STEPMILL 3™

AFTER 30 YEARS IN THE GYM, **WE'VE DROPPED A FEW SIZES.**

Since 1983, StairMaster® has been a legendary name in the gym, delivering a real workout and real results. Now, with the StepMill™ 3, we're bringing it all home. The StepMill 3 gives you a full cardiovascular and strength workout in one, and a compact, lightweight design makes it perfect for home gyms, apartments, medical offices and corporate fitness centers. It's the tough, effective workout you've come to expect from the original name in climbing fitness in a size that fits your needs.

StairMaster®

FEATURES

COMPACT DESIGN TO FIT 8-FOOT CEILINGS AND STANDARD DOORWAYS

EASY-TO-NAVIGATE CONSOLE FEATURING MOTIVATING PROGRAMS AND FEATURES ON A LARGE, BACKLIT LCD

LOW INITIAL STEP FOR EASY ACCESS AND EXIT

LIGHT COMMERCIAL AND HOME USE WARRANTY

DISTRIBUITO IN ITALIA DA:
GLOBAL LUX SRL
Via Tito Speri, 122/A
25082 Botticino (BS)
030/2198638
info@globallux.it
www.globallux.it

StairMaster® + SCHWINN FITNESS

©2013 Core Fitness, LLC, dba StairMaster. All rights reserved.
1-888-678-2476, www.stairmaster.com

CONSOLE FEATURES

The StepMill 3 comes standard with a large backlit LCD display console pre-programmed with over 25 motivating workout combinations – from easy to challenging – to help keep routines fresh. It allows you to track your activity, providing feedback including total workout time, calories burned, Watts produced and, of course, floors climbed. Contact heart rate sensors on the handrails, and the included Polar® chest strap sensor, allow you to continuously monitor your heart rate for optimal results.

SMV-1 LCD DIGITAL TELEVISION

Compatible with the StepMill 3, the SMV-1 TV provides a brilliant 15.6" digital LCD screen with HD capabilities, which mounts to the StepMill 3 console and comes with worldwide digital and analog tuner options. The keypad is conveniently located on the TV, eliminating the need for a wired controller. It also comes with an optional iPhone/iPod docking station to watch shows, movies, and videos while charging the device whenever it is docked.

TECHNICAL SPECS

Product Dimensions	46" L x 29" W x 73" H (117cm x 74cm x 185cm)
Product Weight	227 lbs (103 kg)
Power Requirements	Input Voltage 100-240 VAC 5060 Hz 100 VA
Display	Backlit LCD Console
Workouts	Standard console programs
Fitness tests	N/A
Drive System	Electronically controlled alternator, brake, and drive chain precisely controls the stair speed allowing a wide range of users to exercise smoothly within their comfort zones
Step Action	Revolving staircase with six steps, 6" (15cm) high, 9" (23cm) deep and 17" (43cm) wide

StairMaster® + SCHWINN FITNESS

©2013 Core Fitness, LLC, dba StairMaster. All rights reserved. 1-888-678-2476, www.stairmaster.com