



FreeClimber™



Assembly Manual

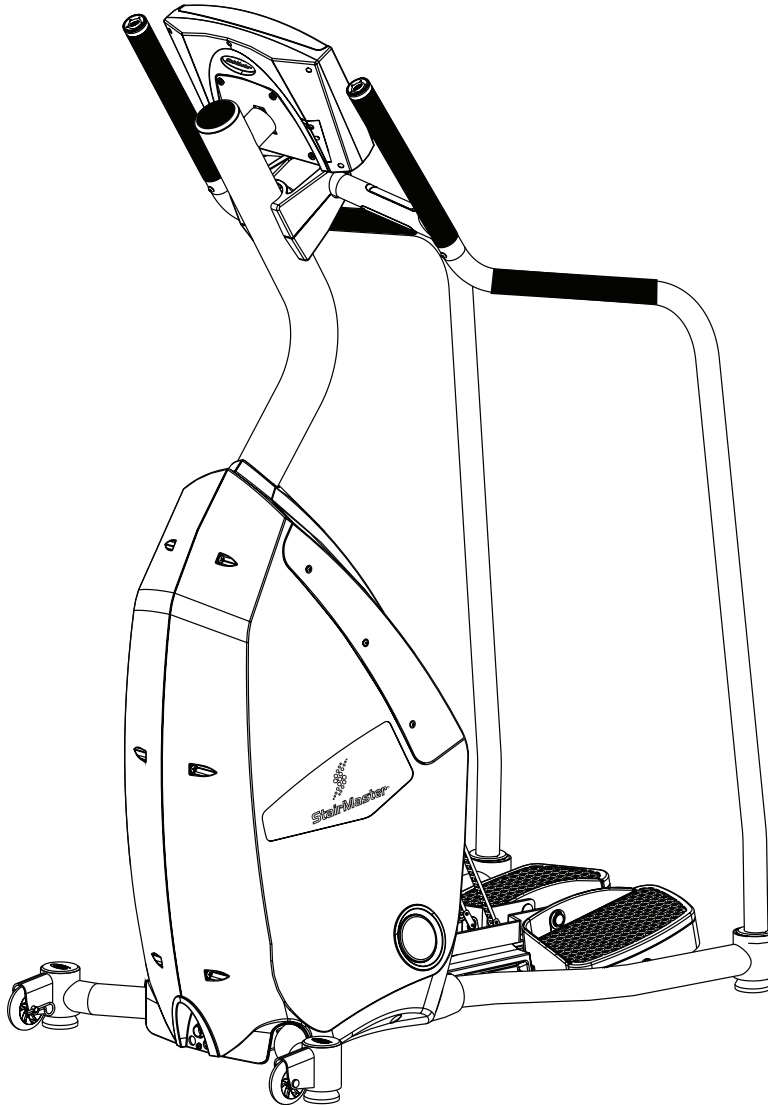


Table of Contents

Model FreeClimber Specifications	2
Important Safety Instructions	3
Safety Warning Labels.....	5
Before You Start.....	6
Assembly.....	7
Contacts	14

Product Specifications

Model FreeClimber Specifications

Dimensions: 27" W x 43" L x 68" H (68 cm x 109 cm x 173cm)

Unit Weight: 150 lbs (68 kg)

Shipping Package Weight: 178 lbs (81 kg)

Workout Area: 50" W x 81" L (127 cm x 205.74 cm)

Input Power Rating: 9V DC 1.00 Amps

External Power Adapter Ratings:

 USA & Canada, 120V 60 Hz input, 9V DC 1.5 A output

 Japan, 100V 50-60 Hz input, 9V DC 1.5 A output



 International (EU & Australia/New Zealand), 230V (or 220-240V) 50 Hz input, 9V DC 1.0 A output

Max user weight: 350lbs (159 kg)

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 Assembly manual.
 Read and understand all Warnings on this machine.

- If this machine is being used in a commercial setting, end users may not have access to this Assembly 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.
- 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.
- 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. Contact your doctor before using the machine again.
- Examine this machine for loose parts or signs of wear. Pay special attention to the pedals. Contact Customer Service for repair information. Use only genuine StairMaster® replacement parts.
- Set up and operate your FreeClimber on a hard, level surface.
- Do not wear loose clothing or jewelry while exercising.
- Maximum user weight limit: 350 lb. (159 kg). Do not use if you are over this weight.
- Stabilize the pedals before stepping on them and use caution when stepping off the machine.
- Keep at least 19 inches (50 cm) clear area around the machine. This is the recommended safe distance for access and passage around and emergency dismounts from the machine.
- Warn bystanders to keep a safe distance, at least 3 feet (1 m). Do not allow anyone to touch the operator while the machine is in motion.
- Do not over exert yourself during exercise. Do not try to exercise with more resistance than you can physically handle

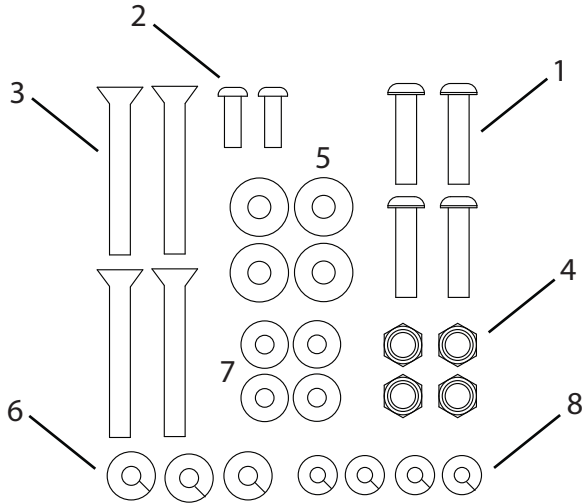
When you use an electrical appliance, basic precautions must always be followed, including the following:

DANGER – To decrease the risk of electric shock always unplug this appliance from the electrical outlet immediately after use and before cleaning.

 **To decrease the risk of burns, fire, electric shock, or injury to persons:**

- An appliance must not be left unattended when plugged in. Unplug from outlet when not in operation, and before you put on or remove parts.
- This machine is designed to be used for aerobic exercise in a gymnasium or health club environment (FOR COMMERCIAL USE).
- Children under the age of 15 should not use this machine; the mechanism and ergonomics are designed for adults use only.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.
- The appliance is only to be used with the power supply unit provided with the appliance.
- Use this appliance 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 appliance if it has a damaged cord or plug, if it is not working correctly, if it has been dropped or damaged, or fallen into water.
- Keep the cord away from heated surfaces.
- Do not drop or put any object into any opening.
- Do not use outdoors.
- To disconnect, turn all controls to the off position, then remove plug from outlet.

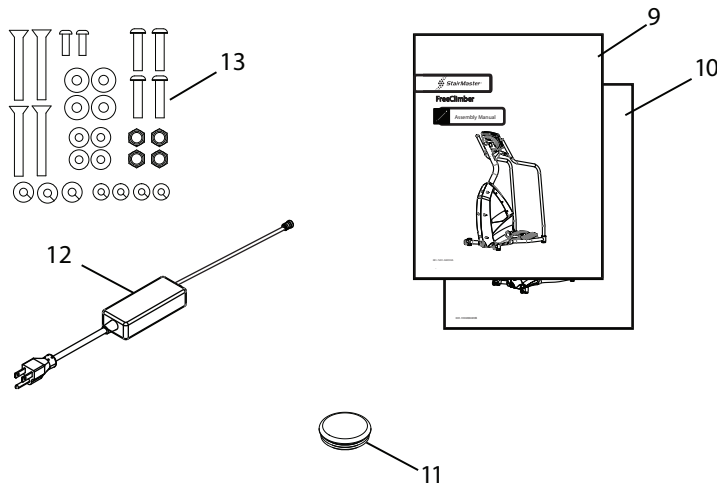
Hardware



Ref #	Description	Qty
1	5/16" - 18 Hex Head Screw	4
2	1/4" - 20 x 1/2" Button Head Screw	2
3	1/4" - 20 x 1-1/4" Hex Head Screw	4
4	5/16" - 18 Nut	4
5	5/16" - Flat Washer	4
6	5/16" - Split Lock Washer	4
7	1/4" - Flat Washer	4
8	1/4" - Split Lock Washer	4

Hardware not to scale

Box 1 Contents



Ref #	Description	Qty
9	Assembly Manual	1
10	Owner's Manual Kit	1
11	End Cap	1
12	Power Supply & Adaptor Kit	1
13	Hardware	1

Safety Warning Labels

Before using your product: Find and read all warning labels before using your product. Replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a StairMaster® representative at 1-888-678-2476.

Label 1: Power caution label.

Location: Affixed to the lower front of the left side cover (see Figure 1).

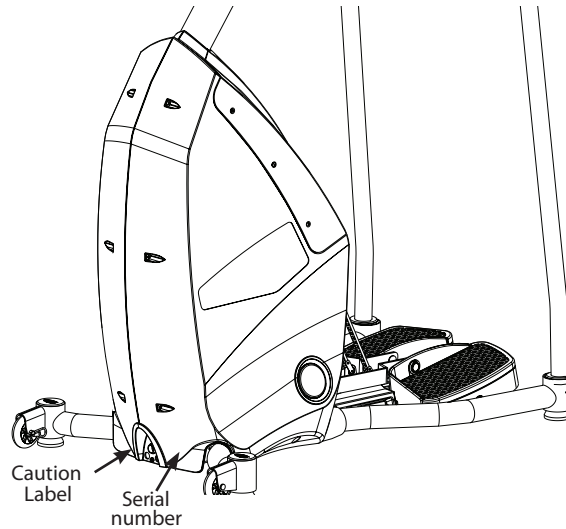


Figure 1

Label 2: General exercise warning label.

Location: Affixed to the mast below the console (see Figure 2).

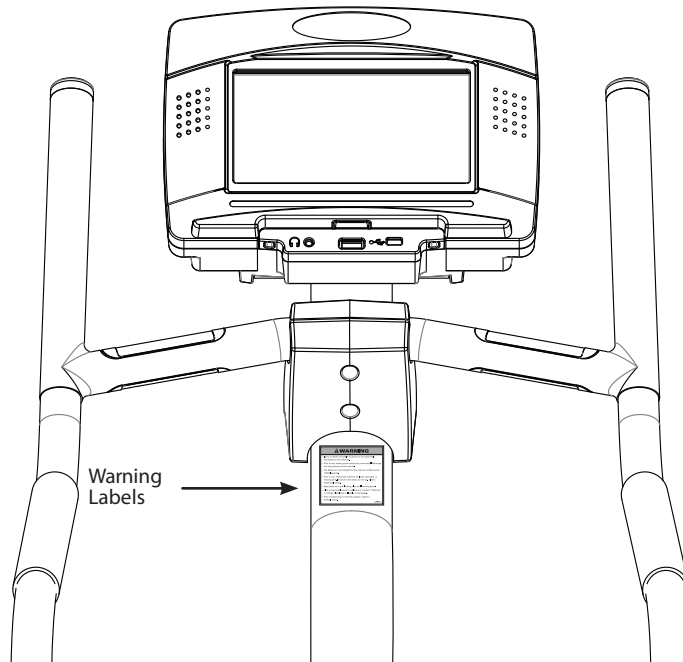


Figure 2

Before You Start

Locate the area where you will assemble and use your StairMaster® FreeClimber. We recommend you install it on a hard, level surface. Allow an assembly area of at least 36" (0.91 m) 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 step before assembling.
2. Read through and understand the instructions before assembly.
3. Use a combination wrench when tightening a locknut on a bolt. Put the locknut tightly in the wrench and make sure it connects all the way.
4. Turn all bolts and locknuts to the right to tighten, and the left to loosen.
5. Lightly and carefully lift pieces when attaching. Look through the bolt holes to help guide bolts through the holes.
6. Two people are recommended to assemble this machine.

Assembly

Step 1: Removing Box

Tools

- Box knife or Strap Cutters
- Claw hammer

1-1 Use the box knife to cut and remove the plastic banding straps from around the pallet and carton (see Figure 1).



Use extreme Caution when using shears or a razor knife. Always cut away from the body to avoid cutting yourself.

1-2 Use claw hammer to remove staples from the bottom of the carton.

1-3 Carefully lift the outer carton up and over the FreeClimber (see Figure 2).

Step 2: Removing Handrails

2-1 Grasp the exposed end of the FreeClimber and rail. Lift upward and remove the cardboard support.

2-2 With both hands, carefully lift the handrail and remove from the box (see Figure 3).

2-3 Repeat the process to remove the handrail from the other side.

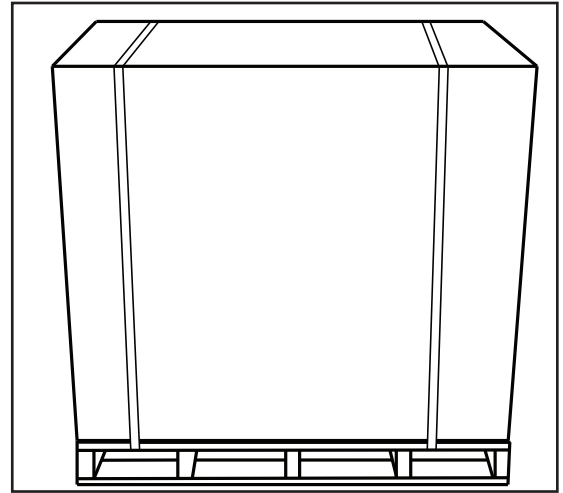


Figure 1

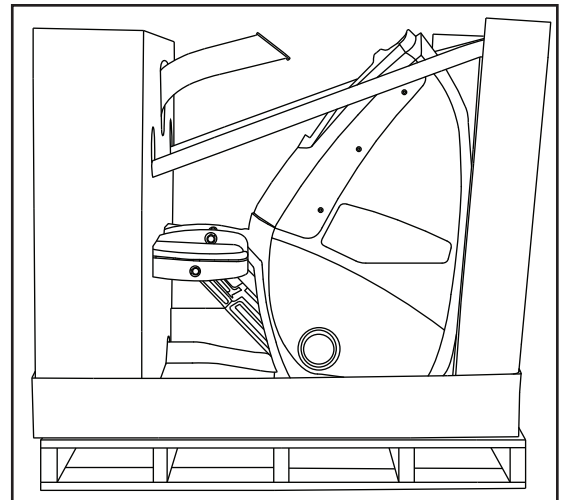


Figure 2

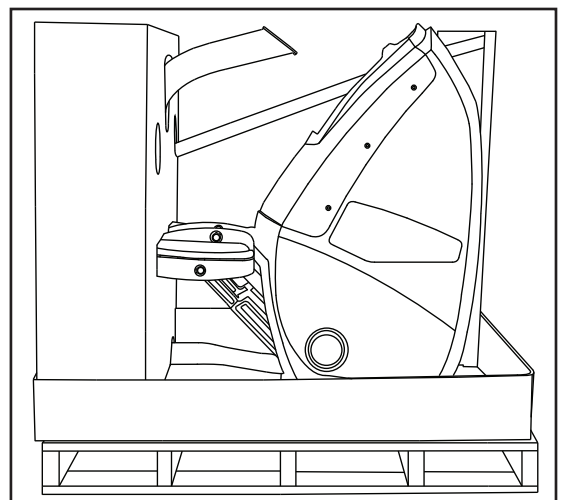


Figure 3

Assembly

Step 3: Removing Console/Upper Mast

Tools

- Box knife

- 3-1 Using the box knife, open the top of the box holding the Console/Upper mast weldment (see Figure 4).
- 3-2 Bend the box center flap inward. Remove Box 1 and place to the side.
- 3-3 Carefully lift the console/upper mast weldment out of the box and place to the side (see Figure 5).

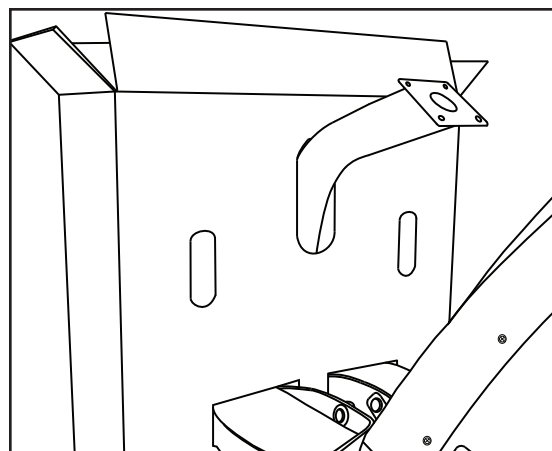


Figure 4

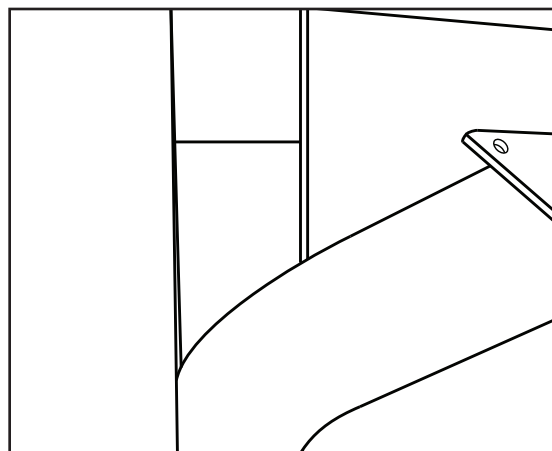


Figure 5

Assembly

Step 4: Removing the Main FreeClimber Body

- 4-1 Pull the lower body of the FreeClimber forward, and with the assistance of another person lift the machine off the shipping pallet and on to the floor (see Figure 6).

Step 5: Removing Covers

Tools

- Phillips screwdriver

- 5-1 Remove the 6 Phillips screws from the Mid-cover, and place to the side (see Figure 7).
- 5-2 Remove the 6 Phillips screws attaching the right and left side covers and place to the side (see Figure 8).

NOTE: 5 Phillips screws are on the left side and 1 screw on the right side.

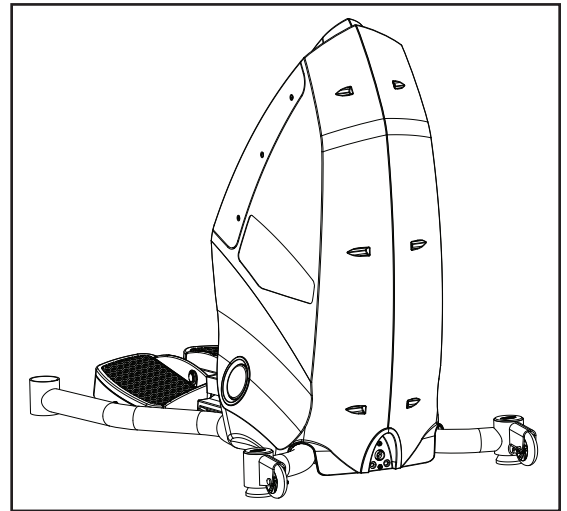


Figure 6

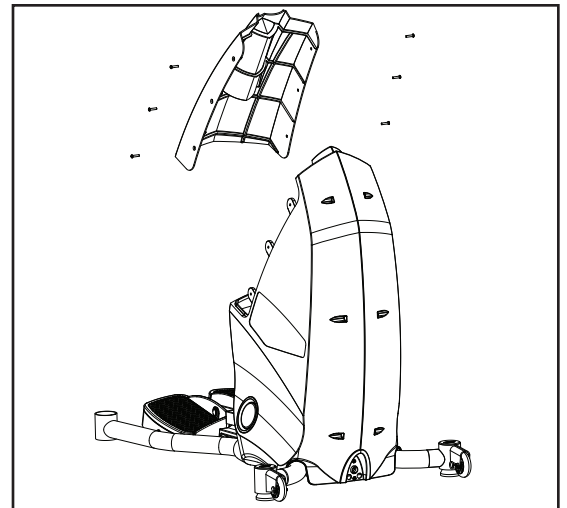


Figure 7

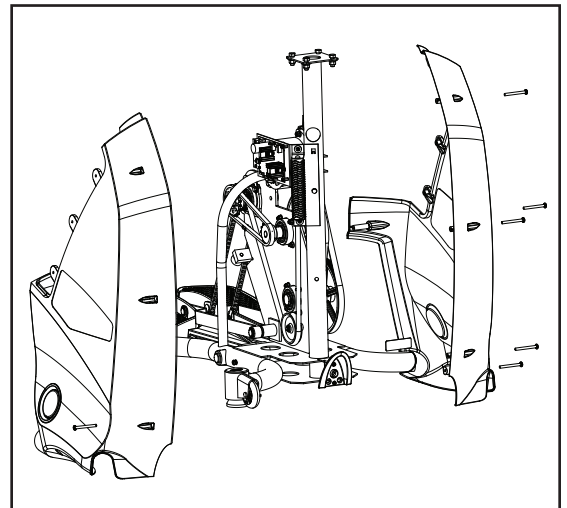


Figure 8

Step 6: Routing Main Cables

6-1 Route the Main cable and the TV cable located at the top of the lower mast through the bottom of the upper mast weldment and exit out the console plate (see Figure 12).

6-2 Secure all cable connections to the console plate.

Step 7: Attaching Masts, Upper and Lower

Tools

- 9/16" or 14 mm wrench or socket

Hardware

- Ref 1: 5/16"- 18 Hex Head screw, Qty 4
- Ref 4: 5/16"- Nut, Qty 4
- Ref 5: 5/16"- Flat Washer, Qty 4
- Ref 6: 5/16"- Lock Washer, Qty 4

7-1 Secure the upper mast weldment to the lower main body utilizing the 4 supplied bolts, nuts, lock washers, and flat washers using a 9/16" or 14mm wrench or socket (see Figure 10 and 11).

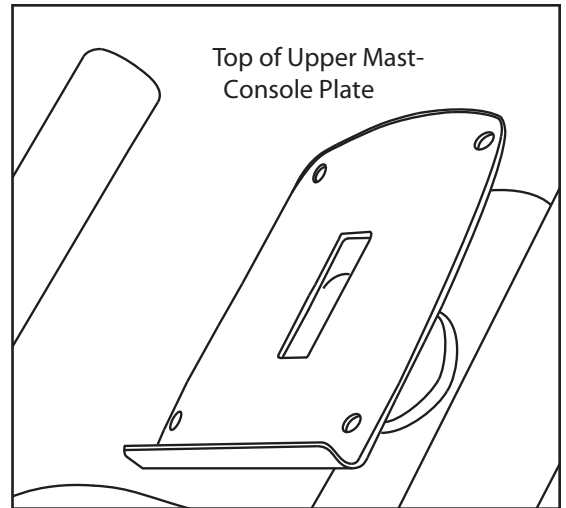


Figure 9

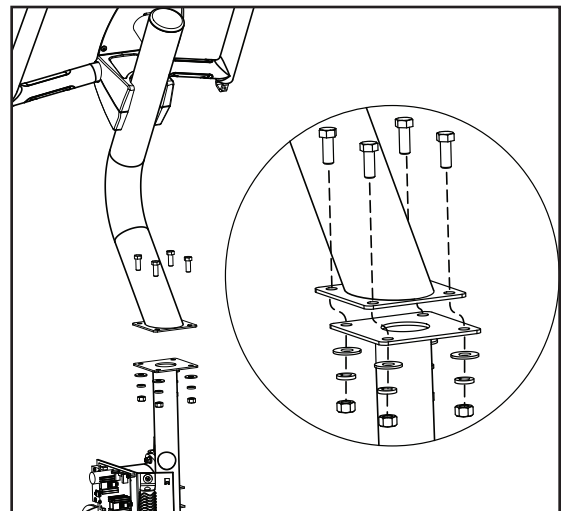


Figure 10

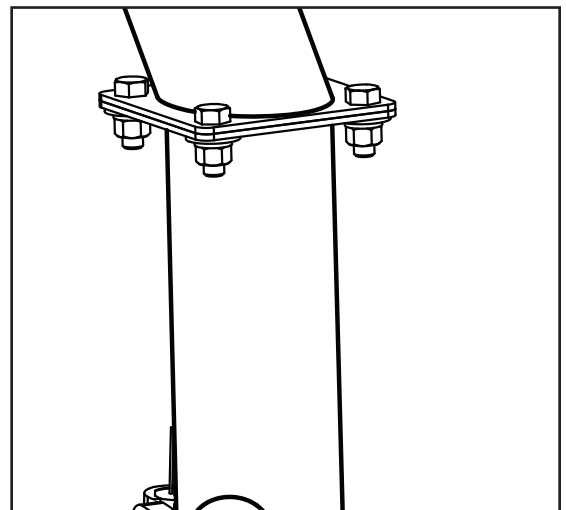


Figure 11

Assembly

Step 8: Attaching handrails

Tools

- 5/32" or 4mm T-handle

Hardware

- Ref 2: 1/4" - 20 x 1/2" Button Head Screw, Qty 2
- Ref 3: 1/4" - 20 x 1-1/4" Hex Head Screw, Qty 4
- Ref 7: 1/4"- Flat Washer, Qty 4
- Ref 8: 1/4"- Lock Washer, Qty 4

NOTE: This Step requires 2 people to complete Steps 8-1 through 10-2.

8-1 With the assistance of another person, tip the FreeClimber forward and hold in place while completing Steps 8-2 through 8-5.

8-2 Remove the 2 rear leg levelers (see Figure 12).

8-3 Take hold of one of the handrails and slide the upper end into the lower part of the handlebar weldment and line up the screw holes (see Figure 13).

8-4 Loosely attach the supplied Button Head screw to the upper handrail/handlebar weldment junction using the 5/32" (4mm) T-handle (see Figure 14).

8-5 Position the lower end of the handrail over the rear leg weldment, then pulling the handrail towards you secure it into position with 2 Hex Head screws, lockwashers and flat washers using the 5/32" (4mm) T-handle (see Figure 15).

8-6 Tighten the Button Head screw in Step 8-4.

8-7 Repeat Steps 8-1 through 8-6 on the opposite side.

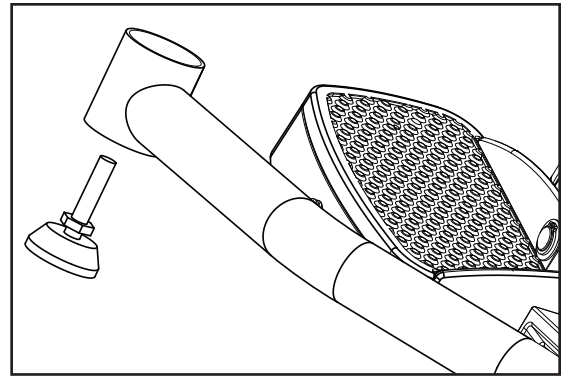


Figure 12

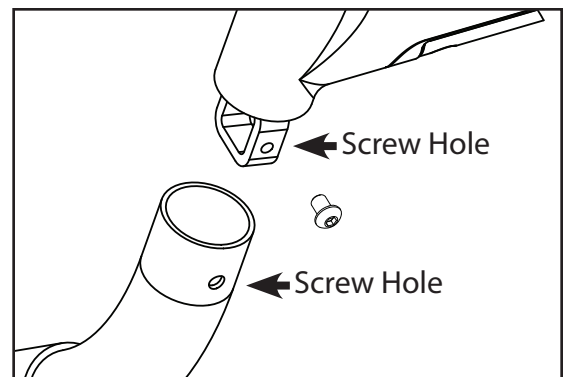


Figure 13

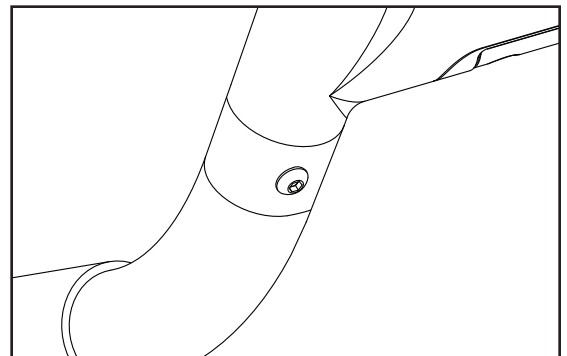


Figure 14

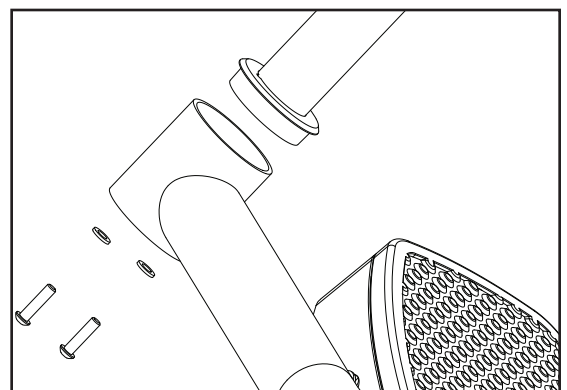


Figure 15

Assembly

Step 9: Replacing the Leg Levelers

- 9-1 Replace the 2 leg levelers previously removed in Step 8 (see Figure 16).
- 9-2 Return the FreeClimber to its upright position.

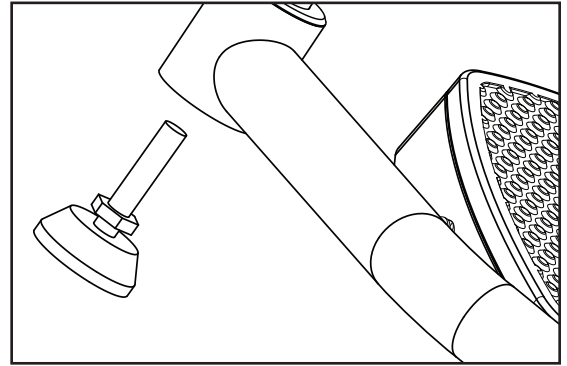


Figure 16

Step 10: Attaching the Console

Tools

- Phillips screwdriver

- 10-1 Grasp the FreeClimber console and connect the HRC cable from the upper mast weldment to the PC board cable (see Figure 17).
- 10-2 Connect the power connector to the power dongle on the console. (see Figure 17).
- 10-3 Connect the Main cable from the mast to the 20-pin connector on the PC board (see Figure-17).
- 10-3 Secure the console using the 4 Phillips screws (see Figure 18).

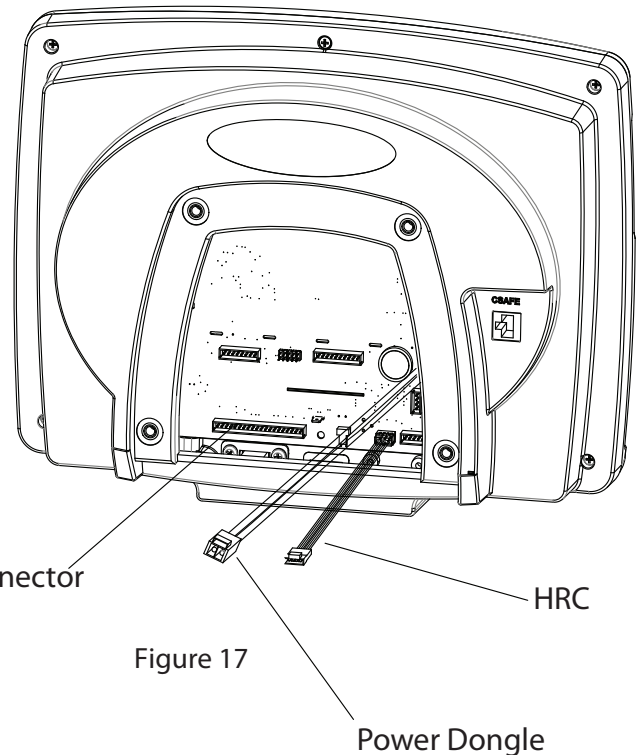


Figure 17

Step 11: Attaching the Covers

Tools

- Phillips screwdriver

- 11-1 Reattach the left and right side covers using the phillips screws removed in Step 5.
- 11-2 Reattach the mid cover using the phillips screws removed in Step 5.

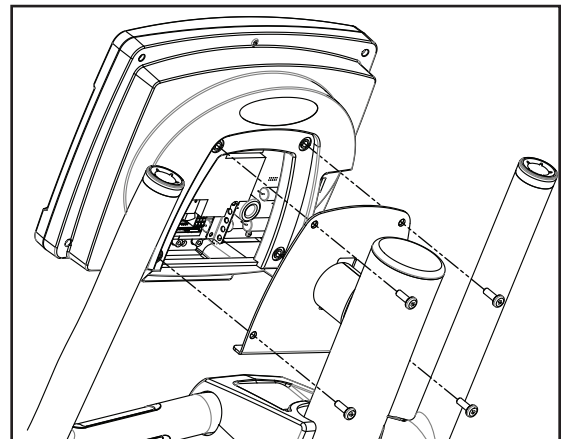



Figure 18

Assembly

Step 12: 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.

12-1 Tighten all hardware.

12-2 Read all warnings on machine.

Refer to the Owner's Manual for:

- Operating Instructions
- Maintenance Instructions

Contacts

CUSTOMER SERVICE

Tel: 1-888-678-2476

Parts e-mail: parts@stairmaster.com

Service e-mail: service@stairmaster.com

STAIRMASTER

StairMaster

4400 NE 77th Ave, Suite 300

Vancouver, Washington, 98662

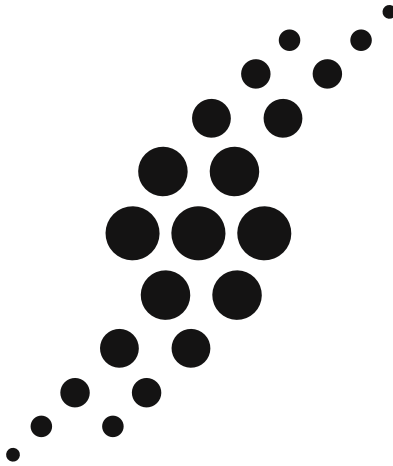
USA

Tel: 1-888-678-2476

Fax: 1-360-314-2865

Please supply the serial number of your machine and the date of purchase when you call StairMaster. To find the serial number on your machine, refer to the Safety Warning Label information page.

Serial Number
Date of Purchase



StairMaster®

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