



new balance

9.5e

OWNER'S MANUAL

*FOR MAXIMUM EFFECTIVENESS
AND SAFETY, PLEASE READ THIS
OWNER'S MANUAL BEFORE USING YOUR
NEW BALANCE 9.5e ELLIPTICAL TRAINER*

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New Balance Fitness Equipment

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5/24/04

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine

CAUTION:

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

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

KEEP THESE INSTRUCTIONS

UNIT WARNING LABELS

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

WARNING LABEL 1

⚠ WARNING

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

WARNING LABEL 2

⚠ WARNING

DO NOT PLUG THE AC ADAPTER INTO WALL UNTIL ELECTRONICS MONITOR IS COMPLETELY ASSEMBLED.

WARNING LABEL 3

(six locations)

⚠ WARNING

CRUSH HAZARD.
KEEP HANDS CLEAR OF MOVING PARTS.

WARNING LABEL 4

⚠ WARNING

PINCH POINT. KEEP HANDS CLEAR OF MOVING PARTS.

WARNING LABEL 5

⚠ WARNING

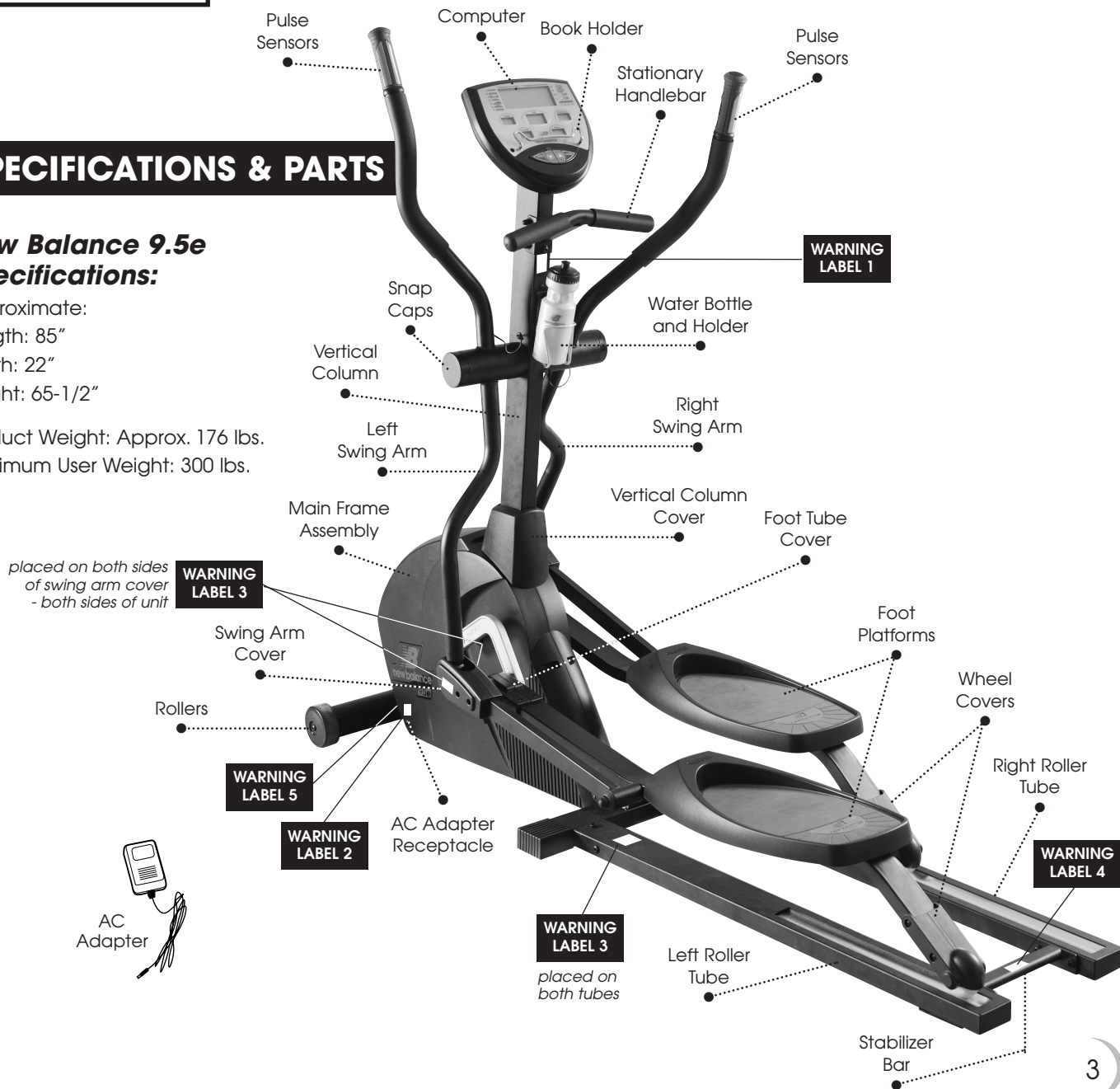
RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED ONLY INDOORS AND IN A DRY LOCATION.

SPECIFICATIONS & PARTS

New Balance 9.5e Specifications:

Approximate:
Length: 85"
Width: 22"
Height: 65-1/2"

Product Weight: Approx. 176 lbs.
Maximum User Weight: 300 lbs.



INTRODUCTION

CONGRATULATIONS ON PURCHASING YOUR NEW BALANCE 9.5e ELLIPTICAL TRAINER

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

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

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

It is the authoritative source of information about your New Balance 9.5e Elliptical Trainer.

Retain this manual for future reference.

COMMENTS OR QUESTIONS

Dear Customer,

Congratulations on your purchase of the New Balance 9.5e Elliptical Trainer.

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

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

**New Balance 9.5e
Customer Service Department
1400 Raff Road SW, Canton OH 44750-0001**

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

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

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

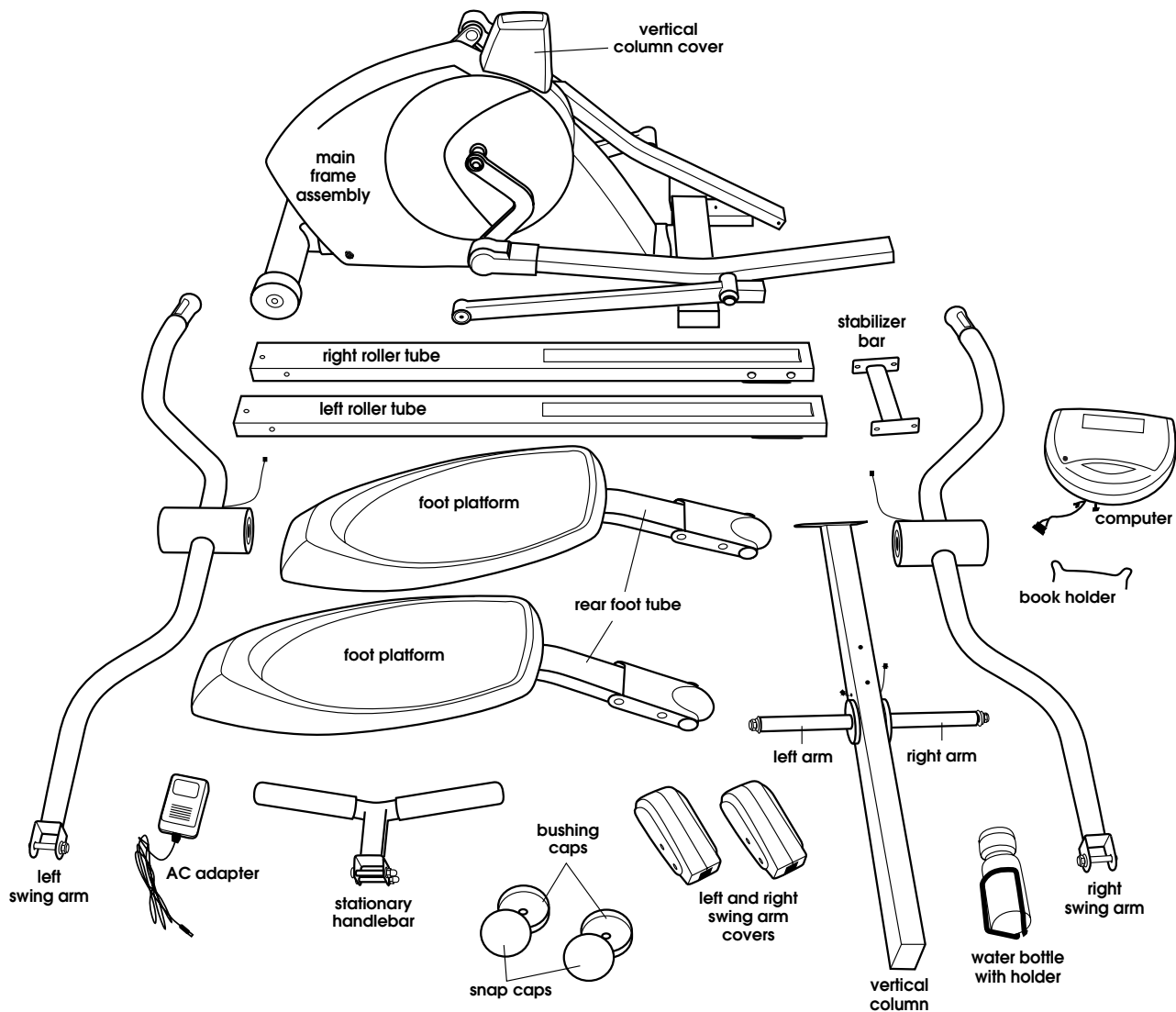
ORDERING MISSING OR DEFECTIVE PARTS

When ordering parts, always provide the following information:

- 1) Name, Mailing Address and Telephone Number
- 2) Date of Purchase
- 3) Where Product was Purchased (Name of Retail Store, City)
- 4) Model Number (NBP01095-2)
- 5) Part Order Number and Description

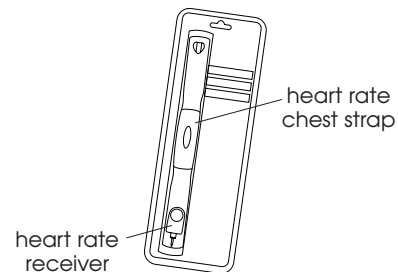
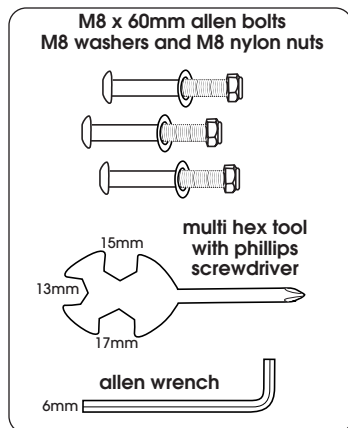
ASSEMBLY INSTRUCTIONS

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



Tools Required: (included)

Multi Hex Tool with
Phillips Screwdriver
Allen Wrench



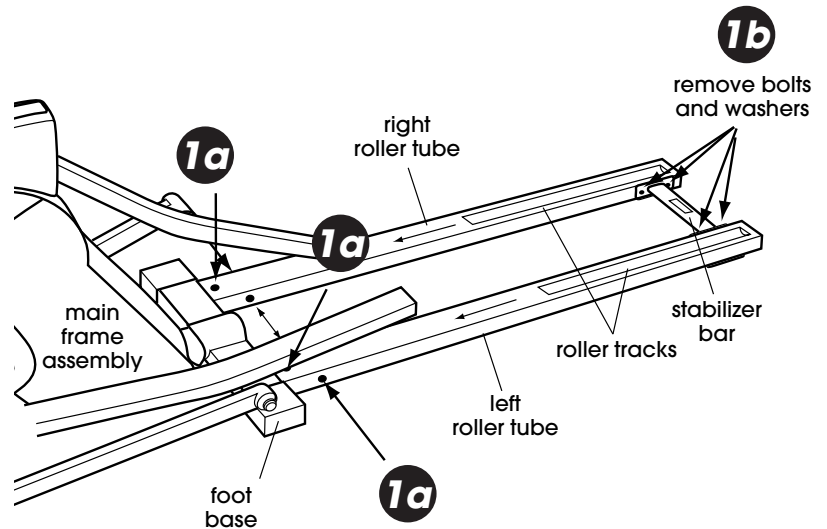
STEP 1 - Main Frame Assembly

- a) Remove the Allen Bolts, Washers, Nuts and Nut Caps from the Foot Base on the Main Frame Assembly.

Slip the Roller Tubes onto the Main Frame making sure the Roller Tracks are facing up and the Bolt Holes on the rear of the Roller Tubes are facing each other. To secure the Roller Tubes to the Base Frame replace the Bolts and Washers you just removed.

- b) Remove the Allen Bolts and Washers from the rear of the Roller Tubes. Place the Stabilizer Bar (with the Warning Label up) between the Roller Tubes. Replace the Bolts and Washers you just removed.

- c) Tighten all bolts with Wrench provided.



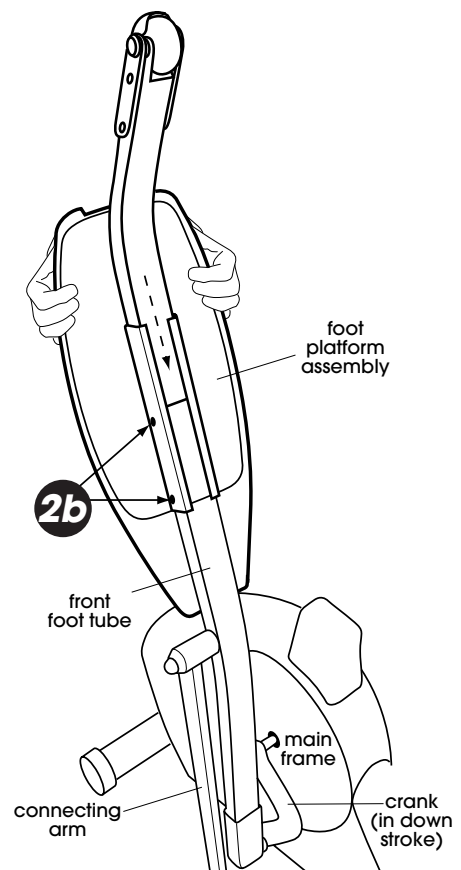
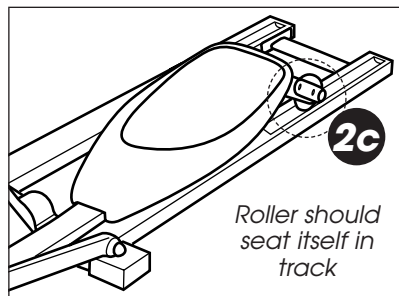
STEP 2 - Foot Platform Assembly

NOTE: The Foot Platforms are interchangeable

- a) Remove the Allen Bolts, Washers and Nylon Nuts from the bottom of the Foot Platform.
- b) *Note: This Step might be easier if you have a second person hold the Foot Tube or Foot Platform steady as you slide the Foot Platform on and secure it.* Position the Crank in the down stroke and carefully slide the Foot Platform Assembly onto the Front Foot Tube. Replace the Bolts and Washers you just removed in step (a). Tighten with Wrench provided.

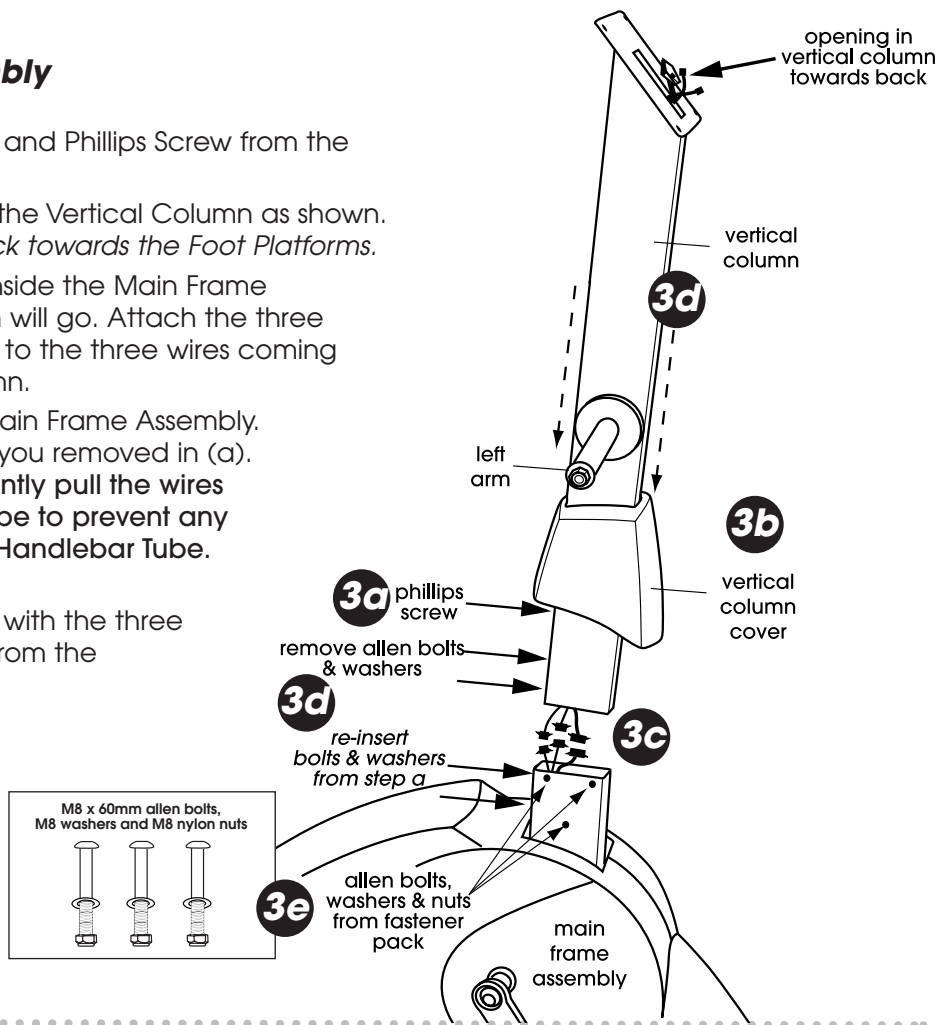
- c) Carefully lay the Foot Platform down so the Roller seats itself into the Roller Track on the Roller Tube.

Repeat on other side.



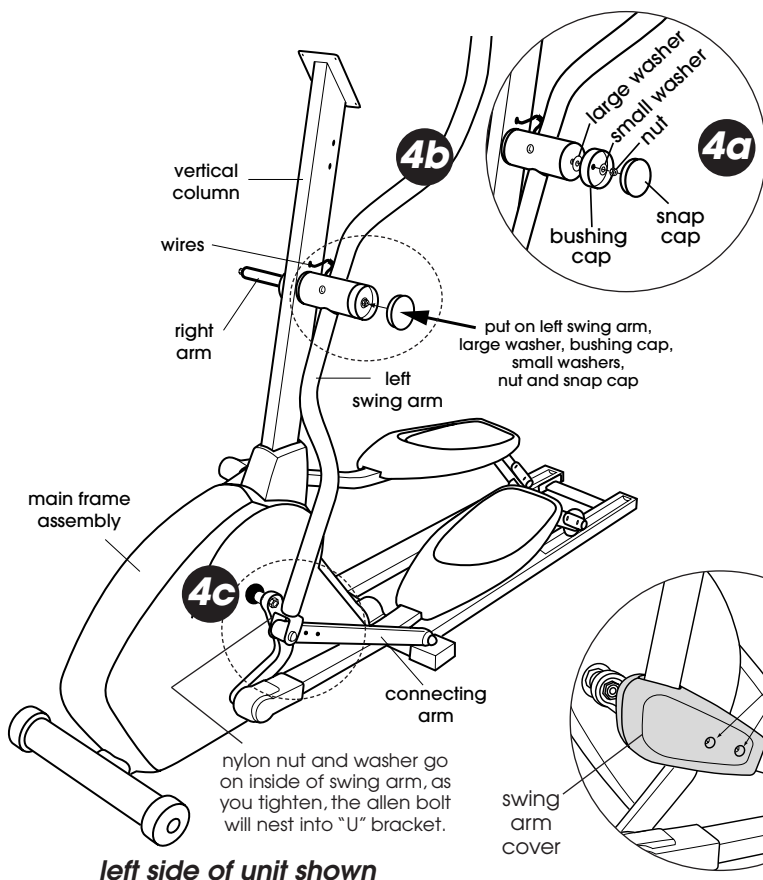
STEP 3 - Vertical Column Assembly

- Remove the two Allen Bolts, Washers and Phillips Screw from the Vertical Column.
- Slip the Vertical Column Cover onto the Vertical Column as shown. *The Vertical Column should lean back towards the Foot Platforms.*
- Remove the wire tie from the wires inside the Main Frame Assembly where the Vertical Column will go. Attach the three wires from the Main Frame Assembly to the three wires coming out the bottom of the Vertical Column.
- Insert the Vertical Column into the Main Frame Assembly. Reinsert the Allen Bolts and Washers you removed in (a). **Be careful not to pinch the wires. Gently pull the wires up from the top of the Handlebar Tube to prevent any slack in the wires at the base of the Handlebar Tube.** Hand tighten.
- Secure the Vertical Column in place with the three Allen Bolts, Washers and Nylon Nuts from the Fastener Pack. Tighten with the Wrench provided. Also tighten the bolts used in step (d).
- Let the Vertical Column Cover slip into place. Push it down gently until it clicks. Secure in place with the Phillips Screw you removed in (a).



STEP 4 - Swing Arm Assembly

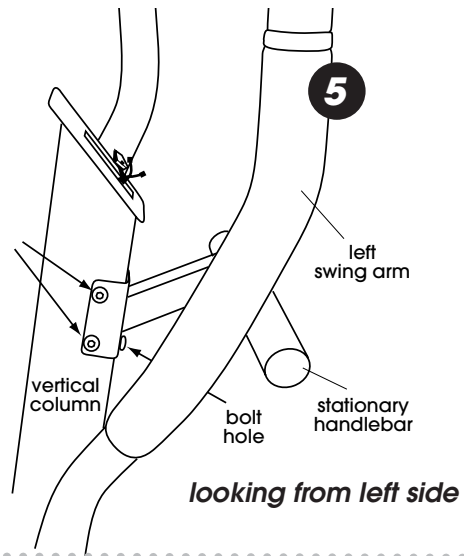
- Remove the Nut and two Washers from the Left Arm of the Vertical Column. Slide the Left Swing Arm with the wire to the inside, onto the Left Arm of the Vertical Column. Slide the large washer on then screw the Bushing Cap on with the open end facing out. Replace the small Washer and Nut and tighten.
- Place the Snap Cap over the end of the Bushing Cap and "snap" it in place.
- Remove the Allen Bolt, Washer and Nylon Nut from the bottom of the Swing Arm. Place the Connecting Arm into the "U" at the bottom of the Swing Arm. Replace the Allen Bolt, Washer and Nylon Nut you just removed. Tighten with the Wrench provided. **NOTE: The Nylon Nut and Washer will be on the inside of the Swing Arm. As you tighten, the Allen Bolt will nest into the hole in the "U" bracket.**
- Remove the four Phillips Screws (2 on each side) from the Connecting Arm. Place the Swing Arm Cover over the end and "snap" it in place. Replace the Phillips Screws using the Screwdriver provided.
- Repeat on right side.



left side of unit shown

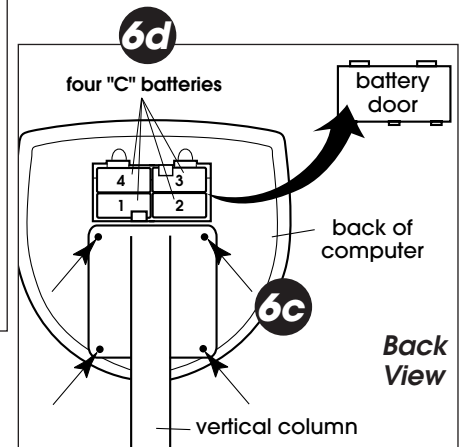
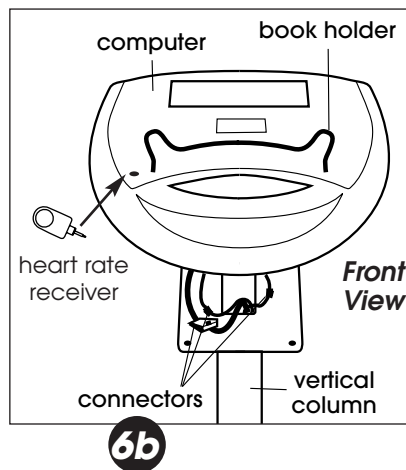
STEP 5 - Stationary Handlebar Assembly

Remove the Allen Bolts, Washers and Nuts with Caps from the Stationary Handlebar and the Bolt and Washer from the Vertical Column. Position the Stationary Handlebar in place on the Vertical Column with the bolt hole at the bottom. Replace the Bolts, Washers, Nuts and Caps you just removed and tighten with the Wrench provided.



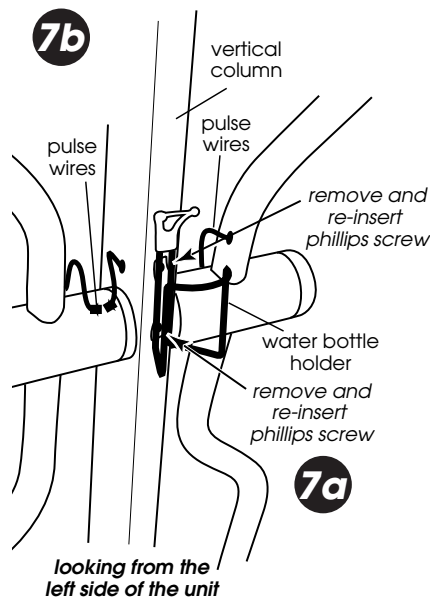
STEP 6 - Computer Assembly

- Remove the four Phillips Screws from the back of the Computer.
- Snap together Connectors for Computer, tucking the Wires inside the Vertical Column. **Be careful not to pinch wires.**
The Book Holder can be attached to the Computer at any time.
- Attach the Computer using the four Screws removed in (a). Tighten with the Screwdriver provided.
- Remove Battery Door on the back of the Computer. Insert four "C" Batteries (included) in numbered order and replace Battery Door.



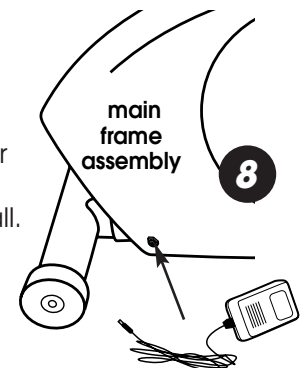
STEP 7 - Water Bottle Holder Assembly

- Remove Phillips Screws from Vertical Column. Line up Water Bottle Holder and attach to the Vertical Column by re-inserting Phillips Screws and tightening them with the Screwdriver provided.
- At this time connect the Pulse Wires on both sides of the Vertical Column.



STEP 8 - AC Adapter

Insert AC Adapter into front of unit, then plug into wall.



Assembly is now complete.

IMPORTANT:
Please read pages 9-10 before beginning your workout for important instructions on how to use your New Balance 9.5e Elliptical Trainer.

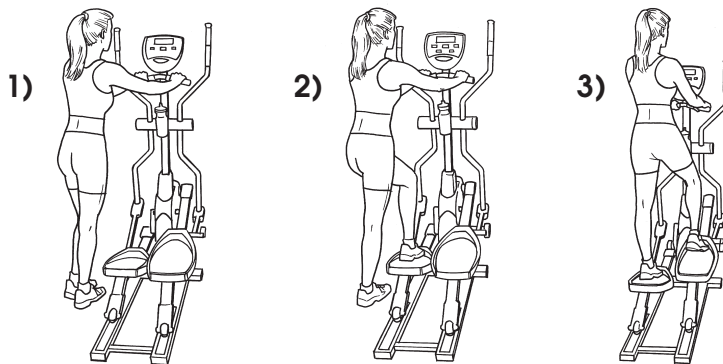
GETTING STARTED

Once your New Balance 9.5e Elliptical Trainer is assembled, make sure that your workout space has a solid, level surface with plenty of space around it. We recommend placing a mat under your unit to protect your flooring. Before you begin your first workout on the New Balance 9.5 Elliptical Trainer, practice getting on and off your trainer a few times until you are comfortable with this movement.

Getting On

Move the left foot platform to its lowest position.

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



Getting Off

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

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

Correct Workout Position

When exercising, it is important to keep your back straight and knees "soft" or slightly bent. Do not lock out your knees. Keep your head up as this will minimize neck and upper back strain. Always try to use the New Balance 9.5e with a smooth and rhythmical motion.



USING YOUR NEW BALANCE 9.5e ELLIPTICAL TRAINER

⚠ WARNING

RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED ONLY INDOORS AND IN A DRY LOCATION.

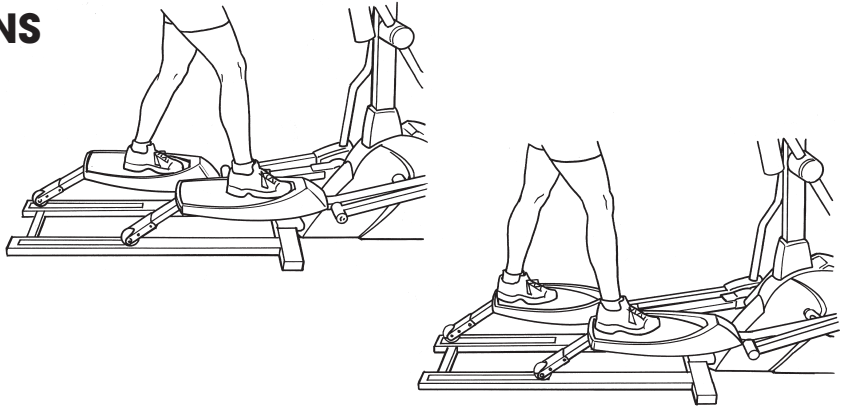
The New Balance 9.5e provides a completely smooth and natural feeling elliptical path that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout. The durable steel frame and transport wheels make the unit mobile and easy to use.

IMPORTANT:

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

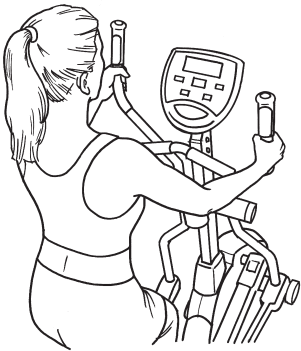
CHANGING FOOT POSITIONS

The generously sized foot platforms are 9" wide x 18" inches long which provides workout stability and allows you to vary your foot position for maximum comfort. Position your feet on the platforms so that you do not have to lean forward while performing the exercise.



USING THE HANDLEBARS

Your New Balance 9.5e comes with both swing arms and stationary handlebars.



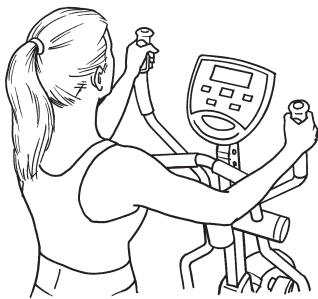
Using the Swing Arms

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

Using the Pulse Sensors on the Swing Arms

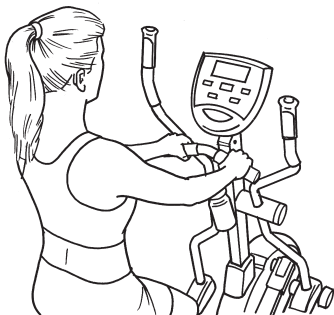
The pulse window on your computer works in conjunction with the pulse sensors found on the swing arms. When you are ready to read your pulse:

- 1) Place **both** hands firmly on the pulse sensors. For the most accurate reading, it is important to use **both** hands and to temporarily stop moving.
- 2) Look at your pulse window. The small heart will begin to blink.
- 3) Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the pulse sensors.
- 4) Refer to the Target Heart Rate Zone Chart found on page 17 of this manual. For additional information about the importance of working within certain heart rate ranges, see page 15 and 16 – *Measuring Your Heart Rate*.
- 5) This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.



Stationary Handlebars

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



OPERATING THE COMPUTER

WARNING

The batteries must be installed as instructed on page 8. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

WARNING

Do not plug AC Adapter into wall until computer is completely assembled.



Introduction

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

This computer provides different programs designed to tailor to your fitness goals. Simply choose the program you like, set the time limit and begin exercising. Your computer will then show your approximate pulse, approximate calories burned, elapsed time, speed and distance traveled.

Functions and Features

QUICK START BUTTON: Allows you to start the computer without selecting a program. TIME automatically begins to count up from zero. Use the ▲ UP and ▼ DOWN buttons to adjust the resistance.

TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your computer to count down from a set value by using the ▲ UP and ▼ DOWN buttons. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

SPEED: Displays your workout speed in miles per hour.

DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in tenths of a mile.

CALORIES (approximate): Your computer will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your computer is based on realistic expectations; however, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned. The computer will count up in 0.1 increments. After the display value

reaches 999, it will reset to "0" and begin counting from 0.1 again.

AGE: Your computer is age-programmable from 10 to 99 years when you choose all programs except Program 8. When using Program 8 you will set Target Heart Rate instead of Age.

Note: This unit is not recommended for children.

If you do not set an age, this function will always default to age 30.

PULSE (approximate): Your computer displays your pulse rate in beats per minute during your workout.

Pulse sensors, located on the Swing Arms enable the user to read his/her pulse rate. By grasping the sensors and holding firmly, the display will read your pulse rate in the display window. **Your pulse will continue to read as long as your hands stay on both of the pulse sensors.** See Heart Rate Chest Strap and Receiver section on page 13.

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

Buttons and Definitions

ENTER: This button allows users to select the Program, Time, Distance, Age, Calories, (Target Heart Rate Program 8 only).

START: This button allows the user to STOP or START exercising. (By holding this button for two seconds the user can reset all values to "0"). The computer will turn off automatically after approximately 4.5 minutes of non use. All values will then be reset to "0".

(continued on next page)

▲ UP BUTTON: This button allows the user to increase the values of the Tension Level, Time, Distance, Calories, Age and Program.

▼ DOWN BUTTON: This button allows the user to decrease the values of the Tension Level, Time, Distance, Calories, Age and Program.

LCD Workout Graphics

This system offers 15 programs that you can preset the workout time and will divide the time by 10 intervals. If you do not preset the workout time the system will count up the workout time in one-second increments.

Programs 1-7:

See LCD Workout Graphics on next page.

STEP 1 – Begin by pressing the START button for over two seconds. This will clear any other chosen function.

STEP 2 – The PROGRAM selection will be flashing. Use the ▲ UP and ▼ DOWN buttons to select a program. Then press the ENTER button - the TIME selection should now be flashing. Use the ▲ UP and ▼ DOWN button to set the time you want to exercise for. Then press the ENTER button - the CALORIE selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to set the target amount of calories you would like to burn during your workout. Then press the ENTER button - the AGE selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to select your age. Press the START button to begin exercising.

NOTE: If you do not want to set TIME, CALORIES, or AGE you can just select the program you would like and press the START button. All numbers will count up from zero. If you do set numbers for multiple selections, such as CALORIES and TIME, the computer will beep and stop when the first goal gets to zero. In this example if you still had 3 minutes left on the time, but the calories reached zero the workout would be done.

Once you begin exercising, your preset workout interval will be flashing. You can also increase or decrease your workout resistance by pressing the ▲ UP or the ▼ DOWN buttons. To PAUSE your exercising program, press the START button, then to resume, press the START button again.

PROGRAMS 8-11

These unique programs allow the computer to automatically adjust the workout resistance according to your heart rate. Grasp the pulse sensors and hold with a firm grip. If the current Heart Rate is greater than the Target Heart Rate, the computer will decrease the workout resistance on the next interval. If your current Heart Rate is less than your Target Heart Rate the computer will increase the resistance on the next interval. By the resistance changing, the machine will

be able to keep your heart rate close to the target beats per minute.

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

Important: You must keep your hands on the pulse sensors throughout the entire workout when using Programs 8 through 11.

Important: Be sure to set your actual age when using these programs.

Operating Instructions for Programs 8-11

STEP 1 – Begin by pressing the START button for over two seconds. This will clear any other chosen function.

STEP 2 – The PROGRAM selection will be flashing. Use the ▲ UP and ▼ DOWN buttons to select a program. Then press the ENTER button - the TIME selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to set the time you want to exercise for. Then press the ENTER button - the DISTANCE selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to set the distance. Press the ENTER button. The CALORIE selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to set the target amount of calories you would like to burn during your workout. Then press the ENTER button - the AGE selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to select your age. Press the START button to begin exercising.

NOTE: On PROGRAM 8 you will set your desired Target Heart Rate (which will default to 90 beats per minute

) in place of your AGE. Set the the Target Heart Rate by using the ▲ UP and ▼ DOWN buttons.

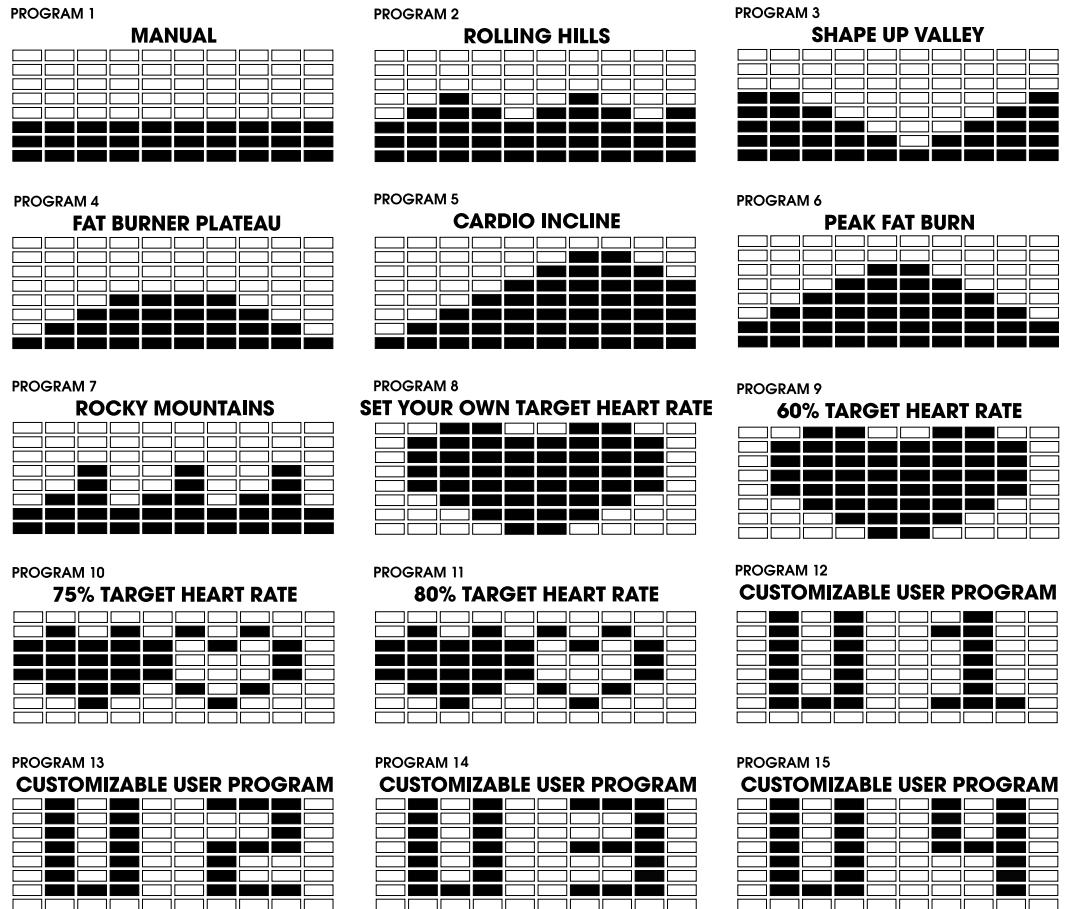
USER PROGRAMS (Programs 12, 13, 14, 15)

These programs allow you to design and store your own workout course.

STEP 1 – Begin by pressing the START button for over two seconds. This will clear any other chosen function.

STEP 2 – The PROGRAM selection will be flashing. Use the ▲ UP and ▼ DOWN buttons to select a program. Then press the ENTER button - the TIME selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to set the time you want to exercise for. Then press the ENTER buttons - the CALORIE selection should now be flashing. Use the ▲ UP and ▼ DOWN button to set the target amount of calories you would like to burn during your workout. Then press the ENTER button - the AGE selection should now be flashing. Use the ▲ UP and ▼ DOWN buttons to select your age. Then

LCD Workout Graphics



press the the ENTER button - the first box on the left of the workout display should now be flashing. Use the ▲ UP and ▼ DOWN buttons to set the intensity level you would like for that particular interval. Press the ENTER button again. The next interval should now be flashing. Use the ▲ UP and ▼ DOWN buttons to set the intensity level you would like for that particular interval. Repeat this pattern until you have set an intensity level for each interval. Press the START button to begin exercising.

NOTE: The workout course will automatically be saved as soon as you press the START button.

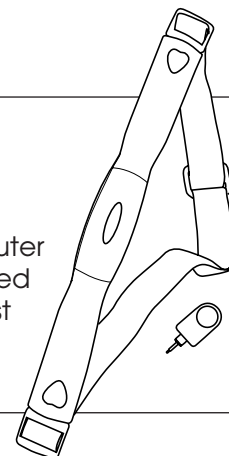
LCD Contrast Calibration

The contrast of the screen can be adjusted by the following steps:

- During the STOP mode, press and hold the ENTER and ▲ UP buttons together for over two seconds. You will hear a faint beep. This will open the LCD contrast calibration mode.
- Then press the ▲ UP or ▼ DOWN button to adjust the contrast of the screen. Press START button to set the desired level of contrast. There are 16 levels of contrast.

Heart Rate Chest Strap and Receiver

Your 9.5e comes with a wireless Heart Rate Chest Strap. Wearing the chest strap during exercise will allow you to have a heart rate reading regardless of hand placement. The receiver that plugs into the computer (next to the book holder) is the Heart Rate Receiver. It must be plugged into your computer so it can receive the wireless signal from the Chest Strap. Follow the instructions in the wireless chest strap package for direction on how to use the Wireless Chest Strap while exercising.



IMPORTANT

Please review this section before you begin exercising.

IMPORTANT:

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

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

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

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

KNOWING THE BASICS

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

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

CARDIORESPIRATORY ENDURANCE – the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your New Balance 9.5e will improve this.

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

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

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

BODY COMPOSITION – often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Workout Progress Charts on pages 21 and 22.

A COMPLETE EXERCISE PROGRAM

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

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

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

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

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

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

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

CARDIORESPIRATORY ENDURANCE – at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your New Balance 9.5e Elliptical Trainer is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

FLEXIBILITY – 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 18 and 19 for a list of total body stretches.

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

AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?

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

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

a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the "Measuring Your Heart Rate" section below and on page 16 for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your New Balance 9.5e the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

WHEN TO EXERCISE

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

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

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

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

MEASURING YOUR HEART RATE (see chart on page 17)

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

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

(continued on next page)

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

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

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

Remember, your New Balance 9.5e Elliptical Trainer also comes with pulse sensors located on the swing arms.

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

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

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

By using the chart on page 17 you can see where your heart rate falls in the minimum and maximum target zones.

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

CLOTHING

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

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

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

TIPS TO KEEP YOU GOING

- 1) Adopt a specific plan and write it down.
- 2) Keep setting realistic goals as you go along, and remind yourself of them often.
- 3) Keep a log to record your progress and make sure to keep it up-to-date. See pages 21-24.
- 4) Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- 5) Upgrade your fitness program as you progress. Your New Balance 9.5e provides 15 different workout programs to keep your workouts challenging.
- 6) Enlist the support and company of your family and friends.
- 7) Update others on your successes.
- 8) Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 15.
- 9) Reward yourself periodically for a job well done!

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

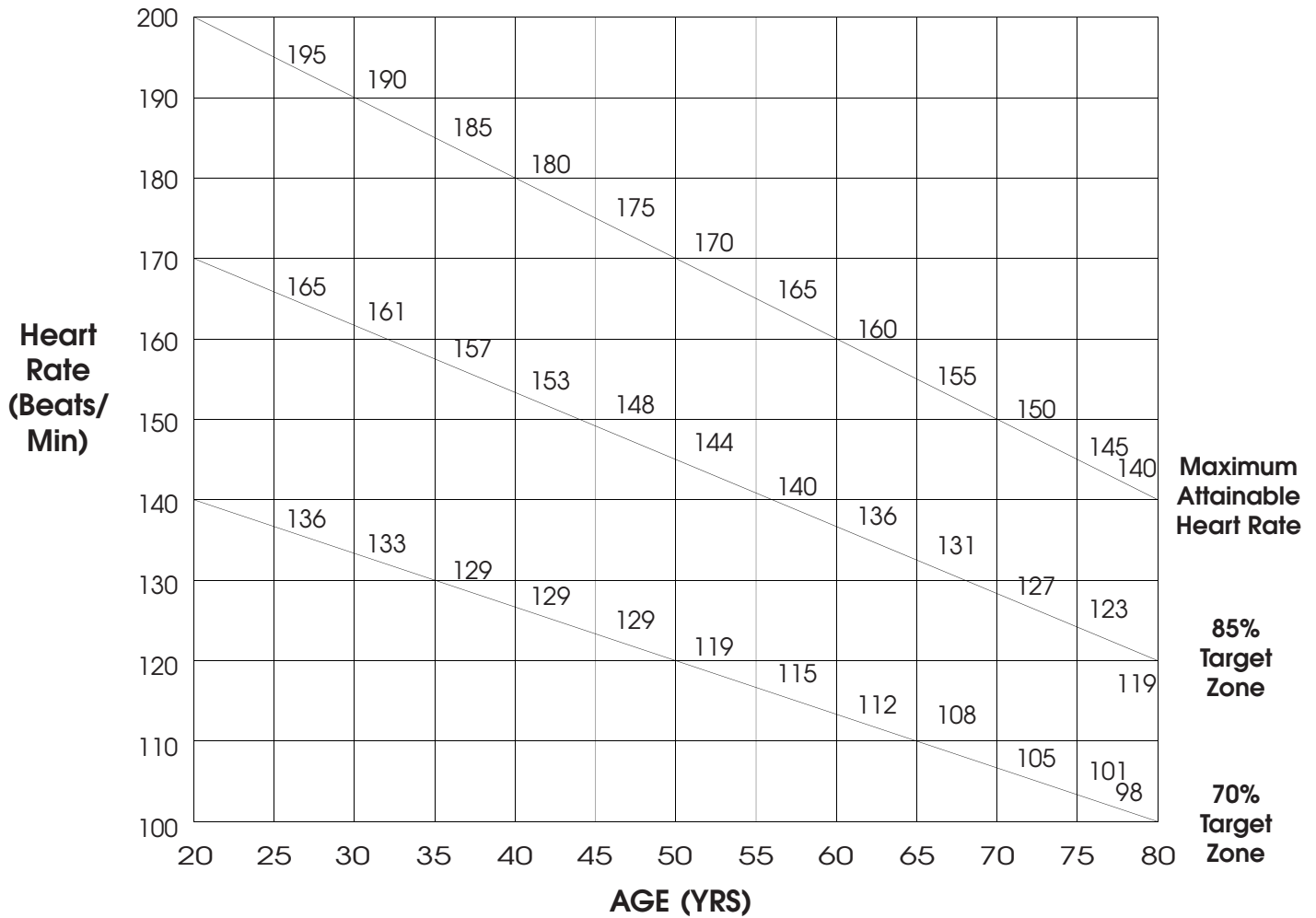
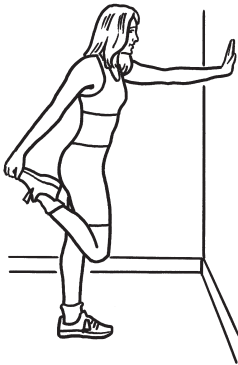


TABLE 2

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

WARM UP & COOL DOWN STRETCHES

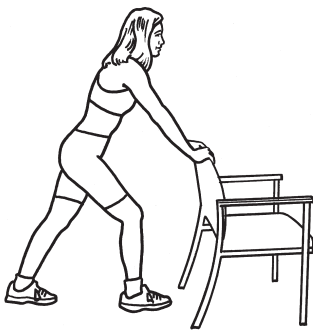
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion, like elliptical striding. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing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



1. Quadriceps Stretch

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

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



2. Calf and Achilles Stretch

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

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



3. Overhead/Triceps Stretch

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

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



4. Back Stretch

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

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



5. Standing Hamstrings Stretch

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

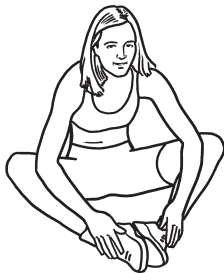
Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks, Hips and Abdominal Stretch

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

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



7. Inner Thigh Stretch

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



8. Arm Pullback

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

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

CARE & STORAGE OF YOUR NEW BALANCE 9.5e

Care For Your Unit

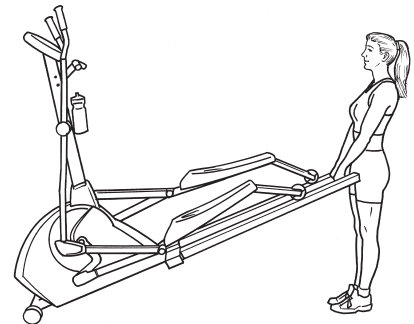
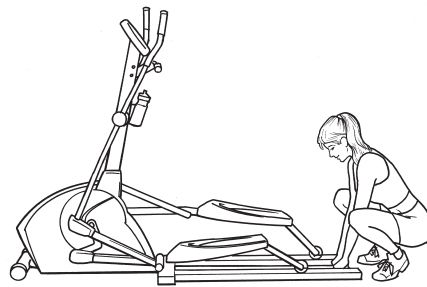
Your New Balance 9.5e Elliptical Trainer has been carefully designed to require minimum maintenance. However, we recommend the following to keep your unit operating smoothly.

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

Instructions For Moving Your Unit

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

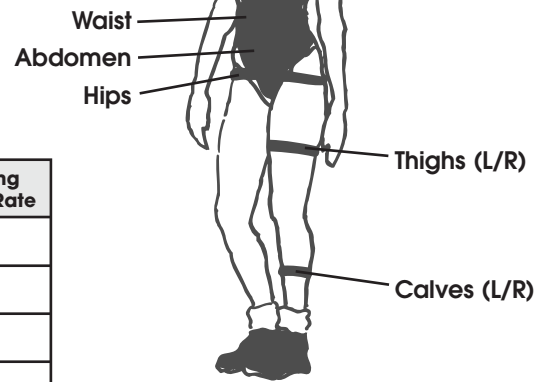
- Stand behind the unit and grasp the Stabilizer Bar located at the rear of the unit. Lift up using your legs - not your back. Tip the machine forward until it is resting on the front transportation wheels/front rollers.
- Wheel the machine to its new location and carefully lower the unit back down to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



WORKOUT PROGRESS CHARTS

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

Measuring Sites



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

ADDITIONAL WORKOUT PROGRESS CHARTS

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

ADDITIONAL EXERCISE DATA CHARTS

Update once a week

<i>Week (Date)</i>	<i># Of Workouts</i>	<i>Total Workout Time</i>
_____	_____	_____
_____	_____	_____
_____	_____	_____
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<i>Week (Date)</i>	<i># Of Workouts</i>	<i>Total Workout Time</i>
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New Balance Fitness Equipment

Dedication to Quality

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

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

Please record the following information and keep for reference.

Serial #: _____

Date Of Purchase: _____

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