

#S7100
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.

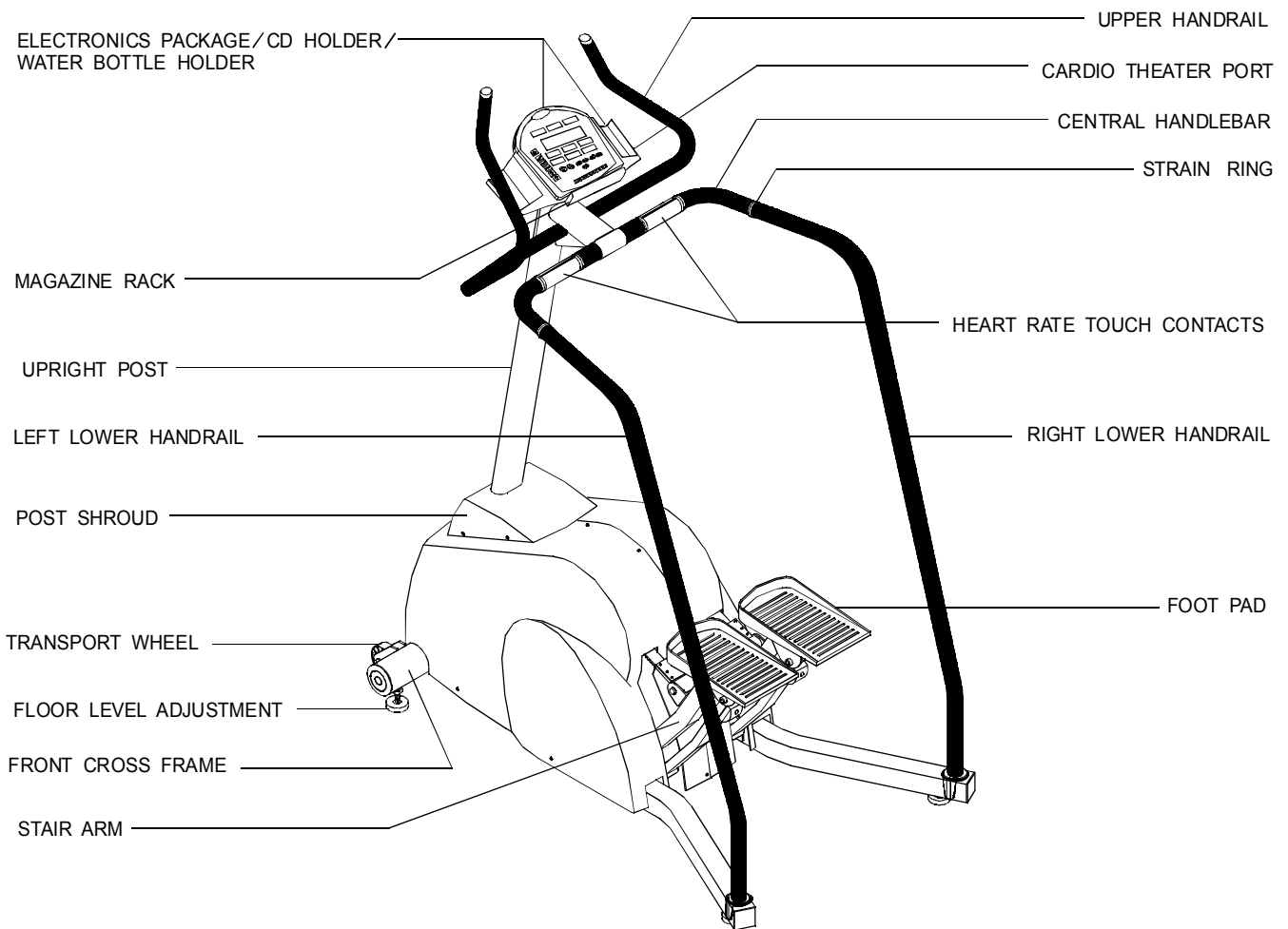
CAUTION: Before beginning any exercise program, you should consult with your doctor. It is recommended that you undergo a complete physical examination.

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 #S7100 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)

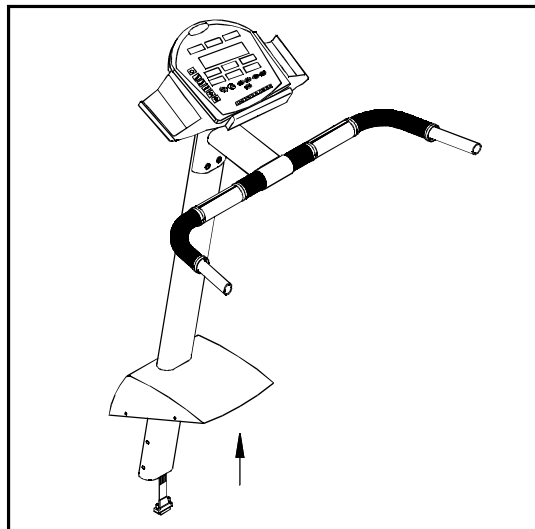


Fig.1

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

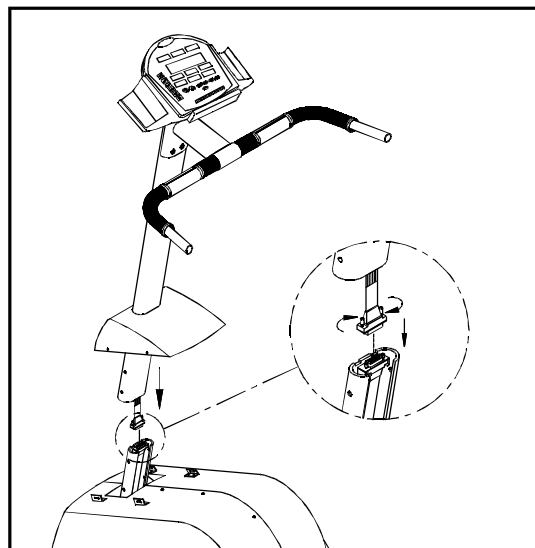


Fig.2

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)

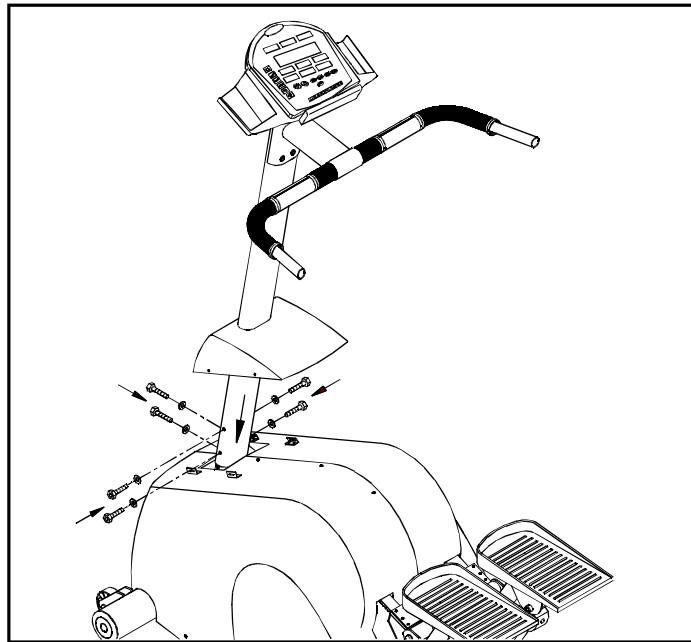


Fig.3

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)

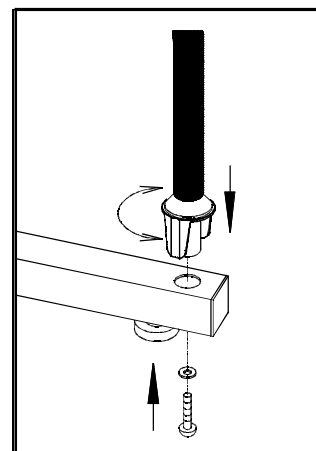
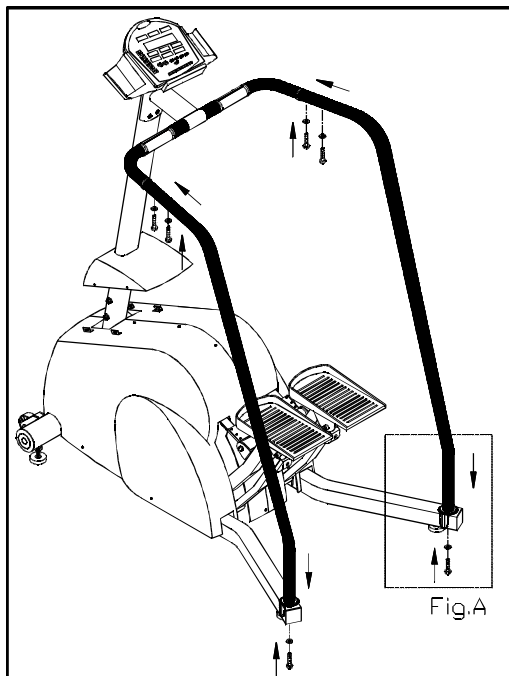


Fig.A

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)

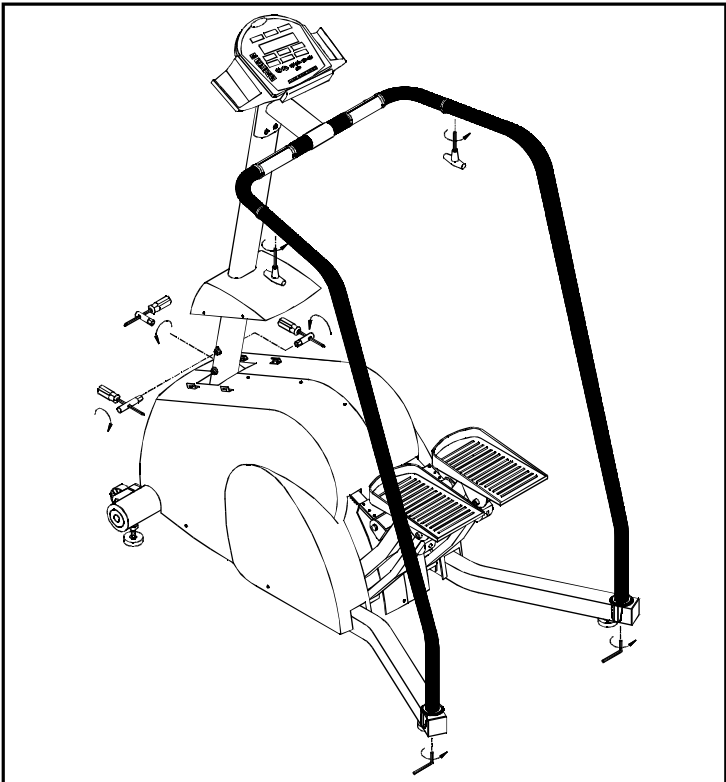


Fig.4-1

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

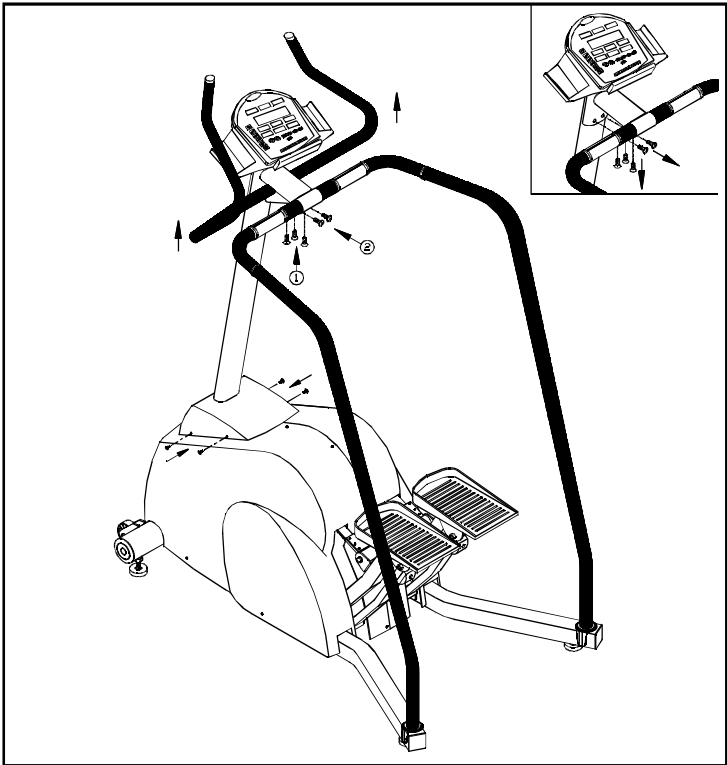


Fig.5

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).

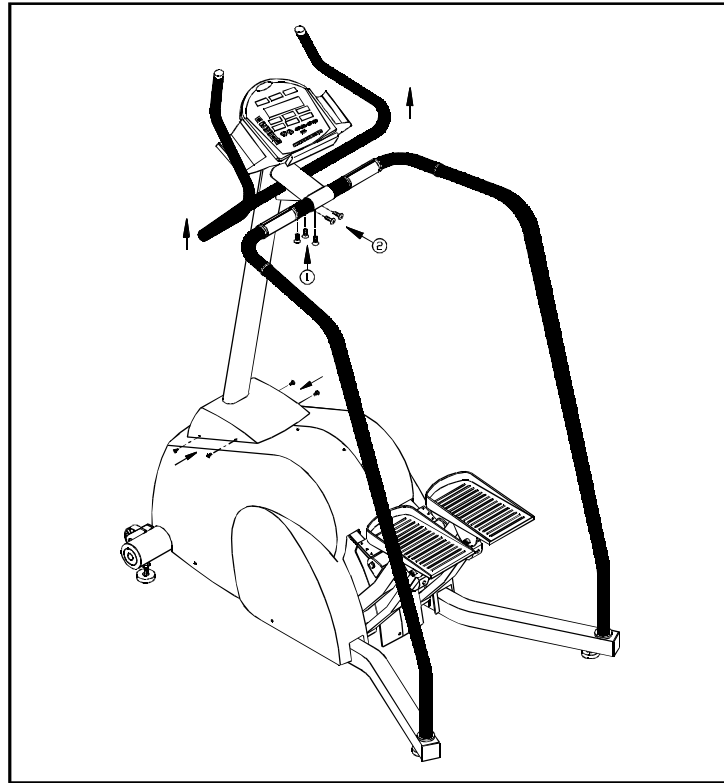


Fig.5-1

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)

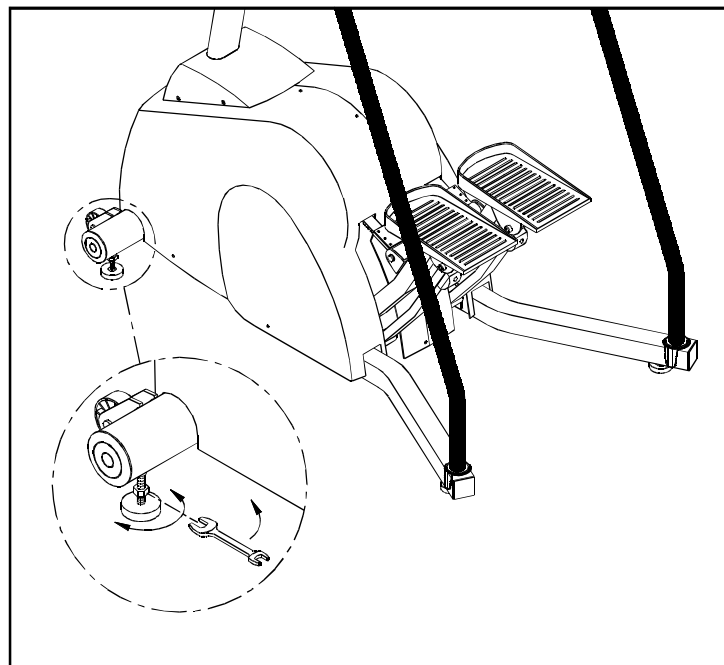
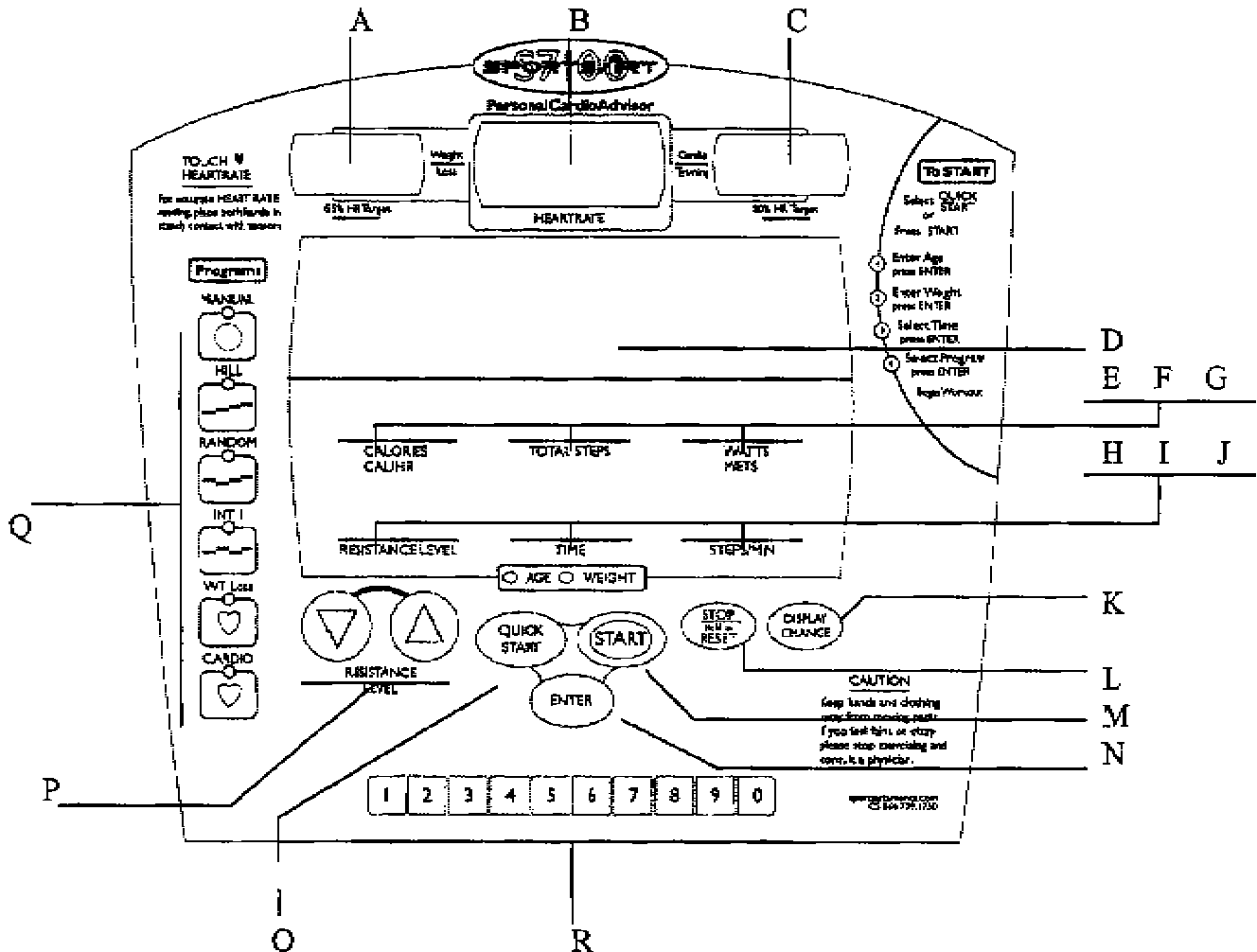


Fig.6

Now, you have finished the assembly. Please read the following section to become familiar with the operation of your SPORTS ART S7100 stair climber.

1. UNDERSTANDING THE S7100 DISPLAY CONSOLE :

Sports Art S7100 display console has undergone a completely redesign to provide a more friendly operations for users. This redesign console not only easy to read, it also allows users to enjoy the ease of control.



A.1 Overview of Display Console:

1. Windows:

- A. 65% HR : Indicates user's 65% maximum heart rate when using HRC program WT Loss workout.
- B. HEART RATE : Indicates user's current heart rate.
- C. 80% HR: Indicates user's 80% maximum heart rate when using HRC program Cardio workout.

D. DOT-MATRIX window: Serves as an operation instruction, and also displays user's level of intensity during a workout.

E. CALORIES or CAL/HR :

When CALORIES indicator is ON, this represents the overall calories burnt since the beginning of a workout. If CAL/HR indicator is ON, this represents the average calories burnt per hour of a workout.

F. TOTAL STEPS : indicates the overall steps of a workout.

G. WATTS or METS :

When WATTS indicator is ON, this represents user's workout level in WATTS. If METES indicator is ON, this represents user's workout level in METS (metabolic). One MET equivalent to an oxygen consumption of 3.5 ml/kg/min.

H. RESISTANCE LEVEL : Shows the current resistance of user's workout.

I. TIME : Shows the remaining time of a workout.

J. STEPS/MIN : This represents user's pedaling rate. (Steps Per Minute).

● Keypad:

K. DISPLAY CHANGE : Press this keypad to switch windows CALORIES ↔ CAL/HR · WATT ↔ METS ·

L. STOP/RESET : When this key is pressed, the stepper will be stopped during either " workout mode" or " COOL DOWN mode". If continuously press this key, it will return to starting screen during any workout.

M. START : Press to turn on power of stepper, or press to input User's Personal Information while power is on.

N. ENTER : Press to confirm.

O. QUICK START : Press this key for immediate workout.

P. UP & DOWN : Press these keys to input user's information, or to enter workout TIME, and resistance LEVEL.

Q. PROGRAM SELECTIONS : Select desired workout by pressing designated key.

R. NUMERIC KEYS : Allows user to set personal information, or to set workout TIME, and resistance LEVEL.

2 \ OPERATING YOUR STEPPER :

Power Up the Stepper :

The unit power will turn on by either start pedaling, or pressing <START> button on the console. The dot-matrix window will then prompt "S7100".

Turn off the Stepper:

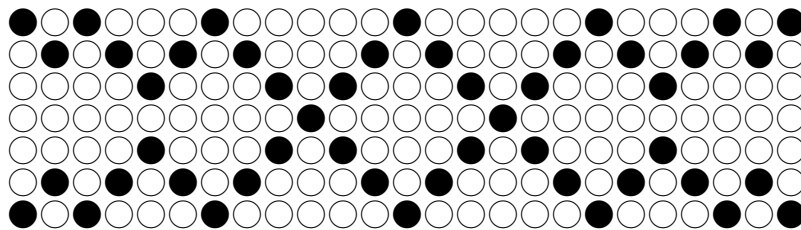
Automatic: The stepper will shut off automatically if it has not been pedaled, or any key on display console has not been pressed over 2 minutes.

Manual: Press RESISTANCE LEVEL <▼> + <ENTER> simultaneously for one second to shut off the stepper.

Please note that once the stepper is turn off, the User's Personal Information entered will be erased as well.

Power Standby Mode:

If the stepper has been stopped pedaling or any key on display console has not been pressed for over 30 seconds, the stepper will automatically get into power standby mode. The dot matrix window will illuminate from left to right continuously.



Quick Start :

1. Press < QUICK START > button after turning on the unit power, the console display will get to MANUAL mode (the MANUAL led is not lit up), the time will count up from 0:00. The workout will not stop unless the <STOP/RESET> is pressed.
2. The display console will show S7100 after pressing the <STOP/RESET> button.

Entering User's Personal Information :

Press <START> button after turning on the unit power, the display console will lead user to User's Personal Information setting. Follow the guidance on the dot-matrix window to complete this process:

1. Setting Age :

As <START> is pressed, the dot-matrix window will first scroll, " ENTER AGE", and then "AGE" will prompt up. TIME window shall show "35", and illuminates. AGE indicator underneath TIME window lights on:

- 1.1 Use either <▲><▼>keys, or numeric keys to set user's age; then press <ENTER>.
- 1.2 This process cannot be proceeded further if age is entered incorrectly. The dot matrix window will keep showing " WRONG NUMBER". (The range for entering age is 12 to 99).
- 1.3 After complete entering age, the PersonalCardioAdvisor on top of display console will prompt the calculated maximum65% Targeted, and 80% Targeted heart rate.

2. Setting Weight :

After inputting age, the dot-matrix window scrolls " ENTER WEIGHT", and then prompt "WT". Time window shows either "165" if machine is preset in lbs, or "75" for kilos. WEIGHT indicator underneath TIME window lights on now:

- 2.1 Use either <▲><▼>keys, or numeric keys to set user's weight; then press <ENTRE>.
- 2.2 This process cannot be proceeded further if weight is entered incorrectly. The dot-matrix window will keep showing the pre-set weight. The window will illuminate "75" if the machine setting is in kilos, or "165" if machine setting is in lbs. Dot-matrix window scrolls " WRONG WEIGHT" (The range for entering weight is 20-150 Kgs or 50 to 330 LB).

3. Setting Time :

The dot-matrix window scrolls, "ENTER TIME" after age is entered, then prompts "TIME". Time window starts illuminating "30:00".

- 3.1 Use either <▲><▼>keys, or numeric keys to set desired workout time; then press <ENTER> to get into workout mode.
- 3.2 This process cannot be proceeded further if TIME is entered incorrectly. The dot-matrix window will keep at entering time. Dot-matrix window scrolls "WRONG NUMBER". The minimum setting is 5 minutes. (The range for entering time is 05:00 to 99:00).

4. Setting Program:

The dot-matrix window scrolls "SELECT PROGRAM". All program indicators on the left side of the display console start illuminating; select workout program by pressing desirable button. Time starts to count down when user starts to pedal.

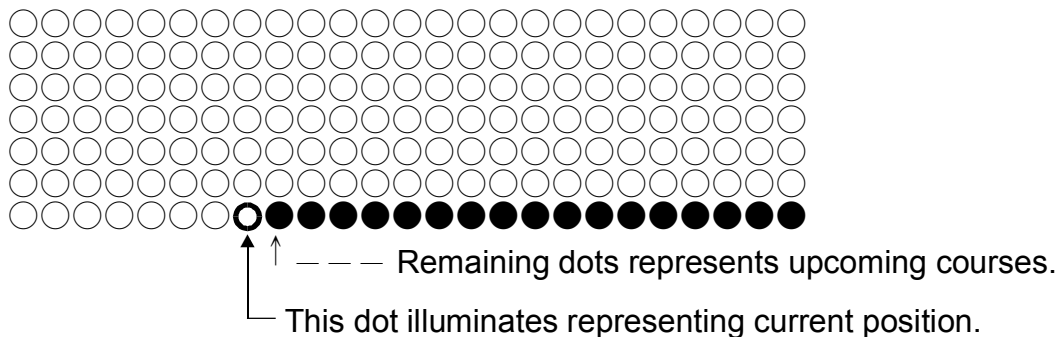
4.1 If not, dot-matrix window will scroll "PEDAL TO START" as a reminder.

4.2 Workout will get into COOL DOWN mode when workout time reaches zero.

3. PRE-SET PROGRAMS

A. MANUAL MODE

1. Once manual mode program is selected, the dot-matrix window will display as follows:



2. Resistance LEVEL can be adjusted at anytime during workout,

2.1 Simply using either numeric keys or <▲><▼>for adjustment.

2.2 Pressing numeric keys during workout will adjust the resistance level and the level indicator will not illuminate. The LEVEL indicator illuminates when the adjustment is done. LEVEL indicator beeps when inputted correctly. On the other hand, LEVEL indicator returns to the original setting when inputted incorrectly.

2.3 The indicator of current spot will illuminate when pedaling, but will light on once stop Pedaling.

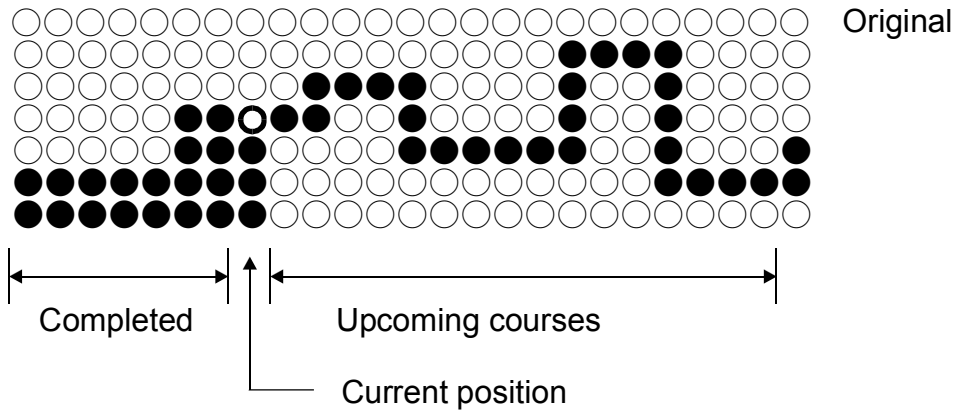
3. Dot-matrix window: the indicator moves to the left as the workout progresses. If you stop exercising, the dot remains lit.

4. The time setting is not allowed during workout. (HILL · RANDOM · INT I indicate same as MANUAL) °

B. HILL

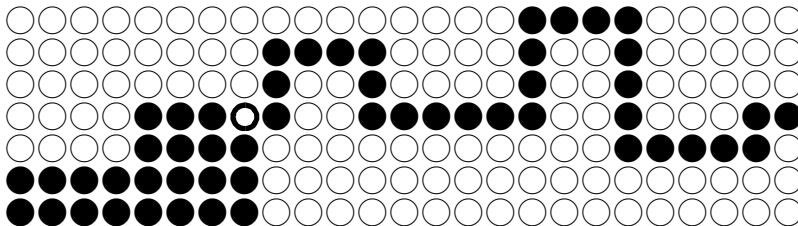
1. The dot-matrix window will display the current workout pattern by pressing the <HILL> key; the HILL indicator will light up.

2. Press <HILL> to select desired workout pattern: HILL1→HILL2→HILL3→HILL1.
3. LEVEL can be adjusted during workout; follow the same instruction as MANUAL mode.



C. RANDOM

1. There are countless combinations of workout pattern within RANDOM program. Resistance can be adjusted during workout, but adjustment made only applies to current spot of workout.

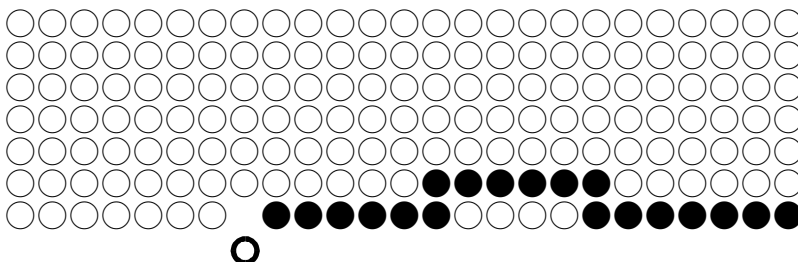


2. If <RANDOM> is pressed again during workout, a new pattern of workout will begin.

D. INT I

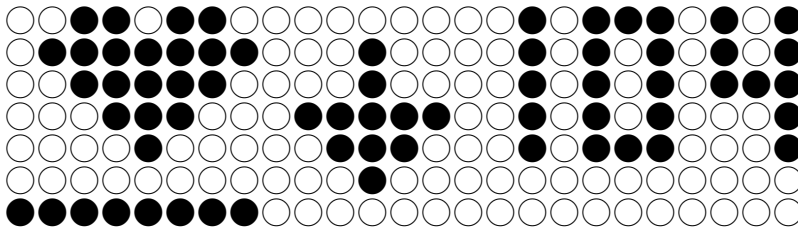
1. **INT I is a workout distinguished by two segments. Each segment lasts one minute.**

Resistance will automatically determine by the system if there is no resistance setting at the beginning of workout. Before going to next segment, the dot-matrix window will scroll "GOING TO LEVEL XX" , alert with beep sound, and LEVEL window illuminates.



E. WT Loss (HRC 65%) / CARDIO (HRC 80%)

1. The dot-matrix window will scroll "AGE", "TIME" window will scroll "35", and the AGE indicator will light up to remind the user to input their age for calculating the Target Heart Rate, and then press <ENTER> for further process. (However, this procedure will be unnecessary if the user's age has been done when turning on the power of the stepper.)
2. The dot-matrix window shall be scrolling "MODIFY YOUR HEART RATE LIMIT" then prompt "MDFY". Use either keys, or numeric keys to set desired heart rate limit; the desired heart rate limit should be within the heart rate limit range. Press <ENTER> to start the HEART RATE CONTROL function. (This heart rate limit modification will be skipped if system default setting is "NO").
3. The beginning resistance LEVE is 5 with SPM of 50 once starting workout.
4. When the user starts to pedal, the pedaled steps will be shown by the flowing dot. The arrow in the dot-matrix display indicates the pre-set SPM, and the user is required to pedal till the pre-set SPM, and if the user keeps pedaling less than the pre-set SPM for a while, the display will show "SPEED UP". The bellow is an example for the user to compare the pedaled SPM to the pre-set SPM.



*The heart sign will flash when heart rate signal is been detected.

5. Detect the heart rate numeric all the time automatically, if the heart rate numeric doesn't reach the range of target heart rate numeric, the resistance level and pre-set SPM will be adjusted automatically.
6. Once the heart rate numeric is detected and compared with the target heart rate, the program enters what's called the Auto Heart Rate Control stage.
7. Upon entering the auto heart rate control stage, the display beeps and the words " HEART RATE CONTROL STARTING" scrolls across the dot matrix window. Then the resistance level is adjusted automatically to keep your pulse at the target rate.
8. If the display does not detect a heart rate signal for some time, the words "NO HEART RATE READING, PELASE CHECK TRANSMITTER" scroll across the display every 5 seconds. If no one exercises on the unit, " STEP TO START" scrolls across the display. Then, the resistance level returns to the default setting.

F. COOL DOWN MODE

Whenever a workout ends, it will automatically run into COOL DOWN mode to lowering workout intensity. The COOL DOWN time is 5 minutes.

1. After a beep sound, dot matrix window prompts "TOTAL TIME + AVERAGE HR" once, TIME window shows total workout time. HEART RATE window shows average heart rate during workout. CALORIES window shows total calories burnt, and DISTANCE window shows total distance traveled.
2. Before going to COOL DOWN mode, the dot matrix window will prompt "GOING TO COOL DOWN" once, and will automatically switch to MAN'L mode, while MAN'L mode indicator is off through out COOL DOWN.
3. The resistance will decrease one LEVEL every 10 seconds until it reaches minimum LEVEL 1. However, resistance can be adjusted again once it has reached LEVE 1.
4. Press <STOP/RESET> if wish to terminate COOL DOWN immediately.
5. When COOL DOWN mode is terminated or ended, the dot matrix window will scroll "SELECT PROGRAMS OR PRESS START". Simply press desired PROGRAM to continue workout, or press <START> to alter Personal User Information, and then <ENTER> before selecting new workout.

G. Displaying Working Data

1. If wish to display data about the progress of workout, press <STOP/RESET> anytime during workout, the dot matrix window will prompt "STOP". The display console will show data of the workout as follows:

HEART RATE	: average heart rate
DOT MATRIX	: "S7100"
SPEED/DISTANCE	: total workout distance
CALORIES/CAL HR	: total calories burnt
TIME	: total workout time

2. Once the <STOP/RESET> is pressed, the current workout PROGRAM will be terminated as well. A new workout PROGRAM needs to be selected. Nevertheless, the previous workout data will be retained even though working under a new PROGRAM. The dot matrix window will scroll "SELECT PROGRAMS OR PRESS START". Simply press desired PROGRAM for a new workout, or press <START> to alter Personal User Information, and then <ENTER> before selecting new workout.

4. SYSTEM DEFAULT SETTING :

At the starting screen, where the display shows "S7100", simultaneously press LEVEL <▲> + <▼> keys to enter the system default setting.

1. SETTING MODIFY:

- 1.1 The pre-setting of MODIFY is NO.
- 1.2 Once in the default setting, the words "PRESS ▼▲ TO SELECT MODIFY HRC TARGET HR, PRESS ENTER" scroll across the dot matrix window, then "MDFY" appears.
- 1.3 The HEART RATE window shows either NO or YES. Press the <▲> or <▼> key to modify the setting, then press the <ENTER> key to confirm your choice.
- 1.4 If you choose not to make any modification, press the RESET key to leave the default setting and return to the starting screen.

2. SETTING UNIT WEIGHT

After the words "PRESS ▼▲ TO SELECT LB/KG" scroll across the display, the previous weight unit setting appears. You can determine weight units of measurement by selecting either LB or Kg. Press ▼▲ key to select a desired weight unit, then press the enter KEY OR "STOP/RESET" to confirm your choice and return to the starting screen.

5. RANGE OF VARIOUS SETTINGS :

RANGE OF DISPLAY :

LEVEL	: 1 TO 28	LEVEL 1 is the maximum resistance.
TIME	: 00:00 ~ 99:59	
TOTAL STEPS	: 0 ~ 9999	
STEP/MIN	: Display the number of steps per minute.	
WATTS	: 0.0 ~ 999	
METS	: 0.0 ~ 99.9	
CALORIES	: 0.0 ~ 9999	
CAL/HR	: 0 ~ 9999	

RANGE OF SETTING :

LEVEL	: 1 TO 28
TIME	: 05:00 ~ 99:00 (Unit: minute)
AGE	: 12~ 99
WEIGHT	: 20 ~ 150Kg or 50 ~ 330LB

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 S7100 requires little maintenance. The S7100 smooth operation is dependent on keeping the unit as clean as possible.

Regular cleaning is recommended to keep your climber S7100 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)

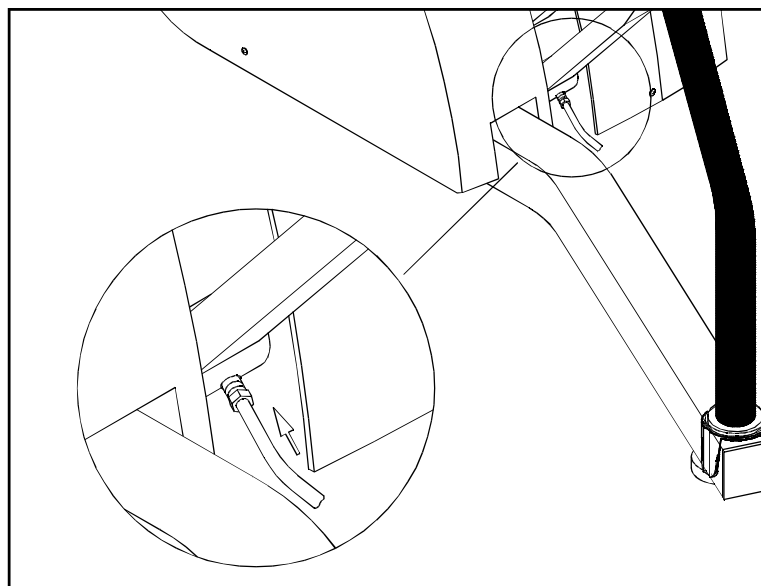


Fig.7

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

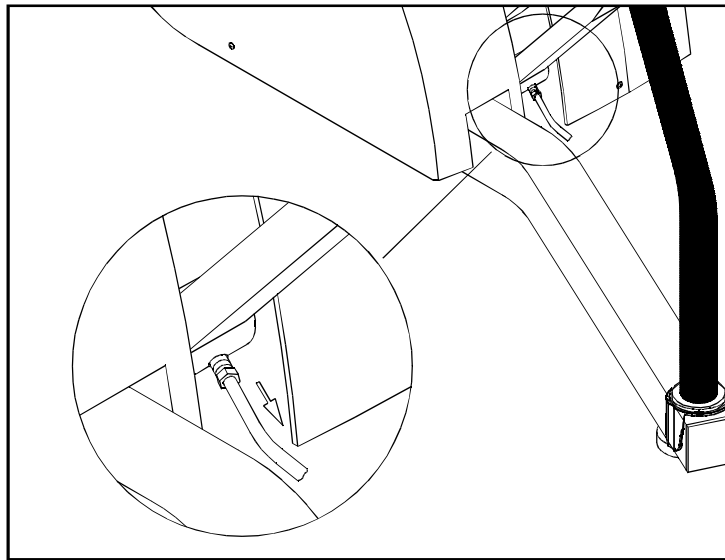


Fig.8

GUIDELINE FOR EXERCISE

How long should I exercise?

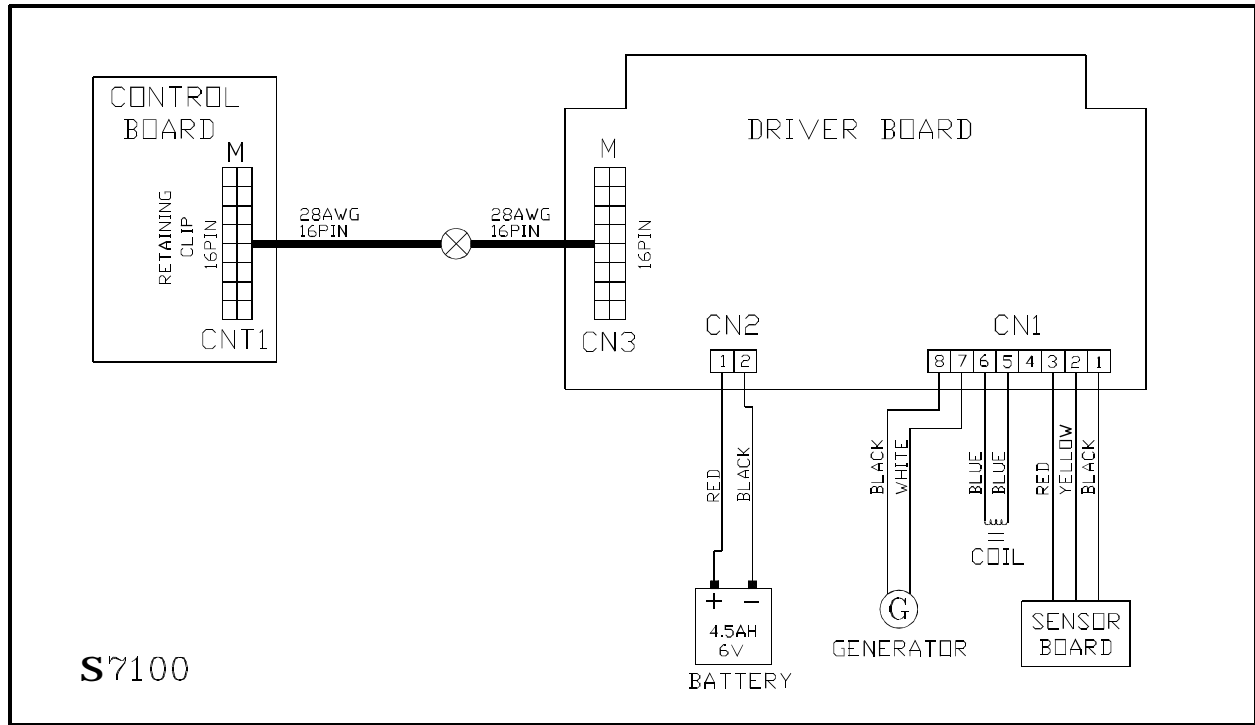
The duration of your exercise session is dependent on your fitness level. In general, it is recommended that you maintain your heart rate in the training zone for at least 10 minutes to realize an aerobic benefit. As your fitness level increases, you will be able to maintain your heart rate in the training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



Your Authorized SPORTS ART Distributor