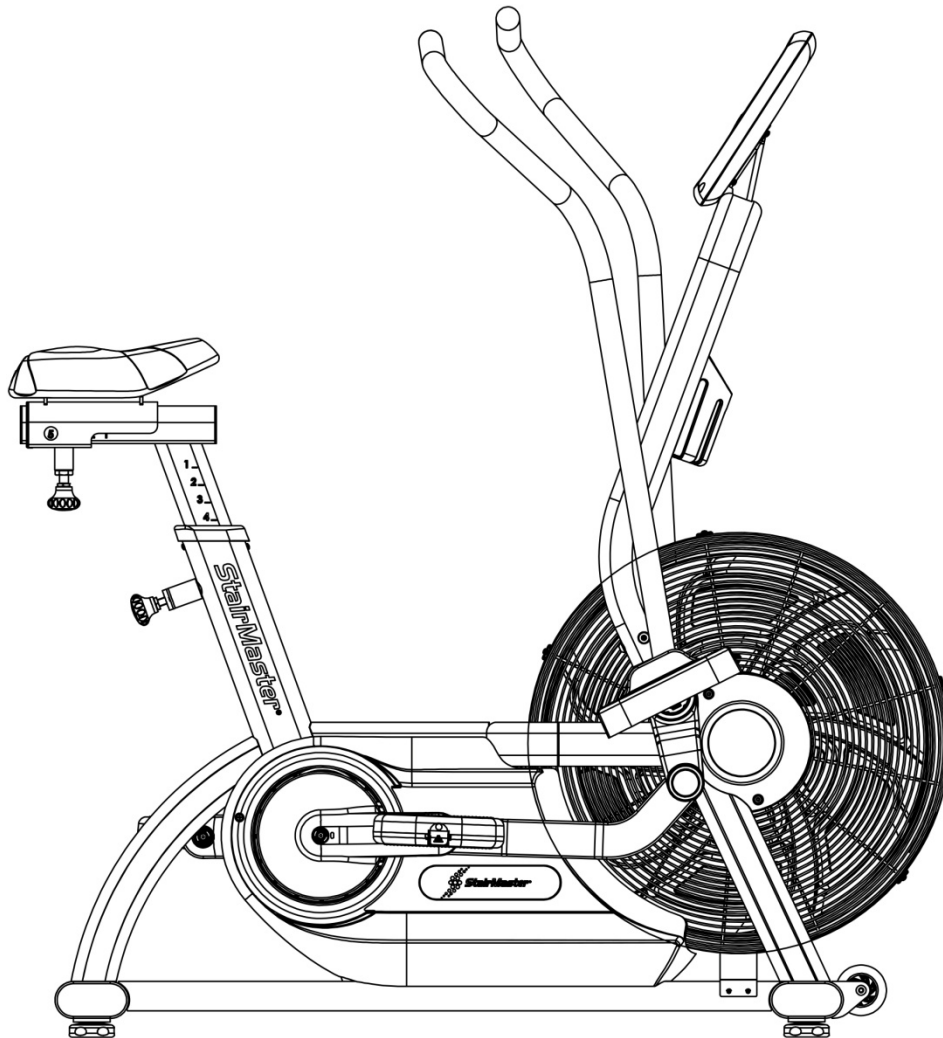




# Stairmaster HIIT Bike



Assembly manual



# Assembly Instructions

1. Locate an open area to unbox the packaged machine (Fig. 1).

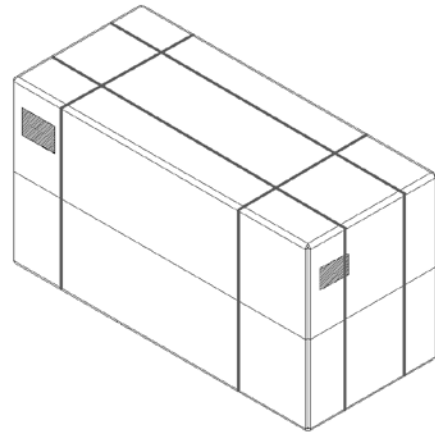


Fig. 1

2. Cut all straps and remove the top half (Fig. 2) of the cardboard box to expose the base and assembly components of the machine.

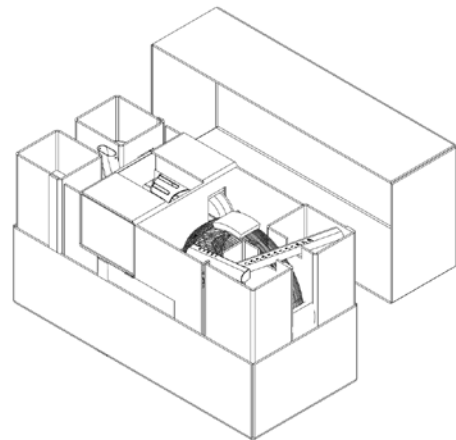


Fig. 2

3. Extract the base (Fig. 3) from the lower box.

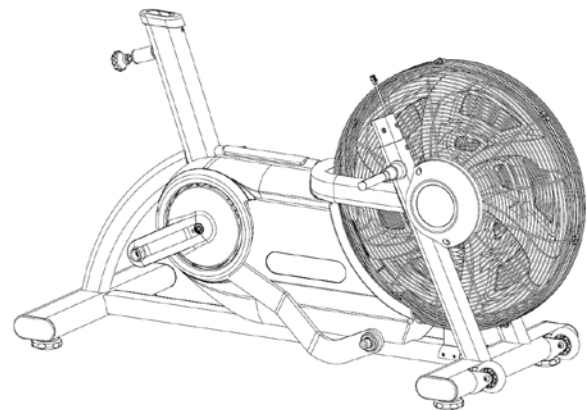


Fig. 3

4. Hover the console mast (Fig. 5) over the base joints and mate the wires coming out of each component.

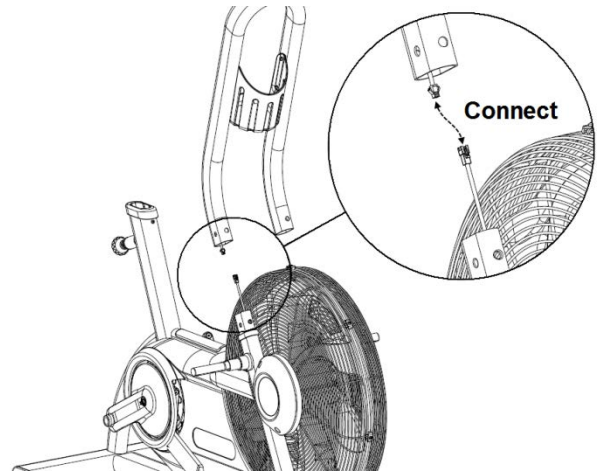


Fig. 4

5. Slide the console mast (Fig. 6) over the neck joints of the base and align the three securing bolt holes.

|  |                |   |
|--|----------------|---|
| !  | <b>WARNING</b> | ! |
| <p>To prevent any damage, verify the cable harness is not kinked and out of the way of the brackets when mating the console mast to the base of the machine.</p> |                |   |

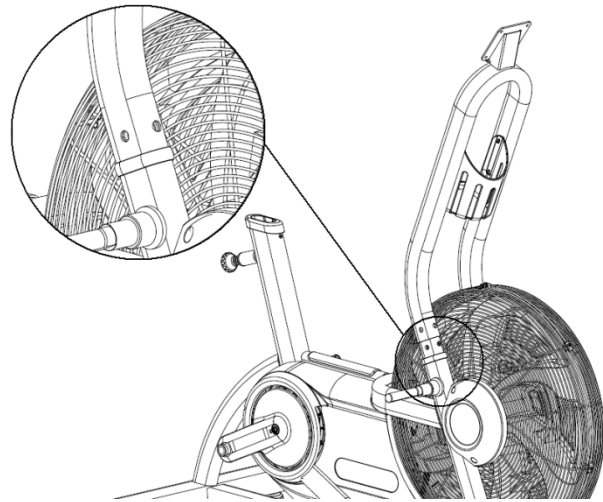


Fig. 5

6. Install three bolts with washers (Fig. 7) thru each neck joint hole and torque all bolts to their final value. Repeat this for the opposite side.

| Hardware                   | QTY |
|----------------------------|-----|
| M8 x 15mm Button Head Bolt | 6   |
| M8 x 16mm O.D. Flat Washer | 6   |

**Final Torque:**  
18-19 Lb-Ft (24-26 Nm)

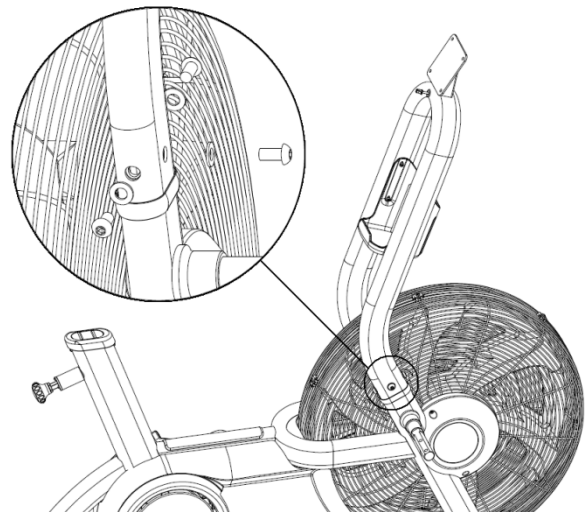


Fig. 6

7. Hover the console (Fig. 8) over the neck mast and connect the cable coming out of the mast into the cable protruding from the console.

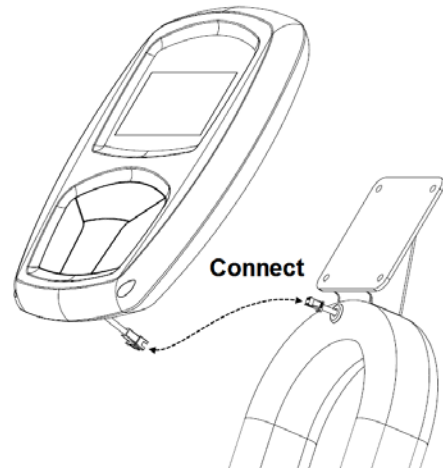


Fig. 7

8. Mount the console (Fig. 9) to the frame using the four pre-installed Phillips head screws thru each of the available holes on the neck plate.

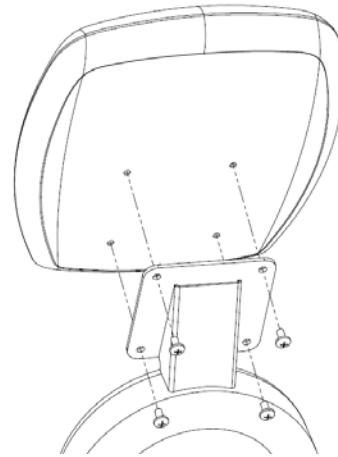


Fig. 8

9. Mount the left & right grip arms (Fig. 10) onto the corresponding pivot shafts located on the base of the machine while mating the end of the grip arms to each of the crank linkages and keeping the arms together by loosely inserting a socket head cap screw with washer to each joint.

**Hardware**

M8 x 20mm Socket Head Cap Screw  
M8 x 25mm O.D. Flat Washer

**QTY**  
2  
2

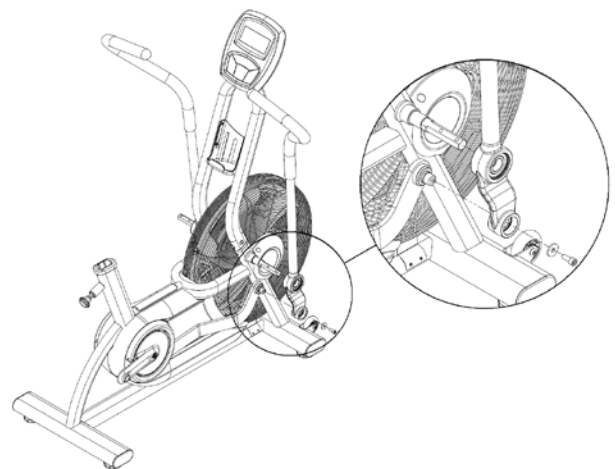


Fig. 9

10. Lock the grip arms in place (Fig. 11) by threading the large jam nut onto each pivot shaft and applying the corresponding final torque to each nut.

**Hardware**

M24 x 1.5 Hex Jam Nut

**QTY**

2

**Final Torque**

48-50 Lb-Ft (65-67.8 Nm)

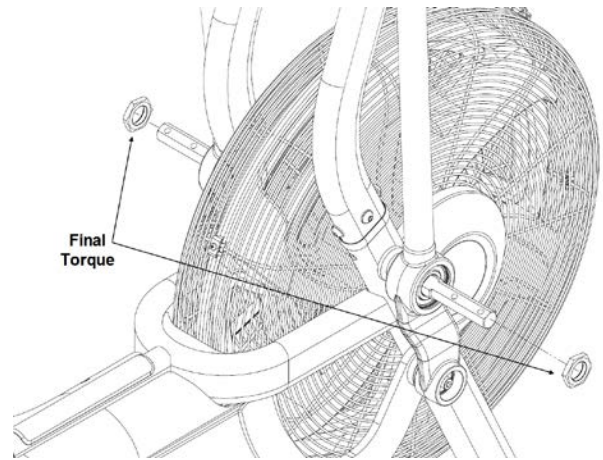


Fig. 10

11. Secure the left & right grip arms to the crank linkages by applying final torque (Fig. 12) to the joining bolt and plugging the bearing housings with the corresponding plastic caps.

**Final Torque**

100-110 Lb-Ft (136-149 Nm)

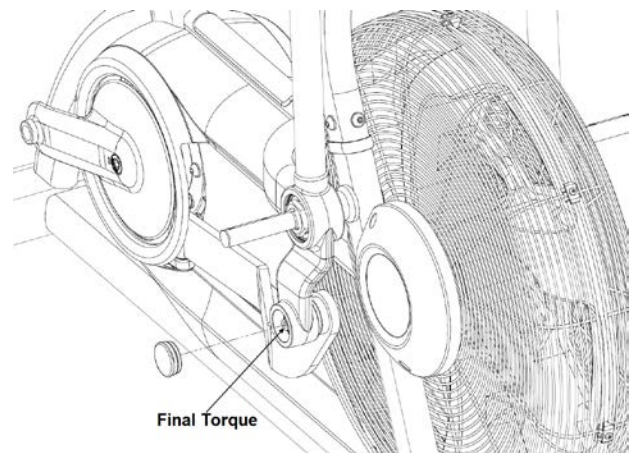


Fig. 11

12. Mount the left & right foot stand mounting plate (Fig. 13) onto the arm pivot shafts and secure them in place by bolting the respective button head cap screws thru the center of each plate and into the pivot shafts.

**Hardware**

M8 x 20mm Button Head Bolt

**QTY**

4

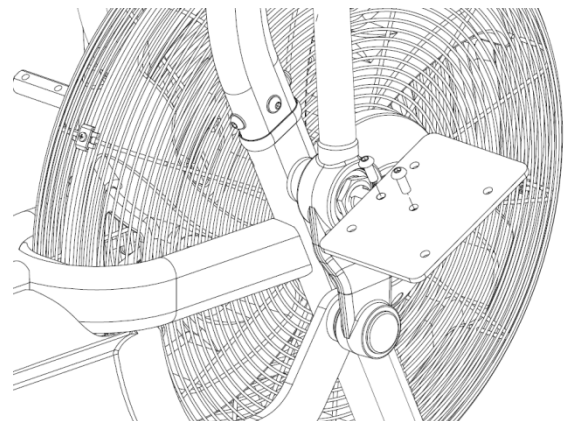


Fig. 12

13. Attach the left & right plastic foot stand covers (Fig. 14) over the mounting plates and secure the covers from the underside by bolting four button head cap screws along with washers into the corresponding four available holes.

**Hardware**

M8 x 15mm Button Head Bolt

M8 x 16mm O.D. Flat Washer

**QTY**

8

8

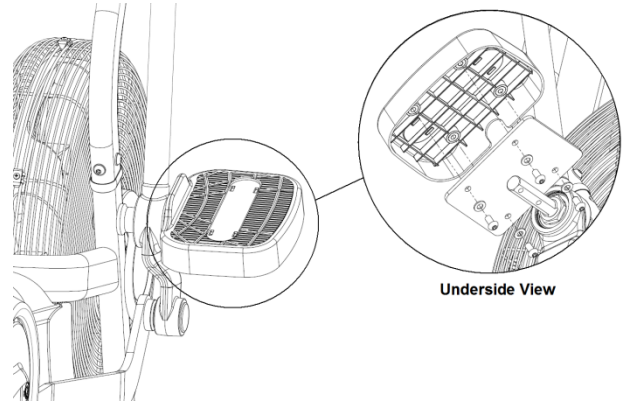


Fig. 13

14. Locate the left & right foot pedals.

**ASSEMBLY TIP**

Each pedal has an "L" or "R" marking (Fig. 15) stamped into the strap that indicates the user side for installation purposes.

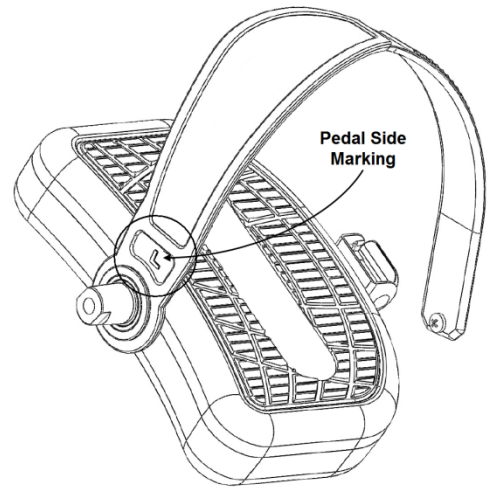


Fig. 14

15. Insert each pedal (Fig. 16) into the corresponding crank arm.

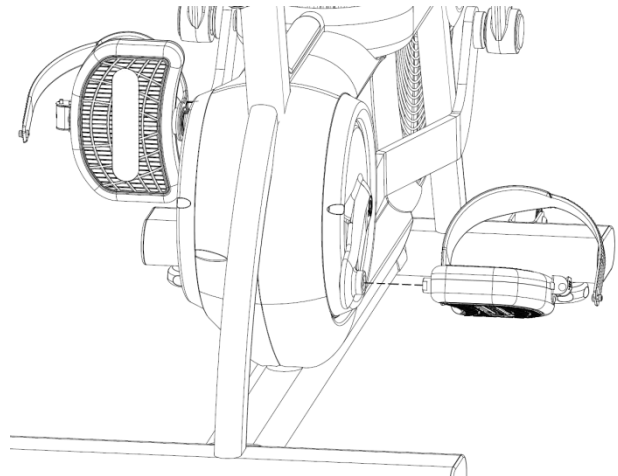


Fig. 15



16. Insert the pedal securing bolts into each pedal (Fig. 17) thru the back of each crank arm and torque each screw to its final value.

**Hardware**

M8x1.25x14mm Specialty Hex Screw

**QTY**

2

**Final Torque**

33-37 Lb-Ft (45-50 Nm)

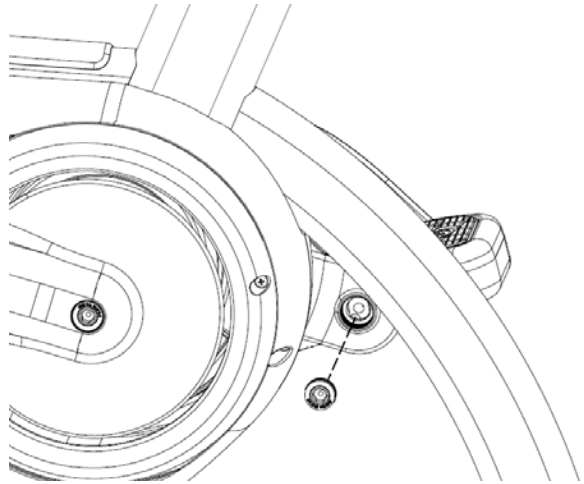


Fig. 16

17. Locate the seat slider and mount the assembly (Fig. 18) onto the seat post by sliding the post into the seat slider while pulling on the pull pin under the seat slider.

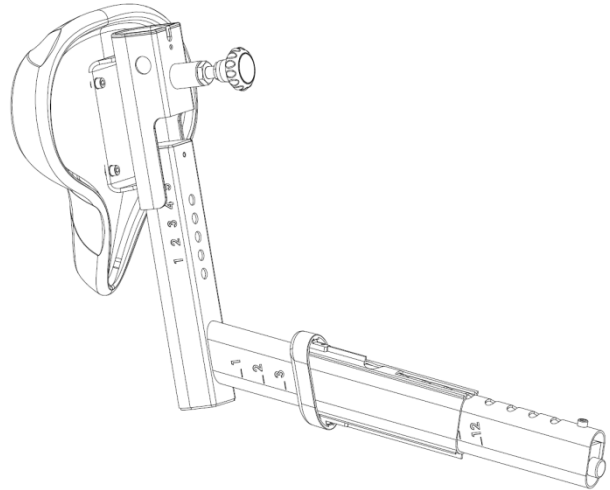


Fig. 17

18. Install the corresponding stopper bolt (Fig. 19) into the slider section of the seat post.

**Hardware**

M4 x10mm Socket Head Cap Screw

**QTY**

2

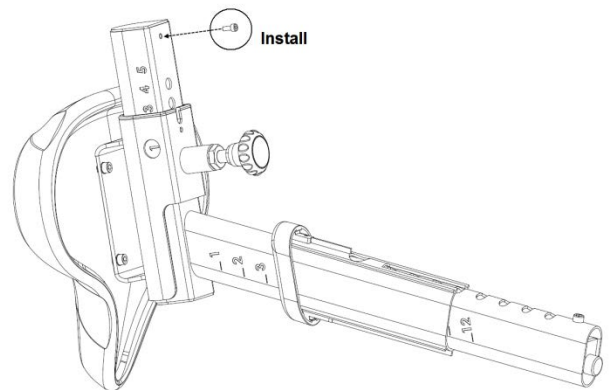


Fig. 18

19. Insert the assembled seat post (Fig. 20) into the frame by pulling on the pull pin located on the upright column of the frame and sliding the post downward along with the plastic sleeve verifying to lock the post into one of the available positions.

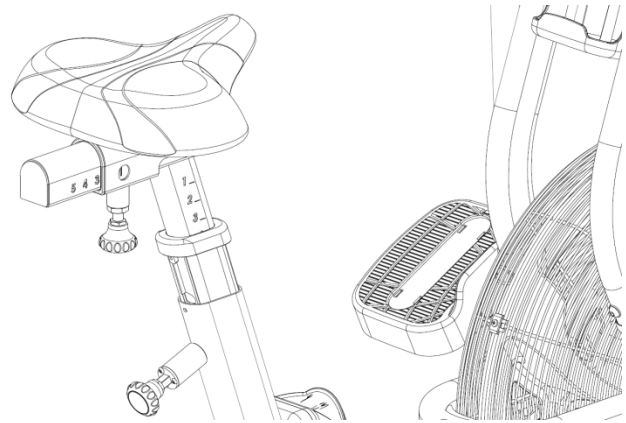


Fig. 19

20. Mate the edge of the plastic sleeve flush with the edge of the upright tube (Fig. 21) and install the corresponding hardware to lock the plastic sleeve in place.

**Hardware**

M4 x 10mm Phillips Pan Head Thread Form Screw

**QTY**

2

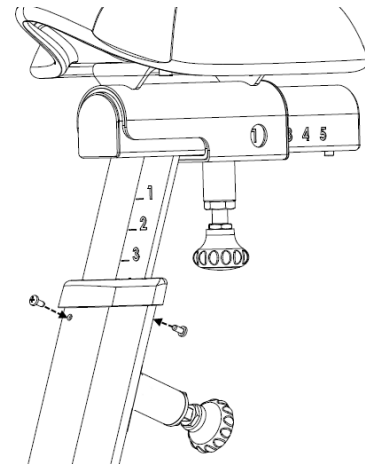
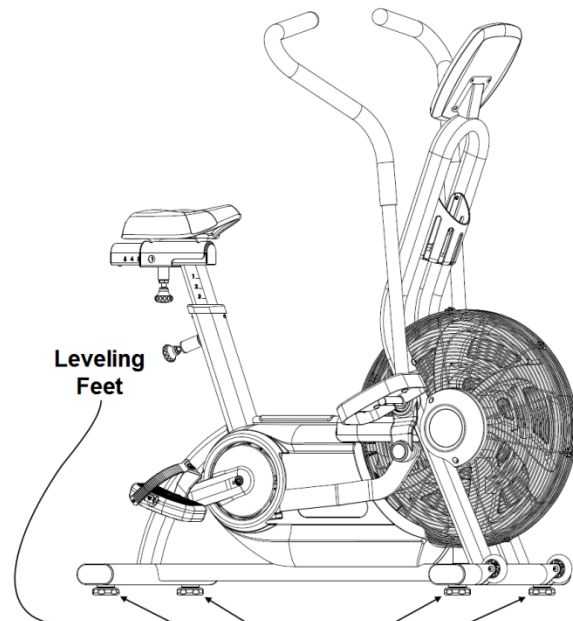


Fig. 20

21. Review all areas of the machine to verify no hardware was left loose and adjust the leveling feet under each foot (Fig. 22) incase the base is not resting on flat even ground.





# Testing Bike

Use this checklist to perform the bike test procedure.

- Recheck all the bolts and make sure they are all tightened to the proper torque specification (when indicated) and no parts are missing.
- Test the seat post to make sure they move freely and you are able to lock in at different positions.
- Check the seat to make sure it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seats horizontal adjustment for movement front to rear and check it by settings it at different settings.
- Adjust seat post to your needs (Refer to page 23). Ride / test the bike for proper operation according to this owner's manual.

**CAUTION:** The movement arms move whenever the pedals are turning. Do not dismount the bike until the pedals and movement arms come to a complete stop.

- Pedal the bike at a moderate pace and test for proper and smooth movement of the pedals and arms.
- When the testing is complete, even the movement arms, and tip the bike forward using the arms and roll it on a smooth surface to the final location and adjust the leveling feet so the bike is stable.

# Instructions

There are no resistance knobs to adjust as the resistance comes from the isokenetic resistance created by the movement of air with the fan-shaped flywheel. Control over the resistance is obtained by simply varying the pace of pedaling and of the push / pull on the movement arms. Typically, exercising at a slower pace generates a lower resistance from the flywheel, enabling a cardiovascular endurance workout that can be sustained for extended periods of time. Higher pace exercise involving faster pedaling and more forceful pushing / pulling on the movement arms creates a greater resistance level that will deliver a greater muscle endurance or anaerobic workout. Anaerobic exercise and High Intensity Interval Training (HIIT) are much more strenuous forms of exercise that should only be undertaken by users that have established a baseline fitness level capable of adapting to this form of exercise. Users are also encouraged to discuss their health program or fitness regimen with their healthcare professional.

Additionally, the bike can be operated with only the use of the movement arms for an upper-body-only workout. The front foot platforms, located on either side of the flywheel are to be used when exercising only with the movement arms. Position feet securely on these platforms while pushing / pulling on the movement arms.

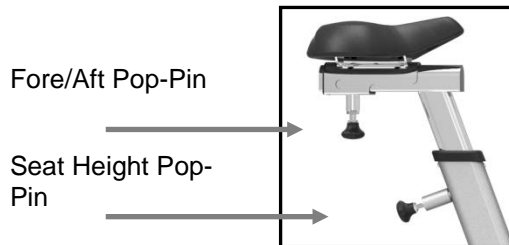
**NOTE:** that the pedals will continue to rotate when the bike is used with the movement arms only. Be certain to maintain feet on the front foot platforms when exercising with the movement arms only so that feet stay clear of the rotating pedals.

## Seat Adjustments

**Proper bike setup gives you a more comfortable ride and reduces your risk of injury.**

**To adjust the seat height:**

Dismount the bike. Pull out on the seat height pop-pin to release it from its current preset location, while holding the seat with one hand. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole. The seat adjustment mechanism for the bike is designed to ratchet upwards without the need to pull out on the pop-pin, if desired seat height is known then this is an easy method to adjust the seat. Note that the ratcheting method only works when raising the seat height. In order to lower the seat height, pulling out on the pop-pin is required.



### SEAT HEIGHT

At the proper height, there should be a slight bend in your knee when you're at the bottom of a pedal stroke.

### FORE/AFT POSITION

Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower.

# Pedal Strap Adjustment

## To adjust the pedal straps:

The pedal straps should be adjusted to hold each foot comfortably but firmly on the pedal. Place your foot on the pedal, then adjust the pedal strap as necessary. Pull the free end of the strap down to tighten. Press the release button to loosen.

**Note:** The pedal straps should be adjusted to hold comfortably but firmly on the pedal.

Pedal Tightening Clip

