



Model# 16807149000

CSC900 StairClimber

OWNER'S MANUAL

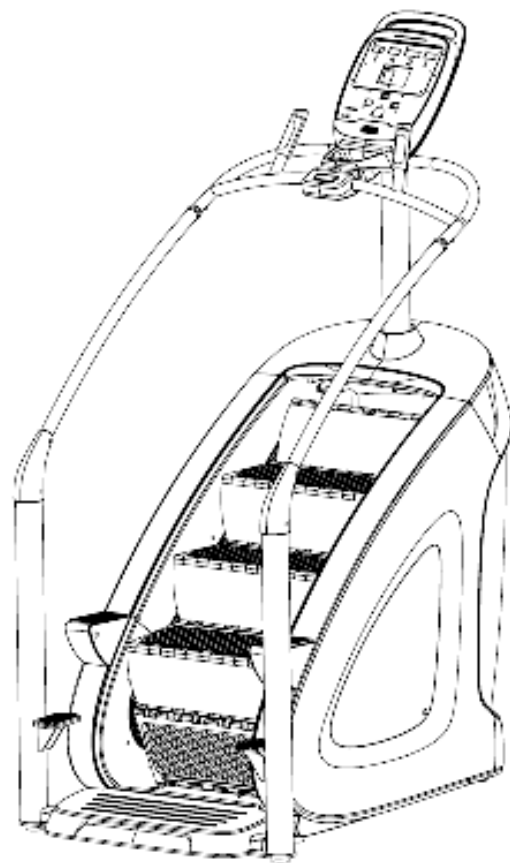


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Thank you for purchasing our product, please save these instructions. Please do not perform or attempt any customizing, adjustments, repair or maintenance that is not described in this manual.



Congratulations on your new StairClimber and welcome!

Thank you for your purchase of this Spirit CSC900 Stair Climber from Dyaco Canada Inc. Your new CSC900 Stair Climber 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, Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come. The local dealership where you purchased this Stair Climber is your administrator for all Dyaco Canada Inc. 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. Please complete and mail your registration card today and enjoy your new Stair Climber.

Yours in Health,
Dyaco Canada Inc.

NAME OF DEALER _____

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 from 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 metres) of clearance on each side to allow for ease of mounting and dismounting. Allow for 48 inches (1.25 metres) 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.

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

Please visit us at www.dyaco.ca/warranty.html to register your purchase.

BEFORE YOU BEGIN

Thank you for choosing the SPIRIT CSC900 Stair Climber. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The SPIRIT CSC900 Stair Climber provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle.

Read this manual carefully before using the SPIRIT CSC900 Stair Climber. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your SPIRIT CSC900 Stair Climber, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

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 labelled with its specification as a description. Each of the assembly steps reference the descriptions to avoid confusion during assembly.

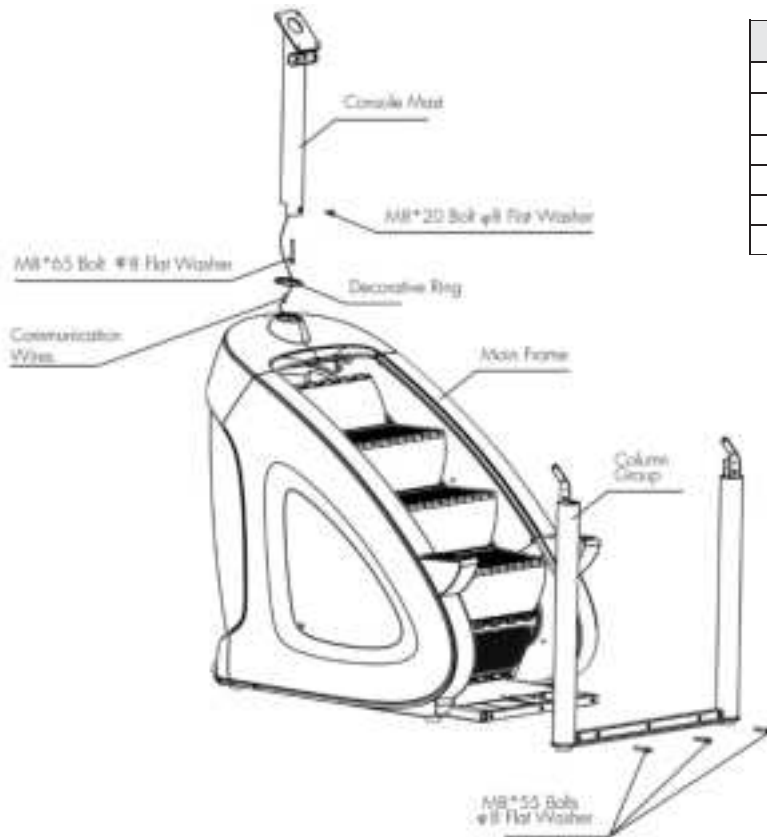
TOOLS INCLUDED:

- ☐ 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

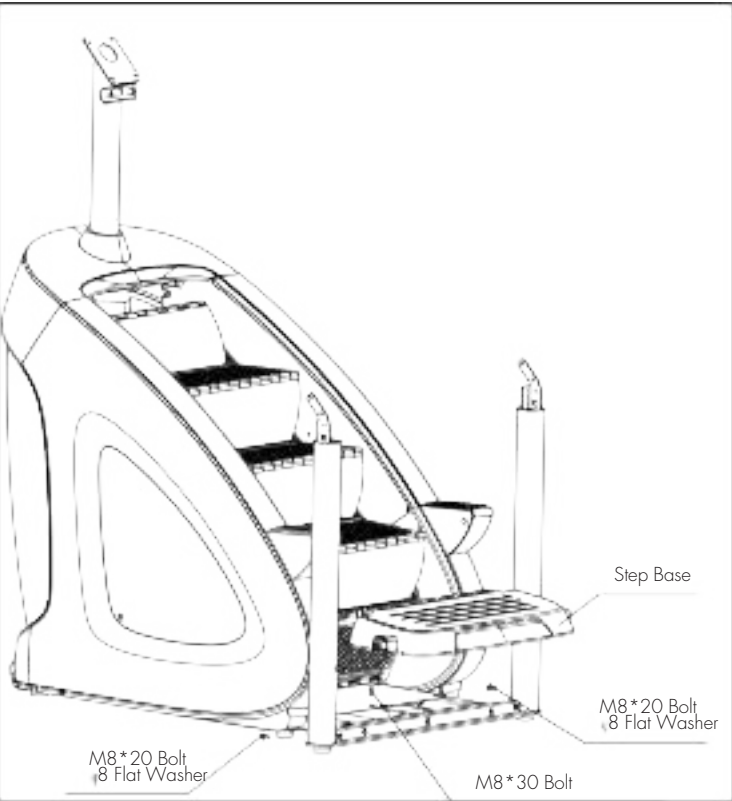


Hardware for Step 1

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).

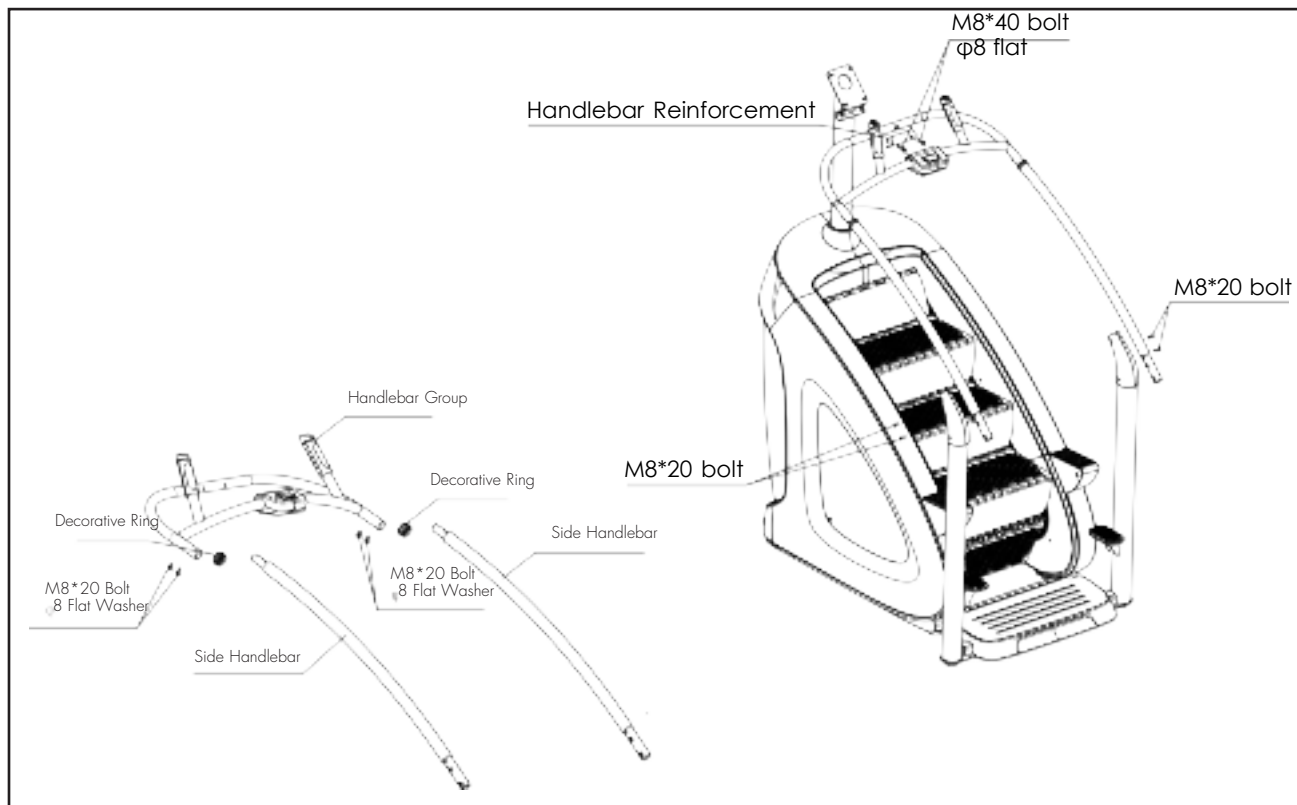
CSC900 STEP TWO



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

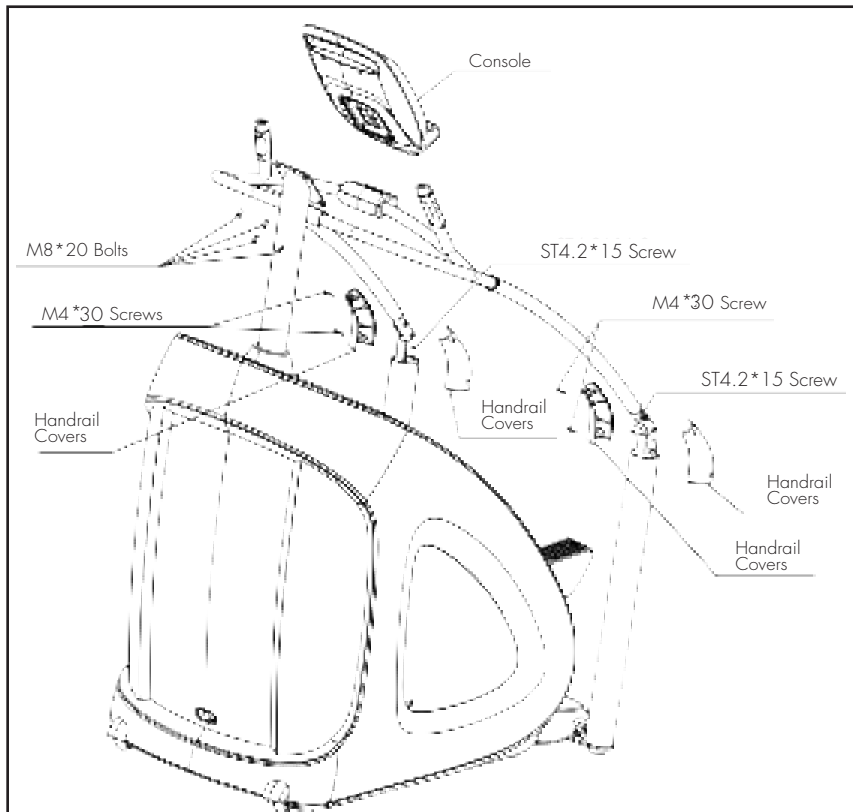


CSC900 STEP THREE - CONTINUED

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 Bolts (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 1.5L	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).



CSC900 CONSOLE OPERATION



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 metres 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 metric is accomplished by pressing 1,2,3,OK.

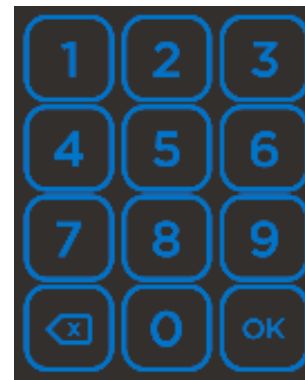
NUMBER KEYPAD

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!

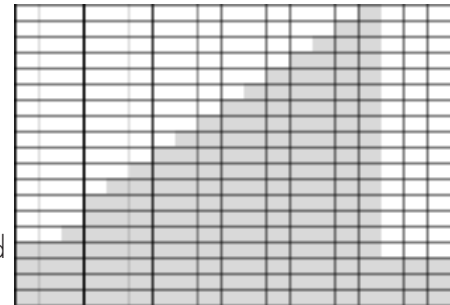
FITNESS TESTS

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	1:00	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
 - $VO2 \text{ Max (ml/kg/min)} = 57.774 + (1.757 * TT) - (0.904 * BMI)$
 - Stair Climber Time (TT) (Time in minutes and seconds converted to Decimal (example 5.87))
 - Body Mass Index (BMI)
- Body Mass Index BMI
 - $BMI = \text{Weight (kg)} / \text{Height (m)}^2$ z
or
 - $BMI = 703 \times \text{Weight (lbs)} / \text{Height (inches)}^2$

TIME	LEVEL	STEPS/MIN
0:00 0:00	0	0
0:00 1:00	1	45
1:00 2:00	1	45
2:00 3:00	5	55
3:00 4:00	2	65
4:00 5:00	8	75
5:00 6:00	9	82
6:00 7:00	10	89
7:00 8:00	11	97
8:00 9:00	12	104
9:00 10:00	13	111
10:00 11:00	14	118
11:00 12:00	15	126
12:00 13:00	16	133
13:00 14:00	17	140
14:00 15:00	18	147
15:00 16:00	9	155
16:00 17:00	5	160
17:00 18:00	3	169
18:00 19:00	3	179

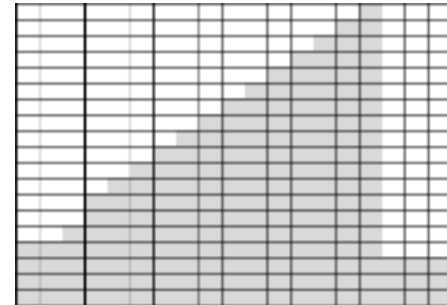
FITNESS TESTS

CPAT StairClimber Protocol

The StairClimber test was designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying firefighting 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 CPAT. 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 firefighter walking upstairs 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

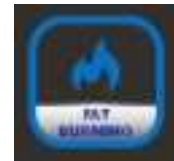
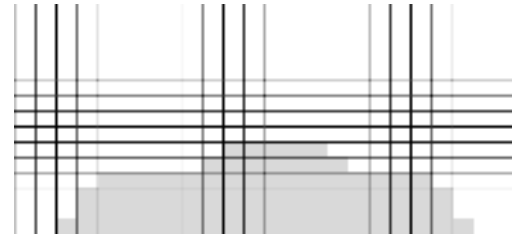
FAT BURNING

The FAT BURNING Program keeps the user at a 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 program's resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contactheart rate handle ends.



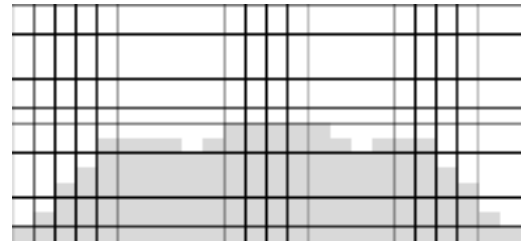
TRAINING

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.
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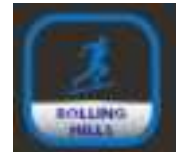
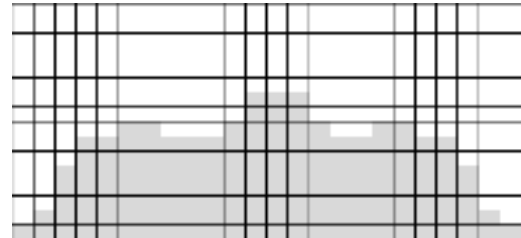
ROLLING HILLS

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 training 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.



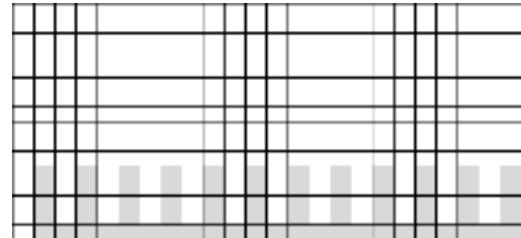
INTERVAL

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.

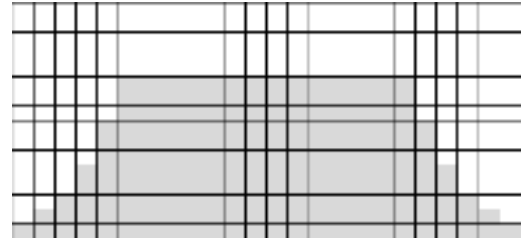
1. Press the TARGET button.
2. 30:00 minutes continually blinks in display window indicating Total Program Time.
3. Console scrolls: Set Time Or Enter The Next Target. Press OK if done, or
4. Press TARGET button again for next target.
5. 50 continually blinks in display window indicating Vertical Distance 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

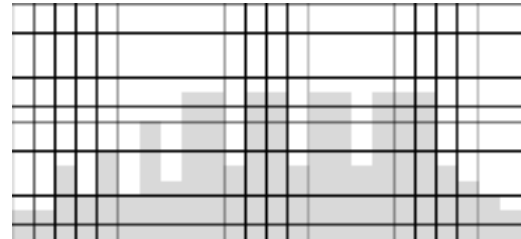
Vertical 10 to 990



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 Then OK For Each Segment.
5. Set Time then OK.
6. Press Start to begin.



PAUSING OR ENDING A PROGRAM

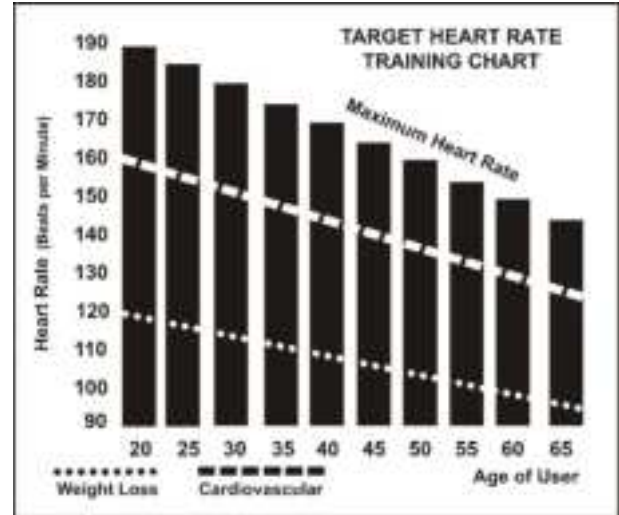
1. The console has a START/STOP button with a PAUSE feature. Once the StairClimber has started rotating the staircase, the PAUSE function can be activated.
2. Pressing the START/STOP button once will slow and PAUSE the staircase from rotating and lock it in place. The time period for the pause function 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 colour will revert to blue, or if the program is ended the colour 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.



HEART RATE TRAINING

A WORD ABOUT HEART RATE:

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range. To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum heart rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 80% is recommended for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.



For someone who is 40 years old their target heart rate zone is calculated:

$$220 - 40 = 180 \text{ (maximum heart rate)}$$

$$180 \times .6 = 108 \text{ beats per minute (60\% of maximum)}$$

$$180 \times .8 = 144 \text{ beats per minute (80\% of maximum)}$$

So, for a 40-year-old the training zone would be 108 to 144 beats per minute. If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate control programs. After calculating your Maximum Heart Rate you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the Maximum Heart Rate for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your Maximum Heart Rate on a schedule approved by your physician. Consult your physician before participating in any exercise program.

"WARNING" Heart rate monitoring system may be inaccurate. Over exercise may result in injury or death. If you feel faint stop exercising immediately.

RATE OF PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort. The scale is as follows:

Rating Perception of Effort

- 6 Minimal
- 7 Very, very light
- 8 Very, very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very, very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

GENERAL MAINTENANCE

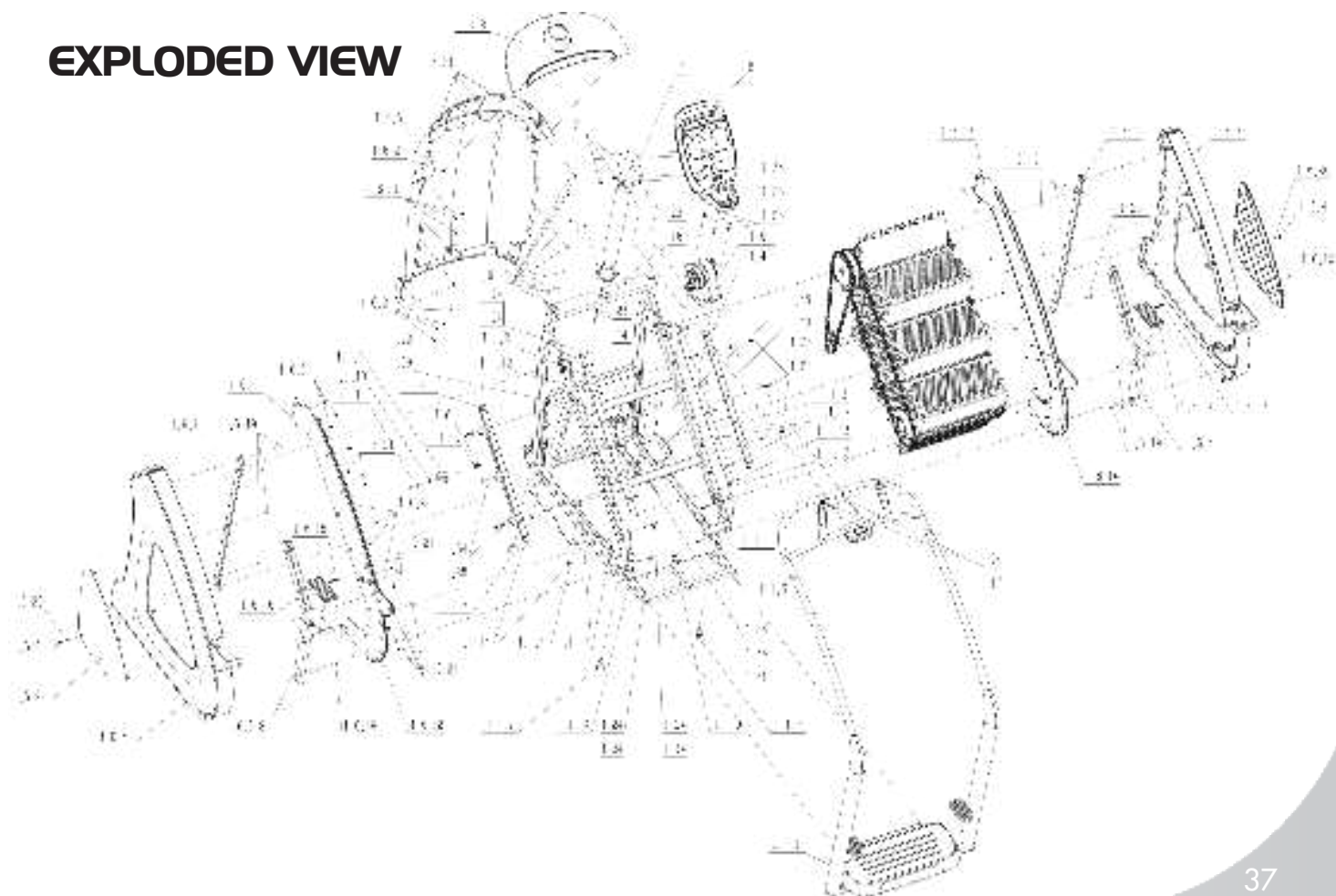
Wipe down all areas in the sweat path with a damp cloth after each workout. If a squeak, thump, clicking or rough feeling develops the main cause is most likely the following reason:

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.

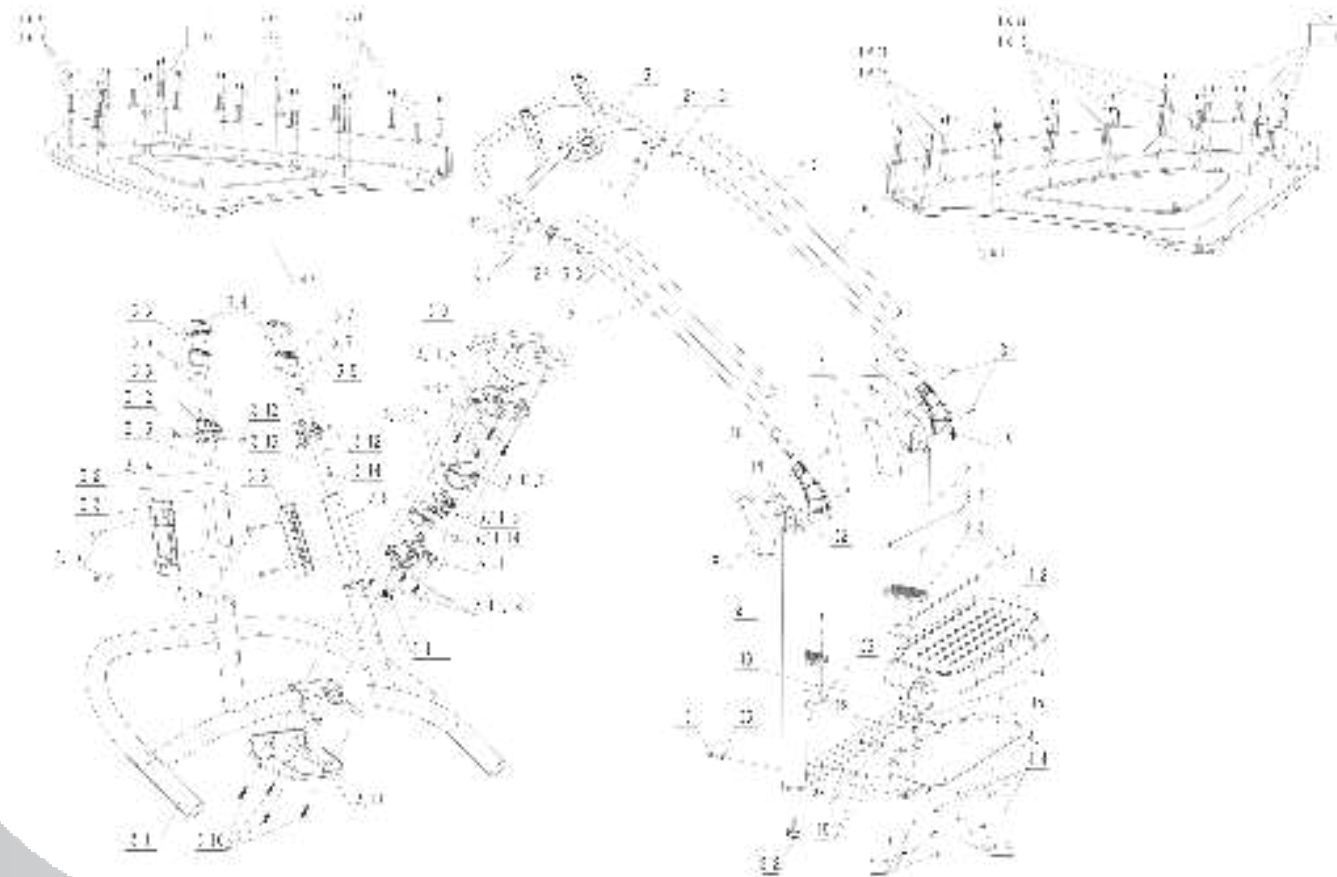
With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

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.

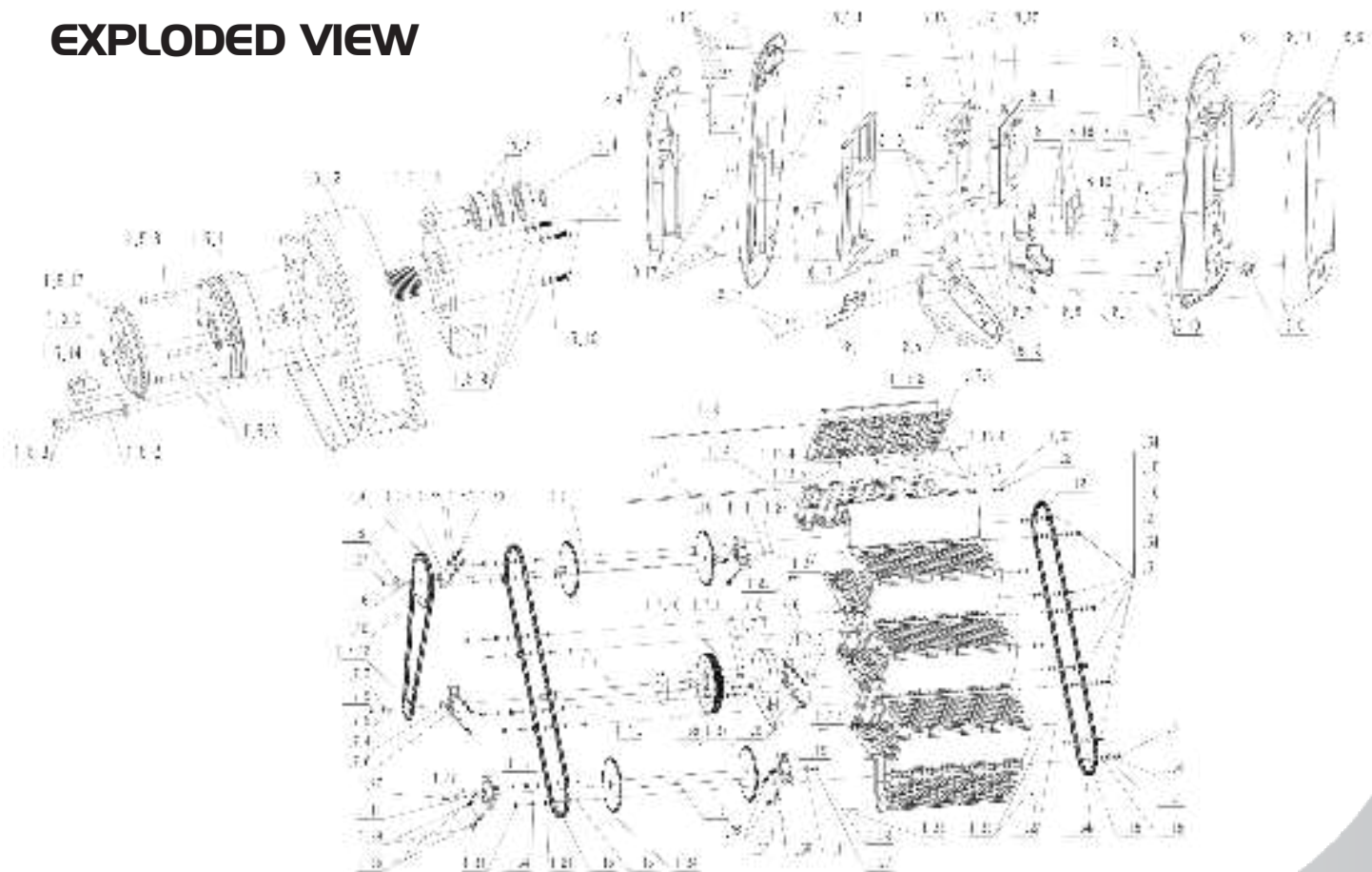
EXPLODED VIEW



EXPLODED VIEW



EXPLODED VIEW



PARTS LIST

ITEM #	DESCRIPTION	SPECIFICATION	Q'TY
1.1.1	Frame welding		1
1.1.2	Left stainless steel plate	39×926×6	1
1.1.3	Right stainless steel plate	39×926×6	1
1.1.4	Front guard plate	578×566×5	1
1.1.5	Rear guard	578×622×5	1
1.1.6	Rollers	Φ65×40	2
1.1.7	Foot pads	φ50XM10	4
1.1.8	Nylon cap	M12	2
1.1.9	Nuts	M8	19
1.1.10	Flat washers	Φ13×Φ24×2	4
1.1.11	Bolts	M12×70	2
1.1.12	Bolts	M8X20	12
1.1.13	Bolts	M8X8	2
1.1.14	Bolts	ST4×15	14
1.2	Upper sprocket welding		1
1.3	Lower sprocket welding		1
1.4	Bearing limit frame welding		2
1.5	Double-headed magnetic control wheel		1
1.5.1	Tensioning frame welding		1
1.5.2	Light-sensitive fixing plate	57x22x2	1
1.5.3	Deep groove ball bearing	6004-2Z	3
1.5.4	Elastic retaining ring for shaft Φ20	Φ20	1
1.5.5	Φ14 elastic retaining ring for shaft	Φ14	1
1.5.6	Bolts	M5X35	1

ITEM #	DESCRIPTION	SPECIFICATION	Q'TY
1.5.7	Bolts	M5X12	3
1.5.8	Bolts	M4×10	2
1.5.9	Flat washer	Φ5.5×Φ10×1	3
1.5.10	Φ5 spring washers	Φ5	3
1.5.11	Brake	DC24V-16N	1
1.5.12	Magnetic control wheel		1
1.5.13	Light grille	36 holes	1
1.5.14	Light sensor		1
1.6.1	Housing fixed tube group welding		2
1.6.2	Left small footrest		1
1.6.3	Right small foot holder		1
1.6.4	Φ11 pipe plug	11×Φ15.3×9.4	4
1.6.5	Front shell	783.3×359×1281.3	1
1.6.6	Left side shell	1194.3×129.2×1160.8	1
1.6.7	Right side shell	1194.3×129.2×1160.8	1
1.6.8	Upper shell	94×355.2×773.5	1
1.6.9	Left side decorative cover	587×541×17	1
1.6.10	Right side decorative cover	587×541×17	1
1.6.11	Left inner shroud front	1131×384.2×36.1	1
1.6.12	Left inner shroud rear	555.6×389.8×38.9	1
1.6.13	Right inner shroud front	1131×384.2×36.1	1
1.6.14	Right inner shroud after	555.6×389.8×38.9	1
1.6.15	Small footrest warning strip	61.1×11×5.7	2
1.6.16	Left small pedal pad	191.8×83.4×17.4	1
1.6.17	Right small footrest pad	191.8×83.4×17.4	1
1.6.18	Connection post	66×36×18	34

ITEM #	DESCRIPTION	SPECIFICATION	Q'TY
1.6.19	Bolts	M6×12	10
1.6.20	Bolts	M4×10	2
1.6.21	Bolts	ST4×15	136
1.7	Belt pulley assembly		1
1.7.1	Pulley fixing shaft	Φ35x662	1
1.7.2	PK235 Pulley	PK235	1
1.7.3	Bearing pressure plate	Φ27x4	2
1.7.4	13 wide retaining ring	Φ27x13	1
1.7.5	6x6x14 flat keys	6x6x14	1
1.7.6	With vertical bearings	UCP204	2
1.7.7	Drive belt	PK845J8	1
1.7.8	Bolts	M8×16	4
1.7.9	Bolts	M8X20	2
1.7.10	Flat washers	Φ8.5×Φ16×1.5	4
1.7.11	Spring pad	Φ8	4
1.7.12	20-tooth sprocket	08A 20-tooth	1
1.8	Pressure plate	Φ50x6	1
1.9	Auxiliary chain	08A-130 joints	1
1.10	Auxiliary sprocket	08A 54-tooth	1
1.11	Bearing pressure plate	Φ27x4	3
1.12	Large sprocket drive chain	08A	2
1.13	Pedal combination		8
1.13.1	Pedal	552.8×274.6×23	1
1.13.2	Warning strip	499.8×9.8×12.3	1
1.13.3	Bolts	ST4.8×11	4
1.13.4	Flat washer	Φ6.5×Φ12×1.2	4

ITEM #	DESCRIPTION	SPECIFICATION	Q'TY
1.14	Connection arc plate	552×225×79.4	8
1.15	Nylon spacer	Φ15×3	32
1.16	6x6x14 flat key	6x6x14	1
1.17	Long support shaft	Φ8×634	8
1.18	Short support shaft	Φ6×558	8
1.19	With vertical bearing	UCP204	3
1.20	With vertical bearing	UCUP204D1	1
1.21	Deep groove ball bearings	608-2Z	16
1.22	Bearing clamps	φ6	16
1.23	Bolts	M6X16	4
1.24	Bolts	M8×25	6
1.25	Bolts	M8X40	2
1.26	Bolts	M8X75	1
1.27	Bolts	M8X20	4
1.28	Bolts	M8X20	6
1.29	Bolts	M10X40	18
1.30	Bolts	M10X30	2
1.31	Nylon Caps	M8	17
1.32	M10 hexagon nuts	M10	8
1.33	Flat washers	Φ6.5×Φ12×1.2	20
1.34	Flat washers	Φ8.5×Φ16×1.5	46
1.35	Flat washers	Φ11XΦ20X2	12
1.36	Spring washers	Φ6	4
1.37	Spring washers	Φ10	12
1.38	Bolts	ST4×15	2
1.39	Lower control		1
2	Column combination		1

ITEM #	DESCRIPTION	SPECIFICATION	Q'TY
2.1	Column welding		1
2.2	Foot pads	Φ50XM10	2
2.3	Column foot pad	157X90X14	2
2.4	Bolts	M6X12	4
3	Horizontal handrail Assembly		1
3.1	Horizontal handrail welding (B001)		1
3.2	Heartrate front shell	120.1×43×22.8	2
3.3	Heartrate rear shell	120×21.3×43	2
3.4	Adjustment button cap	Φ43×26.9	2
3.5	Button light plastic piece	Φ43×40.3	2
3.6	Button	13.9×8.2×5.6	4
3.7	Button Cover	R15.3×28.1×6.9	1
3.8	Start/Stop Button Cover	R15.3×28.1×7.1	1
3.9	Emergency stop upper shell	113.4×155.3×33.7	1
3.10	Emergency stop lower shell	113.4×155.3×33.7	1
3.11	Safety switch		1
3.11.1	Pull Spring	Φ6.5×18×0.5	1
3.11.2	Button	79.6×54.4×26.6	1
3.11.3	Paddle	18.5×37×16	1
3.11.4	Switch Upper Housing	108×70×30.4	1
3.11.5	Switch lower shell	105×46.7×50.5	1
3.11.6	Safety clip		1
3.11.7	Bolts	ST4.2×16	4
3.11.8	Power switch		1
3.11.9	Emergency stop switch		1
3.12	Bolts	M5X10	4
3.13	Bolts	M4×25	4

ITEM #	DESCRIPTION	SPECIFICATION	Q'TY
3.14	Bolts	M3×10	2
3.15	Bolts	M3×5	2
3.16	Bolts	ST4×20	4
3.17	Bolts	ST4.2×16	4
4.1	Tiptoe stand welding		1
4.2	Tiptoe stand	189.6×323.6×96.9	1
4.3	Warning strip	499.8×9.8×12.3	1
4.4	Bolts	M6×12	12
4.5	Bolts	ST4.8×11	4
4.6	Flat washer	Φ6.5×Φ12×1.2	4
5.1	Left handrail assembly welding		1
5.2	Armrest foam	Φ30×36×970	1
6.1	Right handrail assembly welding		1
6.2	Armrest foam	Φ30×36×970	1
7	Console assembly welding		1
8	Console		1
8.1	Console mount		1
8.2	Console front case	510X344X59	1
8.3	Console back case	510X344X49	1
8.4	Console back cover	377X254X36	1
8.5	Water Cup Holder	237X236X111	1
8.6	Console Decoration Cover	416X334X54	1
8.7	Left duct	62X54X35	1
8.8	Right duct	62X52X37	1
8.9	Air outlet	70X27X17	1
8.10	Cup holder decorative cover	199X50X45	1
8.11	Anti-slip mat	288X27X27	1

ITEM #	DESCRIPTION	SPECIFICATION	Q'TY
8.12	LCD window	186X197X17.8	1
8.13	Button light	φ36X10	1
8.14	Fan		1
8.15	Upper control board		1
8.16	Small control board		1
8.17	Bolts	ST4.8X10	32
8.18	Bolts	ST4X50	2
8.19	Bolts	ST3.5X8	31
8.20	Flat washers	Φ4	2
8.21	Nuts	M8	4
9	Left armrest guard	196.3×156.1×45.1	2
10	Right armrest guard	196.3×156.1×43.6	2
11	Handrail reinforcement seat	140×43.2×4	1
12	Decorative ring	Φ43×20	2
13	Bolts	M8X65	1
14	Bolts	M8X55	3
15	Bolts	M8×20	3
16	Bolts	M8X40	2
17	Bolts	M8X20	8
18	Bolts	M8X30	1
19	Bolts	M8X20	4
20	Bolts	M4×30	4
21	Bolts	ST4.2×16	2
22	Flat washers	Φ8.5×Φ16×1.5	7
23	Φ8 curved washers	Φ8.5×Φ16×1.5×R23.5	6
24	Decorative ring	Φ108×8.5	1

MANUFACTURER'S LIMITED WARRANTY

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	LABOUR
Commercial	Lifetime	5 Years	3 Year	3 Years

This warranty is not transferable and is extended only to the original owner

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.
2. Proper use of the Stair Climber in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the Stair Climber and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in facility wiring.
5. Expenses for making the Stair Climber accessible for servicing, including any item that was not part of the Stair Climber at the time it was shipped from the factory.
6. Damages to the Stair Climber finish during shipping, installation or following installation.
7. 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 areas 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 consumer. 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 Stair Climber not requiring component replacement
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, 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 Dyaco Canada Inc. Dyaco Canada Inc. 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. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada for details.

SERVICE

The sales receipt establishes the labour 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. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the facility, are the responsibility of the facility. The facility is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during 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.

4. For any further information, or to contact our service department by mail, send your correspondence to:

**Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON L2G 0A9**

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.

NOTES



1.888.707.1880
customerservice@dyaco.ca
www.spiritfitness.ca



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CSC900 Owners Manual
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