



STAIRWAY^{GTL}

Ultimate Stair Climber

OWNER'S MANUAL



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WELCOME

We are sure you will be pleased with your new Stairway GTL. Please take a few minutes to familiarize yourself with your new equipment by reading the information contained in the Owners Manual. We are proud of the quality of each of our products.

The Stairway GTL is a stair climbing cardio machine designed specifically for the commercial environment. It is the only stair climber of its kind that is self-powered, giving you the ability to place it anywhere in your facility.

INCLUDED IN YOUR PACKAGE:

Stairway GTL
Owners Manual
AC Power Adapter (for recharging only)

PRODUCT SPECIFICATIONS

Frame: Welded Tubular Steel

Length: 54"

Width: 30.5"

Height: 75.5"

Weight: 300 lbs

Max User Weight: 350 lbs

Stairs: Steel with Polyvinyl Tread

Case: ABS Plastic

Handle: Powder-coated Steel Tube

Power: Self-Powered

Ceiling Height Requirement: 8.5 Feet

Digital Readouts: Elapsed Time, Steps Climbed, Rate (Steps/Min), Calorie Burn, Heart Rate (wireless)

Warranty: 2 Years on Parts / 1 Year on Labor

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IMPORTANT SAFETY INFORMATION

Warning: Before beginning any fitness program you should have a complete physical examination by your physician. Consult your physician for the heart rate appropriate for your fitness condition. Exercising on Stairway GTL may cause rapid heart rate increase. If you feel faint, develop chest pain, experience severe musculoskeletal discomfort or have difficulty breathing, terminate the exercise session immediately and consult a physician. Failure to do so may result in serious bodily injury or death.

In order to slow machine, press the down arrow on the display. In order to stop machine, press the red stop button on the display.

The speed of the unit is controlled using the UP and DOWN arrows on the display console. Start out slowly and increase speed carefully.

Advanced Exercise: Always read and understand Operating Instructions before use.

Never allow small children to operate machine. Keep small children away from machine while in operation.

Never sprint on Stairway GTL. Increase your speed at a steady pace until you reach an appropriate speed.

Never place towels or other objects under the steps or at the bottom of the machine.

Proper Use Instruction

- 1.) Press the START button to light the display.
- 2.) When prompted, press the START button again to begin climbing. The machine will automatically calculate your weight. Do not lean on the handrails while the machine is calculating your weight.
- 3.) Use the UP and DOWN arrows to control your speed while climbing.
- 4.) In order to STOP, press the red STOP button.
- 5.) To reset the display and engage the brake, hold the RESET button for 2 seconds.

The AC Adapter is only used in the event that the battery becomes discharged. You will know that the battery needs to be charged if the display resets in the middle of a workout.

ASSEMBLY INSTRUCTIONS

Take the following steps to assembly the Stairway GTL.

- 1.) Remove the packing materials from the base and upright/console assembly.
- 2.) Cut and remove the banding strap that holds unit to the pallet.
- 3.) Using a ½" wrench or socket, remove the 4 bolts around base of unit.
- 4.) Remove the 2x4 piece located underneath the steps at base of the front of the machine.
You may want to use a crowbar and hammer.

CAUTION: To avoid injury and ensure your safety, be sure to get the appropriate number of people to help you move the climber to its final location. A fully assembled Stairway is very heavy and you might injure yourself if you move the ladder improperly.

- 5.) Slide the unit off the side of the pallet and on to the floor.
- 6.) Roll the unit on its rear transport wheels to its new location by slowly tipping the unit back to engage the wheel. Be sure to have assistance as unit is heavy. Additional help supporting the front end of the ladder will improve the ease of movement.

DISPLAY



- 1.) Press the START button to light the display.
- 2.) Calories Burned are displayed in the left field.
- 3.) The center display field shows the total number of steps climbed, the rate in Steps/Minute and the elapsed time of the workout.
- 4.) The user Heart Rate is displayed in the right field. This unit is equipped with a wireless receiver located in the display console of the machine. This receiver can detect signal from any Polar brand Heart Rate Device. When the display is on and a users signal is detected, the heart rate will show in this field.
- 5.) The UP and DOWN arrows are so that you can change the speed of the steps during a workout.
- 6.) Holding the RESET button for 2 seconds at any point will engage the brake and reset the display to the start screen.
- 7.) Pressing the red STOP button will quickly engage the brake and pause the workout. Pressing START will allow you to pick up where you left off.

MAINTENANCE

Care and Cleaning

It is not recommended that you oil or grease the chains on Stairway GTL. Greasing the chains can prevent the machine from running smoothly.

The Stairway GTL Step Treads and handrails can be cleaned using any mild household cleaner that you use on other cardio machines.

IMPORTANT: The stainless steel frame rails located underneath where the step attaches to the chain must be kept clean. Do not get any grease, oil, polish, etc.. on the stainless steel frame rail.

Wipe down the display board with a damp cloth.

Do not use cleaning sprays, large amounts of soap or water, abrasive or sharp objects on the display board.

Please refer to the Preventative Maintenance Section.

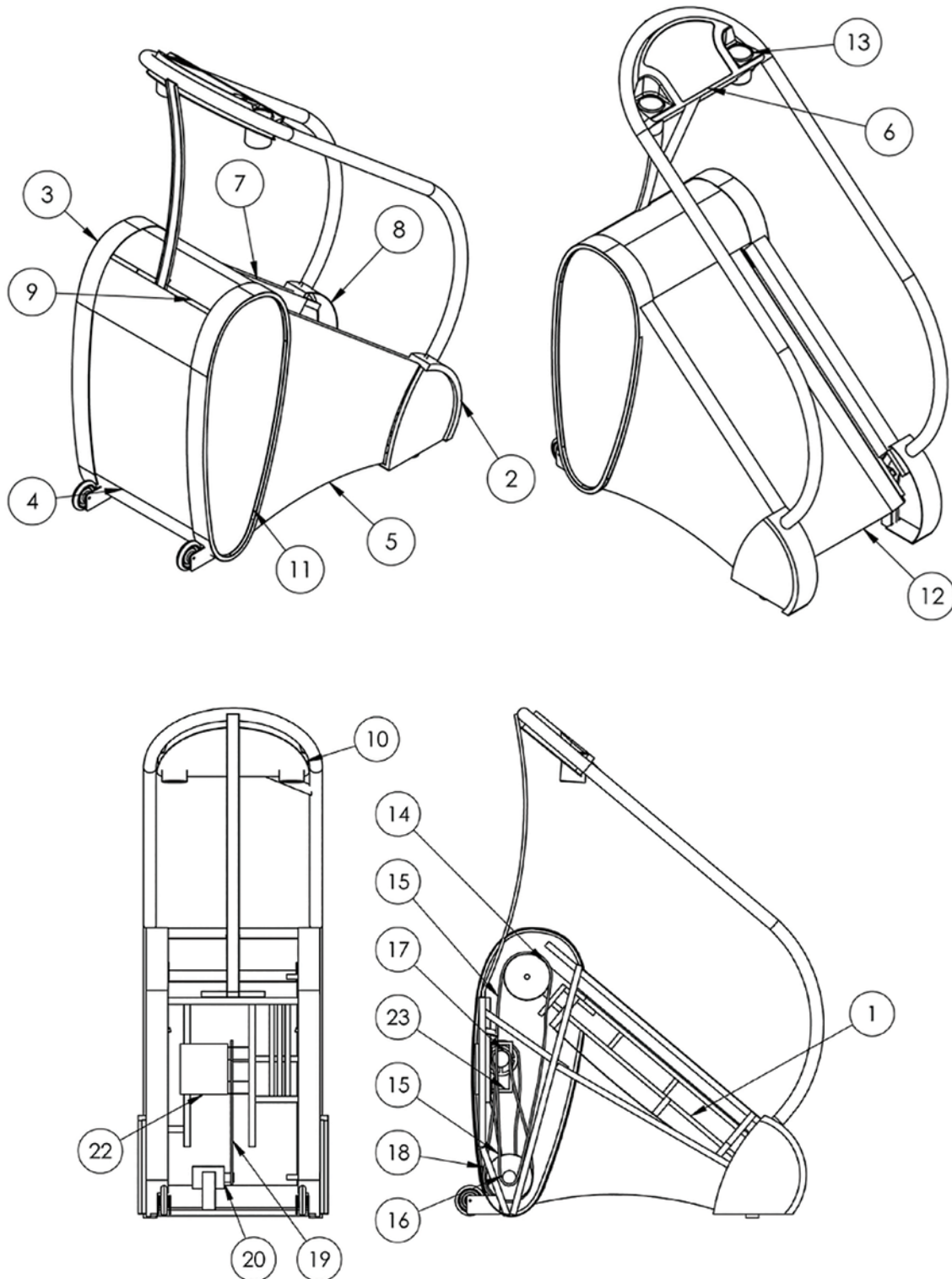
Troubleshooting

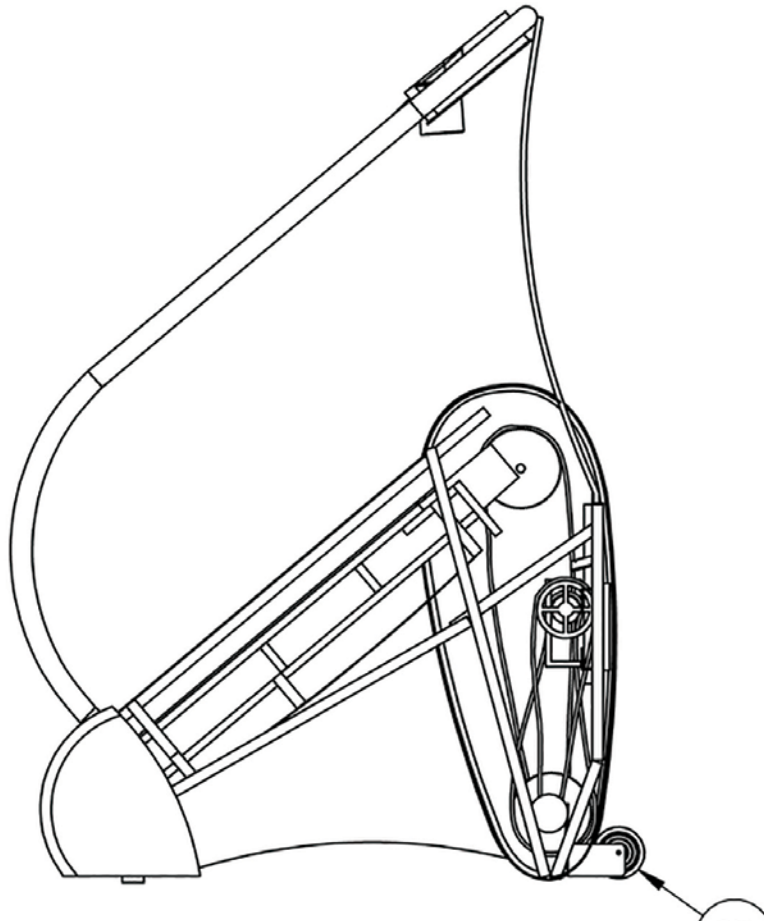
Problem	Possible Cause	What To Do
Machine seems to be slipping	Dirty Stainless	Clean Stainless Steel Frame Rail (See Maintenance Procedure: https://www.dropbox.com/s/bl2teyqn34hoed4/Cleaning%20the%20Stainless%20Rails%20on%20Stairway.pdf?dl=0)
Display won't come on	Low Battery Charge	Use AC Adapter provided to plug machine in overnight.

Preventative Maintenance

Operation	Frequency
Clean Stainless Steel Frame Rails	Annually
Tighten Chains	Annually as per Maintenance Procedure: https://www.dropbox.com/s/j15r7njip11iw6m/Tightening%20Chains%20on%20a%20Stairway.pdf?dl=0
Re-Charge Battery	As needed

EXPLODED DIAGRAM





ITEM NO.	PART DESCRIPTION	QTY
1	STAIRWAY FRAME	1
2	LEFT FOOT PLASTIC COVER	1
3	RIGHT SIDE OVAL PLASTIC COVER	1
4	BACK COVER PLASTIC	1
5	LEFT SIDE PLASTIC COVER	1
6	CONTROL PANEL BOX	1
7	RIGHT SIDE PLASTIC COVER	1
8	RIGHT FOOT PLASTIC COVER	1
9	TOP PLASTIC KICK PLATE	1
10	CONTROL BOX BACK COVER	1
11	LEFT SIDE OVAL PLASTIC COVER	1
12	PLASTIC FOOT PAN	1
13	CUP HOLDER INSERT	2
14	TOP AXLE	1
15	UPPER DRIVE CHAIN	1
16	LOWER JACK SHAFT	1
17	UPPER JACK SHAFT	1
18	LOWER DRIVE CHAIN	1
19	V BELT	1
20	GENERATOR	1
21	TRANSPORT WHEEL	2
22	POWER CHASSIS	1
23	BRAKE ACTUATOR	1

HOW TO OBTAIN SERVICE

Do not attempt to service the unit yourself except for the maintenance and diagnostic tasks described in the PREVENTATIVE MAINTENANCE section of this manual. The unit does not contain any user-serviceable parts. For information about the product, contact the following:

Jacobs Ladder LLC

6292 Walmore Rd
Niagara Falls, NY 14304
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Tel: 1 866.697.4100

Fax: 1 716.692.1780

Email: service@JacobsLadderExercise.com

To help customer service expedite your call, have the serial number of your unit readily available as well as Customer information and an accurate description of the state of the unit. The serial number is located on the back of the unit.

PRODUCT WARRANTY

2 YEARS ON ALL PARTS; 1 YEAR ON LABOR FROM THE DATE OF PURCHASER INVOICE.

Each Core Health & Fitness product will carry its own limited warranty as set forth on the official Core Health & Fitness website. Such warranty will be buyer's sole and exclusive remedy for any breach of warranty. Core Health & Fitness disclaims all other warranties expressed or implied or statutory, including any warranty of merchantability, any warranty of fitness for a particular purpose and any implied warranties arising from a course of dealing or usage of trade. This warranty supersedes all other warranties, including any warranties based on oral representations.

This warranty extends only to the original end user customer and is not transferable. This warranty does not cover defects caused by negligence; improper maintenance; improper storage; misuse; installation not in accordance with Core Health & Fitness' printed instructions; abuse; normal wear and tear; contact with liquids; application other than intended use; or installation of unapproved third party products.

Core Health & Fitness' sole liability under this or any other warranty expressed or implied is limited to repair or replacement or refund as determined solely by Core Health & Fitness. Repair, replacement or refund as determined solely by core health and fitness will be the sole and exclusive remedies for breach of warranty or any other legal theory including theories for the recovery of consequential or incidental damages. Some states do not allow the exclusion or limitation of incidental and consequential damages, so the above limitation may not apply.

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EXCLUSIVE REMEDIES:

For any product described above that fails to conform to its warranty, Jacobs Ladder LLC Representative will exclusively provide repairs provided the equipment has not been subject to casualty, misuse, abuse, service or modification performed and not authorized by Jacobs Ladder LLC representative. Service must be obtained by calling Jacobs Ladder LLC at 1 (866) 697 4100. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

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MAINTENANCE LOG

DATE	PROCEDURE	NOTES