

Operation - TS-1/TSE-1 Touchscreen Console

WFI Workout

1. Program requires telemetry HR chest belt. Remember to wet the electrodes underneath the chest strap. The console must detect a HR signal to allow selection of the HR Zone Trainer program.
2. After selection, the console will first display Checking for HR. When the console detects a valid signal from the HR belt it will then proceed to the next step.
3. Screen will walk you through entry of Weight, Age and Height information. These numbers are used in calculation of results, so for accurate results it is important to enter them correctly.
4. After successful completion of the WFI test, the following statistics will be displayed: EST VO2 MAX, HIGHEST STEP RATE, TOTAL TIME.

TS-1/TSE-1 SERVICE MENU OPTIONS

The touch screen consoles offer a variety of data and settings through the service menus. To access the main service menu, on the main workout selection screen, tap the top left corner, then the top right corner, and then the StairMaster logo in the top middle, one after the other.

Defaults

This menu allows you to set the default values for several workout inputs: Weight, Workout Time, Age, Target HR%, Starting Level and Step Rate.

Customize

This menu allows you to change custom settings on the console: Language and Units (Metric or US)

Machine Status

This menu displays a variety of information regarding the console software, setup, and usage (run hours, workouts, etc).

Diagnostics

This menu option provides access to three machine diagnostic tests: Alternator Test, Tach Test and Heart Rate Test.

Test alternator

To test the machine's alternator, press [ENTER] when the message, ALT TEST is displayed. This test verifies the alternator field routines through the console. Position yourself on the machine and press [Level: UP] for field on. After exercising briefly you should build up resistance. For field off, press [Level: DWN].

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Test tach response

To test the machine's tachometer, press [ENTER] when the message, TACH TEST is displayed. Start exercising on the machine. The console should regulate the alternator resistance based on the tach signal to maintain approximately 2,000 RPMs while you are exercising. If not, there is a possible problem in the AC tap or field circuit. Check the alternator, the AC tap wire, the field wire, the diode, the terminal posts, and the main cable.

Heart rate test

Press [Enter] when the message HR Test is displayed. The screen will show the current BPM readings for the telemetry HR receiver.

Maintenance Logs

This menu displays errors that the machine encounters and records during operation.

Configuration

This menu allows setting of certain machine/console options: Equipment Type (StairClimber or StepMill, Max Workout Time, CSAFE On/Off, Cursor On/Off.

In addition, the menu allows you to Reset Console Data (return to defaults), Reset console, Clear Error Log, and Clear High Scores.

Utilities

This menu provides access to utility functions: TV Tuner Setup (this allows for adjustment of TV Tuner settings on the TSE-1 console), Touchscreen Calibration, Reset Configuration and Set the Time and Date in the Real Time Clock.

Manual Touchscreen Calibration

If screen calibration is so far off that it is not possible to access menus using the touchscreen, it is possible to enter calibration mode using a USB drive. Create a text file on the root directory of your USB drive titled: "touchscreen_calibration.txt". Inside the file should be the text: "touchscreen calibration". Insert the USB drive into the console and restart by turning power off and then back on. The console should restart at the touchscreen calibration screen.

To calibrate the touchscreen, touch each of the nine cross-hair locations in sequence, do not skip any. Then press the button labeled "Push After Calibration" to end calibration and return to the Home screen.

Maintenance

Maintenance Records

For ease of maintenance the StepMill® 5 console will keep track of hours, number of workouts, time between last servicing, etc. You can access any of the custom menus by pressing [LEVEL: UP], [4], [ENTER]. The console will then display MACHINE STATUS. Use the [Level: UP] and [Level: DOWN] keys to scroll through the options. For details, refer to the Machine Status Console Codes in the previous section.

Resetting the Maintenance Hour Timer

After each maintenance period reset the counter. Press [LEVEL: UP], [7], [ENTER]. Then use the Level keys to scroll through the options. When MAINT HOURS is displayed, press [ENTER]. Press the [0] key, then press [ENTER]. Press [CLEAR] to return to the opening screen.

Moving your StepMill® 5

The StepMill® 5 is delivered with attached transport wheels. These same transport wheels will be used whenever the machine needs to be relocated.

Note: 2 people are required to attach/remove the transport wheels and move or relocate the machine. The transport wheels are intended for indoor use only and should never be rolled on concrete or asphalt surfaces.

Initial Service

Upon receiving your machine, use a soft, clean towel to wipe off the dust, which may have accumulated during shipping. Your new machine will require minor assembly. Refer to the Assembly Manual for details.

Cleaning

1. Do not use glass cleaners or any other household cleaners on the console. Clean the console daily with a water-dampened cloth and wipe dry after cleaning.
2. Clean the exterior of the machine daily using soap and water or a diluted, non-mineral based household cleaner such as Fantastik®.



The safety and performance of this product can be maintained only if it is inspected regularly for damage and wear.

Pay particular attention to components most susceptible to wear such as steps and lower side covers.

Remove any damaged machine from service and replace damaged components immediately.

Direct any question regarding maintenance or its function to a qualified StairMaster® Technician. For contact information please see the Important Contact Numbers page at the back of this manual.