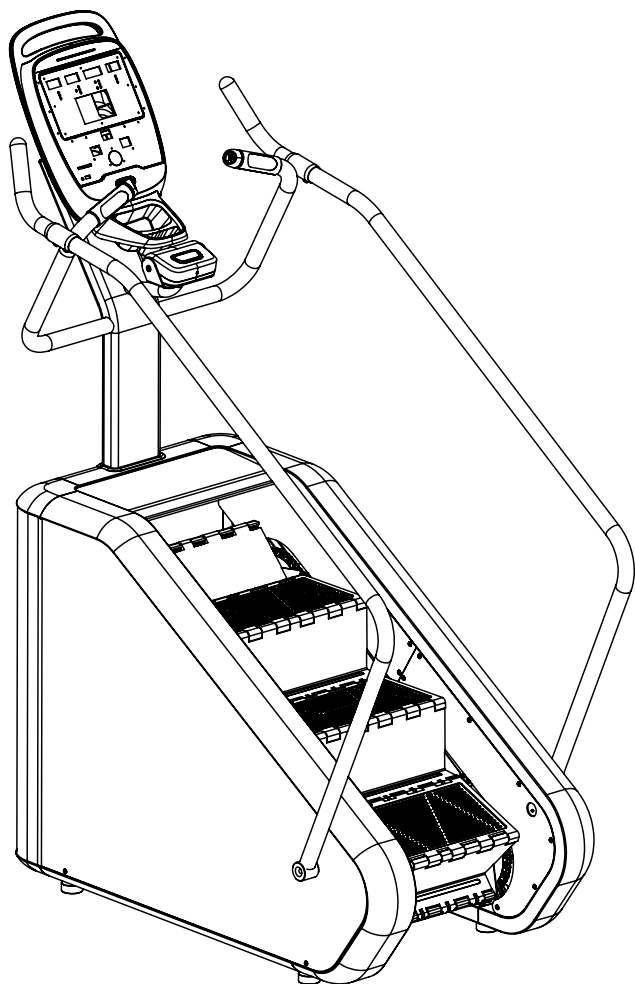# SPIRIT

CSC880 STAIR CLIMBER

CSC880_880665_OM_20250217

Online Support

If you require assistance or are experiencing issues with your Spirit Machine, please contact customer care for additional help.

📞 1-800-258-8511

✉ service@spiritfitness.com

Warranty Registration

Scan to quickly and easily register your new Spirit Fitness machine.

Table of Contents

PRODUCT REGISTRATION

Congratulations on your new Stair Climber, and welcome to the Spirit Fitness family!

Thank you for your purchase of this quality unit from Spirit Fitness. Your new unit was manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Through your dealer, Spirit Fitness will do all we can to make your ownership experience as pleasant as possible for many years to come.

If not purchased direct from Spirit Fitness, the local dealership where you purchased this unit is your administrator for all Spirit Fitness warranty and service needs. Their responsibility is to provide you with the technical knowledge and service personnel to make your experience more informed and any difficulties easier to remedy.

Please take a moment at this time to record the name of the dealer, their telephone number, and the date of purchase below to make any future, needed contact easy. We appreciate your support and we will always remember that you are the reason that we are in business.

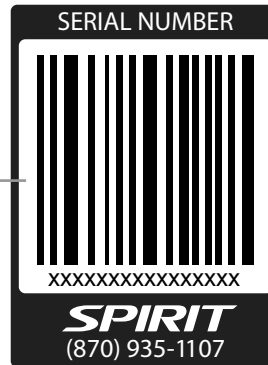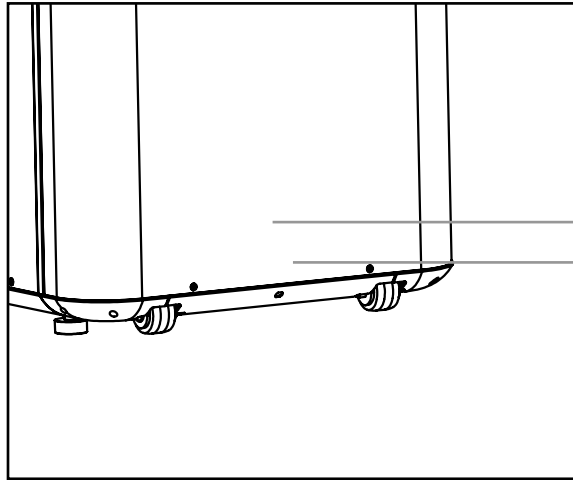|	
Serial Number	
Date of Purchase	
Dealer / Place of Purchase	

WARRANTY REGISTRATION

Use your smartphone to scan the QR code above to quickly and easily register your new Spirit Fitness machine.

You can also go to **spiritfitness.com/warranty** under the Support tab to register online.

Version: 1.0
Revision: 02.17.25

PRODUCT LABELS

SERIAL NUMBER

||||||||||||||||||||||

xxxxxxxxxxxxxxxx

SPIRIT

(870) 935-1107

⚠ **WARNING:** Cancer and Reproductive Harm - www.P65Warnings.ca.gov

SERIAL NUMBER STICKER
This sticker will be found on the main frame. Please record the number below the barcode for the purpose of registering your Stair Climber's warranty.

PROPOSITION 65 WARNING
This sticker will be found on the main frame The State of California requires us to inform you that this unit was manufactured using chemicals that could cause harm with improper use.
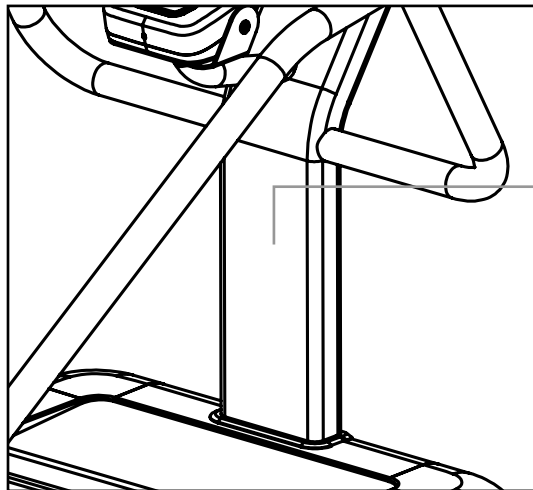
SAFETY WARNING STICKER
This sticker will be found on your Stair Climber's upright. The same warning can be found in this manual. Please read and be aware of the precautions before operating your unit.

⚠ **WARNING**

SERIOUS INJURY CAN OCCUR ON THIS EQUIPMENT. YOU MUST FOLLOW THESE PRECAUTIONS TO AVOID INJURY!

1. Before using, read all the warnings and obtain instruction on the use of this machine. Use only for intended exercise. DO NOT modify the machine.
2. Obtain a medical exam before beginning any exercise program.
3. Keep body, hair and clothing free of all moving objects.
4. Inspect all machines before use. DO NOT use if it appears damaged. DO NOT attempt to fix a broken or jammed machine. Notify staff immediately.
5. Children must not be allowed near this machine. Supervise teenagers.
6. DO NOT REMOVE THIS LABEL REPLACE IF DAMAGED.

WARNINGS, COMPLIANCE AND NOTICES

This product has been certified to meet the following standards:

- FCC part 15
- UL
- Bluetooth (with FTMS)

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the 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 does cause 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 one or more of the following measures:

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

CAUTION:
- To comply with FCC RF exposure compliance requirements, a separation distance of at least 20 cm must be maintained between the antenna of this device and all persons.
- This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter

SAFETY INSTRUCTIONS

When using an electrical appliance, basic precautions should always be followed, including the following:

Read all instructions before using this appliance.

⬡ **DANGER** - To reduce the risk of electric shock:

Always unplug this appliance from the electrical outlet immediately after using and before cleaning.

⬡ **WARNING** - To reduce the risk of burns, fire electric shock, or injury to persons:

1. Always unplug the machine from the electrical outlet before cleaning or servicing.

2. This machine is not intended to be serviced by the end user, refer servicing to qualified personnel only.

3. This product will be wired for either 120 VAC nominal power input. It is factory-equipped with a specific electric cord and plug to permit connection to the proper electric circuit. Make sure that the product is connected to a dedicated power line having an outlet with the same configuration as that of the plug.

4. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. NO adapter should be used with this product.

5. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel in order to avoid a hazard.

6. This appliance is not intended for use by persons with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

7. Keep children under the age of 13 away from this machine.

8. **User Weight Limit: 330 lb.**

⬡ Please ensure that you review and adhere to the user weight restrictions and power requirements of your new machine. Failure to do so may result in serious injury or damage to your machine.

ELECTRICAL SAFETY

⚠️ **WARNING!**

- This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination form their health care provider before beginning any exercise program.

- This machine is not intended to be used by children. It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the machine.

- Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 20 inches (0.5 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 48 inches (1.25 meters) of clearance behind the machine. These dimensions are the recommended minimum distances. The actual area for access and passage is the responsibility of the facility and should take into account this training envelope and any other national or local codes or regulations.

- Keep power cord away from heated surfaces. Unplug power cord when the machine is unattended and before performing any preventative maintenance such as cleaning or replacing a worn part.

- Familiarize yourself with the location of the STOP buttons on the console. If you experience difficulties during the workout, pushing the STOP button will bring the machine to a stop.

- Do not exceed the maximum allowable weight limit of 330 lbs. / 150 kg.

- Use care when getting on or off the machine. Always use the handrails. Do not step off of the machine while it is moving. Press the STOP button and wait for the machine to come to a complete stop before dismounting.

- Do not overexert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.

- Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.

- Do not operate the machine if the motor shroud is removed or if the power cord is damaged in any manner.

- Keep all air openings free from dirt or any material that would block the flow of air to the motor.

ELECTRICAL SAFETY & IMPORTANT OPERATION INSTRUCTIONS

- The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately, or the equipment removed from service until the repair is made.

- NEVER expose this StairClimber to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

IMPORTANT OPERATION INSTRUCTIONS

- NEVER operate this StairClimber without reading and completely understanding the results of any operational change you request from the computer console.

- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment button. The computer will obey the command gradually.

- Use caution while participating in other activities while stepping on the rotating staircase; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.

- Do not use excessive pressure on console control buttons. They are precision set to function properly with little finger pressure.

PARTS INCLUDED

PARTS INCLUDED:
- ❑ 1 Frame Assembly
- ❑ 2 Hexagon socket countersunk head screws
- ❑ 1 Front Column Assembly
- ❑ 1 Front Column Assembly Welding
- ❑ 1 Column Decorative Rubber
- ❑ 1 Left Handrail Assembly
- ❑ 1 Right Handrail Assembly
- ❑ 1 B Console Assembly
- ❑ 1 Console Support Decorative Rubber
- ❑ 2 Flat Washer
- ❑ 4 Curved Washer
- ❑ 4 Hexagon Socket Head Cap Screws
- ❑ 4 Hexagon Socket Countersunk Head Screws
- ❑ 2 Hexagon Socket Cylindrical Head Bolts
- ❑ 1 - 5mm Allen Wrench
- ❑ 1 - 6mm Allen Wrench
- ❑ 1 - 8mm Allen Wrench

HARDWARE PACK

M10×20-2

M8×16-4

Φ10-2

Arc Washers Φ8-4

M8×25-4
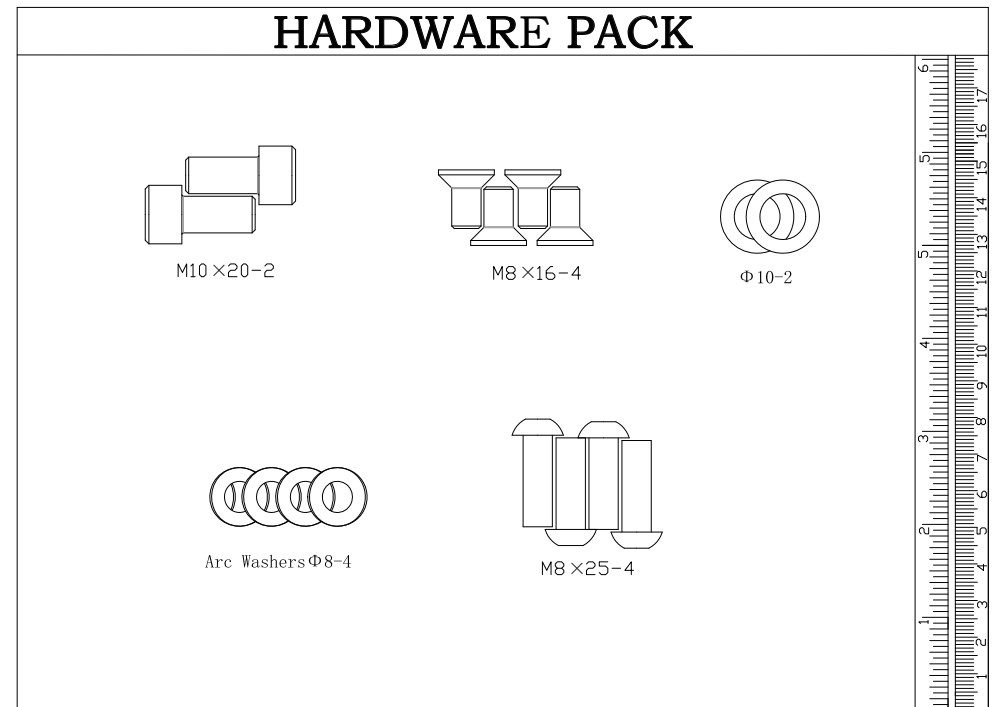
PARTS OF YOUR STAIR CLIMBER

A

B

C

D

E

F

G

H

K

I

J
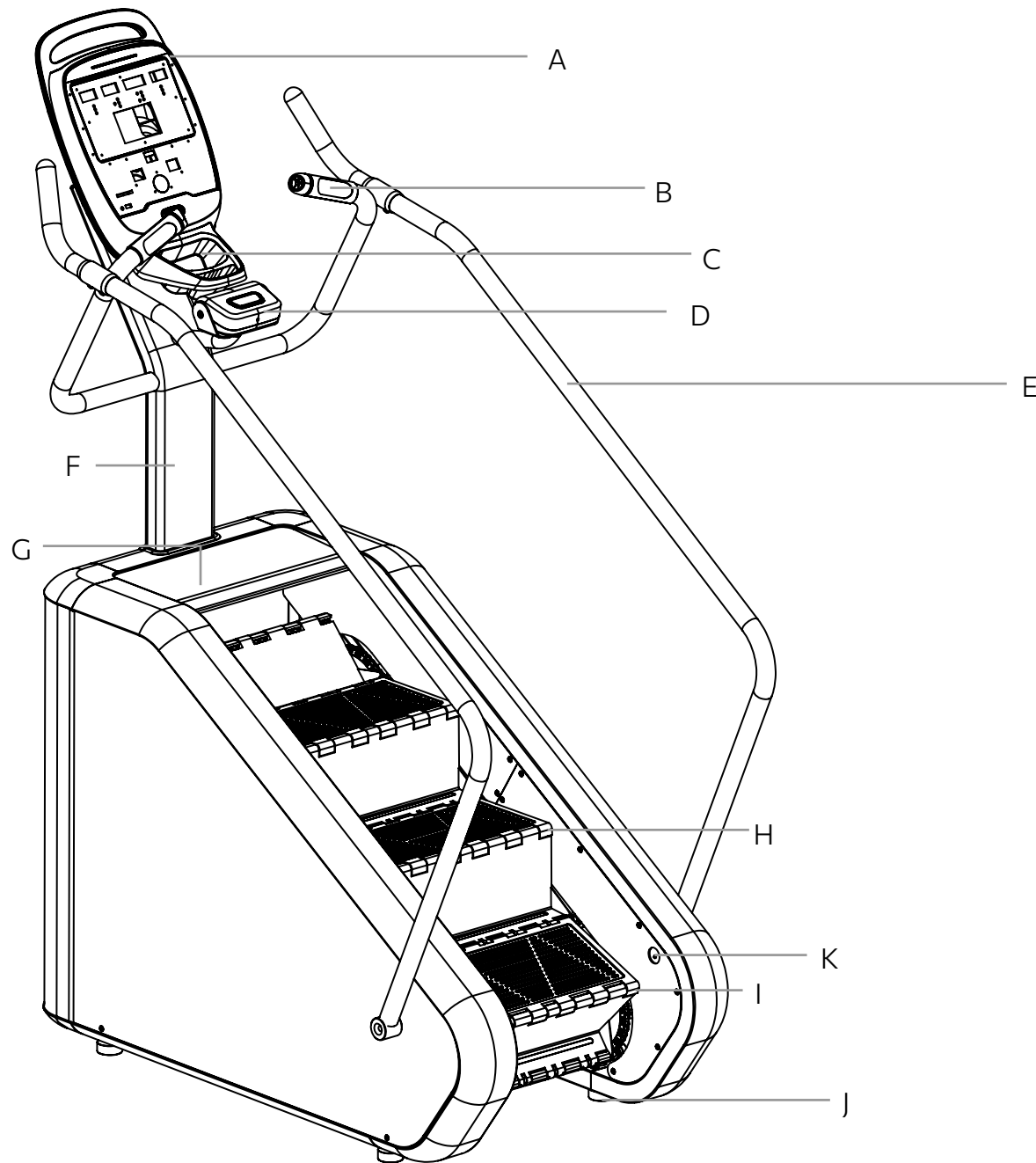
A. Console
B. Pulse Sensors
C. Accessory Pocket
D. Safety Key
E. Handlebars
F. Console Mast
G. Main Frame
H. Steps
I. Step Up
J. Leveler
K. Safety-Stop Sensor

PRE-ASSEMBLY

1. Read all instructions before assembling.

2. Assemble and operate the StairClimber on a hard, level surface in the area intended for use.

3. Attach all fasteners and partially tighten them. Do not fully tighten fasteners until assemble of all components is complete.

4. Do not attempt to move the unit by yourself. Have at least one other person help and use safe lifting techniques.

5. Do not grasp on any plastic parts of the unit while lifting and moving. The plastic components are non-structural covers and not capable of supporting the weight of the unit.

6. Locate the hardware package. The hardware is labeled with its specification as a description. Each of the assembly steps reference the descriptions to avoid confusion during assembly.

Danger!

Always unplug the unit from the electrical outlet immediately after using, before cleaning, performing maintenance and putting on or taking offparts.

ASSEMBLY - STEP ONE

1. Put the Column Decorative Rubber over the front column assembly, as shown.

2. Connect the connecting wires of the front column assembly to the frame assembly in pairs.

3. Insert the front column assembly onto the frame assembly and bolt them in place.

Column Decorative Rubber

Front column assembly

Communication wires

Hexagon socket cylindrical head bolts

M10×20-2pcs Φ10 flat washers-2pcs

Frame assembly
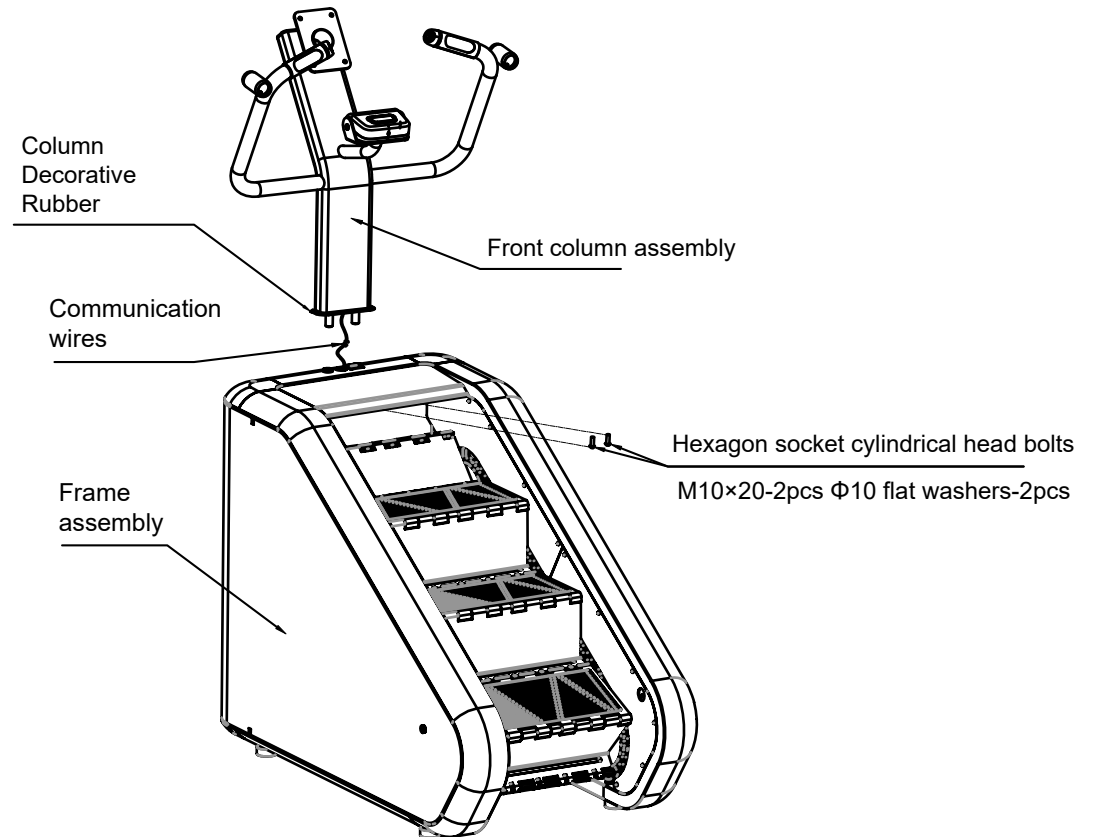
ASSEMBLY - STEP TWO

1. Insert the left and right front handrail assemblies into the positions as shown.
2. Remove the two bolts from the position shown.

Right front handrail assembly

Left front handrail assembly

The hole on the left side is for the left front handrail assembly.

The hole on the right side is for the right front handrail assembly.

Handrail distinguish between left and right ways

Remove bolts

Hexagon socket countersunk head bolts M10x100 1PC

Remove bolts

Hexagon socket countersunk head bolts M10x100 1PC

ASSEMBLY - STEP THREE

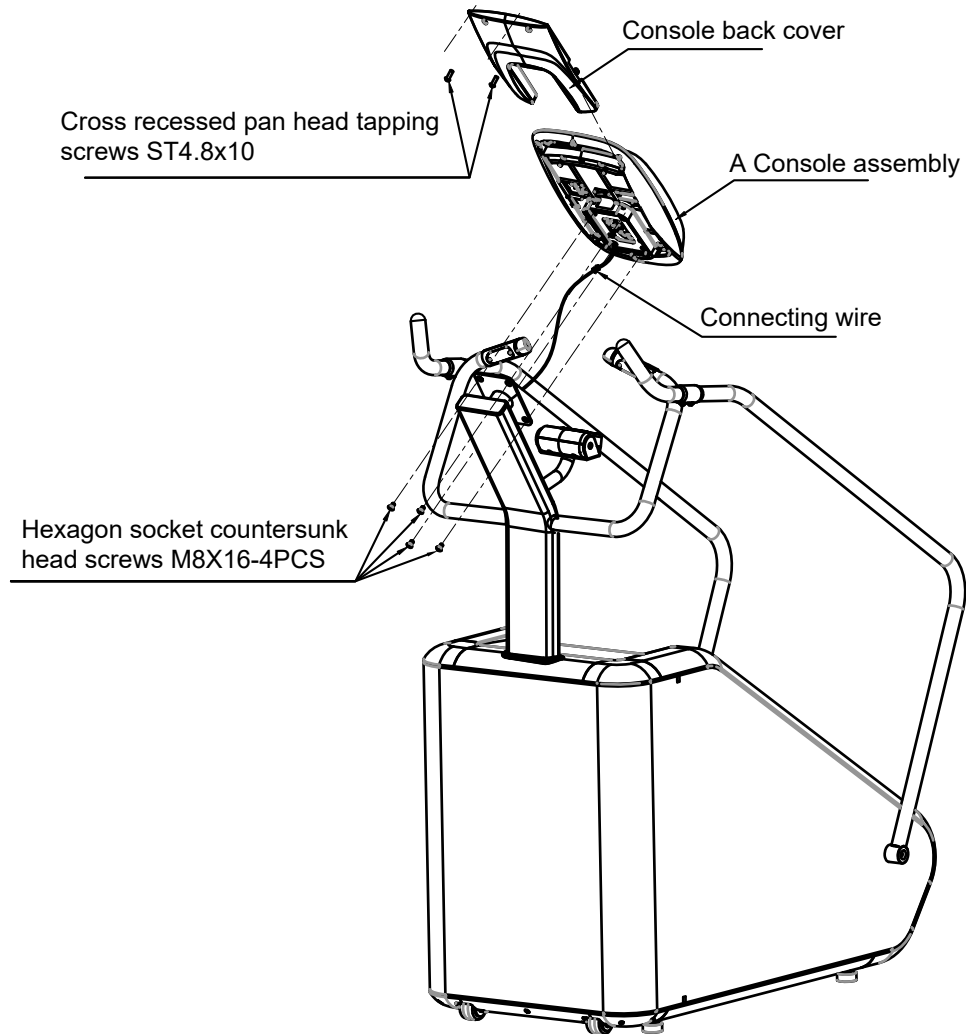1. Install the left and right handrail to the position shown in the picture and bolt it in place.

Hexagon socket flat round head bolts M8x25-2pcs Φ8Arc Washers-2pcs

Hexagon socket flat round head bolts M8×25-2pcs Φ8 arc

Left Handrail Assembly

Right Handrail Assembly

Hexagon socket countersunk head bolts M10x100-1pc

Hexagon socket countersunk head bolts M10x100-1pc
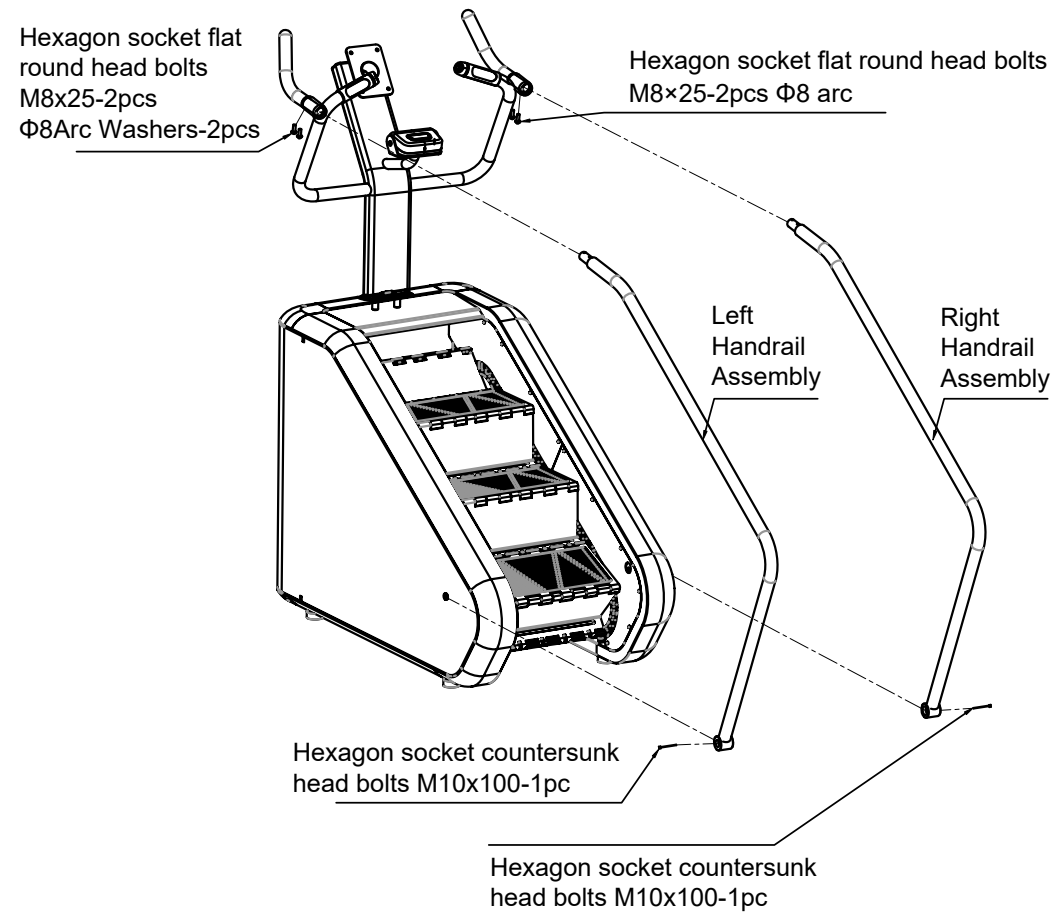
# ASSEMBLY - STEP FOUR

1. Connect the connecting wire of console to the connecting wire of main body, as shown in the picture.
2. Install the console to the position as shown in the picture, fixed with the bolts.
3. FIX the back cover of the console.

Console back cover

Cross recessed pan head tapping screws ST4.8x10

A Console assembly

Connecting wire

Hexagon socket countersunk head screws M8X16-4PCS

QUICK START

- Press the Start/Stop button. All data starts counting. Display intensity can be adjusted by pressing the +/- buttons. The data can be switched.

- Press the Start/Stop button, to clear all the data, display remind "Any Key To Continue or Press OK to Quit".
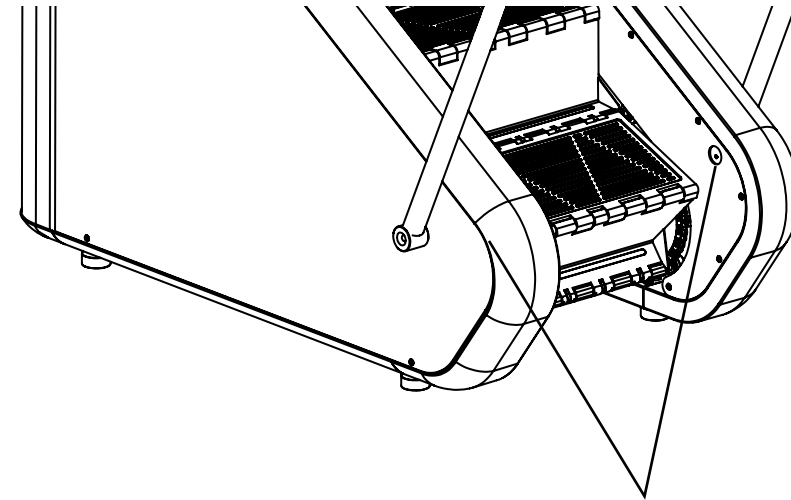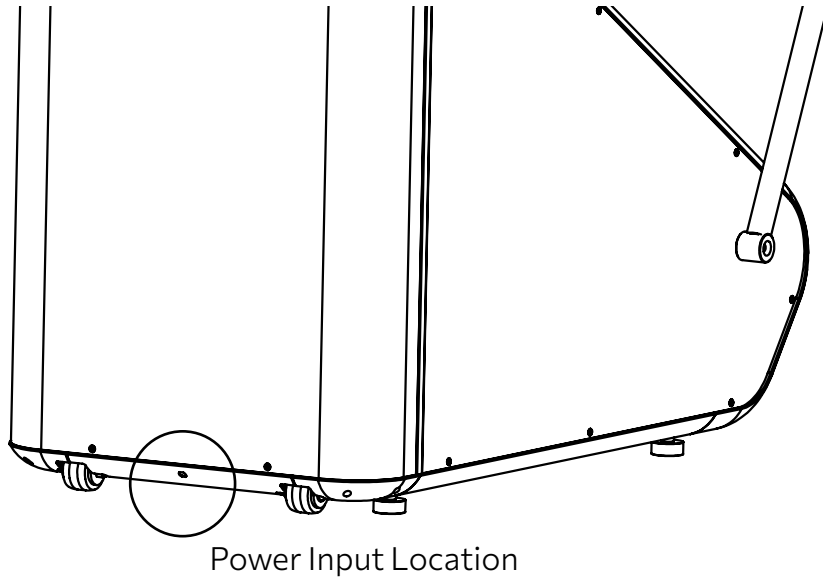
Power Input Location

There are Safety-Stop Sensors on each panel of the stair climber. If the beam is broken, the machine will stop.

FEATURES

Fan

An adjustable vent, two-speed fan is integrated into the console to help keep you cool during the workout. The fan is Off by default.

Press the fan button once to turn the fan on, on High. Press the fan button a second time to switch to Low. Pressing the fan button a third time will shut the fan off.

Number Keypad

When you are in the data set-up mode setting new data such as age, weight etc., you can use these buttons to enter the numbers quickly.

Entering A Program & Changing Settings

A safety tether cord is provided with this unit. It is a simple switch design that should always be used. It is for your safety should you fall from the StairClimber when the Steps Per Minute (SPM) exceeds your capability. Pulling this safety tether cord and activating the switch will stop the stairs movement.

To Use:

- Fasten the plastic clip onto your clothing securely to assure good holding power. NOTE: the switch has a strong enough power to minimize accidental, unexpected stopping. The clip should be attached securely to make certain it does not come off. Be familiar with its function and limitations. The StairClimber will stop, depending on the level within one to two steps anytime the switch is activated.

- If for any reason you feel unstable on the rotating staircase, immediately press the START/STOP button or pull on the safety switch to stop the staircase and step off onto the side support steps

FEATURES

Console
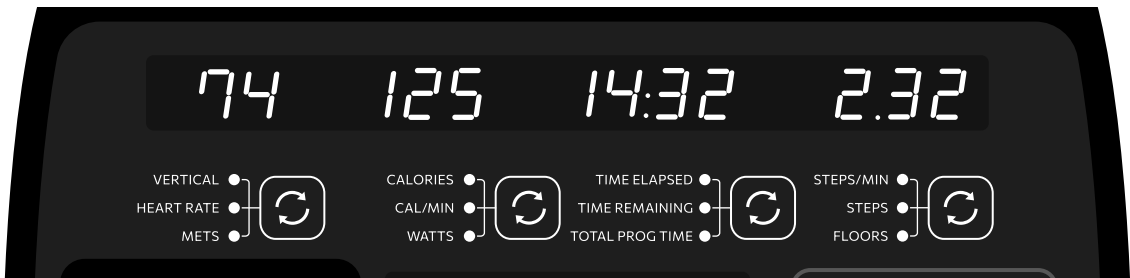
The console display is separated into 4 separate display windows with twelve total data points. Using the button below each window changes the display data point as shown.

WINDOW ONE	WINDOW TWO	WINDOW THREE	WINDOW FOUR
VERTICAL DISTANCE	CALORIES	TIME ELAPSED	STEPS PER MINUTES
HEART RATE	CALORIES / MINUTE	TIME REMAINING	STEPS
METS	WATTS	TOTAL PROGRAM TIME	FLOORS

Vertical distance counts up from 0 to 999 feet or meters then rolls over to 1 to represent 1,000. A light in the decimal space for each increment of 1,000 will also illuminate and changes position with each distance of 1,000 reached.

Changing from imperial to meters is accomplished by pressing 1,2,3,OK.
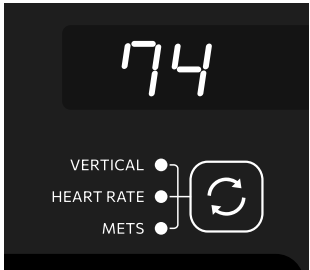
FEATURES

Basic Information

The Dot Matrix, or Profile Window, will display the workout Profile. The Message window displays pertinent exercise data. There are four windows to display a large variety of pertinent data during the workout. A Vertical window measures vertical height climbed along with Heart Rate and METS. Calories window measuring overall calories burned along with Calories/minute and WATTS. A Time Elapsed window along with Time Remaining and Total Program Time. Also, a Steps/minute window along with total Steps and Floors climbed.

Heart Rate number display. The StairClimber has capabilities for both a Bluetooth sensor for telemetric heart rate and contact heart rate. If wearing a Bluetooth enabled heart rate chest strap, the console will automatically detect the closest sensor and display heart rate in the upper left side window. For contact heart rate simply grasping the hand pulse sensors will calculate and display the heart rate (this may take a few seconds). Press the scroll button until Heart Rate is displayed. The Heart Rate window will display your heart rate, or Pulse, in beats per minute.

The console has a **START/STOP** button with a **PAUSE** feature. Once the StairClimber has started rotating the staircase, the **PAUSE** function can be activated.

Pressing the **START/STOP** button once will slow and **PAUSE** the staircase from rotating and lock it in place. The time period for the pause function is 30 seconds. If the **START/STOP** button is pressed once during this time period then the staircase will unlock and begin slowly rotating again at resistance level one. The user will be required to increase their resistance back to the previous level of exercise. If the **START/STOP** button is not pressed within the 30 seconds, the program will automatically end and the console resets.

Pressing the **START/STOP** button twice will slow and stop the staircase from rotating and end the program, resetting the console.

CONSOLE SCREEN - OVERVIEW

Premium, ultra-bright White LED display

Large LED Matrix window to track workout progress

Program Direct Keys

Resistance level display window

Workout Results Key

SPIRIT

74   125   14:32   2.32

VERTICAL
HEART RATE
METS

CALORIES
CAL/MIN
WATTS

TIME ELAPSED
TIME REMAINING
TOTAL PROG TIME

STEPS/MIN
STEPS
FLOORS

FITNESS TEST
FAT BURNING
TRAINING
ROLLING HILL
CHALLENGE
INTERVAL

1	2	3
4	5	6
7	8	9
⌫	0	OK

RESULTS
FAN
− 8 +
LEVEL
TARGET
USER PROG

CAUTION
To avoid injury, use extreme caution when stepping onto or off of this unit. Read and understand the Instruction Manual before using this machine.
Pour éviter tout accident, veuillez faire preuve d'une prudence extrême lorsque vous montez ou descendez de l'appareil. Lire le manuel d'instructions avant utilisation.

WARNING
To reduce the risk of personal injury, keep children under the age of 13 away from machine.
Pour réduire les risque de blessures, gardez les enfants âgés de moins de 13 ans loin de l'appareil.

START STOP

PROGRAMMABLE FEATURES

Programming the Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for is necessary to ensure the readouts are correct. You will be asked for your **Age** and **Weight**. Your Age is also necessary during the Heart Rate control program to ensure the correct settings are in the program for your **Age**. Otherwise the work settings could be too high or low for you; entering your **Weight** aides in calculating a more correct calorie reading. Although we cannot provide an exact calorie count we do want to be as close as possible.

CALORIE NOTE: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate.
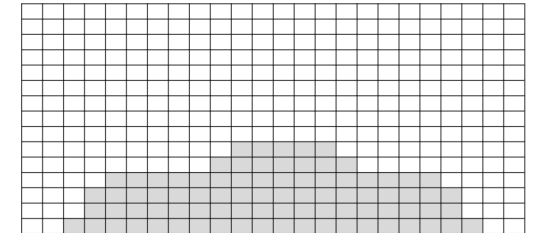
Entering & Changing Settings

When you enter a program, you have the option of entering your own personal settings. If you want to work out without entering new settings, then just press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings, then just follow the instructions in the **Dot Matrix Message Center**. If you start a program without changing the settings, the default, or pre-saved settings will be used.
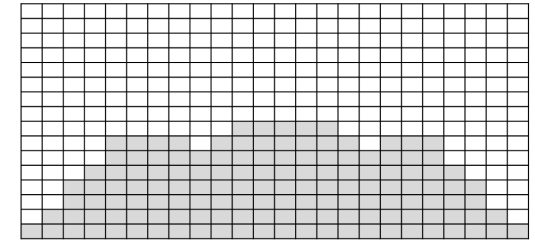
PRESET PROGRAMS

FAT BURNING

The FAT BURNING Program keeps the user as at low to moderate intensity for a prolonged workout. The focus is on aerobic endurance.

1. Press the FAT BURNING button.

2. Console displays: Start Or Press OK To Set Up. Press OK.

3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.

4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.

5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.

6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.

7. Press START to begin.

8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.

9. Resistance level begins at 23 steps per minute (SPM).

10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.

PRESET PROGRAMS

TRAINING

The TRAINING Program allows the user to gradually ramp-up their intensity until reaching a level for steady state exercise. The focus is on aerobic endurance.
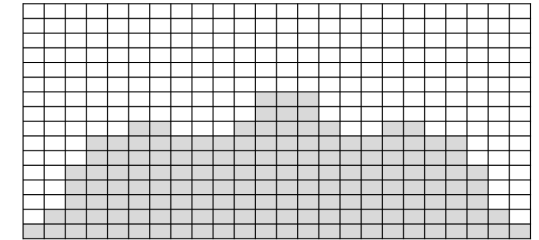
1. Press the TRAINING button.

2. Console displays: Start Or Press OK To Set Up. Press OK.

3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or − keys or the numerical Keypad to adjust age. Press OK.

4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.

5. Use the Level + or − keys or the numerical Keypad to adjust weight. Press OK.

6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or − keys or the numerical Keypad to adjust time. Press OK.

7. Press START to begin.

8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.

9. Resistance level begins at 23 steps per minute (SPM).

10. Adjust the programs resistance using either the Level + or − keys or the Numerical Keypad or the Resistance + or − buttons at the contact heart rate handle ends.

PRESET PROGRAMS

ROLLING HILLS

The ROLLING HILLS Program is a traditional program giving the user segments of medium and medium-high intervals. This program trains aerobic capacity.
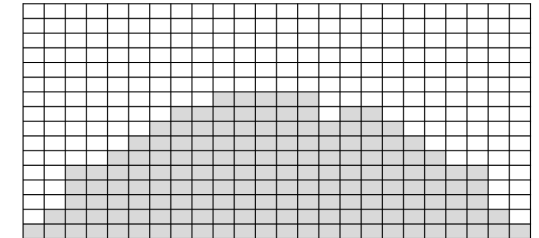

1. Press the ROLLING HILLS button.

2. Console displays: Start Or Press OK To Set Up. Press OK.

3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.

4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.

5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.

6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.

7. Press START to begin.

8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.

9. Resistance level begins at 23 steps per minute (SPM).

10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.
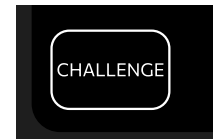
PRESET PROGRAMS

CHALLENGE

The CHALLENGE Program gives the user a prolonged gradual warm-up, followed by sustained training at a higher intensity. This program introduces anaerobic training within an aerobic workout.
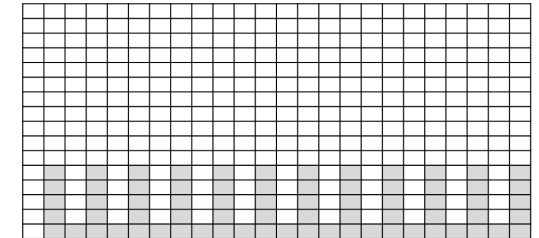

1. Press the CHALLENGE button.

2. Console displays: Start Or Press OK To Set Up. Press OK.

3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.

4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.

5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.

6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.

7. Press START to begin.

8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.

9. Resistance level begins at 23 steps per minute (SPM).

10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.
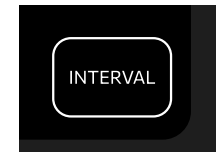
PRESET PROGRAMS

INTERVAL

The INTERVAL Program alternates high intensity anaerobic sprints with low intensity segments for recovery. This program trains anaerobic capacity.

1. Press the INTERVAL button.

2. Console displays: Start Or Press OK To Set Up. Press OK.

3. Enter Your Age displays on the screen. The default age of 35 will blink repeatedly. Use the Level + or – keys or the numerical Keypad to adjust age. Press OK.

4. Enter Your Weight displays on the screen. The default weight is 65 kg (145 lbs) will blink repeatedly.

5. Use the Level + or – keys or the numerical Keypad to adjust weight. Press OK.

6. Enter Time displays on the screen. The default time of 30 minutes will blink repeatedly. The Minimum time is 5 minutes and the maximum time is 99 minutes. Use the Level + or – keys or the numerical Keypad to adjust time. Press OK.

7. Press START to begin.

8. Console counts down from 3 seconds then the stairs unlock, and program begins. Program profile displays on the dot matrix display.

9. Resistance level begins at 23 steps per minute (SPM).

10. Adjust the programs resistance using either the Level + or – keys or the Numerical Keypad or the Resistance + or – buttons at the contact heart rate handle ends.

PRESET PROGRAMS

TARGET TRAINING

The TARGET TRAINING Program allows the user to choose their own workout goal: Time, Vertical Distance, or Calories. The Program counts down from the time goal or tracks up for both vertical distance or calories.

1. Press the TARGET button.

2. 30:00 minutes continually blinks in display window indicating Total Program Time.

3. Console scrolls: Set Time Or Enter The Next Target. Press OK if done, or

4. Press TARGET button again for next target.

5. 50 continually blinks in display window indicating Vertical Distance Goal.

6. Console scrolls: Set Distance Or Enter Next Target. Press OK if done, or

7. Press Target button again for next target.

8. 50 continually blinks in display window indicating Calories goal.

9. Console scrolls: Set Calories Or Enter.

10. Use the numerical keypad or Level + or – keys to adjust target goals:
    Minutes 5 to 99
    Calories 10 to 990
    Vertical 10 to 990
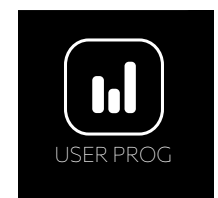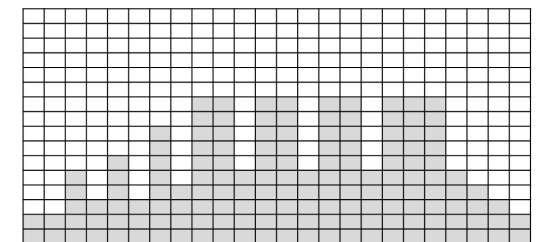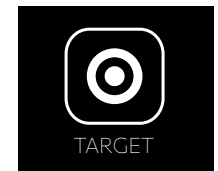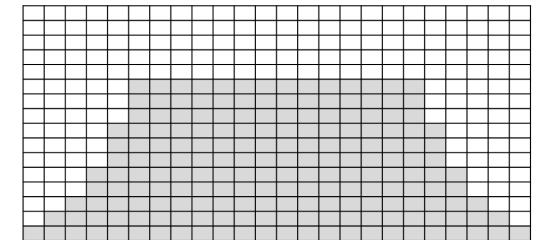
USER PROGRAM

The USER Program allows the user to create their own unique program design, customizing all 24 segments of the dot matrix display.

1. Press the USER PROGRAM button.

2. 30:00 minutes continually blinks in display window indicating Total Program Time.

3. Console scrolls: User Program. Press OK.

4. Console scrolls: Set Level The OK For Each Segment.

5. Set Time then OK.

6. Press Start to begin.

26

PAUSING OR ENDING A PROGRAM

1. The console has a START/STOP button with a PAUSE feature. Once the StairClimber has started rotating the staircase, the PAUSE function can be activated.

2. Pressing the START/STOP button once will slow and PAUSE the staircase from rotating and lock it in place. The time period for the pause function is 30 seconds. If the START/STOP button is pressed once during this time period then the staircase will unlock and begin slowly rotating again at resistance level one. The user will be required to increase their resistance back to the previous level of exercise. If the START/STOP button is not pressed within the 30 seconds, the program will automatically end and the console resets.

3. When the Start button and the contact heart rate handlebar ends are green, this indicates that the machine is in motion. When the machine is stopped, the red light will flash then quickly revert to blue. If the emergency stop has been activated, then red light will always be on until deactivated. When the program restarts, the color will revert to blue, or if the program is ended the color will change to blue indicating that the machine is ready.

4. Once a program has stopped, pressing the Results button will scroll Workout Results on the display.

5. Workout totals for: Vertical, Total Calories, Time Elapsed, and Steps display. NOTE: Pressing the Results button twice will erase the workout results and revert to start screen.

6. During Workout Results, console allows scrolling between Vertical, Heart Rate, METS and Calories, Calories Per Minute, Watts.

27
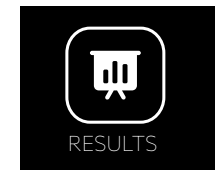
HEART RATE EXERTION

The old motto, "no pain, no gain", is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR)for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the recommended for burning fat while 85% is recommended for strengthening the cardio vascular system. This 60% to 85% is the zone to stay in for maximum benefit.

For someone who is 35 years old their
target heart rate zone is calculated:
220 – 35 = 185 (maximum heart rate)
185 x .6 = 111 beats per minute (60% of maximum)
185 X .85 = 157 beats per minute (85% of maximum)
So for a 35 year old the training zone would
be 111 to 157 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 85% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate program you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or during any of the nine different programs.

TARGET HEART RATE TRAINING CHART
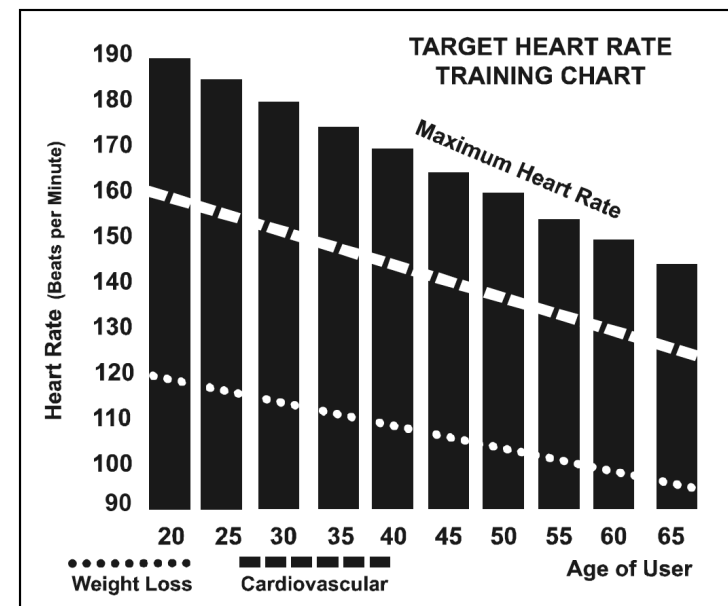
HEART RATE - PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate all contribute to the intensity at which you should workout. If you listen to your body it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort. The scale is as follows:

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. If your body is strong and rested, you will feel strong and your pace will feel comfortable. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel difficult. Again, this will show up in your RPE and you will train at the proper level for that day.

Rating Perception of Effort

6	Minimal
7	Very, Very Light
8	Very, Very Light +
9	Very Light
10	Very Light +
11	Fairly Light
12	Comfortable
13	Somewhat Hard
14	Somewhat Hard +
15	Hard
16	Hard +
17	Very Hard
18	Very Hard +
19	Very, Very Hard
20	Maximal

MACHINE CARE

Post-Workout Machine Care

Wipe down all areas in the sweat path with a damp cloth after each workout. If a squeak, thump, clicking or rough feeling develops the main cause is most likely the following reason:

1. The hardware was not sufficiently tightened during assembly. All bolts that were installed during assembly need to be tightened as much as possible. It may be necessary to use a larger wrench than the one provided if you cannot tighten the bolts sufficiently.
2. With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.
3. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately, or the equipment removed from service until the repair is made

Sanitizing Your Spirit Fitness Equipment

- Unupholstered high-contact surfaces (hard plastics) can be sanitized using a 75% isopropyl alcohol solution and a clean, dry cloth. Spray surfaces to be sanitized, and use the dry cloth to wipe clean. Allow surfaces to dry before using.

- For upholstered or soft-plastic surfaces, use a conditioner after sanitizing. Be sure to follow the instructions provided by the conditioner manufacturer to ensure proper use of the conditioner.

- Alternatively, you can make your own spray by mixing the proper ratio of isopropyl alcohol and distilled water to reach a 75% solution.

- For more details on sanitization, or to learn how to make your own spray solution, please visit:
  support.spiritfitness.com/hc/en-us/articles/4406787148564

Post-Workout Machine Care

1. Store your machine according to the instructions when not in use.
2. Use a slightly damp cloth to clean areas where sweat or oil made contact with the machine.
3. Use a microfiber cloth to clean the screen and remove unwanted oils and other things that may damage the screen.
4. Avoid leaving paper or other small debris in the cupholders.

MACHINE CARE - CONTINUED - SCHEDULE

UNPLUG STEPPER BEFORE PERFORMING ANY MAINTENANCE.

| Item	Daily	Weekly	Monthly	Quarterly	Biannually
Entire Unit	Clean		Inspect		
Detailed Cleaning		Clean			
Unit Hardware		Inspect			
Console Hardware				Inspect	
Steps	Clean		Inspect		
Console Overlay	Clean				Inspect
Accessory Cups	Clean				
Stop Switch	Clean			Inspect	
Emergency Switch	Clean			Inspect	

TROUBLESHOOTING

| Problem	Reason	Method
Press "START" to start, the machine speed is abnormal, 3 seconds after the stop, display data reset.	Light sensor failure	1.check whether the light sensor line is off or damaged 2.check whether the distance between the light sensor and the grating can be sensed Replace the light sensor
After pressing "START" to start, the brake does not turn on, the machine cannot run	the brake is no power or failure	1、 Check whether the connecting wire is off and damaged 2、 Separately supply 24V voltage to test whether the brake is open (there will be a "click" sound when it is open) Replace the power failure brake"
	Control board failure	Use a multimeter to measure whether the brake socket of the controller has 24V output voltage after starting Replace the controller"
After pressing "START" to start, the electronic meter shows ER02	Control board failure	MOS short-circuited Replace the controller
	The magnetic wheel connection wire is disconnected	Check the magneto wheel and the lower control connection wire, reinsert it
Press "START" to start, the electronic meter shows ER12 (can not brake)	The console not receive the controller data	Communication line failure (generally the communication line extrusion damage, you can use a multimeter to measure the upper and lower ends of the conductivity, not conductive is bad.) Lower control failure 1. replace the communication line 2. replace the lower control
After pressing "START" does not start, the electronic meter display ER11	Controller can not receive the electronic meter data	1.Communication line failure (generally for the communication line extrusion damage, you can use a multimeter to measure whether the upper and lower ends of the conductivity, not conductive for bad. 2. lower control failure a. replace the communication line b. replace the lower control

TROUBLESHOOTING - CONTINUED

| Key Failure	Membrane key failure	Bad membrane key or damaged wire Replace membrane keys
After power on, the console does not light up	1. Power adapter failure 2. Controller failure 3. Faulty connection wire 4. Console failure	Measure with a multimeter and exclude in turn 1. measure whether the adapter has 24V output 2. measure whether the lower control has 24V input and voltage output at the plug of the control line). 3. measure whether the communication line is on at both ends and whether there is power output.
Emergency stop switch failure or ER07 is displayed	The emergency stop switch is faulty or the emergency stop switch connection wire is loose or the wire sequence is wrong	Check if the connection wire is wrongly plugged and damaged or replace the emergency stop switch
After pressing "START" to start, the heartbeat data is not sensed.	The hand pulse wire problem	The handpulse wire is not good generally for the installation of extrusion broken, you can use a multimeter DC voltage file test hand-held heartbeat seat voltage, if there is no voltage is determined that the harness is not good.
The Console shows ER05	Controller hardware overcurrent	1. Check whether the motor is burned as a priority 2. Check the controller
While using machine, the machine automatically stops displaying ER 2	There are Safety-Stop Sensors on each panel of the stairclimber. If the beam is broken, the machine will stop. Ensure the beam is not broken during program use.	Press Start button to resume program
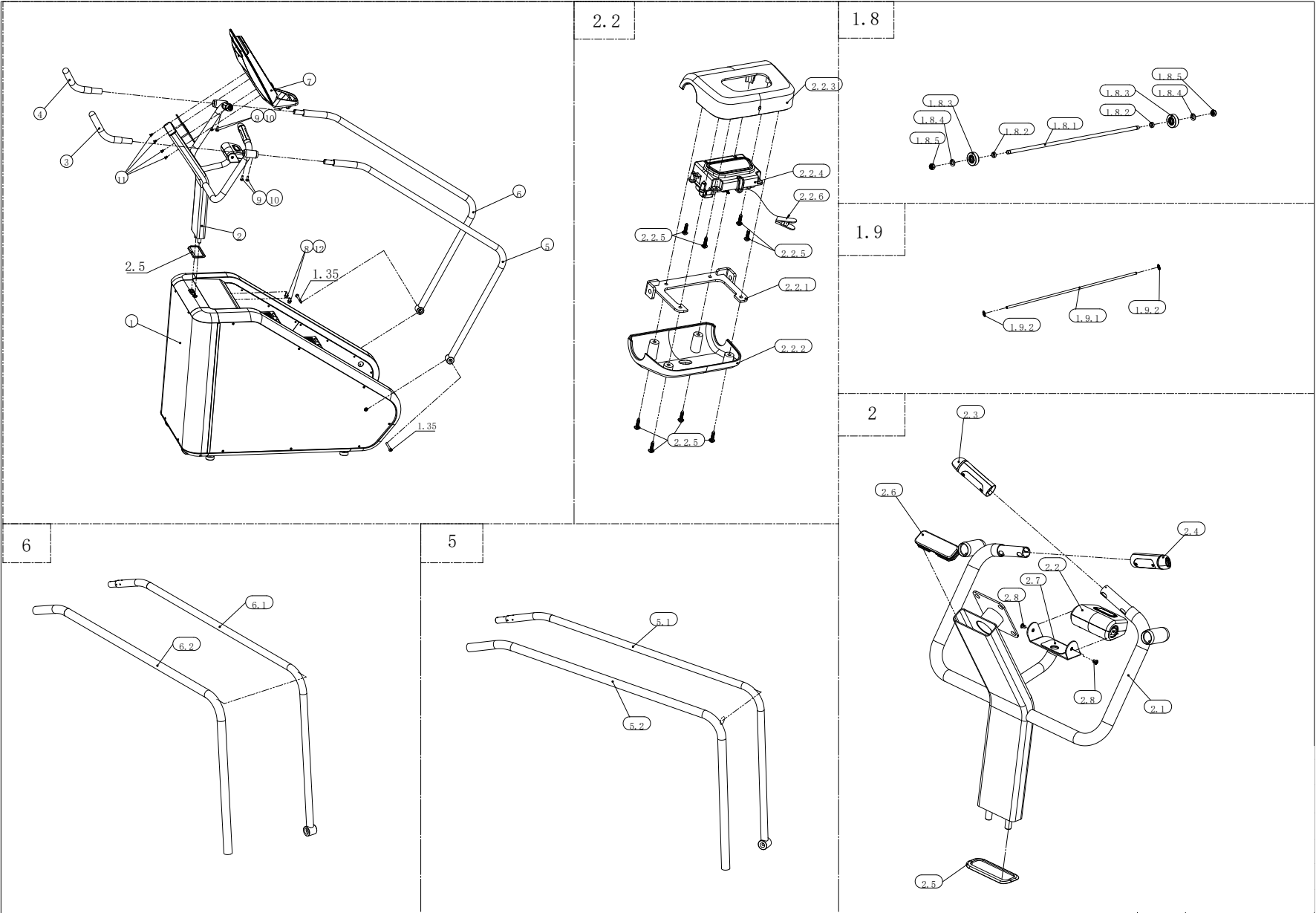
EXPLODED VIEW
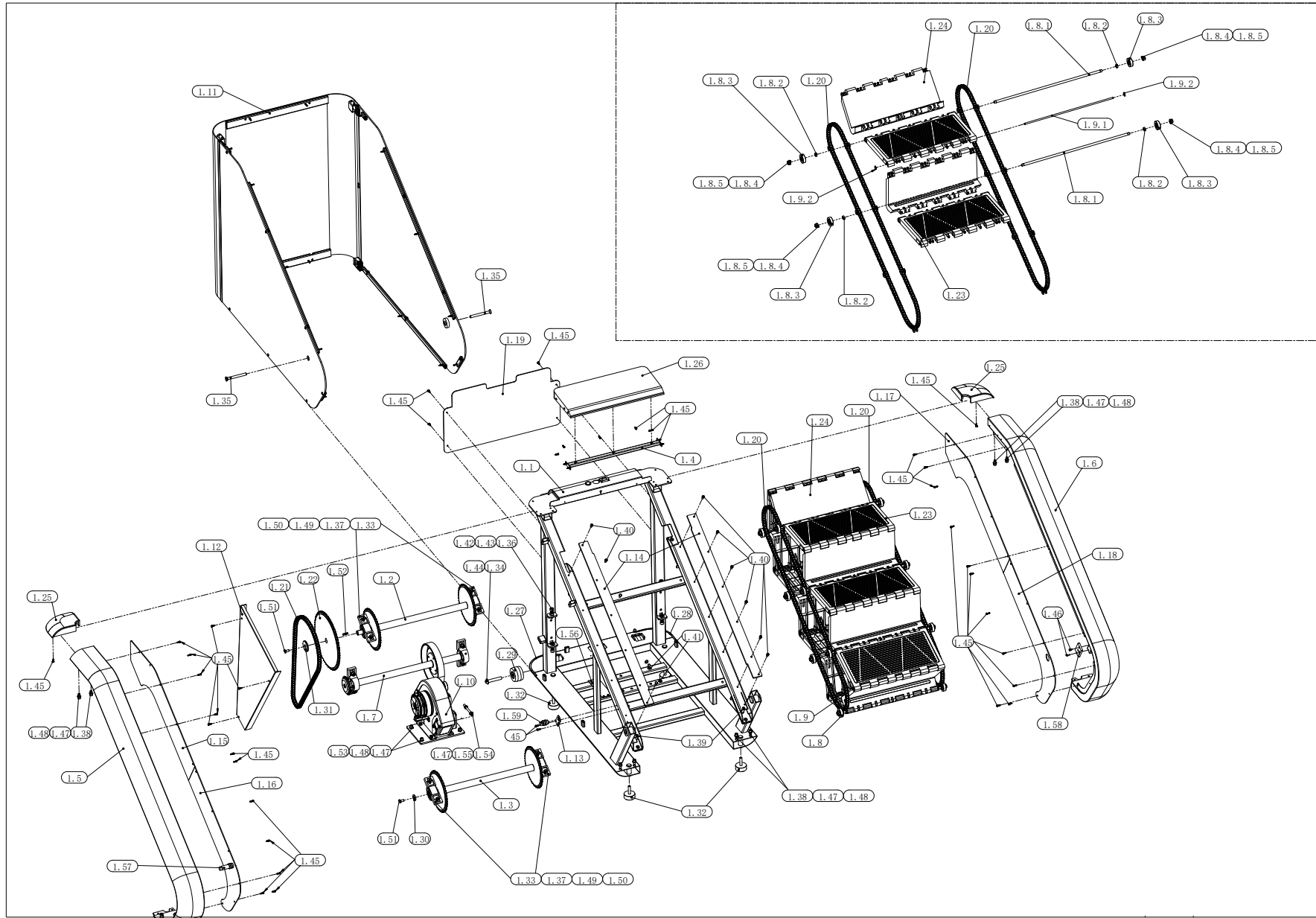
EXPLODED VIEW
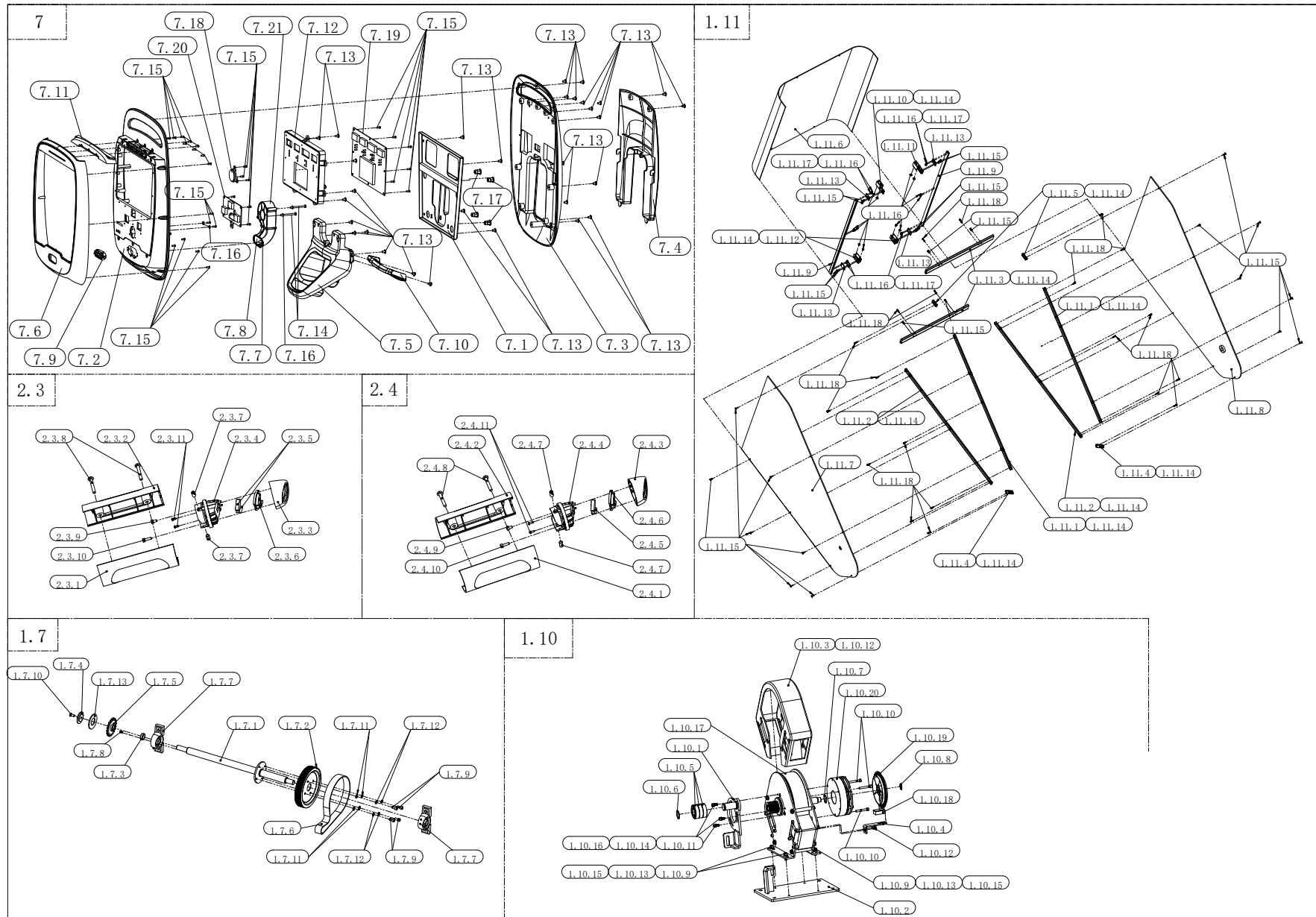
WARRANTY

Effective February 14, 2025- **CSC880 Stair Climber LIMITED WARRANTY**

Spirit Fitness Inc. warrants all its home use Stair Climber parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Spirit Fitness' responsibilities include providing new or remanufactured parts, at Spirit Fitness' option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Spirit Fitness directly to a consumer. The warranty period applies to the following components:

Limited Warranty

Warranty	Frame*	Brake	Parts	Labor	Wear Items**
Commercial (Dues Paying Facilities)	10 Years	5 Years	3 Years	3 Years	6 Months
Commercial (Non-Dues Paying Facilities)	10 Years	5 Years	5 Years	2 Years	6 Months
Residential	Lifetime	5 Years	10 Years	2 Years	6 Months

*Frame is defined as the welded metal base of the unit and does not include removable parts, wear items, or coatings.

**Wear items include: plastic covers, overlay, grips, hardware, pull pins/knobs, decals/stickers, headphone jack, USB port, paint/coatings/finish, straps, and pedals.

Prisons and correctional facilities are excluded from warranty coverage.

RESPONSIBILITIES OF THE FACILITY

The facility is responsible for the items listed below:

1. The warranty registration must be completed online to validate the manufacturer's limited warranty.

2. Proper use of the fitness equipment in accordance with the instructions provided in this manual

3. Proper installation in accordance with instructions provided with the fitness equipment and with all local electric codes.

4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house or facility wiring.

5. Expenses for making the fitness equipment accessible for servicing, including any item that was not part of the fitness equipment at the time it was shipped from the factory.

6. Damages to the fitness equipment finish during shipping, installation or following installation.

7. Routine maintenance of this unit as specified in this manual.

WARRANTY - CONTINUED

What is not covered?

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.

2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for units not requiring component replacement, or units not in ordinary household or light commercial use.

3. Damages caused by services performed by persons other than authorized Spirit Fitness service companies; use of parts other than original Spirit Fitness parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.

4. Products with original serial numbers that have been removed or altered.

5. Products that have been: sold, transferred, bartered, or given to a third party.

6. Spirit Fitness reserves the right to request proof of purchase if no warranty record exists for the product.

7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.

8. Product used in prisons and correctional facilities.

9. Warranties outside of the United States may vary. Please contact your local dealer for details.

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not include Alaska or Hawaii.

WARRANTY - CONTINUED

Responsibilities of the Owner

SERVICE

Keep your bill of sale. Twelve (12) months from the date on the bill of sale or eighteen (18) months from the date of factory shipping as determined by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized Spirit Fitness dealer. OR

2. Contact your local authorized Spirit Fitness service organization.

3. If there is a question as to where to obtain service, contact our service department at (870) 935-1107.

4. Spirit Fitness' obligation under this warranty is limited to repairing or replacing, at Spirit Fitness' option, the product through one of our authorized service centers. All repairs must be preauthorized by Spirit Fitness. If the product is shipped to a service center freight charges to and from the service center will be the customer's responsibility. For replacement parts shipped while the product is under warranty, the customer will be responsible for shipping and handling charges.

5. The owner is responsible for adequate packaging upon return to Spirit Fitness. Spirit Fitness is not responsible for damages in shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.

For any further information, or to contact our service department by mail, send your correspondence to:

Spirit Fitness, Inc.

P.O. Box 2037

Jonesboro, AR 72402-2037

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Spirit Fitness, Inc. This warranty applies only in the 48 contiguous United States. NOTE: This does not apply to Alaska or Hawaii.