StairClimber™ 800 Line

Getting Started Guide

Welcome to a personalized fitness experience for your members.

The Experience™ Series cardio line gives operators the proven, reliable performance they can count on. Each piece offers the personalized exercise experience and entertainment choices your members seek. The StairClimber™ (SCL®) with Dynamic Step Control® keeps exercisers engaged, motivated, and challenged.

Get to know Precor equipment

The Precor StairClimber with Dynamic Step Control technology delivers a smooth stepping motion and engaging workouts for exercisers of varying levels of fitness.

- Exercisers can use the step-on and step-off platforms to climb aboard and get started with confidence, and for convenience when finished. During exercise, the platforms provide a comfortable resting position for exercisers.
- For proper maintenance, wipe down the unit after every use with disinfectant wipes, or a lint-free cloth dampened with a recommended non-acidic, non-corrosive cleaner.
- If small items are accidentally dropped into the equipment, the SCL is designed to slide the item out from underneath the unit, without a service technician's intervention.
- The Active Status Light™ indicates the operating condition and when to perform life-extending maintenance. The Active Status Light gives facility operators the ability to address maintenance issues and reduce downtime.



Status Light Color	Definition	Action Required
Steady (Solid) Blue	Operating Normally	None
Pulsing Blue	Regular maintenance recommended.	Perform maintenance, then reset status light.
Steady (Solid) Yellow	Detected and recovered from an error. Safe to use, but some functions may be unavailable.	Refer to the event log for more information.
Pulsing Yellow	Persistent error detected. Service is required for proper operation.	Machine service is required.

Get to know Precor cardio workouts

Our instructional videos provide information vital to the safe and effective use of the equipment and can help users, trainers, and operators get the most out of their SCL. A variety of manual and preset programs can help trainers and users meet their goals and build training programs tailored to produce the best possible results.

For complete equipment operating instructions and troubleshooting, visit us at www.precor.com. Make sure your trainers regularly read our blog (select languages) at www.precor.com for more ideas about fitness routines and advice from trusted industry experts.

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TRAINING AND EXERCISING

CAUTION Before beginning any fitness program, see your physician for a thorough physical exam. Ask your physician for the appropriate target heart rate appropriate for your fitness level.

Start a workout

Read all safety and operating instructions included with your equipment.

STEP 1: Place hands on the handrails and use the Step-On Platforms to enter to the stairs.

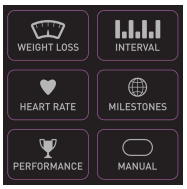


STEP 2: Hold handrails with one hand while selecting a workout.



STEP 3: Press **QUICK START** or select a preset or featured workout to begin.





STEP 4: Start climbing. Increase or decrease speed using Motion Controls on the console or the Motion Controls on the left handlebar.

TIP For best results, select a pace you can control without using handlebar (average steps per minute is 40-100).



STEP 5: To stop your workout, press the red **STOP** button on the console or the red Stop button on the right handlebar. To dismount safely, hold on to the handrails and step on to the Step-On Platforms before lowering to the ground.





IMPORTANT The heart rate features are intended for reference only. They may not be accurate for every user or at every speed and are not intended for use as a medical device. Holding the heart rate handle touch sensor while exercising at higher intensity may also decrease accuracy of the heart rate reading and is not recommended. Please also read your product documentation and visit: www.precor.com/en-us/customer-service/faq.