

# Synergy Air Power Climber

SYN-APCL

## User Manual

Ver. 1.2



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## 1. Before You Start

The following safety sign is affixed to the Synergy Air Power Climber.



\*Please read the following safety instructions, precautions and information before operating the Synergy Air Power Climber. Failure to adhere to the following will void warranty.

### Safety Instructions

- The owner of this equipment must inform all users of the safety precautions and the methods of correct usage.
- Always operate the equipment in accordance with the instructions
- The Synergy Air Power Climber must remain vertical when installed ensuring a clearance of at least 1m/40" to the rear of the machine.
- The equipment must be installed indoors in a location free of moisture and dust.
- The product must be correctly assembled and tested before operation.
- Children under the age of 12 are not to use the machine.
- Pets are not to use the machine.
- The maximum weight supported by the Synergy Air Power Climber is 180kg/396lbs.
- Only one user at a time is permitted to use the Synergy Air Power Climber.
- The user is to wear appropriate clothing and shoes whilst using the Synergy Air Power Climber. Baggy or loose clothes will catch on the equipment and must be avoided.
- Do not spill food or drink on the product.
- Regularly check operation and components parts of the machine. Securely tighten any loose fittings or connections.

### DANGER

- Do not wet the surface of the Synergy Air Power Climber with any liquids. Cleaning involves only the use of a fine mist sprayer or a damp cloth.
- Any liquid container in proximity to the Synergy Air Power Climber must have a tight fitting cap or lid. Do not use the Synergy Air Power Climber if a liquid has been spilt on any surface.
- If the operation of the Synergy Air Power Climber, does not feel correct, or a hazard is suspected, do not attempt to repair the Synergy Air Power Climber. Contact your service



agent.

## **ATTENTION**

Please consult your physician before commencing any exercise program.

Permission must be obtained from a health professional for any of the following health conditions of the user:

- pregnancy,
- heart disease,
- high blood pressure,
- diabetes,
- chronic respiratory disease,
- high cholesterol,
- cigarette related or other chronic disease,
- physical disability.

Stop exercising immediately if dizziness, chest pain, nausea or other health abnormality is felt during exercise. Please consult your physician before continuing the exercise.

Any repair or maintenance work must be conducted by a qualified engineer or recognized service agent.

## **WARNING**

The Synergy Air Power Climber is user powered. The user controls the speed of the movement.

There is no emergency stop function in the Synergy Air Power Climber.

Every user must become familiar with the mechanism and functions before using the Synergy Air Power Climber.

Ensure entry to the Synergy Air Power Climber is via the rear, gripping the handles when embarking or disembarking the Synergy Air Power Climber.

The Synergy Air Power Climber must be installed vertically on a hard, level surface.

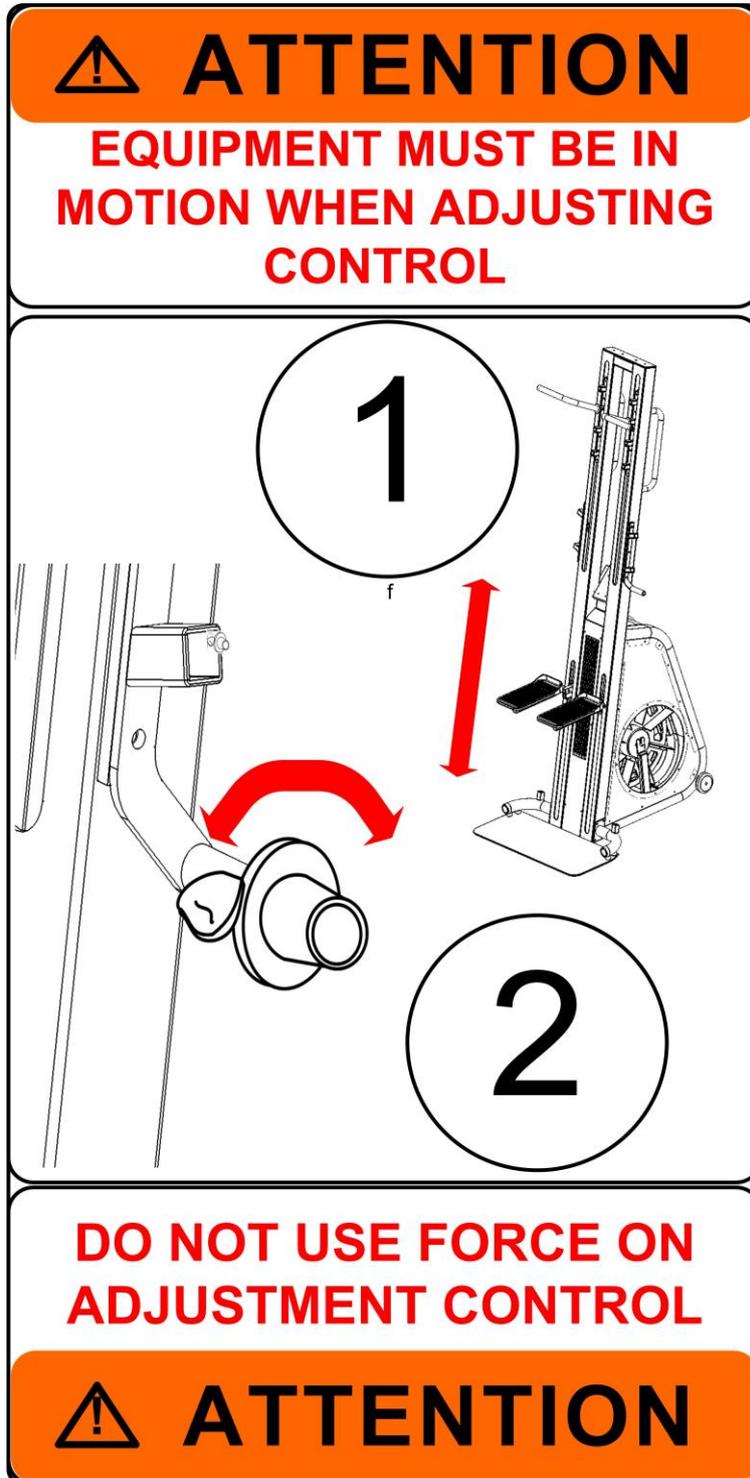
Keep hands away from all moving surfaces and components.

Do not allow a towel or clothing to become caught in the moving surface of the Synergy Air Power Climber. Shoelaces must be enclosed and short enough not to touch the foot pedals. Do not use high heels, or shoes with leather soles.

Always use the handles when embarking or disembarking the Synergy Air Power Climber.

Examine the Synergy Air Power Climber regularly for safe operation. Repair any problem immediately it is identified. Implement a regular maintenance plan for the Synergy Power Climber at minimum quarterly intervals.

**Do not attempt to change the Transmission Control while the foot plates or hand grips are stationary. Only adjust the Transmission Control while the foot plates or hand grips are moving as noted in the attached graphic.**



## 2. Installation and Assembly

### Technical Specifications

The Synergy Air Power Climber does not require any electrical wall outlet.

The Synergy Air Power Climber is a non-motorized product.

The Synergy Air Power Climber uses patented Continuously Variable Transmission (CVT) and air turbine to provide resistance.

Dimensions: 125cm(H) x 90cm (W) x 125cm(L)  
49" x 30" x 35"

### Environmental Specifications

- Operating conditions: temperature 10°C ~ 40°C / 50°F ~ 104°F Humidity 20% ~ 95%
- Transport and storage conditions: temperature -18°C ~ 49°C / -1°F ~ 120°F. Humidity 20-95%

## 3. In Service Maintenance

### Section Identification

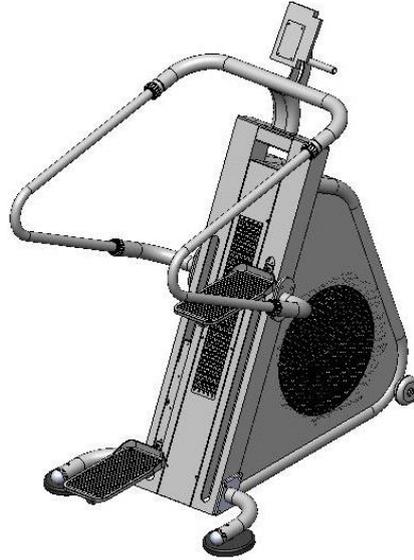
No	Description	QTY
1	Left footrest	1
2	Right footrest	1
3	Main body assembly	1
4	Footplate	1
5	Console	1
6	Top Handrail	1

## Table 1: Synergy Air Power Climber, Section Identification

### Regular Maintenance

Periodic cleaning and inspection of the condition of the lubrication will keep the Synergy Air Power Climber in optimal condition.

The following is the recommended maintenance schedule. In environments with severe pollution, the frequency of inspections and maintenance should be increased.



**Figure 1: View of Synergy Air Power Climber**

### Weekly Maintenance

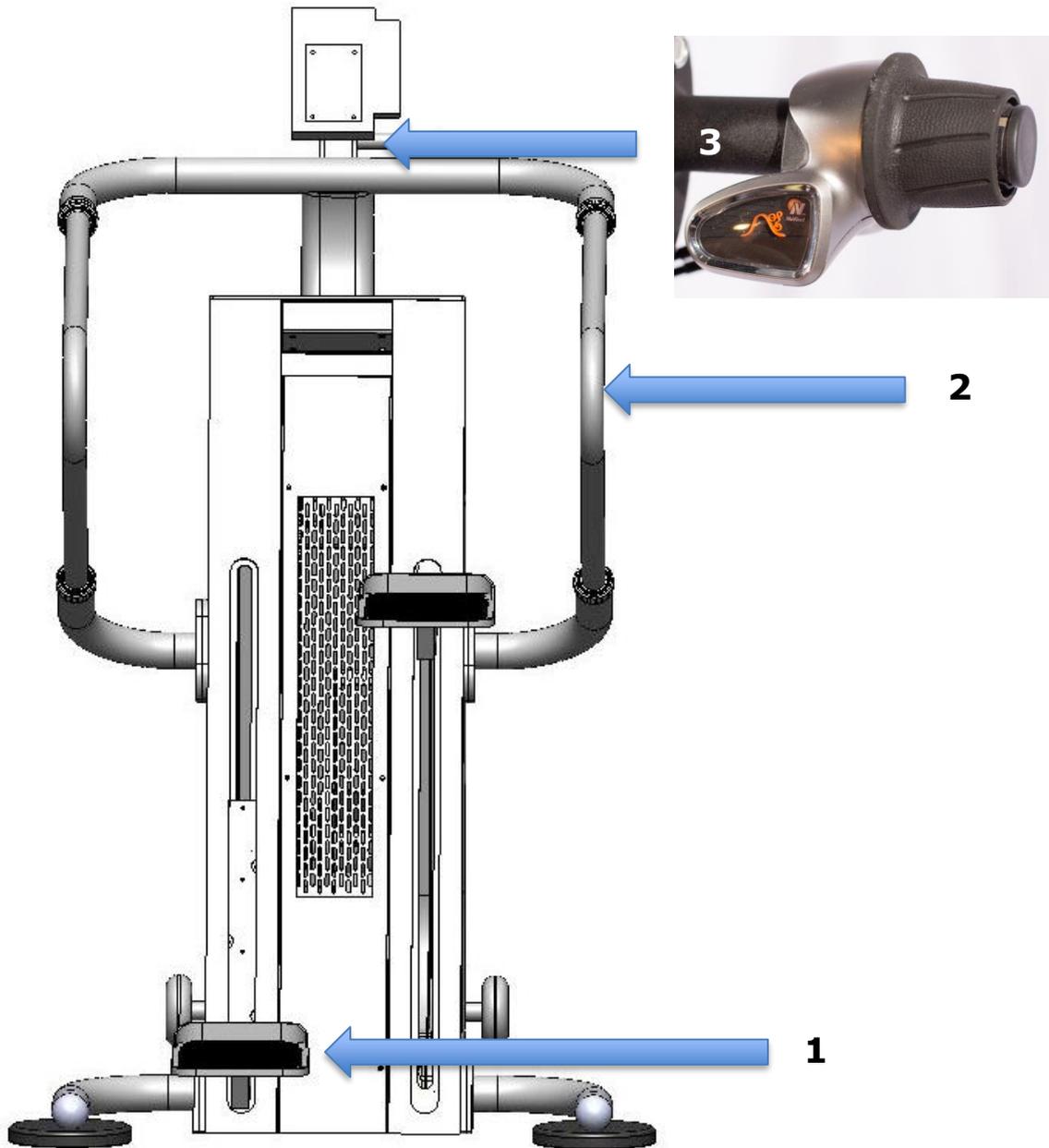
- Clean the frame and plastic surfaces with a soft cloth or brush. Do not use abrasive cleaning materials or brushes.
- Protect all metal surfaces with Lanolin Spray. Spray onto a cloth and wipe surfaces. Note- Do not apply Lanoline to handles and/or Foot plates
- Clean the console with a soft cloth.

### Six Monthly Maintenance

- Remove the metal side covers and check the tightness state of the frame bolts and nuts.
- Check the bearings and wear condition of all chains and sprockets

## 4. How to Use the Synergy Air Power Climber

### Lower Body Climbing



- Place one foot on the corresponding foot plate (1)
- As you place your weight on the footplate grip the handle (2) for balance
- Slowly move the footrests to generate speed. Whilst doing so the Continuously Variable Transmission (CVT) (3) can be rotated to vary resistance as deemed necessary.



**PLEASE NOTE- the Continuously Variable Transmission (CVT) must only be adjusted whilst the machine is in motion. Attempting to adjust the Continuously Variable Transmission (CVT) whilst the machine is stationary may damage the mechanism and void warranty.**

#### **Synergy Air Duty of Care Acknowledgement**

**DUTY OF CARE ACKNOWLEDGEMENT:** I acknowledge & understand that the fitness equipment being supplied to our Facility must be used correctly and that incorrect use or using excessive weight relative to the capability of the user can easily result in injury. Accordingly, as part of our 'Duty of Care', I understand that it is our responsibility to ensure:

1. *That all equipment users, prior to using the equipment must receive a comprehensive induction, by a qualified fitness professional, in the correct use and safe operation of the fitness equipment. As part of the equipment induction process, we must ensure that patrons are made aware of the safety 'Warning' labels on each machine and that reference is made to the exercise Instructional Placards' fitted to Strength pin loaded machines.*

2. It is understood that many of the machines, racks & benches can be used for a wide range of variable exercise options, making it impossible to provide an instructional placard for every exercise option & variant. Accordingly, the equipment purchaser acknowledges that it is the responsibility of the exercise facility to instruct and supervise users in the safe, correct and appropriate use of these machines.

**PLEASE NOTE** - Any piece of fitness equipment is capable of being pulled over if used incorrectly. It is the buyer's responsibility to determine if they wish to fix the equipment to the floor.

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**NOTE:** Synergy Physical Conditioning Systems reserve the right to change the specification without notice.