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StairMaster 9-4690-BINTP0

StairMaster HIIT Rower Instruction Manual

Model: 9-4690-BINTP0

INTRODUCTION

The StairMaster HIIT Rower is a high-intensity interval training (HIIT) machine designed to provide a comprehensive full-body workout. It features an isokinetic fan resistance system, offering a wide range of workout options suitable for various fitness levels. This manual provides essential information for the setup, operation, maintenance, and troubleshooting of your StairMaster HIIT Rower to ensure safe and effective use.

PRODUCT OVERVIEW



Figure 1: Front-right view of the StairMaster HIIT Rower, showcasing its robust frame and fan resistance unit.



Figure 2: Rear-left view of the StairMaster HIIT Rower, highlighting the seat, rail, and footplates.



Figure 3: Close-up of the StairMaster HIIT console, displaying workout metrics with a green backlight.



Figure 4: Close-up of the StairMaster HIIT console, displaying workout metrics with a blue backlight.

SETUP

1. Unpacking and Placement

Carefully remove all components from the packaging. Place the rower on a flat, stable surface with adequate space around it for safe operation. Ensure the area is clear of obstructions.

2. Assembly

The StairMaster HIIT Rower is designed for easy storage by disconnecting at its center point. For initial setup, ensure all sections are securely connected as per the assembly instructions provided with your product. Verify all bolts and fasteners are tightened.

3. Powering the Console

The console operates on two C cell batteries. Insert the batteries into the designated compartment on the console. Alternatively, an optional external power supply can be ordered and connected for continuous power.

OPERATING INSTRUCTIONS

1. Adjusting Resistance

The isokinetic fan resistance system allows for unlimited workout options. The fan dampening system can be adjusted to increase or decrease workloads at a given stroke rate. Refer to the console's interface for specific resistance level adjustments.

2. Using the Console

The StairMaster HIIT console displays traditional rowing metrics including Stroke Count, Time, Speed, and Distance. It also features quick-set programming for HIIT routines. Familiarize yourself with the console buttons for navigation and program selection.

3. Foot Placement and Security

Place your feet securely on the footplates and fasten the straps tightly. The water bottle and accessory holder are conveniently located under the footplates for safe storage during your workout.

4. Rowing Technique

For optimal performance and to prevent injury, maintain proper rowing technique. This typically involves a sequence of catch, drive, finish, and recovery. Consult a fitness professional or online resources for detailed technique guidance.

MAINTENANCE

1. Cleaning

Regularly wipe down the rower with a damp cloth after each use to remove sweat and dust. Avoid using abrasive cleaners or solvents that could damage the finish or electronic components.

2. Chain Inspection

The rower utilizes a nickel-plated steel chain. Periodically inspect the chain for any signs of wear, rust, or damage. Lubricate the chain as needed with a suitable chain lubricant to ensure smooth operation and longevity.

3. Battery Replacement

If the console display becomes dim or unresponsive, replace the two C cell batteries. Ensure proper polarity when inserting new batteries.

4. Storage

For easy storage when not in use, the rower can be disconnected at its center point, allowing it to be stored more compactly.

TROUBLESHOOTING

Problem	Possible Cause	Solution
Console not powering on.	Dead batteries; loose power connection.	Replace C cell batteries; ensure external power supply (if used) is securely connected.
Inconsistent resistance.	Fan dampener setting; debris in fan housing.	Adjust fan dampener; inspect and clean fan housing.
Chain noise or stiffness.	Lack of lubrication; debris on chain.	Clean and lubricate the nickel-plated steel chain.

SPECIFICATIONS

Brand: StairMaster

Model Name: StairMaster HIIT Rower

Model Number: 9-4690-BINTP0

Product Dimensions: 94"D x 26.5"W x 43"H

Maximum Weight Recommendation: 500 Pounds (as tested by CORE) / 350 lbs (as tested per EN 20957-7)

Item Weight: 66 Pounds

Frame Material: Heavy gauge welded steel and Aluminum

Resistance Mechanism: Isokinetic fan resistance

Drive Train: Nickel plated steel chain

Power Source: Two C cell batteries or optional external power supply

Metrics Measured: Stroke Count, Time, Speed, Distance

Display Type: LCD

Color: Wrinkle Black

UPC: 785983722650

WARRANTY

The StairMaster HIIT Rower comes with the following warranty coverage:

- **Structural Frame:** 10 years
- **Parts:** 2 years
- **Labor:** 1 year

Please retain your proof of purchase for warranty claims. The warranty covers defects in materials and workmanship under normal use and service.

SUPPORT

For technical assistance, parts, or service inquiries, please contact StairMaster customer support. Refer to the contact information provided with your product packaging or visit the official StairMaster website for the most current support details.

When contacting support, please have your model number (9-4690-BINTP0) and serial number ready to expedite assistance.