

SM10 CLUBSTEPPER

INDEPENDENT COMPRESSION SYSTEM

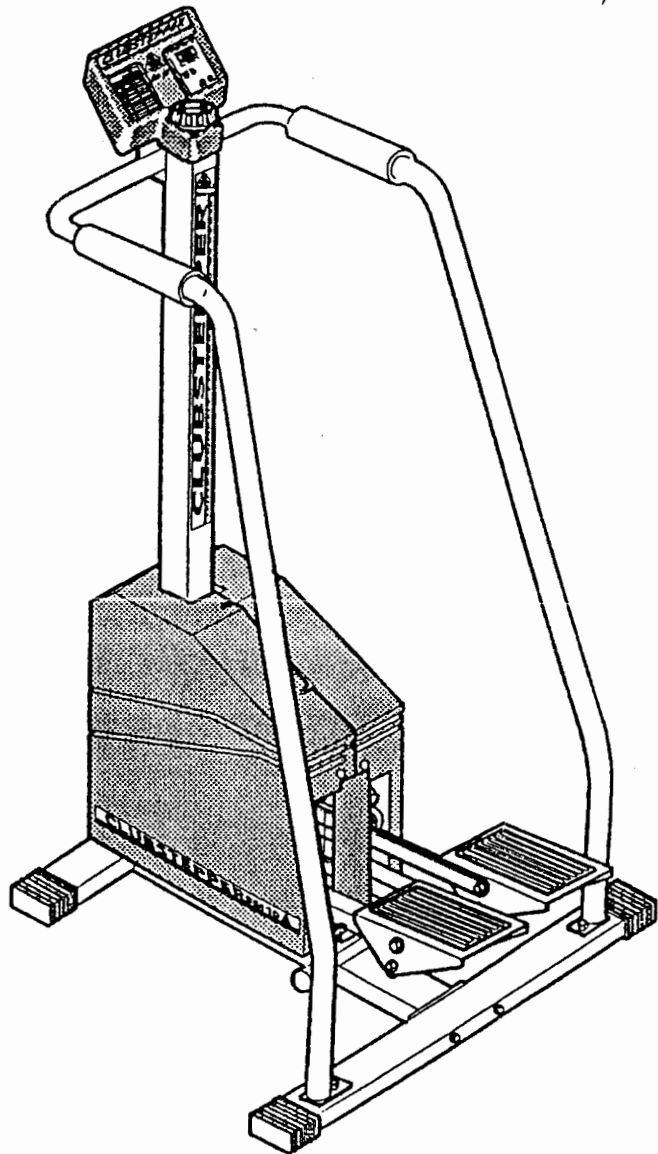
WAIT, READ THIS FIRST!

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 TAIWAN

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., 8am-5pm CST.

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

Printed in Taiwan

WEIDER SPORTING GOODS, 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.

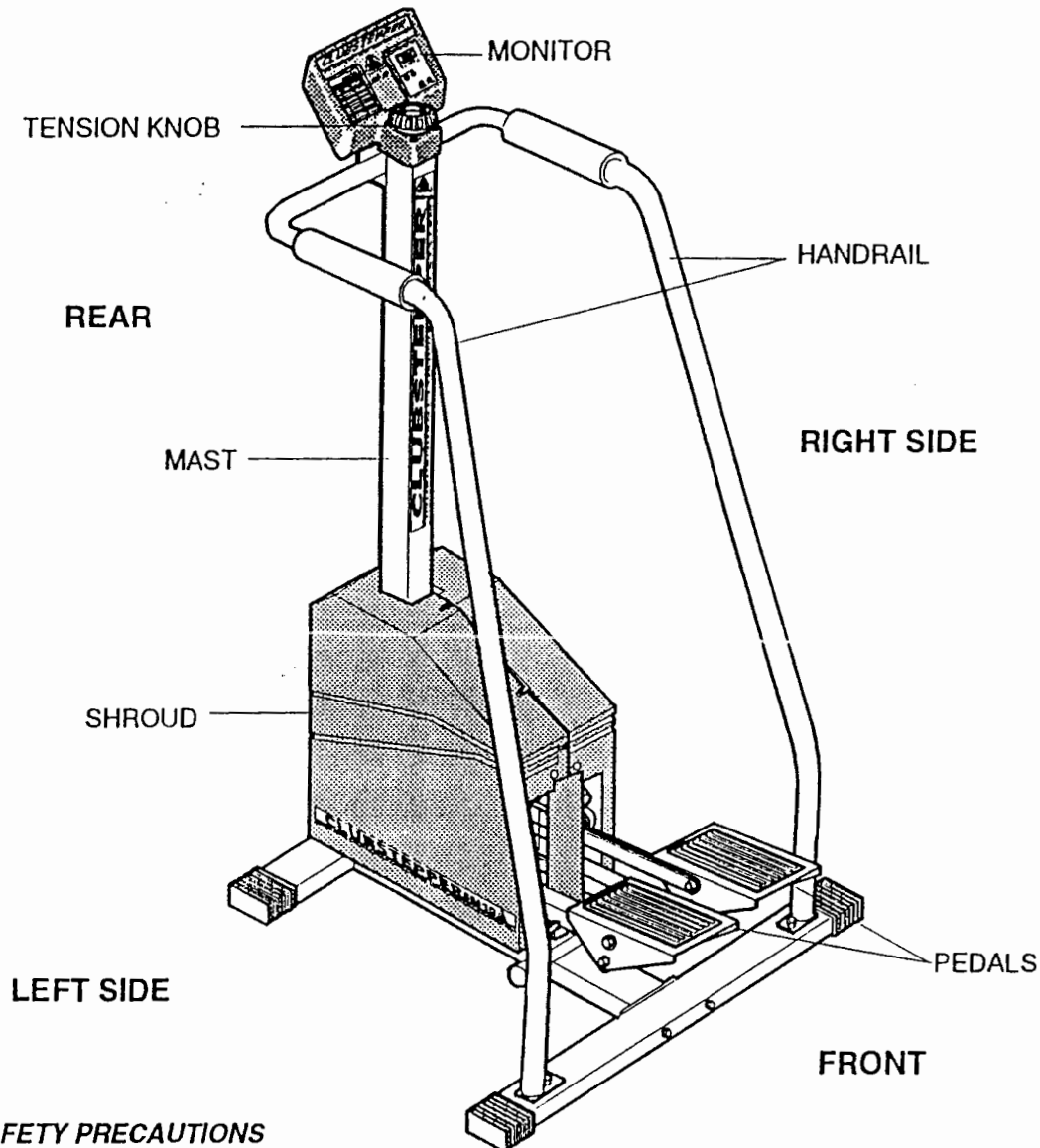
1. Read all instructions in this manual before using this equipment.
2. Use this equipment only as described in this Owner's Guide.
3. Inspect and tighten all parts each time this equipment is used. Replace any worn parts immediately.
4. Keep hands away from moving parts other than the designated handles.
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 **CLUBSTEPPER SM10** stepper. The **CLUBSTEPPER SM10** 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 **CLUBSTEPPER SM10** gives you such features as a multi-function electronic monitor, and easy resistance adjustment.



IMPORTANT SAFETY PRECAUTIONS

1. Position the 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 stepper.
4. Always hold the handlebars when exercising on the stepper.
5. Keep small children away from the stepper during use.
6. Do not touch the resistance cylinder after exercising. The cylinders may reach high temperatures during use.
7. Use the 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.

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

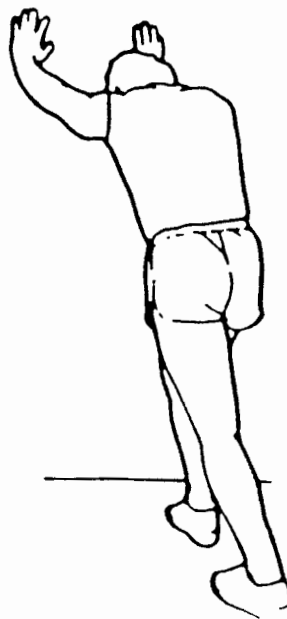
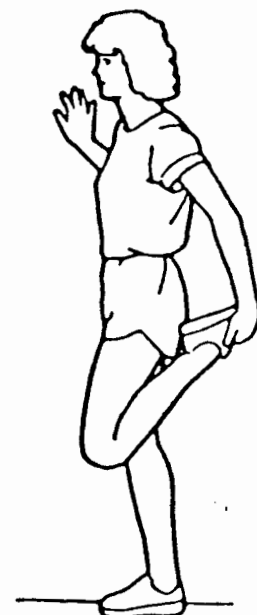
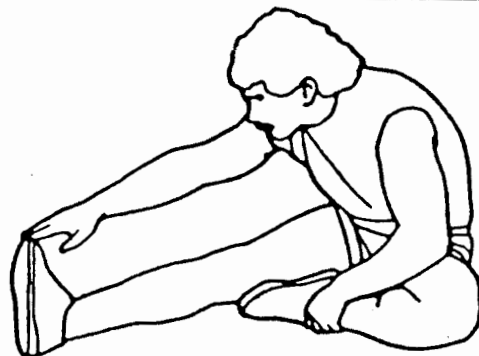
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

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 Ankles



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 (CLUBSTEPPER)
- b. Model number of product (SM10)
- c. Ordering number of part (See Parts List page.)
- d. Description of the part from the Parts List page
- e. 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.

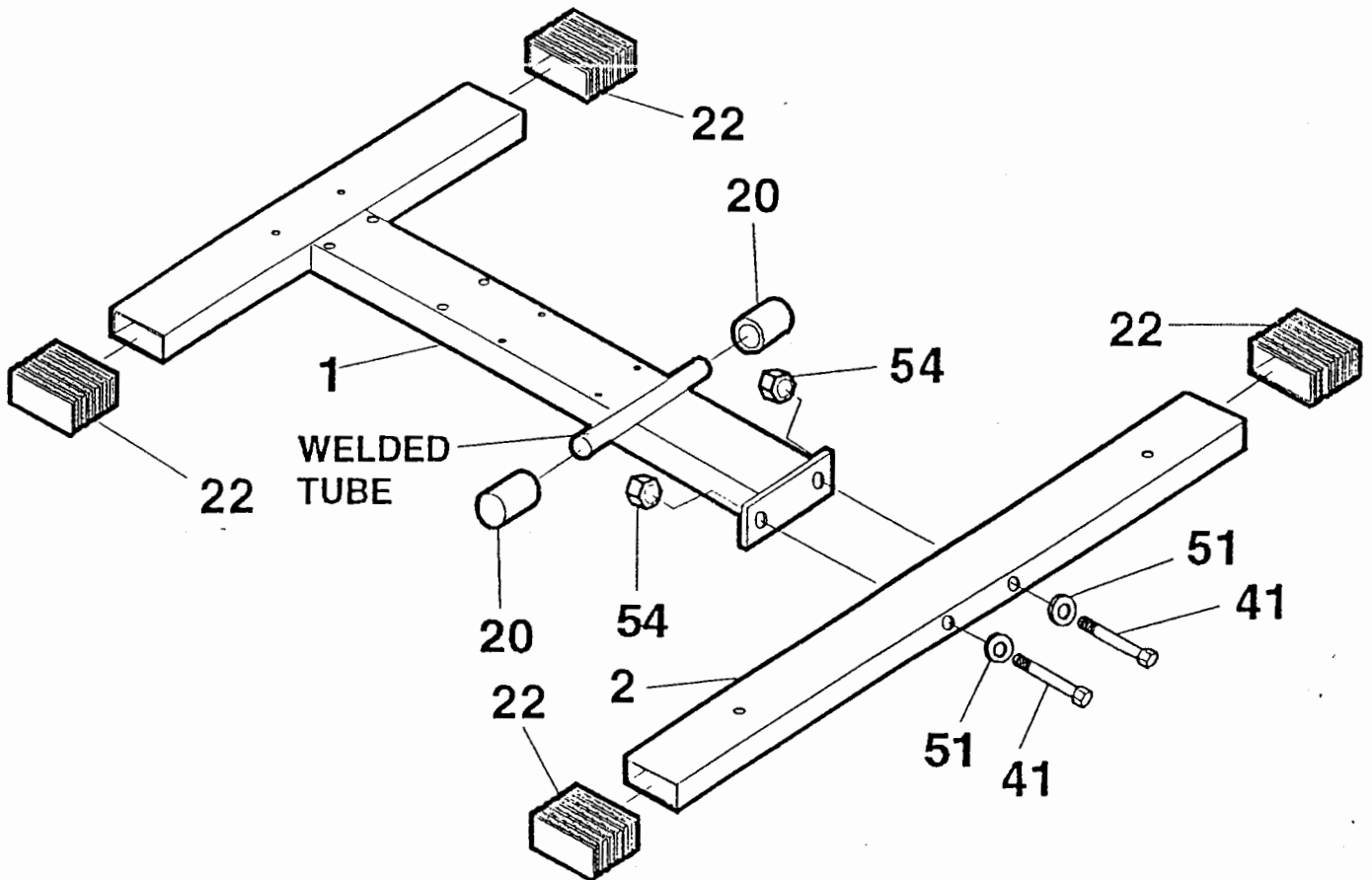
All parts and service inquiries should be directed to:

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

STEP 1 BASE ASSEMBLY

PART NAME	QTY
20 1" ROUND RUBBER PEDAL DAMPER CAP	2
22 RUBBER FEET	4
41 3/8" X 4" HEX HEAD BOLT	2
51 3/8" FLAT WASHER	2
54 3/8" NYLON LOCK NUT	2

- Assemble the REAR BASE TUBE (2) to the BASE "T" (1) using 3/8" X 4" HEX HEAD BOLTS (41), 3/8" FLAT WASHERS (51), and 3/8" NYLON LOCK NUTS (54).
- Turn the BASE "T" (1) so that the tube welded atop the Base "T" is up. Cap the ends of the BASE "T" (1) and the REAR BASE TUBE (2) with RUBBER FEET (22) so that the Foot Pad is to the floor.
- Insert 1" ROUND RUBBER PEDAL DAMPER CAPS (20) over the ends of the round tube welded to the Base "T".



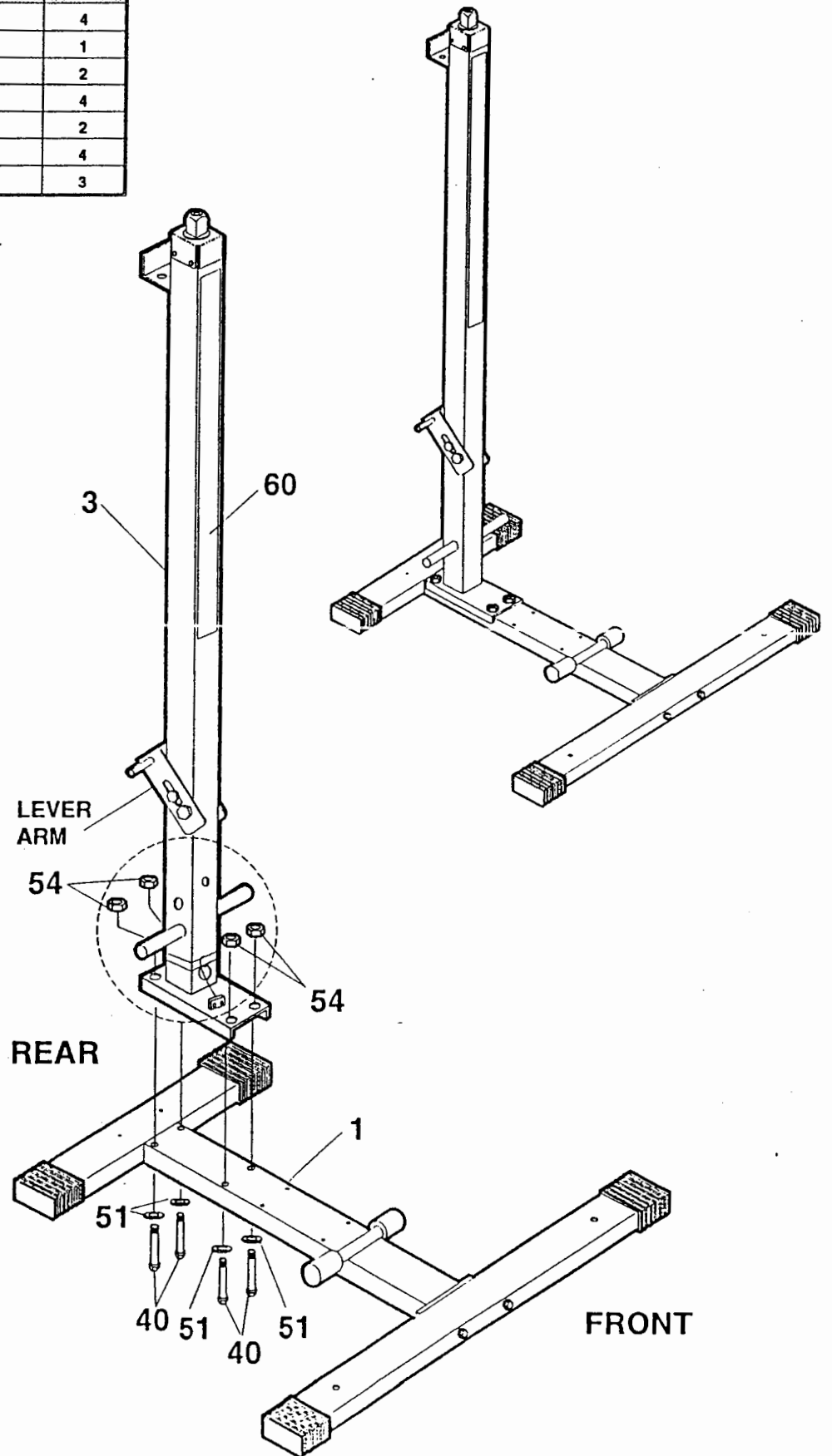
STEP 2 MAST ASSEMBLY

PART NAME	QTY
40 3/8" X 2 1/2" HEX HEAD BOLT	4
47 1/8" X 3" PHILLIPS HEAD SCREW	1
48 1/8" X 5/8" PHILLIPS HEAD SCREW	2
51 3/8" FLAT WASHER	4
53 1/8" FLAT WASHER	2
54 3/8" NYLON LOCK NUT	4
56 1/8" HEX NUT	3

Attach the STEPPER FRAME MAST (3) to the BASE "T" (1) by assembling 3/8" FLAT WASHERS (51) onto four 3/8" x 2 1/2" HEX HEAD BOLTS (40) and bolting up through the Base "T". Place the STEPPER MAST FRAME (3) over the Bolts and secure with 3/8" NYLON LOCK NUTS (54).

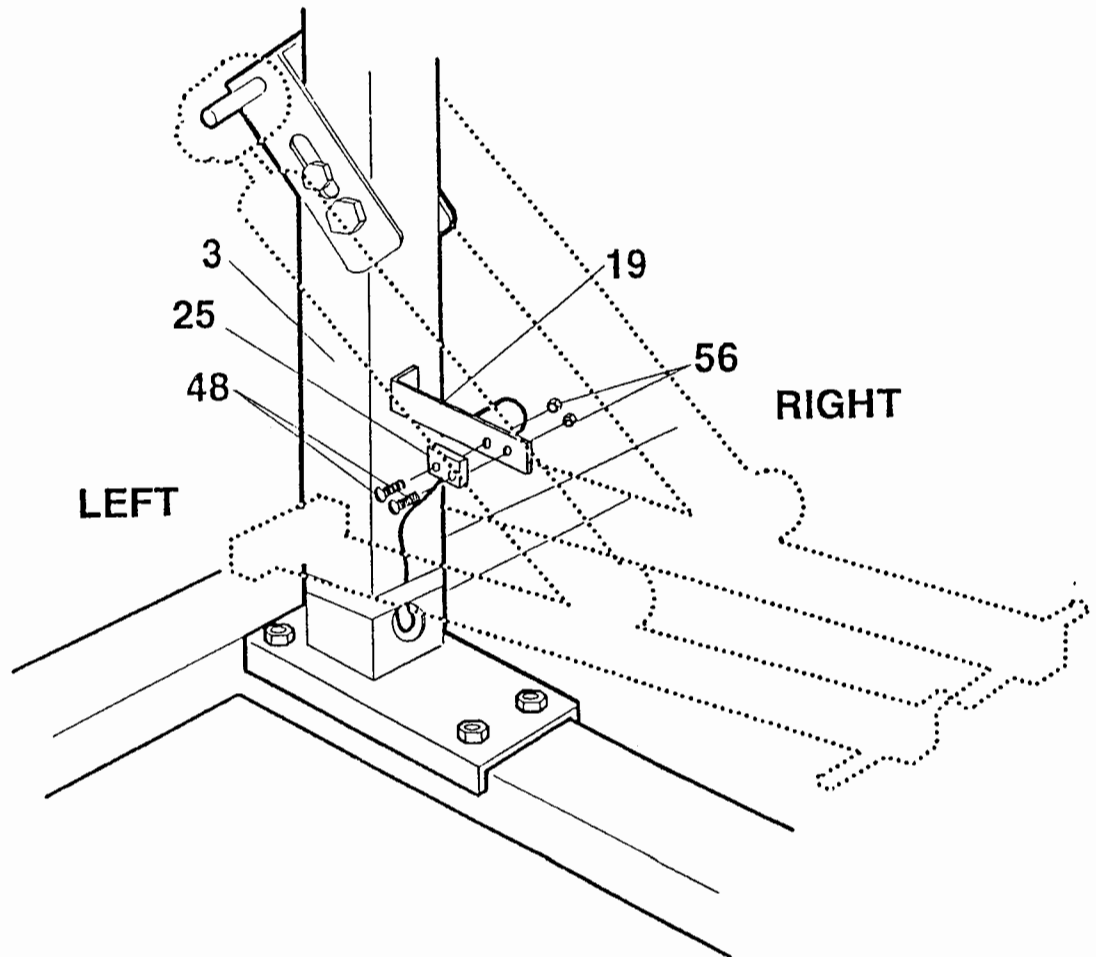
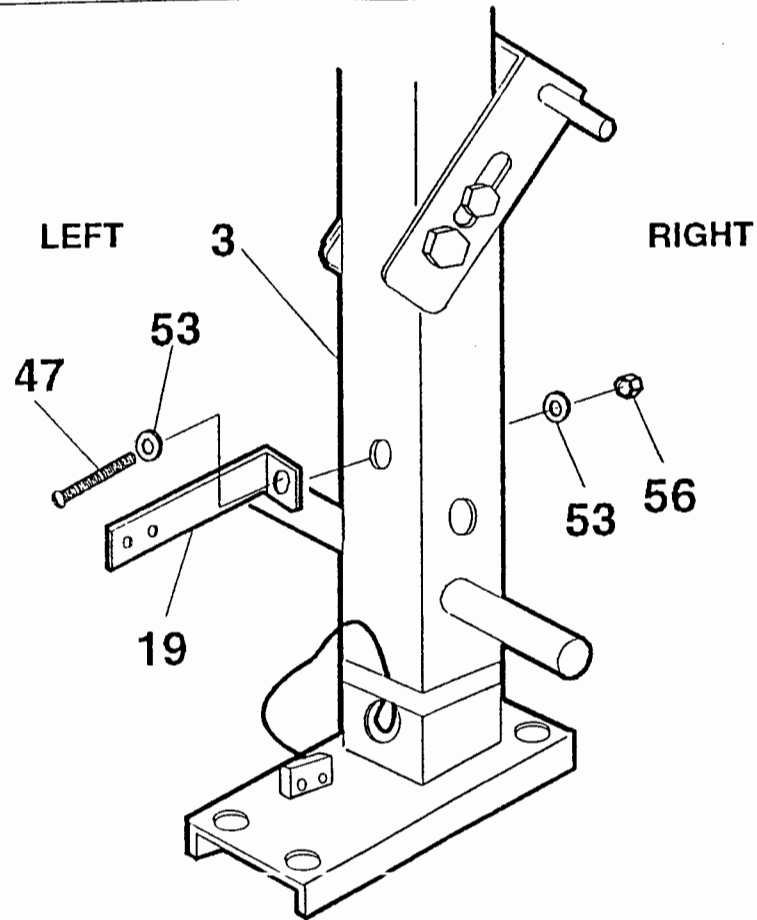
» **IMPORTANT:** NOTE THE LEVER ARM ON THE MAST IS POSITIONED SO IT IS TO THE FRONT.

Peel the backing sheet on the large CLUB STEPPER DECAL (60) down about 1". Align the Decal to the Mast Frame just below the top of the Mast Frame. Tack the top of the Decal in place and remove the backing sheet completely and wipe the Decal in place.



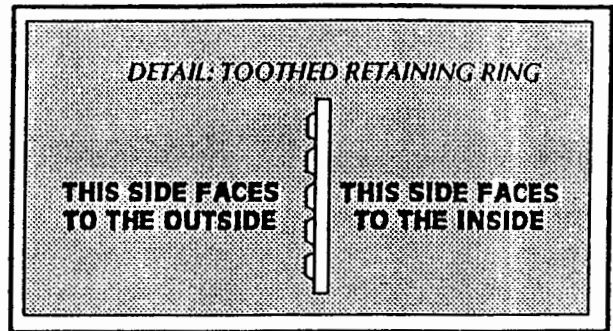
□ Attach the **MAGNETIC SENSOR BRACKET (19)** to the base of the **MAST FRAME (3)** using a **1/8" X 3" PHILLIPS HEAD SCREW (47)**, **1/8" FLAT WASHERS (53)**, and **1/8" HEX NUT (56)**. Make this attachment loosely as it will be adjusted later for pick-up alignment.

□ Turn the **BRACKET (19)** so it faces the left side of the **MAST (3)** and attach the **MAGNETIC SENSOR PICK-UP (25)** to the outside of the Bracket with **1/8" X 5/8" PHILLIPS HEAD SCREWS (48)**, and **1/8" HEX NUTS (56)**.



STEP 3 STEPPER ARM ASSEMBLY

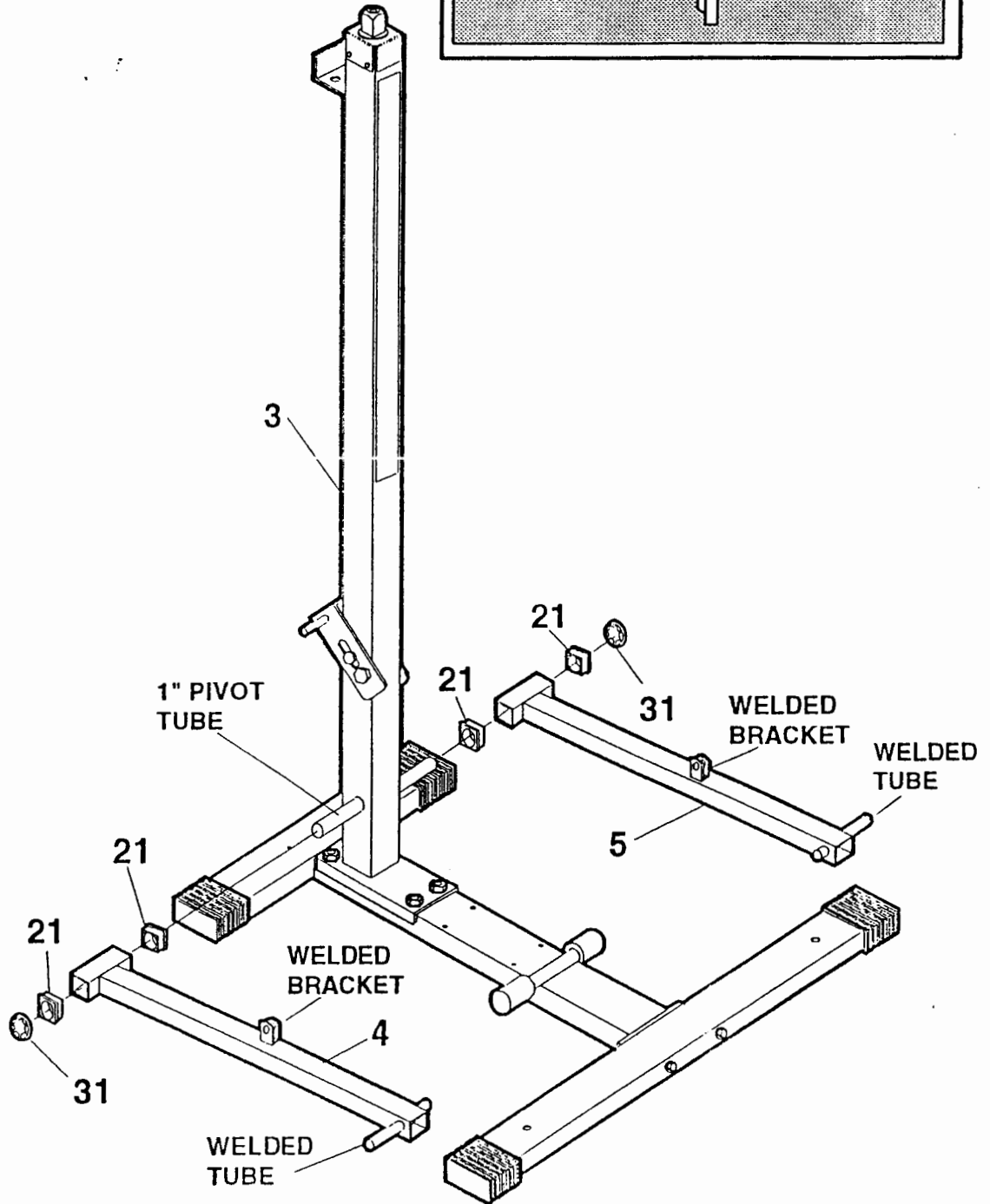
PART NAME	QTY
21 1 1/4" SQUARE PLASTIC PIVOT BUSHING	4
31 1" TOOTHED RETAINING RING	2



Insert a 1 1/4" SQUARE PLASTIC PIVOT BUSHING (21) into the cross tube end of the STEPPER ARMS (4) and (5).

Apply some grease to the 1" Pivot Tube welded through the base of the FRAME MAST (3) and insert the STEPPER ARMS (4) and (5) onto the Pivot Tube so the welded bracket atop the Arms are up and the longest side of the tube welded at the end of the Arm is to the outside.

Press a 1" TOOTHED RETAINING RING (31) onto the ends of the Pivot Tube and with the aid of a screwdriver, push the Retaining Ring up tightly against the Stepper Arm.



STEP 4 RESISTANCE CYLINDER ASSEMBLY

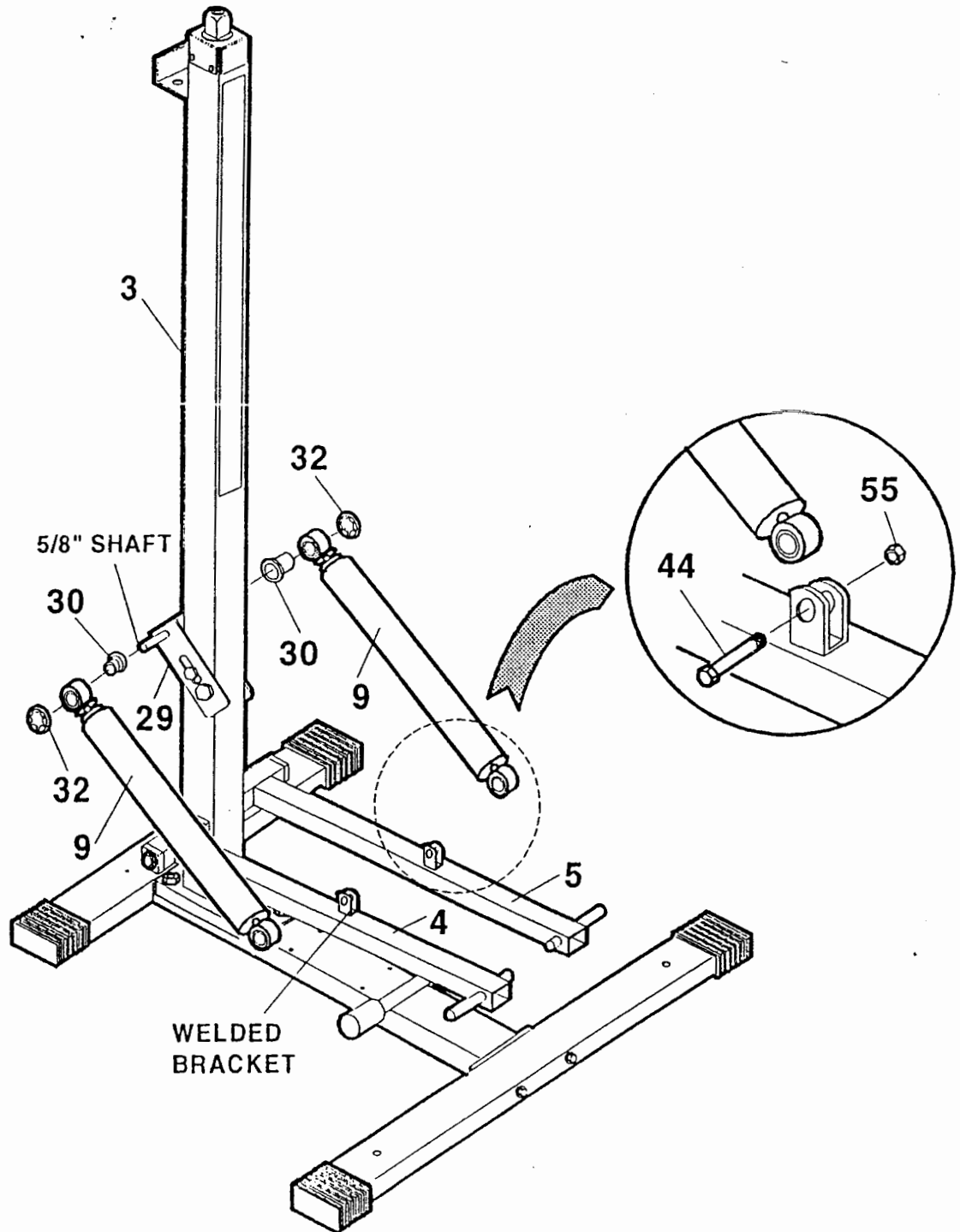
PART NAME	QTY
30 5/8" I.D. X 1" LONG FLAIR END SPACER	2
32 5/8" TOOTHED RETAINING RING	2
44 5/16" X 1" HEX HEAD BOLT	2
55 5/16" NYLON LOCK NUT	2

Insert a 5/8" I.D. X 1" LONG FLAIR END SPACER (30) onto the 5/8" shaft at the end of the RESISTANCE LEVER ARM (29).

Apply a small amount of grease to the shaft and slide on the RESISTANCE CYLINDERS (9).

Push a 5/8" TOOTHED RETAINING RING (32) onto the shaft and fit tightly against the CYLINDER (9) head.

Attach the lower end of the RESISTANCE CYLINDER (9) into the bracket welded atop the STEPPER ARMS (4) and (5). Fasten with 5/16" X 1" HEX HEAD BOLTS (44) and 5/16" NYLON LOCK NUTS (55).



STEP 5 LINKING STRAP ASSEMBLY

PART NAME	QTY
35 BLACK METAL PIVOT BUSHING (1/4" SHOULDER)	4
41 3/8" X 4" HEX HEAD BOLT	1
48 1/8" X 5/8" PHILLIPS HEAD SCREW	2
51 3/8" FLAT WASHER	2
54 3/8" NYLON LOCK NUT	1
56 1/8" HEX NUT	2

Press BLACK METAL PIVOT BUSHINGS (with 1/4" long shoulder) (35) into each end of the PEDAL LINKING STRAPS (6).

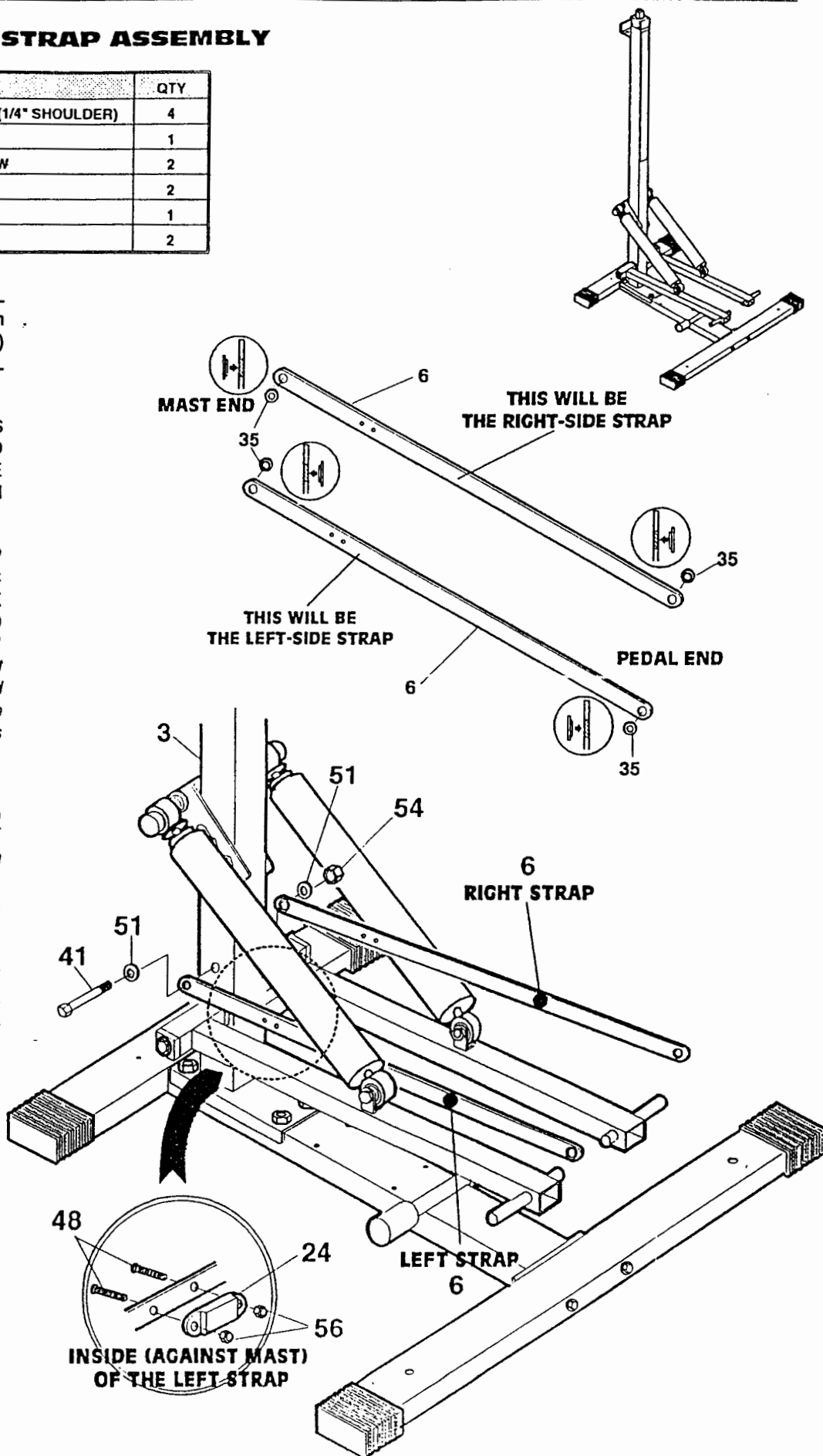
» IMPORTANT: PRESS BUSHING INTO OPPOSITE ENDS OF THE LINKING STRAP FROM OPPOSITE SIDES.

To one LINKING STRAP (6), attach the MAGNETIC PICK-UP (24) using 1/8" X 5/8" PHILLIPS HEAD SCREWS (48) and 1/8" HEX NUTS (56). Note that the MAGNET (24) should be on the side where the Bushing Washer Head is oriented.

To attach the LINKING STRAPS (6) to the MAST FRAME (3), assemble a 3/8" FLAT WASHER (51), onto a 3/8" X 4" HEX HEAD BOLT (41).

» IMPORTANT: THE WASHER HEAD OR THE PIVOT BUSHING MUST BE AGAINST THE MAST FRAME AND THE MAGNET ON THE INSIDE OF THE LEFT LINKING STRAP.

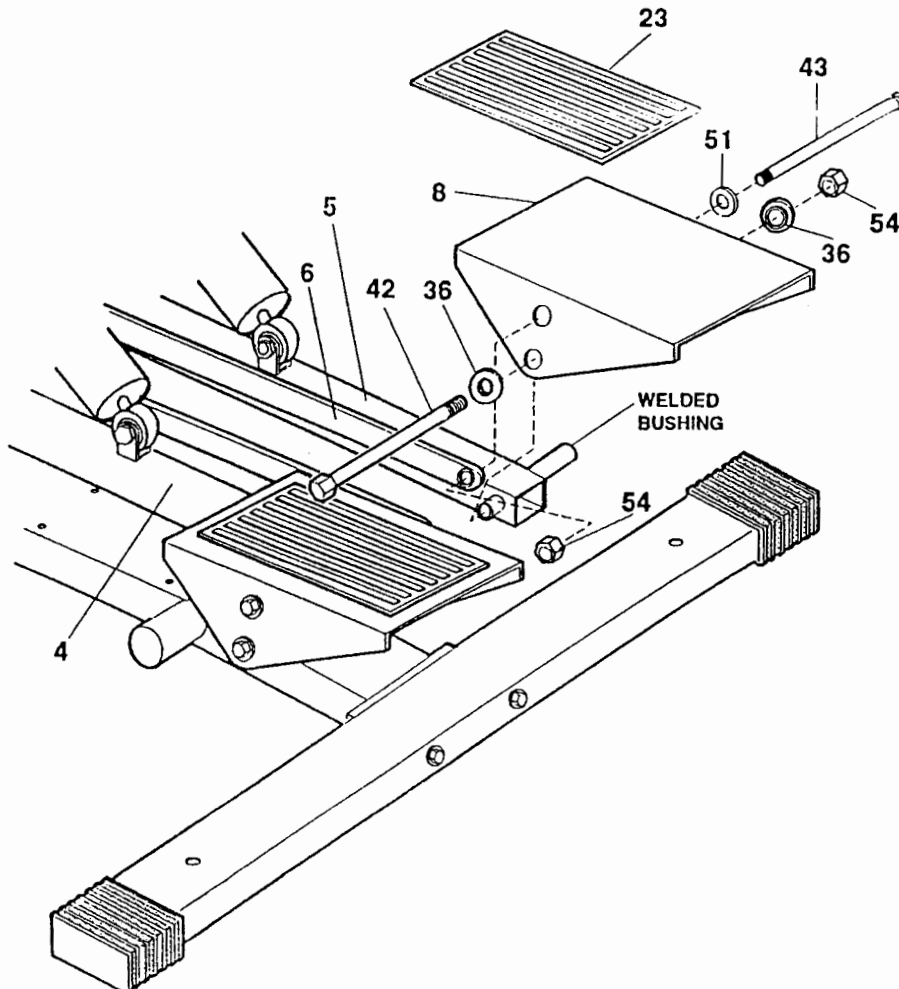
With the LINKING STRAPS (6) in the correct position, bolt through the Bushing in the left LINKING STRAP (6), through the MAST FRAME (3), and then through the right LINKING STRAP (6). Assemble another 3/8" FLAT WASHER (51) onto the bolt and secure with a 3/8" NYLON LOCK NUT (54).



STEP 6 STEPPER PEDAL ASSEMBLY

PART NAME	QTY
36 BLACK METAL PIVOT BUSHING - 3/32" SHOULDER	4
42 3/8" X 5 1/2" HEX HEAD BOLT	2
43 3/8" X 6" HEX HEAD BOLT	2
51 3/8" FLAT WASHER	2
54 3/8" NYLON LOCK NUT	4

- Press a BLACK METAL PIVOT BUSHING (with a 3/32" shoulder) (36) into the lower holes on each side of the STEPPER PEDALS (8).
- Position the STEPPER PEDAL (8) over the Welded Bushing at the end of the STEPPER ARMS (4) and (5) and bolt through the inside of the Pedal at the lower hole and then through the Welded Bushing on the Stepper Arm with a 3/8" X 5 1/2" HEX HEAD BOLT (42) and fasten with a 3/8" NYLON LOCK NUT (54).
- Attach the STEPPER LINKING ARMS (6) to the top of the PEDALS (8) by bolting from the outside of the Pedal using a 3/8" X 6" HEX HEAD BOLT (43) and 3/8" FLAT WASHER (51) and securing with a 3/8" NYLON LOCK NUT (54).
- IMPORTANT: THE WASHER HEAD OF THE PIVOT BUSHING IN THE LINKING ARM SHOULD BE BETWEEN THE PEDAL AND THE ARM.
- Remove the backing paper from the adhesive strips on the PEDAL FOOT PADS (23) and attach the Foot Pads to the top of the PEDALS (8).



SM 10

STEP 7 HANDLE BAR ASSEMBLY

PART NAME	QTY
45 5/16" X 2 1/2" HEX HEAD BOLT	4
52 5/16" FLAT WASHER	4
55 5/16" NYLON LOCK NUT	4

Wipe a small amount of liquid detergent on the inside of the FOAM GRIPS (26) and slide them down over the HANDLE BARS (10) and (11).

Press the tapered end of the HANDLE BARS (10) and (11) into the HANDLE BAR CROSS TUBE (12) so that the Bolt holes in the plate at the bottom of the Handle Bars are to the inside.

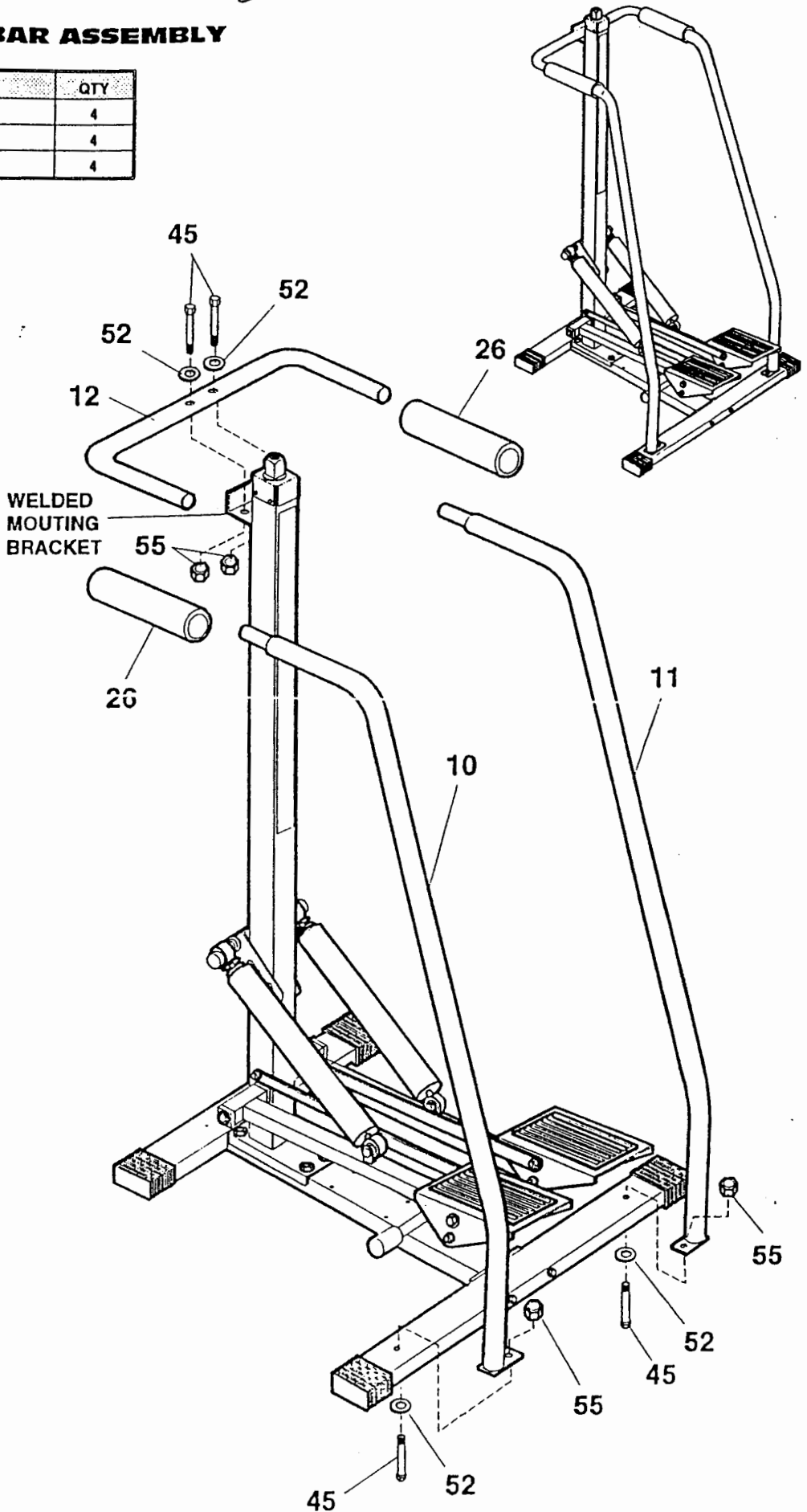
Fit the Handle Bar assembly around the FRAME MAST (3) and seat the CROSS TUBE (12) into the Mounting Bracket welded to the back of the MAST FRAME (3).

Bolt down through the CROSS TUBE (12) and Bracket with 5/16" X 2 1/2" HEX HEAD BOLTS (45) and 5/16" FLAT WASHERS (52). Secure with 5/16" NYLON LOCK NUTS (55).

» NOTE: The holes through the Cross Tube are drilled so the Cross Tube slants downward when it is assembled.

Attach the HANDLE BARS (10) and (11) to the REAR BASE TUBE (2) by assembling a 5/16" FLAT WASHER (52) onto a 5/16" X 2 1/2" HEX HEAD BOLT (45) and then bolting up through the Base and into the bracket of the Handle Bar. Secure with 5/16" NYLON LOCK NUTS (55).

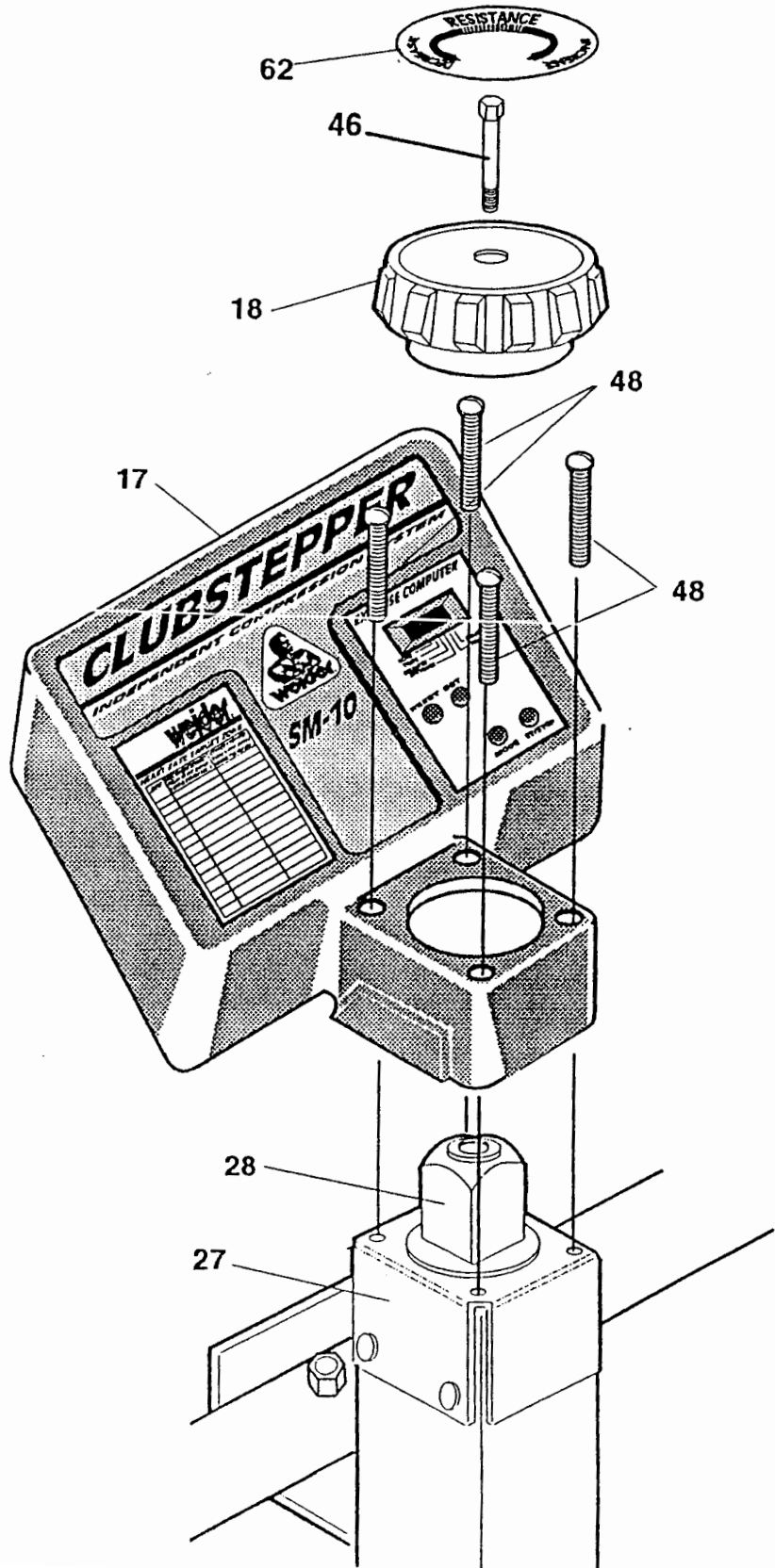
Slide the FOAM GRIPS (26) up so that the Grip covers the Handle Bar connection.



STEP 8 CONSOLE ASSEMBLY

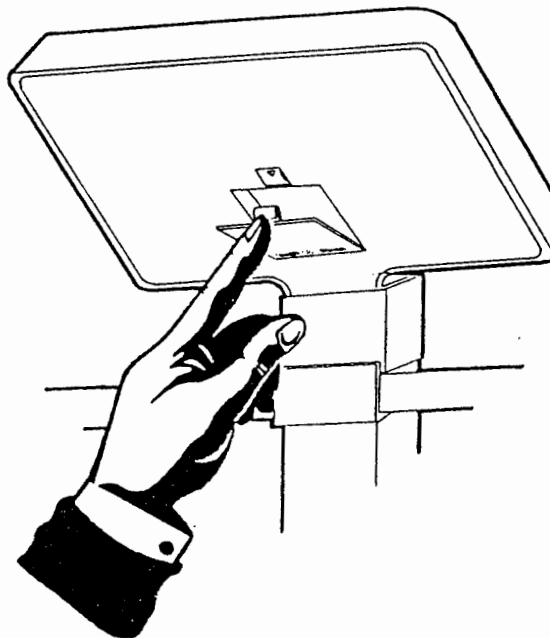
PART NAME	QTY
46 1/4" X 3/4" HEX HEAD BOLT	1
48 1/8" X 5/8" PHILLIPS HEAD SCREW	4

- Position the ELECTRONICS CONSOLE (17) over the top of the MAST FRAME (3) and secure in place by bolting down through the Console and into the MAST FRAME CAP (27) with 1/8" X 5/8" PHILLIPS HEAD SCREWS (48).
- Attach the RESISTANCE SETTING KNOB (18) to the SQUARE SHAFT (28) at the top of the MAST (3) using a 1/4" X 3/4" HEX HEAD BOLT (46) to bolt down through the top of the Knob and then into the Square Shaft.
- Peel the backing sheet from the ROUND RESISTANCE DECAL (62) and attach it in the center of the RESISTANCE SETTING KNOB (18).

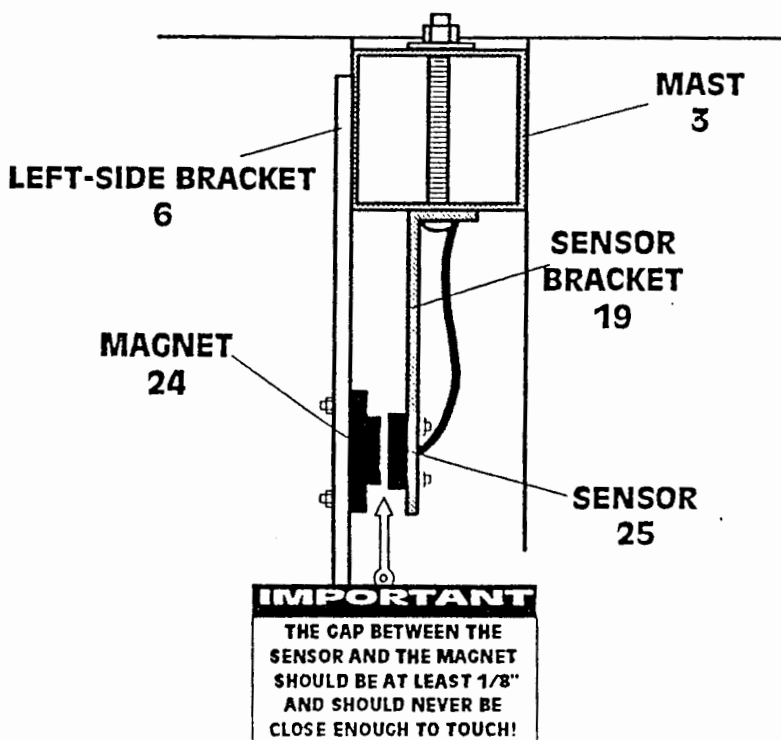


STEP 9 SETTING MAGNETIC PICK-UP

- Once the Electronics Console is assembled, remove the access panel from the back of the Console and insert two "AA" batteries. Replace the access panel. The Electronics are now ready to be set.



- Adjust the PICK-UP BRACKET (19) at the base of the MAST FRAME (3) so it sits parallel with the Frame. The Pick-up should be located approximately 1/8" from the MAGNET (24) on the LINKING ARM (6) as it passes by.
- Push the Start button on the Electronic Console and step on the Pedals. The Electronics should beep and count as the MAGNET (24) passes the PICK-UP (25). If it does not, move the Pickup slightly closer to the Magnet. Be careful not to move it so close that the Magnet will hit the Pick-up. If the Electronics still do not work, push the Start / Stop Button again as the computer may be in the Stop mode. (The letters STP will be displayed in the bottom left corner of the display when the electronics are in the Stop Count mode.) If the Electronics still do not operate, check to see that the batteries are still good and installed properly.



STEP 10 SHROUD ASSEMBLY

PART NAME	QTY
33 LARGE STAMPED SHEET THREADED CLIP	6
34 SMALL STAMPED SHEET THREADED CLIP	9
49 1/2" LONG SHEET METAL SCREW	13
50 2" LONG SHEET METAL SCREW	6

- To the LEFT SIDE SHROUD (13), press on nine SMALL STAMPED SHEET THREADED CLIPS (34) along the front, top, and back edges of the Shroud (long edge of Clips are to the inside of the Shroud). Press on three LARGE STAMPED SHEET THREADED CLIPS (33) into the notches at the bottom of the Shroud.

» NOTE: The Large Clips have a flat side, this side should be to the outside.

- To the RIGHT SIDE SHROUD (14), press three LARGE STAMPED SHEET THREADED SLIPS (33) along the bottom.

- Fit the SIDE SHROUDS (13) and (14) around the FRAME MAST (3) and overlap the top edge of the Right Side Shroud over the Left Side Shroud. Fasten the Shroud halves together with 1/2" LONG SHEET METAL SCREWS (49).

- Fit the CENTER COVER PLATE (15) into the front opening of the Shroud halves and bolt through the Shrouds and into the Cover Plate with 1/2" LONG SHEET METAL SCREWS (49).

- Insert 2" LONG SHEET METAL SCREWS (50) up through the Base and screw into the Clips in the bottom edge of the Shroud.

- Remove the backing sheet from the SMALL SHROUD DECAL (61). Align the Decal with the bottom edge of the Shroud and about 2 inches from the bottom and press in place.

