do not pedal within 3 seconds, you will be prompted to "STEP TO START".
4. When stepping, the course profile will be displayed in the window, and the climber will automatically adjust the level according to your entered preferences.
5. When the REST mode is over, the display will show "GOING TO WORK LOAD", and the climber will adjust to the settings you chose for the work mode. When the WORK time is reached, the display will show "GOING TO REST LOAD", and return to the settings you chose for the rest mode.
6. You can change the level in REST or WORK at any time during your workout.
7. Please keep in mind that the TIME range is 30 ~ 990 seconds.

B. INTERVAL 2 :

Interval 2 allows you to design your own personal workout program. There are eight segments in interval 2. Press the INTV button until you see INTV. 2 in the window, then press ENTER.

1. "SEG1" will appear in the display. Using ▼▲ buttons to select your desired LEVEL and TIME, then press ENTER.
2. After you have set your desired SEG 1, "SEG 2" will appear in the window. For SEGMENTS 2-8, please refer to the instructions as in step one above. Once all segments are set, your own program, under INTV. 2, will be recorded.
3. If you only want to set four segments, for example, leave the TIME of segment 5 with a value of zero, and the climbers will perform your desired four segments only.
4. When you start stepping, the window will display the course profile, and it will flash from SEG1.
5. At end of the each segment, the display will read: "GOING TO SEGMENT X" to remind you.

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

PROGRAM

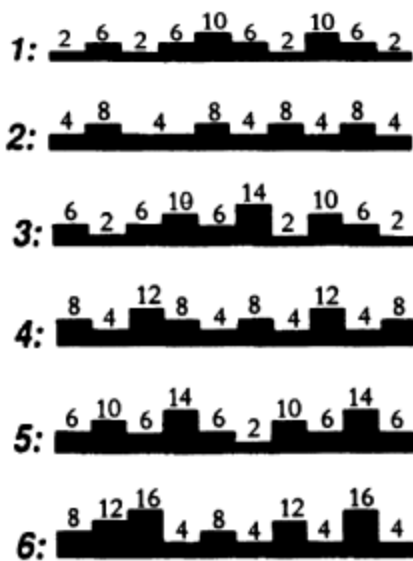
The 7100 features a total of twelve professionally designed workout programs. These programs control the tension level during your workout.

1. Press the PROGRAM button to scroll between the 12 Programs. When you have chosen the program you want, press "ENTER".
2. You will be prompted to "PRESS ▼▲ TO SET TIME/HEIGHT", you can either set TIME or HEIGHT (but not both), use the ▼▲ buttons to set your desired TIME or HEIGHT, then 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 main 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, letting you enjoy a varied workout.
5. When your desired TIME or HEIGHT is reached, a beep will sound for 1.5 seconds, and after that the machine will begin to count up.

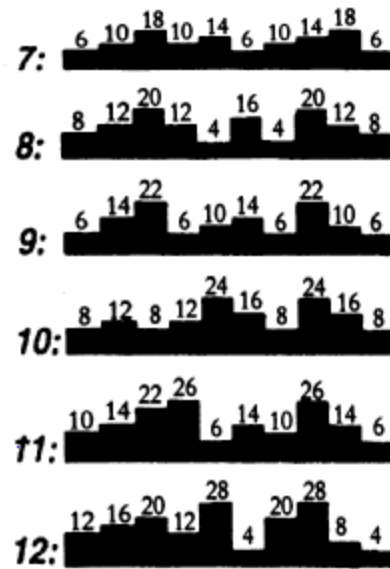
- 6. Even though the programs feature pre-programmed levels, you can change the level anytime during your workout.
- 7. If you stop in the middle of your workout, you will be prompted to "STEP TO START". All input data will be retained.

The course profiles for each PROGRAM are as follows:

PROGRAM 1-6



PROGRAM 7-12



RESET

To change any of your data in MAN'L, SET, INTV and PROGRAM, simply hold the ENTER button to RESET. The existing data will be cleared, and the display will return to the original operation mode.

What each of these categories means:

TIME: Use the TIME ▼▲ buttons to set the desired time of your workout. Each press of the button changes the time in increments of 1 minute. Pressing and holding the button will change the display by 5 minutes every 0.5 second.

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

LEVEL: There are 28 levels from which to choose. Use the LEVEL ▼▲ buttons to set the desired load of your workout. Each press of the button changes the load one Level. Pressing and holding the button will change one Level every 0.5 second.

HEIGHT CLIMBED: Use the HEIGHT CLIMBED ▼▲ buttons to set your desired workout/height climbed. Each press changes the height climbed 0.05 miles (0.1 km). Pressing and holding the button will change 0.5 mile (1 km) every 0.5 second. The electronics package will beep for 1.5 seconds when your desired height is reached, then start to count up if your workout continues.

CALORIE: This readout gives you the amount of calories burned, based on the weight entered and the load during your workout.

STEP: This readout gives you steps per minute.

PULSE: (if your climber is equipped with heart rate function).
This readout displays your heart rate number during your workout.

TROUBLE SHOOTING:

NO DISPLAY:

If there is no display after you step more than two minutes and press ON key, please contact your dealer for more information.

LOAD DOES NOT RESPOND PROPERLY

If there is no load or the load doesn't respond properly after you set the LEVEL, please contact your dealer for more information.

MAINTAINING THE GENERATOR STAIR CLIMBER

The Sports Art 7100 requires little maintenance. The 7100 smooth operation is dependent on keeping the unit as clean as possible.

Regular cleaning is recommended to keep your climber 7100 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.

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.

Note: Execute the lubricating maintenance once per year, referring to the instructions attached.

1. Refill with the lubrication tube and the lubrication valve. (see fig.7)

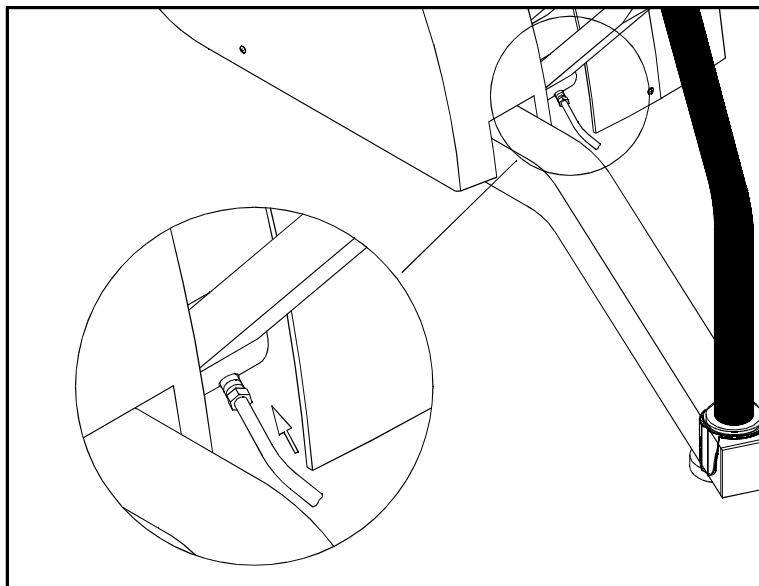


Fig.7

2. Then, remove the lubrication tube. (see fig.8)

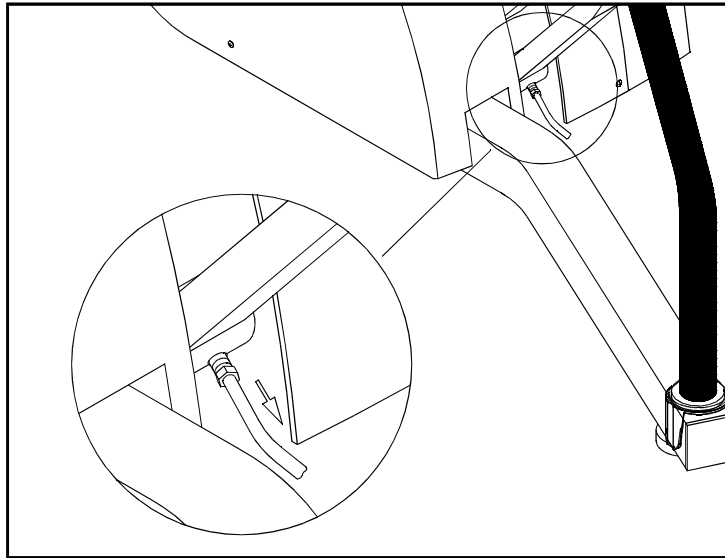


Fig.8

GUIDELINE FOR EXERCISE

How long should I exercise?

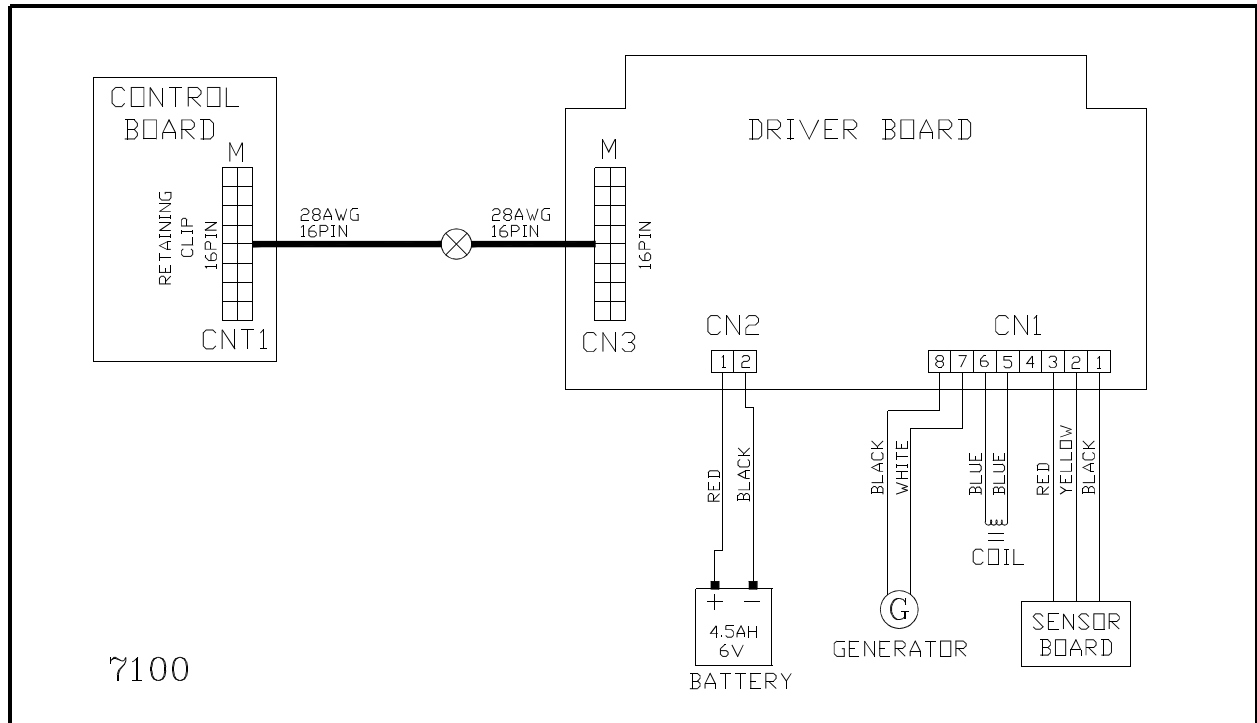
The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training zone for longer periods: usually between 20 and 30 minutes.

When starting your workout, use the first several minutes to warm up, then slowly increase your workload to bring your heart rate into your specific training zone. At the end of your workout, gradually decrease your workload, then exercise lightly as a "cool down".

How often should I exercise?

Aerobic exercises, to achieve the greatest benefits, should be performed 3-5 times a week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.

Wiring Schematic:



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