



STEPMILL® 3 SM3

Since 1983, StairMaster® has been a legendary name in the gym, delivering a real workout and real results. Now, with the StepMill 3, we're bringing it all home. The StepMill 3 gives you a full cardiovascular and strength workout in one and a compact, lightweight design makes it perfect for home gyms, apartments, medical offices and corporate fitness centers. It's the tough, effective workout you've come to expect from the original name in climbing fitness in a size that fits your needs



BRING IT HOME

The Stepmill 3's compact, lightweight design makes it perfect for home gyms, apartments, medical offices and corporate fitness centers. Fits in a small footprint, and requires only an 8ft/244cm ceiling height.



TRACK YOUR INTENSITY

The StepMill 3 comes standard with a backlit LCD console pre-programmed with over 25 motivating workout combinations. It allows you to track your activity like total workout time, calories burned, Watts produced and floors climbed. Contact heart rate sensors on the handrails and the Polar® chest strap sensor, allow you to continuously monitor your heart rate for optimal results.



STEPMILL 3 SM3

| BASE FEATURES | |
|-------------------------------|--|
| STEP SURFACE | 9in (23 cm) Deep x 17in (43cm) Width |
| STEP HEIGHT | 6in (15cm) |
| STEP RATE | 20 Levels ranging from 24-162 steps per minute |
| STEP UP HEIGHT | 12in (30cm) |
| HEART RATE MEASUREMENT SYSTEM | Telemetry and contact HR |
| CONTROLS | Display |
| DISPLAY | Backlit LCD Console |
| ACCESSORIES | Bottle holder and tablet ledge |
| MAX USER WEIGHT | 350lb (159kg) |
| DRIVE SYSTEM | Alternator |
| ELECTRICAL REQUIREMENTS | 12 V/5 Amp power supply |
| ADDITIONAL FEATURES | Safety stop system with electric eye |
| FRAME | |
| MATERIAL | Powder Coated Steel Frame |
| CUSTOMIZABLE | Paint color options approval required |
| STANDARD COLOR OPTIONS | Silver |
| LENGTH | 46in (117cm) |
| WIDTH | 29in (74cm) |
| HEIGHT | 73in (185cm) |
| PRODUCT WEIGHT | 212lbs (96kg) |
| SHIPPING DIMENSIONS | 48in x 31in x 41in 123cm x 77cm x 105cm) |
| SHIPPING WEIGHT | 285lbs (130kg) |
| ADDITIONAL SKUS | |

9-3400-MINTP0