

# E-SM STAIRMILL

## Model E-SM



- Pre-wired for E Series PVS entertainment system
- Multiple motivational and muscle-specific workout programs allow users to energize their workout, whether it's climbing the Empire State Building, with Famous Steps<sup>®</sup> or toning with the Glute Sculptor program
- Supportive handrails to allow comfortable hand placement at every angle
- User contact heart rate monitoring
- StarTrac's popular adjustable personal fans create a more rewarding workout
- 8" step height with a 9" foot platform for a realistic stair climbing experience
- User weight capacity 350 lbs (158.8 kg)

OVERALL WEIGHT	WIDTH	LENGTH	HEIGHT
355 lbs (161 kg)	34" (86.4 cm)	58" (147.3 cm)	90" (228.6 cm)
FEATURES AND SPECIFICATIONS			
<p><b>STEP RANGE OF MOTION:</b> 9" (22.86 cm), fixed step</p> <p><b>ELECTRICAL:</b> 110 volt NEMA 5-15 cord; 220 volt NEMA 6-15 Self powerinf for E-SM unit. External power supply provided for entertainment system; If the user is at level 1, the user must be 130 pounds or greater to keep the battery charged. If at level 2, the user must be 125 pounds or greater to keep the battery charged The StarTrac StairMill™ is able to operate without wall power provided users operate the machine at Level 3 or higher for workout durations greater than 5 minutes. If lower level continuous operation is required, it's suggested to operate the mill with a power adapter.</p> <p><b>CERTIFICATION:</b> UL/CSA, CE, FCC, or CISPR</p> <p><b>COLORS:</b> Frame: StarTrac Silver, Shrouds: Slate Gray, Accents: Black</p> <p><b>RESISTANCE:</b> 20 levels of intensity</p> <p><b>HR MONITORING:</b> Polar<sup>®</sup> Telemetry and Contact Heart Rate System</p> <p><b>DISPLAY:</b> Intuitive, tactile response keypad with LED technology</p> <p><b>READOUTS:</b> 16-character message window; Dedicated: Time, floors climbed, heart rate, course profile, resistance level, motivational track; Scrolling: Calories, calories/ hour, watts, distance, speed, METS</p>		<p><b>PROGRAMS:</b> 11 workouts including Famous Steps<sup>®</sup>, Quick Start, Glute Sculptor, Thigh Toner, Fat Burner, Multi-Stage Fitness Test, Dynamic Heart Rate Control<sup>†</sup> Constant Heart Rate Control and three custom workouts</p> <p><b>STANDARD FEATURES:</b> Personal cooling fans, dedicated heart rate display, FitLinxx<sup>®</sup> certified</p> <p><b>ENTERTAINMENT:</b> Pre-wired for E series PVS entertainment system</p> <p><b>WARRANTY:</b> 2 years Comprehensive Warranty for parts and labor support for the equipment, applicable on the basis of manufacturing defect only.</p>	