StairMaster®

StepMill® 3

Owner's Manual
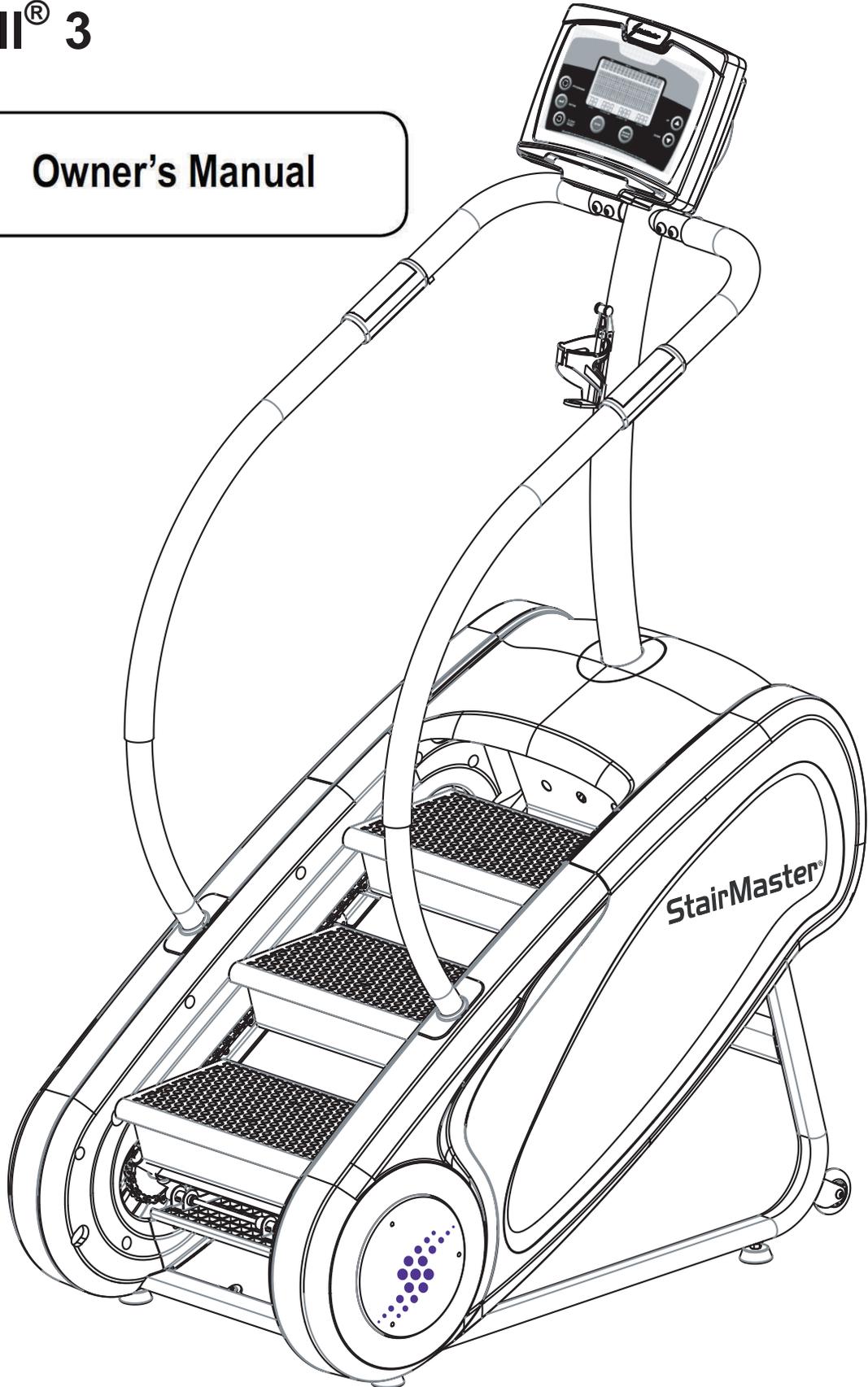
Table of Contents

Product Specifications

Model SM3

Dimensions:	LWH 46" x 29" x 73"	(117 cm x 74 cm x 185cm)
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® 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.
- Users with different weight may get different speed results.
- 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 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

⚠ **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'utilisiteur est de 125 kg (275 livres).
- Tenir hors de porté des enfants.
- Avant la première utilisation, veuillez inspecter la machine en détails. Au cas où vous noteriez des défauts, dégâts où 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" où "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

(2) Serial Number Label

Getting Started

IMPORTANT:
Read all assembly instructions and safety precautions before using this product. Reference all safety guidelines and warning labels. Retain product literature for future reference.

POWERING THE MACHINE AND CONSOLE

⚠ If this machine is "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.

Plug in the machine and turn the machine on by moving the power switch to "ON". The switch is adjacent to the power cord (Figure 2a, 2b). The power switch sends power to the machine, puts the console in IDLE mode, and the staircase will not rotate.

SAFETY:
Wear appropriate clothing while exercising. Always wear shoes when using your StepMill® 3 machine.

Properly warm up and stretch before exercising. If you feel pain or dizziness at anytime while exercising, stop immediately and consult your physician.

Note: Throughout this manual, all references to the left or right side and to the front or back are made as if you were on the machine, ready to exercise.
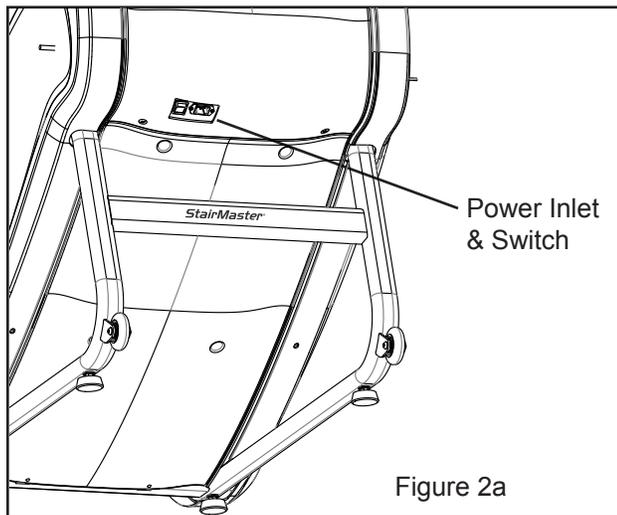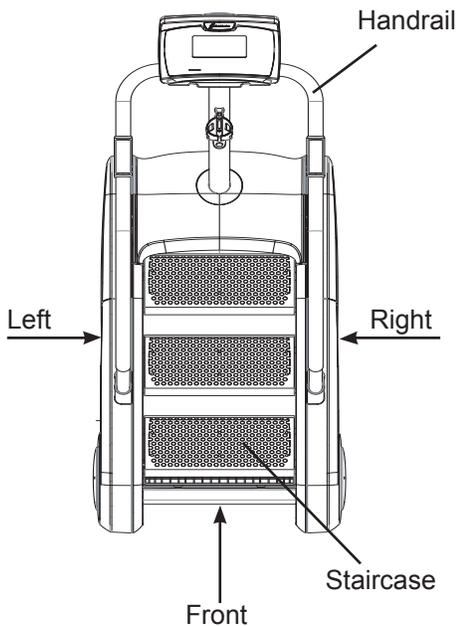

Figure 2a
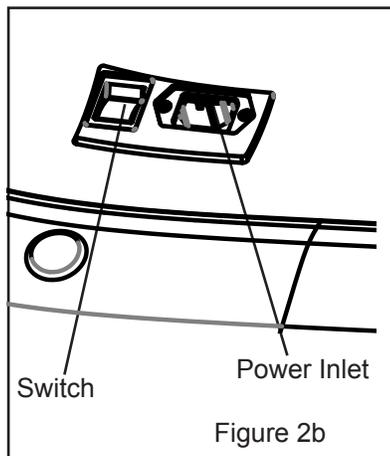
Figure 2b

Getting Started

Using your StepMill® 3

⚠ To avoid injury when getting on or getting off the StepMill® 3, carefully follow these instructions.

1. Plug in the machine and move the power switch to "ON". This action will activate the staircase brake and send power to the Console unit.

2. The Console will display the message "CHOOSE WORKOUT GOAL"

3. Walk to the front of the machine, hold on to both handrails, step onto the staircase, stand up straight. Steps will not rotate until workout begins.

4. Select the QUICK START exercise program . The staircase will begin to rotate. This movement indicates that the QUICK START program has started.

5. Control the speed of the steps by pressing LEVEL: DOWN to slow the speed of the steps or LEVEL: UP to increase the speed.

6. Relax, maintain an erect posture, and use handrails for balance. Supporting your weight on handrails while exercising decreases the exercise intensity.

7. Before stepping off the StepMill® 3, make certain the rotating steps come to a complete stop by pressing the STOP button.

8. While holding the handrails, carefully place one foot on the ground and repeat for the other foot.

9. Turn off and unplug the machine.

SAFETY: The StepMill® 3 features a stop sensor that will stop the rotation of the staircase when activated (Figure 3a).

Stop Sensor

Figure 3a
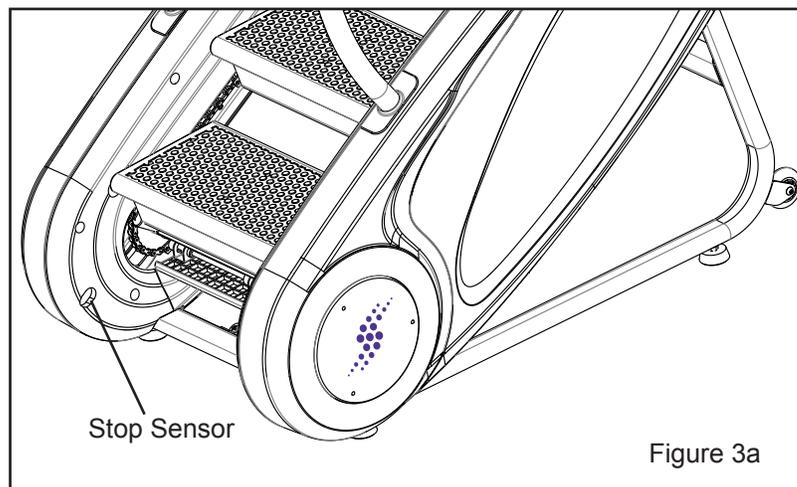
Operating the Console

The StepMill® 3 Console will display the selected workout profile and provide you with feedback about your workout.

The Console displays the course profile of the selected PROFILE exercise program. Each exercise program is comprised of intervals. The flashing column shows your current interval. The taller the interval column, the faster the staircase revolves.

Feedback is provided for floors climbed, intensity level, calories burned, heart rate, and Watts.

FLOORS
Displays the current number of floors climbed. Each floor is 22 steps or approximately 11 feet/3.3 meters.

FLOORS PER MINUTE
Displays the step rate in floors per minute (FPM).

INTENSITY OR SPEED LEVEL
The intensity or speed level displays the rate that the staircase revolves on a scale from 1-20.

CALORIES
Calories provides a current total of the number of calories burned during a workout.
Note: The calories number is only an approximation. A user's caloric expenditure will vary significantly based on a person's age, gender, weight and metabolism.

HEART RATE
Current Heart Rate (HR), in Beats Per Minute (BPM), is displayed in the top right corner of the display. Your HR displays when you are gripping the heart rate contact grips. Alternatively, a Polar®-compatible HR chest belt (included) can be worn and will transmit the HR beat signal to the console receiver.

⚠ Pacemaker users should not use a telemetry transmitter without first consulting with their doctor.

⚠ User should consult a physician to determine an appropriate Target Heart Rate (THR) in which to exercise, based on age, weight and physical condition.

WATTS
During a workout, this statistic displays the power output at the current speed and intensity level, displayed in watts.

ACTIVATING THE CONSOLE. When power to the machine is "ON", the Console will be in IDLE MODE.

The Console will exit IDLE MODE when you begin to exercise or if the machine is inactive for 10 minutes.

SLEEP MODE
The console will enter SLEEP mode after 10 minutes of non-activity. In SLEEP mode there will be no display and the back light will be off.

End SLEEP MODE by pressing any console button. When exiting SLEEP MODE, the machine will be in IDLE mode.

StepMill® 3 workouts

You can work out on your StepMill® 3 using the QUICK START feature or choose from a variety of exercise programs.

QUICK START

When in IDLE mode you can begin your workout immediately by simply pressing the QUICK START key. The default QUICK START workout has a 20 minute duration. When concluded, the staircase speed will decrease to level 1 and the machine will continue to operate until the user presses STOP. When using QUICK START, the step rate may be changed at any time during the workout by pressing the UP or DOWN keys.

PROGRAMMED START

When the machine is "ON" and the Console is in IDLE MODE, an arrow will point to the PROGRAMS key on the left of the console. Press the PROGRAMS key and you will enter PROGRAMS mode.

When in PROGRAMS mode, you will first select your workout goal from the three options: Time, Calories or Floor. To select a goal from the PROGRAMS menu, use the UP or DOWN keys. Select your goal by pressing ENTER.

TIME GOAL Select between 5-180 minutes, Default 20 minutes
Select amount of time you want to work out, and workout will continue for amount of time entered.

CALORIES GOAL Select between 50-999 calories, Default 350 calories
Select number of calories to burn during workout. Based on selected level of intensity, the console will calculate how long it will take to burn desired number of calories and workout will continue until the calories goal is achieved.

FLOORS GOAL Select between 7-999 floors, Default 41 floors
Select number of floors to climb during workout. Based on selected level of intensity the console will calculate how long it will take to complete desired number of floors and workout will continue until the floors goal is achieved.

Once you select your training goal, you will be prompted to select the specific number of the goal chosen. Use the UP and DOWN arrows to select the specific number, then press the ENTER key.

When pressing the UP or DOWN keys, the numbers will change slowly – one every 0.5 seconds. If you hold the UP or DOWN for three seconds, the numbers will change rapidly – one every 0.1 seconds.

Once you have set you program goal, you will be prompted to SELECT WORKOUT PROFILE. Use the UP and DOWN keys to cycle through the different profiles. Once your desired profile is displayed press ENTER. Profile choices are:

STEADY

This workout includes a warm-up period, then goes to a selected intensity level and remains there for the duration of the workout. Any changes to the level during the workout will alter the remaining intervals in the profile by the same amount

BUILD

This workout steadily increases staircase speed over the course of the workout. Any changes to level during the work- out will alter the remaining intervals in the profile by the same amount.

BELL SHAPED

This workout steadily increases staircase speed for the first half of the workout, then decreases over the second half of the workout. Any changes to level during the workout will alter the remaining intervals in the profile by the same amount.

MYSTERY CHALLENGE

This workout will create a unique workout profile every time by generating random changes in speed for each interval. Any changes to level during the workout will alter the remaining intervals in the profile by the same amount.

MANUAL

Manually control the step rate while accurately calculating exercise statistics based on your weight.

StepMill® 3 workouts

CALORIE BURNER
This workout is for users wanting to increase their aerobic capacity. The changes of intensity in the program are greater than the changes in the FAT BURNER program and are designed specifically to tax the cardio respiratory system. Any changes to speed during workout will change levels for rest of workout.

FAT BURNER
This workout, with moderate changes in intensity level is designed to stimulate fat store assimilation for users on a weight control program. Any changes to speed during workout will change levels for rest of workout.

HEART RATE ZONE TRAINER (Heart Rate signal required)
The machine will automatically adjust speed to keep Heart Rate (HR) at a target level chosen by user at start up. HR signal is required at all times during the workout. User can wear a Polar®-compatible HR chest belt (not included) HR and the console will pick up the HR. Alternatively, hold the HR grip pads on the handrails for the duration of the workout.
  Pacemaker users should not use a telemetry transmitter without first consulting with their doctor.

If HR ZONE TRAINER is chosen, user will be prompted to SET TARGET HR (50-190). Use the UP and DOWN arrow keys to adjust the desired target HR, then press ENTER to select.

HEART RATE INTERVALS (Heart Rate signal required)
This workout is a series of alternating work and rest intervals, each targeting a Heart Rate (HR) level entered by the user. During work interval, machine will automatically adjust speed to keep HR at target work HR, and during rest interval, at rest HR. HR signal is required at all times during the workout. User can wear a Polar®-compatible HR chest belt (not included) HR and the console will pick up the HR. Alternatively, hold the HR grip pads on the handrails for the duration of the workout.

If HR INTERVALS is chosen, user will be prompted to SET TARGET HR (50-190), and SET REST HR (50-190). For each, use the UP and DOWN arrow keys to adjust the desired HR, then press ENTER to select.

HEART RATE MONITORING
The pulse grips located on the handlebars allows users to monitor their heart rate at any time just by grasping the sensors for a few seconds until the reading appears on the display. Alternatively, a Polar-compatible HR chest belt (not included) can be worn and will transmit the HR beat signal to the console receiver. The display shows the HR in beats per minute and uses the HR value in HR control modes.

⚠ Pacemaker users should not use a telemetry transmitter without first consulting their doctor.

BUTTON SELECTION

During console input if any of the following keys are pushed, then the resulting action will occur:

QUICK START.............. Navigate to QUICK START MODE
PROGRAMS................. Navigate to PROGRAMS MODE
ENTER......................... Confirm the information or value selected
UP/DOWN.................... Increases/decreases value
STOP........................... Navigate to IDLE MODE First press clears information, second press navigates to IDLE MODE
CLEAR/RESET............ First press clears information, second press navigates to IDLE MODE

If there is no value input and confirmation for 1 minute, then console returns to IDLE MODE.

Pause and Cool Down Modes

PAUSE MODE
If the STOP button is pressed or the stop sensor is triggered, then the console will enter into PAUSE MODE. WORKOUT PAUSED will be shown in the display. To resume workout press ENTER. To finish workout press STOP. The PAUSE MODE will show a countdown from 2 minutes. If the 2 minute countdown ends, then WORKOUT RESULTS will be displayed.

GOAL ACHIEVED
Once your program goal is achieved, GREAT WORKOUT will be displayed in the display and the console will enter COOL DOWN MODE.

COOL DOWN MODE
During COOL DOWN MODE the segment time will count down from 2 minutes and follow the parameters below:

Ending Level
Level ≤ 3,3 < Level ≤ 10, 10 < Level
Cool down Level
1
Cool down Time
2 minutes

During COOL DOWN MODE you can change the level by pressing the UP or DOWN buttons. Pressing STOP will finish the COOL DOWN MODE and results will be shown.

SLEEP MODE
The console will enter SLEEP mode after 10 minutes of non-activity. In SLEEP mode there will be no display and the back light will be off.

End SLEEP MODE by pressing any console button. The machine will now be in IDLE mode.

Turn off the machine after completing your exercise. Unplug the machine when it is not in use. When 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.

Maintenance

INITIAL SERVICE
Upon receiving your machine, use a soft, clean towel to wipe off the dust, which may have accumulated during shipping. Your new machine will require assembly. Refer to the Assembly Manual for details.

CLEANING
Do not use glass cleaners or any other household cleaners on the console. Clean the console daily with a water -dampened cloth and wipe dry after cleaning.

Clean the exterior of the machine regularly using soap and water or a diluted, non-mineral based household cleaner such as Fantastik®.

⚠ The safety and performance of this product can be maintained only if it is inspected regularly for damage and wear.

⚠ Pay particular attention to components most susceptible to wear such as steps and lower side covers. Remove any damaged machine from service and replace damaged components immediately. Contact StairMaster customer service for questions regarding maintenance or function.

StairMaster®

Warranty Information

Customer Service
Phone Support: 888-678-2476
Monday-Friday 6:00am to 5:00pm Pacific

or

Email Support: parts@stairmaster.com