

220G Assembly, Operation &
(Reference) Parts Manual
EU/US



Company Addresses

Global Corporate Headquarters

Address:
Pulse Fitness Ltd., Radnor Park, Greenfield Road, Congleton,
Cheshire, CW12 4TW, England, United Kingdom

Sales/Marketing:
Tel: +44 (0)1260 294600
Fax: +44 (0)1260 299282
Email: info@pulsefitness.com

Service:
Tel: +44 (0)1260 294600
Email: global.service@pulsefitness.com

Corporate Website:
www.pulsefitness.com

Regional (Distributor/Dealer) Address(es)

Current List of Distributors/Dealers:
<https://www.thepulsegroup.co.uk/pulse-global>

Americas North America

Fitness Equipment Depot Worldwide

Address
45 Grand Blvd, Brentwood, NY, 11717

Sales/Marketing
Tel: +1-631-656-8826 ext 104
Toll Free - Tel: +1-866-965-4653
Fax: +1-631-656-8853

Service
Tel: +1-631-656-8826 ext 106

Distributor/Dealer Website:
www.fitnessplus.com

Overview



Before using this product, it is essential to read ALL of this manual and the documents it references prior to, choosing a location, assembling or operating this piece of equipment. This manual describes the equipment's setup its installation and instructs how to use it correctly and safely. It is of the utmost importance that any User of the PULSE FITNESS Step (Independent Stepper) is fully trained in its operation! Please ensure that the instructions given in General Safety Precautions section are understood by ALL Users. Keep this manual for future reference.



WARNING: Health-related injuries may result from incorrect or excessive use of exercise equipment. PULSE FITNESS STRONGLY recommends gaining professional medical advice before using fitness equipment, particularly if the user has a family history of high blood pressure or heart disease, is over the age of 45, smokes, has high cholesterol, is obese, or has not exercised regularly in the past year.

Always warm up by exercising gently before progressing to a full programme of strenuous exercise. Similarly, reduce the level of activity gradually towards the end of the exercise programme.
Over exercise may result in serious injury or death. If you feel faint, light-headed, dizzy or suffer from any kind of pain or exhaustion, STOP exercising immediately.
NOT suitable for Medical/Therapeutic purposes.



WARNING -Heart rate monitoring systems may be inaccurate. If you feel faint, stop exercising immediately.

Ensure equipment is checked regularly for signs of damage and wear. Do not use equipment if faulty or damaged, repair using only genuine PULSE FITNESS parts fitted by an authorised person.

SERIOUS INJURY MAY OCCUR IF THESE PROCEDURES ARE NOT FOLLOWED.

NOTE: The 220G is a speed independent machine (free

Overview (Continued)

Statement of Purpose:

The Step provides a more efficient workout for the lower body muscles compared to traditional steppers, this is achieved via the Pulse independent step stroke design. It is a compact, extreme durable, high quality product that requires minimal floor area. It can deliver both a smooth, quiet performance, whilst still being fully entertaining and has access to the latest state-of-the-art technology.

Intuitively designed, low-maintenance, reliability delivering an optimal workout.

FCC Warning - Possible Radio / Television Interference.

NOTE: This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference when the equipment is operated in a commercial environment. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the instruction manual, may cause harmful interference to radio communications. Operation of this equipment in a residential area is likely to cause harmful interference, in which case the user will be required to correct the interference at his own expense.



Class SC (Studio): Professional and / or commercial use.

CAUTION: Any changes or modifications to this equipment could void the product warranty.

Any service, other than cleaning or user maintenance, must be performed by an authorised service representative. There are no user serviceable parts.



WARNING: Children shall not play with the training equipment. Unsupervised children must be kept away from the equipment.

Table of Contents

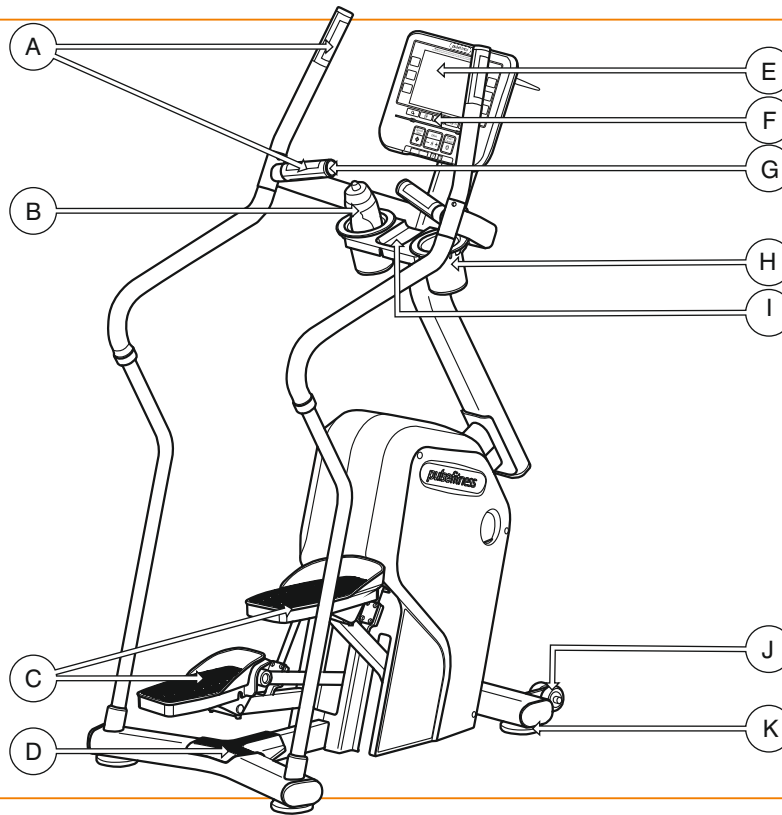
1	220G Overview	07	7	Important Safety Instructions	23
2	Contents of the 220G Pack	08	7.1	Introduction	23
3	Assembly of the 220G	09	7.2	Set-Up	25
3.1	Connecting the Base Frame	09	7.3	Electrical Power Requirements	26
3.2	Attaching the Scuff Guard	10	7.4	Battery Powered - Series 1 & 2	26
3.3	Securing Pedals	11	7.5	Where to Place the 220G	27
3.4	Attaching the Pedals	12	7.6	How to Stabilise the 220G	28
3.5	Securing the Column	13	7.7	Install a PSU for Series 3 Console	28
3.6	Attaching Support Bars	14	7.8	Install Coaxial & Ethernet Cables	28
3.7	Attaching Handlebars	15	8	General Safety Precautions	29
3.8	Attaching the iPod® Dock/Storage Station	16	8.1	Grounding Instructions	29
3.9	Fixing the Storage Holders	16	9	Installation	30
4	Installing Consoles on the 220G	17	9.1	Location	30
4.1	Securing the Console	17	9.2	Feet Adjustment	31
4.2	Assembling the Console	17	9.3	On/Off Switch	32
4.3	Wiring the Console	18	10	Cleaning & Maintenance	33
4.4	Assembling the Console	19	10.1	Preventive Maintenance Tips	33
4.5	Securing the Book Holder	19	10.2	Cleaning the Equipment	33
4.6	Using the Console	20	10.3	Compatible Cleaners	34
5	Alignment Checks on the 220G	21	10.4	Preventive Maintenance Schedule	34
6	Fully Assembled 220G Step	22	10.5	How to Obtain Product Service	35
			10.6	Recycling the Battery	35
			11	Specifications	36

Table of Contents (Continued)



11.1 Specifications	36
11.2 Physical Dimensions (L x H x W)	37
11.3 Weight (kg/lbs)	37
11.4 Console	37
12 Parts Lists & Exploded Diagrams	40
12.1 Parts Lists & Exploded Diagrams	40
13 Biometric Positioning	41
14 User Note	42

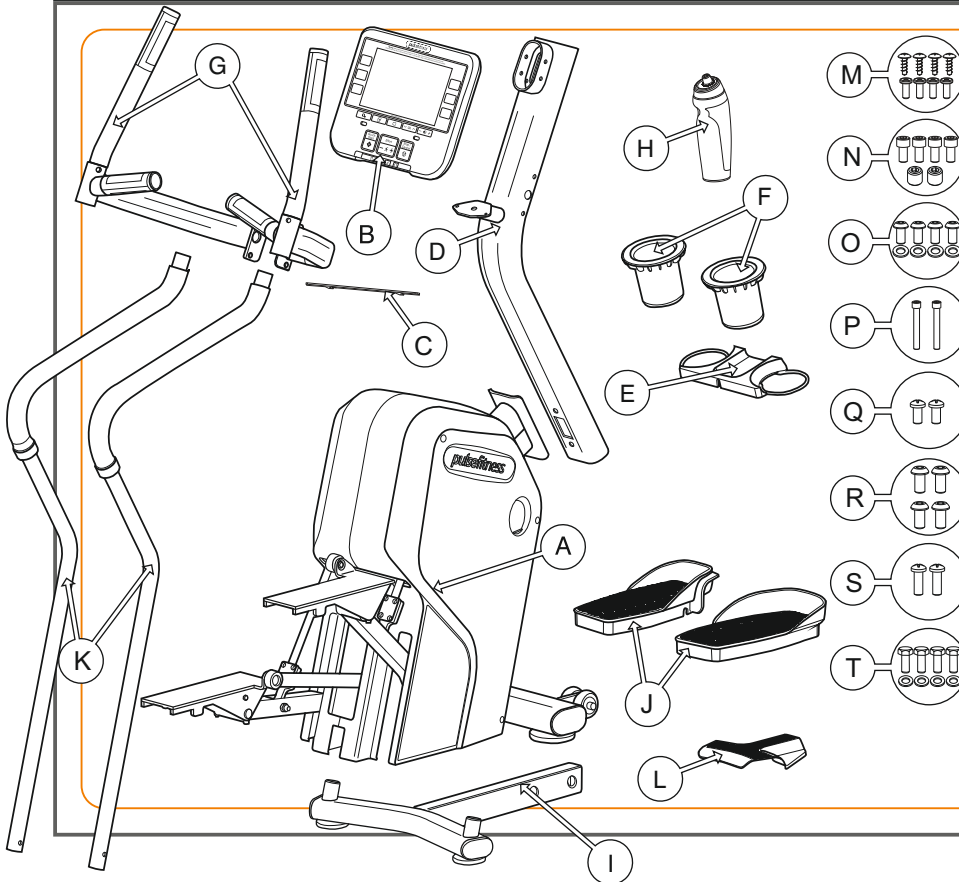
1 220G Overview



220G Step

- A Handpulse Sensor
- B Drinks Bottle
- C Pedal
- D Scuff Guard
- E Console (Series 1, 2 or 3)
- F Book Rest
- G Resistance Adjustor +/-
- H Storage Bucket
- I iPod® / iPhone® Dock
- J Transport Wheels
- K Levelling Foot

2 Contents of the 200G Pack



The 200G Step will have to be assembled from the flat pack. The contents of the pack are as follows:

- A** Main Body
- B** Console (Series 1, 2 or 3)
- C** Book Holder
- D** Column
- E** iPhone® / Pod® Dock
- F** Storage Buckets
- G** Handlebars
- H** Drinks Bottle
- I** Base Frame
- J** Pedals
- K** Upright Support Bars
- L** Scuff Guard Moulding
- M** Console Bolts
- N** Handlebar Bolts
- O** Feet Strut Bolts & Washers
- P** Column Bolts
- Q** iPhone® / Pod® Dock Bolts
- R** Console Neck Bolts
- S** Scuff Guard Bolts
- T** Pedal Bolts

If any parts are missing then please contact
PULSE FITNESS' Global Service Team
 +44(0)1260 294600.

3 Assembly of the 220G

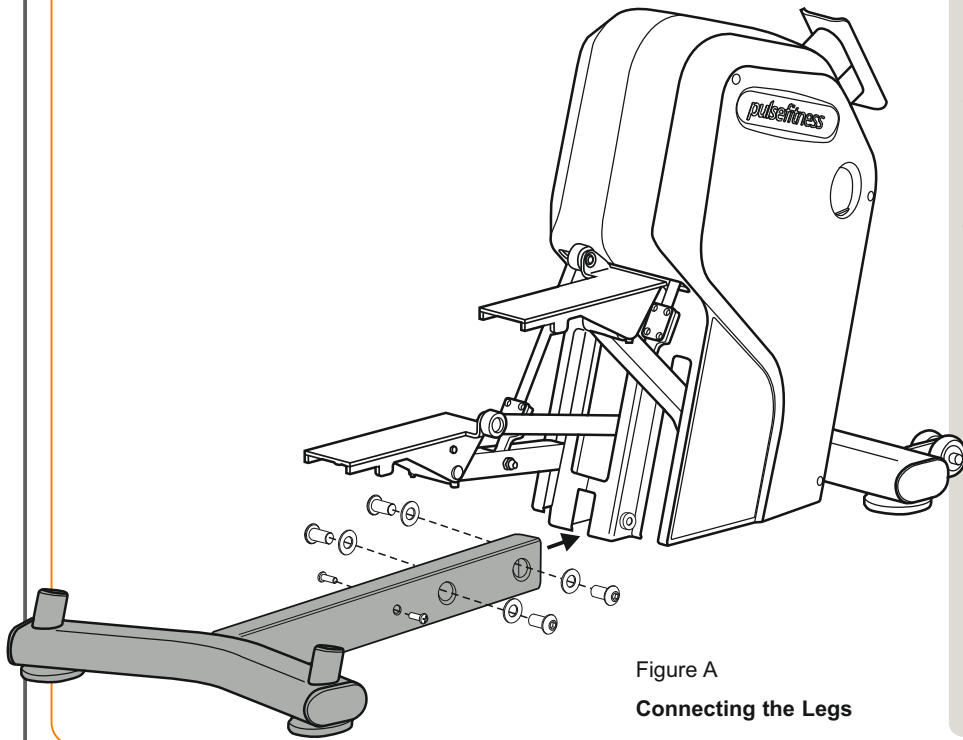


Figure A
Connecting the Legs

3.1 Connecting the Base Frame

Insert Base Frame into the Main Body as indicated and then secure tightly with the base frame washers and bolts.

Note: To aid installation undo the two cross-head screws on either side of the body. [See Figure A].

Tools Required:

6mm Allen Key [M10 Button Head Bolts]

Assembly of the 220G (Continued)



Figure B Attaching the Scuff Guard

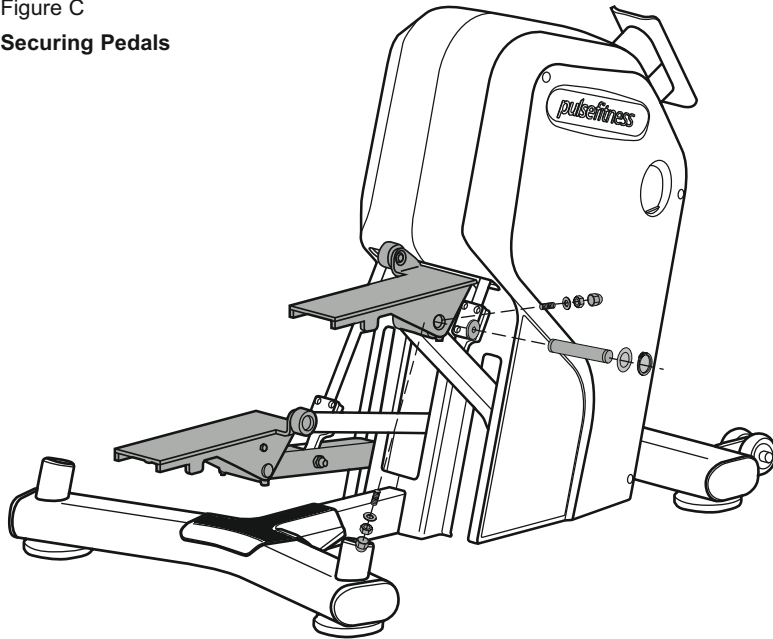
3.2 Attaching the Scuff Guard

Attach the Scuff Guard by placing over the frame joint and securing with 2 bolts. [See Figure B]

Tools Required:
Phillips Screwdriver

Assembly of the 220G (Continued)

Figure C
Securing Pedals



3.3 Securing Pedals

Position Pedals so that the Pedal Shafts can pass through both plate and arm (ensure both shafts are well greased before assembly). Secure with washers and circlips. Then finally fix with grub screws, washers and lock nuts and cover with caps. [See Figure C].

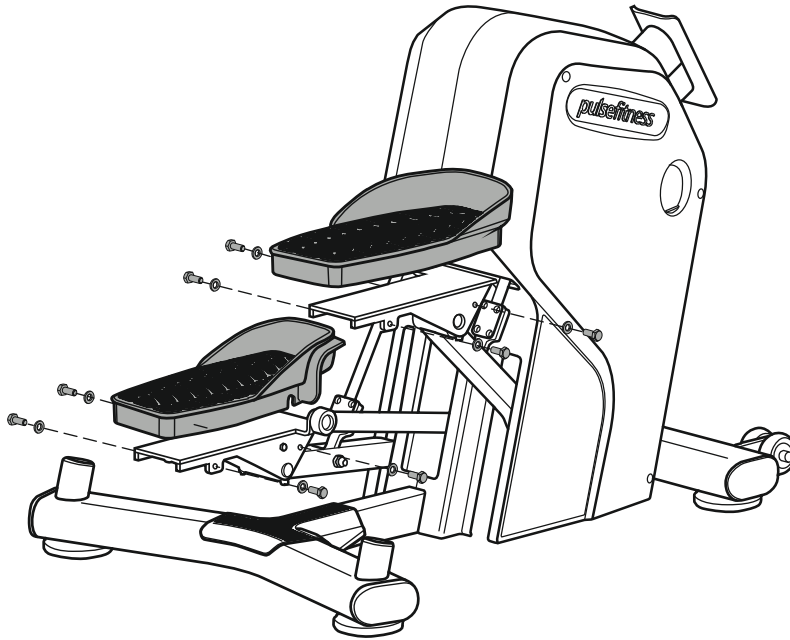
Note: To aid installation insert a spacer between the Main Body and the Pedal Arm to hold down the Pedal Arm.

Tools Required:

10mm Combination Spanner

Assembly of the 220G (Continued)

Figure D
Attaching Pedals



3.4 Attaching the Pedals

Place Pedal Mouldings onto the Metal Supporting Assemblies and secure both mouldings with the appropriate bolts. [See Figure D].

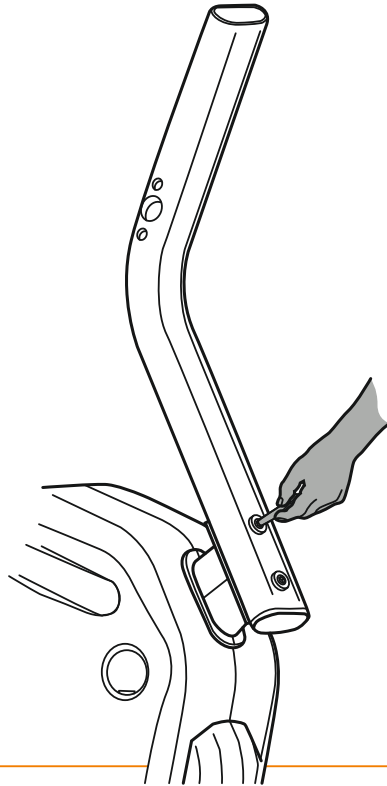
Note: Ensure that all bolts are tightened securely.

Tools Required:

8mm Combination Spanner
External Circlip Pliers

Assembly of the 220G (Continued)

Figure E
Securing Column



3.5 Securing the Column

Rest the Column onto something stable e.g. a box or equivalent, and thread the Cable Loom up the through it, whilst making sure that the loom does not get trapped.

Next lift the assembled Column up and lean against its Mounting Bracket and secure the bolts into position by hand.

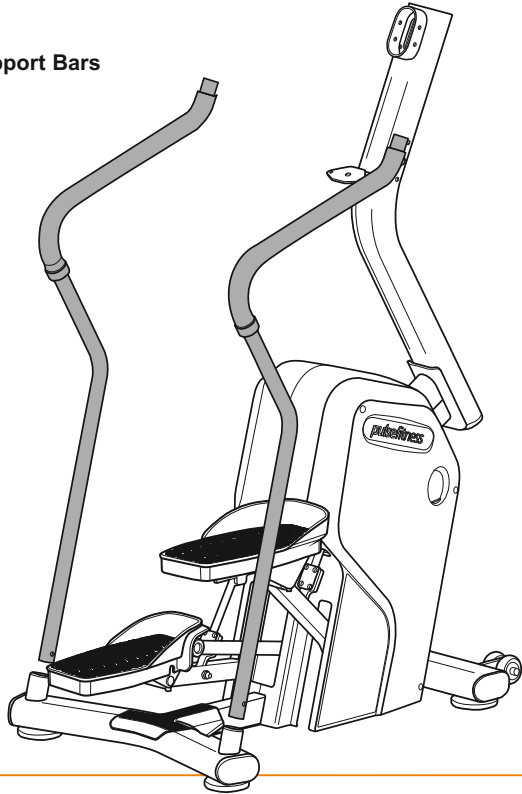
Once into position use an Allen Key to tighten up the bolts ensuring that the Column is aligned vertically and not twisted. [See Figure E].

Tools Required:
10mm Allen Key

Assembly of the 220G (Continued)



Figure F
Attaching Support Bars



3.6 Attaching Support Bars

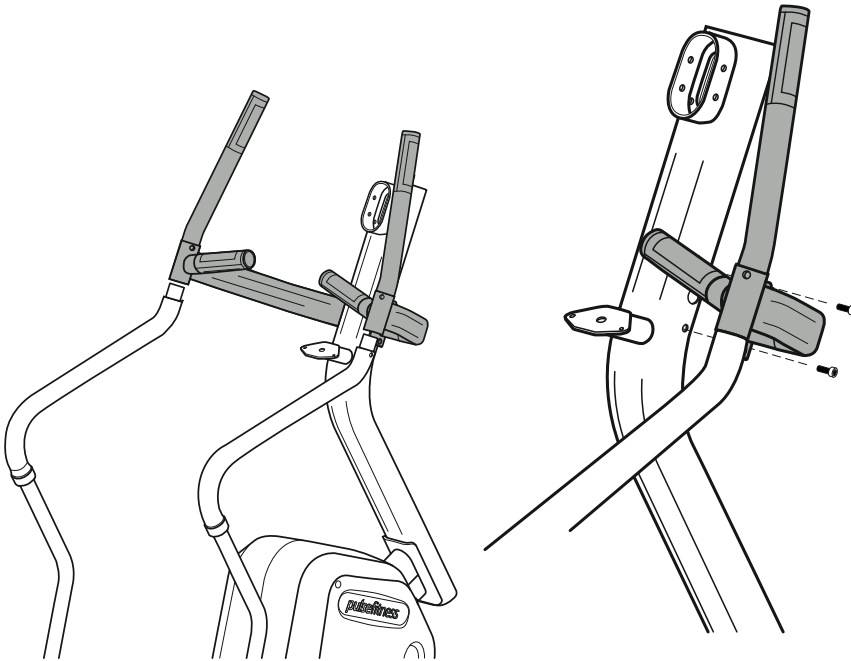
Place the Support Bars into the Base Frame bosses and tighten with a screw. [See Figure F].

Tools Required:

3mm Allen Key [M6 x 6 Grub Screw]

Assembly of the 220G (Continued)

Figure G
Attaching Handlebars



3.7 Attaching Handlebars

Secure the Handlebar onto the top of the Support Bars and attach the Handlebars to the Main Frame using the handlebar bolts, making sure that the Hand-Pulse sensor wire passes through the large hole and appears at the top of the frame. [See Figure G].

NOTE: Fasten Bolts securely.

Tools Required:

8mm Allen Key

*Refer to document **135-767-*** for correct alignment procedures.

Assembly of the 220G (Continued)

Figure H
Fixing the iPod® Dock

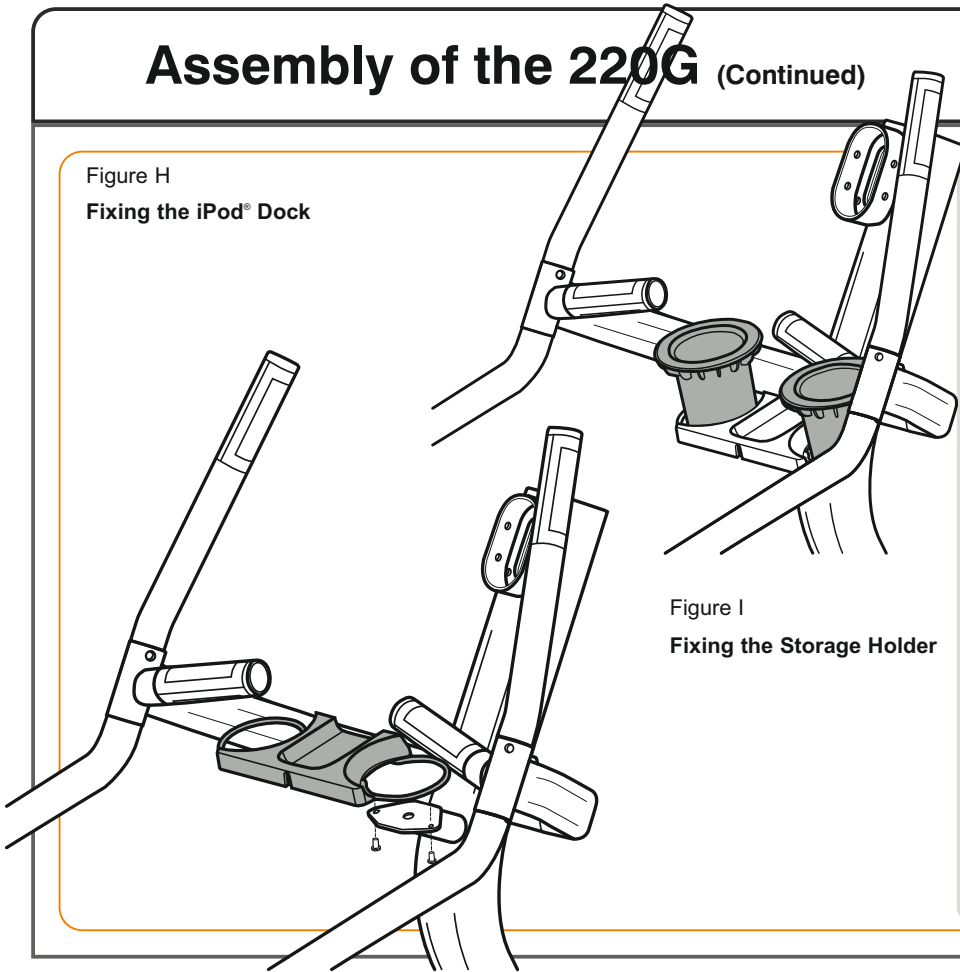


Figure I
Fixing the Storage Holder

3.8 Fixing the iPod® Dock/Storage Station

Place the iPod® Dock Assembly onto the Bracket that's attached to the Column and use a Phillips screwdriver to fasten 2x screws into the moulding, ensuring that the Dock is positioned straight before tightening screws*.

Insert the Storage Buckets into the metal loops and press down firmly. [See Figure H].

Tools Required - 1 x Phillips Head Screwdriver

*Refer to document **135-767-*** for correct alignment procedures.

3.9 Fixing the Storage Holders

Push the Storage Buckets down firmly into the Storage Station. [See Figure I].

4 Installing Consoles on the 220G

Figure J

Securing the Console

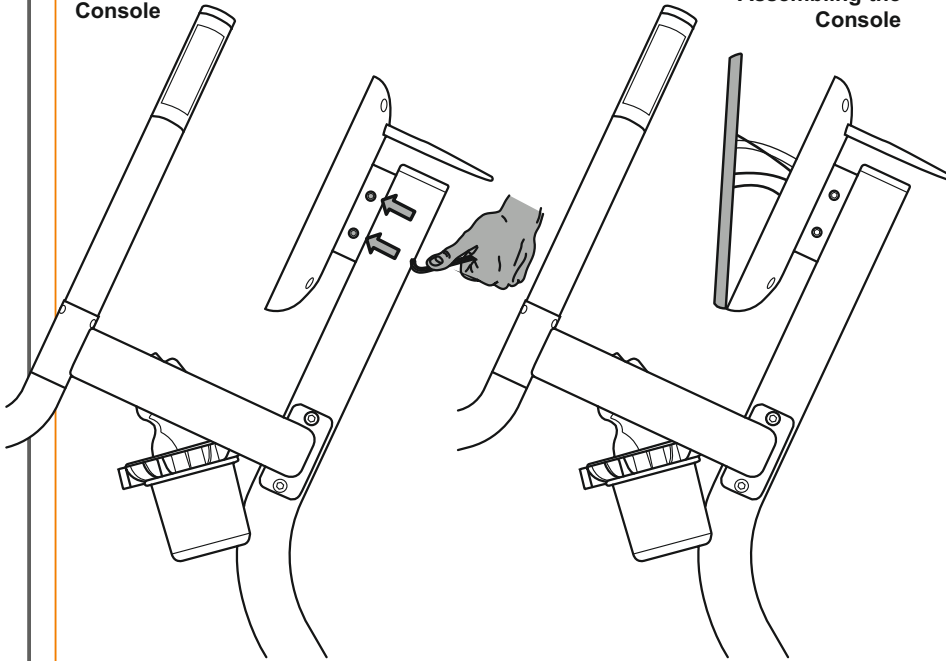


Figure K

Assembling the Console

4.1 Securing the Console

Place the bottom half of the Console onto the Column and secure with the Console Bolts. [See Figure J].

NOTE: Fasten Bolts securely.

Tools Required:
4mm Allen Key

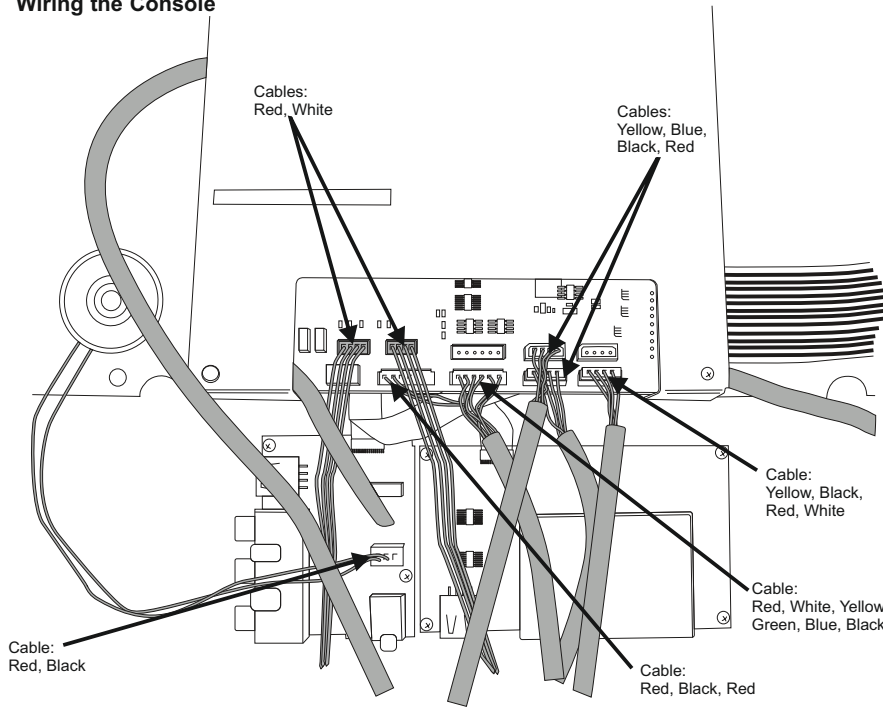
4.2 Assembling the Console

Place the top half of the Console onto the bottom half and carefully connect all the Wires into the corresponding Connectors from the front of the Console to the back*. [See Figure K].

*Refer to document **135-771-*** for further instructions.

Installing Consoles on the 220G (Continued)

Figure L
Wiring the Console



4.3 Wiring the Console

Carefully pull the Electrical Connectors up from the Column. Ensure that all the Electrical Connectors attach to the Circuit Board as shown*. [See Figure L].

Refer to document 135-771- for further instructions.

Installing Consoles on the 220G (Continued)

Figure M **Assembling the Console**

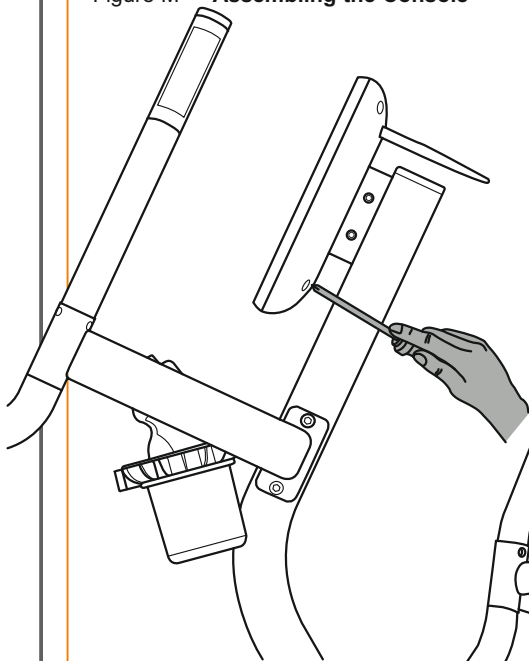
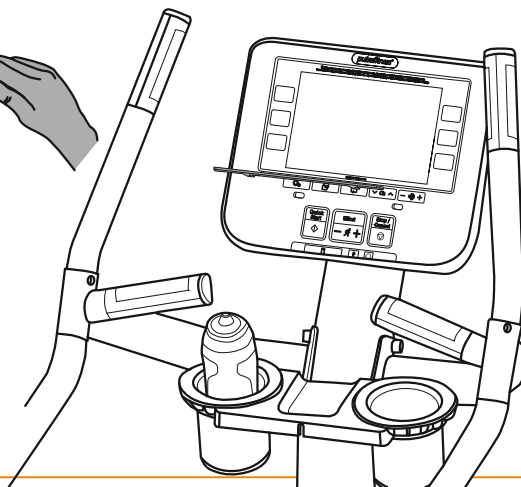


Figure N
Securing the Book Holder



4.4 Assembling the Console

Carefully lower the top Console Assembly into place and secure with the Console Screws*. [See Figure M].

NOTE: Fasten Screws securely.

Tools Required - 1 x Philips Head Screwdriver

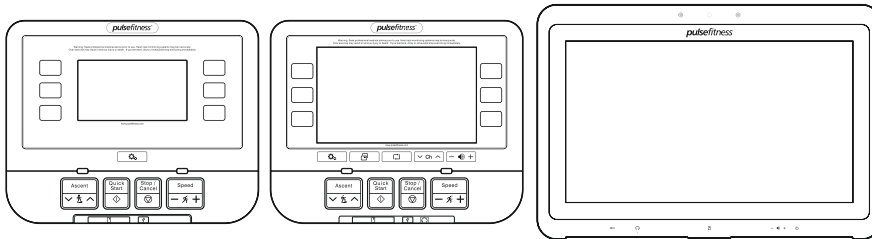
4.5 Securing the Book Holder

Carefully line up and firmly push the Book Holder into the consoles allocated slots until it is solidly fixed into position. [See Figure N].

NOTE: This may take some force. Be careful not to damage the console in the process.

Installing Consoles on the 220G (Continued)

Figure O
Using the Console



NB: Image for illustration only

4.6 Using the Console

For details on how to use each of the Series 1, 2 & 3 Consoles, refer to documents:

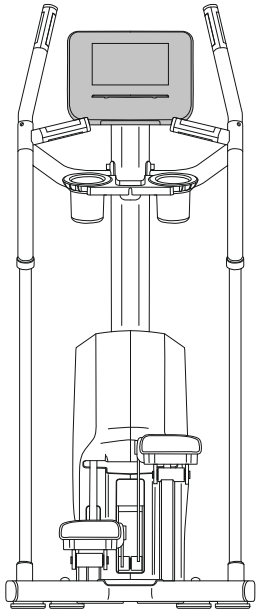
135-1379-* Series 1 (Console 3.5 CV)

135-1299-* Series 2 (Console 5.0 CV)

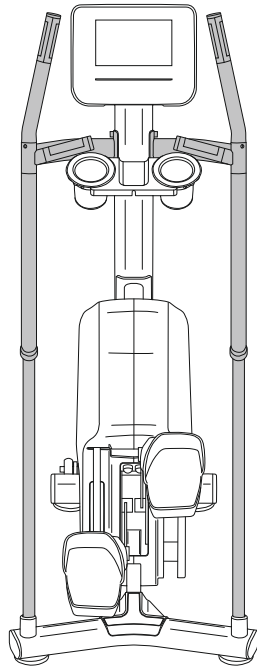
135-1300-* Series 3 (Console 6.0 CV) Cirrus V1

135-1824-* Series 3 (Console 6.0 CV) Cirrus V2

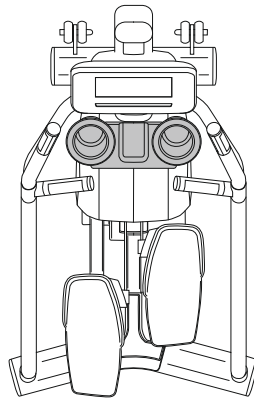
5 Alignment Checks on the 220G



Console



Handlebars



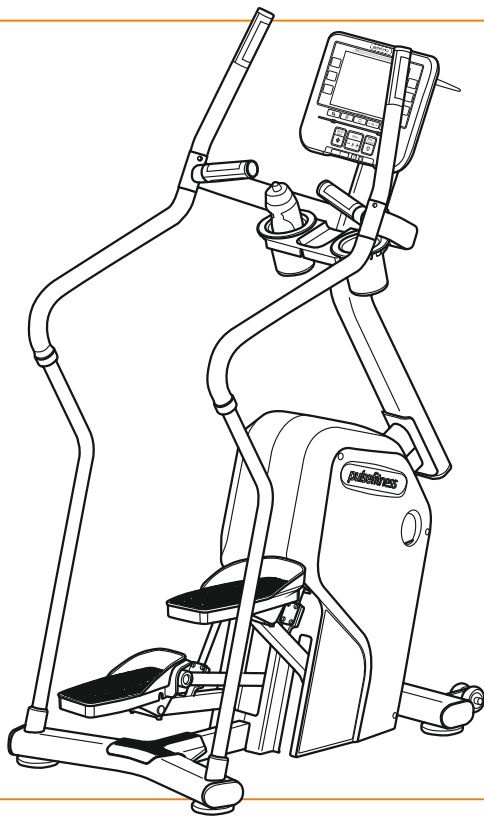
Storage

5.1 Checking the alignment

As a final check make sure that the Console, Handlebars, and Storage are correctly aligned and are not twisted.

*Refer to document **135-767-*** for further alignment instructions.

6 Fully Assembled 220G Step



Your 220G-Step Stepper is now ready to use, please read the Technical and Console booklets to become familiar with all operational and safety features before use.



Caution: MAKE SURE ALL HARDWARE IS TIGHT!

7 Important Safety Instructions

7.1 Introduction

The successful and safe operation of PULSE FITNESS' Step (Independent Stepper) is dependent upon its proper handling, installation, operation and maintenance. The following safety precautions are for safety and guidance. Please read them carefully before proceeding to install and/or operate the Independent Stepper. Specific notices are included in the text where appropriate.

Read all instructions before using the PULSE FITNESS Step (Independent Stepper).



DANGER: To reduce the risk of electrical shock, always unplug PULSE FITNESS products from the electrical outlet immediately after using and before cleaning or attempting any maintenance activity. DO NOT remove any cover.



WARNING: Allow a distance of 0.6m (2ft.) between the widest part of the Independent Stepper and other objects on either side. Provide at least 1m (3.28ft.) between the front of the PULSE FITNESS Step (Independent Stepper) to any other objects.



WARNING: To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.



WARNING: Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.



CAUTION: Read instruction manual before using. To disconnect, turn power OFF at the ON/OFF switch, then remove plug from electrical outlet.

Do not stand or sit on plastic moulded covers.

Never operate a PULSE FITNESS product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact PULSE FITNESS' Global Service Team.

Position the product so that the power cord plug is accessible to the User.

Important Safety Instructions (Continued)



If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorised Distributor/Dealer, or a similarly qualified person to avoid a hazard.

Use caution when mounting or dismounting the Step (Independent Stepper). Use the stationary handlebars whenever additional stability is required.

Never face backwards whilst using the Independent Stepper.

Always follow the Console instructions for proper operation.

This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.

Do not use this product outdoors, near swimming pools or in areas of high humidity.

Never operate a PULSE FITNESS product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.

Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact PULSE FITNESS' Global Service Team.

Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.

Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.

Keep all loose clothing, shoelaces, and towels away from moving parts.

Important Safety Instructions (Continued)



Do not reach into, or underneath, the unit or tip it on its side during operation.

Do not allow other people to interfere in any way with the user or equipment during a workout.

Allow LCD consoles to “normalise” with respect to temperature for one hour before plugging the unit in and using.

Use this product for its intended use as described in this manual. Do not use attachments that have not been recommended by PULSE FITNESS, as such attachments may cause injury.

Read all warnings on each product prior to starting a workout.

If warnings are missing or damaged, please contact PULSE FITNESS immediately for replacement warning labels.

Warning labels are shipped with every product and should be installed before product is used. PULSE FITNESS is not responsible for missing or damaged warning labels.

This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information refer to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65).

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

7.2 Set-Up

Read the entire manual before setting up the PULSE FITNESS Step (Independent Stepper). Place the Stepper where it will be used before beginning the setup procedure.

Important Safety Instructions (Continued)



7.3 Electrical Power Requirements

PULSE FITNESS Step (Independent Stepper) with a Series 3 Consoles requires an AC power supply according to the electrical configurations listed in the chart below.

Supply Voltage	Frequency	Rated Current
115V	50/60Hz	0.4A
230V	50/60Hz	0.2A

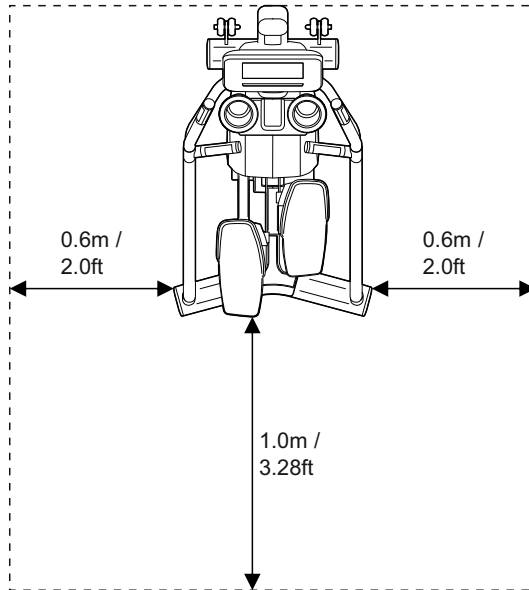
Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

7.4 Battery Powered - Series 1 & 2 Only

Series 1 & 2 consoles are powered by a rechargeable 12-volt battery. Mount the PULSE FITNESS Step (Independent Stepper) and begin stepping. The console should illuminate and programming a workout should be possible. The pedal action during workouts keeps the battery charged. If the Step (Independent Stepper) is externally powered, battery maintenance is automatic and pedalling is not required.

Important Safety Instructions (Continued)

Figure P
Positioning



7.5 Where to place the PULSE FITNESS Step (Independent Stepper)

Following all safety instructions move the PULSE FITNESS Step (Independent Stepper) to the location in which it will be used. See **Section 11**, titled Specifications, for the dimensions of the footprint. Allow a clearance of 1.0m (3.28ft.) in the direction the Independent Stepper is accessed from. Allow at least 0.6m (2ft.) on the side of the Independent Stepper. Mount the PULSE FITNESS Step (Independent Stepper) by grasping the Handles and carefully stepping on the Pedals. To dismount the Step (Independent Stepper), step off the Pedals while still holding handlebars.

Important Safety Instructions (Continued)



7.6 How to Stabilise the PULSE FITNESS Step (Independent Stepper)

Follow all safety instructions. Move the Independent Stepper to the location in which it will be used.

7.7 Install External Power Supply - Series 3 Consoles Only (Cirrus)

Series 3 Consoles are powered by an external AC 12-Volt power supply. Plug in the power to the external power connector on the front end of the Independent Stepper and then plug the cord into an AC outlet. The Console should begin its boot-up cycle. The Series 3 Consoles will show a message indicating it is initialising (which takes approximately 2 minutes).

Note: If any of the Consoles do not light up, contact PULSE FITNESS' Global Service Team (refer to page 02 of this manual). Use only the power supply provided by PULSE FITNESS in order to ensure against unsafe operation.

7.8 Install Coaxial & Ethernet Cables (if necessary) - Series 2 & Series 3 Only

The following connection receptacles are located at the front of the 220G Step (Independent Stepper): Coaxial Cable, and Ethernet Cable.



CAUTION: Connectors should easily fit into the receptacles. Forcing a connection may lead to damage to the barrel connector and/or receptacle and may void product warranty.

8

General Safety Precautions

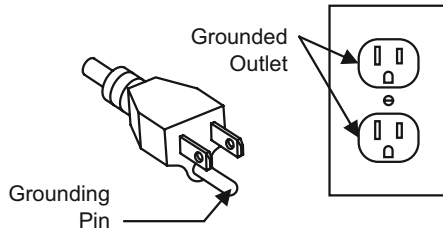
8.1 Grounding Instructions

This PULSE FITNESS product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been 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 an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.

Figure Q
120-Volt Grounded Plug



NB: Image for illustration only

This product is for use on a nominal 120-volt circuit and has a grounding plug that looks like the plug illustrated in the figure. Make sure that the product is connected to an outlet having the same configuration as the plug. No adaptor should be used with this product.

9 Installation

9.1 Location

Select a suitable location for the PULSE FITNESS Step (Independent Stepper) before moving it. The site you choose should meet the following requirements:

- A flat, level and clean surface.
- Close to a suitable power socket.
- Well away from sources of water (or other liquids) or away from areas that is subject to condensation.
- Away from direct sunlight (this can make it difficult to view the screen).

Note: The Independent Stepper is not suitable for outdoor use.

If the chosen surface is carpet then the Independent Stepper can be pushed to the desired position on its front wheels (this is a two person procedure). However, if the surface is more resistant, or the Independent Stepper has to be lifted and lowered into place, then 4 people will be required.



CAUTION

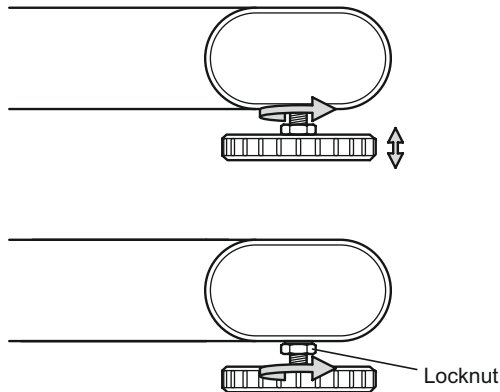


This equipment is heavy! We do not recommend attempting to lift it without assistance, at least 4 people should lift the Independent Stepper when necessary.

NEVER attempt to lift the Independent Stepper by its Console or Handlebars.

Installation (Continued)

Figure R
Feet Adjustment



9.2 Feet Adjustment

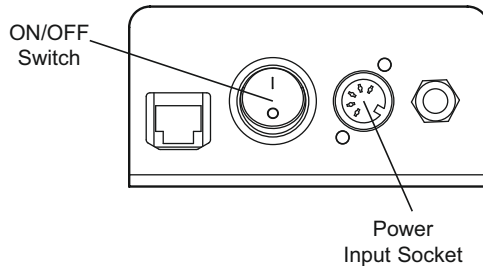
After placing the PULSE FITNESS Step (Independent Stepper) in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be levelled. Check the front stabilising feet to determine which foot does not rest fully on the floor. If necessary, adjust the height of the feet to compensate. Turn the feet to the left or right to increase or decrease the height as appropriate. [See Figure R]. When satisfied, securely fasten the locknut against the foot strut.



WARNING - When installing or adjusting any piece of Pulse Fitness equipment, DO NOT leave any adjustment devices projecting which could cause injury to any third party.

Installation (Continued)

Figure S
On / Off Switch



Location of Input Socket and On/Off Switch

9.3 On/Off Switch

The Independent Stepper is delivered with a separate power cable which has a moulded plug already fitted and plug-in external power supply adaptor. Plug the cable out of the adaptor into the input socket at the front of the Independent Stepper, then plug the power cable into the adaptor and into a suitable mains socket and then switch on the power.

Switch on the Independent Stepper via the on/off (I / O) switch mounted at the front of the machine. [See Figure S]. The Console should begin its boot-up cycle. The Series 3 Consoles will show a message indicating it is initialising (which takes approximately 2 minutes). This indicates that the Independent Stepper is now ready for use.

NOTE: If the Independent Stepper is not going to be used straight away, then switch off and remove the 13A plug from the socket.



CAUTION - Ensure that the mains cable is routed in such a way that it does not create a potential hazard to users of the or others persons in the vicinity.

10 Cleaning & Maintenance

10.1 Preventive Maintenance Tips

PULSE FITNESS products are backed by the engineering excellence and reliability of PULSE FITNESS and are one of the most rugged and trouble-free pieces of exercise equipment on the market today.

Note: Safety can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear, as outlined below.

The following preventive maintenance tips will keep the PULSE FITNESS product operating at peak performance:

Locate the product in a cool, dry place.

Clean the top surface of the pedals regularly.

Long fingernails may damage or scratch the surface of the Console; use the pad of the finger to press the selection buttons on the Console.

10.2 Cleaning the Equipment

PULSE FITNESS Approved Cleaners (United States Availability Only)

Two preferred cleaners have been approved by PULSE FITNESS reliability experts: PureGreen 24 (or equivalent) and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 (or equivalent) and the antibacterial formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1. PureGreen 24 (or equivalent) is available in a spray which is convenient to use. Apply the spray to a micro fibre cloth and wipe down the equipment. Use PureGreen 24 (or equivalent) on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control. Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact PULSE FITNESS Global Service Team to order these cleaners +44 (0)1260 294600 or email: global.service@pulsefitness.com.

Cleaning & Maintenance (Continued)



10.3 Compatible Cleaners

DO NOT use water based solutions (on the following): Clean the display console, all exterior surfaces and the frame with a mild, non-abrasive silicon based household cleaner. Apply via a soft micro fibre cloth. Apply the cleaner to the cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

DO use water based solutions (on the following): Clean the upholstery and handgrips with a mild soap and water solution.

Figure T

Preventive Maintenance Schedule

Item	Weekly	Monthly	Annually
Console Overlays	Clean		
Bottle Holders / Accessory Trays	Clean	Inspect	
Console Mounting Bolts			Inspect
Hardware			Inspect
Frames	Clean		Inspect
Plastic Covers	Clean	Inspect	Inspect
Handpulse Sensors	Clean/Inspect		
Pedals	Clean	Inspect	
Foot Adjusters		Inspect / Adjust	

10.4 Preventive Maintenance Schedule

Inspect and vacuum the area directly surrounding and under the unit regularly.
Inspect exterior parts regularly for wear, particularly the Handlebars, Pedals and Power Cord.
Check to make sure the unit is properly levelled.
Clean the Console and all exterior surfaces with an approved or compatible cleaner (see PULSE FITNESS Approved Cleaners) and a micro fibre cloth.
Clean the top surface of the Pedals regularly.



WARNING: Failure to carry out maintenance on the equipment as per this manual could result in serious injury and void your warranty. Please ensure all publications supplied with PULSE FITNESS equipment are read and understood.

Cleaning & Maintenance (Continued)



10.5 How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.
2. Locate and write down the serial number of the unit which is located on the front of the unit near the foot rail.
3. Contact Pulse Fitness Global Services Team (refer to page 02).

10.6 Recycling the Battery

When this PULSE FITNESS product is about to be discarded at the end of its useful life, the rechargeable battery must be removed and recycled. To access the battery, use a Phillips screwdriver to remove the cladding mouldings. To remove the battery, disconnect the cable, and remove the two screws holding the battery. Dispose of the battery responsibly.

11 Specifications

11.1 - PULSE FITNESS Step (Independent Stepper) specifications:

Designed use: Heavy/Commercial.

Drive: Internal self tensioning poly V belt.

Power: Generator brake.

'Quick' controls featuring handlebar resistance adjustments: Series 2 & 3.

40 Resistance levels: Series 1, 2 & 3.

Anti-slip pedals: Series 1, 2 & 3.

Independent pedals: Series 1, 2 & 3.

Pedal arm drive Kevlar® polychain: Series 1, 2 & 3.

Twin removable storage buckets/cup holders: Series 1, 2 & 3.

Integrated device storage tray: Series 1, 2 & 3.

Front wheels for easy mobility: Series 1, 2 & 3.

Operating temperature: from 5°C to +30°C (from +41°F to +86°F).

Telemetry: Equipped for heart rate telemetry reading using a chest strap. 5kHz non-coded transmission Polar® Telemetry Handpulse Sensors: DSP Handpulse Sensors (Digital Signal Processing)

Specifications (Continued)

LAN (Ethernet or WiFi: Series 3 ONLY)

Integrated Television Tuner: Series 2 & 3 ONLY

11.2 Physical Dimensions (L x H x W)

Length (cm/": Series 1, 2 & 3 = 114cm / 44-7/8"

Height (cm/": Series 1 & 2 = 176cm / 69-5/16", Series 3 = 179cm / 70-1/2"

Width (cm/": Series 1, 2 & 3 = 73cm / 28-3/4"

11.3 Weight (kg/lbs)

Machine Weight (kg/lbs): Series 1 = 99.5kg / 219lbs. Series 2 = 100kg / 220lbs. Series 3 = 105kg / 231lbs.

Maximum User Weight / Training Mass (kg/lbs): 160kg / 353lbs.

11.4 Console

Screen: Series 1 - 17.8cm / 7" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.
Series 2 - 25.7cm / 10-1/8" Integrated High Contrast Colour Display. 16:9 Aspect Ratio. 512x300 Resolution.
Series 3 - 47cm / 18-1/2" Integrated High Contrast Capacitive Multi-Touch Colour Display. 16:9 Aspect Ratio. 1366x768 Resolution.

Headphone Jack: Stereo 3.5mm, Series 2 & 3 ONLY

Integrated Television Tuner: Series 2 & 3 ONLY

EU - Analog - PAL. Digital - DVB-T (Freeview). IPTV: MPEG-2 Standard Definition; MPEG -4 pt10 AVC/H.264 Standard Definition. Radio: Digital - DVB-T.

US - PAL/SECAM and NTSC require separate tuners. NTSC tuner supports NTSC-Japan, NTSC-HRC, NTSC-M, NTSC-N.

Specifications (Continued)

NTSC also supports PAL-M and PAL-N which are unique PAL encodings for Argentina, Brazil, Paraguay and Uruguay.
PAL/SECAM tuner supports PAL, PAL-M, PAL-N, SECAM-B/G and SECAM-D/K.

Workout Programmes:

Series 1 - Quick Start, Goals (Time; Distance; Calories), Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Heart rate control (variable heart rate training modes), Variable cool down with manual override.

Series 2 - Quick Start, Optional - E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Heart rate control (variable heart rate training modes), Variable cool down with manual override.

Series 3 - Quick Start, E-Scape virtual workouts (road, lake, valley, beach), Goals (Time; Distance; Calories), Pacer (Time and speed; Time and distance; Speed and distance), Profile: X-country (easy, moderate, advanced), Aerobic (easy, moderate, advanced), Hill climb (easy, moderate, advanced), Intervals (easy, moderate, advanced), Random (easy, moderate, advanced), Custom profile builder, Heart rate control (variable heart rate training modes), Variable cool down with manual override.

Languages available:

Series 1 - English (UK).

Series 2 - Chinese, English (UK), French, German, Italian, Japanese, Russian, Spanish & Welsh.

Series 3 - Chinese, English (UK), German, Japanese, Russian & Welsh.

Workout Displays:

Series 1 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), SPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

Specifications (Continued)

Series 2 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), SPM, Calories used, Watts, Heart rate, METs, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

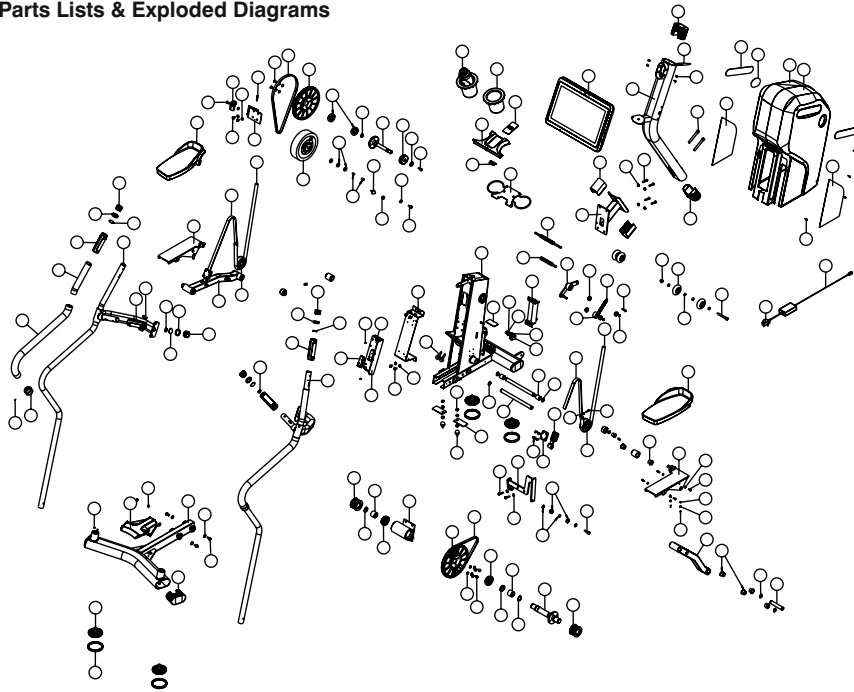
Series 3 - Profile display with level indicator, Track display with level indicator (pacer mode only), Time elapsed/remaining (depending on program), Distance elapsed/remaining (depending on program), SPM, Calories used, Watts, Heart rate, METs, Extendable workout goal, User selectable/management programmable units (imperial/metric), User selectable/management programmable language.

- USB:
- Series 1 - Service Port - For software updates & Smartphone device charging.
 - Series 2 - Service Port - For software updates & Smartphone device charging.
Optional - with supplied iPhone®/iPod®/iPad® 30-pin connector.
 - Series 3 - Service Port - For software updates & Smartphone device charging.
Optional - with supplied iPhone®/iPod®/iPad® 30-pin or Lightning connector.
Optional - with supplied Android™ Micro USB connector, just for charging.

Audio feedback: Series 2 & 3 - *Optional*

12 Parts Lists & Exploded Diagrams

Figure U
Parts Lists & Exploded Diagrams



NB: Image for illustration only

12.1 Parts Lists & Exploded Diagrams - 220G

Details on both Parts Lists & Exploded Diagrams for Series 2 & 3 220G Step (Independent Stepper), please refer to documents:

135-1087-02-* Exploded Dia.

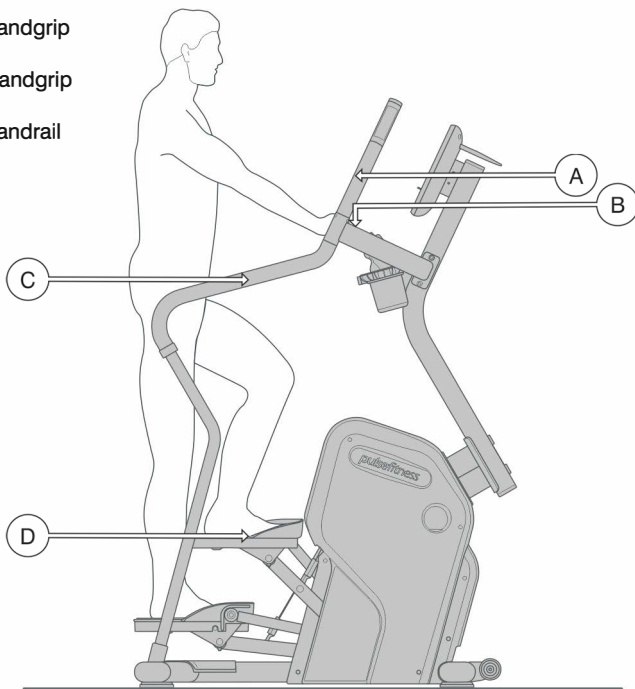
135-1088-03-* Exploded Dia. (Short Version)

135-1093-01-* Series 2 (Console 5.0 CV)

135-1093-02-* Series 3 (Console 6.0 CV)

13 Biometric Positioning

- A Stationary Handgrip
- B Stationary Handgrip
- C Stationary Handrail
- D Pedal



13.0 Biometric Positioning

The user shall be positioned by grasping the handrails or stationary handgrips A,B or C and stepping onto the pedals one at a time. The pedals will slowly lower to the floor. Stand tall and straight, keeping your weight off handrails as you raise and lower your feet. Exit the machine by dropping the pedals to the floor position and step off one foot at a time holding onto the handrails for support.

This product is designed to work and tone your lower body. This low impact exercise will help to improve your stability and balance.

Muscles used:

When you train on a stair stepper, you engage your glutes, hamstrings, quadriceps and calves.

WARNING: injuries to health may result from incorrect or excessive training.

User Notes (Continued)



A large rectangular area with a rounded border, containing 20 horizontal lines for writing notes.

135-1938-4



Pulse Fitness,
Radnor Park, Greenfield Road,
Congleton, Cheshire, CW12 4TW.
England, United Kingdom
Tel: +44(0)1260 294600
Fax: +44(0)1260 299282
Email: global.service@pulsefitness.com