

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

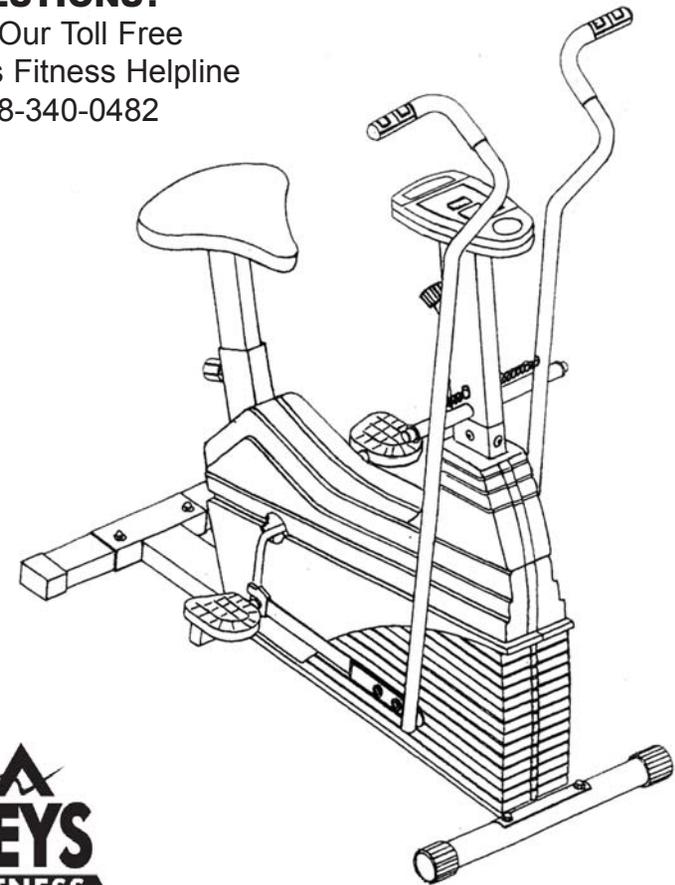
CardioMax

535 Dual Action Bike

OWNER'S MANUAL

QUESTIONS?

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



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

CAUTION!

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



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

**Keys Exercise Bike
Model: CM535D**

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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Please have the following product information available:

- Model Number
- Part Number
- Description

Before You Start

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

Prior to assembly, remove components from the box. 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.

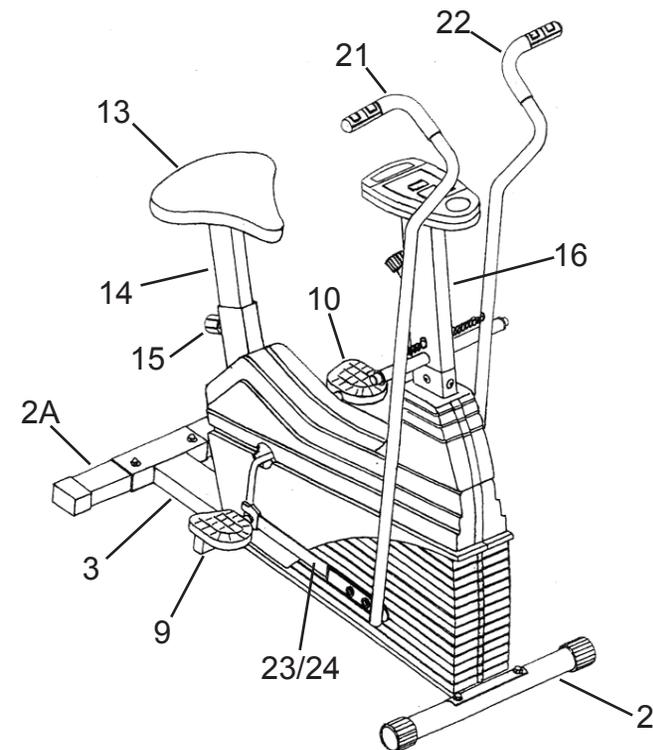
Safety Precautions and Tips

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 maximum user capacity of 300 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 an equipment mat be placed under the bicycle to protect the 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 exercise bicycle.
- Never operate the exercise 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

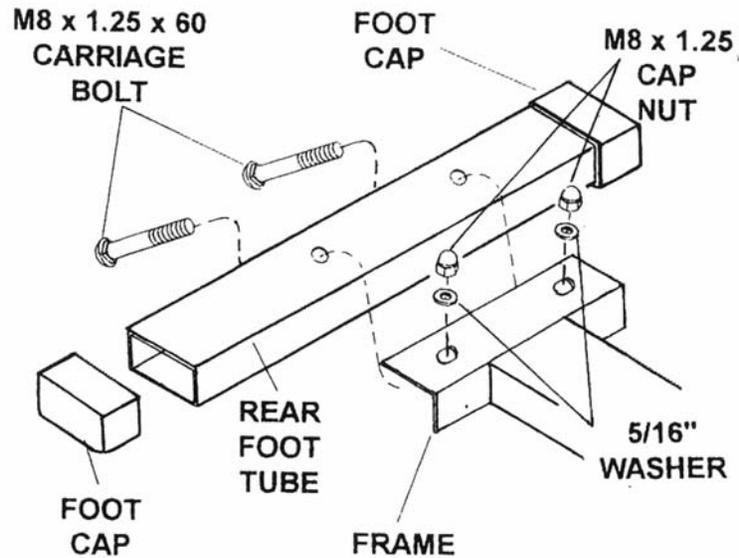
PART	#
Front Foot Tube	2
Rear Foot Tube	2A
Frame	3
Right Pedal	9
Left Pedal	10
Seat	13
Seat Post	14
Locking Knob	15
Console Tube	16
Right Handlebar	21
Left Handlebar	22
Right Connecting Arm	23
Left Connecting Arm	24



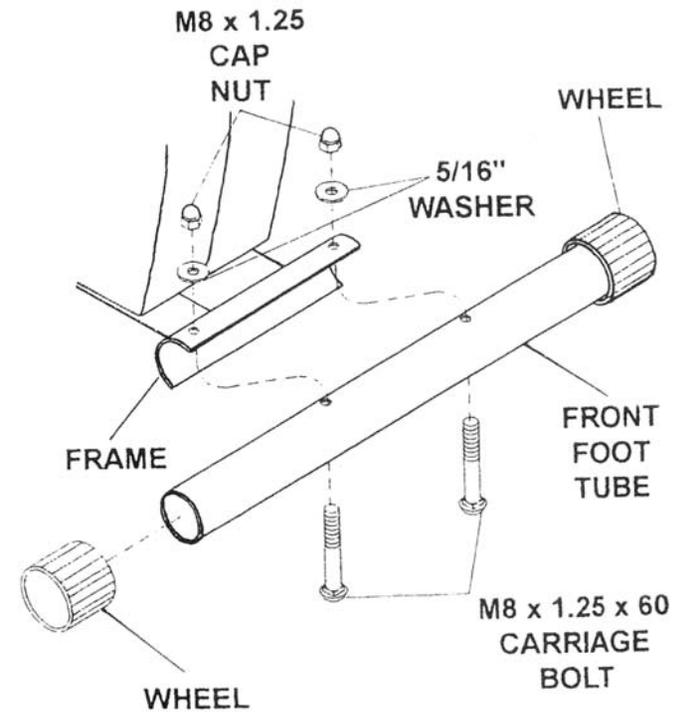
Assembly of CardioMax 535 Dual Action Bike

REMOVE ALL SECURITY TAPE AND WRAPPING
BEFORE BEGINNING

1. Attach REAR FOOT TUBE to the FRAME by using the CARRIAGE BOLTS, WASHERS and CAP NUTS.

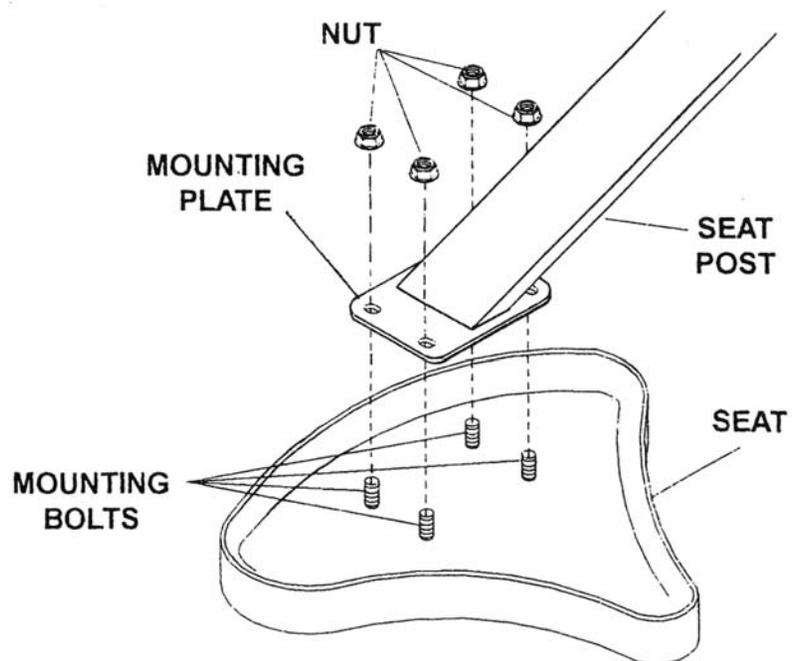
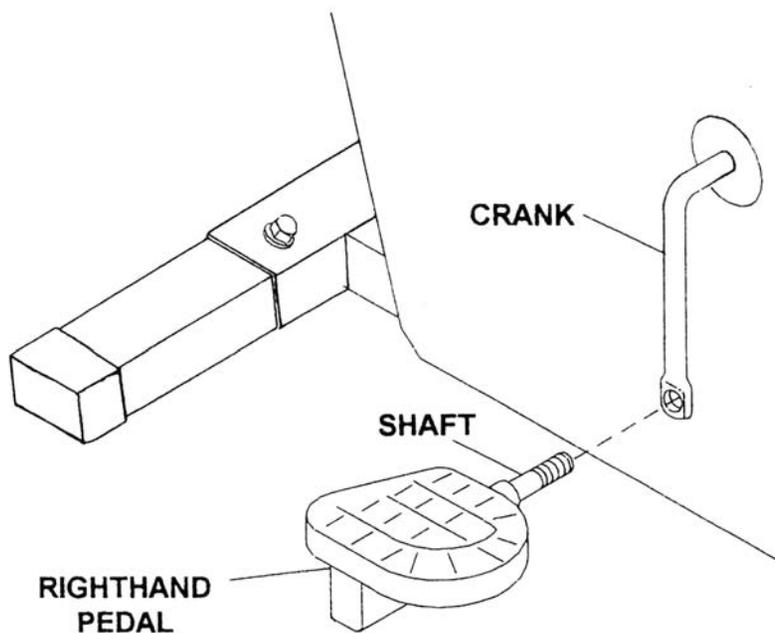


2. Attach the FRONT FOOT TUBE to the FRAME by using the CARRIAGE BOLTS, WASHERS and CAP NUTS.

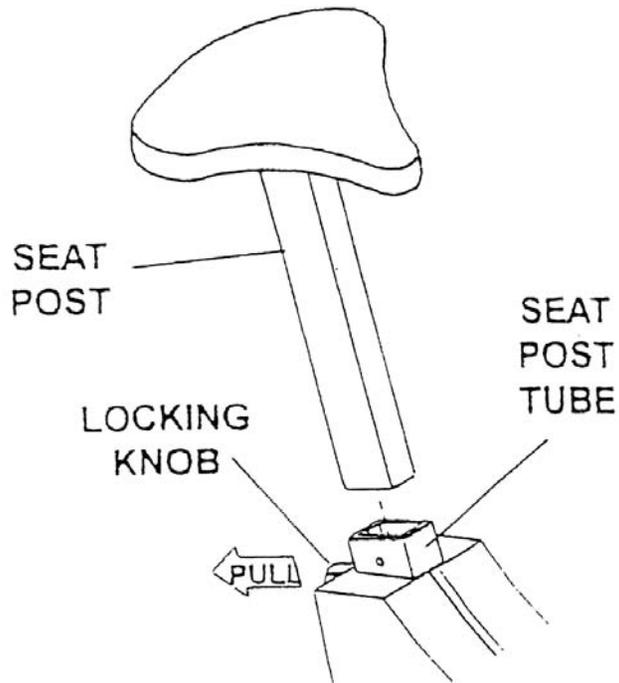


3. Thread SHAFTS of PEDALS into CRANK and tighten with wrench.

IMPORTANT: Axles of pedals are branded "L" and "R." The pedal marked "R" goes on the right hand side of the bike and the one marked "L" on the left hand side. Tighten the left pedal by turning counter-clockwise and the right pedal by turning clockwise.

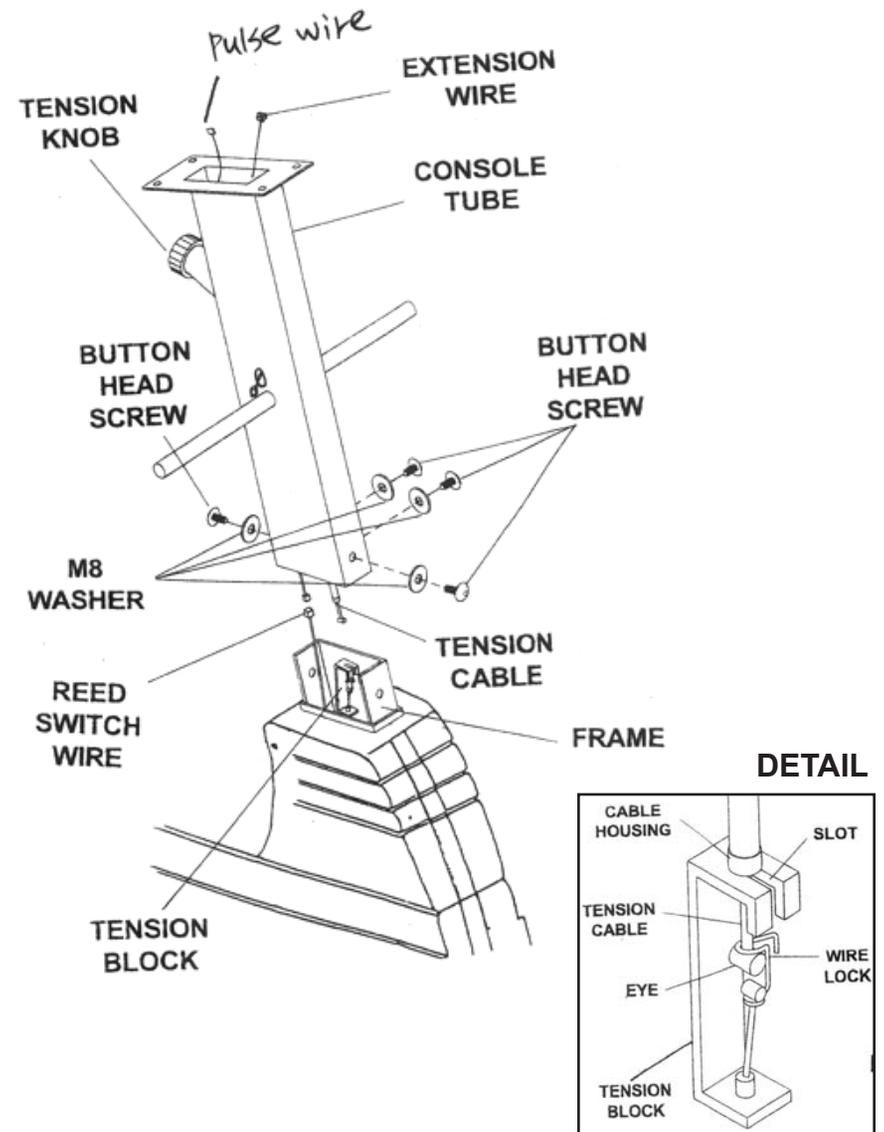


4. Place SEAT upside down and remove NUTS on MOUNTING BOLTS. Lower MOUNTING PLATE of SEAT POST down onto MOUNTING BOLTS and fasten with removed NUTS.

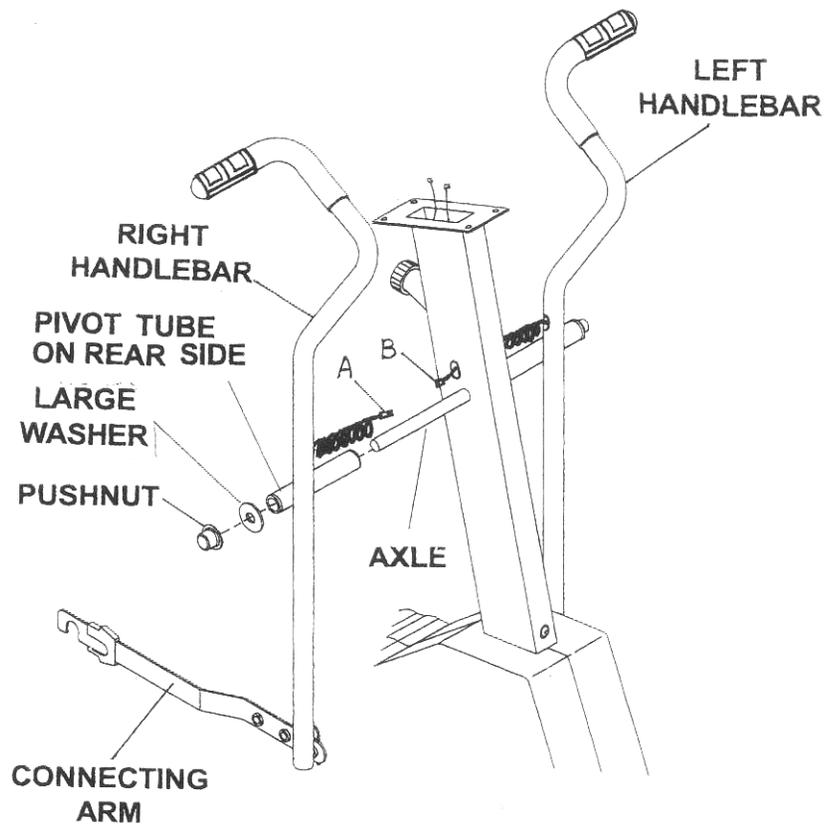


5. Turn LOCKING KNOB counterclockwise to loosen. Pull LOCKING KNOB out and insert SEAT POST into SEAT POST TUBE to desired seat height. Release LOCKING KNOB so that it springs into a hole in the SEAT POST and turn clockwise until tight to remove any looseness.

IMPORTANT: LOCKING KNOB must be locked tightly into hole in SEAT POST before you sit on the SEAT.



6. Connect EXETENSION WIRE in CONSOLE TUBE to REED SWITCH WIRE in FRAME. Connect the TENSION CABLE in CONSOLE TUBE to the TENSION BLOCK in FRAME (See Detail). Secure CONSOLE TUBE to FRAME with BUTTON HEAD SCREWS and WASHERS.



7. With PIVOT TUBES on rear side of HANDLEBARS and CONNECTING ARMS to inside, slide RIGHT and LEFT HANDLEBARS onto AXLE. Slide LARGE WASHER onto end of AXLE. Carefully tap PUSHNUT onto end of AXLE with hammer. Connect heart rate wires from CONSOLE TUBE (B) to heart rate wire in each handlebar (A).

8. ATTACHING CONNECTING ARMS TO PEDALS: (DUAL ACTION MODE)

Slide RETAINER onto CONNECTING ARM until it has cleared SLOT in CONNECTING ARM as shown in DETAIL.

Lower SLOT in CONNECTING ARM down over PEDAL BUSHING - see Figure A.

Slide RETAINER in direction of ARROW until CONNECTING ARM is locked in DUAL ACTION MODE - see Figure B.

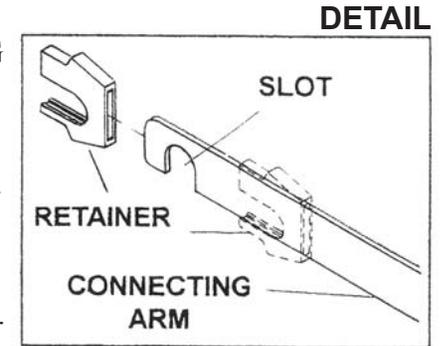


FIGURE A

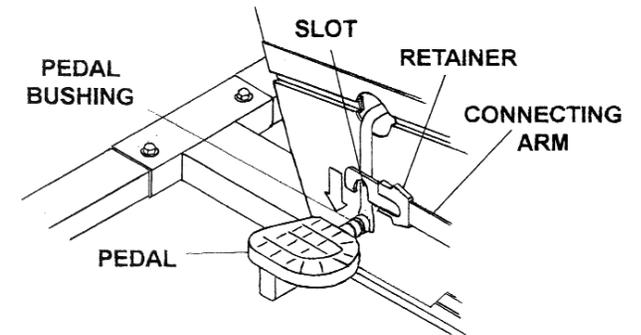
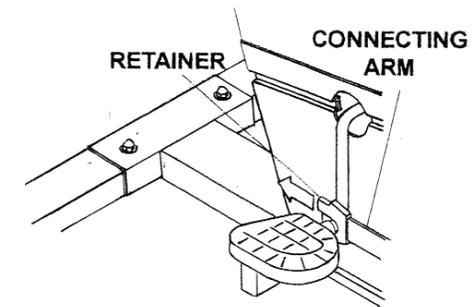
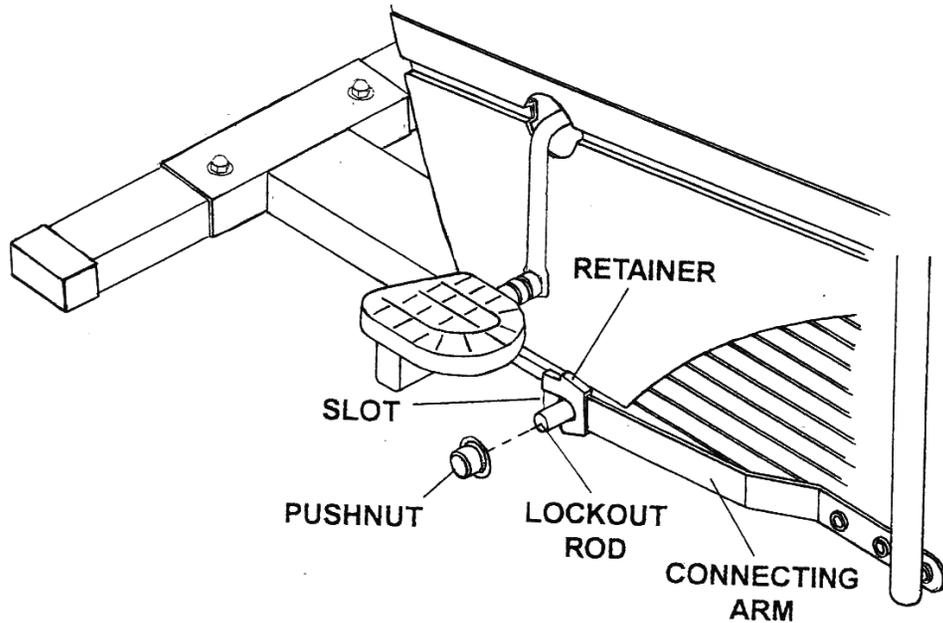


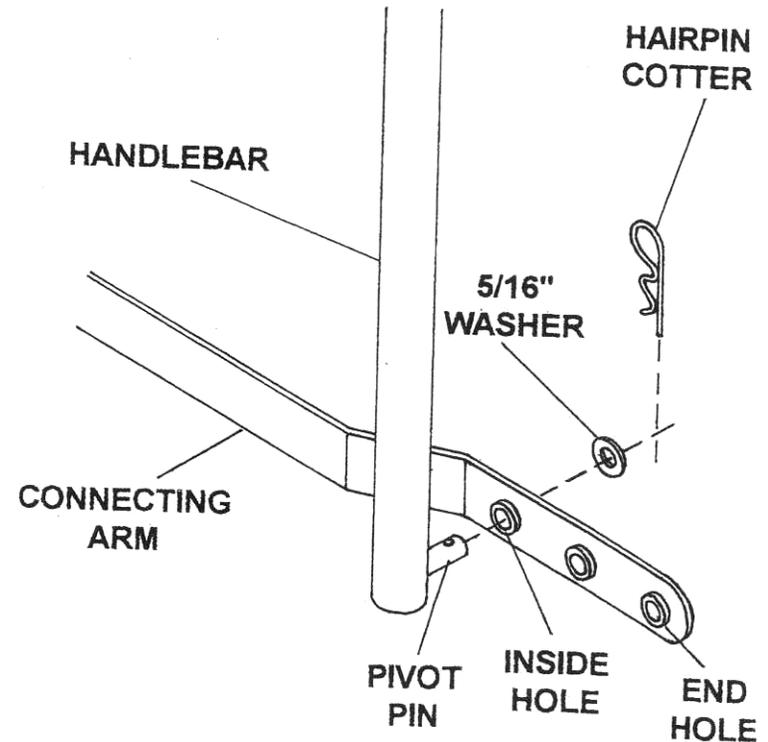
FIGURE B





**9. ATTACHING CONNECTING ARMS TO LOCKOUT ROD:
(SINGLE ACTION MODE)**

Carefully tap PUSHNUT onto ends of LOCKOUT ROD with hammer. Lower SLOT in CONNECTING ARM onto LOCKOUT ROD and slide RETAINER back over LOCKOUT ROD to lock CONNECTING ARM in SINGLE ACTION MODE.

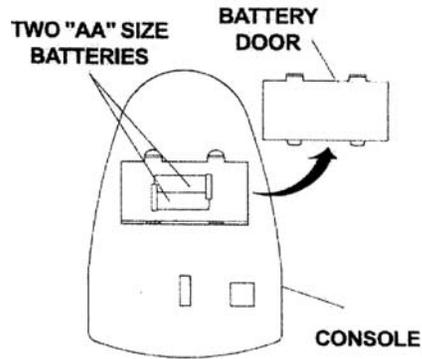


10. CONNECTING ARM ADJUSTMENT

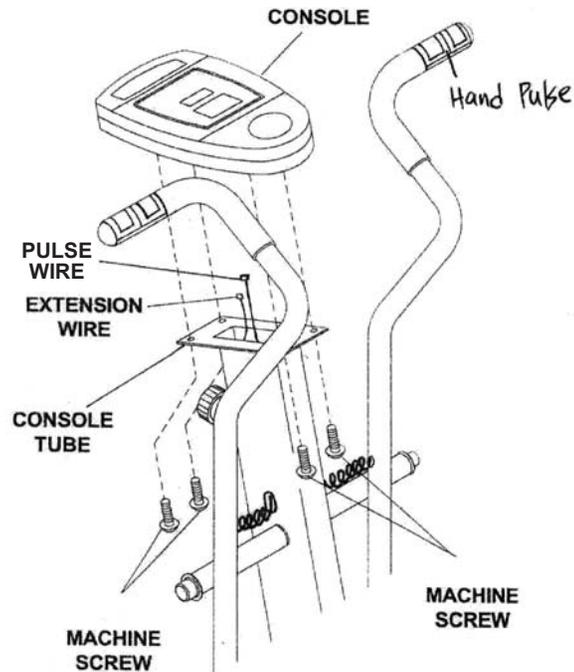
NOTE: There are three ADJUSTMENT HOLES in each CONNECTING ARM. The CONNECTING ARM comes attached to the END HOLE. The END HOLE puts the GRIP end of the HANDLEBARS closer to you, which is better for shorter people. The INSIDE HOLE puts the GRIP end farther away from you which is better for taller people.

Remove HAIRPIN COTTER and 5/16" WASHER from PIVOT PIN in HANDLEBAR. Slide desired ADJUSTMENT HOLE of CONNECTING ARM onto PIVOT PIN of HANDLEBAR. Place 5/16" WASHER over PIVOT PIN and insert HAIRPIN COTTER through hole in PIVOT PIN to lock in place.

- 11.** Remove BATTERY DOOR of CONSOLE and insert TWO "AA" SIZE BATTERIES, then replace BATTERY DOOR.



NOTE: Do not use rechargeable batteries. They will cause a short circuit and destroy console.



- 12.** Remove the four MACHINE SCREWS from back of CONSOLE. Carefully plug EXTENSION WIRE and PULSE WIRE into bottom of CONSOLE. Attach CONSOLE to CONSOLE TUBE with MACHINE SCREWS from CONSOLE.

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* on page 16.

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 target 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.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

220 - age = maximum heart rate (MHR).

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

MHR 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

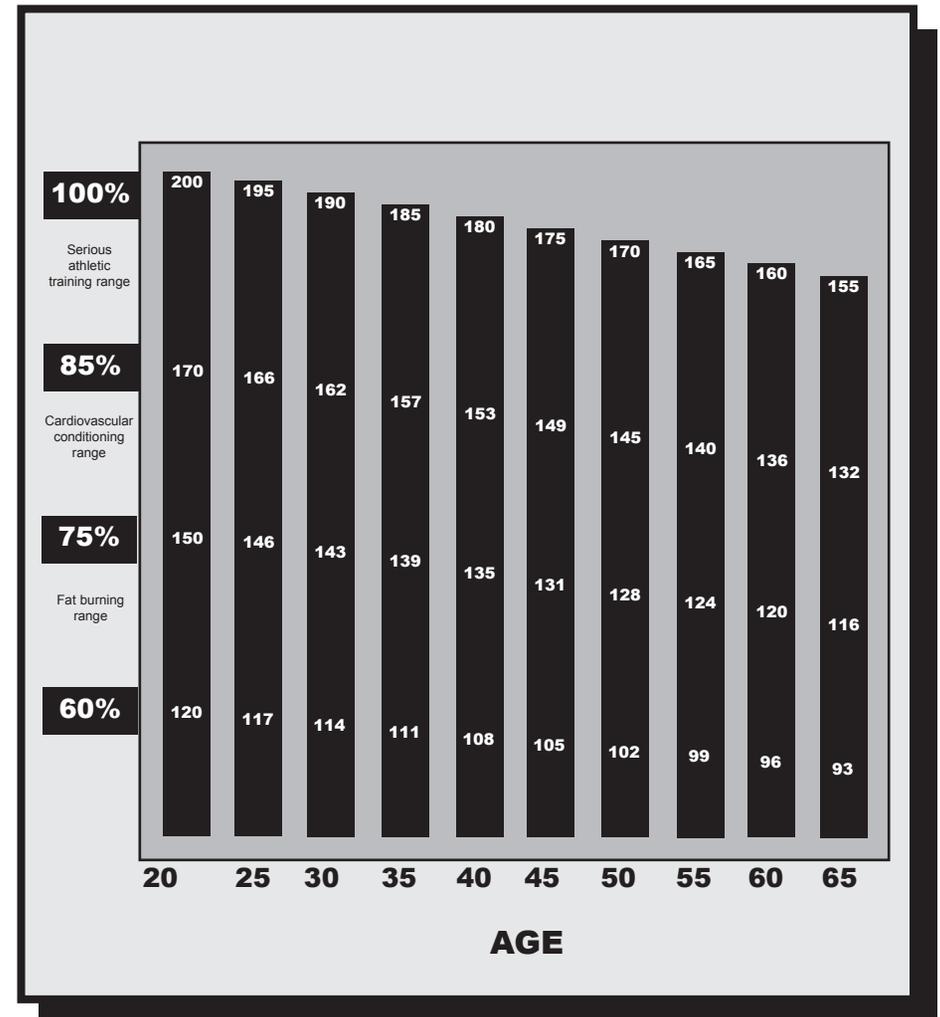
190 x .60 = 114 (low end or 60% of MHR)

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

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

See Table on right for additional calculations.

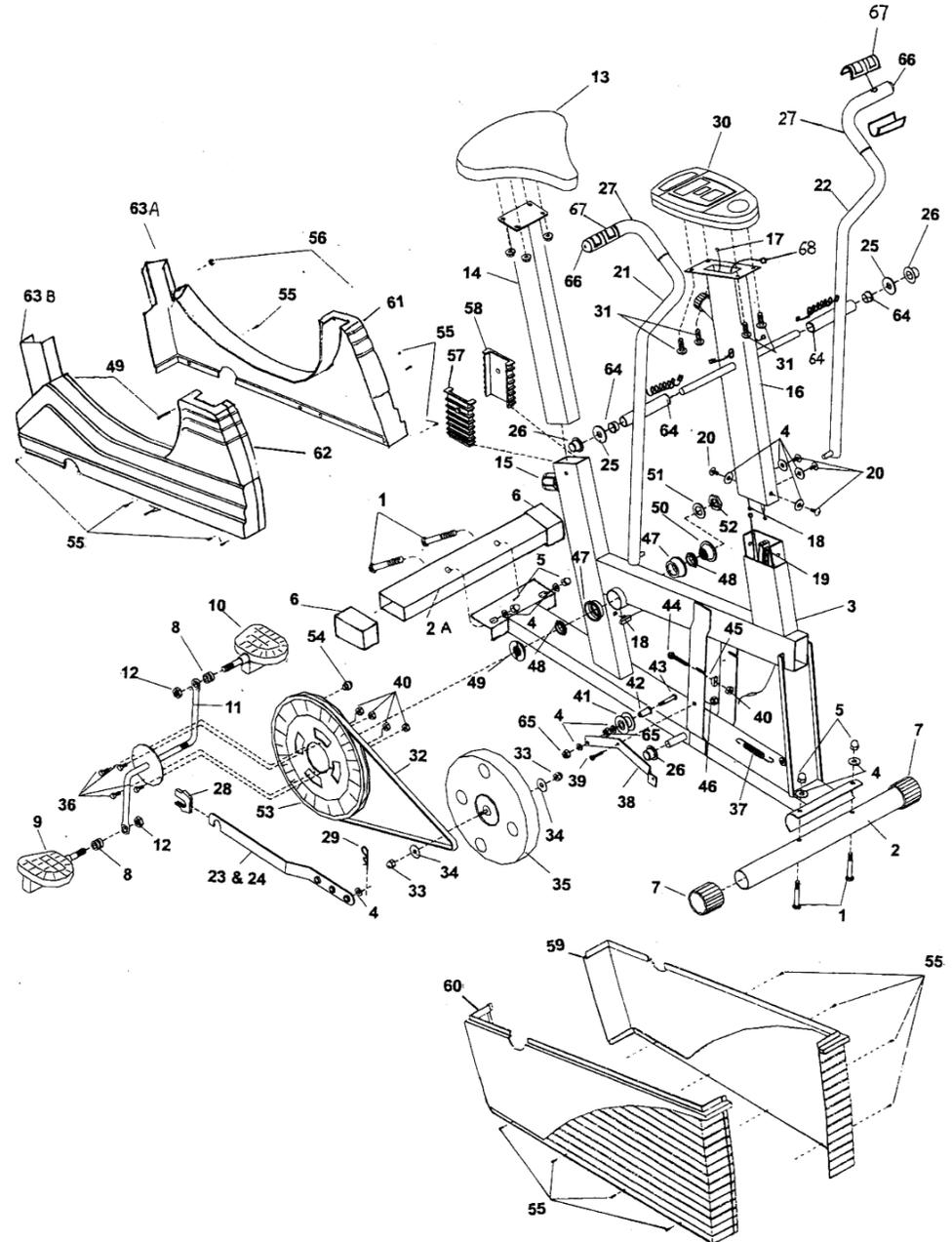
TARGET HEART RATE ZONE



CM535D PARTS LIST

#	PART	QTY	#	PART	QTY
1	M8x1.25x60mm Carriage Bolt	4	35	Magnetic Brake	1
2	Front Foot Tube	1	36	M6x1x10mm Machine Screw	4
2A	Rear Foot Tube	1	37	Spring	1
3	Frame	1	38	Belt Tension Bracket	1
4	M8 IDx18.8mm OD Flat Washer	10	39	M6x20mm Machine Screw	1
5	M8x1.25 Cap Nut	4	40	M6x1 Hex Nut	6
6	Foot Cap	2	41	Idler Pulley	1
7	Wheel	2	42	Idler Bushing	1
8	Pedal Bushing	2	43	M8x45mm Button Head Screw	1
9	Right Pedal	1	44	Eyebolt	2
10	Left Pedal	1	45	Adjustment Channel	2
11	Crank	1	46	M6x1 Locknut	1
12	Pedal Nut	2	47	Bearing Cup	2
13	Seat	1	48	Bearing	2
14	Seat Post	1	49	M5x0.8x70 Machine Screw	2
15	Locking Knob	1	50	Notched Bearing Nut	1
16	Console Tube	1	51	Crank Washer	1
17	Extension Wire	1	52	Crank Nut	1
18	Reed Switch	1	53	Pulley	1
19	Tension Block	1	54	Magnet	1
20	M8x1.25x12mm Button Head Scr	2	55	M4x16mm Sheet Metal Screw	6
21	Right Handlebar	1	56	M5x0.8 Hex Nut	2
22	Left Handlebar	1	57	Right Seat Post Bushing	1
23	Right Connecting Arm	1	58	Left Seat Post Bushing	1
24	Left Connecting Arm	1	59	Bottom Left Cover	1
25	Large Washer	2	60	Bottom Right Cover	1
26	Pushnut	4	61	Connecting Left Cover	1
27	Grip	2	62	Connecting Right Cover	1
28	Retainer	2	63A	Top Left Cover	1
29	Hairpin Cotter	2	63B	Top Right Cover	1
30	Console	1	64	Pivot Bushing	4
31	M6x1x10mm Machine Screw	4	65	M8 Locknut	6
32	"V" Belt	1	66	Cap	2
33	M10 Cap Nut	2	67	Hand Pulse	2
34	M10 Washer	2	68	Pulse Wire	2

CM535D EXPLODED VIEW



KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: CARDIOMAX 535 DUAL ACTION BIKE
HOME USE WARRANTY: Frame: 2 Years
Parts: 1 Years

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 (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. 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 UNIT WITH KEYS FITNESS PRODUCTS, LP.

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