

1-888-340-0482
Monday-Friday
8:30-5:30 Central Time



Keys Fitness Products, L.P.
4009 Distribution Dr.
Suite 250
Garland, Texas 75041

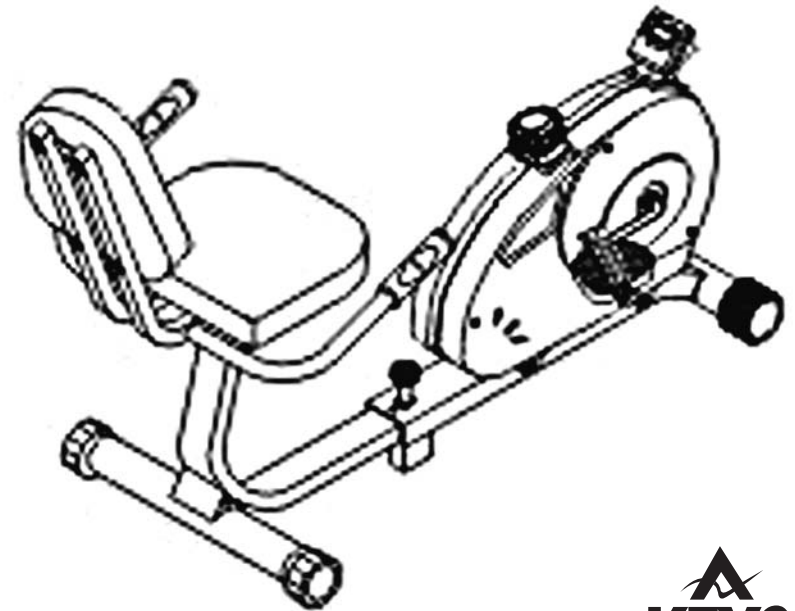
CardioMax

520 Recumbent

OWNERS MANUAL

QUESTIONS?

Call Our Toll Free
Keys Fitness Helpline
1-888-340-0482



CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.

Keys Fitness Products, L.P.
P.O. Box 551239
Dallas, Texas 75355-1239



Keys Fitness is committed to quality products that demonstrate our commitment to excellence!

**Keys Exercise Bike
Model: CardioMax 520 Recumbent**

Questions?

Please call if:

- you need assistance about operating your exercise bike.
- parts are missing
- parts become worn or need to be replaced.

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When requesting information please have the following available:

- The Name
- The Model
- The Part Number
- The Description

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: KEYS CARDIOMAX 520 RECUMBENT
HOME USE WARRANTY: Frame: 1 year parts, Parts: 1 year

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Keys. Keys reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Keys; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Keys, or an authorized Keys warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS 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 KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION 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 Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR EXERCISE BIKE WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Before You Start

Thank you for purchasing a Keys exercise bicycle! This quality product you have chose was designed to meet your needs for cardiovascular exercise.

Prior to final assembly, remove components from the box and verify that all the listed parts were supplied. Final assembly instructions are described in the following steps and illustrations.

Important Safety Information WARNING!

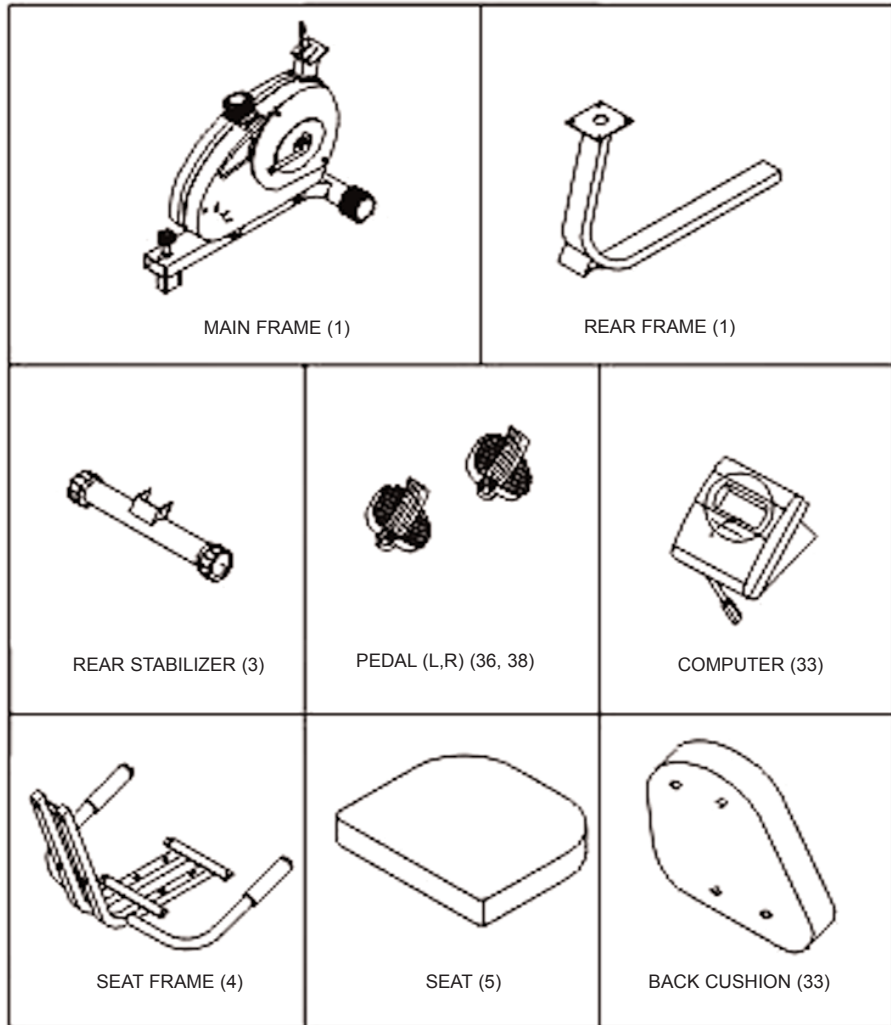
- 1) Before using this exercise bicycle or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) 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

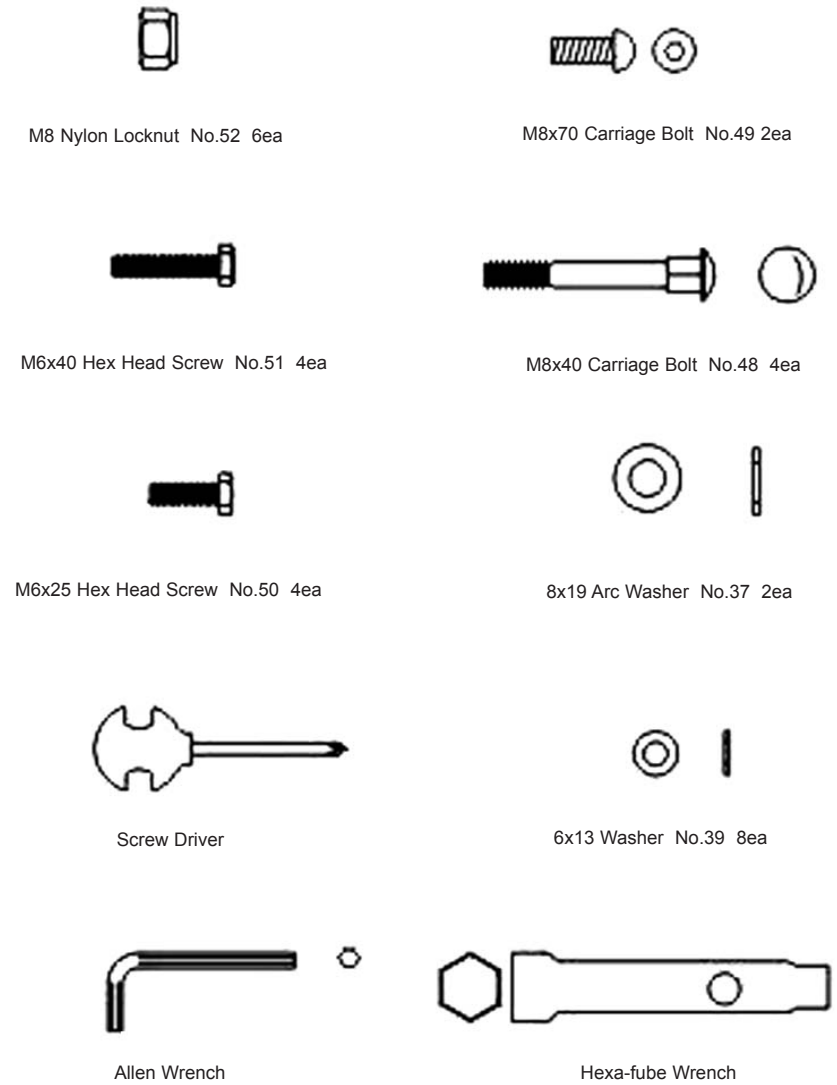
It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

- This exercise bike has a user maximum capacity of 250 pounds.
- The CardioMax Exercise bike should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends a bicycle mat be placed under the bicycle to protect floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks or stockings!
- Always examine your exercise bike before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the recumbent bicycle.
- Never operate the recumbent bicycle where oxygen is being administered or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your CardioMax exercise bike should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

ASSEMBLY PARTS



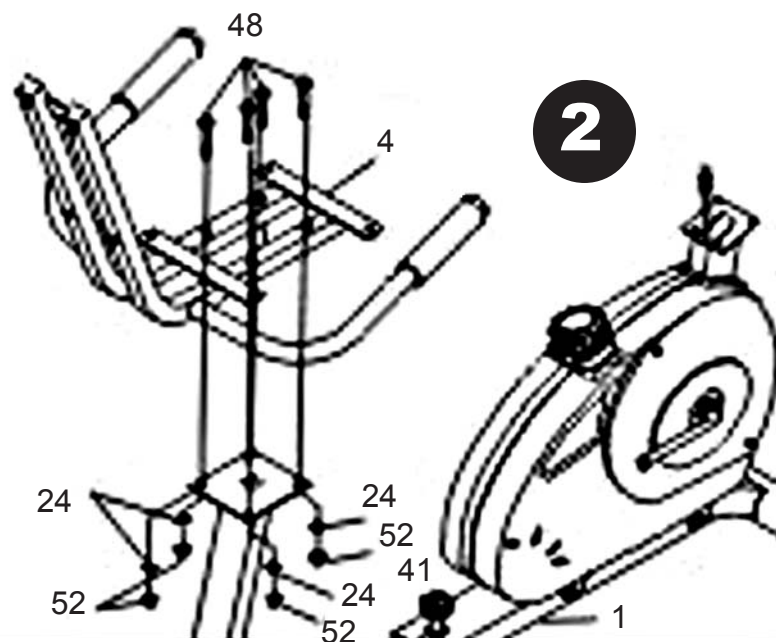
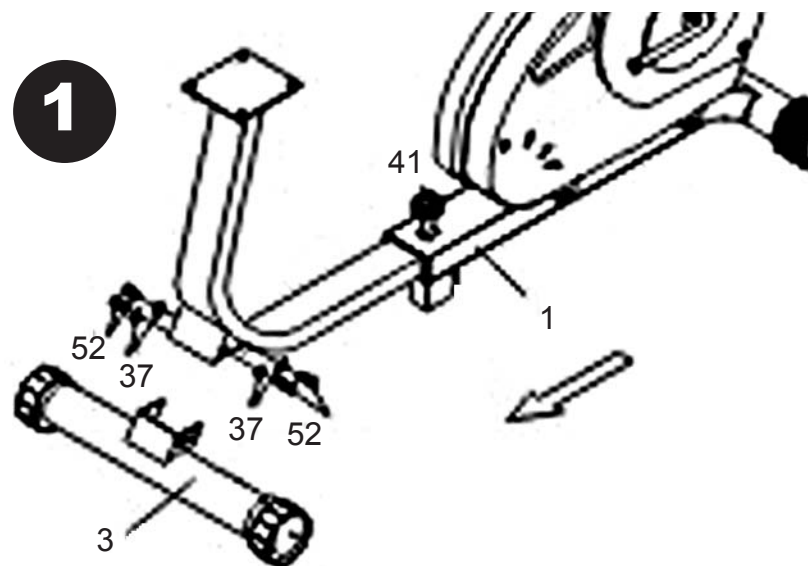
ASSEMBLY ACCESSORIES

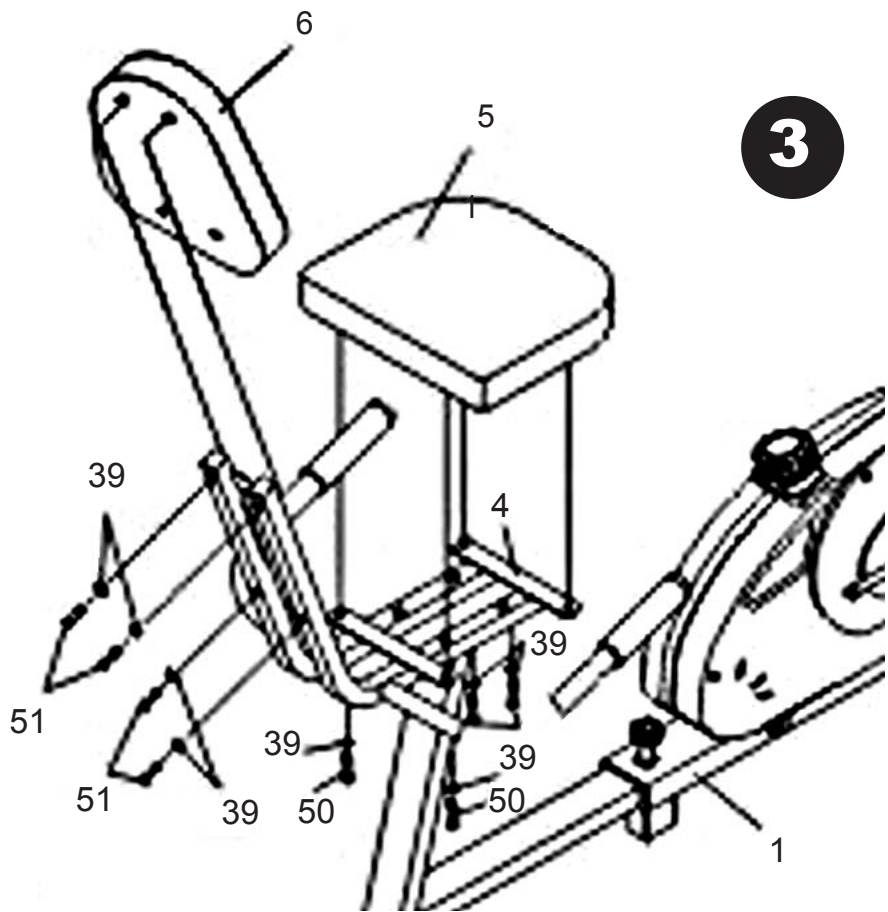


Assembly of CardioMax Exercise Bike

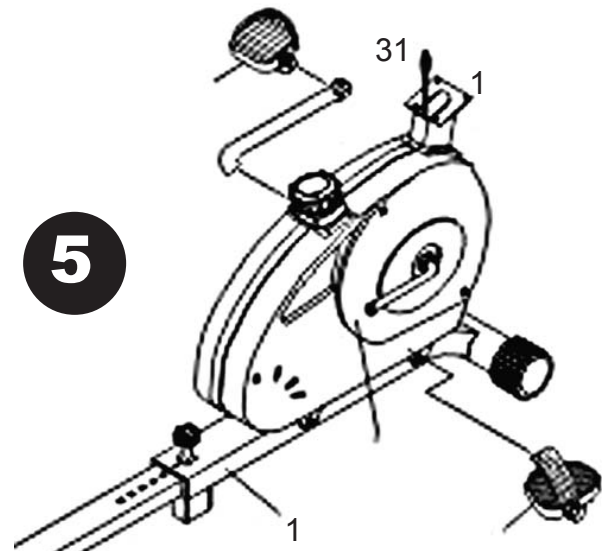
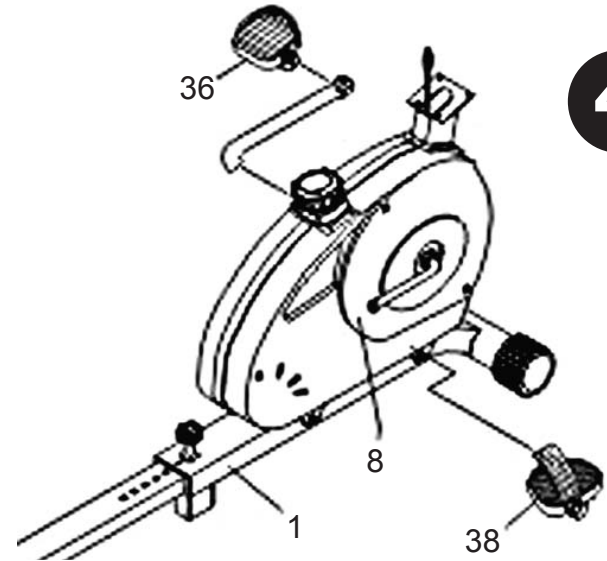
Put out all parts from the box in a cleared area and position them on the floor in front of you. Remove all packing materials from your area and place them back into the box. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

1. Loosen the adjustment knob (41) on the front frame (1). Slide the rear frame backward and secure with the adjustment knob (41). Attach the rear stabilizer (3) onto the rear frame with carriage bolts (49), acorn nuts (37), and washers.
2. Attach the seat frame (4) onto the rear frame with carriage bolts (48), Nylock nuts (52), and washers (24).
3. Attach the seat frame (4) onto the rear frame with carriage bolts (48), Nylock nuts (52), and washers (24).
4. Thread the right pedal (38) onto the right side of the crank (8) as shown. Tighten the pedal securely. Select the right pedal strap which has R marked on the bottom side of the strap. Snap the three hole end onto the inside edge of the right pedal (38). Snap the other three hole end onto outside edge of the right pedal (38). Select adjustment holes which allow your foot to be easily removed from the pedals. Do the same way to attach the left pedal (36) onto the left side of the crank (8) and snap the left pedal strap onto the left pedal (36).
5. Install two "AA" batteries into the electronic meter (33). Plug in the sensor wire (31) to the electronic meter (33). Place the electronic meter (33) onto the plate on the front frame (1) and secure with screws (57).



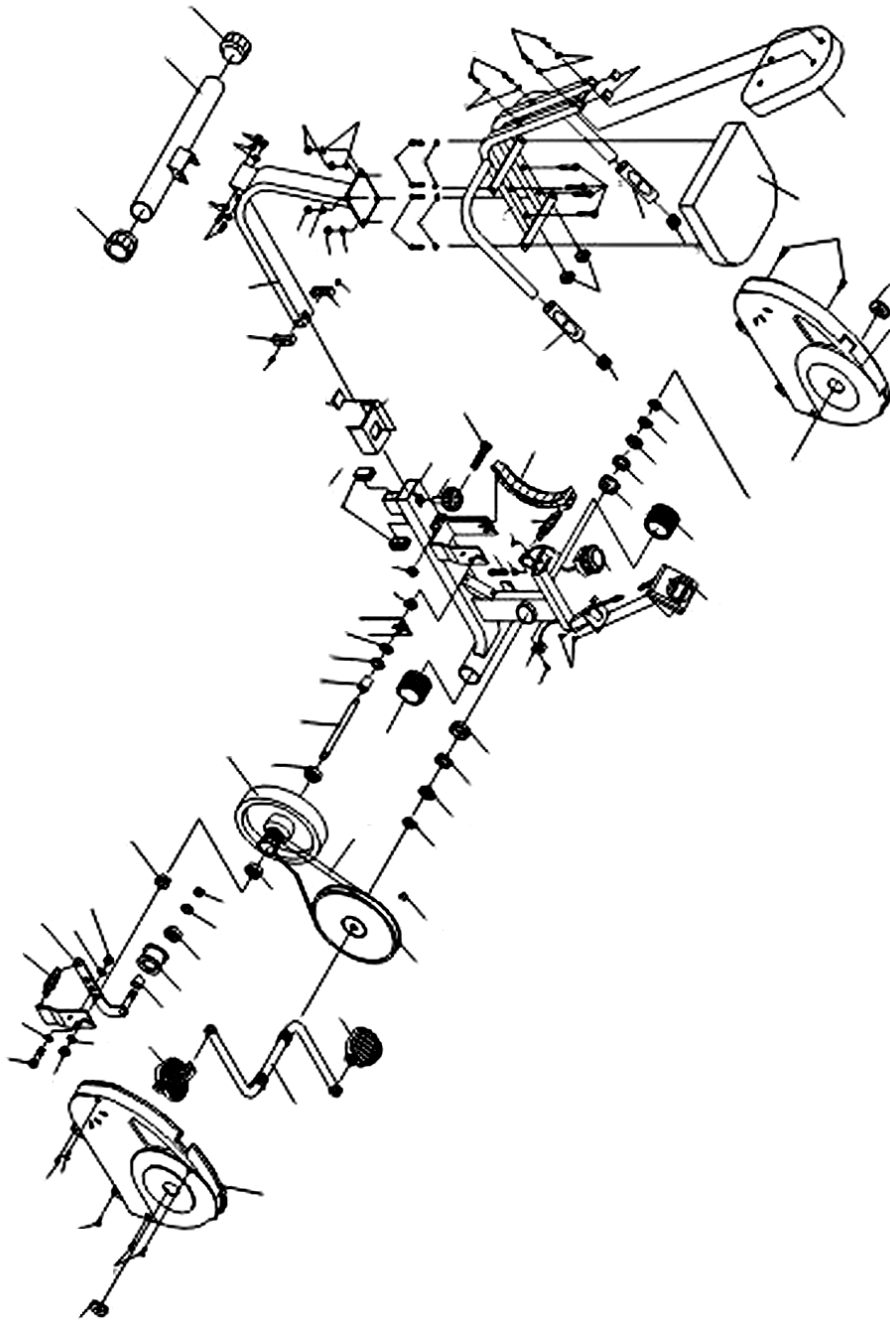


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520R PARTS LIST



NO.	QTY	PART	NO.	QTY	PART
1		FRONT FRAME	31		SENSOR WIRE
2		REAR FRAME	32		MAGNET
3		REAR STABILIZER	33		ELECTRONIC METER
4		SEAT FRAME	34		LEFT COVER
5		SEAT	35		RIGHT COVER
6		BACK CUSHION	36		LEFT PEDAL
7		PULLEY	37		RIGHT PEDAL
8		CRANK 180	38		U SPACER
9		BEARING HOUSING	39		BOLT M4*8
10		BALL BEARING	40		U BELLOW
11		INSIDE BEARING COLLAR	41		ADJUSTMENT KNOB
12		OUTSIDE BEARING COLLAR	42		PULSE COVER
13		BEARING WASHER	43		WHEEL CAP
14		BEARING SNAP WASHER	44		LEVELLING CAP
15		BEARING NUT	45		HANDLEBAR CAP
16		V-RIBBED BELT	46		SEAT FRAME CAP
17		MAGNETIC FLYWHEEL	47		RECTANGULAR PLUG
18		BEARING (6000ZZ)	48		CARRIAGE BOLT (m8*40)
19		FLYWHEEL SHAFT	49		CARRIAGE BOLT (m8*15)
20		SPACER	50		BOLT, HEX HEAD (m6*25)
21		BALL BEARING	51		CARRIAGE BOLT (m6*40)
22		IDLER ARM	52		BOLT, HEX HEAD (3/8*26)
23		IDLER WHEEL	53		BOLT, HEX HEAD (m8*60)
24		IDLER WHEEL SPACER	54		SCREW, ROUND HEAD (m3*10)
25		WASHER M10*19*2.0	55		SCREW, ROUND HEAD (m4*15)
26		WASHER M10*12*1.5	56		SCREW, ROUND HEAD (3/16*2")
27		IDLER WHEEL SPRING	57		SCREW, ROUND HEAD (m5*8)
28		MAGNETIC BRAKE	58		SCREW, ROUND HEAD (m5*10)
29		MAGNETIC BRAKE SPRING	59		NYLOCK NUT(m10*1.5)
30		TENSION KNOB			

Console Functions

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

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

One Touch Operation

Flip through the menu options as seen in the screen with each touch, until you reach the desired menu.

Reset/Erase

Hold the button down until the values reach 00 (approx. 4 Sec.)

Auto ON/OFF Function

The computer starts automatically when you begin training
Individual Functions

Time

Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds).

Speed

Indicates MPH (miles per hour).

Distance

Displays the cumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in hundredths of a mile until you reach 10 miles. Then distance will be displayed in tenths of a mile. Example 0.00 - 9.99, then 10.0 - 99.99 miles.



Calories

Your monitor will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your monitor is based on realistic expectations; however, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

Odometer

Shows the total distance achieved in Kilometer to a maximum of 99.9Km

Scan

Gives the over all training view, and changes automatically from screen to screen. With the exception of the pulse function.

Troubleshooting:

Should at any point your computer display partial values or numbers, it may require to remove the batteries for approx 15 seconds. Then replace them.

Batteries:

On the rear side of the computer you will find a door leading to the batteries. Use 2(1.5 volt AA/Mignon), always beware of the correct polling of positive and negative. Remove the batteries sets all values to 00.

Old Batteries:

Used batteries do not belong in the trash. Please dispose of your batteries in a responsible manor, as a consumer you are legally responsible for seeking out your neighborhood collection/disposal location. Often you will find them where batteries are sold. Remember to make sure that they are empty and that there is no risk of short circuit.

Monitoring Your Heart Rate

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. A chart is provided for you to log your heart rate at rest, after warming up, during your workout, two minutes into your cool down and 10 minutes after you cool down. We recommend taking your heart rate at these times to accurately track your progress as it relates to better fitness.

Your maximum heart rate and aerobic capacity naturally decreases as you age. In general, to determine your maximum heart rate, subtract your age from 220. This may vary from one person to another, but use this number to find your approximate effective target zone.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR). MHR x .70 = 70% of your heart rate.

MHR x .85 = 85% of your maximum heart rate.

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

$$220 - 30 = 190$$

$$190 \times .70 = 133 \text{ (low end or 70\% of THR)}$$

$$190 \times .85 = 161 \text{ (high end or 85\% of THR)}$$

See Table below for additional calculations.

