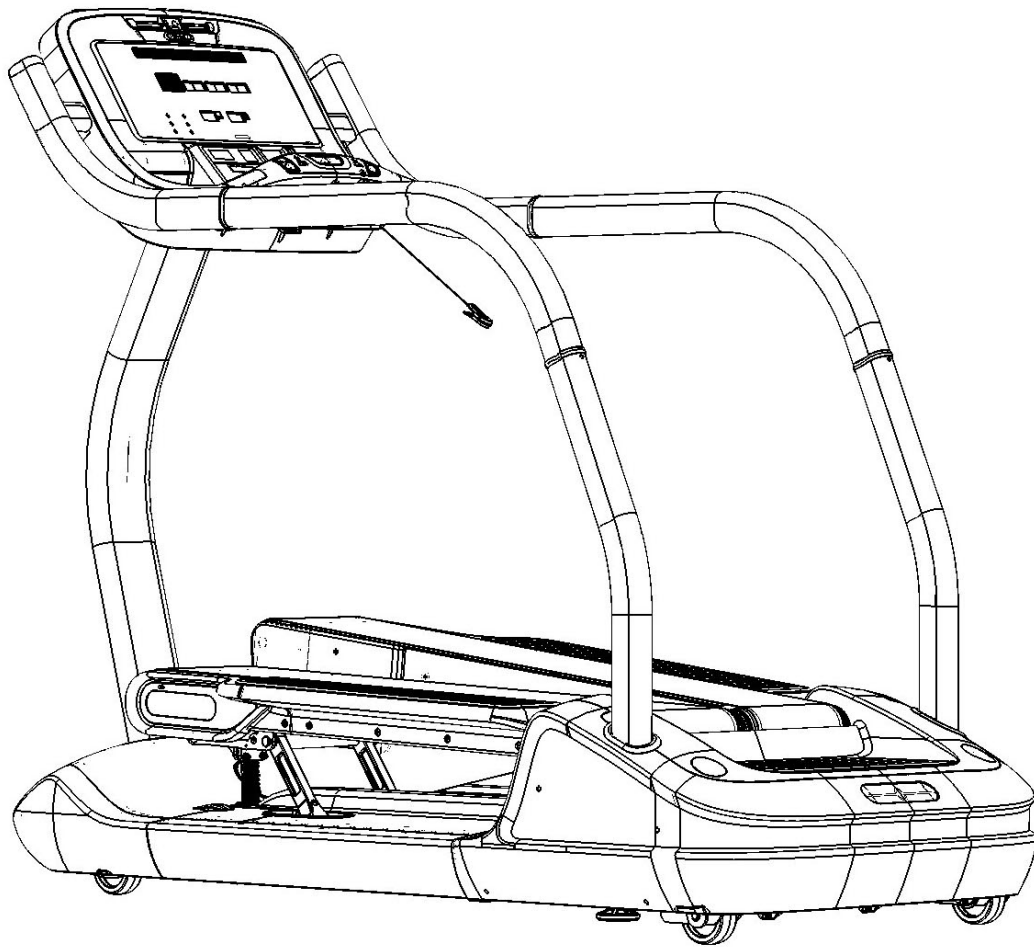


TreadClimber

Owner's and Assembly Manual



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Every effort has been made to keep this information current; however, periodically, changes are made to the information herein, and these changes will be incorporated into new editions of this publication. All product names and logos are trademarks of their respective owners. Printed in the USA.

This Owner's Manual will acquaint you with the assembly, operation and maintenance of your TREADCLIMBER cardio machine.

We highly recommend that you read this owner's manual prior to setting up and using your machine. The information on the following pages will enable you to begin easily, quickly and safely.

WARNING

Your TREADCLIMBER is designed for aerobic exercise in a gymnasium or health club environment.

Please check with your physician prior to beginning any exercise program.

Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when using this machine. Please read the owner's manual in its entirety before operating.

IMPORTANT SAFETY INSTRUCTIONS WARNING

This product will be wired for either 120 VAC nominal power input OR 230 VAC nominal input. It is factory-equipped with a specific electric cord and plug to permit connection to the proper electric circuit. Make sure that the product is connected to a dedicated power line having an outlet with the same configuration as that of the plug. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel. Warning: If the supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid hazard.

SAVE THESE INSTRUCTIONS

ATTENTION

We recommend that units be spaced a minimum of 20.0 inches (0.5 m) apart to allow safe and easy ingress and egress. More importantly, there must be at least 48 inches (1.25 m) of free space behind each unit.

As with any motorized equipment, the area where the units are located must be free of obstructions and fixtures with sharp edges to prevent injury in the event that a user trips or loses balance and falls. Failure to follow the obstruction free spacing requirement may result in entrapment of the user and cause significant injury. DO NOT place near wet areas (such as pools, showers, etc.).

This chapter includes fitness safeguards and precautions for the installation and use of the TREADCLIMBER. These safety notes are directed to you as the owner of the machine. Please read this chapter carefully before installing or using your equipment and be sure to train all your members and fitness staff to follow these safety instructions. Safety instructions are provided in the following languages (in the order shown):

Dutch
English

French
German

Italian
Portuguese

Spanish
Swedish

VEILIGHEIDSINSTRUCTIES

WAARSCHUWING

Dit produkt is voor gebruik op een circuit met een nominale waarde van 220 volt en is in de fabriek uitgerust met een speciaal elektrisch snoer en stekker om verbinding met een passend elektrisch circuit toe te staan. Zorg ervoor dat dit produkt verbonden is met een stopcontact dat dezelfde configuratie heeft als de stekker. **GEBRUIK GEEN ADAPTER BIJ DIT PRODUKT.** Als het produkt opnieuw verbonden moet worden met een ander type van elektrisch circuit, dan moet deze verbinding gemaakt worden door gekwalificeerd onderhoudspersoneel.



VOORZICHTIG: NEEM DE STEKKER UIT HET STOPCONTACT VOOR HET RENIGEN OF ONDERHOULD.



VOORZICHTIG: LEES HET INSTRUCTIEHANDBOEK VOORDAT U DE MACHINE BEDIENT.



VOORZICHTIG: BEWEGENDE ONDERDELEN. HOUD UW HANDEN EN VOETEN ONDER DE LOPENDE BAND VANDAAN.



STOPPEN (VAN ACTIE)



WISSELSTROOM



AAN

UIT

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de TREADCLIMBER. Train uw leden en fitness- personeel om deze veiligheidsinstructies te volgen.

LEES ALLE INSTRUCTIES VOORDAT U DE HARDLOOPBAND GEBRUIKT.

WAARSCHUWING: Om het risico van een elektrische schok te verminderen, dient u de stekker van de hardloopband **ALTIJD** uit het stopcontact te nemen voordat u hem schoonmaakt.

DOE DIT WEL

Stop de bediening van de hardloopband als u zich duizelig voelt of het gevoel heeft dat u flauwvalt.

Weet hoe ver u kunt gaan.

Zorg ervoor dat het oppervlak van de band schoon en droog blijft.

Neem de stekker uit het stopcontact voordat u de band reinigt of welk onderdeel dan ook verwijdt of vervangt. Gebruik dit product alleen voor het doeleinde waarvoor het bestemd is.

Zorg ervoor dat u weet waar de noodstop zit en hoe deze werkt.

Verricht regelmatig preventief onderhoud.

Houd het snoer bij verwarmingssystemen vandaan.

Wacht totdat de lopende band stil staat voordat u van de hardloopband stapt.

Houd luchtopeningen vrij van pluizen, haar etc. Bedien de hardloopband nooit met geblokkeerde luchtopeningen.

Schakel de stroom uit bij de contactschakelaar.

DOE DIT NIET

Laat kinderen niet zonder toezicht de hardloopband bedienen.

Zorg ervoor dat het maximaal toegestane gewicht (159 kg) niet wordt overschreden.

Ga de band niet op af terwijl deze loopt.

Niet buiten gebruiken.

Draag geen loszittende kleding als u de lopende band bedient.

Draai de lopende band niet te strak aan.

Bedien de hardloopband niet als deze een beschadigd snoer of stekker heeft, als hij niet goed werkt of als hij gevallen of beschadigd is. Neem contact op met uw geautoriseerde StairMaster detailhandelaar of de onderhoudsafdeling van StairMaster op +1 (888) 678-2476 of bezoek onze website op <http://www.stairmaster.com> voor een onmiddellijke inspectie of reparatie.

Gebruik de hardloopband niet zonder gymschoenen. Laat nooit objecten in het apparaat vallen en steek geen objecten, handen of voeten in welke opening van het apparaat dan ook of onder het apparaat.

Plaats geen waterflessen of bekertjes op uw hardloopband tenzij u een houder heeft die speciaal ontworpen is voor hardloopbanden. Gebruik uw hardloopband niet in een omgeving waar spuitbussen worden gebruikt of waar zuurstof wordt toegediend.

Bedien het apparaat niet zonder de motorafscherming of pas het apparaat op geen enkele wijze aan.

PRECAUTIONS



CAUTION: READ THE OWNER'S MANUAL COMPLETELY BEFORE OPERATING THIS MACHINE



CAUTION: BEFORE CLEANING OR SERVICING, DISCONNECT POWER SUPPLY



CAUTION: MOVING PARTS, KEEP HANDS AND FEET FROM UNDER THE TREADCLIMBER WHEN OPERATING



STOP (OF ACTION)



ALTERNATING CURRENT



ON

OFF

These safety notes are directed to you as the owner of the **TREADCLIMBER**. For safety purposes, please train all your members and fitness staff to follow these safety instructions.

DO

Do encourage your members to discuss their health program or fitness regimen with a health care professional, especially if they have not exercised for several years, are over 35, or have known health conditions.

Do read all instructions in this manual before using your TreadClimber.

Do use your TreadClimber only for its intended use, as described in this manual.

Do check to ensure the belt is not moving prior to using the TreadClimber.

Do keep the belt surface clean and dry.

Do stop operating your TreadClimber if you feel dizzy, faint or exhausted.

Do exercise slowly until you reach a level of comfort and security.

DO NOT

Do not let children operate your TreadClimber. Supervise invalids or disabled persons who use your TreadClimber. Use the lockout feature to prevent unauthorized or unsupervised use.

Do not exceed the maximum allowable weight limit (350 lbs. / 159 kg) for the TreadClimber.

Do not leave your TreadClimber unattended when it is plugged in. Use the safety lockout feature to prevent unsupervised use.

Do not use your TreadClimber without athletic shoes.

Do not wear loose or hanging clothing while using the TreadClimber.

Do not step or jump on or off your TreadClimber if the belt is moving.

Do be aware of the location and proper use of the emergency STOP key and pull cord STOP.

Do perform regular inspection and preventive maintenance as specified in the manual.

Do keep the electrical cord away from sources of excessive heat.

Do keep the TreadClimber air openings free of lint, hair, etc.

Do unplug your TreadClimber before doing any maintenance or cleaning.

Do warm up and cool down before and after each workout.

Do set your goals (see Getting Started in Chapter 4).

Do complement your walking with a nutritious diet.

Do try charting your progress using the feedback from your TreadClimber.

Do try using the incline feature to burn more calories and strengthen your lower-body muscles.

Do be careful when mounting and dismounting the TreadClimber. Always use the handrails, rear step and side foot steps for support.

Do use the handrails when walking, to help your balance and start your workout at slow speeds and gradually increase to your desired workout level.

Do not use or store your TreadClimber outdoors or in an enclosed pool environment.

Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.

Do not place water bottles or cups on your TreadClimber unless you are using the designed holders for the TreadClimber. Do not use your TreadClimber where aerosol (spray) products are being used or where oxygen is being administered.

Do not use attachments or parts not recommended by the manufacturer.

Do not run the equipment with the motor shroud removed, or modify the equipment in any way.

Do not overtighten the walking belt.

Do not operate your TreadClimber if the unit has a damaged cord or plug, if the unit is not working properly, if the unit has been dropped or damaged, or if the display shows an error code. Call your dealer or StairMaster Customer Support for instructions before returning the unit to operation.

MESURES DE PRECAUTION



ATTENTION: LISEZ SOIGNEUSEMENT LE MANUEL D'UTILISATION AVANT D'UTILISER CE TAPIS ROULANT



ATTENTION: DÉBRANCHEZ A LA SOURCE AVANT D'EFFCTUER UN ENTRETIEN DU UNE RÉPARATION



ARRÊT (MISE HORS SERVICE)



COURANT ALTERNATIF



ATTENTION: CONTIENT DES PIÈCES MOBILES.
GARDEZ LES MAINS ET LES PIEDS À L'ÉCART DE
LA PARTIE INFÉRIEURE DU TAPIS ROULANT
PENDANT SON FONCTIONNEMENT.



OUVRE

FERME

Ces instructions sont destinées au propriétaire du **TREADCLIMBER**. Assurez-vous que votre personnel et vos adhérents les suivent toujours.

Encouragez vos adhérents à parler de leur programme d'entraînement à un médecin ou un entraîneur, en particulier s'ils n'ont pas eu d'activité sportive pendant plusieurs années, s'ils ont plus de 35 ans ou s'ils ont des kilos superflus.

Lisez le manuel avant de faire fonctionner le tapis.

Utilisez le tapis exclusivement aux fins pour lesquelles il est destiné. N'utilisez pas d'accessoires qui n'ont pas été recommandés par le fabricant.

Attachez toujours vos lacets et vêtements quand vous courez sur le tapis.

Conservez la surface du tapis propre et sèche.

Arrêtez si vous êtes pris de vertiges ou épuisé.

Commencez toujours à une vitesse lente.

Respectez les périodes d'échauffement et de récupération.

Vérifiez où se trouve l'interrupteur STOP d'urgence et comment l'utiliser correctement.

Entrez vos objectifs (voir chapitre 4).

Ne laissez pas d'enfants non-accompagnés sur le tapis. Une surveillance très stricte est nécessaire si des personnes invalides ou handicapées utilisent le tapis.

Ne pas dépasser la charge maximum (159 kg) admise pour le tapis roulant.

Ne laissez jamais le tapis sans surveillance s'il est branché. Débranchez le tapis si vous ne l'utilisez pas ou avant de monter ou démonter des pièces.

Ne pas porter de vêtements larges ou pendants lors de l'utilisation du tapis roulant.

Utilisez le tapis uniquement avec des chaussures appropriées.

Ne descendez pas ou ne montez pas sur un tapis qui est en fonction.

N'utilisez ou ne stockez jamais le tapis à l'extérieur ou près d'une piscine.

Ne laissez rien rentrer dans les ouvertures. Ne posez pas vos pieds sous l'appareil.

Ne posez pas de bouteilles ou verres d'eau sur l'appareil sans être équipé avec le () en option.

N'utilisez pas le tapis dans les endroits où

Complétez votre entraînement par un régime alimentaire.

Suivez votre progrès grâce aux informations du tableau de bord.

Essayez d'utiliser l'inclinaison afin de brûler plus de calories et de renforcer les muscles de membres inférieurs.

Effectuez régulièrement l'entretien préventif du tapis.

Mettez les fils électriques à l'abri de chaleur.

Enlevez poussière, cheveux etc. de l'aération.

des aérosols ou de l'oxygène ont été utilisés.

Débranchez le tapis avant le nettoyage ou le changement de fusibles.

N'enlevez pas de vis, ne modifiez pas l'appareil.

Ne serrez pas trop fort la surface caoutchoutée.

N'utilisez pas cet appareil si les fils ou la fiche sont endommagés, s'il est tombé ou cassé. Appelez votre distributeur pour une révision ou réparation.

SICHERHEITSVORSCHRIFTEN

WARNUNG

Dieses Produkt ist für den Gebrauch an einer passenden Netzsteckdose mit 220 Volt Spannung bestimmt und werkseitig mit einer dafür vorgesehenen Netzleitung und einem Netzstecker ausgerüstet. Stellen Sie sicher, daß das Gerät nur an einem Anschluß mit gleicher Bauart wie der Stecker angeschlossen wird. VERWENDEN SIE DEINEN ADAPTER FÜR DEN BETRIEB DES PRO / PRO S. Wenn das Gerät zum Betrieb an einem anderen Stromnetz auf einen anderen Netzstecker umgerüstet werden muß, sollte die Umrüstung durch einen qualifizierten Elektriker durchgeführt werden.



ACHTUNG: GERÄT VOR DEM REINIGEN ODER WARTEN VON DER STROMVERSORGUNG TRENNEN



ACHTUNG: VOR DER BENUTZUNG SICHERHEITSVORSCHRIFTEN LESEN



ACHTUNG: BEWEGLICHE TEILE - BEI BETRIEB HÄNDE UND FÜSSE VOM BEREICH UNTERHALB DES LAUFBANDES FERN HALTEN



BEDIENUNG
UNTERBRECHEN



WECHSELSTROM



EIN

AUS

Sicherheitshinweise sind an Sie, den Besitzer des Laufbandes **TREADCLIMBER**, gerichtet. Bitte weisen Sie Ihre Mitglieder und Ihre Fitneß-Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

LESEN SIE ALLE ANWEISUNGEN VOR DER BENUTZUNG DEL LAUFBANDES.

WARNUNG: Um das Risiko eines elektrischen Schlages zu vermeiden, nehmen Sie den Stecker des Laufbands vor dem Reinigen **IMMER** aus der Netzsteckdose.

SIE SOLLTEN...

Die Benutzung des Laufbandes beenden, wenn Schwindel oder Benommenheit auftritt.

Au Ihre Grenzen denken.

Das Laufband vor jeglichen Wartungs- und Reinigungsarbeiten abschalten.

Das Gerät nur für den vorgesehenen Verwendungszweck benutzen.

Halten Sie die Oberfläche des Bandes sauber und trocken.

Informieren Sie sich über den Ort und die korrekte Verwendung des Stoppschalters für den Notfall.

Regelmäßige vorbeugende Wartungsarbeiten durchführen.

Die elektrischen Leitungen von Wärmequellen fernhalten.

Den Stillstand des Laufriemens abwarten, bevor Sie das Laufband auseinanderbauen.

Die Lüftungsöffnungen frei von Staub, Haaren und Ähnlichem halten.

Das Laufband niemals mit verdeckten

SIE SOLLTEN NIEMALS...

Kinder das Laufband unbeaufsichtigt benutzen lassen.

Achten Sie darauf, die Höchstgewichtsgrenze (159 kg) für das Laufband nicht zu überschreiten.

Schutzvorrichtungen entfernen oder das Gerät umbauen.

Tragen Sie keine lockere oder herabhängende Kleidung, wenn Sie das Laufband benutzen.

Das Gerät im Freien benutzen.

Den Laufriemen überspannen.

Das Laufband mit beschädigter Netzleitung betreiben, wenn es nicht richtig funktioniert, heruntergefallen ist oder beschädigt wurde. Für sofortige Reparaturunterstützung kontaktieren Sie einen autorisierten Händler oder den Kundendienst von **StairMaster** telefonisch unter +1 888-678-3476, bzw. Benutzen Sie unsere Web-Seite unter <http://www.stairmaster.com>.

Das Laufband ohne die passenden Sportschuhe benutzen.

Gegenstände in eine Öffnung am Gerät

Lüftungsschlitzen betreiben.

Die Stromversorgung immer am
Netzschalter abschalten.

hineinfallen lassen.

Gegenstände, Hände oder Füße in eine
Öffnung am Gerät stecken oder diese unter
das Gerät legen.

Wasserflaschen oder Trinkbecher auf das
Laufband stellen, es sei denn, Sie haben ein
speziell für diesen Zweck und für dieses
Laufband gedachtes Zubehörteil.

Das Laufband in Räumlichkeiten benutzen, in
denen Produkte in Aerosoldosen (Sprays)
angewandt werden oder in denen Sauerstoff
verabreicht wird.

Das Laufband mit abgenommener
Motorabdeckung laufen lassen, oder das
Gerät auf irgendeine Art und Weise
verändern.

ISTRUZIONI DI SICUREZZA

ATTENZIONE

Questo prodotto è da usare su un circuito elettrico con una tensione nominale di 220 volt ed è fornito dalla fabbrica con un cavo elettrico e spina specifici per permettere il collegamento ad un circuito elettrico appropriato. Assicuratevi che il prodotto sia collegato ad una presa che abbia la stessa configurazione della spina. NESSUN ADATTATORE DEVE ESSERE USATO CON QUESTO PRODOTTO. Se il prodotto deve essere ricollegato per l'uso su un circuito elettrico diverso, il ricollegamento deve essere effettuato da un elettricista qualificato.



ATTENZIONE: PRIMA DI PULIRE O ESEGUIRE LA
MANUTENZIONE, TOGLIETE LA SPINA



ATTENZIONE: PRIMA DI USARE LEGGETTE IL
MANUALE DELLE ISTRUZIONI



ATTENZIONE: PARTI IN MOVIMENTO. DURANTE IL
FUNZIONAMENTO DEL TREADCLIMBER ALLONTARE
MANI E PIEDI DAL SUO RAGGIO D'AZIONE



FERMA IL
MOVIMENTO



CORRENTE ALTERNATA



ACCESO

SPENTO

Queste indicazioni sono indirizzate ai proprietari del **TREADCLIMBER**. Chiedete a tutti I membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

LEGGETE TUTTE LE ISTRUZIONI PRIMA DI USARE IL TREADCLIMBER.

ATTENZIONE: per ridurre il rischio di scossa elettrica, staccate **SEMPRE** la spina della corrente del treadclimber prima di pulirlo.

DA FARE

Fermate il TreadClimber se vi sentite svenire o avete capogiri.

Siate coscienti dei vostri limiti.

Mantenere il nastro asciutto e pulito.

Staccate la spina prima di pulire, spostare o cambiare qualsiasi parte del TreadClimber.

Usate questo prodotto solo per l'uso inteso.

Assicurarsi di essere a conoscenza della posizione e dell'uso corretto del pulsante di emergenza STOP.

Eseguite la manutenzione regolare.

Mantenete la corda elettrica lontana da fonti di calore.

Aspettate fino a quando il nastro è completamente fermo prima di scendere dal TreadClimber.

Pulite le prese d'aria da polvere, capelli e simili. Non usate mai il TreadClimber con le prese d'aria bloccate.

Spegnete la macchina tramite l'interruttore.

DA NON FARE

Non permettete a bambini di usare il TreadClimber senza sorveglianza.

Non superare il peso limite massimo consentito (159 kg) per il TreadClimber.

Non salite o scendete dal TreadClimber mentre è in funzione.

Non usatelo all'aperto.

Durante l'uso del TreadClimber non indossare indumenti che possano impigliarsi in organi in movimento.

Non tirate troppo il nastro.

Non usate il TreadClimber se il cavo elettrico o la spina sono danneggiati, se non funziona come dovrebbe o se è caduto o è danneggiato. Contattate il vostro rivenditore autorizzato StairMaster o l'assistenza clienti dello StairMaster al numero +1 888-678-2476 o visitate il nostro sito Internet a <http://www.stairmaster.com>, per esame o riparazione immediata. Usate il TreadClimber solo se calzate scarpe da ginnastica.

Non lasciate cadere oggetti e non inserite mani o piedi nelle aperture o al di sotto del TreadClimber.

Non appoggiate bottiglie d'acqua o bicchieri sul TreadClimber a meno che non stiate usando un supporto progettato appositamente per il TreadClimber.

Non usate il TreadClimber in posti dove sono usati prodotti aerosol (spray) o dove è somministrato dell'ossigeno.

Non accendete il TreadClimber con il coperchio del motore rimosso, e non modificalo in nessun modo.

INSTRUÇÕES DE SEGURANÇA

ADVERTÊNCIA

Este produto deve ser usado em um circuito com tensão nominal de 220 volts. Ele foi fabricado com um cabo de alimentação e plugue específicos para permitir a sua conexão com um circuito elétrico apropriado. Certifique-se de que o produto esteja conectado a uma tomada com as mesmas configurações do plugue. **NÃO UTILIZE ADAPTADORES PARA ESTE PRODUTO.** Se for necessário reconectar o produto para utilização em um tipo diferente de circuito elétrico, este procedimento deverá ser executado por pessoal qualificado.



ATENÇÃO: ANTES DE LIMPAR OU FAZER MANUTENÇÃO, DESCONECTE O APARELHO DA TOMA DA



ATENÇÃO: LEIA O MANUAL DE INSTRUÇÕES ANTES DE OPERAR A ESTEIRA



CUIDADO: PROTEJA AS MÃOS E OS PÉS AO MOVER PEÇAS COM A ESTEIRA EM FUNCIONAMENTO.



PARE (A AÇÃO)



CORRENTE ALTERNADA



I LIGAR

O DESLIGAR

Estas observações de segurança destinam-se à você, proprietário de **TREADCLIMBER**. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

LEIA TODAS AS INSTRUÇÕES ANTES DE USAR SUA ESTEIRA

ADVERTÊNCIA: para reduzir os rescos de choque elétrico, **SEMPRE** desconecte a esteira da tomada antes de limpá-la

Pare de usar a esteira se você se sentir fraco ou com tontura.

Conserve a superfície da correia limpa e seca.

Reconheça seus limites.

Desconecte a esteira da tomada antes de limpá-la ou antes de remover ou substituir qualquer peça.

Utilize este equipamento única e exclusivamente para o seu devido fim.

Informe-se sobre a posição e o uso adequado da chave de emergência STOP.

Faça manutenção preventiva regularmente.

Mantenha o fio afastado de superfícies aquecidas.

Espere até que a esteira esteja completamente parada antes de descer do aparelho.

Mantenha as saídas de ar desobstruídas de fiapos de tecidos, cabelos e outros objetos. Nunca opere a esteira com as saídas de ar bloqueadas.

Desligue o aparelho com o interruptor de força.

Não permita que crianças operem a esteira sem supervisão de um adulto.

Não ultrapasse o limite de peso máximo permitido (159 kg) especificado na esteira.

Não suba ou desça da esteira enquanto ela estiver em movimento.

Não use roupas folgadas enquanto estiver utilizando a esteira.

Não utilize a esteira ao ar livre.

Não estique demais o tapete da esteira.

Não opere esta esteira se o cabo de alimentação ou o plugue da tomada estiverem danificados, se ela não estiver funcionando perfeitamente ou se tiver sofrido queda ou danos. Procure seu revendedor autorizado StairMaster ou o departamento de assistência técnica StairMaster pelo telefone 1 888 678 2476 ou acesse nosso "web site" no endereço <http://www.stairmaster.com> para fazer uma consulta ou conserto imediato.

Não utilize a esteira sem calçar tênis.

Não deixe cair nem introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.

Não coloque garrafas d'água nem copos na esteira se não estiver utilizando o devido acessório projetado para esse fim. Não utilize a esteira onde estejam sendo usados produtos de aerosol (spray) ou em lugares onde esteja sendo administrado oxigênio. Não opere o equipamento com a tampa do motor removida nem faça nenhuma modificação no equipamento.

INSTRUCCIONES DE SEGURIDAD

ADVERTENCIA

Este producto está preparado para utilizarse en un circuito de 220 voltios y se suministra equipado de fábrica con un cable y un enchufe eléctricos específicos para permitir su conexión a un circuito eléctrico apropiado. Asegúrese de que el producto se conecte a una toma de corriente con la misma configuración que el enchufe. **NO UTILICE NINGÚN ADAPTADOR CON ESTE PRODUCTO.** Si este producto necesita ser modificado eléctricamente para utilizarse en un tipo diferente de circuito eléctrico, dicha modificación debe ser realizada únicamente por el personal de servicio calificado.



ATENCIÓN: DESCONECTE EL SUMINISTRO DE CORRIENTE ANTES DE LIMPIAR O REPARAR



PARAR (EL FUNCIONAMIENTO)



ATENCIÓN: LEA EL MANUAL DE INSTRUCCIONES ANTES DE SU UTILIZACIÓN



CORRIENTE ALTERNA



ATENCIÓN: PIEZAS EN MOVIMIENTO! MANTENGA LAS MANOS Y LOS PIES ALEJADOS DE LA PARTE INFERIOR DE LA CINTA CUANDO LA MISMA ESTÉ EN FUNCIONAMIENTO



ENCENDIDO

APAGADO

Estas notas sobre seguridad van dirigidas a Vd. Como propietario del **TREADCLIMBER**. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

LEA TODAS LAS INSTRUCCIONES ANTES DE UTILIZAR SU TAPIZ RODANTE.

ADVERTENCIA: Para reducir los riesgos de sufrir una descarga eléctrica, desenchufe **SIEMPRE** el tapiz rodante antes de limpiarlo.

QUÉ HACER

Detenga el tapiz rodante si se nota desfallecido o mareado.

Mantenga la superficie de la cinta seca y limpia.

Conozca sus limitaciones.

Desenchufe el tapiz rodante antes de limpiar,

QUÉ NO HACER

No permita que los niños utilicen el tapiz rodante sin supervisión.

No sobrepase el peso máximo permitido (159 kg) para la cinta andadora.

No suba o baje del tapiz rodante mientras está funcionando.

quitar o cambiar alguna pieza.

Asegúrese de saber dónde está el interruptor de emergencia STOP y cómo utilizarlo adecuadamente.

Utilice este producto sólo para los usos que está diseñado.

Realice un mantenimiento preventivo de manera regular.

Mantenga el cable separado de fuentes de calor.

Espere a que la cinta móvil haya parado antes de descender del tapiz rodante.

Mantenga las entradas de aire libres de pelusa, pelo y similares. No utilice nunca el tapiz rodante con las entradas de aire bloqueadas.

Desconecte de la corriente por medio del disyuntor.

No lleve ropa suelta ni que cuelgue mientras utiliza la cinta andadora.

No debe utilizarse en exteriores.

No tense demasiado la cinta móvil.

No utilice este tapiz rodante si tiene el cable o el enchufe dañados, si no funciona adecuadamente o si ha sufrido algún golpe o deterioro. Póngase en contacto con su vendedor autorizado de StairMaster, con el departamento de servicios de StairMaster llamando al número +1 888 678 2476 o accediendo a nuestra página de la web en <http://www.stairmaster.com>, para un examen o reparación inmediatos.

No utilice el tapiz rodante sin calzado deportivo.

No deje caer ni introduzca ningún objeto, manos o pies en ninguna abertura del aparato o debajo del mismo.

No deje botellas de agua ni tazas sobre su tapiz rodante excepto si utiliza el accesorio adicional diseñado para este fin. No utilice su tapiz rodante en lugares en los que se están usando productos aerosoles (en spray) o en los que se está administrando oxígeno.

No encienda este aparato con la cubierta del motor retirada, ni lo modifique de ninguna manera.

SIKKERHEDSINSTRUKTIONER

ADVARSEL

Dette produkt er beregnet til brug i forbindelse med et el-net med nominel effekt på 220 volt. Det leveres med særlig ledning og stik fra fabrikken, som kun passer til den korrekte type el-net. Sørg for, at produktet

er sat til en stikkontakt, som har samme konfiguration som stikket. DER MÅ IKKE BRUGES ADAPTER TIL DETTE PRODUKT. Hvis produktet absolut skal omstilles til en anden slags el-net, skal omstillingen foretages af kvalificeret servicepersonale.



FORSIGTIG: AFBRYD EL-KABLET, FØR DU GØR RENT ELLER SERVICERER.



FORSIGTIG: LÆS INSTRUKTIONSHÅNDBOGEN FØR BRUG



FORSIGTIG: RÖRLIGA DELAR - LÅT INGA HÄNDER ELLER FÖTTER BEFINNA SIG UNDER LÖPBANDET NÄR DET ÄR IGÅNG



STOP (AF FUNKTION)



VEKSELSTRØM



TÆND

SLUK

Disse sikkerhedsbemærkninger henvendes til ejeren af **TRÆDCLIMBER**. Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

LÆS ALLE INSTRUKTIONERNE, FØR DU BRUGER DIN TRÆDEMØLLE.

ADVARSEL: For at mindske risikoen for at få elektrisk stød, skal du ALTID trække trædemøllens stik ud af kontakten, før du gør den ren.

SKAL

Stig af trædemøllen, hvis du bliver mat i kroppen eller svimmel.

Kend dine begrænsninger.

Håll löpbandets yta torr och ren.

Træk trædemøllens stik ud af kontakten, før du gør den ren, eller fjerner eller udskifter en del.

Brug kun produktet til det formål, det er beregnet til.

MÅ IKKE

Tillad ikke børn uden opsyn at bruge trædemøllen.

Överstig inte maximalt tillåtna vikt (159 kg) för löpbandet.

Stig ikke på eller af trædemøllen, mens den kører.

Bär inga löst hängande kläder som kan fastna när du använder löpbandet.

Brug ikke trædemøllen udendørs.

Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.

Tänk på placeringen av löpbandet samt att du endast använder nödknappen STOP när det är nödvändigt.

Holdledningen fri af varmeanlæg.

Vent til løbebåndet standser, før du stiger af trædemøllen.

Hold ventilationsåbningerne fri for fnug, hår og lignende. Brug aldrig trædemøllen med blokerede luftventilationsåbninger.

Sluk for elektriciteten på afbryderkontakten.

Stram ikke løbebåndet for meget.

Brug ikke trædemøllen, hvis ledningen eller stikket er beskadiget, hvis trædemøllen ikke fungerer rigtigt, eller hvis den er faldet ned eller væltet og er blevet beskadiget. Kontakt den autoreserede StairMaster, forhandler eller serviceafdelingen hos StairMaster Ring på +1 888 678 2476 eller du kan få fat i os på vores web-site: <http://www.stairmaster.com> for øjeblikkeligt eftersyn eller reparation.

Brug ikke trædemøllen uden kondisko.

Undgå at tabe eller at stikke genstande, hænder eller fødder ind i en åbning i eller under udstyret.

Stil ikke vandflasker eller kopper på trædemøllen, medmindre du har dertil beregnet tilbehør, som er specielt designet til trædemøllen. Brug ikke trædemøllen på steder, hvor der bruges aerosolprodukter (spray), eller hvor der administreres ilt.

Udstyret må ikke køre uden motorafskærmning, og det er ikke tilladt at ændre udstyret på nogen måde.

ASSEMBLY INSTRUCTIONS

1. Locate an open area to unbox the packaged TreadClimber® (Fig.1).

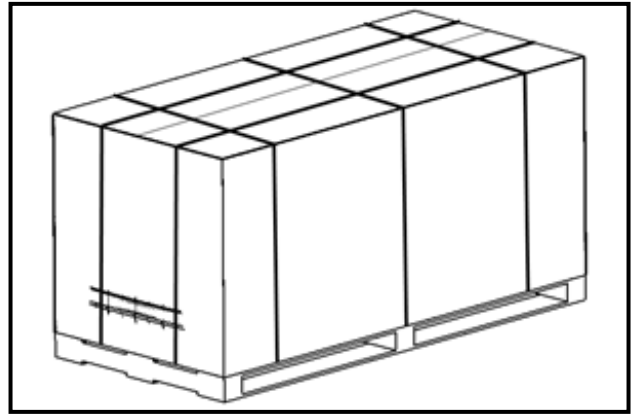


Fig. 1

2. Cut all straps to remove the cardboard packaging along with any protective wrapping to expose the palletized TreadClimber® base (Fig. 2).

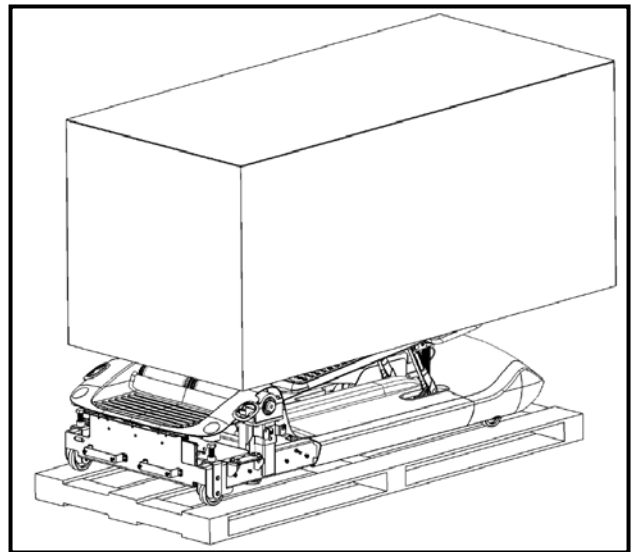


Fig. 2

3. Move all unattached components off the TreadClimber® base (Fig. 3).

Hardware:

- A. Console Frame
- B. Neck Mast
- C. Handrail Grommets
- D. Upper Handrails (Left & Right)
- E. Handrail Beauty Rings
- F. Lower Handrails (Left & Right)
- G. Rear Corner Shroud (Left & Right)
- H. Hardware Pack
- I. Rear Shroud
- J. Neck Grommet

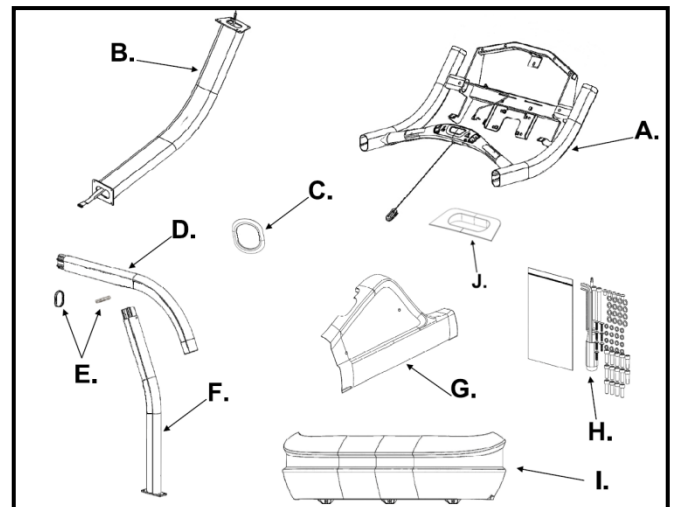


Fig. 3

4. To move the TreadClimber[®] off the pallet; remove the alternator shroud to expose the transport grip handles. With two people and each gripping a handle; drive the base off the rear of the pallet (Fig. 4).

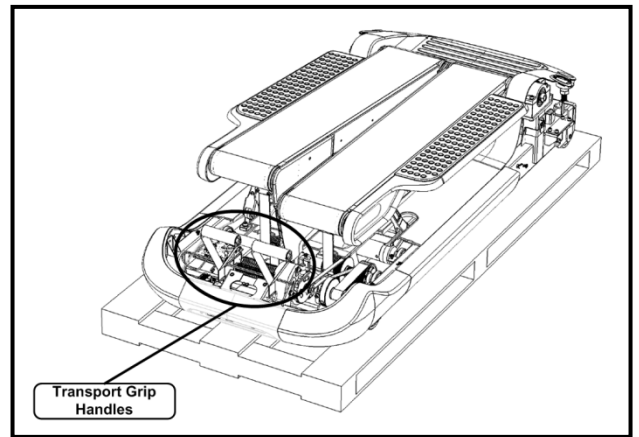


Fig. 4

5. Remove and store the transport grip handles (Fig. 5) once the TreadClimber[®] base is safely on the floor. The transport grip handles can be reattached for future transport.

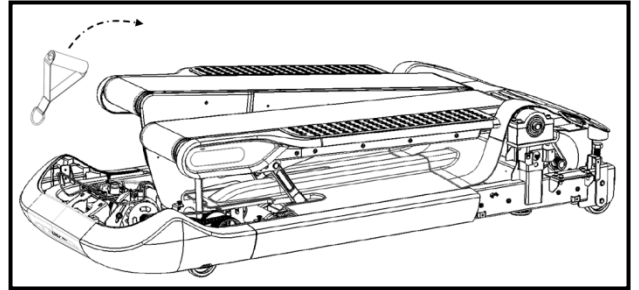


Fig. 5

6. Mount the neck mast (Fig. 6) to the base by lightly torquing four socket head cap screws in place at the front of the base frame.

Final Torque:

- o 240 In-Lbs (27 Nm)

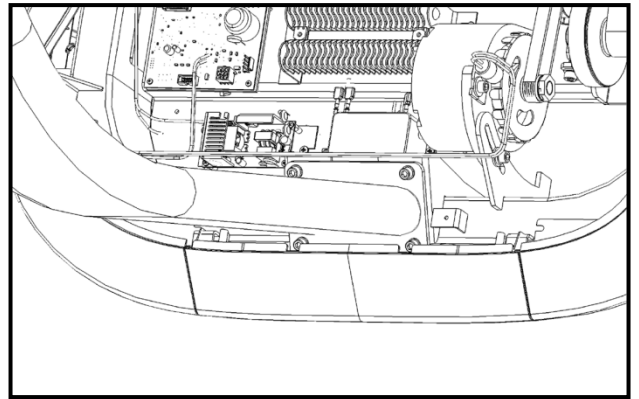


Fig. 6

7. Connect the cables extruding through the lower section of the neck mask into the corresponding locations on the lower base (Fig. 7).

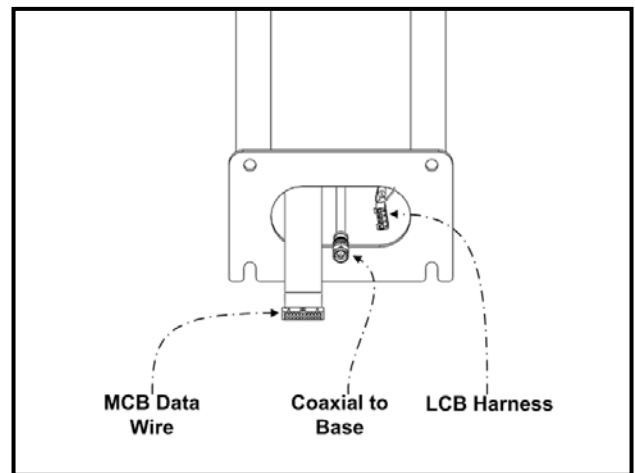


Fig. 7

8. Mount the left & right lower handrail sections to the TreadClimber® base and loosely thread four socket head cap bolts to each handrail mount (Fig. 8) along with sliding on the corresponding left & right handrail grommets into place.

Final Torque:

- o 240 In-Lbs (27 Nm)

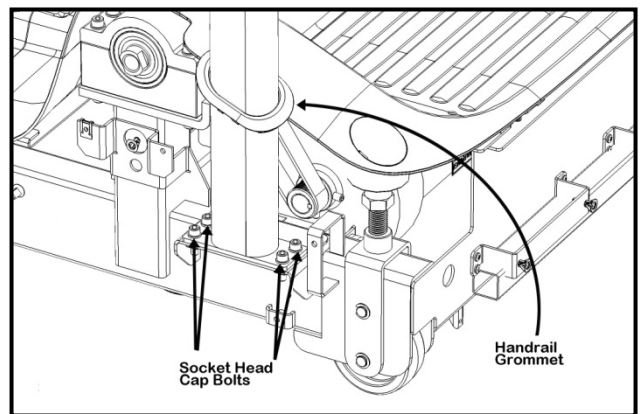


Fig. 8

9. Slide a beauty ring onto each lower handrail section (Fig. 9) and mount the upper handrail by loosely threading two button head cap screws in place. Verify that the radius cutout clears the lower securing screw.

Final Torque:

- o 35 In-Lbs (4.0 Nm)

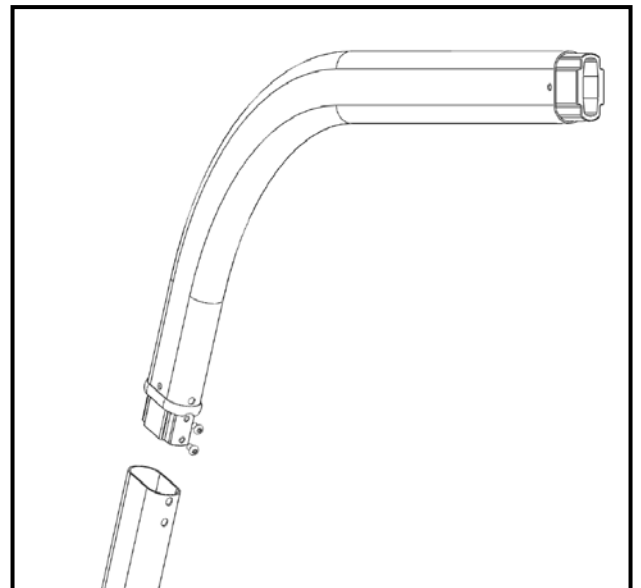


Fig. 9

10. Slide on the second set of beauty rings (Fig. 10) onto each upper handrail while making sure the radius cutouts clear the available threaded holes.

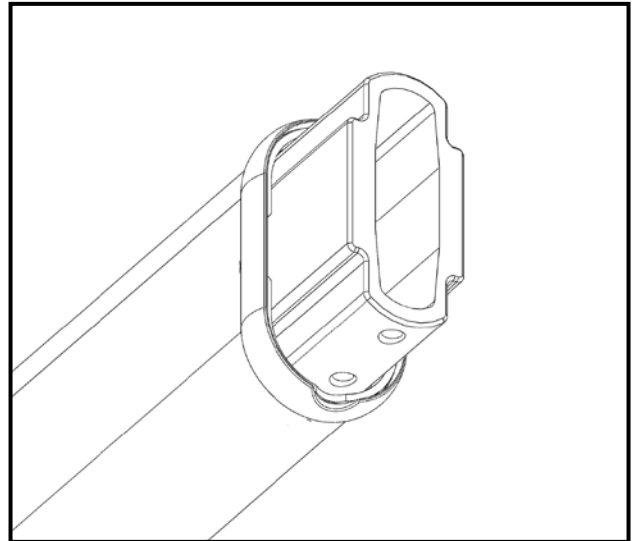


Fig. 10

11. Slide the console frame onto each upper handrail (Fig. 11) and rest the center of the console frame on top of the neck mast plate.

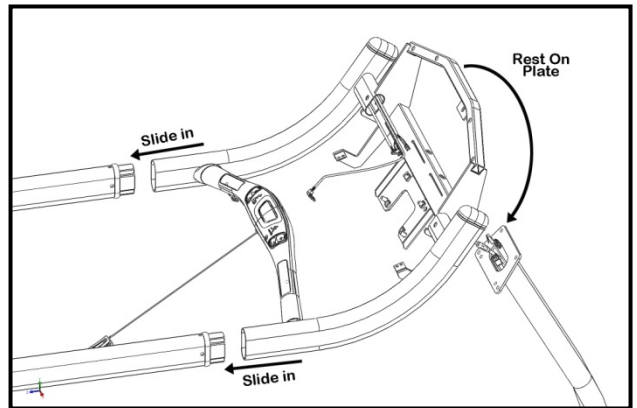


Fig. 11

12. Loosely thread four socket head cap screws (Fig. 12) with washers through the neck mast mount plate on to the console frame mount plate.

Final Torque:

- o 240 In-Lbs (27 Nm)

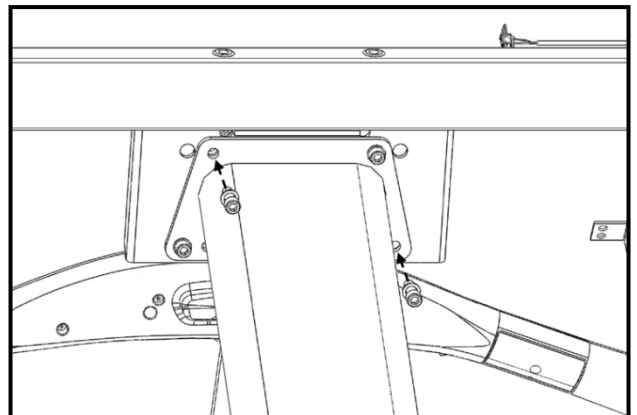


Fig. 12

13. Secure the console frame to the handrails (Fig. 13) by loosely threading two button head cap screws through the rail into the console frame.

Final Torque:

0 35 In-Lbs (4.0 Nm)

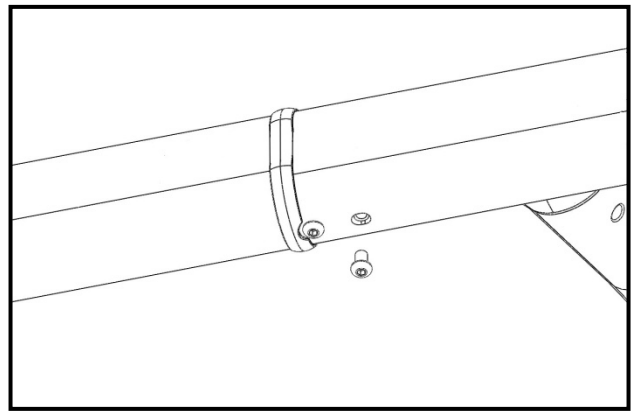


Fig. 13

14. Using a torque wrench, go back to steps: 6, 8, 9, 12, & 13 to thread all bolts mentioned in each step to their corresponding final torque (Fig. 14) specifications which are listed in the notes section of the step instructions.

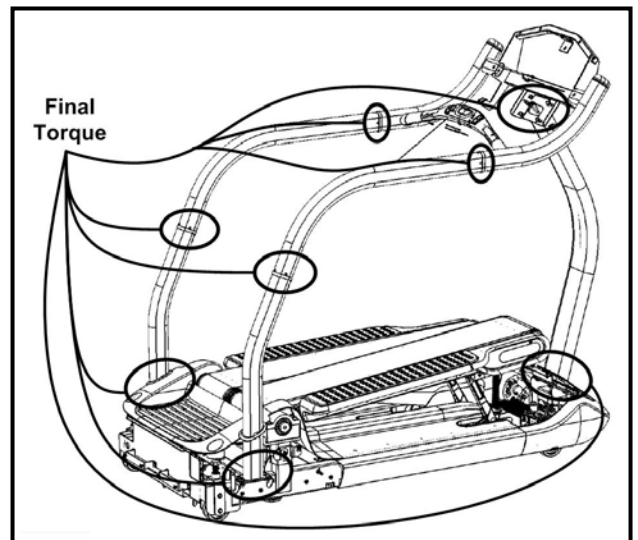


Fig. 14

15. Hover the top half of the display (Fig. 15) over the console frame.

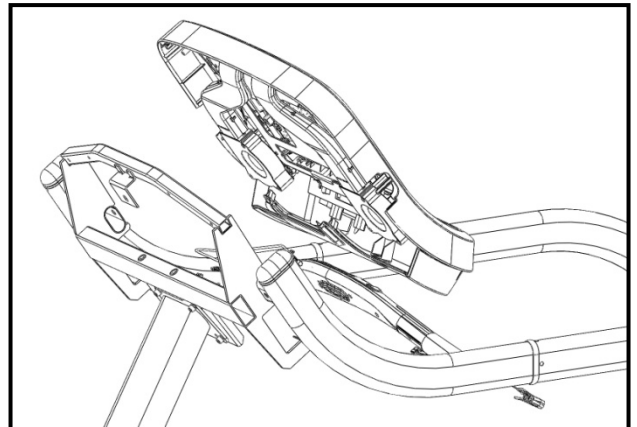


Fig. 15

16. Mate all the applicable electrical connections to the back of display electronics board (Fig. 16).

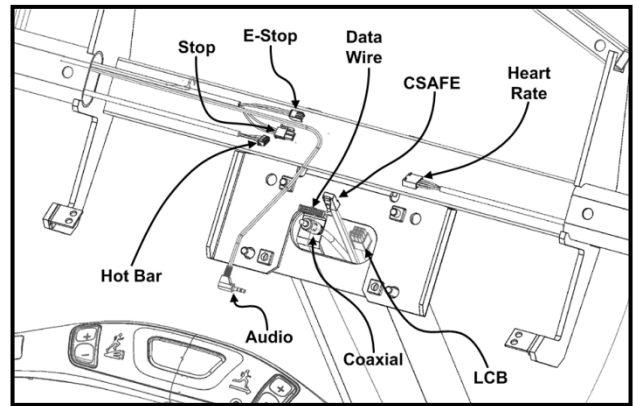


Fig. 16

17. Slide the left & right display alignment studs (Fig. 17) into the corresponding console frame guide holes to rest the top half of the display on to the console frame.

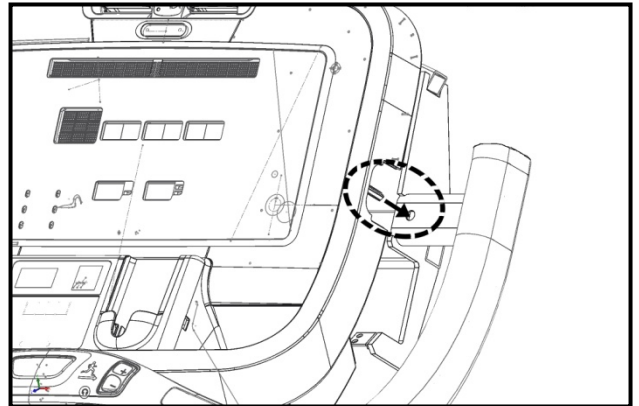


Fig. 17

18. From the back of the display (Fig. 19), connect the display's grounding wire to the frame using a washer & phillips head screw (Fig. 18).

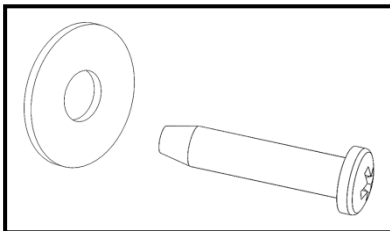


Fig. 18

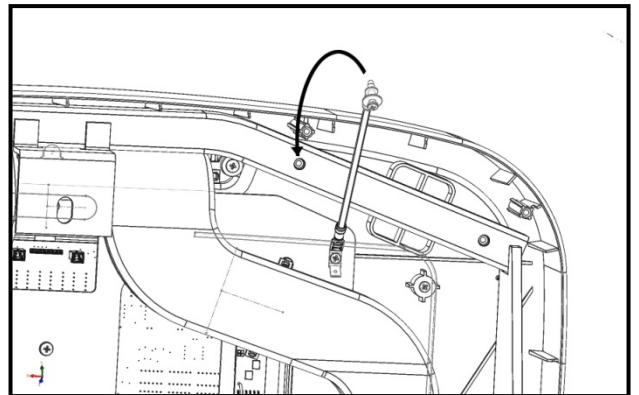


Fig. 19

19. Secure the display to the console frame by installing six phillips head screws with washers (Fig. 18) at the corresponding circled locations (Fig. 20).

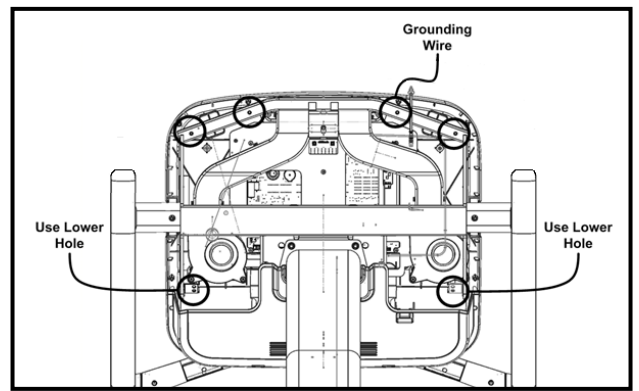


Fig. 20

20. Mate the back shroud of the display with the rest of the assembly by installing eight phillips head screws at the corresponding circled locations (Fig. 21).

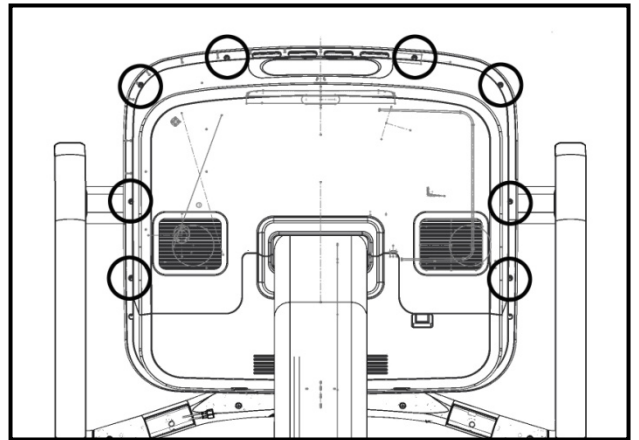


Fig. 21

21. Dislodge the rear step shroud from the TreadClimber® base (Fig. 22) and move the handrail grommets up the handrails.

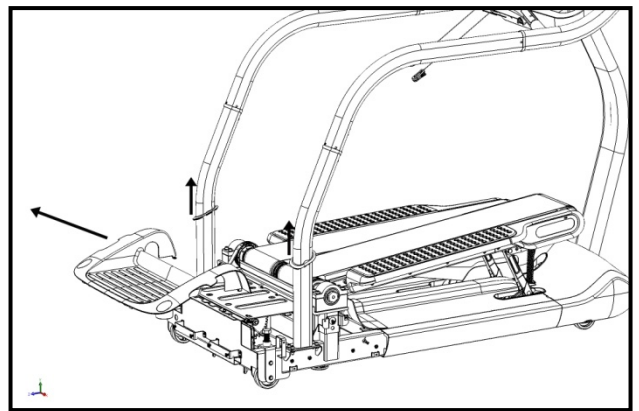


Fig. 22

22. Mount the rear shroud to the TreadClimber® base and secure it in place by installing the corresponding five phillips head screws to the top (Fig. 23) and lower (Fig. 24) sections at the circled locations.

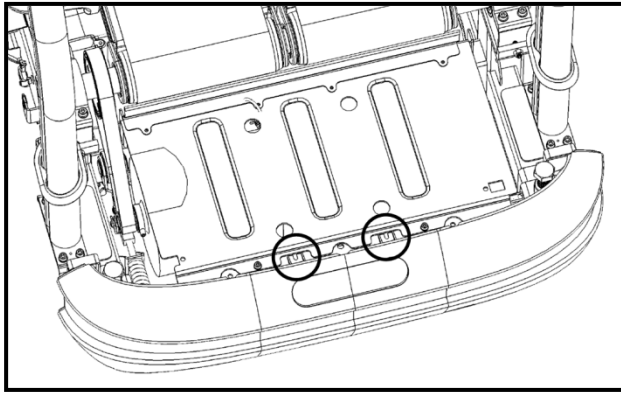


Fig. 23

23. Mount the left & right corner shrouds (Fig. 25) and secure them in place by installing the corresponding four phillips head screws to each shroud at the circled locations.

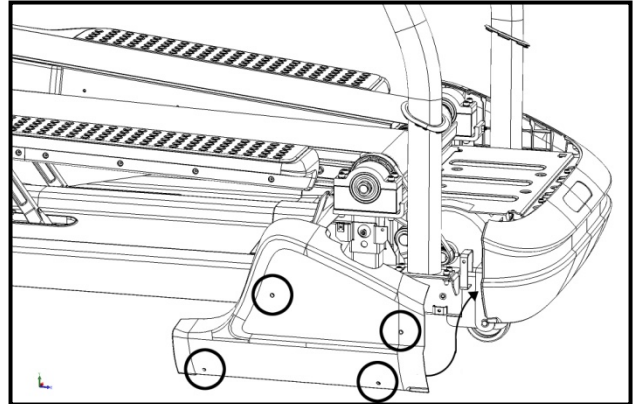


Fig. 25

24. Mount the rear step shroud (Fig. 26) and wedge the left & right handrail grommets into the available open space between the shrouds. Secure the rear step shroud by installing the corresponding five phillips head screws at the circled locations.

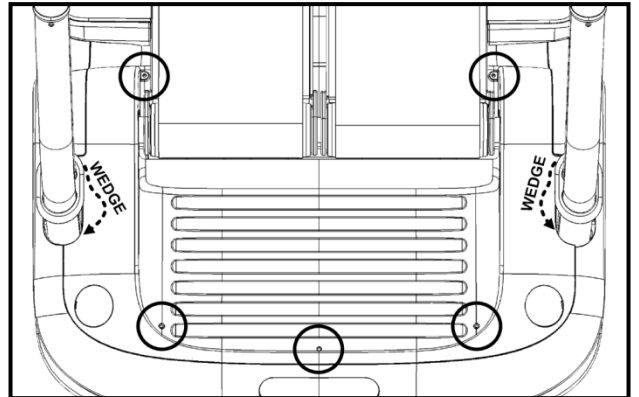


Fig. 26.

25. Install the front alternator shroud (Fig. 27) and secure it in place by installing the corresponding two phillips head screws at the circled locations.

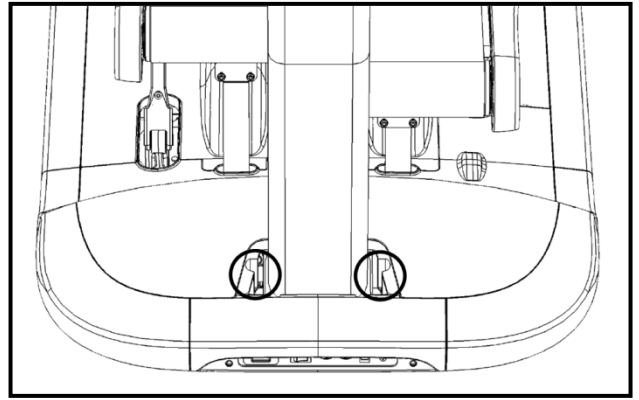


Fig. 27

26. Wedge the neck grommet (Fig. 28) between the alternator shroud and neck mast.

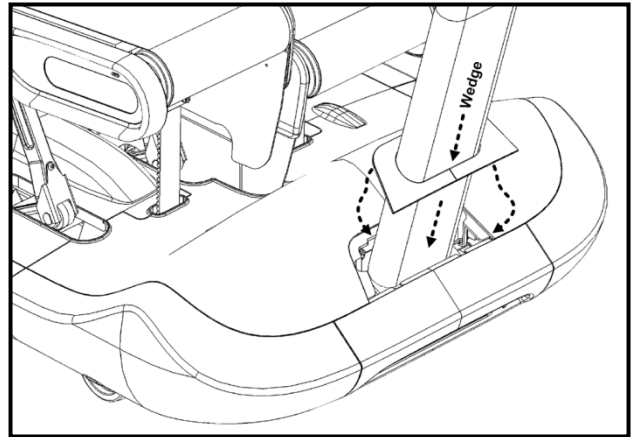


Fig. 28

27. With two or more people, have one person carefully tilt the assembled TreadClimber® (Fig. 29) at an angle by pushing up at the center of each handrail while the second person installs the rear stabilizing feet.

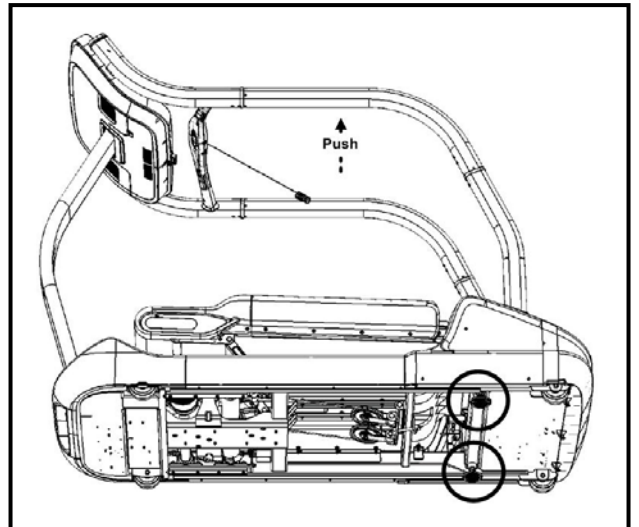


Fig. 29

28. Transport/push (Fig. 30) the TreadClimber® to its final location by rolling it into position.

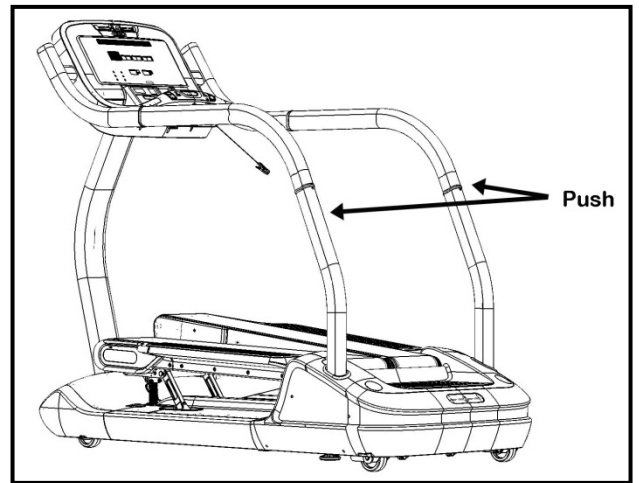


Fig. 30

29. Dislodge the rear step plugs (Fig. 31) to expose the wheel jacking bolts. Turn the bolts in a counter clock direction to retract the rear wheels into the base and rest the machine on the rear stabilizing feet.

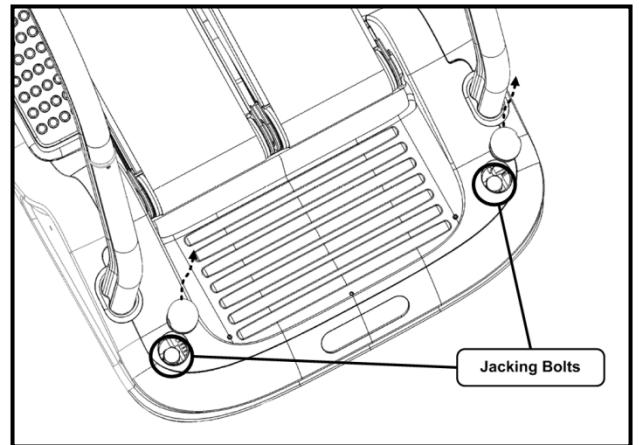


Fig. 31

30. Wedge the cover plugs back into the rear step shroud once the TreadClimber® is resting on the stabilizing feet.
31. Plug the power cord into the power & connections panel located at the front of the machine (Fig. 32).

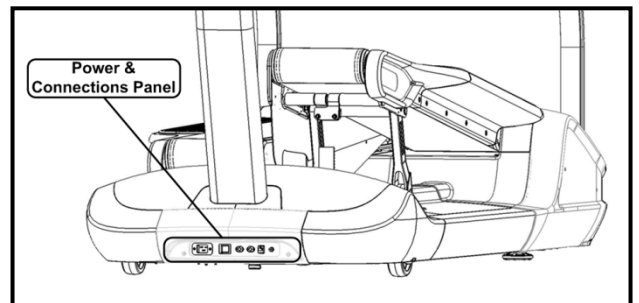


Fig. 32

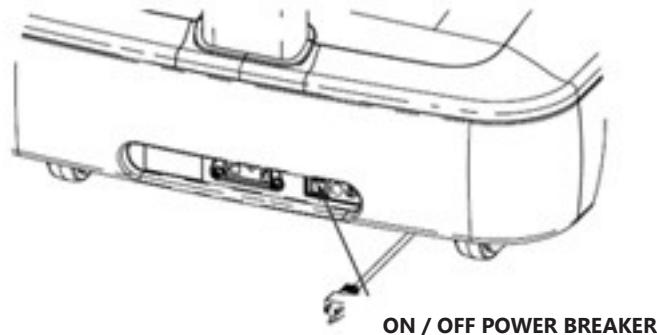
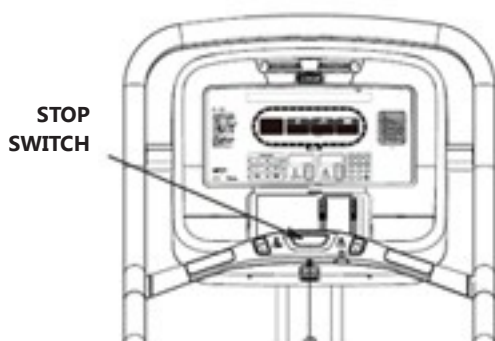
32. Power on the machine and enter into "Maintenance Mode" to process a "Motor Calibration" procedure (See p.42). Once "Motor Calibration" is complete; the TreadClimber is ready for initial use.

OPERATING INSTRUCTIONS

Operating the **TREADCLIMBER** is very easy. Simply step onto the treadles, securely attach the pull cord STOP to an article of your clothing, press QUICK START, and begin walking.

IMPORTANT: Before operating the unit, you must be familiar with the following equipment limitations and safety features.

- ▶ **Maximum Weight:** Your TREADCLIMBER is designed for a maximum user weight of 350 lbs/159 kg. DO NOT exceed the maximum user weight.



- ▶ **Emergency Stop:** In case of emergency, press the STOP on the Hot Bar or pull the Pull Cord Stop on the Hot Bar.
- ▶ **Immobilizing the Walking Belt:** To power the unit, set the ON/OFF power breaker to the ON position. To turn the unit off, set the ON/OFF power breaker to the OFF position. When the unit is turned off, movement of the walking belt is prevented.
- ▶ **Safety Lockout Feature:** Allows you to lock out the TreadClimber. When locked, the display shows the message "LOCKED, ENTER ID TO UNLOCK". The user must press "0", enter a 5-digit ID number (default=12345), then press ENTER to unlock the unit. Unit will then operate as normal (NOTE: The unit will lock back up if it is idle for 30 seconds). Use the LOCK OUT option in MAINTENANCE SETTINGS to enable/disable the lock out feature; use the LOCKOUT ID option to change the default ID (see Settings & Testing).

DISPLAY CONTROL PANEL FEATURES

Your **TREADCLIMBER** is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen. The Display panel shown to the right provides the operating controls and display elements described in the following paragraphs:



QUICK START Key: Starts your TREADCLIMBER moving using a default weight of 155lbs/ 70kg and a time limit of 99 minutes. QUICK START will allow you to manually operate the unit. The QUICK START key also serves as an "Enter" key in programming modes.



STOP Key: Pauses your workout when pressed once. Ends your workout when pressed twice.

Graphic Display: Traces your progress through each of the programs and allows you to anticipate changes in terrain. Display elements illuminate from left to right across the bottom of the display to indicate your progress through the course. At each step, display elements illuminate in columns to indicate your ascent up the gradient that is in effect.



Speed Keys: During Program setup, press the  or  keys, respectively, until the desired speed appears in the Information Window, then, press START or  key. During a Program, press the  or  keys, respectively, to increase or decrease belt speed in 0.1 miles per hour (mph) or 0.1 kilometers per hour (km/hr) increments. Speed cannot be higher than the established "MAXIMUM SPEED" parameter (see Chapter 8.) These keys repeat when pressed and held.

Speed Window: Shows the speed at which the user is walking.



Incline Level Keys: Adjust the amount of up and down movement of the treads from 1 (minimum) to 5 (Maximum). These keys repeat when pressed and held.

Incline Level Window: Shows the incline level from 1 to 5.



Numeric Keypad: Allow you to enter specific values for program parameters during program setup. The numeric keypad can also be used to adjust TreadClimber speed while the TreadClimber is operating.



OK Key: Selects/Enters values and programs during set-up.



Distance Window: Shows the total number of miles or kilometers you have walked thus far.



Calorie Window: Shows your approximate aggregate caloric expenditure thus far in your workout.



Heart Rate Indicator: Pulsates to indicate your heart rate has been acquired through the use of the heart rate strap or heart rate grips.



Fan Key: Allows you to control the speed of the personal cooling fan, either OFF, LOW or HIGH.

Heart Rate Display: Shows your current heart rate in beats per minute (BPM) while wearing the heart rate strap or grasping the heart rate grips.

PROGRAM Keys: Allow you to access a desired workout program.

Information Window: Provides informational messages, prompts during program setup, notification when your workout is complete, and scrolling summarized workout data during and after a workout. Depending on the program completed and settings as set in Maintenance Settings mode, workout data may include:

- ▶ Time remaining
- ▶ Distance remaining - miles or kilometers
- ▶ Calories expended per hour
- ▶ Minutes per mile/kilometer
- ▶ Vertical distance travelled - feet or meters
- ▶ METS
- ▶ Heart Rate

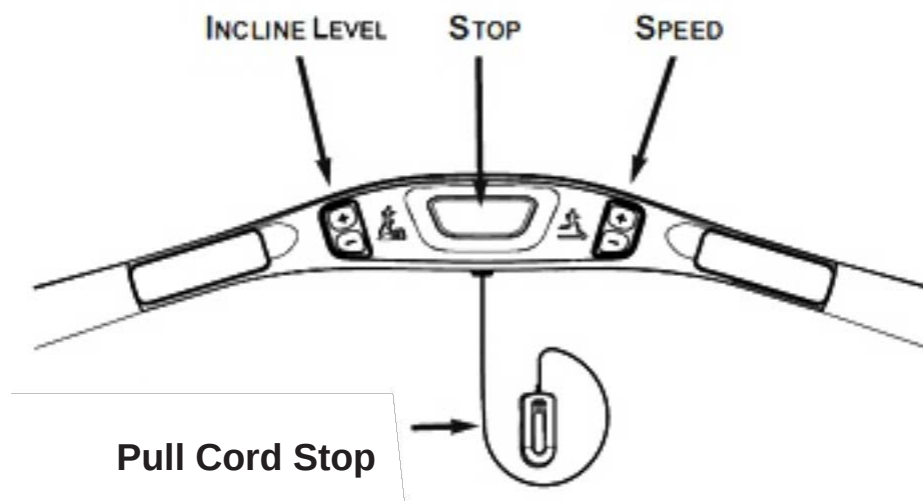
HOT BAR CONTROL FEATURES

Your Hot Bar provides you with the following operating controls:

Speed/ Incline level Button: Push "+" down on the dual-action button or away to increase the speed or incline level. Push "-" down or pull to decrease.

Stop Button: Push on the red Dual Purpose Stop Button to stop the unit or to reset after the emergency lanyard has been pulled.

Pull Cord Stop: Clip on the Pull Cord Stop to your shirt for proper application. A tug on the cord will trip the emergency stop switch and the TreadClimber will stop operating. Press on the red Dual Purpose Stop Button to reset the TreadClimber.



HINTS AND TIPS FOR GETTING STARTED

The following hints and tips will assist in training your users to maximize the fitness benefits of your **TREADCLIMBER**.

- ▶ Walk at a rate that feels comfortable and most natural, yet is sufficiently vigorous to get a good cardio workout.
- ▶ Try different walking rhythms. In manual operation, adjust your pace from low speed to high speed, then back to low. As you become more comfortable with the machine try going faster or using the preset programs.
- ▶ Watch the Graphic Display to anticipate incline level changes. When you use the preset programs, the

display shows changes in incline level as tall or short columns. The display also notifies you of incline level changes with a series of beeps and a flashing display element.

- For best workout, use highest incline level setting that you can safely control. The maximum incline level will greatly increase your work effort and calorie burn, even at low speed.

QUICK START

Quick Start lets you begin your workout by simply pressing one key. Quick Start uses a default weight of 155 pounds and a time limit of 99 minutes. YOU control the speed, incline level and distance for up to the maximum allowed program time.

To operate the Quick Start program:

- 1 Stand on the machine and press the QUICK START key. The walk belt slowly accelerate to minimum speed of 0.5 mph (0.8 kph).
- 2 You can adjust the incline level of the unit during the program:
 - You can adjust incline level from 1 to 5. Press the key  to increase the level; press the key  to decrease.
- 3 You can adjust the speed during the program:
 - You can specify a desired speed using the numeric keypad. Use the ... keys to enter your desired speed, then press the  key to accept the entered speed.
 - You can adjust speed in 0.1 mph (or 0.1 kph) increments. Press the  key to increase speed; press the  key to decrease.
- 4 You can pause the program during your workout by pressing the STOP key once. The program will pause for a preset period of time (either 30, 45, 60, 90 or 120 seconds, as set in the Manager Mode). Press the START key BEFORE the pause timer expires to resume your program. The unit returns to its minimum speed when you exit the pause mode.
- 5 When you have reached your workout goal, the unit will enter the Cooldown cycle (see "Cooldown Cycle" for more information). If you wish to exit your program before you have reached your workout goal, press the STOP key twice. The unit will slow to a stop. (Press the STOP key once during a Pause to exit the program.)

PRESET PROGRAMS

The TREADCLIMBER offers several preset programs to add variety and challenge to your workout.

GOAL-BASED PROGRAMS (TIME, CALORIES, DISTANCE)

When you begin a workout, often you have a goal in mind. With the TREADCLIMBER, you can set your program to your personal goal, and it will track your progress to help you reach it. You can set a goal for TIME, CALORIES or DISTANCE.

For all three goal types, after you select the program, the console will prompt you to enter the goal. You can enter the goal directly using the numeric keypad, or you can use the Speed UP/DOWN buttons to change the number on the display. When you have the number you desire entered, press the OK button to select. The goal ranges are:

- ▶ TIME: 5-99 Minutes
- ▶ CALORIES: 50-2,000
- ▶ DISTANCE: 1-19.8 Miles/1-33 Kilometers

After your goal value is entered, the console will ask for user weight. This number is used in the calorie calculation while working out, so it is important to enter this for the most accurate calorie calculation possible. You will enter the weight in the same way as the goal values above, and press OK when done.

Once the workout begins, you can adjust speed and incline level as desired.

INTERVALS

The Intervals program allows you to customize an interval-based workout to your needs. When you select this option, the console will prompt you to enter user weight. Then you will be prompted to enter the Interval Parameters for the workout: interval time, number of intervals, speed, level and time for both the work (Max) and recovery (Min) intervals. The entered parameters are:

- ▶ Interval Time
- ▶ Number of Intervals
- ▶ Min Interval Speed
- ▶ Min Interval Incline Level
- ▶ Max Interval Speed
- ▶ Max Interval Level

ROLLING HILLS

This program provides variety by periodically changing the Speed and/or Incline Level over the course of the workout. When you select this option, the console will prompt you to enter the total time desired for the

workout (5-99 minutes), user weight, maximum speed desired and maximum level desired. The workout will begin at a low speed and level, and the TreadClimber will adjust the Speed and Level as you go. Speed and Level can also be adjusted manually at any time.

HEART RATE TRAINING PROGRAMS

The TreadClimber offers two HR training programs.

NOTE: For best results, use a HR strap. Contact HR grips may provide a less accurate reading



To calculate your training zone, use the following formulas:
(theoretical max HR = 220 - Age)

Heart Rate Training Range Upper Level

_____	x	0.75	=
Your Theoretical Max		Training Range Upper Limit	

Heart Rate Training Range Lower Level

_____	x	0.60	=
Your Theoretical Max		Training Range Lower Limit	

NOTE: Calculating your theoretical maximum heart rate using age is an approximation. For more information, please contact a fitness professional or doctor.

CONSTANT HEART RATE CONTROL

This program is designed to maintain your HR at a constant level by varying your walking speed over the course of the workout. Note that your HR will vary above and below the target rate during the program.

When you select this program, the console will prompt you to enter the total time desired for the workout (5-99 minutes), user weight and your target HR (70-200 Beats per Minute). When all parameters are entered, the workout will begin and continue for the time entered.

HEART RATE INTERVALS

This program is designed to gradually elevate your heart rate to the upper end of your selected training range, then gradually decrease your heart rate to the lower end of your training range by setting Incline Level to 5 and varying speed. During the workout, this cycle will repeat several times, creating an interval training effect that is customized to your desired training range.

When you select this program, the console will prompt you to enter the total time desired for the workout (5-99 minutes), user weight and your Lower and Upper Target HR (70-200 Beats per Minute). When all parameters are entered, the workout will begin and continue for the time entered.

NOTE: during setup, there must be at least an 18 BPM difference between the lower and upper HR limits to ensure an interval workout.

COOLDOWN CYCLE

Once you have completed your workout program, the TreadClimber enters a 2-minute cooldown cycle. You can adjust speed and incline level during this cycle if you desire.

When the cooldown cycle ends, the unit will slow to a stop. If you wish to exit the cooldown cycle before it ends automatically, press the STOP key.

USING THE COOLING FAN

The TreadClimber is equipped with a built-in cooling fan to increase your comfort during a workout. You can control the fan speed during your workout. The fan will automatically turn on one minute into your workout.

To operate the cooling fan:

- ▶ Press the FAN key once to set the fan speed to high.
- ▶ Press the FAN key a second time to set the fan speed to low.
- ▶ Press the FAN key a third time to turn the cooling fan off.
- ▶ The fan will remain at the set speed if you pause your program. The fan will turn off automatically if you exit your workout, or when you complete your program.

If the cooling fan is not available for use, the Information Window displays an advisory message when you press the FAN key.

HEART RATE MONITORING

Heart rate monitoring can help you to determine if your workout is too challenging or not challenging enough. Monitoring heart rate is easy with the TREADCLIMBER, which provides both chest strap compatibility, and heart rate grips that allow you to monitor your heart automatically. Your goal will be to keep your exercise heart rate at 60 to 90 percent of the theoretical maximum for your age as listed on the Target Heart Rate table and graph in chapter 4.

NOTE: The Heart Rate monitor is not a medical test, nor is it designed as a medical test. It is simply a guide to target heart rate training. Please consult with your physician prior to engaging in any strenuous physical activity.

IMPORTANT: The manufacturer does not warrant the heart rate system performance on this product, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

CONTACT HEART RATE MONITORING

You may use the heart rate contact grips to automatically check your heart rate. Just follow these steps:

- 1 Grasp the stainless steel heart rate contact grips; you do not have to squeeze tightly.
- 2 When a heart rate has been detected, the  icon displays in the Information Window, indicating a calculation is taking place.
- 3 When your heart rate has been acquired, the  icon will begin pulsating, and your heart rate in beats per minute (BPM) will be displayed in the Information Window continuously.
- 4 Release the Heart Rate grips if you wish to remove your heart rate from the display.

NOTE: Contact heart rate may not give accurate BPM.

CHEST STRAP HEART RATE MONITORING

You may use a heart rate strap (not included) to automatically check your heart rate. Just follow these steps:

- 1 Before beginning your workout, or during a pause, moisten the back of the transmitter on the heart rate strap (not included). Place the strap snugly around your chest with the transmitter resting directly over your sternum.
- 2 When a heart rate has been detected, the  indicator illuminates, indicating a calculation is taking place.
- 3 When your heart rate has been acquired, the  indicator will begin pulsating, and your heart rate in beats per minute (BPM) will be displayed in the Heart Rate Window continuously.
- 4 Remove the heart rate strap if you wish to remove your heart rate from the display.

NOTE: The performance of the transmitter may be affected by body types, body oils, metal in clothing, and outside electrical interference. Always be sure that the transmitter and skin are in good contact. Avoid operating other electrical equipment near your TreadClimber when you use the heart rate strap.

PREVENTATIVE MAINTENANCE

Your TreadClimber must be maintained by performing regular Preventative Maintenance. Failure to perform regularly scheduled preventative maintenance can lead to premature wear; cumulative and other effects, such as misalignment and create safety hazards for the user. Failure to perform regular Preventative Maintenance will lead to unnecessary downtime and may void your warranty. For this reason, we highly recommend following the maintenance schedules listed in this manual.

DAILY MAINTENANCE

- Remove excessive accumulations of dust, dirt, and other substances by using a clean soft cloth and a non-abrasive liquid cleaner, such as Formula 409™ or FANTASTIK™. Wipe down the display board, handrails, shroud and heart rate grips.

NOTE: DO NOT spray the cleaner directly onto the display board or heart rate grips. Do not use liquid cleaner under the walking belt.

- To ensure the longevity of the walking belts, clean under the walking belts with a soft, dry cloth. To clean, slide the cloth between the walking belt and deck from one side of the frame to the other (you may need a ruler or similar tool to slide the towel under the belt), then, holding the edges of the cloth, pull the cloth from the headroller down to the tailroller.

NOTE: DO NOT clean the walking belt by activating the unit.

- Inspect the walking belts for alignment and tension. Do not tighten the walking belt every day. If you notice slipping, adjust the walking belt tension using the instructions provided in “Adjustments-Slipping-Walking Belt” (later in this chapter), or contact Customer Service.
- Ensure the power cord is not under moving parts of the TreadClimber. This will prevent the power cord from being pinched or from binding up the treadles.

WEEKLY MAINTENANCE

- Vacuum the floor under and around the Tread Climber. Do so by moving the TreadClimber with its rollers to another spot.

NOTE: Take care not to damage the power cord while vacuuming.

- Inspect the inside surface of the walking belt if the belt fiber are frayed excessively, (it will feel fuzzy to the touch), replace the belt.

NOTE: Never install a new walking belt on a used deck.

- Inspect the display and handrail screws for security, and retighten if necessary.
- Inspect the display panel/keypad for wear.

MONTHLY MAINTENANCE

WARNING: To prevent personal injury, always turn the machine off and unplug the power cord before performing maintenance inside the motor compartment.

- Remove the motor shroud and vacuum around the motor and its ventilation holes. Avoid bumping or damaging parts normally protected by the shroud.
- Check the treadle belt tension so the treadles operate freely without making excessive noise.

ADJUSTMENTS

The walking belt and its headroller, drive belt, tailroller, and walking deck are designed to be self-centering, slip-free, and smooth-operating without the need for frequent adjustments. Walking belt sideward movement, slipping, or grinding after extended use, or thump-ing during initial use, may be corrected by the following procedures. Note, each belt must be adjusted separately:

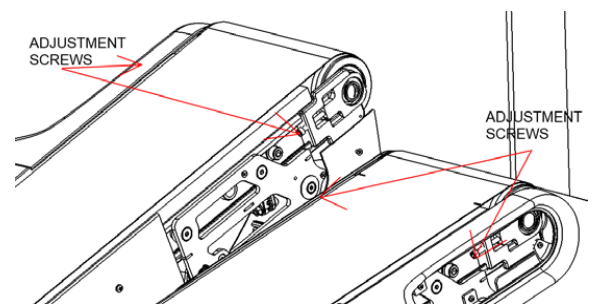
Adjust TRACKING: If the walking belt is not centered on the tailroller and is either too far left or right, adjust tracking using the following steps:

1. Turn the Tread Climber on. Increase Tread Climber speed to 3.0 mph (5.0 kph).
2. Adjust tracking by turning the left Allen screws (located at the front side of the head roller) with a 1/4" Allen wrench in 1/4-turn increments.

If the walking belt is tracking to the left, turn the screws clock-wise in 1/4 turn increments.

If the walking belt is tracking to the right, turn the left screw counter-clockwise in 1/4 turn increments.

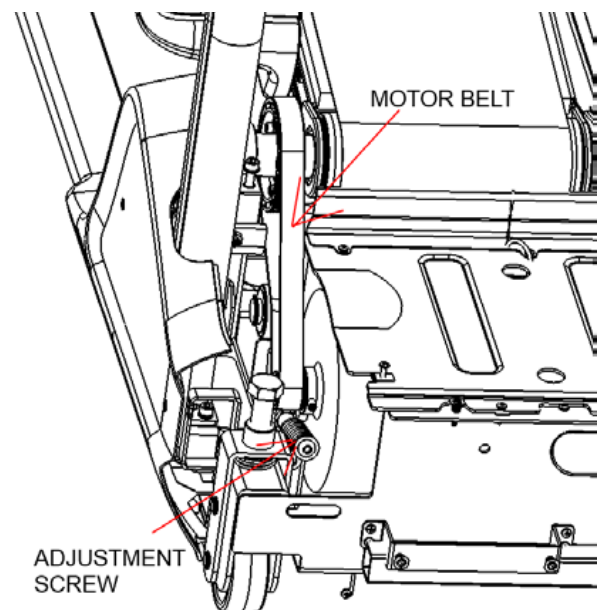
3. **NOTE:** ONLY USE THE LEFT SCREW FOR TRACKING ADJUSTMENT.
4. After the walking belt appears to be tracking properly, increase the Tread Climber speed to 4.0 mph (6.7 kph) and verify that the belt stays centered.



Slipping-Walking Belt: Remove the motor shroud and operate the machine slowly at 1 to 2 mph (2 to 3 kph). While observing the tailroller, walk on the belt and try to slow it down by gently applying pressure with your feet while holding the handrails. If only the walking belt, and not the tailroller, slows down, tighten the walking belt by turning both the right and left tailroller adjustment bolts clock- wise 1/4-turn. Repeat this adjustment until the walking belt no longer slips; ensuring that you turn both tailroller bolts an equal number of turns. Re-install the motor shroud. If the headroller and the walking belt both slow down, tighten the drive belt as described under “Slipping-Drive Belt”, below.

Slipping Drive Belt: The drive belt tensioning system is designed for minimal adjustment throughout the life of the belt. To check if the drive belt tension needs to be adjusted, do the following

1. Run Tread Climber at 2 mph (3kph) and try and stop the belt by applying foot pressure while holding onto the handrails. If the walking belt and roller stop, but the motor continues to turn, the drive belt tension needs adjustment.
2. Remove the motor shroud.
3. Release belt tension by releasing the belt tensioner.
4. Move the spring to the second hole on the tensioner swing arm.
5. Re-tension with the tensioner.
6. Reinstall motor shroud.



TOOLS & MATERIALS

Clean Towel (1)

Paint Stick or Ruler (1)

Diluted All-purpose Cleaner (409), or Bristle Brush

SETTINGS AND TESTING

After having used your TREADCLIMBER for many workouts, you may wish to change some of its settings

MANAGER MODE

The Manager Mode allows you to query and modify the basic settings of your unit. To enter Manager Mode:

1. Press and hold the  ,  and  keys together.
2. A beep will sound and "MANAGER MODE" will display momentarily in the Information Window.
3. Release the keys. "MCI VX.XX CKSM XXXX" will display in the Information Window.

NOTE: The system will automatically exit Manager Mode if no key is pressed for 30 seconds.

The following keys are available in MANAGER MODE:



Incline Keys: Displays the next and previous parameter, respectively. Keys will repeat if held.



Speed Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys do not save the new value - see Key below.



OK Key: Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the START key may be used (see above).



Number/Program Select Keys: Enter new data item values for numeric parameters.



Stop Key: Exits Manager Mode and restarts the TreadClimber greeting.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Default Value	Highest Value	Meaning
MC1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
LCB V X.XX	N/A	N/A	N/A	Display's secondary processor software version and checksum.
SERIAL NO	0	0	65,535	TreadClimber serial number.
UNITS	-	ENGLISH	-	English = units of pounds, miles, hours, minutes, seconds, feet, inches; Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up.
WEIGHT	1	155/70	500/226	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).

Item	Lowest Value	Default Value	Highest Value	Meaning
LANGUAGE	-	English	-	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.
METS	OFF	OFF	ON	ON=METS display enabled. OFF=METS display disabled.
PAUSE	30	45	120	Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120.
AUTO FAN	OFF	ON	ON	Turns ON the fan 1 minute into the program.
TREADLE SENSE	OFF	ON	ON	ON=Elevation function enabled. OFF=Elevation function disabled.
AUTO STOP	OFF	OFF	ON	ON=Auto stop feature enabled. OFF=Auto stop feature disabled.
CSAFE	OFF	OFF	ON	ON=CSAFE communication enabled. OFF=CSAFE communication disabled.
LOCK OUT	OFF	OFF	ON	ON=TreadClimber lock out enabled. OFF=TreadClimber lock out disabled.
LOCKOUT ID	10000	12345	65535	TreadClimber lockout ID.
MINIMUM SPEED*	0.5/0.8	0.5/0.8	2.0/3.2	Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
MAXIMUM SPEED*	5.0/5.0	10.0/16.0	12.5/20.0	Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric). Caution: See Motor Calibration before making any changes.
ACCELERATION TIME	3	11	30	Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).
DECELERATION TIME	3	11	30	Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.

*When the MINIMUM SPEED or MAXIMUM SPEED parameters are changed, unit will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.

MAINTENANCE MODE

Your Service Representative may need to check accumulated data about the past usage of your unit, test its motor and display controls, or investigate error messages. For these reasons, your unit is equipped with Maintenance Mode. Maintenance Mode includes all of the items available through Manager Mode, plus additional items for Service and Diagnostic use. To enter Maintenance Mode:

1. Press and hold the ① , ② and ③ keys together.
2. A beep will sound and "MAINTENANCE MODE" will display momentarily in the Information Window.
3. Release the remaining keys. "MCI VX.XX CKSM XXXX" will display in the Information Window.

The following keys are available in MAINTENANCE MODE:



Incline Keys: Displays the next and previous parameter, respectively. Keys will repeat if held.



Speed Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit or 0.01 unit, as appropriate for the parameter. These keys do not save the new value - see Start Key and Key below.



Enter Key: Updates (saves) the value of the displayed parameter in Flash memory. Alternatively, the key may be used (see above).



Number/Program Select Keys: Enter new data item values for numeric parameters.



Stop Key: Exits Maintenance Settings Mode and restarts the TreadClimber greeting.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Default Value	Highest Value	Meaning
MC1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
LCB V X.XX	N/A	N/A	N/A	Display's secondary processor software version and checksum.
SERIAL NO	0	0	65,535	TreadClimber serial number.
OPER HOURS	0	0	65,535	Total operating hours.
DISTANCE	0	0	65,535	Total treadclimber miles (UNITS=English), or km (UNITS=Metric).
UNITS	-	ENGLISH	-	English = units of pounds, miles, hours, minutes, seconds, feet, inches; Metric = units of kilograms, kilometers, hours, minutes, seconds, centimeters.
TIME	5	99	99	Maximum time in minutes allowed for program, including warm-up.
WEIGHT	1	155/70	500/226	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
LANGUAGE	-	English	-	Language in English, Dutch, French, German, Portuguese, Spanish, Swedish, Italian or Katakana.
METS	-	OFF	-	ON=METS display enabled. OFF=METS display disabled.
PAUSE	30	45	120	Pause duration during a program, in seconds, either 30, 45, 60, 90 or 120.
AUTO FAN	-	OFF	-	Turns on the fan 1 minute into program.
TREADLE	-	ON	-	ON=Elevation function enabled.
SENSE	-	OFF	-	OFF=Elevation function disabled.
AUTO STOP	-	OFF	-	ON=Auto stop feature enabled. OFF=Auto stop feature disabled.
CSAFE	-	OFF	-	ON=CSAFE communication enabled. OFF=CSAFE communication disabled.
PVS	-	ATSC	-	PVS type, ATSC/NTSC OR PAL/SECAM.
LOCK OUT	-	OFF	-	ON=TreadClimber lock out enabled. OFF=TreadClimber lock out disabled.

Item	Lowest Value	Default Value	Highest Value	Meaning
Mc1 V X.XX	N/A	N/A	N/A	Display's primary processor software version and checksum.
LOCKOUT ID	10000	12345	65535	TreadClimber lockout ID.
MINIMUM SPEED	0.5/0.8	0.5/0.8	2.0/3.2	Minimum speed in mph (UNITS=English), or km/hr (UNITS=Metric).
MAXIMUM SPEED	5.0/5.0	10.0/16.0	12.5/20.0	Maximum speed in mph (UNITS=English), or km/hr (UNITS=Metric). Caution: See Motor Calibration before making any changes.
ACCELERATION TIME	3	12	30	Time, in seconds, to reach maximum speed from 0 mph (0 km/hr).
DECELERATION TIME	3	11	30	Time, in seconds, to reach 0 mph (0 km/hr) from maximum speed.
DATE	1.00	1.98	12.99	TreadClimber manufacture date.
STOP SWITCH	-	-	-	Either E-Stop or Lanyard.
LAST DECK	0	0	65,535	Number of miles (UNITS=English), or km (UNITS=Metric) since the walking deck was last serviced or replaced.
LAST BELT	0	0	65,535	Number of miles (UNITS=English) or km (UNITS=Metric) since the walking belt was last replaced.
PROGRAM STATS	-	-	-	Provides access to programs usages and counters. (See Sub Menu)
LED TEST	-	-	-	LED Testing function, Press OK to begin
KEYPAD TEST	-	-	-	LED Testing function, Press OK to begin
HEART RATE TEST	-	-	-	HEART RATE Test function.
SERIAL PORTS TEST	-	-	-	RS 232 Ports test (Manufacture Test Only).
ERROR STATS	-	-	-	Provides Access to Error List.
LAST ERROR LIST	-	-	-	Last Error List Menu, Press OK to View
CALIBRATION VALUES	-	-	-	Provides Access to View Calibration Data.
MOTOR CALIBRATION	-	-	-	Motor Calibration Function, Press OK to begin.
TREADLE SENSOR	-	-	-	Display current value of treadle sensor
BURN IN MODE	-	-	-	Burn In Mode Function (Manufacture Only).
CCB V X.XX				
USB V X.XX				

*When the MINIMUM SPEED or MAXIMUM SPEED parameters are changed, the unit will perform an auto calibration. To terminate the auto calibration and return the parameter to its default setting, press the STOP key.

MOTOR CALIBRATION

The Motor Calibration function allows for calibration of the treadclimber's speed function.

CAUTION: Changing Max Speed setting may expose users to increase risk. Any changes to the treadclimber's maximum speed settings should be clearly communicated to all users of the treadclimber. To enter the Motor Calibration function:

1. While in the Maintenance Mode, press the  key, or navigate to the Motor Calibration by the next  or the previous  parameter buttons .
2. While in the Motor Calibration, press the  key to begin the calibration. The information window will display "PWM= XXXXXX SPEED=XX.X" where the X's are data the that test will generate.

When the test is finished the information window will display one of the 2 messages "Passed Calibration" or "Failed Calibration". If "Failed Calibration" is displayed run test again, if it continues, call for maintenance.

3. Press the STOP key to exit the Motor Calibration function.

We recommend that you refer your questions about your TREADCLIMBER operation and suspected malfunctions to Customer Service Hotline at (888) 678 2476. However, you may wish to investigate error messages that appear in the Information Window. You may do so by reviewing the information in this section.

KEY DOWN: This error generally occurs when a key is held pressed while the **ON/OFF** switch is moved to **ON**. It may also happen if a key becomes stuck. When you see **KEY DOWN:**

- ▶ Set the **ON/OFF** switch to **OFF**; wait 2 seconds.
- ▶ Set the **ON/OFF** switch to **ON**. The TreadClimber should be operational again. Notify Service if additional assistance is needed.

NO STOP: This error generally occurs when the Stop Switch is not connected tightly to the circuit board of the Display Control Panel. It may also happen if the circuitry associated with the switch develops a fault. When you see **NO STOP:**

- ▶
- ▶ Set the **ON/OFF** switch to **OFF**; wait 2 seconds.
Set the **ON/OFF** switch to **ON**. Notify Service if additional assistance is needed.

CHECK SPEED SYS and SPEED CHANGE: These errors generally occur when the walking belt speed sensor is disconnected, faulty, or misaligned relative to the revolutions-per-minute (RPM) sensor of the motor. They may also occur if the speed sensor cable is damaged, or if the Motor Control Board (MCB) is misadjusted or faulty.

When you see **CHECK SPEED SYS or SPEED CHANGE:**

- ▶
- ▶ Set the **ON/OFF** switch to **OFF**; wait 2 seconds.
Set the **ON/OFF** switch to **ON**. Notify Service if additional assistance is needed.

FCC AND OTHER DOMESTIC / INTERNATIONAL REGULATIONS

The TREADCLIMBER have been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of FCC rules. Under the FCC guidelines, operation is subject to the following two guidelines: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The TREADCLIMBER generate and uses radio frequency energy. If the products are not installed and used in accordance with the instructions provided in the owner's manual, interference with radio communications may occur. Likewise, if unapproved accessories are installed, interference with radio communications may occur. The intent of the FCC Class A limit is to provide reasonable protection against harmful interference in a residential installation. However, there is no guarantee that interference may not occur in a specific installation. In the event that interference is experienced, turn off the unit to verify that it is in fact the source. If the interference clears with the unit off, then try each of the following measures and combinations thereof:

- ▶ Reorient or relocate the machine.
- ▶ Reorient or relocate the receiving antenna of your television, radio, and / or VCR recorder.
- ▶ Connect the unit to a different power outlet.
- ▶ Consult Product Support, your authorized dealer, or a qualified radio / television technician for assistance.

This product has been tested and conforms to all applicable FCC, UL, CAN/CSA and CE standards. Product also conforms to the requirements of all applicable European Council directives.



StairMaster®

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