



StairMaster®

SC916 StairClimber



Assembly Manual

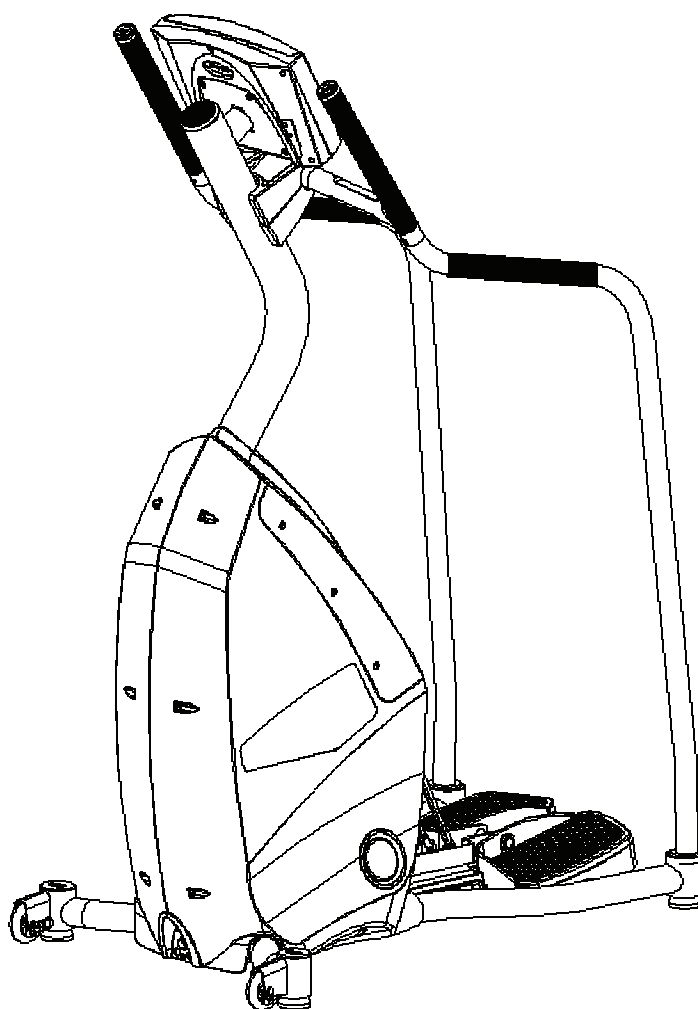


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Product Specifications

Model SC916 Specifications

Dimensions: 27" W x 43" L x 68" H (68 cm x 109 cm x 173cm)

Unit Weight: 150 lbs (68 kg)

Shipping Package Weight: 178 lbs (81 kg)

Workout Area: 50" W x 81" L (127 cm x 205.74 cm)

Power Requirements: 120vac, 50/60 Hz, 1.5 Amp

Max user weight: 300lbs (136 kg)

Safety Warnings



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

Prior to Using this Equipment, observe the following warnings



Read and understand the complete Owner's 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 Owner's 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 pedals. Contact Nautilus® Customer Service for repair information. Use only genuine StairMaster® replacement parts supplied by Nautilus, Inc.
- Set up and operate your StairClimber 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 pedals 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.

Safety 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).

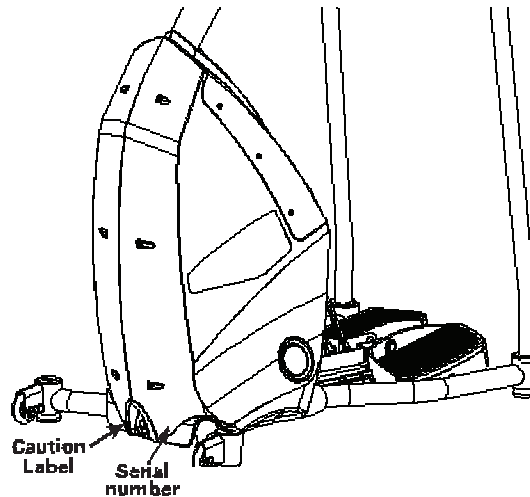


Figure 1

Label 2: General exercise warning label.

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

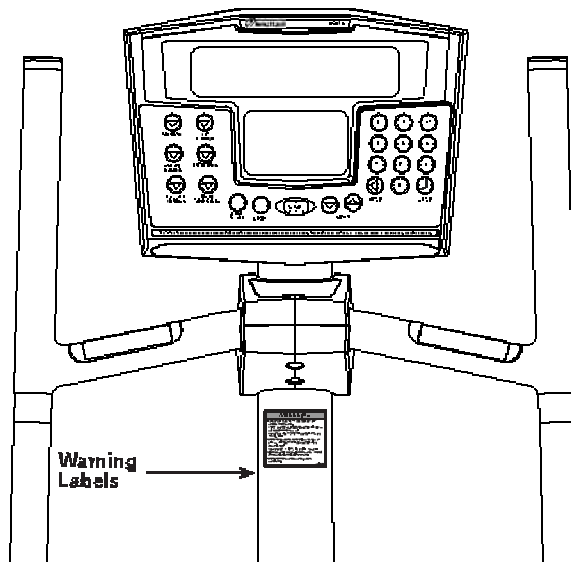


Figure 2

Before You Start

Locate the area where you will assemble and use your StairMaster® Commercial Series SC916 StairClimber. 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. Use a combination wrench when tightening a locknut on a bolt. Put the locknut tightly in the wrench and make sure it connects all the way.
4. Turn all bolts and locknuts to the right to tighten, and the left to loosen.
5. Lightly and carefully lift pieces when attaching. Look through the bolt holes to help guide bolts through the holes.
6. Two people are recommended to assemble this machine.

Assembly

Step 1: Removing Box

Tools

- Box knife or Strap Cutters
- Claw hammer

- 1-1** Use the box knife to cut and remove the plastic banding straps from around the pallet and carton (see Figure 1).



Use extreme Caution when using shears or a razor knife. Always cut away from the body to avoid cutting yourself.

- 1-2** Use claw hammer to remove staples from the bottom of the carton.

- 1-3** Carefully lift the outer carton up and over the SC916 (see Figure 2).

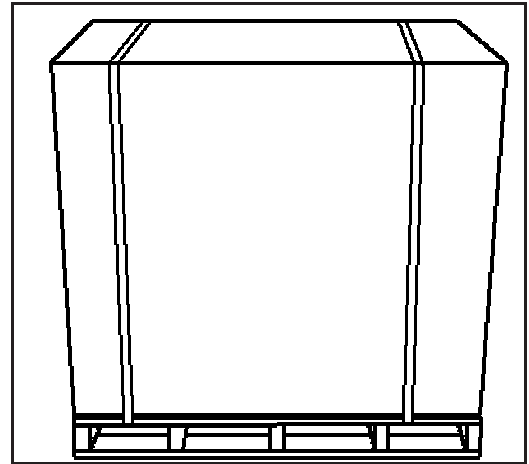


Figure 1

Step 2: Removing Handrails

- 2-1** Grasp the exposed end of the SC916 handrail. Lift upward and remove the cardboard support.

- 2-2** With both hands, carefully lift the handrail and remove from the box (see Figure 3).

- 2-3** Repeat the process to remove the handrail from the other side.

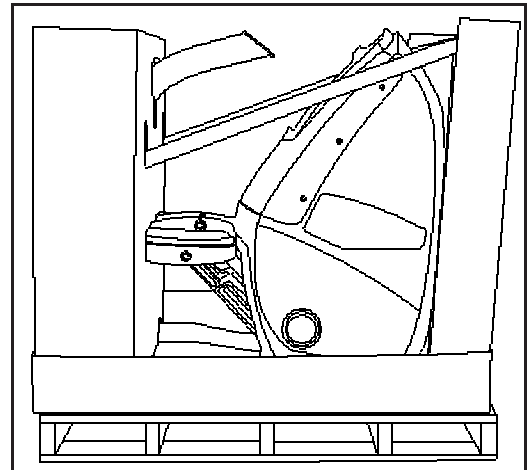


Figure 2

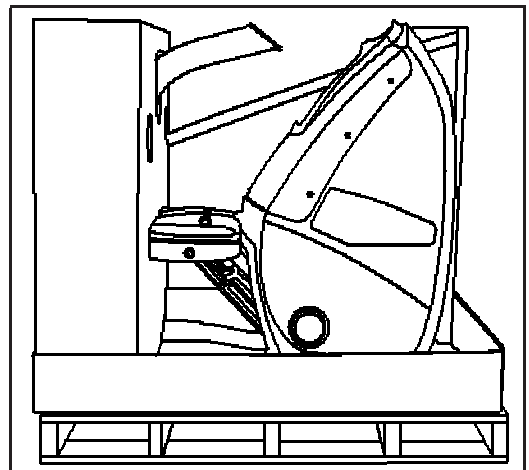


Figure 3

Assembly

Step 3: Removing Console/Upper Mast

Tools

- Box knife

3-1 Using the box knife, open the top of the box holding the Console/Upper mast weldment (see Figure 4).

3-2 Bend the box center flap inward. Carefully lift the console/upper mast weldment out of the box and place to the side (see Figure 5).

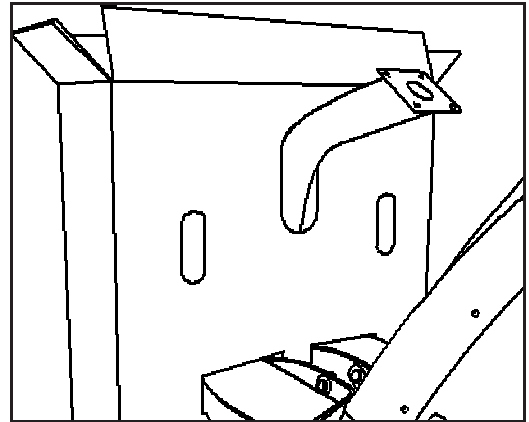


Figure 4

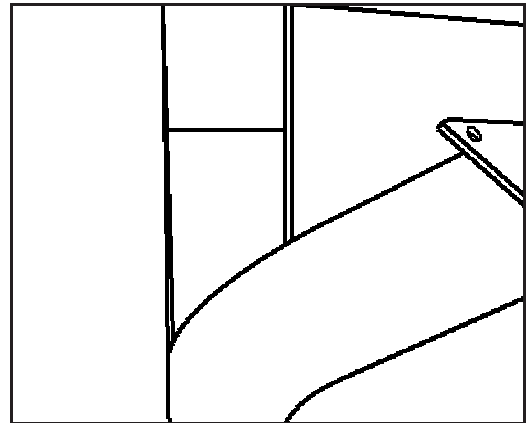


Figure 5

Assembly

Step 4: Removing the Main SC916 Body

- 4-1** Pull the lower body of the SC916 forward, and with the assistance of another person lift the machine off the shipping pallet and on to the floor (see Figure 6).

Step 5: Removing Covers

Tools

- Phillips screwdriver

- 5-1** Remove the 6 Phillips screws from the Mid-cover, and place to the side (see Figure 7).
- 5-2** Remove the 6 Phillips screws attaching the right and left side covers and place to the side (see Figure 8).

NOTE: 5 phillips screws are on the left side and 1 screw on the right side.

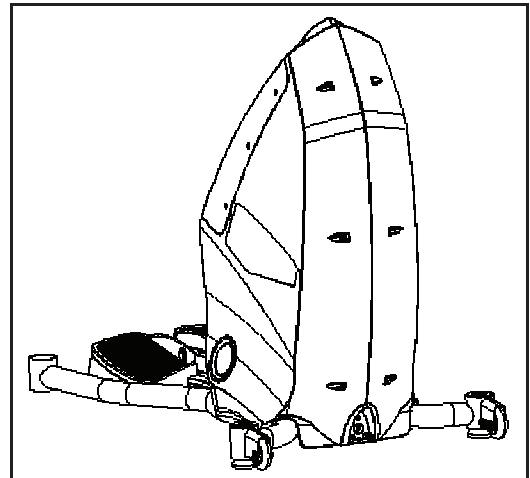


Figure 6

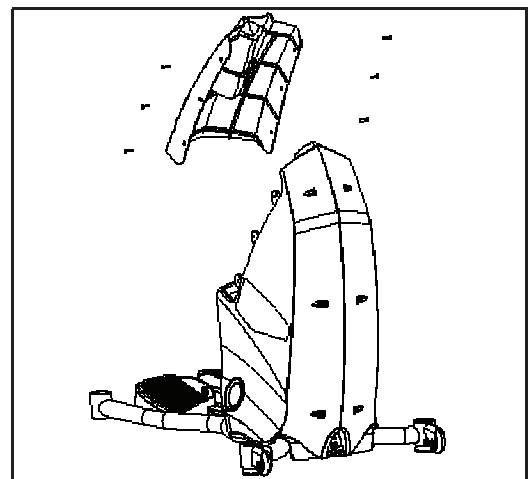


Figure 7

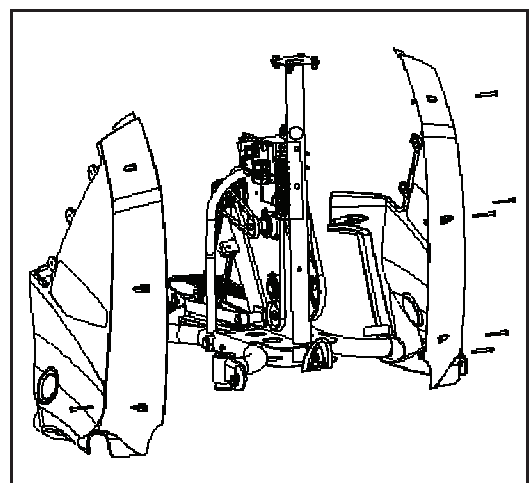


Figure 8

Assembly

Step 6: Removing Console

Tools

- Phillips screwdriver

- 6-1** Remove the 4 Phillips screws attaching the SC916 Console to the upper mast weldment previously placed to the side in Step 3 (see Figures 9 and 10).
- 6-2** Remove CHR and J6 Polar HR cables from the back of the console connected to the PC board (see Figure 11).

NOTE: After removing the 2 cables from the PC board, secure the cables to the console plate to keep the cables from falling into the mast.

- 6-3** Set the console and the 4 screws to the side.

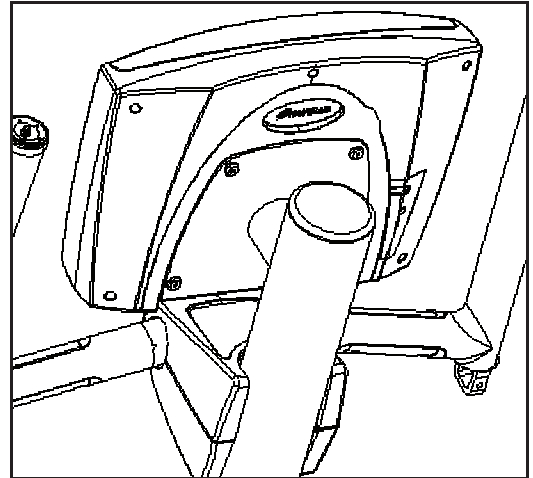


Figure 9

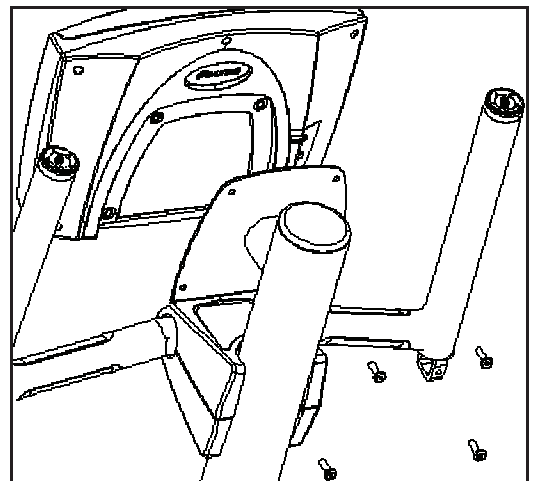


Figure 10

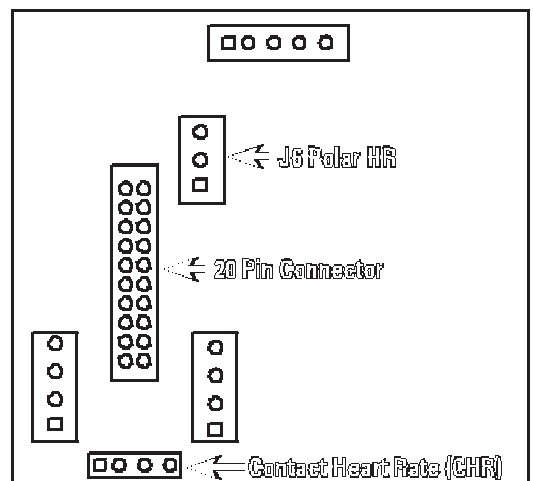


Figure 11

Step 7: Routing Main Cables

7-1 Route the Main cable located at the top of the lower mast through the bottom of the upper mast weldment and exit out the console plate (see Figure 12).

7-2 Secure the Main cable with the CHR and Polar cables to the console plate.

Step 8: Attaching Masts, Upper and Lower

Tools

- 9/16" or 14 mm wrench or socket

8-1 Secure the upper mast weldment to the lower main body utilizing the 4 supplied bolts, lock washers, and flat washers using a 9/16" or 14mm wrench or socket (see Figure 13 and 14).

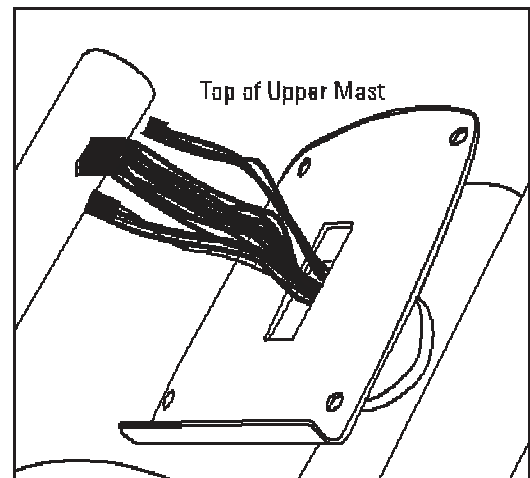


Figure 12

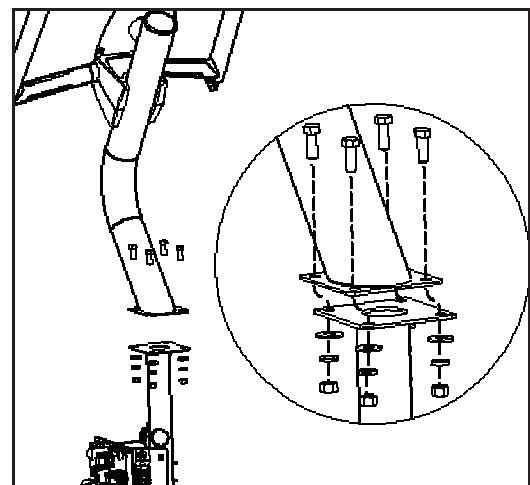


Figure 13

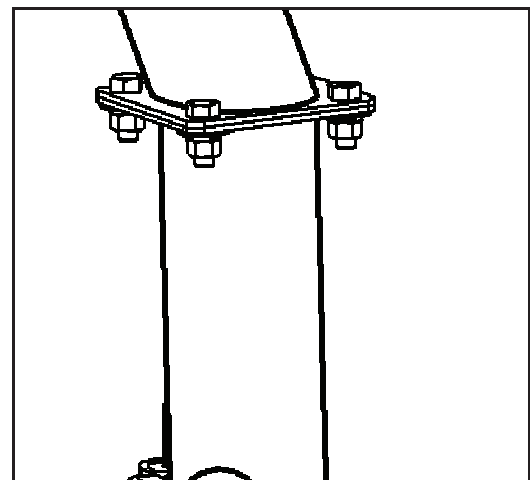


Figure 14

Assembly

Step 9: Attaching handrails

Tools

- 5/32" or 4mm T-handle

NOTE: This Step requires 2 people to complete Steps 9-1 through 10-2.

9-1 With the assistance of another person, tip the SC916 forward and hold in place while completing Steps 9-2 through 9-5.

9-2 Remove the 2 rear leg levelers (see Figure 15).

9-3 Take hold of one of the handrails and slide the upper end into the lower part of the handlebar weldment and line up the screw holes (see Figure 16).

9-4 Loosely attach the supplied Hex screw to the upper handrail/handlebar weldment junction using the 5/32" (4mm) T-handle (see Figure 17).

9-5 Position the lower end of the handrail over the rear leg weldment, then pulling the handrail towards you secure it into position with 2 Hex screws using the 5/32" (4mm) T-handle (see Figure 18).

9-6 Tighten the Hex screw in Step 9-4.

9-7 Repeat Steps 9-1 through 9-6 on the opposite side.

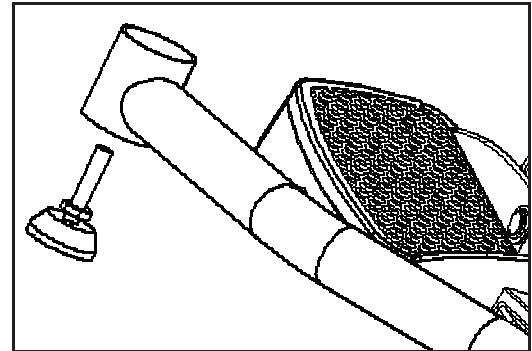


Figure 15

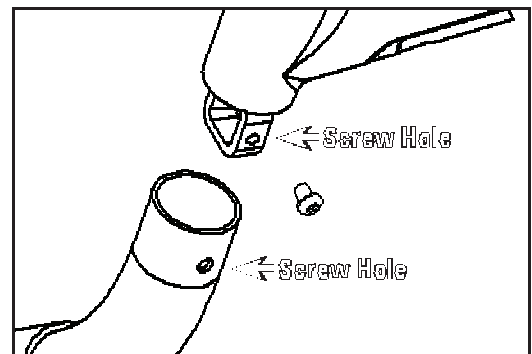


Figure 16

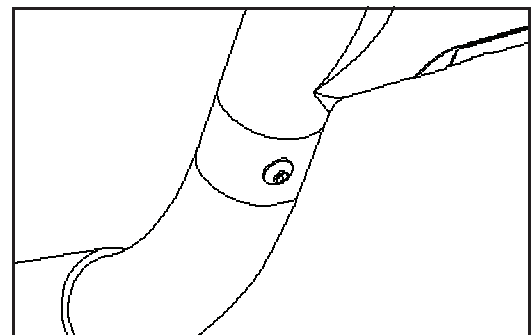


Figure 17

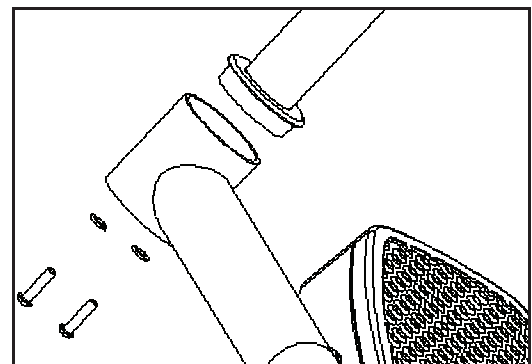


Figure 18

Assembly

Step 10: Replacing the Leg Levelers

10-1 Replace the 2 leg levelers previously removed in Step 9 and 2 lock washers (see Figure 19).

10-2 Return the SC916 to its upright position.

Step 11: Attaching the Console

Tools

- Phillips screwdriver

11-1 Grasp the SC916 console and connect the CHR cable from the upper mast weldment to P3 on the PC board (see Figure 20).

11-2 Connect the telemetry Heart Rate cable from the mast to J6 (Polar HR) connector on the PC board (see Figure 20).

11-3 Connect the Main cable from the mast to the 20-pin connector on the PC board (see Figures 20).

11-3 Secure the console with the 4 Phillips screws remove previously (see Figure 21).

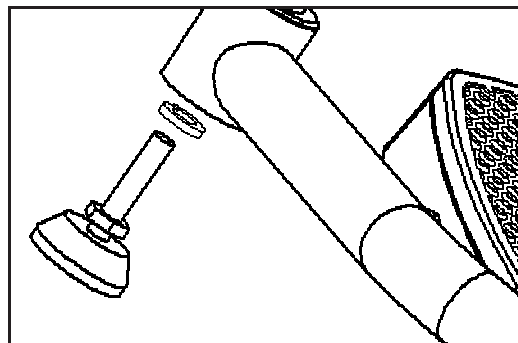


Figure 19

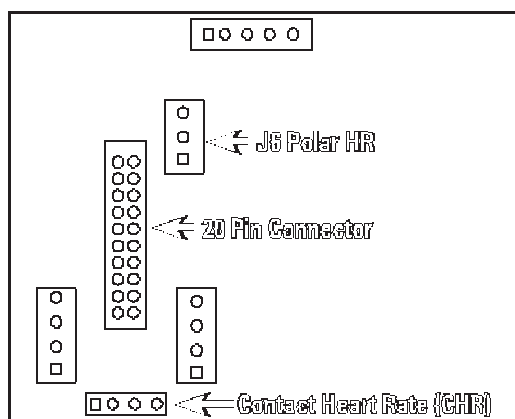


Figure 20

Step 12: Attaching the Covers

Tools

- Phillips screwdriver

12-1 Reattach the left and right side covers using the phillips screws removed in Step 5.

12-2 Reattach the mid cover using the phillips screws removed in Step 5.

NOTE: If installing the optional NV915 television, refer to the M-series Installation Manual at this time.

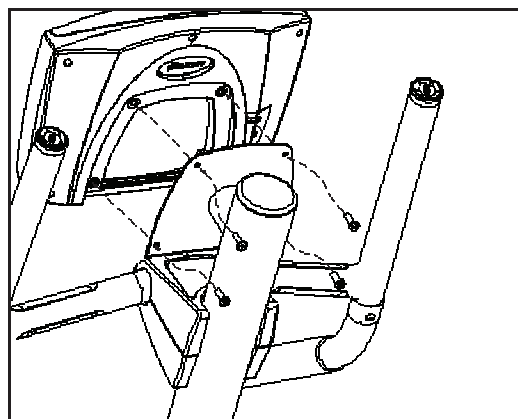


Figure 21

Assembly

Step 13: 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.

13-1 Tighten all hardware.

13-2 Read all warnings on machine.

Refer to the Owner's Manual for:

- Operating Instructions
- Maintenance Instructions

Contact Information

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TECHNICAL/CUSTOMER SERVICE

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World Headquarters
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Vancouver, Washington, USA 98683
Phone: (800) NAUTILUS (800) 628-8458

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

INTERNATIONAL OFFICES

For technical assistance and a list of distributors in your area, please call or fax one of the following numbers.

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E-mail: technics@nautilus.com

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