



## StairMaster® StepMill® 3

Designed with the StairMaster StepMill 5 in mind, the SM3 provides users with the same exceptional experience but in a more compact unit. The SM3 is the perfect "high reward" machine for light commercial and home use.







If you're looking to burn calories, lose weight and strengthen and tone major muscle groups, stair climbing provides astounding results. In fact, climbing stairs is widely recognized as one of the most efficient and effective cardio and strength building workouts you can do. If you're willing to put in the work, it provides the results!

With the NEW StepMill 3...

- **Maximize Your Cardio Efforts**

Stair climbing raises your heart rate immediately. By lifting your body weight with every step, strength training is naturally built in.

- **Low Impact → High Calorie Burn**

Moving your body weight uphill burns calories faster than just about any other cardio activity. High work levels are attained at very low speeds – for example, climbing at 1mph is similar to running at 4mph on flat ground.

- **Increase Core Muscle Strength**

Maintaining balance engages core muscles with every step.

- **Tone and Sculpt Your Entire Lower Body**

High repetitions are famous for building lean muscle and burning fat.

StepMill 3 Specifications	
Drive System	Electronically controlled alternator, brake, and drive chain precisely controls the stair speed.
Programs	Goal-based programs for Time, Calories and Floors. Several profile options, including Heart Rate control programs and intervals.
Heart Rate Monitoring	Built in pulse grip sensors on the handlebars. Telemetry heart rate receiver built into console (chest strap transmitter not included).
Display	Large Backlit LCD Console
Step Range	Revolving staircase with 6" fixed step height
Product Dimensions	46" L x 29" W x 73" H (117cm x 74cm x 185cm)
Machine Weight	227 lbs (103 kg)
Weight Limit	275 lbs (125 kg)
Height Requirement	8' ceiling height for safety clearance
Power Requirements	Input Voltage 100-240 VAC 50/60 Hz 100 VA