



# Laddermill® Ascender Owner's Manual



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# *Laddermill*

## **Complete Owners Manual**

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## INTRODUCTION

Vertical movement is a new category of training that works the whole body and mind together. The Laddermill will deliver a remarkable aerobic burn that anyone can “enjoy.” While simultaneously challenging the upper-body, core and grip strength, exhausting even the fittest athletes. When introducing the wall, we suggest the staff understands its potential, benefits and how to use it as a fitness tool.

The Laddermill will enhance any user's routine with its revolutionary, simple design. A wide array of muscle groups are recruited when using the equipment, providing a full body workout. The ability for the machine to change angle and very speed allows personalized use for any ability level. During this exercise you may be surprised how quickly your strength and cardiovascular endurance are tested.

The owner's manual is designed to provide the purchaser with the resources needed to make the most of this equipment. It will provide information and sources for programming ideas, some simple and others more complex.

The workout is effective, fun and customizable, so now it is up to you all to extend the knowledge to your members and get them to try it out! Once the initial attempt is out of the way people will see for themselves what a workout it can be.

## PRODUCT REGISTRATION

Record your serial number here: \_\_\_\_\_

Please visit [brewerfitness.com/OwnersManual](http://brewerfitness.com/OwnersManual) to register your new Laddermill with us.

You can also email us at [sales@brewerfitness.com](mailto:sales@brewerfitness.com) with your contact information and serial number to complete your product registration.

You must make sure to register your new Laddermill to receive service updates.

## Safety Tips

**WARNING - Read all instructions before assembling and using the Laddermill.**

### For Assembly:

Be careful when moving and installing the Laddermill, it requires effort to lift and attach the main channel. Some steps require 4 individuals. Have 3 people assist you during assembly and make sure to have two ladders on hand. The heaviest components need to be lifted to a vertical position.

### For General Use:

Carefully read and understand the Laddermill Owner's Manual. Provide a general overview of the basic operations and usage to new Laddermill users. Do not place other equipment or any items in the fall zone.

## Laddermill Specifications

Weight	590 Pounds
Dimensions	66" wide x 54" deep x 118" tall
Width of climbing surface	30" feet
Length of climbing surface	20 feet
Number of Rungs	20
Angle Range	Positive 10 degrees to negative 20 degrees
Electrical Requirements	9 V DC Plug-in Transformer
Electronic Display	Measures Distance in feet, time, and calories

# Operating Instructions

## INTRODUCTION

There are 3 primary controls to know about on the Laddermill. You can adjust the **speed** of the climb with the lever located on the right side of the machine, you can adjust the **angle** of the wall with the lever on the left side of the machine, and you can view and track the stats on your exercise with the **digital counter** on the right side of the machine.

## HOW THE LADDERMILL WORKS

It's very simple, you can just hop on and climb! The weight of your body will move the rungs downwards. With our auto-stop technology, if you stop climbing, the Laddermill will stop and wait for you. The Laddermill will not move unless you are on the wall and climbing upwards.

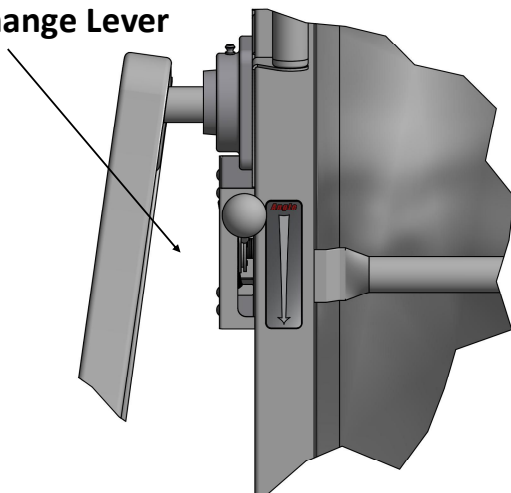
You can adjust the angle of the wall as well, which makes it easy to cater to a large variety of abilities and fitness goals. Easier angles are great for aerobic workouts and focus on the lower body.

Overhanging angles require a little more upper body strength and really engage the core.

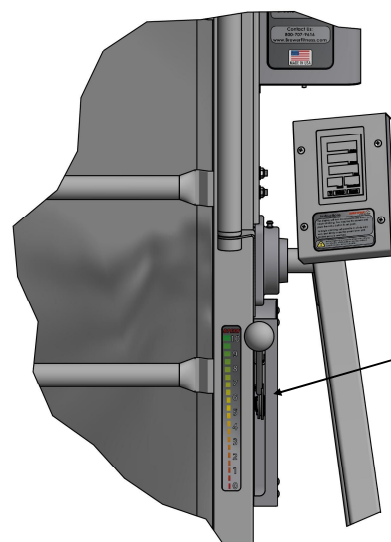
Use the digital counter to set goals, manage your progress, and track your exercises. The counter will begin automatically counting upwards when you start climbing, or you can set time and distance goals on the setup screen.

## Control Mechanisms

Angle Change Lever



Digital Counter



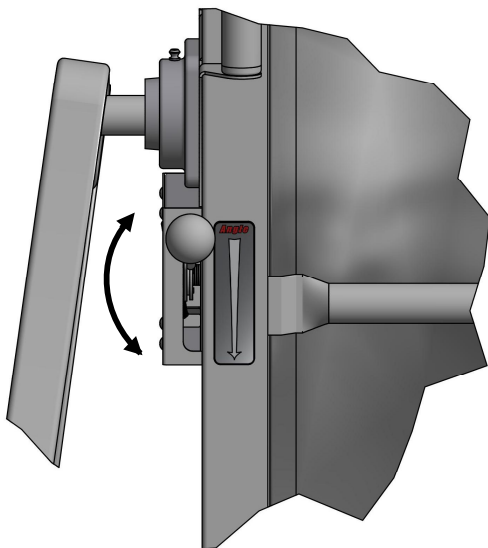
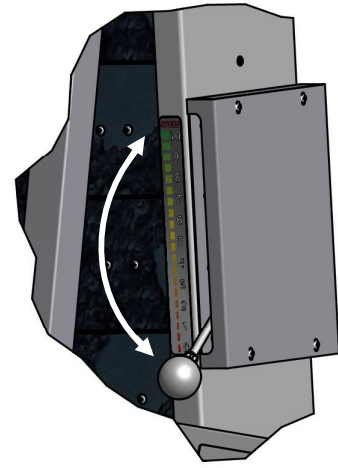
Speed Lever

## Operating Instructions

### Speed Control

To control the speed of your climb you simply move the lever up and down. At the "0" setting the Laddermill will be completely stopped for most people or it may just barely creep downwards for heavier individuals. At speed "10" the wall is at its fastest and only requires about 50 pounds of weight to move. The ideal setting will be different for people of different weights.

Accurate current and average speeds are displayed on the counter in feet/min. or meters/min if needed.



### Angle Changing

To change the angle of the Laddermill you begin by moving the angle lever downward. A range of 10 degree positive to 20 degrees negative is available to you and you can stop anywhere in the middle.

For a negative angle you need to be standing on the Laddermill. Your body weight will move the Laddermill slowly to a negative angle. You can stop at any time by letting go of the lever.

To return to a positive angle step off the machine and move the angle lever downward. The Laddermill will move forwards returning automatically to a positive angle.



# Operating Instructions

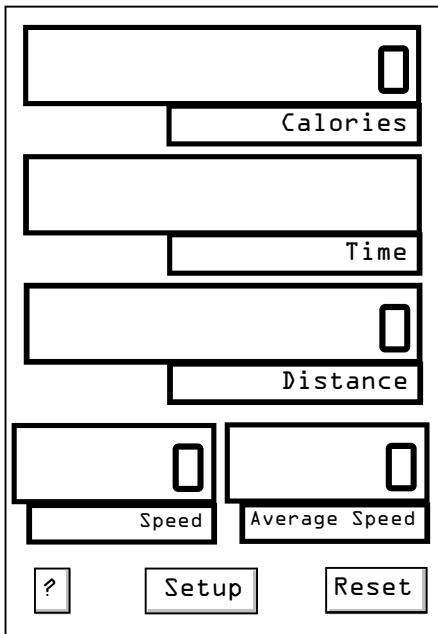
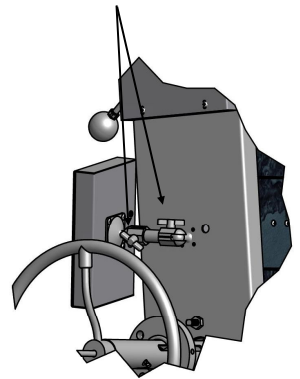
## Digital Counter

The counter will start counting as soon as you start climbing. It will pause if you rest for 5 seconds, and it will power down after 5 minutes of non-use.

To turn the counter back on just start climbing, or tap the screen.

You can adjust the view angle by adjusting the small arm at the rear of the counter.

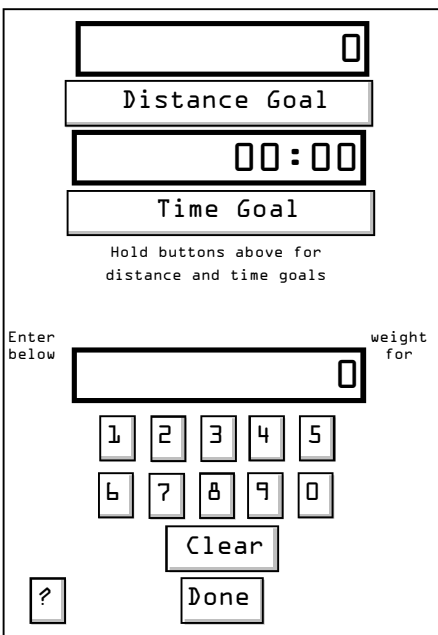
Adjustment knobs



### Home Screen

The home screen shows real-time data for a single climb. When you pause for 5 seconds the counter will hold your data on the screen until you begin climbing again and then it will start from where you left off.

To reset the counter for a new climber hit "Reset."



### Setup Screen

To set a distance or time goal tap or hold the buttons labeled "Distance Goal" or "Time Goal". The values will increase more rapidly as you hold the buttons down longer.

The number pad allows you to enter your weight for a more accurate calorie count. The default weight is 150 pounds. When you are satisfied with your goal hit done and the value you selected will appear on the home screen.

You can only select a distance or a time goal, not both at once.



## **Making Your Laddermill a Success**

### **Groundwork:**

Staff should understand that vertical movement is a basic human activity, non-contrived and part of everyday life. It should be presented a positive addition to the facility

Climbing will often be perceived as challenging and intimidating activity. A staff locked into the value of vertical movement as a fitness tool is the key for changing this perception. Members should be actively encouraged to try the Laddermill and consider it for part of their workout routine. We have found that people who are initially hesitant often end up being the biggest Laddermill fans.

### **Choosing an Advocate/Integration**

When the Laddermill is first installed, it will be an unfamiliar item. Climbing will be a relatively new training activity for most. We recommend that a staff person be chosen as the main advocate for the product's introduction period. This person might take on the following responsibilities:

1. Read through the manual thoroughly and familiarize his/herself with the Treadwall operation procedures, use and set-up.
2. Formulate a plan to integrate this equipment into their classes, personal training or general usage.
3. Creating challenges, competitions (joining our Everest Program), fun ways to get your members hooked on Vertical Movement

### **Set up a meeting with trainers to Establish Goals and Discuss Ideas:**

1. Cross-training for sports that emphasize forearm strength such as martial arts, baseball, swimming and tennis.
2. Weight-loss programs. Focus on manageable goals, using easier positive angles. Emphasize smoothness over speed.
3. For Cardiovascular try 15 minutes once a week or every two weeks in place of a treadmill.
4. As a warm-up, especially for lifting. Suggest using ground-based training (hands only) for larger lifters.

## Information for Your Staff

### **The Benefits of Vertical Movement:** most valuable

Most fitness activities target isolated muscle groups, but vertical movement is different. Using a Treadwall provides a full-body, non-repetitive exercise that can be adapted by the user for different goals. You can customize the experience by adjusting the exercise patterns, angle and/or speed on the wall. In terms of focus and mental involvement, climbing has no peer. The activity requires constant decision-making and concentration. This promotes a quick motor response and muscle recruitment. Technique, balance and core strength interplay and climbers often develop a height-ened sense of body awareness and confidence in their daily lives.

The Laddermill can be used by itself by performing intervals, for circuit training with other equipment or longer periods for pure endurance. It is a low-impact full body workout which makes it an ideal complement to other fitness activities and sports. It can be used as a warm up, cool down or a high intensity programming.

### **Customize it to suit YOUR needs and GOALS.**

- 1) You should use the equipment yourself to get a first-hand look at how the workout makes you feel, learning to access angle/speed for a variety of abilities and to reap the benefits of vertical movement personally.
- 2) At first this equipment may be considered intimidating, but the more knowledge you can pass on to your members about training and benefits will help bridge the gap.
- 3) Check out all the different ways it can be used (varying hand grip, angle and body movement) --- to keep it engaging to the user. Be creative.

### **Encourage Members to Try It Out:**

They should try it at a positive angle first so they can get familiar with the balance and motions involved. Try the workout on the *Quick Start* with them if you need a reference.

Emphasize controlled, smooth movement and attention to balance.

Suggest short workouts to start, which will complement their current workout routine

## Training Tips/Guidelines

Below you will find different training tips we have learned over the years to ease your clients in to Vertical Movement.

**Initial Exposure:** When one of your clients/members are trying out the Laddermill for the first time.

KEEP IN MIND.

1. Ensure speed is on zero before having them climb
2. Ask if they would like you to control speed at first.
3. Tell them to climb up closer to the top of the wall before adjusting speed

\*\*Then see if they want to try controlling it on their own (\*Useful to tell them that speeds 7 to 10 are usually much faster, so move lever slowly up when increasing speed\*) All they have to do is hang on and reach for the speed lever and pull it up a small amount

4. Have them take it slow at first and focus on smooth movement
5. Emphasize the need to move your feet above the stop bar at the bottom of the machine
6. Tell them they can keep going even after the stop bar has engaged, just keep climbing up and it will continue to rotate

**Initial Workouts/Resources:**

1. Try having them start on the slow for 1 or 2 minutes to get a feel for the movement

\*\*Add Push-ups in between rest or a core exercise (SHOW THEM WHAT IT IS ABOUT)

2. As they continue to climb suggest mixing up the grip positions and body positions plus angles

## Training Tips/Guidelines

3. You may also consider referencing the Quick Start page in the manual
4. If the client is looking for a more complete challenging program or you need ideas refer to our website (where you will find complete training program and sample workouts)

[www.brewerfitness.com/info/training](http://www.brewerfitness.com/info/training)

### QUICK HINTS:

1. Start them **slow**, remind about auto-stop sensor panel
2. Focus on **Safety** (tell them to ride the wall down there is a stop sensor no need to jump from the top)
3. Tell them they are not very high off the ground if they seem reluctant
4. Mention the **benefits** of **Vertical Movement** so they are aware of **WHY** they should use the equipment

*Full-Body/Burn Calories/Lean Muscle/Core Strength*

1. Refer [www.brewerfitness.com/ownersmanual](http://www.brewerfitness.com/ownersmanual) for downloadable versions of the **Quick Start**, Training Logs, resources for articles on the benefits of climbing etc.
2. Refer to our website for **full training program** ideas and short workouts

## Activities & Promotional Ideas

Setup a Mt. Everest club challenge for staff and members:

Perhaps use teams. (Brewer Fitness provides free Everest Club membership to the first three staff members to complete the challenge.

***The Everest Club:***

*Climb 29,028 feet on the Treadwall and you are eligible to join. You can find the Everest application and a training log at [www.brewerfitness.com/OwnersManual](http://www.brewerfitness.com/OwnersManual)*

***Special incentive:***

*Brewer Fitness provides free Everest Club Membership to the first three staff members to complete the Everest Challenge*

Recognize the first members to start on Mt. Everest Club challenge:

Use the bulletin board to put up names and perhaps pictures.



**“IMAGINE CLIMBING THE HEIGHT OF EVEREST AND TELL ME WHO WOULDN’T FEEL ACCOMPLISHED.”**

## Activities & Promotional Ideas

### Elevation/Location

30'	Typical street lamp
58'	Texas School Book Depository - 6th floor
190'	Niagara Falls (American Side)
302'	Statue of Liberty
555'	Washington Monument
607'	Space Needle, Seattle
642'	Top Span, Astrodome roof.
984'	Eiffel Tower, Paris
1250'	Empire State Building, New York
1454'	Sears Tower, Chicago
2,717'	Burj Khalifa (tower in Dubai)
3200'	Angel Falls, Venezuela
4610'	Mt. Vesuvius, Italy
5117'	Devil's Tower, Wyoming
5267'	Mt. Katahdin, Maine
6288'	Mt. Washington, New Hampshire
7310'	Mt. Kosciuszko, high point in Australia
7569'	El Capitan, Yosemite National Park
8842'	Half Dome, Yosemite National Park
9570'	Mt. Olympus, Greece
11245'	Mt. Hood, Oregon
13766'	Grand Teton, Wyoming
14161'	Mt. Shasta, California
14495'	Mt. Whitney, high point continental US
14692'	The Matterhorn, Germany
16864'	Mt. Vinson, high point Antarctica
17011'	Mt. Arrarat, Turkey
18510'	Mt. Elbrus, high point of Europe
19938'	Mt. Kilimanjaro, high point of Africa
20220'	Mt. McKinley, high point of North America
22834'	Mt. Aconcagua, high point of South America
29028'	Mt. Everest, highest point in world



### Other Ideas:

1. Other distances : trail length (Appalachian), Body of Water Length (English Channel)
2. Weekly "Ladder Lab," meet up group
3. Bi-monthly Competitions using wall (Triathlon: Rower, Pool, Laddermill) or other cardio pieces
4. Afterschool Program with Kids (1 or 2x a week)



## Frequently Asked Questions

# Q&A

### **How hard is climbing on the Laddermill?**

Climbing on the Laddermill is as hard or as easy as you choose. The wall is customizable in difficulty by altering the speed, angle and route you follow.

### **How fast can I climb on the Laddermill?**

The Laddermill is easily adjusted via the speed lever. In addition, the auto-stop system will keep pace with your stops and starts. We recommend starting off climbing at a slower controlled pace, focusing on smooth movement.

### **How does the Laddermill work?**

The Laddermill operates by the weight of the climber. There are no electric motors. A hydraulic brake controls the speed of descent. The Laddermill cannot move after the climber steps off.

### **How long should I climb for?**

This depends on your objectives. Test out various methods and take a look at our training section: [www.brewerfitness.com/index.php/info/training](http://www.brewerfitness.com/index.php/info/training)

### **Do I need special shoes to climb the Laddermill?**

No. Any well fitted athletic shoe will do quite well. However, special climbing shoes are more enjoyable to climb in.

### **Can anybody use the Laddermill?**

Almost anyone can perform vertical movement. Anyone with a serious physical problem should consult with their doctor, and people with very long fingernails should think twice. We also suggest taking off your rings before climbing.

### ***Can you be too old to climb?***

Maybe, but we have reports of people well into their 70s who enjoy climbing on the Laddermill. One climber 72 years old recently completed the Everest challenge (29,028 ft.) - for the second time!

## Frequently Asked Questions

### *Does everyone like it?*

Most people who try the Laddermill love it. Some of the biggest fans are people who start off saying "I don't think I'd like that." Everyone should be encouraged to give it a try.

### *I have never done that. Will it take me long to learn?*

Never climbed? - not likely. Most children spend many happy hours climbing play equipment and trees. For adults, climbing on the Laddermill recaptures much of that simple joy and natural vertical movement.

### *What kind of bodies does Vertical Movement build?*

Climbing and gymnastics are similar, promoting muscle tone, flexibility and endurance with increased agility and body awareness. Your body will respond by burning fat, creating a lean muscle structure and increasing bone density

# General Maintenance

## INTRODUCTION

Laddermill maintenance is easy and requires only lubrication and cleaning. You can use standard gym cleaners on the powder coated and stainless steel surfaces. The fabric back covers is very resilient and can just be lightly brushed off or softly vacuumed to clean.

Most controls will last without any maintenance but some stretching is possible for any steel control cable. Instructions for any adjustments are included here.

## THEORY OF OPERATION

The Laddermill is completely powered by the climber. The rungs do not rotate by themselves, but only when a person begins to climb on the machine. You can vary the speed of climbing with the lever located on the right side of the machine. This lever controls a hydraulic resistance unit located at the top of the right channel. The hydraulic resistance mechanism is connected via a short chain.

The Laddermill also contains our auto-stop system which is triggered when the weight of the climber reaches the bottom of the machine. The Laddermill will not move when someone is standing and not climbing upwards. The sensor for this system is located at the bottom of the machine. There is a small foot peddle which closes a valve in the hydraulic system.

The rungs slide through the side channels on wear resistant plastic strips which help reduce friction in the system. On the face of a rung there are smooth stainless steel bolt heads and at the rear the chain itself rides along the wear strips.

The entire center section of the wall pivots from the top of the A frame to allow for the angle of the machine to change. This is controlled by a hydraulic cylinder at the rear of the Laddermill. There is a steel control cable linkage between the angle lever on the left side of the machine and the hydraulic cylinder.

There is also an electronic counter on the right side of the machine that allows users to track distance, time, and calories. The sensor for this system is located on the inside top of the right channel. The sensor detects a series of three magnets placed on the main top shaft.

# General Maintenance

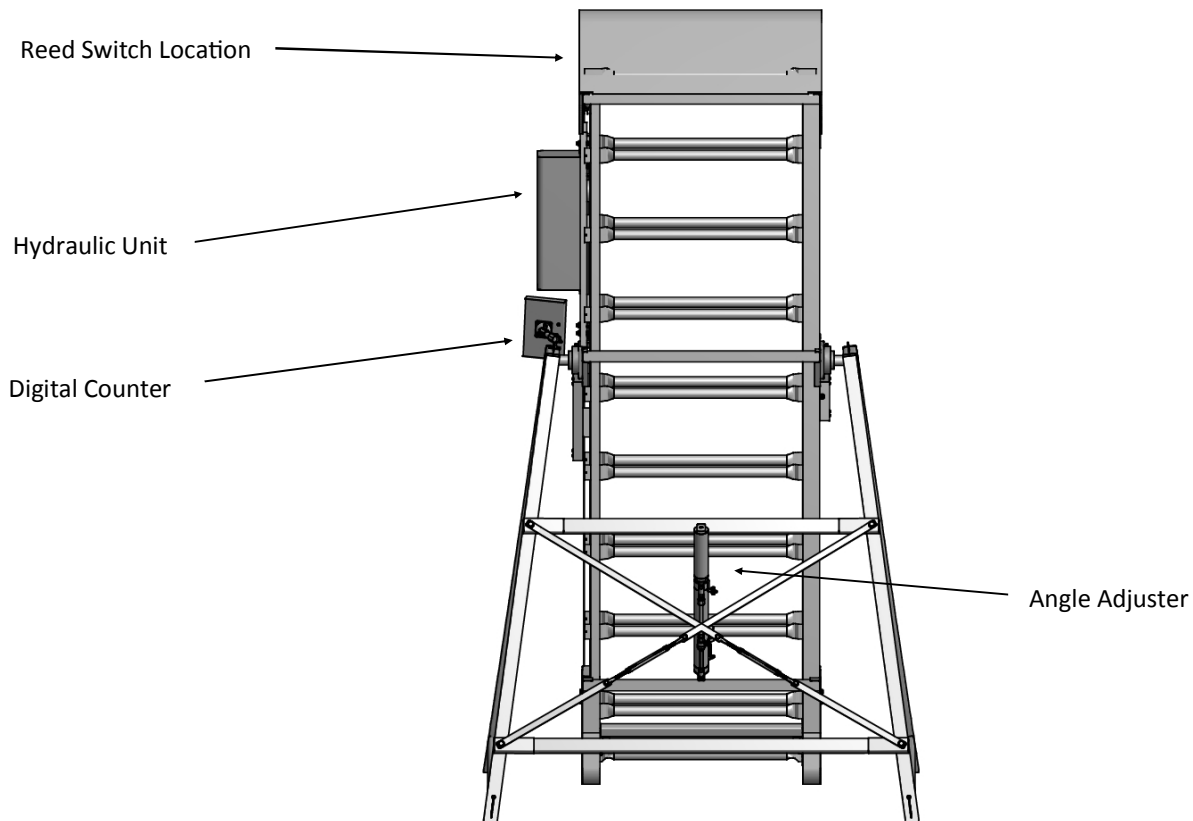
## Maintenance Schedule

### After The First Month:

- Check to make sure the channels are still level and square in the frames.
- Check for smooth angle changer operation and responsive speed control.
- Check and tighten holds if necessary, they may loosen more readily as the panels adjust to your gym

### Every 6 Months:

- Lubricate the main chains
- Wipe down and clean machine



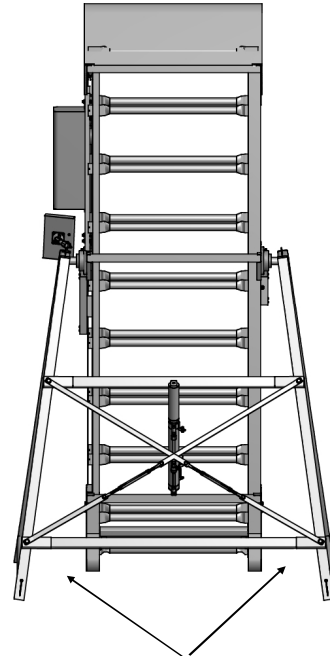
# Troubleshooting

Problem	Cause	Solution
Entire Laddermill wobbles or moves	Exterior X-bracing too loose	Tighten the exterior X-bracing making sure that the entire frame is square and level <b>(Pg. 23)</b>
Angle Changer does not lock in place	Cable is loose or trapped	Tighten the cable adjuster <b>(Pg. 23)</b>
Speed control lever does not work	control cables may need adjusting	Remove hydraulic cover and inspect the path and tightness of the control cable. <b>(Pg. 24)</b>
Auto stop doesn't work or works erratically	Control cable needs adjustment	Check and adjust the Control cable on the right side of the machine. <b>(Pg. 24)</b>
Wall is sluggish: lighter weights will not pull wall down	Either the speed control cable needs adjustment or the ends of the rungs are rubbing the channels	Tighten the cable adjuster <b>(Pg. 24)</b> and check the x-bracing <b>(Pg. 23)</b>
Display does not power on	The Laddermill is not plugged in, not receiving adequate power, there is a loose connector, or a wire is cut	Check that the Laddermill is plugged in and the power outlet is working. Check all connectors and cables for good fit and good condition
Display is powered up but will not start counting	Sensor and magnets not adjusted properly, broken, or missing	Check the sensor located on the inside top of the right channel. The gap should be no more than 1/8" <b>(Pg. 25)</b>

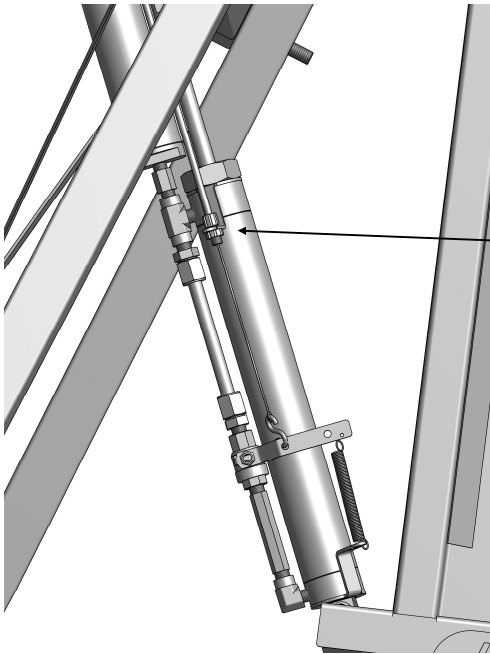
# Service Instructions

## Frame Alignment

Measure the distance between the bottom of the Laddermill channel and a-frame. The distance should be the same on both sides. You can also hold a level up to the rungs and adjust the x-bracing until the rungs are level.



Make sure these distances are the same



Angle Changer  
Cable adjuster



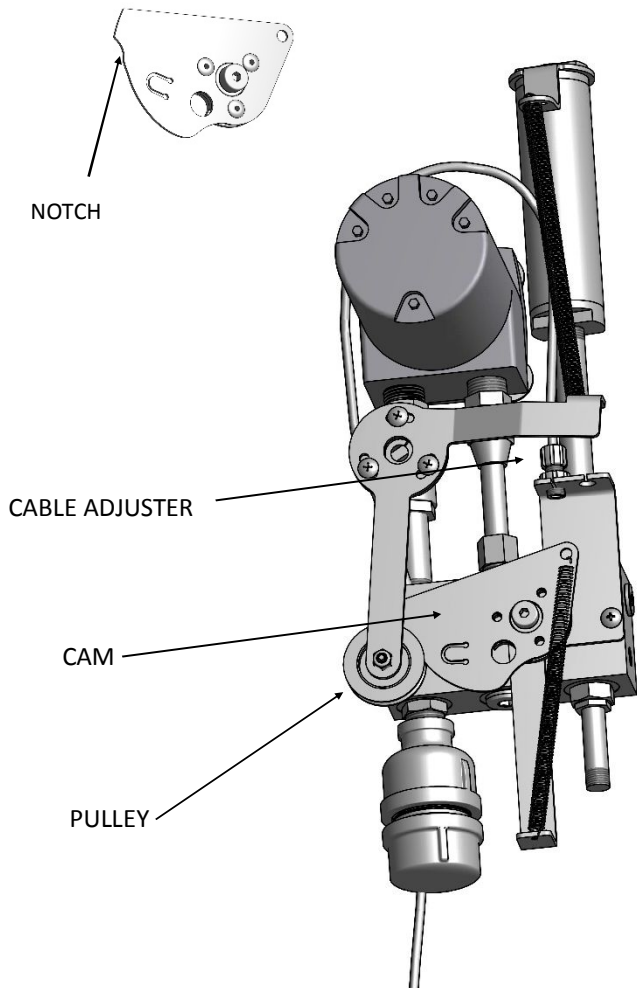
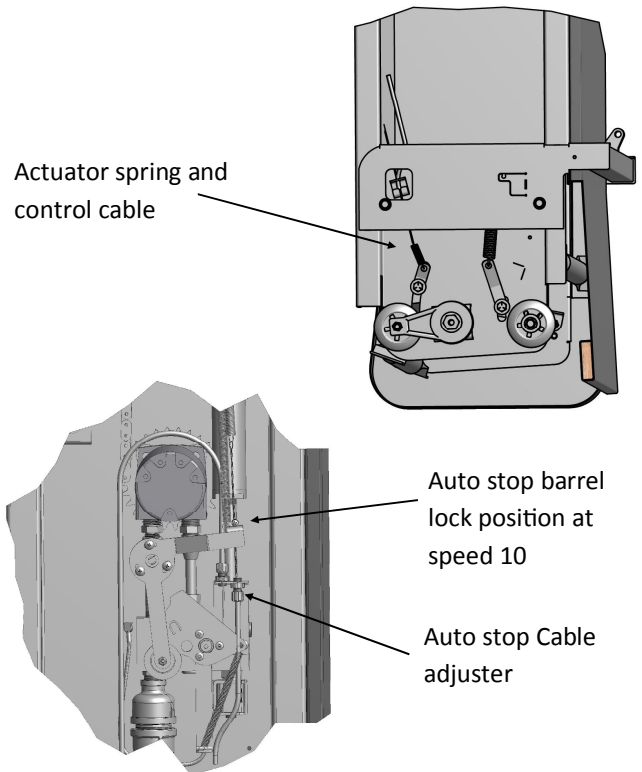
## Angle Changer

If the angle changer is not operating properly check the control cable for tightness. Also make sure that the control cable is following a clear path through the whole system and has not jumped out of any fittings.

# Service Instructions

## Auto-Stop Adjustment

1. Remove the lower bearing shroud
2. Check for smooth movement of the auto stop foot peddle and the control cable.
3. Remove the hydraulic box cover and make sure that the control cable is tight.
4. You can use the cable adjuster to tighten the cable.
5. With the speed set at "10" make sure that the small barrel lock is touching the pulley lever assembly.



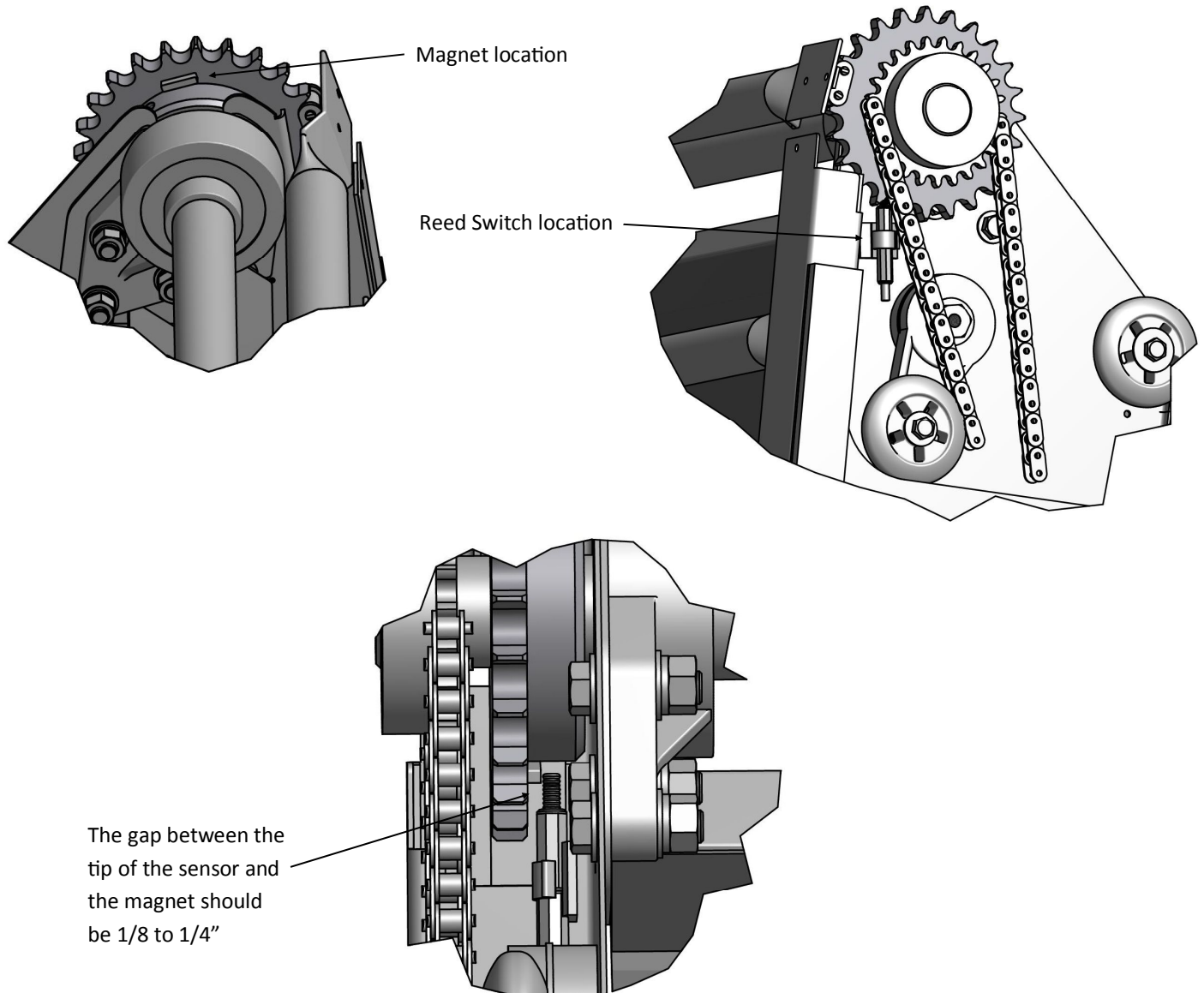
## Speed Lever Adjustment

1. Adjust the speed lever to the slowest position.
2. The hydraulic unit is at the top of the right channel. Remove the cover (two screws).
3. Note the cam and pulley that together control the valve. With the lever at slowest position, the pulley should be at the highest point of the cam. There is a notch at the highest point that the pulley fits into.
4. If the pulley is not at the highest position, tighten the cable with the adjuster.
5. Operate the lever a few times to check the adjustment. If the wall still creeps excessively, see the instructions for adjusting the cam follower.

## Service Instructions

### Counter Sensor Adjustment

1. Remove Shroud
2. Rotate rungs to reveal the magnets on the right side machine, they are attached to the large sprocket
3. Inspect sprocket and make sure that three magnets are present, they should be equally spaced around the hub with the flat face of the magnet facing in towards the center of the wall.
4. Inspect reed switch position, the tip should be  $\frac{1}{8}$  to  $\frac{1}{4}$  inch from magnets



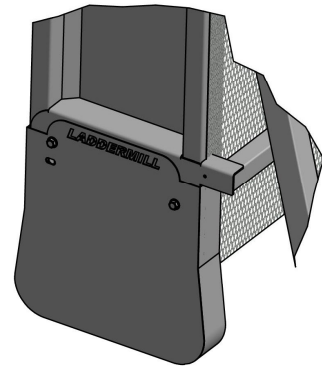
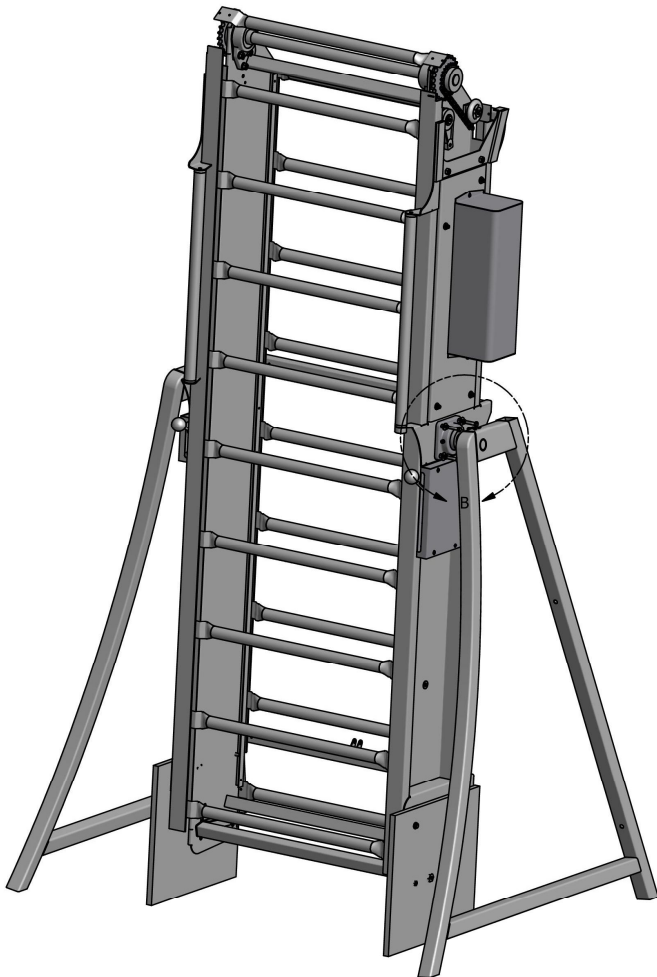


## Service Instructions

### Lubrication

The Laddermill does not normally require any lubrication. The bearings we use are sealed and operate at relatively low speeds.

The main chains may need grease if the Laddermill is located in an extra harsh environment or outdoors. If greasing is needed any chain lube should suffice. You can easily access the chains by removing the lower shrouds.



Lower Shrouds

## Safety Tips

**WARNING - Read all instructions before assembling and using the Laddermill.**

### For Assembly:

Be careful when moving and installing the Laddermill, it requires effort to lift and attach the main channel. Some steps require 4 individuals. Have 3 people assist you during assembly and make sure to have two ladders on hand. The heaviest components need to be lifted to a vertical position.

### For General Use:

Carefully read and understand the Laddermill Owner's Manual. Provide a general overview of the basic operations and usage to new Laddermill users. Do not place other equipment or any items in the fall zone.

## Laddermill Specifications

Weight	590 Pounds
Dimensions	66" wide x 54" deep x 118" tall
Width of climbing surface	30" feet
Length of climbing surface	20 feet
Number of Rungs	20
Angle Range	Positive 10 degrees to negative 20 degrees
Electrical Requirements	9 V DC Plug-in Transformer
Electronic Display	Measures Distance in feet, time, and calories

# Assembly Instructions

## Before Assembly:

The most important first step is to consider carefully the location and position of your Treadwall. A location that is too visible - for example in the direct focus of members using CV equipment or walking in the entrance - may discourage people from climbing. Often simply rotating the Laddermill slightly will dramatically improve its usage.

The ground should be flat and level and the area directly around the Laddermill should be clear of any hazards for the climber or trainer. The Laddermill fits well in the cardio area of a gym.

## Tools required and set up:

In addition to the tool list you will need 3 helpers and two ladders. If you are tight on space begin by lifting the channel assembly and then bring in the frames and shroud and place them directly onto the machine.

Assembly will take 1-2 hours, please read the entire assembly procedure prior to starting the install. If you do have questions please contact us at 1-800-707-9616.

### **WRENCHES:**

- 1 - 9/16 open end wrench
- 1 - ¾ open end wrench
- 1 - 9/16 socket
- 1 - ¾ socket
- 1 - socket wrench
- 1 - Allen set, SAE
- 1 - crescent or universal wrench

### **SCREWDRIVERS:**

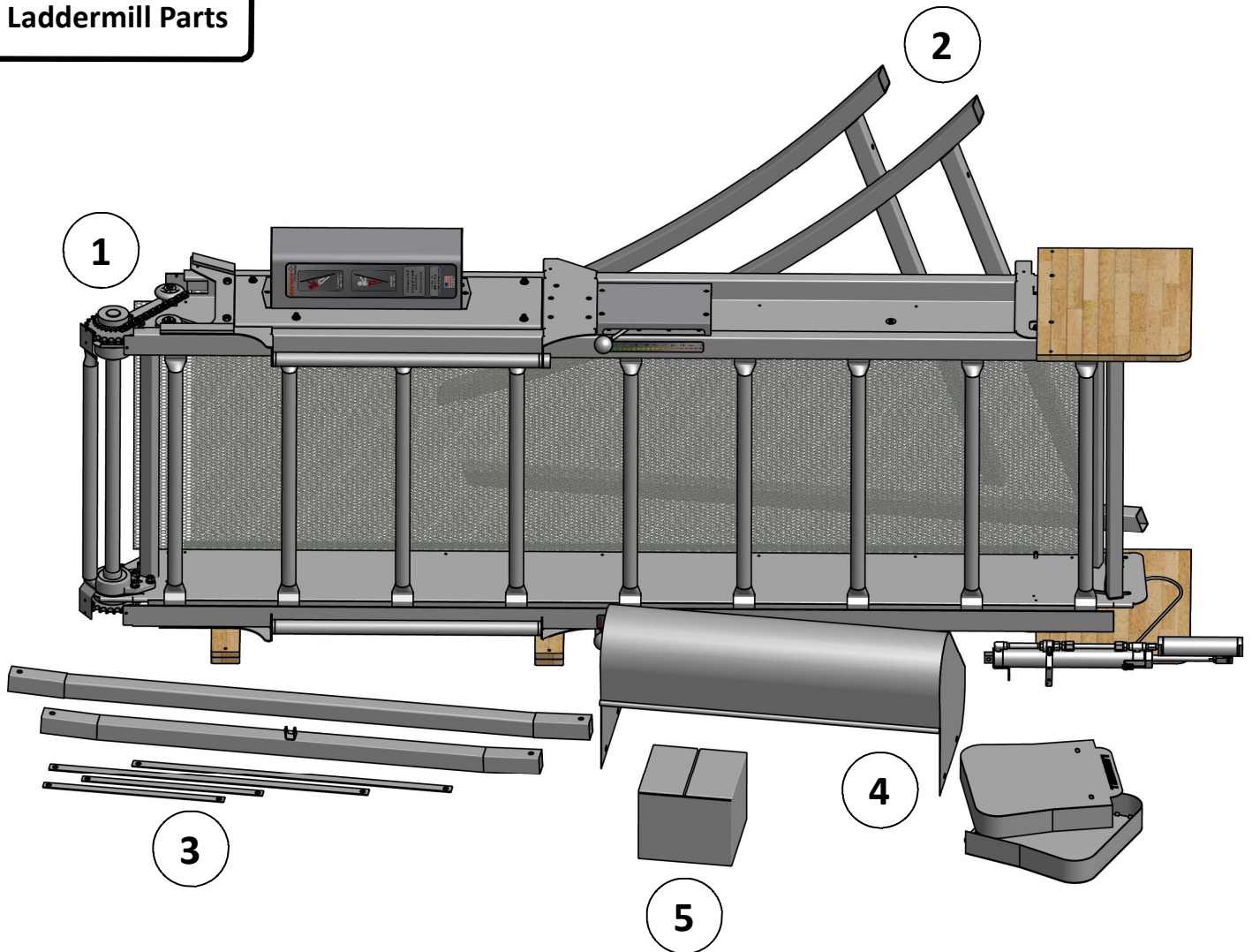
- 1 - Set of screwdrivers
- 1 - Cordless drill or screwdriver
- 2 - Phillips driver bits for drill

### **PLIERS:**

- 1 - vice grip
- 1 - needle nose pliers
- 1 - wiring pliers (good for working with master links on chains)

# Channel Assembly

## Laddermill Parts



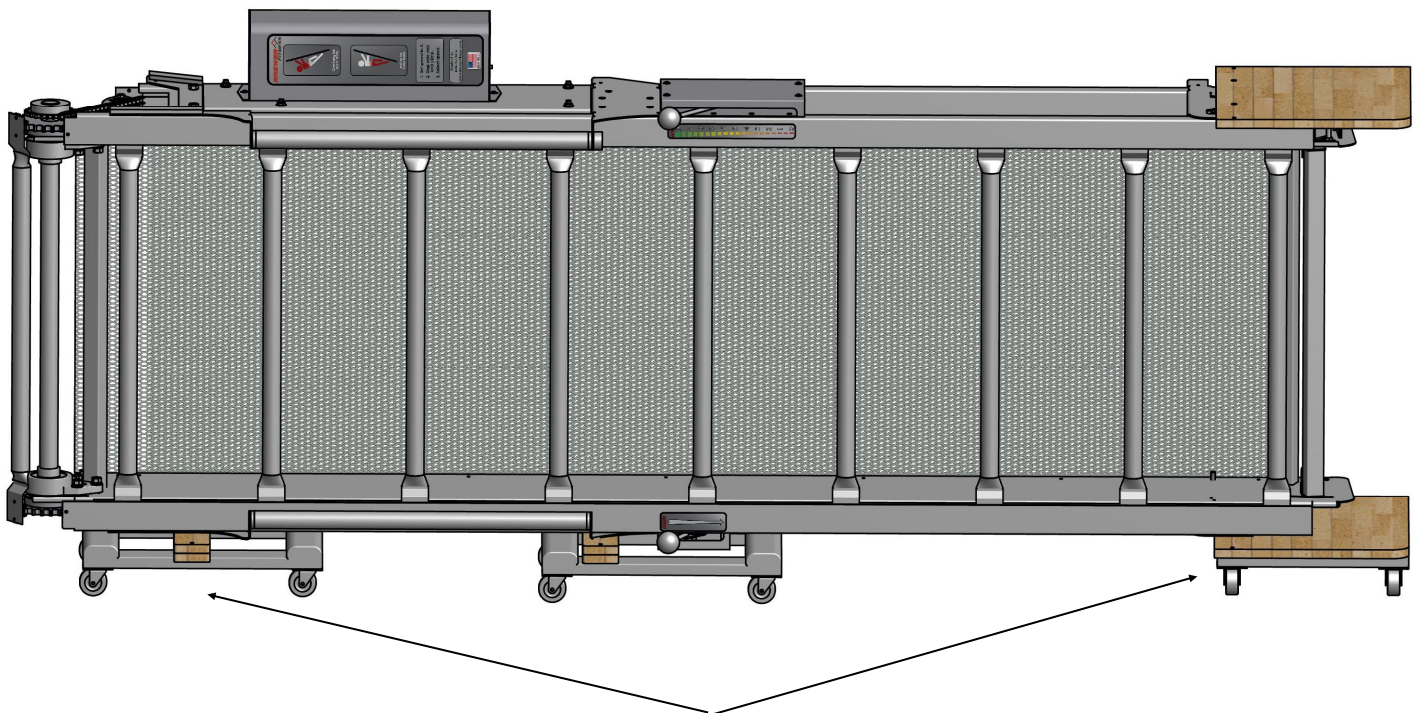
- 1 Main Channel—note that the hydraulic cylinder is attached by the control cable to the main channel assembly
- 2 A Frames—The right side has a wire which goes to the rear of the Laddermill
- 3 Horizontals and X-bracing
- 4 Upper and Lower Shrouds
- 5 Hardware Box

## Channel Assembly

The Laddermill comes palletized by truck, and must be taken off the pallet, unloaded and transported to the install location. The only heavy part is the channel assembly which should be handled by at least four people. To remove the channel assembly from the pallet, remove six lag screws that hold the lengths of wood that are attached to the channels with bolts.

It is best to have three 4-wheel moving dollies on hand to transport the channel assembly from the truck. If the terrain is rough, strap the assembly to the dollies. The other parts are carried by hand.

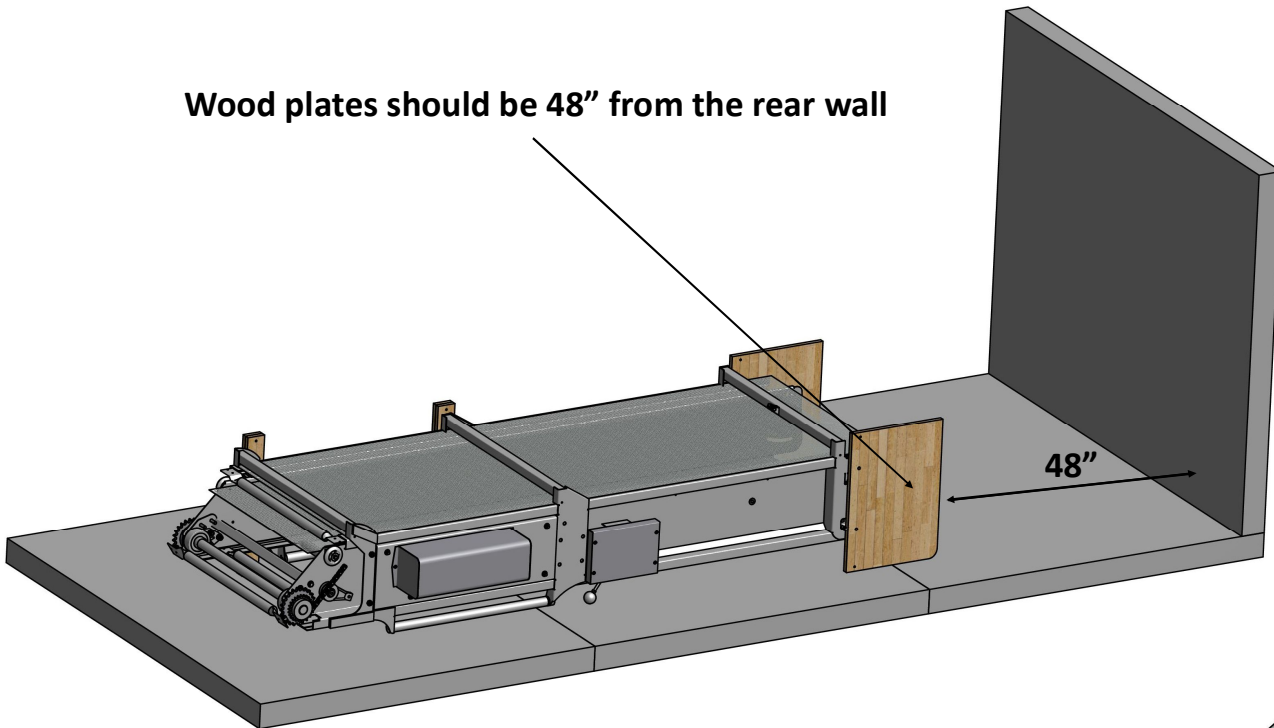
If the machine must be moved upstairs, it is best to have extra help as the channels are heavy and awkward. Lifting straps placed around the bottom of the machine can help spread the load.



**Place moving dollies on wood supports**

## Channel Assembly

Wood plates should be 48" from the rear wall



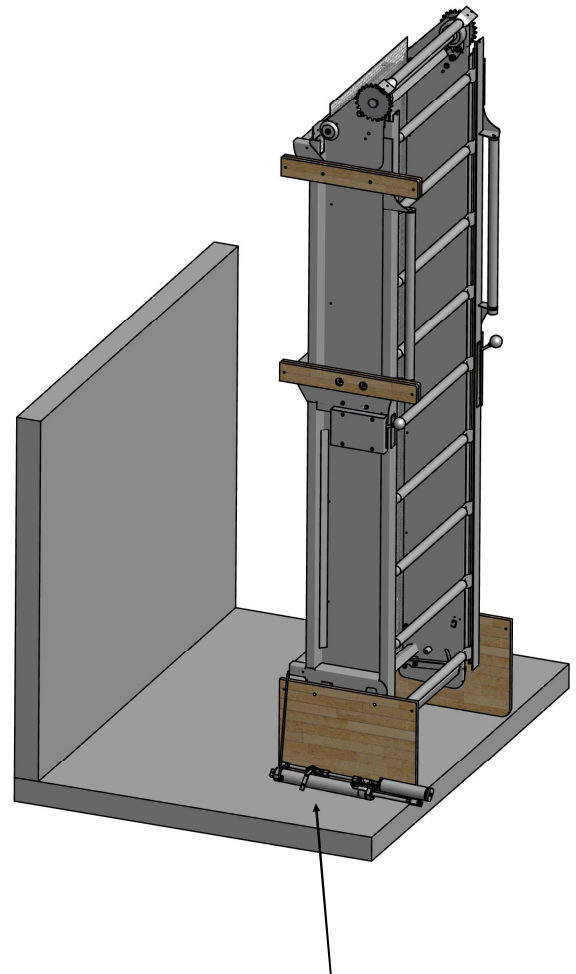
Once the unit is located roughly at the installation location you will need 4 people to lift the Channels up. They will stand and be fairly stable once raised.

The Laddermill should be placed face down and a minimum of 48" from any rear walls or obstructions.

There is a slight curve to help make lifting easy on the lower wood plates. Be mindful of the hydraulic unit, do not step on it or roll the Laddermill over the top of it.

Be careful if you are on a slippery floor, it may help to place a small piece of rubber underneath the lower wood lifting plates, or have one of your helpers secure the lower end of the wall while three people begin the lift.

After the unit is raised, one person should be responsible for holding onto it and maintaining its stability until the A-frame is fully installed.

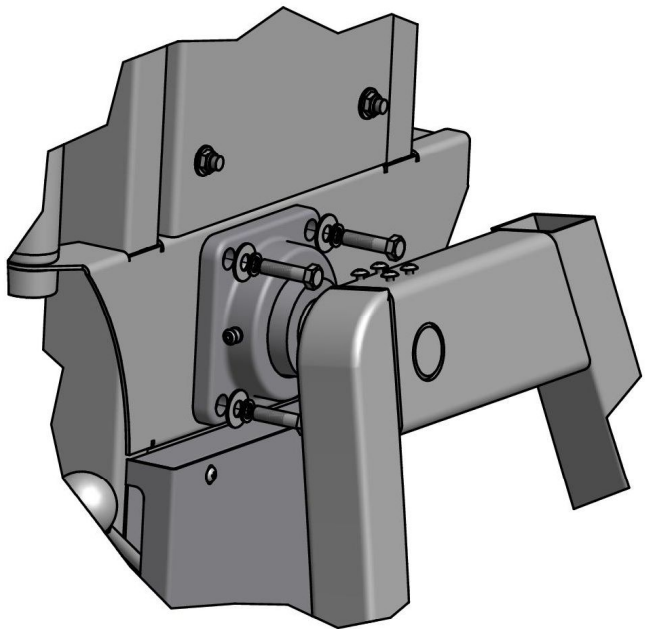
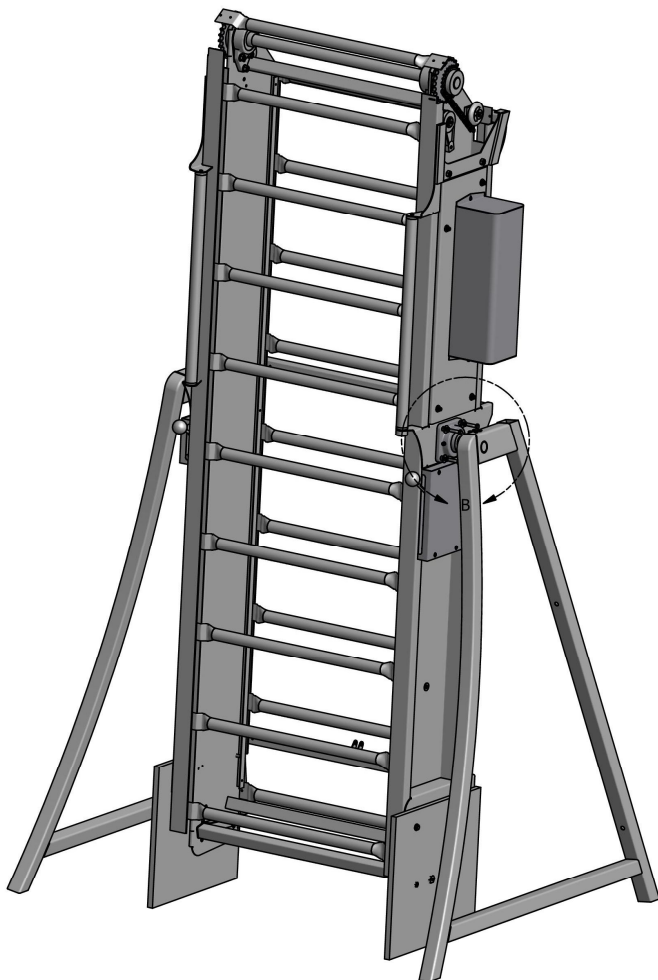
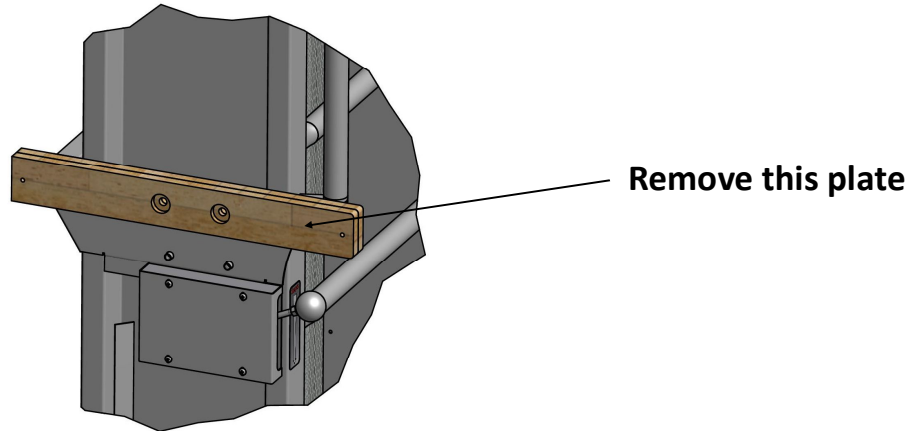


Place hydraulic unit safely to the side

## A-frame Assembly

Remove the middle wood plate to make room for the A-frame.

Line up the bearings on the right and left side frames with the threaded inserts on the sides of the channel unit. Attach the bearings with 1-1/2 x 1/2" bolts, washers and lockwashers and tighten firmly

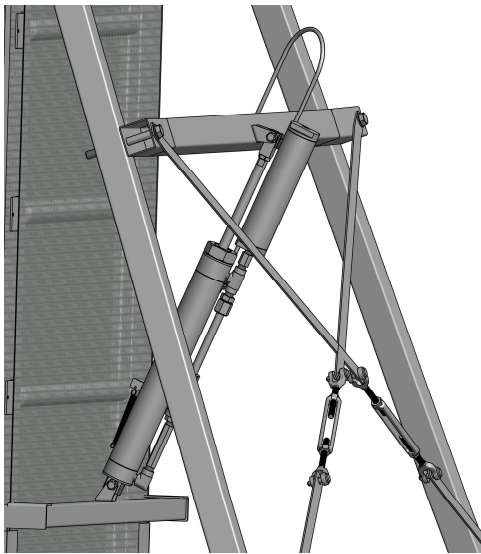
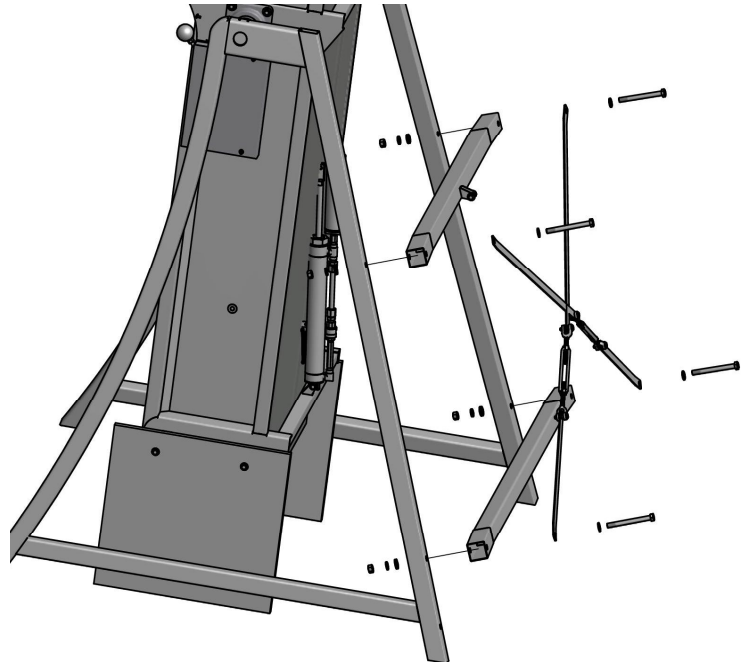


## A-frame Assembly

At the back of the A-frame, install the two horizontals and the x-braces as shown with the hardware in bag LM-1

Tighten the bolts enough to compress the lockwashers. Do not overtighten - if they are too tight, it will distort the metal tubing.

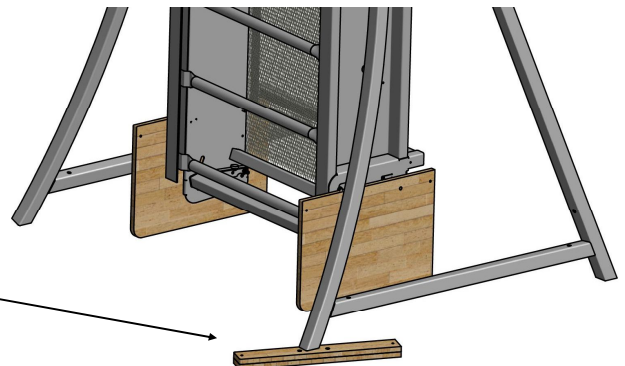
Tighten the two turnbuckles on the x-braces. Adjust them so that they are the same length and tighten them firmly. Once the turnbuckles are tight, the frame will be very rigid.



Attach the hydraulic adjustment cylinder to the a-frame and channel. The bolts are in bag LM-3. After this cylinder is installed the Laddermill will be stable and safe.

The legs of the A-frame will be slightly raised from the floor. You will need to remove the plywood plates - one side at a time. Lift the front leg of the A-frame slightly and support it with the two wood plates removed from the middle of the wall, remove the plywood plate, and lower the A-frame to the floor. Repeat on the opposite side.

**These plates will take the weight off of the main channel**

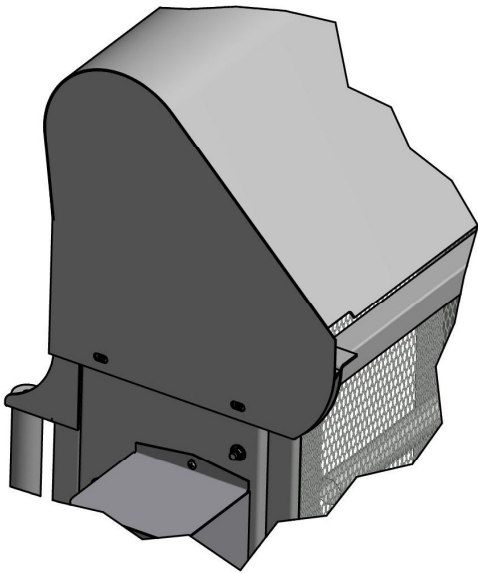




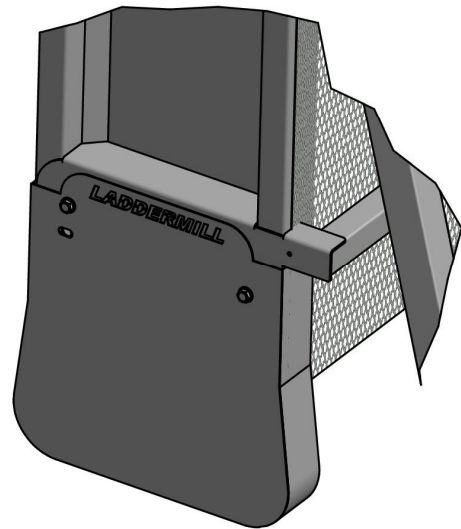
## Shrouds and Counter

Remove the top wood plate and bolt the top shroud in place. The bolts will be in bag LM-3, you will need 4 bolts, lockwashers, and regular washers.

Then bolt the lower shrouds on with the remaining hardware in LM-3



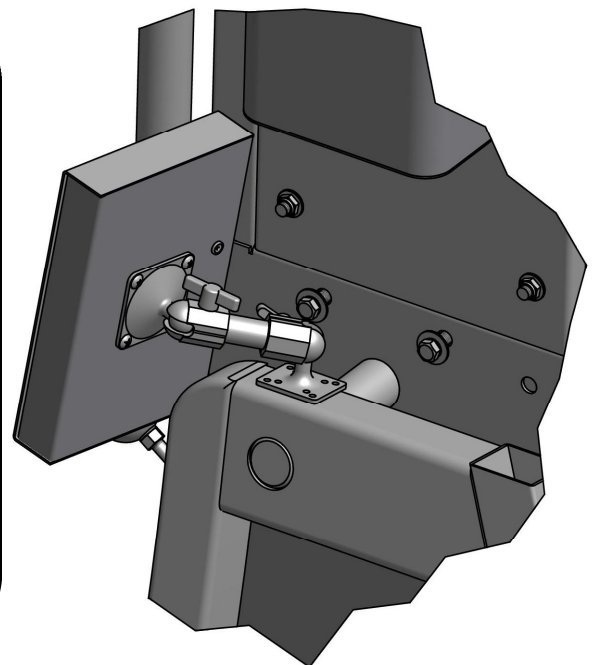
**Top Shroud**



**Bottom Shroud**

The Counter screws directly onto the top of the right A-frame. It may be easier to remove the ball mount from the counter and attach the plate separately. After the counter is screwed into place plug the sensor wire from the channel assembly into the counter, this wire is located just behind the A-frame bearing.

Last, the power wire for the counter is located at the rear of the A-frame. Plug the male end directly into the counter and then, at the bottom of the A-frame attach the power supply and plug into your power outlet. The counter should turn on. There is a long length of wire included to give you flexibility in your location. Any excess wire can be coiled up and placed into the A-frame.



## Assembly

# Final Note - Tests

**NOTE:** As the Laddermill is transported, air may become trapped in the hydraulic system and cause the pump to cavitate: this causes a loud rumbling and chain noise. It sounds bad, but it is natural and will go away with initial use. To help purge the air, stand on the ground and slowly turn the ladder with your hands, letting it rest every minutes. You can also just climb. The unit will get smoother and smoother with use. There is variation: some units may take longer than others.

### Before finishing the install inspect the Laddermill:

- 1) Make sure the timer-counter is working properly. If it does not count feet as the wall is moving, check that the magnets and sensor are properly installed and adjusted
- 2) Check the auto-stop function. Start climbing at a moderate speed. If you stop moving up, the wall should continue down and stop moving downward when your foot reaches the bottom of the wall and triggers the foot peddle at the bottom of the channel. Do this test at all the angles.
- 3) Check the x-bracing on the A-frame. They should be equally adjusted (the turnbuckles should look the same) and tight. The Laddermill core should be vertical.

If you have any issues or questions give us a call (800-707-9616) .

# Glossary

**Angle** .....The position of the center section of the Laddermill in relation to a vertical wall

**Channels** .....Long metal pieces on either side of the Laddermill, where the rungs slide

**Digital Counter** .....An electronic display which tracks the climbers progress

**Shroud** .....A cover at the top and bottom of the Laddermill

**Speed**.....The rate at which a climber moves the wall down

**Rung** .....The metal bar on which one climbs

## Limited Warranty

# LIMITED WARRANTY – Treadwall® rotating walls and Laddermill® ascenders

### 1. WHO IS COVERED?

The original purchaser ("Original Purchaser") may only enforce this warranty.

### 2. ORIGINAL PURCHASER OBLIGATIONS

The Original Purchaser assumes full responsibility that the equipment purchased meets their specifications, capacity and other requirements, and for the condition and size considerations of the location in which the equipment will be used.

### 3. HOW LONG IS THE WARRANTY?

According to the following schedule, Brewer's Ledge Inc. (d/b/a Brewer Fitness) warrants to the Original Purchaser of its specified equipment that under normal maintenance the specified equipment will be free from any defect in materials or workmanship.

#### For Max, S and V Treadwall<sup>FT</sup> models and Laddermill models:

Six years – Parts

One year – Electronics and labor

#### For Kore Home Treadwall<sup>FT</sup> models:

One year – Parts

### 4. WHEN DOES THE WARRANTY BEGIN?

Warranty begins from date of delivery to Original Purchaser or date of installation in the case of assembly arranged by Brewer's Ledge or their authorized dealer and requires the Original Purchaser to be in compliance with the financial terms of the sales agreement between the Original Purchaser and Brewer's Ledge Inc. or their authorized dealer.

### 5. WHAT IS NOT COVERED

Normal wear and tear are excluded from this warranty. Damages caused by a lack of maintenance outlined in the owner's manual by the Original Purchaser are excluded from this warranty. No warranty shall be provided in the event the equipment is modified by Original Purchaser, for parts not approved by Brewer's Ledge Inc., or for warranty-related service other than by personnel authorized by Brewer's Ledge Inc.

Wear and tear caused by exterior use is not covered including with units ordered with any exterior upgrades. This includes water damage, UV damage, temperature related damage and surface (non-structural) oxidation.

Damage incurred by negligence during movement, assembly, or breakdown of the equipment by the Original Purchaser or personnel contracted by the Original Purchaser is excluded from this warranty. The sale of special tools and instructional materials to the Original Purchaser and any training of the Original Purchaser's staff by Brewer's Ledge Inc. related to the movement, assembly and break-down of the equipment does not imply any warranty against Original Purchaser negligence and does not void this exclusion. Brewer's Ledge Inc. reserves the sole right to determine the origin of damage as related to this provision.

Any non-residential use of Kore Home products will void this warranty.

## Limited Warranty

### **6. LIMITATION OF DAMAGES AND IMPLIED WARRANTIES**

Except as provided herein, Brewer's Ledge Inc. makes no express warranties; implied warranty of merchantability or fitness for a particular purpose is limited in its duration to the duration of the written limited warranties set forth herein.

In no case shall Brewer's Ledge be liable for any special, incidental, or consequential damages based on breach of warranty, breach of contract, negligence or any other legal theory. Such damages include but are not limited to, loss of profits, loss of use of the equipment or any associated equipment, the cost of capital, the cost of substitute equipment, facilities or services, downtime, the claims of third parties, including customers, and injury to property.

This limitation does not apply to claims for personal injury where such limitation would be a violation of the applicable law. Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.

### **7. TERMS OF WARRANTY**

The terms and conditions of this warranty are applicable as between Brewer's Ledge Inc. and Original Purchaser to the sale of equipment to Original Purchaser.

### **STATE LAW RIGHTS**

This warranty gives you specific legal rights, and you may also have other rights, which vary, from state to state.

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[www.brewerfitness.com](http://www.brewerfitness.com)

## Contact Information



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