

CLIMB ARTIS[®]

USER MANUAL



The Wellness Company

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IMPORTANT SAFETY INSTRUCTION

You should always consult with a qualified and licensed medical professional or healthcare practitioner before starting any nutritional, diet, stretching or exercise program. You are advised to investigate and inform yourself about any health related actions and choices you make.

Please read all instructions before using the product. These instructions were written to ensure the safety of the user and to protect the product.

When using an electrical appliance, basic precautions should be always followed, including those listed below.



DANGER

To reduce the risk of electric shock, always remove the plug from the electrical socket immediately after using and before cleaning or performing any maintenance procedures.



WARNING

To reduce the risk of burns, fire, electric shock or injury to persons, take the following precautions.

The product should never be left unattended when plugged in. Unplug the product from the power socket when not in use, before cleaning it, and before installing or removing electrical parts.

Do not allow children to have unsupervised access to the product.

Close supervision by qualified personnel is necessary when the product is being used by or near children, invalids or disabled persons.

Use the product exclusively for the purposes described in the user manual; only perform the exercises for which the equipment has been designed, following the instructions provided in the manual. Any other use should be considered incorrect and therefore dangerous.

Do not use any accessories other than those recommended by Technogym.

Never operate the product if it has a damaged cable or plug, if it is not working correctly, if it has been knocked over or damaged, or if it has fallen into water. In these circumstances, contact the Technogym Technical Support Service.

Do not pull the product by the power cable or use the cable as a handle.

IMPORTANT SAFETY INSTRUCTION

Keep the power cable away from heated surfaces.

Keep your hands away from moving parts.

Never drop or insert any object into any opening.

To disconnect power, turn all controls to the off position, then remove the plug from the outlet.

SAVE THESE INSTRUCTIONS



WARNINGS

Do not connect a device with load exceeding 7A.

Risk of electric shock. Do not disconnect under load.

Do not connect to a circuit operating at more than 150V to Ground.

PERSONAL SAFETY

Use of the product is subject to a medical examination to assess your suitability to the type of workout exercise you intend to perform, and in compliance with the conditions for use laid down by Technogym.

Persons suffering from certain physical conditions may only use the product under the strict supervision of a doctor with specific qualifications.

If, during exercise, the message “HIGH HEART RATE” appears, your heart rate is too high and you should slow down the exercise.

Before starting any workout, make sure your position on the product is correct, paying attention to any components that may obstruct use.

Plan the workout according to your physical characteristics and state of health, beginning with less demanding workloads.

Do not overexert yourself or work to exhaustion. Incorrect or excessive exercise may cause physical harm or sudden death. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.

Wear proper workout clothing and shoes during training; do not wear garments that block perspiration; do not wear loose clothing. Tie long hair back. Keep garments or towels away from moving parts.

When using the product, other people must remain at a safe distance.

Do not use the product when children or pets are present.

The person in charge of the gym must explain proper and improper use of the equipment to users.

Fully assemble the product before using it. Check the product before each use. Do not continue to use the product if it is not working properly.

Assemble and use the product only on a solid and flat surface.

Keep all the components (such as the power cable and the on/off switch) away from liquid substances, to avoid all risk of electric shock.

Keep the product in good working condition. If you see signs of wear, contact Technogym's technical support service.

Do not attempt any maintenance work on the product other than the operations described in the user manual.

The installation, maintenance and setting operations must be carried out by qualified Technogym staff or persons authorised by Technogym.

The electrical system must conform to the standards and legal requirements in the country of use.

PERSONAL SAFETY

Do not put anything on the frame or display.

Technogym is not responsible for any harm due to any failures or damage caused by unauthorised maintenance, misuse, accident, negligence, improper assembly or installation, debris resulting from any construction activities in the area where the product is used, rust or corrosion as a result of the product's location, alterations or modifications without Technogym's written authorisation or for failure on your part to use, operate and maintain the product as set out in this User Manual.



WARNING

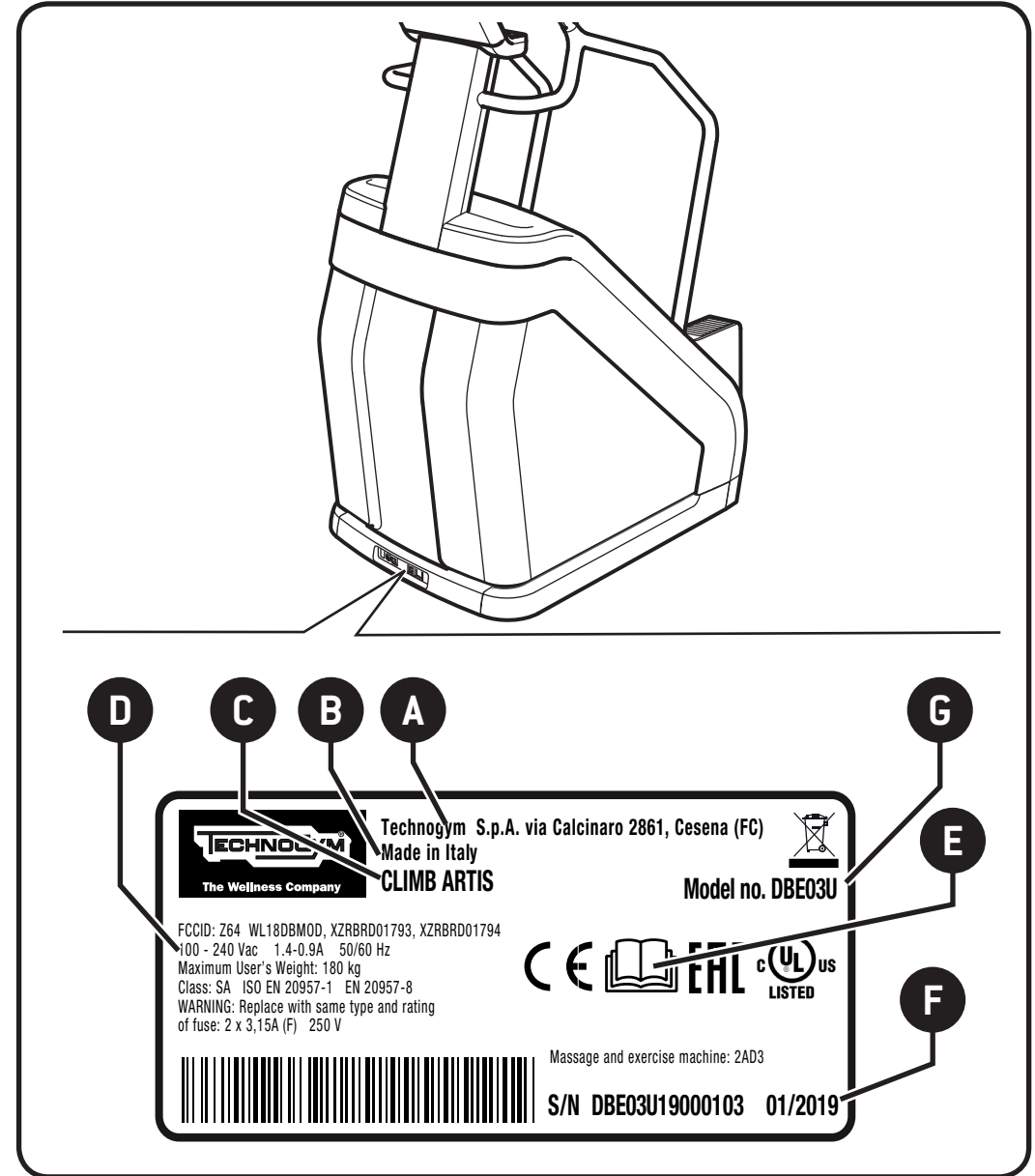
High voltage is present inside the product, and as such, the guard must be only be removed by authorised personnel.

IDENTIFICATION OF THE MANUFACTURER AND THE PRODUCT

- A** - Manufacturer's name and address
- B** - Place of manufacture
- C** - Description of product
- D** - Electrical specifications
- E** - Tells you to consult the User manual
- F** - Serial number and date of manufacture
- G** - Product model

The Climb is a commercial device, designed for use in residential and professional environments. It is a class SA device, pursuant to ISO EN 20957-1. The precision class was measured at 106 spm, level 12 and step height of 20.6 cm.

The values stated in the illustration are purely indicative; refer to the label attached to the product or the data in the “Technical characteristics” section for the correct information.



DESCRIPTION OF THE PRODUCT

Display (A). It allows you to view and control information, settings and contents both for workouts and for entertainment. The tablet-style touch screen interface allows you to include the contents offered by the Technogym App Store.

Side hand grips (B). They provide stable support when getting on or off the product or losing balance.

Hand sensor (C). The metal plate sensors permit constant heart rate monitoring.

Fast Track Control (D). They allow users to change the level of intensity of the exercise without removing their hands from the levers, ensuring a correct and safe posture.

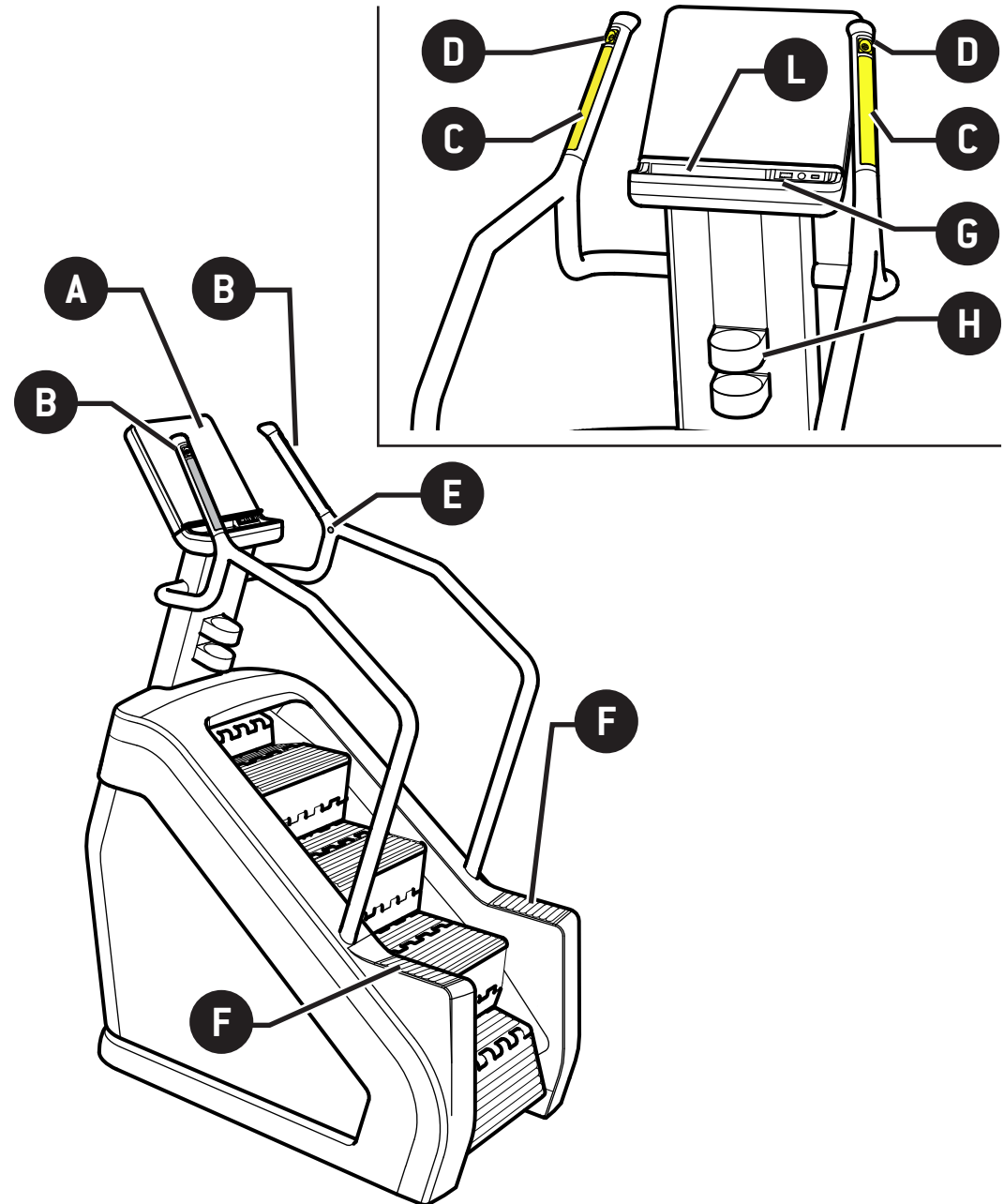
Stop button (E). Present on the right handgrip, it allows you to stop movement without taking your hands off the levers.

Footrests (F). You can take a short rest by moving your feet onto the footrests, in the event of fatigue or danger.

Object holder (G).

Water bottle holder (H). Where you can place water bottles during workout.

Wireless charger (L). Wireless battery charger to charge phones supporting wireless charging.



USING THE PRODUCT

Get on from the rear, using the courtesy step **(A)**.

Hold the grip with one hand and with the other set a program on the display. The steps will remain locked until the START button is pressed.

Begin at a slow speed for a few minutes to become familiar with the product and find your stability. It is important to get used to the movement without shifting the body forward in an unnatural posture.

Once you become more confident, gradually increase the effort level.

Keep a constant check on your posture: head held high, shoulders in line with your hips, stomach pulled in and chest raised.



WARNING

Any distractions in the area around the equipment may cause the user to lose his/her balance.



USING THE PRODUCT

To get off the device in an emergency, grasp the side handgrips, support your weight on them and move your feet onto the footrests. Then get off the equipment.

Climb is designed solely for the use it was designed and manufactured for, as a stair simulator. Any other use of the equipment is to be considered improper and therefore dangerous.



USING THE HEART RATE MONITOR

The product can monitor the heart rate in two different ways:

- using the device built into the handgrips (hand sensor); it is activated when the handgrips are held over the sensors;
- using a device equipped with heart rate transmitter.

Should you have any doubts about the accuracy of the readings, contact the Technical Support Service.

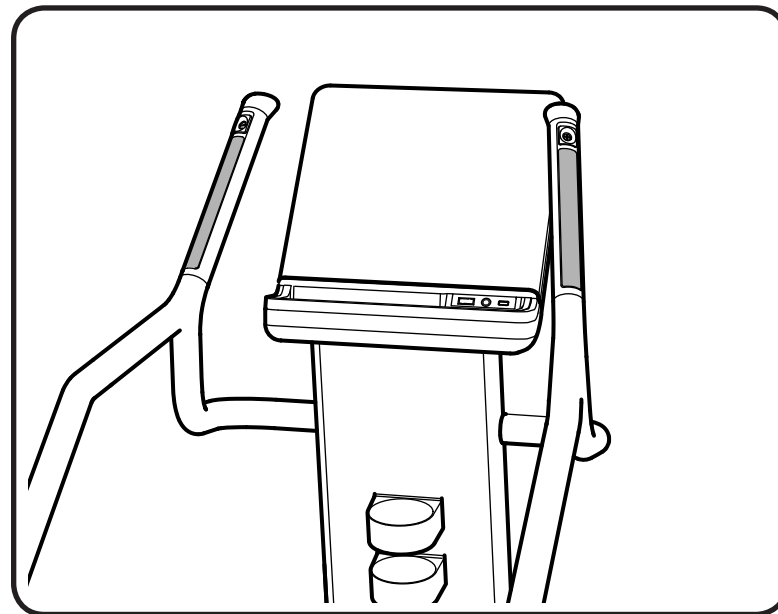


WARNINGS

During a workout it is very important that your heart rate never goes above 90% of your maximum rate (unless you are an athlete engaged in competitive sport).

The sole function of the heart rate monitor is to display the heart rate during exercise and cannot be used for medical cardiac diagnoses of any kind. The heart rate shown on the display is purely indicative and cannot be considered absolutely certain.

Do not use the heart rate monitor if you have a cardiac support device such as a pacemaker or similar.



USING THE HEART RATE MONITOR

The table shows the optimum heart rate levels in relation to age and the goal to be achieved.

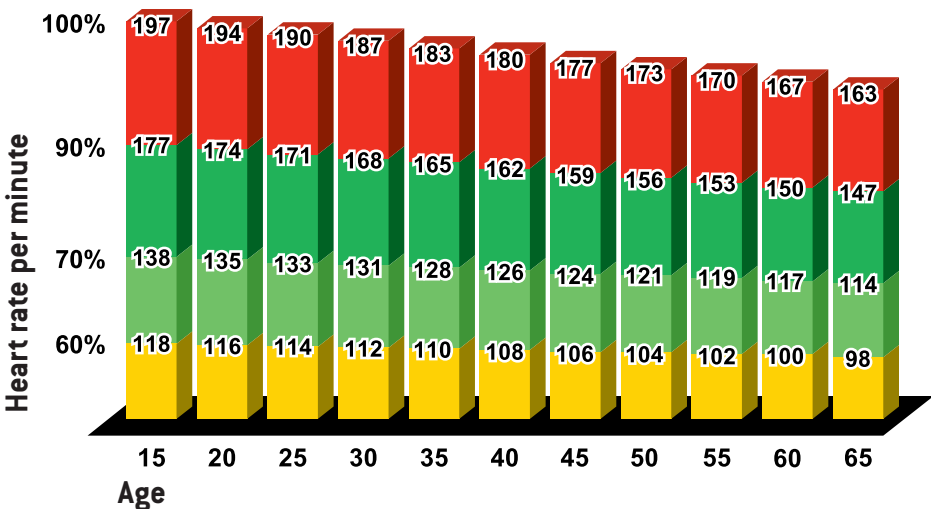
Theoretical maximum heart rate (100%) is calculated on the basis of age using the formula: max H.R. = 220 - age.

To read the graph, simply find your age on the horizontal axis and scan up the vertical until you reach the 60%, 70% and 90% values.

Aerobic exercise performed at a heart rate **between 60% and 70%** mainly burns fat as an energy source.

When doing aerobic exercise at a heart rate of **70% to 90%** the cardiocirculatory component prevails.

For example, if someone **aged 30** wants to burn off fat, the heart rate during exercise should be kept to between 112 (60%) and 131 (70%); if he or she wants to improve cardio-respiratory capacity, the heart rate should be kept to between 131 (70%) and 168 (90%).



Prevalent use of sugars.
Training for athletes who take part in competitions (with medical certificate).



Combined use of fats and sugars.
Significant improvement of aerobic efficiency.



Prevalent use of fats and increased use of sugars.
Moderate improvement of aerobic efficiency.

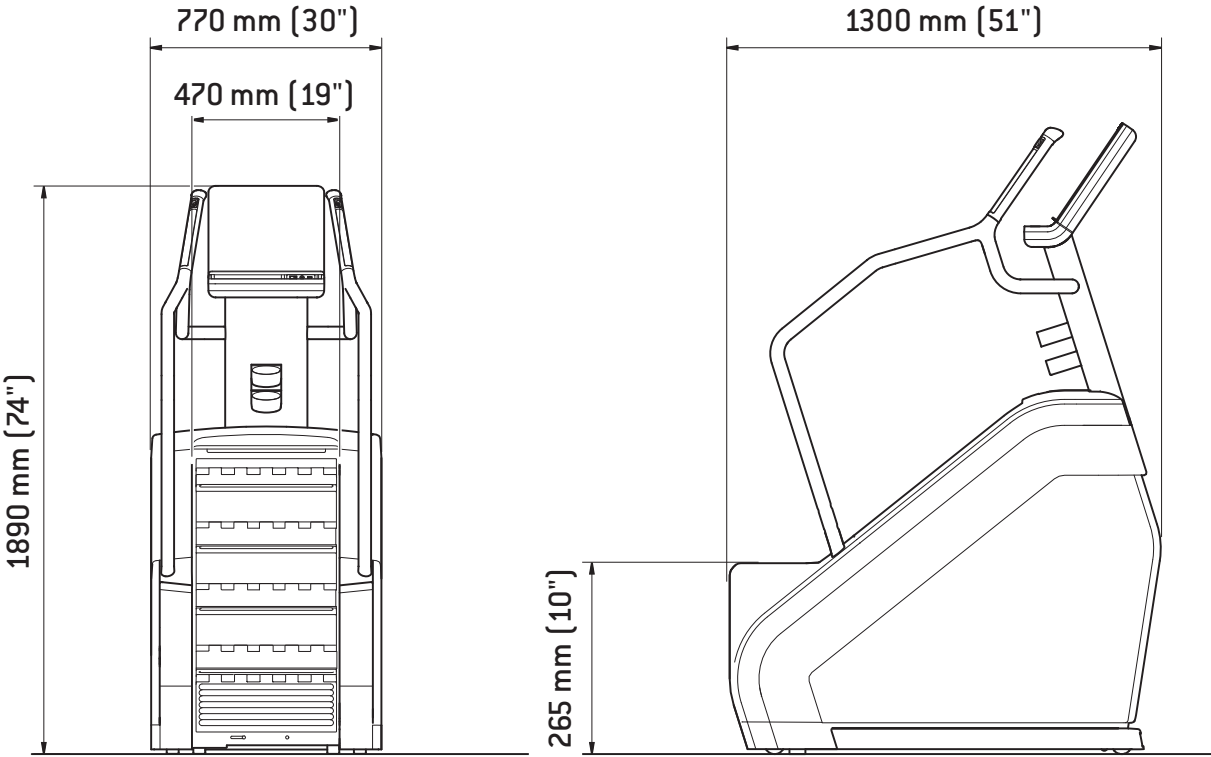


Prevalent use of fats and little use of sugars.
Limited improvement of aerobic efficiency.

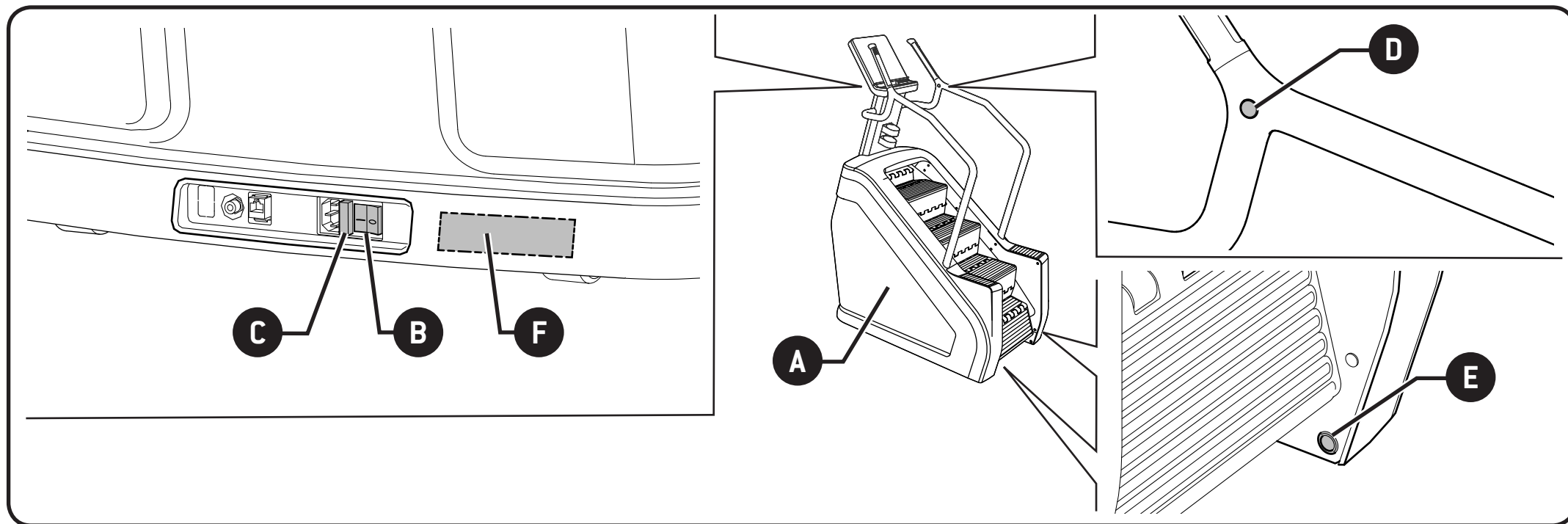
TECHNICAL CHARACTERISTICS

Power supply	100÷240 Vac 50/60 Hz
Mains power input	160 VA max
Fuses	2 x 3,15A (F)
Time	0÷999 min ± 1%
Distance	0÷9999 floors ± 5%
Protection grade	IP 20
Electric isolation class	Class I

Weight of the product	190 kg (418 lb)
Maximum user weight	180 kg (396 lb)
Height of the user for which optimum usability is ensured	155 cm÷205 cm (6"÷8")
Maximum capacity of water bottle-holder	2 kg (4 lb)



SAFETY DEVICES



Fixed guard (A). Guards against access to the inside of the equipment.

Main switch (B). Turns the product power supply voltage on and off.

Fuses (C). Protect the electrical parts of the product. When the current reaches an excessive value, the fuses melt thus protecting the internal electronics.

Stop button (D). Allows you to stop movement of the steps without using the display controls.

Safety sensors (E). Located on the product's access side. If the sensors detect a presence, they lock the steps. To restart movement of the steps, press the START button on the display. The START button is enabled only if the sensor area is clear.

The label (F) near the main switch provides electrical specifications .

Please read the adhesive labels on the product, which provide information about possible risks and hazards.

PLACE OF USAGE

In order to ensure that activities with the products are easy and risk-free for people, the area in which they take place must meet a number of specific requirements. In particular, when deciding where to install the product, make sure that the location satisfies the following requirements.

- Temperature of between +10°C and +25°C.
- Sufficient air circulation, with the capacity to keep humidity levels between 20% and 90% during exercise.
- Sufficient lighting, so that physical exercise can be done in pleasant, relaxing conditions.
- An empty space at least 60 cm wide all around every product.
- A flat, stable and vibration-free surface that is capable of supporting the weight of both the product and the user.

The product must be installed in a setting that meets all of the requirements of the relevant laws in force.

Do not expose the product to direct sunlight.

Do not use the product outside. Do not use the product outdoors, where it is exposed to the elements. Ensure that the product does not get splashed by water.

Do not place the product in locations with high moisture levels, such as swimming pools, whirlpool tubs and saunas.

Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

MOVING THE PRODUCT

The product is fitted with two fixed wheels and two retractable wheels.

All four wheels are required when moving the equipment. Operate the screws (A) to lower the retractable wheels.

When you have finished moving the equipment, before using it again the retractable wheels must be raised again using the same screws (A).

Due to its size and weight, this product cannot be moved by one person only.

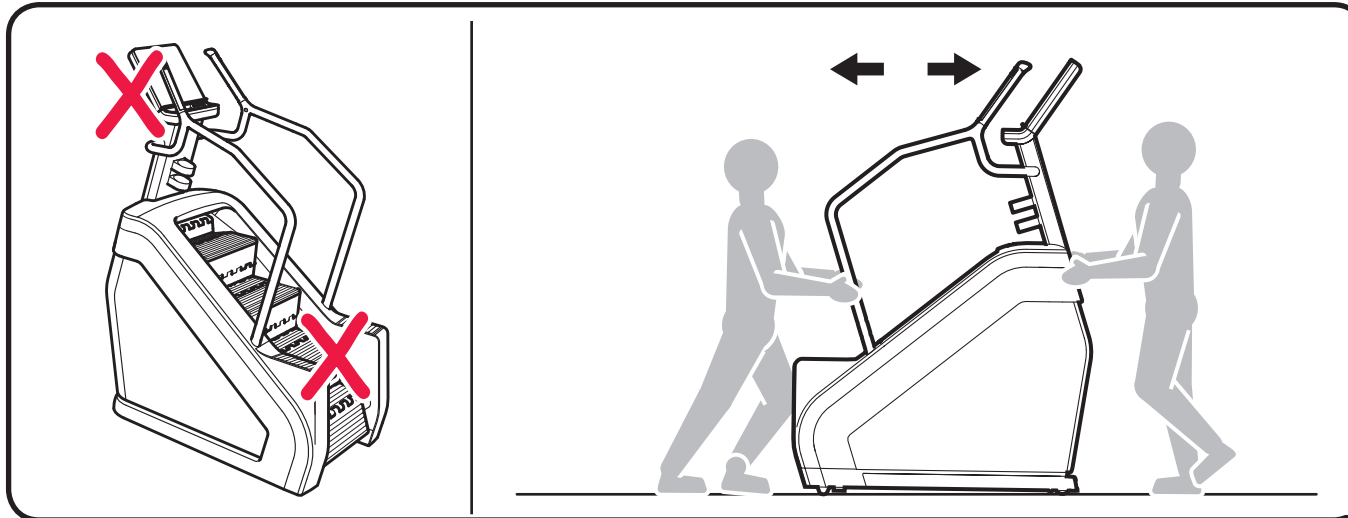
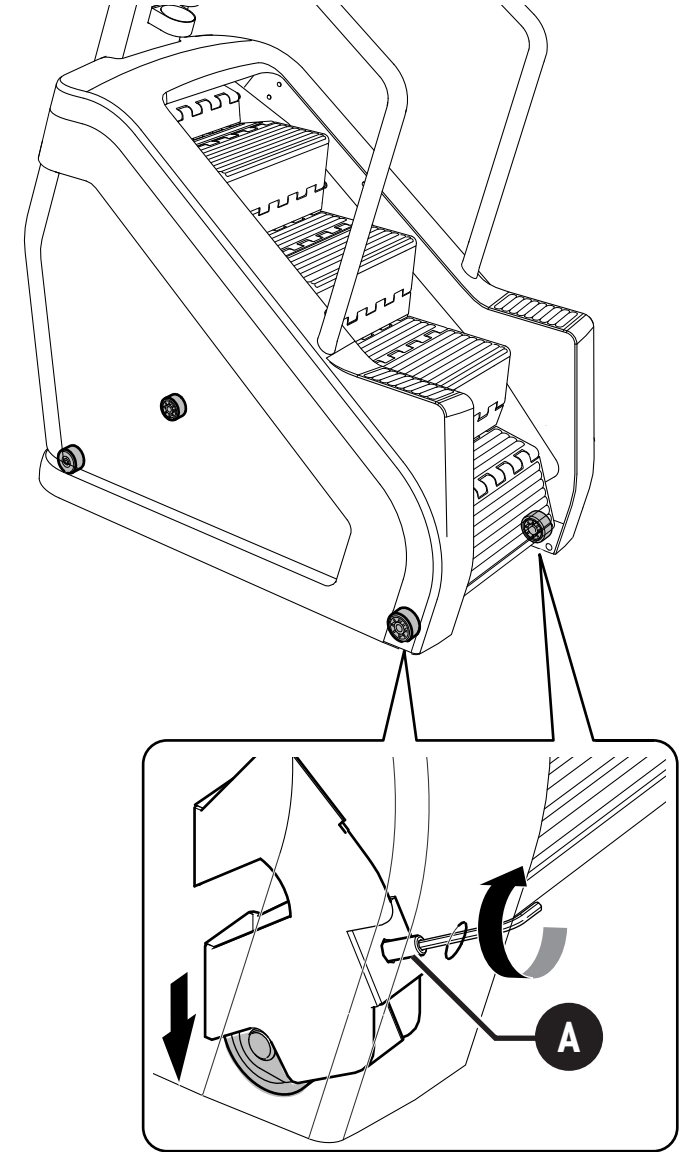
If wheels cannot be used on the floor, move the equipment with normal lifting and transport methods.



WARNINGS

Move the product very carefully, because it could become unstable and tip over.

Do not lift or move the product from the steps or display.

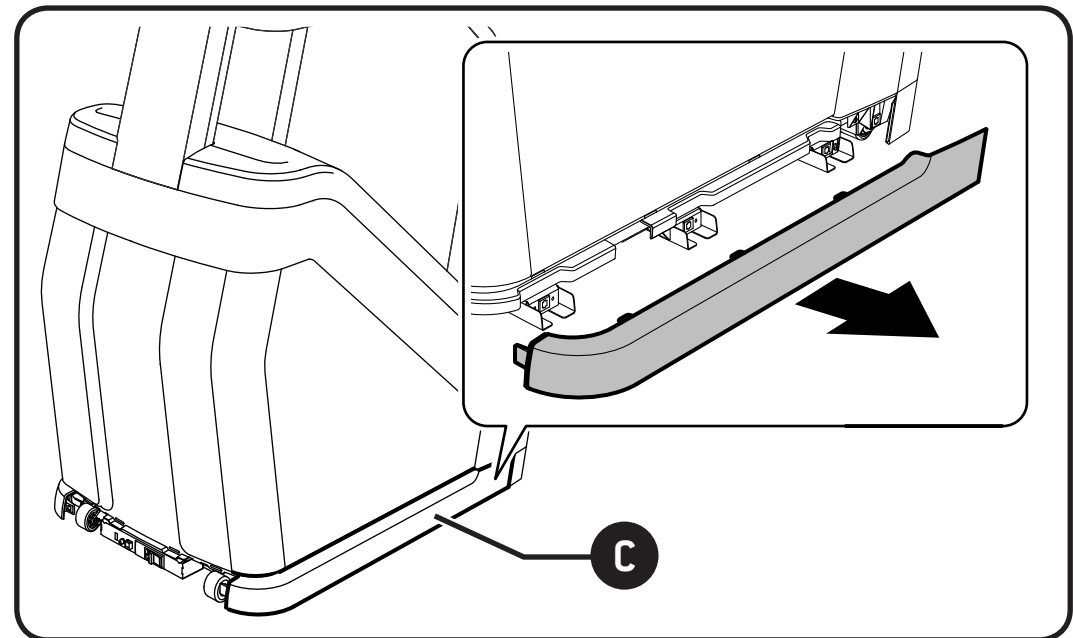
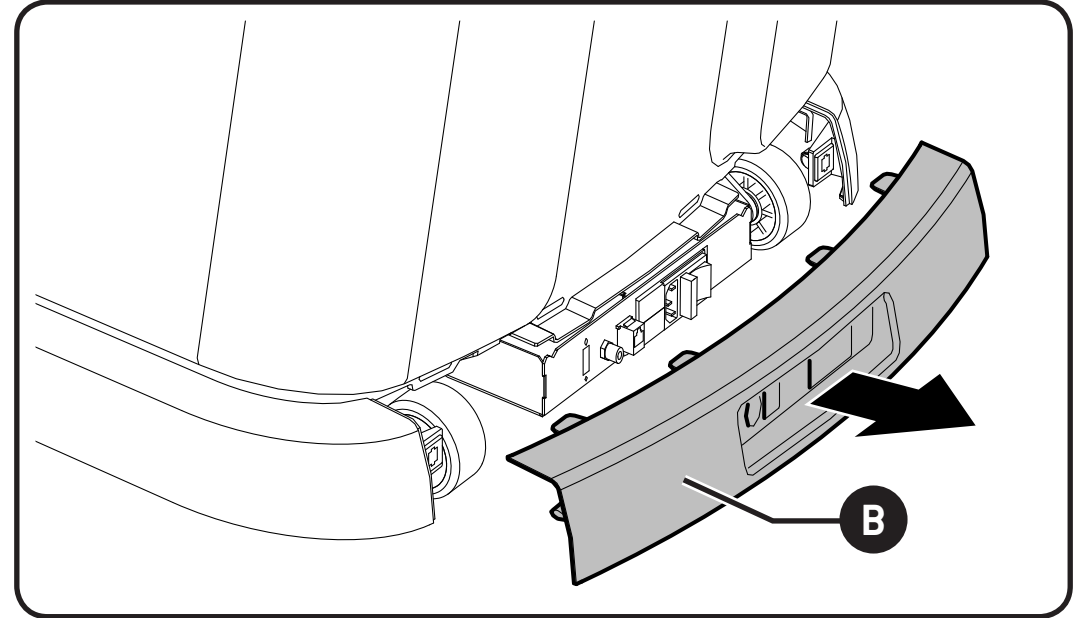


LEVELLING

In order to function correctly, the product must be level.

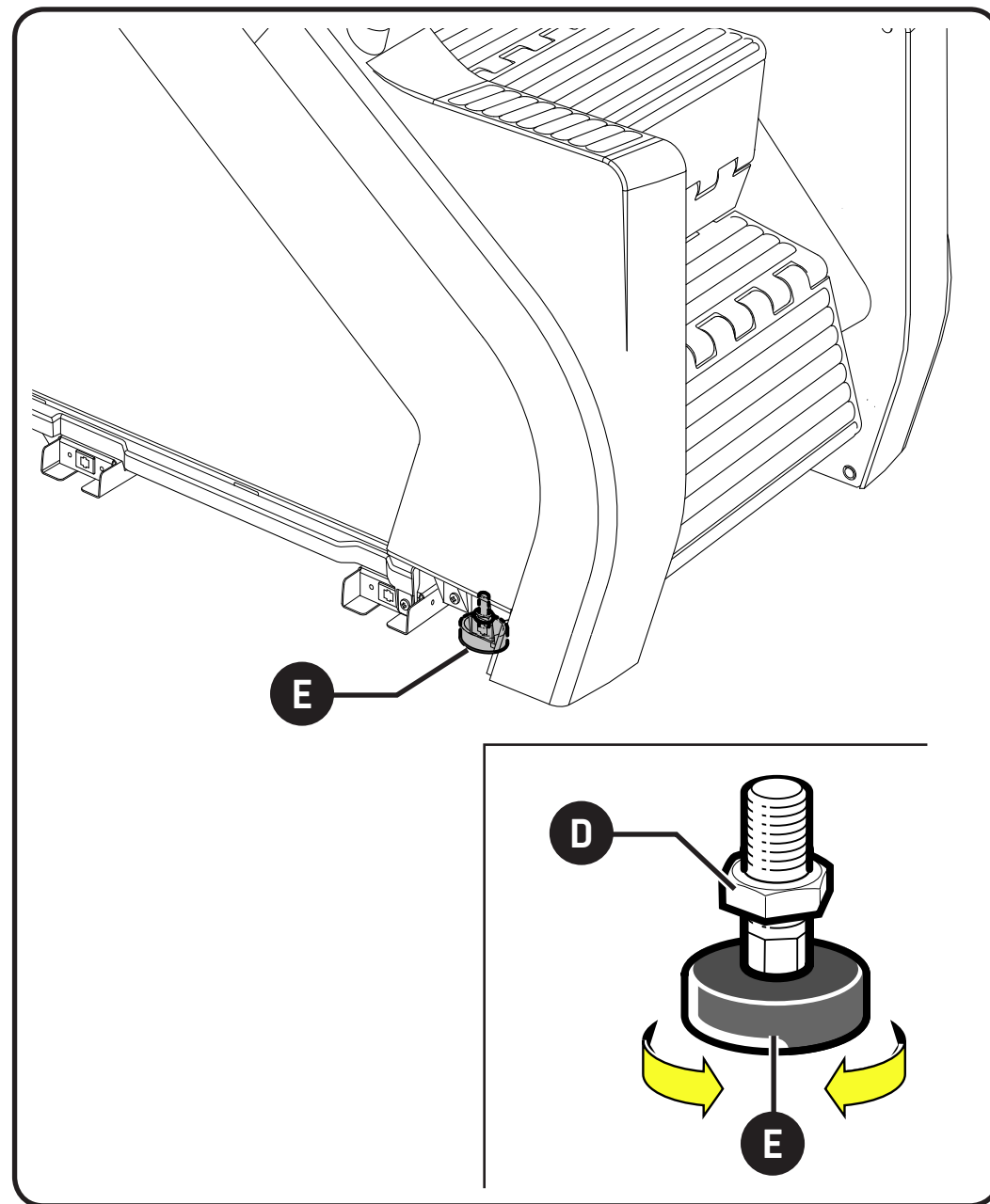
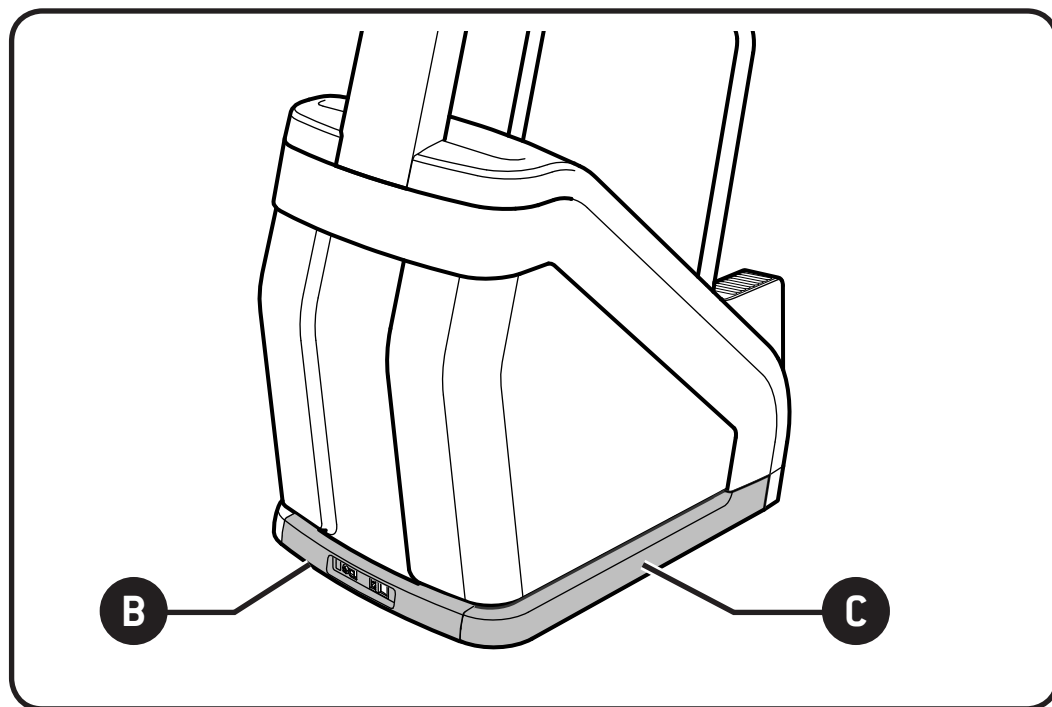
The product is levelled by adjusting the two fixed feet.

- Remove the lower guard **(B)**.
- Remove the side guard **(C)**.



LEVELLING

- Loosen the lock nut **(D)**.
- Screw the front feet **(E)** in or out until the frame is in a stable position.
- Tighten up the lock nut **(D)** after adjusting.
- Reposition the side guard **(C)**, applying pressure.
- Reposition the lower guard **(B)**, applying pressure.



ELECTRICAL CONNECTION

Before connecting the product to the mains power supply, ensure that the electrical system specifications comply to binding regulations. Verify the main power supply specifications on the label affixed close to the main switch.

Plug the power cable into the product socket first and then into the wall socket.

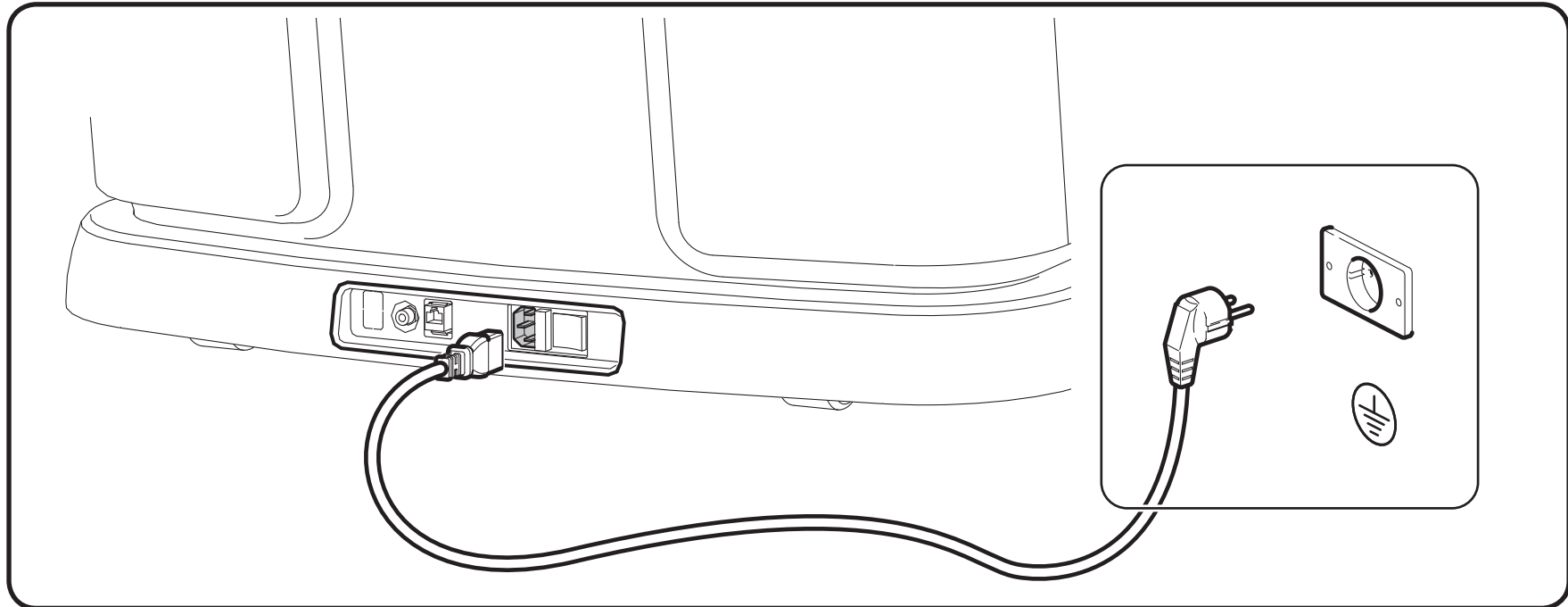


WARNINGS

The wall socket must be located in a place where the plugging and unplugging can be done easily and safely.

When plugging in, the power supply switch must be in the 0 position (the equipment must be switched off).

Check the state of the power supply cable periodically.



ELECTRICAL CONNECTION

The power supply socket must be grounded . If not, a ground connection must be installed by a qualified electrician before connecting the equipment to the electricity mains.

The product must be grounded. If it should malfunction or breakdown, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The product is equipped with a cord having an equipment-grounding conductor and a grounding plug. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.



WARNINGS

Improper connection of the equipment-grounding conductor can result in a risk of electrical shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product; if it will not fit in the outlet, have a proper outlet installed by a qualified electrician.

OTHER CONNECTIONS

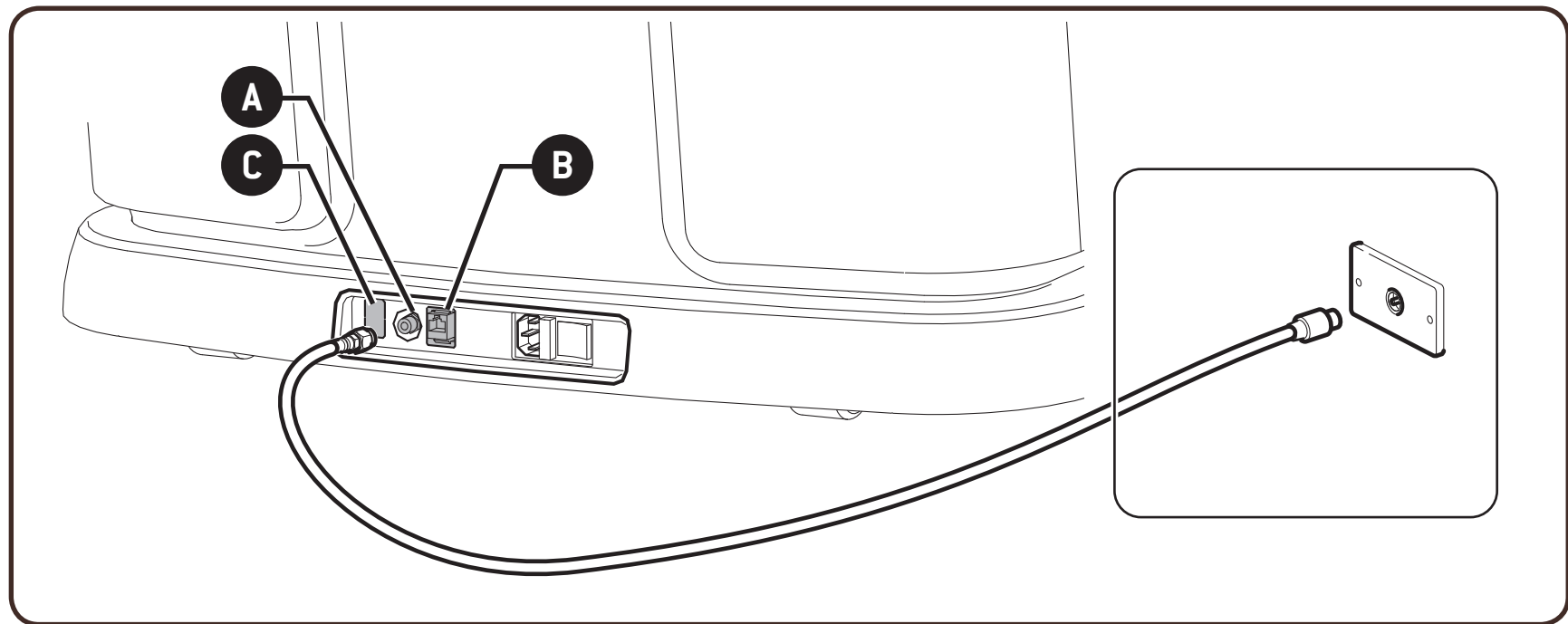
A - Antenna cable jack

B - Ethernet jack

C - HDMI jack

Use an RF coaxial cable to connect the antenna with an F-type connector for the product.

The wall socket for the antenna cable must be located in a position where the plug can be inserted and removed with ease.



TURNING ON AND OFF

Turn on the product by pressing the switch to the I position (ON).

Turn off the product by pressing the main switch to the “0” position (OFF).

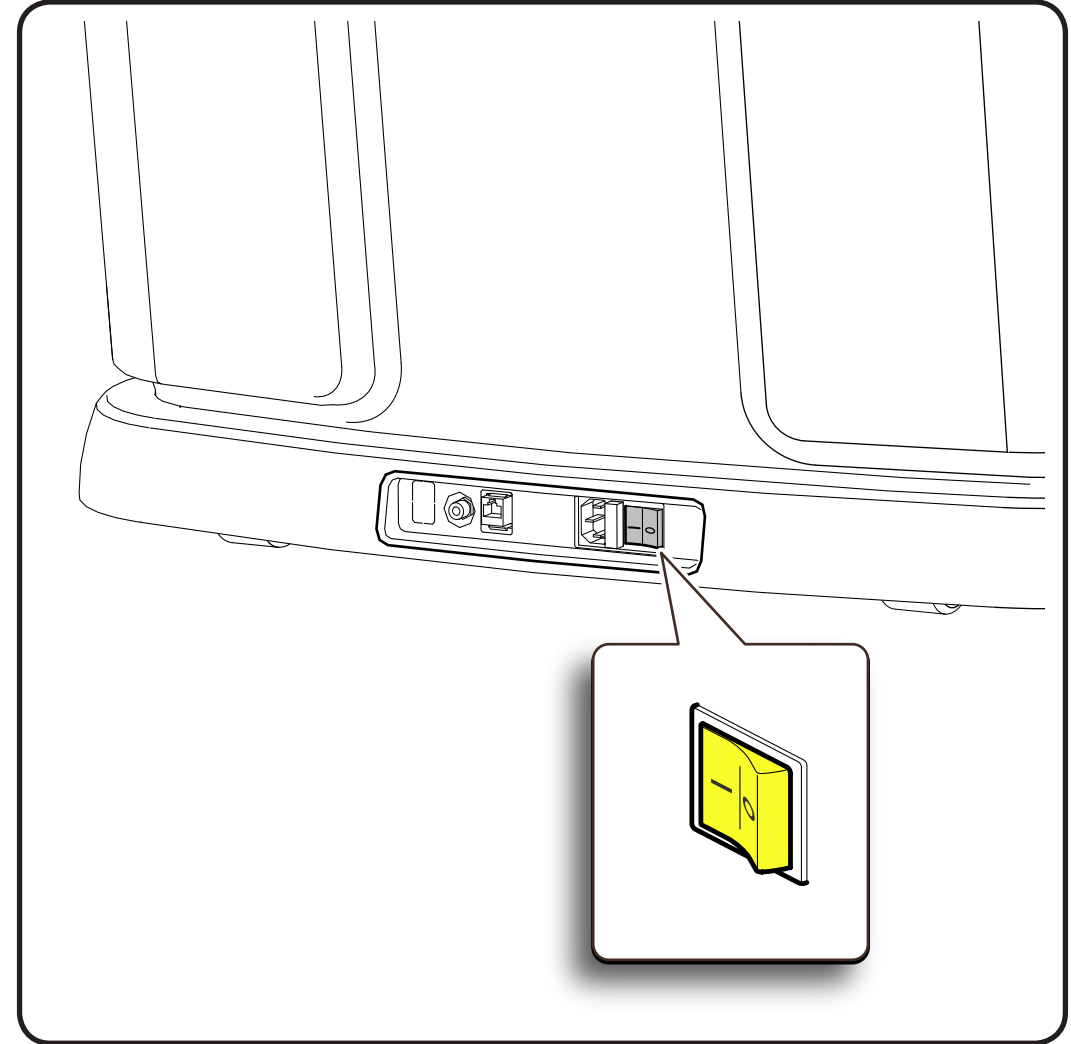
Only turn the product off, after exercising, when it is in stand-by.

If you do not expect to use the product for some time, turn it off at the main switch and take the power plug out of the wall socket.



WARNINGS

The switch turns the product on/off but it does not isolate it from the mains voltage, even if it is in position “0” (off). Take the power plug out of the socket to isolate the product.



ROUTINE MAINTENANCE

The product should always be kept clean and free of dust, in compliance with common health and hygiene standards.

To clean the display , proceed as follows.

- Turn off the product by pressing the main switch to the “0” position.
- Take the product’s power plug out of the wall socket.
- Clean the display using a damp (not wet) cloth.

Clean the entire product once a week.

- Turn off the product by pressing the main switch to the “0” position.
- Take the product’s power plug out of the wall socket.
- Clean outer parts with a damp sponge.

Do not use chemical products or solvents.

Do not rub too hard on the control panel and diagrams, or on the written instructions on the stickers.

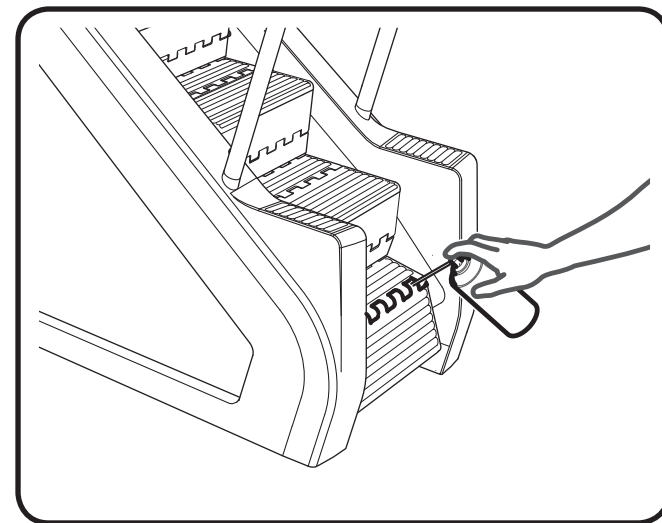
Lubricate the pins on the steps once a month.

- Use a silicone-based lubricant only (or we recommend Klüber Summit Hysyn GF 32).
Do not use generic lubricants, do not use solvents.
- Move the step downwards, to the position shown in the illustration.
- Apply oil to every opening in the hinge.
- Repeat for each of the 8 steps.



WARNING

Before placing the product back in service, remove any excess lubricant from the surface of the steps with a cloth.





WARNINGS

The safety of the product is assured only on the condition that it is carefully inspected every two weeks for any signs of damage and/or wear. Replace defective or worn components immediately, or remove the product from service.

The routine maintenance, adjustment and lubrication jobs must be performed by the Technogym Technical Support Service.

Before starting any job, turn the equipment off by switching the switch to the 0 position and unplug the power cable from the wall socket.

For maintenance actions not described in this manual, call in the Technogym Technical Service.

EXTRAORDINARY MAINTENANCE

Changing the transmission parts



WARNING

After installation of the Climb product, transmission parts (belts, chains) must be replaced every 3 years.

If the buyer fails to replace these components, Technogym will be discharged from any liability for bodily injury or property damage arising out of the malfunction of the product's transmission unit.

For the replacement, contact the Technogym Technical Support Service.

Changing the fuses



WARNINGS

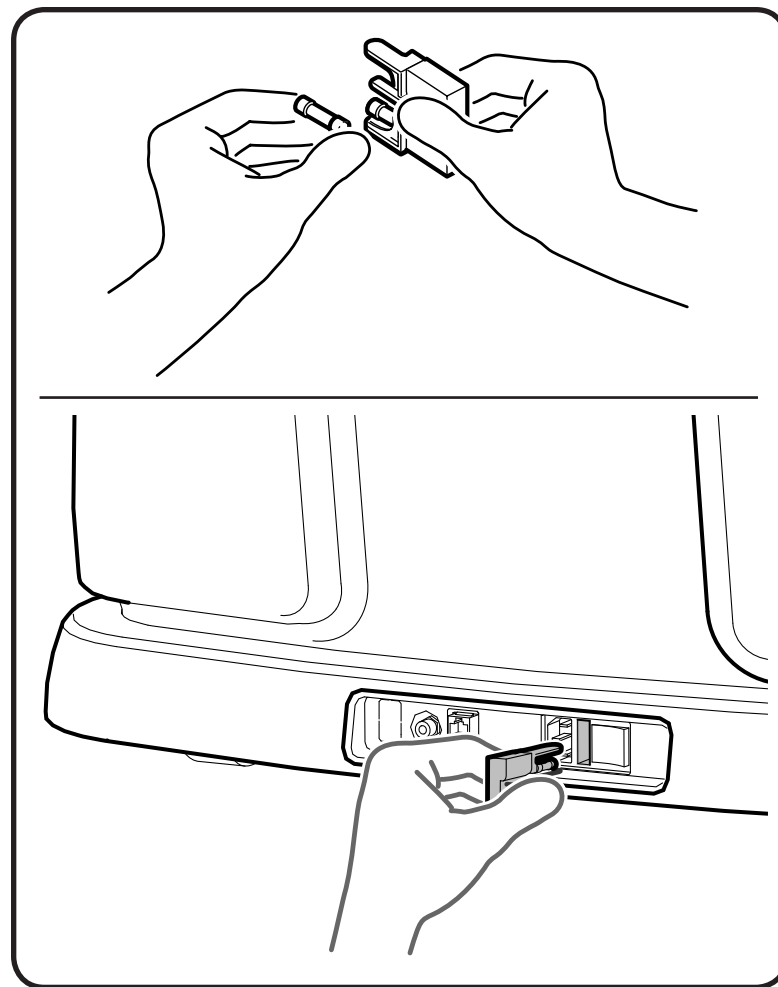
Before making the replacement, turn off the product by moving the switch to the 0 position and take the power plug out of the wall socket.

If no more of the supplied fuses are available, use certified fuses with identical electrical specifications (3.15A (F) for the replacement).

Remove the fuse holder, to the right of the switch, by pushing the lever.

Replace the blown fuse with a new one, as supplied.

Fit the fuse holder back into its housing, making sure it clicks in properly.



TROUBLESHOOTING

The following is a list of problems that may occur during normal use of the product. If the remedies described do not solve the problem, contact Technical Support for service.

Problem	Cause	Remedy
The product is not turning ON	Mains power failure.	Check whether there is power at the socket by plugging in another appliance that you know works.
	Power supply cable damaged.	Contact the Technogym Technical Support Service.
	The power supply cable is not correctly inserted.	Check the connection.
	Burnt-out fuses	To replace the blown fuse with a spare contact Technogym Technical Support Service.
Too noisy	The product is not level.	Check the position and level the adjustment feet.
	Damaged bearings.	Contact the Technogym Technical Support Service.
	The transmission components are worn.	Contact the Technogym Technical Support Service.
The steps do not remain locked in place	The brake is disabled.	Contact the Technogym Technical Support Service.
The product is permanently in emergency status, with the steps locked	The safety sensors are damaged.	Contact the Technogym Technical Support Service.
	The safety sensors are blocked.	Remove any obstructions from the sensor zone.

TECHNICAL ASSISTANCE

The Technogym Technical Support Service provides:

- telephone consultation
- information about which services are covered by the warranty and which must be paid for
- on-site servicing
- supply of original spare parts.

When you contact the Technogym Technical Support Service you must give the following information:

- Product model **(A)**
- Date of purchase
- Serial number **(B)**
- Precise description of the problem



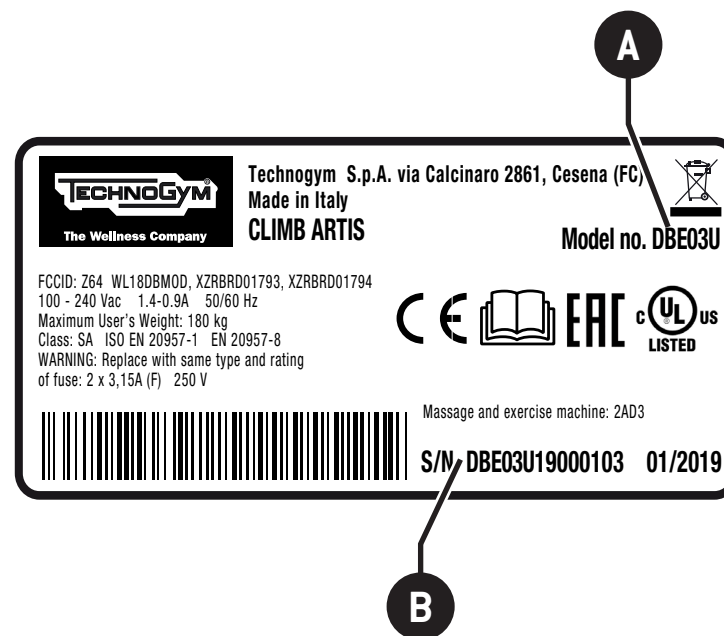
WARNING

Work on the equipment by persons unauthorised by Technogym invalidates the warranty.

Technogym supplies the electrical and wiring diagrams to companies with technical support.

Technical Support Service Technogym s.p.a.

Via Calcinaro 2861, 47521 Cesena Italy
tel: +39 0547 56047
<http://www.technogym.com/Support>



STORING THE PRODUCT

If a long period of non-use is expected, you are advised to store the equipment in the following way:

- in a clean dry place, with a dust cover;
- at a room temperature between -10°C and 70°C and relative humidity between 20% and 90%.

For better storage, use the original packing materials.

DISPOSING OF THE PRODUCT

It is always advisable to check that the product does not create any type of hazard, and therefore it should not be left for children to play with. For this reason, when it is not used for long periods it must be turned off by disconnecting the power cable.

The product must not be disposed of in the environment, in public areas, or private areas used for public purposes.

The product is made from recyclable materials such as steel, aluminium and plastic, which must be disposed of in the manner prescribed by the urban refuse collection regulations in force, by firms specialised in urban and environmental hygiene.

Waste deriving from electrical and electronic equipment must not be disposed of as urban waste. A specific disposal system involving suitable processing, recovery and recycling in compliance with the regulations in force, is provided for this kind of waste.

Illegal dumping or improper use of electrical and electronic equipment waste may cause serious damage to the environment and have repercussions on people's health.

Under the provisions put into effect by the European Union Member States, private citizens resident within the European Community may take used electrical and electronic equipment to authorised collection centres.

If the product is used for commercial purposes, contact your reseller or the Technogym Customer Service, in the various Countries, to arrange for collection and disposal of waste from electrical and electronic equipment.

For disposal of electrical and electronic equipment in Countries outside the European Union, contact your local authorities.

Average life of the product: 10 years.

Climb Artis_en_AA
OSM01148



The Wellness Company