

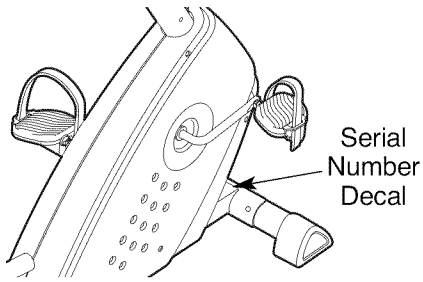
PRO-FORM[®]

10.8x

Model No. 831.21932.0

Serial No. _____

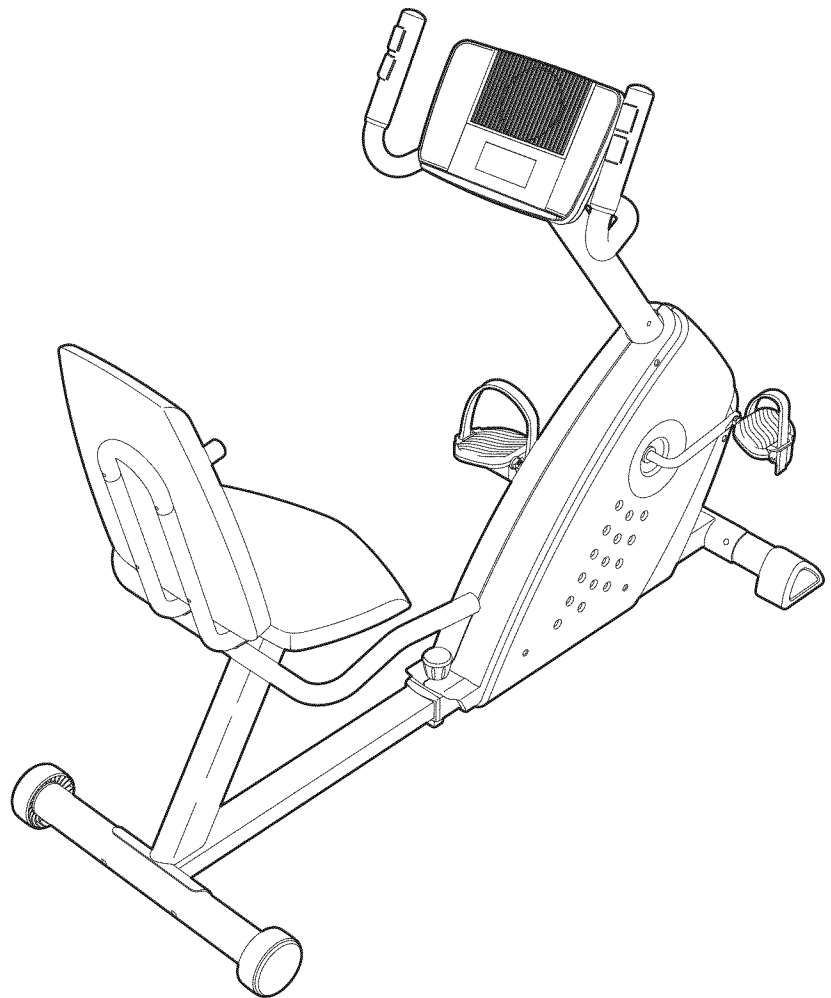
Write the serial number in the space above for reference.



BIKE EXERCISER

User's Manual

- Assembly
- Operation
- Maintenance
- Part List and Drawing



CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

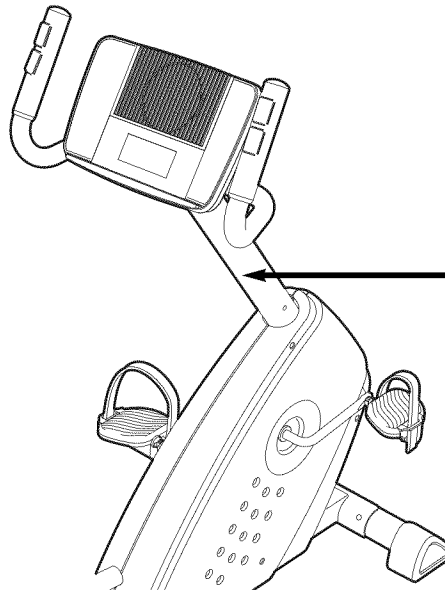
Sears, Roebuck and Co., Hoffman Estates, IL 60179

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise cycle before using your exercise cycle. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around your exercise cycle.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).
8. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. Keep your back straight while using your exercise cycle; do not arch your back.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.

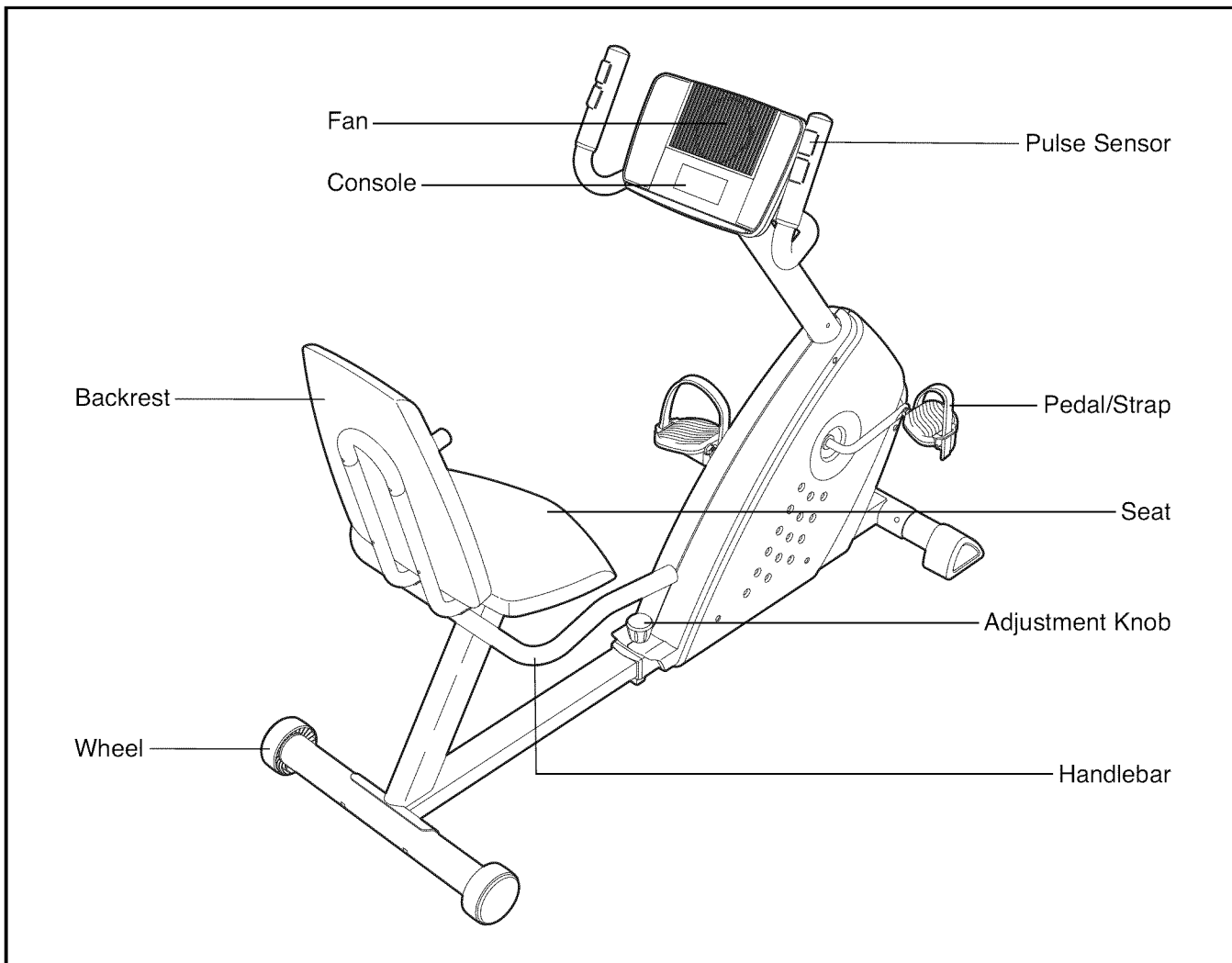
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 10.8X exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The 10.8X exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

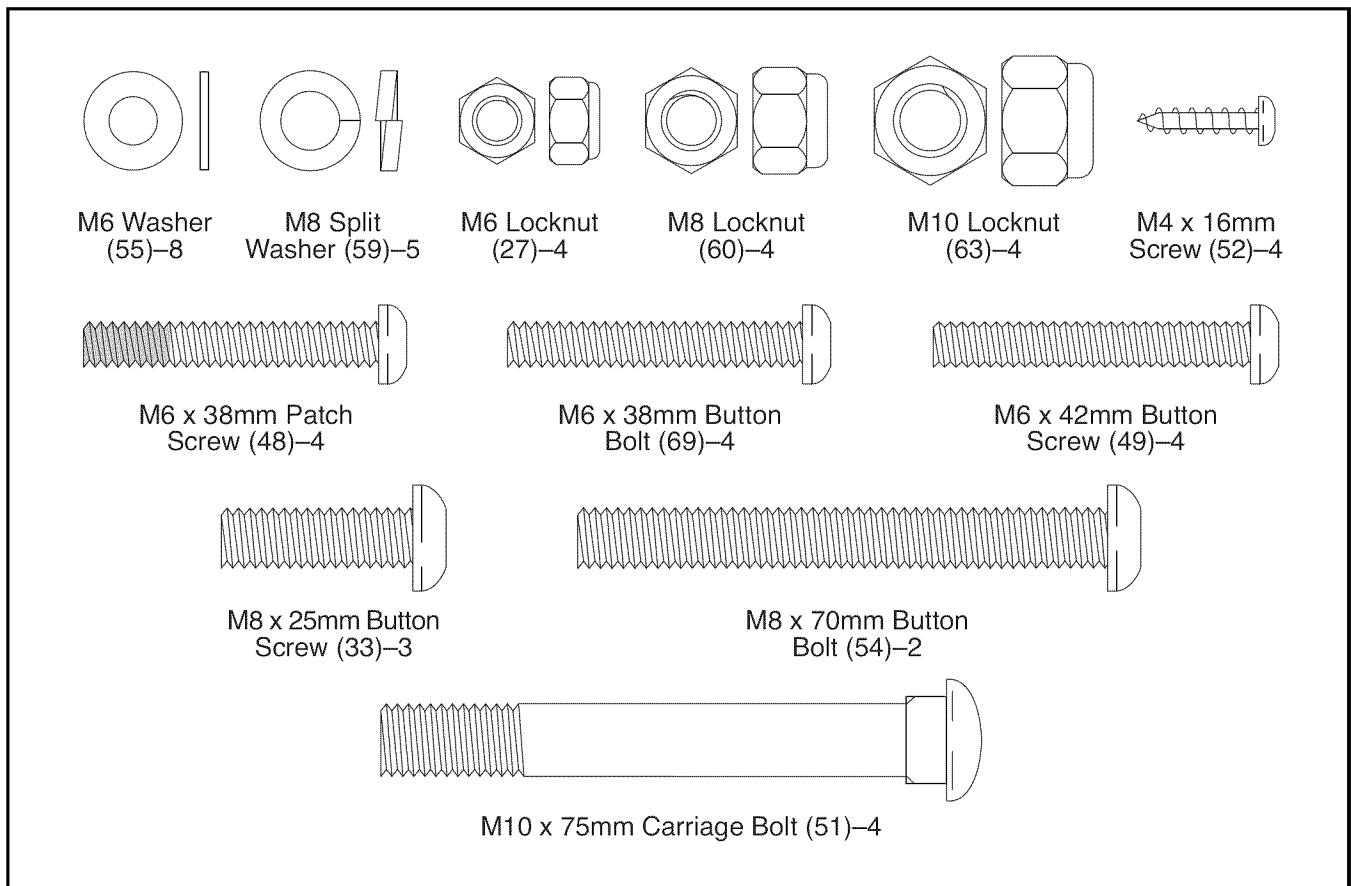


ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable wrench .

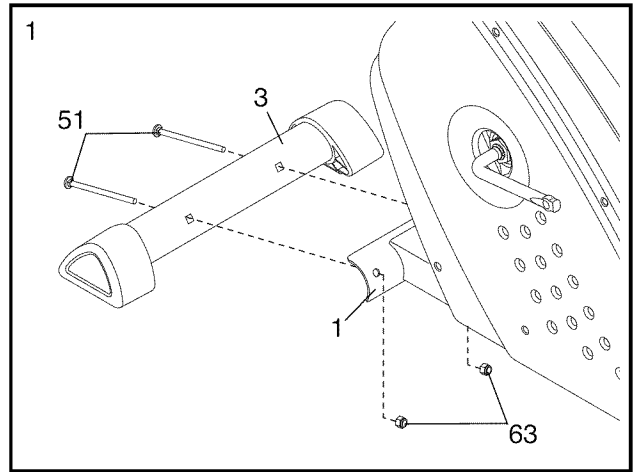
As you assemble the exercise cycle, use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled. If a part is missing, call 1-888-533-1333.**



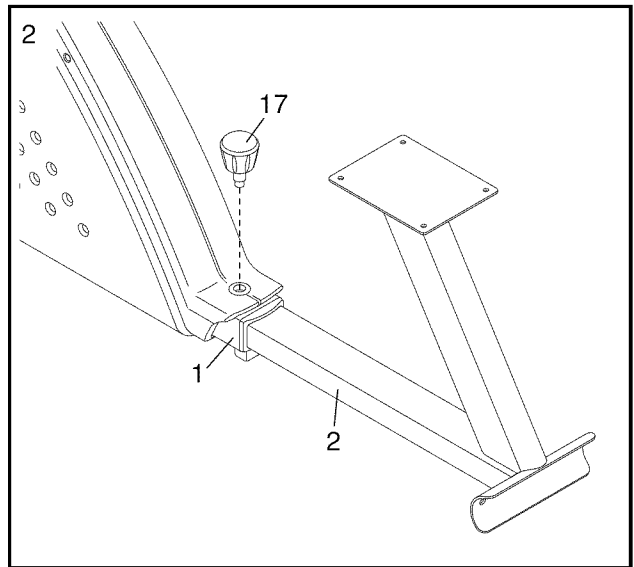
1.

To make assembly easier, read the information on page 5 before you begin assembling the exercise cycle.

While another person lifts the front of the Frame (1), attach the Front Stabilizer (3) to the Frame with two M10 x 75mm Carriage Bolts (51) and two M10 Locknuts (63).

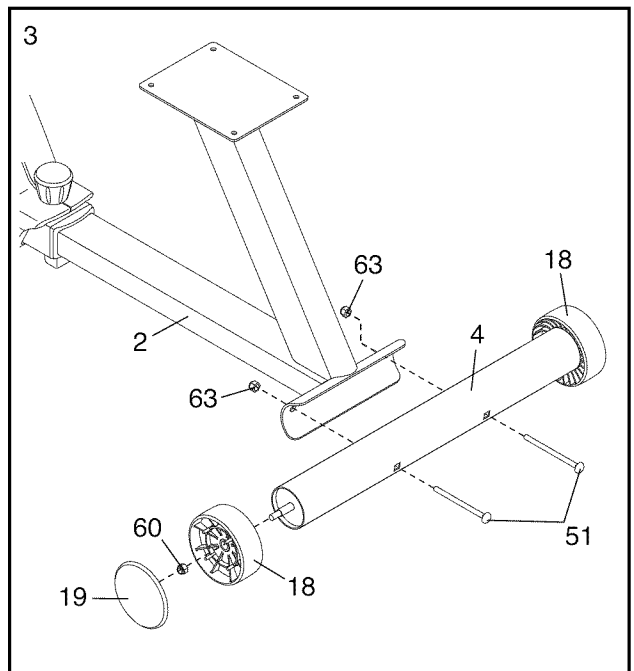


2. Slide the Rear Frame (2) out of the Frame (1), and then tighten the Adjustment Knob (17) into the Frame.

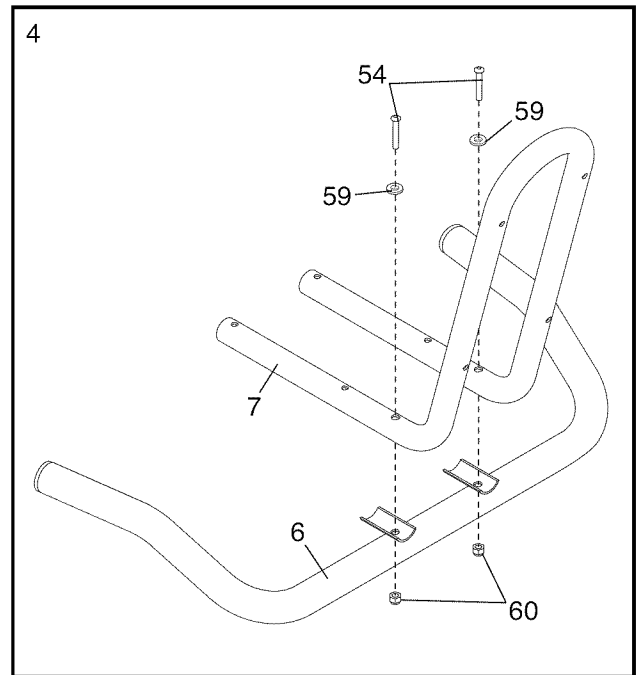


3. Attach the Wheels (18) to the Rear Stabilizer (4) with two M8 Locknuts (60). Press a Wheel Cap (19) onto each Wheel.

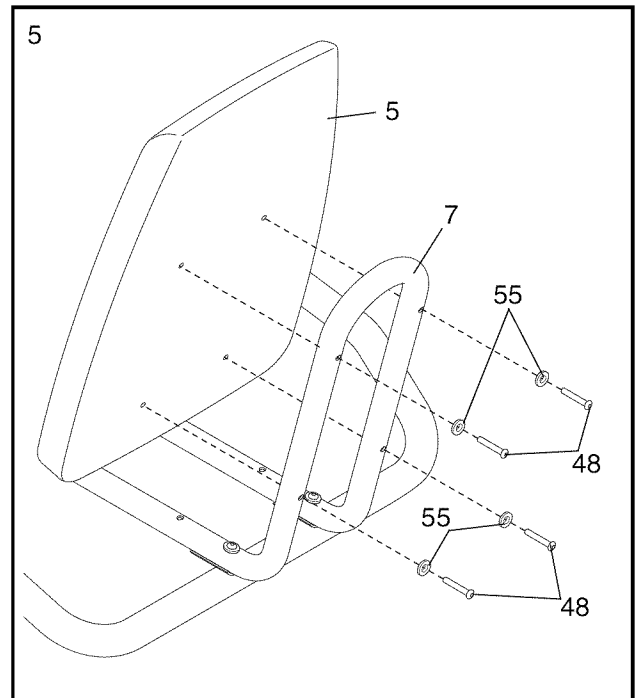
Attach the Rear Stabilizer (4) to the Rear Frame (2) with two M10 x 75mm Carriage Bolts (51) and two M10 Locknuts (63).



4. Attach the Seat Frame (7) to the Handlebar (6) with two M8 x 70mm Button Bolts (54), two M8 Split Washers (59), and two M8 Locknuts (60). **Do not tighten the Button Bolts yet.**



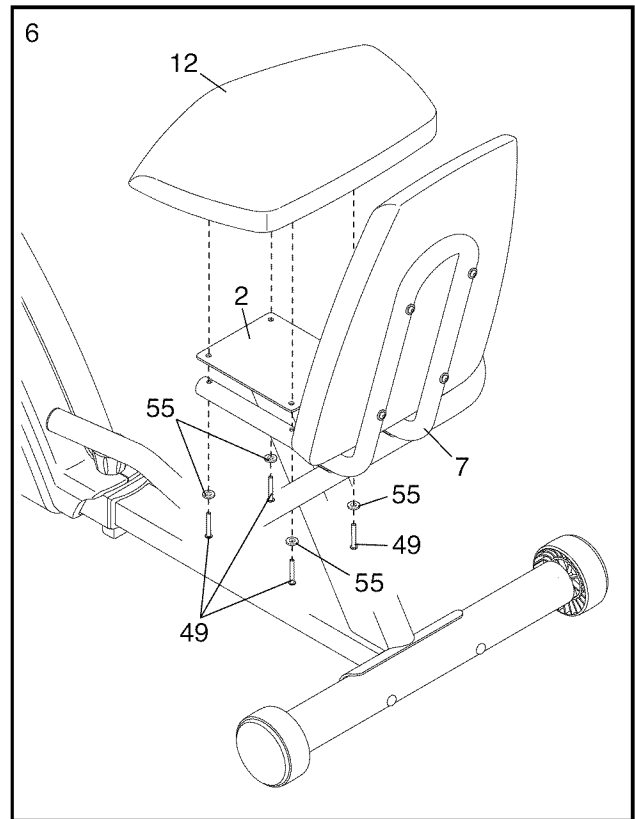
5. Attach the Backrest (5) to the Seat Frame (7) with four M6 x 38mm Patch Screws (48) and four M6 Washers (55). **Do not tighten the Patch Screws yet.**



6. Have another person hold the Seat Frame (7) under the Rear Frame (2) as shown. Attach the Seat Frame and the Seat (12) to the Rear Frame with four M6 x 42mm Button Screws (49) and four M6 Washers (55).

See step 4. Tighten the two M8 x 70mm Button Bolts (54).

See step 5. Tighten the four M6 x 38mm Patch Screws (48).



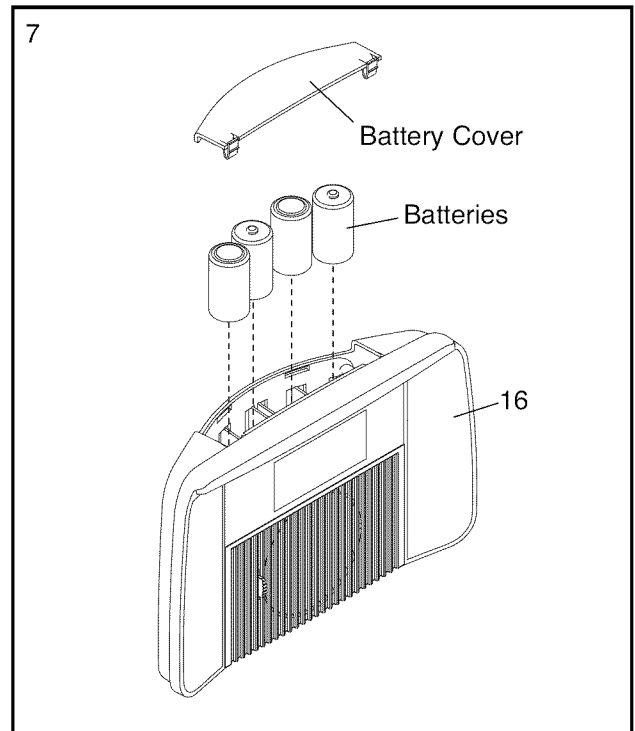
7. The Console (16) can use four 1.5V “D” batteries (not included); alkaline batteries are recommended.

IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries.

Otherwise, you may damage the console displays or other electronic components. Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover.

Make sure to orient the batteries as shown by the diagram inside the battery compartment.

To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



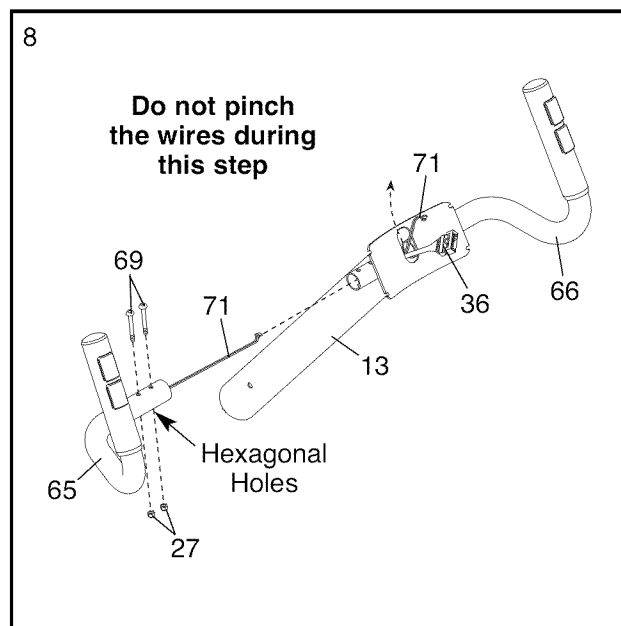
8. Identify the Left Pulse Bar (65), which is marked with a "Left" sticker.

Have another person hold the Left Pulse Bar (65) near the left side of the Upright (13). **Make sure that the hexagonal holes are in the indicated location.**

Insert the left Pulse Wire (71) into the Upright (13) and pull it upward out of the top of the Upright.

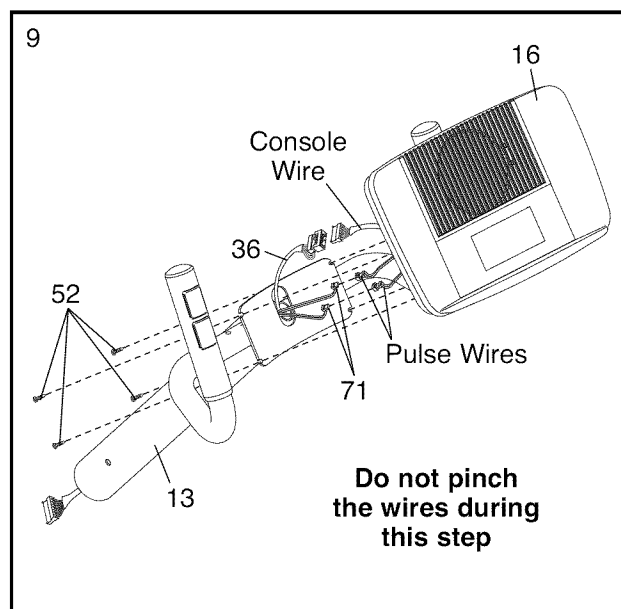
Tip: Do not pinch the wires. Slide the Left Pulse Bar (65) onto the Upright (13). Attach the Left Pulse Bar with two M6 x 38mm Button Bolts (69) and two M6 Locknuts (27). **Make sure that the Locknuts are in the hexagonal holes.**

Repeat this step for the Right Pulse Bar (66).



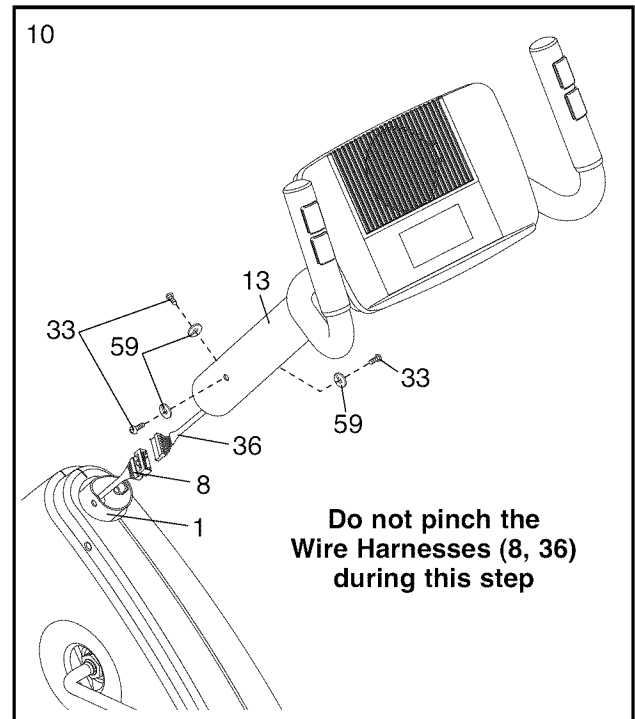
9. While another person holds the Console (16) near the Upright (13), connect the console wire to the Upper Wire Harness (36). Then, connect the console pulse wires to the Pulse Wires (71). Insert the excess wire downward into the Upright.

Tip: Do not pinch the wires. Attach the Console (16) to the Upright (13) with four M4 x 16mm Screws (52).



10. While another person holds the Upright (13) near the Frame (1), connect the Upper Wire Harness (36) to the Lower Wire Harness (8).

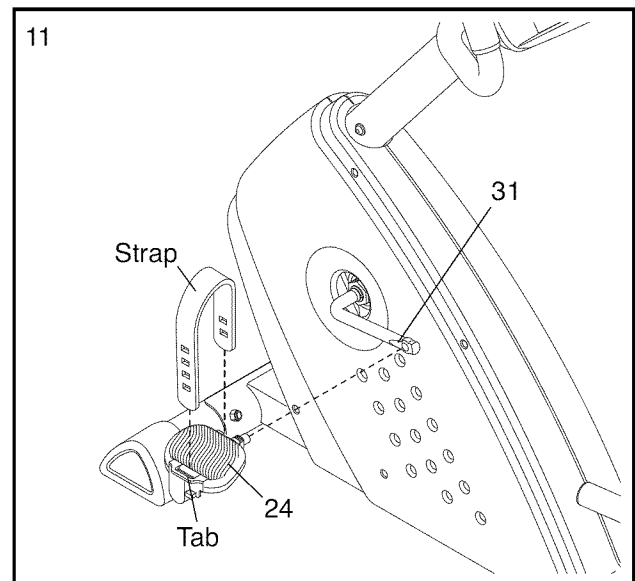
Tip: Do not pinch the Wire Harnesses (8, 36). Slide the Upright (13) onto the Frame (1). Attach the Upright with three M8 x 25mm Button Screws (33) and three M8 Split Washers (59).



11. Identify the Left Pedal (24), which is marked with a "Left" sticker. Firmly tighten the Left Pedal *counter-clockwise* into the left arm of the Crank (31).

Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise cycle for one week, retighten the pedals. For best performance, keep the pedals tightened.**

Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the Left Pedal. **Adjust the strap on the Right (not shown) in the same way.**

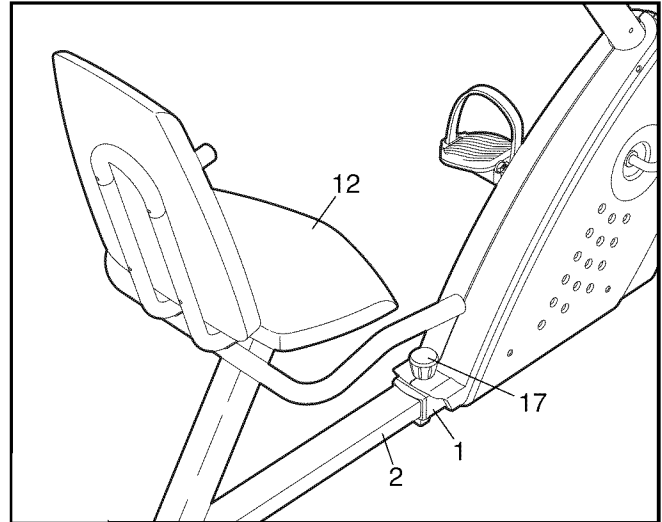


12. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: Some hardware may be left over after assembly is completed. Place a mat beneath the exercise cycle to protect the floor.

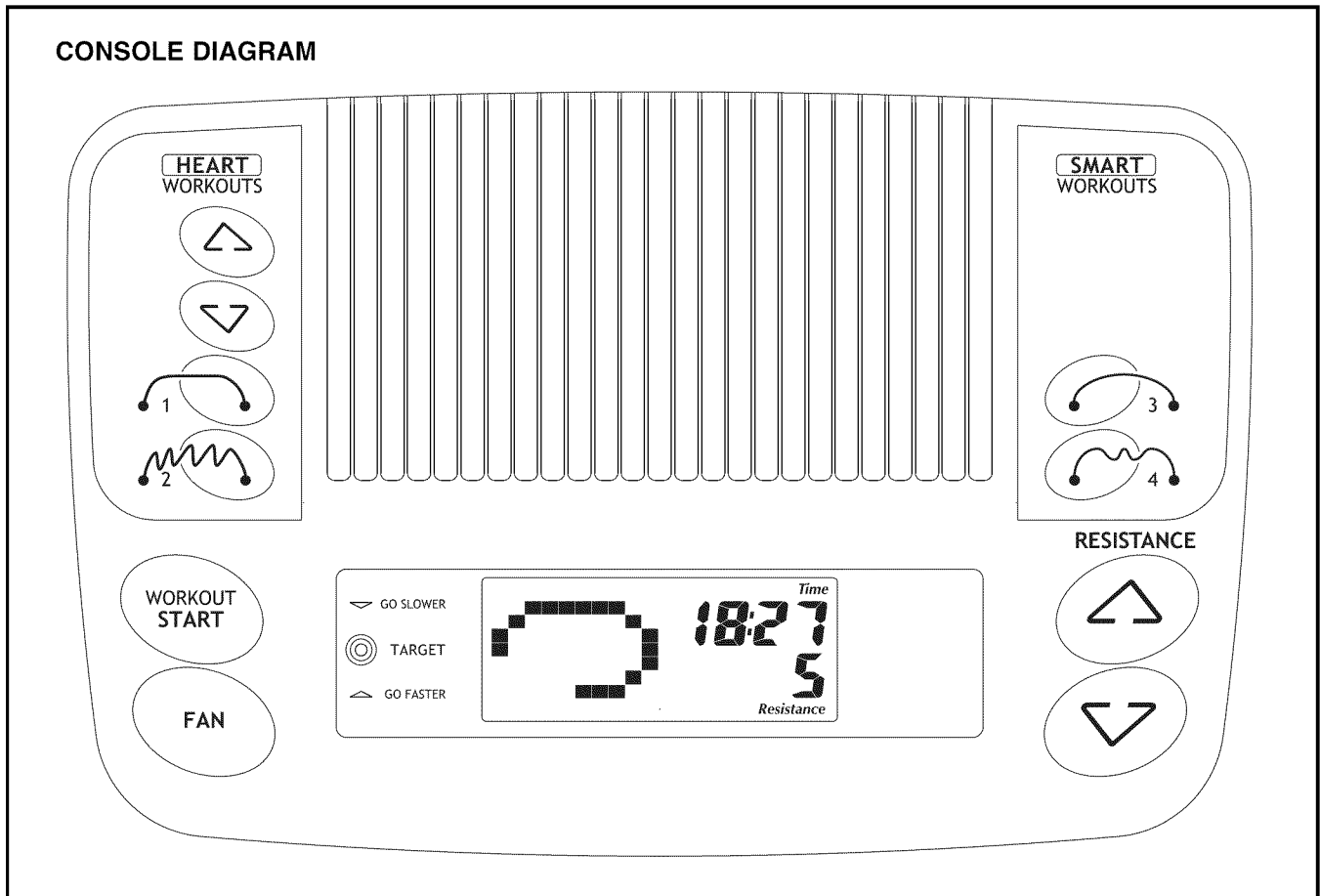
HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT

After the exercise cycle is assembled, adjust the Seat (12) to the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position. To adjust the Seat, loosen the Adjustment Knob (17), slide the Rear Frame (2) forward or backward in the Frame (1), and then tighten the Adjustment Knob.



CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console also offers two smart workouts that automatically change the resistance of the pedals and prompt you to increase or decrease your pace while guiding you through an effective workout.

In addition, the console features two heart rate workouts that automatically change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate while you exercise.

To use the manual mode, see page 13. **To use a smart workout**, see page 15. **To use a heart rate workout**, see page 16.

Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

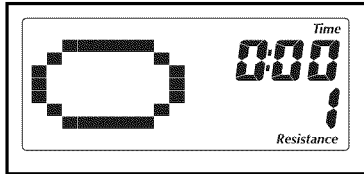
HOW TO USE THE MANUAL MODE

1. **Press any button on the console or begin pedaling to turn on the console.**

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

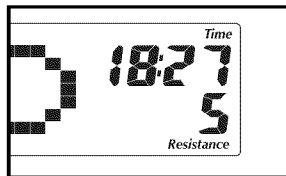
If you have selected a workout, reselect the manual mode by pressing a Smart Workouts button once or twice until a track appears in the left display and the time is reset to zero.



3. **Begin pedaling and change the resistance of the pedals as desired.**

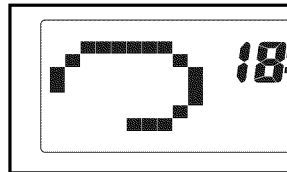
As you pedal, change the resistance of the pedals by pressing the Resistance increase or decrease buttons.

Note: After you press the Resistance, it will take a moment for the pedals to reach the selected resistance level.



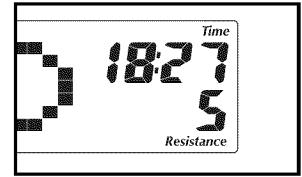
4. **Follow your progress with the displays.**

The left display—will show a track representing 1/4 mile (400 meters). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



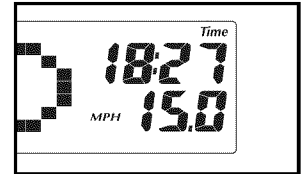
The upper display—

This display will show the approximate number of calories you have burned, the distance you have pedaled, and the elapsed time. The display will change modes every few seconds. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



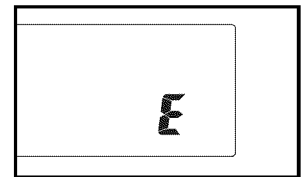
The lower display—

This display will show your pedaling pace, in miles per hour (MPH), and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor.



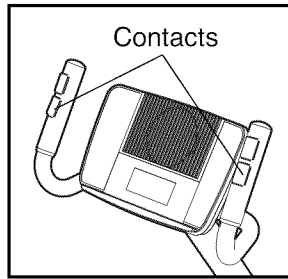
Note: The console can show pedaling pace and distance in either miles or kilometers.

The letters MPH or Km/H will appear in the display to show which unit of measurement is selected. To change the unit of measurement, first press and hold down the Workout Start button for several seconds. An “E” for English miles or an “M” for metric kilometers will appear in the lower display. Press the Resistance increase button to select the desired unit of measurement. Then, press the Workout Start button to save your selection.



5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, your heart rate will be shown in the lower display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the lower display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

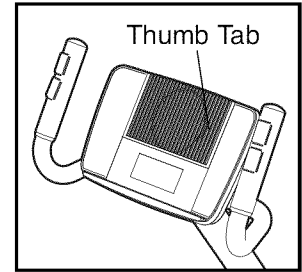
If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly.

6. Turn on the fan if desired.

The fan has high, low, and auto speed settings; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you

increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Slide the thumb tab on the right side of the fan to pivot the fan to the desired angle.



7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the upper display.

If the pedals do not move for a few minutes, the console will turn off and the displays will be reset.

HOW TO USE A SMART WORKOUT

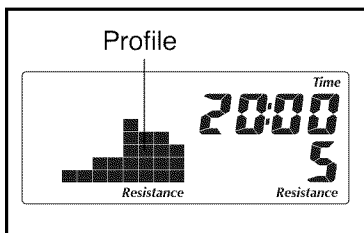
1. Press any button on the console or begin pedaling to turn on the console.

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

2. Select a smart workout.

To select a smart workout, press one of the Smart Workouts buttons on the right of the console.

When you select a smart workout, a profile of the resistance settings of the workout will scroll across the left display. In addition, the maximum resistance setting of the workout will flash in the lower display for a moment and the workout time will appear in the upper display.

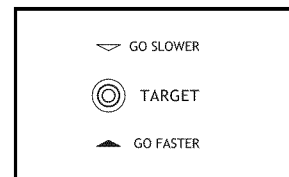


3. Press the Workout Start button or begin pedaling to start the workout.

Each workout is divided into 20 one-minute segments. One resistance setting and one pace setting are programmed for each segment. Note: The same resistance setting and/or pace setting may be programmed for two or more consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the target pace guide will help you to keep your pedaling pace near the pace setting for the current segment. When the “Go Faster” indicator lights, increase your pace; when the “Go Slower” indicator lights, decrease your pace; when the “Target” indicator lights, maintain your current pace.



IMPORTANT: The pace settings are intended only to provide motivation. Your actual pace may be slower than the pace settings. Make sure to exercise at a pace that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the resistance level by pressing the Resistance buttons. However, when the current segment ends, the resistance of the pedals will automatically adjust to the resistance level programmed for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

4. Follow your progress with the displays.

See step 4 on page 13.

5. Measure your heart rate if desired.

See step 5 on page 14.

6. Turn on the fan if desired.

See step 6 on page 14.

7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 14.

HOW TO USE A HEART RATE WORKOUT

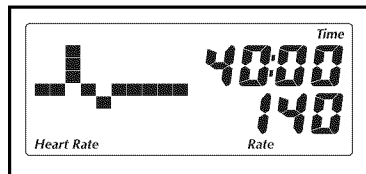
1. Press any button on the console or begin pedaling to turn on the console.

A few seconds after the console is turned on, the displays will light. A tone will then sound and the console will be ready for use.

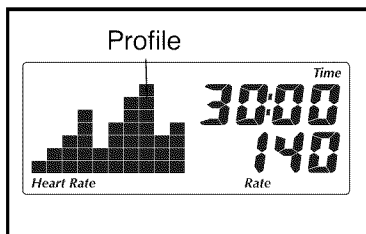
2. Select a heart rate workout.

To select a heart rate workout, press either of the Heart Workouts buttons on the left side of the console.

If you select heart rate workout 1, a heart rate symbol will appear in the left display.



If you select heart rate workout 2, a profile of the target heart rate settings of the workout will scroll across the left display and the workout time will appear in the upper display.



3. Enter a target heart rate setting.

If you select heart rate workout 1, the target heart rate setting for the workout will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the console to change the target heart rate setting (**see EXERCISE INTENSITY on page 19**). Note: The same target heart rate setting will be programmed for all segments.

If you select heart rate workout 2, the maximum target heart rate setting of the workout will flash in the lower display. If desired, press the increase and decrease buttons in the upper left corner of the console to change the maximum target heart rate setting (**see EXERCISE INTENSITY on page 19**). Note: If you change the maximum target heart rate setting, the intensity level of the entire workout will change.

4. Hold the handgrip pulse sensor.

It is not necessary to hold the handgrips continuously during the workout. However, you should hold the handgrips frequently for the workout to function properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. Press the Workout Start button to start the workout.

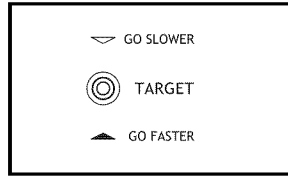
The heart rate workout 1—This workout is divided into 40 one-minute segments. The same target heart rate is programmed for all segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

The heart rate workout 2—This workout is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing at the left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.

Both heart rate workouts—As you pedal, the console will regularly compare your heart rate to the target heart rate setting for the current segment. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

As you exercise, the target pace guide will help you to keep your pedaling pace near the pace setting for the current segment.



When the “Go Faster” indicator lights, increase your pace; when the “Go Slower” indicator lights, decrease your pace; when the “Target” indicator lights, maintain your current pace.

IMPORTANT: The target heart rate settings are intended only to provide motivation. Your actual heart rate may be slower than the target heart rate settings. Make sure to exercise at a pace that is comfortable for you.

Note: During the workout, you can manually override the resistance setting for the current segment, if desired, with the Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a tone will sound and the workout will pause. To restart the workout, simply resume pedaling.

6. Follow your progress with the displays.

See step 4 on page 13.

7. Turn on the fan if desired.

See step 6 on page 14.

8. When you are finished exercising, the console will turn off automatically.

See step 7 on page 14.

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of liquid dish soap. **IMPORTANT: To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

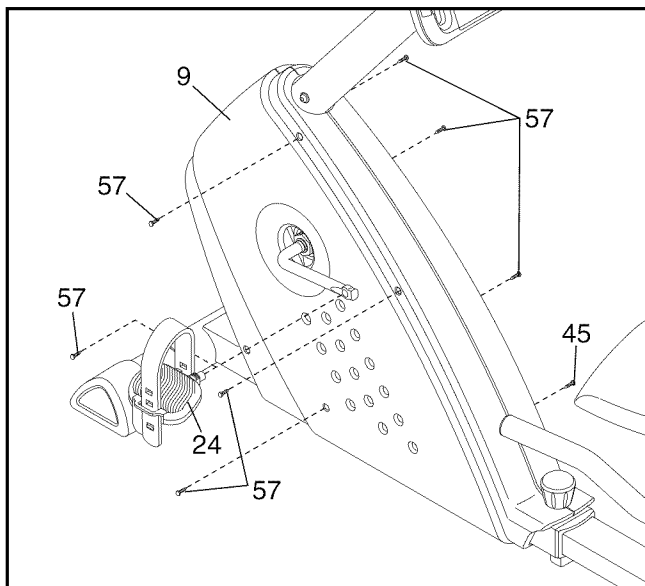
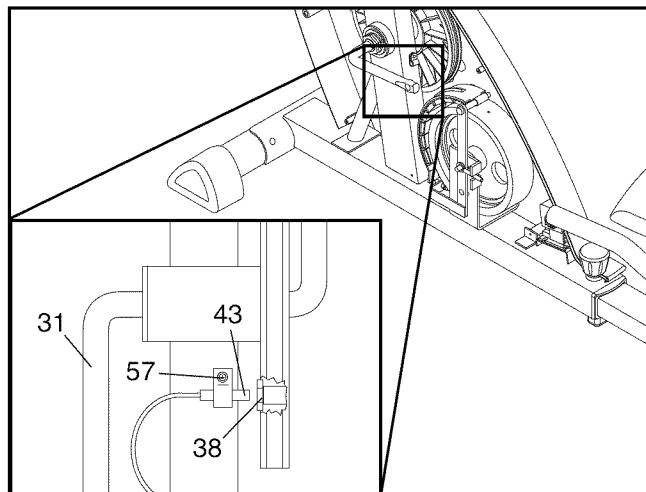
CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 7 on page 8. If the handgrip pulse sensor does not function properly, see step 5 on page 14.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the Left Shield (9). Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the seven M4 x 16mm Screws (57) and the M4 x 25mm Screw (45). Then, carefully remove the Left Shield.

With the left shield removed, locate the Reed Switch (43). Turn the Crank (31) until the Magnet (38) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 16mm Screw (57). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left shield and the left pedal.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, backs of knees, and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

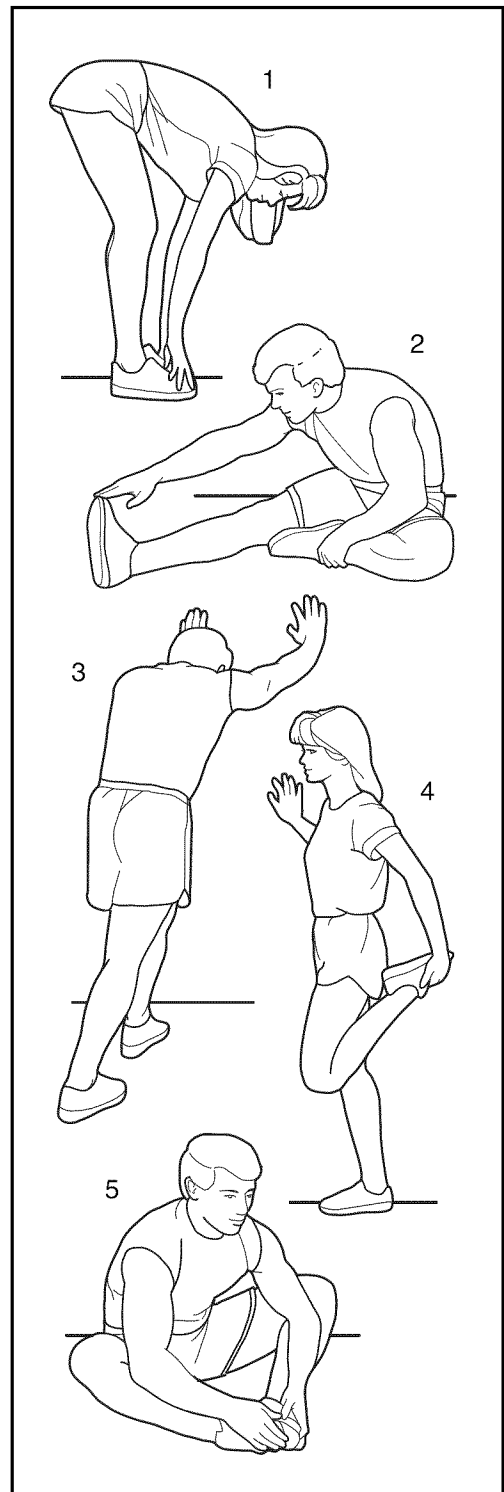
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward, and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. 831.21932.0

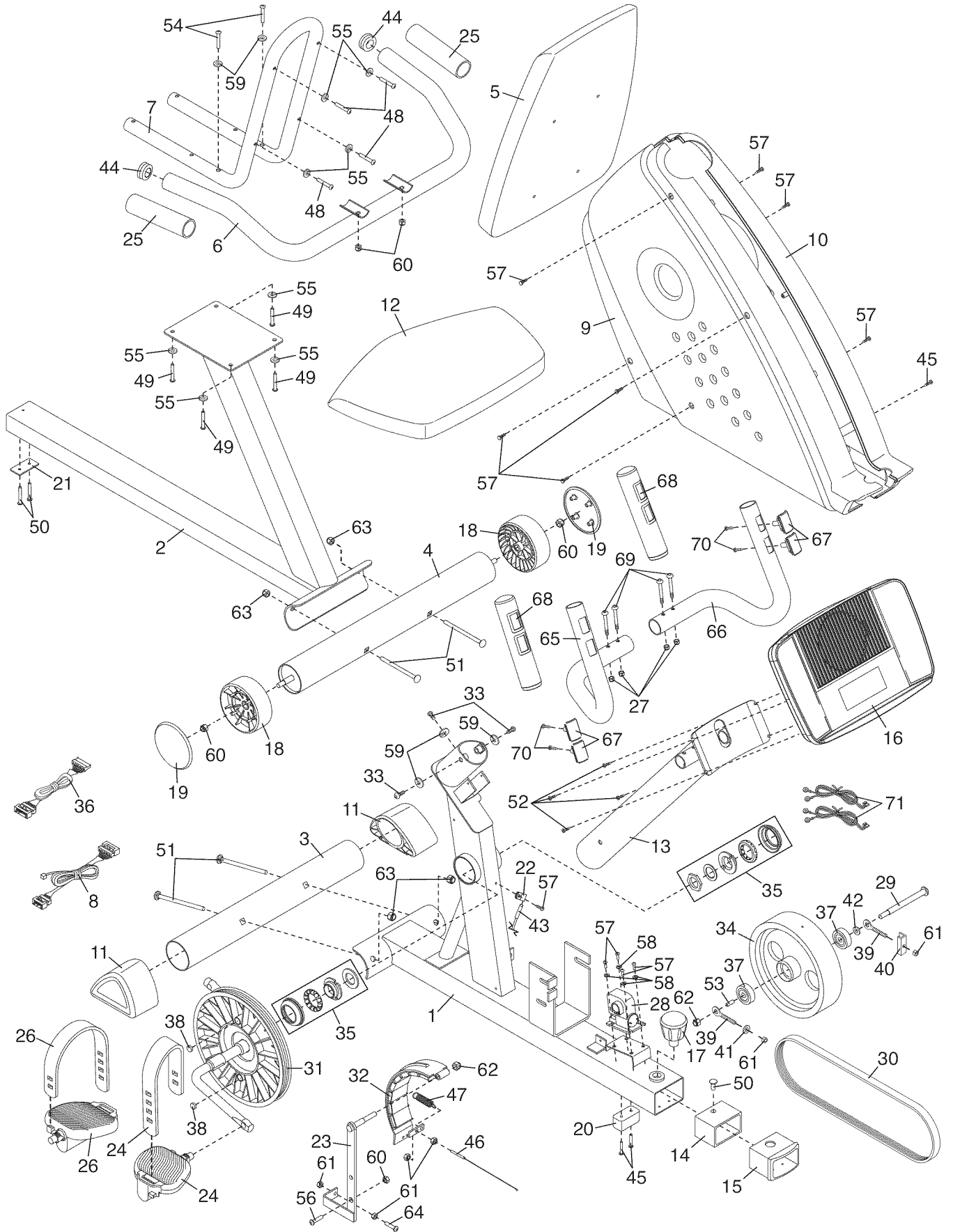
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	38	2	Magnet
2	1	Rear Frame	39	2	Tension Bolt
3	1	Front Stabilizer	40	1	Tension Bracket
4	1	Rear Stabilizer	41	1	M8 Washer
5	1	Backrest	42	1	Flywheel Washer
6	1	Handlebar	43	1	Reed Switch/Wire
7	1	Seat Frame	44	2	Handlebar Cap
8	1	Lower Wire Harness	45	3	M4 x 25mm Screw
9	1	Left Shield	46	1	Resistance Cable
10	1	Right Shield	47	1	Return Spring
11	2	Stabilizer Cap	48	4	M6 x 38mm Patch Screw
12	1	Seat	49	4	M6 x 42mm Button Screw
13	1	Upright	50	3	M4 x 16mm Flat Head Screw
14	1	Front Bushing	51	4	M10 x 75mm Carriage Bolt
15	1	Rear Bushing	52	4	M4 x 16mm Screw
16	1	Console	53	1	5mm Spacer
17	1	Adjustment Knob	54	2	M8 x 70mm Button Bolt
18	2	Wheel	55	8	M6 Washer
19	2	Wheel Cap	56	1	M8 x 20mm Button Bolt
20	1	Frame Pad	57	12	M4 x 16mm Screw
21	1	Frame Stop	58	4	M5 Washer
22	1	Reed Switch Clamp	59	5	M8 Split Washer
23	1	C-magnet Bracket	60	5	M8 Locknut
24	1	Left Pedal/Strap	61	6	M6 Nut
25	2	Foam Grip	62	2	M8 Jam Nut
26	1	Right Pedal/Strap	63	4	M10 Locknut
27	4	M6 Locknut	64	1	M6 x 38mm Bolt
28	1	Resistance Motor	65	1	Left Pulse Bar
29	1	Flywheel Axle	66	1	Right Pulse Bar
30	1	Belt	67	4	Pulse Sensor
31	1	Pulley/Crank	68	2	Pulse Grip
32	1	C-magnet	69	4	M6 x 38mm Button Bolt
33	3	M8 x 25mm Button Screw	70	4	M4 x 20mm Screw
34	1	Flywheel	71	2	Pulse Wire
35	1	Crank Bearing Assembly	*	—	User's Manual
36	1	Upper Wire Harness	*	—	Hex Key
37	2	Bearing			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated. **If a part is missing, call 1-888-533-1333.**

EXPLODED DRAWING—Model No. 831.21932.0

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