

Challenger

Model No. CH-1



Product Manual

Edition 2– Feb. 2024

This Product Manual is an integral part of the product kit.

CHISELfit reserves the right to modify its products and documentation at any time and without notice.

CHISELfit will accept responsibility for the product only if the following precautions are observed:

- The product is used in compliance with its specifications.
- The product is used in compliance with the intended purpose as illustrated and explained in this Product Manual
- Every part of the Product Manual has been carefully read.
- The place of installation meets the requirements in this Product Manual.
- Proper clothing is worn during usage.

CHISELfit is not responsible for any harm due to any failures or damage caused by unauthorized maintenance, misuse, accident, negligence, improper assembly or installation, rust or corrosion as a result of the product's location, alterations or modifications without CHISELfit's written authorization or caused by failure on your part to use, operate and maintain the product as set out in this product manual.

The Challenger is protected by U.S. Patent No. **10,653,914 B2** and U.S. Patent No. 11,524,206. Other U.S. and worldwide patents pending.

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Usage location and space requirements

For convenience of placement, read and consider the following usage location and space requirements before unboxing Challenger.

The Challenger must be installed and used in a location that meets the following requirements.

- Temperature of between 50°F (+10°C) and 80°F (+ 27°C).
- Adequate lighting.
- An open space perimeter of at least 24” (60cm) around the base frame of Challenger.
- A rigid and stable flat surface that is vibration free and capable of supporting the combined weight of Challenger and a user mounted on Challenger, given Challenger’s weight of 395 lbs. (175 kgs) and a maximum user weight of 350 lb.s (159 kgs.)

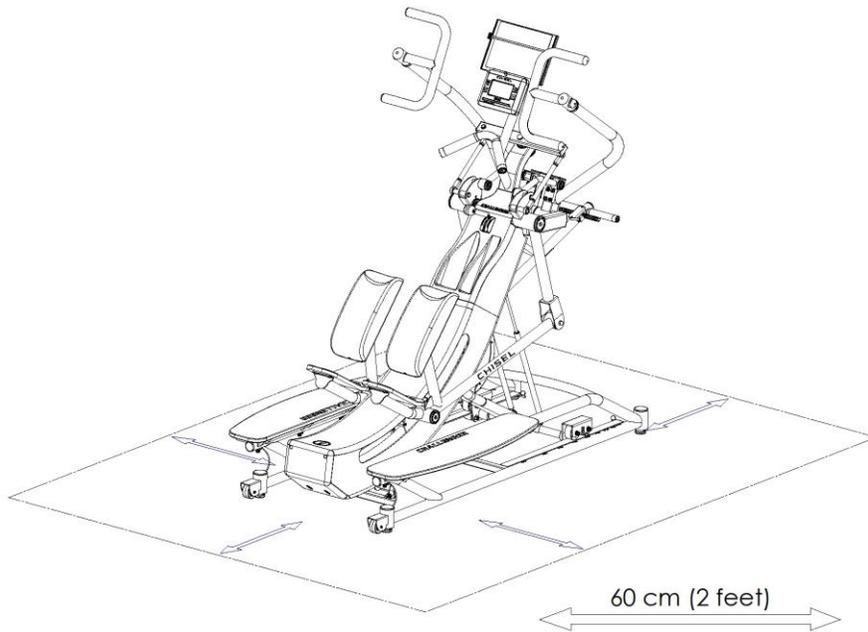
Do not install Challenger on a soft or floating floor.

Do not expose Challenger to direct sunlight.

Do not use Challenger outdoors or leave Challenger outside or exposed to weather elements.

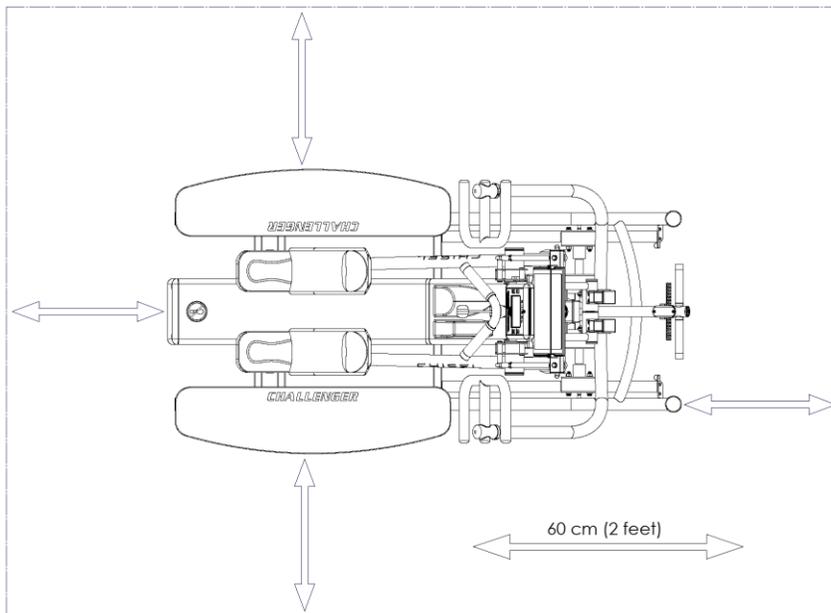
Do not place Challenger in high moisture indoor environments such as near swimming pools, hot tubs, saunas or shower areas.

There should be no people, pets or objects within the exercise area as illustrated below in drawings 1 and 2. If anything enters the exercise area stop exercising on Challenger immediately and do not resume exercising on Challenger until the exercise area is clear.



Drawing 1

Exercise space requirements



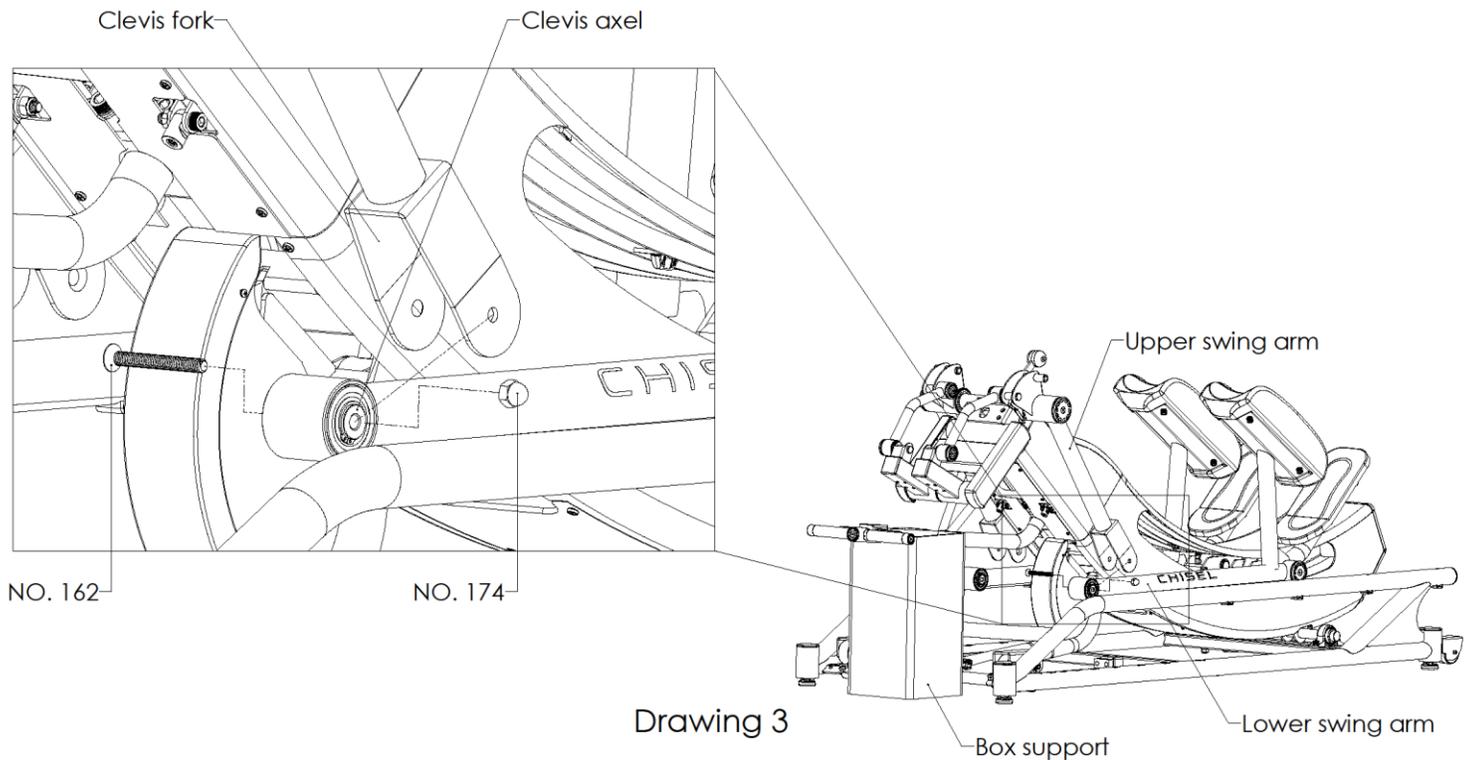
Drawing 2

Unboxing and Assembly Instructions

**Two people each capable of lifting at least 100 lbs. / 45 kg. are required to assemble Challenger. Never attempt to assembly Challenger alone.*

**Never open the main box when it is on its side.*

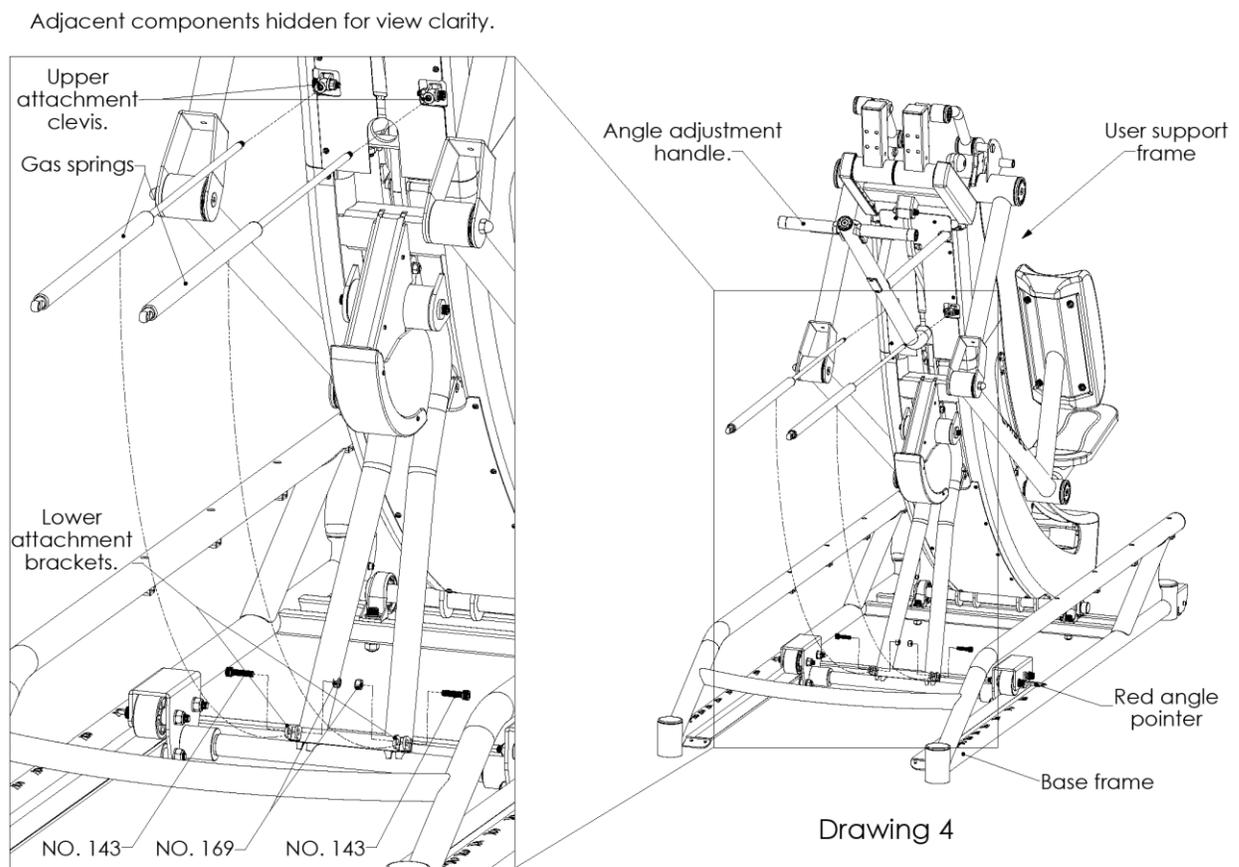
1. Remove all of the unassembled components and the hardware pack and place them in the work area such that each part is easily identifiable.
2. With the exercise frame still in its lowest position, carefully cut away the dust cover bag from the exercise frame such that entire top of the exercise frame is exposed. Be careful not to damage any components of the machine when cutting away the bag.
3. Refer to Drawing # 3. With the exercise frame still in its lowest position, remove the small vertical card board tubes supporting the left and right side upper swing arms and lower swing arms.
4. Next, connect the lower swing arms to the upper swing arms by fastening the lower swing arms clevis axles to the upper swing arms clevis forks with a No. 162 bolt and No. 174 acorn nut. Make certain that the acorn nuts are securely fastened on the outer side of the clevis forks as illustrated.



5. Refer to Drawing #4. **Warning!**, this step requires heavy lifting and 2 assembly people must jointly perform this step. With the exercise frame still in its lowest position, each assembler must grasp one front side of the black angle adjustment handle and also grasp one rear side of the yellow angle adjustment release handle and squeeze the yellow angle adjustment release handle towards the black angle adjustment handle. This will unlatch the user support frame such that it can be adjusted in angle along the base frame.
6. While holding the yellow angle adjustment release handle squeezed against the black angle adjustment handle, carefully lift the user support to the highest angle #9 position as indicated by the red angle pointers . Once the user support has reached the #9 angle position, release the

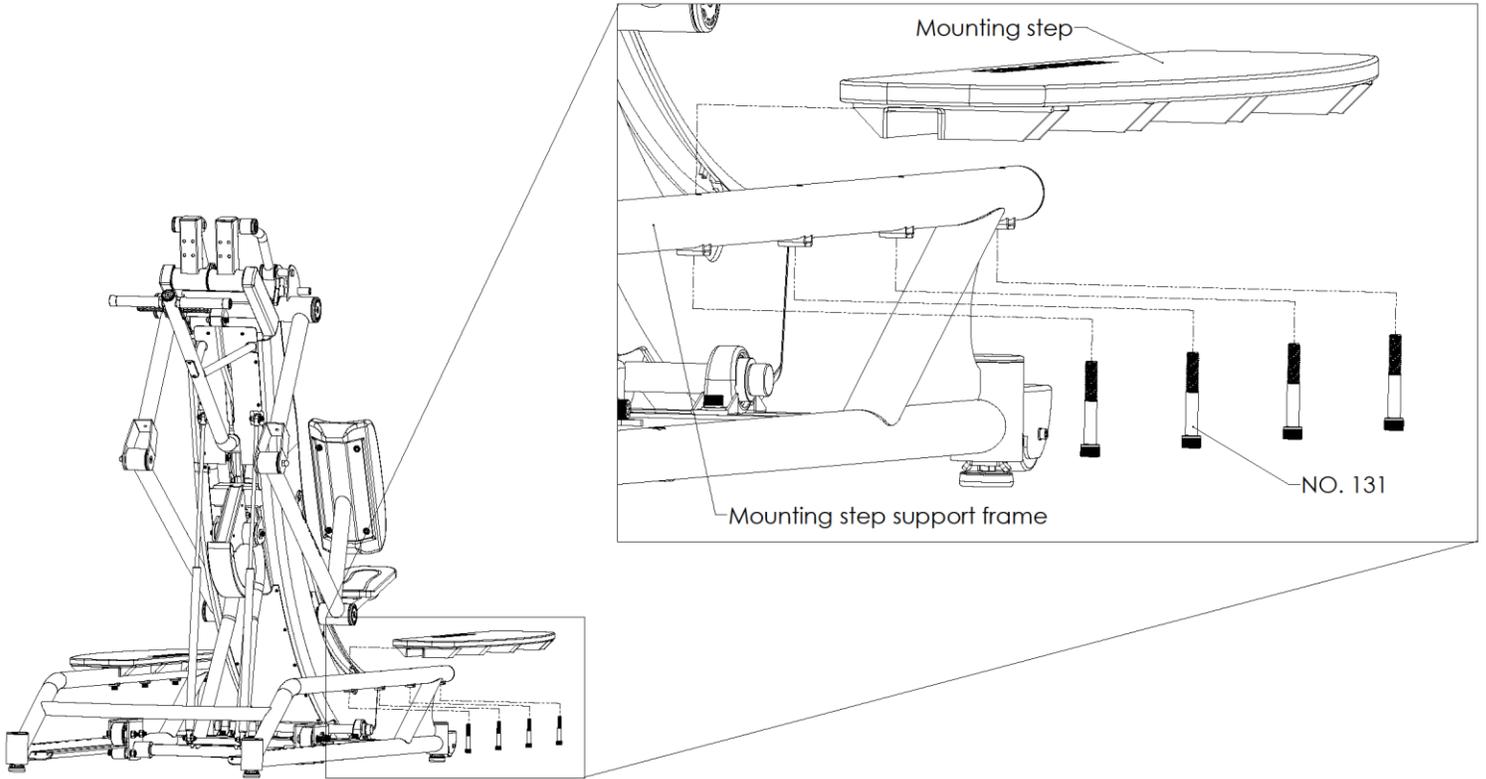
yellow angle adjustment release handle to lock the user support frame into angle #9.

7. Next screw the threaded ends of the two gas springs into the left and right upper attachment clevises. Next fasten the lower ends of the gas springs to the left and right lower attachment brackets with a No. 143 bolt and a No. 169 nut. Make certain that the No. 143 bolt threads fully engage the No. 169 nuts but **Do Not Overtighten** these bolts because it will make it difficult to adjust the angle of the user support frame.



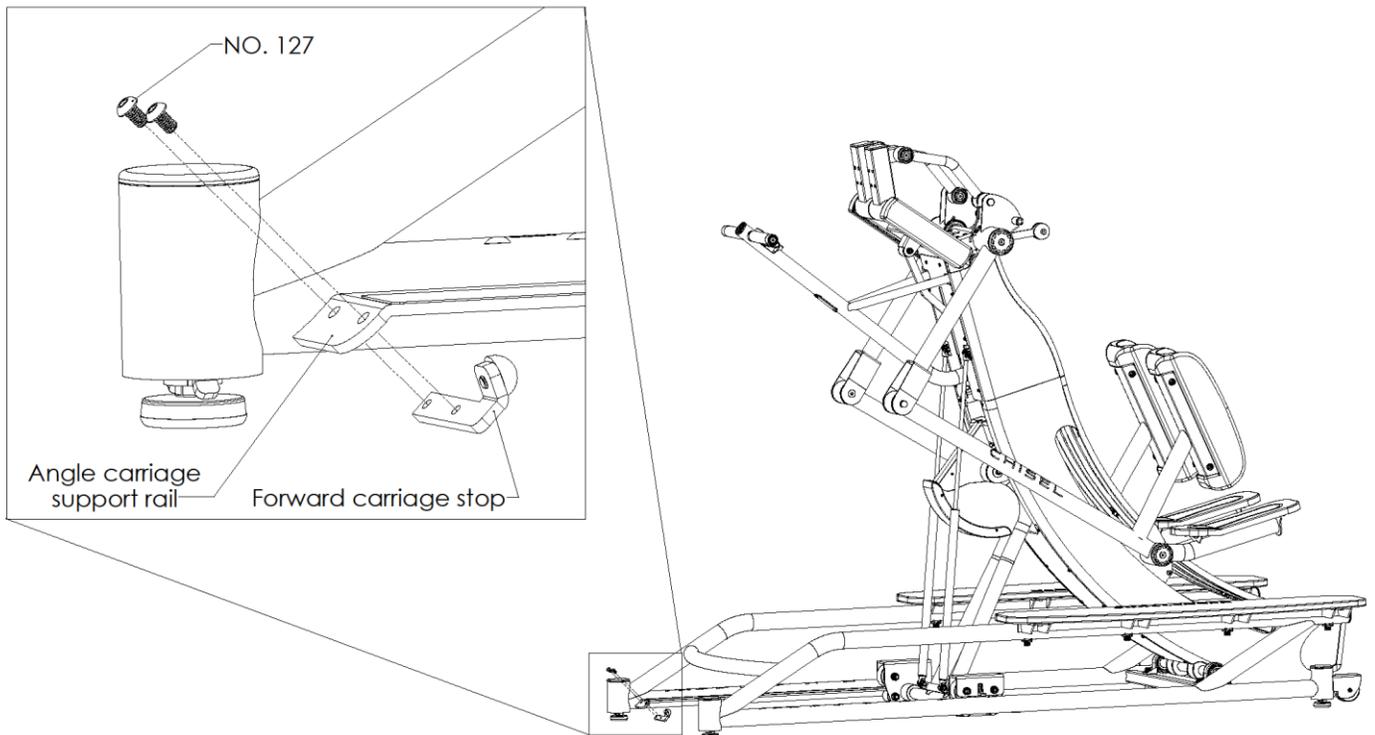
Attaching the gas springs

8. Refer to Drawing 5. Securely fasten each left and right mounting step to the mounting step support frame with 4 each No. 131 bolts.



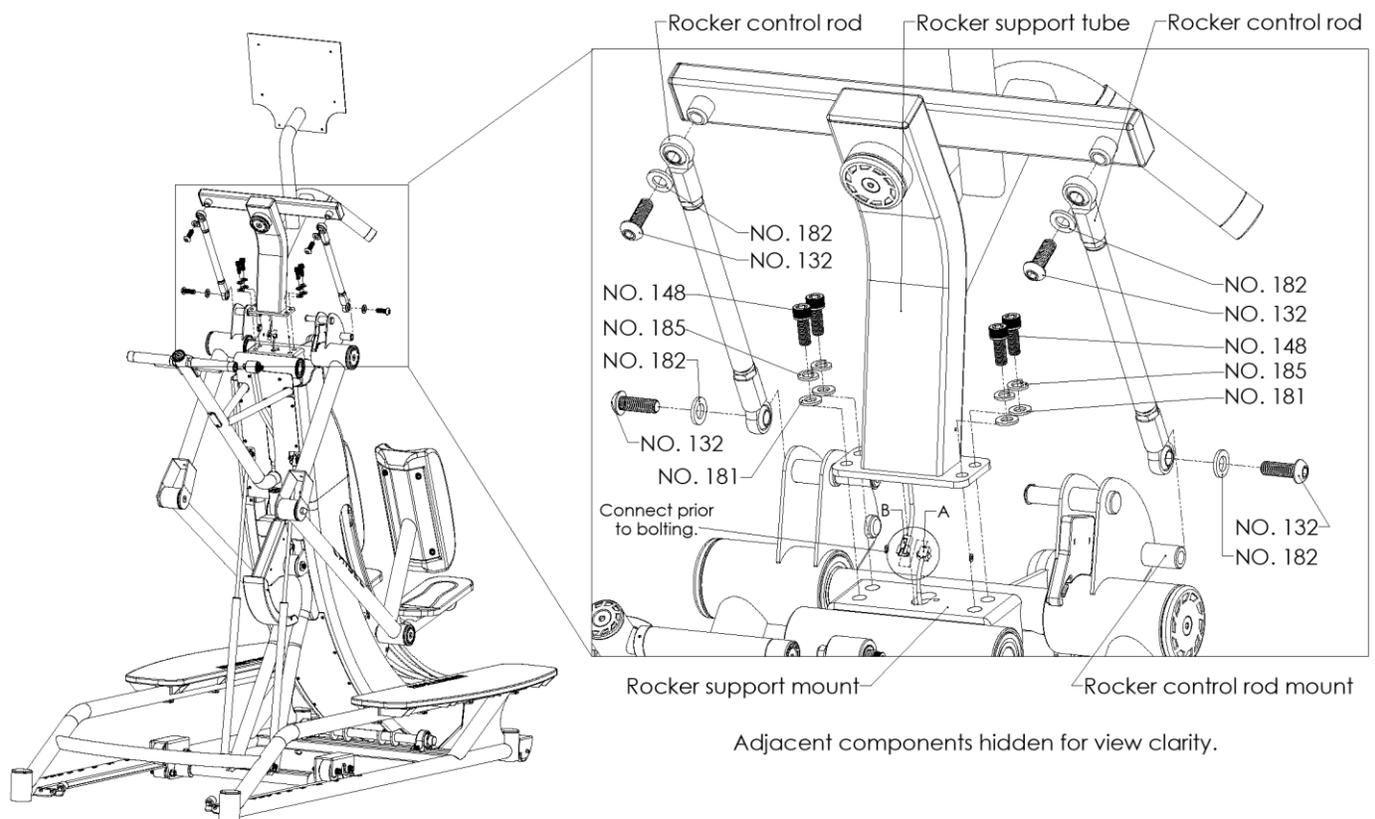
Drawing 5

9. Refer to Drawing 6. Securely fasten the left and right forward carriage stops to the angle carriage support rail with 2 each No. 127 screws.



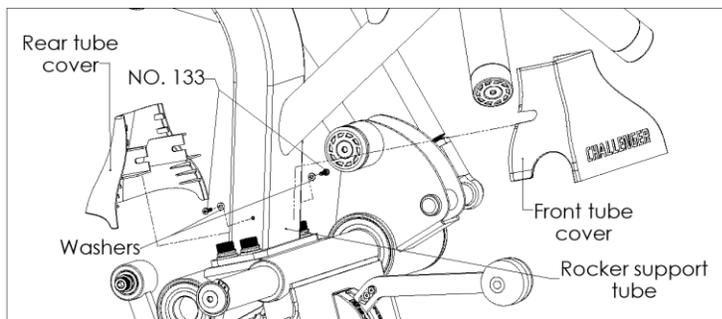
Drawing 6

10. Refer to Drawing 7. While the first assembly person is holding the rocker support tube above the rocker support mount, the second assembly person will securely connect console cable A with console cable B and guide the cable connection down into the opening in the rocker support mount.
11. Securely fasten the rocker support tube to the rocker support mount with 4 each No.148 bolts, 4 each No. 185 lock washers and 4 each No. 181 flat washers.
12. Securely fasten one end of each left and right rocker control rod to each left and right upper rocker control rod mount with a No. 132 bolt and a No. 182 washer. Next securely fasten the other end of each left and right rocker control rod to each left and right lower rocker control rod mount with a No. 132 bolt and a No. 182 washer.

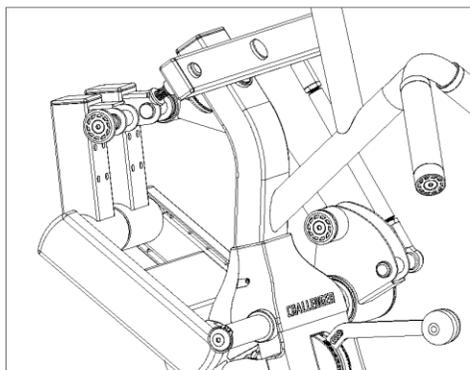


Drawing 7

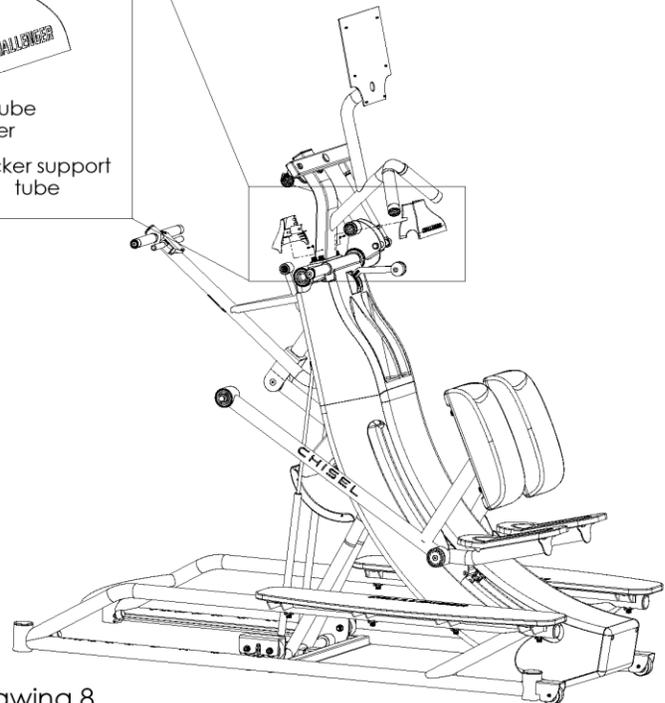
13. Refer to Drawing 8. Place the front tube cover against the front of the rocker support tube and ensure that it fits flush with the adjacent plastic guard below it.
14. Next insert a No. 133 screw and flat washer through each side of the front tube cover into the rocker support tube until the screws are about half way in.
15. Place the rear tube cover against the rear of the rocker support tube such that the front tube cover and the rear tube cover interlock and fit flush against one another. When sliding this rear tube cover into the interlocking position with the front tube cover take care to ensure that the flat tabs on the rear tube cover slide in behind the flat washer.
16. When the front and rear tube covers are interlocked behind the flat washers, securely the front tube cover and the rear tube cover to the frame by tightening the No. 133 screws.



Adjacent components hidden for view clarity.

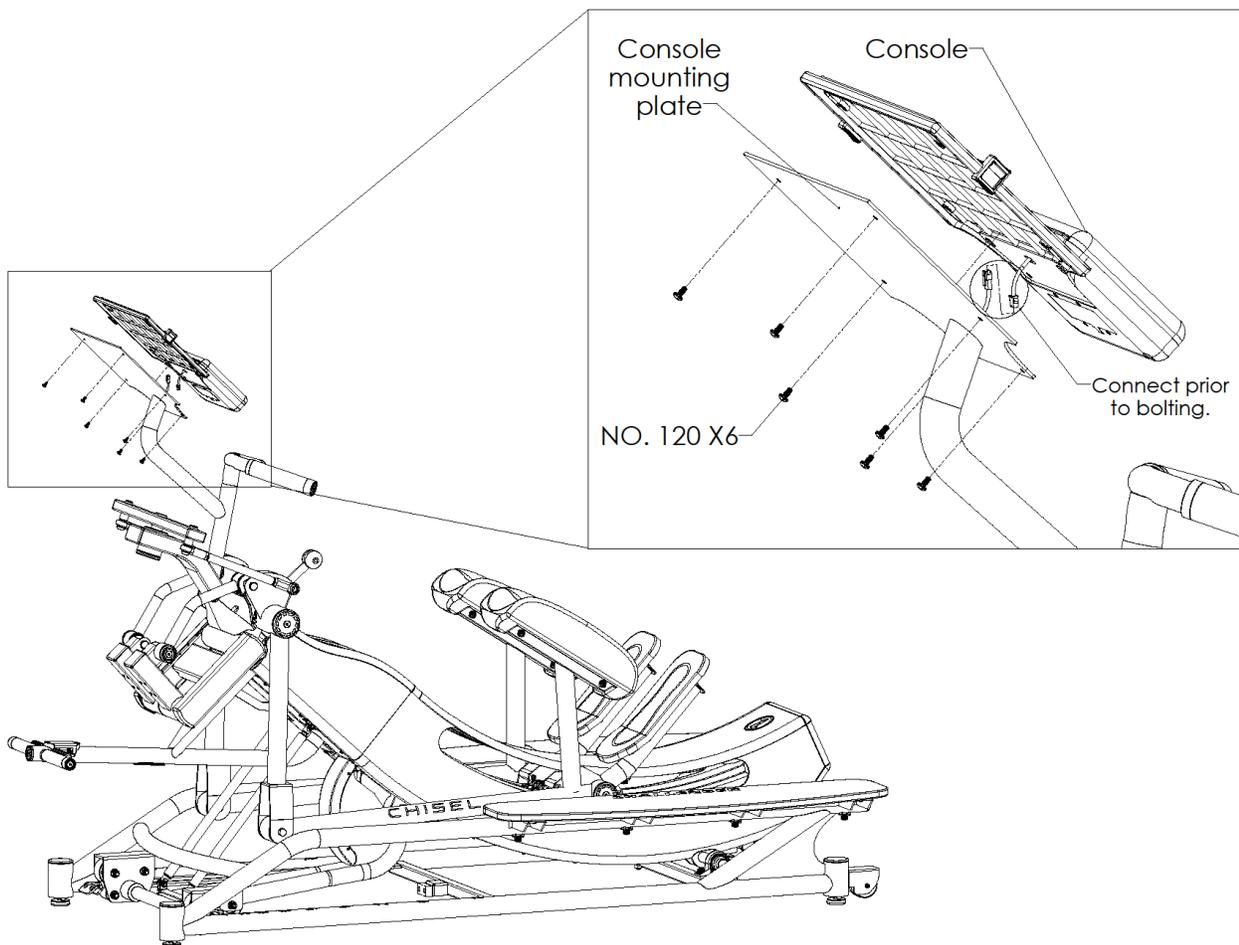


Installed example



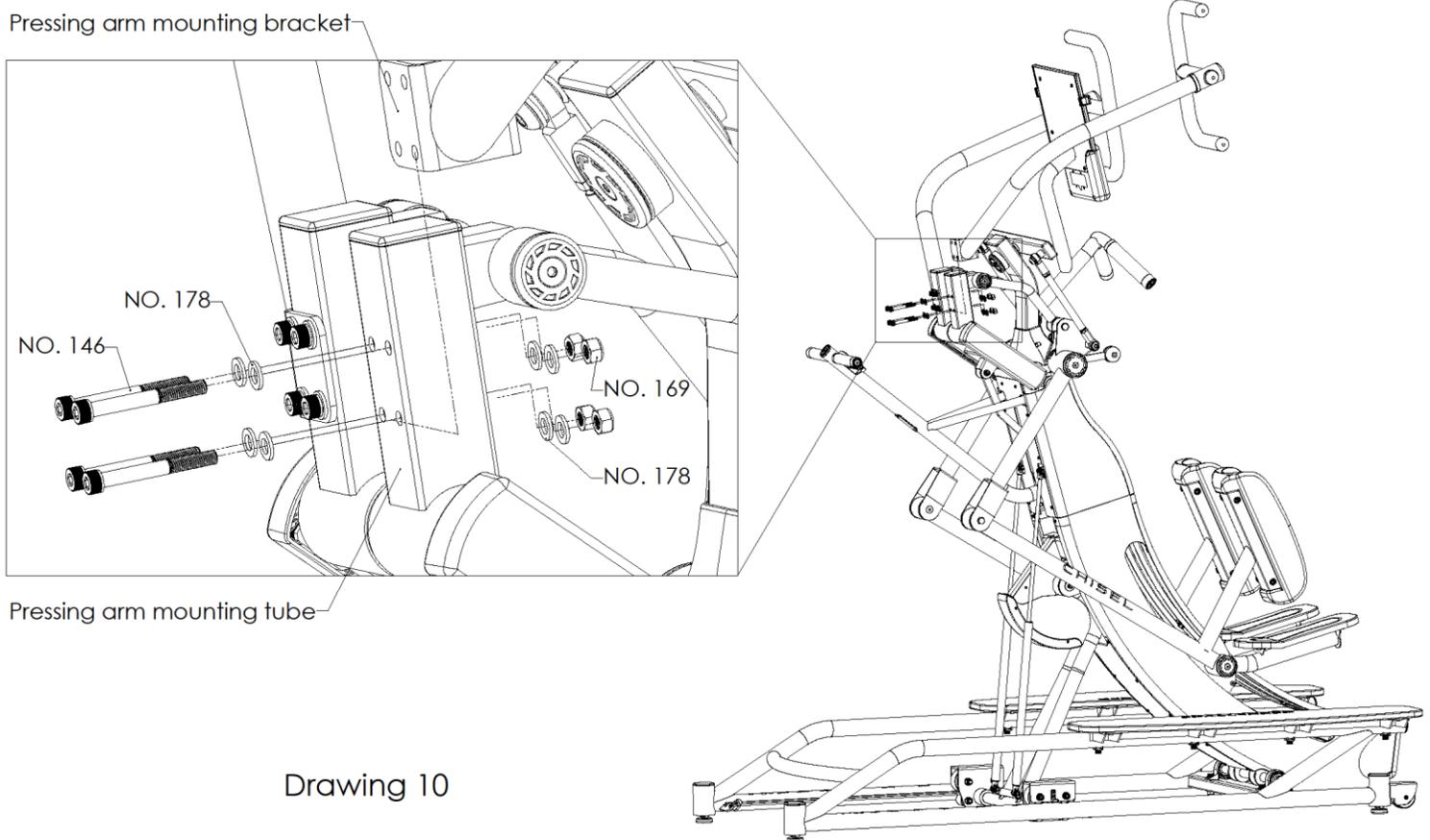
Drawing 8

17. Install the provided 4 each AA batteries into the battery compartment located on the lower back side of the console.
18. Refer to Drawing 9, while assembly person one holds the console suspended above the console mounting plate, assembly person two will connect the data cable extending from the back side of the console to the data cable extending from the console support tube. Next guide the data cable connection into the console support tube.
19. Securely fasten the console to the console mounting plate with 6 each No. 120 screws.



Drawing 9

20. Refer to Drawing 10. Mount the left and right pressing arms by loosely fastening each pressing arm mounting bracket to each pressing arm mounting tube with 4 each No. 146 bolts, 8 each No. 178 washers and 4 each No. 169 nuts. Leaving the bolts loosely fastened will make it easier to line up all 4 bolts to get them installed.
21. Once all 4 bolts are installed in each press arm, securely tighten all 8 each No. 146 bolts to the 8 each No. 169 nuts.



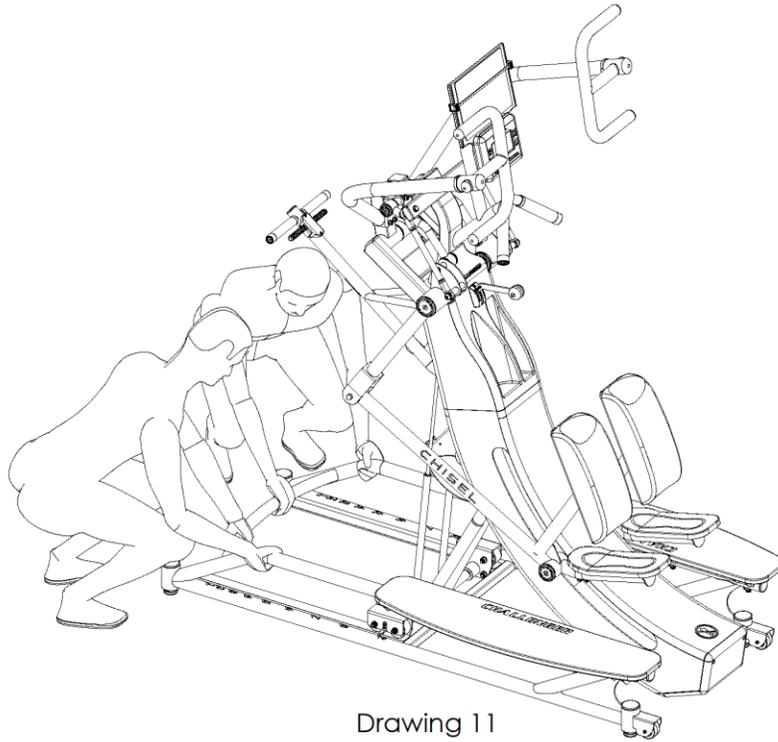
Drawing 10

Moving the machine using the built in transport wheels

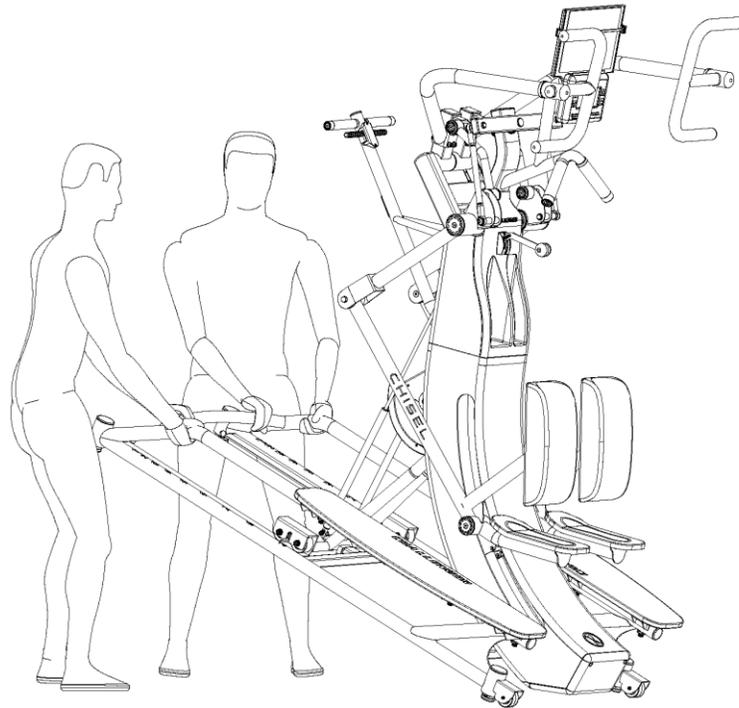
Never attempt to move the Challenger machine alone! Two persons each capable of lifting at least 100 lbs. / 46 kgs. are required to move Challenger.

A minimum, constant and unobstructed ceiling height of 96 in. / 244 cm of the entire intended path of movement is required to move Challenger. Prior to moving Challenger observe any lighting fixtures or other objects hanging from the ceiling or any doorways in the projected movement path that may encroach on the required 96 in / 244 cm ceiling height.

1. Prior to moving Challenger, adjust the exercise motion frame to angle position “9” and ensure that the yellow angle adjustment latching lever is engaged such that the exercise motion frame is securely locking into position “9”.
2. As illustrated in drawings 11 and 12, each of the two persons moving Challenger should simultaneously lift the front end of Challenger by grasping the base frame as illustrated and lifting the front end of Challenger until the rear transport wheels are engaging the floor surface such that the rear transportation wheels are the only parts of Challenger that are contacting the floor surface.
3. While holding the Challenger base frame in the angled position with the transport wheels contacting the floor, roll Challenger to the desired location and gently lower the front end of the base frame to the floor surface.



Drawing 11



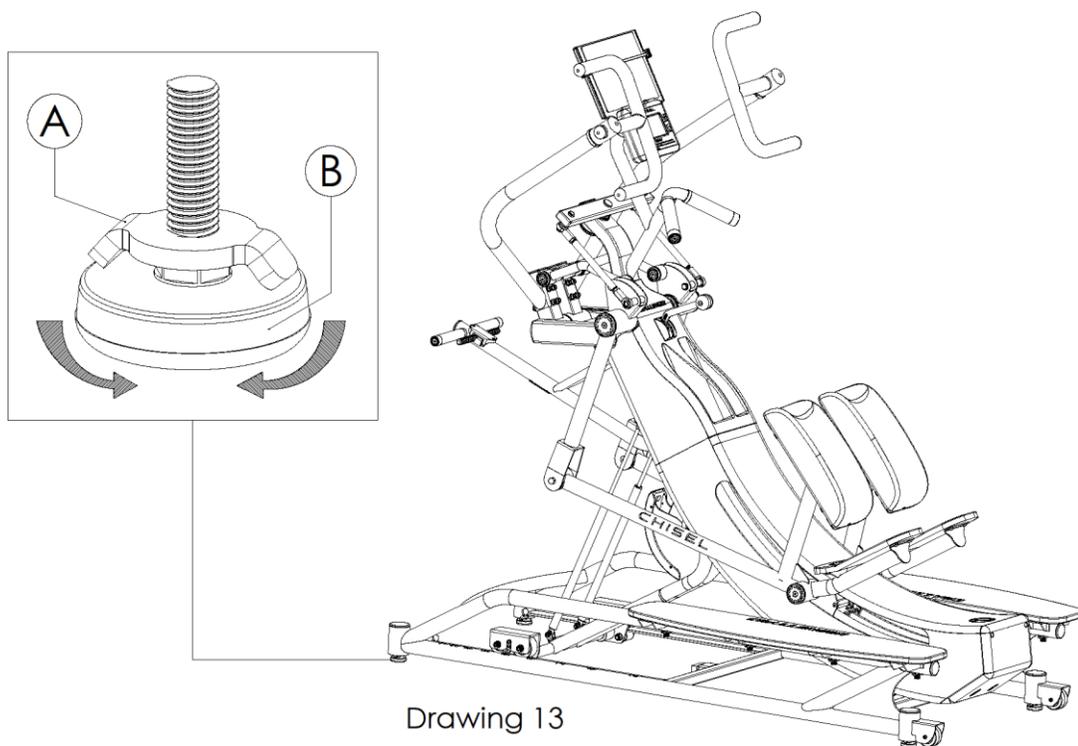
Drawing 12

Leveling Challenger

After placing Challenger in the usage location, check to make sure that all 4 leveling feet are touching the floor such that Challenger is stable on the floor.

If any of the leveling feet require adjustment, refer to drawing 13 and follow these steps.

- Loosen the locking wing nut (A).
- Screw or unscrew the leveling foot (B) until the frame is stable on the floor surface.
- Tighten the locking wing nut (A).



Drawing 13

Safety instructions

General safety

Use Challenger exclusively for the purposes described in the user manual; only perform the exercises for which the product has been designed, following the instructions provided in this manual. Any other use is to be considered inappropriate and therefore dangerous.

Never use Challenger if the product is not working properly or any components appear to be worn, loose or damaged. If you are in a commercial fitness facility, please alert a staff member if Challenger is not working properly. If you own Challenger for personal use, please contact CHISELfit product support at chiselfit.com for service. Do not use Challenger until all necessary service has been performed by a CHISELfit authorized and approved service technician using authorized and approved CHILSEfit components.

Do not allow children to have unsupervised access to the Challenger. Keep children away from Challenger. Challenger is not intended for users under 15 years of age.

For commercial fitness facility usage, please ensure that all facility patrons have access to all of the safety information written in this manual prior to operating Challenger.

Personal safety

Before beginning any exercise program, consult with a medical healthcare professional to ensure your personal readiness.

Never attempt to exceed your personal performance capabilities. If you feel unwell, experience dizziness or chest pain at any point while using Challenger, stop exercising immediately and seek medical attention.

Read all instructions before operating Challenger. These instructions are provided to ensure the safety of the user and protect the product. If you do not fully understand any part of this manual or how to safely operate Challenger, ask a qualified staff member to explain anything about Challenger that you do not fully understand.

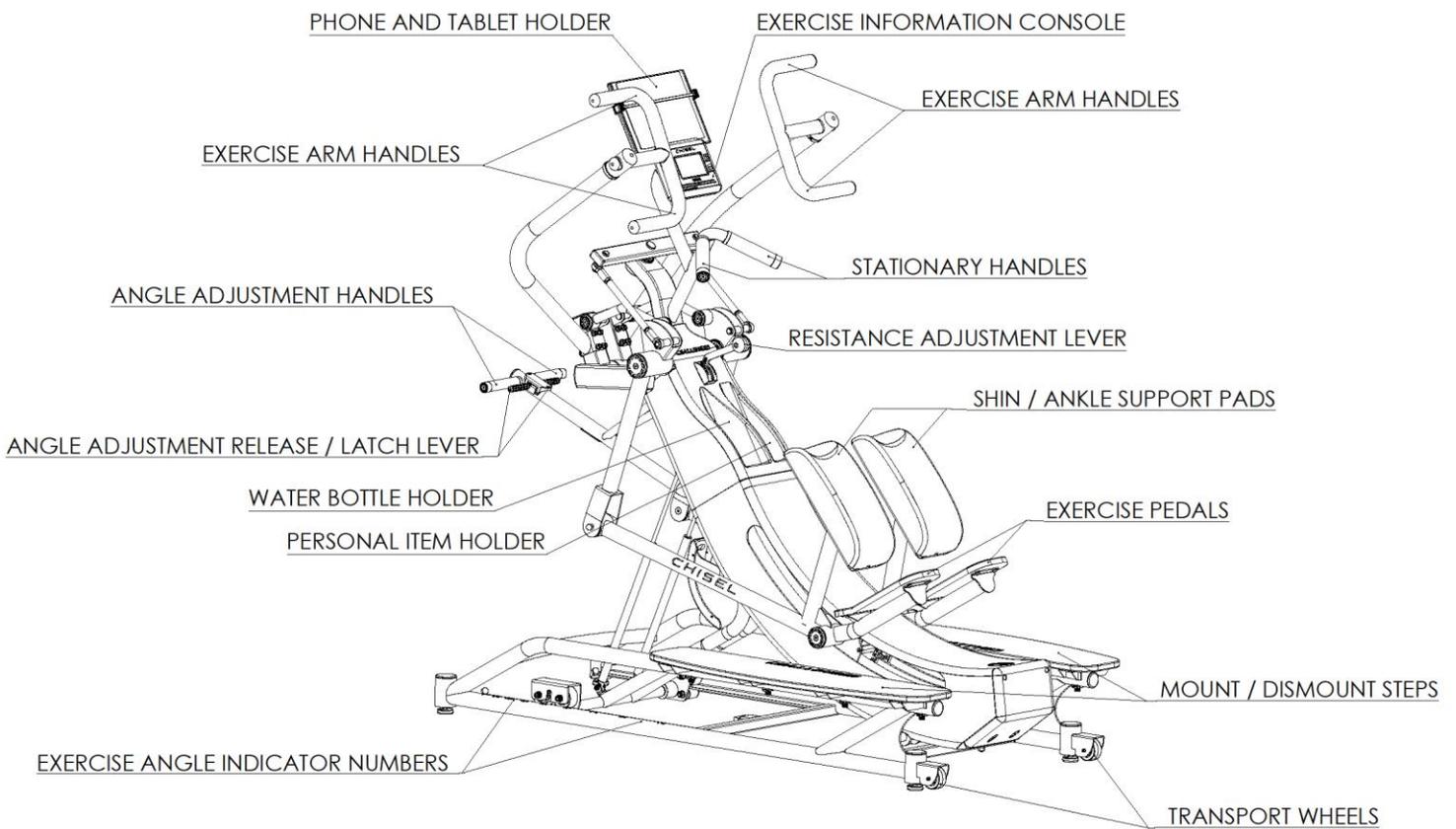
Plan the workout according to your physical characteristics and state of health, beginning with less demanding resistance levels. Only increase the resistance level and workout intensity on Challenger after you become familiar with how your body reacts to the exercise function.

While operating Challenger, other people must remain at a safe distance.

Do not operate Challenger when children or pets are present.

In a commercial fitness facility environment, a qualified staff member must explain proper and improper use of Challenger.

Product Introduction



Operating instructions and information

The CHISELfit Challenger must only be used for the purpose for which it was designed and produced: aerobic, strength and stretching exercises of the lower and upper limbs and torso. Any other use is to be considered inappropriate and therefore dangerous.

Refer to the following instructions and corresponding drawing illustrations to understand how to safely operate Challenger.

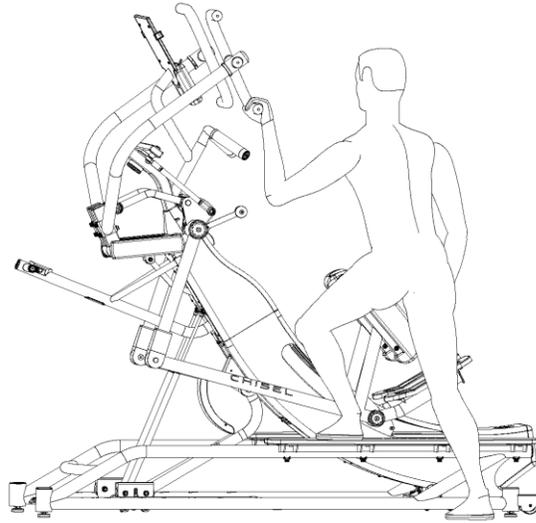
Instructions for getting on and off of Challenger

*Do not attempt to mount Challenger from the rear of the machine. Doing so could result in severe injury and possible damage to the machine.

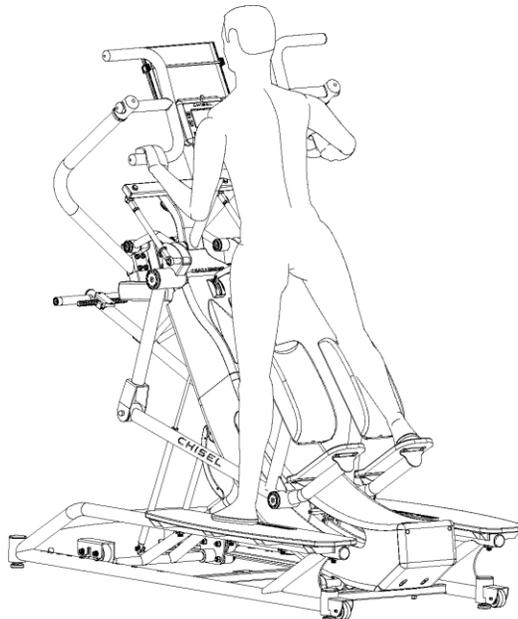
*Do not step on or off of the machine when the pedals are moving. Doing so could result in severe injury.

*Do not step on or place anything on the plastic center arch shaped section of the exercise frame between the pedals. Doing so could result in severe injury and possible damage to the machine.

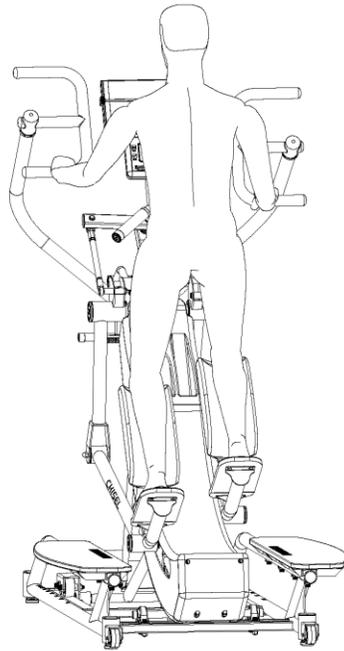
1. As illustrated in drawings 14-16, enter from the side by first stepping onto either side mounting step and grasping the exercise arm handle closest to you with one hand.
2. Next while stand with both feet on the mounting step, reach out and grasp the other exercise arm handle with your other hand.
3. Next while firmly grasping and controlling each exercise handle, step over the exercise pedal nearest you and onto the other pedal. Firmly controlling the exercise arms handles during mounting will minimize movement of the exercise pedals and make it easier to get into the exercise position.
4. Next step onto the other exercise pedal.
5. When fully mounted in the exercise position, each hand should be grasping an exercise arm handle and each foot should be mounted on an exercise pedal with each ankle and shin snug against a shin/ankle pad.



Drawing 14



Drawing 15



Drawing 16

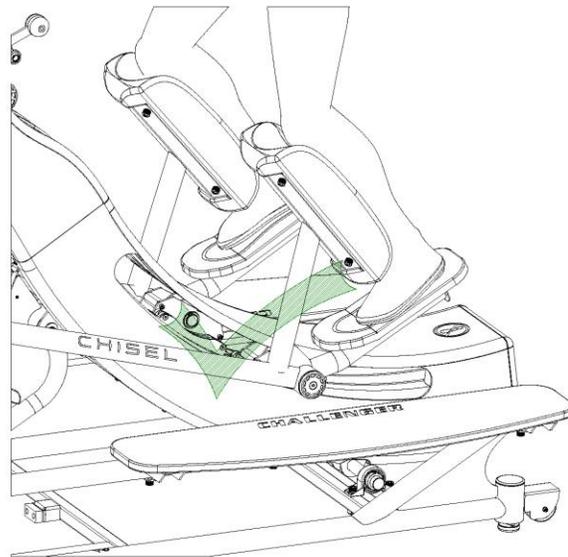
Operating Challenger as illustrated in drawing 16

1. Select an exercise mode on the exercise information console as instructed under the Exercise Information Console section of this manual.
2. To perform exercises with your legs only, grip the stationary grips located in the center of the machine and push and pull with your legs in opposing directions.
3. To perform exercises with your legs and arms, grip the exercise arm handles and move the exercise arms and exercise pedals in opposing directions.

Keeping each foot and ankle snug to the shin/ankle pads will increase the comfort and effectiveness of your exercise session.

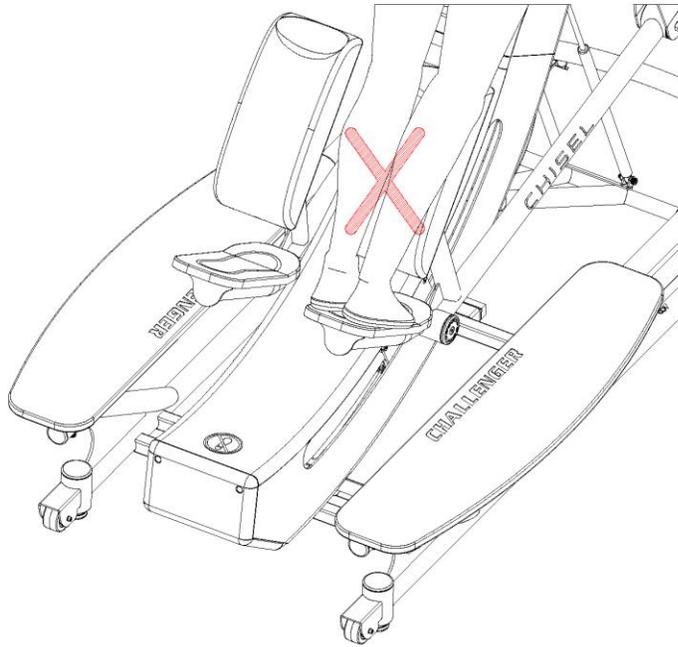
Begin the exercise motion at a lower resistance setting with 1 being easiest and 10 being most difficult. Operate the machine slowly until you become familiar with the machine and adjust the resistance in small increments until you become familiar with the exertion level of each resistance setting.

*Only attempt to operate the exercise arms while your left foot is securely mounted on the left exercise pedal and your right foot is securely mounted on the right exercise pedal as illustrated in drawing 17.

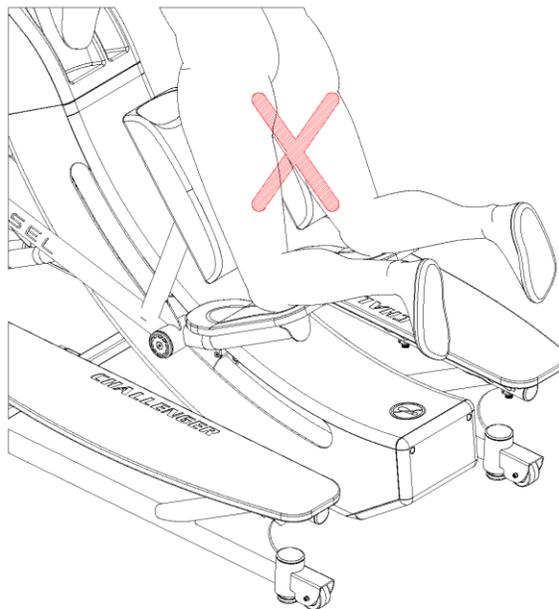


Drawing 17

Never attempt to operate Challenger as illustrated in drawings 18 and 19.

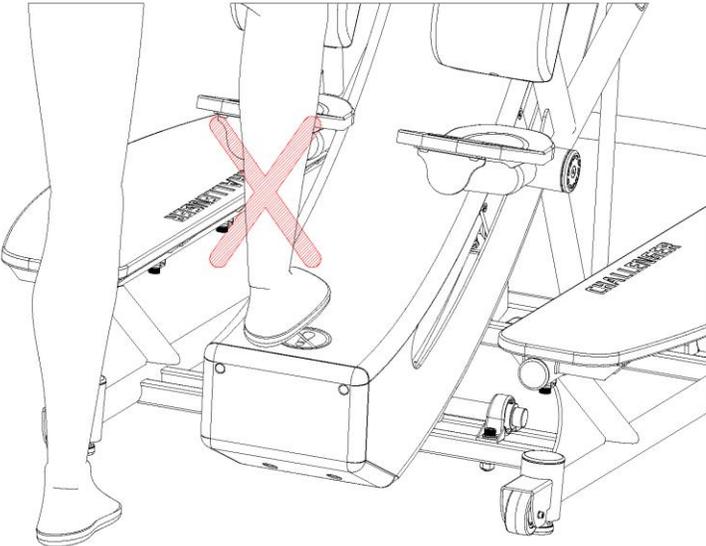


Drawing 18



Drawing 19

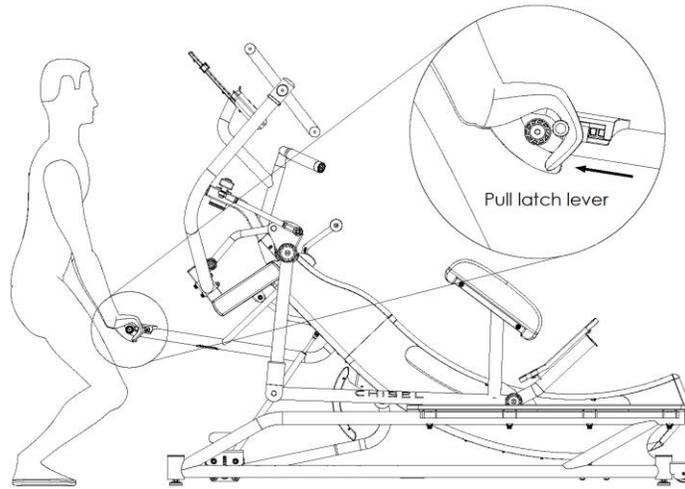
Never step on the center section of the exercise frame as illustrated in drawing 20



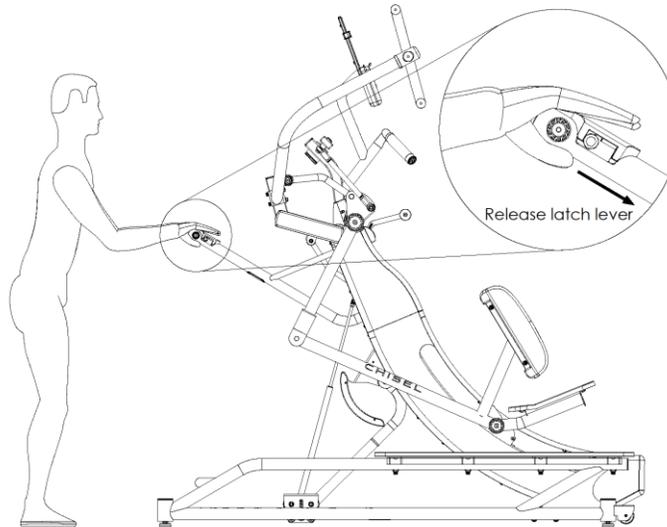
Drawing 20

Adjusting the angle of the exercise frame

1. As illustrated in drawings 21 and 22, while standing in front of and facing the end of Challenger closest to the exercise arms, grasp the black angle adjustment handles that are located adjacent to the yellow latching levers.
2. Next, while grasping the black handles reach out with your fingers and pull the yellow latching levers towards the black handles. This will unlatch the exercise frame.
3. Next, while holding the yellow latching levers next to the black handles move the exercise frame to the desired exercise angle. Then release the yellow latching levers to latch the exercise frame into position.
4. To make certain that the exercise frame is securely latching into position, push down on the black handles before resuming exercising. If the black handles do not move, this indicates that the exercise frame is locked into position. Otherwise the exercise frame will move down to the next angle position.

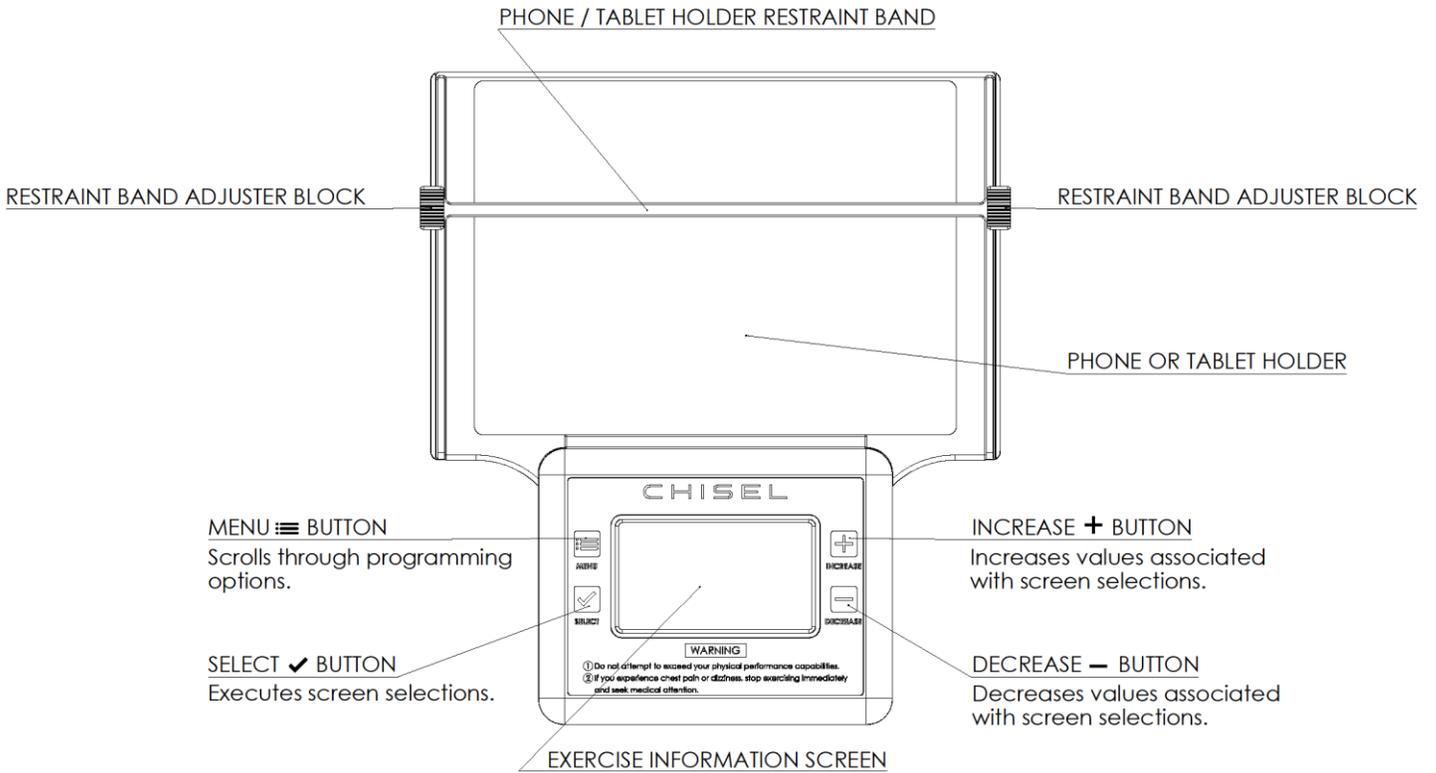


Drawing 21



Drawing 22

Console functions and operation



The exercise information console is intended to provide you with information to monitor your performance during your workout session and offer you exercise programs that will guide you through exercise routines to provide exercise variety and allow you to set targets for your exercise session goals. The exercise information console however, is NOT intended to coerce or compel you to exercise beyond your physical performance capabilities. Constantly monitor your level of exertion and do not attempt to exercise at an intensity level that is beyond your physical performance capabilities.

During a workout, it is important that your heart rate does not exceed 85% of your maximum heart rate. Exceeding 85% of your maximum heart rate could be dangerous to your health or even cause sudden death. Consult a health care professional to determine your recommended maximum heart rate. For this reason, it is advisable to use a device that can monitor your heart rate. To monitor your heart rate during the exercise routine on Challenger, you may use a blue tooth or ANT+ enabled heart monitoring device. CHISELfit offers a chest strap heart monitor and an arm band heart monitor that are each sold separately and can be purchased by visiting chiselfit.com.

Do not use the heart rate monitor if you have a cardiac support device such as a pacemaker or similar device.

When displayed on the exercise information console, the heart rate is only an approximate measure and must not be taken as an unquestionable fact.

Operating the exercise information console

The LCD console is equipped with a back light for enhanced illumination. The default factory setting is with the back light turned on. However, this back light can be switched on or off by holding the (- decrease) button down for 3 seconds. Turning the back light off and operating the console with standard illumination will increase battery life by approximately 50%.

Press any key to power up the console.

Selecting a workout begins with the Welcome Screen, which reads: “For quick start press SELECT or press MENU for programming options”

Manual operation “Quick Start” mode

1. From the Welcome Screen press the “select” button. This will display the following information:
 - A) **Time elapsed:** This value is a running total of the amount of time that has passed since you began exercising.
 - B) **Strokes:**
Total – This value is the running total of the amount of strokes completed since you began exercising. One stroke is counted when you complete a push and return pull motion.

Per Minute – This value is the amount of strokes completed in the previous 60 second period. This value continually updates while you are exercising.

- C) **Meters Traveled:** This value is a running total of the distance that you have moved the exercise arms and exercise pedals during your exercise session.
- D) **Heart Rate:** This value is an approximate calculation of your current heart rate. To obtain this value, you must wear a heart rate monitor as previously described herein.

2. In this quick start manual mode if you press the “select” button after you begin exercising, the screen will display a “workout summary” with the summary totals of your exercise performance information for 20 seconds. The console screen will then turn itself off.

Programs

There are 5 program options.

1. From the Welcome Screen, press the “Menu” button to view the program options. A rectangular box will highlight the selectable program.
2. To select a program, press the “increase” or “decrease” button to move the highlight box to the next program.
3. Once you have highlighted your desired program, press the “select” button to set the program values as prompted on the screen.
4. After setting the program values, press select to begin exercising.

Total Body Interval Training Program

This program instructs you to adjust the exercise motion frame to a variety of angles for a total body workout. To Begin the program:

1. Select the program. This will bring up the program time selection screen.
2. Use the “increase” or “decrease” buttons to adjust the total program time from 15:00 to 45:00 in 5:00 increments. Once you have set the desired program time press select.
3. The screen will prompt you to adjust the exercise frame to a new angle for each work interval.
4. Once the exercise angle is set and you begin exercising the total program time will count down from the program time you selected and the work interval time will count down from a value based on the total program time.

5. When each work interval counts down to zero, the screen will prompt you to adjust the exercise frame to a new angle and then the screen will begin counting down a 30 second rest period while you adjust the exercise angle.
6. Once you resume exercising after each angle adjustment, the program time and the work interval time will resume counting down.
7. The program will end when the program time counts down to zero and then the summary screen will display all of your exercise performance totals.
8. During the workout, the meters traveled value will begin count up from zero and keep a running total of meters traveled throughout the program.
9. During the workout, the strokes total value will begin counting up from zero and keep a running total of strokes completed throughout the program. The strokes per minute value will continually adjust to the average strokes for the previous 60 seconds.

Time Target Training Program

1. Select the program. This will bring up the program time selection screen.
2. Use the “increase” or “decrease” buttons to adjust the total program time from 10:00 to 60:00 in 5:00 increments. Once you have set the desired program time press select.
3. Begin exercising and the program time will count down from the time selected and the other values will count up from zero.
4. The program will end when the program time counts down to zero and then the summary screen will display all of your exercise performance totals.

Strokes Target Training Program

1. Select the program. This will bring up the total strokes selection screen.
2. Use the “increase” or “decrease” buttons to adjust the total strokes from 200 to 2,000 in 100 stroke increments. Once you have set the desired total strokes press select.
3. Begin exercising and the strokes will count down from the total strokes selected and the other values will count up from zero.
4. The program will end when the stroke count reaches zero and then the summary screen will display all of your exercise performance totals.

Distance Target Training program

1. Select the program. This will bring up the total meters distance selection screen.
2. Use the “increase” or “decrease” buttons to adjust the desired total meters distance from 200 to 3,000 in 100 meter increments. Once you have set the desired total meters press select.
3. Begin exercising and the meters will count down from the total meters selected and the other values will count up from zero.
4. The program will end when the meters count reaches zero and then the summary screen will display all of your exercise performance totals.

Work / Rest Interval Training program

1. Select the program. This will bring up the work interval time selection screen.
2. Use the “increase” or “decrease” buttons to adjust the work interval time from :30 to 10:00 in :30 increments. Once you have set the desired work interval time press select. This will bring up the rest time interval selection screen.
3. Use the “increase” or “decrease” buttons to adjust the rest interval time from :15 to :40 seconds in :05 increments. Once you have set the desired rest interval time press select. This will bring up the total intervals value selection screen.
4. Use the “increase” or “decrease” buttons to adjust the total intervals from 2 to 10 in 1 interval increments and press select.
5. Begin exercising and the work interval will count down from the selected value. The program time and all of the other values will count upward from zero.
6. When the work interval time reaches zero, the rest interval time will appear in its place and count down from the rest time selected.
7. The program will end when the total number of selected intervals are completed and then the summary screen will display all of your exercise performance totals.

Maintenance

Daily

Wipe the machine down with a clean cloth dampened with clear water. Immediately wipe any excess water from any surfaces with a clean dry cloth. Never spray any streams of water or other liquids onto Challenger.

Weekly

Using a soft cloth dampened with clear water wipe the chrome rails that the exercise pedals roll on during the exercise motion. Wipe any excess water away with a clean dry cloth. Using a flash light, inspect the chrome rails for any material such as dust or dirt that may be still attached to the chrome rail. If any material is still stuck to the chrome rail dampen a cloth with rubbing alcohol and rub the material off of the chrome rails. Wipe away any excess rubbing alcohol with a clean dry cloth.

Trouble Shooting

1. Problem: The console will not power up or the console screen is fading in and out.
Solution: Replace the console batteries. If this does not solve the problem, check the console electronic wire connections as illustrated in the product assembly section. If this still does not solve the problem contact product support.
2. Problem: Backlash (loose feel) of the synchronized motion between the pressing arms and the foot pedals.
Solution: Tighten the bolts that connect the control rods to the rocker arm and the axle hubs. (Only tighten if the bolts are loose. Do not attempt to overtighten)

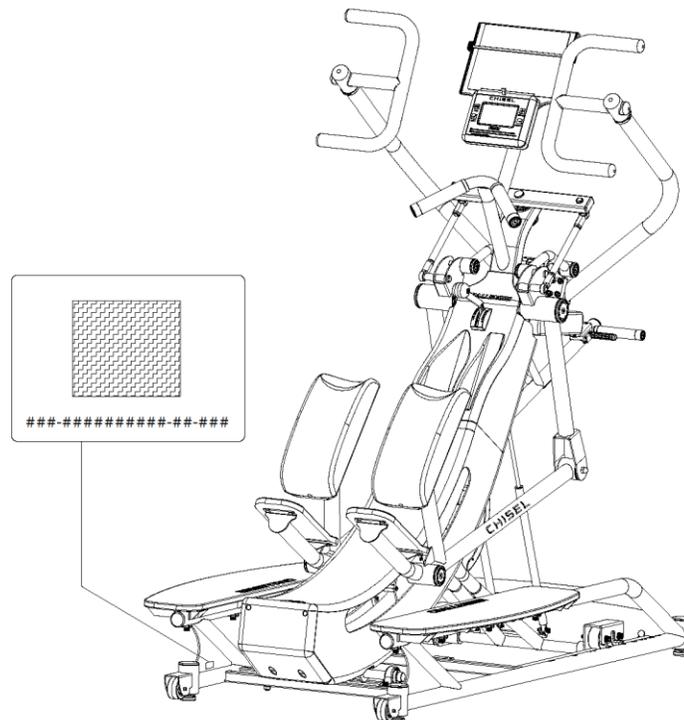
*Contact CHISELfit technical support at 866-535-6453 for any issues that cannot be easily resolved.

Technical Specifications

Weight of product:	395 lbs. / 180 kg
Maximum user weight:	350 lbs. / 160 kg
Console:	Back Lit LCD
Console power supply:	4 each AA Batteries
Wireless:	BLE and ANT+: 2402MHz-2480MHz / OdBm

The magnetic resistance system is adjustable and variable; the power output depends on the level of resistance set and the velocity of the pedal motion.

Product label and serial number location



Service Parts and Technical Support

866-535-6453