

CLMBR 02

USER MANUAL

TABLE OF CONTENTS

Safety Information	04
Safety Labels	05

Notices	06
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Support	07
---------	----

Specifications	
Machine Specs	08
Display Specs	09

Overview	10
----------	----

Tools	12
-------	----

Box Contents	13
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Installation	
Build Prep	14
Console	18
Base	24
Dip Bars	32
Handle	38
Display	42
Final Steps	44

Getting Started	54
Moving The CLMBR	56
Leveling the CLMBR	57
Stepping On	58
Stepping Off	59
Proper Form	60
Handle Adjustments	61
Resistance Knob	62

Camera	63
Screen Adjustment	64
Home Screen	66
Widgets	68
In-Class Screen	72
Care & Maintenance	74
FAQs	75

SAFETY INFORMATION

Consult a physician before incorporating CLMBR into your fitness routine. Incorrect or excessive training may result in injury.

If you experience faintness, chest pain, or shortness of breath while using the CLMBR, stop immediately and consult your physician.

Metrics on the screen may be inaccurate. Values should be used for reference only.

Use caution when stepping on and off of the CLMBR.

To prevent injury, always adjust both handles to meet your personal requirements.

Keep children under 14 years old and pets away from the CLMBR at all times. Children 14 years and older, and those who are inexperienced with upright climbing, should be given supervision and instruction prior to using the CLMBR.

Keep hands, loose clothing, shoelaces, and accessories away from moving parts, including the track openings.

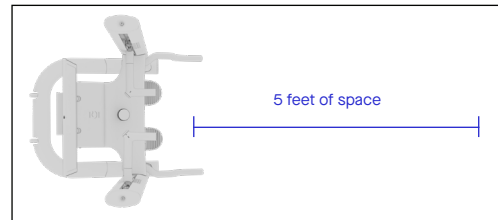
The CLMBR should not be used by persons exceeding 350 lbs/160 kgs in weight.

The CLMBR is for indoor use only.

Use only original parts from the manufacturer. Changes or modifications to the CLMBR not expressly approved by CLMBR may void the warranty. Always unplug the CLMBR before performing maintenance.

Allow clearance of 5' in front of the machine to step on and off.

Maintain 5 feet of open space behind the CLMBR.



WARNING

The safety level of the equipment can be maintained only if it's examined regularly for damage and wear, e.g. ropes, connection points.

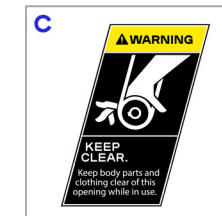
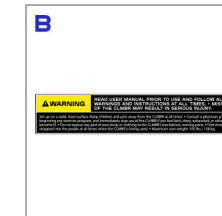
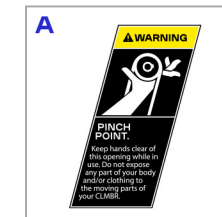
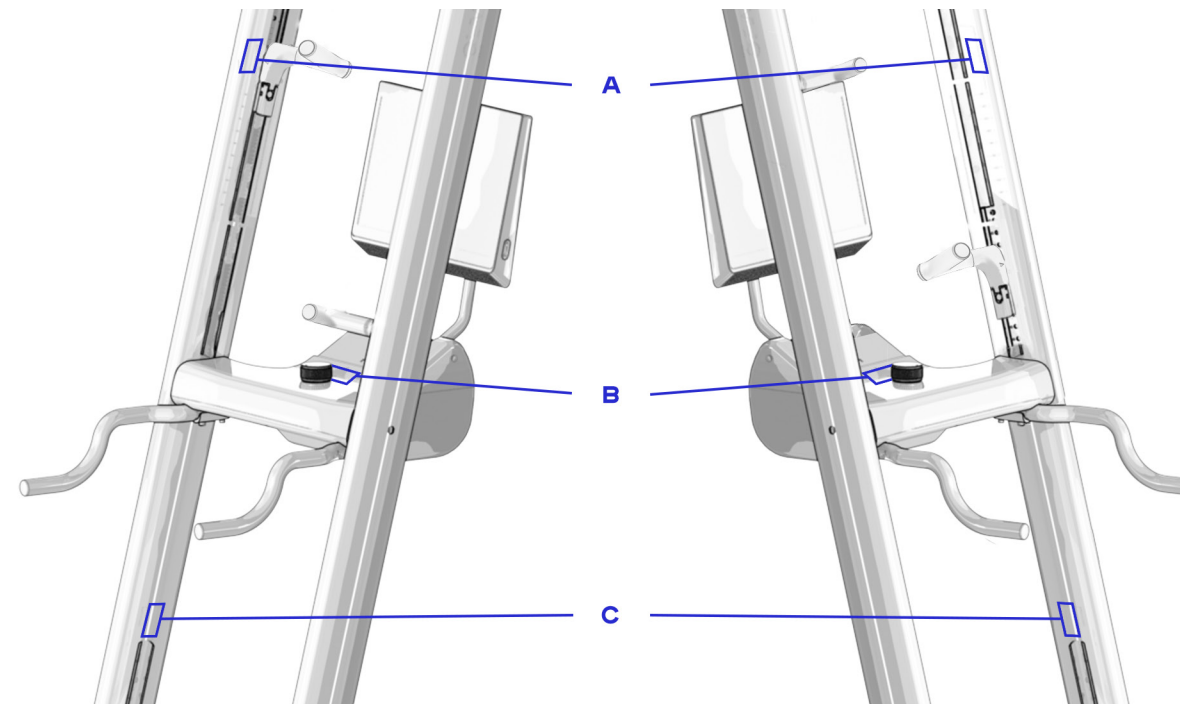
The equipment should be installed on a stable and levelled base.

CALIFORNIA PROPOSITION 65 WARNING:



WARNING: This product may contain chemicals known to the State of California to cause cancer, and birth defects or other reproductive harm.
For more information: www.P65Warnings.ca.gov

SAFETY LABELS



Read all warnings on the CLMBR before use. If labels are damaged or missing, contact the CLMBR Support to replace them immediately.

NOTICES

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device must not cause harmful interference, and (2) this device must not accept any interference received, including interference that may cause undesired operation.

NOTE:

This equipment has been tested and found to comply with the limits for a Class A digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

1. Reorient or relocate the machine.
2. Increase the separation between the equipment and receiver.
3. Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
4. Consult the manufacturer or an experienced radio TV technician for help.

CAUTION:

1. To comply with FCC RF exposure compliance requirements, a separation distance of at least 20cm must be maintained between the antenna of this device and all persons.
2. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

WARRENTY:

Product is subject to the warranty terms currently in effect and located at www.clmbr.com.

MANUFACTURED BY CLMBR LLC:

3033 E 1st Avenue, Denver, CO 80206

SUPPORT

Member satisfaction is our priority. Should you need assistance or if you are having trouble with your CLMBR, please contact the CLMBR Customer Support team for further assistance.

Phone: +1 909 330 3897

Email: support@clmbr.com

Web: clmbr.zendesk.com

To allow our team to best serve you, please have the following information ready when contacting the team member support:

1. Serial number of the device*
2. Date of purchase
3. Your order number or the email address associated with the purchase of the device

*Your machine's serial number is located at the "ankle" of the machine where the base meets the upright or the back of the center console.



Scan for support
and troubleshooting

SPECIFICATIONS

Machine

BASE DIMENSIONS
35 in x 32 in

HEIGHT
88 in / Fits any ceiling 8 ft or over

WEIGHT
200 lbs

REACH HEIGHT
20 in (54 cm)

STEP LENGTH
20 in (54 cm)

MIN USER HEIGHT
5 ft 1 in (1.49 m)

MAX USER HEIGHT*
6 ft 4 in (3.13 m)

MAX USER WEIGHT
350 lbs (158 kg)

*Extender handles required for individuals above this height

POWER
12V 5A 60 Watts, wired connection

CONNECTIVITY
Wi-fi

MOBILE APP
Android + Apple

DRIVE TRAIN
Resistance type: Magnetic

RESISTANCE
11 settings

HANDLES
Quick-adjust, 10 positions

PEDALS
Oversized, textured; Straps optional

MOBILITY
Built-in wheels



Display

AUDIO
2.1 Surround Sound System

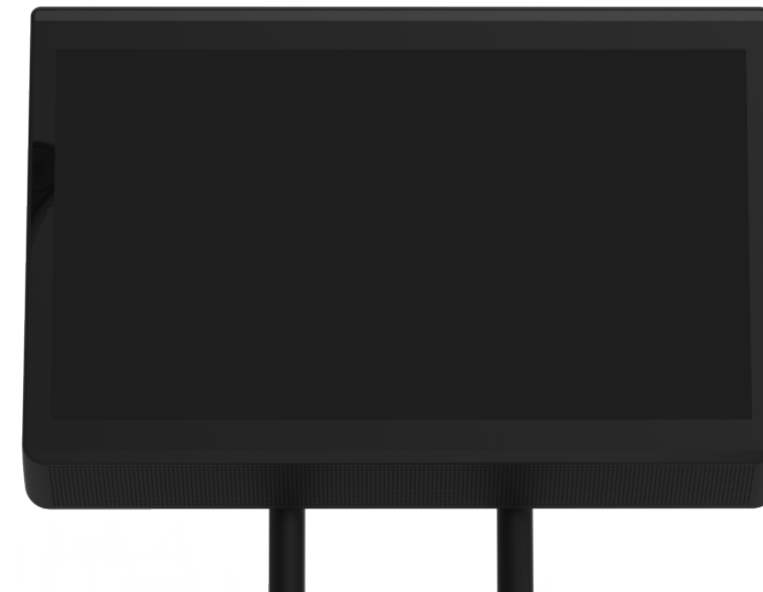
SCREEN
Anti-glare 21" HD Touchscreen

BLUETOOTH
Frequency - 2.402 and 2.480 GHz
Pairs with Amazon Echo Buds/Alexa
Pairs with most heart rate monitors

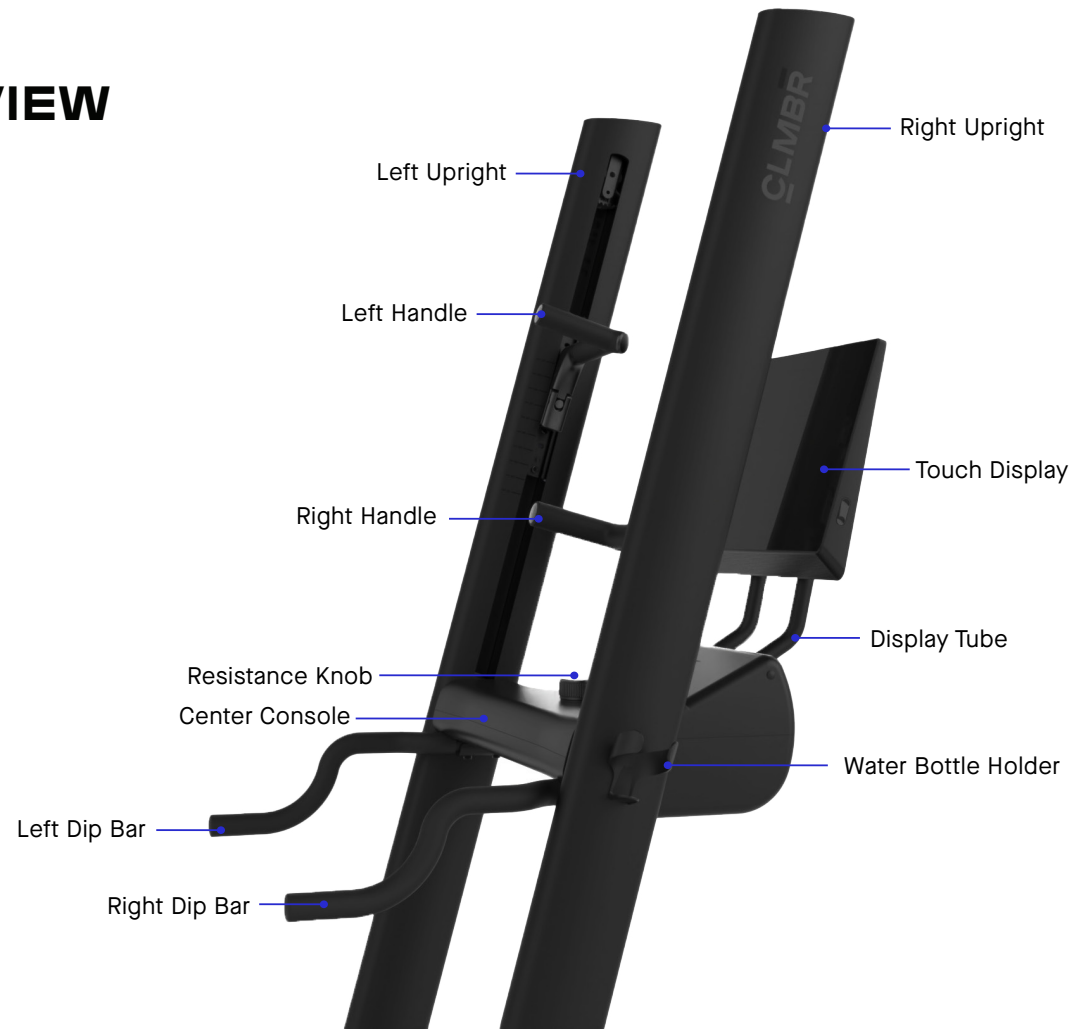
RESOLUTION
1080p

⚠ USB-C cannot be used as power source and/or to upload data. Attempting this will void warranty and can damage your display and/or device.

*Connected display shown



OVERVIEW



INCLUDED TOOLS

Please verify that all tools are included in box.



Ratchet

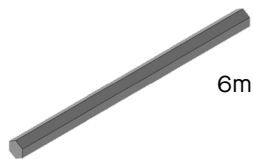


6mm Hex L-Key



5mm Hex L-Key

RATCHET ATTACHMENTS



6mm Hex



No. 2
Philips Head

If using power tools, start hardware by hand, finish tightening by hand, and use power tools on low torque setting.

BOX CONTENTS

Please verify that all parts are included in box.



Console Pin (A) x2



M10 x 50mm (B) x2



M10 x 25 mm (C) x8



Washer (D) x10



Leveling Feet (E) x2



Dip Bar Holder (F) x2



M8 x 110mm (G) x4



Resistance Knob (H)



M5 x 30mm (I) x2



Cup Holder (J)



M5 x 10mm (K)



Left Dip Bar



Right Dip Bar



Left Handle



Right Handle

Torque according to specs. M8 = 31 Nm, M10=61 Nm

STEP 1

Build Prep



STEP 1a

Clear enough space (approximately 8ft x 10ft or 2.4m x 3m) to set up your CLMBR. Two people are recommended to assemble machine.

You should have enough room for two people to stand on either side of the machine.

Ensure that the "This End Up" mark is correctly oriented at the top of the box, facing upward as shown.

Assembly is recommended on a protective surface to ensure machine or floor are not damaged.

Deconstruct the box once all components are removed, or place protective material on the ground prior to building.

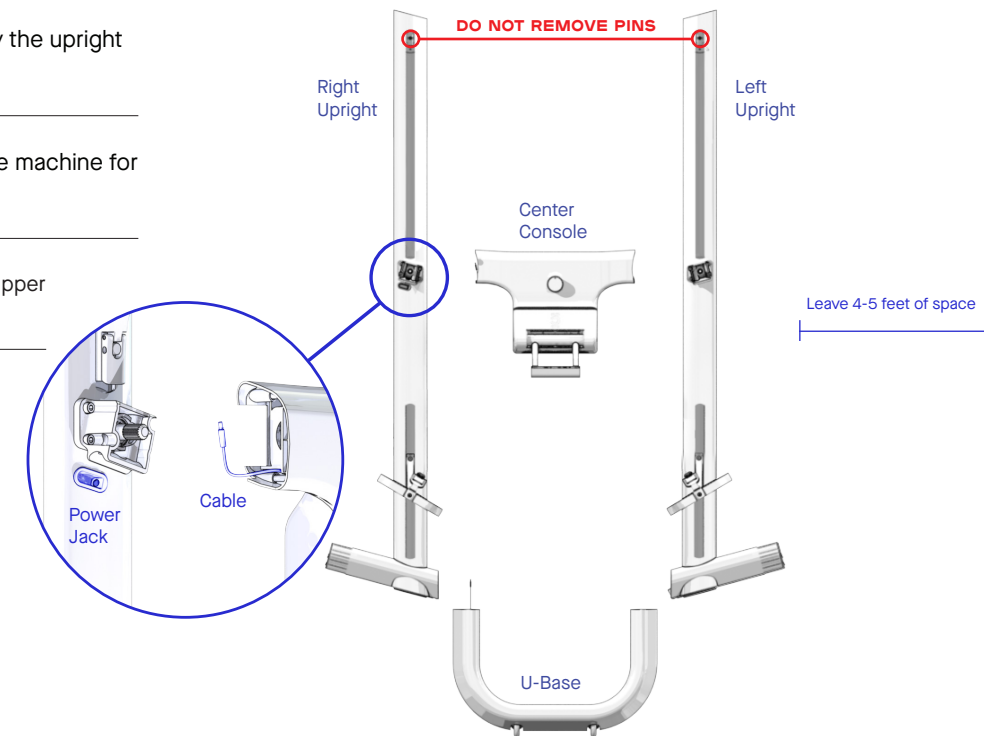


STEP 1b

Place Center console so that the cable is by the upright with the jack.

Make sure you have space to the right of the machine for future steps.

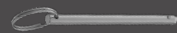
WARNING: Do not remove pins from upright upper pulleys until machine is fully assembled.



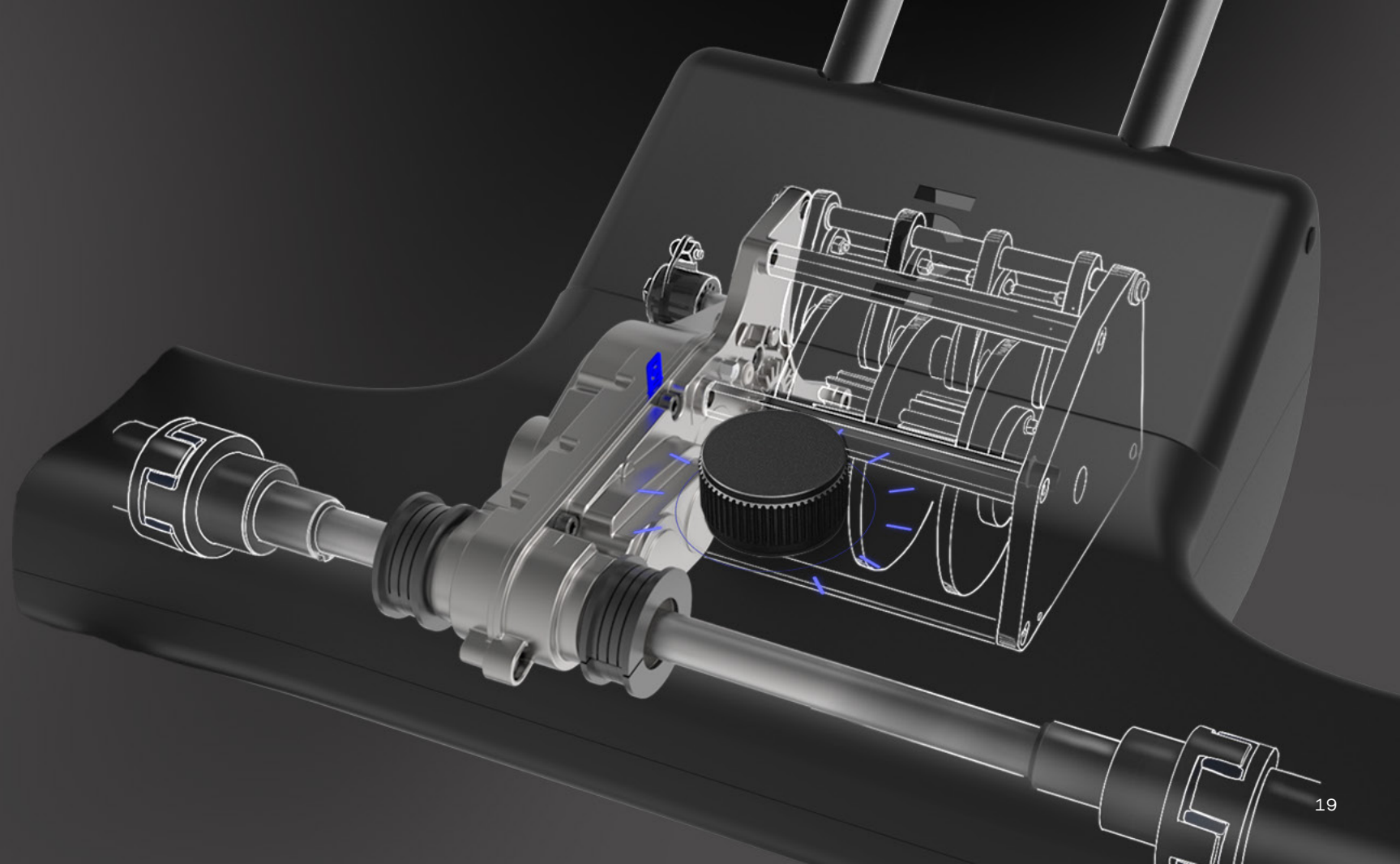
STEP 2

Console Install

Hardware needed:



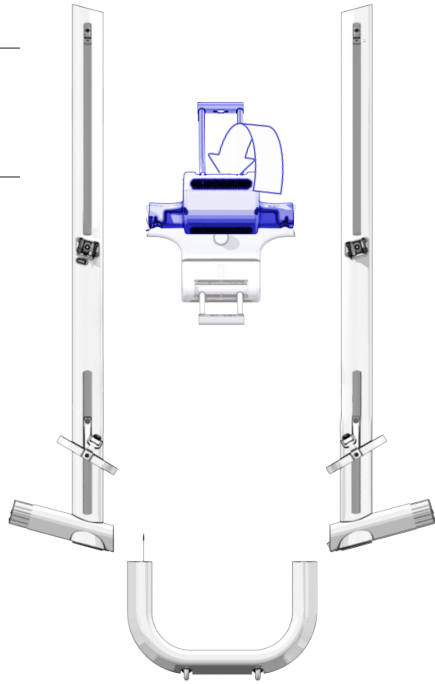
Console Pins (A) x2



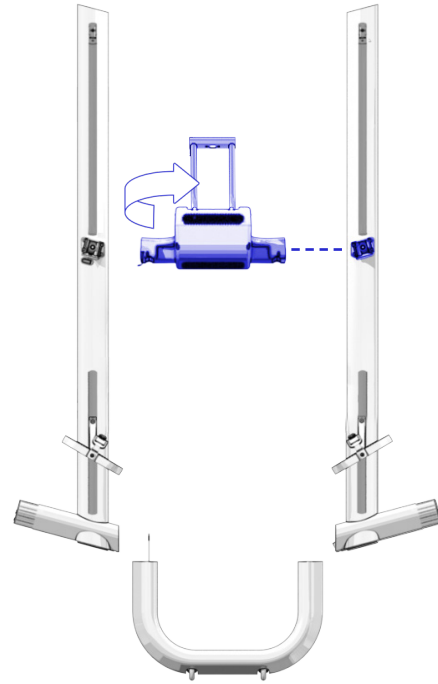
STEP 2a

Roll Center console forward.

Lift center console and slide onto the non-wire side upright.

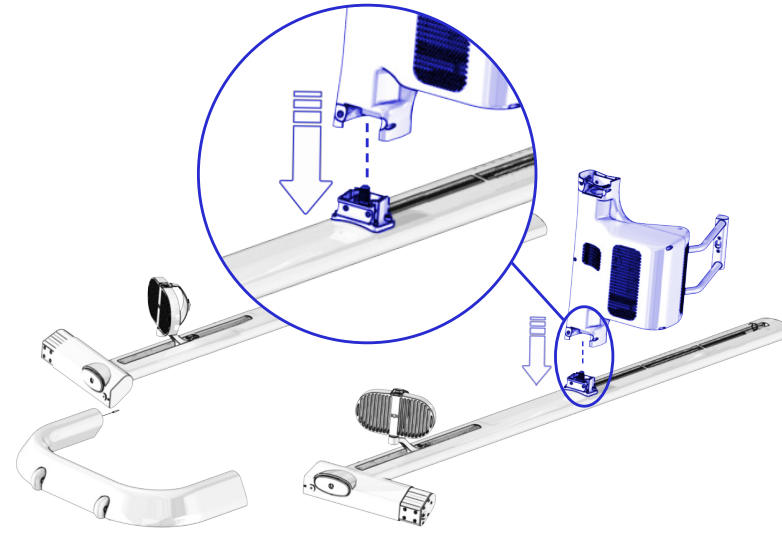


STEP 2b



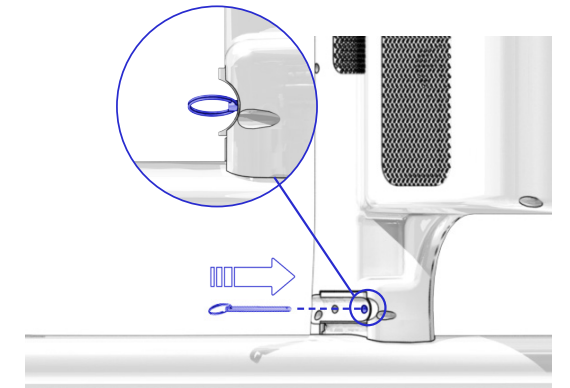
STEP 2c

Lower console onto left upright. With upright pins still installed, the pedal or handle can be moved up and down to help align couplers.



STEP 2d

Insert console pin (A) into upright coupler and console. Ensure the ring on the pin sits flush in the curved surface. Rock the console to help align the holes.

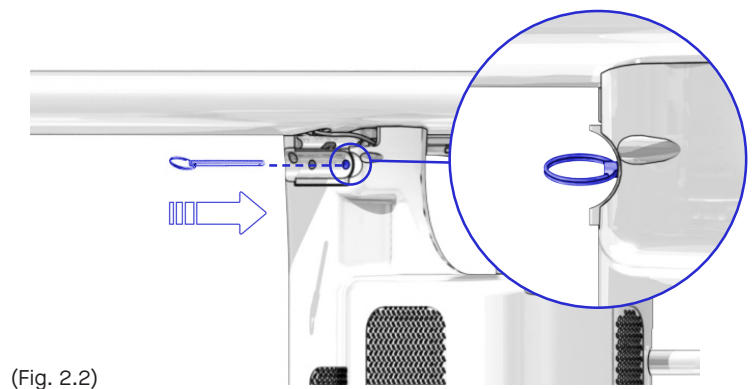
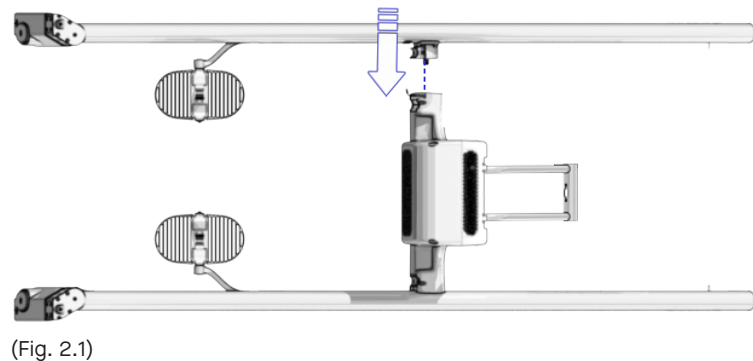


STEP 2e

Lower the right upright onto the console (fig. 2.1). Insert console pin (A) into upright coupler and console (fig. 2.2).

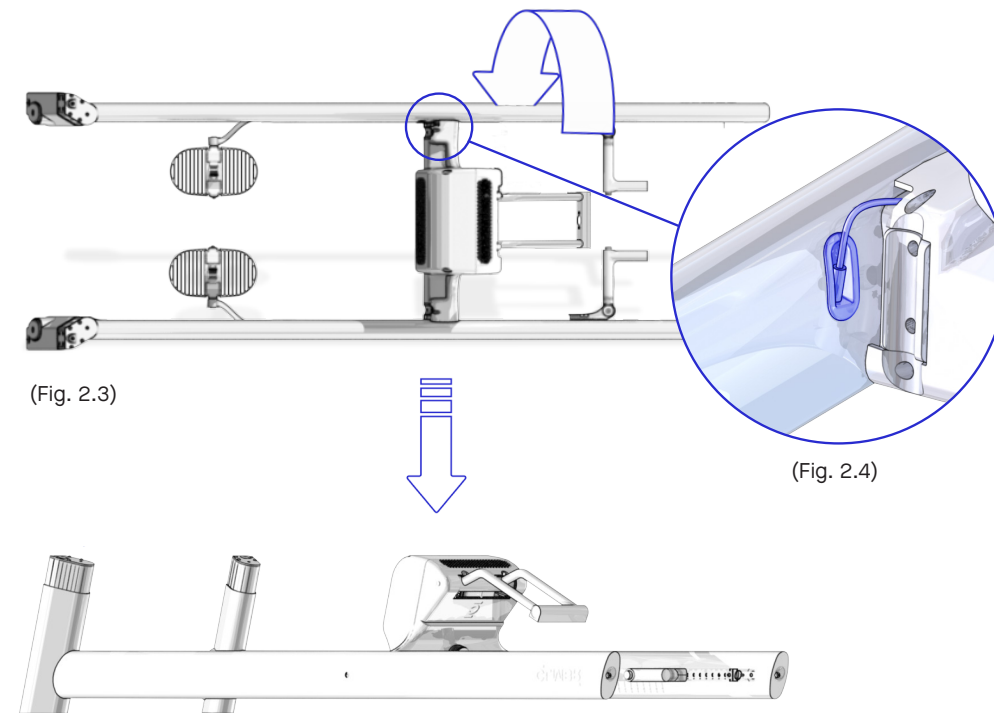
WARNING: Make sure console power cable does not get pinched.

With upright pins still installed, the pedal or handle on either upright can be moved up and down slightly to help align couplers.



STEP 2f

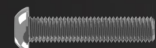
Rotate the machine down to the floor (fig. 2.3). Plug the console power cable into the right upright jack (fig. 2.4).



STEP 3

U-Base Install

Hardware needed:



M10 × 50mm (B) x2



M10 × 25mm (C) x8



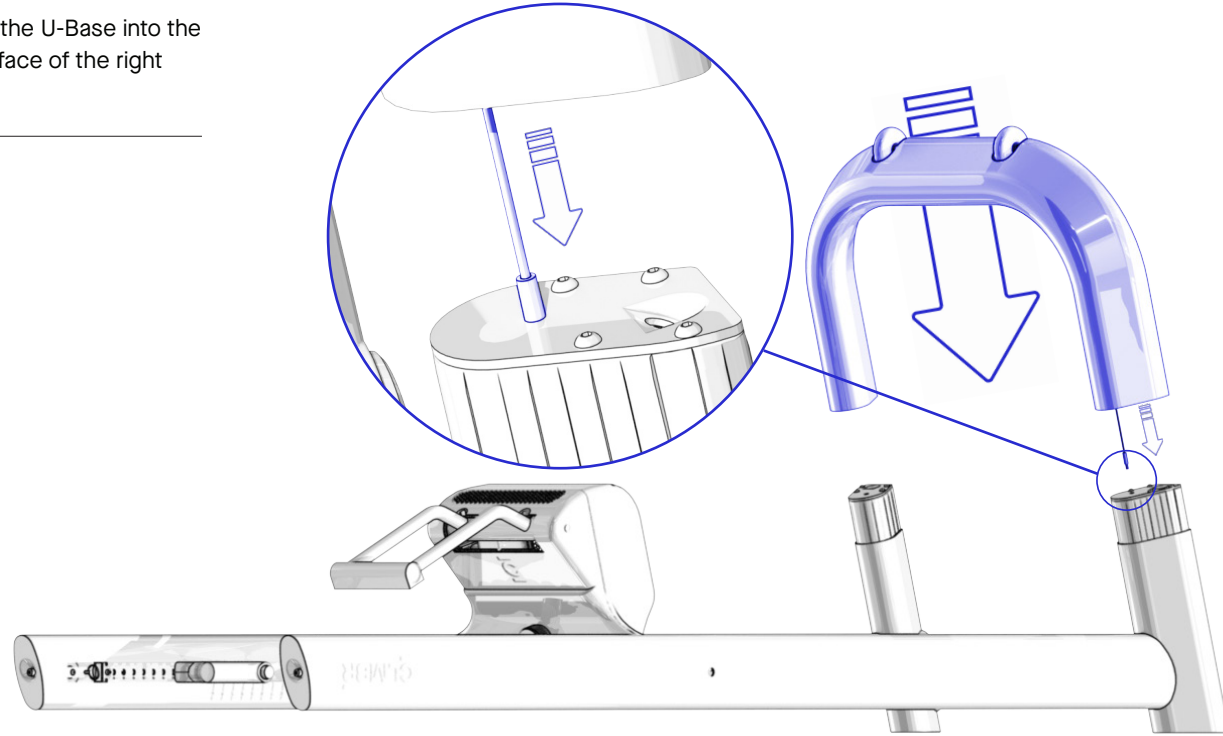
Washer (D) x10

Leveling Feet (E) x2



STEP 3a

Plug the cable from the U-Base into the jack located on the face of the right upright ankle.

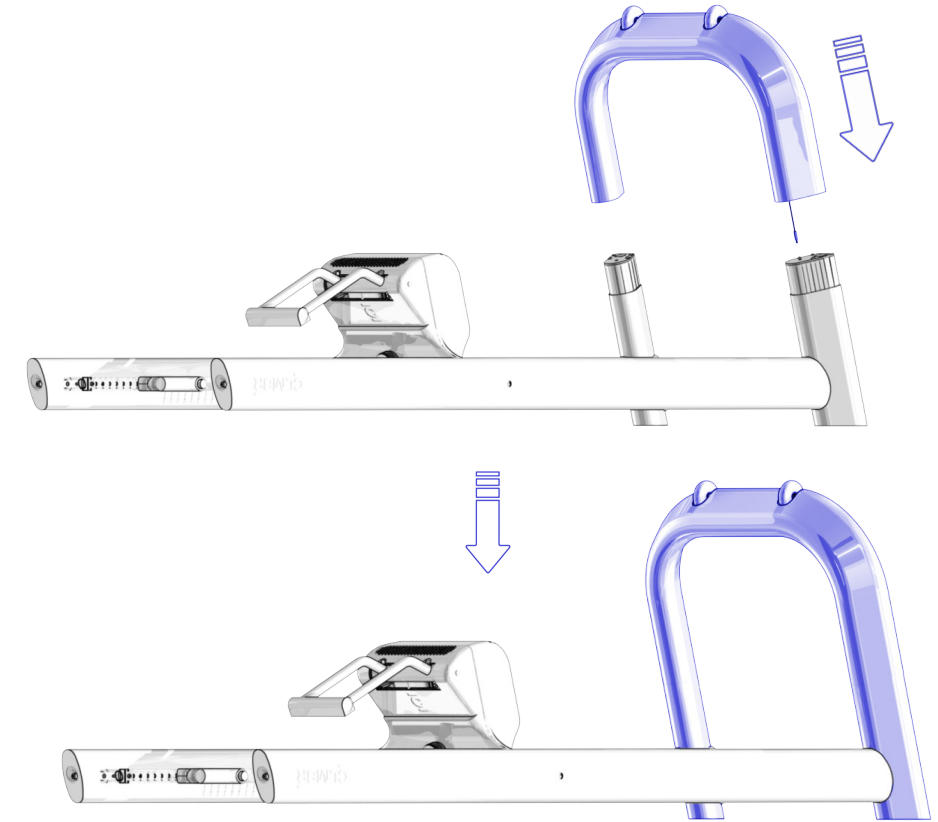


STEP 3b

Slide the U-Base on to the grooved part of the upright ankle.

Ensure both sides slide on at the same rate.

WARNING: Ensure that the cable does not get pinched between the U-base and ankle.



STEP 3c

Tools Needed:



Ratchet



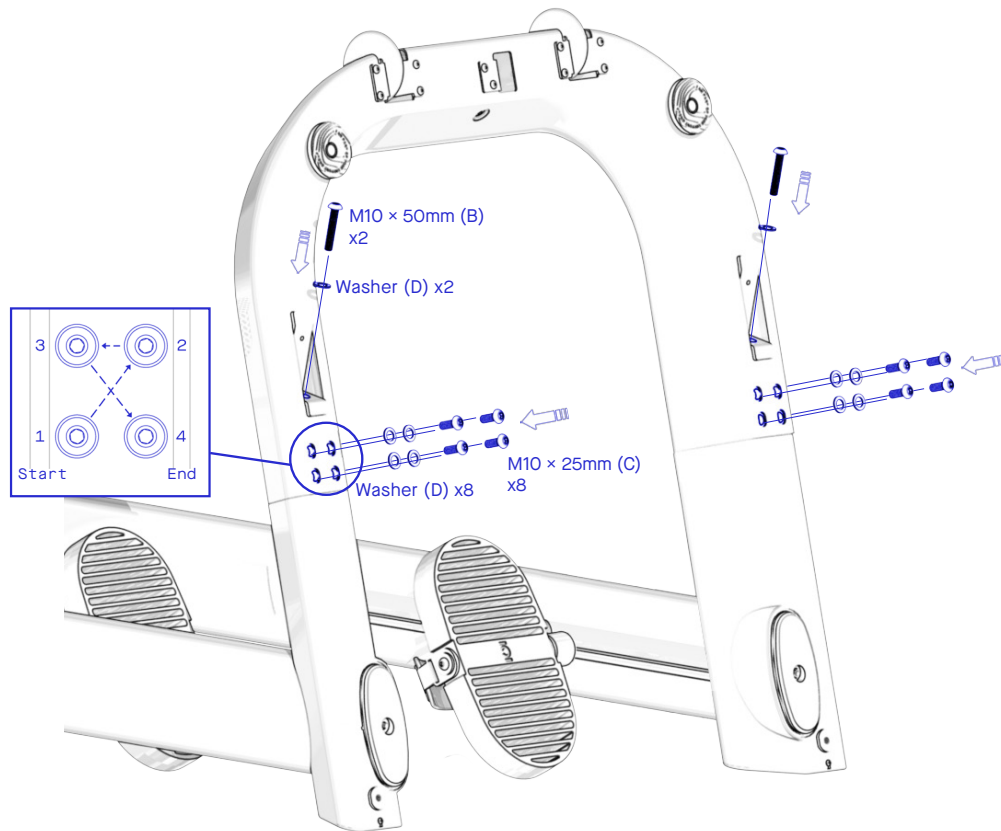
6mm Hex Attachment

Start threading by hand 2 long bolts (B) and 8 short bolts (C) with washers (D) into the U-Base.

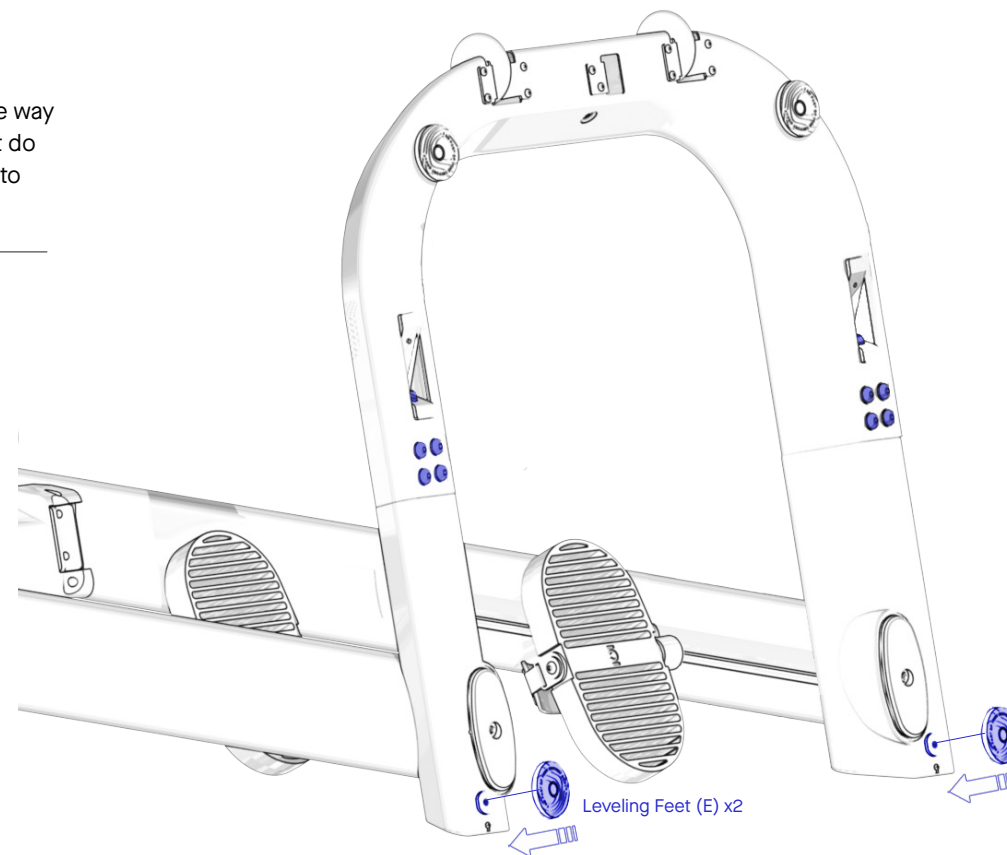
Tighten both long (B) bolts first.

Tighten the 4 short bolts (C) on both sides in an "X" pattern. Lower left, upper right, upper left, then lower right.

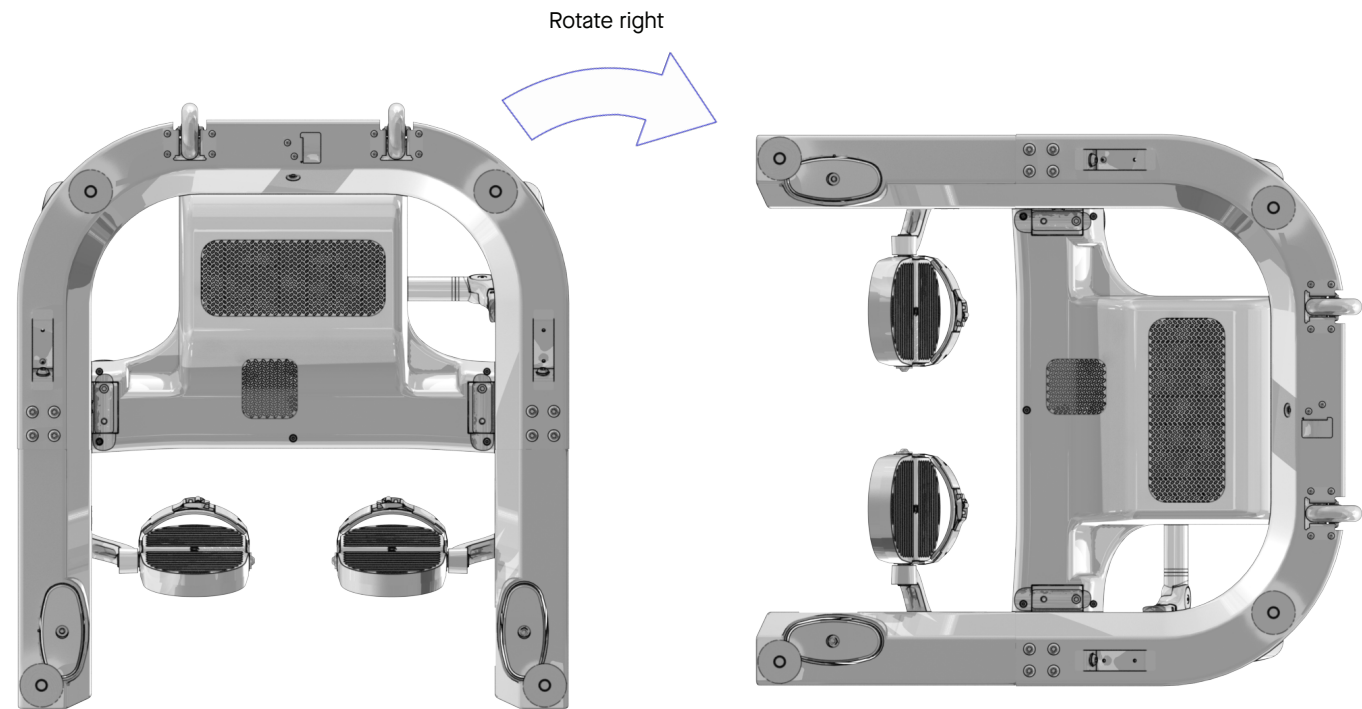
Torque all base bolts to 61 Nm.



Thread the 2 leveling feet (E) all the way into the bottom of the uprights, but do not tighten or they may be difficult to adjust later.

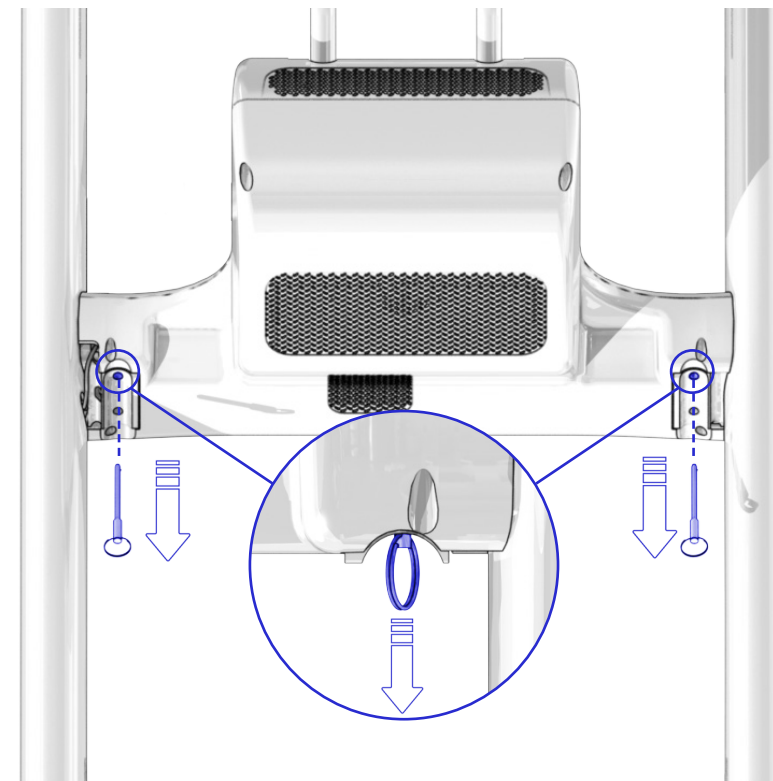


Step 3d



Step 3e

Remove the console pins (A).



STEP 4

Dip Bars Install

Hardware needed:



Dip Bar Holder (F) x2



M8 x 110mm (G) x4



Left Dip Bar



Right Dip Bar



STEP 4a

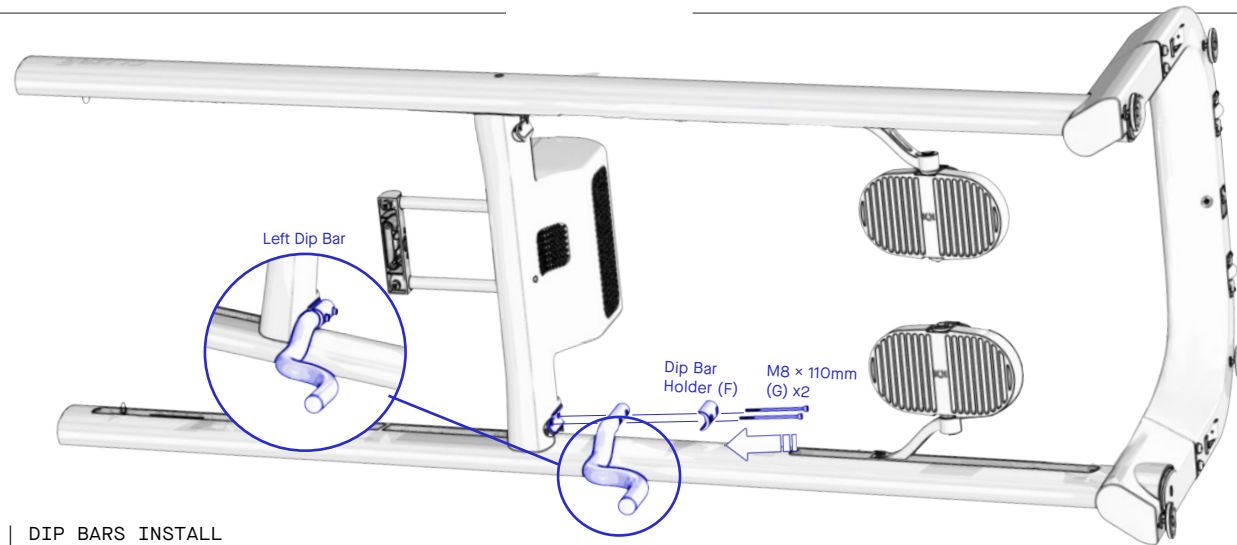
Tools Needed:



Loosely install 2 bolts (G) through one dip bar holder (F) and the left dip bar into the console.

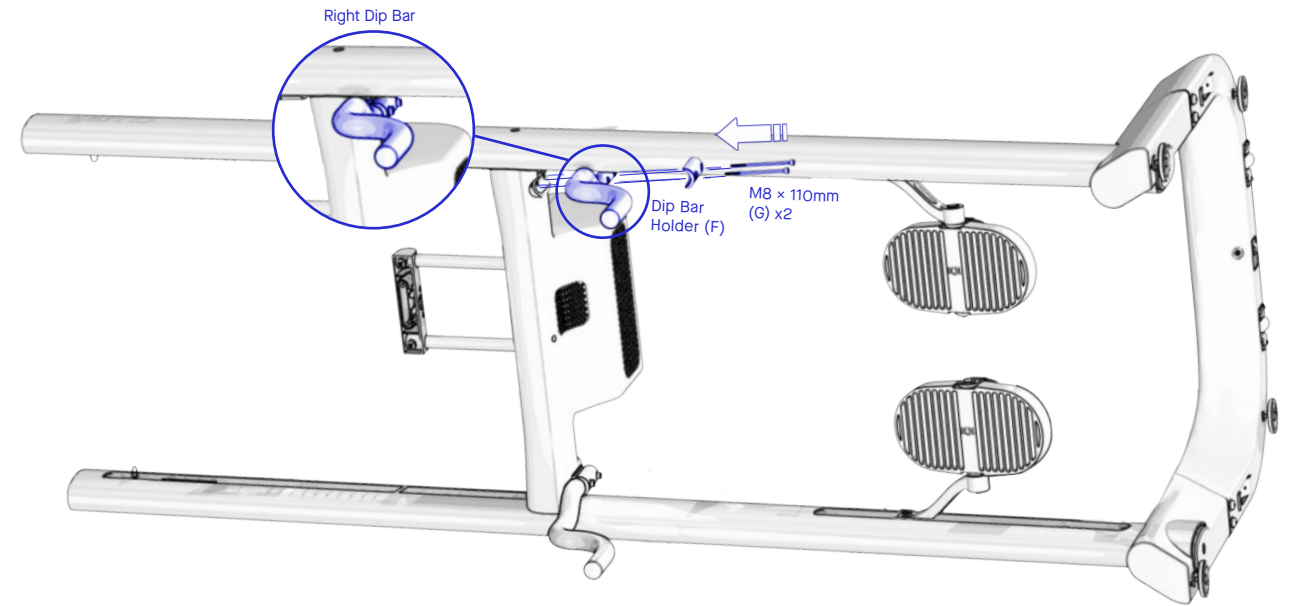
If the bolts do not start threading, rock the console to help align the holes.

Ensure the dip bar curves down and out from under the machine.



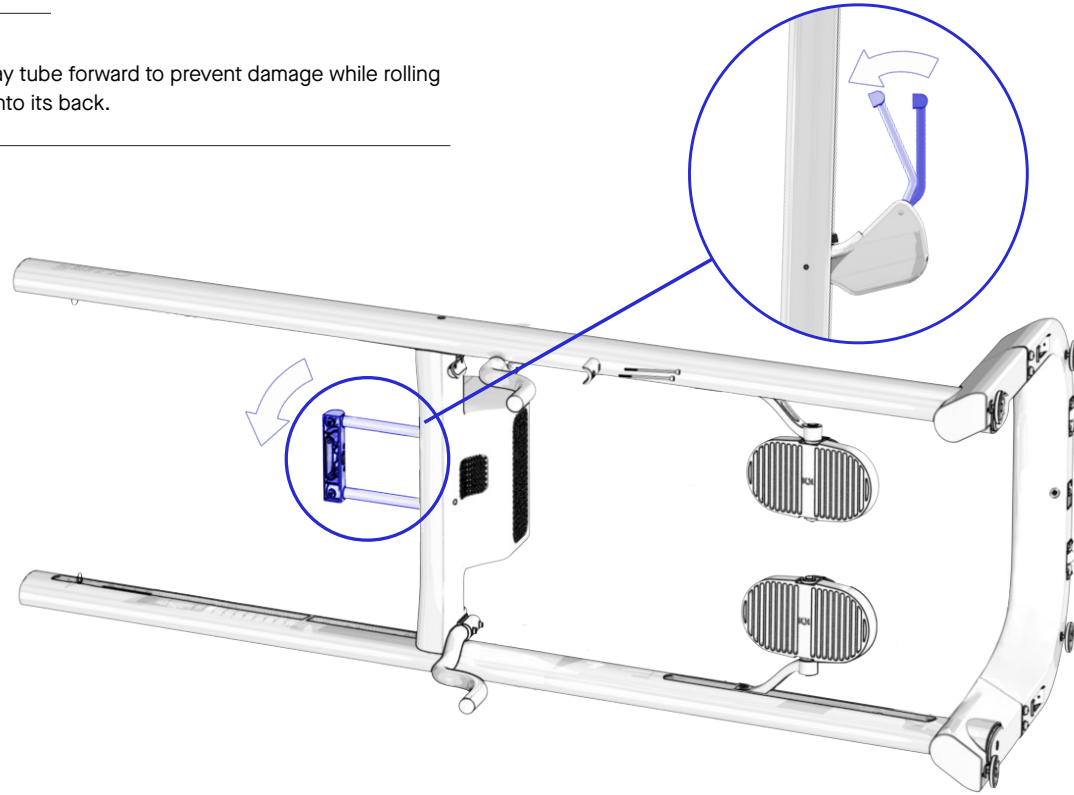
Repeat for the right dip bar.

Tighten all 4 dip bar bolts.

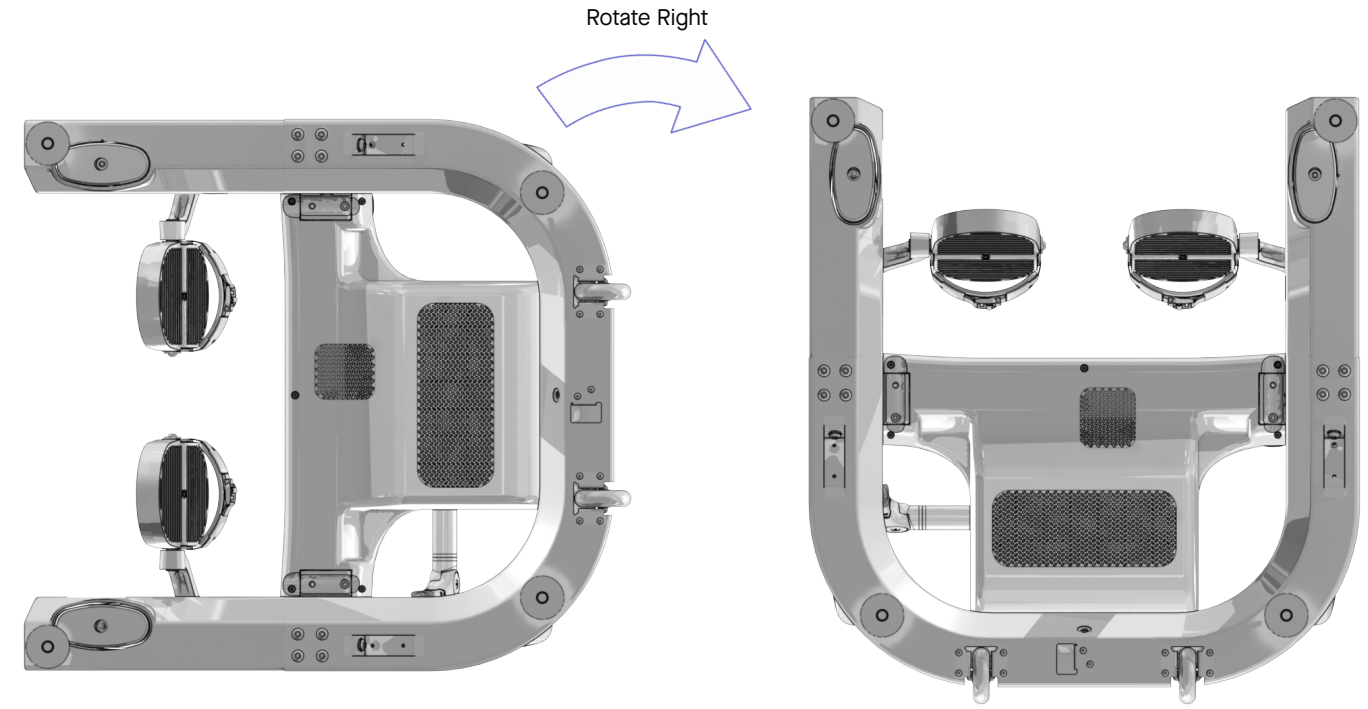


STEP 4b

Push the display tube forward to prevent damage while rolling the machine onto its back.



STEP 4c



STEP 5

Handle Install

Hardware needed:



Left Handle



Right Handle



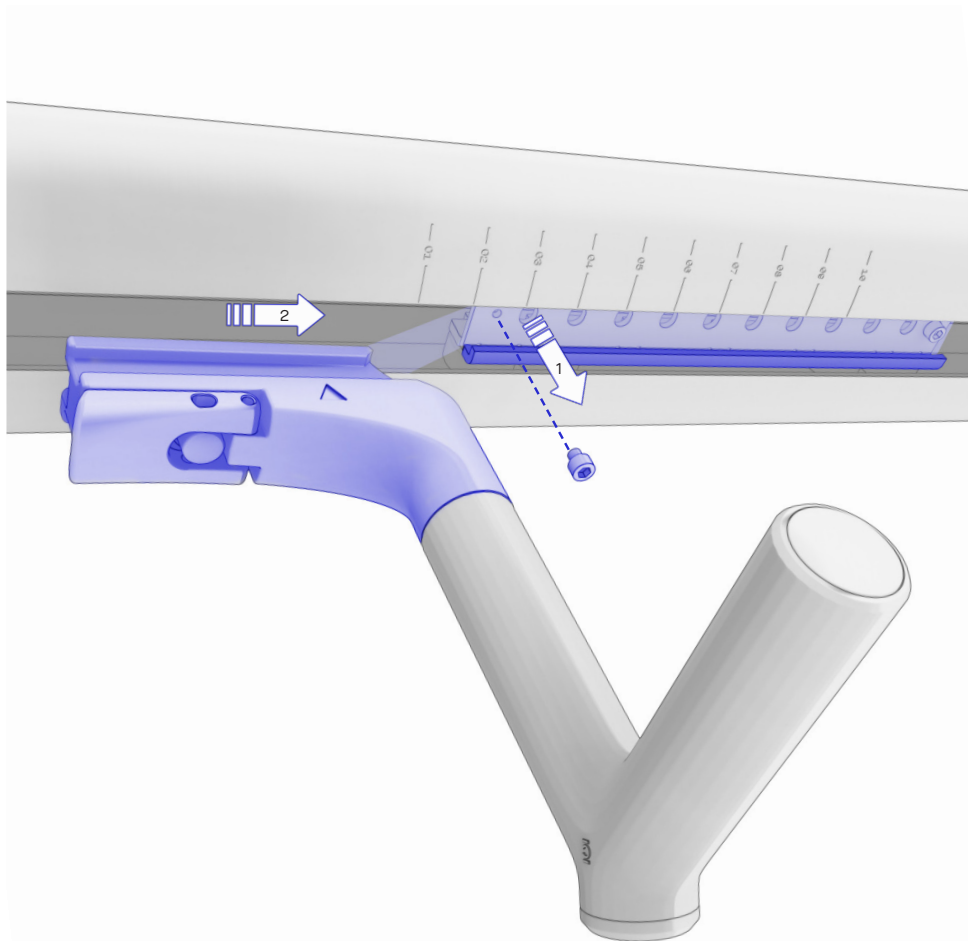
STEP 5a

Tools Needed:



Remove the lower stop bolt from the handle carriage.
NOTE: The bolt is very short and can easily fall into the upright.

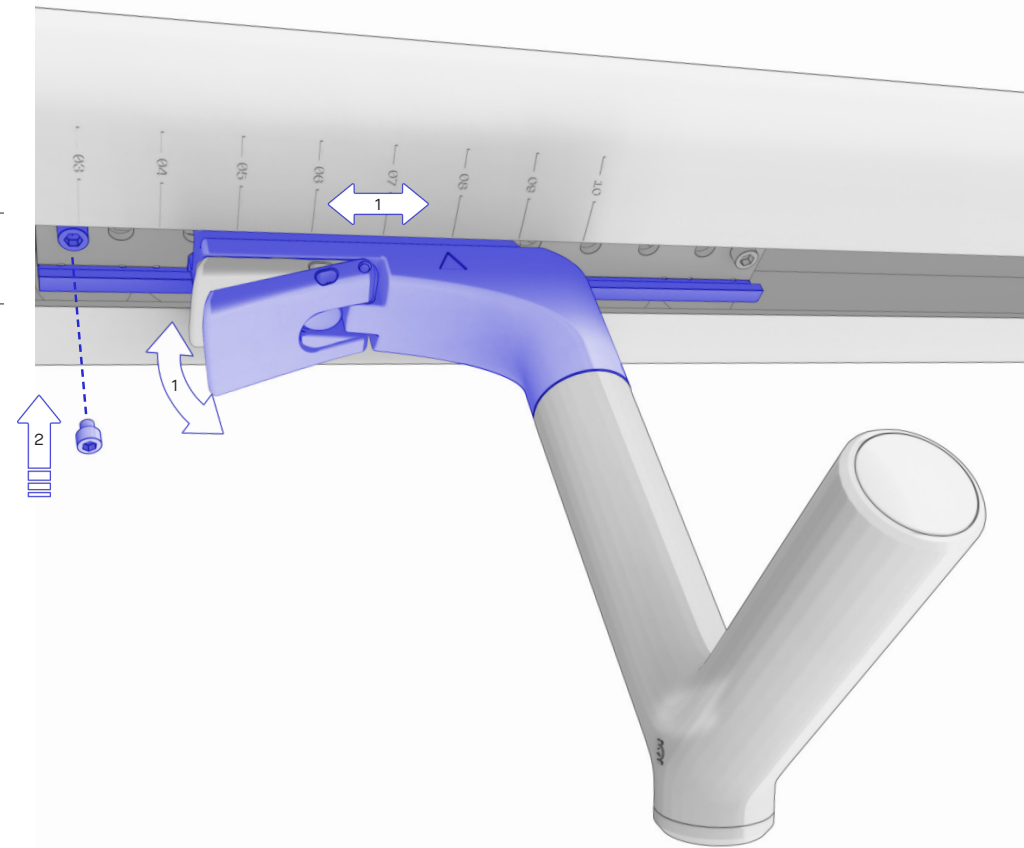
Align the rails on the handle with the slots on the handle carriage. Slide the handle on until it stops.



STEP 5b

Lift the handle release lever and continue to slide the handle to the top of the track. Release the lever and ensure the handle locks into place.

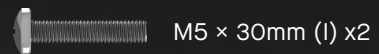
Reinstall the stop bolt.



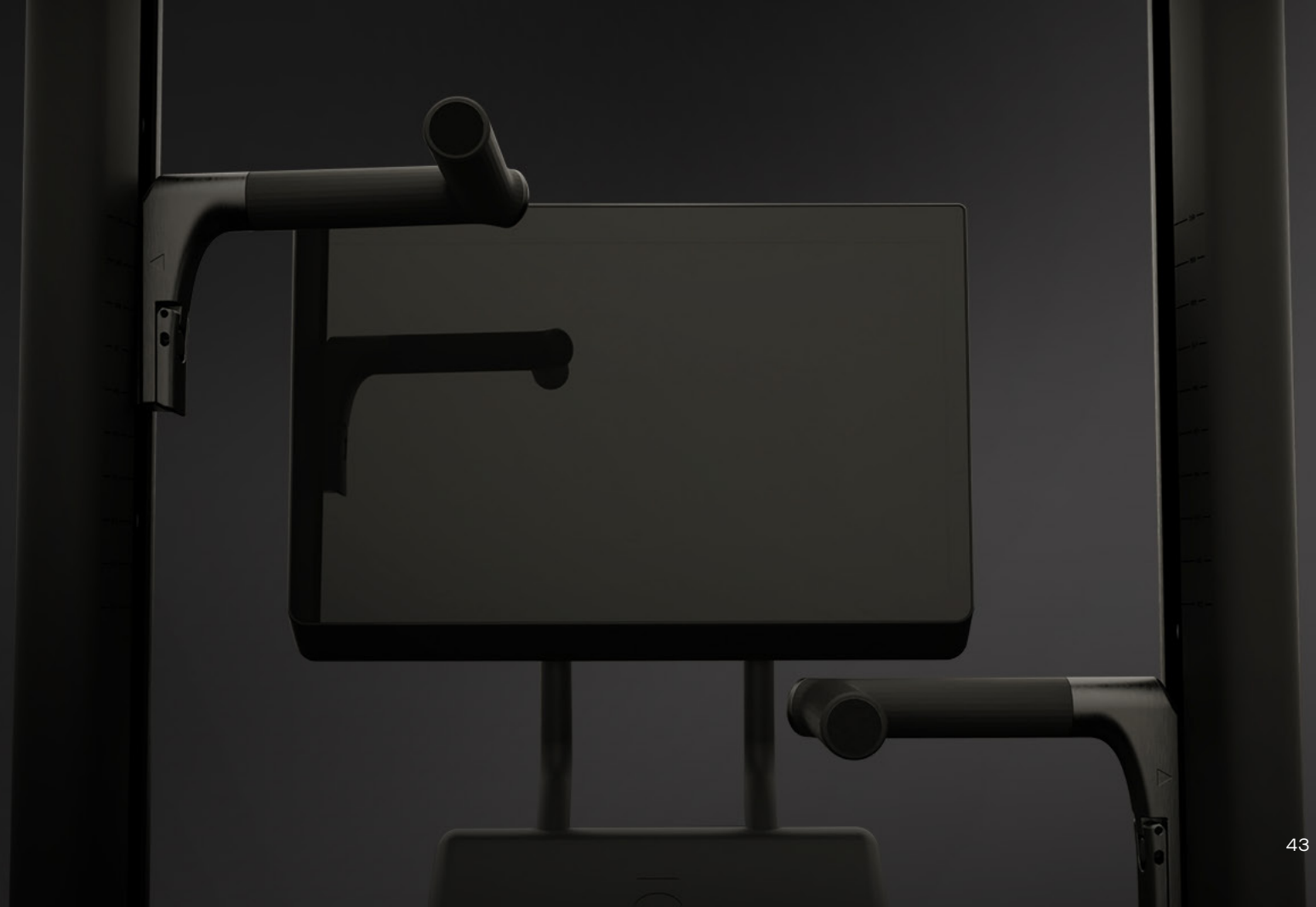
STEP 6

Display Install

Hardware needed:

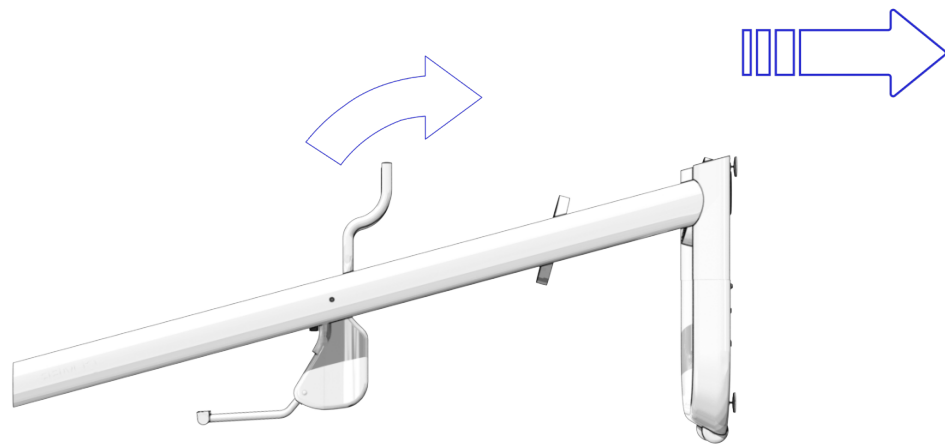


M5 x 30mm (l) x2

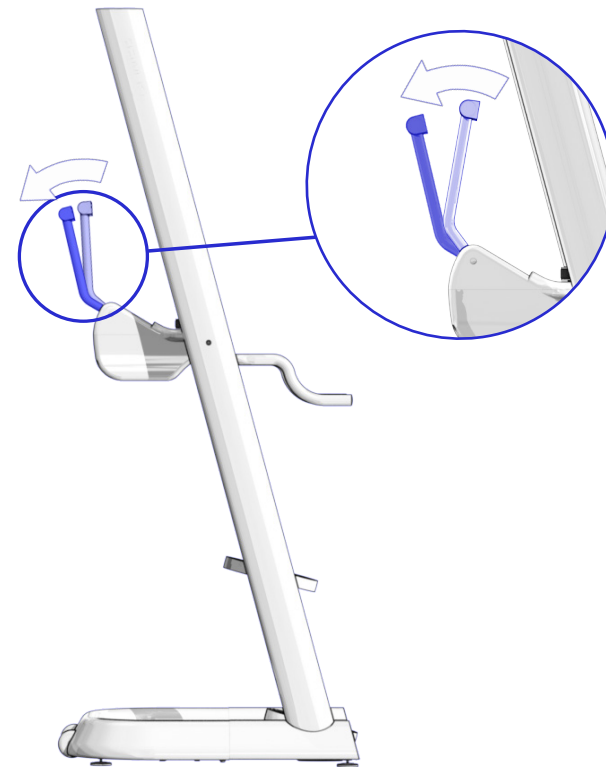


STEP 6a

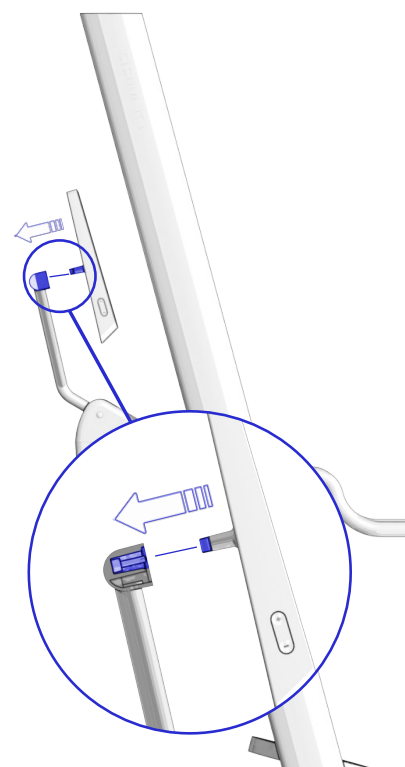
Raise the machine to standing.



STEP 6b



STEP 5c

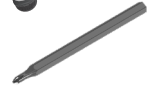


STEP 6d

Tools Needed:

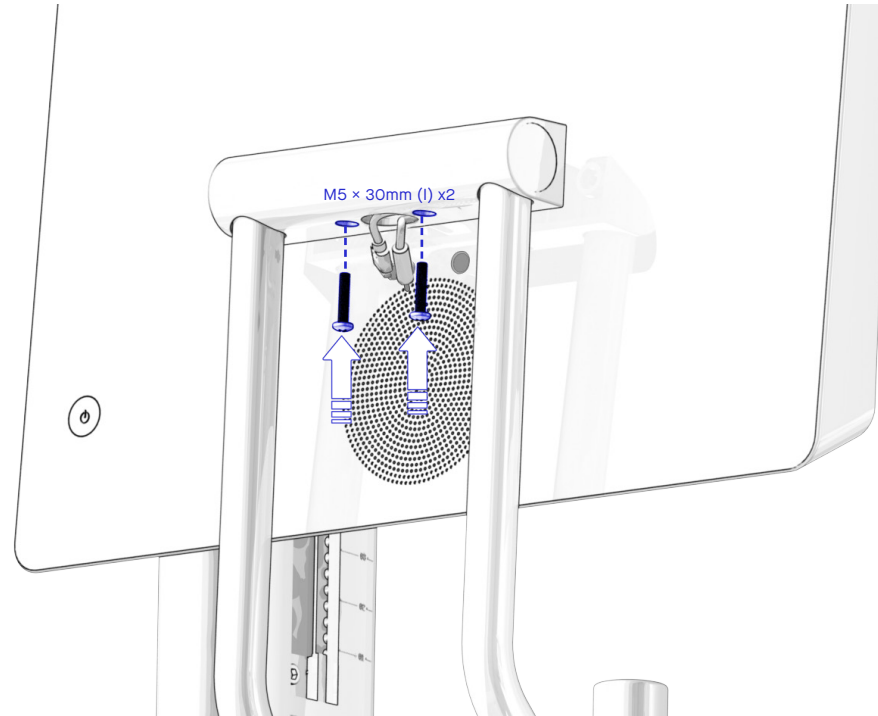


Ratchet

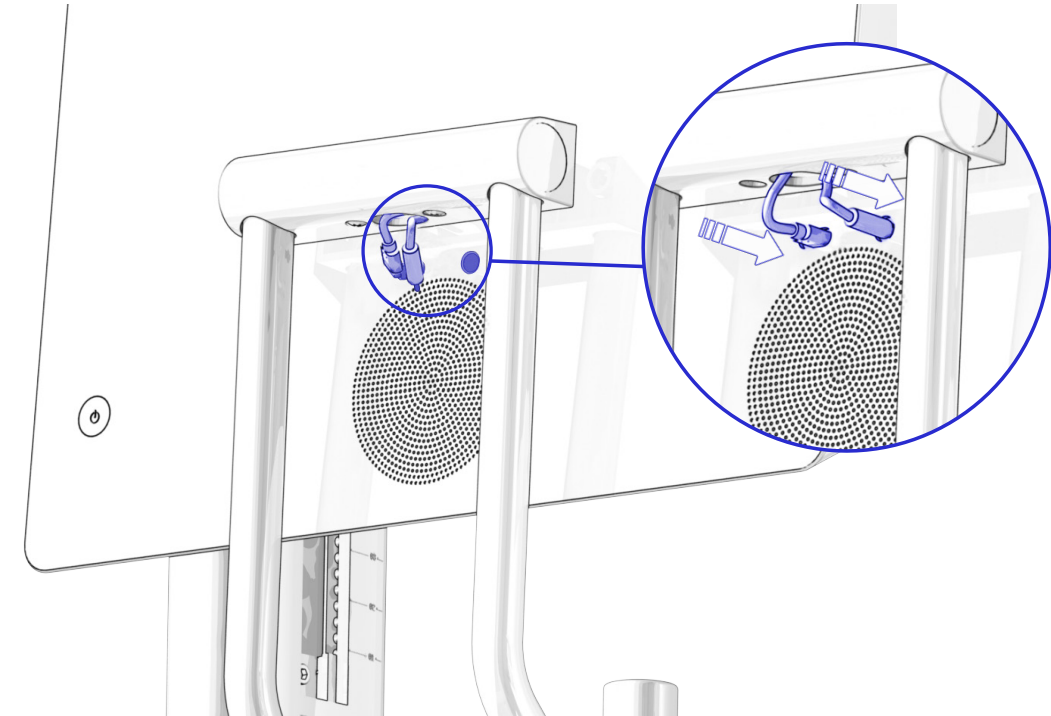


No. 2
Philips Head

*Connected display shown. Both Pure and Connected displays mount and plug-in the same way.



STEP 6e



STEP 7

Final Steps

Hardware needed:



Resistance Knob (H)



Cup Holder (J)



M5 × 10mm (K)

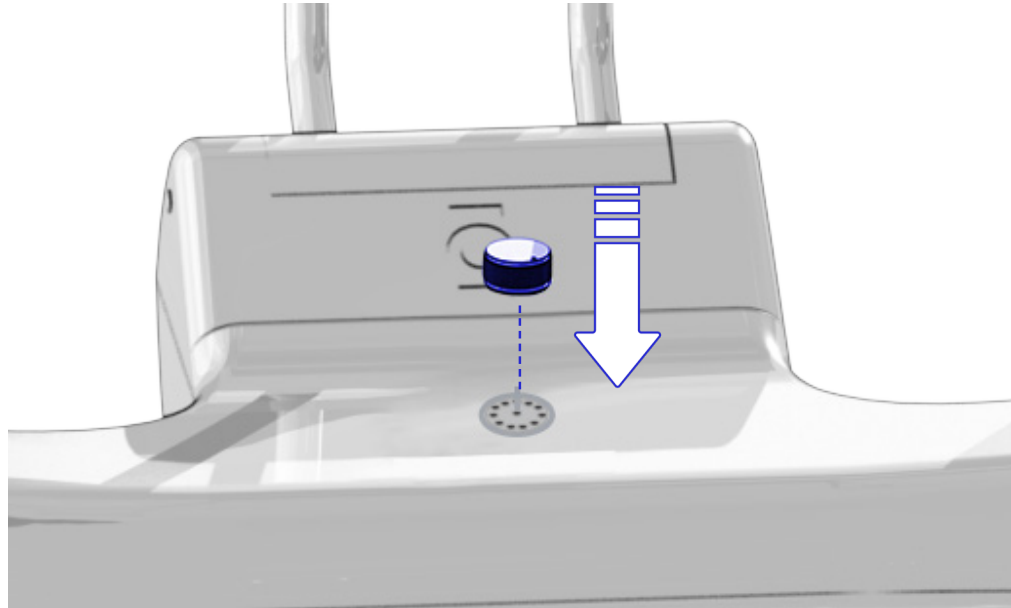


STEP 7a

Slide the resistance knob (H) onto the console housing shaft by aligning the D-profiles.

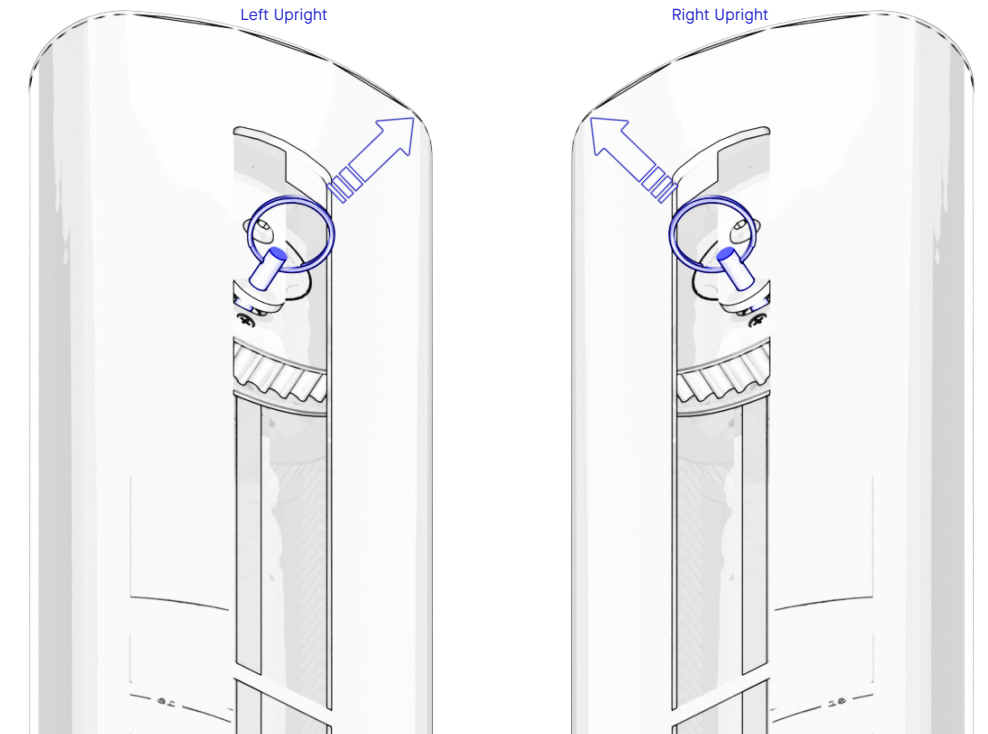
Press down firmly to fully seat the knob.

Check that there is a clicking sound when the knob is turned.

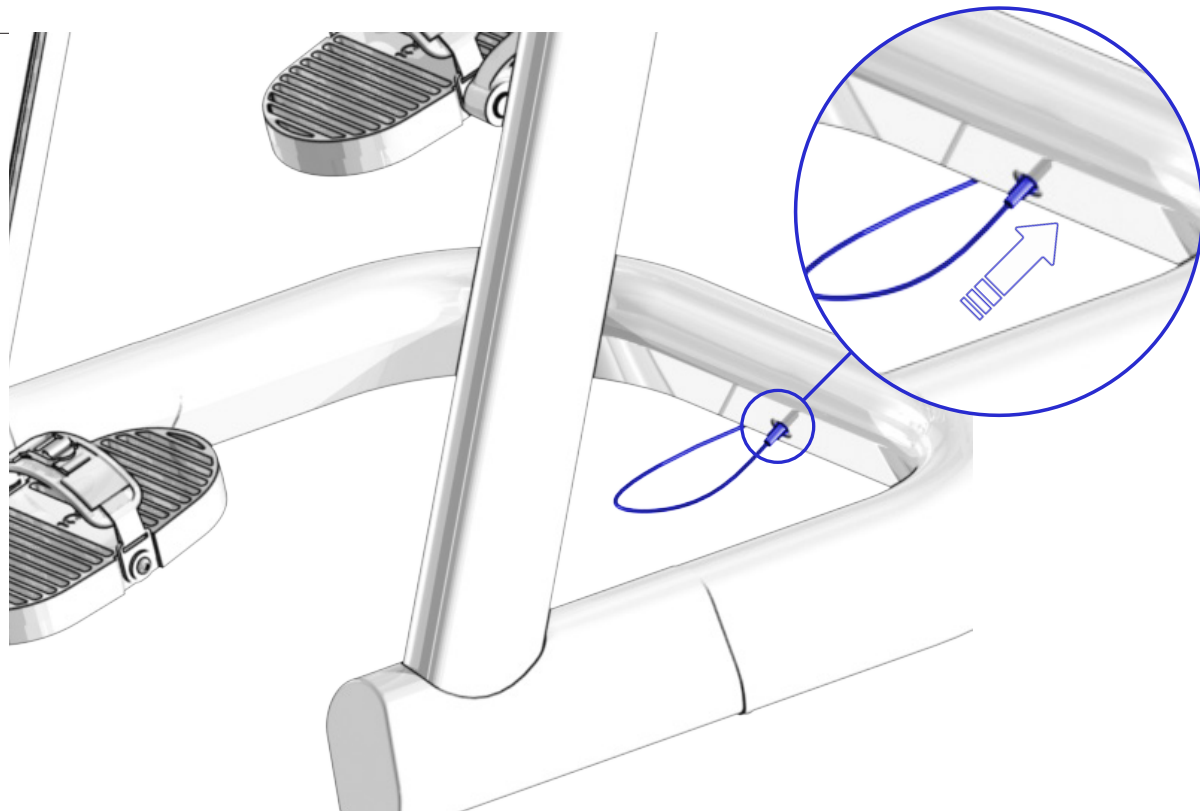


STEP 7b

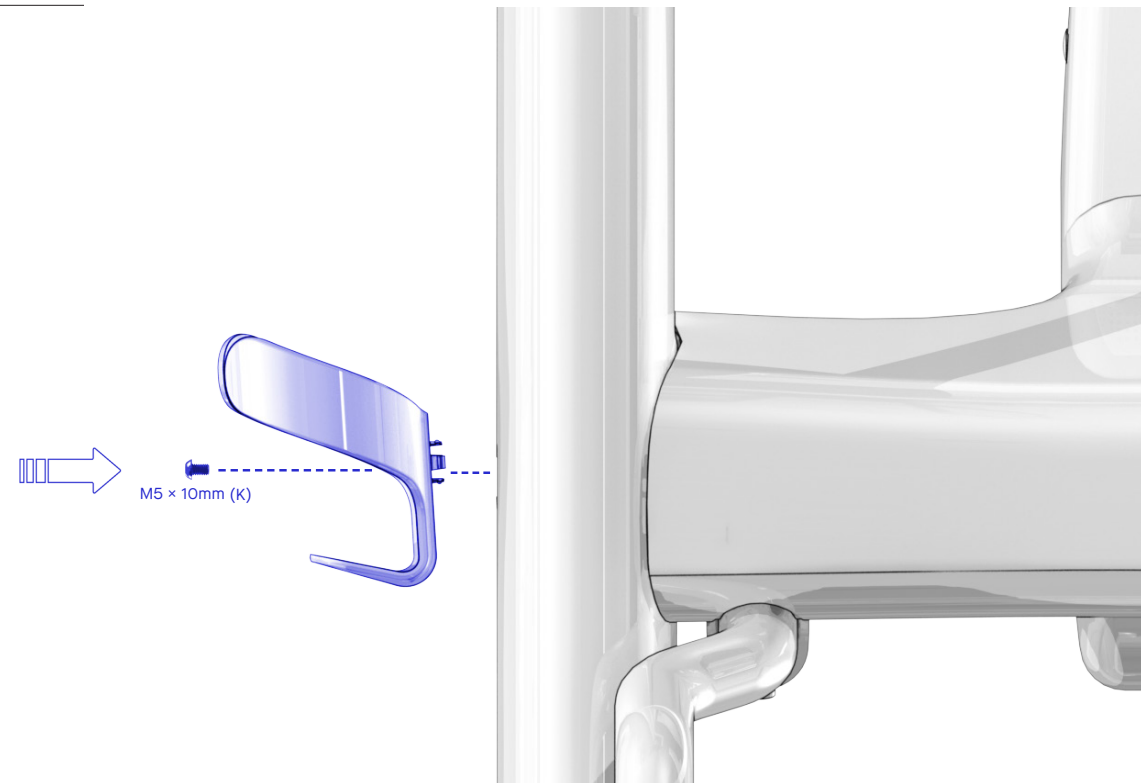
Remove pin from both uprights.



STEP 7c



STEP 7d



Getting Started



MOVING THE CLMBR

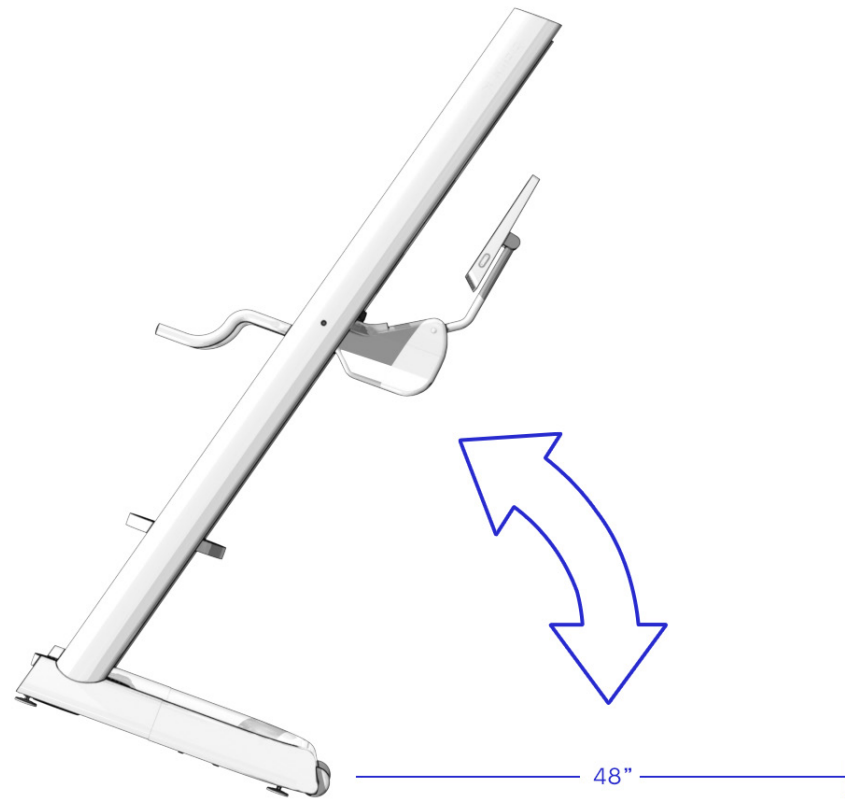
Allow a clearance of 48in/122cm behind the machine.

Stand behind the machine with one foot on the u-base.

Place one hand on each upright above the center console.

Gently pull the machine back towards you until the machine is on its wheels.

Roll the machine to the desired location and gently lower the base down to the ground.

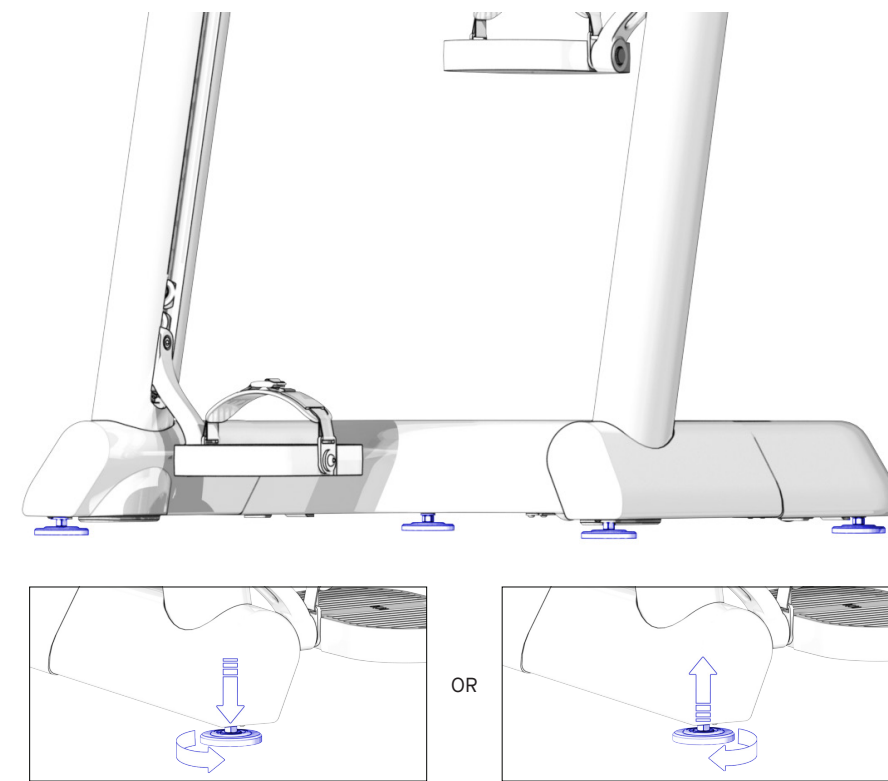


LEVELING THE CLMBR

Install the machine on a stable level surface.

Place a mat on the floor under the machine.

Adjust the leveling feet under the base until the machine is level and stable.



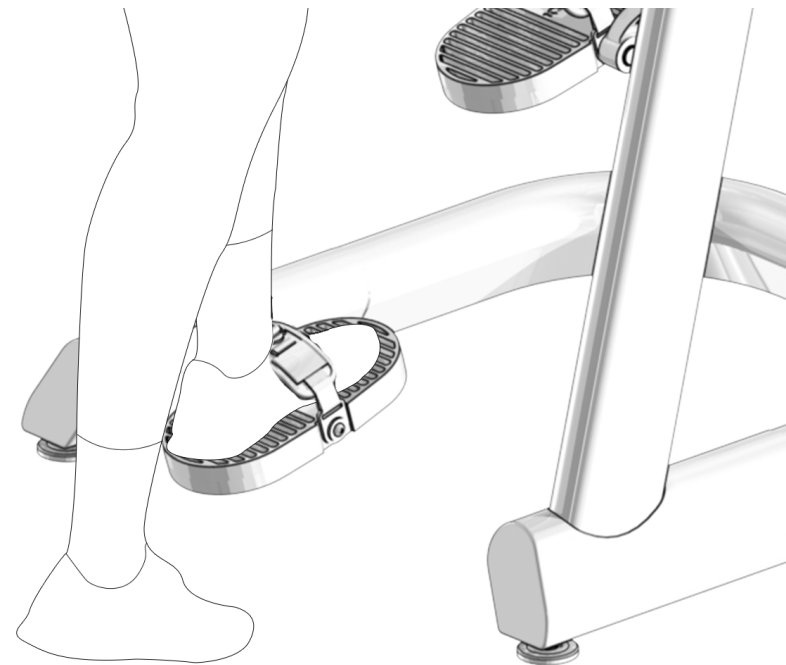
STEPPING ON THE CLMBR

Use your foot to press one pedal to the ground.

Ball of foot just beyond the center of pedal.

Using the dip handles for stability, place your other foot on the higher pedal.

Handles should be set at shoulder height when standing on the machine (see page 57 for handle adjustment).

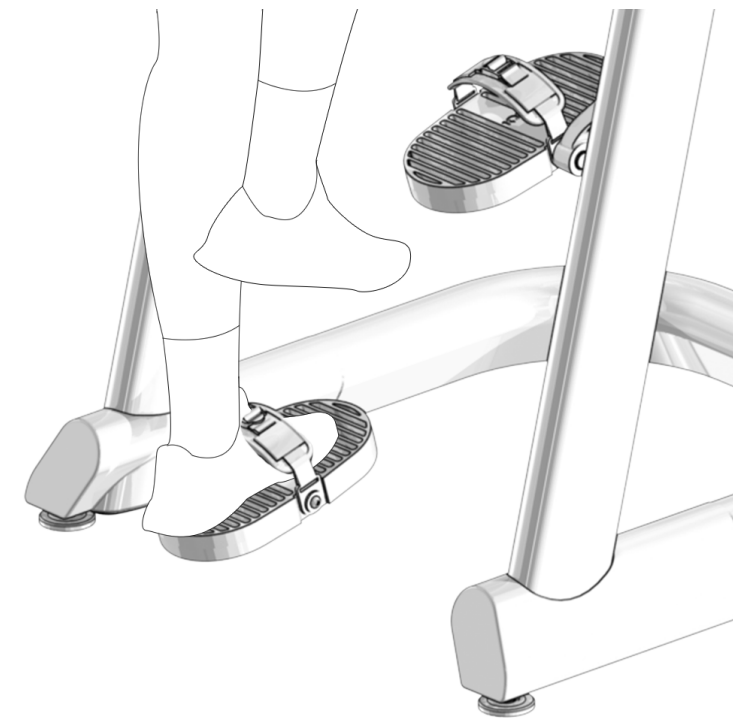


STEPPING OFF THE CLMBR

Use your foot to press one pedal to the ground.

Using the dip handles for stability, slide your foot off of the higher pedal, stepping backward to the ground.

Slide your foot off of the lower pedal.



PROPER FORM

Ball of foot just beyond the center of pedal

Knees over ankles

Neutral spine, with torso parallel to uprights

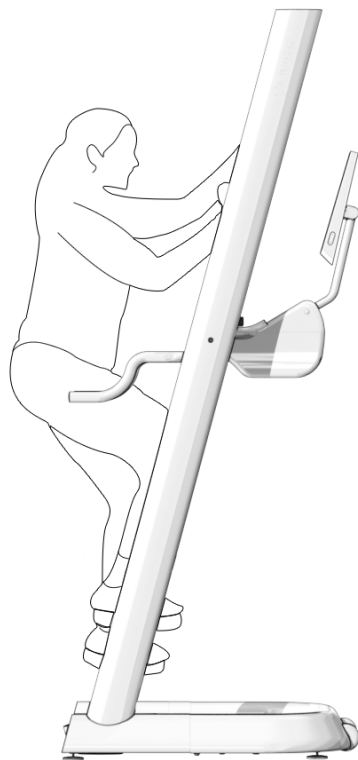
Broad chest, shoulders pinched back

Brace core and minimize hip shift

Hips down and lift knees

Keep wrists extended, do not bend

If bottoming out, adjust handle height and keep hips back



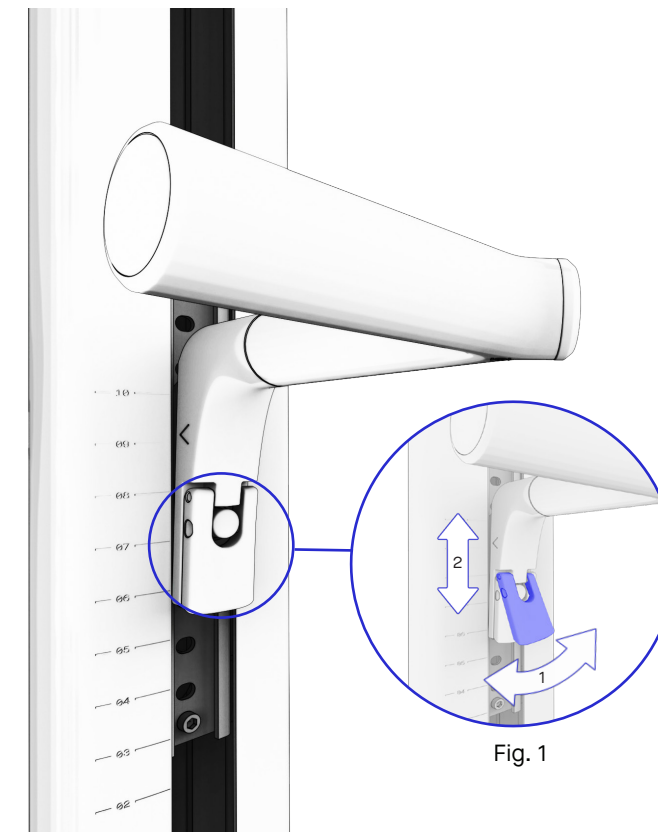
HANDLE ADJUSTMENTS

* Handle adjustments may vary

Fig. 1

Lift handle release lever then slide handle up or down along track.

Release the lever and ensure the handle is locked into place.



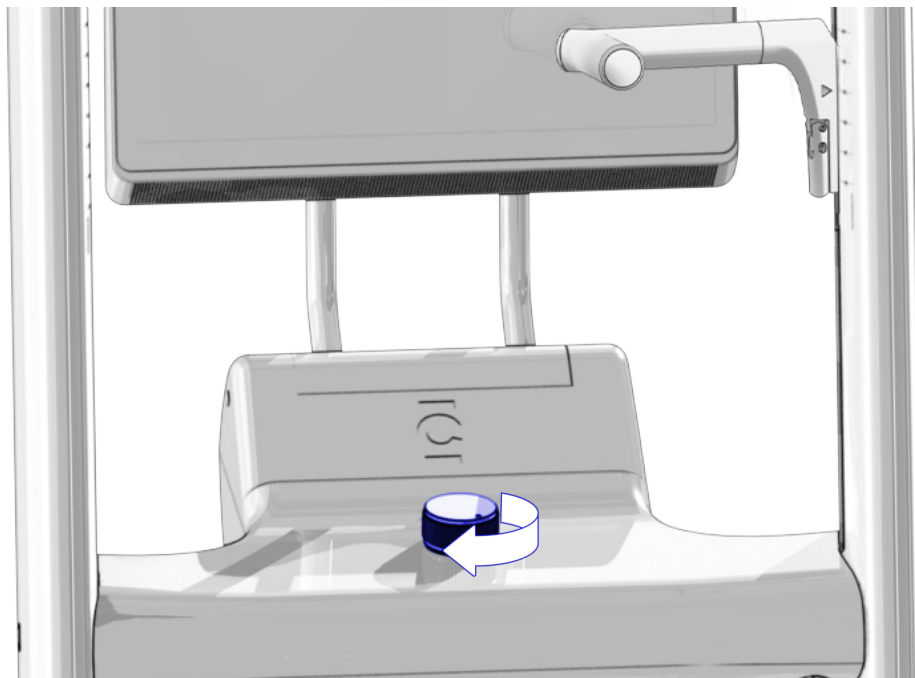
RESISTANCE KNOB

The machine has resistance levels 1 – 11.

Turn the knob to the right to increase the resistance, and left to reduce resistance.

The resistance level is displayed on screen during a class or workout.

Resistance will not change if machine is not plugged in.

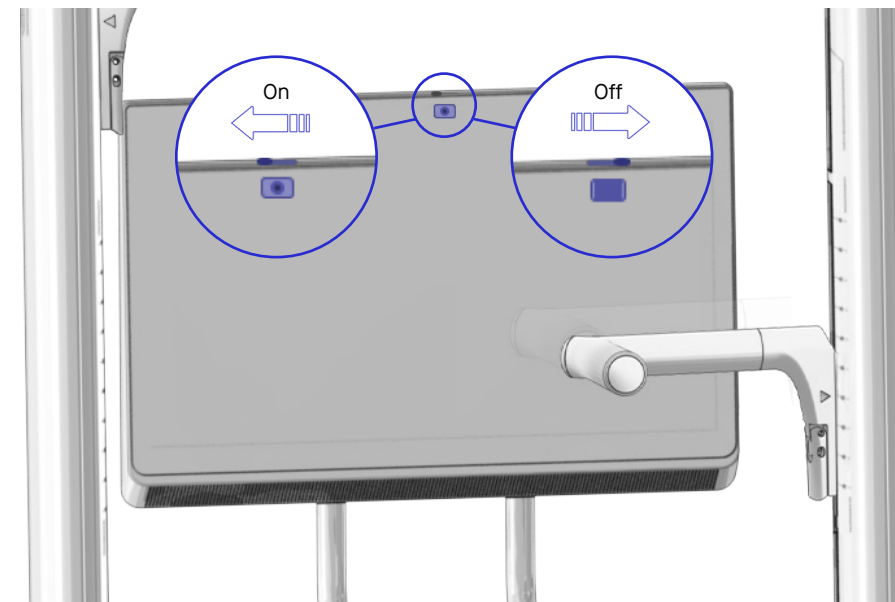


*NOTE: Do not over rotate. Modifying resistance will void warranty.

CAMERA

The camera can be turned on or off by sliding the switch at the top of the tablet.

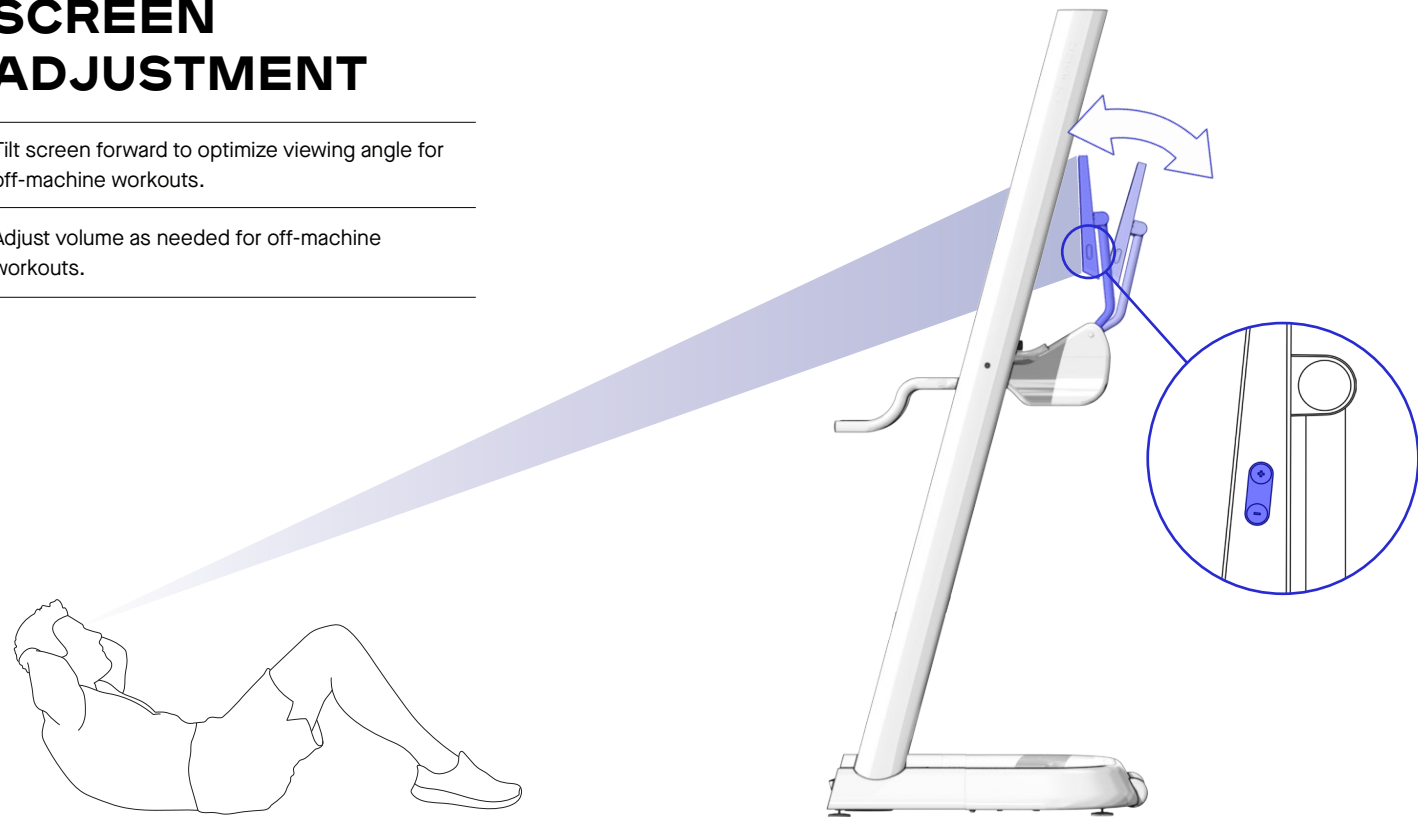
The camera is on in the left position, and off in the right position.



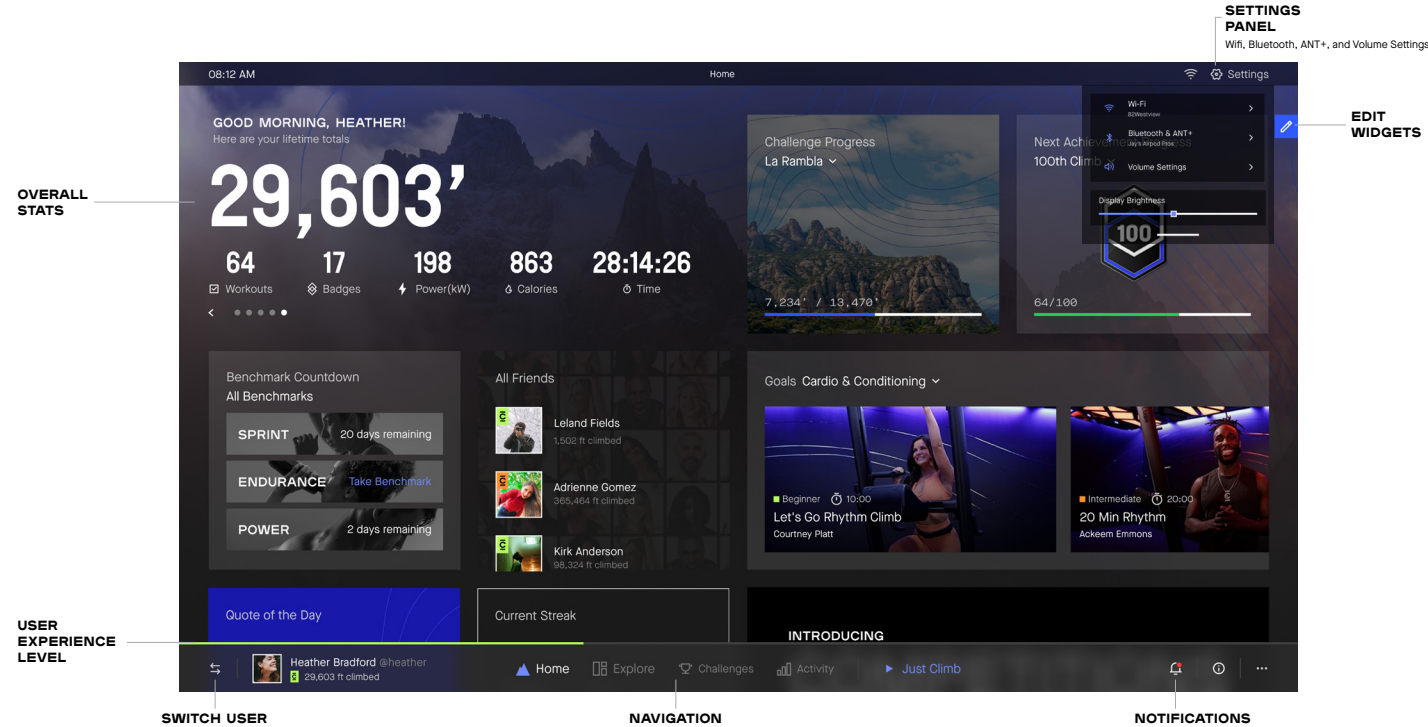
SCREEN ADJUSTMENT

Tilt screen forward to optimize viewing angle for off-machine workouts.

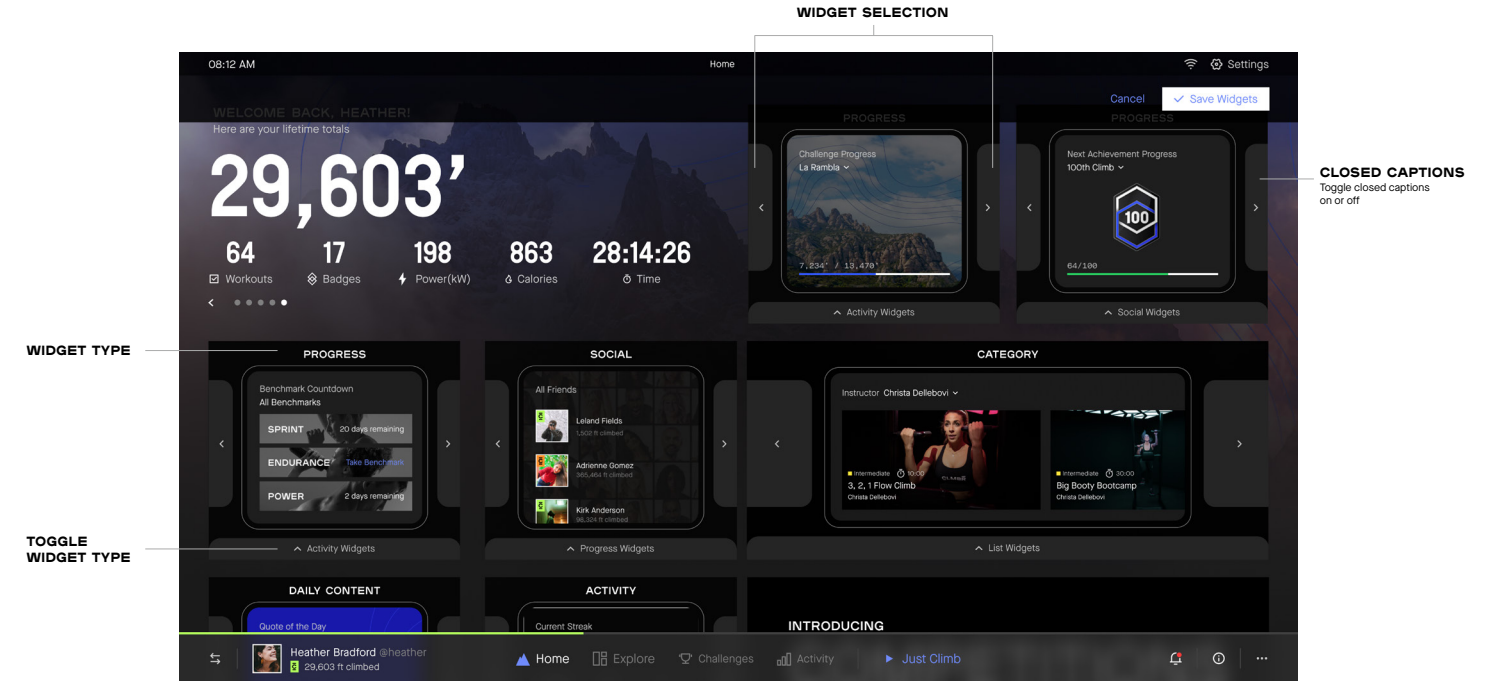
Adjust volume as needed for off-machine workouts.



HOME SCREEN



HOME SCREEN (WIDGET EDITOR)



HOME SCREEN WIDGETS

Small Widgets

Activity



Last Workout Summary
05/20/2020
Thursday afternoon
Elevation Time Avg Pace Calories
3,650 25:00 25:00' 42
feet (feet/min)

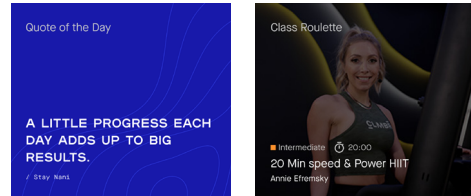
Current Day Streak
27 DAYS

Current Week Streak
2 WEEKS

Current Month Streak
1 MONTH

Current Streak
27 DAYS 2 WEEKS 1 MONTH

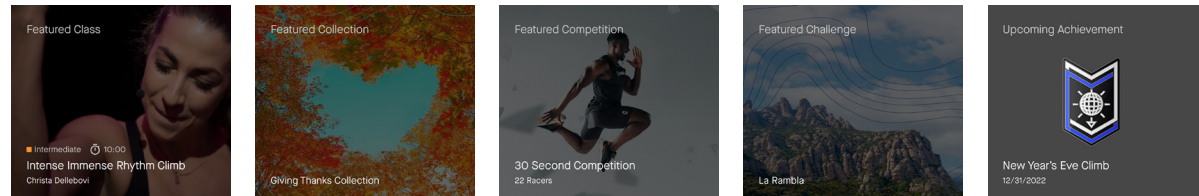
Content



Quote of the Day
A LITTLE PROGRESS EACH DAY ADDS UP TO BIG RESULTS.
/ Stay Hans

Class Roulette
Intermediate 20:00
20 Min speed & Power HIIT
Annie Efremsky

Featured Content



Featured Class
Intermediate 10:00
Intense Immense Rhythm Climb
Christa Dellebovi

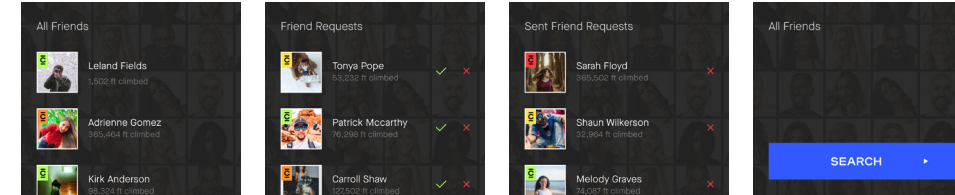
Featured Collection
Giving Thanks Collection

Featured Competition
30 Second Competition
22 Racers

Featured Challenge
La Rambla

Upcoming Achievement
New Year's Eve Climb
12/31/2022

Friends



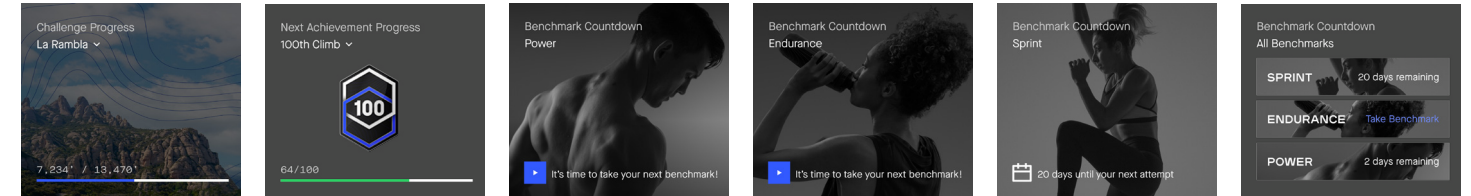
All Friends
Leland Fields 1,500 ft climbed
Adrienne Gomez 390,958 ft climbed
Kirk Anderson 38,524 ft climbed

Friend Requests
Tonya Pope 53,232 ft climbed
Patrick McCarthy 79,298 ft climbed
Carroll Shaw 177,028 ft climbed

Sent Friend Requests
Sarah Floyd 345,502 ft climbed
Shaun Wilkerson 23,962 ft climbed
Melody Graves 74,028 ft climbed

All Friends
SEARCH

Progress



Challenge Progress
La Rambla
7,234' / 13,479'

Next Achievement Progress
100th Climb
64/100

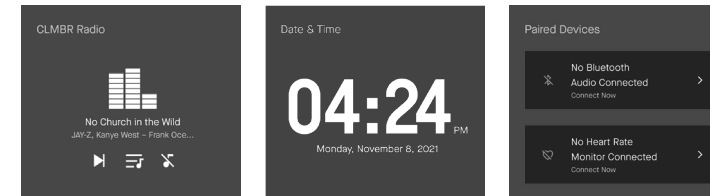
Benchmark Countdown
Power
It's time to take your next benchmark!

Benchmark Countdown
Endurance
It's time to take your next benchmark!

Benchmark Countdown
Sprint
20 days until your next attempt

Benchmark Countdown
All Benchmarks
SPRINT 20 days remaining
ENDURANCE Take Benchmark
POWER 2 days remaining

Utilities



CLMBR Radio
No Church in the Wild
JAY-Z, Kanye West - Frank Ocean...

Date & Time
04:24 PM
Monday, November 8, 2021

Paired Devices
No Bluetooth Audio Connected
No Heart Rate Monitor Connected

HOME SCREEN WIDGETS

Medium Widgets

Category

Class Type: Bootcamp

- Beginner 15:00: 15 Min Core Bootcamp - Summer Hanna
- Intermediate 20:00: EDM Bootcamp - Kenny Ferrer

Difficulty: Advanced

- Advanced 45:00: High Energy Interval Climb - Teresa Cee
- Advanced 45:00: Indestructible Interval Climb - Christa Dellebovi

Duration: 30 Minutes

- Intermediate 30:00: 30 Min Speed & Power Interval - Kenny Ferrer
- Intermediate 30:00: HIIT & Run Interval Climb - Teresa Cee

Equipment: Resistance Bands

- Beginner 10:00: Curls & Kickbacks Strength - Christa Dellebovi
- Beginner 10:00: Buns-n-Arms Strength - Teresa Cee

Genre: Pop

- Intermediate 20:00: 20 Min EDM Pop Rhythm - Tomas Mikuzis Boston
- Beginner 15:00: 15 Min Ariana Grande Rhythm - Christa Dellebovi

Goals: Cardio & Conditioning

- Beginner 10:00: Let's Go Rhythm Climb - Courtney Platt
- Intermediate 20:00: 20 Min Rhythm - Ackeem Emmons

Guide: Christa Dellebovi

- Intermediate 15:00: Lucky Day Bootcamp Climb - Christa Dellebovi
- Intermediate 10:00: 3, 2, 1 Flow Climb - Christa Dellebovi

New This Week

- New Class! Intermediate 20:00: 20 Min EDM & Hip Hop Rhythm - Courtney Platt
- New Class! Intermediate 30:00: 30 Min Endurance HIIT - Kenny Ferrer

Lists

My List: All

- Intermediate 10:00: 3, 2, 1 Flow Climb - Christa Dellebovi
- 6 Classes: Women's History Month

Classes In Progress

- In Progress: Intermediate 45:00: Light It Up Interval Climb - Summer Hanna
- In Progress: Intermediate 30:00: HIIT & Run - Teresa Cee

My List: Classes

- Intermediate 10:00: 3, 2, 1 Flow Climb - Christa Dellebovi
- Intermediate 30:00: Big Booty Bootcamp - Christa Dellebovi

My List: Collections

- 6 Classes: Women's History Month
- 8 Classes: Spring Break

My List: Guided Climbs

- Intermediate 30:00: Peaks & Valleys Guided Climb
- Beginner 15:00: Build It Up Guided Climb

Joined Challenges

- Intermediate: The Denali Challenge - Climb 20,155 - 7 days left
- Advanced: Mount Blanc Challenge - Climb 21,803 - 21 days left

Recent Workouts

Date	Day	Distance (feet)	Time	Avg Pace (feet/min)	Calories
05/20/2022	Thursday afternoon	3,650	25:13	96'	42
05/20/2022	Monday Afternoon	100	25:00	96'	42

Suggested For You

- Beginner: Intro Series: Your First Climb - Christa Dellebovi
- Beginner: Intro Series: Body Movement - Summer Hanna

IN-CLASS SCREEN

HEART RATE
14 Cal 91 HR

CALORIES
14 Cal 91 HR

MUSIC INFORMATION
No Church in the Wild
JAY-Z, Kanye West - Frank Oce...

REACH
How high you are reaching on each stroke
14 AVG 14

TEMPO
The number of strokes per minute you are climbing
089 AVG 091

POWER OUTPUT
Resistance and speed
187 AVG 211

TOTAL DISTANCE CLIMBED
3,556

ACHIEVEMENTS
Record Achievement!
EMPIRE STATE BUILDING
Daily Streak Achievement!
5-DAY STREAK
Tier Achievement!
TIER 2: 50,000' - 100,000'

PACE
Measured in feet per minute
96'/min

RESISTANCE
Position of difficulty 1-11
7 Res

TIME REMAINING
25:00 total time

HOTSPOTS
High Reach - Fast Interval

TERRAIN GRAPH
This shows the intended intensity of the workout as a function of the combined metrics. User progress tracks in real-time.

IN-CLASS SCREEN (PAUSED)

PAUSE/PLAY

TOGGLE ON/OFF
Display or hide widgets

08:12 AM Class Title

14 Cal 91 HR

96'/min SHOW RESISTANCE

No Church in the Wild
JAY-Z, Kanye West - Frank Oce...

Reach
▲ 0 AVG 7+
AVG 0

Tempo
▲ 0 TGT 60-70
AVG 0

SHOW POWER

Distance
3,556

Previous Hotspot Next Hotspot

CC Closed Captions
Toggle closed captions on or off

Trainer Volume

Master Volume

Music Volume

VOLUME
Adjust trainer, music, or overall volume

Metric Display Controls

END WORKOUT

METRIC DISPLAY CONTROLS
Controls the toggle buttons to turn on or off specific metrics

TIME REMAINING
19:11 time left

HOTSPOTS
High Reach - Fast Interval

TIME REMAINING
25:00 total time

CARE AND MAINTAINENCE

Wipe down your machine after each use.

DO NOT spray the machine or display directly with cleaner.

Only use cleaners specified for touch screens to clean the display.

Use dish soap and water or a mild household cleaner to clean the frame and center console.

To keep your machine operating smoothly, preventive maintenance should be performed based on the following intervals:

After each use

Wipe down the machine

Monthly or 400,000 feet climbed

Perform actions for biweekly interval

Biweekly or 200,000 feet climbed

Wipe debris from the upright tracks

Check that the machine is level

Cycle power - disconnect power at the base, then reconnect power

CHECK IF:

Pedal straps are in good condition

Bottle holder is secure and in good condition

Handles adjust easily

Maximum reach is 20 inches

There are no abnormal noises at all resistance levels

Resistance levels 1 - 11 display on screen

Physical resistance changes from 1 - 11

Quarterly, semi-annual, and annual service should be performed by a trained technician. Contact Customer Care for more information.

For questions or issues with your machine, contact CLMBR Customer Care at 909-330-3897 or support@clmbr.com.

FAQs

Why does my machine not move?

Check that your upright lock out pins are removed from the machine. Lightly pull on the upright power cable, it should have some slack.

Why is my wifi not working?

Reset your router and ensure that Wi-Fi is enabled on the display. If your Wi-Fi network is working, contact CLMBR customer support.

What is the user height and weight requirements?

Maximum user weight capacity is 350 lbs and must be over 5'1" and under 7' tall.

Can my CLMBR pair with headphones?

The CLMBR is Bluetooth compatible and users are able to connect with their wireless headphones and heart rate monitors. The machine pairs with most headphones and heart rate monitors, with the exception of Apple and Fitbit devices. The CLMBR screen will only be able to stream CLMBR content and classes, additional streaming services are not yet compatible. CLMBR is not able to receive audio from any external music source.



Scan for more FAQs
and troubleshooting

ICI

v4.3.4

CLIMB TO ELEVATE YOURSELF