



new balance
fitness equipment

950 Elliptical Trainer



OWNER'S MANUAL

*FOR MAXIMUM EFFECTIVENESS
AND SAFETY, PLEASE READ THIS
OWNER'S MANUAL BEFORE USING YOUR
NEW BALANCE 950 ELLIPTICAL TRAINER*

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New Balance Fitness Equipment

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1/4/05

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine.

CAUTION:

Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

- 1) Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.
- 2) Monitor your heart rate while you exercise and keep your estimated pulse rate within your target heart rate zone. Follow the instructions on pages 19-21 in this manual regarding heart rate monitoring and how to determine your appropriate target heart rate zone. When used properly, the heart rate pulse sensors, wireless chest strap and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.
- 3) Warm up before any exercise program by doing 5-10 minutes of aerobic activity, followed by stretching.
- 4) Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
- 5) Wear comfortable shoes made of good support with non-slip soles.
- 6) Breathe naturally, never holding your breath during an exercise.
- 7) Avoid over training. You should be able to carry on a conversation while exercising.
- 8) After an exercise session, cool down with slow walking and stretching.
- 9) This machine should not be used by or near children.
- 10) Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
- 11) If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
- 12) Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 13) Only one person at a time should use this machine.
- 14) Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
- 15) Always use this machine on a level surface.
- 16) Never operate the machine if the machine is not functioning properly.
- 17) Start exercise slowly and gradually increase the amount of resistance.
- 18) If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
- 19) Use caution not to pinch fingers or hands in moving parts when using the unit.
- 20) Risk of electrical shock. This unit is to be used only indoors and in a dry location.

KEEP THESE INSTRUCTIONS

UNIT WARNING LABELS

Important: See below for placement of the following warning labels on your unit.

WARNING LABEL 1

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.
KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 300 LBS.
REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED.

WARNING LABEL 2 (six locations)

⚠ WARNING

CRUSH HAZARD.
KEEP HANDS CLEAR OF
MOVING PARTS.

WARNING LABEL 3

⚠ WARNING

PINCH POINT. KEEP HANDS CLEAR
OF MOVING PARTS.

SPECIFICATIONS & PARTS

Specifications:

Approximate:

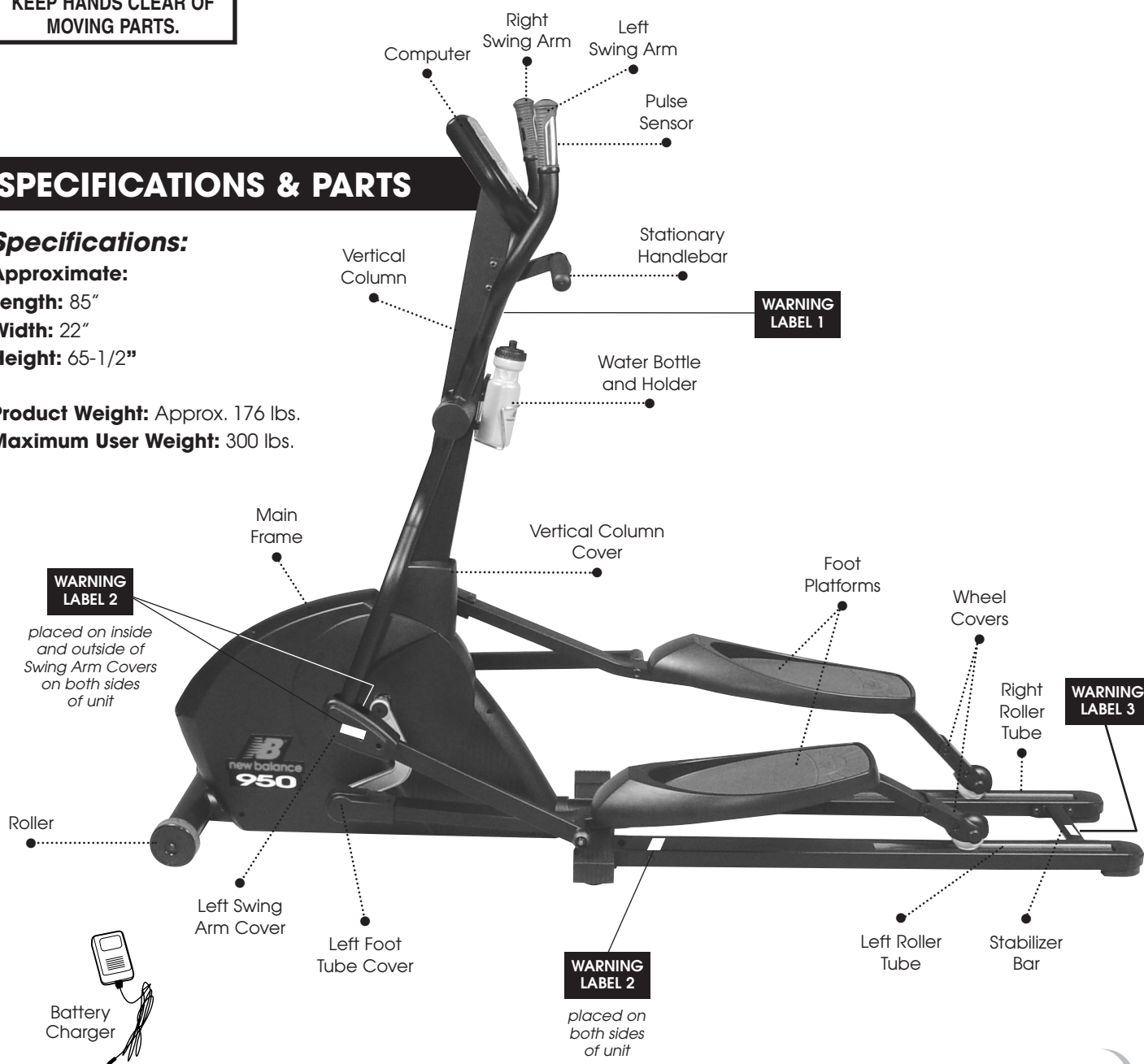
Length: 85"

Width: 22"

Height: 65-1/2"

Product Weight: Approx. 176 lbs.

Maximum User Weight: 300 lbs.



INTRODUCTION

CONGRATULATIONS ON PURCHASING YOUR ELLIPTICAL TRAINER

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies. Using the Elliptical Trainer will help in reducing body fat and increasing cardiovascular endurance.

Be sure to read through this Owner's Manual carefully.

It is the authoritative source of information about your elliptical trainer.

Retain this manual for future reference.

COMMENTS OR QUESTIONS

Dear Customer,

Congratulations on your purchase of the elliptical trainer.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us by email or on our web site, with any comments or questions you may have.

**New Balance Fitness Equipment -
950 Elliptical Trainer
Customer Service Department
1400 Raff Road SW, Canton OH 44750-0001**

1-800-292-5009, Monday through Friday
9:00am to 5:00pm, Eastern Standard Time

email: customersupport@newbalancefitness.com
www.newbalancefitness.com

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

ORDERING MISSING OR DEFECTIVE PARTS

When ordering parts, always provide the following information:

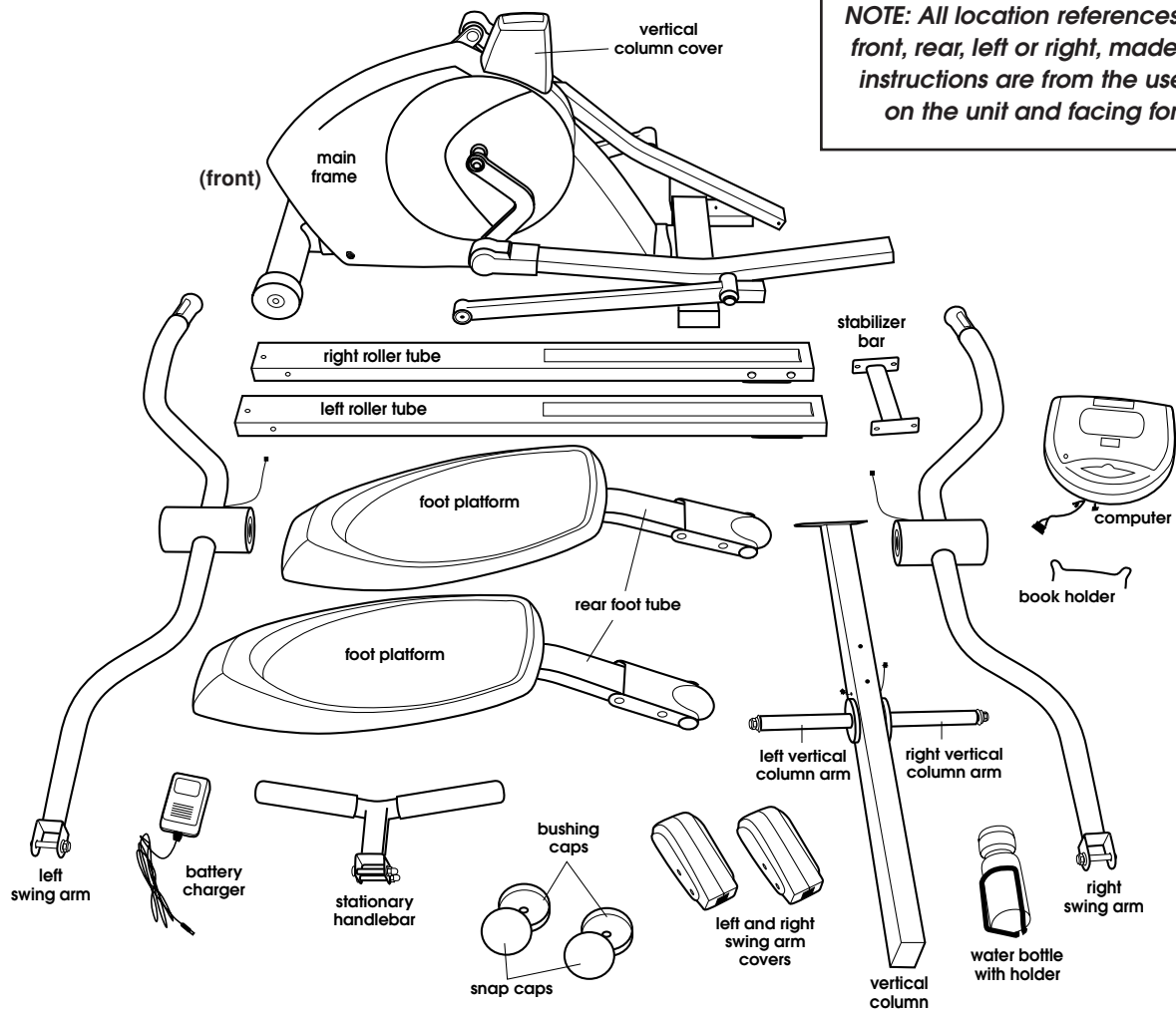
- 1) Name, Mailing Address and Telephone Number
- 2) Date of Purchase
- 3) Where Product was Purchased
(Name of Retail Store, City)
- 4) Model Number (NB01950-2)
- 5) Part Order Number and Description

ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING.

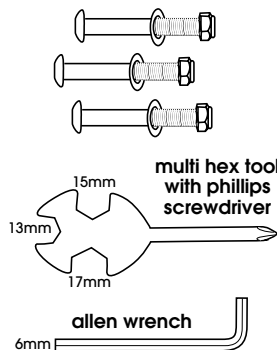


Tools Required: (included)

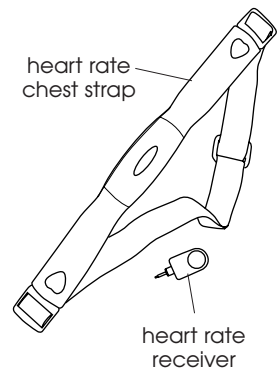
Multi Hex Tool with
Phillips Screwdriver

Allen Wrench

M8 x 60mm allen bolts
M8 washers and M8 nylon nuts



Fastener Pack



STEP 1 - Main Frame Assembly

- Remove (4) Allen Bolts, (4) Washers, (2) Nylon Nuts and (2) Nut Caps from Main Frame, see Figure 1.
- Position Left and Right Roller Tubes behind Main Frame with Roller Tracks on top and rear Allen Bolts facing each other.
- Slide Left and Right Roller Tubes into Main Frame, align bolt holes and secure with (4) Allen Bolts, (4) Washers and (2) Nylon Nuts removed in Step 1a. Tighten bolts with Allen Wrench provided and install (2) Nut Caps.
- Remove (2) Allen Bolts and (2) Washers from rear of Left and Right Roller Tubes.
- Position Stabilizer Bar between Right and Left Roller Tubes, align bolt holes and re-install (2) Allen Bolts and (2) Washers that were removed in Step 1d. Tighten bolts with Allen Wrench provided.

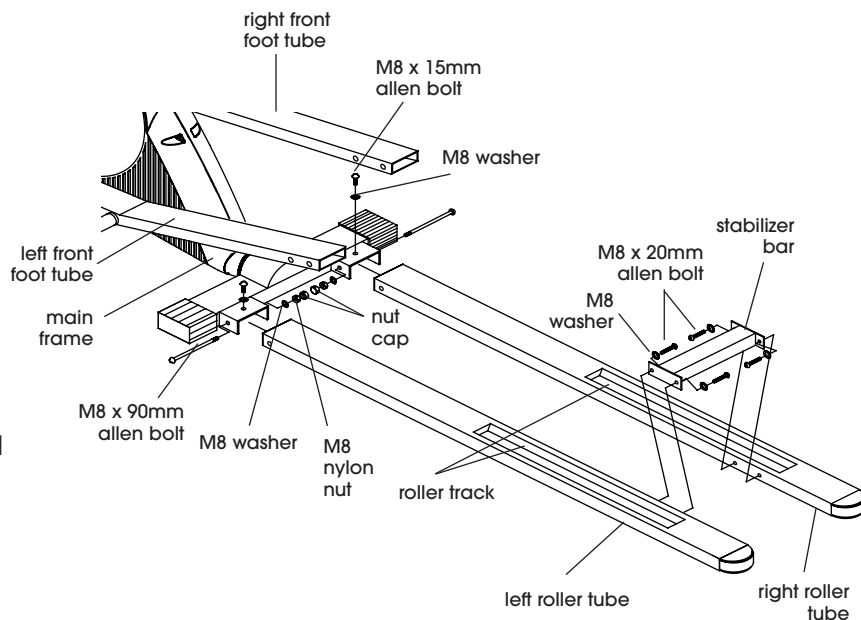


Figure 1 - Assemble Main Frame

STEP 2 - Foot Platform Installation

- Remove (2) Allen Bolts, (2) Washers and (2) Nylon Nuts from the underside of each Foot Platform, see Figure 2.
- Rotate Crank to the down stroke position and slide (1) Foot Platform onto either Front Foot Tube, see Figure 2.
- Align bolt holes and secure using (2) Allen Bolts, (2) Washers and (2) Nylon Nuts removed in Step 2a.
- Lower Foot Platform and position Roller in Roller Track, see Figure 2.
- Repeat Steps 2b - 2d to install the remaining Foot Platform.

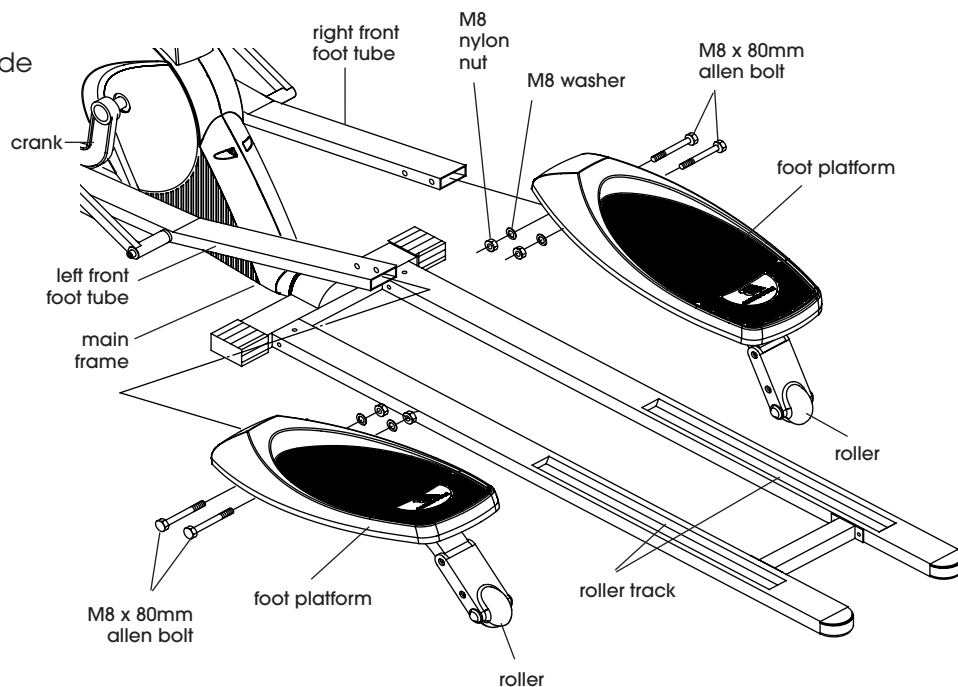


Figure 2 - Install Foot Platforms

STEP 3 - Vertical Column Installation

- a) Remove (1) Phillips Screw from front of Vertical Column. Slide the Vertical Column Cover onto Vertical Column with the screw hole facing away from the unit, see Figure 3.
- b) Connect Computer Wire and Computer Extension Wire together and slide Vertical Column onto Main Frame.
- c) Attach Vertical Column with (3) Allen Bolts, (3) Washers and (3) Nylon Nuts. Tighten Bolts with tools provided.
- d) Slide Vertical Column Cover down onto Main Frame and secure with (1) Phillips Screw removed in Step 3a. Tighten screw with Multi Hex Tool provided.

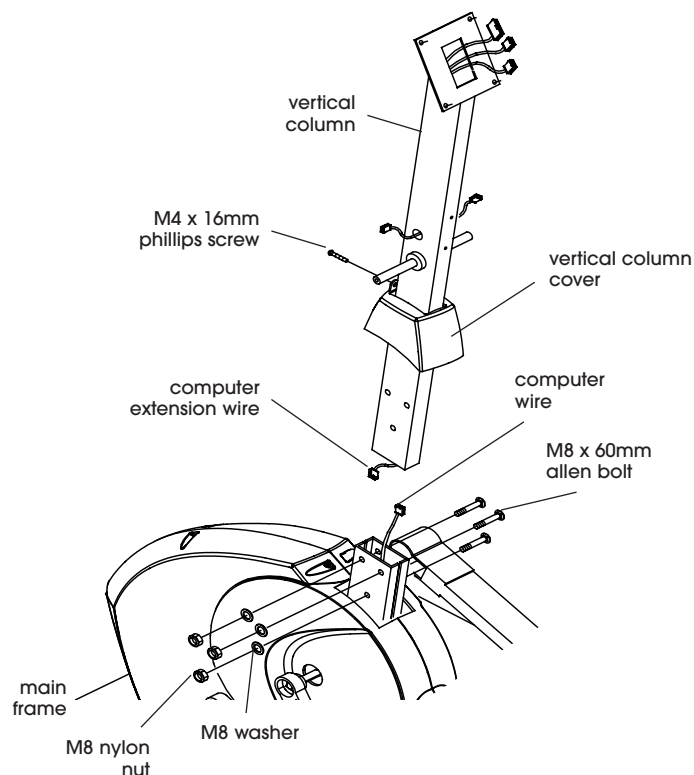


Figure 3 - Install Vertical Column

STEP 4 - Computer Installation

- a) Remove battery door from back of Computer, insert (4) "AA" Rechargeable Batteries and replace the battery door, see Figure 4a.
- b) Remove (4) Phillips Bolts from back of Computer.
- c) Connect Computer Wires and Vertical Column Wires together and carefully tuck wires into Vertical Column, see Figure 4b.
- d) Mount Computer to Vertical Column using the (4) Phillips Bolts removed in Step 4b and tighten with Multi Hex Tool provided.
- e) The Book Holder can be attached at any time.

NOTE: The Rechargeable Batteries (included) must be charged before initial use for 2 hours, see Step 9 and page 16 for instructions.

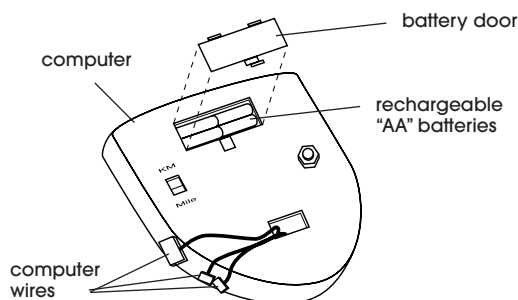


Figure 4a - Install Batteries

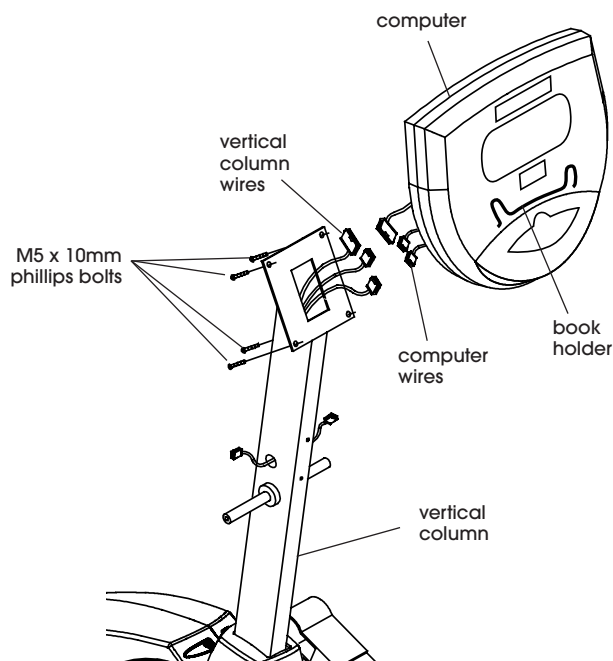


Figure 4b - Computer Installation

STEP 5 - Swing Arm Installation

- Remove (2) Washers and (1) Nylon Nut from Left Vertical Column Arm.
- Slide Left Swing Arm onto Left Vertical Column Arm with Pulse Sensor Wire to the inside, see Figure 5.
- Slide (1) Large Washer onto Left Vertical Column Arm and screw on (1) Bushing Cap with open end facing out.
- Install (1) Washer and (1) Nylon Nut that were removed in Step 5a and tighten with Multi Hex Tool provided.
- Place Snap Cap over end and "snap" into place.
- Repeat Steps 5a - 5e to install Right Swing Arm.

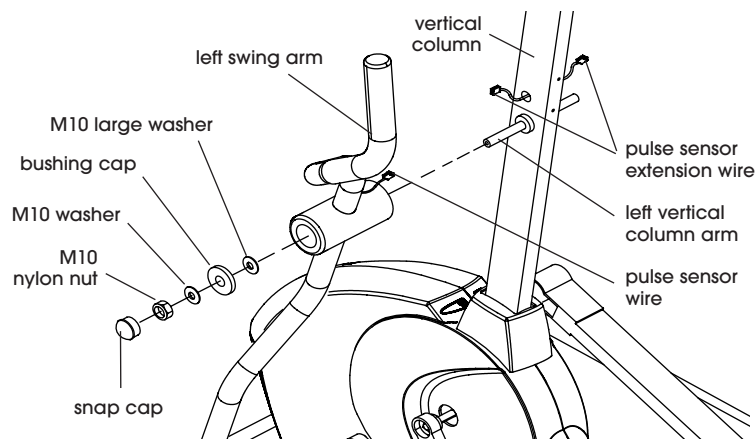


Figure 5 - Install Swing Arms

STEP 6 - Assemble Swing Arms and Connecting Arms

- Remove (1) Allen Bolt, (1) Spacer, (1) Washer and (1) Nylon Nut from the Left Swing Arm.
- Position Left Connecting Arm inside "U" Bracket on Left Swing Arm, see Figure 6, and align bolt holes.
- Insert the (1) Allen Bolt that was removed in Step 6a. Slide Spacer over bolt and secure using (1) Washer and (1) Nylon Nut. Tighten with Multi Hex Tool provided.
- Remove (4) Phillips Bolts located in the outside and inside Left Swing Arm Covers.
- Position covers over "U" Bracket and Spacer, snap covers together and secure with the (4) Phillips Bolts removed in Step 6d. Tighten bolts.
- Repeat Steps 6a - 6e to assemble right side.

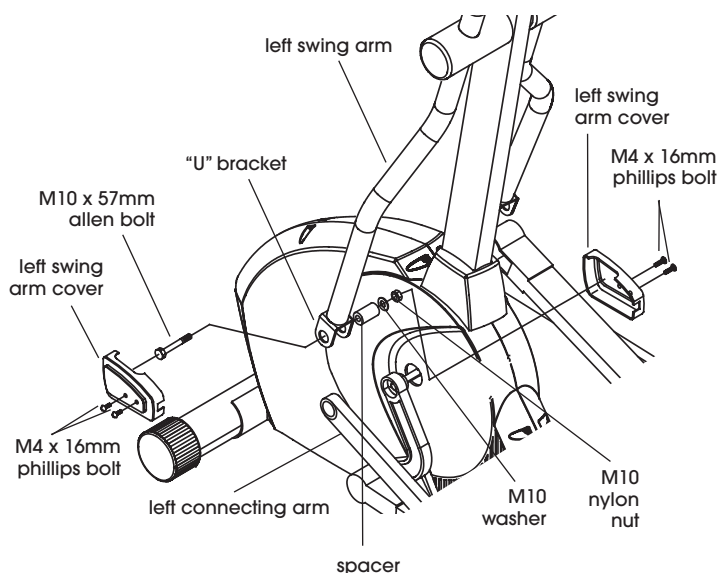


Figure 6 - Swing and Connecting Arms Assembly

STEP 7 - Stationary Handlebar Installation

- Remove (1) Short Allen Bolt, (2) Long Allen Bolts, (2) Nylon Nuts, (3) Washers and (2) Nut Caps from the Vertical Column, see Figure 7.
- Align front bolt hole in Stationary Handlebar with front bolt hole in Vertical Column. Insert (1) Allen Bolt and (1) Washer removed in Step 7a and tighten.
- Re-install (2) Allen Bolts, (2) Nylon Nuts and (2) Washers that were removed in Step 7a. Tighten bolts and install (2) Nut Caps.

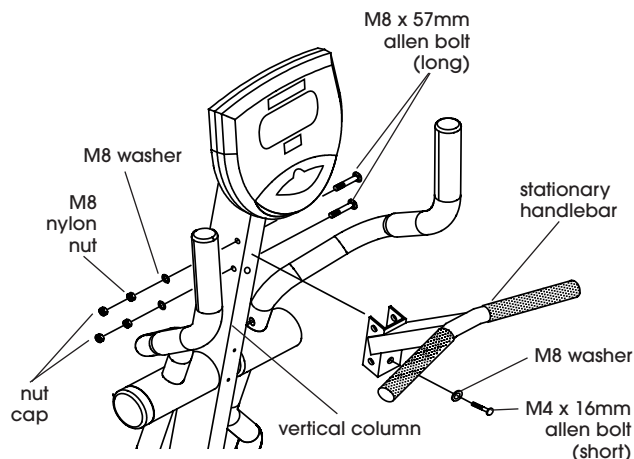


Figure 7 - Install Stationary Handlebar

STEP 8 - Water Bottle and Holder Installation

- a) Remove (2) Phillips Screws from Vertical Column, see Figure 8.
- b) Align Water Bottle Holder on Vertical Column and re-install (2) Phillips Screws and tighten.

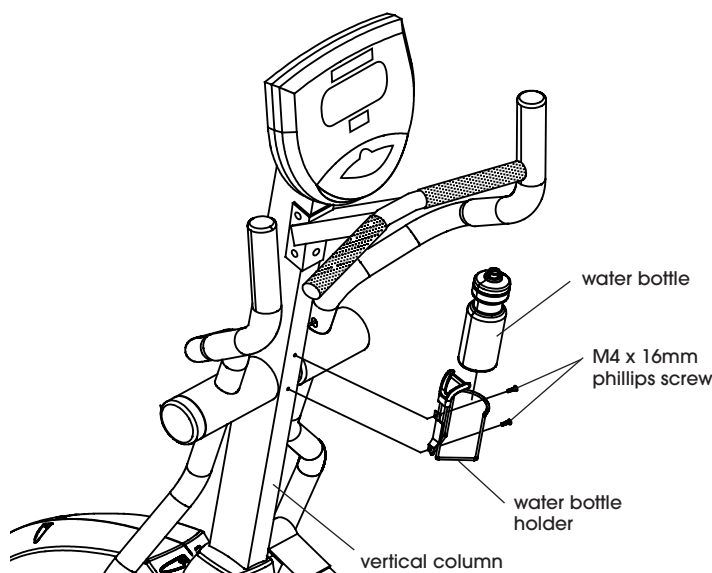


Figure 8 - Install Water Bottle and Holder

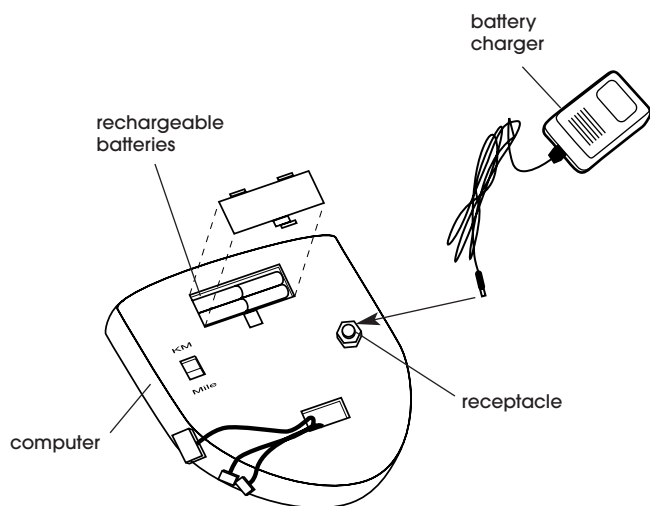


Figure 9 - Charging the Batteries

STEP 9 - Charging the Batteries

To maintain power to the Computer for 2 minutes and retain your data for 1 minute after exercise has stopped, the Rechargeable Batteries must be charged before initial use for 2 hours.

- a) Install (4) "AA" Rechargeable Batteries (included) as instructed in Step 4.
- b) Plug the battery charger into receptacle located on the back of the Computer, see Figure 9.
- c) Insert the plug of the battery charger into a wall outlet and do not use the unit for 2 hours.
- d) When charging is complete, remove Battery Charger and store in a cool dry place.

Assembly is now complete.

IMPORTANT:
Please read pages 10-12 before beginning
your workout for important instructions
on how to use your elliptical trainer.

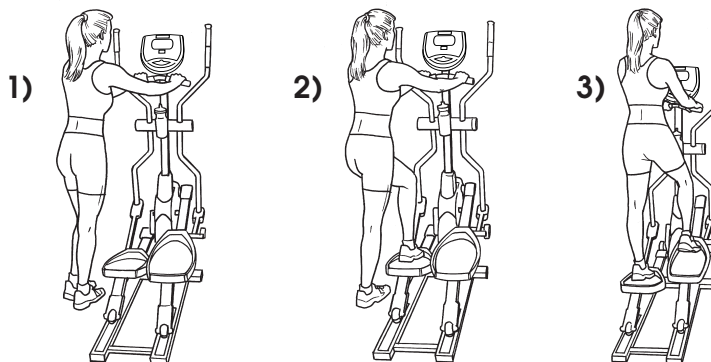
GETTING STARTED

Once your elliptical trainer is assembled, make sure that your workout space has a solid, level surface with plenty of space around it. We recommend placing a mat under your unit to protect your flooring. Before you begin your first workout on the elliptical trainer, practice getting on and off your trainer a few times until you are comfortable with this movement.

Getting On

Move the left foot platform to its lowest position.

- 1) Face forward and put your hands on the stationary handlebar.
- 2) Place your left foot on the left foot platform and balance yourself.
- 3) Carefully lift your right foot over the machine and place your right foot on the right foot platform. Make sure that you feel completely balanced before beginning your workout.



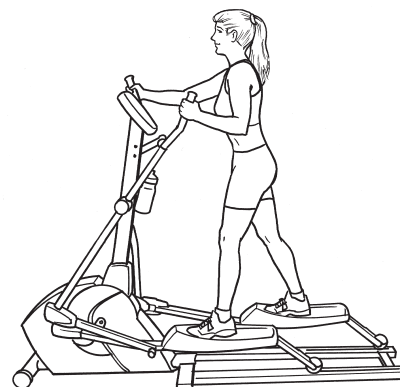
Getting Off

When stepping off, you must gradually slow down the rate at which you are pedaling until the unit comes to a complete stop.

- 1) Grasp the stationary handlebar with both hands (see Fig 3 above).
- 2) Step off the higher foot platform onto the floor (see Fig 2 above).
- 3) Then carefully take your other foot off the machine and down to the floor (see Fig 1 above). Let go of the stationary handlebar.

Correct Workout Position

When exercising, it is important to keep your back straight and knees "soft" or slightly bent. Do not lock out your knees. Keep your head up as this will minimize neck and upper back strain. Always try to use the trainer with a smooth and rhythmical motion.



USING YOUR ELLIPTICAL TRAINER

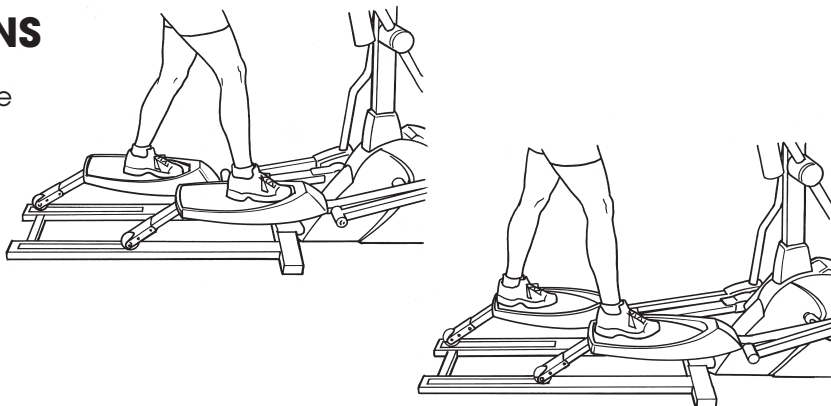
The elliptical trainer provides a completely smooth and natural feeling elliptical path that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout. The durable steel frame and transport wheels make the unit mobile and easy to use.

IMPORTANT:

- This unit is not recommended for children.
- Always wear rubber soled workout shoes.
- Always make sure that you feel balanced and secure.
- Always use your machine on a clean, solid and level surface.

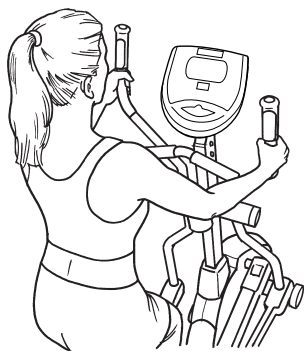
CHANGING FOOT POSITIONS

The generously sized foot platforms provide workout stability and allows you to vary your foot position for maximum comfort. Position your feet on the platforms so that you do not have to lean forward while performing the exercise.



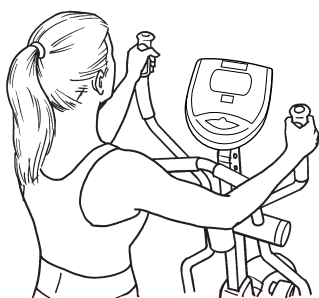
USING THE HANDLEBARS

Your elliptical trainer comes with both swing arms and stationary handlebars.



Using the Swing Arms

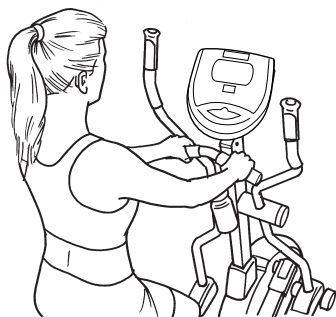
Grasp the swing arms. Use a firm grip but try to avoid “white knuckles”. Bend your elbows slightly so that your arms are not hyperextended or “locked out.” As your legs move in the elliptical motion, pump your arms back and forth as if you were walking. Using the swing arms will work your upper body in addition to your lower body. By using the swing arms, you are recruiting more muscles which will both elevate your heart rate and burn more calories than simply doing a lower body workout.



Using the Pulse Sensors on the Swing Arms

The pulse window on your computer works in conjunction with the pulse sensors found on the swing arms. When you are ready to read your pulse:

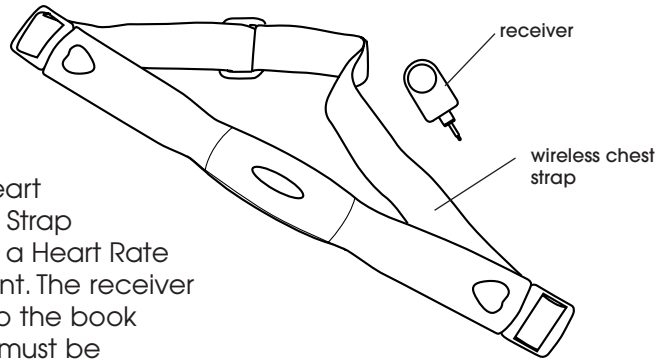
- 1) Place **both** hands firmly on the pulse sensors. For the most accurate reading, it is important to use **both** hands and to temporarily stop moving.
- 2) Look at your pulse window. The small heart will begin to blink.
- 3) Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the pulse sensors.
- 4) Refer to the Target Heart Rate Zone Chart found on page 21 of this manual. For additional information about the importance of working within certain heart rate ranges, see pages 19 and 20 – *Measuring Your Heart Rate*.
- 5) This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.



Stationary Handlebars

Place your hands in the middle of the stationary handlebars. Adjust your hands left and right until you find the position most comfortable for you. Bend your elbows slightly so that your arms are not hyperextended or “locked out”. Using the stationary handlebars during your workout will decrease the amount of work in your upper body and increase the amount of work in your lower body.

HEART RATE CHEST STRAP AND RECEIVER



Your trainer comes with a Wireless Heart Rate Chest Strap. Wearing the Chest Strap during exercise will allow you to have a Heart Rate reading regardless of hand placement. The receiver that plugs into the Computer (next to the book holder) is the Heart Rate Receiver. It must be plugged into your Computer so it can receive the wireless signal from the Chest Strap. Follow the instructions in the Wireless Chest Strap package for directions on how to use the Wireless Chest Strap while exercising.

Note: If the Wireless Chest Strap is used and your units batteries have never been charged or are low, then the unit must be exercised at minimum speed of 25 RPM's to insure an accurate Heart Rate reading.

Important: To insure good contact and an accurate Heart Rate readout, the (2) conductive rubber areas located on the inside of the Chest Strap must be well-hydrated with water or conductive gel.

When the Wireless Chest Strap or Hand Pulse Sensors are used, the Lower Window Display will show a blinking light that matches your Heart Beat. If there is no blinking light, or if it blinks irregularly,

the Computer may not be picking up a strong Heart Beat signal. Change the position of your hands on the Hand Pulse Sensors. If using the Chest Strap, add water or conductive gel to the (2) conductive rubber areas or re-adjust the position of the strap on your chest.

A horizontal position provides the best reception. With the Book Holder installed, the Book Holder slightly interferes with the Receivers horizontal position, but the position shown below is OK.

Heart Rate Receiver Placement Position



OPERATING THE COMPUTER

WARNING

The batteries must be installed as instructed on page 7. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

WARNING

Do not plug Battery Charger into wall until computer is completely assembled.



Introduction

This unit is equipped with a programmable Computer to help track your progress and motivate you to reach your fitness goals.

The Computer features several different workout programs that will tailor to your individual fitness goals. Simply press the Reset Button, enter your weight, choose a workout program, set the workout time, resistance level and begin exercising.

Buttons

RESET: Press and hold this button for approximately 2 seconds to clear and reset all data to "0". The RESET Button must be pressed first before a new program can be entered.

ENTER: After data inputs such as Weight, Time, Age, Sex and Target Heart Rate as keyed into the Computer, the ENTER Button confirms each entry and then moves the user to the next data entry. When the Computer is set to a program mode and exercise has begun, the ENTER button allows the user to scroll through values of Time, Approximate Calories, Distance, Speed, Strides/Min and Scan.

UP ▲: Press to increase the values of Weight and Time, or to select one of the 8 programs.

During a selected program mode, and exercise has begun, pressing the ▲ UP button will increase the entire Brickyard Display Resistance Level.

DOWN ▼: Press to decrease the values of Weight and Time, or to select one of the 8 programs.

During a selected program mode, and exercise has begun, pressing the ▼ DOWN button will decrease the entire Brickyard Display Resistance Level.

QUICK START: Allows the user to begin exercise immediately by eliminating the input steps of Weight, Program and Time.

Press the Reset Button, then the Quick Start Button and the Computer will go directly into the Manual Program (P1). Quick Start Mode has default settings of a Resistance Level of (3), Weight of 150 lbs. and Time of 20:00 minutes. Once exercise has begun, the Resistance Level can be increased or decreased at any time with the ▲ UP or ▼ DOWN buttons.

Note: Once the user selects any program and inputs a workout time other than 20:00 minutes, the default for the Quick Start Mode will change to that Time input. The Quick Start Mode will use the most recent Time setting as its Time default.

Window Display

There are (3) different window displays that continuously show your workout progress. The Upper Display Window shows Time, Approximate Calories, Distance, Speed, Stride/Min and will Scan through each of these functions. The large Brickyard Display Window shows the varying resistance levels of each workout program and provides Computer input instructions. The Lower Display Window shows your Approximate Heart Rate when the built-in Pulse Sensors or Wireless Chest Strap are used.

Upper Window Display

TIME: Displayed in minutes and seconds ranging from 0:00 to 99:00 minutes that are counted in (1) second increments.

CALORIES (approximate): Estimated total calories burned at any time during the workout are displayed and counted in increments of 1 from 1 to 9999 calories.

NOTE: Calorie expenditure is based on realistic expectations; however, the Computer is not programmed for all the necessary variables to accurately monitor actual calories burned.

(continued on next page)

DISTANCE: Total miles or kilometers traveled during the workout are tracked and counted in increments of 0.1, from 0.1 to 99.9. Select miles or kilometers with the switch located on the back of the Computer.

SPEED: Current workout speed is displayed in either miles per hour or kilometers per hour, depending on how the switch on the back of the Computer is set.

STRIDES/MIN: Displays the current strides per minute.

SCAN: Displays each functions individual output for approximately 4 seconds.

AGE: The Computer is age-programmable from 10 to 99 years when you choose the Heart Rate Control Program (P7). If you do not select an age it will default to an age of 25 years.

WEIGHT: Displays user weight in pounds from 45 lbs. to 350 lbs. or in kilograms from 20 kgs. to 160 kgs. depending on how the switch on the back of the Computer is set.

Lower Window Display

HEART RATE (approximate): Displays the estimated Heart Rate in beats per minute in the Lower Display Window when either the built-in Pulse Sensors or Wireless Chest Strap are used. The Lower Display Window provides a constant readout until there is a change in programs or in resistance level.

Pulse Sensors, located on the Swing Arms, allow the user to track their Heart Rate while exercising. By grasping the Pulse Sensors and holding them firmly the Computer will estimate and display your current Heart Rate. Your Heart Rate will be displayed in the Lower Display Window as long as you are holding the Pulse Sensors.

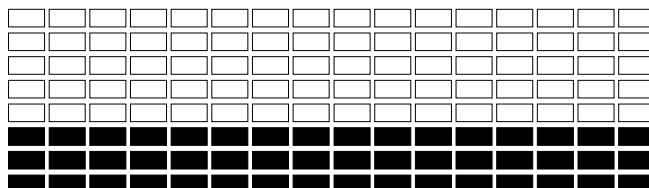
Note: If using the Wireless Chest Strap and holding onto the Pulse Sensors simultaneously, the Computer is programmed to give priority to the Wireless Chest Strap. This means that when both are used at the same time, the Computer will display your Heart Rate from the Wireless Chest Strap.

When used properly, the Pulse Sensors and/or Wireless Chest Strap and Computer display provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for an accurate heart rate monitoring should not rely on the estimations provided.

Programs 1 - 6 (P1, P2, P3, P4, P5, P6)

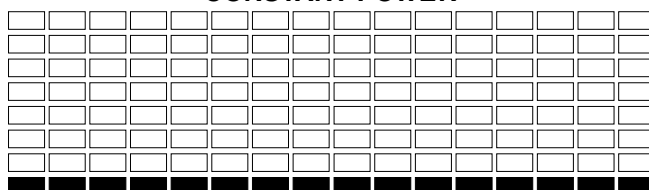
PROGRAM 1

MANUAL



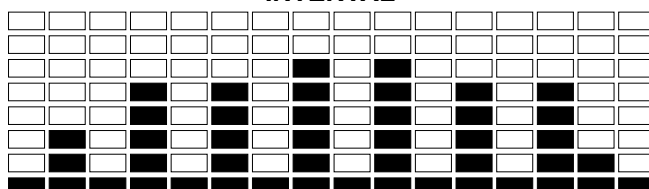
PROGRAM 2

CONSTANT POWER



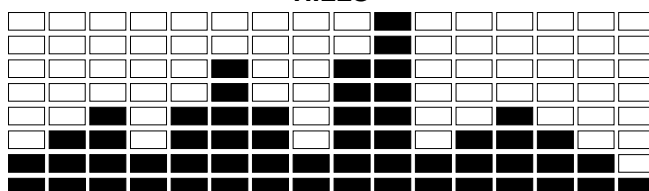
PROGRAM 3

INTERVAL



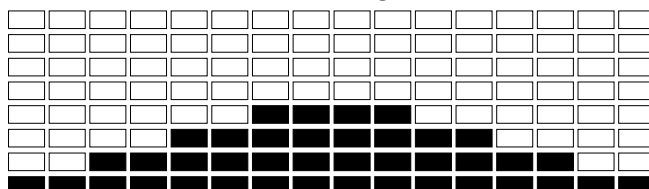
PROGRAM 4

HILLS



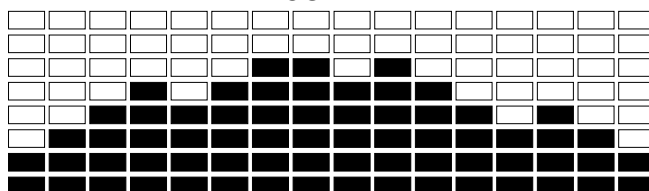
PROGRAM 5

PLATEAU



PROGRAM 6

MOUNTAIN



Programs 1 - 6 (Continued)

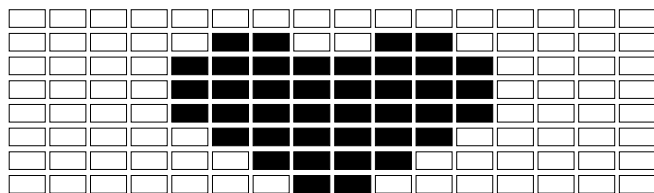
- 1) Start pedaling. Press and hold the RESET button for approximately (2) seconds to clear all data.
- 2) Use the ▲ UP and ▼ DOWN buttons to enter your weight. Press ENTER to confirm.
- 3) Scroll through Programs 1 - 6 (P1-P6) with the ▲ UP and ▼ DOWN buttons until the light reaches the desired workout program. Press ENTER to select program.
- 4) Set the desired workout Time and Resistance Level with the ▲ UP and ▼ DOWN buttons. Press ENTER to select after each.
- 5) Press ENTER to start the exercise program.

During exercise, the current workout resistance level will be flashing on the left side column of the Brickyard Display Window. To change the current level, press the ▲ UP button to increase resistance or the ▼ DOWN button to decrease the resistance.

Program 7 - Heart Rate Control(P7)

PROGRAM 7

HEART RATE CONTROL



This unique program allows the Computer to adjust the resistance level automatically according to your heart rate. If the current exercise heart rate is greater than the target heart rate you entered, the Computer will automatically decrease the resistance level. If the current exercise heart rate is lower than the target heart rate you entered, the Computer will automatically increase the resistance level. Changing the level of resistance will allow you to keep your heart rate at the determined beats per minute.

Important: If you are not wearing the Wireless Chest Strap, you must hold onto the Pulse Sensors throughout the entire workout when using the Heart Rate Control Program.

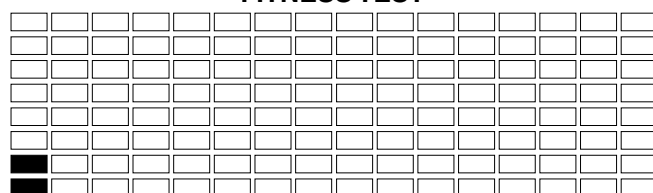
When used properly, the Pulse Sensors and/or Wireless Chest Strap and Computer display provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for an accurate heart rate monitoring should not rely on the estimations provided.

- 1) Start pedaling. Press and hold the RESET button for approximately (2) seconds to clear all data.
- 2) Use the ▲ UP and ▼ DOWN buttons to enter your weight. Press ENTER to confirm.
- 3) Scroll through the programs with the ▲ UP and ▼ DOWN buttons until the light reaches the Heart Rate Control Program (P7). Press ENTER to select program.
- 4) Set the desired workout Time, your Age and Target Heart Rate with the ▲ UP and ▼ DOWN buttons. Press ENTER to select after each.
Important: Be sure to set your actual age.
- 5) Press ENTER to start the exercise program.

Program 8 - Fitness Test (P8)

PROGRAM 8

FITNESS TEST



Program 8 (P8) is a Heart Rate based Fitness Test that helps track your progress and keep you motivated to reach your fitness goal.

When used properly, the Pulse Sensors and/or Wireless Chest Strap and Computer display provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for an accurate heart rate monitoring should not rely on the estimations provided.

- 1) Start pedaling. Press and hold the RESET button for approximately (2) seconds to clear all data.
- 2) Use the ▲ UP and ▼ DOWN buttons to enter your weight. Press ENTER to confirm.
- 3) Scroll through the programs with the ▲ UP and ▼ DOWN buttons until the light reaches the Fitness Test Program (P8). Press ENTER to select program.
- 4) Set your Age with the ▲ UP and ▼ DOWN buttons. Press ENTER to select after each.
Important: Be sure to set your actual age.
- 5) Select your gender. The Upper Window will show either the number 1 for male or 2 for female. Press the ▲ UP or ▼ DOWN button to set your gender. Press ENTER to confirm.
- 6) Press ENTER to start and the program will count down from 8:00 to 0:00.

(continued on next page)

FITNESS TEST SCORES

WOMEN

AGE	LOW	FAIR	AVERAGE	GOOD	HIGH
20-29	<24	24-30	31-37	38-48	>49
30-39	<20	20-27	28-33	34-44	>45
40-49	<17	17-23	24-30	31-41	>42
50-59	<15	15-20	21-27	28-37	>38
60-69	<13	13-17	18-23	24-34	>35

MEN

AGE	LOW	FAIR	AVERAGE	GOOD	HIGH
20-29	<25	25-33	34-42	43-52	>53
30-39	<23	23-30	31-38	39-48	>49
40-49	<20	20-26	27-35	36-44	>45
50-59	<18	18-24	25-33	34-42	>43
60-69	<16	16-22	23-30	31-40	>41

Results Mode

After an exercise program has been completed the Computer goes directly into Results Mode. In Results Mode the Upper Window Display will automatically set to Scan Mode and will display the following values:

- 1) **TIME:** Time of exercise
- 2) **CALORIES:** Total Approximate Calories expended
- 3) **DISTANCE:** Total Distance traveled
- 4) **SPEED:** Average Speed
- 5) **STRIDES/MIN:** Strides Per Minute

In Results Mode the Lower Display Window will show the approximate Average Heart Rate for the time exercised.

The Brickyard Display Window will display SCORE, followed by your fitness Score. Refer to the table above to evaluate your fitness score.

Charging The Batteries

Although the unit is self powered, the Computer operates during exercise only. When exercise stops, the Computer turns off and clears all data immediately.

Note: In order to maintain power to the Computer for 2 minutes and retain your data in the Computer's memory for 1 minute after exercise has stopped, the batteries must be charged before initial use for at least 2 hours.

If you do not use the unit for 150 or more hours, it is recommended to re-charge the batteries, as the batteries will gradually lose charge when the unit is not used regularly.

To insure the Computer's batteries are fully charged before initial use, a 4 hour charge time is recommended.

- 1) Install (4) "AA" Rechargeable Batteries as instructed in Step 4 of the Assembly Instructions.
- 2) Plug Battery Charger into receptacle located on the back of the Computer.
- 3) Insert the Plug of the charger into a wall outlet and do not use the unit for 4 hours.
- 4) Remove Battery Charger and store in a cool dry place.

Note: Although the unit's generator provides power to both the batteries and Computer, the batteries must be charged for at least 2 hours in order for the unit to operate optimally. The unit can be used safely without charging the batteries first, however the Computer will immediately shut off once exercise has stopped due to lack of power from the batteries.

To check if the batteries are low, stop exercising and time how long the display stays lit. If the display lights turn off prior to 2 minutes, this indicates the batteries are low.

FREQUENTLY ASKED QUESTIONS

Q. Is there any danger to the unit if I charge the Computer for more than 4 hours, or if I leave the charger plugged in indefinitely?

A. No, charging the unit beyond 4 hours or leaving the charger in the Computer indefinitely, will not harm the Computer or the batteries.

Q. Can I use exercise power to charge empty batteries?

A. Yes you can, but it is not recommended. Although the unit's generator also provides power to the batteries and helps to keep them charged if they have been initially charged full by the Battery Charger, the rate at which the generator charges the batteries is slow. Therefore, it will take at least 7 to 8 hours of strenuous exercise to fully charge empty batteries.

Q. When the batteries are full, do I have to maintain a minimum exercise speed (Strides per minute or RPMs) in order for the Computer to function properly?

A. No. The only speed you must maintain is a speed that is sufficient to cause the Computer displays to light up.

Q. When the Computer is already set to one of the 8 programs and exercise is under way, can I push ENTER or QUICK START and jump to another program?

A. No. Once the Computer is set to one of the 8 programs, you must press RESET to first clear the Computer, before it will accept a new program.

Q. When I enter Program 8 (P8) and conduct the Fitness Test, I note that my score is not anywhere within the reference table. What does this mean?

A. This usually means that the Computer did not pick up a strong or steady signal from either the Pulse Sensors or the Wireless Chest Strap. Once the test is complete, if the average heart rate that is displayed in the Heart Rate Window is noticeably lower than your known average, follow the steps mentioned under the WIRELESS CHEST STRAP section on page 12.

Q. After I enter data into the Computer and begin exercise, I note that sometimes there is a delay in the Heart Rate or Calories readout. Why is this?

A. This is normal. Some readout such as Heart Rate and Calories are averages which require a minimum amount of baseline data. Therefore, immediately after new program start up, it takes the Computer a few seconds to collect a sufficient amount of baseline data, before the Computer can display the value.

EXERCISE GUIDELINES

IMPORTANT

Please review this section before you begin exercising.

IMPORTANT:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance Impairment
- Taking medications that affect heart rate

KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts".

There is widespread agreement that these five components comprise the basics of physical training:

CARDIORESPIRATORY ENDURANCE – the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your elliptical trainer will improve this.

MUSCULAR STRENGTH – the ability of a muscle to exert force for a brief period of time. Upper body strength, for example, can be measured by various weight-lifting exercises.

MUSCULAR ENDURANCE – the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push-ups are often used to test endurance of arm and shoulder muscles.

FLEXIBILITY – the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

BODY COMPOSITION – often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Workout Progress Charts on page 25.

A COMPLETE EXERCISE PROGRAM

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components

described previously. Each workout should begin with a warm up and end with a cool down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

WARM UP – 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm up.

MUSCULAR STRENGTH – a minimum of two, 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

MUSCULAR ENDURANCE – at least three, 30 minute sessions each week that include exercises such as calisthenics, push ups, sit ups, pull ups, and weight training for all the major muscle groups.

CARDIORESPIRATORY ENDURANCE – at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your elliptical trainer is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

FLEXIBILITY – 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 22 and 23 for a list of total body stretches.

COOL DOWN – a minimum of 5-10 minutes of slow walking or lower intensity elliptical exercise, combined with stretching.

AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?

Experts recommend that you do some form of aerobic exercise at least three times a week for a minimum of 20 continuous minutes. Of course, if that is too much, start with a shorter time span and gradually build up to the minimum. Then gradually progress until you are able to work aerobically for 20-40 minutes. If you want to lose weight, you may want to do your aerobic workout five times a week.

It is important to exercise at an intensity vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends to

a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the "Measuring Your Heart Rate" section below and on page 20 for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your elliptical trainer the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

WHEN TO EXERCISE

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

MEASURING YOUR HEART RATE (see chart on page 21)

Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fitness.

The heart rate you should maintain is called your Target Heart Rate. There are several ways of arriving at this figure. One of the simplest is: maximum heart rate $(220 - \text{age}) \times 70\%$. Thus, the target heart rate for a 40 year-old would be 126. In this example for this 40 year old to get a cardiovascular effect the

(continued on next page)

individual would need to keep their heart rate at or above 126 beats per minute to get a cardiovascular effect. **Note:** Although 70% was used in this example, the heart rate range needed to achieve results falls between 60% and 85% of your maximum heart rate.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

When checking heart rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Remember, your elliptical trainer also comes with pulse sensors located on the swing arms.

When used properly, the unit pulse sensors can help you to determine your estimated heart rate. To do so:

- a) Push the START button on your computer.
- b) Gently grab **both** metal pulse sensors on **both** swing arms. Wait 6 seconds.
- c) Your estimated heart rate range will be displayed on screen. Check the chart on the following page to see if you are within your range according to your age.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

By using the chart on page 21 you can see where your heart rate falls in the minimum and maximum target zones.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

CLOTHING

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

We recommend wearing a workout shoe with a rubberized sole unless instructed otherwise.

TIPS TO KEEP YOU GOING

- 1) Adopt a specific plan and write it down.
- 2) Keep setting realistic goals as you go along, and remind yourself of them often.
- 3) Keep a log to record your progress and make sure to keep it up-to-date. See pages 25-26.
- 4) Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- 5) Upgrade your fitness program as you progress. Your elliptical trainer provides 8 different workout programs to keep your workouts challenging.
- 6) Enlist the support and company of your family and friends.
- 7) Update others on your successes.
- 8) Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 19.
- 9) Reward yourself periodically for a job well done!

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

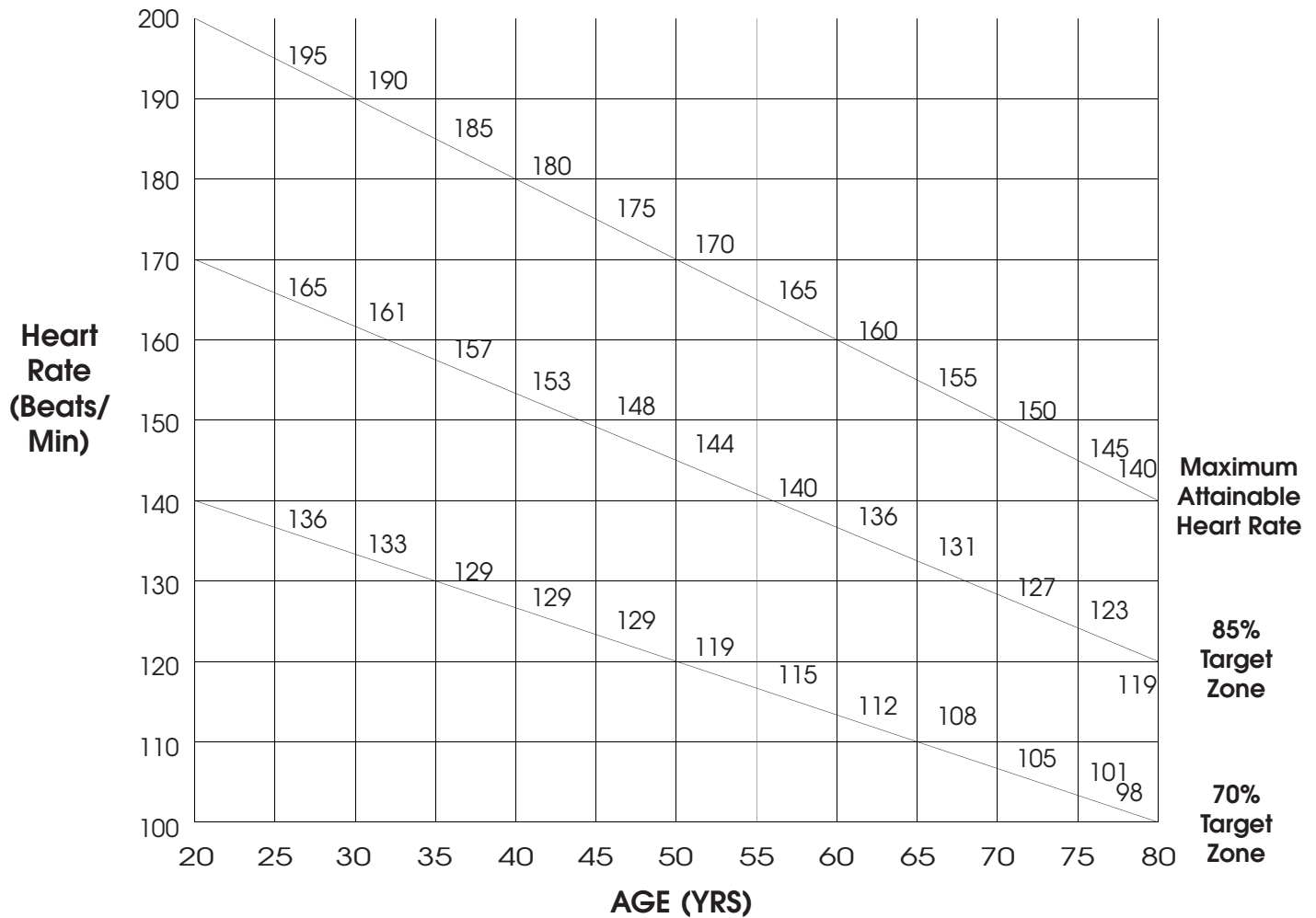
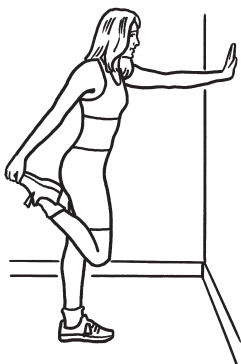


TABLE 2

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	5 min	60-65% -8	5 min	17 min	3	51 min
3 & 4	5 min	65-70% -10	5 min	20 min	3	60 min
5 & 6	5 min	70-75% -15	5 min	25 min	3	75 min
7 & 8	5 min	70-80% -20	5 min	30 min	3	90 min
9 & 10	5 min	70-85% -25	5 min	35 min	3	105 min
11 & 12	5 min	70-85% -25	5 min	35 min	3	105 min

WARM UP & COOL DOWN STRETCHES

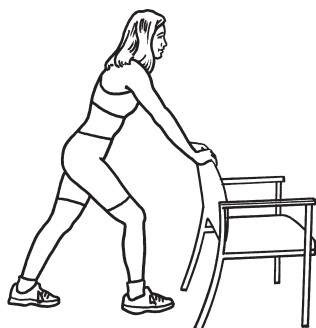
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion, like elliptical striding. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.



4. Back Stretch

Stand with your legs shoulder length apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.



8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

CARE & STORAGE OF ELLIPTICAL TRAINER

Care For Your Unit

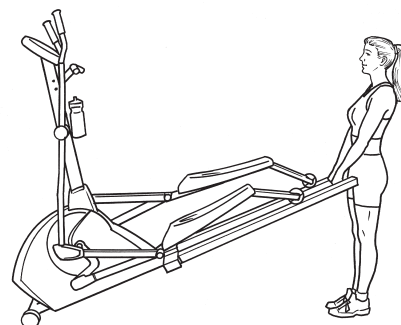
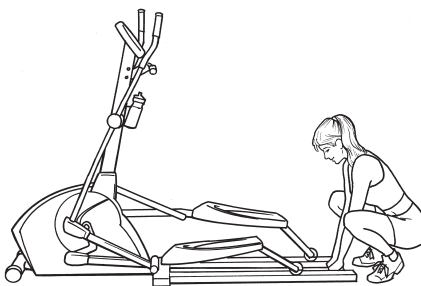
Your elliptical trainer has been carefully designed to require minimum maintenance. However, we recommend the following to keep your unit operating smoothly.

- Unplug your unit when it is done charging.
- Use your unit indoors only.
- Wipe all perspiration from your elliptical trainer with a soft, clean cloth after each use to prevent an accumulation of sweat and dirt.
- Clean your elliptical trainer on a regular basis to prevent a build-up of dust. Use Windex or an alcohol based cleanser on a clean cloth. Do not use any abrasive cleaners and/or polish as these will damage the surface.
- Store your equipment in a dry area away from children and high traffic areas.
- Regularly check the tightness of nuts and bolts.

Instructions For Moving Your Unit

Your elliptical trainer is portable. If you need to change the location of your unit, please follow the steps below.

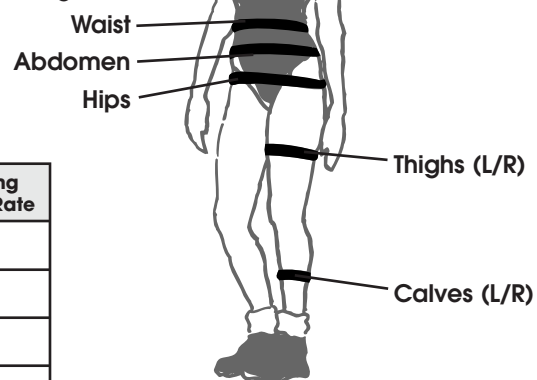
- Unplug the unit when done charging the batteries.
- Stand behind the unit and grasp the Stabilizer Bar located at the rear of the unit. Lift up using your legs - not your back. Tip the machine forward until it is resting on the front transportation wheels/front rollers.
- Wheel the machine to its new location and carefully lower the unit back down to the floor.



WORKOUT PROGRESS CHARTS

Use the charts below and on the following pages to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.

Measuring Sites



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

EXERCISE DATA CHARTS

Update once a week

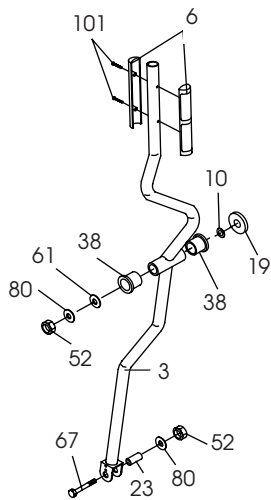
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REPLACEMENT KITS

LEFT SWING ARM KIT - NB950-K1L

KIT INCLUDES:

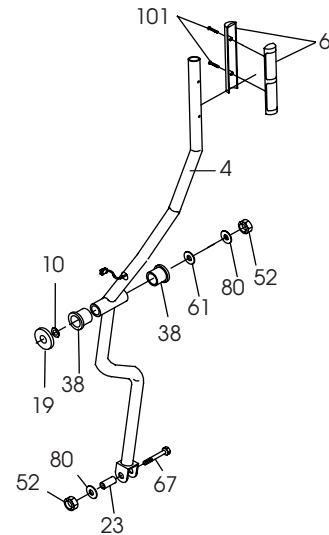
PART #	DESCRIPTION	QTY
3	Left Swing Arm	1
6	Pulse Sensor w/Wire	1
10	M25 x 30mm Washer	1
19	Spacer	1
23	Metal Spacer	1
38	Bushing	2
52	M10 Nylon Nut	2
61	M10 Large Washer	1
67	M10 x 57mm Allen Bushing Bolt	1
80	M10 Washer	2
101	M3 x 16mm Phillips Screw	2



RIGHT SWING ARM KIT - NB950-K1R

KIT INCLUDES:

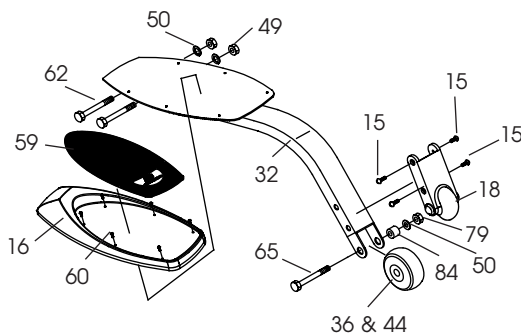
PART #	DESCRIPTION	QTY
4	Right Swing Arm	1
6	Pulse Sensor w/Wire	1
10	M25 x 30mm Washer	1
19	Spacer	1
23	Metal Spacer	1
38	Bushing	2
52	M10 Nylon Nut	2
61	M10 Large Washer	1
67	M10 x 57mm Allen Bushing Bolt	1
80	M10 Washer	2
101	M3 x 16mm Phillips Screw	2



LEFT REAR FOOT TUBE KIT - NB950-K2L

KIT INCLUDES:

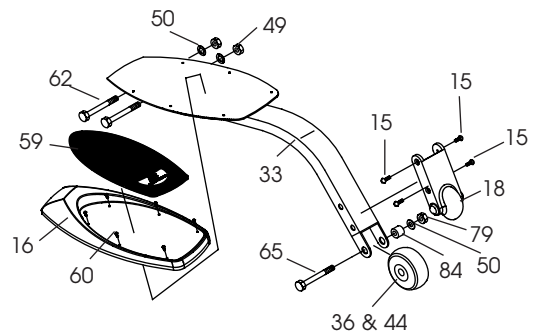
PART #	DESCRIPTION	QTY
15	M4 x 12mm Phillips Screw	4
16	Foot Platform	1
18	Wheel Cover	1
32	Left Rear Foot Tube	1
36 & 44	Roller w/Bearings	1
49	M8 Thick Nylon Nut	2
50	M8 Washer	3
59	Non Skid	1
60	M6 x 15mm Phillips Screw	6
62	M8 x 80mm Allen Bolt	2
65	M10 x 58mm Allen Bolt	1
79	M8 Thin Nylon Nut	1
84	Metal Bushing	1



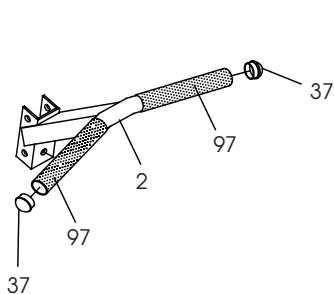
RIGHT REAR FOOT TUBE KIT - NB950-K2R

KIT INCLUDES:

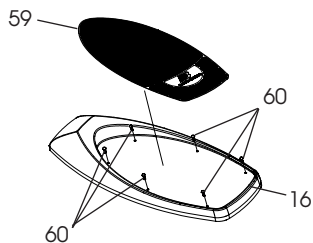
PART #	DESCRIPTION	QTY
15	M4 x 12mm Phillips Screw	4
16	Foot Platform	1
18	Wheel Cover	1
33	Right Rear Foot Tube	1
36 & 44	Roller w/Bearings	1
49	M8 Thick Nylon Nut	2
50	M8 Washer	3
59	Non Skid	1
60	M6 x 15mm Phillips Screw	6
62	M8 x 80mm Allen Bolt	2
65	M10 x 58mm Allen Bolt	1
79	M8 Thin Nylon Nut	1
84	Metal Bushing	1



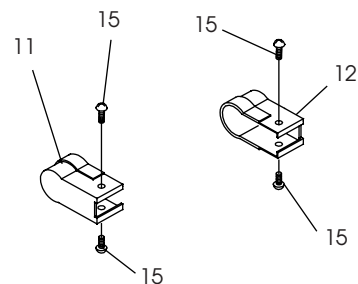
REPLACEMENT PARTS



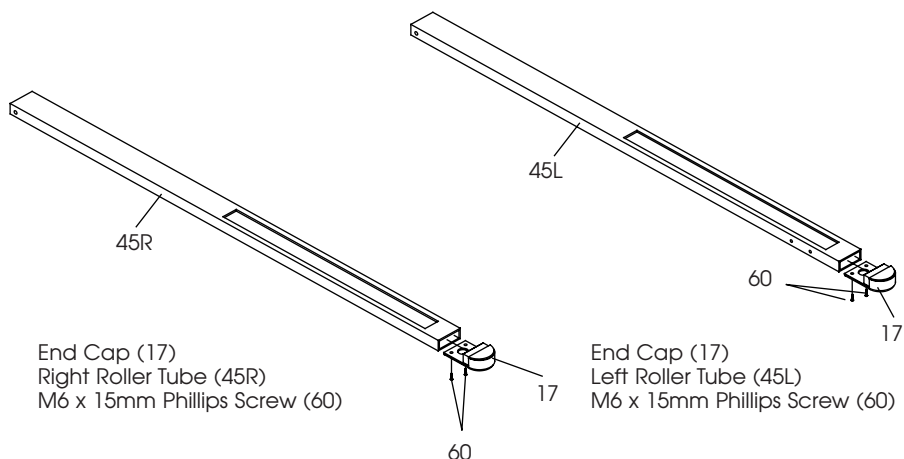
Stationary Handlebar (2)
Stationary Handlebar Plug (37)
Stationary Handlebar Grip (97)



Foot Platform (16)
Non Skid (59)
M6 x 15mm Phillips Screw (60)

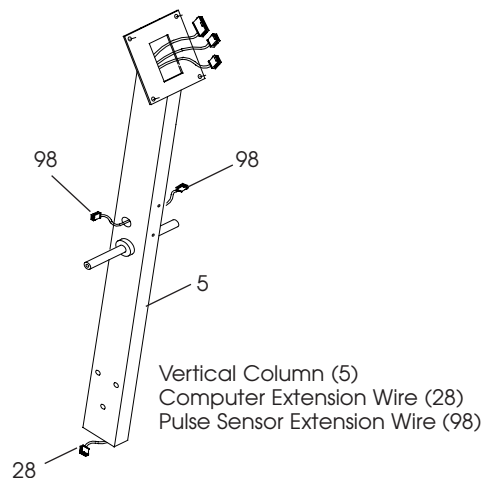


Outside Front Foot Tube Cover (11)
Inside Front Foot Tube Cover (12)
M4 x 12mm Phillips Screw (15)

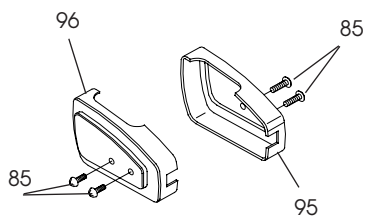


End Cap (17)
Right Roller Tube (45R)
M6 x 15mm Phillips Screw (60)

End Cap (17)
Left Roller Tube (45L)
M6 x 15mm Phillips Screw (60)



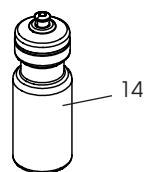
Vertical Column (5)
Computer Extension Wire (28)
Pulse Sensor Extension Wire (98)



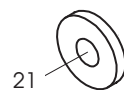
M4 x 16mm Phillips Screw (85)
Right Swing Arm Cover (95)
Left Swing Arm Cover (96)



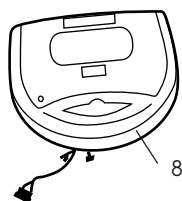
Vertical Column Cover (24)



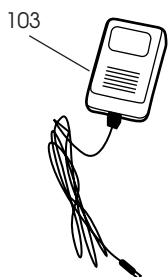
Water Bottle (14)



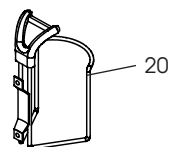
Bushing Cap (21)



Computer (8)



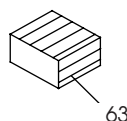
Battery Charger (103)



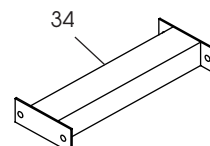
Water Bottle Holder (20)



Snap Cap (22)



Square Foot Cap (63)



Stabilizer Bar (34)

New Balance Fitness Equipment

Dedication to Quality

New Balance Fitness Equipment warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

If you have any comments or questions contact our Customer Service Department, toll free at 1-800-292-5009, Monday through Friday, 9:00am to 5:00pm, EST.

Please record the following information and keep for reference.

Serial #: _____

Date Of Purchase: _____

Save your sales receipt.
(You may wish to staple it into this manual.)