



StairMaster®

StepMill® SM916



Assembly Manual

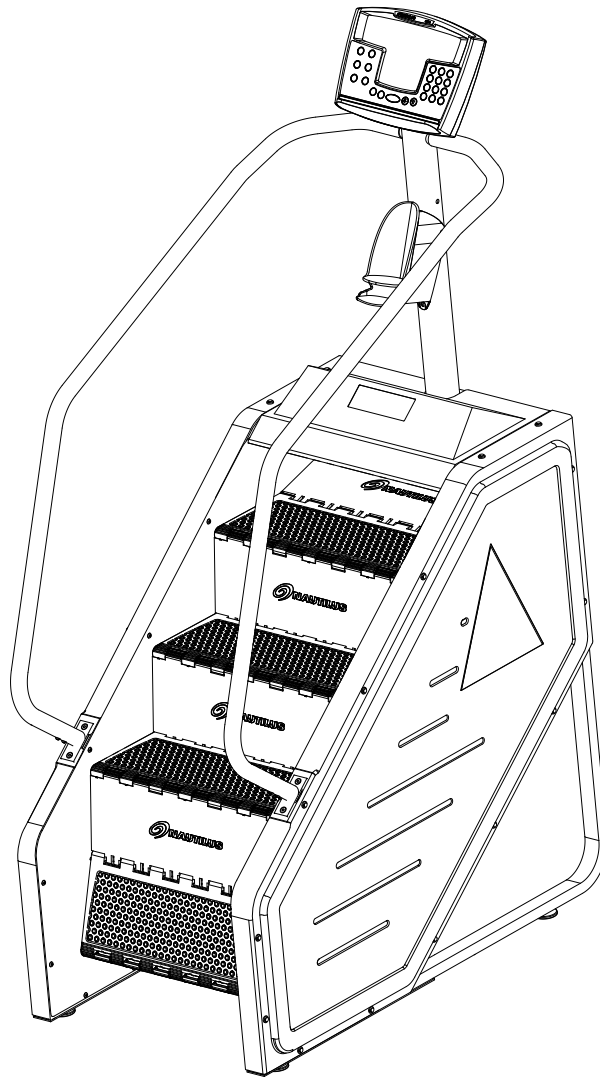


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Product Specifications

Model SM916

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

Unit Weight: 409 lbs (185.5 kg)

Shipping Package Weight: 450 lbs (204 kg)

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

Power Adapter Ratings:

USA & Canada, 120V 60 Hz input, 12V DC 2.5 A output

International (EU & Australia/New Zealand), 230V (or 220-240V) 50 Hz input, 12V DC 2.5 A output, consult factory for power adapters to be used in other countries.

Max user weight: 300lbs (136 kg)

CSA Certified for US and Canada (Product bears the c-CSA-us mark).

(Evaluated per ANSI/UL 1647-2004 and CAN/CSA C22.2 No.0-M91 and CSA C22.2 No.68-92)

Meets FCC-Part 15, Class B.




Meets AS/NZS CISPR22 (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: 2004/108EC (Tested per EN 61000-6-3 AND EN 61000-6-1)
- RoHS Directive: 2002/95EC
- WEEE Directive: 2002/96EC

Important Safety Warnings

 This icon means a potentially hazardous situation which, if not avoided, could result in death or serious injury.

Obey the following warnings:

 Read and understand all Warnings on this machine. Specific Caution, Warning and/or Danger decals may be applied to call attention to specific hazards.

- Carefully read and understand the Assembly Manual before you work on this machine. Failure to follow instructions and Safety Warnings could result in injury to the person assembling the product or bystanders.
- Keep bystanders and Children away from the product being assembled at all times.
- Do not connect power supply to the machine until instructed to do so.
- Do not assemble equipment in a wet or damp location.
- Make sure assembly is performed in an appropriate work space away from foot traffic and exposure to bystanders.
- Some components of the machine may be heavy or awkward. Use a second person when performing assembly steps involving these parts. Do not perform steps that require heavy lifting or awkward movements on your own.
- Do not attempt to modify the design or functionality of this machine. This could compromise safety and may void the warranty.
- Should replacement parts be required use only genuine Nautilus replacement parts and hardware. Failure to use genuine replacement parts may cause a risk to users, keep the machine from operating properly or void the warranty.
- Do not use or place the machine into service until the machine has been fully assembled and inspected for proper performance in accordance with the Owner's Manual.
- 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.

Safety Caution and Warning Labels

Before using your product: Find and read all warning labels before using your product. Replace any warning label if damaged, illegible, or missing. If you need replacement labels, please call a Nautilus® Representative at (800) 628-8458 (North America) or (41) (26) 460 77 77 (International office).

Label 1: Power caution label.

Location: Affixed to the lower front of the left side cover (see Figure 1).

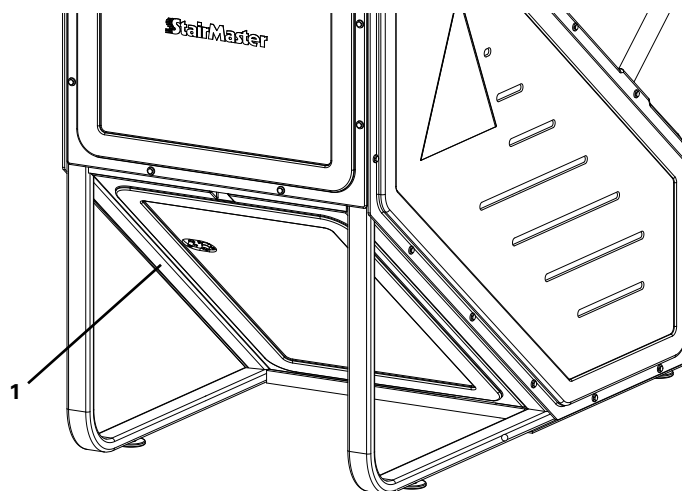


Figure 1

Label 2: General exercise warning label.

Location: Affixed to the mast below the console (see Figure 2).

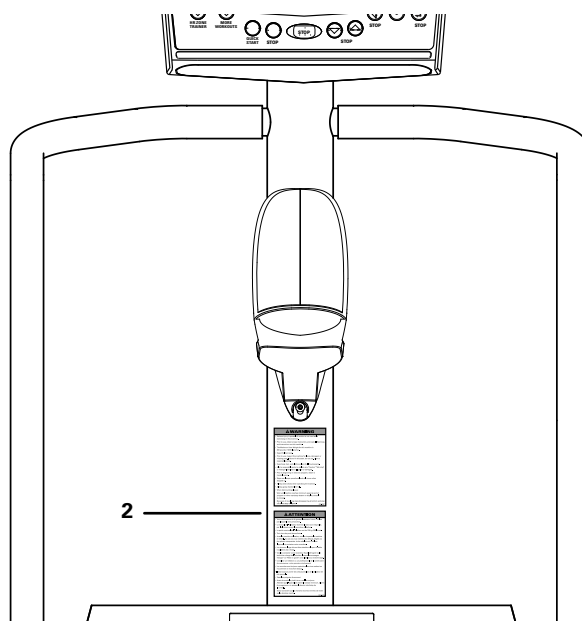


Figure 2

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.

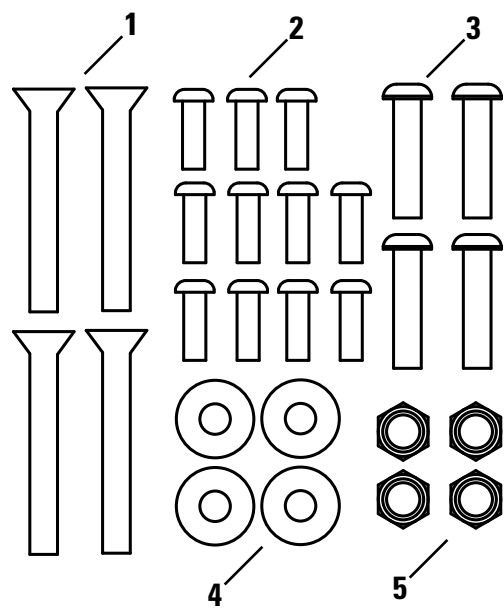
Basic Assembly

Follow these basic assembly tips when putting together your machine:

1. Collect all the pieces needed for each step before assembling.
2. Read through and understand the instructions before assembly.
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 bolts through the holes.
5. Two people are recommended to assemble this machine.

Hardware

Hardware

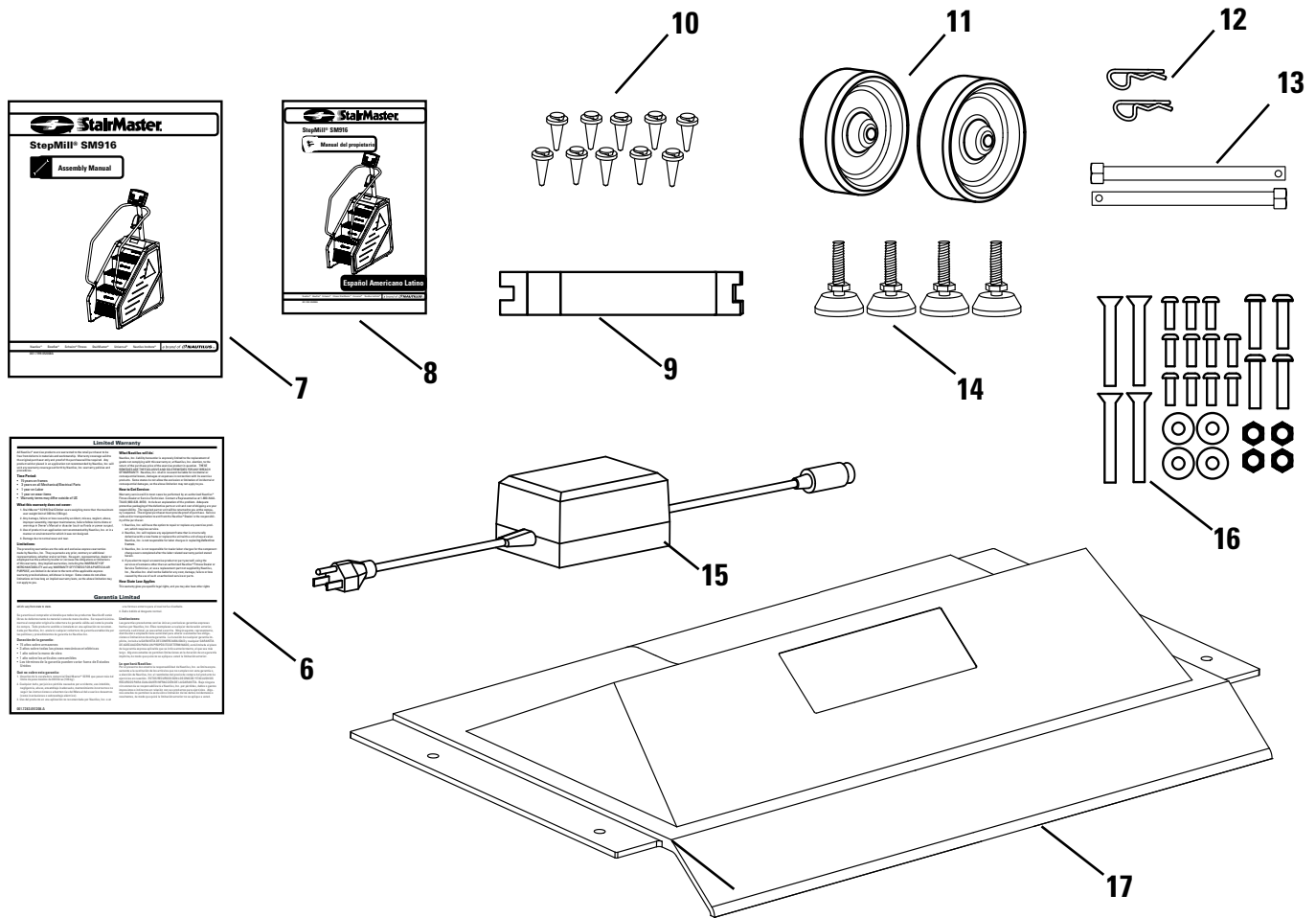


Ref #	Description	Qty
1	5/16" Hex Screw	4
2	1/4" - 20 x 1/2" Button Head Screw	11
3	1/4" - 20 x 3/4" Phillips Head Screw	4
4	5/16" - Flat Washer	4
5	5/16" - 18 Nut	4

Hardware not to scale

Box Contents

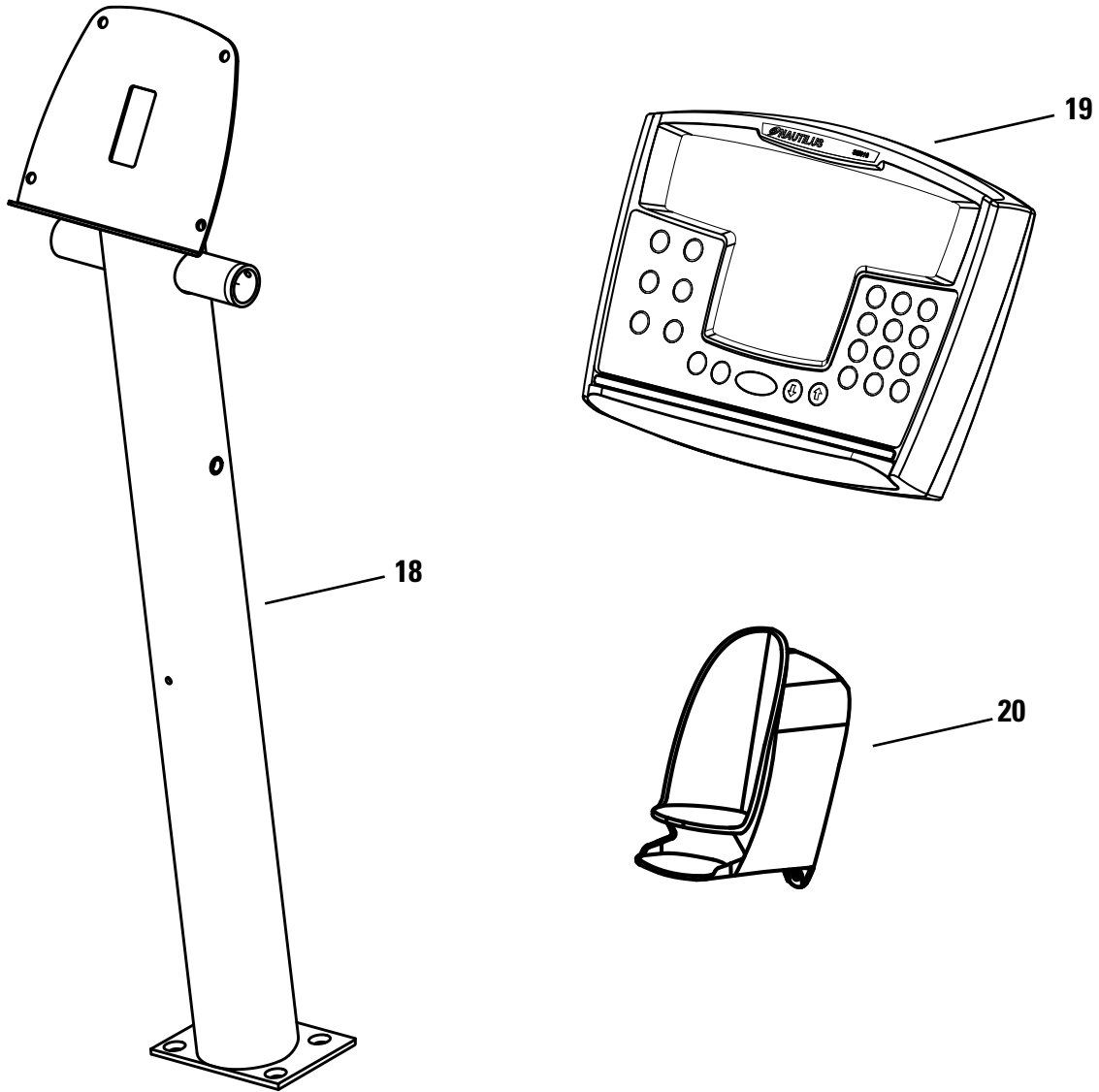
Box 1



Ref #	Description	Qty
6	Warranty	1
7	Assembly Manual	1
8	Owner's Manual	1
9	Rivet Puller	1
10	Rivet	10
11	Transport Wheels	2
12	Cotter Pins	2
13	Clevis Pins	2
14	Levelers	4
15	Power Supply	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.

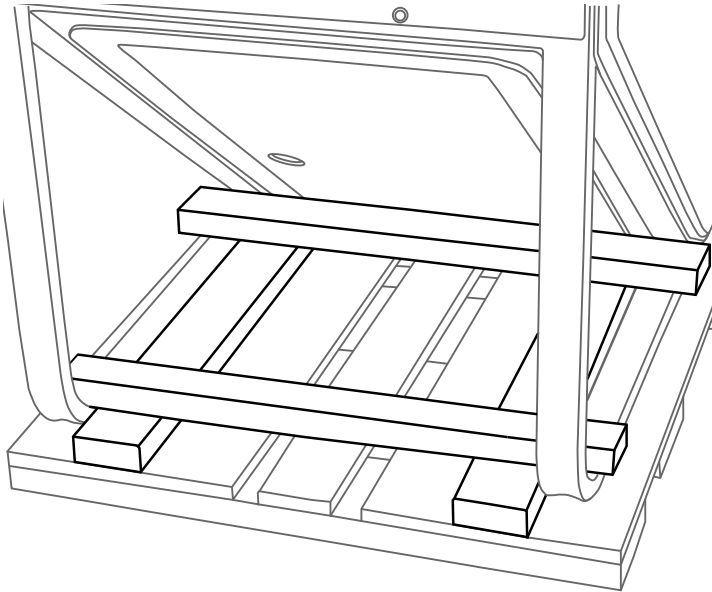


Figure 1

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.

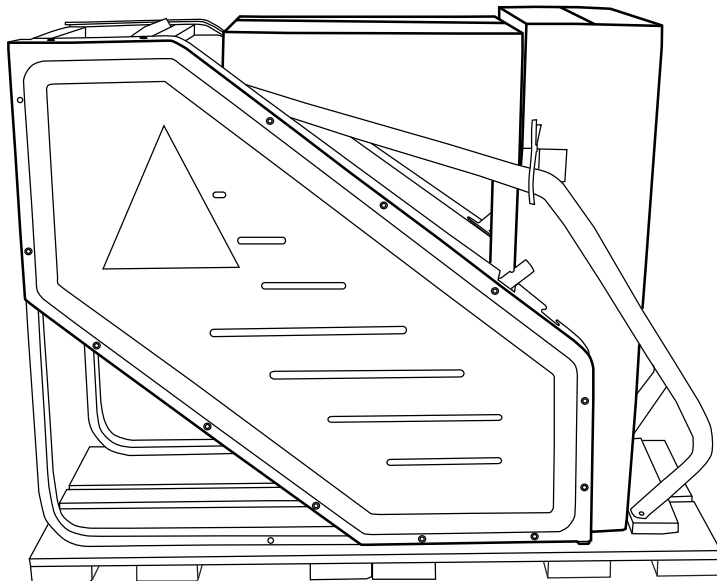


Figure 2

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.

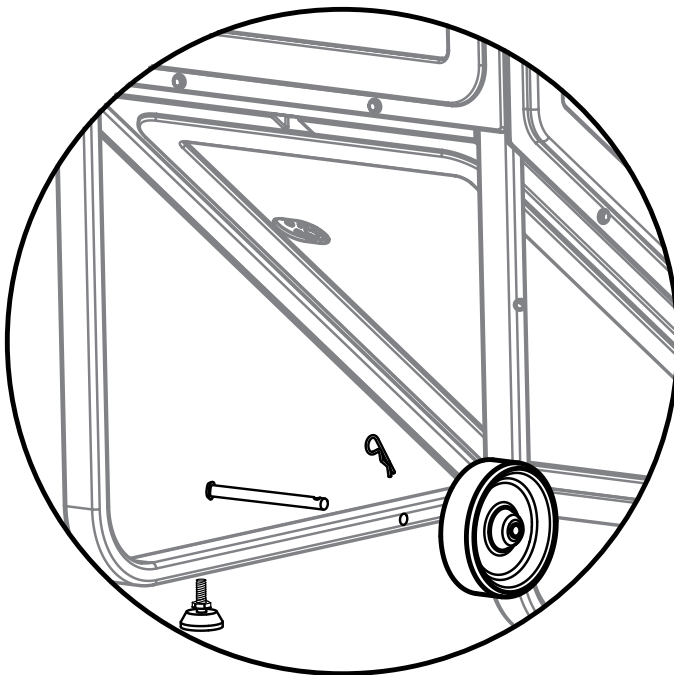


Figure 3A

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).

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.

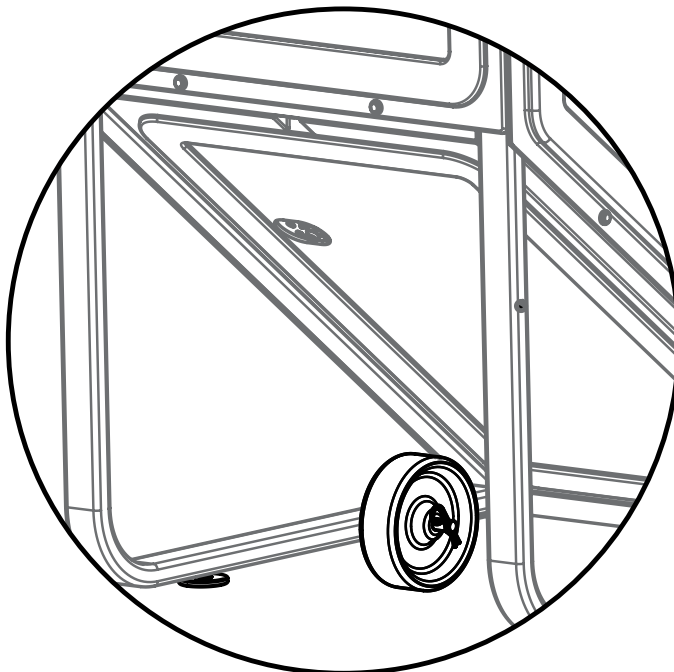


Figure 3B

Assembly

Step 4: Attach Mast

Parts

- Mast Qty. 1

Hardware

- Ref 1, 5/16" - Hex Screw Qty. 4
- Ref 4, 5/16" - Washer Qty. 4
- Ref 5, 5/16" - 18 Nut 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 Hex screws, 4 Washers and 4 Nuts (Figure 4).

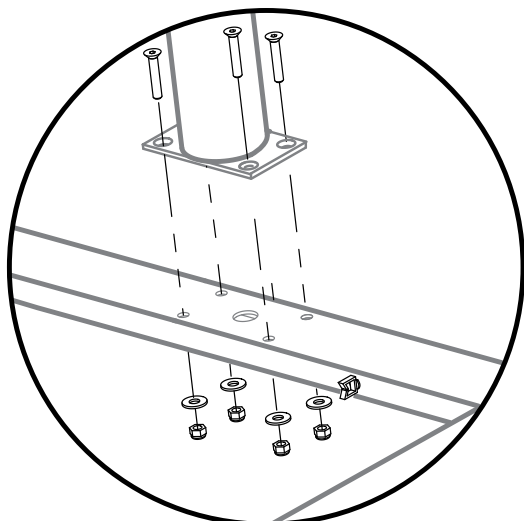


Figure 4

Step 5: Attach Hand Rails

Parts

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

Hardware

- Ref 2, 1/4" - 20 x 1/2" 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).

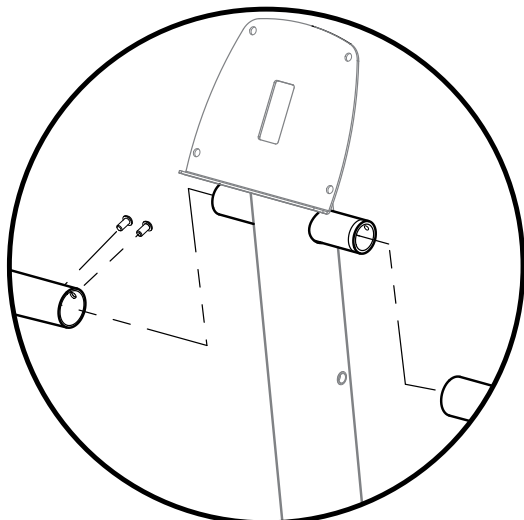


Figure 5A

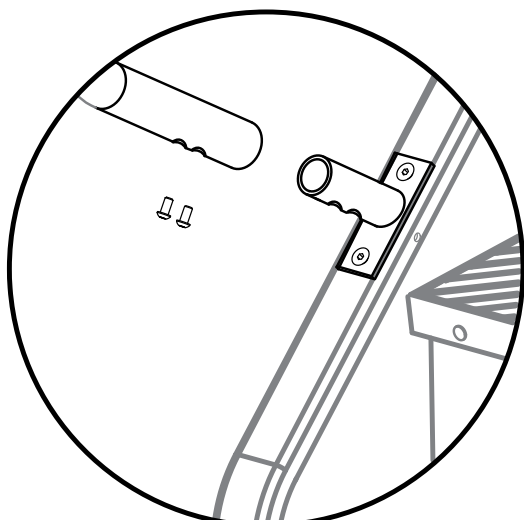


Figure 5B

Assembly

Step 6: Install Top Cover

Parts

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

Hardware

- Ref 11, Rivet Qty. 8

Tools

- Ref 9, Rivet Puller

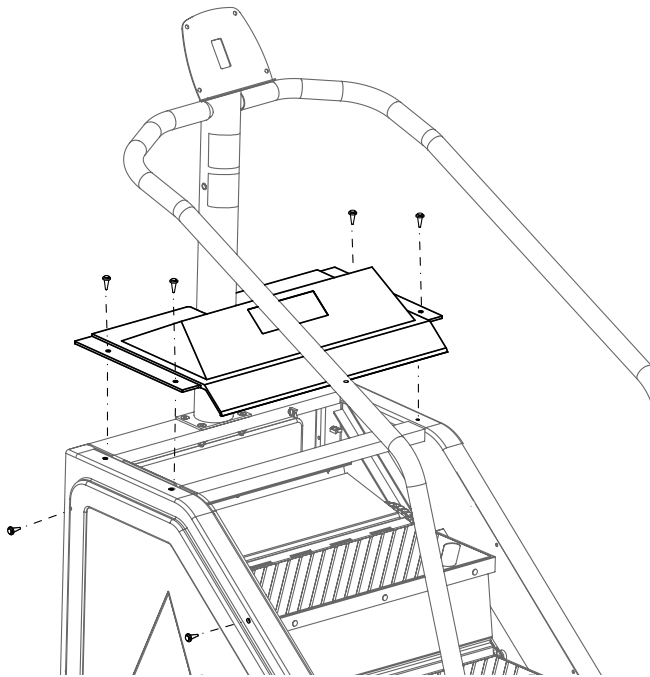


Figure 6A

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).

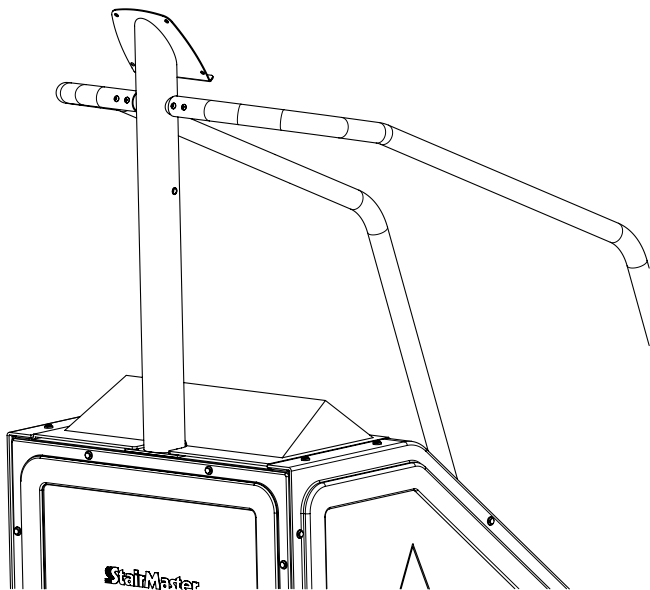


Figure 6B

Assembly

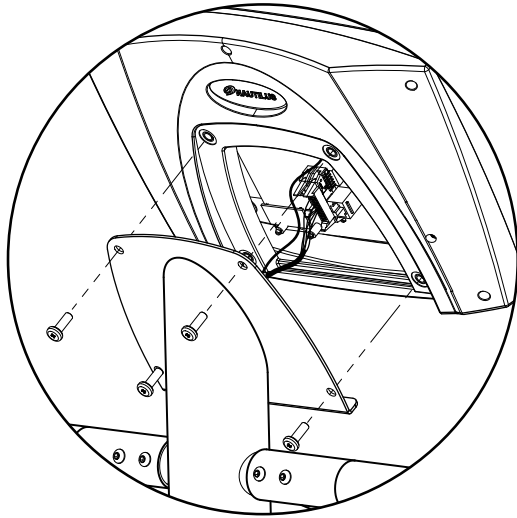


Figure 7A

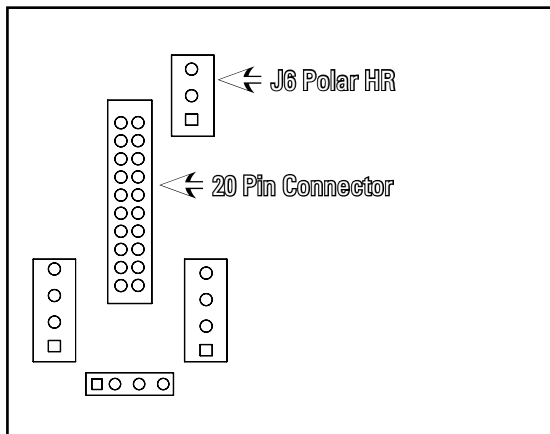


Figure 7B

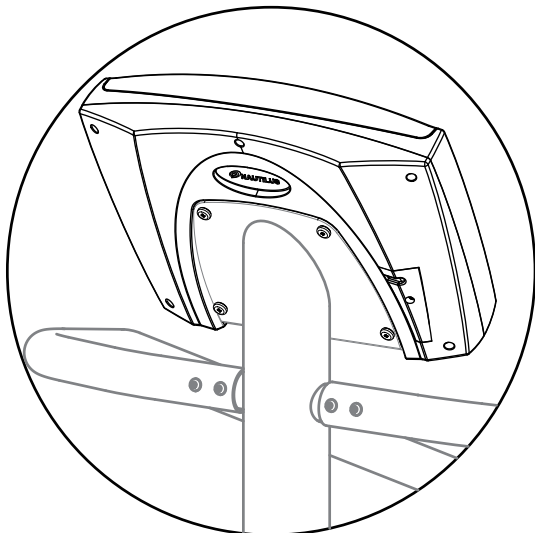


Figure 7C

Step 7: Install Console

Parts

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

Hardware

- Ref 4, 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.

Assembly

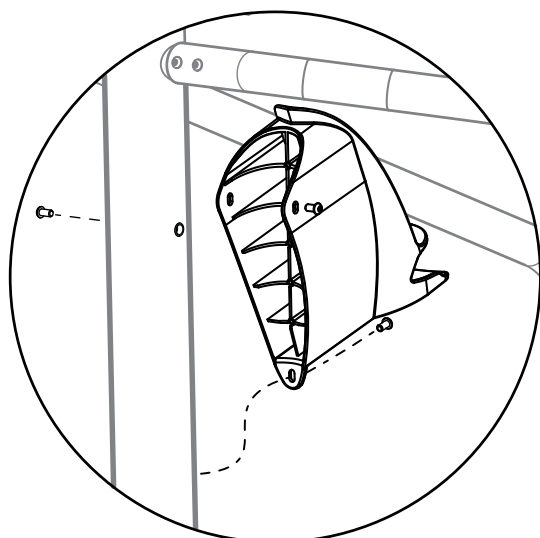


Figure 8

Step 8: Install Cup Holder

Parts

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

Hardware

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

8-1 Attach the Cup Holder to the Mast with 3 Button Head Screws (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.

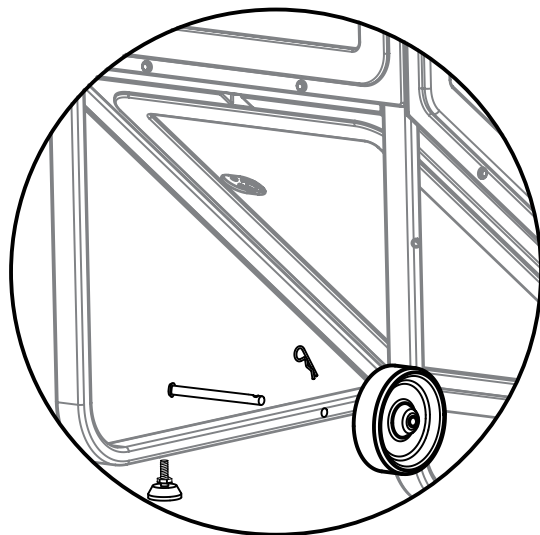


Figure 9

Assembly

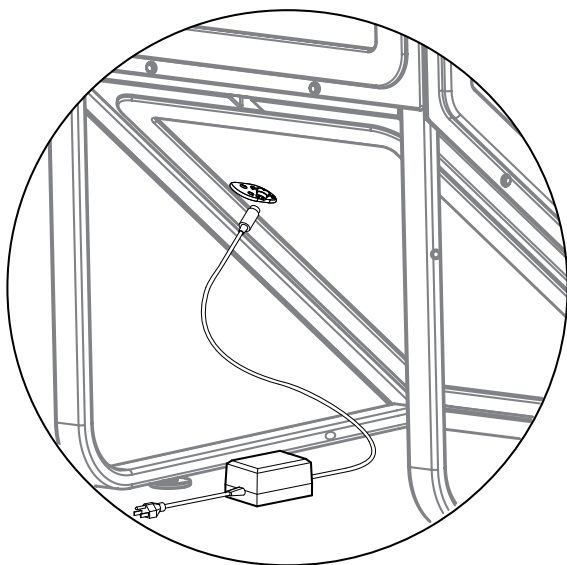


Figure 10

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

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Please supply the serial number of your machine and the date of purchase when you call Nautilus. 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. Dial the number of the office close to you.

Serial Number

Date of Purchase



StairMaster®

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