

FITNESS360[®]

FT6012

Trappemaskine



Important Information Before Use

Please read this user manual carefully before assembling or using the product.

The information provided will help you install, operate, and maintain the equipment correctly. By using the product, you acknowledge that you have read and understood this manual.

After purchasing the product, please complete and keep the warranty card. Send the completed warranty information to us via email or mail. This ensures that we can provide you with efficient and high-quality service if needed.

Continuous improvements may be made to the product.

Due to ongoing product development, the contents of this manual may be updated or revised without prior notice.

Keep this manual in an accessible place.

You may need it for future reference, maintenance, or troubleshooting.

Safety Precautions

Safety Reminder:

This safety manual contains important information regarding the correct and safe use of this equipment. Please read it carefully before operating the machine.

1. Intended Use

This machine is designed for use in commercial fitness facilities, gyms, training centers, sports performance environments, and educational fitness settings. It is not intended for outdoor use or areas with high humidity.

2. Installation Requirements

- The machine must be placed indoors on a flat, stable, and dry surface.
- Do not expose the machine to water, moisture, or any other liquids.
- Do not insert or place foreign objects on or inside the machine.
- Ensure that all four corners of the base are securely positioned on the ground.
- Maintain a safety clearance of 2000 mm × 1000 mm behind the machine.

3. Clothing and First-Time Use

- Always wear appropriate sportswear and athletic shoes when using the machine.
- The first use should be supervised by a qualified professional to ensure correct operation.
- If any emergency or abnormal situation occurs during exercise, stop the machine immediately.

4. User Restrictions

- Only one person may use the machine at a time.
- The maximum user weight is 160 kg.

5. Exercise Guidelines

- A. Aerobic training on this machine can improve cardiovascular function, enhance circulation, promote overall fitness, and support weight-loss and body-shaping goals.
- B. When using the machine for the first time, hold the handrails with both hands to maintain balance.
- C. Adjust resistance gradually and avoid sudden or excessive changes.
- D. Only step off the machine after ensuring the steps have come to a complete stop.

6. General Safety

- Keep your body in a stable, controlled position while using the machine.
- Incorrect or excessive loading may damage the motor, controller, or transmission system, and may cause injury.
- Do not touch moving parts or the steps with your hands at any time.
- Users with long hair must tie it up securely to prevent entanglement.
- If you experience discomfort, dizziness, chest pain, or any abnormal symptoms, stop exercising immediately and consult a doctor.

7. Maintenance and Inspection

- Before each use, a qualified technician should check that all transmission components are securely tightened.
- If any looseness is detected, tighten or replace components promptly.
- During maintenance, the machine must be clearly marked as out of service.
- If abnormal noise or unusual behavior occurs, stop the machine immediately and contact after-sales support.

8. Safety Systems

- A photoelectric sensor is installed in the lower right area of the steps.
- If an object obstructs the steps, the machine will stop automatically.
- Before each use, confirm whether the brake is engaged:
- Step onto the steps without pressing the start button.
 - If the steps remain stationary → the brake is functioning.
 - If the steps move → do not use the machine and contact our service department for brake replacement.

9. Electrical Safety

- Do not operate the machine if the power supply is unstable.
- Ensure the voltage is AC220V or AC110V, depending on your region.
- If voltage fluctuations occur, a voltage regulator must be installed to protect the equipment.

Technical Specifications

Power & Electrical

- Input voltage: AC 220V or AC 110V
- Self-regulating power switch
- Output: 6.5A DC, 24V
- Power supply (ship-type switch): 10A, AC 250V

Performance Parameters

- Speed range: 0.3 – 2.0 km/h
- Level range: 1 – 15
- Calories display range: 0 – 999 kcal
- Heart rate range: 40 – 180 BPM
- Time range: 00:00 – 99:59
- Mileage range: 0 – 99.99 km

Dimensions & Weight

- Product dimensions (L × W × H): 1580 × 845 × 2115 mm
- Packaging dimensions (L × W × H): 1455 × 920 × 1270 mm
- Maximum user weight: 160 kg
- Net weight: 203 kg

Complete Machine Diagram



Installation Process

- Due to the large size of the staircase machine, select a spacious location where the unit will be placed permanently. Ensure there is sufficient clearance around the machine for assembly and future maintenance.
- Place all machine components in an open, empty area and remove all packaging materials. Do not discard packaging until assembly is fully completed.
- Unless otherwise specified, all bolts must be tightened securely during assembly and checked again once assembly is complete.
- Ensure that all parts are installed exactly as shown in the assembly drawings to guarantee proper function and stability.

Assembly Step 1: Foot Pedal Installation

Instructions:

- Remove all packaging material from the foot pedal.
- Position the foot pedal according to the assembly diagram or illustration.
- Secure the foot pedal using the designated bolts and ensure it is firmly fixed in place.



- Connect the internal cable by plugging the connector firmly into the corresponding port inside the machine.
- Position the display pillar assembly over the mounting base.
- Secure the pillar by tightening the screws as shown in Figures 1 and 2.



Figure 1



Figure 2

- Remove the lower left and right buckle covers from the staircase machine.
- Align the armrest tubes with the left ("L") and right ("R") pipe openings on the column.
- Insert the tubes fully into the openings, ensuring the markings match correctly.
- Tighten the screws securely to fix both armrests in place.
- Reinstall the left and right buckle covers to complete the assembly.
- (As shown in Figures 1, 2, 3, and 4)



(Fig1)



(Fig2)



(Fig3)



(Fig4)

(2) Install the Long and Short Handrails

- Thread the cable from the long handrail through the opening in the short handrail.
- Align the two handrails and fasten them together by tightening the screws.
- (As shown in Figures 5 and 6)



(Fig 5)



(Fig 6)

- (Connect the cable coming from the short armrest to the port located beneath the display screen.
- Insert the armrest tube into the mounting port below the display screen.
- Ensure the wiring does not get pinched or obstruct the screw holes during installation.
- Once the armrest is fully inserted, tighten the screws on both ends to secure it.
(As shown in Figures 7, 8, 9, and 10)



(Fig7)



(Fig8)



(Fig 9)



(Fig 10)

Install the External Plastic Covers

- Install the decorative cover located at the connection point between the armrest and the console head.
- Install the pillar decorative cover on both sides of the machine.
- Attach the bottle cage in its designated position near the display console.
- Once all external plastic covers are properly aligned, tighten all screws to secure them firmly in place.

Decorative shell at the connection between the armrest and the meter head

Bottle cage

Pillar decorative shell



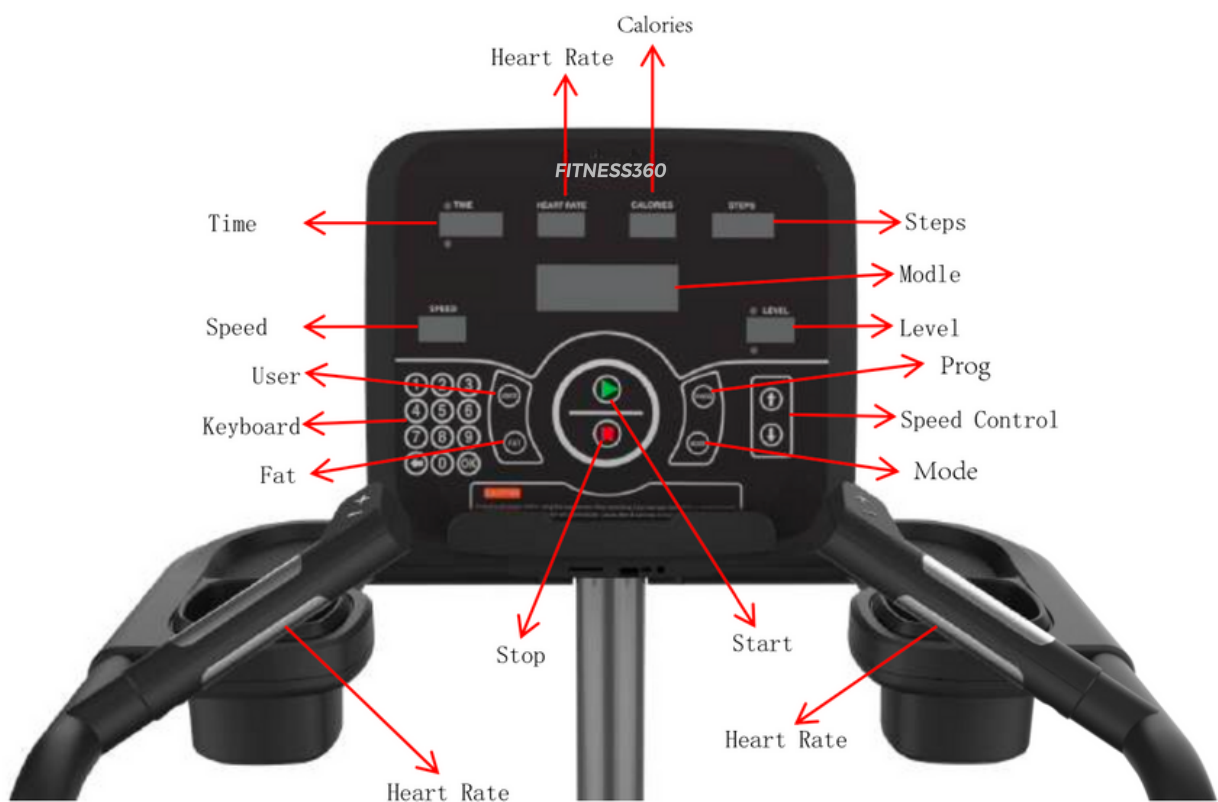
Staircase Machine Operation Instructions

1. Console Overview

The display console provides real-time workout data and controls for adjusting the machine during use.

Each window shows a specific parameter, such as:

- Time
- Speed
- User
- Keyboard
- Fat
- Heart Rate
- Calories
- Steps
- Mode
- Level
- Program
- Speed Control
- Mode Selector
- Start / Stop Buttons



2. Machine Testing and Verification (Debugging Proces)

Before operating the staircase machine, perform the following verification steps:

1. Check machine stability.
2. Gently shake the armrests and upper frame by hand to ensure the machine is stable and all parts are securely installed.
3. Power on and test all buttons.
4. Turn on the main power switch, then power on the console.
5. Step onto the staircase and press each button on the display panel to confirm:
 - each button triggers the correct function
 - each button responds properly
 - the tactile feel is normal and consistent
6. Start a test run.
7. Press the Start button (green icon).
8. The machine will start at Level 1.
9. Verify that:
 - the steps move smoothly
 - there are no abnormal sounds
 - all components are operating normally

Manual Mode

While in standby mode:

1. Press the Start button.
2. The machine will begin operating at Level 1, and all data windows will start counting from zero.
3. To change the running level:
 - Use the Level Up/Down buttons, or
 - Directly enter a level using the numeric keypad.

Key Functions

Training Programs

1. While in standby mode, press the PROG button.
2. Select one of the preset programs: P1, P2, P3, P4, P5, P6, P7, or P8.
3. Press the Start button to begin the selected program.

Settings Mode

1. In standby mode, press the MODE button.
2. Press once to set training time (8:00–99:00).
3. Press again to set target mileage (100–990).
4. Press again to set calories.
5. Press Start to begin training.

Photoelectric Switch Description

The staircase machine is equipped with a photoelectric sensor located in the lower right corner of the steps.

- If any object obstructs the steps, the machine will stop immediately for safety.
- Ensure the sensor is functioning properly before each use.
- Do not rely on the sensor as a shutdown method during emergencies.

Maintenance Instructions

Daily Cleaning

- Clean the equipment before and after each session.
- Use a soft cloth soaked in a suitable cleaning solution, then wipe all exposed surfaces.
- Follow the manufacturer's dilution guidelines for any cleaning agent.
- Avoid harsh chemicals or acidic cleaners, which can damage protective surfaces.
- Do not splash water or spray liquids directly onto the machine.
- Allow the equipment to fully dry before use.
- Use a vacuum or soft brush to clean grooves and foot pedals.

Daily Inspection

- Check the equipment daily for:
- Belt slipping
- Loose fasteners
- Abnormal noise
- Any signs requiring repair

Weekly Maintenance

Perform the following tasks once a week:

1. Use water or approved cleaning agents to clean the tracks and wheels.
2. Use a vacuum cleaner or wet mop to clean the floor under the equipment.
3. Test all console functions, including heart rate monitoring.
4. Verify the equipment is stable and all feet contact the floor securely.
5. If movement occurs, adjust the leveling feet.
6. When moving the machine:
 - This equipment is heavy — use adult assistance.
 - Use proper lifting techniques.
 - If the equipment has a roller on one end, use it to help reposition the machine.
 - For longer moves, use a four-wheel transport cart.

Long-Term Storage (When Not in Use)

If the equipment will not be used for an extended period:

1. Unplug and power off the equipment.
2. Cover it properly to protect it from dust and damage.
3. Store it in a dry area to prevent corrosion.
4. Keep it away from other equipment to avoid accidental damage.