



VERSACLIMBER

TS-M ASSEMBLY AND OPERATIONAL MANUAL



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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)

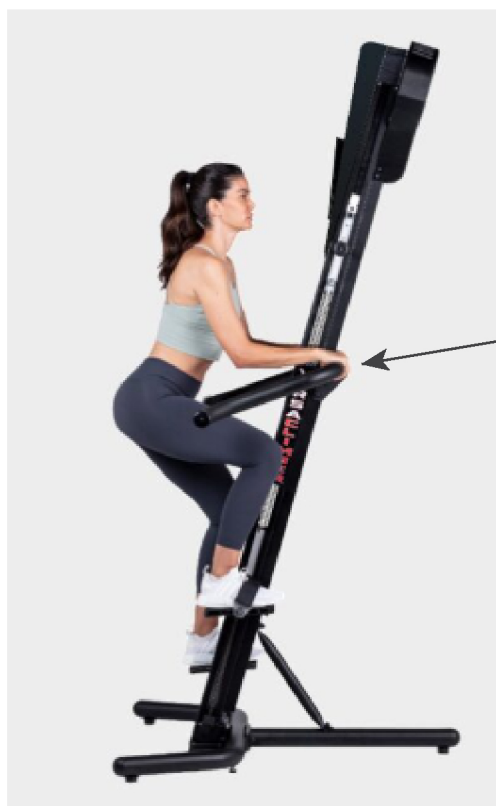
	Speed	Calories Burned Per Hour
Walking	3.0	228
Bicycling	9.4	384
Swimming	2.0	486
Running	7.5	792
Stepping	1.9	864
VersaClimbing	0.9	972

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 TS-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.



Side hand rails
when using
as a stepper.

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.

TS-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 underneath the tablet.

You can use resistance in two ways:

SLOWER STEP: Turn knob clock wise

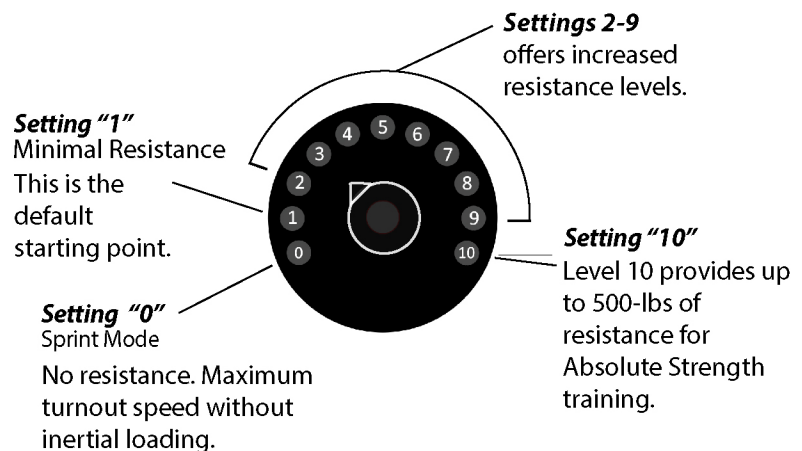
FASTER STEP: Turn knob counter clock wise



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.

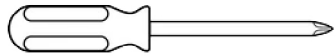
It is suggested to disconnect power from the wall outlet when not in use.



NOTE:
DO NOT DISASSEMBLE
COMPONENTS WITH MAGNETS.



TOOLS REQUIRED FOR ASSEMBLY OF SINGLE UNIT.



(1) Philips Screw driver



(2) 9/16 wrenches



(2) Two able bodied persons required for assembly.

UNPACKING INSTRUCTIONS

The following items are packaged in wood shipping crate:

EQUIPMENT: Single unit TS-M

- (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" long



(1) Hand Rail Spacer 3" long



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

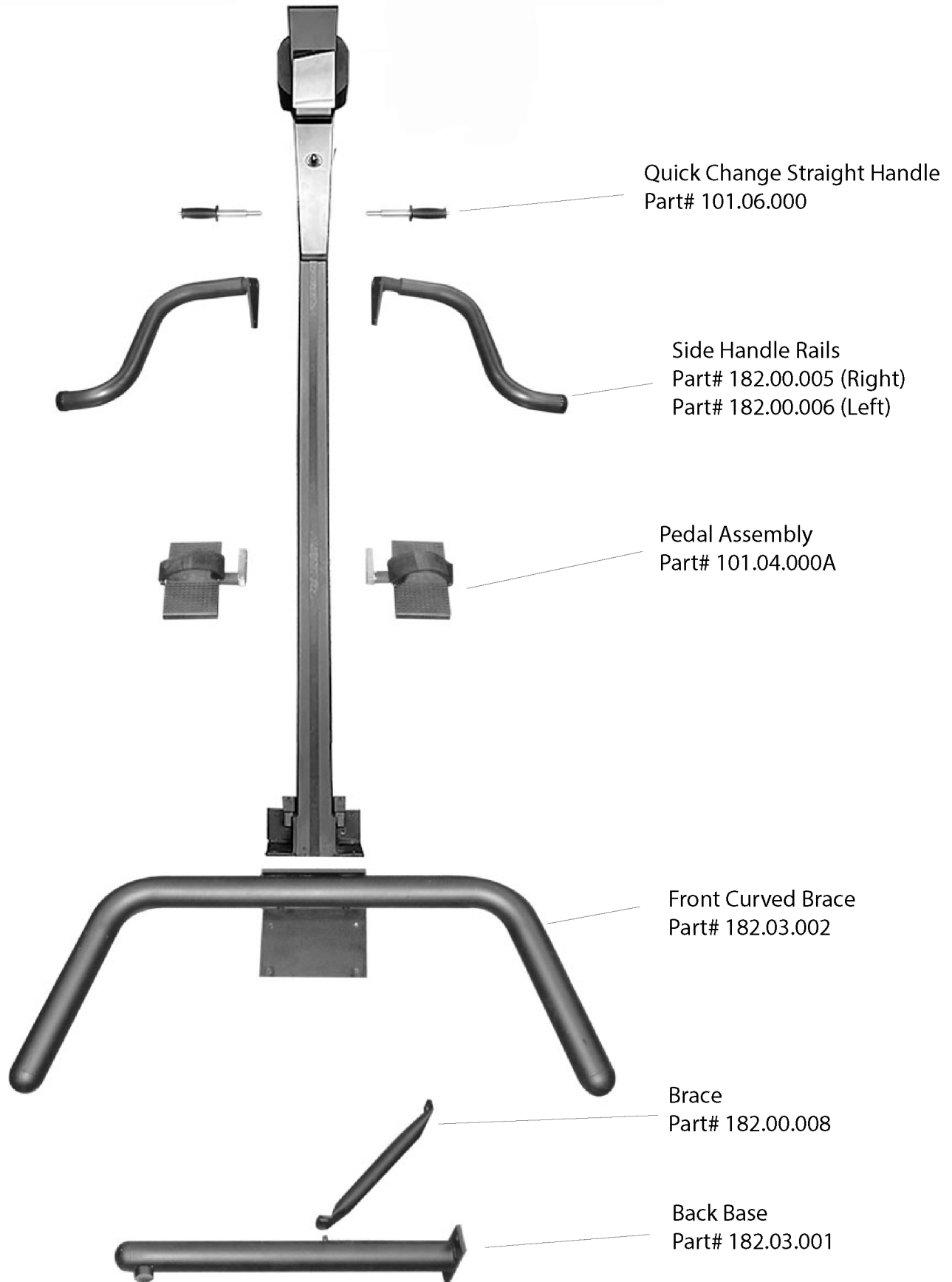


(2) Stabilizer Leveler Knobs (Front curved base)



(16) Plastic Bolt Cap Covers

TS-M PART IDENTIFICATION



UNPACKING / ASSEMBLY

(Applies to both models SM-M and TS-M. Pictured below is SM-M.)

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 that
was included in crate, to
keep top covering from
resting directly on the
ground.

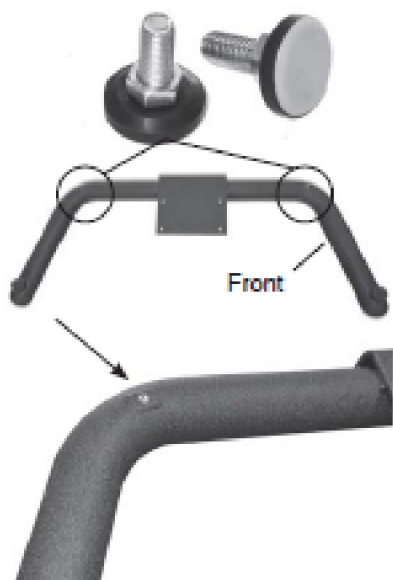
Avoid lifting the machine by or
setting the machine on any
portion of the black plastic cover-
ing located at the top of post.

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 the front U base at the sections that curve.



Required Tool: 9/16" Wrench

6. Screw in stabilizers in both threaded holes 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.



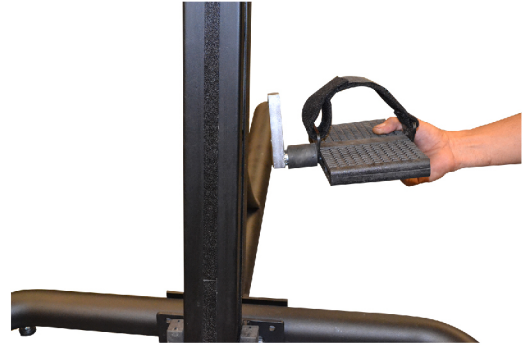
14. After tubular brace is in place, go back and FULLY TIGHTEN the two 3 3/4" long base bolts. Torque wrench setting is 40 lbs.



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.

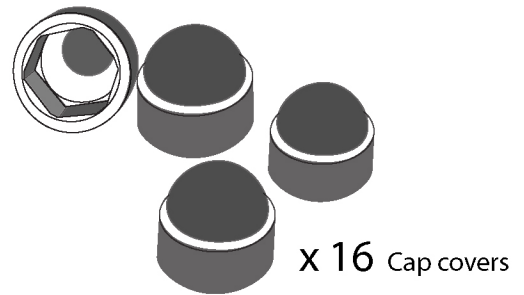


21. Install "quick release" handgrips by depressing pin with thumb and insert into top portion of unit.

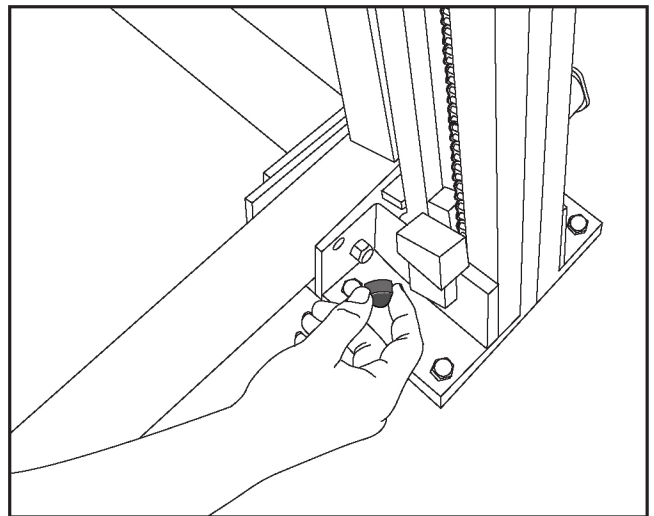


22. Power supply, plug the transformer into the back of the post and wall socket.

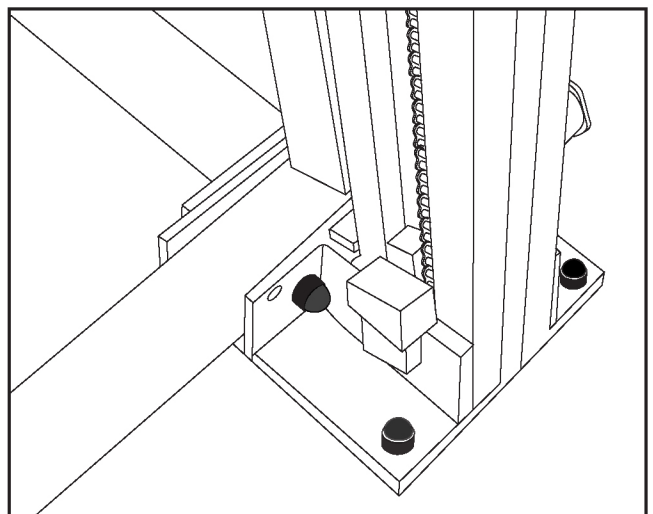
Plastic Bolt / Nut Cap Covers.



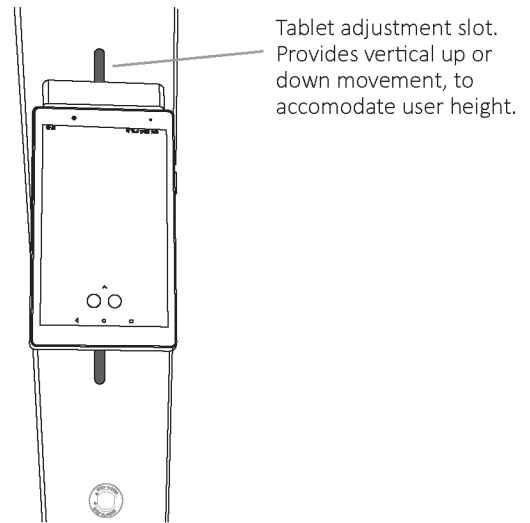
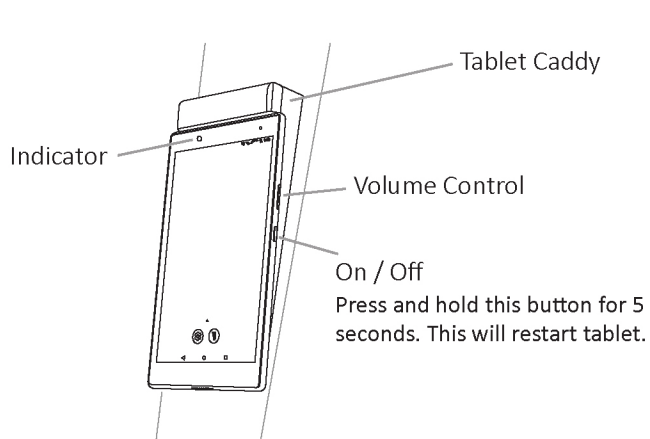
Included are 16 plastic Bolt / Nut cap covers. These cap covers will help reduce corrosion from extra moisture caused by sweating.



Locate bolts and nuts. Firmly press caps on.

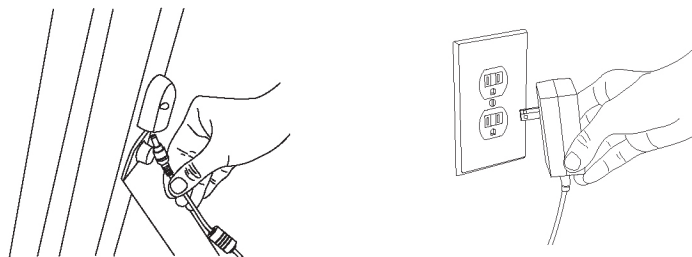


Tablet Specs / Features



1. Plug the power into the bottom of unit 110v wall outlet.

For convenience, the VersaClimber TSM can be powered from the base or the top of the VersaClimber.



Have questions?

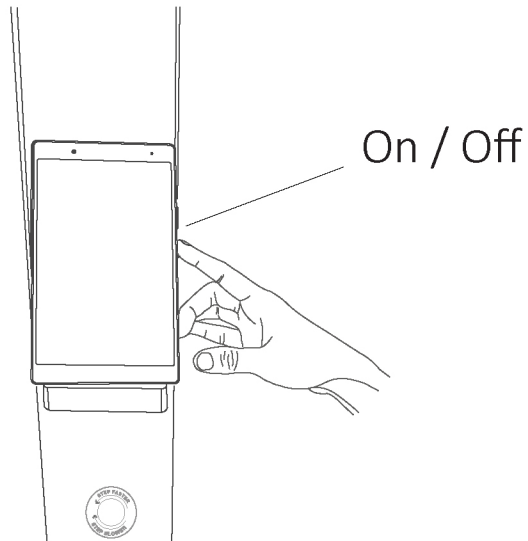


Need to talk to us?
Call 1-800-237-2271



email us: support@versaclimber.com

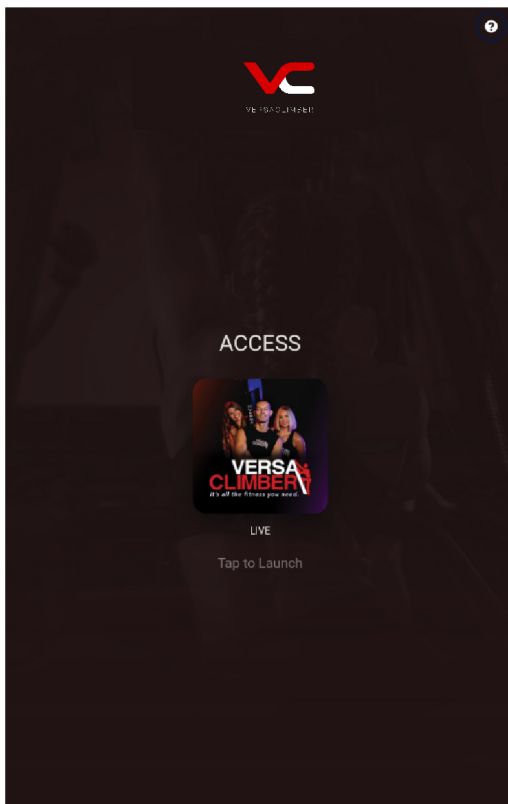
2. Power on the touch screen.



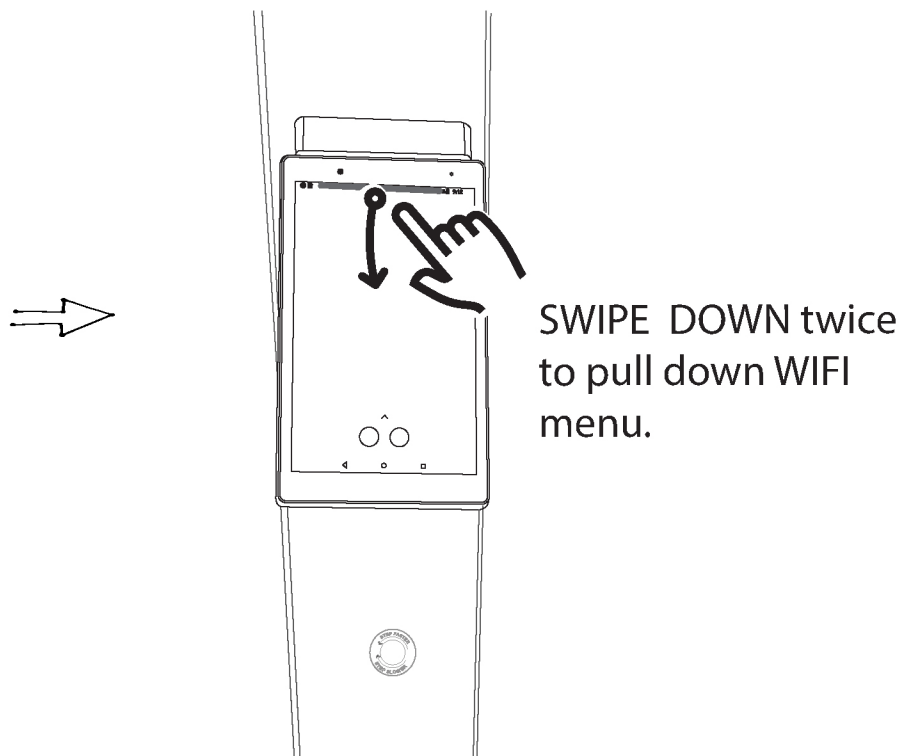
The power switch is on the right side of the touch screen. Press and hold it for 5 seconds

3. Connect to WIFI

Launch Screen

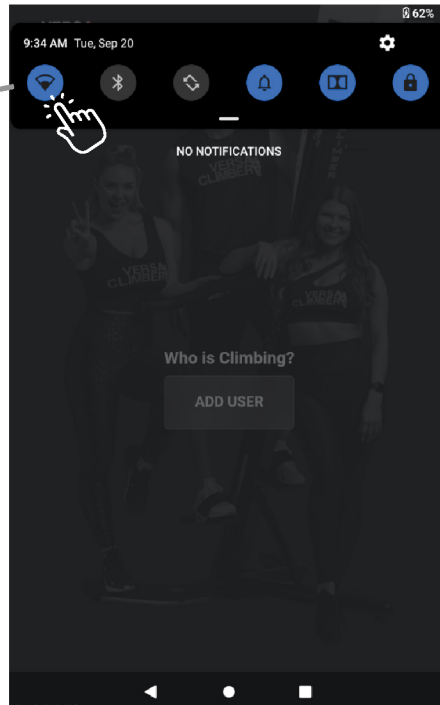


1. To access WIFI, Swipe down twice from the top.

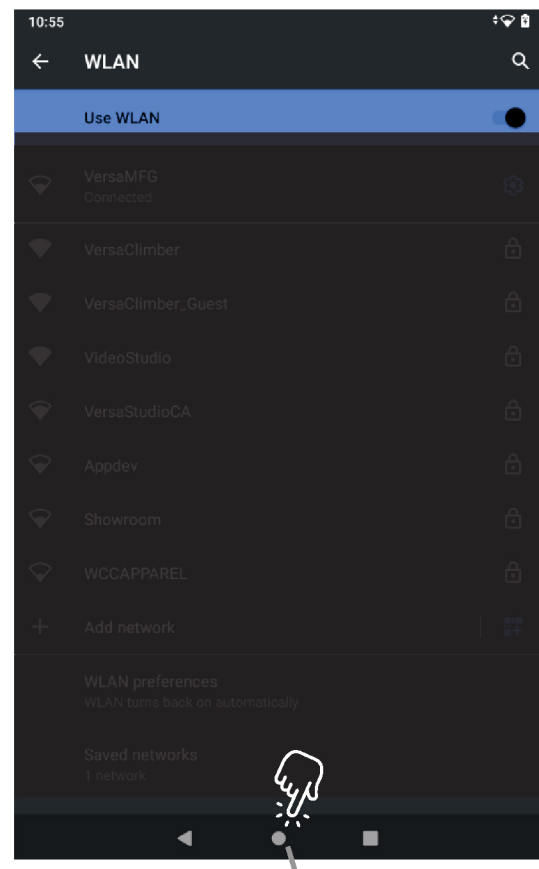
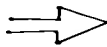
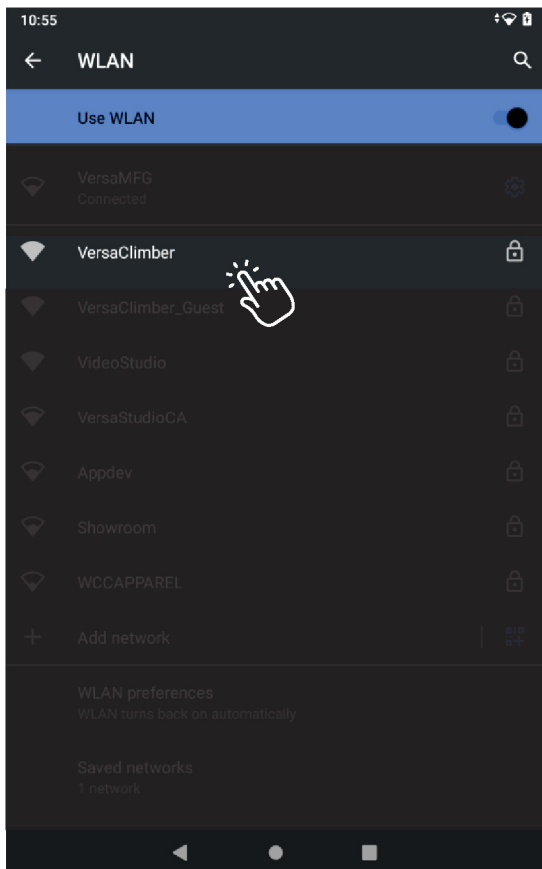


3a. Connect to WIFI

2. Press and hold WIFI symbol.



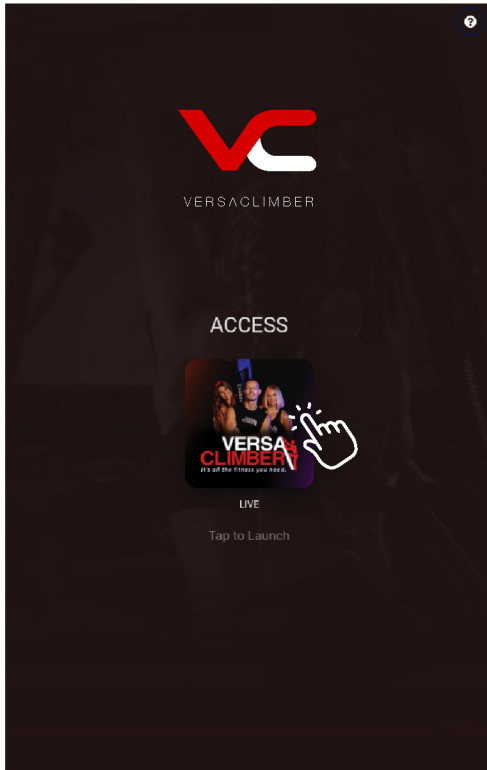
3. Locate WIFI Router. TAP to select.



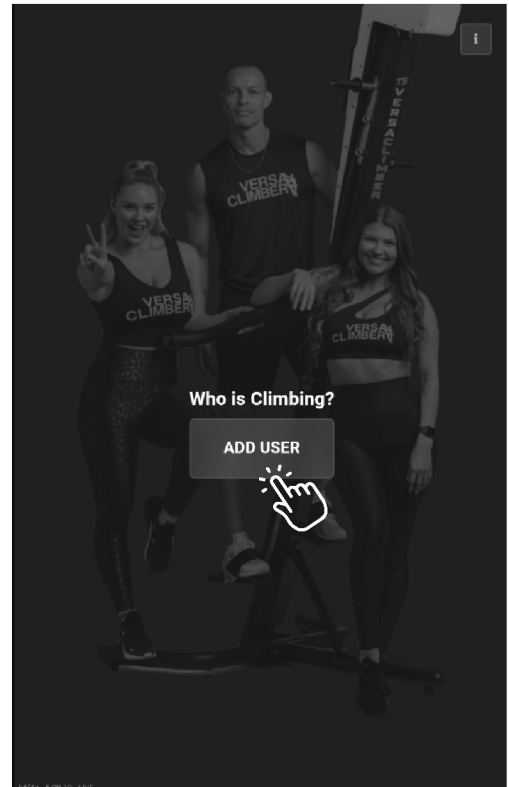
4. After selecting WIFI, TAP the circle icon (HOME button) at the bottom of screen, this will return back to TAP to launch screen.

4. Create an Account

TAP to launch



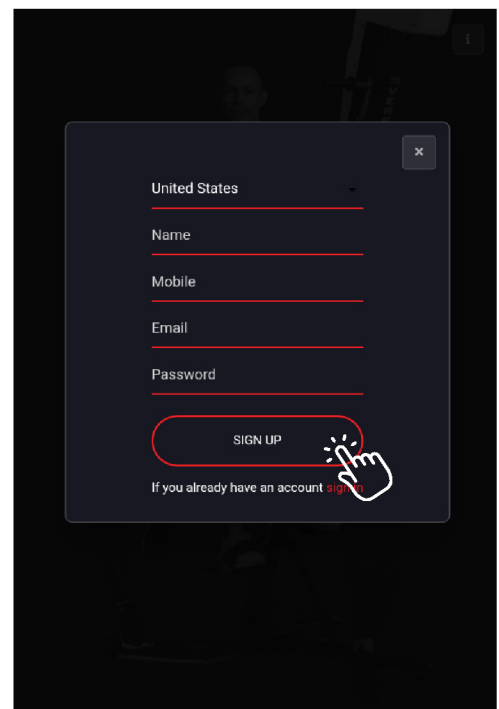
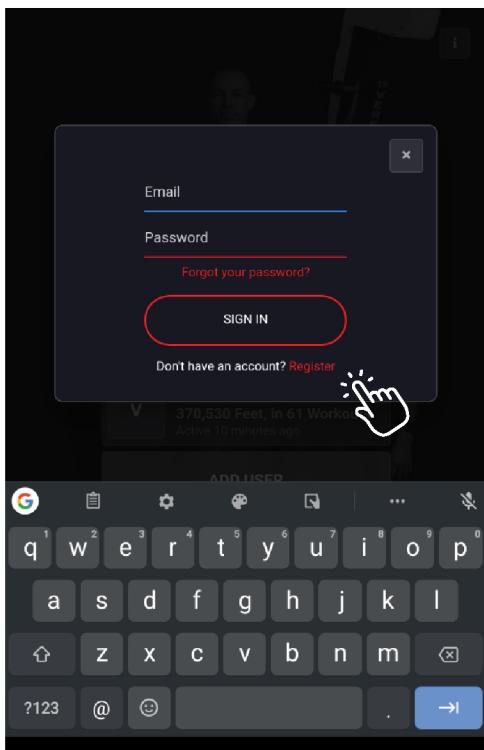
Tap ADD USER



The sign in / log in screen.

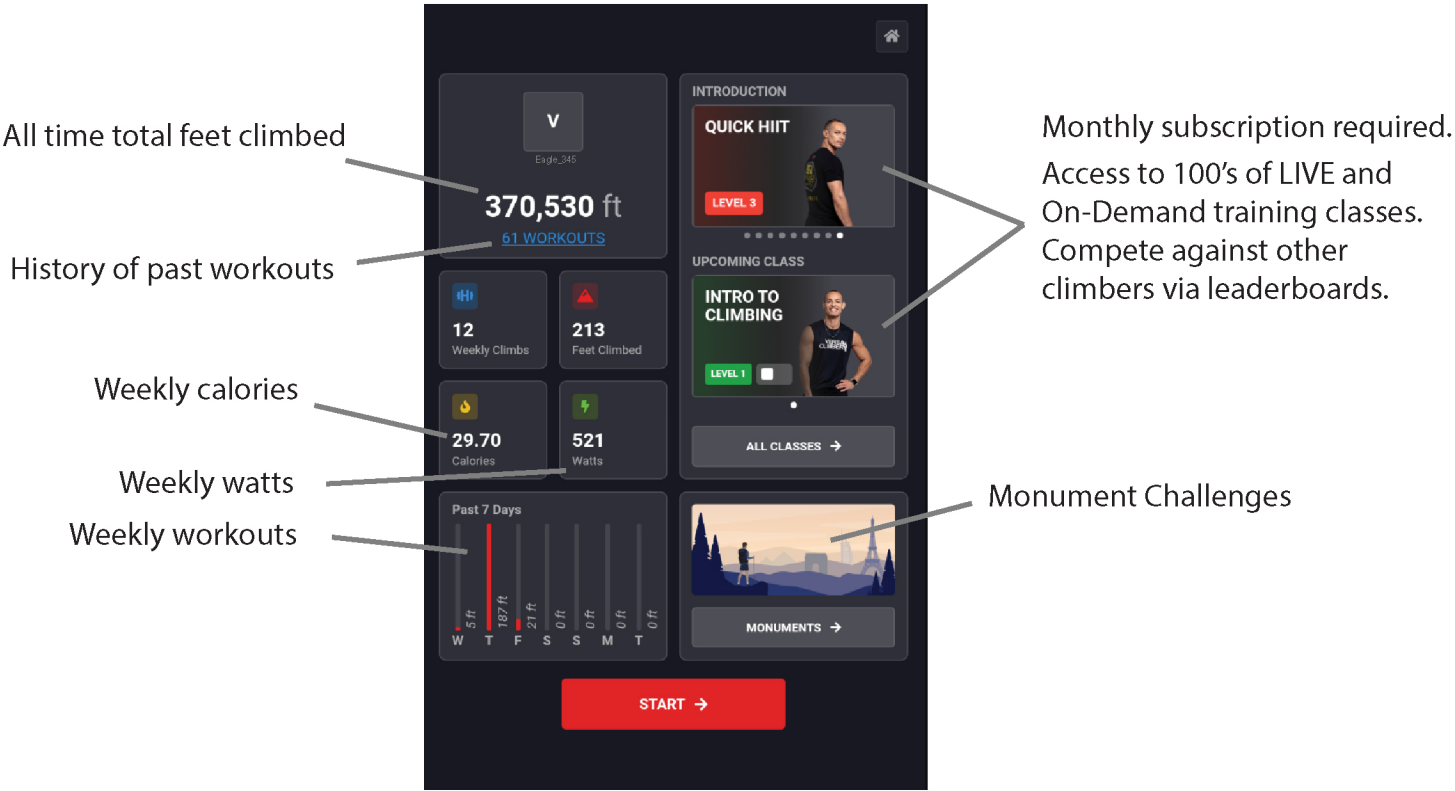
NOTE: If already registered, sign in with email & password.
Tap REGISTER to create an account.

Complete the user profile fields.
Tap SIGN UP.



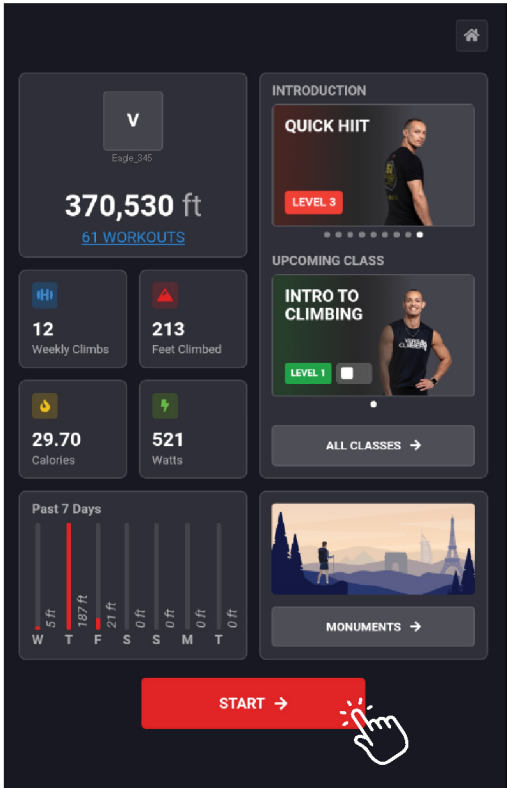
5. Home Screen

The Home Screen shows total stats for the week / all time.

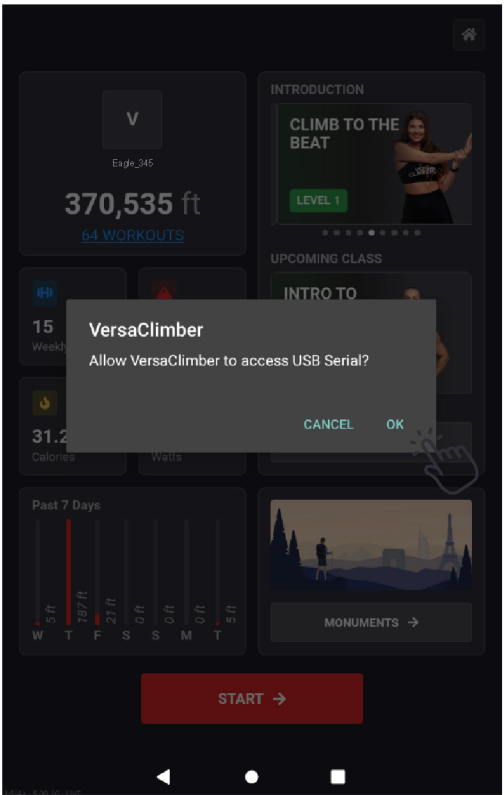


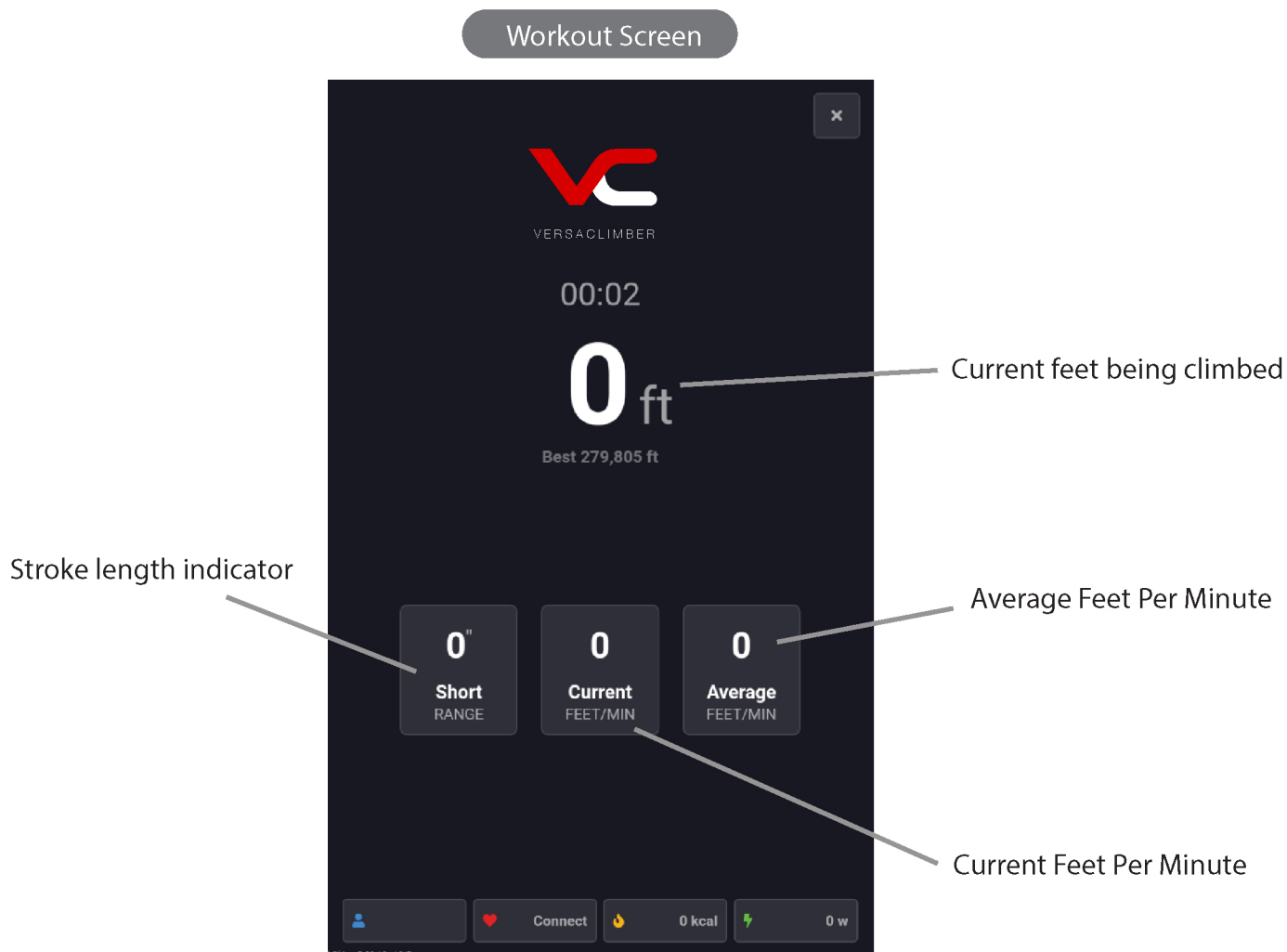
6. Start Workout

To START WORKOUT



TAP "OK" To allow access to USB Serial





Stroke Length

Stroke length is now shown on the left with the height in inches at the top, and categorized as “short”, “medium” or long”. This goes along with how studios are coaching members on VersaClimbers around the country & world.

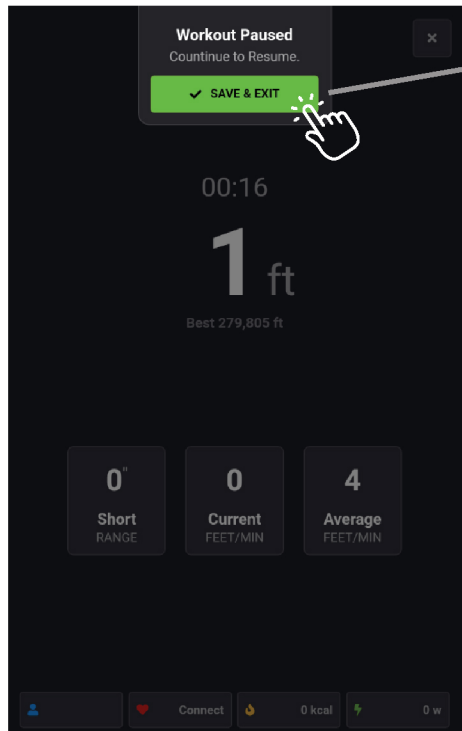
Average Feet Per Minute

Percent of Max is a learning-metric that is about you. The app monitors the max number of feet you can climb in a minute and remembers that as your max. Your current speed is shown as a percentage of your max. Why? this allows for zone-based training like what it done with heart rate.

Calories Burned

Calories are now shown and the amount you burn is a function of your speed and weight. By default it used the assumed weight of 160lbs. This can be changed by long-pressing the calories icon and entering your actual weight.

SAVE and EXIT



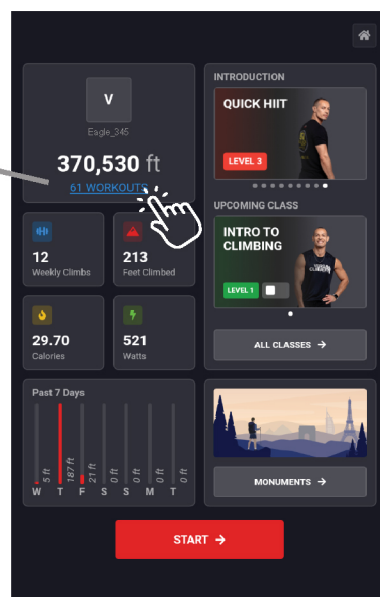
SAVE and EXIT window will appear after 7 seconds of inactivity.

TAP Save & Exit.

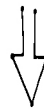
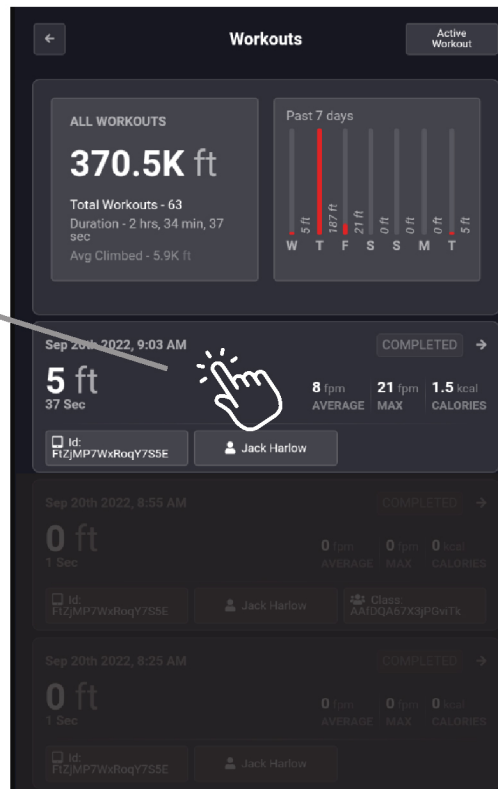
This will save your current workout - will automatically update the app.

To view PAST WORKOUTS

To see PREVIOUS WORKOUTS
TAP the WORKOUTS link button
on the upper left:



TAP past workout to view workout analytics.



Stroke length
Short / Middle / Long

Feet Per Minute
Graph

Heart Rate

To set up heart rate:

1. Put on your chest strap heart rate monitor
2. Begin a workout on the VersaClimber
3. Tap the heart icon at the bottom of the workout recording screen and select your heart rate monitor

That's it! It will automatically look for your heart rate monitor on every workout thereafter.

*The app is compatible with any BLE heart rate monitor that is "open" (meaning, "no proprietary"). Garmin, Apple Watch, certain Polar straps, and some others WILL NOT WORK. If you search Amazon for "BLE Heart Rate Monitor" you will get a good idea of compatible straps. My personal fav: the Scosche Rhythm +.

CAUTION

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

Troubleshooting Guide

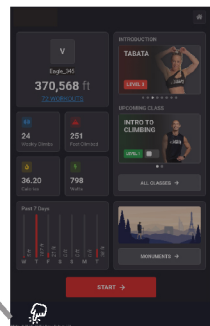
If you are having any problems try the following steps:

Symptom:

The touchscreen is on, but no data shows when you climb, try the following:

- 1) Press the lower left corner of tablet multiple times to reload app. You will see a number code that looks something like this:

Force Reload of app
(Tap once to bring up,
followed by 4 multiple
taps.



b5f4a - 5.09.10 Force Reload 1/5

- 2) Power off the touchscreen, and then unplug power cord. Wait 15 seconds, then plug back in. Turn on tablet by pressing and holding the side power button.

Symptom:

If you are seeing the Offline Screen instead of the Online Screen

- 1) Be sure you are connected to WiFi. If it says "Saved" the password is wrong. If it says "Connected" then the password is right and it is connected.
- 2) Be sure that your wifi router is working and Internet is available.

Have questions?



1-800-237-2271



support@versaclimber.com

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

First, wipe any excess oil, lint, dirt, etc. from all internal accessible surfaces of the rectangular 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 rectangular 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

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.



WARNING NOTICE

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.

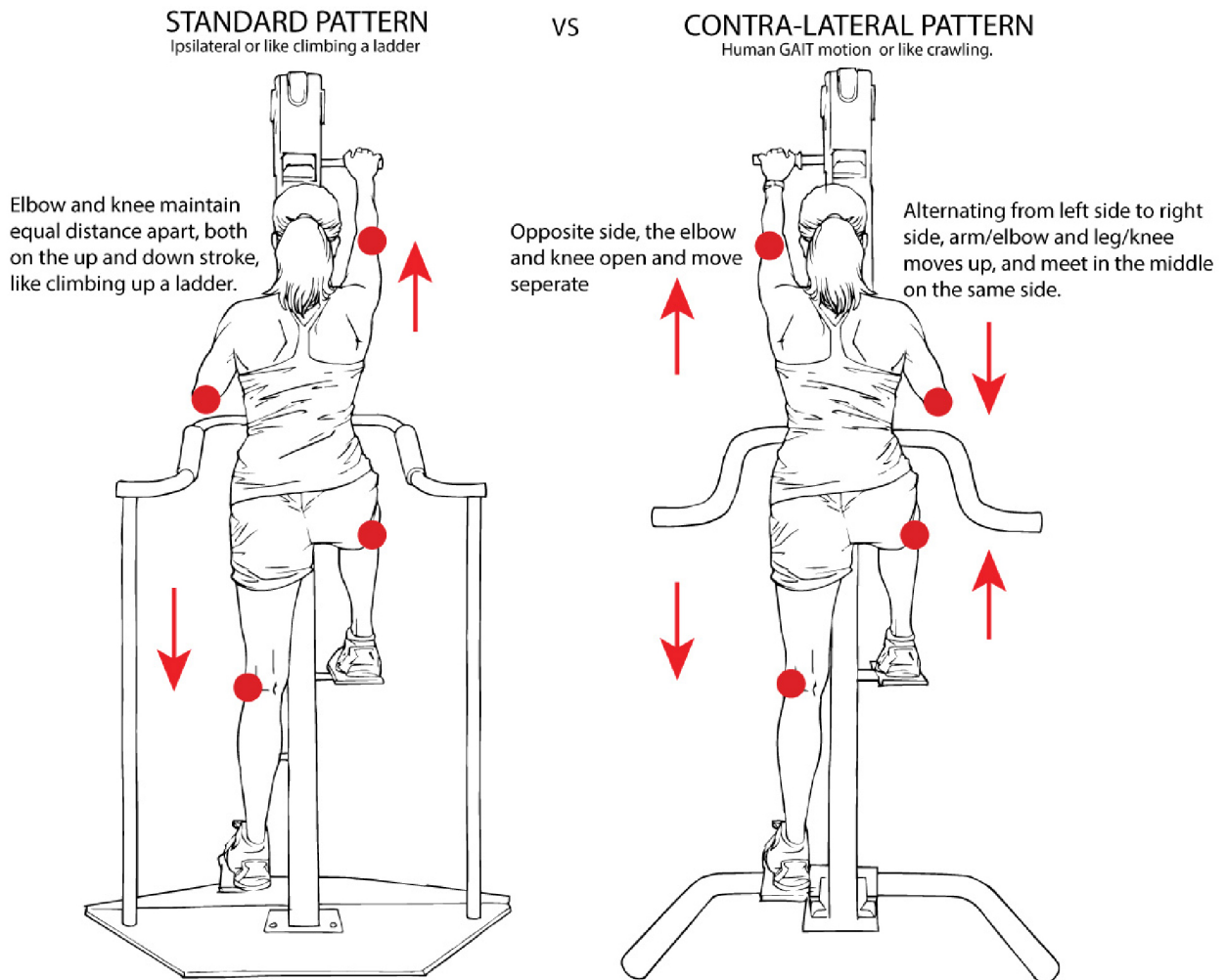
NOTICE

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

CONTRA LATERAL MOVEMENT PATTERN or "RUNNING MOTION"

The TS-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:

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.

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

Tach Assembly, V765 (Bracket, PCB Assy, Cable)	015-12-000
Encoder Disc	013-01-004
Rotary Encoder	185-22-000
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

Brace182-00-008

Bumper Stopper.....101-00-008

Post Assembly, TS-M185-07-000

Back Base Support.....182-03-001

Front Base Support.....182-03-002

Rail Right Side182-00-005

Rail Left Side182-00-006

Rail End Cap30081

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.

Have questions?



Need to talk to us?
Call 1-800-237-2271



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