



STEPMILL® 3 SM3

Since 1983, StairMaster® has been a legendary name in the gym, delivering a real workout and real results. Now, with the StepMill 3, we're bringing it all home. The StepMill 3 gives you a full cardiovascular and strength workout in one and a compact, lightweight design makes it perfect for home gyms, apartments, medical offices and corporate fitness centers. It's the tough, effective workout you've come to expect from the original name in climbing fitness in a size that fits your needs



BRING IT HOME

The Stepmill 3's compact, lightweight design makes it perfect for home gyms, apartments, medical offices and corporate fitness centers. Fits in a small footprint, and requires only an 8ft/244cm ceiling height.



TRACK YOUR INTENSITY

The StepMill 3 comes standard with a backlit LCD console pre-programmed with over 25 motivating workout combinations. It allows you to track your activity like total workout time, calories burned, Watts produced and floors climbed. Contact heart rate sensors on the handrails and the Polar® chest strap sensor, allow you to continuously monitor your heart rate for optimal results.

NEW FEATURES

Structural changes to steps and drive-train for increased durability
Drive-train redesign for a more smooth rotation and quieter operation
Easier serviceability for preventative maintenance



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BASE FEATURES

STEP SURFACE	9in (23 cm) Deep x 17in (43cm) Width
STEP HEIGHT	6in (15cm)
STEP RATE	20 Levels ranging from 24-162 steps per minute
STEP UP HEIGHT	12in (30cm)
RECOMMENDED CEILING HEIGHT	8' (244cm)
HEART RATE MEASUREMENT SYSTEM	Telemetry and contact HR
CONTROLS	Display
DISPLAY	Backlit LCD Console
ACCESSORIES	Bottle holder and tablet ledge
MAX USER WEIGHT	350lb (159kg)
DRIVE SYSTEM	Alternator
ELECTRICAL REQUIREMENTS	12 V/5 Amp power supply
ADDITIONAL FEATURES	Safety stop system with electric eye

FRAME

MATERIAL	Powder Coated Steel Frame
CUSTOMIZABLE	Paint color options approval required
STANDARD COLOR OPTIONS	Silver
LENGTH	46in (117cm)
WIDTH	29in (74cm)
HEIGHT	73in (185cm)
PRODUCT WEIGHT	212lbs (96kg)
SHIPPING DIMENSIONS	48in x 31in x 41in 123cm x 77cm x 105cm)
SHIPPING WEIGHT	285lbs (130kg)

ADDITIONAL SKUS

9-3400-MINTP0