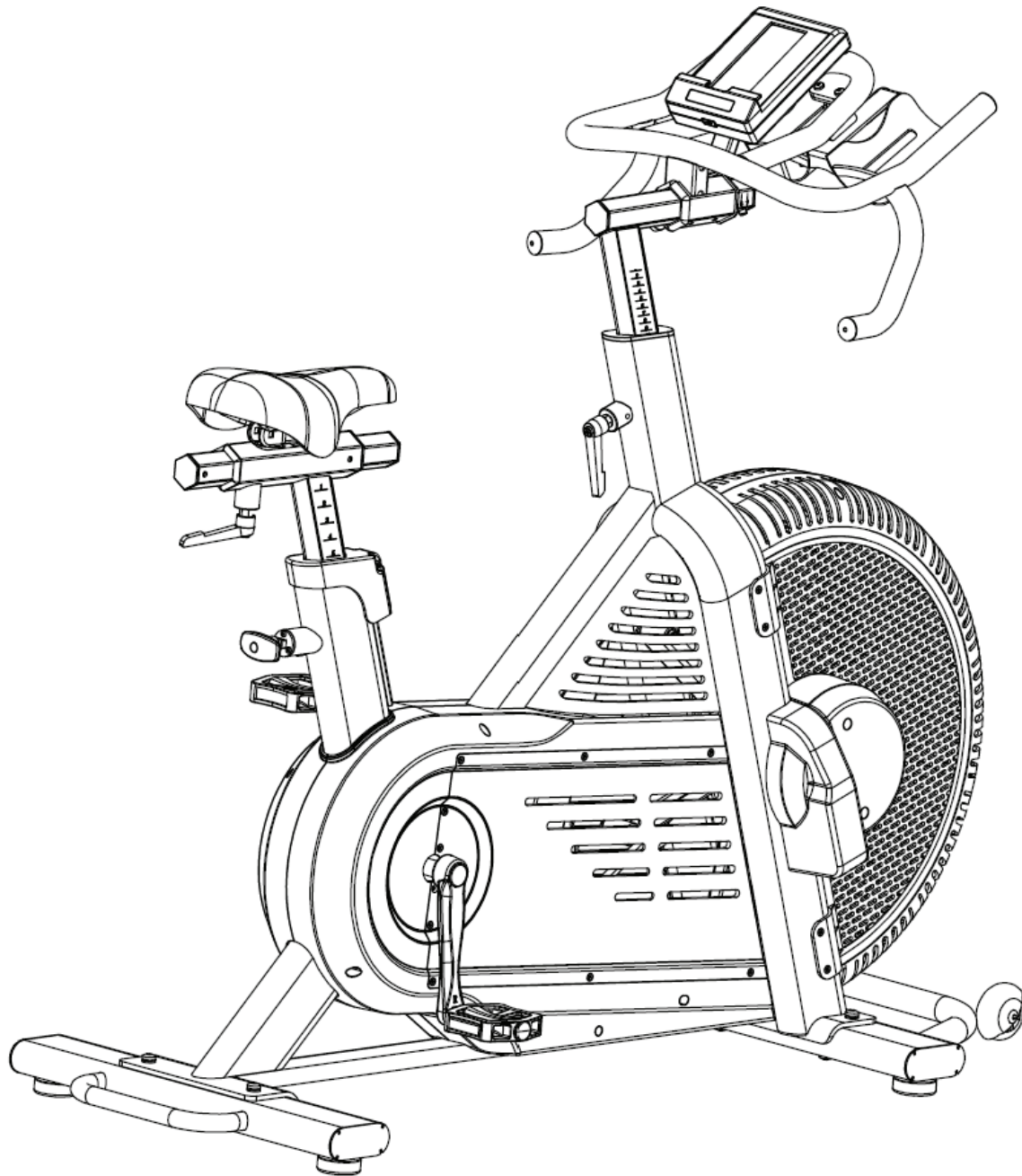


# PLAE

## Owner's Manual | RIDE





# Owner's Manual | RIDE

## CONTACT INFORMATION

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## Owner's Manual | RIDE

### 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 Inc. 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 the machine with air cover/shrouds removed.
- Keep hands and feet clear of moving parts at all times 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 ski trainer 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 ergometer 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 Damaged Parts

- DO NOT use any equipment that is damaged 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 RIDE is 160kg/353lbs. Do not exceed maximum user weight.
- Only one user at a time is permitted to use the PLAE RIDE.
- 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.



## Owner's Manual | RIDE

### 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 machine.
- Routinely inspect all bolts, nuts and fixings are secure. Tighten where needed.
- Routinely check the machine for smooth operation, feeling for loose parts, rough bearings or belts, and listen for 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.
- UNDERSTANDING EACH AND EVERY WARNING TO THE FULLEST IS IMPORTANT. IF ANY OF THESE WARNINGS ARE UNCLEAR, ASK FOR CLARIFICATION FROM PLAE PERSONNEL OR THE EQUIPMENT RESELLER.
- 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.

### 1.2 DANGER

- Do not wet the surface of the PLAE RIDE 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 RIDE must have a tight-fitting cap or lid. Do not use the PLAE RIDE 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

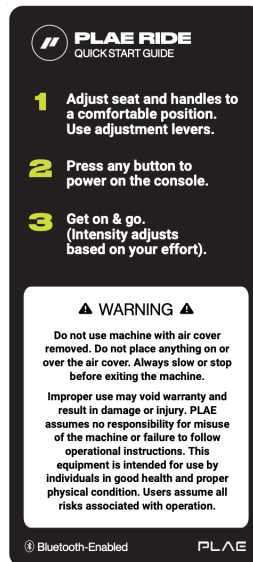
- The PLAE RIDE is user powered. The user controls the speed of movement.
- There is no emergency stop function in the PLAE RIDE.
- Every user must become familiar with the mechanism and functions before using the PLAE RIDE.
- Ensuring entry to the PLAE ROW is through stepping over the beam.
- The PLAE ROW must be installed on a hard, level surface.
- 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 RIDE.



## Owner's Manual | RIDE

### 1.4 WARNING (CONT)

- 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 RIDE.
- Examine the PLAE RIDE regularly for safe operation.
- Hold the main frame when getting on or off the rower.
- Do NOT remove below warning label from the machine:



## 2. INSTALLATION AND ASSEMBLY

### 2.1 TECHNICAL SPECIFICATIONS

- The PLAE RIDE does not require any electrical wall outlet. The PLAE RIDE is a non-motorized product.
- The PLAE RIDE uses uniquely patented Variable Pitch Resistance (AIR) 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 RIDE 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.

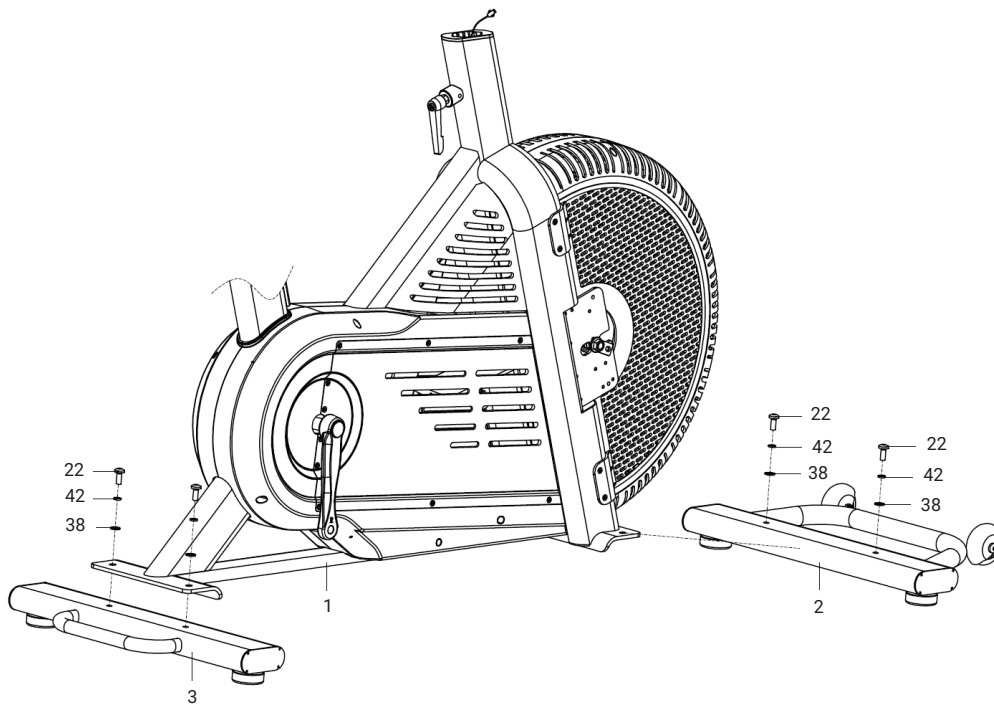
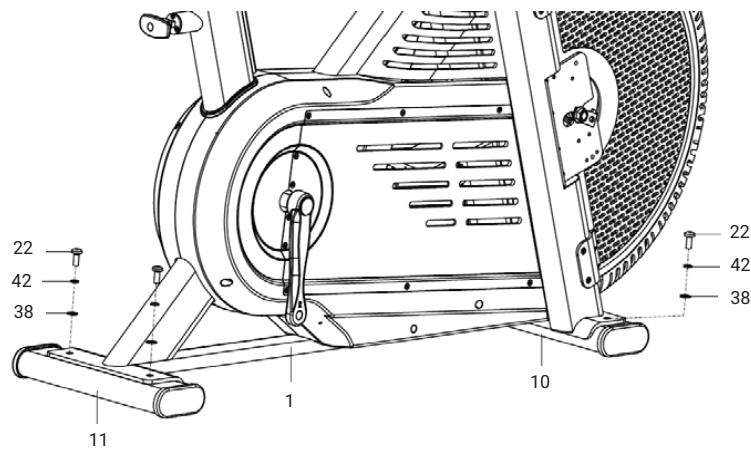


## Owner's Manual | RIDE

### 2.3 ASSEMBLY STEPS

#### STEP 1

1. Remove and dispose of the Front Packaging tube (10) and Rear Package Tube (11) by unscrewing the Bolts (22), spring washers (42) and flat washers (38); Retain the bolts/washers for use next.
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).

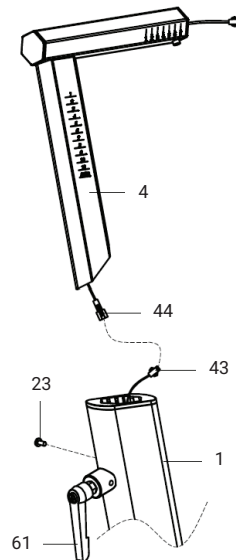


## Owner's Manual | RIDE

### 2.3 ASSEMBLY STEPS (CONT)

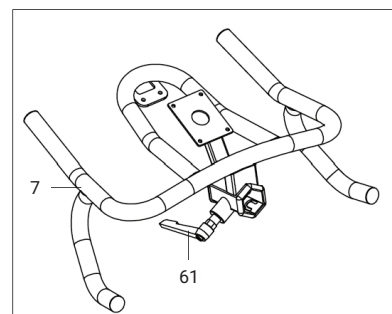
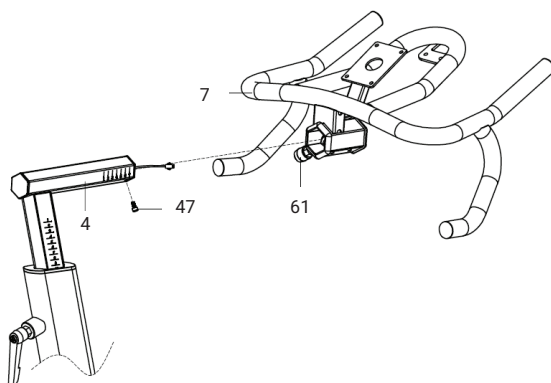
#### STEP 2

1. Connect the lower end Speed Sensor Wire 2 (44) on Handlebar Post (4) with Wire 1 (43) on main frame (1)
2. Loosen L-shape Knob (61) and Phillips head screw (23) on main frame (1) and insert Handlebar Post (4) into main frame
3. Secure L-shape Knob (61) and Phillips head screw (23) while the Handlebar Post (4) inserted to the minimum depth (by the STOP mark).



#### 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).



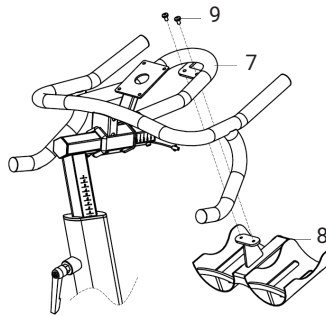
# PLAE

## Owner's Manual | RIDE

### 2.3 ASSEMBLY STEPS (CONT)

#### STEP 4

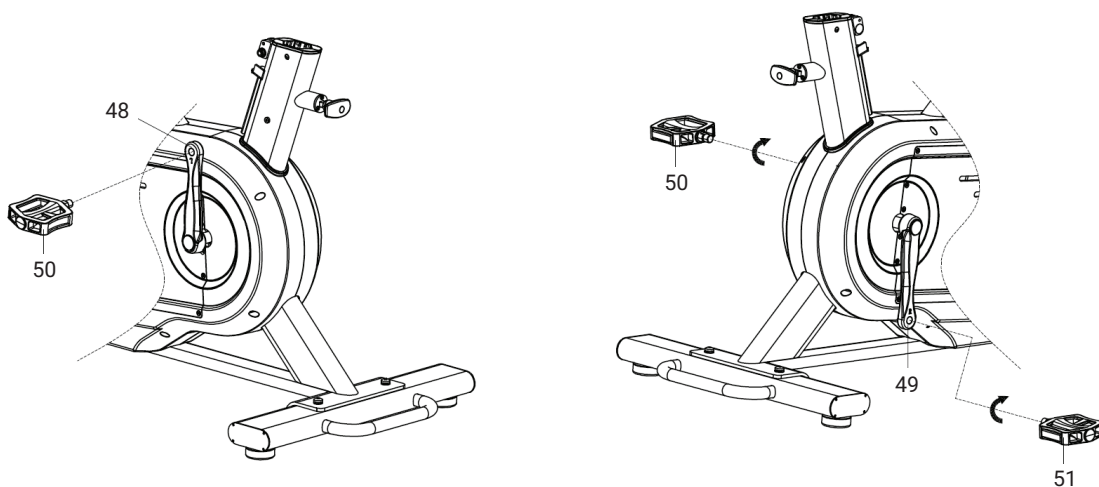
1. Lock Bottle Holder (8) to Handlebar (7) with 2 hex socket button head screws (9).



#### 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 (67).

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.





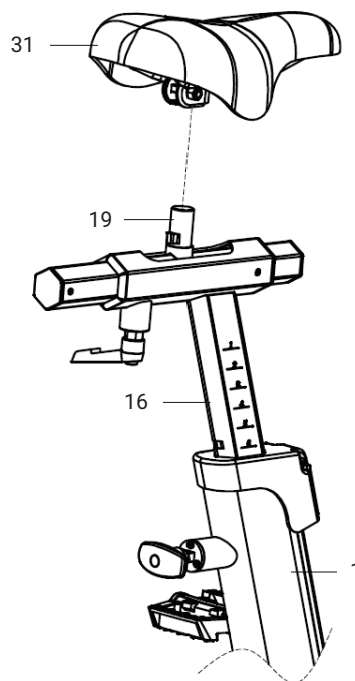
## Owner's Manual | RIDE

### 2.3 ASSEMBLY STEPS (CONT)

#### STEP 6

1. Place the Saddle (31) onto Saddle Post (19)
2. Adjust the Saddle to level position aligning forward and lock the 2 nuts under saddle securely with supplied Open Wrench (77)

\*Note: Make sure Seat Post (16) and Saddle (31) are locked securely before every exercise!



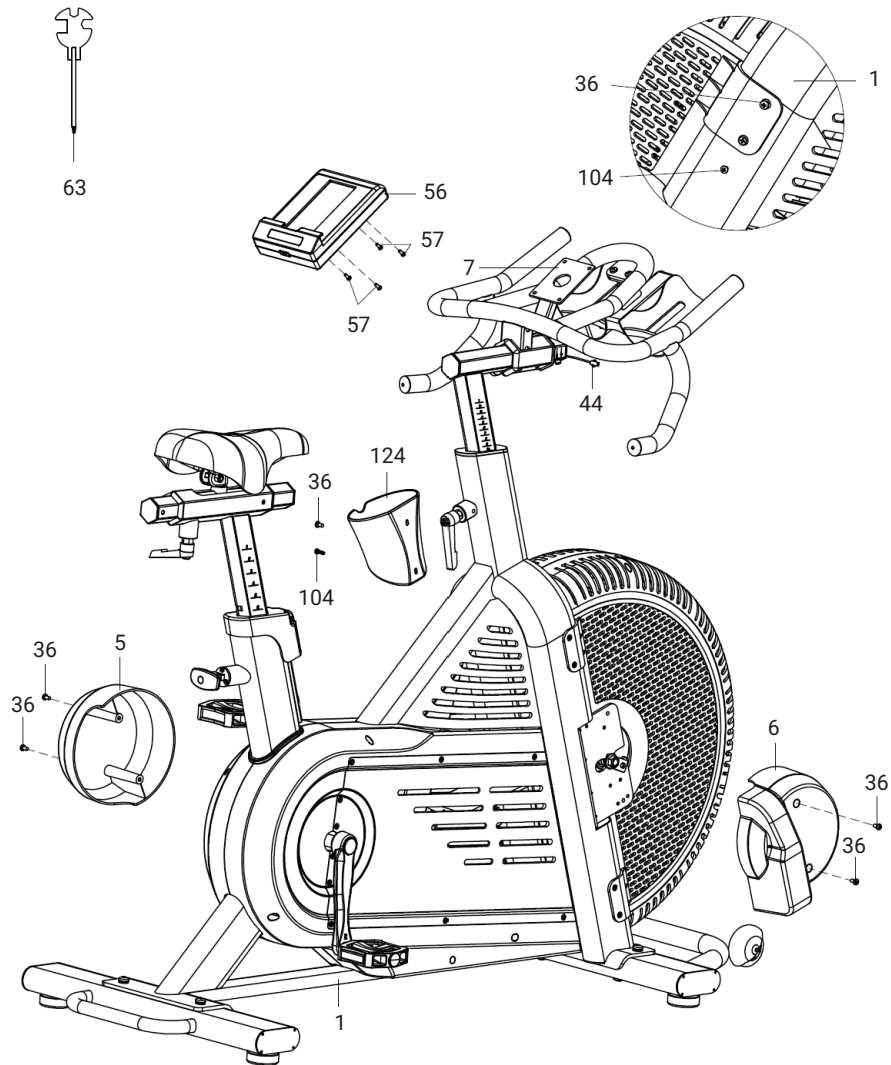


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## 2.3 ASSEMBLY STEPS (CONT)

### STEP 7

1. Insert Console Wire (44) 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.
3. Lock Left Hub Cover (5) and Right Hub Cover (6) with 2 Philips head Screws (36) onto the main frame (1) respectively.
4. Check all the bolts/screws in the previous assembly steps to ensure they are all secure, then the bike is ready for your workout.





# Owner's Manual | RIDE

## 3. INSTRUCTIONS FOR USE

### WARNING!

- The maximum weight supported by the PLAE AIR Cycle is 160kg/353lbs. Do not exceed maximum user weight.
- Only one user at a time is permitted to use the AIR Cycle.
- Children under the age of 12 are not allowed to use the machine.
- Do not use the machine with shrouds/covers removed.

### SEAT ADJUSTMENT (both up/down and forward/aft)

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 training machines, the PLAE RIDE should be maintained regularly.

### DAILY MAINTENANCE

- Daily cleaning and inspection, and lubrication will keep the PLAE RIDE 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 grips, footplate, or any internal components.
- Clean the console with a soft cloth.
- 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.

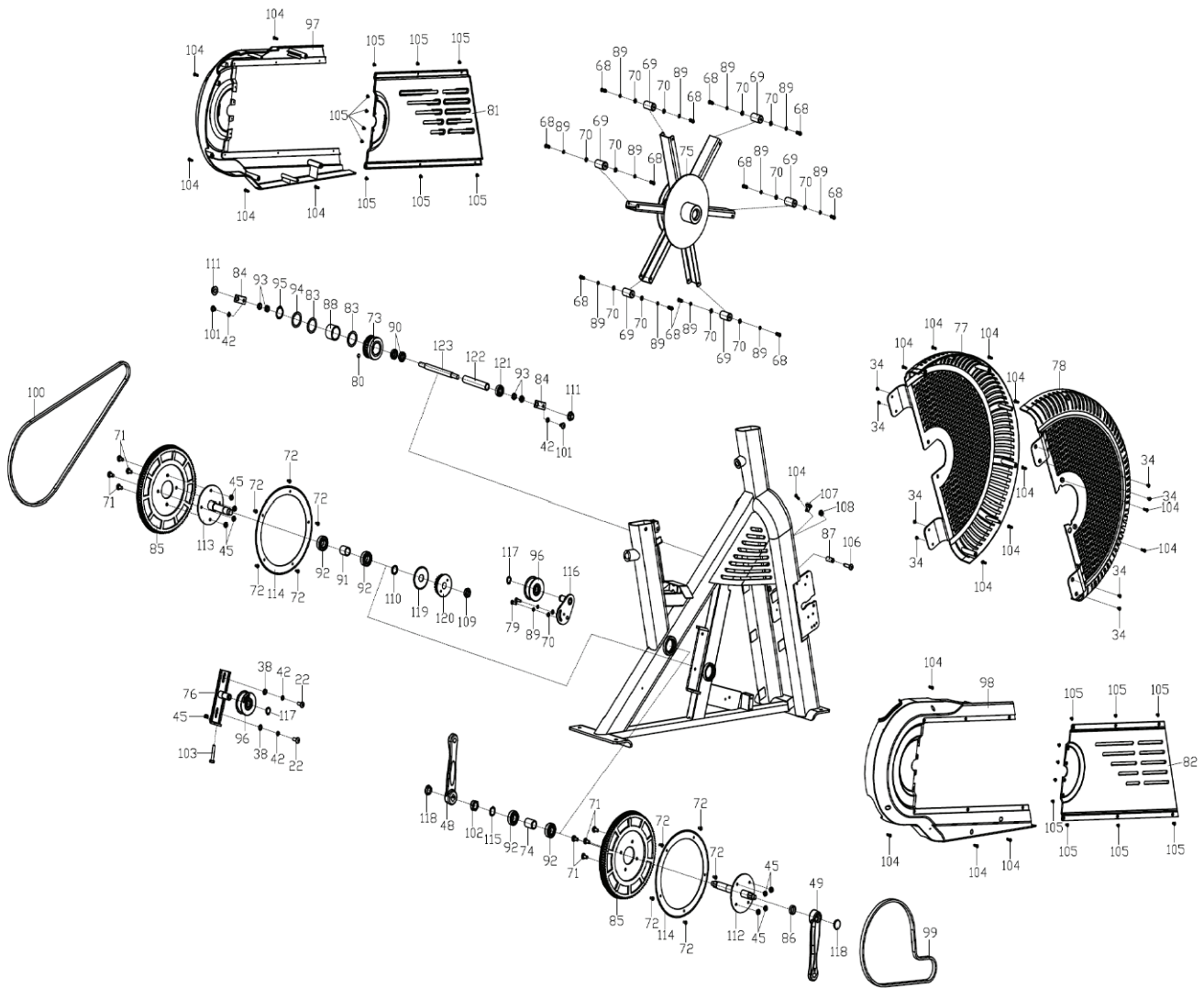
### TWELVE MONTHLY MAINTENANCE

- Tighten main frame bolts and feet bolts.



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### 5. EXPLODED DIAGRAM (CONT)





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## 6. PARTS LIST

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
1	Main Frame	1	38	Flat washer $\Phi 8 \times \Phi 16 \times 1.5$	11
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	Handlebar post	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	12
7	Handlebar Assembly	1	43	Speed Sensor Wire 1	1
8	Bottle Holder	1	44	Speed Sensor Wire 2	1
9	Hex socket button head screw M6*12	2	45	Nyloc nut M8	8
10	Front packaging tube	1	46	Ratchet Handle End Cap	1
11	Rear packaging tube	1	47	Hex socket cap bolt M5*12	1
12	Hexagonal cap 38*2.0 with hole	1	48	Left crank arm 170L, 9/16	1
13	Hexagonal cap 38*2.0	1	49	Right crank arm 170L, 9/16	1
14	Hexagonal fwd/aft seat slide sleeve	2	50	Left Pedal JD-304	1
15	Hexagonal end cap 38*2.0	2	51	Right Pedal JD-304	1
16	Seat post	2	52	Bearing 608ZZ	4
17	Saddle horizontal tube	1	53	Ratchet T-Handle	1
18	Circlip D8	1	54	Handlebar Sleeve	2
19	Saddle post	1	55	Phillips head screw M4*12	3
20	Hex countersunk screw M5*15	1	56	Console	1
21	M10 Nut	1	57	Philips Screw for console	4
22	Hex button head bolt M8*20	6	58	V-shaped holding block $\Phi 22.6 \times 38$	1
23	Philips head bolt M5*16	2	59	Magnet $\Phi 10 \times 3$	3
24	Plastic spacer $\Phi 26 \times 13$	1	60	V-shaped holding block $\Phi 22.6 \times 25$	2
25	Cap $\Phi 50 \times 12$	1	61	L-shape knob M16*1.5*17	3
26	Hex socket head cap screw M6*6	3	62	Seat tube top cover	1
27	Leveling foot	4	63	Multi-functional tool S22/S13/S15	1
28	Oval plastic end cap	4	64	Allen Key S4	1
29	Hex socket head cap bolt M5*15	4	65	Allen Key S6	1
30	Moving wheel $\Phi 64 \times 24$	2	66	Open Wrench S13/S15	1
31	Saddle KX98-5	1	67	Open Wrench S17/S19	1
32	Console wire stop grommet	1	68	Hex button cap bolt M6*18	12
33	Hex socket button head screw M8*40	2	69	Weight block $\Phi 22 \times 44$	6
34	Cross countersunk head screw M5*10	8	70	Washer $\Phi 6.2 \times \Phi 13 \times 1.5$	14
35	Seat ratchet pop pin	1	71	Hex button head bolt M8*16	8
36	Phillips button head bolt M5*12	7	72	Self-tapping screw ST5*16	10
37	Pressure spring	1	73	Turbine pulley	1



## Owner's Manual | RIDE

### 6. PARTS LIST (CONT)

NO.	DESCRIPTION	QTY	NO.	DESCRIPTION	QTY
74	Spacer $\Phi 20.1 \times \Phi 25 \times 35.2$	1	106	Shoulder bolt $\Phi 8 \times 35.5$	1
75	Air Turbine	1	107	Speed Sensor holder	1
76	Tensioner Wheel Plate	1	108	Wiring grommet	1
77	Left front Turbine shroud	1	109	Nut M16*1.5*H8	1
78	Right front Turbine shroud	1	110	Spacer $\Phi 20.1 \times \Phi 26 \times 3$	1
79	Hex head button head bolt M6*16	12	111	Flange nut M12*1*H11	2
80	Magnet $\Phi 5 \times 3$	1	112	Intermediate crank shaft $\Phi 20 \times 214$	1
81	Left inner side cover	1	113	Intermediate pulley shaft $\Phi 25 \times 127$	1
82	Right inner side cover	1	114	Pulley belt guide ring $\delta 2 \times 260.6 \times 260.6$	2
83	PC Washer $\Phi 35.2 \times \Phi 45 \times 1$	2	115	Wave washer $\Phi 0.6 \times \Phi 20.5 \times \Phi 26$	1
84	Turbine alignment locking tab	2	116	Idler connecting rod 2	1
85	Large Belt Pulley $\Phi 260 \times 20.5$	2	117	Circlip for shaft D17	2
86	Spacer $\Phi 20.1 \times \Phi 25 \times 9$	1	118	Crank plastic cap	2
87	Spacer $\Phi 8.1 \times \Phi 12 \times 29$	1	119	Pulley belt guide $\delta 2 \times 80 \times 80$	1
88	Needle bearing HFL3530		120	Small intermediate pulley $\Phi 79.8 \times 20.8$	1
89	Spring washer D6	14	121	Bearing 6002	1
90	Bearing 6902	2	122	Spacer $\Phi 15.1 \times \Phi 20 \times 116.7$	1
91	Spacer $\Phi 20.1 \times \Phi 25 \times 28.2$	1	123	Turbine shaft $\Phi 15 \times 202$	1
92	Bearing 6004ZZ	4	124	Accessories Holder	1
93	Nut M12*1*H6	4			
94	Washer $\Phi 35.2 \times \Phi 45 \times 2$	1			
95	Rubber Ring D35	1			
96	Tensioner wheel $\Phi 66 \times 28$	1			
97	Left outer side cover	1			
98	Right outer side cover	1			
99	Timing Belt 1048-8M-15	1			
100	Timing Belt 1392-8M-12	1			
101	Hex button head bolt M8*10	2			
102	Nyloc nut M20*1.5*H12.5				
103	Bolt M8*45	1			
104	Cross button head screw ST4.2*18	20			
105	Cross countersunk head screw M4*8	2			



## Owner's Manual | RIDE

### 7.1 DISPLAY

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

#### 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 + AIR 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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### 7.1 DISPLAY (CONT.)

#### 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

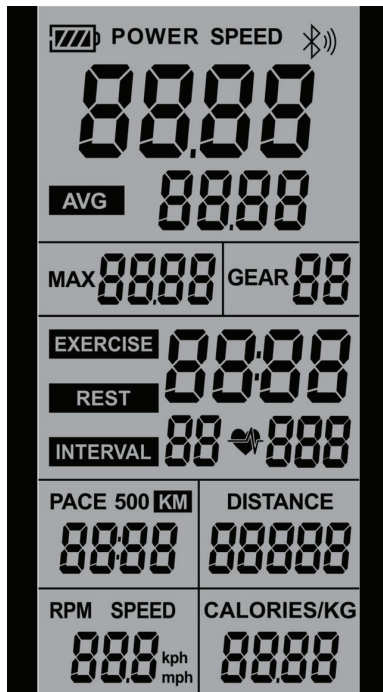
- Press and hold to activate
- Transmits workout data to third party Apps.

#### SOFTWARE UPDATES

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

#### CALIBRATION

- 1-99 gear calibration on AIR and AIR models





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### 7.2 PLAE CONSOLE TECHNICAL GUIDE

\*Note: This is one console for all 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.



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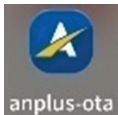
### 7.3 CONSOLE SOFTWARE UPDATE PROCEDURE (CONT)

#### iOS PROCEDURE (CONT)

9. Click the START TO LOAD button on the App, then select the relevant previously downloaded .BIN software file for loading.
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.
6. Open the ANPLUS-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.
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.

### 7.4 MACHINE CODES

<b>1A</b>	Row AIR AIR+	(4 blade adjustable pitch)
<b>1C</b>	Row AIR	(Standard Row - no pitch adjustment)
<b>2A</b>	Ski AIR AIR+	(4 blade adjustable pitch)
<b>2C</b>	Ski AIR	(Standard Ski - no pitch adjustment)
<b>3A</b>	Cycle AIR AIR+	(4 blade adjustable pitch)
<b>3C</b>	Cycle AIR	(Standard Cycle - no pitch adjustment)
<b>4A</b>	Performance AIR AIR+	(4 blade adjustable pitch)
<b>4C</b>	Bionic AIR	(Standard Bionic - no pitch adjustment)
<b>5A</b>	Tread/Sled AIR AIR+	(4 blade adjustable pitch)



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### 7.4 MACHINE CODES (CONT)

<b>5B</b>	Tread/Sled AIR	(Standard Tread/Sled - no pitch adjustment)
<b>5C</b>	Curved Treadmill AIR	(No Turbine/Sled)

DUTY OF CARE ACKNOWLEDGEMENT: I acknowledge and understand that the fitness equipment being supplied by PLAE 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.