

Life Fitness PowerMill™ Climber

Assembly Instructions



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*Also check www.lifefitness.com for local representation or distributor/dealer

User and Service Documents Link

Operation Manuals and other Product Information available at
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1. Getting Started

Safety Instructions

Read all instructions before use.


-  **Caution:** Any changes or modifications to this equipment could void the product warranty.
 -  **Warning:** To reduce the risk of burns, fire, electric shock, or injury, it is imperative to connect each product to a properly grounded electrical outlet.
 -  **Warning:** Heart rate monitoring systems may be inaccurate. Over exercising may result in serious injury or death. If you feel faint, stop exercising immediately.
 -  **Warning:** Keep a distance of at least 3 ft. (1 m) behind and 1 ft. (0.3 m) on each side of the unit clear of any obstructions, including walls, furniture, and other equipment.
 -  **Danger:** To reduce the risk of electrical shock or injury from moving parts, always unplug Life Fitness products before cleaning or attempting any maintenance activity.
- The product should never be left unattended when plugged in. Disconnect from the electrical outlet when not in use, and before putting on or taking off parts.
 - Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or if it has been dropped, damaged, or even partially immersed in water. Contact Life Fitness Customer Support Services.
 - Position the product so that the power cord plug to the wall is accessible to the user. Make sure that the power cord is not knotted or twisted and that it is not trapped under any equipment or other objects.
 - If the electrical supply cord is damaged, it must be replaced by the manufacturer, an authorized service agent, or a similarly qualified person to avoid a hazard.
 - Always follow the console instructions for proper operation.
 - This appliance is not intended for use by persons (including children) with reduced physical, sensory, or mental capabilities, or lack of experience or knowledge unless they have supervision or been given instruction concerning the use of the appliance by a person responsible for their safety.
 - Do not use this product outdoors, near swimming pools or in areas of high humidity.
 - Never operate a Life Fitness product with the air openings blocked. Keep air openings free of lint, hair, or any other obstructing material.
 - Never insert objects into any opening in these products. If an object should drop inside, turn off the power, unplug the power cord from the outlet, and carefully retrieve it. If the item cannot be reached, contact Life Fitness Customer Support Services.
 - Never place liquids of any type directly on the unit, except in an accessory tray or holder. Containers with lids are recommended.
 - Do not use these products in bare feet. Always wear shoes. Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Make sure no stones are embedded in the soles.
 - This equipment is not intended for use by children. Keep children under the age of 14 away from the machine.
 - Keep all loose clothing, shoelaces, and towels away from moving parts.
 - Do not reach into, or underneath, the unit or tip it on its side during operation.
 - Do not allow other people to interfere in any way with the user or equipment during a workout.
 - Allow LCD consoles to “normalize” with respect to temperature for one hour before plugging the unit in and using.
 - Use these products for their intended use as described in this manual. Do not use attachments that have not been recommended by the manufacturer.
 - Keep the power cord away from heated surfaces. Do not pull the equipment by the power cord or use the cord as a handle.
 - Handrails may be held to enhance stability as needed, but are not for continuous use.
 - Never walk or jog backwards on the unit.
 - Do not use this product in areas where aerosol spray products are being used or where oxygen is being administered. Such substances create the danger of combustion and explosion.
 - Read all warnings on each product prior to starting a workout.


- If warnings are missing or damaged, please contact Life Fitness immediately for replacement warning labels. Warning labels are shipped with every product and should be installed before product is used. Life Fitness is not responsible for missing or damaged warning labels.
- Unlike bikes, cross-trainers, or the traditional paddle stairclimbers, this is a motorized product. This motorized product causes stair steps to descend at variable rates and therefore operates on different planes simultaneously. While operating the product during a typical workout, the user is forced to fully concentrate on coordinating his or her efforts on the moving stairs. Therefore, the user cannot see if anyone or any thing approaches from the rear. For these reasons this unit is **designed for use only in a controlled setting. The PowerMill Climber is not designed for use in the home and should not be used in an environment where children or animals might have access.**
- Immobilization for Integrity X and C Consoles: The system causes immobilization of the unit when a pre-defined hard key sequence has been activated. This sequence is currently defined as 3 **STOP** key presses followed by 3 **RIGHT DOWN ARROW** key presses. To prevent false toggling of the Immobilized feature, this sequence must be done in a 5-10 second period.
- Health and Environmental Regulations Warning - This product may contain chemicals known to the State of California to cause cancer, birth defects, or other reproductive harm. For more information related to the European Commission Regulation (EC) No. 1907/2006 (REACH) and the California Safe Drinking Water and Toxic Enforcement Act of 1986 (Proposition 65), please visit <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.


Consignes de Sécurité


Lire toutes les instructions avant utilisation.

 **Mise En Garde :** Toute modification apportée à cet équipement pourrait en annuler la garantie.

 **Avertissement :** Pour réduire les risques de brûlures, d'incendies, de chocs électriques ou de blessures, il est essentiel de brancher chaque appareil sur une prise électrique correctement mise à la terre.

 **Avertissement :** Les systèmes de surveillance de la fréquence cardiaque peuvent être inexacts. Un exercice trop intensif peut entraîner des blessures graves, voire mortelles. Si vous ressentez une sensation de malaise, arrêtez immédiatement l'exercice.

 **Avertissement :** Gardez une distance d'au moins 1 m (3 pi) derrière et d'au moins 0,3 m (1 pi) de chaque côté du PowerMill Climber. Ne placez pas ce dernier près de murs, meubles ou autres équipements qui pourraient en obstruer l'accès.

 **Danger :** Pour réduire les risques de chocs électriques ou de blessures en raison des pièces mobiles, débranchez toujours les produits Life Fitness avant de les nettoyer ou de procéder aux tâches d'entretien.

- Ne laissez jamais l'appareil sans surveillance lorsqu'il est branché. Débranchez-le systématiquement après son utilisation, et avant l'ajout et le retrait de pièces.
- Ne faites jamais fonctionner d'appareil Life Fitness dont la fiche ou le cordon d'alimentation sont altérés, ni aucun appareil qui serait tombé, aurait été endommagé ou même partiellement plongé dans l'eau. Contactez le Service clients Life Fitness.
- Placez l'appareil de façon à ce que l'utilisateur ait accès à la fiche du cordon d'alimentation. Assurez-vous que le cordon d'alimentation n'est pas noué ou tordu et qu'il n'est pas coincé sous un autre appareil ou sous tout autre objet.
- Si le cordon d'alimentation électrique est endommagé, il doit être remplacé par le fabricant, par un réparateur agréé ou par une personne qualifiée afin d'éviter tout danger.
- Suivez toujours les instructions s'affichant sur la console.
- Cet appareil n'est pas destiné à être utilisé par des personnes ou des enfants présentant des capacités physiques, sensorielles ou mentales réduites, ou encore un manque d'expérience et de connaissances, sauf en cas de supervision ou d'instructions relatives à son utilisation par une personne responsable de leur sécurité.
- N'utilisez pas cet appareil à l'extérieur, près d'une piscine ou dans des endroits très humides.
- Ne bloquez jamais le système d'aération de votre appareil Life Fitness. Le système d'aération doit être propre et ne contenir aucun résidu de tissus, cheveux ou autres matériaux.
- N'insérez jamais d'objet dans les ouvertures de cet appareil. Si un objet tombe dans l'appareil, mettez ce dernier hors tension, débranchez le cordon d'alimentation et récupérez l'objet avec précaution. Si vous ne pouvez pas l'atteindre, consultez le Service clients Life Fitness.
- Ne placez jamais de liquides d'aucune sorte directement sur l'appareil, sauf si vous disposez d'un support ou d'un plateau pour accessoires. Nous vous recommandons de n'utiliser que des récipients pourvus d'un bouchon.
- N'utilisez pas ce produit pieds nus. Portez toujours des chaussures. Portez des chaussures avec semelles en caoutchouc ou antidérapantes. N'utilisez pas de chaussures à talon, à semelle en cuir, à crampons ou à pointes. Vérifiez qu'aucun gravier n'est coincé dans vos semelles.
- Cet équipement n'est pas destiné à être utilisé par les enfants. Tenez les enfants âgés de moins de 14 ans à l'écart de la machine.
- Éloignez les vêtements amples, les lacets de chaussure et les serviettes des parties mobiles de l'appareil.
- Ne placez pas les mains à l'intérieur ou sous l'appareil ; ne le faites pas basculer sur le côté durant son fonctionnement.
- Ne laissez personne gêner l'utilisateur ou le fonctionnement de l'appareil pendant un exercice.
- Laissez les consoles LCD s'adapter à la température ambiante pendant 1 heure avant de brancher l'unité et de l'utiliser.
- Utilisez cet équipement uniquement aux fins auxquelles il est destiné et de la manière décrite dans le présent manuel. N'utilisez pas d'accessoires qui ne sont pas recommandés par le fabricant.
- Maintenez le cordon d'alimentation à l'écart des surfaces chaudes. Ne tirez pas l'appareil par son cordon et n'utilisez pas ce dernier comme poignée.
- Les barres d'appui latérales peuvent servir à améliorer la stabilité, le cas échéant, mais elles ne sont pas conçues pour être utilisées de façon continue.
- Ne reculez jamais sur le tapis, que ce soit en marchant ou en courant.
- N'utilisez pas l'appareil en présence d'aérosols ou en cas d'administration d'oxygène. Ces substances pourraient entraîner des risques d'incendie et d'explosion.

- Lisez les avertissements avant de commencer à vous entraîner.
- Si certaines étiquettes d'avertissement sont manquantes ou endommagées, contactez Life Fitness immédiatement. Nous vous en fournirons de nouvelles. Les étiquettes d'avertissement sont expédiées avec les appareils et doivent être installées avant utilisation de ces derniers. Life Fitness n'est pas responsable des étiquettes manquantes ou endommagées.
- À la différence des vélos, des cross-trainers et des steppers traditionnels à pédale, il s'agit d'un appareil motorisé. Cet appareil motorisé permet de faire descendre les marches d'escalier à des vitesses variables et opère donc à différents niveaux simultanément. Au cours d'un entraînement classique sur cet appareil, l'utilisateur doit se concentrer afin de coordonner ses efforts sur les escaliers en mouvement. Il n'a donc pas la possibilité de voir si quelqu'un ou quelque chose s'approche par l'arrière. Cette unité est dès lors **uniquement conçue pour être utilisée dans un environnement contrôlé. Le PowerMill Climber n'est pas conçu pour être utilisé à domicile et ne doit en aucun cas être utilisé dans un environnement auquel les enfants ou animaux ont accès.**
- Immobilisation pour consoles Integrity X: Le système provoque l'arrêt de l'unité lorsqu'une séquence de touches prédéfinie est activée. Cette séquence est activée en appuyant 3 fois sur la touche **ARRÊT** , puis en appuyant 3 fois sur la **TOUCHE FLÉCHÉE RALENTIR** . Pour éviter un basculement accidentel de la fonctionnalité d'immobilisation, cette séquence doit être effectuée dans une période comprise entre 5 et 10 secondes.
- Réglementation en matière de santé et d'environnement : avertissement - Cet appareil peut contenir des produits chimiques considérés par l'État de Californie comme étant cancérigènes et causant des malformations congénitales et d'autres troubles de l'appareil reproducteur. Pour plus d'informations sur le règlement de la Commission européenne (CE) n°1907/2006 (REACH) et sur le California Safe Drinking Water and Toxic Enforcement Act de 1986 (Proposition 65), consultez la page <https://www.lftechsupport.com/web/guest/environmental-regulations-information>.

Electrical Power Requirements

The PowerMill with the Integrity and Discover consoles require an AC power supply according to the electrical configurations listed in the chart below.

Console	Supply Voltage	Frequency	Output Voltage	Output Current
Integrity	100 - 240 VAC	50 - 60 Hz	12 VDC	3A
Integrity with Attachable TV	100 - 240 VAC	50 - 60 Hz	12 VDC	5A
Discover / ST	100 - 240 VAC	50 - 60 Hz	24 VDC	5A

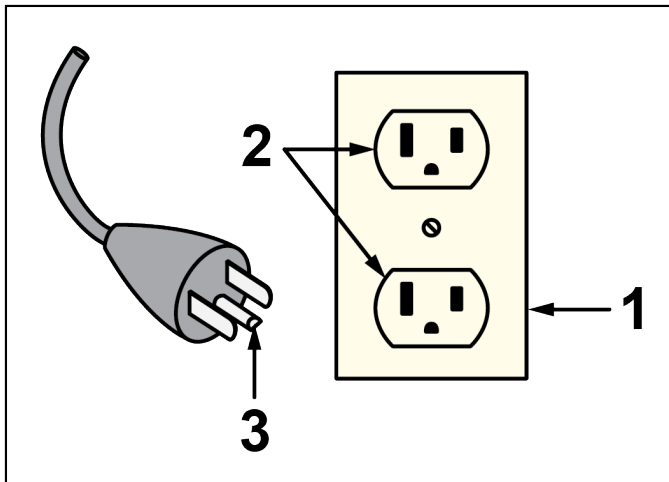
Outlet Voltage	Commercial Units Outlet & Breaker (Amps)
120 VAC	20 (no more than 1 PowerMill per breaker)
230 VAC	12 (no more than 1 PowerMill per breaker)

Note: Do not modify the plug provided with this product. If the plug does not fit into an available electrical outlet, have a proper outlet installed by a qualified electrician.

Grounding Instructions

This product must be properly grounded. If the unit malfunctions or breaks down, proper grounding provides a path of least resistance for the electric current, which reduces the risk of shock to anyone touching or using the equipment. Each unit is equipped with an electrical cord, which includes an equipment grounding conductor and a grounding plug. The plug must be inserted into an outlet that has been properly installed and grounded in accordance with all local codes and ordinances.

Note: A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15-amp outlet is not available, one must be installed by a qualified electrician. For use on a nominal 120-V circuit, this product has a grounding plug that looks like the one in the accompanying illustration. Make sure that the product is connected to an outlet having the same configuration as the plug.

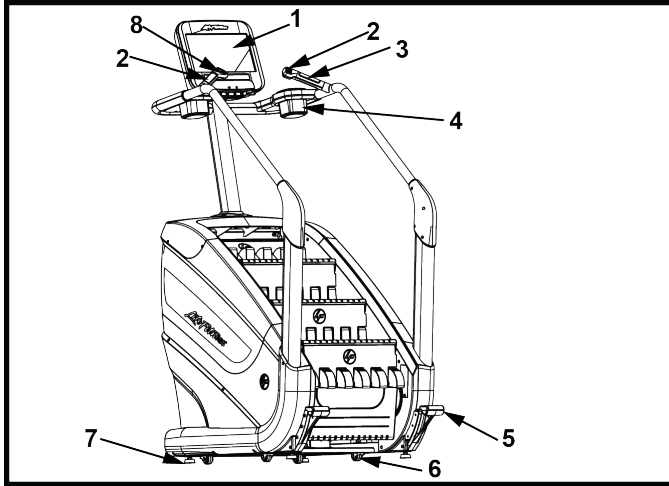


Item	Description
1	Grounded Outlet Box
2	Grounded Outlet
3	Grounding Pin

Danger: A risk of electrical shock may result from improper connection of the equipment grounding conductor. Check with a qualified electrician if in doubt as to proper grounding technique. DO NOT modify the plug provided with the product. If it will not fit an electrical outlet, have a proper outlet installed by a qualified electrician. Any modification to the electrical plug will result in a voided warranty.

2. Product Overview

Product Features

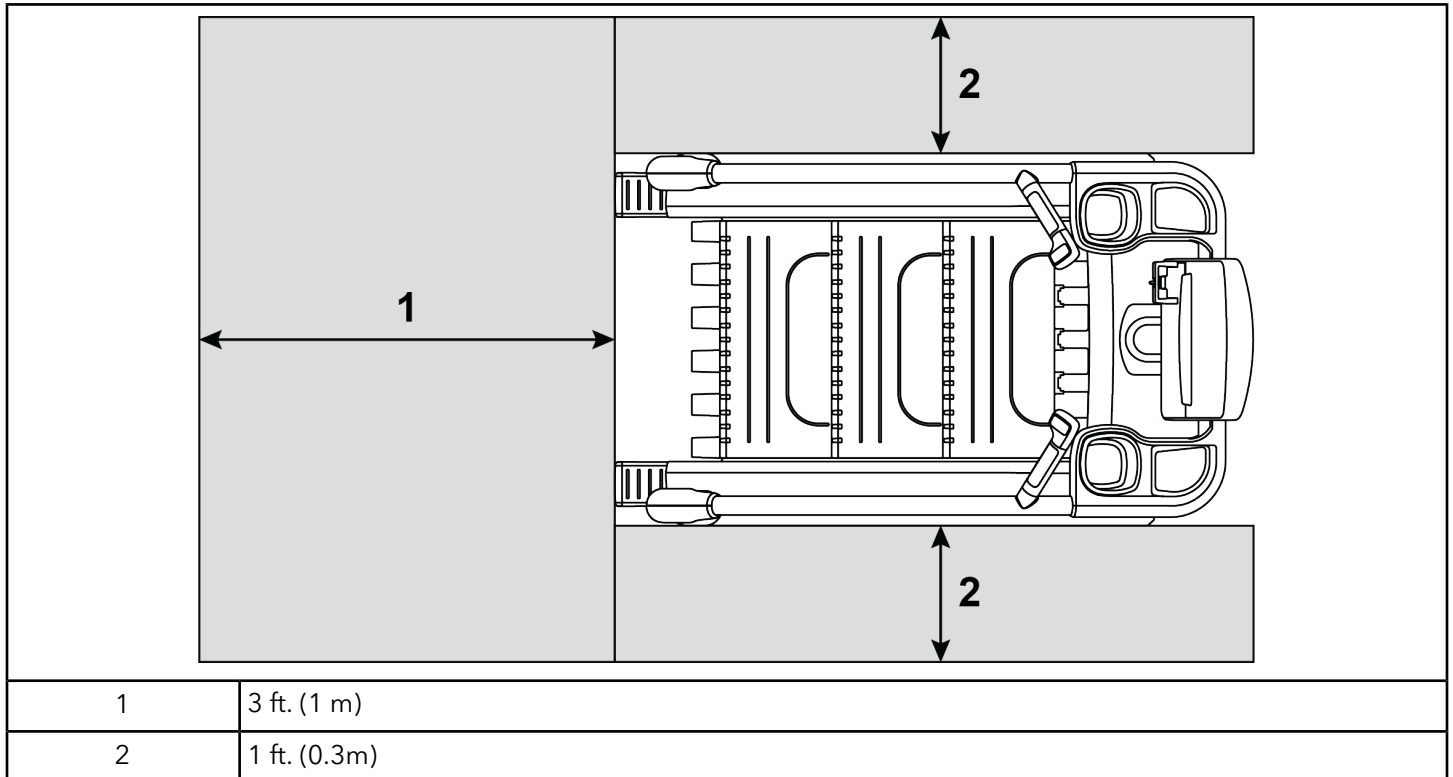


Item	Description
1	Console
2	Stop / Increase Speed Keypads
3	Contact Heart Rate Sensors
4	Cup Holder
5	Step Assist
6	Wheel
7	Leg Leveler
8	Stop / Decrease Speed Keypads

Where to Place Unit

Following all *Safety Instructions*, move the unit to the location in which it will be used. See *Specifications* for the dimensions of the footprint. The location must have a minimum ceiling height of 9 ft. (2.7 m). Allow at least 3 ft. (1 m) behind the unit and 1 ft. (0.3 m) on each side. Grasp the handlebars and use the step assists to mount the unit. To dismount; stop the unit, grasp the handlebars, and use the step assists to back off the machine.

Free area

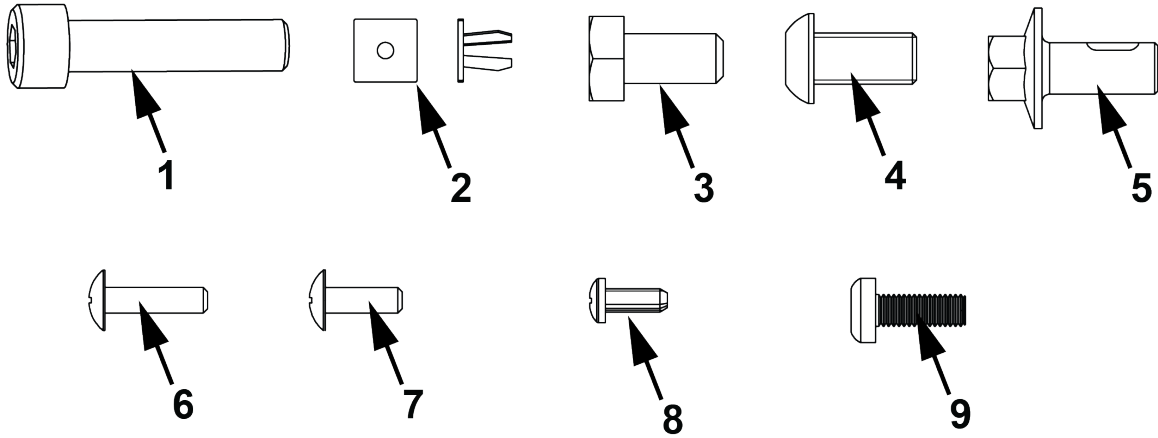


How to Stabilize Unit

After placing the unit in position, check the unit's stability by attempting to rock it. Any slight rocking indicates that the unit must be leveled. There are four stabilizing feet on the unit. Check the front and back stabilizing feet to determine which foot does not rest fully on the floor. Rotate the foot counterclockwise to lower it. Recheck the stability and adjust again as needed until the unit is stable and no longer rocks. Lock the adjustment into position by tightening the jam nut against the stabilizer bar with an open end 17mm wrench.

3. Assembly

Hardware and Required Tools



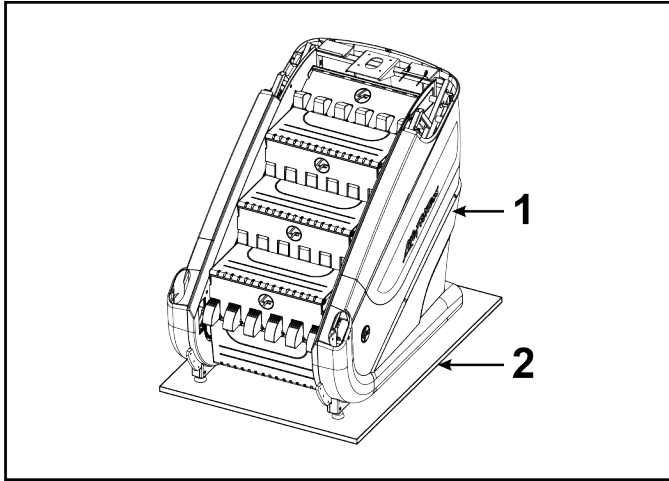
Hardware

1	M8 X 35mm SOCKET HEAD CAP SCREW
2	GROMMET
3	M10 X 20mm HEX HEAD CAP SCREW
4	M8 X 16mm BUTTON HEAD CAP SCREW
5	M8 X 18mm HEX WASHER HEAD SCREW
6	M4 X 16mm PHILLIPS PAN HEAD SCREW
7	M4 X 12mm PHILLIPS PAN HEAD SCREW
8	#6 - 16 X PHILLIPS PAN HEAD SCREW
9	M5 X 14mm PHILLIPS PAN HEAD SCREW

Required Tools:

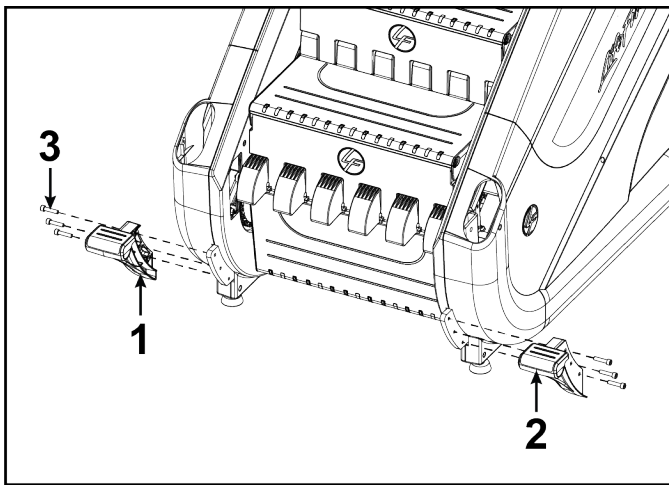
- 5mm Allen Wrench
- 6mm Allen Wrench
- Phillips Screwdriver
- 10mm Socket Wrench
- 17mm Socket Wrench with extension
- 17mm Open End Wrench (for levelers only)
- Ratchet


Remove Base from Base Pad



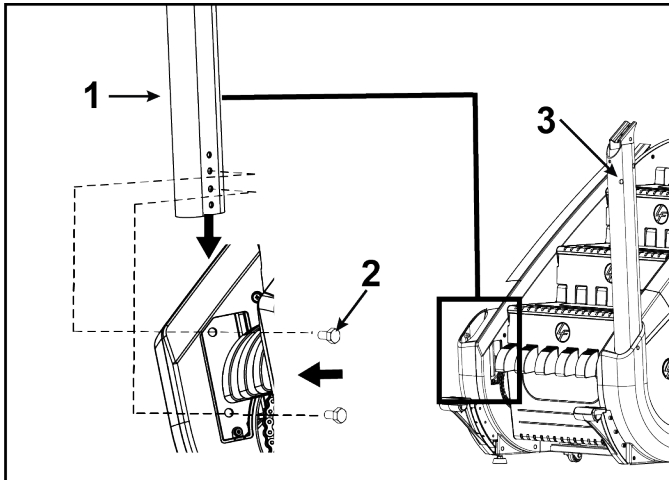
Item	Description	Qty.
1	PowerMill Base	1
2	Base Pad	1


Install Step Assists



Item	Description	Qty.
1	Step Assist, Left	1
2	Step Assist, Right	1
3	M8 X 35mm Socket Head Cap Screw	6
	18-20 ft. lbs. (24.4-27.1 Nm)	

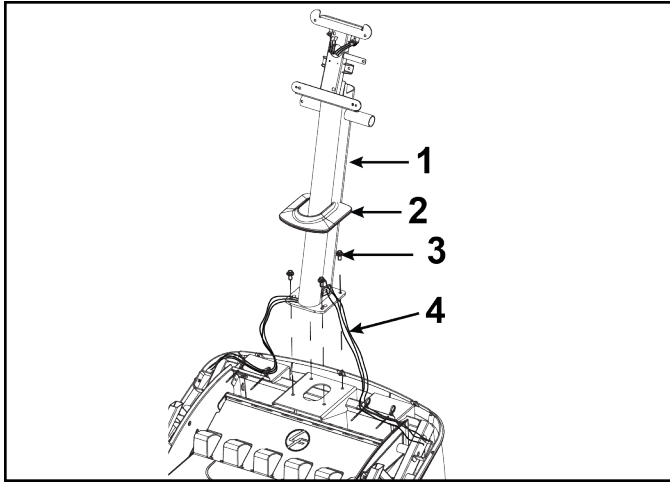
Install Left and Right Rear Uprights




Item	Description	Qty.
1	Rear Upright, Left	1
2	M10 X 20m Hex Head Cap Screw	4
3	Rear Upright, Right	1
	28-32 ft. lbs. (38-43.3 Nm)	

Install Console Support Upright

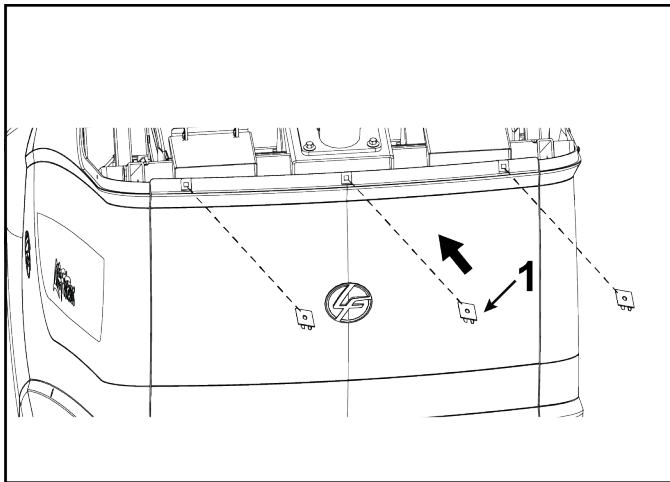
1. Place top cap gasket on console support upright.
2. Route cables up through console support upright.
3. Secure console support upright to base.



Item	Description	Qty.
1	Console Support Upright	1
2	Top Cap Gasket	1
3	M8 x 18mm Hex Washer Head Screw	4
4	Cables	
	18-20 ft. lbs. (24.4-27.1 Nm)	

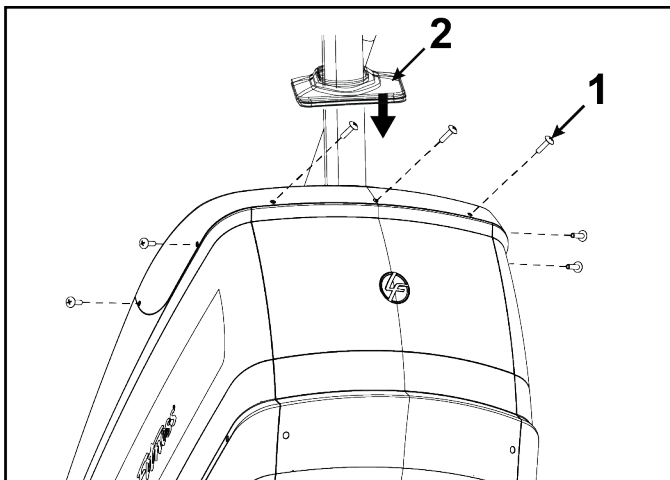
Install Top Cover


1. Install plastic grommets into the front panel shroud.



Item	Description	Qty.
1	Plastic Grommet	3

2. Use screws to secure top cover to base.

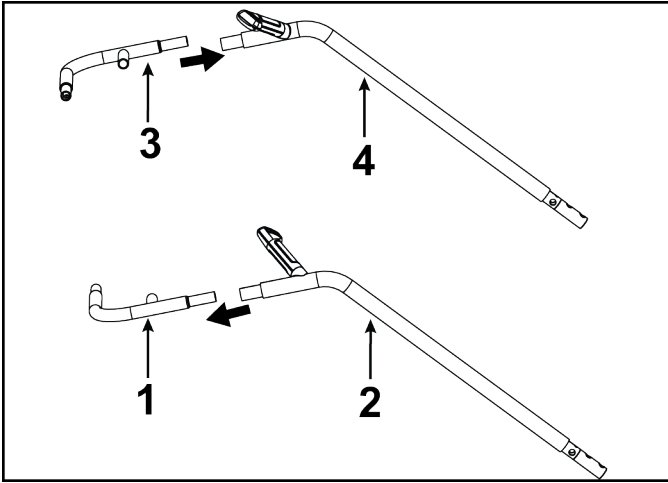



Item	Description	Qty.
1	M4 X 16mm Phillips Pan Head Screw	7
2	Top Cap Gasket	1
	10 - 12 in. lbs. (1.1 - 1.3 Nm)	

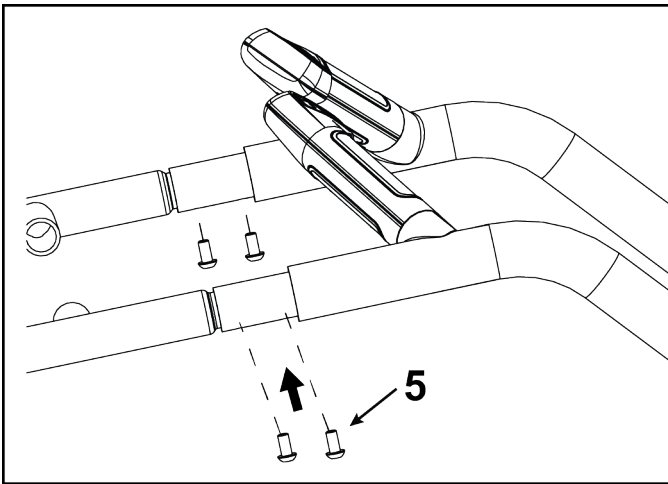
- Slide top cap gasket down the console support upright so it rests flat against the top cover.

Install Handlebars

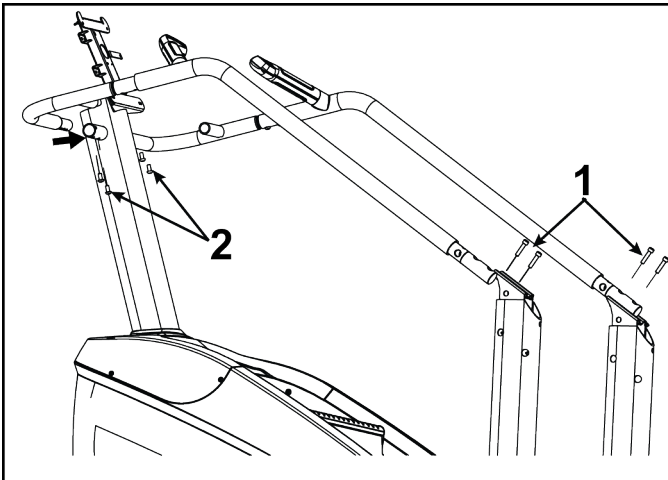
- Join the left and right rear handlebars to left and right "L" tubes (front handlebars). Secure using screws.





Item	Description	Qty.
1	"L" Tube (Front Handlebar), Left	1
2	Handlebar (Rear), Left	1
3	"L" Tube (Front Handlebar), Right	1
4	Handlebar (Rear), Right	1
5	M8 X 16mm Button Head Cap Screw	4
	16 - 18 ft. lbs (21.7 - 24.4 Nm)	

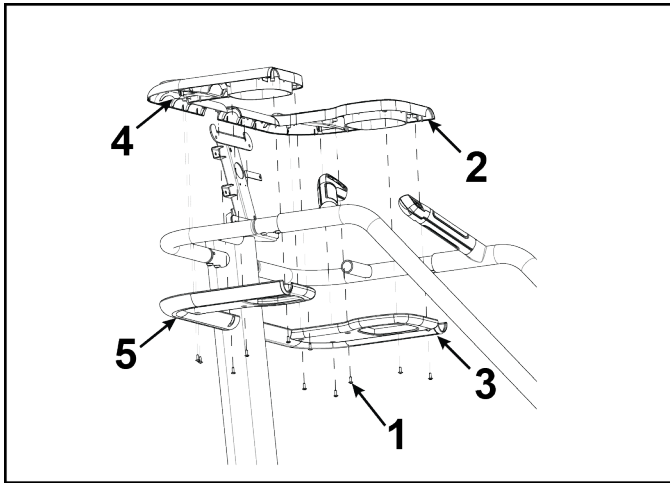


- Secure the left and right handlebar assemblies to the console support upright and rear uprights.



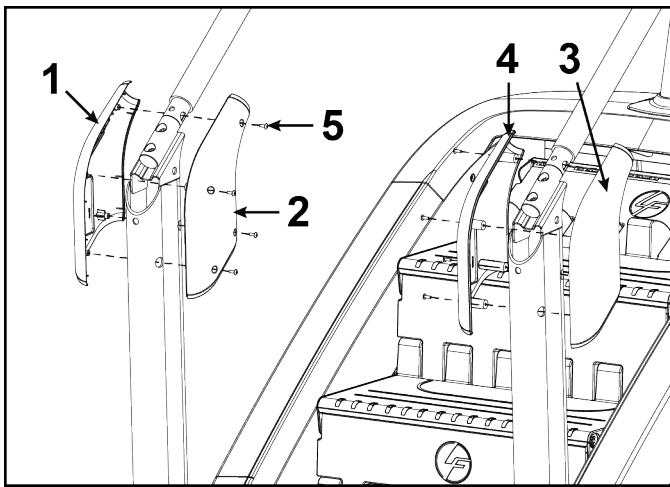
Item	Description	Qty.
1	M8 X 35mm Socket Head Cap Screw	4
	18 - 20 ft. lbs. (24.4 - 27.1 Nm)	
2	M8 X 16mm Button Head Cap Screw	4
	16 - 18 ft. lbs. (21.7 - 24.4 Nm)	


Install Accessory Trays



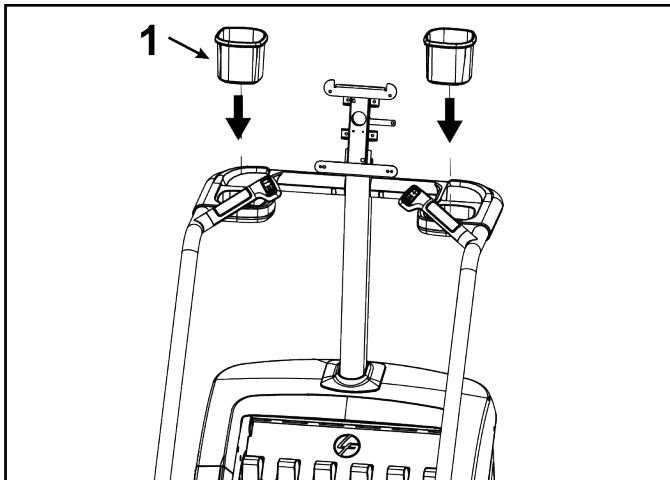
Item	Description	Qty.
1	M4 X12mm Phillips Pan Head Screw	12
2	Accessory Tray, Top Right	1
3	Accessory Tray, Bottom Right	1
4	Accessory Tray, Top Left	1
5	Accessory Tray, Bottom Left	1
	10 -12 in. lbs. (1.1 - 1.3 Nm)	

Install Handlebar Covers



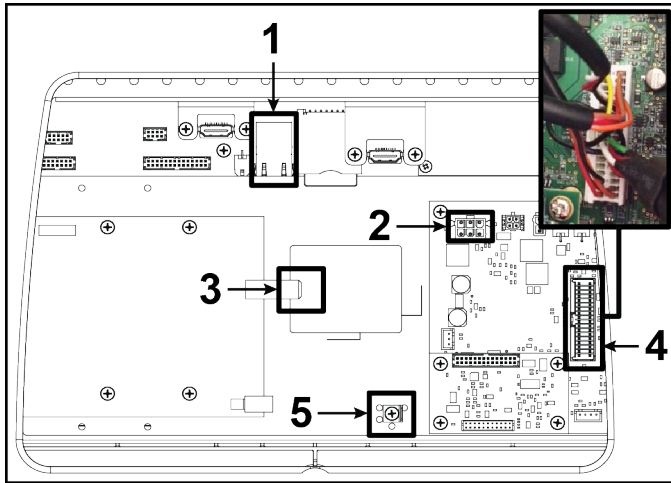
Item	Description	Qty.
1	Rear Handlebar Cover, Outer Left	1
2	Rear Handlebar Cover, Inner Left	1
3	Rear Handlebar Cover, Outer Right	1
4	Rear Handlebar Cover, Inner Right	1
5	M4 X 12mm Phillips Pan Head Screw	8
	10 -12 in. lbs. (1.1- 1.3 Nm)	

Install Accessory Cups



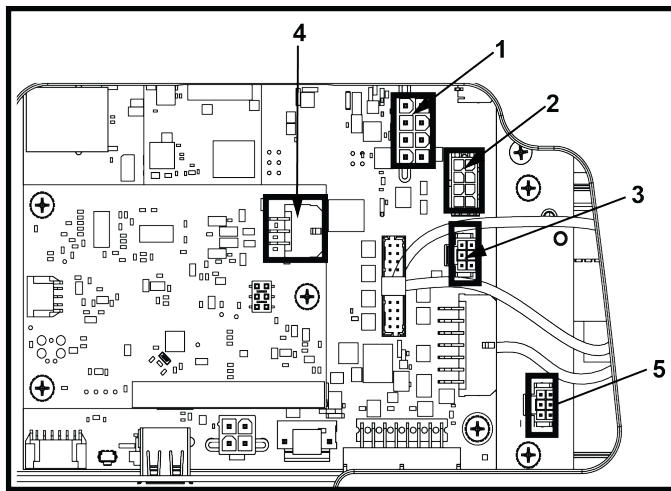
Item	Description	Qty.
1	Accessory Cup	2

Base to Console Cable Connections - Discover / ST



Item	Description
1	CAT5e Ethernet
2	24V DC
3	Coax, RG6, Base
4	PCB
5	Ground Wire

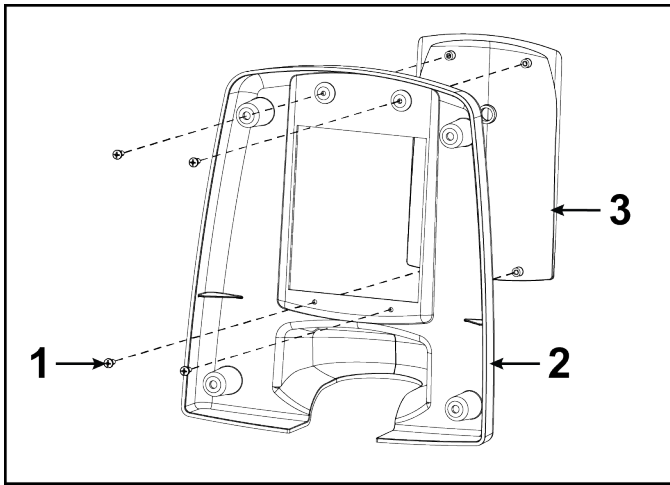
Base to Console Cable Connections - Integrity




	Description
1	Console to Base Power
2	Base Signal
3	Left Handlebar Keypad Switch
4	Lifepulse
5	Right Handlebar Keypad Switch

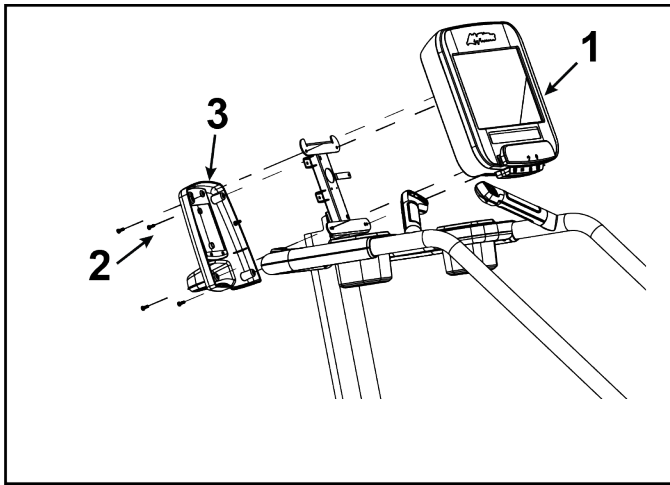
Attach Discover Console


1. Install screws securing middle console shroud to console cover.



Item	Description	Qty.
1	#6-16 X 6 Phillips Pan Head Tapping Screw	4
2	Middle Console Shroud	1
3	Console Cover	1
	10 - 12 in. lbs. (1.1 - 1.3 Nm)	

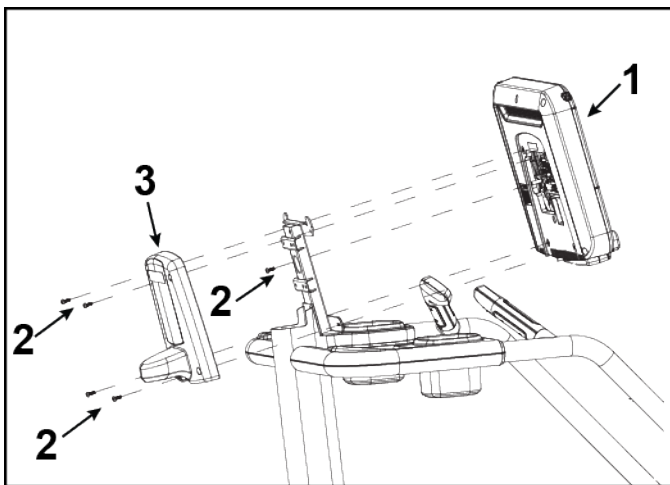
2. Install screws securing console and console cover to console support upright.




Item	Description	Qty.
1	Console	1
2	M5 X 14 Phillips Pan Head Screw	4
3	Console Cover	1
	14 - 16 in. lbs. (1.5 - 1.8 Nm)	

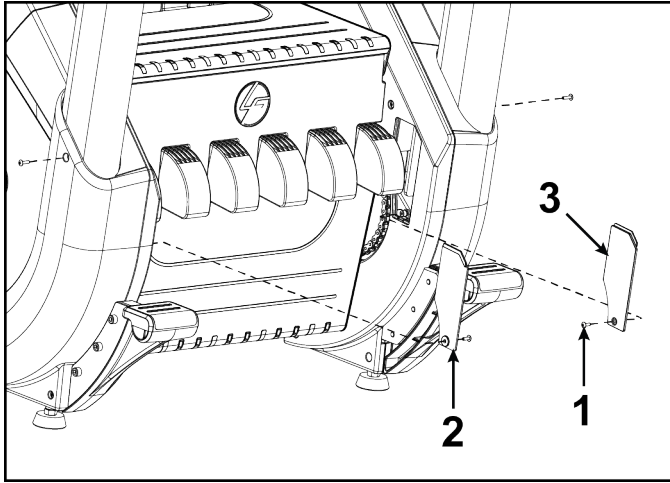
Attach Integrity Console


1. Secure ground screw to console.
2. Use the remaining four M5 X 14 Phillips Pan Head Screws to secure both the console and rear console cover to the console support upright.



Item	Description	Qty.
1	Console	1
2	M5 X 14 Phillips Pan Head Screw	5
3	Rear Console Cover	1
	14 - 16 in. lbs. (1.5 - 1.8 Nm)	

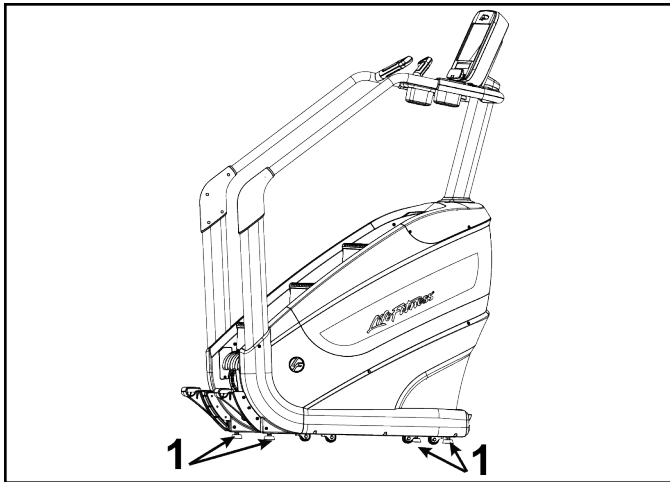
Attach Access Panels



Item	Description	Qty.
1	M4 X 12mm Phillips Pan Head Screw	4
2	Access Panel, Left	1
3	Access Panel, Right	1
	10 - 12 in. lbs. (1.1 - 1.3 Nm)	

Tighten Hardware and Verify Leg Leveler Position

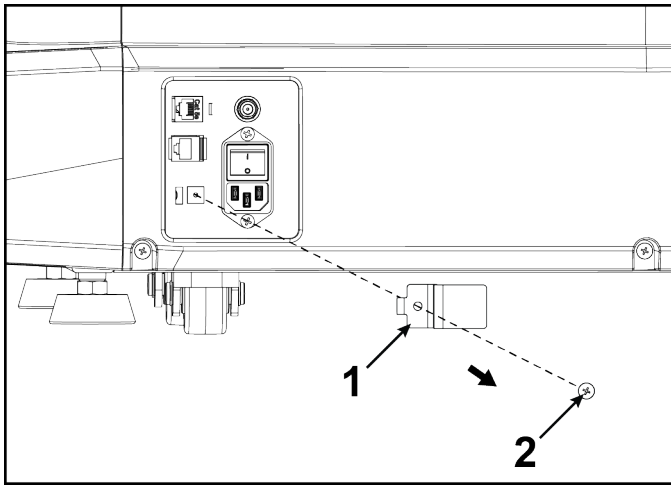
Tighten all hardware and make sure all leg levelers are down.



Item	Description	Qty.
1	Leg Leveler	4

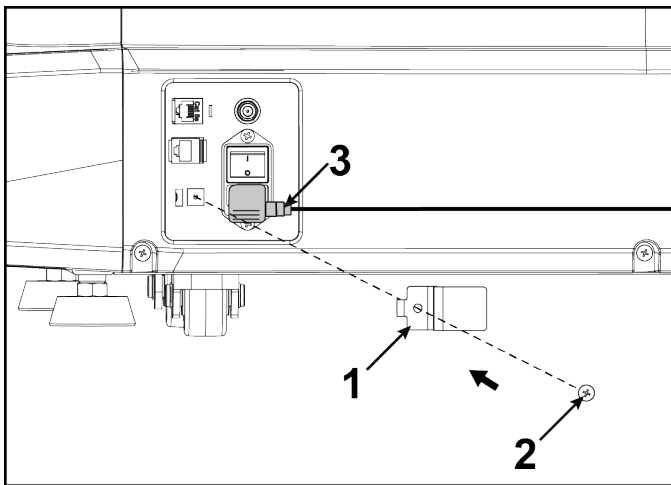
Remove Line Cord Bracket and Secure Power Cord


1. Remove line cord bracket and screw.



Item	Description	Qty.
1	Bracket, Line Cord	1
2	M4 X 12mm Phillips Pan Head Screw	1

2. Plug in power cord and reattach line cord bracket and screw.




Item	Description	Qty.
1	Bracket, Line Cord	1
2	M4 X 12mm Phillips Pan Head Screw	1
3	Power Cord	1
	14 - 16 in. lbs. (1.5 - 1.8 Nm)	

4. Service and Technical Data

Preventive Maintenance Tips

The following preventive maintenance tips will keep the product operating at peak performance:

- Locate the product in a cool, dry place.
- Clean the top surface of the steps regularly.
- Clean the display console and all exterior surfaces with an approved or compatible cleaner (see *Approved Cleaners*) and a microfiber cloth.
- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

 **Note:** When cleaning the exterior of the unit, a non-abrasive cleaner and soft cotton cloth are strongly recommended. At no time should cleaner be applied directly to any part of the equipment.

Approved and Compatible Cleaners

Two preferred cleaners have been approved by reliability experts: PureGreen 24 and Gym Wipes. Both cleaners will safely and effectively remove dirt, grime and sweat from equipment. PureGreen 24 and the Antibacterial Force formula of Gym Wipes are both disinfectants that are effective against MRSA and H1N1.

PureGreen 24 is available in a spray which is convenient for gym staff to use. Apply the spray to a microfiber cloth and wipe down the equipment. Use PureGreen 24 on the equipment for at least 2 minutes for general disinfection purposes and at least 10 minutes for fungus and viral control.

Gym Wipes are large, durable pre-moistened wipes to use on the equipment before and after workouts. Use Gym Wipes on the equipment for at least 2 minutes for general disinfection purposes.

Contact Customer Support to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

Mild soap and water or a mild non-abrasive household cleaner can also be used to clean the display and all exterior surfaces. Use a soft microfiber cloth only. Apply the cleaner to the microfiber cloth before cleaning. DO NOT use ammonia or acid based cleaners. DO NOT use abrasive cleaners. DO NOT use paper towels. DO NOT apply cleaners directly to the equipment surfaces.

Preventive Maintenance Schedule

Item	Weekly	Monthly	Quarterly	Biannually	Comments
Console Overlays	Clean			Inspect	
Cup Holder	Clean	Inspect			
Console Mounting Bolts				Inspect	
Frames	Clean			Inspect	
Plastic Covers	Clean	Inspect			
Lifepulse Sensors	Clean / Inspect				
Leg Levelers		Inspect / Adjust			
Side Hand Rails	Clean			Inspect	
Steps	Clean			Inspect	
TURN OFF AND UNPLUG THE POWERMILL PRIOR TO PERFORMING THE MAINTENANCE ITEMS BELOW!					
Step Chains			Inspect	Clean / Lubricate	Clean and lightly lubricate with 30w oil on a cloth.
Drive Chain			Inspect	Clean / Lubricate	Clean and lightly lubricate with 30w oil on a cloth.
Chain Sprockets			Inspect	Clean / Lubricate	Wipe off excess old grease and lightly apply lithium based grease to sprocket teeth.
Motor Belt				Inspect	
Bearing Tracks				Inspect / Lubricate	Wipe off excess old grease and lightly apply lithium based grease to tracks.
MCB Heat Sink				Inspect / Clean	Make sure heat sink is free of debris.
Electrical Connections				Inspect	
Front Step Shaft		Clean / Lubricate			Clean / lightly lubricate with "Breakfree" solution on cloth.
Rear Step Shaft		Clean / Lubricate			Clean / lightly lubricate with "Breakfree" solution on cloth.

5. Specifications

Specifications

Designed Use	Heavy / Commercial
Maximum User Weight	400 lbs. / 181 kg
Ceiling Height Minimum	9 ft. / 2.7 m
Usable Step Surface Area	205 sq. in. (520.7 cm)
Power Requirements	Integrity: 100 - 240 volts, 50/60 Hz, 3 Amps
	Discover / ST: 100 - 240 volts, 50/60 Hz, 5 Amps
Internet	Via CAT6 or CAT5e (shielded recommended)
Resistance Levels	26 (0-25)
Heart Rate Monitoring Options	Patented Lifepulse™ digital heart rate monitoring with DSP (digital signal processing) and Polar® telemetry (optional chest strap required)
Network Capabilities	CSAFE-Ready, FitLinxx™ Certified
Base Feature	SureStep System™, MaxBlox™ steps with anti-pinch toe protectors, dual braking system, dual step-assist, integrated reading rack, wide two-tone stairs, integrated Smartphone accessory tray, removable cup holders, four wheels for easy mobility, thumb resistance controls

Console Options:	Discover SE3	Discover SE3 HD / ST	Integrity X	Integrity C
Display Type:	16" LCD Surface Capacitive Touch Screen	16" HD LCD Capacitive Touch Screen	7" LCD Color Touch Screen	4 X 12" LED Display

	Physical Dimensions	Shipped Dimensions - Main Box
Length	55.92 in. / 142 cm	51.6 in. / 131 cm
Diagonal	99.5 in. / 252.73 cm	N/A
Width	32.81 in. / 83.3 cm	35 in. / 89 cm
Height	82.3 in. / 209 cm	50 in. / 127 cm
Step-Up Height	10.5 in. / 26.7 cm	N/A
Weight	(Base) 473 lbs. / 214.5 kg	530 lbs. / 241 kg