

dyaco

MED

**Rehabilitation recumbent
seated stepper**

7.0S

User manual

Please read this entire manual carefully
before operating your new 7.0S and save it
for future use.



Thank you for your recent purchase of the 7.0S. Dyaco provides simple, reliable products that offer the most relevant feedback to caregivers and users to achieve best-in-class outcomes and empower individuals to build confidence in rebuilding and maintaining healthy lifestyles and keep in touch with their communities.

Your new product has been manufactured by one of the world's leading medical product manufacturers. It is backed by one of the most comprehensive warranties in the industry. Through our dealers, distributors and manufacturer's representatives, we will do all we can to provide many years of successful and prosperous ownership. Your warranty and service needs will be addressed either through your regional sales representative or our highly trained service technicians.

It is their responsibility to provide you with both the technical knowledge and access to service personnel to make your ownership experience more informed, and resolve any issues quickly.

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Important safety instructions

Attention

Read all instructions in this manual before using this 7.OS.

Danger

To reduce the risk of electric shock, disconnect your 7.OS from the electrical outlet prior to cleaning and/or service work.

Warning

- Do not modify this equipment without authorization of the manufacturer.
- To reduce the risk of burns, fire, electric shock, or injury to persons, install the 7.OS on a flat level surface with access to a 100 to 240-volt AC, 50/60 Hz, 15-amp outlet. The 7.OS should be the only appliance in the electrical circuit.
- Use this 7.OS only for it's intended use as described in this manual.
- Keep children away from the 7.OS. There are moving parts, obvious pinch points and other caution areas that can cause harm.
- Except as instructed for use of the 7.OS, keep hands away from all moving parts.
- Keep the electrical cord away from heated surfaces and out of all travel lanes and do not operate the 7.OS if the cord or plug is damaged.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- To disconnect, turn all controls to the off position then remove the plug from the outlet.

- This 7.0S is designed for commercial use and will meet the demands of orthopedic, sports wellness and general conditioning programs.
- Do not attempt to use your 7.0S for any purpose other than for the purpose it is intended.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Heart rate monitoring system may be inaccurate. Over exercise may result in injury or death. If you feel faint stop exercising immediately.
- Ensure there is a minimum space on the sides of the 7.0S of two feet for proper operation, easy access and to prevent possible injuries to others standing or walking nearby. There should be a minimum of at least one foot of free space at the front and rear of the 7.0S.
- Do not use any after market parts on this 7.0S, other than those recommended by Dyaco.
- Do not attempt any servicing or adjustments other than those described in this manual. All else must be left to trained service personnel familiar with electro-mechanical equipment and authorized under the laws of the country in question to carry out maintenance and repair work.
- Installation and assembly of this product should be performed by trained personnel only.
- To avoid injury please observe all minimum and maximum seat adjustment settings.

إرشادات السلامة المهمة

⚠ تنبيه

اقرأ جميع الإرشادات الواردة في هذا الدليل قبل استخدام الجهاز.

⚠ خطر

لتقليل خطر التعرض للصدمات الكهربائية، يُرجى فصل المقبس الكهربائي قبل التنظيف و/أو أعمال الصيانة.

⚠ تحذير

- لا تحاول تعديل الجهاز بغير تصريح من الشركة المصنعة.
- للحد من خطر التعرض للحروق أو صدمة كهربائية أو الإصابة أو اندلاع حريق، تثبت الوحدة على سطح مستوٍ، وتوصل بمقبس تيار كهربائي متردد مؤرض بجهد يتراوح من 100 إلى 240 فولت، وبتردد 50 / 60 هرتز، وشدة 15 أمبير. ينبغي توصيل الوحدة بدائرة كهربائية مستقلة ومنفصلة.
- لا تستخدم هذا الجهاز سوى للاستخدامات المعينة والمقصودة كما يصف هذا الدليل.
- أبق الأطفال بعيداً عن الجهاز. يتضمن الجهاز أجزاء متحركة، ومناطق احتكاك واضحة، ومناطق أخرى تستدعي الانتباه إليها، ويمكن أن تتسبب في إحداث ضرر. وباستثناء التعليمات الموضحة لاستخدام الجهاز، لا تلامس أي أجزاء متحركة من الجهاز بيديك.
- حافظ على إبعاد السلك الكهربائي بعيداً عن الأسطح الساخنة، وكذلك كافة مسارات التنقل، ولا تشغل جهاز الخطوات إذا تلف السلك الكهربائي أو القابس.
- تجنب مطلقاً إسقاط أو إدخال أي شيء في أي فتحات.
- لا تستخدم الجهاز في المناطق الخارجية.
- لفصل الدراجة، أعد كل وحدات التحكم إلى وضع الإيقاف، وبعد أزل القابس من مصدر التيار الكهربائي.
- هذا الجهاز مصمم للاستخدام التجاري، وسيلبي متطلبات برامج أطباء العظام، والعافية الرياضية، وبرامج الحالات العامة.
- لا تحاول استخدام هذه الدراجة لأي غرض آخر بخلاف بخلاف الغرض المخصصة له.
- مستشعرات نبضات اليد ليست جهازاً طبياً. قد تؤثر العوامل المختلفة، التي من بينها حركة المستخدم، في دقة قراءة معدل ضربات القلب. مستشعرات النبض المقدمة في الجهاز معدة للمساعدة في أغراض التمرين فقط وذلك بتحديد اتجاهات ضربات القلب بشكل عام.

- قد تكون أنظمة مراقبة معدل ضربات القلب غير دقيقة. قد تؤدي التدريبات الزائدة إلى التعرض لإصابة جسيمة أو الوفاة. إذا شعرت بدوار الإغماء، فتوقف عن ممارسة التدريبات في الحال.
- تأكد من ترك مسافة لا تقل عن قدمين بحد أدنى على جانبي الدراجة لضمان التشغيل السليم، وسهولة الوصول إليها، والوقاية من تعرض الواقفين حول الدراجة أو المشاة بجوارها إلى الإصابات. ينبغي ترك مسافة خالية لا تقل عن قدم واحدٍ على الأقل أمام الجهاز وخلفه.
- لا تستخدم الملحقات المتوفرة في الأسواق لهذا الجهاز، فيما عدا تلك التي توصي شركة Dyaco باستعمالها.
- لا تحاول إجراء الصيانة أو إدخال أي تعديلات على الجهاز بخلاف ما يصفه هذا الدليل. وكل ما عداهما ينبغي تركه لموظفي الصيانة والخدمة المدربين على التعامل مع المعدات الكهربائية الميكانيكية، والمصرح لهم بالعمل بموجب قانون البلد المعني الذي تتم فيه أعمال الصيانة والإصلاح.
- ينبغي ألا يتم تركيب وتجميع هذا الجهاز إلا على يد الموظفين المدربين دون سواهم.
- يُرجى مراعاة الحد الأدنى والحد الأقصى لضبط المقاعد، وهذا لتجنب تعرضك للإصابة ضبط الإعدادات.

Wichtige Sicherheitshinweise

⚠ Achtung

Lesen Sie vor dem Gebrauch dieses Geräts alle Anweisungen in diesem Handbuch.

⚠ Gefahr

Vor Reinigungs- und / oder Wartungsarbeiten den Stecker aus der Steckdose ziehen, um das Risiko eines elektrischen Schocks zu verringern.

⚠ Warnung

- Nehmen Sie an dem Gerät keine Änderungen ohne die Genehmigung des Herstellers vor.
- Stellen Sie das Gerät auf einer ebenen Fläche mit Zugang zu einer Steckdose mit 100 bis 240 Volt AC, 50/60 Hz, 15 Ampere auf, um die Gefahr von Verbrennungen, Bränden, Stromschlägen oder Verletzungen von Personen zu verringern. Das Gerät sollte das einzige Gerät im Stromkreis sein.
- Benutzen Sie dieses Gerät nur für den vorgesehenen Zweck, wie in diesem Handbuch beschrieben.
- Kinder von dem Gerät fernhalten. Es gibt bewegliche Teile und offensichtliche Stellen, an denen man sich einklemmen kann sowie andere Gefahrenbereiche, die zu Verletzungen führen können.
- Halten Sie die Hände von allen beweglichen Teilen fern, es sei denn, dies ist für den Gebrauch des Geräts vorgesehen.
- Halten Sie das Elektrokabel von heißen Flächen und allen Wegen fern und benutzen Sie den Stepper nicht, wenn das Kabel oder der Stecker beschädigt ist.
- Niemals Gegenstände in Öffnungen fallenlassen oder hineinstecken.
- Nicht im Freien verwenden.
- Zum Ausschalten alle Kontrollen in die Ausstellung bringen und dann den Stecker aus der Steckdose ziehen.

- Dieses Gerät ist für die gewerbliche Nutzung konzipiert und erfüllt die Anforderungen von orthopädischen, sportlichen Wellness- und allgemeinen Konditionsprogrammen.
- Versuchen Sie nicht, dieses Produkt für einen anderen als den vorgesehenen Zweck zu verwenden.
- Die Pulssensoren sind keine medizinischen Geräte. Verschiedene Faktoren, einschließlich die Bewegung des Benutzers, können die Genauigkeit der Auslesedaten der Herzfrequenz beeinträchtigen. Die Pulssensoren sind nur als Übungshilfe bei der Bestimmung von Herzfrequenztrends im Allgemeinen gedacht.
- Das Herzfrequenzüberwachungssystem kann ungenau sein. Überanstrengung kann zu Verletzungen oder Tod führen. Wenn Sie sich schwach fühlen, hören Sie sofort mit dem Training auf.
- Stellen Sie sicher, dass auf beiden Seiten des Rades ein Mindestfreiraum von zwei Fuß vorhanden ist, um eine ordnungsgemäße Bedienung und einen einfachen Zugang zu gewährleisten und mögliche Verletzungen anderer Personen zu vermeiden, die in der Nähe stehen oder gehen. Vor und hinter dem Gerät sollte ein Mindestfreiraum von einem Fuß vorhanden sein.
- Verwenden Sie bei diesem Gerät keine anderen Ersatzteile, als die von Dyaco empfohlenen.
- Führen Sie keine anderen als in diesem Handbuch beschriebenen Wartungen oder Anpassungen aus. Alles andere muss geschultem Servicepersonal überlassen werden, das mit elektromechanischen Geräten vertraut und nach den Gesetzen des jeweiligen Landes zur Durchführung von Wartungs- und Reparaturarbeiten befugt ist.
- Die Installation und Montage dieses Geräts sollte nur von geschultem Personal ausgeführt werden.
- Um Verletzungen zu vermeiden, beachten Sie alle minimalen und maximalen Sitzeinstellungen.

Consignes de Sécurité importantes

Attention

Lire toutes les instructions de ce manuel avant utilisation.

Danger

Pour réduire le risque d'électrocution, débranchez l'appareil de la prise avant d'effectuer des travaux de nettoyage et/ou d'entretien.

Avertissement

- Ne modifiez pas cet appareil sans l'autorisation de l'autorité du fabricant.
- Pour réduire les risques de brûlures, d'incendie, d'électrocution ou de blessures, installez le stepper sur une surface plane avec un accès à une prise de courant alternatif de 100 à 240 volts CA, 50/60 Hz, 15 ampères reliée à la terre. Le stepper doit être le seul appareil du circuit électrique.
- Utilisez cet appareil uniquement pour l'usage auquel il est destiné, tel que décrit dans ce manuel.
- Tenir les enfants éloignés du dispositif. Il y a des pièces mobiles, et donc, des points de pincement apparents ainsi que d'autres zones nécessitant la plus grande prudence afin d'éviter tout danger.
- Sauf indication contraire pour l'utilisation de l'appareil, tenir les mains éloignées de toutes les pièces mobiles.
- Tenir le cordon électrique à l'écart des surfaces chauffées et des voies d'accès, et ne pas faire fonctionner le stepper si le cordon ou la fiche sont endommagés.
- Ne jamais laisser tomber ou insérer un objet dans un orifice.
- Ne pas utiliser à l'extérieur.
- Pour débrancher l'appareil, mettre toutes les commandes en position d'arrêt, puis débrancher la fiche de la prise de courant.

- Cet appareil est conçu pour un usage commercial et répondra aux exigences des programmes d'orthopédie, de bien-être sportif et de conditionnement général.
- Ne pas utiliser le cycle exerciseur à d'autres fins que celles pour lesquelles il a été conçu.
- Les capteurs de pouls manuels ne sont pas des dispositifs médicaux. Divers facteurs, y compris les mouvements de l'utilisateur, peuvent affecter la précision des mesures de la fréquence cardiaque. Les capteurs de pouls ne sont destinés qu'à faciliter l'exercice pour déterminer les tendances de la fréquence cardiaque en général.
- Les systèmes de surveillance de la fréquence cardiaque peuvent s'avérer imprécis. Un excès d'exercice peut entraîner des blessures voire la mort. Si vous vous sentez faible, arrêtez-vous immédiatement.
- Veillez à prévoir un espace minimum de deux pieds de chaque côté du cycle exerciseur pour une utilisation optimale, un accès aisé et afin d'éviter de blesser d'autres personnes se tenant ou marchant à proximité. Il devrait y avoir au moins un pied d'espace libre à l'avant et à l'arrière.
- N'utilisez pas de pièces après-vente sur cet appareil, autres que celles recommandées par Dyaco.
- N'essayez pas d'effectuer d'autres opérations d'entretien ou de réglage que celles décrites dans ce manuel. Tout le reste doit être confié à un personnel de service qualifié et connaissant les équipements électromécaniques, et autorisé par la législation du pays en question à effectuer des travaux d'entretien et de réparation.
- L'installation et le montage de ce produit ne doivent être effectués que par du personnel qualifié.
- Pour éviter tout risque de blessure, veuillez respecter les valeurs minimales et maximales.

Belangrijke veiligheids instructies

Let op

Lees alle instructies in deze handleiding voordat u dit apparaat gebruikt.

Gevaar

Haal de stekker uit het stopcontact voordat u reinigings- en / of servicewerkzaamheden uitvoert om het risico op elektrische schokken te verminderen.

Waarschuwing

- Wijzig deze apparatuur niet zonder toestemming van de fabrikant.
- Installeer het apparaat op een vlakke ondergrond met toegang tot een geaard stopcontact van 100 tot 240 volt wisselstroom, 50/60 Hz, 15 ampère om het risico op brandwonden, brand, elektrische schokken of persoonlijk letsel te verminderen. Het apparaat moet het enige apparaat in het elektrisch circuit zijn.
- Gebruik dit apparaat alleen voor het beoogde gebruik, zoals beschreven in deze handleiding.
- Houd kinderen uit de buurt van het apparaat. Er zijn bewegende delen, duidelijke knelpunten en andere waarschuwingsgebieden die schade kunnen veroorzaken.
- Houd de handen uit de buurt van alle bewegende delen, behalve zoals aangegeven voor het gebruik van het apparaat.
- Houd het elektrische snoer uit de buurt van verwarmde oppervlakken en uit de buurt van alle circulatiestroken en gebruik de stepper niet als het snoer of de stekker beschadigd is.
- Laat nooit iets in een opening vallen en steek hierin geen voorwerpen.
- Niet buitenshuis gebruiken.
- Om het apparaat los te koppelen, draait u alle bedieningselementen naar de uit-stand en haalt u vervolgens de stekker uit het stopcontact.

- Dit apparaat is ontworpen voor commercieel gebruik en voldoet aan de eisen van orthopedische, sportieve en algemene conditieprogramma's.
- Probeer uw fiets niet voor een ander doel te gebruiken dan .waarvoor deze is bedoeld.
- De pulssensoren zijn geen medische apparaten. Verschillende factoren, waaronder de beweging van de gebruiker, kunnen de nauwkeurigheid van de hartslagmetingen beïnvloeden. De pulssensoren zijn alleen bedoeld als hulpmiddel bij het bepalen van hartslagtrends in het algemeen.
- Hartslagbewakingssystemen kunnen onnauwkeurig zijn. Overmatig trainen kan leiden tot letsel of de dood. Stop onmiddellijk met trainen als u zich zwak voelt.
- Zorg voor een minimale ruimte aan de zijkanten van de fiets van zestig centimeter om een goede bediening en gemakkelijke toegang mogelijk te maken en om mogelijk letsel aan anderen die in de buurt staan of lopen te voorkomen. Er moet minimaal 30 centimeter vrije ruimte zijn aan de voor- en achterkant van het apparaat.
- Gebruik geen aftermarket-onderdelen op dit apparaat, andere welke worden aanbevolen door Dyaco.
- Voer geen onderhoud uit of breng geen aanpassingen aan die niet in deze handleiding worden beschreven. Al het overige moet worden overgelaten aan opgeleid onderhoudspersoneel dat vertrouwd is met elektromechanische apparatuur en volgens de wetgeving van het betreffende land bevoegd is om onderhouds- en reparatiewerkzaamheden uit te voeren.
- Installatie en montage van dit product dienen uitsluitend te worden uitgevoerd door hiervoor opgeleid personeel.
- Houd u aan alle minimale en maximale zadelerstelinstellingen om letsel te voorkomen.

Important electrical information

Warning

- Never remove any cover without first disconnecting AC power. If voltage varies by 10% or more outside the specified range (100 to 240V), the performance of your 7.OS may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
- Never expose this 7.OS 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 7.OS is not protected against the ingress of water or particulate matter.
- The 7.OS is not suitable for use in an oxygen rich environment.
- If not stated otherwise Dyaco 7.OS are designed for operation in normal climatic surroundings:
 - Temperature: + 10° ... + 36° C
 - Relative humidity: 30 ... 90 % (non condensing)
 - Air pressure: 700 ... 1060 mbar
 - Maximum operating altitude: approx. 10,000 feet (3000m), without pressurization
- Transport and store the 7.OS at a temperature of – 20° ... + 50° C.

معلومات

كهربائية مهمة

⚠️ تحذير

- تجنب مطلقاً إزالة أي أغطية دون فصل مقبس التيار الكهربائي أولاً. إذا كان الجهد الكهربائي يتباين بمقدار 10% أو أكثر خارج النطاق المحدد (100 إلى 240 فولت)، فقد يتضرر أداء الجهاز من ذلك. لا يشمل الضمان مثل تلك الحالات. إذا شككت في انخفاض الجهد، فاتصل بشركة الكهرباء المحلية أو فني كهربائي مرخص لإجراء الاختبارات الملائمة.
- تجنب مطلقاً تعريض جهاز الخطوات للمطر أو الرطوبة. هذا المنتج غير مصمم للاستخدام في المناطق الخارجية ولا بجوار حمام سباحة أو مركز صحي ولا في أي بيئات تتميز بالرطوبة العالية.
- جهاز الخطوات S7.0 ليس محمياً من التعرض للماء، أو الجسيمات الصلبة.
- جهاز الخطوات S7.0 ليس مناسباً للاستخدام في البيئات الغنية بالأكسجين.
- وإذا لم يذكر غير ذلك، فإن أجهزة Dyaco مصممة للعمل في ظروف المحيط البيئية الطبيعية:
 - الحرارة: + 10 درجة مئوية ... + 36 درجة مئوية
 - الرطوبة النسبية: 30 ... 90 % هواء (غير مكثف) - الضغط الجوي: 700 ... 1060 مللي بار
 - الحد الأقصى لارتفاع التشغيل: حوالي 10,000 قدم (3000م)، بدون التعرض لضغط خارجي
 - يتعين نقل الجهاز وتخزينه عند درجة حرارة - 20 درجة مئوية ... + 50 درجة مئوية

Wichtige elektrische Hinweise

Warnung

- Entfernen Sie nie eine Abdeckung ohne vorher den Stecker aus der Steckdose zu ziehen. Wenn die Wechselspannung um 10% oder mehr außerhalb des angegebenen Bereichs (100 bis 240 V) variiert, kann dies die Leistung Ihres Geräts beeinträchtigen. Solche Bedingungen werden nicht von Ihrer Garantie abgedeckt. Wenn Sie vermuten, dass die Spannung niedrig ist, kontaktieren Sie Ihr örtliches Stromversorgungsunternehmen oder einen lizenzierten Elektriker für eine ordnungsgemäße Prüfung.
- Setzen Sie diesen Stepper niemals Regen oder Feuchtigkeit aus. Dieses Produkt ist nicht zur Verwendung im Freien, in der Nähe eines Pools oder Spas oder in einer anderen Umgebung mit hoher Luftfeuchtigkeit konzipiert.
- Der 7.OS ist nicht gegen das Eindringen von Wasser oder bestimmten Stoffen geschützt.
- Der 7.OS ist nicht für den Gebrauch in einer sauerstoffreichen Umgebung geeignet.
- Wenn nichts anderes angegeben ist, sind die Geräte von Dyaco für einen Betrieb in normalen klimatischen Umgebungen konzipiert:
 - Temperatur: + 10° ... + 36° C
 - relative Luftfeuchtigkeit: 30 ... 90 % (nicht kondensierend)
 - Luftdruck: 700 ... 1060 mbar
 - Maximale Betriebshöhe ca. 3000 m (10.000 Fuß) ohne Druckbeaufschlagung
- Transport und Lagerung der Geräte bei Temperaturen von -20° ... +50° C.

Consignes Renseignements importants en matière d'électricité

Avertissement

- N'enlevez jamais le couvercle sans avoir préalablement débranché l'alimentation secteur en CA. Si la tension varie de dix pour cent (10 %) ou plus (100 à 240 V), les performances de votre stepper risquent d'être affectées. De telles conditions ne sont pas couvertes par la garantie. Si vous pensez que la tension est trop basse, contactez votre fournisseur local d'électricité ou un électricien qualifié pour tester le courant électrique.
- Ne jamais exposer ce produit à la pluie ou à l'humidité. Ce produit n'est pas conçu pour être utilisé à l'extérieur, près d'une piscine ou d'un spa, ni dans aucun autre environnement particulièrement humide.
- Le stepper 7.0S n'est pas protégé contre les infiltrations d'eau ou les matières particulaires.
- Le stepper 7.0S ne convient pas à une utilisation dans un environnement riche en oxygène.
- Sauf indication contraire, les appareils Dyaco sont conçus pour fonctionner dans des conditions climatiques normales:
- Température : + 10°... + 36°C
- Humidité relative : 30... 90 % (sans condensation)
- Pression atmosphérique : 700... 1 060 mbar
- Altitude maximale de fonctionnement : environ 3000 m (10 000 pieds), avec mise en pression de sortie.
- Transporter et stocker les appareils à une température de - 20°... + 50 °C.

Belangrijke informatie betreffende elektriciteit

Waarschuwing

- Verwijder nooit een afdekking zonder eerst de netvoeding los te koppelen. Als de spanning met 10% of meer buiten het opgegeven bereik (100 tot 240 V) varieert, kunnen de prestaties van uw apparaat worden beïnvloed. Dergelijke omstandigheden vallen niet onder de garantie. Als u vermoedt dat de spanning laag is, neem dan contact op met uw plaatselijke energiebedrijf of een erkende elektricien voor een test op correcte wijze.
- Stel deze stepper nooit bloot aan regen of vocht. Dit product is niet ontworpen voor gebruik buitenshuis, in de buurt van een zwembad of spa, of in een andere, zeer vochtige omgeving.
- De 7.0S is niet beschermd tegen het binnendringen van water of vaste deeltjes.
- De 7.0S is niet geschikt voor gebruik in een zuurstofrijke omgeving.
- Tenzij anders vermeld, zijn Dyaco-apparaten ontworpen voor gebruik onder normale klimatologische omstandigheden:
- Temperatuur: + 10° ... + 36° C
- relatieve luchtvochtigheid: 30 ... 90% (niet condenserend)
- Luchtdruk: 700 ... 1060 mbar
- Maximale bedrijfshoogte: ca. 3000 m (10.000 voet), zonder extra druk
- Transporteer en sla de apparaten op bij een temperatuur van - 20 ° ... + 50 ° C

Important operation instructions

- Never use the 7.0S during an electrical storm. Surges may occur in your facility power supply that could damage the 7.0S's components.
- All users should have medical clearance before starting any rigorous exercise program. This is especially important for persons with a history of heart disease or other high risk factors.
- The user should adjust the seat to a position that is comfortable during exercise. The console has a program in the setup menu that can aid in setting the correct seat position.
- Start at a safe exercise level. Do not allow the user to be over exerted. Symptoms to watch for, but not limited to, are: shortness of breath or difficulty in breathing, pain or discomfort, feeling faint.
- Make sure the user warms up and cools down properly to avoid over taxing the cardio vascular system. Allow three to five minutes of warm up and cool down during each exercise session.
- 7.0S should not be used for patients with severe osteoporosis, non-union fractures, debilitating dizziness, or poor safety awareness/cognition. Do not use for patients weighing greater than 200kgs (bariatric). Do not use for patients with acute conditions such as pulmonary embolus, thrombus, acute MI, acute fractures, or BP over 180/110 Hg.

معلومات إرشادات التشغيل المهمة

- لا تستخدم الجهاز أبدًا أثناء عاصفة كهربائية. قد تحدث طفرات في مصدر التيار الكهربائي في مرافق إقامتك، بما يمكن أن يتلف مكونات الجهاز.
- يجب أن يحصل مستخدم الدراجة على تصريح طبي قبل بدء أي برنامج تمارين مكثف. وتتمثل الأهمية الخاصة لهذا في حالة الأشخاص الذين لديهم تاريخ لأمراض القلب أو غيرها من عوامل الخطورة المرتفعة.
- ينبغي على المستخدم ضبط المقعد على وضع مريح خلال التمارين. تحتوي وحدة التحكم على برنامج في قائمة الإعدادات يمكن أن يساعد في تحديد موضع المقعد الصحيح.
- ابدأ التمرين عند مستوى آمن. ولا تسمح بإجهاد المستخدم للغاية. من الأعراض التي يجب الانتباه إليها، على سبيل المثال لا الحصر: ضيق التنفس أو صعوبة التنفس أو الألم أو الانزعاج أو الشعور بالإغماء.
- تأكد من التزام المستخدم بتمارين الإحماء والتهدئة بشكل صحيح لتجنب إجهاد القلب والأوعية الدموية. والتزم بالإحماء والتهدئة لفترة تتراوح من ثلاث إلى خمس دقائق خلال كل جلسة تمارين.
- لا ينبغي استخدام جهاز المشي الراقص S7.0 لإعادة التأهيل للمرضى الذين يعانون من هشاشة العظام الشديدة أو الكسور غير النقيية أو الدوخة المبهكة أو ضعف الوعي / الإدراك بالسلامة. لا تستخدم للمرضى الذين يزيد وزنهم عن 200 كجم) علاج السمّة. (لا تستخدمه للمرضى الذين يعانون من حالات مثل الصمة الرئوية أو الجلطة أو احتشاء عضلة القلب الحاد أو الكسور الحادة أو ضغط الدم فوق 180/110 زئبق.

Wichtige Bedienungs- anweisungen

- Benutzen Sie Ihr Gerät nie während eines Gewitters. In Ihrem Anlagennetzteil können Überspannungen auftreten, die die Gerätekomponenten beschädigen können.
- Alle Benutzer sollten eine ärztliche Genehmigung haben, bevor sie mit einem strengen Trainingsprogramm beginnen. Dies ist besonders wichtig für Personen mit einer Vorerkrankung des Herzens oder anderen hohen Risikofaktoren.
- Der Benutzer sollte den Sitz so einstellen, dass er während des Trainings angenehm ist. Die Konsole verfügt in dem Einstellungsmenü über ein Programm, das bei der Einstellung der korrekten Sitzposition helfen kann.
- Beginnen Sie mit einer sicheren Übungsstufe. Achten Sie darauf, dass sich der Benutzer nicht überanstrengt. Symptome, auf die geachtet werden sollten, sind unter anderem Kurzatmigkeit oder Atemschwierigkeiten, Schmerzen oder Unwohlsein, Schwächegefühle.
- Achten Sie darauf, dass sich der Benutzer vernünftig aufwärmt und abkühlt, um eine Überbelastung des Herz-Kreislauf-Systems zu vermeiden. Eine Aufwärm- und Abkühlphase von drei bis fünf Minuten sollten bei jedem Training eingehalten werden.
- 7.OS -Rehabilitations-Liegestepper sollten nicht bei Patienten mit schwerer Osteoporose, nicht gelenkigen Frakturen, lähmendem Schwindel oder schlechtem Sicherheitsbewusstsein/ schlechter Wahrnehmung verwendet werden. Nicht bei Patienten mit einem Gewicht von mehr als 200 kg (Adipositas) verwenden. Nicht bei Patienten mit akuten Zuständen wie Lungenembolie, Thrombus, akutem MI, akuten Frakturen oder Blutdruck über 180/110 Hg

Consignes d'utilisation importantes

- N'utilisez jamais votre stepper en cas d'un orage. Des surtensions peuvent survenir dans l'alimentation électrique de votre installation et pourraient endommager les composants du dispositif.
- Tous les utilisateurs doivent obtenir une autorisation médicale avant d'entreprendre tout programme d'exercice. Cette remarque revêt une importance particulière pour les personnes présentant des antécédents de maladie cardiaque ou d'autres facteurs de risque élevé.
- L'utilisateur doit régler le siège dans une position confortable pendant l'exercice. La console dispose d'un programme dans le menu Réglages qui peut vous aider à régler correctement la position du siège.
- Commencez à utiliser l'appareil à un niveau d'exercice sans danger. L'utilisateur ne doit en aucun cas être surmené. Les symptômes à surveiller, sans toutefois s'y limiter, sont : l'essoufflement ou des difficultés respiratoires, une douleur ou un certain inconfort, une sensation de faiblesse.
- L'utilisateur doit s'être échauffé, de même qu'il devra récupérer adéquatement pour éviter de déstabiliser le système cardio-vasculaire. Prévoyez de trois à cinq minutes d'échauffement et de récupération à chaque séance d'exercice.

Belangrijke bedieningsinstructies

- Gebruik uw apparaat nooit tijdens onweer. Spanningspieken kunnen optreden in de stroomvoorziening, die de fietsonderdelen kunnen beschadigen.
- Alle gebruikers moeten over medische toestemming beschikken voordat ze aan een streng trainingsprogramma beginnen. Dit is vooral belangrijk voor personen met een voorgeschiedenis van hartaandoeningen of andere hoge risicofactoren.
- De gebruiker moet het zadel zo instellen dat deze comfortabel is tijdens het trainen. De console heeft een programma in het setup-menu dat kan helpen bij het instellen van de juiste zitpositie.
- Begin op een veilig trainingsniveau. Laat de gebruiker niet te vermoeid raken. Symptomen om op te letten, zonder zich hiertoe te beperken, zijn: kortademigheid of ademhalingsproblemen, pijn of ongemak, zich zwak voelen.
- Zorg ervoor dat de gebruiker een goede warming-up of cooling-down respecteert om te voorkomen dat het cardiovasculaire systeem te zwaar wordt belast. Zorg gedurende drie tot vijf minuten voor een warming-up en cooling-down tijdens elke trainingssessie.

Application specification

Medical purpose

- Patient warm-up before a physical therapy session.
- Have the patient walk to improve ambulation and range of motion after knee/hip/ankle surgery or neurological conditions.
- Allow patients to perform cardiovascular exercise.
- Used for open kinetic chain exercise only, patient is not restrained or connected to the 7.OS.
- 7.OS is a device intended to be used to redevelop muscles or restore motion to joints.

Intended patient population

- Male and Female Adults. Children at the discretion of a Qualified Physical Therapist and or parental consent.
- Maximal patient's weight is 200kg.
- Patient must be ambulatory.
- Patient should have medical clearance before starting any rigorous exercise program. This is especially important for person with a history of heart disease or other high risk factors.

Intended part of the body or type of tissue applied to or interacted with:

- Contact site: hands, feet, and trunk
- Condition: should not have any trauma

Intended conditions of use

- Environment including hygienic requirements
 - General: intended for indoors use. This product is not designed for use outdoors, near a pool or spa, or in any other high humidity environment.
 - Conditions of visibility:
 - ① Ambient luminance: standard ambient room lighting is sufficient.
 - ② Viewing distance: 1 m
 - ③ Viewing angle: 120°
 - Physical
 - ① Temperature range: 10°C ~ 36°C
 - ② Relative humidity range: 30% R.H. ~ 90% R.H., non condensing
 - Hygienic requirements: there is no particular restriction on hygienic requirements.
- Frequency of use
 - Dependent on therapist's plan.
- Location
 - Intended for hospital use, clinic use, home use and research in academic institutions.
- Mobility
 - The product is intended to be fixed.

Operating principle

The patient pushes the pedals with their feet and the arms with their hands. The operator can increase the workload using the Up and Down Key on the console. When the workload change is requested, a gear motor moves permanent magnets closer or further from the aluminum flywheel creating more or less resistance.

Significant physical characteristics

Please refer to **Features** of 7.0S manual.

Significant performance characteristic

Please refer to “**Unique uses for the 7.0S**” in Operating the 7.0S.

Intended user profile

Intended operator

- There is no particular restriction on age, gender, height, weight, ability and culture.
- Education: University or above
- Knowledge: The operator should read the user's manual before use.
- Discipline: The operator should receive training from the manufacturer before use.
- Experience: The operator must have experience in physical therapy.
- Background: The operator must be a major in physical therapy.
- Professional competence: The operator should have the physical therapist license.

Intended installer

- There is no particular restriction on age, gender, height, weight, ability and culture.
- Education: High School or above
- Knowledge: The installer shall be able to manipulate this product properly.
- Discipline: The installer shall be given a specific training by manufacturer.
- Experience: The installer must have experience in product assembly and disassembly.
- Background: The installer must be electro-mechanically trained.
- Professional competence: Normal vision ability required.

Operating the 7.0S

The 7.0S is intended to be used in aiding in the physical rehabilitation process for patients with orthopedic and neurological problems. Also used in sports medicine, wellness and general conditioning programs.

Typical applications for this type of product are

- Patient warm up before physical therapy session.
- Have the patient pedal to improve range of motion after knee/hip/ankle surgery.
- Allow patients to perform cardiovascular exercise.

Unique uses for the 7.0S

- Self adjustable step length allows patients to pedal in smaller range of knee motion, from 5 degrees to full range.
- Arms are linked to the foot pedals for ease of coordination. Arms can also be used alone without stepping with feet.
- Symmetry program measures balance between left and right pedal and/or arm stroke. Graphical Bio-feedback display motivates patients to maintain even power symmetry between left and right legs.
- If measuring arms only the graph and power readings will be reversed.

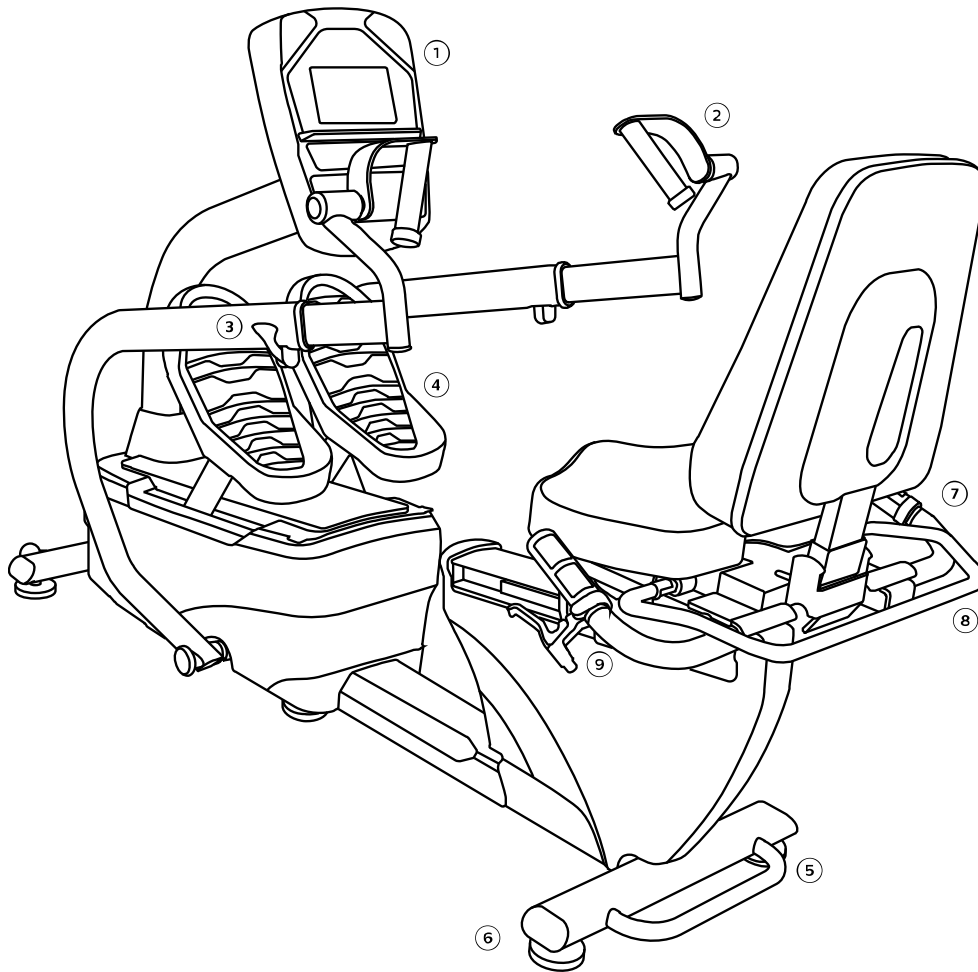
Other features of the 7.0S

- Work range up to 750 watts.
- Indexed seat positioning accommodates users from 147 cm to 200 cm (4' 10" to 6' 7")
- Heart Rate monitoring using the hand grips or optional heart rate chest-strap.

Heart rate measurements are not for medical use

The heart rate function on this product is not a medical device and should not be relied on when accurate readings are necessary. Some people, including those in a cardiac rehab program, may benefit from using an alternate heart rate monitoring system like a chest or wrist strap. Various factors, including movement of the user, may affect the accuracy of your heart rate reading. The heart rate reading is intended only as an exercise aid for measuring heart rate trends in general.

Features



7.0S

Parts and adjustments

1. Electronic console
2. Upper body rotating handles
3. Quick release lever
4. Cushioned footplates with straps
5. Lifting handle for transport
6. Leveling glides
7. Seat angle adjustment
8. Seat swivel adjustment
9. Seat position adjustment

Optional parts (not shown)

- 2.2 Lower extremity bi-lateral stabilization set
- 2.3 Hand / wrist stabilization set

The 7.0S is an easy product to set up and use, from the adjustments to the intuitive interface. This section explains how to set up, adjust and operate your 7.0S.

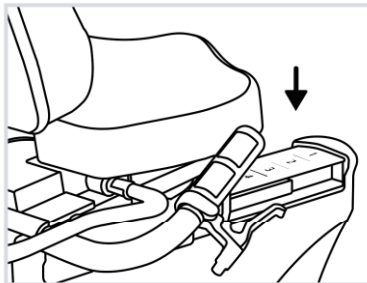
Leveling the 7.0S

- Once the 7.0S is assembled, and placed on a flat level floor, it may be necessary to adjust the leveling glides on the bottom of the 7.0S to ensure proper stability of the 7.0S. Use a 1/2" wrench to loosen the top nut of the levelers. Make sure the two center levelers are screwed all the way in. Adjust the 4 corner levelers by hand as necessary to remove any wobble in the 7.0S. Unscrew the 2 center levelers until they touch the floor. Then tighten all the top nuts against the bottom of the stabilizer tubes. Make sure the bottom nut remains cinched against the leveling foot.

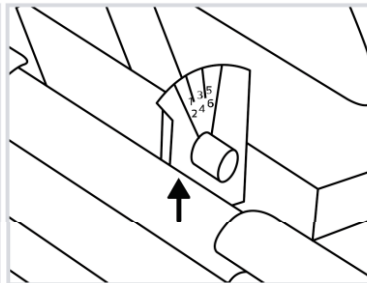
Connecting to A.C. power

- The 7.0S uses a universal switching power supply. You can plug the 7.0S power supply into any A.C. power source from 100 to 240 volts, 50 to 60 Hz. The A.C. input is located in the front of the 7.0S.

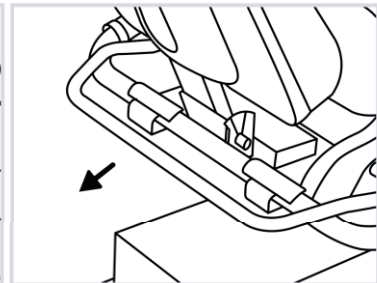
Seat adjustments



Seat position number lines up with front edge of seat carriage



Seat back angle indicator



Lift handle to rotate seat. Lower handle to activate latch

Adjusting the seat fore / aft position

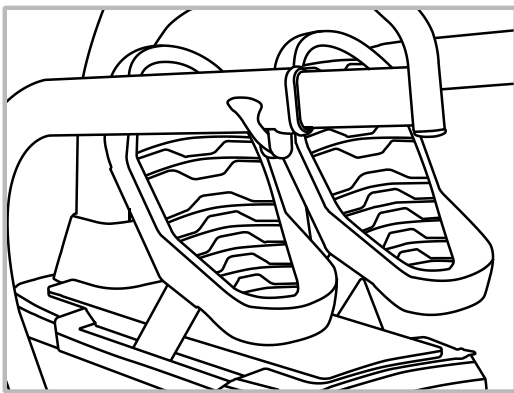
- Squeeze the brake handle located on the left side handle bar. Move the seat to the desired position and lower the handle. Move the seat slightly until the seat lock clicks in place. There is a numbered scale located on the aluminum seat slide tube for repeatable settings. Seat position is indicated by the front of the seat carriage lining up with the number on the scale.

Adjusting the seat back angle

- To adjust the seat back angle, squeeze the brake handle located on the right side handle bar and move the seat back to the desired position. There is a numbered scale located just below the seat back cushion for repeatable settings.

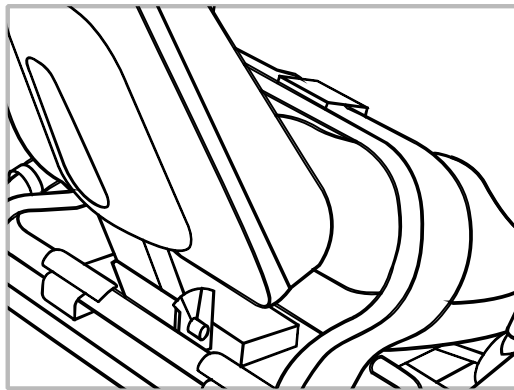
Rotating the swivel seat

- Lift the handle behind the seat to disengage the latch. Rotate the seat to the desired position; lower the handle when approaching position to activate latch. The seat will latch into place every 45 degrees.



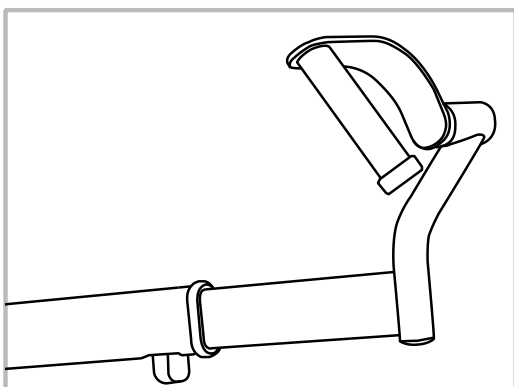
Pedal strap adjustment

- The ankle and foot Velcro straps are easily opened and closed for quick patient set up. Remove the ankle strap from the chrome ring. Loosen the foot strap enough so the patient's foot can slide under. Once the foot is in the correct position reattach the ankle strap and adjust both straps for a snug fit.



Seat belt adjustment

- Simply snap the buckles together and adjust the strap to the desired fit.

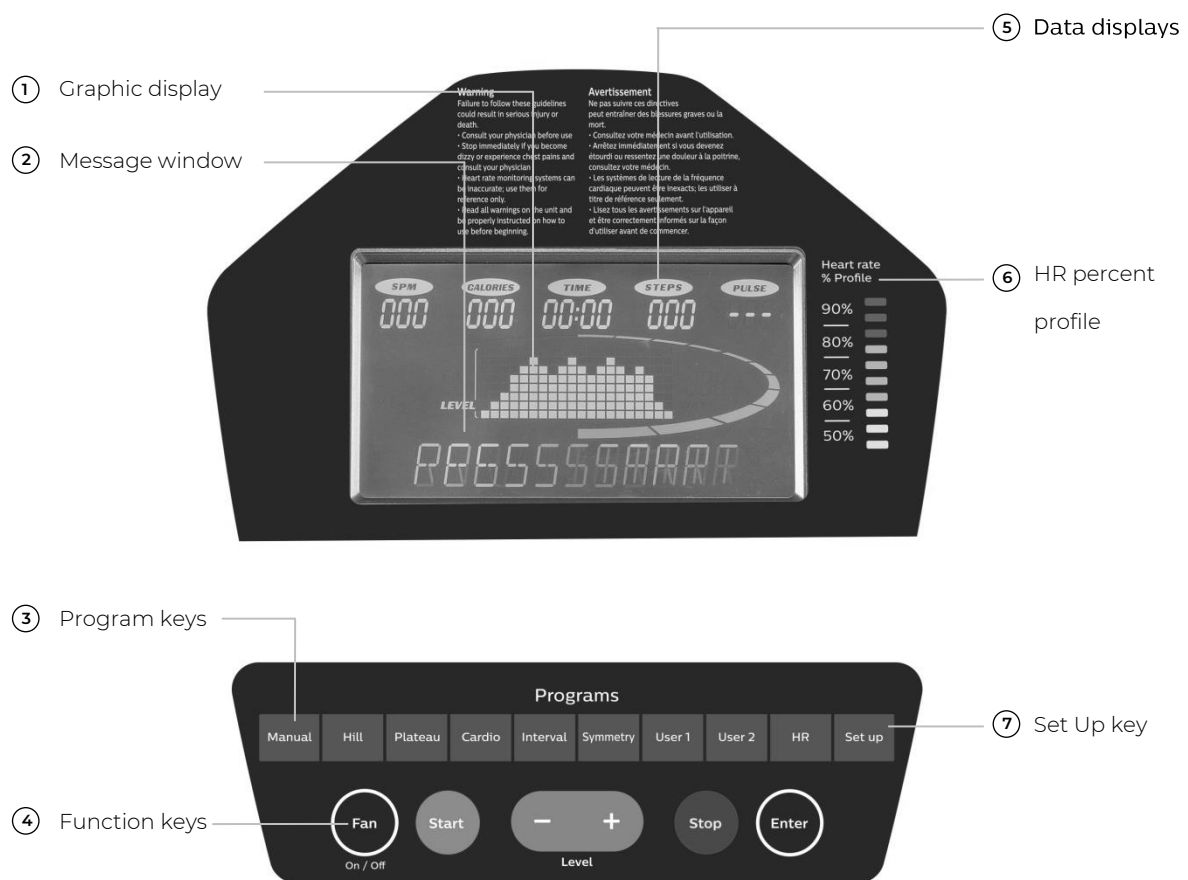


Rotating handle

- Handles rotate to allow wrist patients to use upper body without discomfort.

Operation of your new 7.0S

7.0S Electronic console



Power on

When initially powered on the console, it will perform an internal self-test. During this time all the lights will turn on for a short time. The message window will then show a software version (i.e. VER 1.0) and the Time window will display the total hours the 7.0S has been used to date.

The odometer will remain displayed for only a few seconds then the console will go to the start up display, also known as Idle Mode. The message window will be scrolling the start up message. You may now begin to use the 7.0S.

The console will automatically power down after 20 minutes of inactivity. Press any key to wake the console up again. Always disconnect the main power when the 7.0S is not in use.

Console operation

Set up key

The set up key function will allow you to set seat and arm adjustments for various patient heights and customize the settings of the 7.0S. When the Set Up key is pressed the first option in the menu appears. Use the up/down arrows to scroll through the menu and press the enter key to select an option.

Set up menu

- Position (seat and arm position setting)
User may input their height in inches (or centimeters if 7.0S is set to metric measurements, see page 65) and the software will calculate the position for the seat and arms. This feature is intended to aid in patient set up but may not be the final settings as patient's body symmetry may vary slightly.
- Track or step graph
The segmented track surrounding the profile display area can be set to display as a track or a foot position indicator. During any program press the Symmetry key to switch the display.

Quick start

This is the quickest way to start an exercise session. After the console powers up you just press the start key to begin; this will initiate the quick start mode. In quick start, the time will count up from zero, all workout data will start to accrue and the workload may be adjusted manually by pressing the up or down key. The dot matrix will display a workload level at the lowest resistance. As you increase the workload, more rows will light indicating a harder workout. The 7.0S will get harder to pedal as the rows increase.

The graphic display has 20 columns of lights with each column representing 1 minute in the quick start program (time per column can be modified in other programs). At the end of the 20th column (or 20 minutes of work) the display will wrap around and restart at the first column again. There are 20 levels of resistance displayed in 8 rows of lights.

Basic information

The graphics display (dot matrix) is used for displaying work profiles and the symmetry graph. When you begin a program, the dot matrix will display a workload profile. The profile indicates the different resistance level changes during a program. The peak resistance level can be set during program setup. The peak setting can be adjusted during your workout also. When adjusting the peak level during a program the profile picture will not change, but the message window will display your new level setting.

The data display windows provide exercise information during a session. Information includes: spm (steps per minute), calories, time, steps (total step count) and pulse. Resistance level and watt measurements are displayed on either side of the graphic display.

The message window is the main display for programming instructions and relevant measurements during a program. The measurement data shown varies depending on the program. Measurements include: average watts (left and right leg), METS, symmetry and segment time.

To the right of the Dot matrix display is a Heart Rate Bar Graph. Simply grasping the hand pulse sensors, or wearing a heart rate chest belt transmitter, will start the heart rate measurement function (this may take a few seconds). The Pulse window will display the heart rate in beats per minute. The Bar Graph represents the percentage of maximum heart rate. NOTE: Enter the correct age in Set Up for the Bar Graph to be accurate. Refer to Heart Rate section for details about these features.

Function keys

The stop/reset key provides several functions.

- Pressing the stop/reset key once during a program will pause the program. To resume the exercise session just press the start key.
- If the stop/reset button is pressed twice during a workout the program will end and a summary of information for the exercise session will be displayed.
- If the stop/reset key is held down for 3 seconds the console will perform a complete reset.
- During data entry for a program the stop/reset key performs a previous screen function. This allows you to go back one step in the programming each time you press the stop/reset key.
- The enter key is used for entering data during programming and is also used to scroll through different data in the message window during exercise.

The program keys may be used to preview each program when in the idle mode. Press each program key to preview what the program profile looks like. To begin a program press the corresponding program key and then press the enter key to select the program.

The program keys also function as a number key pad when you are in the data-setup mode. If you are entering new data such as time, age, weight etc., you can use these keys to enter the numbers quickly. The manual key would enter the number 1, hill key is number 2, etc.

Selecting and customizing programs

When you enter a program you have the option of modifying the settings. If you want to begin without entering new settings, just press the start key. This will bypass the programming of data and take you directly to the start of the program. If you want to change the settings, just follow the instructions in the message window. If you start a program without changing the settings, just data from the set up menu will be used.

Manual

The manual program works as the name implies, manually. This means that you control the workload yourself, not the computer. To start the manual program follow the instructions below or just press the manual button then the enter button and follow the directions in the message window.

- Press the manual key then press the enter key.
- The message window will prompt you to enter the age, weight and time for the program. You may enter the age using the up and down keys or the numeric key pad then press the enter key to accept and proceed to the next screen.
- Now you are finished editing the settings and can begin the program by pressing the start key. You can also go back and modify your settings by pressing the enter key. Note: at any time during the editing of data you can press the stop key to go back one level, or screen.
- During the manual program you will be able to scroll through the data in the message window by pressing the enter key.
- When the program ends you may press start to begin the same program again or stop to exit the program, or you can save the program you just completed as a custom program by pressing the user keys and following the instructions in the message window.

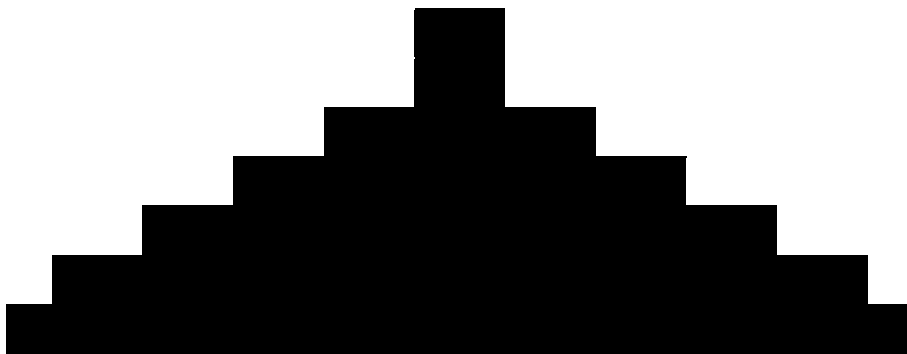
Preset programs

The 7.0S has four preset exercise programs that have been designed for a variety of workout goals. The initial built-in level of difficulty for each program is set to a relatively easy level. You may adjust the level of difficulty (max level) for each program before beginning.

The profiles shown in the dot matrix are merely pictures of the whole profile and will not change in size when the work level keys are pressed. When setting up a program you will enter the maximum resistance setting for the peak of the profile. During the program the resistance levels will change as the profile progresses. When the level up key is pressed to request more resistance the profile picture will not change, but the workload will increase. The message window will display the level setting for the current segment and also the maximum level for the peak of the profile. Pressing the work keys actually change the peak level of the program not the current segment level. You may need to change the peak setting several times before the current segment increases.

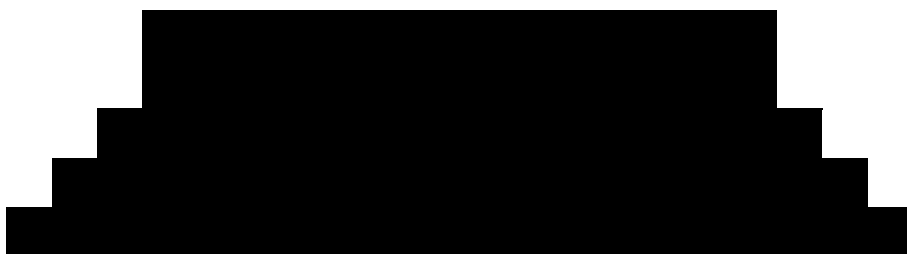
Hill

The Hill program simulates going up and down a hill. The resistance in the pedals will steadily increase and then decrease during the program.



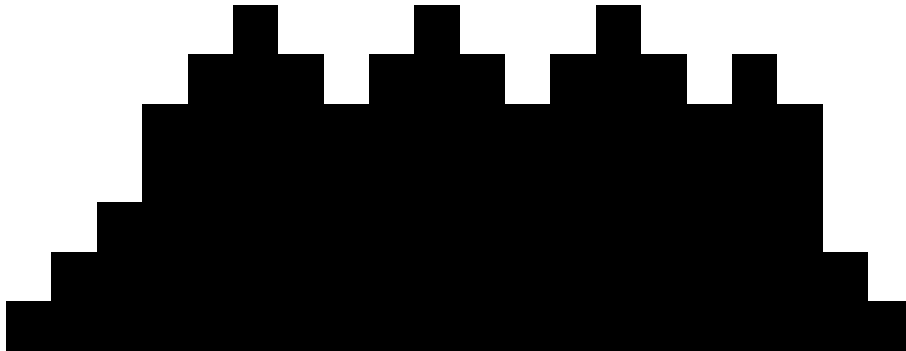
Plateau

The Plateau program provides a steady state exercise with warm up and cool down periods.



Cardio

The Cardio program is designed to increase Cardio vascular function. This is exercise for heart and lungs. It will build up heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work.



Interval

The Interval program takes you through high levels of intensity followed by periods of low intensity. This program increases endurance by depleting oxygen levels followed by periods of recovery to replenish oxygen. The cardio vascular system gets programmed to use oxygen more efficiently this way.



Programming preset programs

- Select the desired program button then press the enter key.
- The message window will prompt you to enter the age, weight, time and max level for the program. You may enter the age using the up and down keys or the numeric key pad then press the enter key to accept and proceed to the next screen. Max level refers to the top resistance level setting for the program.

- Now you are finished editing the settings and can begin the program by pressing the start key. You can also go back and modify your settings by pressing the enter key. Note: at any time during the editing of data you can press the stop key to go back one level, or screen.
- During the manual program you will be able to scroll through the data in the message window by pressing the enter key.
- When the program ends you may press start to begin the same program again or stop to exit the program, or you can save the program you just completed as a custom program by pressing the user keys and following the instructions in the message window.

User programs

The User 1 & 2 programs allow you to build and save a custom program. You can build your own custom program by following the instructions below or you can save any other preset program you complete as a custom program. The User program allows you to further personalize it by adding your facility name.

Designing and saving a new program

- Press either user key. The message window will show a welcome message; if you had previously saved a program the message will contain the name you gave it. Then press the enter key to begin programming.
- When you press enter, the message window will show “name – a”, if there is no name saved. If the name “custom workout” had been previously saved the message window will show “name – custom workout” and the c in custom will be blinking. If there is a name saved, you can change it or you may press the stop key to keep the name and continue to the next step. If you want to enter a name, use the up and/or the down key to change the first letter then press enter to save the first letter and continue to the next letter. When you have finished entering the name, press the stop key to save the name and continue to the next step.
- The message window will ask you to enter an age. You may enter an age, using the up and down keys or the numeric key pad, then press the enter key to accept the new number and proceed on to the next screen.

- You are now asked to enter a weight. You may adjust the weight number using the up and down keys or the numeric key pad then press enter to continue.
- Next is time. You may adjust the time and press enter to continue.
- Now you are asked to adjust the max level. This is the peak exertion level you will experience during the program. Adjust the level and then press enter.
- Now the first column will be blinking and you are asked to adjust the level for the first segment of the workout. When you finish adjusting the first segment, or if you don't want to change, then press enter to continue to the next segment.
- The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press enter. Continue this process until all twenty-four segments have been set.
- The message window will then tell you to press enter to save the program. After saving the program the message window says "new program saved" then will give you the option to start or modify the program. Pressing stop will exit to the start up screen.
- During the facility program you will be able to scroll through the data in the message window by pressing the enter key.

Running a saved program

- Press user key then enter
- Enter time then press start to begin program.

Symmetry

The symmetry program may aid in achieving a more balanced exercise stroke for patients with bi-lateral deficiencies, such as stroke patients and post-op knee patients. The program will measure the left and right power through the pedal range. The dot matrix display will show a graph indicating the leg power symmetry so the user has a visual feedback to aid in improving the involved limb's strength. The program will also work for upper body only. When pushing the handles, the graph will be reversed (left side will actually be displaying right arm information). It will be correct if the patient is pulling.

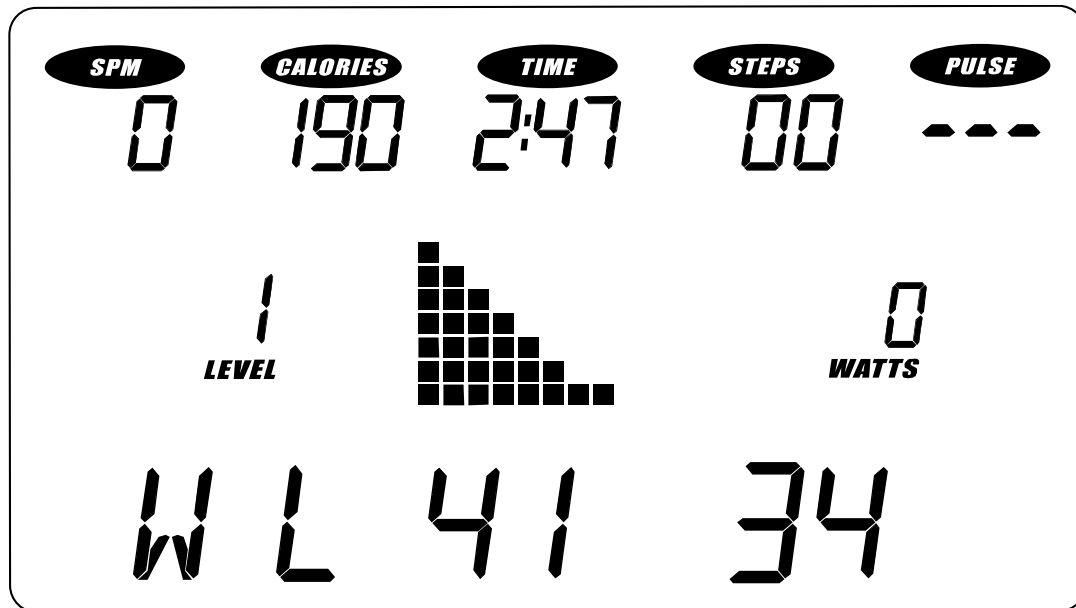
- Press the symmetry key then press the enter key.
- The message window will prompt you to enter the age, weight and time for the program. You may enter the age using the up and down keys or the numeric key pad then press the enter key to accept and proceed to the next screen.
- Now you are finished editing the settings and can begin by pressing the start key. You can also go back and modify your settings by pressing the enter key. Note: at any time during the editing of data you can press the stop key to go back one level, or screen.
- During the program you will be able to scroll through the data (watts, symmetry, METS) in the message window by pressing the enter key.

For best results

The symmetry program starts at level 1 and the resistance needs to be increased manually by pressing the up arrow. Make sure to set the resistance to a level where the patient is doing enough work to generate a meaningful measurement. It is recommended to set the resistance as high as the patient can perform without discomfort, but low enough so they can complete full pedal strokes. Very low resistance settings result in erratic or inconsistent measurements.

Biofeedback graph

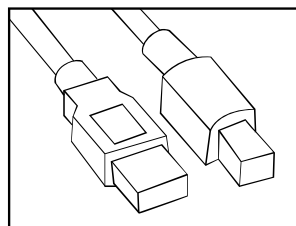
Below is a sample picture showing the symmetry graph. In the message window there is an average watt measurement and it is indicating that the left leg is producing more power than the right leg, 41 vs. 34 watts. The graph reflects the higher wattage of the left leg. If the power is equal in both legs, only two dots would be lit on the bottom center of the graphic screen. Press the Enter key to view the Symmetry data.



Note: the symmetry program uses a power table and velocity measurements to generate the watt readings; they are not from direct force measurements.

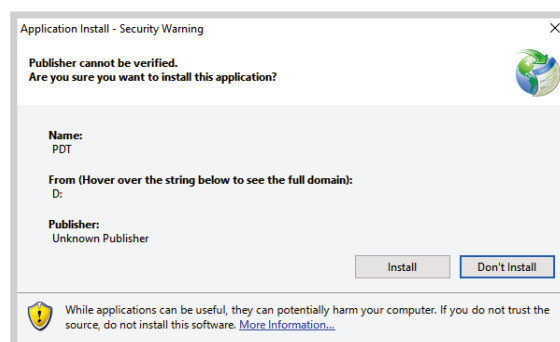
Data transfer software instructions

- Works with newer 7.0T, 7.0S, 7.5S, 7.0R and 7.0U consoles with USB ports on the back
- The software works with Windows 10, 7 and XP series, with .Net Framework 2.0.
- The output for the data is in a .CSV file format.
- <http://www.dyaco.com/software>
Please follow the website instructions to download software.
- Use a USB cable (type a to type b, illustrated to the right) to connect the product and the computer.



Step 1.

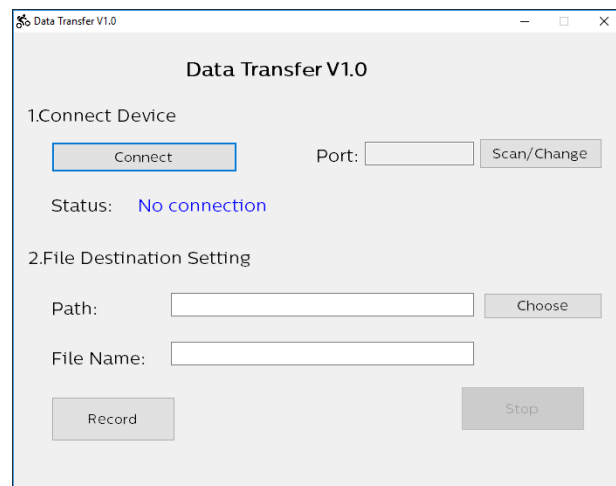
Download the software from the link (<http://www.dyaco.com/software>) and connect the console of the product to the computer via USB cable. Click "Install" when you see the pop-up window as below during installation.



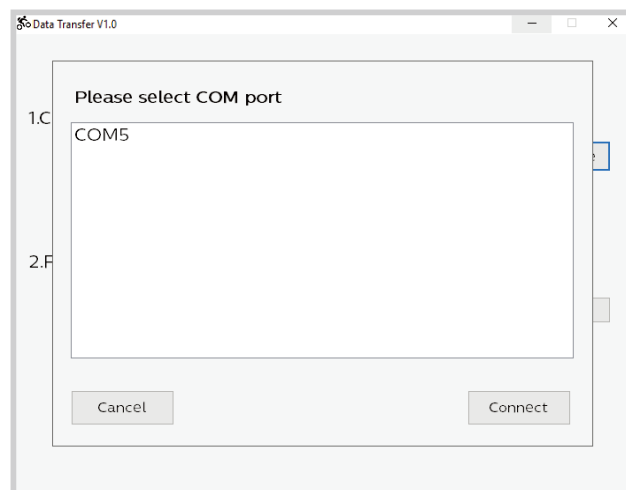
Step 2.

Click "Connect" or "Change" to select the connecting port (left figure). After clicking the "Change", or connecting to the wrong port, the COM port selection window pops up (right figure). Select the correct COM port and click "Connect".

Selecting COM port



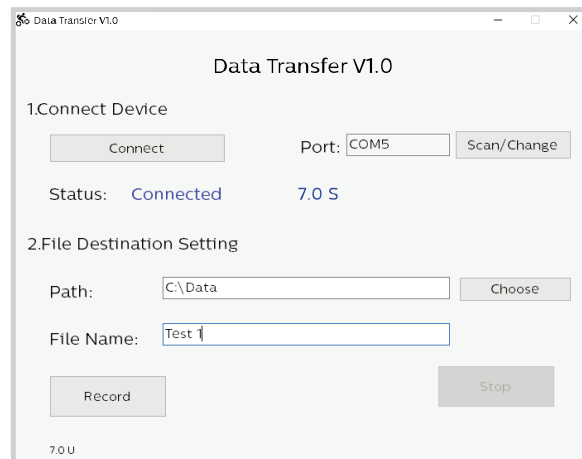
Pop-Up COM Port Selection Window



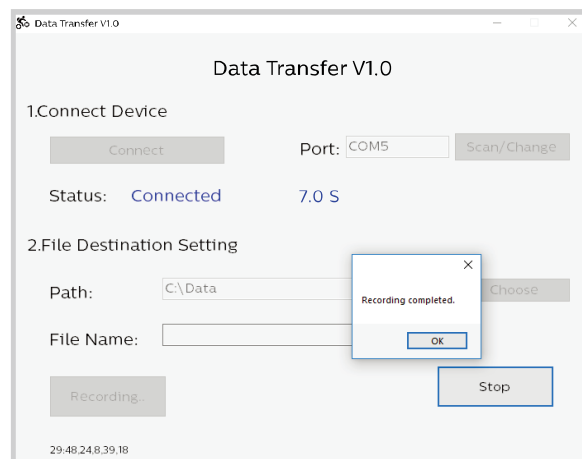
Step 3.

After the status shows “Connected” and the product model name to the right, choose the file path and create the file name for saving the data. Click the “Record” button to start collecting data. Click “Stop” or quit the program from the console of the product to stop the data collection process. The saved data can be found at the assigned destination.

Click record button



Recording complete



The file is saved in .CSV format, which can be opened by Microsoft Excel. Example shown below.

Model:	7.0 S	Date & Time:	2017/8/1 10:02	Program:	MANUAL			
Program time	SPM	Steps	Level	Watt	Left Watt	Right Watt	Symmetry	L/R
00:01	0	0	1	0	0	0	0	R
00:02	0	0	1	0	0	0	0	R
00:03	0	0	1	4	0	4	200	R
00:04	0	0	1	4	0	4	200	R
00:05	29	1	1	8	8	4	66	L
00:06	48	2	1	14	8	0	11	P

Using a heart rate transmitter

Note: The chest strap transmitter is not a standard part, but is a separate purchase. Most transmitters that operate at 5kHz frequency will also work.

How to wear your wireless chest strap transmitter?

- Attach the transmitter to the elastic strap using the locking parts.
- Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
- Position the transmitter with the logo centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
- Position the transmitter immediately below the pectoral muscles.
- Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 black square areas on the reverse side of the belt and either side of transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.

- Your workout must be within range - distance between transmitter/ receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.

Note: The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). If your chest strap has a replaceable battery the replacement battery is CR2032.

Erratic operation

Caution! Do not use the 7.0S for heart rate control unless a steady, solid actual heart rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look at for interference, which may cause erratic heart rate

- Microwave ovens, TVs, small appliances, etc.
- Fluorescent lights.
- Some household security systems.
- Perimeter fence for a pet.
- Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the logo is right side up.
- The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
- If there is another person wearing a chest strap within 1 meter, it will interfere.
- If you continue to experience problems contact your dealer.

Heart rate program operation

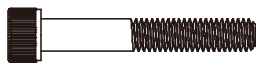
To start the HR program follow the instructions below or just press the HR key then the Enter button and follow the directions in the message window.

- Press the HR key then press the Enter key.
- The message window will ask you to enter your Age. You may enter your Age, using the Up and Down keys or the numeric key pad, then press the Enter key to accept the new number and proceed on to the next screen.
- You are now asked to enter your Weight. You may adjust the Weight number using the Up and Down keys or the numeric key pad, then press enter to continue.
- Next is Time. You may adjust the Time and press enter to continue.
- Now you are asked to adjust the Heart rate Level. This is the heart rate level you will experience during the program. Adjust the level and then press enter.
- Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Enter key. NOTE: At any time during the editing of data you can press the Stop key to go back one level, or screen.
- If you want to increase or decrease the workload at any time during the program press the Up or Down key. This will allow you to change your target heart rate at any time during the program.
- During the HR program you will be able to scroll through the data in the message window by pressing the adjacent Enter key.
- When the program ends you may press Start to begin the same program again or Stop to exit the program or you can save the program you just completed as a custom user program by pressing a User key and following the instructions in the message window.

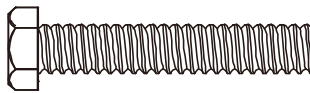
Assembly instructions for 7.0S

Hardware

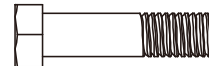
Step 1.



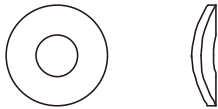
#129- M6 x 40L
(2PCS)



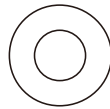
#132- 3/8" x 2"
(4PCS)



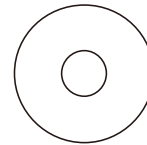
#135- 5/16" x 1-1/4"
(1PC)



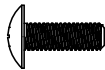
#185-5/16" x 19 x 1.5T
(4PCS)



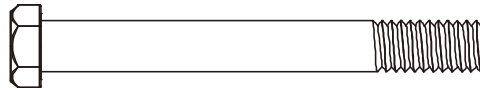
#170-3/8" x 30 x 3T
(8PCS)



#173-8.5 x 26 x 2T
(2PCS)



#181-M5 x 15L
(12PCS)



#140-3/8" x 3-1/4"
(2PCS)



#190-3/8" x 7T
(6PCS)

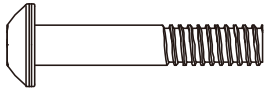


#193-5/16" x 6T
(1PC)

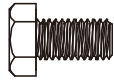


#187-M6 x 6T
(2PCS)

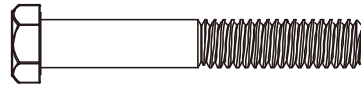
Step 2.



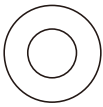
#152-5/16" x 1-3/4"
(2PCS)



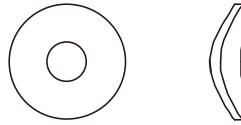
#153-M8 x 16L
(2PCS)



#154-3/8" x 2-1/2"
(2PCS)



#170-3/8" x 30 x 3T
(2PCS)



#184-8 x 23 x 1.5T
(2PCS)



#190-3/8" x 7T
(2PCS)



#193-5/16" x 6T
(2PCS)

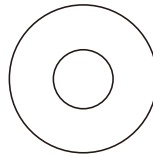


#194-3/8" x 2T
(2PCS)

Step 3.



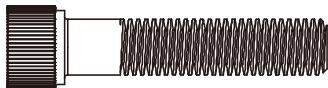
#122-M6 x 25L
(4PCS)



#167-10 x 25 x 2T
(2PCS)



#190-3/8" x 7T
(2PCS)

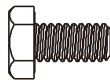


#197-3/8" x 1-3/4"
(2PCS)

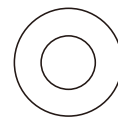
Step 4.



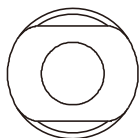
#143-M5 x 12L
(4PCS)



#216-3/8" x 3/4"
(12PCS)



#217-3/8" x 19 x 1.5T
(4PCS)



#218-Ø10 x 21.3 x 7.8T
(8PCS)



#243- Ø10 x 2T
(12PCS)

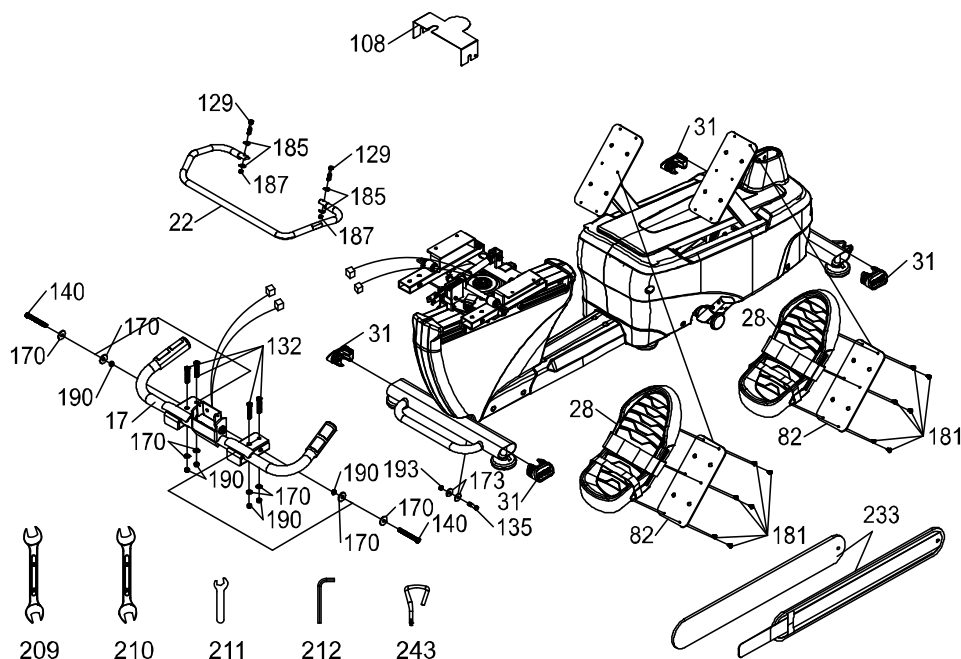


Assembly

Read each step's instructions and study the drawing carefully to become familiar with all the parts and procedures before beginning each step.

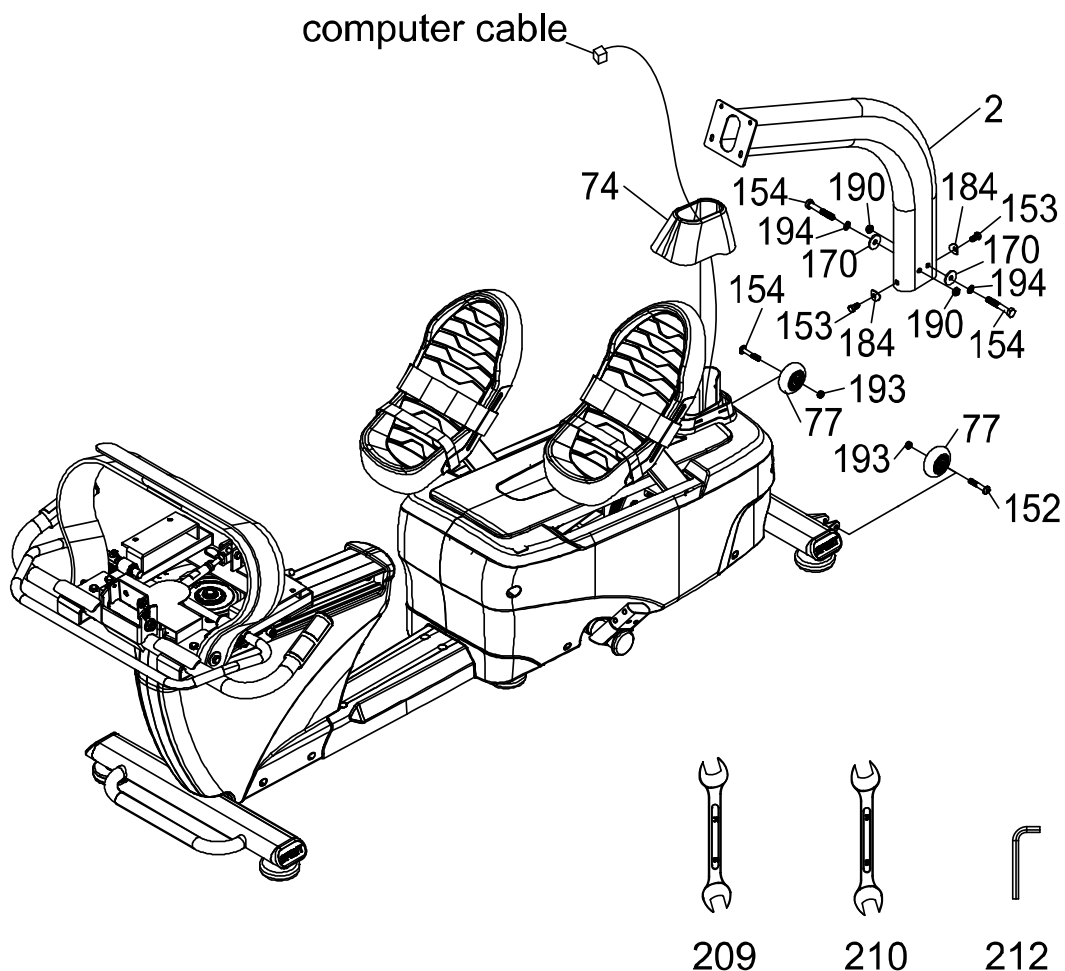
Step 1. Pedals, seat latch handle and handle bar assembly

- This section is easier if you slide the seat carriage (20) all the way back before starting. Slide the handle bar assembly (17) onto the receiving tubes of the seat frame (20). Secure the handle bar assembly starting with the two $\frac{3}{8}$ " x $3\frac{1}{4}$ " bolts (140) (install from the inside hole of the receiving tube), four flat washers (170) and two nylon nuts (190). Install the safety cover (108) and seat belts (233) onto bolts before assembling washers and nuts. Install the four $\frac{3}{8}$ " x 2" bolts (132) from the top side of the tubes and assemble the four $\frac{3}{8}$ " flat washers (170) and $\frac{3}{8}$ " nylon nuts (190).
- Attach the end of the seat back gas shock (109) to the seat back angle adjustment bracket of the handle bar assembly (17) using $\frac{5}{16}$ " x $1\frac{1}{4}$ " bolt (135), two $\frac{5}{16}$ " flat washers (173) and $\frac{5}{16}$ " nylon nut (193).
- Assemble swivel seat latch handle (22) to the seat assembly (20) with the two 6mm x 40mm bolts (129), four $\frac{5}{16}$ " curved washers (185) and two 6mm nylon nuts (187).
- Plug the hand pulse connectors from the handle bars into the mating connectors of the seat carriage.
- Assemble the rubber isolators (82) and pedals (28) to the pedal foot plates with six m5 phillips screws (181) per side.
- Press the four stabilizer end caps (31) into the stabilizer tubes. May tap in with a rubber mallet.



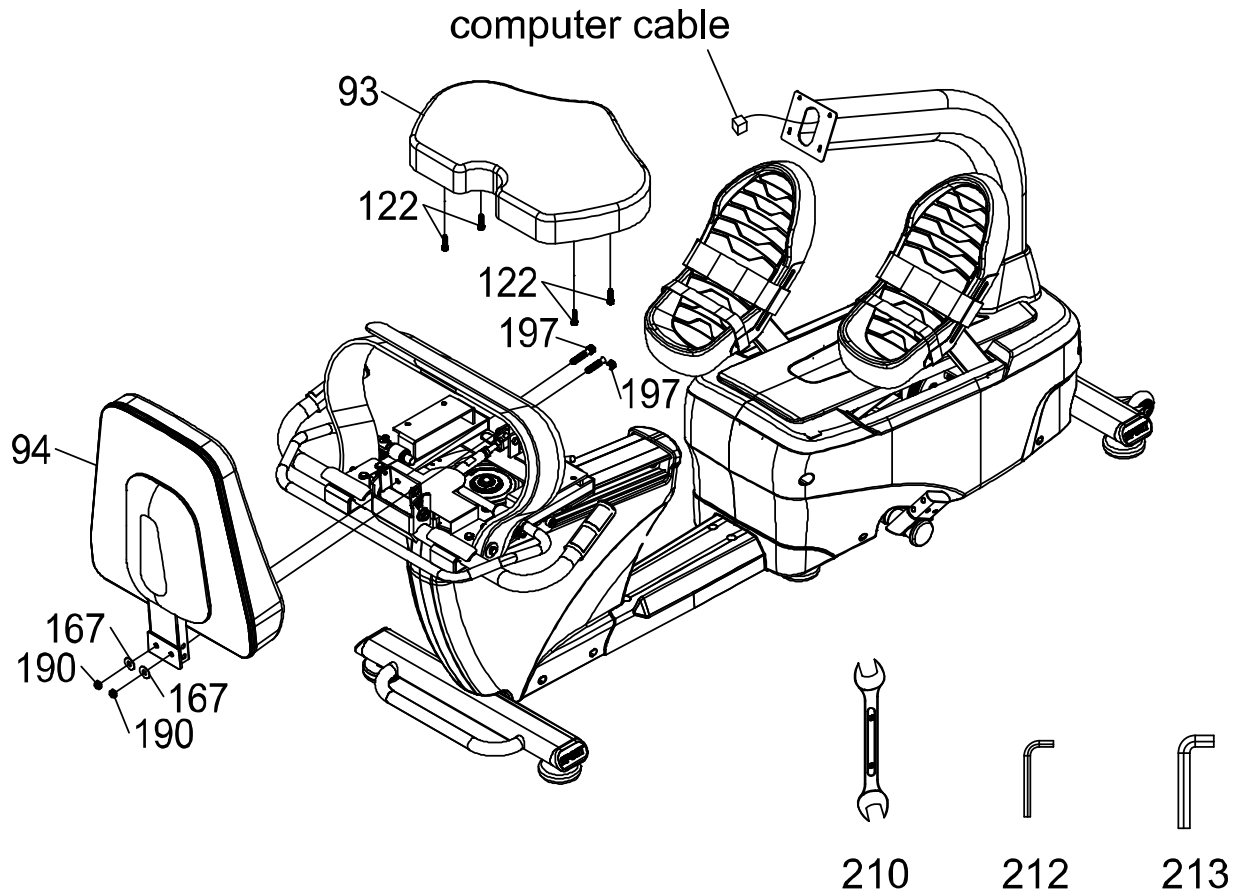
Step 2. Console mast & transport wheels assembly

- Install the transport wheels (77) using the 5/16" x 1-3/4" bolts (152) and 5/16" nylon nuts (193).
- Slide the console mast cover (74) onto the console mast (2); be sure the cover orientation on the mast is correct otherwise it won't clip in place later.
- Snake the computer cable through the console mast and slide the mast onto the receiving brackets. Make sure the cable does not get pinched in between the mast and bracket.
- Fasten the mast with the two 3/8" x 2-1/2" bolts (154), 3/8" split washers (194) and 3/8" flat washers (170) from the left side of the mast and secure with the two 3/8" nylon nuts (190). Install the two 8mm x 16mm bolts (153) and curved washers (184) through the front and rear holes in the mast.



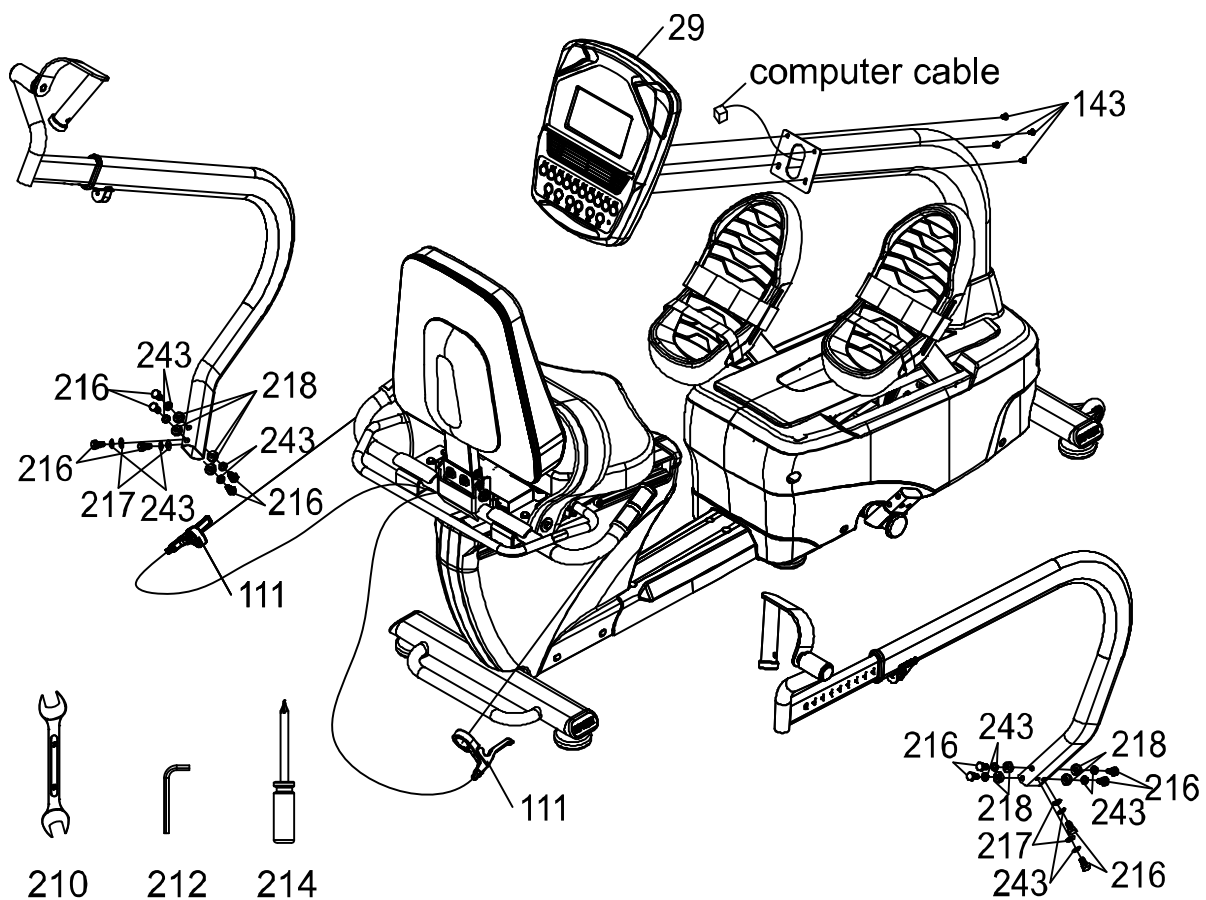
Step 3. Seat back and bottom cushion assembly

- Slide the seat back assembly (94) into the seat back angle adjustment bracket and secure with the two 3/8" x 1-3/4" bolts (197), 3/8" washers (167) and 3/8" nuts (190).
- Assemble the seat cushion (93) onto the seat frame with four m6 bolts (122).

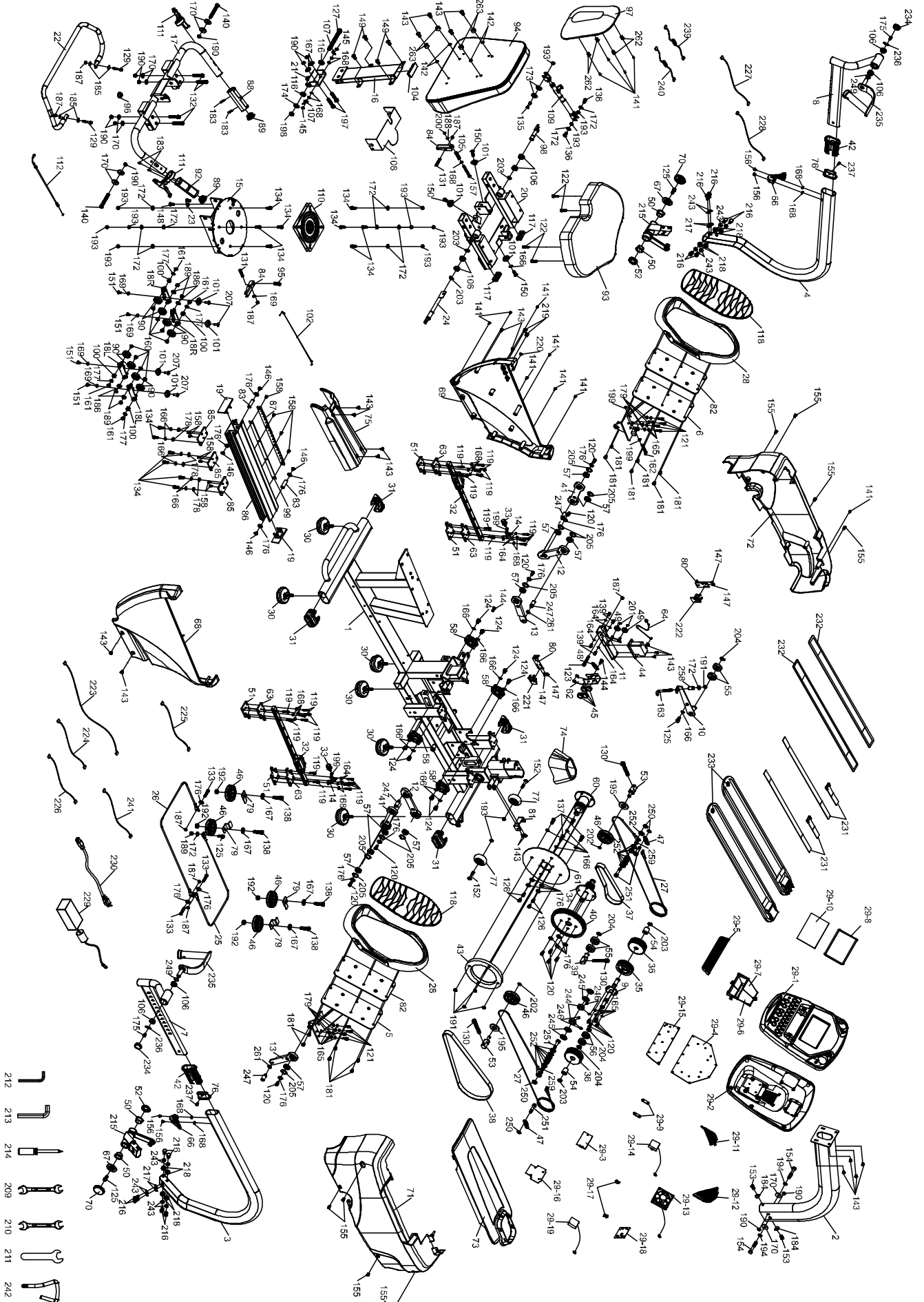


Step 4. Console and arm assembly

- Connect the computer cable into the back of the console and install the console (29) onto the console mast and secure with the four 5mm x 12mm screws (143).
- Install the left and right arms (3&4) and secure with the 3/8" x 3/4" bolts (216) and use the 3/8" flat washers (217) and 3/8" split washers (243) on the sides of the arms and the 3/8" curved washers (218) on the front and rear of the arms. Tighten the bolts very securely so the arms do not loosen up during use.
- Remove the allen screws from the lever clamps (111), fit them onto the handle bar (17) and secure with the allen screws. Make sure the levers are positioned under the hand position and they are adjusted so the patient can comfortably reach them during use. The release levers are labeled left and right; the left lever with gray cable is for the fore/aft seat adjustment and the right lever with black cable is for the seat back angle.



Exploded view drawing



7.0S parts list

Item	Description	Qty
1	Main Frame	1
2	Console Mast	1
3	Swing Arm (R)	1
4	Swing Arm (L)	1
5	Pedal Plate (R)	1
6	Pedal Plate (L)	1
7	Seat Slider (R)	1
8	Seat Slider (L)	1
9	Drive Pulley	1
10	Idler Bracket	1
11	Brake Motor Bracket	1
12	Lower Linkage A	2
13	Lower Linkage B	2
14	Rubber Cushion Bracket	2
15	Seat Carriage	1
16	Seat Back Bracket	1
17	Handle Bar	1
18L	Seat Wheel Adjustment Plate (L)	2
18R	Seat Wheel Adjustment Plate (R)	2
19	Seat Stop Assembly	2
20	Rotate Seat Assembly	1
21	Seat Back Bracket	1
22	Seat Rotation Release Lever	1
23	Cantilever Anchor Assembly	1
24	Adjusting Lever	1
25	Front Connecting Cable	1
26	Rear Connecting Cable	1
27	Drive Cable	2
28	Pedal	2
29	Console Assembly	1
29-01	Console Top Cover	1
29-02	Console Bottom Cover	1
29-03	Battery Cover	1
29-04	Console Display Board	1
29-05	Deflector Fan Grill	1

Item	Description	Qty
29-06	Wind Duct (L)	1
29-07	Wind Duct (R)	1
29-08	Water-resist Rubber	1
29-09	Fan Fixing Plate	2
29-10	LCD Transparent Piece	1
29-11	Console Speaker Cover (L)	1
29-12	Console Speaker Cover (R)	1
29-13	400mm_Fan Assembly	1
29-14	W/Receiver, HR	1
29-15	Console Key Board	1
29-16	Interface Board	1
29-17	Fan Grill Anchor	2
29-18	USB Adapter Board	1
29-19	UART Adapter Board	1
30	Rubber Foot	6
31	End Cap, Oval Stabilizer Tube	4
32	Linear Slider	2
33	M6 × Ø20 × 35L_Rubber Cushion	2
34	Ø100 × 134L_Passive Wheel	1
35	Ø80 × 22L_Drive Wheel	1
36	Ø84 × 32L_Cable Drive Pulley	2
37	Belt (8PJ), 584mm	1
38	Belt (8PJ), 1032mm	1
39	Adjustable Idler Wheel Axle	1
40	Drive Pulley	1
41	Lower Linkage	2
42	Slider Sleeve	2
43	Flywheel Mass	1
44	Gear Motor	1
45	Braking Magnet	4
46	Roller	6
47	Cable Spring (Ø15.5×26.5L)	2
48	Gear Motor Spring (Ø13×20.3L)	1
49	Steel Cable Roller (Ø6×Ø24×7L)	2
50	WFM-2528-16_Plastic Bushing	4
51	Rubber Pad	4

Item	Description	Qty
52	Flywheel Axle Set Collar (R)	2
53	Cable Guide Wheel Axle	2
54	One Way Bearing	2
55	6203_Ball Bearing	4
56	6003_Ball Bearing	2
57	6902_Ball Bearing	10
58	Mounted Bearing	4
60	Aluminum Disc Drive Pulley	1
61	Aluminum Brake Disc	1
62	Magnet Bracket	1
63	Rubber Isolation Mount	4
64	Gear Motor Cable	1
66	Quick Release lever	2
67	Ø9 × Ø49 × 1.5T_Cup Washers	2
68	Rear Shroud (R)	1
69	Rear Shroud (L)	1
70	End Cap	2
71	Shroud (R)	1
72	Shroud (L)	1
73	Top Cover	1
74	Console Mast Cover	1
75	Bottom Step Cover	1
76	Slide End Cap Spacer	2
77	Ø65_Transportation Wheel	2
79	Shroud Bracket	4
80	Sensor Bracket	2
81	Shroud Fixing Plate	1
82	Pedal Isolation Rubber	2
83	Seat Stop Axle	2
84	Seat Position Latch	2
85	Backing Plate	3
86	Aluminum Track	1
87	Rack, Seat Position	1
88	650mm_Handpulse W/Cable Assembly	1
89	Ø32(1.8T)_Button Head Plug	2
90	Ø38_Seat Track Wheel	8

Item	Description	Qty
92	850mm_Hand Pulse W/Cable Assembly (R)	1
93	Seat Cushion	1
94	Seat Back	1
95	Ø12.9× 30L_Spring	1
96	Ø7_HGP Wire Grommet	1
97	Seat Back Cover	1
98	Adjusting Lever Rotate Axle (L)	1
99	Seat Track Fixing Plate	1
100	5/8" × 13.2 × 8L_Sleeve	4
101	PU Wheel	7
102	Steel Cable	1
104	Square End Cap	1
105	Ø13.5 × 60L_Spring	1
106	Podwer Metal Sleeve (15.9×22mm)	8
107	Scale Arrowhead	2
108	Safety Cover	1
109	Locking Gas Cylinder	1
110	Rotate Disk	1
111	Release Lever (Left)	2
112	Steel Cable (760L)	1
116	Podwer Metal Sleeve (Ø12×Ø18×8L)	2
117	25.4 × 50.5 × 14.3mm_Square End Cap	2
118	Pedal Foam Cushion	2
119	M5 × P0.8 × 25L_Socket Head Cap Bolt	24
120	M6 × P1.0 × 15L_Socket Head Cap Bolt	14
121	M6 × P1.0 × 20L_Socket Head Cap Bolt	8
122	M6 × P1.0 × 25L_Socket Head Cap Bolt	4
123	M6 × P1.0 × 55L_Socket Head Cap Bolt	1
124	M8 × P1.25 × 12L_Socket Head Cap Bolt	8
125	M8 × P1.25 × 20L_Socket Head Cap Bolt	4
126	M6 × P1.0 × 12L_Socket Head Cap Bolt	4
127	M12 × P1.75 × 120L_Socket Head Cap Bolt	1
129	M6 × P1.0 × 40L_Socket Head Cap Bolt	2
130	M10 × P1.5 × 75L_Socket Head Cap Bolt	3
131	M6 × P1.0 × 38L_Socket Head Cap Bolt	2
132	3/8" × UNC16 × 2"_Hex Head Bolt	4

Item	Description	Qty
133	M6 × P1.0 × 40L_Hex Head Bolt	3
134	5/16" × UNC18 × 3/4"_Hex Head Bolt	14
135	5/16" × UNC18 × 1-1/4"_Hex Head Bolt	1
136	5/16" × 5/8"_Hex Head Bolt	2
137	M8 × P1.25 × 25L_Hex Head Bolt	4
138	M10 × P1.5 × 40L_Hex Head Bolt	4
139	M5 × P0.8 × 12L_Socket Head Cap Bolt	4
140	3/8" × UCN16 × 3-1/4"_Hex Head Bolt,20L	2
141	Ø3.5 × 12L_Phillips Head Self-Tapping Screw	12
142	Ø5.5 × Ø15 × 1T_Flat Washer	4
143	M5 × P0.8 × 12L_Phillips Head Screw	21
144	M5 × P0.8 × 20L_Phillips Head Screw	2
145	M5 × P0.8 × 6L_Phillips Head Screw	2
146	M6 × P1.0 × 10L_Phillips Head Screw	4
147	M4 × P0.7 × 10L_Phillips Head Screw	4
148	5/16" × UNC18 × 3/4"_Hex Head Bolt	1
149	M8 × P1.25 × 20L_Button Head Socket Bolt	4
150	M8 × P1.25 × 25L_Button Head Socket Bolt	3
151	M6 × P1.0 × 10L_Button Head Socket Bolt	4
152	5/16" × UNC18 × 1-3/4"_Button Head Socket Bolt	2
153	M8 × P1.25 × 16L_Hex Head Bolt	2
154	3/8" × UNC16 × 2-1/2"_Hex Head Bolt	2
155	M5 × P0.8 × 12L_Phillips Head Screw	8
156	M5 × 6L_Phillips Head Screw	4
157	M5 × P0.8 × 70L_Socket Head Cap Bolt	1
158	M5 × P0.8 × 12L_Flat Head Phillips Screw	10
160	M5 × P0.8 × 10L_Flat Phillips Head Screw	8
161	M6 × 10L_Flat Head Phillips Screw	4
162	M6 × P1.0 × 57L_Eye Bolt	1
163	M8 × P1.25 × 80L_J Bolt	1
164	Ø5 × 1.5T_Split Washer	8
165	Ø6 × 1T_Split Washer	12
166	Ø8 × 1.5T_Split Washer	20
167	Ø10 × Ø25 × 2T_Flat Washer	6
168	Ø5 × Ø12 × 1.0T_Flat Washer	21
169	Ø6.5 × Ø13 × 1T_Flat Washer	5

Item	Description	Qty
170	Ø3/8" × Ø30 × 3T_Flat Washer	10
172	Ø8.5 × Ø18 × 1.5T_Flat Washer	12
173	Ø8.5 × Ø26 × 2.0T_Flat Washer	2
174	Ø12.7 × Ø26 × 2.0T_Flat Washer	1
175	M6 × P1.0 × 10L_Socket Head Cap Bolt	2
176	Ø6 × Ø19 × 3.0T_Flat Washer	21
177	Ø6.5 × Ø16 × 1.0T_Flat Washer	4
178	Ø8 × Ø16 × 1.5T_Flat Washer	6
179	Ø6.6 × Ø12 × 1.5T_Flat Washer	8
181	M5 × P0.8 × 15L_Phillips Head Screw	12
183	Ø3 × 20L_Self Tapping Screw	4
184	Ø8 × 23 × 1.5T_Curved Washer	2
185	Ø8 × 19 × 1.5T_Curved Washer	4
186	Ø8 × Ø18 × 3T_Knurled Lock Washer	4
187	M6 × P1.0 × 6T_Nyloc Nut	8
188	M5 × P0.8 × 5.0T_Nyloc Nut	1
189	M8 × P1.25 × 7T_Nyloc Nut	5
190	3/8" × UNC16 × 7T_Nyloc Nut	10
191	M8 × P1.25 × 6T_Nyloc Nut	5
192	M10 × P1.5 × 8T_Nyloc Nut	4
193	5/16" × UNC18 × 6T_Nyloc Nut	13
194	Ø10 × 2T_Split Washer	2
195	Ø45 × Ø21.8 × 2.5T_Flat Washer	2
197	3/8" × UNC16 × 1-3/4" _Socket Head Cap Bolt	2
198	M12_Nyloc Nut	1
199	M6 × P1.0 × 5T_Nut	4
200	M5 × P0.8 × 4T_Nut	1
201	E5_E-Clip	2
202	Ø10_C-Clip	2
203	Ø16_C-Clip	5
204	Ø17_C-Clip	4
205	Ø28_Inner Snap Ring	10
207	M6 × 19L_Nut	4
209	12/14mm_Wrench	1
210	13/14mm_Wrench	1
211	Wrench, 10mm	1

Item	Description	Qty
212	M5_L Allen Wrench	1
213	M8_L Allen Wrench	1
214	Phillips Head Screw Driver	1
215	Swing Arm Drive Weldment	2
216	3/8" × 3/4"_Hex Head Bolt	12
217	Ø10 × Ø19 × 1.5T_Flat Washer	4
218	Ø10 × 21.3 × 7.8T_Curved Washer	8
219	HGP Wire Grommet	2
220	Dummy Plug	1
221	Optical Sensor Board (CS63008-00)	1
222	Optical Sensor Board (CS63008-10)	1
223	1550mm_Computer Console Cable	1
224	250mm_Encoder Cable	1
225	100mm_DC Power Cord	1
226	650mm_Hall Sensor Cable	1
227	1550mm_Hand Pulse Cable, Upper	1
228	1550mm_Hand Pulse Cable, Lower	1
229	Power Adapter	1
230	Power Cord (Optional)	1
231	Foot Strap, Narrow	2
232	Foot Strap, Wide	2
233	Seat Belt	1
234	32 × 2.5T_Round End Cap	2
235	Swivel Handle	2
236	Swivel Handle Range Limiter	2
237	Ø5 × 16L_Tapping Screw	2
239	800mm_Handpulse Wire	1
240	800mm_Handpulse Wire (White)	1
241	100m/m_Connecting Wire	1
242	Short Phillips Head Screwdriver	1
243	Ø10 × 2T_Spring Washer	12
244	Axle Positioning Ring	2
245	Ø18 × Ø32 × 1.5T_Nylon Washer	4
246	M5 × 10mm_Slotted Set Screw	4
247	Axle	4
249	Ø17_Wave Washer	2

Item	Description	Qty
250	5/16" × Ø20 × 3.0T_Flat Washer	4
251	M8 × 10 × 30L_Bolt	4
252	Ø10 × Ø24 × 3.0T_Nylon Washer	14
258	Ø10 × Ø14 × 25.5L_Sleeve	1
259	Podwer metallurgy Sleeve	2
261	Ø3/8" × Ø20 × 3T_Flat Washer	2
262	Buckle	4
263	Snap Seat	4

Maintenance

- Wipe down all areas in the sweat path with a damp cloth after each use to prevent rust.
- Check the pedal to make sure they are tight (monthly).
- If a squeak, thump, clicking or rough feeling develops the main cause is most likely one of two reasons:
 - 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. I cannot stress this point enough; 90% of calls to the service department for noise issues can be traced to loose hardware.
 - The crank arm nut and/or the pedals need to be retightened.
- If squeaks or other noises persist, check that the 7.0S is properly leveled. There are 2 leveling pads on the bottom of the rear stabilizer, use a ½" wrench (or adjustable wrench) to adjust the levelers.

Maintenance menu in console software

The console has built in maintenance/diagnostic software. The software will allow you to change the console settings from English to Metric and turn off the beeping of the speaker when a key is pressed for example. To enter the Maintenance menu (may be called Engineering mode, depending on version) press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the message window will display "Maintenance mode". Press the enter button to access the menu below:

- Key Test
- LCD test
- Functions
 - Sleep mode – on
 - Pause mode - on (If pause mode is off then console will remained Paused indefinitely, unless Stop or Start is pressed again).
 - Odometer reset
 - Units – English or Metric
- Service
 - Motor test
 - ① Runs resistance motor from level 1~20 and then 20~1.
 - ② Position sensor value is shown in STEPS data window.
 - Sensor Test
 - ① SPM window shows reflector sensor #1 signal (1 or 0)
 - ② CALORIES window shows reflector sensor #2 signal
 - ③ TIME window show Left step position counter
 - ④ STEPS window show Right step position counter
 - ⑤ PULSE window show speed sensor signal (on or off)

Error messages

- EEPROM Error – Solution for this is to replace the console (Note: this is the only error message)
- Motor Error – Press stop to enter idle mode – This error means the motor that controls resistance did not respond as expected. If the error occurs press stop. The console will return to the idle mode. You can then use the console but there will be no resistance changes. You may try to disconnect the power to the 7.0S for one minute and re-connect. This may solve the problem, but if it does not call service.

Troubleshooting

Below are common problems and basic checks to solve them. If these tips do not solve your problem then call your local distributor for service)

No power

- Make sure the A.C. outlet has power (90~240VAC) and the line cord is plugged in securely to the AC adapter.
- Check the connection of the DC power wire from the adapter where it enters the 7.0S.
- Make sure all connectors in back of the console are securely seated in place.

Console programs do not start

- Perform Keypad test in Maintenance mode
- If you cannot access the test, and the keys seem to have no affect when pressed, then the keypad has malfunctioned.

Program starts but no data registers when 7.0S is pedaled

- Check that the connectors are properly seated in the back of the consoles.
- Perform the Sensor tests in Maintenance mode. If one of the sensors does not work it needs replacement. If both sensors do not work, then it could be a bad console or both sensors are bad.

Symmetry and/or watt measurement is incorrect

- Perform the sensor tests in Maintenance Mode

Cannot adjust seat fore/aft or back angle, or seat adjustments will not lock in place

Adjust the thumb nuts located to the rear of the seat adjustment levers. If the cables attached to the levers stretch it is possible the latch for the seat will not disengage, or engage, properly. Adjusting the thumb nut can remedy this.

Clicking noise when pedaling

- Make sure the pedal is tightened properly.
- Make sure the swing arms are securely tightened where they attach to the 7.0S.
- Check that the leveling feet on the bottom of the 7.0S are adjusted properly.

One pedal has no resistance but the other does

- The drive cable has jumped off of the pulley system.

Specifications

REF 7.0S

Dimensions

Length : 67" (172cm)

Width : 30" (77cm)

Height : 48" (122cm)

Work load

5 watts up to 650 watts.

Patient weight capacity

440 Lbs. (200 Kgs.)

Readouts

Time and Segment time remaining,
RPM, Watts (Left and Right), METS,
Symmetry Index, Heart Rate,
Calories, Work Level

Disposal

Reference should be made to local
regulations concerning the disposal
of this product at the end of useful life.

Certifications

CAN/CAS-C22.2 No. 60601-1:14 , ANS/AAMI ES60601-1:2005+A2 (R2012) +A1

MDD 93/42/EEC Class Im

IEC 60601-1-2:2007 , EN 60601-1-2:2007 , IEC 60601-1:2005

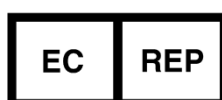
EN 60601-1:2006+A11+A12 , EN ISO 20957:2013 , ISO 14971: 2012



Manufacturer



Dyaco International Inc.
No. 1, Gong 1st Rd., Hemei
Township, Changhua
County 50843, Taiwan



Dyaco Europe GMBH
Address: Friedrich-Ebert-Straße
75, 51429 Bergisch Gladbach,
Germany
TEL: +49 (0) 2204 844300

Weight

257.4 Lbs. (117 Kgs)

Input power

12 VDC, 2.74 Amps

Fuse rating

No user replaceable fuse

Resistance

Isokinetic with 20 levels of effort

External power supply

Sinpro model # HPU32A-105,

30 watt power supply

Input: 100-240V ~: 50/60 Hz: 0.6–0.4A

Output: 12 VDC, 2.74 A

Input to output: 2MOPP

Guidance and manufacturer's declaration – electromagnetic compatibility

The 7.OS is intended for use in the electromagnetic environment specified below. The customer or the user of the 7.OS should assure that it is used in such an environment.

Emissions test		Compliance	Electromagnetic environment – guidance
RF emissions CISPR 11		Group 1	The 7.OS uses RF energy only for its internal function. Therefore, its RF emissions are very low and are not likely to cause any interference in nearby electronic equipment.
RF emissions CISPR 11		Class B	The 7.OS is suitable for use in all establishments, including domestic establishments
Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrostatic discharge (ESD) IEC 61000-4-2	6 kV contact 8 kV air	6 kV contact 8 kV air	Floors should be wood, concrete or ceramic tile. If floors are covered with synthetic material, the relative humidity should be at least 30 %.
Power frequency (50/60 Hz) magnetic field IEC 61000-4-8	3 A/m	3 A/m	Power frequency magnetic fields should be at levels characteristic of a typical location in a typical commercial or hospital environment.
Radiated RF IEC 61000-4-3	3 V/m 80 MHz to 2,5 GHz	3 V/m	$d = 1,2 \sqrt{P}$ 80 MHz to 800 MHz $d = 2,3 \sqrt{P}$ 800 MHz to 2,5 GHz Where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer and d is the recommended separation distance in meters (m). Field strengths from fixed RF transmitters, as determined by an electromagnetic site survey, a) should be less than the compliance level in each frequency range. B) Interference may occur in the vicinity of equipment marked with the following symbol: 

Recommended separation distances between portable and mobile RF communications equipment and the 7.OS

The 7.OS is intended for use in an electromagnetic environment in which radiated RF disturbances are controlled. The customer or the user of the 7.OS can help prevent electromagnetic interference by maintaining a minimum distance between portable and mobile RF communications equipment (transmitters) and the 7.OS as recommended below, according to the maximum output power of the communications equipment.

Rated maximum output power of transmitter W	Separation distance according to frequency of transmitter m		
	150 kHz to 80 MHz $d = 1,2 \sqrt{P}$	80 MHz to 800 MHz $d = 1,2 \sqrt{P}$	800 MHz to 2,5 GHz $d = 2,3 \sqrt{P}$
0,01	0,12	0,12	0,23
0,1	0,38	0,38	0,73
1	1,2	1,2	2,3
10	3,8	3,8	7,3
100	12	12	23

For transmitters rated at a maximum output power not listed above, the recommended separation distance d in meters (m) can be estimated using the equation applicable to the frequency of the transmitter, where P is the maximum output power rating of the transmitter in watts (W) according to the transmitter manufacturer.

NOTE 1 At 80 MHz and 800 MHz, the separation distance for the higher frequency range applies.

NOTE 2 These guidelines may not apply in all situations. Electromagnetic propagation is affected by absorption and reflection from structures, objects and people.

Immunity test	IEC 60601 test level	Compliance level	Electromagnetic environment – guidance
Electrical fast transient/burst IEC 61000-4-4	+/-2 kV for power supply lines +/-1 kV for input/output lines	+/-2 kV for power supply lines +/-1 kV for input/output lines	Mains power quality should be that of a typical commercial or hospital environment.

Note

- If the device is interfered by power or signal cable, image quality may be reduced or abnormally displayed. Such kind of interference images could be easily identified and differentiated from the physiological characteristics of patient and longer clinical time consumed but wouldn't have any diagnostic accuracy issue.
- If there is a certain frequency of image interference, there is a need of isolation or filtering of the RF signal.

Description of packaging & labeling symbols



Indicates that the package is heavy and two or more people are required to lift.



Package contains fragile electronic equipment.

Care should be used when handling.

The product inside the packaging could be easily damaged if dropped or handled without care and attention. The contents are fragile!



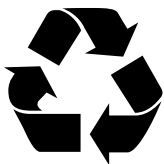
Do not use forklift truck here.

Do not use Spade truck here.

Do not use Razorback truck here.



Hand truck only.



Indicates that an object is capable of being recycled - not that the object has been recycled or will be accepted in all recycling collection systems.



Top. This side up.



AC power 100-240 Volt, 15Amps, 50Hz



Product certificate logo, CE MDD 93/42/EEC
Class Im



read this entire manual carefully before
operating your new 7.0S



Type B applied parts. This is used for parts
applied to the patient that require only ordinary
electrical protection, e.g. headphones.



Follow Instructions for use