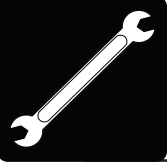




StepMill® SM916



Assembly Manual

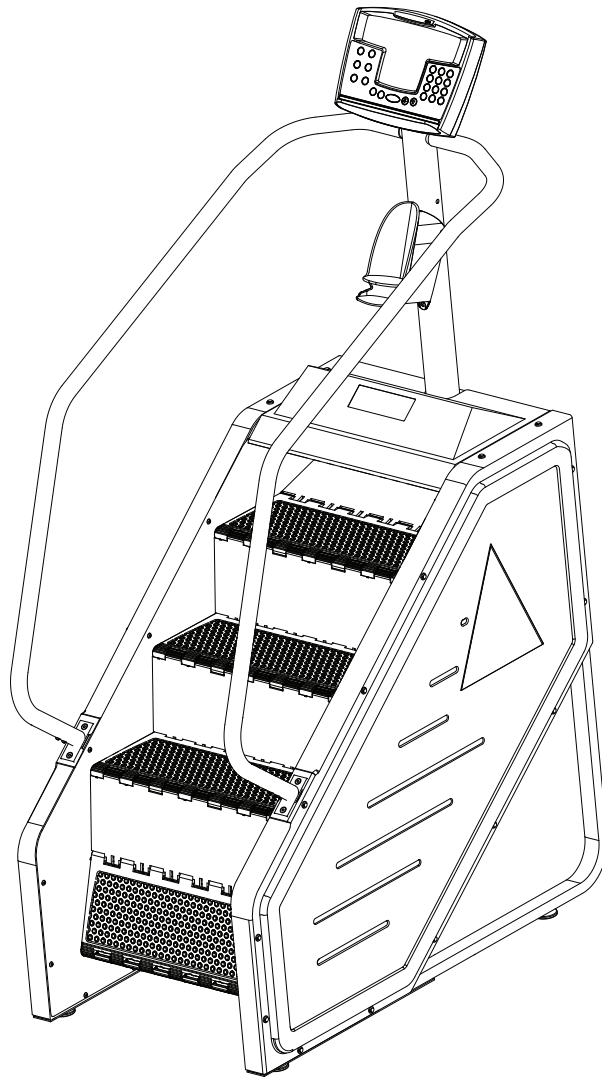


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Product Specifications

Model SM916

Dimensions: 29"W x 50"L x 81"H (74cm x 127cm x 206cm)

Unit Weight: 409lbs (185.5kg)

Shipping Package Weight: 450lbs (204kg)

Workout Area: 67"W x 88"L (170cm x 224cm)

Power Supply: Use only with Power Supply "Ktec", Model KSAFF1200250T1M2

Max user weight: 300 lbs (136 kg)

CSA Certified for US and Canada (Product bears the c-CSA-us mark).
(Evaluated per ANSI/UL1647-2004 and CAN/CSA C22.2 No.0-M91 and CSA C22.2 No.68-92)

Meets FCC-Part 15, Class B.




Meets AS/NZS CISPR 22(Class B: 2004) for Australia and New Zealand (Product bears C-tick Mark).




Complies with the following EU Directives (Product bears the CE mark).

- Machine Directive: 98/37/EC
- Low voltage Directive: 73/23/EEC (Tested per EN 60335-1:2002)
- EMC Directive: 2004/108 EC (Tested per EN 61000-6-3 AND EN 61000-6-1)
- RoHS Directive: 2002/95EC
- WEEE Directive: 2002/96EC

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: 300 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 Caution and Warning Labels

Before using your product: Find and read all warning labels located on the StairMaster® Commercial Series StepMill® SM916, prior to using your product. Be sure to replace any warning label if damaged, illegible, or missing. If you need replacement labels, call a StairMaster® Representative at 1-888-678-2476.

Label 1: General exercise warning labels.

Location: Affixed to the lower sides of the mast (see 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 300 pounds (136 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.

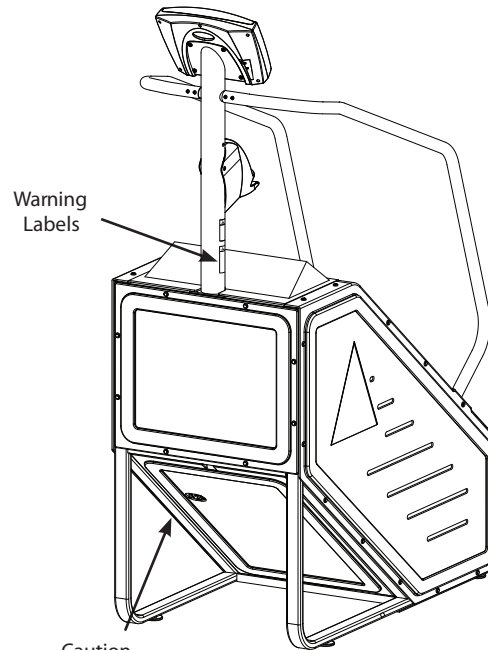
002-2997

⚠ 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'utilisateur est de 136 kg (300 livres).
- Tenir hors de portée des enfants.
- Avant la première utilisation, veuillez inspecter la machine en détail. 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 Nautilus® 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.

003-2673



Caution Label

⚠ CAUTION

Use only power supplies listed in the user instructions.
 Rated 12.0V  2500mA 699-0016

Label 2: Power caution label.

Location: Affixed to the back of the StepMill® machine (see Figure 1).

Before You Start

Locate the area where you will assemble and use your StairMaster® Commercial Series StepMill® SM916. 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.

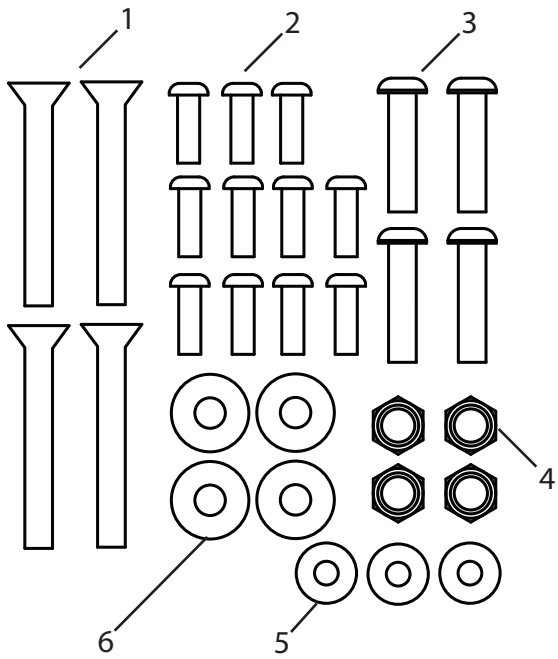
Basic Assembly

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

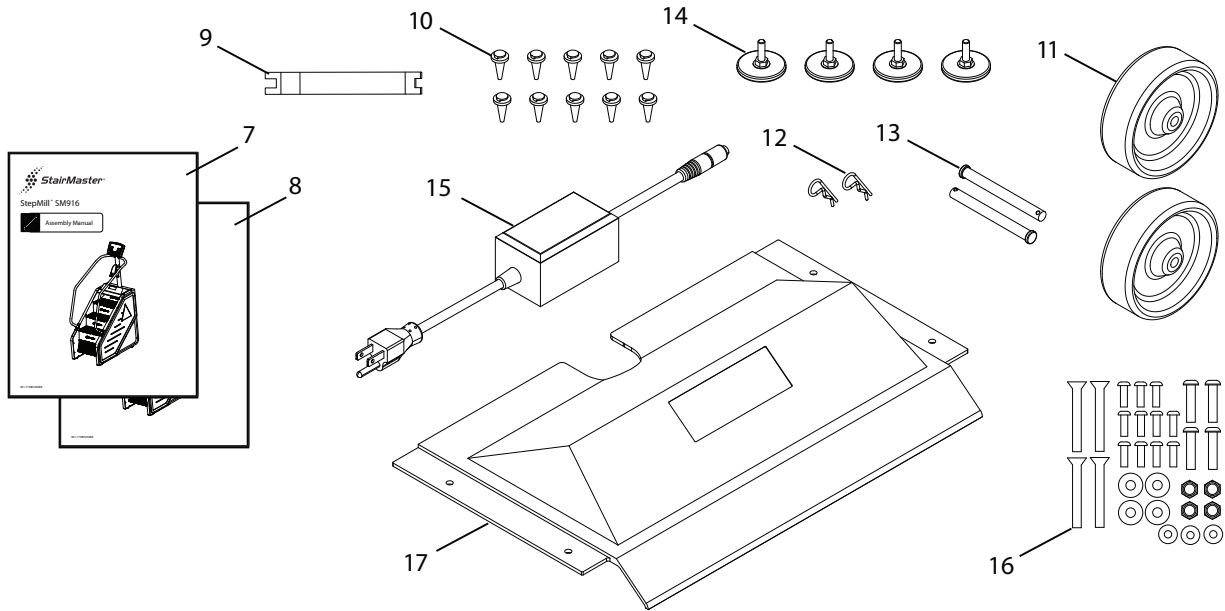


Ref #	Description	Qty
1	5/16" - 18 Flat Head Screw	4
2	1/4" - 20 x 1" Button Head Screw	11
3	1/4" - 20 x 3/4" Phillips Head Screw	4
4	5/16" - 18 Nut	4
5	1/4" - Flat Washer	3
6	5/16" - Flat Washer	4

Hardware not to scale

Box Contents

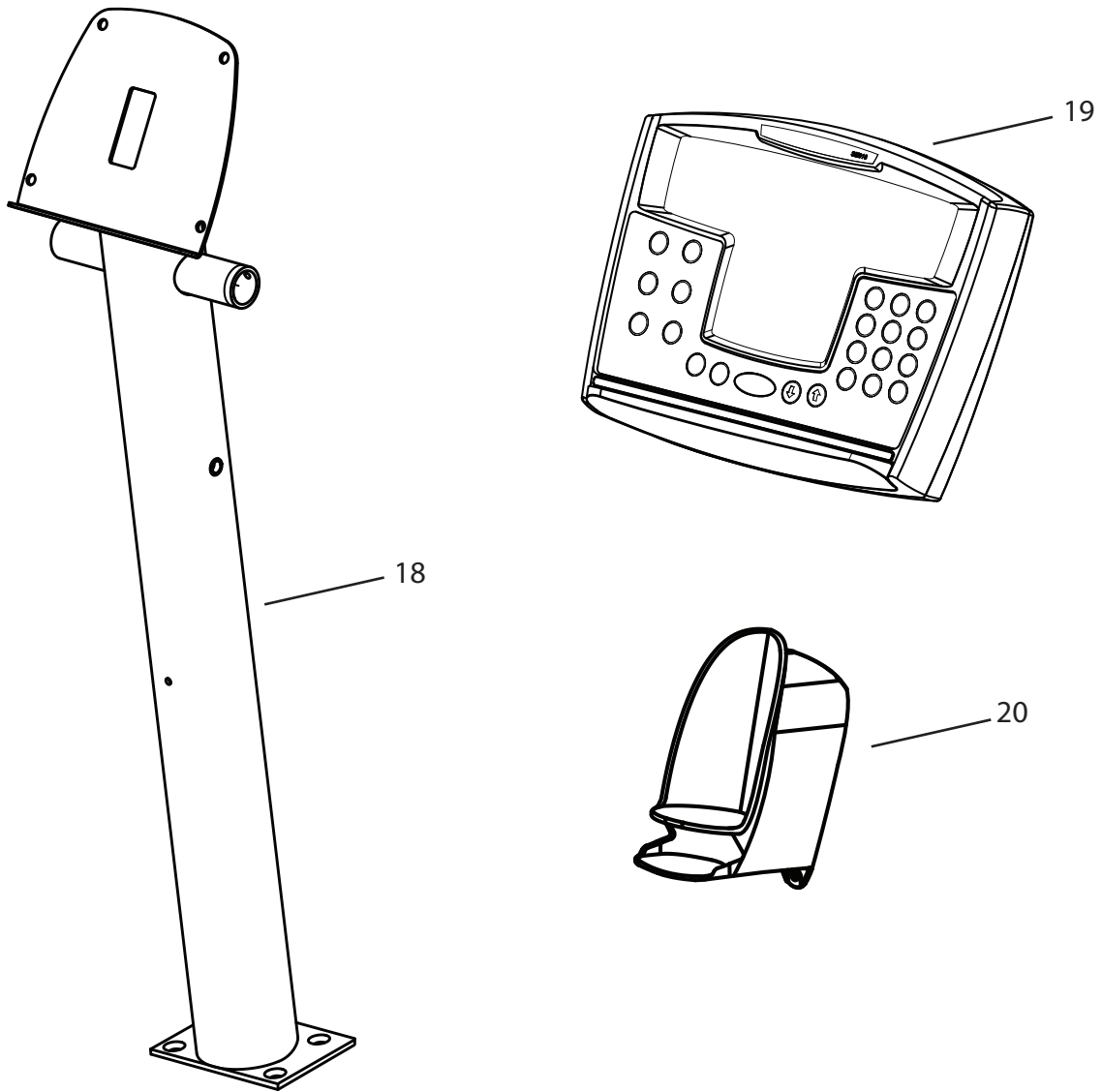
Box 1



Ref #	Description	Qty
7	Assembly Manual	1
8	Owner's Manual Kit	1
9	Rivet Puller	1
10	Rivet	20
11	Transport Wheels	2
12	Cotter Pins	2
13	Clevis Pins	2
14	Levelers	4
15	Power Supply & Power Cord Kit	1
16	Hardware	1
17	Top Cover	1

Box Contents

Box 2



Ref #	Description	Qty
18	Upper Mast	1
19	Console	1
20	Bottle Holder	1

Assembly

The following instructions provide direction to assemble the StairMaster® StepMill® SM916. All instructions in the manual are given with the orientation of standing on a level surface and facing the machine.

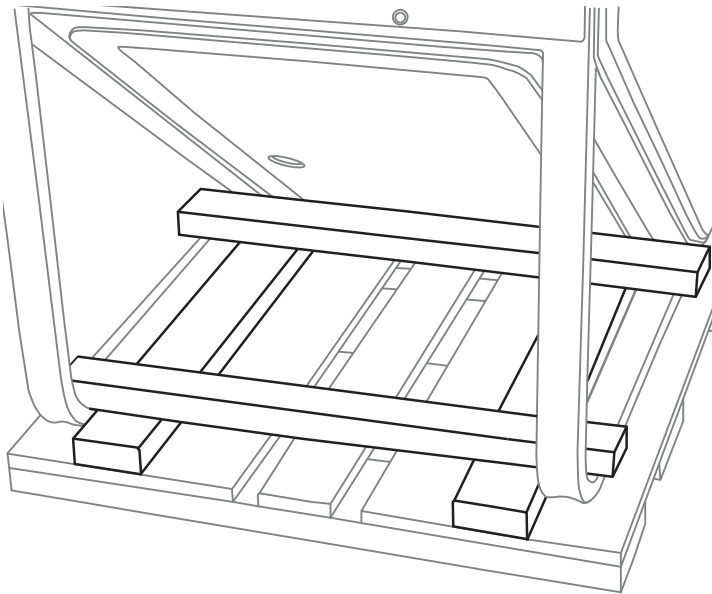


Figure 1

Step 1: Unpacking the StepMill® SM916

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 With a hammer or pry bar, remove the wood securing the back of the machine to the pallet (see Figure 1).

Step 2: Remove from pallet

Parts

- StepMill® Base
- Box 1 and 2
- Hand Rails

Tools

- Box Knife

2-1 Cut the Tywraps holding the Hand Rails to Box 2 and set Hand Rails to the side.

2-2 Remove Box 1 and 2 and set to the side.

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

2-3 With the assistance of another person, remove StepMill® machine from the pallet.

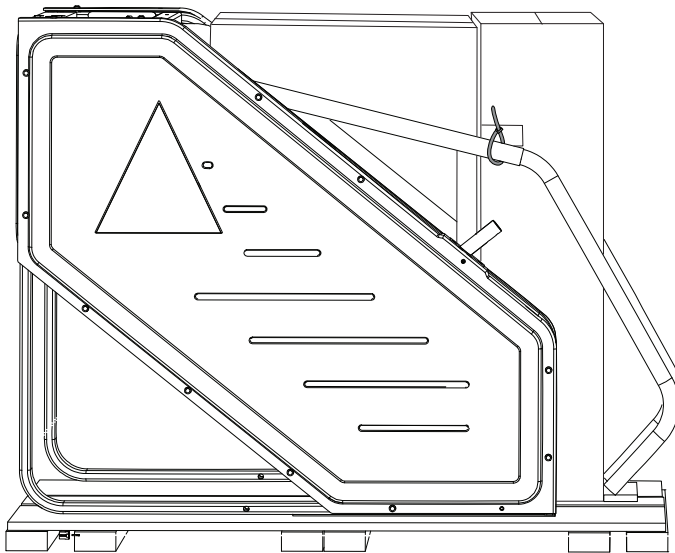


Figure 2

Assembly

Step 3: Install Levelers and Transport Wheels

Parts

- Ref 11, Transport Wheels Qty. 2
- Ref 14, Levelers Qty. 4

Hardware

- Ref 12, Cotter Pins Qty. 2
- Ref 13, Clevis Pins Qty. 2

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

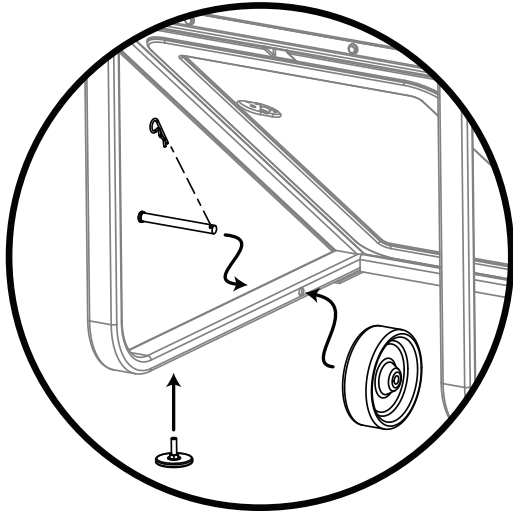


Figure 3A

3-1 With the assistance of another person, tilt the StepMill[®] machine to one side and insert the Clevis Pin from the outside of the frame (Figure 3A), slide Wheel on to the Clevis Pin and secure with a Cotter Pin (Figure 3B).

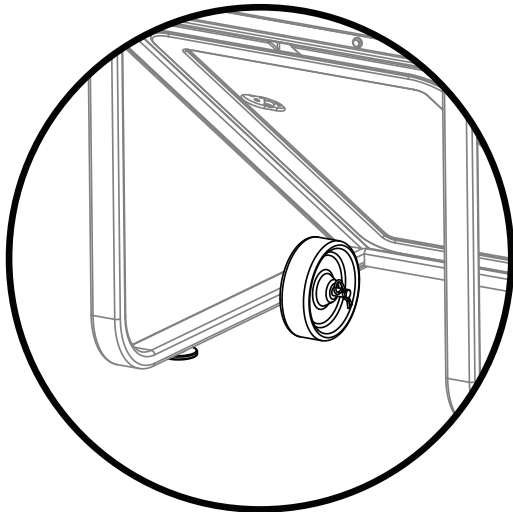


Figure 3B

3-2 While tilted to one side, insert a Leveler in the front and back of the StepMill[®] machine (Figure 3A) for adjustment when the Wheels are removed.

3-3 Repeat the Wheel and Leveler process for the opposite side.

Assembly

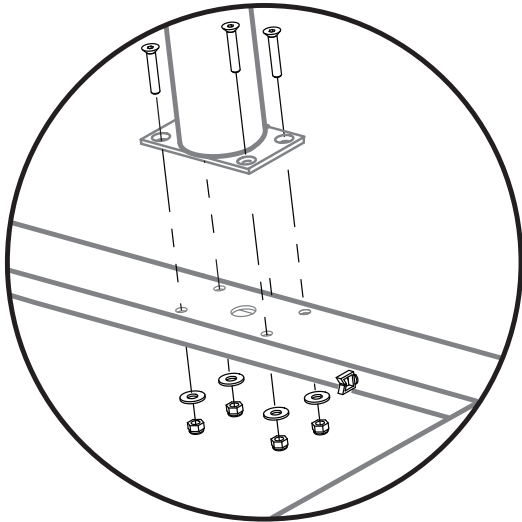


Figure 4

Step 4: Attach Mast

Parts

- Ref 18, Mast Qty. 1

Hardware

- Ref 1, 5/16" - 18 Flat Head screw Qty. 4
- Ref 4, 5/16" - 18 Nut Qty. 4
- Ref 6, 5/16" - Washer Qty. 4

4-1 Locate the two sets of cables for the console, feed the cables through the bottom of the Mast to the top and secure to the top plate.

4-2 Attach the Mast to the base with 4 Flat Head screws, 4 Washers and 4 Nuts (Figure 4).

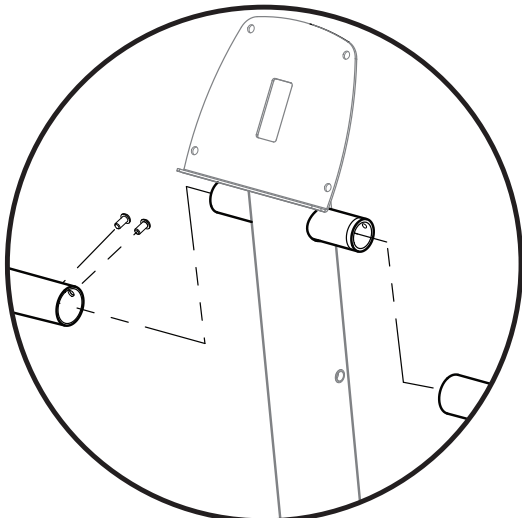


Figure 5A

Step 5: Attach Hand Rails

Parts

- Hand Rail, Right Qty. 1
- Hand Rail, Left Qty. 1

Hardware

- Ref 2, 1/4" - 20 x 1" Button Head Screw Qty. 8

NOTE: Complete each step for one side and repeat for the opposite side.

5-1 Attach the Left Hand Rail to the Mast with 2 Button Head Screws (Figure 5A).

5-2 Attach the Left Hand Rail to the Base with 2 Button Head Screws (Figure 5B).

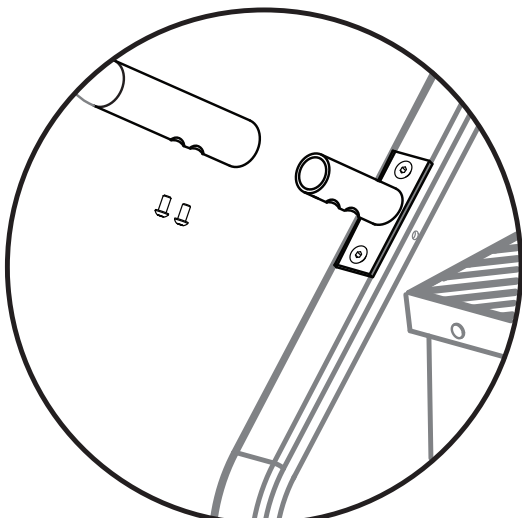


Figure 5B

Assembly

Step 6: Install Top Cover

Parts

- Completed assembly from Step 5.
- Ref 17, Top Cover Qty. 1

Hardware

- Ref 10, Rivet Qty. 8

Tools

- Ref 9, Rivet Puller

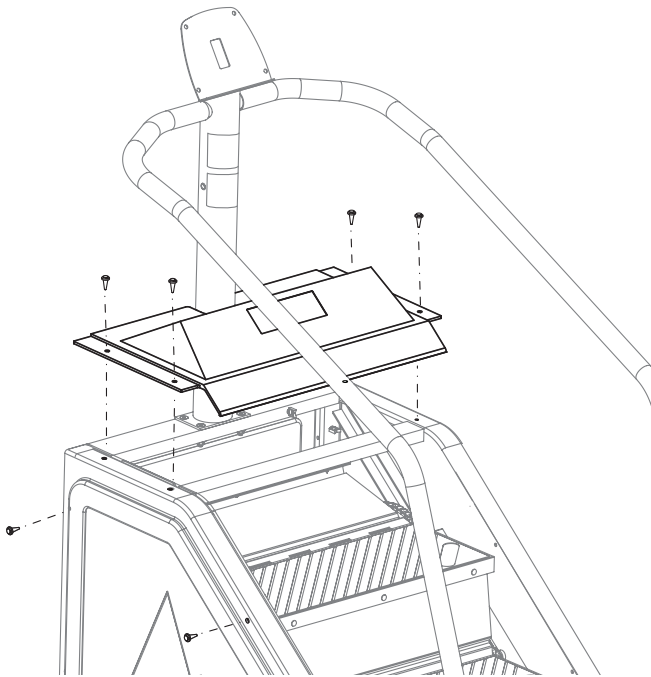


Figure 6A

6-1 Remove the top Rivets and upper side Rivets on both left and right side covers to install the Top Cover (Figure 6A). It may be necessary to pull the sides out slightly to insert the Top Cover under the side covers.

6-2 Align the holes of the Side and Top covers to the holes in the frame. Insert 1 New Rivet for each hole and push until the rivet is fully inserted (Figure 6B).

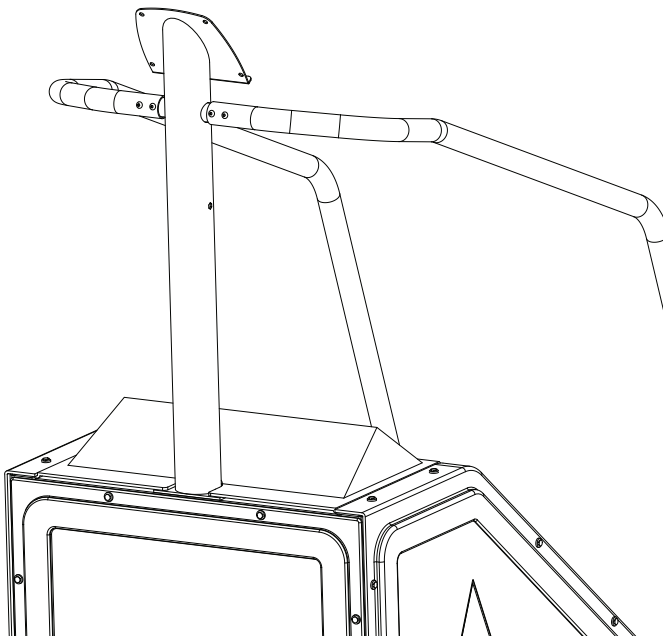


Figure 6B

Assembly

Step 7: Install Console

Parts

- Completed assembly from Step 6.
- Ref 19, Console Qty. 1

Hardware

- Ref 3, 1/4" - 20 x 3/4" Phillips Head Screw Qty. 4

Tools

- Phillips Head Screwdriver

7-1 Connect the cables from the Mast to the 20 pin connector on the PC board (Figure 7A & 7B).

7-2 Connect the telemetry Heart Rate (Polar HR) cable to the J6 connector at the top of the PC board (Figure 7A & 7B).

7-3 Align the console to the plate at the top of the Mast and secure with 4 Phillips Head Screws.

NOTE: Make sure the cables are not crimped or pinched while attaching the Console to the Mast.

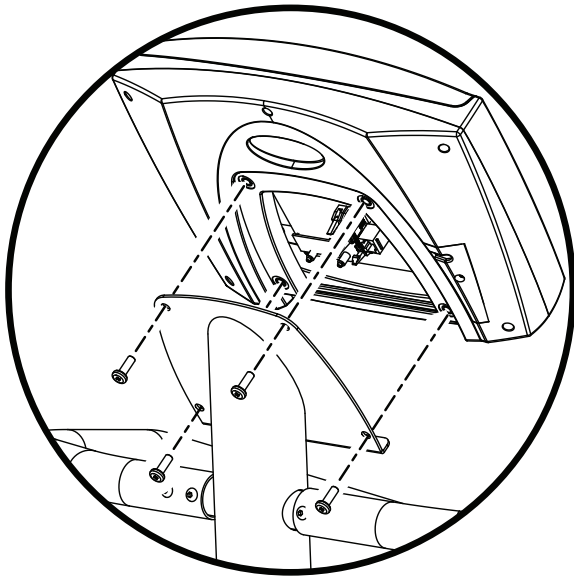


Figure 7A

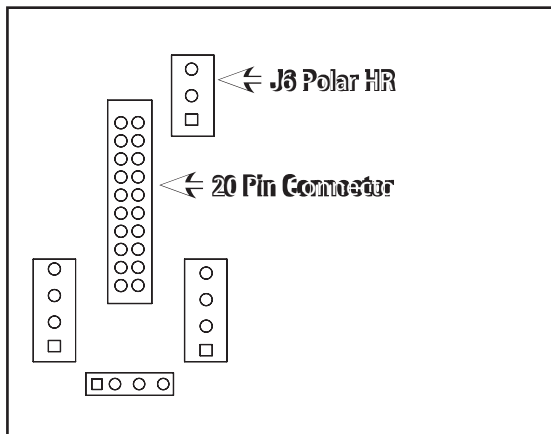


Figure 7B

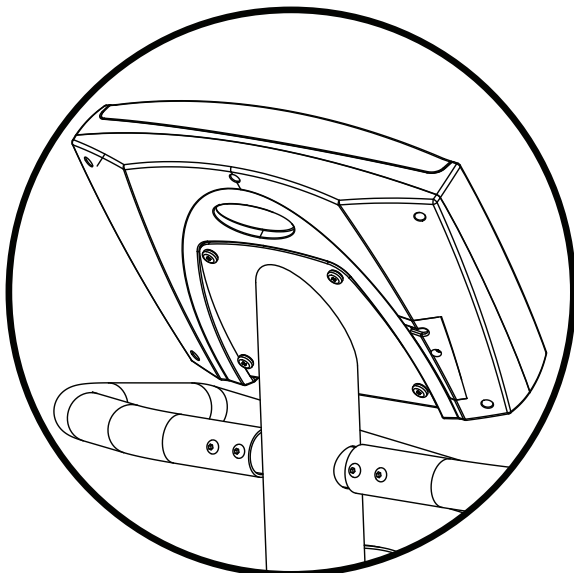


Figure 7C

Assembly

Step 8: Install Cup Holder

Parts

- Completed assembly from Step 7.
- Ref 20, Bottle Holder Qty. 1

Hardware

- Ref 2, 1/4" - 20 x 1" Button Head Screw Qty. 3
- Ref 5, 1/4" Flat washer Qty. 3

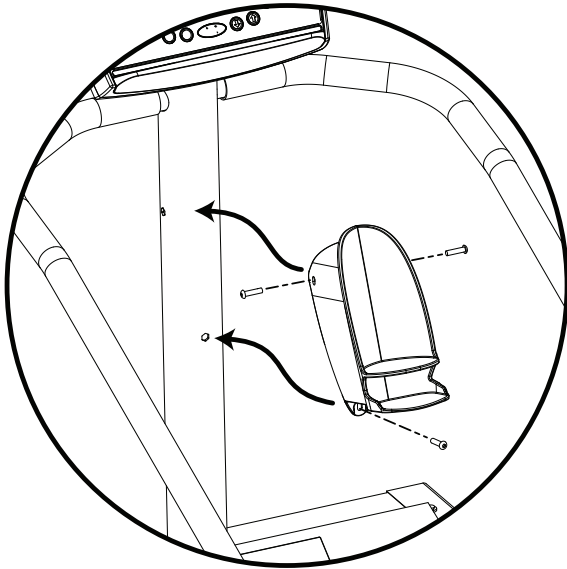


Figure 8

8-1 Attach the Bottle Holder to the Mast with 3 Button Head Screws and 3 Flat washers (Figure 8).

Step 9: Remove Transport Wheels

Parts

- Completed assembly from Step 8.
- Ref 15, Power Supply Qty. 1

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.

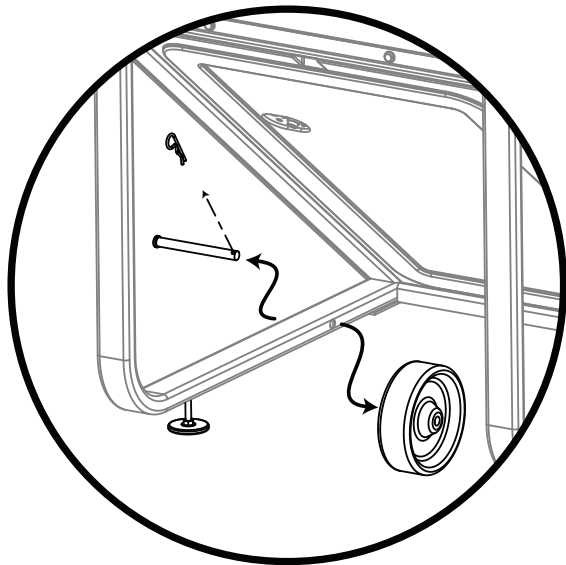


Figure 9

Assembly

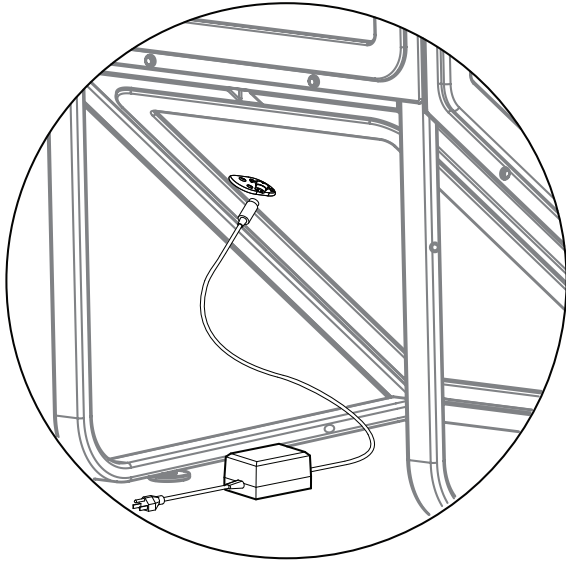


Figure 10

Step 10: Connecting Power Supply

Parts

- Ref 15, Power Supply Qty. 1

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.

Contacts

CUSTOMER SERVICE

Tel: 1-888-678-2476

Parts e-mail: parts@stairmaster.com

Service e-mail: services@stairmaster.com

STAIRMASTER

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8000 NE Parkway Drive, Suite 220

Vancouver, Washington 98662

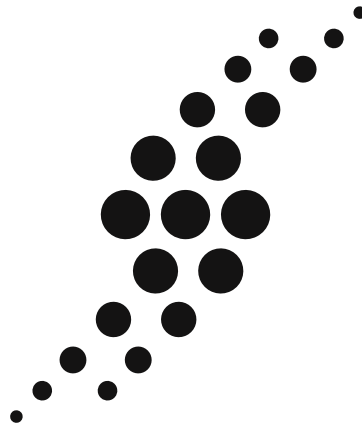
USA

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



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