

Models:

SONExx

SONExx-BR

SONExx-INTHUR

SONExx-ISBU

SONExx-JP

SONExx-JPN

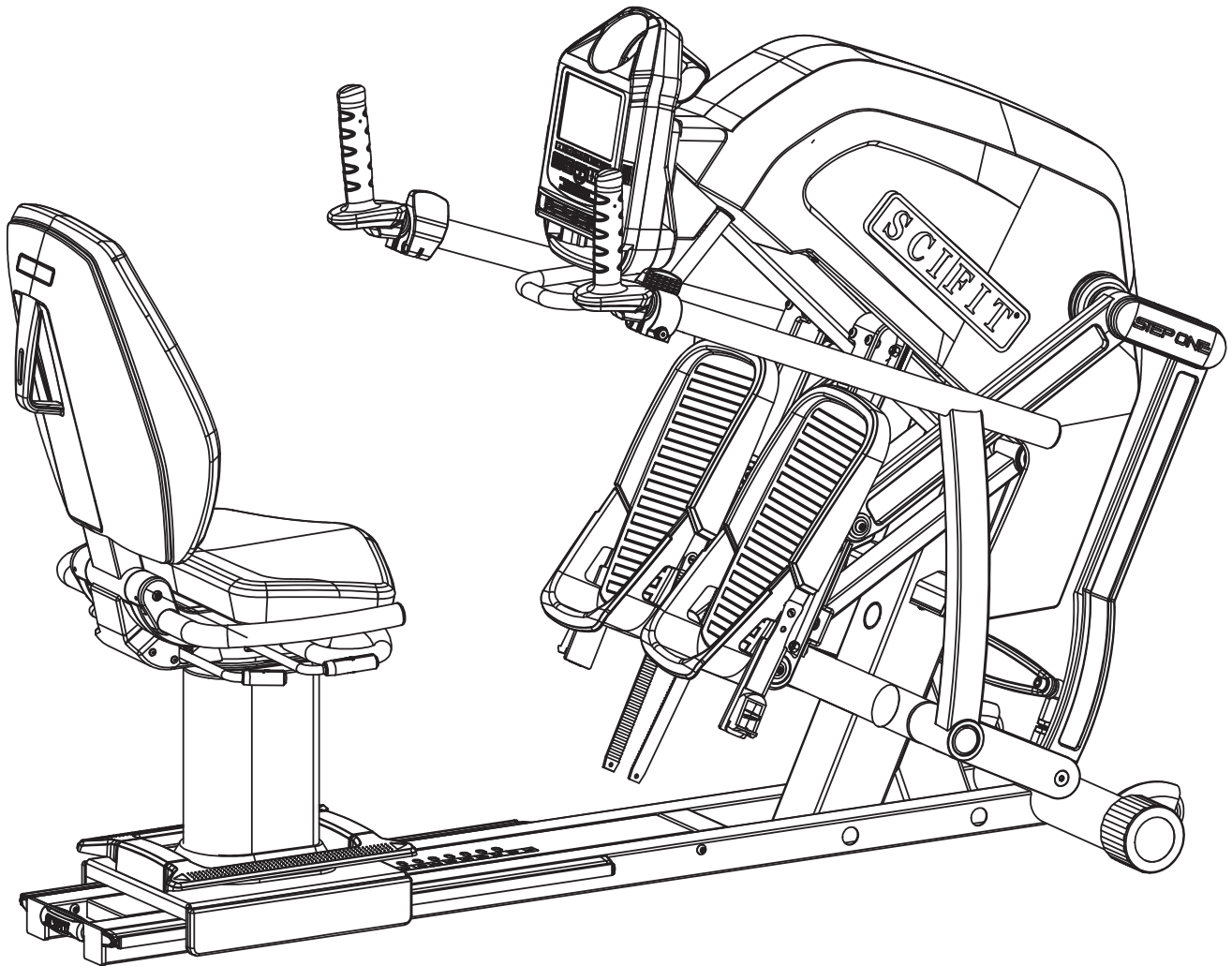
SONExx-JPHUR

SONExx-DOMHUR



Prescribed for Progress™

STEP ONE™ Owner's Machine Manual



RECUMBENT STEPPER



Before Using this product, read this manual and follow all safety rules and operating instructions.



CORPORATE HEADQUARTERS

Columbia Centre III, 9525 West Bryn Mawr Avenue, Rosemont, Illinois 60018 • U.S.A.

847.288.3300 • FAX: 847.288.3703

Service phone number: 800.351.3737 (toll-free within U.S.A., Canada)

Global Website www.lifefitness.com

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Store Operating Hours:
9:00 - 20:00 (BRT) (Monday-Friday)
10:00 - 16:00 (BRT) (Saturday)

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Fax: (+31) 180 646 699
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Operating Hours:
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85716 Unterschleißheim
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9.00h - 18.00h (Monday-Thursday)
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Sales/Marketing Email:
marketing.db.cemea@lifefitness.com
Operating Hours: 9.00h - 17.00h (CET)

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Japan Life Fitness Japan

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5-27-7 Sendagaya
Shibuya-Ku, Tokyo
Japan 151-0051
Telephone: (+81) 3.3359.4309
Fax: (+81) 3.3359.4307
Service Email: service@lifefitnessjapan.com
Sales/Marketing Email:
sales@lifefitnessjapan.com
Operating Hours: 9.00h - 17.00h (JAPAN)

Hong Kong Life Fitness Asia Pacific LTD

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Telephone: (+852) 2575.6262
Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
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Service Operating Hours: 9.00h - 18.00h

All Other Asia Pacific countries & distributor business Asia Pacific Life Fitness Asia Pacific LTD

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Fax: (+852) 2575.6894
Service Email:
HongKongEnquiry@lifefitness.com
Sales/Marketing Email:
Marketing.HK.Asia@lifefitness.com
Operating Hours: 9.00h - 17.00h
Service Operating Hours: 9.00h - 18.00h

* Also check www.lifefitness.com for local representation or distributor/dealer

* Order online 24/7 at www.SCIFIT.com



Prescribed for Progress™

Operation Manuals and other Product Information available at <http://www.scifit.com/resources/specifications-manuals/>

عقوولما ولع ةحاتم زاوجلان ع ىرخأ تامولعمو لي غشتلا فلداً <http://www.scifit.com/resources/specifications-manuals/>

操作マニュアルおよびその他の製品情報については、<http://www.scifit.com/resources/specifications-manuals/>をご覧ください。

如需操作手册和其他产品信息，请登录：<http://www.scifit.com/resources/specifications-manuals/>

操作手册和其他产品资讯请见 <http://www.scifit.com/resources/specifications-manuals/>

작동 설명서 및 기타 제품 정보는 <http://www.scifit.com/resources/specifications-manuals/>에서 찾을 수 있습니다.

Trobareu el manual de funcionament i altra informació de producte a <http://www.scifit.com/resources/specifications-manuals/>

Mae Llawlyfrau Gweithredu a Gwybodaeth Arall am Beiriannau ar gael yn <http://www.scifit.com/resources/specifications-manuals/>

Die Betriebsanleitung und andere Produktinformationen erhalten Sie unter <http://www.scifit.com/resources/specifications-manuals/>

Encontrará el manual de funcionamiento y otra información de producto en <http://www.scifit.com/resources/specifications-manuals/>

Erabiltzailearen Eskuliburua eta Beste Produktuei buruzko Informazioa eskuratu <http://www.scifit.com/resources/specifications-manuals/>

Käyttöoppaat ja muut tuotetiedot ovat saatavana osoitteessa <http://www.scifit.com/resources/specifications-manuals/>

Les manuels d'utilisation, ainsi que d'autres informations sur les Produits, sont disponibles sur <http://www.scifit.com/resources/specifications-manuals/>

Felhasználói kézikönyvek és más termékinformációk: <http://www.scifit.com/resources/specifications-manuals/>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <http://www.scifit.com/resources/specifications-manuals/>

Manuali di funzionamento e altre informazioni sui prodotti disponibili su <http://www.scifit.com/resources/specifications-manuals/>

Instrukcje obsługi i inne informacje o produktach dostępne na stronie <http://www.scifit.com/resources/specifications-manuals/>

Manuais de Operação e Informações sobre outros produtos disponíveis em <http://www.scifit.com/resources/specifications-manuals/>

Руководства по эксплуатации и другую касающуюся нашей продукции информацию можно найти, перейдя по ссылке <http://www.scifit.com/resources/specifications-manuals/>

Kullanım Kılavuzları ve Diğer Ürün Bilgileri <http://www.scifit.com/resources/specifications-manuals/>

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INTRODUCTION

Thank you for your purchase of the SCIFIT StepOne recumbent stepper. We have incorporated the finest technology and ergonomic design into this machine to assist you in achieving your fitness goals.

The SCIFIT StepOne recumbent stepper is designed for Class “S” (Commercial), Class “A” (High Accuracy) and Class “IIa” (Medical Device Directive) applications. The intended uses are for Cardio & Pulmonary Rehabilitation as well as Sports Medicine, Physical Therapy, Physical Conditioning and Strength Training. SCIFIT equipment is suitable for placement in medical, wellness, fitness, and recreational facilities. The StepOne recumbent stepper has 191 levels of console controlled resistance, which ensures that users of all fitness levels will be able to get a challenging but not overwhelming workout.

To review the latest guidelines and recommendations, visit the American College of Sports Medicine website: www.acsm.org

MAINTENANCE

COMPONENT	ACTION	WHEN
Upholstery	Clean With Mild Soap and Water	Daily
Base Roller Track	Clean With a Damp Cloth	Weekly
Battery	Refer to “Console Prog. Manual” For Battery Check Instructions	Monthly

ATTENTION

Contact your local waste management agency for specific requirements concerning recycling and disposal locations of batteries.

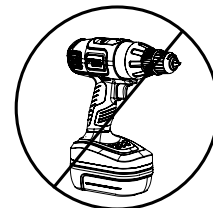
SAFETY INFORMATION

The purpose of the symbols seen below are to attract your attention to possible dangers during the assembly or adjustment process. The Attention, Warning symbols and special icons with its associated explanation, deserves your careful consideration. The warning does not by itself eliminate any danger. The instructions given are not substitutes for proper accident prevention measures.

Look for these symbols that will point out safety precautions or important information.



Two People Required



No Power Tool

- Read all warnings and instructions on each product prior to using your SCIFIT exercise machine. Save these instructions for future reference.
- If warnings are missing or damaged, please contact SCIFIT immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. SCIFIT is not responsible for missing or damaged warning labels.
- Use the exercise machine only for its intended purposes as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never drop or insert any object into any opening.
- **This machine is intended for indoor use only.** Do not place in direct sunlight, high humidity or where water is present (i.e. pool or spa areas).
- Consult your physician or medical specialist before participating in any exercise program, especially if you are pregnant or if you are suffering from heart disease, respiratory disease, diabetes, high blood pressure, elevated cholesterol, arthritis, or any other diseases and physical complaints.
- The exercise machine is not to be used by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have supervision or been given instruction.
- Close supervision is necessary when the exercise machine is being used near children. Keep children away from rotating mechanical parts and supports that may cause injury.
- To prevent muscle injuries and soreness, you should always cool down at least 5 minutes. Always stretch after a workout session to reduce the risk of personal injury. Failure to stretch properly may result in injury to yourself.
- **WARNING!** Heart rate monitoring systems may be inaccurate. Over exercise may result in serious injury or death. If you feel faint stop exercising immediately.
- **DANGER!** To reduce the risk of electrical shock, always unplug SCIFIT products before cleaning or attempting any maintenance activity.
- **WARNING!** To reduce the risk of burns, fire, electrical shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
- Injuries to health may result from incorrect or excessive training. Failure to stop exercising can result in injury or death to yourself.

PROPOSITION 65

Health and Environmental Regulation Warning - This product may contain chemicals known to the state of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environment-regulations-information>.

SPECIFICATIONS

Max User Weight **Standard Seat** - 450 lbs (204 kg) **Bariatric Seat**- 600 lbs (272 kg) **Premium Seat** - 450 lbs (204 kg)
 Power Self generating w/auto recharge battery back-up. Standard 18V AC Adapter
 Resistance System Electromagnetic Self Generating Resistance
 Programs Manual, Fit Quik, Constant Workout, ISO-Strength, Hills, Heart Rate, Stress Test and Random

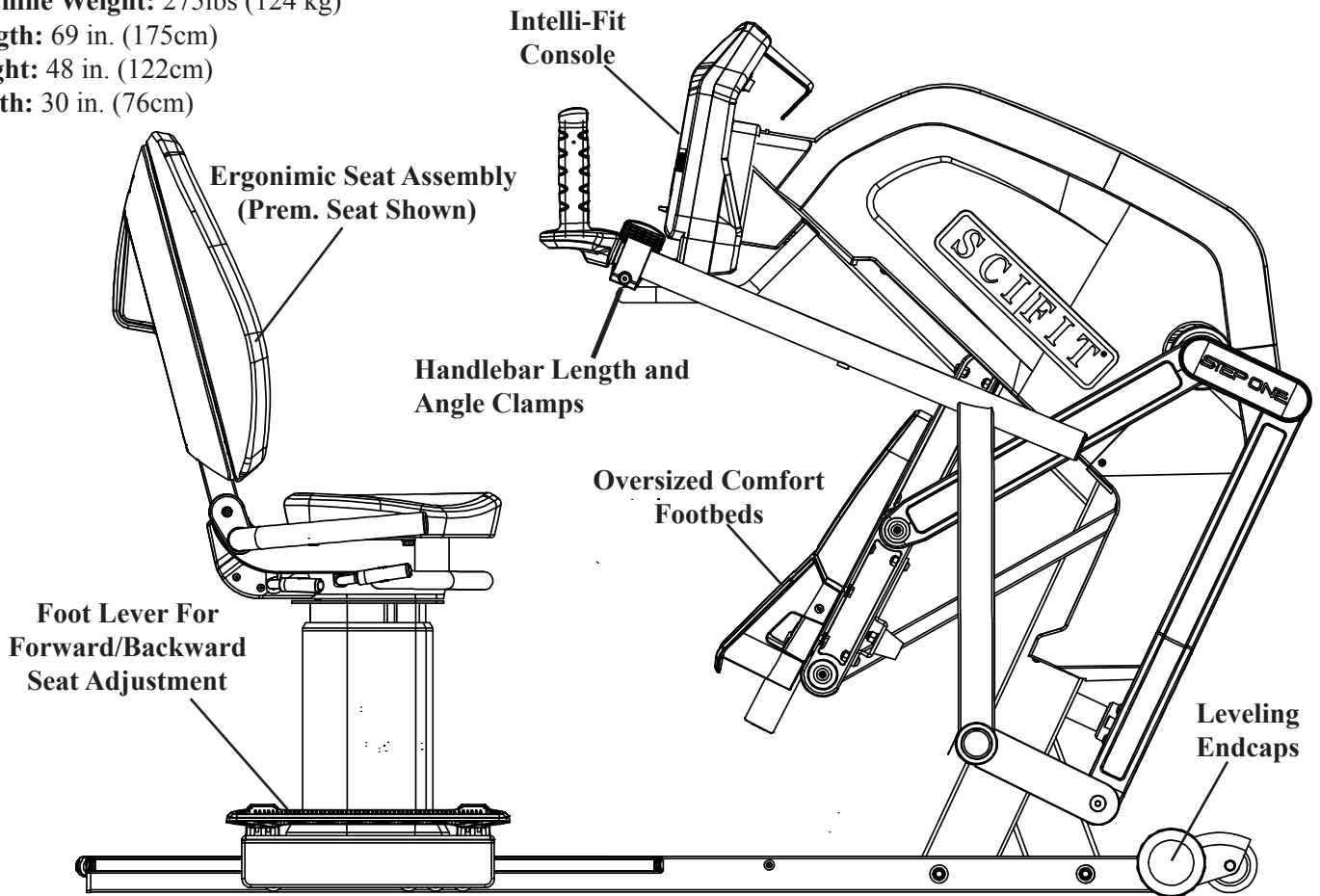
Accuracy Class..... Class A

Machine Weight: 275lbs (124 kg)

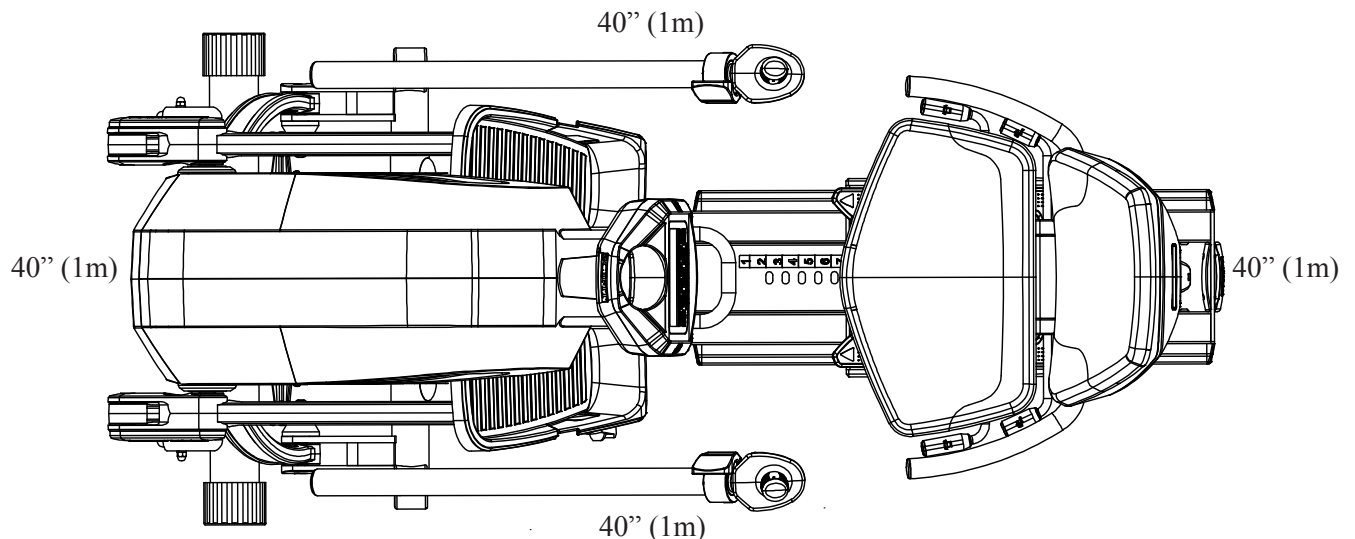
Length: 69 in. (175cm)

Height: 48 in. (122cm)

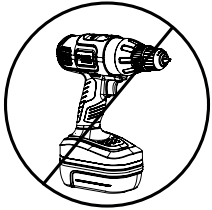
Width: 30 in. (76cm)



SAFETY PERIMETER



CONSOLE ATTACHMENT



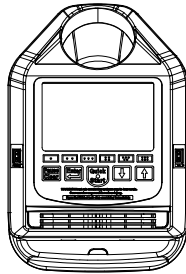
No Power Tool

Required Tools: • 1/2" Socket • 3" Extension • Ratchet

Components:

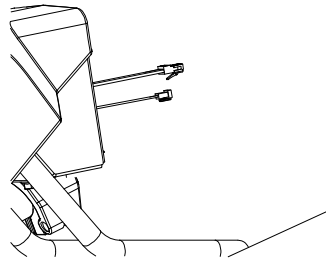
1

Console



2

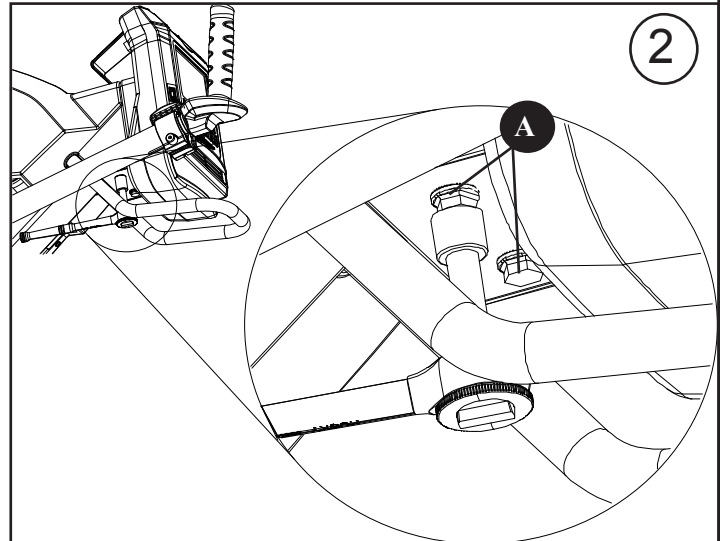
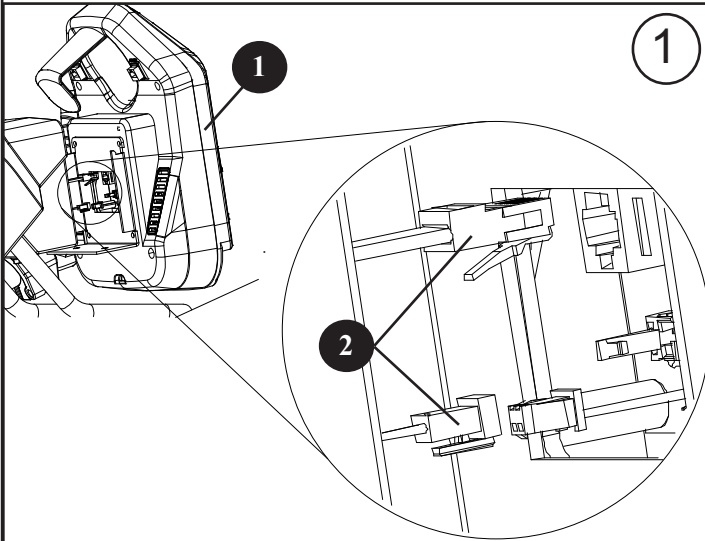
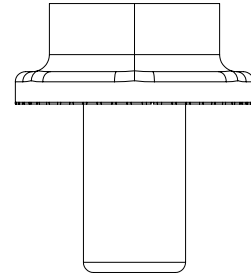
Communication Cable and
Mid-Step Counter Cable



A

Hardware:

Screw, Flange,
5/16-18 x 1/2" (Qty. 2)

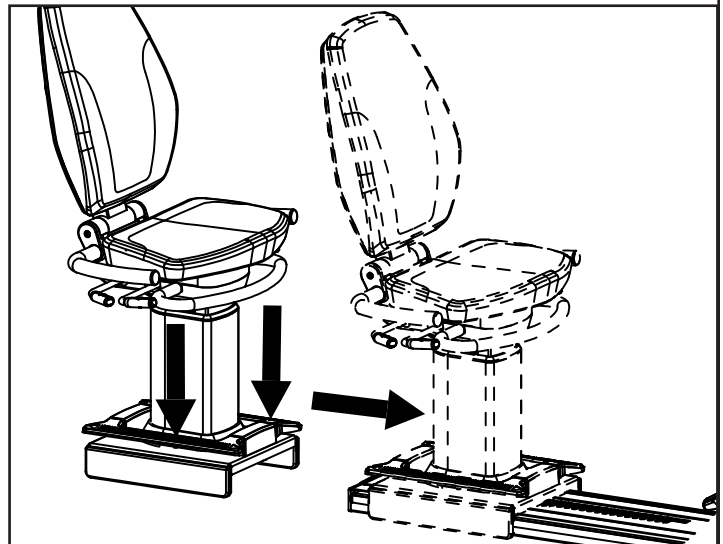
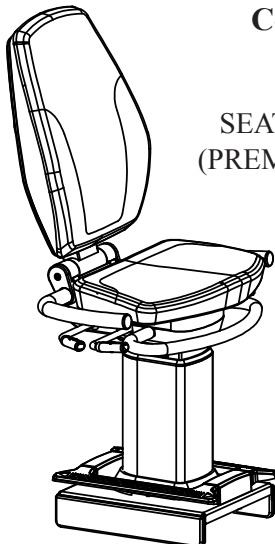


SEAT ASSEMBLY MOUNTING

Component:

1

SEAT ASSEMBLY
(PREMIUM SHOWN)



MACHINE RELOCATION

ATTENTION

Depending on the regular operation of the machine, the StepOne may require the AC wall pack to be plugged into the machine at all times.

The following guidelines show typical conditions that would require use of the AC wall pack with shorter stride rates requiring more steps per minute:

1. A full step stride of 11.5" below 40 Steps per Min.
2. A half step stride of 6" below 80 Step per Minute

WARNING

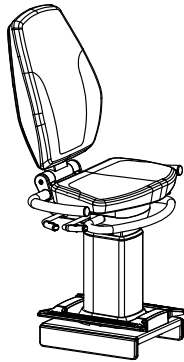
Failure to place the machine on a stable and level surface may result in injury to yourself and others.



Two People Required

1

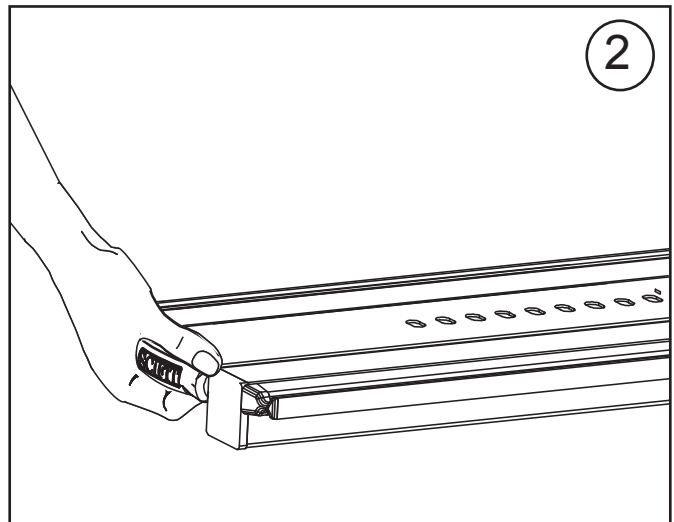
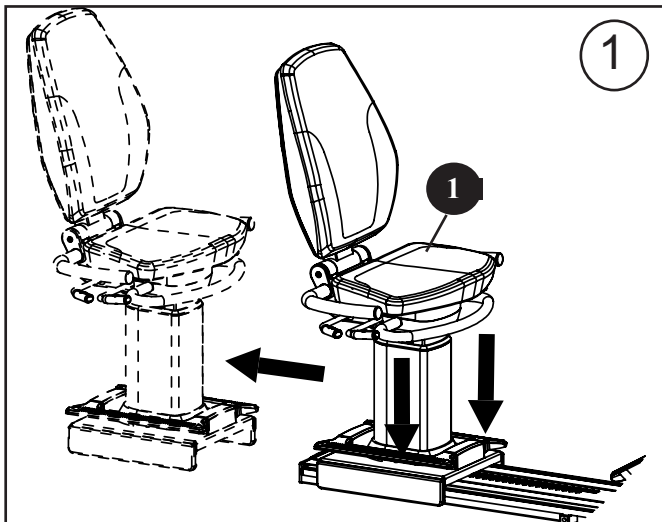
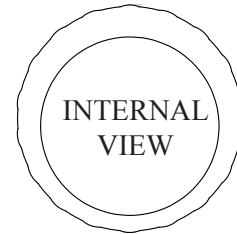
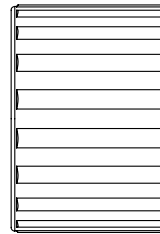
SEAT ASSEMBLY
(PREMIUM SHOWN)



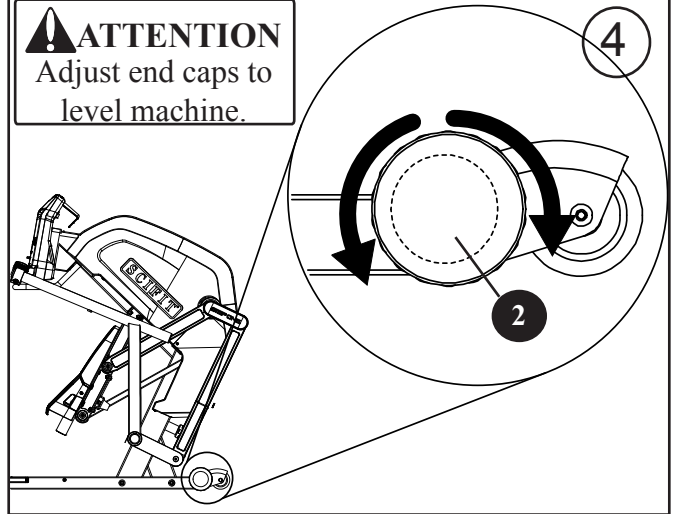
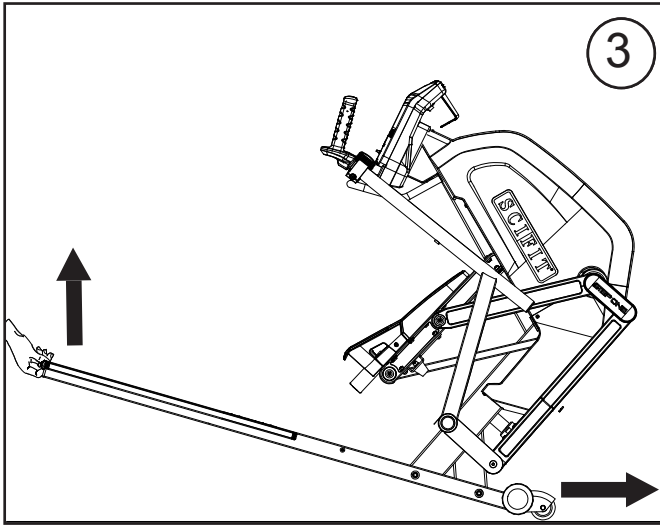
2

RH/LH OFFSET ENDCAPS

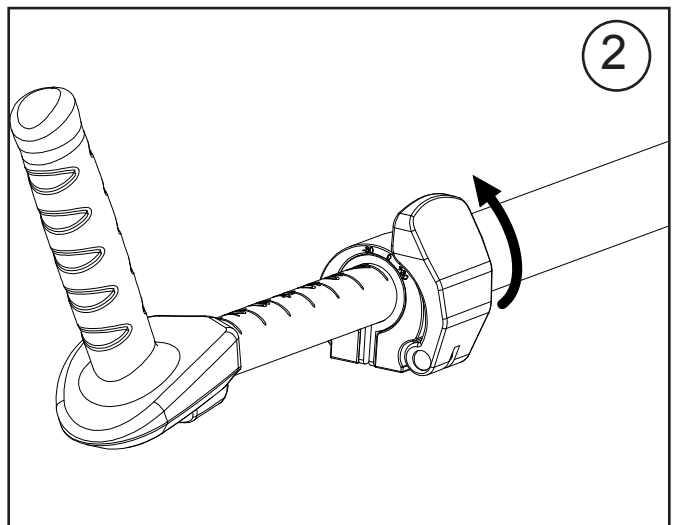
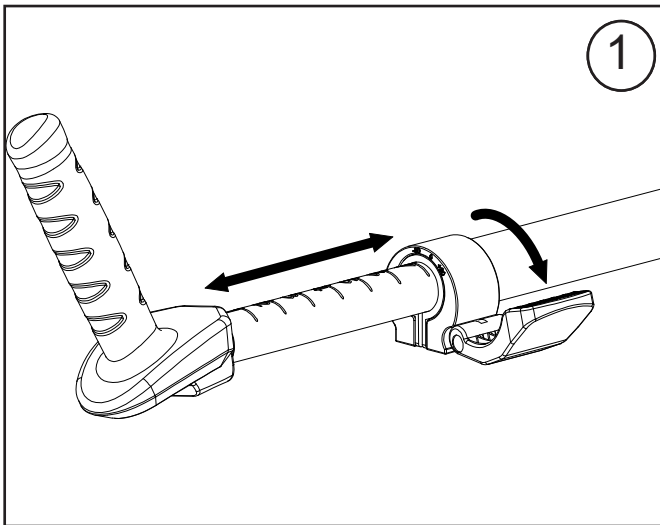
Components:



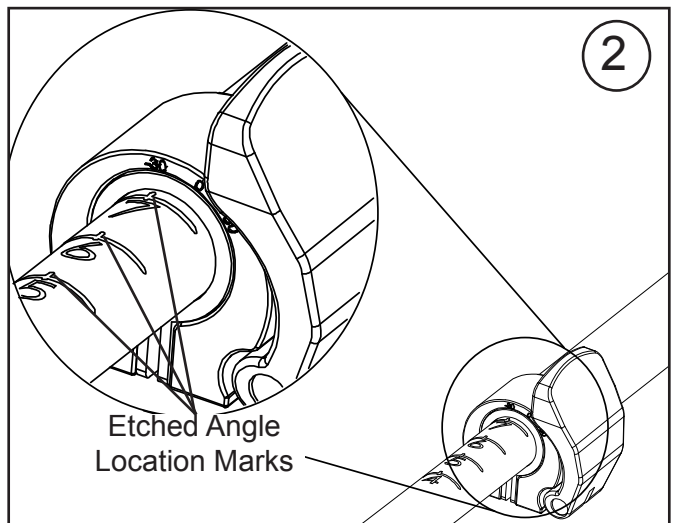
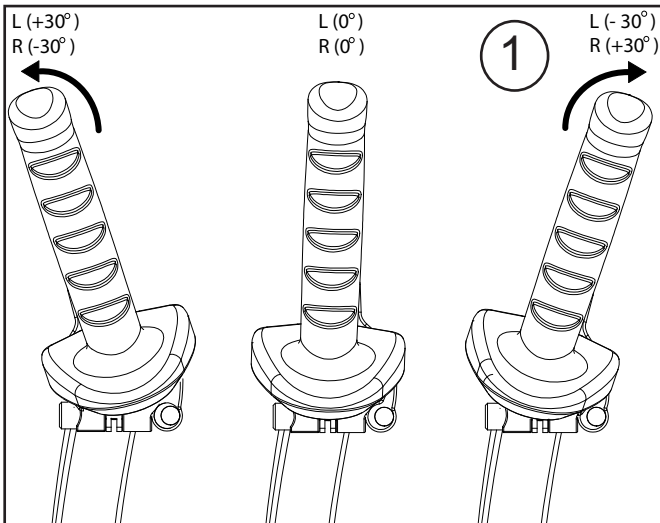
MACHINE RELOCATION



HANDLEBAR EXTENSION ADJUSTMENT



HANDLEBAR ANGLE ADJUSTMENT



BIOMECHANICAL POSITIONING

1. MACHINE ENTRY:

(a) Press and hold the yellow foot lever located on either side of the base of the seat base (see Seat System manual), then move the seat back to allow sufficient entry space and release the foot lever. You may grab the handle located under the console to stabilize yourself and sit on the seat.

OR

Lift upward on the yellow incline lever (Premium only) located on either side of the seat (see Seat System manual) and rotate the seat 90 degrees to the right or left to access the bottom seat pad and release, then sit down and again lift upward on the incline lever and rotate back into the original position.

(b) Position the seat forward or backward using the yellow foot lever to a comfortable location, then release the lever allowing for a slight knee and elbow bend during extension when workout.

(c) Adjust the height (Premium only) of the seat using the yellow bar on the front of the seat (see Seat System) to obtain a comfortable position.

2. INITIATING A WORKOUT:

(a) Place your feet on the foot pads, then grab the handlebars and begin pushing downward on the foot pads back and forth continuously to keep the console powered up.

NOTE: The AC adapter may also be connected to the machine to keep the console continuously powered-up.

(b). Select the workout program preferred (see Console Program manual) and begin the workout.

3. EXITING THE MACHINE WHEN THE WORKOUT HAS COMPLETED:

(a) Press and hold the yellow foot lever located on either side of the base of the seat base, then move the seat back to allow sufficient exit space and release the foot lever. You may grab the handle under the console for stabilization, then lift yourself and exit the machine.

OR

Lift upward on the yellow incline lever (Premium only) located on either side of the seat and rotate the seat 90 degrees right or left, then release. Carefully lift yourself upward and exit the machine.



WARRANTY

WARRANTY INFORMATION

WHAT IS COVERED.

This SCIFIT commercial exercise equipment ("Product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED.

The original purchaser or any person receiving a newly purchased Product as a gift from the original purchaser. Warranty will be voided on subsequent transfers.

HOW LONG IS IT COVERED.

All coverage is provided by specific Product according to the guidelines listed on the chart below.

WHO PAYS TRANSPORTATION & INSURANCE FOR SERVICE.

If the Product or any covered part must be returned to a service facility for repairs, We, SCIFIT, will pay all transportation and insurance charges for the first year. You are responsible for transportation and insurance charges during the second and third years (if applicable).

WHAT WE WILL DO TO CORRECT COVERED DEFECTS.

We will ship to you any new or rebuilt replacement part or component, or, at our option, replace the Product. Such replacement parts are warranted for the remaining portion of the original warranty period.

WHAT IS NOT COVERED.

Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the Product's environment, rust or corrosion as a result of the Product's location, alterations or modifications without our written authorization or by failure on your part to use, operate and maintain the Product as set out in your Operation Manual ("Manual").

One type RJ45 interchangeable Network ready and Fitness Entertainment port is supplied with the Product. This port complies with the FitLinxx CSAFE specification dated August 4, 2004 stating: 4.75VDC to 10VDC; maximum current of 85mA. Any Product damage caused by a load exceeding this FitLinxx CSAFE specification is not covered by warranty.

All terms of this warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii and Canada) and are then subject to the terms provided by that country's local authorized SCIFIT representative.

Detailed warranty guidelines are available at:
<http://www.SCIFIT.com/Support/Service information/Warranty and Product Information/>

WHAT YOU MUST DO.

Register your Product online at <http://www.SCIFIT.com/warrantyregistration.shtml/>. Retain proof of purchase; use, operate and maintain the Product as specified in the Manual; notify Customer Support Services of any defect within 10 days after discovery of the defect; if instructed, return any defective part for replacement or, if necessary, the entire Product for repair.

OPERATION MANUAL: It is VERY IMPORTANT THAT YOU READ THE MANUAL before operating the Product. Remember to perform the periodic maintenance requirements specified in the Manual to assure proper operation and your continued satisfaction.

HOW TO GET REPLACEMENT PARTS & SERVICE.

Refer to page one of this manual for your local service contact information. Reference your name, address and the serial number of your Product. They will tell you how to get a replacement part, or, if necessary, arrange for service where your Product is located.

EXCLUSIVE WARRANTY.

THIS LIMITED WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES OF ANY KIND EITHER EXPRESSED OR IMPLIED, INCLUDING BUT NOT LIMITED TO THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE, AND ALL OTHER OBLIGATIONS OR LIABILITIES ON OUR PART. We neither assume nor authorize any person to assure for us any other obligation or liability concerning the sale of this Product. Under no circumstances shall we be liable under this warranty, or otherwise, of any damage to any person or property, including any lost profits or lost savings, for any special, indirect, secondary, incidental or consequential damages of any nature arising out of the use of or inability to use this Product. Some states do not allow the exclusion or limitation of implied warranties or of liability for incidental or consequential damages, so the above limitations or exclusions may not apply to you. Warranty coverages and terms may differ outside the United States. Please contact the SCIFIT office servicing your country (contact information found at the front of this manual) or visit the applicable local SCIFIT website to receive the specific warranty information for your country.

CHANGES IN WARRANTY NOT AUTHORIZED.

No one is authorized to change, modify or extend the terms of this limited warranty.

EFFECT OF STATE LAWS.

This warranty gives you specific legal rights and you may have other rights which vary from state to state and country by country.

OUR PLEDGE TO YOU.

Our Products are designed and manufactured to the highest standards. We want you completely satisfied with our Products and will do everything possible under the terms of this warranty to keep you secure in knowing you have bought the best!

Item	6 months	1 Year	3 Years	5 Years
Frame				X
Electrical			X	
Mechanical			X	
Labor		X		
Upholstery, Seats, Grips, Walk belts, Decks		X		
Battery		X		
High Wear Items (Heartrate Straps, Pedal Straps)	X			



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