

Instructions for use for



Stair climber of the *motion cardio line 900 & motion cardio line 900 med*



motion stair 900
motion stair 900 med

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1. General



Read this user manual with all safety instructions and warnings carefully **before using** the training equipment for the **first time to ensure** safe and proper use. Keep this document for future reference and give it to others if you pass on the equipment.

The purpose of the equipment is cardiopulmonary training and the reproducible loading of the body, e.g. for diagnostic and therapeutic measures. The equipment is mainly used by users in cardiology, physiotherapy, sports medicine and in the home. Another application is the use to build up and strengthen skeletal muscles, as well as to increase mobility in the joints affected during training.

The equipment enables reproducible physical loading of the human body and the cardiovascular system for the purposes of prevention, rehabilitation and diagnosis.

Text with a grey background indicates text sections that deal exclusively with equipment features of the fitness line.

2. Classification of the devices

- The devices of the *cardio line med* are medical devices **MD** according to the directive 93/42 EWG, classified in class IIa. In the control range of the brake, the display accuracy is +/- 5%.
- The devices of the *cardio line* comply with the standard DIN EN ISO 20957-1 and DIN EN ISO 20957-5; application class S (commercial use/studio) and H (home use) of accuracy class A +/- 10 % and are designed exclusively for the fitness and sports sector.

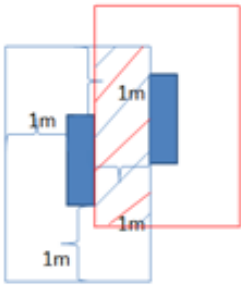
Only 1 person can exercise with the equipment at a time; the maximum user weight according to the type plate must not be exceeded.

3. Safety instructions

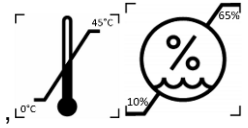
Safe installation of the equipment



Fig.1: Side view of the unit with designation of the essential elements







- Place the unit on a firm, horizontal, level and non-slip surface and level the unit with the adjusting screws so that it does not wobble.
- The clearance area around the unit must be at least 1 m larger than the movement area of the unit to ensure safe access and egress from the unit even in emergencies. However, the safety clearances may overlap (see picture).



- Only place the appliance in dry rooms at 0°C to 45°C.
- Make sure that there is no electromagnetic radiation, e.g. from radio antennas, radiating fluorescent tubes, etc., as these can affect the pulse measurement.
- The underside of the frame must always be free for sufficient ventilation.
- All the units mentioned here are mains-independent. They generate the power themselves during operation or are supplied with power during programming by the standard built-in capacitor. The capacitor is charged by training and has a life span of > 20000 cycles.
- Attention: Please always follow the instructions for care, maintenance and servicing in chapter 5 of this manual.

Safe training

- Before starting training, the fitness for training should be checked by an authorised person, e.g. a doctor. Please note the point "Indications and contraindications".
- Note that excessive exercise can be harmful.
- If nausea or dizziness occurs, stop training immediately and consult a doctor.
- Training on the equipment is only permitted with intact skin.
- When training, tight-fitting, lightweight sports clothing is preferable so that it cannot get caught in parts of the device during training. Always wear suitable sports shoes for a secure footing on the pedals.
- Before starting the training, check the unit for safe standing, defective parts or possible manipulations. If you find any defects or are not sure, ask the supervisor before starting the training.
- Before starting training, make sure that nobody is near the moving parts in order to avoid endangering third parties. In particular, unsupervised children must be kept away from the equipment.
- **Caution: The** treads on which the user stands during the exercise are pulled up to the upper starting position by sufficiently strong springs. In order to avoid injuries caused by the feet jumping back, the user must climb onto the machine as follows
 - You stand in front of the unit and hold on to the handlebars with your hands.
 - First put one foot on the pedal and push it down to the floor.
 - You shift the body weight completely onto this pedal
 - Now press the other pedal to the floor with the other foot.
 - Both pedals are now down
 - Now start to move both legs and enter the functional area of the stair movement. If you do it correctly, you will not hit the upper or lower end point with the pedal.
 - If you want to stop exercising again, let yourself slide down with both pedals until you touch the ground.
 - Now they let a pedal come up slowly, exerting sufficient counterpressure.
 - If the pedal is at the top stop, you can put your foot down on the floor in front of the unit and let the other pedal move upwards in the same way, braked.
 - If the second pedal is also at the top of the stop, take your foot off the pedal.
 - Practice getting on and off the machine several times so that you can use it safely - even if you have reached a level of fatigue from the training.

-  **Warning:** The heart rate monitoring system is susceptible to failure due to the system. Excessive exercise can lead to dangerous injuries or death. If you feel unwell, stop exercising immediately and consult your doctor or therapist.
-  **Warning:** The appliance may only be operated with a housing and in dry rooms.
-  **Warning for optional power connection:** Use only approved power supply units that have been tested according to IEC 60601-1 and approved by the unit manufacturer. Make sure that the power supply is installed in such a way that it is difficult to disconnect it (e.g. by means of floor tanks, installation under the unit or cable ducts, position of the power supply in areas that are difficult to access).
-  **Warning:** If the medical device is modified, appropriate investigations and tests must be carried out to ensure continued safe use. Do not modify the device without the manufacturer's permission.

Indications and contraindications

Before starting training, please consult a doctor or therapist to ensure fitness for training.

Example indications

- Mobility of the musculoskeletal system
- Strengthening the musculature
- Strengthening the cardiovascular system

Example contraindications

- Cardiovascular diseases
- Pain of the musculoskeletal system
- During the training:
 - Chest pain
 - Malaise
 - Nausea
 - Dizziness
 - Shortness of breath

Ask the doctor if you are taking medication.

4. Operating the display

Three or nine training programmes enable individual and varied training with the motion stair 900 and motion stair 900 med.

	stair 900 / 900 med
Basic equipment	Quickstart, timed training, pulse training
incl. programme package	Quickstart Qualifying Pulse training + 6 more programmes

Overview display/key functions



Fig. 2: Monitor view, explaining the button functions, actual view may vary in colour, button assignment is the same.

Explanation of the buttons:

- The **Home button** is a physical button below the display glass. It is pressed to enter the main menu. Pressing the HOME button for a long time (at least 6 seconds) resets the monitor electronics.
- Press the **PAUSE** button (⏸) to pause the training.
- Pressing the **PLAY** button (▶) starts or resumes the training.
- The **COOL** button (❄) stops the training immediately. A summary of the training results is immediately generated, displayed and, if necessary, sent to a compatible training control software.
- Use the **"+" key or "-" key** to increase or decrease the parameters or power values to be set.
- Use the **arrow keys** to navigate through the corresponding menus and confirm values or settings.
- Swipe/swipe gestures navigate through the programme selection.

Depending on the programme, some of the following parameters are displayed:

- Programme name.
- Time: Training time completed or remaining.
- Pulse: Heart rate indicator, when using a compatible pulse transmitter belt. The pulse indicator display shows the current pulse range for programmes with target or maximum pulse. The profile indicator in the display shows the progression of the intensity range during training.
- Watt: Power is displayed in watts. In parallel, the intensity is clarified via a graphic display in the profile.
- km/h: Fictitious speed is displayed in km/h.
- Speed: Pedal revolutions per minute.
- L/R (not with body 900/900 med): The force ratio of the left and right leg is displayed here in %.
- HRV: Heart rate variability is displayed via the RMSSD value (requires **POLAR** H10 sensor).
- resp: Breathing rate (requires **POLAR** H10 sensor)
- km: Added or remaining distance. The display is in metres; from 1000 m in 10 m steps (1.00 km).
- K-Cal: Added or remaining calorie consumption.

- Level: Intensity level 1 - 21.
- ∅: If the parameters are completed with this symbol, they are average values.

Results

After completion of a training programme or premature termination via COOL (❄️), the results are displayed in the monitor and a 3 minute cool-down takes place. This can be cancelled via the HOME button.

Some of the values are averaged (Watt, Km/h, RPM, Pulse, Altitude/ min), some are cumulated (Km, K-Cal, Time, Altitude). The average values are marked with the symbol ∅.

These results make it possible to monitor personal performance development and thus serve as motivation.

Programme selection

The desired training programme can be selected in the main menu by tapping the corresponding symbol. You will then be taken to the configuration page where you can set the corresponding training parameters. Press the **PLAY** button (▶) to confirm your entry and start the training. You can return to the main menu via the home icon or the home button.

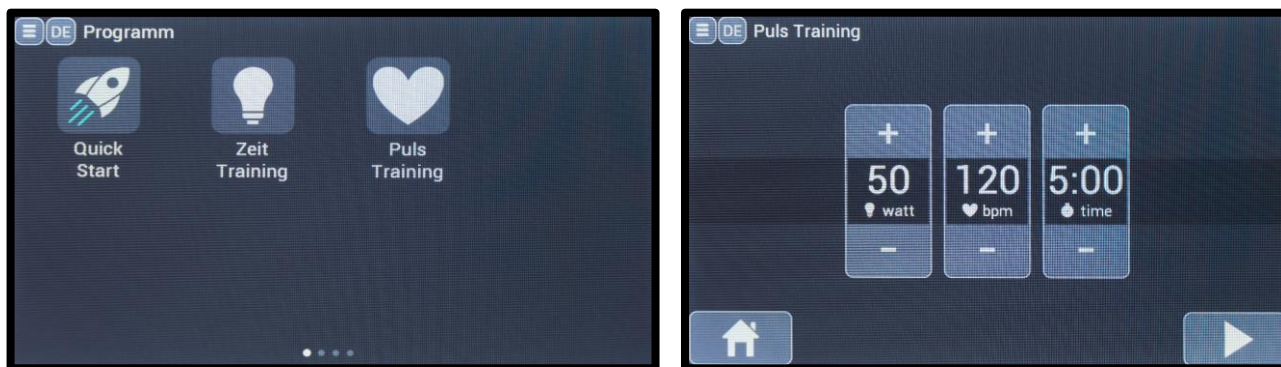


Fig. 3: Programme selection and configuration for manual training.

Pulse systems

The devices of the motion cardio line 900 and the motion cardio line 900 med have the original **POLAR** pulse system, in which the signal acquisition is carried out by means of a chest strap as standard. This enables individual training in various programmes. The wireless data transmission to the display electronics is coded (either via 5kHz or **Bluetooth**). The new **POLAR** "Auto-Pairing" technology is based on secure and interference-free data transmission via Bluetooth. This technology requires the use of the H10 or H9 transmitters. Other parameters, such as HRV and respiratory rate, are also transmitted to the monitor via the **Bluetooth** connection.

If the old transmitters are used, e.g. T31 coded, there is downward compatibility. It should be noted, however, that there may be interference with the signal transmission via the 5 kHz technology.

The colour of the flashing heart symbol gives an indication of the technology used.

light blue=Bluetooth green=5kHz

ANT+

The devices of the motion cardio line 900 and motion cardio line 900 med allow, in addition to the transmission of the heart rate via 5kHz/**Bluetooth**, an optional data transmission via **ANT+**. The performance package is required for this.

By default, Polar 5kHz/**Bluetooth** technology is activated. To activate transmission via **ANT+**, the "ANT+" switch in the info box (☰) must be switched on (marked yellow here). After that, a connection to a transmitter unit that sends the heart rate via **ANT+** can be established. A dark blue flashing heart symbol confirms the heart rate transmission via **ANT+**.



Fig. 4: Activation of ANT+ for heart rate transmission

Safety instruction according to DIN EN ISO 20957

Warning. Heart rate monitoring systems can be inaccurate. Excessive exercise can cause serious damage to health or death. Stop exercising immediately if you feel dizzy or weak.

Inductive charging (optional)

An optional inductive charging module can be activated on all motion cardio line 900 and motion cardio line 900 med units via the "connect package". This allows mobile devices that comply with the Qi standard (Φ) to be charged without contact. Wearers of pacemakers or implanted defibrillators (ICDs) are recommended to keep a minimum distance of 10 cm from the charging coil.


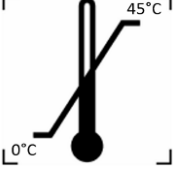





5. Care, maintenance and servicing

All cardio equipment from emotion fitness is durable and requires little maintenance to function as training equipment for a long time. However, it is imperative that the necessary care is carried out conscientiously.

⚠ Warning: The unit may only be opened by an authorised specialist

Symbols and meaning

Safety sign	Reference	Title
	ISO 7010-P017	Pushing prohibited
	ISO 7010-W012	Warning, electricity
	ISO 7000-1641	Instructions for use
<p>Sicherheitshinweis gemäß DIN EN ISO 20957</p> <p>Warnung! Systeme der Herzfrequenzüberwachung können ungenau sein. Übermäßiges Trainieren kann zu ernsthaftem gesundheitlichem Schaden oder zum Tod führen. Bei Schwindel- Schwächegefühl sofort das Training beenden.</p>	DIN EN ISO 20957	Safety Notice Heart Rate Monitoring
	ISO 7000-3082	Manufacturer

	ISO 7000-2497	Date of manufacture
	ISO 7000-0632	Temperature limit
	ISO 7000-2620	Air humidity, limitation
	ISO 7010-W001	General warning sign
	ISO 7010-M002	Follow the operating instructions
	IEC 60417-5840	Type B applied part (concerns saddle, pedals and handlebars)
	ISO 15233	Medical device

The safety level of the units can only be maintained if the units are regularly checked for damage and wear. Defective parts must be replaced immediately and the unit must be shut down until it is repaired.

Fault diagnosis

The following error messages may occur. If the error is displayed repeatedly, the measures listed below can help. If these do not lead to success, the manufacturer and, if necessary, the software manufacturer should be contacted.

Error message	Measure/s	Affected unit types
"RFID Error"	<ul style="list-style-type: none"> RFID number, i.e. number on transponder is too short or too long. An error occurred while reading the RFID number. → use a different transponder 	All ergometers
"Heart Sensor?"	The monitor wants to start a programme that requires a heart rate sensor to be worn. If no sensor is found, this message is displayed.	All ergometers
"USB Problem"	The radio message was successfully sent from the radio module of the monitor to the radio module of the PC (i.e. the receiver module acknowledged receipt of the message), but there was no response from the PC after the specified time period: → Restart the PC and plug the USB dongle into the PC again. If necessary, restart the software service.	All ergometers
"Radio Problem"	<ul style="list-style-type: none"> The unit does not receive a response from the USB dongle. Attention! This error message can also be displayed if the message sent from the dongle to the monitor is faulty (e.g. wrong format or message incomplete). → Restart the PC and plug the USB dongle into the PC again. If necessary, restart the software service. 	All ergometers
"NDEF err: length"	<ul style="list-style-type: none"> The message found on the NFC tag (i.e. the message transmitted from the smartphone) is too long. → Contact the software manufacturer or device manufacturer 	All ergometers
"NDEF err: verify"	<ul style="list-style-type: none"> The NFC tag could not be accessed. This is an authorisation problem when accessing the NFC tag through the monitor using the super password. → Contact the manufacturer or software producer 	All ergometers
Missing value: XX (XX=number)	<ul style="list-style-type: none"> A necessary setting parameter was not sent to the ergometer by the PC software → Contact the manufacturer or software producer. 	All ergometers
Value XX out of Range (XX=number)	<ul style="list-style-type: none"> A necessary setting parameter was sent outside the permissible range from the PC software to the unit → contact the manufacturer or software producer 	All ergometers

Fault detection (malfunction) guide

If any faults occur on the equipment that you cannot classify, please contact emotion fitness GmbH & Co.KG. For each error message, you should have the serial number and model type of the defective device ready, as this could be important in order to be able to make the correct diagnosis and, above all, to provide the appropriate replacement parts for you!

Maintenance instructions for the operator

Ideally, visually inspect the unit before each use, but at least daily, and pay particular attention to defective parts, loose connections and atypical noises.

The following checks must be carried out at least every 6 months:

- Visually inspect all visible joints, as well as welds.
- Clean the unit thoroughly.
- Check all screw connections for tightness.
- Check the integrity and strength of the pedals.

Generally speaking:

- Clean the plastic casing and frame parts regularly as required with a damp cloth and mild soap, then wipe dry again.
- The use of spray bottles with cleaning agents is not permitted; it has been shown that the units never become dry in inaccessible places. Rust infestation cannot be ruled out by this procedure.
- Make sure that no liquid gets into the monitor housing,
- For any necessary disinfection of the devices, please use only mikroqid® sensitive wipes disinfectant wipes (<http://www.schuelke.com/>).
- The monitor display may show a capacitor voltage that is too low, at which a function without braking current cannot be safely guaranteed. You can recharge the capacitor by pedalling with a higher load or using a power supply unit approved by the device manufacturer.
- Check the housing fixings for tightness.
- We recommend a regular visual inspection of all parts of the unit, especially screws, welds and other fixings.
- Check that the feet of the appliance are firmly seated.
- Only use original spare parts - contact us for this.

Maintenance by authorised specialist

In case of problems with the device that you cannot solve yourself in a simple way, always contact the emotion fitness service. The authorised service will help you quickly and competently or provide you with instructions.

Calibration/Maintenance

On elliptical and stair-climbing equipment (cross and stair), no MTK is required by law for the operator. This is because the body weight has an influence on the resulting power on these machines. emotion fitness GmbH & Co. KG offers to calibrate the brake power on request.

In addition, we recommend **maintenance** with inspection of the safety-relevant components (STÜ) by authorised employees/partners **every 12 months**.

This section refers to the legal situation in Germany. Please check the applicable laws for operating medical devices in your country.

Devices with the suffix "med" are in accordance with the Medical Devices Directive 93/42/EEC. They thus bear the CE mark and the number of the notified body.

The distributor/operator is responsible for carrying out maintenance, servicing and calibration, as well as possible inspections in accordance with applicable regional laws and regulations at the location of the equipment!
Your local authorised dealer can also provide further information.

6. Technical data*

Device type	Dimensions (L/W/H)	Weight	Max. user weight	Safe workload
motion stair 900 motion stair 900 med	102 cm x 73 cm x 160 cm	79 kg	150 kg	229kg

Resistance system: Mains-independent braking system

Power range: 4-27m/min. Sink rate

Freewheel: available

The following EU directives are fulfilled:

2001/95/EC General Product Safety Directive

93/42/EEC Medical Devices Directive Class IIa (only fulfilled for devices with the suffix med)

2014/30EU EMC Directive

The following standards were used:

DIN EN ISO 20957-1 Accuracy class A, use class SH; DIN EN ISO 20957-5;

DIN EN 60601-1:2013; DIN EN 60601-1-2

* Values may vary due to unit changes and options.

We reserve the right to make technical and optical changes as well as printing errors.

7. Disposal

With the conclusion of the purchase contract, it shall be deemed agreed that business customers will dispose of the EU Directive 2002/96/EU on waste electrical and electronic equipment themselves.

8. Warranty

This is based on the statutory warranty.

emotion fitness GmbH & Co. KG, as the distributor of this product, will provide free service for 12 months on parts and labour for professional users if the proper use and care listed in this user manual can be demonstrated. For a further 12 months, emotion fitness GmbH & Co. KG will provide replacement parts free of charge.

The warranty claim expires if the product has been serviced or repaired by unauthorised persons. As soon as a warranty claim occurs, you should immediately inform emotion fitness GmbH & Co KG of this in writing or by e-mail. Information about the serial number of the device, the time of purchase, a detailed description of the fault and the source of supply must be provided by the owner of the device.

emotion fitness GmbH & Co KG will arrange for a service, but reserves the right to determine the type of service.

The following procedures are conceivable:

1. the service is carried out on site by our service.
2. we send the desired spare part.
3. we will send a replacement unit.

The defective parts shall be returned to us immediately by the customer. Otherwise, the delivered spare parts will be invoiced.

If the causes lie outside the scope of the warranty, emotion fitness GmbH & Co. KG reserves the right to charge all repair costs.

Some wear parts are not covered by the warranty. These are in particular the saddle, cranks and crank attachment, pedals, pedal loops, upholstery fabrics and the grip rubber on the handlebar. The **POLAR** pulse systems come with the legal warranty.

These warranty provisions shall in no way affect the general statutory claims.

Our General Terms and Conditions of Delivery, as amended from time to time, can be viewed and downloaded from our website www.emotion-fitness.de.

CE 0633

Thank you for your trust!

emotion
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