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Tel: 603-898-9946 1-800-869-7251
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Stepper/StairClimber Maintenance Tips

For More Information Contact:

Fitness & Equipment Supply Company ~ 314 South Broadway, Rt. 28, Salem, NH 03079
Tel: 603-898-9946 Fax: 603-898-6640

NOTE: This material is offered for information purposes only. For complete safety information please contact the manufacturer of the equipment. Be certain to follow ALL safety procedures as advised by the manufacturer or contact the fitness equipment professionals at FESCO for information and assistance.

IMPORTANT NOTE: Read your equipment owner's manual.

Just reading through your owner's manual may save you from costly repairs. All maintenance procedures should be listed in the owner's manual, along with troubleshooting guidelines, parts listings, and instructions for repairs. Damage to your equipment from improper use or unauthorized tampering can result in the manufacturer voiding the warranty.

Be Healthy, Be Safe.

-Thank you from all of us at FESCO.

General Stepper/StairClimber Maintenance

Basic Maintenance Tips:

- Read all maintenance instructions thoroughly before beginning work.
- In some cases, an assistant is required to perform the necessary tasks, use all precautions.
- The safety level given by the design of this equipment can only be maintained when the equipment is regularly examined for damage and wear.
- Inoperable components should be replaced immediately or the equipment should be put out of use until it is repaired.

Recommended Tool List

The following tools are needed to perform required service and maintenance:

- standard screwdrivers
- phillips screwdrivers
- combination wrenches (sizes 7/16 - 3/4") adjustable wrench
- combination pliers
- external snap ring pliers
- locking pliers
- wire stripper/crimper tool
- allen wrench set (sizes 5/64 - 1/4")
- volt-ohm meter (multimeter) for electrical testing
- socket set or nut driver set (sizes 1-1/4 - 3/4" in 1/16" increments)
- shop goggles



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Maintenance Records:

The console will keep track of the following data on machine usage. Follow the manufacturers recommended maintenance schedule:

- The number of hours the power supply was turned on.
- The number of hours the machine was in use.
- The total number of floors climbed,
- The number of exercise programs started.
- The hours of MANUAL use.

If in doubt about proper handling of your equipment, contact either the manufacturer or **Fitness & Exercise Supply Co. at (603) 898-9946** for recommended care.