



CORE HEALTH & FITNESS
JACOBS LADDER JL

OWNER'S
MANUAL



CONTACT SUPPORT NOW



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When using an electrical machine, basic precautions should always be followed, including the following:

WARNING!



Before using this product, it is essential to read the ENTIRE Owner's Manual and ALL installation instructions. The Owner's Manual describes equipment operation and instructs members on how to use correctly and safely.

Read all warnings posted on the machine.



Health related injuries may result from incorrect or excessive use of exercise equipment. Core Health & Fitness strongly recommends you to encourage your members to discuss their health program or fitness regimen with a health care professional, especially if you or they have not exercised for several years, are over 35, or have known health conditions.

DANGER: to reduce the risk of electrical shock:

1. Always unplug the machine from the electrical outlet before cleaning or servicing.

WARNING: to reduce the risk of burns, fire, electric shock, or injury to persons

1. A machine should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
2. This machine is not intended to be used by children. It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the machine. Keep children under the age of 13 away from this machine.
3. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by Stairmaster.
4. Never operate this machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the machine to a service center for examination and repair.
5. Keep the cord away from heated surfaces.
6. Never operate the machine with the air openings blocked. Keep the air openings free of lint, hair, and the like.
7. Do not carry this appliance by supply cord or use cord as a handle.
8. Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug

provided with the product. NO adapter should be used with this product. If the product must be reconnected for use on a different type of electric circuit, the reconnection should be made by qualified service personnel in order to avoid a hazard.

9. If the power supply cord is damaged, it must be replaced by the manufacturer, its service agent, or similarly qualified persons in order to avoid hazard.
10. Do not operate unit in damp or wet locations.
11. Do not use outdoors.
12. To disconnect, turn all controls to the off position, then remove plug from outlet.
13. Never drop or insert any object into any opening.
14. Do not operate where aerosol (spray) products are being used or where oxygen is being administered.

WARNING: to reduce the risk of serious injury to persons using this equipment, read and follow all of these warnings:

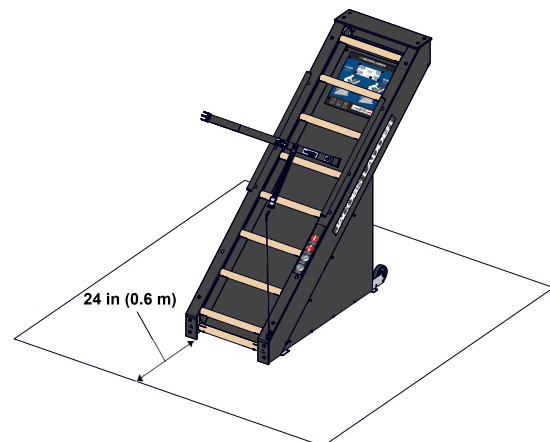


Fig. 1 Required Clearance

1. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 23.6 inches (0.6 meters) of clearance from the unit or the unit platform.

Leave a minimum of 19.7 inches (0.5 meters) between two adjacent units. These dimensions are the recommended minimum distances.

The actual area for access and passage shall be the responsibility of the facility and should take into account this training envelope, Americans with Disabilities Act Accessibility Guidelines (ADAAG) requirements and any required local codes or regulations (www.access-board.gov/ada).

The clear safety area recommendations are accurate as of the time of this manual publication, Core Health & Fitness strongly recommends that you review the latest applicable standards from:

ASTM standards for Stationary Training Equipment (<https://www.astm.org/>) and ISO standards for Stationary Training Equipment (https://www.iso.org)

2. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination from their health care provider before beginning any exercise program.
3. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.
4. Do not exceed the maximum allowable user weight limit of:
 - 275 lbs. (125 kg.)
5. It is the purchaser's sole responsibility to properly instruct its end users and supervising personnel as to the proper operating procedures of all Stairmaster equipment.
6. Use only replacement components supplied by Stairmaster. Substitutes are forbidden and will void all warranties.

7. This machine is not intended to be serviced by the end user, refer servicing to qualified personnel only.
8. In order to slow machine, slow your steps. In order to stop machine, stop your steps and allow the machine to brake.
9. Do not use the machine without wearing the Waist Belt. The Waist Belt controls the brake as well as the rung speed.
10. To reduce the risk of injury, do not use the rungs with wet shoes, wet feet, or socks.
11. Start out slowly and increase rung speed carefully while wearing Waist Belt.
12. Never let anyone touch the waist belt cable while machine is being used. Tugging the cable will cause rung speed increase.
13. Never sprint on Jacobs Ladder. Increase your speed at a steady pace until you reach an appropriate speed.
14. Never place towels or other objects under the rungs or at the bottom of the machine.
15. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.
16. Obtain a medical exam before beginning any exercise program. If at any time during exercise you feel faint, dizzy, or experience pain, stop and consult your physician. Use the value calculated or measured by the console for reference purposes only.
17. **⚠ WARNING:** There is risk of explosion if the battery is replaced with an incorrect type. Dispose of used batteries according to the manufacturer's instructions.
18. **⚠ WARNING:** Heart rate monitoring systems may be inaccurate. Over-exercising may result in serious injury or death. If you feel faint stop exercising immediately.

SAVE THESE INSTRUCTIONS

PROPER USE INSTRUCTION

⚠ WARNING: Do not use the machine without wearing the Waist Belt.

1. Set your height on the Height adjustment section of the Waist Belt.
2. Attach the Waist Belt to your waist, placing the strap off the center of your back.
3. Push START button to turn display on.
4. Set your weight using the UP and DOWN buttons (located near the cup holder on the users left side of the machine). Press ENTER when complete.
5. Step onto the machine and begin climbing. Accelerate slowly to let the machine adjust to your speed. You may want to start out using the side handles until you get used to the movement.
6. In order to stop, simply stop climbing and coast to the bottom.

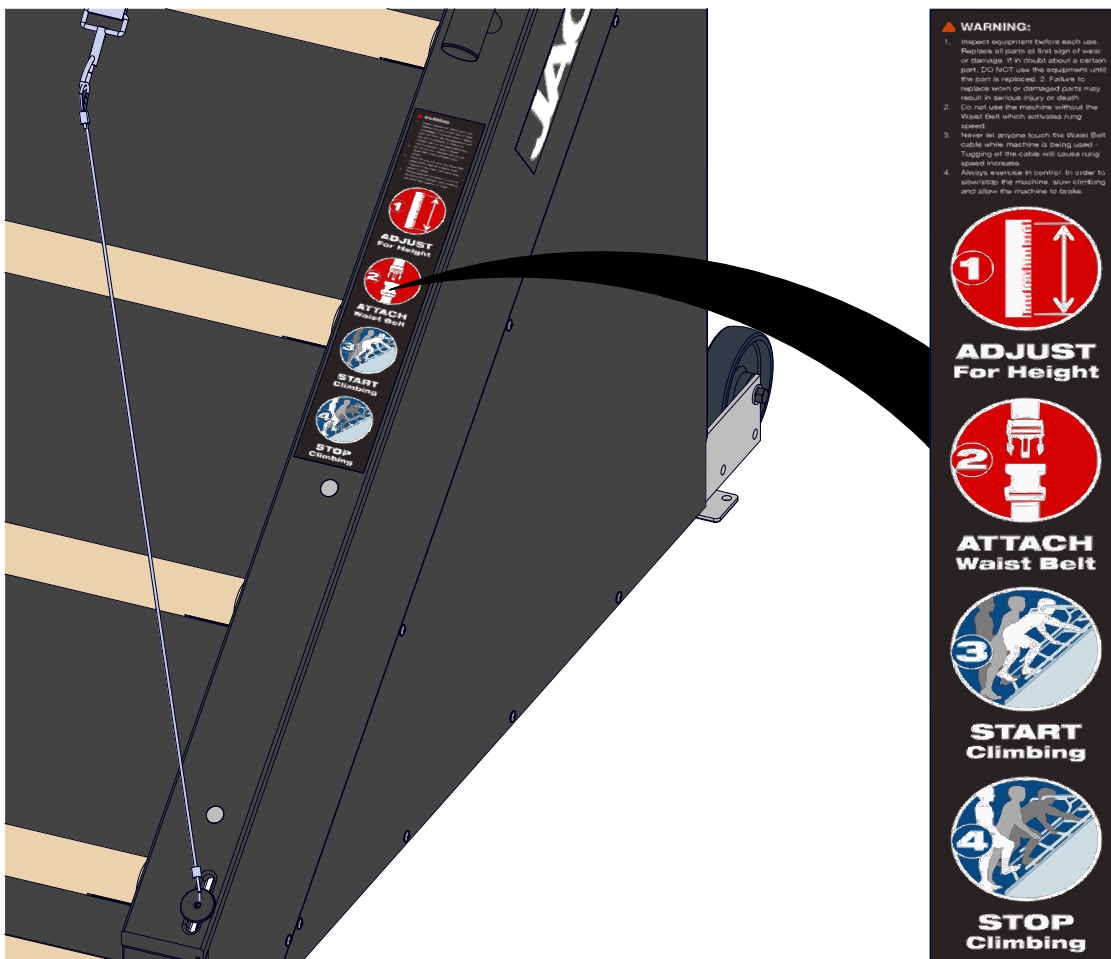


Fig. 2

Note: A graphic representation of these instructions are on the right side of the unit as seen in Fig. 2.

IMPORTANT LABEL LOCATIONS

This page shows the location of the warning labels and communication stickers placed on the equipment as part of the manufacturing process. It is critical that owners maintain the integrity and placement of these stickers. If you find any stickers missing or damaged the replacement numbers are shown on the support site and following pages. See Support and Service to order replacements.

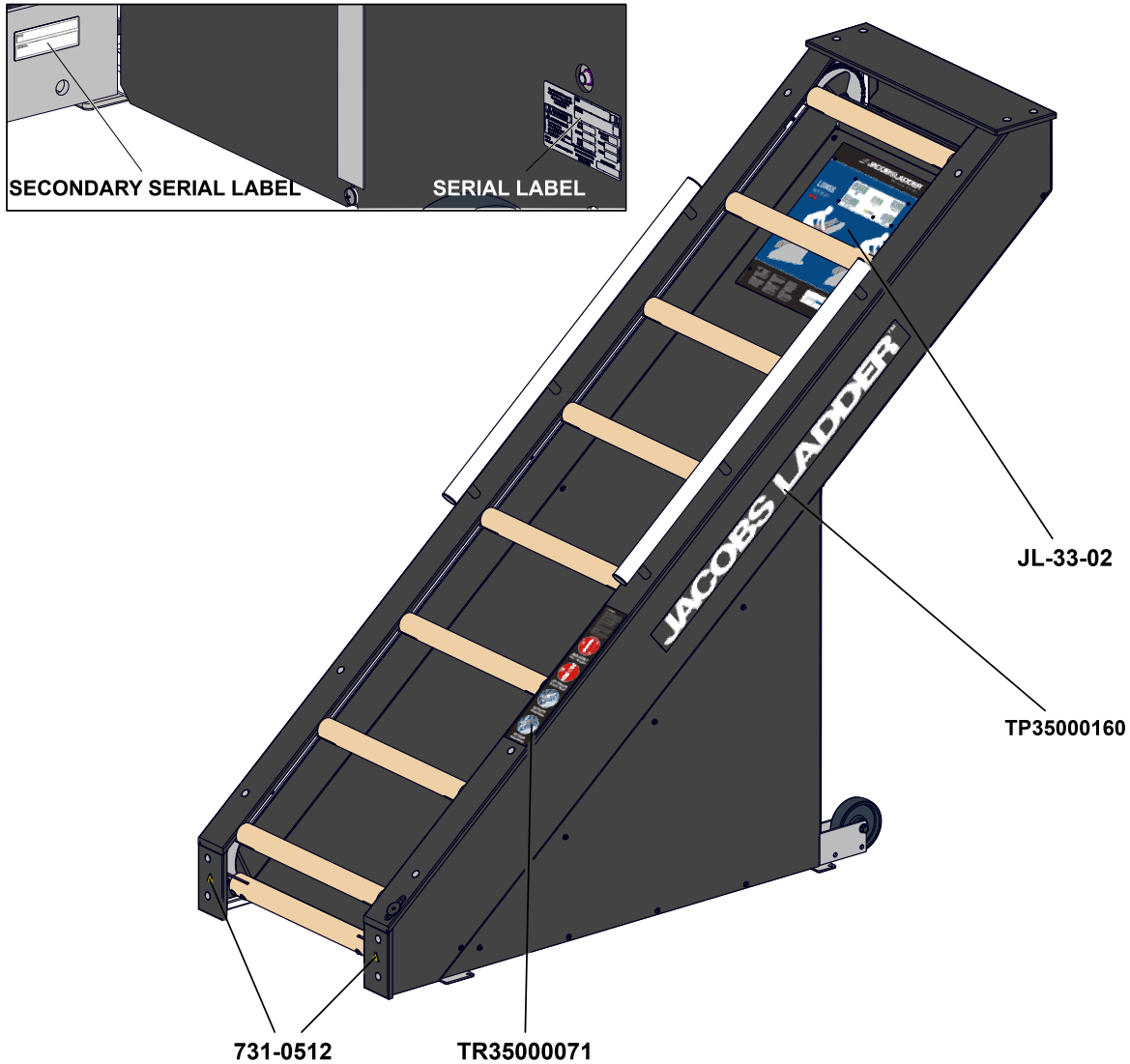
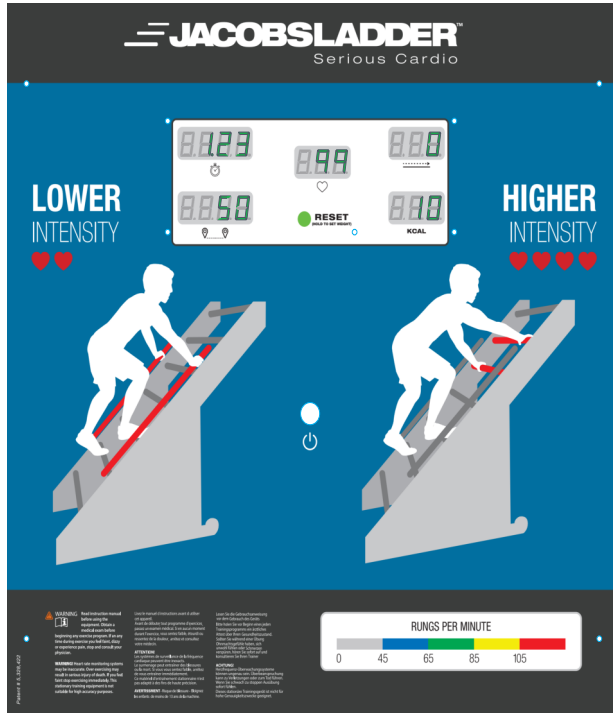


Fig. 3 Important Label Locations

SKU: 9-5360

Description: JL

Unit Weight		Width	Length	Height	Min. Ceiling	Max User Weight
325	lbs	31.25 in	76 in	65.5 in	7.5 ft	350 lbs
147	kg	79 cm	193 cm	166 cm	229 cm	159 kg



JL-33-02
JL FACEPLATE



TP35000160
JL-LARGE-DECAL



TR35000071
STICKER, INSTRUCTIONS, JLX



731-0512
LABEL, WARNING, PINCH POINT, ICON

Notice: images are not to scale

JL CONSOLE

CONSOLE FEATURES

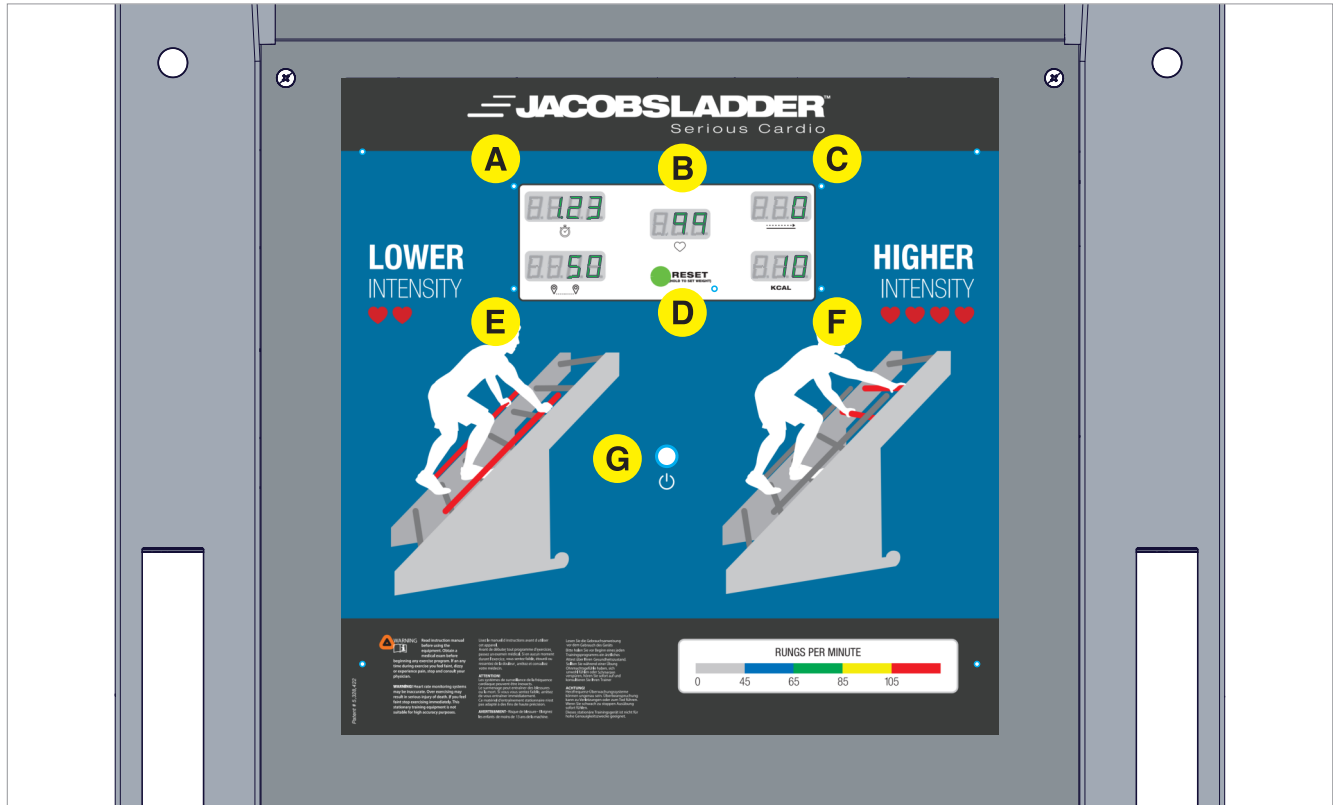


Fig. 4

To turn on console, press the power button **G**. When the display initially powers up, the **Rate** field **C** will display **150** to indicate the default user weight.

You can change the set weight in 10-pound increments by swiping your finger over the reset sensor. You can choose a weight from 100-330lbs.

Description	Function
A Elapsed Time	When the machine is in use, this field will display the elapsed time of the workout. When the unit is not moving, this field will display "HOLD" .
B Heart Rate	This unit is equipped with a wireless receiver located under the deck of the machine. This receiver can detect signal from any Polar brand Heart Rate Device. When the display is on and a users signal is detected, the heart rate will show in this field.
C Rate in Ft/Min	Once a workout is started, this field will display the current speed that the user is climbing in feet per minute.

	Description	Function
<p>D</p>	<p>Reset</p>	<p>The reset sensor is an optic sensor located behind the faceplate. The user swiping their finger over the sensor triggers the reset sensor. When the display initially powers up, the user can change the default weight setting by swiping their finger over the sensor until the desired weight is reached.</p> <p>If you miss the opportunity to enter your weight and want to go back, just hold your finger over the reset sensor for three seconds. Doing so will clear out the information in the display and take you back to where you can enter your weight.</p> <p>When your workout is completed, you can clear out the information on the display by swiping your finger over the reset sensor.</p>
<p>E</p>	<p>Distance in Feet</p>	<p>When the machine is in use, this field will display the total distance climbed in feet.</p>
<p>F</p>	<p>Calories</p>	<p>When the display initially powers up, this field will say “LBS”. This is to prompt the user to input their weight if desired and will begin to display calories burned once the workout has begun. If no weight is input, the unit will use a default weight of 150 lbs to calculate calorie burn.</p>
<p>G</p>	<p>Power</p>	<p>Pressing the power button will light the display for 30 seconds. This will give the user ample time to input their weight before beginning their workout. If you do not begin climbing within 30 seconds of pressing the button, the display will shut off.</p>

REQUIRED TOOLS



Fig. 5 9-5360 Parts In The Box

Required Tools:

- Torque Wrench
- 3/16" Allen Key
- 4mm, 5mm, 8mm, 13mm Allen Socket
- 13mm Open-Ended Wrench
- #2 Phillips Screwdriver

#	PN	Description
A	JL-40	ASSEMBLY MANUAL, JL
B	JLX-26	AC ADAPTOR, POWER INPUT, JLX
C	JLX-10	WAIST BELT, ACESSORIES, JLX
D	JL-37	STABILIZER BARS



PACKAGING REMOVAL:

Carefully remove all packaging materials that wrap the equipment. If parts are missing see **Support & Service**

DO NOT USE A KNIFE OR BOX CUTTER AS YOU MAY DAMAGE THE EQUIPMENT.

At this time remove any sub-components from the pallet and set aside for later assembly. Once all packaging has been removed, lay all parts out in a clean open area to prepare for assembly. Should any component not be present or if you have any operational questions, please refer to **SUPPORT & SERVICE**

After assembly, a complete visual inspection, and test of the features and functions of the assembled unit must be made prior to use.

ASSEMBLY PROCEDURE

1. Remove wooden side skirting from pallet.
2. Remove the four Lag Bolts securing the unit to the pallet with a 1/2" wrench or socket wrench.

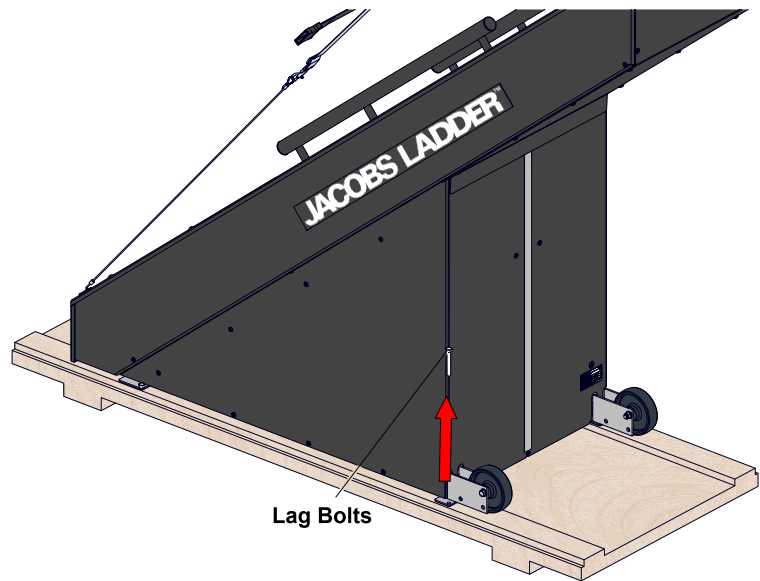


Fig. 5

3. Tip the unit up and carefully wheel it onto the floor.

Note: Make sure unit is placed in final install location before proceeding.

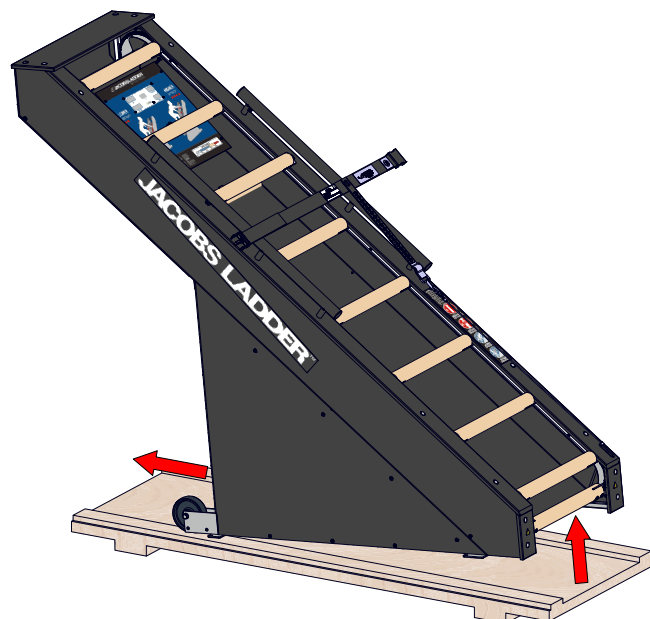


Fig. 6

4. Remove two Nuts (N03-1035), four washers (120-3301), two Hex Bolts (UF10112220), and both Transport Wheels (JL-31-12).

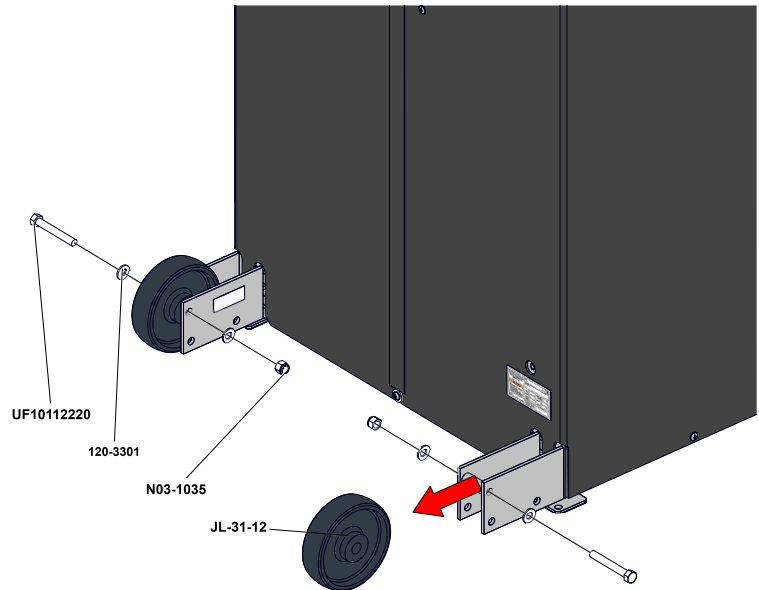


Fig. 7

5. Align the Stabilizer Bars (JL-37) with the Mounting Plates (JL-02) and secure using four Hex Bolts (UF10112220) eight washers (120-3301), and four Nuts (N03-1035).

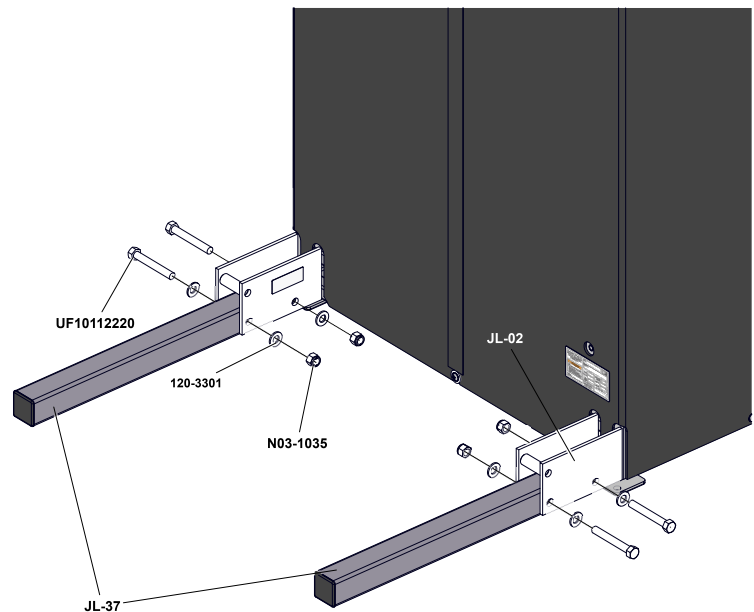


Fig. 8

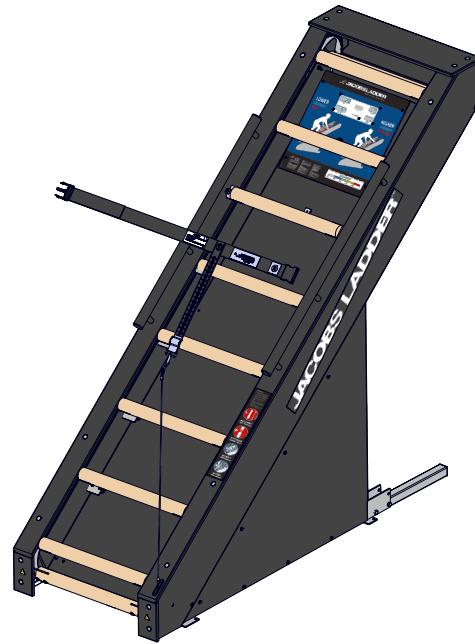


Fig. 9

6. Plug AC adapter JLX-26 into back of unit.
7. Assembly is complete.

TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

Tool		
Metric Allen Key Set	Screwdriver Set, Phillips	Multi-Meter
Metric Open-Ended Wrench Set	Screwdriver Set, Flat	USB - Flash Drive
Large Adjustable Crescent Wrench	Torque Wrench	Zip Ties
Metric Socket Set	Loctite 680	

MAINTAIN ALL EQUIPMENT: Preventative maintenance is the key to smooth operating equipment as well as keeping the product in safe operating condition. Failure to conduct preventative maintenance by the owner may cause the product to operate in an unsafe manner. Equipment needs to be inspected and maintained at regular intervals per the preventative maintenance schedule provided in this manual.

Cleaning

Keeping your units clean is an important component of preventative maintenance and the overall aesthetics of your product. While your clients will appreciate clean equipment free of sweat, dirt and other contaminants proper care and cleaning will extend the life of your product and reduce premature aging and wear. See the maintenance schedule for recommended frequency. Cleaners/Disinfectants should be used at manufacturer recommended dilutions and never in concentrated form.

Inspection

Visual inspection of your units will insure a safe environment for your clients and alert you to any issues that may require maintenance prior to equipment failure. Proper, timely visual inspection is a critical component to the long term care of your product.

- Fasteners, hardware and attachments should be checked monthly for looseness. Tighten as required using appropriate tools.
- Main frame should be inspected every six months for signs of unusual wear, corrosion or structural integrity issues.

MAINTENANCE SCHEDULE

With durable, high performance components, this equipment is designed for heavy usage with minimal maintenance required. To keep it in top condition, perform regular daily, weekly and monthly preventive maintenance routines outlined below.

The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

	Daily	Weekly	Monthly	Annually
General Maintenance				
Check Safety & Warning Labels	X			
Spot Check Rung Chains	X			
Recharge Battery ¹			As Needed	
Check and Tighten all Chains				X
Cleaning				
Clean Console ²	X			
Clean Side Covers ³	X			
Clean Stainless Steel Rung Plates				X

INSPECTION

Inspect the frame for any rust, bubbling, or paint chips during the daily cleaning. The salt in perspiration can damage the unpainted surfaces.

⚠ CAUTION: Cleaning products may be harmful/irritating to your skin, eyes, etc. Use protective gloves and eye protection. Do not inhale or swallow any cleaning product. Protect surrounding area/clothing from exposure. Use in a well-ventilated area. Follow all product manufacturer's warnings. CORE Health and Fitness cannot be held responsible for damage or injuries resulting from the use or misuse of cleaning products.

Preventive Maintenance Cautions

- It is recommended that you do not oil or grease the rung or drive chains. Greasing the chains can prevent the machine from running smoothly.
- Never put polish or wax on the rungs. This will cause the rungs to become slippery and unsafe.
- Never put polish or wax on the black plastic runners at either end of the rungs. This will prevent the machine from running smoothly.
- The black plastic strips located underneath the plastic side rails must be kept clean. Do not get any grease, oil, polish, or other substance on the black plastic strips.
- While maintaining equipment you will want to avoid spraying any liquids directly onto any surface of the unit. Always spray cleaning solutions onto a clean towel first then wipe the unit.
- Do not use glass cleaners or any other household cleaners on the console. The console should be cleaned with a damp cloth and dried on a daily basis. Cleaning solutions can be made of a 5:1 dilution ratio, where 5 parts water are mixed with 1 part of Simple Green®, Fantastik®, or 409®. Do not spray water, or cleaner directly onto console USB Port.

¹ To recharge the battery pack, plug the AC adapter into wall power and then the round connector into the plug on the users lower left side.

² Clean with a water dampened cloth & wipe dry after cleaning.

³ Clean exterior with soap and water or a diluted household cleaner.

REPLACEMENT PARTS



Replacement parts for this unit are available through SUPPORT & SERVICE. Parts listed are shown on the following pages and interactive drawings available on Core Connect. Listed parts may change, please check Core Connect for latest versions and other SKU's covered by this manual:

9-5360-XXXXP0 - JACOBS LADDER JL

Part Number	Qty	Description
110-0575	1	BOLT, 1/4-20 x 1.25, HHC,HE,CS,ZP
110-3098	12	NUT, 1/4-20, HEX, NYLOC
110-3259	2	SCREW, M3X0.5X4, PHM, PH, CS,
110-3324	14	Nut, M8x1.25, CS, NKL, Gr-10
110-3478	6	SCREW, 1/4-20 X 1", HHCS, CS, ZP
120-3023	1	WASHER, 5/16ID,.6880D
120-3301	10	WASHER, M10
140-3463	2	FOAM, SUPPORT, HEARTRATE, HOT
140-3790	1	TUBE, HEATSHRINK, BLACK
711-4207	17	SERVICE KIT, RUNG ASSEMBLY, JL
731-0355	28	WASHER,PLAIN,M8,NARROW
731-0373	4	WASHER,PLAIN,M6
731-0512	2	LABEL, WARNING, PINCH POINT, ICON
731-0587	6	NUT,M4 X 0.7,LOCKING
731-6444	1	WASHER, FENDER, M6, ZP
AJ01258500	3	WIRE ROPE STAY, JLX
GB-T 93 8	14	WASHER, M8, SPLIT LOCK, DACROMET
GB-T 5287 5E	3	WASHER, FENDER, 22MM OD, NP
HR-05E	4	CLAMP, SMALL FLAT
JL-07	7	WHEEL GUIDE PLATE, JLX
JL-21	1	BELT CONNECTION PLATE
JL-31-01-34	2	CLAMP WELD JL-FS-029
JL-31-02	1	JL/JL2 TOP AXLE
JL-31-03	1	ASSY, BLOWER, JL/JL2
JL-31-03-01-03-01	1	JL/JL2 BLOWER DOOR
JL-31-03-03	1	ASSY, BRAKE, JL
JL-31-04	1	ASSY, LOWER JACKSHAFT, JL/JL2
JL-31-04-04	1	POLY-V DRIVE BELT, JL/JL2
JL-31-04-05	1	TACH STICKER
JL-31-05	1	ASSY, UPPER JACKSHAFT, JL/JL2
JL-31-06	1	DRIVE CHAIN, #35, 211 PITCH, JL
JL-31-07	1	DRIVE CHAIN, #35, 117 PITCH, JL
JL-31-08	2	ASSY, SPROCKET, LOWER, JL/JL2
JL-31-09	2	UHMW STRIP DOUBLE-SIDED TAPE, JL/JL2
JL-31-10	2	UHMW STRIP, JL/JL2
JL-31-11	2	UHMW STRIP, JL/JL2
JL-31-12	2	ASSY, TRANSPORT WHEEL, JL/JL2
JL-32-02	32	RUNG CHAIN, #35, 31 PITCH, JL
JL-33-01	1	JL PAN (58301)
JL-33-02	1	JL FACEPLATE
JL-34-01	1	JL/JL2 COVER, RIGHT SIDE
JL-34-02	1	JL/JL2 COVER, LEFT SIDE
JL-34-03	1	JL/JL2 COVER, BACK LEFT
JL-34-04	1	JL/JL2 COVER, BACK RIGHT
JL-34-05	1	JL/JL2 COVER, LEFT SIDE RAIL
JL-34-06	1	JL/JL2 COVER, RIGHT SIDE RAIL
JL-34-07	1	JL/JL2 COVER, RIGHT KICK PLATE
JL-34-08	1	JL/JL2 COVER, LEFT KICK PLATE
JL-34-09	1	JL/JL2 COVER, TOP PLATE
JL-34-10	1	JL/JL2 COVER, BACK TOP
JL-35	2	JL/JL2 HANDRAIL ASSEMBLY
JL-35-02	6	LDPE Unthreaded Spacer
JL-36	1	CABLE STOP, JL/JL2
JL-37	1	ASSY, STABILIZER BARS, JL/JL2
JL-38-01	1	POLY-V DRIVE BELT, INNER, GENERATOR, JL
JL-41	1	CABLE, POWER BUTTON, JL (90-JL-SS)
JL-42	1	DISPLAY BOARD, JL/JL2
JL-43	1	CABLE, SPEED SENSOR, JL/JL2
JL-44	1	ASSY, CABLE, EXT PWR, SM-CT (90-JL-DC_C)

Part Number	Qty	Description
JL-45	1	CABLE, INTERNAL POWER POWER, JL (90-JL-PL)
JL-46	1	CABLE, DISPLAY, JL (90-JL-SE)
JL-47	1	CABLE, HEART RATE, JL/JL2
JLX-01-02-07	1	ASSY, GENERATOR, JLX
JLX-01-03-03-02	1	ASSY, BRAKE PAD, JL/JL2
JLX-01-21	9	SPACER, NYLON, 1/40D
JLX-10	1	WAIST BELT, ACCESSORIES, JLX
JLX-21	1	POWER BOARD, JLX
JLX-22	1	BATTERY, JLX
JLX-26	1	AC ADAPTOR, POWER INPUT, JLX
N01-3070	2	BOLT SH 1/2 X 1 3/4
N03-1035	12	NUT FL 3/8-16 F3816FCW
PC20383801	4	STOP, STABILIZER BAR, JL/JL2
PC22003801E	4	PLUG, HANDRAIL, JL/JL2
PF10102000	1	BUSHING, 11MM ID
PF10102502E	2	WASHER,SHOULDER,.38 I.D.
PO10030212E	5	CABLE CLAMP, FLAT
PU43062900	1	JL/JL2 COVER, BACK CENTER
SMD-03-15-09	1	BUMPER, BLOWER, JL/JL2
TP35000160	2	DECAL, JL SIDE
TR35000071	1	STICKER, INSTRUCTIONS, JLX
UA10940320	1	ASSY, WIRE ROPE, JL/JL2
UA10953830	1	ASSY, BELT CABLE, JL/JL2
UA12060380	4	CABLE PULLEY, JLX
UE11141500	1	SPRING, RETRACTOR, 5.25in
UE11201300	1	SPRING
UF10112180	4	SCREW, 3/8 X 2.25, HHC, GD8.8, BZ, ZP
UF10112220	4	3/8"-16*2 3/4" Hex Bolt
UF11110160	14	18-8 Stainless Steel Square-Neck Carriage Bolt
UF22108030	3	BOLT, SHOULDER, 3/8 X 1/4 (JL-HW-57)
UF22112141	1	BOLT, SHOULDER, 3/8 X 1 3/4, GD 12.9, ZP
UF30304060	10	Passivated 18-8 Stainless Steel Pan Head Phillips Screw
UF30310060E	42	SCREW, 10-24X3/4", TRUSS HEAD
UF32306100	6	SCREW, #6-32x1 1/4,FHC,GR8.8,BZ,ZP
UF34003024E	4	SCREW, CP SELF-TAP 2.9X12
UN50108001E	1	NUT, HEX, BLACK-OXIDE, 1/4-20, GR2
UN50112000	8	NUT, M10, DACROMET
UN51161000	13	NUT,5/16-18,GD8, BZ, ZP, LOCKING
UN51304001	10	NUT, STEEL NYLON INSERT LOCKNUT,
UN51306000	6	NUT, HEXAGONAL LOCK
UN51308000E	2	NUT,#8-32,NYLON INSERT
UN51310000	3	NUT, NYLOCK, #10-13, ZP
UV70030910E	3	WASHER,M4
UW70071616	1	FLAT WASHER, 1/4 Z
UW70082000	1	WASHER,ID8.2mm*OD20.3mm*2mm
UW70132401	4	WASHER, FLAT, 240D, BZ, ZP

Fig. 10 Blower

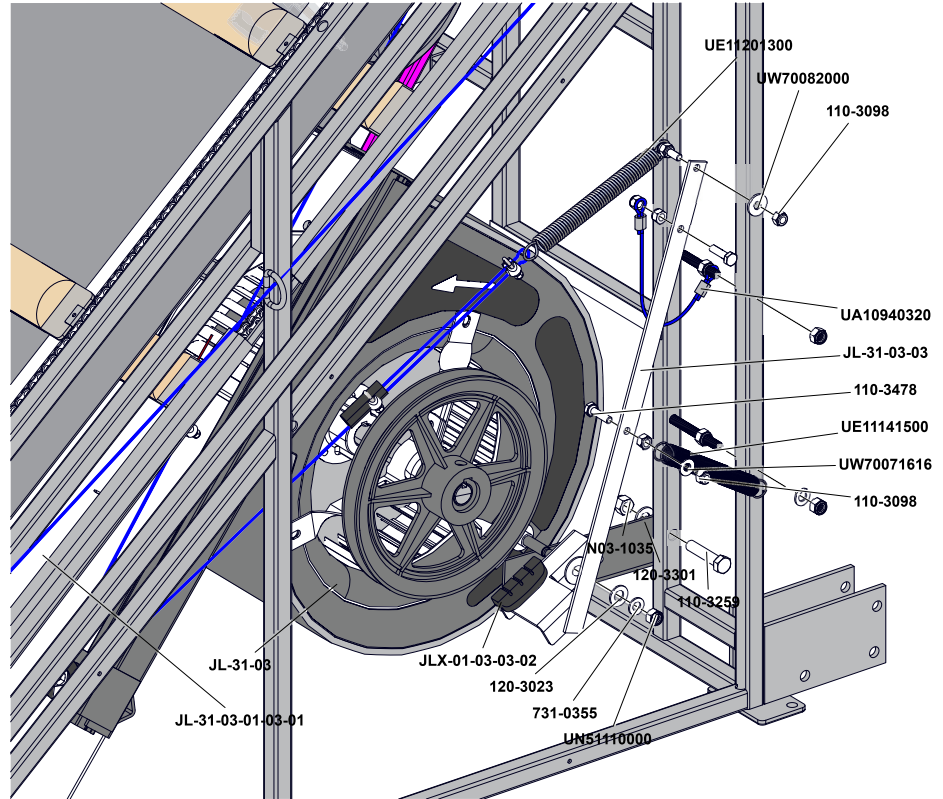


Fig. 11 Covers Front

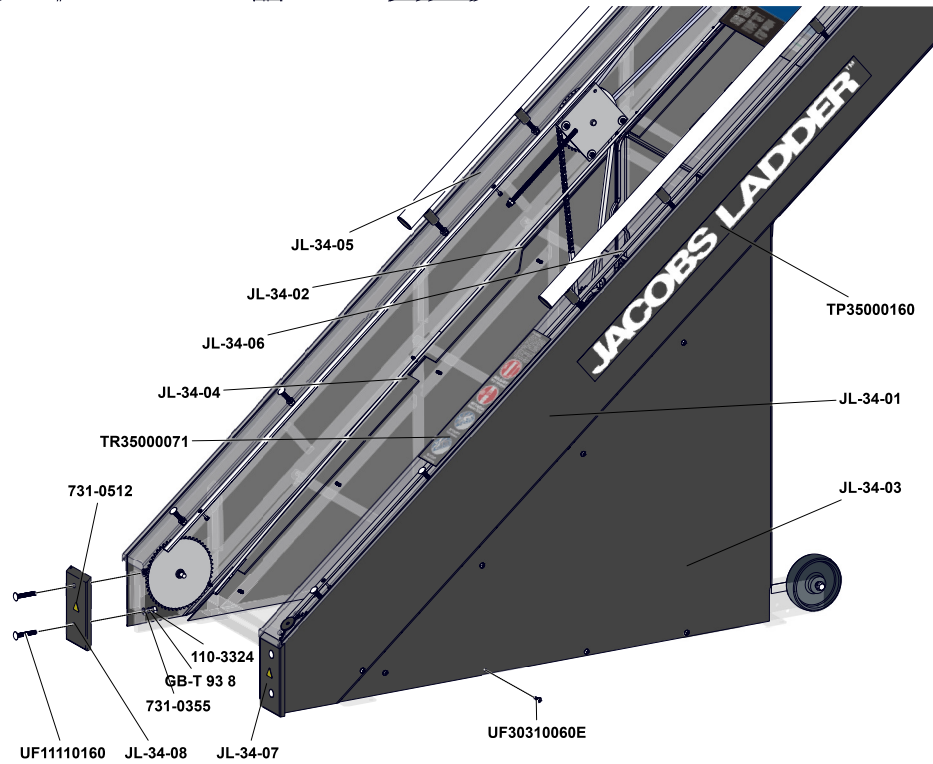


Fig. 12 Covers Rear

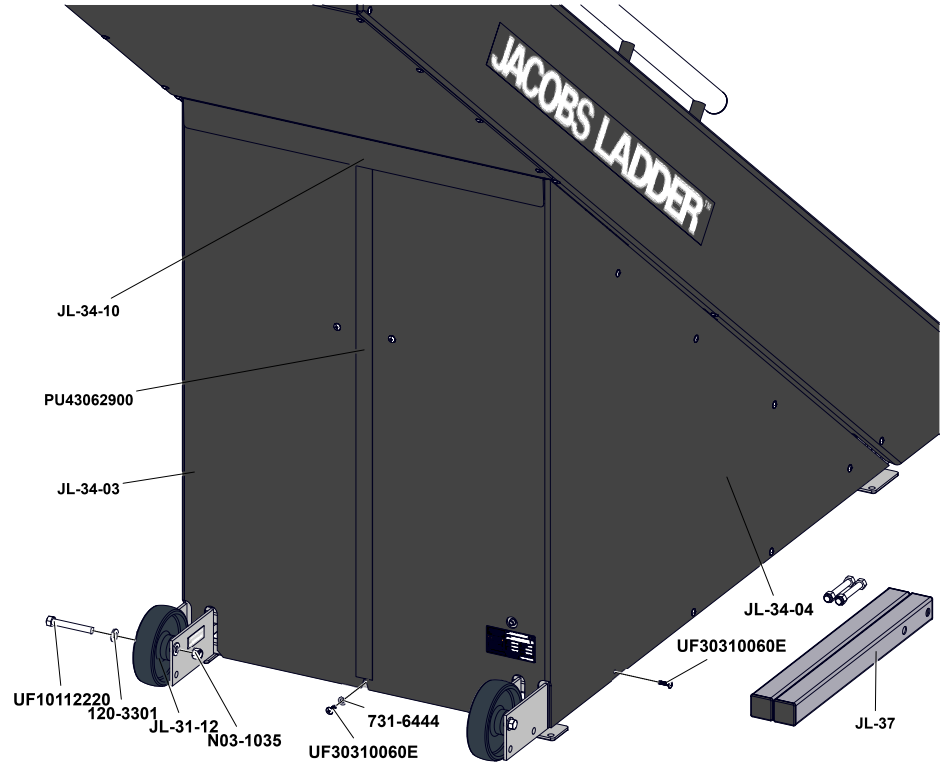


Fig. 13 Covers Top

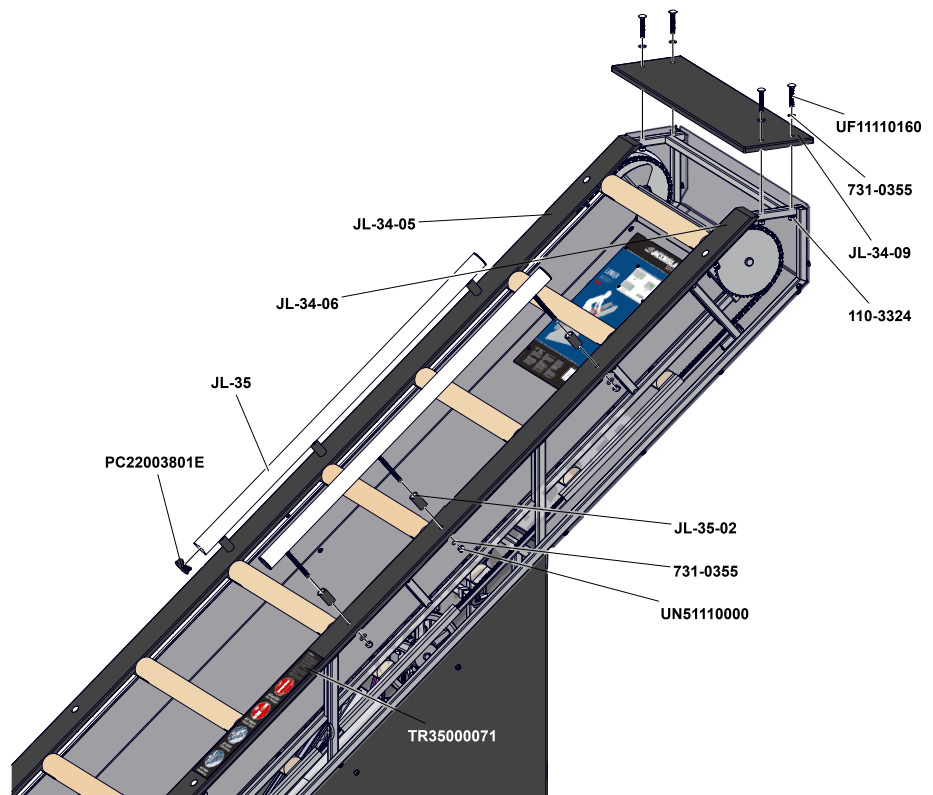


Fig. 14 Display

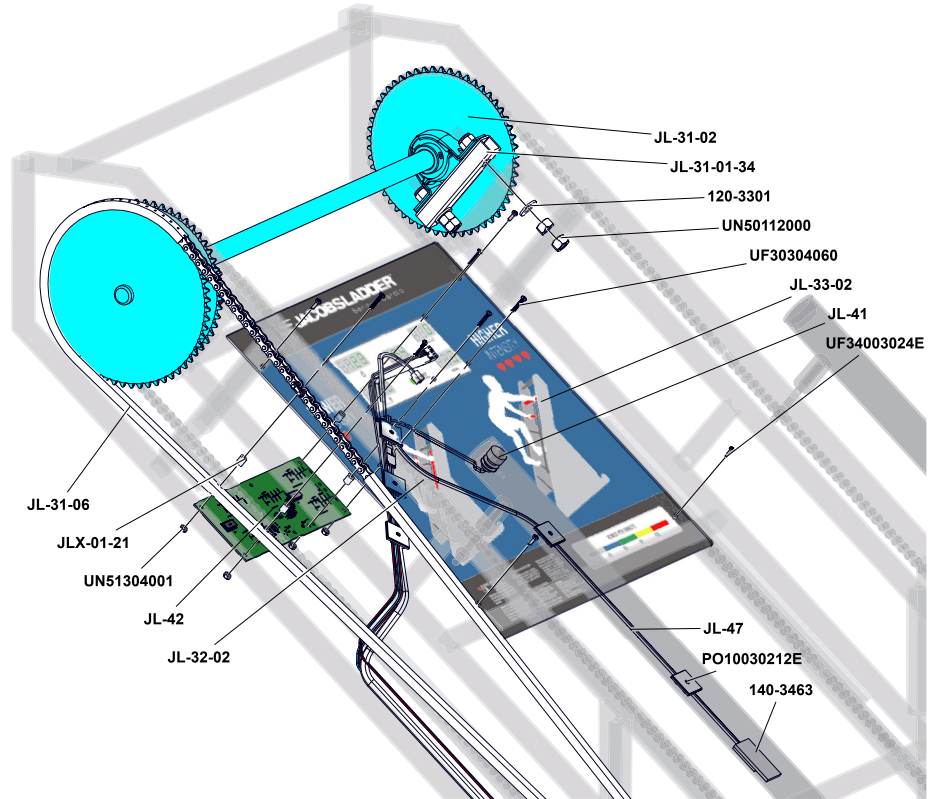


Fig. 15 Drive

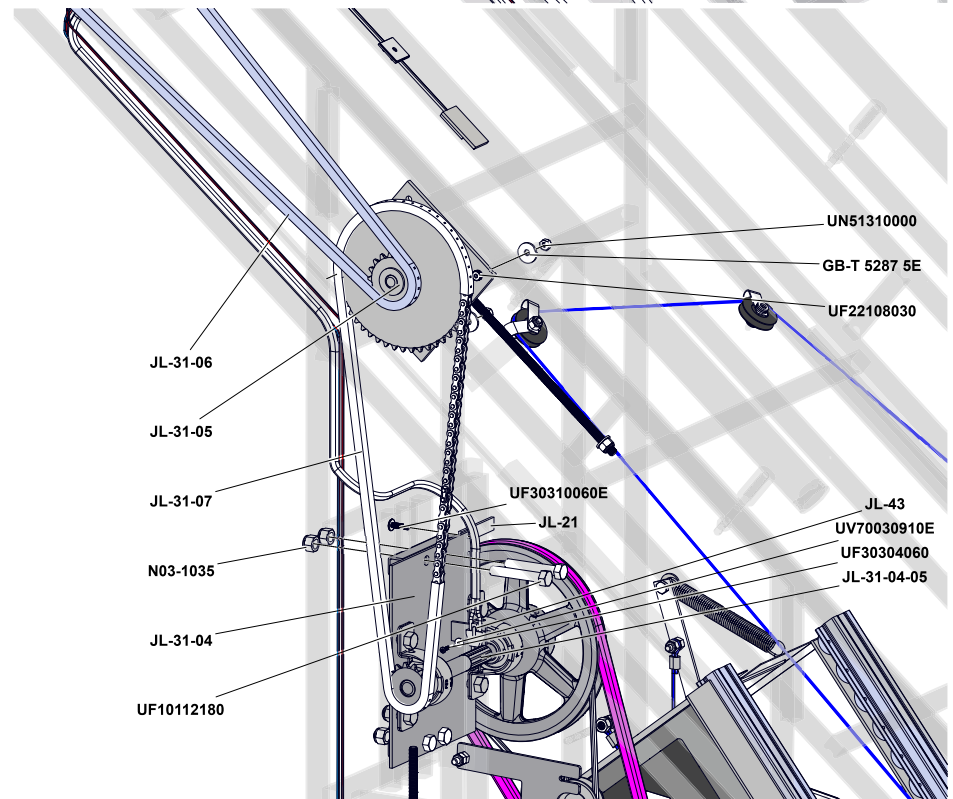


Fig. 16 Electrical

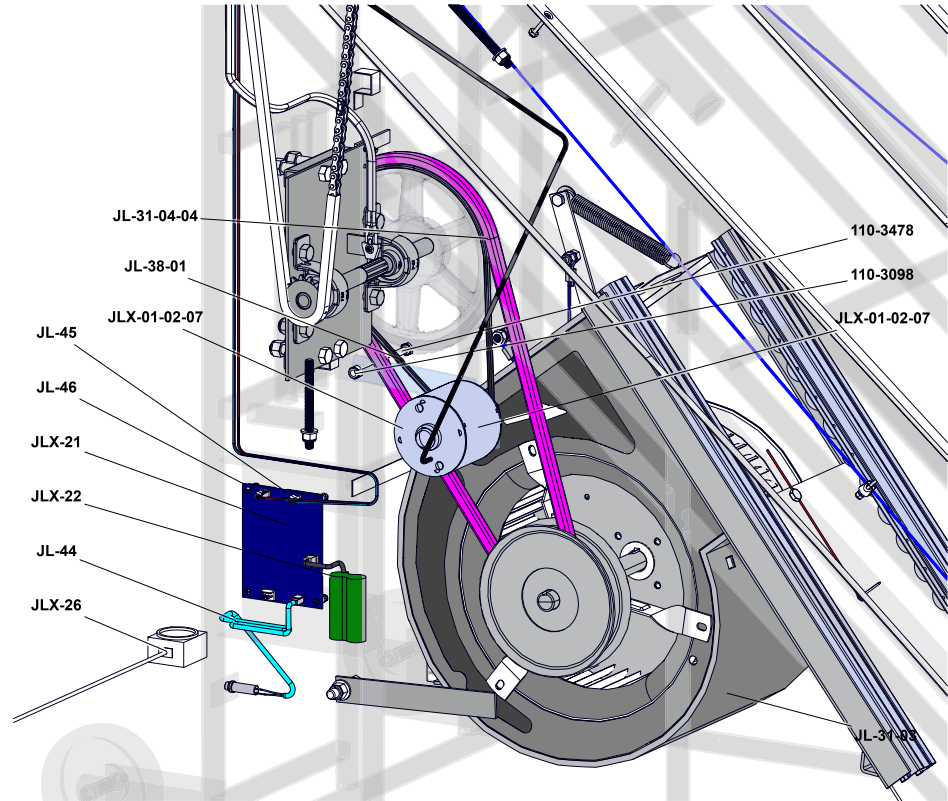


Fig. 17 Lower Sprockets

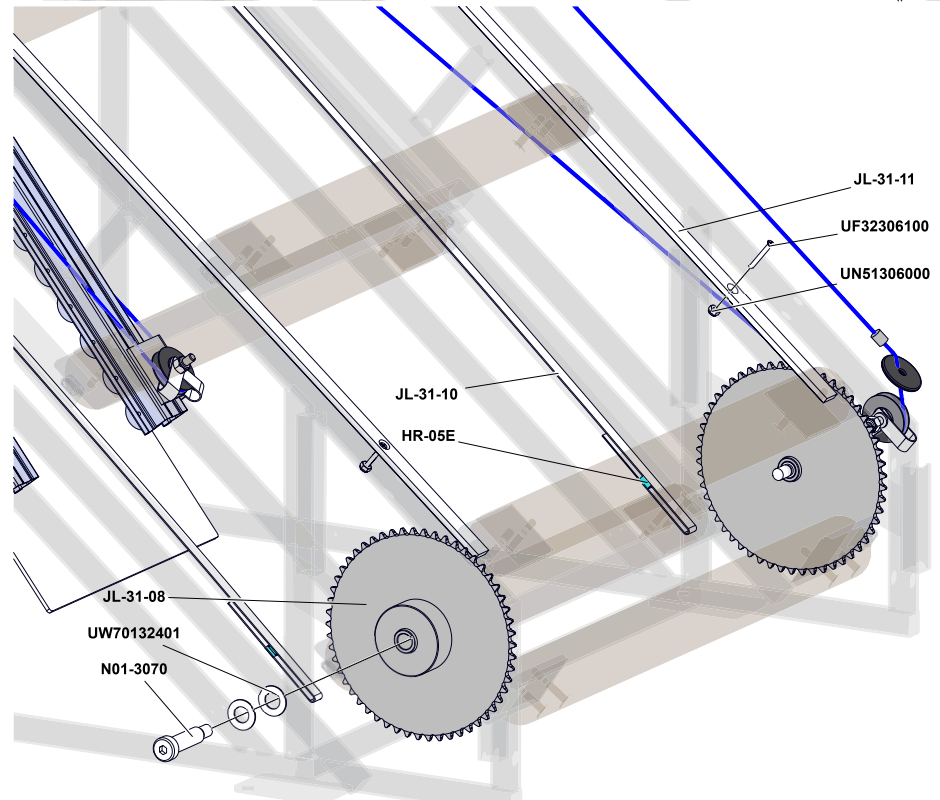


Fig. 18 Rungs

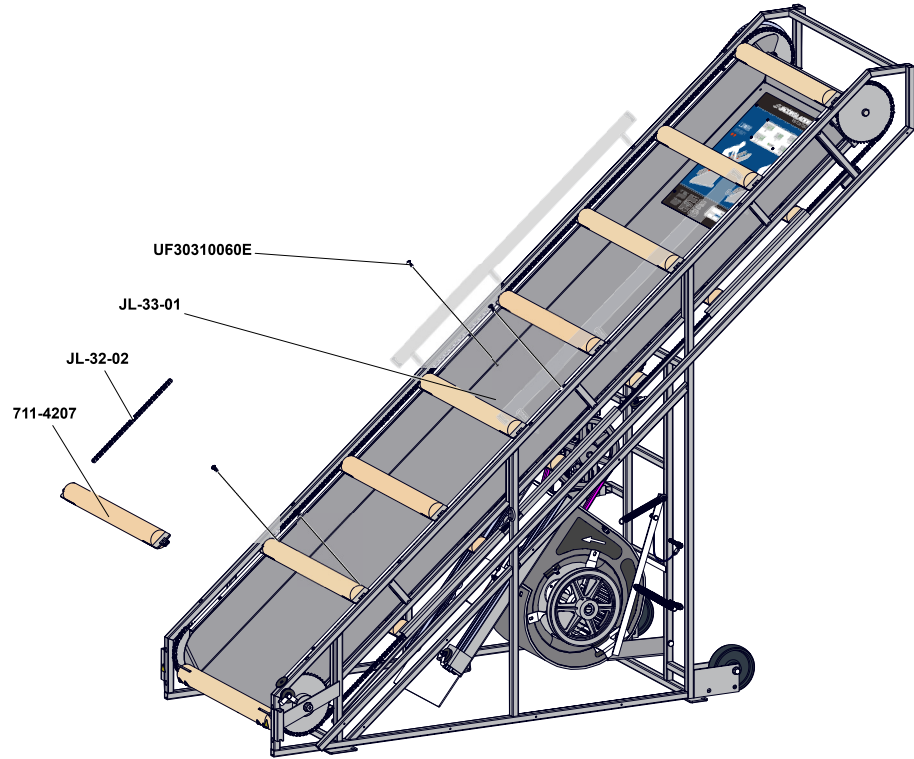


Fig. 19 Waist Belt

