



# STAIRMILL 5™

## MEET THE MACHINE THE ENTIRE GYM LOOKS UP TO.

Beginning with the first stepping machine in 1983, StairMaster® has been a legendary name in the gym. Today the tradition continues with the StepMill® 5. Building on 30 years of experience and proven performance, the StepMill 5 provides a superior combination of cardio and strength training in our most comfortable StepMill ever. The machine features a deeper, wider step surface with durable, rust-free polypropylene construction and a range of console and accessory options. It's a combination of quality and innovation delivering a workout that's head and shoulders above anything else in the gym.



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**StairMaster®**

### FEATURES



ERGO-BAR HAND GRIP PROVIDES ALTERNATE HAND POSITIONS



DUAL OVERSIZED WATER BOTTLE HOLDERS ALLOW FOR EASY ACCESS



STEP-UP ASSIST FOR EASY MOUNT OR DISMOUNT



OPTIONAL TOUCH-SCREEN CONSOLE LETS YOU CHOOSE FROM 11 OF THE WORLD'S MOST RECOGNIZABLE LANDMARKS AS A GOAL FOR YOUR CLIMB



## CONSOLE FEATURES AND OPTIONS

The StepMill 5 is available with three console options, including a 2-window LCD console, a 10-inch touch screen or a 10-inch touch screen with TV tuner. The 2-window LCD console features an easy-to-read backlit display with familiar programs and Polar® compatible heart rate monitoring. The attractive and intuitive 10-inch touch screen display offers an integrated iPod® attachment, 10 total workout programs and a Landmark Challenge which lets users track their progress by climbing the Eiffel Tower, Burj Khalifa or other well-known landmarks. We also offer the 10-inch touch screen with an integrated TV tuner to keep users motivated and entertained throughout their workout.



### SMV-1™ LCD DIGITAL TELEVISION

Compatible with the StepMill 5, the SMV-1 TV provides a brilliant 15.6" digital LCD screen with HD capabilities, which mounts to the StepMill 5 console and comes with worldwide digital and analog tuner options. The keypad is conveniently located on the TV, eliminating the need for a wired controller. It also comes with an optional iPhone/iPod docking station to watch shows, movies, and videos while charging the device whenever it is docked.



## TECHNICAL SPECS

<b>Product Dimensions</b>	58" L x 34" W x 89" H (147cm x 86cm x 226cm)
<b>Product Weight</b>	343 lbs (156 kg)
<b>Max User Weight</b>	350 lbs (159 kg)
<b>Power Requirements</b>	Input Voltage 100-240 VAC 50/60 Hz 100 VA
<b>Display</b>	Three new choices of displays. 1) 10" Touch Screen Console with integrated TV Tuner (TSE-1) and 2) 10" Touch Screen Console (TS-1) and 3) Backlit LCD Console (D-1).
<b>Workouts</b>	The new Landmark Challenge Program where users climb well-known landmarks from around the world like the Eiffel Tower, the Statue of Liberty and the Taj Mahal. Along with the Landmark Challenge, standard console programs that your members are familiar with are also included. *Landmark Challenge feature available on the TSE-1/TS-1 Console Only
<b>Fitness tests</b>	Multi-stage Fit Test, CPAT Fire Fit Test and WFI StepMill® Test
<b>Drive System</b>	Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones
<b>Step Action</b>	Revolving staircase with eight steps, 8" (20cm) high, 9" (23cm) deep and 22" (56cm) wide