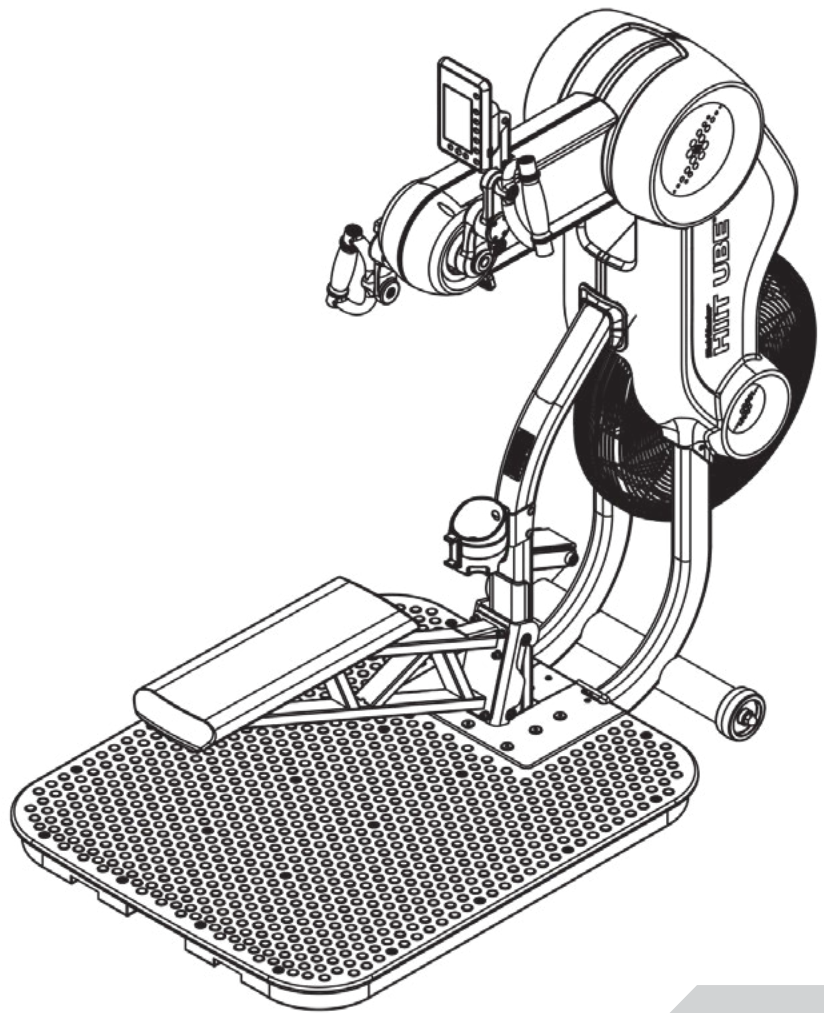




**HIIT UBE™**

**OWNER'S  
MANUAL**



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**PRODUCT SPECIFICATIONS**

**Dimensions:** 70" L x 36.2" W x 76.8" H  
(177.5cm x 92cm x 195cm)

**Weight:** 320 lbs (145 kg)

**MANUFACTURER**

**CORE HEALTH & FITNESS**

4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662

**Telephone:** (888) 678-2476

<http://www.corehealthandfitness.com>

**CUSTOMER SUPPORT**

Contact your local distributor, or Core Health & Fitness directly at: **1-800-503-1221**

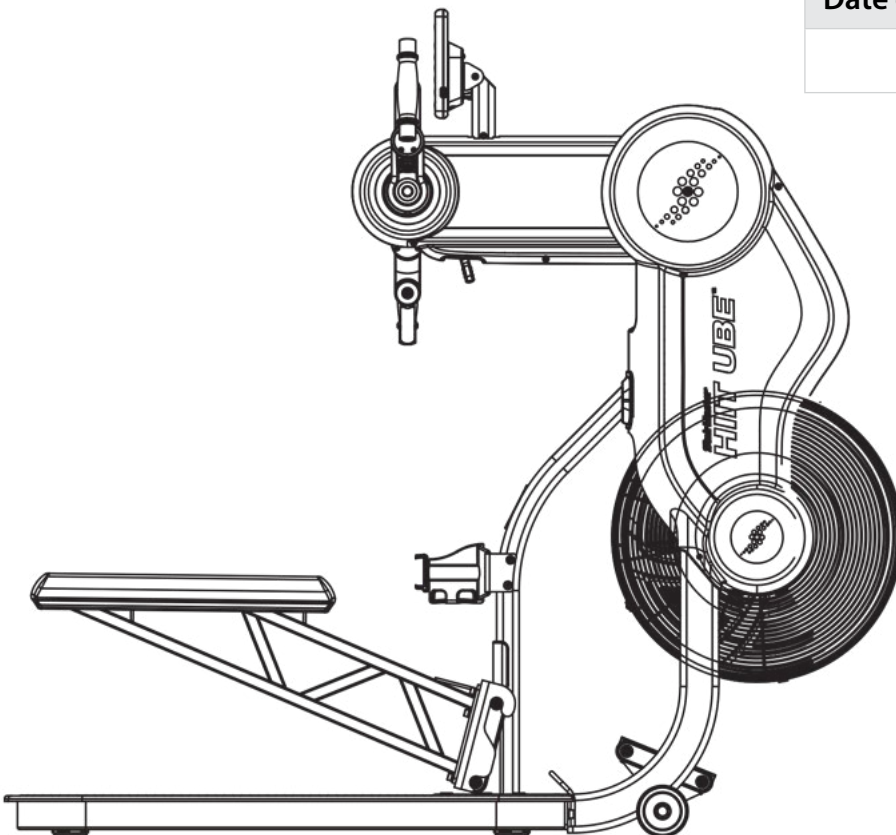
**Support@corehandf.com**

Please supply the serial number of your machine and the date of purchase when you call. Use the space in the boxes below

to write down this information. To find the serial number on your machine, refer to the Safety Warning Label information page.

**Please record the following information for future reference.**

<b>Serial Number</b>
<b>Date of Purchase</b>



## **WARNING - to reduce the risk of burns, fire, electrical shock, or injure to person:**

1. 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 as safe a 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.
2. 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.
3. 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 all sides to allow for ease of mounting and dismounting. 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.
4. Do not exceed the maximum allowable weight limit of 350 lbs. / 159 kg.
5. Use care when getting on or off the machine. Do not step off of the machine while it is moving. Wait for the machine to come to a complete stop before dismounting.
6. Do not over exert 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.
7. 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.
8. Keep all air openings free from dirt or any material that would block the flow of air to the motor.
9. Do not operate the machine if shroud is removed
10. 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.

## **SAVE THESE INSTRUCTIONS**

## Safety Instructions , Warnings And Precautions

### تعليمات الأمان - التحذيرات - الاحتياطات



**Caution:** This appliance is not intended for use by persons , (including children) 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.  
-Children should be supervised to ensure that they do not play with the appliance.

**تحذير هام جداً:** من الضروري جداً على الأطفال و الأشخاص الغير المزهلين بتقياً

كان أو حسيماً أو عقلياً و الأشخاص الذين لا تتوفر لديهم تلك المعرفة و الخبرة الكافية يجب عليهم عدم استخدام الجهاز منعاً باتاً إلا إذا تم الإشراف عليهم و مراقبتهم و توجيههم و مباشرتهم عن كلب من قبل أشخاص متخصصين و احترافيين و لديهم معرفة تامة و كافية بأسسول و قواعد إستخدام مثل تلك الأجهزة و المخاطر المترتبة و الناجمة عن سوء إستخدامها إن و جنت .



**Warning: keep out of reach of children**

تحذير : أحفظها بعيداً عن متناول الأطفال

## **SAFETY INSTRUCTIONS**

This chapter includes precautions and fitness safeguards for the installation and use of the machine. Please read this chapter carefully before installing or using your equipment.

**Safety instructions are provided in the following languages (in the order shown):**

- English
- Dutch
- French
- Italian
- Portuguese
- Spanish
- Swedish
- Chinese
- Japanese
- Russian



**CAUTION: READ THE OWNER'S MANUAL COMPLETELY BEFORE OPERATING THIS MACHINE.**



**CAUTION: MOVING PARTS, KEEP HANDS AND FEET FROM UNDER THE TREADMILL WHEN OPERATING.**



**STOP (OF ACTIVITY)**

These safety notes are directed to you as the owner of the equipment. For safety purposes, it is your responsibility to train all your members and fitness staff to follow these safety instructions.

## DO

- Do instruct your members to obtain a medical exam before starting any exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Do read, understand and carefully follow all warnings, instructions and procedures on the machine and in this manual before use.
- Do use your machine only for its intended use, as described in this manual.
- Do set up the machine on a solid, level surface.
- Do inspect the machine for incorrect, worn or loose components and then correct, replace or tighten prior to use.
- Do stop operating your machine if you feel dizzy, faint or exhausted.
- Do use care when mounting or dismounting the machine, and make sure it is completely stopped before attempting to mount or dismount.
- Do perform regular preventive maintenance as instructed in the manual.
- Do keep the air openings free of lint, hair, etc.

## DO NOT

- Do not let children operate your machine. Supervise invalids or disabled persons who use your machine.
- Do not exceed the maximum allowable user weight (350 lbs. / 159 kg).
- Do not use your machine without athletic shoes.
- Do not wear loose or dangling clothing while using the machine.
- Do not step or jump on or off the machine while it is in motion.
- Do not use this machine in damp or wet locations.
- Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.
- Do not place water bottles or cups on the machine unless you are using the designed holders.
- Do not use your machine where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use attachments or parts not recommended by the manufacturer.



**WAARSCHUWING: LEES DE GEBRUIKERSHANDLEIDING VOLLEDIG VOORDAT U DIT TOESTEL IN GEBRUIK NEEMT.**



**WAARSCHUWING: BEWEGENDE ONDERDELEN, HOUD HANDEN EN VOETEN NIET ONDER HET TOESTEL TIJDENS GEBRUIK.**



**STOP (ACTIVITEIT)**

Deze veiligheidsmaatregelen zijn aan u als eigenaar van de apparatuur gericht. Om veiligheidsredenen is het uw verantwoordelijkheid om al uw leden en personeel te trainen in deze veiligheidsinstructies.

## WEL

- Laat uw leden een medisch onderzoek ondergaan voordat ze met een trainingsprogramma beginnen. Indien u zich tijdens de training flauw of duizelig voelt, of als u pijn hebt, dient u de oefening stop te zetten en uw arts te raadplegen.
- Lees alle waarschuwingen, instructies en procedures over het toestel en deze handleiding goed voordat u het toestel in gebruik neemt.
- Gebruik uw toestel alleen voor het beoogde gebruik zoals beschreven in deze handleiding.
- Zet het toestel op een stevig en recht oppervlak.
- Controleer het toestel op onjuiste, versleten of loszittende onderdelen en corrigeer, vervang of zet onderdelen vast voor gebruik.
- Stop met de training als u zich duizelig, onwel of oververmoeid voelt.
- Wees voorzichtig wanneer u het toestel op- of afstapt en zorg dat het helemaal stilstaat voordat u probeert op of af te stappen.
- Voer regelmatig preventief onderhoud uit zoals beschreven in de handleiding.
- Zorg dat de luchtingangen vrij blijven van stof, haar, enz.

## NIET

- Laat kinderen het toestel niet bedienen. Houd toezicht op mensen met een handicap die uw toestel gebruiken.
- Laat geen personen van meer dan 159 kg op het toestel.
- Gebruik uw toestel niet zonder sportschoenen.
- Draag geen losse of fladderende kleding tijdens het gebruik van het toestel.
- Stap niet op of van het toestel terwijl het in beweging is.
- Gebruik dit toestel niet op vochtige of natte locaties.
- Laat nooit objecten vallen en steek geen objecten, handen of voeten in een van de openingen of onder dit toestel.
- Plaats geen bidons of kopjes op het toestel tenzij u de speciale houders gebruikt.
- Gebruik uw toestel niet op een plek waar aerosolproducten (spuitbussen) worden gebruikt of waar zuurstof wordt toegediend.
- Gebruik geen hulpstukken of onderdelen die niet door de fabrikant worden aanbevolen.





**MISE EN GARDE : PRENDRE  
CONNAISSANCE DU MODE  
D'EMPLOI AVANT DE SE SERVIR  
DE L'APPAREIL.**



**MISE EN GARDE : PIÈCES MOBILES  
; NE PAS METTRE LES MAINS NI  
LES PIEDS EN DESSOUS DE  
L'APPAREIL LORSQU'EN  
FONCTIONNEMENT.**



**ARRÊT (DE L'ACTIVITÉ)**

Ces consignes vous concernent en tant que propriétaire de l'équipement. Pour des raisons de sécurité, il vous incombe de former tous les adhérents et le personnel de remise en forme pour que ces consignes de sécurité soient respectées.

## À FAIRE

- Informer les adhérents qu'un examen médical est obligatoire avant de commencer un programme d'exercice. Si vous ressentez des douleurs, des vertiges ou des étourdissements à un quelconque moment de l'entraînement, arrêtez immédiatement et consultez votre médecin.
- Avant toute utilisation, lire, comprendre et respecter soigneusement tous les avertissements, consignes et procédures figurant sur l'appareil et dans ce mode d'emploi.
- Utiliser uniquement l'appareil dans le but pour lequel il a été conçu, comme indiqué dans le présent manuel.
- Installer l'appareil sur une surface plane et solide.
- Inspecter l'appareil pour vérifier si des composants sont usés, desserrés ou inadaptés et remplacer, resserrer ou rectifier avant chaque utilisation.
- Mettre un terme à l'exercice en cas de vertiges, étourdissements ou fatigue.
- Faire attention lors de la montée et de la descente et veiller à l'arrêt total de l'appareil avant d'y monter ou d'en descendre.
- Procéder à un entretien régulier comme indiqué dans le manuel.
- Vérifier que les ouvertures de ventilation ne sont pas bloquées par des fibres, des cheveux, etc.

## À NE PAS FAIRE

- Les enfants ne doivent pas se servir de l'appareil. Les personnes atteintes d'invalidité ne doivent pas se servir de l'appareil sans supervision.
- Le poids de l'utilisateur ne doit pas dépasser (159 kg /350 livres).
- Ne pas se servir de l'appareil sans chaussures de sport.
- Ne pas porter de vêtements lâches ou flottants lors de l'utilisation de l'appareil.
- Ne pas monter sur ou descendre de l'appareil lorsque ce dernier est en mouvement.
- Ne pas utiliser cet appareil dans un environnement humide ou détrempé.
- Ne jamais faire tomber d'objets dans les ouvertures, ni insérer les mains ou les pieds dans ces ouvertures ou en dessous de l'équipement.
- Ne jamais placer de bouteilles ou de récipients sur l'appareil à moins que ce ne soit dans le support prévu à cet effet.
- Ne pas se servir de l'appareil lorsqu'un aérosol ou de l'oxygène est en cours d'utilisation.
- Ne pas utiliser d'accessoires ou de pièces qui ne sont pas recommandés par le fabricant.



**ATTENZIONE: PRIMA DI UTILIZZARE LA MACCHINA LEGGERE IL MANUALE DI ISTRUZIONI.**



**ATTENZIONE: PRESENZA DI PARTI IN MOVIMENTO, TENERE MANI E PIEDI LONTANI DALLA PARTE INFERIORE DELLA MACCHINA MENTRE QUESTA È IN FUNZIONE.**



**ARRESTO (DELL'ATTIVITÀ)**

Le presenti note di sicurezza sono destinate al proprietario di questa attrezzatura. Per motivi di sicurezza, si è tenuti a fornire la necessaria formazione a tutti i membri del personale e allo staff di fitness in relazione alle presenti istruzioni di sicurezza.

## COSA OCCORRE FARE

- Istruire il personale affinché richieda un esame medico prima di iniziare qualsiasi programma di allenamento. Se in qualsiasi momento durante l'allenamento si avvertono debolezza, vertigini o dolore, fermarsi e consultare il medico.
- Prima dell'uso leggere, assicurarsi di avere compreso e rispettare scrupolosamente tutte le avvertenze, le istruzioni e le procedure relative alla macchina riportate nel presente manuale.
- Utilizzare questa macchina esclusivamente ai fini descritti nel presente manuale.
- Installare la macchina su una superficie solida e in piano.
- Ispezionare la macchina per verificare l'eventuale presenza di componenti non corretti, usurati o allentati, nel qual caso correggere, sostituire o serrare le parti in questione prima dell'uso.
- Smettere di utilizzare la macchina se si avvertono vertigini, debolezza o forte stanchezza.
- Fare attenzione durante la salita e la discesa dalla macchina e prima di procedere assicurarsi che sia completamente ferma.
- Eseguire la manutenzione preventiva regolarmente, come indicato nel manuale.
- Mantenere le aperture di ventilazione prive di pelucchi, capelli ecc.

## COSA NON FARE

- Non lasciare usare la macchina da bambini. Sorvegliare le persone invalide o disabili che utilizzano la macchina.
- Non superare il peso massimo consentito per utente (350 lbs. / 159 kg).
- Non utilizzare la macchina senza scarpe da ginnastica.
- Non utilizzare la macchina indossando indumenti ampi o penzolanti.
- Non salire o saltare su e giù dalla macchina mentre questa è in funzione.
- Non utilizzare la macchina in ambienti umidi o bagnati.
- Non lasciare cadere o inserire oggetti, mani o piedi nelle aperture o sotto l'attrezzatura.
- Non tenere sulla macchina bottiglie d'acqua o tazze a meno che non si utilizzino supporti appositamente progettati.
- Non utilizzare la macchina in luoghi in cui vengono impiegati prodotti spray (aerosol) o in cui è in funzione l'erogazione di ossigeno.
- Non utilizzare accessori o componenti non raccomandati dal produttore.



**CUIDADO: LEIA POR COMPLETO O MANUAL DO PROPRIETÁRIO ANTES DE OPERAR ESTA MÁQUINA.**



**CUIDADO: PARTES MÓVEIS, MANTENHA AS MÃOS E OS PÉS AFASTADOS DA PARTE SOB A MÁQUINA DURANTE A OPERAÇÃO.**



**PARADA (DA ATIVIDADE)**

Essas observações de segurança são direcionadas a você na qualidade de proprietário do equipamento. Para fins de segurança, é sua responsabilidade treinar todos os usuários e a equipe de preparação física para que sigam estas instruções de segurança.

## QUÉ HACER

- Indique a los miembros que se hagan un examen médico antes de comenzar cualquier programa de ejercicios. Si en algún momento del ejercicio, se siente débil, mareado o experimenta dolor, deténgase y consulte a su médico.
- Antes de usarla, lea, comprenda y siga cuidadosamente todas las advertencias, instrucciones y procedimientos de la máquina y de este manual.
- Use la máquina únicamente para su fin previsto, como se describe en este manual.
- Ubique la máquina en una superficie sólida y nivelada.
- Inspeccione la máquina para comprobar que no tenga componentes incorrectos, desgastados o sueltos, y corrija, reemplace o apriete los antes de usarla.
- No opere la máquina si se siente mareado, débil o cansado.
- Suba y baje de la máquina con cuidado, asegurándose que se haya detenido por completo antes de bajarse o subirse.
- Realice mantenimiento preventivo con la frecuencia descrita en el manual.
- Mantenga todas las aberturas de ventilación libres de motas, cabellos, etc.

## QUÉ NO HACER

- Não deixe crianças operarem a máquina. Supervisione o uso da máquina por pessoas inválidas ou incapacitadas.
- Não exceda o peso máximo permitido para o usuário (159 kg / 350 lbs).
- Não use a máquina sem calçados específicos para exercícios.
- Não use trajés largos ou com itens soltos enquanto utiliza a máquina.
- Não pise ou pule para subir ou descer da máquina enquanto ela estiver em movimento.
- Não use a máquina em locais úmidos ou molhados.
- Nunca deixe cair nem introduza objetos, mãos ou pés em qualquer abertura ou debaixo deste equipamento.
- Não coloque garrafas ou copos d'água sobre a máquina, a menos que você use os suportes destinados para isso.
- Não use a máquina em locais em que se borrifem produtos ou em que esteja sendo administrado oxigênio.
- Não use acessórios ou peças não recomendadas pelo fabricante.
- Não use o equipamento sem a cobertura do motor nem faça modificações de qualquer espécie no equipamento.
- Não use a máquina se o cabo ou a tomada estiver danificada, se a máquina não estiver funcionando corretamente, se tiver sofrido uma queda ou estiver danificada ou se o visor mostrar um código de erro.



**CUIDADO: LEA COMPLETAMENTE EL MANUAL DEL PROPIETARIO ANTES DE OPERAR ESTA MÁQUINA.**



**CUIDADO: CUENTA CON PARTES MÓVILES, AL OPERARLA MANTENGA LAS MANOS Y PIES ALEJADOS DE DEBAJO DE LA MÁQUINA.**



**DETENER (EL FUNCIONAMIENTO)**

Estas notas de seguridad están dirigidas a usted, como propietario del equipo. Para propósitos de seguridad, es su responsabilidad entrenar a todos los miembros y al personal de entrenamiento para que sigan estas instrucciones de seguridad.

## O QUE FAZER

- Instrua os usuários a providenciarem um exame médico antes do início de qualquer programa de exercícios. Se, em qualquer momento durante o exercício, você sentir uma sensação de desmaio, tontura ou apresentar dor, pare e consulte um médico.
- Leia, entenda e siga cuidadosamente todas as advertências, instruções e procedimentos mostrados na máquina e neste manual antes do uso.
- Use sua máquina somente para o uso previsto, conforme descrito neste manual.
- Instale a máquina sobre uma superfície sólida e plana.
- Inspeccione a máquina para verificar a existência de componentes incorretos, desgastados ou soltos e execute as correções, substituições ou apertos antes do uso.
- Interrompa o funcionamento da máquina em caso de tontura, desmaio ou exaustão.
- Tenha cuidado ao subir ou descer da máquina e certifique-se de que ela esteja totalmente parada antes de tentar subir ou descer.
- Faça regularmente a manutenção preventiva conforme instruído neste manual.
- Mantenha as aberturas de ventilação livres de fiapos, cabelos etc.

## O QUE NÃO FAZER

- No permita que los niños operen la máquina. Supervise a las personas inválidas o discapacitadas que usan la máquina.
- No exceda el máximo peso de usuario permisible (350 lb / 159 kg).
- No use la máquina sin zapatos deportivos.
- Al utilizar la máquina no use ropa suelta o que cuelgue.
- No se pare o salte de/a la máquina cuando está en movimiento.
- No use esta máquina en sitios húmedos o mojados.
- Nunca de caer o inserte objetos, las manos o los pies en las aberturas o debajo del equipo.
- No ponga botellas o vasos de agua en la máquina a menos que use los soportes que tiene.
- No use la máquina en lugares donde se usan productos en aerosol (pintura) o donde se administra oxígeno.
- No use accesorios o partes que no estén recomendadas por el fabricante.



**VARNING: LÄS HELA ÄGARHANDBOKEN INNAN DU ANVÄNDER DEN HÄR MASKINEN.**



**VARNING: DET FINNS RÖRLIGA DELAR. HA INTE HÄNDER ELLER FÖTTER UNDER MASKINEN NÄR DEN ANVÄNDS.**



**STOPPA (AKTIVITETEN)**

Dessa säkerhetsföreskrifter är riktade till dig som är ägare av utrustningen. Av säkerhetsskäl är det ditt ansvar att utbilda alla medlemmar och träningspersonal så att de följer dessa säkerhetsföreskrifter.

## GÖR DETTA

- Instruera medlemmarna att gå igenom en läkarundersökning innan de börjar med något träningsprogram. Om du vid något tillfälle under träningen känner dig svimfärdig, yr eller upplever smärta, ska du konsultera din läkare.
- Se till att du innan användning av maskinen har läst, förstått och följer alla varningar, instruktioner och procedurer för maskinen och i den här handboken.
- Använd endast maskinen på det sätt som är avsett och som beskrivs i den här handboken.
- Ställ upp maskinen på en stabil och plan yta.
- Inspektera maskinen så att där inte finns felaktiga, utslitna eller lösa delar. Dessa måste du i så fall korrigera, ersätta och skruva åt före användning.
- Sluta att använda maskinen om du känner dig yr, svimfärdig eller utmattad.
- Var försiktig när du stiger upp på eller ner från maskinen och se till att den har stannat helt innan du stiger upp eller ner från den.
- Genomför regelbundet förebyggande underhåll enligt instruktionerna i handboken.
- Se till att luftintagen är fria från hår, ludd och annat.

## GÖR INTE DETTA

- Låt inte barn använda maskinen. Övervaka handikappade och rörelsehindrade personer som använder sin maskin.
- Överskrid inte den maximalt tillåtna vikten för användare (350 lbs. / 159 kg).
- Använd inte maskinen utan gymnastikskor.
- Bär inte löst sittande kläder eller kläder som kan fastna.
- Stig inte på och hoppa inte av maskinen när den är i rörelse.
- Använd inte den här maskinen på fuktiga eller blöta platser.
- Sätt inte in och tappa inte någonting och ha inte någon hand eller fot i någon öppning eller under den här maskinen.
- Placera inte vattenflaskor eller koppar på den här maskinen om du inte använder de hållare som är avsedda för detta.
- Använd inte maskinen på sådana ställen där aerosolspray används eller där syrgas används.
- Anslut inte någonting som tillverkaren inte har rekommenderat.



**注意：操作机器前请通读用户手册。**



**注意：活动部件，操作时请将手脚远离机器下方。**



**停止（活动）**

这些安全须知专为机器所有者编写。安全起见，您应负责培训所有会员及健身教练，使之遵守相关安全说明。

## 应做事项

- 在开始任何锻炼项目之前通知会员进行健康检查。使用过程中如出现头晕目眩或疼痛感，请立即停止并咨询医生
- 使用前请务必通读、理解并严格遵守机器及本手册上的所有警告、说明及程序。
- 仅可将该机器用于本手册所述的预期用途。
- 请务必将本机器置于平坦坚实的表面上。
- 使用前请务必检查机器是否出现错误、磨损或部件松动的情况，并及时校正、替换或紧固部件。
- 如感觉头晕、虚弱或疲惫，请立即停止操作机器。
- 安装或拆解机器时请使用防护用品，并应于尝试安装或拆解前确保机器已完全停止运转
- 请按照手册上的说明定期开展预防性维护。
- 确保气孔中没有线头、头发等物。

## 禁止事项

- 请勿让儿童操作机器。病人或残疾人士使用机器时需有人监管。
- 请勿超过使用者体重的最大容许值（350 磅/ 159 千克）。
- 请勿在未穿运动鞋时使用机器。
- 使用机器时，请勿穿着宽松、悬垂的衣物。
- 请勿在机器运转时进行踩踏或跳上跳下。
- 请勿在潮湿的环境中使用本机器。
- 请勿将任何物件、手或脚放在或插入任何开口或设备下方。
- 除装有特殊把手外，请勿在机器上放置水壶或水杯。请勿在使用气雾剂（喷雾）产品或需要供给氧气的环境中操作机器。
- 请勿使用非制造商建议的附件或零件。



**注意：本機を操作する前に、取扱説明書全体に目を通してください。**



**注意：本機の稼働中は、可動部に注意し、本体の下側に手足を差し込まないでください。**



**エクササイズの) 中止**

これらの安全上の注意は、機器の所有者に向けられています。安全手順が守られるよう、すべてのフィットネス会員やスタッフにトレーニングを提供することは所有者の責任です。

## 次のことを確実に実施してください。

- 何らかのエクササイズ プログラムを開始する前に、健康診断を受けるよう会員に促す。運動中にめまい、脱力感、痛みなどを感じた場合は、ただちに使用を停止して医師に相談する。
- 本機上に貼られていたり、本取扱説明書に含まれていたりする警告、指示や手順をすべて読んで理解し、注意して従う。
- 取扱説明書に記載されている使用目的でのみ、本機を使用する。
- 固く平らな床面上に本機を設置する。
- 部品に誤り、摩耗、あるいは緩みがないか点検し、問題がある場合には使用する前に調整、交換、または締め付けを行う。
- めまい、立ちくらみや疲れを感じた場合に、本機の動作を停止させる。
- 本機に乗り降りする際は注意を払い、乗り降りする前に、完全に停止していることを確認する。
- 取扱説明書の指示に従って、予防保守を定期的に行う。
- 空気口に、糸くずや髪の毛がない状態を維持する。

## 次のことは絶対に避けてください。

- 子供達に本機を操作させる。病人や障害者に本機を使用させる。
- 159 kg ( 350 ポンド ) の最大許容体重を超える。
- 運動靴を履かずに本機を使用する。
- ぶかぶかな服や、垂れている服を着て本機を使用する。
- 本機の作動中に、上に乗ったり、飛び乗ったり、飛び降りたりする。
- 湿った場所や濡れた場所で本機を使用する。
- 開口部や本機の下に、異物、手や足を落としたり、差し込んだりする。
- 専用ホルダーを使用せずに、本体の上に水のボトルやコップを置く。
- エアゾールスプレー製品を使用する場所や、酸素が供給されている場所で本機を使用する。
- 当社が推奨する付属品以外を使用する。



**ВНИМАНИЕ. ПЕРЕД  
ИСПОЛЬЗОВАНИЕМ ТРЕНАЖЕРА  
ВНИМАТЕЛЬНО ПРОЧИТАЙТЕ  
РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ.**



**ВНИМАНИЕ. ДВИЖУЩИЕСЯ  
ЧАСТИ - УБИРАЙТЕ РУКИ И  
НОГИ ИЗ-ПОД ТРЕНАЖЕРА ПРИ  
ЭКСПЛУАТАЦИИ.**



**ОСТАНОВ (РАБОТЫ)**

Настоящие примечания по технике безопасности предназначены для вас как для владельца тренажера. В целях безопасности вы отвечаете за подготовку персонала фитнес-зала и всех пользователей к соблюдению следующих инструкции по безопасности.

## ВЫПОЛНЯЙТЕ СЛЕДУЮЩЕЕ

- Поручите пользователям пройти медосмотр перед использованием любой программы тренировки. Если во время тренировки почувствуете слабость, головокружение или боль, прекратите тренировку и проконсультируйтесь с врачом.
- Перед использованием изучите, осознайте и неуклонно соблюдайте все предупреждения, инструкции и процедуры, содержащиеся в данном руководстве и на тренажере.
- Используйте этот тренажер только по назначению, как описано в данном руководстве.
- Установите тренажер на твердую и ровную поверхность.
- Перед использованием проверяйте тренажер на отсутствие неисправных, изношенных или ослабленных деталей, а при обнаружении замените или затяните их.
- Прекратите эксплуатацию тренажера, если вы почувствуете слабость, головокружение или истощение.
- Будьте внимательны при подъеме и спуске с тренажера, убедившись, что он полностью остановлен.
- Проводите регулярно плановое техническое обслуживание, как указано в данном руководстве.
- Не допускайте попадания пыли, волос и других загрязняющих компонентов в отверстия для воздуха.

## ЗАПРЕЩАЕТСЯ

- Не разрешайте детям использовать тренажер. Контролируйте использование тренажера инвалидами или людьми с ограниченными возможностями.
- Не превышайте максимально разрешенный вес пользователя тренажера (350 фунтов или 159 кг).
- Не используйте тренажер без спортивной обуви.
- Не одевайте свободно болтающуюся или свисающую одежду, занимаясь на тренажере.
- Не ходите, не прыгайте и не слезайте с тренажера, пока он находится в движении.
- Не используйте тренажер в сырых и влажных помещениях.
- Никогда не вставляйте и не опускайте какие-либо предметы, руки или ноги в отверстия тренажера или под тренажер.
- Не помещайте бутылки или стаканы с водой на тренажер без использования специальных держателей.
- Не эксплуатируйте тренажер во время использования аэрозоля (разбрызгивания) или кислорода.
- Не используйте принадлежности или части, не рекомендованные производителем.



## FCC Warning

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation

### FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

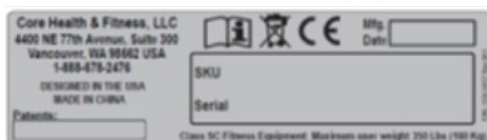
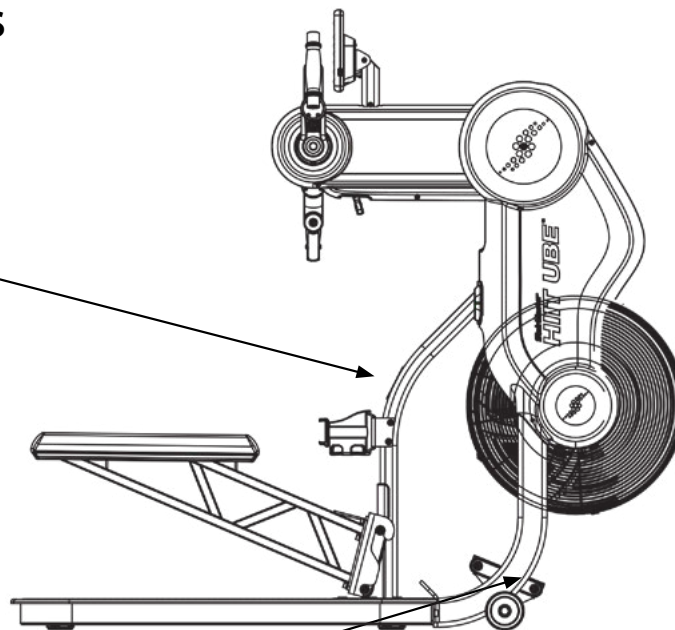
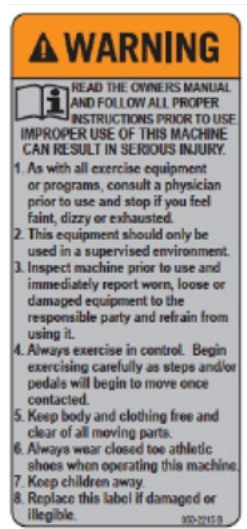
The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

### MPE

This equipment must be installed and operated in accordance with provided instructions and the antenna(s) used for this transmitter must be installed to provide a separation distance of at least 20 cm from all persons and must not be co-located or operating in conjunction with any other antenna or transmitter.

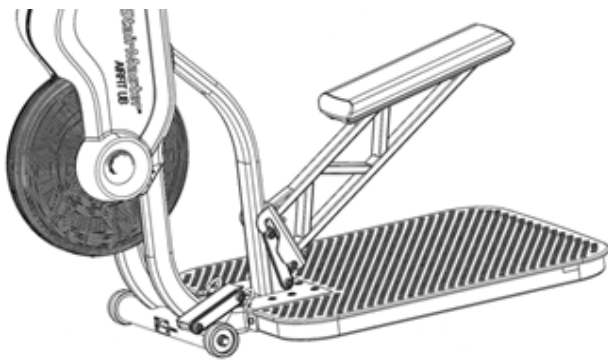
	Frequency	Power
<b>Low Energy Bluetooth</b>	2402-2480 MHz	1mW
<b>ANT+</b>	2403-2480 MHz	1mW

## SAFETY WARNING LABELS

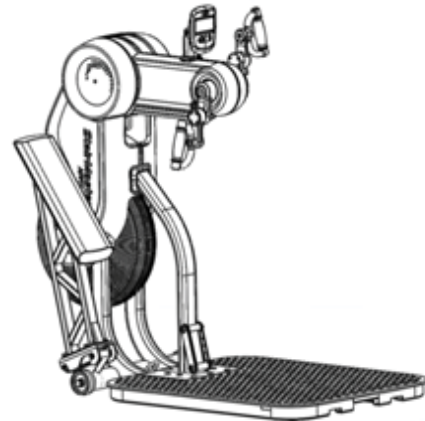


## OPERATING THE SEAT

The HIIT UBE can be used either with the seat or without. To use the seat, lock it into place as shown in Fig.1, and make sure it is secure before use. To move the seat out of the way, remove it from the mounting point and secure on the side storage mounting point as shown in Fig. 2.



**Fig. 1**



**Fig. 2**

## ADJUSTING THE CRANKS

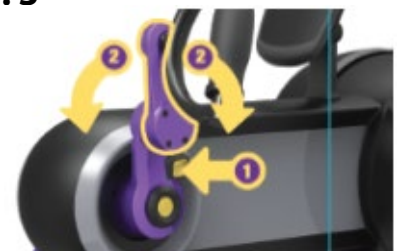
The cranks offer two adjustment options to allow for a variety of training possibilities.

For rotational adjustment, as you are standing in the user position facing the unit, the crank on the right side can be adjusted. The adjustment can be set so that the cranks can be used alternating, or they can be aligned so they turn together. Make this adjustment by pushing the center of the crank connection to the machine and rotating the crank to the desired position, as shown in Fig. 3.



**Fig. 3**

Both cranks can also be adjusted at the center of the arm, to make the effective rotation smaller and larger in circumference. Adjust the crank completely back on itself and it will remain stationary while the crank on the other side rotates, providing the ability to train one arm at a time while still holding both handles. Make this adjustment by pushing the adjustment button at the midpoint of the crank itself and folding it to the desired position, as shown in Fig. 4



**Fig. 4**

## ADJUSTING THE BOOM

The boom can move up and down to accommodate seated and standing use for users of all sizes. To adjust, pull the paddle underneath the boom toward the user, move the boom up or down to the desired position, then push the paddle back into the locked position, as shown in Fig. 5. Always check to make sure it is locked securely before use.



**Fig. 5**

**WAKE UP** PRESS ANY BUTTON ON CONSOLE OR START WORKOUT

**TRACK ACTIVITY** START WORKING OUT

**WORKOUT SUMMARY** STOP WORKOUT FOR 30 SECONDS OR PRESS **ENTER**



**CONSOLE RESET** PRESS **ENTER** AGAIN TO RESET



**TIME PROGRAM** PRESS **TIME PROGRAM** BUTTON  
USE **UP + DOWN** ARROWS TO SELECT DESIRED TIME  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**DISTANCE PROGRAM** PRESS **DISTANCE PROGRAM** BUTTON  
USE **UP + DOWN** ARROWS TO SELECT DESIRED DISTANCE  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**CALORIE PROGRAM** PRESS **CALORIE PROGRAM** BUTTON  
USE **UP + DOWN** ARROWS TO SELECT DESIRED DISTANCE  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**INTERVAL TIME PROGRAM** PRESS **INTERVAL PROGRAM** BUTTON  
USE **UP + DOWN** ARROWS TO SELECT DESIRED WORK TIME - **ENTER** TO SET  
USE **UP + DOWN** ARROWS TO SELECT DESIRED REST TIME - **ENTER** TO SET  
USE **UP + DOWN** ARROWS TO SELECT DESIRED NUMBER OF INTERVALS  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**INTERVAL CALORIE PROGRAM** PRESS **INTERVAL PROGRAM + CALORIE PROGRAM** BUTTONS  
USE **UP + DOWN** ARROWS TO SELECT DESIRED CALORIES - **ENTER** TO SET  
USE **UP + DOWN** ARROWS TO SELECT DESIRED REST TIME - **ENTER** TO SET  
USE **UP + DOWN** ARROWS TO SELECT DESIRED NUMBER OF INTERVALS  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM

AVG/MAX



**AVERAGE/MAX** PRESS THE **AVG/MAX** BUTTON TO SEE AVERAGE OR MAX VALUES DISPLAYED IN SPEED AND POWER WINDOWS

WATTS/Kcal



**WATTS/KCAL** PRESS THE **WATTS/KCAL** BUTTON TO CHANGE THE UNITS DISPLAYED IN THE POWER WINDOW



**BACKLIGHT** PRESS TO TURN ON THE **BACKLIGHT**  
HOLD FOR 5 SECONDS TO LOCK LIGHT ON  
PRESS AGAIN TO TURN OFF



**BLUETOOTH** PRESS **BLUETOOTH** BUTTON - ICON WILL FLASH  
FOLLOW PAIRING INSTRUCTIONS FOR YOUR DEVICE



**HEART RATE** THE CONSOLE WILL DISPLAY HEART RATE FROM **5KHZ & ANT+ HEART RATE STRAPS**  
FOR **30 SECONDS AFTER WAKE-UP** THE CONSOLE WILL SEARCH FOR A HEART RATE SIGNAL.



## ACCESS

MAINTENANCE MODE

WITHIN 15 SECONDS OF CONSOLE WAKE - UP  
PRESS **UP + DOWN + TIME** SIMULTANEOUSLY TO ENTER MAINTENANCE MODE  
PRESS **UP + DOWN** BUTTONS TO ACCESS MAINTENANCE SCREENS

## SCREEN 1

PRODUCT INFORMATION

CUMULATIVE HOURS AND DISTANCE  
SOFTWARE VERSION

## SCREEN 2

ACTIVE TIME OUT

PRESS **TIME** BUTTON TO ADJUST  
DEFAULT 30 SECONDS

## SCREEN 3

SUMMARY MODE TIME

PRESS **TIME** BUTTON TO ADJUST  
DEFAULT 15 SECONDS

## SCREEN 4

SELECT MACHINE TYPE

PRESS **TIME** TO TOGGLE THROUGH

- P1** TREAD (HIITMILL)
- P2** BIC 1 (HIITBIKE / AIRFIT)
- P3** ERGO (HIIT UBE)
- P4** STEP
- P5** BIC 2 (AIRFIT GEN 1)
- P6-P9** NONE



## SCREEN 5

SELECT UNITS

PRESS **DISTANCE** BUTTON TO CHANGE UNITS



## SCREEN 6

ANT +

PRESS **BLUETOOTH** BUTTON TO TURN ANT+ **ON** OR **OFF**

## SCREEN 7

HIITMILL CALIBRATION

FOR THE HIITMILL ONLY  
PRESS **RESISTANCE LEVER** TO THE **FORWARD** MOST POSITION  
PRESS **TIME** BUTTON TO SET ANGLE TO ZERO



## SCREEN 8

SOFTWARE UPDATE

ONLY IF RECOMMENDED BY STAIRMASTER  
**INSERT USB DRIVE** LOADED WITH SOFTWARE INTO SLOT ON **RIGHT SIDE OF CONSOLE**  
PRESS **CALORIE** BUTTON  
WAIT FOR COUNT UP  
**REMOVE USB**

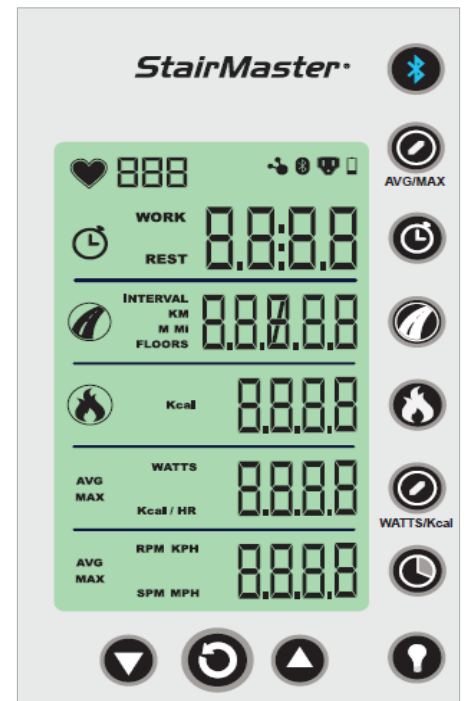


## EXIT

MAINTENANCE MODE

PRESS **ENTER** TO EXIT MAINTENANCE MODE

READ **OWNER'S MANUAL** FOR COMPLETE INSTRUCTIONS + SAFETY WARNINGS



## CALORIE AND WORK CALCULATION

Watts and calories are calculated based on the amount of work the user performs to turn the fan at a specific RPM. These values are reported the same for all users. Actual calories burned will vary based on the user’s gender, size, and physical condition.

## MAINTENANCE

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.

## TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, StairMaster recommends having the tools listed (Fig. 7) available when performing maintenance.

Tool	Purpose
Metric Allen (Hex Key) Wrench Set	Tightening or removing various Allen head screws throughout the product.
Metric Sockets Set	Tightening or removing various hex nuts used throughout the product.
Metric Open Wrench Set	Tightening or removing various hex nuts used throughout the product.
Square Drive Ratchet Wrenches	To use in conjunction with Allen head and or hex socket sets.
Torque Wrench	Tightening various critical bolts throughout the product to specific torque specifications.
Phillips Head Screwdriver Set	Tightening or removing various Phillips head screws used throughout the product.
Flat Head Screwdriver Set	Prying off specific shrouds from wedged locations.

## MOVING & LEVELING

To move the HIIT UBE™ to a new location:

Lift the machine from the rear and use the front wheels to roll the machine from one location to another. Adjust the leveler feet to stabilize the unit on uneven surfaces.

## PREVENTIVE MAINTENANCE

Perform regular scheduled preventive maintenance procedures to maintain your equipment in serviceable condition.

	Daily	Weekly	Monthly	Notes
Cleaning	X			Wipe down all areas that perspiration can settle
Inspect for Loose Assemblies, Bolts, Nuts		X		Ensure all are tightened properly
Flywheel Alignment		X		Torque flywheel nuts as necessary
Inspect Frame for Rust or Corrosion			X	Remove rust build-up if found and seal
Clean and Seal Frame			X	Use water with non-abrasive soap or car wash soap to clean; seal with a wax or polishing coat

