SFE Stepmill Pro Owner's Manual

The SFE Stepmill Pro is an outstanding exercise machine that offers a powerful, low-impact workout, simulating the natural movement of stair climbing to build strength, stamina, and cardiovascular health. It targets major lower body muscles—glutes, hamstrings, quads, and calves—while promoting calorie burn and improving endurance. Unlike other cardio machines, the SFE Stepmill Pro requires continuous balance and stability, which also engages core muscles, enhancing overall functional fitness. Ideal for all fitness levels, they allow users to control intensity by adjusting speed and resistance, making the SFE Stepmill Pro versatile and effective for both beginners and advanced athletes.

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Thank you for purchasing with Sports & Fitness Exchange! Our mission is to provide customers with top quality fitness products at the lowest possible prices! Our team is dedicated to helping others accomplish their fitness dreams!

Your product is protected by a warranty. If you have any difficulties with assembly or need to file a warranty claim, please contact customerservice@sportsandfitnessexchange.com. We will respond within 24 hours, Monday through Friday. Our sales staff may be able to answer some questions, but they are not technical experts and cannot file warranty claims on your behalf.

1. Safety Precautions

Please read the following safety guidelines thoroughly before using the stair machine to ensure safe and effective operation.

- **Intended Use**: This machine is designed for use in commercial fitness facilities and sports training environments.

- **Environment**: The stair machine should only be used indoors, in a dry, low-humidity setting. Avoid exposure to moisture, as this may damage the equipment.

- **Placement**: Position the machine on a stable, level surface, ensuring that it is secure. Allow at least 6.5 feet (2 meters) behind the machine for safe usage.

- **User Requirements**: Only one person should use the machine at a time. Maximum weight capacity: 450lbs.

- **First-Time Use**: For safety, hold the handrails and maintain balance, especially if you are unfamiliar with the machine.

- **Clothing**: Wear appropriate athletic attire and footwear. Users with long hair should tie it back securely.

- **Emergency Stop**: In case of emergency, stop the machine by pressing the emergency stop button or stepping off carefully if the machine is at a safe speed.

- **Improper use or overloading**: Improper or overload training may lead to damage of motor and controller, accelerated aging of transmission system, or even physical injury.

2. Technical Specifications

- **Power Supply**: AC 120V

- **Speed Range**: 24–168 steps per minute

- **Product Dimensions**: 32Wx57Dx78H

- **Resistance Levels**: 1–15

- **Maximum Display Values**:

  - Time: Up to 99 minutes, 59 seconds

  - Height: Up to 3,281 feet (1,000 meters)

  - Calories: Up to 999 kcal

  - Step Count: Up to 9,999 steps

3. Product Overview

This section includes graphics and diagrams of the stair machine to familiarize users with each component and function.


4. Installation Instructions

Assembly Guidelines

1. **Unpack and Prepare**: Choose a spacious area to assemble the machine. Carefully remove all packaging materials but keep them until the assembly is complete.

2. **Connect Communication Lines**: Attach the communication cable from the screen support pipe to the main frame cable.

3. **Secure Handrails and Screen**: Affix the left and right handrails to their designated slots and connect the HR monitor connectors. Ensure they are firmly in place, then attach the screen and connect the display connectors.
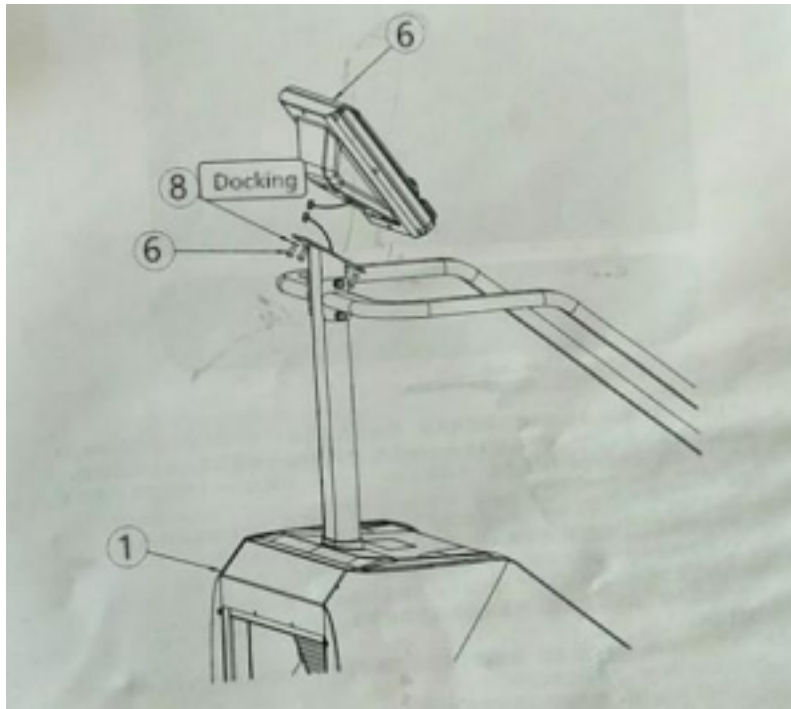
See diagram on the next page for visual instructions:

Step 1:
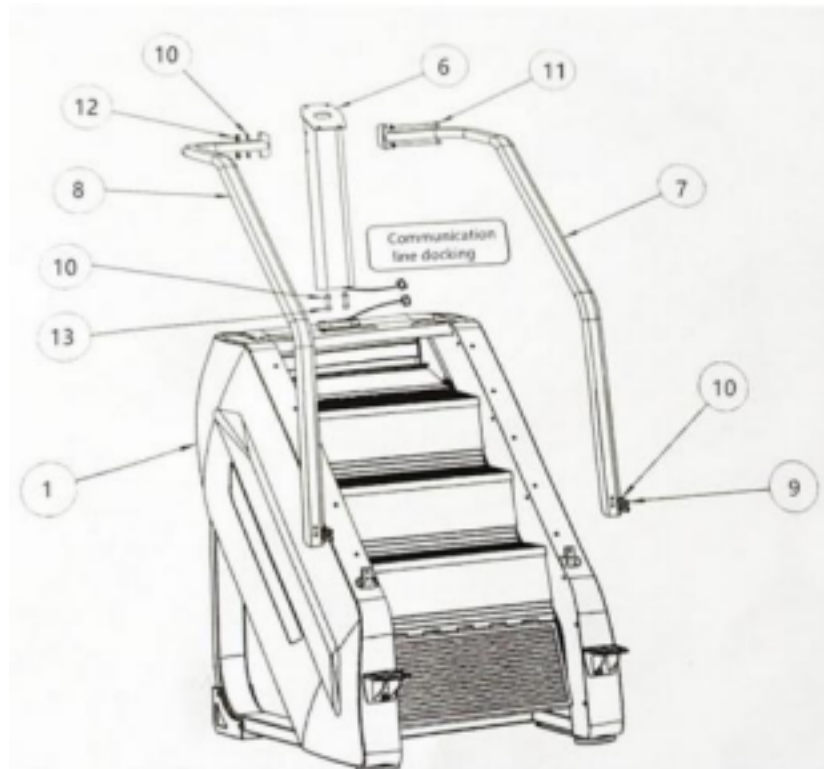
Step 2:

5

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5. Operating Instructions

You must be standing on the steps to begin operating the stepmill. The control panel operates on a capacitive touch system, like smartphone screens. Follow these steps to operate the machine:

1. **Start-Up**: Press the "Start/Stop" button to begin, starting at speed level 1. Increase or decrease speed by pressing the "+" or "-" buttons.

2. **Resistance Adjustment**: Adjust resistance gradually to maintain control and balance.

3. **End of Session**: Confirm the machine has come to a complete stop before

dismounting.

6. System Setup and Configuration

• **Heart Rate Monitoring**: Hold both heart rate sensors firmly for accurate reading. •

Program Settings: Choose from preset programs (P1–P8) based on desired

intensity.

• **Custom Settings**: Input your age, height, and weight to receive personalized feedback on calories burned and heart rate.

7. Maintenance Guidelines

- **Daily Cleaning**: Wipe down the machine with a soft, slightly damp cloth. Avoid harsh chemicals, which can damage the surface.

- **Regular Inspections**: Check for loose bolts, abnormal noise, or wear on moving parts. Tighten any loose components as needed.

- **Weekly Maintenance**: Vacuum around and beneath the machine to prevent dust buildup. Use a soft brush to clean between the steps and on the machine's surface.

8. Troubleshooting and Error Codes

If you encounter any issues, refer to the following error codes and recommended

solutions: • **E01**: Communication Error – Check connections then reset machine.

• **E02**: Motor Issue – Inspect the motor connections; if still fails, replace the controller. •

E03: Sensor Malfunction – Confirm all sensors are correctly positioned and functional.

• **E04**: Hardware flow error, check that all connectors are connected & secured. • **E05**:

Software flow error, recommend resetting by unplugging from power • **E07**:

Obstruction Detected – Ensure there is no object blocking the step path.