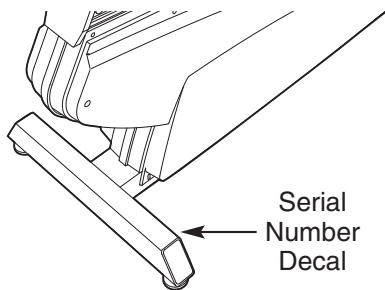


NordicTrack *9600 Recumbent Bike*

Model No. _____

Serial No. _____

The model number and serial number are found in the location shown below. Write the model number and serial number in the space above.

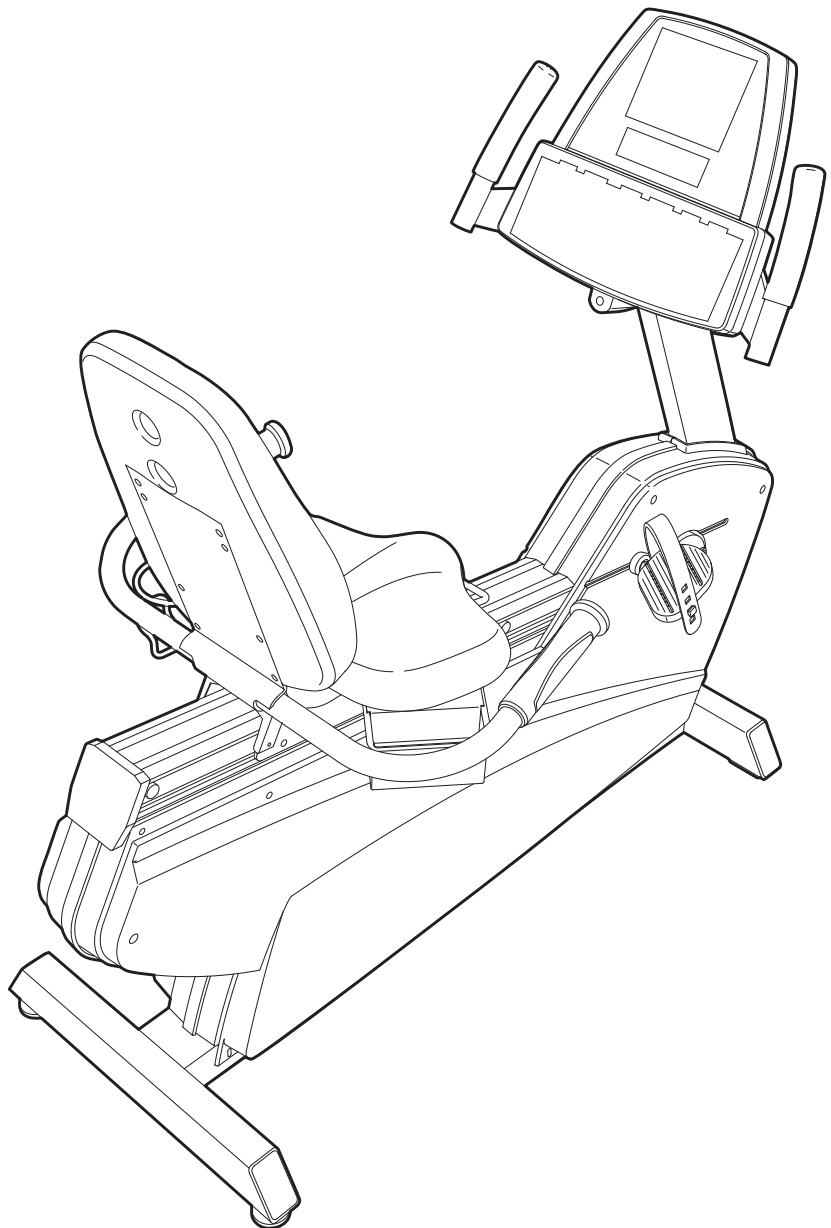


QUESTIONS?

At FreeMotion Fitness, we're committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on page 2 of this manual.

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.



USER'S MANUAL



NordicTrack

9600 Recumbent Bike

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HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the address and phone number listed below. Please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (see the front cover of this manual for the location)
- The NAME OF THE PRODUCT (NordicTrack® 9600 recumbent bike)
- The SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual for the location)

When ordering replacement parts, please also give the KEY NUMBER and DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 31 to 33)

Customer Care: 1-800-201-2109, Monday–Friday, 8 a.m.–5 p.m. Mountain Time
FreeMotion Fitness, Inc. • 1096 Elkton Drive, Suite 600 • Colorado Springs, CO 80907

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions and information before operating the recumbent bike.

1. It is the responsibility of the owner to ensure that all users of the recumbent bike are adequately informed of all warnings and precautions.
2. Operate the recumbent bike only as described in this manual.
3. Do not operate the recumbent bike until it is properly assembled (see HOW TO ASSEMBLE THE RECUMBENT BIKE on page 5).
4. Keep the recumbent bike indoors, away from moisture and dust. Do not place the recumbent bike in a garage or covered patio or near water.
5. Place the recumbent bike on a level surface. To protect the floor or carpet from damage, place a mat beneath the recumbent bike.
6. Regularly inspect and tighten all parts of the recumbent bike.
7. Keep children under the age of 12 and pets away from the recumbent bike at all times.
8. The recumbent bike should not be used by persons weighing more than 160 kg (350 lbs.).
9. Always wear appropriate exercise clothes and athletic shoes when operating the recumbent bike. Do not wear loose clothes that could become caught on the recumbent bike.
10. Do not modify the power cord or use an adaptor to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
11. Keep your back straight when using the recumbent bike; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
14. A warning decal has been placed on the recumbent bike in the locations shown on page 4. If the decal is missing, or if it is not legible, please see HOW TO CONTACT CUSTOMER CARE on page 2 and order a free replacement decal. Apply the decal in the locations shown.



⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

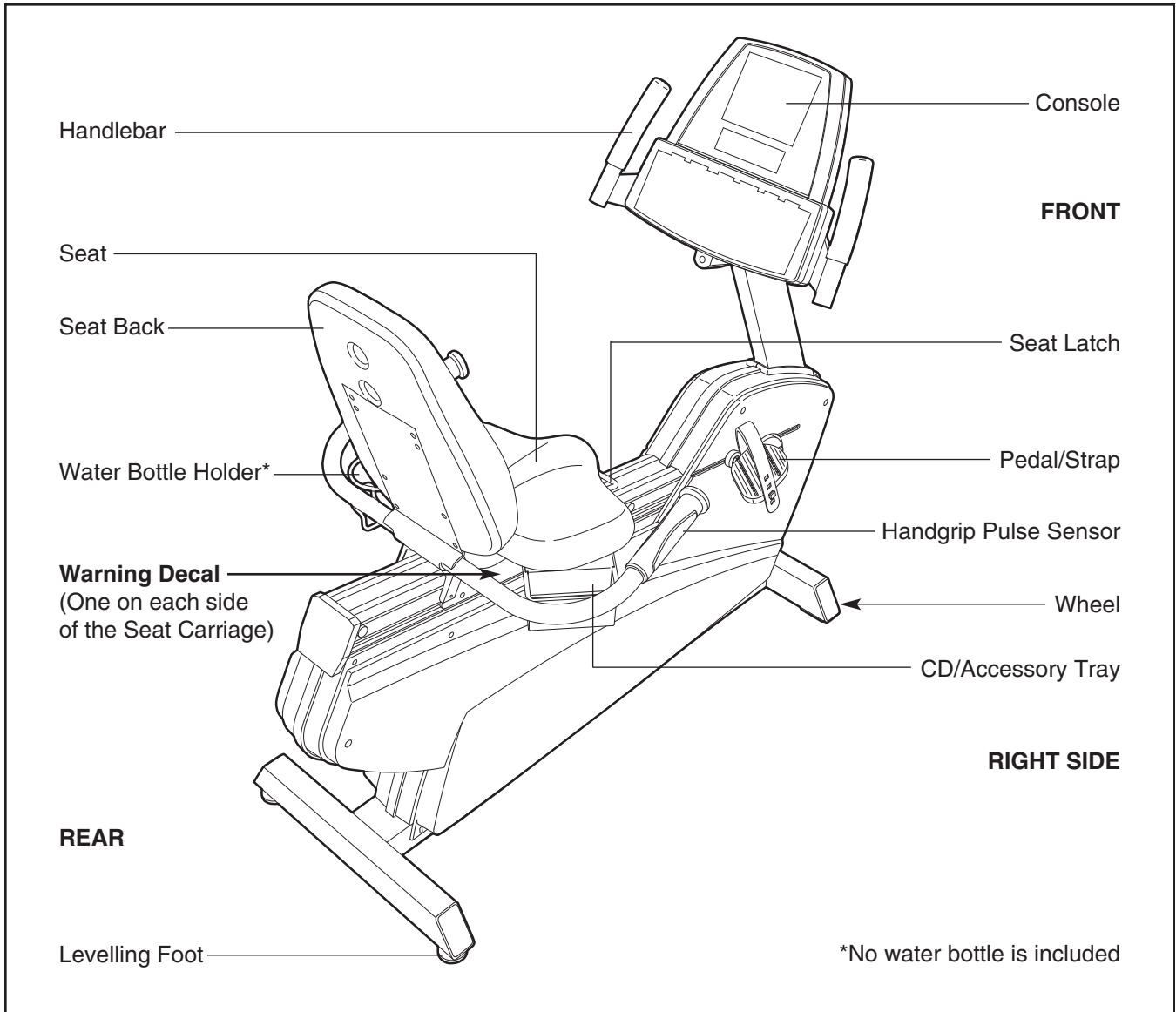
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NordicTrack® 9600 recumbent bike. The NordicTrack 9600 recumbent bike offers an impressive array of features to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before using the NordicTrack 9600 recumbent bike. If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on page 2. To help us

assist you, please note your product model number and serial number before calling. The model number and serial number can be found on a decal attached to the recumbent bike (see the front cover of this manual for the location of the decal).

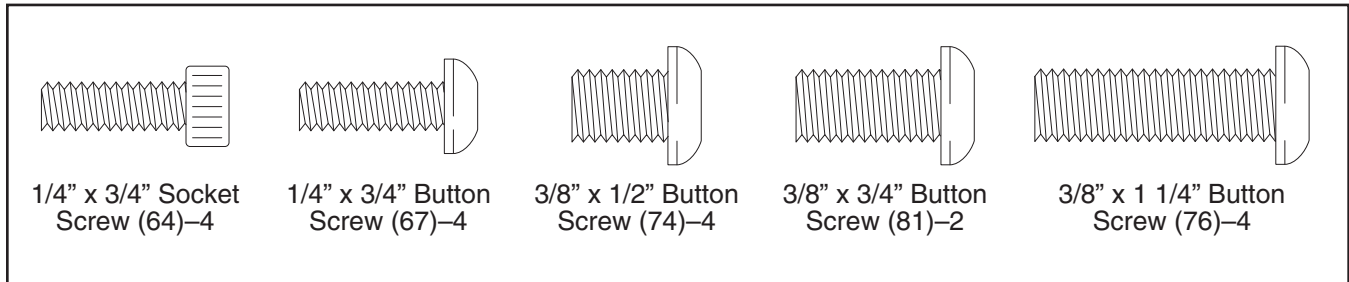
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



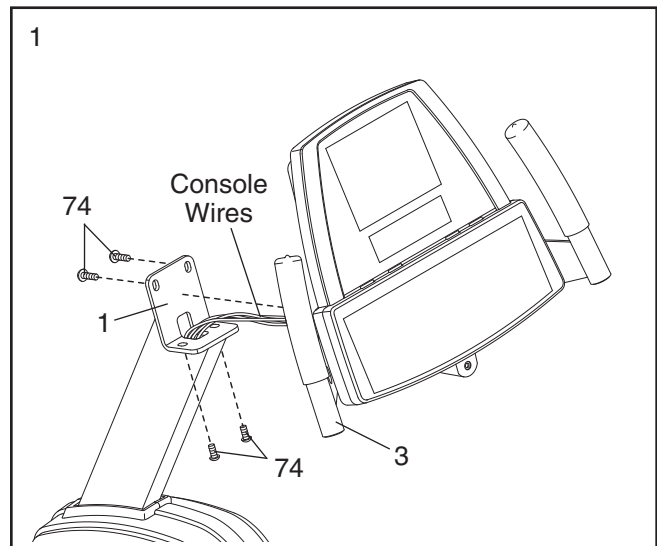
HOW TO ASSEMBLE THE RECUMBENT BIKE

Assembly requires two persons. Set the recumbent bike in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly can be completed using the included tools.**

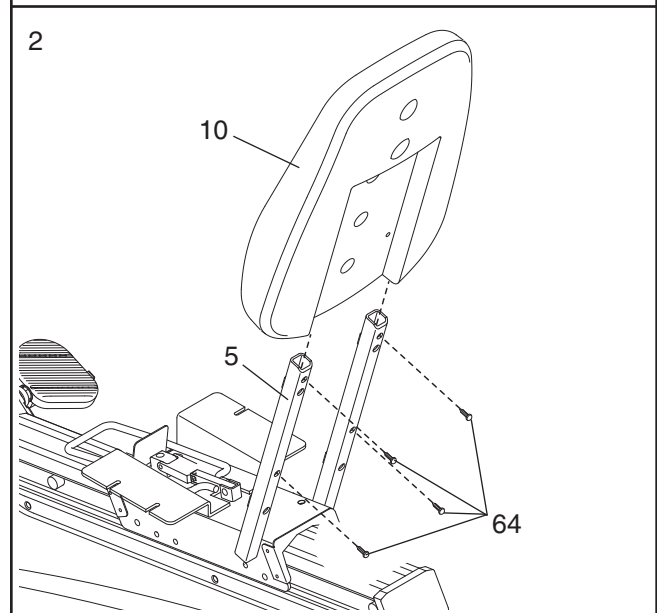
Use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part. The second number refers to the quantity needed for assembly.



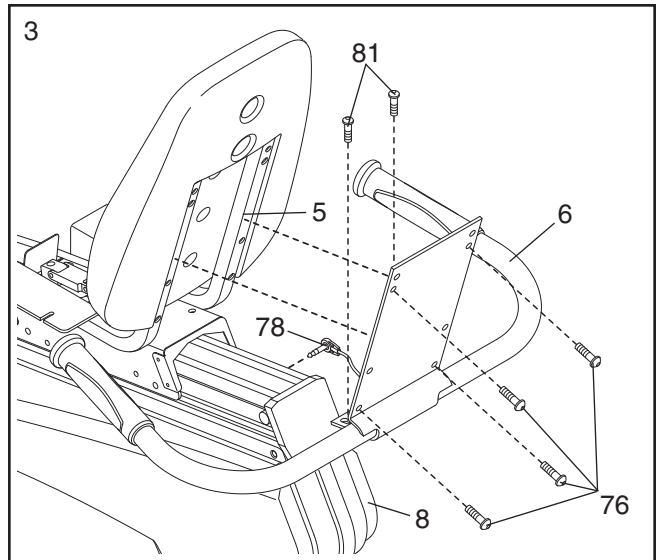
1. Push the excess console wiring down into the Frame (1). Attach the Handlebar (3) to the Frame with four 3/8" x 1/2" Button Screws (74). **Make sure that the wiring is not pinched between the Handlebar and the Frame.**



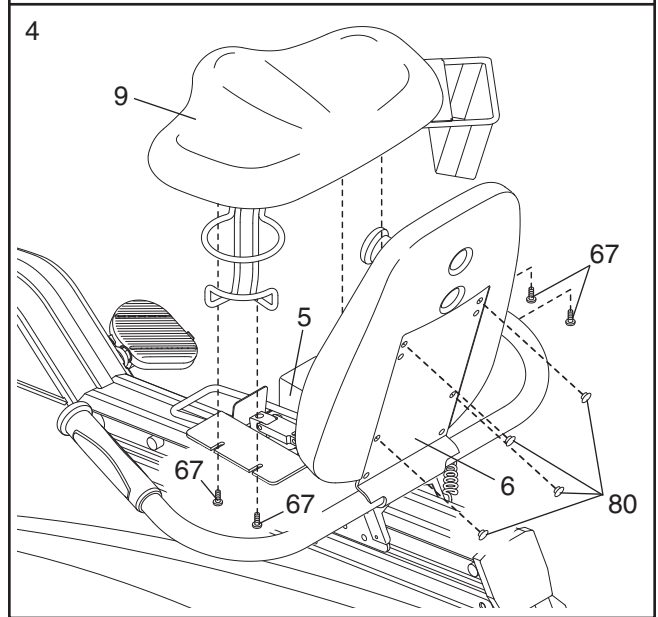
2. Attach the Seat Back (10) to the Seat Carriage (5) with four 1/4" x 3/4" Socket Screws (64).



3. Attach the Seat Handlebar (6) to the Seat Carriage (5) with four 3/8" x 1 1/4" Button Screws (76) and two 3/8" x 3/4" Button Screws (81). Next, insert the Pulse Plug (78) into the pulse jack near the top of the Right Side Shield (8).



4. Attach the Seat (9) to the Seat Carriage (5) with four 1/4" x 3/4" Button Screws (67). Insert the four 1/2" Round Endcaps (80) into the indicated holes in the Seat Handlebar (6).



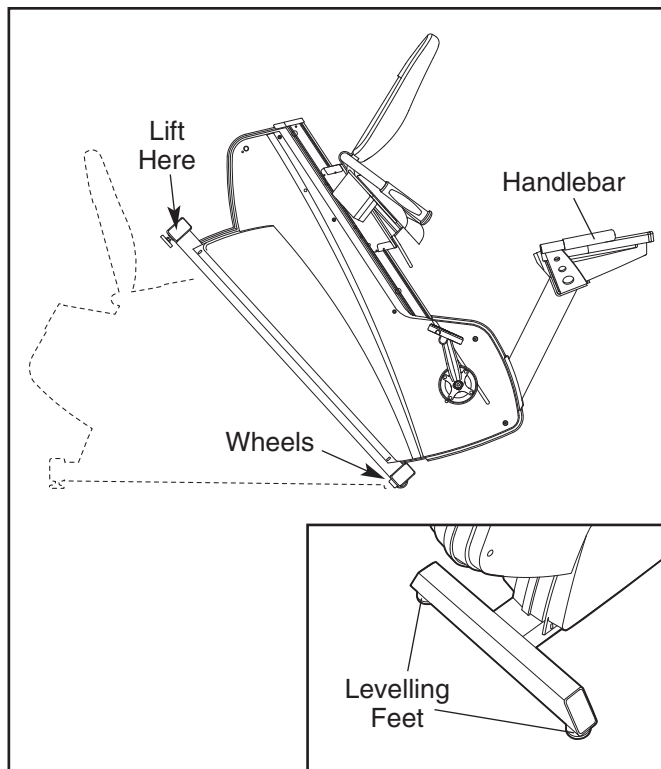
HOW TO SET UP THE RECUMBENT BIKE

HOW TO MOVE AND LEVEL THE RECUMBENT BIKE

Before moving the recumbent bike, make sure that the power cord is unplugged. Note: If a CATV cable is connected to the recumbent bike, it may be necessary to disconnect the cable if the recumbent bike will be moved far.

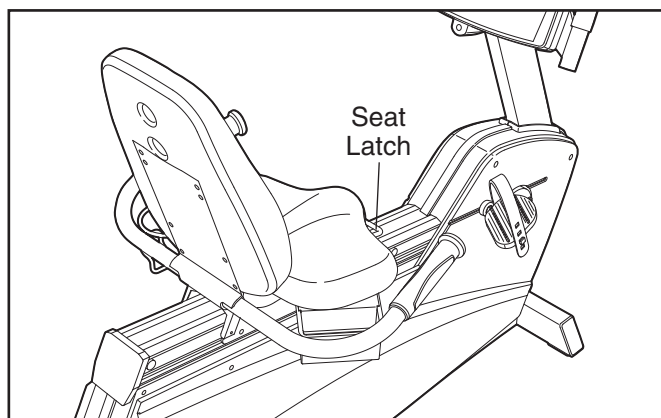
Due to the size and weight of the recumbent bike, moving it requires two persons. While one person lifts the indicated end, firmly hold the handlebar and tip the recumbent bike forward until it rolls on the front wheels. Carefully move the recumbent bike to the desired location and then lower it back to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the recumbent bike. Do not attempt to move the recumbent bike over uneven surfaces.**

If the recumbent bike rocks slightly during use, turn the Levelling feet under the rear of the frame until the rocking motion is eliminated.



HOW TO ADJUST THE SEAT

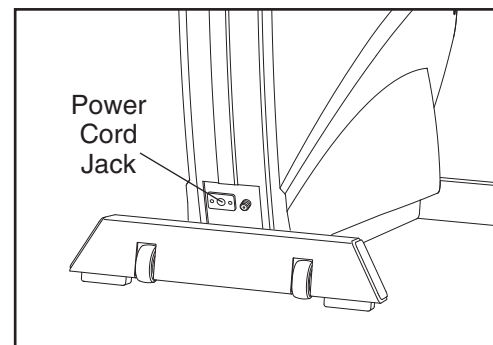
To adjust the seat, lift the seat latch, slide the seat forward or backward to the desired position, and then push the seat latch back down.



HOW TO CONNECT THE POWER CORD

If the recumbent bike has a Basic console, it can be used with or without the included power cord. If the recumbent bike has a Workout TV console, the power cord must be used for the TV to be operated.

To use the power cord, first plug one end of the power cord into the jack on the front of the recumbent bike. Plug the other end of the power cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

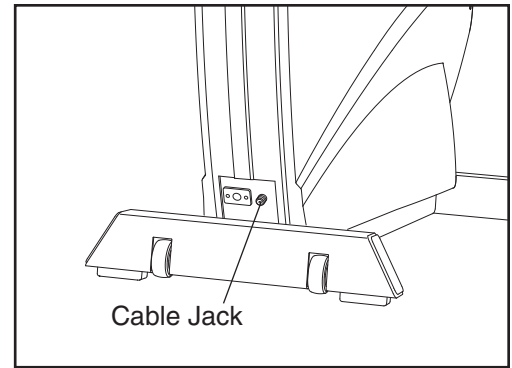


HOW TO CONNECT A CATV CABLE

If your recumbent bike has a Workout TV console, a CATV cable must be connected to the recumbent bike for cable TV stations to be viewed.

Locate the cable jack on the front of the recumbent bike. Connect the CATV cable to the cable jack.

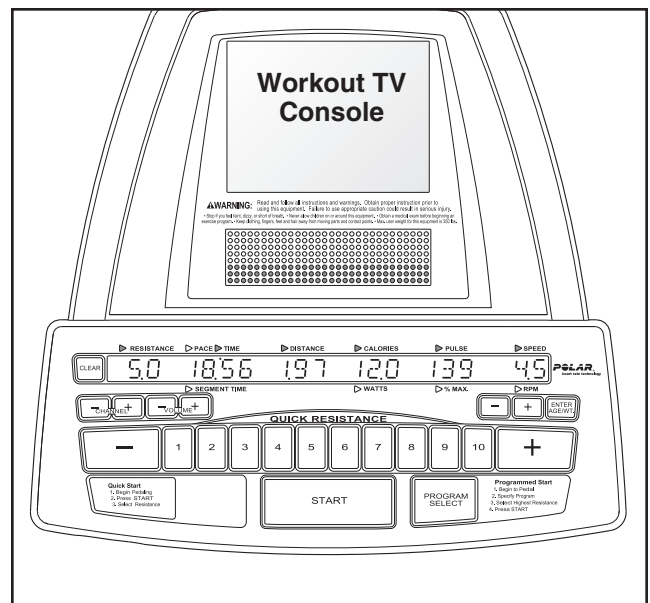
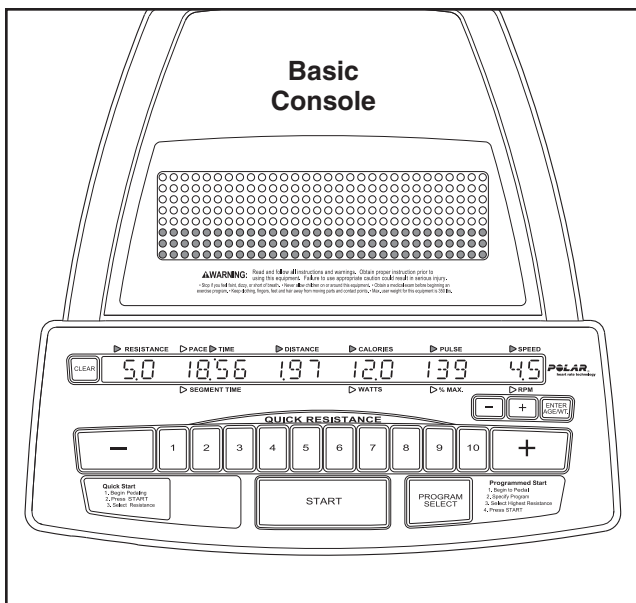
A satellite receiver, VCR, or DVD player can also be connected to the recumbent bike. Connect a CATV cable from the coaxial output on your equipment (usually labelled TV OUT or RF OUT) to the cable jack. Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to operate with the recumbent bike. RF modulators and external CATV cables are not available from FreeMotion Fitness, but are available at electronics stores. See the owner's manual included with the equipment you wish to connect to see whether an RF modulator is needed.



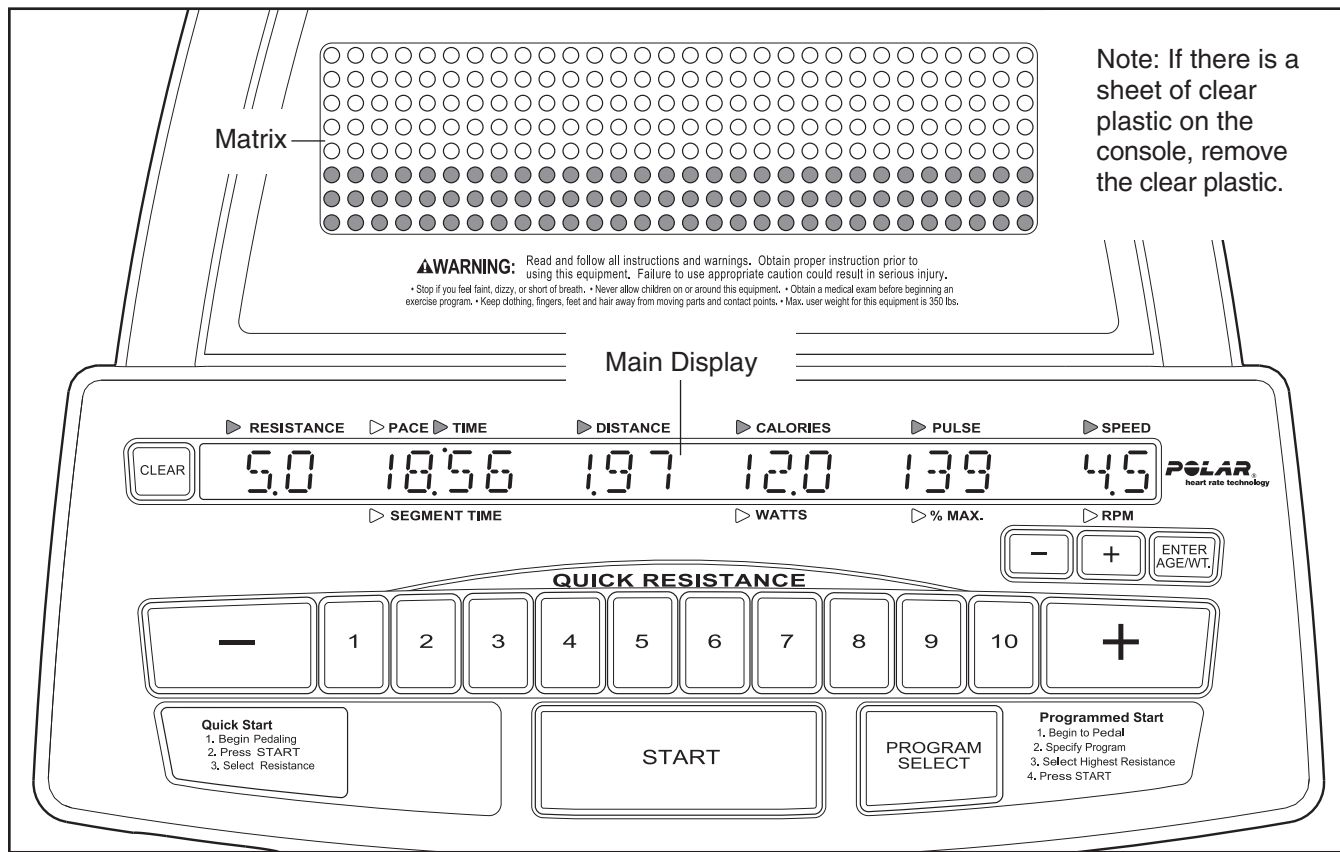
HOW TO UPGRADE THE CONSOLE

Your recumbent bike has been pre-configured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 9. For information about the state-of-the-art Workout TV console, see page 23.

To upgrade your console and expand the capabilities of your recumbent bike whenever you choose, see **HOW TO CONTACT CUSTOMER CARE** on page 2.



HOW TO USE THE BASIC CONSOLE



FEATURES OF THE CONSOLE

The Basic console offers an impressive array of features to help you get the most from your exercise.

When the manual mode of the console is selected, the resistance of the pedals can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

A variety of preset workout programs is also offered. Each program automatically controls the resistance of the pedals as it guides you through an effective workout.

In addition, the console offers three pulse programs that adjust the resistance of the pedals to keep your heart rate near target levels during your workouts, and a unique fitness test program that measures your VO₂ max level. Note: The pulse programs and the fitness test program require the use of a Polar®-compatible chest pulse sensor (not included).

To use the QUICK START mode of the console, follow the steps beginning on page 10. **To use a preset program,** see pages 12 to 16. **To use a pulse program,** see page 17. **To use the fitness test program,** see page 19. **To use the maintenance mode,** see page 20.

HOW TO USE THE QUICK START MODE

1 Plug in the power cord or begin pedalling to activate the console.

If the recumbent bike has a Basic console, it can be used with or without the included power cord. **To use the power cord**, see HOW TO CONNECT THE POWER CORD on page 7. **To use the recumbent bike without the power cord**, begin pedalling at a cadence of about 20 revolutions per minute (RPM) or faster. After a moment, the console displays will light and a series of tones will sound. While you pedal, power will be supplied by a generator; remember to continue pedalling while using the recumbent bike.

If the recumbent bike has a Workout TV console, the power cord must be used for the TV to be operated.

2 Select the QUICK START mode.

When the power is turned on, the QUICK START mode will be selected. If you have already selected a program, select the QUICK START mode again by repeatedly pressing the PROGRAM SELECT button until the words "QUICK START" appear in the main display.

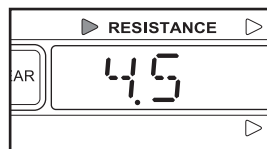
A few seconds after the mode is selected, the words "QUICK START" will begin to scroll across the main display.

3 Press the START button and begin pedalling.

When the button is pressed, the console will begin displaying exercise data.

4 Change the resistance of the pedals as desired.

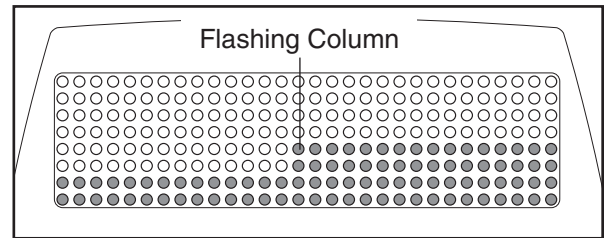
As you pedal, change the resistance of the pedals by pressing the RESISTANCE + and - buttons. To change the resistance quickly, press the QUICK RESISTANCE buttons. There are twenty resistance levels, from level 0.5 to level 10.



5 Follow your progress with the matrix and the main display.

The matrix—When the QUICK START mode is selected, the matrix will show a graph of the resis-

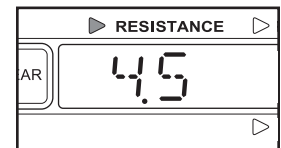
tance levels that you select. The flashing column shows the current resistance level. Every thirty seconds, all columns will move one position to the left. As you increase or decrease the resistance, additional indicators will light or darken in the flashing column (and in all columns to the right).



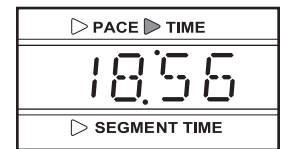
Note: The matrix shows *relative* resistance levels. As you increase or decrease the resistance, the lit indicators in all columns may shift upward or downward so that the highest indicators are always shown in the matrix.

The main display—The main display will show the following information:

Resistance—The left end of the main display will show the resistance level of the pedals.

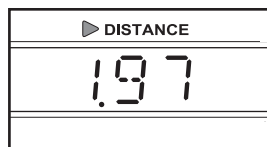


Pace/Time—When the QUICK START mode is selected, this section of the main display will show your pedalling pace (in *minutes per mile*) and the elapsed time. The display will change from one number to the other every few seconds. Note: Any time that the resistance level changes, the display will show your pedalling pace.



Note: When a preset program or a pulse program is selected, the display will show your pedalling pace, the time remaining in the program, and the time remaining in the current segment of the program. During the fitness test program, the display will show the elapsed time.

Distance—This section of the main display will show the distance that you have pedalled, in miles or kilometres.

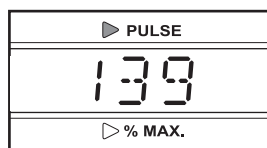


Calories/Watts—This section of the main display will show the approximate number of Calories you have burned and your power output in watts. The display will change from one number to the other every few seconds.

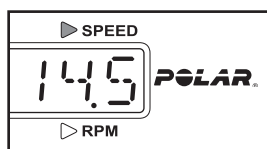


Note: If you enter your weight into the console, the console will measure your Calorie expenditure more accurately. To enter your weight, press the ENTER AGE/WT. button. The words “ENTER WEIGHT” and the current weight setting will scroll across the main display. To enter your weight, press the + and – buttons beside the ENTER AGE/WT. button. When your weight is shown, press the ENTER AGE/WT. button again.

Pulse/% Max—When you use the handgrip pulse sensor or a Polar®-compatible chest pulse sensor (not included), this section of the main display will show your heart rate (see step 6). When a pulse program is selected, the display will show your heart rate and the corresponding *percentage* of your *estimated maximum heart rate* (see step 5 on page 17 for an explanation of your estimated maximum heart rate). The display will change from one number to the other every few seconds.



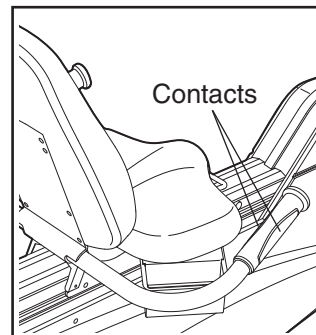
Speed/RPM—The right end of the main display will show your pedalling speed, in miles per hour or kilometres per hour, and your pedalling cadence, in revolutions per minute. The display will change from one number to the other every few seconds.



To reset the main display at any time, press the CLEAR button.

6 Measure your pulse if desired.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To measure your pulse, hold the contacts; your thumbs must be resting on the inner contacts, and your fingers must be touching the outer contacts. **Avoid moving your hands.**



When your pulse is detected, the PULSE indicator above the main display will light, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds without moving your hands.**

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; never use alcohol, abrasives, or chemicals.

7 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

If the power cord is being used, the words “PUSH ANY BUTTON TO START A NEW WORKOUT” will begin to scroll across the main display if the pedals are not moved for a few minutes. Unplug the power cord when the recumbent bike is not in use.

If the power cord is not being used, the console will automatically turn off if the pedals are not moved for several seconds.

HOW TO USE THE TIMED WORKOUT PROGRAM

The TIMED WORKOUT program will count down the time remaining in your workout as you control the resistance of the pedals.

1 Plug in the power cord or begin pedalling to activate the console.

See step 1 on page 10.

2 Select the TIMED WORKOUT program.

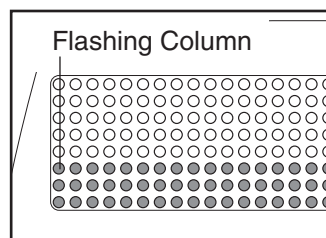
To select the TIMED WORKOUT program, repeatedly press the PROGRAM SELECT button until the words "TIMED WORKOUT" appear in the main display.

A few seconds after the program is selected, the name of the program and the total program time will begin to scroll across the main display. Note: The program can be set to last for 20, 30, 40, 50, or 60 minutes. See step 8 on page 20.

3 Press the START button and begin pedalling to start the program.

When the button is pressed, the console will begin displaying exercise data.

The TIMED WORKOUT program is divided into 30-second segments. During the program, the matrix will show your progress and the resistance levels that you select. The flashing column represents the current segment of the program. The number of lit indicators in the flashing column shows the re-



sistance level for the current segment. At the end of each segment, a series of tones will sound, the time will flash in the main display, and the flashing column of the matrix will move one position to the right.

During the program, change the resistance of the pedals as desired by pressing the RESISTANCE + and – buttons or the QUICK RESISTANCE buttons. As you increase or decrease the resistance, additional indicators will light or darken in the flashing column (and in all columns to the right). Note: The matrix shows *relative* resistance levels. As you increase or decrease the resistance, the lit indicators in the columns may shift upward or downward so that the highest indicators are always shown in the matrix.

After you have completed the first three minutes of the program, the flashing column will no longer move to the right at the end of each segment. Instead, all columns of indicators will move one position to the left at the end of each segment.

When only 12 minutes remain in the program, the flashing column will again move one position to the right at the end of each segment, until the program is completed.

4 Follow your progress with the main display.

See step 5 on page 10.

5 Measure your pulse if desired.

See step 6 on page 11.

6 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

See step 7 on page 11.

HOW TO USE THE RANDOM HILLS PROGRAM

The RANDOM HILLS program will automatically change the resistance of the pedals during your workout. Each time the program is selected, the resistance settings of the program will be different.

1 Plug in the power cord or begin pedalling to activate the console.

See step 1 on page 10.

2 Select the RANDOM HILLS program.

To select the RANDOM HILLS program, repeatedly press the PROGRAM SELECT button until the words "RANDOM HILLS" appear in the main display.

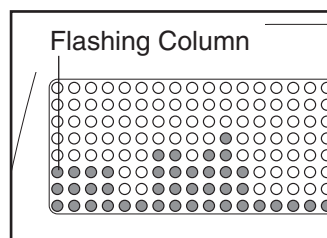
A few seconds after the program is selected, the name of the program and the total program time will begin to scroll across the main display. Note: To select a different RANDOM HILLS program, simply press the CLEAR button. The program can be set to last for 20, 30, 40, 50, or 60 minutes. See step 8 on page 20.

3 Press the START button and begin pedalling to start the program.

When the button is pressed, the console will begin displaying exercise data.

The program is divided into 30-second segments. One resistance level is programmed for each segment. (The same resistance level may be programmed for two or more consecutive segments.)

During the program, the matrix will show your progress and the resistance settings of the program. The flashing column represents the current segment of the program. The number of lit indicators in the flashing column shows the resistance setting for the current segment. At the end of each seg-



ment, a series of tones will sound, the time will flash in the main display, and the flashing column of the matrix will move one position to the right. The resistance of the pedals will then automatically change if a different resistance level is programmed for the next segment. Note: The matrix shows *relative* resistance levels. The lit indicators in the columns may shift upward or downward so that the highest indicators are always shown in the matrix.

During the program, you can change the resistance of the pedals if desired by pressing the RESISTANCE + and – buttons or the QUICK RESISTANCE buttons. However, when the current segment ends, the resistance will automatically change if a different resistance level is programmed for the next segment. Note: The program begins with a two-minute warm-up period and ends with a two-minute cool-down period. During these periods, the resistance level cannot be changed.

After you have completed the first three minutes of the program, the flashing column will no longer move to the right at the end of each segment. Instead, all columns of indicators will move one position to the left at the end of each segment.

When only 12 minutes remain in the program, the flashing column will again move one position to the right at the end of each segment, until the program is completed.

4 Follow your progress with the main display.

See step 5 on page 10.

5 Measure your pulse if desired.

See step 6 on page 11.

6 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

See step 7 on page 11.

HOW TO USE THE WATTS WORKOUT PROGRAM

The WATTS WORKOUT program will automatically change the resistance of the pedals to keep your power output near a target level during your workout.

1 Plug in the power cord or begin pedalling to activate the console.

See step 1 on page 10.

2 Select the WATTS WORKOUT program.

To select the WATTS WORKOUT program, repeatedly press the PROGRAM SELECT button until the words “WATTS WORKOUT” appear in the main display.

A few seconds after the program is selected, the name of the program and the total program time will begin to scroll across the main display. Note: The program can be set to last for 20, 30, 40, 50, or 60 minutes. See step 8 on page 20.

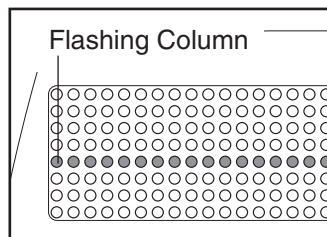
3 Press the START button and enter a target watts setting for the program.

When the button is pressed, the words “ENTER TARGET WATTS” and the current target watts setting will scroll across the main display. If you wish to change the target watts setting for the program, press the + and – buttons beside the ENTER AGE/WT. button. The target watts setting can be changed in increments of 10 watts.

4 Press the START button and begin pedalling to start the program.

When the button is pressed, the console will begin displaying exercise data.

The program is divided into 30-second segments. The same target watts level is programmed for all segments. During the program, the



matrix will show your progress. The flashing column represents the current segment of the program. At the end of each segment, a series of tones will sound, the time will flash in the main display, and the flashing column of the matrix will move one position to the right.

During the program, the console will compare your power output to the target watts setting. If your power output is too far above or below the target watts setting, the resistance of the pedals will automatically change to bring your power output closer to the target watts setting. Note: Pressing the RESISTANCE + and – buttons during the program will change the target watts setting for the program (see step 3).

After you have completed the first three minutes of the program, the flashing column will no longer move to the right at the end of each segment. Instead, all columns of indicators will move one position to the left at the end of each segment.

When only 12 minutes remain in the program, the flashing column will again move one position to the right at the end of each segment, until the program is completed.

5 Follow your progress with the main display.

See step 5 on page 10.

6 Measure your pulse if desired.

See step 6 on page 11.

7 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

See step 7 on page 11.

HOW TO USE THE CARDIO WORKOUT PROGRAM

The CARDIO WORKOUT program will automatically change the resistance of the pedals as it guides you through an effective cardiovascular workout.

1 Plug in the power cord or begin pedalling to activate the console.

See step 1 on page 10.

2 Select the CARDIO WORKOUT program.

To select the CARDIO WORKOUT program, repeatedly press the PROGRAM SELECT button until the words "CARDIO WORKOUT" appear in the main display.

A few seconds after the program is selected, the name of the program and the total program time will begin to scroll across the main display. Note: The program can be set to last for 20, 30, 40, 50, or 60 minutes. See step 8 on page 20.

3 Press the START button and enter a maximum resistance setting for the program.

When the button is pressed, the words "ENTER WORKOUT LEVEL" and the maximum resistance setting for the program will scroll across the main display. If you wish to change the maximum resistance setting, press the + and – buttons beside the ENTER AGE/WT. button. The maximum resistance setting can be from level 2 to level 10. Note: Increasing or decreasing the maximum resistance setting will increase or decrease the intensity level of the program.

4 Press the START button and begin pedalling to start the program.

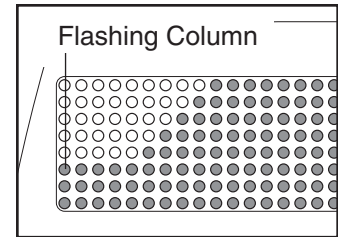
When the button is pressed, the console will begin displaying exercise data.

The program is divided into 30-second segments. One resistance level is programmed for each segment.

During the program, the matrix will show your progress and the resistance settings of the pro-

gram. The flashing column represents the current segment of the program. The number of lit indicators in the flashing column shows the resistance setting for

the current segment. At the end of each segment, a series of tones will sound, the time will flash in the main display, and the flashing column of the matrix will move one position to the right. The resistance of the pedals will then automatically change if a different resistance level is programmed for the next segment. Note: The matrix shows *relative* resistance levels. As you increase or decrease the resistance, the lit indicators in the columns may shift upward or downward so that the highest indicators are always shown in the matrix.



After you have completed the first three minutes of the program, the flashing column will no longer move to the right at the end of each segment. Instead, all columns of indicators will move one position to the left at the end of each segment.

When only 12 minutes remain in the program, the flashing column will again move one position to the right at the end of each segment, until the program is completed.

Note: Pressing the RESISTANCE + and – buttons or the QUICK RESISTANCE buttons during the program will change the maximum resistance setting of the program (see step 3).

5 Follow your progress with the main display.

See step 5 on page 10.

6 Measure your pulse if desired.

See step 6 on page 11.

7 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

See step 7 on page 11.

HOW TO USE THE HILLS INTERVAL PROGRAM

The HILLS INTERVAL program will automatically change the resistance of the pedals to simulate a series of hills as it guides you through an effective interval training workout.

1 Plug in the power cord or begin pedalling to activate the console.

See step 1 on page 10.

2 Select the HILLS INTERVAL program.

To select the HILLS INTERVAL program, repeatedly press the PROGRAM SELECT button until the words “HILLS INTERVAL” appear in the main display.

A few seconds after the program is selected, the name of the program and the total program time will begin to scroll across the main display. Note: The program can be set to last for 20, 30, 40, 50, or 60 minutes. See step 8 on page 20.

3 Press the START button and enter a maximum resistance setting for the program.

See step 3 on page 15.

4 Press the START button and enter the desired number of hills for the program.

When the button is pressed, the words “NUMBER OF HILLS” and the number of hills that the program will simulate will scroll across the main display. If you wish to change the number of hills, press the + and – buttons beside the ENTER AGE/WT. button. The program can simulate from 2 to 10 hills.

5 Press the START button and begin pedalling to start the program.

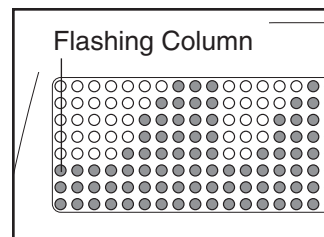
When the button is pressed, the console will begin displaying exercise data.

The program is divided into 30-second segments. One resistance level is programmed for each segment.

During the program, the matrix will show your progress and the resistance settings of the program.

The flashing column represents the current segment of the program.

The number of lit indicators in the flashing column shows the resistance setting for the current segment. At the end of each segment, a series of tones will sound, the time will flash in the main display, and the flashing column of the matrix will move one position to the right. The resistance of the pedals will then automatically change if a different resistance level is programmed for the next segment. Note: The matrix shows *relative* resistance levels. As you increase or decrease the resistance, the lit indicators in the columns may shift upward or downward so that the highest indicators are always shown in the matrix.



After you have completed the first three minutes of the program, the flashing column will no longer move to the right at the end of each segment. Instead, all columns of indicators will move one position to the left at the end of each segment.

When only 12 minutes remain in the program, the flashing column will again move one position to the right at the end of each segment, until the program is completed.

Note: Pressing the RESISTANCE + and – buttons or the QUICK RESISTANCE buttons during the program will change the maximum resistance setting for the program (see step 3).

6 Follow your progress with the main display.

See step 5 on page 10.

7 Measure your pulse if desired.

See step 6 on page 11.

8 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

See step 7 on page 11.

HOW TO USE THE PULSE PROGRAMS

The three pulse programs automatically control the resistance of the pedals to keep your heart rate near a target level while you exercise.

1 Put on a Polar®-compatible chest pulse sensor (not included).

You must wear a chest pulse sensor to use a pulse program. See the instructions included with your chest pulse sensor.

2 Plug in the power cord or begin pedalling to activate the console.

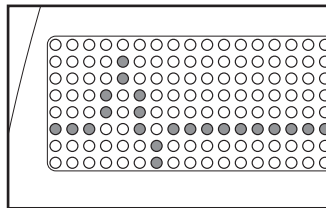
See step 1 on page 10.

3 Select one of the three pulse programs.

To select a pulse program, repeatedly press the PROGRAM SELECT button until the words “CARDIO PULSE,” “ENDURANCE PULSE,” or “MANUAL PULSE” appear in the main display. Note: The CARDIO PULSE program will keep your heart rate near 65% of your estimated maximum heart rate (see step 5 at the right for an explanation of estimated maximum heart rate). The ENDURANCE PULSE program will keep your heart rate near 80% of your estimated maximum heart rate. The MANUAL PULSE program will keep your heart rate near a percentage that you select.

A few seconds after the program is selected, the name of the program and the total program time will begin to scroll across the main display.

Note: During pulse programs, the matrix will show a moving graphic that represents your heart rate. Each time a heart-beat is detected, an additional peak will appear in the graphic.



4 Press the Start button and enter your age.

When the button is pressed, the words “ENTER AGE” and the current age setting will appear in

the main display. To enter your age, press the + and – buttons beside the ENTER AGE/WT. button.

If you have selected the **CARDIO PULSE** program or the **ENDURANCE PULSE** program, go to step 6. If you have selected the **MANUAL PULSE** program, go to step 5.

5 Press the Start button and enter a target heart rate setting.

When the button is pressed, the words “ENTER PERCENT” and the current target heart rate setting for the program will appear in the main display. The target heart rate setting represents a percentage of your estimated maximum heart rate. Note: Your estimated maximum heart rate is determined by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ($220 - 30 = 190$). Therefore, if you are 30 years old, a target heart rate setting of 65% is equal to 123 beats per minute (65% of 190 is 123).

If desired, you can change the target heart rate setting by pressing the + and – buttons beside the ENTER AGE/WT. button. The target heart rate setting can be from 50% to 85% of your estimated maximum heart rate.

6 Press the START button and begin pedalling to start the program.

When the button is pressed, the console will begin displaying exercise data.

The program is divided into 30-second segments. One target heart rate setting is programmed for each segment. (If the MANUAL PULSE program is selected, the same target heart rate setting is programmed for all segments.)

At the end of each segment, a series of tones will sound, and then the resistance of the pedals will automatically increase or decrease, if necessary, to bring your heart rate closer to the target heart rate setting for the next segment. The program will continue in this way until the main display shows that no time remains in the program.

During the program, you can change the resistance of the pedals, if desired, by pressing the RESISTANCE + and – buttons or the QUICK RESISTANCE buttons. However, when the current segment ends, the resistance will automatically increase or decrease, if needed, to bring your heart rate closer to the target heart rate setting for the next segment. Note: Each pulse program begins with a two-minute warm-up period and ends with a two-minute cool-down period. During these periods, the resistance level cannot be changed.

If your pulse is not detected during the program, the letters “PLS” will flash in the main display, and

the resistance of the pedals may automatically decrease. If this occurs, see the instructions included with your chest pulse sensor.

7 Follow your progress with the main display.

See step 5 on page 10.

8 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

See step 7 on page 11.

HOW TO USE THE FITNESS TEST PROGRAM

The FITNESS TEST program measures your VO₂ max level. For the best results, the program should be used at a time when your energy level is high; the program should not be used if you have already exercised during the day. Follow the steps below to use the program.

1 Put on a Polar®-compatible chest pulse sensor (not included).

You must wear a chest pulse sensor to use the FITNESS TEST program. See the instructions included with your chest pulse sensor.

2 Plug in the power cord or begin pedalling to activate the console.

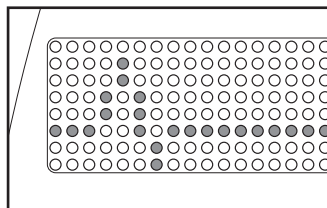
See step 1 on page 10.

3 Select the FITNESS TEST program.

To select the FITNESS TEST program, press the PROGRAM SELECT button repeatedly until the words “FITNESS TEST” appear in the main display.

A few seconds after the program is selected, the name of the program will begin to scroll across the main display.

Note: During the FITNESS TEST program, the matrix will show a moving graphic that represents your heart rate. Each time a heart-beat is detected, an additional peak will appear in the graphic.



4 Press the START button and enter your age.

When the button is pressed, the words “ENTER AGE” and the current age setting will appear in the main display. To enter your age, press the + and – buttons beside the ENTER AGE/WT. button.

5 Press the START button and enter your weight.

When the button is pressed, the words “ENTER WEIGHT” and the current weight setting will scroll across the main display. To enter your weight, press the + and – buttons beside the ENTER AGE/WT. button.

6 Press the START button and begin pedalling to start the program.

When the button is pressed, the console will begin displaying exercise data.

The FITNESS TEST program is divided into three-minute segments. During the program, the console will automatically control the resistance of the pedals and prompt you to pedal at a cadence of 50 revolutions per minute (RPM). If you pedal more than 5 RPM faster or slower than 50 RPM, a tone will sound and the words, “PLEASE PEDAL AT 50 RPM” will scroll across the main display.

When the first three-minute segment of the program is completed, a tone will sound and the second segment will begin. The program will continue until the console has measured your VO₂ max level. Your VO₂ max level will then begin to scroll across the main display.

Note: The RESISTANCE + and – buttons and the QUICK RESISTANCE buttons will not function while the FITNESS TEST program is selected. If your pulse is not detected during the program, the letters “PLS” will flash in the main display. If your pulse is not detected at the end of any segment, the program will end and the main display will show the words “VO₂ MAX NOT FOUND.”

7 Follow your progress with the main display.

See step 5 on page 10.

8 When you are finished using the recumbent bike, the console will automatically enter an idle mode or turn off.

See step 7 on page 11.

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to access information and to view and change default settings. Follow the steps below to use the maintenance mode.

1 Plug in the power cord or begin pedalling to activate the console.

See step 1 on page 10.

2 Hold down the CLEAR button and the ENTER AGE/WT. button simultaneously for a few seconds to select the maintenance mode.

When the maintenance mode is selected, the words "MAINTENANCE MODE" will appear in the main display.

3 Press the ENTER AGE/WT. button and select a language for the main display.

The main display can display text in English, UK English, Spanish, Italian, German, or French. To change the language, press the + and – buttons beside the ENTER AGE/WT. button.

4 Press the ENTER AGE/WT. button again and select the desired system of measurement.

The console can display data using the standard system (miles and pounds) or the metric system (kilometres and kilograms). To change the system of measurement, press the + and – buttons beside the ENTER AGE/WT. button.

5 Press the ENTER AGE/WT. button again and view the service time.

The console will show the total number of hours that the recumbent bike has been used since the service time was reset. To reset the service time, press the CLEAR button.

6 Press the ENTER AGE/WT. button again and view the service distance.

The console will show the total distance pedalled on the recumbent bike since the service distance

was reset. To reset the service distance, press the CLEAR button.

7 Press the ENTER AGE/WT. button again and set the delay time for the idle mode.

If the power cord is used with the recumbent bike, and if the pedals are stationary for several minutes, the console will enter an idle mode and the words "PUSH ANY BUTTON TO START A NEW WORKOUT" will begin to scroll across the main display. To set the number of minutes before the console will enter the idle mode, press the + and – buttons beside the ENTER AGE/WT. button. The delay time can be from 1 to 15 minutes.

8 Press the ENTER AGE/WT. button again and set the program time for the programs.

The programs (except for the FITNESS TEST program) can be set to last for 20, 30, 40, 50, or 60 minutes. To change the length of time, press the + and – buttons beside the ENTER AGE/WT. button.

If the recumbent bike has a Basic console, go to step 12. If the recumbent bike has a Workout TV console, go to step 9.

9 Press the ENTER AGE/WT. button again and choose a connection setting for the TV.

To prevent the TV from being used, press the + and – buttons beside the ENTER AGE/WT. button until the words "TV DISABLED" appear in the main display.

To make the TV available for use, press the + and – buttons beside the ENTER AGE/WT. button to select one of the following connection settings: TV NTSC AIR, TV NTSC CABLE, TV NTSC HRC CABLE, TV NTSC IRC CABLE, TV PAL I AIR, TV PAL I CABLE, TV PAL B/G AIR, TV PAL B/G CABLE, TV NTSC J AIR, TV NTSC J CABLE, TV PAL D/K AIR, or TV PAL D/K CABLE. **Note: For help selecting the correct setting, see page 22.**

If you have disabled the TV, go to step 12. If you have enabled the TV, go to step 10.

10 Press the ENTER AGE/WT. button again and program TV channels.

The console has the capability to find and store in memory all of the valid TV channels in your area. While the words “PRESS CHANNEL UP TO SCAN” appear in the main display, press the CHANNEL + button to start the channel scanning process.

The console will begin scanning all TV channels. If no broadcast signal is detected on a channel, the channel will be skipped; if a signal is detected, a tone will sound and the channel will be stored in memory. This process will continue until the highest channel is reached. The lowest channel stored in memory will then appear in the main display.

11 Press the ENTER AGE/WT. button again and delete or add TV channels.

After all valid TV channels have been stored in the console’s memory, you can delete unwanted

channels or add channels. To delete or add a channel, first press the CHANNEL + and – buttons until the channel appears in the main display.

To delete a channel, press the + or – button beside the ENTER AGE/WT. button so that the words “CHANNEL SAVED” do not appear next to the channel. To add a channel, press the + or – button so that the words “CHANNEL SAVED” appear next to the channel. Then, select the next channel that you want to delete or add. Repeat this process until you have deleted all unwanted channels and added all desired channels.

12 Hold down the ENTER AGE/WT. button and the CLEAR button simultaneously for a few seconds to exit the maintenance mode.

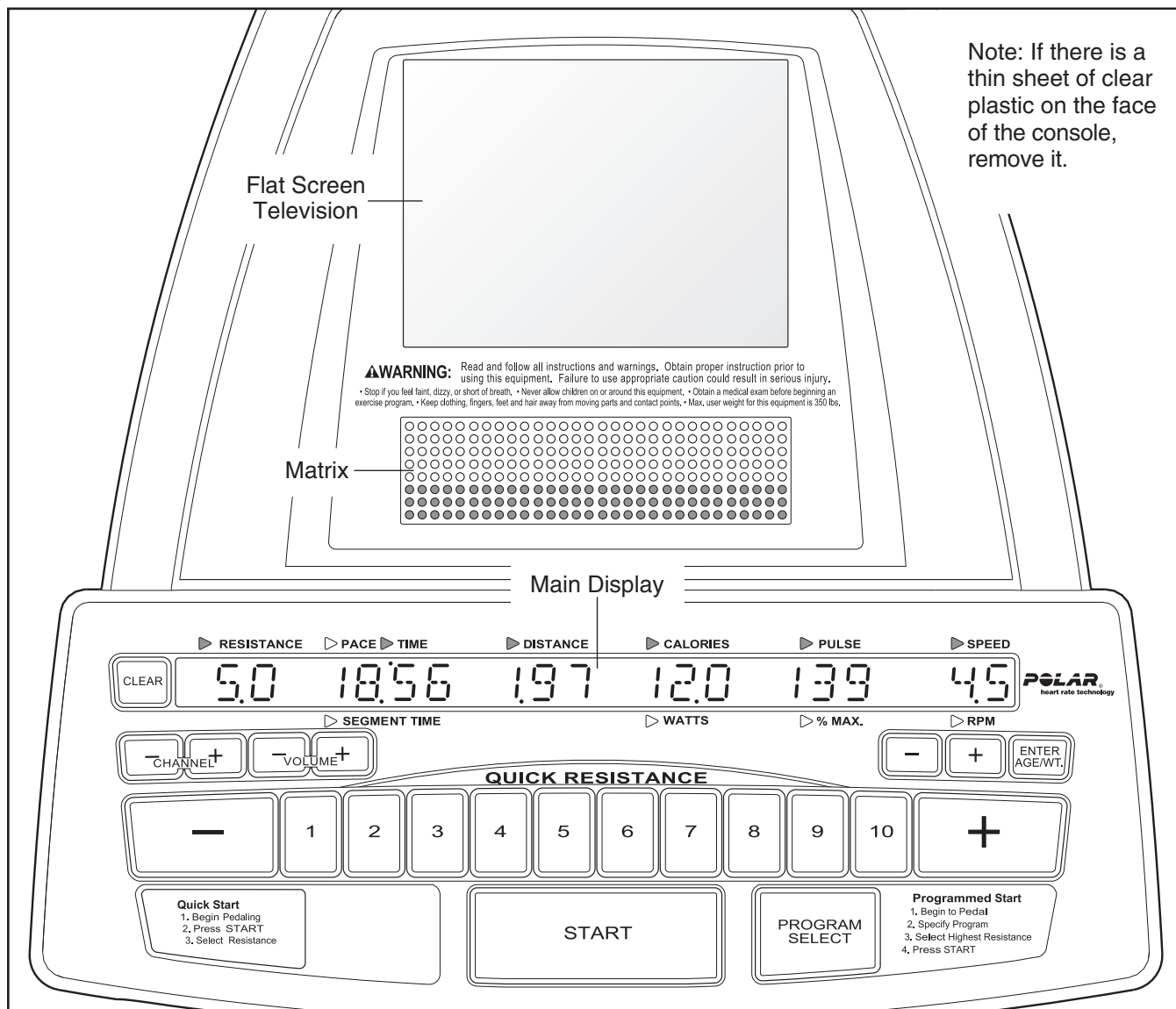
To exit the maintenance mode at any time, hold down the ENTER AGE/WT. button and the CLEAR button simultaneously for a few seconds.

TV CONNECTION SETTINGS

Refer to the chart below to find the correct TV connection setting for your country. See step 9 on page 20 to select a setting. Note: Your recumbent bike has been pre-configured to be either NTSC-compatible or PAL-compatible.

SYSTEM						
	NTSC	NTSC	NTSC J	PAL B/G	PAL B/G	PAL I
COUNTRY	Bahamas	Tobago	Japan	Afghanistan	Malaysia	Angola
	Barbados	Trinidad		Albania	Malawi	Botswana
	Bermuda	U.S.A.		Algeria	Mozambique	Hong Kong
	Cambodia	Venezuela		Australia	Netherlands	S. Africa
	Canada	Virgin Is.		Austria	N. Zealand	Zanzibar
	Chile	Vietnam		Azores	Nigeria	U.K.
	Colombia			Bahrain	Norway	
	Costa Rica			Bangladesh	Oman	
	Cuba			Brunei	Pakistan	PAL D/K
	Dominican			Cameroon	Palestine	China
	Ecuador			Canary Is.	N. Guinea	N. Korea
	El Salvador			Cape Verde	Portugal	
	Greenland			Cyprus	Qatar	
	Guam			Denmark	Sierra Leone	
	Guatamala			Fiji	Singapore	
	Haiti			Finland	Spain	
	Honduras			Germany	Sri Lanka	
	Jamaica			Ghana	Sudan	
	Mexico			Iceland	Swaziland	
	Micronesia			India	Sweden	
	Myanmar			Indonesia	Switzerland	
	Nicaragua			Israel	Thailand	
	Panama			Italy	Turkey	
	Peru			Jordan	Uganda	
	Phillipines			Kenya	Yemen	
	Puerto Rico			Kuwait	U.A.E.	
Samoa			Laos	Zambia		
S. Korea			Leichtenstein	Zimbabwe		
Suriname			Madeira			
Taiwan			Majorca Is.			

HOW TO USE THE WORKOUT TV CONSOLE



FEATURES OF THE CONSOLE

The state-of-the-art Workout TV console offers an impressive array of features to make your workouts more effective and enjoyable.

When the manual mode of the console is selected, the resistance of the pedals can be changed with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

A variety of preset workout programs is also offered. Each program automatically controls the resistance of the pedals as it guides you through an effective workout.

In addition, the console offers three pulse programs that adjust the resistance of the pedals to keep your heart rate near target levels during your workouts, and a unique fitness test program that measures your VO₂ max level. Note: The pulse programs and the fitness test program require the use of a Polar®-compatible chest pulse sensor (not included).

No matter which mode or program you select, the personal TV will allow you to enjoy the television program of your choice while you exercise.

To upgrade your recumbent bike with a Workout TV console, see HOW TO CONTACT CUSTOMER CARE on page 2.

HOW TO USE THE WORKOUT TV CONSOLE

The Workout TV console offers exactly the same features as the Basic console, but incorporates a built-in personal TV in addition. Note: The console has the capability to find and store in memory all of the valid TV channels in your area. You can even screen out unwanted channels. Refer to pages 20 and 21 for instructions.

A CATV cable must be connected to the recumbent bike in order for cable TV stations to be viewed.

Refer to HOW TO CONNECT A CATV CABLE on page 8 for instructions.

To use a Workout TV console, follow the instructions on pages 9 to 19 of this manual. To use the personal TV, follow the instructions below.

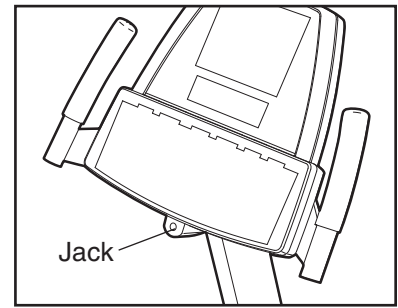
1 Select the desired channel.

Press the CHANNEL + and – buttons to select a channel. The selected channel will appear in the main display.

Note: If a satellite receiver, VCR, or DVD player is connected, the channel must be changed at the satellite receiver, VCR, or DVD player.

2 Put on headphones (not included) if desired.

To listen to television programs using headphones, plug your headphones into the indicated jack on the left side of the console.



3 Adjust the volume.

Press the VOLUME + and – buttons to select the desired volume. The selected volume setting will appear in the main display.

MAINTENANCE AND TROUBLESHOOTING

If you have questions about maintenance or troubleshooting, see **HOW TO CONTACT CUSTOMER CARE** on page 2.

Regularly inspect and properly tighten all external parts of the recumbent bike. To clean the recumbent bike, apply a small amount of mild multi-purpose cleaner to a 100% cotton cloth and wipe the console, screens, and external surfaces. **Do not spray cleaner directly onto the recumbent bike or use ammonia or acid-based cleaners.**

LEVELLING THE RECUMBENT BIKE

If the recumbent bike rocks slightly during use, see **HOW TO MOVE AND LEVEL THE RECUMBENT BIKE** on page 7.

SEAT ADJUSTMENT

To adjust the position of the seat, see **HOW TO ADJUST THE SEAT** on page 7.

SELECTING A SYSTEM OF MEASUREMENT

The console can display data using the standard system (miles and pounds) or the metric system (kilometres and kilograms). To change the system of measurement, see step 4 on page 20.

PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 6 on page 11.

TV TROUBLESHOOTING

If the TV in the Workout TV console does not function properly, make sure that the included power cord is fully inserted (see **HOW TO CONNECT THE POWER CORD** on page 7). The power cord must be used for the TV to be operated.

If the TV picture is fuzzy, make sure that the correct connection setting is selected (see step 9 on page 20). In addition, make sure that the CATV cable is properly connected (see **HOW TO CONNECT A CATV CABLE** on page 8).

EXERCISE GUIDELINES

FACTORS IN A SENSIBLE DIET

- Choose high-fibre, low-fat, and low-sugar foods: fruits, vegetables, and whole grains.
- Eat at least five servings of fruits and vegetables daily.
- Reduce red meat consumption; eat lean meat, white meat, and fish.
- Choose healthful snacks; bring healthful foods with you to work or in the car.
- Eat regular meals or mini-meals. Control your portion size—don't binge or overeat. Eat slowly.
- Reduce fast food and pre-packaged meals.
- Pay attention to fat content and calories.
- Limit alcoholic beverages and caffeine.
- Drink at least eight to ten glasses of water daily.

EXERCISE STEPS

The following nine steps for designing your exercise program were developed by exercise physiologists at NordicTrack. The actual exercise you perform is only a part of a safe and effective training program. There are many other aspects to developing a life-long commitment to physical fitness.

1 Consult your physician before beginning any exercise program.

A medical examination or consultation with your physician is essential.

2 Establish personal fitness goals.

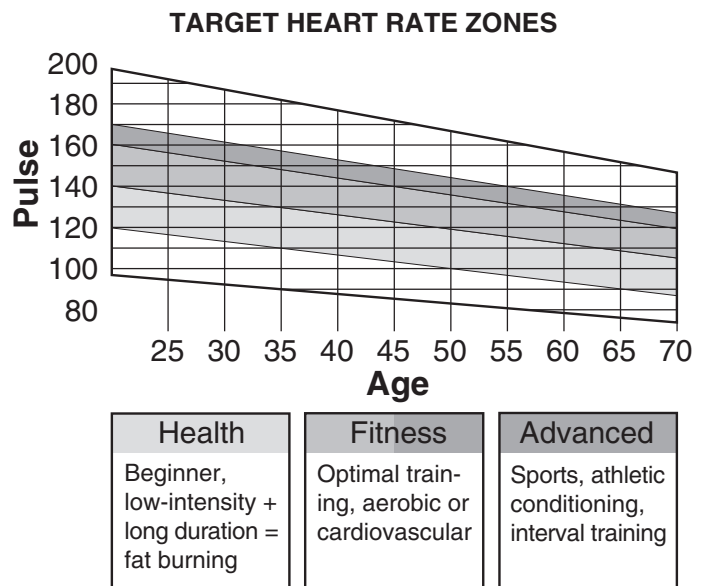
Set attainable, realistic goals. Reward yourself when you meet your goals. Remember, your goals should act as a guide for your workout program.

3 Determine your target heart rate.

Your *target heart rate* (THR), is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your *maximum heart rate* (MHR). MHR is the maximum number of times that your heart can pump during one minute. To determine your approximate MHR, subtract your age (in years) from 220. This is only an estimation of your MHR—only clinical stress testing can provide an actual MHR reading.

Once you have determined your MHR, you can establish your target heart rate zone. Beginning exercisers may wish to start at 60 to 70 percent of their MHR. This level is called the *Health* level. Exercise at 70 to 85 percent of your MHR for the optimal training, aerobic, or cardiovascular level—the *Fitness* level. Advanced exercisers, or those wishing to do sports, athletic conditioning, or interval training workouts should exercise at 80 to 85 percent of the MHR for short periods of time. The chart below shows Target Heart Rate Zones for Health, Fitness, and Advanced exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. First, check your heart rate five minutes into your workout to be sure that you are at the proper intensity. Then, check it again near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.



WEIGHT LOSS TIPS

At least four, 30-minute workouts per week, along with a reduced-calorie diet, are recommended if you are trying to lose weight. However, be sure to stay within your target heart rate zone and exercise a maximum of 5 days per week for 60 minutes per workout.

Good posture is the key to safe, comfortable workouts. Keep your chin up and your head facing forward. Align your head and shoulders with your hips. Avoid leaning forward. Keep your back straight.

4 Warm up before you begin.

A warm-up routine prepares your body and mind for vigorous exercise. It also helps provide insurance against injury and soreness. Warm up with two to five minutes of slow exercise, at minimal intensity.

5 Stretch after your warm-up.

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on a smooth, flat surface.

The correct form for several stretches is described below (see the drawings at the right). Be sure to move slowly as you stretch—never bounce.

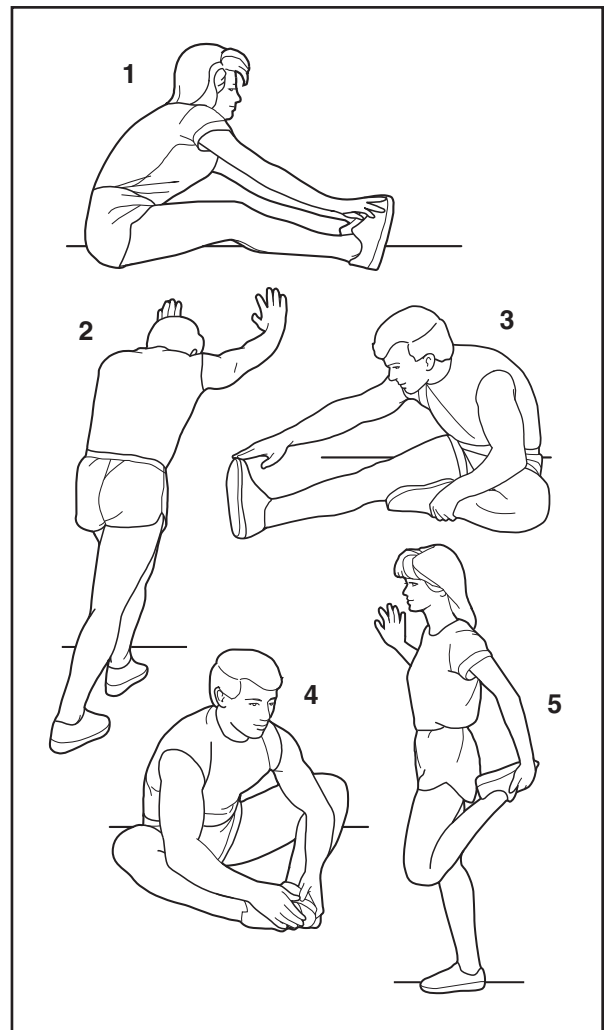
1. Toe Touch Stretch—Sit with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. Calf/Achilles Stretch—With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

3. Hamstring Stretch—Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back, and groin.

4. Inner Thigh Stretch—Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

5. Quadriceps Stretch—With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



BENEFITS OF AEROBIC EXERCISE

- Effective weight loss and management
- Added protection from heart disease
- Increased strength and health of bones
- Higher levels of energy for greater productivity during the day
- Healthy stress relief from a pressure-packed day
- Greater intellectual capacity and productivity

6 Get FIT with NordicTrack

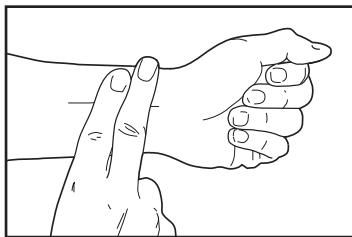
Effective aerobic exercise has three major parts: *frequency*, *intensity*, and *time*. The acronym "FIT" may help you to remember these three parts:

F "F" stands for the frequency of your workouts. Three to five workouts per week are recommended. Exercise at least four times a week for weight loss.

I "I" refers to the intensity of your workout. Check your heart rate at least twice during your aerobic exercise session: once during the session and once again at the end. Maintain a workout intensity level within your Target Heart Rate Zone. You can measure your heart rate using the handgrip pulse sensor or the method described below:

1. Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.

2. Using the index and middle fingertips of your right hand, touch your left wrist, one-fourth inch from your wrist joint, at the base of your thumb.



3. Apply minimal pressure with both fingers—let the beat come to your fingers. If you can't find your pulse, use the opposite wrist and hand.

T "T" is for the time or duration of your workout. Beginning exercisers may wish to start with 5 to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight, should exercise for 30 to 60 minutes. The key is to maintain your target heart rate for the duration of the workout period.

Remember to take it slowly. Fitness is a lifelong commitment. If you can't go the full 20 minutes from the start, which is common, try to exercise for five minutes at a time, a couple of times a day. Recent research indicates that several short workouts in one day can also provide fitness benefits. Gradually, your stamina will increase and it will become easier to exercise for longer periods of time.

7 Cool down after aerobic exercise.

Keep moving! It is important that you cool down properly to allow your heart rate to decrease slowly after it has been elevated. This helps the blood flow from your extremities back to your heart. Keep your legs moving on the recumbent bike at a slower pace for at least five minutes following the aerobic phase.

8 Stretch again at the end of your exercise session.

Stretching after exercise reduces muscle soreness. See step 5 on page 28.

9 Participate in strength training.

"Balanced fitness, including both strength training and aerobic exercise, can do more to ensure a happy life than just about anything else known to medical science today."

—Kenneth Cooper, M.D., M.P.H., founder of The Cooper Institute For Aerobic Research, Dallas, Texas.

A strength-training program increases your lean muscle mass. Lean muscle mass aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

WORKOUT TIPS

Full-body conditioning helps take care of many of life's aches and pains. However, it takes time for your body to adapt to any new routine. Below are some tips that will help ease you into your new NordicTrack routine.

- Begin and end each exercise session with the stretches on page 28. Stretch in a smooth, controlled manner. Hold each stretch for 15 to 30 seconds. You may experience some initial muscle soreness and discomfort as a result of exercising inactive or poorly stretched muscles. For maximum benefit, a stretching routine must be performed every day.
- Be aware of your body's signals and react to them accordingly. At your correct exercise intensity, you should be able to whistle or maintain a normal conversation. If during exercise you feel tired, light-headed, dizzy, or nauseated, stop exercising immediately and consult your physician. Your heart rate may also be affected by such things as stress, caffeine, nicotine, or prescription drugs.

WORKOUT PROGRAMS

The *Health* level typically lasts four to six weeks. At this level you should be concerned with slowly improving your fitness level and endurance.

Take it slowly. Set mini-goals for yourself. You may want to begin your fitness routine with three or four short, 5- or 10-minute workouts in a day.

Move on to the Fitness Level only when you feel ready and your heart rate has moved below your target heart rate zone.

The *Fitness* level usually lasts 12 to 20 weeks. (It may last longer, depending on your fitness goals.) At this level you should strive to achieve your fitness goals.

Set realistic short- and long-term goals for yourself. Frequently re-evaluate your fitness goals and reward yourself as you are successful.

Move on to the Advanced Level when you have reached your fitness goals and your heart rate has moved below your target heart rate zone.

Work out at the *Advanced* level once you have reached your desired fitness goals. It is intended to be a maintenance program and should continue on a regular, long-term basis.

You may wish to add *Interval Training* to your maintenance program as well. Interval training will add variety to your workout routine and further condition your cardiovascular system. Interval training has been shown to promote higher levels of aerobic conditioning. It consists of spurts of high-intensity activity followed by active rest periods of exercise at a lower intensity. For example, a one-minute spurt of high-resistance, fast exercise is followed by a two- to three-minute active rest period of low-resistance, slow exercise. The duration of these periods should be based more on how you feel rather than time. A sequence such as this should be repeated 5 to 20 times during your workout session.

Heart Rate Intensity								
Age	20	30	40	50	60	70	80	
60% - 70% HEALTH	b.p.m.	120-140	114-133	108-126	102-119	96-112	90-105	84-98
70% - 85% FITNESS	b.p.m.	140-170	133-162	126-153	119-145	112-136	105-128	98-119
80% - 85% ADVANCED	b.p.m.	160-170	152-162	144-153	136-145	128-136	120-128	112-119

PART LIST

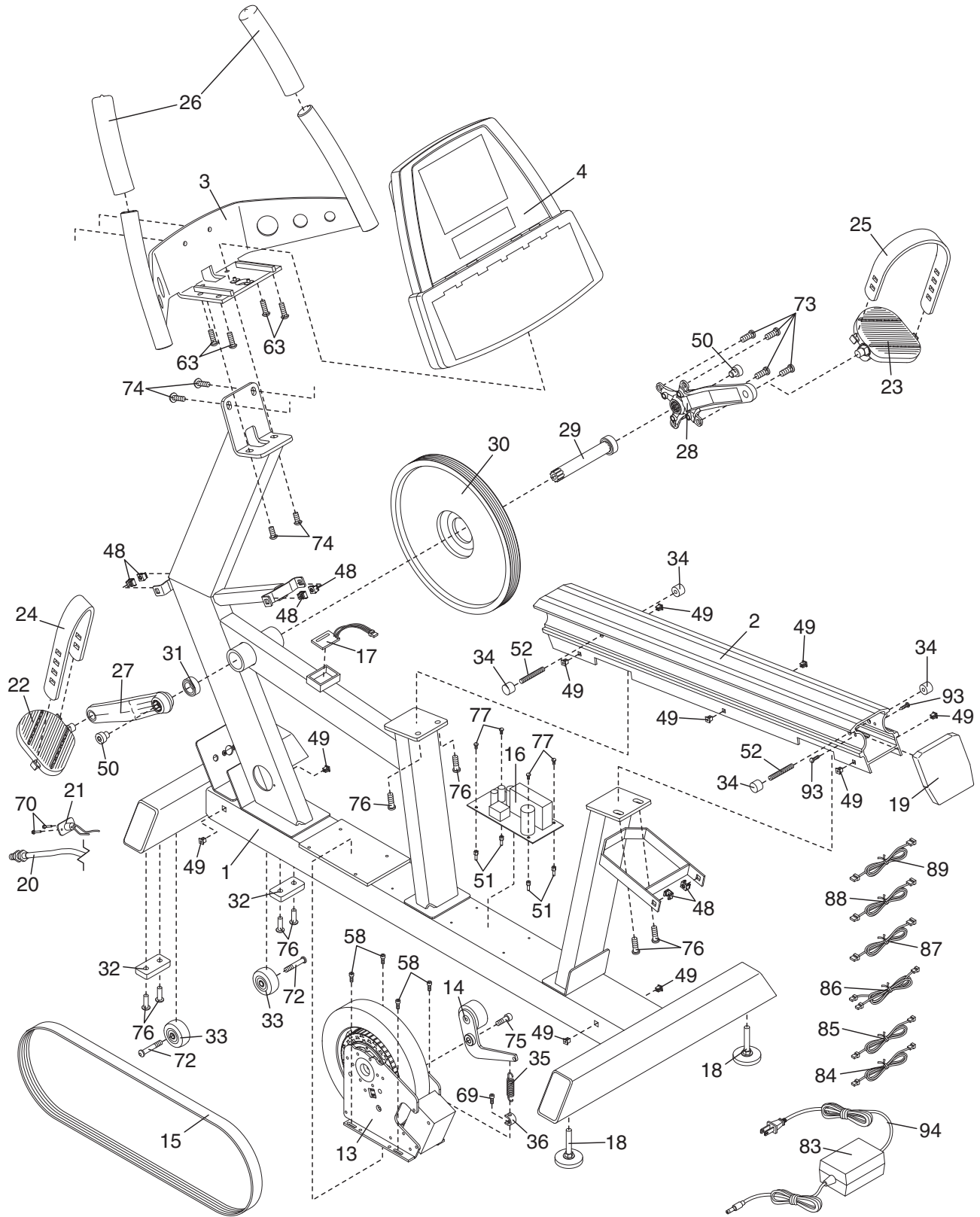
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To locate the parts listed below, see the EXPLODED DRAWING on pages 32 and 33.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	1	Spring Bracket	69	1	1/4" x 3/8" Button Screw
2	1	Seat Rail	37	1	Seat Lock	70	2	#4 x 1/2" Machine Screw
3	1	Handlebar	38	2	Lock Pad	71	6	3/8" Nylon Locknut
4	1	Console	39	1	Front Carriage Cover	72	2	5/16" x 2" Button Bolt
5	1	Seat Carriage	40	1	Rear Carriage Cover	73	4	3/8" x 1/2" Patch Screw
6	1	Seat Handlebar	41	2	Hand Pulse Sensor	74	4	3/8" x 1/2" Button Screw
7	1	Left Side Shield	42	1	Pulse Jack/Wire	75	1	3/8" x 7/8" Socket Screw
8	1	Right Side Shield	43	6	Seat Bearing	76	18	3/8" x 1 1/4" Button Screw
9	1	Seat	44	4	Seat Roller	77	4	#8 x 1/4" Machine Screw
10	1	Seat Back	45	1	Seat Latch	78	1	Pulse Plug/Wire
11	1	Bottle Holder	46	1	Lock Link	79	1	#8 Sheet Metal Screw
12	1	Accessory Tray	47	1	Lock Block	80	4	1/2" Round Endcap
13	1	Generator Assembly	48	6	#8 Cage Nut	81	2	3/8" x 3/4" Button Screw
14	1	Idler Arm Assembly	49	10	#8 Anchor Insert	82	1	Handlebar Pulse Wire
15	1	Drive Belt	50	2	Crank Screw	83	1	Power Supply
16	1	Control Board	51	4	#8 Stand-off	84	1	Electromagnet Wire
17	1	Chest Pulse Sensor	52	2	5/16" x 2 3/4" Stud	85	1	Generator Coil Wire
18	2	Levelling Foot	53	6	Bearing Spacer	86	1	Power Wire
19	1	Seat Carriage Endcap	54	1	3/8" x 1 1/8" Clevis Pin	87	1	Controller Wire
20	1	TV Cable	55	1	1/4" x 1 1/8" Clevis Pin	88	1	Chest Pulse Sensor Wire
21	1	Power Receptical	56	2	1/4" x 1 1/2" Clevis Pin	89	1	Hand Pulse Sensor Wire
22	1	Left Pedal	57	4	#10 Cotter Pin	90	4	Contact
23	1	Right Pedal	58	4	1/4" x 3/8 Socket Screw	91	4	Grip Insert
24	1	Left Pedal Strap	59	2	Lock Spring	92	4	#6 x 1" Screw
25	1	Right Pedal Strap	60	1	1/2" x 1 3/4" Set Screw	93	2	#8 x 3/4" Screw
26	2	Hand Grip	61	4	5/16" Nylon Locknut	94	1	Power Cord
27	1	Left Crank Arm	62	4	5/16" x 1 1/4" Button Bolt	#	1	User's Manual
28	1	Right Crank Arm				#	3	Hex Key/Allen Wrench
29	1	Bottom Bracket	63	4	3/8" x 3/4" Button Screw	#	1	ECA Audio Jack Assembly
30	1	Pulley	64	4	1/4" x 3/4" Socket Screw			
31	1	Bottom Bracket Adaptor	65	16	#8 x 1/2" Machine Screw			
32	2	Frame Pad						
33	2	Wheel	66	2	5/16" x 1" Button Screw			
34	4	Rubber Stop	67	10	1/4" x 3/4" Button Screw			
35	1	Idler Spring	68	8	#8 x 1/2" Button Screw			

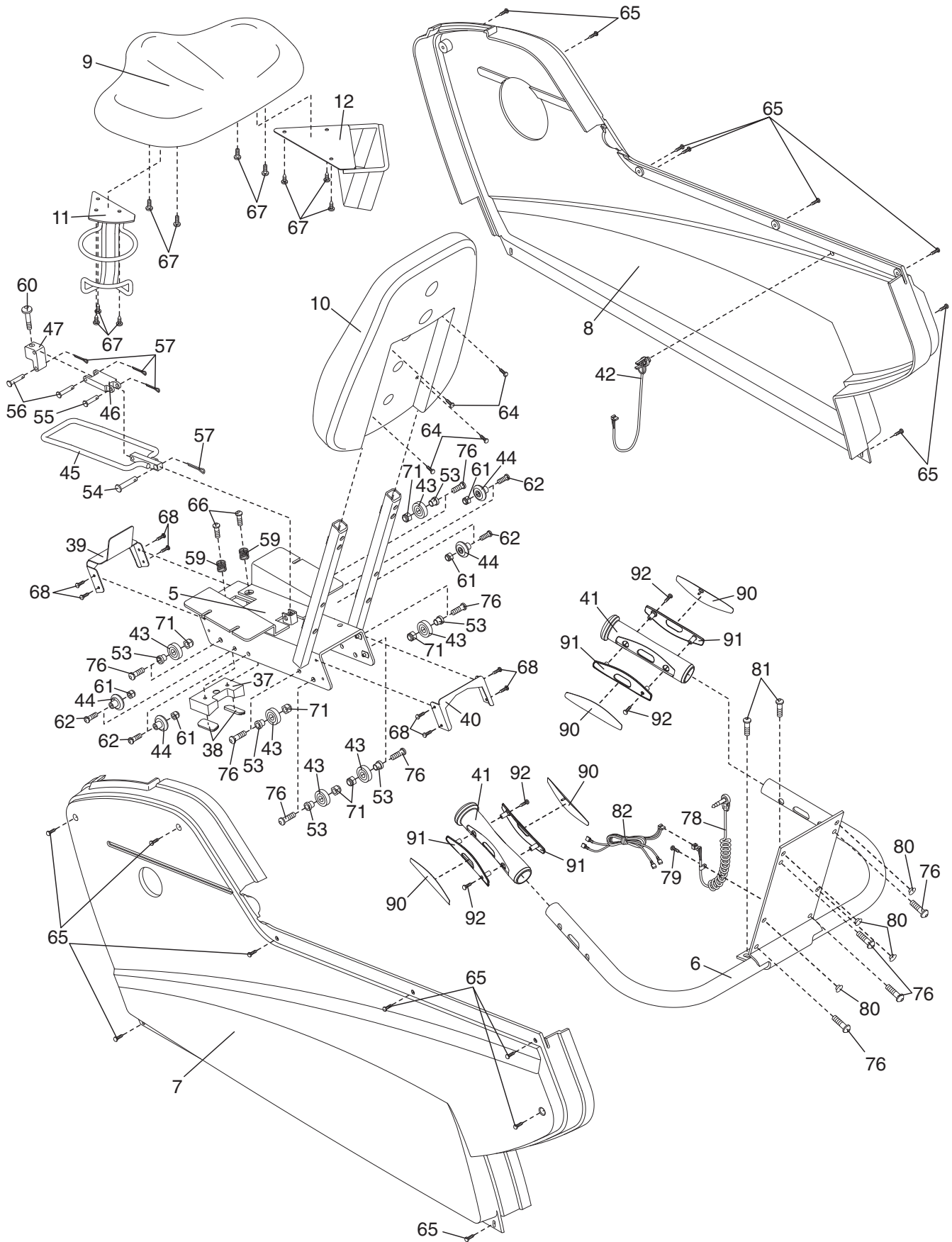
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice.

If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on page 2.



EXPLODED DRAWING B

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