

IRONMAN®

CROSSOVER

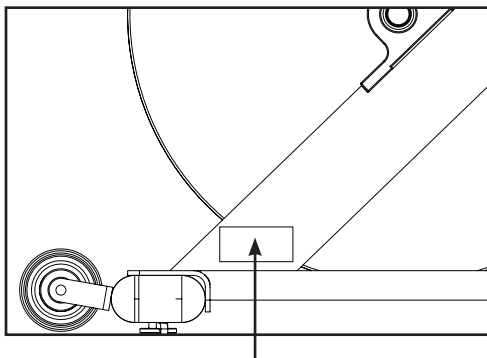
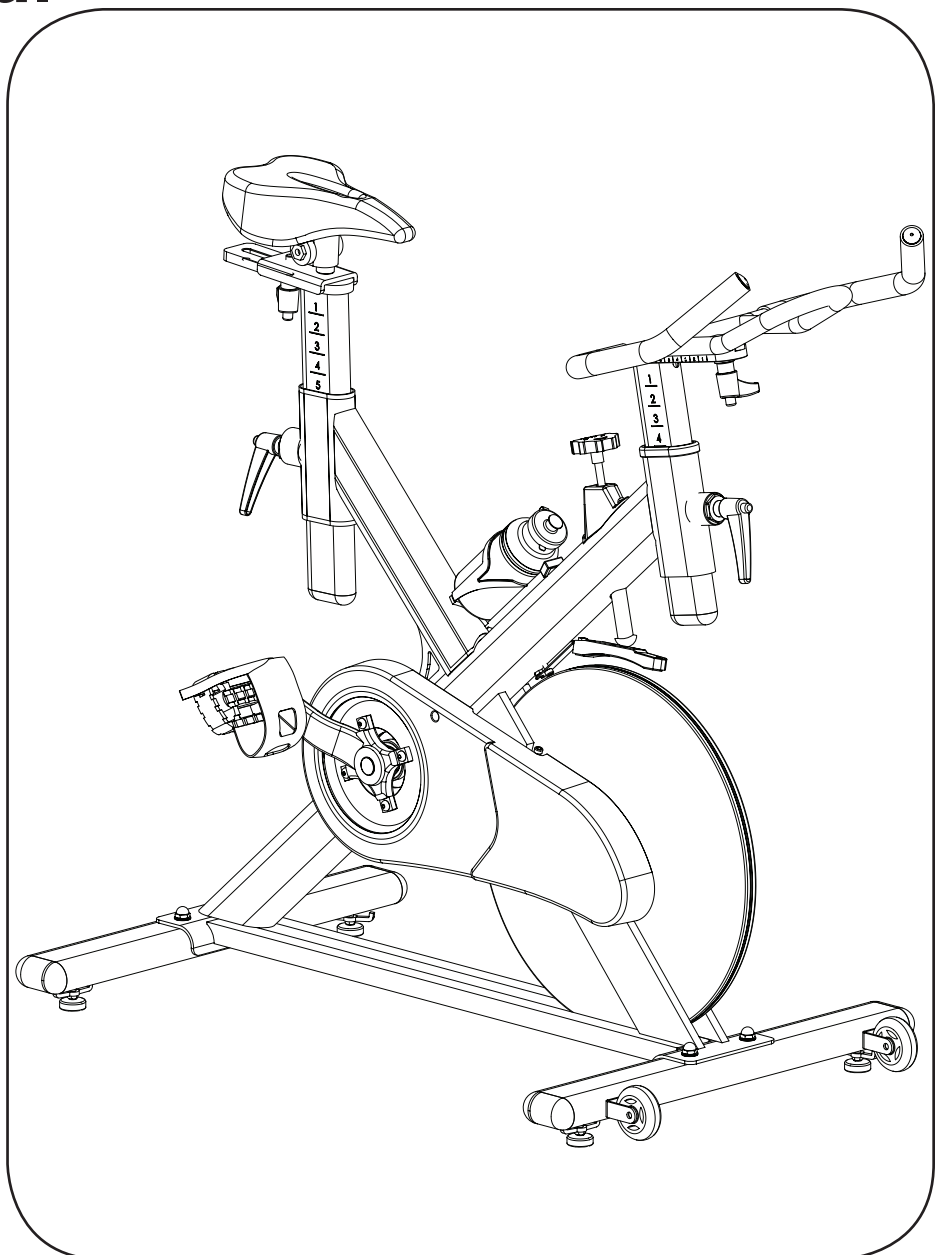
Owner's Manual Crossover Cycle Trainer

Customer Service
1.800.750.IRON
1.800.750.4766



4009 Distribution Drive
Suite 250
Garland, TX 75041

www.ironmanfitness.com



SERIAL TAG IS LOCATED ON THE FRAME
Model Name: Crossover
Date of Purchase: _____
Serial Number: _____

315-00107
07/07 Rev A

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Important Safety Information

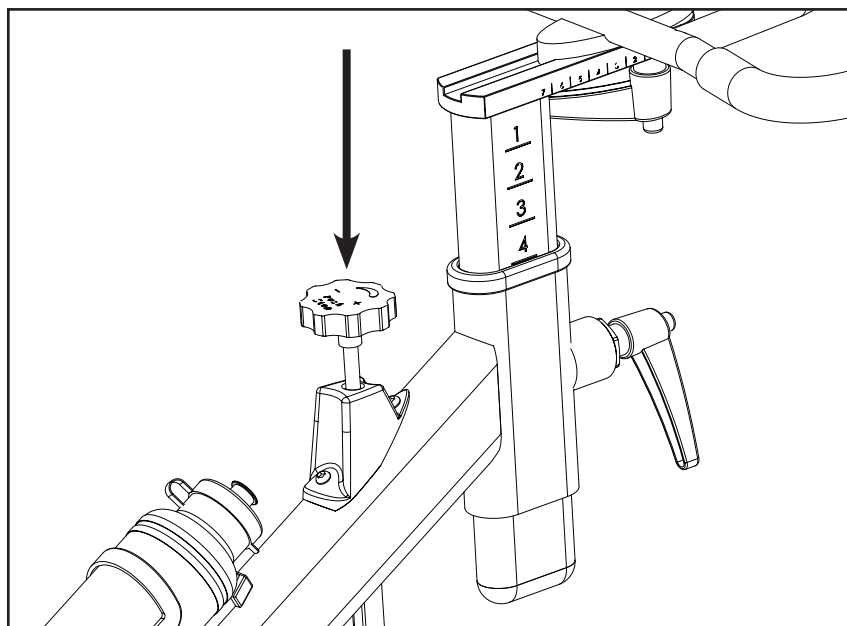
WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never insert any object or body parts into any opening.
10. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
11. Failure to follow these instructions will void the unit warranty.

NOTE:

There is an emergency stop safety feature built into this unit. To use this feature, press firmly down onto the brake knob labeled "Press To Stop". Continue holding the brake knob down until the flywheel comes to a complete stop.

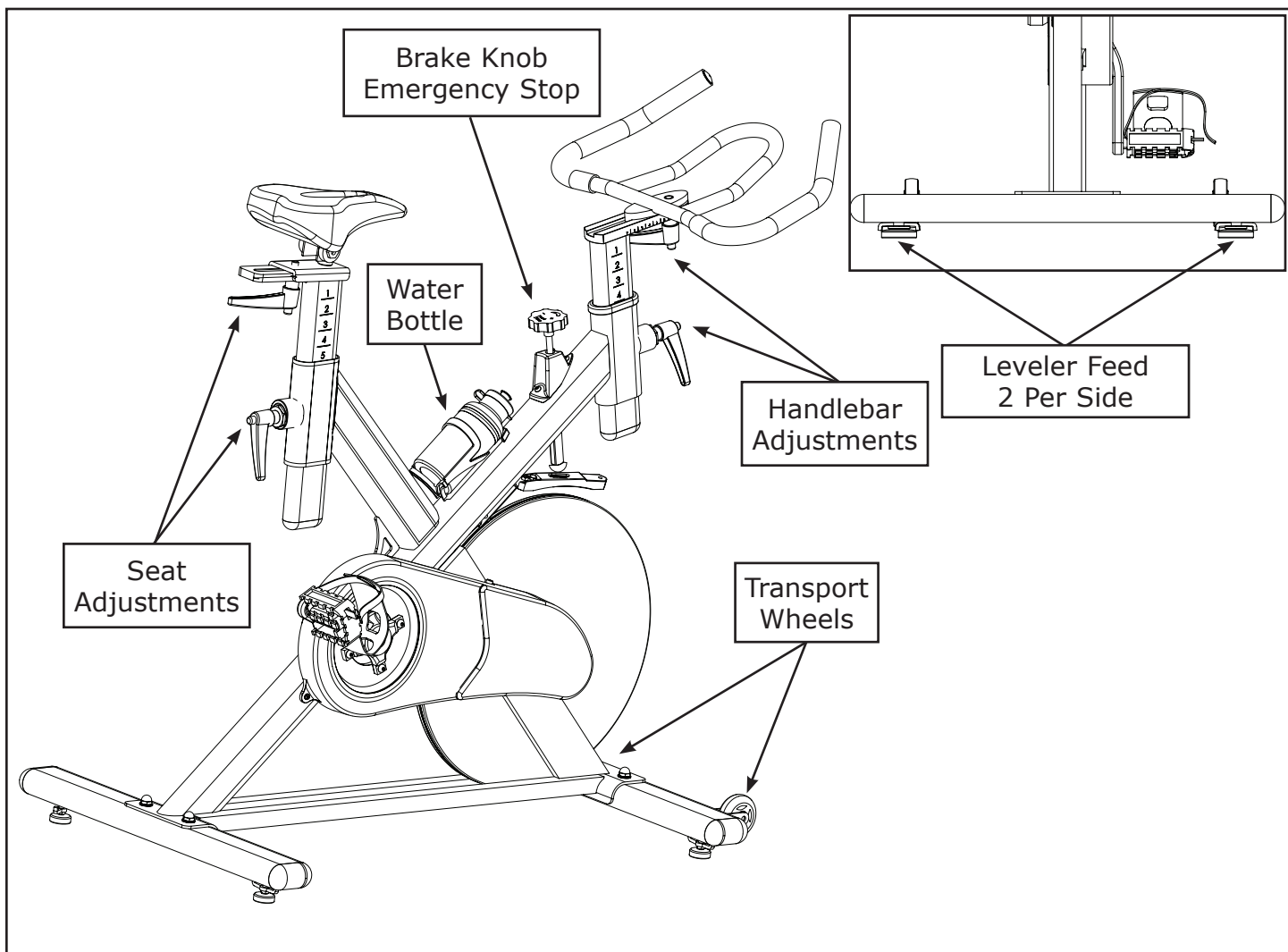


Important Safety Information

Thank you for purchasing the Ironman **Crossover Cycle Trainer**! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform stretching exercises, provided in this manual, to help avoid injury.

If you are taking medication, consult your physician to see what affect the medication will have on your exercise heart rate.

Please review the following drawing below to familiarize yourself with the listed parts.



Assembly

Getting Started - The Ironman Crossover will require some assembly. Unpack the box in a clear area and remove the packing material. Please do not dispose of the packing material until assembly is complete and the unit is working properly. Place the unit on a clean level surface for assembly. Before assembling, the unit should be placed as close as possible to its final location. If you are missing any parts, please call Ironman Fitness at 1-800-750-4766. Tools have been provided to use during the product assembly.

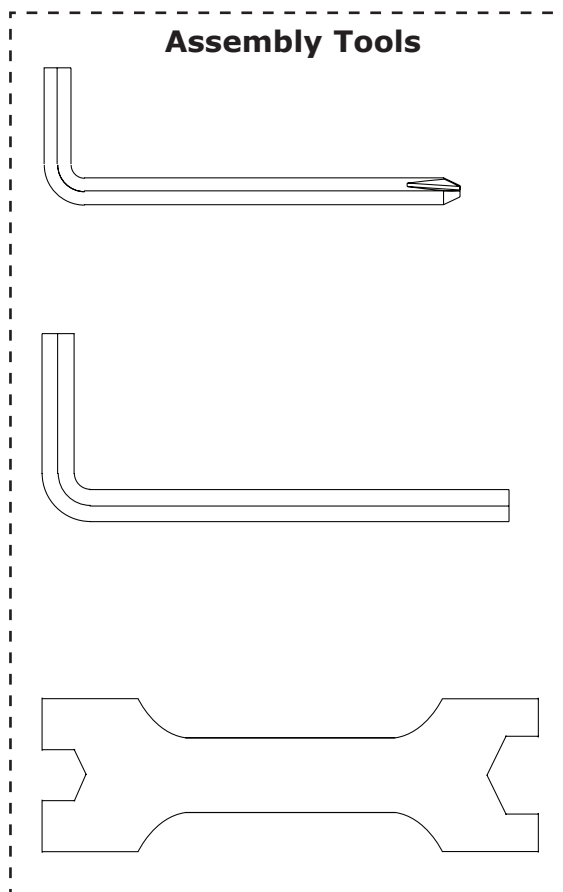
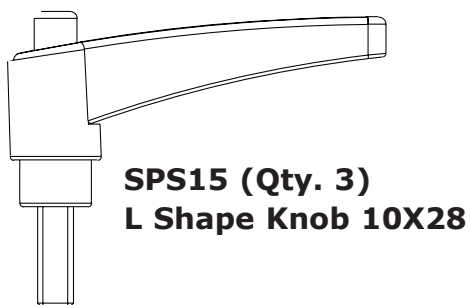
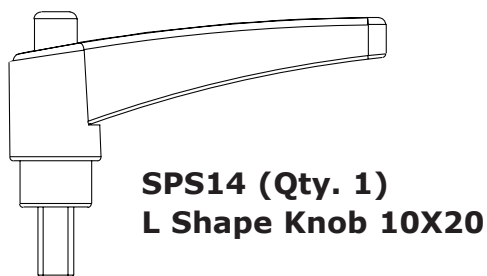
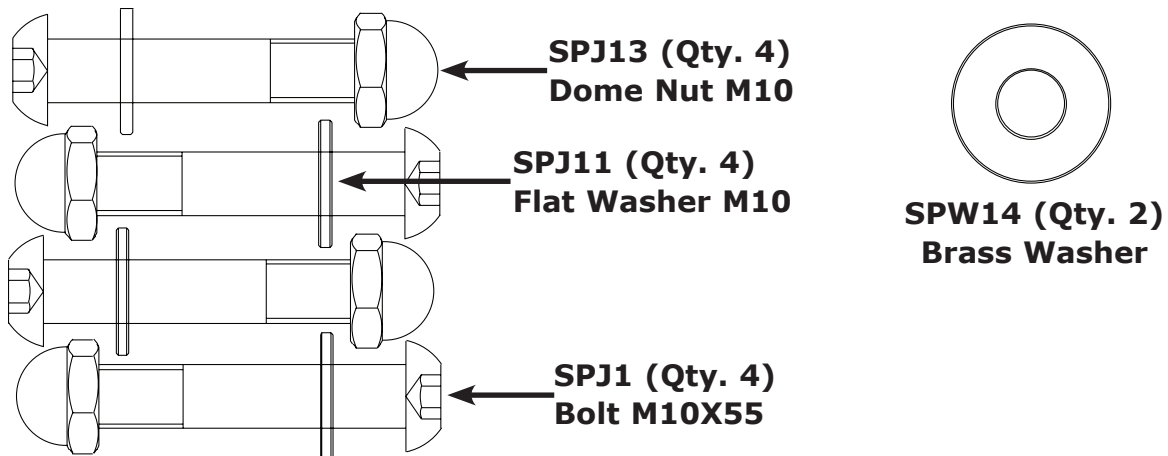


Figure 1

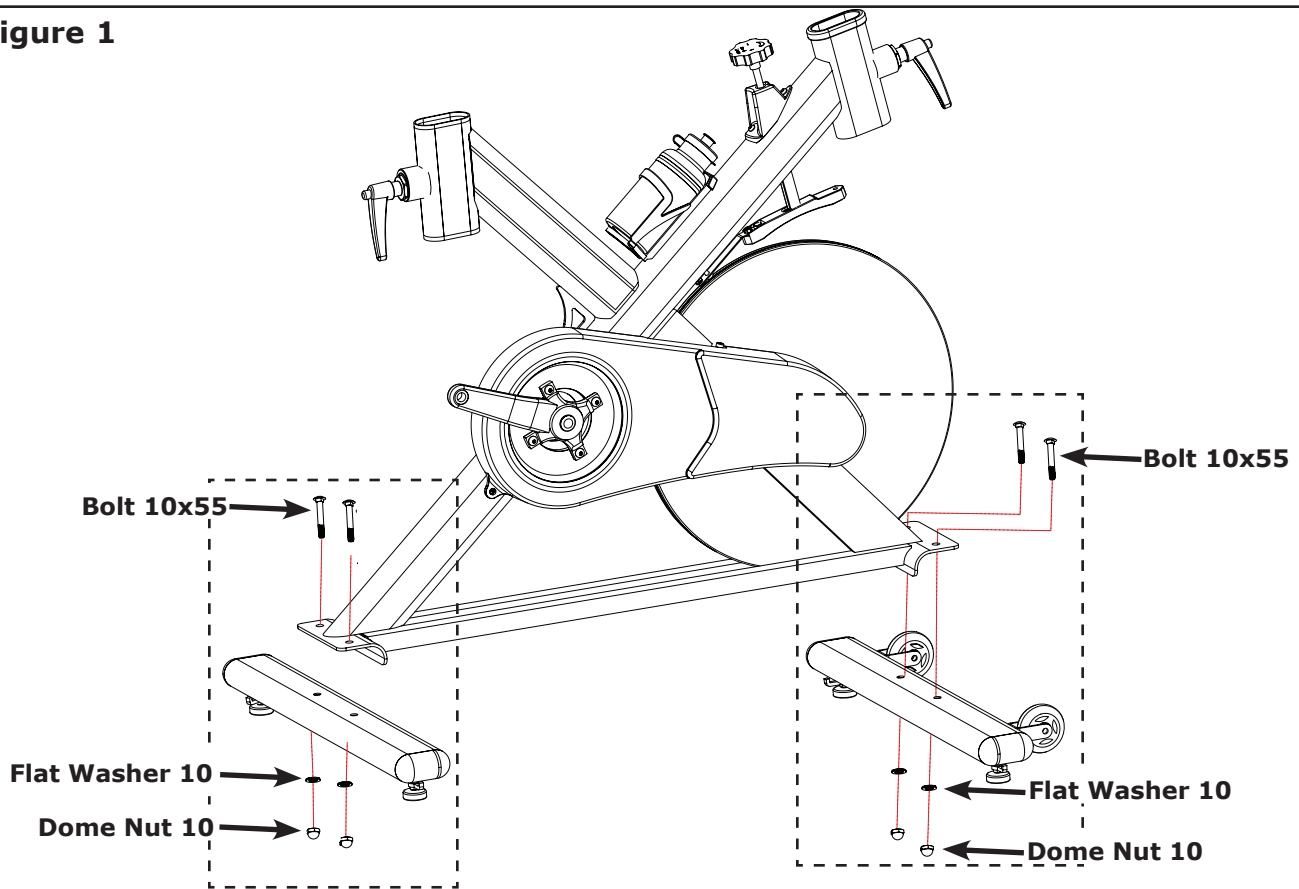
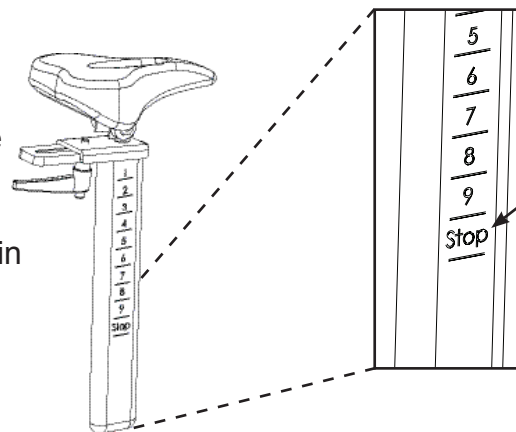


Figure 2

First, loosen the L shape knob (SPS15) by turning counter-clockwise as shown in Figure 2A. Slide the seat post in. Once the seat post is at the appropriate height, turn the knob clockwise to secure in place.



Note: Do not set the seat post height any higher than the "STOP" line.

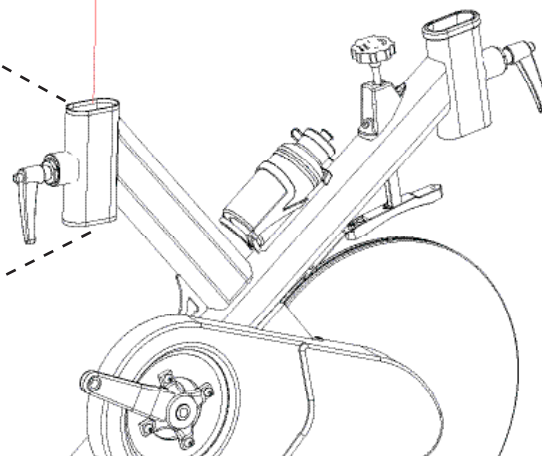
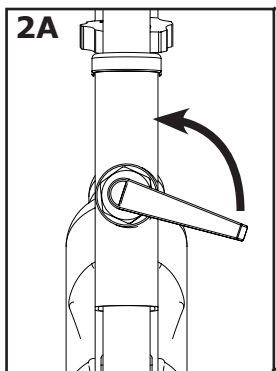


Figure 4

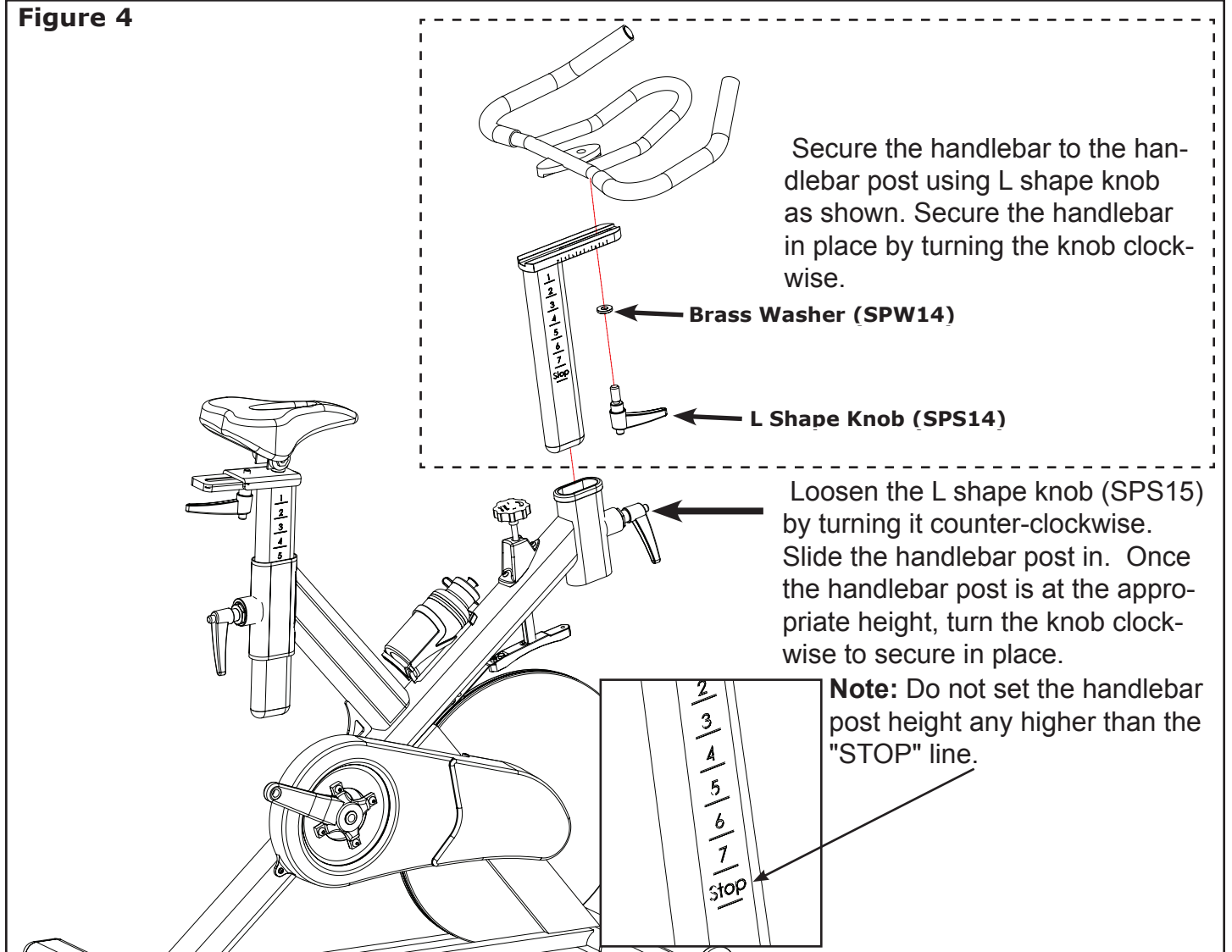
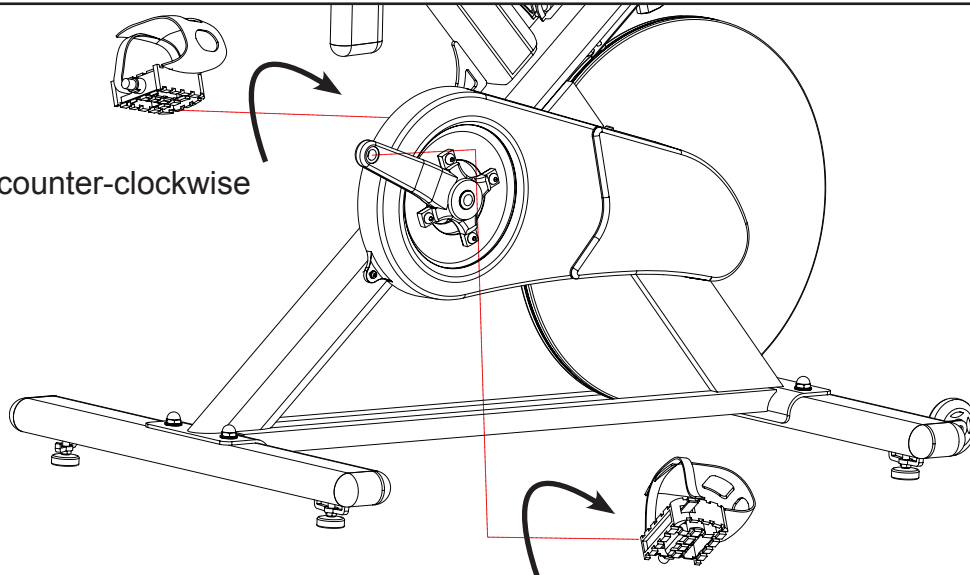
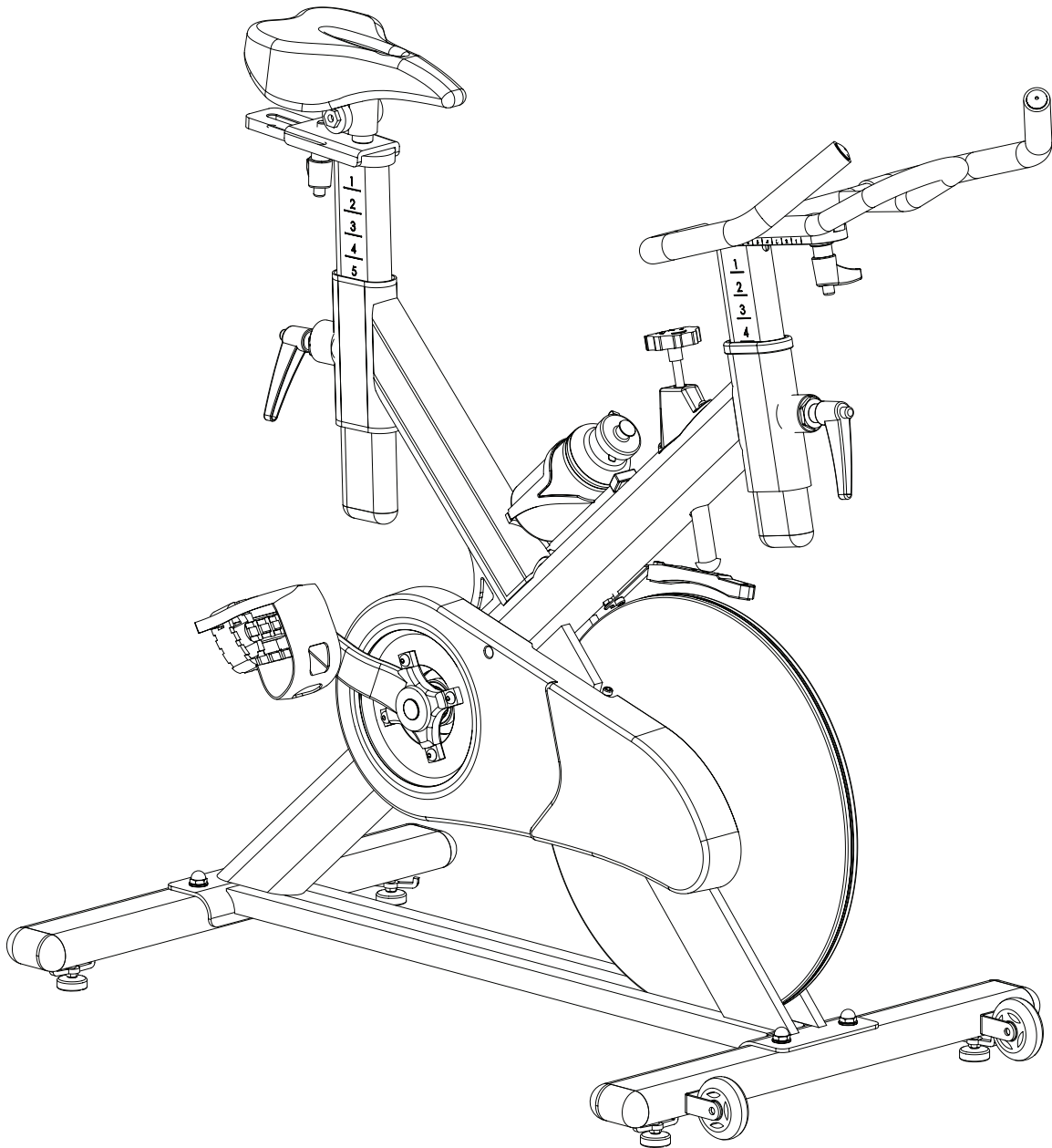


Figure 5

Left Pedal
Marked with a "L"
Turn the threads counter-clockwise
to tighten.



Right Pedal
Marked with a "R"
Turn the threads clockwise to tighten.

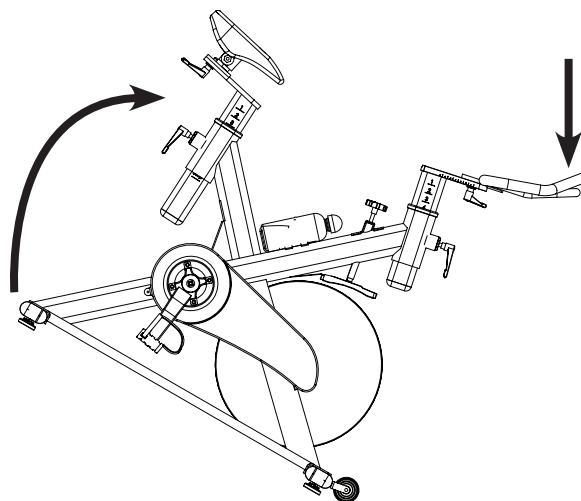


CONGRATULATIONS!
You have completed assembly of your Crossover Cycle Trainer.

Maintenance and Moving

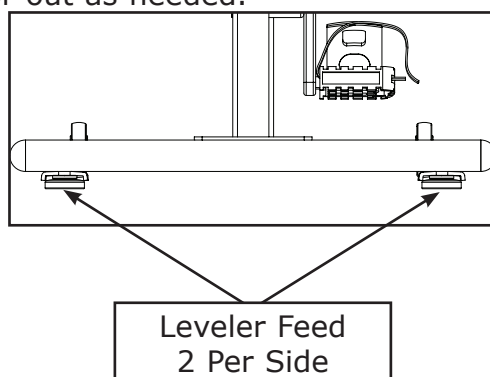
Moving Instructions

To move the bike, start by carefully pushing down on the front handlebars until the rear end of the bike lifts in the air. Steer the bike to another location. Do not attempt to move the unit over an uneven or rough surface. Be gentle while moving the unit as any sharp impact can affect the operation.



Leveling Your Crossover

The Ironman Crossover can be leveled to compensate for uneven surfaces. To level the bike, raise or lower the four leveling feet (SPS18) located on the underside of the front and rear stabilizers by screwing them in or out as needed.

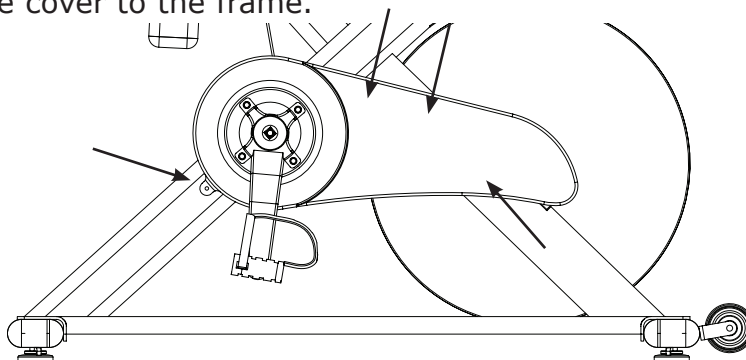


Maintenance

1. After every use of your Ironman Crossover, use a damp cloth to wipe your unit free from sweat. You can use soap and water, or a diluted non-abrasive cleaner. Remove residue and then dry.

2. Inspect the brake pad for excessive wear and replace the pad if necessary. Your unit should have come with 1 replacement brake pad. If you need additional pads, please contact Ironman Customer Service at 1-800-750-4766 for replacement brake pads.

3. Inspect the drive belt for correct alignment, tension, or excessive wear. If you experience any slipping while pedaling, it is possible there is not enough tension on the belt. You will need to remove the plastic cover (SPS16) to inspect the belt. This is done by removing the 4 screws (SPJ17) that secure the cover to the frame.



Warm Up Exercises

EXERCISE GUIDELINES

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

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand, bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



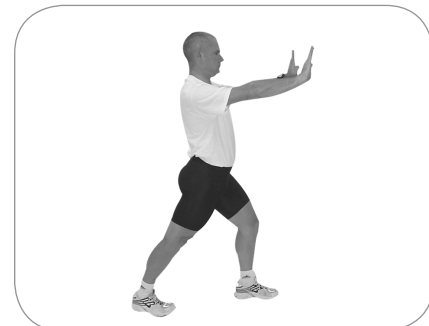
HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



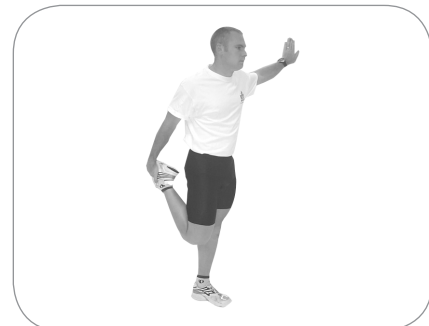
CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH (Image not Shown)

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

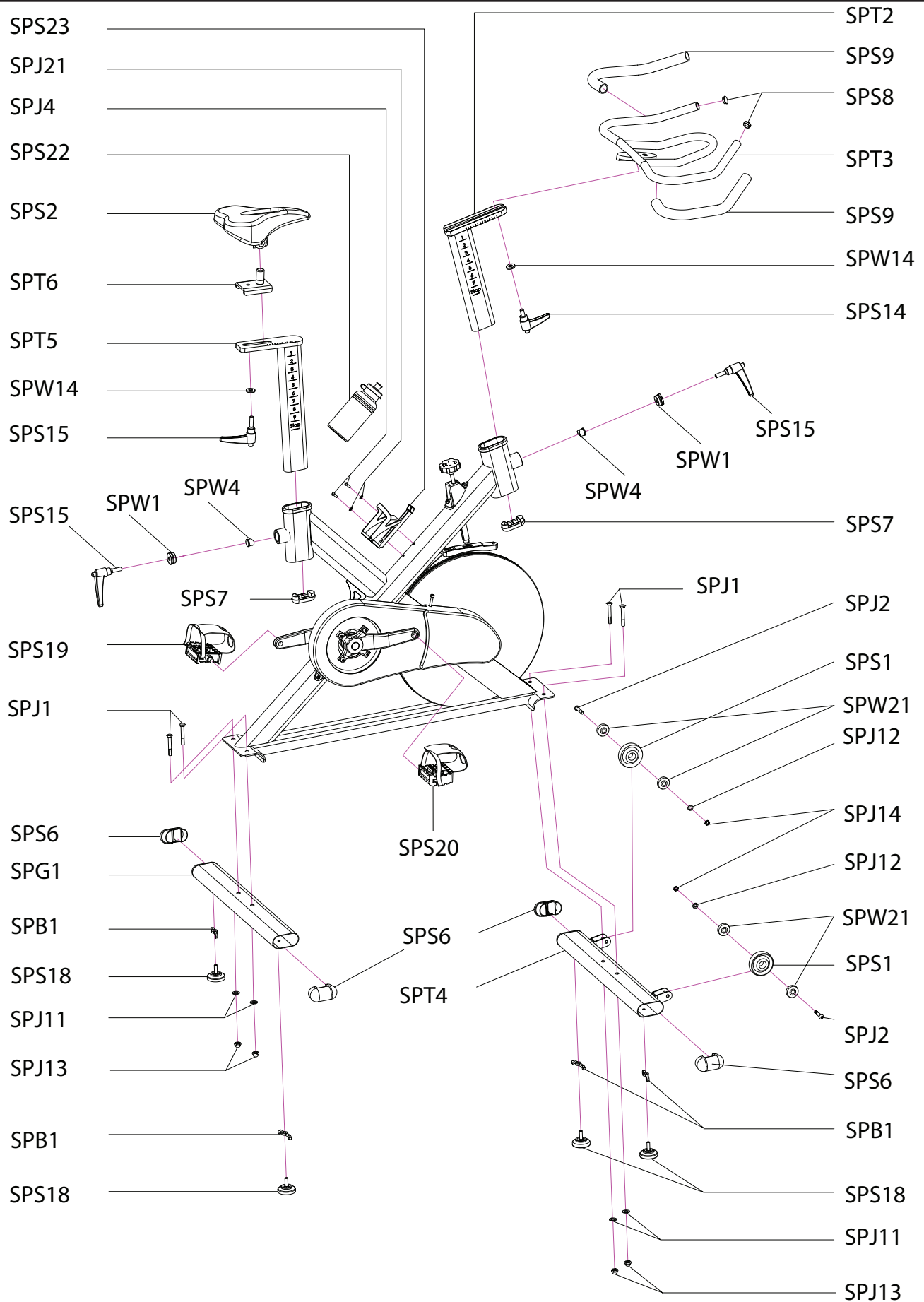
Parts List



Crossover Parts List Rev B

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
SPT2	323-00574	HANDLE BAR POST CROSSOVER	1	SPW8	330-00100	RIGHT CRANK 240X120X44 CROSSOVER	1
SPT3	323-00575	HANDLE BAR CROSSOVER	1	SPW9	330-00101	CRANK SHAFT 23X121 CROSSOVER	1
SPT4	323-00576	FRONT STABILIZER CROSSOVER	1	SPW10	310-00235	SHAFT, BELT WHEEL 25X45 CROSSOVER	1
SPT5	323-00599	FRAME, SEAT POST CROSSOVER	1	SPW11	302-01507	NUT 18X11 CROSSOVER	1
SPT6	323-00577	SEAT FIXING FRAME	1	SPW12	302-01508	NUT 22X1.25 CROSSOVER	1
SPG1	323-00578	REAR STABILIZER, M80*40*2.0*580, CROSSOV	1	SPW13	330-00102	FLYWHEEL SHAFT 29X76 CROSSOVER	1
SPB1	302-01525	GUIDE BOARD M80X20X5 CROSSOVER	4	SPW14	302-01520	BRASS WASHER 25*10.5*4 CROSSOVER	2
SPB2	328-00074	SPRING PAD M156X14.5X1.5 CROSSOVER	1	SPW15	310-00238	SMALL BELT WHEEL 68X23 CROSSOVER	1
SPB3	302-01519	AXLE BUSHING M64X26X0.5 CROSSOVER	1	SPW16	310-00239	BELT TRAY 198X23 CROSSOVER	1
SPB4	302-01491	THIN WRENCH M3 CROSSOVER	1	SPW17	311-00101	FLYWHEEL 460X17.5 CROSSOVER	1
SPB5	310-00249	SPRING PAD BRACKET, CROSSOVER	1	SPW18	302-01522	ALLEN WRENCH 5MM CROSSOVER	1
SPJ1	302-01492	BOLT M10X55 CROSSOVER	4	SPW19	331-00114	BEARING 6004ZZ CROSSOVER	4
SPJ2	302-01494	BOLT M8X42 CROSSOVER	2	SPW20	331-00115	BEARING 6203ZZ CROSSOVER	2
SPJ3	302-01495	BOLT 6X20 CROSSOVER	4	SPW21	331-00117	BEARING 608ZZ CROSSOVER	4
SPJ4	302-01497	BOLT 6X10 CROSSOVER	6	SPW22	302-01583	ALLEN WRENCH 6MM, CROSSOVER	1
SPJ5	302-01498	BOLT 8X15 CROSSOVER	4	SPS1	306-00950	MOVING WHEEL 68X22 CROSSOVER	2
SPJ6	302-01499	BOLT 6X10 CROSSOVER	1	SPS2	328-00083	SEAT, CROSSOVER	1
SPJ7	302-01500	BOLT 6X20 CROSSOVER	1	SPS3	310-00243	BRAKE KNOB 59 CROSSOVER	1
SPJ8	302-01501	BOLT M6X55 CROSSOVER	1	SPS4	310-00244	BRAKE BLOCK COVER 91X95X38.5 CROSSOVER	1
SPJ9	302-01502	BOLT M6X10 CROSSOVER	1	SPS5	302-01523	BRAKE NUT 16X14 CROSSOVER	1
SPJ10	302-01503	NUT M10X1.25 CROSSOVER	2	SPS6	306-00951	END CAP MATCH 80X40 CROSSOVER	4
SPJ11	302-01511	FLAT WASHER M10 CROSSOVER	5	SPS7	306-00952	END CAP MATCH 70X30 CROSSOVER	2
SPJ12	302-01512	FLAT WASHER M8 CROSSOVER	2	SPS8	306-00953	END CAP MATCH 22X2 CROSSOVER	2
SPJ13	302-01509	DOMED NUT M10 CROSSOVER	4	SPS9	328-00078	RUBBER GRIP 22 CROSSOVER	2
SPJ14	302-01504	NUT M8 CROSSOVER	2	SPS10	328-00080	BRAKE PAD 155X15.5X5 CROSSOVER	1
SPJ15	302-01505	NUT M6 CROSSOVER	1	SPS11	306-00954	PLASTIC INSERT MATCH 80X40 CROSSOVER	2
SPJ16	328-00075	PAD, SHAPER STRETCHY M42 CROSSOVER	2	SPS12	304-00027	BELT 6PK 1180	1
SPJ17	302-01514	SCREW ST4.2X19 CROSSOVER	6	SPS13	311-00102	FLYWHEEL AXIS BUSHING 28X19X4 CROSSOVER	1
SPJ18	302-01515	SCREW ST4.2X16 CROSSOVER	2	SPS14	310-00240	L SHAPE KNOB 10X20 CROSSOVER	1
SPJ19	328-00076	PLAD PAD 6X6X10 CROSSOVER	1	SPS15	310-00241	L SHAPE KNOB 10X28 CROSSOVER	3
SPJ20	302-01584	WASHER, M4 CROSSOVER	3	SPS16	306-00955	PLASTIC COVER 573X250X50 CROSSOVER	1
SPJ21	302-01513	FLAT WASHER 6 CROSSOVER	6	SPS17	306-00956	PLASTIC COVER BOARD 340X242X3 CROSSOVER	1
SPW1	302-01506	NUT 30X20 CROSSOVER	2	SPS18	328-00079	ADJUST FOOT PAD 55X40 CROSSOVER	4
SPW2	310-00236	BRAKE BLOCK 161X21X19 CROSSOVER	1	SPS19	306-00957	PEDAL L 9/16 CROSSOVER	1
SPW3	331-00113	BEARING HOLDER 129X56.5X15 CROSSOVER	2	SPS20	306-00958	PEDAL R 9/16 CROSSOVER	1
SPW4	328-00077	CUPREOUS PAD 21X17 CROSSOVER	2	SPS21	330-00103	CRANK COVER CROSSOVER	2
SPW5	302-01517	SPRING 14X1.8X35 CROSSOVER	2	SPS22	310-00242	PLASTIC WATER BOTTLE 73X180 CROSSOVER	1
SPW6	302-01518	NUT, ADJUST 15X10 CROSSOVER	1	SPS23	319-00381	BOTTLE RACK 75X150 CROSSOVER	1
SPW7	330-00099	LEFT CRANK 216X50X44 CROSSOVER	1	#	302-01581	BOLT PACK, CROSSOVER	1

Exploded View



Warranty Information



Residential and Personal Use Limited Warranty

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS FULLY AND CAREFULLY BEFORE USING YOUR IRONMAN FITNESS EQUIPMENT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING TERMS AND CONDITIONS.

Frame: Lifetime *Parts: 3 yrs Labor: 1 yr Missing/Cosmetic Parts: 30 Days

Limited Warranty

This Limited Warranty applies in the United States and Canada to Products manufactured or distributed by Ironman Fitness under the Ironman Fitness ("Ironman") brand name. The warranty period to the original purchaser is listed above, and commences on the date of original purchase of the product, unless otherwise authorized by Ironman. Ironman warrants that the Product purchased from Ironman or from an authorized Ironman Fitness reseller "dealer" (for residential or personal use only, unless otherwise authorized by Ironman in writing), is free from defects in Materials and Workmanship relevant to the functionality of the Product at *initial startup*, under normal use, and during the applicable warranty period, unless otherwise determined by Ironman.

This warranty excludes *expendable parts* if primary cause for warranty claim is wear. *Expendable parts* pertain to components on the Product that are prone to normal wear and tear. These items vary by Product, and can include (but not limited to) hand grips, skid pads, pedals, pedal straps, poly-v belts, console overlays, toggle switch/button overlays, (luster free or dull) ekg plates, decals, and any other items that are not essential to the operation of the Product, unless otherwise determined by Ironman.

This warranty extends only to you, the original purchaser. It is not transferable to anyone who subsequently purchases (or receives as a gift) the Product from you. Your sales receipt, showing the date/place of purchase and serial number (if applicable) of the Product, is your proof of purchase, and may be required by Ironman any time a warranty parts (or service) claim is made or if no warranty record exists for the product.

Exclusive Remedies

During the warranty period listed above, Ironman will repair a Product by correcting any minor issues (either by phone or online support) that might be causing the Product failure. Should a technical service and support representative be unable to correct the issue, Ironman may replace the parts (with new parts or at the option of Ironman, with serviceable used parts, that are equivalent to new parts in performance) that become defective, malfunction, or otherwise fail to conform to this Limited Warranty under normal use.

Replacement parts shall be warranted for 30 days from the shipment reception date or through the end of the 'replaced' part warranty period, whichever is longer. Any replacement parts, required *past the warranty period* listed above, shall be subject to purchase at retail price, plus any added shipping and handling charges associated to the delivery of the part. Note that replacement parts may be available only through the lifetime (as defined) of the Product. In conforming to this warranty, Ironman (as the manufacturer) reserves the right to change manufacturers or vendors of any part to cover the existing warranty.

Ironman may also provide service (if deemed necessary and if applicable) at no charge to you during (and not to exceed) the service warranty period listed above, in an attempt to repair the Product. Should the Product require service at your request or out of the limited warranty period, Ironman can furnish contact information for local (to your area) Ironman authorized service providers. Service quotes, costs, and scheduling will be strictly dependent on service provider rates and mutual (consumer/provider) service agreements. Ironman is not responsible for any service repair costs accrued through the use of authorized Ironman service providers at your request or out of the limited warranty period (without written consent from Ironman), beyond the limitations outlined on this warranty.

Replacements and Returns

If after a reasonable number of attempts, a defect has not been repaired (or the Product is deemed non-repairable by Ironman technical service and support staff), Ironman, based on a case by case review, may opt to replace the Product, or recommend an alternate resolution, such as a warranty buy-out (Product cost, subject to deduction of a reasonable charge for usage) or a credit. Ironman, as a manufacturer, reserves the right to replace the Product with a Factory-Reconditioned Product that meets or exceed standards comparable to those of the replaced Product.

The warranty covering the replacement Product shall expire on the date the original warranty for the replaced Product would have expired, unless otherwise determined by Ironman.

Conditions and Restrictions

This warranty **DOES NOT** (A) cover shipping and handling charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product, beyond the initial courtesy period of 60 days from original date of purchase of the Product; (B) extend to Products not purchased from Ironman or from an authorized Ironman reseller; (C) extend to Products purchased from online auction sites; (D) cover any extended, additional, or third party warranties if not offered exclusively by Ironman in writing; (E) cover Products installed at fee based facilities/commercial environments (gyms, homes used as wellness centers, etc.); (F) cover Products installed in light institutional environments (non fee-based facilities include for example, and not be way of limitation, fire houses, police departments, rehab centers, hospitals, clinics, apartment complexes, club houses, etc.); (G) cover service calls to correct installation, perform maintenance, or instruct owners on how to use the equipment; or (H) cover a Product on which the serial number has been purposefully or accidentally defaced or removed and there is no proof of purchase available (if serial number is applicable), unless authorized by Ironman in writing or otherwise stated on this warranty.

This Limited Warranty becomes void for Products that have been damaged or rendered defective as a result of (a) accident, misuse, or abuse (including but not limited to exceeding the Ironman listed, maximum weight limit); (b) use of parts not manufactured or sold by Ironman; (c) modification of the Product; (d) normal wear and tear; (e) operation on incorrect power supplies; (f) ***failure to perform (or performing improper) maintenance; (g) service by anyone other than Ironman, or an authorized Ironman warranty service provider; (h) floods, fires, earthquakes, lightning strikes, power surges, and other unavoidable acts of nature; (j) residential mis-wires; or (k) incorrect setup, installation, or assembly. Should any Product (submitted for warranty parts replacement) be found ineligible under the terms outlined on this warranty, an estimate for parts purchase (if available) can be furnished at your request.

***Parts** is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as components or Materials essential to the functionality of the Product.

****Lifetime** of a Product, is herein defined exclusively, for all intents and purposes, and pertaining to this Limited Manufacturer Warranty, as the time period 7 years beyond the end of production cycle of a Product in question.

Disclaimer and Release

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, IRONMAN MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. IRONMAN EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER IRONMAN NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON IMPLIED WARRANTIES OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSIONS MAY NOT APPLY TO YOU. THIS LIMITED WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS AND YOU MAY ALSO HAVE OTHER RIGHTS THAT MAY VARY FROM STATE TO STATE. THIS IS THE ONLY EXPRESS WARRANTY APPLICABLE TO IRONMAN-BRANDED PRODUCTS. IRONMAN NEITHER ASSUMES NOR AUTHORIZES ANYONE TO ASSUME FOR IT ANY OTHER EXPRESS WARRANTY.



Customer Service

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