

STEPMASTER

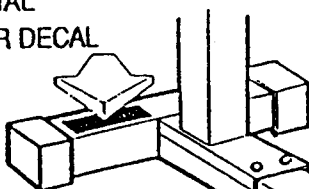
INDEPENDENT ACTION STEPPER / SM9

MODEL NO. SM9

SERIAL NO.

Write serial number in the space above for reference.

SERIAL
NUMBER DECAL



WAIT, READ THIS FIRST!

If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

The ASSEMBLY MANUAL
MODEL NUMBER of this UNIT
PART NAME or DESCRIPTION
ORDERING NUMBER
THE QUANTITY of each part that you need.

THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceded by TWO LETTERS.

THE PART NAME or DESCRIPTION and the ORDERING NUMBER can be found on the PARTS LIST PAGE.

Weider

OWNER'S MANUAL

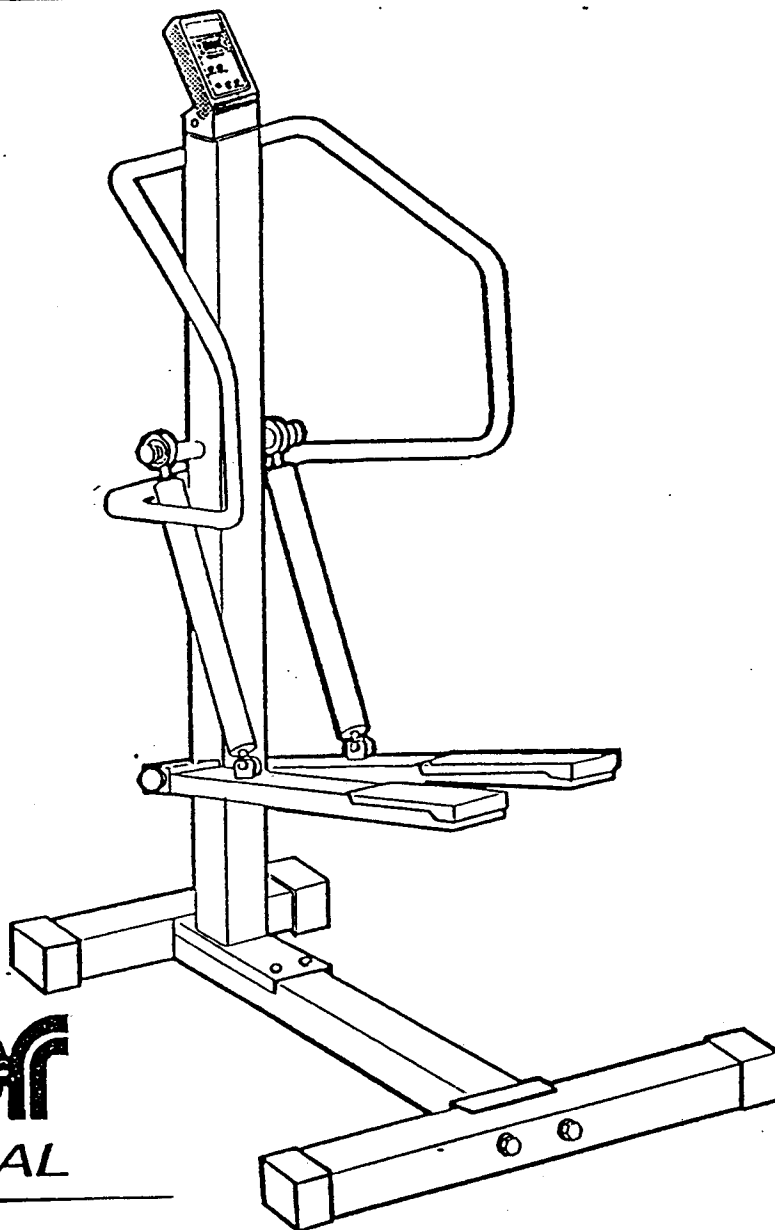
MADE IN CANADA

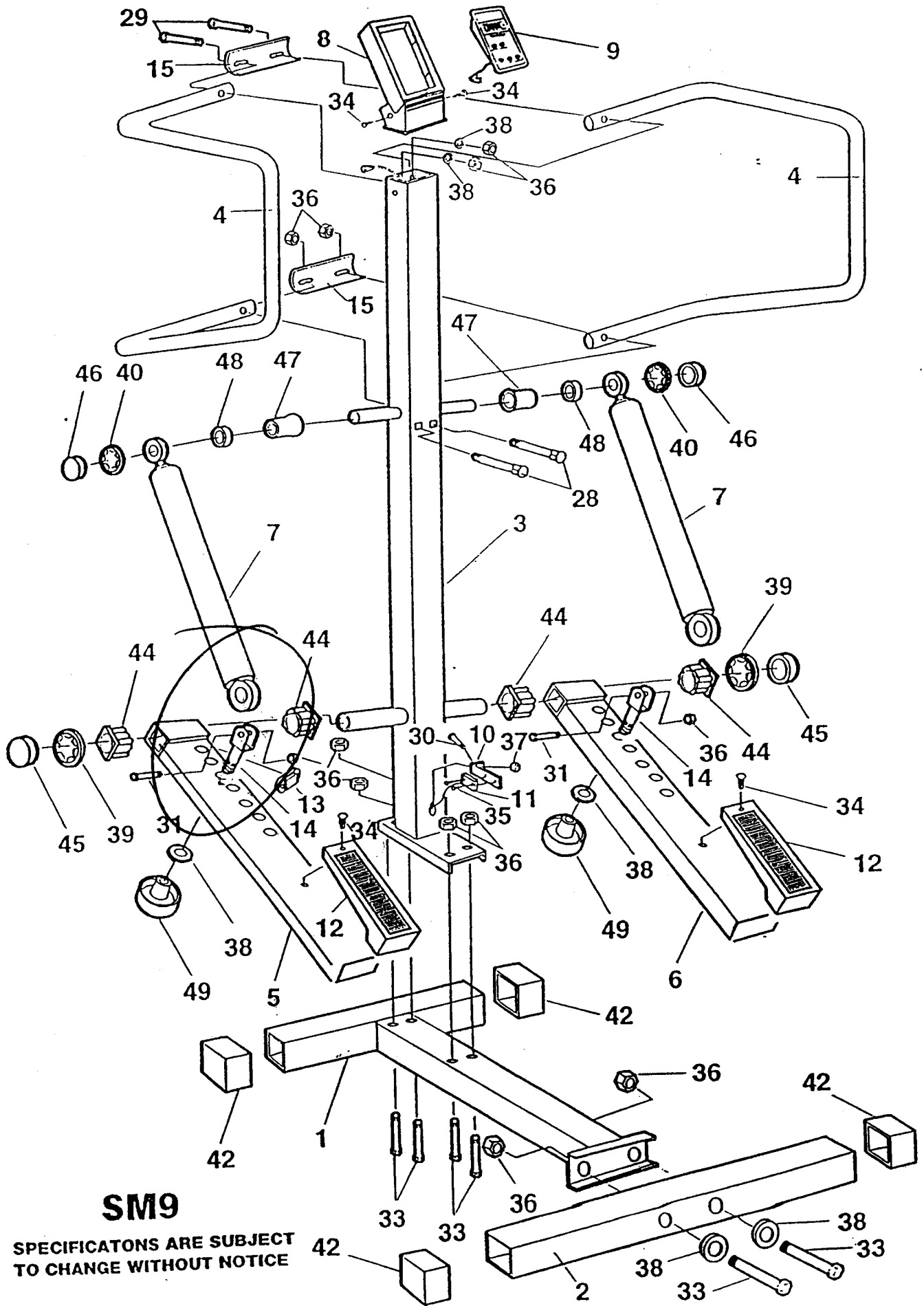
WEIDER is committed to providing you complete customer satisfaction. If you have any questions concerning the assembly of this product or find damaged or missing parts, we guarantee you direct assistance. AVOID THE HASSLE OF CONTACTING THE STORE FOR PARTS OR RETURNING THE PRODUCT. Call our "CUSTOMER ASSISTANCE LINE" for assistance with parts and information by calling our toll free number 1-800-225-0653, Mon. - Fri., 8 am - 5 pm CST.

IMPORTANT: Read all safety precautions and instructions in this manual carefully before using this equipment. Save this manual for future reference.

Printed in Canada

WEIDER SPORTING GOODS, INC.
21100 Erwin Street, Woodland Hills, CA. 91367 USA





SM9

SPECIFICATONS ARE SUBJECT TO CHANGE WITHOUT NOTICE

SM9 PARTS LIST

DIAGRAM NO	PART NAME	QTY	ORDERING NO
1	BASE "T"	1	C4100-F48*F74
2	FRONT BASE	1	C4101-F48*F74
3	MAIN FRAME	1	C4182-F74*F74
4	HANDLE BAR	2	C6848-F74*F74
5	PEDAL - LEFT	1	C4104-F48*F74
6	PEDAL - RIGHT	1	C4103-F48*F74
7	RESISTANCE CYLINDER - RETURN	2	CZZ-0006*F74
8	MONITOR BRACKET	1	C0837-F48*F74
9	ELECTRONIC MONITOR	1	C0836-F48*F74
10	L-BRACKET	1	C6807-F48*F74
11	SENSOR WIRE WITH REED SWITCH	1	HH-5472*F74
12	FOOT PAD	2	AA-8209*F74
13	MAGNET	1	HH-5352*F74
14	CYLINDER MOUNTING BRACKET	2	C6972-F48*F74
15	CURVED ATTACHMENT PLATE	2	C6290-F74*F74
20	MAIN FRAME DECAL	1	DE-4363*F74
21	RESISTANCE SCALE DECAL	2	DE-4363*F74
28	5/16" X 4 3/4" CARRIAGE BOLT	2	HH-5518*F74
29	5/16" X 2" HEX HEAD BOLT	2	HH-5054*F74
30	1/4" X 1/2" CARRIAGE BOLT	1	HH-5471*F74
31	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*F74
33	5/16" X 3 1/2" HEX HEAD BOLT	6	HH-5294*F74
34	#8 SHEET METAL SCREW	4	HH-5449*F74
35	#4 X 3/8" SCREW	2	HH-5464*F74
36	5/16" NYLON LOCK NUT	12	HH-5012*F74
37	1/4" NYLON LOCK NUT	1	HH-5011*F74
38	5/16" FLAT WASHER	6	HH-5127*F74
39	1" RETAINER RING	2	HH-5423*F74
40	5/8" RETAINER RING	2	HH-5422*F74
42	3" SQUARE COVER FOOT CAP	4	AA-8222*F74
44	1 1/2" SQUARE END BUSHING	4	AA-8203*F74
45	1" ROUND PLASTIC COVER CAP	2	HH-5348*F74
46	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F74
47	PLASTIC SPACER - FLANGED	2	AA-8148*F74
48	5/8" I.D. X 5/16" LONG PLASTIC SPACER	2	AA-8217*F74
49	FEMALE KNOB	2	HH-5400*F74
	HARDWARE BAG	1	C8781-F74*F74
	ASSEMBLY MANUAL	1	CNN-1248*F74
	TRAINING MANUAL	1	CNN-1249*F74

ORDERING PARTS

Weider is dedicated to insure that each product is manufactured to the highest standards and that this product reaches the customer in the best possible condition. In the event that you find any problem in workmanship or missing parts please call our toll free product service number: 1-800-225-0653.

Weider provides replacement parts at no charge to the customer for one year if it is determined that the part was defective from the manufacturer or if any part is missing from the original, un-opened carton.

If it becomes necessary to order replacement parts the following action and information is required:

1. Your Owner's I.D. card must be returned to us to verify the product you have purchased, your name, address, and the date of your purchase. No charge replacement parts will not be sent without this information on file with our Parts Department.

2. Parts may be ordered using the parts order card which is included with this product or by calling our product service number: 1-800-225-0653.

3. Before ordering parts by phone have ready the following information to expedite your order:

- a. Name of the product (STEPMASTER)
- b. Model number of product (SM9)
- c. Serial number of the product located on a decal on the frame
(See drawing on front cover for the location of this decal.)
- d. Ordering number of part (See Parts List page.)
- e. Description of the part from the Parts List page
- f. Country of manufacturer (See cover.)

The same information is required when placing your order by mail.

If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

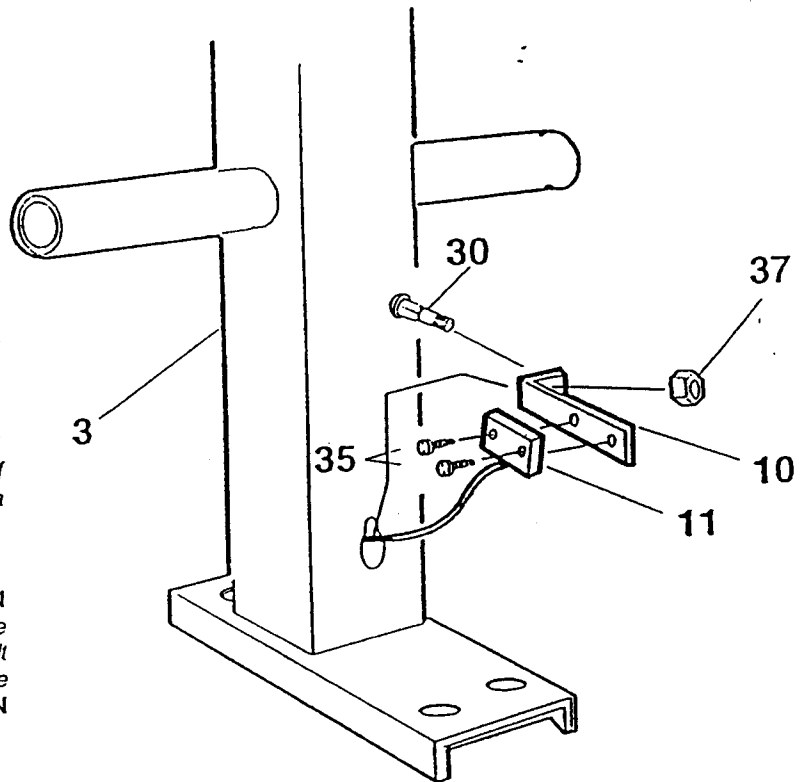
All parts and service inquiries should be directed to:

Weider Sporting Goods
Parts Service Department
900 West St. John Street
Olney, Illinois 62450

STEP 1 REED SWITCH

PART NAME	QTY
30 1/4" X 1/2" CARRIAGE BOLT	1
35 #4 X 3/8" SCREW	2
37 1/4" NYLON LOCK NUT	1

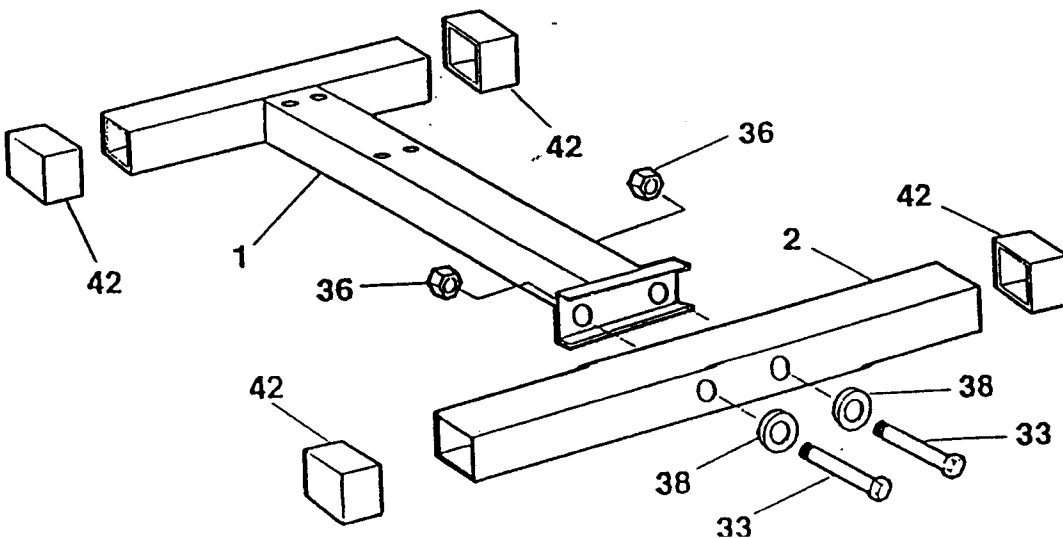
- The SENSOR WIRE W/REED SWITCH (11) comes pre-assembled in the MAIN FRAME (3). This is the front of the Main Frame piece. At the bottom end of the MAIN FRAME (3), the Square Reed Switch part of the Sensor Wire will be hanging out the oval-shaped hole.
- The L-Bracket is faced with the outside flat portion facing to the left side of the Upright while facing the front of the Main Frame.
- Attach the L-BRACKET (10) by assembling the 1/4" X 1/2" CARRIAGE BOLT (30) into the outside end of the L-Bracket. Assemble loosely on to the bolt end a 1/4" NYLON LOCK NUT (37). DO NOT TIGHTEN!
- Next, attach the L-Bracket assembly to the MAIN FRAME (3) by inserting only the bolt head into the oval hole of the Frame tube and then pushing the bolt assembly up to the top of the hole. Fasten the assembly securely by tightening the 1/4" NYLON LOCK NUT (37).
- Bring the Reed Switch around to the left side of the L-BRACKET (10) and position over the two holes on the bracket and secure with #4 X 3/8" SCREWS (35).



STEP 2 LOWER FRAME ASSEMBLY

PART NAME	QTY
33 5/16" X 3 1/2" HEX HEAD BOLT	2
36 5/16" NYLON LOCK NUT	2
38 5/16" FLAT WASHER	2
42 3" SQUARE FOOT	4

- Look closely at the BASE "T" (1). The side of the Base "T" that the holes are dimpled-in will be faced toward the floor.



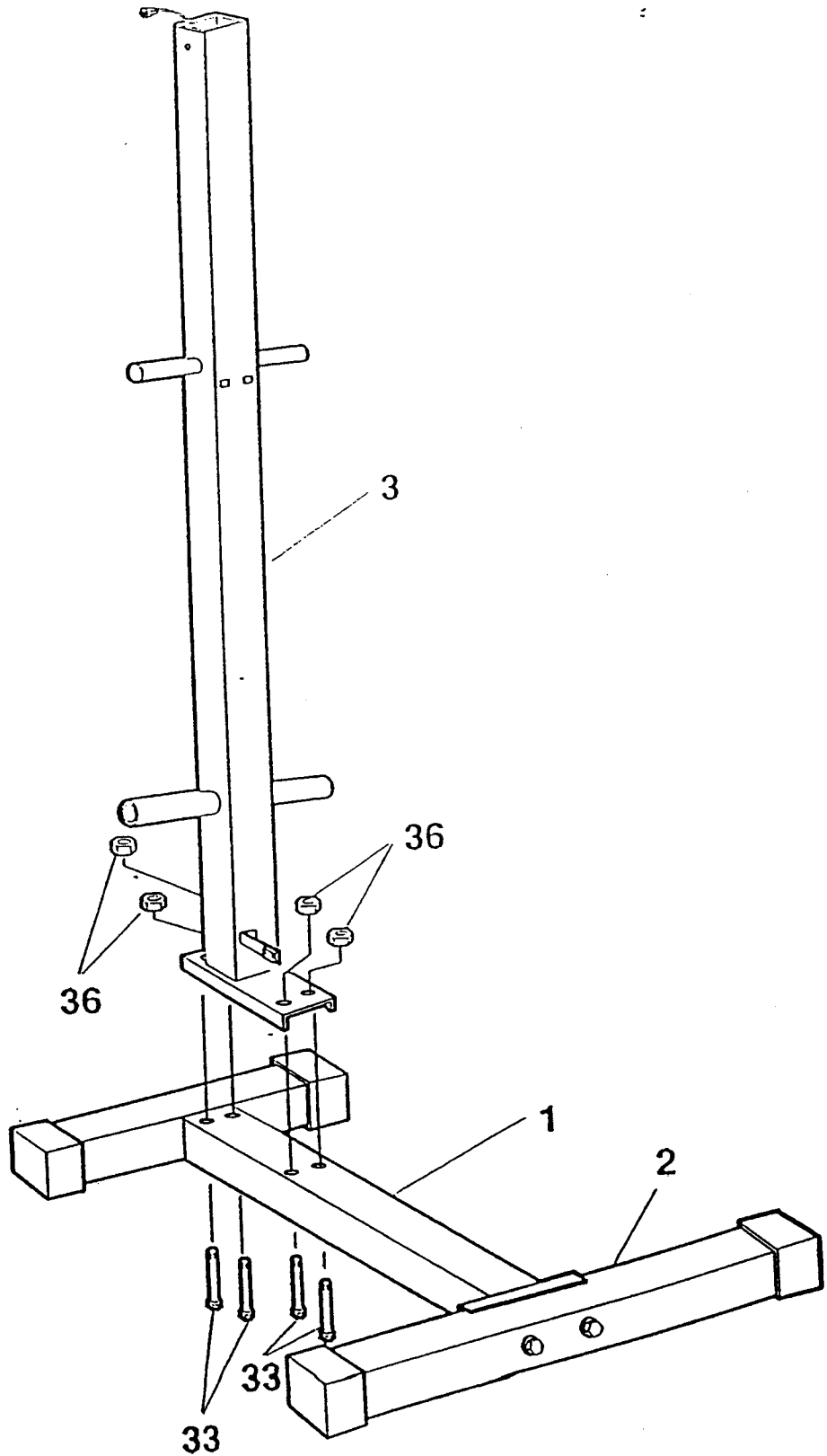
- Join the FRONT BASE (2) to the BASE "T" (1). Place 5/16" FLAT WASHERS (38) onto 5/16" X 3 1/2" HEX HEAD BOLTS (33). Insert through the FRONT BASE (2) and then through the welded U-Bracket on the BASE "T" (1). Secure with 5/16" NYLON LOCK NUTS (36).

- Cap each end of the BASE "T" (1) and the FRONT BASE (2) with 3" SQUARE FEET (42).

STEP 3 UPPER FRAME ASSEMBLY

PART NAME	QTY
33 5/16" X 3 1/2" HEX HEAD BOLT	4
36 5/16" NYLON LOCK NUT	4

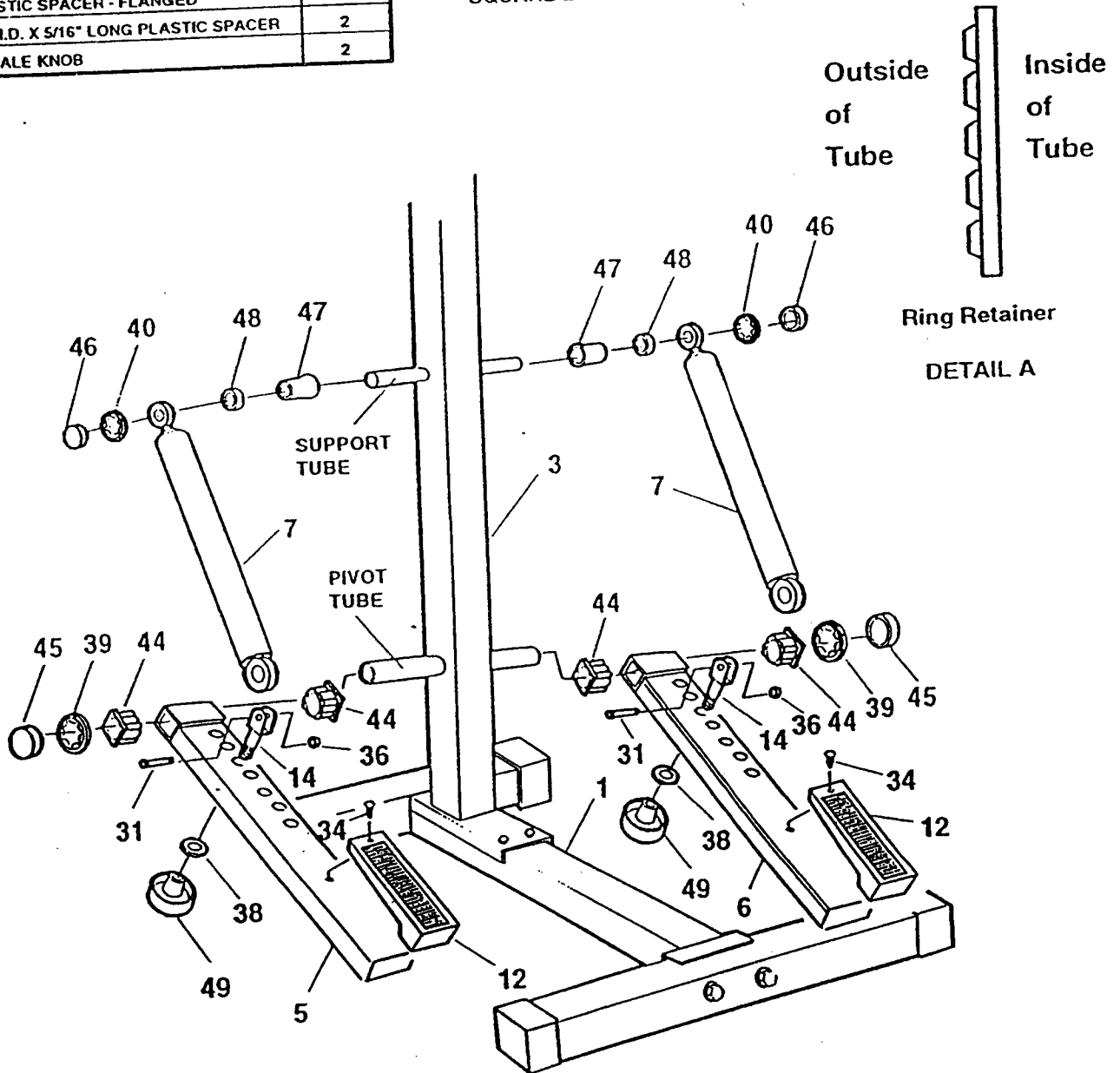
Lower the welded U-Bracket of the MAIN FRAME (3) over the BASE "T" (1) and align the bolt holes. Insert the four 5/16" X 3 1/2" HEX HEAD BOLTS (33) up through the bottom of the BASE "T" (1) and then through the welded U-Bracket on the MAIN FRAME (3). Secure with 5/16" NYLON LOCK NUTS (36). Tighten these bolts securely.



STEP 4 STEPPER ASSEMBLY

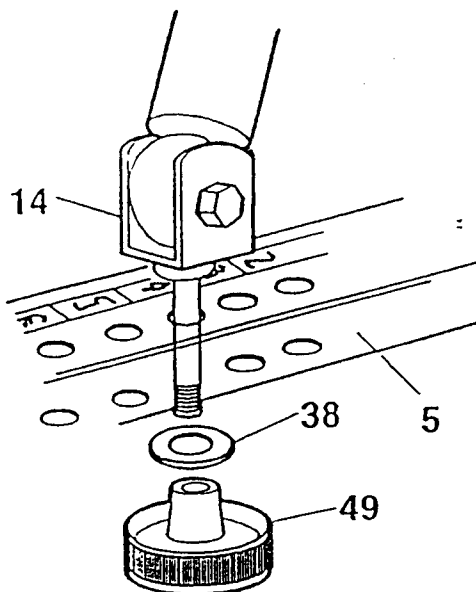
PART NAME	QTY
31 5/16" X 1 1/2" HEX HEAD BOLT	2
34 #8 SHEET METAL SCREW	2
36 5/16" NYLON LOCK NUT	2
38 5/16" FLAT WASHER	2
39 1" RING RETAINER	2
40 5/8" RING RETAINER	2
44 1 1/2" SQUARE END BUSHING	4
45 1" ROUND PLASTIC COVER CAP	2
46 5/8" ROUND PLASTIC COVER CAP	2
47 PLASTIC SPACER - FLANGED	2
48 5/8" I.D. X 5/16" LONG PLASTIC SPACER	2
49 FEMALE KNOB	2

- Press 1 1/2" SQUARE END BUSHINGS (44) into each STEPPER PEDAL (5) and (6).
- Double check to be certain the correct Pedals are on the proper sides of the Frame (resistance holes should be to the inside) and press the Pedals onto the Pivot Tube.
- Press on 1" RING RETAINERS (39) onto the Pivot Tube. The teeth must be placed so that they face the outside of the tube. Push the Ring Retainer all the way to the Pedal forcing it snugly against the SQUARE END BUSHING (44). (SEE DETAIL A)

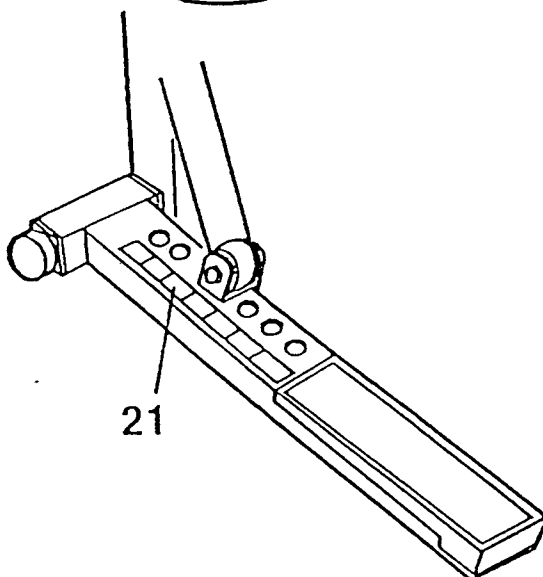


- Cap the ends of the Pivot Tube with 1" ROUND PLASTIC COVER CAPS (45).
- Slide a PLASTIC SPACER - FLANGED (47) all the way onto the Support Tube and follow up with a 5/8" I.D. X 5/16" LONG PLASTIC SPACER (48). Next, assemble the RESISTANCE CYLINDER (7) onto the Support Tube.

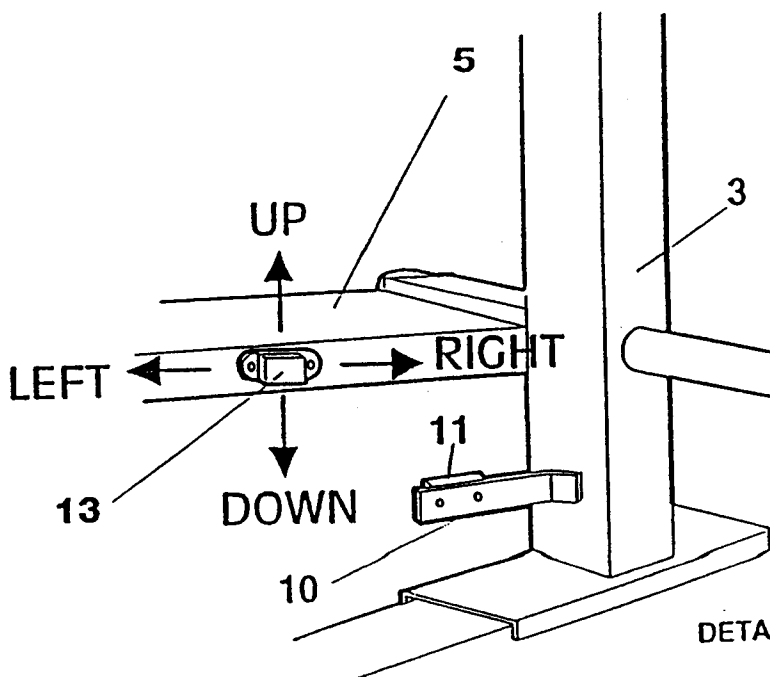
- Press on 5/8" RING RETAINERS (40) making sure the teeth face the outside of the Support Tube and the Ring is seated firmly against the Resistance Cylinder.
- Cap the ends of the Support Tube with 5/8" ROUND PLASTIC COVER CAPS (46).
- Place the CYLINDER MOUNTING BRACKETS (14) into one of the resistance setting holes in the PEDALS (5) and (6) and secure with 5/16" FLAT WASHER (38) and a FEMALE KNOB (49). (SEE DETAIL B)
- Attach a RESISTANCE CYLINDER (7) to the CYLINDER MOUNTING BRACKET (14) with a 5/16" X 1 1/2" HEX HEAD BOLT (31) and a 5/16" NYLON LOCK NUT (36).
- Remove the STEPPER RESISTANCE SCALE DECALS (21) from the backing and attach the Decals to the Pedals so they align with the hole settings on the Pedals. Setting "1" should be to the front of the Pedal. (SEE DETAIL C)
- Attach the FOOT PADS (12) to the rear of the Pedals. Secure each with #8 SHEET METAL SCREWS (34).
- Remove the backing from the adhesive on the underside of the MAGNET (13) and locate on the inside of the LEFT PEDAL (5) in line with the SENSOR (11) on the L-BRACKET (10) that is attached to the MAIN FRAME (3). Pivot the Pedal past the Sensor to insure the pickup is counting. If the counter is not registering (an audible beep), re-position the Magnet until it does. This movement may be up or down the side of the Pedal or to the right or left down the side of the Pedal. (SEE DETAIL D)
- SETTING RESISTANCE: After the PEDALS (5) and (6) are attached to the RESISTANCE CYLINDERS (7), the resistance can be changed by unscrewing the FEMALE KNOB (49) from the Pedals and moving the RESISTANCE CYLINDER MOUNTING BRACKETS (14) to another hole and re-assembling the Knob.



DETAIL B



DETAIL C



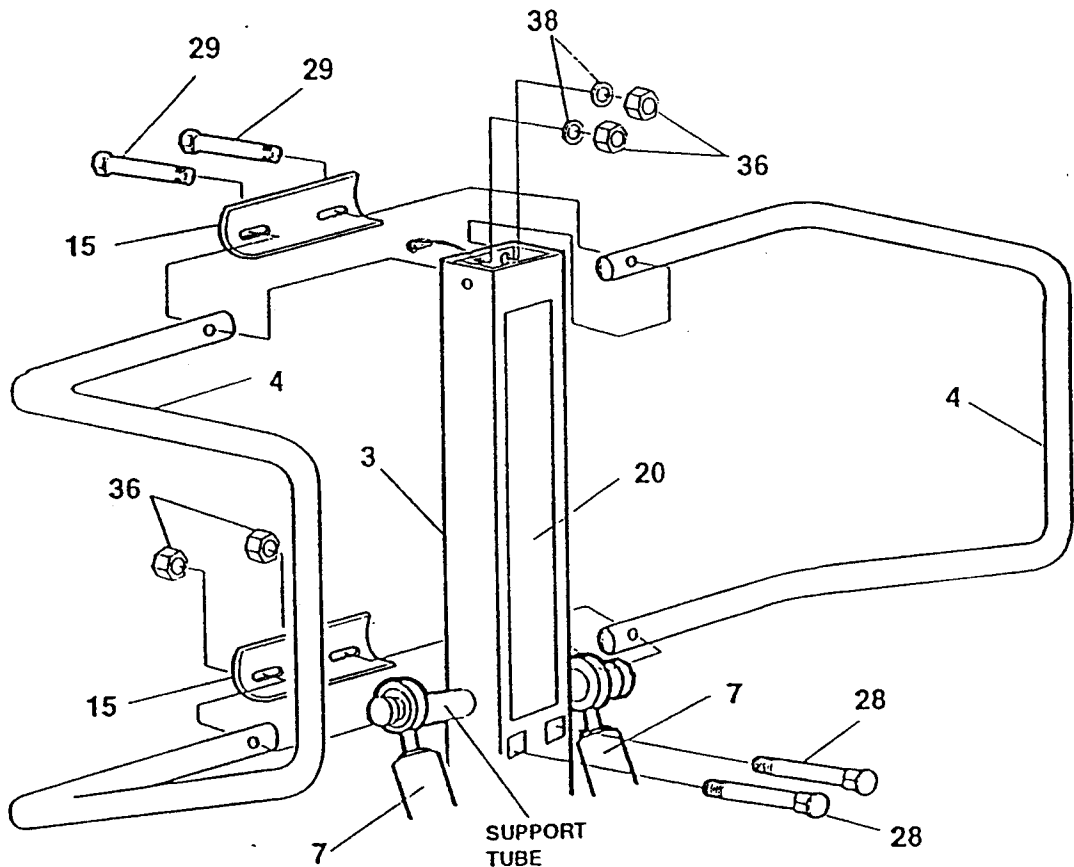
DETAIL D

STEP 5 HANDLE BAR ASSEMBLY

PART NAME	QTY
28 5/16" X 4 3/4" CARRIAGE BOLT	2
29 5/16" X 2" HEX HEAD BOLT	2
36 5/16" NYLON LOCK NUT	4
38 5/16" FLAT WASHER	2

Attach the HANDLE BARS (4) to the MAIN FRAME (3) by first assembling two 5/16" X 2" HEX HEAD BOLTS (29) into the outside curve of one of the CURVED ATTACHMENT PLATES (15). Bolt this assembly through one end of each of the HANDLE BARS (4) and then through the back of and into the Main Frame tube. Inside the Main Frame tube, assemble 5/16" FLAT WASHERS (38) onto the Bolt ends and secure with 5/16" NYLON LOCK NUTS (36).

Attach the lower ends of the HANDLE BARS (4) to the MAIN FRAME (3) using 5/16" X 4 3/4" CARRIAGE BOLTS (28) to bolt through the square holes located directly below the Support Tube which the RESISTANCE CYLINDERS (7) are mounted upon. Bolt through the front of the Main Frame, through the ends of the Handle Bars, and finally through the inside curve of another CURVED ATTACHMENT BRACKET (15). Secure with 5/16" NYLON LOCK NUTS (36).



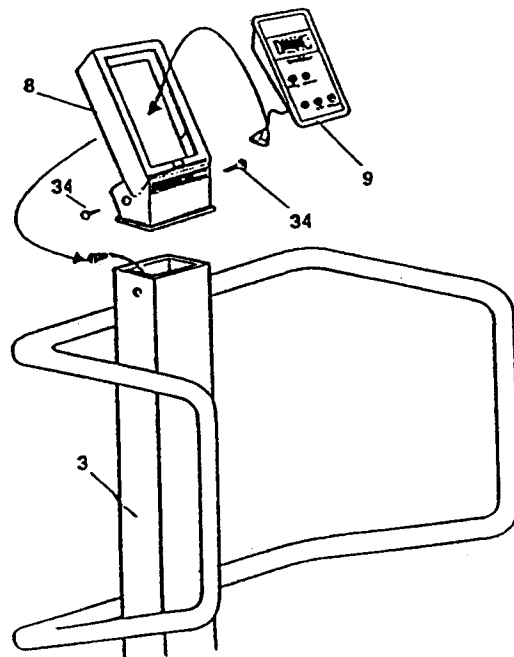
Remove the MAIN FRAME DECAL (20) from the backing sheet and apply to the front of the MAIN FRAME (3) between the top of the Main Frame tube and the Support Tube.

STEP 6 ELECTRONICS MONITOR

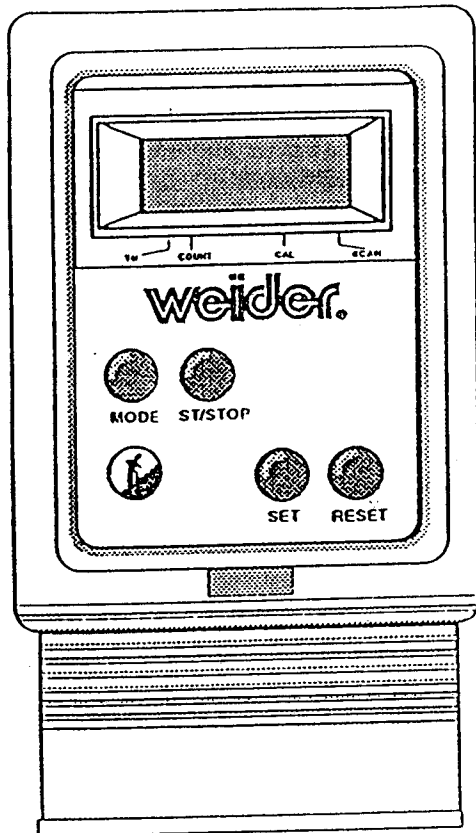
PART NAME	QTY
34 #8 SHEET METAL SCREW	2

Attach the ELECTRONICS MONITOR BRACKET (8) to the top of the MAIN FRAME (3) using the #8 SHEET METAL SCREWS (34) to bolt through the sides of the Bracket and into the Main Frame.

Making sure to properly place the female plug to the inside of the MONITOR BRACKET (8), press the ELECTRONICS MONITOR (9) into the Monitor Bracket.



ELECTRONIC MONITOR OPERATING GUIDE



FUNCTIONAL BUTTONS

- MODE - PRESS DOWN TO SELECT FUNCTIONS
- SET - TO SET UP THE VALUES OF TIMER, COUNTER, AND CALORIE
- RESET - RESET THE VALUES OF TIMER, COUNTER, AND CALORIE TO ZERO
- ST/STOP - TO START OR STOP FUNCTIONS OF TIMER, COUNTER, AND CALORIE.

FUNCTIONS

1. SCAN - AUTOMATICALLY SCANS FUNCTIONS OF TIMER, COUNTER, AND CALORIE SEQUENCE FOR YOU TO UPDATE YOUR PROGRESS WITHOUT PUSHING (MODE) BUTTON EACH TIME.
2. TIMER - COUNT-UP: ELECTRONICALLY COUNTS UP TO 99:59 FROM ZERO IN ONE SECOND INCREASEMENT. COUNT-DOWN: MEASURES TIME REMAINING FROM PRE-SET TIME. INTERVAL BEEPS FOR 8 SECONDS (FOUR BEEP BEEP BEEP BEEP SHORT SOUNDS) WHEN THE DESIRED VALUE COUNTS BACK TO ZERO. WHEN (TIMER) VALUE RETURNS ZERO, PUSH (ST/STOP) BUTTON AGAIN TO COUNT UP ONCE MORE.
3. COUNTER - COUNT-UP: ELECTRONICALLY COUNTS UP TO 99:59 FROM ZERO. COUNT-DOWN: COMPUTES BACKWARDS THE STEP NUMBER FROM THE DESIRED NUMBER. INTERVAL BEEPS FOR 8 SECONDS (FOUR BEEP BEEP BEEP BEEP SHORT SOUNDS) WHEN THE DESIRED VALUE COUNTS BACK TO ZERO. THE DESIRED NUMBER CAN BE SET BY 10 & INCREASED BY FUNCTIONAL BUTTONS.
4. DISTANCE - NOT AVAILABLE ON THIS MODEL.
5. TEMPO - NOT AVAILABLE ON THIS MODEL.
6. CALORIES - CALORIES CONSUMPTION COMPUTATION VARIES ACCORDING TO USER'S EXERCISE RATIO DURING WORK TIME. SUGGESTION TO USER, IT IS HELPFUL IF YOU MAKE COMPARISONS BETWEEN TWO CALORIE VALUES WHICH WERE OBTAINED IN TWO DIFFERENT OCCASIONS. CALORIES BURNED-UP FIGURE PROVIDES A ROUGH VALUE FOR USER'S REFERENCE ONLY, DURING WORKOUT.

MODE	FUNCTIONS	ILLUSTRATED EXAMPLES OF OPERATING PROCEDURES
1	SCAN	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px; text-align: center;">0 0 0 1 ▼ TIMER</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">▼ ▼ 7 COUNTER</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">▼ 0.3 CALORIES</div> </div>
2	TIMER	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px; text-align: center;">STP 0 6:54 ▼ COUNT-UP</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">STP 0 0:00 ▼ COUNT-DOWN</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">STP 0 0:01 ▼</div> </div> <p style="text-align: center; margin-top: 5px;">(RESET) (START)</p>
3	COUNTER	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px; text-align: center;">STP 654 ▼ COUNT-UP</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">STP 0 ▼ COUNT-DOWN</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">0 0 0 1 ▼</div> </div> <p style="text-align: center; margin-top: 5px;">(RESET) (START)</p>
4	CALORIES	<div style="display: flex; justify-content: space-around; align-items: center;"> <div style="border: 1px solid black; padding: 2px; text-align: center;">STP 100.8 ▼ COUNT-UP</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">STP 0.0 ▼ COUNT-DOWN</div> <div style="font-size: 2em;">→</div> <div style="border: 1px solid black; padding: 2px; text-align: center;">0.1 ▼</div> </div> <p style="text-align: center; margin-top: 5px;">(RESET) (START)</p>

NOTE:

1. PUSH (SET) BUTTON A LITTLE LONGER, THE DESIRED VALUE CAN BE GOT IN A FASTER SPEED.
2. ONE STEP SHOULD BE ACCOMPANIED BY ONE SOUND SIGNAL.
3. THE SYMBOL STP APPEARS ON LCD DENOTES ALL FUNCTIONS ARE CEASED AND NEW VALUES CAN BE REGISTERED INTO COMPUTER, NO MATTER IN WHAT FUNCTION DISPLAY, PUSH (ST/STOP) BUTTON CAN START OR STOP ALL FUNCTIONS.

PROGRAMMING THE ELECTRONICS:

THE EXERCISE COMPUTER CAN BE PROGRAMMED SO YOU CAN DESIGN YOUR WORKOUT FOR TIME, AND STEP COUNT.

AS YOU EXERCISE, YOU CAN SET THE COMPUTER TO SCAN ALL FUNCTIONS TO LET YOU SEE THE PROGRESS OF ALL FUNCTIONS, INCLUDING AN ESTIMATED CALORIE BURN.

TO SET THE FUNCTIONS, PUSH THE START/STOP BUTTON SO STP IS DISPLAYED IN THE UPPER LEFT CORNER OF THE DISPLAY.

PUSH THE MODE BUTTON TO SELECT EACH FUNCTION AND THEN PUSH THE RE-SET BUTTON TO SET EACH FUNCTION TO ZERO. AT THIS SETTING, WHEN YOU PUSH THE START/STOP BUTTON AGAIN, ALL FUNCTIONS WILL BEGIN COUNTING UPWARD AND A BEEP WILL SOUND EACH TIME THE LEFT PEDAL PASSES THE MAGNETIC PICK-UP.

TO PROGRAM THE COMPUTER TO BE SET BY ONE OF THE FUNCTIONS, FOLLOW THESE PROGRAMMING STEPS:

TO PROGRAM TIME

- PRESS START/STOP BUTTON SO STP IS DISPLAYED.
- PRESS MODE BUTTON UNTIL ARROW ALIGNS WITH TIMER MARK.
- PRESS RE-SET BUTTON TO ZERO OUT COMPUTER.
- PRESS SET BUTTON UNTIL DESIRED LENGTH OF TIME IS DISPLAYED. TIME CAN BE SET IN INCREMENTS OF ONE MINUTE FROM ONE MINUTE TO 99 MINUTES.
- PRESS START/STOP BUTTON ONCE MORE AND TIMER WILL START COUNTING DOWN UNTIL IT REACHES ZERO.

TO PROGRAM COUNT

- PRESS START/STOP BUTTON SO STP IS DISPLAYED.
- PRESS MODE BUTTON TO SELECT COUNT FUNCTION.
- PRESS RE-SET TO ZERO OUT DISPLAY.
- PRESS SET UNTIL DESIRED NUMBER OF STEPS ARE PROGRAMMED FROM 1 TO 9999.
- PRESS START/STOP BUTTON AND BEGIN EXERCISING. WHEN COUNT REACHES ZERO THE BEEPER WILL SOUND REPETITIVELY TO SIGNAL END OF WORK OUT.

HOW TO REMOVE BATTERIES

1. THE UPPER CASE OF THE COMPUTER EASILY SEPARATES FROM THE BOTTOM CASE. SIMPLY PRY IT OPEN USING A COIN (SEE ILLUSTRATION A).
2. REMOVE BATTERIES AND REPLACE WITH TWO "AA" ALKALINE BATTERIES AS SHOWN IN (ILLUSTRATION B).
3. REMOVING THE BATTERIES WILL ERASE ALL FUNCTIONAL DATA.

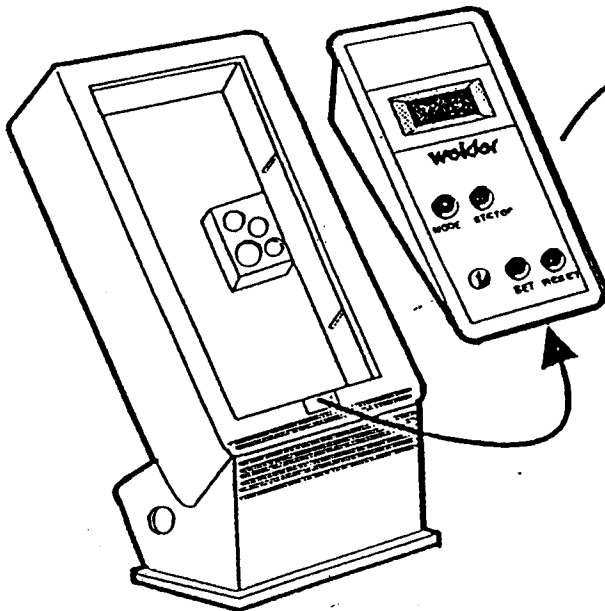


ILLUSTRATION A

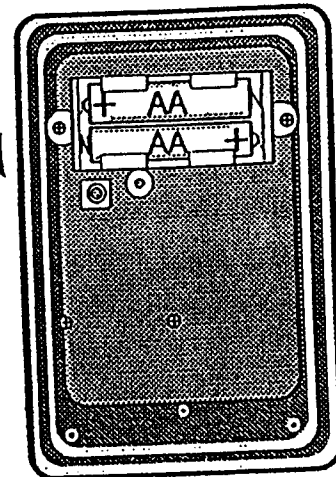


ILLUSTRATION B