

The logo for StairMaster, featuring a stylized cluster of dots to the left of the brand name "StairMaster" in a bold, sans-serif font.

## STAIRMASTER® 10G

The innovative new design of the StairMaster 10G features our exclusive OverDrive Training Mode that simulates carrying or pushing a load up stairs, for the most intense climbing workout. The 10G's advancements all focus on delivering the best climbing experience ever created. User-focused features include the widest and deepest stepping surface and lowest step-up height in the industry, ergonomic handrails to support multiple climbing positions and an all new drive train that delivers smooth, quiet performance.



### OVERDRIVE TRAINING MODE

The new OverDrive Training Mode simulates carrying or pushing a load up stairs. Users choose either manual control or one of several pre-programmed interval workouts to create the toughest workout ever delivered on the cardio floor. The 10G handrails provide three hand positions for pushing, as well as farmer's carry handles.



### PRODUCT DESIGN FEATURES

The widest and 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, allowing easy access to drive train and electronics.

[corehealthandfitness.com](http://corehealthandfitness.com)



## 10-G

### BASE FEATURES

<b>STEP SURFACE</b>	12in (30 cm) Deep x 22in (56cm) Width
<b>STEP HEIGHT</b>	8in (20cm)
<b>STEP RATE</b>	25 Levels ranging from 24-190 steps per minute
<b>STEP UP HEIGHT</b>	9in (23cm)
<b>HEART RATE MEASUREMENT SYSTEM</b>	Telemetry and contact HR (Bluetooth with embedded display)
<b>CONTROLS</b>	Easily accessible Hot Bar® is located closer to the user with one-finger speed and elevation controls, integrated stop button and contact heart rate grips
<b>DISPLAY</b>	Choose from LCD, 10" or 15" OpenHub display options
<b>ACCESSORIES</b>	Multiple bottle and accessory holders, LCD and 10" displays pre-wired for 8 Series PVS entertainment, 800/900MHz receivers, and tablet holder
<b>MAX USER WEIGHT</b>	400lb (181kg)
<b>DRIVE SYSTEM</b>	Generator
<b>ELECTRICAL REQUIREMENTS</b>	12V/5 Amp power supply
<b>ADDITIONAL FEATURES</b>	OverDrive Programs simulate sled push and farmer's carry while climbing stairs; Landmark Challenge

### FRAME

<b>MATERIAL</b>	Powder Coated Steel Frame
<b>CUSTOMIZABLE</b>	Paint color options approval required
<b>STANDARD COLOR OPTIONS</b>	60 Black
<b>LENGTH</b>	63in (160cm)
<b>WIDTH</b>	34in (86cm)
<b>HEIGHT</b>	83in (210cm)
<b>PRODUCT WEIGHT</b>	653lbs (296kg)
<b>SHIPPING DIMENSIONS</b>	72in x 37in x 87in (182cm x 95cm x 220cm)
<b>SHIPPING WEIGHT</b>	739lbs (335kg)

### ADDITIONAL SKUS

9-5285-10G-LCD  
 9-5285-10G-15-PAL-DMB  
 9-5285-10G-15-ATSC  
 9-5285-10G-10



## CONSOLES

<b>DISPLAY</b>	15" StairMaster	LCD	10"
<b>DISPLAY TYPE</b>	Capacitive Touchscreen	Static LCD	Resistive Touchscreen
<b>MULTI-LANGUAGE OPTIONS</b>	English, German, Spanish, Dutch, Portuguese, French, Italian, Swedish, Russian, Finnish, Danish, Chinese, Japanese, Turkish, Polish, Russian, Hebrew, Czech, Slovak	English, German, Spanish, Dutch, Portuguese, French, Italian, Swedish, Katakana, Russian, Finnish	English, German, Spanish, Dutch, Portuguese, French, Swedish
<b>PRE-PROGRAMMABLE WORK OUTS</b>	Yes, 16+	Yes, 14+	Yes, 11+
<b>QUICK START OPTIONS</b>	Yes, single button start options	Yes, single button start options	Yes, single button start options
<b>TV TUNER ENABLED</b>	Yes (Global tuner options)	No	No
<b>ETHERNET AND WIFI ENABLED</b>	Yes	No	No
<b>BLUETOOTH DATA TRACKING/APP CONNECTIVITY</b>	Yes	Yes	Yes
<b>BLUETOOTH HEADPHONES</b>	Yes	No	No
<b>BLUETOOTH HEART RATE</b>	Yes	No	No
<b>APPLE GYMKIT</b>	Yes	Yes	No
<b>RUNTV INTEGRATED WORKOUT VIDEOS</b>	Yes	No	No
<b>INTEGRATED WEB-BASED APPS</b>	Yes	No	No
<b>CUSTOMIZABLE HOME SCREEN</b>	Yes	No	No
<b>HDMI STREAMING</b>	Yes; cables not included	Yes, HDMI streaming available with PVS option; cables not included	Yes, HDMI streaming available with PVS option; cables not included
<b>USB</b>	USB port for software updates and device charging; cables not included	USB port for software updates and device charging; cables not included	USB port for software updates and device charging; cables not included
<b>RFID</b>	Optional	No	No
<b>IPTV/SET TOP BOX COMPATIBLE</b>	Yes, add-on accessories required	Yes, with PVS	Yes, with PVS
<b>ANT+ FOR GROUP DISPLAY</b>	Yes	Yes	Yes
<b>PERSONAL FAN</b>	Yes, programmable auto start	Yes, programmable auto start	Yes, programmable auto start
<b>ASSET MANAGEMENT</b>	Ecofit Optional	Ecofit Optional	Ecofit Optional
<b>TABLET HOLDER</b>	Integrated front	Integrated front, optional top add-on	Integrated front, optional top add-on
<b>PVS</b>	No	Optional	Optional
<b>800/900 MHZ RECEIVER</b>	No	Optional	Optional



## PVS FEATURES

<b>PVS</b>	10/8/4 Series
<b>DISPLAY TYPE</b>	15.6" HD LED
<b>RESOLUTION</b>	1366 x 768
<b>TUNER OPTIONS</b>	1) ATSC/NTSC/QAM 2) PAL/DVB-T/DVB-C
<b>DIGITAL AND ANALOG SUPPORT</b>	Yes
<b>SIGNAL INPUTS</b>	Coax, HDMI
<b>INPUT RF SIGNAL RANGE</b>	-70 dBm(Min) ~ -10 dBm(Max)
<b>CLOSE CAPTION</b>	Yes
<b>HEADPHONE JACK</b>	3.5mm on Display

## SKUS

- 700-0386-13: SILVER MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER TR MOUNT
- 700-0386-16: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/QS TR MOUNT
- 700-0386-20: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER TR MOUNT
- 700-0387-13: SILVER MYE PVS SCREEN, 2016, PAL TUNER w/SILVER TR MOUNT
- 700-0387-16: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/QS TR MOUNT
- 700-0387-20: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/SILVER TR MOUNT
- 700-0388-13: SILVER MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER TH MOUNT
- 700-0388-16: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/QS TH MOUNT
- 700-0388-20: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER TH MOUNT
- 700-0389-13: SILVER MYE PVS SCREEN, 2016, PAL TUNER w/SILVER TH MOUNT
- 700-0389-16: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/QS TH MOUNT
- 700-0389-20: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/SILVER TH MOUNT
- 700-0390-13: SILVER MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER BCG MOUNT
- 700-0390-16: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/QS BCG MOUNT
- 700-0390-20: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER BCG MOUNT
- 700-0391-13: SILVER MYE PVS SCREEN, 2016, PAL TUNER w/SILVER BCG MOUNT
- 700-0391-16: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/QS BCG MOUNT
- 700-0391-20: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/SILVER BCG MOUNT
- 700-0392-13: SILVER MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER FC MOUNT
- 700-0392-16: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/QS FC MOUNT
- 700-0392-20: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/SILVER FC MOUNT
- 700-0393-13: SILVER MYE PVS SCREEN, 2016, PAL TUNER w/SILVER FC MOUNT
- 700-0393-16: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/QS FC MOUNT
- 700-0393-20: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/SILVER FC MOUNT
- 700-0489-20 BLACK PVS, PAL TUNER w/ 4-TR MOUNT
- 700-0489-74 PVS, PAL TUNER w/ 4-TR MOUNT
- 700-0490-20 BLACK PVS, ATSC/NTSC TUNER w/ 4-TR MOUNT
- 700-0490-74 PVS, ATSC/NTSC TUNER w/ 4-TR MOUNT
- 700-0491-20 BLACK PVS, PAL TUNER w/ 4-CT/UB/RB MOUNT
- 700-0491-74 PVS, PAL TUNER w/ 4-CT/UB/RB MOUNT
- 700-0492-20 BLACK PVS, ATSC/NTSC TUNER w/ 4-CT/UB/RB MOUNT
- 700-0492-74 PVS, ATSC/NTSC TUNER w/ 4-CT/UB/RB MOUNT
- 700-0496-16: BLACK MYE PVS SCREEN, 2016, ATSC/NTSC TUNER w/QS 10TR MOUNT
- 700-0500-16: BLACK MYE PVS SCREEN, 2016, PAL TUNER w/QS 10TR MOUNT

Core Health & Fitness is more than gym equipment, we offer innovative solutions for all your facility needs. This is why we've brought together five of the most recognizable fitness brands to ensure our customers can offer their members authentic fitness experiences. Whether working with us directly or through our partners and distributors worldwide, we provide the highest quality equipment backed by a service and support team that will always go the extra mile to get you what you need, when you need it. Partner with us and see how our Core Values motivate our every decision.

