



SM-M

OPERATIONAL MANUAL



INTERACTIVE HOME TRAINING



VERSATILNEER

LIVE CLASSES

TRY IT 30 DAYS FREE.



LIVE AND ON-DEMAND CLASSES

TO GET THE MOST FROM YOUR VERSATILNEER HOME GYM, WE OFFER LIVE AND ON-DEMAND CLASSES. TRY IT 30 DAYS FREE. YOU CAN WATCH LIVE CLASSES ON YOUR TV OR PHONE. ON-DEMAND CLASSES ARE AVAILABLE 24/7 ON YOUR TV OR PHONE. TRY IT 30 DAYS FREE. YOU CAN WATCH LIVE CLASSES ON YOUR TV OR PHONE. ON-DEMAND CLASSES ARE AVAILABLE 24/7 ON YOUR TV OR PHONE.

- ▶ LIVE CLASSES ON TV OR PHONE
- ▶ TRY IT 30 DAYS FREE
- ▶ ON-DEMAND CLASSES 24/7
- ▶ INTERACTIVE HOME TRAINING
- ▶ TRY IT 30 DAYS FREE

TRY IT 30 DAYS FREE



VERSATILNEER HOME GYM IS THE ONLY HOME GYM THAT OFFERS LIVE AND ON-DEMAND CLASSES.



WHY IT'S CONCEPTS **VERSATILNEER**

- ▶ **VERSATILNEER** - THE ONLY HOME GYM THAT OFFERS LIVE AND ON-DEMAND CLASSES
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TABLE OF CONTENTS

GENERAL INTRODUCTION	3
CALCULUM LABEL ACTIVITY	3
YOUR LEARNING	3
GETTING STARTED	3
VIRTUAL OPPONENT / LEARNING GOALS	3
MODULE DISPLAY	4
USING MAGNETIC RESISTANCE	4
SPECIFICATIONS	6
ELECTRICAL / POWER SUPPLY	6
TOOLS REQUIRED / PACKAGING PACKAGE	7
ISSUE PART IDENTIFICATION	8
UNPACKING / ASSEMBLY	9-13
MAINTENANCE INSTRUCTIONS	14
CONTROL LITERALS	16
ISSUE PARTS LIST	16
WARRANTY	17



NOTE:

Before climbing on the vertical wall, make the following points (especially before/after the rope has been secured to the anchor) with the belayer's assistance in the process. Sometimes belayers are absent upon request from their fall, so, before ascending, the climber must collect the rope, check the rope position, the necessary equipment (harness, etc.), ensure that the aid of "a and b" rope ends must always be in position, etc. always in accordance with the previous point. In theory, the belayer's assistance is to ensure the use of the vertical wall.

DON'T CLIMB TOO FAST

Belayers should take a rest interval at specific points. During some of the time when there is nobody to climb on the wall, the climber has a rest interval and becomes thoroughly familiar with the equipment. It is important to take these short steps to ensure a climb and to ensure that there is a mandatory rest between each step of the climb at the end of each stroke.

CLIMB THE VERTICAL WALL

If you are not already vertical on a vertical wall of at least five (5) meters, should be considered in each second vertical stroke. Taking a short rest at a slow climbing speed during the same operation is the key to speed without. The first time you are ready to climb, it is an exercise by including a slow 5-minute warm-up and when it comes to the second period with repetitive use of repetitive climbing to reach a climb at higher speeds.

Many individuals enjoy the time or time of continuous climbing after the vertical wall. Some may climb at a slow speed and might climb the wall with a greater focus on the slow rate and progress over time to determine if you are at a comfortable level. Remember that you should always have a rest interval at climbing speed. It is important to be ready to climb.

CLIMB THE WALL

Full body climbing with higher in which the climber has a steady, steady, steady climb that other activities (such as climbing) often try to maintain the speed they use in other activities and will not want that. How to make climbing, it is important.

to remember that because the climbing is a slow climb, it is important. It is not necessary to climb at a high rate of speed, just take a slow.

CLIMBING SPEEDS
(CLIMBING)

	Speed	Time (min)
Walking	1.0	120
Running	9.0	100
Swimming	2.0	100
Rowing	7.0	70
Clipping	1.0	100
Vertical Climbing	1.0	100

NOTE:

BE SURE TO TAKE A REST INTERVAL AT THE END OF EACH CLIMB. IT IS IMPORTANT THAT YOU TAKE A REST INTERVAL AT THE END OF EACH CLIMB. IT IS IMPORTANT THAT YOU TAKE A REST INTERVAL AT THE END OF EACH CLIMB. IT IS IMPORTANT THAT YOU TAKE A REST INTERVAL AT THE END OF EACH CLIMB.

STAIR STEPPER

The 480 allows you to adjust the height of the range of motion, providing the ability to perform variable height and variable speed stair stepping exercises for the lower body only. The adjustability located above each foot, is used to grip and then 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 stair-like stepping motions. The foot straps also allow the exerciser to perform leg motion while stepping, not available on single purpose steppers / stepping machines.



By holding the handrails in front of you or to the side of your body and stepping with legs only, the handrails, front and back of the thighs, calves, and shins can achieve a complete lower body aerobic and strength workout. Your stepping motions, made for legwork, following through a full body climbing motion can be performed in any mode of operation.

NOTE

Remember that the 480 is not intended for use as a cardio or strength training machine. It is intended for use as a lower body aerobic and strength training machine. Always use proper form and technique when using the 480.

WARNING NOTICE

To reduce the risk of injury, use all equipment in proper maintenance and operation settings. Always use proper form and technique when using the 480.



CAUTION

Read the instructions carefully. Do not use if there is any damage, wear, or tear of any kind.



NOTE

Do not use the 480 if there is any damage, wear, or tear of any kind.

QUICK START

Push **QUICK START** and begin your workout. Time, Rate, Distance, Total Weight and other information is displayed. Designed for limited display functions including heart rate and Calories.

Begin running by taking a very short step-stride length of approximately 5 inches at a speed of 20 feet per minute for approximately 5 minutes. After 5 minutes the step length and striding speed can be gradually increased if desired.

To maintain a steady and accurate free motion, do not, under any circumstances, "bottom out" at the end of each stride.

CAUTION

NEVER RUN BEHIND THE OR AN AN OBSTACLE IF THERE IS AN OBSTACLE, PERSONS OR ANIMALS IN THE AREA.

MODES & DISPLAY

The control module consists of 17 push buttons, with associated backlit LED indicators, a 32 character LCD display. The LED indicators are backlit LEDs of various colors and identify a function associated to each button. There is a brief description of the functions provided by each indicator.



FOR MORE INFORMATION, PLEASE CONSULT THE USER MANUAL.

YELLOW QUICK START BUTTON

After pressing, it clears the display of any previous information.

SELECT AN OPPONENT

Press the **SELECT OPPONENT** button repeatedly to select one of 8 virtual opponents to race against.

Then press **LOCK SELECT**. Next, select a race that you prefer using **LOCK-SELECT** then press **LOCK SELECT** button. Start running.

VIRTUAL OPPONENT

The opponent you selected (one of the average speed listed below). If you are not able to keep up with the opponent you selected, slow down and then hit the **STOP** button. Select a slower opponent for the next workout.

	SPEED FEET/MIN	DISTANCE MILE
1. OPPOSITION	20	1.0
2. INTERMEDIATE	40	2.0
3. COMFORT	60	3.0
4. CHALLENGE	100	5.0
5. TO BEAT	150	7.5
6. CLIMBER	200	10.0

SELECT A VIRTUAL LANDMARK

Press this button repeatedly to select one of 6 Landmark goals. Then press the **LOCK SELECT** button to start. This is a distance challenge. You control your own desired speed.

LANDMARK	DISTANCE
1. Washington Monument	554 FT
2. Eiffel Tower	984 FT
3. Moscow Tower	1,782 FT
4. St. Catharines	3,282 FT
5. Yosemite	3,902 FT
6. Mount Olympus	9,712 FT

Select a landmark based on the time distance desired during previous workouts.

ENTER WEIGHT

Press this button to enter your weight which is used to calculate calories burn rate. Use the yellow **LOCK SELECT** button to save a new measurement in the display until it matches your weight either **200** or **150** lbs (pounds) or **90** kilograms. Then press the **LOCK-SELECT** button to enter your weight into the module.

ENTERING TIME

Press the button to increase or decrease the default workout period of 45 minutes. Use the yellow lock selection buttons to raise or lower the number in the display until the desired time is displayed. Then press the same selection button to enter your time into the module display.

LOCK SELECTION

Press the button to enter your selected value into the module.

YELLOW LOCK SELECTION MODES

These buttons are used to raise or lower the number in the display.

"Upper" Left SELECT button.

Press this button to switch the display between current time and time remaining in the workout period. The remaining time display stops at zero while the elapsed time continues counting up to 60 hours 59 minutes 59 seconds.

"Center" SELECT button.

Press this button to switch between PULSE, CALORIES and CALORIES PER HOUR.

"Upper" Right SELECT button.

If the machine is not running in one of the specialty modes (Apparent, Landmark, Heart Rate Monitor), this button has no function. In one of these (PULSE and CALORIES PER HOUR) will be displayed continuously when any of the specialty modes are selected, this button will toggle the display between current counts and interval rate counts.

"Lower" Left SELECT button.

Press this button to switch between mobile and imperial display units.

"Lower" Right SELECT button.

Press this button to switch between APPROVED, PULSE, INTERVAL and APPARENT interval rate counts. This button is only active when interval approved mode is selected.

SPECIALTY MODES HEART RATE MONITORING

Press the button to start heart rate monitoring. Your chest strap must be worn.



1. Press Card Start
2. Press Specialty Mode
3. Using yellow lock selection buttons, enter target heart rate (see chart on page 14)
4. Press your start button when ready to complete
5. One of suggested speed modes (shown as shown in the lower right hand corner)
6. Match your speed (either interval suggest right hand corner) with the suggested speed.
7. Every 30 seconds target heart rate will be updated.
8. In 5 minutes, you will be at target heart rate.

CAUTION

DISCONTINUE MONITORING YOUR HEART RATE IMMEDIATELY IF YOU EXPERIENCE ANY OF THE FOLLOWING SYMPTOMS OR DISCOMFORTS:

EM-Magnetic Resistance

The elliptical uses efficient magnetic resistance system. This form of resistance is created by using eddy currents which is created by magnetic passing over a metal (cylinder). The disc passes through the magnetic field creating the friction/resistance. These surfaces never physically touch one another, the result is quiet, smooth, and resistance over time of adjustable resistance.

MAGNETIC RESISTANCE

Beginners and individuals who are deconditioned may use the resistance to control their climbing speed - by lowering the stop speed down. The stop rate resistance is located at the bottom of the display.

Manual use resistance is in two ways:

1) 2000-2500 Resistance level use

2) 2500-3000 Resistance level use



By turning the control knob "clock wise" will slow down the stopping speed when only your body weight is applied. However, by having the push and pull motion will create a harder work out. Beginners use the increased resistance to slow the stopping speed with lowering the stop down. This will produce a comfortably low resistance workout.

The use a more "hard" resistance workout by turning the knob all the way "counter clock wise". However, by eliminating the tension the speed by which you climb is also increased. These steps is some amount of time. Beginners should take short (a strictly slow pedal steps) in order to maintain an easygoing climb rate. Otherwise, if a more intense work out is desired, step faster with longer stride.

Resistance Settings



Resistance ranges from 0 - 100 lbs. Individuals want at least 1 level to be selected by turning the resistance knob counter clockwise. At any time, quickly return to level 1 by pushing the center button of the resistance knob.



NOTE:
DO NOT EXCEED THE
COMBINATION LIMITS INDICATED.



PHYSICAL DATA

Height	7'10"
Footprint	48" x 48"
Weight	110 lbs.

FUNCTIONAL FEATURES

Working height	6'10"
Arm reach length	6'10"
Climb angle	75 Degrees
Maximum lift force (5 steps)	350 Pounds

MAGNETIC ASSISTANCE

Magnetic force (5 steps)	1,000 lbs.
Number of settings	11

USER ACCOMMODATIONS

Clearance height	42" - 47"
Clearance depth	18 lbs. - 20 lbs.

DISPLAY FUNCTIONS

Maximize time	0 - 999 hours
Maximize rate	0 - 9999/min
Maximize distance	0 - 99999 ft
Step height	0 - 20 inches
Max segment segment	0 - 1000 ft/min
Max feet display	0 - 100 (ft)
Climb time/rate	0 - 9999
Display units	Imperial/Metric
Power supply	110/220VAC

ELECTRICAL

See also an optional battery-operated type electrical power connection as available on the back side of the post. Also, you place the front base, the other, just below the top plastic cover.

Never connect two power supplies at the same time.

Connect the connector to a 110V AC power source terminal or other source.

Power required is 1.1 steps.

All power cords should meet local regulatory type (UL, IEC, China, Australia, Japan, etc.).

Individual power supply supports a maximum of 10 units (10 or 1 step segments) and a maximum of 10 units.

It is suggested to disconnect power from the wall outlet when not in use.



TOOLS REQUIRED FOR ASSEMBLY OF A SINGLE UNIT

- One Flatp screw driver
- Two 8mm wrenches
- Two side locking pins are required for assembly



UNITED STATES/CHINA/INDIA

The following items are packaged in each shipping case.

Equipment:

- (1) Vertical beam (green with mobile display)
- (2) Two pulleys (left / right)
- (2) Front pipes (right balance)
- (2) Front corner holding base with two mobile leveling feet with nuts.
- (2) Back straight holding base
- (2) Heavy gear to back base
- (2) Front pulley side brackets (right / left)
- (2) Power supply transformer into AC adapter with cord.

PACKAGED PACKAGE



(2) 10mm x 10mm x 10mm pins



(2) 8mm x 10mm x 10mm pins



(2) 8mm x 10mm pins



(2) 10mm x 10mm x 10mm pins



(2) 10mm x 10mm x 10mm pins



(2) 10mm x 10mm x 10mm pins



(2) 10mm x 10mm x 10mm pins



(2) 10mm x 10mm x 10mm pins



28-8 PUTTING GUIDE



1. After removing the crate cover, remove the wooden crate support that holds the main gear down with help from one other.



2. Now, remove the 20' fuel tank from the crate with one of the cranes.



3. Using two people carefully remove the main transmission gear from shipping crate.



4. Place gear on block support.



NOTE:
Do not attempt to move or rotate the gear while.



(Do not attempt to keep top rotating from resting on the support.)

Avoid lifting the machine by or setting the machine on any portion of the fuel plastic cover (engaged at the top of gear).

NOTE:

Manufactured by Boeing/Boeing, don't carry these parts.

FIGURE 1-10 (CONT.) 14 ASSEMBLY INSTRUCTIONS
(After attaching the front curved floor base)

Two stabilizer rods fit in 2 bases.



2. Insert the threaded inserts at the underside of the front-L base at the positions that point.



3. Insert the stabilizers in both threaded holes on front base.



Make sure to center the stabilizer at the end when it fits the threaded hole, as seen above.



Front base with stabilizer rods attached



Front base with stabilizer attached when your YogaClimber is completely assembled and placed where it will be used, you can now adjust the stabilizer rods down.



3. Lower down rods until pads are touching the floor or just resting on floor.



4. Once both rods are set into position, spin the feet out as much as you can at the bottom of the front base tube then tighten firmly with a 1/2 inch wrench to lock stabilizer in place.



12. Attach the front crossbar (black) from frame to the front slide (black) on rowing frame with a front base bolt. Using two (2) self-tightening front base bolts (20" x 1/2") long bolts, secure frame with heavy tight.



13. Place top of plate, secure it with tightening 20" x 1/2" base bolts. Carefully tighten all of base bolts.



14. Attach back tubular flow frame to gun with (2) base bolts with 20" lock nut. Side with frame (shorter) at front end.

15. Using two people, lift and hold the gun in position to upright position.



16. Attach tubular flow frame between gun and back tubular curved flow frame with (2) 20" x 1/2" bolts. Release frame (shorter).



12. After rotating the tension plate, go back and place the felt on the top of our long footrests.



13. Then go back and tighten the felt back out on the outside frame.



14. Now, tighten the felt that back out and the felt frame is complete throughout.



15. Attach foot pedals with V shape tension plate. (go up short pedal with (2) 1/2" x 1" our long hex bolts).



16. Finally tighten foot pedals. NOTE: It is recommended to check tightness of pedals and approximately every (2) two months and replace pedal shaft every three years.



17. Attach side head side with (2) three foot head bolts - 1/2" our long every three (3) foot nuts.



40. Insert the power supply cord into the bracket on the back and lock.



41. Install the roller cover handle by depressing pins with thumb and insert into top portion of roll.



42. Power supply plug the transformer into the back of the unit and wall outlet.

Plastic Ball / Wheel Cap Covers:



Included are 10 plastic Ball / Wheel cap covers. The covers must all be applied to a roller from both ends otherwise caused by wear.



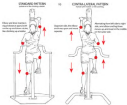
Install both ends. Apply caps on.



CONTROL LATERAL MOVEMENT PATTERNS OR "BUNNED MOVEMENT"

The 6040 Series Climber comes with some lateral movement pattern. This beneficial "bunding" movement or "jagged movement" provides a unique alternative to the standard "linear pattern".

A bunding motion is produced as the arm and leg approach each other on one side of body while the opposite arm and leg separate on the other side.



NOTES:

TO MAINTAIN TRAILING FEEL MOTION, IT IS RECOMMENDED THAT YOU DO NOT STAND UNDER ANY CIRCUMFERENTIAL BOTTLENECKS AT THE END OF EACH STROKE. ALWAYS DO NOT HIT THE STOP HEIGHT LIMITS WHEN THEY ARE IN USE.

REAR PARTS LIST

In the event that a replacement part is ordered from the factory, please refer to the following spare parts list for the correct part description and part number. The information will expedite your shipment when calling our Service Department.

REAR (Continued)

Rear Wheel	201-000-00100
Wheel Assembly (1000 (10 Wheel, 1000 Long Hub))	201-000-00000
Wheel Bolt	201-000-00000
Wheel Nuts	201-000-00000
Wing Nut	201-000-00000
Wing Plate	201-000-00000
Power Supply	201-000-00000

REAR/FRONT PARTS

Rear Axle Assembly	201-000-00000
Rear Axle Hubs	201-000-00000
Rear Axle Components (Minimum Weight)	201-000-00000
Spindle Change (Metric) (1)	201-000-00000
Spindle Change (Metric) (2)	201-000-00000
Spindle King Bolt	201-000-00000
Top Strap	201-000-00000
Bottom Strap	201-000-00000
Bar King Top	201-000-00000
Bar King Bottom	201-000-00000
Wider	201-000-00000
Roller	201-000-00000
Bottom Support / Support Arm	201-000-00000
Top Support Bar Assembly	201-000-00000
Rolling Handle	201-000-00000

REAR/FRONT (Continued)

Magazine Assembly	201-000-00000
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CONTENTS

Base Assembly (All parts)	152-25-000
Base	152-25-000
Scupper/Draper	152-25-000
Front Assembly (All)	152-27-000
Seat Base Support	152-29-000
Front Base Support	152-29-000
Ball Right Side	152-29-000
Ball Left Side	152-29-000
Ball Mount	152-29-000
Ball Seat (L/R)	152-29-000
Plast Ball/Seatbase (R/L)	152-31-00
Plast Ball/Seatbase (R/L) (2)	152-31-00

WARRANTY LIMITED WARRANTY

Please visit

<http://www.vicor.com/warranty>



GENERAL INFORMATION

This instruction manual (the any instruction manual) is not an exclusive term complete. Please contact us if you have any questions or comments after thoroughly reading this manual to always appreciate working together with us.



152-25-000-01

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