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SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS SAVE THESE INSTRUCTIONS

When using an electrical product, follow basic precautions, including the following:

WARNING!

To reduce the risk of burns, fire, electrical shock or injury to persons:

- Use this exercise product for its intended use as described in this User Manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- Do not remove the Bike / Elliptical / Stepper side covers.
 Only an authorized STEELFLEX retailer should perform Service.
- Never operate this product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or immersed in water. Have equipment examined as required by an authorized STEELFLEX service provider.
- Do not use outdoors.
- When the STEELFLEX product is in use, young children and pets should be kept at least 10 feet away.
- Keep children off your STEELFLEX product at all times.

SAFETY INSTRUCTIONS

SAFETY INSTRUCTIONS:

CAUTION!

- If you experience chest pains, nausea, dizziness or shortness of breath, stop exercising immediately and consult your physician before continuing.
- Do not wear clothing that might catch on any part of the STEELFLEX product.
- Read this User Manual before operating this product.

MOVING

Each **STEELFLEX** product equips with a pair of transport wheels built into the front leg. Follow instructions below to move your **STEELFLEX** product.



 To move PR, firmly grasp rear handlebar, carefully lift and roll on transport wheels.



 To move PB, firmly grasp the handlebars, carefully tip toward you and roll on the transport wheels.



 To move PE, firmly grasp assembled rear foot, carefully lift and roll on transport wheels.



 To move PST, firmly grasp bottom areas of handlebars, carefully lift and roll on the transport wheels.

Caution:

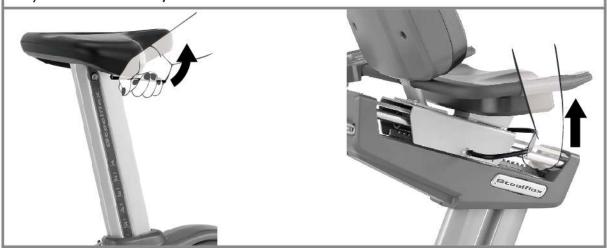
The product is heavy. Take caution and use additional help if necessary.

SEAT ADJUSTMENT

The seat is at the proper position when your knee is slightly bent when the pedal is in the furthest position.

Item: PB and PR

To adjust PB and PR seat position, all you need to do is pull the adjusted handle up and move the seat to the position you feel comfortable. When the seat position is set, let your hand off the adjusted handle.



LEVELER ADJUSTMENT

Before exercising, ensure machine is level. If not level, adjust levelers.

Item: for PST, PB and PR



Two are in the front and two are in the rear.



Adjust to level and stabilize unit.



Tighten upper disk to lock position.



Item: for PE series

After finding a location that is suitable for the elliptical, you can adjust four levelers which allow you to adjust until it is properly seated on the floor.

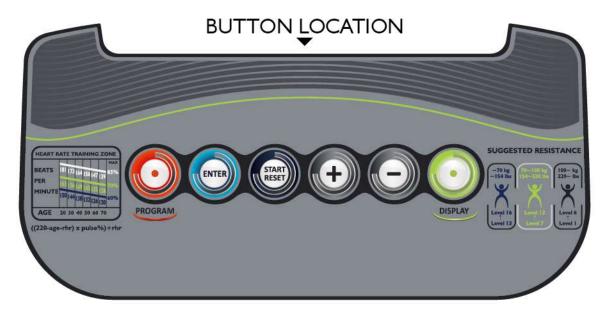
DO NOT adjust levelers while the elliptical is used.

Display Introduction

The display of your PST10 is used to operate the unit. It includes information window and button location.



INFORMATION WINDOW



Information window

The information window provides two different types of information: programs directions and user workout data.

Program direction will be explained with programs later. User workout data includes:

User workout data	Description
TIME	Indicates time in minutes and seconds (mm:ss).
STEP 0	Indicates step counts during workout.
LEVEL	Indicates current resistance of user's workout.
PRO.	Indicates workout program user chooses.
	Indicates user's heart rate during workout.
CAL	Indicates accumulated calories burned during workout.
WATT	Indicates power consumption of workout.
DIST	Indicates exercising distance of your workout.
SPM	Indicates user's workout steps per minute.
SPEED	Indicates speed of workout.

Button location

Description of each button is listed below.



Choose workout program.



Enter data.



Under START condition, press another time will be RESET. Under RESET condition, press another time will be START.



Increasing setting values.



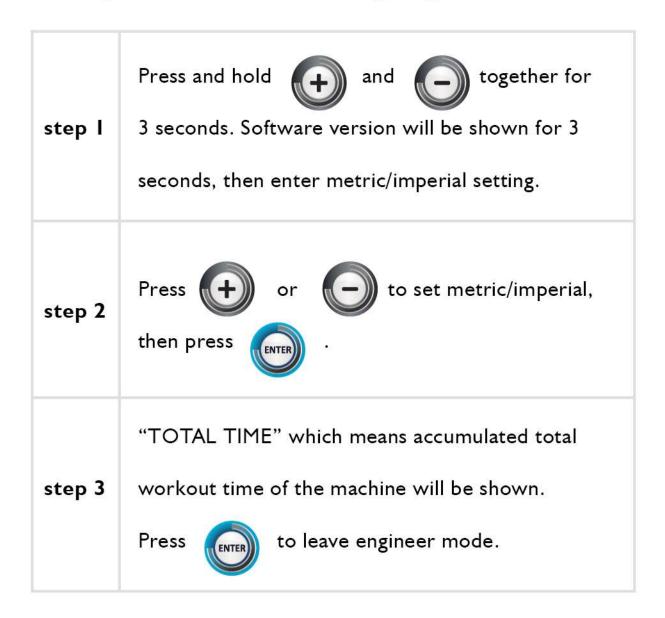
Decreasing setting values.



Workout data display changes.

Engineer Mode

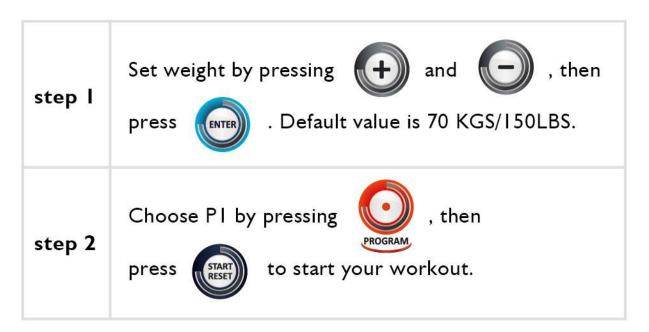
Steelflex stepper is designed for different users. Base on your location and user characteristics; please follow the instructions to set up the machines before starting using.



Programs

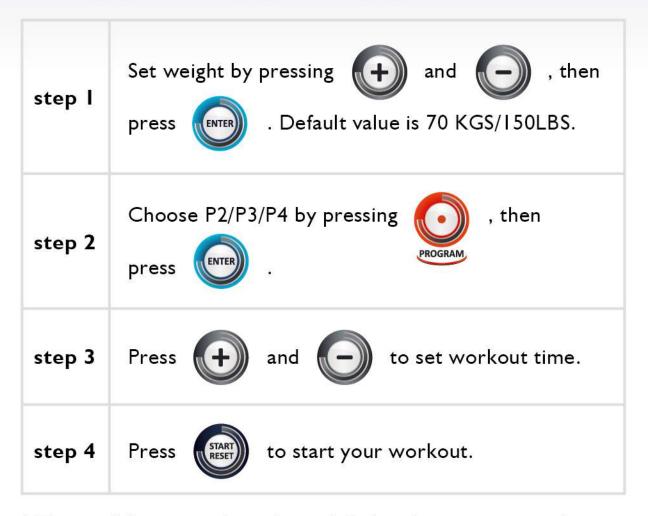
There are 9 different exercising programs which includes manual, cardio, fat burn, interval, goal-time, goal-distance, goal-calories, goal-step and HRC. Operations are explained as following.

Manual(PI)



1. Time, distance, calories and step will be counted up from 0.

Cardio(P2)/Fat Burn(P3)/Interval(P4)



I.Time will be count down from default value or setting value.

Distance, calories and step will be counted from 0.

Goal-time(P5)



I.Time will be count down from default value or setting value.

Distance, calories and step will be counted up from 0.

Goal-distance(P6)



I.Distance will be count down from default value or setting value. Time, calories and step will be counted up from 0.

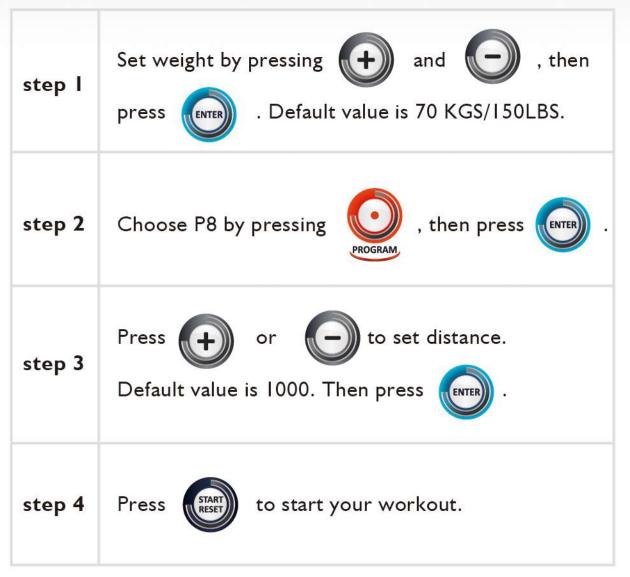
Goal-calories(P7)



I.Calories will be count down from default value or setting value.

Time, distance and step will be counted up from 0.

Goal-step(P8)



I.Step will be count down from default value or setting value.

Time, distance and calories will be counted up from 0.

HRC(P9)

step l	Set weight by pressing and , then press . Default value is 70 KGS/150LBS.	
step 2	Choose P9 by pressing , then press .	
atan 3	Set age by pressing	
step 3	value is 30. Then press .	
step 4	Set max. pulse % by pressing and .	
	Default value is 70%. Then press .	
	If heart rate is more than 20 bpm below target, level will increase 2 every 30 seconds.	
	If heart rate is more than 10 bpm below target, level	
	will increase I every 30 seconds. If heart rate is more than 20 bpm above target, leve	
	will decrease 2 every 30 seconds.	
	If heart rate is more than 10 bpm above target, level	
will decrease I every 30 seconds.		
	If heart rate can not be detected, PULSE will be shown on the display every 0.5 second, and level doesn't change.	

step 5

Press



to start your workout.

1. Time, distance, calories and step will be counted up from 0.

Note

- 1. During workout, if user wants to reset, please press and hold for 3 seconds.
- 2. If no signal is detected in 30 seconds, it will enter sleep mode.

 Once it wakes up, it will back to weight setting.
- 3. When END is shown on the display, user can press back to start condition or it will go back to program setting condition after 3 minutes.

DISPLAY INSTRUCTION

The display of your PB10, PR10 or PESG is used to operate the unit. It includes information window and button location.



INFORMATION WINDOW

Information window

The information window provides two different types of information: program directions and user information data. Program directions will be explained with programs later. User information data includes:

User information	Description
TIME	Indicates time in minutes and seconds(mm:ss).
DISTANCE	Indicates exercising distance during your workout.
CALORIES	Indicated accumulated calories burned during your workout.
	Indicates heart rate beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
LEVEL	Indicates current resistance of your workout.
SPEED	Indicates speed of your workout. (Either miles or kilometers)
WATT	Indicates power consumption of your workout.
RPM	Indicates pedal rotations : per minute.

BUTTON LOCATION

BUTTON LOCATION

Description of each button is listed below.

PROGRAM	Choose workout program.
GOAL	Set workout goal which can be time, distance or calories.
DISPLAY	Workout data display changes.
START	Start your workout.
RESET	Reset data.
	Setting number increases. Press and hold this button to increase quickly.
	Setting number decreases. Press and hold this button to decrease quickly.
ENTER	Enter data.
CLEAR	Clear numerical settings when setting time, distance or calories.

Engineer Mode

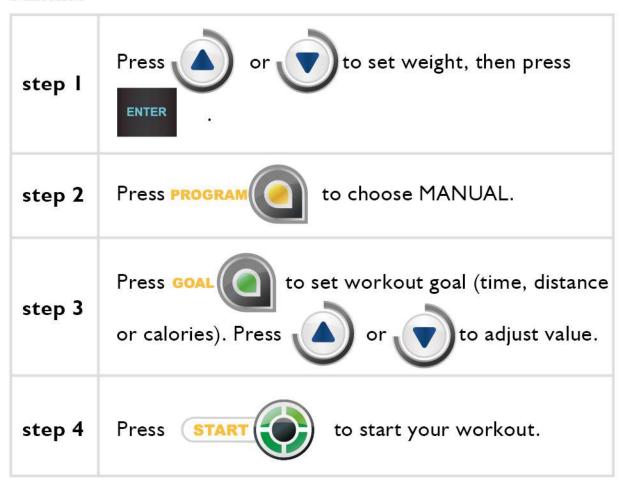
Steelflex products are designed for different users. Base on your location and user characteristic; please follow the instructions to set up the machines before starting using.

step l	Press and hold RESET and Lenter together for a while. Software version will be shown on WATT/RPM window.
step 2	KG/LBS will be shown on the Matrix window. It can be adjusted by or , then press ENTER .
step 3	TOTAL TIME(accumulated workout hours) is shown on PULSE window, then press to leave engineer mode.

Programs

There are 8 different exercise programs which include manual, cardio, fat burn, interval, training, H.R.C., custom I and custom 2. Operations are explained as following.

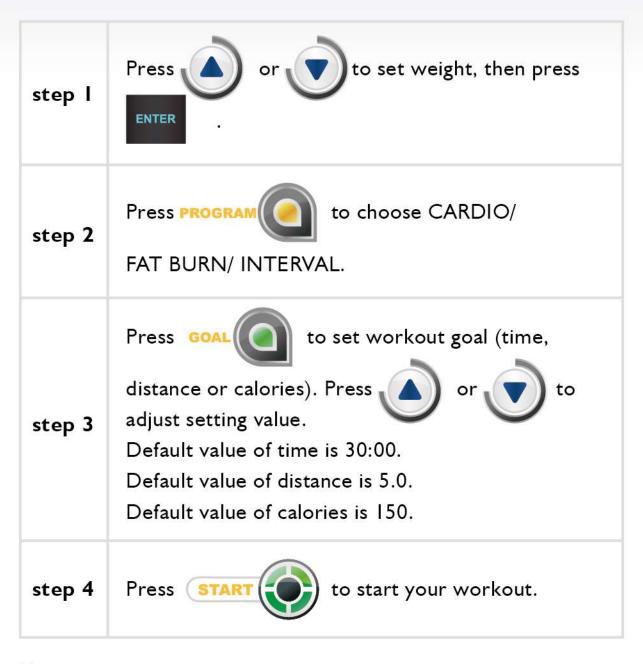
Manual



Note:

I.During workout, you can adjust resistance by pressing or When resistance level is adjusted, from present workout segment to final workout segment, resistance levels will be changed together.

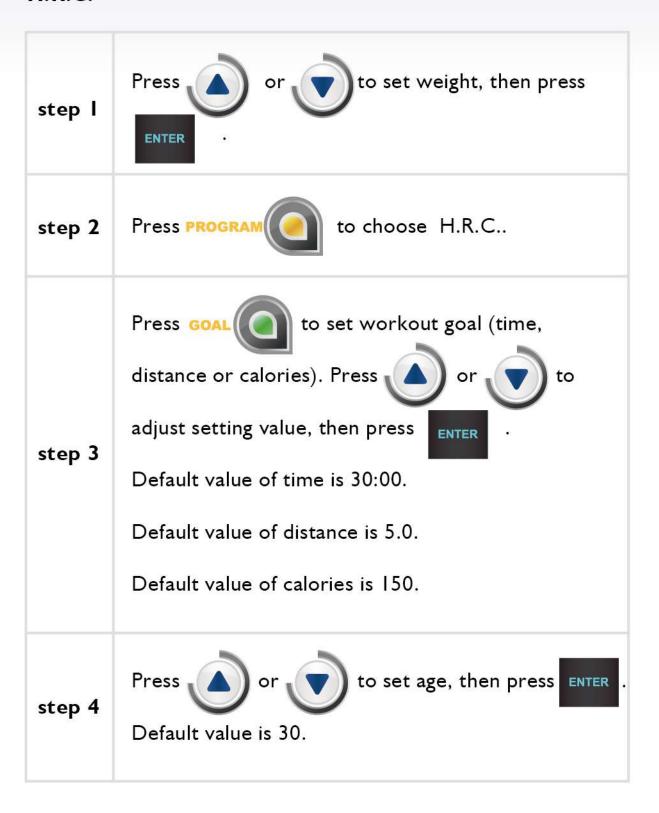
CARDIO/FAT BURN/INTERVAL/TRAINING



Note:

I.During workout, you can press or thange profile.

H.R.C.



Press or to set pulse %. Default

value is 70%.

If heart rate is more than 20 bpm below target, level will increase 2 every 30 seconds.

If heart rate is more than 10 bpm below target, level will increase 1 every 30 seconds.

If heart rate is more than 20 bpm above target, level will decrease 2 every 30 seconds.

If heart rate is more than 10 bpm above target, level will decrease 1 every 30 seconds.

If heart rate can not be detected, PULSE will be showed on the display every 0.5 second, and level doesn't change.

If no signal is detected in 60 seconds, level decreases 4 every 30 seconds.

step 6

step 5

Press



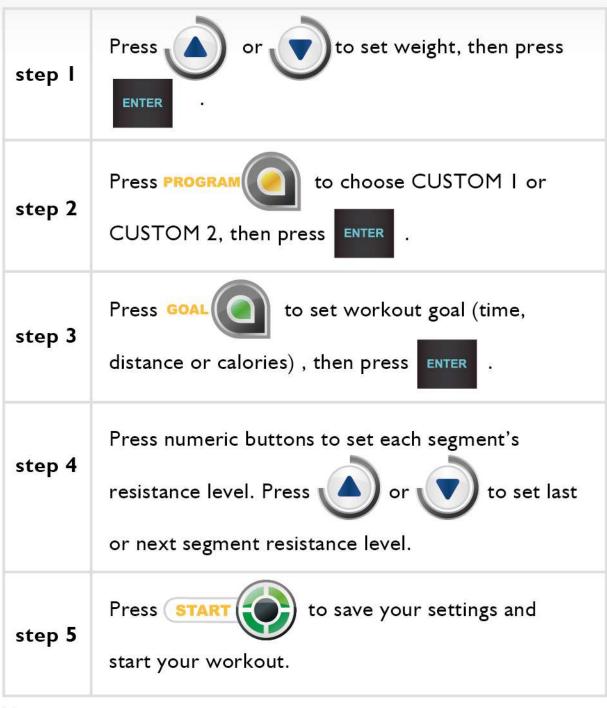
to start your workout.

Note:

I.During workout, you can adjust resistance by pressing or .

When resistance level is adjusted, from present workout segment to final workout segment, resistance levels will be changed together.

CUSTOM I/CUSTOM 2



Note:

I.During workout, you can adjust resistance level by pressing



or

. Only the segment you workout can be adjusted.

GROUNDING INSTRUCTIONS

This product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

DANGER-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- if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

- The appliance must be positioned so that the plug is accessible.
- If the power cord is damaged; it must be replaced by the manufacturer or its service agent or a similarly qualified person in order to avoid a safety hazard.

SAFETY INSTRUCTIONS

IMPORTANT SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using the Treadmill.

DANGER - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons:

- I. An appliance should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- 2. Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 3. Use this appliance only for its intended use as described in this manual. Do not use attachments not recommended by the manufacture.
- 4. Never operate this appliance if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Call service for examination and repair.
- 5. Keep the cord away from heated surfaces.
- 6. Never drop or insert any object into any opening.
- 7. Do not use outdoors.

- 8. To disconnect, turn all controls to the off position, then remove plug from outlet.
- Connect this appliance to a properly grounded outlet only.
 See Grounding Instructions.
- 10. Never Tie off Safety Cord, as this will bypass the SAFE use, could cause a choking hazard for children, and / or present other unsafe use of product. Remove and store safety cord and plug after use. Keep out of reach of children.
- II. The appliance is not to be used by children or persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction.
- 12. Children being supervised not to play with the appliance.
- 13. WARNING:

REMOVE CONTROL BOX (OR KEY, OR SAFETY PIN) WHEN NOT IN USE AND STORE OUT OF REACH OF CHILDREN. AVERTISSEMENT:

RETIRER LA CLÉ DE SÉCURITÉ QUAND L'APPAREIL N'EST PAS EN SERVICE, ET LA PLACER HORS D'ATTEINTE DES ENFANTS.

14. CAUTION:

RISK OF INJURY TO PERSONS – TO AVOID INJURY, USE EXTREME CAUTION WHEN STEPPING ONTO OR OFF OF A MOVING BELT.

READ INSTRUCTION MANUAL BEFORE USING.

15. For commercial use.

PRUDENCE:

RISQUE DE BLESSURES - POUR ÉVITER LES BLESSURES, FAIRE PREUVE DE PRUDENCE EXTRÊME LORSQUE L'INTENSIFICATION DANS OU HORS D'UN TAPIS ROULANT. LIRE LES INSTRUCTIONS MANUEL AVANT D'UTILISER

16.CAUTION:

To Reduce The Risk Of Injury From Moving Parts - Unplug Before Servicing.

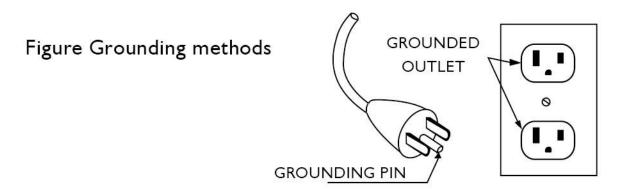
ATTENTION: Pour réduire les risques de blessures des pièces en mouvement - Débranchez avant tout entretien.

17.WARNING:

To Reduce the Risk of Electric Shock – Unplug Before Cleaning or Servicing.

AVERTISSEMENT - Pour réduire le risque de choc électrique - le débrancher avant de nettoyer ou de réparer.

SAVE THESE INSTRUCTIONS



Note:Illustration is for Example purposes only. Your Treadmill plug and required outlet may look different. DO NOT MODIFY plug that comes with treadmill.

GROUNDING INSTRUCTIONS

GROUNDING INSTRUCTIONS

The treadmill must be properly grounded prior to use. Proper grounding reduces the risk of shock or damage to the treadmill. The power cord's plug is equipped with a grounding conductor that must be used with an electrical outlet installed in accordance to all local codes and ordinances. DO NOT use a temporary adapter that bypasses this function. This will stop the safety equipment from functioning properly and may void your warranty.

DO NOT MODIFY the plug provided with this product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician.

CAUTION

Feel the power cord with your hands. If the power cord is warm to the touch a problem may exist with the electrical outlet in which the PEI0 is plugged. It may be necessary to plug the PEI0 into a different outlet.

POWER CORD

The power cord of the PEI0 must be plugged into a properly grounded electrical outlet. Locate the power cord so it will not come in contact with the wheels of the PEI0 during operation. This may cause the power cord to become pinched or damaged. Damage to the power cord could result in a fire hazard or cause personal injury through electrical shock.

DISPLAY INSTRUCTION

The display of your PEI0 is used to operate the unit. It includes information window and button area.



INFORMATION WINDOW



INFORMATION WINDOW

Information window

The information window provides two different types of information: programs direction and user workout data. Programs directions will be explained with programs later. User workout data includes:

User workout data	Description
TIME	Indicate time in minutes and seconds (mm:ss).
DISTANCE GIST.	Indicate exercising distance of your workout.
CALORIES	Indicates accumulated calories burned during workout.
PULSE	Indicates heart rate beats per minute during your workout. (Only displayed if you are using contact heart rate bar or chest belt.)
incline	Indicates current incline of your workout.
(7) RPM	Indicates pedal rotations : per minute.
SPEED	Indicates current sped of your workout.
र्जी LEVEL	Indicates current resistance of your workout.

BUTTON AREA

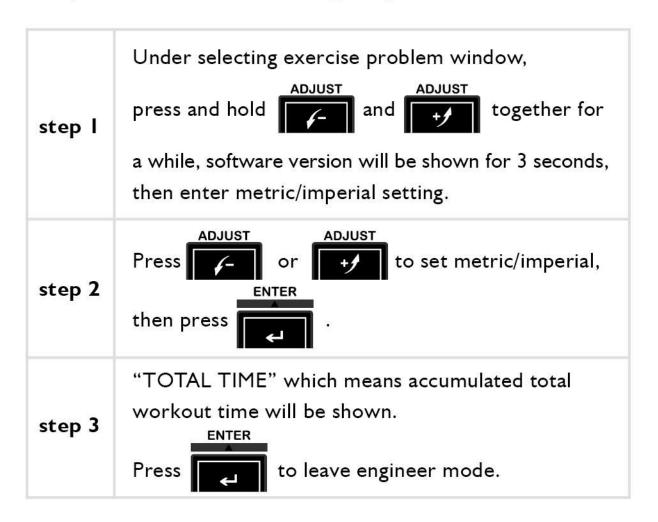
BUTTON AREA

Description of each button is listed below.

START	Start your workout.
ENTER	Enter data.
RESET	Before pressing START, press RESET to reset data. After pressing START, press and hold RESET for a while to choose new workout program.
ADJUST 7	Increase or Decrease setting value.
APP	Reset APP connect.(Bluetooth)
STOP	During workout, press one time to pause your workout(time stops counting). Press second time to start your workout again(time keeps counting). Elevation motor stops when you press STOP during incline or decline.
PROGRAM	If you choose one of CARDIO, FAT BRUN, INTEVAL or TRAINING program in the beginning, during your workout, you can press PROGRAM to switch to other three programs. (Can not be used under other programs.)
- +1	Increase or decrease workout resistance.
- +f	Program profile changes during workout.

Engineer Mode

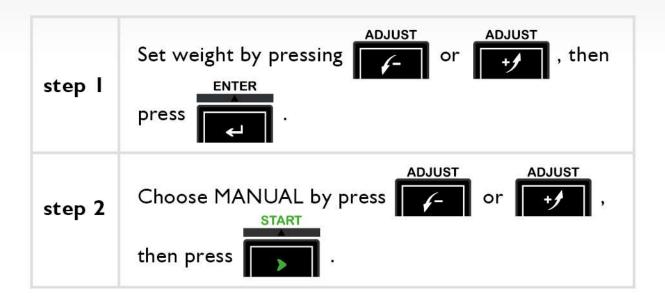
Steelflex products are designed for different users. Base on your location and user characteristics; please follow the instruction to set up the machine before starting using.



Program

There are 10 different exercise programs which include manual, cardio, fat burn, interval, training, custom, goal-time, goal-distance, goal-calories and HRC. Operations are explained as following.

MANUAL



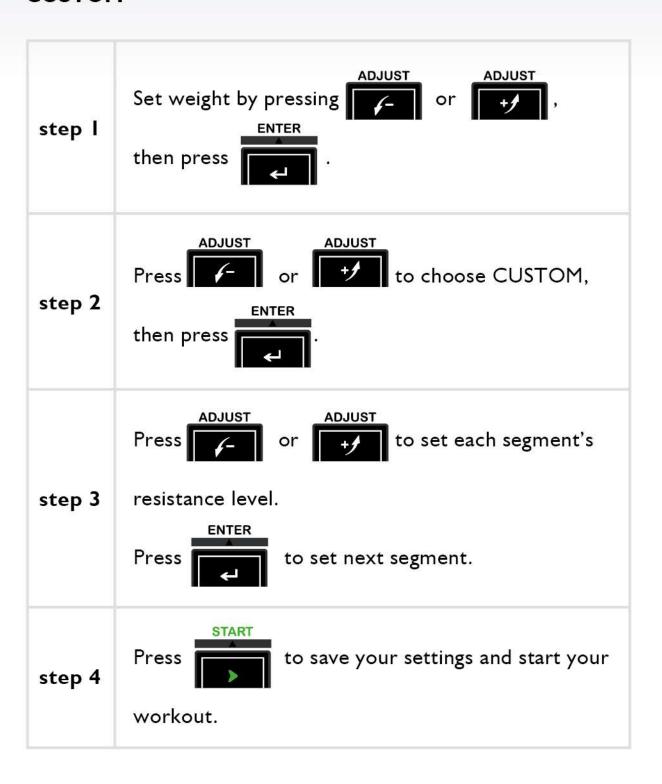
CARDIO/FAT BURN/INTERVAL/TRAINING



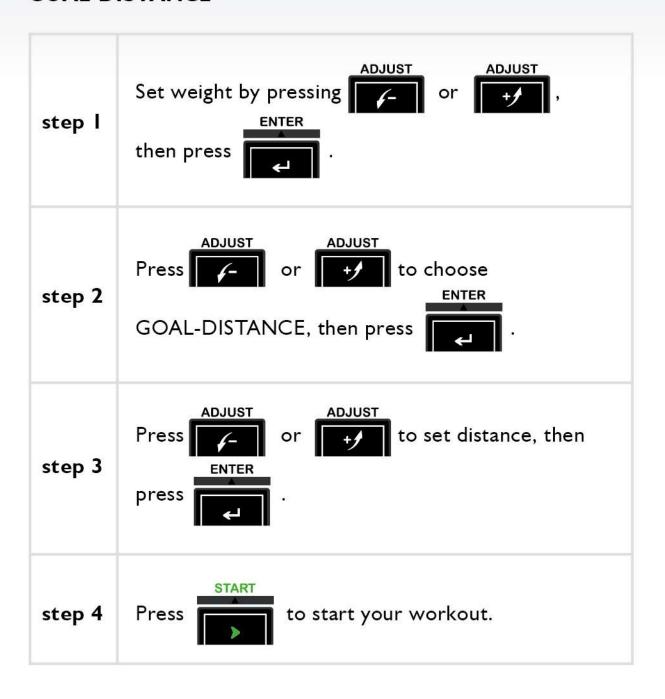
Note:

During workout, you can press PROGRAM to switch to FAT BRUN, INTEVAL or TRAINING program.

CUSTOM



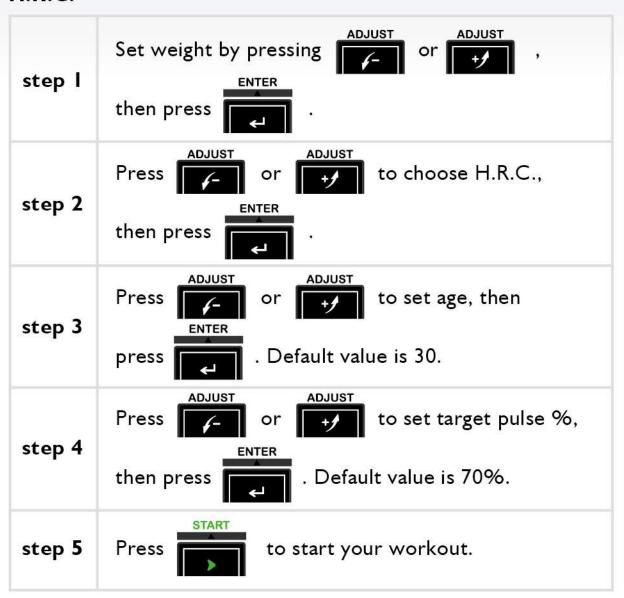
GOAL-DISTANCE



GOAL-CALORIES



H.R.C.



- 1. If heart rate is more than 20bpm below target, level will increase 2 every 30 seconds.
- 2. If heart rate is more than 10bpm below target, level will increase 1 every 30 seconds.
- 3. If heart rate is more than 20bpm above target, level will decrease 2 every 30 seconds.
- 4. If heart rate is more than 10bpm above target, level will decrease 1 every 30 seconds.
- If heart rate can not be detected, PULSE will be showed on the display every 0.5 second, and level doesn't change.

APP CONNECTION

1. Under setting weight or selecting program, press



- 2. Turn on Bluetooth of your cell phone and connects APP with the machine.
- 3. You can set your workout data from APP, then press from machine's console.



4. During connecting, press



to disconnected.

5. Programs of APP v.s. programs of console :

APP	CONSOLE		
Program I	MANUAL		
Program 2	CARDIO		
Program 3	FAT BURN		
Program 4	INTERVAL		
Program 5	TRAINING		
Program 6	CUSTOM		
Program 7	H.R.C.		

MAINTENANCE

All STEELFLEX series products are designed for heavy usage environment. To keep your product in good condition, STEELFLEX strongly recommends the following maintenance routines below.

FOR ALL UPRIGHT AND RECUMBENT BIKES

ltem	Prior to use	Weekly	Monthly	Quarterly	Bi-Annual
Console		Clean			
Handlebar connection				Inspect Tighten as required	
Outer covers		Clean			
Foot straps	Inspect				
Seat Fasteners			Inspect Tighten as required		
Seat Post					Apply light coat of lubricant
Crank arms			Inspect Tighten as required		

FOR ALL ELLIPTICAL AND STEPPER

ltem	After Use	Weekly	Monthly	Quarterly	Bi-Annua
Console	Clean				Inspect
Console Mounting Bolts					Inspect and tighten
Outer covers		Clean			
Fasteners			Inspect and tighten		
Bearings				Inspect and tighten	
Footpads			Inspect and tighten		

WARRANTY CONDITIONS

WARRANTY CONDITIONS

- 1. Ask your dealer about product warranty conditions.
- 2. The warranty applies only to the original owner, and covers the cost of parts repair or replacement and does not include freight charges. Proof of purchase must be demonstrated.
- 3. The warranty applies only to the original owner and is non transferable. If you are in US., the warranty card must completed and sent back to FMI to complete registration. If you are out of US., please contact your dealer about your warranty situation.
- 4. Labor coverage is provided only by authorized STEELFLEX dealer or if the STEELFLEX factory does the work.
- Any reimbursement for travel outside of the dealers' normal service or coverage area will be the responsibility of the customer.
- 6. Warranty does not cover failure due to improper assembly, installation or use.

WARRANTY CONDITIONS

- 7. This warranty does not cover customer instruction, installation, set up or adjustment. User is responsible for necessary maintenance.
- 8. The warranty will not be extended to any product whose serial number has been removed, altered, or defaced.
- 9. This warranty does not cover damage or equipment failure caused by, or resulting from accident, misuse, abuse, improper assembly or installation, un-authorized modification, or failure to provide reasonable and necessary care as outlined in the owner's manual.

CARDIO CARDIO

Steelflex USER MANUAL

USER MANUAL V.6