

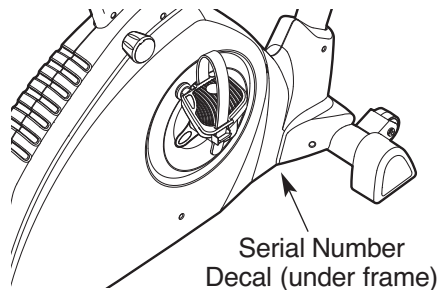
NordicTrack®



Model No. 30076.0

Serial No. _____

Write the serial number in the space above for future reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

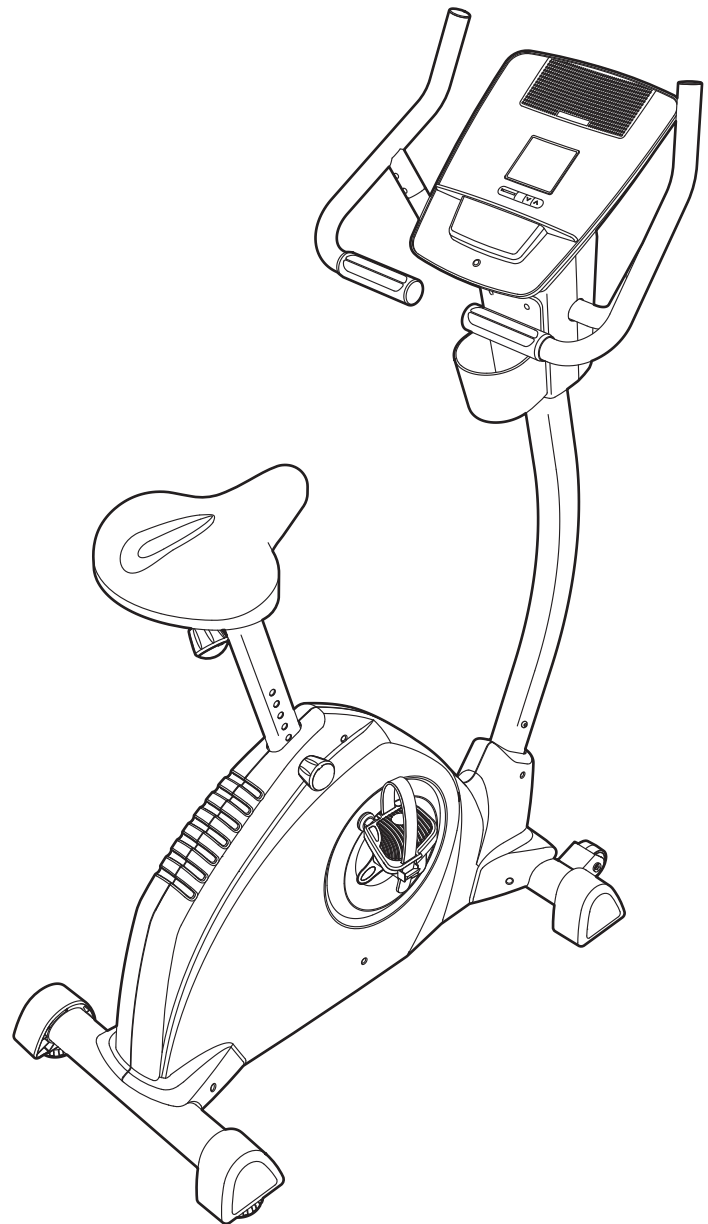
CALL TOLL-FREE:

1-888-936-4266

Mon.-Fri., 8:00 until 17:00 ET
(excluding holidays)

OR E-MAIL US:

customerservice@iconcanada.ca



CAUTION

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

www.nordictrack.com

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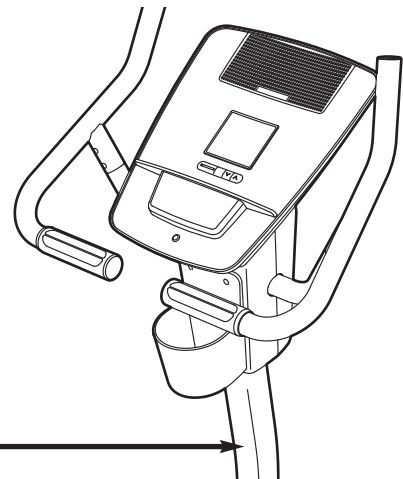

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and Instructions.
- Do not allow children on or around machine.
- User weight must not exceed 275 pounds.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around your exercise cycle.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the exercise cycle at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 275 lbs. (125 kg).
10. 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.
11. Always keep your back straight while using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.

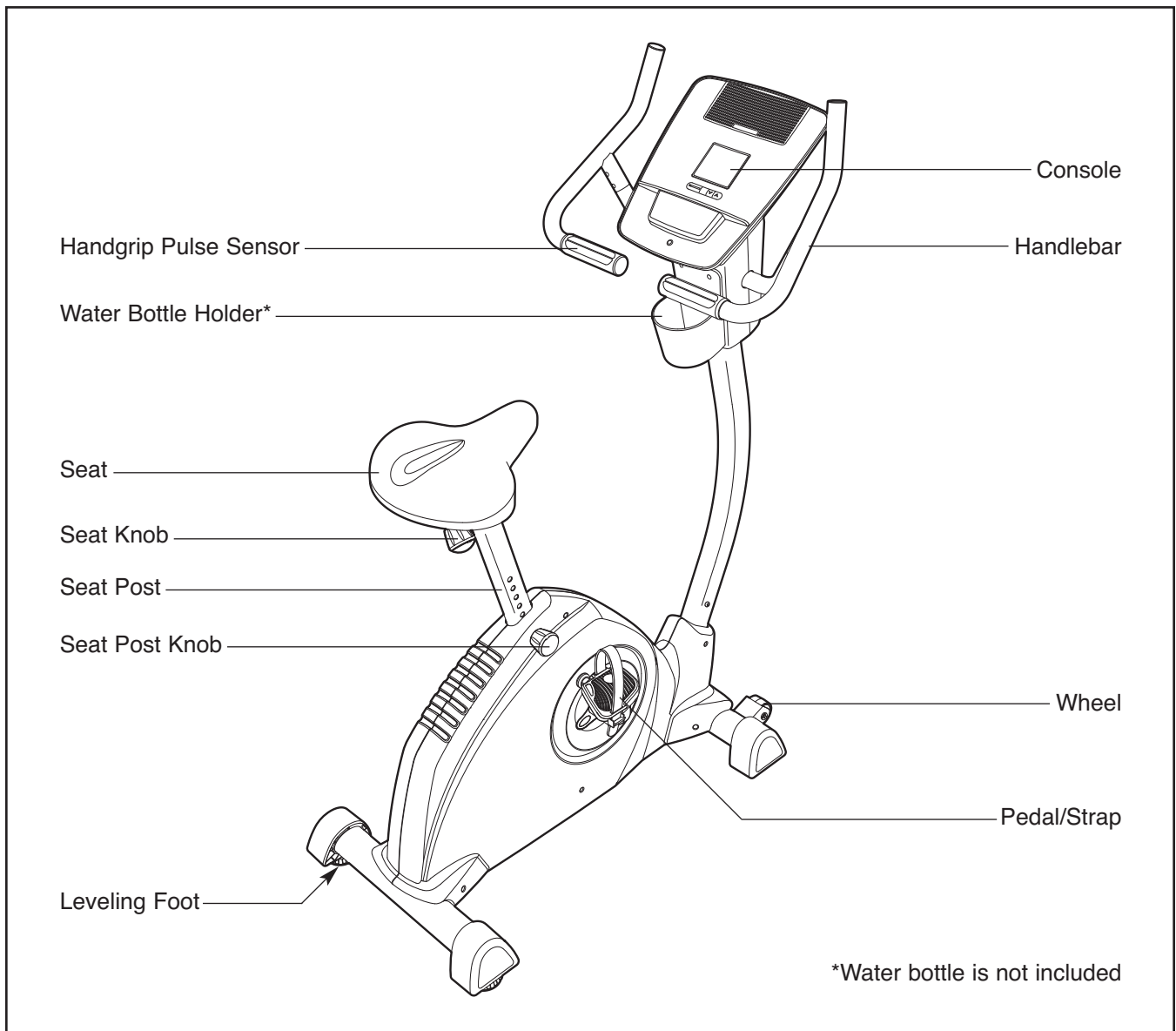
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary NordicTrack® C2 SI exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The C2 SI exercise cycle offers an impressive array of features, including motivational interactive games, designed to let you enjoy this healthful exercise in the comfort and convenience of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions




after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

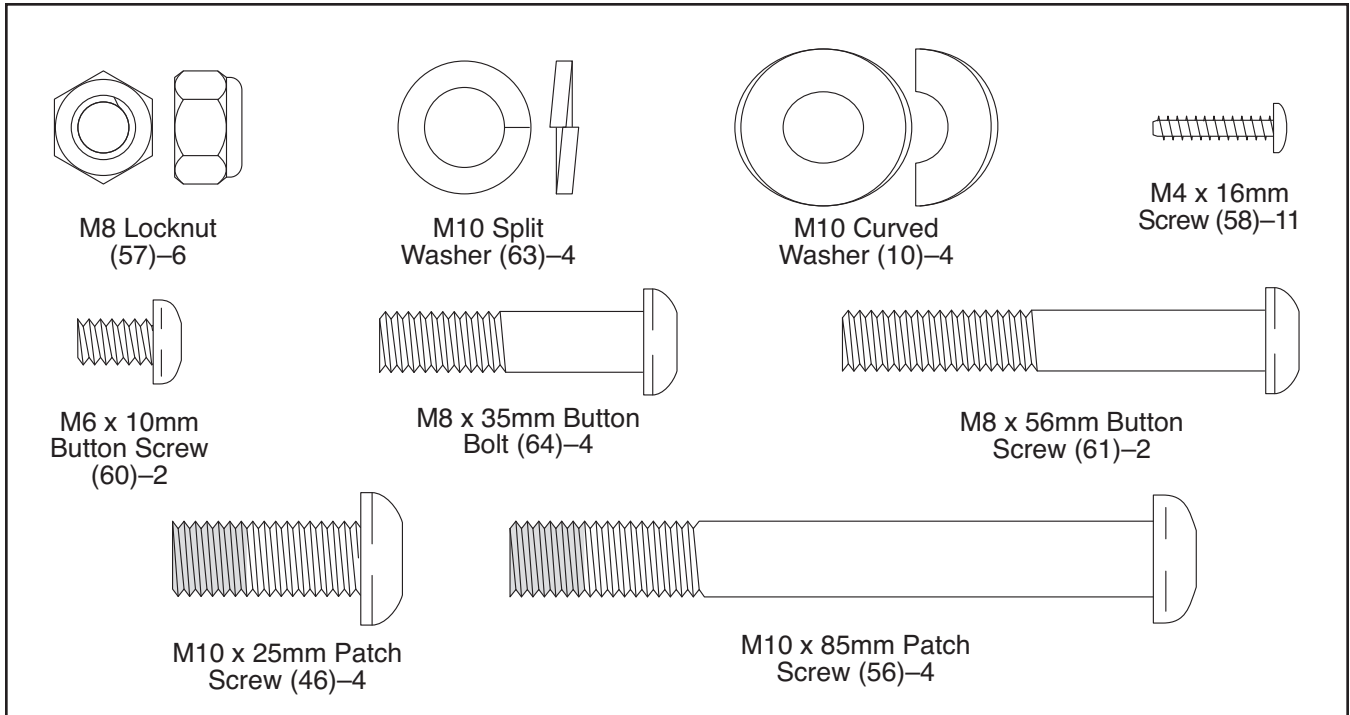


ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  , an adjustable wrench  , and a rubber mallet  .

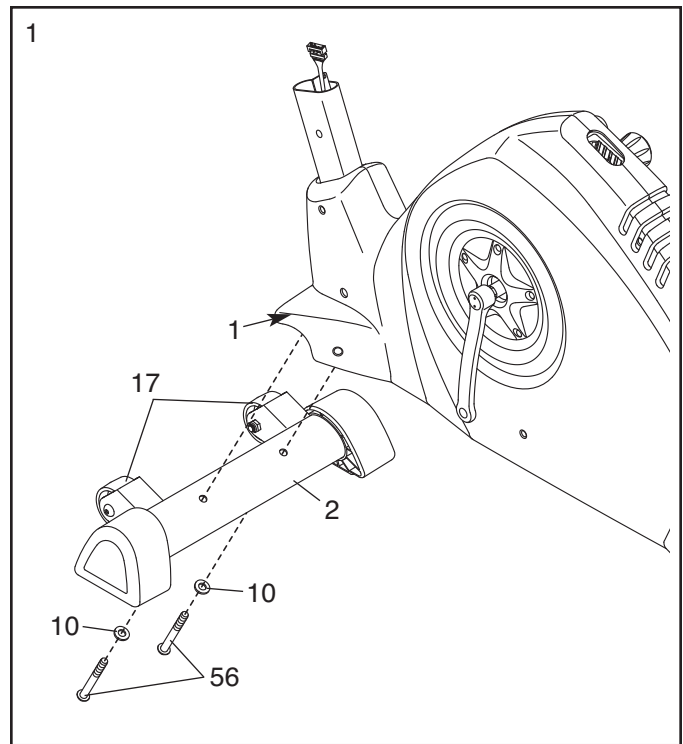
As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



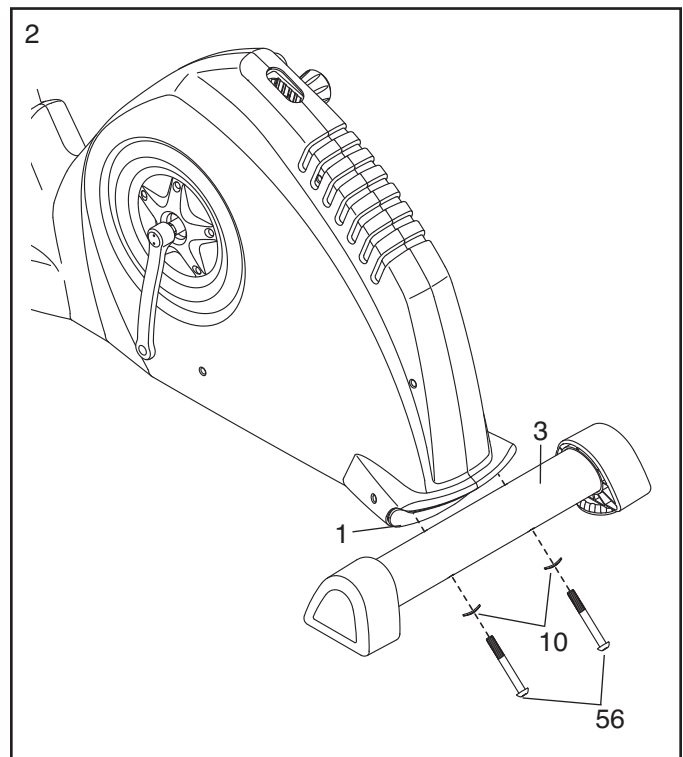
1. **To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.**

Identify the Front Stabilizer (2), which has Wheels (17) attached.

Attach the Front Stabilizer (2) to the Frame (1) with two M10 x 85mm Patch Screws (56) and two M10 Curved Washers (10).

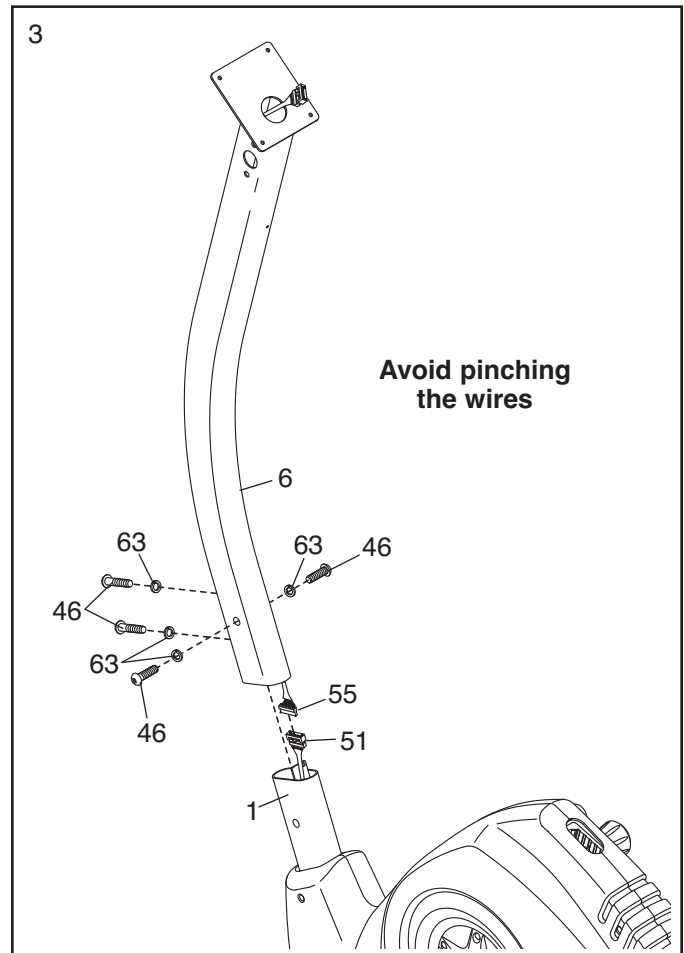


2. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 85mm Patch Screws (56) and two M10 Curved Washers (10).



3. While another person holds the Upright (6) near the Frame (1), connect the Upper Wire Harness (55) to the Lower Wire Harness (51). Next, pull the excess Upper Wire Harness out of the top of the Upright.

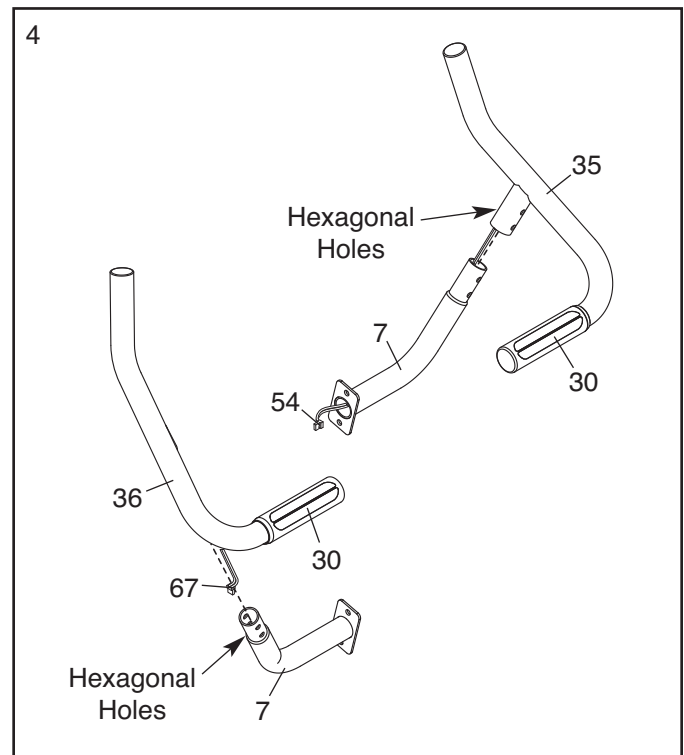
Tip: Avoid pinching the wires. Slide the Upright (6) onto the Frame (1). Attach the Upright with four M10 x 25mm Patch Screws (46) and four M10 Split Washers (63). **Tighten the two Patch Screws in the front of the Upright first, and then tighten the other Patch Screws.**



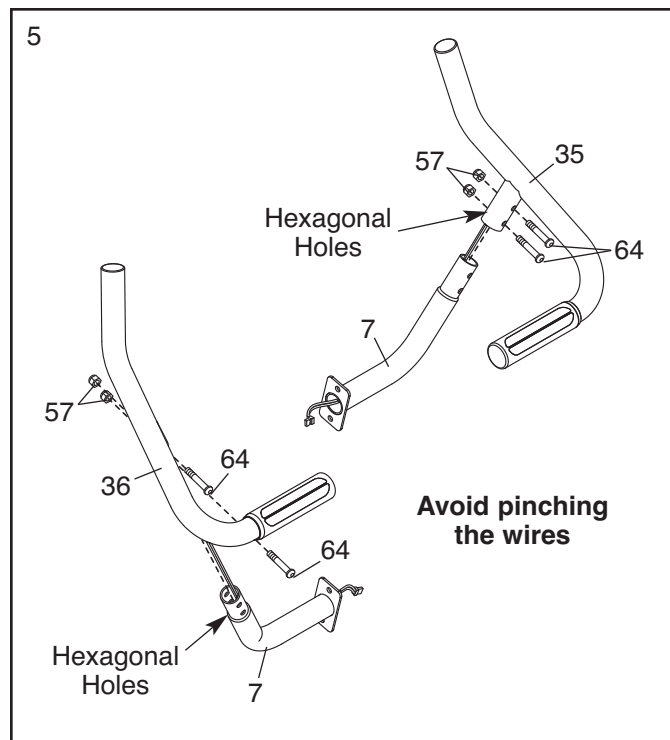
4. Identify the Right and Left Handlebars (35, 36), which are marked with "Right" and "Left" stickers.

Orient the two Handlebar Posts (7) and the Right and Left Handlebars (35, 36) as shown. **Make sure that the Pulse Sensors (30) and the hexagonal holes are in the indicated locations.**

Locate the Right and Left Pulse Wires (54, 67) in the Right and Left Handlebars (35, 36). Then, insert the Right and Left Pulse Wires through the Handlebar Posts (7).



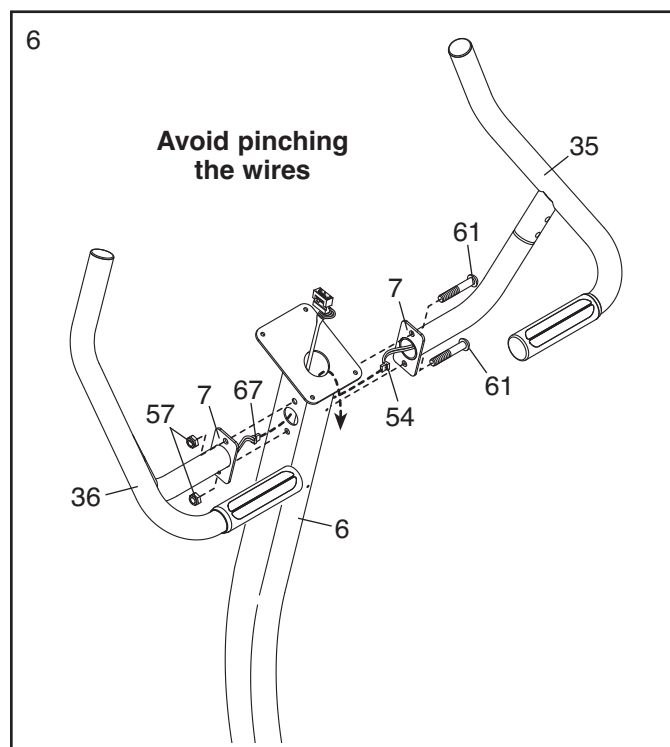
5. **Tip: Avoid pinching the wires.** Attach each Handlebar (35, 36) to a Handlebar Post (7) with two M8 x 35mm Button Bolts (64) and two M8 Locknuts (57). **Make sure that the Locknuts are in the hexagonal holes.**



6. Have another person hold the Right and Left Handlebars (35, 36) near the Upright (6).

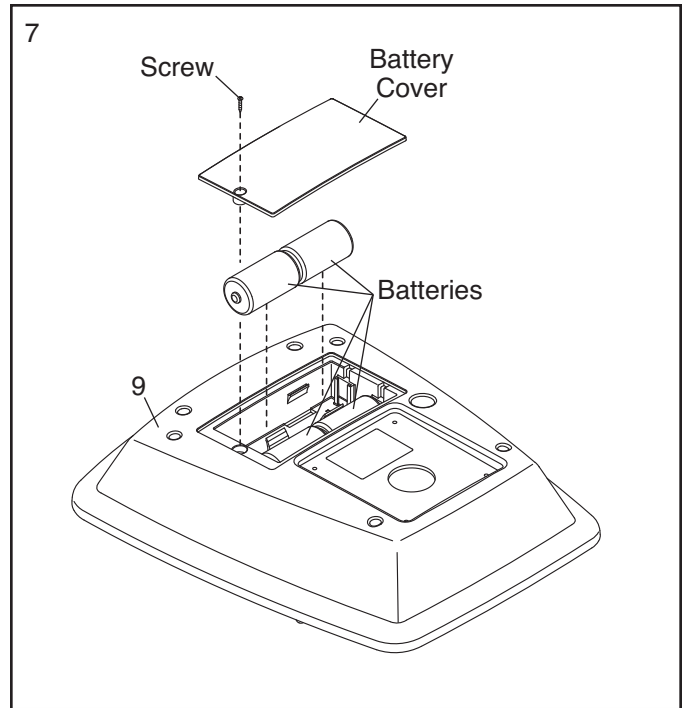
Insert the Right and Left Pulse Wires (54, 67) into the holes in the Upright (6) and pull them upward out of the top of the Upright.

Tip: Avoid pinching the wires. Attach the Handlebar Posts (7) to the Upright (6) with two M8 x 56mm Button Screws (61) and two M8 Locknuts (57).



7. The Console (9) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screw, remove the battery cover, insert the batteries into the battery compartments, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

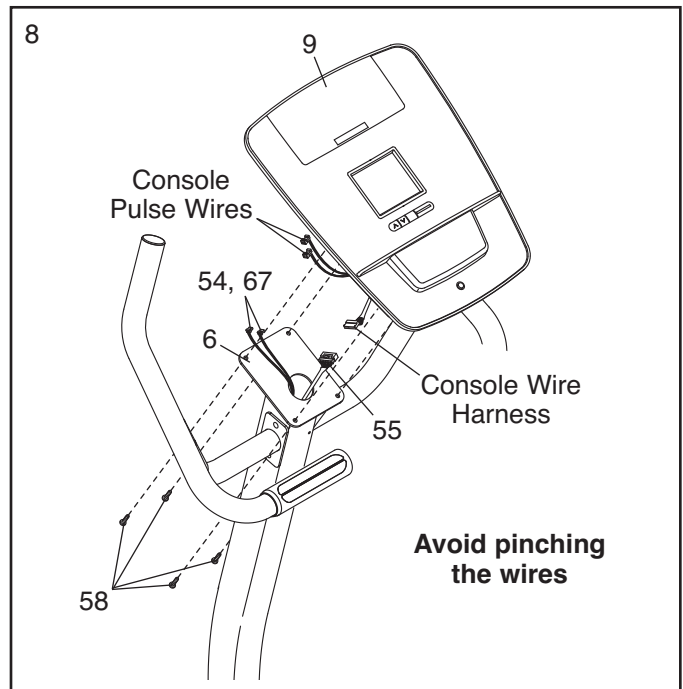
To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



8. While another person holds the Console (9) near the Upright (6), connect the console wire harness to the Upper Wire Harness (55). Then, connect the console pulse wires to the Pulse Wires (54, 67).

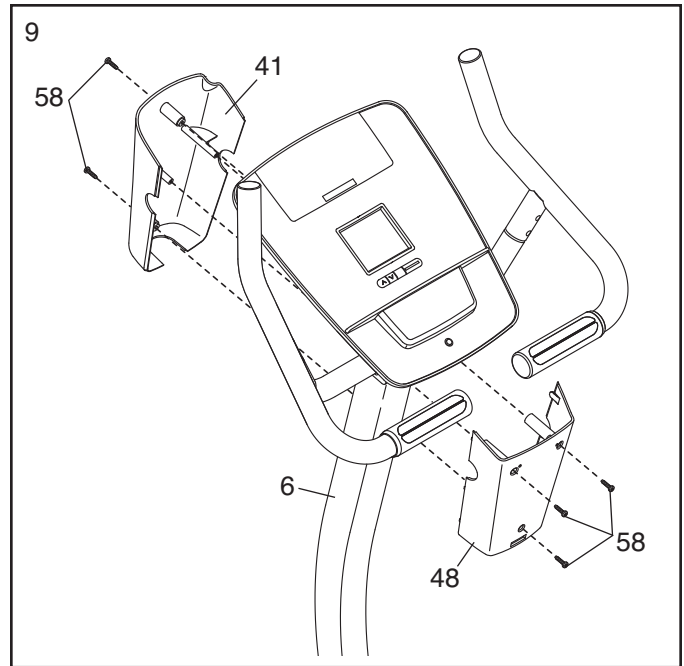
Insert the excess wire downward into the Upright (6).

Tip: Avoid pinching the wires. Attach the Console (9) to the Upright (6) with four M4 x 16mm Screws (58).

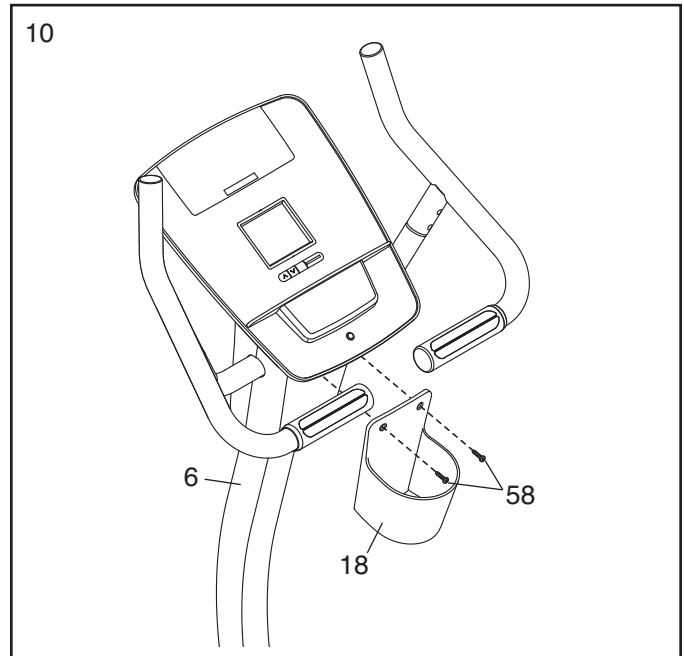


9. Orient the Front Upright Cover (41) and the Rear Upright Cover (48) as shown.

Attach the Front Upright Cover (41) and the Rear Upright Cover (48) to the Upright (6) with five M4 x 16mm Screws (58).

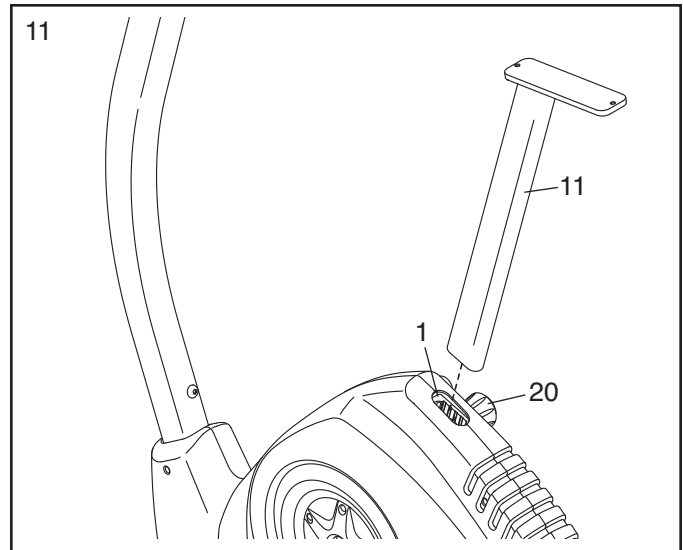


10. Attach the Water Bottle Holder (18) to the Upright (6) with two M4 x 16mm Screws (58).



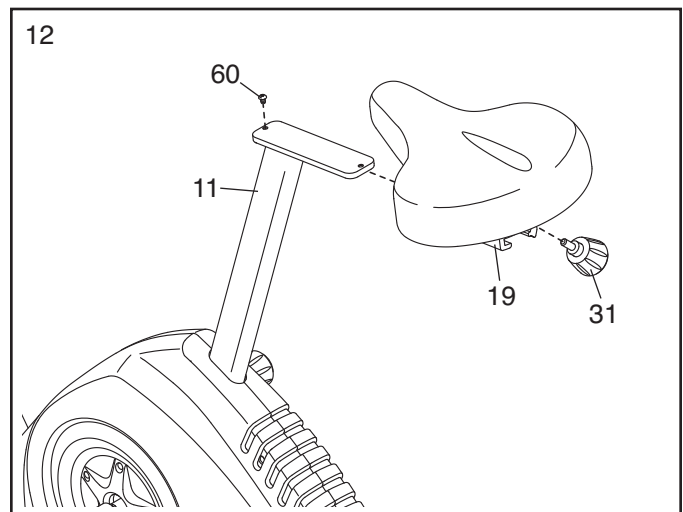
11. Loosen the Seat Post Knob (20). Next, pull the Seat Post Knob outward, and insert the Seat Post (11) into the Frame (1).

Slide the Seat Post (11) upward or downward to the desired position, and release the Seat Post Knob (20). **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Seat Post Knob.

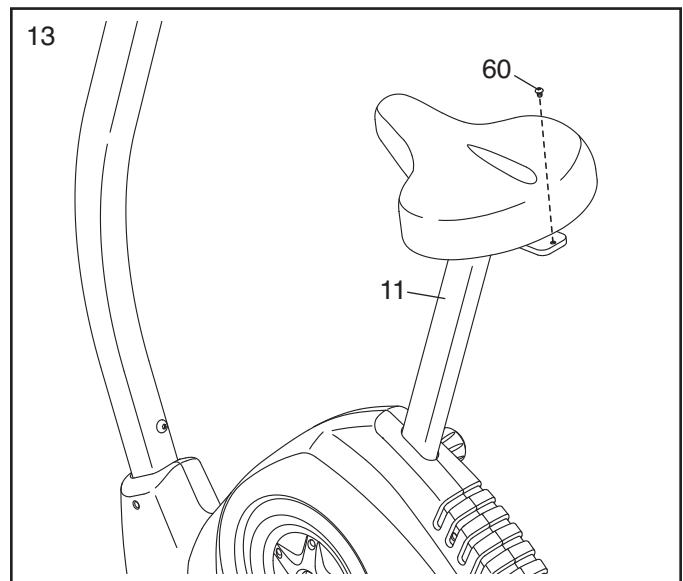


12. Attach an M6 x 10mm Button Screw (60) to the front of the Seat Post (11). Next, slide the Seat Carriage (19) onto the Seat Post.

Then, adjust the Seat Carriage (19) all the way forward and tighten the Seat Knob (31) into the Seat Carriage.



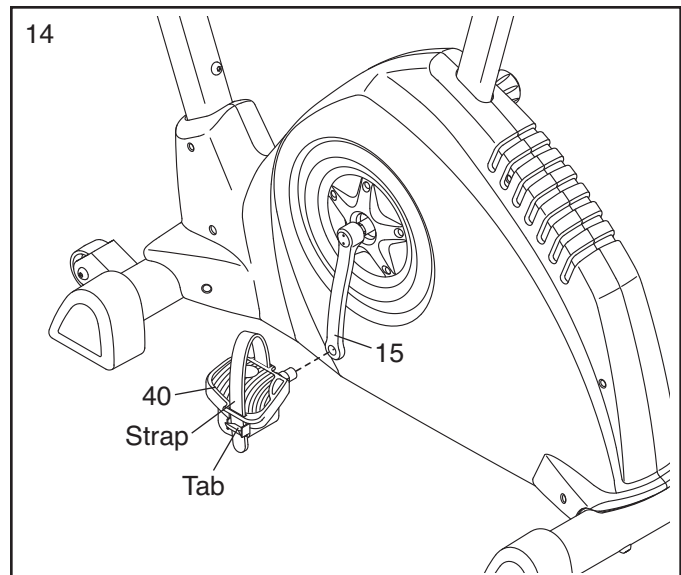
13. Attach an M6 x 10mm Button Screw (60) to the rear of the Seat Post (11).



14. Identify the Left Pedal (40), which is marked with a “Left” sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counter-clockwise* into the Left Crank (15).

Tighten the Right Pedal (not shown) *clockwise* into the Right Crank (not shown). **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

Adjust the strap on the Left Pedal (40) to the desired position, and press the ends of the straps onto the tabs on the Left Pedal. **Adjust the strap on the Right Pedal (not shown) in the same way.**



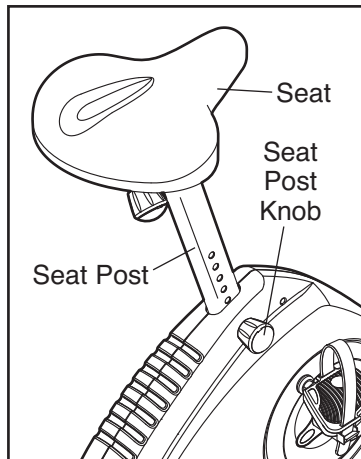
15. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE HEIGHT OF THE SEAT

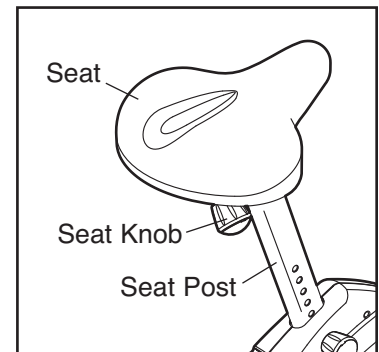
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat, first loosen the seat post knob. Next, pull the knob outward, slide the seat post upward or downward to the desired position, and then release the knob. **Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.



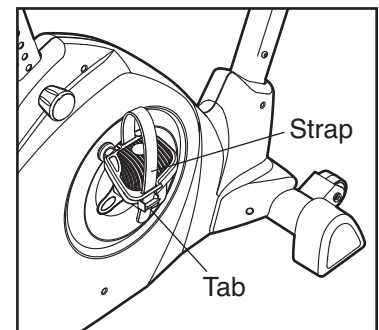
HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

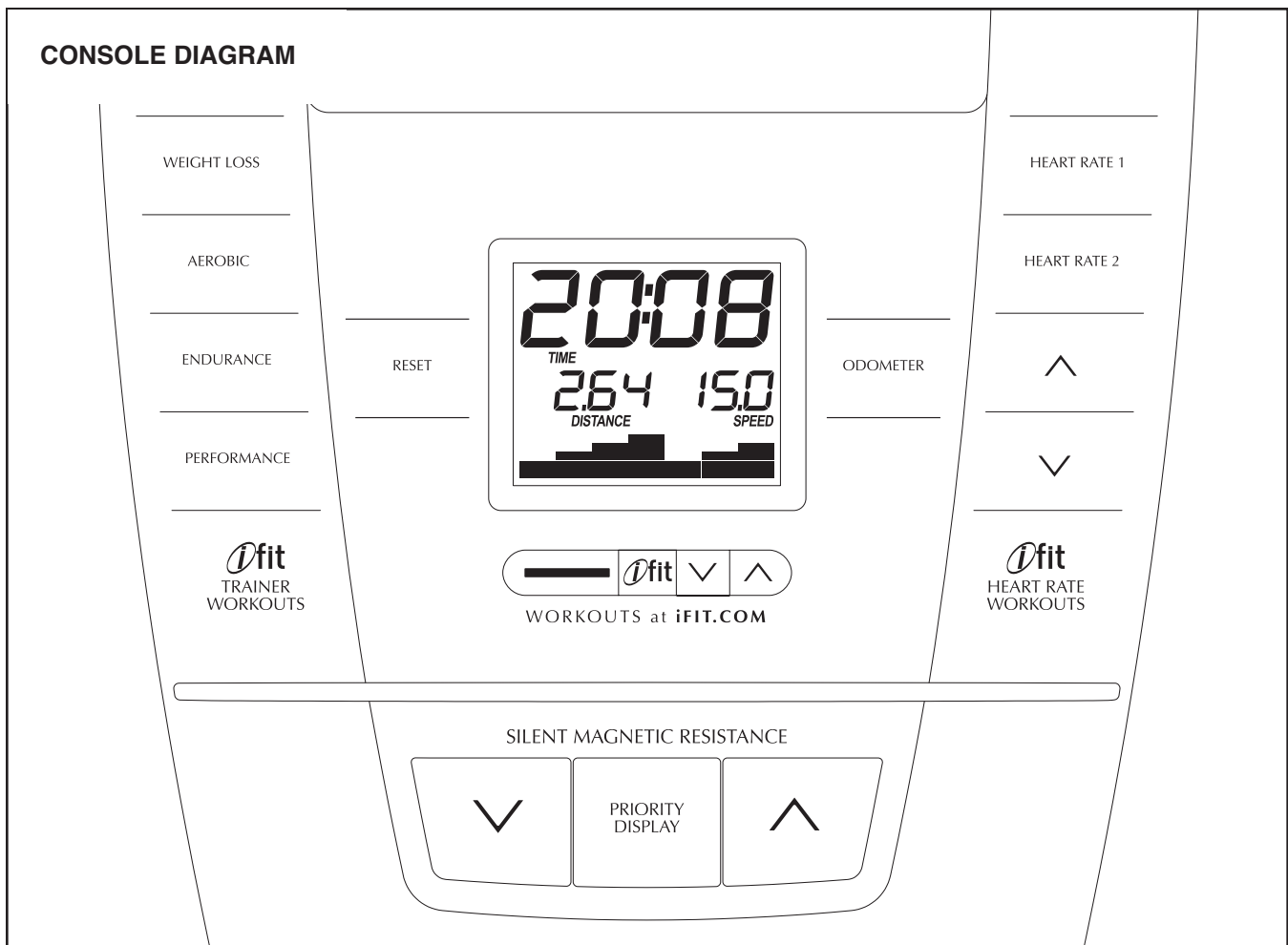
To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.



HOW TO ADJUST THE PEDAL STRAPS

To loosen the pedal straps, press the tabs and pull the straps upward. To tighten the pedal straps, pull downward on the ends of the straps.





FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

In addition, the console offers sixteen trainer workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout.

The console also offers two heart rate workouts that change the resistance of the pedals to keep your heart rate near a target heart rate while you exercise.

The console features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.**

You can even connect your MP3 player or CD player to the console's sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 15. To use a trainer workout, see page 17. To use a heart rate workout, see page 18. To use an iFit workout, see page 19. To use the sound system, see page 19. To change console settings, see page 19.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

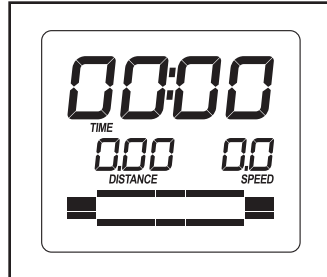
HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, a tone will sound, and the display will light.

2. **Select the manual mode.**

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until zeros appear in the display.



3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing the Silent Magnetic Resistance



increase and decrease buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

The lower left display

—As you exercise, the lower left display can show the elapsed time, the distance (in miles or kilometers) that you have pedaled.

Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



The lower right display—The lower right display can show your pedaling speed (in miles or kilometers per hour)

and the approximate number of calories that you have burned. The display also shows your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).



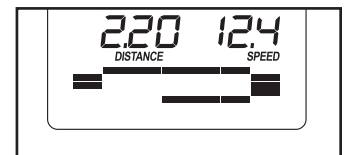
The upper display—The upper display can show the elapsed time, the distance that you have pedaled,

your pedaling speed, and the approximate number of calories you have burned. Press the Priority Display button repeatedly until the upper display shows the information that you are most interested in viewing. Note: While information is shown in the upper display, the same information will not be shown in the lower left or lower right display.

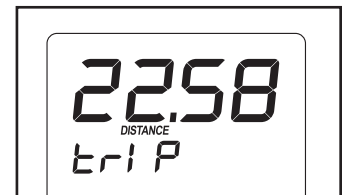


The lower display

—The lower display will show a track that indicates your progress. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



To view the trip distance, press the Odometer button once. To reset the trip distance to zero, press the Reset button.

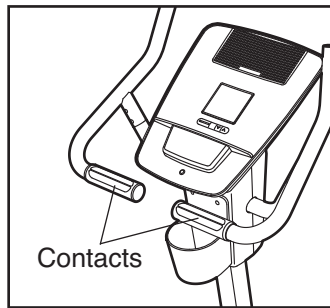


To view the total distance pedaled since the exercise cycle was purchased, press the Odometer button a second time. To exit the odometer information, press the Odometer button a third time.

Note: The console can show pedaling pace and distance in either miles or kilometers. To view or change the unit of measurement, see HOW TO CHANGE CONSOLE SETTINGS on page 19.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a flashing heart symbol will appear in the display, and then your heart rate will appear. For the



most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

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

6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound and the console will pause.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

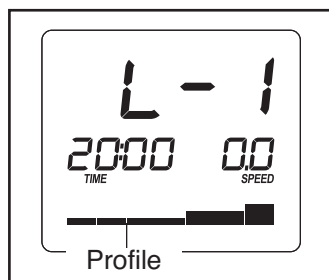
HOW TO USE A TRAINER WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

A moment after you begin pedaling or press a button, a tone will sound, and the display will light.

2. Select a trainer workout.

To select a trainer workout, press the Weight Loss, Aerobic, Endurance, or Performance button repeatedly until the name of the desired workout appears in the display. The workout time and a profile of the resistance levels for the workout will also appear in the display.



3. Begin pedaling to start the workout.

Each workout is divided into 20, 30 or 45 one-minute segments. One resistance level is programmed for each segment. Note: The same resistance level may be programmed for consecutive segments.

The resistance level for the first segment will appear in the display for a few seconds. During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current seg-

ment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Silent Magnetic Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will stop counting. To restart the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 15.

5. Measure your heart rate if desired.

See step 5 on page 16.

6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 16.

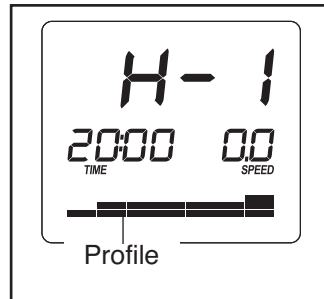
HOW TO USE A HEART RATE WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

A moment after you begin pedaling or press a button, a tone will sound, and the display will light.

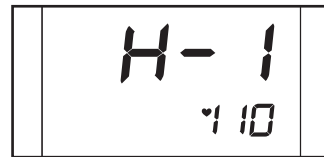
2. **Select a heart rate workout.**

To select a heart workout, press the desired Heart Rate Workouts button. The name of the workout, the workout time, and a profile of the resistance levels for the workout will then appear in the display.



3. **Enter a maximum target heart rate.**

A few seconds after you select a heart rate workout, a number will flash in the lower right display. Press the



increase and decrease buttons located below the Heart Rate Workout buttons to enter the desired maximum target heart rate (see EXERCISE INTENSITY on page 21).

4. **Begin pedaling to start the workout.**

Each heart rate workout is divided into 20 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the segment indicates the target heart rate for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.

During a heart rate workout, the console will regularly compare your heart rate to the target heart rate for the current segment of the workout. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Silent Magnetic Resistance buttons. Note: If you manually override the resistance settings, you may not maintain your target heart rate.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level for the next segment.

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. A tone will sound and the time will stop counting. To restart the workout, simply resume pedaling.

5. **Hold the handgrip pulse sensor.**

It is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 15 seconds.**

6. **Follow your progress with the display.**

See step 4 on page 15.

7. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 16.

HOW TO USE AN IFIT WORKOUT

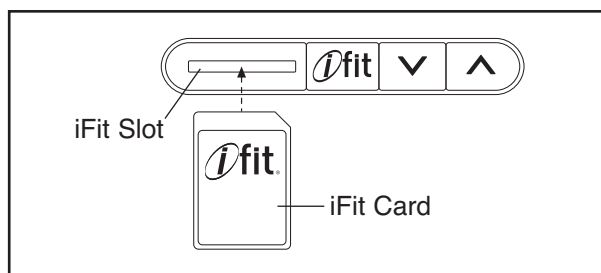
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the front cover of this manual. iFit cards are also available at select stores.

1. Begin pedaling or press any button on the console to turn on the console.

A moment after you begin pedaling or press a button, a tone will sound, and the display will light.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and words will appear in the display.



Next, select the desired workout on the iFit card by pressing the increase and decrease buttons next to the iFit slot.

A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts function in the same way as trainer workouts. To use the workout, see steps 3 to 6 on page 17.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug an audio cable (not included) into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the volume control on your MP3 player or CD player.

HOW TO CHANGE CONSOLE SETTINGS

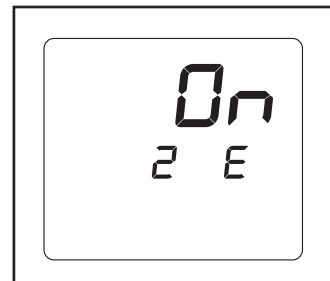
The console features a user mode that allows you to select a unit of measurement and a backlight option for the console and to view console usage information.

1. Select the user mode.

To select the user mode, press and hold down the Priority Display button for a few seconds until the user mode information appears in the display.

2. Select a backlight option if desired.

The console has three backlight options. The ON option keeps the backlight on while the console is on. To conserve the batteries, the AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.



The upper display will show the currently selected backlight option. Press the Silent Magnetic Resistance increase button repeatedly to select the desired backlight option.

3. Select a unit of measurement if desired.

The console can show pedaling pace and distance in either miles or kilometers.

The lower right display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the lower right display. To change the unit of measurement, press the Silent Magnetic Resistance decrease button repeatedly.

Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

4. View console usage information if desired.

The lower left display will show the total number of hours that the console has been in use since the exercise cycle was purchased.

5. Exit the user mode.

Press the Priority Display button to save the console settings and exit the user mode.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

TIGHTENING THE PEDALS

For best performance, regularly tighten both pedals.

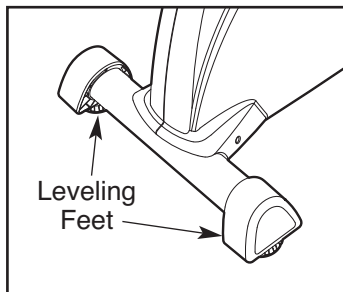
CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced. See assembly step 7 on page 9 for replacement instructions.

If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 16.

HOW TO LEVEL THE EXERCISE CYCLE

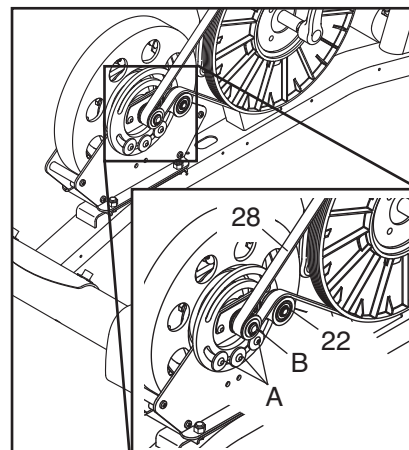
If the exercise cycle does not sit flat on your floor, turn one or both of the leveling feet until the exercise cycle is level.



HOW TO ADJUST THE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted. To adjust the belt, the pedals and shields must first be removed. Using an adjustable wrench, turn the right pedal counterclockwise and remove it. Then, turn the left pedal clockwise and remove it. Remove the screws from the right shield, and then carefully pull the shields away from the frame.

Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler Pulley (22) and the pulley (B). Pull the top of the screwdriver toward the rear of the exercise cycle until the Belt (28) is tight. Then, tighten the three screws.



Reattach the shields, and then reattach the pedals. To attach the pedals, turn the right pedal clockwise and turn the left pedal counterclockwise.

EXERCISE GUIDELINES

⚠ 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.

The pulse sensor is not a medical device. Various factors 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. 30076.0

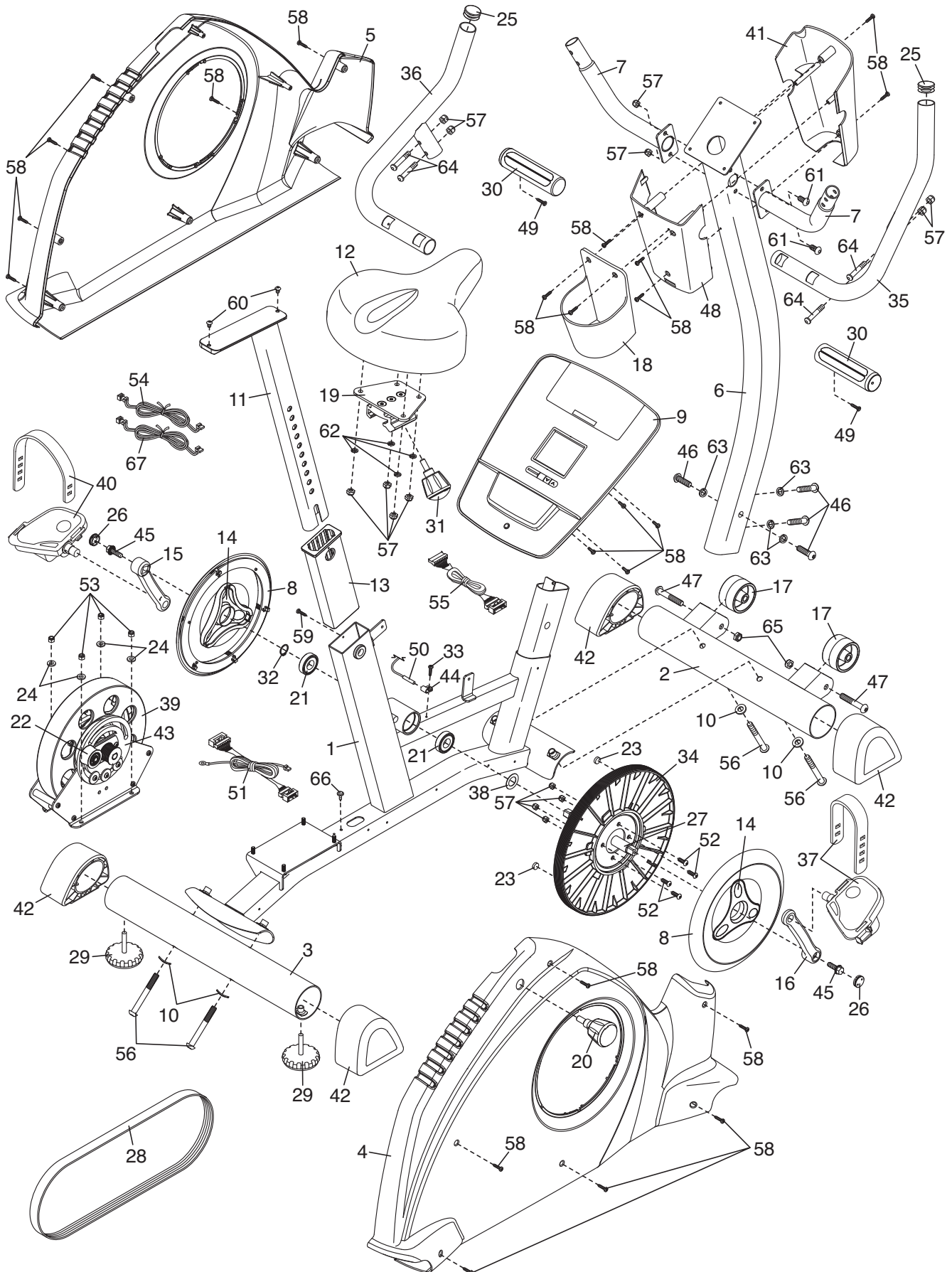
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	37	1	Right Pedal/Strap
2	1	Front Stabilizer	38	1	Crank Washer
3	1	Rear Stabilizer	39	1	Eddy Mechanism
4	1	Right Shield	40	1	Left Pedal/Strap
5	1	Left Shield	41	1	Front Upright Cover
6	1	Upright	42	4	Stabilizer Cap
7	2	Handlebar Post	43	1	Idler
8	2	Pedal Guard	44	1	Clamp
9	1	Console	45	2	5/16" x 1" Flange Screw
10	4	M10 Curved Washer	46	4	M10 x 25mm Patch Screw
11	1	Seat Post	47	2	M10 x 60mm Button Bolt
12	1	Seat	48	1	Rear Upright Cover
13	1	Collar	49	2	M4 x 10mm Screw
14	2	Shield Cover	50	1	Reed Switch/Wire
15	1	Left Crank	51	1	Lower Wire Harness
16	1	Right Crank	52	4	M8 x 16mm Screw
17	2	Wheel	53	4	M6 Locknut
18	1	Water Bottle Holder	54	1	Right Pulse Wire
19	1	Seat Carriage	55	1	Upper Wire Harness
20	1	Seat Post Knob	56	4	M10 x 85mm Patch Screw
21	2	Crank Bearing	57	14	M8 Locknut
22	1	Idler Pulley	58	23	M4 x 16mm Screw
23	2	Magnet	59	1	M4 x 5mm Screw
24	4	M6 Split Washer	60	2	M6 x 10mm Button Screw
25	2	Handlebar Cap	61	2	M8 x 56mm Button Screw
26	2	Crank Cover	62	4	M8 Split Washer
27	1	Crank Spindle	63	4	M10 Split Washer
28	1	Belt	64	4	M8 x 35mm Button Bolt
29	2	Leveling Foot	65	2	M10 Locknut
30	2	Pulse Sensor	66	1	#8 x 1/2" Flange Screw
31	1	Seat Knob	67	1	Left Pulse Wire
32	1	Crank Snap Ring	*	—	Resistance Motor
33	1	#8 x 1/2" Screw	*	—	Pillow Block
34	1	Pulley	*	—	Assembly Tool
35	1	Right Handlebar	*	—	User's Manual
36	1	Left Handlebar			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. 30076.0

R1009A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for seven (7) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from province to province.

ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8