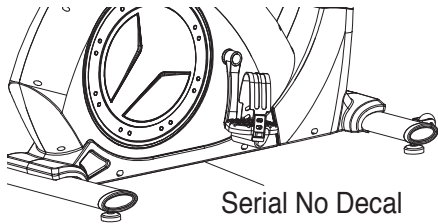# HEALTH|RIDER

USER'S MANUAL

Model No. HRIVEX87314.0
Serial No. : _____

Serial No Decal

Write the serial number in the space above for reference.

QUESTIONS ?

If you have questions, or if there are missing parts, please contact us:

UK
Call: 08457 089 009
From Ireland: 053 92 36102

Website: www.iconsupport.eu

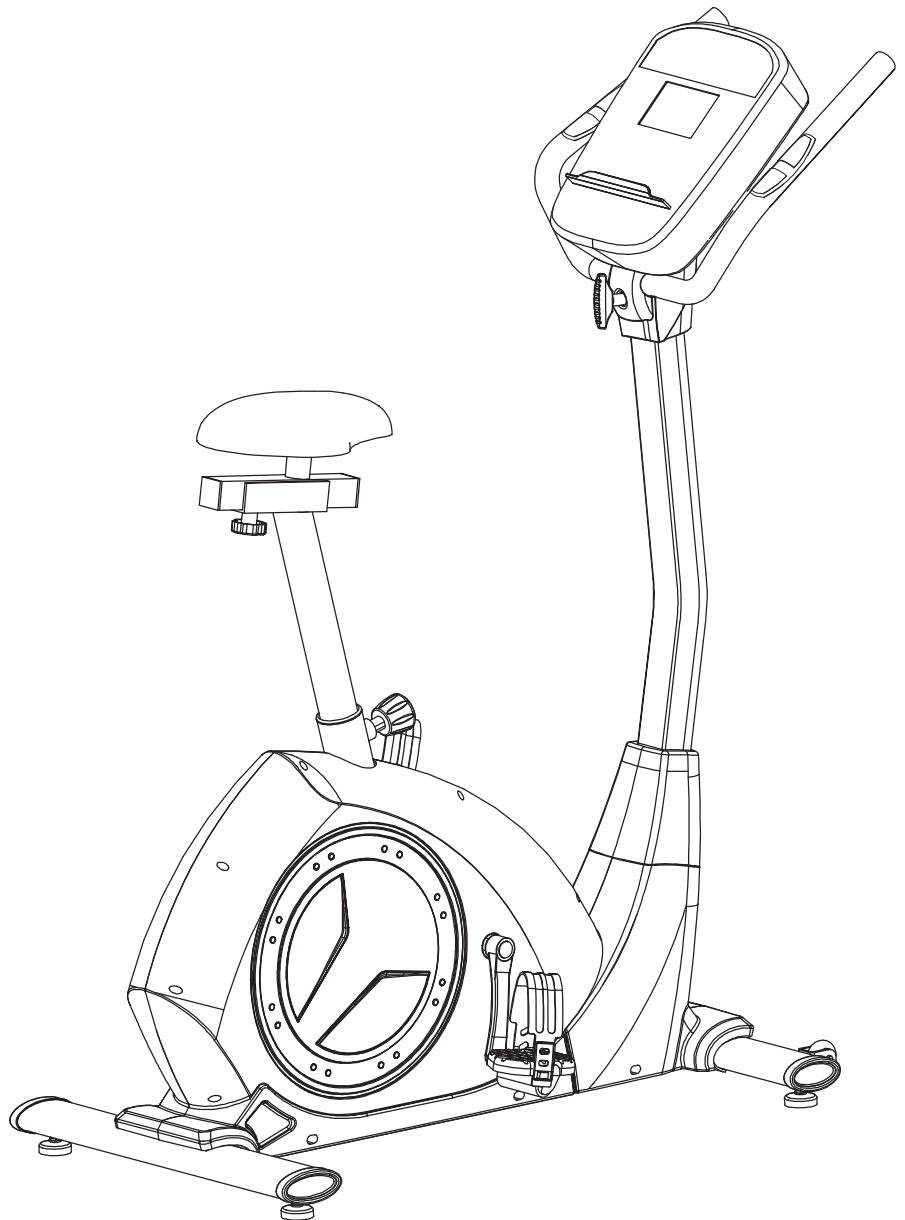**E-mail: csuk@iconeurope.com**

Write:

ICON Health & Fitness, Ltd.
c/o HI Group PLC
Express Way
Whitwood, West Yorkshire
WF10 5QJ
UK

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.
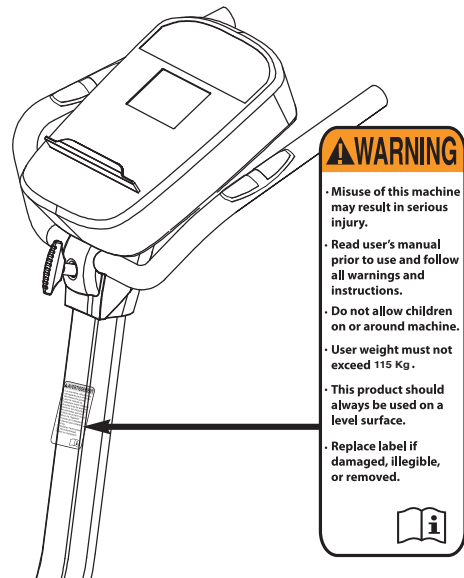
Visit our website
www.iconsupport.eu

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, call the telephone number on 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 115 Kg.

· This product should always be used on a level surface.

· 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 bike before using it. 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 age 35 or persons with pre-existing health problems.

2. Use this bike only as described in this manual.

3. It is the responsibility of the owner to ensure that all users of the bike are adequately informed of all precautions.

4. The bike is intended for home use only. Do not use the bike in a commercial, rental, or institutional setting.

5. Keep the bike indoors, away from moisture and dust. Place the bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of the bike and 2 ft. (0.6 m) on each side.

6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

7. Keep children under age 12 and pets away from the bike at all times.

8. The bike should not be used by persons weighing more than 250 lbs. (115 kg).

9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the bike. Always wear athletic shoes for foot protection while exercising.

10. Hold the handlebars or the upper body arms when mounting, dismounting, or using the bike.

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. Keep your back straight while using the bike; do not arch your back.

13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
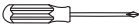
BEFORE YOU BEGIN

Thank you for purchasing the Healthrider® R 3000 T. The bike provides an array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the bike. 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 is HRIVEX87314.0 and the location of the serial number decal are shown on the front cover of this manual.

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser 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 and an adjustable wrench.

As you assemble the exercice bike, 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: If a part is not in the hardware kit, check to see if it has been preassembled.

S15

S13   S14

Ø 5

S 6

36   Φ13×2×35

29   M10   30   D10   20   M16 *22
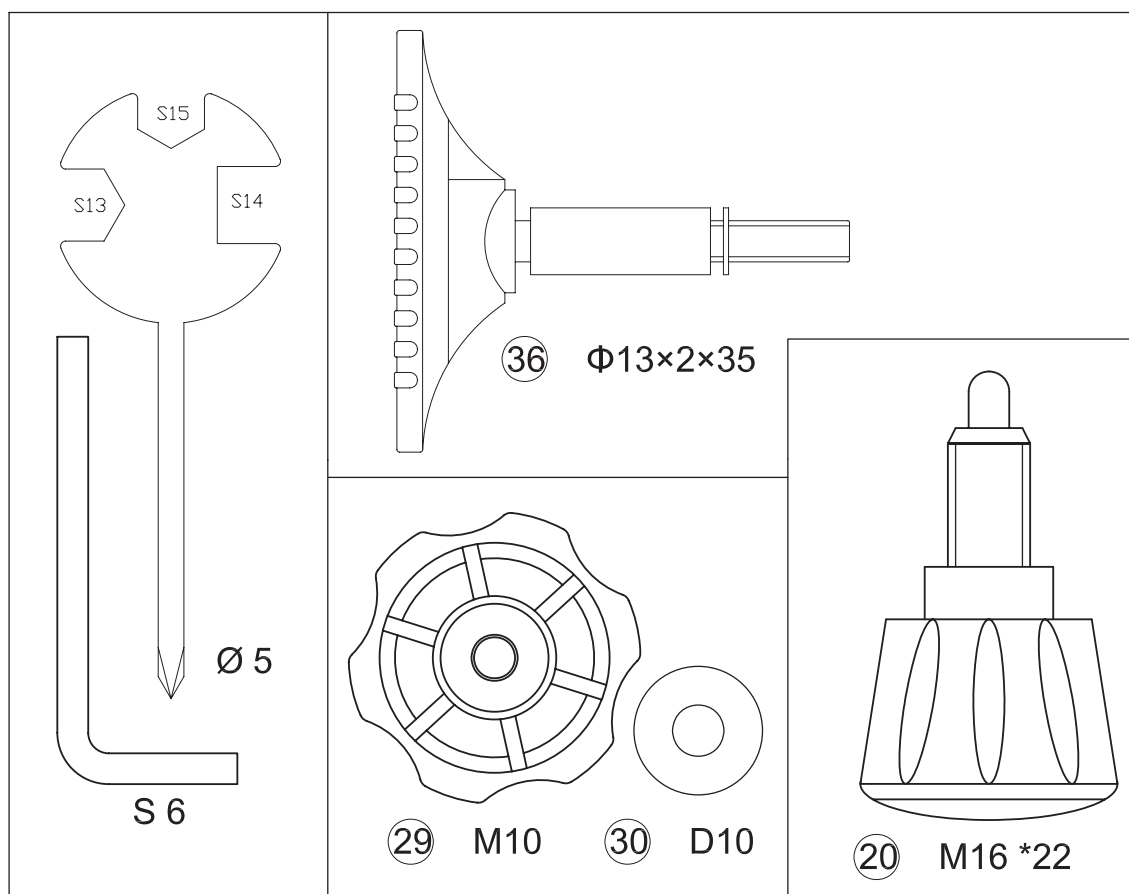
STEP 1

Install the Front bottom tube (2) and Rear bottom tube (3) to the Main frame (1) with 4pcs the Hex screw (13), 4pcs Spring washer (14) and 4pcs Arc washer (15).
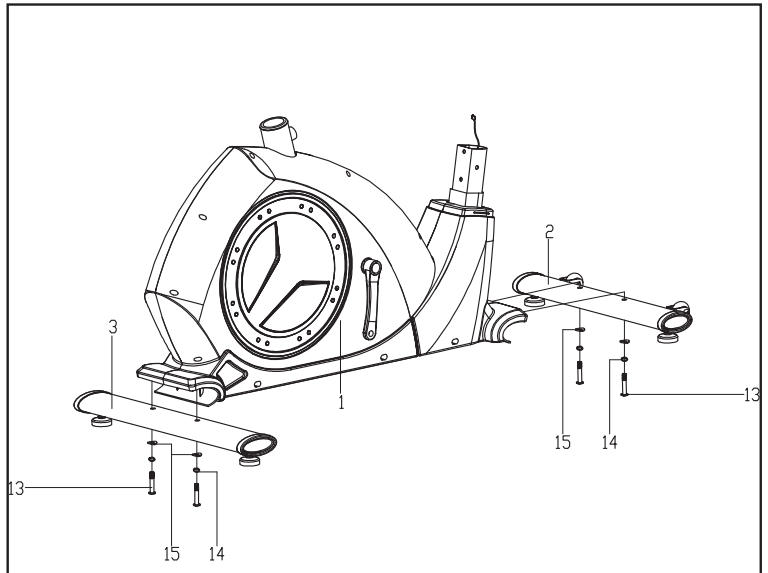
STEP 2

Attach the Pedal(18) on the Crank(17) with wrench.
Please note: secure the left pedal in a clockwise direction and secure the right pedal in a counter-clockwise direction as the following picture. Then make sure the Pedal(18) are tighten, otherwise, they will be broken.
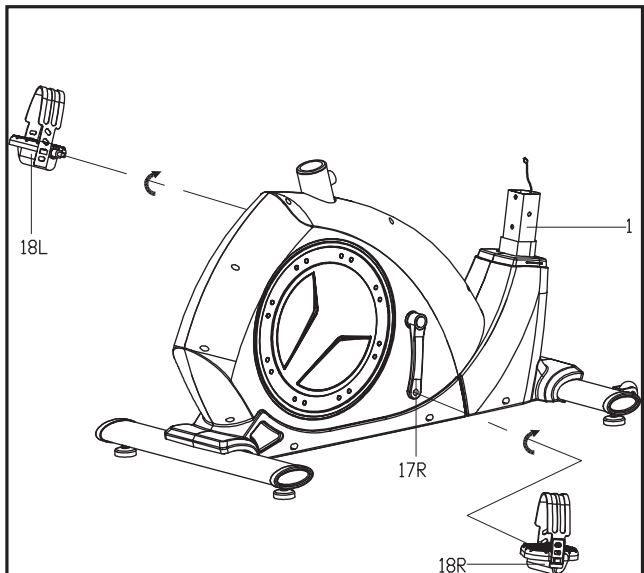
STEP 3

A: Attach the Protective guard (23) on the Handlebar post(4).Then connect the Sensor wire(21) with Extension wire(22) properly.

B: Lock the Handlebar post(4) onto the Main frame(1) with 2pcsHex screw(19), 2pcs Spring washer(14) and 2pcs Flat washer(7),then cover the Protective guard(23) tightly.

6
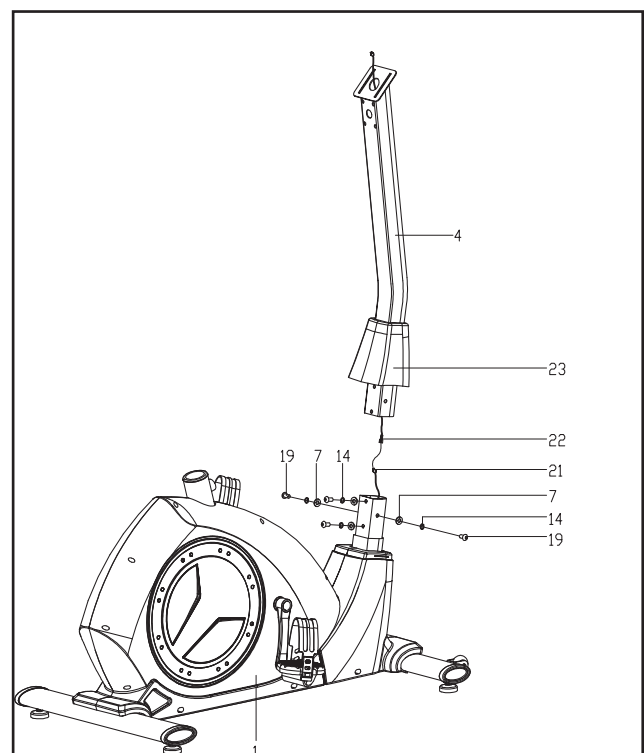
STEP 4

Thread the Pulse wire(39) into the hole of Handlebar post(4) and then take it out from the computer bracket.
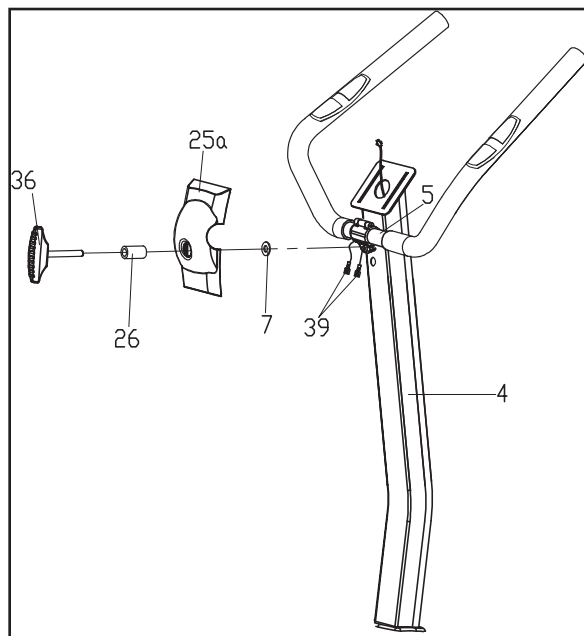Lock the Handlebar (5) onto the Handlebar post (4) tightly with the T-Knob (36), Spacer (26), Handlebar Cover (25a) and Flat washer (7) as shown.

STEP 5

First, Insert the Sensor wire (22), Pulse wire (39) to the hole in back of Console (35) properly, then secure the Console (35) on the bracket on top of the Handlebar post (4) with the Phillips screws (37)and Flat washer (84) as shown;

Cover the rear Handlebar cover (25b) on the Handlebar post (4), and tighten with the Cross tapping Screw (24).
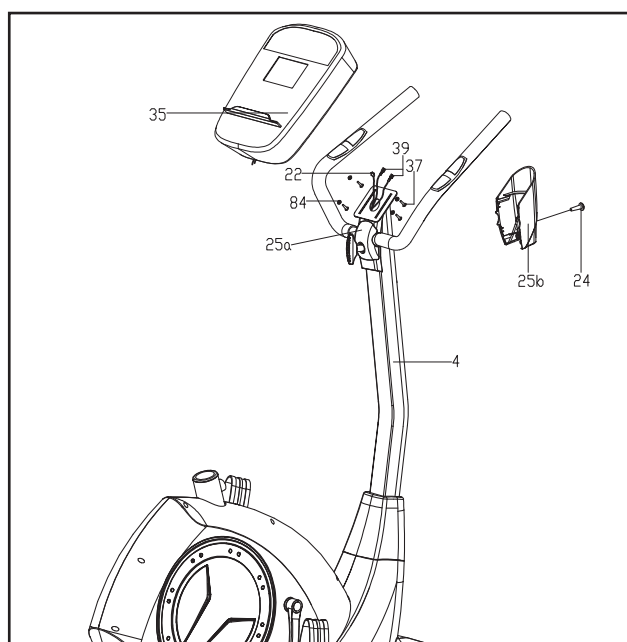
STEP 6

Secure the Seat (34) on the shaft of Seat horizontal post(33) with Nylon nut (41), Flat washer (40)

Secure the Seat horizontal post (33) on the Seat post (28) with plum knob(29), Flat washer(30);

Insert the Seat post (28) into the Maim frame (1) and mach the hole, then lock with Spring knob(20).

Insert the end of Adapter (38) into the bike and the other end to the power.

NOTE: Make sure the Seat (34) and the shaft of Seat horizontal post (33) are tighten before movement.

7
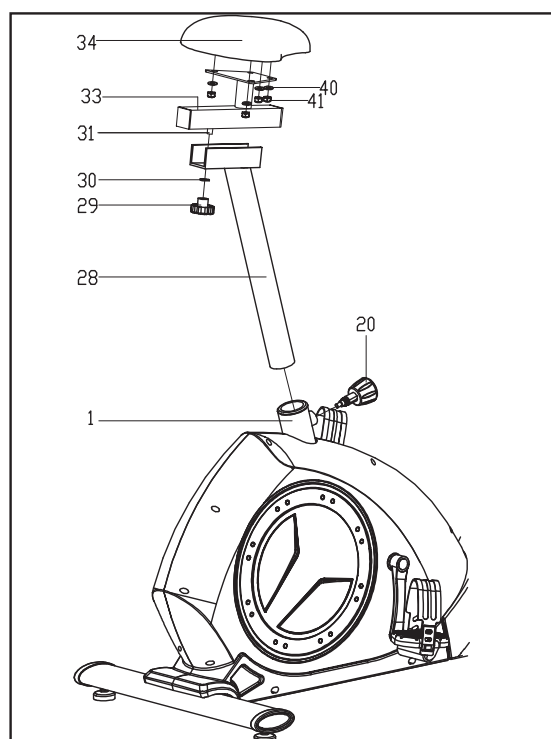
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE HEIGHT AND THE LATERAL POSITION 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 height of the seat, first loosen the seat post knob. Next, pull the knob, 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.
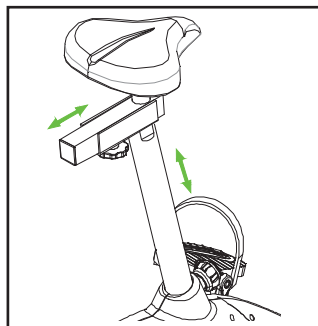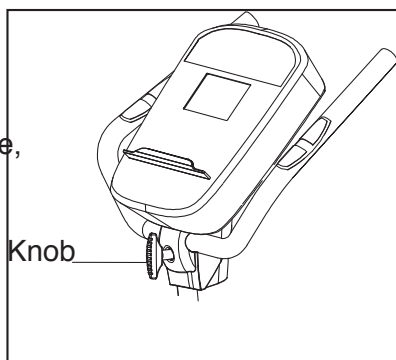
To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob

HOW TO ADJUST THE ANGLE OF THE HANDLEBAR

To adjust the angle of the handlebar, loosen the pivot handle, rotate the handlebar to the desired angle, and then retighten the pivot handle.

HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the pedal straps off the tabs on the pedals.

Adjust the pedal straps to the desired position, and then press the ends of the pedal straps onto the tabs.
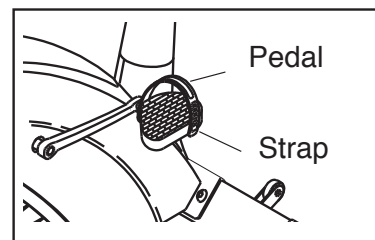
HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike.

Next, plug the power adapter into the plug adapter.

Then, plug the plug adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.
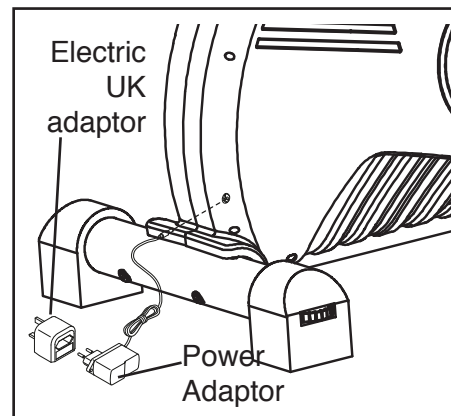
HOW TO MESURE YOUR HEART RATE

Measure your heart rate if desired.

You can measure you heart rate using the handgrip pulse sensor.

If there are sheets of plastic on the metal contacts
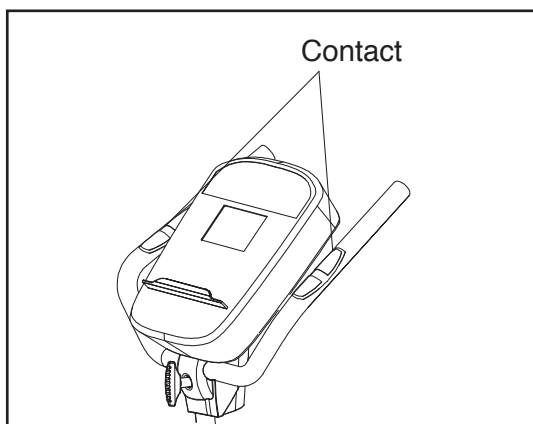
on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean.

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, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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 metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

CONSOLE DIAGRAM
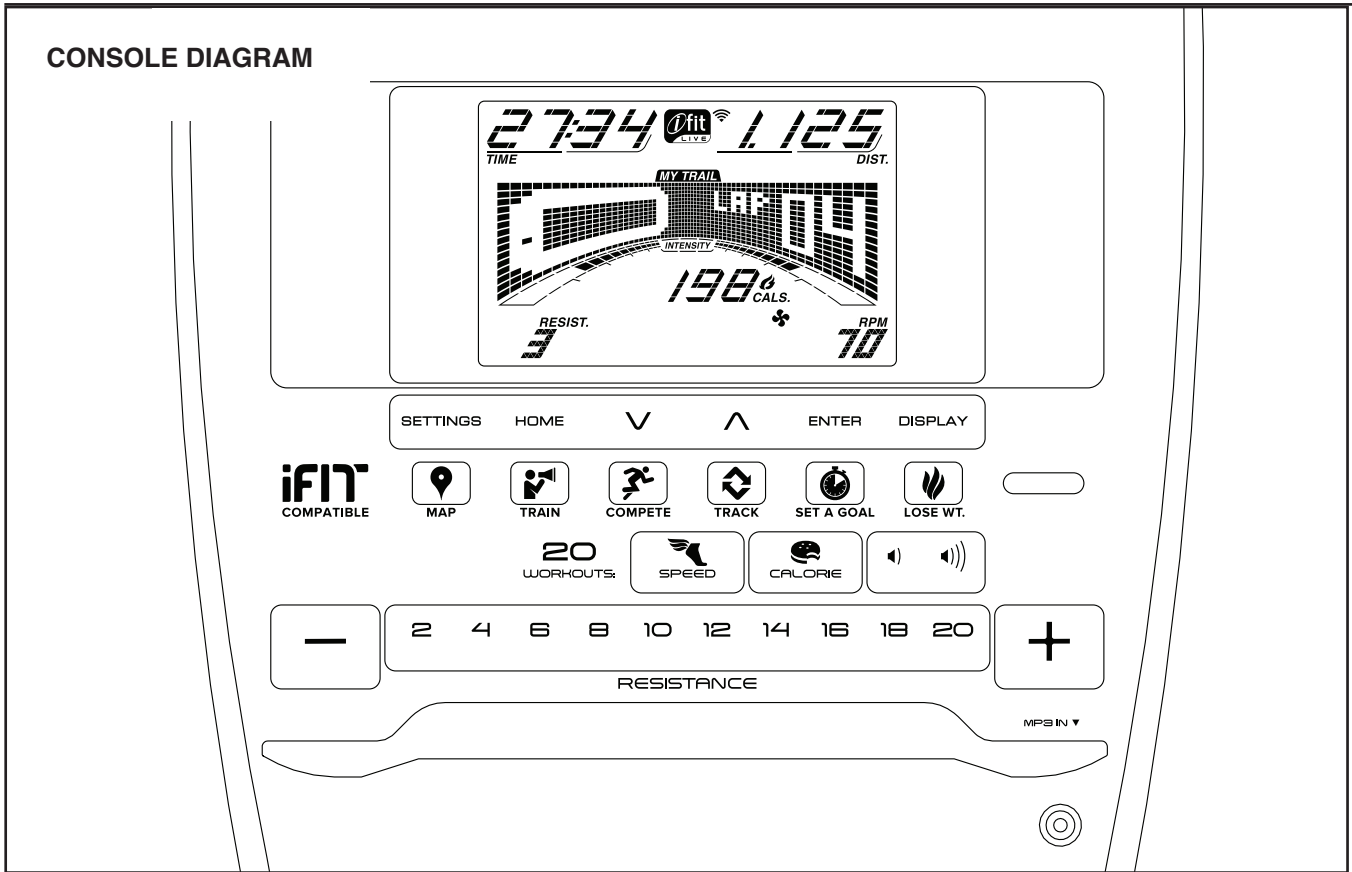
MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:

Exercise anywhere in the world with customizable Google Maps.

Download training workouts designed to help you reach your personal goals.

Measure your progress by competing against other users in the iFit community.

Upload your workout results to the iFit cloud and track your accomplishments.

Set calorie, time, or distance goals for your workouts.

Choose and download sets of weight-loss workouts.

Go to iFit.com to learn more.

FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode, 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 heart rate monitor or the optional chest heart rate monitor **(see page 21 for information about the optional chest heart rate monitor)**.

The console also offers a selection of onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a calorie, distance, or time goal.

The console also features an iFit mode that enables the console to communicate with your wireless network through an optional iFit module. With the iFit mode, you can download personalized workouts, create your own workouts, track your workout results, race against other iFit users, and access many other features. **To purchase an iFit module at any time, go to www.iFit.com or call the telephone number on the front cover of this manual.**

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

To use the manual mode, see page 15. **To use an onboard workout,** see page 18. **To use a set-a-goal workout,** see page 19. **To use an iFit workout,** see page 20. **To use the sound system,** see page 21. **To change console settings,** see page 22.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

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

    When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Select the manual mode.**

    Press the Home button or press either the Speed button or the Calorie button repeatedly to select the manual mode.

    If a wireless iFit module is not inserted into the console and connected to iFit, the manual mode will be selected automatically.

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

    As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons or by pressing one of the numbered Resistance buttons.

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

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

    The display can show the following workout information:
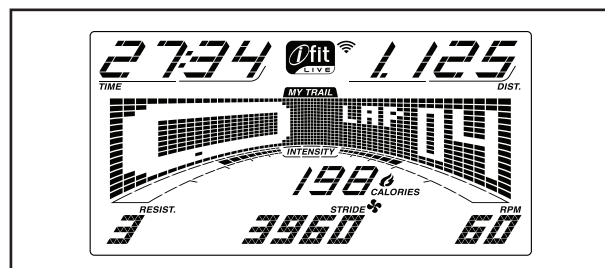
Calories (Cals.)—This display mode will show the approximate number of calories you have burned.

Calories per Hour (Cals./Hr)—This display mode will show the approximate number of calories you are burning per hour.

Distance (Dist.)—This display mode will show the distance that you have pedaled in miles or kilometers.

Pulse—This display mode will show your heart rate when you use the handgrip heart rate monitor or the optional chest heart rate monitor (see step 5).

Resistance (Resist.)—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

RPM—This display mode will show your pedaling speed in revolutions per minute (rpm).

Stride—This display mode will show the total number of strides you have pedaled.

Time—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

The matrix offers several display tabs. Press the Display button repeatedly until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

Speed—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

My Trail—This tab will show a track that represents 1/4 mile (400 m). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you complete.

Calorie—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.
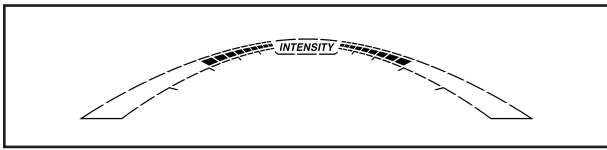
Press the Home button to exit the workout and return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 22 to set the default menu). If necessary, press the Home button again.

When a wireless iFit module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.

Change the volume level of the console by pressing the volume increase and decrease buttons.

5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or an optional chest heart rate monitor **(see page 21 for information about the optional chest heart rate monitor)**.

**Note: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

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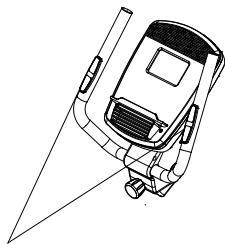
Contacts

When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 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 contacts tightly. For optimal performance, clean the 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 series of tones will sound, the console will pause, and the time will flash in the display.

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

Note: The console features a display demo mode, designed to be used if the elliptical is displayed in a store. When the demo mode is turned on, the console will show a preset presentation. To turn off the demo mode, see HOW TO CHANGE CONSOLE SETTINGS on page 22.

HOW TO USE AN ONBOARD WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.
When you turn on the console, the display will turn on. The console will then be ready for use.

2. Select an onboard workout.
To select an onboard workout, press the Speed button or the Calorie button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

The display will also show the maximum pedaling speed (rpm) and the maximum resistance level.

3. Begin pedaling to start the workout.
Each workout is divided into one-minute segments. One resistance level and one target rpm (speed) are programmed for each segment. Note: The same resistance level and/or target rpm may be programmed for consecutive segments.

The resistance level and the target rpm for the first segment will appear in the matrix.

During the workout, the profile on the speed tab will show your progress. The flashing segment
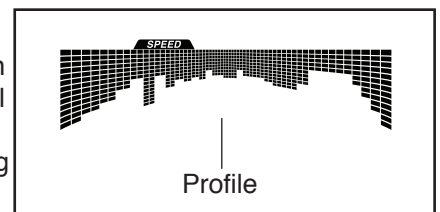
Profile

of the profile represents the current segment of the workout. The height of the flashing segment indicates the target rpm 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 and/or target rpm is programmed for the next segment, the resistance level and/or target rpm will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target rpm for the current segment. **When an upward-pointing arrow appears in the display,** increase your pace. **When a downward-pointing arrow appears,** decrease your pace. **When no arrow appears,** maintain your current pace.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the 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. The time will flash in the display. To resume 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 17.

HOW TO USE A SET-A-GOAL WORKOUT

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

When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Set a calorie, distance, or time goal.**

To set a calories, distance, or time goal, first press the Set A Goal button.

Next, press the increase and decrease buttons next to the Enter button until the name of the desired goal appears in the display. Then, press the Enter button.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

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

Each workout is divided into one-minute segments.

You can manually change the resistance of the pedals as desired during the workout by pressing the Resistance buttons.

Note: If you manually change the resistance level during a calorie goal workout, the length of the workout may adjust automatically to ensure that you meet your calorie goal.

. **Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.**

The workout will continue in this way until the calorie, distance, or time goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

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

As you exercise, the calories, time, or distance display will count down until the desired goal is reached.

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 17.

Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

Press the Compete button to compete in a race that you have previously scheduled.

Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

To use a set-a-goal workout, press the Set A Goal button (see page 19).

HOW TO USE AN IFIT WORKOUT

You must have an iFit module to use an iFit workout. **To purchase an iFit module at any time, go to www.iFit. com or call the telephone number on the front cover of this manual.**

Note: To use an iFit module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit module, you must also have your own wire-less network including an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

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

   When you turn on the console, the display will turn on. The console will then be ready for use.

2. **Insert the iFit module into the console.**

   To use an iFit workout, make sure that the iFit module is inserted in the console.

   IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the iFit module must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

3. **Select a user.**

   If more than one user is registered on your iFit account, you can switch users in the iFit main screen. Press the increase and decrease buttons next to the Enter button to select a user.

4. **Select an iFit workout.**

   To select an iFit workout, press one of the iFit but-tons. Before some workouts will download, you must add them to your schedule on www.iFit.com.

   Press the Map button, the Train button, or the Lose Wt. button to download the next workout of that type in your schedule.

   Press the Compete button to compete in a race that you have previously scheduled.

   Press the Track button to re-run a recent iFit workout from your schedule. Next, press the increase and decrease buttons to select the desired workout. Then, press the Enter button to start the workout.

   To use a set-a-goal workout, press the Set A Goal button (see page 19).

   For more information about the iFit workouts, please see www.iFit.com.

When you select an iFit workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

Note: The iFit buttons may also run demo workouts. To use the demo workouts, remove the iFit module from the console and press one of the iFit buttons.

5. **Start the workout.**

   See step 3 on page 18.

   During some workouts, an audio coach will guide you through your workout. You can select a setting for the audio coach (see HOW TO CHANGE CONSOLE SETTINGS on page 22). To stop the workout at any time, stop pedaling.The time will flash in the display. To resume the workout, simply resume pedaling.

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

   See step 4 on page 15.

   The My Trail tab will show a map of the trail or it will show a track and the number of laps you complete.

   During a competition workout, the Compete tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

7. **Measure your heart rate if desired.**

   See step 5 on page 16.

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

   See step 6 on page 17.

For more information about the iFit mode, go to www.iFit.com.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and
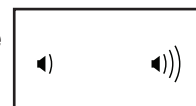
decrease buttons on the console or the volume control on your personal audio player.

THE OPTIONAL CHEST HEART RATE MONITOR

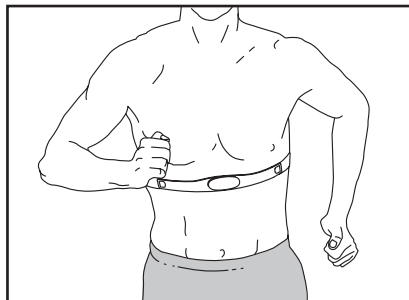Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to main-tain the proper heart rate during your workouts. The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor and receiver, please see the front cover of this manual.**

HOW TO CHANGE CONSOLE SETTINGS

1. **Select the settings mode.**

   To select the settings mode, press and hold the Settings button until the settings information appears in the display.

   The display will show the total number of hours that the elliptical has been used and the total distance (in miles or kilometers) that has been pedaled on the elliptical.

   If an iFit module is connected to the console, the display will show the words WIFI MODULE or USB MODULE.

   If no module is connected, the display will show the words NO IFIT MODULE. If no module is connected, some of the settings options will not be available.

2. **Navigate the settings mode.**

   While the settings mode is selected, the matrix of the display will display several optional screens. Press the decrease button next to the Enter button repeat-edly to select the desired optional screen.

   The lower section of the display will show instruc-tions for the selected screen. **Make sure to follow the instructions shown in the lower part of the display.**

3. **Change settings as desired.**

   Units—The currently selected unit of measurement will appear in the display. To change the unit of mea-surement, press the Enter button repeatedly. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

Demo—The console features a display demo mode, designed to be used if the elliptical is displayed in a store. Press the Enter button repeatedly to turn the demo mode ON or OFF.

Contrast Level—The currently selected contrast level will appear in the display. Press the Resistance increase and decrease buttons to adjust the contrast level.

Trainer Voice—The currently selected setting for the audio coach will appear in the display. Press the Enter button repeatedly to turn the audio coach ON or OFF.

Default Menu—The default menu will appear when you press the Home button. Press the Enter but-ton repeatedly to select the manual mode or the iFit menu as the default menu.

Check Status—The words CHECK WIFI STATUS or CHECK USB STATUS will appear in the display. Press the Enter button. After a few seconds, the sta-tus of the iFit module will appear in the display. To exit this display, press the Settings button.

Send/Receive—The words SEND/RECEIVE DATA will appear in the display. Press the Enter button. The console will then check for iFit workouts and firmware downloads.

4. **Exit the settings mode.**

   Press the Settings button to exit the settings mode.

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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	❤
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 one. 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 he 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.
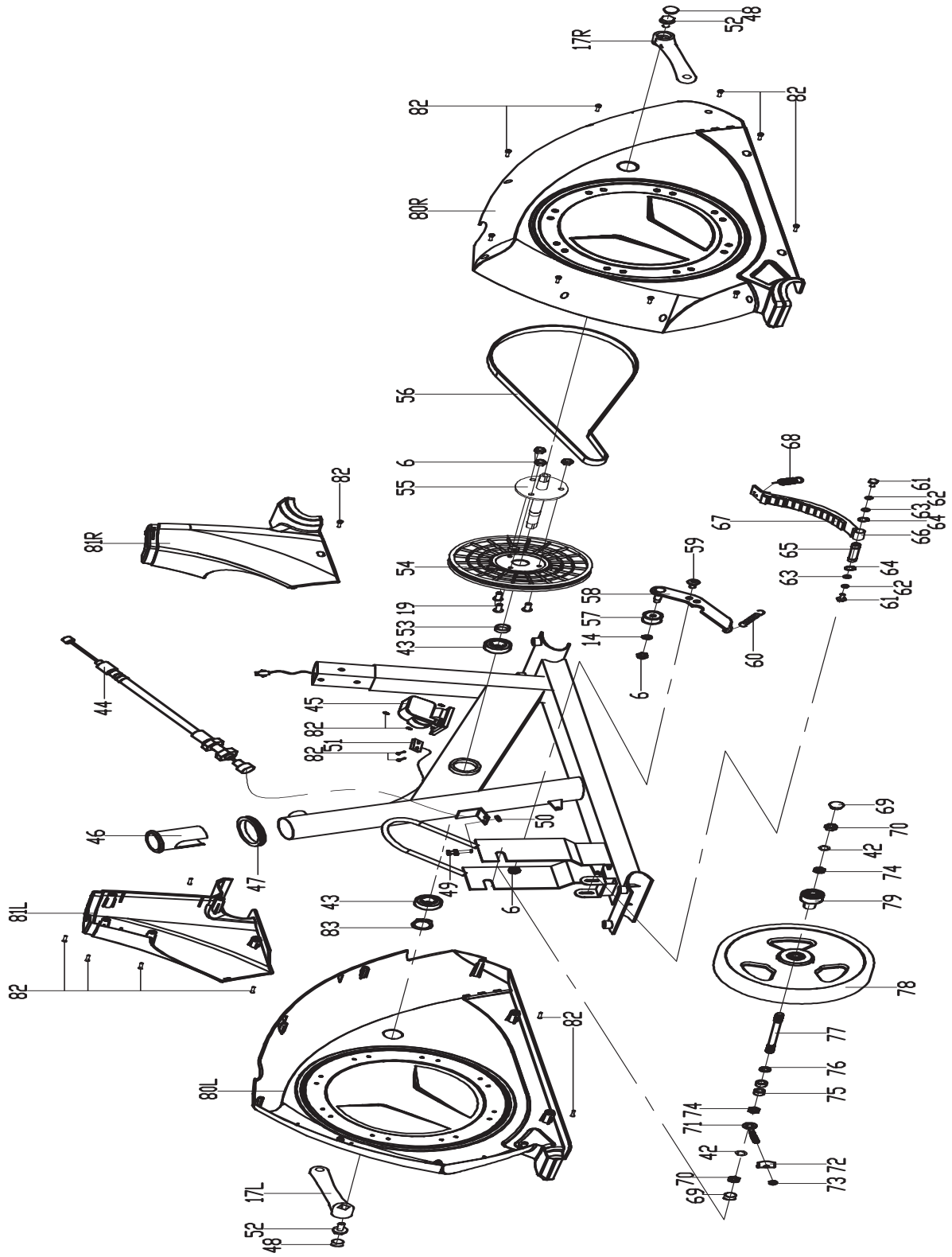
EXERCISE FREQUENCY

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.
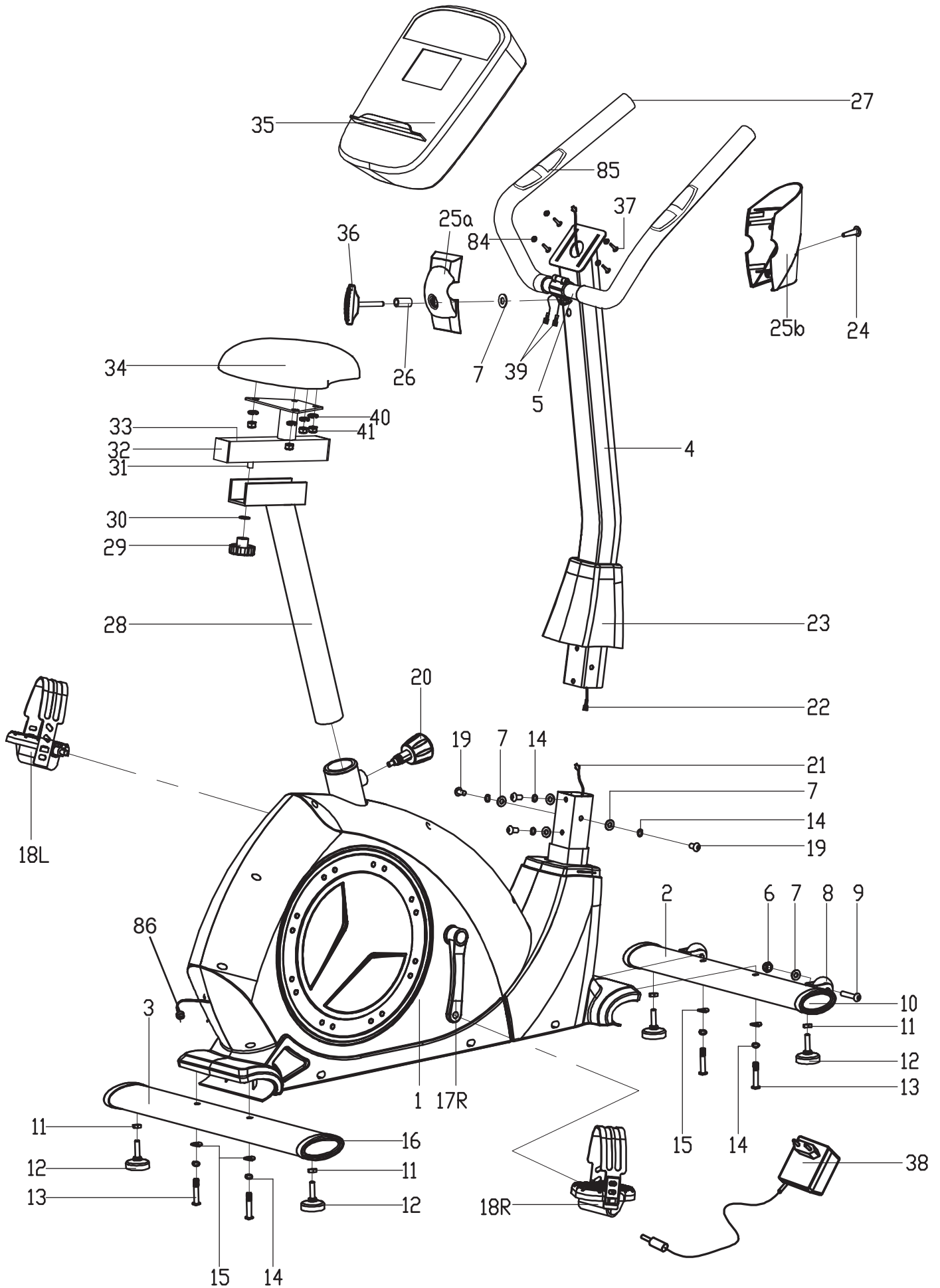
PART LIST—Model No. HRIVEX87314.0

Item	Qty.	Description	Item	Qty.	Description
1	1	Main frame	44	1	Tension cable
2	1	Front bottom tube	45	1	Motor
3	1	Rear bottom tube	46	1	Saddle tube bushing
4	1	Handlebar post	47	1	Vertical tube seal ring
5	1	Handlebar	48	2	Crank seal
6	7	Nylon nut M8	49	1	Hex bolt
7	7	Flat washer	50	2	Hex nut
8	2	Roller	51	1	Sensor
9	2	Hex screw M8x40xL12	52	2	Flange bolt
10	2	End cap 1	53	1	Axle spacer
11	4	Hex screw M10	54	1	Belt wheel
12	4	Adjustable cushion	55	1	Axle
13	4	Hex screw M8XL58	56	1	Belt
14	12	Spring washer D8	57	1	Idler wheel
15	4	Arc washer d8x2×Φ25×R39	58	1	Idler wheel con rod
16	2	End cap 2	59	1	Shaft shoulder bolt
17	2	Crank	60	1	Tension spring a
18	2	Pedal	61	2	Hex bolt
19	7	Hex screw M8x15	62	2	Spring washer
20	1	Spring knob	63	2	Flat washer
21	1	Sensor wire	64	2	Spring washer
22	1	Extension wire	65	1	Magnetic board axle
23	1	Protective guard	66	1	Magnetic board
24	1	Screw ST4.2x18	67	10	Square magnetic
25	1	Handlebar cover	68	1	Tension spring b
26	1	Spacer	69	2	Nut cap
27	2	Round cap	70	2	Hex nut
28	1	Seat post	71	1	Bolt
29	1	Plum knob	72	1	U shape washer
30	1	Flat washerD10xΦ25x2	73	1	Hex nut
31	1	U-bracket	74	2	Conical surface nut
32	2	Square cap	75	2	Spacer
33	1	Seat horizontl post	76	1	Conical surface spacer
34	1	Seat	77	1	Wheel axle
35	1	Console	78	1	Wheel
36	1	T-Knob	79	1	Small belt pulley
37	4	Screw	80	2	Chain cover
38	1	Adapter	81	2	Protective guard
39	2	Pulse wire	82	17	Screw
40	4	Flange bolt	83	1	Spring washer
41	4	Nylon nut	84	4	Flat washer
42	2	Washer	85	2	Hand pulse
43	2	Bearing	86	1	DC line

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)

IMPORTANT RECYCLING INFORMATION FOR E. U. CUSTOMERS

This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law. Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

SPECIFICATION :

Open Dimension : (L x l x h):107 x 57 x 151 cm
Product Weight : 34,7 Kg