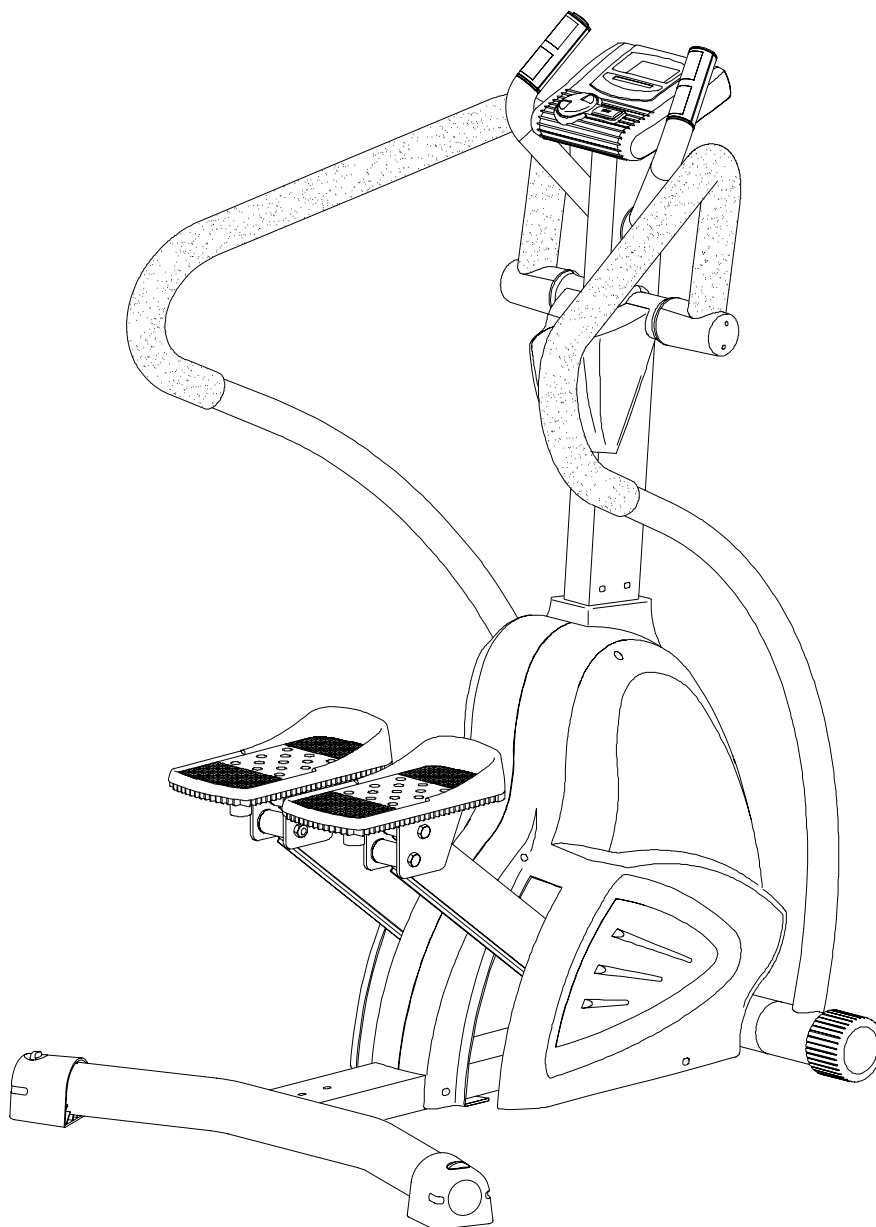


MAGNETIC STEPPER



MODEL: **MST 8000P**

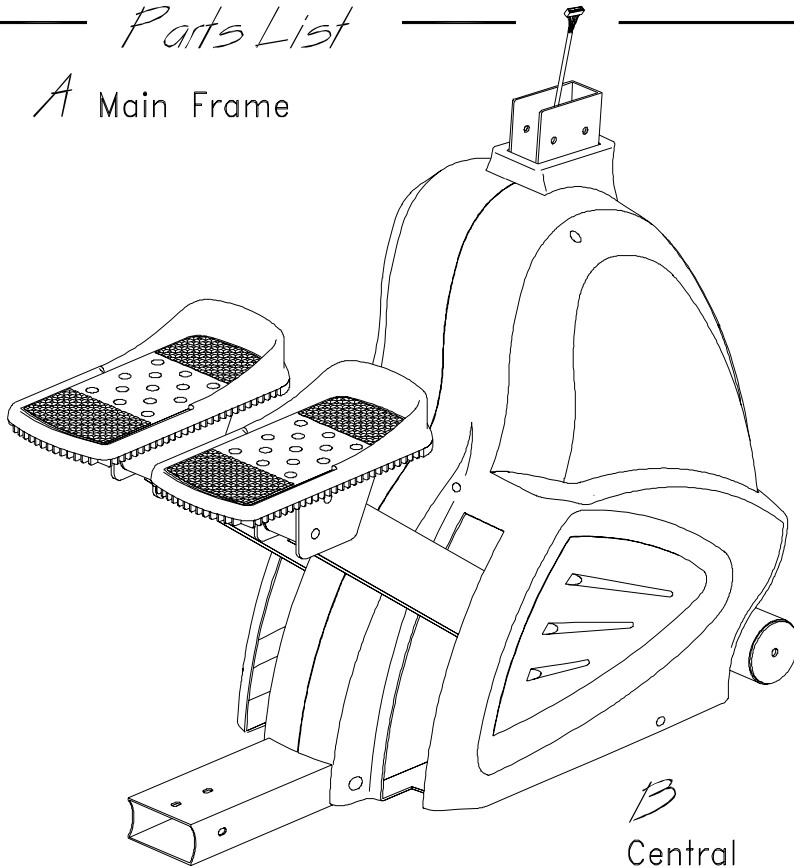
SPORTOP

Owner's Operating Manual

ENGLISH

Parts List

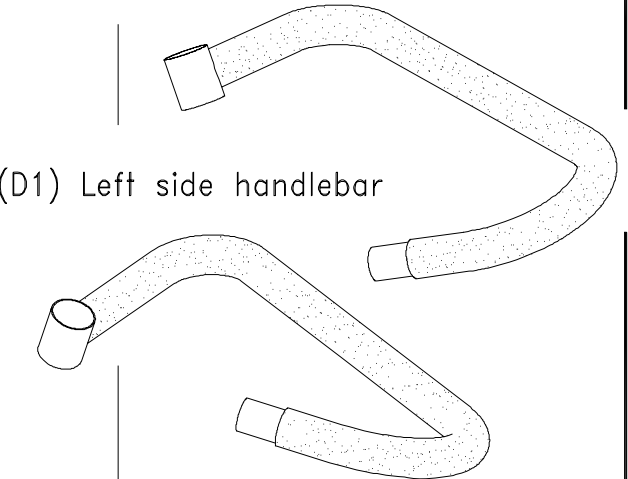
A Main Frame



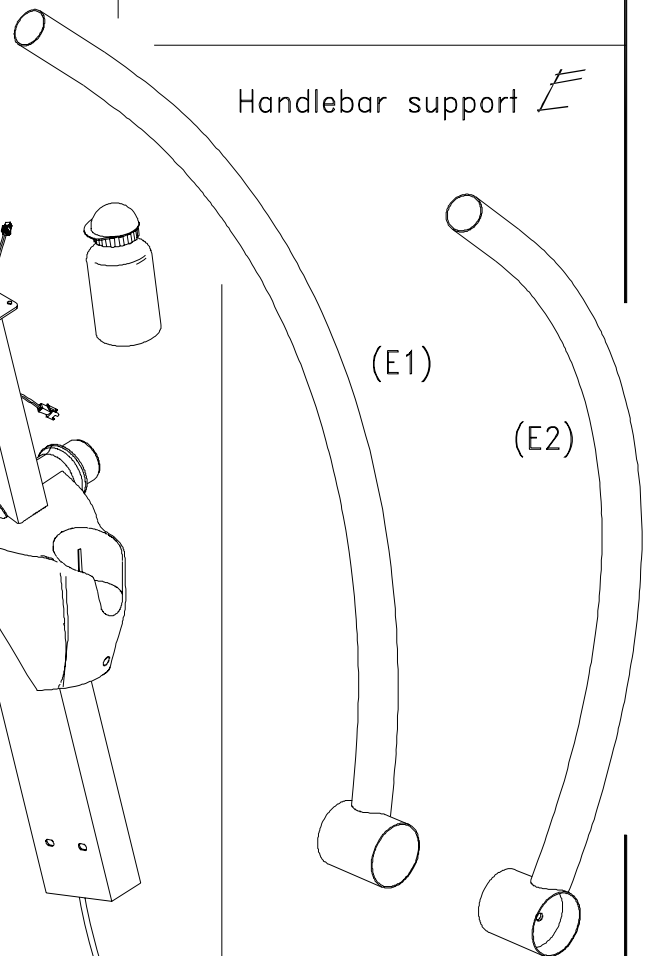
Side Handlebar D

(D2) Right side handlebar

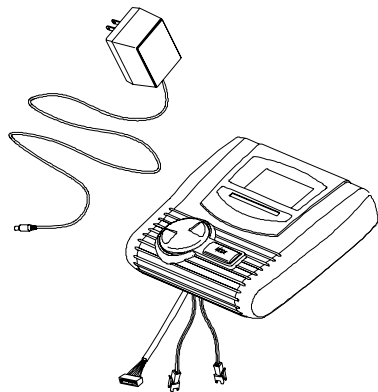
(D1) Left side handlebar



Handlebar support E

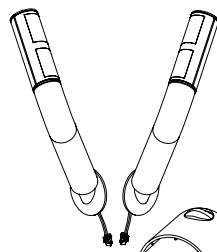


F Monitor & Adaptor

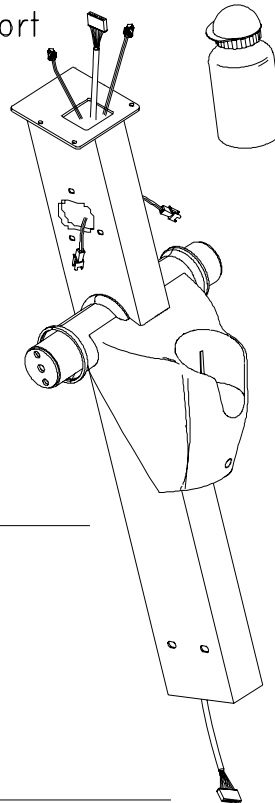


H Small Handle Bar

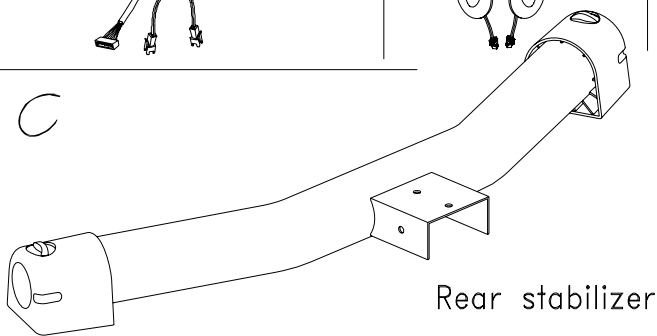
(H1) (H2)



B Central Support Tube



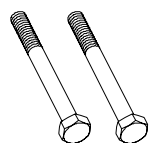
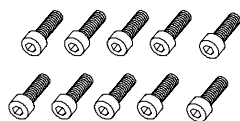
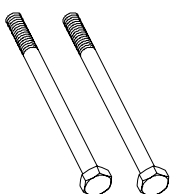
C



Rear stabilizer

G (G1) Screws (G2) Bolts (G3) Washers (G4) Bolts (G5) Bolts

(G6) Bolts



(G7) Cover

(G8) Slide plastic cover

(G9) End cap

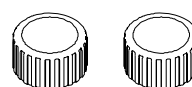
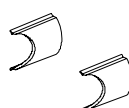


FIGURE 1

ASSEMBLY FOR REAR STABILIZER

Step 1. Attach rear stabilizer(C) with main frame(A), then fix it by washers(G3) & bolts(G4).

ADJUST THE BALANCE FOR THE STEPPER

After Step 1 assemble, if the machine is NOT stable, please adjust the knob of (C2). if you turn "+" direction, the position will be up. if you turn "-" direction, the position will be down.

ASSEMBLY FOR CENTRAL SUPPORT TUBE

Step 2. Connect the wires(A20 & B5) firstly.

Step 3. Assembly the central support tube(B) with (A) by bolts(G4), washer(G3).

Attention: Take care when pushing the tubes together that the cable are not pinched.

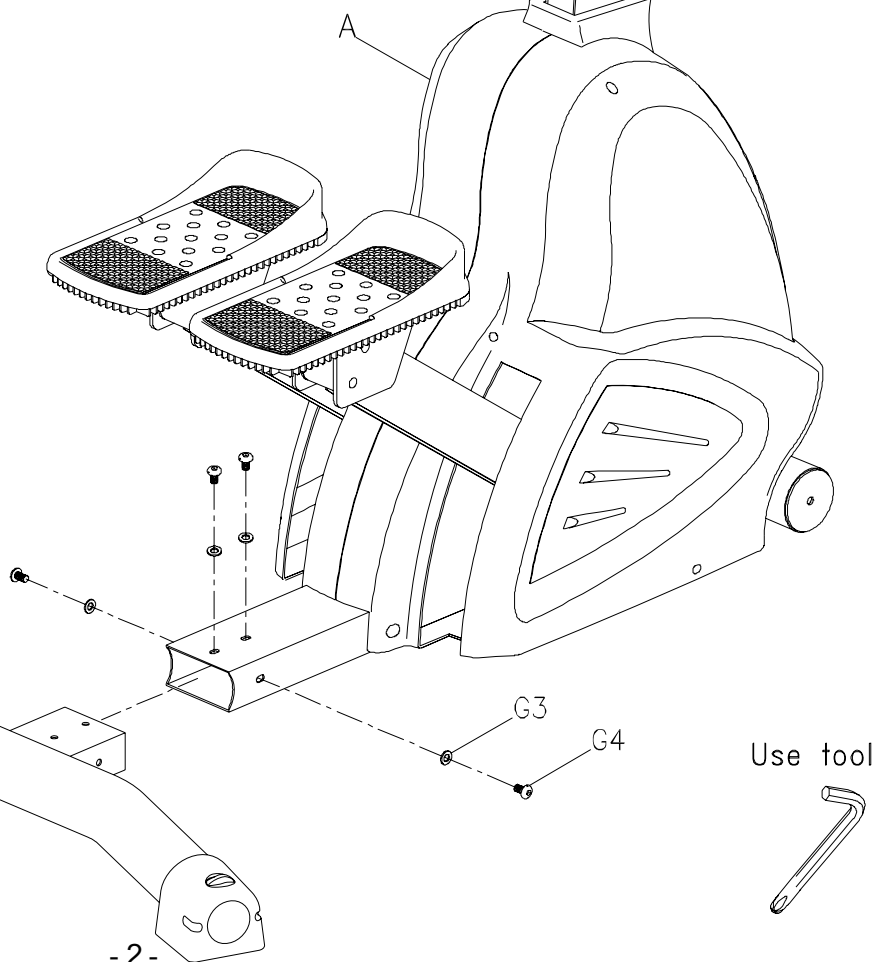
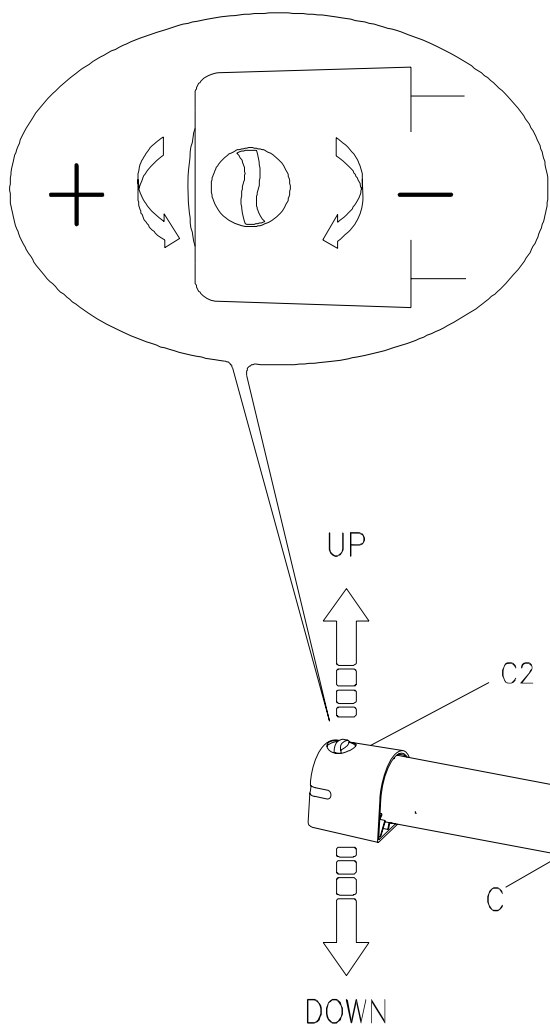
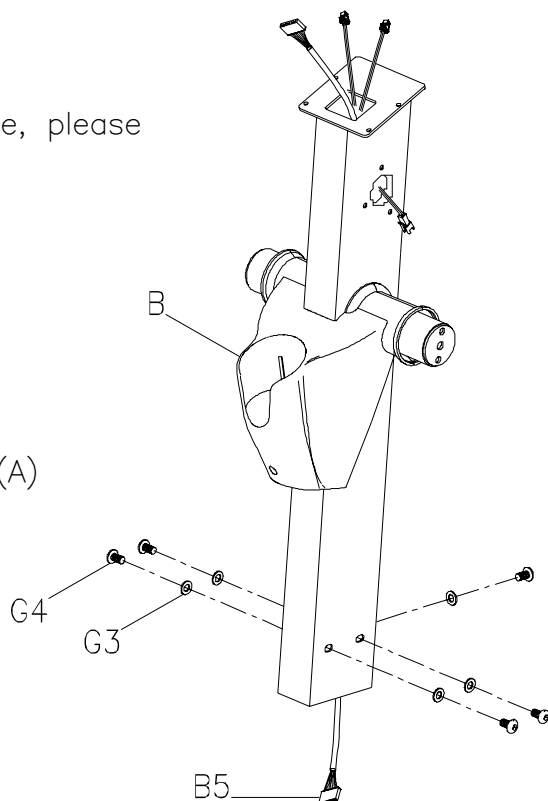


FIGURE 2

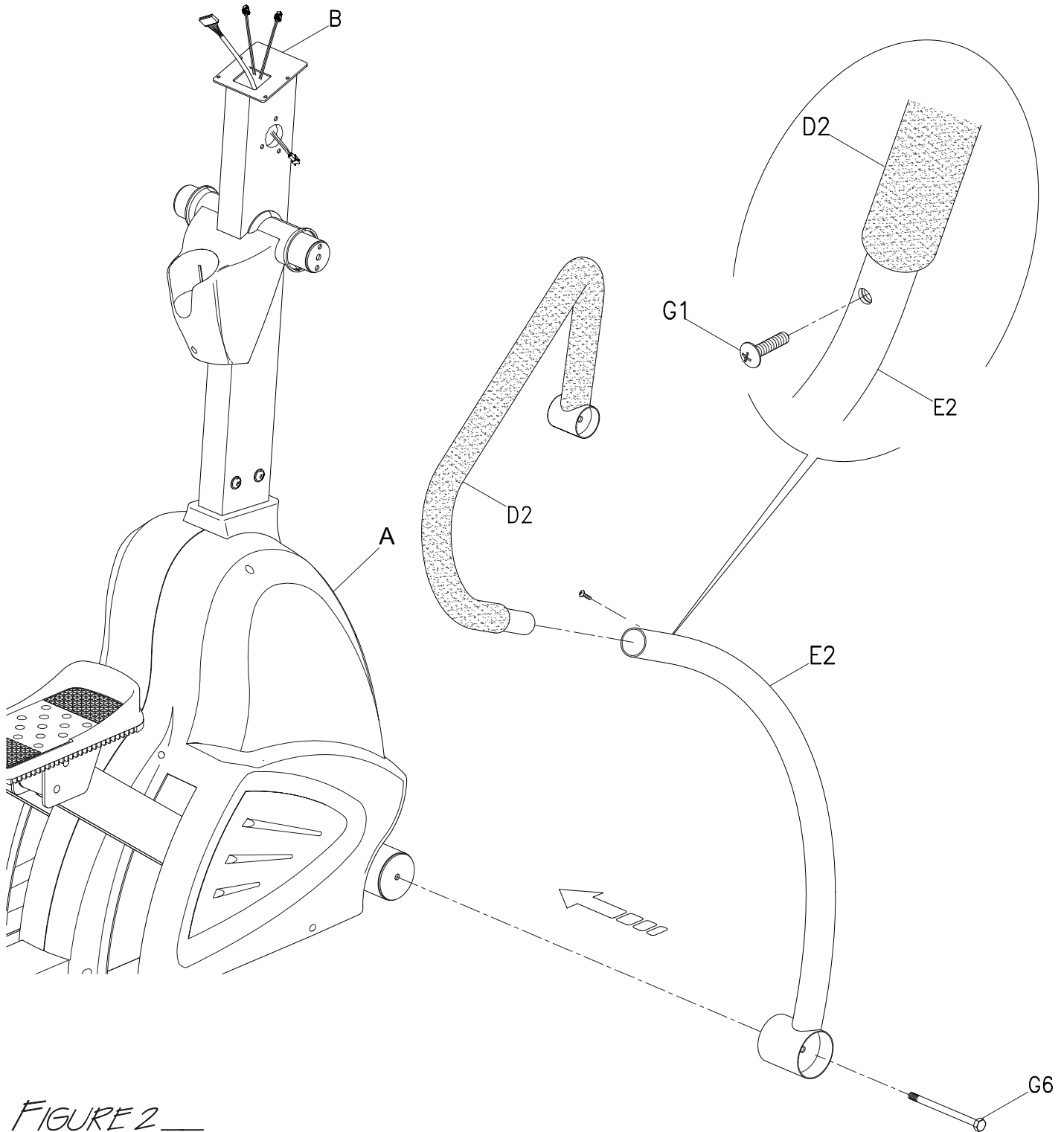


FIGURE 2

ASSEMBLY FOR HANDLEBAR SUPPORT

Step 1. Attach the right handlebar support(E2) with main frame(A).

Then, secure it with bolt(G6).

Please only hand tighten the bolt, DO NOT FIX THE BOLT TIGHTLY.

Step 2. Attach the right side handlebar(D2) with the right handlebar support(E2)

Then, secure it with screw(G1).

Use tool

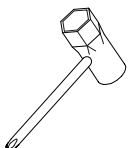


FIGURE 3

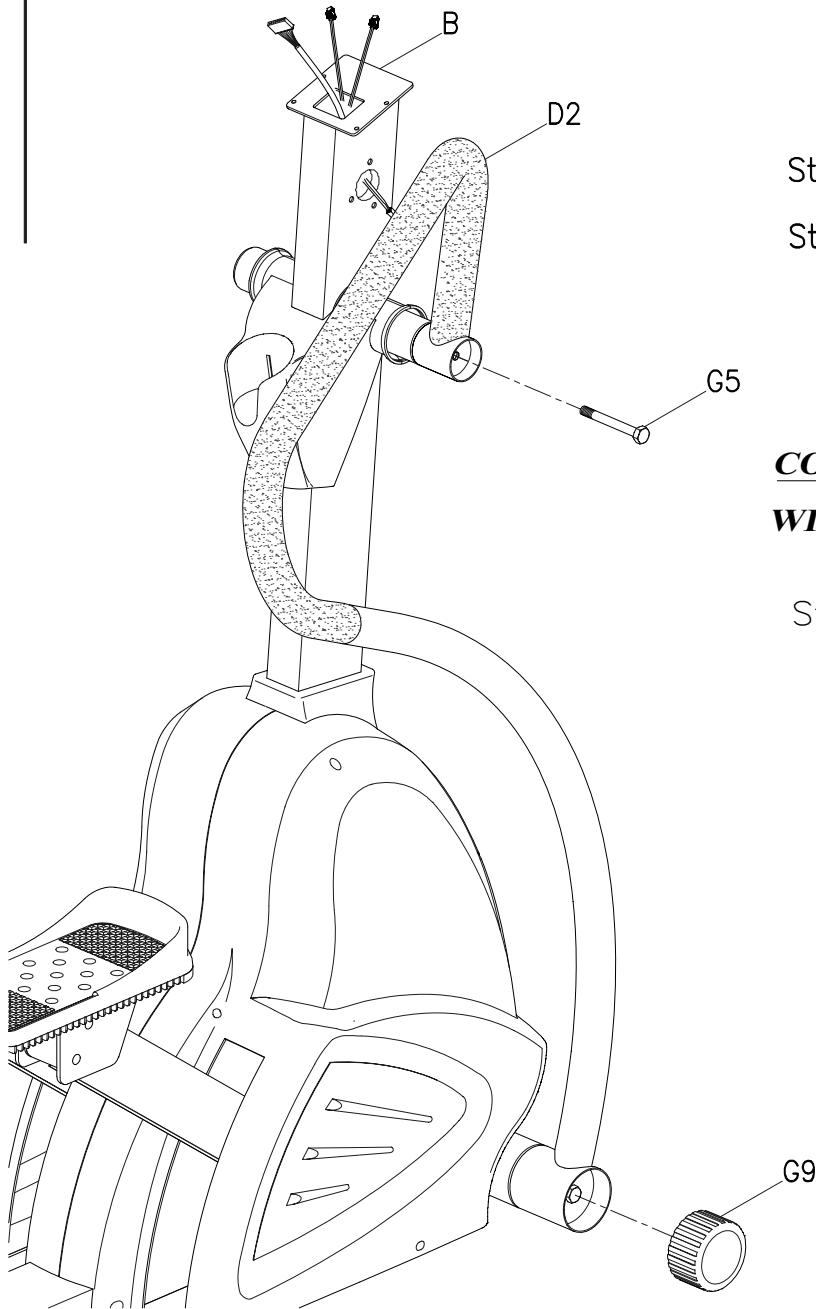


FIGURE 3

**CONNECT THE SIDE HANDLEBAR
WITH CENTRAL SUPPORT TUBE**

- Step 1. Connect the right side handlebar(D2) with the central support tube(B). Then secure it by bolt(G5).
- Step 2. Place the end cap(G9) onto frame.
- Step 3. Repeat the same way to assemble left side handlebar & handlebar support.

**CONNECT THE SIDE SMALL HANDLEBAR
WITH CENTRAL SUPPORT TUBE**

- Step1. Connect the right/left small handle bar (H2&H1) with the central support tube (B) by screws(G2).

Use tool

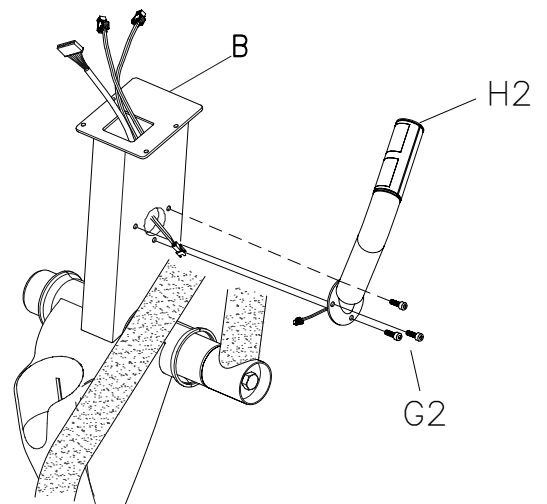
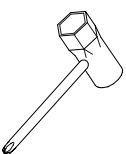


FIGURE 4

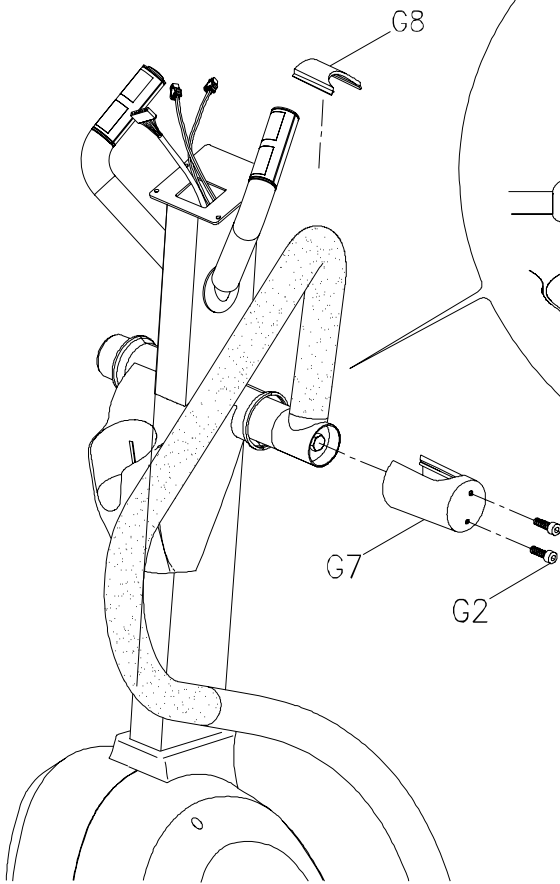


FIGURE 4

ASSEMBLY FOR

SLIDE PLASTIC COVER & COVER

Step 1. Put the slide plastic cover(G8) into the position beside the (B).

As shown on ①.

Step 2. Pull down the cover same as shown on ②.

Step 3. Slide the cover(G7) to connect with (G8). (See shown on ③). Then, fix it by bolts(G2).

The same way to assemble left side covers.

FIGURE 5

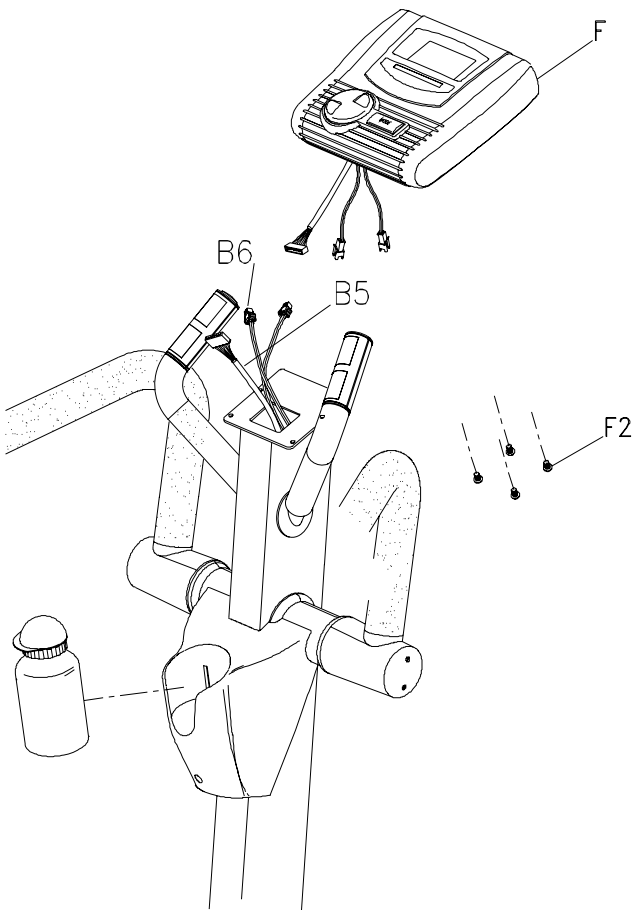


FIGURE 5

ASSEMBLY FOR

MONITOR & WATER BOTTLE

Step 1. Remove the screws(F2) from the back of the Monitor(F).

Step 2. Connect the sensor wire (B5 & B6) with monitor wires and put the monitor on the fixing plate.

Step 3. You can put the water bottle on the plastic housing.

FIGURE 6

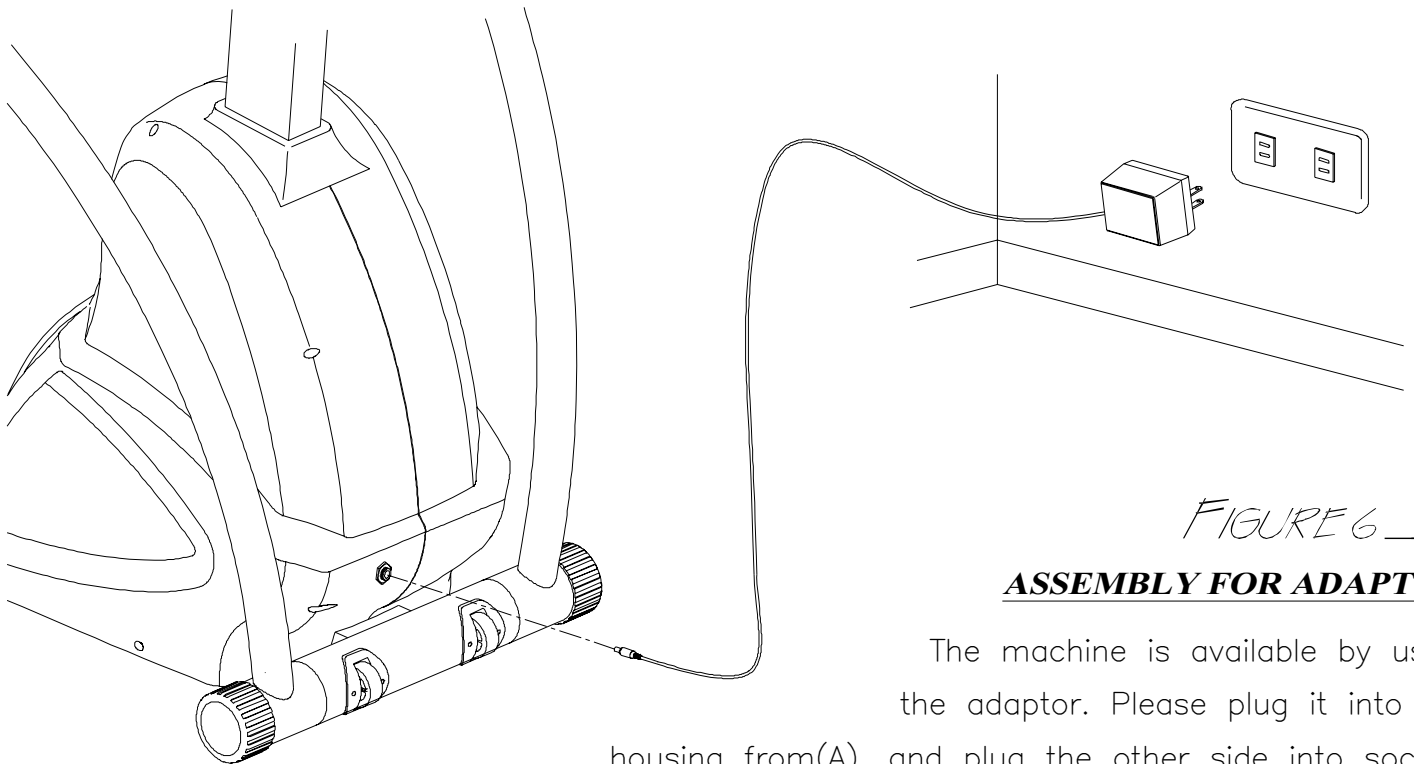


FIGURE 6

ASSEMBLY FOR ADAPTOR

The machine is available by using the adaptor. Please plug it into the housing from(A), and plug the other side into socket.

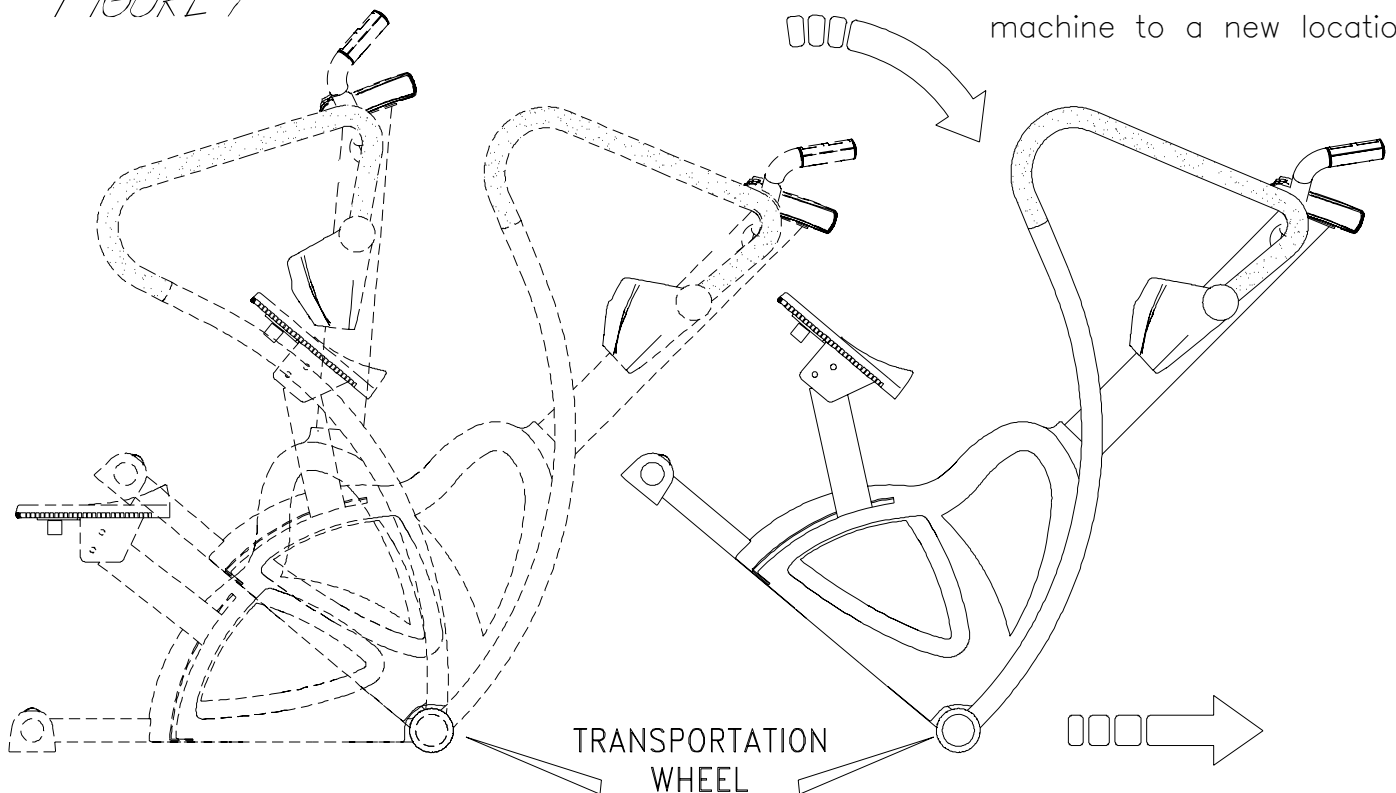
FIGURE 7

HOW TO MOVE THE MACHINE

Move the front stabilizer has built-in transport wheels. Stand at the front of the machine and lift it up until the weight of the machine is transferred to the transport wheels.

You can now easily move the machine to a new location.

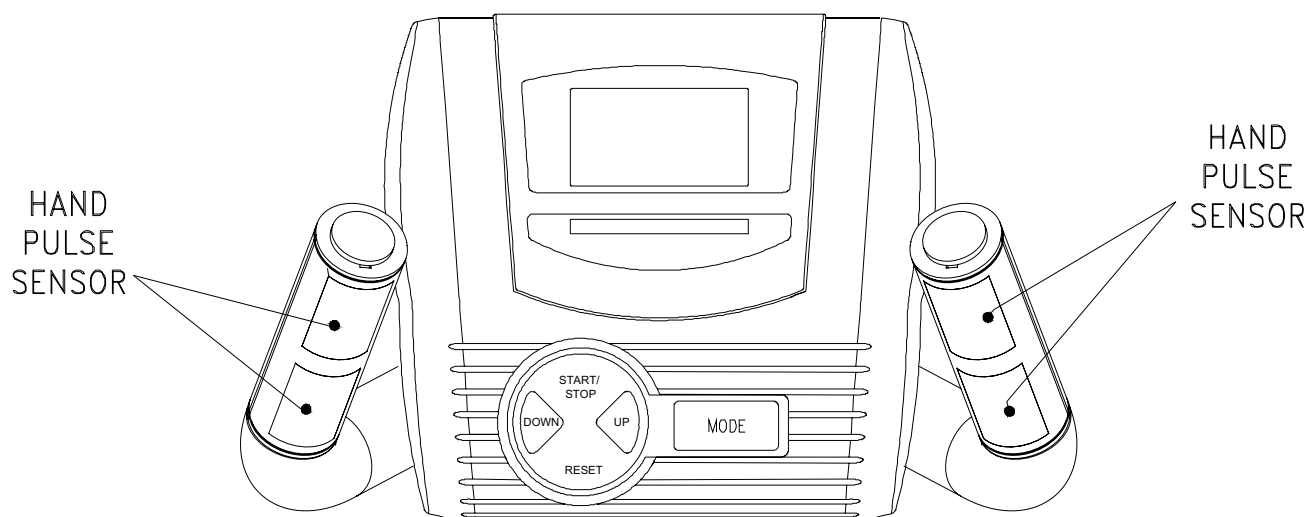
FIGURE 7



PARTS LIST

P/NO.	DISCRIPTION	Q'TY	P/NO.	DISCRIPTION	Q'TY
A 1	MAIN FRAME	1	A53	SCREW	4
A 2	MAGNETIC FLYWHEEL	1	A54	PEDAL	2
A 3	FLAT WASHER	1	A55	SCREW	8
A 4	BELT	1	A56	COVER(L)	1
A 5	CRANE	1	A57	COVER(R)	1
A 6	PRESSING WHEEL	2	A58	DECORTATION COVER(L)	1
A 7	SCREW	2	A59	DECORTATION COVER(R)	1
A 8	SPRING	1	A60	SCREW	
A 9	NUT	1	A61	SCREW COVER	6
A 1 0	NUT	1	A62	SCREW	6
A 1 1	DRIVING PLATE	1	A63	ELECTRONIC WIRE	1
A 1 2	CRANE	1	A64	MOTOR	1
A 1 3	SPACER PIPE	1	A65	DECORTATION COVER	
A 1 4	NUT	1			
A 1 5	SPRING	1	B1	MAIN SUPPORT TUBE	1
A 1 6	DRIVING PLATE	1	B2	HAND PULSE COVER	2
A 1 7	BELT	1	B3	SCREW	4
A 1 8	NUT	4	B4	END CAP	2
A 1 9	FLAT WASHER	4	B5	SENSOR WIRE(UPPER)	1
A 2 0	SENSOR WIRE	1	B6	HAND PULSE	2
A 2 1	SCREW	4	B7	SCREW	1
A 2 2	CHAIN	2	B8	DECORTATION COVER FOR BOTTLE HOUSING(L)	1
A 2 3	BEARING	4	B9	DECORTATION COVER FOR BOTTLE HOUSING(R)	1
A 2 4	SPACER PIPE	2	B10	SCREW	4
A 2 5	C CLIP	2	B11	BOTTLE HOUSING	1
A 2 6	SPRING	2	B12	WATER BOTTLE	1
A 2 7	C CLIP	4			
A 2 8	METAL BUSHING	4	C1	REAR STABILIZER	1
A 2 9	CHAIN CONNECT BRACKET	4	C2	ADJUSTED END CAP	2
A 3 0	PIPE	2	C3	SCREW	2
A 3 1	ONE WAY GEAR	2			
A 3 2	TENSION CABLE	1	D1	HANDLE BAR TUBE(L)	1
A 3 3	BUSHING HOUSING	2	D2	HANDLE BAR TUBE(R)	1
A 3 4	SPACER PLATE	1	D3	SPONGE	2
A 3 5	AXLE	1			
A 3 6	TRANSPORTATION WHEEL	2	E1	HANDLE BAR SUPPORTING TUBE(L)	1
A 3 7	SCREW	4	E2	HANDLE BAR SUPPORTING TUBE(R)	1
A 3 8	BUSHING	2	F1	COMPUTER	1
A 3 9	PIPE	4	F2	SCREW	4
A 4 0	PEDAL TUBE(L)	1	F3	ADAPTOR	1
A 4 1	PEDAL TUBE(R)	1	G1	SCREW	2
A 4 2	BUSHING	2	G2	SCREW	4
A 4 3	TAPPING SCREW	4	G3	FLAT WASHER	9
A 4 4	METAL BUSHING	8	G4	SCREW	9
A 4 5	C CLIP	4	G5	SCREW	2
A 4 6	NUT	2	G6	SCREW	2
A 4 7	SCREW	2	G7	PLASTIC COVER	2
A 4 8	CONNECTION TUBE(L)	1	G8	SLIDE COVER	2
A 4 9	CONNECTION TUBE(R)	1	G9	END CAP	2
A 5 0	PEDAL HOUSING	2	G10	SCREW	6
A 5 1	BUSHING	2	H1	SMALL HANDLE BAR (LEFT)	1
A 5 2	NUT	4	H2	SMALL HANDLE BAR (RIGHT)	1

Programmable Training Computer



FUNCTION BUTTON

START/STOP To start or stop monitor counting.

MODE Press to select functions between time, pulse, distance, and calorie.

UP/DOWN To adjust and set all functions, and training programs setting.

RESET To have the monitor jump to initial display for training mode selection. If you hold on pressing the button for 2 seconds, the monitor will reset previous training as a new start.

FUNCTIONS

(C.R.) CLIMBED RATE The monitor will calculate and display the time duration of climbed elevation of 500m that you have worked out.

(C/Min M) CLIMBED/MINUTE The monitor will calculate and display the climbed elevation per minute.
** C.R. and C/Min M will switch display to each other on the same field in every 6 seconds.

TIME Count up – To accumulate training time from 0:00 to 99:59 with one second increment when the training starts.(No preset target)

Count down – The monitor will start to count from preset time down to 0:00 with one second decrement when the training starts. As soon as the preset time is achieved, the monitor starts to alarm, and TIME will start to count up immediately from 0:00.

ELEV. CLIMBED Count up – To accumulate the climbed elevation from 0 to 9999 m with 10 m increment when the training starts. (No preset target elevation climbed)

Count down – The monitor will start to count from preset elevation down to 0 with 10 m (or ml) decrement when the training starts. As soon as the preset target is achieved, the monitor starts to alarm, and ELEV. CLIMBED will start to count up immediately from 0.

CALORIE Count up – To accumulate calories consumption from 0 to 9999 cal with one cal increment when the training starts. (No preset target)

Count down – The monitor starts to count from preset calories down to 0 with 1 cal decrement when the training starts. As soon as the preset calories is achieved, the monitor starts to alarm, and CALORIES will start to count up immediately from 0.

PULSE The monitor can detect both chest pulse and hand pulse, the chest pulse is priority. It means if you hold both hands on handlebar grip sensors and wear on the chest belt together, the monitor will display chest pulse only. If you would like to have hand pulse readout, please do not wear on the chest belt when you hold on handgrip sensors. The monitor start beep when your heart rate figure is exceeding the target.

NOTE

1. When you stop training and did not press any button for 4 minutes, the monitor will shut off automatically. All previous training data (Time, Elev. Climbed, and Calories) will be stored. You may press any button or start training again to wake up the monitor display.
2. You may have the monitor reset all function data by hold on pressing the RESET button for 4 seconds.
3. The monitor requires power supply with AC adaptor input.(Out put 500mA, 6V)

MONITOR INSTRUCTION MANUAL

1. Plug the power supply (AC adaptor).
2. The monitor displays all segments for 2 seconds.
[If you press RESET button for over 2 seconds, the monitor will display all segments for 2 seconds for a new start.]
3. After all segments display, the monitor displays ODO (total climbed elevation) figure for a few seconds.
4. Press UP or DOWN to select training mode in MANUAL, PROGRAM (P1~P12), USER, TARGET.H.R. and press MODE to confirm setting.
5. Different training mode:

MANUAL

1. Once you select MANUAL training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP or DOWN.
2. Press START/STOP to start training in Manual mode.(STOP symbol disappear from the monitor)
3. Press UP/DOWN/MODE to set target function data of Time, Eleven, Climbed, Calories, and Pulse.
Each preset function will count down from preset target as soon as training starts.
4. You may adjust training resistance level (1~16) by pressing UP/DOWN during training.
5. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has count down to zero.

PROGRAM

1. Once you select Program training mode, the LED bar below monitor display will light up to show your current level position. You may increase or decrease training level by pressing UP/DOWN.
2. Press START/STOP to start training in Program mode. (STOP symbol disappear from the monitor)
3. Press UP/DOWN/MODE to select preferred training program profiles from P1 to P12.
4. Press UP/DOWN to adjust resistance level of the profile from level 1 to level 16. (You may adjust training resistance level by pressing UP/DOWN buttons during training)
5. Press UP/DOWN/MODE to set target function data of Time, Elev. Climbed, Calories, and Pulse.
Each preset function will count down when the training starts.(Except Pulse)

6. Press START/STOP to start your training with PROGRAM mode.
7. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has count down to zero.(Except Pulse)

USER

1. Once you select User training mode, the LED bar below monitor display will light up to show your current level position. You may adjust increase or decrease training level by pressing UP/DOWN.
2. Press UP/DOWN/MODE to preset your own Profiles for training. You may quit profile setting mode by pressing MODE button for over 2 seconds.
3. Press UP/DOWN/MODE to set target function data of Time, Elev. Climbed, Calories, and Pulse. Each preset function will count down when the training starts. (Except Pulse)
4. Press START/STOP to start your training with USER mode.
5. During training, you may press UP/DOWN to adjust resistance level.
6. The monitor will alarm "bi-bi-bi" to remind you and stop as soon as one of each preset function target has count down to zero.(Except Pulse)

TARGET H.R.

1. When you select User training mode, the LED bar below monitor display will light up to show your current level position. You may adjust increase or decrease training level by pressing UP/DOWN.
2. Once you select TARGET H.R. for training, the monitor requests you to input the AGE. Press UP/DOWN/MODE to set age. This data is the key point for the proper target heart rate data calculation by the monitor.
3. Press UP/DOWN/MODE to select different percentage of target heart rate figures you would like to achieve for training. There are 55%, 75%, 90% for selection, or you may input manually a target heart rate figures for training.
 - 3-1 The training resistance level is not available to be adjusted by buttons operation if you are training in TARGET H.R. mode.
 - 3-2 The resistance level will be auto adjusted by the monitor according to your actual heart rate figure. If your current heart rate figures is under preset, the resistance level will be increased 1 level per 30 seconds till level 16 or the target heart rate figures is achieved. If your current heart rate figure is exceeding preset target figures, the resistance level will be decreased on level immediately. The resistance level will be keeping decreased by one level per 15 seconds till level one. If your current heart rate figure is still exceed the target when the resistance level is dropped to level one for 30 seconds, the monitor will stop and keep alarm to remind you.
4. Press UP/DOWN/MODE to set target function data of Time, Elev. Climbed, Calories. Each preset function will count down when the training starts.
5. Press ST/STOP to start your training with TARGET H.R. mode.