

# HIIT QUICK START

**WAKE UP** PRESS ANY BUTTON ON CONSOLE OR START WORKOUT

**TRACK ACTIVITY** START WORKING OUT

**WORKOUT SUMMARY** STOP WORKOUT FOR 30 SECONDS OR PRESS **ENTER**



**CONSOLE RESET** PRESS **ENTER** AGAIN TO RESET



**TIME PROGRAM**

PRESS **TIME PROGRAM** BUTTON  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED TIME  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**DISTANCE PROGRAM**

PRESS **DISTANCE PROGRAM** BUTTON  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED DISTANCE  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**CALORIE PROGRAM**

PRESS **CALORIE PROGRAM** BUTTON  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED DISTANCE  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**INTERVAL TIME PROGRAM**

PRESS **INTERVAL PROGRAM** BUTTON  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED WORK TIME - **ENTER** TO SET  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED REST TIME - **ENTER** TO SET  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED NUMBER OF INTERVALS  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM



**INTERVAL CALORIE PROGRAM**

PRESS **INTERVAL PROGRAM** THEN **CALORIE PROGRAM** BUTTON  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED CALORIES - **ENTER** TO SET  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED REST TIME - **ENTER** TO SET  
USE **UP** + **DOWN** ARROWS TO SELECT DESIRED NUMBER OF INTERVALS  
PRESS **ENTER** TO SET  
PRESS **ENTER** TO START PROGRAM

AVG/MAX



**AVERAGE MAX**

PRESS THE **AVG/MAX** BUTTON TO SEE AVERAGE OR MAX VALUES  
DISPLAYED IN SPEED AND POWER WINDOWS

Pace Units



**WATTS  
500M SPLIT  
KCAL/HR**

PRESS THE **PACE UNITS** BUTTON TO CHANGE THE UNITS DISPLAYED IN THE  
POWER WINDOW



**BACKLIGHT**

PRESS TO TURN ON THE **BACKLIGHT** HOLD FOR 5 SECONDS TO LOCK LIGHT  
ON PRESS AGAIN TO TURN OFF



**BLUETOOTH**

PRESS **BLUETOOTH** BUTTON - ICON WILL FLASH  
FOLLOW PAIRING INSTRUCTIONS FOR YOUR DEVICE

# CONSOLE SETUP

-    **ACCESS**  
MAINTENANCE MODE
- WITHIN 15 SECONDS OF CONSOLE WAKE - UP  
PRESS **UP + DOWN + TIME** SIMULTANEOUSLY TO ENTER MAINTENANCE MODE  
PRESS **UP + DOWN** BUTTONS TO ACCESS MAINTENANCE SCREENS
- SCREEN 1**  
PRODUCT INFORMATION
- CUMULATIVE HOURS AND DISTANCE  
SOFTWARE VERSION
- SCREEN 2**  
ACTIVE TIME OUT
- PRESS **TIME** BUTTON TO ADJUST  
DEFAULT 30 SECONDS
- SCREEN 3**  
SUMMARY MODE TIME
- PRESS **TIME** BUTTON TO ADJUST  
DEFAULT 15 SECONDS
- SCREEN 4**  
SELECT MACHINE TYPE
- PRESS **TIME** TO TOGGLE THROUGH
- |                                |                                     |
|--------------------------------|-------------------------------------|
| <b>P1</b> TREAD (HIITMILL)     | <b>P2</b> BIC 1 (HIITBIKE / AIRFIT) |
| <b>P3</b> ERGO (HIIT UBE)      | <b>P4</b> STEP                      |
| <b>P5</b> BIC 2 (AIRFIT GEN 1) | <b>P6</b> ROW (HIIT ROWER)          |
| <b>P7-P9</b> NONE              |                                     |
-  **SCREEN 5**  
SELECT UNITS
- PRESS **DISTANCE** BUTTON TO CHANGE UNITS
-  **SCREEN 6**  
ANT +
- PRESS **BLUETOOTH** BUTTON TO TURN ANT+ **ON** OR **OFF**
- SCREEN 7**  
HIITMILL CALIBRATION
- FOR THE HIITMILL ONLY  
PRESS **RESISTANCE LEVER** TO THE **FORWARD** MOST POSITION  
PRESS **TIME** BUTTON TO SET ANGLE TO ZERO
-  **SCREEN 8**  
SOFTWARE UPDATE
- ONLY IF RECOMMENDED BY STAIRMASTER  
**INSERT USB DRIVE** LOADED WITH SOFTWARE INTO SLOT ON **RIGHT SIDE OF CONSOLE**  
PRESS **CALORIE** BUTTON  
WAIT FOR COUNT UP  
**REMOVE USB**
-  **EXIT**  
MAINTENANCE MODE
- PRESS **ENTER** TO EXIT MAINTENANCE MODE

READ **OWNER'S MANUAL** FOR COMPLETE INSTRUCTIONS + SAFETY WARNINGS

[SUPPORT.COREHANDF.COM/HIITCONSOLE](https://support.corehandf.com/hiitconsole)