



StepMill® SM5



Assembly Manual

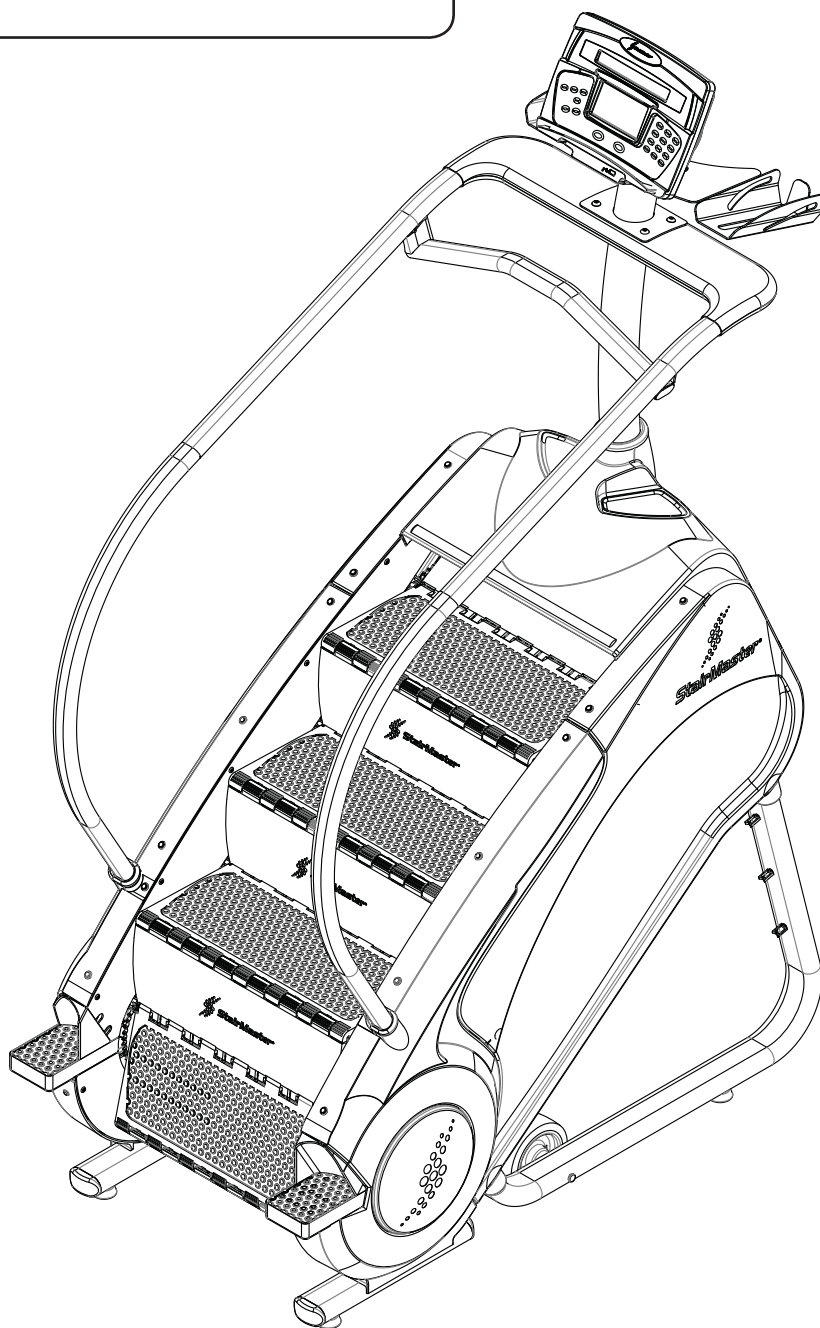


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Product Specifications

Model SM5

Dimensions: 34.3" W x 59.5" L x 88.6" H
(87 cm x 151 cm x 225 cm)

Unit Weight: 343lbs (156 kg)

Shipping Package Weight: 438lbs (199kg)

Workout Area: 72"W x 93"L (182cm x 236cm)

Power Supply: Use only with Power Supply Model No. FY1206000


Max user weight: 350 lbs (159 kg)

Please see owner's manual for all 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 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 steps. Contact StairMaster® Customer Service for repair information. Use only genuine StairMaster® replacement parts.
- Set up and operate your StepMill® on a hard, level surface.
- Do not wear loose clothing or jewelry while exercising.
- Maximum user weight limit: 350 lb. (136 kg). Do not use if you are over this weight.
- Stabilize the steps 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.
- Close supervision is necessary when this appliance is used by, on, or near children, invalids, or disabled persons.
- 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. Return the appliance to a service center for examination and repair.
- 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.

KEEP THESE INSTRUCTIONS

Safety Warning Labels

Before using your product: Find and read all warning labels located on the StairMaster® StepMill® 5, prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, contact StairMaster at 888-678-2476.

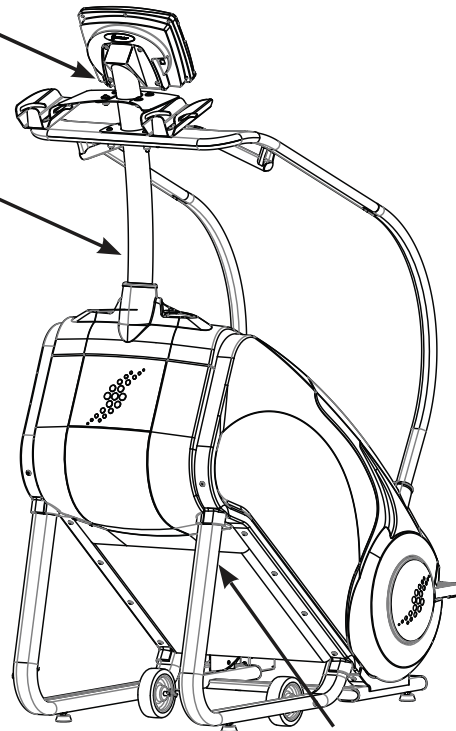
Label 1: General exercise warning labels.

Location: Affixed to the lower sides of the mast (see Figure 1).

<p>⚠ WARNING</p> <ul style="list-style-type: none">• 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 350 pounds (159 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.• Steps are always operational and will move when stepped on.• Always wear shoes when operating the machine.• Always grasp handrails firmly.• When dismounting always: Wait until machine reaches minimum speed at end of program or when start/stop button on display console is pressed. Be aware of revolving steps disappearing at bottom and step off as last step collapses.
<p>⚠ ATTENTION</p> <ul style="list-style-type: none">• 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 159 kg (350 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.• Les marches sont toujours opérationnelles et se mettent en mouvement en marchant dessus.• Il faut toujours porter des chaussures lors de l'utilisation de cet appareil.• Saisir les poignées fermement.• Avant de mettre le pied à terre, veuillez toujours : Attendre que l'appareil ait atteint la vitesse minimum, à la fin du programme, où pressez le bouton start/stop de la console.• Soyez conscient que les marches tournent et évitez de rester sur la dernière marche.

Caution Label

Warning Labels



Serial Number Label

Figure 1

Label 2: Serial Number label.

Location: Affixed to the backside of the leg on the StepMill machine (see Figure 1).

Label 3: Power caution label.

Location: Affixed to the backside of the console.

Before You Start

Locate the area where you will assemble and use your StairMaster® Commercial Series StepMill® SM5. 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.

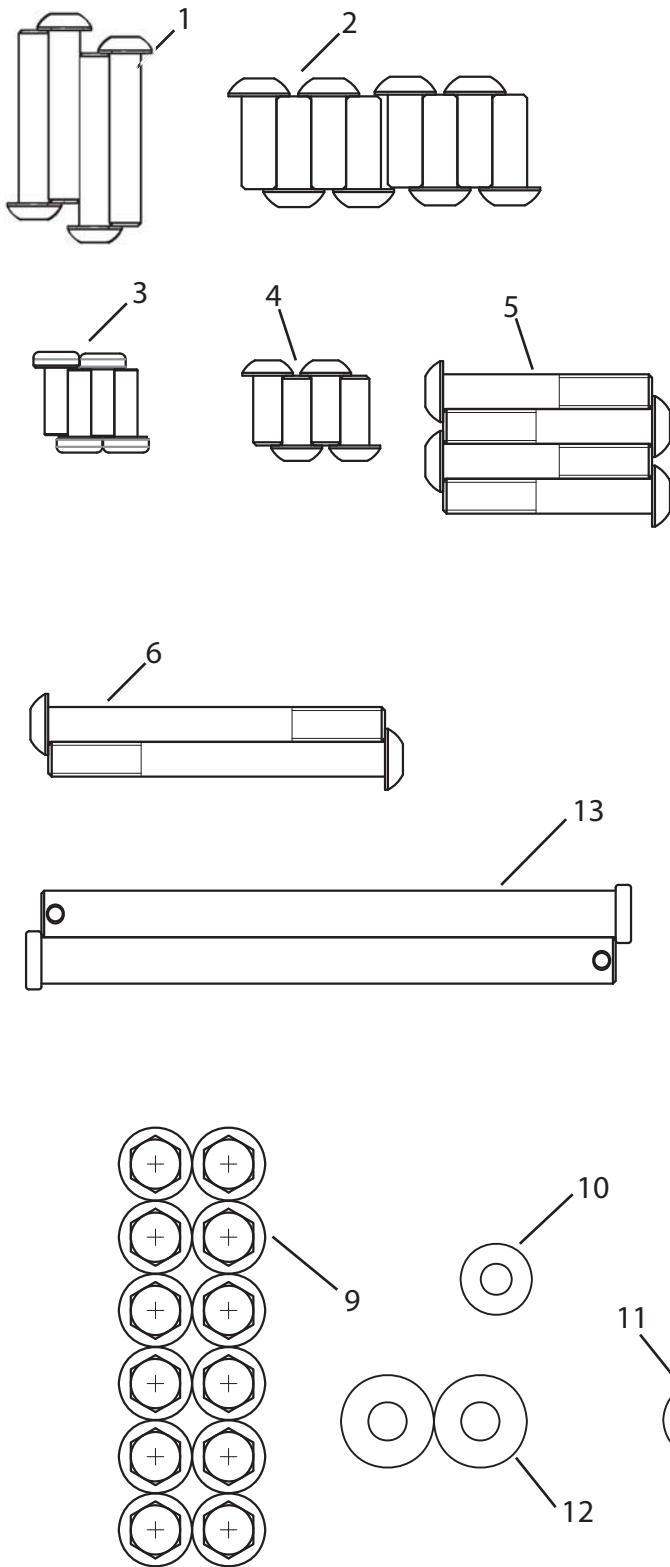
Basic Assembly

Follow these basic assembly tips when putting together your machine:

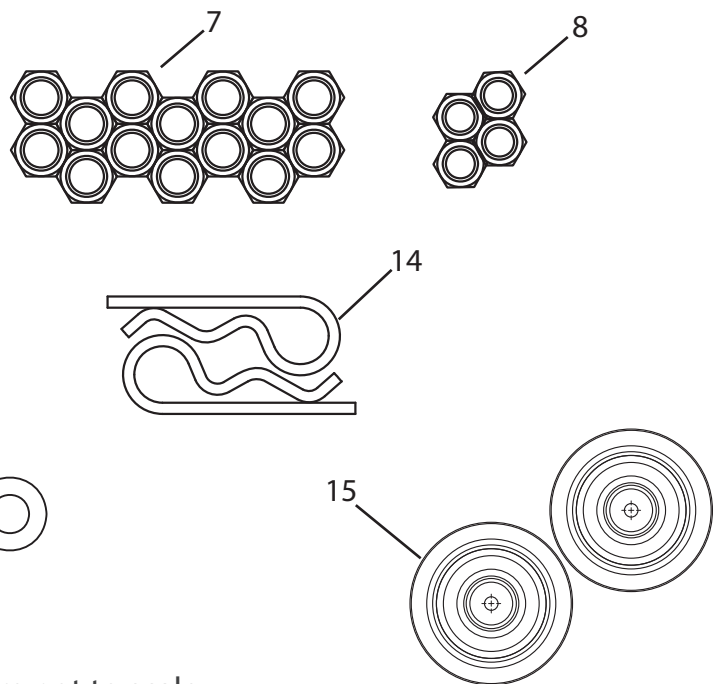
1. Collect all the pieces needed for each assembly step.
2. Read through and understand the instructions.
3. Turn all bolts and locknuts to the right to tighten, and the left to loosen.
4. Lightly and carefully lift pieces when attaching. Look through the bolt holes to help guide bolt placement.
5. Two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

Hardware

Hardware

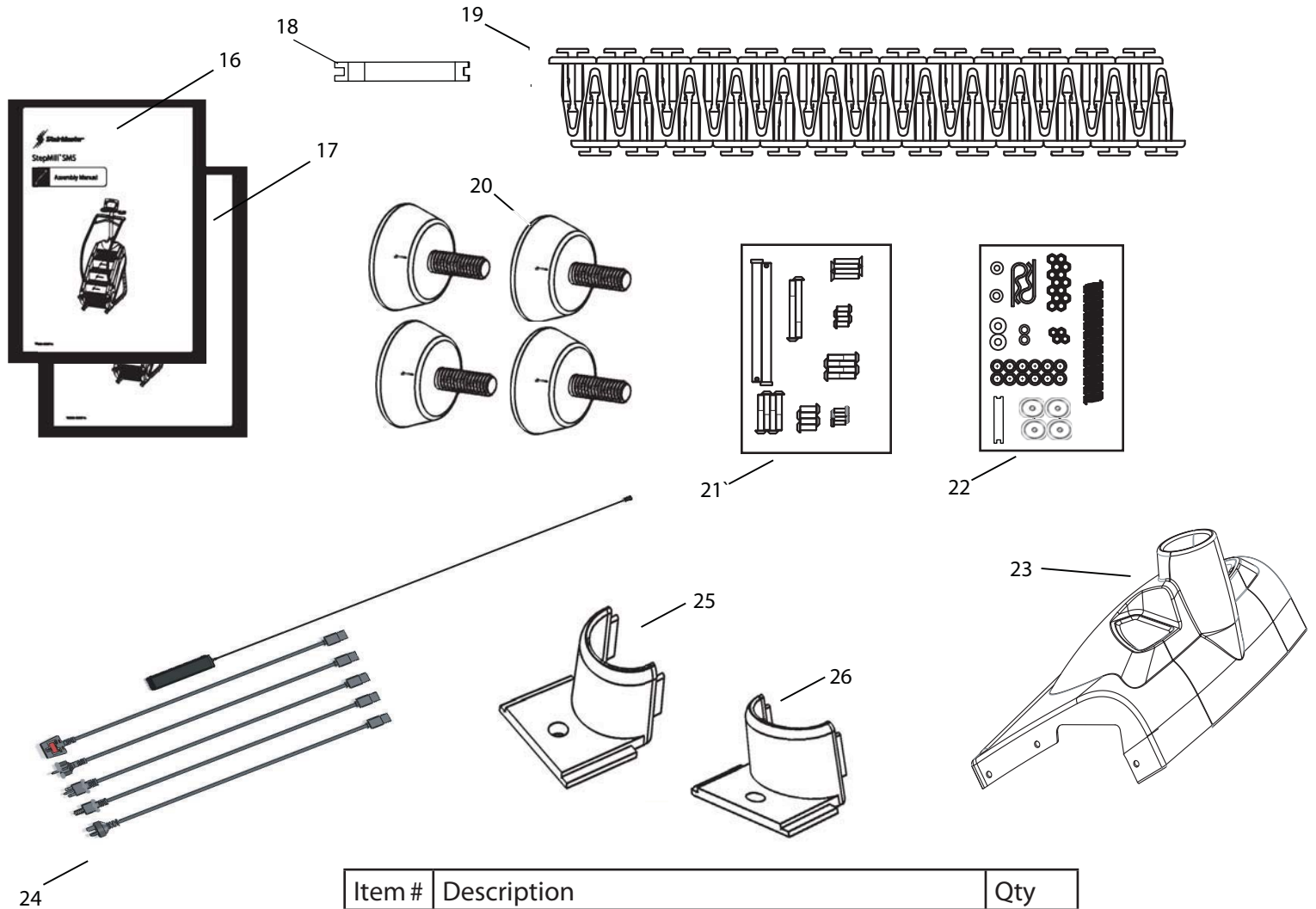


Item #	Description	Qty
1	5/16" - 18 * 1 3/4" Button Head Screw	4
2	3/8" - 16 * 1" Button Head Screw	8
3	1/4" - 20 * 3/4" Phillips Head Screw	4
4	5/16" - 18 * 3/4" Button Head Screw	4
5	3/8" - 16 * 2 1/2" Button Head Screw	4
6	3/8" - 16 * 3 5/8" Button Head Screw	2
7	3/8" - 16 Nylon Hex Nut	14
8	5/16" - 18 Nylon Hex Nut	4
9	3/8" - 18 Nut Cap	8
10	Ø 3/4"OD * Ø 5/16" ID Flat Washer	4
11	Ø 3/4"OD * Ø 3/8" ID Flat Washer	12
12	Ø 1" OD * Ø 3/8"ID Flat Washer	8
13	Clevis Pins	2
14	Cotter Pins	2
15	Transport Wheels	2



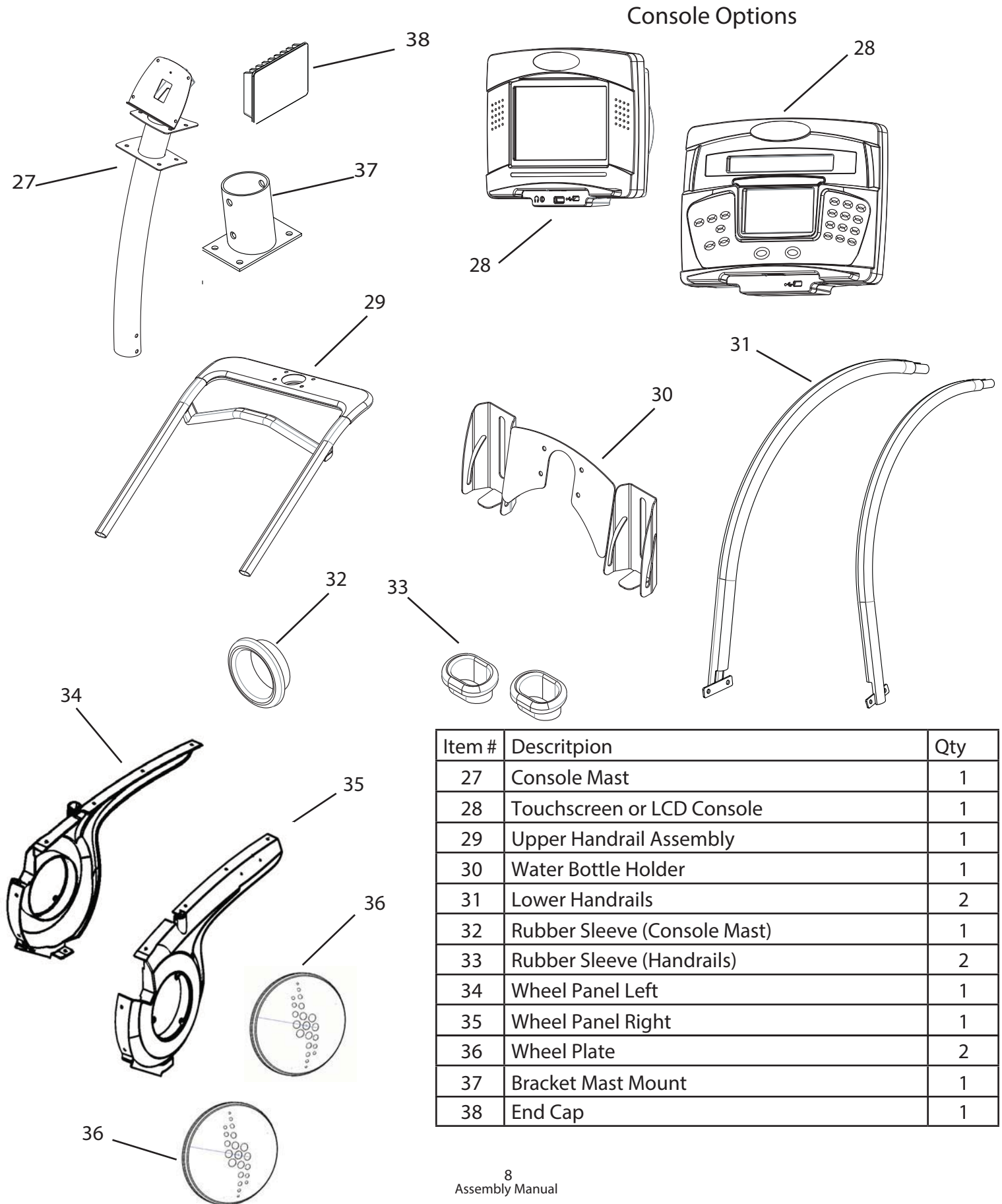
Hardware not to scale

Box Contents



Item #	Description	Qty
16	Assembly Manual	1
17	Owner's Manual Kit	1
18	Rivet Puller	1
19	Rivet	30
20	Levelers	4
21	Hardware Card #1	1
22	Hardware Card #2	1
23	Top Cover	1
24	Power Supply & Power Cord Kit	1
25	Cover Handrail Left	1
26	Cover Handrail Right	1

Box Contents



Item #	Description	Qty
27	Console Mast	1
28	Touchscreen or LCD Console	1
29	Upper Handrail Assembly	1
30	Water Bottle Holder	1
31	Lower Handrails	2
32	Rubber Sleeve (Console Mast)	1
33	Rubber Sleeve (Handrails)	2
34	Wheel Panel Left	1
35	Wheel Panel Right	1
36	Wheel Plate	2
37	Bracket Mast Mount	1
38	End Cap	1

Assembly

The following instructions provide direction to assemble the StairMaster® StepMill® SM5. All instructions in the manual are given with the orientation of standing on a level surface and facing the machine.

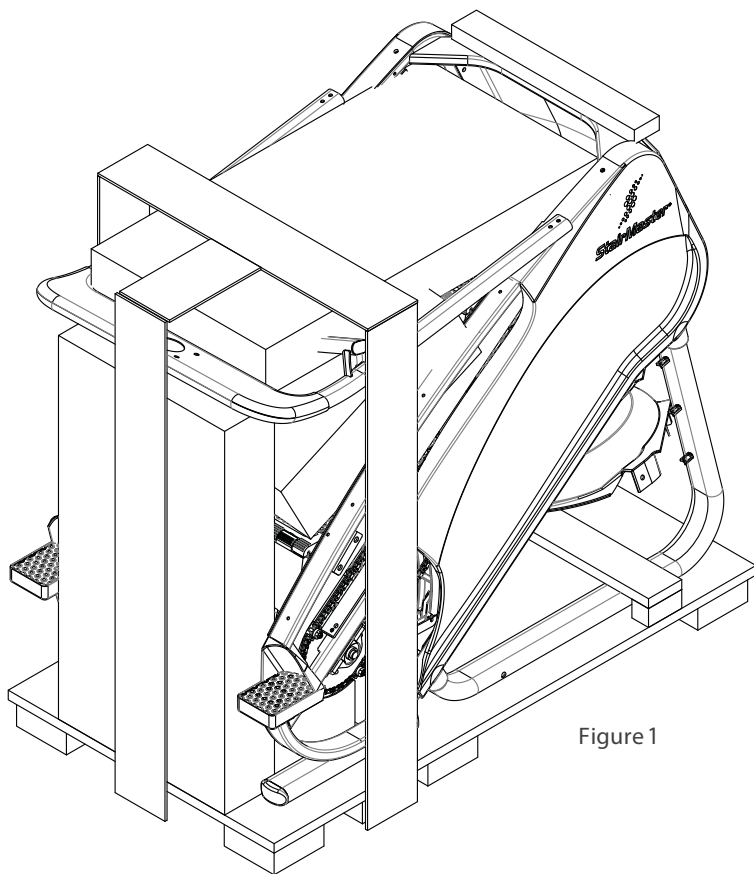


Figure 1

(See Figure 1)

Step 1: Unpacking the StepMill SM5

Tools:

- Box Knife
- Hammer or Pry Bar

1-1 Remove the outer cardboard box using the hammer to remove staples along the bottom of the box.

1-2 Remove all boxes resting on steps and then remove handrails.

1-3 Remove the wheel panels and misc packaging from underneath.

1-3 With a hammer or pry bar, remove the wood securing the back of the machine to the pallet.

1-4 Remove remaining box from base of steps.

(See Figure 2)

Step 2: Remove from pallet

Tools:

- 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 StepMill machine from the pallet



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

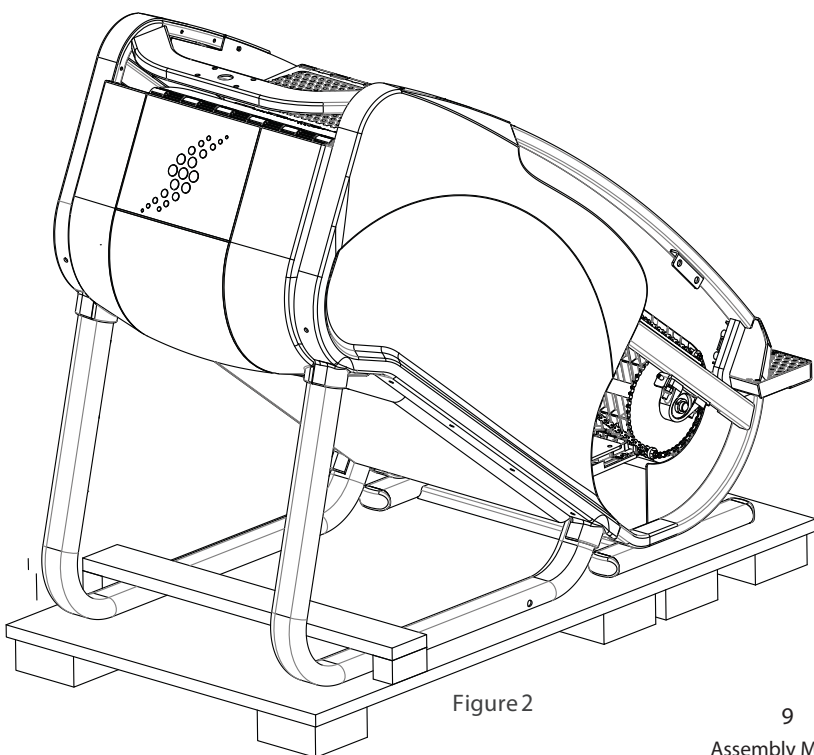


Figure 2

Assembly

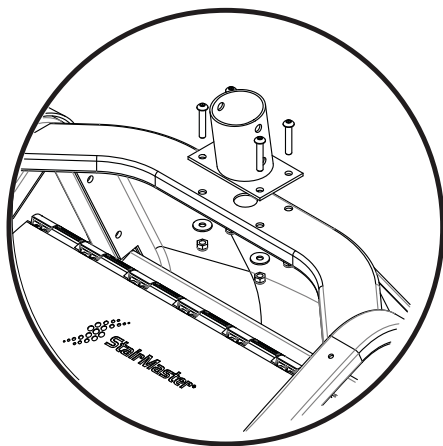


Figure 3A

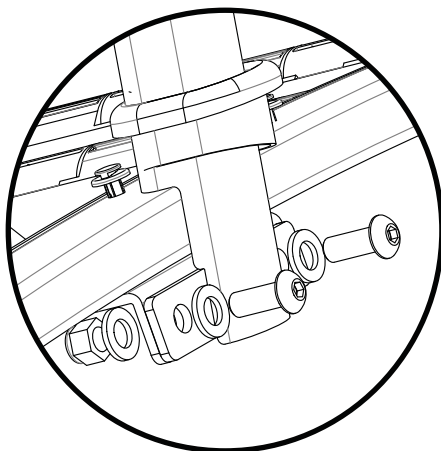


Figure 3B

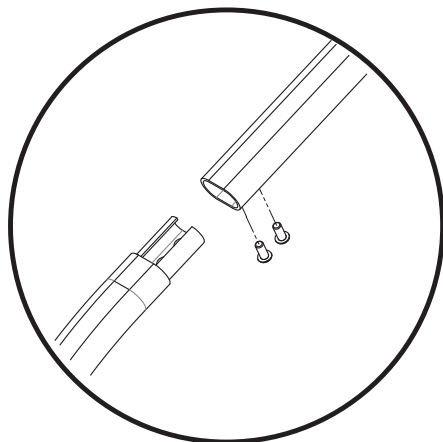


Figure 3C

Step 3: Attach Handrail

3-1 Secure item #37(Bracket Mast Mount) to frame using hardware items #1, #10, and #8 (figure 3A)

3-2 Slide item #33(Rubber Sleeves Handrail) below the bolt holes on item #31(Lower Handrails). (figure 3B)

3-3 Attach item #31(Lower Handrails) to mounting frame brackets using hardware items #2, #11, and 7. (figure 3B).

3-4 Standing at the front of the SM5, attach item #29(Upper Handrail Assembly) to items #31 using hardware item #4. (figure 3C & 3D)

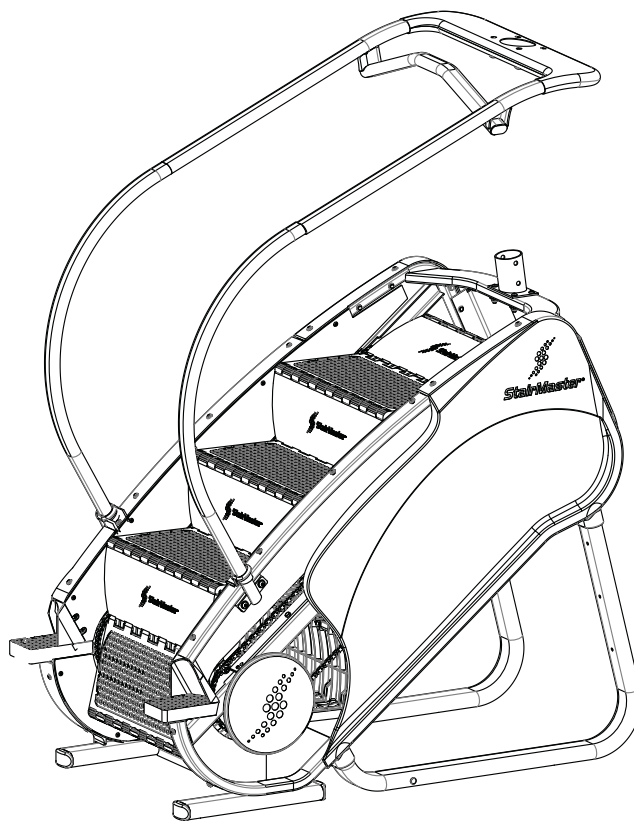


Figure 3D

Assembly

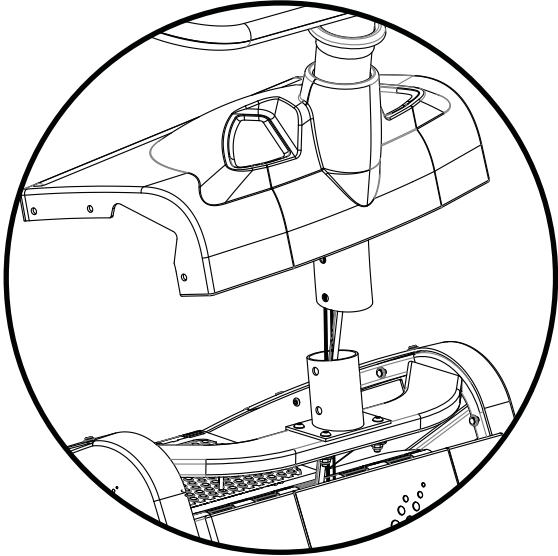


Figure 4A

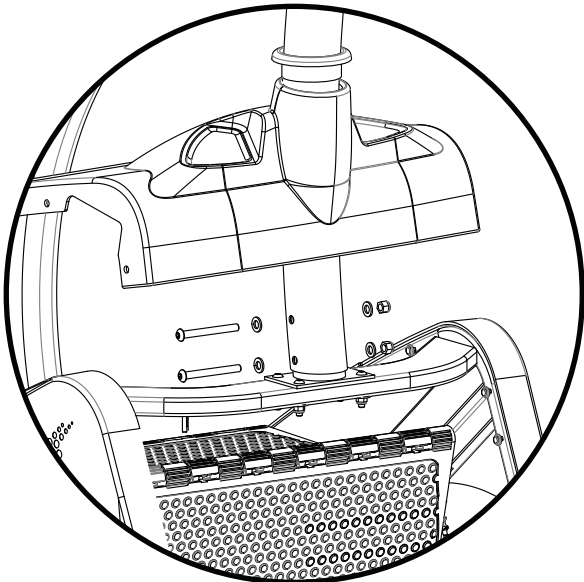


Figure 4B

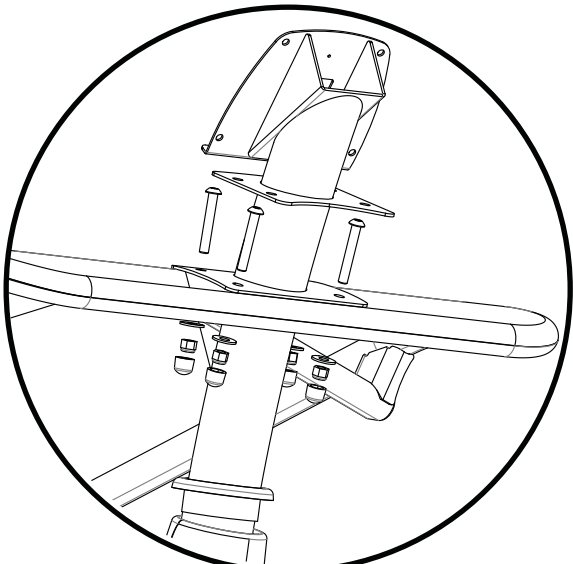


Figure 4C

Step 4: Attach Mast

4-1 Slide item #27(Console Mast) through the handrail assembly, through item #32(Rubber Sleeve), and through item #23(Top Cover).(figure 4A)

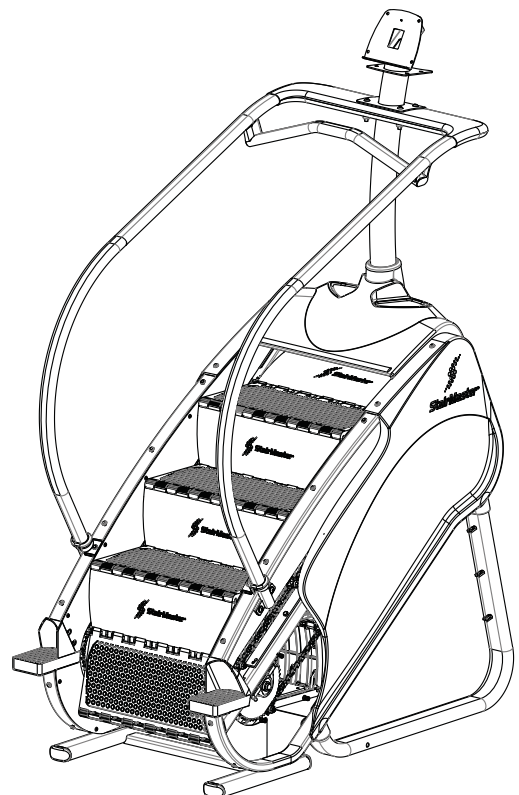
4-2 Route console wires and coax cable up through item #27 and extend out top where console will mount.

Tip: Using fish tape or banding material will aid in ease of routing console wires and coax cable.

4-3 Secure item #27(Console Mast) to item #37(Bracket Mount) by using hardware items #6, #11, and #7. (figure 4B)

4-4 Secure item #29(Upper Handrail Assembly) to item #27 (Console Mast) by using hardware items #5, #12, #9, and #7. (figure 4C)

4-5 Fasten all bolts, slide item #23(Top Cover) and item #32 (Rubber Sleeve) into position. Use item #19(Rivet) to fasten item #23(Top Cover) into place.



Assembly

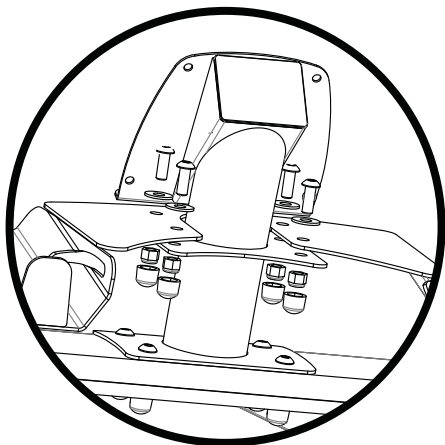


Figure 5A

Step 5: Attach Water Bottle Holder

5-1 Attach item #30(Water Bottle Holder) on top of mast plate using hardware items #2, #12, #7, and #9. (figure 5A)

5-2 Secure item #38(Mast Cap) onto top of mast

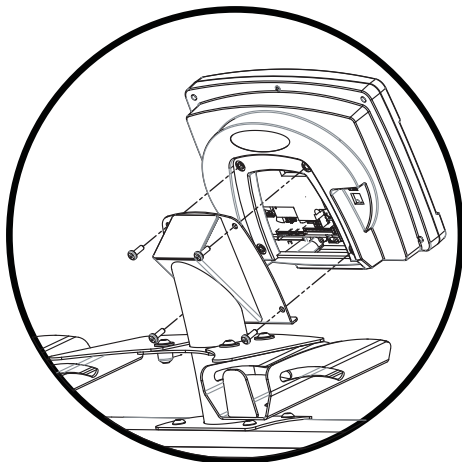


Figure 6A

Step 6: Install Console

6-1 Fasten green ground wire from back of console to Mast tab. (figure 6C)

6-2 Connect the wiring and power harness to their respective locations in the back of the console.

6-3 Secure console with hardware item #3. (figure 6A, 6B)

Note: Make sure cables and harnesses are not crimped or pinched while attaching the console to the mast.

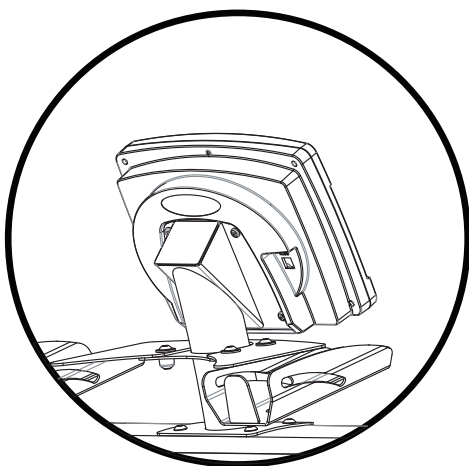


Figure 6B

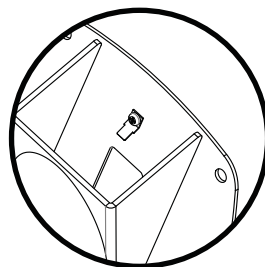
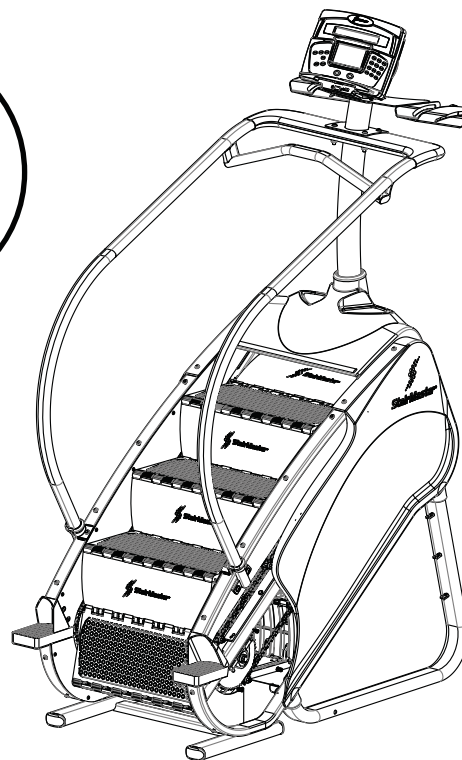


Figure 6C



Assembly

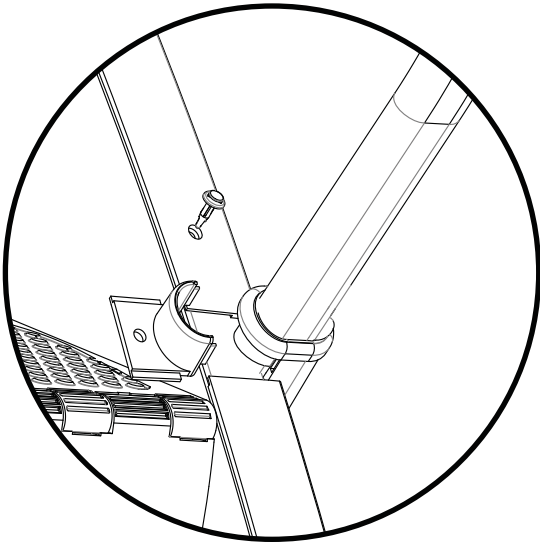


Figure 7A

Step 7: Attach Lower Plastics

- 7-1 Attach items #34(Wheel Panel Left) and #35 (Wheel Panel Right) to main frame using hardware item #19. (figure 7A)
- 7-2 Attach items #25(Cover Handrail Left) and #26 (Cover Handrail Right) to main frame using hardware item #19. (figure 7B)

Note: Ensure items #34 mates with #25 and #35 mates with #26. Fit for item #33(Rubber Sleeves) must be secure within perspective plastics.

Step 8: Install Levelers and Transport Wheels



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

- 8-1 With the assistance of another person, tilt the SM5 to one side and insert hardware item #13(Clevis Pin) from the outside of the frame, slide item #15(Wheel) onto item #13 and secure with item #14. (figure 8A)
- 8-2 While tilted to one side, insert hardware item #20 (Levelers) in the front and back of the SM5.
- 8-3 Repeat the Wheel and Leveler process for the opposite side.

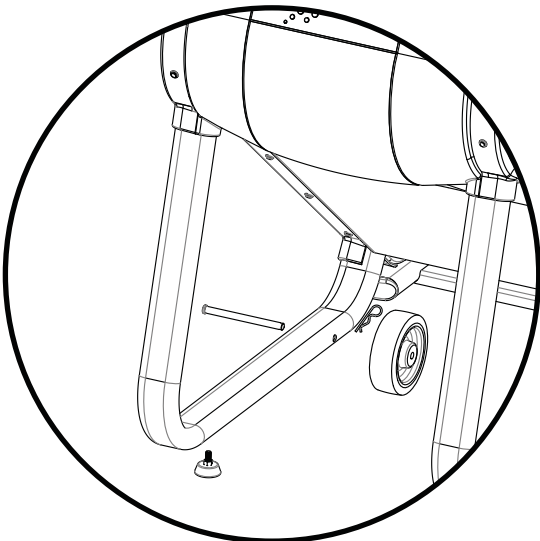
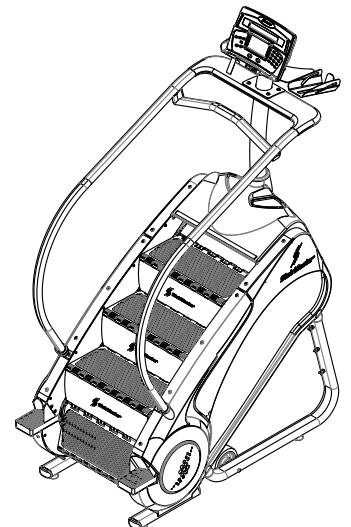


Figure 8A



Assembly

Step 9: Remove Transport Wheels

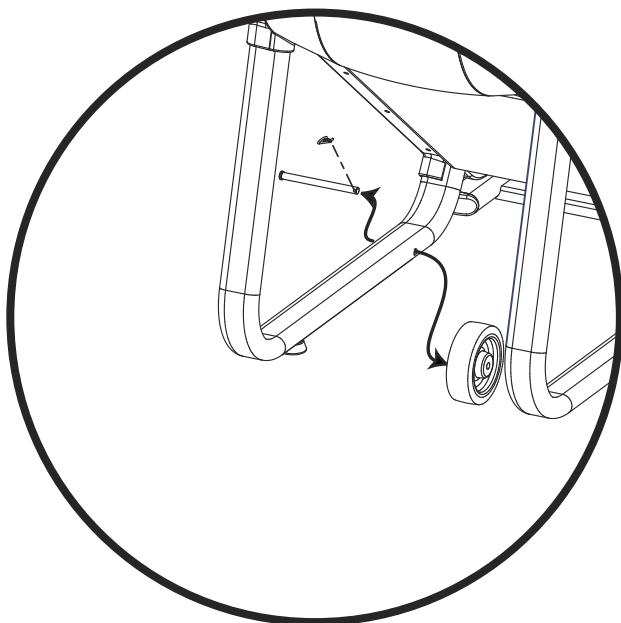


Figure 9



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

9-1 Roll the StepMill® machine to the workout location.

9-2 With the assistance of another person, tilt the StepMill® machine to one side and remove the Cotter Pin, the Clevis pin and the Wheel (Figure 9). Repeat for the opposite side.

NOTE: Retain the Cotter pins, Clevis pins and Wheels for moving the machine in the future.

9-3 Adjust the Levelers as needed.

Assembly

Step 10: Connecting Power Supply

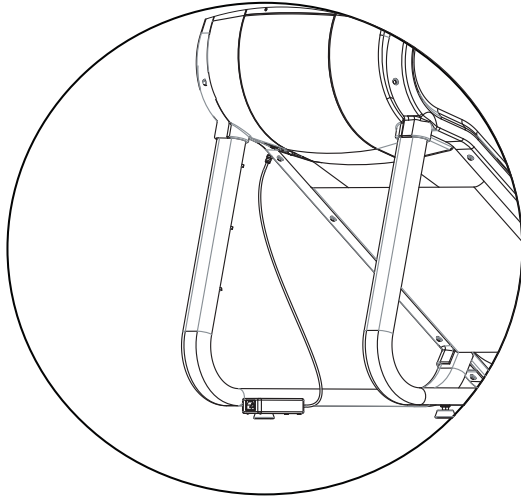


Figure 10

- 10-1 Connect the DC Power Cable from the Power Supply to the power connector located on the bottom cover (Figure 10).
- 10-2 Place the Power Supply on the floor near an AC wall outlet.
- 10-3 Check that the Input AC Power Rating marked on the Power Supply matches the available power.



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 11: Final Check

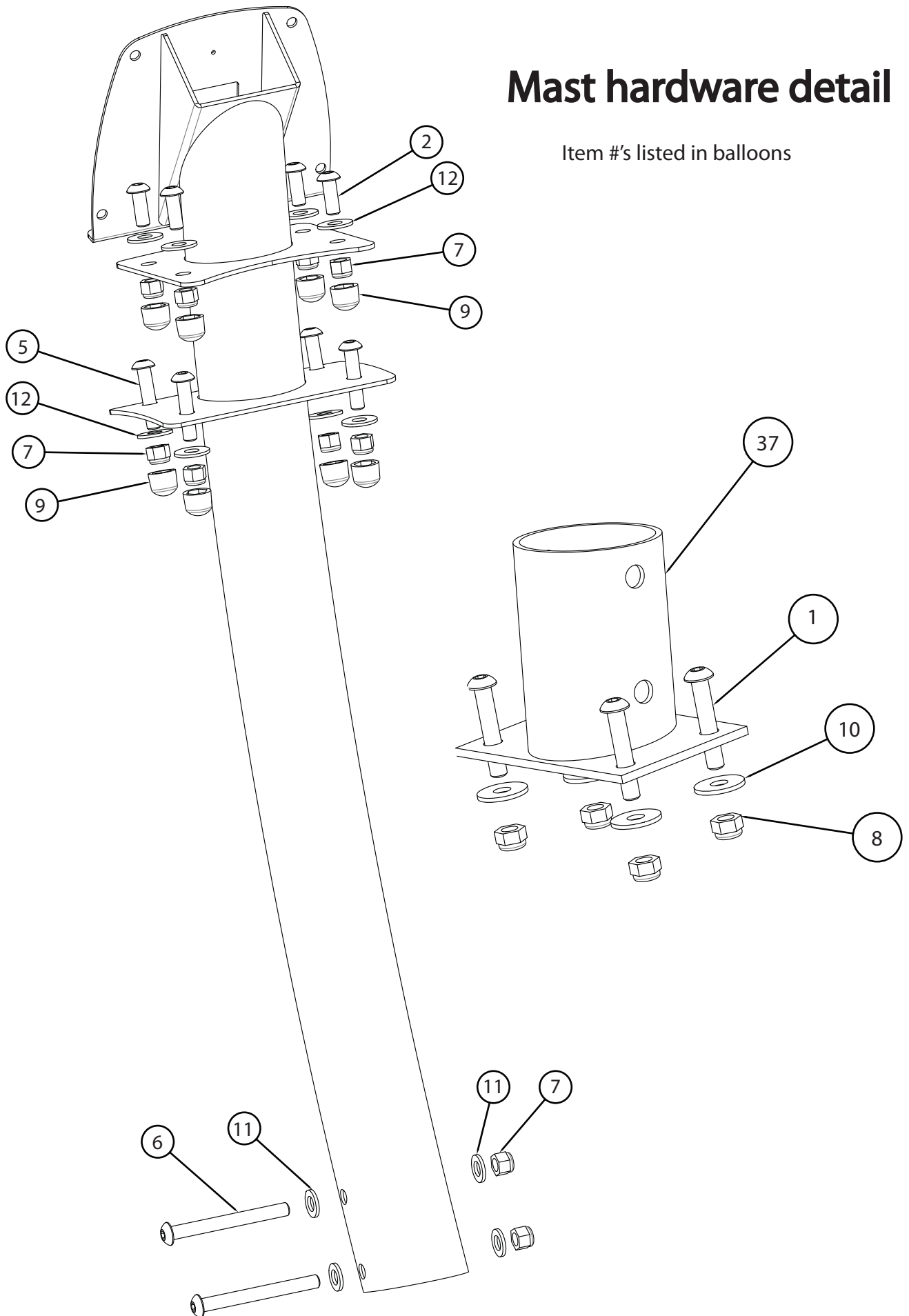


Failure to visually check and test assembly before use can cause damage to the equipment. It can also cause serious injury to users and bystanders.

- 11-1 Tighten all hardware.
- 11-2 Refer to the Owner's Manual for Operating and Maintenance Information.

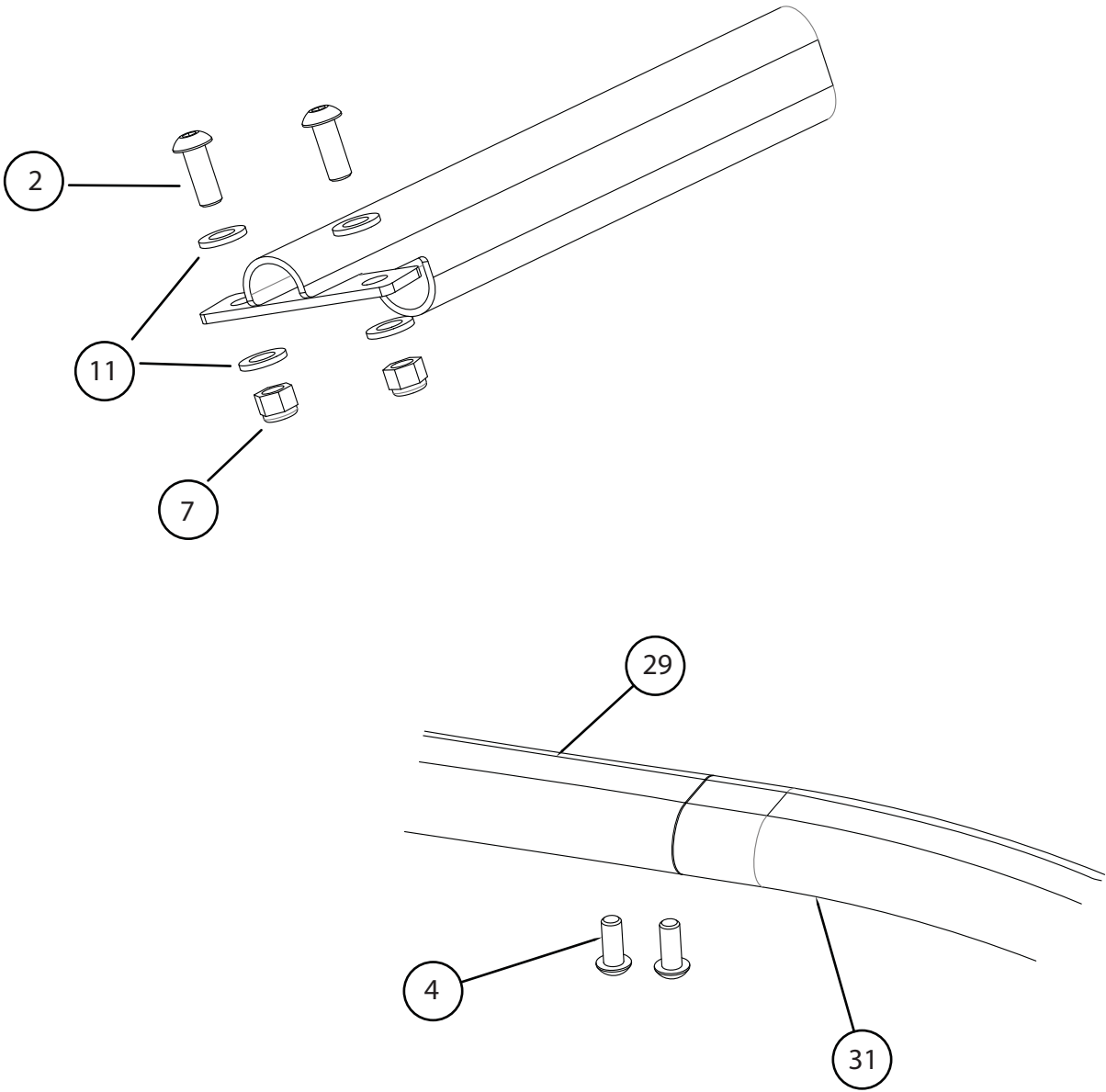
Mast hardware detail

Item #'s listed in balloons



Handrail Hardware detail

Item #'s listed in balloons



Contacts

CUSTOMER SERVICE

Tel: 1-888-678-2476

Parts e-mail: parts@stairmaster.com

Service e-mail: services@stairmaster.com

STAIRMASTER

StairMaster

4400 NE 77th Ave, Suite 300

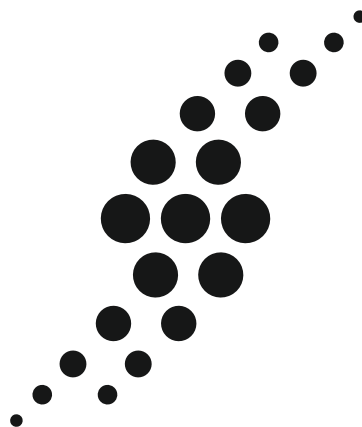
Vancouver, Washington 98662

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



StairMaster®

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