





StairMaster® knows what it takes to make the toughest workouts, pioneering the stepmill and taking HIIT to the next level. We're a trend forward brand that will continue to lead the way in fitness training with innovative products and our unique style of encouragement that dares you to challenge yourself and push through the pain.

## WHAT WE'RE KNOWN FOR

- The **#1 name** in cardio
- Known for **high intensity**
- Known for having **reliable products**
- Delivers **quick results**
- A **reputable, trustworthy** company

## HIIT CONSOLE

The StairMaster HIIT console makes great HIIT workouts even more effective. Track your workout with detailed metrics, follow one of the built in workout programs, and connect your phone via Bluetooth to save and share your workout. The console also comes equipped with ANT+ giving you the ability to pair with heart rate trackers and connect to group displays. The HIIT Console now comes standard on StairMaster HIIT products.

## HIIT PROGRAMMING

From the makers of the toughest workouts in the gym, comes a tough, engaging and scientifically backed High Intensity Interval Training program. Have your trainers and coaches HIIT certified by our Master Trainers, leverage our unique HIIT products to attract members and learn to market your own exciting HIIT program to create a new source of revenue for your facility.

[Learn more about our education offerings on page 70.](#)

# StairMaster® HIIT Console

- Simple, easy to read backlit display
- Easy to use programmable time, distance, calories, time interval, and calorie interval programs
- Bluetooth connectivity to share your information to your favorite tracking app
- Displays heart rate broadcast from ANT+ or 5kHz heart rate straps
- ANT+ allows you to display data on leaderboards with tracking software
- Standard on HIIT Rower, HIITMill, HIITMill X, HIIT Bike & HIIT UBE



## OPENHUB™ PROGRAMS



### LANDMARK CHALLENGE

The Landmark Challenge on the StairMaster Gauntlet lets you test yourself against various landmarks. See if you can climb the Eiffel Tower, the Empire State building, the Burj Khalifa, or one of many other landmarks selected from all over the globe.

### OVERDRIVE TRAINING MODE

An entirely new climbing experience – OverDrive simulates carrying and pushing a load while climbing stairs. Users choose either manual control or one of several pre-programmed interval workouts in the OverDrive Training Mode. Overdrive creates the toughest workout ever delivered on the cardio floor. Push to accelerate the steps and increase your work load, stop pushing to recover. The most demanding StairMaster workout. Ever.

*\*Available only on the StairMaster 10G*



NEW

## 10G

- Available with 3 OpenHub™ console options
- OverDrive Training Mode simulates carrying or pushing a load up stairs for an all-new level of HIIT workout
- Widest, deepest step in the industry and lowest step up height
- Redesigned handrail system supports a variety of workout positions including push/carry in new OverDrive Training Mode and optimal entry/exit
- Service panel removes with 4 fasteners, allows easy access to drive train and electronics
- Hand rail mounted stop button, level controls and contact heart rate
- Revolving staircase with eight steps. Step surface: 12" (30 cm) Deep x 22" (56 cm) Width
- Step rate: 25 Levels ranging from 24-190 steps per minute
- User weight capacity 400 lb (181kg)

15"

10"

LCD

PVS

**Overall Weight**  
653 lb (296 kg)

**Width**  
34" (86 cm)

**Length**  
63" (160 cm)

**Height**  
83" (210 cm)



## HIIT ROWER 9-4690

- StairMaster HIIT console
- Isokinetic fan resistance offers unlimited workout options
- Fan dampening system allows for increased or decreased workloads at a given stroke rate
- Water bottle and accessory holder located under foot plates for safe storage
- Easy storage while not in use by disconnecting at center point
- User weight 500 lb as tested by CORE / 350 lb as tested per EN 20957-7
- Power two C cell batteries or an optional external power supply can be ordered
- Drive Train Nickel plated steel chain
- Construction Aluminum and Steel
- Electrostatic Powder Coating for long lasting durability



**Overall Weight**  
82 lb (37 kg)

**Width**  
26.5" (68 cm)

**Length**  
96" (244 cm)

**Height**  
43" (109 cm)

## Gauntlet® 8G

- Available with 3 OpenHub™ console options
- Hot bar with stop button, heart rate, and level control
- Electronically controlled alternator, brake, and drive chain precisely control the stair speed, allowing a wide range of users to exercise smoothly within their comfort zones
- Revolving staircase with eight steps. Step surface: 8" (20cm) high, 10" (23 cm) deep and 22" (56 cm) wide.
- Step rate: 24-162 steps per minute
- User weight capacity 350 lb (159 kg)



15"

**Overall Weight**  
381 lb (173 kg)

10"

**Width**  
34" (86 cm)

LCD

**Length**  
58" (147 cm)

PVS

**Height**  
89" (226 cm)



## FreeClimber™ 8FC

- Available with 3 OpenHub™ console options
- 10 programs - Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, Custom Intervals, Random Intervals, Heart Rate Intervals, Calorie Goal, Heart Rate Zone Trainer
- Electronically controlled alternator with chain drive precisely controls the pedal descent allowing a wide range of users to exercise smoothly within their comfort zones
- Patented independent pedal geometry with four-bar linkage keeps pedals level ensuring a comfortable, biomechanically correct movement
- Step range 1" to 14" (2.5 cm to 36 cm)
- Step rate: 26-174 steps per minute



15"

**Overall Weight**  
187 lbs (85 kg)

10"

**Width**  
27" (69 cm)

LCD

**Length**  
43" (110 cm)

PVS

**Height**  
68" (173 cm)

## HIIT Bike™ 9-4650

- Dual-action wind resistance provides a total body workout
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs
- Robust, heavy gauge welded steel construction
- The StairMaster HIIT Bike™ was given a warm welcome at the CrossFit Games where it put the toughest among us to the test
- Backed by a full commercial warranty
- User compatible size range typically 4'11" to 6'8" (150 to 203 cm) tall
- User weight capacity 350 lb (159 kg)



**Overall Weight**  
146 lb (66 kg)

**Width**  
29" (74 cm)

**Length**  
51" (130 cm)

**Height**  
58" (147 cm)

## HIIT UBE™ 9-4660

- Adjustable tower accommodates a wide variety of workouts and user sizes
- Integrated bench for seated workouts can be removed to accommodate standing or wheelchair workouts
- Adjustable cranks for varied range of motion and bilateral or unilateral motions
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs
- Wheelchair accessible ramp option allows wheelchair access and meets ADA criteria. The removable ramp's unique mounting system adds only 22" (56 cm) to the total length of the machine
- User weight capacity 350 lb (159 kg)



**Overall Weight**  
320 lb (145 kg)

**Width**  
36" (92 cm)

**Length**  
48" (121 cm)

**Max Height**  
73" (178 cm)

## HIITmill® 9-4670

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Extra wide 23" belt width for lateral training and max stability under load
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs



**Overall Weight**  
382 lb (173 kg)

**Width**  
38" (95 cm)

**Length**  
78" (197 cm)

**Height**  
66" (167 cm)

## HIITMill® X 9-4680

- Self-powered walking, running and pushing
- Magnetic resistance brake
- Multi-grip hand positioning
- Portable design
- Water bottle and phone holder
- Accessory attachment points (straps and tubing not included)
- Farmer's Carry lift arms
- 3mm cushioned turf belt compatible with plastic field cleats
- HIIT console with easy to read backlit display, Bluetooth & ANT+ connectivity, and programmable time, distance, calories, time interval, and calorie interval programs



### Overall Weight

441 lb (220 kg)

### Width

55" (140 cm)

### Length

78" (197 cm)

### Height

66" (167 cm)

## BoxMaster® 9BM-9401

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients
- Optional base and optional kick pad available (sold separately)



### Overall Weight

225 lb (102 kg)

### Width

33" (84 cm)

### Length

30" (76 cm)

### Height

82" (208 cm)

## BoxMaster® Quad 9BM-9404

- 12 perfectly positioned striking pads to accommodate a variety of specific punches
- 4 towers for an effective small group exercise environment
- Proprietary spring arm design provides optimal strike absorption for maximum efficiency and injury prevention
- Adjustable tower and pads makes BoxMaster a perfect fit for heights 5'0" to 6'10" (152 cm to 208 cm)
- Total body conditioning based on a 7 round, 30-minute session
- Ideal for small group revenue-generating programs
- Provides a comprehensive target pad training protocol allowing one trainer to work effectively with multiple clients



### Overall Weight

1226 lb (556 kg)

### Width

75" (185 cm)

### Length

73" (183 cm)

### Height

82" (208 cm)

## Stepmill® 3 SM3

- 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
- Input Voltage 100-240 VAC 50/60 Hz 100 VA
- Backlit LCD Console
- 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
- Revolving staircase with six steps, 6" (15 cm) high, 9" (23 cm) deep and 17" (43 cm) wide



### Overall Weight

212 lb (96 kg)

### Width

29" (74 cm)

### Length

46" (117 cm)

### Height

73" (185 cm)