

# Infrastep

User Manual  
2024



## Warranty

---

This is to certify that the Infrastep® Stair Mill by VacuActiv exercise system is warranted by Vacu Activ Manufacturer, to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or an “act of God”. This warranty is non-transferable from the original owner.

If, within one year from the date of purchase, any part of the Infrastep exercise system should fail to operate properly (except any accessories ), contact our Technical Service Department to report the problem. When calling, please be prepared to provide the customer service representative with the following information:

- Your name, customer number, shipping address, and telephone number
- The model and serial number of the inoperable machine
- The date(s) of purchase for the inoperable machine(s)
- Your billing address

or please fill out our technical support contact form. Our technician will contact you within 48 hours on weekdays.:

<https://vacuactiv.com/technical-support/>



**Technical support  
online form**

## Preface

---

The Infrastep® Stair Mill by VacuActiv exercise system is a safe, functional, and effective exercise modality for developing aerobic fitness and increasing the strength of the major muscle groups of the lower body. It is designed for use by individuals of all ages and fitness levels. Your purchase of this machine is a positive affirmation of your commitment to use the best available methods for enhancing your functional fitness capabilities. In order to derive optimal benefits from your machine, you should read this manual thoroughly and adhere closely to the instructions.

## Safety guidelines

---

WHEN USING ELECTRICAL EQUIPMENT, ALWAYS FOLLOW THESE BASIC PRECAUTIONS:

### IMPORTANT SAFETY INSTRUCTIONS



This symbol appearing throughout this manual means **Attention!** Be Alert! Your safety is involved.

The following definitions apply to the words “Danger” and “Warning” found throughout this manual:

**DANGER** - Used to call attention to IMMEDIATE hazards which, if not avoided, will result in immediate, serious personal injury or loss of life.

**WARNING** - Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

#### READ ALL INSTRUCTIONS BEFORE USING THE MACHINE.



**Danger**

To reduce the risk of electrical shock, always unplug the external power supply from the AC wall outlet before cleaning, maintaining, or repairing.



**Warning**

To reduce the risk of burns, electric shock, or injury to persons:

- 
1. The external power supply should always be unplugged from the AC wall outlet before removing or installing parts. Never make adjustments or repairs while an exercise program is in progress.
  2. Close supervision is necessary whenever the machine is used by or near children, invalids, or disabled persons.
  3. Keep your hands away from all moving parts and keep your feet on the pedals while exercising. Do not operate the machine with the side covers removed.
  4. Use this machine only for its intended use as described in this Manual. Do not use parts, attachments, or accessories other than those provided by Infrastep® Stair Mill by VacuActiv.
  5. Do not use the external power supply if it has a damaged cord or plug, or if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact our technical support to arrange for the return of damaged parts.
  6. Never drop or insert any object into any opening on the machine.
  7. Do not operate where aerosol (spray) products are being used
  8. Always wear insulated gloves when handling batteries.
  9. Do not use the machine outdoors.

## Installation instructions

---

This is to certify that the Infrastep® Stair Mill by VacuActiv exercise system is warranted by Vacu Activ Manufacturer, to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or an “act of God”. This warranty is non-transferable from the original owner.

If, within one year from the date of purchase, any part of the Infrastep exercise system should fail to operate properly (except any accessories ), contact our Technical Service Department to report the problem. When calling, please be prepared to provide the customer service representative with the following information:

- Your name, customer number, shipping address, and telephone number
- The model and serial number of the inoperable machine
- The date(s) of purchase for the inoperable machine(s)
- Your billing address

or please fill out our technical support contact form. Our technician will contact you within 48 hours on weekdays.:

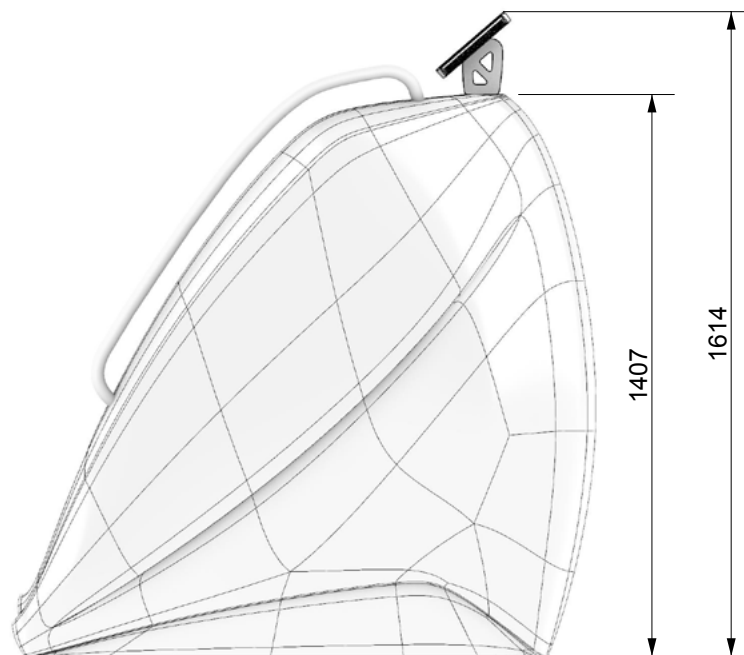
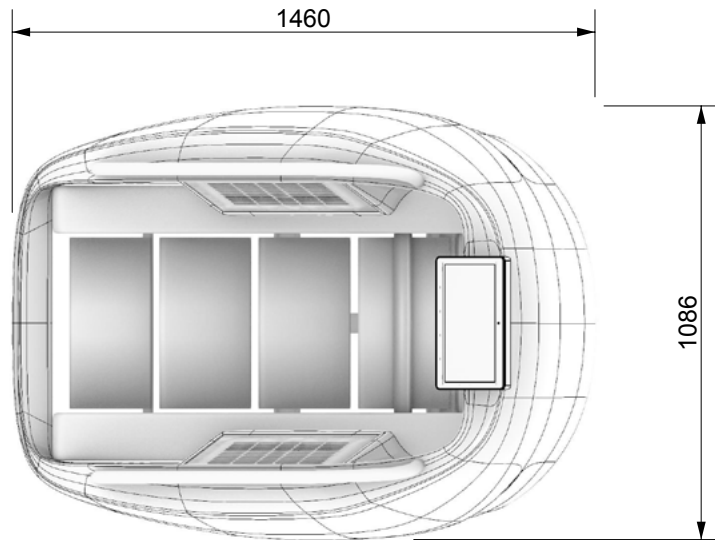
<https://vacuactiv.com/technical-support/>

- 
1. The external power supply should always be unplugged from the AC wall outlet before removing or installing parts. Never make adjustments or repairs while an exercise program is in progress.
  2. Close supervision is necessary whenever the machine is used by or near children, invalids, or disabled persons.
  3. Keep your hands away from all moving parts and keep your feet on the pedals while exercising. Do not operate the machine with the side covers removed.
  4. Use this machine only for its intended use as described in this Manual. Do not use parts, attachments, or accessories other than those provided by Infrastep® Stair Mill by VacuActiv.
  5. Do not use the external power supply if it has a damaged cord or plug, or if it is not working properly, if it has been dropped or damaged, or dropped into water. Contact our technical support to arrange for the return of damaged parts.
  6. Never drop or insert any object into any opening on the machine.
  7. Do not operate where aerosol (spray) products are being used
  8. Always wear insulated gloves when handling batteries.
  9. Do not use the machine outdoors.

**Before leaving the manufacturing facility, your Infrastep® Stair Mill by VacuActiv exercise system was thoroughly inspected and tested for proper operation. To minimize shipping damage, careful attention was given to making your machine ready for shipment.**

# Technical information

---





---

<b>Dimensions</b>	
Length	1460mm
Width	1086mm
Height	1614mm
Weight	

The Infrastep exercise system must be placed on a solid, level floor near an AC wall outlet. A minimum ceiling height of 118 feet (3 meters) and a doorway width of 36 inches (90 cm) is required.

<b>Technical information</b>	
Power	230VAC / 50Hz / 1PH
Infrared IR	2x
Infrared IR power	700W
Collagen Lamp	660nm : 850nm = 1:1
Maximum stairs speed	120 steps per minute
Resistance	Electromagnetic braking system (no motor)
Step lock sensor	Yes
Readouts	Tracks time, distance in floors, calories, speed in steps per min.
Computer control system	Yes
Maximum load	200kg
Touch screen size	15,6-inch

# Basic operation instructions

---

## GENERAL GUIDELINES FOR SAFE OPERATION



### WARNING

THESE GUIDELINES ARE DIRECTED TO YOU, AS THE OWNER OF THE MACHINE. YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES. YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.

1. Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, use the QUICK exercise program at the lower speeds until you feel comfortable and capable of faster speeds.
3. The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
4. Overweight or severely deconditioned individuals should be particularly cautious when using the machine for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Although all equipment manufactured by Vacu Activ has been thoroughly inspected by the manufacturing facility prior to shipment, proper installation and regular maintenance are required to ensure safety. Maintenance is the sole responsibility of the owner.

## Basic operation instructions

### YOUR FIRST WORKOUT ON THE INFRATESTEP EXERCISE SYSTEM

1. Warm up with light calisthenics and easy stretching exercises for at least five minutes before beginning your exercise program.



#### WARNING

IF AT ANY TIME DURING YOUR WORKOUT YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING IMMEDIATELY. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

2. Hold onto the handrails and step up onto the staircase. Stand up straight.
3. On the Home Screen select the [PROGRAM] button on the right bottom to choose exercise program.



- On the Choose Program screen, select the [QUICK] exercise program so you can control the pace of your first workout and get used to the exercise motion.



- After selecting the QUICK program, enter the speed data (steps per minute - range from 30 to 120) and exercise time. Adjust the values by pressing and sliding your finger around the circumference of the dial. After entering the data, click "Confirm" to start the training session.



- After accepting the training parameters, the system will initiate the session following a 3-second countdown.



- After the countdown, the training session screen will appear and the stairs will start moving automatically. Try to stay towards the top of the staircase and gradually become comfortable with the exercise motion, press [+ ] and [- ] to adjust your climbing speed.

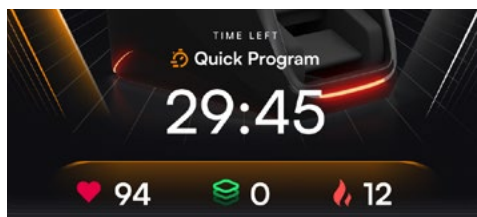


7. Relax as much as possible while exercising and maintain an erect posture. Use the handrails for balance. Don't lock your elbows or lean on the console. Supporting your weight will reduce the exercise intensity and the console will overestimate the number of calories burned.
8. Adjust the speed to comfortably ascend the staircase; remember, faster isn't necessarily more effective. It's crucial to exercise according to your own fitness capabilities. To enhance the workout intensity, consider activating an infrared (IR) lamp to elevate the ambient temperature for improved fat burning. Additionally, using a collagen lamp can promote skin regeneration and enhance overall well-being.
9. Upon completing your workout, the machine will gradually decelerate to a stop, and you will see the message "Well Done! Session is completed" on the display. The training screen will then automatically revert to the Home Screen.

# Guide to the training screen interface



Current training program



← Time until the end of training



## The exercise programs

Select your desired exercise program from the available four options. Ensure you input the necessary parameters for each selected program to optimize your workout experience.

### 🕒 Time Program

This program focuses on the duration of your workout. Once you select the Time-Based Program, you will set the desired speed, the total training time, and enter the exerciser's weight. The session concludes automatically when the preset time has elapsed.



### ☰ Floors Program

This program targets a specific number of floors to be climbed. After choosing the Floors Program, specify the speed, the number of floors patient aim to climb, and the exerciser's weight. The workout completes once the target number of floors has been reached.



### 🔥 Calories Program

This program is designed to help you achieve a specific calorie burn goal. Once you select the Calories Burn Program, you will set the workout speed, input the desired number of calories to burn, and enter the exerciser's weight. The exercise session will automatically conclude as soon as the targeted calorie count is met.



### Quick Program

The Quick Program is designed for brief workouts or for users getting acquainted with the machine. Once you select this program, you simply need to set the desired duration and the speed of the stairs. This makes it an ideal choice for initiating a fast and straightforward training session.



## Important

---



Danger

**IMPROPER CONNECTION OF THE EQUIPMENT-GROUNDING CONNECTOR CAN RESULT IN THE RISK OF ELECTRIC SHOCK. CHECK WITH A QUALIFIED ELECTRICIAN OR SERVICE PERSON IF YOU ARE IN DOUBT AS TO WHETHER THE MACHINE IS PROPERLY GROUNDED. DO NOT MODIFY THE PLUG PROVIDED WITH THIS MACHINE. IF IT WILL NOT FIT THE AVAILABLE OUTLET, HAVE A PROPER OUTLET INSTALLED BY A QUALIFIED ELECTRICIAN.**



Warning

**CHANGES OR MODIFICATIONS TO EQUIPMENT NOT EXPRESSLY APPROVED BY VACU ACTIV® COULD VOID THE USER'S AUTHORITY TO OPERATE THIS EQUIPMENT.**

## Notes

---

## Contact

---

# VacuActiv

### Contact

**contact@vacuactiv.com**

**+48 660 216 370**

#### Available at

Central European Time 9am - 5pm

### Technical support

**support@vacuactiv.com**

**+48 501 186 938**



**Complete the online form to report a problem with your device.** Our technicians will respond within a few business days.

**<https://vacuactiv.com/technical-support/>**

Modrzewiowa 1 Street, 7  
6-251 Losino, POLAND  
Phone +48 59 843 43 43

***Vacu Activ***

**[vacuactiv.com](http://vacuactiv.com)**