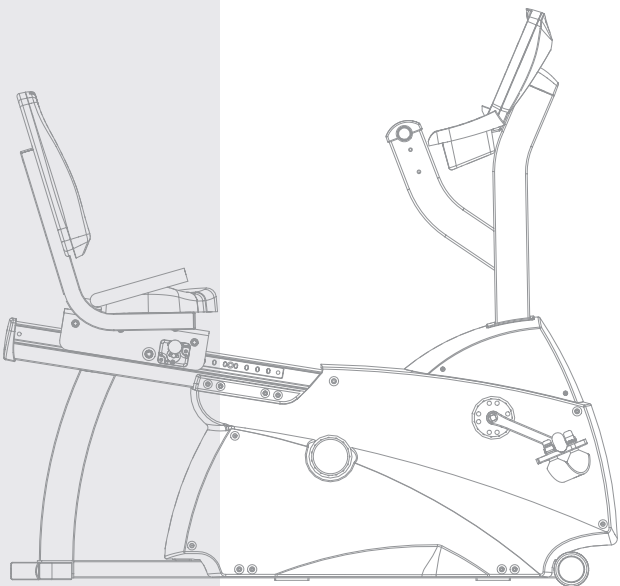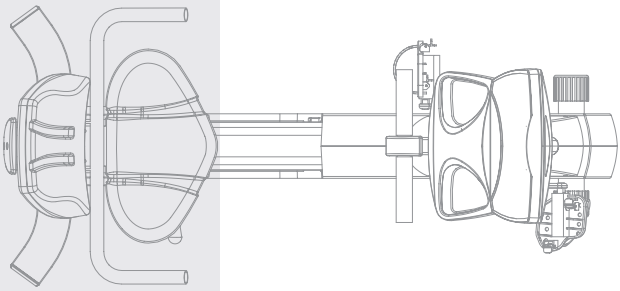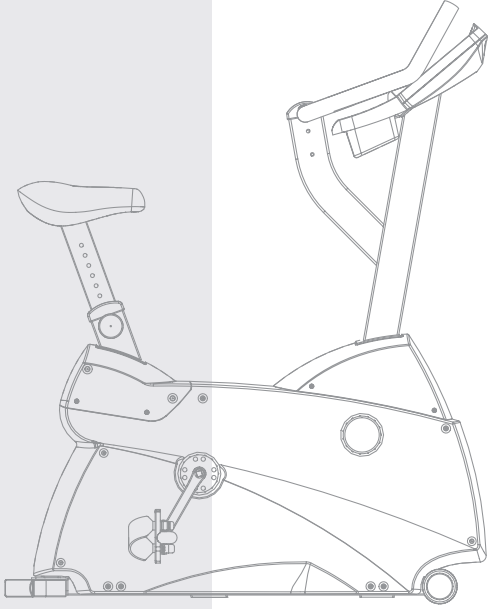# ESSENTIAL

UT8 and RT8
Exercise Bikes
U S E R   M A N U A L

CORPORATE HEADQUARTERS

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Before using this product, it is essential to read this
ENTIRE operation manual and ALL installation instructions.

This will help in setting up the equipment quickly
and in instructing others on how to use it correctly and safely.

FCC Warning - Possible Radio / Television Interference

NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy, and if not installed and used in accordance with the operation manual, may cause harmful interference to radio communications. However, there is no guarantee that the interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or relocate the receiving antenna.

Increase the separation between the equipment and the receiver.

Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

Class HB (Home): Domestic use. Not suitable for therapeutic purposes.

⚠ **CAUTION: Any changes or modifications to this equipment could void the product warranty.**

Any service, other than cleaning or user maintenance, must be performed by an authorized service representative. There are no user-serviceable parts.

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Unpacking the Upright Exercise Bike

1. Carefully cut and remove the SHIPPING BANDS.

2. Carefully cut the tape securing the TOP FLAPS.

3. Fold the TOP FLAPS outward fully.

4. With the help of another person, remove the TOP SHIPPING TRAY.

   ⚠ **CAUTION:** *Some parts extend through the bottom of the SHIPPING TRAY. Be careful not to damage the parts when lifting the TOP SHIPPING TRAY from the SHIPPING CARTON.*

5. Remove the DISPLAY CONSOLE carton and the HANDLEBAR ASSEMBLY from beside the BASE UNIT.

6. With the help of another person, lift the BASE UNIT from the SHIPPING CARTON. Remove the protective packaging from the unit.

ASSEMBLING THE UPRIGHT EXERCISE BIKE

Tools Required: Metric Wrench Set, Metric Allen Wrench Set, Phillips Screwdriver

1. Locate and install the two LEVELER FEET (A) to the bottom of the REAR STABILIZER (B).

2. With the bends facing rearward, attach the REAR STABILIZER (B) to the BASE UNIT (C) using two 2-3/8" BUTTON HEAD SCREWS (1) from the top of the REAR STABILIZER BRACKET (D) and two 13/16" BUTTON HEAD SCREWS (2) from the front side of the REAR STABILIZER BRACKET. Tighten the SCREWS securely.

3. Locate the MONOCOLUMN (E). Cut the WIRE TIE securing the WIRE (F) to the bottom of the MONOCOLUMN. Slide the MONOCOLUMN COVER (G) onto the MONOCOLUMN (E) as shown. Slide the MONOCOLUMN COVER up to the HANDLE-BAR TUBE (H).

5. Locate and insert the GROMMET (J) into the SIDE ACCESS HOLE (K) of the MONOCOLUMN (E). Pull the WIRE (F) out through the SIDE ACCESS HOLE.

6. With the HANDLEBAR TUBE (L) facing the rear of the unit as shown, slide the MONOCOLUMN (E) into the MONOCOLUMN BRACKET (M) of the BASE UNIT (C) . Slide the MONOCOL-UMN down until it is fully seated. Secure the MONOCOLUMN to the MONOCOLUMN BRACKET using two 3-15/16" HEX HEAD BOLTS (3) and three THICK FLAT WASHERS (4) (as shown) from the rear side of the MONOCOLUMN and two 2-3/8" HEX HEAD BOLTS (5) and THICK FLAT WASHERS (4) from the user left side of the MONOCOLUMN BRACKET. Tighten the BOLTS securely.

⚠ **CAUTION:** *Be careful not to pinch the WIRE(S) (N) leading from the MONOCOLUMN BRACKET (M) when inserting the MONOCOLUMN (E) into the MONOCOLUMN BRACKET.*

7. Connect the WIRE(s) (N) leading from the MONOCOLUMN BRACKET (M) to the corresponding WIRE (F) from the SIDE ACCESS HOLE (K) of the MONOCOLUMN (E). Slide the MONOCOLUMN COVER (G) downward to the meet the MAIN SHROUDS (O). Secure the MONOCOLUMN COVER to the MAIN SHROUDS using four 1/2" PHILLIPS SCREWS (6) and matching FLAT WASHERS (7). Tighten the SCREWS securely. Do not overtighten the SCREWS.

8. Locate the SEAT (P) and SEAT POST (Q). Remove the three NYLOCK NUTS (8) and FLAT WASHERS (9) from the threaded studs on the bottom of the SEAT. Align the three threaded studs of the SEAT with the mounting holes in the SEAT POST MOUNTING PLATE (R). Secure the SEAT to the SEAT POST MOUNTING PLATE using the three previously removed NYLOCK NUTS and FLAT WASHERS. Tighten the NUTS securely.

9. Locate the SEAT POST CAP (S). With the curved side facing upward toward the SEAT (P) and the inside notch aligned with the SEAT POST ADJUSTMENT DECAL, slide the SEAT POST CAP over the SEAT POST (Q).

10. Locate and slide the SEAT POST SPACER (T) over the end of the SEAT POST (Q). Using two 1/4" PHILLIPS SCREWS (10), secure the SEAT POST SPACER to the end of the SEAT POST. Tighten the SCREWS securely.

11. With the nose of the SEAT (P) facing forward, insert the SEAT POST (Q) into the SEAT POST SUPPORT (U).

12. Slide the SEAT POST CAP (S) downward to meet the top of the SEAT POST SUPPORT (U). Secure the SEAT POST CAP to the SEAT POST SUPPORT using two 1/4" PHILLIPS SCREWS (11). Tighten the SCREWS securely. Do not overtighten the SCREWS.

13. Begin inserting the SEAT ADJUSTMENT KNOB (V). Lift upward on the SEAT (P) and SEAT POST (Q) until the SEAT POST locks into a position. Tighten the SEAT ADJUSTMENT KNOB fully. Insert the 1/4" PHILLIPS LOCKING SCREW (12) and tighten securely.

14. Locate the ACCESSORY TRAY (W). Position the ACCESSORY TRAY near the top of the MONOCOLUMN (E) at the DISPLAY CONSOLE BRACKET (X). While holding the CONNECTOR (Y), cut the wire tie securing the CONNECTOR to the DISPLAY CONSOLE BRACKET. Feed the WIRE(s) (Z) leading from the TOP ACCESS HOLE (AA) of the DISPLAY CONSOLE BRACK-ET through the center hole of the ACCESSORY TRAY MOUNT-ING BRACKET (BB). Secure the ACCESSORY TRAY to the DISPLAY CONSOLE BRACKET using two 5/8" BUTTON HEAD SCREWS (13) and matching FLAT WASHERS (14). Tighten the SCREWS securely.

⚠ **CAUTION:** *Be careful not to pinch the WIRE(S) (Z) leading from the DISPLAY CONSOLE BRACKET (X) when securing the ACCESSORY TRAY (W) to the DISPLAY CONSOLE BRACKET.*

NOTE: *Be careful not to let the CONNECTOR (Y) fall into the DISLAY CONSOLE BRACKET (X).*

15. Remove the DISPLAY CONSOLE (CC) from its shipping carton. Position the DISPLAY CONSOLE above the ACCESSORY TRAY (W). Connect the WIRE(s) (Z) leading from the DISPLAY CONSOLE BRACKET (X) to the corresponding JACK(s) located on the back of the DISPLAY CONSOLE. Secure the DISPLAY CONSOLE to the DISPLAY CONSOLE BRACKET using four 1/2" PHILLIPS SCREWS (6). Tighten the SCREWS securely. Do not overtighten the SCREWS.

16. Locate the HANDLEBAR ASSEMBLY (DD). With the handlebars facing forward, position the HANDLEBAR ASSEMBLY near the top of the HANDLEBAR TUBE (L). Connect the WIRES (EE) leading from the HANDLEBAR ASSEMBLY and the HANDLE-BAR TUBE. Slide the HANDLEBAR ASSEMBLY fully into the HANDLEBAR TUBE. Secure the HANDLEBAR ASSEMBLY to the HANDLEBAR TUBE using four 5/8" BUTTON HEAD SCREWS (15) and matching FLAT WASHERS (16). Tighten the SCREWS securely.

⚠ **CAUTION:** *Be careful not the pinch the WIRES (EE) when sliding the HANDLEBAR ASSEMBLY (DD) into the HAN-DLEBAR TUBE (L).*

17. Locate the RIGHT PEDAL (FF) (marked with an "R") and PEDAL STRAP (GG) (marked with an "R"). With the side of the PEDAL STRAP marked with an "R" facing upward, slide the slot-ted end of the PEDAL STRAP through the left slot in the PEDAL. Fasten one of the slots onto the TAB located under the left slot of the PEDAL. Bend the PEDAL STRAP upward and slide the remaining end of the PEDAL STRAP through the right slot in the PEDAL and into the STRAP ADJUSTMENT CLIP. The PEDAL STRAP should securely engage the STRAP ADJUST-MENT CLIP.

18. Install the RIGHT PEDAL (FF) to the USER RIGHT CRANK ARM (HH). Repeat for the LEFT PEDAL (JJ) (marked with an "L") and PEDAL STRAP (KK) (marked with an "L").

NOTE: *The LEFT PEDAL (JJ) has reverse threads.*

19. Position the unit in the desired location for use. The unit can be easily moved into place by lifting the rear of the unit and rolling it on the front rollers. Level the unit before use. Refer to the level-ing instructions stated in the operations portion of this manual.

UNPACKING THE RECUMBENT EXERCISE BIKE

1. Carefully cut and remove the SHIPPING BANDS.

2. Carefully cut the tape securing the TOP FLAPS.

3. Fold the TOP FLAPS outward fully.

4. With the help of another person, remove the SIDE SHIPPING TRAY.

⚠ **CAUTION:** *Be sure to keep the left and right sides of the side SHIPPING TRAY together while removing it from the SHIPPING CARTON.*

5. Remove the DISPLAY CONSOLE carton and the ACCESSORY TRAY from beside the BASE UNIT.

6. With the help of another person, lift the BASE UNIT from the SHIPPING CARTON. Remove the protective packaging from the unit.

ASSEMBLING THE RECUMBENT EXERCISE BIKE

Tools Required: Metric Wrench Set, Metric Allen Wrench Set, Phillips Screwdriver

1. Locate and install the two LEVELER FEET (A) to the bottom of the REAR STABILIZER (B).

2. With the bends facing rearward, attach the REAR STABILIZER (B) to the BASE UNIT (C) using two 2-3/8" BUTTON HEAD SCREWS (1) from the top of the REAR STABILIZER BRACKET (D) and two 13/16" BUTTON HEAD SCREWS (2) from the front side of the REAR STABILIZER BRACKET. Tighten the SCREWS securely.

3. Locate the HANDLEBAR ASSEMBLY (E) and the SEAT ASSEMBLY (F). With the handlebars facing upward and forward, align the mounting holes of the HANDLEBAR ASSEMBLY with those in the SEAT ASSEMBLY. Secure the HANDLEBAR ASSEMBLY to the SEAT ASSEMBLY using four 5/8" BUTTON HEAD SCREWS (3) and FLAT WASHERS (4). Tighten the SCREWS securely.

4. Locate the two CABLE TIE CLIPS (G) and CABLE TIES (H). Feed one CABLE TIE through each CABLE TIE CLIP. Using one 1/4" PHILLIPS HEAD SCREW (5) each, secure the CABLE TIE CLIPS to the SEAT ASSEMBLY WELDMENT HOLES as shown.
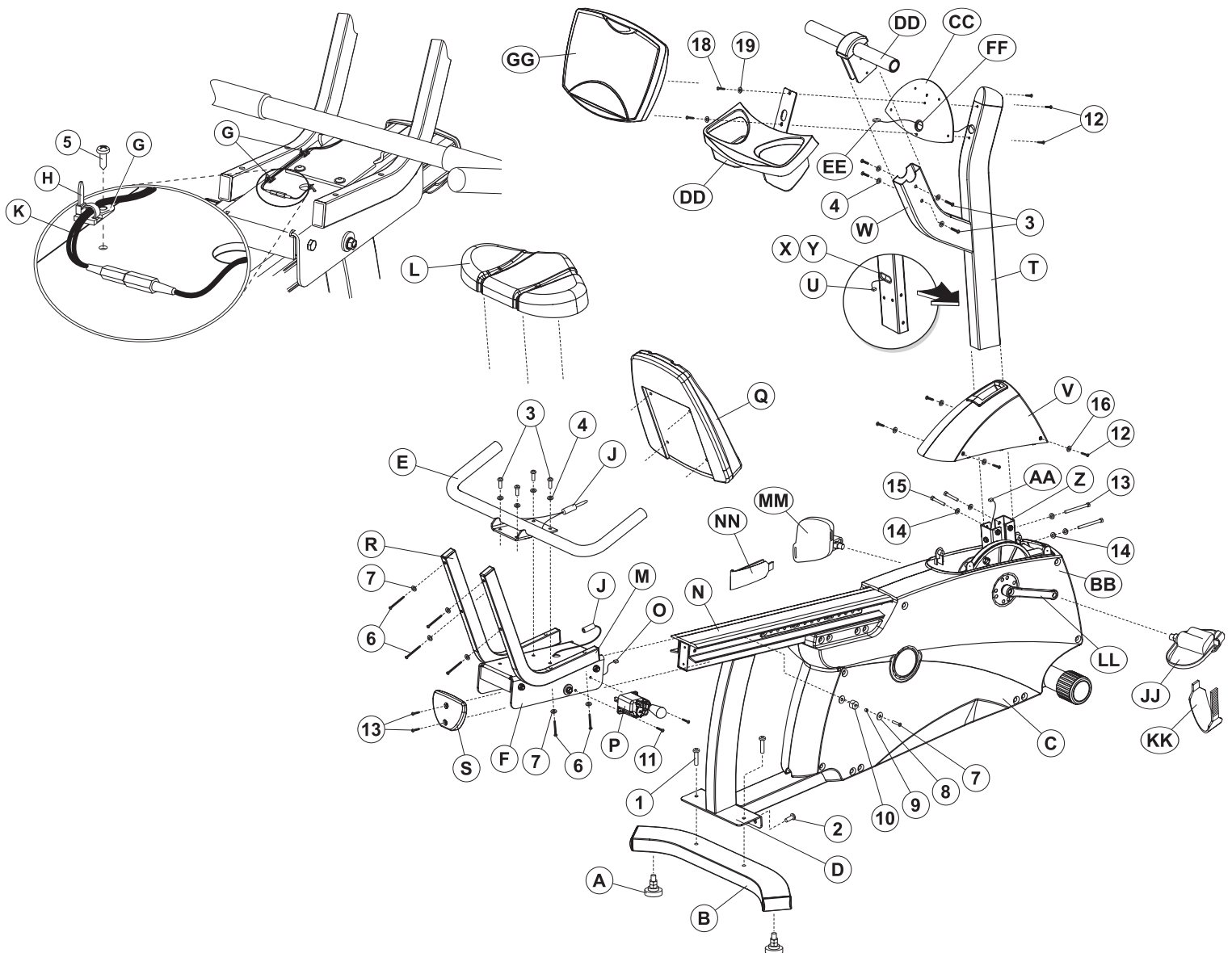
5. Connect the CONNECTOR (J) leading from the HANDLE-BAR ASSEMBLY (E) with the CONNECTOR (J) leading from the SEAT ASSEMBLY (F). Be sure the connectors fully lock.

⚠️ **CAUTION:** *To ensure that your handsensor heart rate works properly, secure the HEART RATE CABLE (K) into the CABLE TIE CLIPS (G). Note the routing of the HEART RATE CABLE so as to not pinch the HEART RATE CABLE between the SEAT and the SEAT ASSEMBLY during assembly.*

6. Locate the SEAT BOTTOM (L). Align the SEAT BOTTOM mounting holes with those in the LOWER SEAT SUPPORT TUBES (M). Secure the SEAT BOTTOM using four 2" PHILLIPS SCREWS (6) and LOCK WASHERS (7). Tighten the SCREWS securely.

7. Align the guide rollers located on the underside of the SEAT ASSEMBLY (F) with the SEAT EXTRUSION (N). Carefully guide the SEAT ASSEMBLY onto the SEAT EXTRUSION. Slide the SEAT ASSEMBLY fully forward. Connect the WIRE (O) leading from the user left side of the SEAT ASSEMBLY to the jack located at the left front of the SEAT EXTRUSION.

8. In the hole located in the user right side of the SEAT EXTRUSION (J), behind SEAT ASSEMBLY (F), install one 1-3/8" BUTTON HEAD SCREW with locktite (7), two 15/16" FLAT WASHERS (8), one RUBBER BUMPER SLEEVE (9) and one 1" RUBBER BUMPER (10) as shown.

9. Mount the SEAT ADJUSTMENT LEVER (P) to the user right side of the SEAT ASSEMBLY (F) using two 3/4" PHILLIPS SCREWS (11). Tighten the SCREWS securely.

10. Secure the SEAT BACK (Q) to the UPPER SEAT SUPPORT TUBES (R) using four 2" PHILLIPS SCREWS (6) and LOCK WASHERS (7). Tighten the SCREWS securely.

11. Locate the SEAT EXTRUSION ENDCAP (S). Secure the SEAT EXTRUSION ENDCAP to the SEAT EXTRUSION (N) using two 1/2" PHILLIPS SCREWS (12).

12. Locate the MONOCOLUMN (T). Cut the WIRE TIE securing the WIRE (U) to the bottom of the MONOCOLUMN. Slide the MONOCOLUMN COVER (V) onto the MONOCOLUMN as shown. Slide the MONOCOLUMN COVER up to the HANDLEBAR TUBE (W).

13. Locate and insert the GROMMET (X) into the SIDE ACCESS HOLE (Y) of the MONOCOLUMN (T). Pull the WIRE (U) out through the SIDE ACCESS HOLE.

14. With the HANDLEBAR TUBE (W) facing the rear of the unit as shown, slide the MONOCOLUMN (T) into the MONO-COLUMN BRACKET (Z) of the BASE UNIT (C). Slide the MONOCOLUMN down until it is fully seated. Secure the MONOCOLUMN to the MONOCOLUMN BRACKET using two 3-15/16" HEX HEAD BOLTS (13) and three THICK FLAT WASHERS (14) (as shown) from the front side of the MONOCOLUMN and two 2-3/8" HEX HEAD BOLTS (15) and THICK FLAT WASHERS (14) from the user left side of the MONOCOLUMN BRACKET. Tighten the BOLTS securely.

⚠️ **CAUTION:** *Be careful not to pinch the WIRE(s) (AA) leading from the MONOCOLUMN BRACKET (Z) when inserting the MONOCOLUMN (T) into the MONOCOLUMN BRACKET.*

15. Connect the WIRE(s) (AA) leading from the MONOCOLUMN BRACKET (Z) to the corresponding WIRE (U) from the SIDE ACCESS HOLE (Y) of the MONOCOLUMN. Slide the MONOCOLUMN COVER (V) downward to the meet the MAIN SHROUDS (BB). Secure the MONOCOLUMN COVER to the MAIN SHROUDS using four 1/2" PHILLIPS SCREWS (12) and matching FLAT WASHERS (16). Tighten the SCREWS securely. Do not overtighten the SCREWS.

16. Locate the DISPLAY CONSOLE BRACKET (CC) and ACCESSORY TRAY (DD). While holding the WIRE(s)/CON-NECTOR (EE), cut the wire tie securing the CONNECTOR to the MONOCOLUMN (T). Position the DISPLAY CON-SOLE BRACKET and ACCESSORY TRAY near the top of the MONOCOLUMN. Feed the WIRE(s)/CONNECTOR leading from the TOP ACCESS HOLE (FF) of the MONOCOLUMN through the center hole of the DISPLAY CONSOLE BRACKET and the ACCESSORY TRAY. Secure the DISPLAY CONSOLE BRACKET and the ACCESSORY TRAY to the MONOCOLUMN using two 1" PHILLIPS SCREWS (17) and matching FLAT WASHERS (18). Tighten the SCREWS securely.

⚠️ **CAUTION:** *Be careful not the pinch the WIRE(s)/CON-NECTOR (EE) leading from the MONOCOLUMN (T) when securing the DISPLAY CONSOLE BRACKET (Z) and ACCESSORY TRAY (DD) to the MONOCOLUMN.*

NOTE: *Be careful not to let the WIRE(s)/CONNECTOR (EE) fall into the MONOCOLUMN (T).*

17. Remove the DISPLAY CONSOLE (GG) from its shipping carton. Position the above the ACCESSORY TRAY (DD). Connect the WIRE(s)/CONNECTOR (EE) leading from the DISPLAY CONSOLE BRACKET (Z) to the corresponding JACK(s) located on the back of the DISPLAY CONSOLE. Secure the DISPLAY CONSOLE to the DISPLAY CONSOLE BRACKET using four 1/2" PHILLIPS SCREWS (12). Tighten the SCREWS securely. Do not overtighten the SCREWS.

18. Locate the HANDLEBAR ASSEMBLY (HH). Position the HANDLEBAR ASSEMBLY near the top of the HANDLEBAR TUBE (W). Slide the HANDLEBAR ASSEMBLY fully into the HANDLEBAR TUBE. Secure the HANDLEBAR ASSEMBLY to the HANDLEBAR TUBE using four 5/8" BUTTON HEAD SCREWS (3) and matching FLAT WASHERS (4). Tighten the SCREWS securely.

19. Locate the RIGHT PEDAL (JJ) (marked with an "R") and PEDAL STRAP (KK) (marked with an "R"). With the side of the PEDAL STRAP marked with an "R" facing upward, slide the slotted end of the PEDAL STRAP through the left slot in the PEDAL. Fasten one of the slots onto the TAB located under the left slot of the PEDAL. Bend the PEDAL STRAP upward and slide the remaining end of the PEDAL STRAP through the right slot in the PEDAL and into the STRAP ADJUSTMENT CLIP. The PEDAL STRAP should securely engage the STRAP ADJUSTMENT CLIP.

20. Install the RIGHT PEDAL (JJ) to the USER RIGHT CRANK ARM (LL). Repeat for the LEFT PEDAL (MM) (marked with an "L") and PEDAL STRAP (NN) (marked with an "L").

NOTE: *The LEFT PEDAL (MM) has reverse threads.*

21. Position the unit in the desired location for use. The unit can be easily moved into place by lifting the rear of the unit and rolling it on the front rollers. Level the unit before use. Refer to the leveling instructions stated in the operations portion of this manual.

This Operation Manual describes the functions of the following products:

Essential™ upright exercise bike:

UT8

Essential™ recumbent exercise bike:

RT8

See Section 7, titled *Specifications* page in this manual
for product-specific features.

Statement of Purpose: The exercise bike is a machine that simulates the movements of riding a bicycle at various speeds and levels of resistance.

⚠ Health-related injuries may result from incorrect or excessive use of exercise equipment. The manufacturer STRONGLY recommends seeing a physician for a complete medical exam before undertaking an exercise program, particularly if the user has a family history of high blood pressure or heart disease; or is over the age of 45; or smokes, has high cholesterol, is obese, or has not exercised regularly in the past year. The manufacturer also recommends consulting a fitness professional on the correct use of this product.

If, at any time while exercising, the user experiences faintness, dizziness, pain, or shortness of breath, he or she must stop immediately.

1 GETTING STARTED

1.1 IMPORTANT SAFETY INSTRUCTIONS

⚠️ **SAFETY WARNING: The safety of the product can be maintained only if it is examined regularly for damage and wear. See Preventative Maintenance section for details.**

- Before using this product, it is essential to read this ENTIRE operation manual and ALL instructions. The exercise bike is intended for use solely in the manner described in this manual.

- Always follow the console instructions for proper operation.

- Close supervision is necessary when used by or near children, invalids or disabled persons.

- If an exercise bike does not function properly after it has been dropped, damaged, or even partially immersed in water, contact Customer Support Services for assistance.

- Never insert objects into any opening in the exercise bike. If an object should drop inside, carefully retrieve it. If the item is beyond reach, contact Customer Support Services.

- Never place liquids of any type directly on the unit, except in an accessory tray. Containers with lids are recommended.

- Do not use the exercise bike outdoors, near swimming pools or in areas of high humidity.

- Keep all loose clothing, shoelaces, and towels away from the exercise bike pedals.

- Keep the area around the exercise bike clear of any obstructions, including walls and furniture.

- Always be careful and exercise caution when mounting or dismounting the exercise bike. Use the handlebar whenever additional stability is required.

- Wear shoes with rubber or high-traction soles. Do not use shoes with heels, leather soles, cleats or spikes. Do not use the bike in bare feet.

- Do not tip the exercise bike on its side during operation.

- Keep hands and feet away from all moving parts.

- To ensure proper functioning of this product, do not install attachments or accessories that are not provided or recommended by the manufacturer.

- Use this product in a well-ventillated area.

- Use this product on a solid, level surface.

- Make sure that all components are fastened securely. These include the seat post, saddle, handlebars, and pedals.

**SAVE THESE INSTRUCTIONS FOR FUTURE REFERENCE.**

1.2   Setup

Read the entire Operation Manual before setting up the exercise bike.

Where to Place the Exercise Bike

Following all safety instructions in Section 1.1, move the bike to the location in which it will be used. See Section 7, titled *Specifications*, for the dimensions of the footprint. Allow a distance of four feet, or 120 centimeters, between the bike and other objects or surfaces on either side.

How to Stabilize the Exercise Bike

After placing the bike in position, check the unit's stability by attempting to rock it in all directions. Any slight rocking indicates that the unit must be leveled. Determine which foot is not resting completely on the floor. Loosen the jam nut with an open-end 17mm wrench, and rotate the stabilizing foot to lower it. Verify that the bike is stable, and repeat the adjustment as necessary until the unit no longer rocks. Lock the adjustment by tightening the jam nut against the stabilizer bar.
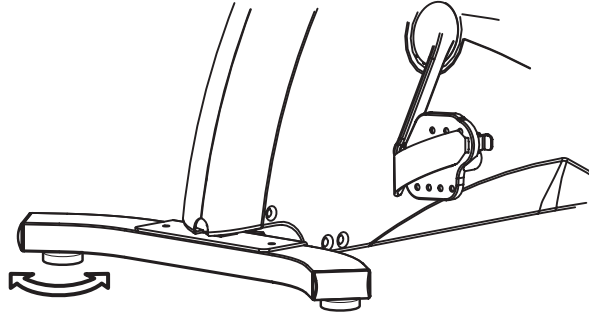
How to Adjust the Seat

Proper seat positioning minimizes unecessary leg muscle fatigue. To determine whether or not the seat requires adjustment, sit on it and place the balls of the feet on the pedals. The knee should bend slightly when the pedal is at the furthest point in its rotation, relative to the body. The user should be able to pedal without locking the knees or shifting in the seat.

Adjusting the seat on the upright bike: The bike post features a vertical locking pin seat adjustment system, which makes it easy and safe to change the height of the seat quickly.

To raise the seat, first get off the bike. Hold the seat, turn the spring-loaded knob on the right of the seat post once counter-clockwise to loosen it, and pull out the knob to unlock the post from its present position. Pull the seat upward to the desired height, and release the knob to let it lock into place. Turn the knob once clockwise to tighten it. Test and re-adjust the seat height as necessary.

To lower the seat, first get off the bike. Hold the seat, turn the spring-loaded knob on the right of the seat post once counterclockwise to loosen it, and pull out the knob to unlock the post from its present position. Let the seat slide down to the desired height, and release the knob to let it lock into place. Turn the knob once clockwise to tighten it. Test and re-adjust the seat height as necessary.

Loosen
knob

Pull out knob,
adjust post

Push in
knob, and
tighten
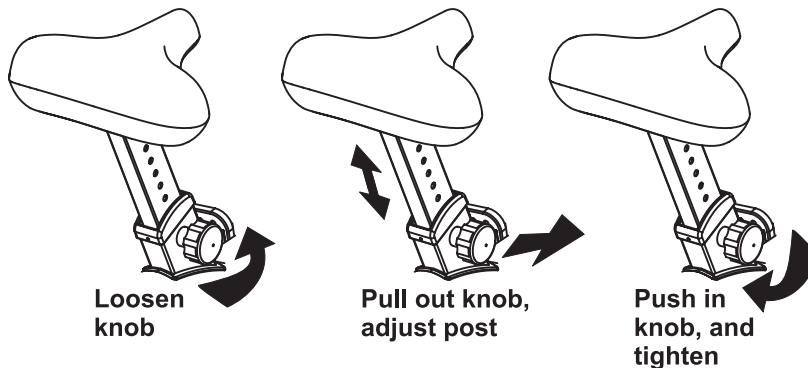
⚠ **CAUTION: When using the height adjustment mechanism to change the height of a partially raised seat, hold the seat to prevent it from falling on the hand.**

Adjusting the seat on the recumbent bike: Lift the spring-loaded adjusting handle located on the right side of the seat. Slide the seat forward or backward as necessary to the proper position and release the pin to complete engagement. Gently rock the seat forward and backward to ensure that it is locked into place. Check the seat distance again and re-adjust it if necessary.

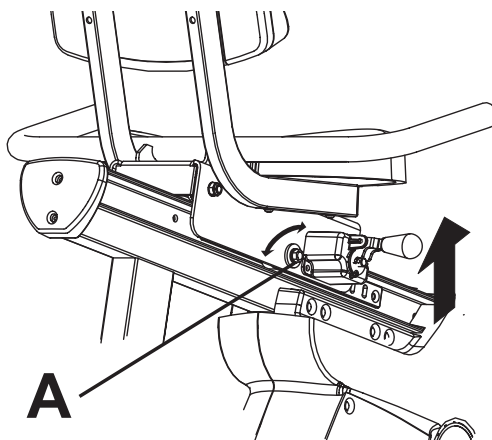***Note:*** *If the seat carriage rocks excessively, use a wrench to loosen the jam nut (A) on either side of the seat carriage. With another wrench, tighten the adjustment roller on the inside of the carriage until it is snug, but do not over-tighten it. Then, while holding the roller in place, tighten the lock nut. Repeat the procedure for the other side of the seat carriage.*

⚠ **CAUTION: Do not attempt to adjust the seat while pedaling the bike. Doing so, or failing to insert the seat pin completely may result in an uncomfortable workout or cause injury.**

HOW TO ADJUST THE PEDAL STRAPS

The bike pedal safety straps keep the user's shoes on the pedals during a workout. The straps should fit comfortably, but they also should be tight enough to prevent shoes from slipping at any point in the pedaling rotation. Before working out, the user should test and adjust the tightness of the straps.

The straps can be adjusted to fit a variety of shoe sizes. Each strap is held in place by a spring-loaded clip that is connected to the outer edge of each pedal. To tighten a strap, simply pull the loose end of the strap down. It automatically locks into place with each pull. To loosen a strap, press down on the top of the clip and pull the strap up. Release the clip to lock the strap into place. Test the adjustment, and change if necessary.
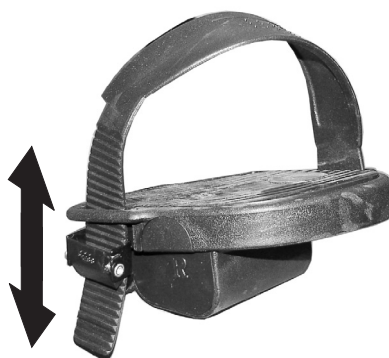
STARTING UP THE BIKE

To power up the exercise bike, simply start pedaling. Once the unit's power is on, the console display lights up, making it possible to select a workout or to begin a **QUICK START** workout using. See Section 4.2, titled the *Using the Workouts*, for more information.

2 THE DISPLAY CONSOLE

2.1 DISPLAY CONSOLE OVERVIEW

The computerized display console on the exercise bike allows the user to tailor a workout to personal fitness abilities and goals and to monitor progress. With this easy-to-use console the user can track fitness improvement from one workout to the next.

TIME/ZONE   HEART RATE   HEART RATE %   CAL/HOUR

COOL DOWN   RPM   DISTANCE   CALORIES

TIME

CAUTION:
Consult a physician before using this equipment. Stop exercising if you feel pain, faint, dizzy or short of breath.

Not suitable for therapeutic purposes.

ATTENTION:
Consultez un médecin avant d'utiliser cet appareil. Arrêtez-vous si vous vous ressentez une douleur, si vous vous sentez faible, étourdi ou à bout de souffle.

Ne convient pas dans un but thérapeutique.

Age	10	20	30	40	50	60	70	80	90	100
85%	178	170	161	153	144	136	127	119	110	102
75%	157	150	142	135	127	120	112	105	97	90
65%	136	130	123	117	110	104	97	91	84	78
55%	115	110	104	99	93	88	82	77	71	66

Percent of Maximum Heart Rate
Heart Rate Target Zones

QUICK START   MY WORKOUT   WORKOUT PROFILE   ENTER   CLEAR PAUSE   COOL DOWN

A   B   C   D   E   F   G

2.2 DISPLAY CONSOLE DESCRIPTIONS

The functions for the keys and display windows on the exercise bike console are listed and described in this section. See Section 4, titled *The Workouts*, for detailed information on using the console to set up workouts.

A QUICK START: Press this key to begin a **MANUAL** workout immediately, without having to select a workout. Once the workout is in progress, use the ARROW KEYS to change the intensity level or workout duration as desired.

B MY WORKOUT: Press this key to select a **MY WORKOUT** custom workout, if one or more of these workouts have been configured beforehand.

C WORKOUT PROFILE: Press this key to select one of the following workouts during a workout setup:

- **HILL**
- **RANDOM**
- **MANUAL**
- **GRADUAL HILL**
- **OUTDOOR TRAINING**
- **FAT BURNER**
- **CARDIO**
- **CARDIO HILL**
- **CARDIO INTERVAL**
- **CARDIO ENDURANCE**

D LEVEL ARROW keys: During a workout-in-progress, use these keys to change the difficulty level. Also, pressing these keys during a **FAT BURNER**, **CARDIO**, **CARDIO HILL**, **CARDIO INTERVAL**, or **CARDIO ENDURANCE** workout increases or decreases the target heart rate.

During a workout setup, use these keys to change displayed values for workout type, duration, and difficulty level.

E ENTER: Press this key after entering each value, such as weight or workout time, when prompted by console display messages.

F CLEAR/PAUSE:

CLEAR: Press this key, when programming a workout, to clear incorrect data, such as weight or age, before pressing the ENTER key. Pressing CLEAR three times consecutively during a workout stops it immediately, at which point, the MESSAGE CENTER prompts the user for a new workout setup.

PAUSE: Press this key to pause a workout in progress. Press ENTER to continue the workout. If a paused workout is not resumed within the preset pause duration, the computer deletes the in-progress workout information and returns to a workout setup state: The MESSAGE CENTER displays "SELECT WORKOUT PROFILE OR PRESS QUICK START".

G COOL DOWN: Workouts end automatically in a Cool Down mode, which lowers the intensity level. Press the COOL DOWN key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness. The console automatically adjusts each workout's Cool Down level according to the individual user's performance. Each time the user presses the COOL DOWN key, the Cool Down duration shortens by one minute.

H WORKOUT PROFILE WINDOW: This window displays shapes, made of columns of lights, that represent the levels of intensity in a workout-in-progress. The higher the column, the greater the intensity.

During a **FAT BURNER**, **CARDIO**, **CARDIO HILL, HEART RATE INTERVAL**, or **CARDIO ENDURANCE** workout, the bike requires the use the handpulse sensors or a telemetry heart rate chest strap to detect a heart rate signal. If the console does not detect a signal, the MESSAGE CENTER displays the prompt, "NEED HEART RATE - GRASP SENSORS OR CHECK TELEMETRY STRAP". If the console does not receive the signal within three minutes, the workout automatically is converted to a **MANUAL** workout. Profiles are not available for **FAT BURNER**, **CARDIO**, **CARDIO HILL, CARDIO INTERVAL**, or **CARDIO ENDURANCE**. In these workouts, the level is based on the heart rate. Therefore, the profile cannot be displayed.

I TIME ARROW keys: During a workout-in-progresss, use these keys to change the duration.

During a workout setup, use these keys to change displayed values for workout type, duration, and difficulty level.

J WORKOUT LED INDICATORS: A set of light emitting diodes (LEDs) is matched to a set of workout statistics that are displayed during a workout-in-progress. See the MESSAGE CENTER description above. Each LED lights up when the corresponding statistic, such as **Calories**, is being displayed.

K MESSAGE CENTER: This window displays step-by-step instructions for setting up a workout. When a workout is in progress, it displays statistics about the progress of the workout, as seen below:

- **Time/Zone:** the amount time of time that the user has maintained a heart rate within a target zone if the user is grasping the handpulse sensors or wearing a telemetry heart rate chest strap
- **Cool Down:** the time elapsed since a workout-in-progress has gone into cool-down mode
- **Heart Rate:** detected heart rate if the user is grasping the handpulse sensors or wearing the telemetry heart rate chest strap
- **Speed**: the pedaling speed or rate in Revolutions Per Minute (RPM)
- **Heart Rate Percent:** the user's heart rate expressed as a percent of the theoretical maximum heart rate[†] if the user is grasping the handpulse sensors or wearing a telemetry chest strap
- **Distance**: the total distance traveled since the beginning of the workout
- **Calories per hour:** the rate of calories burned per hour
- **Calories:** the number of calories burned since beginning the workout
- **Time:** the time elapsed since the start of the workout

2.3 THE ACCESSORY TRAY AND READING RACK

The accessory tray (A), which is mounted below the base of the console, provides dual storage trays with space for items such as water bottles, personal stereos, and cell phones.

Additionally, an integrated reading (B) rack for supporting a book or magazine is located at the base of the console.

Upright model pictured
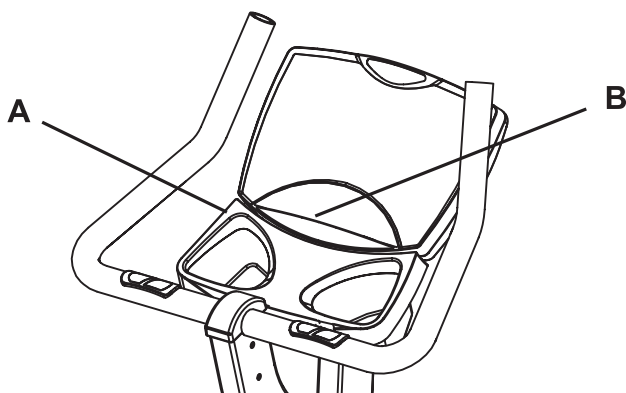
[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*
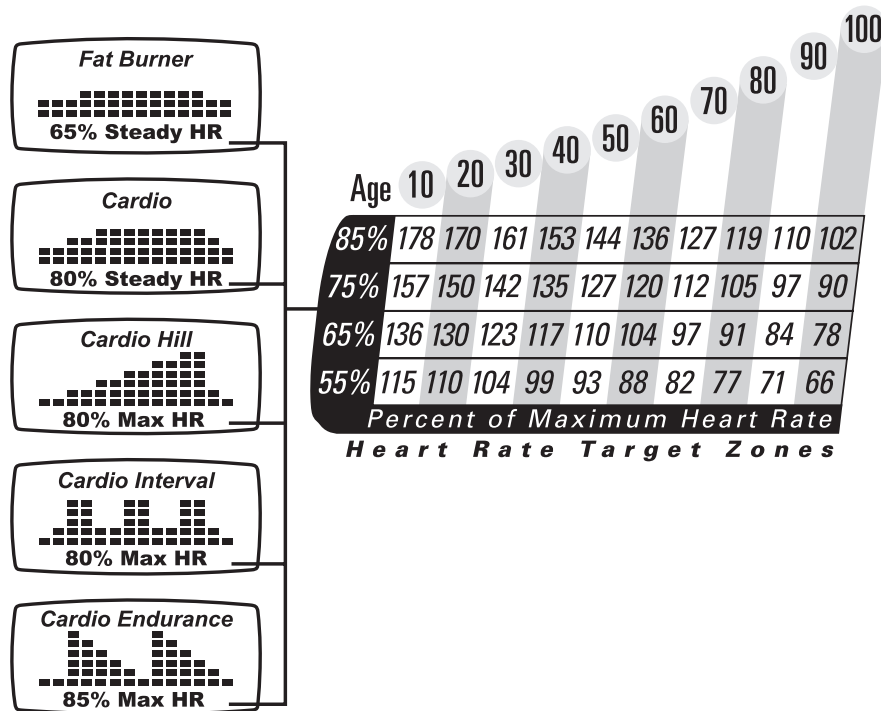
3 HEART RATE ZONE TRAINING EXERCISE

3.1 WHY HEART RATE ZONE TRAINING EXERCISE?

Research shows that maintaining a specific heart rate while exercising is the optimal way to monitor the intensity of a workout and to achieve maximum results. That is the idea behind the heart rate zone training approach to exercise.

Zone training identifies an exerciser's ideal heart rate range, or zone, for burning fat or increasing cardiovascular fitness. The values within the zone depend on the workout.

NOTE: *Consulting a fitness trainer is recommended for defining specific fitness goals and designing a workout program.*

Fat Burner
65% Steady HR

Cardio
80% Steady HR

Cardio Hill
80% Max HR

Cardio Interval
80% Max HR

Cardio Endurance
85% Max HR

Age	10	20	30	40	50	60	70	80	90	100
85%	178	170	161	153	144	136	127	119	110	102
75%	157	150	142	135	127	120	112	105	97	90
65%	136	130	123	117	110	104	97	91	84	78
55%	115	110	104	99	93	88	82	77	71	66

Percent of Maximum Heart Rate

Heart Rate Target Zones

The exercise bike features five exclusive workouts designed to take full advantage of the benefits of heart rate zone training exercise: **FAT BURNER**, **CARDIO**, **CARDIO HILL**, **CARDIO INTERVAL**, and **CARDIO ENDURANCE.** For detailed information about these workouts, see Section 4, titled *The Workouts*.

During one of these workouts, grasp the handpulse sensors or wear the telemetry heart rate chest strap to enable the exercise bike's on-board computer to monitor the heart rate. The computer automatically adjusts the resistance level to maintain the target heart rate* based on the actual heart rate. To change the target heart rate during a workout, use the ARROW keys.

** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO HILL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144. A 20-year-old user's THR is 160, so the equation would be (220-20)*.80=160.*
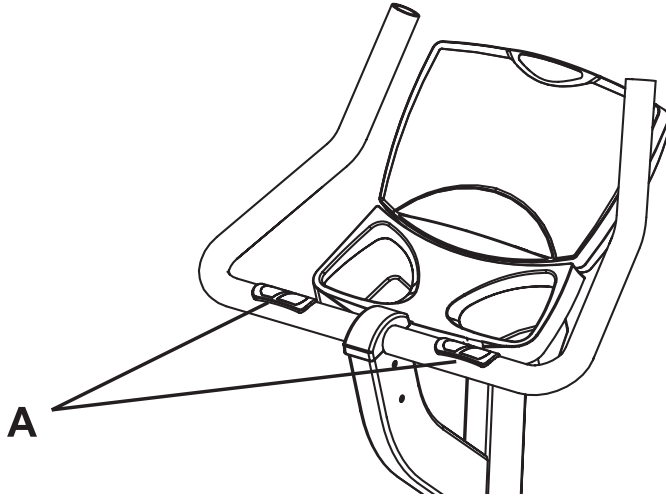
3.2 HEART RATE MONITORING

THE HAND PULSE SENSOR SYSTEM

The hand pulse sensors (A) are the built-in heart rate monitoring system on the exercise bike. During a workout, grasp sensors that are set into the handlebars. For an accurate reading, use a comfortable grip. The console displays the heart rate after 10 to 15 seconds.

Upright model

Recumbent model

The Telemetry Heart Rate Chest Strap

The exercise bike is equipped with telemetry, a heart rate monitoring system in which electrodes, pressed against the skin, transfer heart rate signals to the exercise bike console. These electrodes are attached to a telemetry heart rate chest strap that the user wears during the workout. The chest strap is included with the exercise bike.

See the diagram below for correct positioning of the strap. The electrodes (A), which are the two grooved surfaces on the underside of the strap, must remain wet to transmit accurately the electrical impulses of the heart back to the receiver. Moisten the electrodes. Then, secure the strap as high under the chest muscles as possible. The strap should be snug, but comfortable enough to allow for normal breathing.

The transmitter strap delivers an optimal heart rate reading when the electrodes are in direct contact with skin. However, it also functions properly through a thin layer of wet clothing.

If it becomes necessary to re-moisten the chest strap electrodes, grasp the center of the strap, pull it away from the chest to expose the two electrodes, and moisten them.
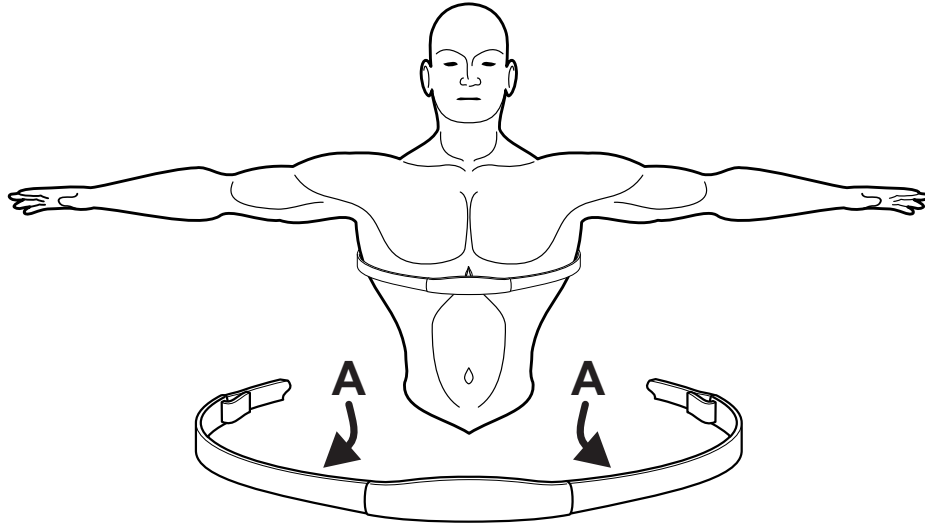
4 THE WORKOUTS

4.1 WORKOUT OVERVIEWS

This section lists the exercise bike's pre-programmed workouts. For more detailed information, see Section 4.2, titled *Using the Workouts*.

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout program. After the QUICK START key is pressed, a constant-level workout begins. The intensity level does not change automatically.

HILL is an interval-training workout combining "hills" and "valleys" of different intensity levels, which is proven to provide effective, time-efficient cardiovascular results.

RANDOM is an interval training workout of constantly changing intensity levels that occur in no regular pattern or progression.

MANUAL is a workout in which the intensity level does not change automatically.

OUTDOOR TRAINING simulates an outdoor cycling terrain by setting different hills, or intensity levels, throughout the course.

GRADUAL HILL features a gradual, subtle increase in resistance, lowering perceived exertion. A peak in resistance is followed by an equally subtle decrease in resistance.

FAT BURNER is a low-intensity workout for burning the body's fat reserves. The user must grasp the hand pulse sensors or wear a telemetry heart rate chest strap. The workout program automaticaly adjusts the intensity level, based on the actual heart rate, to maintain the rate at *65* percent of the theoretical maximum[†].

CARDIO is a higher intensity workout for more fit users, emphasizing cardiovascular benefits and maximum fat burning. The user must grasp the hand pulse sensors or wear a telemetry heart rate chest strap. The workout program automatically adjusts the intensity level, based on the actual heart rate, to maintain the rate at *80* percent of the theoretical maximum.

CARDIO HILL consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate*. The second hill increases the rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target. The user must grasp the hand pulse sensors or wear a telemetry heart rate chest strap.

CARDIO INTERVAL alternates between a hill, which brings the heart rate up to the target rate, and a valley, which brings the heart rate down to 90 percent of the target. The user must grasp the hand pulse sensors or wear a telemetry chest strap.

CARDIO ENDURANCE alternates between two target heart rate goals as quickly as possible. The effect is similar to that of running sprints. The user must grasp the hand pulse sensors or wear a telemetry heart rate chest strap.

MY WORKOUTS is not a workout program but a feature that allows the user to pre-set up to four workouts with personal setup information, such as age, time duration, or level, and then store the workouts in the console memory. These workouts are accessed with an ARROW key. See Section 4.4, titled *My Workouts Personal Programs*, for information on setting up and using these workouts.

4.2 USING THE WORKOUTS

Different workouts require different setup steps. See the chart titled *Exercise Bike Workout Set-up Steps,* which appears later in this section, for a quick glance at the steps for setting up any workout. This section provides details on the steps themselves.

TO BEGIN ANY WORKOUT

Simply start pedaling to activate the console. The MESSAGE CENTER displays the prompt: "SELECT WORKOUT USING ARROW KEYS OR PRESS QUICK START". If it displays a different message, press the CLEAR key twice rapidly.

SELECTING QUICK START

QUICK START is the fastest way to begin exercising, and it bypasses the steps involved in selecting a specific workout. Simply press the **QUICK START** key to begin a constant-level workout begins. As with a **MANUAL** workout, the intensity level for does not change automatically.

[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO HILL** *workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144. A 20-year-old user's THR is 160, so the equation would be (220-20)*.80=160.*

SELECTING A WORKOUT

For **HILL**, **RANDOM**, **MANUAL**, **OUTDOOR TRAINING**, **GRADUAL HILL**, **FAT BURNER**, **CARDIO**, **CARDIO HILL**, **CARDIO INTERVAL**, **CARDIO ENDURANCE,** and **MY WORKOUTS**: When prompted to select a workout, use the WORK-OUT PROFILE key to scroll through the options displayed in the MESSAGE CENTER. Then, use the ARROW keys to scroll through the workout names as they appear in the MESSAGE CENTER. When the desired workout appears, press ENTER.

For **MY WORKOUTS**, press the MY WORKOUT key. Then, using the ARROW keys, scroll through workout numbers 1 through 4. Upon reaching the desired number, press ENTER, and begin the workout. For more information, see Section 4.4, titled *My Workouts Personal Programs*.

ENTERING A DURATION

When prompted by the MESSAGE CENTER to enter a time, use the ARROW KEYS to increase or decrease the displayed time to the desired value, and press ENTER.

ENTERING AGE

When prompted by the MESSAGE CENTER to enter age, use the ARROW KEYS to increase or decrease the displayed age to the correct value, and press ENTER.

The exercise bike's workout programs that set a target heart rate* zone first calculate the user's theoretical maximum heart rate[†] by subtracting the user's age from the number 220. The programs then calculate the target zone as a percentage of the theoretical maximum.

SELECTING THE DIFFICULTY LEVEL OR TARGET HEART RATE

For **HILL**, **RANDOM**, **OUTDOOR TRAINING**, and **GRADUAL HILL**: After a duration is entered, the MESSAGE CENTER flashes a default difficulty level of "1", which is the easiest of the 20 difficulty levels. Press ENTER to accept the default. Or, to change the level, use the ARROW keys. Then, when the desired level appears in the DATA WINDOW, press ENTER to accept the duration.

Each of the 20 difficulty levels corresponds to a range of resistance levels as seen in the table below. A resistance level is applied to each individual interval within a workout profile. See Section 3.3, titled *Workout Descriptions* for more information. While the workout is in progress, it is possible to change the difficulty level.

Difficulty Level	Resistance Level Range	Difficulty Level	Resistance Level Range
1	1 to 1	11	3 to 11
2	1 to 2	12	3 to 12
3	1 to 3	13	3 to 13
4	1 to 4	14	3 to 14
5	1 to 5	15	3 to 15
6	2 to 6	16	4 to 16
7	2 to 7	17	5 to 17
8	2 to 8	18	6 to 18
9	2 to 9	19	7 to 19
10	2 to 10	20	8 to 20

For **FAT BURNER**, **CARDIO**, **CARDIO HILL**, **CARDIO INTERVAL**, and **CARDIO ENDURANCE**: After a duration is entered, the MESSAGE CENTER displays a target heart rate*, which is based on the entered age. Press ENTER to select the displayed rate, or use the ARROW keys to change the rate, and then press ENTER. When the workout is in progress, it is possible to change the target heart rate using the level arrow keys.

Note: With the exercise bike's braking resistance feature, the resistance level increases proportionally with the pedaling speed.

[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*

* *Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO HILL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144. A 20-year-old user's THR is 160, so the equation would be (220-20)*.80=160.*

PAUSING WORKOUTS

To pause a workout, press the **CLEAR/PAUSE** key**.** Pedalling must not cease. PAUSE will eliminate resistance during the pause duration. To continue the workout, press the ENTER key.

INITIATING AN EARLY COOL-DOWN

Workouts end automatically in a Cool Down mode, which lowers the intensity level. Press the COOL DOWN key at any desired point during a workout to go immediately into Cool Down mode. In this phase of a workout the body begins to remove lactic acid and other accumulated by-products of exercise, which build up in muscles during a workout and contribute to muscle soreness. The console automatically adjusts each workout's Cool Down level according to the individual user's performance. Each additional time the user presses the COOL DOWN key, the resistance level shortens by half. It is possible to change the Cool Down duration by pressing the TIME ARROW keys.

ENDING WORKOUTS EARLY

To end a workout before the pre-set duration expires, press CLEAR/PAUSE key three times. The MESSAGE CENTER displays "SELECT WORKOUT PROFILE OR PRESS QUICK START" for a new workout.

4.3 WORKOUT DESCRIPTIONS

QUICK START

QUICK START is the fastest way to begin exercising, and it bypasses the steps of selecting a specific workout. The intensity level for the workout is set automatically and remains the same unless manually changed. To change the level press the UP or DOWN ARROW keys. If the CALORIES PER HOUR display is enabled, the MESSAGE CENTER displays ENTER WEIGHT, which is required to calculate this ratio. Using the ARROW KEYS, increase or decrease the displayed weight to the correct value.

EXERCISE BIKE WORKOUT SETUP STEPS

QUICK START	**OUTDOOR TRAINING**	**CARDIO***	**CARDIO ENDURANCE***
Select QUICK START	Select OUTDOOR	Select CARDIO	Select CARDIO ENDURANCE
Begin workout	TRAINING	Enter time	Enter time
HILL	Select time	Enter age	Enter age
Select HILL	Select level	Accept THR**	Accept THR**
Enter time	Begin workout	Begin workout	Begin workout
Select difficulty level	**GRADUAL HILL**	**CARDIO HILL***	**MY WORKOUTS**
Begin workout	Select GRADUAL HILL	Select CARDIO HILL	Select MY WORKOUTS
RANDOM	Select time	Enter time	Select a workout
Select RANDOM	Select difficulty level	Enter age	from 1 to 4
Enter time	Begin workout	Accept THR**	Begin workout
Enter difficulty level	**FAT BURNER***	Begin workout	
Begin workout	Select FAT BURNER	**CARDIO INTERVAL***	
MANUAL	Enter time	Select HEART RATE INTER-	
Select MANUAL	Enter age	VAL	
Enter time	Accept THR**	Enter time	
Enter difficulty level	Begin workout	Enter age	
Begin workout		Accept THR**	
		Begin workout	

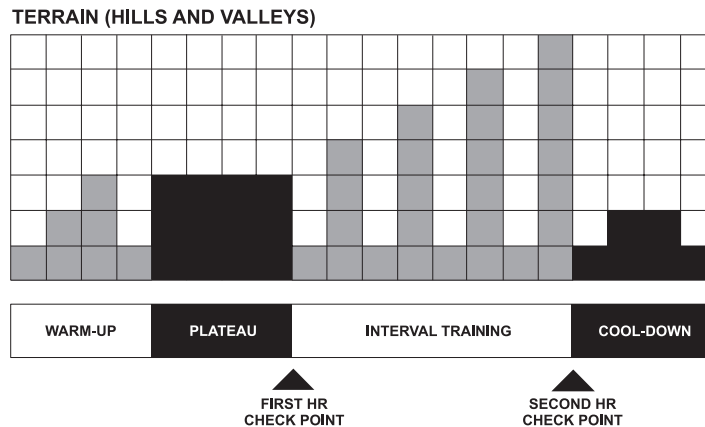** This workout requires the user to gasp the hand pulse sensors or wear the telemetry chest strap.*

*** Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO HILL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144. A 20-year-old user's THR is 160, so the equation would be (220-20)*.80=160.*

Hill

The **HILL** workout features intervals of intense aerobic activity separated by intervals of lower-intensity. Interval training has been scientifically demonstrated to yield greater cardiorespiratory improvement than steady-pace training.

During the Hill workout the difficulty level of intervals increases gradually, as the profile diagram below illustrates.

TERRAIN (HILLS AND VALLEYS)

WARM-UP   PLATEAU   INTERVAL TRAINING   COOL-DOWN

FIRST HR CHECK POINT   SECOND HR CHECK POINT

Each workout session includes the following phases:

1   **Warm-up** gradually brings the heart rate into the lower portion of the target heart rate zone, increasing respiration and blood flow to working muscles.

2   **Plateau** increases heart rate to bring it is within the target zone. To check the heart rate grasp the handpulse sensors or wear the telemetry heart rate chest strap.

3   **Interval Training** is a series of hills and valleys. During this portion of the workout, the user is confronted with a series of successively steeper hills, each separated from the next by a valley or recovery period. Again, check the heart rate to ensure that it has remained within the target zone.

4   **Cool-down** allows the body to begin removing accumulated by-products of exercise, such as lactic acid, which build up in muscles during a workout and contribute to muscle soreness.

Effort and recovery periods are simulated on the display console by columns of red lights in the workout Profile window. Each column represents one interval and 20 intervals make up a workout. The columns move from right to left during the workout. The higher the column, the higher the resistance. The intervals are all of equal length, and interval duration depends on the overall duration of the workout.

1 to 9 minutes: Because workouts with durations of less than 10 minutes are insufficient for the **HILL** workout to complete all four phases adequately, the profile is condensed at various stages.

10 to 19 minutes: The interval durations are initially set at 30 seconds for a 10-minute workout. For every additional minute of workout duration intervals lengthen by three seconds. Thus, a 15-minute **HILL** workout features 20 intervals of 45 seconds each.

20 to 99 minutes: All intervals last 60 seconds. As minutes are added, additional hills and valleys are presented beyond the initial four of the interval training phase. The additional hills and valleys will follow the form of the first four, dropping back down to the level of the very first hill encountered and progressing in height every two minutes until the highest hill is reached again. This process repeats until the end of the duration.

Random

The **RANDOM** workout creates a terrain of hills and valleys that varies with each workout. More than one million different patterns are possible.

Manual

The **MANUAL** workout sets an intensity level that does not change automatically. While the workout is in progress, increase or lower the intensity level as desired, using the arrow keys.

Outdoor Training™ Workout

OUTDOOR TRAINING is based on a **RANDOM** workout profile with smoother transitions between hills and valleys. This workout simulates conditions of an outdoor cycling terrain.

During the workout setup, the chosen difficulty level corresponds to the baseline, or flat ground, for the workout. Any difficulty level above this baseline simulates pedaling uphill. Any difficulty level below the baseline simulates pedaling downhill.

Gradual Hill

In this workout, the gradual changes in resistance are extremely subtle, lowering perceived exertion. The changes in resistance also are independent of the user's pedaling speed. The cardiovascular workout is effective, efficient, and enjoyable at the same time.

The workout consists of one hill. The user determines the height of the peak of this hill by selecting an intensity level during the setup. The higher the level selected, the higher the intensity at the entry point, which is the beginning of the workout, and the higher the intensity at the peak, which occurs after 75 percent of the workout is completed.

After the peak is reached, the resistance gradually returns to the same intensity level as that of the entry point. See the chart below.

GRADUAL HILL Workout Profile

| 0% Time | 75% Time | 100% Time |
| (Entry point) | (Peak) | (End point) |
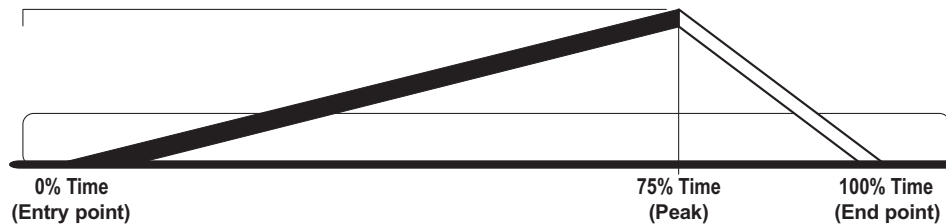
Fat Burner

The **FAT BURNER** workout is designed to maintain a user's heart rate at *65* percent of the theoretical maximum rate[†] for optimal results. Throughout the workout, the user grasps the hand pulse sensors or wears a telemetry heart rate chest strap. The console continuously monitors and displays the heart rate, adjusting the intensity level of the exercise bike to reach and maintain the target[*]. This system eliminates over- and under-training, and it maximizes the aerobic benefits of exercise by using the body's fat stores for fuel.

Cardio

The **CARDIO** workout is virtually identical to **FAT BURNER**; however the target heart rate is calculated at *80* percent of the theoretical maximum[†]. The higher target promotes cardiovascular improvement by placing a heavier workload on the heart muscle. hroughout the workout, the user grasps the hand pulse sensors or wears a telemetry heart rate chest strap.

[†] *Defined by the American College of Sports Medicine's "Guidelines for Exercise Testing and Prescription" as equal to 220 minus an individual's age.*
[*] *Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **FAT BURNER** workout is 117. This workout targets 65 percent of the maximum, so the equation would be (220-40)*.65=117. A 20-year-old user's THR is 130, so the equation would be (220-20)*.65=130.*

CARDIO HILL™ WORKOUT

This workout consists of three hills that target three heart rate goals: The first hill brings the heart rate to 90 percent of the target rate. The second hill increases the rate to 95 percent. The third hill matches the target heart rate. The valley always is defined as 85 percent of the target. After a warm-up, the workout progresses toward the first hill and heart rate goal. Once the user reaches 90 percent of the target heart rate, the hill continues for one minute. When the minute expires, the level decreases into a valley. Once the user's heart rate falls to 85 percent of the target, the valley continues for one minute. Then, the next hill begins with its corresponding heart rate goal. After the user completes the third hill/valley pair, the workout returns to the first hill and repeats the cycle as long as the duration allows. See the chart below. The user must grasp the hand pulse sensors or wear a telemetry heart rate chest strap to enable the computer to monitor the heart rate.

CARDIO HILL Workout Profile
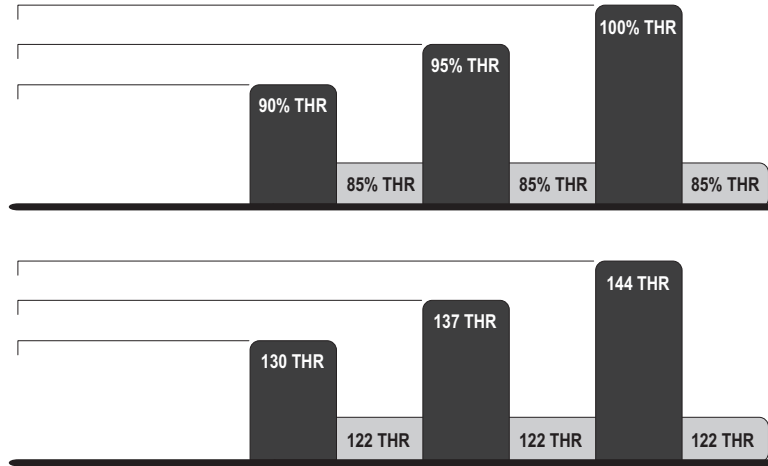
User Example 80 percent of theoretical maximum (40 year old / 144 recommended THR)

* Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO HILL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144. A 20-year-old user's THR is 160, so the equation would be (220-20)*.80=160.

CARDIO INTERVAL™ WORKOUT

This workout alternates between a hill, which brings the heart rate up to the target rate*, and a valley, which brings the heart rate down to 90 percent of the target. After a warm-up, the workout progresses toward the first hill and heart rate goal. Once the goal is reached, the hill continues for three minutes. Then the level decreases into a valley. Once the 90 percent goal is reached, the valley continues for three minutes, after which the next hill begins. The user's fitness level determines the number of hills and valleys encountered within the duration. See the chart below. The user must grasp the hand pulse sensors or wear a telemetry heart rate chest strap to enable the computer to monitor the heart rate.

CARDIO INTERVAL Workout Profile

User Example 80 percent of theoretical maximum (40 year old / 144 recommended THR)
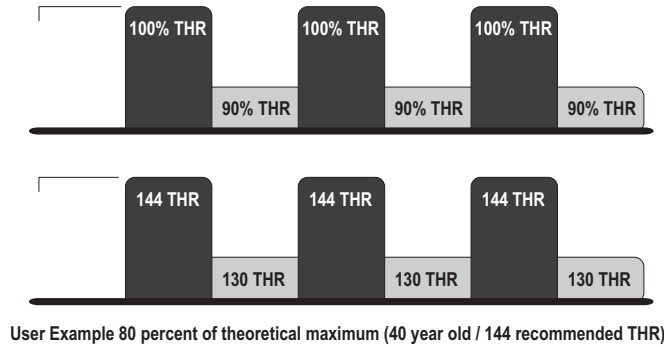
CARDIO ENDURANCE™ WORKOUT

This intense, varied workout is designed to help more experienced users to break through fitness improvement plateaus. The workout alternates between two target heart rate goals as quickly as possible. The effect is similar to that of running sprints. When setting up the workout, the user enters a target heart rate. After a warm-up, the intensity gradually increases until the user reaches the 100 percent target heart rate goal. Then, that target rate is maintained for a stabilizing period. Afterward, the intensity decreases. When the heart rate falls to the 75 percent goal, it is maintained there for a stabilizing period. The program repeats the alternating of intensity levels, continuing this pattern for the duration. See the chart below. The user must grasp the hand pulse sensors or wear a telemetry heart rate chest strap to enable the computer to monitor the heart rate.
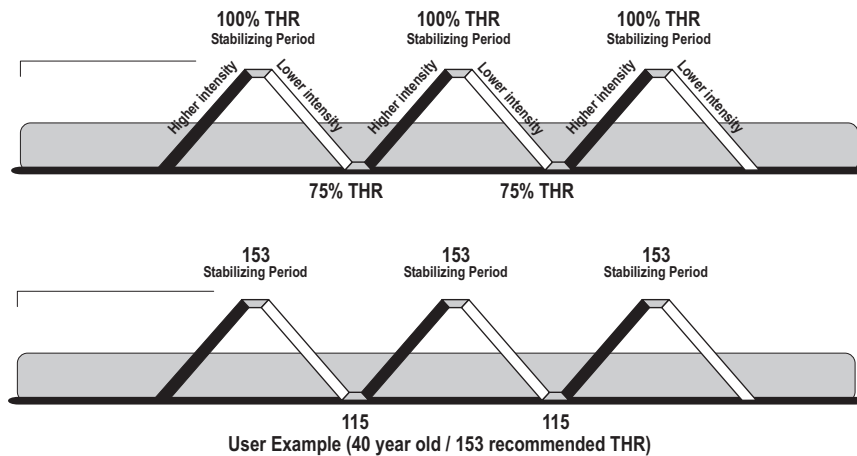
CARDIO ENDURANCE Workout Profile

User Example (40 year old / 153 recommended THR)

*Target Heart Rate (THR) is a percentage of the theoretical maximum. For example, a 40-year-old user's THR for the **CARDIO INTERVAL** workout is 144. This workout targets 80 percent of the maximum, so the equation would be (220-40)*.80=144. A 20-year-old user's THR is 160, so the equation would be (220-20)*.80=160.*

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4.4 MY WORKOUTS™ PERSONAL PROGRAMS

The My Workouts Personal Programs feature on the exercise bike makes it possible to pre-set up to four workouts with personal setup information, such as age, duration, or level, and then store the workouts in the console memory. These workouts are accessed with the MY WORKOUT key. Any workout type can be pre-set and stored, including **FAT BURNER**, **CARDIO**, **CARDIO HILL**, **CARDIO INTERVAL**, **CARDIO ENDURANCE**, **HILL**, **RANDOM**, **MANUAL**, **OUTDOOR TRAINING**, and **GRADUAL HILL**.

USING A WORKOUT SAVED UNDER MY WORKOUTS

When the console is in initial workout setup mode and the MESSAGE CENTER displays, "SELECT WORKOUT OR PRESS QUICK START," press the MY WORKOUT key, and scroll through the workout names displayed in the MESSAGE CENTER. When the desired workout appears, press ENTER. The workout then begins.

EDITING WORKOUTS AND VIEWING STATISTICS

By factory default, the four workouts are stored as **MANUAL** programs under the names "MY WORKOUT 1" through "MY WORKOUT 4". It is possible to change the name of each workout and/or customize the settings for each workout. It also is possible to view usage statistics for each workout, including:

- The total number of usage hours and minutes

- The total number of calories burned

- The total distance traveled

Use the following steps for changing a workout name, editing workout settings, and viewing workout statistics.

1. When the MESSAGE CENTER displays the prompt "SELECT WORKOUT USING ARROW KEYS OR PRESS QUICK START," press the MY WORKOUT key.
2. The MESSAGE CENTER displays the name of the first of the four workouts saved under **MY WORKOUT**. Scroll through the workout names displayed in the MESSAGE CENTER by pressing the ARROW keys.
3. When the desired name appears, press and hold the MY WORKOUT key for three seconds. The MESSAGE CENTER displays the prompt "PRESS ENTER TO EDIT NAME - PRESS MY WORKOUT TO EDIT WORKOUT". Press ENTER and proceed with steps 4-8, or press MY WORKOUT, and skip to step 7.

   (Changing a workout name:)
4. The MESSAGE CENTER displays "MY WORKOUT" and the numeral corresponding to the selected workout. The first character of the workout name flashes. Use the ARROW keys to scroll through displayed character options, which include all the letters of the alphabet, numerals 0 through 9, a dash (-) and an underscore (_). When the desired character appears, press the ENTER key to accept the character. The next character to the right flashes. Repeat this step for each character. For a blank space, press the CLEAR/PAUSE key.
5. Press the MY WORKOUT key to save the name of the workout. The MESSAGE ENTER displays "NAME SAVED".
6. The MESSAGE CENTER displays "PRESS ENTER TO EDIT MY WORKOUT - PRESS MY WORKOUT TO ACCESS STATISTICS". Press ENTER.
7. The MESSAGE CENTER displays "SELECT WORKOUT". By factory default all four workouts under MY WORKOUT are **MANUAL** programs. Enter setup information as prompted by the MESSAGE CENTER, using the ARROW keys to scroll through displayed variables, and pressing the ENTER key to accept a variable. Once all information is entered, the MESSAGE CENTER displays "WORKOUT SAVED". Several seconds later, the MESSAGE CENTER again displays "PRESS ENTER TO EDIT MY WORKOUT - PRESS MY WORKOUT TO ACCESS STATISTICS". Press ENTER to repeat step 7 for the selected workout, or press MY WORKOUT, and proceed with step 8.

   (Viewing statistics:)
8. The MESSAGE CENTER display "HOURS =" followed by a value. Scroll through each of the displayed statistics by pressing the MY WORKOUT key. Statistics may be cleared at any time by pressing and holding the PAUSE/CLEAR button for two seconds while a statistic is displayed. The statistic will be cleared and reset to zero.Once all statistics have been viewed, the console exits the MY WORKOUT mode and returns to initial workout setup mode.

   Note: *At any point during these steps, it is possible to exit MY WORKOUT mode, by pressing the the PAUSE/CLEAR key twice. Doing so returns the console to initial workout setup mode, at which point, the MESSAGE CENTER displays "SELECT WORKOUT OR PRESS QUICK START".*

5 OPTIONAL SETTINGS

Use the Optional Settings feature to change default settings or to enable or disable certain programs or displays on the exercise bike console.

ENTERING AND USING THE OPTIONAL SETTINGS FEATURE

Press the PAUSE/CLEAR key twice, and then press Enter. The console beeps three times, and the MESSAGE CENTER displays the first of a series of optional settings. To scroll through the settings, press ENTER repeatedly. Use the ARROW keys to change any displayed setting, and then press ENTER to accept the change and to scroll to the next item. The table below lists the settings, their variable values, their default values, and their definitions.

OPTIONAL SETTINGS			
Setting	**Variables**	**Default Value**	**Description**
Hold Time	1-99 seconds	10 seconds	The number of seconds before the MESSAGE CENTER scrolls to the next selection
Units	English/Metric	English	The type of units in which workout statistics are displayed
Software			The current software revision for the console computer

6 SERVICE AND TECHNICAL DATA

6.1 PREVENTATIVE MAINTENANCE TIPS

The exercise bike is backed by engineering excellence and is one of the most rugged and trouble-free pieces of exercise equipment on the market today. The manufacturer's products have proven to be durable in health clubs, colleges, military facilities, and other locations the world over. This same technology, engineering expertise, and reliability have gone into the exercise bike.

NOTE: The safety of the equipment can be maintained only if the equipment is examined regularly for damage or wear. If maintenance is required, keep the equipment out of use until defective parts are repaired or replaced. Pay special attention to parts that are subject to wear as outlined in the Preventive Maintenance Schedule.

The following preventive maintenance tips will keep the exercise bike operating at peak performance:

- Locate the exercise bike in a cool, dry place.

- Clean the top surface of the pedals regularly.

- Keep the display console free of fingerprints and salt build-up caused by sweat.

- Use a **100% cotton cloth**, lightly moistened with water and mild liquid cleaning product, to clean the exercise bike. Other fabrics, including paper towels, may scratch the surface. **Do not use ammonia or acid-based cleaners.**

- Long fingernails may damage or scratch the surface of the console; use the pad of the finger to press the selection buttons on the console.

- Clean the housing thoroughly on a regular basis.

NOTE: A non-abrasive cleaner and soft cotton cloth are strongly recommended for cleaning the exterior of the unit. At no time should cleaner be applied directly to any part of the equipment; apply the non-abrasive cleaner on a soft cloth, and then wipe the unit.

6.2 PREVENTATIVE MAINTENANCE SCHEDULE

Follow the schedule below to ensure proper operation of the product.

ITEM	WEEKLY	MONTHLY	BI-ANNUALLY	ANNUALLY
Display Console	C	I		
Console Mounting Bolts			I	
Accessory Tray	C	I		
Frame	C			I
Plastic Covers	C	I		
Pedals and Straps	C	I		
KEY: C=Clean; I=Inspect				

(Table header: Follow the schedule below to ensure proper operation of the product.)

6.3 TROUBLESHOOTING THE TELEMETRY HEART RATE CHEST STRAP

HEART RATE READING IS ERRATIC OR ABSENT ENTIRELY

• Repeat the electrode moistening procedure on the chest strap. See Section 3.2, titled *Heart Rate Monitoring* for details. The electrodes must remain wet to pick up and transmit accurate heart rate readings.

• Make sure the electrodes are flat against the skin.

• Wash the belt transmitter regularly with mild soap and water.

• Make sure the chest strap transmitter is within three feet (91 centimeters) of the heart rate receiver.

• The chest strap is battery-operated and will stop functioning when the battery runs out. Contact Customer Support Services for instructions on how to have the chest strap replaced. See Section 6.4, titled *How to Obtain Product Service.*

HEART RATE READING IS ERRATIC OR EXTREMELY HIGH

If the chest strap is worn near sources of electromagnetic signals, these signals may be strong enough to elevate heart rate readings. Possible sources include:

• Television sets and/or antennas, cell phones, computers, cars, high voltage power lines and motor driven exercise equipment.

• Another heart rate transmitter within three feet, or one meter, may also cause abnormal heart rate readings.

6.4 TROUBLESHOOTING THE HANDPULSE SENSORS

If the heart rate reading is erratic or missing, do the following:

• Dry moist hands to prevent slipping.
• Apply hands to both sensors, one in each hand.
• Grasp the sensors firmly.
• Apply constant pressure around the sensors.

6.5   How to Obtain Product Service

1. Verify the symptom and review the operating instructions. The problem may be unfamiliarity with the product and its features and workouts.

2. Locate and document the serial number of the unit. The serial number plate is located on the front stabilizer, below the shroud.

3. Contact Customer Support Services via the Web at: www.lifefitness.com, or call the nearest Customer Support Services group:

For Product Service within
the United States and Canada:

    Telephone: (+1) 847.451.0036
    FAX: (+1) 847.288.3702
    Toll-free telephone: 800.351.3737

For Product Service Internationally:

Life Fitness Europe GmbH
Telephone: (+49) 089.317.751.66
FAX: (+49) 089.317.751.38

Life Fitness (UK) LTD
Telephone: (+44) 1353.665507
FAX: (+44) 1353.666018

Life Fitness Atlantic BV
Life Fitness Benelux
Telephone: (+32) 03.644.44.88
FAX: (+32) 03.644.24.80
Telephone: (+32) 87.300.942
FAX: (+32) 87.300.943

Life Fitness Italia S.R.L.
Telephone: (+39) 0472.835.470
FAX: (+39) 0472.833.150
Toll-free telephone: 800.438836

Life Fitness Vertriebs GmbH
Telephone: (+43) 1615.7198
FAX: (+43) 1615.7198.20

Life Fitness Asia Pacific Ltd
Telephone: (+852) 2891.6677
FAX: (+852) 2575.6001

Life Fitness Latin America
 and Caribbean
Telephone: (+1) 847.288.3964
FAX: (+1) 847 288.3886

Life Fitness Brazil
Telephone: (+55) 11.7295.2217
FAX: (+55) 11.7295.2218

Life Fitness Japan
Telephone: (+81) 3.3359.4306
FAX: (+81) 3.3359.4307

Life Fitness Iberia
Telephone *: (+34) 93 672 4660*
FAX *: (+34) 93 672 4670*

7 SPECIFICATIONS

7.1 UPRIGHT EXERCISE BIKE SPECIFICATIONS

Designed use:	Consumer
Maximum user weight:	400 pounds / 181.4 kilograms
CONSOLE:	
Displays:	MESSAGE CENTER displays with Time in Zone, Cool Down duration, Heart Rate, Sped, Heart Rate Percentage of Theoretical Maximum, Distance, Calories per Hour, and Calories
Summaries:	Time, distance, calories
WORKOUTS:	Quick Start, Hill, Random, Manual, Outdoor Training, Gradual Hill, Fat Burner, Cardio, Cardio Hill, Cardio Interval, Cardio Endurance, My Workouts (4 slots)
Heart rate monitor:	Telemetry heart rate monitoring system Telemetry heart rate monitoring chest strap included Hand pulse sensors
Intensity levels:	20
Pedal size	4.5 inches / 11.5 centimeters
Drive type:	Poly-V belt-drive
Power requirements:	None; bike is self-powered
Accessory Tray:	Standard
Color:	Blue
ASSEMBLED DIMENSIONS:	
Length	45 inches / 114 centimeters
Width	27.25 inches / 58 centimeters
Height	56 inches / 142.2 centimeters
Weight	112.8 pounds / 51 kilograms
SHIPPING DIMENSIONS:	
Length	44.88 inches / 114 centimeters
Width	17.91 inches / 45.5 centimeters
Height	29.92 inches / 74.3 centimeters
Weight	132.6 pounds / 60.2 kilograms

7.2 RECUMBENT EXERCISE BIKE SPECIFICATIONS

Designed use: Consumer

Maximum user weight: 400 pounds / 181.4 kilograms

CONSOLE:

Displays: MESSAGE CENTER displays with Time in Zone, Cool Down duration, Heart Rate, Sped, Heart Rate Percentage of Theoretical Maximum, Distance, Calories per Hour, and Calories

Summaries: Time, distance, calories

WORKOUTS: Quick Start, Hill, Random, Manual, Outdoor Training, Gradual Hill, Fat Burner, Cardio, Cardio Hill, Cardio Interval, Cardio Endurance, My Workouts (4 slots)

Heart rate monitor: Telemetry heart rate monitoring system
                            Telemetry heart rate monitoring chest strap included

                            Hand pulse sensors

Intensity levels: 20

Pedal size   4.5 inches / 11.5 centimeters

Drive type: Poly-V belt-drive

Power requirements: None; bike is self-powered

Accessory Tray: Standard

Color: Blue

ASSEMBLED DIMENSIONS:

    Length   56.5 inches / 143.5 centimeters

    Width   25.75 inches / 65.4 centimeters

    Height   54 inches / 137 centimeters

    Weight   142 pounds / 64.4 kilograms

SHIPPING DIMENSIONS:

    Length   59.84 inches / 152 centimeters

    Width   17.91 inches / 45.5 centimeters

    Height   29.92 inches / 76 centimeters

    Weight   167 pounds / 75.6 kilograms