



HIIT Console

OWNER'S MANUAL



CONSOLE SAFETY INSTRUCTIONS

- All connected products/equipment are for fitness and health purposes only. Any readings/values should not be used for medical diagnosis or treatment.
- Console is for indoor use only.
- Avoid spraying liquids directly onto console surface. Always spray cleaning solutions onto a clean towel first before wiping the surface.
- Power:
 - Internal - Two (2) C-Size (1.5V) alkaline batteries.
 - External - 12V DC
- There is a risk of explosion if the battery is replaced with the incorrect type.
- Dispose of batteries according to the manufacturer's instructions.
- Refer to Console Installation Instructions (620-8596) for installation details.

HIIT Console Warnings

FCC WARNINGS

Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (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 this equipment causes harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by doing one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC Caution

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

	Frequency	Power
Low Energy Bluetooth	2402-2480 MHz	1mW
ANT+	2403-2480 MHz	1mW

IC WARNINGS

Canada, Industry Canada (IC) Notices

This device complies with Industry Canada license exempt RSS standard(s).

This Class B digital apparatus complies with Canadian ICES-003 and CAN ICES-3(B)/NMB-3(B).

Operation is subject to the following two conditions:

(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. The IC ID for this device is 9911AM700MT6625.

Canada, avis d'Industrie Canada (IC)

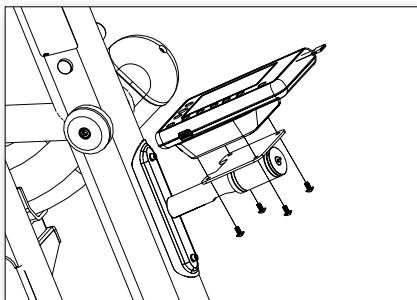
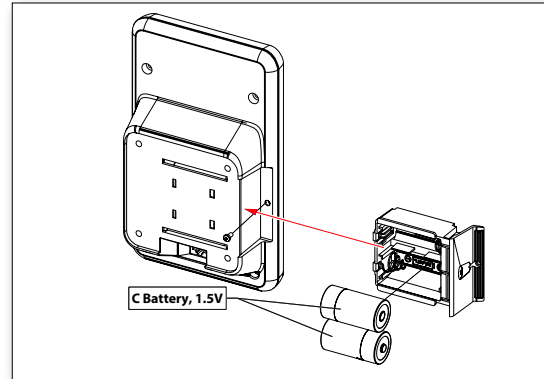
Cet appareil numérique de classe B est conforme aux normes canadiennes ICES-003 et RSS-247.

Son fonctionnement est soumis aux deux conditions suivantes:

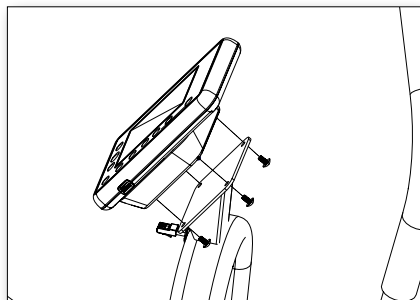
(1) cet appareil ne doit pas causer d'interférence et (2) cet appareil doit accepter toute interférence, notamment les interférences qui peuvent affecter son fonctionnement. L'identifiant IC de cet appareil est 9911A-M700MT6625.

	Peak Gain	Directivity
2400 MHz	3.39 dBi	5.53 dBi
2450 MHz	3.45 dBi	5.20 dBi
2500 MHz	2.75 dBi	5.14 dBi

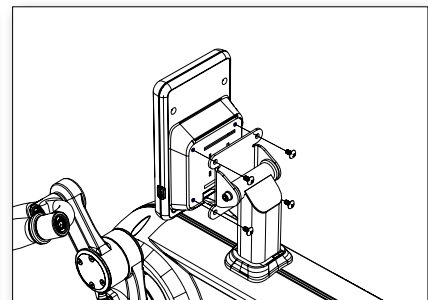
1. Use a #2 phillips screwdriver to remove the locking screw securing the battery drawer inside the console. Remove the battery drawer then install two (2) LR14 1.5V batteries into the drawer. Finally, reinsert the battery drawer and reinstall the locking screw.



HIITMill, HIITMill X



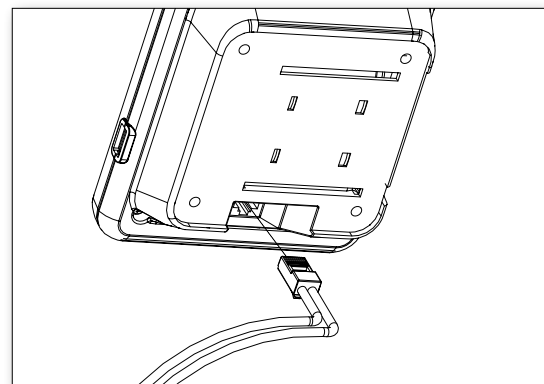
HIIT Bike, Airfit Bike



HIIT UBE, Airfit UB

2. Use a 3mm allen key to secure the HIIT Console to the mount using four (4) M5 x 14mm screws.


3. Connect the main data cable to the console.



4. After installing the console, ensure that the unit type is set for the appropriate model:

- a. Power the console on by pressing
- b. Press and hold buttons at the same time for 3-5 seconds.
- c. Verify that the correct software is selected. To do this, use the button to navigate to the 4th page and press the button to change between the following:


- ◇ **P1 "tread"** - HIITMill and HIITMill X
- ◇ **P2 "bic1"** - HIIT Bike
- ◇ **P3 "ergo"** - HIIT UBE
- ◇ **P4 "Step"** - Not Used Currently
- ◇ **P5 "bic2"** - Airfit Bike
- ◇ **P6 none** - Not Used Currently

5. Press the  to save the selection and return to the main workout screen.
6. Refer to installation instructions for the model for calibration instructions.










HIIT Quick Start

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

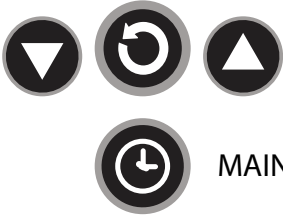
TRACK ACTIVITY START WORKING OUT
- WORKOUT SUMMARY** STOP WORKOUT FOR 30 SECONDS OR PRESS **ENTER**


-  **CONSOLE RESET** PRESS **ENTER** AGAIN TO RESET
Press **TIME PROGRAM** button

TIME PROGRAM Use **UP + DOWN** arrows to select desired time
Press **ENTER** to set
Press **ENTER** to start program
Press **DISTANCE PROGRAM** button




-  **DISTANCE PROGRAM** Use **UP + DOWN** arrows to select desired distance
Press **ENTER** to set
Press **ENTER** to start program
Press **CALORIE PROGRAM** button
-  **CALORIE PROGRAM** Use **UP + DOWN** arrows to select desired calories
Press **ENTER** to set
Press **ENTER** to start program
Press **INTERVAL PROGRAM** button
-  **INTERVAL TIME PROGRAM** 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 + CALORIE PROGRAM** buttons
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**  Press the AVG/MAX button to see average or max values displayed in speed and power windows
- WATTS/KCAL**  press the WATTS/Kcal 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
- HEART RATE**  The Console will display heart rate from 5khz & Ant+ heart rate straps for 30 seconds after wake-up the console will search for a heart rate signal.

Console Setup



ACCESS Within 15 seconds of console wake-up
MAINTENANCE MODE Press **UP + DOWN + TIME** simultaneously to enter Maintenance Mode
 Use **UP + DOWN** arrows to access maintenance screens

SCREEN 1 CUMULATIVE HOURS AND DISTANCE
PRODUCT INFORMATION SOFTWARE VERSION

SCREEN 2 Press **TIME** button to adjust
ACTIVE TIME OUT default 30 seconds

SCREEN 3 Press **TIME** button to adjust
SUMMARY MODE TIME default 15 seconds

SCREEN 4 Press **TIME** to toggle through
SELECT MACHINE TYPE
P1 TREAD (HIITMILL)
P2 BIC 1 (HIITBIKE / AIRFIT)
P3 ERGO (HIIT UBE)
P4 STEP
P5 BIC 2 (AIRFIT GEN 1)
P6-P9 NONE

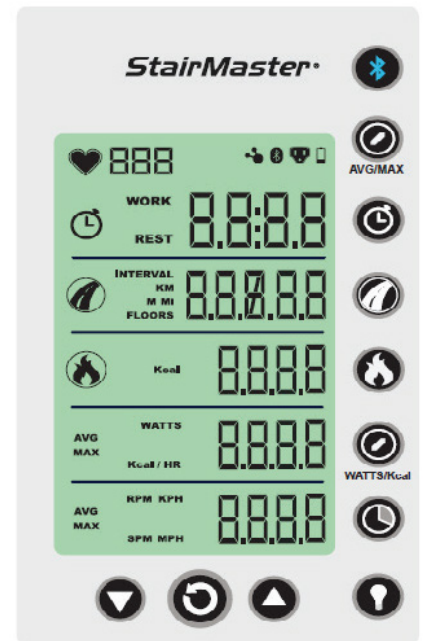
SCREEN 5 Press **DISTANCE** button to change units
SELECT UNITS

SCREEN 6 Press **BLUETOOTH** button to turn ANT+ **ON** or **OFF**
ANT +

SCREEN 7 **FOR THE HIITMILL ONLY**
HIITMILL CALIBRATION Press **RESISTANCE LEVER** to the **FORWARD** most position
 Press **TIME** button to set angle to zero

SCREEN 8 **ONLY IF RECOMMENDED BY STAIRMASTER**
SOFTWARE UPDATE **INSERT USB DRIVE** loaded with software into slot on **RIGHT SIDE OF CONSOLE**
 Press **CALORIE** button
 Wait for count up
REMOVE USB

EXIT Press **ENTER** to exit maintenance mode
MAINTENANCE MODE Read owner's manual for complete instructions + safety warnings



Core Health & Fitness, LLC Limited Warranty Commercial Fitness Products

CORE HEALTH & FITNESS, LLC, warrants to the original purchaser that its Commercial Fitness Products are free of defects in workmanship and materials. Mechanical parts are covered for a period of two (2) years from date of purchase. Electronic parts are covered for one (1) year from the date of purchase. Labor is covered for a period of one (1) year from the date of purchase. Frames are warranted for 10 years from the date of purchase.

During the applicable warranty period, CORE HEALTH & FITNESS, LLC, will either repair or replace, at its option, defective part(s) at no charge. The Manufacturer does not warrant the heart rate system performance on its products, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

In order to implement the provisions of this limited warranty, the original purchaser must contact Customer Support at (888) 678-2476. Be prepared to provide the product serial number and a detailed description of the problem. Proof of purchase or warranty registration will be needed to verify warranty effectivity and obtain warranty service and/or parts. Do not return defective part(s) for repair or replacement without prior authorization.

CORE HEALTH & FITNESS, LLC, reserves the right to review defective part(s). All costs of shipping defective part(s) to and from CORE HEALTH & FITNESS, LLC, for inspection shall be borne solely by the original purchaser. Any repair or modification of defective part(s) by anyone other than an Authorized Technical Representative or Authorized Service Provider will void this warranty. If CORE HEALTH & FITNESS, LLC, determines, in its sole discretion, that it is impractical to ship defective part(s) to CORE HEALTH & FITNESS, LLC, CORE HEALTH & FITNESS, LLC, may designate, in its sole discretion, a repair facility to inspect and estimate the cost to repair such defective part(s). The cost, if any, of shipping defective part(s) to and from such repair facility and of such estimate shall be borne solely by the original consumer purchaser. Defective part(s) must remain available for inspection until the claim is finalized. Whenever claims are settled, CORE HEALTH & FITNESS, LLC, reserves the right to be subrogated under any existing insurance policies the claimant may have.

EXCLUSIONS

This limited warranty does not apply to cosmetic damage, imperfections that are within design specification(s) or that do not materially alter functionality, or damage due to acts of God, accident, abuse, misuse, negligence, lack of normal maintenance, abnormal service or handling that differs from that specified for this model, improper installation or operation. In addition, alteration or modification of the product, or repair by anyone other than a CORE HEALTH & FITNESS, LLC, technical representative or authorized service provider will void this warranty. This warranty is valid only in the continental United States. It is the purchaser's responsibility to maintain the product per the owner's manual instructions that comes with each product. Failure to follow the maintenance instructions shall void the manufacturer's warranty.

DISCLAIMER OF WARRANTIES; LIMITATION OF LIABILITY

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From P/N: 620-8360. REV: A. DOC., WARRANTY, COMMERCIAL Effective November, 2015

