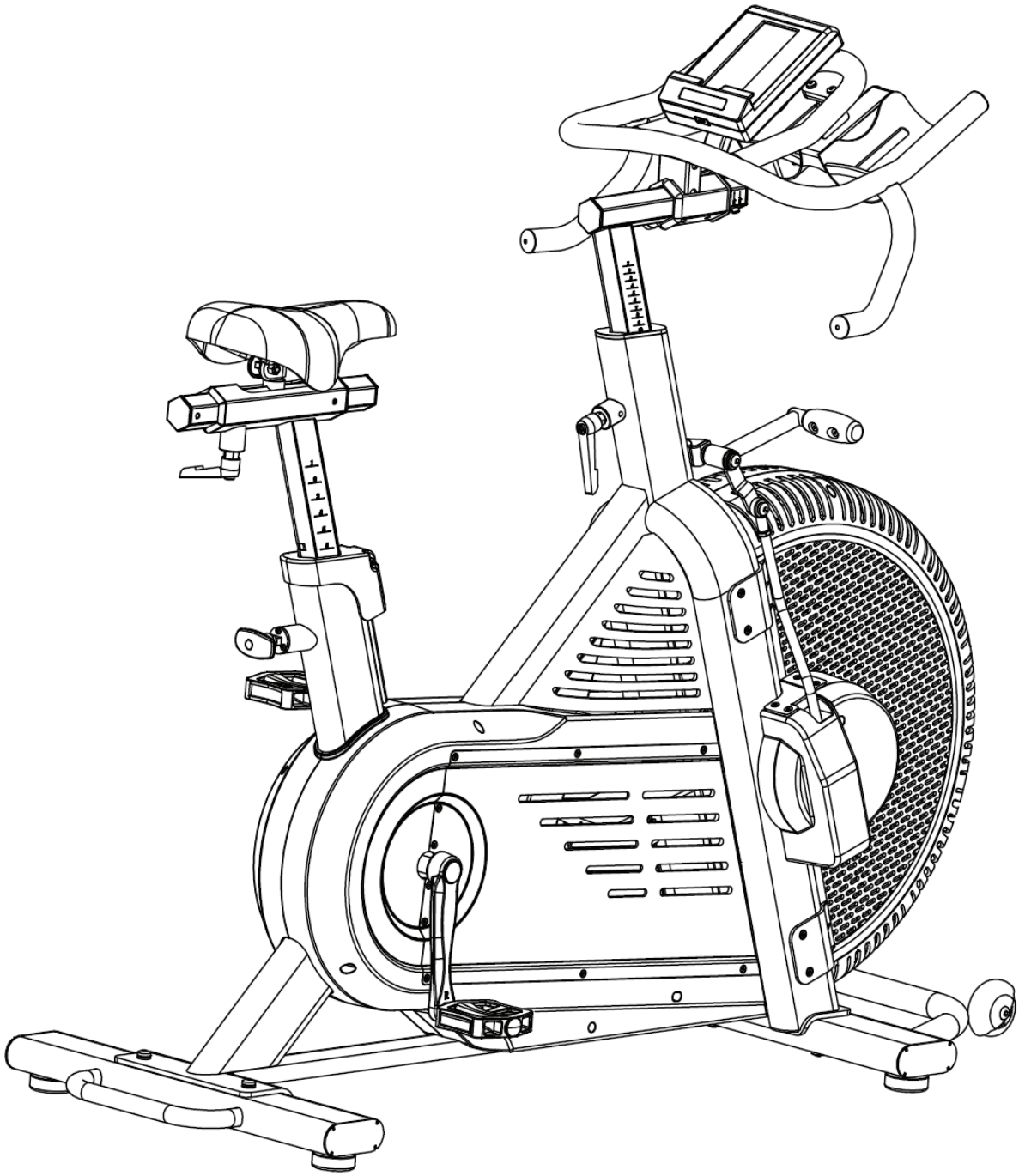
PLAE

Owner’s Manual | Enforcer



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1. BEFORE YOU START

It is the sole responsibility of the purchaser of PLAE products to read the owner's manual, warning labels and instruct all individuals, whether they are the end user or supervising personnel on proper usage of the equipment. It is recommended that all users of PLAE exercise equipment be informed of the following information prior to its use. PLAE recommends that all commercial fitness equipment be used in a supervised area. It is recommended that the equipment be located in an access-controlled area. Control is the responsibility of the facility owner. The extent of control is at the discretion of the owner.

1.1 SAFETY INSTRUCTIONS

Proper Usage

- Do not use any PLAE Performance equipment in any way other than designed or instructed.
- PLAE is not responsible for injuries or equipment issues arising from unauthorized use or ignoring the guidance provided.
- All users are responsible for assessing their own physical capabilities and using the machine accordingly. Misuse voids all implied liability.
- The product must be correctly assembled and tested before operation.
- Do not use machine with air cover (shroud) removed.
- Keep hands and feet clear at all times from moving parts to avoid injury.
- The equipment must be installed indoors in a location free of moisture and dust.
- Regularly check operation and component parts of the machine. Securely tighten any loose fittings or connections. To ensure that the safety level of this cycle is maintained, examine components for wear and tear on a regular basis. Components that are excessively worn or inoperable should be replaced immediately or the cycle should be put out of use until it is repaired
- Routinely protect all metal and plastic surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces.
  * Note: Do not apply Lanolin directly to the machine.
- It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all PLAE equipment.

Check for Damanged Parts

- DO NOT use any equipment that is damaged and/or has worn or broken parts. Use only replacement parts supplied by PLAE.
- Maintain Labels and Nameplates: Do not remove labels for any reason. They contain important information. If unreadable or missing, contact PLAE or your re-seller for a replacement.
- Securing Equipment: All equipment MUST be installed on a solid, level surface to stabilize and eliminate rocking or tipping over. Ensure leveling feet are set properly and locked into position.
- Maintain all Equipment: Preventative maintenance is the key to smooth operating equipment as well as keeping your liability to a minimum. Equipment needs to be inspected at regular intervals.
- Ensure that any person(s) making adjustments or performing maintenance or repair of any kind is qualified to do so.

Specific Operating Warning

- The maximum weight supported by the PLAE Performance VPR Cycle is 160kg/353lbs. Do not exceed maximum user weight.
- Only one user at a time is permitted to use the PLAE Performance VPR Cycle.
- Children under the age of 12 are not allowed to use the machine.
- Always operate the equipment in accordance with these instructions.
- Do not attempt to use this cycle at high speeds or in standing positions until you have practiced and are comfortable at lower speeds.

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1.1 SPECIFIC OPERATING WARNING (CONT.)

- Do not spill food or drink on the product.
- Keep pets away from this machine.
- Never drop or insert any object into any opening on this cycle.
- Routinely inspect all bolts, nuts and fixings are secure. Tighten where needed.
- Routinely check the machine for smooth operation, feeling for loose cranks, rough bearings or belts, and listen to any abnormal noises like squeaks or clunks.
- Do not allow users to wear loose fitting clothing while using equipment. It is also recommended to have users secure long hair back and up to avoid contact with moving parts.
- When adjusting any seat, handlebar mechanism, make certain that the adjusting pin is fully engaged in the hole or slot to avoid injury.
- Keep children away from all exercise machines. Parents or others supervising children must provide close supervision of children if the equipment is used in the presence of children.
- Injuries may result if exercising improperly or excessively. It is recommended that all individuals consult a physician prior to commencing an exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
- Understanding each and every wanring to the fullest is important. If any of these warning are unclear, ask for clarification from PLAE Personnel or the equipment reseller.

1.2 DANGER

- Do not wet the surface of the PLAE Performance VPR Cycle with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the PLAE Performance VPR Cycle must have a tight-fitting cap or lid. Do not use the PLAE Performance VPR Cycle if a liquid has been spilt on any surface.

1.3 ATTENTION

- Please consult your physician before commencing any exercise program.
- Clearance must be obtained from a health professional if suffering from any of the following health conditions of the user:
    - Pregnancy
    - Heart Disease
    - High Blood Pressure
    - Diabetes
    - Chronic Respiratory Disease
    - High cholesterol
    - Cigarette related or other chronic disease
    - Physical disability
- Stop exercising immediately if you are experiencing any of the following symptoms: dizziness, chest pain, nausea, or any other health abnormality during exercise. Please consult your physician before continuing the exercise.
- A qualified engineer or recognized service agent must conduct any repair or maintenance work.

1.4 WARNING

- The PLAE Performance VPR Cycle is user powered. The user controls the speed of movement.
- There is no emergency stop function in the PLAE Performance VPR Cycle.
- Every user must become familiar with the mechanism and functions before using the PLAE Performance VPR Cycle.
- Ensuring entry to the PLAE Performance VPR Cycle is via the rear, gripping the handles when embarking or disembarking.
- The PLAE Performance VPR Cycle must be installed on a hard, level surface.

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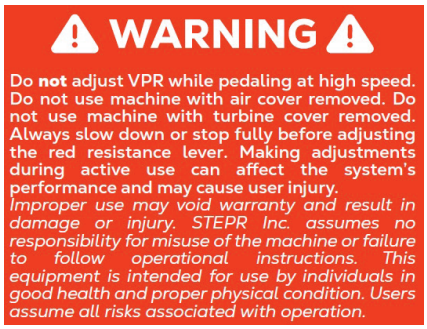
1.4 WARNING (CONT)

- Keep hands away from all moving surfaces and components.
- Do not allow a towel or clothing to become caught in the moving surface of the PLAE Performance VPR Cycle.
- Shoelaces must be tied and short enough not to touch the foot pedals.
- Do not wear high heels, or shoes with leather soles.
- Always use the handles when embarking or disembarking the PLAE Performance VPR Cycle.
- Examine the PLAE Performance VPR Cycle regularly for safe operation.
- Do NOT remove below warning label from the machine:



2. INSTALLATION AND ASSEMBLY

2.1 TECHINCAL SPECIFICATIONS

- The PLAE Performance VPR Cycle does not require any electrical wall outlet. The PLAE Performance VPR Cycle is a non-motorized product. The PLAE Performance VPR Cycle uses uniquely patented Variable Pitch Resistance (VPR) to provide an unprecedented wide and user-controlled resistance range.

Dimensions

- Product: 147.5cm (L) x 56.5cm (W) x 130.5cm (H) / 58” x 22” x 51”

2.2 INSTALLATION AND PRECAUTIONS

Installation

- It is important that the PLAE Performance VPR Cycle is correctly assembled, and we recommend that installation and assembly should be carried out by suitably qualified personnel.

Precautions

- Before assembling, make sure that you have enough space around the machine.
- Use the supplied tools for assembling.
- Before assembling, please check whether all the supplied parts are available.
- It is recommended that this machine is assembled by two or more persons to avoid any injuries or damage to the machine.

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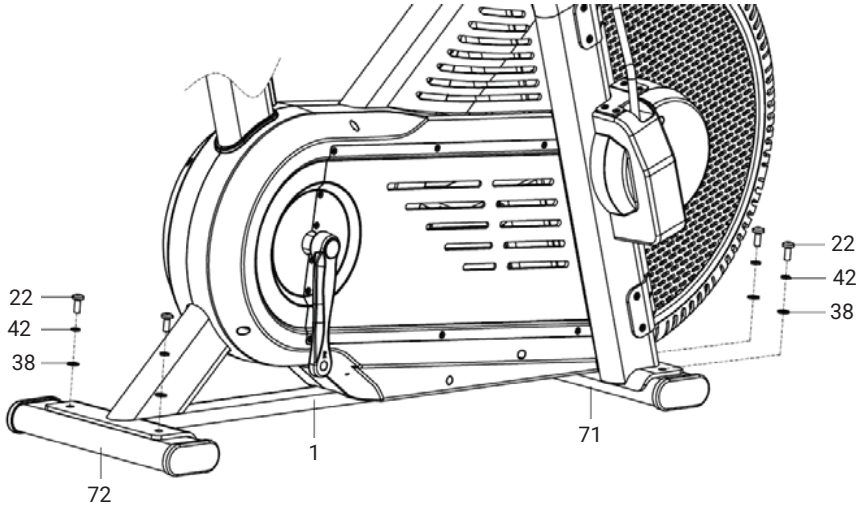
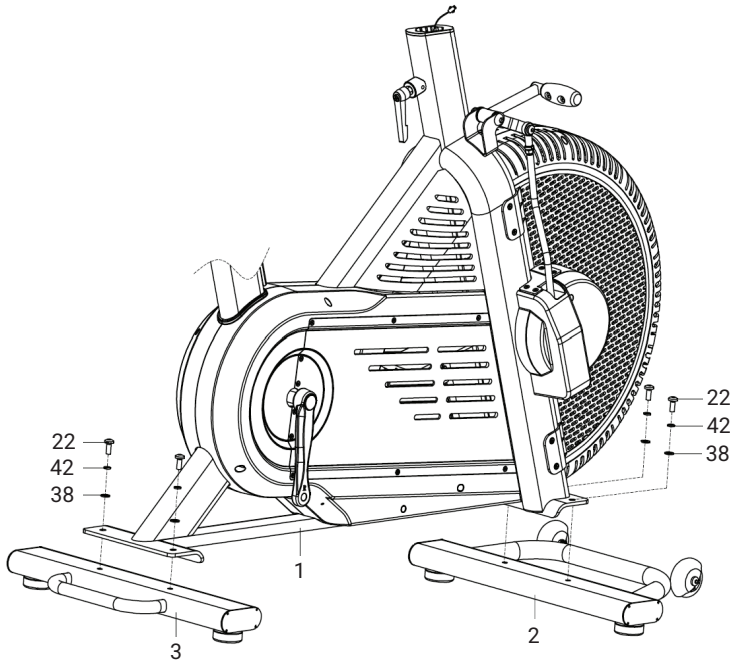
2.3 ASSEMBLY STEPS

STEP 1

1. Remove and dispose the Front Packaging tube (71) and Rear Package Tube (72) by unscrewing the Bolts (23), spring washers (42) and flat washers (38); Retain the bolts/washers for next step use.
2. Lock the Front Stabilizer Leg (2) to the front of main frame (1) with the bolts (22), spring washers (42), and flat washers (38).
3. Repeat above step 2 to assemble the Rear Stabilizer Leg (3) to the rear of main frame (1).





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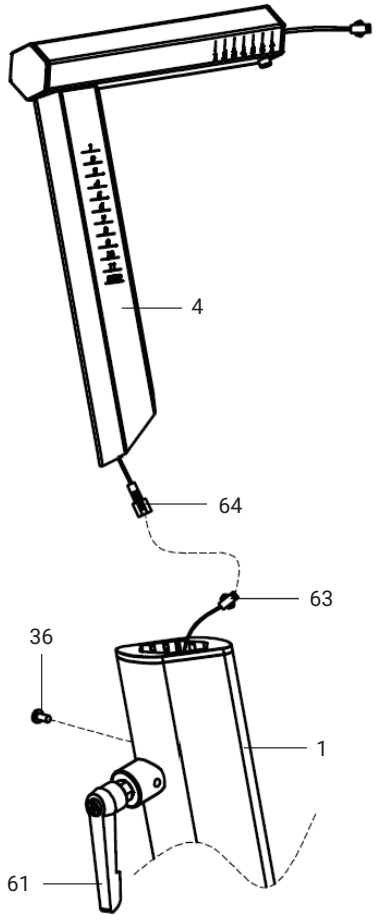
2.3 ASSEMBLY STEPS (CONT)

\STEP 2

1. Connect Sensor Wire 1 (63) and Connection Wire 2 (64).
2. Loosen L–shape Knob (61) and Phillips head screw (36) on main frame (1) and insert Handlebar Post (4) into main frame (1).
3. Secure L–shape Knob (61) and Phillips head screw (36) while the Handlebar Post (4) inserted to the minimum depth (by the STOP mark).



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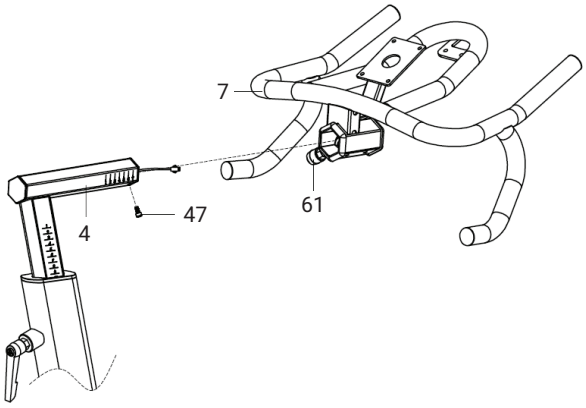
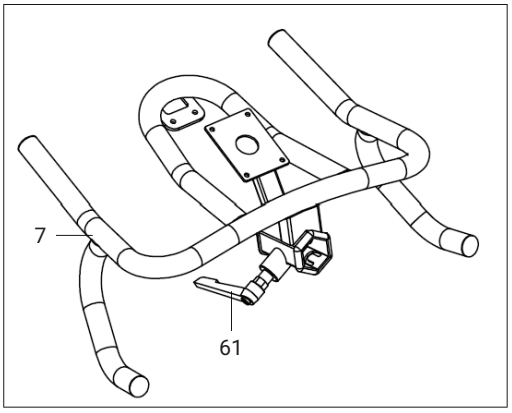
2.3 ASSEMBLY STEPS (CONT)

STEP 3

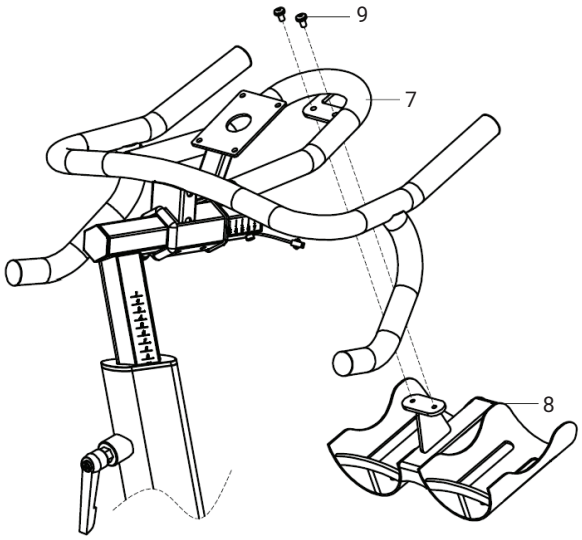
1. Loosen hex socket cap screw (47) on handlebar post (4).
2. Release the L–shape Knob (61) on Handlebar (7) and slide the Handlebar onto Handlebar Post (4) from the front.
3. Lock the hex socket cap screw (47) back to the handlebar post (4) and tighten L–shape Knob (61).





STEP 4

1. Lock Bottle Holder (8) to Handlebar (7) with 2 hex socket pan head screws (9).



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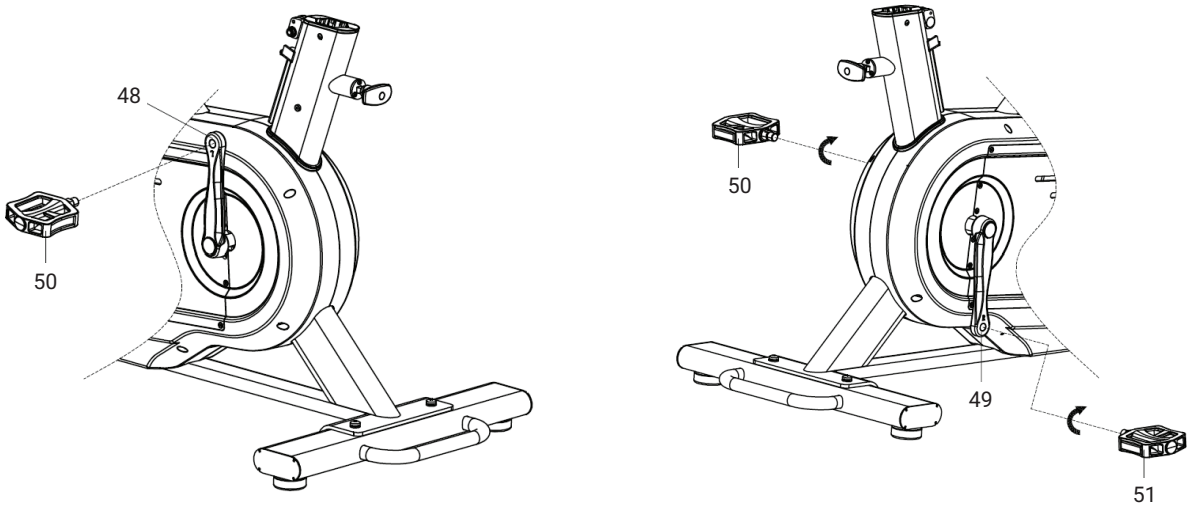
2.3 ASSEMBLY STEPS (CONT)

STEP 5

1. Hand assemble Left Pedal (50) to Left Crank Arm (48) counterclockwise, and Right Pedal (51) to Right Crank Arm (49) clockwise, then tighten with supplied open wrench (78).

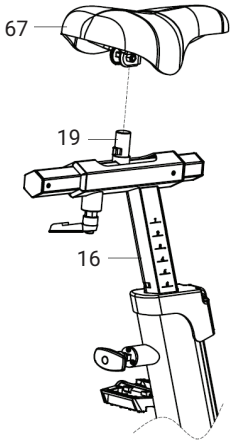
*Please note: The left pedal should be locked counterclockwise, and the right pedal should be locked clockwise. Follow the direction indicated by the arrow in the following figure. Keep the left pedal (50) and the right pedal (51) always tightened to avoid any thread damage.



STEP 6

1. Place the Saddle (67) onto Saddle Post (19)
2. Adjust the Saddle to level position and lock the nuts securely with supplied Open Wrench (77)

*Note: Make sure Seat Post (16) and Saddle (67) are locked securely before every exercise.



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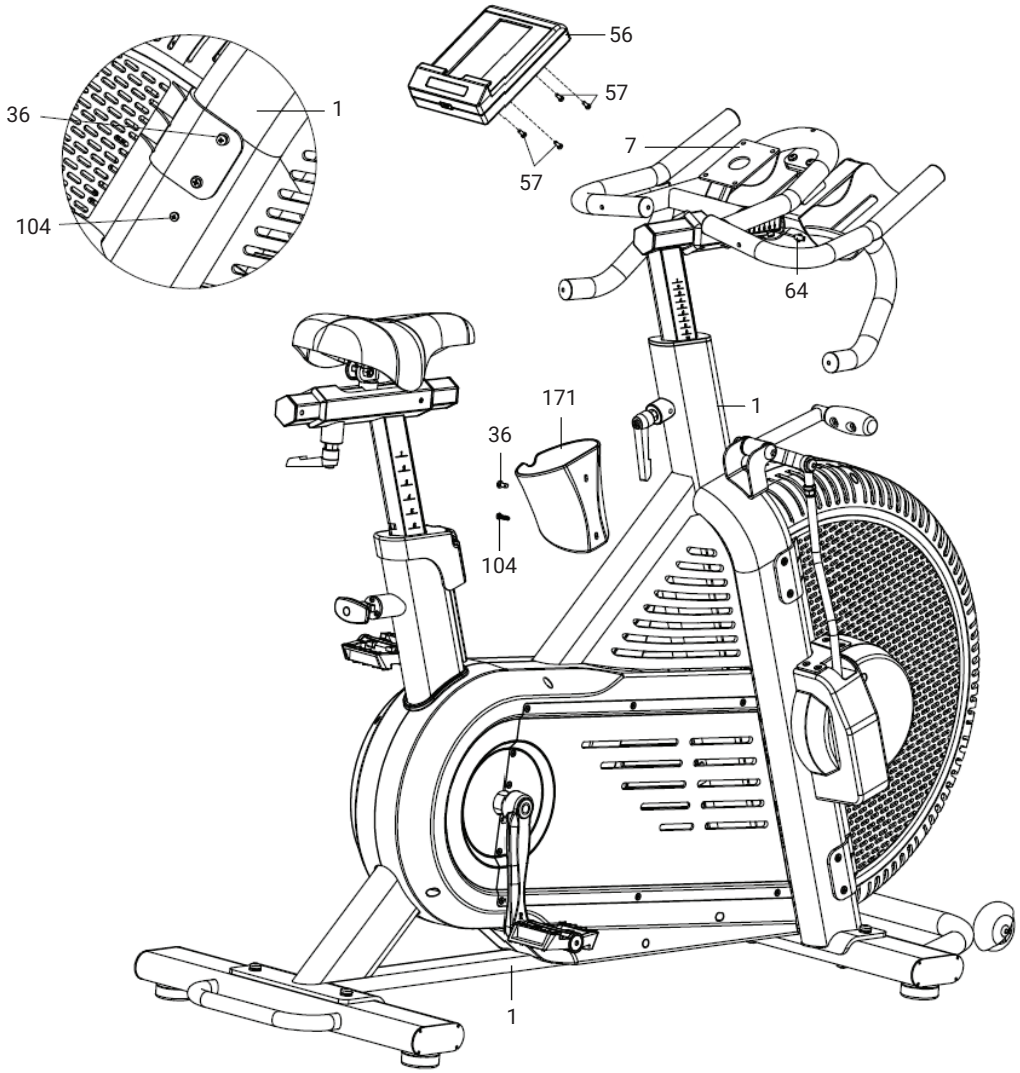
2.3 ASSEMBLY STEPS (CONT)

STEP 7

1. Insert Console Wire (64) into the corresponding port on back of Console (56) and lock the Console with Phillips screws (57) to Console Bracket on handlebar assembly (7).
2. Unscrew the M5*12 Bolt (36) and Screw (104) on the left side of Main Frame (1), then use them to lock the Bottle Holder (171) to main frame.



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3. INSTRUCTIONS FOR USE

The PLAE Performance VPR Cycle has variable pitch turbine blades that can be adjusted by the user via the red VPR lever forward/aft in order to change the resistance level. This can be adjusted when stationary or while in use.

- Gear 1 = Rehab
- Gear 10 = High intensity

WARNING!:

- The user will need to slow down the cadence to make it easier to adjust the VPR to maximum resistance while the machine is in use.
- Avoid adjusting VPR while riding at full pace.
- Sudden adjustments while the turbine is still moving at high speed may result in equipment wear or user injury.
- Do not use the machine with shrouds/covers removed.

Seat Adjustment (both up/down and forward/back):

It is important that the seat is set at the right position for your body. Ask your instructor for assistance if required.

1. Make sure the seat is securely tightened and that there is no lateral or vertical movement of the seat tube.
2. To lower the seat height, pull the seat pop pin and drop the seat to the desired height. To raise the seat simply lift the seat and it will ratchet up to the desired height.
3. To move the seat forward and aft simply loosen the knob under the seat and slide it into the desired position, then tighten the knob to hold the seat in set position.

4. MAINTENANCE

Like any other mechanical cycling device, the PLAE Performance VPR Cycle should be maintained regularly.

DAILY MAINTENANCE

- Daily cleaning and inspection, and lubrication will keep the STEPR Performance VPR Cycle in optimal condition.
- Listen out for any unusual noise and loose components. Do not ignore but address the issue immediately.
- The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.

WEEKLY MAINTENANCE

- Clean the frame and plastic surfaces with a soft cloth or brush. Do not use abrasive cleaning materials or brushes.
- Protect all metal surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces. NOTE – Do not apply Lanolin to handles and/or Foot plates or pedals.
- Clean the console with a sc
- Check all bearings, pedals, handlebar, seat adjustment knobs/ratchet are still secure and functioning optimally. If required, tighten crank arms, handlebars, footrests/pedals.

SIX MONTHLY MAINTENANCE

- Check belt tension. Call a service agent if in doubt.
- Inspect main frame bolts.

TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.

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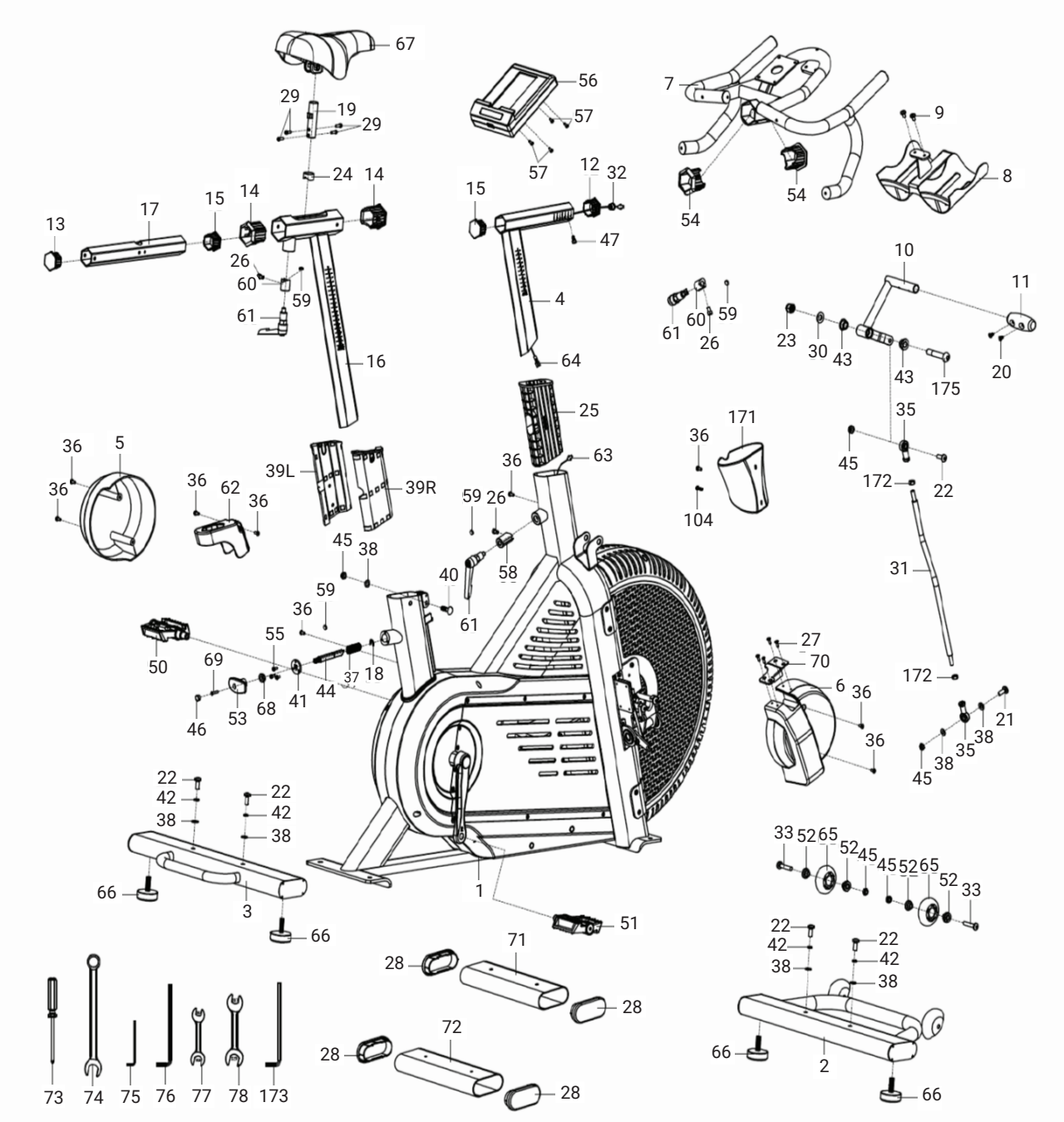
5. EXPLOADED DIAGRAM



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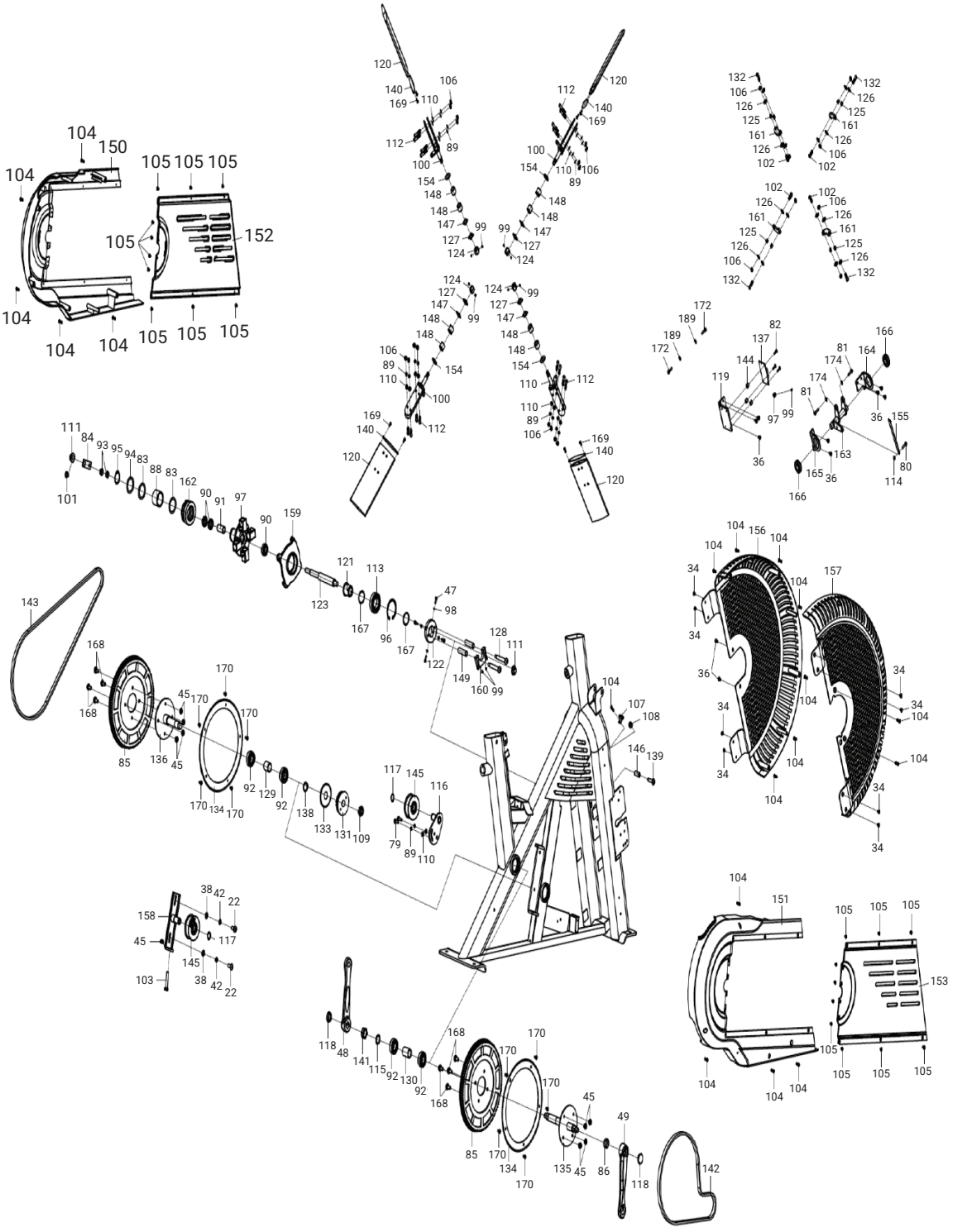
5. EXPLOADED DIAGRAM (CONT)



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6. PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	38	Flat washer Φ8*Φ16*1.5	8
2	Front Stabilizer Leg	1	39L	Left Seat post sleeve 206*100*40	1
3	Rear Stabilizer Leg	1	39R	Right Seat post sleeve 206*100*40	1
4	Resistance Control Handle Mast	1	40	Square neck bolt M8*30	1
5	Left Hub Cover	1	41	Pull pin fastener	1
6	Right Hub Cover	1	42	Spring washer D8	8
7	Left Moving Arm	1	43	T shape plastic spacer	2
8	Right Moving Arm	1	44	Seat ratchet pop pin	1
9	Left Linkage Arm	1	45	Nyloc nut M8	14
10	Right Linkage Arm	1	46	Screw cover	1
11	Top handlebar grip Φ32*T3*200	2	47	Hexagon socket cap screw	5
12	Bottom handlebar grip Φ28*T3*320	2	48	Left crank arm	1
13	Hexagonal cap 38*2.0	1	49	Right crank arm	1
14	Hexagonal fwd/aft seat slide sleeve	2	50	Left Pedal BR-04	1
15	Hexagonal cap 38*2.0	1	51	Right Pedal BR-04	1
16	Seat Post	1	52	Bearing 608ZZ	4
17	Saddle Horizontal Tube	1	53	T-Handle	1
18	Wave washer Φ0.3*Φ18.6*15	1	54	Handlebar Sleeve	2
19	Saddle post	1	55	Phillips head screw M4*12	3
20	Console Mast	1	56	Console	1
21	Foot Peg	2	57	Phillips head screw	4
22	Hex pan head screw M8*20	12	58	V-shaped holding block Φ22.6*38	1
23	Hex pan head screw M8*55	1	59	Round magnet Φ10*3	4
24	Plastic spacer Φ26*13	1	60	V-shaped holding block Φ22.6	1
25	Cap Φ50*12	2	61	L-shape knob M16*1.5*17	1
26	Hexagon socket head cap screw M6*6	1	62	Seat tube top cover	1
27	Cross countersunk head tapping screw ST4.2*16	4	63	Sensor Wire	1
28	Oval plastic end cap	2	64	Console Wire	1
29	Hexagon socket head cap bolt M5*14	4	65	Moving wheel Φ64*24	2
30	Flat washer Φ12.2*Φ24.2	1	66	Leveling foot	4
31	Linkage Rod	1	67	Saddle	1
32	Console wire stop grommet	1	68	Hex nut M10	1
33	Hex socket pan head screw M8*40	2	69	Philips flat head screw M5*15	1
34	Cross countersunk head screw M5*10	8	70	Plastic side cover	1
35	Rod end bearing (rose joint)	2	71	Front packaging tube	1
36	Phillips pan head bolt M5*12	20	72	Rear packaging tube	1
37	Pressure spring	1	73	Philips Screw Driver	1

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6. PARTS LIST (CONT)

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
74	Wrench S22	1	111	Hexagon flange nut M12*1*H11	2
75	Hex wrench S4	1	112	Hex pan head bolt M6*32	16
76	Hex wrench S6	1	113	Bearing 6006	1
77	Double-head wrench S13, S15	1	114	Nyloc nut M5	1
78	Open-end wrench S17, S19	1	115	Wave washer	1
79	Hex head bolt M6*16	2	116	Idler connecting rod 2	1
80	Hex head bolt M5*20	1	117	Circlip for shaft D17	2
81	Hex head bolt M6*20	2	118	Crank cover plastic cap	2
82	Phillips head screw M4*15	3	119	PCB Mounting plate	1
83	Thrust Washer	2	120	Turbine Blade	4
84	Turbine alignment locking tab	1	121	Guide bushing	1
85	Large Belt Pulley Φ260*20.5	2	122	Actuator Collar	1
86	Spacer Φ20.1*Φ25*9	1	123	Turbine Shaft	1
87	Turbine Hub	1	124	Outer hexagon nut M10*15	4
88	Clutch Bearing	1	122	Actuator Collar	1
89	Spring washer D6	18	123	Turbine Shaft	1
90	Bearing 6902	3	124	Outer hexagon nut M10*15	4
91	Bush	1	125	Spacer Φ5.9*Φ7.9*6.3	8
92	Bearing 6004ZZ	4	126	Flat washer Φ8.1*Φ15*0.7	16
93	Hex head screw	2	127	Flat washer Φ19*19*2	4
94	Flat washer	1	128	Screw Φ10*75	2
95	Circlip for shaft D35	1	129	Spacer Φ20.1*Φ25*28.2	1
96	Circlip for hole D55	1	130	Spacer Φ20.1*Φ25*35.2	1
97	PC Control linkage mounting collar	1	131	Small intermediate pulley	1
98	Spring washer D5	4	132	Hex pan head screw M6*23	4
99	Grub Screw M4*4	11	133	Pulley belt guide washer δ2*80*80	1
100	Turbine fin mounting saddle	4	134	Pulley belt guide ring δ2*260	2
101	Hexagon socket head cap screw M6*18	1	135	Main crank shaft Φ20*214	1
102	Hex pan head bolt M6*18	4	136	Intermediate shaft Φ25*127	1
103	Outer hexagon bolt M8*45	1	137	PC Board	1
104	Cross pan head screw ST4.2*18	20	138	Spacer bush Φ20.1*Φ26*3	1
105	Cross countersunk head screw M4*8	20	139	Bolt Φ8*35.5	1
106	Nyloc nut M6	24	140	Blade end cap	4
107	Sensor base	1	141	Nyloc nut	1
108	Wiring grommet	1	142	Belt 1048-8M-15	1
109	Hex head screw	1	143	Belt 1392-8M-12	1
110	Flat washer	20	144	Spacer	3

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6. PARTS LIST (CONT)

NO.	DESCRIPTION	QTY
145	Idle tension pulley	2
146	Plastic bush	1
147	Plastic Washer δ0.4*19*19	4
148	Needle roller bearing NK12/16	8
149	Spacer bush Φ10*Φ14*53	2
150	Left outer side cover	1
151	Right outer side cover	1
152	Left inner side cover	1
153	Right inner side cover	1
154	Plastic washer Φ12.2*Φ24*0.4	4
155	PC Board control linkage arm	1
156	Left front Turbine shroud	1
157	Right front Turbine shroud	1
158	Idler mounting plate	1
159	Turbine collector plate	1
160	Actuator control linkage	1
161	Fin control linkage	4
162	Turbine hub pulley pulley	1
163	Turbine control transfer shaft	1
164	Forward transfer shaft mounting plate	1
165	Rear transfer shaft mounting plate	1
166	Bearing 99502Z	2
167	Thrust washer Φ30.2*Φ35.5*0.4	2
168	Hex socket pan head screw	8
169	Cross pan head screw M4*10	10
170	Self-tapping Screw ST5*16	10
171	Bottle/Accessory Holder	1
172	Bolt M8*H6.8	1
173	Allen Key S8	1
174	Sawteeth washer M6	2
175	Bolt M12*65	1

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7. PLAE UNIVERSAL CONSOLE

Universal Programable Console to suit all PLAE Performance Series VPR and AIR machines. Machine Type programmed in background to automatically activate appropriate machine specific workout performance calculations and display data.

7.1 DISPLAY

- Auto Start Up with Backlit Screen (2 x D cell batteries).

POWER (Watts) / SPEED (kph/mph)
Simultaneously Displays

- Large Display of Current Operating POWER in Watts on the Bionic, Cycle, Row, Ski and TreadSled Sled Drive. When the TreadSled is being used in a normal Run/Walk mode (without the turbine being activated) POWER SPEED (km/hr, or mile/hr) is displayed, which represents the equivalent speed that would be achieved when running on a flat treadmill without the curve incline, based on the user power actually being exerted to effectively run uphill on the curve (note that the actual raw belt speed is constantly displayed in the bottom left hand console window). The TreadSled automatically reverts to Power (Watts) during the Sled Drive mode, when the turbine resistance is activated. The default POWER SPEED calculation is based on a default user weight of 100kg, so to increase the accuracy of the POWER SPEED metric the user can input their personal body weight by simultaneously holding down the START and CAL buttons, modify the kg value using the up and down buttons and then pressing ENTER. This also changes the calorie display from cal/kg to calories.
- Current and Total Workout Average Watts/Speed. Current and Total Interval Workout Watts/Speed.
- Current and Final Max Workout Watts/Speed

GEAR (Performance + VPR series only)

- Gear level displayed (Levels 1 to 10)
- 100 calibrated finite gear levels calculate watts and other data in the background.

TIME

- Large Workout or Current Interval Elapsed or Programmed Target Time Countdown Display.
- Intra-Interval Rest time counts down
- Displays Cumulative Intervals completed. (interval count ends when STOP button activated to end workout).

INTERVALS

- Programable Interval Work and Rest Time. Activate INTERVAL key to first enter interval EXERCISE time (adjust with the up/down keys), then press ENTER to allow you to enter the desired interval REST time and then press ENTER again. Press START to begin 3 second countdown to begin EXERCISE time countdown.
- Counts Cumulative Intervals completed (interval count ends when STOP button activated to end workout).

HEART RATE

- Current Heart Rate detected from Bluetooth or ANT+ Heart Rate Transmitter.

PACE

- Treadmill/Cycle/Bionic - Pace / KM (1000m).
- Row/Ski - Pace/500m
- To view your average pace after a workout, press the STOP key once to end the session, then press the STOP key a second time.

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DISTANCE

- Cumulative or Programmed Target Countdown Meters

RPM / SPEED

- Cycle/Bionic - Pedal Cadence RPM
- Row/Ski - Strokes per minute
- Treadmill - Running Speed (km/hr or miles/hr).

CALORIES

- Cycle/Bionic/Row/Ski: Cumulative or Programmed Target Calories Countdown.
- Treadmill - CAL/KG: Cumulative Calories per kg of body weight. Entering user weight in kg (via START+CAL) changes to absolute cumulative calories.

BLUETOOTH

- Press and hold to activate
- Transmits workout data to third party Apps.

SOFTWARE UPDATES

- Via Bluetooth from file download to email or any message Application.

CALIBRATION

- 1-99 gear calibration on VPR and AIR models

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7.2 PLAE CONSOLE TECHNICAL GUIDE

*Note: Console suits all PLAE machines.

MPH to KPH
1. Press and hold ARROW RIGHT key for three seconds.
2. Toggle the value between 0 or 1. (0)=KPH, (1)=MPH
3. Press ENTER to confirm selection.

CONSOLE MACHINE SELECTION PROCEDURE
1. Press any key to power the console up
2. Simultaneously press and hold ENTER + START keys for 3 seconds
3. Use UP + DOWN arrow keys to select desired machine (see list for relevant machine code)
4. Once the desired machine code is flashing, hit ENTER to select that machine

CALIBRATION PROCEDURE
1. Press any key to power the console up
2. Simultaneously press and hold ENTER + STOP keys for 3 seconds
3. Adjust the turbine pitch to the lightest setting
4. Press ENTER key
5. Adjust the turbine pitch to the heaviest setting
6. Press ENTER key
7. Then wait and the console will restart - the calibration procedure is now complete

TEST MODE PROCEDURE
1. To enter test mode whereby the console will show 1 to 99 gears as opposed to 1 to 10 gears
2. Simultaneously press and hold ENTER + INTERVAL keys for 3 seconds

7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (USING BLUETOOTH OTA)

iOS PROCEDURE
1. Go to Apple App Store.
2. Search for and download the SUNRISE OTA App to your device.

3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
6. Open the SUNRISE OTA App on your device and allow Bluetooth access when prompted.
7. Click the SCAN BLUETOOTH button. The app will search for nearby Bluetooth devices.
8. Select the available device named CRW-XXXX for pairing. Once successfully paired, a small Bluetooth symbol will be displayed in the upper right corner of the console.
9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.

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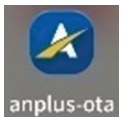
7.2 PLAE CONSOLE TECHNICAL GUIDE (CONT)

iOS PROCEDURE (CONT)

10. Click the START TO UPDATE button on the App. The console will start updating the new software.
11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

ANDROID PROCEDURE

1. Go to Google Play Store.
2. Search for and download the ANPLUS-OTA App to your device.



3. Ensure you have already downloaded the latest .BIN software file to your device.
4. Press any key to power the console up.
5. Simultaneously press and hold ARROW UP + ARROW DOWN keys for 3 seconds to enter the program update mode. The console will display OTA once successful.
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11. When the progress bar reaches 100%, the console will emit a beep and restart, indicating a successful update.
12. Go to the CONSOLE MACHINE SELECTION PROCEDURE above and follow steps 1-4 to ensure the correct machine code is selected to match the machine the console is fitted to.
13. Go to the CALIBRATION PROCEDURE above and follow steps 1-7 to ensure the console is correctly calibrated.

MACHINE CODES

1A	Row VPR AIR+	(4 blade adjustable pitch)
1C	Row AIR	(Standard Row - no pitch adjustment)
2A	Ski VPR AIR+	(4 blade adjustable pitch)
2C	Ski AIR	(Standard Ski - no pitch adjustment)
3A	Cycle VPR AIR+	(4 blade adjustable pitch)
3C	Cycle AIR	(Standard Cycle - no pitch adjustment)
4A	Performance VPR Bionic AIR+	(4 blade adjustable pitch)
4C	Bionic AIR	(Standard Bionic - no pitch adjustment)
5A	Tread/Sled VPR AIR+	(4 blade adjustable pitch)
5B	Tread/Sled AIR	(Standard Tread/Sled - no pitch adjustment)
5C	Curved Treadmill AIR	(No Turbine/Sled)

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7.2 PLAE CONSOLE TECHNICAL GUIDE

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge and understand that the fitness equipment being supplied by STEPR to our Facility must be used correctly and that incorrect use could potentially result in injury. Accordingly, as part of our ‘Duty of Care’, I understand that it is our responsibility to ensure:

1. That all equipment users, prior to using the equipment, must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety ‘Warning’ labels on each machine and that reference is made to the exercise Instructional Placards fitted to equipment.
2. It is understood that many of the machines can be used for a wide range of exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

*NOTE: Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer’s responsibility to determine if they wish to fix the equipment to the floor.