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NOW EQUIPPED WITH INDEPENDENT ACTION SHOCKS

# Stepmaster

## SM4

### VARIABLE RESISTANCE AEROBIC STEPPER

New

#### WAIT, READ THIS FIRST!

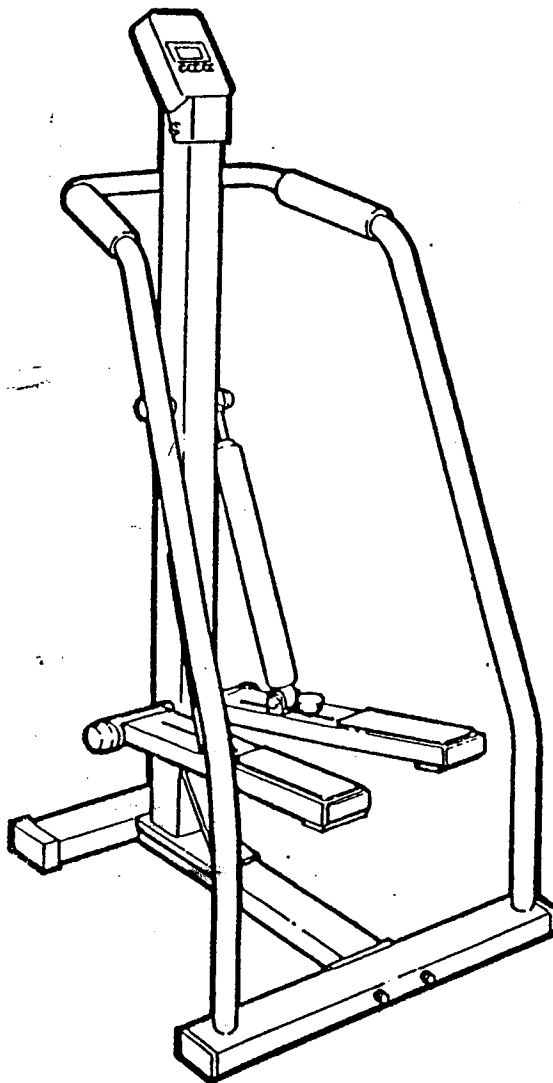
If you find this unit to have missing or defective parts please have ready the following information listed below before calling the 800 NUMBER.

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 is found in the UPPER LEFT-HAND or RIGHT-HAND CORNER of this page. The MODEL NUMBER starts with a LETTER and is followed by 3 or 4 NUMBERS.

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

**Weider®**  
**OWNER'S MANUAL**



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 immediate 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.

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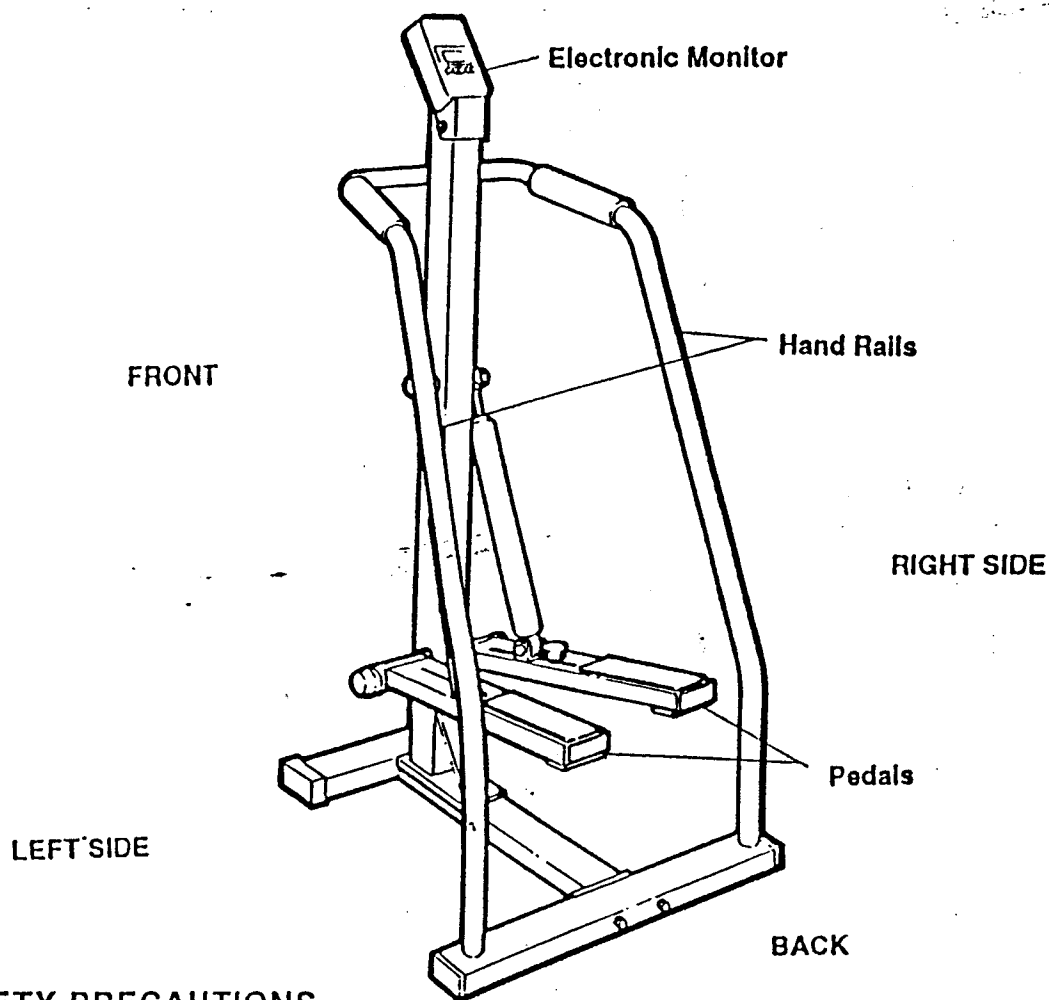
WEIDER HEALTH AND FITNESS  
21100 Erwin Street, Woodland Hills, Ca. 91367 USA

# PART LIST SM4

DIAGRAM NO.	PART NAME	QTY.	ORDERING NO
1	MAIN FRAME	1	C3157-E50*E50
2	BASE "T"	1	C2152-E50*E50
3	REAR BASE TUBE	1	C2153-E50*E50
5	LEFT PEDAL	1	C2155-E50*E50
6	RIGHT PEDAL	1	C2156-E50*E50
7	RESISTANCE CYLINDER	2	ZZ-0006*E27
8	HAND RAIL	2	C6806-E50*E50
9	HANDLEBAR CROSSBAR	1	C6807-E50*E50
10	ELECTRONIC MONITOR	1	C0823-E50*E27
11	MONITOR BRACKET	1	C0825-E23*E27
12	FOOT PAD	2	AA-8134*E27
13	TENSION KNOB	2	HH-5347*E27
14	1 1/2" X 3" PLASTIC CAP	4	AA-8130*E27
15	2 1/2" SQUARE PLASTIC CAP	1	AA-8013*E27
16	1 1/2" X 3" RUBBER FOOT	2	AA-8135*E27
17	FOAM GRIP	2	C0447-E50*E27
18	RESISTANCE CYLINDER MOUNTING BRACKET	2	C6929-E27*E50
19	SLIDE ADJUSTMENT BRACKET - RIGHT	1	C6927-E27*E50
20	SLIDE ADJUSTMENT BRACKET - LEFT	1	C6928-E27*E50
21	PEDAL PIVOT TUBE	1	
22	RESISTANCE CYLINDER PIVOT TUBE	1	
24	1" I.D. SQUARE END BUSHING	4	AA-8137*E27
25	1" I.D. TUBE CAP	2	HH-5348*E27
26	5/8" I.D. FLAIR END BUSHING	2	AA-8149*E27
27	5/8" I.D. TUBE CAP	2	HH-5357*E27
28	5/16" X 3 1/2" HEX HEAD BOLT	2	HH-5294*E27
29	5/16" X 1 3/4" HEX HEAD BOLT	3	HH-5301*E27
30	5/16" X 1 1/2" HEX HEAD BOLT	2	HH-5312*E27
31	5/16" FLAT WASHER	4	HH-5127*E27
32	5/16" NYLON LOCK NUT	7	HH-5012*E27
37	3/16" X 1/2" SELF TAPPING SCREW	6	HH-5372*E27
39	RUBBER BUMPER	2	AA-8145*E27
40	MAGNET	1	HH-5352*E27
42	SENSOR WIRE	1	HH-5354*E27
43	ELECTRONICS CONNECTOR PLUG	1	
44	RESISTANCE SCALE DECAL	2	DE-4201*E27
45	MAST DECAL	1	DE-4192*E27
48	L-BRACKET W/SENSOR	1	C6748-E27*E27
49	1/4" X 3/4" MACHINE SCREW	1	HH-5022*E27
50	1/4" FLAT WASHER	2	HH-5048*E27
51	1/4" NYLON LOCK NUT	1	HH-5011*E27
	HARDWARE BAG	1	C5911-E27*E27
	ASSEMBLY MANUAL	1	NN-1142*E27
53	2x Ring		HH-5352
	Cap FTS-001		HH-5357

## BEFORE YOU BEGIN

Thank you for selecting the STEPMASTER SM4 stepper. The STEPMASTER SM4 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 STEPMASTER SM4 gives you such features as a multi-function electronic monitor, easy resistance adjustment, and cushioned hand rails for stability and comfort.



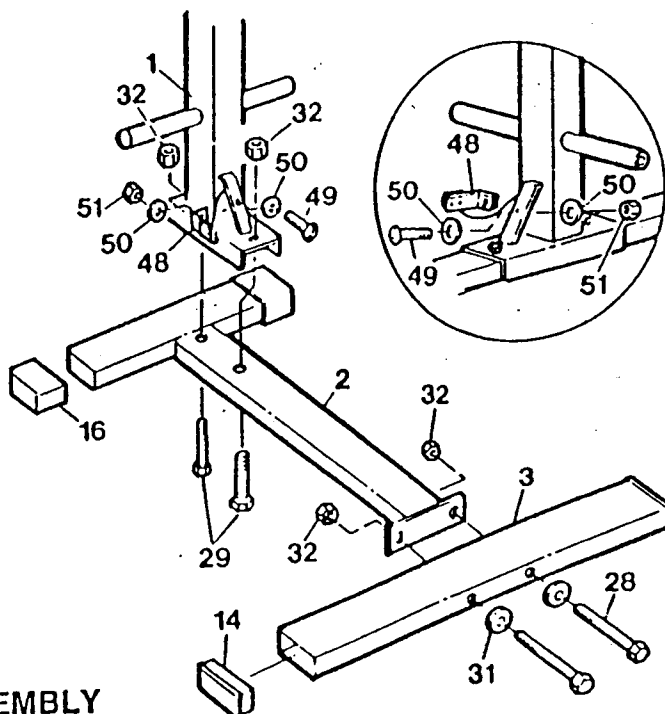
## IMPORTANT SAFETY PRECAUTIONS

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.
8. With continued use the moving parts of this unit will become stiff and possibly begin squeaking. Lubricate the moving parts with any household lubricating oil. NOTE: It may be necessary to partially disassemble the parts to lubricate the parts properly.

**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.

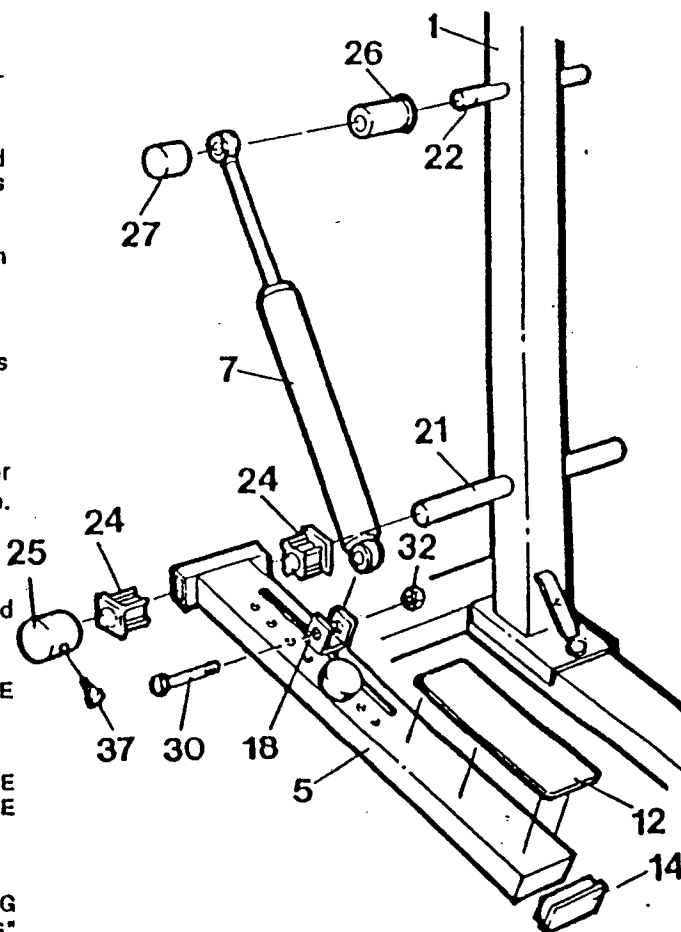
## STEP 1 FRAME ASSEMBLY

- ☐ Begin by pressing 1 1/2" X 3" RUBBER FOOT (16) onto ends of BASE "T" (2).
- ☐ Bolt MAIN FRAME (1) to BASE "T" (2) using three 5/16" X 1 3/4" HEX HEAD BOLTS (29) and 5/16" NYLON LOCK NUTS (32).
- ☐ Insert 1 1/2" X 3" PLASTIC INSERT CAPS (14) into ends of REAR BASE TUBE (3) and assemble to BASE "T" (2) with two 5/16" X 3 1/2" HEX HEAD BOLTS (28), 5/16" FLAT WASHERS (31), and 5/16" NYLON LOCK NUTS (32).
- ☐ Bolt L-BRACKET W/SENSOR (48) to the welded brace on MAIN FRAME (1) using 1/4" X 3/4" MACHINE SCREW (49), 1/4" FLAT WASHERS (50), and 1/4" NYLON LOCK NUT (51).



## STEP 2 PEDAL & RESISTANCE CYLINDER ASSEMBLY

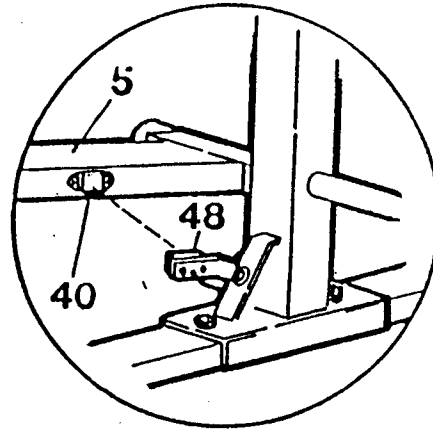
- ☐ Press 1 1/2" X 3" PLASTIC INSERT CAP (14) into ends of FOOT PEDALS (5) & (6).
- NOTE: For reference, the side of the Foot Pedal that is slotted and fitted with the sliding resistance mechanism will be referred to as the inside of the Pedal.
- To the inside and outside of each FOOT PEDAL (5) & (6) press in a large 1" I.D. SQUARE END BUSHING (24).
- Remove 3/16" X 1/2" SELF TAPPING SCREW (37) that was pre-assembled into PEDAL PIVOT TUBE (21) at the factory.
- Double check to be certain the correct Pedals are on the proper sides of Frame then press the Pedals onto the pivot tube. Re-assemble SELF TAPPING SCREW (37).
- Press 1" I.D. TUBE CAP (25) onto the end of the Pivot Tube and secure with 3/16" X 1/2" SELF TAPPING SCREW (37).
- ☐ Press 5/8" FLAIR END BUSHING (26) onto RESISTANCE CYLINDER PIVOT TUBE (22).
- ☐ Place upper end of RESISTANCE CYLINDER (7) onto RESISTANCE CYLINDER PIVOT TUBE (22) and cap Pivot Rod with 5/8" I.D. TUBE CAP (27).
- ☐ Bolt lower end of RESISTANCE CYLINDER (7) to MOUNTING BRACKET (18) using 5/16" X 1 1/2" HEX HEAD BOLT (30) and 5/16" NYLON LOCK NUT (32).



- ☐ Align FOOT PAD (12) in FOOT PEDAL (5) or (6) and press into place by removing the backing from the double sided tape.

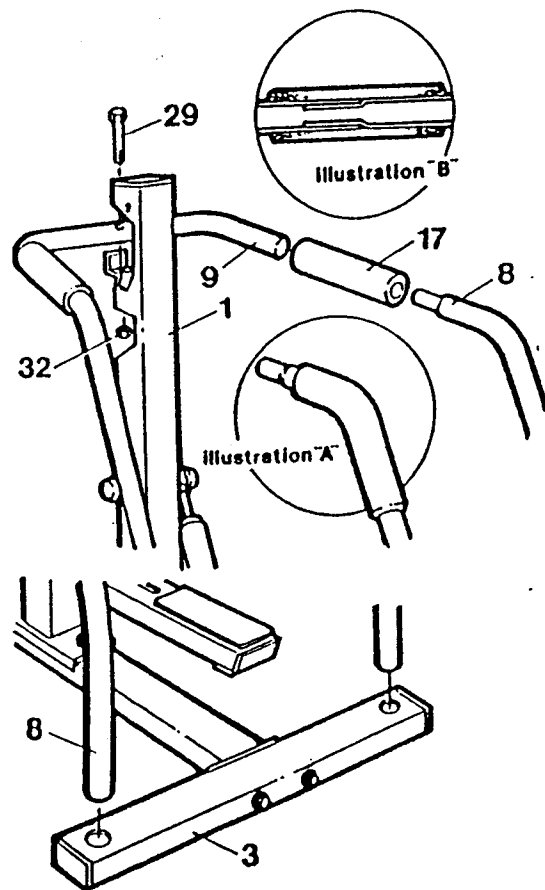
• THESE ASSEMBLIES MAY NOT BE NECESSARY DUE TO PRE-ASSEMBLY AT THE FACTORY

- ☐ Apply RUBBER BUMPER (39) under FOOT PEDAL (5) and (6) using 3/16" X 1/2" SELF TAPPING SCREW (37).
- ☐ Remove the backing from the adhesive on underside of MAGNETIC PICKUP (40) and locate on the inside of the pedal in line with the sensor on the L-Bracket that is attached to the welded brace. 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.



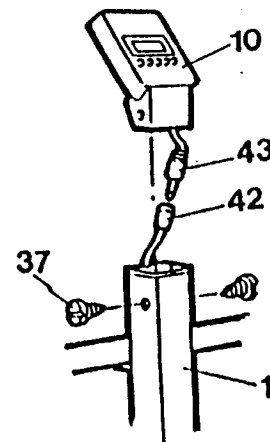
### STEP 3 HAND RAIL ASSEMBLY

- ☐ Begin by sliding FOAM GRIPS (17) onto LONG HAND RAILS (8) so that the grip is fully assembled past the tapered section of the bar. (SEE ILLUSTRATION "A")
  - ☐ Press LONG HAND RAIL SECTIONS (8) into HANDLEBAR CROSSBAR (9) by inserting tapered section of Long Handlebar into ends of Crossbar.
  - ☐ Once the Hand Rail assembly is complete, position end of Hand Rails so they are in line with hole fittings in REAR BASE TUBE (3).
  - ☐ Insert Hand Rails down into Base while making sure that HANDLEBAR CROSSBAR (9) sits down into Holding Bracket on front of MAIN FRAME (1).
  - ☐ Bolt Handlebar to Mounting Bracket using 5/16" X 1 3/4" HEX HEAD BOLT (29) and 5/16" NYLON LOCK NUT (32).
  - ☐ Slide FOAM GRIPS (17) forward so they are positioned along the straight section of the Hand Rails and covering the joint of the Handlebars (SEE ILLUSTRATION "B")
- \* NOTE: Once the Handlebars are assembled and fitted securely into the Base and Mounting Bracket on the Main Frame, the Hand Rail sections become firmly locked together.



### STEP 4 ELECTRONICS ASSEMBLY

- ☐ Insert ELECTRONICS CONNECTOR PLUG (43) into SENSOR WIRE FITTING (42) to connect ELECTRONICS MONITOR (10).
- ☐ Position Monitor atop MAIN FRAME (1) and attach Monitor using two 3/16" X 1/2" SELF TAPPING SCREW (37).

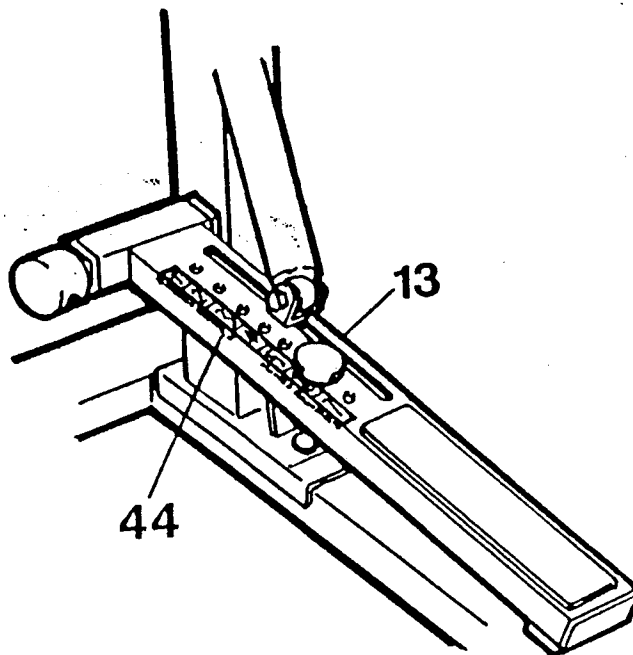


## ADJUSTING STEPPER RESISTANCE

To adjust the Step Resistance of your Stepper, move cylinder forward on the Foot Pedal to decrease resistance and rearwards to increase resistance.

Adjust by removing TENSION KNOB (13), move to desired resistance setting; 1 through 7 and re-tightening knob. 1 being the least (easiest) resistance and 7 being the greatest (hardest).

NOTE: CHECK TIGHTNESS OF FACTORY ASSEMBLIES TO BE CERTAIN THAT PROPER ASSEMBLY HAS BEEN DONE.



## OPERATION AND ADJUSTMENT

Rest your hands on the handlebars with an overhand grip. Press the right pedal down to the lowest position and place your right foot on the pedal. Place your left foot on the raised left pedal. To exercise, alternately press the right and left pedals down with a smooth, rhythmic motion.

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 (see ADJUSTING STEPPER RESISTANCE above).

## ELECTRONIC MONITOR APPLICATION & TROUBLE SHOOTING

All Electronic Monitors have been tested before leaving the factory, but should you find your monitor is not functioning or counting on only one step, move the magnet left or right across the pedal or up and down the side of the pedal to obtain optimum functioning.

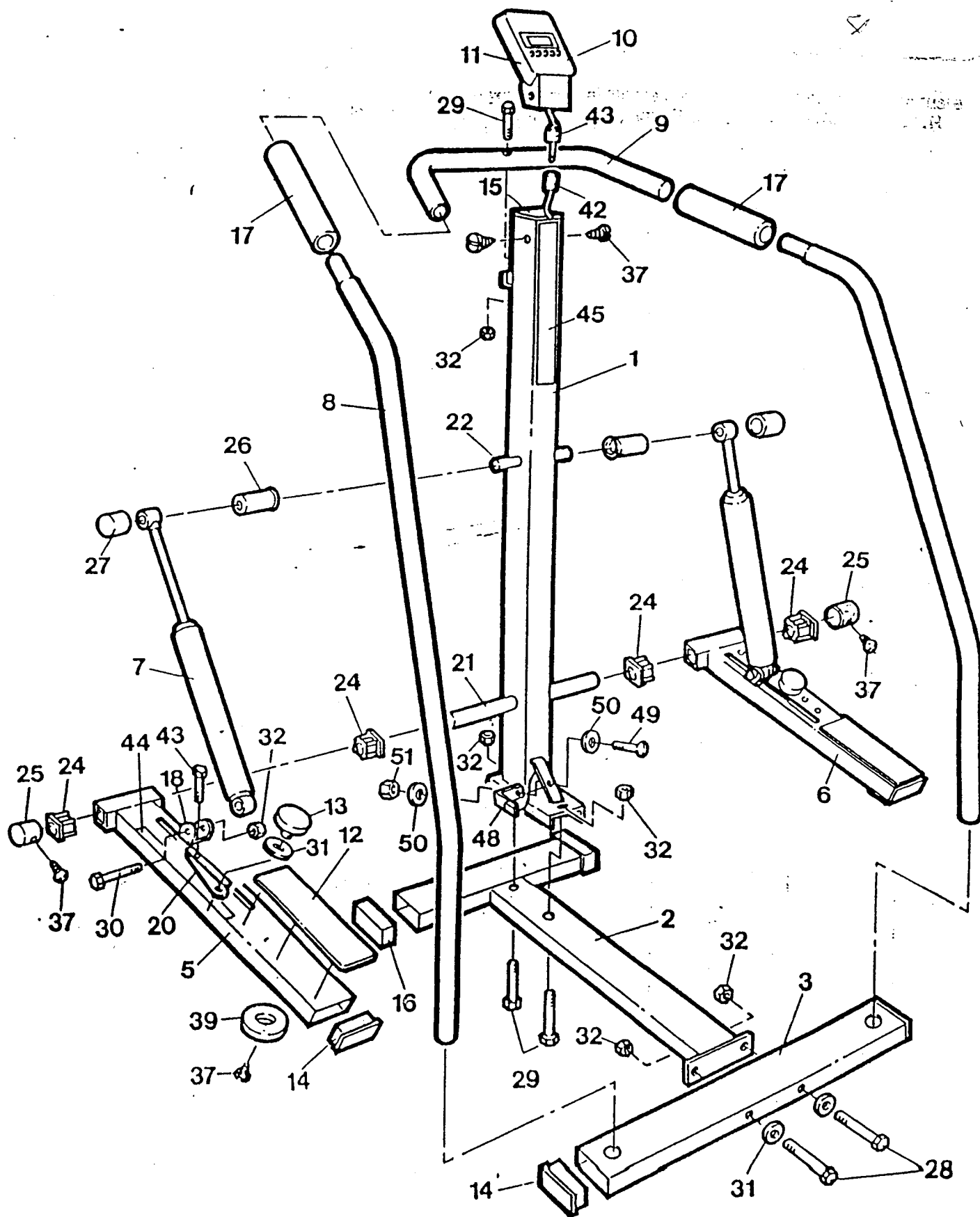
## ELECTRONIC MONITOR OPERATION

See the electronic monitor operation guide accompanying this manual.

## MAINTENANCE AND TROUBLE-SHOOTING

This stepper is designed to be virtually maintenance-free. Inspect and tighten all parts periodically. Outside surfaces can be cleaned using a soft cloth and mild, non-abrasive detergent. Do not allow liquids to come in contact with the electronic monitor.

If the electronic monitor does not function properly, test the monitor using new batteries. Most problems are the result of weak batteries. This monitor does not have a shut-off, it is designed to automatically turn itself off after a short period. Remove the batteries when storing the stepper for extended periods of time.



Specifications are subject to change without notice.

# CONDITIONING GUIDELINES

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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

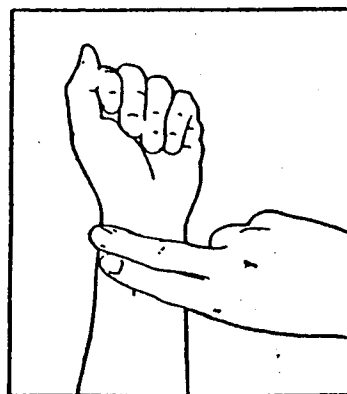
To maximize the benefits from exercising, your level of exertion must exceed mild demands while falling short of causing breathlessness and fatigue. The proper level of exertion can be determined using the heart rate as a guide. For effective aerobic exercise, the heart rate must be maintained at a level 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. Training Zones are listed for both conditioned and unconditioned persons according to age. Use the column that is appropriate for you.

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.

Cooling down after vigorous exercise is important in aiding circulation and preventing soreness. 5-10 minutes of



## EXERCISE FREQUENCY

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To maintain or improve your condition, you must work out 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 you 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

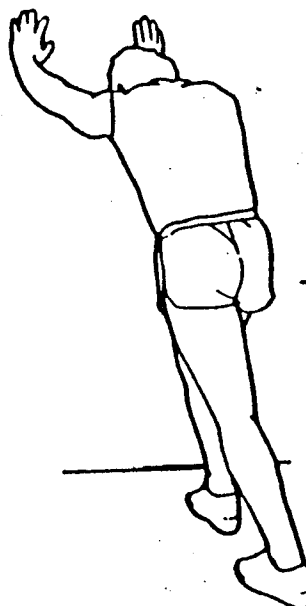
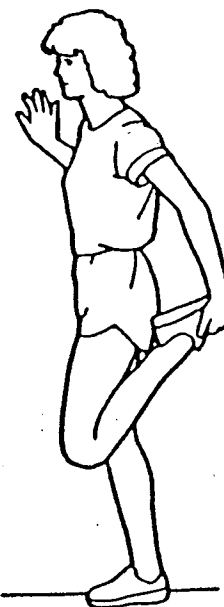
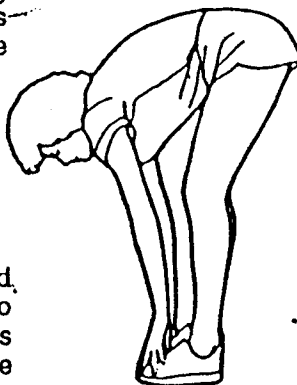
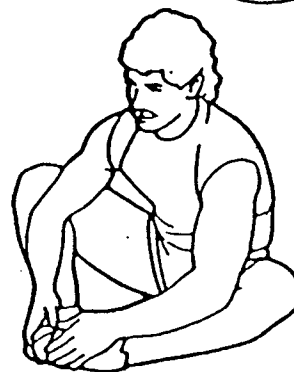
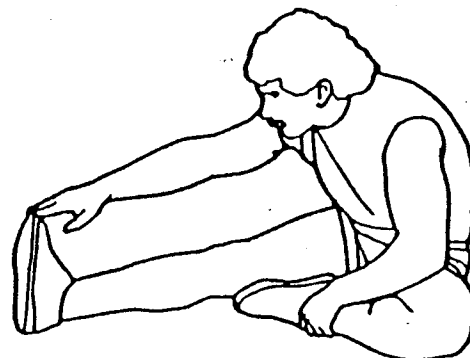
With one hand against a wall for balance, reach behind you and pull up your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts. Repeat.

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



# ELECTRONIC MONITOR OPERATING GUIDE

## FUNCTIONAL BUTTONS

MODE - Functions selection key



- To set up the values of COUNT, TIMER, or TEMPO

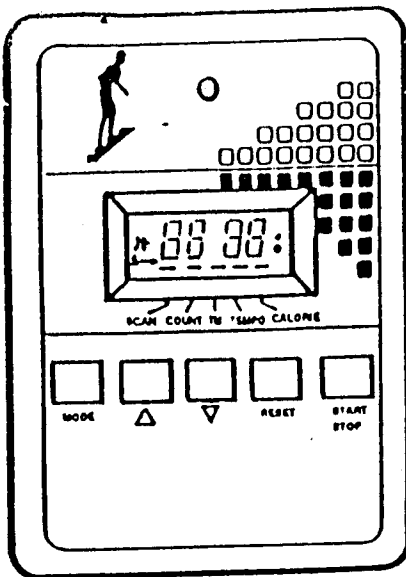
- To set down the values of COUNT, TIMER, or TEMPO

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 pre-set 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.

