

**G778 LCD  
Stepmill  
Owner's Manual**



**SportsArt**

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## **DISCLAIMER**

The information in this user manual is subject to change without prior notice.

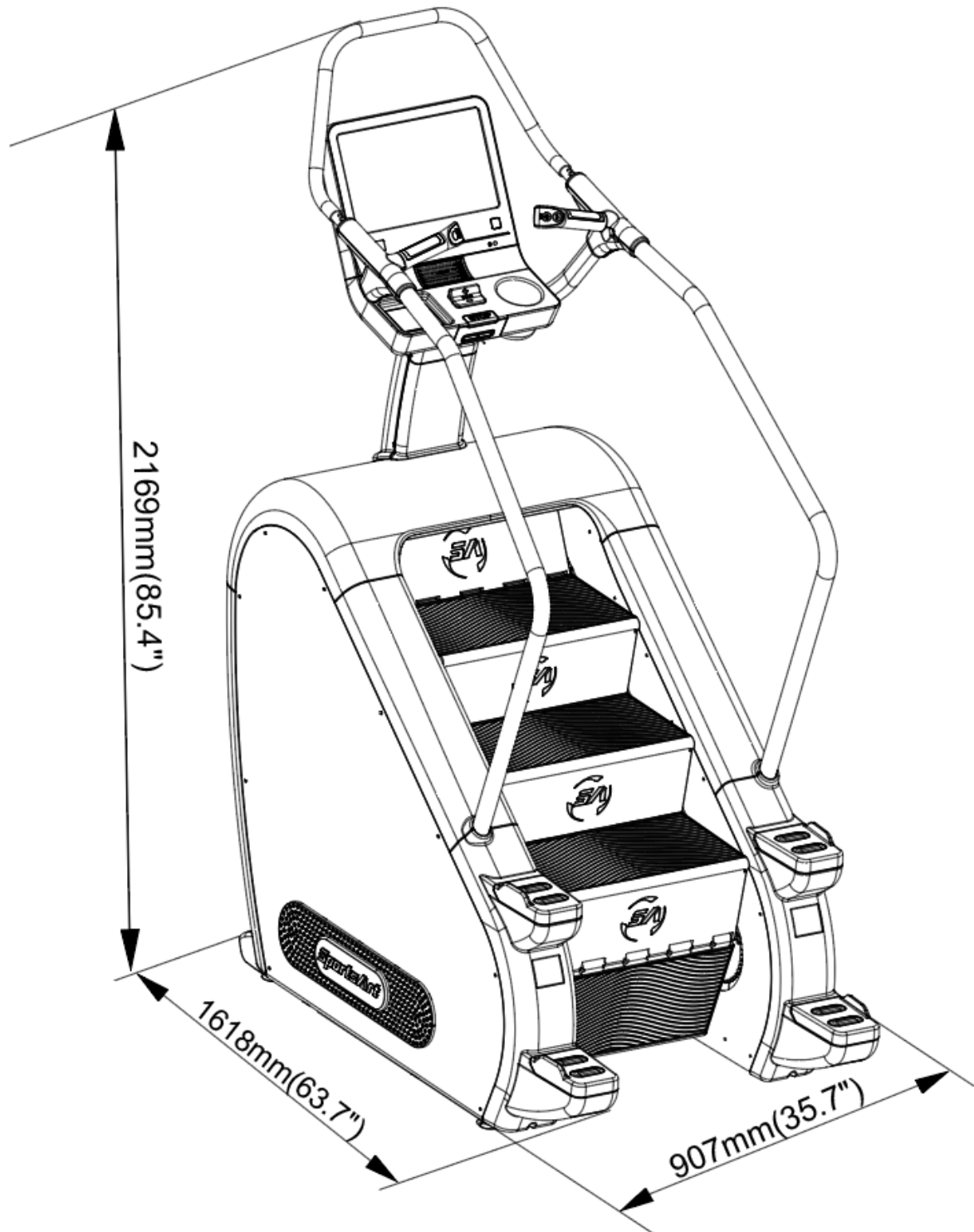
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# 1. INTRODUCTION

Congratulations on your purchase of one of the finest exercise products on the market today, the SportsArt G778 Stepmill. Constructed of high quality materials and designed for years of reliable usage, this product was made to become an integral part of your commercial fitness venue.

Before this product is assembled or operated, we recommend that you familiarize yourself with this manual. Understanding the correct assembly and operation of this product will help ensure that exercisers obtain their fitness goals safely and successfully.



## 2.SAFETY THE PRECAUTIONS

This product was designed and built for optimum safety. However certain precautions apply during the use of this product. Please note the following safety precautions:

- To reduce the risk of personal injury, read and understand all the instructions before using this product.
- Make sure the product is installed and operated as instructed in this manual. Be careful when mounting and dismounting the unit. The product shall be disconnected from its power source during service and installed and when replacing parts.
- Use this product only for the intended use described in this manual.
- Check the product before every use. Make sure all parts are assembled, and all fasteners are tightened. Do not use the product if it is disassembled in any way.
- Do not leave your device unattended while in use.
- Assemble and operate the product on a solid, level surface. Do not use outdoors or near water (including swimming pools and saunas) and should not be used where aerosol (spray) products or oxygen are used. Do not operate on a blanket or near flammable materials.
- Keep all air ventilation areas free of blockage. Never drop or insert into any opening.
- This product should be positioned away from walls to avoid injury due to falls. Be sure that the back of the treadmill has at least six to seven feet of clearance from a ledge, wall or window. The power supply and wiring should be located away from walking paths or taped to prevent tripping when stepping on or off of the running belt.
- Wear appropriate workout clothes, don't wear loose clothing, tie all long hair back, wear shoes with rubber or high traction soles, don't wear shoes with leather soles/high heels or barefoot use this product.
- Never place liquids of any type directly on the unit, except in a bottle holder or accessory tray. Lidded containers are recommended
- Keep away from moving parts. Moving parts may or may not stop immediately if an object becomes caught or impedes normal motion.
- Never operate this product if it has been damaged in any way. If it is not working properly, if it has been dropped or damaged, or dropped into water, contact a service technician for repairs.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt). Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.

- Unpack and verify contents of boxes according to the list of parts to check if any parts are missing. If the product is damaged or missing, contact your SportsArt representative to find out all the materials that were damaged during shipping. (Note: Transport damage is the responsibility of the carrier.)
- This product is not intended for use by persons (including children 14 or younger) with reduced physical, sensory, or mental capabilities, or by people who are otherwise deficient in product knowledge or experience. If such people use this product, they should be given training and be supervised at all times by someone responsible for their safety.
- CAUTION : The heart rate system is for reference only, if you feel any pain or any abnormal feeling, please stop Exercise and consult your doctor immediately.
- Consult your physician before starting a workout or training program. It is recommended that you undergo a complete physical examination. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.
- WORK within your recommended exercise level. DO NOT work to exhaustion.
- Before using this equipment to exercise, always do stretching exercises to properly warm up.
- Always unplug this appliance from the electrical outlet immediately after using and before cleaning.
- WARNING! Only qualified technicians should be allowed to contact electrical components such as circuit boards.
- Some components carry an electrical charge even after use has been discontinued or the product has been unplugged. For products with power cords, turn off unit power, wait 10 minutes, then disconnect the power cord from the power socket. For products without power cords, let the unit sit without use for 10 minutes. Only after taking such precautions should covers be removed and electrical components be accessed.
- Do not attempt to drag or carry this unit by the power cord. Keep the power cord away from heated surfaces.
- Do not attempt to modify the plug provided with this product. Proper power supply must be provided. If the plug does not fit an outlet, contact a qualified electrician to inspect or modify power in the facility.
- This product must be grounded. If it should malfunction or breakdown, Improper grounding can increase the risk of electric shock. The product is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Check with a qualified electrician if you are in doubt as to whether the power outlet is properly grounded.

- Noise emission under load is higher than without load.
- This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If the user desires to correct the interference, it is at the user's own expense.
- In conformity with the European Union Machinery directive 2006/42/EC, this equipment runs at sound pressure levels below 70 dB(A) at the average operating speed of 12 km/hr.
- The recommended minimum operating temperature is 15 degree Celsius.
- **Weight Limit:** Please refer to the product specification table in the Appendix for the maximum weight limit for users of this product.
- Please use this product in accordance with the power requirements in the appendix. Please use the country's standard socket type (requires grounding), And be configured by qualified motor professionals.

## MARKINGS

### CAUTION:

(Console)

- Read instruction manual before using.
- Do not let children on or near the product.
- To reduce the risk of injury from moving parts or electric shock, unplug before cleaning or servicing.

### WARNING:

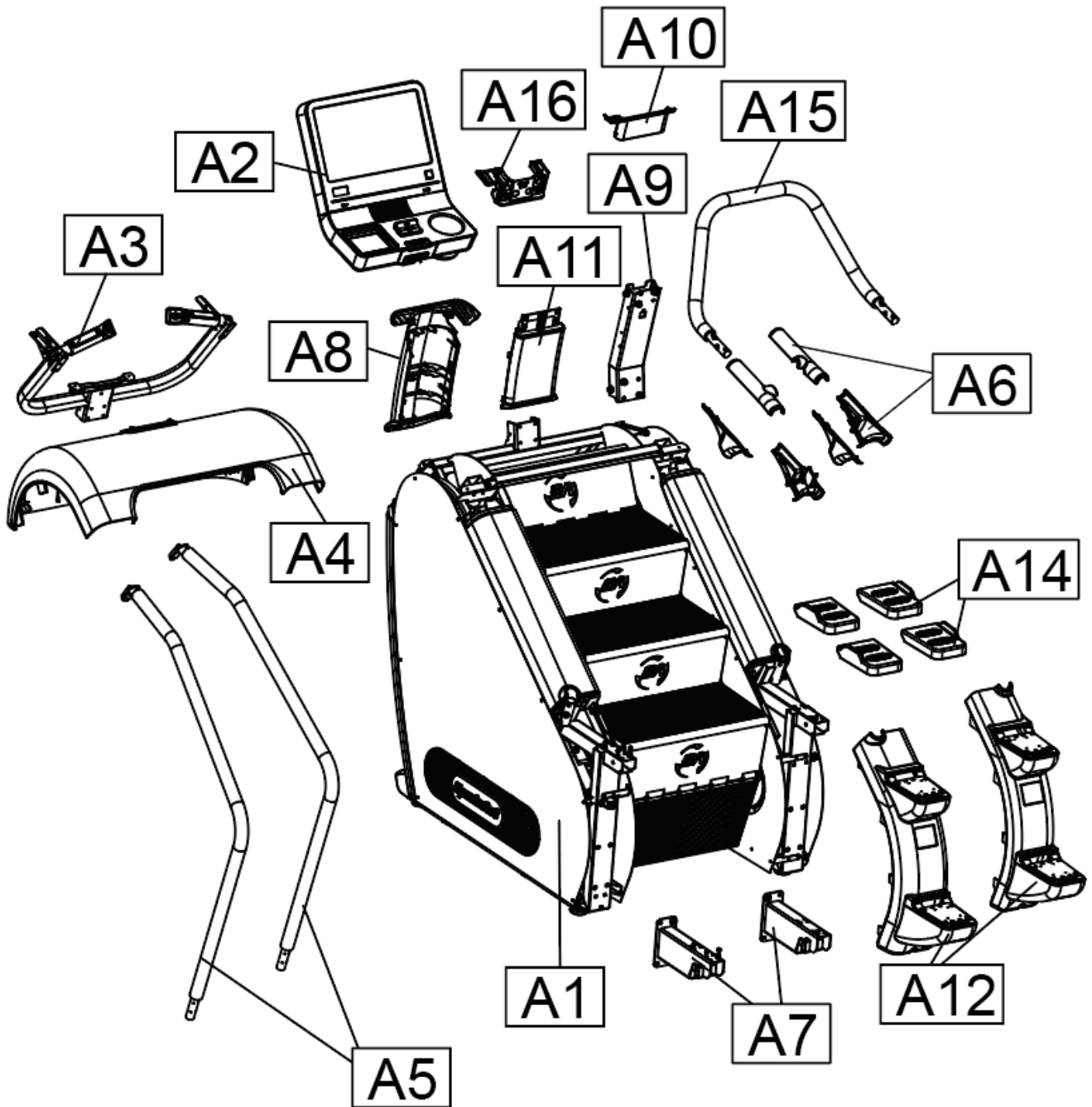
- Heart rate monitoring system may be inaccurate.
- Over exercise may result in serious injury or death.
- If you feel faint, stop exercising immediately.
- This stationary training equipment is not suitable for high accuracy purposes.

### Safety key:

- Adjust the lanyard length if necessary.
- During use, clip safety key onto clothes securely in case of unexpected falling.

- When not in use, remove safety key! Store safety key out of reach of children.

### 3. LIST OF PARTS



### 3. LIST OF PARTS

Assembly Parts					
No.	Name	Qty.	No.	Name	Qty.
A1	Main frame	1	A10	Strut small rear cover	1
A2	Display panel	1	A11	Strut rear cover	1
A3	Strut handrail	1	A12	Left & right rear arc covers	2
A4	Upper top cover	1	A14	Left & right padels	4
A5	Left & right handrails	2	A15	Front handle	1
A6	Left & right handrail cover set	4	A16	Strut rear top cover	1
A7	Left & right auxiliary pedals	2			
A8	Strut front cover	1			
A9	Display panel strut	1			

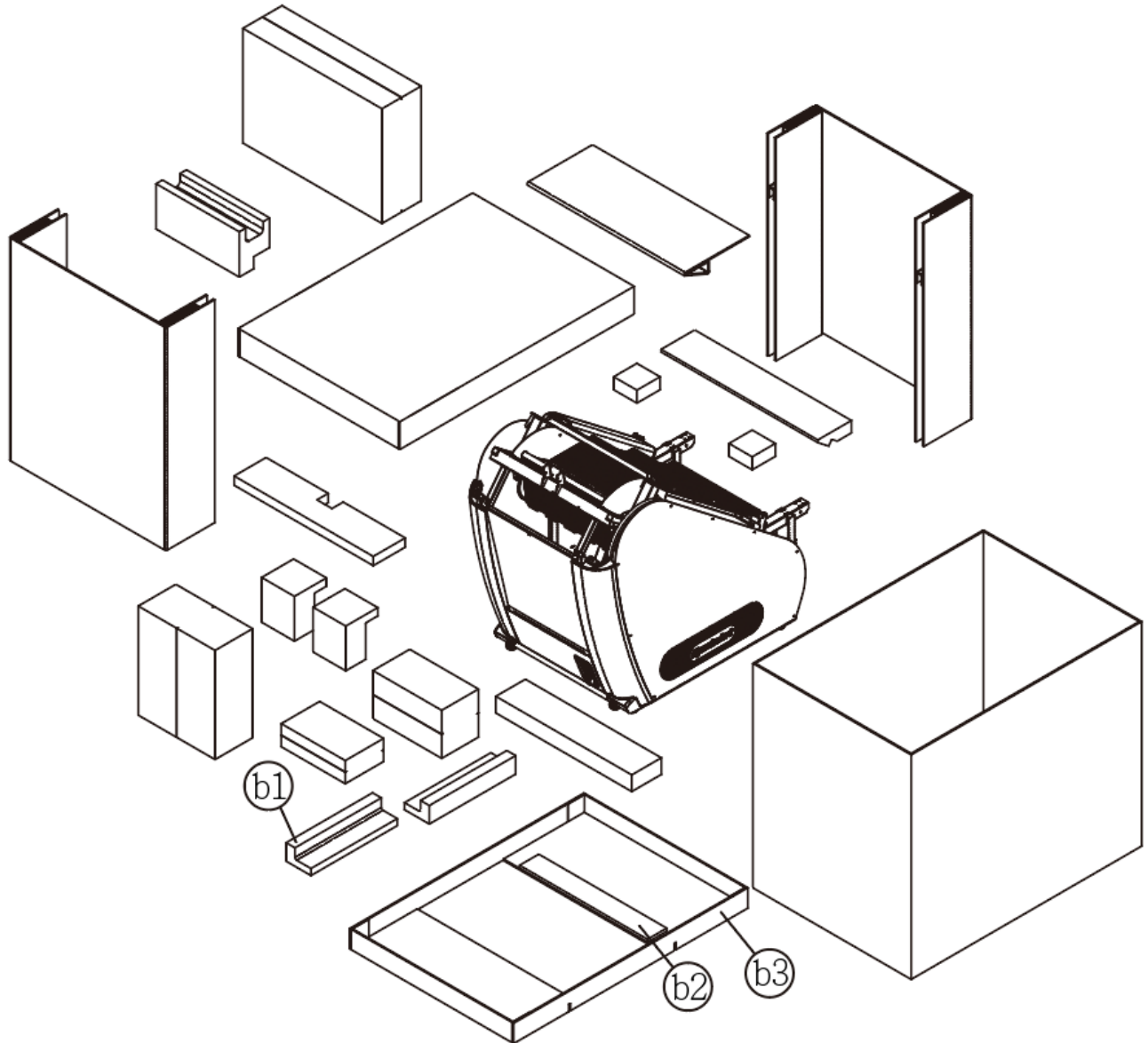
Assembly parts (Including hardware kit) ※Hardware kit note A ; Components on the product note B			
Numbe	Name	Specification	Notes
	Double open-end wrench	13mm*17mm	A
	L-shaped Allen wrench	M5*L114mm*W24	A
	L-shaped Allen wrench	M6*L133mm*W28	A
	T-shaped Allen wrench	M6*L108	A
	Two Way Screwdriver + black shank	Screw set flathead &Phillips	A
	Plastic fasteners POM original color + foam	F0P2N-XX-01-0000G	A
	Nylon rivets	SR5-4.5F	A
	Locking Ties	ALT-812H/TSL90800YT	A
18	Non-slip pad		A
19	Screw socket	SGN-07	A
20	Circular Hole Cover		A
21	Mushroom top Philips screw	M4*L12	A
23	Mushroom top philips screw	M5*L15	A
41	Flat washer	D17*d8.3*t2	B
	Inner hex screw	M8*P1.25*L18	
42	Spring washer	M8*t2.0	B
	Flat washer	D20*d8*t2.0	
	Inner hex screw	M8*P1.25*L25	
43	Spring washer	M8*t2.0	B

	Flat washer	D20*d8*t2.0	
	Inner hex screw	M8*P1.25*L25	
44	Curve Washer	D20*d7*t2.0(R15)	B
	Inner hex screw	M6*P1.0*L15	
45	Inner hex screw	M6*P1.0*L15	B
	Flat washer	D13*d6.5*t1.0	
46	Inner hex screw	M5*P0.8*L15	B
	Flat washer	D10*d5.2*t1.0	
47	Inner hex screw	M6*P1.0*L15	B
	Flat washer	D16*d6.3*t2	
48	Washer anti-drop sheets(M8)	§ D13*d7*0.25~0.35	B
	Flat washer	D13*d8.2*t2.0	
	Spring washer	M8	
	Inner hex screw	M8*P1.25*L12	
49	Mushroom top philips screw	M5*L15	B
50	Flat washer	D13*d6.5*t1.0	B
	Inner hex screw	M6*P1.0*L15	
51	Inner hex screw	M8*L25	B
52	Mushroom top philips	M4*L12	A

## 4. ASSEMBLE THE PRODUCT

### STEP 0 Unpack the machine

Before assembling, please unpack the G778 and take out all the related accessories and place them aside, and keep the package materials (b1 and b2 and b3) especially.



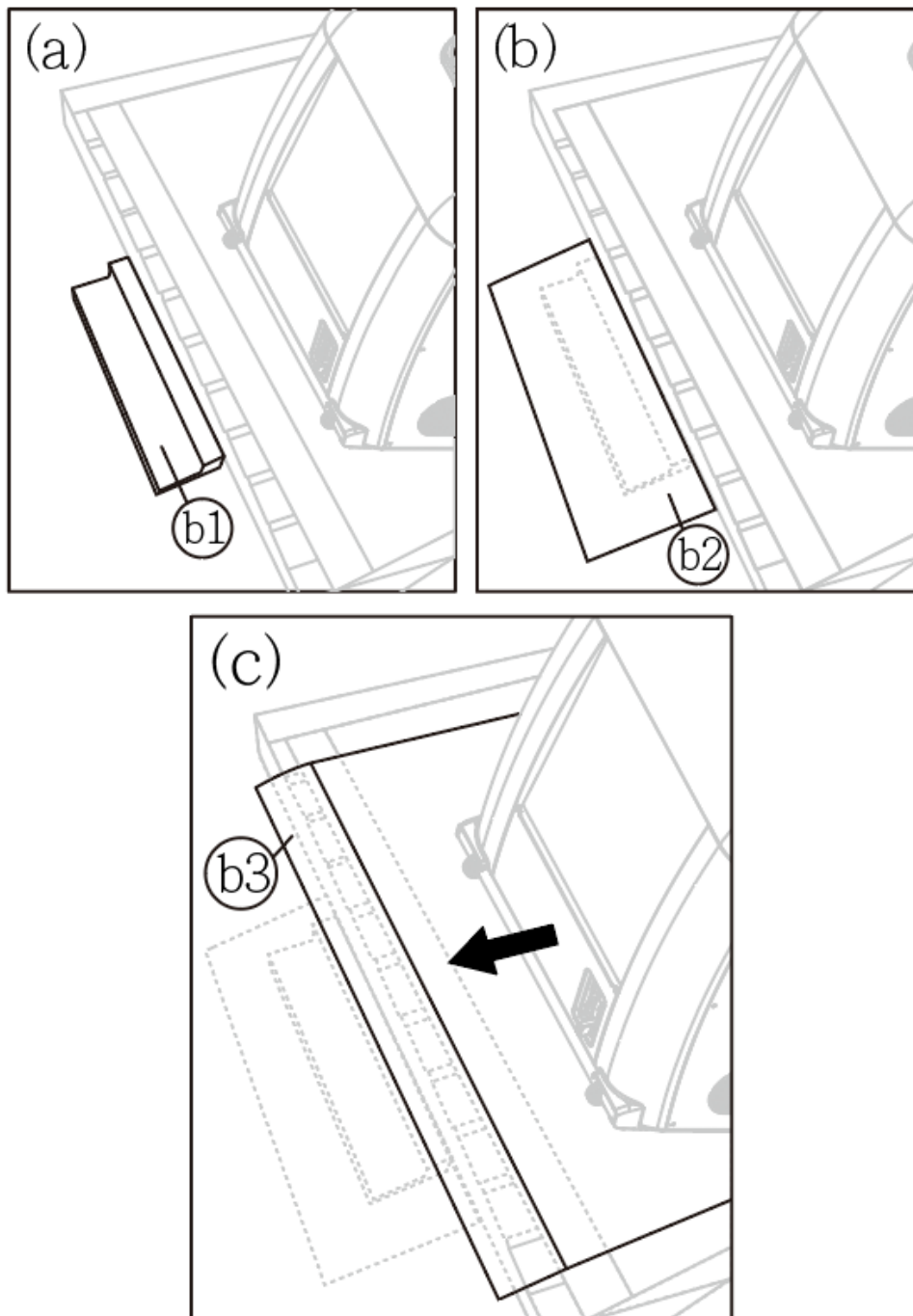
## STEP 1 Move the machine off the pallet

Use and place the packaging materials (b1, b2, b3) according to the following steps for moving the machine off the pallet.

(a). Please place the styrofoam (b1) next to the pallet in front of the machine.

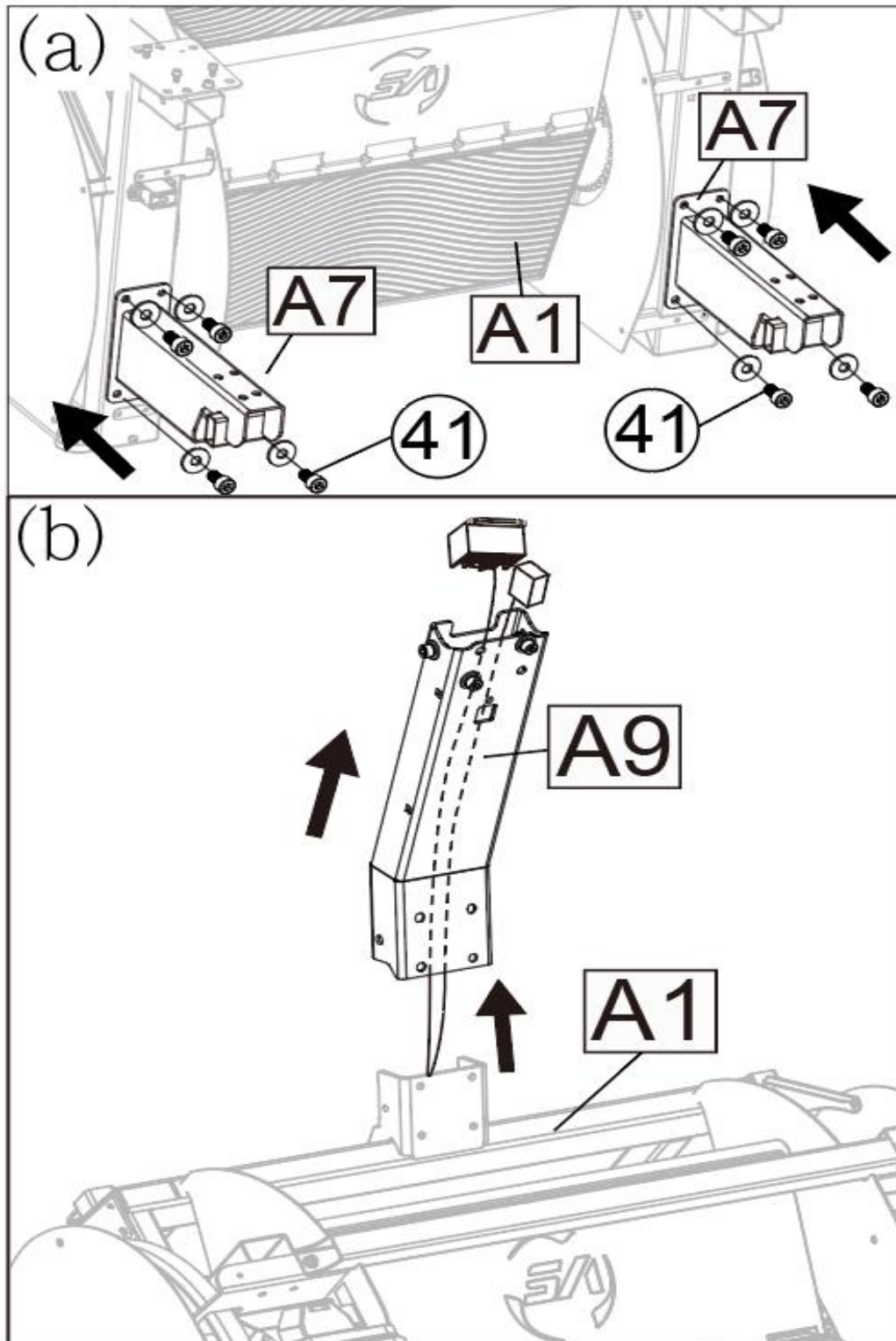
(b). Please place the plank (b2) on the styrofoam (b1).

(c). At last, please flatten the carton (b3) under the machine and then cover the plank (b2) for moving the machine off the pallet.



## **STEP 2** Assembly of the Left & right auxiliary pedals and threading of the strut

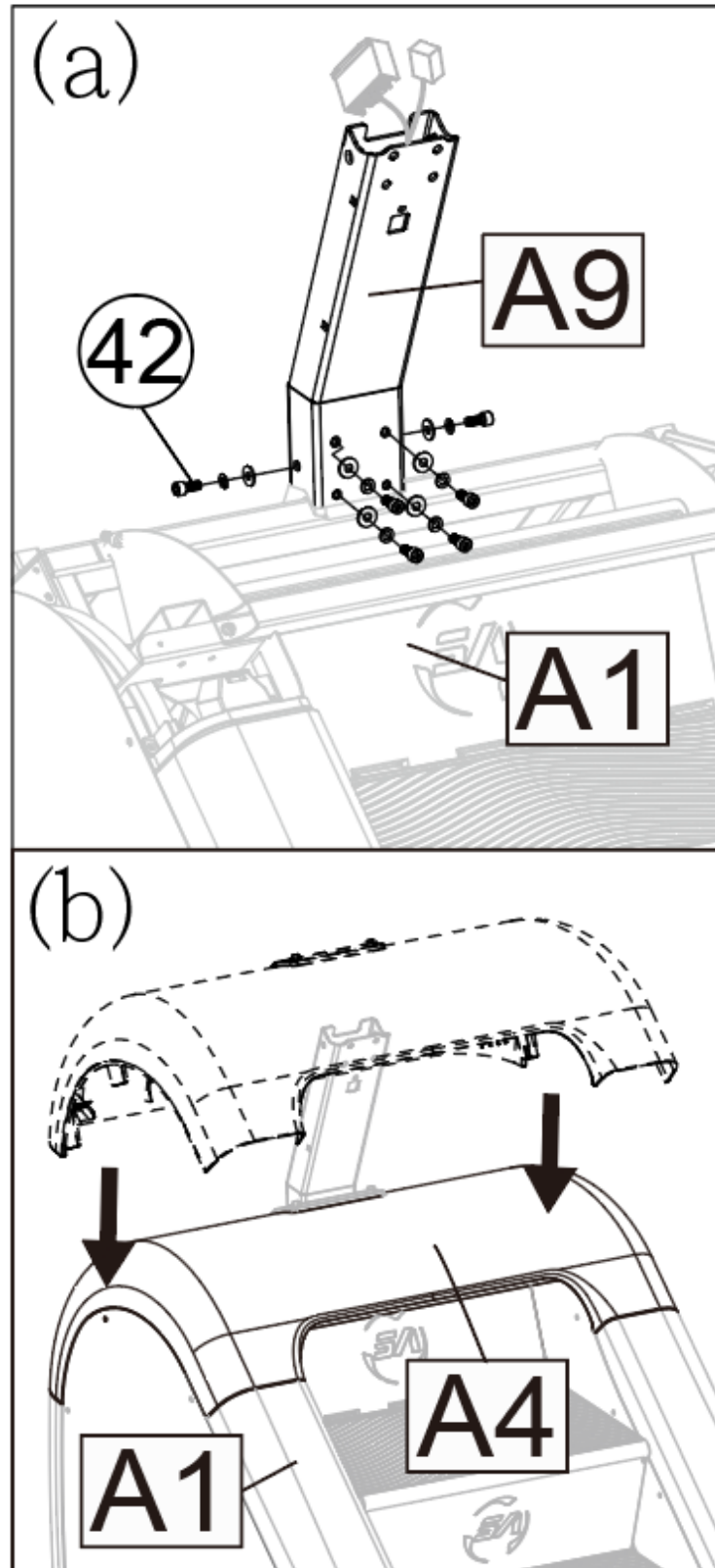
- (a). Fasten the left & right auxiliary pedals (A7) to the main frame (A1) with the locking screws (41).
- (b). Thread the cable on the main frame (A1) into the display panel strut (A9) and pull it upward.



### **STEP 3** Assembly of the display panel strut & the machine top

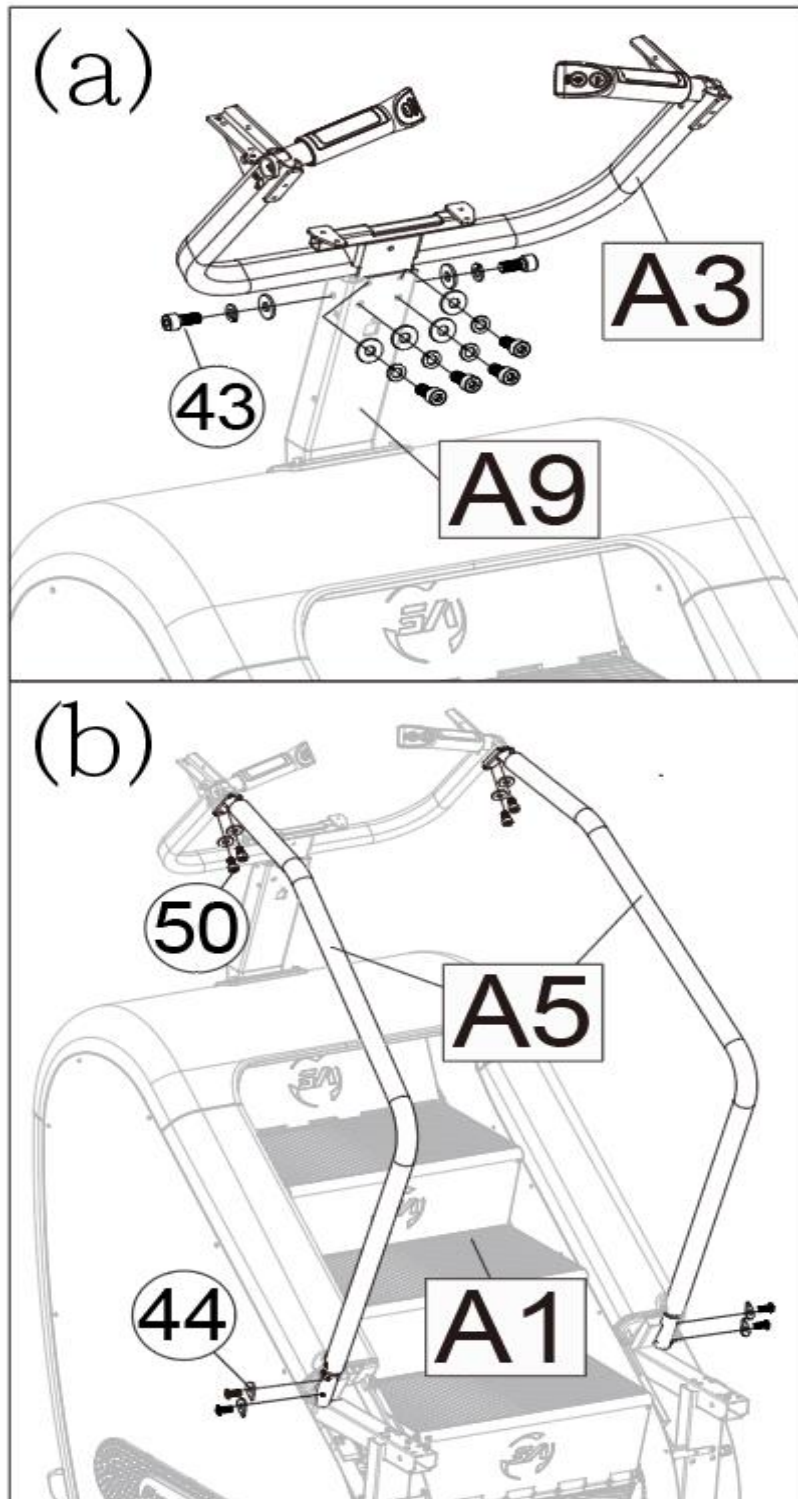
#### **cover**

- (a).Fasten the display panel strut (A9) to the main frame (A1) with the locking screws (42).
- (b).Thread and attach the top cover (A4) from the display panel strut (A9) to the main frame (A1). Assemble the top cover with the plastic fasteners by align and press it down.

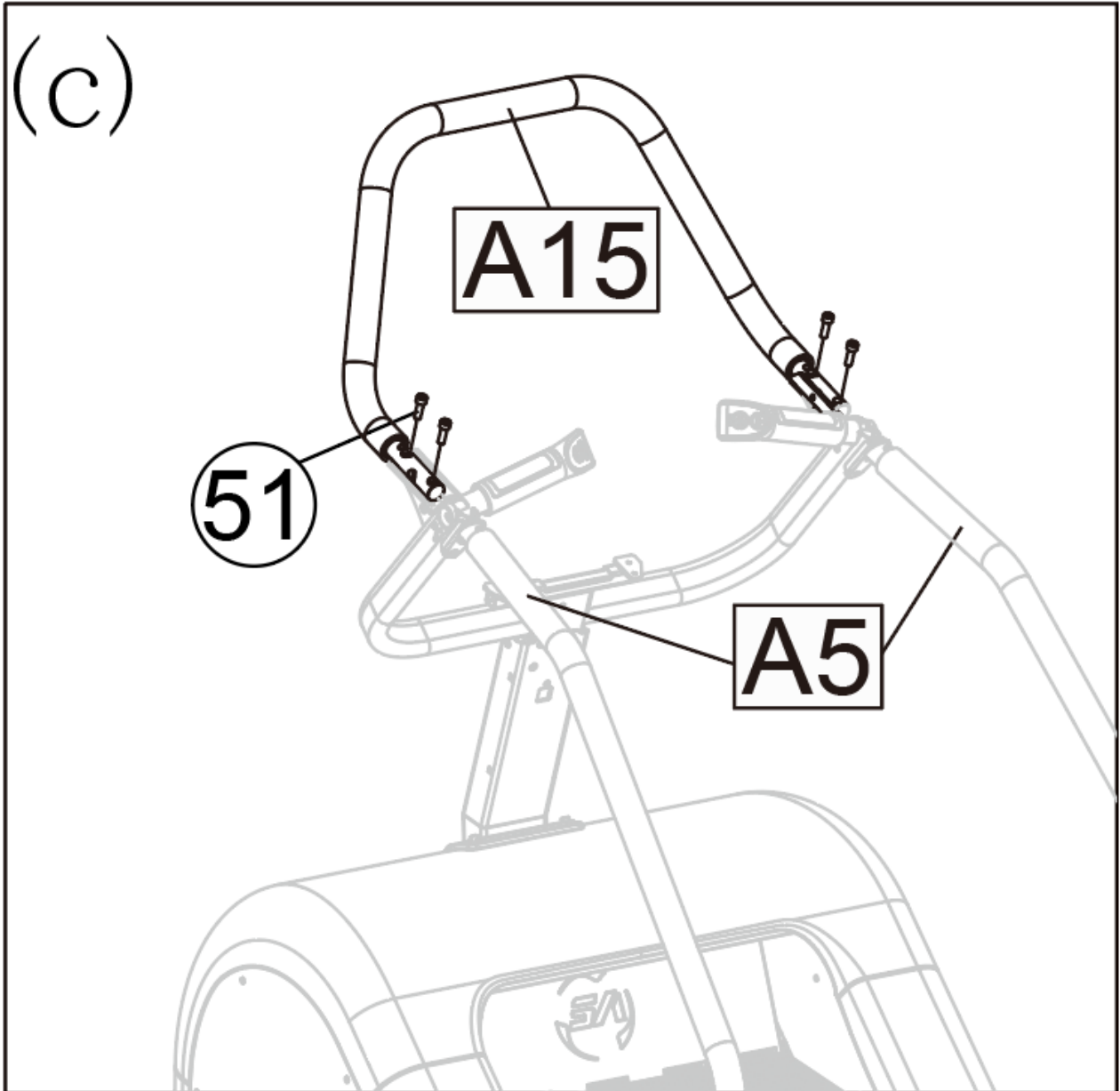


## **STEP 4** Assembly of the strut handrail, left & right handrails and the front handle

- (a). Insert the strut handrail (A3) into the display panel strut (A9) and then attach the screws (43) ( Be careful not to press on the control line).
- (b). Install the left & right handrails (A5) into the main frame (A1) and fasten them with screws (44) (50) first without locking them.

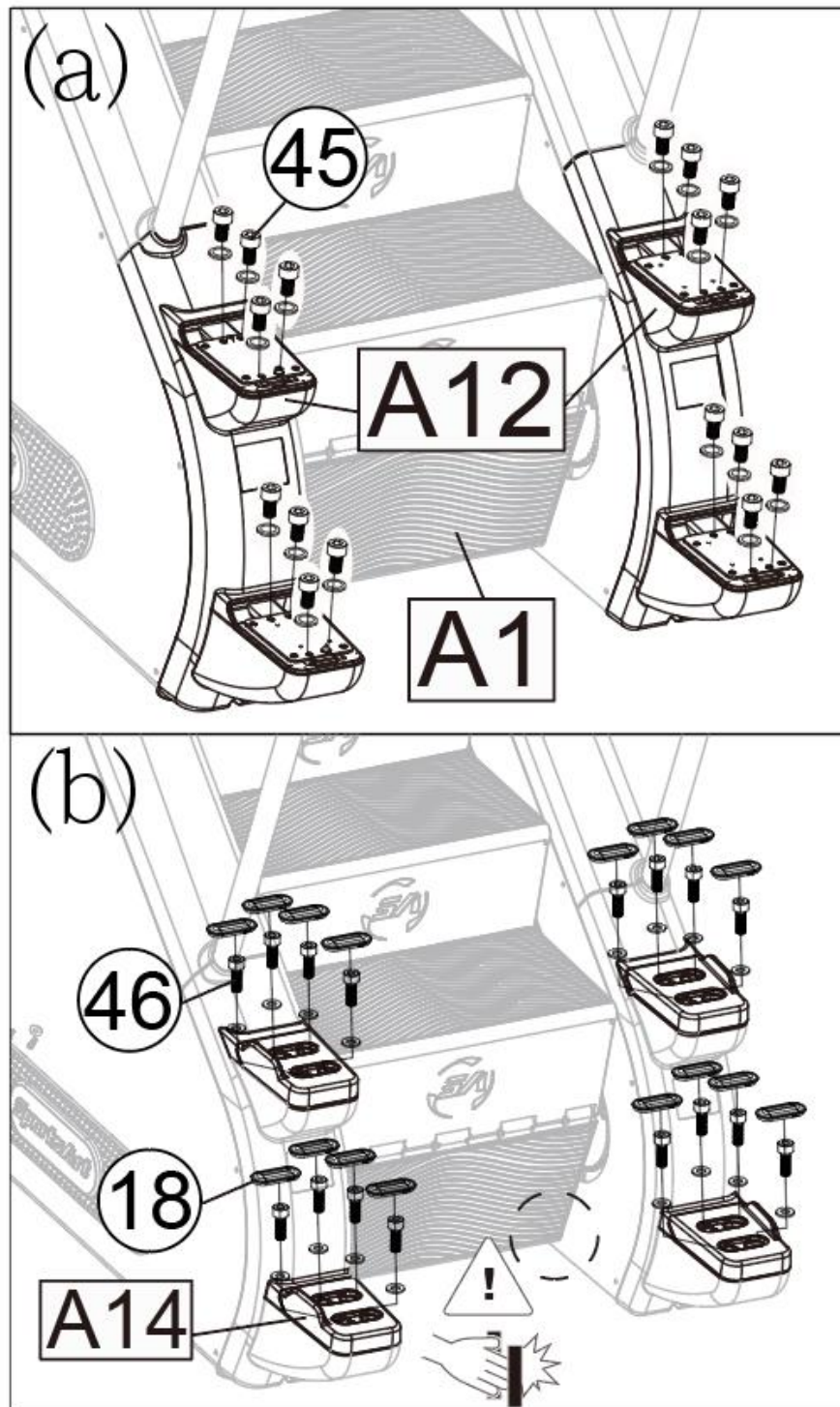


(c). Install the front handrail (A15) on the left & right handrails (A5) and fasten them with screws (51). Then fasten all the screws in the previous (a) and (b) steps.



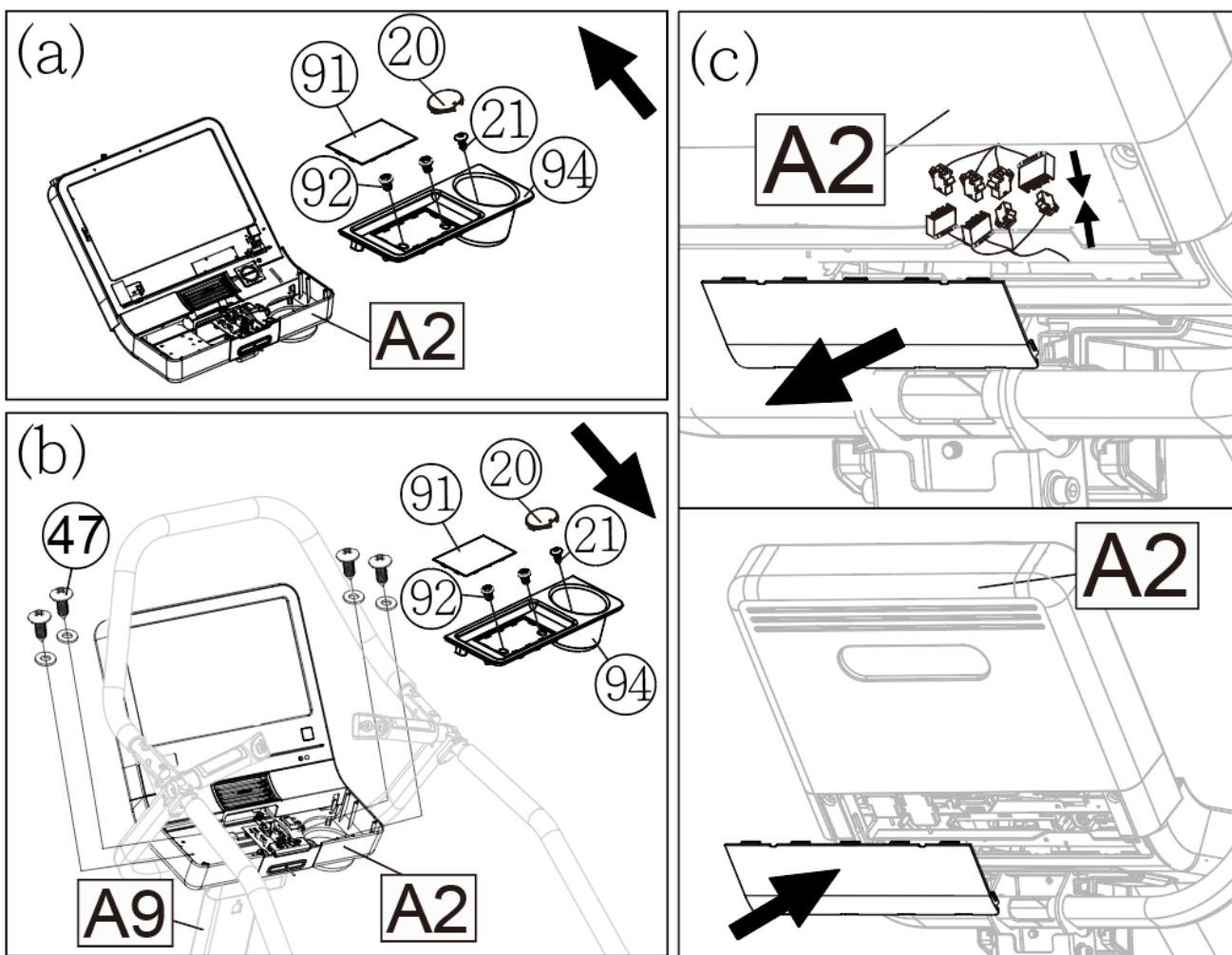
## **STEP 5** Assembly of the left & right rear arc cover and the left & right pedals

- (a).Fasten the left & right rear arc covers (A12) to the main frame (A1) with screws (45).
  - (b).Fasten the left & right pedals (A14) to the left & right rear arc covers (A12) with screws (46), and then cover them with the non-slip pads (18).
- ※Please be careful not to put hands into the gap of the machine to avoid the hand injuries for being pinched.



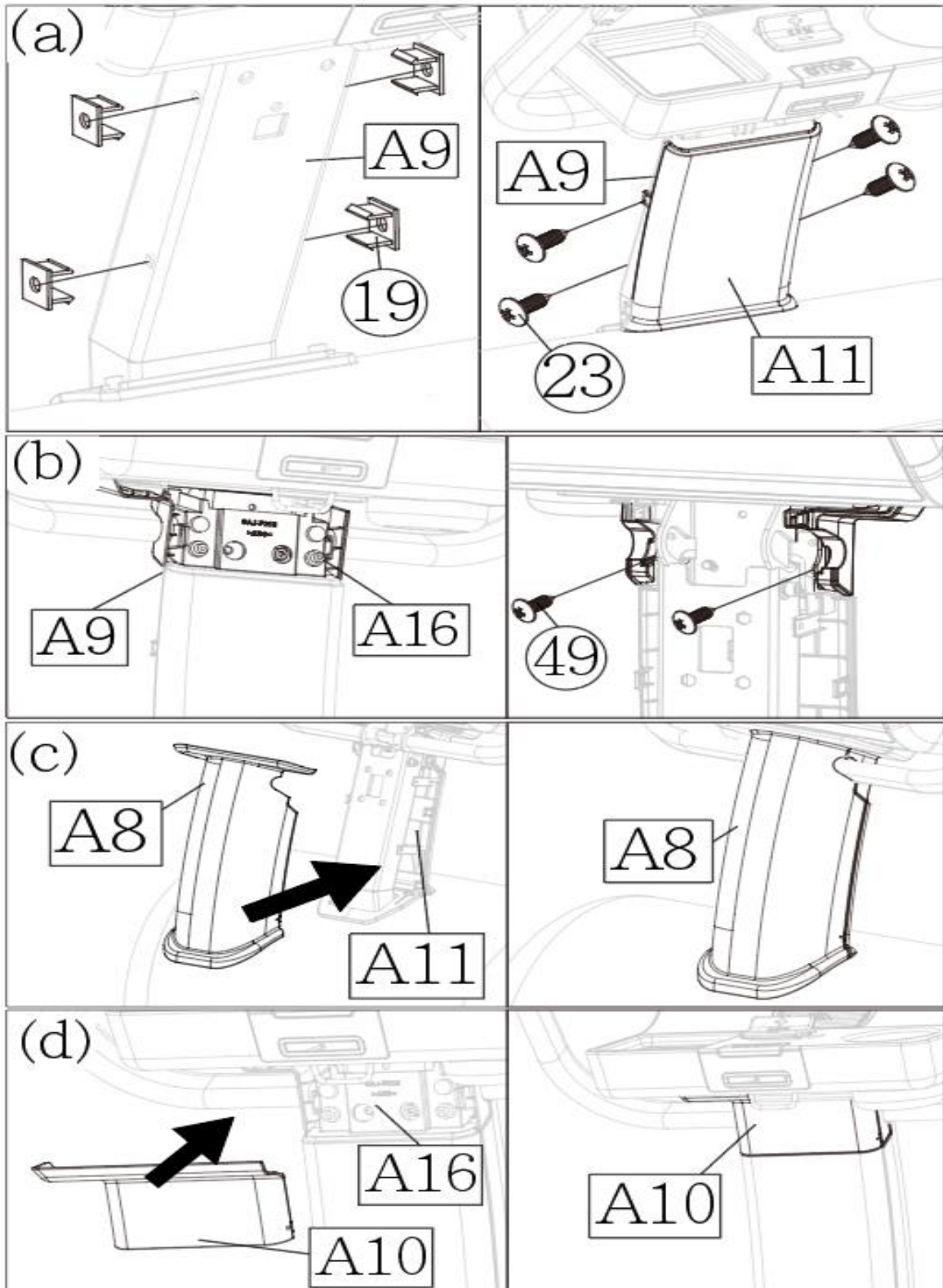
## STEP 6 Assembly of the display panel

- (a). Take off the non-slip pad (91) on the display panel (A2), and then remove the screws (92) (21) to take off the shelf (94). Then remove the maintenance cover from the display panel (A2).
- (b). Fasten the display panel (A2) to the display panel strut (A9) with screws (47), then put the shelf (94) back in order. Fasten the screws (92)(21), and cover with the non-slip pad (91) and the circular hole cover (20).
- (c). Please remove the maintenance cover of the display panel (A2) first and connect the wires together, and at last put the maintenance cover back on the display panel (A2).



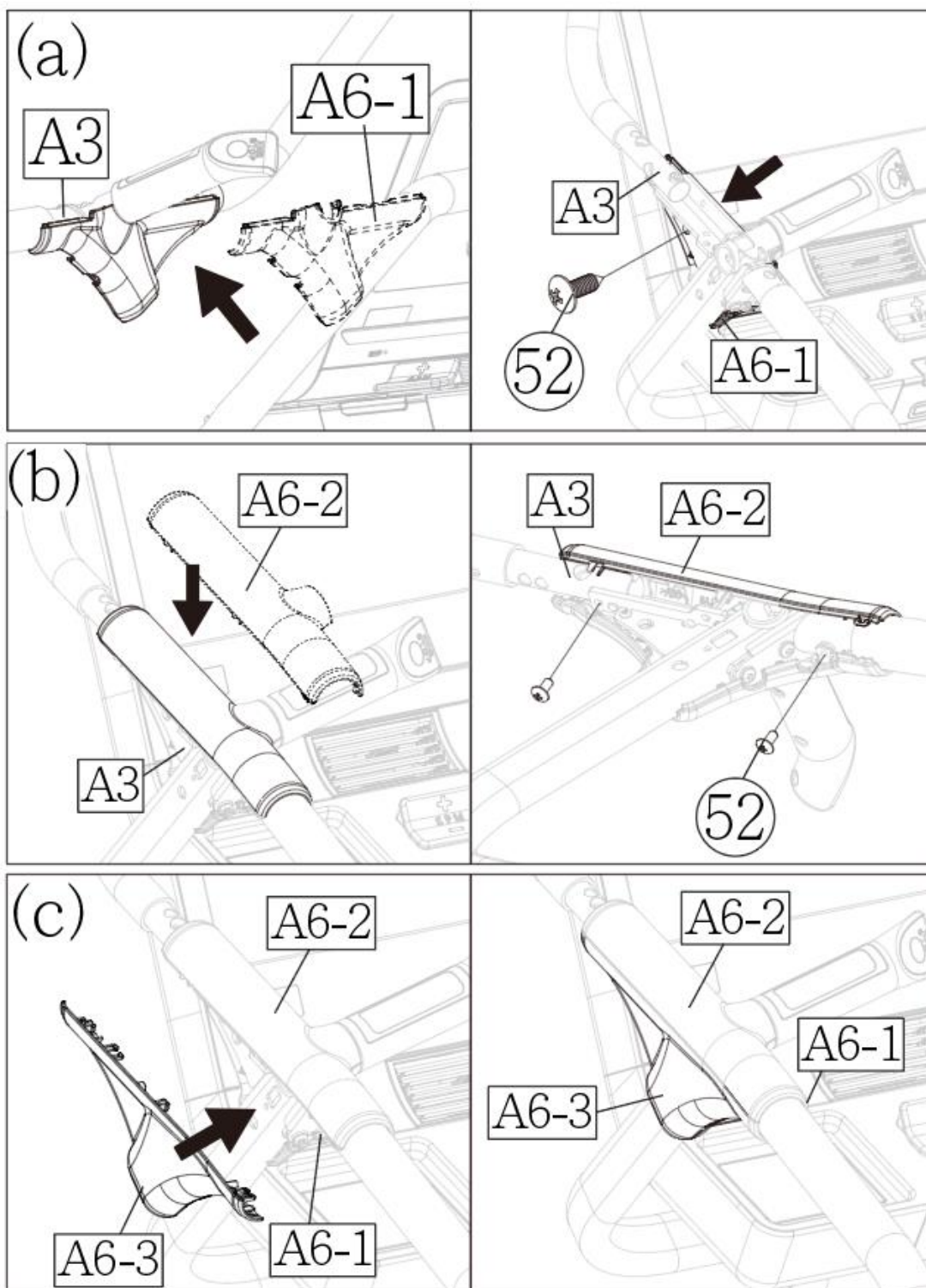
## **STEP 7** Assembly of the plastic parts of the display panel strut

- (a). Attach the screw sockets (19) to the display panel strut (A9), and then fasten the strut rear cover (A11) to the display panel strut (A9) with screws (23).
- (b). Attach the strut rear top cover (A16) to the display panel strut (A9) with screws (49).
- (c). Fasten the strut front cover (A8) to the strut rear cover (A11).
- (d). Lastly, attach the small rear cover (A10) to the strut rear top cover (A16).



## STEP 8 Assembly of the plastic parts of the handrails

- (a). Please attach the left & right handrail inner cover (A6-1) to the handrail strut (A3) first, and then fasten the inner cover with screws (52).
- (b). Attach the left & right handrail top cover (A6-2) to the handrail strut (A3) with screws (52) and lock the screws in the step (a).
- (c). Lastly, please put the left & right handrail outer cover (A6-3) horizontally against the top cover (A6-2)/inner cover (A6-1) and press it into the joint.

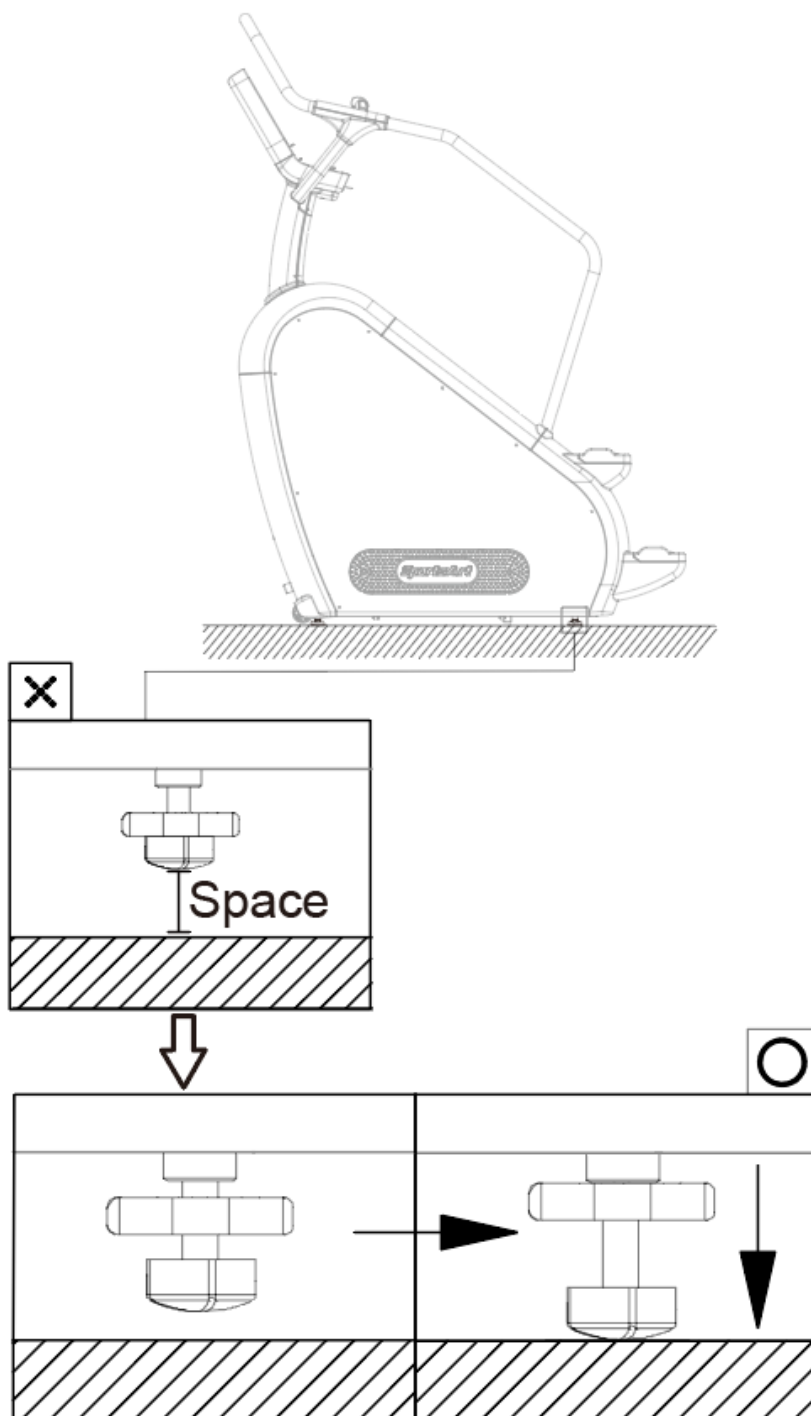


## STEP 9 Level the Machine

Please apply force to the end of the machine to check if the leveling knob is stable on the ground.

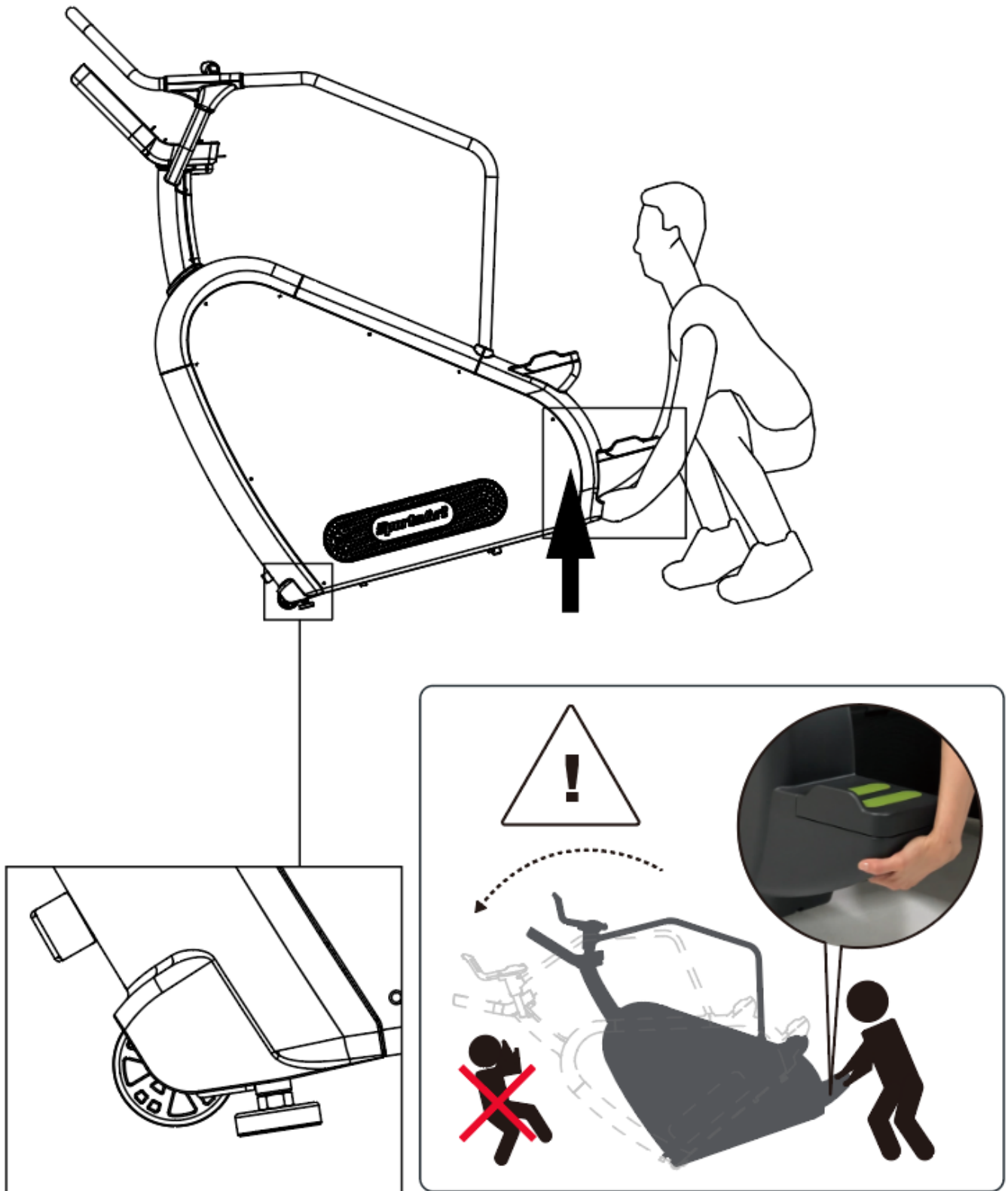
If not, adjust the levelers as follows:

- (a).Loosen the leveling knob.
- (b).Rotate the leveling knob downward to the ground to make it steady.
- (c).Tighten the leveling knob.
- (d).After the machine is installed and positioned, perform the test again. If necessary, make adjustment to be sure the equipment works properly.



## STEP 10 Instruction of Moving the Machine

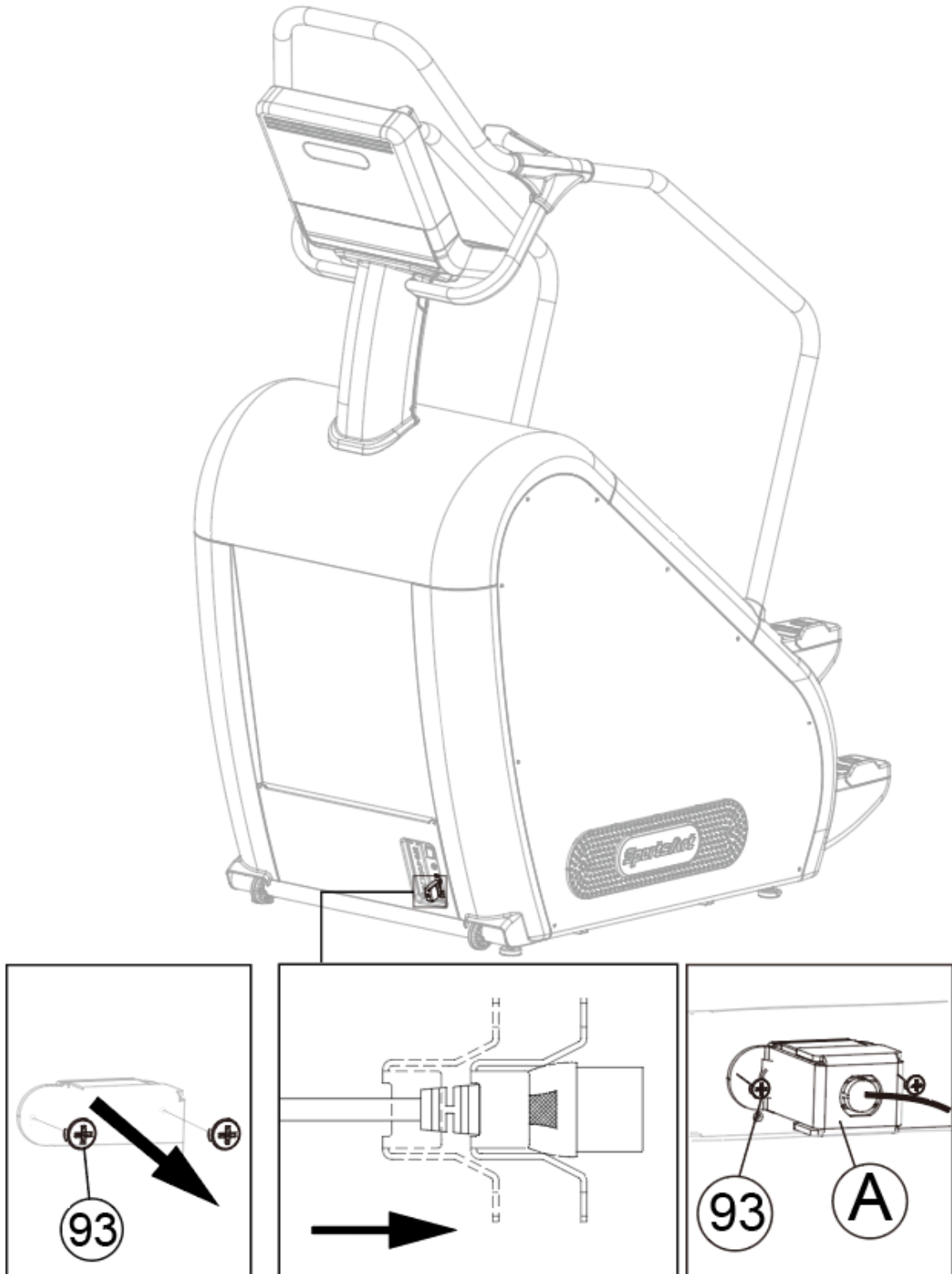
Hold the bottom tube of the machine with hands for moving the machine. Pay attention to if anyone is standing in front of the machine when moving it, and do not lift it forcefully at once to avoid tipping the machine.



## STEP 11 Power Supply Protection

- (a). Remove the screw (93) from the base of the bike.
- (b). Insert the power cord plug into the connector on the product.
- (c). Plug the power cord (A) into the outlet and secure the power cord plug into place with the removed screw (93).

Note: the figure below is for reference purposes only.

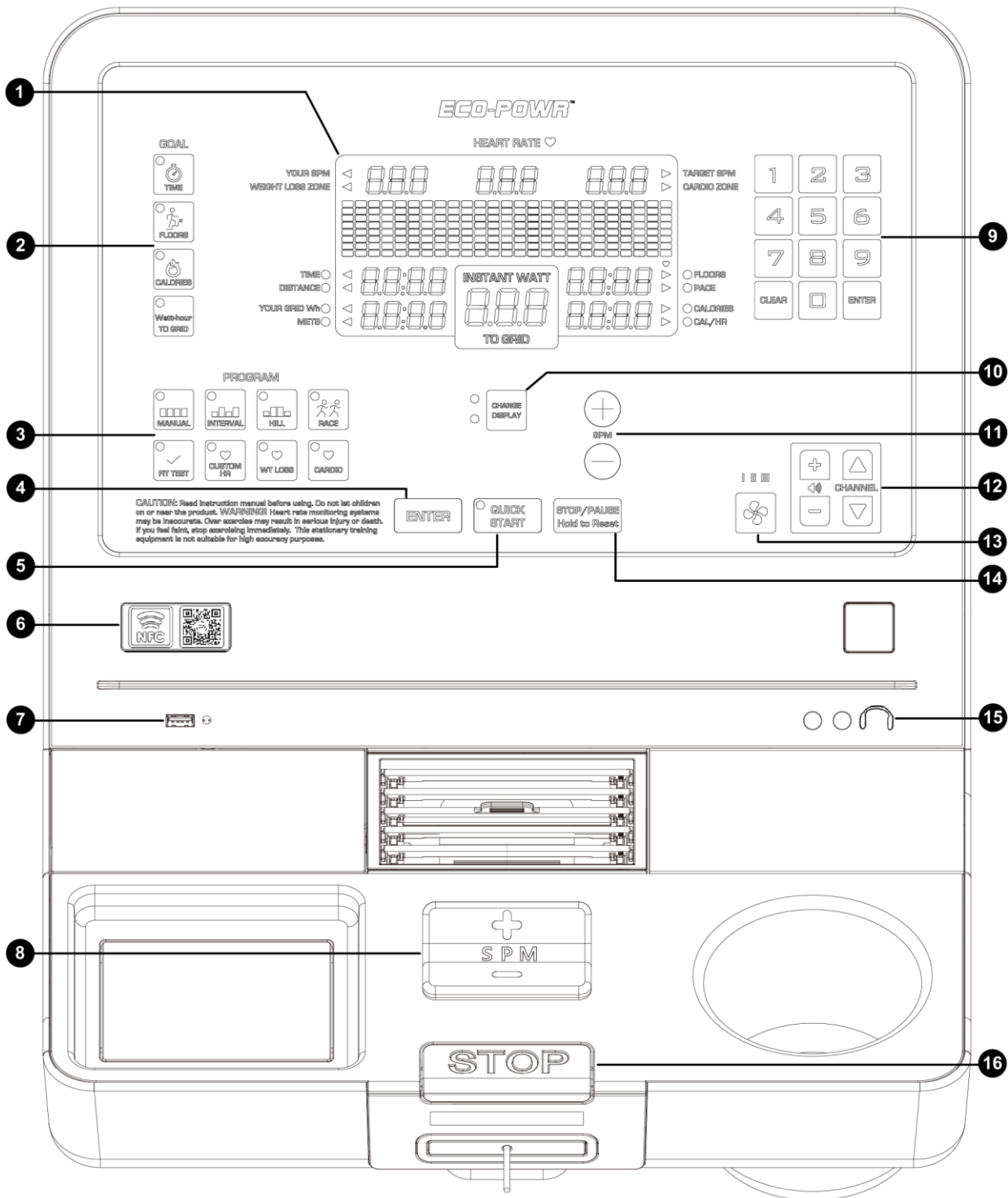


# 5. UNDERSTAND G778 LCD DISPLAY

## DISPLAY Overview

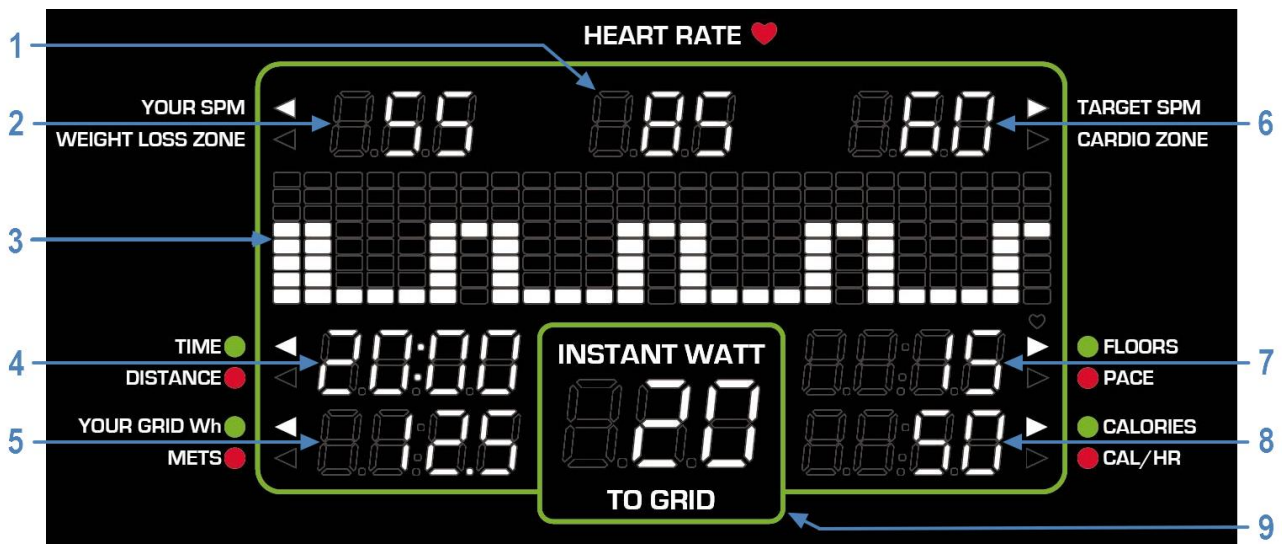
In this chapter, you will learn how to use and set up the console of your Stepmill. Please read the entire manual prior to using the elliptical trainer to get the best exercise efficiency and enjoy your workout.

## DISPLAY Console Panel



No.	Description	No.	Description
1	LCD window	9	Numeric Keypad
2	GOAL	10	CHANGE DISPLAY
3	PROGRAMS	11	SPM +/-
4	ENTER	12	TV WIRELESS AUDIO RECEIVER Control Area
5	QUICK START	13	Fan Speed Switching
6	QR Code \ NFC tag	14	STOP/PAUSE key
7	USB port	15	Headphone Port
8	SPM +/-	16	STOP/PAUSE key

## DISPLAY Windows Display





No.	Description
1	Display the data of your heart rate value. (Displayed when BOTH HANDS hold on the sensor.)
2	YOUR SPM : Displays your current SPM. WEIGHT LOSS ZONE : The WT LOSS 65% heart rate value.
3	Display the messages or the illustration.
4	TIME : Display the total time of the workout or the remaining time to exercise. DISTANCE : Display the total distance of the workout or the remaining distance to exercise.
5	YOUR GRID Wh : Display your current accumulated GRID Wh value. METS : Your current MET(Metabolic Equivalent of Task).













6	TARGET SPM : Display the target value of the SPM that you have set. CARDIO ZONE : The CARDIO 80% heart rate value.
7	FLOORS : Display your current accumulated floors value. PACE : Your current pace.
8	CALORIES : Display the total calories of the workout or the remaining calories to exercise. CAL/HR : Display the calories that you have burned per hour.
9	The Instant Watt to GRID during exercise.







## DISPLAY Specifications

Parameter	Spec.
YOU SPM	20 – 180
TARGET SPM	20 – 180, in increments/ decrements of 5 SPM
TIME	0:00 – 99:59 ; 100 – 9999
DISTANCE	0.00 – 9999 Mile/Km (display maximum of 2 decimal places)
CALORIES	0 – 9999 K-CAL
CAL/HR	0 – 9999 K-CAL
YOUR GRID Wh	0.00-9999 Wh
Instant Watt To GRID	0-270 Watts
FLOORS	0 – 9999
PACE	28 – 300 minute
METS	0.0-99.9
HEART RATE	35 – 255 bpm
PROGRAM	MANUAL, INTERVAL, HILL, RACE, FIT TEST, CUSTOM HR, WT LOSS CARDIO

## DISPLAY Button Function

Illustration	Description
	Skip the user input, program selection, and start training instantly.
	Press to pause/stop the workout program. Hold down to go back to start screen and reset it to factory settings.

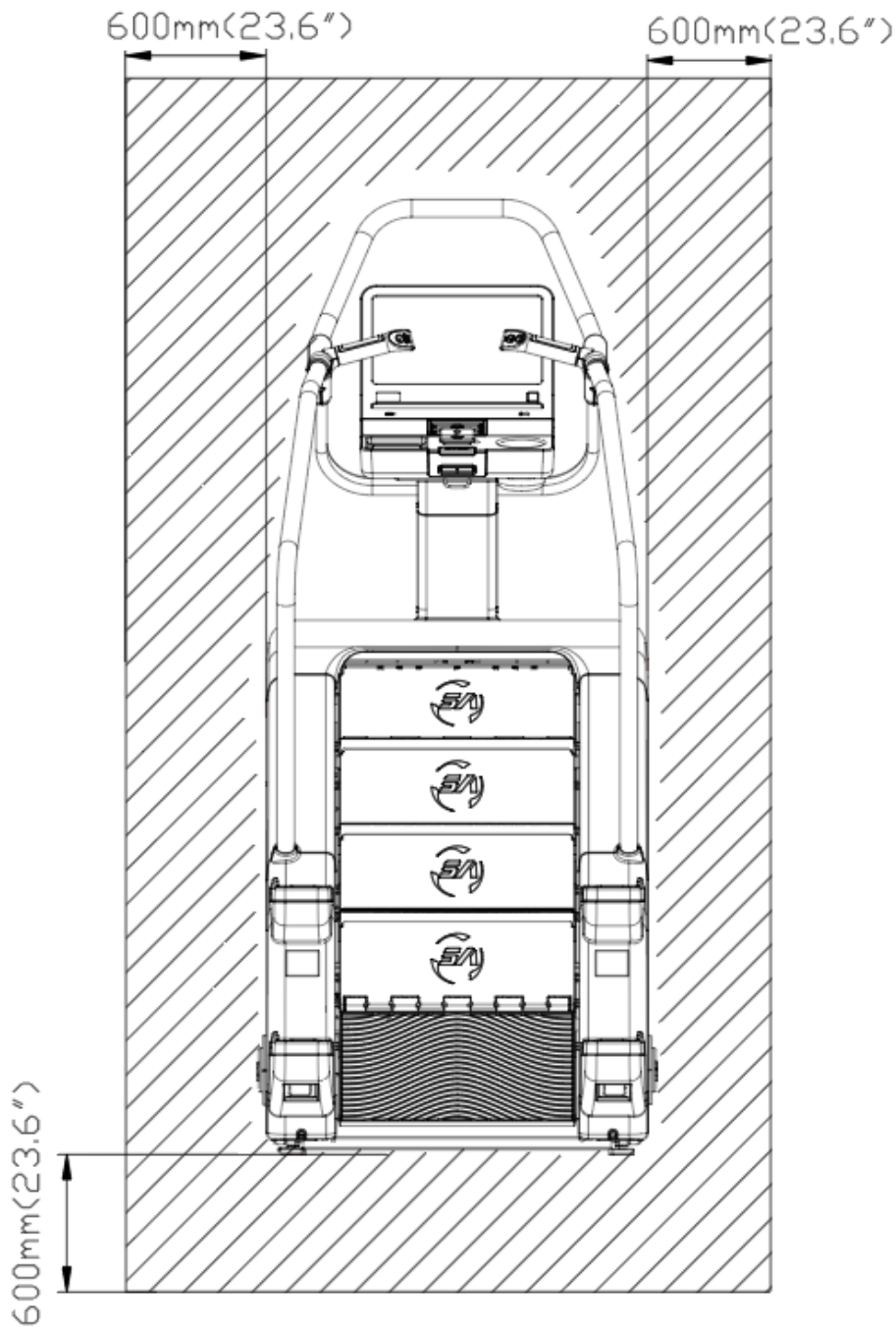
	<p>After the parameter settings are complete, press the key to confirm your selection.</p>
	<p>Press this key to change SPM. SPM changes by five unit each time the key is pressed. Hold down the key to change stride length quickly.</p>
	<p>Press this key to switch the message on the LCD display window.</p>
	<p>Press this key to enter Manual mode. The notification LED will light on steadily.</p>
	<p>Press this key to select one of three interval programs: 1:1, 1:2, 2:2. Numbers represent minutes. The notification LED will light on steadily.</p>
	<p>Press this key to select one of three hill programs: HILL 1, HILL 2, HILL 3. The notification LED will light on steadily.</p>
	<p>Press this key to enter RACE mode. The notification LED will light on steadily.</p>
	<p>Press this key to enter FIT TEST mode. The notification LED will light on steadily.</p>
	<p>Press this key to enter CUSTOM HR mode. His heart rate control program allows you to set your own target heart rate. The notification LED will light on steadily.</p>
	<p>Press this key to enter WT LOSS mode. Uses the following formula to evaluate target heart rate: <math>(220 - \text{AGE}) \times 0.65</math>. The notification LED will light on steadily.</p>
	<p>Press this key to enter CARDIO mode. Uses the following formula to evaluate target heart rate: <math>(220 - \text{AGE}) \times 0.8</math>. The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;TIME&gt; as your workout goal. The notification LED will light on steadily.</p>

	<p>Press this key to select &lt;FLOORS&gt; as your workout goal. The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;CALORIES&gt; as your workout goal. The notification LED will light on steadily.</p>
	<p>Press this key to select &lt;Watt-hour TO GRID&gt; as your workout goal. The notification LED will light on steadily.</p>
	<p>&lt;0~9&gt; : Press these keys to directly input numeric values. &lt;CLEAR&gt; : When inputting setting values, press this key to delete previous setting values back to 0.</p>
	<p>Press this key to activate the fan. There are settings: low, medium, high, and off.</p>
	<p>Change volume and TV audio channel (in conjunction with MYE option)</p>

## 6. OPERATE THE PRODUCT

### OPERATION Safe Operating Area

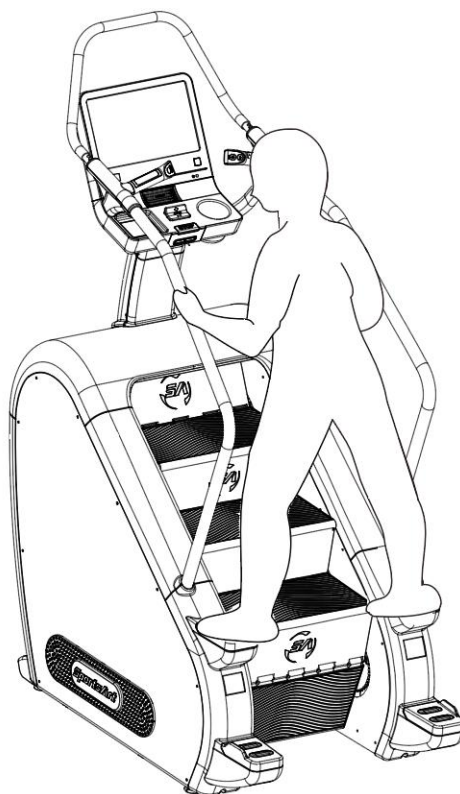
- (a). Safety clearance required as shown below. Do not allow people to be near this area when operating.
- (b). Noise emission under load is higher than without load.
- (c). The machine should be placed in the place with the ceiling with sufficient height to prevent the users from hitting the ceiling on the head.



## **OPERATION** Jumping off the machine

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Please hold the handrails and step on the pedals on both sides if you encounter danger during operation or if the speed is already too high.

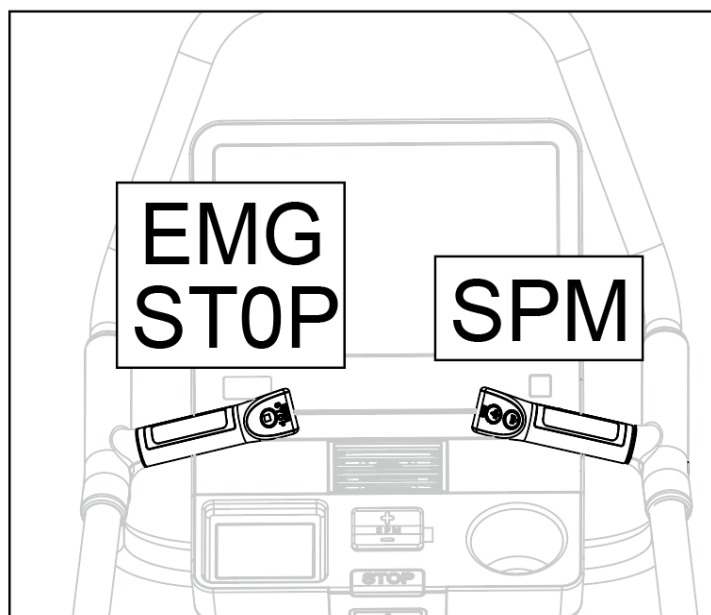


## **OPERATION** Instruction of the Buttons

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The function of EMG STOP is to stop.

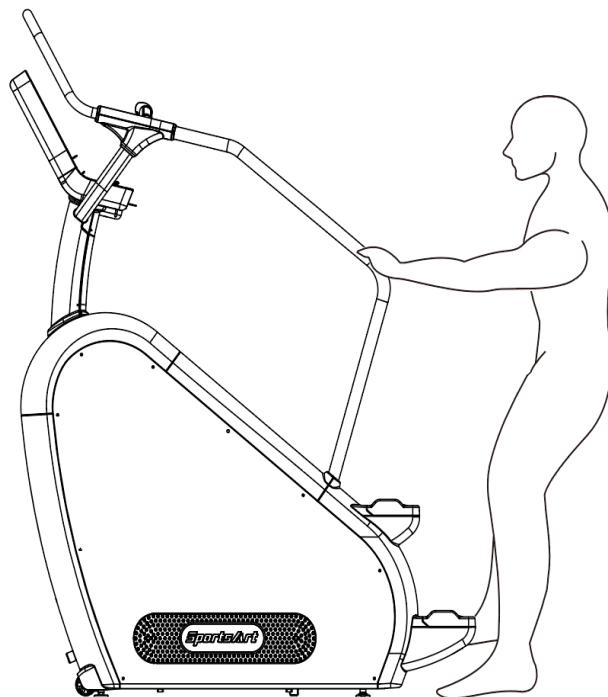
The function of SPM is to set the number of steps for walking per minute.



## **OPERATION** Sit on the Machine

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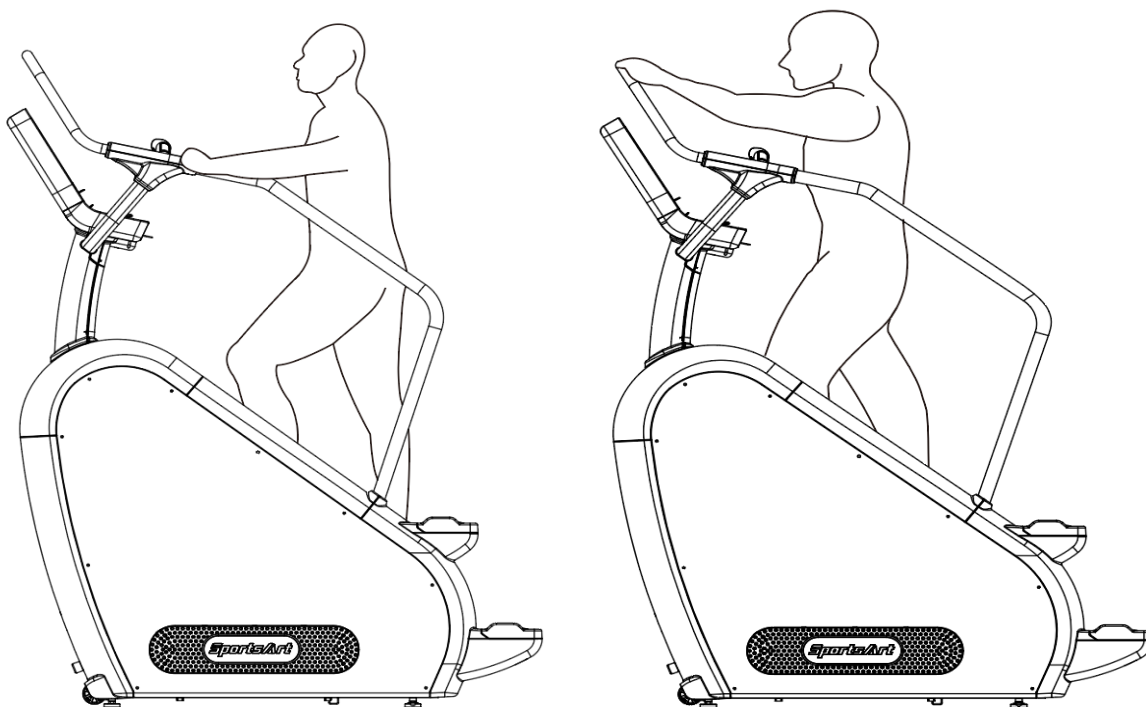
Please hold the handrail and step on the pedal firmly when stepping on and off the machine.



## **OPERATION** The workout posture is as follows

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1. Please hold the handrail and then adjust the posture before start.
2. Push the machine to use.

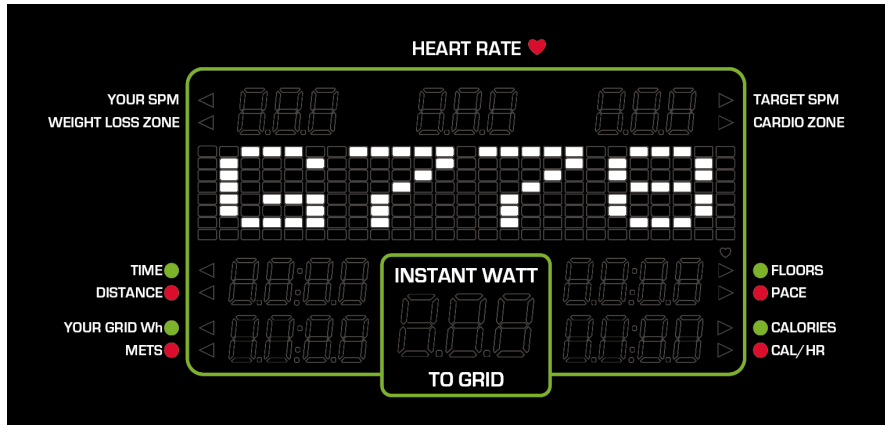


## OPERATION Start Screen

Press the wake-up key located on the bottom right corner of the display.

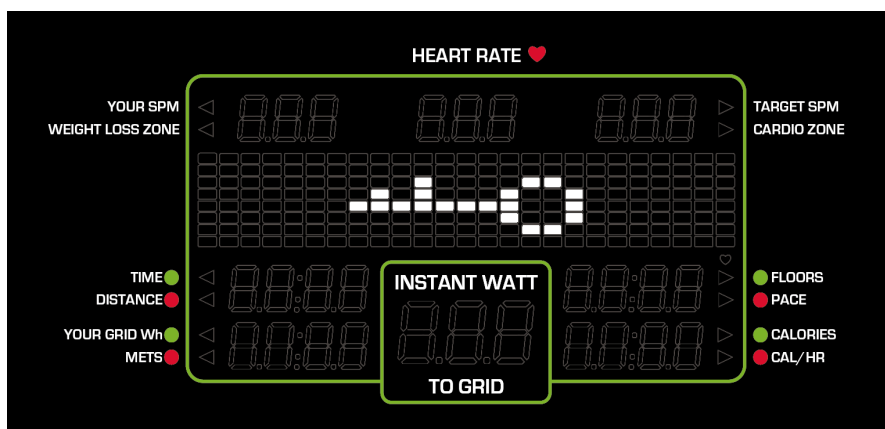


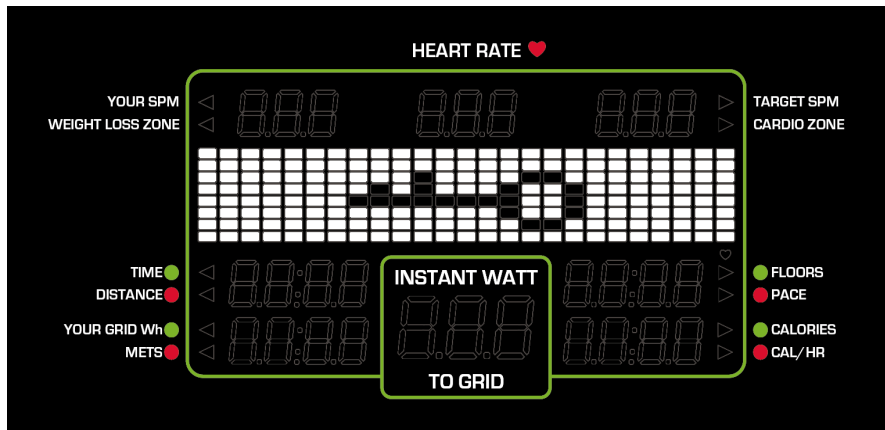
After started, you will hear the BEEP sound and see the start screen.



## OPERATION Safety Mechanism

- 1.The pedal will be locked if not being stepped when the button < STOP/PAUSE > is pressed in motion mode.
- 2.The safety switch and emergency stop button are mainly to stop and lock the pedals more quickly to prevent any accidents or uncertainties from happening to the users.
- 3.Once the safety switch pull cord is pulled up, the screen will display the following two patterns interactively.





The machine will recover its start-up screen after the safety switch is pushed back to the correct position.

4. The screen will display the string "EMG STOP" once the emergency stop button is pressed, . If it is pressed again, the machine will recover its power-up screen.

## **OPERATION** Quick Start Mode

QUICK START mode is preset based on user 35 years old and weighs 75 kilograms (165 pounds). The program is preset at manual, and the SPM is preset at 20. You can press the QUICK START key to start exercise directly or reset the parameters to your preference.

## **OPERATION** User Setting Procedure

The stair climber measures your calories burned (based on weight), target heart rate (based on age), total time, and total distance based on your personal information that you have entered.

### 1. PROGRAM/GOAL Setting

- (a). Press <PROGRAM> key and then press <ENTER> key will take you to the " SELECT GOAL" screen. For details about setting workout goals, please refer to "WORKOUT GOAL Setting".

NOTE: In RACE mode, the workout goal is fixed at "FLOORS" and cannot be altered in any way.

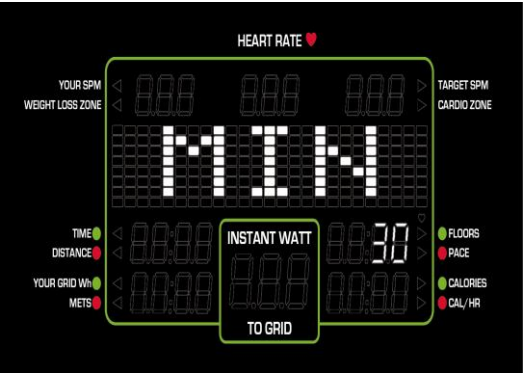
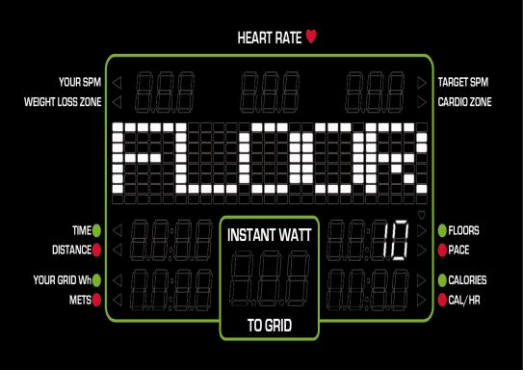
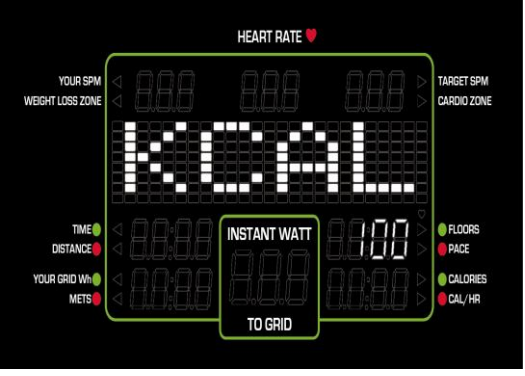
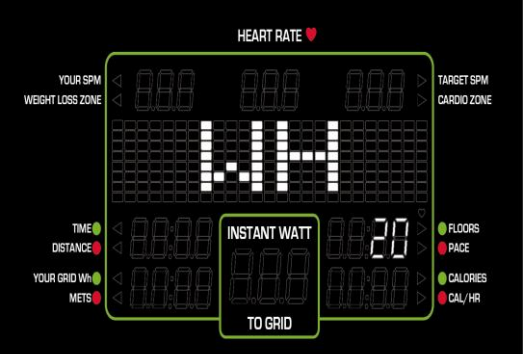
In FIT TEST mode, the workout goal is fixed at "TIME" and cannot be altered in any way.

- (b). Press <GOAL> key will take you to the workout goal setting screen and the program is preset at manual. For details about setting workout goals, please refer to "WORKOUT GOAL Setting".

### 2. WORKOUT GOAL Setting

After entered goal-setting, the words "SELECT GOAL" will pop up on the display. Select one

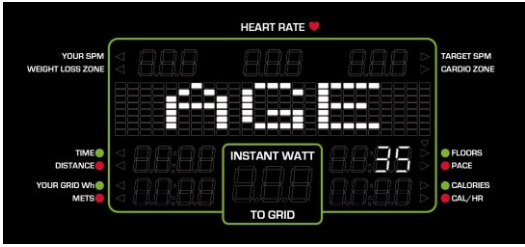
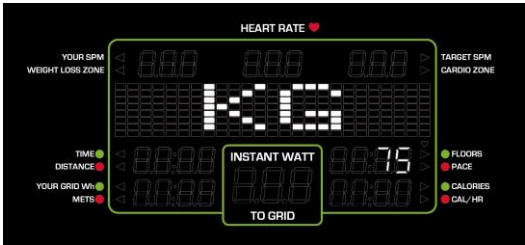
of the following options to set as your target goal.

Parameter Window	Description
 <p>The image shows a cycling computer display with 'TIME' highlighted in the center. The display includes various metrics: HEART RATE, YOUR SPM, WEIGHT LOSS ZONE, TARGET SPM, CARDIO ZONE, INSTANT WATT (30), FLOORS, PACE, YOUR GRID W, CALORIES, METS, and CAL/HR. The 'TO GRID' indicator is also visible.</p>	<p><b>Setting a TIME workout goal:</b>            Select &lt;TIME&gt; as your workout goal, the &lt;TIME&gt; notification LED light will stay on and then proceed to time settings.            The range is 5 - 300 minutes with the default of 30 minutes. If TIME set is below the adjustment range due to certain program requirement, the time limit will be assigned a lower value accordingly.            (a).Press &lt;SPM +/-&gt; key to adjust the time.            (b).Press &lt;ENTER&gt; key to confirm the time settings.</p>
 <p>The image shows a cycling computer display with 'FLOORS' highlighted in the center. The display includes various metrics: HEART RATE, YOUR SPM, WEIGHT LOSS ZONE, TARGET SPM, CARDIO ZONE, INSTANT WATT (10), FLOORS, PACE, YOUR GRID W, CALORIES, METS, and CAL/HR. The 'TO GRID' indicator is also visible.</p>	<p><b>Setting a FLOORS workout goal:</b>            Select &lt;FLOORS&gt; as your workout goal, the &lt;FLOORS&gt; notification LED light will stay on and then proceed to distance settings.            The range is 5 - 150 floors with the default of 10 floors.            If there's a time limit in the workout program selected, the FLOORS workout goal will be disabled.            (a)Press &lt;SPM +/-&gt; key to adjust the floor.            (b)Press &lt;ENTER&gt; key to confirm the floor settings.</p>
 <p>The image shows a cycling computer display with 'CAL' highlighted in the center. The display includes various metrics: HEART RATE, YOUR SPM, WEIGHT LOSS ZONE, TARGET SPM, CARDIO ZONE, INSTANT WATT (100), FLOORS, PACE, YOUR GRID W, CALORIES, METS, and CAL/HR. The 'TO GRID' indicator is also visible.</p>	<p><b>Setting a CALORIES workout goal:</b>            Select &lt;CALORIES&gt; as your workout goal, the &lt;CALORIES&gt; notification LED light will stay on and then proceed to calories settings.            The range is 100 - 9999 kCal with the default of 100 kCal.            If there's a time limit in the workout program selected, the CALORIES workout goal will be disabled.            (a).Press &lt;SPM +/-&gt; key to adjust the calories.            (b).Press &lt;ENTER&gt; key to confirm the calories settings.</p>
 <p>The image shows a cycling computer display with 'WH' highlighted in the center. The display includes various metrics: HEART RATE, YOUR SPM, WEIGHT LOSS ZONE, TARGET SPM, CARDIO ZONE, INSTANT WATT (20), FLOORS, PACE, YOUR GRID W, CALORIES, METS, and CAL/HR. The 'TO GRID' indicator is also visible.</p>	<p><b>Setting a Watt-hour TO GRID workout goal:</b>            Select &lt; Watt-hour TO GRID &gt; as your workout goal, the &lt; Watt-hour TO GRID &gt; notification LED light will stay on and then proceed to Watt-hour TO GRID settings.            The range is 5-100wh with the default of 20wh.            If there's a time limit in the workout program selected, the Watt-hour TO GRID workout goal will be disabled.            (a).Press &lt;SPM +/-&gt; key to adjust the Watt-hour TO</p>

	<p>GRID.</p> <p>(b).Press &lt;ENTER&gt; key to confirm the Watt-hour TO GRID settings.</p>
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### 3.AGE and WEIGHT

Having finished the GOAL settings, proceed to AGE and WEIGHT setting. Refer to the following instructions for details.

Parameter Window	Description
	<p><b>AGE Setting:</b> The range is 10 - 99 years old with the default of 35 years old.</p> <p>(a).Press &lt;SPM +/-&gt; key to adjust the age.</p> <p>(b).Press &lt;ENTER&gt; key to confirm the age setting and proceed to weight settings.</p>
	<p><b>WEIGHT Setting:</b> The range is 50-500 lb. (20-227 kg) with the default of 165 lb /75 kg.</p> <p>(a).Press &lt;SPM +/-&gt; key to adjust the weight.</p> <p>(b).Press &lt;ENTER&gt; key to confirm the weight setting and to start exercise.</p>

## OPERATION Workout Programs

You can choose the desired program from the PROGRAM menu. The following information provide details about the programs.

### MANUAL:

The general mode. Users can set their desired workout program.The SPM can be adjusted according to your own preference.

### INTERVAL:

Regularly alternate between high-intensity and low-intensity exercises.

- 1.The program is a two-stage exercise (REST/WORK) and each has different parameters of the time and the SPM. According to the time ratio, there are three options in 1:1,1:2 and 2:2. (For example: “ 1 : 2”means one minute for resting and 2 minutes for workout.)
- 2.The program changes between INTERVAL 1:1/ INTERVAL 1:2/ INTERVAL 2:2 each time the <INTERVAL> key is pressed. Press <ENTER> key to confirm your selection.
- 3.Since it is a two-stage training, you can change the REST SPM and memorize it when the program is executed, same as for WORK. Next time, when work to the corresponding

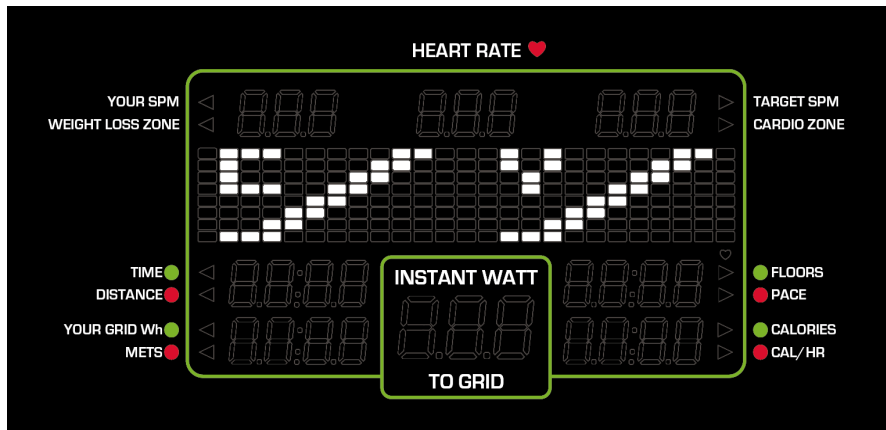
segment, it will operate according to the last setting.

**HILL:**

This program is designed for the hill workouts. There are 3 programs built in. Each time HILL program button is pressed, one of the programs will appear: HILL 1, HILL 2, HILL 3. press <ENTER> key to confirm.

**RACE:**

1.RACE is a program that targets the competition of climbing the floor. When this program is selected, the screen will display C on the left as the challenged person and Y on the right as the user.



The bottom right 20 represents the target floor by default.

There are 10 dots in the staircase graphic, which indicate the number of floors for the current competition.

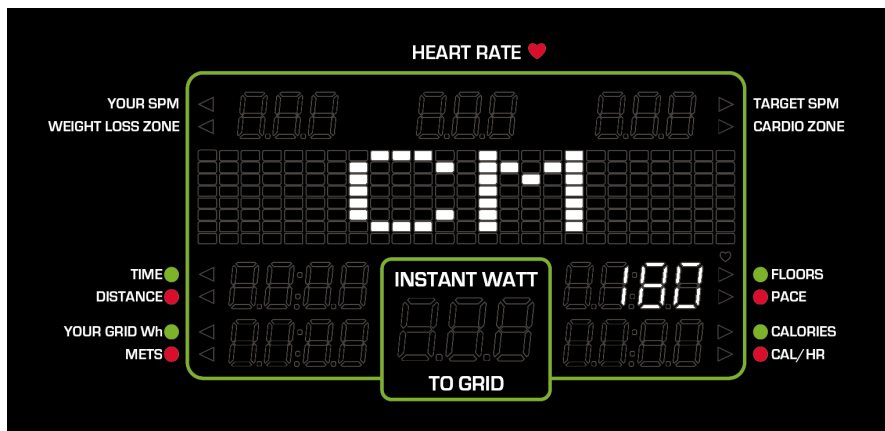
Ex: If the target is set to 40 floors, one dot represents 4 floors.

2. There are three kinds of target floors, 20, 40, and 80 floors, and each time the button <RACE> is pressed, the target floor will switch in order.
3. After the target floor, age and weight are confirmed, the screen will start to count down by 3 seconds, and then the competition will begin.
4. The results of the competition.
  - (a). If the challenged person completes the target floors first, the screen will display "FAIL" after the C on the left blinks 4 times, which means the user failed the challenge.
  - (b). If the user completes the target floors first, the screen will display "WINNER" after the Y on the right blinks 4 times, which means the user has won the challenge.
5. If the button <STOP/PAUSE> is pressed during the competition, the competition will stop immediately and "FAIL" will be displayed on the screen.

**FIT TEST:**

1. The program FIT TEST uses the WFI【Wellness-Fitness Initiative】 protocol for stairs, which can be applied for evaluating the aerobic capacity and physical fitness of firefighters.

2. The GOAL of the FIT TEST program is set to **【TIME】** by default. After it is selected, the screen will display the age and weight settings.
3. After the weight is selected, the screen will display the height settings. The setting range is 40-90inch / 100-230cm, and the system default value is 70inch / 180cm. On the screen:



- (a). Press the <SPM +/-> key to adjust the setting value.
  - (b). Press <ENTER> to finish the setting and the screen will display the BMI value.
4. When the BMI value is displayed, the user can press <ENTER> to display and the string "STARTING TEST" will pop up on the screen, which indicates that the test is about to start.
  5. During the test, the string "TARGET HR- xxx" will be displayed every 15 seconds to remind the tester of the target heart rate (THR).
  6. The test will end under the following conditions.
    - (a). When the user presses the button "STOP".
    - (b). All exercise procedures have been completed.
    - (c). When the user's heart rate is higher than the target heart rate (THR) for 15 seconds.
    - (d). No heartbeat signal is detected for 30 consecutive seconds.

The maximum value of oxygen intake (VO<sub>2</sub>MAX) is displayed on the screen.

### **CUSTOM HR / WT LOSS / CARDIO:**

The programs take control of SPM, keeping your heart rate within the target zone.

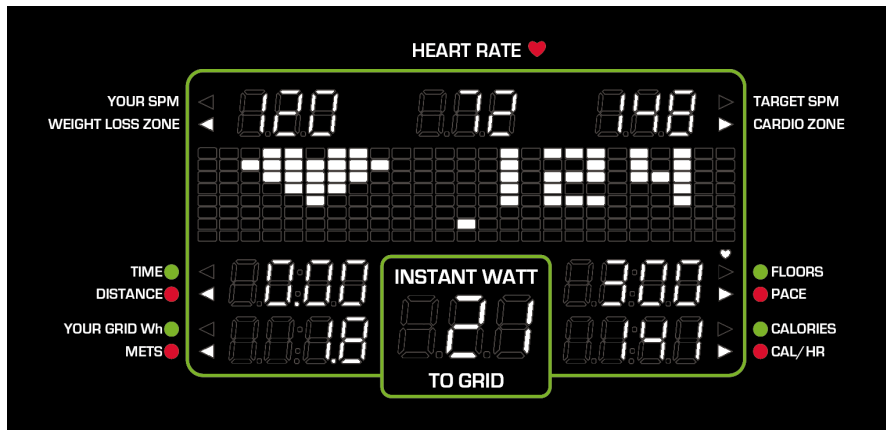
1. If you choose CUSTOM HR, the target heart rate value will need to be set first. The range is 84-200 bpm with the default of 120 bpm.
2. If you choose WT LOSS, the words "♥ 120" shown on the display represent WT LOSS mode.
3. If you choose CARDIO, the words "♥ 148" shown on the display represent CARDIO mode.
4. During exercise, if the machine cannot read your heartbeat signal, it will display "NO HEART RATE READING , PLEASE CHECK TRANSMITTER" on your screen, and the SPM can be only adjusted manually.
5. When heart rate is detected, the heart pattern in the parameter window will blink.
6. The value on the right side of the heart pattern represents the target heart rate in WT LOSS

or CARDIO mode. The target heart rate is calculated according to the following formulas:

WT LOSS:  $(220 - \text{AGE}) \times 65\%$

CARDIO:  $(220 - \text{AGE}) \times 80\%$

Note that if no AGE data is entered, the target heart rate will be calculated by default (35y/o).



7.The recommended pedaling speed is 70 SPM. User's heart rate is simultaneously monitored.

8.If you keep pedaling, a dot will appear on the parameter window (just below the heart pattern), which represents the target SPM. The line below represents the actual SPM. Overlap between the dot and line indicating that you've reached the target speed.

9.If the actual SPM is 5SPM less than target speed, lasting for more than 25 seconds, the words "SPEED UP" will pop up on the display.

## **OPERATION** During Exercise

During exercise, you can switch to a different program using the same WORKOUT GOAL (TIME/FLOORS/CALORIES/ Watt-hour TO GRID) by pressing a different program key.

Please note it is not allowed to switch directly in the situation as below, and the window will display the message " SWITCHING NOT ALLOWED".

1.During MANUAL、INTERVAL、HILL、CUSTOM HR、WT LOSS、CARDIO program, it cannot be switched to RACE、FIT TEST program.

2.It is not allowed to switch to other programs during RACE、FIT TEST program.

## **OPERATION** Cool Down

Once the goal(TIME、FLOORS、CALORIES、Watt-hour TO GRID) has been achieved, it will

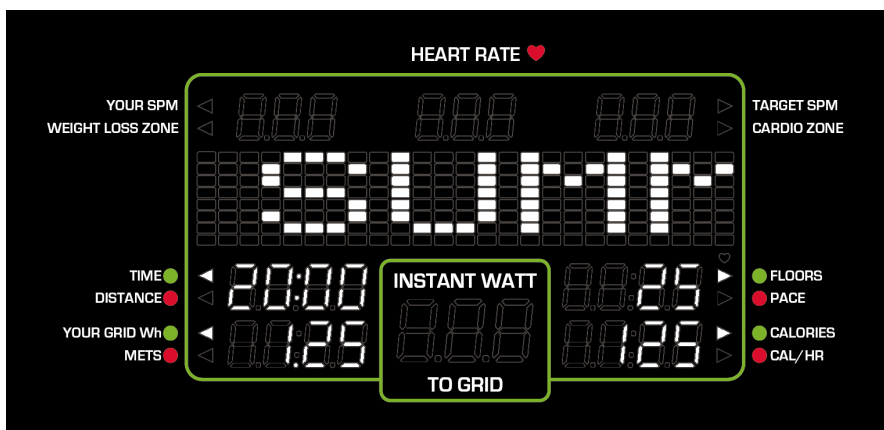
show the message "COOL DOWN" on your screen. The machine will enter a two-minute cool down period and count down from 2:00 to 0:00.

## **OPERATION** Stop/Pause Exercise

1. Press <STOP/PAUSE> during exercise, all the exercise data will stop accumulating and keep the current value. The words "PAUSED" and "PRESS QUICK START TO RESUME" will pop up on the display.
2. When your workout time is paused and no operation is performed, the display will return to the start screen. To resume, press <QUICK START> key and calculations will continue.  
For more information regarding pause settings, refer to "User Parameter Setting".
3. When your workout time is paused, press <STOP/PAUSE> key to end your workout and the workout summary screen will be displayed.

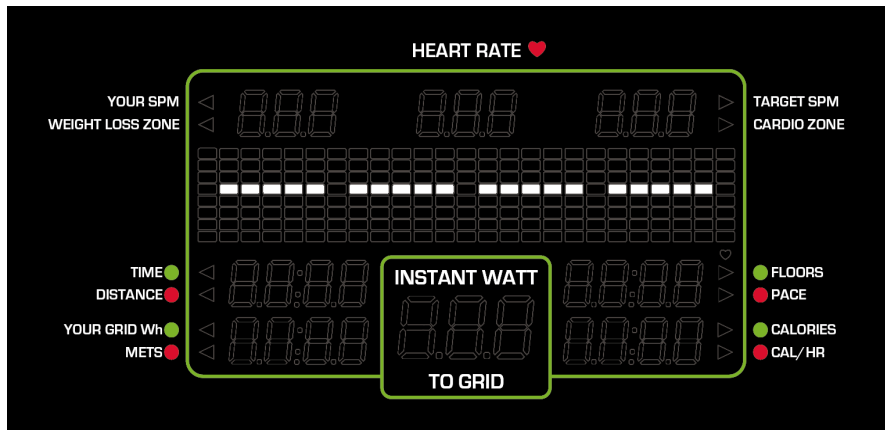
## **OPERATION** Workout Summary

Press <STOP/PAUSE> key twice or after cool down, it will show the message "REVIEW SUMMARY" and your current workout status on the screen lasting for 15 seconds, then press <STOP/PAUSE> once again to return to start screen.



## **OPERATION** Idle Mode

The machine will turn into power saving mode when there is no stepping on the pedal or not been operated to the buttons for 50 seconds, and the window will display "- - -" and continue to flash. To restart the machine, please step on the pedal or press any button to return to start screen.



## **OPERATION** Auto Power Off Function

The machine will shut off automatically when there is no stepping on the pedal or not been operated to the buttons for 2 minutes.

## **OPERATION** User Parameter Setting

Hold the <CHANGE DISPLAY> for 3 seconds to enter the user parameter setting procedures; press the <STOP/PAUSE> key at any time to return to the start screen.

Please refer to the following setting procedures:

### 1. Metric System / Imperial Units Setting

The window will display KM or MILE, press <SPM +/-> key to select the metric system or the imperial units, then press <ENTER> key to confirm your setting and go to the next step.

### 2. Display the Program Version

The window will show the version of each program, press <SPM +/-> key to view each program version, then press <ENTER> key and go to the next step.

Program Version Items:

- (a).CTL SA\_6 - xx → The program version of the control board.
- (b).DRV G690 - xx - yyyy → The program version of the drive board.
- (c).DRV MI - xx - yyyy → The program version of Micro Inverter driver board.
- (d).SA WELL+ x.x.x → The program version of the SA WELL+ adapter.

(This function is only available if you purchase SA WELL+.)

### 3. Display the Mileage

The window will show the message of DIST- xxxxxx KM or DIST- xxxxxx MILE, press <ENTER> key and go to the next step.

### 4. Display the Total Time

The window will show the message of TIME- xxxxxx HOURS, press <ENTER> key and go

to the next step.

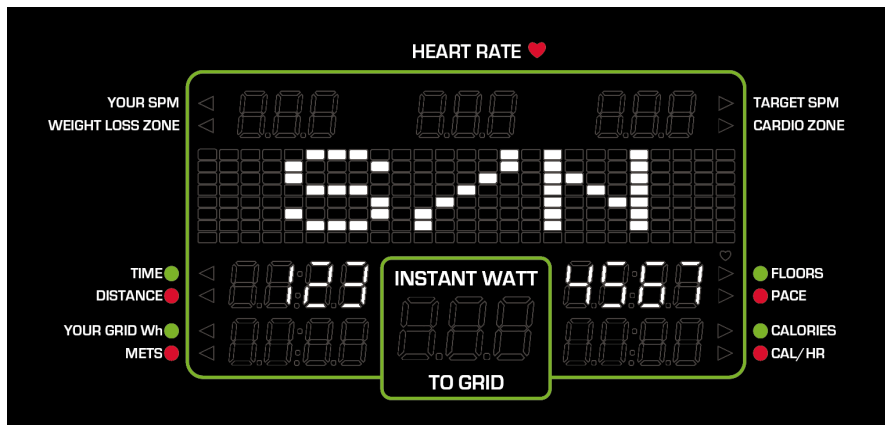
#### 5. Display the Total Watts

The window will show the message of “WATTS- xxxxxx KWH”, press <ENTER> and go to the next step.

#### 6. Product Serial Number

The Window will show the message of “S/N xxxxxxxx” (as shown below), press <ENTER> key and go to the next step.

※ The number “1234567” in the picture represents the machine serial number.



#### 7. Language Setting

The window will show the options of the countries, press <SPM +/-> key to select your language, then press <ENTER> to confirm and go to the next step.

#### 8. Time Limit Setting

The window will show the message of “TIME LIMIT”, press <SPM +/-> key to set the time, then press <ENTER> key to confirm and go to the next step.

※ If the time limit is set less than 5 minutes, this function is deactivated. The setting range is 5-60 minutes or OFF.

#### 9. PAUSE TIME Setting

The window will show the message of “PAUSE TIME”, press <SPM +/-> key to set the pause duration, then press <ENTER> to confirm and go to the next step.

※ Setting pause duration range: 2-60 min. It is set to 2 min by default.

#### 10. Turn on/off the Buzzer

The window will show the message of “BZ”, press <SPM +/-> key to turn on/off the buzzer, press <ENTER> key to confirm and go back to the start screen.

#### 11. Enable/ disable USB Charge Function

When the message “USB” displays in the window, press <SPM +/-> key to enable /disable USB charge function, then press the CONFIRM key and go back to start screen.

※ If USB charge function is disabled, it is only available when you workout. If USB charge

function is enabled, it is available both when you workout or not.

## **OPERATION** Features

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### 1.USB PORT

- (a).Provides up to 5V, 1A of power for charging
- (b).Let you update all required software drivers for the product.

### 2.CSAFE PORT

Compatible with CSAFE (Communications Specification for Fitness Equipment) Protocol.



### 3.QR code and NFC tag

Scanning the QR code and tapping the NFC tag will only display the SPORTSART website.

## 7. ABOUT HEART RATE DETECTION

Heart rate detection functions are selected at the time of purchase. Not every product has every type of heart rate detection. The following explains factors that influence the performance of two of the most common types of heart rate detection devices.

### **HEART RATE** Telemetry

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The words “telemetry heart rate” refer to the detection of heart rate via a device worn on the exerciser and transmitted over the air to a circuit board built into the product. Telemetry heart rate devices are commonly worn on the exerciser’s chest, where the pulse is strongest and relatively easy to detect.

The following explains conditions that affect the performance of the telemetry heart rate function in all products.

- The telemetry heart rate transmitter emits a wireless 5 kHz signal that is harmless to the human body. Keep a distance within 60cm between the heart rate receptor and the transmitter to achieve stable connection.
- If the battery is too low, the receiving distance may be shortened or there will be no reception.
- Secure the telemetry heart rate transmitter on your chest so that it stays in place without making you feel uncomfortable. Moisten the skin for better contact.
- Because the telemetry heart rate signal varies in strength from 20 Hz to 20 KHz, environmental interference can block signal reception. Physical vibration and electronic devices, including stereos, TVs, and even fluorescent lights, can interfere with signal reception. For best results, install the product in an area free from such interference.
- Space the product apart by at least 39 inches (100 cm) to avoid having the heart rate value from one exerciser appear on a neighboring product.

### **HEART RATE** Contact

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The words “contact heart rate” refer to the detection of the heart rate via sensors on the product. By holding the sensors, the exerciser can view his or her heart rate on the product display. Like telemetry heart rate, contact heart rate can be influenced by several factors.

The following list includes some of these factors.

- A weak pulse makes it difficult to detect heart rate.
- Low systolic blood pressure makes it difficult to detect heart rate.
- Dry, course palms impede heart rate detection. For best results, moisten your palms. But do not apply hand lotion immediately prior to your workout, because hand lotion can gum up the contact pads.

Heart rate devices built into this product are not medical devices. Heart rate values are for reference only. Do not use them for medical diagnostic or treatment work.

**CAUTION:** Heart rate detection and transmission devices have been known to interfere with the operation of pacemakers, possibly endangering human life. If you have a pacemaker, exercise under your doctor's supervision; take a test to ensure your safety during the simultaneous use of the pacemaker and heart rate detection devices. The use of such devices must be undertaken at your own risk.

Note that in dry areas in particular, static electricity can interfere with unit operation and shock people. To discharge static electricity from your body, touch something else before touching metal on the product.

## 8. GUIDELINES FOR EXERCISE

### HOW HARD SHOULD I EXERCISE?

Studies show that to benefit from aerobic exercise, people need to maintain a certain heart rate during their workouts. Your heart rate training zone depends on your age and fitness level.

The darkened area in the chart to the right represents the recommended heart rate training zone for people of various ages. It was calculated by taking 220 minus age in years, multiplied by 65% and 80%. The area between those values is the heart rate training zone.

**CAUTION:** Heart rate training zones are generalizations and may not suit every person. Always check with your physician to understand what heart rate goal would be appropriate for you.

### HOW LONG SHOULD I EXERCISE?

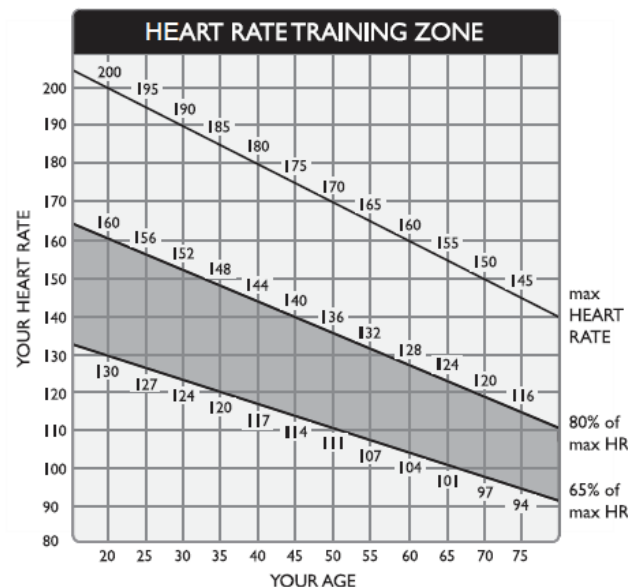
The duration of your workout must depend on your fitness level. In general, it is recommended that you maintain a heart rate within

your training zone for at least 15 to 20 minutes to experience the benefits of aerobic exercise. Beginners should always start out slowly and gradually increase the duration and intensity of their workouts. As your fitness level improves, you will be able to maintain a heart rate within the training zone for longer periods of time.

When you begin your workout, use the first several minutes to warm up. Then slowly increase the intensity of your workout to bring your heart rate into your training zone. At the end of your workout, gradually decrease your workload. Then exercise lightly to cool down.

### HOW OFTEN SHOULD I EXERCISE?

Research indicates that to achieve the greatest benefit, people should exercise three to five times per week. It is important to allow sufficient time, at least 24 hours, for your body to recover after exercise.



## 9. MICRO INVERTER (MI-250)

### MICRO INVERTER Important Safety Instructions

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#### CAUTION

These servicing instructions are for use by qualified personnel only. To reduce the risk of electric shock, do not perform any servicing other than that specified in the operating instructions unless you are qualified to do so.

#### PRUDENCE!

Ces instructions d'entretien sont uniquement destinées à un personnel qualifié. Pour réduire le risque de choc électrique, ne pas effectuer un autre service que celui spécifié dans les instructions de fonctionnement, à moins que vous soyez qualifié pour le faire.

To lower the risks involved in the assembly and operation of this inverter, please carefully note the meaning of the following warning symbols, abide by their messages, and thoroughly read these instructions.



This WARNING symbol indicates a risk of electric shock. Please use extreme caution when processing the procedure.



This CAUTION symbol identifies an improper operation that could result in critical safety issue or damage to the user or devices.

### MICRO INVERTER Cautionary Messages

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To lower the risks involved in the assembly and operation of this inverter, please follow the intent of these messages.



#### CAUTION

Plates are live. Disconnect unit before servicing. No user serviceable parts inside. Refer

servicing to qualified service personnel.

### **ATTENTION!**

Les plaques sont à nu. Débrancher l'appareil avant son entretien. Aucune pièce n'est réparable par l'utilisateur. Faire appel à un réparateur qualifié pour toute intervention de dépannage.



### **WARNING**

Power fed from more than one source. Each circuit must be individually disconnected before servicing. Do not remove cover until 5 minute after disconnecting all sources of supply.

### **AVERTISSEMENT!**

L'alimentation provient de plus d'une source. Chaque circuit doit être coupé avant toute intervention de dépannage. Attendre 5 minutes avant de retirer le couvercle une fois toutes les sources d'alimentation coupées.



### **CAUTION**

Perform all electrical installations in accordance with all applicable local electrical codes and the National Electrical Code (NEC), ANSI/NFPA 70.

### **PRUDENCE!**

Effectuer toutes les installations électriques en conformité avec les règlements locaux en vigueur et du Code National de l'Electricité (NEC), ANSI/NFPA 70.

## **MICRO INVERTER** Electronic Specifications

Input Data(3 Phase AC)	
Input power source	3 Phase permanent-magnet generator
Maximum input voltage	140V(line-to-line voltage)
Nominal operating voltage range	55-125V(line-to-line voltage)
Maximum input current	7A(line current)
Output Data(single phase AC)	
Maximum continuous output power	220W
Output power factor rating	>0.9
Nominal voltage(Operating range)	120VAC (105.6-132.0V) 230VAC (184.1-245.0V)
Maximum continuous output current	2.0A (fro 120V) 1.3A (fro 230V)
Normal output frequency (Operating frequency range)	60Hz (59.3~60.5Hz) 50Hz (47.4~50.1Hz)
Utility interconnection voltage and Frequency trip limits and trip times	0.16s (for 120V) 0.2s (for 230V)
Maximum units per branch	7 (for 120V) 9 (for 230V)
Output controlling method	The LEVEL command of panel controller
Others	
Normal operation temperature range	+5°C ~ +35°C
Storage temperature range	+5°C ~ +40°C
Enclosure Rating	Type 1:"indoor use only"
Application	For SportsArt device only

## **MICRO INVERTER** Circuit Board & Product Settings

### 1.Frequency setting:

MI-250 can detect the frequency automatically without setting.

### 2.Connecting to grid power:

After MI-250 is installed into Eco-Powr products, the power can be linked to grid power through product power cord. Attention: it is necessary to cover the power cord and product connecting area with a metal cover. unplug the power cord from the wall outlet before

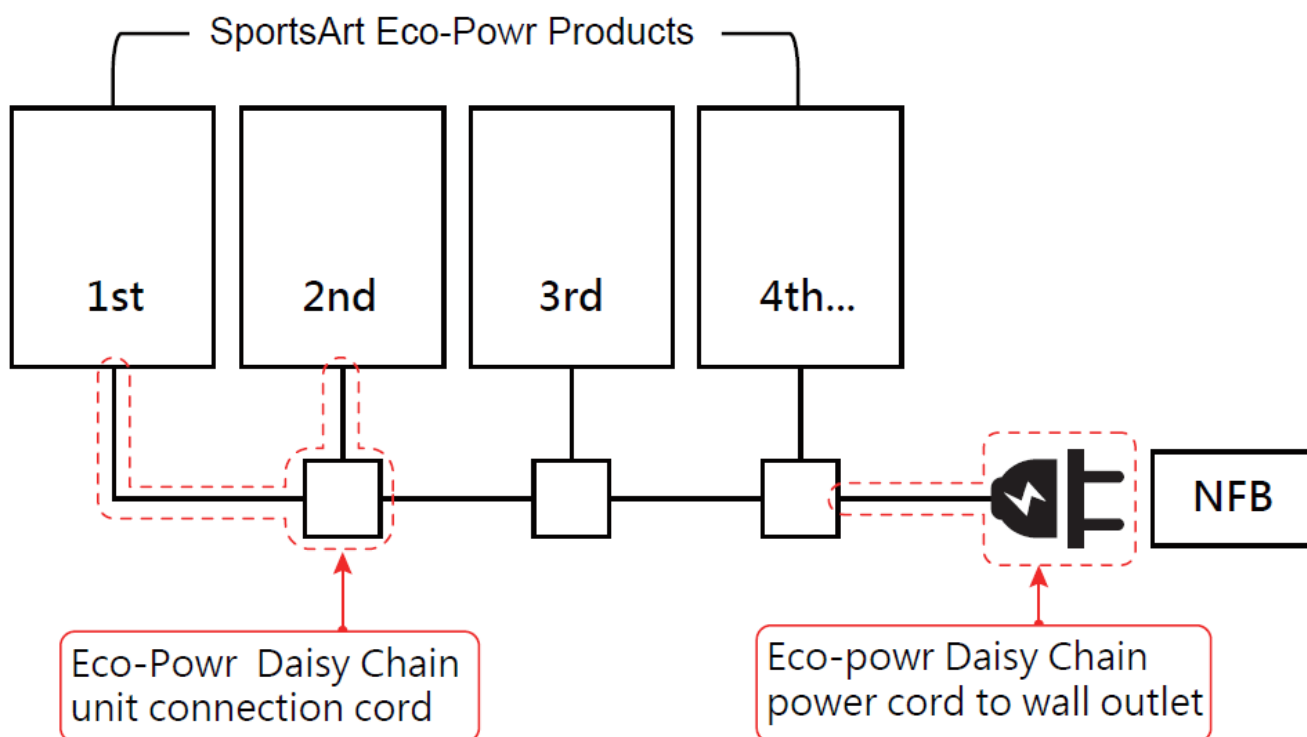
pulling the plug from the product. If the plug is pulled while it is connecting to the power grid, it might cause the electric arc and damage the plug.

3.The number of products can be linked to a power circuit line:

The max wattage output of MI-250 is 220W. Pay attention to the electricity capacity limit (the rating of over-current protective device) to avoid overload. Different area voltage limits are shown as the following table.

Local Grid voltage	The rating of the circuit	Number of products
230V	10A	9
220V	10A	8
120V	15A	7
110V	15A	6

This optional accessory SportsArt Eco-Powr Daisy Chain unit connection cord is suitable SportsArt Eco-Powr Daisy Chain cable unit connection cable allows multiple Eco-Powr products to be powered from a single electrical socket.



4.Power on:

Start operating the Stepmill when the display enter Banner page. If the Stepmill cannot be turned on or the display turns dark or shows "PLUG IN SOCKET". Insert the power cord into the power supply socket and start pedaling the Stepmill.

## 10. MAINTENANCE

### MAINTENANCE Safety Precautions

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- Please follow standard safety precautions when servicing on this product.
- Do NOT use a damp towel to clean the product and do perform the following maintenances.
- Do NOT use cleaners with alcohol, ammonia, or other damaging chemicals. The use of such chemicals can damage the product and void the warranty. Never spray or pour any liquid directly onto the product. Doing so can damage electronic components and void the warranty.
- Use a clean, lint-free towel, dampened with a mixture of Simple Green® all-purpose cleaner, to thoroughly clean the handlebar and the console.
- This product has moving parts that can be hazardous. Exercise caution when maintaining, operating, or moving this product.
- Do not use accessories or parts that are not specifically recommended by the manufacturer (SportsArt) . Such parts might cause injuries or cause the unit to fail and void the warranty. We will not be responsible for any safety issue that arises due to the misuse of accessories or parts. At the same time, we will terminate the warranty terms of this equipment.
- Maintenance and repair must be performed by trained service personnel only. Improper maintenance would not only damage the machine, but also may present a danger to the exerciser.
- Keep this product out of use until maintenance is completed.
- The unit shall be disconnected from its power source during service and when replacing parts.
- If you need to remove the cover for repair or maintenance, be sure to contact the service station or dealer to deal with, do not operate on their own.
- Electronic components can carry an electrical charge even after the product has been turned off. For safety, turn off unit power. Wait five minutes to allow capacitors to discharge. Then disconnect the power cord from the wall socket (if applicable.) Only after such steps have been completed should covers be removed and electronic components accessed.

## **MAINTENANCE** Circuit Protection

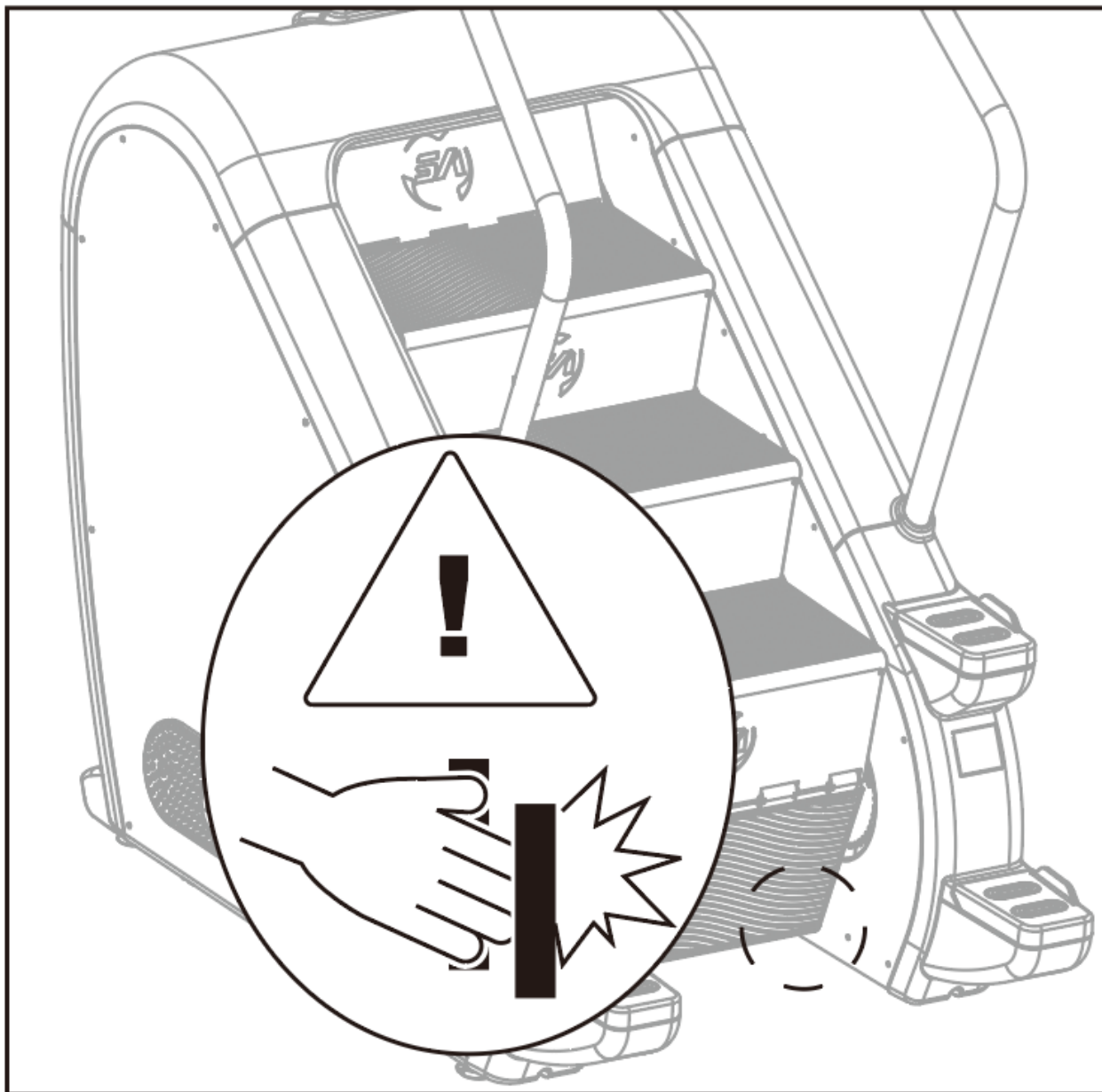
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When there is an overload circuit, the round button will trip to disconnect the supply automatically, shown as point D in figure below. Wait 5-10 minutes before pressing the button. If an abnormality is still present, turn off the power supply and make an inspection by maintenance personnel, and then follow the boot procedure to resume normal operation. The picture below is for reference only.



## **MAINTENANCE** Warning of hand injuries for being pinched

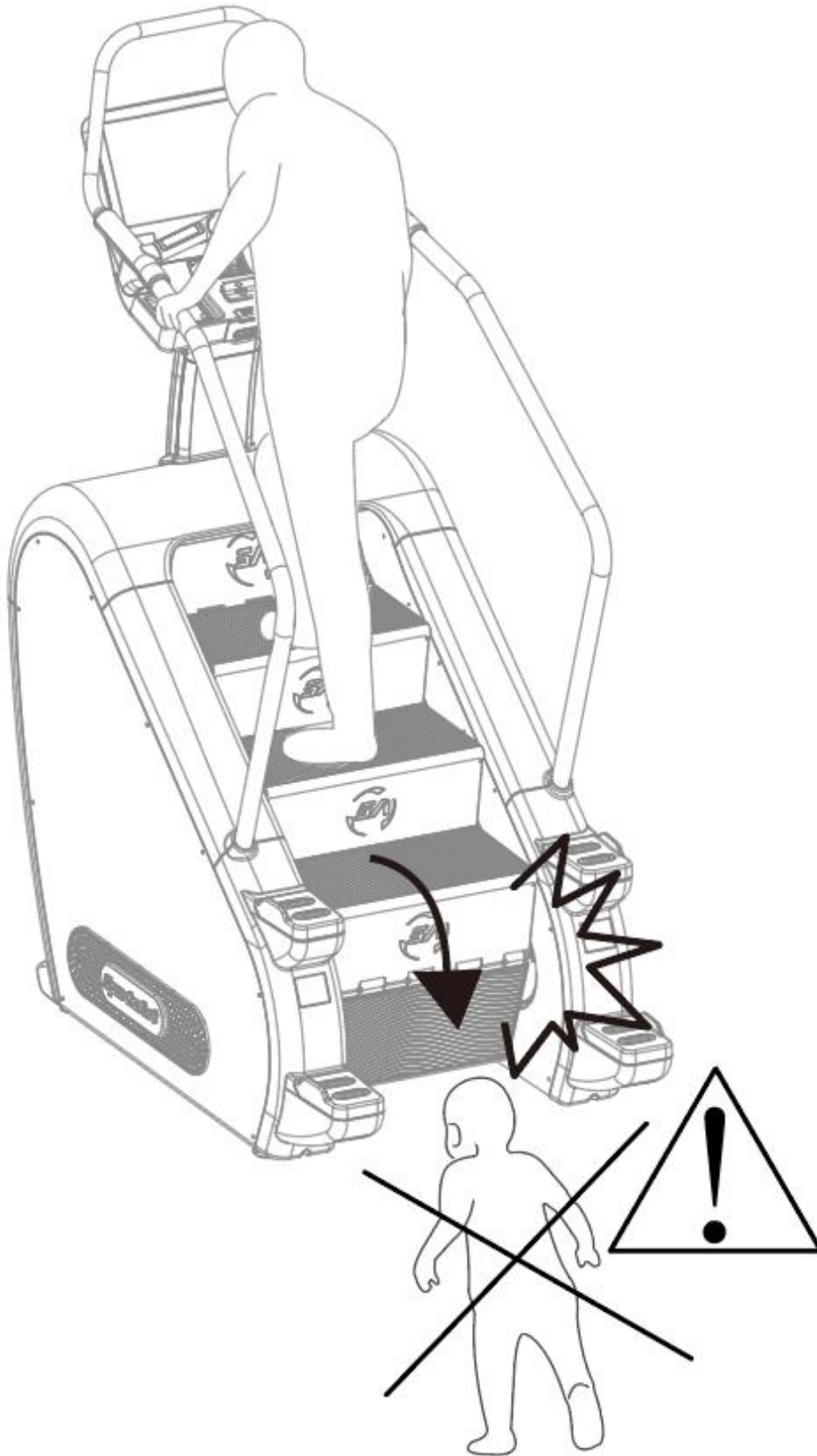
Please be careful not to put hands into the gap of the machine to avoid the hand injuries for being pinched.



## **MAINTENANCE** Warning of being caught in the pedal during operation

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※Keep non-user away from the machine in operation to avoid for being caught in the pedal.



## **MAINTENANCE** Maintenance Checklist

If there is a need for maintenance of components, please visit the SportsArt website.

cleaning requirements

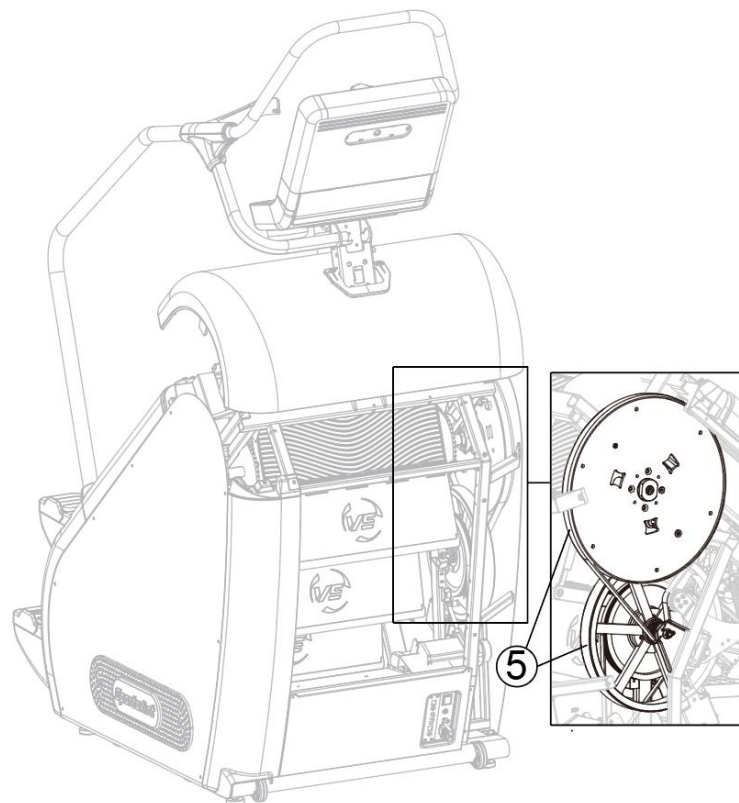
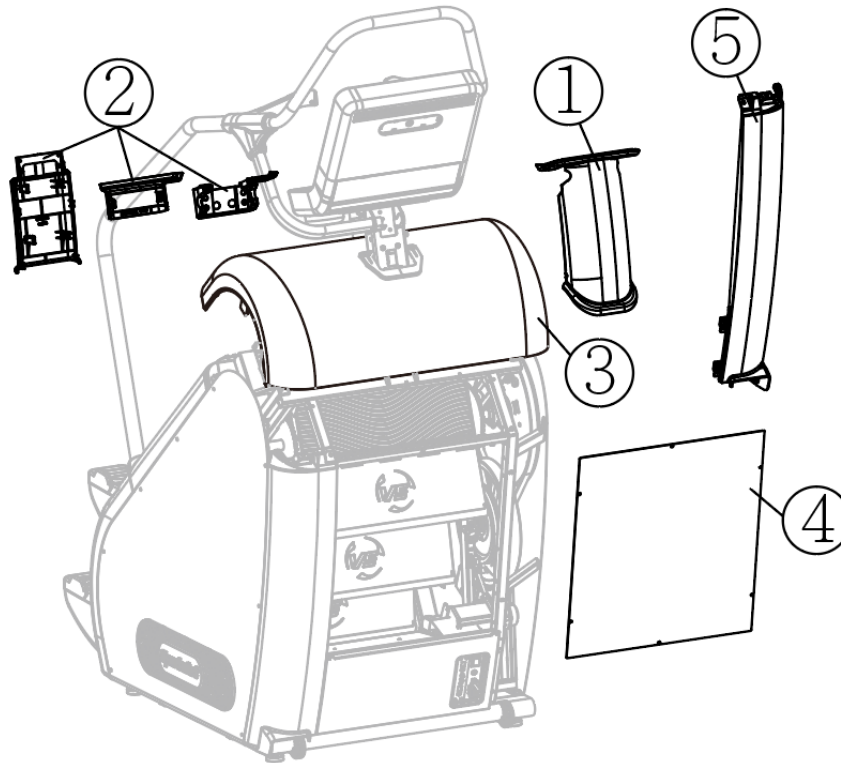
The disinfectant has to be in compliance with Medical Device Directive 93/42/EEC (MDD) and Biocidal Products Directive 98/8/EC (BPD).

It is suited for sensitive synthetic surfaces such as synthetic leather, polycarbonate (PC), acrylic glass and polysulfone, and for the keyboards and control panels.

Maintenance Checklist							
Item		Daily	Weekly	Monthly	Seasonally	Yearly	Remarks
1	Appearance of the machine	•					Clean.
2	Screws of the machine	•					Check if they are loose.
3	Machine test	•					Check if the machine is operating properly.
4	Upper and lower sprocket wheels and chains				•		Check if its chain works properly, lubricate the machine and check the tightness.
5	V-ribbed belt					•	Replace every 3 years.
6	Leveling the equipment			•			Check whether the equipment is flat.

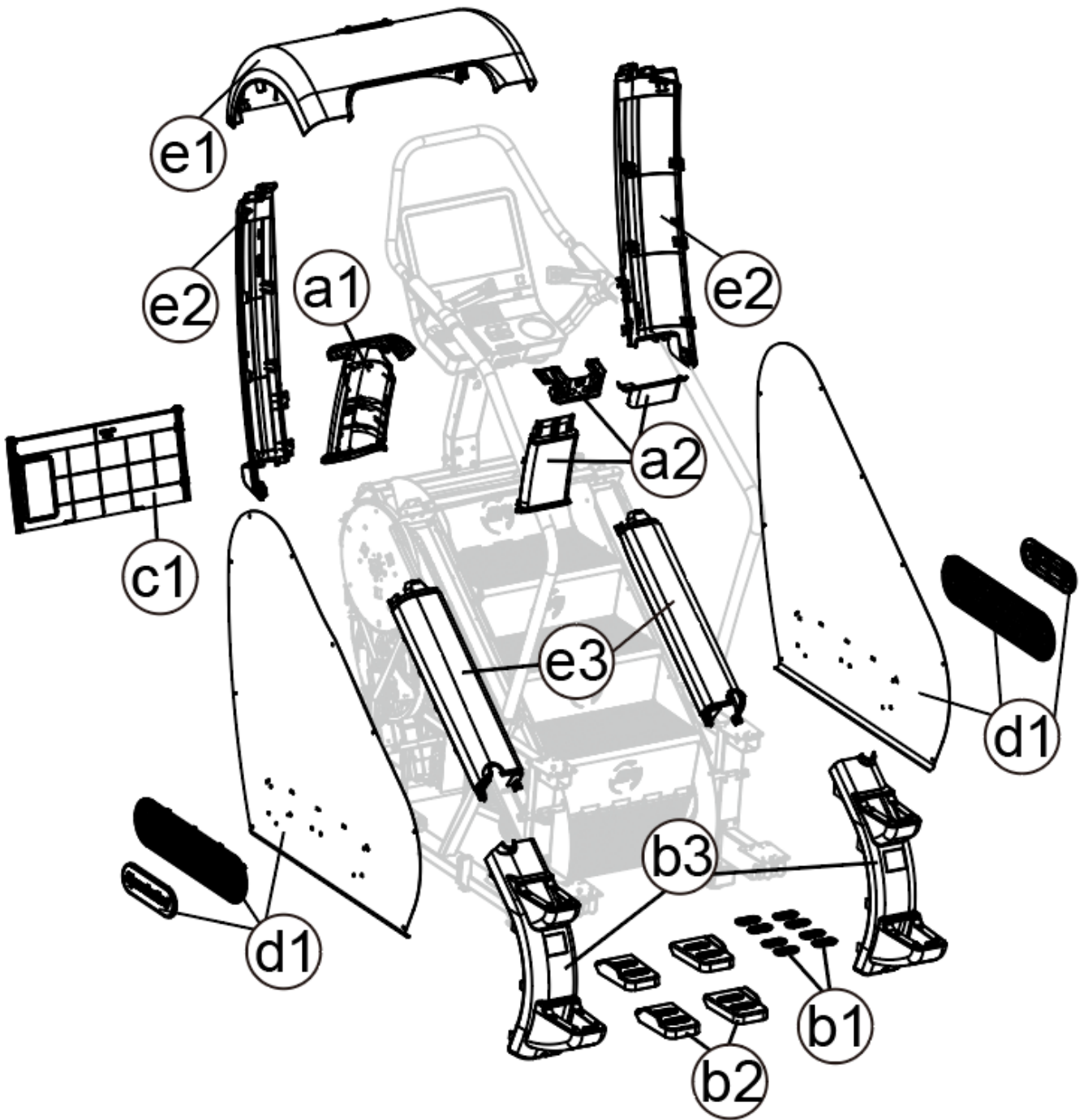
## MAINTENANCE Inspection of the v-ribbed belt

The v-ribbed belt must be inspected annually for any damage. It should be inspected more often if being used very often. Disassemble the plastic parts as shown below to inspect the belt and assemble them in the reverse order after inspection.



# MAINTENANCE APPENDIX Product Disassembly

Follow sequence of index numbers 1 through 4 assigned to the figure below to disassemble the product and be sure to remove all the retaining screws before performing disassembly.



# MAINTENANCE Maintenance Log

Facility: \_\_\_\_\_ Supervisor: \_\_\_\_\_

Product model number: \_\_\_\_\_ Serial number: \_\_\_\_\_

Start date: \_\_\_\_\_ End date: \_\_\_\_\_

Daily Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Daily Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Weekly Tasks	Week 1-7							Week 8-14							Week 15-21							Week 22-28									
Completed																															

Weekly Tasks	Week 29-35							Week 36-42							Week 43-49							Week 50-52									
Completed																															

Monthly Tasks	1	2	3	4	5	6	7	8	9	10	11	12
Completed												

Quarterly Tasks	Quarter 1	Quarter 2	Quarter 3	Quarter 4
Completed				

Yearly Tasks	Year 1
Completed	

Notes: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## 11. Optional accessories

### Optional accessories SA WELL+ Member System

This is designed specially by SportsArt to assist the user in managing their workout history.

1. Using a smartphone, connect to the unit via Bluetooth/WIFI and use the SA WELL+ App.  
The App is available for download in the App Store and Google Play.
2. Using our SA WELL+ app, you can scan the QR code or tap the NFC tag on the console to connect with the product.
3. Manage user information and workout data Visit "<https://sawellplus.gosportsart.com/>" for more information about this feature.

### Optional accessories MYE Wireless TV Audio Channel Receivers

[To purchase, please contact MYE Inc. <http://www.myclubtv.com/>]

Multiple TV and audio channels receiving and volume adjustment enabled.

1. The following two modules are available for this receiver (to be purchased by client):
  - (a). MC3R-9(900MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel Transmitter MWTD-S9.
  - (b). MC3R-8(863MHZ), which has to be used with a MYE Wireless TV Digital Audio Channel transmitter MWTD-S8.

Choose a suitable module according to country of location. (Please contact MYE Inc. for detail specification and technical information)

For example:

Wireless TV transmission frequency in America is 900MHZ.

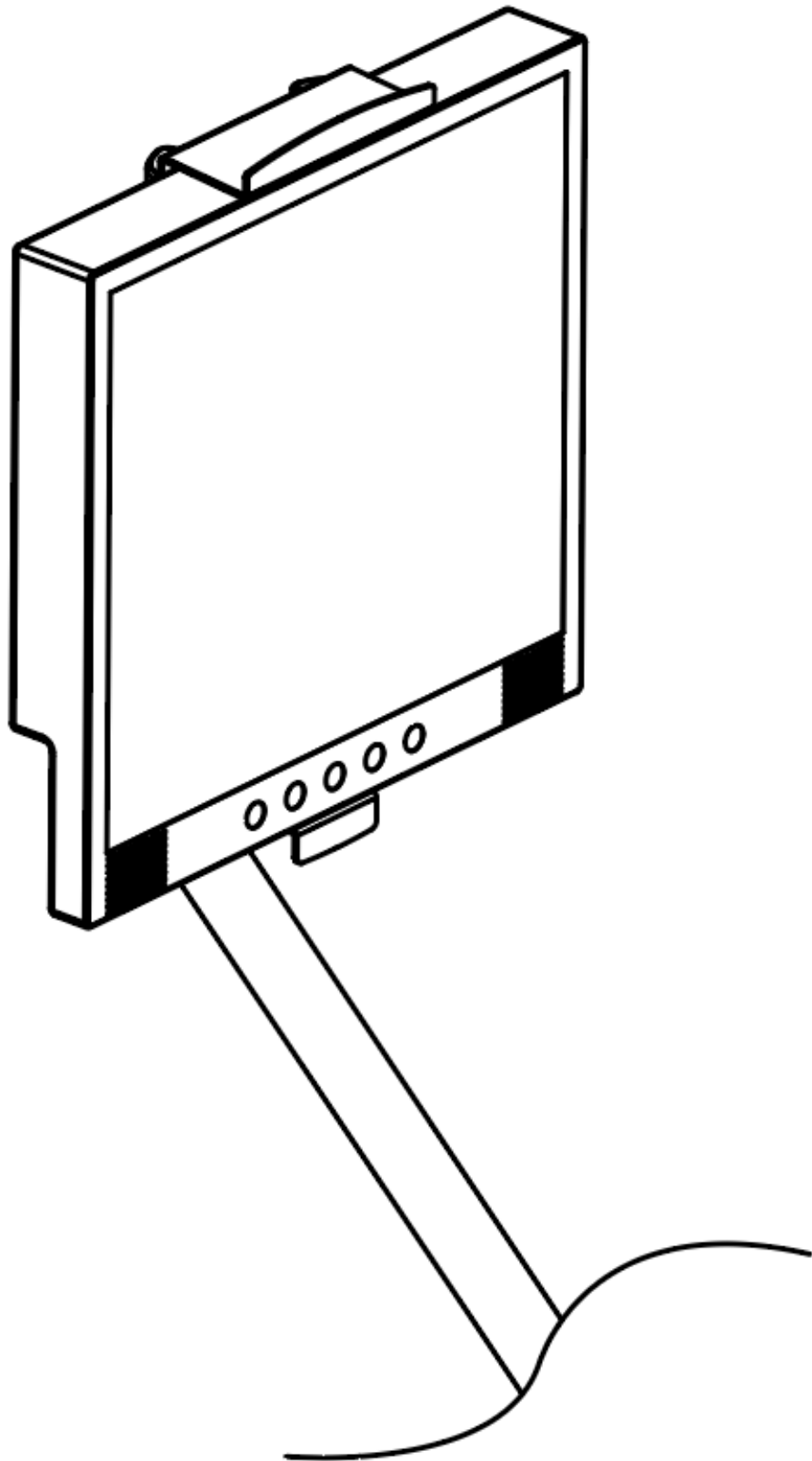
Wireless TV transmission frequency in Europe is mostly 863MHZ (or nominally 800MHZ).

2. Operation instruction: Turn off unit power, plug the receiver into the CSAFE port located at left of display and then turn on the power.
3. The VOLUME +/- keys and CHANNEL ▲/▼ keys will be activated once the receiver is plug into the unit.
  - (a). Press VOLUME +/- keys to adjust volume settings. The volume setting range is from 0 to 15, with a default setting of 5.
  - (b). Press CHANNEL ▲/▼ keys to change channel settings. The channel setting range is from 1 to 32, with a default setting of 1. The display will show "CH XX" during setting.

Note: Do not unplug the receiver from unit before turning off the power to avoid receiver being damaged.

**Optional accessories TV Mount Bracket**

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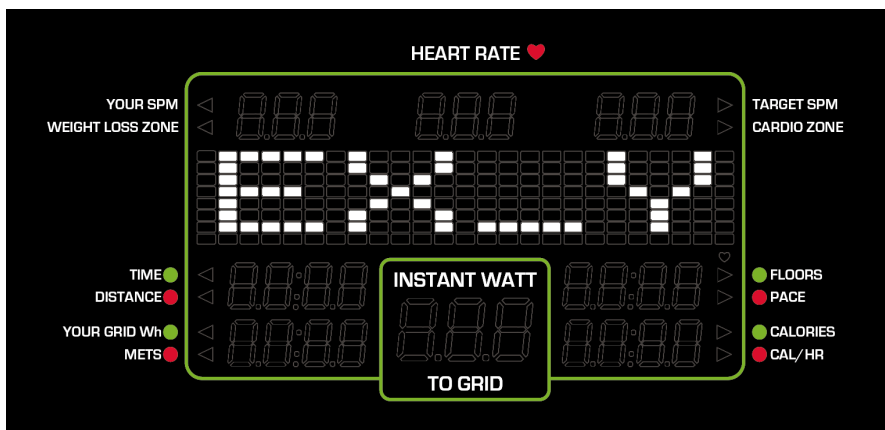
# 12. APPENDIXES

## APPENDIXE Specification

<b>Model</b>	G778
<b>Dimensions</b>	L : 1618mm (63.7") W : 907mm (35.7") H : 2169mm (85.4")
<b>Overall Weight</b>	215 kg (474 lbs)
<b>Maximum User Weight</b>	227 kg (500 lbs)
<b>Power Requirement</b>	100 - 120 V , 60Hz , 2.2A 200 - 240 V , 50Hz , 1.1A
<b>Circuit Breaker</b>	125/250Vac , 3A

## APPENDIXE Error Messages

The window will show the error message when an unusual situation occurs on the machine. (Shown as illustration below, X is for the main code, Y is for the secondary code.)

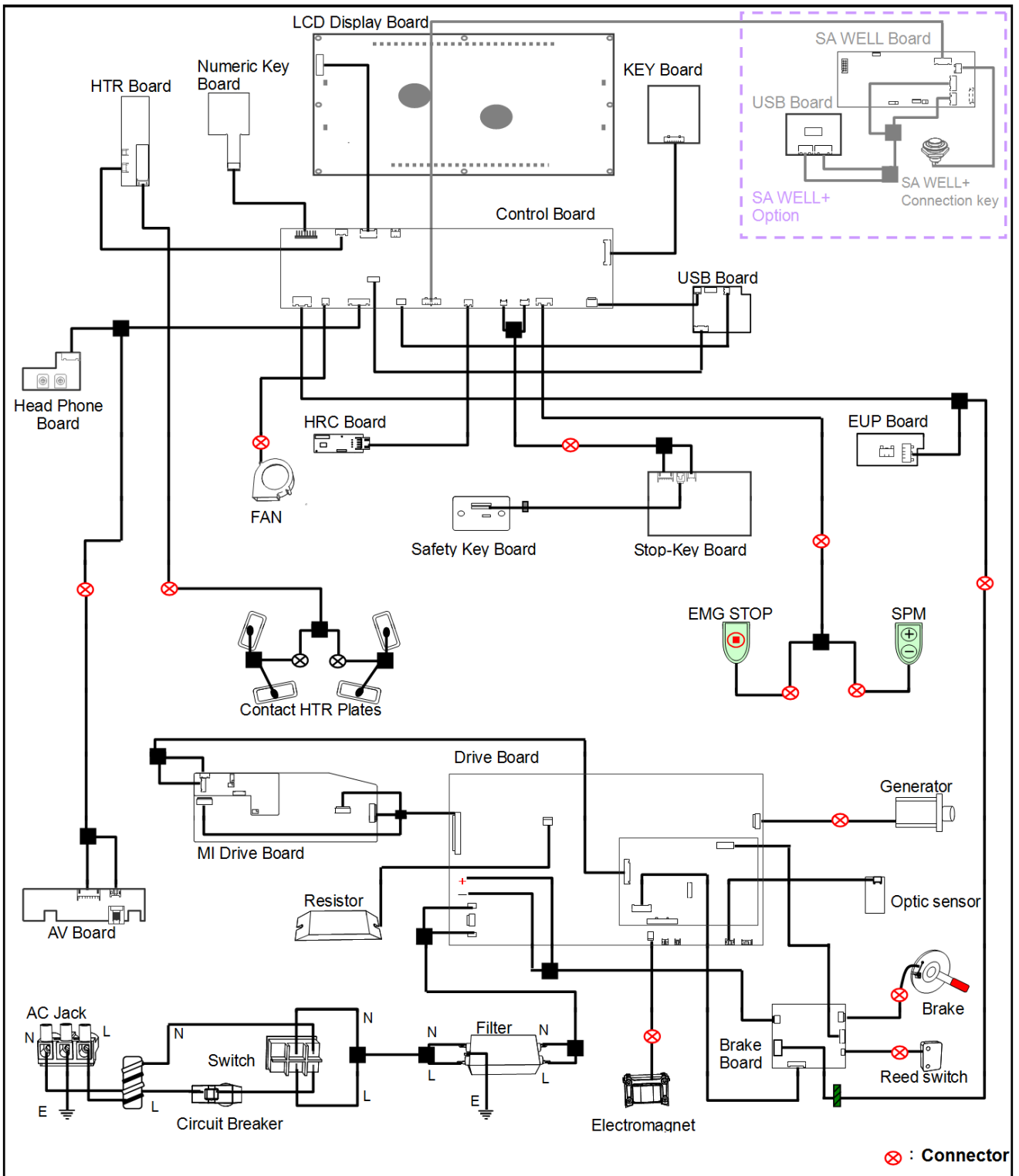


Error Code Description:

Main Code X	Secondary Code Y	Error message	Note
1	1	System boot error.	
1	6	Plug the unit into incorrect voltage outlet.	The unit will set the voltage to match the outlet, and will automatically power off in 3 seconds.

2	1	IGBT`s current is overloaded. (DC bus Overcurrent)	
2	2	IGBT`s temperature is too high.	
3	1	The AC power supply is failure or the booting time is too short after shut down. (The situations above are called ISLANDING)	
3	2	AC power supply is failure in voltage.	
3	3	AC power supply is failure in frequency.	
3	4	AC reference error.	
3	5	AC grounded failure.	
4	3	DC BUS voltage is too high. (440V - 450V)	
4	4	DC BUS voltage is too high. (Greater than 450V)	
5	1	Forced to warm up.	
5	2	Forced to EngStop.	
6	1	Generator`s current is overloaded.	
6	2	Generator is failure in voltage.	
6	3	Generator`s temperature is too high.	
8	1	When start up, communication with the drive board is abnormal.	Will restore when the communication is back to normal.
8	2	When start up, communication with the driver board is normal, but an abnormality occurs during use.	
8	3	Communication failure with stride motor driver board.	

# APPENDIXE Electronics Block Diagram





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