



VERSACLIMBER

# SM-M

## OPERATIONAL MANUAL



Manufactured by Heart Rate Inc. 2619 Oak St. Santa Ana CA 92707

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## NOTE:

BEFORE EXERCISING ON THE VERSACLIMBER, READ THIS OPERATION MANUAL THOROUGHLY. INSTRUCT OTHERS HOW TO USE THE MACHINE IN ACCORDANCE WITH THE PROCEDURES OUTLINED IN THIS MANUAL. ADDITIONAL MANUALS ARE AVAILABLE UPON REQUEST FROM HEART RATE, INC. BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR THOSE INDIVIDUALS OVER THE AGE OF 30 AND THOSE WHO HAVE KNOWN HEALTH PROBLEMS. HRI ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THE VERSACLIMBER.

### DON'T CLIMB TOO FAST

Beginners should take a 4-6 inch step at a gentle pace. First time users of the VersaClimber have a tendency to climb too fast and to take too long a step. Until users become thoroughly familiar with the VersaClimber, it is important to take short, slow steps. To maintain a shock and trauma free motion, it is mandatory not to "bottom out" or impact the pedals at the end of each stroke.

### SELECTING EXERCISE TIME

If you are not already warmed up, a warm up period of at least 5 to 10 minutes should be included in each VersaClimber workout. Taking a short step at a slow climbing speed during the warm up period is the key to a great workout. The first time user can easily climb for 15 to 20 minutes by including a slow 5 minute warm up and a 3 to 5 minute cool down period. With repetitive use it is possible to build up to longer climbs at higher speeds.

Many individuals enjoy 60 minutes or more of uninterrupted climbing. After each workout, note exercise time, climbing speed and height climbed for establishing a goal for future sessions. Use heart rate and perceived exertion to determine if you are at a comfortable exercise level. Remember that work intensity and calorie burn rate is based on climbing speed. If the exercise is too hard, slow down.

### CALORIE BURN RATE

Full body climbing ranks highest in calories burned even though climbing speed is slower than other activities. First time users often try to maintain the speed they use in other activities and tend to over exert themselves. New to cardio climbing, It is important to remember that because VersaClimbing is a total body climb against gravity, it is not necessary to climb at a high rate of speed, just take it slow.

	CALORIES BURNED ACTIVITY (150lb person)	
	Speed	Calories Burned Per Hour
Walking	3.0	228
Bicycling	9.4	384
Swimming	2.0	486
Running	7.5	792
Stepping	1.9	864
VersaClimbing	0.9	972

## NOTE:

TO MAINTAIN TRAUMA FREE MOTION, IT IS MANDATORY THAT YOU DO NOT, UNDER ANY CIRCUMSTANCES, "BOTTOM OUT" AT THE END OF EACH STROKE. ALSO, DO NOT HIT THE STEP HEIGHT LIMITERS WHEN THEY ARE IN USE.

## STAIR STEPPING

The SM-M features a 1-20 inch step height. This range of motion provides the ability to perform variable height and variable speed stair stepping exercises for the lower body only. The hand rails, located about waist high, are used to grasp and thus stabilize the upper body while stepping with the legs only. The upper body is maintained in an erect stationary position while the legs and hips perform a lower body stepping exercise. The foot straps also allow the user to perform a leg lift exercise while stepping, not available on single purpose steppers / stepping machines.



By holding the hand rails in front of you or to the side of your body and stepping with legs only, the buttocks, front and back of the thighs, calves, and shins can achieve a complete lower body aerobic and strength workout. Stair stepping is recommended for beginners before they attempt a full body climbing exercise and can be performed in any mode of operation.

## NOTE

WHEN HOLDING THE SIDE HANDRAILS KEEP FINGERS AND THUMBS ON THE FOAM PADDING OF THE HANDRAILS. DO NOT GRASP OR EXTEND ANY PORTION OF THE HAND BEYOND THE FLANGES OF THE MOVING HAND GRIPS. DO NOT HOLD ONTO THE MAIN VERTICAL POST.

## WARNING NOTICE

In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. This requires a visual inspection of connectors, cables, chains, sprockets, pedals, handles etc. on a regular basis.



## CAUTION

IMMEDIATELY DISCONTINUE THIS EXERCISE IF THERE IS ANY DISCOMFORT, SHORTNESS OF BREATH OR DIZZINESS.



## NOTE:

DO NOT DISASSEMBLE COMPONENTS WITH MAGNETS.



## QUICK START

Push QUICK START and begin your workout. Time, Rate, Distance, Step Height and other information is displayed. See page 6 for detailed display functions including Heart Rate and Calories.

Begin climbing by taking a very short step stroke length of approximately 5 inches at a speed of 20 feet per minute for approximately 5 minutes. After 5 minutes the step height and climbing speed can be gradually increased if desired.

To maintain a shock and trauma free motion, do not, under any circumstances, "bottom out" at the end of each stroke.

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### CAUTION:

IMMEDIATELY DISCONTINUE THIS OR ANY EXERCISE IF THERE IS ANY DISCOMFORT, SHORTNESS OF BREATH OR DIZZINESS.

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## MODULE DISPLAY

The control module consists of 17 push buttons with associated back lit text descriptors, a 32 character LCD display. The text descriptors are back lit descriptions of what function or activity is currently associated to each button. Here is a brief discussion of the functions provided by each instruction.



NOTE: Display module does not need to be unplugged; it is perfectly fine to keep module luminated 24 hours a day.

## YELLOW QUICK START BUTTON

When pressed, it clears the display of any previous information.

## SELECT AN OPPONENT

Press YELLOW QUICK START button, then press blue SELECT OPPONENT button repeatedly to select one of 6 virtual opponents to race against.

Then press LOCK SELECT. Next, select ENTER TIME use yellow arrow keys up/down then press LOCK SELECT button. Start climbing.

## VIRTUAL OPPONENT

The opponent you select will climb at the average speed listed below. If you are not able to keep up with the opponent you selected, slow down and finish the 15 minute race. Select a slower opponent for the next workout.

	<u>SPEED</u> <u>FEET/MIN</u>	<u>DISTANCE</u> <u>FEET</u>
1. BEGINNER	35	525
2. INTERMEDIATE	65	975
3. COMPETITOR	95	1425
4. CHAMPION	120	1800
5. ELIMINATOR	160	2400
6. OLYMPIAN	200	3000

## SELECT A VIRTUAL LANDMARK

Press this button repeatedly to select one of six Landmark goals. Then press the LOCK SELECT button to start. This is a distance challenge. You climb at your own desired speed.

<u>LANDMARK</u>	<u>HEIGHT</u>
1. Washington Monument	554 FT
2. Eiffel Tower	984 FT
3. Moscow Tower	1,762 FT
4. El Capitan	3,297 FT
5. Vesuvius	3,900 FT
6. Mount Olympus	9,731 FT

Select a landmark based on the total distance climbed during previous workouts.

## ENTER WEIGHT

Press this button to enter your weight which is used to calculate caloric burn rate. Use the yellow LOCK SELECT arrows to raise or lower your weight in the display until it matches your weight within plus or minus five pounds (or two kilograms). Then press the LOCK SELECTION button to enter your weight into the module.

### ENTERING TIME

Press this button to increase or decrease the default workout period of 15 minutes. Use the yellow LOCK SELECTION arrows to raise or lower the number in the display until the desired time is displayed. Then press the LOCK SELECTION button to enter your time into the module display.

### LOCK SELECTION

Press this button to enter user selected values into the module.

### YELLOW LOCK SELECTION ARROWS

These buttons are used to raise or lower the number in the display.

#### “Upper” Left SELECT button.

Press this button to switch the display between ELAPSED TIME and TIME REMAINING in the workout period. The remaining time display stops at zero while the elapsed time continues counting up to 99 hours :59 minutes :59 seconds.

#### “Center” SELECT button.

Press this button to switch between TOTAL CALORIES and CALORIES PER HOUR.

#### “Upper” Right SELECT button.

If the machine is not running in one of the specialty modes (Opponent, Landmark, Heart Rate Monitor) this button has no function as both STROKE LENGTH and DISTANCE PER MINUTE will be displayed continuously. When any of the specialty modes are selected, this button will switch the display between STROKE LENGTH and DISTANCE PER MINUTE.

#### “Lower” Left SELECT button.

Press this button to switch between metric and imperial display units.

“Lower” Right SELECT button. Press this button to switch between OPPONENT'S TOTAL DISTANCE and OPPONENT'S DISTANCE PER MINUTE. This button is only active when virtual opponent mode is selected.

## SPECIALTY MODES

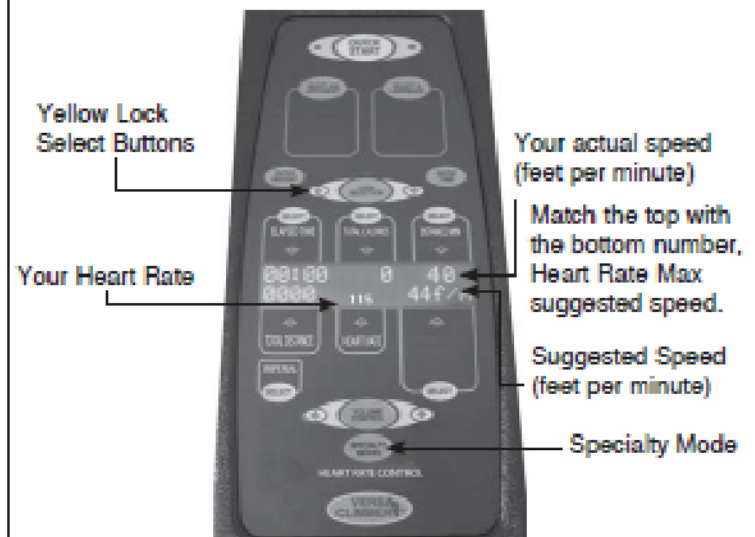
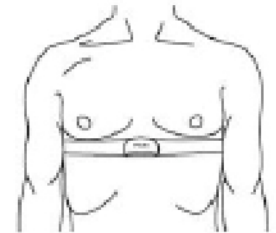
### HEART RATE MONITORING

Press this button to select HEART RATE MONITORING MODE. Polar chest strap must be worn.



Polar Chest Strap

Place adjustable strap directly below pectoral muscle >



1. Press Quick Start
2. Press Specialty Mode
3. Using yellow lock selection buttons, enter target Heart Rate--(see chart on page 5)
4. Press LOCK SELECT BUTTON when complete.
5. Climb at suggested speed (feet/per minute) as shown in the lower right hand corner.
6. Match your actual feet/per minute (upper right hand corner) with the suggested speed.
7. Every :30 seconds target feet/per minute will be updated.
8. In 5 minutes, you will be at target heart rate.

### CAUTION

IMMEDIATELY DISCONTINUE THIS EXERCISE IF THERE IS ANY DISCOMFORT, SHORTNESS OF BREATH OR DIZZINESS.



# SM-Magnetic Resistance

VersaClimber uses efficient magnetic resistance system. This form of resistance is created by using eddy currents which is created by magnetics passing over a metal flywheel. The disc passes through the magnetic field causing non-friction resistance. Since surfaces never physically touch one another, the result is quiet, smooth, zero maintenance form of adjustable resistance.

## USING MAGNETIC RESISTANCE

Beginners and individuals who are deconditioned may use the resistance to control their climbing speed --by slowing the step speed down. The Magnetic control knob is located at the bottom of the display.

You can use resistance in two ways:

**SLOWER STEP:** Turn knob clock wise

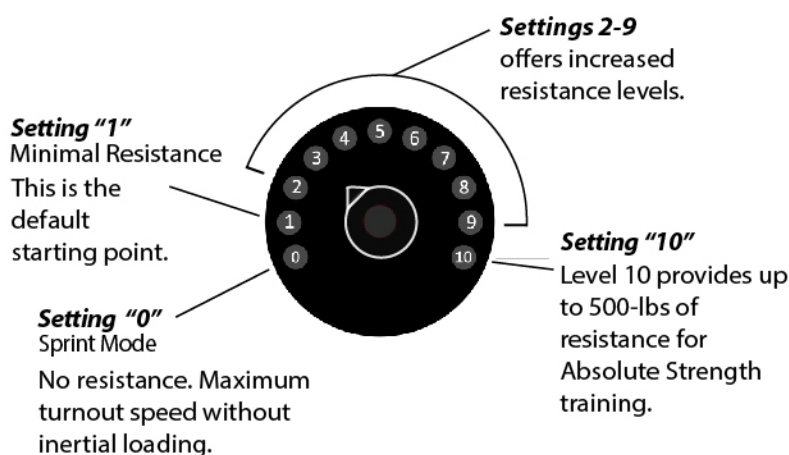
**FASTER STEP:** Turn knob counter clock wise



By turning the control knob "clock wise" will slow down the stepping speed when only your body weight is applied. However, by forcing the push and pull motion will create a harder work out. Beginners use the increased resistance to slow the stepping speed with out forcing the step down. This will produce a comfortable, less intense workout.

You can create "zero" resistance workout by turning the knob all the way "counter clock wise". However, by eliminating the tension the speed by which you climb is also increased: more steps in same amount of time. Beginners should take short (4-6 inch) slow paced steps in order to maintain an easy going climb rate. Conversely, if a more intense work out is desired, step faster with longer stride.

## 11 Preset Resistance Settings



Resistance ranges from 0 - 10. By default it starts at Level 1. Level 0 can be selected by turning the resistnace knob counter clockwise. At any time, quickly return to Level 1 by pushing the center button of the resistance knob.



**NOTE:**  
DO NOT DISASSEMBLE  
COMPONENTS WITH MAGNETS.



## ***PHYSICAL SIZE***

Height	7' 10"
Footprint	43" x 46"
Weight	155 lbs

## ***FUNCTIONAL FEATURES***

Pedal Step Height	0-20"
Arm Stroke Length	0-20"
Climb Angle	75 Degrees
Vertical Lift Factor (% slope)	96.6 Percent

## ***MAGNETIC RESISTANCE***

Magnetic Force Max	Up to 500 lbs
Number of Settings	11

## ***USER ACCOMMODATIONS***

Climber's Height	4'2" - 7' 1"
Climber's Weight	65 lbs - 352 lbs.

## ***MODULE DISPLAY FUNCTIONS***

Exercise Time	0 - 99.9 hours
Exercise Rate	0 - 500 FT/min
Exercise Distance	0 - 99,999 FT
Step Height	0 - 20 inches
Race against opponent	35 - 200 FT/min
Heart Rate Display	30 - 235 (BPM)
Calorie Burn Rate	0-9,999
Display Units	Imperial / Metrics
Power Supply	110 Volt AC

## ***ELECTRICAL***

Two 5.5 x 2.1 mm female barrel type electrical power connectors are available on the back side of the post. One just above the lower brace, the other just below the top plastic cover.

Never connect two power supplies at the same time.

Connector's center terminal is +12 Volts, outer terminal is 12 Volt return.

Power required is 1.1 Amps.

AC power cord should match local receptacle type (US, UK, China, Australia, Spain etc.)

Included power supply output is rated at 12 volts DC at 5 amps. Input is 90-250 Volts AC, 50-60Hz.

It is suggested to disconnect power from the wall outlet when not in use.



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COMPONENTS WITH MAGNETS.

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## TOOLS REQUIRED FOR ASSEMBLY OF A SINGLE UNIT:

- One Phillips screw driver.
- Two 9/16" wrenches.
- Two able bodied persons are required for assembly.



## UNPACKING INSTRUCTIONS

The following items are packaged in wood shipping crate.

## EQUIPMENT:

- (1) Vertical frame/post with module display.
- (2) Foot pedals (left / right)
- (2) Hand grips, Quick Release
- (1) Front curved tubing base with two stable leveling pads with nuts.
- (1) Back straight tubing base
- (1) Brace, post to back base
- (2) Curved padded side handrails (right / left)
- (1) Power supply transformer 110v AC Adapter with cord.

## HARDWARE PACKAGE



(2) Base Bolts 3/8" x 3 3/4" long



(4) Base Bolts 3/8" x 5/8" long



(7) Lock nuts 3/8"



(3) Side Hand Rail Bolts 3/8" x 4 1/4"



(1) Hand Rail Spacer 3"



(4) Foot Pedal Bolts 3/8" x 1 1/2"



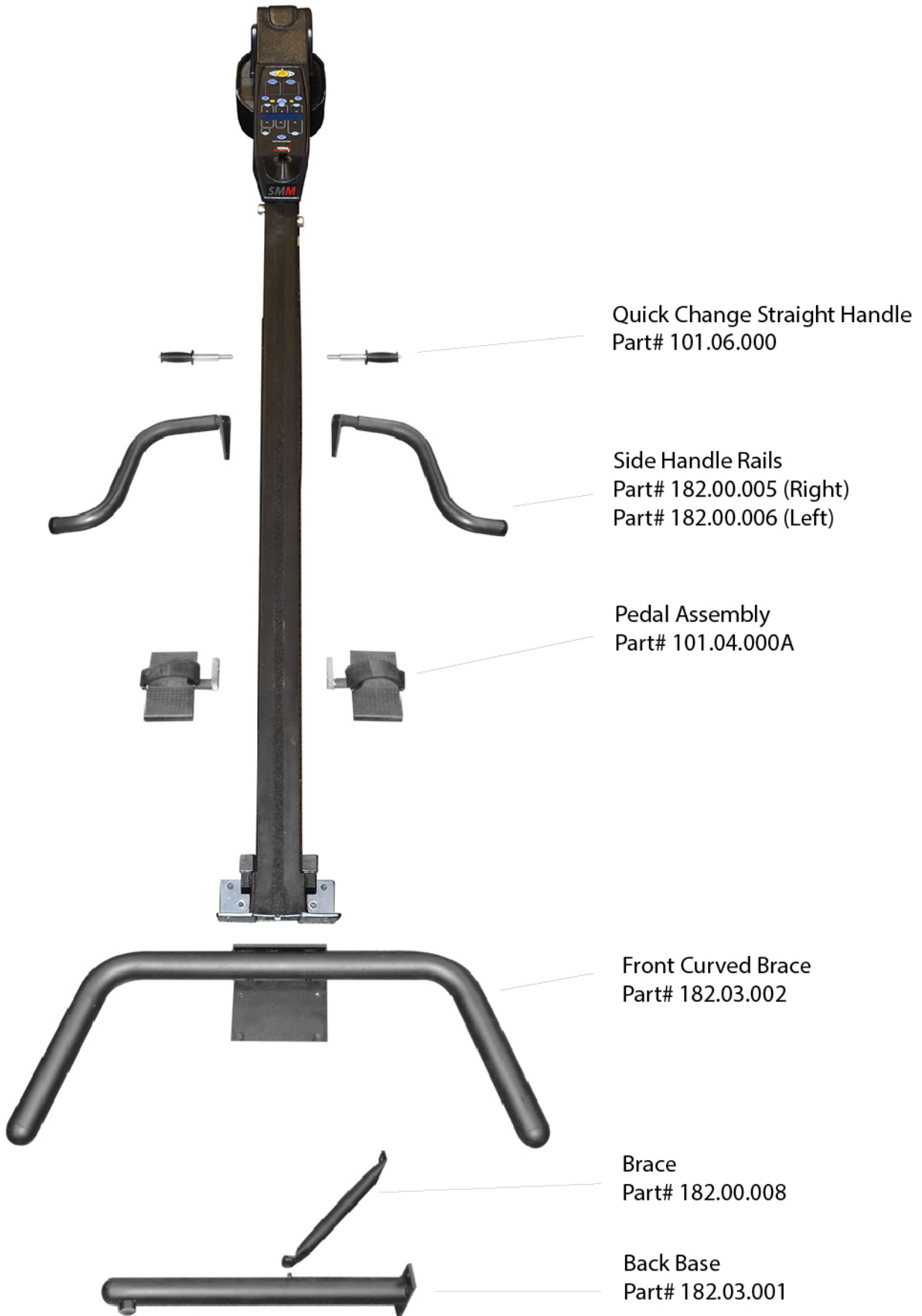
(2) Stabilizer Leveler Knobs (Front curved base)



(16) Plastic Bolt Cap covers



## SM-M PART IDENTIFICATION



## UNPACKING / ASSEMBLY

1. After removing the crate cover, remove the wooden cross support that holds the main post down with Philips head screw driver.



2. Next, remove the (2) bolts at the end of crate with two 9/16 wrenches.



3. Using two people, carefully remove the main VersaClimber post from shipping crate.



4. Place post on block support



NOTE:

PLASTIC COVERING  
DO NOT SET MACHINE ON  
BACK COVER.



Use cross support to  
keep top covering from  
resting on the ground.

Avoid lifting the machine by or  
setting the machine on any  
portion of the black plastic cover-  
ing located at the top of post.

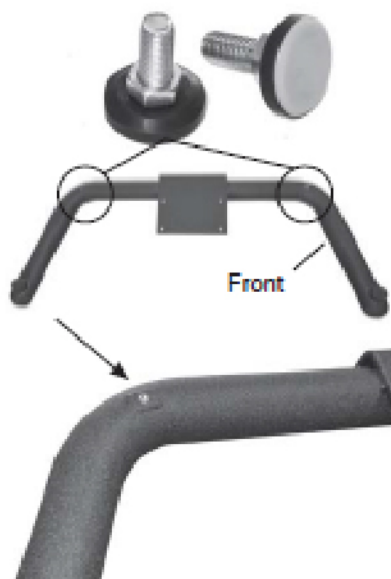
NOTE:

We recommend replacing PEDAL SHAFT  
every three years.



## FRONT U BASE STABILIZER INSTRUCTIONS (When attaching the front curved floor base)

Two Stabilizer Knobs for U Base.



5. Locate the threaded inserts on the underside of the front U base at the sections that curve.



Required Tool: 9/16" Wrench

6. Screw in stabilizers in both threaded holes on front base.



Make sure to screw the stabilizer all the way down into the threaded hole, as seen above.



Front base with stabilizer knobs attached.



Front base with stabilizer attached, when your VersaClimber is completely assembled and placed where it will be used, you can now adjust the stabilizer knobs down.



7. Screw down knobs until pads are touching the floor or just resting on floor.



8. Once both knobs are set into position, spin the hex nut up until secured at the bottom of the front base tube then tighten firmly with a 9/16" open wrench, to lock stabilizer in place.





9. Attach the front curved tubular floor brace to the post. Align 4 holes curved brace with 4 post base holes. Using four (4) self tightening hex head bolts 3/8" x 5/8" long bolts, screw down until firmly tight. Torque wrench setting is 40 lbs.



10. From top of plate, screw in (4) self tightening 3/8" x 5/8" base bolts. Securely TIGHTEN all (4) base bolts. Torque wrench setting is 40 lbs.



11. Attach back tubular floor brace to post with (2) hex head bolts 3/8" Lock nut. DO NOT FULLY TIGHTEN AT THIS TIME.

12. Using two people lift and hold Versa Climber in upright position.



13. Attach tubular brace between post and back tubular curved floor base with (2) 3/8" x 3 3/4" bolts. DO NOT FULLY TIGHTEN.



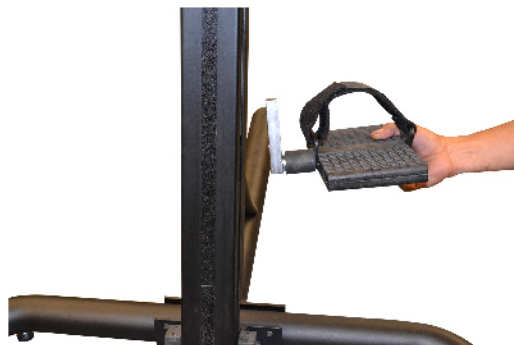
14. After tubular brace is in place, go back and **FULLY TIGHTEN** the two 3 3/4" long base bolts. Torque wrench setting is 40 lbs.



15. Then go back and **TIGHTEN FULLY** the TOP lock nut on the tubular brace. Torque wrench setting is 20 lbs.



16. Next, **TIGHTEN** the BOTTOM lock nut and the back brace to complete the post assembly. Torque wrench setting is 20 lbs.



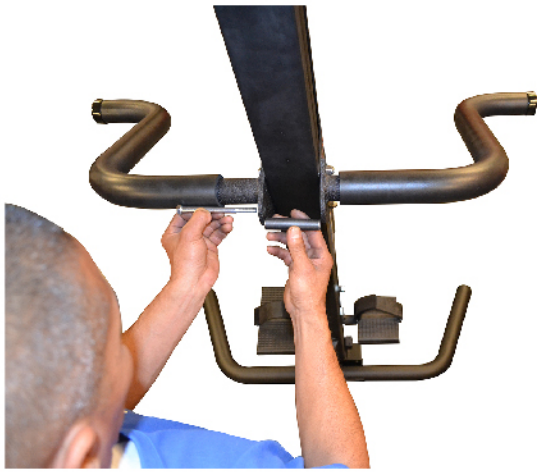
17. Attach foot pedals with "L" shape bracket pointing up attach pedal with (2) 3/8" x 1 1/2" long hex head bolts.



18. Securely **TIGHTEN** foot pedals.  
NOTE: It is recommended to visually inspect foot pedals and tighten bolts every (2) two months and replace pedal shaft every three years.



19. Attach side handrails with (3) three hex head bolts 4 1/4" long and (3) three 3/8" lock nuts. Torque wrench setting is 20 lbs.



20. Insert 3" long spacer and FULLY TIGHTEN ALL three bolts and nuts. Torque wrench setting is 20 lbs.

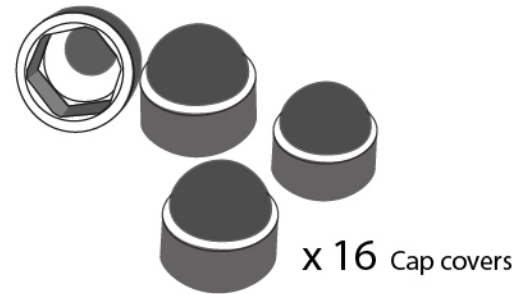


21. Install "quick release" handgrips by depressing pin with thumb and insert into top portion of unit.

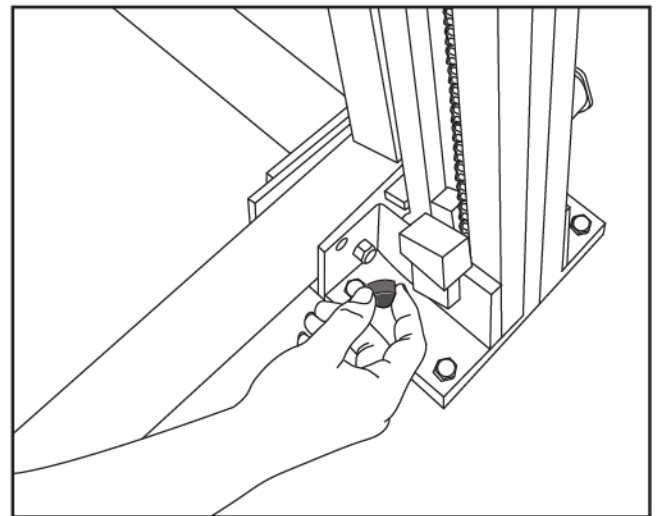


22. Power supply, plug the transformer into the back of the post and wall socket.

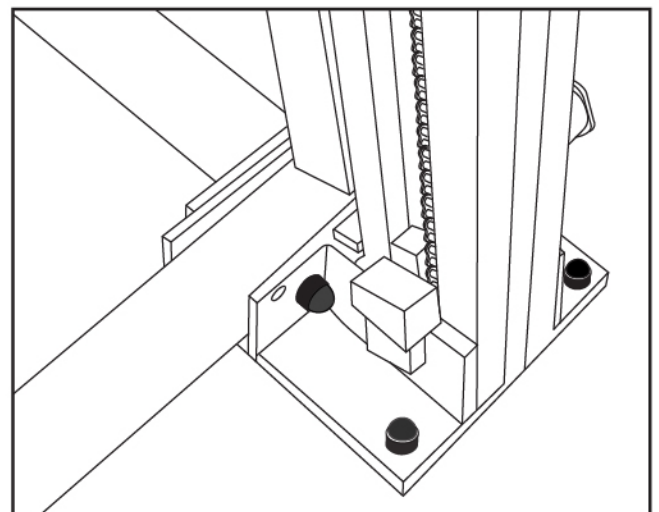
### ***Plastic Bolt / Nut Cap Covers.***



Included are 16 plastic Bolt / Nut cap covers. These cap covers will help reduce corrosion from extra moisture caused by sweating.



Locate bolts and nuts. Firmly press caps on.



## MAINTENANCE INTRUCTIONS

There are rollers and slide bearings made from high pressure application moly-disulfide filled nylon on each oscillating bar. The roller bearings are held on with 3/8" shafts and press-on grip rings. The slide bearings are held in place with two 3/8" pins. The slide bearings have lubrication points. This bearing material is expected to be maintenance free for years. The bearings are lightly lubricated at the factory and the wear life and smooth operation of the machine can be assured by lubricating every two months or sooner if required. Lubricate with any good quality synthetic lubricant we recommend:

Planet Safe Lubricant | [www.planetsafelubricant.com](http://www.planetsafelubricant.com)

First, wipe any excess oil, lint, dirt, etc. from all internal accessible surfaces of the retangular tubing. Move the bars up and down to allow access to clean the two foot pedal slots and the two hand grip slots. Use paint thinner to remove any oil and lint residue. When clean, wipe or spray on all 4 internal surfaces of the retangular tubing.

### DAILY:

Wipe down the main post, base and side rails with a rag and non-solvent, non-ammonia cleaning solution.

### WEEKLY:

Hand check quick-release handle bushings, which the handles lock into on both sides to make sure they are tight.

### MONTHLY:

Inspect and check the bottom chain tightness. For questions regarding this adjustment procedure please contact our service department. 800.237.2271 x226 or email: [support@versaclimber.com](mailto:support@versaclimber.com)



### WARNING NOTICE

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IN ORDER TO MAINTAIN HIGHEST LEVEL OF EQUIPMENT, A REGULAR EXAMINATION IS REQUIRED FOR DAMAGE AND WEAR. THIS REQUIRES A VISUAL INSPECTION OF CONNECTORS, CABLES, CHAINS, SPROCKETS, FOOT PEDALS, HANDLES ETC. ON A REGULAR BASIS.

### NOTICE

REPLACE DEFECTIVE COMPONENTS IMMEDIATELY AND/OR KEEP EQUIPMENT OUT OF USE UNTIL REPAIR IS MADE.

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### WARNING NOTICE

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In order to maintain highest safety level of equipment, a regular examination is required for damage and wear. This requires a visual inspection of connectors, cables, chains, sprockets, pedals, handles etc. on a regular basis.

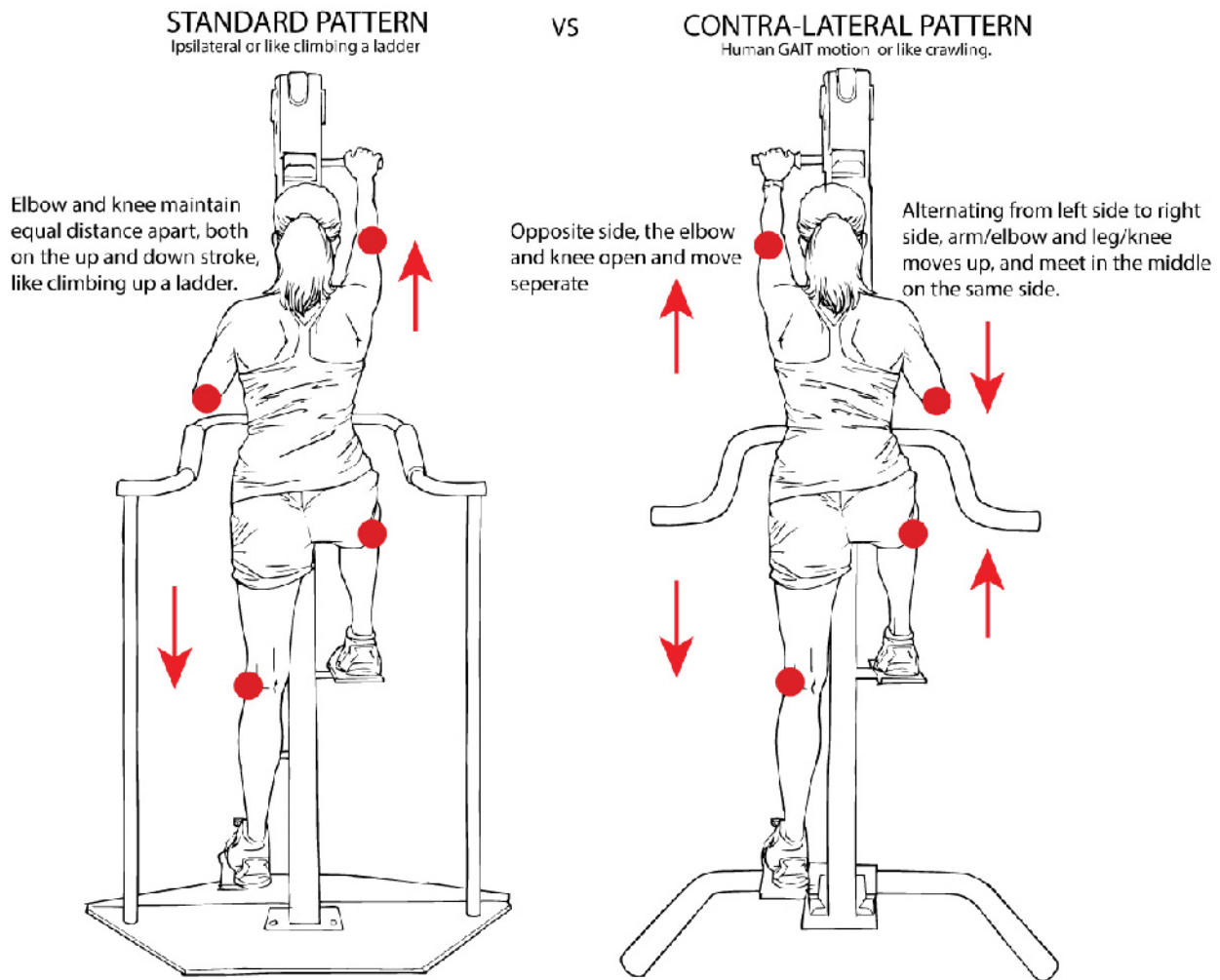
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## CONTRA LATERAL MOVEMENT PATTERN or "RUNNING MOTION"

The SM-M VersaClimber comes with contra lateral movement pattern. This beneficial "running motion" or "primal movement" provides a unique alternative to the standard "climb pattern".

A running motion is produced as the arm and leg approach each other on one side of body while the opposite arm and leg separate on the other side.



### **NOTE:**

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TO MAINTAIN TRAUMA FREE MOTION, IT IS MANDATORY THAT YOU DO NOT, UNDER ANY CIRCUMSTANCES "BOTTOM OUT" AT THE END OF EACH STROKE. ALSO, DO NOT HIT THE STEP HEIGHT LIMITERS WHEN THAT ARE IN USE.

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## SPARE PARTS LIST

In the event that a replacement part is ordered from the factory, please refer to the following spare parts list for the correct part description and part number. This information will expedite your shipment when calling our Service Department.

### ELECTRONICS

SM Module .....	015-06-00 MR
Tach Assembly, V765 (Bracket, PCB Assy, Cable) .....	015-12-000
Encoder Disc .....	013-01-004
Rotary Encoder .....	185-22-000
Key Pad .....	015-05-002AB
Tach Cable.....	015-15-000
Power Supply .....	60155

### MOVING PARTS

Foot Pedal Assembly .....	101-04-000A
Foot Pedal Straps .....	008-04-000AB
Foot Pedal Connector, (Aluminum Triangle).....	008-00-007A
Quick Change Handle (1) .....	101-06-000
Quick Change Running Handle (1) .....	101-03-000
Handle Grip Only .....	30009
Top Chain .....	038-00-000M
Bottom Chain .....	037-00-000
Bar Assy, Top .....	185-09-000
Bar Assy, Bottom .....	148-02-000
Slides .....	003-00-009
Rollers .....	003-00-005
Bottom Sprocket / Tension Assy .....	185-10-000
Arm Extender Bar Assembly .....	182-02-000
Bushing, Handle .....	101-00-010

### MAGNETIC RESISTANCE

Magnetic Assembly .....	185-01-000
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## STRUCTURAL

Base Assembly, (All parts) .....	182-03-000
Brace .....	182-00-008
Bumper Stopper.....	101-00-008
Post Assembly, SM .....	185-07-000
Back Base Support.....	182-03-001
Front Base Support.....	182-03-002
Rail Right Side .....	182-00-005
Rail Left Side .....	182-00-006
Rail End Cap .....	30081
Rail Foam (32") .....	60046
Planet Safe Lubricant (16oz) .....	31112
Planet Safe Grease (0.25oz) .....	31114

## VERSACLIMBER LIMITED WARRANTY

Please visit:

<https://versaclimber.com/warranty/>



## CLOSING COMMENTS

This instruction manual, like any instruction manual, is not and cannot be 100% complete. Please contact us if you have any questions or comments after thoroughly reading this manual. We always appreciate receiving input from users.



VERSACLIMBER

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