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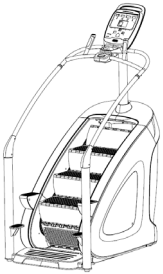
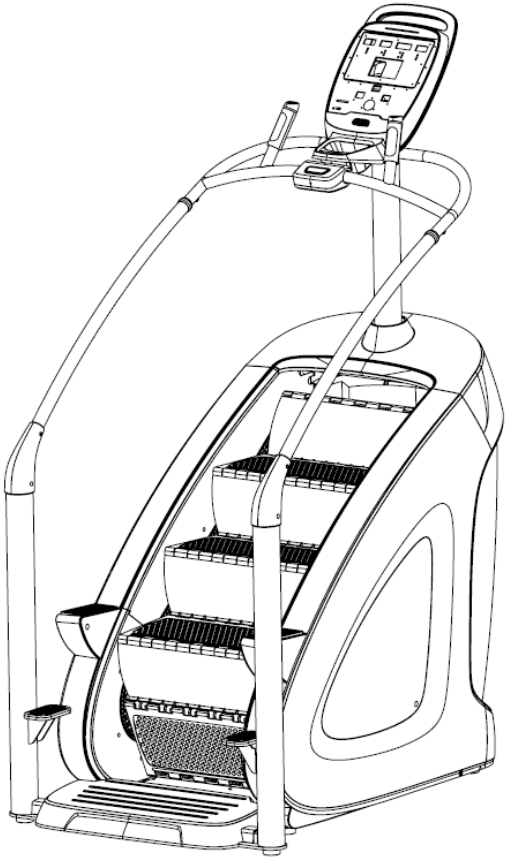
SPIRIT COMMERCIAL



CSC900 StairClimber

OWNER'S MANUAL



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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.

SPIRIT COMMERCIAL

Congratulations on your new StairClimber and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality StairClimber from Spirit Fitness. Your new StairClimber was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come. If not purchased direct from Spirit Fitness, the local dealership where you purchased this StairClimber is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

Yours in Health,
Spirit Fitness

NAME OF DEALER _____

DEALER PHONE # _____

PURCHASE DATE _____

IMPORTANT SAFETY INSTRUCTIONS

⚠WARNING

- Always unplug the machine from the electrical outlet before cleaning or servicing.
- This machine is not intended to be serviced by the end user, refer servicing to qualified personnel only.
- This product will be wired for either 120 VAC nominal power input OR 230 VAC nominal input. It is factory-equipped with a specific electric cord and plug 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.
- 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.
- Maximum User Weight: 400 lbs / 180 kg.
- This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- Keep children under the age of 13 away from this machine.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

⚠WARNING

- 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 form their health care provider before beginning any exercise program.

- This machine is not intended to be used by children. It 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. Do not leave children unsupervised around the machine.
- Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 20 inches (0.5 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 48 inches (1.25 meters) of clearance behind the machine. These dimensions are the recommended minimum distances. The actual area for access and passage is the responsibility of the facility and should take into account this training envelope and any other national or local codes or regulations.
- Keep power 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.
- Familiarize yourself with the location of the STOP buttons on the console. If you experience difficulties during the workout, pushing the STOP button will bring the machine to a stop.
- Do not exceed the maximum allowable weight limit of 400 lbs. / 180 kg.
- 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.
- Do not overexert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
- 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.
- Do not operate the machine if the motor shroud is 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.
- 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.

- NEVER expose this StairClimber to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

IMPORTANT OPERATION INSTRUCTIONS

- NEVER operate this StairClimber without reading and completely understanding the results of any operational change you request from the computer console.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment button. The computer will obey the command gradually.
- Use caution while participating in other activities while stepping on the rotating staircase; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control buttons. They are precision set to function properly with little finger pressure.

⚠WARNING

This product can expose you to chemicals including Toluene and Acrylamide which are known to the State of California to cause Cancer and birth defects or other reproductive harm. For more information, go to www.P65Warnings.ca.gov

RECORD YOUR SERIAL NUMBER

Please record the serial number of this fitness product in the space provided below. The serial number is located on the front of the StairClimber.

SERIAL NUMBER:

REGISTER YOUR PURCHASE

The self-addressed product registration card must be completed in full and returned to Spirit Fitness. You can also go to www.spiritfitness.com/warranty under the Support tab to register online.

CSC900 PRE-ASSEMBLY

UNPACKING

1. Read all instructions before assembling.
2. Assemble and operate the StairClimber on a hard, level surface in the area intended for use.
3. Attach all fasteners and partially tighten them. Do not fully tighten fasteners until assemble of all components is complete.
4. Do not attempt to move the unit by yourself. Have at least one other person help and use safe lifting techniques.
5. Do not grasp on any plastic parts of the unit while lifting and moving. The plastic components are non-structural covers and not capable of supporting the weight of the unit.
6. Locate the hardware package. The hardware is labeled with its specification as a description. Each of the assembly steps reference the descriptions to avoid confusion during assembly.

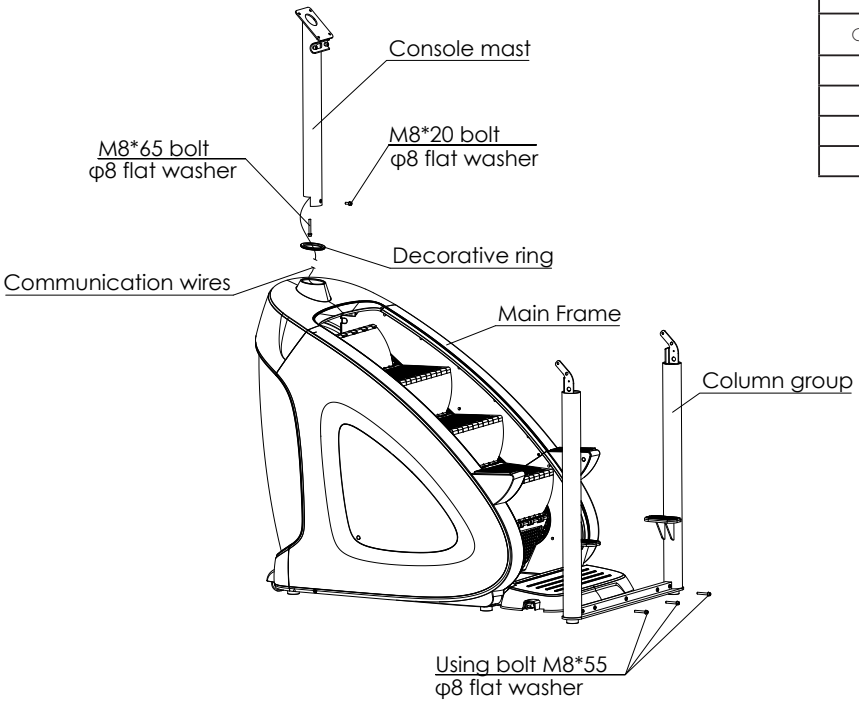
TOOLS INCLUDED:

- ❑ 5mm Allen Wrench
- ❑ 6mm Allen Wrench

PARTS INCLUDED:

- ❑ 1 Main Frame
- ❑ 1 Console
- ❑ 1 Console Mast
- ❑ 1 Column Group
- ❑ 1 Decorative Ring
- ❑ 1 Handlebar Group
- ❑ 2 Side Handlebars
- ❑ 2 Decorative Rings
- ❑ 1 Handlebar Reinforcement
- ❑ 1 Hardware Kit
- ❑ 2 Handlebar Covers

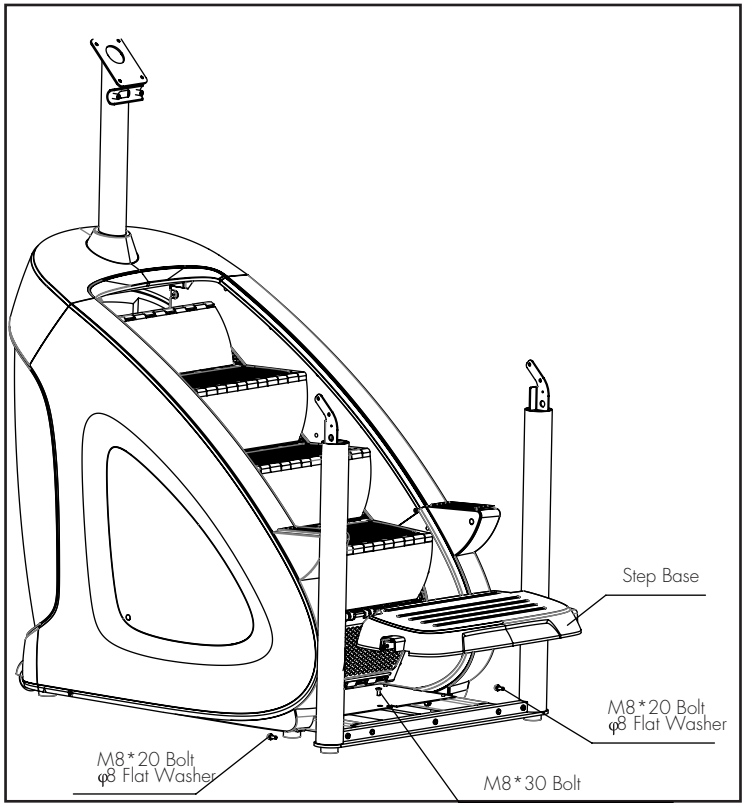
CSC900 STEP ONE



Hardware for Step 1		
TYPE	DESCRIPTION	QTY
CONSOLE MAST		1
BOLT	M8 X 20L	1
BOLT	M6 X 65L	1
BOLT	M8 X 55L	3
WASHER	Ø8	5

1. Insert **Console Mast** wire through **Decorative Ring** then around to insert through rear of tube. Connect the **Communication Wires** between the **Main Frame** and **Console Mast**.
2. Attach the **Decorative Ring** to **Console Mast** using the Bolt M8*20 (1pc), M8*65 (1pc) and ø8 flat washer (2pc).
3. Attach the **Column Group** to the lower **Main Frame**, using the M8*55 Bolts (3pcs) and the ø8 flat washer (3pcs).

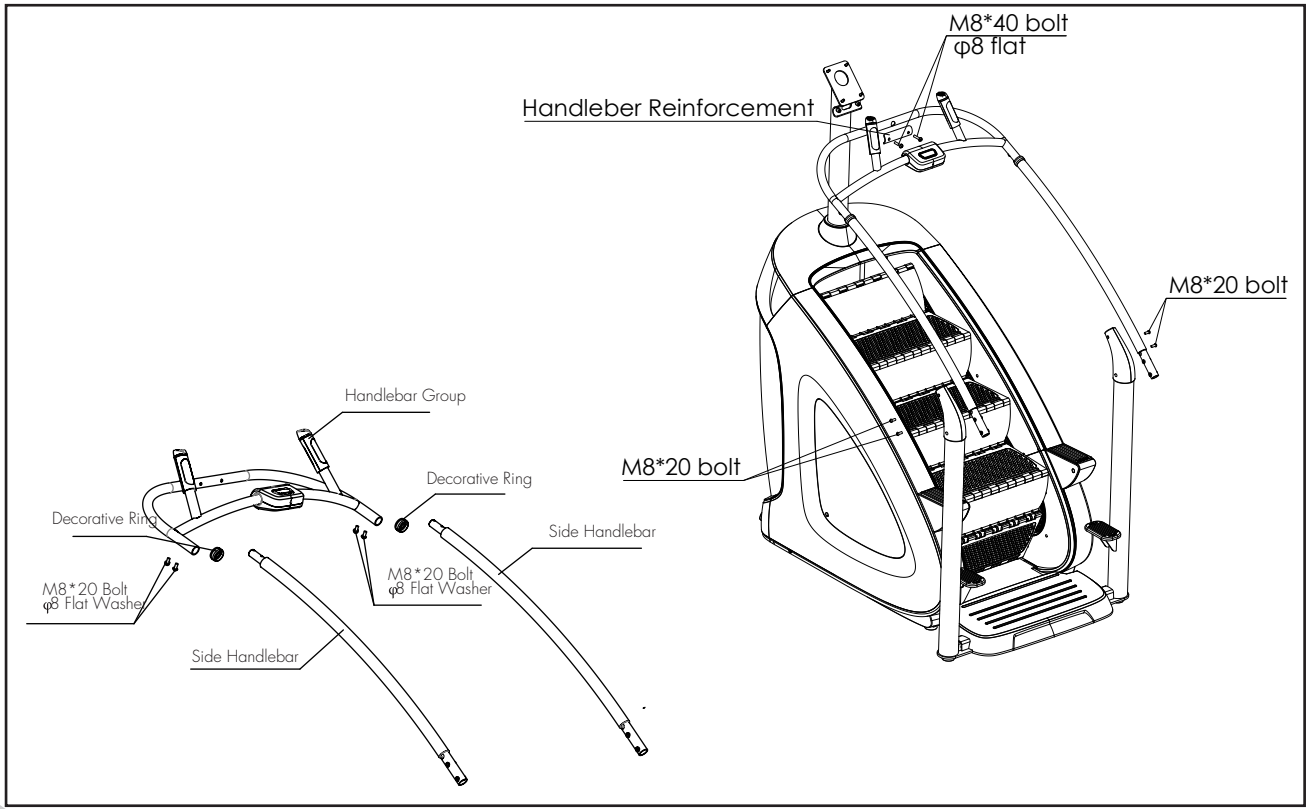
CSC900 STEP TWO



Hardware for Step 2		
TYPE	DESCRIPTION	QTY
STEP BASE		1
BOLT	M8 X 20L	2
BOLT	M8 X 30L	1
WASHER	ø8	2

1. Attach the **Step Base** to the lower **Main Frame** using the M8*20 Bolts (2pcs), ø8 Flat Washers (2pcs) and M8*30 Bolt (1pc).

CSC900 STEP THREE

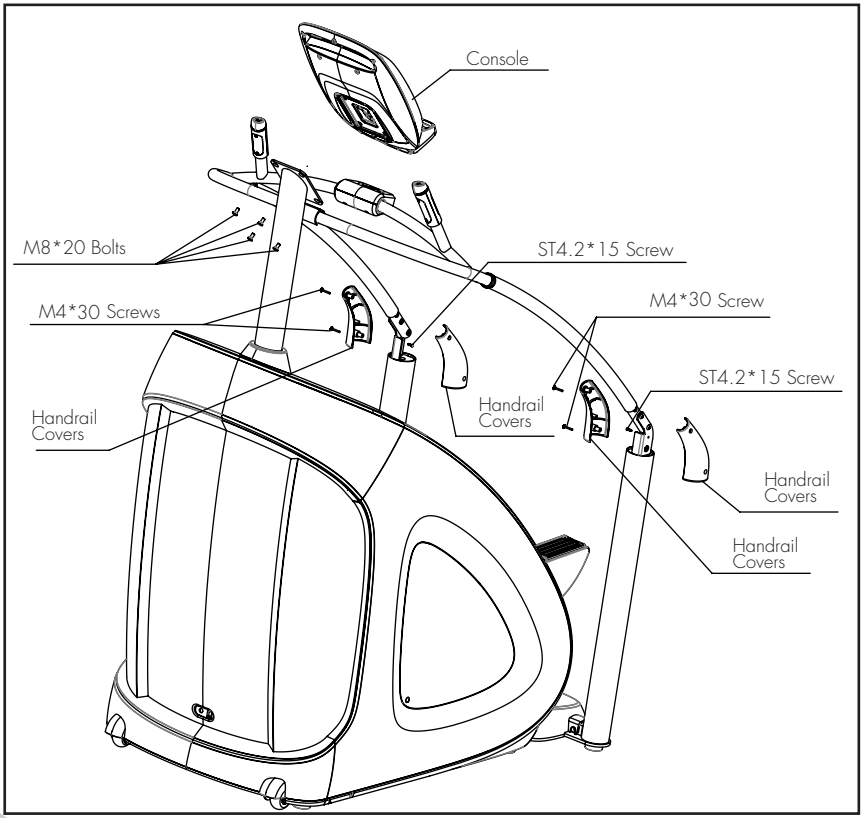


CSC900 STEP THREE - CONTINUED

Hardware for Step 3		
TYPE	DESCRIPTION	QTY
SIDE HANDLEBARS		2
HANDLEBAR GROUP		1
DECORATIVE RINGS		2
REINFORCEMENT PLATE		1
BOLT	M8 X 20L	6
BOLT	M8 X 40L	2
WASHER	ø8	6

1. Connect wires with same terminal.
2. Attach **Side Handlebars** to the **Handlebar Group** and with the **Decorative Rings** using M8*20 Blots (4pcs), ø8 Flat Washers (4pcs).
3. Attach **Handlebar Group** to **Console Mast** with the **Reinforcement Plate** using M8*40 Bolts (2pcs), ø8 Flat Washers (2pcs).
4. Attach **Handlebars** to the **Column Groups** using M8*20 Bolts (2pcs).

CSC900 STEP FOUR



Hardware For Step 4		
TYPE	DESCRIPTION	QTY
CONSOLE		1
HANDRAIL COVERS	SETS	2
BOLT	M8 X 20L	4
SCREW	M4 X 30L	4
SCREW	ST4.2 X 15L	2

1. Connect Console using M8*20L Bolts (4pcs).
2. Secure Handlebars on each side using ST4.2*15L Screws (2pcs).
3. Attach the Handrail Covers on each side using M4*30L Screws (4pcs).

SPIRIT COMMERCIAL

CSC900 CONSOLE OPERATION

SPIRIT
Premium, ultra-bright Blue LED display
VERTICAL
HEART RATE
METS
CALORIES
CAL/MIN
WATTS
TIME ELAPSED
TIME REMAINING
TOTAL PROG TIME
STEPS/MIN
STEPS
FLOORS
FITNESS TESTS
FAT BURNING
TRAINING
ROLLING HILLS
CHALLENGE
INTERVAL
Program Direct Keys
Large LED Matrix window to track workout progress
Workout Results Key
Resistance level display window
SCAN
FAN
LEVEL
TARGET
USER PROG
CAUTION
To avoid injury, use extreme caution when stepping onto or off of this unit. Read and understand the Instruction Manual before using this machine.
Pour éviter tout accident, veuillez faire preuve d'une prudence extrême lorsque vous montez ou descendez de l'appareil. Lire le manuel d'instructions avant utilisation.
WARNING
To reduce the risk of personal injury, keep children under the age of 13 away from machine.
Pour réduire les risque de blessures, gardez les enfants âgés de moins de 13 ans loin de l'appareil.
START
STOP

BASIC INFORMATION

The Dot Matrix, or Profile Window, will display the workout Profile. The Message window displays pertinent exercise data. There are four windows to display a large variety of pertinent data during the workout. A Vertical window measures vertical height climbed along with Heart Rate and METS. Calories window measuring overall calories burned along with Calories/minute and WATTS. A Time Elapsed window along with Time Remaining and Total Program Time. Also, a Steps/minute window along with total Steps and Floors climbed.

Heart Rate number display. The StairClimber has capabilities for both a Bluetooth sensor for telemetric heart rate and contact heart rate. If wearing a Bluetooth enabled heart rate chest strap, the console will automatically detect the closest sensor and display heart rate in the upper left side window. For contact heart rate simply grasping the hand pulse sensors will calculate and display the heart rate (this may take a few seconds). Press the scroll button until Heart Rate is displayed. The Heart Rate window will display your heart rate, or Pulse, in beats per minute.

The console has a START/STOP button with a PAUSE feature. Once the StairClimber has started rotating the staircase, the PAUSE function can be activated.

Pressing the START/STOP button once will slow and PAUSE the staircase from rotating and lock it in place. The time period for the pause function is 30 seconds. If the START/STOP button is pressed once during this time period then the staircase will unlock and begin slowly rotating again at resistance level one. The user will be required to increase their resistance back to the previous level of exercise. If the START/STOP button is not pressed within the 30 seconds, the program will automatically end and the console resets.

Pressing the START/STOP button twice will slow and stop the staircase from rotating and end the program, resetting the console.

ENTERING A PROGRAM & CHANGING SETTINGS

A safety tether cord is provided with this unit. It is a simple switch design that should always be used. It is for your safety should you fall from the StairClimber when the Steps Per Minute (SPM) exceeds your capability. Pulling this safety tether cord and activating the switch will stop the stairs movement.

To Use:

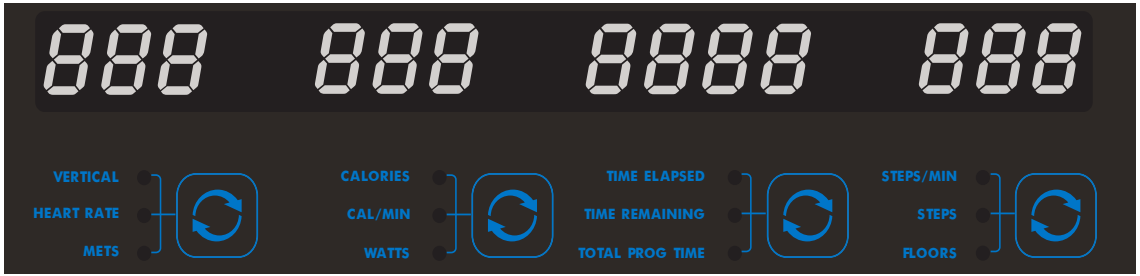
- Fasten the plastic clip onto your clothing securely to assure good holding power. NOTE: the switch has a strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The StairClimber will stop, depending on the level within one to two steps anytime the switch is activated.

- If for any reason you feel unstable on the rotating staircase, immediately press the START/STOP button or pull on the safety switch to stop the staircase and step off onto the side support steps

FAN

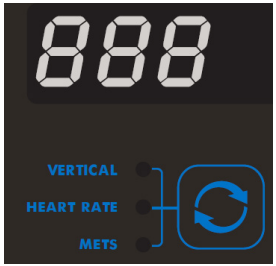
An adjustable vent, two-speed fan is integrated into the console to help keep you cool during the workout. The fan is Off by default.
Press the fan button once to turn the fan on, on High. Press the fan button a second time to switch to Low. Pressing the fan button a third time will shut the fan off.

DISPLAY



The console display is separated into 4 separate display windows with twelve total data points. Using the button below each window changes the display data point as shown.

WINDOW ONE	WINDOW TWO	WINDOW THREE	WINDOW FOUR
VERTICAL DISTANCE	CALORIES	TIME ELAPSED	STEPS PER MINUTES
HEART RATE	CALORIES / MINUTE	TIME REMAINING	STEPS
METS	WATTS	TOTAL PROGRAM TIME	FLOORS

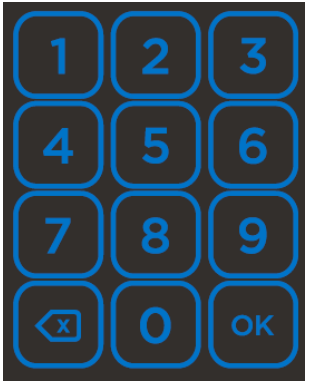


Vertical distance counts up from 0 to 999 feet or meters then rolls over to 1 to represent 1,000. A light in the decimal space for each increment of 1,000 will also illuminate and changes position with each distance of 1,000 reached.

Changing from imperial to meters is accomplished by pressing 1,2,3,OK.

NUMBER KEYPAD

When you are in the data set-up mode setting new data such as age, weight etc., you can use these buttons to enter the numbers quickly



QUICK START

This is the quickest way to start a workout. Press the Start button to begin. This will initiate the Quick Start mode. In Quick Start the Time will count up from zero, all workout data will start to accrue, and the workload may be adjusted manually by pressing the level Up + and Down - buttons. The dot matrix display will show just the bottom row lit. As you increase the workload more rows will light indicating a harder workout. The StairClimber will get harder as the stairs begin to rotate more easily as the rows increase, thus increasing your steps per minute. The dot matrix has 24 columns of lights and each column represents 1 minute. At the end of the 24th column (or 24 minutes of work) the display will wrap around and start at the first column again.

There are 20 levels of resistance available for plenty of variety. The first levels are very easy workloads, and the changes between levels are set to a good progression for de-conditioned users. As the levels increase, the braking of the rotating stairs decreases, causing the user to step a faster rate, steps per minute (spm). The highest levels, levels 15-20 are extremely challenging. These levels should not be used by deconditioned users as there is greater risk of falling off machine when the user cannot keep up with the rate of rotation of the stairs. These levels are extremely hard and are good for short interval peaks and elite athletic training.

PROGRAMMING THE CONSOLE

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Entering your **Weight** aides in calculating a more correct **Calorie** reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

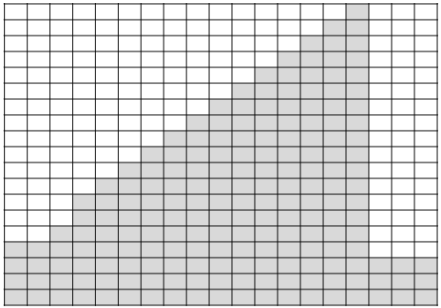
CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate. Some good news is that you will continue to burn calories at an accelerated rate for at least an hour after you have finished exercising!

FITNESS TESTS

WFI StairClimber Protocol

The WFI StairClimber Protocol was adopted as a VO2 submaximal field test for fire service personnel. The test is a series of one minute intervals with increasing workloads. The goal is for the participants heart rate to achieve a Target Heart Rate and exceed it for 15 seconds.

1. Press the FITNESS TESTS button.
2. Console displays: WFI. Press OK.
3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.
4. Enter Your Weight displays on the screen. The default weight of 65 kg (145 lb) will blink repeatedly. Use the Level + or – keys or the numerical Key-pad to adjust weight. Press OK.
5. Enter Your Height displays on the screen. The default height is 175 cm (70 in). Use the Level + or – keys or the numerical Key-pad to adjust height. Press OK.
6. Press START to begin the WFI Fitness Test. The test begins when the StairClimber unlocks and begins to rotate.
7. The Level + or - keys are not operational during the test.
8. Pressing the START/STOP button will terminate the test immediately.



FITNESS TESTS

WFI StairClimber Protocol

LEVEL	TIME	DESCRIPTION	NOTES
4	2:00	Assessment Starts / Warm-Up	StairClimber unlocks and begins to rotate
5	1:00	Warm-Up Continues	
7	1:00	Test Begins	After 3-min warm-up, test begins at level 7
• Assessment continues following test protocol table (on next slide) until participants Heart Rate (HR) exceeds the Target Heart Rate (THR) for 15 seconds.			
• IF HR drops below THR during the 15 seconds time period, then assessment will continue. • Assessment is not complete until participants HR exceeds THR for 15 seconds.			
3	1:00	Cool Down	Once evaluation parameters for test completion are reached (HR exceeds THR for 15 seconds), automatic cool down begins for 3 minutes. Console displays estimated VO2 Max.
3	1:00	Cool Down	
3	1:00	Cool Down	
0	0	StairClimber Stops	StairCLimber automatically stops after 3-minute cooldown.

FITNESS TESTS

WFI StairClimber Protocol

- Target Heart Rate (THR)
  - THR = [208-(0.7*age)]*85

- Submax StairClimber Test VO2 Estimation
  - VO2 Max (ml/kg/min) = 57.774 + (1.757 * TT) – (0.904 X BMI)
  - Stair Climber Time (TT) (Time in minutes and seconds converted to Decimal (example 5.87))
  - Body Mass Index (BMI)

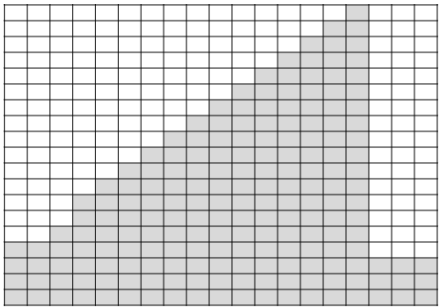
- Body Mass Index BMI)
  - BMI = Weight (kg) / Height (m)2 z
    or
  - BMI = 703 x Weight (lbs) / Height (inches)2

TIME	LEVEL	STEPS/MIN
0:00-0:00	0	0
0:00-1:00	4	46
1:01-2:00	4	46
2:01-3:00	5	53
3:01-4:00	7	65
4:01-5:00	8	75
5:01-6:00	9	82
6:01-7:00	10	89
7:01-8:00	11	97
8:01-9:00	12	104
9:01-10:00	13	111
10:01-11:00	14	118
11:01-12:00	15	126
12:01-13:00	16	133
13:01-14:00	17	140
14:01-15:00	18	147
15;01-16:00	19	155
0:00-1:00	3	39
1:01-2:00	3	39
2:01-3:00	3	39

FITNESS TESTS

CPAT StairClimber Protocol

The StairClimber test was designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying fire fighting equipment. This test challenges candidate's aerobic capacity, lower body muscular endurance, and ability to balance. The goal of the test is to complete a fixed time warm-up at 50 steps per minute, followed immediately by a 3-minute segment at 60 steps per minute. The test ends after the 3-minute segment. This is a PASS/FAIL test which does not measure heart rate or determine submaximal VO2 level.



1. Press the FITNESS TESTS button.
2. Console displays: WFI. Press START/STOP button again for CAPT. Press OK.
3. Press START to begin the CPAT Fitness Test. The test begins when the StairClimber unlocks and begins to rotate.
4. The Level + or - keys are not operational during the test.
5. Pressing the START/STOP button will terminate the test immediately.

FITNESS TESTS
CPAT StairClimber Protocol

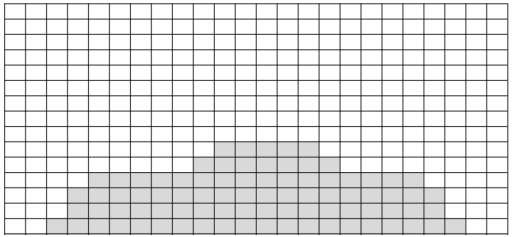
- The CPAT StairClimber Protocol is a 3 minute test to simulate a fire fighter walking up stairs carrying a high-rise pack or a hose bundle.
- The test has only 2 segments and begins when the StairClimber unlocks and begins to rotate.
- Warm-Up - 20 seconds at 50 steps per minute
- Test - 3 minutes at 60 steps per minute

SEGMENT	STEPS PER MINUTE	TIME	DESCRIPTION	NOTES
1	50	0:20	Warm-Up	StairClimber unlocks and begins to rotate
2	60	3:00	Test	Automatic transmission from Warm-up to test
3	0	0	Test Stops, Stairs Lock	No integrated cool down

FAT BURNING

The FAT BURINING Program keeps the user as ta low to moderate intensity for a prolonged workout. The focus is on aerobic endurance.

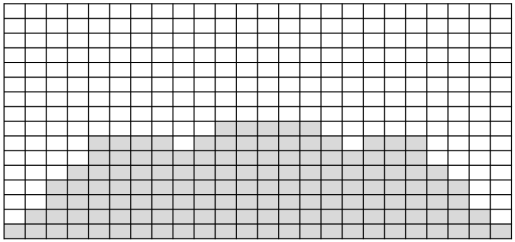
1. Press the FAT BURNING button.
2. Console displays: Start Or Press OK To Set Up. Press OK.
3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.
4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.
5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.
6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.
7. Press START to begin.
8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.
9. Resistance level begins at 23 steps per minute (SPM).
10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.



TRAINING

The TRAINING Program allows the user to gradually ramp-up their intensity until reaching a level for steady state exercise. The focus is on aerobic endurance.

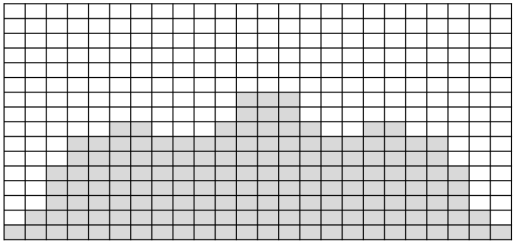
1. Press the TRAINING button.
2. Console displays: Start Or Press OK To Set Up. Press OK.
3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.
4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.
5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.
6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.
7. Press START to begin.
8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.
9. Resistance level begins at 23 steps per minute (SPM).
10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.



ROLLING HILLS

The ROLLING HILLS Program is a traditional program giving the user segments of medium and medium-high intervals. This program trains aerobic capacity.

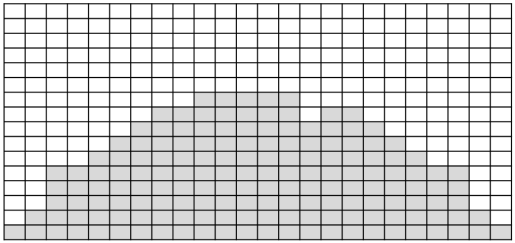
1. Press the ROLLING HILLS button.
2. Console displays: Start Or Press OK To Set Up. Press OK.
3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.
4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.
5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.
6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.
7. Press START to begin.
8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.
9. Resistance level begins at 23 steps per minute (SPM).
10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.

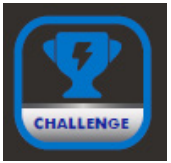


CHALLENGE

The CHALLENGE Program gives the user a prolonged gradual warm-up, followed by sustained training at a higher intensity. This program introduces anaerobic traiining within an aerobic workout.

1. Press the CHALLENGE button.
2. Console displays: Start Or Press OK To Set Up. Press OK.
3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.
4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.
5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.
6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.
7. Press START to begin.
8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.
9. Resistance level begins at 23 steps per minute (SPM).
10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.

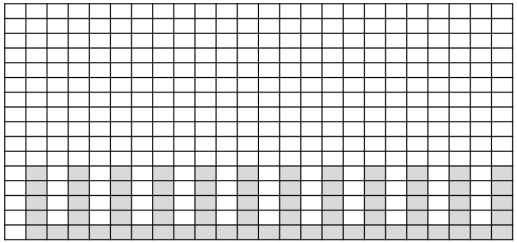




INTERVAL

The INTERVAL Program alternates high intensity anaerobic sprints with low intensity segments for recovery. This program trains anaerobic capacity.

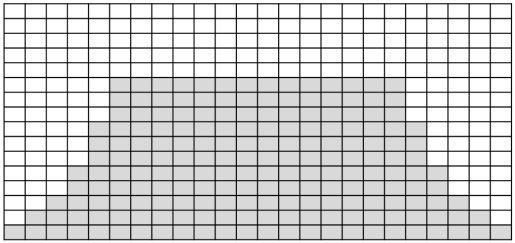
1. Press the INTERVAL button.
2. Console displays: Start Or Press OK To Set Up. Press OK.
3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.
4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.
5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.
6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.
7. Press START to begin.
8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.
9. Resistance level begins at 23 steps per minute (SPM).
10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.



TARGET TRAINING

The TARGET TRAINING Program allows the user to choose their own workout goal: Time, Vertical Distance, or Calories. The Program counts down from the time goal or tracks up for both vertical distance or calories.

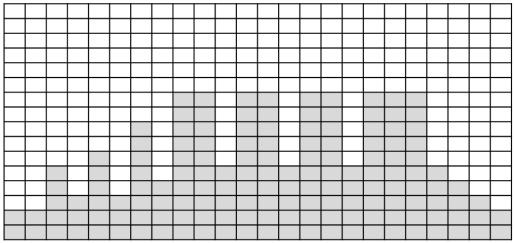
1. Press the TARGET button.
2. 30:00 minutes continually blinks in display window indicating Total Program Time.
3. Console scrolls: Set Time Or Enter The Next Target. Press OK if done, or
4. Press TARGET button again for next target.
5. 50 continually blinks in display window indicating Vertical Distance Goal.
6. Console scrolls: Set Distance Or Enter Next Target. Press OK if done, or
7. Press Target button again for next target.
8. 50 continually blinks in display window indicating Calories goal.
9. Console scrolls: Set Calories Or Enter.
10. Use the numerical keypad or Level + or – keys to adjust target goals:
    Minutes 5 to 99
    Calories 10 to 990
    Vertical 10 to 990



USER PROGRAM

The USER Program allows the user to create their own unique program design, customizing all 24 segments of the dot matrix display.

1. Press the USER PROGRAM button.
2. 30:00 minutes continually blinks in display window indicating Total Program Time.
3. Console scrolls: User Program. Press OK.
4. Console scrolls: Set Level The OK For Each Segment.
5. Set Time then OK.
6. Press Start to begin.



PAUSING OR ENDING A PROGRAM

1. The console has a START/STOP button with a PAUSE feature. Once theStairClimber has started rotating the staircase, the PAUSE function can be activated.
2. Pressing the START/STOP button once will slow and PAUSE the staircase from rotating and lock it in place. The time period for the pause function is 30 seconds. If the START/STOP button is pressed once during this time period then the staircase will unlock and begin slowly rotating again at resistance level one. The user will be required to increase their resistance back to the previous level of exercise. If the START/STOP button is not pressed within the 30 seconds, the program will automatically end and the console resets.

3. When the Start button and the contact heart rate handlebar ends are green, this indicates that the machine is in motion. When the machine is stopped, the red light will flash then quickly revert to blue. If the emergency stop has been activated, then red light will always be on until deactivated. When the program restarts, the color will revert to blue, or if the program is ended the color will change to blue indicating that the machine is ready.
4. Once a program has stopped, pressing the RESULTS button will scroll Workout Results on the display.
5. Workout totals for: Vertical, Total Calories, Time Elapsed, and Steps display.NOTE: Pressing the RESULTS button twice will erase the workout results and revert to start screen.
6. During Workout Results, console allows scrolling between Vertical, Heart Rate, METS and Calories, Calories Per Minute, Watts.

GENERAL MAINTENANCE

Wipe down all areas in the sweat path with a damp cloth after each workout. If a squeak, thump, clicking or rough feeling develops the main cause is most likely the following reason:

The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently.

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.

SANITIZING YOUR SPIRIT FITNESS EQUIPMENT

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.
- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.
- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.
- For more details on sanitization, or to learn how to make your own spray solution, please visit https://support.spiritfitness.com/hc/en-us/articles/4406787148564 .

STAIRCLIMBER WARRANTY EFFECTIVE NOVEMBER 19, 2021

Spirit Fitness warrants this StairClimber for a period of time listed below from the date of sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly. The warranty period applies to the following components:

WARRANTY	FRAME	GENERATOR BRAKE	PARTS	LABOR
Commercial	Lifetime	5 Years	3 Year	3 Years

*Prisons and correctional facilities are excluded from warranty coverage.

NORMAL RESPONSIBILITIES OF THE FACILITY

The facility is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of
   the original purchase, or completed online to validate the manufacturer's limited warranty.
2. Proper use of the fitness equipment in accordance with the instructions provided in this manual
3. Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.
4. Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.
5. Damages to the fitness equipment finish during shipping, installation or following installation.
6. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY. *NOTE: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.*
2. Service call reimbursement to the facility. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for fitness equipment not requiring component replacement, or fitness equipment not in non-dues paying facility or household use.
3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Spirit Fitness. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product used in prisons and correctional facilities

Warranties outside of the United States may vary. Please contact your local dealer for details.

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR
2. Contact your local authorized Spirit Fitness service organization.
3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.
4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness.
5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
6. For any further information, or to contact our service department by mail, send your correspondence to:

SPIRIT FITNESS, INC.
P.O. Box 2037
Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Manufacturing, Inc.
This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.

NOTES

800.258.4555
spiritservice@spiritfitness.com
www.spiritfitness.com

Spirit Fitness
3000 Nestle Road
Jonesboro, AR 72401

SPIRIT COMMERCIAL

CSC900 Owners Manual
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