



# StairMaster®

HIITMill™ / HIITMill X™

## Install Manual



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## Introduction

We are excited to be shipping the new StairMaster HIITMill and HIITMill X to our customers worldwide and the response from end users has been extremely positive. As with any new product launch we are responding to early production issues at installation that we want to address and correct prior to use.

These issues will be corrected in production and design over the next several weeks but to ensure we provide the best possible customer experience we are working with our installation professionals to complete the following checklist in efforts to correct any of these early production issues at install.

In unpacking and assembling the HIITMills, use caution and be aware that the left side upright arm assembly is attached to the base frame via the brake control cable – be sure not to abruptly pull this arm away from the unit putting tension on the brake cable. Use caution when handling and assembling this upright arm to ensure that no undue stress is placed on the cable and the cable is correctly routed through the base frame.

The HIITMill and HIITMill X units out of the box may be subject to an extremely tight fit in the arm and handrails assemblies. Getting the help of another individual may be a good idea to allow for greater ease of assembly and install.

Once the HIITMill and HIITMill X are assembled it is critical to check the magnetic brake assembly alignment relative to the flywheel to ensure there is no direct contact between the brake magnets and the flywheel.

The HIITMill and HIITMill X are self-powered treadmills and will require a specific belt break in period which allows the belt and the deck to maximize their anti-friction properties and produce a smooth consistent feel while in use. This is a very quick process that significantly increases the function and feel of the units.



## Product Specifications

### HIITMill

**Dimensions:** 37" W x 77" L x 65" H  
94 cm x 196 cm x 166 cm

**Weight:** 390 lbs / 177 kg

### HIITMill X

**Dimensions:** 54" W x 77" L x 65" H  
139 cm x 196 cm x 166 cm

**Weight:** 454 lbs / 206 kg

### MANUFACTURER:

#### CORE HEALTH & FITNESS

4400 NE 77th Avenue, Suite 300  
Vancouver, WA 98662

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### CUSTOMER SUPPORT:

#### CORE HEALTH & FITNESS

Contact your local distributor or  
Core Health & Fitness directly:

1-800-503-1221

[support@corehandf.com](mailto:support@corehandf.com)

[support.corehandf.com](http://support.corehandf.com)



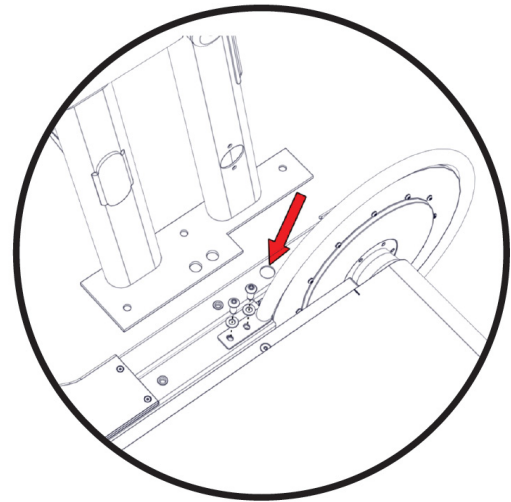
## Assembly Instructions

**STEP 1: NOTE:** The user left side handrail is attached to the lower frame via the brake cable. **DO NOT** pick the unit up until after securing the handrail to the frame.

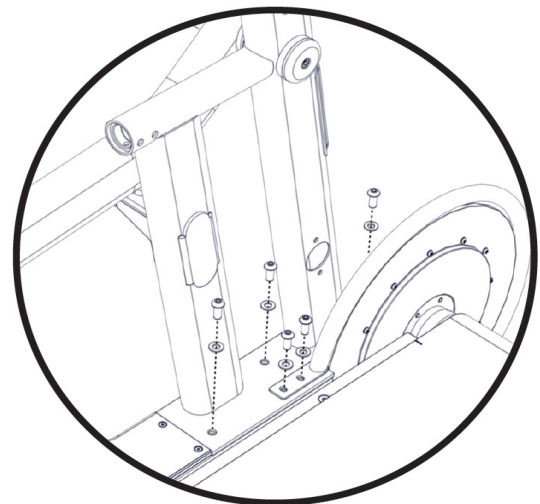
**NOTE:** Do not tighten any hardware until instructed to do so.

With a 5mm allen key, remove the two (2) screws and washers securing the flywheel guard to the frame then slide the user left side handrail between the frame and the flywheel guard.

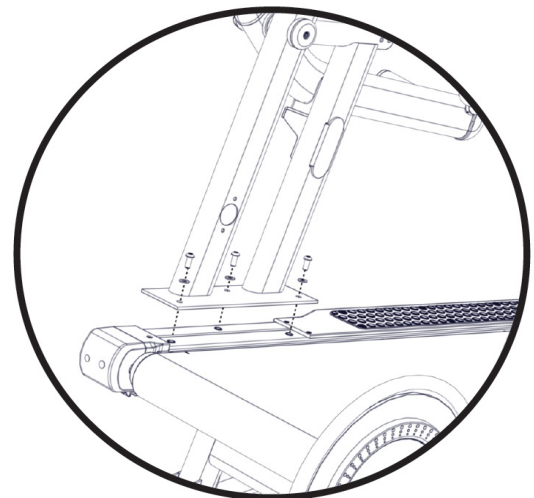
**CAUTION:** Take care not to pinch or damage the brake cable when installing. Feed any excess cable back into the frame and/or



**STEP 2:** Use a 5mm allen key to secure the flywheel guard to the frame and user left side handrail using the screws and washers removed in step one. **DO NOT FULLY TIGHTEN YET.** Once the flywheel guard is secured, use a 6mm allen key to secure three (3) pieces each of the M10 x 25mm screws and M10 flat washers. **DO NOT FULLY TIGHTEN YET.**

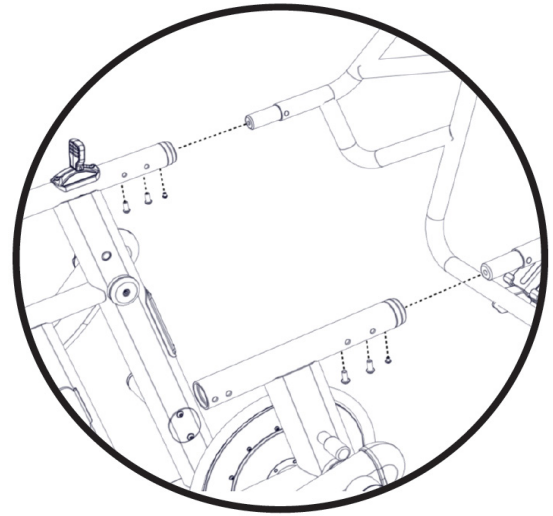


**STEP 3:** Install the user right side handrail, use a 6mm allen key to secure three (3) pieces each of the M10 x 25mm screws and M10 flat washers. **DO NOT FULLY TIGHTEN YET.**



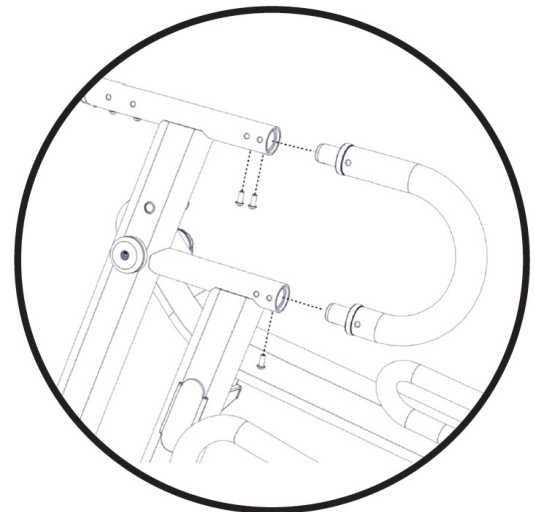
**STEP 4:** Install the main handlebar using a 5mm allen key to secure four (4) pieces each of the M8 x 20mm screws, torque to 24Nm (18 Ft-Lb). Secure left and right side beauty rings using a 2.5mm allen key and one (1) piece each of the M4 x 8mm screws, torque to 4Nm (3Ft-Lb). Once the main handlebar is secure to the user left and right side handrails, tighten the hardware in steps 1-3 to 48Nm (35Ft-Lb).

**NOTE:** The weight carry arms are available on the HIITMill X only.



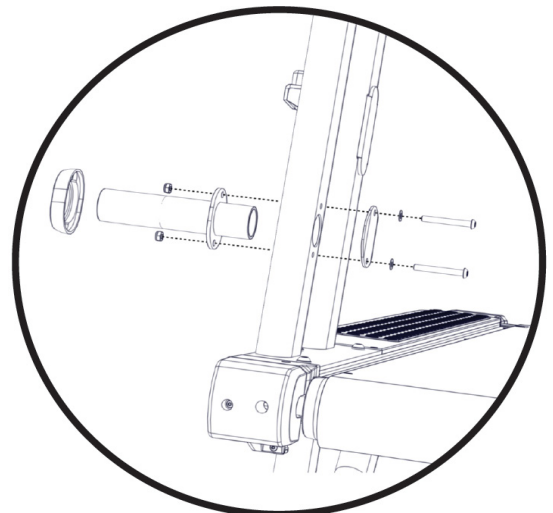
**STEP 5:** Install the user right “U” shaped rear handrail, use a 5mm allen key to secure 3 pieces of the M8 x 20mm screws, torque to 24Nm (18 Ft-Lb). Repeat for the user left rear handrail.

**NOTE:** the HIITMill X utilizes short “U” shaped rear handrails as shown above. The HIITMill has longer “U” shaped rear handrails.



**STEP 6:** On the HIITMill X, install the user right side weight horn, using a 5mm allen key and an open/box end wrench to secure 2 pieces each of the M8 x 75mm bolt and M8 hex lock nut, torque to 24Nm (18 Ft-Lb). Repeat for the user left side weight horn.

**HIITMill X ONLY:** After completing the assembly of the HIITMill X, use a towel to wipe any excess silicone from the underside of the belt.



## Install Checklist

- All hardware is tight and torqued appropriately.
- Any excess silicone has been removed from underside of HIITMill X belt.
- Brake checked to ensure flywheel clearance.
- Protective decal film has been removed.



## Belt Sticking/Not Moving (HIITMill X Only)

1. Inspect the bottom left and right corners of the deck for excess silicone (Fig. 1). Some silicone residue is normal but it should not be dripping down the deck.



Fig. 1

2. Inspect the underside of the belt, run your hand along the underside of the belt to check for excess residue buildup (Fig. 2).



Fig. 2

3. If the deck or belt has excess residue, thread a towel between the belt and deck (Fig. 3) and rotate the belt six (6) times keeping upward pressure on the towel in order to wipe away any excess silicone buildup. Sweep the towel the length of the belt from the head roller to the tail roller every 2-3 complete rotations of the belt.

Run your hand between the belt and deck to check for smoothness, if excess residue is still present, repeat the deck wiping procedure again.

After wiping the belt and deck down, test the unit by running on it at the lowest resistance setting. The belt should move freely.

If the movement of the belt is still not uniformly smooth (belt is still sticking or randomly catching or slowing down), additional silicone will need to be added. Only use **WD-40 Silicone** or any other clear, dry silicone spray. Walk on the belt while adding silicone to the side of the belt that is sticking. Continue to walk on the belt to allow the silicone to be absorbed.

**NOTE:** Unlike a treadmill deck, the HIITMill (X) deck will need to be manually broken in to spread the wax over the deck and belt. This process usually only takes about 10 minutes of moderate use. Be sure to give extra attention to the belt seam.



Fig. 3



## Brake Misaligned (HIITMill + HIITMill X)

1. If during use the brake is rubbing on the flywheel, the brake will need to be inspected and aligned. To do this, first remove the shrouds covering the brake assembly (Fig. 1).

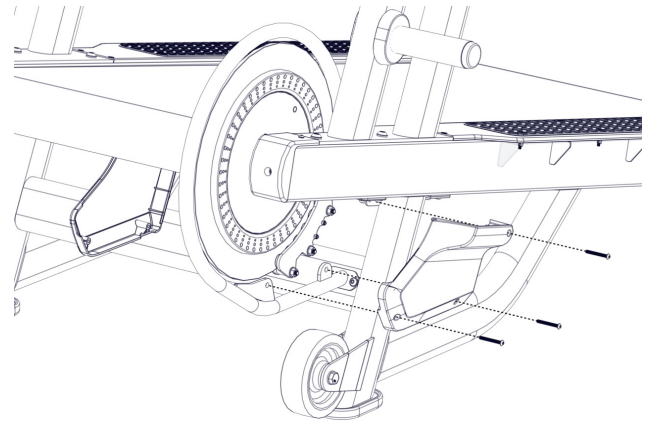


Fig. 1

2. Increase the resistance to the maximum level in order to lower the brake down over the flywheel. None of the magnets should be touching the flywheel. If the magnets are contacting the flywheel, the first step is to remove the three screws that secure the brake carriage to the frame (Fig. 2). Move the brake bracket so that the three screws can be secured into the frame without passing through the bracket, then reinstall the hardware and torque to 27 lb-ft (37Nm).

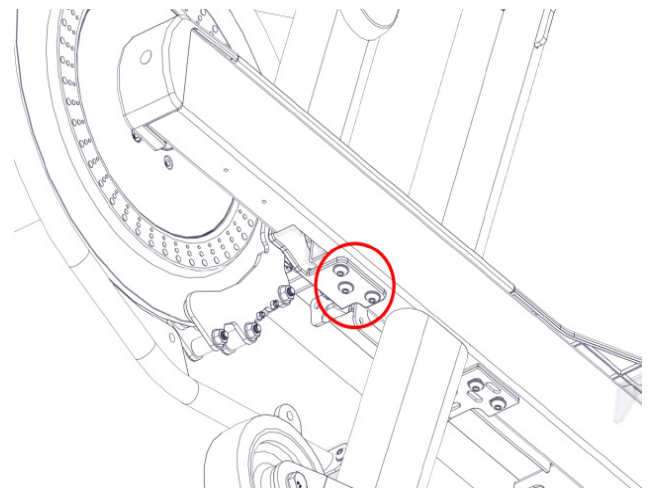


Fig. 2

3. Remove the hardware from Step 2, then reinstall the brake bracket but **DO NOT TIGHTEN YET**. Twist/move the brake carriage until **ALL** magnets have even clearance between the flywheel (Fig. 3), then have another person tighten the three screws securing the brake bracket to the frame. Finally, reattach the shrouds removed in step 1.

**NOTE:** The flywheel guard has been removed to show clarity, it is not necessary to remove it in order to adjust the brake carriage.

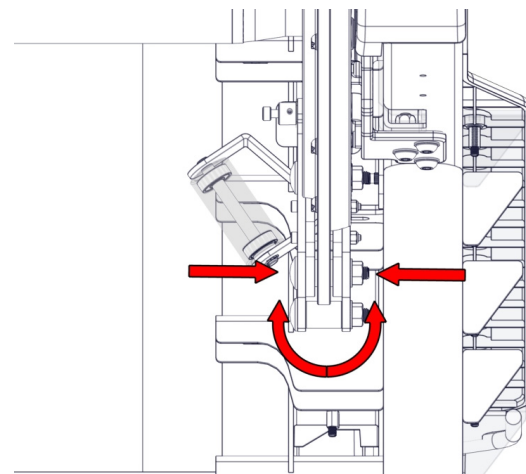


Fig. 3

