Diamondback

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1190 E*r* OWNER'S MANUAL

Purchaser's Reference Information

Diamondback
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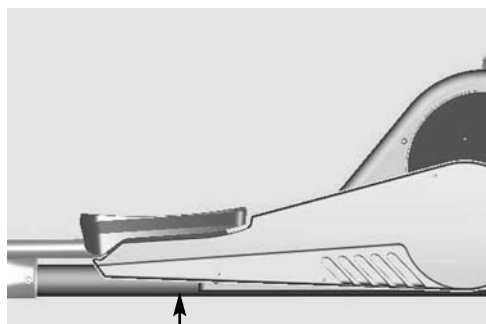
SERIAL NUMBER
R0409380001
‖‖‖ ‖‖ ‖‖‖ ‖‖‖‖
WARNING REMOVING OR ALTERATION
OF THIS LABEL VOIDS WARRANTY

Serial No. Sticker

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: Diamondback 1190Er
Serial Number: R _ _ _ _ _ _ _ _ _ _

To Activate Warranty:

1. REGISTER YOUR WARRANTY AT
   www.diamondbackfitness.com

   OR

2. COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDACK FITNESS WITH IN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANFACTURER'S WARRANTY

Dealer Name:

Dealer Address:

Dealer Telephone Number: (   )

Dealer Contact Name:

Date Purchased:

Shipping Materials:
Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.

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Introduction

Congratulations on the purchase of your new 1190 Series fitness equipment. We want to do everything possible to make your experience with Diamondback the best it can be. So please review the enclosed owner's manual, which will illustrate the reliable quality, excellent value and added features that Diamondback is known for. You can rely on ease of use, comfort, and our desire to make your workout something you will look forward to on a regular basis. Please take a moment to review the complete 1190 product line, as well as the rest of our products, at www.diamondbackfitness.com.

Your feedback and ideas about your experience with Diamondback are very important to us. Write to our product development department at 300 Camarillo Ranch Road, Camarillo, CA 93012.

Safety Instructions and Warnings

The 1190Er is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR 1190Er UNIT.

CAUTION – FOR SAFE OPERATION
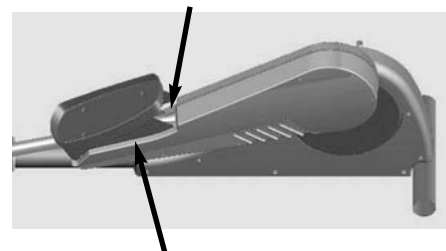
1. Keep your hands and feet away from all moving parts and pinch points. See figure A for possible pinch points.
2. Before beginning any exercise program on the 1190Er equipment, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning any exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continue your exercise.
6. Always drink fluids if you exercise for twenty or more minutes on any 1190Er unit.

WARNING – TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. To ensure proper functioning of your 1190Er equipment, do not install attachments or accessories not provided or recommended by Diamondback.
2. For proper function, do not insert any objects into any opening of the equipment.
3. Always wear proper clothing and shoes when exercising on your 1190Er unit.
4. User weight is not to exceed 350lbs/155kgs for 1190Er.
5. Keep children and pets away from 1190Er equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
6. Place the 1190Er unit in an area that will meet minimum clearance requirements: *Front, Back & Sides: 2 feet/60cm.*
7. Place the 1190Er equipment away from walls to allow proper ventilation. Air should be able to circulate freely around the units. Keep all air openings free of dirt and dust.
8. The 1190Er is intended for indoor use in the home environment. It is not intended for outdoor use.
9. Place your 1190Er unit on a solid, level surface when in use. Adjust the leveling pads if necessary.
10. Use the handlebar when getting on and off your 1190Er unit.
11. Make sure all components are fastened securely (i.e. handlebars, handrails, steparms, footpads) at all times.
12. Do not remove the covers or other components. Only an authorized Diamondback fitness dealer should perform the service.
13. SAVE THIS OPERATING INSTRUCTIONS MANUAL FOR YOUR REFERENCE.
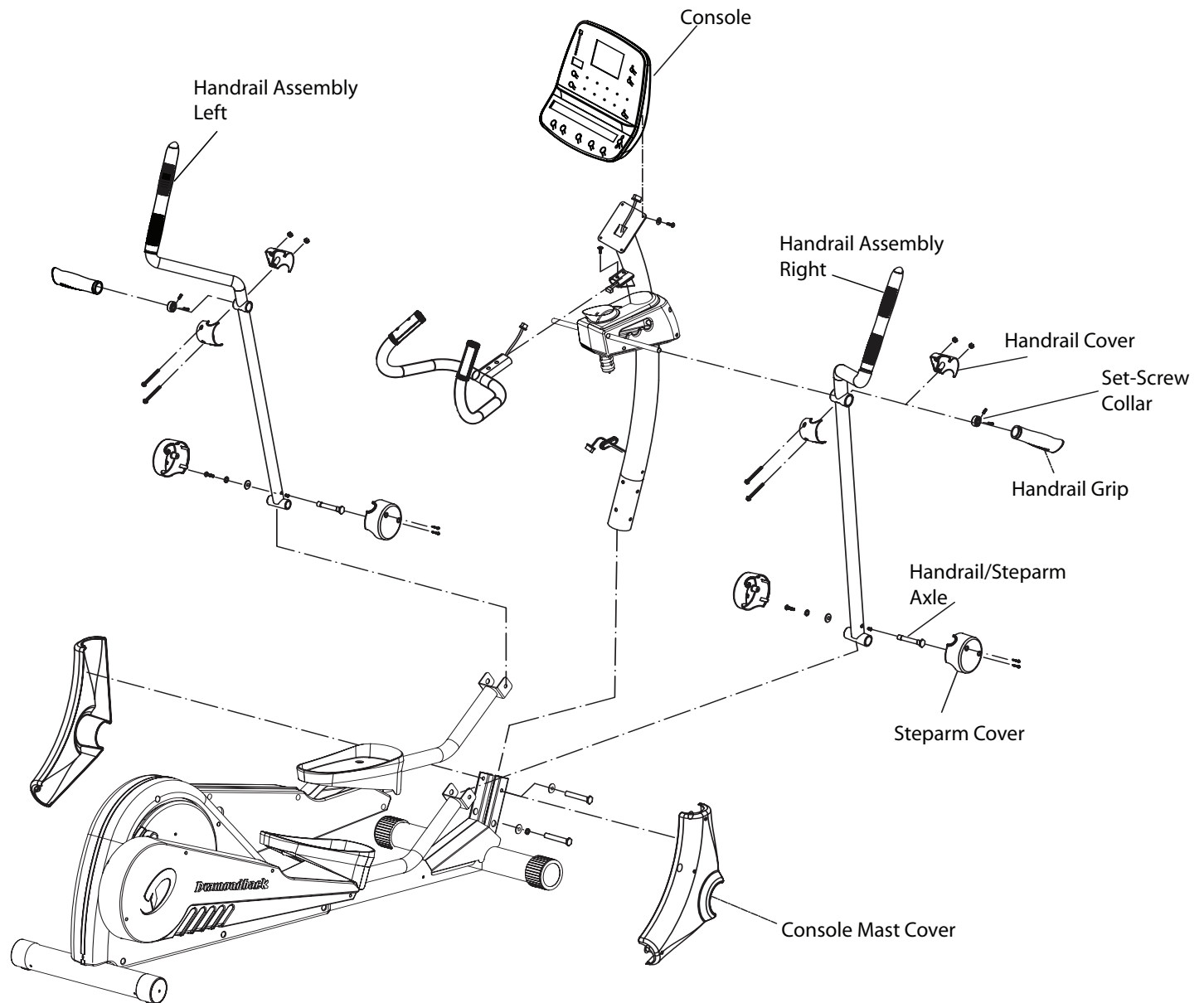
Figure A

• The areas around the footpad & steparm cover.

Assembly Drawing

Console

Handrail Assembly
Left

Handrail Assembly
Right

Handrail Cover

Set-Screw
Collar

Handrail Grip

Handrail/Steparm
Axle

Steparm Cover

Console Mast Cover

Assembly Instructions

Please take the assembly hardware out of the hardware package box. Lay all the hardware out and take note for its locations. Follow the assembly instruction step by step to complete the assembly.

Step 1: Console Mast Assembly
1. Install console mast by carefully sliding it onto console mast receptor.
2. Insert 2pcs of M10 x 95mm bolts with lock washers and flat washers through the lower set of holes on the receptor, into the console mast and to the welded nuts. Hand tightens them first.
3. Insert 2pcs of M10 x 95mm bolts with flat washers through the upper set of holes on the receptor, into the console mast and to the welded nuts. Hand tightens them too.
4. Finally tighten all 4 sets of bolts with attached open-end wrench.
5. Connect the plug of the main wire harness, coming out of the console mast, to the plug receptor coming out of base frame, taking care to install correctly. (See plug alignment marks)
6. Store the excess harness back into the console mast and base frame. This will keep the slack out of harness so that the wires will not pinched and short out. Use the attached ty-warps to tighten down the wire harness onto console mast and base frame.
7. Place console mast covers correctly in place (See R and L marks inside), and align them with each other.
8. Insert and tighten console mast cover with two screws (M5 x 8mm) using a Phillips screwdriver.

Step 2: Handrail Assembly
1. Attach right handrail (see the R mark on the handrail) onto the console mast at the right handrail axle.
2. 2. Next, attach the right handrail to the right steparm. Insert the handrail/steparm axle through the hole in the steparm and through the tube at the bottom of handrail. Insert a M8 x 20 screw with lock washer and flat washer into steparm axle and tighten it using an Allen wrench and an open-end wrench on each side
3. Insert the set-screw collar onto the handrail axle and tighten it with 2 set screws, using attached Allen wrench. Please make sure there is no extra play for the handrail.
4. Assemble left handrail the same way as assembly the right handrail.

Step 3: Handrail & Steparm Covers Assembly
1. Attach a set of steparm covers onto steparm using 2pcs of M5 x 8mm screws and a Phillips screwdriver.
2. Attach a set of handrail covers onto handrail using 2pcs of M4 x40mm screws and nuts, using a Phillips screwdriver.
3. 3. Install the soft handrail grip onto the handrail axle by pushing it onto the axle all the way.
4. Repeat the process of item 1 and 2 for the other side.

Step 4: U Handlebar Assembly
1. Insert the hand pulse harness through the opening of the console mast and out of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the two M8 x

Assembly Instructions

35mm screws using an Allen wrench. Be sure not to pinch the hand pulse harness during this procedure, as this will damage the electronic console.

Step 5: Console Assembly
1. Connect both plugs, from main wire harness and hand pulse harness, to the plug receptors on the backside of the console, taking care to install correctly (see plug alignment marks).
WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted ("stored") back into the console mast before installing the console onto the console mounting plate.
2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers, using a Philips screwdriver.

Step 6: Water bottle & Leveling Pads
1. Place the water bottle into the water bottle holder.
2. 2. Adjust the leveling pads if necessary, located on the front stabilizer bottom, to ensure your equipment is leveled with floor.

BodyFit Angle Adjustment

The 1190Er is equipped with bodyfit ellipse angle adjustment system to fit your exercise better. The different ellipse angle will change the form of your elliptical exercise; the higher ellipse angle will make your elliptical motion feel more like an Uphill Climbing and the lower ellipse angle will make the ellipse motion feel more like a Skiing/Jogging exercise. The different ellipse angle will result in different difficulties of exercises even though you are in the same resistance level.

The Difference in Ellipse Angle:
There are 3 angle adjustments on the 1190Er — Position 1–3, position 1 being the position closest to user and position 3 being farthest away from user. See figure on the right.

At position 1, the ellipse angle is 9 degrees higher than position 3 and the step motion will feel more like hill climbing. It also will bring you closer to the console mast.

At position 3, the ellipse angle is more flat and feels more like a sprint. It also pushes user away from the console mast.

In order to get the best workout experience, it is recommended to try all three positions first. Find the best one to fit your workout preference and your body features and adjust it for your workout.

Adjusting the Ellipse Angle:
To adjust the position of the footpad, please follow below steps for adjustment:
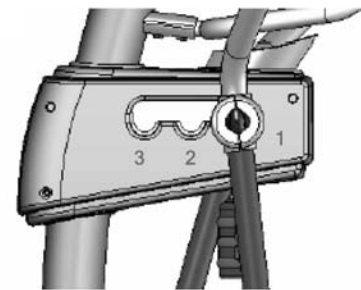
1. Turn the adjusting knob clockwise all the way down to loosen the pivot structure. See figure on the right.
2. It is recommended that you step on the floor and face the back of the console. Then put both hands under handles and raise the pivot structure.
3. Move the pivot structure to the next desired position and rest it down. Make sure the pivot axle is inside the groove securely.
4. Turn the adjusting knob counter clockwise to tighten the knob. Make sure there is no additional movement on the pivot structure after locking and the whole structure is securely locked in place.
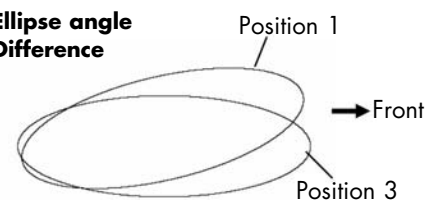
Caution: Not tightening down the adjusting knob properly may result in a fall or injury

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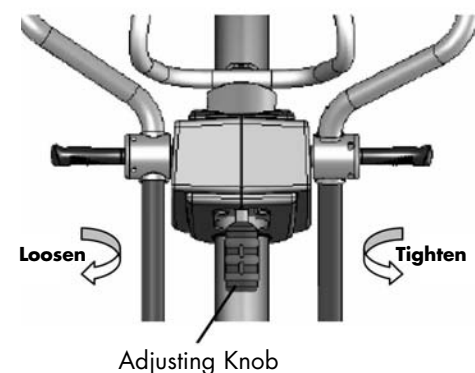
Positions:

Ellipse angle Difference

Position 1

Front

Position 3

Pivot Structure

Loosen   Tighten

Adjusting Knob

Exercise guidelines

Diamondback f i t n e s s

Good health is an exercise in common sense

The Surgeon General released a new study in 2001, The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. It indicates that 61% of American adults are either overweight or obese. The story states that overweight increases the risk of health problems, such as heart disease, certain type of cancer, type 2 diabetes, etc. It further points out that overweight needs to be regarded primarily as a Health rather than as an Appearance issue.

The Surgeon General's Healthy weight advice for consumers is:
1. Aim for a healthy weight: Find your Body Mass Index (BMI) on the chart below.
2. Be active: Keep physically active to balance the calories you consume.
3. Eat well: Select sensible portion sizes.

$BMI = (weight\ (lb) \div height^2\ (in)) \times 703$

Weight in Pounds

Height in Feet and Inches

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight   Overweight   Obese

Note: This chart is for adults (aged 20 years and older).

Heart rate is an important key to your exercise.
The Surgeon General also released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.

Exercise guidelines (continued)

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Taking full advantage of this information, the 1190Er is designed to include heart rate monitoring features.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get an accurate number. The 1190Er is equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are wearing a heart rate chest belt during your exercising period. Heart rate is monitored and electronically displayed as a digital readout. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

Maximum Heart Rate & Training Zone
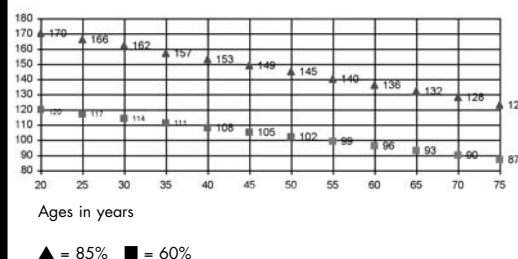
To calculate your maximum heart rate and find your training zone, use the following formula. An example has been provided below based for a 35-year–old person:

220 – Age = Maximum Heart Rate	(220 – 35 = 185)
60% of Maximum Heart Rate	(60% x 185 = 111bpm)
85% of Maximum Heart Rate	(85% x 185 = 157bpm)
Training Zone:	111bpm – 157bpm

Note: Always enter your age into the console before you exercise to keep the % of your maximum heart rate accurate.
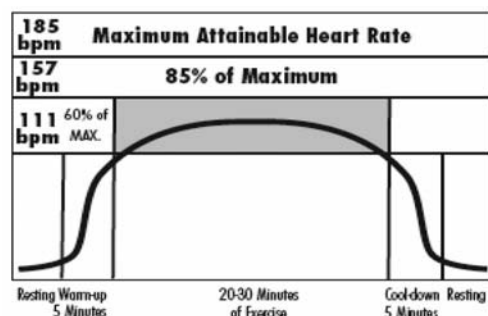
**Heart Rate Guidelines
60% - 85% Maximum Target**

Ages in years

▲ = 85% ■ = 60%

Exercise guidelines (continued)

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Typical Target Zone Exercise Patterns for 35 year-old

185 bpm	Maximum Attainable Heart Rate
157 bpm	85% of Maximum
111 bpm	60% of MAX.

Resting Warm-up 5 Minutes   20-30 Minutes of Exercise   Cool-down Resting 5 Minutes

Quantity & Quality

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life. Having Diamondback equipment at home certainly gives you the comfortable and convenient workout you want.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardio respiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.

Exercise guidelines (continued)

HEART RATE MONITORING DEVICES

Pulse Hand Grips (Standard)
The 1190Er unit is heart rate controlled and comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading.

(Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.)

Pulse Grip Operating Tips:
If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:
- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

Chest Strap (Standard)
The 1190Er is equipped a built-in receiver and a chest strap for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment.)

The receiver of the wireless ECG system is built into the console unit of the Diamondback 1190Er equipment. While using heart rate control modes, the computer monitors the exact measurement of and control over the activity if the heart. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the wattage to maintain heart rate at the preprogrammed level.

Diamondback fitness

Exercise guidelines(continued)

How to Wear Your Sensor/ Transmitter
1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Pull unit away from chest by stretching the belt and moistening the conductive electrode strips located next to the buckles

(Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.)

1190 E$_T$ Owner's Manual

Console

Glossary of Terms

- Intensity level = The resistance level provided by the unit. The resistance gradually increases as the level goes up.
- Idle mode = Console is reset and waiting for an entry. The message display window will flash a message of "Select a program".
- LEDs = The lights on the face of the console.
- Watts = The amount of power generated by the 1190 unit's braking system during a workout.
- Work = The amount of energy expended during exercise.

Default values
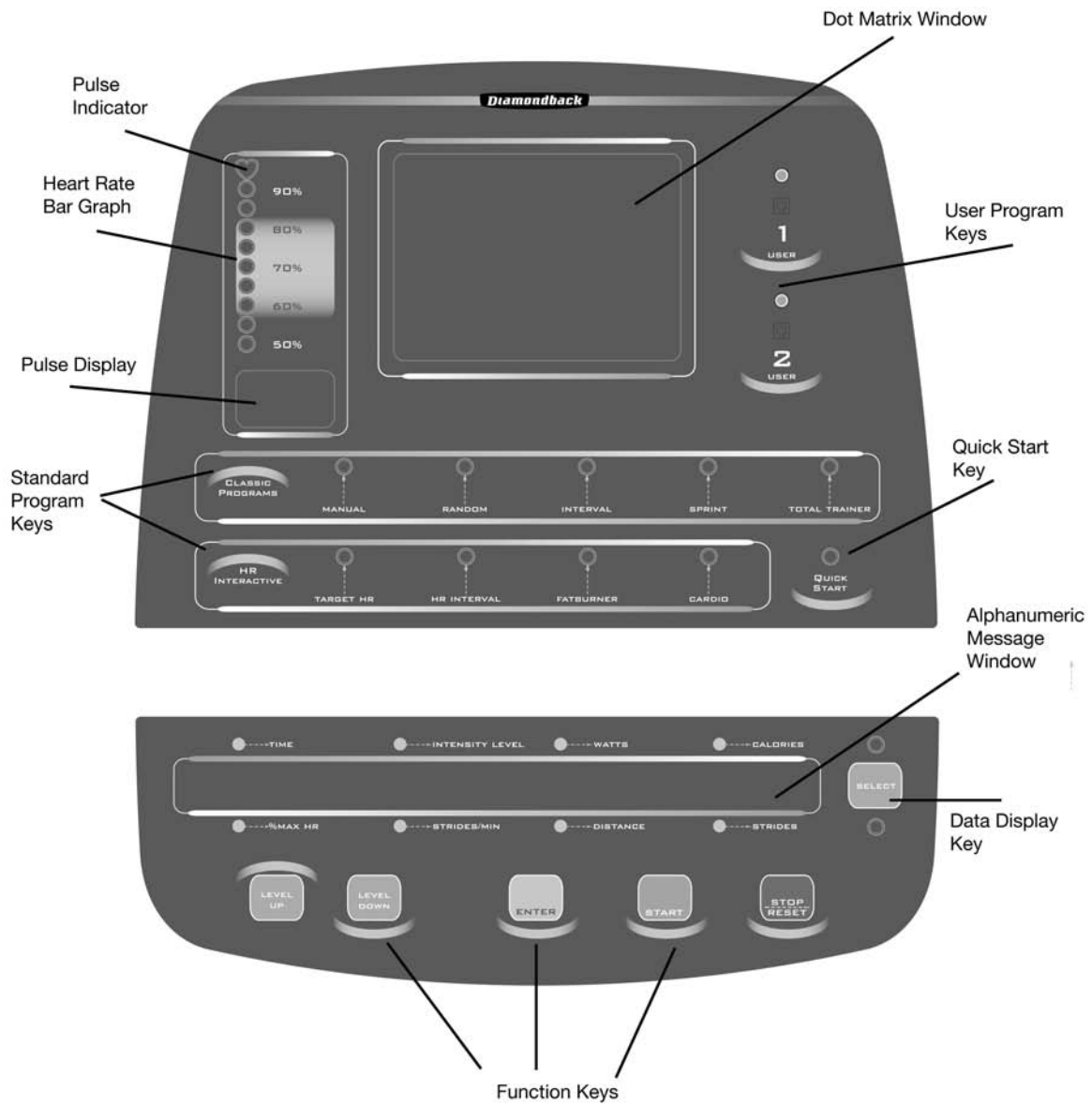
- Age = 35 years
- Weight = 155 lbs (70kg)
- Time = 30 minutes
- Intensity level: Level 1 for 1190Er.

Intensity Level Definition

1190Er: Resistance control – The intensity level (L) is controlled by the brake resistance wattage output (R). There are 20 levels of resistance.

Console Layout and Controls

Dot Matrix Window

Pulse Indicator

Heart Rate Bar Graph

90%

80%

70%

60%

50%

User Program Keys

1 USER

2 USER

Pulse Display

Standard Program Keys

CLASSIC PROGRAMS

MANUAL   RANDOM   INTERVAL   SPRINT   TOTAL TRAINER

HR INTERACTIVE

TARGET HR   HR INTERVAL   FATBURNER   CARDIO

Quick Start Key

QUICK START

Alphanumeric Message Window

TIME   INTENSITY LEVEL   WATTS   CALORIES

%MAX HR   STRIDES/MIN   DISTANCE   STRIDES

SELECT

Data Display Key

LEVEL UP   LEVEL DOWN   ENTER   START   STOP RESET

Function Keys

Console Layout and Controls, continued

Pulse Indicator

Blinks to indicate that a pulse is currently being detected from the grip sensors or chest strap.

Heart Rate Bar Graph

Indicates whether you are currently in the ideal heart rate percentage range. This display will only be active when using the grip sensors or chest strap for heart rate feedback

Pulse Display

Shows current pulse rate in beats per minute (BPM). This display will only be valid when using the grip sensors or chest strap for heart rate feedback. If the pulse display does not receive a heart rate reading, it will display three dashes (- - -).

Standard Program Keys

To begin a built-in program, simply press any program key once and an associated LED will light up to indicate this program has been activated.

Two types of standard programs are included in the 1190 software:

Classic programs allow a traditional, non-heart rate controlled workout.

HR Interactive programs attempt to monitor and regulate your heart rate during the workout using the chest strap or grip sensors as feedback.

User Program Keys

These keys allow you to save a custom workout routine to electronic memory for recall at any time in the future.

Quick Start Key

Pressing this key will activate the Quick Start program. The Quick Start program allows a simple workout with no warm up or cool down period and requires no user data entry. Default program time = 30 minutes and Intensity level =L2.

Dot Matrix Window

During a program run, the program profile (resistance or heart rate, depending on the specific program) will be displayed on the dot matrix window. The dots will blink to show your current position in the workout.

Alphanumeric Message Window

During a program run, this window will display the current workout data. This window also displays scrolling messages for setup and informational purposes.

Console Layout and Controls, continued

Function Keys

• Level Up/Level Down keys: Used for data entry during program setup and resistance/HR level adjustment while a program is running.

• Enter key: Used to confirm data entry.

• Start key: Starts the selected program.

• Stop/Reset key: Causes the current program to enter cool-down mode, or workout summary mode if already in cool-down mode. If this key is pressed and held for two seconds, the current program will reset.

Data Display Select Key

Press this key to switch the data readouts in the Alphanumeric Message Window between the readings listed above the window and the readings listed under the window.

Basic Operation

- **Power On:** Simply start pedaling to wake up the console and start operation. Before any other keys are pressed, the unit will be in an "idle" mode.

- **Start a Program:** To begin a workout program, press the "Quick Start", "Classic Programs", or "HR Interactive" program key to select a program. Then, follow the instructions on the message display to enter your personal data (Quick Start needs no personal data and will begin immediately). When finished entering data, press the "Start" key to begin the workout program. More details about each program are given in the "Workout Programs" section of this manual.

- **Stop:** To stop a program before it is complete, press the "Stop" key once. The unit will immediately enter "Cool Down" mode. To skip the "Cool Down", press the Stop key again. The unit will enter the Workout Summary mode.

- **Reset:** To reset a program, press and hold the Stop key for two seconds.

- **Pause and Resume:** To pause a program for up to 5 minutes, simply stop pedaling. The display will shut off. To resume the program at the point where you left off, simply start pedaling again within 5 minutes. If the unit is not pedaled within 5 minutes, the unit will automatically reset and the current program will be lost.

- **Save a program:** To save the current program into user memory, press and hold the "User 1" or "User 2" key for two seconds until the data display shows the message "PROGRAM IS SAVED". All the current program settings, including intensity level settings & profiles at various times, will be saved. The entered weight, age, and time will also be saved with the program. WARNING: Any program currently saved in that location (User 1 or User 2) will be overwritten by the new program.

To select and recall a saved program, press the User 1 or User 2 key once.

- **Switching program:** You may switch from current operating program to another program by pressing a new program key and then ENTER key to accept the new program.
  - o If "Classic Program" or "HR Interactive" program key is pressed during a program-executing mode, it will enter program-switching mode:
  - o If Enter key is pressed, it will enter this program setup mode. Age and weight will be the last update and time will be the default program time.

Basic Operation

o   If Start key is pressed, the new program will begin, but Warm Up mode will be skipped.
o   If 3 seconds passes and no other key is pressed, the program will resume back to previous activities

• Re-start a program: You may re-start a program after the current program ends. Simply press the "Start" key during Cool Down or Workout Summary mode. The program will be restarted immediately without a Warm Up mode. The program setup data will remain the same as previous program; the calories and distance will continue accumulating.

• % MAX HR: It is recommended to control your % Max heart rate within 60% – 85% for the most effective workout. It is unsafe and dangerous to exceed 90% and above. The 1190 units are equipped with a safety shut off function in this instance. When the heart rate reaches 90%, the console will beep and flash a warning message. .If the heart rate continues going up and reaches 95% for 8 seconds, the program will automatically reset.   WARNING: For this safety shutoff function to work, a heart rate acquisition device (chest strap or grip sensors) must be used.

• Brake / Resistance Adjustment: During a program, you may press the LEVEL UP or LEVEL DOWN key to adjust the resistance level. (Note: brake/resistance adjustments are not allowed in any Heart rate control program).

• English / Metric setting: The default Units are English system. To enter the system-switching mode, press "START" & "STOP" keys at the same time for 2 seconds during idle mode. The message display will show "SELECT THE UNITS" and "ENGLISH UNITS" or "METRIC UNITS". To change the units, press the level UP or DOWN keys. After the setup is completed, press the "ENTER" key to accept the change and the Console will return to idle mode. At any time you may press the "STOP" and get out of this mode. Doing so will not change the units, it will keep the units the con sole was set up for prior to entering this mode.

Workout Programs

W A R M U P

Getting Started
1190 units automatically initiate a 3-minute Warm Up mode at the beginning of each program. It is designed to prepare your body for an intensive workout and to reduce the possibility of injury.

Note: Warm Up is skipped for the Quick Start or Manual programs.

Beginning the Program
Warm Up is active as soon as the "Start" key is pressed and a program is started. The message window will flash a message "3:00 WARM UP BEGIN".

During the Program
Display
- Once the warm up has started, the message window will display the default workout data of "Time, Intensity Level, Watts, and Calories".
- Press the "Select" key to select the desired data displays.

Adjusting Intensity Level
- Intensity level = L1. Press "Level Up/Down" key to adjust the intensity level from L1- L5 only.
- The "Start" key can be pressed to skip the warm up and begin the program immediately.

Ending the Warm up
- When 3-minute duration is up or Start key is pressed, Warm Up will end and the program will begin.
- The message display will flash a message "PROGRAM BEGIN" and the selected program will be started.
- The calories and distance will be carried over from the warm-up mode.

C O O L D O W N

Getting Started
1190 units are equipped with a 3-minute Cool Down at the end of each program. It appears as soon as a program ends. Cool Down is designed to reduce muscle stiffness and allow your heart rate to recover.

Beginning the Program
Cool Down is active as soon as a program ends or the Stop key is pressed during program execution. The message window will flash a message of "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN".

During the Program
Display
- Once the cool down has started, the message window will display the default workout data of "Time, Intensity Level, Watts, and Calories".
- Press the "Select" key to select the desired data displays.

Workout Programs, continued

Adjusting Intensity Level
- Intensity level = L1. Press "Level Up/Down" key to adjust the intensity level from L1- L5 only.
- The "Start" key can be pressed to re-start the program.
- The "Stop" key can be pressed to skip the cool down mode and active the Workout Summary immediately.

Ending the Cool Down
When 3-minute duration is up or the Stop key is pressed, Cool Down will end and enter Workout Summary.

W O R K O U T   S U M M A R Y

Getting Started
For your convenience, the 1190 units incorporate a Workout Summary right after the completion of the Cool Down. It will display the total workout data for your review and repeat it for 3 minutes before the Console resets.

Beginning the Program
Workout Summary appears as soon as the Cool Down mode ends or "Stop" key is pressed during Cool Down mode. The message window will flash a message of "WORKOUT COMPLETED" and "REVIEW YOUR SUMMARY" and the Workout Summary will be displayed

During the Program
Display
- Once this summary is started, the message window will display each summary for 3 seconds as following:
  - o TOL TIME: total workout time including Warm Up and Cool Down.
  - o TOL DIS: total distance.
  - o TOL STRIDES: total number of strides
  - o TOL CAL: total calories burned.
  - o AVG HR: average heart rate over the program period.
  - o MIN HR: minimum heart rate during the program.
  - o MAX HR: maximum heart rate during the program.

(There is no AVG HR, MIN HR or MAX HR displayed if there was no heart rate detected during the program.)

- Press "Level Down" key to jump to the next summary display.
- Press "Level Up" key to jump to the previews summary display.
- Press "Start" key to re-start the program.

Adjusting Intensity Level
Intensity cannot be adjusted during this time.

Ending the Program
- When 3-minute duration is up or Stop key is pressed, Workout Summary will end and the console will display "PROGRAM COMPLETED" and "CONSOLE WILL RESET"; after these messages the console will reset.

Workout Programs, continued

C L A S S I C   P R O G R A M S

Classic Programs allow a traditional workout without using a heart rate feedback device. Resistance levels are pre-programmed and can be changed manually during the program execution. You can still use a heart rate feedback device (hand grips, chest strap) to monitor your heart rate during the workout.

MANUAL PROGRAM

Getting Started
The manual program allows you to build your own custom profile, a feature that is especially useful if you wish to save a custom workout into the "User 1" or "User 2" program memory.

In Manual Program mode, the LED profile displayed on the dot matrix window shows the intensity level for each segment.

Be sure to include a warm-up and cool-down period as part of your workout.

Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PRO-GRAM". Press the Classic Programs key until the MANUAL program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "MANUAL", it indicates you are about to select the Manual program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- • Press "START" key to accept current default values and begin Manual program workout.
  - o Default time = 30 minutes
  - o Default intensity level = L1
- • Or press "ENTER" key to enter program-setting mode. The message display will bring you through the program setup step by step as below:

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches

Workout Programs, continued

60 minutes, the display will show "TIME = 1HR 00MIN".
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

Note: You may press the START key at any time during program setup to skip the adjustment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations.

During the Program
Display
• Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
• Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
• If no pulse is detected, the Pulse display will show "- - -" until there is a pulse and the HR bar graph will not be illuminated.
• If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting Intensity Level
• Press the "UP/DOWN" key to adjust the intensity level from L1 to L20 during anytime of the program.
• Each time the "UP/DOWN" key is pressed it will adjust the intensity level of the remaining portion of the program.

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

Ending the Program
• When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
• The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
• The "Start" key can be pressed to re-start the program.
• The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

Workout Programs, continued

<u>RANDOM PROGRAM</u>

Getting Started
The Random program is designed to allow you to choose a random computer-generated profile for your workout.

Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PRO-GRAM". Press the Classic Programs key until the RANDOM program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "RANDOM", it indicates you are about to select the Random program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin the Random program workout.
  - o   Default time = 30 minutes

- Or press "ENTER" key to enter program setup mode. The message display will bring you through the program setup step by step as below:

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1HR 00MIN".
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

Note: You may press the START key at any time during program setup to skip the adjust-ment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations.

During the Program
   <u>Display</u>
- Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
- Press the "SELECT" key to switch the display to "% Max HR, Strides/Min,

Workout Programs, continued

PROGRAM PROFILE

Distance, Strides"
- If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
- If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting Intensity Level
- Press the "UP/DOWN" key to adjust the intensity level to L1 and up to L20 during anytime of the program.
- Each time the "UP/DOWN" key is pressed it will adjust the intensity level of the remaining portion of the program.

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

Ending the Program
- When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
- The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
- The "Start" key can be pressed to re-start the program.
- The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

INTERVAL PROGRAM

Getting Started
The Interval program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout.

Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PROGRAM". Press the Classic Programs key until the Interval program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "INTERVAL", it indicates you are about to select the Interval program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin Interval program workout.
  - o   Default time = 30 minutes

- Or press "ENTER" key to enter program-setting mode. The message display will bring you through the program setup step by step as below:

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Workout Programs, continued

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1HR 00MIN".
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

Note: You may press the START key at any time during program setup to skip the adjustment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations.

During the Program
Display
• Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
• Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
• If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
• If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting Intensity Level
• During the a Rest segment, press the level "UP" or "DOWN" key to adjust the resistance up to 2 levels below the current Work setting or down to level 1. The remaining Rest segments will be updated to the new setting in the dot matrix profile as well.
• During the Work segment, press the level "UP" or "DOWN" key to adjust the resistance down to 2 levels above the current rest setting and up to Level 20. The remaining Work segments will be updated to the new setting in the dot matrix profile as well.
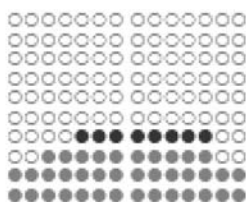
Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.
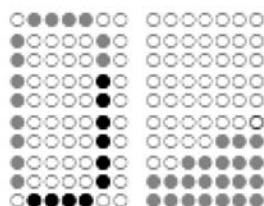
Ending the Program
• When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
• The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
• The "Start" key can be pressed to re-start the program.
• The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

Workout Programs, continued

PROGRAM PROFILE

SPRINT PROGRAM

Getting Started
The Sprint program simulates a sprint around a jogging track, and features a custom display on the Dot Matrix readout that shows your progress on the "track" (see Display section below for details on this special display.)

Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PRO-GRAM". Press the Classic Programs key until the Sprint program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "SPRINT", it indicates you are about to select the Sprint program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin Sprint program workout.
  - o Default time = 30 minutes

- Or press "ENTER" key to enter program setup mode. The message display will bring you through the program setup step by step as below:

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1HR 00MIN".
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

Note: You may press the START key at any time during program setup to skip the adjustment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations.

During the Program
Display
The Sprint Program will switch to the special track display on the left once the setup stage is complete. The left half of the display will show a track graphic, with the blinking LEDs indicating your progress for that track lap.

SPECIAL DOT MATRIX TRACK DISPLAY

Workout Programs, continued

The right half of the display will show the first half of the intensity profile. Once this half of the program is complete, the right-hand display will show the second half of the intensity profile.

- Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
- Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
- If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
- If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting Intensity Level
- Press "UP/DOWN" key to adjust the intensity level to L1 and up to L20 during anytime of the program.
- Each time, the "UP/DOWN" key is pressed; it will adjust the intensity level of the remaining of the program.

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

Ending the Program
- When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
- The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
- The "Start" key can be pressed to re-start the program.
- The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

TOTAL TRAINER PROGRAM

Getting Started
The Total Trainer program leads you on a complete cross-training workout by including special instructional messages at the beginning of each new program segment, leading you into performing certain body movements such as squatting, pushing and pulling with your arms, and pedaling backward, like an electronic personal trainer.
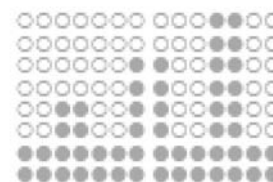
Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PRO-GRAM". Press the Classic Programs key until the Total Trainer program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "TOTAL TRAINER", it indicates you are about to select the Total Trainer program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin Interval program workout.
  - o Default time = 30 minutes

PROGRAM PROFILE

Workout Programs, continued

• Or press "ENTER" key to enter program setup mode. The message display will bring you through the program setup step by step as below:

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1HR 00MIN".
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

Note: You may press the START key at any time during program setup to skip the adjustment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations.

During the Program
Display
• Total Trainer Message Display: The Total Trainer Program will begin each segment with an instructional message in the Alphanumeric Message window. The message will tell you what motion to make during that segment for the ideal total training workout.
• Once the instructional message for each segment is finished, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories" until the beginning of the next segment, when a new instructional message will appear.
• Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
• If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
• If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting Intensity Level
• Press "UP/DOWN" key to adjust the intensity level to L1 and up to L20 during anytime of the program.
• Each time, the "UP/DOWN" key is pressed; it will adjust the intensity level of the remaining of the program.

WORKOUT PROGRAMS, CONTINUED

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

<u>Ending the Program</u>
- When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
- The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
- The "Start" key can be pressed to re-start the program.
- The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

H R   I N T E R A C T I V E   P R O G R A M S

All HR Interactive programs use heart rate feedback to control the resistance settings of the unit. In HR Interactive Programs, the resistance level cannot be changed manually, since your heart rate is used to determine the ideal resistance settings during the program execution.

A HEART RATE MONITORING DEVICE (HAND GRIPS, CHEST STRAP) MUST BE USED FOR ALL HR INTERACTIVE PROGRAMS TO FUNCTION PROPERLY. FOR BEST RESULTS, USING A CHEST STRAP IS RECOMMENDED.

IMPORTANT: It is dangerous to exceed 95% of your maximum heart rate while you are exercising. Please consult your physician before performing any Heart Rate based training program.

<u>TARGET HEART RATE PROGRAM</u>

Getting Started
The Target Heart Rate program is designed to keep you training at your chosen heart rate level. The 1190 will adjust the intensity level automatically to ensure your target heart rate is achieved and maintained during the entire program. The profile on the Dot Matrix display will show % Max HR for this program rather than intensity level. The profile is replaced with LEDs indicating your actual achieved HR as the program executes. The LEDs will blink to show your current position in the HR profile.
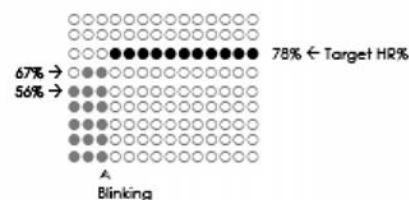
Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PROGRAM". Press the HR Interactive Programs key until the Target HR program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "TARGET HR", it indicates you are about to select the Target Heart Rate program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin Target HR program workout.
- Or press "ENTER" key to enter program setup mode. The message display will bring you through the program setup step by step as below:

PROGRAM PROFILE

Workout Programs, continued

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1HR 00MIN".
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Target Heart Rate
1. If ENTER key is pressed, the message window will scroll, "SELECT TARGET HR", then "TARGET HR = XXX" will be blinking.
2. You may adjust the target HR from 60% of maximum HR to 85% of maximum HR by pressing "UP/DOWN" key.
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

Note: You may press the START key at any time during program setup to skip the adjust-ment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations, and the default target HR for workout.

During the Program
Display
• This program cannot be started until a valid pulse is detected for 3 seconds. If no pulse is detected, the message window will flash a message "NO HR DETECTED". Make sure your heart rate device is working properly.   If the heart rate signal does not return, the display will continue to flash the "NO HR DETECTED" message and the current resistance level will not change until the heart rate signal returns.
• Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
• Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
• If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
• If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting Target Heart Rate
• Press "UP/DOWN" key to adjust the Target Heart Rate during anytime of the program.

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Workout Programs, continued

- Each time the "UP/DOWN" key is pressed it will adjust the Target Heart Rate of the remaining portion of the program

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

Ending the Program
- When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
- The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
- The "Start" key can be pressed to re-start the program.
- The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

HEART RATE INTERVAL PROGRAM

Getting Started
The Heart Rate Interval program is designed to alternate periods of hard work (the stress phase) with periods of light work (the recovery phase). The 1190 will adjust the intensity level up to meet your upper target heart rate and adjust it down to meet you lower target heart rate, continuing to alternate back and forth until the program time is up. The profile on the Dot Matrix display will show % Max HR for this program rather than intensity level. The profile is replaced with LEDs indicating your actual achieved HR as the program executes. The LEDs will blink to show your current position in the HR profile.

Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PROGRAM". Press the HR Interactive Programs key until the HR Interval program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "HR INTERVAL", it indicates you are about to select the Heart Rate Interval program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin HR Interval program workout.
- Or press "ENTER" key to enter program setup mode. The message display will bring you through the program setup step by step as below:
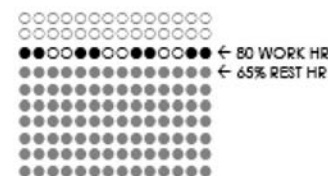
Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

PROGRAM PROFILE

Workout Programs, continued

Entering Program Time
  1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
  2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1HR 00MIN".
  3. After time is adjusted, then press "ENTER" key to accept.

Entering Rest (Lower) HR Goal
  1. If ENTER key is pressed, the message window will scroll, "SELECT YOUR REST HR". Then the "REST HR = XXXBPM" will be blinking.
  2. You can adjust the HR from 60% to 80% max HR by pressing "UP/DOWN" key.
  3. After the lower HR adjustment, press "ENTER" key to accept.

Entering Work (Upper) HR Goal
  1. If ENTER key is pressed, the message window will scroll, "SELECT YOUR WORK HR". Then the "WORK HR = XXXBPM" will be blinking.
  2. You can adjust the HR from Rest HR setting" to 85% max HR by pressing "UP/DOWN" key.
  3. After upper HR adjustment, the program setting is now completed. Press "START" key to start HR Interval program.

Note: You may press the START key at any time during program setup to skip the adjustment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations, and the default target HR for workout.

During the Program
Display
  • This program cannot be started until a valid pulse is detected for 3 seconds. If no pulse is detected, the message window will flash a message "NO HR DETECTED". Make sure your heart rate device is working properly.   If the heart rate signal does not return, the display will continue to flash the "NO HR DETECTED" message and the current resistance level will not change until the heart rate signal returns.
  • Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
  • Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
  • If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
  • If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting Work and Rest Heart Rate
  • During any Work segment of the program, press "UP/DOWN" key to adjust the Work Heart Rate. Each time the "UP/DOWN" key is pressed it will adjust the Work Heart Rate of the remaining portion of the program.
  • During any Rest segment of the program, press "UP/DOWN" key to adjust the Rest Heart Rate. Each time the "UP/DOWN" key is pressed it will adjust the Rest Heart Rate of the remaining portion of the program.

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

Workout Programs, continued

Ending the Program
- When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
- The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
- The "Start" key can be pressed to re-start the program.
- The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

FATBURNER PROGRAM

Getting Started
The Fatburner program provides a consistent level of work (65% of Max HR) during your exercise session to maximize the burning of body fat. The 1190 will adjust the intensity level to maintain 65% Max HR during the program. The profile on the Dot Matrix display will show % Max HR for this program rather than intensity level. The profile is replaced with LEDs indicating your actual achieved HR as the program executes. The LEDs will blink to show your current position in the HR profile.

Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PROGRAM". Press the HR Interactive Programs key until the Fatburner program LED indicator lights up.

Accepting Default values or Entering the program setting mode
When the message display flashes, "FAT BURNER", it indicates you are about to select the Fatburner program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin Fatburner program workout.
- Or press "ENTER" key to enter program setup mode. The message display will bring you through the program setup step by step as below:

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 60 minutes, the display will show "TIME = 1HR 00MIN".
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

← 65%

PROGRAM PROFILE

Workout Programs, continued

DIAMONDBACK
f i t n e s s

Note: You may press the START key at any time during program setup to skip the adjustment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations, and the default target HR for workout.

During the Program
Display
• This program cannot be started until a valid pulse is detected for 3 seconds. If no pulse is detected, the message window will flash a message "NO HR DETECTED". Make sure your heart rate device is working properly.   If the heart rate signal does not return, the display will continue to flash the "NO HR DETECTED" message and the current resistance level will not change until the heart rate signal returns.
• Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
• Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
• If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
• If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting % Max HR
• Press "UP/DOWN" key to adjust the % Max HR during the program. For the Fatburner program, the % Max HR can only be adjusted between 65% - 70%.

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

Ending the Program
• When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
• The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
• The "Start" key can be pressed to re-start the program.
• The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.
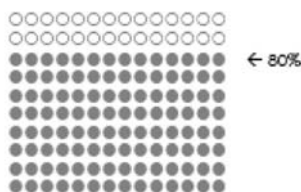
CARDIO PROGRAM

Getting Started
The Cardio Program provides an intense workout at 80% of your Max HR for high-level cardiovascular conditioning. The 1190 will adjust the intensity level to maintain 80% Max HR during the program. The profile on the Dot Matrix display will show % Max HR for this program rather than intensity level. The profile is replaced with LEDs indicating your actual achieved HR as the program executes. The LEDs will blink to show your current position in the HR profile.

Beginning the Program
Start pedaling the unit. The message window will scroll a message "SELECT A PROGRAM". Press the HR Interactive Programs key until the Cardio program LED indicator lights up.

← 80%

PROGRAM PROFILE

Workout Programs, continued

Accepting Default values or Entering the program setting mode
When the message display flashes, "CARDIO", it indicates you are about to select the Cardio program. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN".
- Press "START" key to accept current default values and begin Cardio program workout.
- Or press "ENTER" key to enter program setup mode. The message display will bring you through the program setup step by step as below:

Entering Age
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR AGE", then "AGE = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the age.
3. After age is adjusted, then press "ENTER" key to accept.

Entering Weight
1. If ENTER key is pressed, the message window will flash once, "ENTER YOUR WEIGHT", then "WEIGHT = XX" will start blinking.
2. Press "UP/DOWN" key to adjust the weight.
3. `After weight is adjusted, then press "ENTER" key to accept.

Entering Program Time
1. If ENTER key is pressed, the message window will flash once, "ENTER PROGRAM TIME", then "TIME = 30 MIN" will start blinking.
2. Pressing "UP/DOWN" key to adjust the time. When the time setting reaches 6 0 minutes, the display will show "TIME = 1HR 00MIN".
3. After time is adjusted, the message window will display "SET UP COMPLETED" "PRESS START TO BEGIN". You may press the "START" key to begin this program.

Note: You may press the START key at any time during program setup to skip the adjustment and begin your workout. By doing so, the console will use default value of age and weight for %HR and calories burned calculations, and the default target HR for workout.

During the Program
Display
- This program cannot be started until a valid pulse is detected for 3 seconds. If no pulse is detected, the message window will flash a message "NO HR DETECTED". Make sure your heart rate device is working properly.   If the heart rate signal does not return, the display will continue to flash the "NO HR DETECTED" message and the current resistance level will not change until the heart rate signal returns.
- Once the program is started, the message window will display the workout data of "Time, Intensity Level, Watts, and Calories".
- Press the "SELECT" key to switch the display to "% Max HR, Strides/Min, Distance, Strides"
- If no pulse is detected, the Pulse display will show "- - -" until there is a pulse, and the HR bar graph will not be illuminated.
- If a pulse is detected, the Pulse display will display the BPM, and the HR bar graph will illuminate to indicate your %Max. HR.

Adjusting % Max HR
• Press "UP/DOWN" key to adjust the % Max HR during the program. For the

Workout Programs, continued

Cardio program, the % Max HR can only be adjusted between 75% - 85%.

Pause, Reset, Switch, Stop or Save the program
See Basic Operation section for details.

Ending the Program
• When the selected program time is up or the "STOP" key is pressed, there will be a beep to signify the end of the program and Cool Down will become active
• The message window will scroll the messages "THE PROGRAM ENDED" then "3:00 COOL DOWN BEGIN"
• The "Start" key can be pressed to re-start the program.
• The "Stop" key can be pressed to skip the cool down mode and activate the Workout Summary immediately.

Demo Mode

The 1190 series units contain a demonstration mode that shows the major features and programs of the unit. To begin this mode, press and hold the "START" key for two seconds when the unit is in idle mode.

Maintenance

CAUTION – FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

As part of Diamondback's normal installation and set-up process, all pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle. This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use. Un-tightened pedal cranks may become loose, causing damage, which may void the warranty.

After training, always wipe down your 1190 series unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with a clean towel.

If noises develop or malfunctions occur, contact your authorized Diamondback fitness dealer.

Domestic warranty Information

(Applies to all product sold and placed within the continental US, Alaska, Hawaii, and Puerto Rico only)

Effective: August 2006

Diamondback warrants its 1190 Elliptical to be free from defects in material and workmanship under normal use in the home and light instructional environments. Diamondback's obligation under this Warranty is limited to repair or replacement of any defective part without charge through an authorized service agent to the original purchaser with the following parameters

Who is covered:

The Warranty is extended to the individual or legal entity whose name appears on the Warranty registration card filed with Diamondback and may not be transferred to any other individual or legal entity

To obtain service:

To obtain service you must contact your authorized Diamondback Fitness dealer. Your dealer is also your authorized service agent. An authorized service agent must diagnose your unit in order to determine Warranty claims/issues.

Sales where the unit is delivered unassembled (in a carton) to the end user (e.g. mail order or Internet sales) without a service contract purchased through the dealer voids the Warranty.

Warranty Registration:

Warranty commitments are valid only with a completed Warranty card that is returned within 15 days from the date of purchase and includes the product serial number. Registration is available at www.diamondbackfitness.com.

Proof of purchase from Diamondback's authorized dealer will be required if the Warranty card is not registered prior to any consideration of Warranty claim.

WHAT IS COVERED

Home

Maximum Usage: 14 Hours per week

Frame:	Lifetime limited Warranty. Covers defects in welds, materials and workmanship.
Parts & Electronics:	3 years
Normal Wear Items:	90-day limited on foam grips, pedals, etc.
Labor:	1 Year

Light Institutional

Maximum Usage: 21 Hours per week

Frame:	Lifetime limited Warranty. Covers defects in welds, materials and workmanship.
Parts & Electronics:	2 years
Normal Wear Items:	90-day limited on foam grips, pedals, etc.
Labor:	1 Year

Domestic warranty Information (continued)

Warranty voided if:
The Warranty does not apply to any failure of the product, or any parts of the product, due to: assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Assembly errors include but are not limited to:

Severed wire harness.
Stripped crank arms and/or pedals.
Bolts used in the wrong location.

Parts & Service:
Contact the authorized Diamondback dealer where unit as originally purchased. If you have moved, or that retailer is unavailable, use our dealer locator at
www.diamondbackfitness.com to help find another authorized dealer.

Diamondback is not responsible for arranging Warranty service and/or honoring extended warranties provided by dealers.

Exclusions:
Warranty is void if the 1190Er unit is placed in a commercial or light commercial environment, such as health club, school, or correctional facility.

Additional Rights:
This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, are limited to the same duration as the express Warranty herein. Diamondback Fitness, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for Diamondback Fitness, Inc. products are not authorized to modify this Warranty in any way.

This Warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

Diamondback Fitness, Inc.
300 Camarillo Ranch Road
Camarillo, CA 93012

Phone no. 800.776.7642

WARRANTY CARD

Important! • Important! • Important! • Important! • Important! • Important!

*Warranty card must be completed and returned to Diamondback within **15 days** of purchase. Failure to comply may void manufacturer's Warranty. Or, you may register your product at www.diamondbackfitness.com.*

Your Name:

Address:

City: State: Zip:

Daytime phone No.:   Evening phone No.:

Dealer Store Name: Address:

City: State: Zip:

Model: Serial No.:

Purchase Date:

Environment Unit Placed:

❏ Home   ❏ Light Institutional, i.e. Hotel, Business Center…

Mail completed form to:

Diamondback Fitness - Warranty Card

300 Camarillo Ranch Road

Camarillo, CA 93012

Please refer to www.diamondbackfitness.com for instructions in French.
Svp référez-vous www.diamondbackfitness.com pour instructions en français.

www.diamondbackfitness.com

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well equipped for success

Part no. 22-96-123