



StepMill[®] 3



Assembly Manual

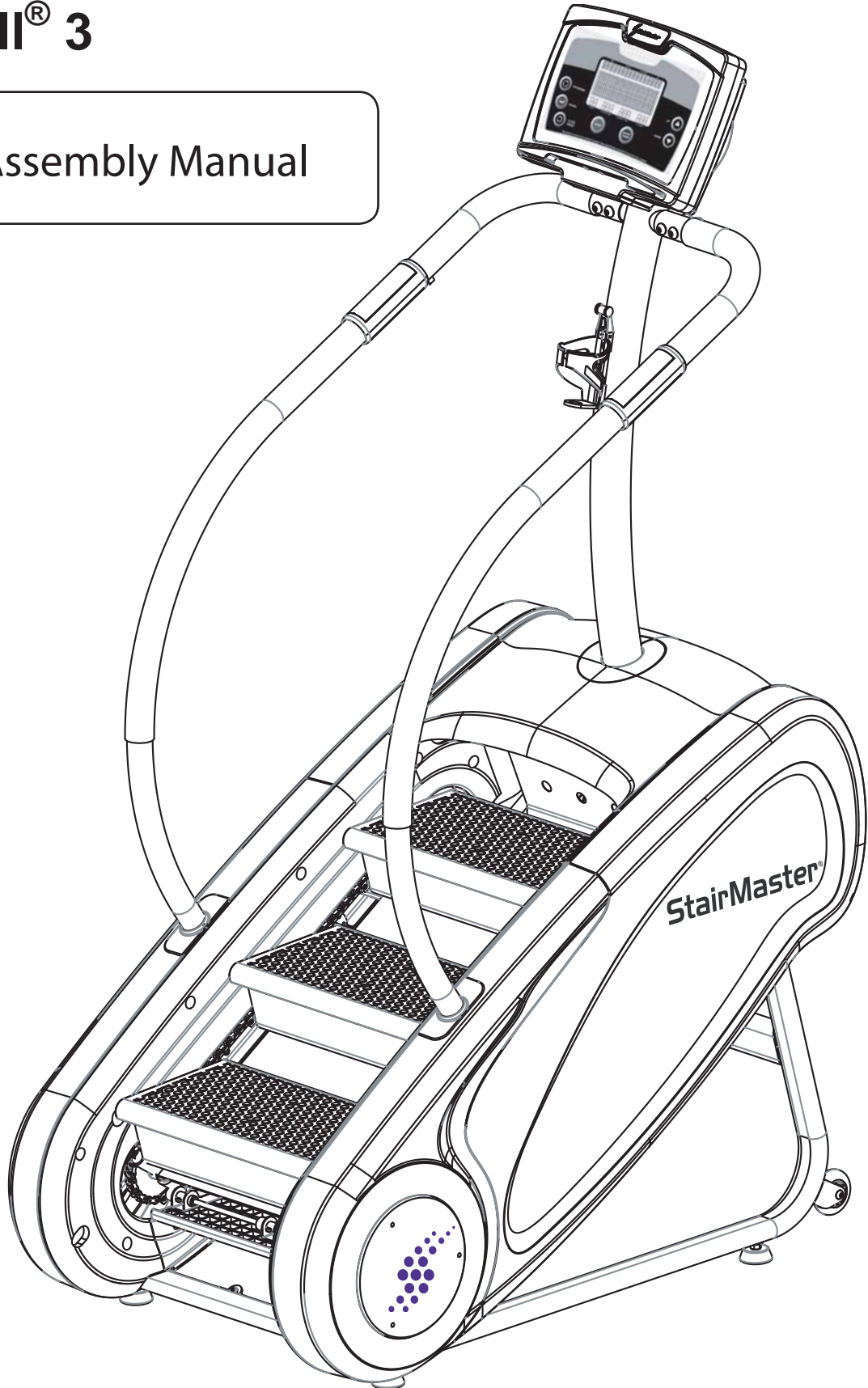


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Product Specifications

Model SM3

Dimensions:	LWH 46" x 29" x 73"	(117 cm x 74 cm x 185 cm)
Unit Weight:	223 lbs	(101 kg)
Shipping Package Weight:	298 lbs	(135 kg)
Workout Area:	67" W x 84" L	(170 cm x 213 cm)
Power Supply:	Use only with UL certified power cord provided	
Max User Weight:	275 lbs	(125 kg)

Regulatory Information

- 2004/108EC, Electromagnetic Compatibility
- 2001/95/EC, General Product Safety Directives
- 2006/95/EC, Electrical Equipment Low Voltage Safety
- Safety: EN957-1, EN957-8, & EN60335-1
- Conducted & Radiated Emissions: EN55014-1, EN55014-2, EN55013 & CISPR 13 & 14.1
- Harmonics: EN61000-3-2
- Flicker: EN61000-3-3
- Immunity: EN55020

Important Safety Instructions



This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Before using this equipment, obey the following warnings:



Read and understand the complete Owner's Manual and all Warnings on this machine.

- If this machine is being used in a commercial setting, end users may not have access to this Owner's Manual. It is the responsibility of the facility to instruct users as to the proper usage of the equipment, as well as making them aware of potential hazards.
- If this machine is turned off, the staircase will rotate with little resistance. **Do not attempt to operate the staircase when the unit is "OFF"**. Otherwise, the machine may be damaged and the warranty voided.
- Keep children away from this machine. Watch them closely when near the machine. Moving parts that appear dangerous to adults may not appear so to children.
- Keep at least 19 inches (50cm) clear area around the machine. This is the recommended safe distance for access and passage around due to any emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 ft (1 m). Do not allow anyone to touch the operator while the machine is in motion. Keep pets, toys and other household items away from the machine.
- Each time before using, examine this machine for loose parts or signs of wear. Pay special attention to the steps. Contact StairMaster Customer Service for repair information. Use only genuine StairMaster replacement parts.
- Set up and operate your StepMill® 3 unit on a hard, level surface.
- Consult a physician before starting an exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath, or feel faint.
- Do not wear loose clothing or jewelry while exercising.
- Workout level speeds may differ depending on user weight.
- Maximum user weight limit: 275 lbs (125 kg). Do not use if you are over this weight.
- Do not over exert yourself during exercise. Do not try to exercise with more resistance than you can physically handle.

Keep body, hair and clothing away from all moving parts.



DANGER - To decrease the risk of electric shock always unplug this machine from the electrical outlet before cleaning. If this machine is turned off, the staircase will rotate with little resistance. Do not attempt rotation of the staircase when the unit is "OFF". Otherwise, the machine may be damaged and the warranty voided.

Important Safety Instructions

When you use an electrical appliance, basic precautions must always be followed, including the following:

⚠ DANGER - If this machine is turned off, the staircase will rotate with little resistance. Do not attempt rotation of the staircase when the unit is "OFF".

Decrease the risk of electric shock always unplug this machine from the electrical outlet before cleaning. **To decrease the risk of burns, fire, electric shock, or injury to persons:**

- A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before you put on or remove parts.
- This machine is not intended for use by persons (including children) with limited physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the machine by a person responsible for their safety.
- Close supervision is necessary when this machine is used by, on, or near children, pets, invalids or disabled persons.
- Use this machine only for its intended use as described in this manual. Do not use attachments that are not recommended by the manufacturer.
- Do not operate this machine if it has a damaged cord or plug, if it is not working correctly, if it has been dropped or damaged, or exposed to water. Contact StairMaster Customer Service.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Do not carry this machine by power supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never drop or put any object into any opening on the machine.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove the plug from outlet. The staircase will rotate with little resistance when weight is applied to the steps and the machine is not turned on.

Safety Warning Labels

Before using your product: Find and read all warning labels located on the StairMaster® StepMill® 3, prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, contact StairMaster customer service.

Label 1: General Exercise Warning Labels
 Label 2: Serial Number Label

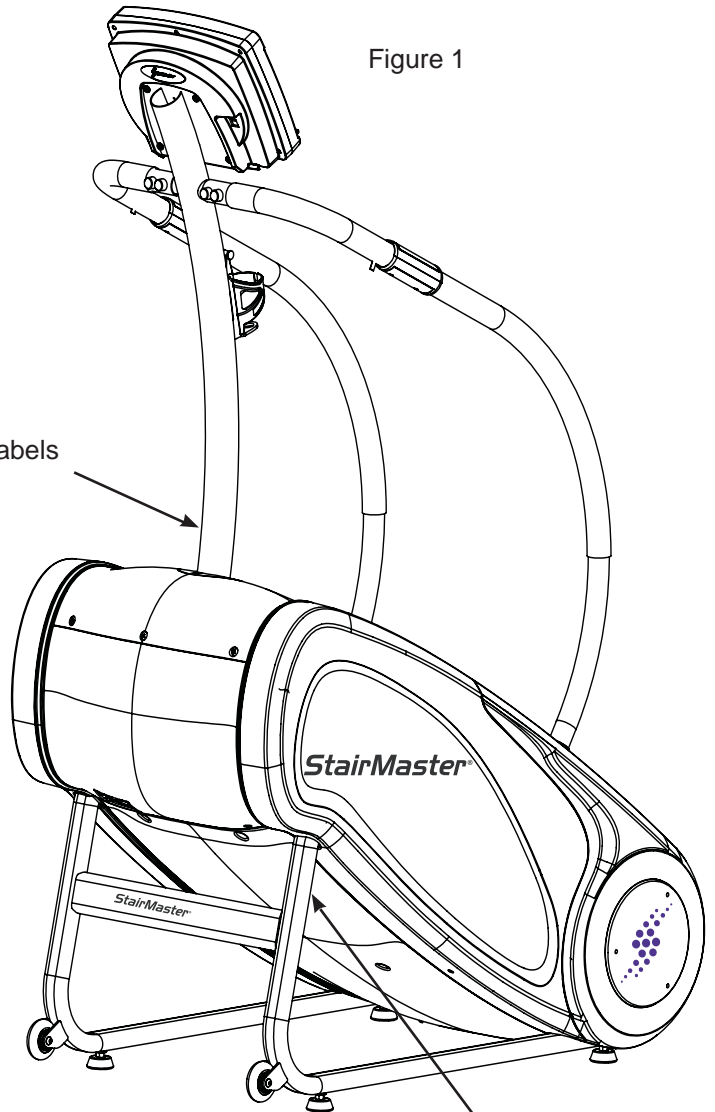
(See Figure 1 for locations.)

Figure 1

⚠ WARNING

- Serious injury is possible if caution is not used while exercising on this machine.
- Prior to use, obtain proper instruction, and read all Warnings and instructions on this machine.
- The Maximum User Weight for this machine is 275 pounds (125 Kilograms).
- Keep Children Away.
- Prior to use, inspect this machine for loose, damaged, or missing parts. If found in this state, do not use. Alert a responsible party.
- Keep body, hair, and clothing clear of all moving parts.
- Alert a responsible party to replace any "Caution" "Warning" or "Danger" label that is illegible or damaged.
- Prior to beginning an exercise program, obtain a medical exam.
- Always wear shoes when operating the machine.
- Always grasp handrails firmly.

(1) Warning Labels



(2) Serial Number Label

⚠ ATTENTION

- Vous vous exposez à de graves blessures si vous n'utilisez pas l'appareil avec précaution.
- Le manuel de l'utilisateur doit être lu dans son intégralité, par l'utilisateur, avant la première utilisation.
- Le poids maximal de l'utilisateur est de 125 kg (275 livres).
- Tenir hors de portée des enfants.
- Avant la première utilisation, veuillez inspecter la machine en détails. Au cas où vous noteriez des défauts, dégâts ou des pièces manquantes, évitez absolument d'utiliser l'appareil et contactez votre revendeur.
- Les cheveux longs doivent être attachés et le port d'habits trop lâches est à éviter.
- Veuillez contacter votre revendeur StairMaster® agréé ou le technicien chargé de l'entretien, lorsque les messages "Danger" ou "Mise en garde" sont illisibles ou endommagés.
- Consultez un médecin ou un professionnel de la santé avant de commencer votre premier entraînement.
- Il faut toujours porter des chaussures lors de l'utilisation de cet appareil.
- Saisir les poignées fermement.

<p>StairMaster Core Fitness, Inc 4400 NE 77th Ave Suite 300 Vancouver WA 98662</p>		Product Name: StepMill® 3 Model NO.: 140001 Rate Input: 100-240VAC 1A 50/60Hz Max User Weight: 275Lbs	723-0251
CONFORMS TO UL STD. 1647 CERTIFIED TO CSA STD. C22.2 No. 68-09 		<p>⚠ WARNING</p> <p>⚡ SHOCK HAZARD Do not open cover Refer servicing to qualified Personnel only. Disconnect from Power source before servicing</p>	
Class HC Fitness Equipment, for Domestic use. Conforms to STD EN957-1 & EN957-8 SERIAL NO.:		MADE IN CHINA	

Before you Start

IMPORTANT:

Locate the area where you will assemble and use your StairMaster Series StepMill® 3. We recommend you install it on a hard, level surface. Allow an assembly area of at least 36" (0.91m) on each side and behind the machine. You can put the rear of the machine closer to the wall during use.

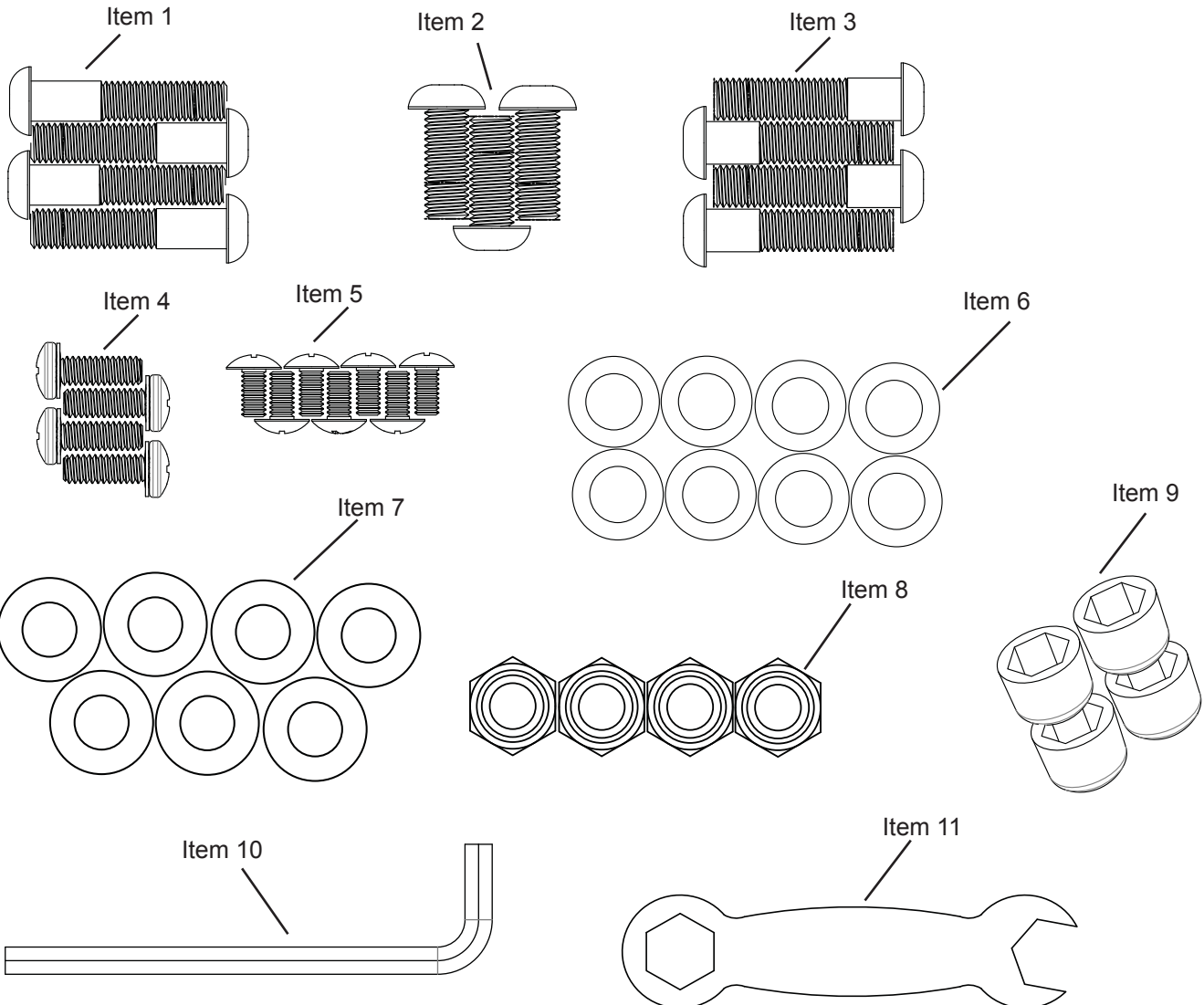
Basic Assembly:

Follow these basic assembly tips when putting together your machine:

1. Collect all the pieces needed for each assembly step.
2. Read through and understand the instructions.
3. Turn all bolts and locknuts to the right to tighten, and the left to loosen.
4. Lightly and carefully lift pieces when attaching. Look through the bolt holes to help guide bolt placement.
5. Two people are recommended to assemble this machine.

Hardware

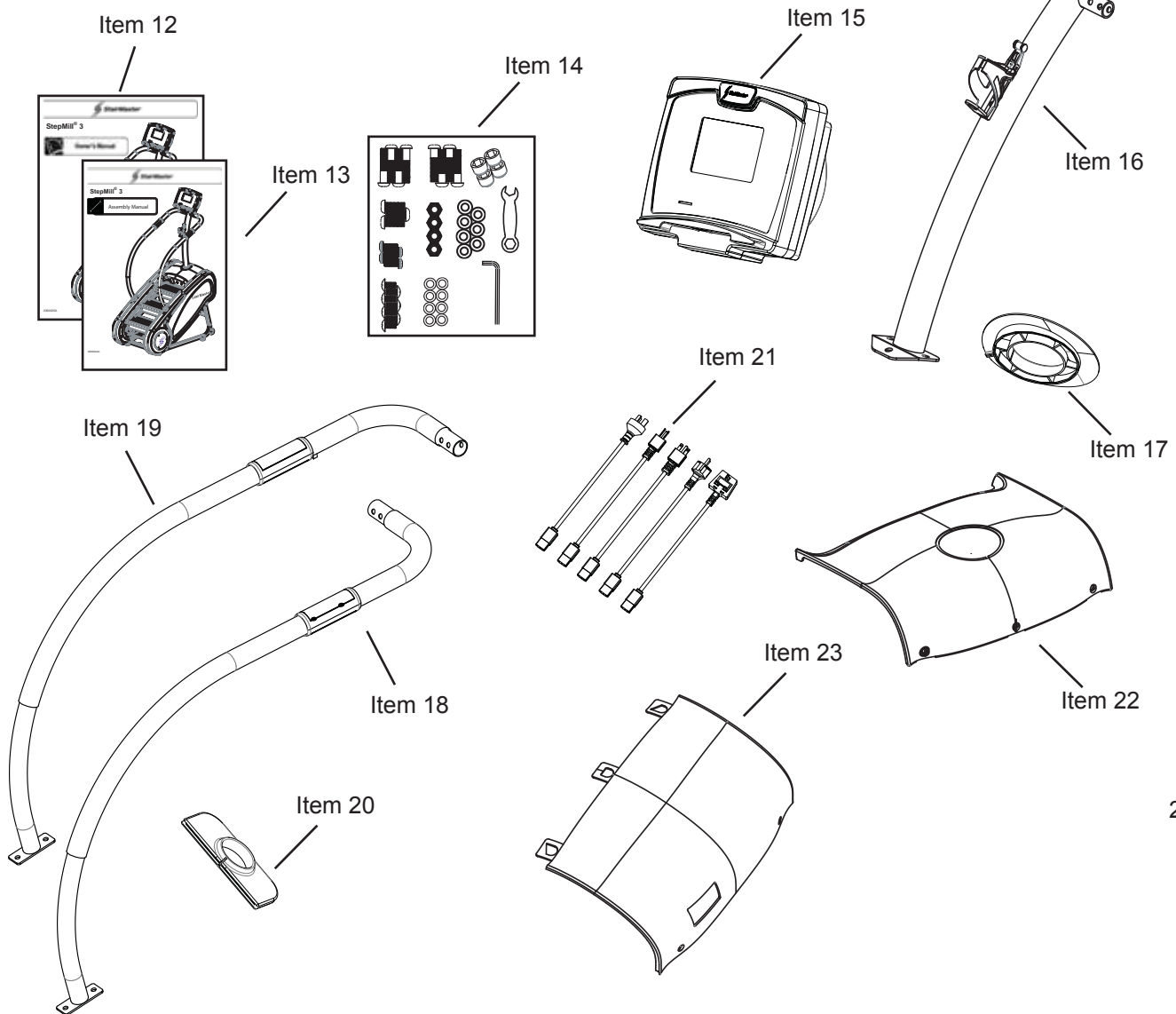
Item #	Part #	Description	Qty
1	723-0242	M10 x 55mm Button Head Screw	4
2	723-0241	M10 x 25mm Button Head Screw	3
3	723-0240	M10 x 45mm Button Head Screw	4
4	40670	1/4-20 x 3/4, Phillips Head W/Lock Washer	4
5	723-0076	M6 x 15 Phillips Head Screw	7
6	21462	16mm Flat Washer	8
7	050-0049	20mm Flat Washer	7
8	731-0363	M10 Nylon Hex Nut	4
9	050-0072	3/8" Nut Cap	4
10	723-0256	6mm Hex Key	1
11	723-0257	Open End Wrench	1



HARDWARE NOT TO SCALE

Box Contents

Item #	Part #	Description	Qty
12	030-0025	Owner's Manual	1
13	030-0024	Assembly Manual	1
14	723-0253	Hardware Card	1
15	723-0229	Console	1
16	723-0171	Mast	1
17	723-0224	Mast Gasket	1
18	723-0197	Handrail, RH	1
19	723-0183	Handrail, LH	1
20	723-0219	Handrail Gasket	2
21	050-0236	Adapter Cord Pack	1
22	723-0212	Mast Shroud	1
23	723-0214	Front Shroud	1



Assembly

The following instructions provide direction to assemble the StairMaster® StepMill® 3. All instructions in the manual are given with the orientation of standing on a level surface and facing the machine.

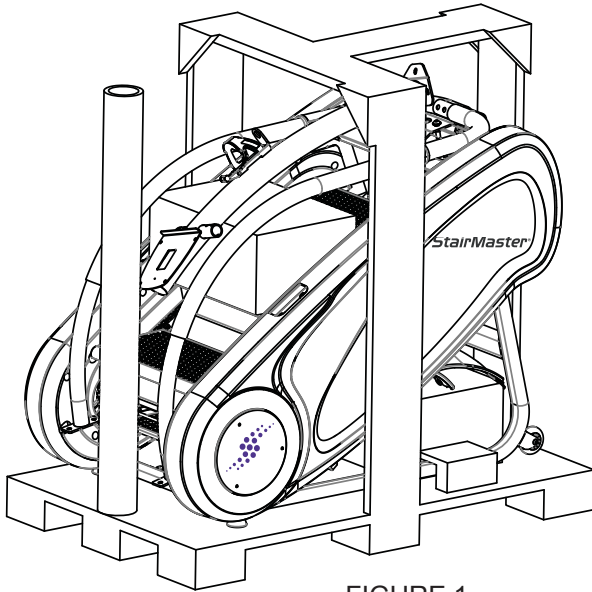


FIGURE 1

(See Figure 1)

Step 1: Unpacking your SM3

Tools:

- Box Knife
- Hammer or Pry Bar

- 1-1 Remove the outer cardboard box using the pry bar to remove staples along the bottom of the box.
- 1-2 Remove the wood bracing forms using the pry bar or hammer.
- 1-3 Using the box knife, carefully cut the zip ties holding Mast to handlebars. Place the Mast near assembly area.
- 1-4 Using the box knife, carefully cut the zip ties securing the handlebars to the machine.
- 1-5 Remove all boxes on the steps and underneath the machine including the two plastic shrouds.

(See Figure 2)

Step 2: Removal from pallet

- Hammer or Pry Bar

- 2-1 With a Hammer or Pry Bar, remove the wood securing the front of the machine to the pallet.
- 2-2 With the assistance of another person, remove the Step-Mill machine from the pallet.

⚠ Use a second person when performing assembly steps requiring heavy lifting or awkward movements.

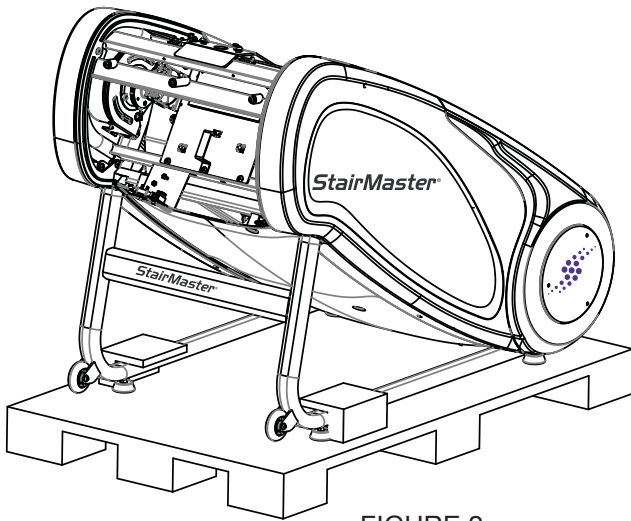
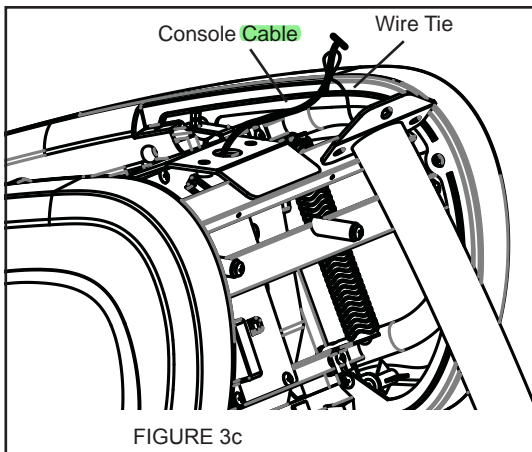
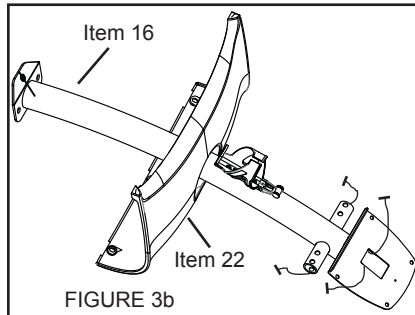
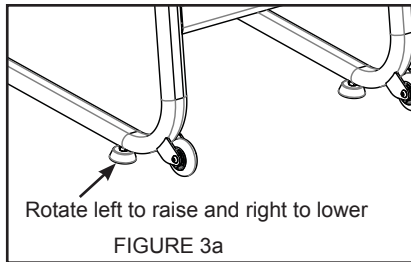


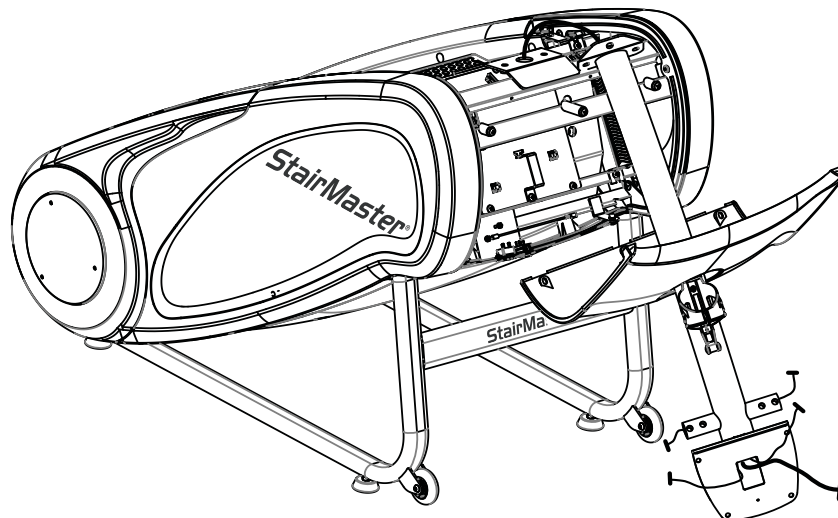
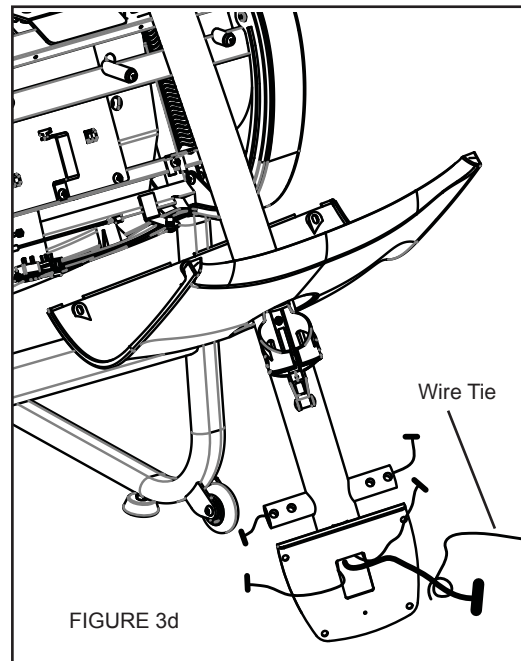
FIGURE 2

Assembly

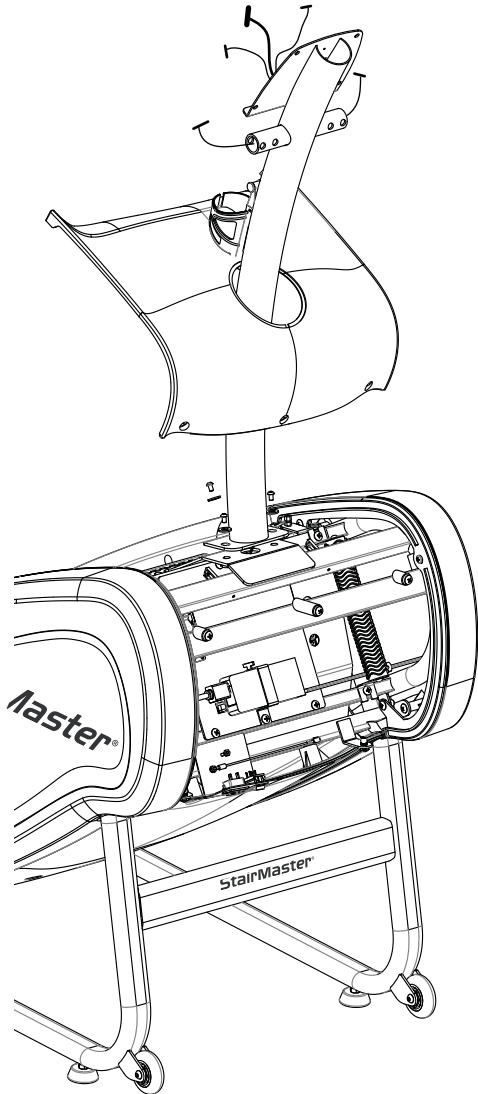


Step 3: Attach the Mast

- 3-1 Ensure machine is stable and on a level surface. Adjust any or all four feet if necessary. (Figure 3a)
- 3-2 Slide the Mast Shroud (item 22) onto the Mast (item 16). (Figure 3b)
- 3-3 Using the wire tie within the Mast, wrap the wire tie around communication cable located at the top mast mounting area on the machine. (Figure 3c)
- 3-4 Pull the wire tie at console mounting end of Mast and feed the communication cable out the square opening of the Mast exposing the cable. (Figure 3d)



Assembly



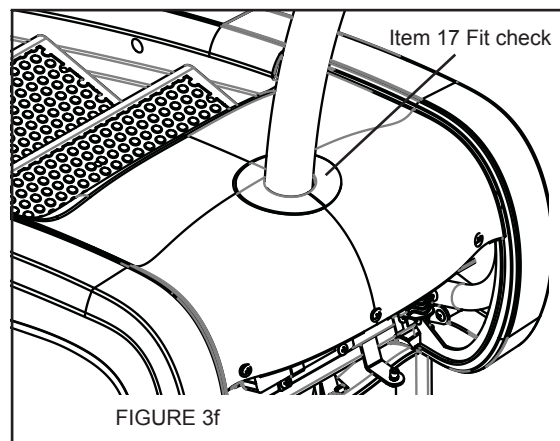
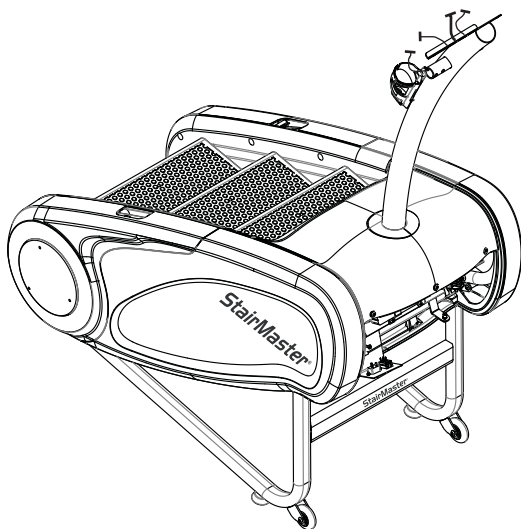
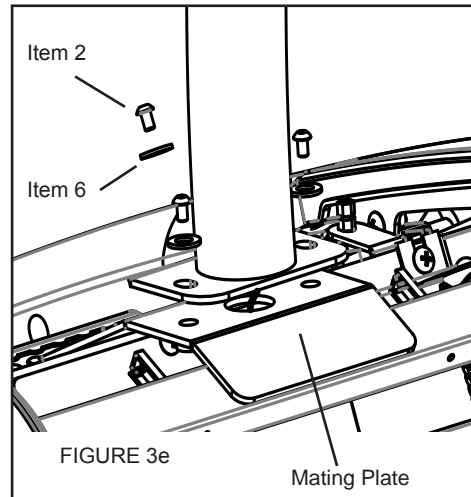
Step 3: Attach the Mast

3-5 Lift the Mast into location and secure to machine frame with bolts (item 2) and washers (item 6). Keep Mast in center with mating plate on machine (Figure 3e). Do not fully tighten the Mast bolts until completing step 3-6.

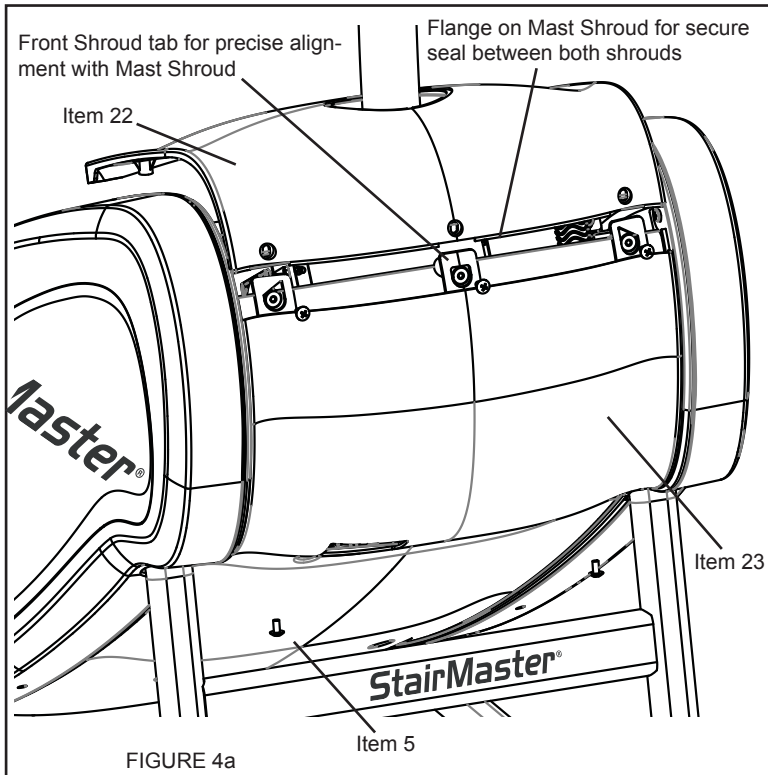
3-6 Bring Mast Shroud (item 22) into position. Place Mast Gasket (Item 17) onto Mast Shroud covering the open space between the Mast and Mast Shroud (Figure 3f). After verifying fit, remove Mast Gasket and slide Mast Shroud up.

Note: If Mast Gasket does not seat properly, adjust the Mast by loosening the bolts and re-centering the Mast.

3-7 Fully tighten bolts.



Assembly

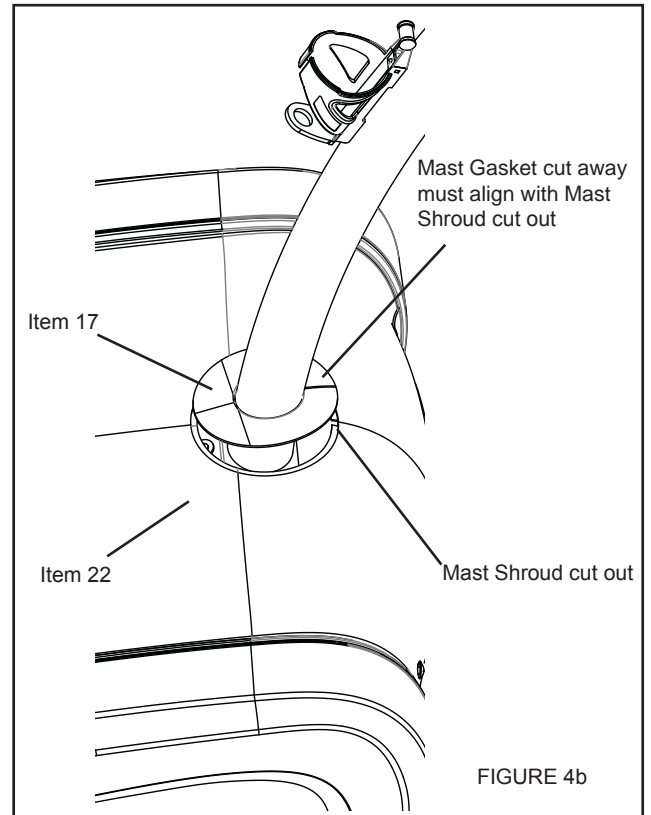
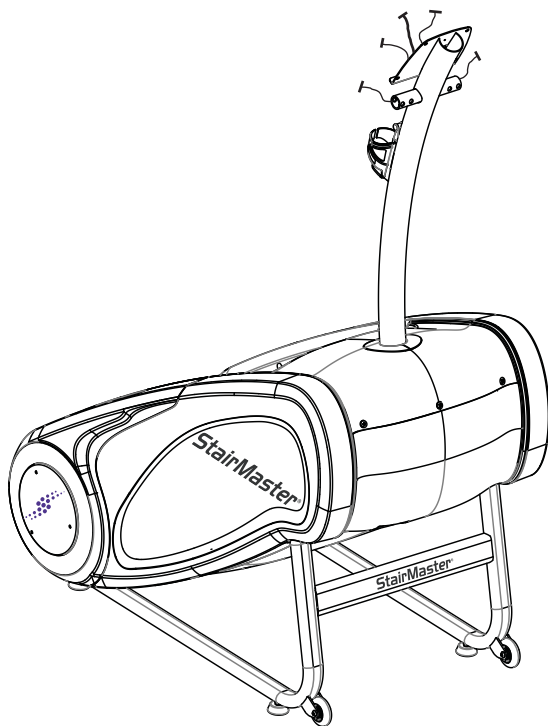


Step 4: Attach & Fasten Shrouds

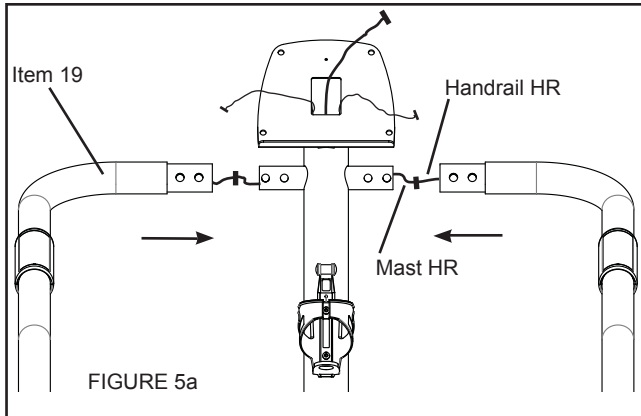
4-1 Using screws (item 5), attach Front Shroud (item 23) to frame by positioning it into location and allowing it interlock with the Mast Shroud (item 22) as shown in figure 4a.

Note: Ensure both shrouds seat flush before fully tightening all five screws.

4-2 Attach the Mast Gasket (item 17) by aligning the cut away with the Mast Shroud cut out (Figure 4b).



Assembly



Step 5: Attach the Handrails

- 5-1 Locate Handrail LH (item 19) and position into location by plugging in the Mast heart rate cable with the handrail heart rate cable (Figure 5a).
- 5-2 Position into location by guiding the heart rate cables into the Mast handrail tube while sliding the Handrail LH tube over the Mast handrail tube (Figure 5a).

Note: Use caution not to pinch heart rate (HR) cables while sliding handrails into position.

- 5-3 Using bolts (item 1), washers (item 6), nuts (item 8), and caps (item 9), secure the Handrail LH to the Mast (Figure 5b). Do not fully tighten until completing step 5-4.

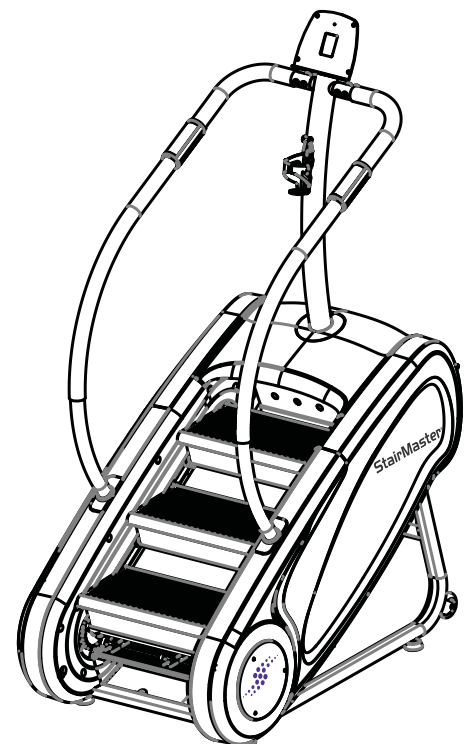
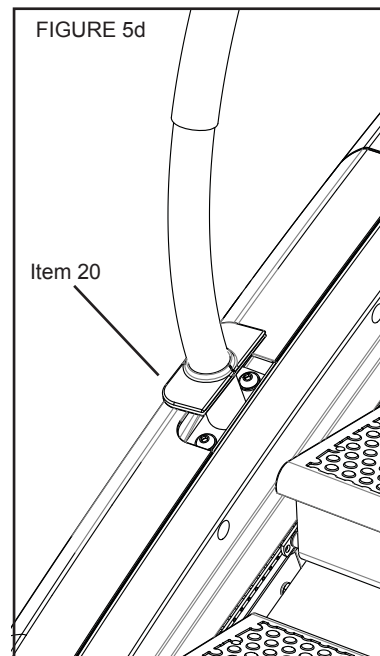
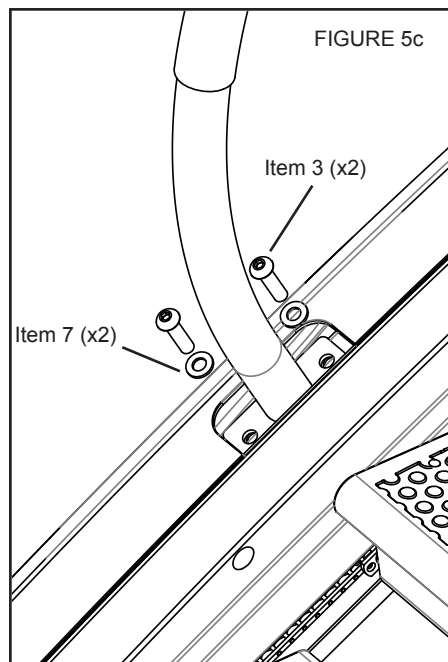
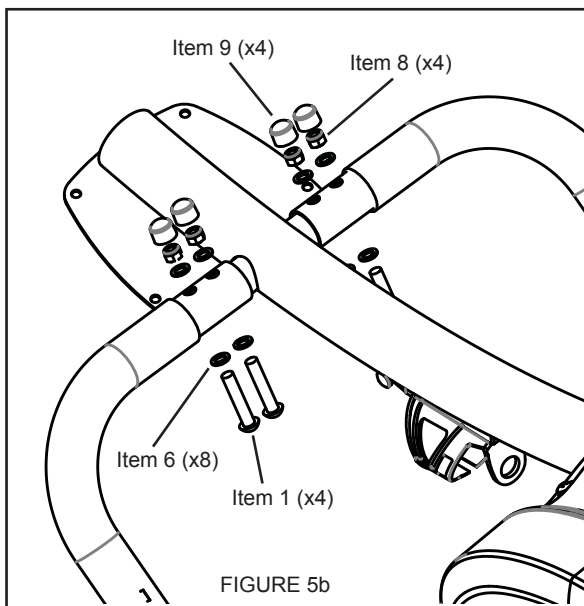
Note: Use caution not to pinch heart rate cables while pushing the bolts into location.

- 5-4 Using bolts (item 3) and washers (item 7), secure the base Handrail LH to the machine frame (Figure 5c).

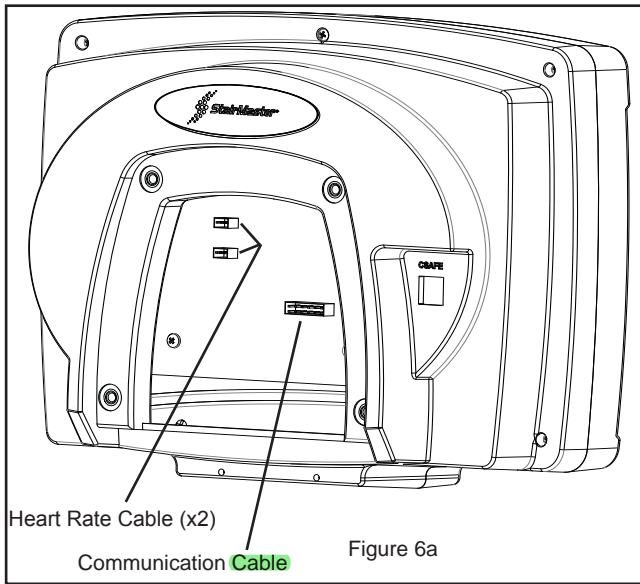
- 5-5 Tighten all bolts.

- 5-6 Install Handrail Gasket (item 20) (Figure 5d). Ensure gasket groove is completely within the plastic shrouds.

- 5-7 Repeat steps 5-1 through 5-6 for Handrail RH (item 18).

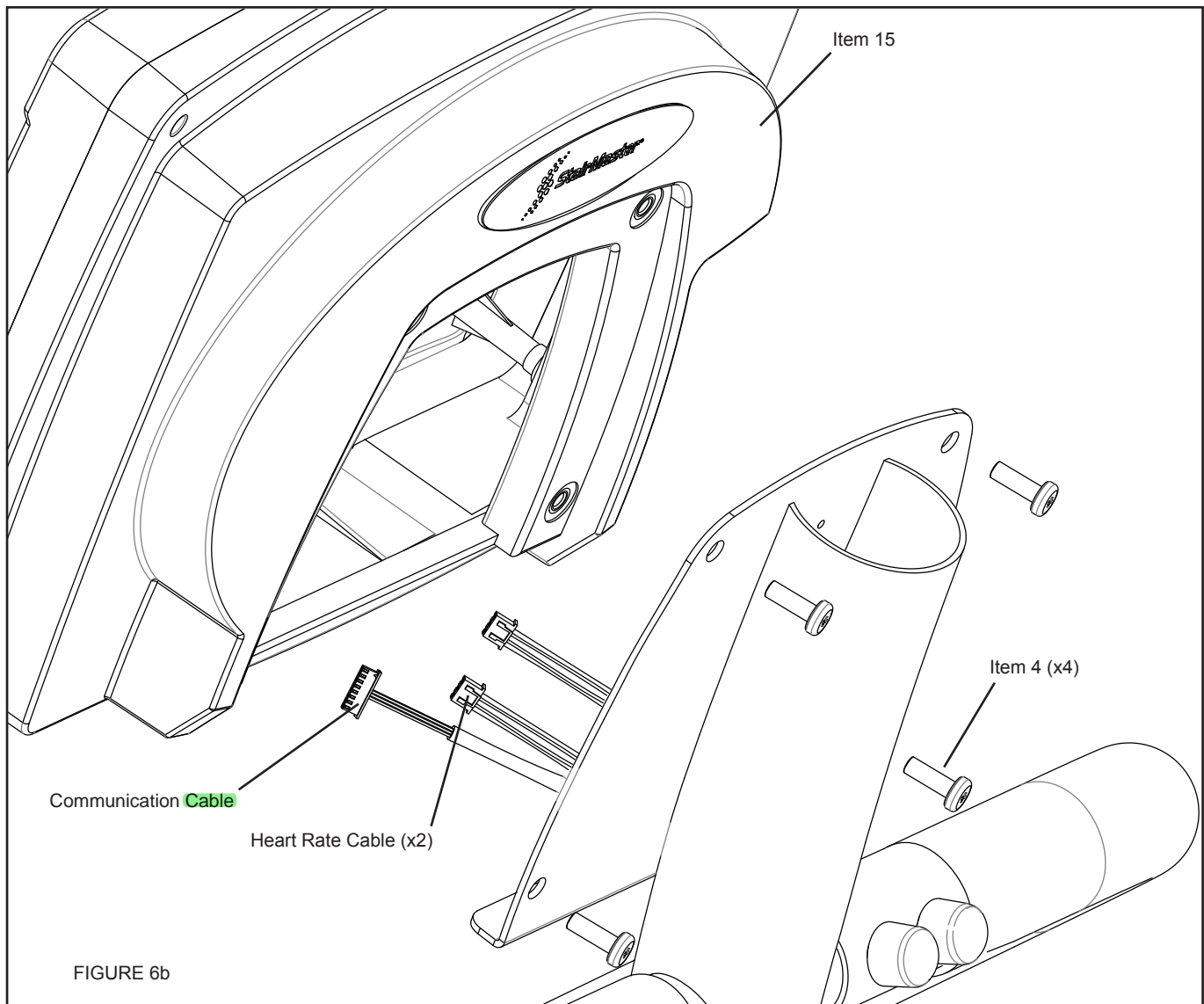


Assembly

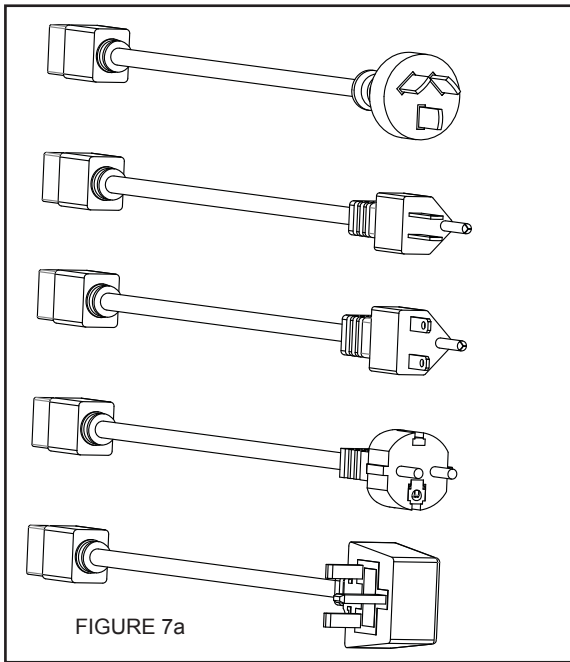


Step 6: Installing the console

- 6-1 Holding the Console (item 15), connect the Communication cable and Heart Rate cables to the corresponding locations on the back of the console (Figure 6a, 6b).
- 6-2 Using screws (item 4), attach the Console to the Mast of the machine (Figure 6b).



Assembly



Step 7: Connecting Power to machine

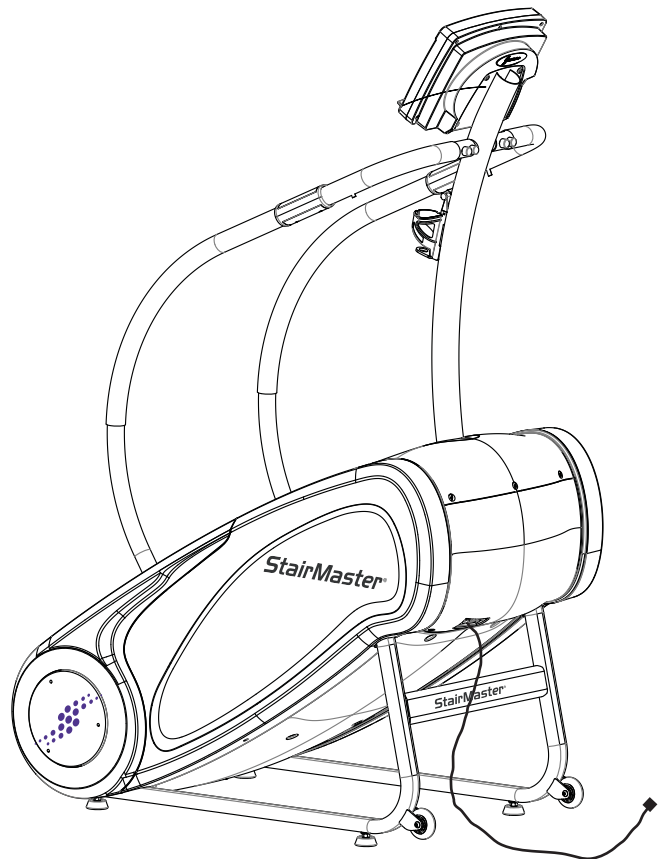
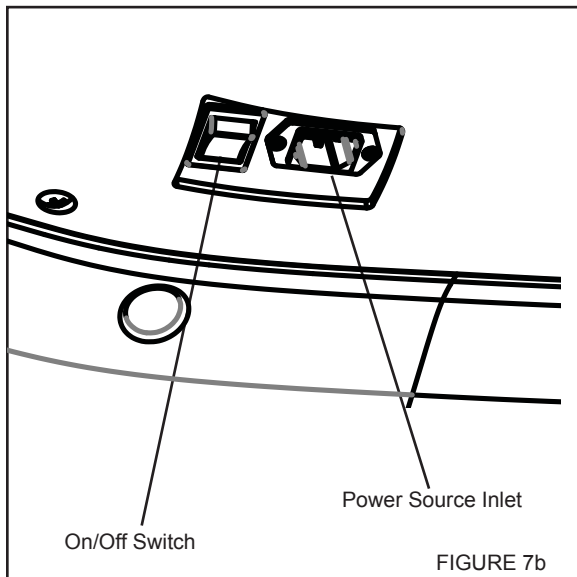
- 7-1 Select power cord that coincides to the local electrical standard outlets (Figure 7a).
- 7-2 Check that the input AC power rating detailed on the serial number decal matches the available power.
- 7-3 Insert power cord into the power source inlet (Figure 7b)

⚠ To reduce the risk of electrical shock, fire, and to prevent severe damage to the machine, use only the power supply approved for use with this equipment. In addition, your machine must be properly grounded.

Step 8: Final Check

⚠ Failure to visually check and test assembly before use can cause damage to the equipment. It can also cause serious injury to users and bystanders.

- 8-1 Tighten all hardware.
- 8-2 Refer to Owner's Manual for Operating.



Contacts

CUSTOMER SERVICE

Tel: 1-888-678-2476

Parts e-mail: parts@stairmaster.com

Service e-mail: services@stairmaster.com

STAIRMASTER

StairMaster

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Vancouver, Washington 98662

USA

1-888-678-2476 | www.stairmaster.com

Please supply the serial number of your machine and the date of purchase when you call StairMaster. Use the space in the boxes below to write down this information. To find the serial number on your machine, refer to the Safety Warning Label information page.

Serial Number
Date of Purchase