Owner's Manual

Alpine Stepper

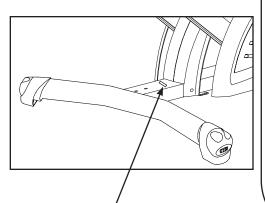
Customer Service

1.800.750.IRON 1.800.750.4766



4009 Distribution Drive Suite 250 Garland, TX 75041

www.ironmanfitness.com

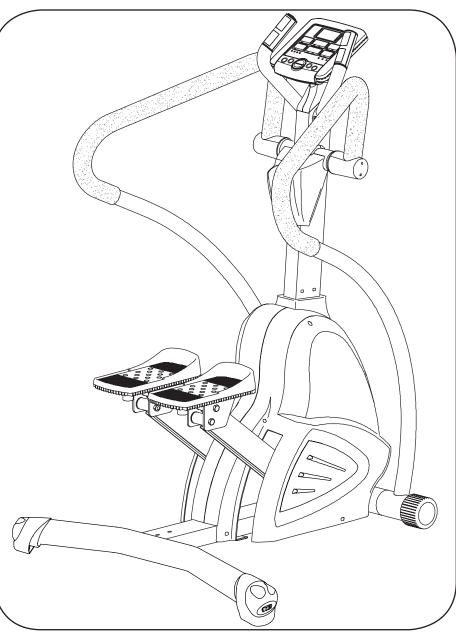


SERIAL TAG IS LOCATED ON THE FRAME

Model Name: Alpine

Date of Purchase:

Serial Number:



315-00127 01/25 Rev C

Table of Contents Important Safety Information 3 Parts Identifier 5 6 Assembly Console Instructions 10 15 Monitoring Your Heart Rate Warm-Up Exercises 18 Moving Instructions 21 Parts List 22 **Exploded View** 23 Warranty Information 24 For immediate help with the assembly, **Take** Take or operation of this product please call



Ironman Fitness FIRST

DO NOT RETURN THIS PRODUCT TO THE STORE

Note

For assembly assistance or questions, please call us toll free at:

1-800-750-4766

Support is available M-F 8:30 am - 5:30 pm ct Thank You for your purchase.

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.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

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 **275** 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. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
- 5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
- 6. Always examine your unit before using to ensure all parts are in working order.
- 7. Allow the unit to fully stop before dismounting.
- 8. Pets should never be allowed near the unit.
- 9. Do not leave children unsupervised near or on the unit.
- 10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
- 11. Never insert any object or body parts into any opening.
- 12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
- 13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
- 14. Failure to follow these instructions will void the unit warranty.

Important Safety Information



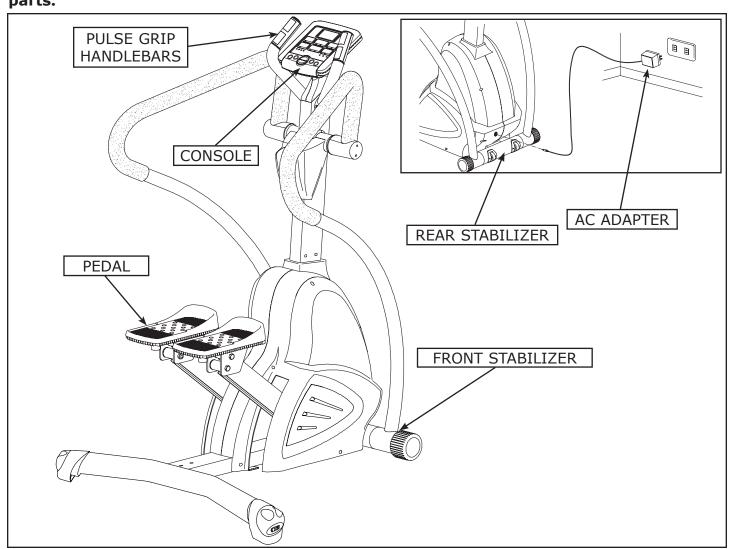
Thank you for purchasing the Ironman Fitness **Alpine Stepper**! The quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit. Remember to take time to perform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

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

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

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



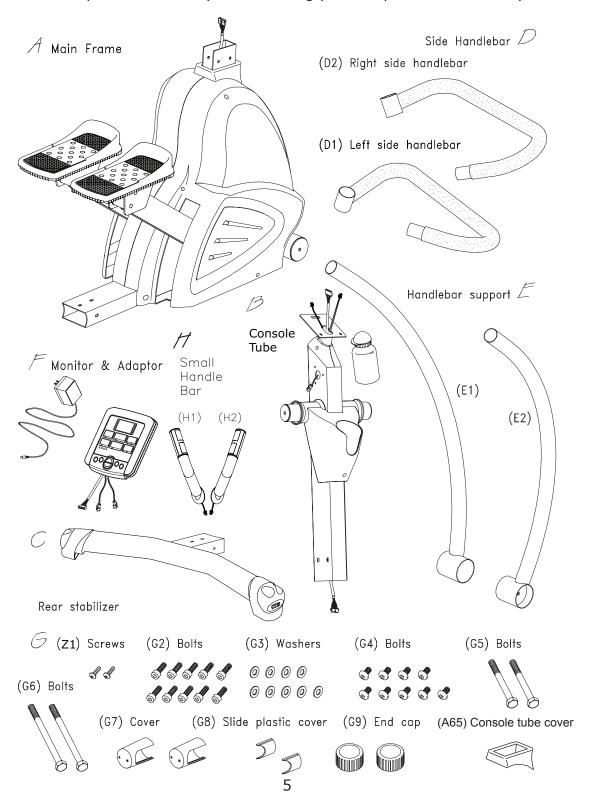
Parts Identifier



INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check thoroughly through all packaging to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

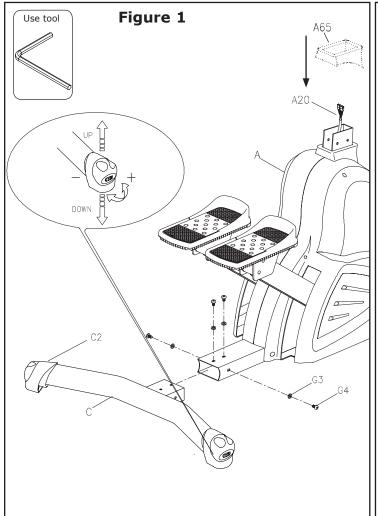
Locate the hardware pack and identify the following parts required for assembly.



Assembly



Getting Started - The Ironman Fitness Alpine Stepper will require some assembly. Unpack the box in a clear area. Remove packing material. Do not dispose of packing material until assembly is complete and unit is working properly. Place the unit on a clean level surface for assembly. Make sure there is easy access to an electrical outlet. 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 assist with product assembly.



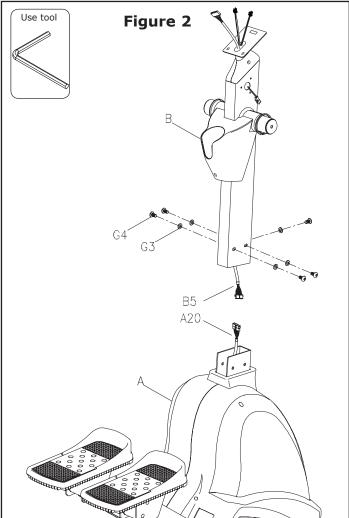


Figure 1
Step 1:

Attach the rear stabilizer (C) to main frame (A) and secure using four washers (G3) and four bolts (G4).

Slide console tube cover (A65) over console tube.

Note: If the machine is not stable, adjust the knob located on the end caps of the rear stabilizer (C). Turning the knob towards the + symbol will cause that side of the stabilizer to rise up.

Figure 2

Do not tighten hardware until Figure 4 is completed.

Step 1:

Attach console tube (B) to main frame (A). Connect upper console wire (B5) to lower console wire (A20). Secure using five washers (G3) and five bolts (G4).

Assembly



Figure 3

Step 1:

Attach the right handlebar support (E2) to the main frame (A) using one bolt (G6).

Step 2:

Secure the right handlebar tube (D2) to the handlebar support tube (E2) using one screw (Z1).

Do not tighten hardware until Figure 4 is completed.

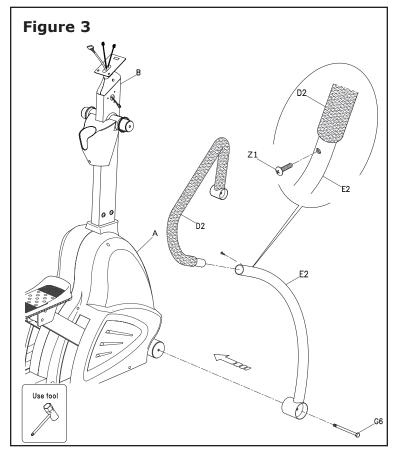


Figure 4 Step 1:

Secure the right handlebar (D2) to the console tube (B) using one bolt (G5). Attach the end cap (G9) to the unit.

Repeat Figures 3 and 4 using the left handlebar and left handlebar support tubes.

Tighten hardware using appropriate tools.

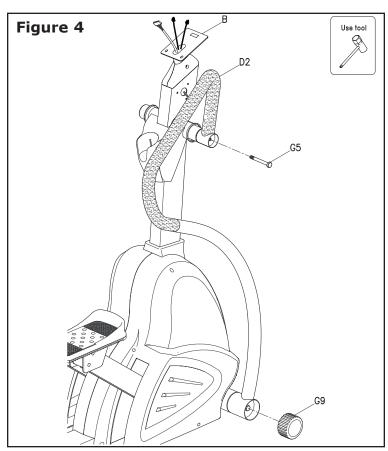




Figure 5 Step 1:

Locate the right small handlebar (H2). Connect the pulse wire coming from the handlebar to the pulse wire coming from the console tube (B). Secure the handlebar to the console tube (B) using three bolts (G2).

Repeat for the left side.

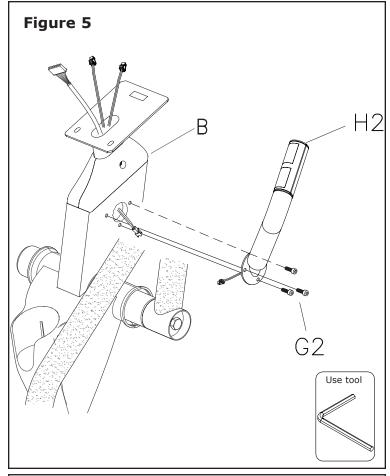


Figure 6 Step 1:

Attach the slide cover (G8) to the unit as shown in the image.

Step 2:

Slide the cover (G7) onto the handlebar assembly and secure using two bolts (G2).

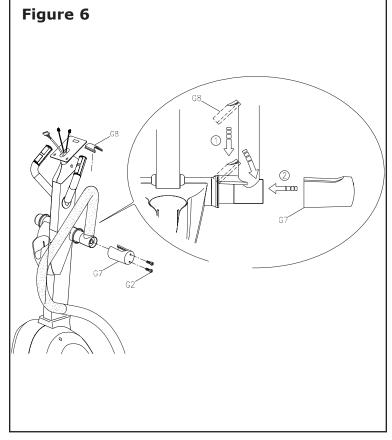




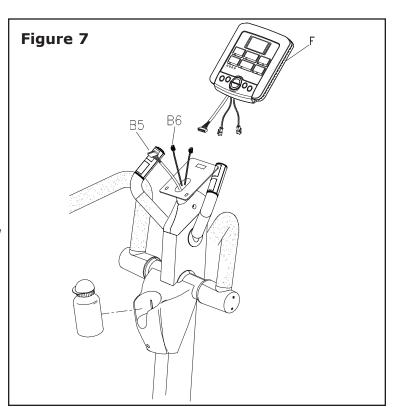
Figure 7 Step 1:

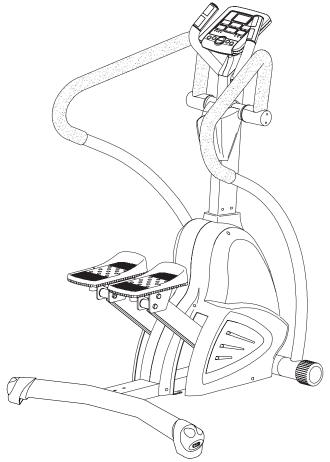
Locate console (F), and connect sensor wires (B5 and B6) to the wires coming from the console.

Step 2:

Note: Screws (F2) will already be attached on the backside of the console. Remove before sliding onto console tube.

Gently push all of the wires into the console tube. Slide console onto the console tube. Secure using two screws (F2). Place water bottle into the water bottle holder.

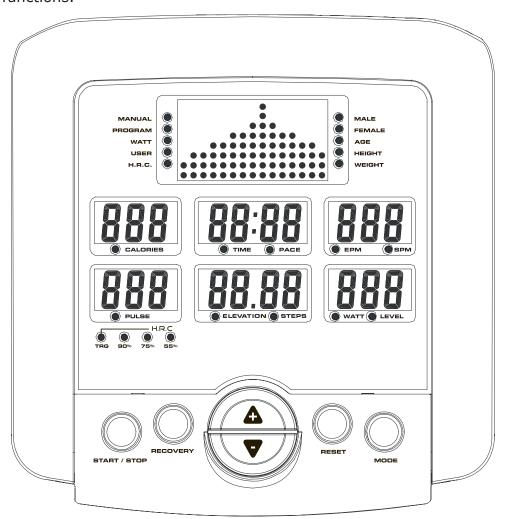




CONGRATULATIONS!You have completed assembly of your Alpine Stepper.



Take a few moments to review the console layout. Below is an overview of the console and their different functions.



CONSOLE BUTTONS

MODE:

This button is used as an enter key, and will allow user to move to the next setting that can be changed. When pressed and held for 2 seconds or more, console will go back to the user profile selection screen.

RESET:

This button is used to return to program selection screen when workout is paused.

START/STOP:

This button is used to start or stop training.

RECOVERY:

This button is used to begin the Recovery feature of the console (refer to "Console Functions" for more information).

UP/DOWN:

When changing settings of a program, these buttons are used to increase/decrease TIME,



WEIGHT and AGE. During your workout, these buttons are used to increase/decrease the resistance level from 1 to 16. Press and hold for two seconds to rapidly increase/decrease values.

CONSOLE FUNCTIONS

TIME:

If a target time was not selected, time will count up from 00:00 to maximum 99:59. When working out with a target time, time will count down from target to 00:00. When selecting target time, use the +/- buttons, the time will change in 1 minute increments and can range from 1:00 min to 99:00 mins.

CALORIES:

If target calories were not selected, calories will count up from 0 to maximum 990. When working out with target calories, calories will count down from target to 0. When selecting target calories, use the +/- buttons, the calories will change in 10 calorie increments and can range from 0 calories to 990 calories.

PULSE:

Displays your current heart rate as soon as both hands are holding the pulse sensor. The monitor will detect your heart rate through hand grip sensors that are located on the upright and near the seat. **Note:** It may take several seconds for the electronics to detect and display an accurate heart rate reading.

WATT:

Displays current training watt figures. A watt is a measurement of the amount of power generated by the user based on the resistance and speed.

ELEVATION/STEPS:

If a target elevation was not selected, elevation will count up from 0.00 to maximum 99.90. When working out with a target elevation, elevation will count down from target to 0.0. When selecting target elevation, use the +/- buttons, the elevation will change in 0.1 mile increments and can range from 0.00 miles to 99.90 miles.

STEPS:

Displays current height climbed and the amount of steps taken.

EPM:

Displays the amount of miles (ML) climbed per minute (EPM).

SPM:

Displays the amount of steps taken per minute (SPM).

PACE:

Displays the amount of time taken to complete 1/3 miles (500 meters).

RECOVERY:

After your workout, press "RECOVERY" button and keep holding on hand grips. All function



display will stop except "TIME" starts counting down from 01:00 to 00:00. Screen will display your heart rate recovery status rating between F1-F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

GENERAL INFORMATION

- 1. Start pedaling or press any button to start Console.
- 2. The console will shut down after 4 minutes of no activity, and will display room temperature. Begin stepping or press any button to bring console back to operational state.
- 3. To reset console press and hold the MODE or RESET button for 2 seconds.
- 4. To begin workout without inputting any values (Quick Start Mode), simply press START/STOP once the console is turned on. Change resistance during workout by pressing the +/-buttons. Note: The values calculated or measured by the console are for exercise purposes only, not for medical purposes.

GETTING STARTED

When console is first turned on, user will be able to select a user profile. There are four profiles to choose from, U1-U4. Each profile allows the user to enter his/her information, such as Gender, Age, Height and Weight.

To begin, first select desired profile (U0-U4) that will be edited. Press MODE button to confirm selection. The console will now allow user to select his/her gender. Use the +/- buttons on the console to select user's gender. Press MODE to confirm selection. Next, enter user's age. Use the +/- buttons on the console to select user's age. Press MODE to confirm selection. The console will now allow user to enter his/her height. Use the +/- buttons on the console to select user's height. **Note: Height will be shown in inches.** Press MODE to confirm your selection. Finally, enter user's weight. Use the +/- buttons on the console to select user's weight. Press MODE to confirm selection.

Note: U0 information will not be saved however, all information for U1-U4 will be saved.

PROGRAM INSTRUCTIONS

Once profile is either created or selected, user will select the type of workout desired. The available workouts include Manual, Program, Watt, User and HRC.

MANUAL PROGRAM:

The manual program allows the user to manually adjust tension settings throughout his/her workout.

After selecting user profile, press **RESET** button then use the **+/-** buttons on the console until the red light is blinking next to Manual. Press Mode button to confirm selection. Repeat steps for time, elevation, calories, and pulse. The default tension level is 1. You may set desired time, level, elevation, and pulse rate for your workout. If desired, user may bypass all of this, and simply press **START/STOP** button and enter into quick start mode. Level will flash in the display. Use the **+/-** buttons to set desired level. Press MODE to confirm selection. Repeat steps for time, elevation, calories, and pulse. Press **START/STOP** to begin exercising at any time. You can change the tension level at any time during your workout session by pressing the **+/-** buttons on the console.



PROGRAMS:

The console comes with 12 preset programs (see program profiles on page 14 for programs available). After selecting user profile, press the **RESET** then use the **+/-** buttons until program is selected (the blinking red light will be next to the word Program). Press **MODE** button to confirm selection. Use the **+/-** buttons until desired program is blinking (P1-P12). Press **MODE** button to confirm selection. The console will now allow user to select the level of workout (resistance shown as L1-L10) by using the **+/-** buttons until the desired level is selected. Press **MODE** button to confirm selection. Time will flash in the display. Use the **+/-** buttons to set desired time. Press **MODE** to confirm selection. Repeat steps for elevation, calories, and pulse. Press **START/STOP** to begin exercising at any time. You can change the level at any time during your workout session by pressing the **+/-** buttons.

WATT PROGRAM:

The watt program allows the user to set a target watt value. The unit will then keep this watt level constant. This means that if you step quickly, the tension will decrease, if you step slowly the tension will increase to maintain the watt value entered.

After selecting user profile, press the **RESET** button then use the **+/-** buttons until Watt is selected (the blinking red light will be next to the word Watt). Press **MODE** button to confirm selection. For this program you must set a watt value. WATT will flash in the display. Use the **+/-** keys to set desired WATT. Press **MODE** to confirm value. Repeat steps for time, elevation, calories and pulse. Press **START/STOP** to begin exercising.

USER PROGRAM:

The console allows the user to customize a workout session whereas the user can enter values for time, calories, and elevation. This program is divided into 15 segments. Resistance can be set for each segment. The program will be stored in the console's memory after set-up.

After selecting user profile, press **RESET** then use the **+/-** buttons until User Setting is selected (the blinking red light will be next to the word User Setting). Press MODE button to confirm selection. The first segment will now be flashing in the main window. Use the **+/-** buttons to increase or decrease the desired resistance. Press the MODE button to confirm selection and proceed to the next segment. Repeat until all segments contain desired resistance. After settings are done press **START/STOP** to begin your workout.

Note: Console returns to previous workout values after user selection. User will need to press **RESET** to reset values then select a program. Once target is reached console will beep and stop workout. If more than one target has been entered user will need to press start/stop twice to continue workout session until next target is reached.

HEART RATE PROGRAM (HRC):

Heart rate control programs are designed to automatically change resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each heart rate program is designed with a specific goal in mind. **Note:** This calculation is based on your age which must be entered correctly into your user profile.



Program	Goal
55% HRC	Weight Loss
75% HRC	Cardio
90% HRC	Performance
TRG HRC	Custom

See MONITORING YOUR HEART RATE section for more information.

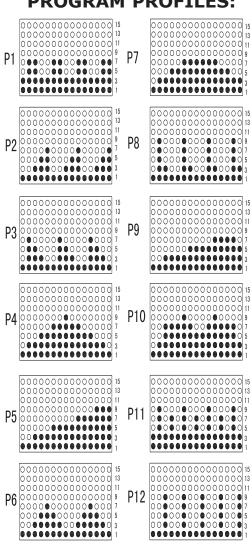
After selecting user profile, use the +/- buttons until H.R.C. is selected (the blinking red light will be next to the word H.R.C). Press MODE button to confirm selection. Use +/- to select desired HRC Program. There are four different programs - heart rate 55% HRC (Heart Rate Control), 75% HRC, 90% HRC, and Target HRC (user specifies the percentage of maximum heart rate desired). Press MODE button to confirm selection. If TRG is selected, use the +/- buttons until desired target heart rate is selected. Press MODE button to confirm selection. Time will flash in the display. Use the +/- buttons to set desired time. Press MODE to confirm selection. Repeat steps for elevation, and calories. Press START/STOP to begin exercising at any time.

Note: For a more accurate reading, hold the hand grips with both hands. This is especially important in Heart Rate Mode.

PROGRAM PROFILES:

CHANGING BETWEEN METRIC (KILOMETERS) AND STANDARD (MILES)

To switch console from ML (Miles per hour) to KM (Kilometers per hour) press both the Mode and Reset buttons at the same time and hold for 2 seconds. The console will beep and will display the new setting (ML for Standard and KM for Metric).



Monitoring Your Heart Rate



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See *Fitness Safety* below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety The Heart Rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.

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(MHR) = Maximum Heart Rate

220 - age = maximum heart rate (MHZ)

MHZ x .60 = 60% of your maximum heart rate.

MHZ x .75 = 75% of your maximum heart rate.

For example, if you are 30 years old, your calculations will be as follows:

220 - 30 = 190

190 x .60 = 114 (low end or 60% of MHZ)

190 x .75 = 142 (high end or 75% of MHZ)

30 year-old (THR) Target Heart Rate would be 114-142
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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.

Flexibility is a key to fitness. Stretch all major muscle groups at least two to three times per week after a 5 to 10 minute warmup. Stretch just to the point of a gentle tug. If you have back, joint, or other health problems, talk to your doctor first.



Prone on Elbows

Lie on your stomach with your feet together. Rest on your forearms with your elbows directly under your shoulders. Relax lower back and abdomen into floor. Hold for 30-60 seconds or until muscles feel looser.



Supline Lumbar Rotation

Lie on your back with your knees bent. Keeping your knees together and your shoulders against the floor, roll your knees to one side until you feel a stretch in your back or hip. Hold for 30-60 seconds or until muscles feel looser. Repeat on opposite side.



Knees to Chest

Lie on your back. Bend your knees, and lift your feet off the floor. Grasp your knees with your arms and pull your knees toward your chest. Hold for 20 seconds. Repeat three to five times.



Cat and Camel

Rest on your hands and knees. Round your back by contracting your abdominal muscles and tucking in your pelvis; hold for five seconds. Then allow your back to sag toward the floor as you lift your chest and head; hold for five seconds. Repeat the combination 10 times



Cervical Side Bends

Tilt your head gently toward one shoulder, keeping your shoulders level and your face pointed straight ahead. Hold for five seconds, then tilt your head toward the other shoulder and hold for five seconds. Repeat five times on each side.





Shoulder Circles

In a smooth, continuous motion, make a circle with your shoulders: Raise them up towards your ears, pull them together behind you, lower them to a resting position, then roll them forward. Repeat 10 times.

Warm Up Exercises



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Wrist Extensor

Extend your right arm in front of you with your palm up and your elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull the back of your right hand toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Wrist Flexor

Extend your right arm in front of you, palm down, elbow straight. Point your fingertips toward the floor by bending at the wrist. Using your left hand, pull your right palm toward you gently. Hold for 20 seconds; repeat three to five times with each arm.



Triceps Stretch

Place your right hand behind your head, palm facing your head. With your left hand, grasp your right elbow and pull downward until you feel a stretch in the back of your right arm. Hold for 20 seconds; repeat three to five times with each arm.



One-Arm Pectoralis Stretch

Stand against an immobile structure like a wall or a tree. While facing the wall, raise your right hand out to your side at chest height, palm against the wall. Turn your body toward the left, away from the wall and your extended arm, until you feel a stretch. Hold for 20 seconds; repeat three to five times with each arm.



Piriformis Stretch

Lie on your back. Bend your right knee and lift it halfway to your chest. Grasp your knee with your left hand and pull it toward your left shoulder, keeping both buttocks against the floor. Hold for 20 seconds; repeat three to five times with each leg.



Groin (Adductors) Stretch

Sitting with your back straight, bring the soles of your feet together. Let your knees lower toward the floor. Hold for 30-60 seconds or until muscles feel looser.

Warm Up Exercises



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.



Calf Stretch

Face a solid structure such as a wall with your left foot ahead of your right, toes straight ahead. Bend your left knee, press your hips forward, and lean into the wall. Keep both heels down, your right leg straight, and you left knee over your ankle. Hold for 20 seconds; repeat three to five times with each leg.



Standing Quadriceps Stretch Achilles Stretch

Steady yourself with one hand. With the other, grab outside leg at ankle, keeping body straight from knee to hip. Gently pull foot up and towards the buttocks until vou feel a stretch along the front of the thigh. Thigh should be pulled straight back and not drift to outside. Hold 20-30 seconds. For variation, grab opposite ankle (i.e., grab right ankle with left hand). Do two to three repetitions per leg.



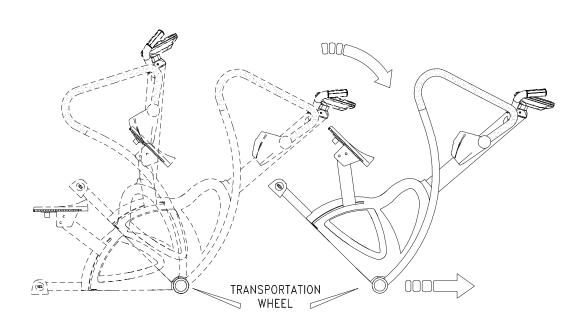
Face the wall with your left foot ahead of your right, toes straight ahead. Bend both knees, press your hips forward, and lean into the wall. Keep both heels down and both knees in line with your feet. Hold for 20 seconds; repeat three to five times with each

Moving Instructions



Caution! To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you lean the unit, lift using your legs, not your back.

First, kneel down and grasp the rear support tube with both hands. Next, with a firm grasp on rear support tube stand up bringing the rear of the stepper up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location. Do not attempt to move the unit over an uneven or rough surface.



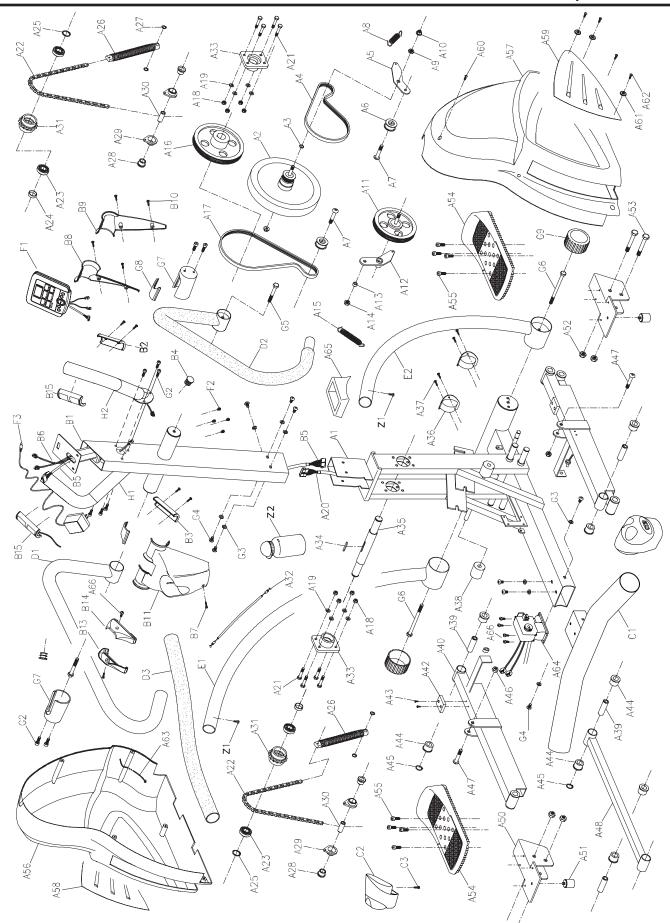
Parts List



ALPINE PART LIST REV.B

		ALP	INE PAKI	LISI	KEV.B		
Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
A2	311-00110	MAGNETIC FLYWHEEL, ALPINE	1	A54	306-01029	PEDAL, ALPINE	2
A3	302-01674	FLAT WASHER (M12*16*1T), ALPINE	1	A55	302-01710	SCREW (M6*25L), ALPINE	8
A4	304-00032	BELT, RIGHT, ALPINE	1	A56	305-00011	HOUSING COVER, LEFT CM707/708S	1
A5	302-01675	CRANE, RIGHT, ALPINE	1	A57	305-00012	HOUSING COVER, RIGHT CM707/708S	1
A6	311-00111	PRESSING WHEEL, ALPINE	2	A58	305-01623	DECORATION COVER, LEFT ALPINE	1
A7	302-01676	SCREW (M10*40L), ALPINE	2	A59		DECORATION COVER, RIGHT ALPINE	1
A8	302-01677	SPRING, ALPINE	1	A60	302-01711	SCREW (M4*12L), ALPINE	7
Α9	302-01678	NUT (3/8*3L), ALPINE	1	A61	302-01712	SCREW COVER, ALPINE	6
A10		NUT (3/8), ALPINE	1	A62		SCREW (M4*15L), ALPINE	6
A11		LOWER, DRIVING PLATE, ALPINE	1	A63		ELECTRONIC WIRE, ALPINE	1
A12		CRANE, LEFT, ALPINE	1	A64		MOTOR, ALPINE	1
A13		WASHER , ALPINE	1	A65		CONSOLE TUBE COVER, LOWER ALPINE	1
A14		NUT (M10), ALPINE	1	A66		SCREW (M5*15L), ALPINE	2
A15		SPRING, ALPINE	1	B1		MAIN SUPPORT TUBE, ALPINE	1
A16		UPPER, DRIVING PLATE, ALPINE	1	B2		HAND PULSE COVER, ALPINE	2
A17		BELT, LEFT, ALPINE	1	B3		SCREW (M3*20L), ALPINE	4
A18	302-01699		4	B4		END CAP, ALPINE	2
A19		FLAT WASHER (M9*8*1.5T), ALPINE	4	B5		CONSOLE WIRE (UPPER), ALPINE	1
A19 A20		LOWER SENSOR WIRE, ALPINE	1	B6		SENSOR WIRE (UPPER), ALPINE	1
		·	4	B7		* **	1
A21		SCREW (M8*45L), ALPINE				SCREW (M4*15L), ALPINE	
A22		CHAIN, ALPINE	2	B8		COVER FOR BOTTLE HOUSING, LEFT ALPINE	1
A23		BEARING, ALPINE	4	B9		COVER FOR BOTTLE HOUSING, RIGHT ALPINE	1
A24		WASHER, ALPINE	2	B10		SCREW (M4*15L), ALPINE	4
A25		C CLIP, ALPINE	2	B11		BOTTLE HOUSING, ALPINE	1
A26		SPRING W/ CONNECTORS, PEDAL TUBE CM708S	2	B13		BOTTLE COVER, LEFT, BACK ALPINE	1
A27		C CLIP, ALPINE	4	B14		BOTTLE COVER, RIGHT, BACK ALPINE	1
A28		METAL BUSHING, ALPINE	4	B15		HAND PULSE, ALPINE	2
A29		CHAIN CONNECT BRACKET, ALPINE	4	C1		REAR STABILIZER, ALPINE	1
A30		CONNECTING PIPE TUBE , ALPINE	2	C2		ADJUSTED END CAP, ALPINE	2
A31		ONE WAY GEAR, 6905Z, CM707/708 STEPPER	2	C3		SCREW (M5*20L), ALPINE	2
A32		TENSION CABLE, ALPINE	1	D1		HANDLEBAR TUBE, LEFT CM708S	1
A33	331-00034	BUSHING HOUSING, ALPINE	1	D2	319-00227	HANDLEBAR TUBE, RIGHT CM708S	1
A34	302-01686	SPACER PLATE, ALPINE	1	D3	310-00099	SPONGE TUBE CM707/708S	2
A35	330-00021	AXLE CM707/708 STEPPER	1	E1	323-00010	HANDLE BAR SUPPORTING TUBE, LEFT, ALPINE	1
A36	306-01026	TRANSPORTATION WHEEL, ALPINE	2	E2	323-00633	HANDLE BAR SUPPORTING TUBE, RIGHT, ALPINE	1
A37	302-01687	SCREW (M4*12L), ALPINE	4	F1	307-00755	CONSOLE, ALPINE	1
A38	302-01688	SPACER, ALPINE	2	F2	302-01721	SCREW (M5*10L), ALPINE	2
A39	319-00420	PIPE, ALPINE	4	F3	313-00470	ADAPTOR, ALPINE	1
A40	323-00097	PEDAL TUBE L/R CM707/708S	1	G1	302-01722	SCREW (M4*12L), ALPINE	2
A41	323-00632	RIGHT, PEDAL TUBE, ALPINE	1	G2	302-01723	SCREW (M6*16L), ALPINE	4
A42	306-01033	SQUARE BUMPER, ALPINE	2	G3	302-01724	FLAT WASHER (M9*8*1.5T), ALPINE	9
A43	302-01701	TAPPING SCREW (M4*12L), ALPINE	4	G4	302-01725	SCREW (M8*15L), ALPINE	9
A44	302-01702	METAL BUSHING, ALPINE	8	G5	302-01726	SCREW (3/8*70L), ALPINE	2
A45	302-01703	C CLIP, ALPINE	4	G6		SCREW (3/8*150L), ALPINE	2
A46		NUT (M10), ALPINE	2	G7		PLASTIC COVER, ALPINE	2
A47		SCREW (M10*60L)	2	G8		SIDE COVER CM707/708 STEPPER,ALPINE	2
A48		LEFT, CONNECTION TUBE, ALPINE	1	G9		END CAP, HANDLE BAR SUPPORT TUBE, ALPINE	2
A49		RIGHT, CONNECTION TUBE, ALPINE	1	H1		SMALL HANDLE BAR, LEFT, ALPINE	1
A50		PEDAL HOUSING, ALPINE	2	H2		SMALL HANDLE BAR, RIGHT, ALPINE	1
A51		BUMPER, ALPINE	2	Z1		SCREW (M4*12L), ALPINE	2
A52		NUT (M12), ALPINE	4	Z2		WATER BOTTLE, ALPINE	1
A53		SCREW (M12*85L), ALPINE	4	*		BOLT PACK, ALPINE	1
,133	302 31/03	JONE (1112 JUL) / NEI 114L	-		302 01/34	DOLON THE LITE	-





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 Electronics and *Parts: 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 Products, L.P. under the Ironman Fitness ("Ironman") brand name (as used herein, the "Product" or "Products"). 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 $\underline{\text{ex}}$ cludes $\underline{\text{expendable parts}}$ 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

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.

Notes	IRONMAN Fitness



Customer Service 1.800.750.IRON 1.800.750.4766

Ironman Fitness
4009 Distribution Drive
Suite 250
Garland, TX 75041

www.ironmanfitness.com