

GOLD'S GYM®

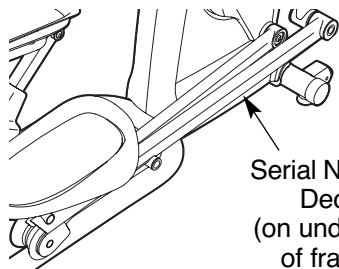
CROSSTRAINER 510

USER'S MANUAL

Model No. GGEL60407.0

Serial No. _____

Write the serial number in the space above for reference.



Serial Number
Decal
(on underside
of frame)

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

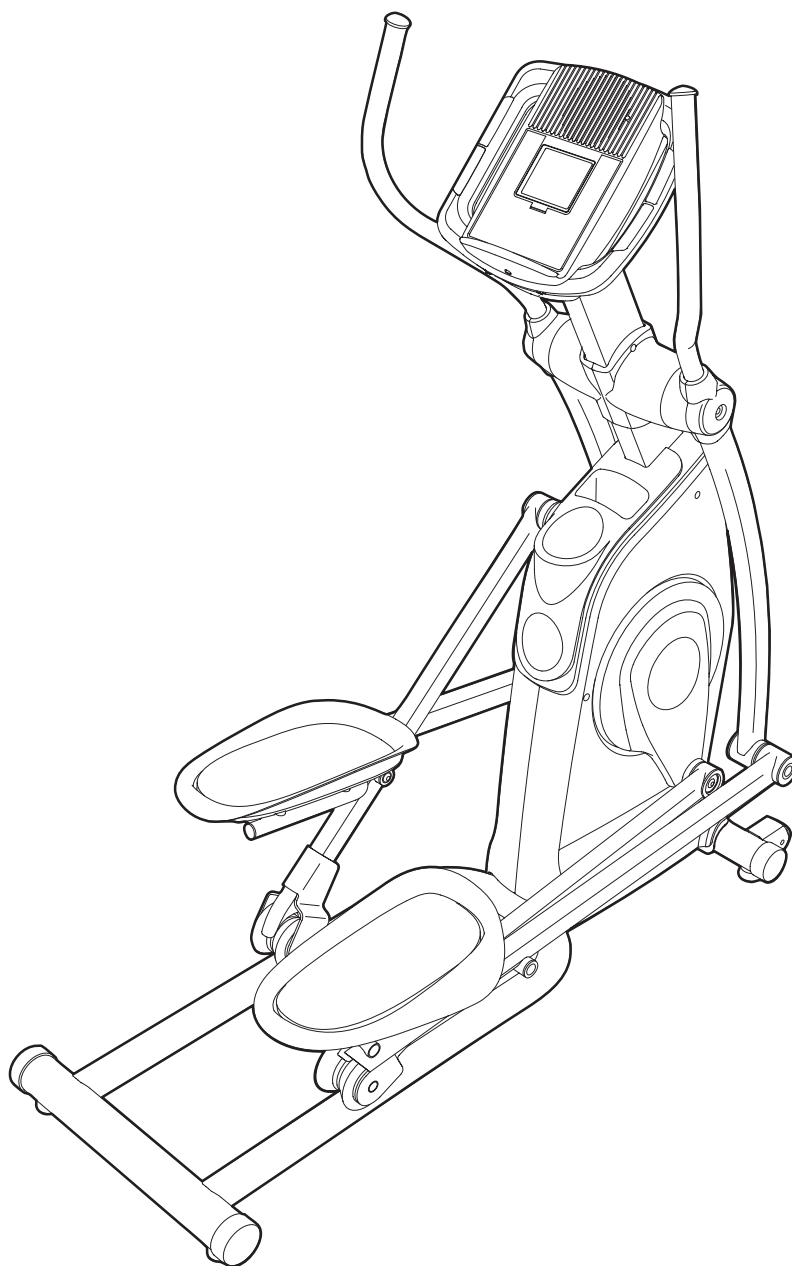
1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.goldsgympowerflex.com



⚠ CAUTION

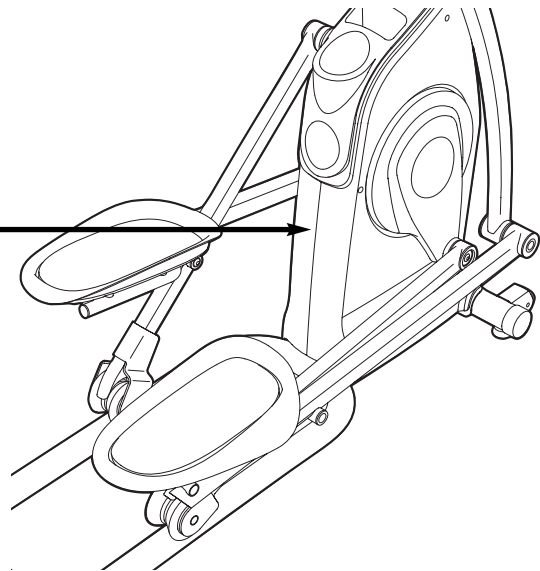
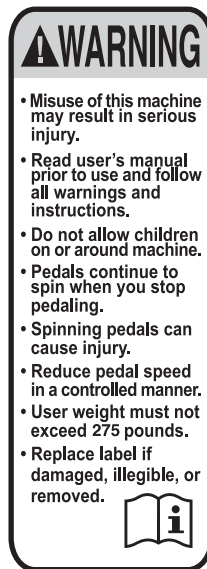
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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WARNING DECAL PLACEMENT

The warning decal shown at the right has been applied in the location shown. **If the 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 may not be shown at actual size.



IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your 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 your 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 age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 275 lbs. (124 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

BEFORE YOU BEGIN

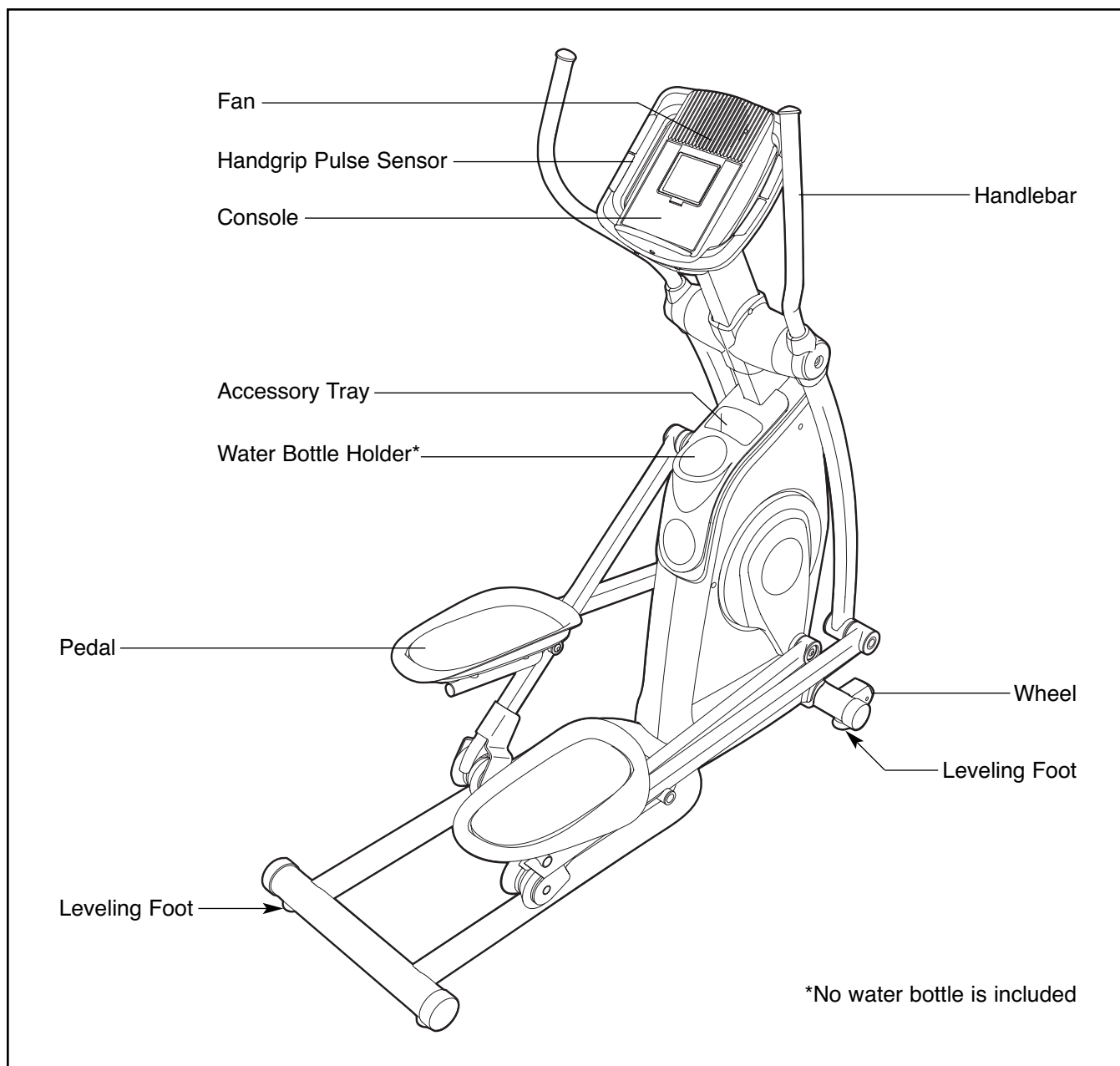
Thank you for selecting the new GOLD'S GYM® CROSSTRAINER 510 elliptical exerciser. The GOLD'S GYM CROSSTRAINER 510 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

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

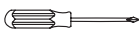

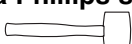
To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.iconservice.com/registration.

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


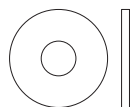

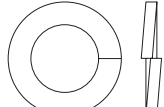

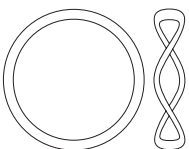
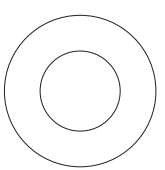
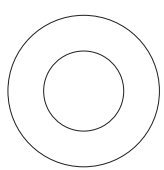
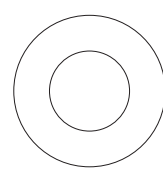
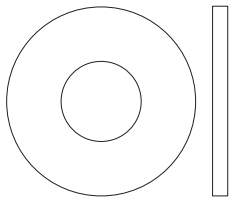
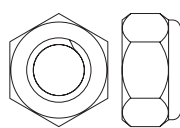
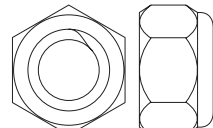
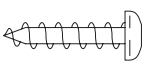
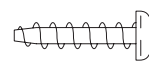
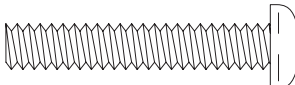
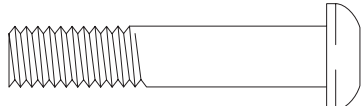
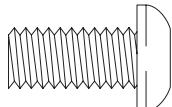
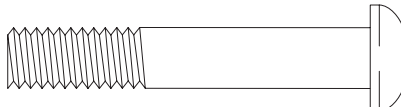
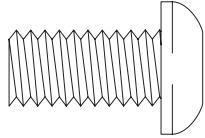
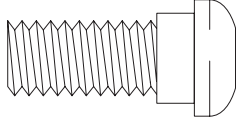
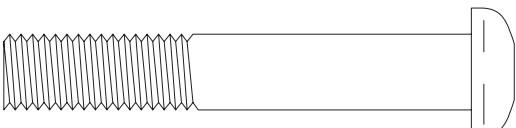
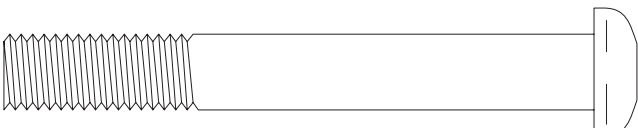


ASSEMBLY

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

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 hex keys, assembly requires a Phillips screwdriver** , **an adjustable wrench** , and **a rubber mallet** .

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

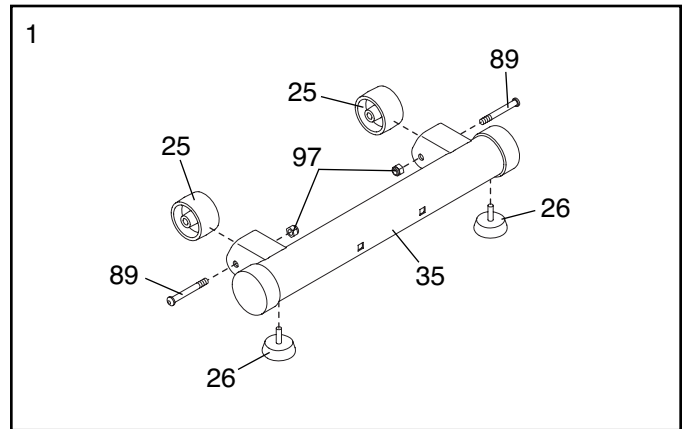
					
Star Washer (100)-3	M4 x 13mm Washer (93)-2	M6 Split Washer (88)-8	M8 Split Washer (72)-2	M10 Spacer (76)-2	Wave Washer (98)-8
					
M10 x 20mm x 1mm Washer (81)-2	M10 x 20mm x 1.5mm Washer (84)-2	M10 x 20mm x 2mm Washer (92)-4	M10 x 25mm Washer (94)-4	M8 Nylon Locknut (96)-4	M10 Nylon Locknut (97)-2
					
M4 x 16mm Self-tapping Screw (79)-10	M4 x 16mm Screw (86)-4	M6 x 35mm Phillips Screw (87)-8	M8 x 42mm Bolt (71)-4		
					
M8 x 16mm Button Screw (95)-3	M8 x 48mm Button Screw (78)-2	M10 x 20mm Button Screw (91)-4	M10 x 23mm Shoulder Screw (80)-8		
					
M10 x 62mm Bolt (89)-4		M10 x 78mm Button Screw (90)-2			

1.

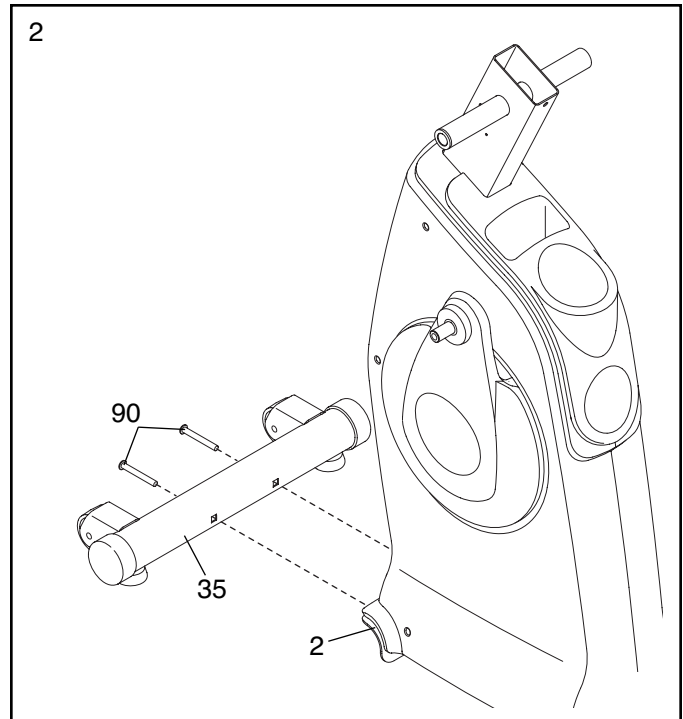
To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.

Orient the the Front Stabilizer (35) as shown. Attach the two Wheels (25) to the Front Stabilizer with two M10 x 62mm Bolts (89) and two M10 Nylon Locknuts (97).

Attach two Feet (26) to the underside of the Front Stabilizer (35).

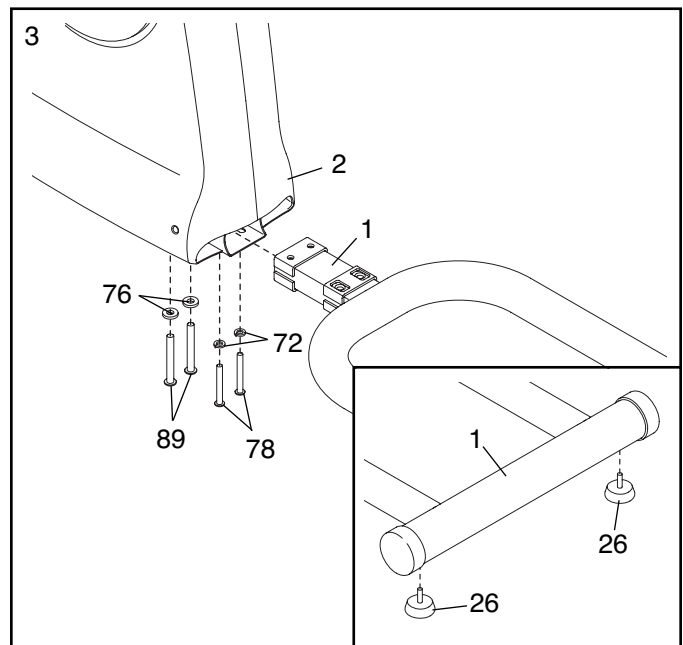


2. Have a second person tip the Frame (2) backward. Attach the Front Stabilizer (35) to the Frame with two M10 x 78mm Button Screws (90).



3. Orient the Base (1) near the Frame (2) as shown. See the inset drawing. Attach two Feet (26) to the underside of the Base.

Have a second person tip the Frame (2) forward. Insert the Base (1) into the Frame. Attach the Base with two M10 x 62mm Bolts (89), two M10 Spacers (76), two M8 x 48mm Button Screws (78), and two M8 Split Washers (72).

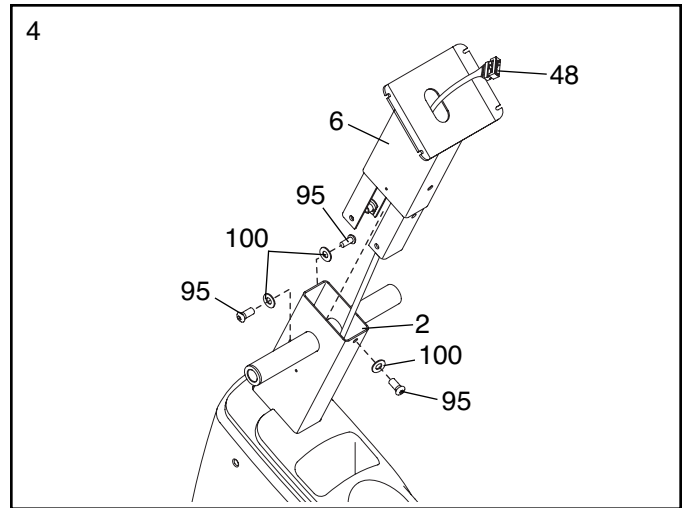


4. Have a second person hold the Upright (6) near the Frame (2) as shown.

Pull the Wire Harness (48) out of the Frame (2) and insert it upward through the Upright (6). Do not let the Wire Harness fall into the Upright; use a piece of tape or an elastic band to hold the Wire Harness in place until step 12.

Insert the Upright (6) into the Frame (2). Attach the Upright with three M8 x 16mm Button Screws (95) and three Star Washers (100).

Avoid pinching the Wire Harness (48) between the Upright and the Frame.

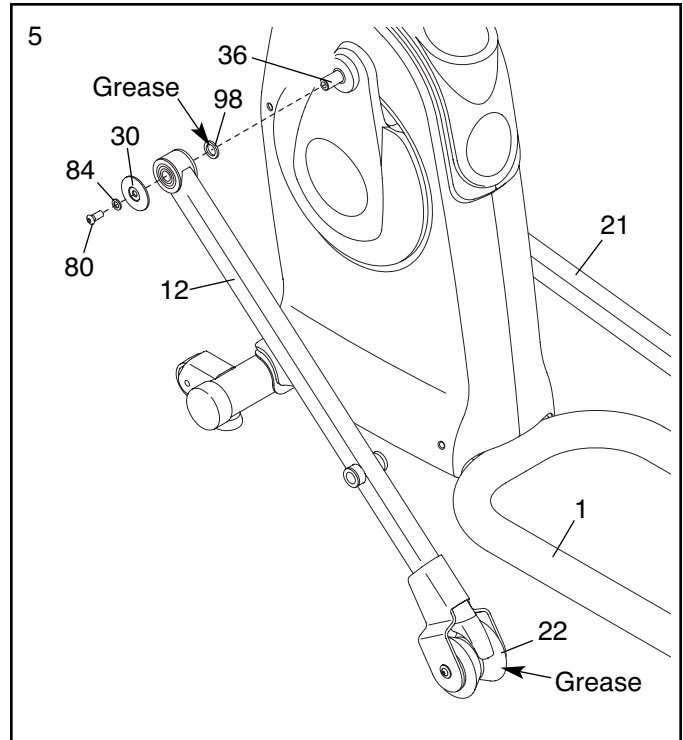


5. Identify the Left Roller Leg (12), which is marked with a "Left" sticker. Orient the Left Roller Leg as shown near the left Crank Arm (36).

Apply a small amount of the included grease to both sides of a Wave Washer (98). Also, apply grease to the Roller (22) on the Left Roller Leg (12); spread the grease evenly around the Roller.

Slide the Wave Washer (98) onto the left Crank Arm (36). Next, slide the Left Roller Leg (12) onto the Crank Arm and set the Roller (22) on the Base (1). Attach the Left Roller Leg with an M10 x 23mm Shoulder Screw (80), an M10 x 20mm x 1.5mm Washer (84), and a Crank Axle Cap (30).

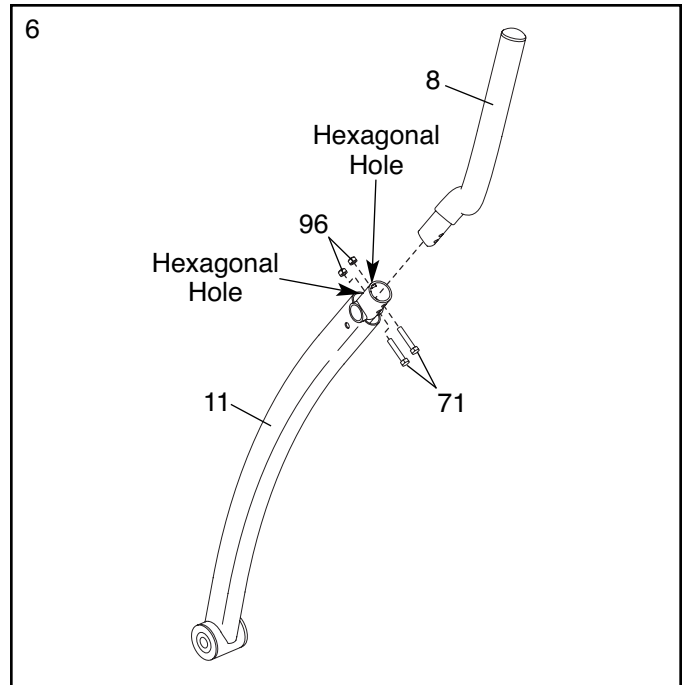
Repeat this step to attach the Right Roller Leg (21) to the right Crank Arm (not shown).



6. Identify the Left Handlebar (8), which is marked with a “Left” sticker. Insert the Left Handlebar into one of the Handlebar Legs (11) as shown.

Attach the Left Handlebar (8) with two M8 x 42mm Bolts (71) and two M8 Nylon Locknuts (96). **Make sure that the Nylon Locknuts are inside the hexagonal holes.**

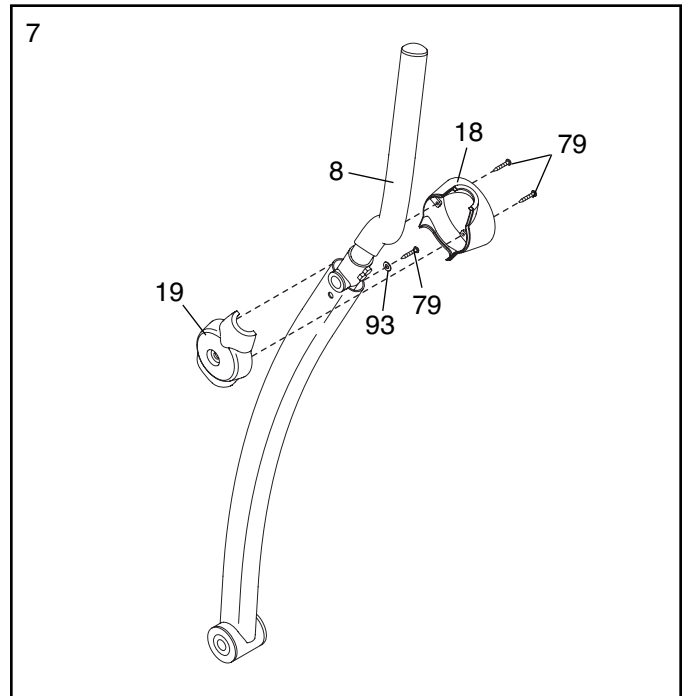
Assemble the Right Handlebar (not shown) and the other Handlebar Leg (not shown) in the same way.



7. Position an Inner Handlebar Cover (18) and an Outer Handlebar Cover (19) around the Left Handlebar (8) as shown.

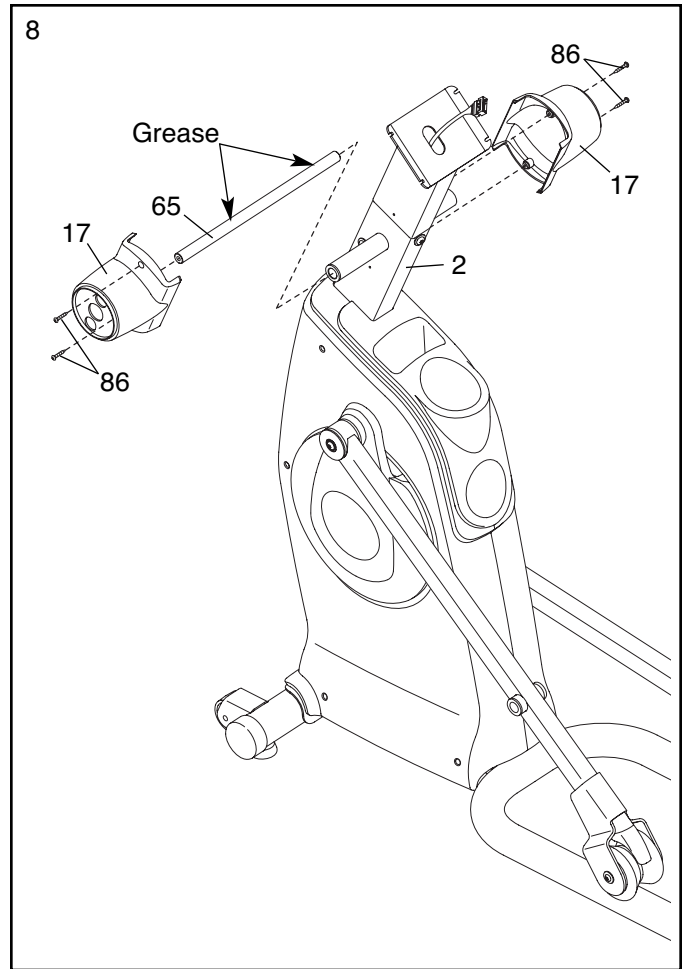
Attach the Inner and Outer Handlebar Covers (18, 19) with three M4 x 16mm Self-tapping Screws (79) and an M4 x 13mm Washer (93). **Start all three Self-tapping Screws before tightening them.**

Repeat this step for the Right Handlebar (not shown).



8. Apply a generous amount of grease to the Pivot Axle (65) and insert it into the Frame (2).

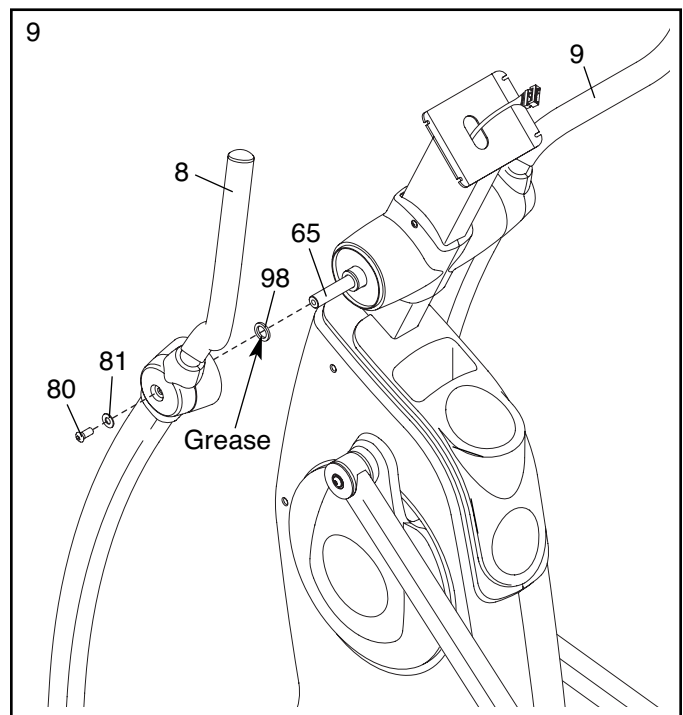
Attach the two Frame Covers (17) to the Frame (2) with four M4 x 16mm Screws (86) as shown.



9. Apply a small amount of grease to both sides of a Wave Washer (98). Slide the Wave Washer onto the left side of the Pivot Axle (65). Next, slide the Left Handlebar (8) onto the Pivot Axle as shown.

Attach the Left Handlebar (8) with an M10 x 23mm Shoulder Screw (80) and an M10 x 20mm x 1mm Washer (81).

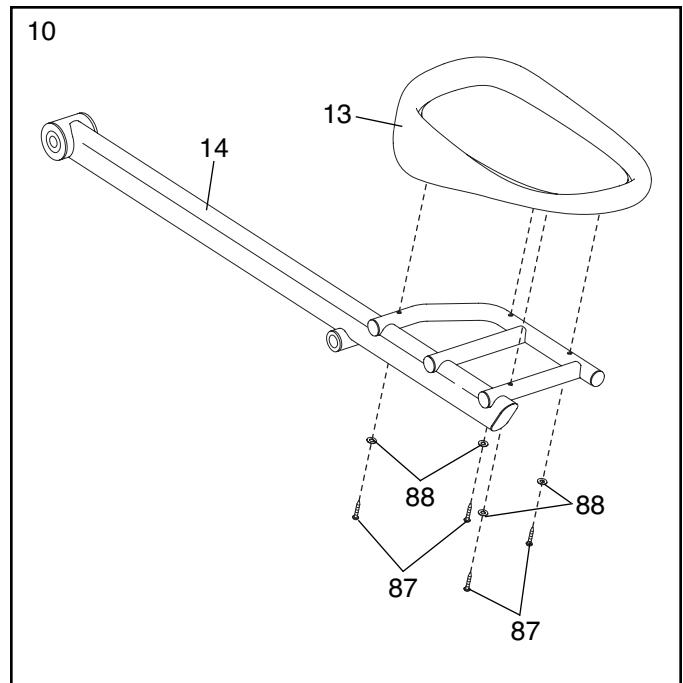
Repeat this step to attach the Right Handlebar (9) to the Pivot Axle (65).



10. Identify the Left Pedal (13) and the Left Pedal Leg (14), which are marked with “Left” stickers, and orient them as shown.

Attach the Left Pedal (13) to the Left Pedal Leg (14) with four M6 x 35mm Phillips Screws (87) and four M6 Split Washers (88). **Start all four Phillips Screws before tightening them.**

Repeat this step to attach the Right Pedal (not shown) to the Right Pedal Leg (not shown).



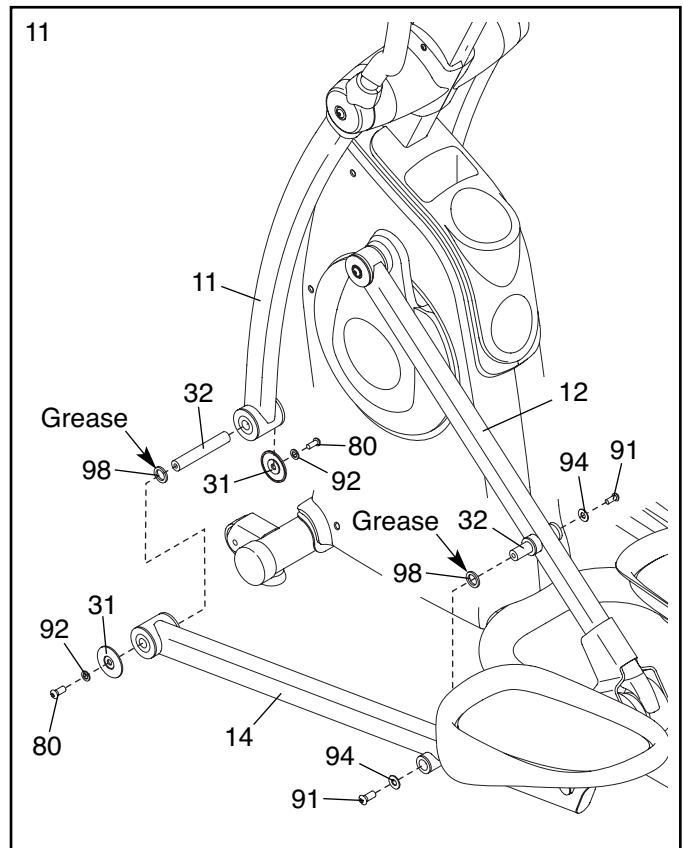
11. Apply a generous amount of grease to two Pedal Leg Axles (32). Insert one Pedal Leg Axle into the bottom of the left Handlebar Leg (11). Insert the other Pedal Leg Axle into the left Roller Leg (12).

Apply a small amount of grease to both sides of two Wave Washers (98). Place a Wave Washer on each Pedal Leg Axle (32).

Orient the Left Pedal Leg (14) as shown, and slide it onto the Pedal Leg Axles (32). Attach the Left Pedal Leg to the left Handlebar Leg (11) with two M10 x 23mm Shoulder Screws (80), two M10 x 20mm x 2mm Washers (92), and two Axle Caps (31).

Attach the Left Pedal Leg (14) to the left Roller Leg (12) with two M10 x 20mm Button Screws (91) and two M10 x 25mm Washers (94); **do not overtighten the Button Screws**. The Legs (11, 14, 12) must be able to pivot freely.

Repeat this step for the Right Pedal Leg (not shown).

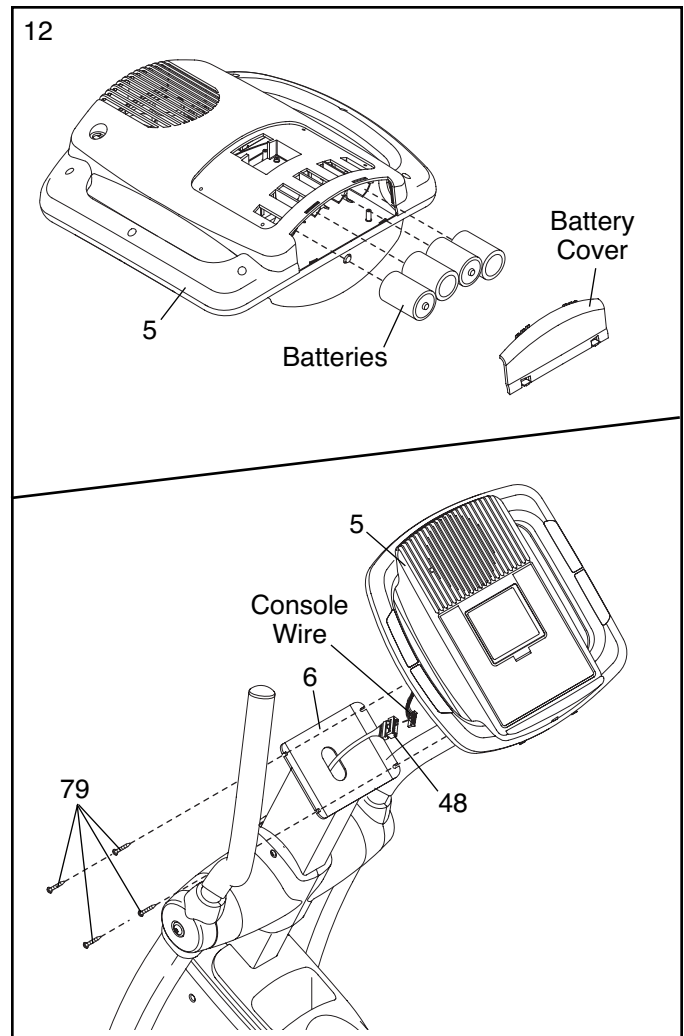


12. The Console (5) requires four 1.5V "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** See the inset drawing. Remove the battery cover from the Console and insert four batteries into the Console. Make sure that the batteries are oriented as shown by the diagram in the battery compartment. Then, reattach the battery cover.

Note: The Console (5) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the telephone number on the front cover of this manual.** Plug one end of the power supply into the jack on the console. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

Have a second person hold the Console (5) near the Upright (6) as shown. Connect the console wire to the Wire Harness (48). Insert the excess wire downward into the Upright.

Attach the Console (5) to the Upright (6) with four M4 x 16mm Self-tapping Screws (79).

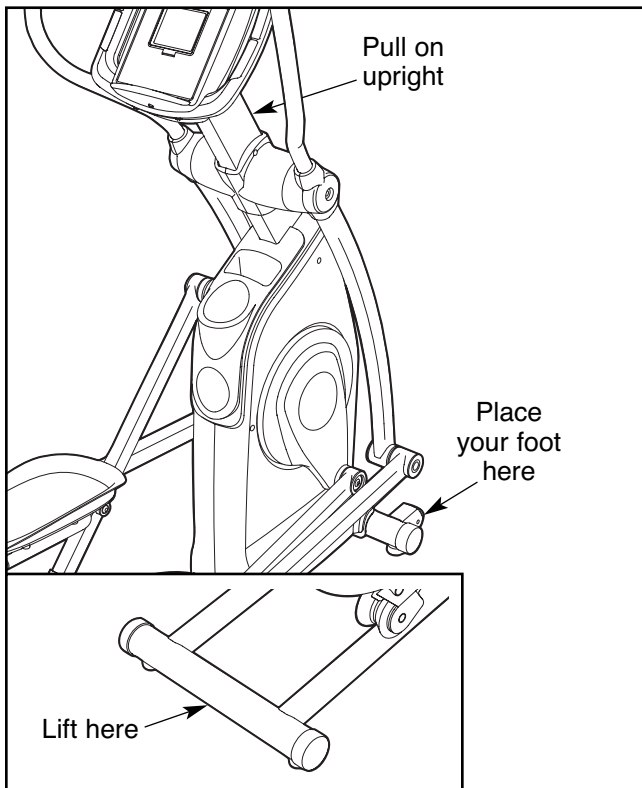


13. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

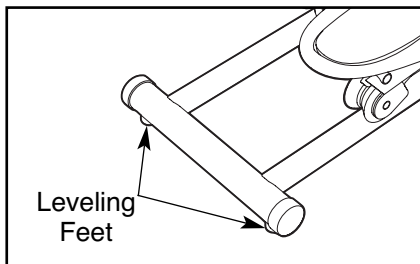
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the base until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



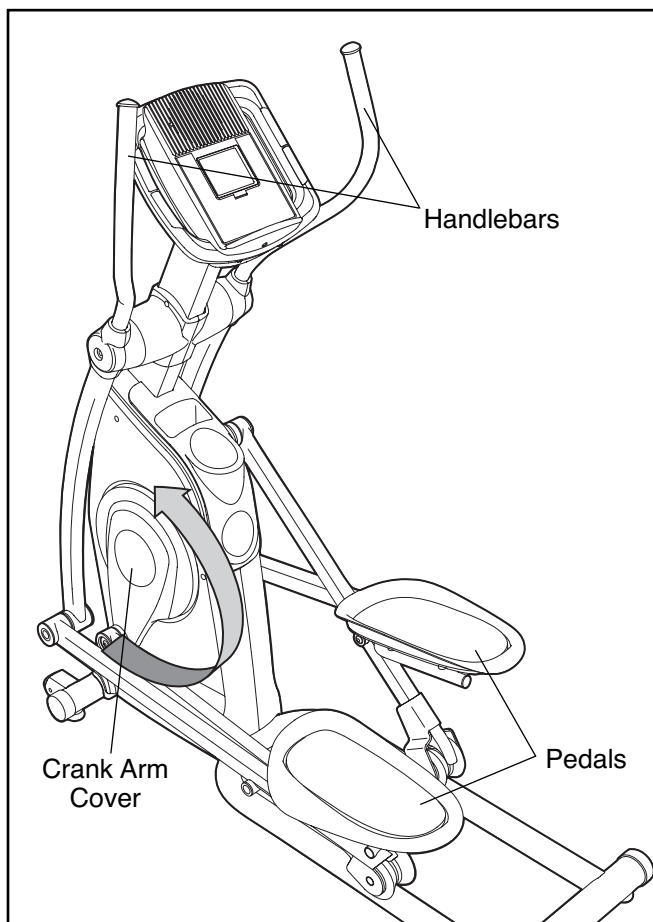
HOW TO LEVEL THE ELLIPTICAL EXERCISER

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

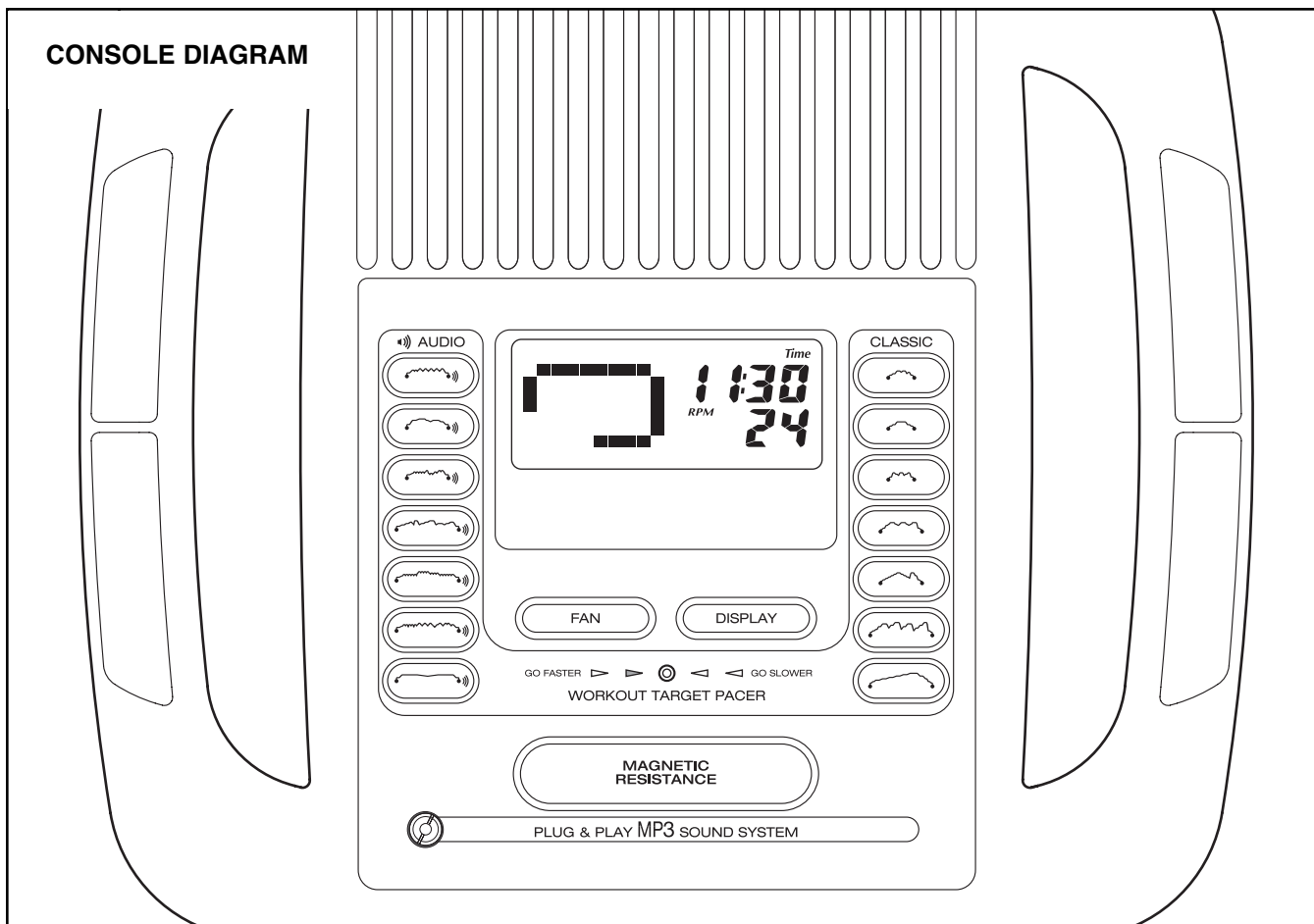


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arm covers can turn in either direction. It is recommended that you turn the crank arm covers in the direction shown by the arrow below; however, for variety, you can turn the crank arm covers in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



FEATURES OF THE CONSOLE

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

The console also features seven audio coach workouts. During an audio coach workout, the voice of a personal trainer will guide you through an effective workout while the console automatically changes the resistance of the pedals.

The console also offers seven preset workouts. Each workout automatically changes the resistance of the

pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

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

To use the manual mode of the console, follow the steps beginning on page 14. **To use an audio coach workout**, see page 16. **To use a preset workout**, see page 17. **To use the stereo sound system**, see page 17.

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

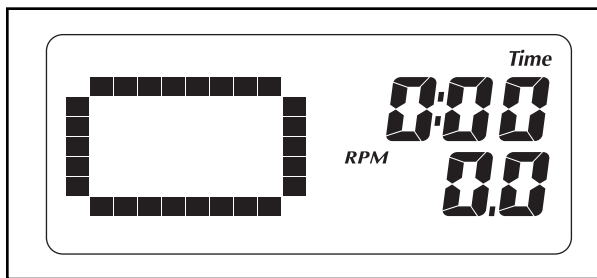
HOW TO USE THE MANUAL MODE

1. **Press any button on the console or begin pedaling to turn on the console.**

When you turn on the console, the displays and the workout target pacer will light. A tone will then sound and the console will 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 workout, reselect the manual mode by pressing one of the seven buttons on the right or left side of the console repeatedly until a track appears in the left display.



3. **Begin pedaling and change the resistance of the pedals as desired.**

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

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



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

The upper right display can show the elapsed time, the approximate number of calories you have burned, and the dis-

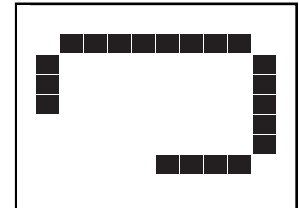


tance (total revolutions) you have pedaled. The display will change modes every few seconds.

The lower right display can show your pedaling pace in revolutions per minute (rpm) and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15).



The left display will show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



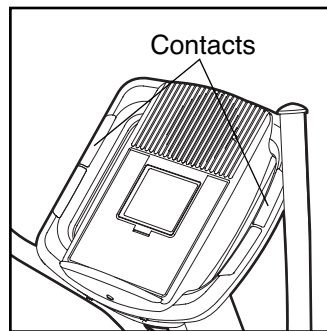
To change the display mode, press the Display button repeatedly until the desired exercise information appears in the upper or lower right display. After several seconds, the displays will change modes automatically as before.

Note: You can adjust the volume of the console tones and the voice of the personal trainer. First, press the Display button for a few seconds until the display is blank; then, release the Display button. Next, press the Magnetic Resistance increase and decrease buttons to select a volume level between 1 and 5. When you have selected the desired volume level, press the Display button again.



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. 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.**



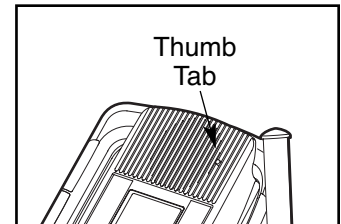
When your pulse is detected, a heart-shaped symbol will flash in the lower right display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If 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.**

6. Turn on the fan if desired.

The fan has high, low, and auto speed settings; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling pace. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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



To turn off the fan, press the Fan button again. Note: If the pedals do not move for about thirty seconds, the fan will automatically turn off to conserve the batteries.

7. 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 and the console will pause.

If the pedals do not move for about five minutes, the console will turn off and the displays will be reset.

HOW TO USE AN AUDIO COACH WORKOUT

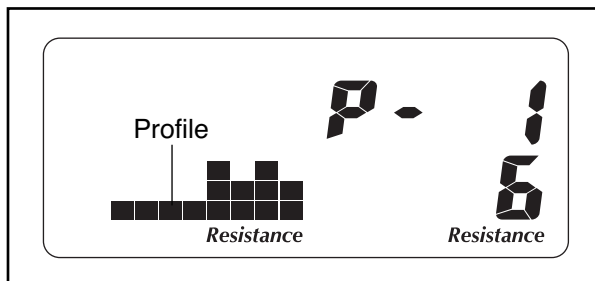
1. **Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 14.

2. **Select an audio coach workout.**

To select one of the seven audio coach workouts, press one of the seven buttons on the left side of the console.

When you select an audio coach workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds and a profile of the resistance levels of the workout will scroll across the left side of the display. The voice of a personal trainer will also begin guiding you through the workout.



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

Each workout is divided into either 30 or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

During the workout, the workout target pacer will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The workout target pacer is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Magnetic Resistance increase or decrease button. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level programmed for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

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

See step 4 on page 14.

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

See step 5 on page 15.

6. **Turn on the fan if desired.**

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE A PRESET WORKOUT

1. **Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 14.

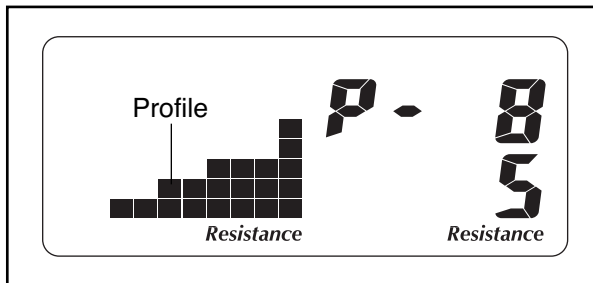
2. **Select a preset workout.**

To select one of the seven preset workouts, press one of the seven buttons on the right side of the console.

When you select a preset workout, the name of the workout and the maximum resistance level will appear in the display for a few seconds. A profile of the resistance levels of the workout will also scroll across the left side of the display.

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

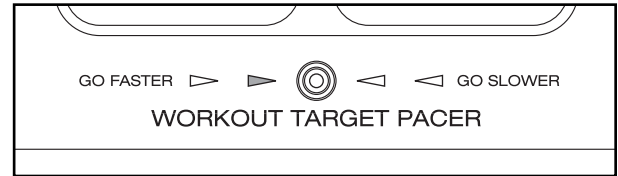
Each workout is divided into either 20, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.



During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

During the workout, the workout target pacer will prompt you to keep your pedaling pace near the target pace setting for the current segment. When a left indicator lights, increase your pace; when a right indicator lights, decrease your pace. When

the center indicator lights, maintain your current pace. **IMPORTANT: The workout target pacer is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Magnetic Resistance increase or decrease button. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level programmed for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

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

See step 4 on page 14.

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

See step 5 on page 15.

6. **Turn on the fan if desired.**

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE THE STEREO SOUND SYSTEM

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

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

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 12 on page 11 for replacement instructions.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 15.

HOW TO LEVEL THE ELLIPTICAL EXERCISER

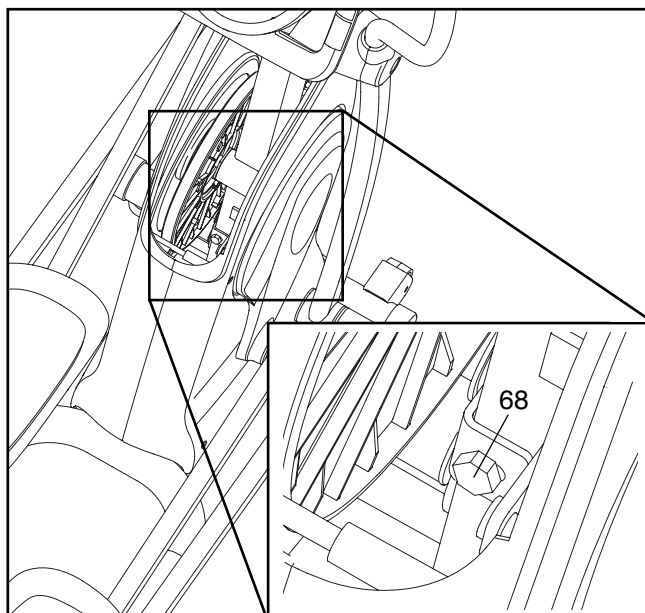
If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

HOW TO ADJUST THE DRIVE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the

drive belt may need to be adjusted. To adjust the drive belt, first remove the screws from the left and right side shields (not shown). Gently pull the side shields apart and remove the convenience tray.

Next, locate the Idler Screw (68) and loosen it one half turn. Step onto the elliptical exerciser and move the pedals. If the pedals continue to slip, turn the Idler Screw another half turn and test the pedals again. Continue in this way until the pedals no longer slip. Then, replace the convenience tray and reattach the side shields.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. GGEL60407.0

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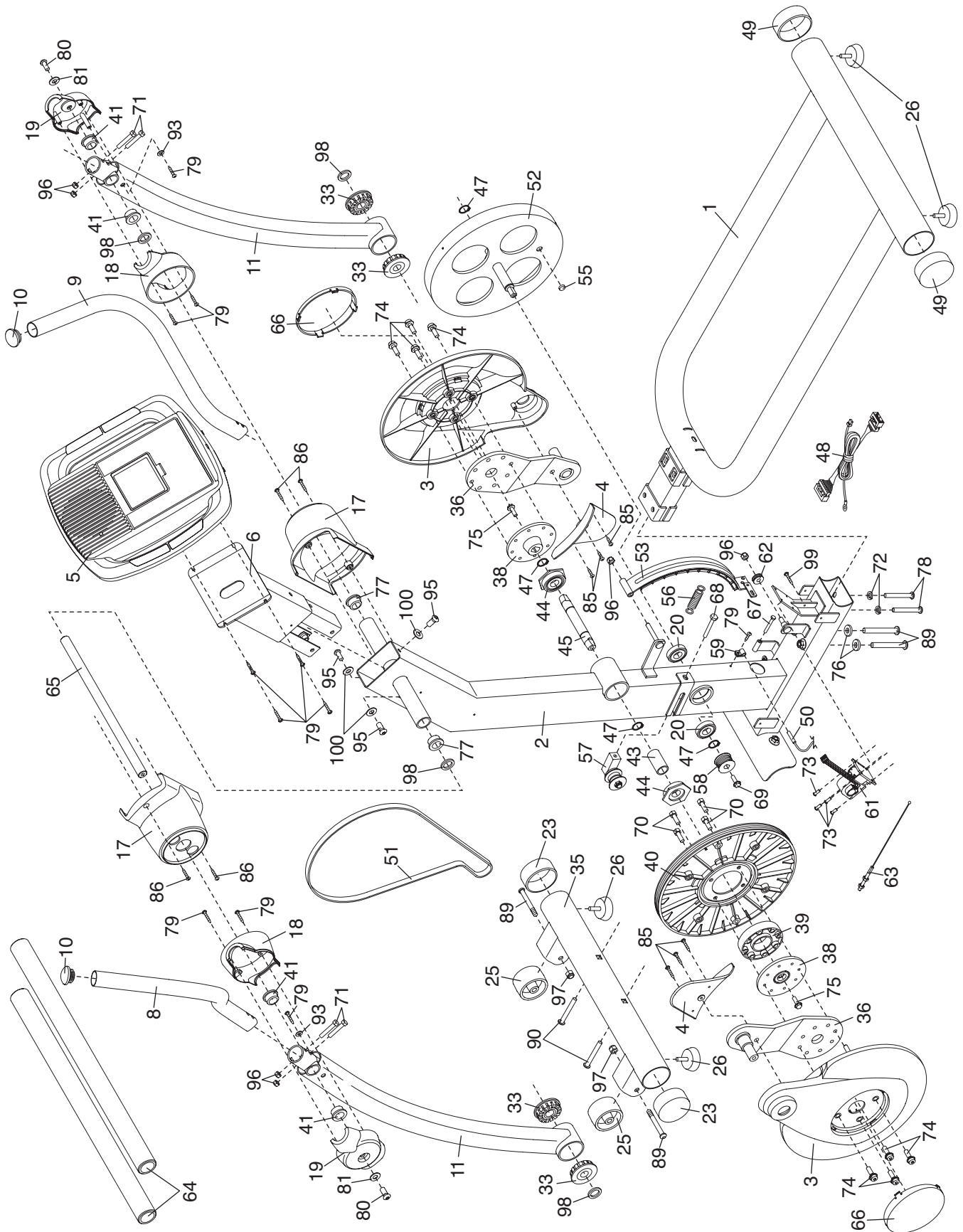
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	46	8	Round Inner Cap
2	1	Frame	47	4	Snap Ring
3	2	Outer Crank Arm Cover	48	1	Wire Harness
4	2	Inner Crank Arm Cover	49	2	Base Endcap
5	1	Console	50	1	Reed Switch/Wire
6	1	Upright	51	1	Belt
7	2	Roller Cover	52	1	Flywheel
8	1	Left Handlebar	53	1	“C” Magnet
9	1	Right Handlebar	54	2	Outer Bearing Set
10	2	Handlebar Endcap	55	1	Magnet
11	2	Handlebar Leg	56	1	Spring
12	1	Left Roller Leg	57	1	Idler
13	1	Left Pedal	58	1	Flywheel Pulley
14	1	Left Pedal Leg	59	1	Clamp
15	1	Right Pedal	60	2	Inner Bearing Set
16	1	Right Pedal Leg	61	1	Motor
17	2	Frame Cover	62	1	Resistance Cable Pulley
18	2	Inner Handlebar Cover	63	1	Resistance Cable Set
19	2	Outer Handlebar Cover	64	2	Foam Grip
20	2	Axle Bearing	65	1	Pivot Axle
21	1	Right Roller Leg	66	2	Hub Cover
22	2	Roller	67	1	Stop Screw
23	2	Stabilizer Endcap	68	1	Idler Screw
24	2	Roller Axle	69	1	M8 Flange Screw
25	2	Wheel	70	4	M8 x 35mm Screw
26	4	Foot	71	4	M8 x 42mm Bolt
27	4	Wheel Bearing	72	2	M8 Split Washer
28	1	Left Side Shield	73	4	M4 x 12mm Flange Screw
29	1	Right Side Shield	74	8	M8 x 25mm Screw
30	2	Crank Axle Cap	75	2	3/8" Flange Screw
31	4	Axle Cap	76	2	M10 Spacer
32	4	Pedal Leg Axle	77	2	Pivot Bushing
33	8	Axle Bushing	78	2	M8 x 48mm Button Screw
34	4	Roller Bushing	79	16	M4 x 16mm Self-tapping Screw
35	1	Front Stabilizer	80	8	M10 x 23mm Shoulder Screw
36	2	Crank Arm	81	2	M10 x 20mm x 1mm Washer
37	1	Convenience Tray	82	4	M8 x 16mm Patch Screw
38	2	Crank Hub	83	4	M8 x 25mm Washer
39	1	Pulley Spacer	84	2	M10 x 20mm x 1.5mm Washer
40	1	Pulley	85	10	M4 x 12mm Screw
41	12	Axle Bushing	86	6	M4 x 16mm Screw
42	2	Pedal Leg Endcap	87	8	M6 x 35mm Phillips Screw
43	1	Crank Sleeve	88	8	M6 Split Washer
44	2	Crank Bearing Set	89	4	M10 x 62mm Bolt
45	1	Crank	90	2	M10 x 78mm Button Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
91	4	M10 x 20mm Button Screw	98	8	Wave Washer
92	4	M10 x 20mm x 2mm Washer	99	1	M4 x 12mm Screw
93	2	M4 x 13mm Washer	100	3	Star Washer
94	4	M10 x 25mm Washer	*	–	Hex Key
95	3	M8 x 16mm Button Screw	*	–	Grease Packet
96	6	M8 Nylon Locknut	*	–	User's Manual
97	2	M10 Nylon Locknut			

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

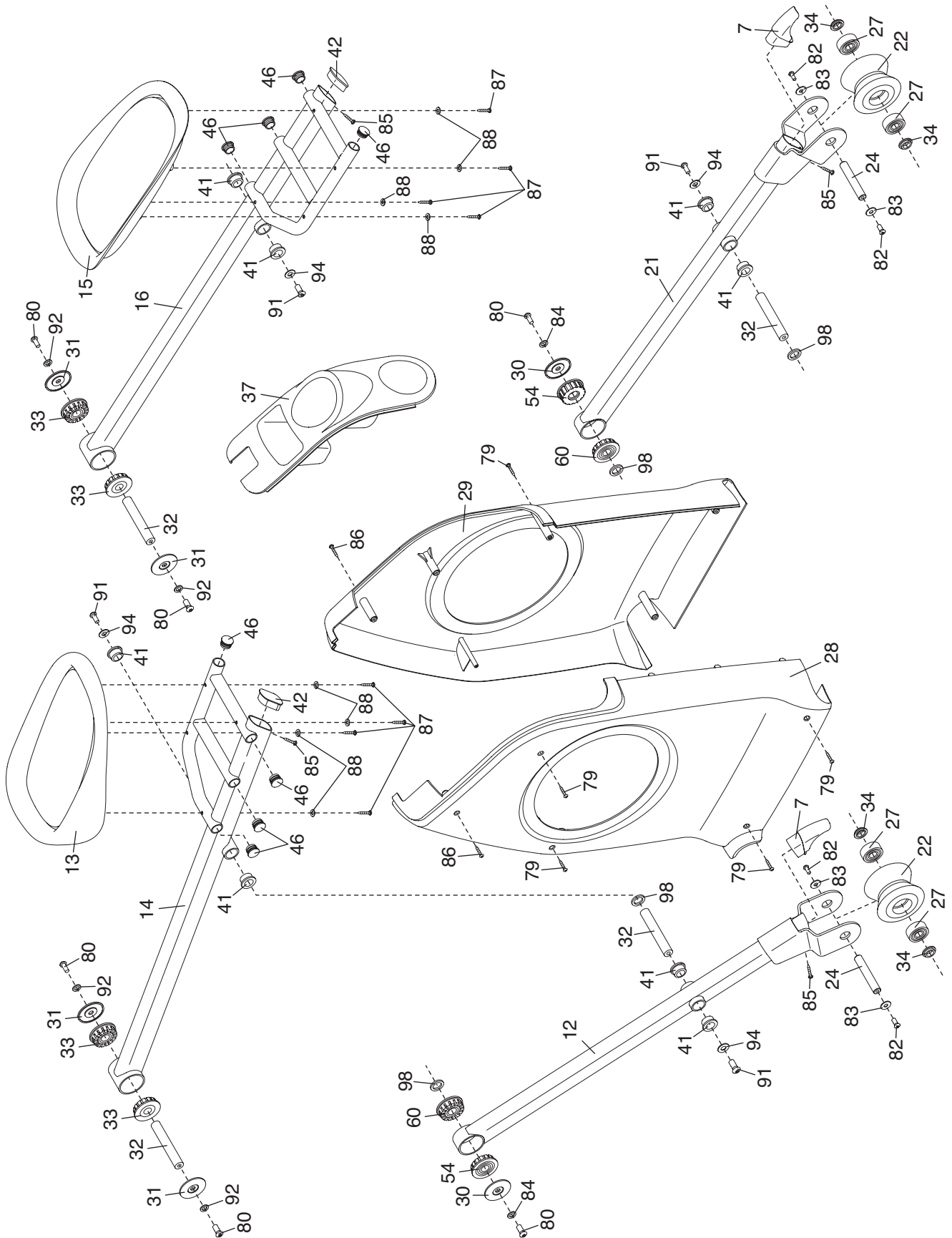
EXPLODED DRAWING A—Model No. GGEL60407.0

R0907A



EXPLODED DRAWING B—Model No. GGEL60407.0

R0907A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

ICON 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.

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