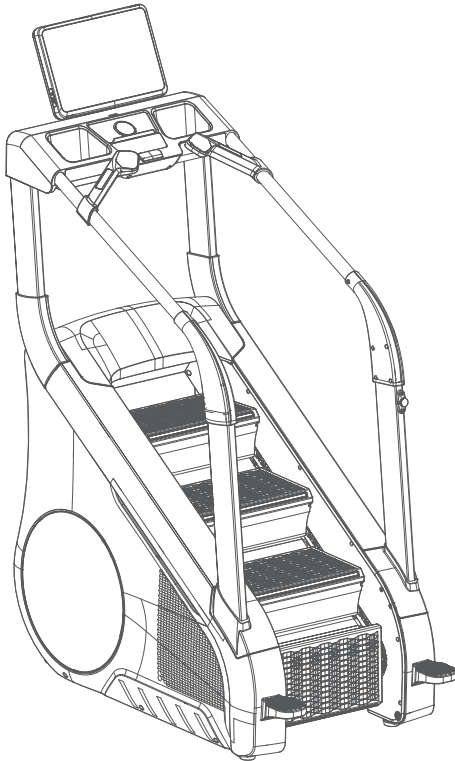




HUDSON
RESERVE *Gold Label*
COLLECTION

NEW YORKER

Stair Climber

PRODUCT MODEL: CS201ES

DESIGNED IN NEW YORK.
MADE IN CHINA.

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Please read this manual carefully before using the product and keep it for future reference.

All illustrations of the product, accessories, and user interface in this manual are for reference only.

Due to product updates and upgrades, the actual product may differ slightly from the illustrations shown. In case of any discrepancy, the actual product shall prevail.

01 Safety Precautions & Warnings

For your safety and to avoid accidents, please read this manual carefully before use and observe the safety precautions below.

Safety Notice: This product is designed and manufactured with multiple safety considerations; however, improper operation may still cause injury. Please follow all instructions to prevent accidents. We are not responsible for any consequences resulting from abnormal or incorrect use.

- Before use, ensure that the stair climber is properly assembled and placed on a flat, stable surface.

Regularly inspect and firmly tighten all components as recommended in this manual.

If the equipment malfunctions, is damaged, or exhibits abnormal behavior, stop using it immediately and contact your dealer for repair or replacement. Do not use the equipment until it has been fully restored.

- Check and confirm that all components are securely fastened. Do not remove any screws or reduce the number of screws installed, as this may result in dangerous conditions.

This stair climber operates on AC power (110V-220V) and must be connected to a properly grounded outlet.

Wear appropriate athletic shoes and clothing. Bare feet or slippers are strictly prohibited.

Children under 14 years old must not use this product.

- Users with limited mobility or elderly individuals must be supervised by an adult or guided by a professional.
- Suitable height range: 4'11" to 6'11" (150 cm - 210 cm).
- Do not exceed the maximum user weight limit of 400 lbs (181 kg).
- To avoid injury or equipment damage, do not insert your hands, feet, or any objects into the pedals, rollers, or other moving parts. Do not attempt to forcibly push or rotate the pedals by hand.
- Incorrect training posture or excessive exercise may lead to serious injury or even death.
- If you experience chest pain, nausea, dizziness, or difficulty breathing, stop exercising immediately and consult your doctor before resuming use.

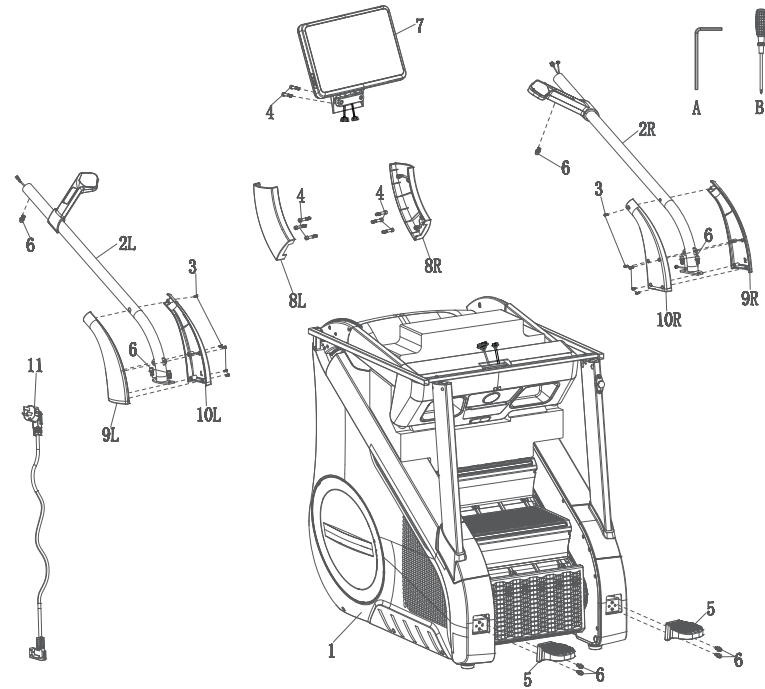
This product is designed for single-person operation. Do not allow more than one person to stand on the pedals at the same time.

01 Safety Precautions & Warnings

- Please adjust the training intensity and speed according to your physical condition to avoid discomfort or injury caused by overtraining.
- Keep children and pets away from the equipment during use to prevent accidents.
- Before use, carefully read, understand, and test the emergency stop procedure. Do not jump off the machine suddenly; wait until the pedals have come to a complete stop before stepping off.
- Keep both feet moving on the pedals during exercise to avoid sudden pauses that may cause loss of balance. For better balance and safety, it is recommended to hold the handrails while training.
- Do not leave the equipment unattended while it is powered on. When the equipment is idle, being cleaned, maintained, or moved, switch off the power and unplug the cord.
- This product is intended for indoor personal fitness use only. Do not expose it to direct sunlight, high temperatures, or humid environments.
- This product is classified as SC class, with a maximum user weight of 180 kg.

Warning: Consult your physician before beginning any exercise program. This is especially important for individuals over 35 years of age or those with existing health conditions. Read all instructions carefully before using any exercise equipment.

02 Exploded View



03 Parts List

No.	PART	NAME	QTY	No.	PART	NAME	QTY
1		Main Frame	1	7		Display Screen	1
				8L		Left Decorative Cover	1
2L		Left Handlebar Tube	1	8R		Right Decorative Cover	1
				9L		Left Handlebar Decorative Cover1	1
2R		Right Handlebar Tube	1	9R		Right Handlebar Decorative Cover1	1
				10L		Left Handlebar Decorative Cover2	1
3		Bolt M4*12MM	10	10R		Right Handlebar Decorative Cover2	1
4		Bolt M8*40MM	8	11		Power cord	1
5		Pedal	2	A		6 mm Allen wrench	1
6		Bolt M8*20MM	10	B		Phillips screwdriver	1

04 Assembly Steps

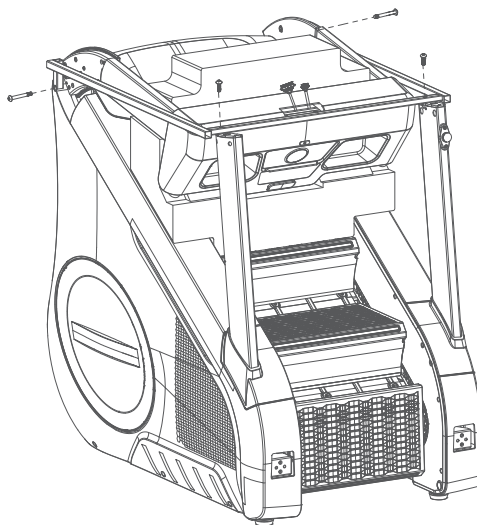
During installation, lightly fasten all screws first. After the frame is fully assembled, tighten all screws securely.

Step 1:

Use Allen Wrench A to loosen the bolts securing the protective frame, then lift and remove the entire protective frame.

Note:

The transportation support frame and its screws are for packaging protection only. They are not required after assembly is completed and may be safely discarded or recycled.



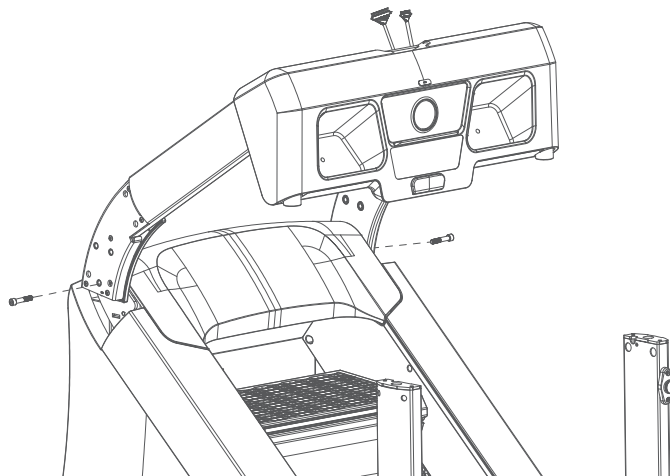
04 Assembly Steps

Step 2:

Use Allen Wrench A to loosen and completely remove the pre-installed No. 4 bolts (M8×40 mm) located on both sides of the main support frame.

Note:

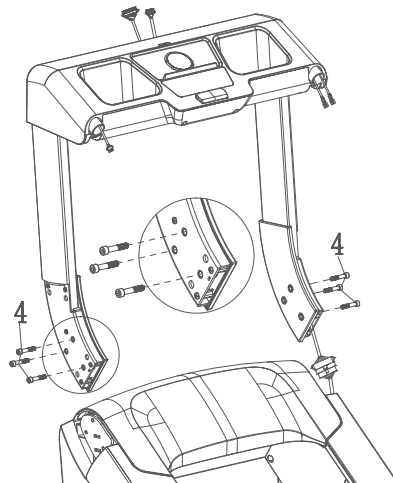
Please keep the removed screws safely, as they will be required in the next assembly step.



04 Assembly Steps

Step 3:

Lift the column support frame carefully, ensuring the Power Cord (No. 11) inside the tube is protected and not pinched. Align the column support with the Main Frame (No. 1), match the bolt holes, and use Allen Wrench A to fasten and tighten the Bolts(No. 4).



04 Assembly Steps

Step 4:

①: As shown in the illustration, pull out the power sensing cable from the right side of the console support tube. Connect this cable to the power sensing cable extending from the front end of Right Handlebar Tube (No. 2R). (Note: Ensure the pin connectors are not bent. Align them vertically and connect gently.)

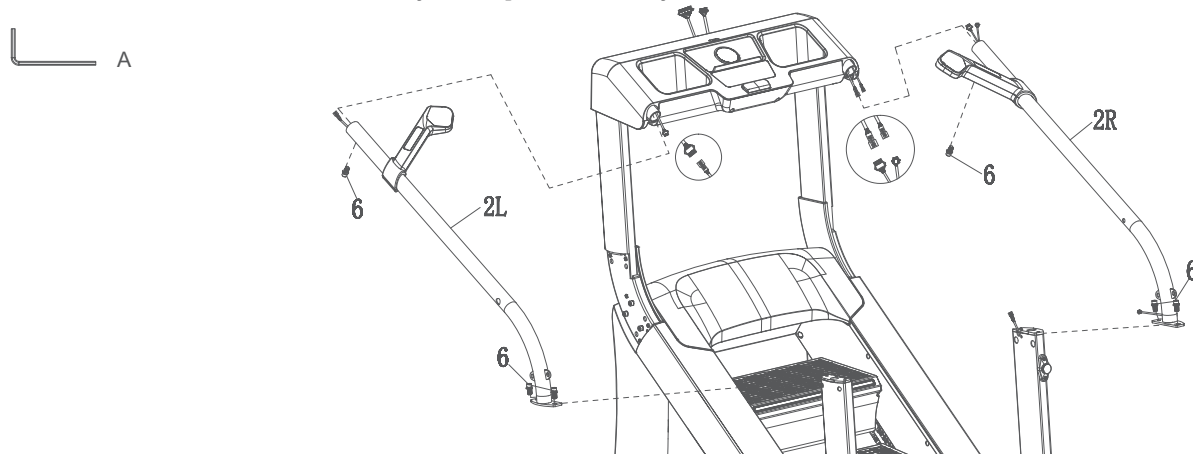
②: Insert the front end of Right Handlebar Tube (No. 2R) into the console support tube. Align the screw holes and use Allen Wrench A to fasten Bolts (No. 6).

Note: Do not fully tighten at this stage. Final tightening will be completed in Step ③.

③: Connect the lower end of Right Handlebar Tube (No. 2R) to the left and right support handlebar tubes on the main frame. Align the bolt holes and use Allen Wrench A to fasten and fully tighten Bolts (No. 6).

Note: The Bolts (No. 6) from Step ② must also be fully tightened at this time.

Assemble the Left Handlebar Tube (No. 2L) using the same procedure as the right side.

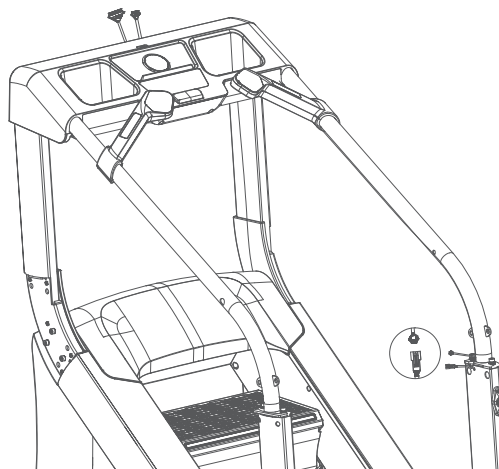


04 Assembly Steps

Step 5:

As shown in the illustration, connect the power sensing cable pulled from inside the right support handlebar tube of the main frame with the power sensing cable extending from the lower end of Right Handlebar Tube (No. 2R).

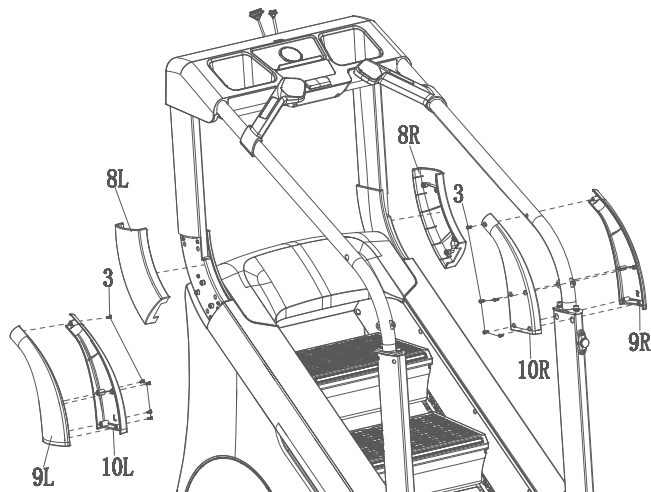
Note: Ensure the pin connectors are not bent. Align them vertically and connect gently.



04 Assembly Steps

Step 6:

- ①: As shown in the illustration, attach the No. 8L / No. 8R left and right decorative covers to the connection area on the main frame. Align the clips and press downward until the covers snap securely into place.
- ②: As shown in the illustration, attach the No. 9L / No. 10L left handlebar decorative covers to the connection area on the left handlebar tube. Align the clips and snap them together, then use Phillips screwdriver B to fasten and tighten the five No. 3 bolts.
- ③: As shown in the illustration, attach the No. 9R / No. 10R right handlebar decorative covers to the connection area on the right handlebar tube. Align the clips and snap them together, then use Screwdriver B to fasten and tighten the five No. 3 bolt.



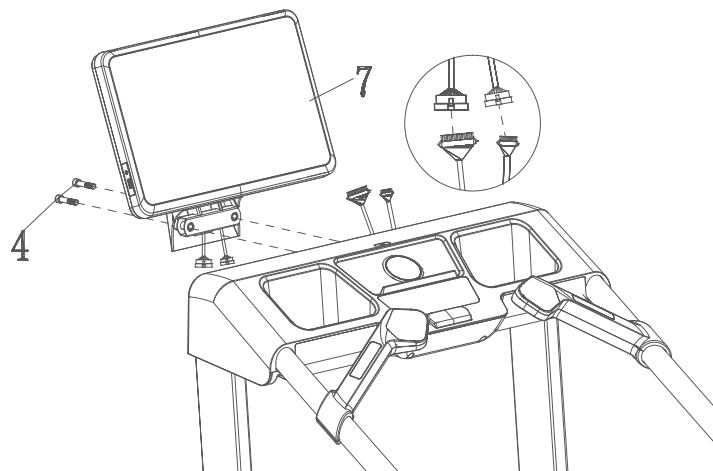
04 Assembly Steps

Step 7:

①: As shown in the illustration, connect the power sensing cable of the No. 7 display screen to the power sensing cable from the console head of the main frame.

Note: Ensure the pin connectors are not bent. Align them vertically and connect gently.

②: Neatly place the connected cables to prevent them from being pinched. As shown in the illustration, attach the No. 7 display screen to the main frame, align the bolt holes, and use Allen Wrench A to fasten and tighten the No. 4 bolts.

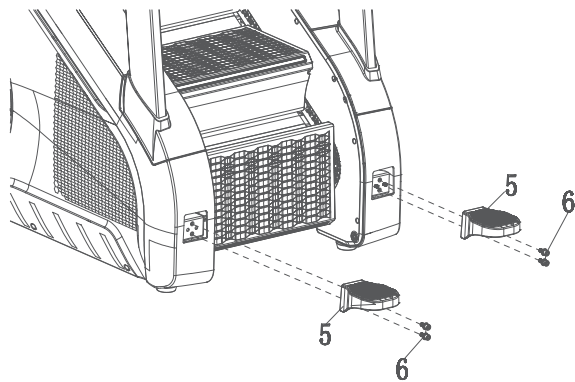


04 Assembly Steps

Step 8:

Attach the No. 5 pedal to the bottom section of the main frame as shown in the illustration.

Align the bolt holes, then use Allen Wrench A to fasten and tighten the No. 6 bolts.

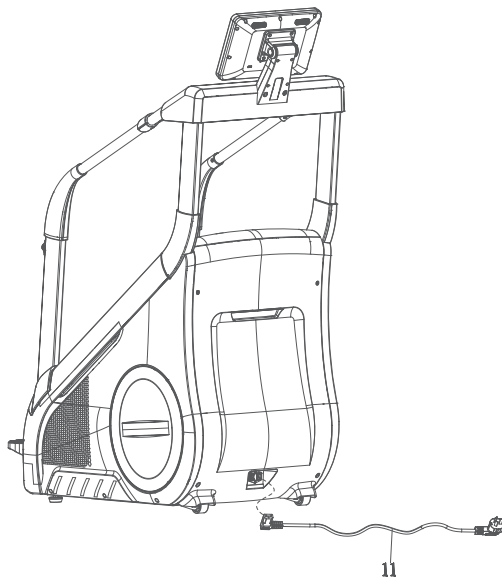


04 Assembly Steps

Step 9:

Take out the No. 11 power cord and, as shown in the illustration, insert the power plug into the power socket located at the rear of the machine.

Note: Ensure the power switch is in the OFF position before connecting the power.



- After completing the installation, confirm that all bolts are fully tightened and that all power sensing cables are correctly connected. Then plug the other end of the power cord into a fixed indoor outlet and turn on the power switch — the equipment is now ready for use.

05 Product Operating Instructions

Placement and Moving the Equipment

The stair climber is equipped with a pair of transport wheels at the base. To move the equipment, first disconnect the power supply. Firmly hold both pedals, gently lift the machine, and use the transport wheels to carefully roll it to the desired location.

Place the stair climber on a flat and stable surface, ensuring the workout area is free of obstacles.

For safe operation, it is recommended to leave at least 0.6 m (24 inches) of clearance at the front and rear, and 0.6 m (24 inches) on each side.

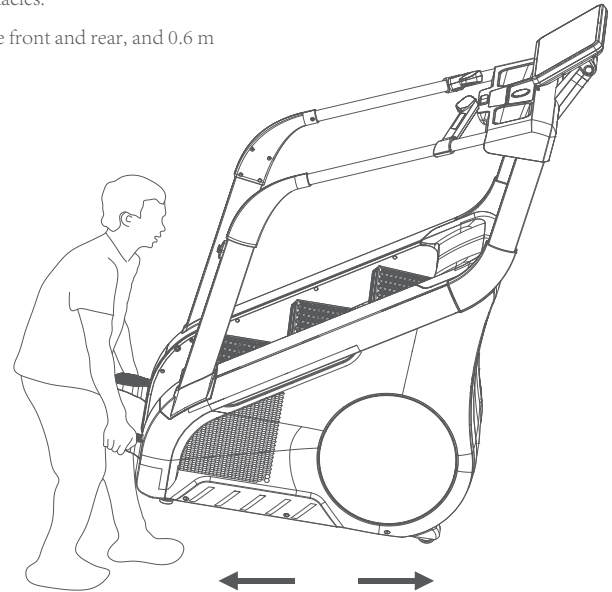


Warning!

Exercise caution when moving the equipment to reduce the risk of injury caused by tipping or pinching.

Do not move the equipment across uneven surfaces.

Do not place the machine in areas that obstruct ventilation or airflow. Avoid placing it in garages, open patios, near water sources, or outdoors.



05 Product Operating Instructions

Emergency Stop Button

The emergency stop button is for emergency use only. In case of danger, press the button immediately to stop the machine at once.

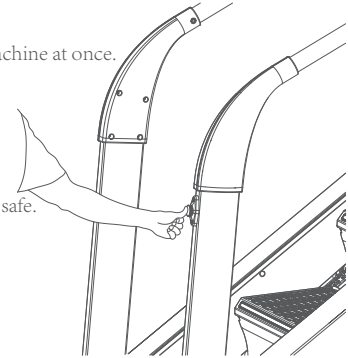
Operation Warning

- If any abnormal condition or potential danger occurs, press the red emergency stop button immediately.
- Do not hold the button down for an extended period. Before resetting, ensure that the surrounding environment is safe.



Warning

Do not operate this button unnecessarily, as improper use may damage the equipment or cause personal injury.



Optimal Workout Posture

Use the auxiliary step to safely mount the machine. When standing on the pedals, adjust your posture so you can comfortably operate the console. Maintain an appropriate distance from the display screen and remote handlebar controls.

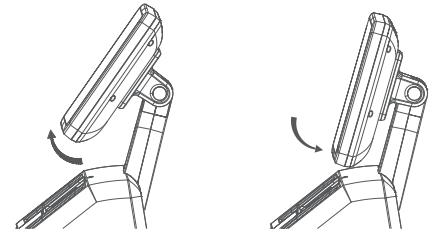
Ensure both feet remain fully in contact with the pedals, keep your core stable, and hold the handlebars firmly with both hands.



Warning - Do not use the stair climber under the following conditions:

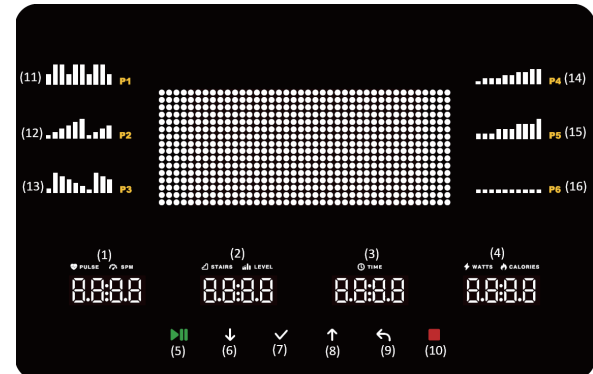
- The power plug, power cord, or outlet is damaged
- The equipment shows any signs of malfunction

Display Adjustment Instructions



06 Console Panel Functions

- (1) PULSE: Displays heart rate (requires holding the sensors). SPM: Steps per minute.
- (2) STAIRS: Number of steps completed. LEVEL: Current resistance or intensity level.
- (3) TIME: Workout duration.
- (4) WATTS: Power output. CALORIES: Calories burned.
- (5) ►► || II : Start / Pause workout.
- (6) ↓: Adjust resistance level or menu values.
- (7) ✓✓ (Confirm Key): Confirms settings.
- (8) ↑: Adjust resistance level or menu values.
- (9) ⇐⇐ (Return Key): Returns to the previous menu.
- (10) Red ■: Stops the workout / ends the program.
- (11) Preset Training Mode - High Intensity Interval Training (HIIT).
- (12) Preset Training Mode - Progressive Training.
- (13) Preset Training Mode - Decline Cycle Training.
- (14) Preset Training Mode - Climbing Mode Training.
- (15) Preset Training Mode - Step Enhancement Training.
- (16) Preset Training Mode - Manual Mode.



06 Console Panel Functions

Operating Steps

- (1) Power On: After connecting the power, the screen will light up and display the standby screen.
- (2) Select Mode: Use the ↑ / ↓ keys to switch between P1-P6, then press ✓ to confirm.
- (3) Set Parameters: Adjust workout time, resistance level, or target calories as needed.
- (4) Start Exercise: Press the green ► || button to begin.
- (5) Adjust During Exercise: Use ↑ / ↓ to adjust the resistance level in real time.
- (6) Pause / Stop: To pause, press ► || again. To stop completely, press the red ■ button.
- (7) After Exercise: The display will show the total workout time, calories burned, and average heart rate.

Emergency Stop Button

Use only in emergency situations. In case of danger, press the button immediately and the machine will stop operating at once.

⚠ Do not operate the button casually, to avoid damaging the equipment or causing personal injury. Operating Warnings

- In case of abnormal conditions or danger, press the red emergency stop button immediately.
- Do not press and hold the button for a long time. Before resetting, make sure the environment is safe.

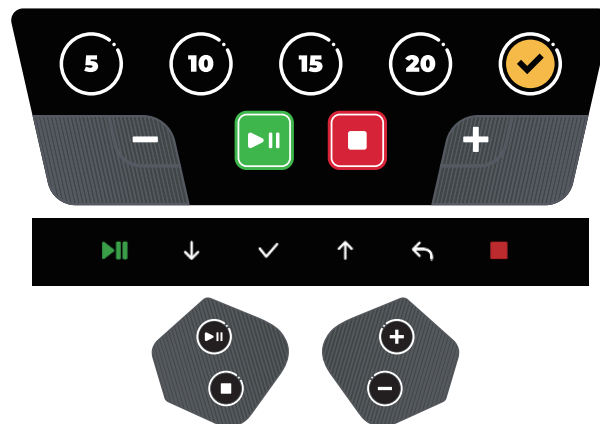
06 Console Panel Functions

Function Keys (Activated when press Start Key)

1. Step/Min Setting Keys (5 / 10 / 15 / 20): Quickly set the workout Step/minutes.
2. Confirm Key (✓✓): Confirms the selected time or setting.
3. Start Key (▶ ||): Starts the workout.
4. Stop Key (■): Stops the workout and ends the current session.
5. Right Handlebar: Equipped with (+ / -) keys to adjust workout intensity or speed.
6. Left Handlebar: Equipped with “Start / Stop” function.
7. Red Emergency Stop Key: Press in case of emergency to immediately stop the machine. After use, settings must be reset before restarting.

Operating Steps

- Preparation: Ensure the power is connected and the equipment is placed on a stable surface.
- Select Step/Min: Press one of the “5 / 10 / 15 / 20” keys.
- Confirm Setting: Press the “ ✓✓ ” key to lock in the selection.
- Start Exercise: Press the “ ▶ || ” key to begin operation.
- Adjust Intensity: Use the “+ / -” keys to adjust workout intensity or speed as needed.
- Stop Exercise: When finished, press the “■” key to end the session.
- Emergency Handling: If discomfort or an accident occurs, press the red emergency stop key immediately to halt operation.



06 Console Panel Functions

Steps/Minute

Level	1	2	3	4	5	6	7	8	9	10	11	12	13
Steps/Minute	20	26	32	38	44	50	56	62	68	74	80	86	92
Level	14	15	16	17	18	19	20	21	22	23	24	25	
Steps/Minute	98	104	110	116	122	128	134	140	146	152	158	164	

Heart Rate Monitoring Function

The heart rate monitoring function of this product is intended for exercise reference only and must not be used for medical purposes. While the hand pulse sensors can provide an approximate estimate of actual heart rate, they should not be relied upon when precise readings are required. Some individuals (including those undergoing cardiac rehabilitation programs) should use other monitoring systems such as wristbands or chest straps for more accurate measurements. Various factors, such as user movement, can affect the accuracy of the readings. Heart rate data is provided solely as an auxiliary fitness reference to indicate general trends during exercise. Please consult your physician for medical advice.

06 Console Panel Functions

Usage

Place your palms directly on the hand-held heart rate sensors. Both hands must hold the sensors in order to record your heart rate. It takes about 5 heartbeats (15 to 20 seconds) of continuous contact for the heart rate to be registered. Do not grip the sensors too tightly, as this may raise your blood pressure. A light, relaxed grip is sufficient. Continuous gripping may cause fluctuating readings. Always keep the heart rate sensors clean to ensure proper contact and accurate sensing.

Warning

The heart rate monitoring system may not be accurate. Over-exercising can cause serious injury or even death. If you feel dizzy, stop exercising immediately.

07 Care and Maintenance

To maintain the designed safety standards, regularly inspect the stair climber for signs of wear and deterioration. Any failed or damaged components must be replaced, and the equipment must not be used until all repairs have been properly completed.

Maintenance Frequency	Maintenance Tasks
Daily	After each use, wipe the equipment with a dry cloth to prevent sweat corrosion and clean the stair climber. Use only mild soap or water-based cleaners. Do not use strong acids, strong alkalis, or volatile cleaning agents.
Daily	Inspect the power cord. If any damage is found, contact your dealer for repair or replacement.
Daily	Check the pedals and rollers for abnormal noise or jamming.
Weekly	When cleaning the underside of the stair climber, follow the steps below: • Turn off the power. • Move the stair climber away from its original position. • Wipe or vacuum all dust and debris from the bottom. • Move the stair climber back into place.
Monthly	Regularly check screws, nuts, and moving components for looseness, and replace or service them as needed.

 If any damage, wear, or malfunction is detected, stop using the equipment immediately. Contact the dealer for repair or replacement, and do not operate the equipment again until the issue has been fully resolved.

08 FAQ & Troubleshooting

Problems	Troubleshooting
Console does not power on	• Check whether the machine is properly plugged into a functioning power outlet. • Check the connection between the display screen and the control panel to ensure all connectors are firmly secured.
Stair climber makes abnormal noise or becomes jammed	• Inspect the pedals and other mechanical components for looseness or damage, and tighten any related bolts. • Check the drive belt or transmission system and lubricate if necessary. • Remove any foreign objects that may have entered the machine and ensure all components move smoothly.
Unable to adjust speed or speed is unstable	• Check whether the speed adjustment knob is stuck or damaged. • Make sure a training mode has been selected (some modes operate at a fixed speed). • Inspect the connection between the console and the main unit. Try restarting the equipment.
Equipment functions normally but heart rate is not displayed	• Check whether the wires and panel connectors are firmly secured. • Inspect the connection cable between the handlebar and the control panel for signs of damage or poor contact. • If the palms are too dry or have calluses, sensor performance may be affected. Applying conductive gel may improve detection accuracy.

09 Warm-Up Exercise

Before Exercise

Before starting your workout, it is recommended to perform stretching exercises. Warm muscles are easier to stretch, which helps improve flexibility and reduce the risk of injury.

Begin with 5-10 minutes of warm-up, then stop and follow the stretching methods shown on the right. Perform each stretch 5 times, holding 10 seconds or longer for each leg.

Repeat the stretches again after your workout.

Note: This product is designed for full-body training. Please follow the warm-up steps below before exercising.

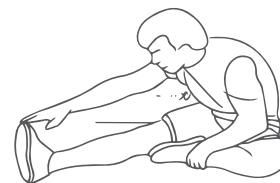


1. Downward Stretch :

Keep your knees slightly bent and slowly bend your upper body forward. Relax your back and shoulders, and try to reach your toes with your hands.

Hold for 10-15 seconds, then relax.

Repeat 3 times.



2. Hamstring Stretch :

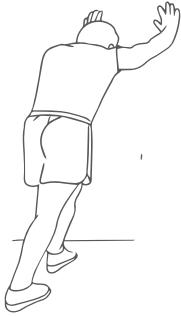
Sit on a clean mat and extend one leg straight. Bend the other leg inward so that the sole rests against the inner thigh of the straight leg.

Reach toward the toes of the extended leg.

Hold for 10-15 seconds, then relax.

Repeat 3 times for each leg.

09 Warm-Up Exercise



3. **Calf and Achilles Stretch :**

Stand facing a wall with both hands placed against it. Step one foot back. Keep the back leg straight with the heel firmly on the ground, and lean your body toward the wall.
Hold for 10-15 seconds, then relax.
Repeat 3 times for each leg.



4. **Quadriceps Stretch :**

Place your left hand on a wall or table for balance. Reach your right hand behind you to grasp your right foot, gently pulling the heel toward your buttocks until you feel a stretch in the front of your thigh.
Hold for 10-15 seconds, then relax.
Repeat 3 times for each leg.



5. **Sartorius (Inner Thigh) Stretch :**

Sit with the soles of your feet together and your knees dropped outward. Hold your feet with your hands and gently pull them toward the groin.
Hold for 10-15 seconds, then relax.
Repeat 3 times.