

FREE RUNNER[®] 5600

OWNER'S MANUAL



StairMaster
THE RESULTS YOU WANT[™]

APPENDIX

Figure 18: Final Assembly - Left Side

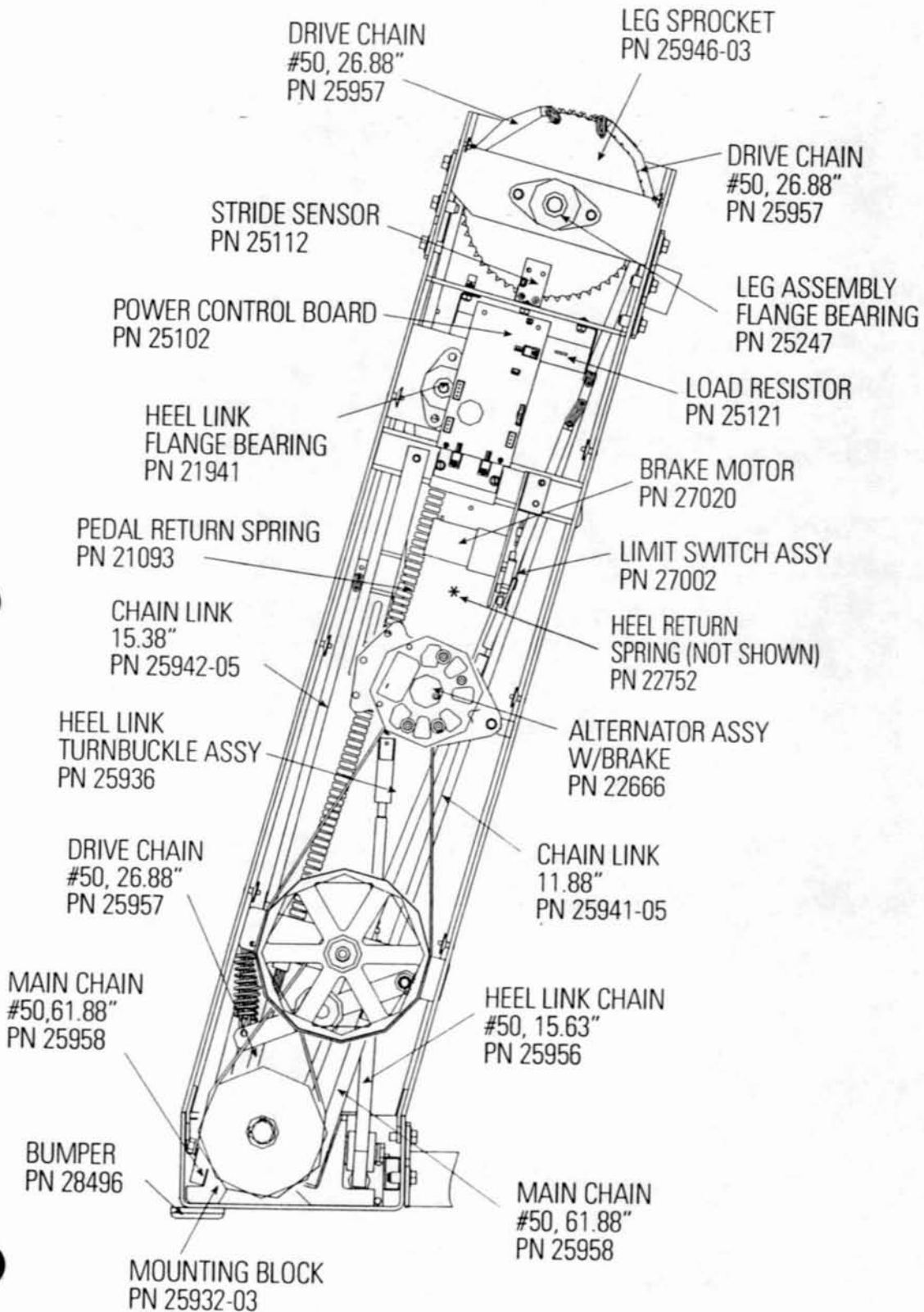
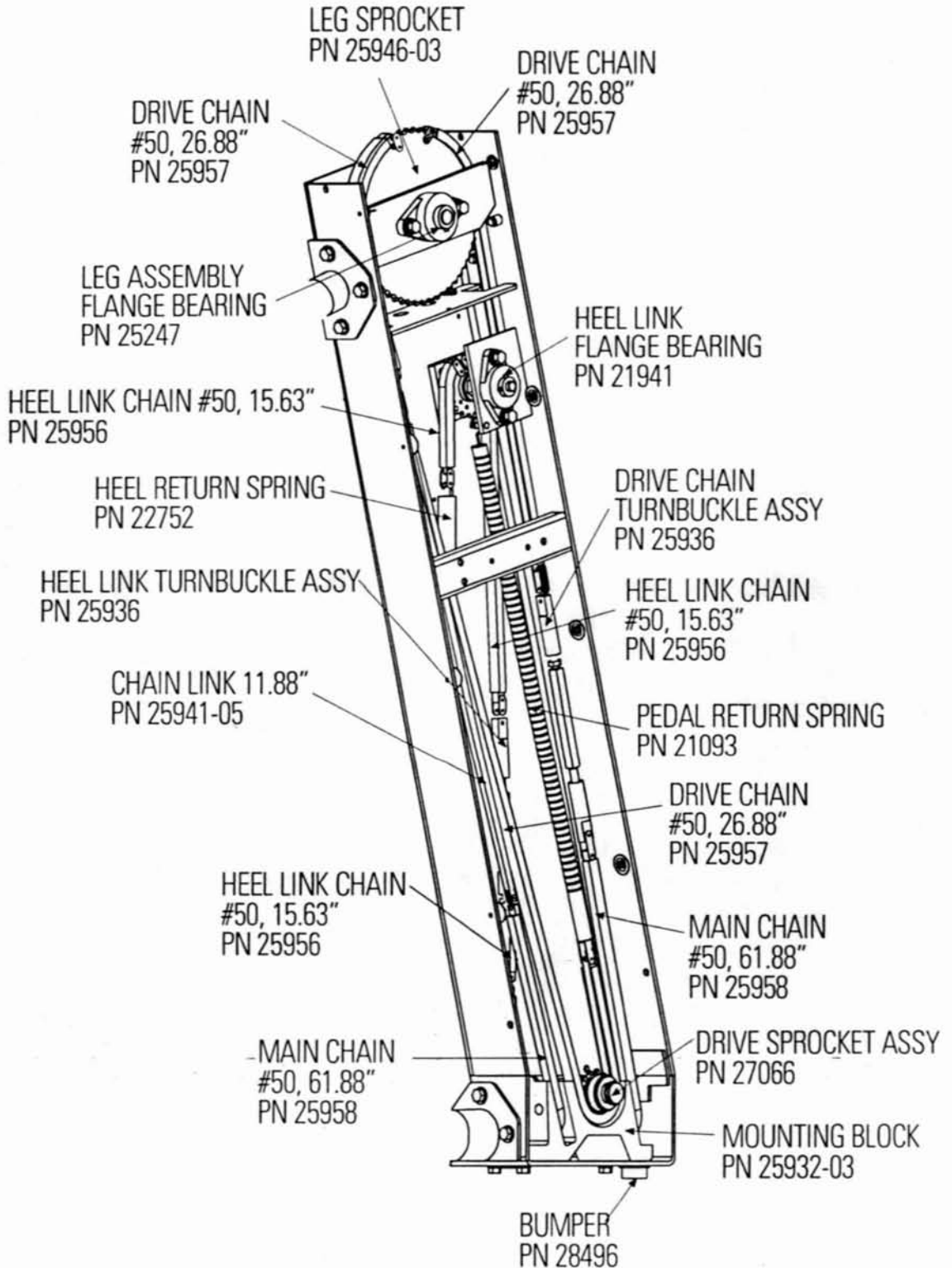


Figure 19: Final Assembly - Right Side



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Figure 20: Chain Assemblies

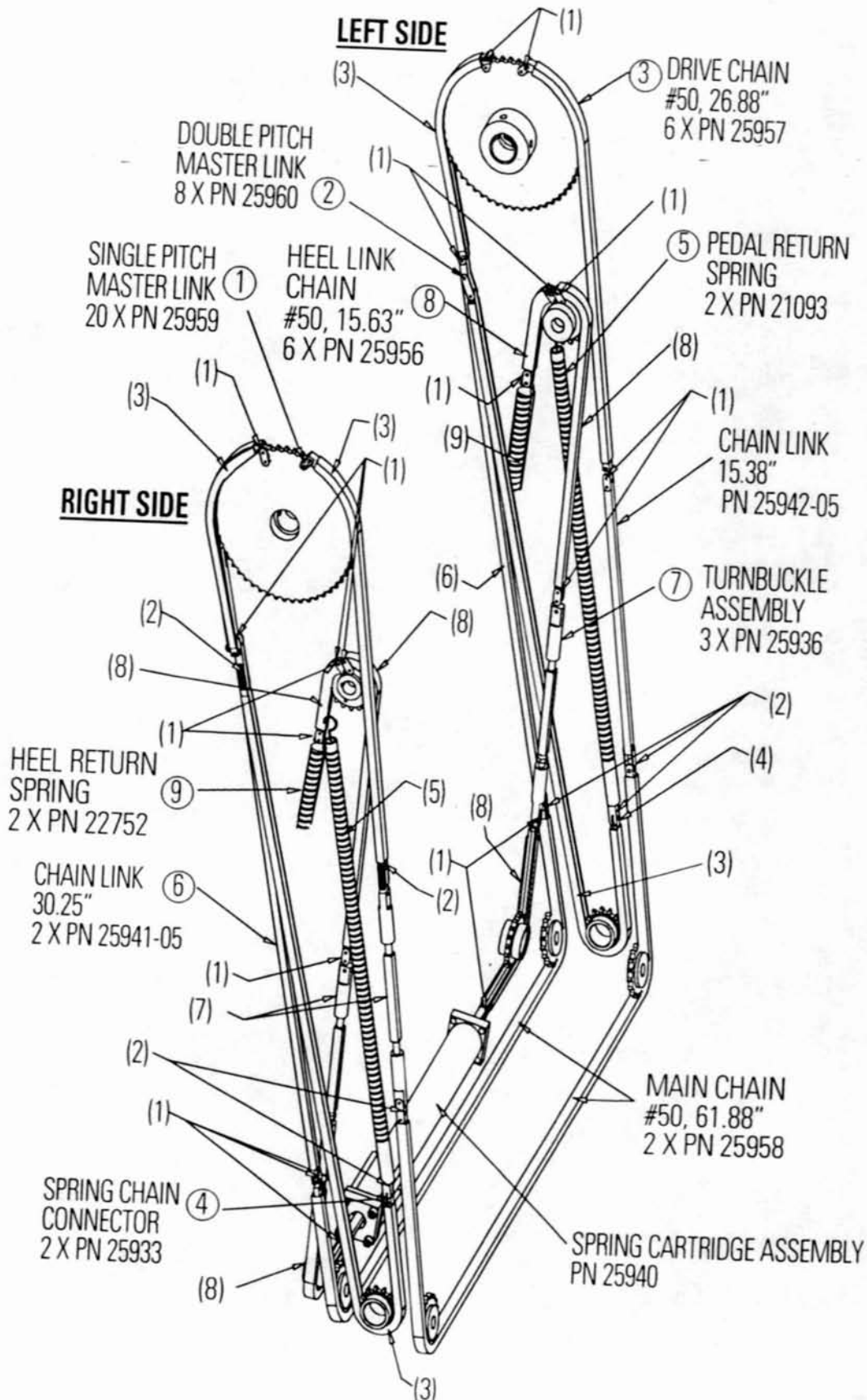


Figure 21: Belt Tension

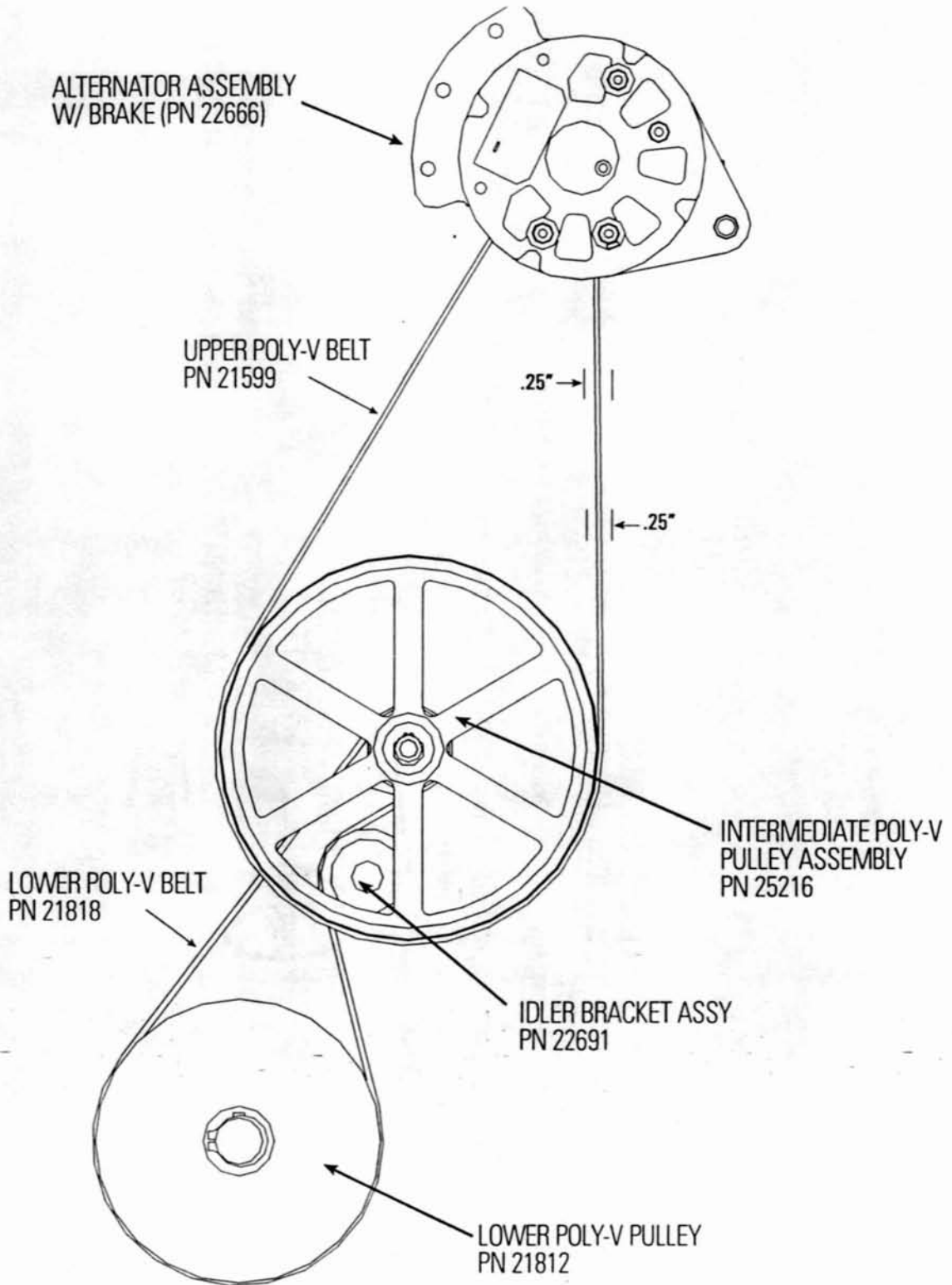
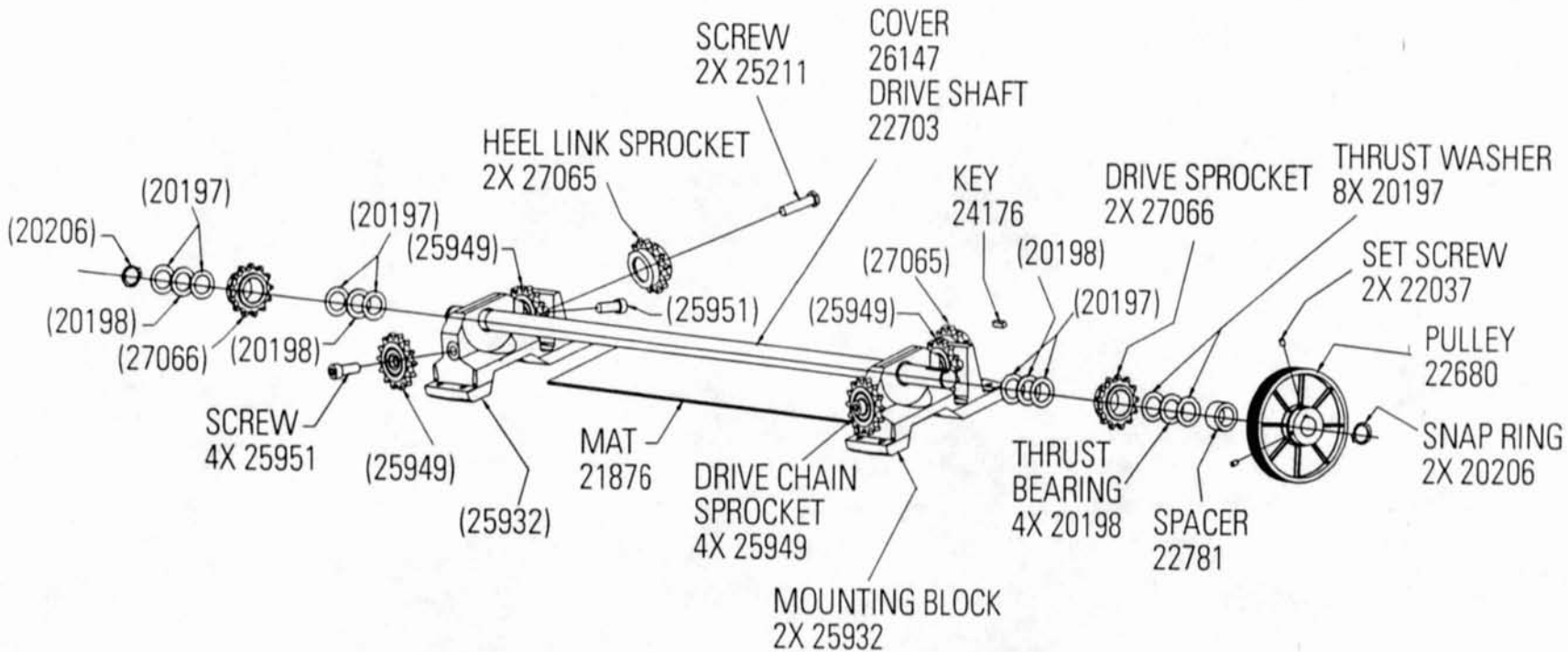


Figure 22: Drive Shaft Assembly



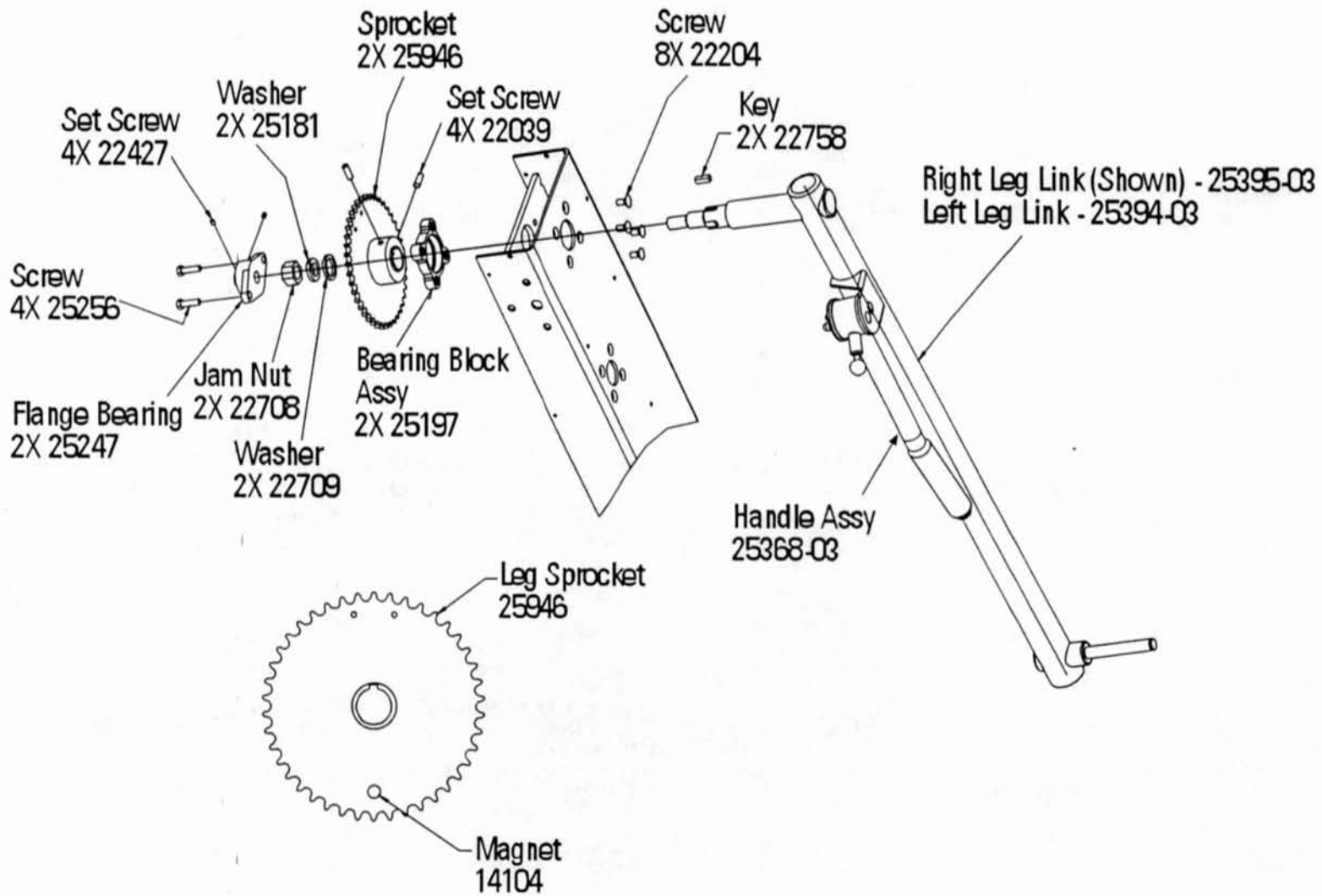


Figure 23: Leg Assembly

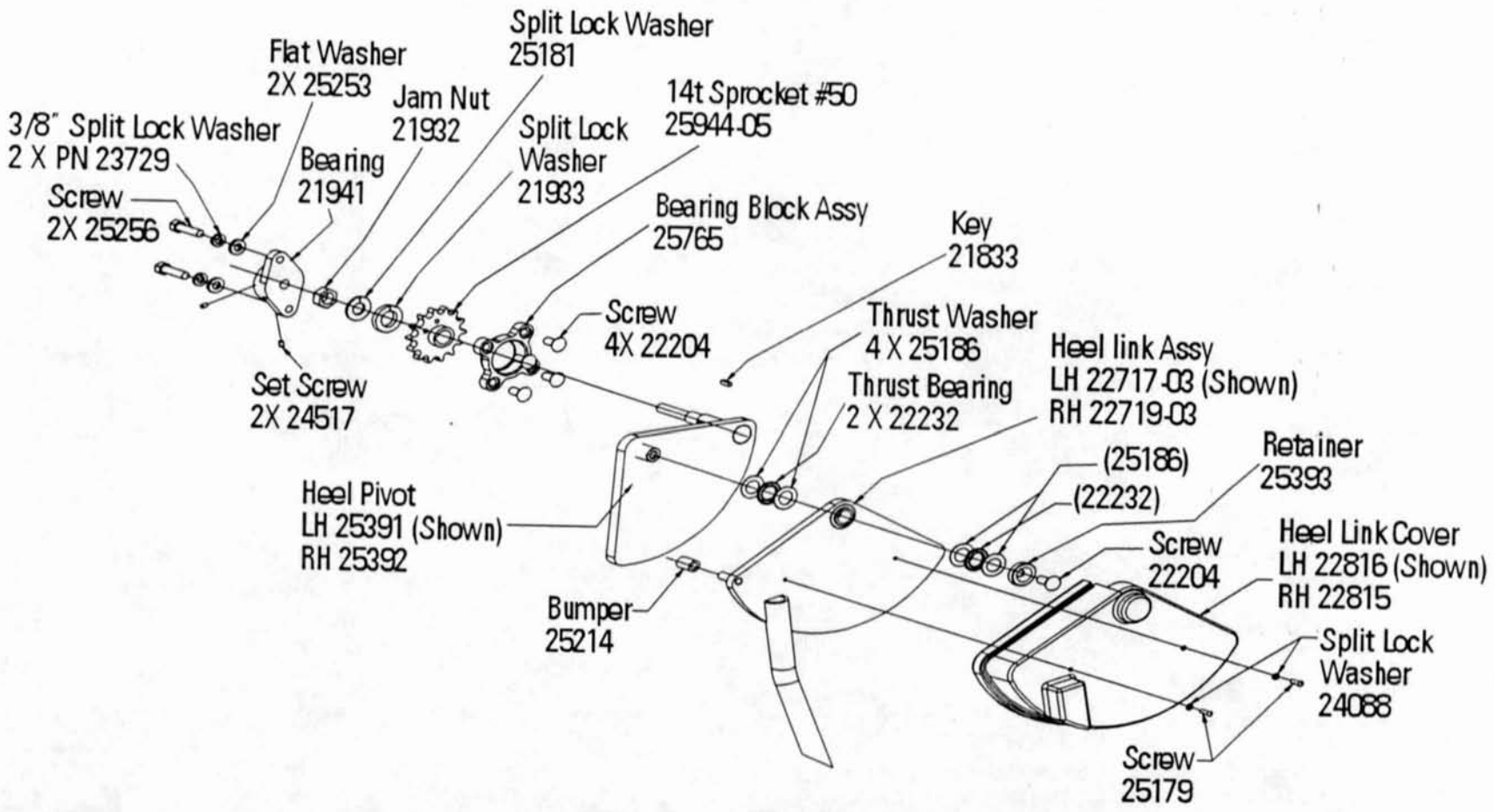


Figure 24: Heel Link Assembly

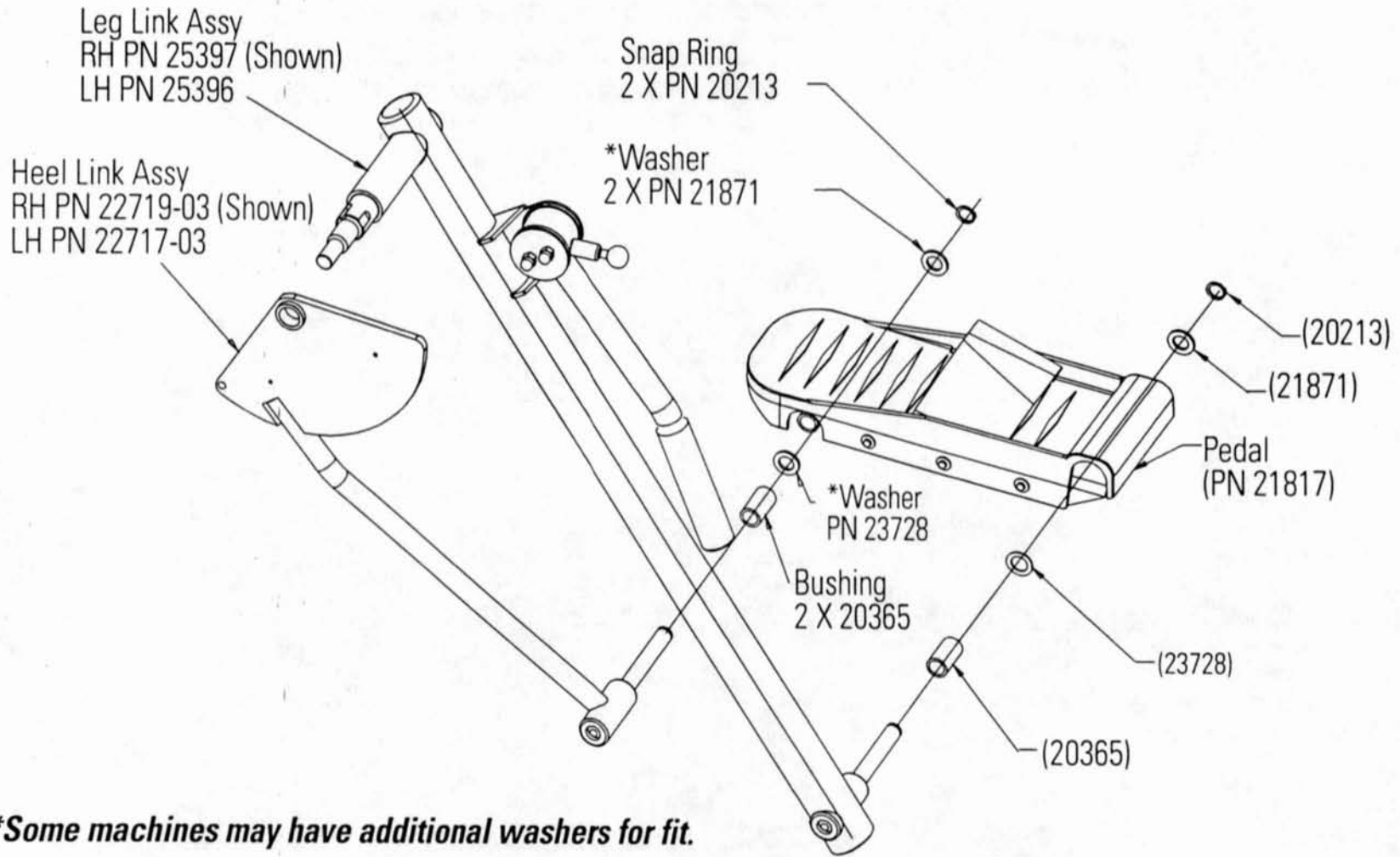


Figure 25: Pedal Mounting

**Some machines may have additional washers for fit.*

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Figure 26: Pedal Assembly

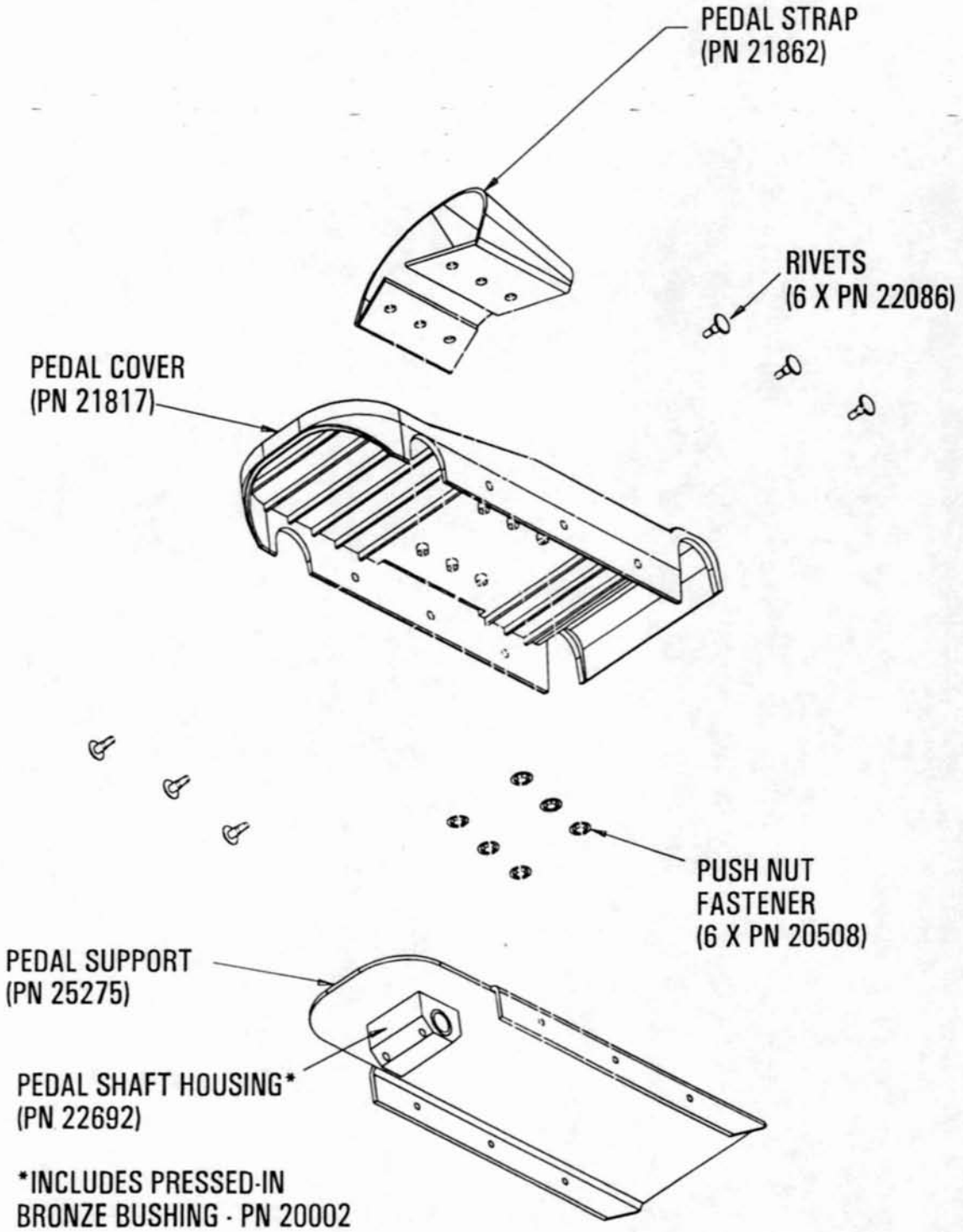
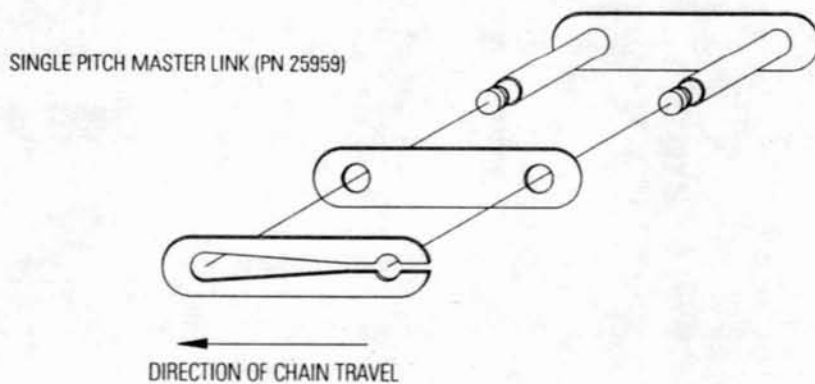
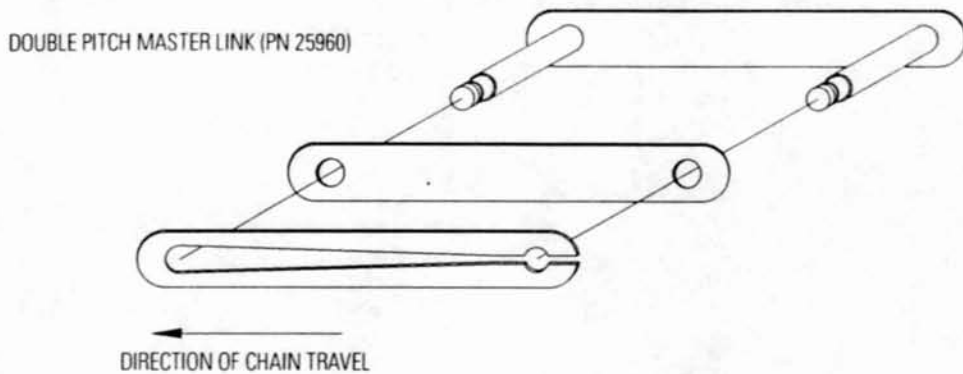


Figure 27: Master Links



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Figure 28: Heel Link Pivot Adjustment

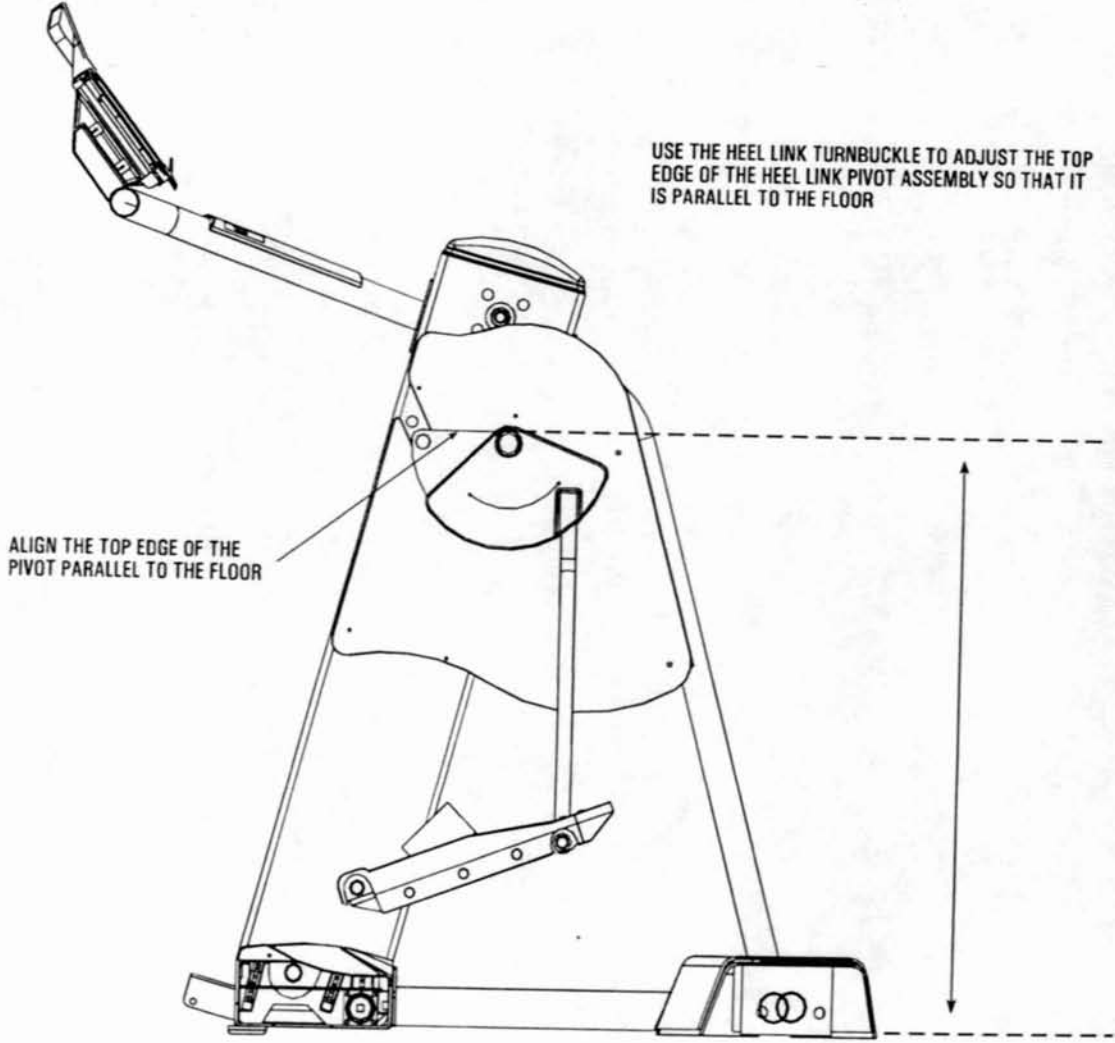


Figure 29: Handle Assembly

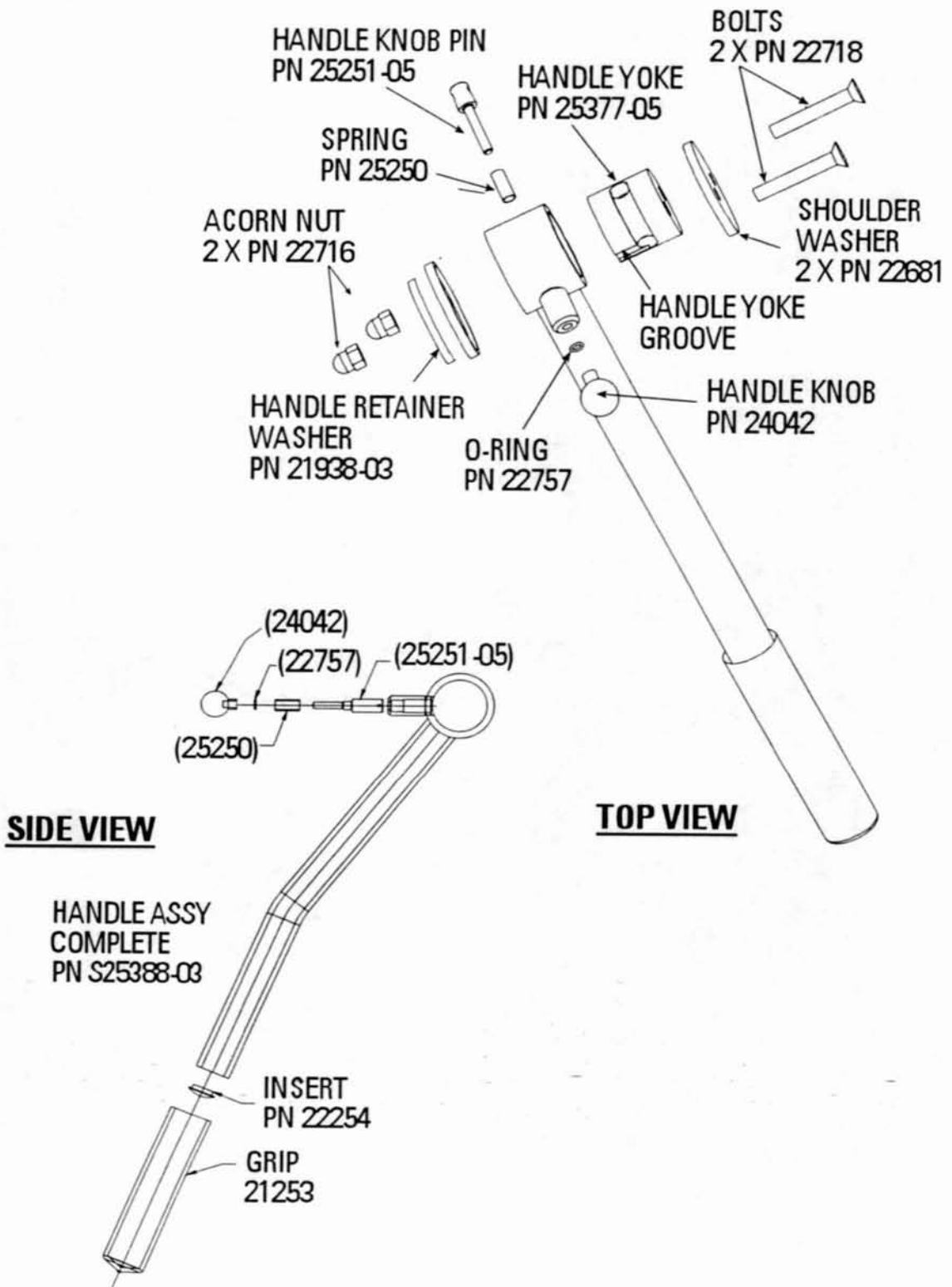


Figure 30: Limit Switch Assembly

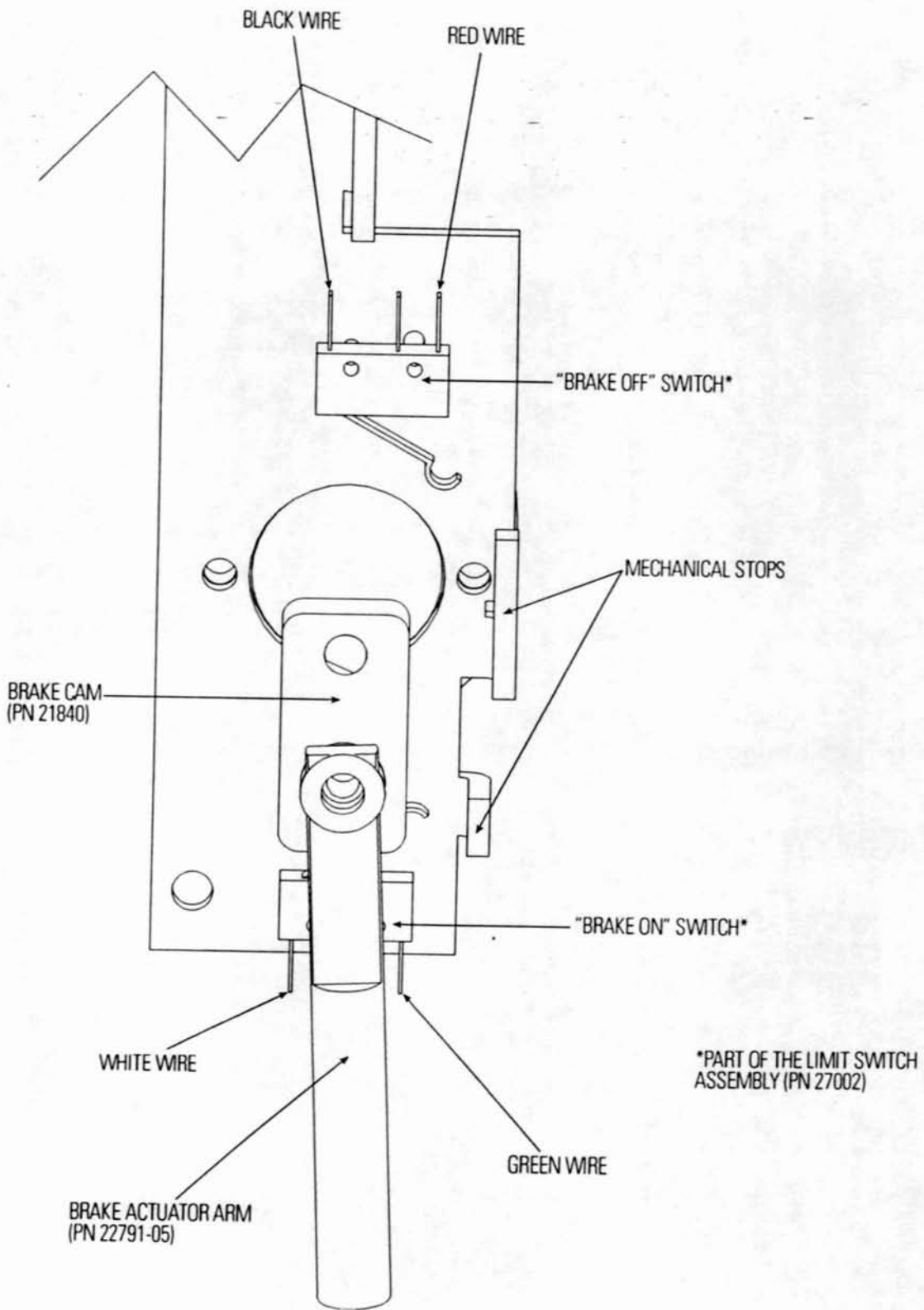


Figure 31: Power Control Board "A"

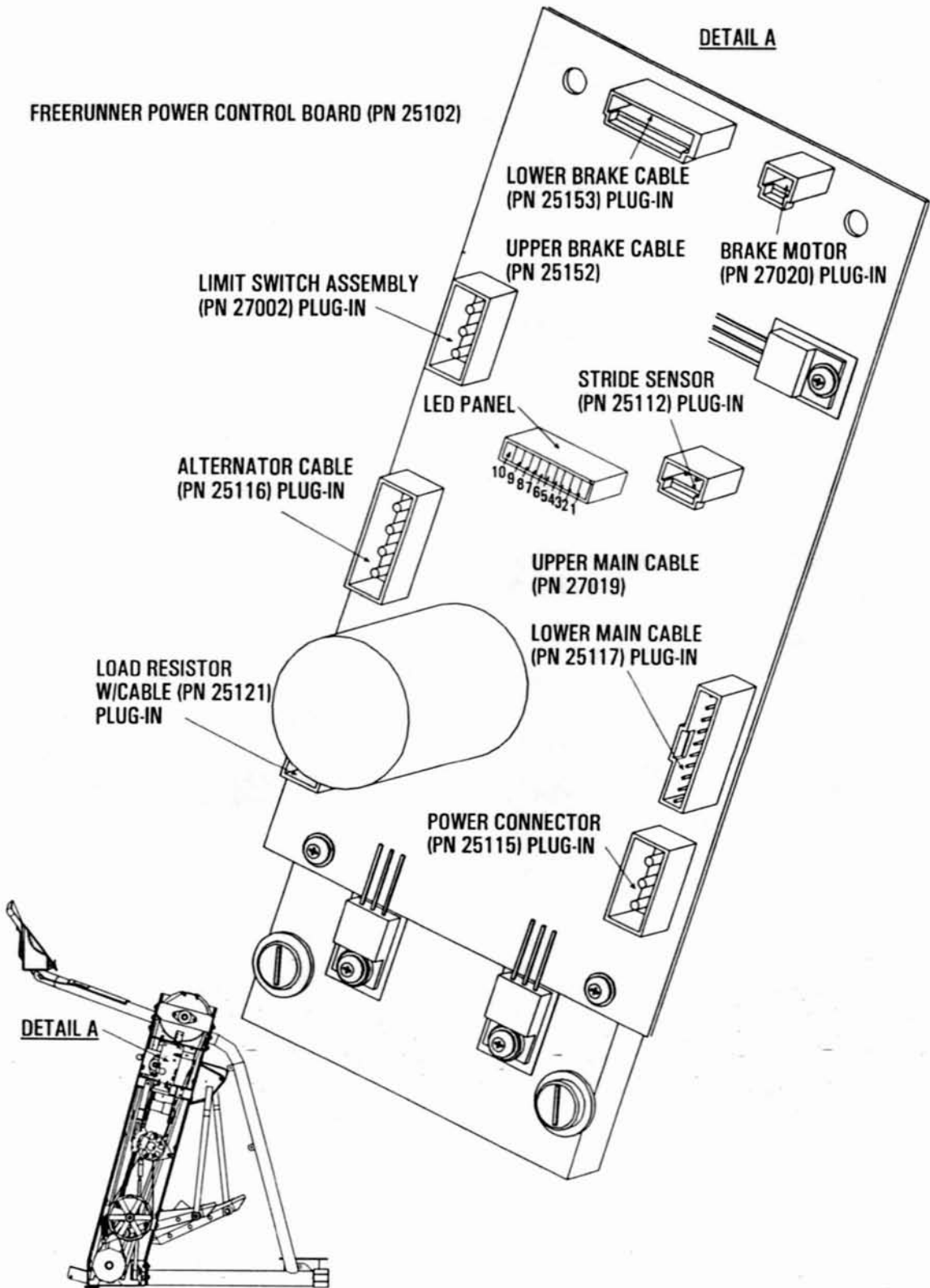
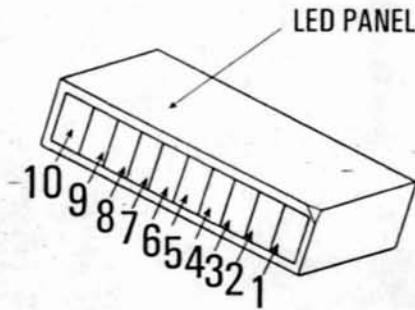


Figure 32: LED Panel

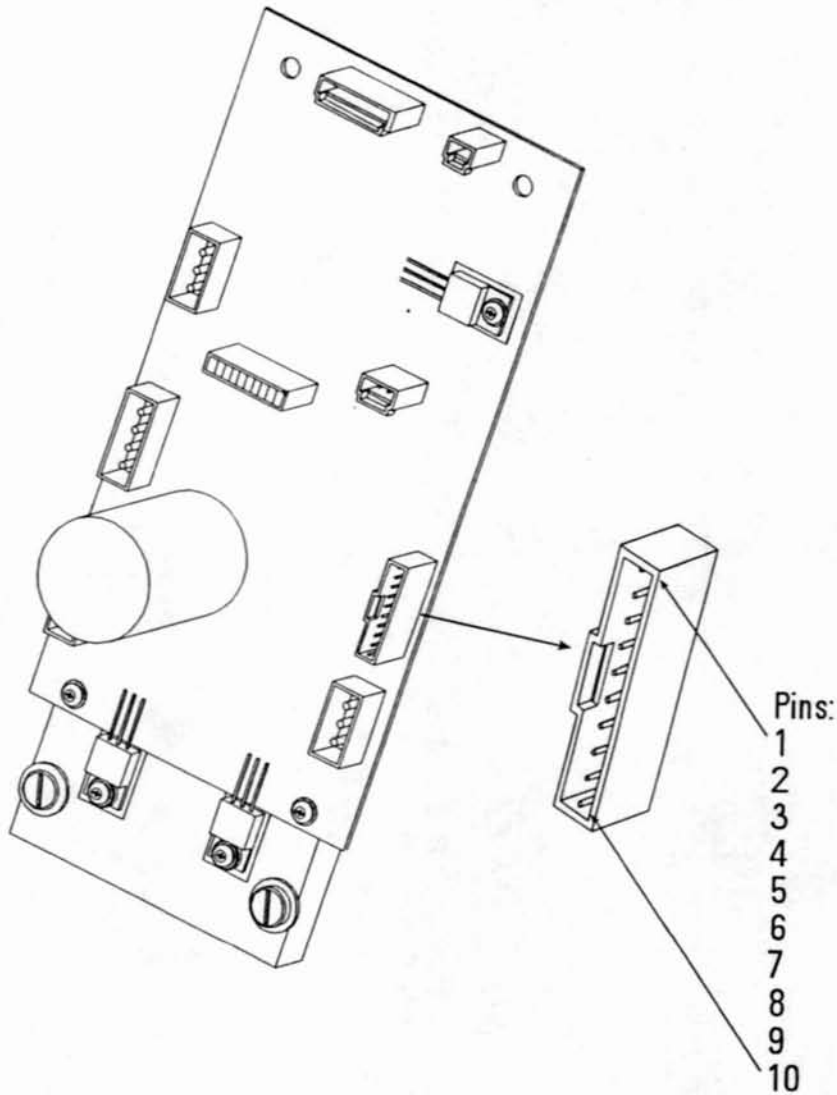


POWER CONTROL BOARD - LIGHT EMITTING DIODES (LEDs)

- #1 - **V Supply** - Indicates that there is power from the power supply.
- #2 - **VCC** - Indicates that 5VDC is supplied from the console.
- #3 - **Alt Off** - Remains illuminated, until workout program is executed. LED will then turn OFF indicating that the alternator field is being engaged.
- #4 - **Load Resistor** - Remains illuminated when the console is in the ATTRACT mode. The LED fades out as intensity level increases during an exercise program.
- #5 - **Stride Sensor** - Illuminates when pedals are aligned. Will turn ON and OFF as pedals are moved back and forth during an exercise program.
- #6 - **Motor Dir** - Remains illuminated. ONLY when the brake system is disengaged will the LED momentarily turn off.
- #7 - **Motor On** - LED will momentarily turn OFF every time the brake motor is activated.
- #8 - **UL "Brake On"** - Momentarily turns OFF when the brake cam is rotated to the lower limit switch to engage the brake system.
- #9 - **LL "Brake Off"** - Momentarily turns OFF when the brake cam is rotated to the lower limit switch to disengage the brake system.
- #10 - **Not Used** - This LED should never be on.

*****AT REST, WITHOUT ANYONE ON THE MACHINE, NINE LEDS SHOULD BE ON*****

Figure 33: Power Control Board "B"

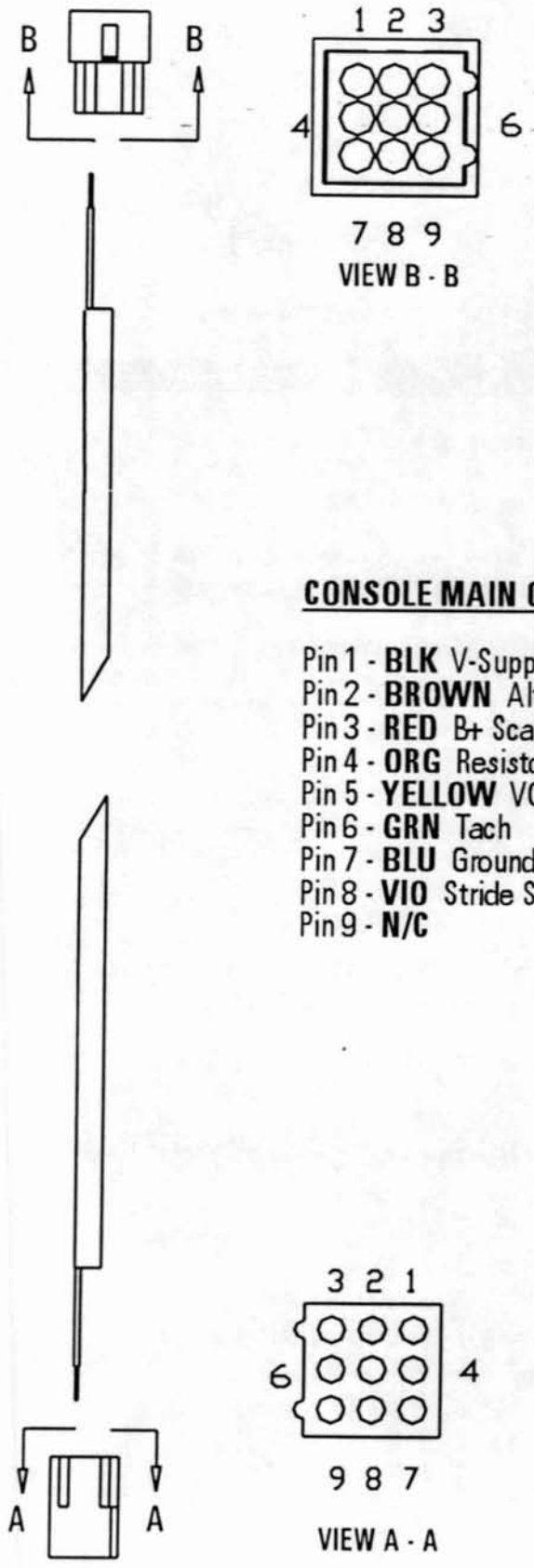


**CONSOLE PLUG-IN
(On the PCB Board)**

- Pin 1 - Alt Off
- Pin 2 - V Supply
- Pin 3 - B+ Scaled
- Pin 4 - Resistor Control
- Pin 5 - VCC
- Pin 6 - N/C
- Pin 7 - Tach
- Pin 8 - N/C
- Pin 9 - Stride Sensor
- Pin 10 - Ground

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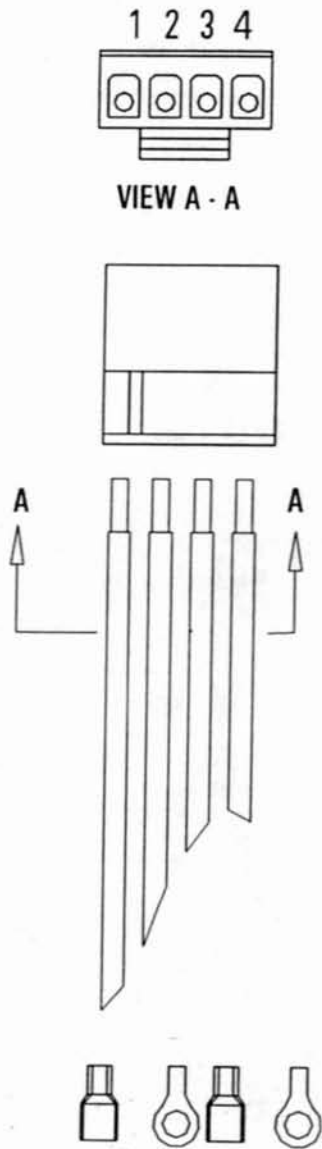
Figure 34: Console Main Cable



CONSOLE MAIN CABLE

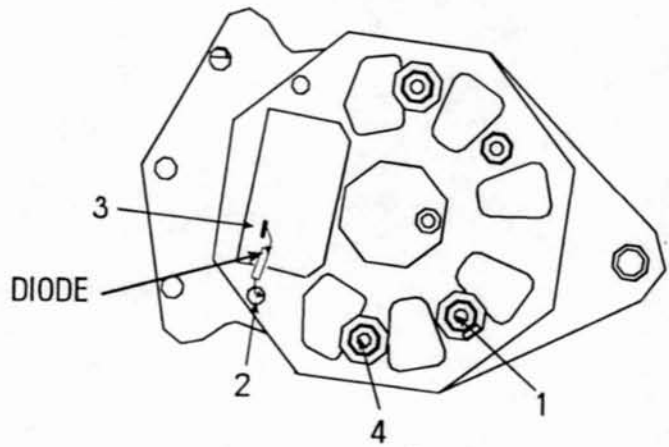
- Pin 1 - **BLK** V-Supply
- Pin 2 - **BROWN** Alt Off
- Pin 3 - **RED** B+ Scaled
- Pin 4 - **ORG** Resistor Control
- Pin 5 - **YELLOW** VCC
- Pin 6 - **GRN** Tach
- Pin 7 - **BLU** Ground
- Pin 8 - **VIO** Stride Sensor
- Pin 9 - **N/C**

Figure 35: Alternator Cable



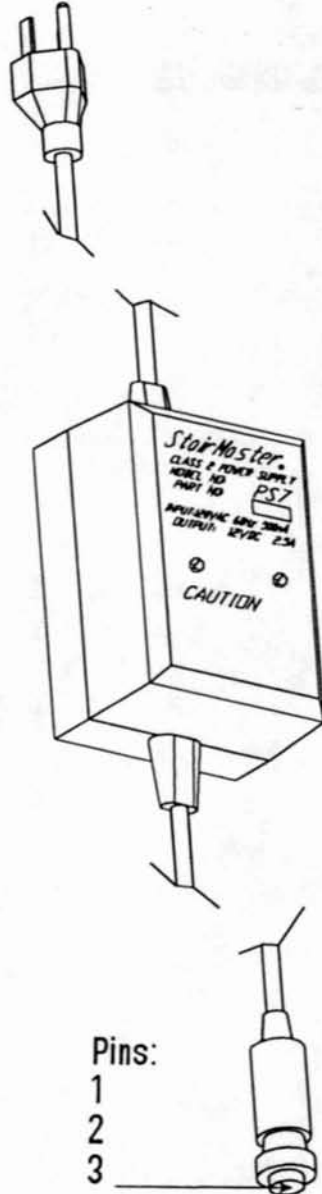
ALTERNATOR CABLE

- Pin 1 - B+ (White Wire)
- Pin 2 - Ground (Black Wire)
- Pin 3 - Field (Brown Wire)
- Pin 4 - Tach (Blue Wire)



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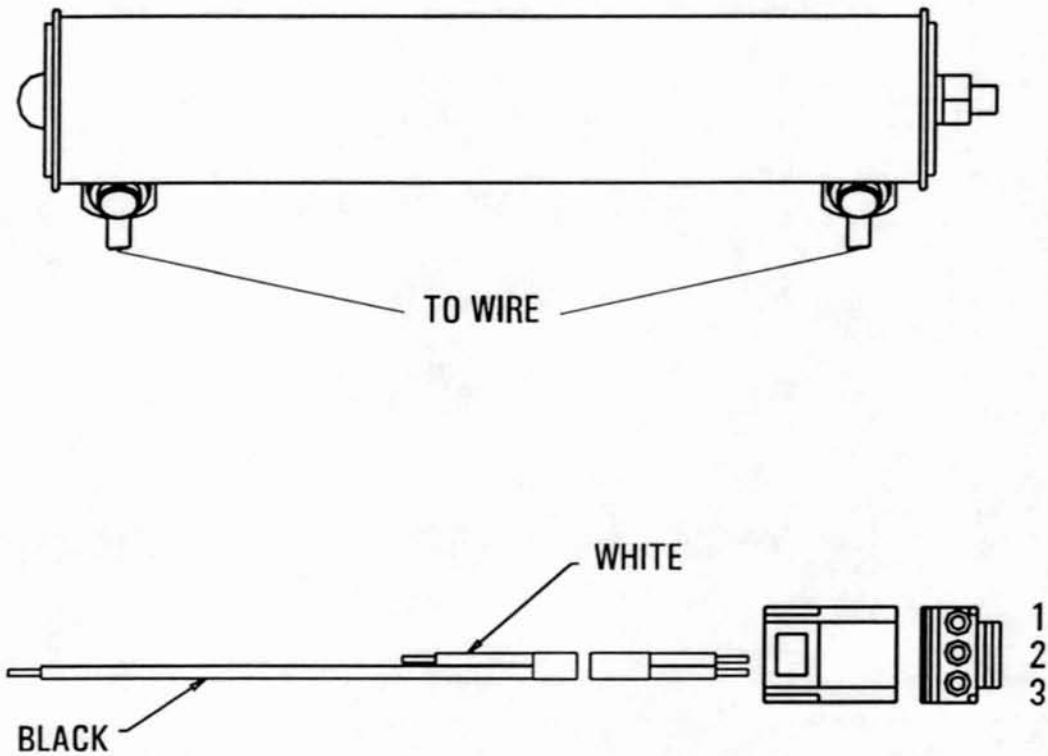
Figure 36: Power Supply



POWER SUPPLY

- Pin 1 - V Supply
- Pin 2 - Ground
- Pin 3 - Earth Ground

Figure 37: Load Resistor



LOAD RESISTOR

1/2 Ohm 240 Watt
1/2 Ohm measured at Pins 1 and 3