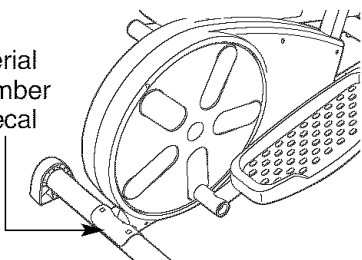


HEALTHRIDER® H300

Model No. HREL3226.0

Serial No. _____

Serial
Number
Decal



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

1-888-922-4222

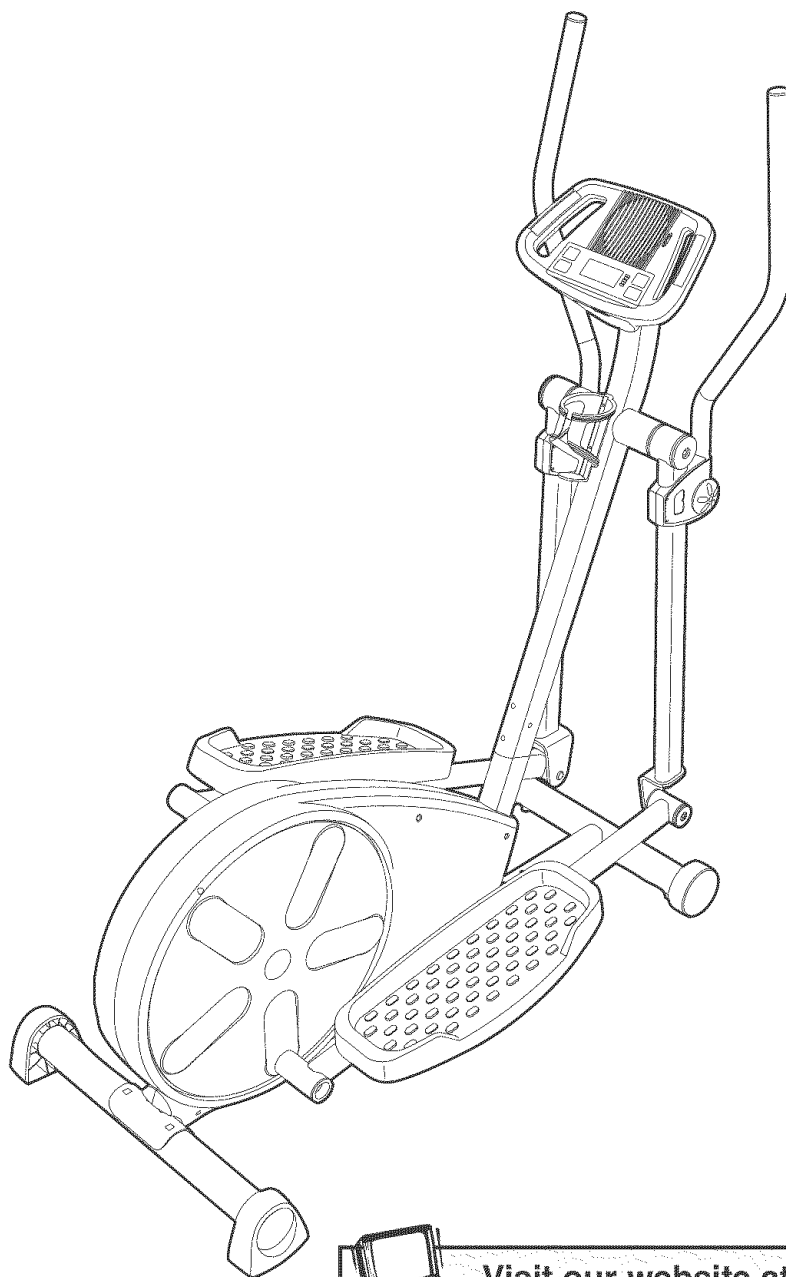
Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.healthriderservice.com

CAUTION

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



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www.healthrider.com

new products, prizes,
fitness tips, and much more!

HEALTHRIDER®

H300

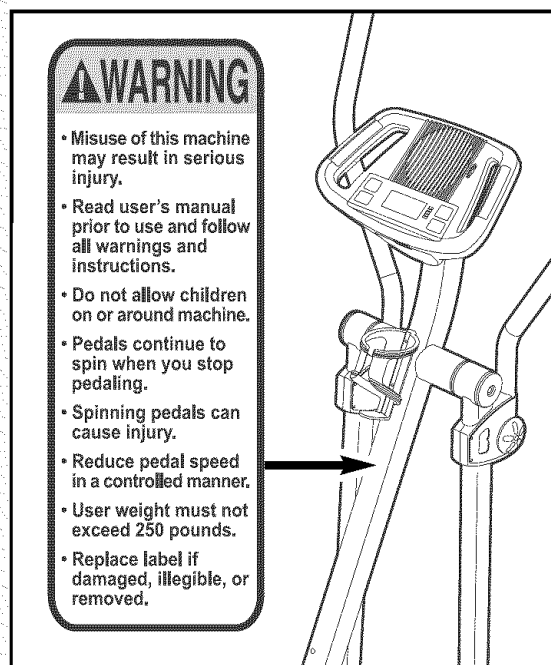
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IMPORTANT PRECAUTIONS

▲ WARNING: To reduce the risk of serious injury, read the following important precautions before using the elliptical exerciser.

1. Read all instructions in this manual and all warnings on the elliptical exerciser before using the elliptical exerciser.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 250 pounds.
8. Wear appropriate exercise clothes while using the elliptical exerciser. Wear athletic shoes for foot protection while exercising.
9. When mounting and dismounting the elliptical exerciser, always hold the upper body arms and step onto and off the pedal that is in the lowest position.
10. Keep your back straight while using the elliptical exerciser; do not arch your back.
11. 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.
12. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. The decal shown below has been placed on the elliptical exerciser. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location 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.

BEFORE YOU BEGIN

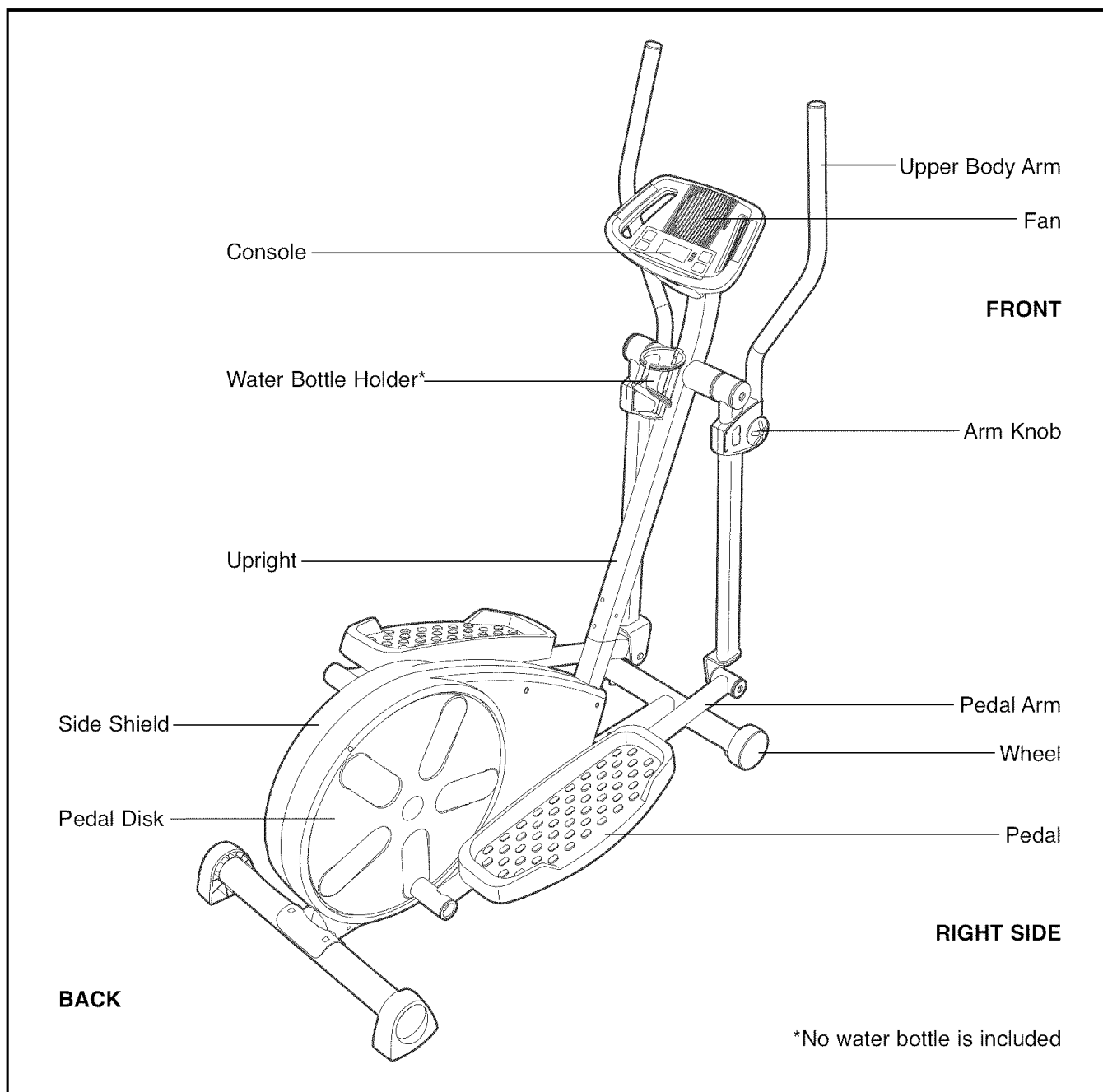
Thank you for selecting the new HEALTHRIDER® H 300 elliptical exerciser. The HEALTHRIDER H 300 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. Welcome to a whole new world of natural, elliptical-motion exercise.

For your benefit, read this manual carefully before you use the elliptical exerciser. 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 con-

tacting us. The model number is HREL3226.0. The serial number can be found on a decal attached to the elliptical exerciser (see the front cover of this manual).

To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.healthriderservice.com/registration.




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



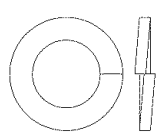
ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call toll-free 1-800-445-2480.

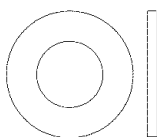
Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires your own phillips screwdriver , adjustable wrench , and rubber mallet .

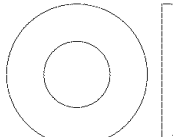
See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 17. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not found in the parts bag, check to see if it has been preassembled.**



M8 Split Washer (79)–4



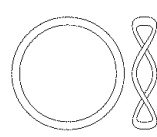
M8 Washer (64)–4



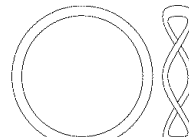
M8 Large Washer (81)–2



M10 Split Washer (78)–4



Wave Washer (27)–2



Large Wave Washer (20)–4



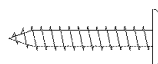
Star Washer (85)–6



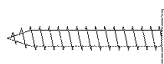
M4 x 12mm Flat Head Screw (88)–8



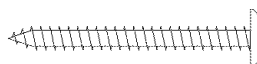
M4 x 16mm Screw (60)–4



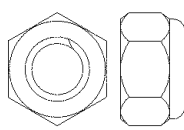
M4 x 19mm Screw (68)–6



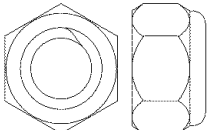
M4 x 22mm Screw (66)–2



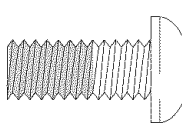
M4 x 32mm Screw (67)–8



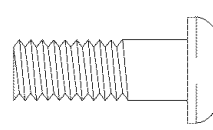
M8 Nylon Locknut (59)–2



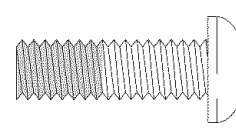
M10 Nylon Locknut (84)–4



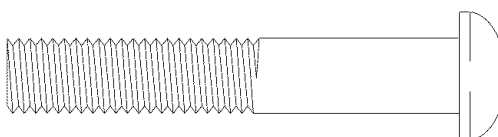
M8 x 19mm Patch Screw (73)–4



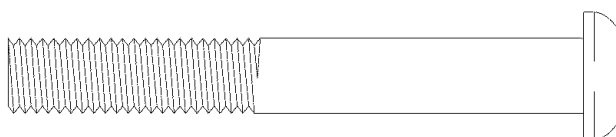
M8 x 23mm Button Screw (65)–4



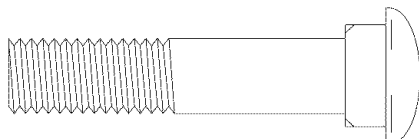
M8 x 25mm Patch Screw (70)–2



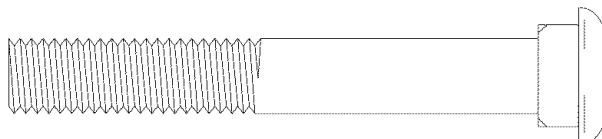
M10 x 60mm Button Screw (89)–2



M10 x 76mm Button Bolt (74)–2



M10 x 50mm Carriage Bolt (75)–2

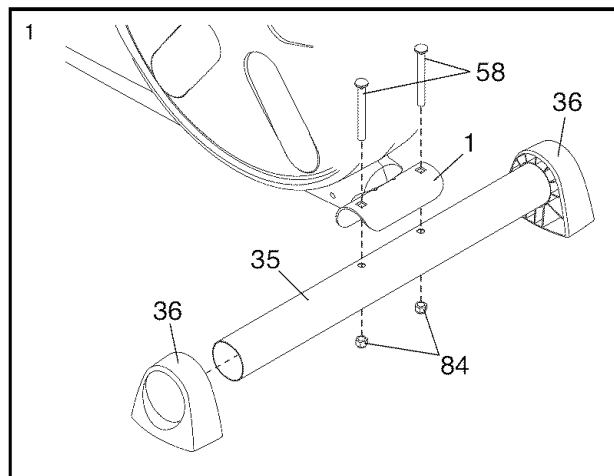


M10 x 75mm Carriage Bolt (58)–2

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

Attach the Rear Stabilizer (35) to the Frame (1) with two M10 x 75mm Carriage Bolts (58) and two M10 Nylon Locknuts (84).

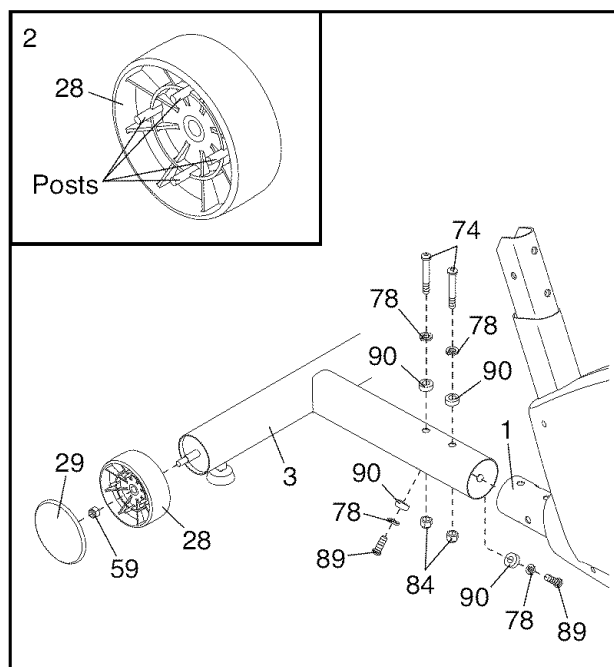
Press the Stabilizer Endcaps (36) onto the Rear Stabilizer (35) as shown.



2. Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 76mm Button Bolts (74), two M10 Split Washers (78), two Concave Spacers (90), and two M10 Nylon Locknuts (84). **Do not tighten the Nylon Locknuts yet.**

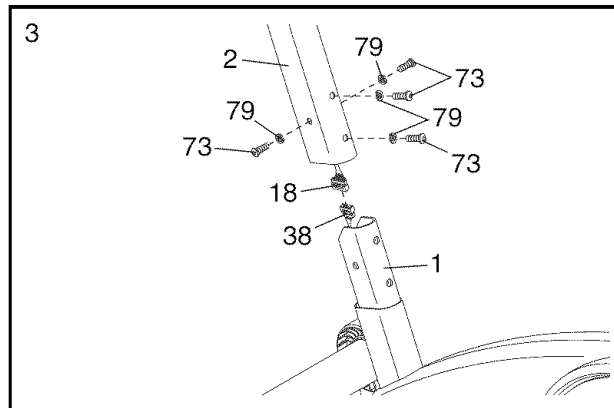
Thread two M10 x 60mm Button Screws (89) with two M10 Split Washers (78) and two Concave Spacers (90) through the Front Stabilizer (3) and into the Frame (1). **Tighten the two M10 Nylon Locknuts (84), and then tighten the Button Screws.**

Orient a Wheel (28) so the four posts (see the inset drawing) are facing away from the Front Stabilizer (3). Attach the Wheel to the Front Stabilizer with an M8 Nylon Locknut (59). Next, press a Wheel Cover (29) onto the posts on the Wheel. **Attach the other Wheel (not shown) in the same way.**



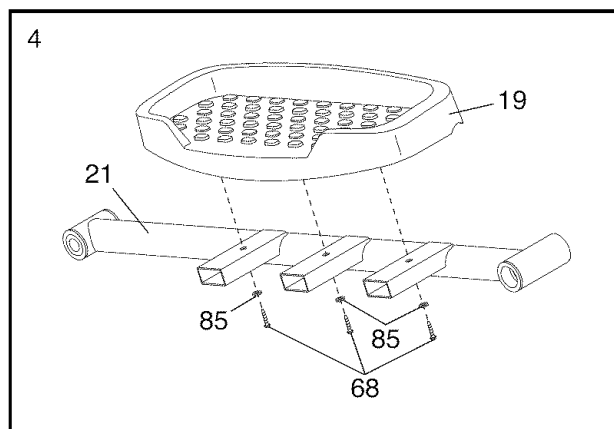
3. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (18) to the Lower Wire Harness (38).

Carefully slide the Upright (2) onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses (18, 38).** Attach the Upright with four M8 x 19mm Patch Screws (73) and four M8 Split Washers (79). **Do not tighten the Patch Screws yet.**



4. Identify the Left Pedal Arm (21), which is marked with a sticker. Attach a Pedal (19) to the Left Pedal Arm with three M4 x 19mm Screws (68) and three Star Washers (85).

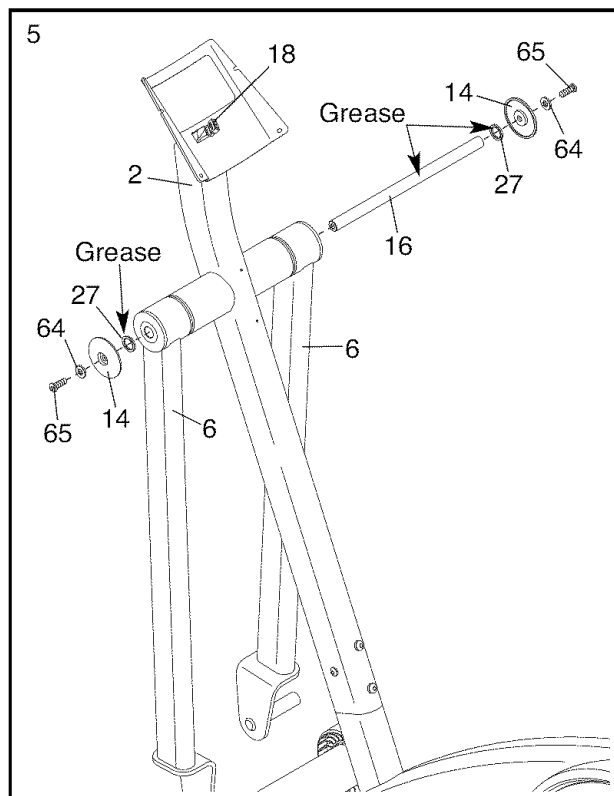
Attach the other Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.



5. Apply a generous amount of grease to the Pivot Axle (16). Then, apply a small amount of grease to two Wave Washers (27).

While another person aligns the Upper Body Legs (6) with the Upright (2) as shown, insert the Pivot Axle (16) into the Upper Body Legs and the Upright. **Be careful not to damage the Upper Wire Harness (18) with the Pivot Axle.**

Place a Wave Washer (27) on each end of the Pivot Axle (16). Then, tighten an M8 x 23mm Button Screw (65), an M8 Washer (64), and a Pivot Cover (14) into each end of the Pivot Axle.

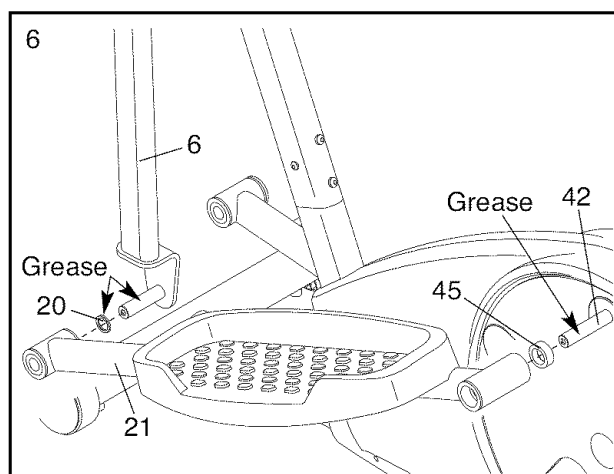


6. Apply a generous amount of grease to the axle on the left Upper Body Leg (6). Then, apply grease to a Large Wave Washer (20) and slide it onto the axle.

Apply a generous amount of grease to the Left Crank Arm (42). Then, slide a Crank Arm Spacer (45) onto the Left Crank Arm.

Slide the Left Pedal Arm (21) onto the left Upper Body Leg (6) and onto the Left Crank Arm (42).

Repeat this step for the other side of the elliptical exerciser.

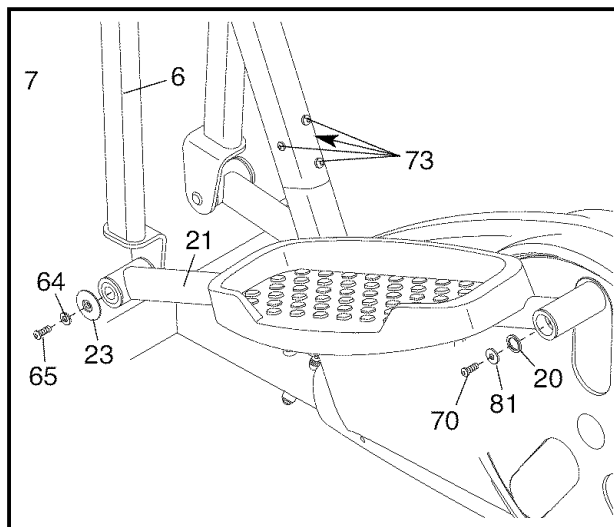


7. Attach the Left Pedal Arm (21) to the left Upper Body Arm (6) with an M8 x 23mm Button Screw (65), an M8 Washer (64), and a Pedal Leg Cover (23).

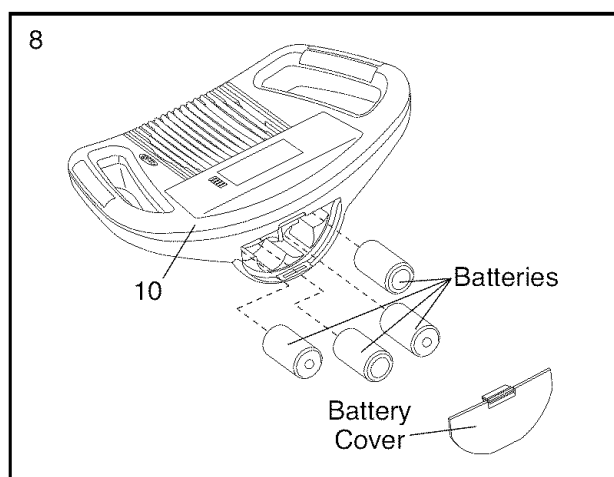
Apply grease to a Large Wave Washer (20) and slide it onto the Left Crank Arm (42). Then, attach the Left Pedal Arm (21) to the Left Crank Arm with an M8 x 25mm Patch Screw (70) and an M8 Large Washer (81).

Repeat this step for the other side of the elliptical exerciser.

See step 3. Tighten the four M8 x 19mm Patch Screws (73).



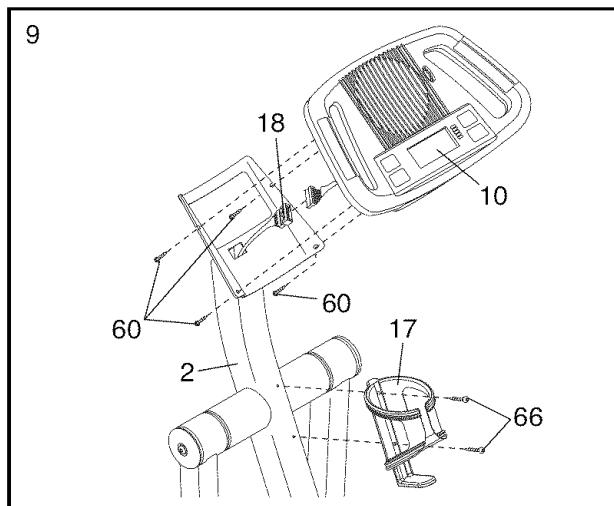
8. The Console (10) requires four “D” batteries (not included); alkaline batteries are recommended. Remove the battery cover from the Console. Insert four batteries into the Console; **make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



9. While another person holds the Console (10) near the Upright (2), connect the Upper Wire Harness (18) to the wire harness on the Console.

Attach the Console (10) to the Upright (2) with four M4 x 16mm Screws (60). **Be careful not to pinch the wire harnesses.**

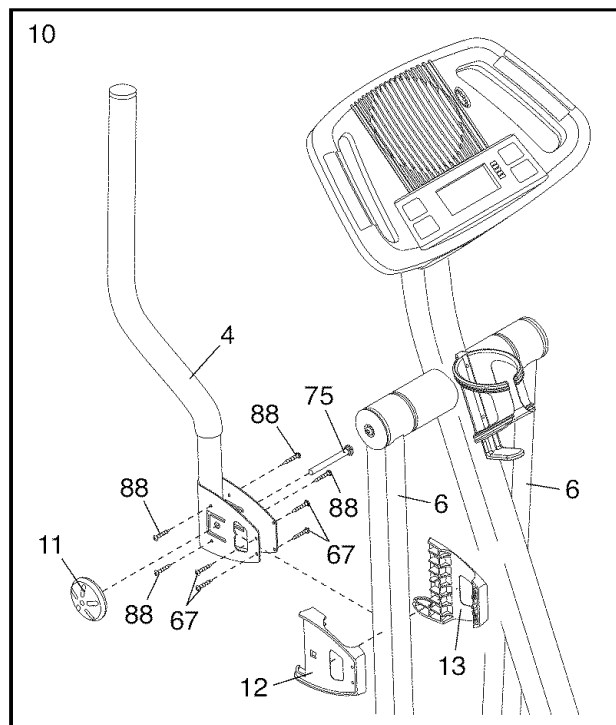
Attach the Water Bottle Holder (17) to the Upright (2) with two M4 x 22mm Screws (66).



10. Orient a Left Upper Body Insert (12) and a Right Upper Body Insert (13) as shown, and press them together around the left Upper Body Leg (6). Next, slide the Left Upper Body Arm (4) onto the Upper Body Inserts.

While another person holds the Left Upper Body Arm (4) and the Upper Body Inserts (12, 13), insert an M10 x 50mm Carriage Bolt (75) through all three parts from the inside as shown. Next, tighten four M4 x 32mm Screws (67) and four M4 x 12mm Flat Head Screws (88) through the Left Upper Body Arm and into the Upper Body Inserts. Then, tighten an Arm Knob (11) onto the Carriage Bolt.

Attach the Right Upper Body Arm (not shown) to the right Upper Body Leg (6) in the same way.

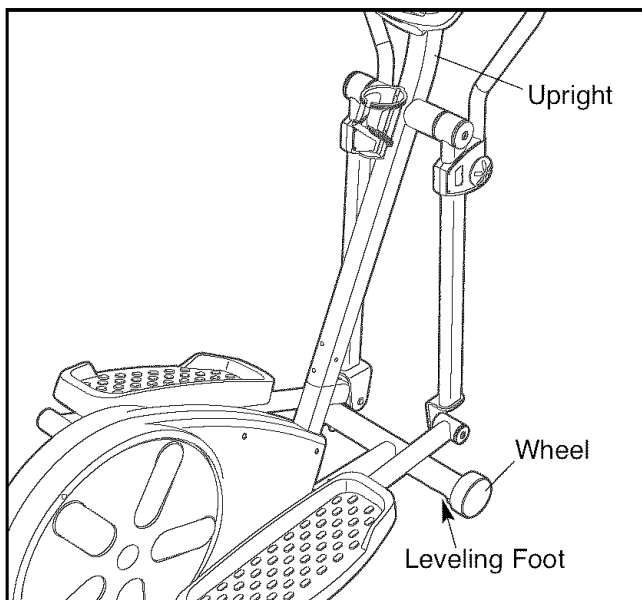


11. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

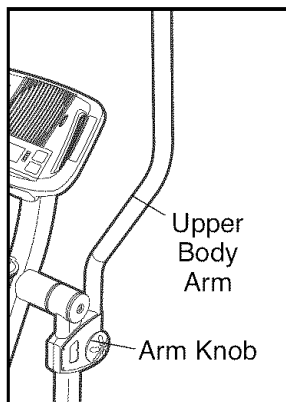
To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**



If the elliptical exerciser rocks slightly on your floor, turn one or both of the leveling feet under the front stabilizer until the rocking motion is eliminated.

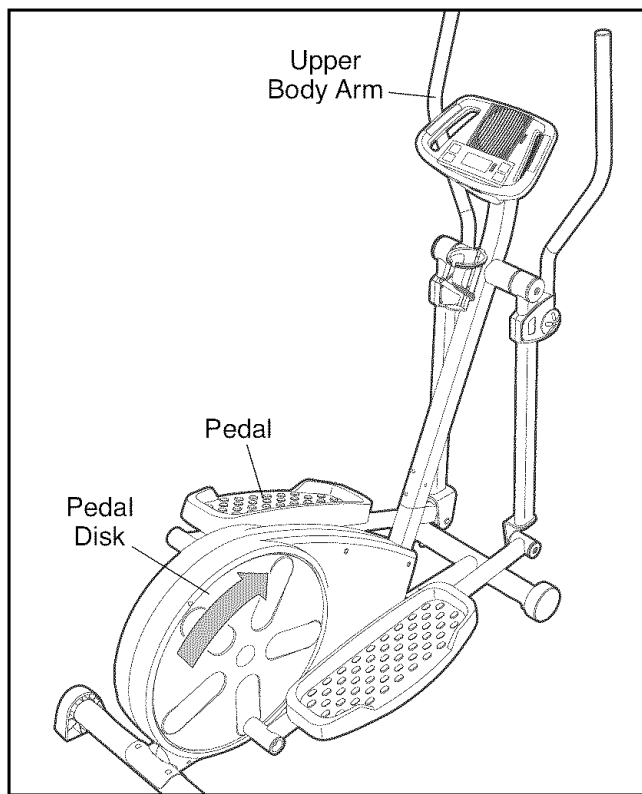
HOW TO ADJUST THE POSITION OF THE HANDLEBARS

The upper body arms can be adjusted to the height that is the most comfortable for you. To adjust each upper body arm, first loosen the arm knob. Next, slide the upper body arm to the desired position, and then **firmly** retighten the arm knob. Make sure that both upper body arms are at the same height.



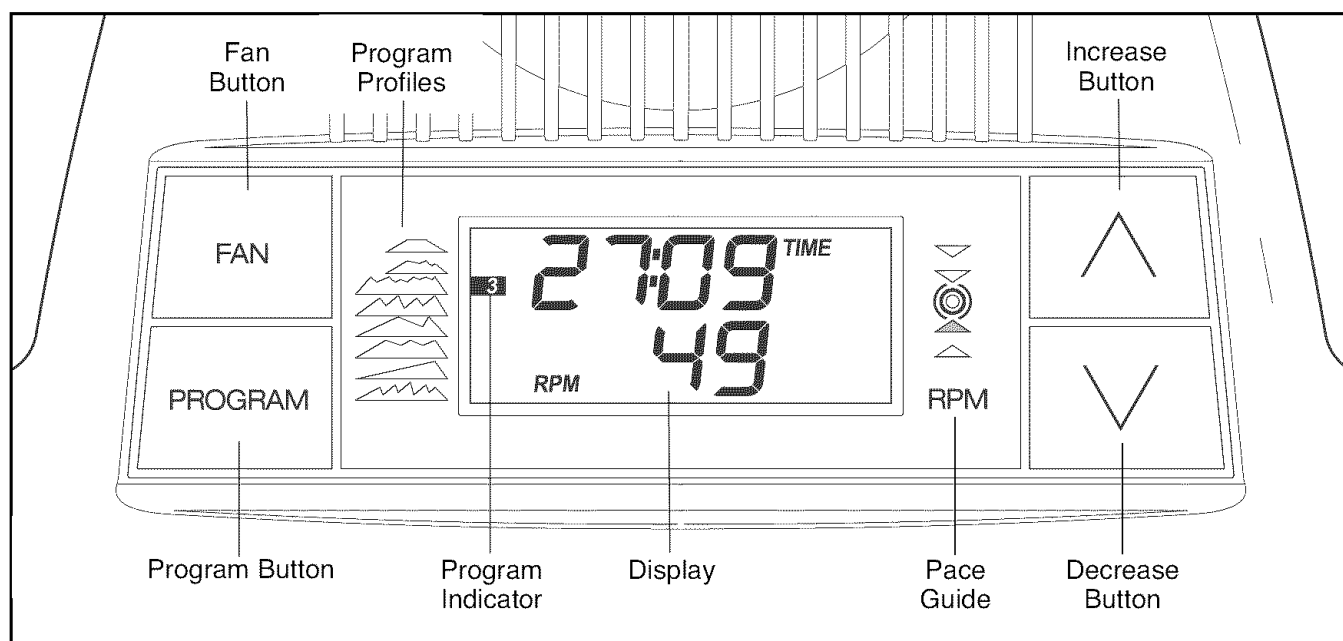
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the upper body arms and carefully step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you turn the pedal disks in the direction shown below; however, for variety, you can turn the pedal disks in the opposite direction.**



To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lower pedal.

DIAGRAM OF THE CONSOLE



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

In addition, the console features six preset programs. Each program automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also offers two custom programs that allow you to create your own workout programs and store them in memory for future use.

To use the manual mode of the console, see the instructions at the right. **To use a preset program,** see page 11. **To create a custom program,** see page 12. **To use a custom program,** see page 13.

Before using the console, make sure that batteries are installed (see assembly step 8 on page 8). If there is a sheet of clear plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1 Turn on the console.

To turn on the console, press the Increase or Decrease button or begin pedaling. The pace guide will light for a moment; the console will then be ready for use.

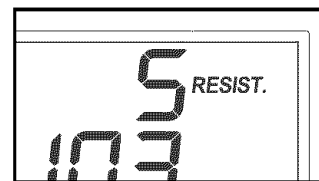
2 Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Program button repeatedly until no program indicators (see the drawing above) appear along the left side of the display.

3 Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Increase and Decrease buttons.

There are twelve resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

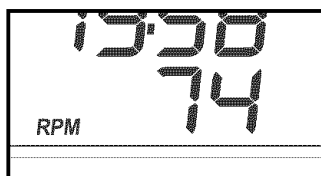


4 Follow your progress with the display.

The upper half of the display will show the elapsed time, the distance (in total revolutions) you have pedaled, and the resistance level of the pedals. The display will change modes every few seconds. Note: When a preset program is selected, the display will show the time remaining in the program instead of the elapsed time.

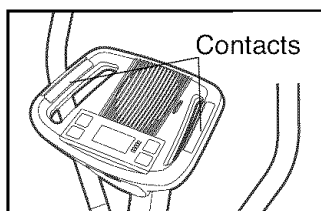


The lower half of the display will show your pedaling speed, in revolutions per minute (RPM), and the approximate number of calories you have burned. The display will change modes every few seconds. The lower half of the display will also show your heart rate when you use the handgrip pulse sensor (see step 5).



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. Next, hold the



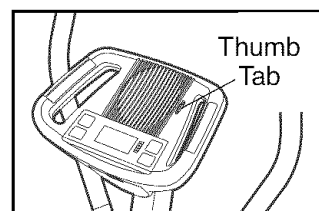
handgrip pulse sensor with your palms resting on the contacts. When your pulse is detected, the heart-shaped indicator in the lower half of the display will flash each time your heart beats, and then your heart rate will appear in the display.

For the most accurate heart rate reading, continue to hold the handgrip pulse sensor for about 30 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for about 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate does not appear, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time. Note: If the fan is turned on but the pedals do not move for thirty seconds, the fan will automatically turn off to conserve the batteries.



Rotate the thumb tab on the right side of the fan to adjust the angle of the fan.

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

If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

HOW TO USE A PRESET PROGRAM

Preset programs 1 through 6 automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through effective workouts. The profiles printed on the left side of the display show the resistance levels for each preset program.

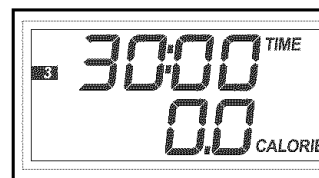
Follow the steps below to use a preset program.

1 Turn on the console.

See step 1 on page 10.

2 Select a preset program.

To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, or 6 appears along the left side of the display. When you select a preset program, the display will show the length of the program.

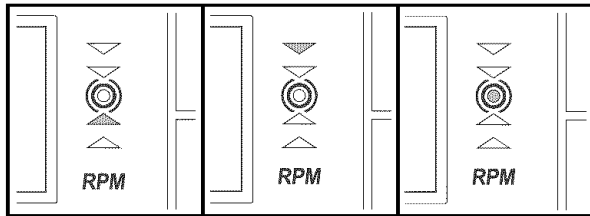


3 Begin pedaling to start the program.

Each preset program consists of 20 or 30 one-minute segments. One resistance level and one target pace are programmed for each segment.

At the end of each segment, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: If the resistance level is too low or too high, you can override it by pressing the Increase and Decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

During the program, the pace guide will prompt you to increase or decrease your pedaling pace. When one of the two lower indicators lights, increase your pace; when one of the two upper indicators lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



The display will show the time remaining in the program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4 Follow your progress with the display.

See step 4 on page 11.

5 Measure your heart rate if desired.

See step 5 on page 11.

6 Turn on the fan if desired.

See step 6 on page 11.

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

See step 7 on page 11.

HOW TO CREATE A CUSTOM PROGRAM

The custom programs allow you to create your own workout programs and store them in memory for future use.

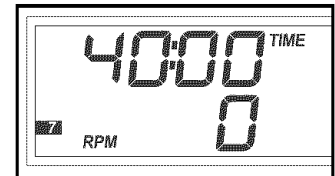
Follow the steps below to create a custom program.

1 Turn on the console.

See step 1 on page 10.

2 Select a custom program.

To select a custom program, press the Program button repeatedly until the number 7 or 8 appears along the left side of the display.



3 Begin pedaling to start the program, and program the desired settings.

Each custom program is divided into 40 one-minute segments. You can program one resistance level and one target pace for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the Increase and Decrease buttons. To program a target pace for the first segment, simply pedal at the desired pace.

At the end of the first segment, the program will store the current resistance level and your current pace in memory. Program a resistance level and a target pace for the second segment as described above.

Continue exercising for up to forty minutes. Press the Program button when you are finished with your workout. The program you created will then be stored in memory. Note: If your workout is less than forty minutes long, any remaining segments in the program will be stored with the default resistance level and target pace.

4 When the program is finished, the console will turn off automatically.

See step 7 on page 11.

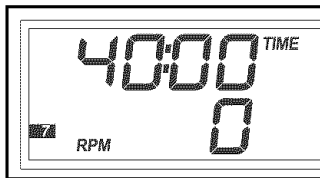
HOW TO USE A CUSTOM PROGRAM

1 Turn on the console.

See step 1 on page 10.

2 Select a custom program.

To select a custom program, press the Program button repeatedly until the number 7 or 8 appears along the left side of the display.

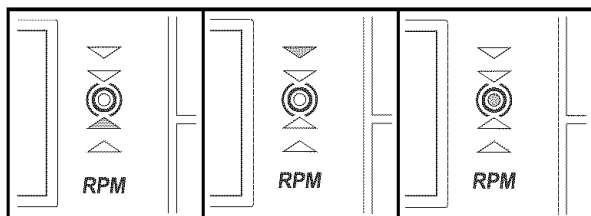


3 Begin pedaling to start the program.

Each custom program is divided into 40 one-minute segments. One resistance level and one target pace setting is programmed for each segment.

At the end of each segment, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

During the program, the pace guide will prompt you to maintain the target pace programmed for each segment. When one of the two lower indicators lights, increase your pace; when one of the two upper indicators lights, decrease your pace. When the center indicator lights, maintain your current pace. **Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



The display will show the time remaining in the program. If you stop pedaling for a few seconds, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4 Change the program if desired.

If desired, you can change the program while using it. **To change the resistance level for the current segment**, simply press the Increase and Decrease buttons. At the end of the current segment, the new resistance level will be stored in memory. **To change the target pace for the current segment**, simply change your pedaling pace. At the end of the current segment, your pace will be stored in memory. You can continue exercising and changing the program for up to forty minutes.

5 Follow your progress with the display.

See step 4 on page 11.

6 Measure your heart rate if desired.

See step 5 on page 11.

7 Turn on the fan if desired.

See step 6 on page 11.

8 When the program is finished, the console will automatically turn off.

See step 7 on page 11.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately. The elliptical exerciser can be cleaned with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 8 on page 8.

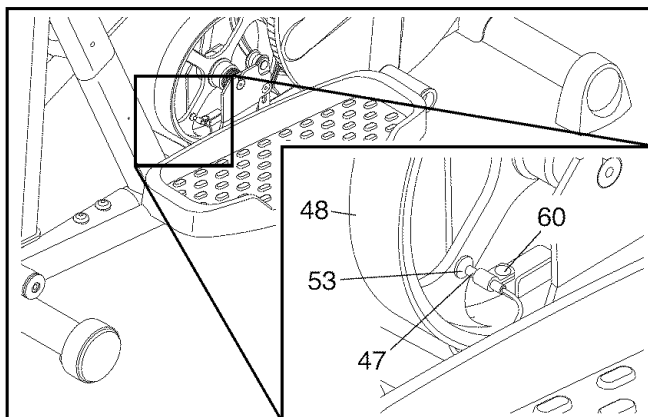
HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, make sure that your hands are positioned as described in step 5 on page 11. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.**

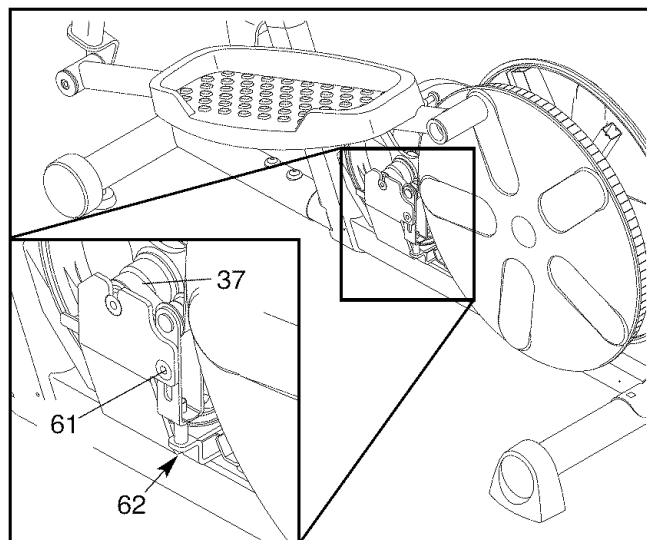
Next, locate the Reed Switch (47). Turn the Flywheel (48) until the Magnet (53) is aligned with the Reed



Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (60). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Flywheel forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING B on page 19 and the PART LIST on page 17.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (37) may need to be adjusted. First, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.**



Next, loosen the M8 x 19mm Flat Head Bolt (61) and turn the Adjustment Screw (62) until the Belt (37) is tight. Once the Belt is tight, tighten the Flat Head Bolt. Then, reattach the side shields. Note: If you have questions regarding which screw should be in which hole, see EXPLODED DRAWING B on page 19 and the PART LIST on page 17.

CONDITIONING GUIDELINES



WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age; the three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *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 or the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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. The key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HREL3226.0

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	1	Flywheel
2	1	Upright	49	1	Flywheel Axle
3	1	Front Stabilizer	50	2	Flywheel Bearing
4	1	Left Upper Body Arm	51	1	"C" Magnet
5	1	Right Upper Body Arm	52	1	"C" Magnet Bracket
6	2	Upper Body Leg	53	1	Magnet
7	1	Upright Endcap	54	1	Spring
8	2	Foam Grip	55	1	Idler
9	2	Upper Body Endcap	56	1	Resistance Motor
10	1	Console	57	2	Flange Screw
11	2	Arm Knob	58	2	M10 x 75mm Carriage Bolt
12	2	Left Upper Body Insert	59	4	M8 Nylon Locknut
13	2	Right Upper Body Insert	60	11	M4 x 16mm Screw
14	2	Pivot Cover	61	1	M8 x 19mm Flat Head Bolt
15	6	Upper Body Bushing	62	1	Adjustment Screw
16	1	Pivot Axle	63	1	M6 x 18mm Bolt
17	1	Water Bottle Holder	64	4	M8 Washer
18	1	Upper Wire Harness	65	4	M8 x 23mm Button Screw
19	2	Pedal	66	2	M4 x 22mm Screw
20	4	Large Wave Washer	67	8	M4 x 32mm Screw
21	1	Left Pedal Arm	68	6	M4 x 19mm Screw
22	1	Right Pedal Arm	69	4	M4 x 12mm Screw
23	2	Pedal Leg Cover	70	2	M8 x 25mm Patch Screw
24	4	Pedal Leg Bushing	71	4	M5 x 16mm Screw
25	2	Outer Crank Arm Bushing	72	2	M4 x 12mm Round Head Screw
26	2	Inner Crank Arm Bushing	73	4	M8 x 19mm Patch Screw
27	2	Wave Washer	74	2	M10 x 76mm Button Bolt
28	2	Wheel	75	2	M10 x 50mm Carriage Bolt
29	2	Wheel Cover	76	1	M6 x 38mm Bolt
30	1	Left Side Shield	77	1	M6 Nut
31	1	Right Side Shield	78	4	M10 Split Washer
32	1	Left Disc	79	4	M8 Split Washer
33	1	Right Disc	80	2	M4 x 25mm Screw
34	2	Disc Cover	81	2	M8 Large Washer
35	1	Rear Stabilizer	82	4	M4 Washer
36	2	Stabilizer Endcap	83	1	M6 Nylon Locknut
37	1	Belt	84	5	M10 Nylon Locknut
38	1	Lower Wire Harness	85	6	Star Washer
39	1	Crank	86	8	M5 x 25mm Screw
40	2	Crank Bearing	87	12	M6 Star Washer
41	2	Crank Snap Ring	88	8	M4 x 12mm Flat Head Screw
42	1	Left Crank Arm	89	2	M10 x 60mm Button Screw
43	1	Right Crank Arm	90	4	Concave Spacer
44	1	Resistance Cable	91	2	Leveling Foot
45	2	Crank Arm Spacer	#	3	Hex Key
46	1	Clamp	#	1	Grease
47	1	Reed Switch/Wire	#	1	User's Manual

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

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HOW TO ORDER 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 of the product (HREL3226.0)
- the NAME of the product (HEALTHRIDER H 300 elliptical exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see pages 17 to 19)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of 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 replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states 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 is limited in its scope and duration to the terms set forth herein. Some states 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 which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813