

CLIMBMASTER

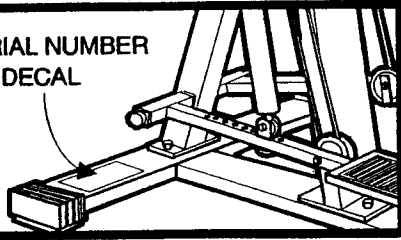
AEROBIC CLIMBER / SUPER CLIMBER CM7

MODEL NO. CM7

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.

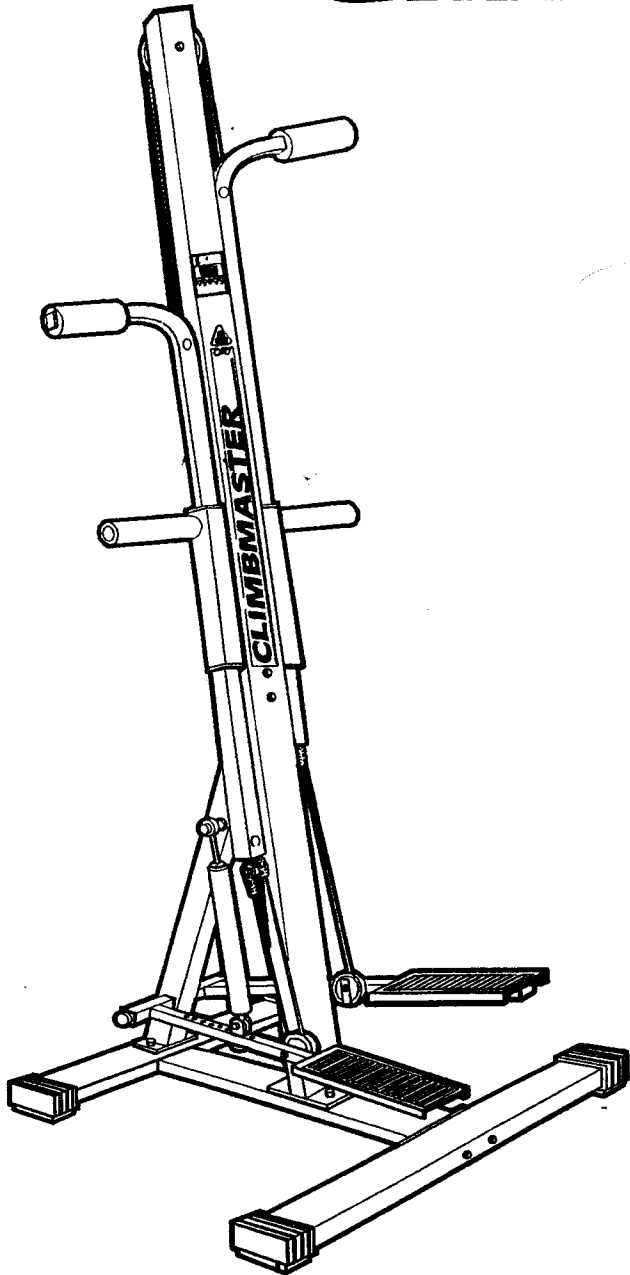
THE MODEL NUMBER of this unit can be found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER is a series of FOUR or FIVE NUMBERS, or a NUMBER preceded by TWO LETTERS.

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.

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

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IMPORTANT SAFETY PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the important safety precautions before using this equipment.

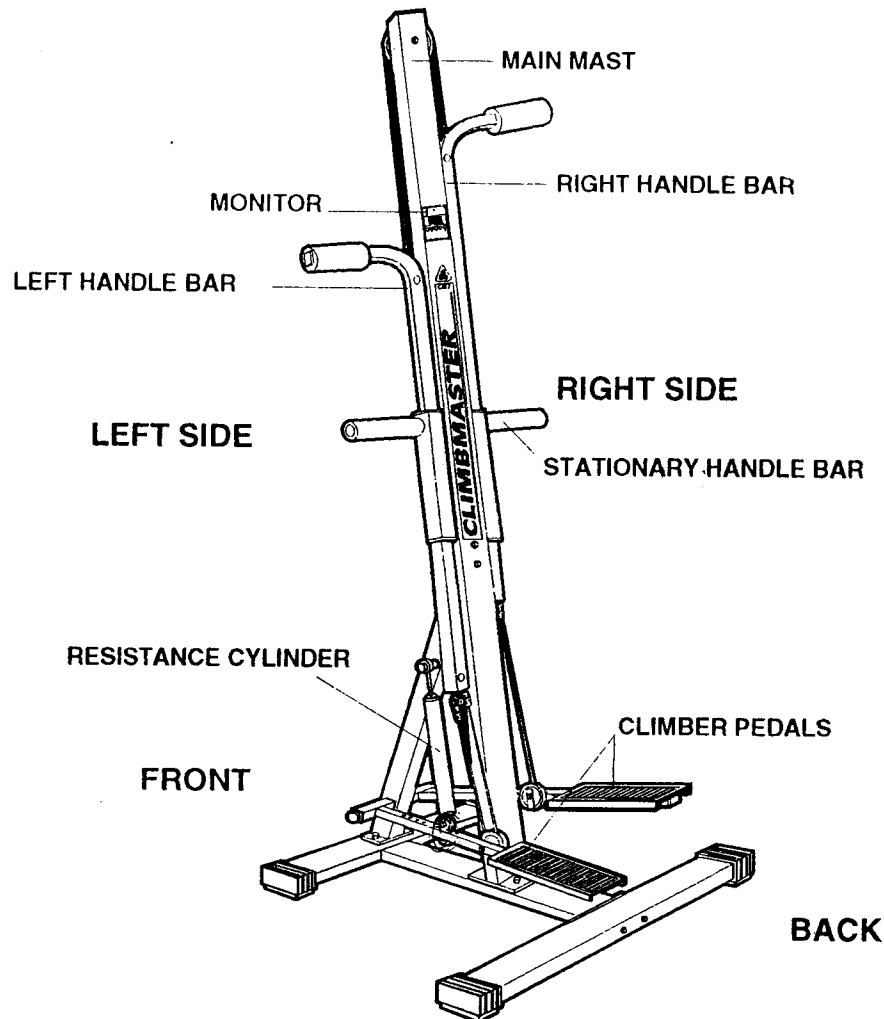
1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
5. Keep small children away from this equipment during use.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

INTRODUCTION

Thank you for selecting the *CLIMBMASTER CM7* climber/stepper. The *CLIMBMASTER CM7* blends advanced engineering with innovative design to provide you with an effective, low-impact cardiovascular workout in the comfort and privacy of your home. To make your exercise more enjoyable, the *CLIMBMASTER CM7* gives you such features as a multi-function electronic monitor, and easy resistance adjustment, and moving handle bars to include upper-body exercise in your workout.



IMPORTANT SAFETY PRECAUTIONS

1. Position the climber/stepper on a level surface. The Electronic monitor must be out of direct sunlight or the LCD display may be damaged.
2. Make sure that all the parts are tightened securely before each use.
3. Wear appropriate workout attire, including running or aerobic shoes, when using the climber/stepper.
4. Always hold the handlebars when exercising on the climber/stepper.
5. Keep small children away from the climber/stepper during use.
6. Do not touch the resistance cylinder after exercising. The cylinders may reach high temperatures during use.
7. Use the climber/stepper only as described in this manual.

WARNING: Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions before using. Weider assumes no responsibility for personal injury or property damage sustained by or through the use of this Weider product.

CM7 PART LIST

DIAGRAM NO.	PART NAME	QTY	ORDERING NO
1	BASE "T"	1	C4110-F51*F51
2	FRONT BASE	1	C4111-F51*F51
3	MAIN FRAME	1	C4112-F51*F51
4	CLIMBER BRACE	1	C4113-F51*F51
5	CLIMBER PEDAL - RIGHT	1	C4114-F51*F51
6	CLIMBER PEDAL - LEFT	1	C4115-F51*F51
7	RESISTANCE CYLINDER	2	ZZ-0003*F51
8	CYLINDER MOUNTING BRACKET	2	C6930-E27*F51
9	FOOT PAD	2	AA-8228*F51
10	HANDLE BAR	2	C6271-F51*F51
11	FOAM GRIP	2	C0417-B05*F51
12	MAGNET	1	HH-5352*F51
13	CABLE - HANDLE BAR - 37 1/2"	1	C6642-F51*F51
14	CABLE - PEDAL - 35"	2	C6643-F51*F51
15	PULLEY - 4 1/2"	1	AA-8122*F51
16	PULLEY - 2 7/8"	2	AA-8185*F51
17	ELECTRONICS MONITOR	1	C0838-F51*F51
18	ELECTRONICS MONITOR BRACKET	1	C0839-F51*F51
30	5/16" X 3 3/4" HEX HEAD BOLT	2	HH-5418*F51
31	5/16" FLAT WASHER	8	HH-5127*F51
32	5/16" NYLON LOCK NUT	14	HH-5012*F51
33	5/16" X 2" HEX HEAD BOLT	4	HH-5054*F51
34	5/16" X 2" CARRIAGE BOLT	4	HH-5311*F51
35	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*F51
36	5/16" X 1 1/4" CARRIAGE BOLT	2	HH-5477*F51
37	5/16" JAM NUT	2	HH-5446*F51
38	5/16" X 1" HEX HEAD BOLT	2	HH-5332*F51
40	3/8" X 3" HEX HEAD BOLT	2	HH-5059*F51
41	3/8" JAM NUT	3	HH-5356*F51
42	3/8" FLAT WASHER	2	HH-5265*F51
43	3/8" X 2 3/4" CARRIAGE BOLT	1	HH-5478*F51
46	#8 SELF TAPPING SCREW	4	HH-5464*F51
48	1 1/2" X 3" PLASTIC INSERT CAP	1	AA-8130*F51
49	1" ROUND PLASTIC INSERT CAP	2	AA-8005*F51
50	1" ROUND PLASTIC COVER CAP	2	HH-5348*F51
51	5/8" ROUND PLASTIC COVER CAP	2	HH-5357*F51
52	1" SQUARE PLASTIC INSERT CAP	2	AA-8220*F51
53	1 1/2" SQUARE PLASTIC INSERT CAP	2	AA-8001*F51
55	RUBBER BUMPER	2	AA-8145*F51

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 (CLIMBMASTER)
- b. Model number of product (CM7)
- 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.

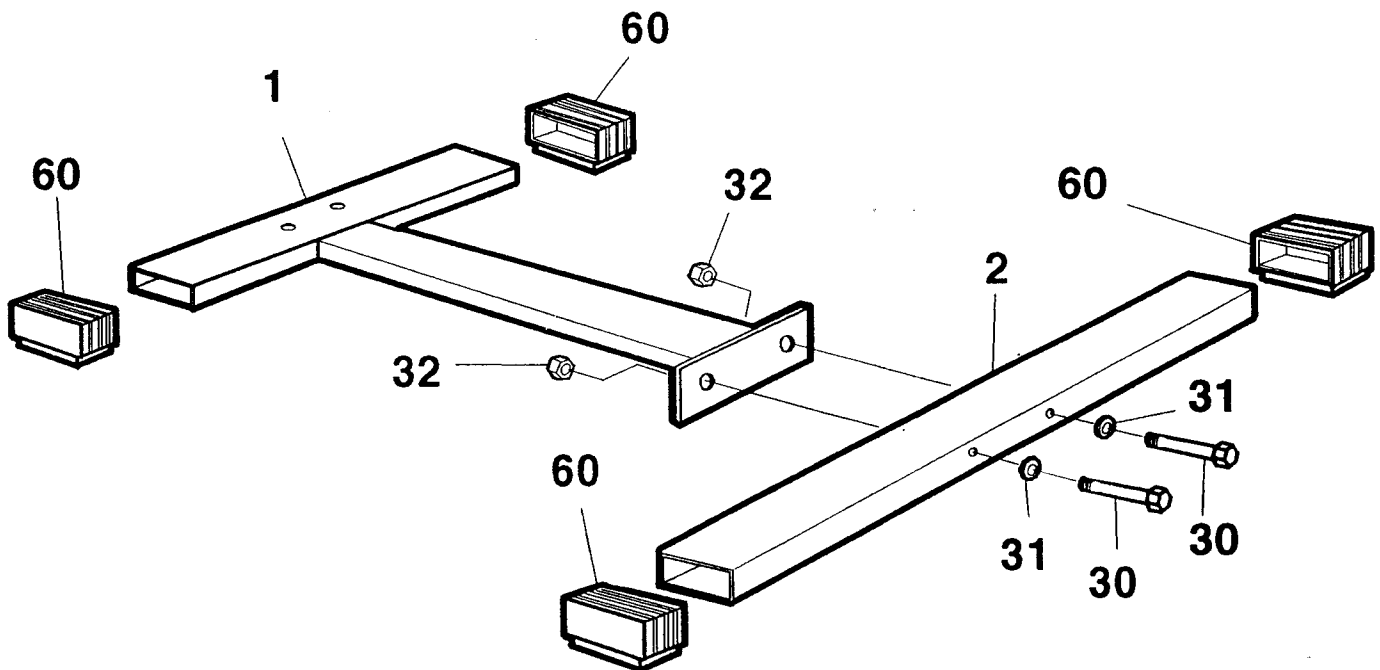
If you need parts or assistance do not return this product to the store, simply contact Weider Customer Assistance at 1-800-225-0653 Monday - Friday 8 a.m. - 5 p.m. CST.

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 BASE FRAME ASSEMBLY

PART NAME	QTY
30 5/16" X 3 3/4" HEX HEAD BOLT	2
31 5/16" FLAT WASHER	2
32 5/16" NYLON LOCK NUT	2
60 RUBBER FEET	4

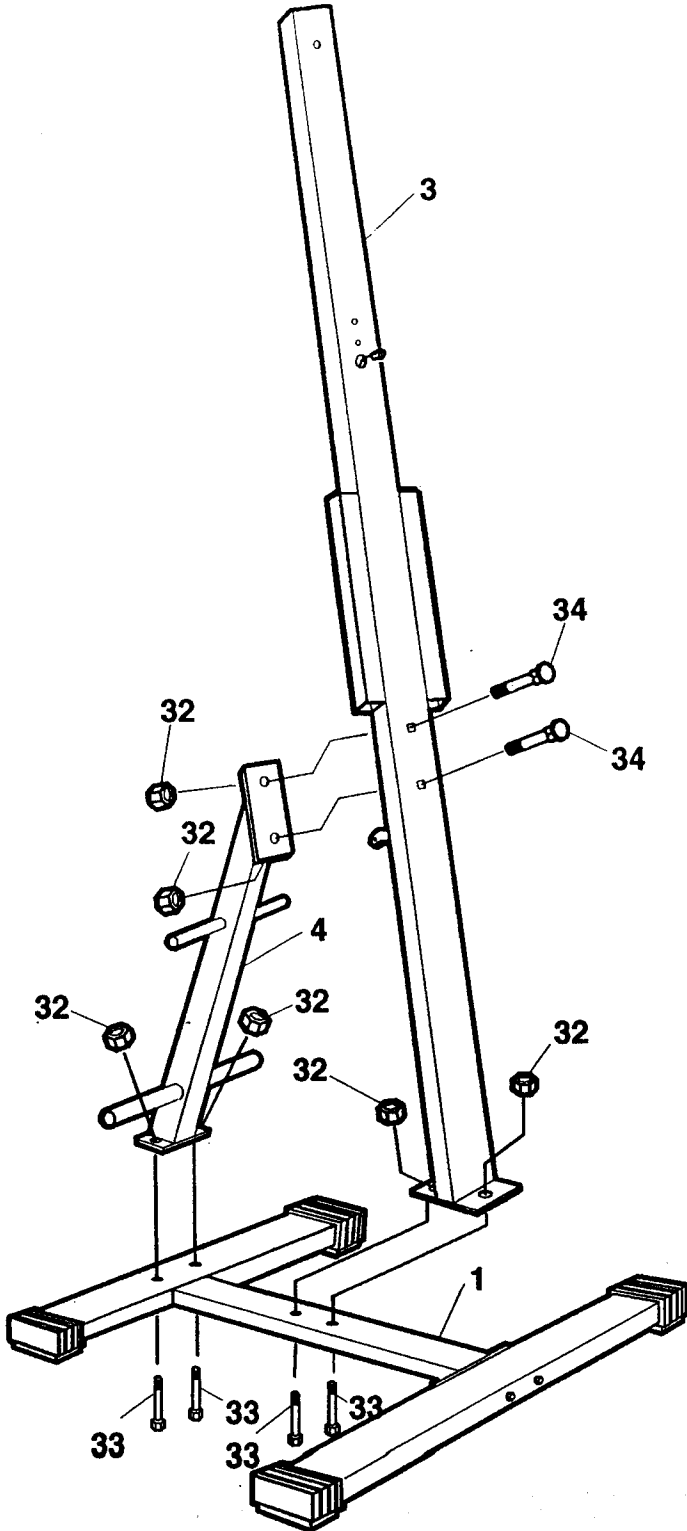


» **NOTE:** The RUBBER FEET (60) have a large solid bottom. This is the side of the foot that is assembled toward the floor.

- Assemble the RUBBER FEET (60) to the tubing ends of the BASE "T" (1) and the FRONT BASE (2).
- Assemble the BASE "T" (1) to the FRONT BASE (2) by first assembling 5/16" FLAT WASHERS (31) onto two 5/16" X 3 3/4" HEX HEAD BOLTS (30) and bolting through the Front Base and then through the bracket of the Base "T". Secure with 5/16" NYLON LOCK NUTS (32).

STEP 2 FRAME ASSEMBLY

PART NAME	QTY
32 5/16" NYLON LOCK NUT	6
33 5/16" X 2" HEX HEAD BOLT	4
34 5/16" X 2" CARRIAGE BOLT	2



Attach the **CLIMBER BRACE (4)** to the **BASE "T" (1)** at the hole locations at the cross tube using two **5/16" X 2" HEX HEAD BOLTS (33)** and bolting up through the bottom of the Base "T" and then through the bracket of the Climber Brace. Secure with **5/16" NYLON LOCK NUTS (32)**.

Assemble the **MAIN FRAME (3)** to the **BASE "T" (1)** at the front hole locations using **5/16" X 2" HEX HEAD BOLTS (33)** and bolting up through the bottom of the Base "T" and then through the bracket of the Main Frame. Fasten with **5/16" NYLON LOCK NUTS (32)**.

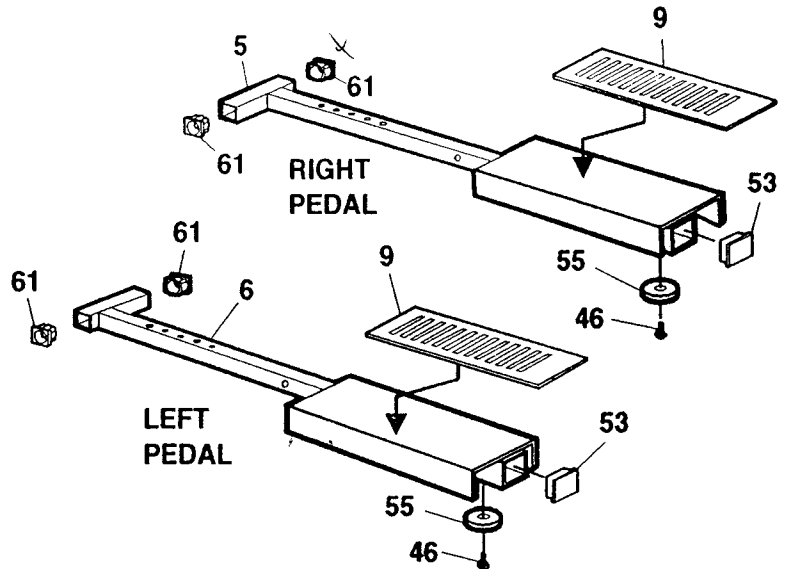
Assemble the **MAIN FRAME (3)** to the **CLIMBER BRACE (4)** by bolting with **5/16" X 2" CARRIAGE BOLTS (34)** through the front of the Main Frame and then through the bracket of the Climber Brace.

STEP 3 CLIMBER PEDAL ASSEMBLY

PART NAME	QTY
46 #8 SELF TAPPING SCREW	2
53 1 1/2" SQUARE PLASTIC INSERT CAP	2
55 RUBBER BUMPER	2
61 1 1/4" SQUARE END BUSHING	4

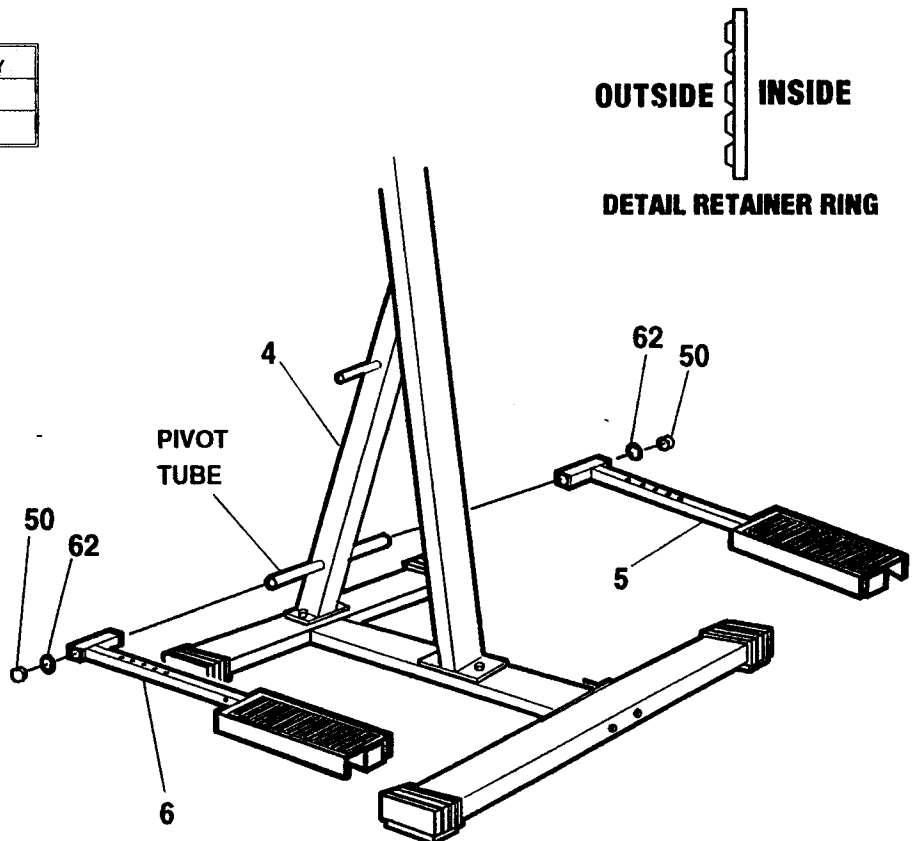
- NOTE: To help you correctly identify the CLIMBER PEDALS (5) and (6), the RIGHT CLIMBER PEDAL (5) is the Pedal on which the Foot Plate area extends greater off to the right of the Pedal. The LEFT CLIMBER PEDAL (5) is the Pedal on which the Foot Plate area extends greater off to the left of the Pedal.

- Press 1 1/4" SQUARE END BUSHINGS (61) into the square tubing ends at the front of each CLIMBER PEDAL (5) and (6).
- Press 1 1/2" SQUARE PLASTIC INSERT CAPS (53) into the tubing end at the rear of the CLIMBER PEDALS (5) and (6).
- Apply the RUBBER BUMPER (55) under the Foot Plate of the CLIMBER PEDALS (5) and (6) using a #8 SELF TAPPING SCREW (46).
- Remove the backing from the adhesive strips on the FOOT PADS (9) and attach to the Foot Plate area of the PEDALS (5) and (6).

**STEP 4 ATTACHING CLIMBER PEDALS**

PART NAME	QTY
50 1" ROUND PLASTIC COVER CAP	2
62 1" RING RETAINER	2

- Double check to be certain the correct Pedals are on the proper sides of the Frame and then press the Pedals onto the Pivot Tube on the CLIMBER BRACE (4).
- Press on 1" RING RETAINERS (62) onto the Pivot Tube. The teeth of the Ring Retainer must be placed so that they face the outside of the Tube. (SEE DETAIL A.) Push the Ring Retainer all the way to the Pedal forcing it snugly against the Plastic Bushing in the Pedal.
- Cap the ends of the Pivot Tube with 1" ROUND PLASTIC COVER CAPS (50).



STEP 5 SHOCK ASSEMBLY

PART NAME	QTY
31 5/16" FLAT WASHER	2
32 5/16" NYLON LOCK NUT	2
35 5/16" X 1 1/2" HEX HEAD BOLT	2
51 5/8" ROUND PLASTIC COVER CAP	2
63 5/8" RING RETAINER	2
64 5/8" I.D. X 1 1/4" FLAIR END BUSHING	4
65 TENSION KNOB	2

Slide 5/8" I.D. X 1 1/4" FLAIR END BUSHINGS (64) with the flair end positioned toward the CLIMBER BRACE (4); all the way onto both sides of the Support Tube. Slide two more 5/8" X 1 1/4" Flair End Bushings onto the Support Tube with the flair end away from the Climber Brace.

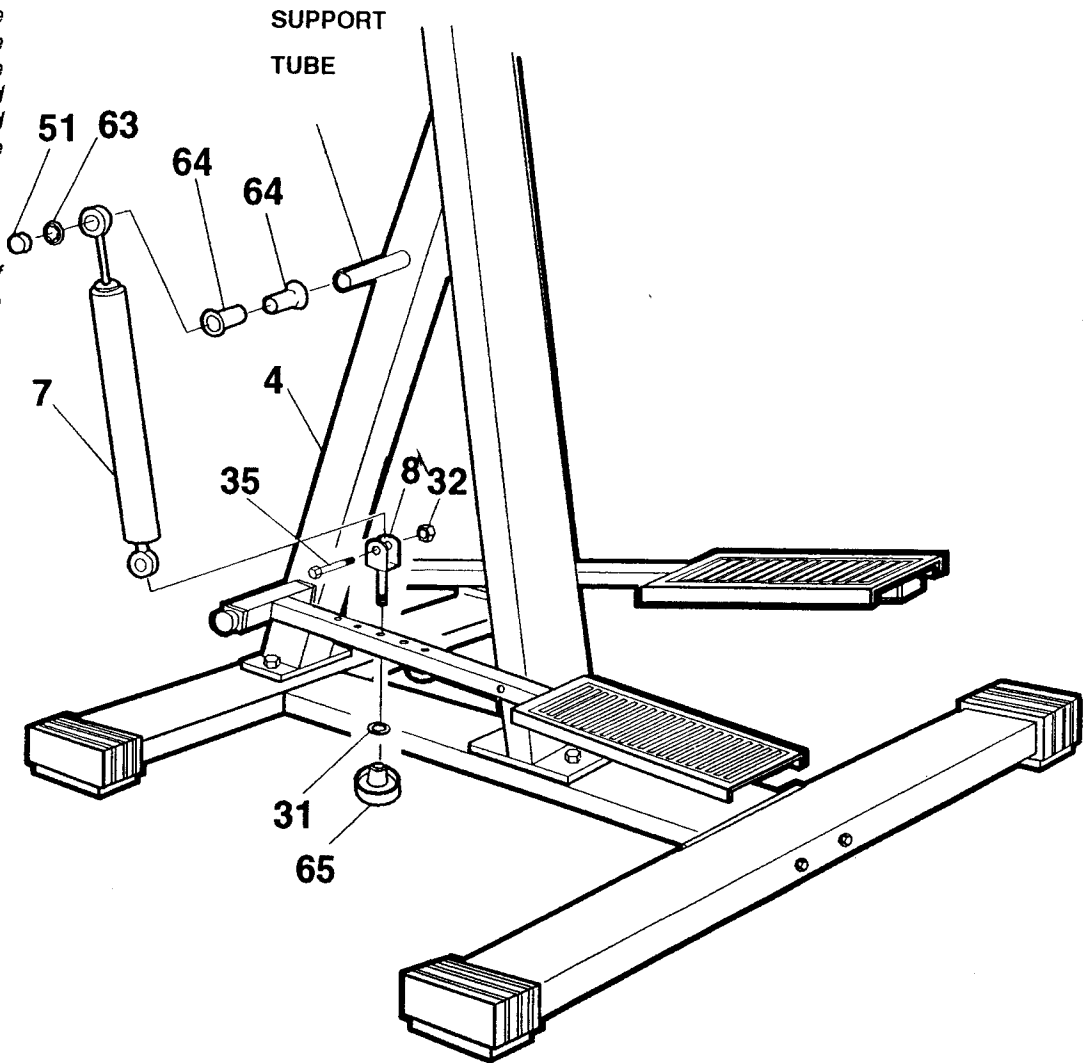
Assemble the RESISTANCE CYLINDER (7) onto the Support Tube.

Press on a 5/8" RING RETAINER (63) 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 (51).

Place the CYLINDER MOUNTING BRACKET (8) into one of the resistance setting holes and secure with a 5/16" FLAT WASHER (31) and a TENSION KNOB (65). (SEE DETAIL A)

Attach the RESISTANCE CYLINDER (7) to the CYLINDER MOUNTING BRACKET (8) with a 5/16" X 1 1/2" HEX HEAD BOLT (35) and secure with a 5/16" NYLON LOCK NUT (32).



SETTING RESISTANCE: After the Pedals are attached to the Resistance Cylinders, the resistance can be changed by unscrewing the TENSION KNOB (65) from the Pedals and moving the CYLINDER MOUNTING BRACKET (8) to another hole and re-assembling the Knob. The more difficult resistance hole settings are those located nearest to the Foot Plate of the Pedal and the easier resistance hole settings being those located furthest from the Foot Plate.

STEP 6 HANDLE BAR ASSEMBLY

PART NAME	QTY
49 1" ROUND PLASTIC INSERT CAP	2
52 1" SQUARE PLASTIC CAP	2
66 1 1/4" SQUARE OPEN END CAP	4

Press 1 1/4" SQUARE OPEN END CAPS (66) into the welded tubes on the sides of the MAIN FRAME (3).

Press 1" SQUARE PLASTIC CAPS (52) into the top of the HANDLE BARS (10).

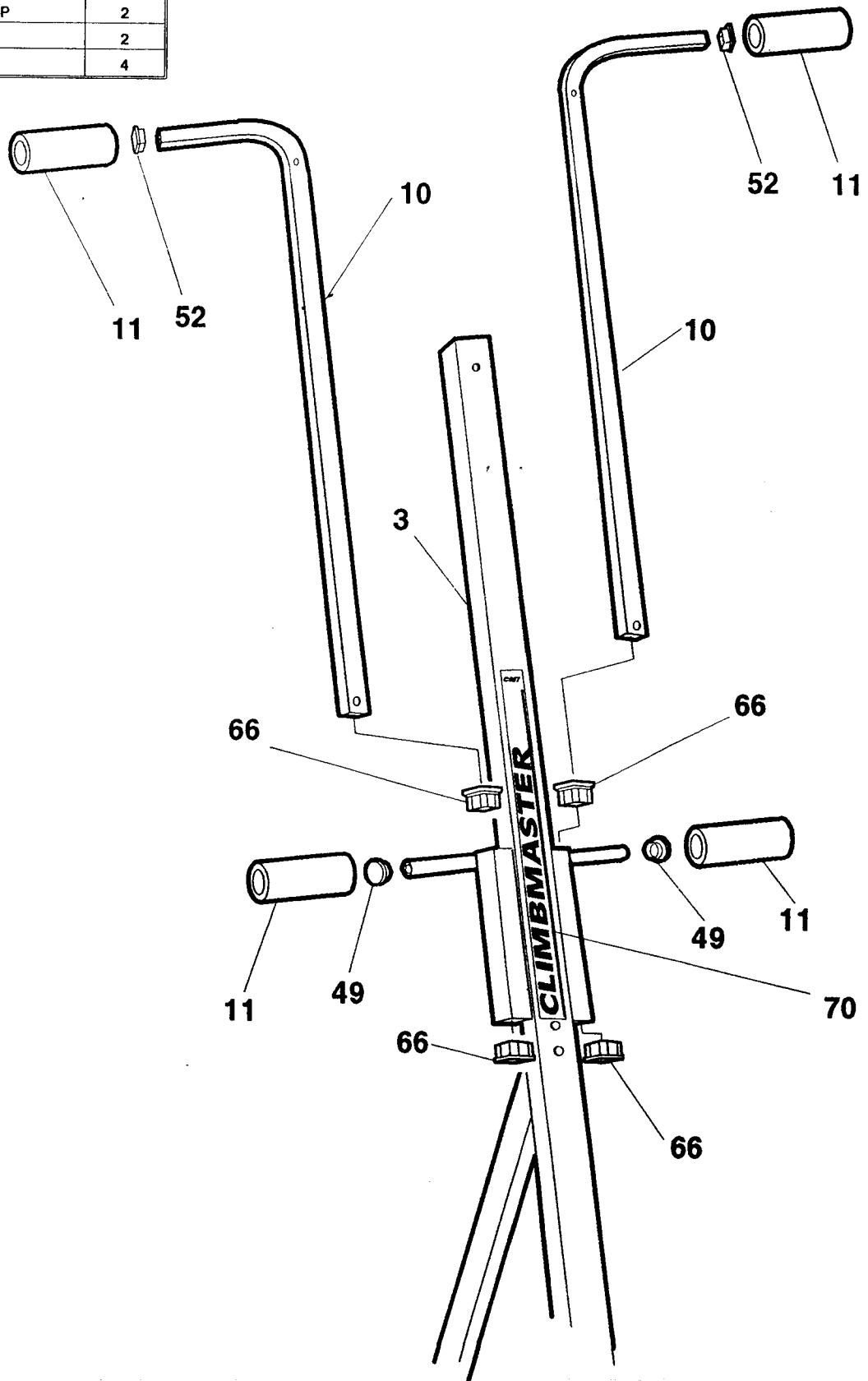
Wipe a small amount of liquid dish detergent onto the top of the HANDLE BARS (10). Slide on 1" X 5" FOAM GRIPS (11) and position at the tubing ends.

Insert the HANDLE BARS (10) into the welded tubes on the sides of the MAIN FRAME (3).

Cap the ends of the welded Handle Bar with 1" ROUND PLASTIC INSERT CAPS (49).

Wipe a small amount of liquid dish detergent onto the ends of the welded Handle Bar. Slide on 1" X 5" FOAM GRIPS (11) and position at the tubing ends.

Remove the CLIMBMASTER MAST DECAL (70) from the backing sheet and affix to the front of the MAIN FRAME (3).



STEP 7 UPPER CABLE & PULLEY ASSEMBLY

PART NAME	QTY
31 5/16" FLAT WASHER	2
32 5/16" NYLON LOCK NUT	2
34 5/16" X 2" CARRIAGE BOLT	2
41 3/8" JAM NUT	1
43 3/8" X 2 3/4" CARRIAGE BOLT	1
48 1 1/2" X 3" PLASTIC INSERT CAP	1
67 1/2" X 1/2" SPACER BUSHING	2

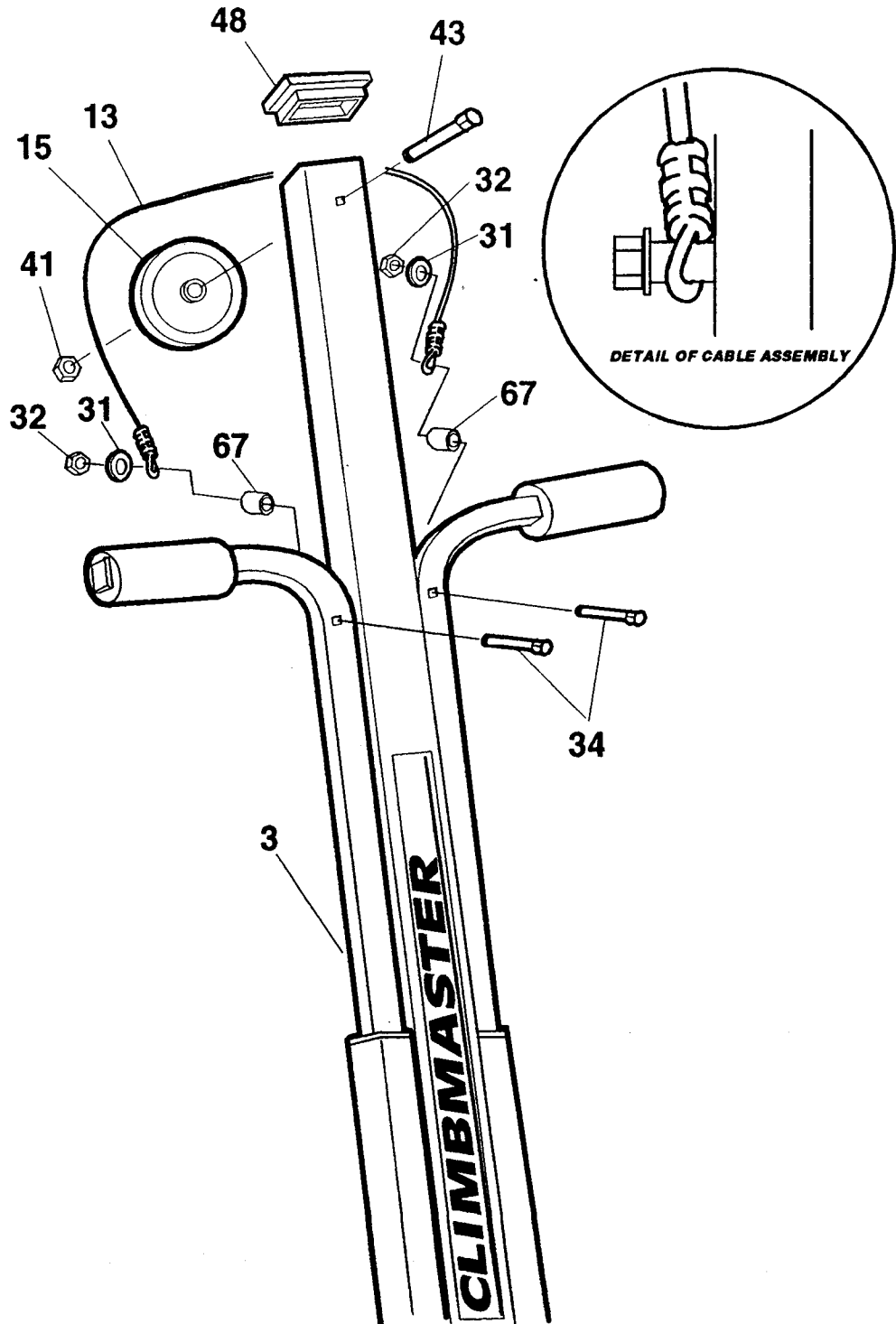
Assemble a 4 1/2" PULLEY (15) to the top of the MAIN FRAME (3) using a 3/8" X 2 3/4" CARRIAGE BOLT (43) and bolting through the front of the Main Frame and then through the Pulley. Secure with a 3/8" JAM NUT (41).

Attach the HANDLE BAR CABLE (13) to the PULLEY (15) and the HANDLE BARS (10) by first placing the Cable into the Pulley.

Assemble the ends of the CABLE (13) to the HANDLE BARS (10) using 5/16" X 2" CARRIAGE BOLTS (34) and bolting through the front of the Handle Bars.

Assemble a 1/2" X 1/2" SPACER BUSHING (67) onto the bolt end. Next, assemble on the loop end of the Cable and then a 5/16" FLAT WASHER (31). Secure with 5/16" NYLON LOCK NUTS (32).

Cap the top of the MAIN FRAME (3) with a 1 1/2" X 3" PLASTIC INSERT CAP (48).



STEP 8 LOWER CABLE & PULLEY ASSEMBLY

PART NAME	QTY
31 5/16" FLAT WASHER	2
32 5/16" NYLON LOCK NUT	2
36 5/16" X 1 1/4" CARRIAGE BOLT	2
37 5/16" JAM NUT	2
38 5/16" X 1" HEX HEAD BOLT	2
40 3/8" X 3" HEX HEAD BOLT	2
41 3/8" JAM NUT	2
42 3/8" FLAT WASHER	2
46 #8 SELF TAPPING SCREW	2
58 3/8" I.D. PULLEY BUSHING	4

- Attach a 35" CABLE (14) to the right HANDLE BAR (10) by inserting the loop end of the Cable into the end of the Handle Bar.

- Using a 5/16" X 1 1/4" CARRIAGE BOLT (36), bolt through the front of the HANDLE BAR (10), through the loop end of the CABLE (14), and finally on through the Handle Bar. Secure with a 5/16" JAM NUT (37).

- Fit two 3/8" I.D. PULLEY BUSHINGS (58) into the sides of a 2 7/8" PULLEY (16).

- Select the RIGHT CLIMBER PEDAL (5). This Pedal is the one on which the Foot Plate area extends greater to the right of the Pedal.

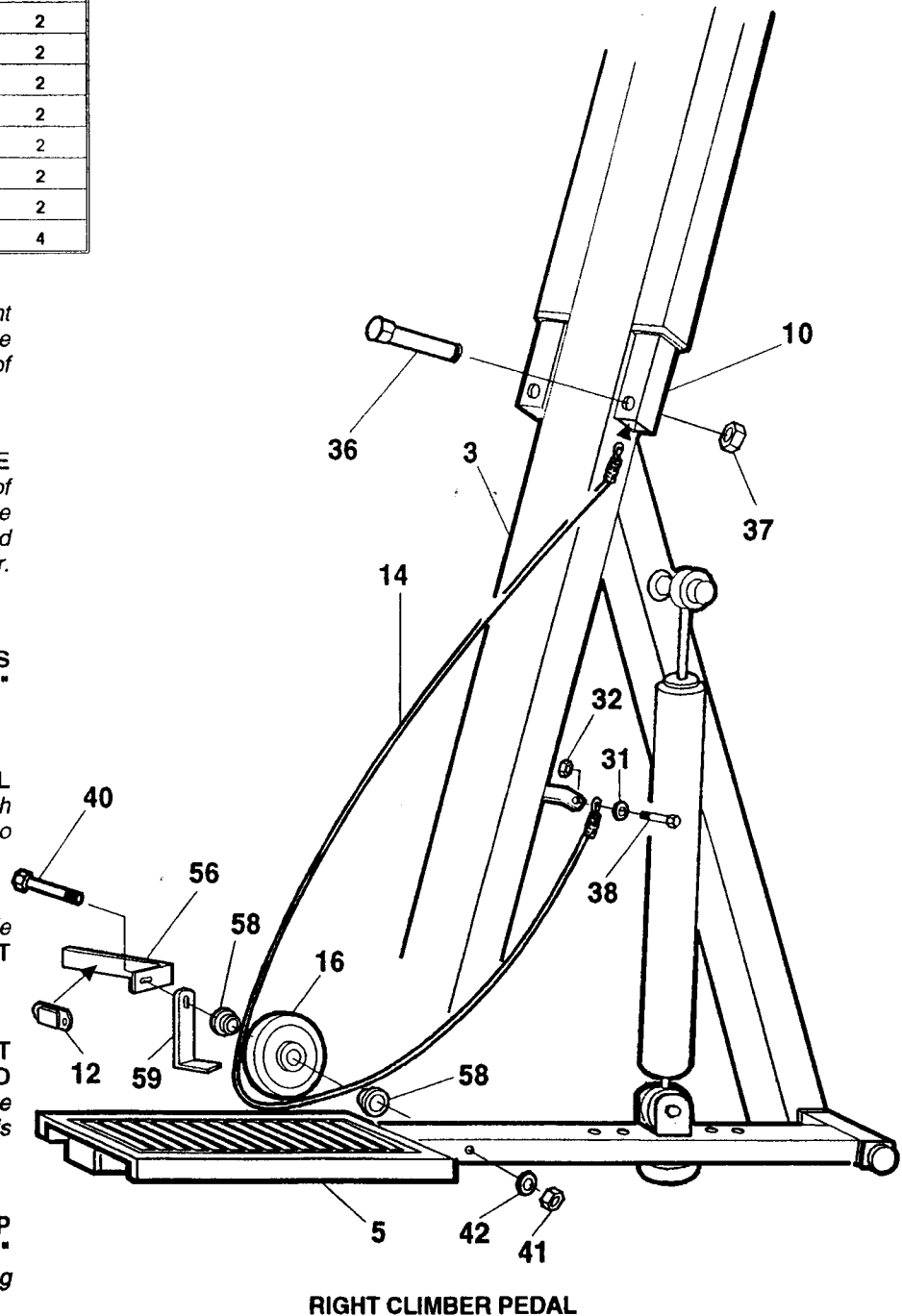
- Attach the MAGNET (12) to the inside of the long section of the MAGNET BRACKET (56).

- Assemble the MAGNET BRACKET (56) onto the 3/8" X 3" HEX HEAD BOLT (40) by bolting through the inside slotted hole location of this Bracket.

- Next assemble a CABLE TRAP BRACKET (59) onto the 3/8" X 3" HEX HEAD BOLT (40) by bolting through the outside of this Bracket.

- Bring the CABLE (14) down from the RIGHT HANDLE BAR (10) and fit into the PULLEY (16). Assemble the Pulley onto the BOLT (40). Bolt the entire assembly through the inside of the RIGHT CLIMBER PEDAL (5). Assemble a 3/8" FLAT WASHER (42) onto the bolt. Tighten only finger tight with a 3/8" JAM NUT (41) for later adjustment during the electronics assembly.

- Bring the CABLE (14) up to the welded bracket located on the back of the MAIN FRAME (3). To attach the Cable to the bracket, assemble a 5/16" FLAT WASHER (31) onto a 5/16" X 1" HEX HEAD BOLT (38) and bolt through the loop of Cable, and then through the welded bracket on the Main Frame. Fasten with a 5/16" NYLON LOCK NUT (32).



- Attach a 35" **CABLE (14)** to the left **HANDLE BAR (10)** by inserting the loop end of the Cable into the end of the Handle Bar.

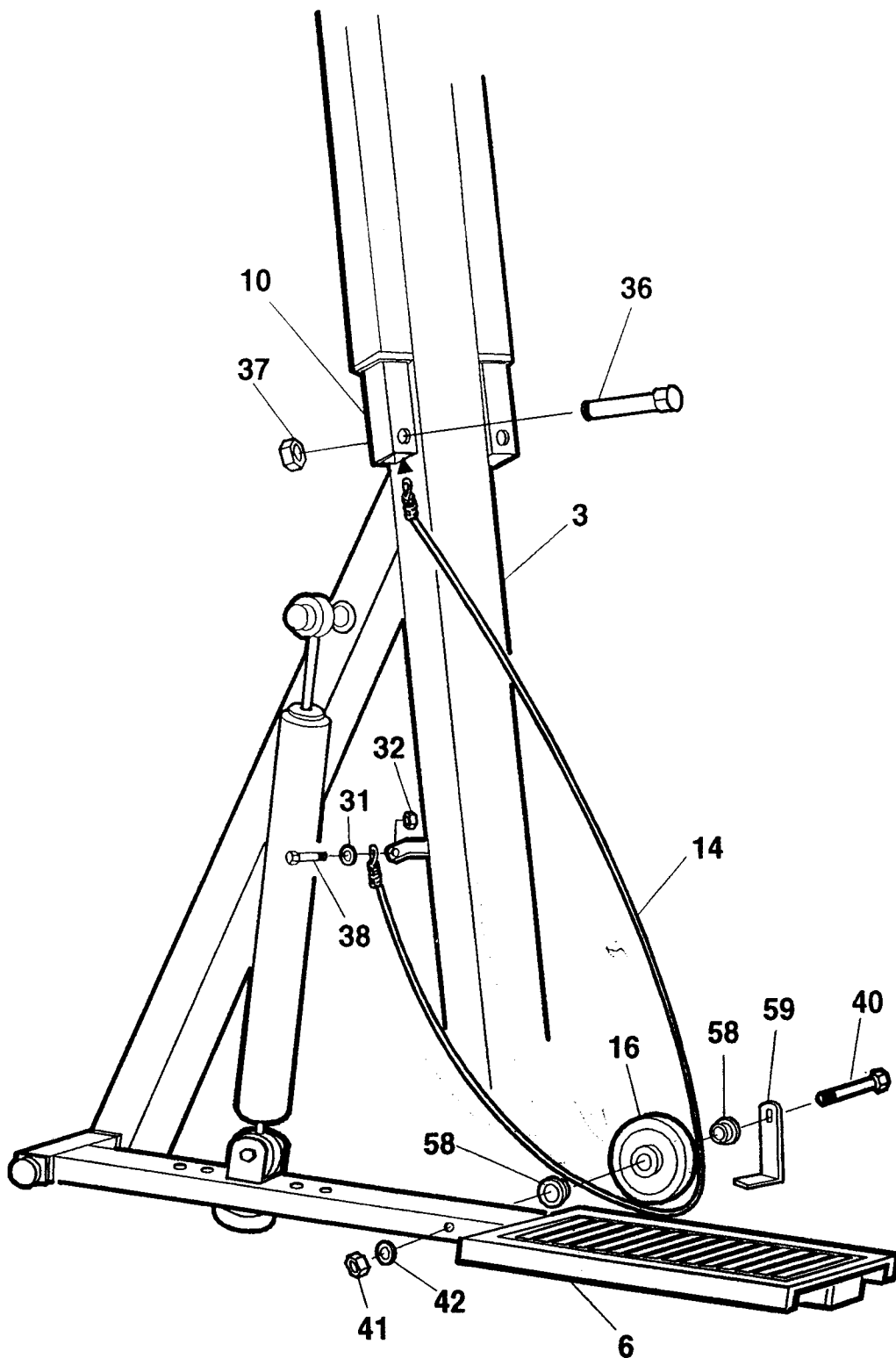
- Using a 5/16" X 1 1/4" **CARRIAGE BOLT (36)**, bolt through the front of the **HANDLE BAR (10)**, through the loop end of the **CABLE (14)**, and finally on through the Handle Bar. Secure with a 5/16" **JAM NUT (37)**.

- Fit two 3/8" I.D. **PULLEY BUSHINGS (58)** into the sides of a 2 7/8" **PULLEY (16)**.

- Assemble a **CABLE TRAP BRACKET (59)** onto a 3/8" X 3" **HEX HEAD BOLT (40)** by bolting through the outside of the Bracket.

- Bring the **CABLE (14)** down from the **LEFT HANDLE BAR (10)** and fit into the **PULLEY (16)**. Assemble the Pulley to the **BOLT (40)**. Bolt this entire assembly through the inside of the **LEFT CLIMBER PEDAL (6)**. Assemble a 3/8" **FLAT WASHER (42)** onto the Bolt and secure with a 3/8" **JAM NUT (41)**.

- Bring the **CABLE (14)** up to the welded bracket on the back of the **MAIN FRAME (3)**. To attach the Cable to the bracket, assemble a 5/16" **FLAT WASHER (31)** onto a 5/16" X 1" **HEX HEAD BOLT (38)** and bolt through the loop of the Cable, and then through the welded bracket. Secure with a 5/16" **NYLON LOCK NUT (32)**.



LEFT CLIMBER PEDAL

Attach the **ELECTRONICS MONITOR BRACKET (18)** to the front of the **MAIN FRAME (3)** using **#8 SELF TAPPING SCREWS (46)** to bolt through the Bracket and into the Main Frame.

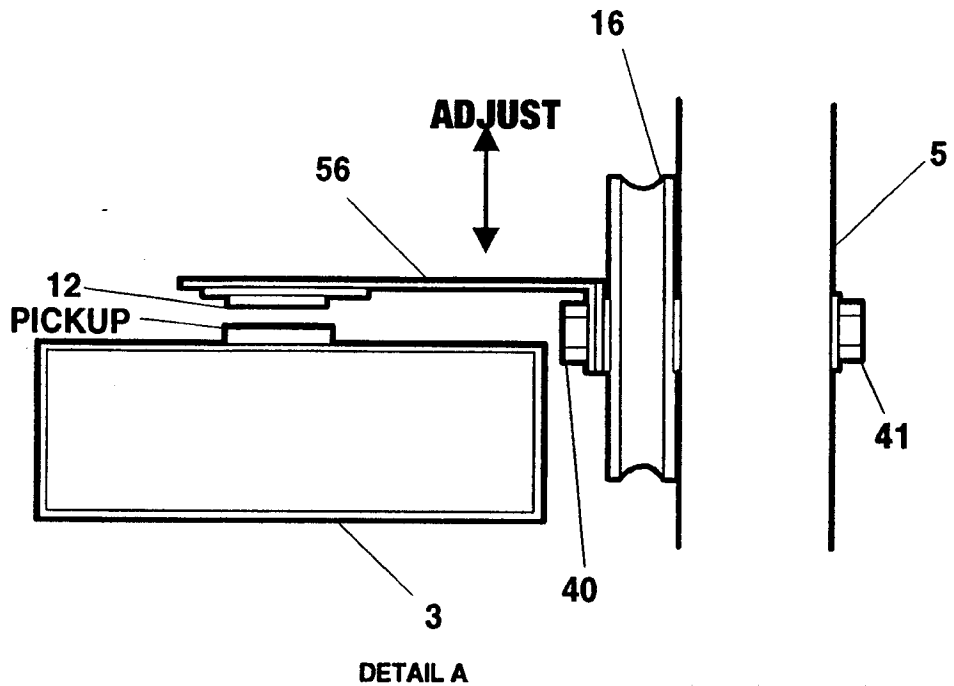
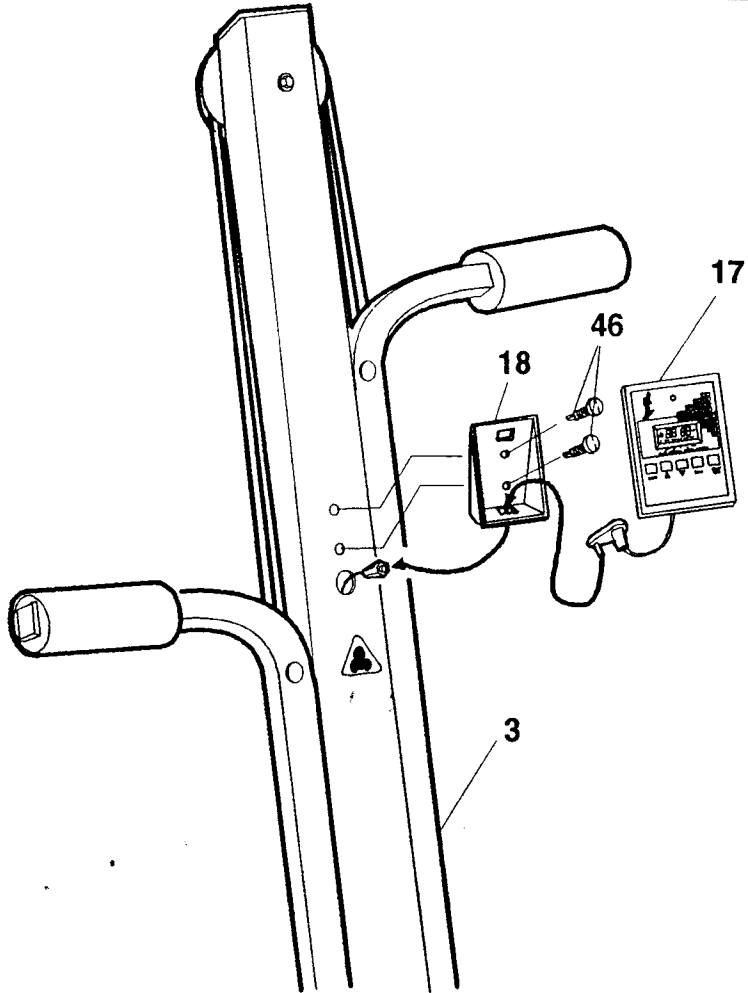
Feed the **SENSOR WIRE W/REED SWITCH (68)** (protruding from the hole location on the **MAIN FRAME (3)**) up through the bottom of the **ELECTRONICS MONITOR BRACKET (18)**.

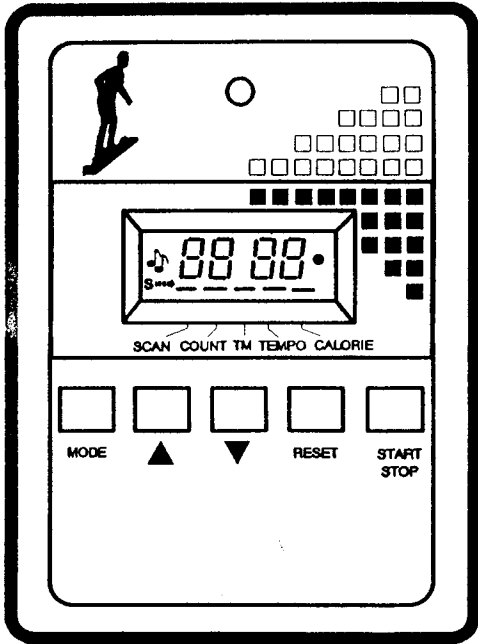
Insert the Wire into the **ELECTRONICS MONITOR (17)** and snap the Monitor into the Bracket.

After assembly is completed, pass the Magnet Assembly on the Right Climber Pedal by the Pick-up. The Pick-up is located on the lower back of the Main Frame. If the Electronics fails to count, adjustment of the **MAGNET BRACKET (56)** may be necessary.

The **MAGNET (12)** should be located a minimum of 1/8" from the Pick-up as it passes by.

The previously untightened **BOLT (40)** will allow for adjustment of the **MAGNET (12)** on the **MAGNET BRACKET (56)**. The **BRACKET (56)** may be adjusted either forward or rearward. (SEE DETAIL A)





ELECTRONIC MONITOR OPERATING GUIDE

FUNCTIONAL BUTTONS

MODE - FUNCTIONS SELECTION KEY

▲ - TO SET UP THE VALUES OF COUNT, TIMER, OR TEMPO

▼ - TO SET DOWN THE VALUES OF COUNT, TIMER, OR TEMPO

START STOP - TO START OR STOP FUNCTIONS OF TIMER AND TEMPO

RESET - TO RESET THE VALUE OF COUNT, TIMER, TEMPO OR CALORIC TO ZERO

AUTO POWER ON/OFF

1. POWER SOURCE WILL AUTOMATICALLY TURN ON BY PRESSING ANY BUTTON OR USING YOUR MACHINE.
2. POWER WILL AUTOMATICALLY SHUT OFF WHEN YOUR MACHINE STOPS OR THE TIMER FUNCTION STOPS FOR OVER 256 SECONDS.

THE ELECTRIC MONITOR HAS FIVE FUNCTION MODES TO HELP YOU ACHIEVE THE MOST FROM YOUR WORKOUT. PLEASE READ THE OPERATING INSTRUCTIONS THOROUGHLY BEFORE USING THE MONITOR. SAVE THIS GUIDE FOR FUTURE REFERENCE.

MONITOR FUNCTION MODES

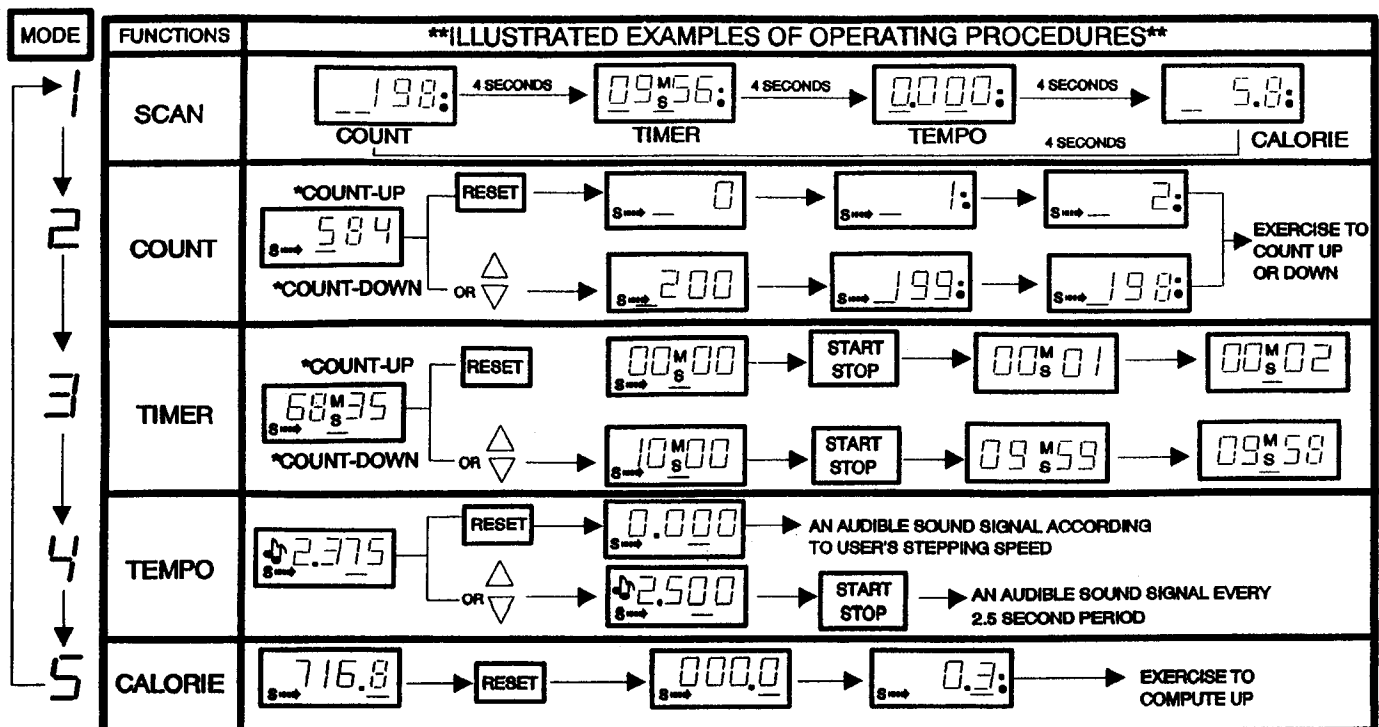
SCAN - AUTOMATICALLY SCANS FUNCTIONS OF COUNT, TIMER, TEMPO AND CALORIES IN A REPEATING SEQUENCE

COUNT - *COUNT* ACCUMULATES THE NUMBER OF STEPS TAKEN FROM 0 TO 9999. *COUNT DOWN* COUNTS BACKWARDS FROM PRESET NUMBER TO 0

TIMER - *COUNT UP* MEASURES ELAPSED TIME FROM 00:00 TO 99:59 (NINETY- NINE MINUTES AND FIFTY-NINE SECONDS). *COUNT DOWN* MEASURES TIME REMAINING FROM PRE-SET TIME.

TEMPO - WHEN SET ON '0' A BEEP SIGNAL WILL SOUND EACH TIME YOU STEP. TO USE AS A PACER FOR YOUR WORKOUT, YOU CAN ADJUST THE RATE OF BEEP FROM 0.125(SECONDS) TO 9.875(SECONDS).

CALORIE - GIVES AN AVERAGE CALCULATION OF CALORIES CONSUMED WITHIN THE EXERCISE PERIOD. CALCULATION IS BASED ON THE SPEED OF EXERCISE AND THE TOTAL WORK TIME.

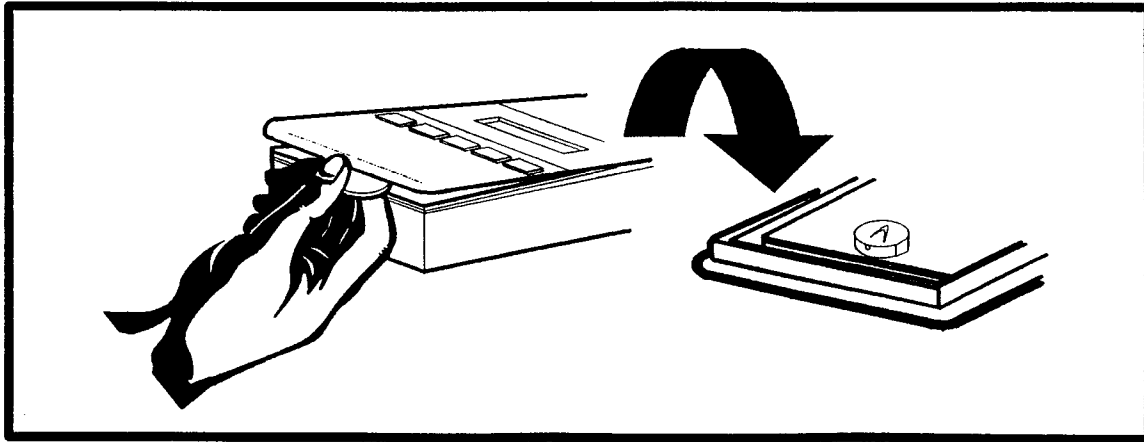


NOTES

1. PUSH \triangle OR ∇ BUTTON AND THE DESIRED VALUE WILL BE CHANGED AT A FASTER SPEED.
2. ONE STEP WILL BE ACCOMPANIED BY ONE SOUND SIGNAL, EXCEPT WHEN THE **TEMPO** FUNCTION IS ACTIVATED.
3. WHEN THE SYMBOL $S \rightarrow$ APPEARS ON THE LCD IT MEANS THAT THE **TIMER** AND **TEMPO** FUNCTIONS ARE STOPPED AND NEW VALUES CAN BE SET UP INTO THE ELECTRONIC READ-OUT. STARTING OR STOPPING THE **TIMER** AND **TEMPO** FUNCTIONS CAN BE MADE EVEN WHEN OTHER FUNCTIONS ARE RUNNING.
4. WHEN THE SYMBOL ♪ APPEARS ON THE LCD, IT DENOTES THAT THE **TEMPO** HAS BEEN SET UP AND READY TO START WORK.

HOW TO REMOVE BATTERIES

1. THE UPPER CASE OF THIS COMPUTER EASILY SEPARATES FROM THE BOTTOM CASE. SIMPLY PRY IT OPEN USING A COIN. (SEE ILLUSTRATION)
2. REPLACE THE BUTTON BATTERY (ALKALINE MANGANESE BATTERY A76, AG13, OR LR44) WITH A NEW ONE.
3. BE SURE THE BATTERY IS INSERTED WITH THE POSITIVE (+) SIDE TOWARD YOU.
4. REMOVING THE BATTERY WILL ERASE ALL FUNCTIONAL DATA.
5. STORAGE PERIOD OF BATTERY: APPROXIMATELY 1 YEAR UNDER NORMAL CONDITIONS.



LIMITED WARRANTY

WEIDER SPORTS INC., A CALIFORNIA CORPORATION WARRANTS THIS ITEM OF EQUIPMENT TO BE FREE FROM DEFECTS IN MATERIAL AND/OR WORKMANSHIP FOR A PERIOD OF ONE YEAR FROM THE DATE OF THE ORIGINAL PURCHASE (RETAIL, MAIL ORDER OR OTHERWISE) FOR USE. WEIDER ALSO WARRANTS THE FRAME OF THIS ITEM OF EQUIPMENT TO BE FREE FROM DEFECTS IN MATERIAL OR WORKMANSHIP FOR A PERIOD OF FIVE YEARS FROM THE DATE OF ORIGINAL PURCHASE.

IN THE EVENT OF A DEFECT IN MATERIAL OR WORKMANSHIP DURING THE WARRANTY PERIOD, WEIDER WILL REPAIR OR REPLACE (AT ITS OPTION) THE EQUIPMENT (OR FRAME) UNDER THE CONDITIONS OF THIS WARRANTY. WEIDER WILL DO SO AT ITS EXPENSE FOR THE COST OF LABOR AND MATERIALS BUT NOT FOR MAILING EXCEPT AS NOTED.

MAINTENANCE TIPS

Keeping your CLIMBMASTER CM7 in good condition will help insure you many hours of safe, enjoyable exercise. Following an easy maintenance routine will prevent premature wear and unnecessary parts replacement.

- 1. Check all fasteners, nuts and bolts, and caps to see that they are always tight and fitted properly.*
- 2. Lubricate all moving parts frequently to keep handles, pulleys, and pedals moving smoothly and to eliminate squeaks and excessive noise.*
- 3. If the electronics is not functioning properly, test the monitor using new batteries. Most problems are the result of weak batteries when storing for extended periods of time.*
- 4. Painted surfaces can be cleaned with a soft cloth and mild, non-abrasive detergent. Do not allow liquid to come in contact with the electronics monitor.*

EXERCISING ON THE CLIMBMASTER CM7

Your CLIMBMASTER CM7 is a dual action aerobic exerciser, which means both your arms and legs are involved in the exercise. This dual action exercise gives you the greatest amount of cardiovascular exercise which accelerates your heart rate very quickly. Be sure to do your conditioning exercises prior to using your CLIMBMASTER CM7 to get your body ready for this vigorous exercise. (SEE CONDITIONING GUIDE)

A unique feature of the CLIMBMASTER CM7 is the built-in Stationary Handle Bar. The Stationary Handle Bar allows you the option of working only the leg area (pedals) if you choose.

To begin exercising on your CLIMBMASTER CM7, press the right pedal down to the lowest position and place your right foot on the pedal while holding to the Stationary Handle Bar. Place your left foot on the raised left pedal. Once you are positioned correctly on the unit you can transfer your hands to the upper Handle Bars. **ALWAYS USE THE STATIONARY HANDLE BAR TO HOLD ONTO AS YOU ARE GETTING ON OR GETTING OFF THE CLIMBMASTER CM7.**

To exercise, alternately press the right and left pedal down with a smooth, rhythmic motion. The CLIMBMASTER CM7 has a unique integrated handle and step mechanism that synchronizes your arms and legs. This synchronization makes the exercise smoother and allows you to transfer work between the arms and legs.

You can emphasize the muscles of the upper legs by keeping your feet flat on the pedals as you step, or rise on your toes to focus on the calf muscles. Stand erect as you exercise, or lean forward slightly, always keeping your back straight to avoid injury. For the best aerobic workout, exercise physiologists recommend taking relatively short, rapid steps at low resistance.

CONDITIONING GUIDELINES

The following guidelines will help you to plan and regulate your personal fitness program. Remember that adequate rest and good nutrition are also essential to the success of any fitness program. **BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN!**

EXERCISE INTENSITY

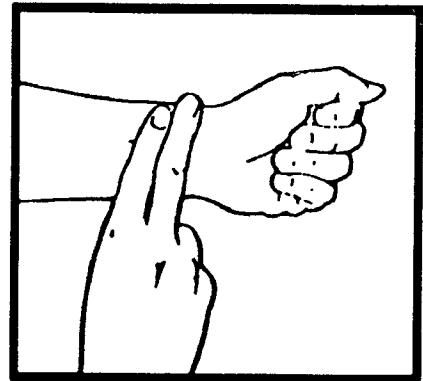
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level between 70% and 85% of your maximum heart rate. This is your "Training Zone". You can determine your Training Zone by consulting the table below.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

During the first few weeks of your exercise program, you should keep your heart rate near the low end of your Training Zone. Over the course of a few months, gradually increase your heart rate until it reaches the high end of your Training Zone. As your condition improves, a greater workload will be required in order to raise your heart rate to your Training Zone.

The easiest way to measure your heart rate is to stop exercising and place two fingers on your wrist where you feel a pulse. Carefully take a six-second heart beat count. (A six-second count is used because your heart rate will drop rapidly after you stop exercising.) Add a 0 to the result to find your heart rate. Compare your heart rate to your Training Zone. If your heart rate is too low, increase your level of exertion. If your heart rate is too high, decrease your level of exertion.



WORKOUT PATTERN

Each workout should consist of 5 basic parts: **1. AT REST, 2. WARMING-UP, 3. TRAINING ZONE EXERCISE, 4. COOLING-DOWN, 5. AT REST.**

Warming up is an important part of every workout. Warming up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. This can be done by stretching for 5-10 minutes prior to exercising.

After warming up, begin exercising at a low intensity level for a few minutes. Then increase the intensity to raise your heart rate to your Training Zone for a period of 20-30 minutes.

EXERCISE FREQUENCY

To maintain or improve your condition, you must workout 2-3 times per week following the pattern described above. A day of rest between workouts is recommended. After several months of exercise, the number of workouts can be increased to 4-5 times per week. The key to a successful program is **REGULAR** exercise.

SUGGESTED STRETCHES

The following stretches provide a good warm-up, or cool-down. Move slowly as you stretch - never bounce.

HAM STRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you, resting it against the extended leg's inner thigh. Stretch toward your toe as far as possible, hold for 15 counts, then relax. Repeat three times for both legs.

Stretches: Hamstrings, Lower Back and Groin

INNER THIGH STRETCH

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Hold for 15 counts, then relax. Repeat three times.

Stretches: Quadriceps, Hip Muscles

TOE TOUCHES

Standing with your knees bent slightly, slowly bend forward from the hips. Allow your back and shoulders to relax as you stretch down toward your toes. Go as far as you can and hold for 15 counts, then relax. Repeat three times.

Stretches: Hamstrings, Back of Knees, Back

QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

Stretches: Quadriceps, Hip Muscles

CALF/ACHILLES STRETCH

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the Achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles Tendons, and Ankle

