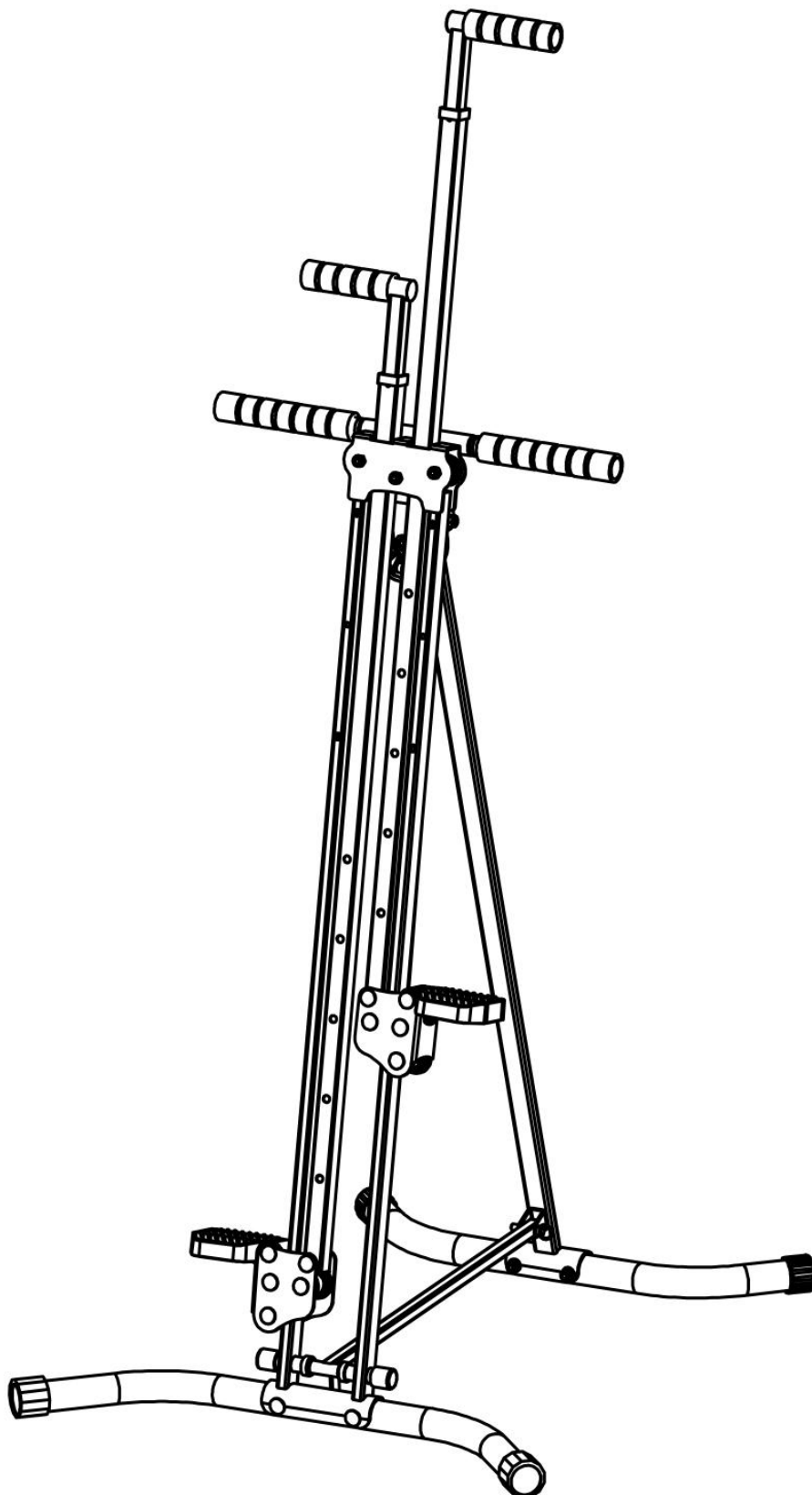




Product name: Conquer Vertical Climber  
SKU: 330-CM04  
EMAIL: [customercare@conquerequipment.com](mailto:customercare@conquerequipment.com)  
TEL: 855-349-4327  
[help.conquerequipment.com](http://help.conquerequipment.com)

## Conquer Vertical Climber Assembly and User Manual

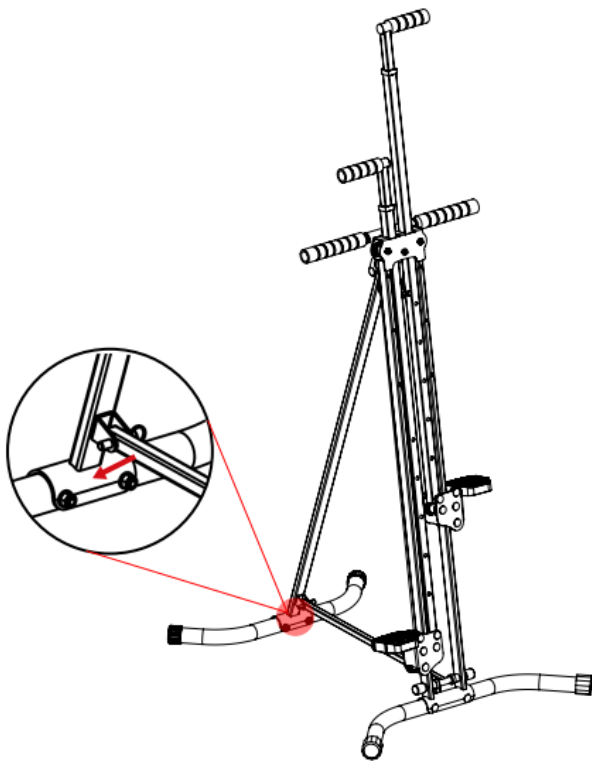




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## 1. SAFETY

**WARNING:** Make sure the locking pin is secured before getting on the machine.



### WARNING:

- SERIOUS INJURY COULD OCCUR IF THESE PRECAUTIONS ARE NOT OBSERVED.
- Read the User manual prior to Using the machine.
- CONSULT YOUR PHYSICIAN prior beginning an exercise program.
- Keep head, limbs, fingers, and hair clear of all moving parts and inspect machine before every use.
- Do not use if appears damaged or inoperable.
- Use the machine only for intended use.
- Be careful getting on and off the machine.

### IMPORTANT SAFETY INFORMATION

**IMPORTANT:** Please read and follow all instructions thoroughly before using your Conquer Vertical Climber.

- ALWAYS BE CAREFUL WHEN GETTING ON AND OFF THE MACHINE, READ THE INSTRUCTIONS ABOUT PROPER WAYS TO GET ON AND OFF THE MACHINE.
- KEEP BODY PARTS, HANDS AND FEET, AWAY FROM THE PULLEY ON THE BACK OF THE COVER AND OFF THE FOLDING PEDALS AND MOVING RAILS. SEVERE INJURY CAN RESULT IF BODY PARTS, HANDS OR FEET, ARE PLACED ON ANY OF THESE MOVING PARTS.
- KEEP THE MACHINE OUT OF THE REACH OF CHILDREN. The machine is not a toy and it's not meant to be used by or near children and pets. Please keep children and pets away from the machine during use, as well as when the product is left unattended.
- Consult your physician before beginning any exercise or diet program, especially if you have concerns about your physical fitness levels and overall suitability for exercising with the machine.
- If you experience any pain or unusual discomfort during exercise, stop your workout at once and consult a physician before continuing.
- When using the machine follow the instructions provided in this booklet. Do not use the product for any other exercise or motions that are not contained herein.
- ONLY USE THE MACHINE ON A FLAT, STABLE SURFACE. DO NOT USE THE MACHINE ON A SMALL AREA RUG THAT MAY TEND TO MOVE WHILE EXERCISING.

- DO NOT OVER EXERT YOURSELF! IMMEDIATELY STOP THIS OR ANY OTHER EXERCISE IF YOU FEEL FAINT, DIZZY, SHORTNESS OF BREATH OR ANY OTHER PHYSICAL DISCOMFORT.
- DO NOT ATTEMPT TO USE THE VERTICAL CLIMBER WITHOUT HOLDING ONTO ANY OF THE HANDLES.
- To avoid the risk of injuries to your face, do not lean your body against the Conquer Vertical Climber while performing the exercise holding the fixed handles. See Picture for Proper Body Positioning. Always perform this exercise with an upright posture parallel to the Conquer Vertical Climber with the arms in a half extended position.
- Use only accessories and attachments recommended by the manufacturer. Do not use any other attachments or accessories as this is not recommended by the manufacturer and will void the warranty.
- Always choose the proper level which best suits your physical strength and flexibility workout.
- Know your limits and train within them. Always use common sense when exercising. If you have any questions regarding your exercise program, please see your physician.



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- DO NOT USE THE Conquer Vertical Climber if it is damaged in any manner. Inspect it before each use. Failure to observe this warning could result in personal injury while exercising.
- Use the machine only for intended use as described herein.
- Do not replace any parts with parts from other equipment or other manufacturers. Use only parts provided by the manufacturer.
- Maximum user weight is 240 lbs (110Kg).
- This product is intended for home use only and is not intended for commercial facilities such as Health Clubs, Hotels or Fitness Centers.
- DO NOT LEAN BACK OR STRAIGHTEN THE ARMS BECAUSE THE MACHINE MAY BECOME UNSTABLE AND TIP OVER.
- SAVE THESE INSTRUCTIONS AND ENSURE THAT OTHER USERS READ THESE INSTRUCTIONS PRIOR TO USING THE MACHINE FOR THE FIRST TIME.
- **Note: when working on the machine, to make workout low impact and have great results, do not hit the base on each step. This defeats the purpose of the fluid motion. Instead, step back up just before hitting the base creating a proper fluid motion with minimal impact.**

### Proper body positioning



**Correct**

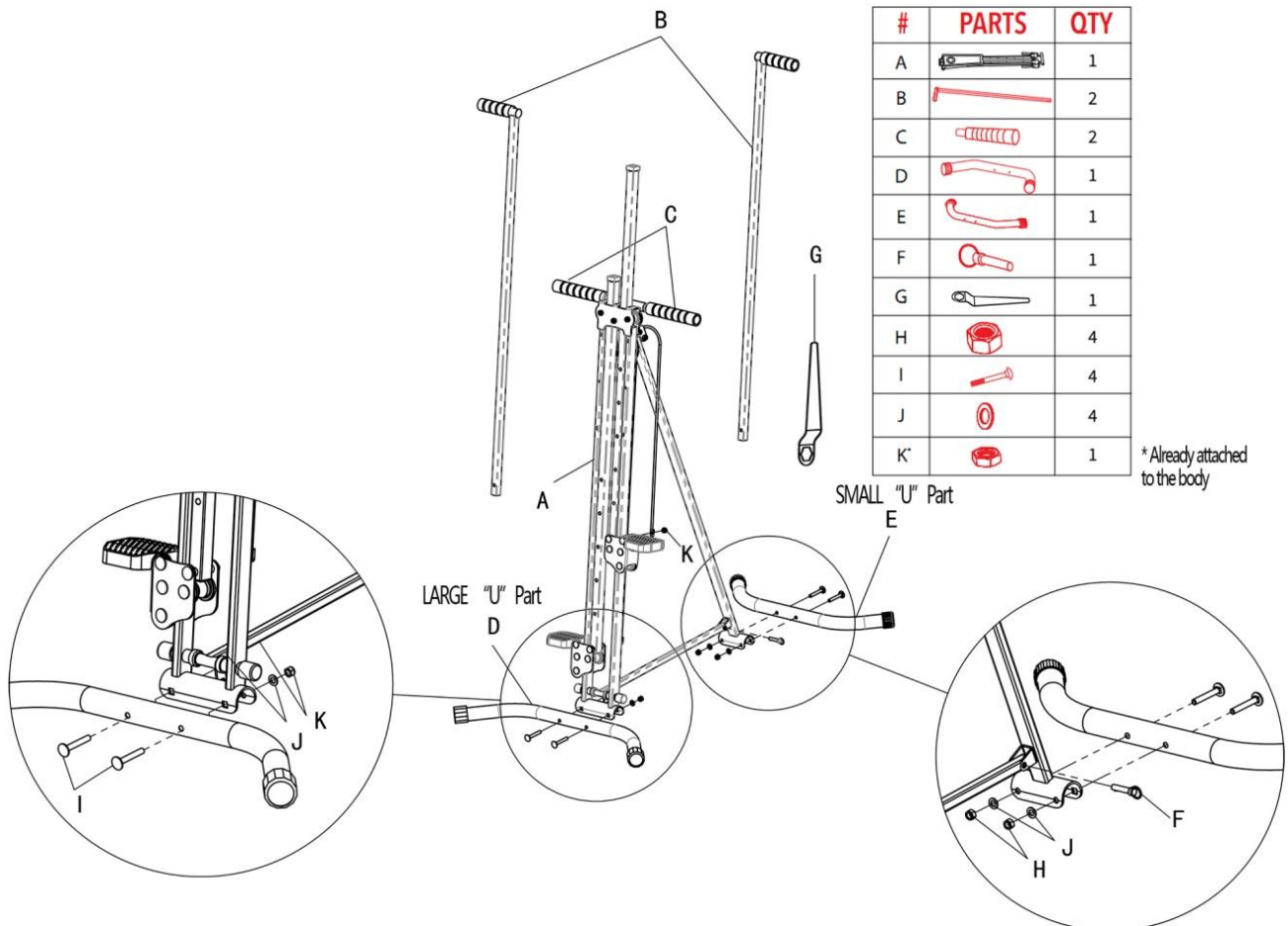


**Incorrect**



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## 2. PARTS



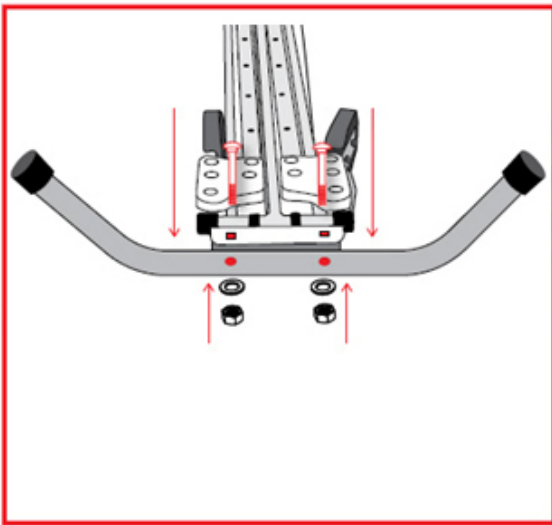


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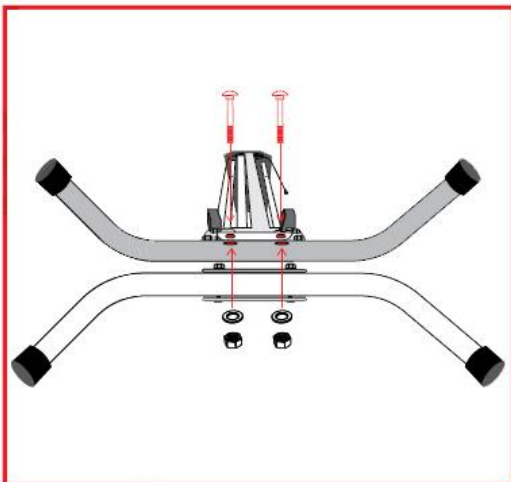
### 3. ASSEMBLY

Machine can be assembled in minutes by one person. Screws and nuts only need to be tightened with wrench (part G). When assembling the machine follow these instructions:

(1). Insert 2 screws (part I) in the larger “U” bar (part D). Place washers (Part J) and nut (Part H), screw (Part I) on and tighten with wrench (Part G).

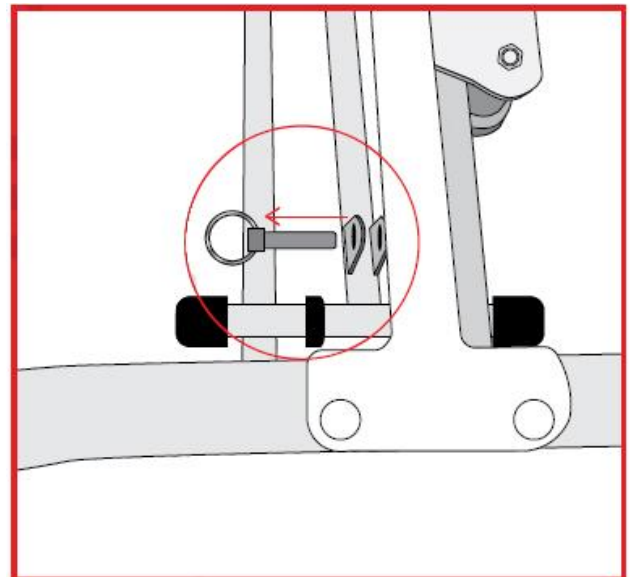
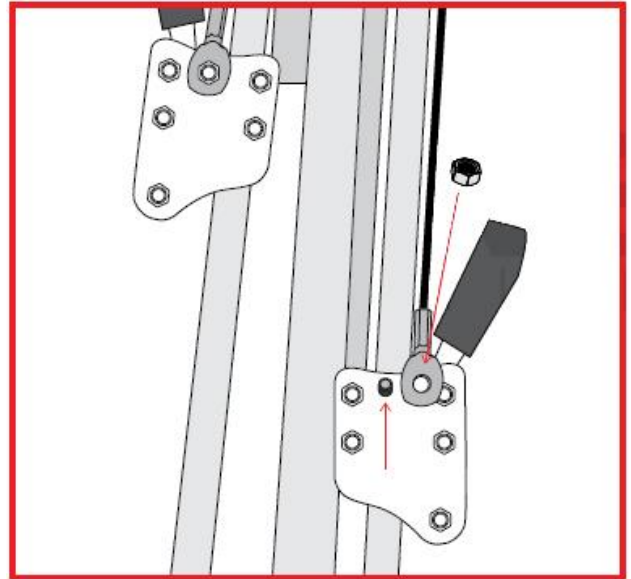


(2). Insert 2 screws (Part I) in the small “U” bar (Part E). Place washers (Part J) and nut (Part H) screw on and tighten with wrench (Part G). Make sure it's tightened. See picture.

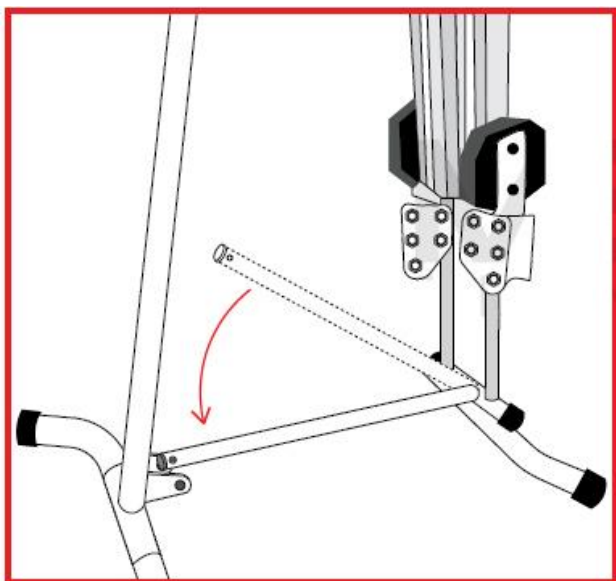


(3). Release the loose nut (part K) already attached to the body (Part A) on the fixed screw at the base of the foot and insert the rounded tip

of chain into the fixed screw. Tighten the nut using wrench (Part G). See picture.

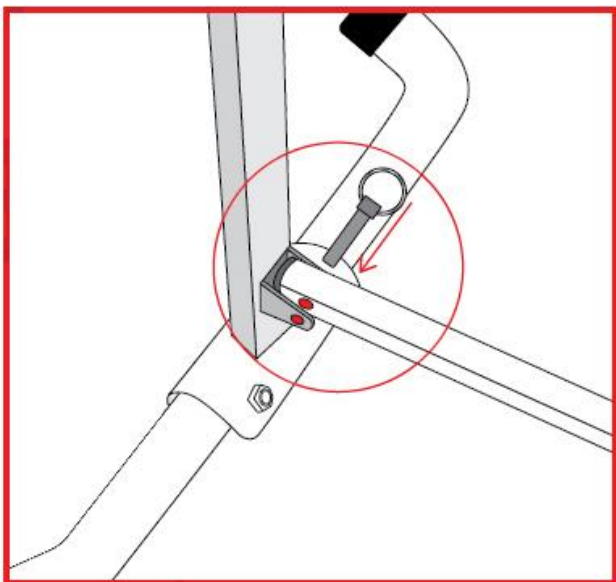


(4). Remove safety pin (Part F). See picture.

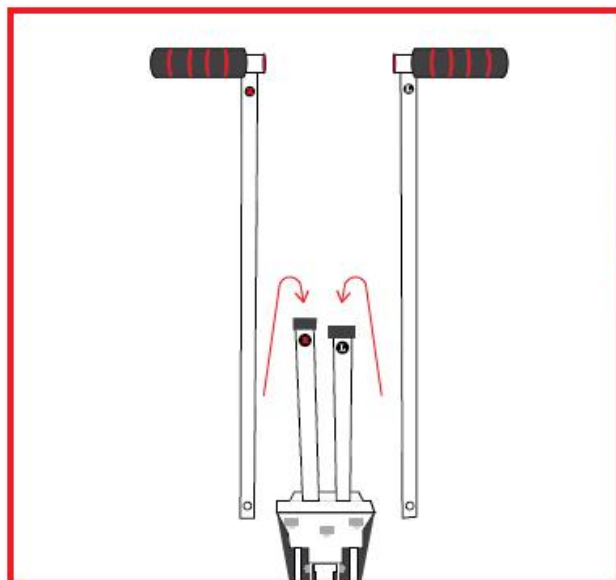


(5). Pull-open the back supporting bar and lower the middle arm until it's parallel to the floor. See picture

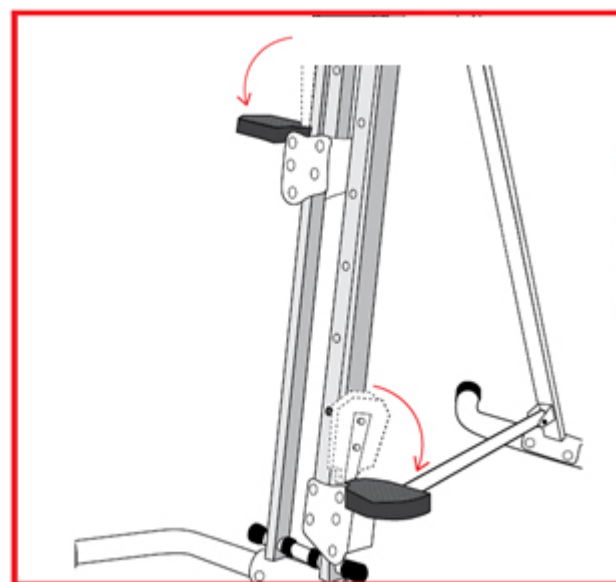
(6). Put the safety pin in (Part F), to secure the middle arm with the small "U" bar (Part E). See picture



(7). Insert the upper left and right handles (Part B). Make sure to press the securing push button with your thumb. See picture.



(8). Open the pedals. See picture.

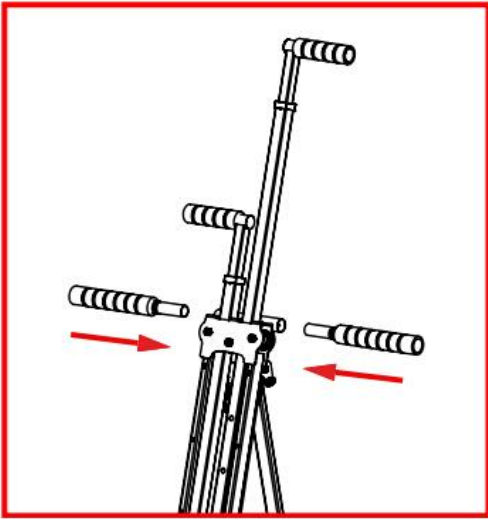






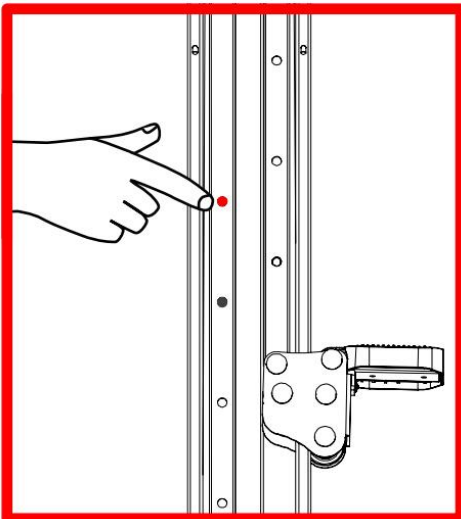
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(9). Insert the fixed handles (Part C) into the main body. Make sure to press the securing push button with your thumb. See picture.



#### 4. HEIGHT ADJUSTMENTS

There are five different height settings in the machine so you can customize the machine to your size. Press (with your thumb) the push-button. At the same time, with your opposite hand, move the respective post up or down according to your desired setting. See picture.

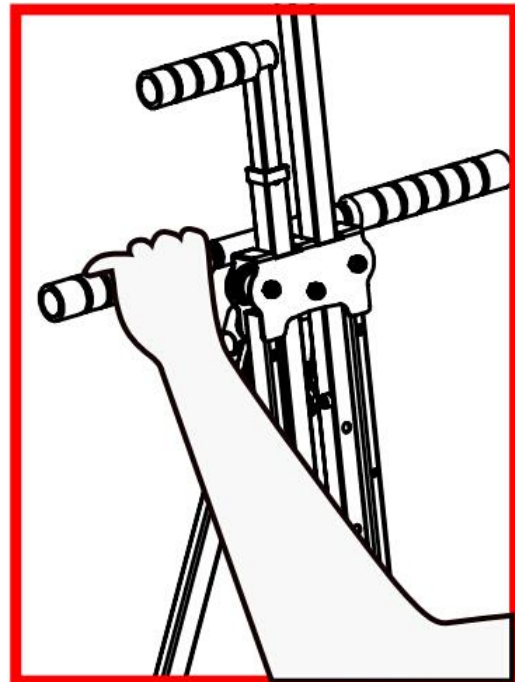


#### 5. STABILITY ADJUSTMENT

There are two eccentric sleeves in the Large “U” bar (part D) see the picture. Designed for stability adjustments when using machine on the carpet or to stabilize after assembly, adjust these two eccentric sleeves to make the unit level.

#### 6. GETTING STARTED

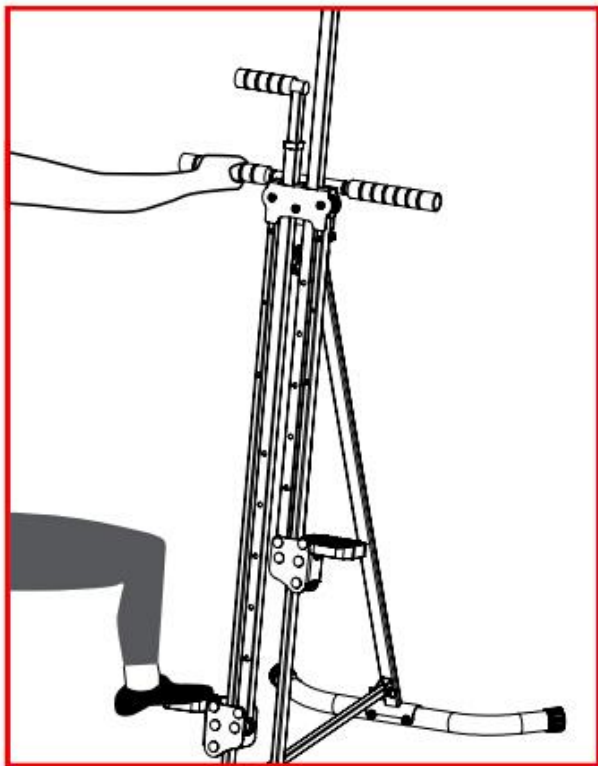
First, adjust the height of the moving handles (see step 4). Once adjusted, get on the machine by placing one hand over the fixed handle and grab it firmly (See picture).





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Then place the same side foot over the pedal and stand on it (See picture).



With your free hand grab the opposite handle and place your other foot on the opposite pedal (See picture).



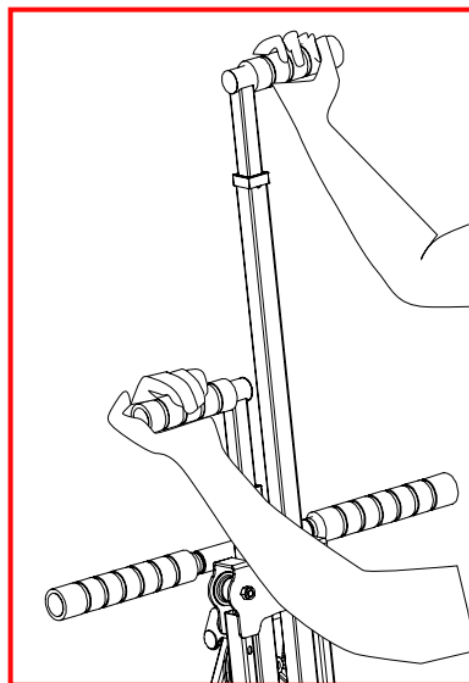
Perform a few up and down movements (about 2 minutes) when using your machine for the first time and before actually starting your workout to get used to the machine and the motion. Remember that the alternating movement for your legs should never touch the base of the the

bottom frame of the machine. Change direction to the upward movement before the base of the foot touches the bottom frame of the machine. The idea is to perform one single up and down fluid movement with your arms and legs. Once you are familiar with the movement, you can take hold of the moving handles one after the other to begin a full body workout.

## 7. ALTERNATE MOVEMENTS

### Biceps

Target your biceps by holding the handle grip with your hands facing towards you. See picture.



### Stepping

Perform a simple step workout by placing both hands on the fixed handles targeting the movement in your legs.



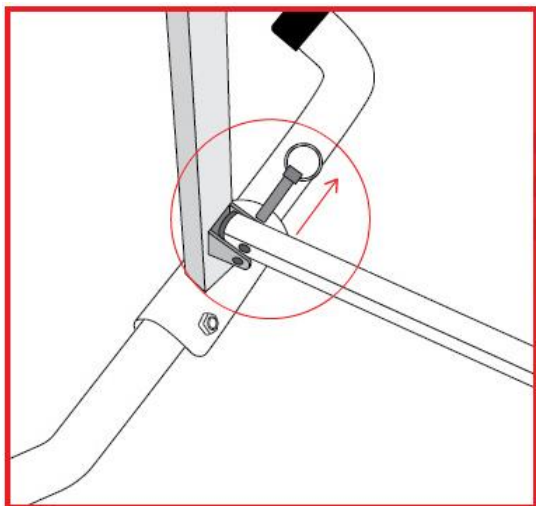


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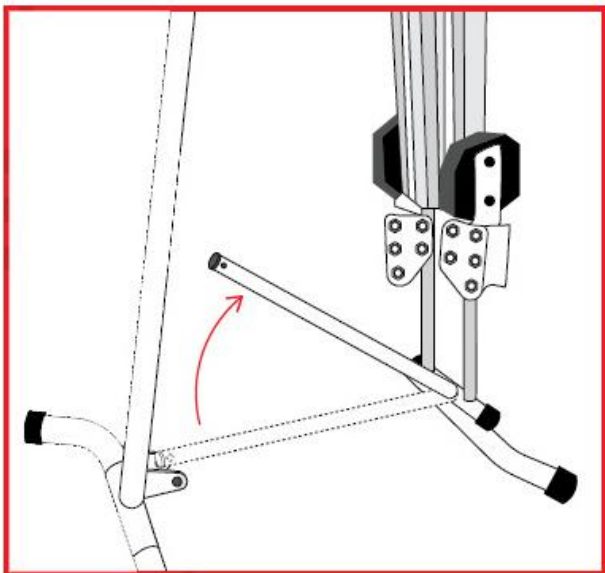
## 8. FOLDING AND STORAGE

Machine takes up very little space as it can be easily folded by performing the following steps:

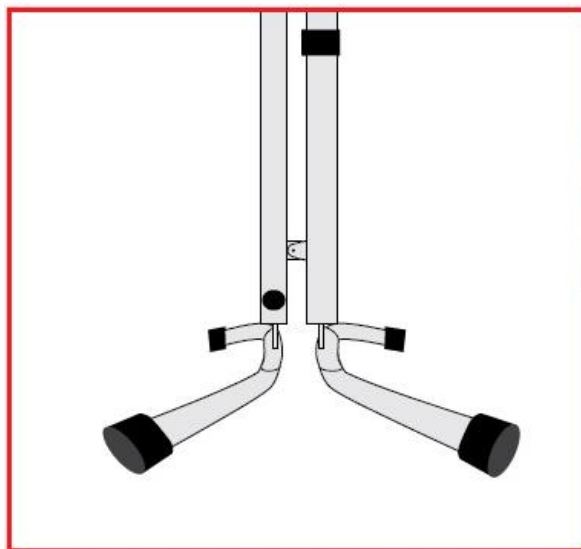
Remove the safety pin (Part F). See picture.



Lift the middle bar until it is set between the double front bars and vertical to the ground. See picture.



Hold the back bar and move it towards the opposite front double bar until they are parallel with each other and vertical to the floor. See picture.



Put back the safety pin (Part F). See picture.

