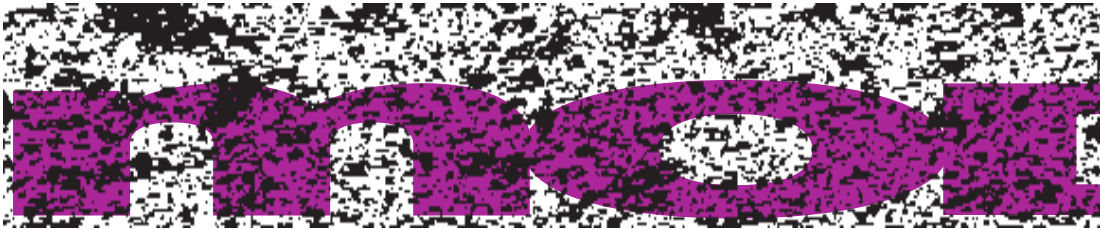


TM



**Climber
Owner's
Manual and
Assembly
Instructions**



Introduction

Congratulations on purchasing your new Mode One Electronic Climber. Made of high-quality materials and designed for years of reliable service, your climber will be an invaluable tool in helping you to achieve your exercise and fitness goals.

The smooth-stepping action of the Mode One climber provides a quiet, comfortable workout, whether you're climbing a steep set of stairs or maintaining your target heart rate. The electronic console provides helpful information that allows you to follow your progress and keep your motivation high.

Before using your new Mode One Electronic Climber, we urge you to familiarize yourself with the entire Owner's Manual. Whether you're a beginner or exercise on climbers regularly, understanding this manual will help you use the Mode One climber safely and successfully.

Safety Guidelines

Please review and observe the following safety guidelines:

CAUTION: Before beginning any fitness program, you should have a complete physical examination by your physician.

- Read the Owner's Manual and follow all instructions.
- Assemble and operate the climber on a solid, level surface.
- Never allow children on or near the climber.
- Check the climber before each use. Never use the climber if it is not completely assembled or is damaged in any way.
- Keep hands away from moving parts.



- **The weight limit for this climber is 250 pounds.**
- **Wear proper exercise clothing and shoes for your workout—no loose clothing. Don't wear shoes with heels or leather soles. Check the soles of your shoes and remove any embedded stones. Tie long hair back.**
- **Use care when getting on or off the climber. Don't rock the unit. Don't stand or climb on the handrails and electronic console.**
- **Don't use accessory attachments that are not recommended by the manufacturer—such attachments might cause injuries.**
- **Be aware that, under extended continuous use, the resistance cylinders on the climber can heat up to the point of being uncomfortable to touch.**
- **Don't overexert yourself or work to exhaustion.**
- **Stop your workout immediately if you feel any pain or abnormal symptoms, and consult your physician.**



Assembling Your Climber

Before assembling your climber, make sure that you have the following parts. All of these parts are supplied with your Mode One climber.

- Four 5/16" x 2-1/4" bolts
- Four 1/2" philips-head screws
- Four 5/16" starwasher locknuts
- One front cover
- One base gasket
- One 1/2" wrench
- One 3/16" allen wrench

The following steps explain how to assemble your Mode One Electronic Climber. It's important to read and familiarize yourself with the steps before assembling the equipment.

1. Elevate the front of the climber by placing the base on the box in which the climber was shipped. This lets you access the underside of the base, which is necessary for the first part of this procedure.
2. Standing next to the climber, pull the white upright tube to a vertical position, as shown in Diagram 1.
3. Slide the base gasket between the upright tube and base, then line up the four holes in the gasket with the holes in the upright tube and base.

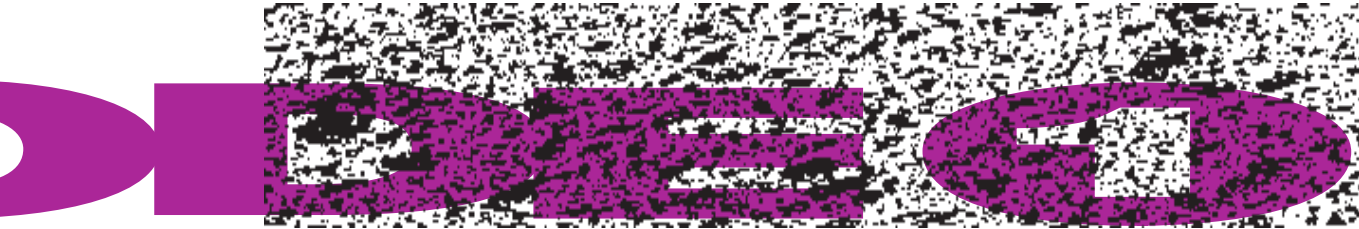
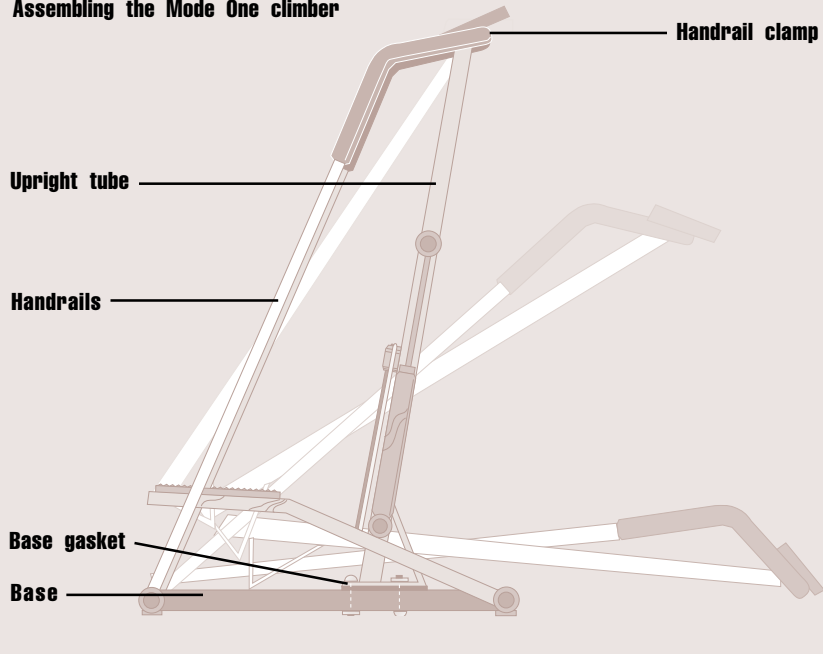


Diagram 1
Assembling the Mode One climber



4. Insert four 5/16" x 2-1/4" bolts through the upright tube, base gasket, and base. You should insert the rear two bolts with the bolt heads on top of the base. Then, insert the front two bolts with the bolt heads underneath the base.
5. Install a starwasher locknut on the end of each bolt. Tighten the bolts securely.
6. Remove the box you placed under the base in Step 1.

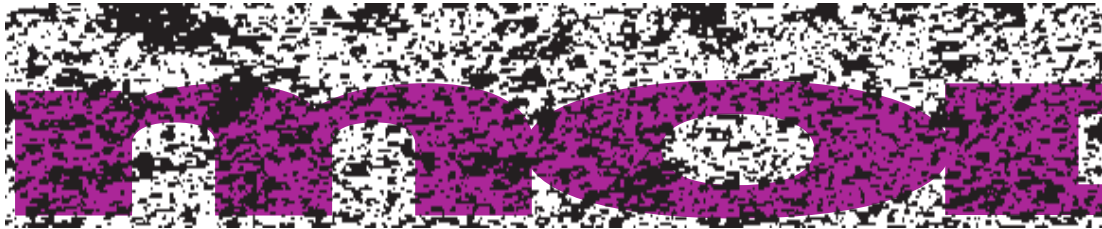
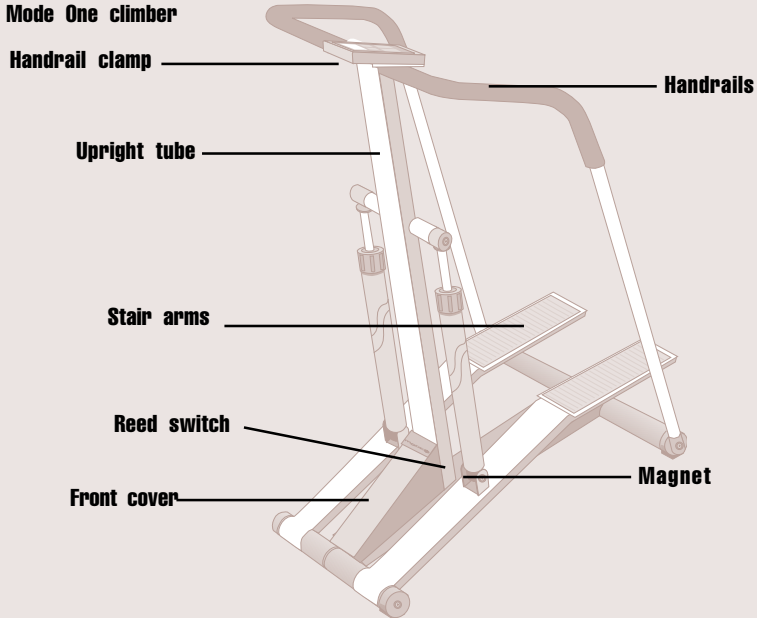


Diagram 2
The Mode One climber



7. Fasten the handrails to the upright tube by tightening the two screws on the handrail clamp. Tighten the screws securely.

The handrail clamp is located underneath the electronic console. Refer to Diagram 2 for help in locating the handrail clamp.

8. Raise the two stair arms so you can access the holes for installing the front cover.

9. Using four 1/2" philips-head screws, attach the front cover to the climber. Use two screws per side. For help in positioning the front cover on the climber, refer to Diagram 2.

Your Mode One Electronic Climber is assembled and ready to use.

Exercising on Your Climber

With very little time or practice, you can learn how to use the Mode One Electronic Climber effectively. This section provides the basic information you need for exercising on your climber.

Electronic Console

The electronic console provides motivating feedback about your workout to help you monitor your progress. Features on the console include a screen, six information displays that appear on the screen (Time, Steps/Minute, Total Steps, Scan, Pacer, and Odometer), and four keypads (START/STOP, MODE, PACER, and RESET).

The console's convenient "hands free" function lets you start and end a workout without touching any keypads. Simply step on the climber and begin working out. The screen automatically turns on and begins displaying information about your workout. In most cases, the console is set to Scan, so the screen will alternate every 5 seconds between Time and Total Steps. To select a specific display, such as Steps/Minute or Odometer, press the MODE keypad until you reach the desired display.

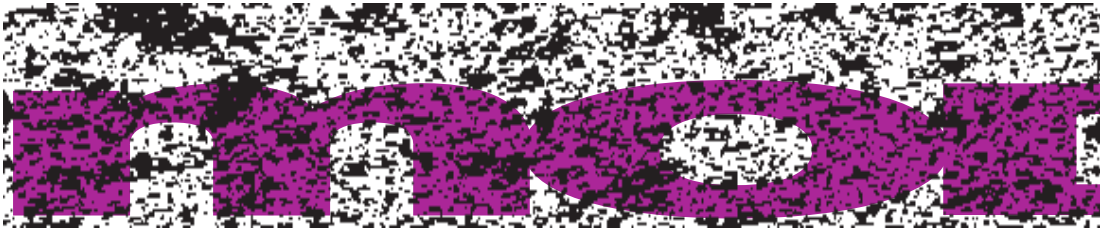
Table 1 describes the six information displays and four keypads on the electronic console. For an overview of the electronic console, see Diagram 3.

Diagram 3
Electronic console



Table 1
Indicators on the electronic console

Displays	
TIME-shows total time, up to 59 minutes and 59 seconds	SCAN-alternates between TIME and TOTAL STEPS every 5 seconds
STEPS/MIN-shows your current step rate, up to 199	PACER-shows steps per minute to 150 steps to provide motivation
TOTAL STEPS-shows total steps during your workout, up to 9,999	ODOMETER x 100-gives total accumulated steps up to 999,900
Keypads	
START/STOP-optional way to stop or start a workout	PACER-press to set a pace tempo
MODE-press to select a specific display	RESET-press to reset displays to 0



Changing Resistance

Rotate the knob at the top of each resistance cylinder to change resistance. The climber has 12 settings. To decrease resistance, which increases your stepping rate, move the arrow toward setting 1. To increase resistance, which decreases your stepping rate, move the arrow toward setting 12. You can change resistance while using the climber. However, be careful! With extended continuous use, the resistance cylinders can heat up to the point of being uncomfortable to touch.

Setting a Pacer

Setting a pace tempo helps you maintain your exercise intensity and provides motivation. To set a pacer, press the PACER keypad until the bar graph indicates the desired stepping rate (up to 150 steps per minute). During your workout, the bar graph blinks when you're stepping faster or slower than the pacer. It stops blinking when you're stepping at the same rate as the pacer.

Pausing Your Workout

The climber has an automatic auto-pause feature that lets you pause your workout, for instance, to answer a telephone or to take a rest period. To pause your workout, simply stop stepping on the climber. When you resume your workout, the electronics will continue counting from the point you left off, giving an accurate readout of your total workout time.

Ending a Workout

To end your workout, simply stop stepping on the climber. You can also press the START/STOP keypad. In either case, the displays on the console freeze, allowing you to review your workout statistics.

You can then do one of two things: either press the RESET keypad to return the displays to zero or let them stand, which lets you track total exercise time and total number of steps over several exercise sessions. The electronics count Time and Total Steps cumulatively, so if you don't press RESET at the end of your workout, the electronics will continue counting from the point you left off. By the way, don't worry about turning off the electronic console when you finish your workout. Five minutes after you stop exercising, the console's unique screen-saver function turns off the screen.



How to Use the Climber

To exercise on the climber, follow these steps:

1. Step onto the climber, making sure that your weight is balanced and your hands and feet are positioned securely.
2. Start your workout by taking steps 4 to 8 inches in height. You don't have to press any keypads on the electronic console to start your workout—simply step on the climber.

As you work out, vary your footstep to reduce localized muscle fatigue and to exercise all your lower body muscles. Three footstep variations are explained here; you can use one of these footsteps or your own footstep when working out.

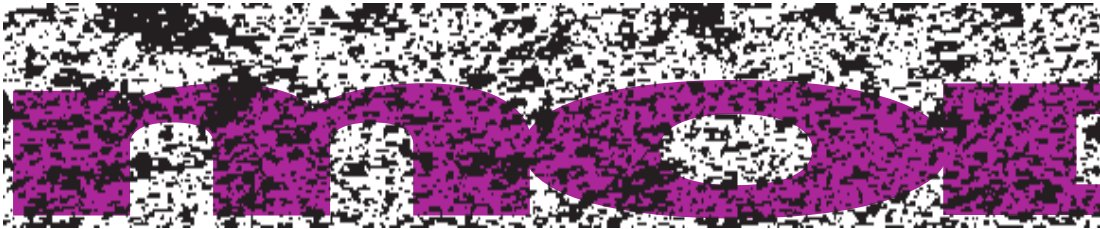
Forefoot step with heel press down—Start by pressing down with the ball of your foot, then press the heel down and straighten the supporting leg. This step helps to stretch your calf muscles and Achilles tendon to prevent them from becoming too tight during your workout.

Midfoot step with heel press down—Step with your arch, then press the stair arm down with your heel. This step concentrates the work on your entire leg, exercising the muscles in both the front and back.

Forefoot step with toe press down—Step on the ball of your foot for the entire stroke. This step concentrates the work on your calves.

3. When you are finished exercising, stop stepping on the climber. You can also press the START/STOP keypad to end your session.
4. After reviewing your workout statistics, either press RESET to return the displays to 0 or let the displays stand, which allows you to track total exercise time over several sessions.

Five minutes after you stop exercising the screen-saver function turns off the screen.



Maintaining Your Climber

The Mode One Electronic Climber requires little maintenance. Typical maintenance tasks include cleaning the climber, changing the batteries, and adjusting the reed switch. You might also want to change how the climber counts steps, whether it counts each step you take or every other step. All of these procedures are covered in this section.

Cleaning the Climber

Clean the climber periodically with mild soap and water or a general household cleaner. Wipe the surface of the electronic console with a damp sponge or soft cloth. Dry with a clean towel. Never pour liquids on the electronic console.

Changing How the Climber Counts Steps

When you receive the climber, the climber counts every step. However, if you step faster than the pacer (which goes up to 150 steps per minute), you might want to set the climber to count every other step.

To change how the climber counts steps, follow these steps:

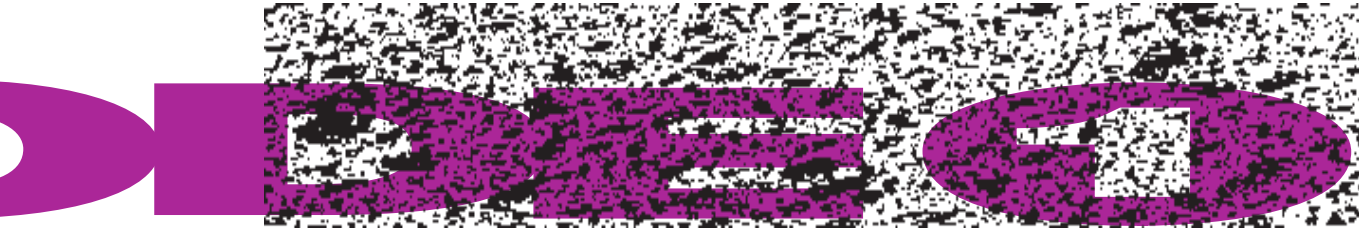
1. Press PACER and START/STOP simultaneously for four seconds until the console beeps twice.

2. Choose one:

<i>If you want...</i>	<i>Then...</i>
the climber to count every stroke	<ul style="list-style-type: none">• press MODE once to select the setting, 001
the climber to count every other stroke	<ul style="list-style-type: none">• let the setting, 002, stand

Note: If you happen to press the MODE keypad too many times, don't worry. You can scroll through all the options on the display by pressing MODE repeatedly. To back up one option, press START/STOP.

3. Press RESET to activate the climber. The climber is now ready to use.



Changing the Batteries

The Mode One climber comes with two "AA" alkaline batteries installed. When your electronic console no longer shows a digital readout or the count becomes erratic, you need to change the batteries.

Follow these steps:

1. Completely remove the two screws holding the electronic console to the climber. You will find a screw on each side of the console.
2. Locate the battery holder underneath the console and replace the old batteries with two new "AA" alkaline batteries.

The entire display lights up momentarily, the console beeps twice, then the display shows "002."

3. Replace the electronic console on the climber, tightening the two screws firmly.
4. Specify how you want the climber to count steps, as described in Step 2 of "Changing How the Climber Counts Steps."
5. Press RESET to activate the climber. The climber is now ready to use.

Adjusting the Reed Switch.

The reed switch allows the electronics to track steps on the climber and to determine steps per minute. After you change the batteries in the console, you might find that the display continues to provide an erratic count. In this case, you should check the spacing between the reed switch and magnet. The spacing should be between 1/8 and 1/4 inch.

To adjust the spacing between these two parts, use your fingers to move the reed switch in or out of its rubber collar. After moving the reed switch, check the spacing again to make sure that it's correct. (Diagram 2 shows the location of the reed switch and magnet on the climber.)

Getting Service.

Don't attempt to service the Mode One Electronic Climber yourself except for the maintenance tasks described in this manual. If your climber needs service, contact your authorized Mode One dealer or Mode One Service Center. To locate the dealer nearest you, call 1-800-477-3267.