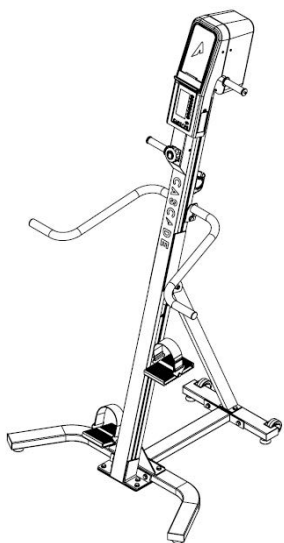


CASCAD E

HEALTH & FITNESS®

Cascade Climber Owner's Manual



Cascade Climber

CASCADE HEALTH AND FITNESS LLC
PO BOX 1318
WOODINVILLE WA 98072
P 425-402-4062
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Email: info@cascadehealthandfitness.com
Website: www.cascadehealthandfitness.com

- PLEASE KEEP THIS BOOKLET FOR IMPORTANT WARRANTY INFORMATION & FUTURE REFERENCE. PLEASE FILL IN BELOW CHART WITH REQUESTED INFORMATION FOR FUTURE USE.
- REGISTER YOUR PRODUCT ONLINE @ www.cascadehealthandfitness.com select the SUPPORT tab and scroll down to WARRANTY REGISTRATION.

MODEL NUMBER	50500-00
DATE OF PURCHASE	
SERIAL NUMBER	
DEALER NAME	
DEALER PHONE NUMBER	

CONGRATULATIONS

You have just become a valued Cascade customer. Our team is committed to making your climbing experience fun and rewarding — offering you detailed product information, expert fitness advice, and direct customer support you can depend on. Thank you for purchasing the **Cascade Climber**.

This **Cascade Climber** Owner's Manual will help you get the most enjoyment from your new indoor Climber. It not only explains all the important features and safety considerations of the **Cascade Climber**, it also includes great workout tips and exercise principles. If at any time you have questions about this information, please call us at (425) 402-4062 and we will be happy to help you. To help us answer your questions quickly, we recommend that you have the serial number of your climber ready when you call us. The serial number of your climber is located on climber frame.

The **Cascade Climber** has been built to deliver an incredible workout, every component of the **Cascade Climber** has been designed to be more durable, more user friendly and more comfortable than any other indoor Climber you have ridden. Whether you are a beginning fitness enthusiast or a highly conditioned athlete, you will immediately feel the difference.

Great Performance and Essential Feedback

- Handles can be fit into 1 of 3 positions to best fit different sizes.
- Climber Console lets you train for top climbing performance measuring your heart rate, level of resistance, cadence, steps, step height, steps/minute, calories, time and distance – to meet and improve your personal climbing goals.
- Finally, its attractiveness and footprint allows you to position the Cascade Climber anywhere in your home/facility for maximum enjoyment. You'll quickly discover that the Cascade Climber gives you a better climbing experience than any other indoor Climber.

FEATURES

- ✓ **Smooth,quiet** magnetic resistance – reduces maintenance an service
- ✓ **Climber Console** – Essential feedback provided to meet your climbing goals – heart rate, steps per minute, steps, step height, cadence, calories, time, distance and level
- ✓ **Durable** Frame Design— Excellent stability and 350 lbs. user load
- ✓ **Wide** Adjustment Range — Better fit for tall and short users for improved comfort
- ✓ **Handgrips**— Quick and secure locking for easy vertical adjustment – 3 positions
- ✓ **Widebase**– for maximum stability
- ✓ The **Cascade Climber** is so smooth and comfortable you can work out much longer than you ever imagined.
- ✓ **Wheels** – for moving mobility
- ✓ **Large, stable foot plates** with Velcro straps

Please review the rest of this Owner's Manual carefully before you start using your new **Cascade Climber**. The information enclosed here will help you get the most enjoyment out of your workout and includes valuable operating, service, safety, and trouble-shooting information, as well as guidelines for an effective exercise program.

We are confident that you will love your new **Cascade Climber**.

Enjoy your climbing.

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WARRANTY

PARTS		LABOR
FRAME	LIFETIME	1 YEAR FOLLOWING CUSTOMER INSTALLATION
NON WEARABLE PARTS	5 YEARS	
ELECTRONICS	2 YEAR	
FOOT PLATES	2 YEAR	
WEARABLES	2 YEAR	

NEED ASSISTANCE? Customer Service: (425) 402-4062

- Service Department, we will pay the shipping cost and provide detailed return shipping instructions. These instructions will be sent along with your warranty replacement part(s)

Prior to contacting our Customer Service Department, please have the following information:

- Purchaser/Customer Name
- Ship To Address
- Phone/Email information

The above information will ensure that you are the only one ordering parts under your warranty protection. If warranty replacement parts are shipped to you, you may be required to return the inoperable part(s). To facilitate this process, the following policy has been established:

- Contact our Customer Service Department to receive a Return Authorization # prior to return if an inoperable warranty part(s) must be returned to our Customer
- Cascade will incur all UPS Ground freight charges for Warranty Parts ordered for a machine that is less than 90 days old.
- You are responsible for freight charges on warranty parts for machines that are more than 90 days old. You will not be responsible for freight charges for any returned inoperable parts.



WARNING

When present, this symbol is an indicator that you should proceed cautiously and be alert as your safety is dependent on your attention to the instructions.

When present, this statement is an indication that there are potential hazard that could result in injury or death.

PRIOR TO BEGINNING AN EXERCISE PROGRAM, READ ALL INSTRUCTIONS CONTAINED WITHIN THIS DOCUMENT

- The Cascade Climber Indoor climbing machine is intended for cardiovascular fitness training and may be used in group or individual settings.
 - Use this equipment only for its intended use as described in this manual
 - Do not attempt to climb at a high rate until you have practiced and are comfortable climbing at slower pace.
- Injury or death may occur from improper use or over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate to your level of fitness.
- Do not expose ANY part of your body or clothing to the drive mechanism as possible injury could occur.
- In commercial settings, the Cascade Climber should always be used in a supervised environment with qualified instructors.
- In a home setting, keep unsupervised children away from the unit when not in use.
 - Keep children and pets away from the unit while in use.
- Do not perform dip-like movements on the handlebars
- Never drop or insert any object into any opening on the exercise equipment.

SAFETY INSTRUCTIONS/INFORMATION

- Only use the unit on a stable, level floor.
- Follow the instructions for safe use of the equipment including proper handle and foot position a
- For safe operation, allow for at least 1 foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear and front of the unit.
- Users, agents, and anyone directing the use of this equipment shall be responsible for determining the suitability of the product for its intended use as outlined in this manual, including regular maintenance tasks. Said parties are put on notice that they assume all risk and liability in connection herewith.
- **Note:** User weight limit for the Cascade Climber is 350 lbs. (159 kg.)

The safety level of this equipment can only be maintained by following the guidelines in this manual and examining the equipment regularly for damage and wear.

Damaged or inoperable components should be replaced immediately and the equipment should not be used until it is repaired.

Failure to follow all guidelines above may compromise your exercise experience, expose you and others to injury, and reduce the longevity of the equipment.

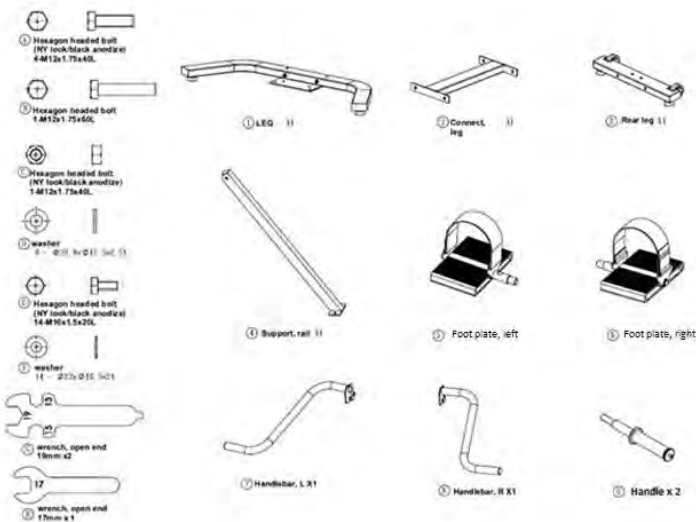
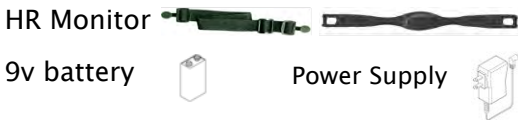
SAVE THESE INSTRUCTIONS

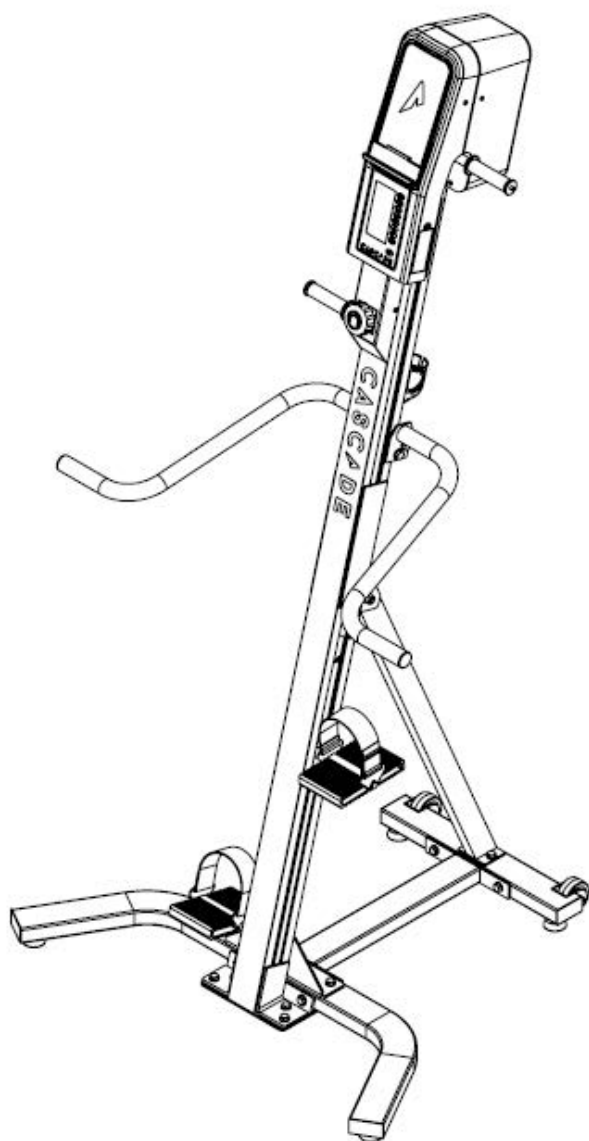
DELIVERY

Upon delivery of your Cascade Climber, take a moment to check the box exterior for any damage and make a note of it on the delivery receipt before signing. Make your delivery agent aware of any concerns you have and that they have been denoted on the delivery receipt. Please contact our Customer Service department (425)402-4062 if there are issues.

Your Cascade Climber will arrive in (1) carton and will require some assembly.

Included in the box with the Climber frame:





UNPACKING INSTRUCTIONS

Before leaving the manufacturing facility, your Cascade Climber was thoroughly inspected and tested for proper operation. To minimize shipping damage, careful attention was given to making your climber ready for shipment.

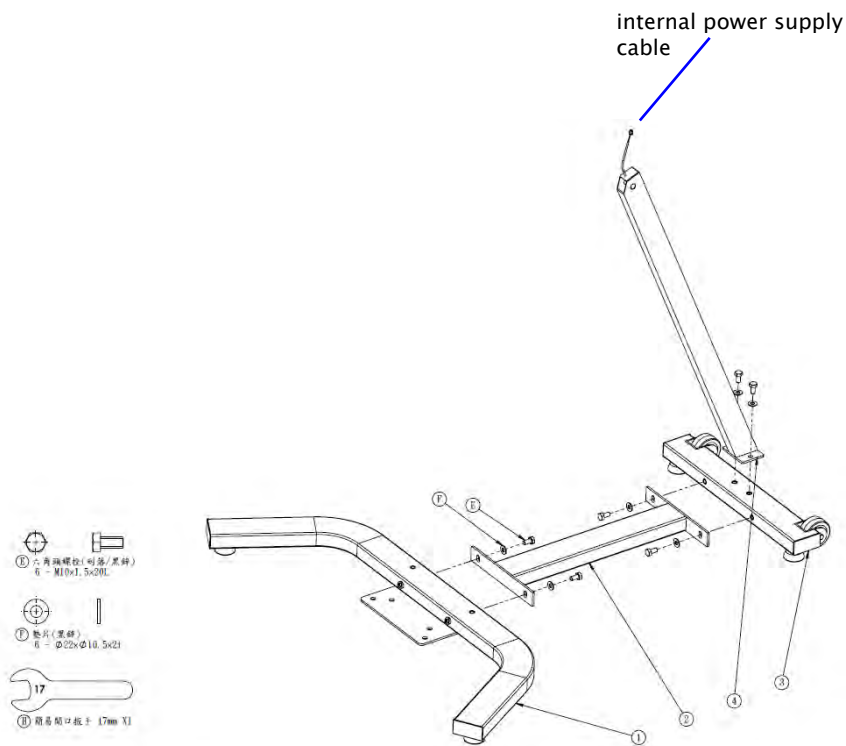
Prior to opening the box, place it in the room of use where there is a large, clear area in order to facilitate an easy assembly.

- 1) With the box in upright position, remove the strapping material. Next remove the staples on the top of the carton.
- 2) Open the carton from the top of the carton to expose contents.
- 3) Carefully remove each item making sure to not throw away any small items that may be covered by packing material.

ASSEMBLY INSTRUCTIONS

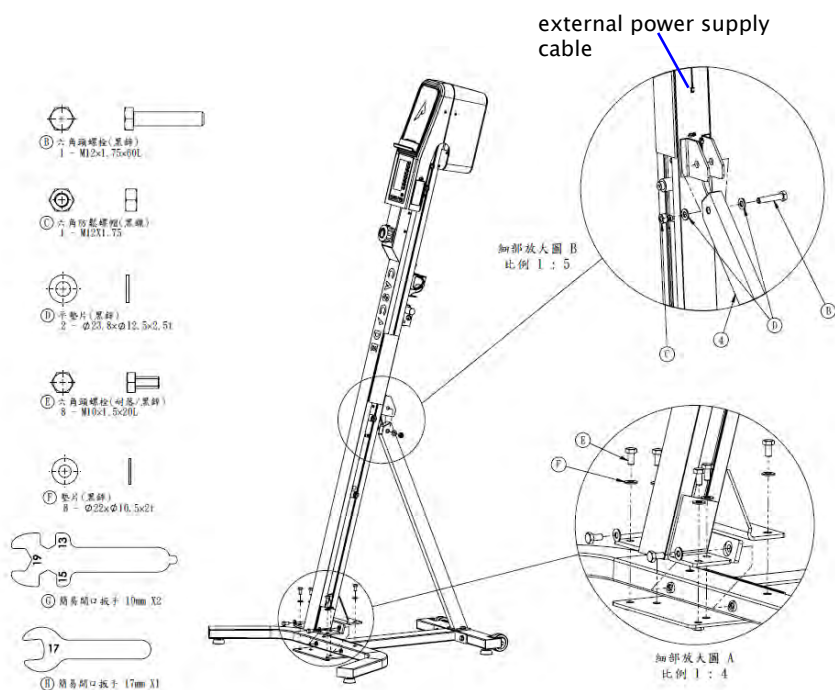
Helpful hint: organize the items from the box prior to starting assembly to ensure quick and smooth assembly

- Assemble base for climber per below diagram



ASSEMBLY INSTRUCTIONS

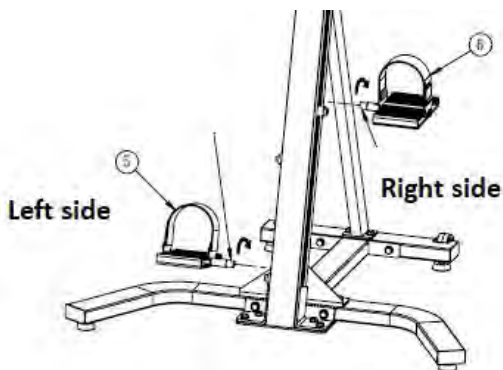
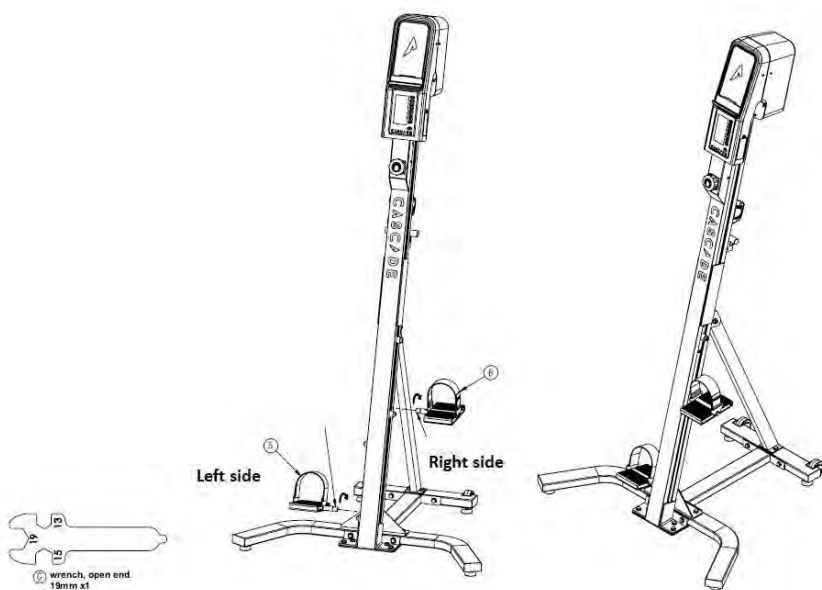
- Attach Climber frame to base per below diagram



Note: The console is powered by a 9v battery, however, the climber does come with an optional power supply. In order to use the power supply to power the console, you will need to plug in the external power supply cable to the internal power supply cable as it exits the frame at the top of the rear vertical leg. Please make sure to plug the external power supply cable into the internal power supply cable at this junction.

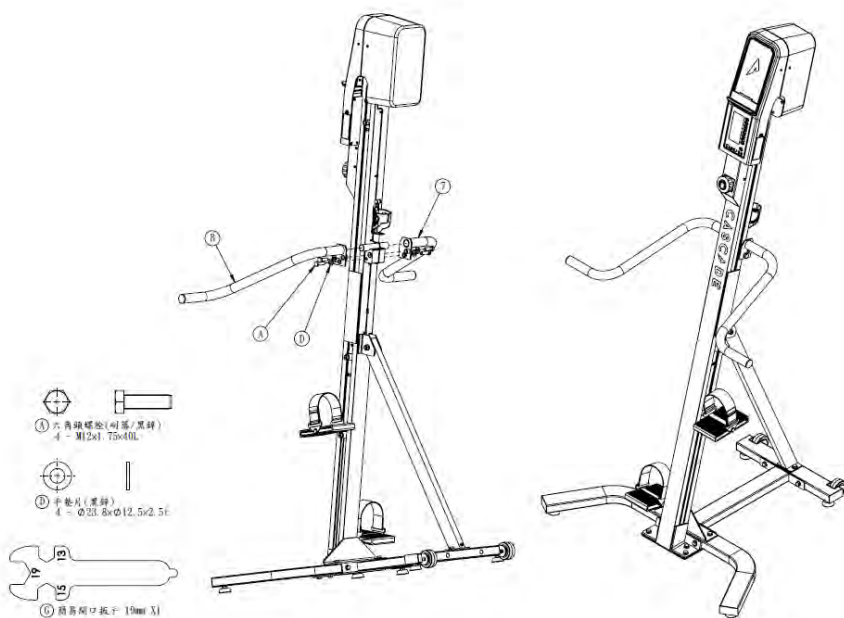
ASSEMBLY INSTRUCTIONS

- Attach foot plates paying close attention to installation rotation of each foot plate.
- **Right foot plate:** thread the right foot plate into the hole with your fingers turning it in a **clockwise** motion (do not cross thread)
- **Left foot plate:** carefully thread the left foot plate into the hole with your fingers turning it in **counterclockwise** motion (do not cross thread)



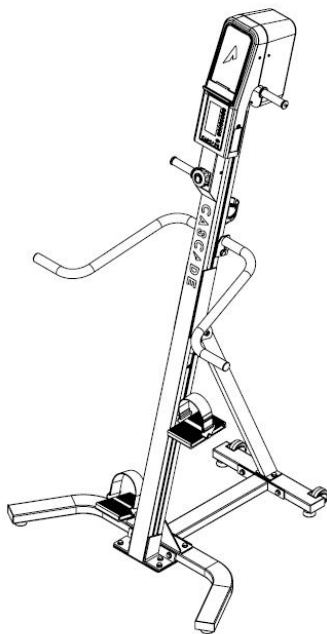
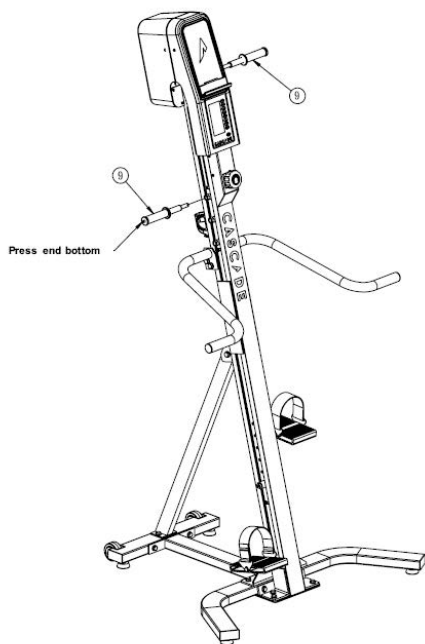
ASSEMBLY INSTRUCTIONS

- Attach handlebars per below diagram



ASSEMBLY INSTRUCTIONS

- Install climbing handles per below to complete the assembly process
- Push button on end of handles to insert and remove – always confirm handles are securely attached before using climber.





WARNING

THESE GUIDELINES ARE DIRECTED TO YOU, AS THE OWNER OF THIS EXERCISE EQUIPMENT. YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES. YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.

- 1) Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
- 2) When working out for the first time, start out slowly for a minimum of five minutes. After your muscles are warmed up, gradually increase the climbing rate and/or resistance to a speed that allows you to attain your target heart rate zone.
- 3) The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
- 4) Overweight or severely unconditioned individuals should be particularly cautious when using the equipment for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
- 5) Although all equipment manufactured by Cascade Health and Fitness has been thoroughly inspected by the manufacturing facility prior to shipment, proper installation and regular maintenance are required to ensure safety. Maintenance is the sole responsibility of the owner.



WARNING

Read and follow all instructions prior to using the Climber. Improper use can result in serious injury. Do not use without supervision in a commercial environment.

IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING IMMEDIATELY. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

1. As with all equipment or programs, consult a physician prior to use and stop if you feel faint, dizzy or exhausted.
2. Always climb in control and ensure all adjustment and locking features are properly secured before using the Climber.
3. Keep children away from Climber.
4. Keep body and clothing free and clear of all moving parts.
5. Maximum user weight is 350 lbs. (159 kgs.)

ADJUSTING THE FIT

Take a moment to learn how to properly fit your Cascade Climber to your body; it will make your workouts a more pleasant and safer experience.

INSTRUCTIONS

- Grab onto arm rails and step on the lowest foot plate.
- Step on the higher foot plate and make it so both feet are level.
- Adjust left and right handles to approximately shoulder height (Push in pin on the end of handle to release and to insert).
- Press any button to wake up the console.
- Press the Start button for a quick start program or press one of the five program buttons.
- Begin with small steps and adjust speed and step height as you feel more comfortable.
- The resistance can be controlled by adjusting the resistance knob from levels 1–16.
- Do not hit the bottom with the foot plates while climbing.

LIMITING STEP HEIGHT

You may limit the step height by inserting the step limiters based on your desired step range. To limit the step height there are 5 adjustment stop positions:

- Insert the stopper on both sides of the rail at the same height and this will limit the step height.

CLIMBERCONSOLE



Modes

MODE	DESCRIPTION
IDLE	<ul style="list-style-type: none"> • Press START/STOP key for 3 seconds to enter IDLE mode • From this mode, you can press any PROGRAM key to set up your training information • While in this mode, press START/STOP key to enter the MANUAL workout program • If no activity after 5 minutes, the console will turn off
STOP TRAINING	<p>While in any program, upon reaching your target goals, the data will display the below results for 2 minutes and then return to IDLE mode</p> <ul style="list-style-type: none"> • TIME • CADENCE – AVG & MAX • CALORIES/HR • DISTANCE • HEART RATE – AVG & MAX • STEPS • STEP HEIGHT – AVG & MAX • STEPS/MIN – AVG & MAX

Display Functions

NOTE: You may designate IMPERIAL or METRIC from the idle mode by pressing the UP & DOWN keys at the same time until you hear a beep then release the buttons. The default is IMPERIAL.

NOTE: To enable/disable Bluetooth: enter IDLE mode then press & hold the ENTER key for 3 seconds to enable or disable Bluetooth. The upper left corner will display BLUETOOTH when it is enabled.

PROGRAM	DESCRIPTION
MANUAL	<ul style="list-style-type: none"> • Quick Start program • Enter this program by pressing the START/STOP key during IDLE mode
CUSTOM INTERVAL	Workout based on your custom interval program
TARGET DISTANCE	Workout based on your set distance goal
TARGET TIME	Workout based on your set duration goal
TARGET CALORIES	Workout based on your set caloric expenditure goal
TARGET STEPS	Workout based on your set steps goal

Key Function

NOTE: When the console is resting/sleep mode, press the START/STOP key to restart/wake up the console

KEYS	INSTRUCTION
START/STOP	<ul style="list-style-type: none">• During IDLE mode, press START/STOP key to enter the MANUAL mode• Press START/STOP key to begin workout• To Pause your workout, press START/STOP key. If you are in pause mode for 5 minutes the console will reset• To Resume your workout, press START/STOP key• To clear your workout, press & hold START/STOP key for 3 seconds and the console will reset to 00:00
UP	Press the UP key to increase training input data
DOWN	Press the DOWN key to decrease training input data
ENTER	Press the ENTER key to confirm entered data
INTERVAL	During IDLE mode, press INTERVAL key to enter this mode
DISTANCE	During IDLE mode, press DISTANCE key to enter this mode
TIME	During IDLE mode, press TIME key to enter this mode
CALORIES	During IDLE mode, press CALORIES key to enter this mode
STEP	During IDLE mode, press STEP key to enter this mode

EXERCISING

- 1) **MANUAL workout** is designed to allow the user to start a program without out entering any desired goal
 - **TURN ON THE CONSOLE** by pressing the **START/STOP** key and the console will be in "idle" mode (no movement—all zeros)
 - Press **START/STOP** key and begin exercising
 - Pause your workout by pressing **START/STOP** & press **START/STOP** again when ready to resume workout
 - Reset the console by pressing **START/STOP** for 3 seconds
- 2) **INTERVAL workout** is designed to exercise for a specified amount of time and then rest a specified amount of time between each interval. You will need to enter the Interval time, Rest time, Number of Intervals and workout duration prior to starting the program.
 - **TURN ON THE CONSOLE** by pressing the **START/STOP** key and the console will be in "idle" mode (no movement—all zeros)
 - Press **INTERVAL** and the screen will show:
 - **EXERCISE**: enter the time for each interval. Press **ENTER** to confirm
 - **REST**: enter the amount of rest time between intervals. Press **ENTER** to confirm

- **INTERVAL:** use the **UP & DOWN** arrows to select the number of intervals
 - Press **START/STOP** to begin your workout. The console will count down from 3-2-1 & then the workout will begin.
- 3) **DISTANCE workout** is designed to allow the user to set & work towards the overall distance goal for the workout.
- NOTE: You may designate IMPERIAL or METRIC from the idle mode by pressing the **UP & DOWN** keys at the same time until you hear a beep then release the buttons. The default is IMPERIAL.
- **TURN ON THE CONSOLE** by pressing the **START/STOP** key and the console will be in "idle" mode (no movement—all zeros)
 - Press **DISTANCE** and the screen will show:
 - **DISTANCE:** use the **UP & DOWN** arrows to designate the overall distance for the workout (it will be shown in feet (FT) or meters (M)).
 - Press **START/STOP** to begin your workout. The console will count down from 3-2-1 & then the workout will begin
- 4) **TIME workout** is designed to allow the user to specify & work towards the overall time goal for the workout.
- NOTE: You may select between 1:00 – 99:99 minutes.
- **TURN ON THE CONSOLE** by pressing the **START/STOP** key and the console will be in "idle" mode (no movement—all zeros)
 - Press **TIME** and the screen will show:
 - **TIME:** use the **UP & DOWN** arrows to designate the overall time (in minutes) for the workout.
 - Press **START/STOP** to begin your workout. The console will count down from 3-2-1 & then the workout will begin
- 5) **CALORIES workout** is designed to allow the user to specify & work towards the overall caloric expenditure goal for the workout.
- NOTE: During the workout, the caloric amount set for your goal to burn will show as you burn them (counting down from the goal)
- **TURN ON THE CONSOLE** by pressing the **START/STOP** key and the console will be in "idle" mode (no movement—all zeros)
 - Press **CALORIES** and the screen will show:
 - **CALORIES:** use the **UP & DOWN** arrows to designate the overall calories to burn for the workout.
 - Press **START/STOP** to begin your workout. The console will count down from 3-2-1 & then the workout will begin

- 6) **STEP workout** is designed to allow the user to specify & work towards the overall step goal for the workout.
- **TURN ON THE CONSOLE** by pressing the **START/STOP** key and the console will be in "idle" mode (no movement—all zeros)
 - Press **STEP** and the screen will show:
 - **STEP**: use the **UP & DOWN** arrows to designate the overall steps for the workout.
 - Press **START/STOP** to begin your workout. The console will count down from 3-2-1 & then the workout will begin

FINAL INFORMATION

Once you have completed your preset workout goal, the console will beep and stop recording any further workout information.

The display will show your overall workout information along with toggling between information screens showing the Average & Maximum data.

If you press **START/STOP** prior to reaching your preset workout goal, the console will pause your workout & display your workout information at the time. To resume, press **START/STOP** again or to cancel the workout, press **START/STOP** for 3 seconds and the console will reset to 00:00.

SETTING A GOAL

The first step to a successful exercise program is to set realistic goals and objectives. Do you want an exercise program that is geared to build muscle, maintain muscle tone, increase aerobic capacity, or lose weight? In order to ensure that you fully receive all the benefits of a sound exercise program, you need to first identify the existence (if any) of risk factors that may influence the design of your exercise program. Based upon a comprehensive analysis of your personal exercise needs and interests, you should then develop (or have developed for you by a competent or trained professional) an individualized program of exercise that is enjoyable, easy, and yet challenging. Your greatest health benefit will come from a lifestyle change that encourages a lifetime of physical activity.

One way to guarantee success in reaching your goal is to eat correctly. A well-rounded diet provides the proteins, carbohydrates, fats, vitamins, minerals, and water necessary for good health. If you are unsure of your dietary needs, seek the advice of your physician, an exercise professional, or visit your local bookstore for more information on nutrition.

Flexibility Training¹

Achieving and maintaining an adequate range of motion should always be objectives of a comprehensive exercise program. The warm-up phase of your exercise session should include some type of light warm-up activity to increase both your heart rate and your body temperature, which is then followed by flexibility exercises that are specifically designed to stretch the musculature around your body's major skeletal joints. Attempting to stretch a cold muscle can be dangerous to the soft tissues surrounding the muscle. No matter how controlled the movement, forcing a muscle through a full range of motion (and beyond) without appropriately warming up is both unsafe and counterproductive.

GENERAL EXERCISE GUIDELINES

A general exercise program for achieving and maintaining flexibility should adhere to the following guidelines:

Frequency	Daily
Intensity	To a position of mild discomfort
Duration	10–30 seconds for each stretch
Repetitions	2–6 for each stretch
Type	Static, with a major emphasis on the low back and hamstrings area because of the high prevalence of low-back pain syndrome in our society

Exercise Principles¹

The American College of Sports Medicine has developed a position paper concerning exercise programs for healthy adults and the need for guidelines. The following recommendations concern the quantity and quality of (exercise) training for developing and maintaining cardiovascular fitness in a healthy adult:

Frequency	3–5 days per week
Intensity	50% – 85% of maximum oxygen uptake (VO ₂ max)
Duration	20 to 60 minutes of continuous aerobic activity
Mode of Activity	Any activity that uses the large muscle groups, that can be maintained continuously, and is rhythmical and aerobic in nature
Rate of Progression	
Initial Conditions	4–6 weeks: low end intensity (40% – 60% VO ₂ max)
Improvement Stage	6 weeks to 6 months: moderate intensity, moderate duration

¹ Some of the material contained in this section was adapted from "The StairMaster® Fitness Handbook, 2nd Ed", by James A. Peterson and Cedric X. Bryant (editors), Sagamore Publishing, 1995.

MAINTENANCE INSTRUCTIONS

HELPFUL HINTS

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. Read all maintenance instructions thoroughly before beginning work.

All references to the right or left side and to the front or back are made as if you were on the exercise equipment ready to exercise. For example, the belt is on the right side of the climber.

INITIAL SERVICE

Upon receiving your equipment, use a soft clean cloth to wipe off the dust that may have accumulated during shipping. Your equipment will need minor assembly. Refer to the “Assembly Instructions” section of this manual for details.

MAINTENANCE SCHEDULE

Part	Recommended Action	Frequency	Cleaner ²	Lubricant ²
Machine	Wipe machine clean/dry with a lint-free cloth	Daily/ after each use		
Machine	Inspect handles and foot plates to make sure fittings are secure	Weekly		
Frame	Inspect all nuts / bolts on frame to make sure they are tight	Monthly		

MAINTENANCE

Part	Recommended Action	Frequency	Cleaner ²	Lubricant ²
Handles	Remove handles and wipe clean the ends	Monthly		
Foot plates	Check that foot plates are tight			
Machine	Make sure machine is level and stable			

SPECIFICATIONS

PHYSICAL DIMENSIONS

- Height: 92.52" (235 cm)
- Width: 46" (116.6 cm)
- Depth: 41" (102.3 cm)
- Max. User Weight: 350 lbs. (158 kg.)

SHIPPING CARTON DIMENSIONS

- Length: 98 in (248 cm)
- Width: 14 in (35 cm)
- Depth: 16 in (40 cm)
- Weight: 128 lbs. (53 kg.)

EXERCISE LOG

Week #:					
Day	Date	Distance	Calories	Time	Comments
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					
Weekly Totals					
Weekly Goals:					

EXERCISE LOG

Week #:					
Day	Date	Distance	Calories	Time	Comments
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Thursday					
Friday					
Saturday					
Sunday					
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Weekly Goals:					

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