



LX SERIES

ASSEMBLY MANUAL



Scan with smart phone
to watch assembly video.



1.800.237.2271 | 714.850.9716 | versaclimber.com | info@versaclimber.com

Heart Rate Inc. 1411 E. Wilshire, Santa Ana, California 92705
VersaClimber has been made in the USA since 1981.
All Rights Reserved. © 2021 Heart Rate Inc.

VERSA CLIMBER LIVE CLASSES

NEW VIRTUAL CLASSES.



Get motivated. Get inspired. Climb with others.

TRY IT 30 DAYS FREE.

<https://versaclimber.com/live-virtual-home-training/>

LIVE AND ON-DEMAND CLASSES

MONTHLY SUBSCRIPTION \$39.99



SIGN UP
Start your monthly subscription by signing up at versaclimber.com

CONNECT
Connect your Amazon Fire TV Stick™ and download the VersaClimber LIVE app.

SWEAT
Producing highest calorie burn rate available, you are guaranteed to sweat, burn and burn more calories.

REQUIREMENTS
AMAZON 4K FIRE STICK (OR TS VERSACLIMBER)
VIEWING OPTIONS: TV, TABLET, DESKTOP, LAPTOP
WIFI
VERSA CLIMBER (OR OTHER VERTICAL CLIMBER)

- /// LIVE CLASSES WITH LEADER BOARDS
- /// LIBRARY OF ON-DEMAND CLASSES
- /// CONVENIENT, SAFE AND PRIVATE
- /// GET MOTIVATED AND INSPIRED BY OTHERS IN THE CARDIO CLIMBING COMMUNITY

CARDIO + STRENGTH





VersaClimber® and the VersaClimber logo are trademarks or registered trademarks of Heart Rate, Inc. dba VersaClimber in the U.S. and other countries.

Publication Date: June, 2021

Country of First Publication: United States of America

Author: Heart Rate, Inc.

No portion of this guide may be copied, reproduced or distributed other than by written permission of Heart Rate, Inc.

The unauthorized reproduction or distribution of this copyrighted work is illegal.

The information in this guide is distributed on an "as is" basis without warranty. While every precaution has been taken in the preparation of this guide, Heart Rate, Inc. shall not have any liability, express or implied, to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the instructions contained in this guide.

Heart Rate Inc., 1411 E. Wilshire Ave, Santa Ana CA 92705

**VERSA
CLIMBER**





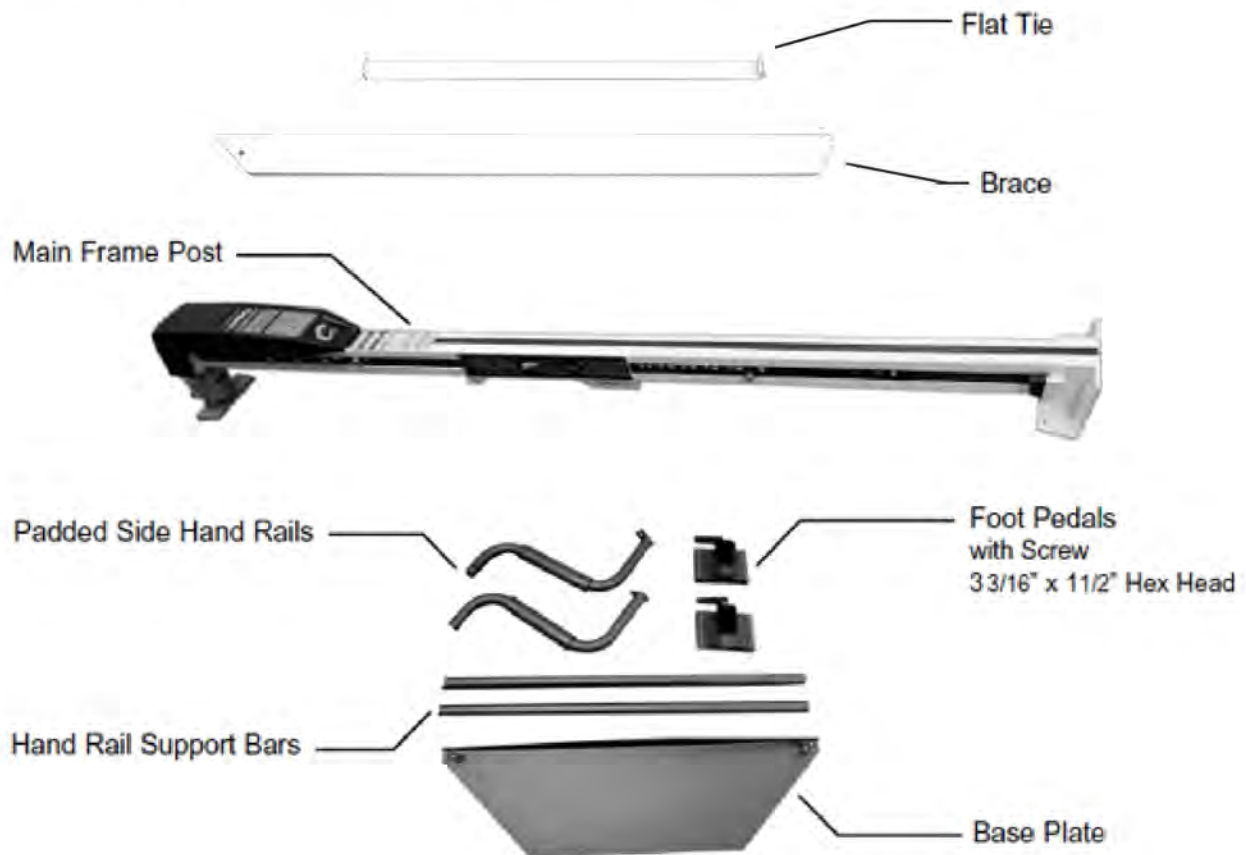
TABLE OF CONTENTS

UNPACKING INSTRUCTIONS.....	1
TOOLS / HARDWARE PACKAGE	2
ASSEMBLY INSTRUCTIONS.....	3-6
STEPPING ON GUIDE.....	7
FOOT POSITIONING GUIDE.....	8
MODULE DISPLAY.....	9
HEART RATE MODE (OPTIONAL UPGRADE).....	10
PROGRAM LEVEL CHART.....	11
USING RESISTANCE / SELECTING SPEED.....	12 - 13
PREVENTATIVE MAINTENANCE.....	14 - 15
CHAIN TENSION.....	16
LUBRICATION.....	17 - 18
TROUBLE SHOOTING GUIDE.....	19-20
WALL MOUNT INSTRUCTIONS.....	21 - 23
ASSEMBLY INSTRUCTIONS - HI-TRI AND HIGH FIVE.....	24
SPECIFICATIONS.....	25
SPARE PARTS LIST.....	26
WARRANTY.....	27

UNPACKING INSTRUCTIONS

Remove the shipping container's top cover. Then remove the wooden cross support that holds the mainframe down and the two bolts securing the machine to the end of the wood crate. Using two people, carefully remove the vertical mainframe from the container and lay the machine on the floor. Avoid lifting or setting the machine on any portion of the black plastic housing or plastic oil accumulator (see page 3 for details).

The following items are included in the single machine shipping crate:



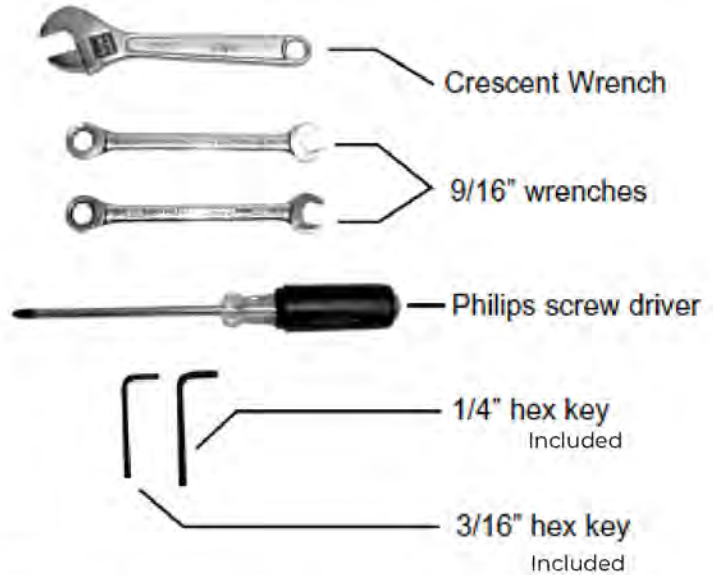
- | | |
|--|--|
| A. (1) Mainframe post with control module display attached | F. (1) Floor brace, 1/8" x 1 1/2" rectangular bar |
| B. (1) Pair of foot pedals | G. (2) Straight handrail supports, 1 1/2" diameter |
| C. (1) Pair of "Quick Release" handles | H. (2) S shaped padded side handrails |
| D. (1) Base plate | I. (1) AC adapter |
| E. (1) Angle brace, 1 1/2" x 3" rectangular tubing | J. (1) Hardware package |

ASSEMBLY OF LX VERSACLIMBER












Proper set up requires two able bodied persons for its set up. The set up procedure requires two 9/16" wrenches and two crescent wrenches for pedals and side hand rails. Set up can be accomplished in about 15-20 minutes. When handling the machine, avoid lifting the machine by, or setting the machine on any part of the black housing or oil reservoir (accumulator).

REQUIRED TOOLS

- (1) Phillips screwdriver
 - (2) 9/16" wrenches
 - (2) Crescent wrenches
 - (1) 1/4" hex key
 - (2) 3/16" hex key
- Two able body persons are required for assembly.



HARDWARE PACKAGE

5/8" x 4 ¹ / ₄ inch Hex head bolt and locking nut		x 1
5/16 x 2 ¹ / ₂ inch round head screws		x 2
3/8 - 16 x 1 inch head long bolts		x 2
3/8 - 16 x 2 ¹ / ₂ inch hex head screw		x 1
Self locking nuts		x7
1/4 inch hex key		x 1
3/16 inch hex key		x 1
5/16 - 18 x 1 ¹ / ₂ flat head bolt		x 2
3/8 - 16 x 1 inch flat head bolt		x 2
Washers 3/8 inch		x 2
Plastic bolt / nut cover caps		x 10

ASSEMBLY INSTRUCTIONS



Use two people to remove mainframe from the shipping container.



NOTE:

To protect the oil reservoir and the black plastic computer housing, rest the top end of the VersaClimber on a block of wood. ALX models this is not required.



Assemble the two piece support brace. Interlock flat tie to brace.



Bolt flat tie to brace using 3/8" self-locking nut.



Place baseplate into position and attach to bottom of mainframe.



Tighten baseplate to bottom of mainframe post.



Pre-Assemble the handrails. Bolt straight tube onto the "S" shaped padded side rails.

Bolt second straight hand rail tube to the left hand "S" shaped padded side rails. Use a black 5/16" x 2 1/2" round head bolt and tighten securely.



Attach pre-assembled hand rails to machine post and base plate using two crescent wrenches and a 3/16" allen wrench. Use the 5/8" x 4 1/4" long hex head bolt and lock nut to fasten the rails to the block welded on the back of the mainframe post. Tighten finger tight.



While supporting the upper portion of the rails, fasten lower part of rails to the base plate using 5/16" x 1 1/2" long flat head screws. Now tighten the 5/8" x 4 1/4" long bolt. Use the 5/16" x 1 1/2" long flathead socket screws to fasten the hand rails to the base plate. Tighten securely.



Using two crescent wrenches, fasten the upper part of rails to the block welded to the back of the machine

Install the handles as follows. The machine is supplied with one pair of quick release straight handles. To insert, depress the pin at the end of the handle. This "retracts" the locking balls at the other end of the handle. Insert the handle into any quick change adaptor and release pin. This extends the locking balls and secures the handle in place.



Install standard straight handles. To insert standard handle, depress pin with thumb and insert.



Running Handle. To insert running handle, depress pin with thumb and insert.



NOTE:

IT IS IMPORTANT TO TIGHTEN THE FOOT PEDALS SECURELY INTO POSITION. INJURY MAY RESULT AND DAMAGE TO CLIMBER MAY OCCUR IF THE ARE NOT PROPERLY FASTENED.

IT IS RECOMMENDED TO REPLACE FOOT PEDALS EVERY 3 YEARS.



Bolt foot pedals on machine, with " L" pointing up, using two 3/8" x 1 1/4" long hex head bolts.

Tighten the 5/8" x 4 1/2" long bolts securely using the two crescent wrenches. The hand rails are now securely attached to each of the machine posts and the machine base plate.



Using two people lift VersaClimber to upright position.



With one person standing on the base plate, support mainframe the other person places the previously assembled support brace into position as shown above.

Next, attach the brace at the upper joint first using the 2 1/4" bolt, (2) washers and self-locking nut.

Attach the bottom joint of the support brace using the self locking nut.

Raise or lower the brace in the slot until the machine is stable "front to back", flush on the ground. Then fully tighten both nuts.



Tighten floor tie. Tighten locknut at bottom of angle brace.

The machine is now free to stand on its own.

TO LEVEL THE MACHINE FRONT TO BACK, LOOSEN THE 3/8" X 2 1/2" LONG BOLT. Position the base plate flat on the floor. Move the brace in the slot until the machine is stable front to back. Tighten the 2 1/2" long bolt.



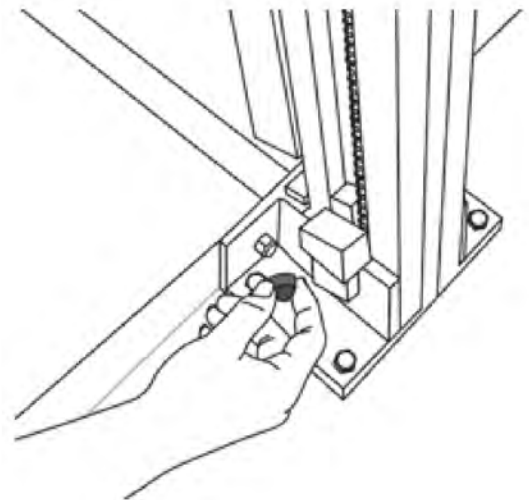
TO LEVEL MACHINE LEFT TO RIGHT, first level front to back. Then raise or lower the two adjusting knobs in the base plate until the machine is stable.

Install the AC adaptor by plugging the circular plugs into the appropriate receptacle at the top of each VersaClimber (LX models only), then plug it into any standard 120V wall outlet or extension cord.

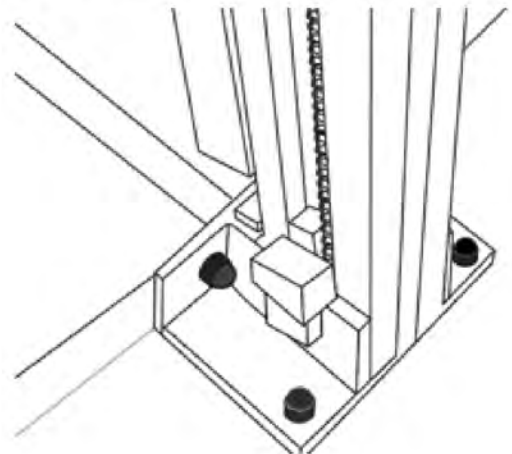


x 10 Cap covers

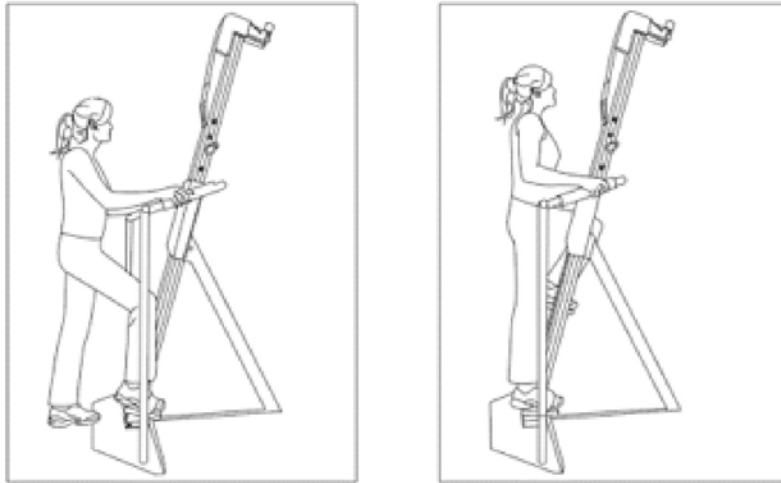
Included are 10 bolt and nut plastic cap covers. These plastic caps will help reduce rust and corrosion caused by moisture and sweat.



Locate bolt and nuts and firmly press caps on.



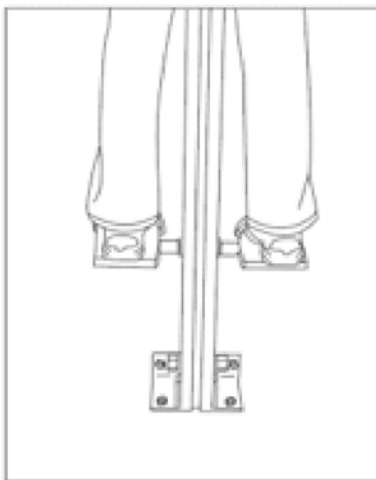
STEPPING ON GUIDE



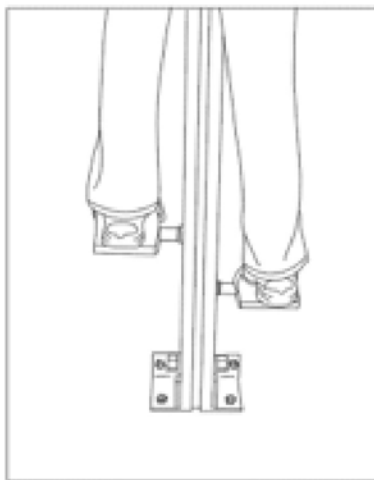
1. Hold the side hand rails and on the lower foot pedal. Then step on the higher foot pedal until feet are level.
2. Switch on module display
3. Begin by taking short, slow 6 inch steps for about 5-10 min.

Start slow and take short steps. Use the VersaClimber as stepper first.

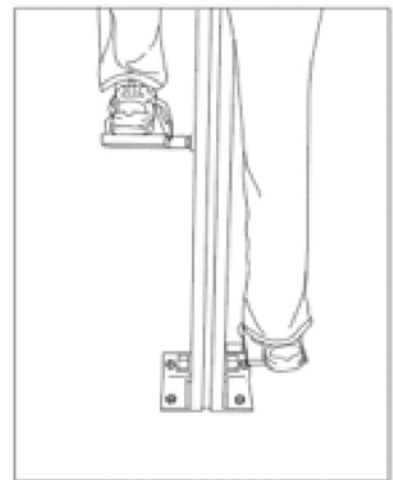
No matter what level of conditioning you are at, **start slow and take a short choppy step height of 4-8 inches.** Only take a step or stroke length that feels comfortable. Do not take long steps or you will tire quickly! Although the step height of 20 inches is available, it is not necessary to take the maximum stroke length to receive cardiovascular and strength benefits.



To begin,
level feet.



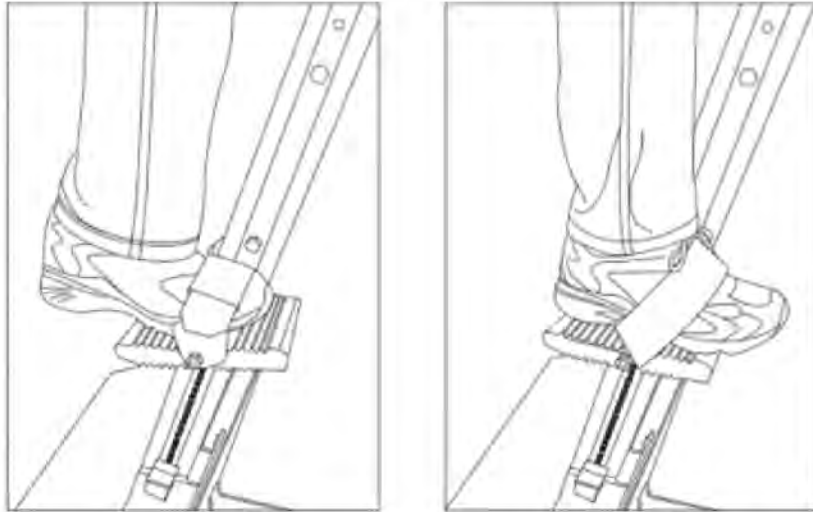
Start by staying in
the 4-8" step range.



For more strenuous
training choose a
longer 15-20" stride
/ step range.

FOOT POSITIONING

The position of the foot or feet on the pedals will allow the focus of the work to be in a concentrated area of the muscle or muscles. If tingling or numbness occurs, reposition the foot on the pedal (forward or back) until you are comfortable.



To concentrate the work on your ankle and calves. Climb on your toes. Quad work can be accentuated by climbing with the heel of the foot forward on the pedal. The intensity of the work for the inner legs can be increased by pointing the toes inward. Turning the toes outward will work the outer legs.

DO NOT, UNDER ANY CIRCUMSTANCES, “BOTTOM OUT” AT THE END OF EACH STROKE. ALSO, DO NOT HIT THE STEP HEIGHT LIMITERS WHEN THEY ARE IN USE.



Beginners and individuals who are deconditioned may use the hydraulics to control the rate of motion or speed of the exercise. The hydraulic control knob is located at the bottom of the control console. Clockwise rotation of the control knob, (to the right), slows the rate of motion. Counter-clockwise rotation of the control knob, (to the left), increases the rate of motion. The rate of motion, (slower/faster), may be changed without stopping any time during exercise. Start with the speed control knob fully rotated clockwise and gradually increase the climb rate to the desired speed by turning the control knob in the counter-clockwise direction.

WARNING NOTICE

In order to maintain highest safety level of equipment, a regular examination is required for damage and wear.

This requires a visual inspection of connectors, cables, chains, sprockets, pedals, handles etc. on a regular basis.

NOTICE

Replace defective components immediately and/or keep equipment out of use until repair is made.

NOTE:

IT IS IMPORTANT TO TIGHTEN THE FOOT PEDALS SECURELY INTO POSITION. INJURY MAY RESULT AND DAMAGE TO THE MACHINE MAY OCCUR IF THEY ARE NOT PROPERLY FASTENED.

IT IS RECOMMENDED TO REPLACE FOOT PEDALS EVERY 3 YEARS.

MODULE DISPLAY

Selecting 4 modes of operation: Standard Mode, Program Mode, Race Mode, Heart Rate Mode (optional upgrade)



STANDARD MODE

Press ON/OFF button. By default the module will be in "standard mode" STD.

This mode displays: TIME, your FEET PER MINUTE, STROKE INCHES, and TOTAL FEET CLIMBED.

The display will turn off after 2 min of inactivity.



PROGRAM MODE

Press PROGRAM MODE button.

The display will ask you to "ENTER TIME"

The display will ask you to "ENTER a program number 1-16. Keypad in a desired program number and press ENTER. (See page 11 for program level chart)

Press START EXERCISE and begin your program. Your FEET PER MINUTE is shown in the upper right hand corner of the display with the GOAL FEET PER MINUTE located directly below. You can exit PROGRAM MODE at any time by pressing RESET.

Press ON/OFF when finished.

The display will automatically turn off after 2 minutes.



RACE MODE

Press RACE MODE button.

The display will ask you to enter exercise time. Keypad in total minutes and press "ENTER"

The display will then ask you to enter "TOTAL FEET" you wish to climb. Keypad in desired feet from 0 - 9999 and press "ENTER".

Press "START EXERCISE" and begin your program.

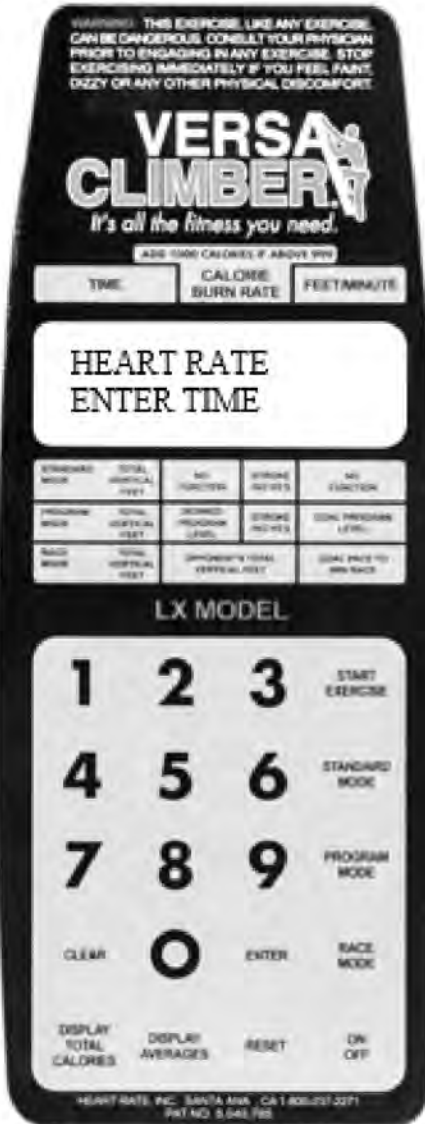
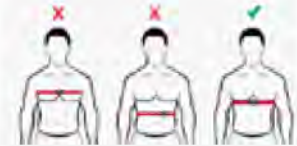
Press ON/OFF when finished.

The display will automatically turn off after 2 minutes.

HEART RATE MODE

P = Polar Heart Rate. Heart Rate for LXP and ALXP models.

Place Polar heart rate H7 transmitter strap onto your chest.



HEART RATE MODE

Press HEART RATE MODE button.

NOTE: Heart Rate can be read in each of the 4 modes by simply pushing the "READ HEART RATE" button at any time.

Press READ HEART RATE

Press "ENTER PERSONAL INFO"

Input your age on the keypad and press ENTER.

Your calculated heart rate max will be displayed.

NOTE: To change HR max number press "0" three times and then key in a heart rate goal.

Press ENTER

Press START EXERCISE

Calculated Max Heart Rate based on your age

This number is the % of your Max heart rate. As your HR increases so does the %. Ideal training based on 60-80% of your HR Max

TIME	HEART RATE	FEET/MINUTE
2:87	87	65
109	185	6
32		

STANDARD MODE	TOTAL VERTICAL FEET	MAX HEART RATE	STROKE INCHES	% MAX HEART RATE
HEART RATE CONTROL MODE	TOTAL VERTICAL FEET	DESIRED HEART RATE	STROKE INCHES	GOAL HEART RATE
PROGRAM MODE	TOTAL VERTICAL FEET	DESIRED PROGRAM LEVEL	STROKE INCHES	ICAL PROGRAM LEVEL
RACE MODE	TOTAL VERTICAL FEET	OPPONENT'S TOTAL VERTICAL FEET		GOAL PACE TO WIN RACE

As you begin to workout, the % Max Heart Rate number will increase as your heart rate rises. It is recommended to maintain a range of 60-80% of heart rate max. The module will BEEP to notify you when your heart rate max has been exceeded.

WARNING:

YOUR HEART RATE SHOULD BE USED AS A GENERAL REFERENCE FOR THE INTENSITY LEVEL OF AN EXERCISE ACTIVITY. CONSULT A PHYSICIAN BEFORE BEGINNING THIS OR ANY OTHER EXERCISE. IMMEDIATELY DISCONTINUE THIS OR ANY OTHER EXERCISE IF YOU FEEL FAINT, ANY DISCOMFORT, SHORTNESS OF BREATH, OR DIZZINESS.

NOTE:

The HEART RATE number you input will always default to an output of 80% of max.

Heart Rate Control Mode

Your feet per minute.

Match this number by climbing faster or slower. This number is determined by heart rate.

TIME	HEART RATE	FEET/MINUTE
2:87	87	50
HRC		
148	6	51

STANDARD MODE	TOTAL VERTICAL FEET	MAX HEART RATE	STROKE INCHES	% MAX HEART RATE
HEART RATE CONTROL MODE	TOTAL VERTICAL FEET	DESIRED HEART RATE	STROKE INCHES	GOAL HEART RATE
PROGRAM MODE	TOTAL VERTICAL FEET	DESIRED PROGRAM LEVEL	STROKE INCHES	ICAL PROGRAM LEVEL
RACE MODE	TOTAL VERTICAL FEET	OPPONENT'S TOTAL VERTICAL FEET		GOAL PACE TO WIN RACE

PROGRAM LEVEL CHART

PROGRAM NUMBERS

FEET PER MINUTE CLIMB RATES

Minutes	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
0-1	10	15	20	25	30	35	40	45	55	75	95	115	135	155	175	195
1-2	15	20	25	30	35	40	45	50	60	80	100	120	140	160	180	200
2-3	20	25	30	35	40	45	50	55	70	90	110	130	150	170	190	210
3-4	25	30	35	40	45	50	55	60	80	100	120	140	160	180	200	220
4-5	30	35	40	45	50	55	60	65	85	105	125	145	165	185	205	225
5-6	25	30	35	40	45	50	55	60	80	100	120	140	160	180	200	220
6-7	30	35	40	45	50	55	60	65	90	110	130	150	170	190	210	230
7-8	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240
8-9	25	30	35	40	45	50	55	60	85	105	125	145	165	185	205	225
9-10	30	35	40	45	50	55	60	65	90	110	130	150	170	190	210	230
10-11	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240
11-12	40	45	50	55	60	65	70	75	110	130	150	170	190	210	230	250
12-13	30	35	40	45	50	55	60	65	105	125	145	165	185	205	225	245
13-14	35	40	45	50	55	60	65	70	110	130	150	170	190	210	230	250
14-15	45	50	55	60	65	70	75	80	100	120	140	160	180	200	220	240
15-16	30	35	40	45	50	55	60	65	90	110	130	150	170	190	210	230
16-17	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240
17-18	40	45	50	55	60	65	70	75	110	130	150	170	190	210	230	250
18-19	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240
19-20	30	35	40	45	50	55	60	65	105	125	145	165	185	205	225	245
20-21	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240
21-22	40	45	50	55	60	65	70	75	110	130	150	170	190	210	230	250
22-23	30	35	40	45	50	55	60	65	105	125	145	165	185	205	225	245
23-24	35	40	45	50	55	60	65	70	110	130	150	170	190	210	230	250
24-25	45	50	55	60	65	70	75	80	100	120	140	160	180	200	220	240
25-26	30	35	40	45	50	55	60	65	90	110	130	150	170	190	210	230
26-27	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240
27-28	40	45	50	55	60	65	70	75	110	130	150	170	190	210	230	250
28-29	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240
29-30	30	35	40	45	50	55	60	65	105	125	145	165	185	205	225	245
30-31	35	40	45	50	55	60	65	70	100	120	140	160	180	200	220	240

FEET 32 37 42 47 Beginner AVERAGE FEET PER MINUTE	FEET 52 57 62 67 Average AVERAGE FEET PER MINUTE	FEET 95 115 135 155 Advanced AVERAGE FEET PER MINUTE	FEET 175 195 215 235 Elite AVERAGE FEET PER MINUTE
--	---	---	---

There are four major Program workout levels. Beginner 1-4, Average 5-7, Advanced 8-11 and Elite 12-16. Select a Program level when prompted by the display module based on your level of fitness. Increase or decrease the level to fit your needs. All Programs have built in warm up and warm down. The warm up is shown on the chart but the warm down is not shown.

Select an exercise time when prompted by the display module. When you select an exercise time, remember that the program includes a 5 minute warm down (not shown on the chart). For example if you choose Program Level 5 and a 10 minute workout time you will climb for 1 minute at 30, 35, 40, 45, and 50 feet per minute and for 5 more minutes at a decreasing speed for a total of 10 minutes. If you choose to workout without the warm down included, add an extra 5 minutes to the time entered.

RANGE OF MOTION LIMITERS (Optional Upgrade)

Only can be used when LX has been upgraded with ROM Range of Motion limiters. These are used to ensure that users maintain a short stroke length, range of motion limiters have been provided for each machine. These "stops" can be set in the pedaling, stepping or climbing positions and are designed for safe, controlled workout routines. They are easily installed and adjustable to 6 different range limitations.



SELECTING SPEED

Climbing uses many more muscles than jogging, pedaling or stepping and is therefore performed at a much lower cyclic rate. The "Feet Per Minute" rate indication is the most meaningful guide for the amount of work being done.

TO MAINTAIN A SHOCK AND TRAUMA FREE MOTION IT IS MANDATORY THAT YOU DO NOT, UNDER ANY CIRCUMSTANCES, "BOTTOM OUT" AT THE END OF EACH STROKE. ALSO, DO NOT HIT THE STEP HEIGHT LIMITERS WHEN THEY ARE IN USE.

USING HYDRAULICS TO SELECT THE RATE OF SPEED

Beginners and individuals who are deconditioned may use the hydraulics to control the rate of speed of the exercise. The hydraulic control knob is located at the bottom of the control console. Clockwise rotation of the control knob, (to the right), slows the rate of motion. Counter-clockwise rotation of the control knob, (to the left), increases the rate of motion. The rate of motion, (slower/faster), may be changed without stopping any time during exercise. Start with the speed control knob fully rotated clockwise and gradually increase the climb rate to the desired speed by turning the control knob in the counter-clockwise direction.



STAIR STEPPING

The VersaClimber provides the ability to perform variable height and variable speed stair stepping exercises for the lower body only. The hand rails, located about waist high, are used to grasp and thus stabilize the upper body while stepping with the legs only. The upper body is maintained in an erect stationary position while the legs and hips perform a lower body stepping exercise. The foot straps also allow the user to perform a leg lift exercise while stepping, not available on single purpose stepping machines.

By holding the hand rails in front of you or to the side of your body and stepping with legs only, the buttocks, front and back of the thighs, calves, and shins can achieve a complete lower body aerobic and strength workout. Stair stepping is recommended for beginners before they attempt a full body climbing exercise and can be performed in any mode of operation. Heart rate can be increased or decreased while stepping by increasing or decreasing step rate and stroke length.

SEAT/ PEDALING USER GUIDE (Optional Upgrade)

Side mount plate brackets and Adjustable seat sold separately. In order to use Adjustable Seat, LX VersaClimber must have side mounting brackets plates - these are an upgrade option. The seat option provides both a seated legs only exercise and a seated arm and leg exercise. Unlike bicycles, the stroke length is variable from 1" to 20", and the feet can push and pull for a complete leg exercise. By grasping the moving hand grips, the arms, chest and back muscles can be added to the leg muscle activity. The seated exercise is primarily for a warm up and low to medium exercise level.

NOTE:

IT IS IMPORTANT TO TIGHTEN THE FOOT PEDALS SECURELY INTO POSITION. INJURY MAY RESULT AND DAMAGE TO THE MACHINE MAY OCCUR IF THEY ARE NOT PROPERLY FASTENED.



THE HYDRAULIC SYSTEM

The hydraulic system consists of a heavy duty, reversible gear pump. A flow control valve is connected between the input and the output ports with copper tubing and heavy duty high pressure tube fittings. A clear oil fill reservoir is located on top of the pump, at the very top of the unit.

NOTE: The oil in the pump reservoir always darkens in color and most of the time, turns black in color. This is normal.

The hydraulic resistance is developed in a permanent closed loop system filled with hydraulic oil that does not require changing. The oil is maintained in the system with one static seal and one rotating shaft seal. The rotating shaft seal is rated for continuous duty at operational pressures. If a large amount of slack (more than 1/2" travel) develops when reversing the stepping motion, this indicates a possible loss of oil from the system. Visually check the fittings and the shaft seal for oil leaks. Tighten any leaking fitting and then fill the reservoir with oil up to 1/2" from the top.

ROLLER AND SLIDE BEARINGS

There are rollers and slide bearings made from high pressure application moly-disulfide filled nylon on each oscillating bar. The roller bearings are held on with 3/8" shafts and press-on grip rings. The slide bearings are held in place with two 3/8" pins. The slide bearings have lubrication points. This bearing material is expected to be maintenance free for years. The bearings are lightly lubricated at the factory and the wear life and smooth operation of the machine can be assured by lubricating every two months or sooner if required. Lubricate with Planet Safe AIM Lubricant. www.planetsafe-lubricants.com or call our service department 1.800.237.2271

NOTE:

NEVER LUBE INTERNAL TRACKS WITH ANY KIND OF GREASE.

First wipe any excess oil, lint, dirt, etc. from all internal accessible surfaces of the rectangular tubing. Move the bars up and down to allow access to clean the two foot pedal slots and the two hand grip slots. Use paint thinner to remove the oil and lint residue. When clean, wipe or spray a synthetic lubricant on all four internal surfaces of the rectangular tubing.

PREVENTATIVE MAINTENANCE SCHEDULE

Daily:

1) Wipe down the main post, base and side rails with a rag and non-solvent, non-ammonia cleaning solution.

Weekly:

1) Hand check quick-release handle bushings, which the handles lock into, on both sides to make sure they are tight.

2) Check oil level in top reservoir, it should be at least 3/4 full when it leave the factory and should never drop. (Excludes ALX model)

A) If oil level is low, fill using medium wt. hydraulic oil. Oil level should remain 3/4 full.

B) If you notice the oil has turned dark or black, this is normal. Oil never has to be changed.

Monthly:

1) Check bottom chain tightness; with the pedals even you should be able to push the chain in about 1/4 inch. If the chain pushes in more than this, then the chain is loose and will need to be tightened (See page 15).

2) Spray internal tracks with Planet Safe AIM Lubricant to maintain a smooth running fluid motion.

3) Check to make sure the pedals are spinning freely, if not, then spray Planet Safe AIM Lubricant.

4) Check bolt tightness (L bracket on foot pedal) and any irregularities in pedal shaft assemblies. It is recommended to replace foot pedal assemblies every 3 years.

Every 6-12 months:

1) Wipe off the top & bottom chains and put a very light coat of AIM grease on chain.

NOTE:

NEVER LUBE THE INTERNAL TRACKS WITH ANY KIND OF GREASE

First wipe any excess oil, lint, dirt, etc. from all internal accessible surfaces of the rectangular tubing. Move the bars up and down to allow access to clean the two foot pedal slots and the two hand grip slots. Use paint thinner to remove the oil and lint residue. When clean, wipe or spray a synthetic lubricant on all four internal surfaces of the rectangular tubing.

Every 3 months, lubricate the upper and lower sprockets and upper and lower chain with AIM Extreme Duty lubricant

Every 6 months, use a light coating of: **Planet Safe AIM grease.**



With the aid of a flashlight place a few drops of Planet Safe Lubricant between the bottom sprocket hub and its mounting bracket. Wipe off excess oil from the sprocket and both chains.

Planet Safe Lubricant may be purchased www.planetsafelubricants.com or call VersaClimber's Service Department at 1-800-237-2271 x226



8 oz Tub



2 oz Tub

AIM grease applied only on chain, a light coat only.

OTHER MAINTENANCE

CLEANLINESS - It is recommended that the VersaClimber be placed on approximately a five foot square rubber or plastic mat because users are going to perspire profusely. To prevent corrosion, it is recommended that the machine mainframe and base plate be wiped clean with soap and water at a “good housekeeping frequency” to remove salts and other body residues. Wipe machine down no less than once a week. It is further recommended that the machine be cleaned and waxed once a month with any good quality car wax.

HANDGRIPS - The handgrips are a high quality 1 1/4” diameter rubber bicycle grip. When handle grips wear out replace them with any good quality “flanged” grip from your local bike shop or contact HRI for spares.

FOOT PEDALS - The foot pedals are made of a strong durable extruded aluminum. Every two months place a few drops of light oil between the pedal and pedal shaft at both ends of the foot pedal.

If a malfunction occurs, refer to trouble shooting guide or contact the Heart Rate Inc. Service Department for further instructions. Customer service can be reached at **Parts and Service dept at 1.800.237.2271** or **support@versaclimber.com**

To remove the electronic control unit from a single machine installation unit, simply remove the four mounting screws on the sides of the plastic console.



WARNING NOTICE

In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. This requires a visual inspection of connectors, cables, chains, sprockets, pedals, handles etc. on a regular basis.

NOTICE

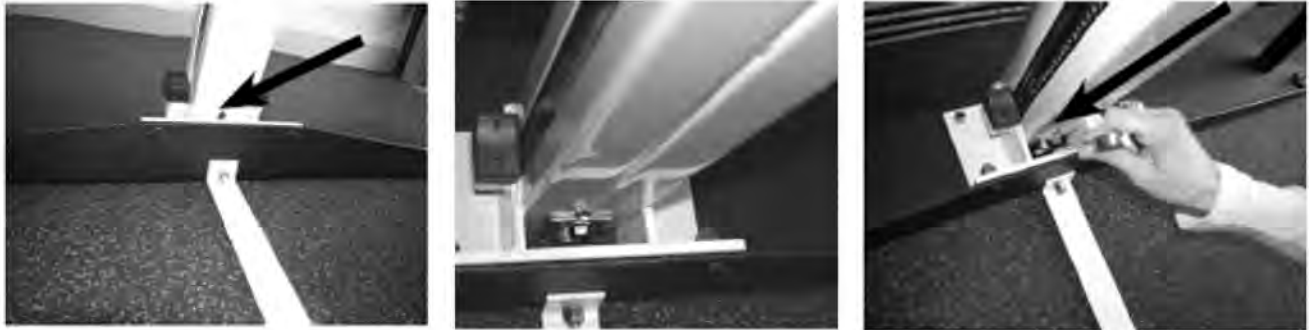
Replace defective components immediately and/or keep equipment out of use until repair is made.

Then unplug the wires to the digital encoder and from the power supply. Replacement is the reverse of this procedure. If the unit is to be shipped, package it carefully to avoid physical damage. The machine can be used while the electronics are either turned off or out for repair if the bare wire ends are insulated with electrical tape.

Parts and Service dept 1.800.237.2271 or **support@versaclimber.com**

CHAIN TENSION

The chain tension control is located at the base of the machine. It is set / adjusted at the factory to remove slack in the lower chain. During the first few weeks of operation, the chain and sprockets will settle in and may produce a slight amount of slack in the lower roller chain.



If this occurs, place the two foot pedals at equal height and loosen the two bolts located down in the slot at the back base of the machine. Use a 9/16" open end wrench. Loosen the bottom bolt first, then loosen the top bolt or about 3/4 of a turn just enough for the idler bracket is slightly movable.

*To tighten the chain you will need a 9/16" open end wrench. From behind the machine, go to the bottom of the main post and there will be an opening just above where the main post connects to the straight base. In the opening you will find a 9/16" hex head bolt. Loosen the bottom bolt first, then loosen the top bolt until the idler is movable. With a screwdriver, push down gently on the flat spacer under the bolt heads until the slack is taken out of the chains. Then, while maintaining chain tension, tighten the top bolt first, then tighten the bottom bolt.



LUBRICATION

LUBING INTERNAL TRACKS



16 oz Bottle



Lube port holes.



There are 2 lube port holes, one on either side of the bar assembly. Both ports require lubricant.

APPLYING GREASE ON CHAIN

1. Wipe off the top and bottom chains and put a very light coat of light grease (AIM Grease) on chain. Using a toothbrush or firm paint brush, apply grease on exposed chain.



8 oz Tub



2 oz Mini Tub

1) *Wipe a very thin layer of AIM lubricant on post and base. This helps to remove corrosive sweat while helping to add a protective sweat barrier.*



16 oz Bottle



WARNING NOTICE

In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. This requires a visual inspection of connectors, cables, chains, sprockets, pedals, handles etc. on a regular basis.

NOTICE

Replace defective components immediately and/or keep equipment out of use until repair is made.

NOTE: Make sure pedal bolts are tight. We recommend replacing pedal shafts every 3 years.

TROUBLE SHOOTING

If a malfunction occurs, please refer to the following symptom guide for instruction.

Questions call or email **Parts and Service dept at 1.800.237.2271** or **support@versaclimber.com**

SYMPTOM: ALL ZEROS ARE REGISTERING ON MODULE

If all zeros register on the display when the machine is in motion, the computer is not receiving input data from the upper rotating shaft. The problem could be a faulty encoder circuit board, broken or loose wire connectors between the encoder circuit board and computer or the encoder disk has become detached from the pump shaft. With the top black plastic cover removed, slowly move the handles up and down. A plastic encoder disc should be seen rotating through a slot that houses infra red sensors. Check to be sure that the disc and sensor are clean and the encoder circuit board and the module are in tact. If no mechanical malfunction is visible, the encoder circuit board may be faulty and should be replaced.

SYMPTOM: LCD READOUT HAS A BLACK SPLOTCH

If the display window is ruptured, the LCD glass is also ruptured and a black shadow area will appear in the LCD. The module will need to be removed and returned to Heart Rate, Inc. for LCD replacement and repair. To remove the module, remove the four screws that mount the module to the machine and disconnect the wires from the module. The machine can be used while the module is out for repair.

SYMPTOM: MACHINE SQUEAK

A lack of lubrication can cause a squeak in the bottom sprocket shaft, or the foot pedal shaft. To lubricate the bottom sprocket. If rotating the foot pedal while standing on the pedal causes a squeak, lubricate the shaft/pedal interface. Remove the snap ring from the end of the pedal shaft with snap ring pliers being careful not to over extend the ring. Remove the foot pedal and degrease the shaft and pedal hole. If necessary, use fine sandpaper to smooth the shaft surface. Apply grease liberally and reassemble the pedal. Be sure that the snap ring is fully engaged in the groove.

SYMPTOM: MACHINE IS "STICKY" IRREGULAR OR HARD TO MOVE

The foot pedals and handgrips are attached to metal bars that move up and down inside C shaped metal channels. The bars have plastic rollers and slides that guide the bars through the channels. Over time, the lubricant in the channels picks up dust and lint and dries out producing a "sludge" tar like coating that prevents smooth machine operation. If the tar like coating is removed the machine will function like brand new.

SYMPTOM: OIL ON BASE PLATE

Occasionally excess lubrication may be applied at the factory and run down the inside of the post onto the base plate. Do not be concerned, all parts are functioning normally. Wipe up the excess oil with a rag.

TROUBLE SHOOTING

SYMPTOM: OIL LEAK FROM HYDRAULIC ADJUSTMENT KNOB

An oil leak from the hydraulic knob indicates a malfunction in the needle valve. The needle valve must be replaced. Do not remove the defective valve until you receive the new one. Installation instructions will be sent from the factory with your replacement valve.

SYMPTOM: OIL LEAK FROM RESERVOIR ON HYDRAULIC MOTOR

If oil leaks from the top seal between the black plastic cap and the plastic bowl, tighten cap by hand. If oil leaks from the threads at the base of the accumulator, tighten by turning clockwise with an open-end wrench. If reservoir is physically damaged and a replacement is required, do not remove the reservoir until you receive a new one. The replacement will include installation instructions.

Questions call or email **Parts and Service dept at 1.800.237.2271** or **support@versaclimber.com**

TO MAINTAIN TRAUMA FREE MOTION, IT IS MANDATORY THAT YOU DO NOT, UNDER ANY CIRCUMSTANCES, "BOTTOM OUT" AT THE END OF EACH STROKE. ALSO, DO NOT HIT THE STEP HEIGHT LIMITERS WHEN THEY ARE IN USE.

NOTE:

IT IS IMPORTANT TO TIGHTEN THE FOOT PEDALS SECURELY INTO POSITION. INJURY MAY RESULT AND DAMAGE TO THE MACHINE MAY OCCUR IF THEY ARE NOT PROPERLY FASTENED.

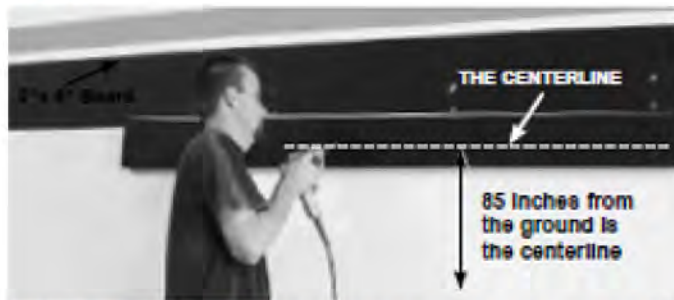
VERSACLIMBER WALL MOUNT OPTION INSTRUCTIONS

Step 1.

Determine if you will be securing your VC to a concrete wall or a drywall wall with wood studs. [NOTE: The wall mounting hardware provided is for general installation (concrete/drywall with wood studs). Depending on the wall type or floor, additional hardware may be required. If this is the case, seek the guidance of a building contractor first, to ensure proper hardware and installation recommendation]

Step 2.

If securing to a cement wall, go to Step 8. If you are securing to drywall with wood studs continue to next step (3).



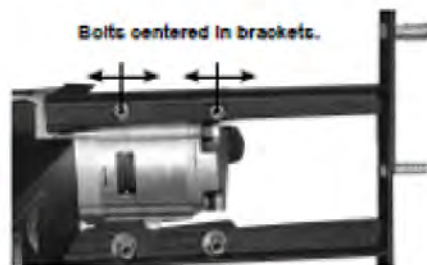
Locate the "center line" of the wood horizontally 85 inches above the floor and secure to at least 2 studs with wood screws or drywall screws at least 3" long.

Step 3.

A 2" x 6" piece of wood is recommended. The length of the board must span at least two wood studs in the wall when securing your VC. The number of installed VC's determines the length of board. For example, 2 VC's mounted requires a minimum board length of 6' long, properly secured to wall.

Step 4.

Attach the wall mount bracket to your VC centering the 4 bolts to allow adjustment forward and backward.



NOTE:
Before mounting to wall, make sure brackets are centered to allow forward and backward adjustment from wall. Brackets stack on top of each other.

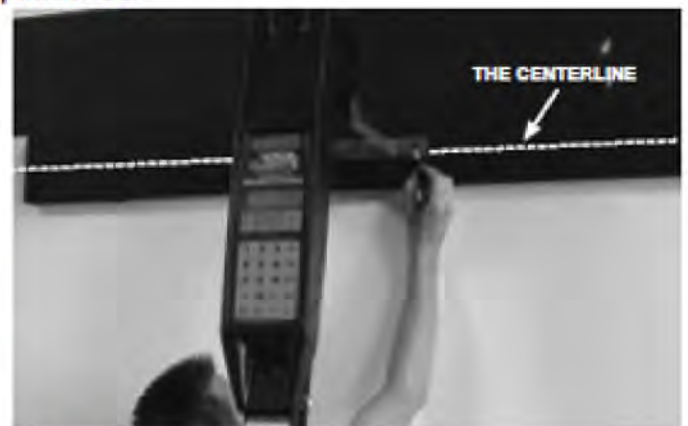


TOP:
85 Inches off floor to establish centerline.

BOTTOM:
38 Inches base plate from wall.

Step 5.

Stand your VC up and rest the bracket against the piece of wood mounted to the wall. Place the holes of the bracket on the center line you have marked. The front base holes of your VC should be approx. 38 inches in front of wall. Distance can vary depending on wall, baseboards and or where the bracket is positioned.



Step 6.

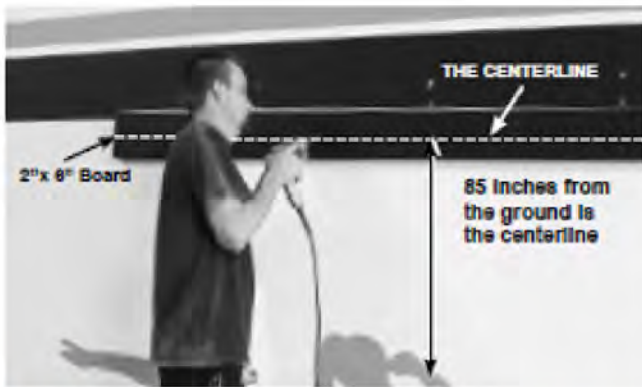
Mark the 3 holes on your "center line". Remove your VC and place to the side. Drill the 3 holes through the wood support with a 3/16" drill:



Step 7.

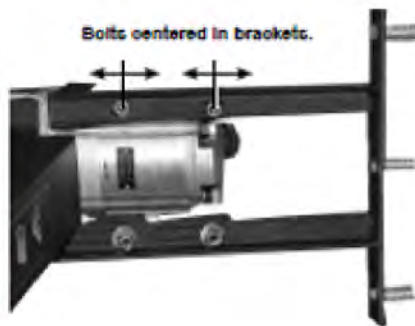
Place your VC back in place and align the 3 holes. Secure with the three 5/16" lag bolts and washers supplied then go to Step 13.

WALL MOUNTING



Step 8.
Mounting your VC to cement wall. Mark a line horizontally 85 inches from the floor.

Step 9.
Attached the bracket to your VC using the four bolts, washers and nuts supplied, centering the four bolts to allow adjustment forward and backwards.



NOTE:
Before mounting to wall, make sure brackets are centered to allow forward and backward adjustment from wall.



Step 10.
Stand your VC up and rest the bracket against the wall. Place the holes of the bracket on the center line you have marked on the wall. The front base holes on the VC should be approximately 38 inches from the wall. This distance may vary depending on the wall, base boards, and or where the bracket is positioned.



Step 11.
Mark the three holes on the centerline. Remove your VC and place to the side. Drill the three holes using 1/2" cement drill bit at least 1 inch deep.



Step 12.
Tap in the three lag shields supplied. Place the VC back in place aligning the three holes secure with three 5/16" lag bolts plus washers supplied.

NOTE:
For multiple units side by side, spacing should be a minimum of 40" from the center of the vertical center line of each unit.



Step 13.
Your VC is now secure to wall. You can adjust your VC closer or farther from the wall to avoid small obstructions. The closer your VC is to the wall the more stable it will be. Adjust your VC if necessary. Determine if the base needs to be secured to the floor for extra stability. Climb on your VC to see if the base moves. If you want to secure to the floor, continue to next step.



Step 14.

After you have adjusted the bracket mark the two front base holes on floor.

Step 15.

You must remove your VC from the wall to drill the holes on the floor. Set VC off to the side. If you have a wood floor, drill two holes with 3/16" drill at least 1 inch deep. If you have a cement floor, drill 2 holes with 1/2" cement drill at least 1" deep, and tap in two lag shields supplied.



Step 16.

Replace and secure your VC back to wall making sure bottom holes are aligned. Secure base using the two 5/16" lag and washers supplied. Make sure all bolts and lags are tight.



HI-TRI AND HIGH FIVE ASSEMBLY INSTRUCTIONS

The following VersaClimber assembly instructions are to set up multi-station Hi-Tri (3 stations) and High-Five (five stations) configurations.

1. Follow the Unpacking and Assembly Instructions for single machines. In place of the base plate and two piece angled support bracket, you will receive a circular top plate or donut and 3 or 5 tubular floor ties and 3 or 5 base plates.

2. In place of the listed hardware, you will receive four 1" long bolts, two 1/1/4 long bolts, 8 self locking nuts and two flat head screws per climber.

3. Due to the heavy construction of the VersaClimber, two able bodied persons are required for its set up. the set up procedure requires two 9/16" wrenches, two crescent wrenches, 1/4" allen wrench, 3/16" allen wrench. Set up can be accomplished in about 30 minutes. In handling the machine, avoid lifting the machine by, or setting the machine on any portion of the black plastic housing, the hydraulic tubing or the hydraulic reservoir. The hydraulic pump can be used as a support or as a hand lift point.

4. Place the multi-machine base plates into position on each of the climbers. Attach each base plate to the mainframe of each climber with two flat head screws through the bottom. Tighten securely using an allen key and 9/16" wrench.

5. Pre-assemble hand rails. Bolt one straight hand rail tube to the right hand angled "S" shaped tube. Use a 5/16" x 21/2" round head bolt and tighten securely.

6. Bolt the second straight hand rail tube to the left hand angled "S" shaped tube. Use a 5/16" x 21/2" round head bolt and tighten securely.

7. Assemble rails to machine post and base plate. Use the 5/8" x 41/4" long hex head bolt and lock nut to fasten rails to the block welded on the back of each machine. Tighten, finger-tight.

8. Use the 5/8" x 11/2" long flat head socket screws to fasten the hand rails to the base plates. Tighten securely.

9. Tighten the 5/8" x 41/4" long bolts securely using the two crescent wrenches.

10. The hand rails are now securely attached to each of the machine posts and the machine base plates.

11. Attach the first VersaClimber to the circular top plate using four 1" bolts and four self locking nuts. Angle brackets must set on top of circular plate. Bolts go through from bottom, nuts on top. Nuts must be snug but not fully tightened.

12. Install second Versaclimber to top plate in similar fashion. Do not fully tighten nuts.

13. Lift assembly of two Versaclimbers, place third VersaClimber into position and loosely tighten bolts through circular plate.

14. The High-Five multi-station will require the attachment of two additional VersaClimbers to the top plate.

15. Using the 11/4" bolts and self locking nuts, connect the bases of the Versa Climbers together with the tubular floor ties. The ties overlap so that each tie is held by two bolts at each VersaClimber with nuts on the back side. Do not fully tighten until all ties are in place.

SPECIFICATIONS

PHYSICAL SIZE

Height, Model CL-108LX	7 feet, 10 inches
Height, Model CL-109LX	8 feet, 10 inches
Required Floor Space	48 inches x 48 inches
Weight	130lbs. - 150 lbs - Assembled

PHYSICAL CHARACTERISTICS

Structural	Steel
Sliding and Rolling Bearings	Filled Nylon
Speed Control/Force Control	Hydraulic
Date Processing	8 Bit Microcomputer
Data Display	22 Digit LCD
110 VAC Powered	12 Volt AC Adapter
Quick Change Hand Grips	2
Stationary Hand Rails	2
Hand Grip Adjustment	3.75 Inch Increments
Foot Pedals	2

FUNCTIONAL FEATURES

Pedal/Step/Climb Stroke Length	0 To 20 Inches
Overall Climb Rate	Ability Of Person Climbing
Hydraulic Climb Rate Control	20-240 Feet/Min.
Hydraulic Force Control	0 To 500 Lbs.
Program Workout Levels	1 To 15
Heart Rate Control	120 To 190
Climb Angle	75 Degrees
Vertical Lift Factor	96.6 Percent

VERSACLIMBER ACCOMMODATIONS

Level of Physical Fitness	Sedentary To Elite Athlete
Climber's Height	4 Feet 6 Inches And Taller
Climber's Weight	50 To 350 Pounds
Age and Sex	Any

MICROCOMPUTER FUNCTIONS

Exercise Time	0 To 99.9 Minutes
Exercise Rate	0 To 350 Feet/Min.
Total Exercise Distance	0 To 9999 Feet
Total Exercise Steps	0 To 9999 Feet
Step Height/Stroke Length	0 To 20 Inches

SPARE PARTS LIST

LX Module (108/109).....	LX158-01-000
LX Module (108A/109A) LX	161-01-000
LXP Module (1081109) LXP	166-02-000
LXP Module (108A/109A) LXP.....	166-03-000
Encoder Circuit Board Assembly	013-01-000G
Encoder Disc	013-01-003
Electrodes.....	041-00-000
LCD/VersaClimber.....	54502
Accumulator.....	30038
Valve Stem	30027
Foot Pedal Assembly	101-04-000
Foot Pedal Straps.....	008-03-000
Foot Pedal Connector, (Plastic Triangle)	008-00-007
Quick Change Handle (1).....	101-06-000
Quick Change Running Handle (1)	101-03-000
Handle Grip Only.....	30009
8' Bar - Left.....	055-00-000
8' Bar - Right	054-00-000
Slides.....	003-00-009
Rollers	003-00-005
LX Pump Assembly	039-00-000
AC Adaptor.....	60019
AC Adaptor Assembly - Hi-Tri	114-00-000
AC Adaptor Assembly - Hi-Five	115-00-000
Brackets - HI-Tri Assembly (108).....	048-00-000
Brackets - High Five Assembly (108).....	050-00-000
Base Plate	101-00-001
Brace	101-00-003
Tie.....	101-00-002
Rail Assembly (no base plate)	047-02-000
Station Base Plate.....	047-00-008
8' Top Cover.....	029-00-000
Bottom Chain Assembly	037-00-000
Top Chain Assembly	043-00-000
Pump Sprocket.....	30010
Sprocket Assembly (CL-108A/CL-109A).....	042-00-000
Pump Sprocket Bushing (Post 1990)	30065
Seat	019-02-000
Station Bracket Support (Ears) - Left	147-00-005
Station Bracket Support (Ears) - Right.....	147-00-004
Leg Isolator.....	145-01-000
Stopper.....	101-00-008
Flange (108ALX/109ALX) (2 each)	30033
Bearing (108ALX/109ALX) (1 each).....	30044
Top Chain Master Link	30003
Bottom Chain Master Link.....	30007
Front Strip.....	60039
Bottom Sproket Assembly	002-00-000
A/C Jack Assembly	045-00-000
Small Brass Elbow	B-500-2-2 30026
Large Brass Elbow	B-500-2-4 30014

3 YEAR LIMITED WARRANTY

1. Heart Rate, Inc. (H.R.I.) warrants to the original purchaser that Institutional VersaClimbers are free from defects in material and workmanship under normal use and maintenance under a three year limited warranty subject to the terms and conditions Hereafter set forth. Except for the above warranty, it is expressly agreed that **NO WARRANTY OF MERCHANTABILITY OR FITNESS FOR A PARTICULAR PURPOSE** or of a particular use nor any warranty of any kind whatsoever express, implied or statutory is made by H.R.I.

2. This warranty does not cover any damage caused by misuse, tampering, negligence, accidents, abnormal conditions, lack of adequate maintenance or unauthorized service or alterations to the product.

3. Liability of H.R.I. is limited to either repair or replacement of the defective part or the replacement of the machine at the option of H.R.I. on an exchange basis, with the customer bearing all costs of shipping and handling to and from the factory.

4. Length of Warranty, Parts

<u>ITEM</u>	<u>PARTS REPLACEMENT</u>
FRAME, HAND RAILS, BASE PLATE	3 YEARS
HYDRAULIC MOTOR	3 YEARS
FOOT PEDALS	2 YEARS
HANDLES	2 YEARS
CHAINS AND SPROCKETS	2 YEARS
DISPLAY ELECTRONICS	2 YEARS
ROLLERS AND SLIDES	2 YEARS
ELECTRONICS	1 YEAR
HAND GRIPS	1 YEAR
FOOT PEDAL STRAPS	1 YEAR
SEAT	1 YEAR

5. Length of Warranty, labor

During the first year, all labor is covered by the warranty. All labor repairs will be performed at the factory on warranty and non-warranty parts.

6. This warranty does not cover paint deterioration, discoloration, chipping or rust.

7. After all of the foregoing conditions have been complied with, if H.R.I. shall thereupon attempt repairs and /or replacements which shall for any reason fail, H.R.I.'s shall be allowed to continue to attempt to remedy any defects for so long a period of time as, in H.R.I. sole judgement, such attempt is justified.

8. The foregoing shall be buyer's sole and exclusive remedy, whether based on or otherwise, and H.R.I. shall not be liable for any injuries to persons or property. In no event shall H.R.I. be liable for incidental or consequential damages to commercial losses, nor for any other loss or damages except as above set forth.

9. This warranty is expressly in lieu of all other warranties, express or implied, and of all other obligations or liability on the part of H.R.I. No person, firm or corporation is authorized to assume any other liability on behalf of H.R.I.



1.800.237.2271 | 714.850.9716 | versaclimber.com | info@versaclimber.com

Heart Rate Inc. 1411 E. Wilshire, Santa Ana, California 92705
VersaClimber has been made in the USA since 1981.
All Rights Reserved. © 2021 Heart Rate Inc.