



# SRM

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## OPERATIONAL MANUAL



MADE IN USA



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### **- WARNING NOTICE -**

**In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. A visual inspection of connectors, cables, chains, pulleys etc. is required on a regular basis.**

### **NOTE**

**Replace defective components immediately and/or keep equipment out of use until repair is made.**

### **FDA STATEMENT**

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# ***The SportsRehab (SRM) VersaClimber:***

## ***An Arsenal of Uses for the Clinician***

Sportsmedicine and rehab specialists deal with diverse populations. These segments can range from the athlete, the cardiac patient, the obese, and the amputee or wheelchair patient. The Rehab VersaClimber is an exceptional closed chain tool for all of these populations.

### **REHAB FOR THE ORTHOPEDICALLY IMPAIRED**

Three phases of closed chain rehab are available for the orthopedically impaired.



**Phase 1** is for patients who need to eliminate one or more extremities from the exercise. The patient exercises in a non-weight bearing seated position while supporting the stationary lower injured limb with the leg isolator or not using the limb in the case of an injured upper body extremity. Seated pushing and pulling with the arms and/or legs in any combination elicits a non-weight bearing conditioning response.



**Phase 2** involves all four or any combination of the extremities while the person's body weight is partially supported by the seat. Orthopedic loading allows involved or weakened extremities to be safely exercised either actively by continuous active motion or passively by continuous passive motion. Partial weight bearing may be elicited in the legs and/or lower back in the standing position by supporting the upper body with the arms when stepping.



**Phase 3** is for patients that can bear full weight in the climbing position. The seat may remain in place while climbing to partially support body weight or allow for seated rest intervals due to fatigue.

A great application of the VersaClimber is integration into a full body treatment plan. Injuries that prevent walking or running do not have to limit climbing. The patient does not have to counteract impacting, gravitational or mechanically produced forces. Acute and chronic leg, knee, arm, chest, shoulder and back injuries can be safely exercised on the VersaClimber.

### **CONTROLLED RANGE OF MOTION (ROM)**

ROM can be controlled for upper and lower limbs on one or both sides of the body in two inch increments while seated, stepping, or climbing. For example, one leg can be free to take a 1 inch through a 20 inch step while the injured leg is restricted to zero degrees of deflection at the knee and hip joints. Patients with pathology involving the total immobilization of one or more limbs can be exercised effectively and safely. ROM can be gradually increased along with weight bearing for applications such as a knee injury post-op all the way through the rehab process to full functional ROM and weight bearing. For injuries requiring a limited ROM of plantar and dorsi-flexion, a locking pin in the foot pedal can be utilized.

### **CONTROLLED WORK INTENSITY**

VersaClimber features integrated Polar compatible heart rate monitoring providing clinicians the ability to precisely control exercise and accommodate even the most dysfunctional or de-conditioned patients. Low-level cardiac patients with a 2 MET functional capacity can exercise on the VersaClimber in the seated position. Work performed is quantified in feet per minute. Hydraulic resistance is selected on the control panel. Step height and rate are individualized for the patient.

### **CONCLUSION**

Individuals in wheelchairs, cardiac patients, the obese, diabetics, and those with orthopedic injuries may not be able to exercise effectively on treadmills, bikes, ellipticals, and steppers. The Rehab VersaClimber accommodates this entire gamut of the population. No other exercise modality offers such a vast arsenal of applications along with the ability to precisely prescribe and control exercise for each individual condition. Every clinic should have at least one SportsRehab SRM VersaClimber.

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First time users: You might have a tendency to climb too fast and to take too long a step. Until users become thoroughly familiar with the Versa Climber, it is important to take short, slow steps.

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*BEFORE EXERCISING ON THE VERSACLIMBER, READ THIS OPERATION MANUAL THOROUGHLY. INSTRUCT OTHERS HOW TO USE THE MACHINE IN ACCORDANCE WITH THE PROCEDURES OUTLINED IN THIS MANUAL. ADDITIONAL MANUALS ARE AVAILABLE UPON REQUEST FROM HEART RATE, INC. BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR THOSE INDIVIDUALS OVER THE AGE OF 30 AND THOSE WHO HAVE KNOWN HEALTH PROBLEMS. HRI ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THE VERSACLIMBER*

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### **GENERAL INTRODUCTION**

The VersaClimber, introduced in 1981, was the first climbing exercise machine on the market; and to this day remains the leader as a true total body conditioning unit. This full body climbing exercise machine provides an alternating arm and leg action against gravity with variable force, stroke length and speed. All the major muscles of the arms, chest, shoulders, back, hips, but and legs are used while climbing. The VersaClimber has been proven worldwide and is a widely accepted total body exerciser that is used by health clubs, sports medicine facilities, military, fire departments, corporate gyms and wherever groups of people gather to exercise.

To climb, the person stands in a vertically erect position with both feet level on pedals while grasping two handgrips set at about shoulder height. To initiate climbing motion, step down on one foot pedal while pushing up on the hand grip. When the foot and hand move vertically downward, the other foot and hand move vertically upward and then alternate synchronously. A cyclic action of the arms and legs is performed that simulates motion of climbing an endless ladder for any selected step height, time, rate and distance. A

microcomputer monitors and displays climbing performance, heart rate, calories, distance, time and gives audible instructions and motivational messages during the exercise. The machine is oriented at a 75-degree climb angle.

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### **NOTE:**

**Don't Climb Too Fast. Beginners Should Take a 4-6 inch step at a Gentle Pace**

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First time users of the VersaClimber have a tendency to climb too fast and to take too long a step. Until users become thoroughly familiar with the VersaClimber, it is important to take short, slow steps. To maintain a shock and trauma free motion, it is mandatory not to "bottom out" or impact the pedals at the end of each stroke.

### **SELECTING EXERCISE TIME**

If you are not already warmed up, a warm up period of at least 5 to 10 minutes should be included in each VersaClimber workout. Taking a short step at a slow climbing speed during the warm up period is the key to a great workout. The first time user can easily climb for 15 to 20 minutes by including a slow 5 minute warm up and a 3 to 5 minute cool down period. With repetitive use it is possible to build up to longer climbs at higher speeds.

Many individuals enjoy 60 minutes or more of uninterrupted climbing. After each workout, note exercise time, climbing speed and height climbed for establishing a goal for future sessions. Use heart rate and perceived exertion to determine if you are at a comfortable exercise level. Remember that work intensity and calorie burn rate is based on climbing speed. If the exercise is too hard, slow down.

### **CALORIE BURN RATE**

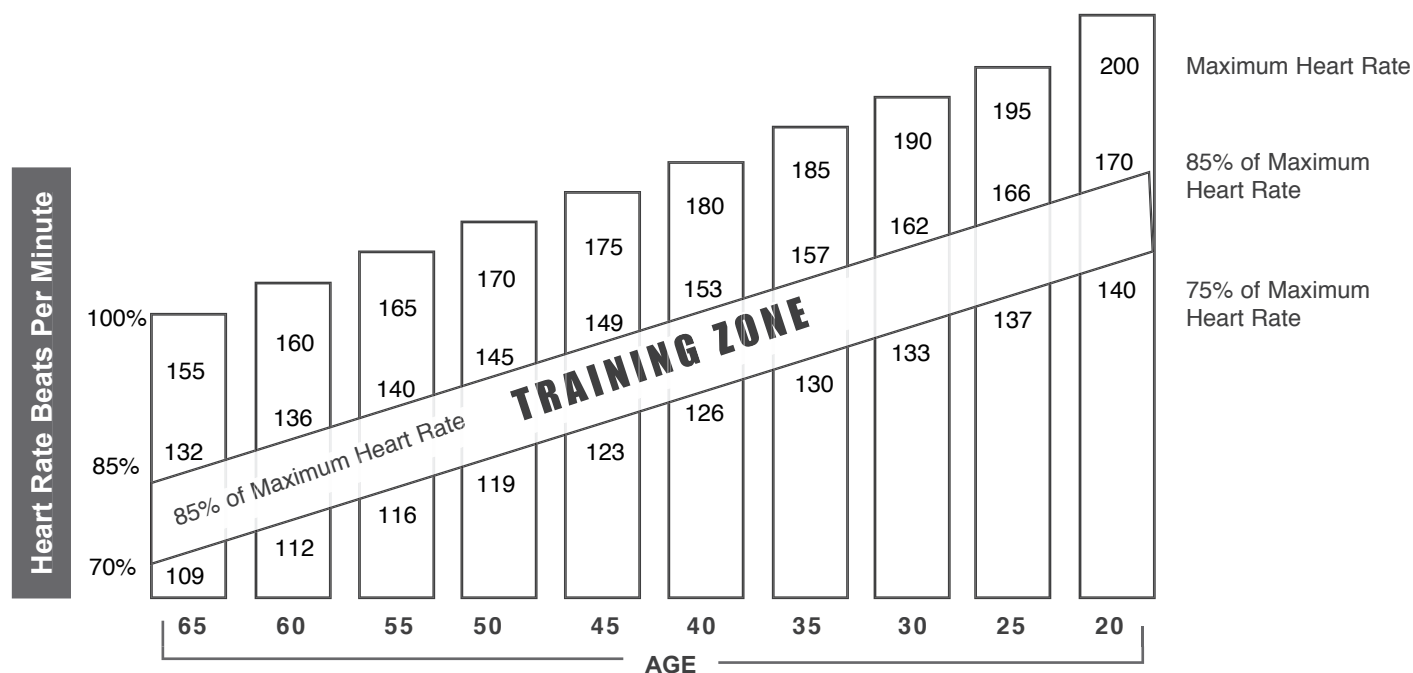
Full body climbing ranks highest in calories burned even though climbing speed is slower than other activities. First time users often try to maintain the speed they use in other activities and tend to over exert themselves. It is important to remember that because VersaClimbing is a total body climb against gravity, it is not necessary to climb at a high rate of speed, as shown on the next page.

## HOW TO FIND YOUR TARGET HEART RATE?

Heart rate is the best indicator of exercise intensity. Use your heart rate and level of perceived exertion (how you feel) as a guide to determine if you have selected the proper “LEVEL OF CONDITIONING”. The following HEART RATE TRAINING ZONE CHART may be used to assist you in selecting your appropriate heart rate training zone.

### HEART RATE TRAINING GUIDE

1. Find your age at the bottom of the chart.
2. Beginners follow the column to 70% of your maximum heart rate.
3. Advanced follow the column to 85% of your maximum heart rate.
4. Exercise at your appropriate heart rate.



### NOTE:

TO MAINTAIN TRAUMA FREE MOTION, IT IS MANDATORY THAT YOU DO NOT, UNDER ANY CIRCUMSTANCES, “BOTTOM OUT” AT THE END OF EACH STROKE. ALSO, DO NOT HIT THE STEP HEIGHT LIMITERS WHEN THEY ARE IN USE.

## CALORIES ACTIVITY (For a 150 lb person)

	<u>SPEED</u>	<u>Burned Per Hour</u>
Walking	3.0 mph	228
Bicycling	9.4 mph	384
Swimming	2.0 mph	486
Running	7.5 mph	792
Stepping	1.9 mph	864
Climbing	0.9 mph	972

### STEPPING USER GUIDE USE THE VERSACLIMBER AS A STEPPING MACHINE OR A CLIMBING MACHINE.

The side handrails not only provide support while getting on and off the VersaClimber but they offer the option of Stair Stepping. By holding the handrails to the side of the body and stepping with the legs only, the gluts, quads, hamstrings, calves and shins can achieve a complete lower body aerobic and strength exercise.



The SRM provides a step height of 1-20 inches. By shifting the hands from the stationary handrails to the moving handgrips, the machine automatically converts from a stepping machine into a total body-climbing machine or back to a stepping machine simply by changing hand position.

### CLIMBING USER GUIDE

Hold handrails for support and step up on the pedals until both feet are level. With both feet at the same level, position handgrips at about chin

height. Adjust handles if necessary by depressing the pin at the end of the handgrip. Remove the handgrip and reinsert it fully into another position and release the pin.

#### NOTE:

WHEN GRASPING THE HAND RAILS OR HAND GRIPS, KEEP FINGERS AND THUMBS ON THE FOAM PADDING OF THE HANDRAILS OR RUBBER GRIPS OF THE HANDLES. DO NOT GRASP OR EXTEND ANY PORTION OF THE HAND BEYOND THE FLANGES OF THE MOVING HAND GRIPS. DO NOT HOLD ONTO THE VERTICAL POST.

Push quick start on the module and follow verbal user instructions. Time, Rate, Distance, Step Height and other information is displayed. See page 6 for detailed display functions including Heart Rate and Calories.



Begin climbing by taking a step stroke length of approximately 5 inches at a speed of 20 feet per minute for approximately 5 minutes. After 5 minutes the step height and climbing speed can be gradually increased if desired.

To maintain a shock and trauma free motion, it is strongly suggested that you do not, under any circumstances, "bottom out" at the end of each stroke.

IMMEDIATELY DISCONTINUE THIS OR ANY EXERCISE IF THERE IS ANY DISCOMFORT, SHORTNESS OF BREATH OR DIZZINESS.

## MODULE DISPLAY

The control module consists of 17 push buttons with associated back lit text descriptors, a 32 character LCD display and a voice message system which provides verbal instructions for new users. The text descriptors are back lit descriptions of what function or activity is currently associated to each button. Here is a brief discussion of the functions provided by each instruction.

### 1. QUICK START

When pressed, it clears the display of any previous information and verbally guides the first time user through a 15 minute workout.

### 2. SELECT AN OPPONENT

Press this button repeatedly to select one of six virtual opponents to race against. This a speed race.

### 3. SELECT A LANDMARK

Press this button repeatedly to select one of six Landmark goals. This is a distance challenge that you climb at your own desired speed.

### 4. ENTER WEIGHT

Press this button to enter your weight which is used to calculate caloric burn rate. Use the yellow LOCK SELECTION arrows to raise or lower the number in the display until it matches your weight within plus or minus five pounds (or two kilograms). Then press the LOCK SELECTION button to enter your weight into the computer.

### 5. ENTER TIME

Press this button to increase or decrease the default workout period of 15 minutes. Use the yellow LOCK SELECTION arrows to raise or lower the number in the display until the desired time is displayed. Then press the LOCK SELECTION button to enter your time into the computer.

### 6. LOCK SELECTION

Press this button to enter user selected values into the computer.

### 7. YELLOW LOCK SELECTION ARROWS

These buttons are used to raise or lower the number in the display.

### 8. "Upper" Left SELECT button.

Press this button to switch the display between ELAPSED TIME and TIME REMAINING in the workout period. The remaining time display stops at zero while the elapsed time continues counting up to 99 hours:59 minutes:59 seconds.

### 9. "Center" SELECT button.

Press this button to switch between TOTAL CALORIES and CALORIES PER HOUR.

### 10. "Upper" right SELECT button.

If the machine is not running in one of the specialty modes (Opponent, Landmark, Heart Rate Control or Race Your Neighbor) this button has no function as both STROKE LENGTH and DISTANCE PER MINUTE will be displayed continuously. When any of the specialty modes are selected, this button will switch the display between STROKE LENGTH and DISTANCE PER MINUTE

11. "Lower left" SELECT button. Press this button to switch between metric and imperial display units.

### 12. "Lower right" SELECT button.

Press this button to switch between OPPONENT'S TOTAL DISTANCE and OPPONENT'S DISTANCE PER MINUTE. This button is only active when virtual opponent mode is selected.

### 13. VOLUME CONTROL

Press this button to sequentially play each of the voice instructions.

### 14. YELLOW VOLUME CONTROL ARROWS

Use these buttons to raise or lower the voice message volume level.

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## 15. SPECIALTY MODES

Press this button to select HEART RATE CONTROL MODE or RACE YOUR NEIGHBOR (an optional feature that will be available in the future).

### SELECTING EXERCISE TIME

If you are not already warmed up, a warm up period of at least 5 to 10 minutes should be included in each VersaClimber workout. Taking a short step at a slow climbing speed during the warm up period is the key to a great workout. The first time user can easily climb for 15 to 20 minutes by including a slow 5 minute warm up and a 3 to 5 minute cool down period. With repetitive use it is possible to build up to longer climbs at higher speeds.

Many individuals enjoy 60 minutes or more of uninterrupted climbing. After each workout, note exercise time, climbing speed and height climbed for establishing a goal for future sessions. Use heart rate and perceived exertion to determine if you are at a comfortable exercise level. Remember that work intensity and calorie burn rate is based on climbing speed. If the exercise is too hard, slow down.

### LEVEL OF CONDITIONING CLIMBING FOR 15 MINUTES

	<u>SPEED</u> <u>FEET/MIN</u>	<u>DISTANCE</u> <u>FEET</u>
1. BEGINNER	35	525
2. INTERMEDIATE	65	975
3. COMPETITOR	95	1425
4. CHAMPION	120	1800
5. ELIMINATOR	160	2400
6. OLYMPIAN	200	3000

### SELECTING AN OPPONENT

The opponent you select will climb at the average speed listed above. If you are not able to keep up with the opponent you selected, slow down and finish the 15 minute race. Select a slower opponent for the next workout.

## USING HYDRAULICS TO CONTROL SPEED

Beginners and individuals who are deconditioned may use the hydraulics to control their climbing speed, rather than working against the resistance. The hydraulic control knob is located at the bottom of the control console. Clockwise rotation of the



control knob, (to the right), slows the rate of motion (easier). Counterclockwise rotation of the control knob, (to the left), increases the rate of motion (harder). The rate of motion, (slower/faster), may be changed without

stopping any time during exercise. Start with the speed control knob fully rotated clockwise and gradually increase the climb rate to the desired speed by turning the control knob in the counterclockwise direction. Climb at the speed set by the resistance.

Climbing uses many more muscles than jogging, pedaling, stepping or elliptical exercises and is therefore performed at a slower cyclic rate and speed. Speed in "Feet Per Minute" is an accurate guide for the amount of work being done.

A reasonable starting rate for a person in good condition would be about 80 to 110 feet per minute. After a few minutes of exercise, heart rate should be checked and the climb rate increased or decreased appropriately to bring the user to their target heart rate zone.

### SELECTING A LANDMARK

There are 6 landmarks from 554 feet to 9731 feet high to choose from.

#### LANDMARK

#### HEIGHT

1. Washington Monument	554
2. Eiffel Tower	984
3. Moscow Tower	1,762
4. El Capitan	3,297
5. Vesuvius	3,900
6. Mount Olympus	9,731

Select a landmark based on the total distance climbed during previous workouts.

## **VERSACLIMBER SPECIFICATIONS**

### **PHYSICAL SIZE**

Height	7 feet, 10 inches
Footprint	43 inches x 50 inches
Weight	165 pounds (70 kg)

### **FUNCTIONAL FEATURES**

Pedal Step Height	0 to 20"
Arm Stroke Length	0 to 20"
Overall Climb Rate	Ability Of Person Climbing
Hydraulic Climb Rate Control	6-107 m/min
Hydraulic Force Control	0 To 500 lbs
Climb Angle	75 Degrees
Vertical Lift Factor (% slope)	96.6 Percent

### **USER ACCOMMODATIONS**

Level of Physical Fitness	Novice To Elite
Climber's Height	4' 2" to 6' 7"
Climber's Weight	65 lbs to 350 lbs
Age and Sex	Any

### **MODULE FUNCTIONS**

Exercise Time	0 to 99.9 Hours
Exercise Rate	0 to 351 FT/min
Exercise Distance	0 to 10,000 FT
Step Height	0 to 20 inches
Race against opponent	35 to 200 FT/min
Climb a Landmark	(Distance) 554 to 9731FT
Heart Rate Display	30 to 235 (BPM)
Calorie burn rate	0-2000
Display Units	Imperial and Metric
Audio	Volume Control
Power Transformer	110 Volt AC

### **UNPACKING INSTRUCTIONS**

1. Remove the shipping container's top cover. Then remove the wooden cross support that holds the mainframe down and the two bolts at the end of the container with two 9/16" wrenches. Using two people, carefully remove the vertical mainframe from the container and lay the machine on the floor with pump supported on the wooden cross support (see photo on page 11). Avoid lifting the machine by or setting the machine on any portion of the black plastic housing or plastic oil accumulator.
2. The following items are packaged in the container.

### **EQUIPMENT: (single unit)**

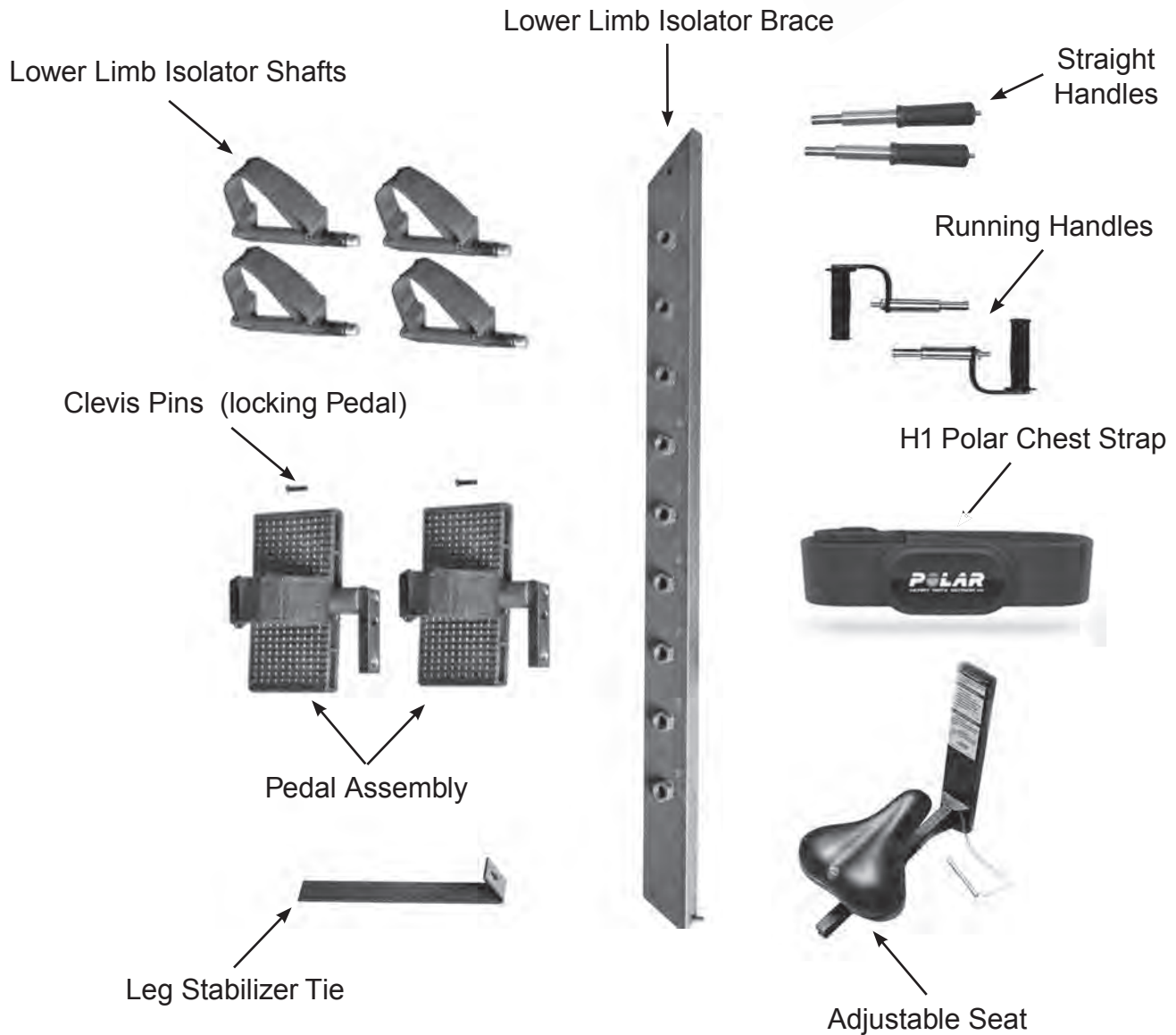
- A. Vertical mainframe with control console attached
- B. Two foot pedals. Four hex head bolts, 3/8" x 1 1/2" long
- C. Two quick disconnect handles
- D. (OPTIONAL) One pair of handle extenders, one pair of hand rail spacer, four screws, 1/4" x 4" long
- E. One front curved tubing base
- F. One back straight tubing base. Two hex head bolts 3/8" x 3 3/4" long. Two 3/8" lock nuts
- G. One (small) brace, post to back base. Two 3/8" lock nuts. One (long) brace with adjustable settings. One 2.5" bolt, two washers, one 3/8" nut, isolator brace, and four isolator shafts
- H. Two side handrails. One 3.2" hand rail spacer. Three hex head bolts 3/8 x 4.25" long for side hand rails and three 3/8" lock nuts
- I. One plastic Pump Cover. Four black Phillips pan head screws, No. 6 x 3/8" long.
- J. One transformer. 110 volt AC Adapter
- K. One set of run handles
- L. One polar strap

## TOOLS REQUIRED FOR ASSEMBLY OF A SINGLE UNIT:

- A. One Phillips screw driver
- B. Two 9/16" wrenches
- C. 3/4" open wrench or crescent wrench
- D. Two able bodied persons are required for assembly

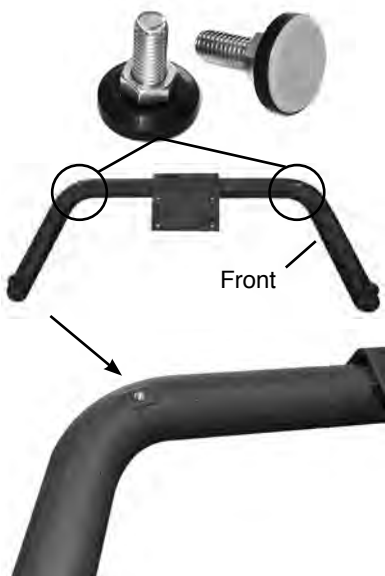


## PARTS FOR ASSEMBLY OF A SINGLE UNIT:



## FRONT U BASE STABILIZER INSTRUCTIONS (When attaching the front curved floor base)

Two Stabilizer Knobs for U Base.



Locate the threaded inserts on the underside of the front U base at the sections that curve.



Required Tool: 9/16" Wrench

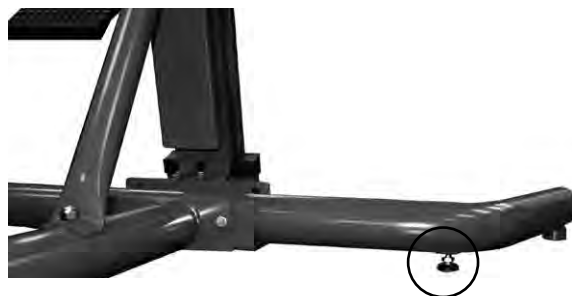
Screw in stabilizers in both threaded holes on front base.



Make sure to screw the stabilizer all the way down into the threaded hole, as seen above.



Front base with stabilizer knobs attached.



Front base with stabilizer attached, when your VersaClimber is completely assembled and placed where it will be used, you can now adjust the stabilizer knobs down.



Screw down knobs until pads are touching the floor or just resting on floor.



Once both knobs are set into position, spin the hex nut up until secured at the bottom of the front base tube then tighten firmly with a 9/16" open wrench, to lock stabilizer in place.

## ASSEMBLY INSTRUCTIONS

### – WARNING NOTICE –

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### NOTE:

Replace defective components immediately and / or keep equipment out of use until repair is made.



Protect the oil reservoir and the black plastic computer housing by supporting the Versa Climber hydraulic pump on wooden cross support from wooden crate.



Attach the front curved tubular floor brace to the post. Using four hex head bolts, 3/8" x 5/8" long screw down until firmly tight.



Screw in (4) self tightening base bolts.



Using two people lift and hold VersaClimber in upright position.



Attach back tubular floor brace to post with two hex head bolts, 3/8"x 3 3/4" long. (2) 3/8" lock nuts. **DO NOT TIGHTEN FULLY AT THIS TIME.** After tubular brace is in place, **TIGHTEN** the two 3 3/4" long base bolts with two 9/16" wrenches.



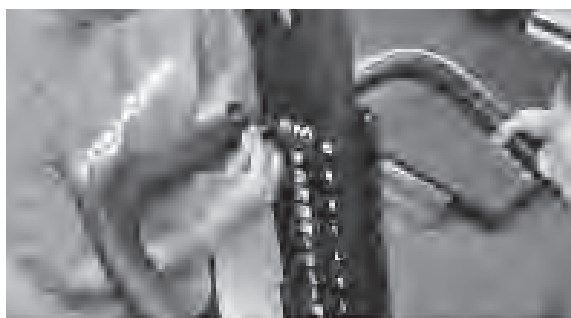
Then go back and **TIGHTEN FULLY** the **TOP** lock nut on the tubular brace with 9/16" wrench.

Next, tighten the **BOTTOM** lock nut on the back brace to complete post assembly with 9/16" wrench.



### Side Hand Rails

Attach side handrails with (3) hex head bolts 4.25" long and (3) 3/8" lock nuts.



Join left and right hand rails.



Loosely attach two 3/8" lock nuts nearest to the inside center of machine.



Insert 3.2" long spacer and fully tighten **ALL** three bolts and nuts with two 9/16" wrenches.



Place the bottom of the leg isolator under the base as shown.



Next place the top of the leg isolator in the bracket as shown above and secure with 3/8 nut, washers and 2.5" bolt with two 9/16" wrenches.



Place leg isolator brace into position.



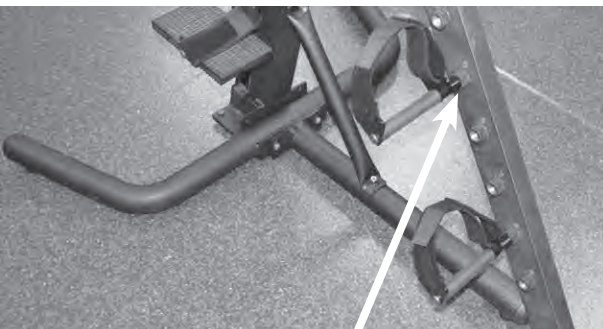
Slide isolator tie under back base as shown in picture.



Apply 3/8-16 x 2 1/2" hex head bolt through post, brace, and out the other side of the main frame. Apply lock nut and tighten with 2 9/16" wrench.



Thread isolator shaft into isolator brace, screwing in clockwise. Make sure isolator shaft sits evenly on both sides of the brace.



With a 3/4" wrench, tighten on the pedal shaft.



Attach foot pedals with "L" pointing up, using (2) 3/8" x 1 1/2" long hex head bolts. Securely TIGHTEN.



Securely TIGHTEN foot pedals with 9/16" wrench.



Pin in foot pedals.



Install straight handgrips by depressing pin with thumb and insert.



Install running handgrips by depressing pin with thumb and insert.



Apply seat bracket to post in desired position. Insert pull pin through frame and seat bracket.



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# APPLICATIONS FOR THE SPORT REHAB VERSACLIMBER

## NEW EXERCISE MODALITY FOR REHABILITATION AND CONDITIONING

The Sport Rehab Model (SRM) VersaClimber® is a total body, closed chain, rehabilitation exercise machine. It utilizes one of the most natural and intensity selective muscular activities to which the body can be subjected. Total body vertical climbing exercise and rehabilitation routines have been developed to provide a continuous arm and leg action in a seated or standing position, using a wide selection of stroke lengths, stroke rates, and resistance levels.



**PHASE 1**



**PHASE 2**



**PHASE 3**

### **NON WEIGHT BEARING, PARTIAL WEIGHT BEARING AND FULL WEIGHT BEARING ACTIVITY PROVIDES 3 LEVELS OF REHABILITATION FOR THE ORTHOPEDICALLY IMPAIRED**

For the orthopedic impaired patient or athlete, three levels of closed chain VersaClimber rehabilitation are available for use during all phases of patient rehab. The three levels consist of non-weight bearing, partial weight bearing and full weight bearing exercises. Phase 1 is for patients who need to eliminate one or more extremities



from the exercise to be performed. The patient exercises in a non-weight bearing seated position, while supporting the stationary lower injured limb with the leg isolator, or not using the limb in the case of an upper body extremity. While seated, pushing and pulling with the arms and / or legs in any combination elicits a non-weight bearing conditioning response to exercise. Phase 2 allows a partial weight bearing activity by also utilizing the seat. Exercise at this level involves all four or any combination of the extremities while the person's body weight is partially supported by the seat. The reduced orthopedic loading allows for involved or weakened extremities to be safely exercised either actively by Continuous Active Motion (CAM) or passively by Continuous Passive Motion (CPM).

Partial weight bearing may be elicited in the legs and/or lower back in the standing position by supporting the upper body with the arms when stepping. Phase 3 is for patients that can bear full weight in the stepping or climbing position. The seat may remain in place while stepping or climbing to partially support body weight or to allow for seated rest intervals for fatigued patients.

One of the greatest areas of orthopedic application of the VersaClimber arises when it is integrated into a full body treatment plan. Leg and extremity injuries that prevent walking or running do not have to limit climbing. The patient does not have to counteract impacting, gravitational or mechanically produced forces. All continuous active and passive movements are smooth, impact free, rhythmic and symmetrical thereby decreasing the incidence of repeated assault to the affected limb or extremities via orthopedic overload. Acute and chronic leg, knee, arm, chest, shoulder and back injuries can be safely exercised on the SRM VersaClimber without risk of exacerbation of the injury site.

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## **AMBULATORY PATIENTS CAN CLIMB**

By utilizing the lower limb isolator, patients with pathology involving the total immobilization of one or more limbs can be exercised at pre-injury levels effectively and safely. Exercise on the VersaClimber is recommended for any injury that requires a zero or controlled range of flexion of the hip, knee or ankle joints, or the controlled contraction of any muscle or stretching of any ligament during flexion of the hip, knee, or ankle. This is facilitated through the use of orthopedic travel limiters built into the VersaClimber at two inch increments to control the angle of deflection on one or both lower extremities.

By placing the heel of the injured leg on the foot pedal, it is possible to climb normally without aggravation of the toe, ball of foot, ankle, achilles or calf injuries. As a result, those patients who traditionally were unable to walk, run or exercise as a part of the rehabilitative regimen, can now vigorously maintain muscular and cardiovascular fitness, increase functional capacity and overall strength, thus facilitating a rapid return to activity or sport.

## **UPPER BODY INJURIES**

The arms, chest, shoulders and back can be totally or partially immobilized while pedaling, stepping or climbing by placing one or both hands on the stationary hand rails. If upper body limb motion is desirable without active muscle contraction, the injured arm can be placed on the moving hand grip and subjected to CPM. A full range of CAM can be achieved with the remaining healthy limbs even if the upper body injury requires complete removal from the activity.

## **CONTROLLED RANGE OF MOTION**

The range of motion can be controlled for upper and lower limbs, on one or both sides of the body, while seated, stepping or climbing. The range of motion limiters built into the VersaClimber, are adjustable in 2 inch increments of motion. This provides a full range of angles of deflection of the knee and hip joint from zero degrees to the maximum deflection attained at a 20 inch step. To effectively exercise a patient on the VersaClimber utilizing the limiters, place the foot of the injured leg on the bottom or lower pedal. Then place the uninjured foot on the higher pedal. Have the patient step up onto the VersaClimber, grasping the stationary hand rails for support. When the feet are level, adjust the moving hand grips to chin height. Then set the range of motion limiters to zero inches of motion, for no deflection of the injured leg, by screwing the limiter into the appropriate hole. The patient is now ready to climb. One leg will be free to take a 1 inch through a 20 inch step as desired, while the injured leg is restricted to zero degrees of deflection at the knee and hip joint. Although the afflicted limb is moving up and down, it is not subjected to any trauma, muscle contraction or exacerbation. The arms and uninjured leg are being utilized in an alternating push-pull motion that is specific to the VersaClimber, thus facilitating balanced concentric/eccentric contractions to the anterior and posterior musculature. Exercise at relatively slow repetition rates can illicit low to maximal heart rates and a strengthening of major muscle groups in the trunk and the three healthy flexing extremities.

Similarly, the range of motion of the shoulder and elbow joint can be totally isolated or controlled in 2 inch increments of motion with the range of motion limiters.

For injuries requiring a limited range of plantar and dorsi-flexion, a locking pin in the foot pedal limits the range of motion of the ankle to 15° while pedaling, stepping or climbing. Removal of the pin allows full flexion of the ankle.

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**Seat set up height depends on preferred ROM of the involved joints to be performed.**

## **SETTING UP SEAT AND LOWER LIMB ISOLATOR**



Mounting seat bracket assembly to post.



Placing pull pin and connecting seat bracket assembly to post. Choose a seat height for appropriate non-involved limb rom. Average starting point is #4 & #5 on bracket.



Patient is seated and holding the hand rails.



With adjustable wrench, position the isolator shaft to comfortably accommodate one or both feet.

Practitioner locates the correct position for isolated patient involved leg length.



Patient is seated and safely on climber, foot is placed into adjustable leg isolator shaft and safely secured with velcro on strap.



Patient is in seated position with leg in isolator. Patient is doing a lower body workout with hands on hand rail assembly.



Full weight bearing. Patient is upright in climbing position with seat bracket assembly for support if needed.



Patient is seated and safely on climber, foot is placed, isolated and supported.

## **WORK INTENSITY IS CONTROLLED USING HEART RATE MONITORING DURING EXERCISE**

The VersaClimber features an integrated Polar compatible heart rate monitoring system. This computerized biofeedback heart rate control allows clinicians to accommodate even the most dysfunctional and or de-conditioned patients. According to the American College of Sports Medicine standard conversion of VO<sub>2</sub> max., low level cardiac patients with a 2 MET level functional capacity can begin exercising on the VersaClimber by pedaling in the seated position.

Obese patients and others such as diabetics may not be able to perform some of the simplest, common exercises. Others may not be able to exercise on bikes, treadmills, steppers, etc. because of body weight, orthopedic or girth restrictions. [Heart Rate Monitor] option allows a variety of patients to exercise on the VersaClimber at their appropriate, prudent target heart rate which is programmed into the computer by utilizing the heart rate control mode. This mode of operation will monitor and modify the workout intensity at 30 second intervals, to keep the heart rate at predetermined levels.

## **SELECTABLE RANGE OF MOTION, STEP RATES AND RESISTANCE TO MOTION**

For the average population, the step height and step rate is determined by the person climbing. The hydraulic resistance to motion of the arms and the legs is selected on the control panel. By shifting body weight from one leg to the other, a step height and step rate can be selected that suits the fitness level of the person climbing. Step heights can be selected simply by stepping at any height desired. The step rate can also be easily selected by stepping fast or stepping at a decreased rate. Rates can be as slow as 1 step in 3 seconds, up to as fast as the person is capable of moving, without machine restrictions. Because of the wide range of controlled flexion and extension of the extremities, the VersaClimber can be used effectively at any level of physical fitness from sedentary de-conditioned cardiac patients to elite world class athletes.

## **REHABILITATION OF PHYSICALLY IMPAIRED PATIENTS ON THE VERSACLIMBER**

SEATED POSITION ON THE VERSACLIMBER PROVIDES CONTROLLED LEG EXERCISE FOR SPINAL CORD INJURED, STROKE, AND NEUROLOGICALLY IMPAIRED PATIENTS.

The addition of a new padded seat to the VersaClimber allows accessibility by spinal cord injured patients/athletes, cardiac, neurologically impaired, and amputees. The seat affixed to the VersaClimber frame is vertically and horizontally adjustable for maximum comfort. The addition of the seat will not prevent or hinder normal total body climbing movement, nor detract from any of the program options available on the VersaClimber. The adjustable seat is an important tool for those clinics, hospitals, physical therapy centers, or gyms requiring more dynamic full body exercise for their disabled or low functioning patients.

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**SEATED POSITION ON THE VERSACLIMBER ALLOWS PATIENTS TO MOVE THEIR LEGS BY PUSHING OR PULLING WITH THEIR ARMS, MOVE THEIR ARMS BY PUSHING OR PULLING WITH THEIR LEGS OR ANY COMBINATION IN BETWEEN.**

Amputees and Spinal Cord injured patients may exercise by using the seat to support either their entire body weight or any portion that they cannot support with their legs. While seated, pushing and pulling with the arms causes a continuous passive motion (CPM). Those patients with some lower extremity capability can also push or pull with their legs to the extent that the injury allows. Range of motion travel stops are built into all orthopedic models. The travel stops limit the range of motion on one or both sides of the body in 2 inch increments. Patients with braces, casts, or limitations of body movement can use the limit stops under normal clinical supervision. They can exercise in a safe non-traumatic seated or standing posture without many of the contraindications inherent with traditional exercise modalities.



**PHASE 1**



**PHASE 2**



**PHASE 3**

**CARDIAC, SPINAL CORD INJURY, AND DECONDITIONED PATIENTS CAN EXERCISE SAFELY USING ARMS AND LEGS AT LOW INTENSITY.**

The seat, along with the Heart Rate Control (HRC) option presents the clinician with a variety of applications to accommodate even the most disabled or dysfunctional patient. Wheelchair patients that are capable of sitting erect in their chair and use their arms effectively, are capable with supervision, of exercising on the VersaClimber. Utilizing non weight bearing, seated upright posture, the patient is capable of facilitating a more efficient balanced workout utilizing the cross crawl or asynchronous movement available on the VersaClimber. The patient can control the CPM of injured limbs by the controlled active motion (CAM) of their healthy limbs. The supportive rails will allow some patients with transfer difficulties the ability to move safely up and onto the VersaClimber while others will need assistance. The use of the seat will enable deconditioned cardiac patients (phase II, and III) the ability to exercise arms only, legs only, or combinations of both without exceeding the appropriate heart rate range. The HRC option allows the patient to exercise in the appropriate prudent target heart rate which is programmed into the VersaClimber. This mode of operation will monitor and modify the workout rate in feet per minute, at 30 second intervals to adjust to changes in heart rate. The clinician can use the new seat, HRC option, and travel stops for a wide variety of patients.

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## **– WARNING NOTICE –**

**In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. A visual inspection of connectors, cables, chains, pulleys etc. is required on a regular basis.**

### **NOTE:**

**Replace defective components immediately and / or keep equipment out of use until repair is made.**

## **STRENGTH INTERVAL TRAINING**

Strength intervals are achieved in a similar manner to aerobic interval training, except the intervals are performed at a slow rate of motion. First, turn the hydraulic control knob located at the bottom of the console in the clockwise direction, to approximately 75% of the user's capability. Begin climbing, exerting a maximum effort by pushing and pulling with arms and legs in the upward and downward direction for 5 to 10 seconds or until muscles are almost fatigued and anaerobic threshold is met (not to exceed 85% of your predicted maximal heart rate). Be sure to use the foot straps to maximize the vertical lift. Hands may be in the forward or reverse grip position depending on the desired muscle groups to be worked. Recover from the interval by setting the hydraulic control to a minimum (counter-clockwise direction) and taking short, slow, 2 to 4 inch strokes until breathing is controlled and muscles have recovered. As previously mentioned, as you become better conditioned, the rest period between each interval will become shorter.

1. Warm-up 10-15 minutes on the VersaClimber before beginning interval workouts.
2. Always stay within your target heart rate.
3. Continue climbing during the recovery periods.

## **USING THE VERSACLIMBER WITH MINOR INJURIES**

### **MOST MINOR INJURIES THAT PREVENT RUNNING, DO NOT PREVENT CLIMBING**

You must always use common sense when exercising. If you have an injury that hurts when

you walk or run, it is common sense to stop walking or stop running. If the injury hurts while climbing, do it easier or do it slower. If it continues to hurt... stop! Consult with your doctor about any injury prior to engaging in an exercise program. Some leg, knee, arm, chest, shoulder and back injuries can be safely exercised on the VersaClimber by limiting the range of motion or isolating the motion of the injured body part on one or both sides of the body. The smooth, rhythmic, impact free motion will decrease the likeliness of further assault to the injured limb while maintaining or increasing cardiovascular and muscular fitness. The VersaClimber eliminates all pounding trauma and provides biofeedback information to the user to monitor step heights and step rates. It is ideal for controlled upper and lower body activity for fitness maintenance during the recovery phase of minor injuries.

## **LEG INJURIES**

The VersaClimber eliminates pounding and jarring of the joints and can therefore be used to exercise such injuries as hamstring pulls, knee injuries, shin splints, achilles pulls, turf toe, leg bruises and sprains. By controlling the rate of climb, the range of motion, and/or by repositioning the foot or feet on the pedal(s), specific areas of the leg and foot may be exercised passively.

## **IMMOBILIZATION OF THE LOWER BODY**

If the lower body must be completely immobilized due to injury, you can still strengthen your upper body and maintain cardiovascular fitness by doing an arms only workout on the VersaClimber. Stand on the base plate with one foot on each side of the post. Select or reposition the hand grips so that when one arm is outstretched it is fully extended. Alternate the pushing and pulling motion of the arms while the lower body remains still.

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## **UPPER BODY INJURIES**

The arms, chest and shoulders can be totally or partially immobilized while climbing by placing one or both hands on the stationary hand rails. If upper body limb motion is desirable without active muscle contraction, the injured arm can be placed on the moving hand grip and moved passively, without pushing or pulling.

## **BACK INJURIES**

Exercise that causes back or neck discomfort is frequently the result of either vertical compression loading of the vertebrae or a shearing or bending of the spinal column and back muscles. By keeping the back straight while climbing, with the hydraulic control knob set to a minimum, the discomfort of the injury is minimized. The vertebrae are kept in line rather than being sheared, bent or compressed like with many other conventional exercises. To perform strength workouts, lift with the legs and pull with the arms. These forces tend to elongate the body and stretch the spinal column and provide an otherwise unattainable high level full body workout, without neck or back discomfort. If the lower back injury is such that it cannot be moved at all, you can still exercise the upper body by doing an upper body workout only. If the injury is in the cervical or thoracic areas, (lower or upper spine) one can utilize the VersaClimber by grasping onto the stationary hand rails and simply using the legs only.

## **SEATED EXERCISES**

The (optional) seat provides an easy sit down routine for beginners and a safe exercise for those who require a non-weight bearing type of activity. Push and pull with any combination of healthy arms and legs to assist the movement of the injured limb or limbs. It is also possible to completely isolate one or both arms or one or both legs while in the non-weight bearing seated position. Set the hydraulic speed control and range of motion limiters to accommodate the injury. The heart rate control mode can also be used to regulate work intensity of the seated arm and leg exercise.

## **FOR ZERO RANGE OF MOTION IN KNEE**

The VersaClimber can be used for aerobic and strength training by a person in a brace or a thigh to ankle weight bearing cast that can not bend at the knee. Workouts to maximal heart rates and maximal forces can be performed with one totally immobile leg while it may be necessary to walk up to and away from the machine using a crutch or cane. To exercise, set the range of motion limiter on the same side as the injured leg, so the range of motion in the injured joint is limited. Place the injured leg on the lower foot pedal and keep it straight at all times. Do not bend at the hip, knee or ankle when mounting the VersaClimber. Step on the high foot pedal with the good leg and while holding the hand rails, move until both feet are at the same level. Lower the injured leg to the floor and the good leg will raise to the initial position. Repeat the motion allowing the injured leg to be moved just short of the stop, set to limit the range of motion of the injured leg. The good leg maintains a full range of motion. If the injured leg can be flexed at the knee, set the limiter to allow flexion to the extent that the injury will allow. This will gradually increase flexibility of the limb and work the local muscle groups.

## **FOR ZERO RANGE OF MOTION IN ANKLE**

For shin splints, achilles tendon pulls, ankle sprains, turf toe and calf pulls, stand on the foot pedal with the heel of the injured foot contacting the pedal. Standing on the heel eliminates both flexion and muscular loading of the ankle, achilles and calf. By pulling with the arm on the injured leg side, further weight bearing loads can be removed from the injured leg. Stand on the foot pedal with the ball of the foot to accentuate ankle and calf muscle usage. Stand on the foot pedal with heel of the foot to accentuate the quad muscle usage.

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## – WARNING NOTICE –

In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. A visual inspection of connectors, cables, chains, pulleys etc. is required on a regular basis.

### NOTE:

Replace defective components immediately and / or keep equipment out of use until repair is made.

## MAINTENANCE INSTRUCTIONS

**MECHANICAL DESCRIPTION** - The VersaClimber consists of a mainframe made of two rectangular tubes that are welded together. The mainframe is supported by a base plate and bracket that are bolted to it. A shaft and sprocket is located at the top of the mainframe. The shaft ends are supported with ball bearings. One end of the shaft is coupled to a digital shaft encoder that is used to transmit climb rate and distance data to the micro-computer. Two rectangular bars that carry the handle grips and foot pedals are located inside the two rectangular tubes. These bars also carry rollers and slide bearings. They are attached to a roller chain that passes over the top and bottom sprockets and connect the bars together. While the VersaClimber is in use, the bars travel vertically up and down inside the rectangular tubing whenever the person climbing exerts sufficient upward or downward forces on the foot pedals or handles. There are rubber shock mounts located under the foot pedal shafts to absorb any shock if the twenty-inch stroke is exceeded. The digital encoder and micro-computer electronics are enclosed in a black plastic housing mounted on the upper portion of the machine.

## THE HYDRAULIC SYSTEM

The hydraulic system consists of a heavy duty, reversible gear pump. A flow control valve is connected between the input and the output ports with copper tubing and heavy duty high pressure tube fittings. A clear oil filled reservoir is located on top of the pump, at the very top of the unit.

### NOTE:

The oil in the pump reservoir always darkens in color and most of the time, turns black in color. This is normal.

The hydraulic resistance is developed in a permanent closed loop system filled with 80/90 gear oil that does not require changing. The oil is maintained in the system with one static seal and one rotating shaft seal. The rotating shaft seal is rated for continuous duty at operational pressures. If a large amount of slack (more than 1/2" travel) develops when reversing the stepping motion, this indicates a possible loss of oil from the system. Visually check the fittings and the shaft seal for oil leaks. Tighten any leaking fitting and then fill the reservoir with light weight hydraulic jack oil up to 3/4" full, from the top.

## ROLLER AND SLIDE BEARINGS

There are rollers and slide bearings made from high pressure application moly-disulfide filled nylon on each oscillating bar. The roller bearings are held on with 3/8" shafts and press-on grip rings. The slide bearings are held in place with two 3/8" pins. The slide bearings have lubrication points. This bearing material is expected to be maintenance free for years. The bearings are lightly lubricated at the factory and the wear life and smooth operation of the machine can be assured by lubricating every two months or sooner if required. Lubricate with any good quality synthetic lubricant, Super Lube w/PTFE.



First wipe any excess oil, lint, dirt, etc. from all internal accessible surfaces of the rectangular tubing. Move the bars up and down to allow access to clean the two foot pedal slots and the two hand grip slots. Use paint thinner to remove the oil and lint residue. When clean, wipe or spray a synthetic lubricant on all four internal surfaces of the rectangular tubing.

## ASSEMBLY INSTRUCTIONS FOR HIGH-TRI AND HIGH-FIVE



Protect the oil reservoir and the black plastic computer housing by supporting the VersaClimber hydraulic pump on a block of wood or other spacer, (see page 10).

Lay the VersaClimber post on the floor prior to assembling hand rails or foot pedals.

Attach the circular plate to the top of one VersaClimber with 4 hex head bolts, 3/8" x 1" long and 4 3/8" lock nuts (Do not fully tighten).

Attach second VersaClimber to the circular plate in a similar fashion. Do not fully tighten nuts.

Lift assembly of two VersaClimbers upright. Place third VersaClimber into position and tighten bolts to circular plate **loosely**.

Connect the bases of the VersaClimbers together with the tubular floor ties using two hex head bolts 3/8" x 1 1/4" long and two lock nuts per machine.

To complete High-Tri or High-Five configuration securely tighten all bolts at the base of the machines and then in the circular plate at the top of machines.

Attach foot pedals with "L" shaped bracket pointing up, using two 3/8" x 1 1/2" long hex head bolts. **FULLY TIGHTEN.**

Attach handrails with three hex head bolts 3/8" x 3 1/2" long and one 3" long spacer.

(Optional) Attach each handle spacer and handle extender with two 1/4" screws x 4" long.

Install handgrips by depressing pin with thumb and insert.

## MAINTENANCE INSTRUCTIONS

**MECHANICAL DESCRIPTION** - The VersaClimber consists of a mainframe made of two rectangular tubes that are welded together. The mainframe is supported by a base plate and bracket that are bolted to it. A shaft and sprocket is located at the top of the mainframe. The shaft ends are supported with ball bearings. One end of the shaft is coupled to a digital shaft encoder that is used to transmit climb rate and distance data to the micro-computer.

## WARNING NOTICE

In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. This requires a visual inspection of connectors, cables, chains, sprockets, pedals, handles etc. on a regular basis.

## NOTICE

Replace defective components immediately and/or keep equipment out of use until repair is made.

Two rectangular bars that carry the handle grips and foot pedals are located inside the two rectangular tubes. These bars also carry rollers and slide bearings. They are attached to a roller chain that passes over the top and bottom sprockets and connect the bars together. While the VersaClimber is in use, the bars travel vertically up and down inside the rectangular tubing whenever the person climbing exerts sufficient upward or downward forces on the foot pedals or handles. There are rubber shock mounts located under the foot pedal shafts to absorb any shock if the twenty-inch stroke is exceeded. The digital encoder and micro-computer electronics are enclosed in a black plastic housing mounted on the upper portion of the machine.

## THE HYDRAULIC SYSTEM

The hydraulic system consists of a heavy duty, reversible gear pump. A flow control valve is connected between the input and the output ports with copper tubing and heavy duty high pressure tube fittings. A clear oil fill reservoir is located on top of the pump, at the very top of the unit.

## NOTE:

The oil in the pump reservoir always darkens in color and most of the time, turns black in color. This is normal.

The hydraulic resistance is developed in a permanent closed loop system filled with hydraulic oil that does not require changing. The oil is maintained in the system with one static seal and one rotating shaft seal. The rotating shaft seal is rated for continuous duty at operational pressures. If a large amount of slack (more than 1/2" travel) develops when reversing the stepping motion, this indicates a possible loss of oil from the system. Visually check the fittings and the shaft seal for oil leaks. Tighten any leaking fitting and then fill the reservoir with oil up to 1/2" from the top.

## PREVENTATIVE MAINTENANCE SCHEDULE

### Daily:

1) Wipe down the main post, base and side rails with a rag and non-solvent, non-ammonia cleaning solution.

### Weekly:

1) Hand check quick-release handle bushings, which the handles lock into, on both sides to make sure they are tight. Check pedal bolt tightness.

2) Check oil level in top reservoir, it should be at least 3/4 full--this should never dip below.  
(Excludes SMA models)

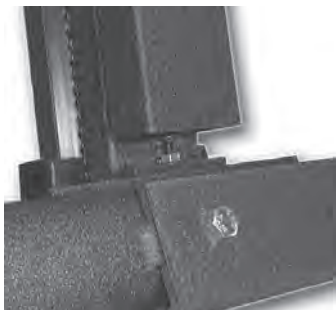
A) If oil level is low, fill using 80/90 gear oil. Max fill to the beginning of the threads at the top of reservoir. There should be room for air - DO NOT FILL TO THE TOP.

B) If you notice the oil has turned dark or black, this is normal. Oil never has to be changed.

### Monthly:

1) Check bottom chain tightness; with the pedals even you should be able to push the chain in about 1/4 inch. If the chain pushes in more than this, then the chain is loose and will need to be tightened. (See below.)

\*To tighten the chain on the SM VersaClimber, follow the rectangular tube down the back side of the main post until it ends. In the gap at the end of the tube you will find a hex head bolt that's threaded through a hex head nut. The hex head nut is tightened down against a flat bar, so you'll need a 7/16" open end wrench to loosen it. Loosen the nut away from the flat bar about 2 turns. With the same 7/16" wrench tighten the hex bolt deeper into the flat bar which will in turn push down the bottom sprocket block and tighten the chain. Tighten the chain until the slack is out, but don't over tighten, you should be able to push the chain in at the side of the machine with your finger about 1/4". When finished tighten the hex nut back down against the flat bar. Also, if you experience any restricted motion



while climbing, the chain may have been over-tightened. If so, go back through this procedure and loosen the screw 1/2 turn, re-tighten nut. Make sure the climbing motion is smooth and un-restricted.

2) Spray internal tracks with Super Lube Professional High Performance Spray Lubricant with PTFE (Item #31110 on can or visit [super-lube.com](http://super-lube.com)) to maintain

a smooth running fluid motion. Available in most hardware and auto parts stores. Or call Service Department at Heart Rate Inc, 1-800-237-2271 x226 directly

3) Check to make sure the pedals are spinning freely, if not spray pedal shafts with Super Lube Professional High Performance Spray Lubricant with PTFE

### Quarterly:

1) Wipe off the top & bottom chains and put a very light coat of light grease on chain. (see photo on next page.) We recommend replacing pedal shaft every 3 years.

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### WARNING NOTICE

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**NOTICE**

**Replace defective components immediately and/or keep equipment out of use until repair is made.**

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### SYMPTOM:

#### OIL LEAK FROM HYDRAULIC ADJUSTMENT KNOB

An oil leak from the hydraulic knob (brass knob) indicates either a loose connection or a malfunction in the needle valve. Tighten the nut on the needle valve if it is loose. If leak persists the valve must be replaced. Do not remove the defective valve until you receive the new one. Detailed installation instructions will be included with the replacement valve

### SYMPTOM:

#### OIL LEAK FROM RESERVOIR ON TOP OF HYDRAULIC MOTOR

If oil leaks from the top seal between the black plastic cap and the plastic bowl, tighten cap by hand. If oil leaks from the threads at the base of the accumulator, tighten by turning clockwise with a wrench. If reservoir is physically damaged and a replacement is required, do not remove the reservoir until you receive a new one. The replacement reservoir will include detailed installation instructions.

**DO NOT USE THE MACHINE UNLESS THE  
RESERVOIR IS AT LEAST 3/4 FULL OF OIL.**

## **VERSA CLIMBER THREE-YEAR LIMITED WARRANTY**

1. Heart Rate Inc. (H.R.I.) warrants to the original purchaser that the SRM is free from defects in material and workmanship under normal use and proper maintenance with a three year limited warranty subject to the terms and conditions hereafter set forth. Except for the above warranty, it is expressly agreed that NO WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE or of a particular use nor any warranty of any kind whatsoever express, implied or statutory is made by H.R.I.
2. This warranty does not cover any damage caused misuse, tampering, negligence, accidents, abnormal conditions, lack of adequate maintenance or unauthorized service or alterations to the product.
3. Liability of H.R.I. is limited to either repair or replacement of the defective part or the replacement of the machine at the option of H.R.I. on an exchange basis, with the customer bearing all costs of shipping and handling to and from the factory.
4. Length of Warranty, Parts.

### **ITEM PARTS REPLACEMENT:**

#### **3 YEAR**

FRAME, HAND RAILS, BASE SUPPORT	3 YEARS
HYDRAULIC MOTOR	3 YEARS

#### **2 YEAR**

FOOT PEDALS	2 YEARS
HANDLES	2 YEARS
CHAINS AND SPROCKETS	2 YEARS
ROLLERS AND SLIDES	2 YEARS

#### **1 YEAR**

ELECTRONICS	1 YEAR
HAND GRIP	1 YEAR
FOOT PEDAL STRAPS	1 YEAR
HANDRAIL FOAM COVERS	1 YEAR

5. Length of Warranty, labor  
During the first year, all labor is covered by the warranty. All labor repairs for warranty and non-warranty parts will be performed at the factory. The cost of shipping to and from the factory is the responsibility of the warranty.
6. This warranty does not cover paint deterioration, discoloration, chipping or rust.
7. After all of the foregoing conditions have been complied with, if H.R.I. shall thereupon attempt repairs and /or replacements which shall for any reason fail, H.R.I. shall be allowed to continue to attempt to remedy any defects for so long a period of time as, In H.R.I. sole judgment, such attempt is justified.
8. The foregoing shall be buyer's sole and exclusive remedy, whether based on tort or otherwise, and H.R.I. shall not be liable for any injuries to persons or property. In no event shall H.R.I. be liable for incidental or consequential damages for commercial losses or for any other loss or damages except as above set forth.
9. This warranty is expressly in lieu of all other warranties, express or implied, and of all other obligations or liabilities on the part of H.R.I. No person, firm or corporation is authorized to assume any other liability on behalf of H.R.I.

## CLOSING COMMENTS

This instruction manual, like any instruction manual, is not and cannot be 100% complete. Please contact us if you have any questions or comments after thoroughly reading this manual. We always appreciate receiving inputs from users.



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