

## Fitness Gear Review:

### Nautilus StairMaster FreeClimber 4400CL

*“Stepping Up To A New Level Of Fitness”*

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#### *Why I Love Doing My Cardio Routine on the StairMaster FreeClimber 4400CL*

- The StairMaster FreeClimber 4400CL is the most space-efficient professional “Stair Stepper” model. It’s also perfect for home gyms because of its small, compact footprint (2 x 4 feet, with a height of about 5 ½ feet). It only weighs 126 pounds—plus it has wheels in front!
- A routine for everyone and every body type. Six different built-in programs. Choose from Quick Start, Manual, Fat Burner, Aerobic Training, Speed Intervals, and Zone Heart Rate Training. 20 levels of resistance for everyone from beginners to professionals.
- The 4400CL incorporates all the latest StairMaster technology and design refinements including a cordless design! You charge the battery by simply using it. Huge backlit cutting edge C40 LCD display, rail-less configuration (promotes proper upright posture when exercising), reading rack with accessory tray (use for audio players & remotes), and huge water bottle holder!

#### **What Is The StairMaster FreeClimber 4400CL?**

The StairMaster FreeClimber family by Nautilus is a series of exercise systems that simulate vertical climbing by means of an independent stepping motion. There are many types of stepper machines in the FreeClimber family; I selected the 4400CL (the CL stands for cordless) because in my opinion it’s the model best-suited for home use. This is because it is also the most space-efficient FreeClimber in the StairMaster family, weighing in at only 126 pounds. As a bodybuilder, I love the fact that while I get an amazingly efficient cardio/aerobic workout, I also reap the secondary benefits of an intense lower body workout for my legs! I’m talking about directly hitting muscles in my quadriceps, hamstrings, glutes, hip flexors, and calves. A standard treadmill will never be

as efficient in burning calories or pumping-up your lower body as the FreeClimber 4400CL—plus it's totally non impact, unlike a treadmill.



### **Why Not Step Up To The 4400CL?**

While we are comparing stepping machines to other forms of exercise, I would like to mention a recent study conducted by the University of Iowa and McKesson Health regarding the advantages and benefits of stepping and stair climbing machines in general.

According to the study, stepping and stair climbing machines offer as good a workout as running. In fact, the article states “Stepping and Stair Climbing is a great cross training activity. It is less stressful to joints and muscles and conditions the heart and lungs.” Although that’s probably not headline news to many, it’s important to note working out on the 4400CL is addictive fun and challenges you every time you step on it to achieve your personal best.

The sleek black Stairmaster FreeClimber 4400CL is a true work of art, manufactured by number one brand in steppers since 1983: StairMaster. Another great benefit to emphasize on the 4400CL is the absence of side guard rails. This encourages the best possible posture while reducing the tendency to cheat by transferring or leaning your weight to the hands or arms.

The 4400CL’s patented independent soft step action offers an extensive sweet spot that makes the Stairmaster simple to use. But trust me; this is a challenging workout which simulates a cross between doing stadium stairs, and riding a bike up a long hill. Regardless of your age or fitness level, the FreeClimber 4400CL stepper will offer you a pleasurable, fun, and undeniably challenging workout.

### **Let’s Get Started—Select Your Program**

Just step down on the pedals to activate and bring to life the ice blue lighted LCD display (the C40 display back-lighting makes it easy to read in any lighting conditions). From here it only gets easier! You’ll now see the animated arrow cycling above each of the six workout programs: Quick Start, Manual, Fat Burner, Calorie Burner, Speed Intervals, and *Heart Rate Zone Trainer*. Simply select “Enter” when the arrow is directly over the program you want to use. But—before you begin stepping away the pounds, the 4400CL needs to know three important things from you: your weight, your intensity level (select from 1 to 20 with 20 being the insanely hardest), and session workout time (from 5 minutes to a maximum of 99 minutes). By the way, if you want to forgo having to enter

any user information and want to immediately start exercising, just select the “Quick Start” program.

### **Secret Tips from Mr. Bicep Himself!**

Gather round the campfire Grasshoppers—I have some sage secret “Stepper” information to pass your way. This information was personally handed down to me from the great, great, great generation of StairMaster devout spirits.

*Secret 1* – When selecting an “Intensity Level” faster is not necessarily better. Try to select a program that provides you the best combination of resistance and speed to match your fitness level.

*Secret 2* – No matter what program or intensity level you choose, remember to take deep comfortable steps which allow you to stay in the middle range of the pedals’ motion. This means not allowing the pedals to touch the floor (better known as bottoming out), or having the pedals hit the upper cover stop.

*Secret 3* – Remember to stand up straight and not lean on the front handlebars. Relax when on the stepper and don’t be tense. If you do hold the handlebars, hold them lightly without gripping tightly. Also, look at your sneakers in relationship to the pedals (they should be horizontally centered with heels hanging slightly off the back pedal edge). Get those feet facing straight, not crooked. You’d be surprised how your feet can shift in just 15 minutes!

*Secret 4* – The 4400CL includes an integrated Polar brand wireless telemetry heart-rate monitoring capability. The 4400CL is only compatible with Polar brand chest straps. The Polar receiver is embedded in the console, but by default it is turned off. To activate this capability you must enter the “unlock code” through the console per page 13 of the manual. Trust me; you’ll want to utilize this awesome highly accurate Polar heart-rate monitoring feature. All you need to do is buy the inexpensive Polar Chest Strap transmitter belt. What’s really cool—once you unlock the telemetry heart-rate monitoring feature and wear your Polar strap, your signal will be instantly picked-up. You’ll see the pulsing glowing heart icon with your heart rate in beats per minute (bpm) displayed directly under calories burned digits. I love the Polar Company and I religiously use the Polar F11 Heart Rate Monitor System ([www.polarusa.com](http://www.polarusa.com)).

*Secret 5* – If you really want to burn more calories than indicated for any given program, (providing you have reasonable coordination and balance skills), try using no hands for every alternating interval. Likewise, you can either choose to take shorter faster steps, or deeper longer strokes which will pump your legs for a more superior workout. I myself occasionally get up on my toes for a nice calf building workout!

### **Precision Technology - Meticulous Craftsmanship**

Should you decide to invest in the 4400CL, you’ll receive the finest piece of commercial-grade cardio equipment I have ever seen—that’s why I got mine! This machine is a marvel of technology. The heart of the 4400CL is an electronically-controlled performance drive system. The alternator’s chain drive precisely controls the pedal descent allowing a wide range of users to exercise smoothly within their comfort zones. Finally, the StairMaster patented independent pedal geometry with four-bar linkage keeps pedals level ensuring a safe and anatomically correct movement.



### **Happy Stepping!**

At the conclusion of each workout you'll be rewarded with the "Goal Attained" display directly followed by every workout stat you can think of including: Total Distance, Calories Burned, Elapsed Time, Average Steps Per minute, Number of Floors Climbed (Trivia – there are 16 steps per floor, and 48 floors per mile), Watts, and Average MET Level. There are also several Fitness Test Programs built into the 4400CL (the manual goes into depth about each). The 4400CL comes with a bumper-to-bumper 3 year warranty. Think of the time you'll save not traveling to the gym, or wasting time having to do your cardio! This leaves you more time to concentrate on other endeavors.

I say this all the time: "You can't put a price on your health!" For more information about the the StairMaster FreeClimber 4400CL or Nautilus StairMaster, be sure to visit their web site at: [www.nautilusinc.com/nautilus\\_brand\\_home\\_equipment.jsp](http://www.nautilusinc.com/nautilus_brand_home_equipment.jsp)

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