



# **CORE HEALTH & FITNESS**

**8G**

## **OWNER'S MANUAL**



IMPORTANT SAFETY INSTRUCTIONS.....	2
PRODUCT SPECIFICATIONS .....	4
IMPORTANT LABEL LOCATIONS .....	5
PART IDENTIFICATION .....	6
OPERATION - OPENHUB LCD CONSOLES .....	7
PROGRAM PROFILES .....	11
OPERATION - OPENHUB TOUCHSCREEN CONSOLES .....	12
SCREEN VIEWS .....	14
WORKOUT SELECTION KEYS AND PROGRAM DEFINITIONS.....	16
PROGRAM UPLOAD .....	17
8G/10G MENU MAP .....	19
MAINTENANCE MODE - LCD .....	20
MAINTENANCE .....	23
TOOLS .....	23
MAINTENANCE SCHEDULE .....	24
SUPPORT & SERVICE .....	25

 **SCAN FOR INSTALL VIDEO**



## WARNING!



Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment setup and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.



Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

### **DANGER - to reduce the risk of electrical shock:**

1. Always unplug the machine from the electrical outlet before cleaning or servicing.
2. This product is factory-equipped with a specific DC Power Supply to permit connection to the proper electric circuit. Make sure that the product is connected to a dedicated power line having an outlet with the same configuration as that of the plug.
3. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel in order to avoid a hazard.
4. This machine is not intended to be serviced by the end user, refer servicing to qualified personnel only.
5. If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid hazard.
6. Keep the cord away from heated surfaces. Unplug power cord when the machine is unattended and before performing any preventative maintenance such as cleaning or replacing a worn part.
7. Do not operate unit in damp or wet locations.

### **WARNING - to reduce the risk of injury to person:**

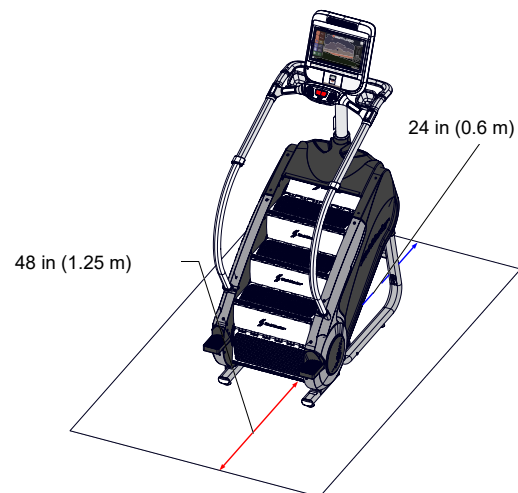



Fig. 1 Required Clearance

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 48 inches (1.25 meters) of clearance to allow for ease of mounting and dismounting. Allow for 24 inches (0.6 meters) of clearance behind the machine. A ceiling height of 10' (3.0 meters) is recommended to accommodate most users. These dimensions are the recommended minimum distances.

The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations ([www.access-board.gov/ada](http://www.access-board.gov/ada)).

2. Users under 80 lbs (36 kg) will result in equipment not functioning as intended.
3. Do not exceed the maximum allowable weight limit of:
  - 8G - 350 lbs. / 158 kg.
4. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination from their health care provider before beginning any exercise program.
5. This machine is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety.
6. Keep children away.
7. Familiarize yourself with the location of the STOP buttons on the console and right handrail. If you experience difficulties during the workout, pushing the STOP button will bring the machine to a stop.
8. Use care when getting on or off the machine. Always use the handrails. Do not step off of the machine while it is moving. Press the STOP button and wait for the machine to come to a complete stop before dismounting.
9. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.
10. Do not operate the machine if the shrouds are removed or if the power cord is damaged in any manner. Keep all air openings free from dirt or any material that would block the flow of air to the motor.
11. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
12.  **WARNING:** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately.
13. Noise emission under load is higher than without load.

#### **SAVE THESE INSTRUCTIONS**

# PRODUCT SPECIFICATIONS

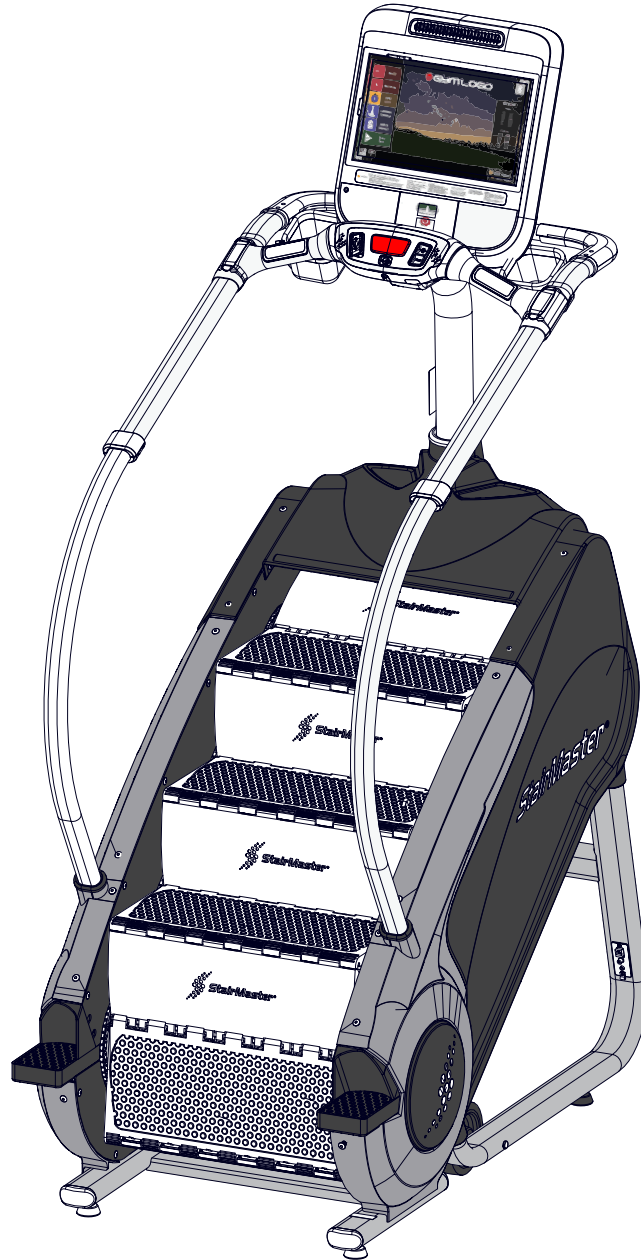


Fig. 2

**SKU:** 9-5270

**Desc:** 8G

Unit Weight		Width		Length		Height		Max User Weight	
<b>370</b>	lbs	<b>34.5</b>	in	<b>59.5</b>	in	<b>88.6</b>	in	<b>80 - 350</b>	lbs
<b>167.5</b>	kg	<b>87</b>	cm	<b>151</b>	cm	<b>225</b>	cm	<b>36 - 158</b>	kg

# IMPORTANT LABEL LOCATIONS



**⚠ WARNING**

**READ THE OWNERS MANUAL AND FOLLOW ALL PROPER INSTRUCTIONS PRIOR TO USE. IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS INJURY.**

1. As with all exercise equipment or programs, consult a physician prior to use and stop if you feel faint, dizzy or exhausted.
2. This equipment should only be used in a supervised environment.
3. Inspect machine prior to use and immediately report worn, loose or damaged equipment to the responsible party and refrain from using it.
4. Always exercise in control. Begin exercising carefully as steps and/or pedals will begin to move once contacted.
5. Keep body and clothing free and clear of all moving parts.
6. Always wear closed toe athletic shoes when operating this machine.
7. Keep children away.
8. Replace this label if damaged or illegible.

050-2215 B

Core Health & Fitness, LLC  
4400 NE 77th Avenue, Suite 300  
Vancouver, WA 98662 USA  
1-888-678-2476

**⚠ WARNING**  
**⚡ SHOCK HAZARD**  
Do not open cover.  
Refer servicing to qualified Personnel only. Disconnect from power source before servicing.

Patents:  
[www.corehealthandfitness.com/patents](http://www.corehealthandfitness.com/patents)

SKU

SERIAL

DATE  MAX USER WEIGHT

CYCLES  WATTS

VOLT AMPS  PHASE

Class SA Fitness Equipment for commercial use only  
DESIGNED IN THE USA  
MADE IN CHINA

CERTIFICATIONS

P/N: 050-5456 Rev A

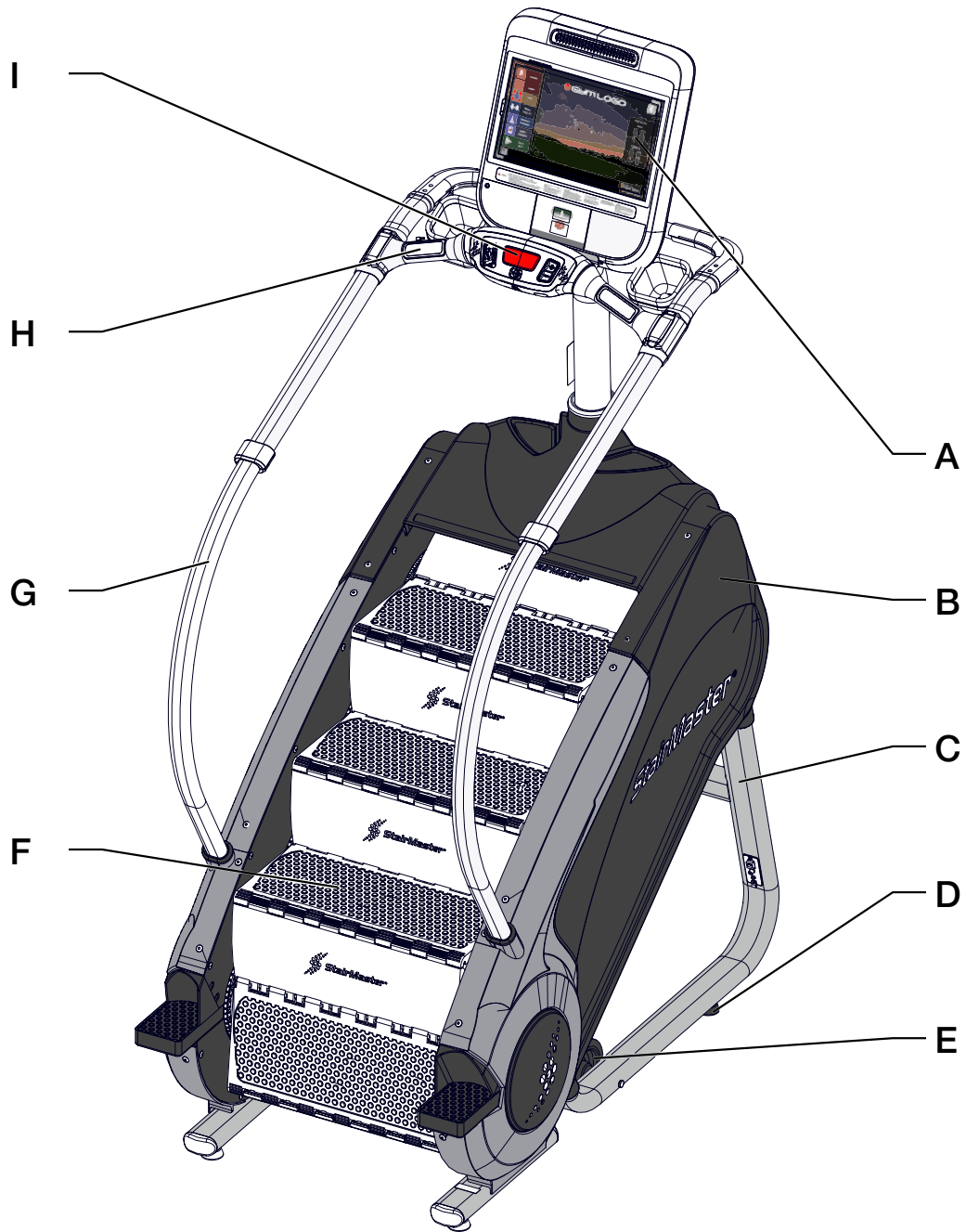


Fig. 3 8G Features

#	Part	#	Part	#	Part
<b>A</b>	Console	<b>E</b>	Transport Wheel	<b>I</b>	STOP Button
<b>B</b>	Shrouds / Housing	<b>F</b>	Stair		
<b>C</b>	Main Frame	<b>G</b>	Handrail		
<b>D</b>	Leveling Foot	<b>H</b>	Heart Rate Grips		

# OPERATION - OPENHUB LCD CONSOLES

## DISPLAY MEASUREMENTS



### SPEED

Displays the current speed in Steps per Minute



### LEVEL

Displays the current level, from 1-25



### KCAL

Displays accumulated calories burned



### WATTS/METS

Alternates display of current user Watts and METS

**WORKOUT PROFILE** Displays profile of past and upcoming speed levels relative to one another

**SEGMENT TIMER** Below the Workout Profile area is a segment timer that counts down the time remaining in the current segment.

## TOP DISPLAY WINDOW

The top display window includes several measures:

<b>TIME</b>	Current total workout time
<b>FLOORS</b>	Current total number of floors climbed
<b>STEPS</b>	Current total number of steps climbed
<b>HEART RATE</b>	Current HR in beats per minute, if available

## CONSOLE KEY FUNCTIONS




### QUICK START Key

Enables manual operation using a default weight, SPEED and a default time limit.  
NOTE: Default time and weight are adjustable through Maintenance Mode.



### STOP Button

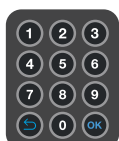
Press the STOP button to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 2 minutes. To re-start workout press the  Key. To end the workout push the STOP button again





### Fan Button

Cycles the fan between three settings: High, Low and Off



### Numeric Keypad

Use to enter specific values for program parameters during program setup. During a program, these keys may be used to change level.



### Up/Down Buttons

Cycle between options during setup mode, adjust level up and down during workout mode


**FUNCTION NOTE:** This machine has a safety feature to help prevent users from accidentally increasing the machine speed to a level that is too high for them. When pressing the level up button to increase speed, there are two stop points at level 10 and level 15 which function as follows: when increasing level, the machine will not allow the user to increase the level past the stop point until the actual machine speed has reached the set level. For example, if a user is at level 5 and repeatedly pressed the level up button, it will allow the set level to go up to level 10, but no further until the actual machine speed has reached level 10. Once the machine speed has reached the set level, the user can increase the level further.

## BLUETOOTH DEVICE PAIRING




**Bluetooth Device Pairing with Bluetooth Button:** Pushing the button puts the console into discover mode. The console will be available for pairing for up to 60 seconds to pair with a compatible App. The button will flash while searching for pairing, and the display will show the unique console code. Once a device is paired with the console, the light will stop flashing and remain on to indicate the connection. Visit our website for a list of compatible Apps.



**Pairing with Apple Watch:** OpenHub consoles marked with this icon  have the capability to connect using Near Field Communication (NFC) with Apple Watch (must be running WatchOS 4.2 or later and have option **Detect Gym Equipment** set to **On** in Watch settings for Workout App.)



**Pairing with Samsung Galaxy Watch:** OpenHub consoles marked with the Samsung icon also have the capability to connect with Samsung Galaxy Watch (must be running software 4.8 or later and have **NFC** set to **On**)<sup>1</sup>.

**To connect:** Hold the watch near the  icon on the console (this is where the NFC reader is located). When the display and watch detect each other, the Bluetooth button on the display will flash and then turn solid blue, and watch will ask user to confirm connection with the display. Once connection is confirmed by user, it will finalize and data will begin to pass between console and watch. It is possible to make this connection either before the workout begins (recommended), or at any time during an active workout. At the end of workout, the connection will be terminated.

**Note:** when Apple Watch is connected to display, the Calories display window will show both Active and Total Calories per Apple Watch calculations.

<sup>1</sup> See [support.corehandf.com/Software](http://support.corehandf.com/Software) for version numbers and update instructions

## WORKOUT SELECTION KEYS AND PROGRAM DEFINITIONS

### GOAL BASED PROGRAMS

When a goal based program is selected, user will then have the option to select from a list of program profiles, see PROGRAM PROFILES section for details on the profile options



#### Time Goal

Allows entry of a set workout time goal



#### Calorie Goal

Allows entry of a set number of calories to burn during workout



#### Distance Goal

Allows entry of a set number floors to climb during workout (1 Floor = 16 Steps)

### CONSOLE KEY FUNCTIONS



#### Manual

Similar to Quick Start, but allows user to enter a time goal and weight for more accurate calorie measurement



#### Landmark Challenge

Choose from 1 of 14 different famous buildings to climb



#### Training Tools

Access to HR Zone Trainer

**CPAT:** Candidate Physical Aptitude Test, used to test firefighters in the United States. Consists of a 20 second warm up phase at 50 steps/minute, followed by a 3 minute test phase at 60 steps/minute.

**HR ZONE TRAINER:** Program requires telemetry HR belt. User will be asked to select a Target Heart Rate (THR). Once the workout begins, the machine will slowly increase effort level to bring user into the range of THR, and will adjust resistance automatically to keep user HR in that range. To choose a different THR at any time during the workout, use the numeric keypad to enter the new THR (between 50-190 beats/minute)

## WFI Test Program

The WFI test assesses aerobic capacity expressed as VO<sub>2</sub>max. The results are calculated and recorded in milliliters (ml) of oxygen per kilogram (kg) of body weight per minute (VO<sub>2</sub> max).

These aerobic assessments are submaximal and are based on the heart rate response during graded exercise. Accurate estimation of maximal heart rate (MHR) is critical to the submaximal prediction used in these assessments. A new formula for calculating maximal heart rate is utilized with these protocols, it more accurately accounts for age-related reduction of MHR. Be aware that the heart rate can be affected by variables such as body temperature, hydration state, anxiety, stress and medications. In addition to heart rate, body mass (height-to-weight ratio), is also a significant variable in both prediction equations. The relationship between height and weight is recorded as Body Mass Index (BMI). It is important to note that BMI is not being used in these aerobic protocols to estimate body composition; but rather, is used to represent the mass of each participant.

<b>Target HR</b>	=	<b>[208 - (0.7* Age)] * 0.85</b>
<b>BMI (in - lbs)</b>	=	<b>703* Weight (lbs) / [Height (in)]<sup>2</sup></b>
<b>BMI (cm - kg)</b>	=	<b>Weight (Kg) / [Height (m)]<sup>2</sup></b>
<b>VO<sub>2</sub>max</b>	=	<b>57.774 + (1.757 x time) - (0.904 x BMI)</b>

Fig. 4 General Formulas

### Test Protocol

The test starts at 46 steps/min for 2 minutes, then 53 steps/min for 1 minute (warm-up period). The test time includes the warm-up time. The test is a series of 1-minute intervals with increasing work loads on each subsequent minute.


**Note:** Once the test starts, the user should not maintain a hold or lean on the handrails; this will result in overestimation of aerobic capacity.

The test is complete when the heart rate exceeds the Target Heart Rate (THR) for 15 seconds. The total Test Time (TT) begins from the time the user starts on the StepMill, to the point at which the user exceeds their THR. It does not include the final 15 second qualification period that the heart rate was above the THR.

The qualification period is to verify the user's heart rate does not exceed the target, and then drop down to the THR or below for 15 seconds, if it does, then the test continues.

Once the test is completed, the user should cool down for a minimum of 2 minutes at 39 steps/min.

The test is aborted with no results if any of the following occurs:

- The user stops or pauses the workout at any point during the test.
- The  key is pressed.
- The THR has not been met after 16 minutes previous work level.
- The Heart Rate signal is lost.
- The equipment malfunctions.

## PROGRAM PROFILES

These profiles are selected in combination with the Goal Based programs.

### Manual Profile

Manual allows you to control the speed of the machine during the workout, while accurately calculating exercise statistics based on your weight. The workout profile in the display window is divided into 20 equal intervals within the selected workout time.

### Fat Burner Profile

Fat Burner is a 20-interval workout designed with moderate changes in intensity level designed to stimulate fat store assimilation for users on a weight control program. Any changes to speed during workout will change levels for rest of workout.

### The Calorie Burner Profile

Calorie Burner is a 20 interval workout designed for users wanting to increase their aerobic capacity. The changes of the intensity in the program are greater than the changes in the Fat Burner program, and are designed specifically to tax the cardio respiratory system.

The profile in the center display indicates relative intensity. Any changes to speed during workout will change levels for rest of workout.

### The Intervals Profile

Intervals is an interval workout containing 8 alternating rest intervals with 7 exercise intervals.

An interval cycle consists of a work phase and a rest phase. You may scale the rest intensity level and the work intensity level independently - which will be saved for the remainder of the workout.

### Bell-Shaped

Profile The Bell-shaped is a 20 interval workout that steadily increases intensity for the first half of the workout, and then decreases over the second half of the workout. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

### Build Profile

The Build is a 20 interval workout that steadily increases intensity over the course of the workout. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

### Mystery Challenge Profile


The Mystery Challenge is a 20 interval workout with intensity changes randomly selected and applied to create a unique workout profile every time. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

### Steady Profile

The Steady is a 20 interval workout that includes a warm-up period, then goes to a selected intensity level and remains there for the duration of the workout. Any changes to Level during the workout will alter the remaining intervals in the profile by the same amount.

## OPTIONS DURING WORKOUT MODE

Changing Step Rate/Level

- Use the  buttons to adjust the level up and down

Pausing Workout

- Stop stepping to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 30 seconds. To restart workout begin stepping.

End of Workout

- When program goal is reached, or the countdown timer reaches 0 in pause mode, the workout ends and the display will show the total workout statistics and clear.

# OPERATION - OPENHUB TOUCHSCREEN CONSOLES



Fig. 5 10G Functions

## CONSOLE & HANDLEBAR (WHERE APPLICABLE) FUNCTIONS

	<b>F</b> QUICK START Key	Enables manual operation using a default weight, SPEED and a default time limit. <b>NOTE:</b> Default time and weight are adjustable through Maintenance Mode.
	<b>G</b> STOP Button	Press the STOP button to enter pause mode. Workout will be suspended and a countdown timer will begin counting down from 2 minutes. To re-start workout press the  Key. To end the workout push the STOP button again
	<b>C</b> Flag Button	Displays language options, appears only on home screen
	<b>D</b> Unit Button	Unit toggle, appears only on home screen



**H** **Level Adjustment** Allows user to increase/decrease program level



**A** **Main Menu** Workout controls, varies by unit. See the Menu Map in the Console Manual for complete details.

## BLUETOOTH DEVICE PAIRING **B**



**Bluetooth Device Pairing with Bluetooth Button:** Pushing the button puts the console into discover mode. The console will be available for pairing for up to 60 seconds to pair with a compatible App. The button will flash while searching for pairing, and the display will show the unique console code. Once a device is paired with the console, the light will stop flashing and remain on to indicate the connection. Visit our website for a list of compatible Apps.

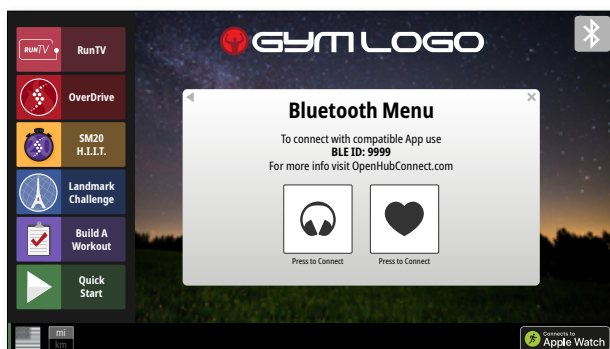




Fig. 6



**Pairing with Apple Watch:** OpenHub consoles marked with this icon  have the capability to connect using Near Field Communication (NFC) with Apple Watch (must be running WatchOS 4.2 or later and have option **Detect Gym Equipment** set to **On** in Watch settings for Workout App.)



**Pairing with Samsung Galaxy Watch:** OpenHub consoles marked with the Samsung icon also have the capability to connect with Samsung Galaxy Watch (must be running software 4.8 or later and have **NFC** set to **On**)<sup>1</sup>.

**To connect:** Hold the watch near the  icon on the console (this is where the NFC reader is located). When the display and watch detect each other, the Bluetooth button on the display will flash and then turn solid blue, and watch will ask user to confirm connection with the display. Once connection is confirmed by user, it will finalize and data will begin to pass between console and watch. It is possible to make this connection either before the workout begins (recommended), or at any time during an active workout. At the end of workout, the connection will be terminated.

**Note:** when Apple Watch is connected to display, the Calories display window will show both Active and Total Calories per Apple Watch calculations.

<sup>1</sup> See [support.corehandf.com/Software](http://support.corehandf.com/Software) for version numbers and update instructions

## SCREEN VIEWS



Fig. 7 Screen Elements

During most workouts, users can select from multiple screen view options by tapping the icons **G** at the bottom of screen. Screens vary by unit, all screens are shown in the Service Manual.

- Simple Key workout stats in a large and easily readable format
- Progress Workout stats plus graphical representation of segments
- Quick Workout stats plus customizable buttons to select incline/speed with single button press
- Entertainment View video from connected TV feed, or HDMI streaming from personal device
- Apps View (networked product only) Select from a preset list of on-board Apps, including: YouTube, Facebook, Instagram, Twitter, Reddit, Pinterest, BBC, NPR (list subject to change at any time)



Fig. 8 Apps View



Other controls vary by unit:

	<b>A</b>	<b>Fan Button</b>	Cycles the fan between three settings: <b>High, Low</b> and <b>Off</b>
	<b>C</b>	<b>Bluetooth</b>	Button is grayed out if no device is connected to the console.
	<b>D</b>	<b>Adjustment Buttons</b>	Allows user to increase/decrease speed, level or incline depending on unit.
	<b>E</b>	<b>Exit/Back</b>	This button has the same function as pressing stop button on hot bar, puts display into the pause screen.
		<b>Wallpaper</b>	Select to set the screen background.

## Display Measurements **B**

Measurements are displayed at top of screen during workout, tapping any of the measurement boxes allows user to select alternative measures to display and may include the following measurements:

<b>Calories</b>	Active/Total calories burned Note: When connected to Apple Watch only
<b>Cal/Hour</b>	Current rate of calorie burn
<b>Floors</b>	Current floors climbed
<b>Steps</b>	Current steps climbed
<b>Time</b>	Current total workout time
<b>Watts</b>	Current user Watts
<b>METS</b>	Current user METS
<b>Floors/Min</b>	Current climbing speed
<b>Heart Rate</b>	Current HR in beats per minute, if available

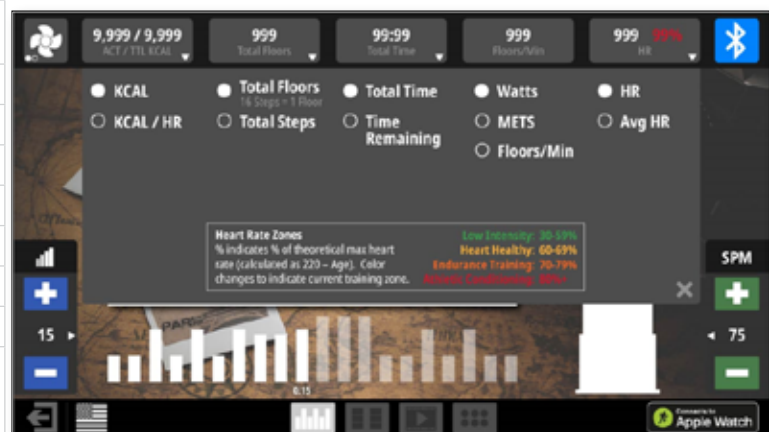


Fig. 9 Display Measurement Dropdown (10G)



## WORKOUT SELECTION KEYS AND PROGRAM DEFINITIONS

On the main screen are several choices:

**Quick Start** Program will request user information to create more accurate calorie burn and heart rate zone calculations, then begin a fixed time (default length can be adjusted in maintenance mode) manual workout

### Existing Workouts

- 5K Time Trial
- Manual
- Random Hill
- Alpine Pass
- Evaluate Fitness (Fitness Test, Firefighter Test, Military Tests – see Service Manual for details)

### Build a Workout

- Custom Interval Training
- Heart Rate Training
- Time Goal
- Distance Goal
- Calorie Goal



Fig. 10 StarTrac Twenty

**Stairmaster 20** A set of 5 different 20 minute High Intensity Interval Training (HIIT) program options, allowing users of all fitness levels to create a workout that allows them to experience the benefit of adding HIIT to their workout routine

**RunTV** A set of first person videos, allows users to choose from a variety of running paths to visually enhance their workout

## PROGRAM UPLOAD

Prior to starting a workout, a BlueTooth connected device can be used to upload a program to display on the console from a compatible app. The upload may contain user info such as age and weight.

1. In an App interface, select the option to Upload Program to Display and then select the program from the app to upload. Console will switch to shown page when responding to the app.

**NOTE:** if done while a workout is in progress, the display will not respond to the app command.

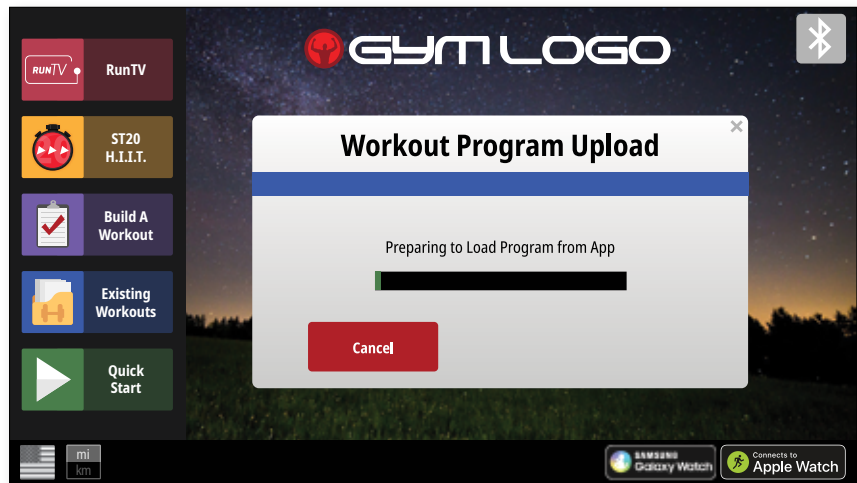


Fig. 11

2. The app will upload to the console. Pressing the cancel during this time will return to the home screen and remove any uploaded information from the console.



Fig. 12

- Once the program has loaded, press the green start button to progress to the setup screen.

**NOTE:** Console will return to home screen after 30 seconds or if cancel is pressed.

- If program fails to load, an error screen is displayed for 5 seconds before returning to the home screen. Any error reporting is handled by the app, please check the app for additional details.



Fig. 13

- Information from the app may be adjusted on the setup screen, or press the GO button to begin the program.



Fig. 14

# 8G/10G MENU MAP

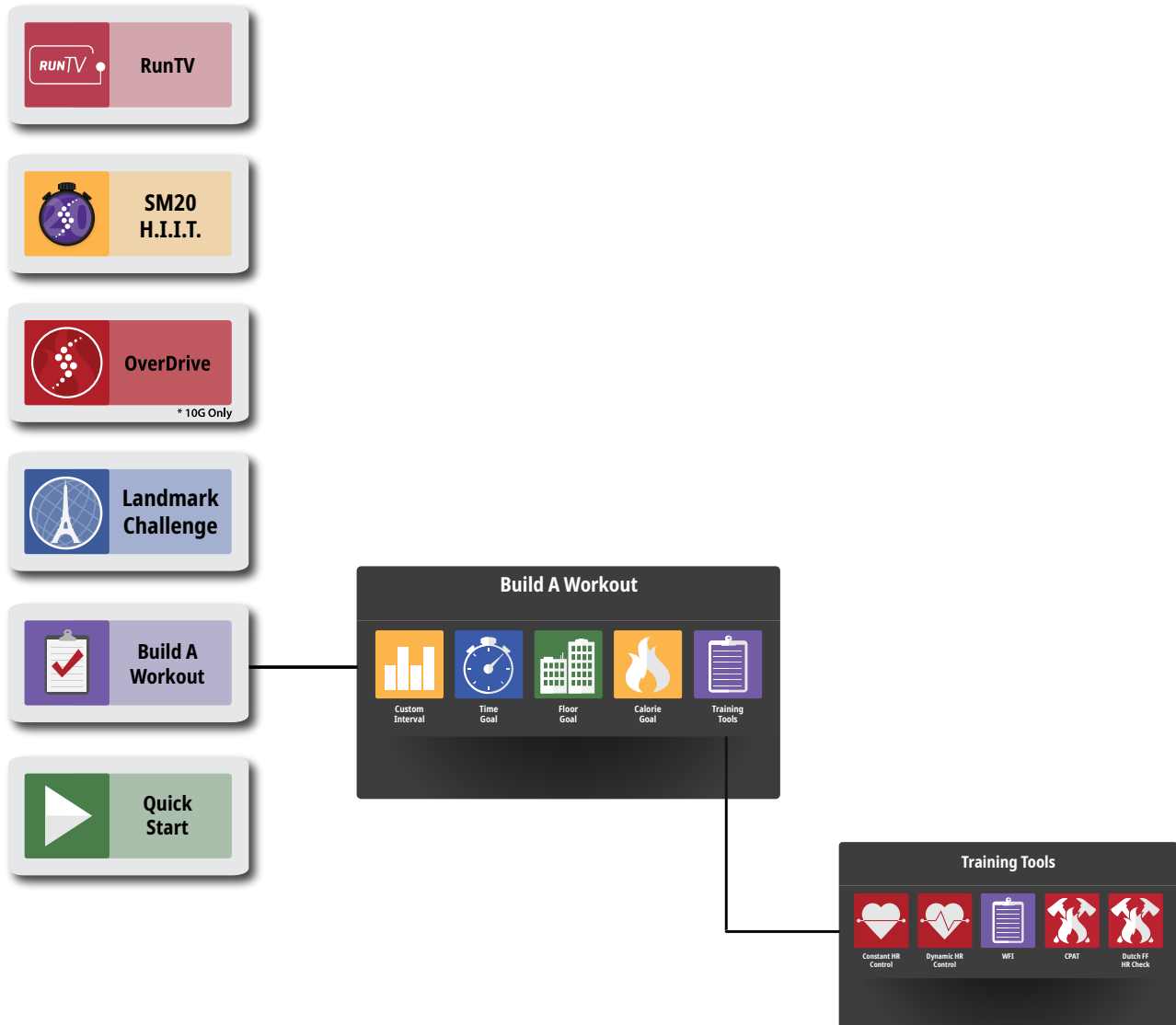


Fig. 15 8G or 10G Menu Map

## LCD OPENHUB CONSOLE

Maintenance Mode allows access to service and diagnostic information, as well as provides the ability to adjust certain program default parameters. To enter Maintenance Mode:

1. Press and hold the **0**, **2** and **OK** keys together.
2. A beep will sound and “MAINTENANCE MODE” will display momentarily in the Information Window.
3. Release all keys. “SERIAL NO #####” will display in the Information Window.

### The following keys are available in MAINTENANCE MODE:



#### Level Keys

**Increase and Decrease LEVEL Keys:** Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit. These keys do not save the new value.



#### Numeric Keypad

**Numeric Keypad:** Allows you to enter specific values for numeric parameters. These keys do not save the new value.



#### OK Key

Updates (saves) the values of all parameters in non-volatile memory, and exits Maintenance Mode.

**NOTE:** To exit Maintenance Mode without saving any values or settings, press the QUICK START key.

### A complete list of the items that you may display and change in Maintenance Mode:

Item	Min	Max	Default	Notes
SW VERSION	01.00	99.99	N/A	Display software version (set by factory)
LCB VERSION	01.01	99.99	N/A	Load Control Board software version (set by factory)
SERIAL #	0	65535	N/A	Serial number (set by factory)
RUN HRS	0	65535	N/A	Total operating hours
MAINT HRS	0	9999	N/A	Total operating hours since last reset
FLOORS	0	65535	N/A	Total floors climbed
UNITS (ENGLISH/METRIC)	English	Metric	English	English = pounds, feet; Metric = kilograms, meters
DEFAULT TIME (5-180)	5	180	120	Default time used by programs
WEIGHT (LBS) (50-350)	50	350	176	Default user weight used in calorie calculations if not entered by user
INTENSITY (1-9)	1	9	1	Default starting level
AGE (5-99)	5	99	40	Default user age used if not entered by user

Item	Min	Max	Default	Notes
CHR PERCENT: (10-90)	10	90	70	
LANG (ENG,,,,,)	N/A	N/A	English	Language is English (ENGL), Dutch (DUTC), French (FREN), German (GERM), Portuguese (PORT), Spanish (SPAN), Swedish (SWED), Italian (ITAL) or Katakana (KATA).
CSAFE (ON/OFF)	N/A	N/A	ON	Turns CSAFE function ON or OFF
AUTO FAN (ON/OFF)	N/A	N/A	ON	Turns AUTO FAN function ON or OFF
MODEL (STAIRCLIMBER/ STEPMILL /NTM CONFIG RQD)	N/A	N/A	NTM CONFIG REQUIRED	Set console to STAIRCLIMBER/ STEPMILL/NTM CONFIG REQUIRED
PROGRAM STATS	N/A	N/A		
DISPLAY TEST	N/A	N/A	0	Access to LCD Test function
KEYPAD TEST	N/A	N/A	0	Access to Keypad Test function
HEART RATE TEST	N/A	N/A		Access to Heart Rate System Test function
SERIAL PORT TEST	N/A	N/A		Access to Serial Port Test function
CSAFE TEST	N/A	N/A	0	Access to CSAFE Test function
FAN TEST	N/A	N/A	0	Access to Fan Test function
MEASUREMENTS	N/A	N/A		Access to Integral Measurements function (for use by Authorized Maintenance Technician)
LAST ERROR LIST	N/A	N/A		
LCB COMM	N/A	N/A		Number of times a "LCB Communication" condition occurred since last reset
STUCK KEY	N/A	N/A		Number of times a "Stuck Key" condition occurred since last reset
BACKLIGHT	1	100	50	
CONTRAST	1	100	50	
SPM OVERFLOW	N/A	N/A		Number of times machine shut down due to higher than expected step rate.
MAX SPM	110	140	120	
KEY REPEAT	ON	OFF	ON	Turns KEY REPEAT function ON or OFF

Item	Min	Max	Default	Notes
SET DEFAULTS	N/A	N/A		Select to restore console defaults
CLEAR ERRORS	N/A	N/A		Select to clear error logs
RESET CONSOLE	N/A	N/A		Resets Console to default factory settings
UPDATE SW	N/A	N/A		Updates console software from USB
SPEED SCROLL	1	10	5	Scrolling speed of the display with 1 being the fastest.

## MAINTENANCE MODE - TOUCHSCREEN

To enter maintenance mode on 15"-19" Capacitive Touch Embedded display, in sequence press the top left corner, then top right, then top left again.

To enter maintenance mode on the 10" touchscreen display, in sequence press the top left corner, then top right corner, then the Logo.

The maintenance menus for the touchscreen displays contain many of the same options as for the LCD displays, as well as a few extra options related directly to touchscreens, such as touchscreen calibration and an option to upload background images. Refer to the touchscreen manual for more information.

## TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

Tool		
Metric Allen Key Set	Screwdriver Set, Phillips	Multi-Meter
Metric Open-Ended Wrench Set	Screwdriver Set, Flat	USB - Flash Drive
Large Adjustable Crescent Wrench	Torque Wrench	Zip Ties
Metric Socket Set	Loctite 680	

**MAINTAIN ALL EQUIPMENT:** Preventative maintenance is the key to smooth operating equipment as well as keeping the product in safe operating condition. Failure to conduct preventative maintenance by the owner may cause the product to operate in an unsafe manner. Equipment needs to be inspected and maintained at regular intervals per the preventative maintenance schedule provided in this manual.



## MAINTENANCE SCHEDULE

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

	Daily	Weekly	Monthly	Bi-Annually
<b>General Maintenance</b>				
Check Safety & Warning Labels	X			
Spot Check Step Chains	X			
Tension Alternator Belt <sup>1</sup>			X	
<b>Lubrication</b>				
Drive Chains <sup>2</sup>			OR EVERY 300 HOURS	
Bearing Plates <sup>3</sup>			X	
Pillow Block Bearings <sup>4</sup>				X
<b>Cleaning</b>				
Clean Console <sup>5</sup>	X			
Clean Side Covers <sup>6</sup>	X			

### INSPECTION

Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces. Repair the damaged area with a touch-up paint kit purchased from StairMaster® (see Support & Service for order information).

1 Tension to 40-54 in lbs

2 30W Oil

3 Multi-Purpose Grease

4 Multi-Purpose Grease

5 Clean with a water dampened cloth & wipe dry after cleaning.

6 Clean exterior with soap and water or a diluted household cleaner.

For Technical Support, Service, Parts Orders or any Customer Service needs, please contact us direct by phone, email, or through our 24 hour support site:

**GLOBAL SUPPORT CENTER**  
4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662  
Tel: (360) 326-4090 • (888) 678-2476 • [support@corehandf.com](mailto:support@corehandf.com)

Warranty information: <https://corehandf.com/warranty>

To help us support you, please provide the following information when requesting assistance with your equipment:

■ Facility Name & Address      ■ Product Serial Number      ■ Description of Issue

Our goal is to provide fast, reliable support to all your product support requests. We strive to answer all support requests under an average hold time of 3 minutes, all support emails within 1 business day and all field service requests within 48 hours.

## PREVENTATIVE MAINTENANCE

Protect your product & assure it always runs like new with a Core Advantage Preventative Maintenance or Extended Warranty Package. Contact your service manager for more information: [servicecontracts@corehandf.com](mailto:servicecontracts@corehandf.com)

# CORE CONNECT

Core Connect is your portal to all things service! Whether you need to order parts or register your warranty, Core Connect is the most effective way to get what you need fast and keep your facility operating smoothly.

## OFFERS 24-HOUR SELF SERVICE ACCESS TO:

- General Inquiries
- Warranty Registration
- Preventative Maintenance
- Service Requests
- Parts Orders
- Automated partner payment
- Product technical library
- Transparency on service performance
- Real time communication



To request access visit:  
**SUPPORT.COREHANDF.COM**

**THIS PAGE INTENTIONALLY BLANK**

