POWERMILL™ CLIMBER

ASSEMBLY INSTRUCTIONS



M051-00K98-0002 REV CA

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Life Fitness Patents Pending.

1 IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using the Life Fitness PowerMill.

⚠ CAUTION: Any changes or modifications to this equipment could void the product warranty.

- **DANGER:** To reduce the risk of electrical shock, always unplug this Life Fitness product before cleaning or attempting any maintenance activity.
- **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. See *Grounding Instructions*.
- **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 Life Fitness PowerMill clear of any obstructions, including walls, furniture, and other equipment.
- 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. To disconnect, turn power OFF on the ON/OFF switch, then remove plug from electrical outlet.
- Never operate a Life Fitness product if it has a damaged power cord or electrical plug, or 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 this product 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.
- Keep children away from the Life Fitness PowerMill.
- 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 as a handle. Do not run the power cord on the floor under or along the side of the PowerMill. Refer to Step 17 for proper power cord routing.
- Handrails may be held to enhance stability as needed, but are not for continuous use.
- Never walk or jog backwards on the PowerMill.
- 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 the 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.**
- When it is necessary to immobilize the product, set the display to read SELECT WORKOUT. (Press the PAUSE / STOP key twice if not already there.) Hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product now displays “IMMOBILIZED”. The product can’t be operated in this state. The motor is disabled. The product will remain in this state across resets, power cycles, etc. To restore normal operation, repeat the same key sequence: hold down the LEVEL DOWN arrow key and press the PAUSE / STOP key. The product will display “SELECT WORKOUT”.

- 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.

SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.

2 PowerMill Set-Up

Electrical Power Requirements

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

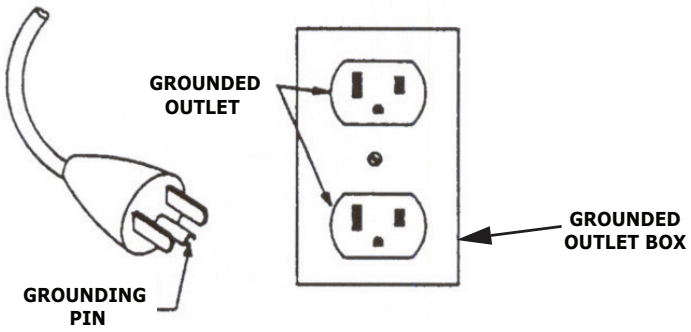
Supply Voltage	Frequency *(Hz)*	Rated Current *(Amps)*
100	50 / 60	3
110	50 / 60	3
120	50 / 60	3
200	50 / 60	3
220	50 / 60	3
230	50 / 60	3
240+	50 / 60	3

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 Life Fitness 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.

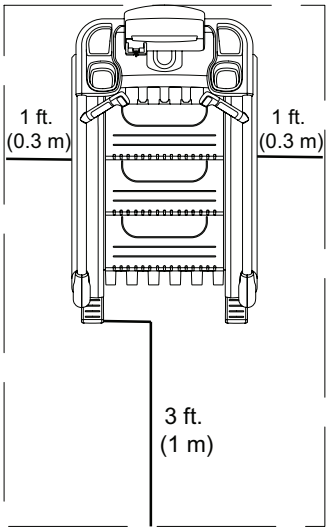
A temporary adapter MUST NOT BE USED to connect this plug to a two-pole receptacle in North America. If a properly grounded, 15-amp outlet is not available, one must be installed by a qualified electrician. For use on a nominal 120-V circuit, this product has a grounding plug that looks like the one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



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.

Where to Place the PowerMill

Following all safety instructions in Section 1.1, move the PowerMill to the location in which it will be used. See Section5, *Specifications*, for the dimensions of the footprint. The location must have a miniminum ceiling height of 9 ft. (2.7 m). Allow at least 3 ft. (1 m) behind the Life Fitness PowerMill Climber and 1 ft. (0.3 m) on each side. Grasp the handlebars and use the step assists to mount the PowerMill. To dismount, stop the PowerMill, grasp the handlebars, and use the step assists to back off the machine.



How to Stabilize the PowerMill

After placing the PowerMill 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 PowerMill. 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 PowerMill 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 Service and Technical Data

3.1 Preventive Maintenance Tips

Life Fitness products are backed by the engineering excellence and reliability of Life Fitness and are one of the most rugged and trouble-free pieces of exercise equipment on the market today. Commercial Life Fitness equipment are among the most popular of aerobic trainers in health clubs, colleges and military facilities worldwide.

Note: *Safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. Keep the equipment out of use until defective parts are repaired or replaced.*

The following preventive maintenance tips will keep the Life Fitness 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 *Life Fitness 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.

Life Fitness Approved Cleaners *(United States Availability Only)*

Two preferred cleaners have been approved by Life Fitness 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 Services to order these cleaners (1-800-351-3737 or email: customersupport@lifefitness.com).

Life Fitness Compatible Cleaners

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.

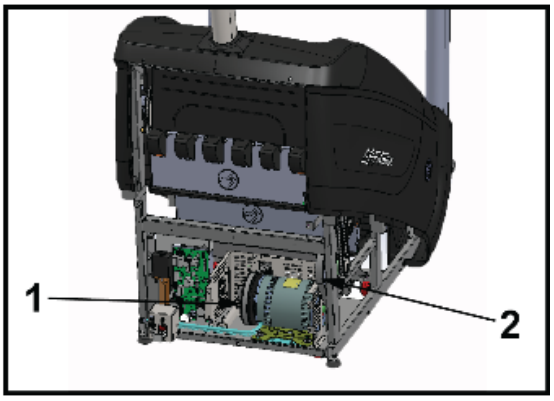
3.2 Preventive Maintenance Schedule

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 / Adjust*	*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.*
Brake Belt			*Inspect*		Check belts for wear and cracking
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.*

3.2 Preventive Maintenance Schedule Continued.....

Belt Inspection - Brake and Drive belts

The Powermill has two belts. A brake belt and a drive belt



Item	Description	Qty
1	Brake belt	1
2	Drive belt	1

Inspect belts for cracking or wear

Figure 1. Belt Cracking



If cracks appear 2 cm or less apart, then 80% of the belt life is gone and the belt should be replaced

Figure 2. Belt Wear



If material loss is occurring as shown above, the belt should be replaced.

Note: If the belt between the motor and the brake is removed for any reason, it must be replaced with a new one.

4 Assembly

Component List and Hardware

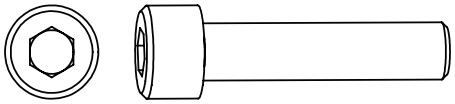
Identify the following components after unpacking your PowerMill:

	Description	Quantity
1	Step Assist, Left	1
2	Step Assist, Right	1
3	M8 X 35MM Socket Head Cap Screw, Black Zinc	10 *(step assist, 6)* *(handlebar, 4)*
4	Rear Upright, Left	1
5	Rear Upright, Right	1
6	Plastic Grommet	3 *(top cover)*
7	M10 X 20MM Hex Head Cap Screw, Clear Zinc	4 *(rear upright)*
8	Top Cap Gasket	1
9	Console Upright ***(Integrity or Discover)***	1
10	M8 X 18MM Hex Washer Head Screw, Clear Zinc	4 *(console upright to main frame)*
11	Top Cover	1
12	M4 X 16MM Phillips Pan Head Screw, Black Zinc	7 *(top cover)*
13	“L” tube, Left	1
14	“L” tube, Right	1
15	Handlebar, Left	1
16	Handlebar Right	1
17	Rear Handlebar Cover, Outer Left	1
18	Rear Handlebar Cover, Inner Left	1
19	Rear Handlebar Cover, Outer Right	1
20	Rear Handlebar Cover, Inner Right	1
21	M4 X 12MM Phillips Pan Head Screw, Black Zinc	25 *(rear upright cover, 8)* *(bottom of rear uprights, 2)* *(accessory tray, 12)* *(access panel, 2)* *(power cord bracket, 1)*
22	Accessory Tray, Top Right	1
23	Accessory Tray, Bottom Right	1
24	Accessory Tray, Top Left	1
25	Accessory Tray, Bottom Left	1
26	Accessory Cup	2

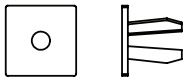
	Description	Quantity
27	Console ***(Integrity, Discover SE, Discover SI or Explore)***	1
28	#8-18 X 10 Phillips Pan Head Screw, Black Zinc ***(Integrity Console Only)***	4
29	#6 -16 X 6 Phillips Pan Head Tapping Screw Clear Zinc ***(Discover and Explore)***	4
30	M5 X 14MM Pan Head Screw ***(Discover and Explore)***	4
31	Middle Shroud, Console ***(Discover and Explore)***	1
32	Console Cover ***(Discover and Explore)***	1
33	Access Panel, Left	1
34	Access Panel, Right	1
35	Bracket, Line Cord	1
36	M8 X 16MM Button Head Cap Screw, Clear Zinc	8 *(handelbar to console upright, 4)* *("L" tube to handlebar, 4)*
37	Cable, MCB to Interface PCB ***(Integrity Console Only)***	1
38	Cable, Interface PCB to Console ***(Integrity Console Only)***	1
39	Cable, Lifepulse Extension ***(Integrity Console Only)***	1
40	Cable, C-Safe Extension ***(Integrity Console Only)***	1
41	Cable, Communication ***(Discover Console Only)***	1
42	Ferrite - Bead ***(Discover Console Only)***	1
43	Cable, Communication ***(Explore Console Only)***	1
44	Cable, Lifepulse / Switches ***(Explore Console Only)***	1

Tools Required:

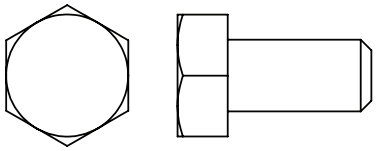
- 5mm Allen Wrench
- 6mm Allen Wrench
- #2 Phillips Screwdriver
- 10mm Socket
- 17mm Socket with Extension
- Ratchet
- 17mm Open End Wrench *(for levelers only)*



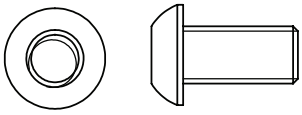
M8 X 35MM Socket Head Cap Screw, Black Zinc (#3)



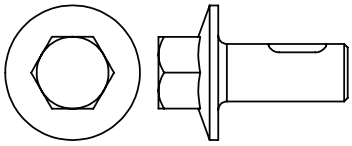
Plastic Grommet (#6)



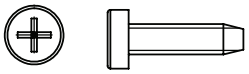
M10 X 20MM Hex Head Cap Screw, Clear Zinc (#7)



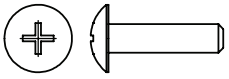
M8 X 16 MM Hex Button Head Cap Screw (#36)



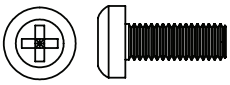
M8 X 18MM Hex Washer Head Screw, Clear Zinc (#10)



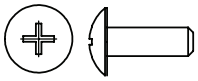
#8-18 X 10 Phillips Pan Head Screw, Black Zinc (#28)



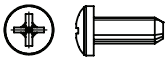
M4 X 16MM Phillips Pan Head Screw, Black Zinc (#12)



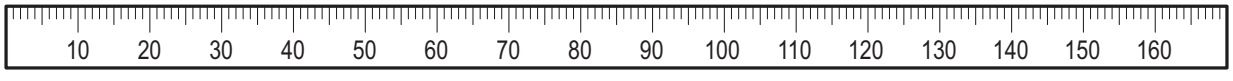
M5 X 14MM Pan Head Screw (#30)



M4 X 12MM Phillips Pan Head Screw, Black Zinc (#21)

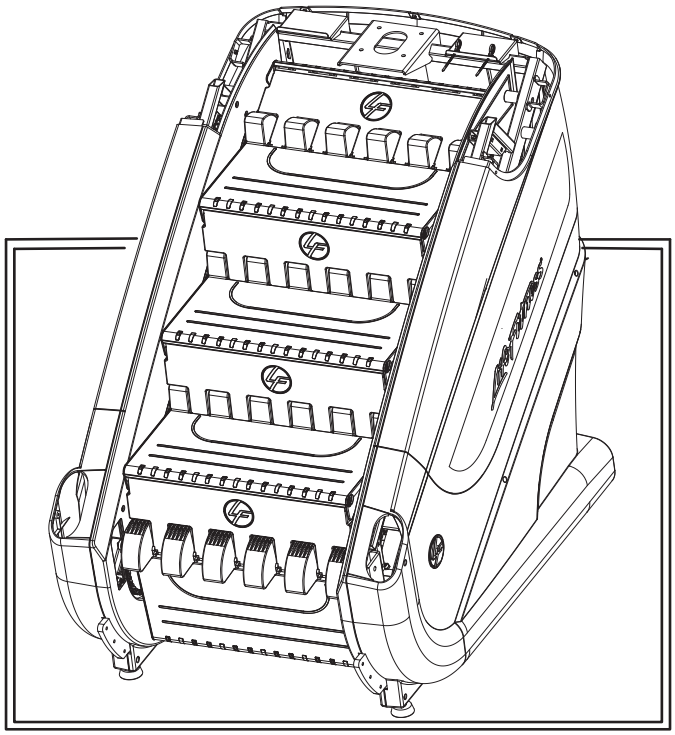


#6-16 X 6 Phillips Pan Head Tapping Screw, Clear Zinc (#29)



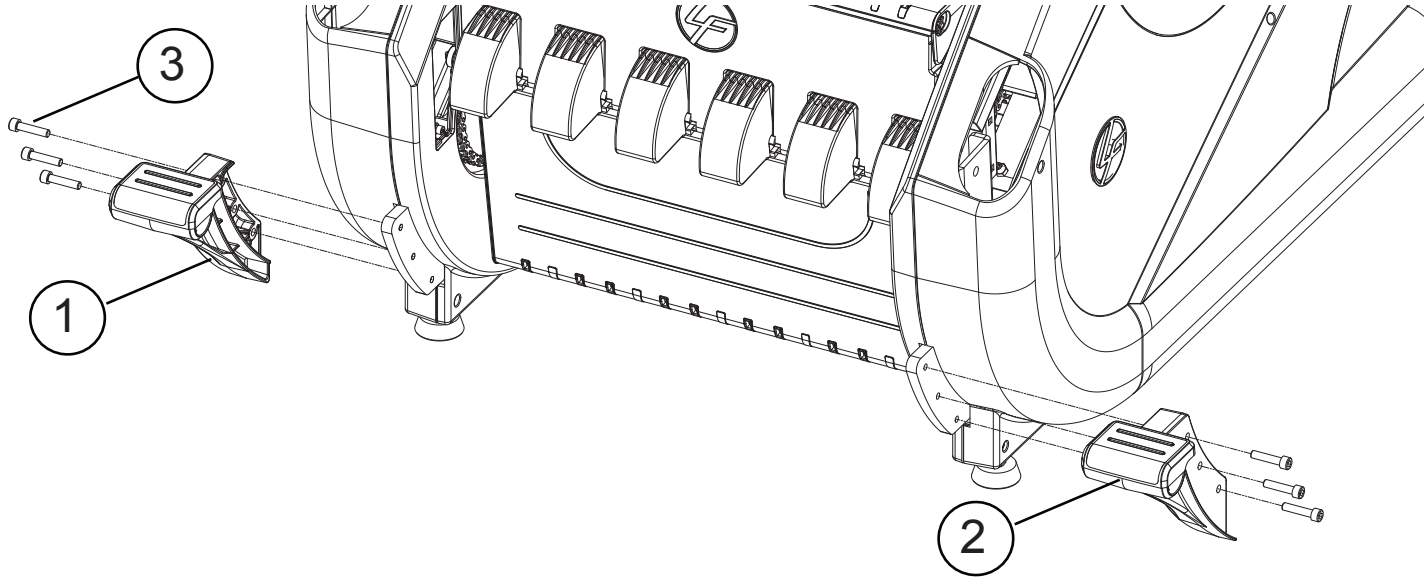
1

Note: Base is anchored to base pad.



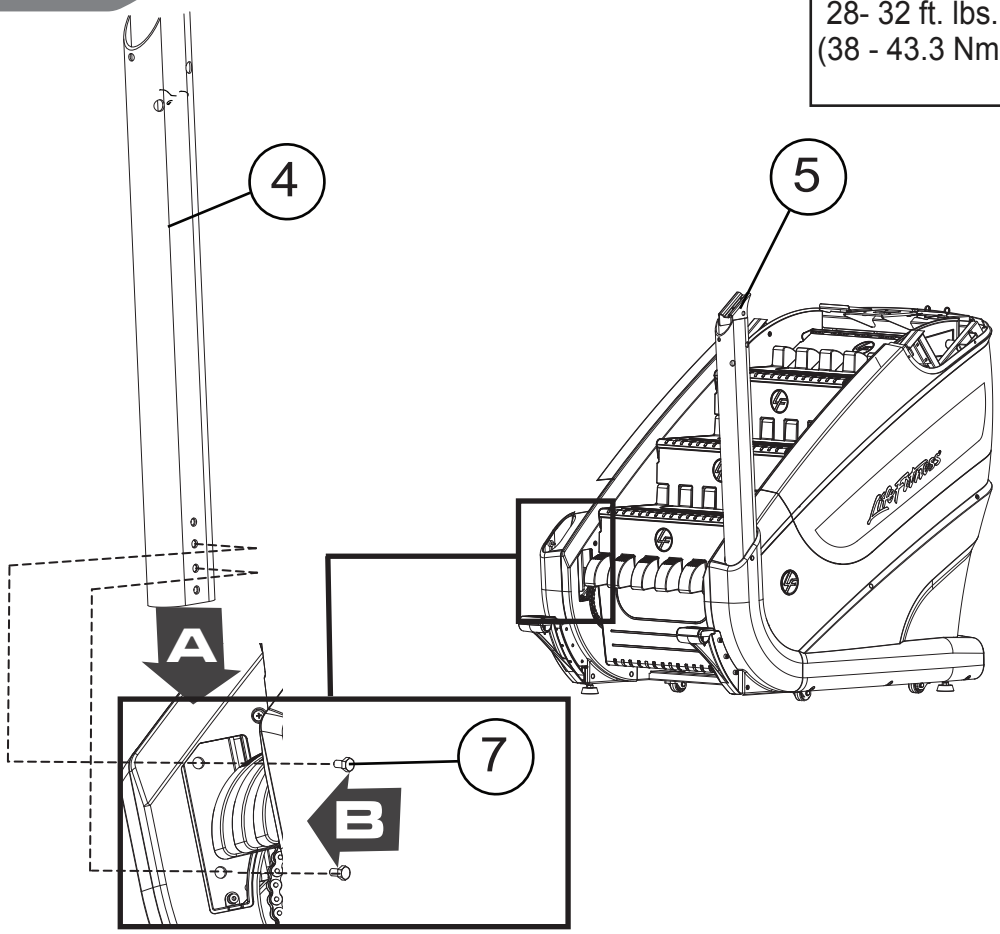
2

18 - 20 ft. lbs.
(24.4 - 27.1 Nm)



3

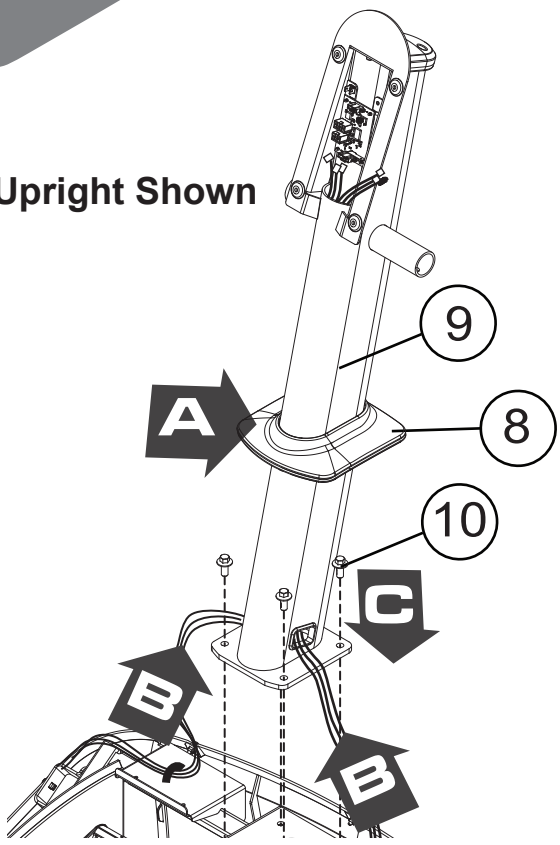
28- 32 ft. lbs.
(38 - 43.3 Nm)



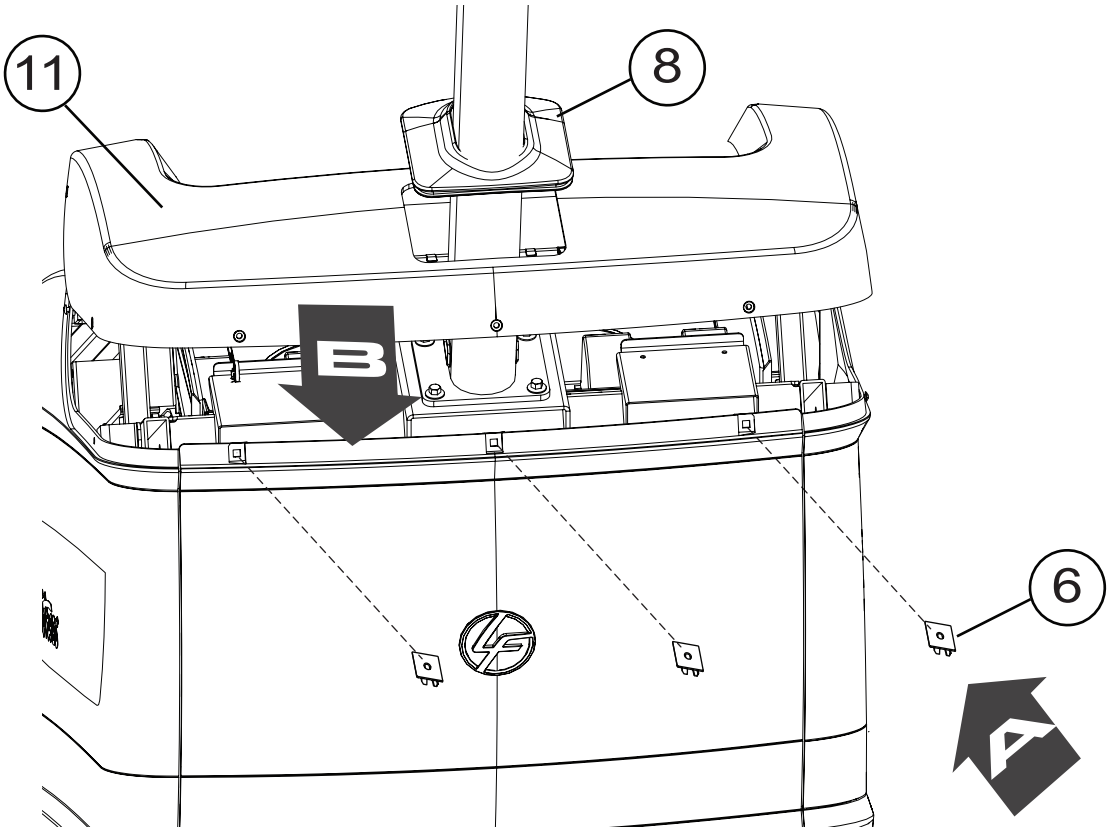
4

18 - 20 ft. lbs.
(24.4 - 27.1 Nm)

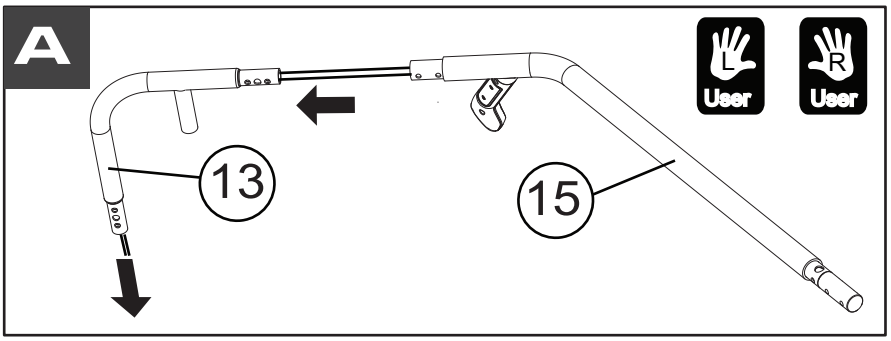
Integrity Console Upright Shown

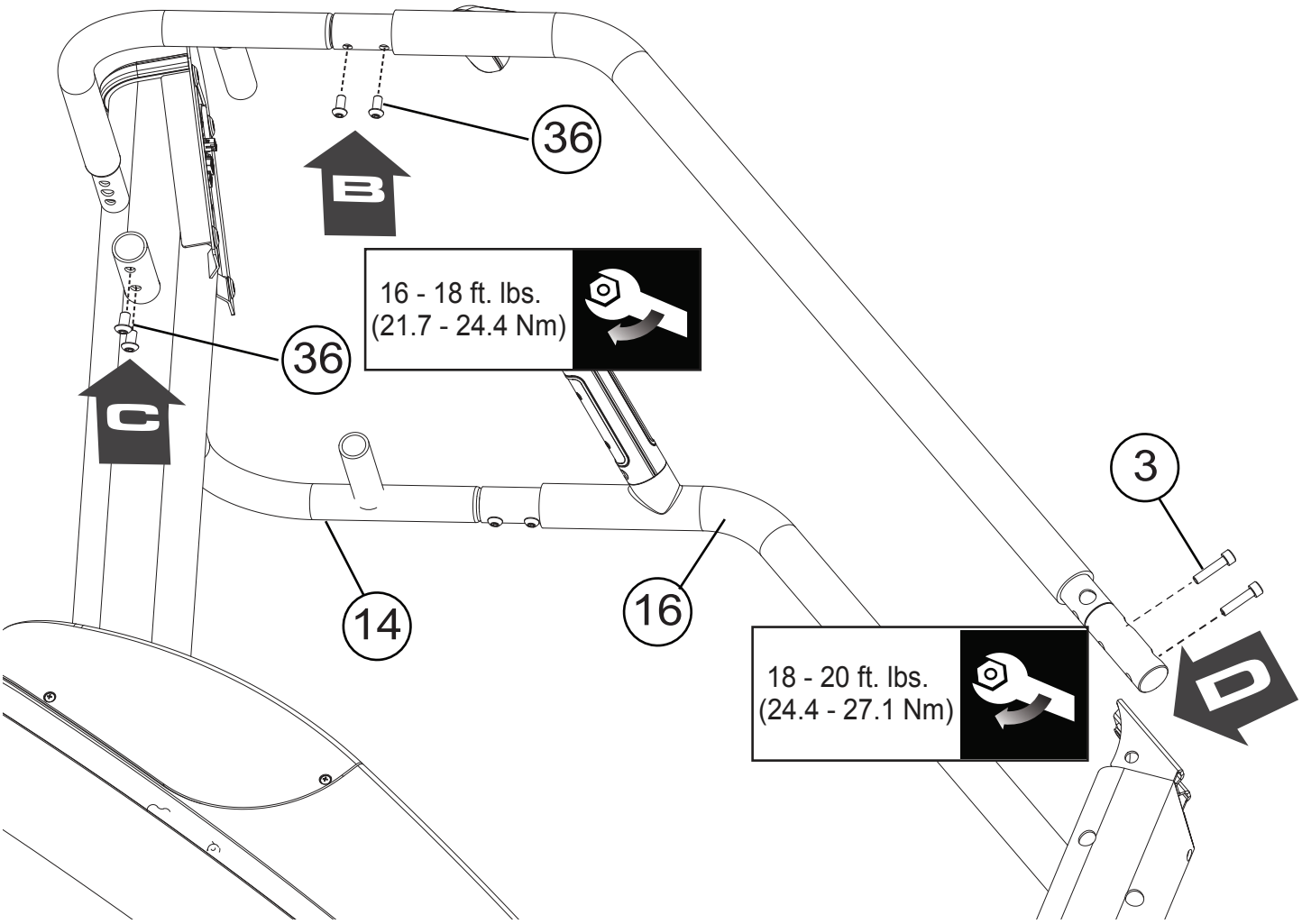


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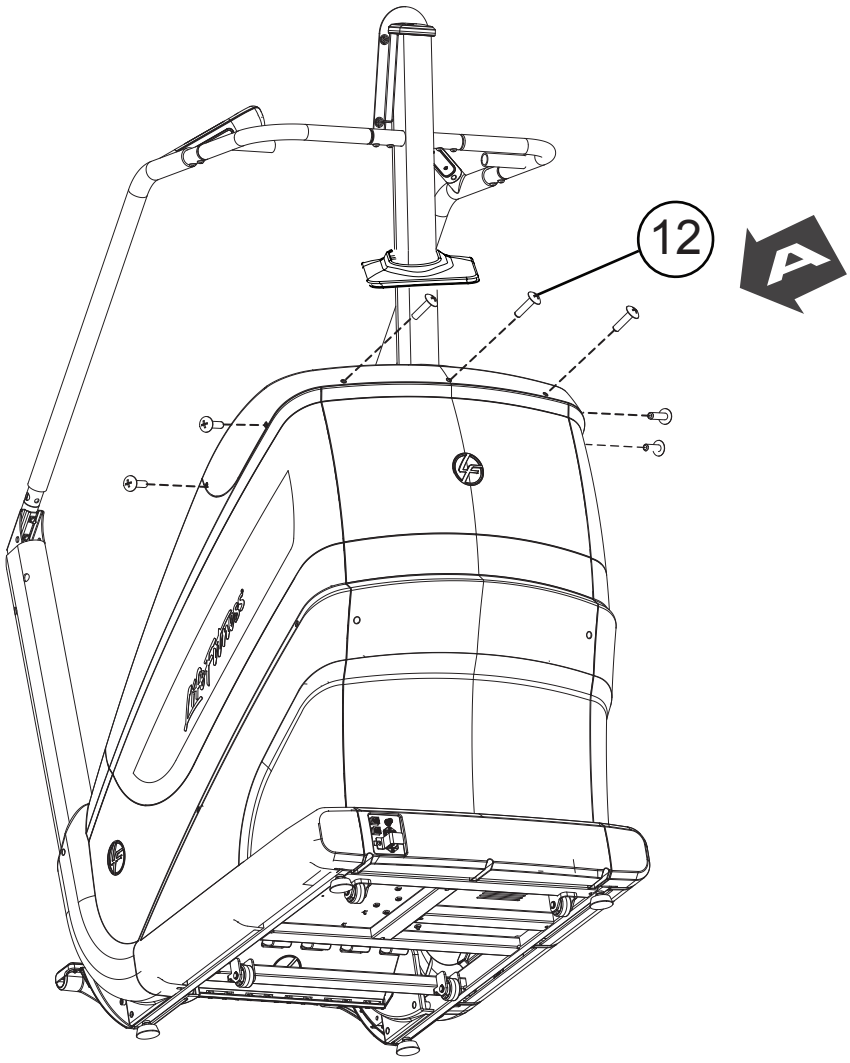


6


A
User
User
13
15

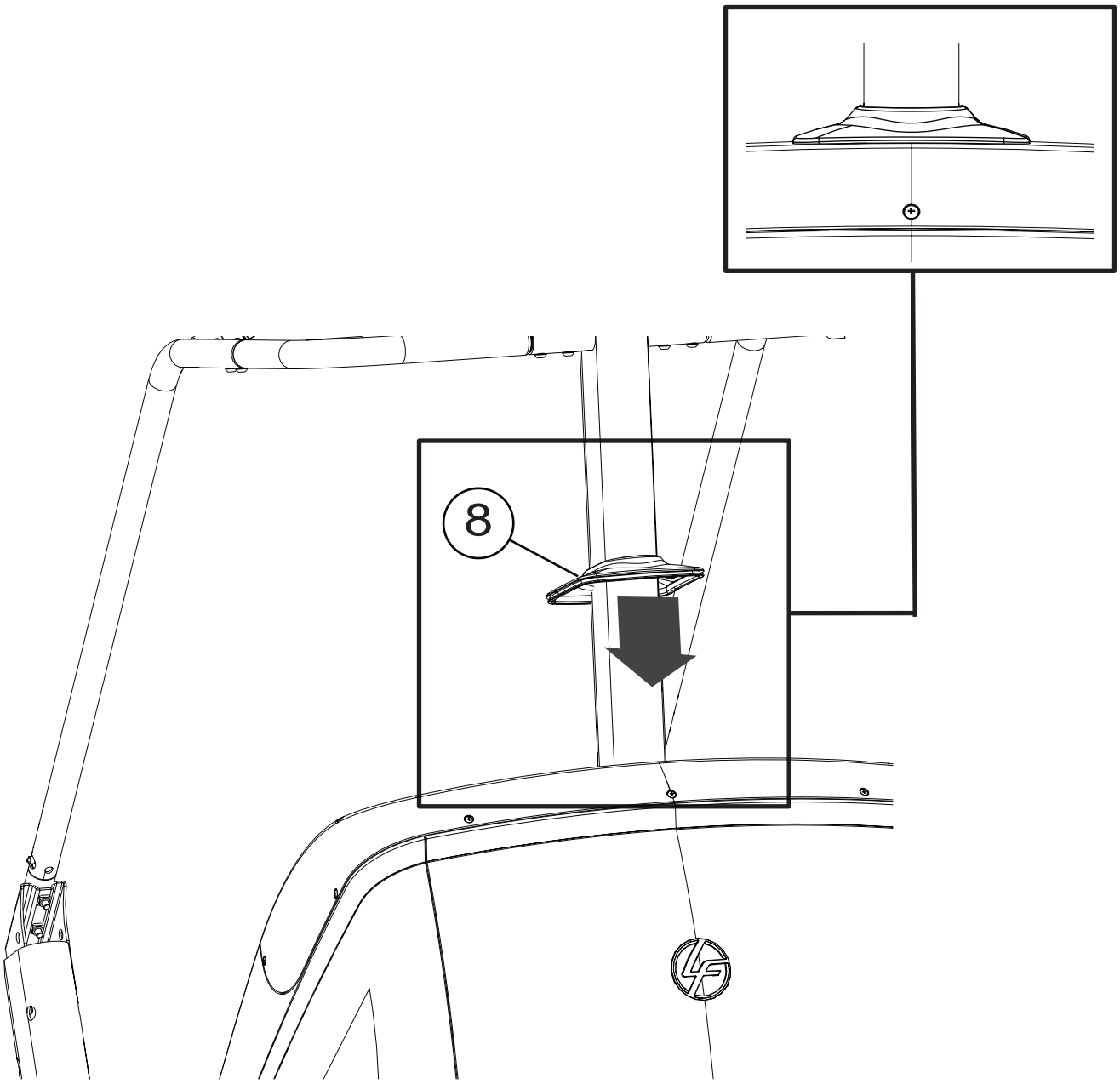

36
B
16 - 18 ft. lbs.
(21.7 - 24.4 Nm)
36
C
3
14
16
18 - 20 ft. lbs.
(24.4 - 27.1 Nm)
D

7



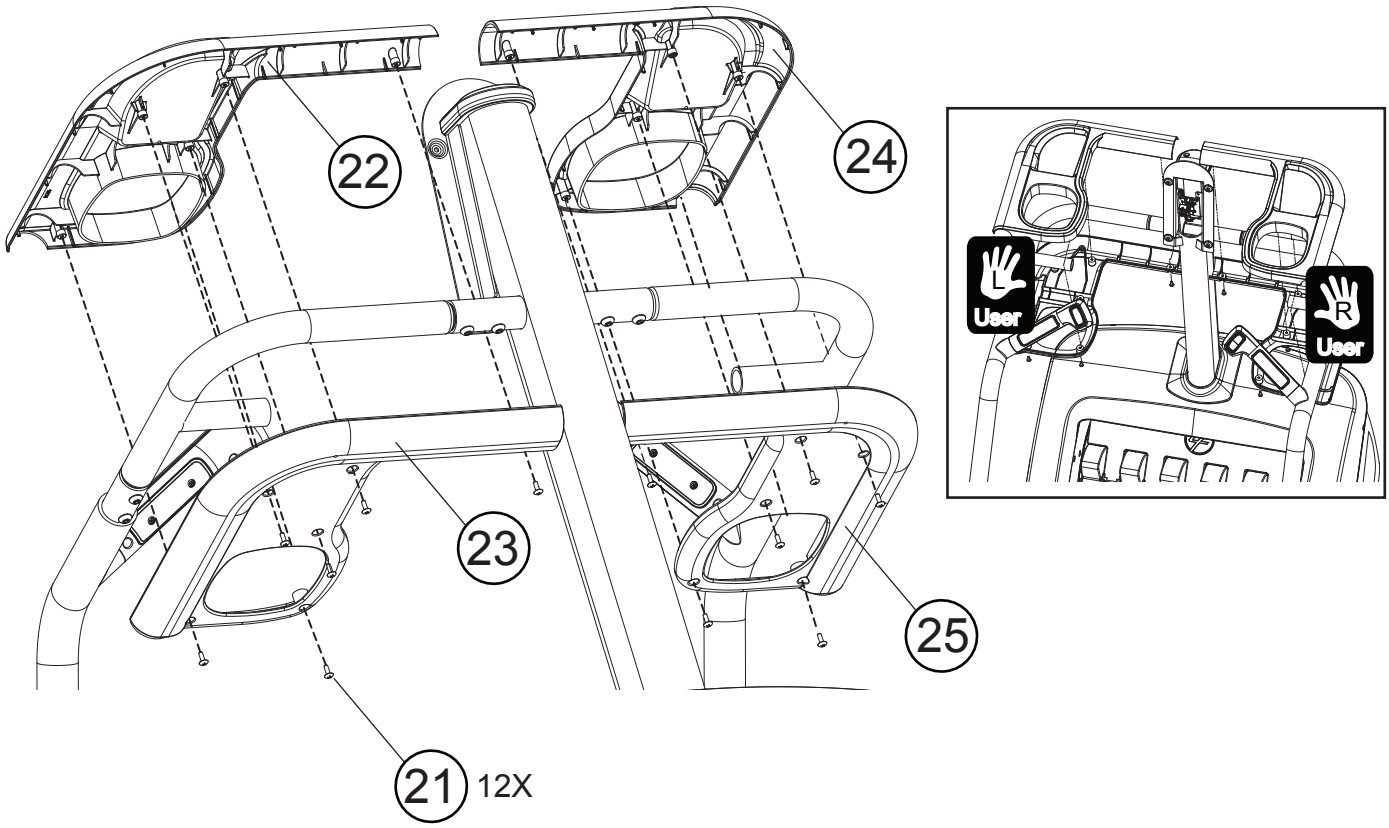
B **TIGHTEN HANDLEBAR, UPRIGHT, and MONOCOLUMN BOLTS (20 BOLTS)** **100%**

8

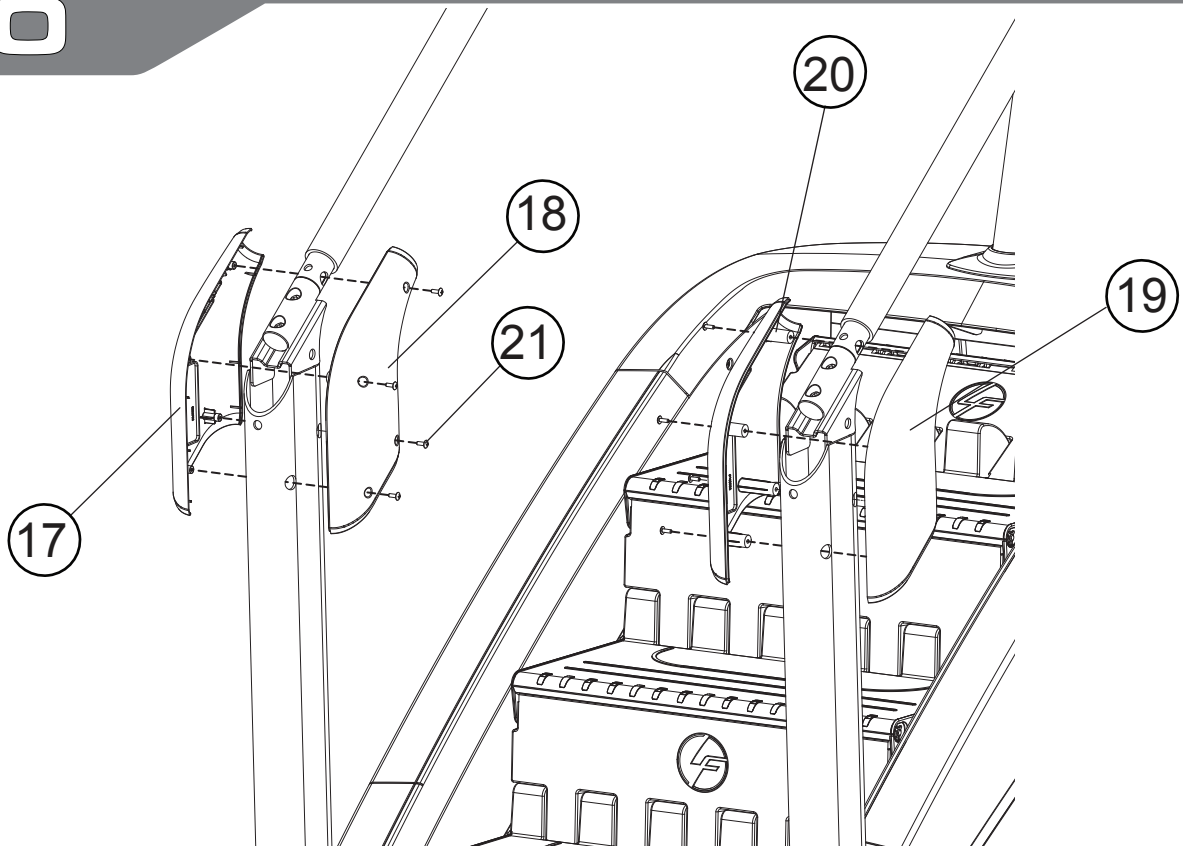


9

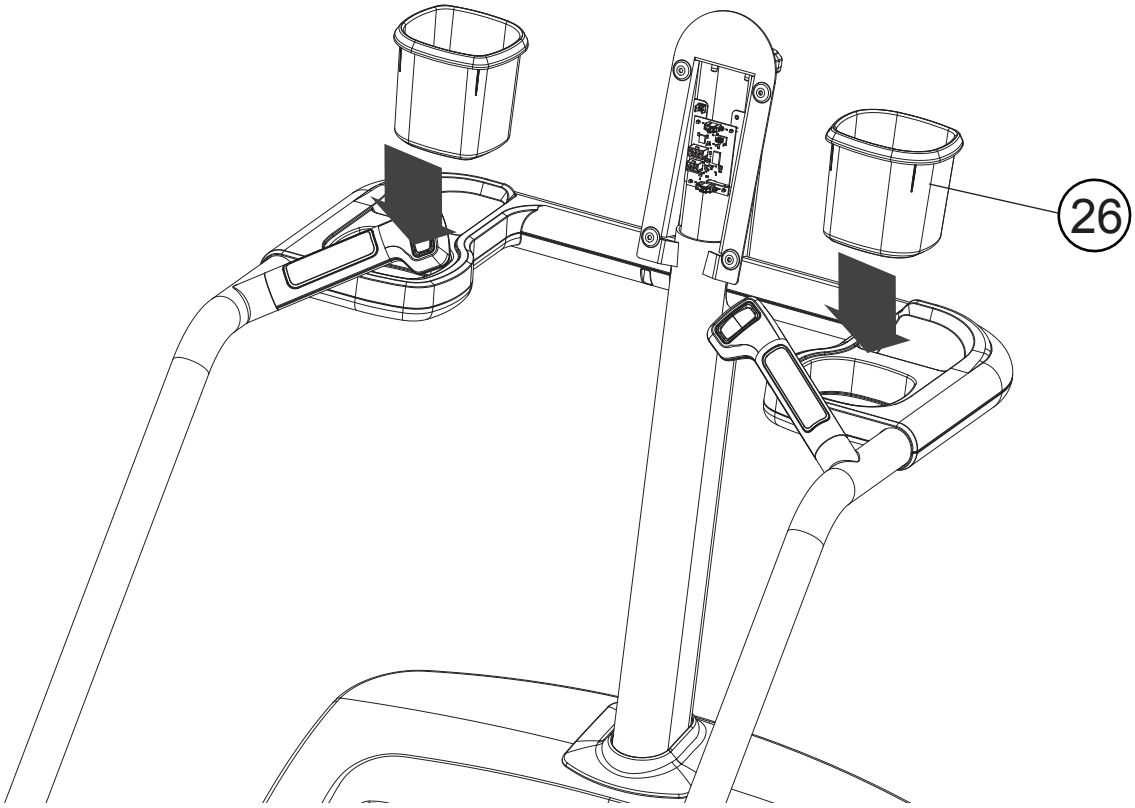
Rear View



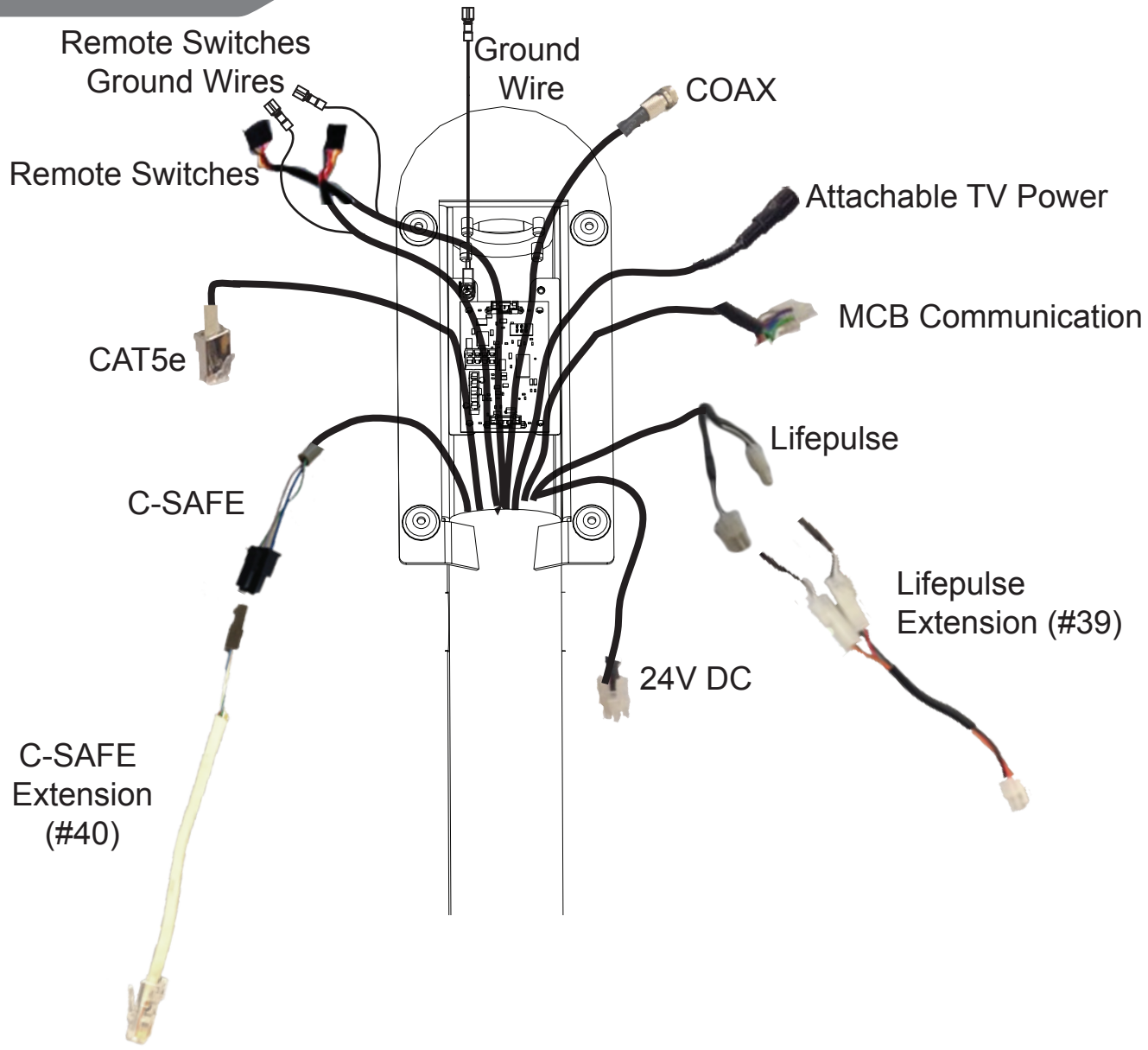
10



11



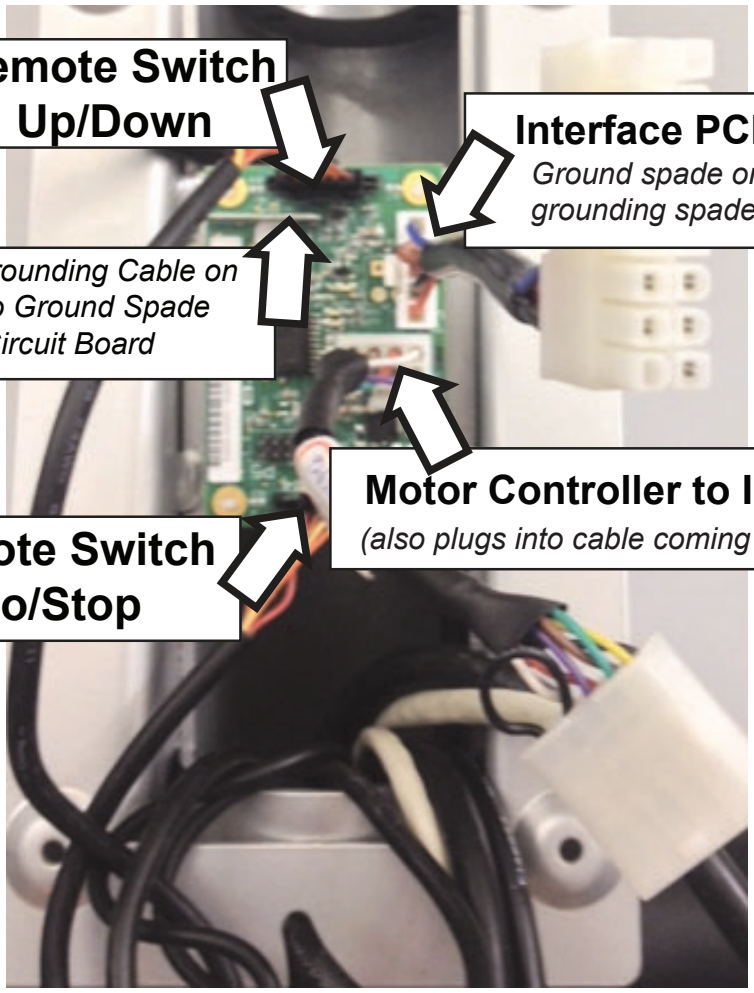
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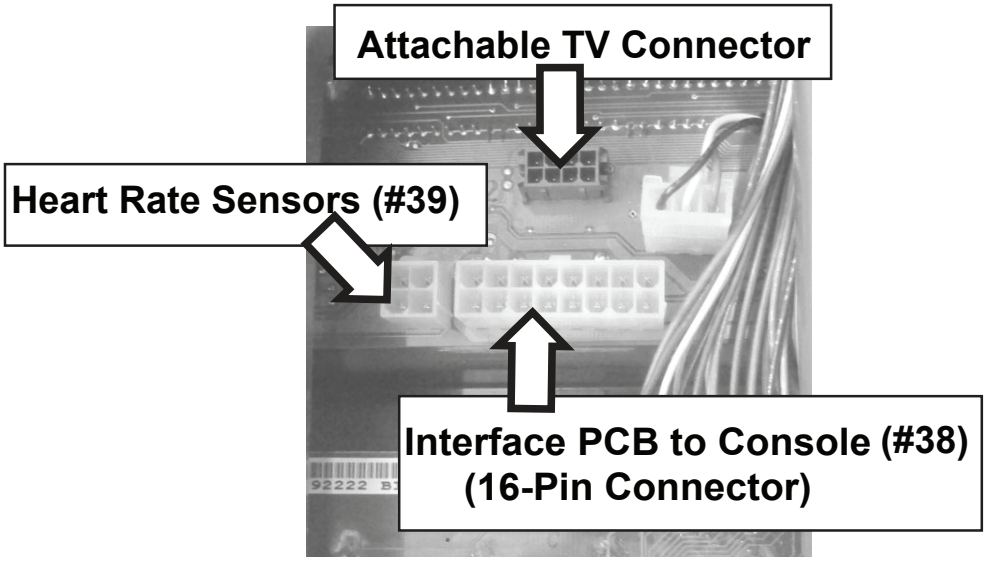
Cable	Discover	Explore	Integrity	Integrity with Attachable TV
MCB Communication	Connects to #41		Connects to #37	
Lifepulse (2)	Connects to #41		Connects to #39	
Remote Switches (2)	Connects to #41		Connects to upright circuit board	
24V DC	Connects directly to console			
CAT5e	Connects directly to console			
C-SAFE	Connects directly to console		Connects to #40	
COAX	Connects directly to console			Connects directly to TV
Attachable TV Power				Connects directly to TV
Remote Switch Ground Wires (2)	Connects to connector on upright			
Ground Wire	Connects directly to console	Connects directly to console	Connects to upright circuit board	

13 a

CONNECTIONS TO INTEGRITY CIRCUIT BOARD

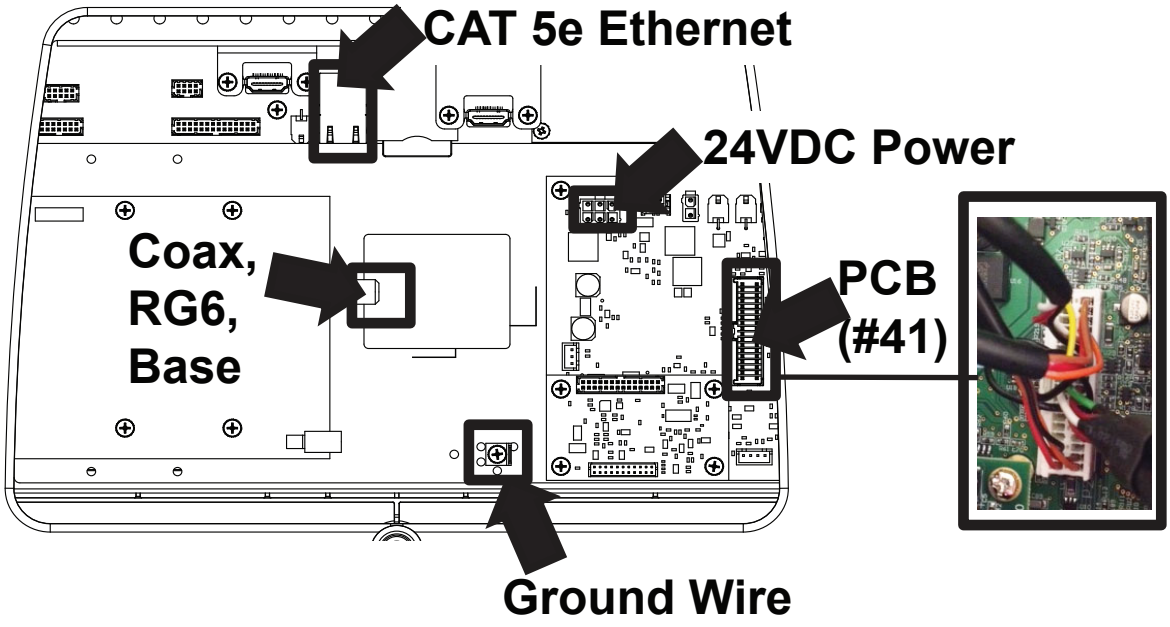


CONNECTIONS TO INTEGRITY CONSOLE

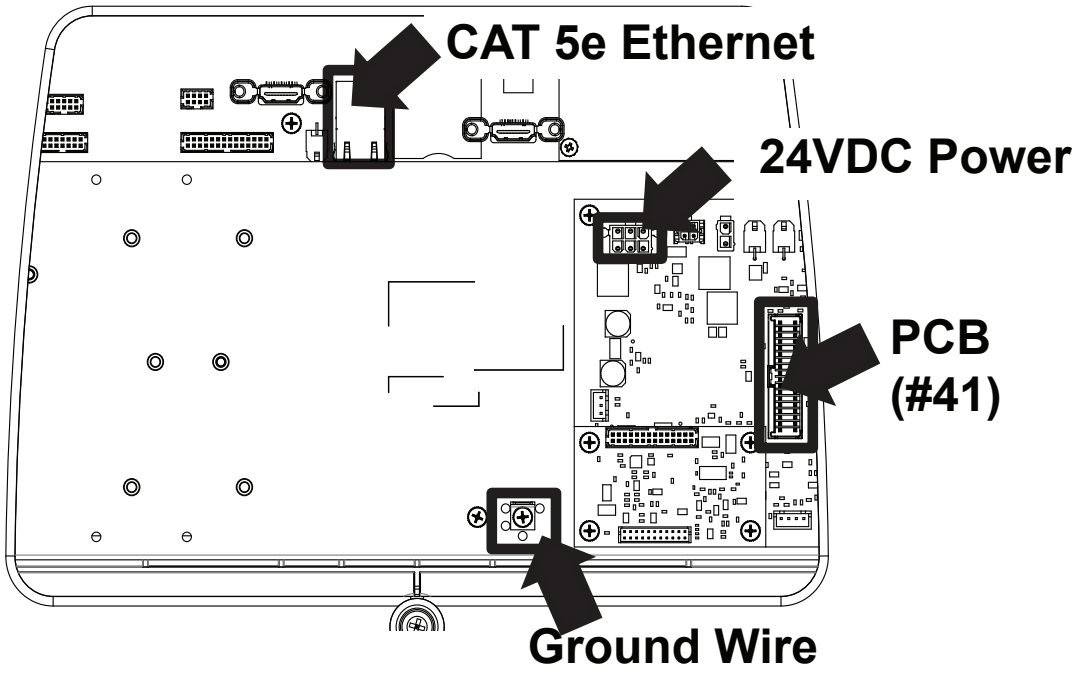


13 b Connections to Discover Consoles

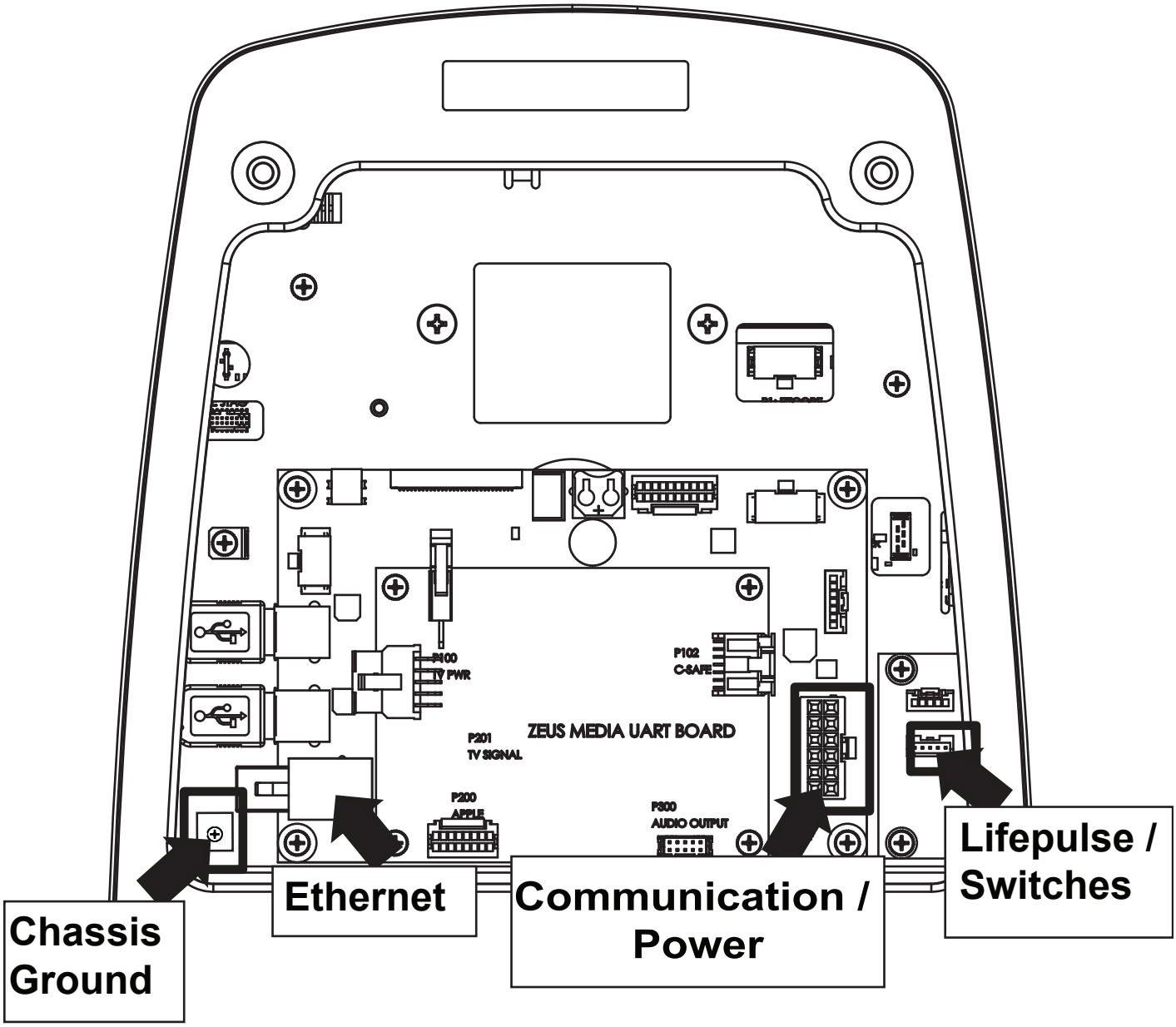
Discover SE



Discover SI

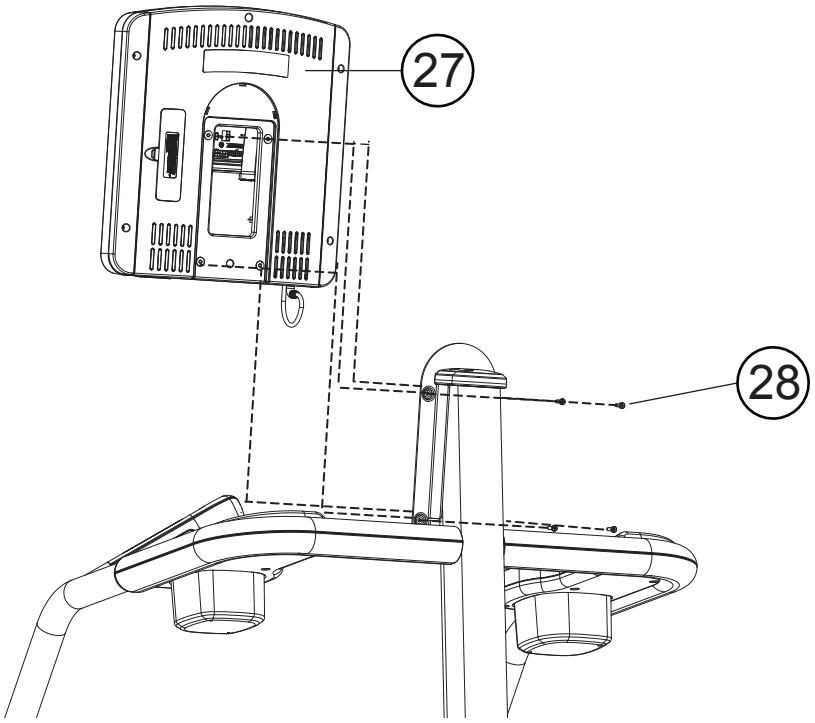


13 c Connections to Explore Console

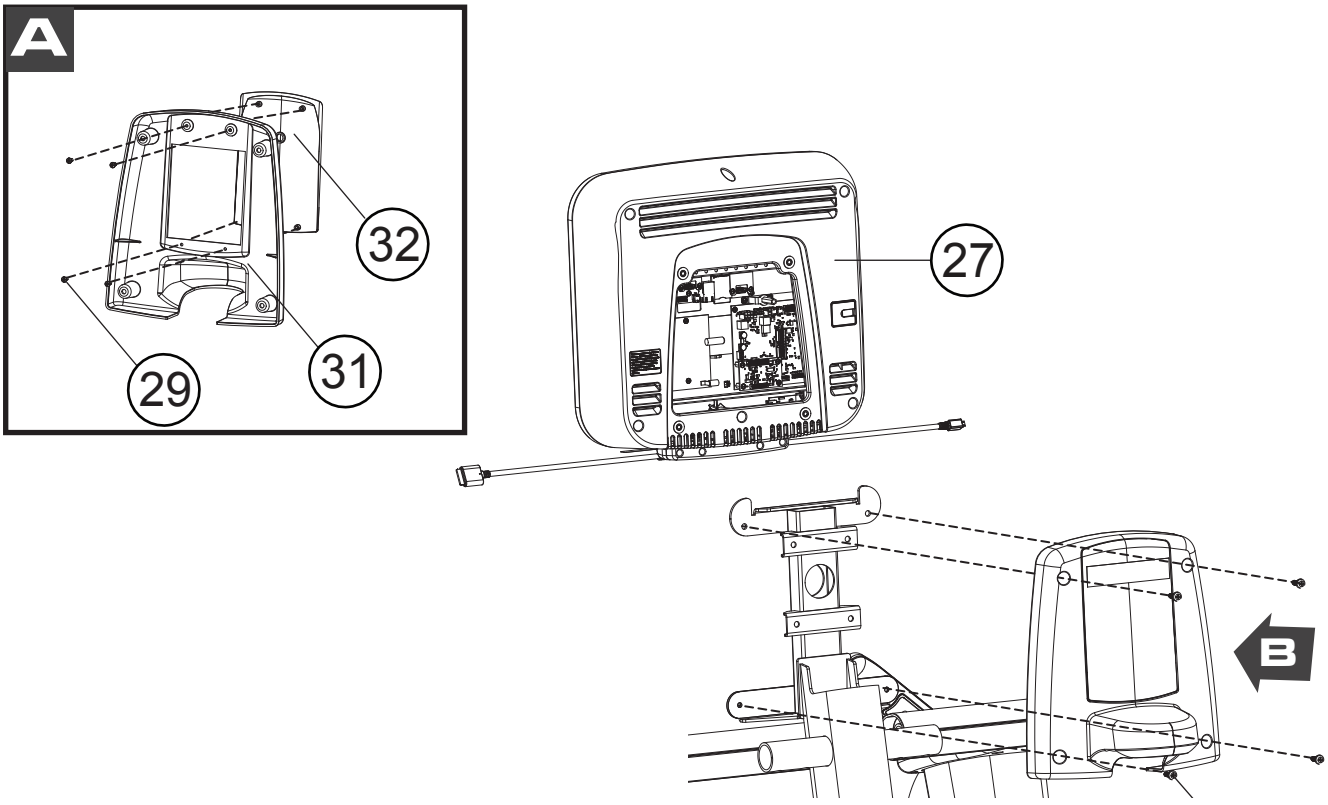


14

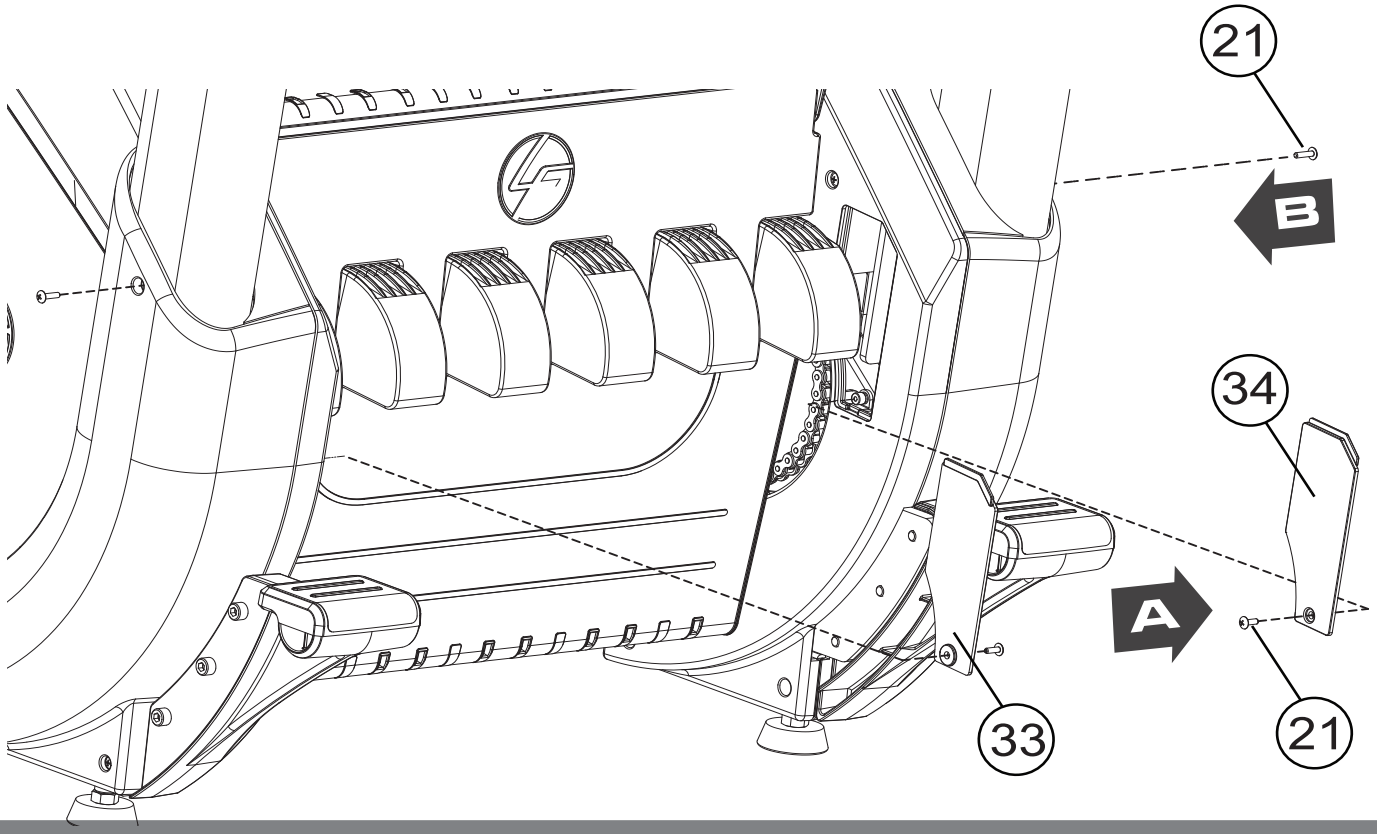
Integrity Console



Explore and Discover Console



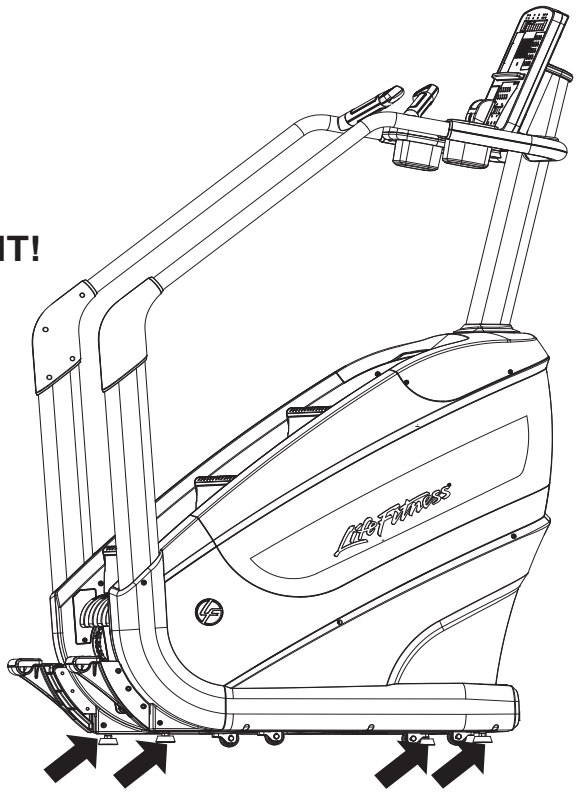
15



16

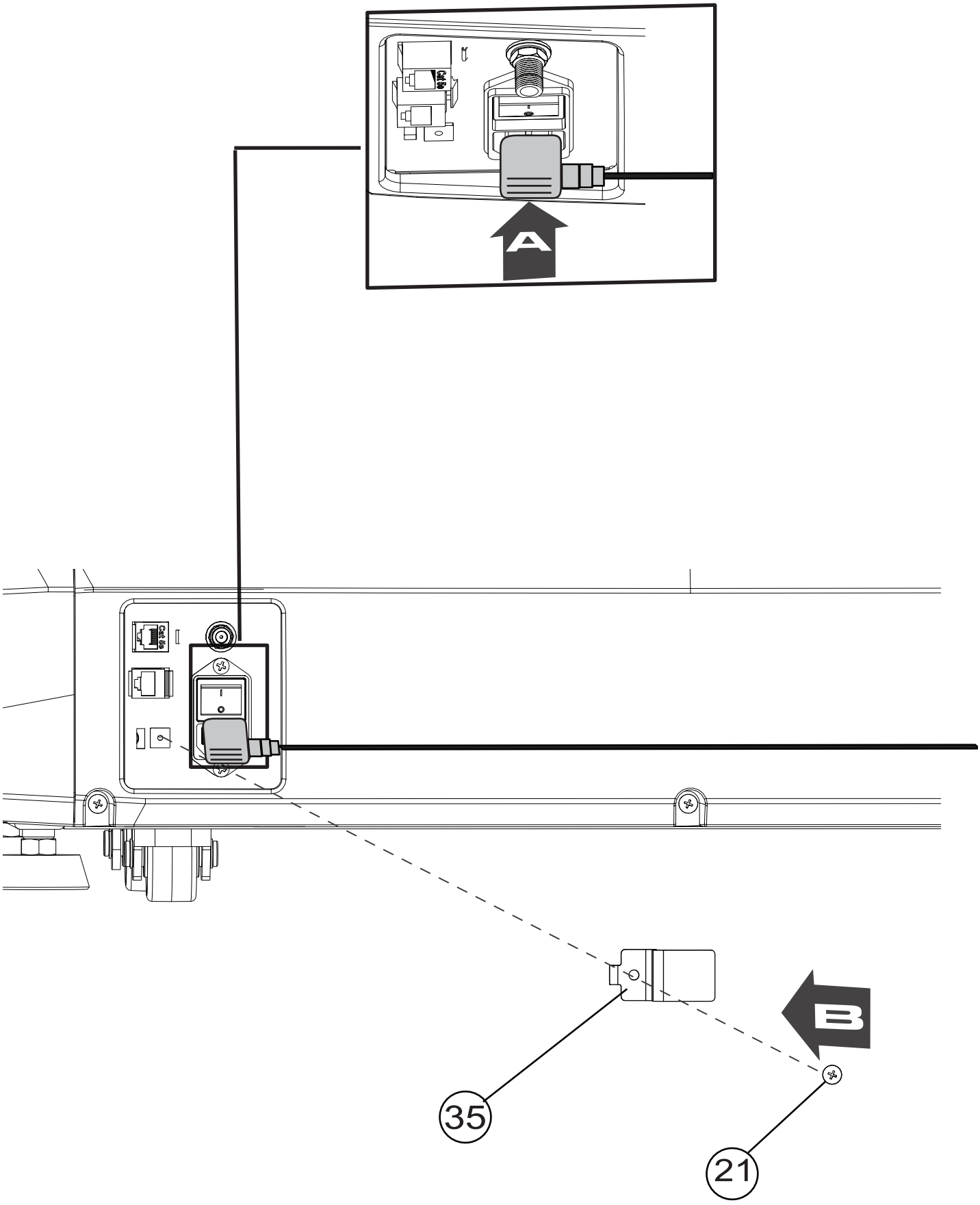
100%

MAKE SURE ALL HARDWARE IS TIGHT!



MAKE SURE ALL LEVELERS ARE DOWN!

17



5 Specifications

5.1 Life Fitness PowerMill

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:	100 - 240 volts, 50/60Hz, 3 Amps
Internet:	Via CAT6 or CAT5e *(shielded recommended)*
Resistance levels:	26 (0-25)
Heart rate monitoring options:	Lifepulse™ digital heart rate monitoring with DSP (digital signal processing) and Polar® telemetry *(optional chest strap required)*
Network Capabilities:	CSAFE-Ready, FitLinxx™ Certified
Base Features:	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 SE*	*Discover SI*	*Integrity*	*Explore*
Display Type	16” Surface Capacitive LCD Touch Screen with Swipe™ Technology	10” Surface Capacitive LCD Touch Screen with Swipe™ Technology	Dual level alpha-numeric LED console	7” non-touchscreen LCD

Physical Dimensions	
Length	55.92 in. (142 cm)
Diagonal	99.5 in. (252.73 cm)
Width	32.81 in. (83.3 cm)
Height	82.3 in. (209 cm)
Step-up Height	10.5 in. (26.7 cm)
Weight (base)	473 lbs. (214.5 kg)

Shipping Dimensions - Main Box	
Length	51.6 in. (131 cm)
Width	35 in. (89 cm)
Height	50 in. (127 cm)
Weight	530 lbs. (241 kg)

Workouts			
		Integrity	**Discover SE / SI**
Classic	Random, Manual, QuickStart	X	
	Manual Goals, Random, Hill, Rolling Hills		X
Interval	Hill, Around the World, Cascades, Foothills, Interval, Kilimanjaro, Custom 2 Speed Interval	X	
	Custom 2 and 3 Speed Interval		X
LFconnect.com*	Extreme Heart Rate, Kilimanjaro, Around the World, Cascades, Custom Workouts		X
Zone Training+ Heart Rate	Cardio, Fat Burn, Heart Rate Hill, Heart Rate Interval, Extreme Heart Rate	X	
Healthy Heart	Fixed Time Interval, Variable Time Interval, Vigorous Burn, Moderate Burn		X
Goal	Watts, METs, Calories, Floors Climbed, Time in Zone	X	
	Time, Calories, Floors Climbed, Steps Climbed, Time in Zone, Watts, METS		X
Custom	Custom Interval Heart Rate and Hill	6	
Fit Tests / Evaluate	Fit Test, CPAT Test, WFI SubMax	X	X

*LFconnect on-console features are compatible with the Elevation Series Discover SI when connected to the Internet. Internet connectivity is recommended for optimal facility owner and exerciser experience.

Life Fitness Patents Pending