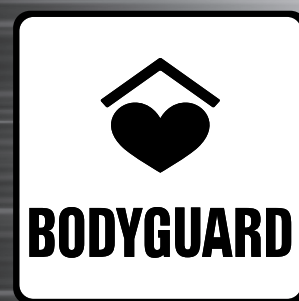


USER'S INSTRUCTION MANUAL **Bikes**

Designed and engineered in Canada



Healthier Living

bodyguardfitness.com

Bodyguard, cardiovascular exercise
machine manufacturer since 1969

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THANK YOU FOR PURCHASING A BODYGUARD FITNESS BIKE

Bodyguard Fitness is dedicated to designing and manufacturing the very best performing fitness equipment on the market. This manual outlines the use, safety, and basic maintenance for your Bodyguard Fitness bike.

Whenever you require service for your fitness equipment, be prepared to provide your Bodyguard Fitness dealer with the machine's model number, serial number and date of purchase. The model number and serial numbers are located at the front of the machine. Be sure to write this information in the space provided below.

Product Name	
Model Number	
Serial Number	
Date of Purchase	
Dealer Store Name	
Dealer Phone Number	

Please fill out the warranty registration card and return it to Bodyguard Fitness within 30 days of the date of purchase for registration of your bike warranty. Your returned warranty registration card is important in helping us keep you up-to-date with all the latest bike product additions. Also, the warranty card is used to establish the actual sale date. Note that you can also quickly register online at www.bodyguardfitness.com.

NOTE – If you omit to send your warranty card to Bodyguard Fitness or register online, Bodyguard Fitness will use the dealer purchase date as the commencement of your warranty time.

Important Safety Notice

READ THIS MANUAL THOROUGHLY BEFORE ATTEMPTING TO ASSEMBLE OR USE THIS EXERCISE EQUIPMENT

To ensure that you get the maximum benefit from the engineering that has gone into your machine, we recommend that you read this manual carefully before attempting to assemble and use your bike. Save these instructions and refer to this manual if you are unfamiliar with the operation of the machine.

WARNING – Before using any Bodyguard Equipment, read this owner's manual carefully. Use of this equipment by people with heart or other medical problems may result in serious injury. Consult your physician before using this equipment, and continue to do so periodically as you continue to use this equipment. Cease exercising immediately if you feel dizzy, faint or short of breath. Using this equipment improperly or in a manner other than that prescribed by these instructions may result in serious injury.

For Your Personal Safety

- Do not place towels or clothing on any part of the bike.
- Do not place liquids near the computer console, electrical power plug, ON/OFF switch or any part of the bike.
- Before disconnecting the power, exit the program screen, and then turn power OFF. To reduce any risk of electrical shock, do not pull the power cord by the cable. Gently remove the plug from the wall outlet.
- Do not operate the bike if the power cord is damaged or if the bike is not working correctly. If the power cord is damaged, please contact your distributor or manufacturer to have it replaced.
- Keep the power cord away from all moving parts of the bike.
- Place the equipment in such a way that the power can be easily disconnected.
- If you need to use an extension cord, make sure it is of the same gauge as the power cord (18 AWG). Keep all extension cords clear of all moving parts of the bike.
- The bike should not be boxed in by furniture or obstacles. Keep all sides of the bike clear of obstructions.
- Do not allow unsupervised children near the bike.
- Wear proper exercise footwear when using the bike.
- The bike must never be used by more than one person at a time.

Electrical Information

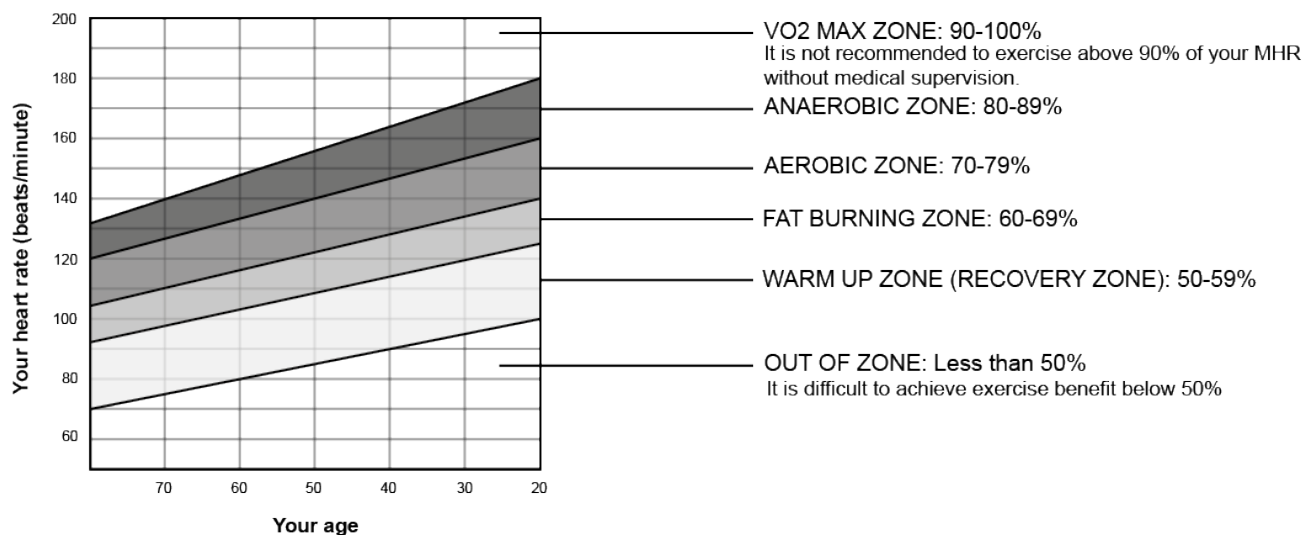
WARNING – To prevent the risk of fire or electric shock, do not expose this machine to rain or moisture. Refer servicing to qualified Bodyguard® Service personnel only.

Should you need more information, you can call our Customer Service Department at: 1-418-228-8934 or 1-888-407-3784.

Know Your Heart Rate

To determine your recommended heart rate level and help select the correct type of exercise program you wish to follow, see the graphic below. An approximate of your maximum heart rate (MHR) is calculated as follows: **MHR = 220 – Age**.

- ▶ Warm up Zone = 50-59%
- ▶ Fat Burning Zone = 60-69%
- ▶ Aerobic Zone = 70-79%
- ▶ Anaerobic Zone = 80%-89%
- ▶ VO₂Max Zone = 90%-100%



1. OPERATING YOUR BIKE

The R6X and V6X bikes have a Power Switch located at the front (R6X model) or at the back (V6X Model) besides the power cord receptacle. Turning the power switch on will light up the console. If your console does not light up, it may be in Auto Power Off (Sleep) mode. Press the STOP key to wake the console from Sleep mode.

If your bike model is a V9X or R9X (self generated type), simply press any key on the keyboard or start to pedal. The display will stay on for 1 minute after a key has been pressed. If an exercise is not started within that time, the console will return to sleep mode and all data entered will be lost. If the console still does not light up, refer to section 6.2.

The V6X-V9X-R6X-R9X bikes are built with an LCD (liquid crystal display) computer display monitor. The control functions, the programs and the features have been designed with you in mind, to offer the best possible exercise by displaying important and clear information regarding your exercise progress. For the best exercise results, please, familiarize yourself with the functions of the display and each program.

1.1. GETTING TO KNOW THE COMPUTER DISPLAY MONITOR

1.1.1. V6X-V9X-R6X-R9X

The computer display monitor features a main screen comprising of a 20 x 13 dots central matrix to display exercise profiles and information windows that show the parameters of the exercise under way. Refer to the glossary in section 1.1.2 to find information about the **V6X-V9X-R6X-R9X** console; MAIN KEYPAD, PROFILE DISPLAY, QUICK PROGRAM KEYS, STATS AND USER ID KEYS, A & B PRESET LEVEL KEYS, iPad PORT and a USB PORT.



The vertical axes shows either the resistance or the watts. A matrix of 20 horizontal segments and 13 vertical levels is displayed in the center of the screen. Horizontally, each segment (dot) represents one twentieth of the length of the exercise. Vertically, each dot represents 2 levels from 1 to 20.

Every exercise program begins on the left-hand side of the screen and ends when it has reached the right-hand side. A flashing dot shows your progress in the program. As the resistance or watts level varies, the profile moves towards the top (If resistance or watts level is increasing) or towards the bottom (If the resistance or watts level is decreasing) of the screen. At the bottom of the screen (Underneath the profile of your program), a scrolling message center indicates various exercise parameters not shown in the dedicated windows.

1.1.2. Console and Parameters Glossary

MAIN KEYPAD. The main keypad has 7 silicone keys. From the left to right those keys are: **INCREASE/DECREASE LEVEL**, **iTek**, **STOP**, **JustGo™ (ENTER)** and **INCREASE/DECREASE SEGMENT**.

JustGo™. Allows you to simply push the button and start the workout from the Welcome Screen. The **JustGo™** button is also used as an **ENTER** key in various menus.

STOP. Allows you to pause or cancel a program and allows you to exit the current program or exit a menu.

INCREASE/DECREASE LEVEL. Pressing these keys allows you to select the programs and parameters prior to each exercise and also allows you to modify the level of difficulty of a program during the workout.

INCREASE/DECREASE SEGMENT. Pressing these keys allows you to select the programs and parameters prior to each exercise and also allows you to modify a segment's resistance during the workout.

iTek. When at the Welcome Screen, pressing the **iTek** button once allows you to access the **SETTINGS** Menu (see section 2 for more details about the **SETTINGS** Menu). When at the **MAIN** Menu pressing and holding the **iTek** button for 3 seconds will allow you to access the **DIAGNOSTICS** Menu (see section 5 for more details about the **DIAGNOSTICS** Menu). When in one of the general menus pressing the **iTek** button will act as a Home Key, it will erase all the parameters that a user has entered and bring the user back to the **MAIN** Menu. During a program, pressing the **iTek** button once will display the bikes lifetime Total Stats (Total Distance & Total Time). Pressing the **iTek** button a second time will display the amount of Torque being produced by the user. Pressing the **iTek** button a 3rd time will return the alphanumeric display to the scrolling workout stats.

QUICK KEYS.

USER ID KEY. The User ID key allows you to access the **USER ID** Menu. In this menu you may create, select, edit or delete a User ID. To select a saved User ID scroll through the list by continually pressing the **USER ID** button or by pressing the **USER ID** key once and then by pressing one of the **INCREASE/DECREASE SEGMENT** keys. Please note, once a **USER ID** has been selected, all the exercise programs will be affected by the parameters of this user and all the statistics will cumulate into the statistics of this user. To deactivate the **USER ID**, refer to section 2.5.

STATS KEY. Each user listed in the **USER ID** will record statistics into their personal data file. The **STATS** key allows you to view the stored statistics of the current user. To enter this menu you must first select a User ID and then from the Welcome Screen press the **STATS KEY** once.

QUICK PROGRAM KEYS. These 3 keys allow you to quickly access the program category of your choice. From left to right the 1st button (Basic) leads you to a series of **Basic Programs**; the 2nd (Cardio) leads you to the **Cardio Programs** (these programs require the use of a heart rate transmitter (Chest strap) or a continuous contact with the hand grips) and the 3rd key (Advanced) leads you to **Advanced Programs** which include the **Memory** and **Custom Programs**. See the grid at the beginning of section 3 for more information.



PRESET LEVEL KEYS (A & B). These two keys allow you to quickly modify the level of effort while exercising to any preprogrammed level without having to use the **INCREASE/DECREASE SEGMENT** keys. To store a level, manually change the level of effort to the desired value and then press and hold down the preset A or B key for 1 second, the value will be save in memory. To recall that level, just press the preset key again. If you have a user ID selected while completing this process, the values will follow the user ID each time the user logs in. If no user ID is selected, the values will be erased from the memory after the workout.

DATA WINDOWS. The data windows show various parameters during a workout (LEVEL, TIME, etc.) and total workout parameters are displayed at the end of a workout (CALORIES BURNED, AVERAGE SPEED, etc.).

AVERAGE SPEED. At the end of a program; the average speed value of the entire workout is displayed.

CALORIES. Indicates your total caloric expenditure from the beginning of your workout.

This parameter displays an evaluation of the real values of your exercise. The evaluation is based on formal information, tests and is supported by specialists and physicians.

CALORIES/HOUR. Indicates your hourly caloric expenditure based on your weight input and actual exercise intensity level.

CALORIES BURNED. At the end of a workout; the approximate caloric expenditure is displayed for the entire workout period.

DISTANCE. Displays the total distance covered, in miles or kilometers, from the start of the workout ranging from 0.00 to 99.99 miles or 0.00 to 99.9 km.

ELEVATION CHANGE. Displays the total change in feet or meters in the Advanced Hill program.

ELAPSED TIME. Indicates the time elapsed since the beginning of the program. The time will range from 0 to a maximum of 99 minutes for all the programs except for the Manual Program. The manual program can last up to 6 hours (360 minutes).

GOAL %. Indicates the percentage of your goal achieved.

HEART RATE. Displays your current heart rate as transmitted by the chest strap (optional on some models) or by your hands, using the contact heart rate bars, if you are not using a chest strap. The value is shown in beats per minute (BPM). If both signals are used, the chest strap signal has priority over the hand grip signal.

MAXIMUM HEART RATE %. Displays your current BPM (beats per minute) percentage in relation with your maximum BPM. Refer to *Know your Heart Rate* section on page 7 for more information. If you are wearing a chest strap or if you are holding the hand grips continuously and are exercising in a **Heart Rate Program**, the maximum heart rate % will automatically be shown.

METS. Indicates the ratio of working metabolism over the resting metabolism; as an example; when you are home, sitting, your METS = 1. When you are exercising, if the unit shows METS = 10, it means that you currently are spending 10 times more calories than if you were sitting at home.

PACE. Indicates how long it will take to complete one mile or one kilometer at your current speed. Pace per mile or kilometer is shown in minutes and seconds.

SPEED. Indicates your current speed in miles or kilometers per hour.

TARGET BPM. Displays your Target Heart Rate in Beats per Minute during Cardio Programs.

TARGET REMAINING. Indicates the time (or calories or distance) remaining once a program has started. The parameters shown depend on the selected program (**Time Goal**, **Calories Goal** or **Distance Goal**).

TIME REMAINING. Indicates the time left before reaching your goal.

CALORIES REMAINING. Indicates how many calories remaining to be burned before reaching your goal.

DISTANCE REMAINING. Indicates how many miles or kilometers remain to reach your goal.

DURATION SEGMENT. Indicates the time (or calories and distance) remaining during the current segment. The parameters shown depend on the selected program (**Time Goal**, **Calories Goal**, **Distance Goal**).

TIME SEGMENT. Indicates the time remaining before the end of the current segment.

CALORIES SEGMENT. Indicates how many calories remain to be burned before the end of the current segment.

DISTANCE SEGMENT. Indicates how many miles or kilometers remain before the end of the current segment.

TIME IN ZONE (TIZ). This parameter is only displayed during Heart Rate Control programs that keep the user in a particular zone. In the **Heart Rate Control program**, if the user chooses to workout in the Fat Burning Zone, the total time spent between 60 and 69% of their training zone will be counted and displayed during and at the end of the exercise.

TORQUE. During an exercise, when the iTek button is pressed twice, the Torque value will indicate, in real time, the torque applied onto the pedals. It will be expressed in Lbs*Ft (LFT) when the DISTANCE UNIT is set in Miles and it will be expressed in Newton *Meter (NM) when it is set in Kilometers.

TOTAL DISTANCE. At the end of a workout; displays the distance traveled for the entire workout.

TOTAL EXERCISE TIME. At the end of a workout; displays the total time of the exercise in minutes and seconds.

TOTAL ELEVATION CHANGE. At the end of the Advanced Hill program, displays the total elevation change simulated in feet or in meters.

LEVEL. Indicates the level you are currently exercising at. It can vary from Level 1 to 20 for the programs with difficulty levels or resistance levels.

WATTS. Indicates the level of effort related to the revolutions per minute (RPM).

USB PORT. The USB Port can be used for software updates or various program based features.

iPAD PORT. The iPad Port can be used to connect an Apple iPad tablet.

1.2. GETTING TO KNOW THE BASIC FUNCTIONS OF THE CONSOLE

Before starting your workout, please read the following instructions of your machine. Then, in section 2, get to know the various console settings.

Please refer to the following grid to know which sections of this chapter concern your bike.

Base functions	V6X / V9X	R6X / R9X
1.2.1 Pause During an Exercise	1.2.1	1.2.1
1.2.2 Scan Function	1.2.2	1.2.2
1.2.3 Viewing Exercise Parameters	1.2.3	1.2.3
1.2.4 Saving an Exercise (Memory)	1.2.4	1.2.4
1.2.5 Using the iTek Key	1.2.5	1.2.5

1.2.1. Pause During an Exercise

You can pause during a workout by pressing the **STOP** key once or by stop pedaling for about 15 seconds.

To pause during an exercise:

1. Press the **STOP** key whenever you feel the need to pause or stop during your workout. A message indicating the pause time remaining will be displayed on the screen. The pause time remaining will appear in the time window.
2. If you wish to resume your exercise, simply press the **JustGo™** key.
3. If you wish to cancel the workout during the pause, simply press the **STOP** key. The workout will be terminated and a summary of your exercise parameters, as well as the SAVING/MEMORY option, will be displayed. If your pause exceeds the duration of the pause time, the session will terminate automatically and the summary will be displayed.

1.2.2. Scan Function

As you exercise on your fitness equipment, the scan function scrolls five exercise parameters across the scrolling screen. Those parameters are TIME REMAIN, SEG. TIME, PACE, METS, and % of GOAL. Note that a sixth parameter (TIME IN ZONE) will be displayed when training in a **Heart Rate Control program** and that when using the ADVANCED HILL program, the parameter TOTAL ELEVATION CHANGE will be displayed instead.

NOTE – Refer to the glossary at section 1.1.2 to find information about these parameters.

1.2.3. Viewing Exercise Parameters

At the end of each exercise program, the computer will display a total of 3 exercise parameters: TIME (in minutes and seconds), DISTANCE (in miles or kilometers), CALORIES, TOTAL EXERCISE TIME, AVERAGE SPEED, TOTAL ELEVATION CHANGE and TOTAL TIME IN ZONE.

NOTE – Refer to the glossary at the 1.1.2 section to find information about these parameters.

The total exercise parameters will loop until the **STOP** key is pressed and then it will exit to the welcome screen.

1.2.4. Saving an Exercise (Memory)

Once a program has ended or has been stopped, the user can save up to its 20 resistance levels (from the end of each on-screen segment) and repeat them later. This function is very useful when a workout is particularly interesting and motivating. On any stationary bicycle, you can create a program or modify an existing one, including **Heart Rate Control programs** and then save it for future use. Your Bodyguard machine offers a unique option to save and resume a **Heart Rate Control program** without the use of a chest strap.

When an exercise program is over or prematurely stopped, the exercise parameters are displayed and the menu offers you the opportunity to save the exercise. This option is displayed in abbreviated form: SAVE PRESS ENTER followed by NOT PRESS STOP. If you wish to save the workout, simply press the **JustGo™** key, if you do not wish to save it, simply press the **STOP** key. If you choose to save the program a message will indicate under what name your workout was saved. There are eight (8) spaces available for saving individualized exercise programs.

NOTE – If all the available spaces are taken, press the **INCREASE/DECREASE SEGMENT** keys to select the space you wish to overwrite. Press the **JustGo™** key to accept.

1.2.5. Using the iTek Key

The **iTek** key has up to 4 different functions.

On all models with an iTek key;

1. When at the welcome screen, press the **iTek** key once to access the SETTINGS Menu (section 2).
2. When at the welcome screen, press and hold the **iTek** key for 3 seconds to access the DIAGNOSTICS Menu (section 5).
3. When exercising in a program, press the **iTek** button to see the real time value of the force (TORQUE) applied onto the pedals and the machine's usage statistics.

TORQUE XX.X LBFT (Pounds*Feet or Newton*Meters depending on the distance unit setting)

TOTAL EQUIPMENT DISTANCE XXX.X MILES

TIME: XX MONTH, YY DAYS, ZZ HOURS, AA MINUTES

NOTE – To stop seeing the performance stats, press the **iTek** button until the exercise stats are displayed.

4. When in a general menu, press the **iTek** button to cancel all data and return to the MAIN Menu (Home Key).

2. SETTINGS MENU

The V6X-V9X-R6X-R9X bikes offer a wide range of unique functions allowing the user to customize the bike to their own environment.

Refer to the following grid to see the chapter sections that apply to your model.

Settings	V6X-V9X	R6X-R9X
2.1 Access to SETTINGS Menu	2.1	2.1
2.2 Language Selection	2.2	2.2
2.3 Weight Unit Selection	2.3	2.3
2.4 Distance Unit Selection	2.4	2.4
2.5 User Identification	2.5	2.5
2.6 Warm Up Option	2.6	2.6
2.7 Cool Down Option	2.7	2.7
2.8 Pause Duration	2.8	2.8
2.9 Big Numbers Option	2.9	2.9
2.10 Custom Programs option	2.10	2.10
2.11 Memory Option	2.11	2.11
2.12 Clock Option	2.12	2.12
2.13 Beeper Option	2.13	2.13
2.14 Auto Power Off Option	2.14	2.14
2.15 Intensity Level option	2.15	2.15
2.16 Preset Intensity Level Keys (A & B)	2.16	2.16
2.17 User ID Key	2.17	2.17
2.18 Stats Key	2.18	2.18

2.1. ACCESS TO SETTINGS MENU

To enter the SETTINGS Menu, at the welcome screen, do the following;

1. Press the **iTek** key once.
2. Press **JustGo™**.

2.2. LANGUAGE SELECTION

All information and instructions can be displayed on the screen in two languages (English or French).

To select a language, enter the SETTINGS Menu (see section 2.1).

1. Select the LANGUAGE option and press the **JustGo™** key to accept.
2. Select the language you wish to appear on the screen by pressing the **INCREASE/DECREASE SEGMENT** keys.
3. Press the **JustGo™** key to accept. Messages will now appear in the selected language.

2.3. WEIGHT UNIT SELECTION

Weight unit can be displayed in pounds or kilograms.

To select a weight unit, enter the SETTINGS Menu (see section 2.1).

1. Select the WEIGHT UNIT option and press the **JustGo™** key to accept.
2. Select the weight unit you wish to appear on the screen. Choose from POUNDS or KILOGRAMS by pressing the **INCREASE/DECREASE SEGMENT** keys.
3. Press the **JustGo™** key to accept. Weight units will now appear in the selected unit.

2.4. DISTANCE UNIT SELECTION

The distance unit can be displayed in miles or kilometers.

To select a distance unit, enter the SETTINGS Menu, (see section 2.1).

1. Select the DISTANCE UNIT option and press the **JustGo™** key to accept.
2. Select the desired distance unit to appear on the screen. Users can choose between MILES or KILOMETERS. Press the **INCREASE/DECREASE SPEED** keys to select the desired choice.
3. Press the **JustGo™** key to accept. Distance units will now appear in the selected unit.

2.5. USER IDENTIFICATION

The USER ID feature allows the bike to recognize individual users. It automatically enters the user’s weight and any other required information such as the user’s age when calculating Maximum Heart Rate (MHR) values for the **Cardio programs**. It can store up to eight (8) users. Users may view or reset their accumulated statistics if desired. The User ID function includes the following options: SELECT USER , CREATE USER, EDIT USER, DELETE USER, USER ID OFF or VIEW STATISTICS or RESET STATISTICS.

2.5.1 Select a USER ID (name)

You can also refer to section 2.17.2 on how to SELECT A USER ID by using the designated **USER ID** key on the console.

To create a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. SELECT USER ID will appear on screen. Press **JustGo™** to select it.
3. The USER ID names will appear on screen. You can scroll through them with the SEGMENT DECREASE keys.
4. Select the USER ID you want to use and press **JustGo™** to select it.
5. Press the **STOP** key to return to Welcome screen.

2.5.2 Create User

You can also refer to section 2.17.2 on how to create a user by using the designated **USER ID** key on the console.

To create a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select CREATE USER and press the **JustGo™** key to accept. You can create up to 8 different profiles on your bicycle. If the bike’s memory is full; USER ID IS FULL will be displayed on the console. You will have to DELETE A USER (Section 2.5.3) in order to create a new one.
3. A total of nine (9) alphanumeric characters can be used to create a user ID name. Use the **INCREASE/DECREASE SEGMENT** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 9. If you wish to leave a space between characters, simply use the blank character between 9 and A (_). Once a space is full, press the **INCREASE LEVEL** key to move to the next (**DECREASE LEVEL** to go back) and repeat the same procedure to create a user ID name. When you have finished, press the **JustGo™** key.
4. Enter the user’s age using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
5. Enter your gender using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
6. Select the intensity you would like to exercise in between LOW, MEDIUM and HIGH using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
7. Press the **STOP** key to return to Welcome screen.

2.5.3 Edit User

You can also refer to the section 2.17.3 that explains how to edit a user by using the **USER ID** key.

To edit a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select EDIT USER and press the **JustGo™** key to accept.
3. Select the user you wish to edit using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key.
4. Enter the user's age using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
5. Enter the user's sex using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
6. Select the intensity you would like to exercise in between LOW, MEDIUM and HIGH using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
7. Press the **STOP** key to return to EDIT USER ID Menu.

2.5.4 Delete User

You can also refer to the section 2.17.4 that explains how to delete a user by using the **USER ID** key.

To delete a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select DELETE USER and press the **JustGo™** key to accept.
3. Select the user you wish to delete using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to delete this user. If you do not wish to delete this user, press the **STOP** key.

NOTE – If you delete a user, all parameters saved under that user ID name will be lost.

2.5.5 Turn User ID Off

Turning the USER ID off allows a guest to complete a program without having to use stored users parameters or add to another users' statistics bank.

To turn off the USER ID enter the SETTINGS Menu (see section 2.1).

1. Scroll until USER ID is displayed on screen. Press **JustGo™**.
2. Scroll until USER ID OFF is displayed on screen. Press **JustGo™**.

2.5.6 View Statistics

You can also refer to the section 2.18.1 that explains how to view the statistics by using the **STATS** key.

To view the statistics of a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select VIEW STATISTICS and press the **JustGo™** key to accept. A USER ID must have been selected before entering this item.
3. Select the user for which you wish to view the statistics.

The following parameters are accumulated for all the user's exercises when the USER ID feature is activated: TOTAL DISTANCE, TOTAL CALORIES and TOTAL TIME.

NOTE – Refer to the glossary at the 1.1.2 section to find information about these parameters.

2.5.7 Reset Statistics

You can also refer to the section 2.18.2 that explains how to reset the statistics by using the **STATS** key.

To reset the statistics of a user, enter the SETTINGS Menu (see section 2.1).

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select RESET STATISTICS and press the **JustGo™** key to accept. This will reset the statistics of the USER ID selected prior entering in this menu item.
3. Select the user whose statistics you wish to reset and press the **JustGo™** key to validate. If you do not wish to reset the statistics of this user, press the **STOP** key.

The RESET STATISTICS feature can help you keep track of your progress from week to week or from season to season.

2.6. WARM UP OPTION

Warming up before you exercise is strongly recommended. The bike has a feature that allows the user to warm up before the beginning of each exercise program. If the WARM UP option is activated, a warm up screen will be displayed prior to each workout. Note that the warm up screen is not available for the **JustGo™** program, which requires the user to establish their own warm up period manually.

The duration of the warm up is four (4) minutes and is divided into three (3) parts.

Part 1: 40% of the intensity of the first exercise segment.

Part 2: 60% of the intensity of the first exercise segment.

Part 3: 80% of the intensity of the first exercise segment.

Constant torque and constant watts based programs will function like this.

In **Track, Race and Beat my Race** programs, the user has to set his own warm up levels.

In **Heart rate control** and **Heart rate Interval programs**, the effort will be set according to the Target Heart Rate, For example, if the target is 140 BPM:

Part 1: will be 60% of Target (140 BPM) = 84 BPM

Part 2: will be 70% of Target (140 BPM) = 98 BPM

Part 3: will be 80% of Target (140 BPM) = 112 BPM

To activate or deactivate the WARM UP option, enter the SETTINGS Menu (see section 2.1).

1. Select the WARM UP option and press the **JustGo™** key to accept.
2. Select ON (Activate) or OFF (Deactivate). Press the **INCREASE/DECREASE SEGMENT** keys to select the desired choice.
3. Press the **JustGo™** key to accept. The WARM UP option is now either ON or OFF, depending on the selection.

NOTE – Users can skip the warm up period after it starts by pressing the **STOP** key. The console will immediately commence the selected exercise program.

2.7. COOL DOWN OPTION

Cooling down after exercising is strongly recommended. All Bodyguard bikes have a feature that allows the user to automatically cool down on the bike at the end of an exercise program. If the automatic COOL DOWN option is activated, a cool down screen will be displayed after each workout. Note that the cool down screen is not available for the **JustGo™**, **Track, Race and Beat my Race programs**, which requires the user to establish their own cool down period manually.

The duration of the cool down period is three (3) minutes and will operate at 50% of the intensity of the last segment of the exercise program or at Level 5 at the maximum.

To activate or deactivate an automatic COOL DOWN period at the end of each program, enter the SETTINGS Menu (see section 2.1).

1. Select the COOL DOWN option and press the **JustGo™** key to accept.
2. Select ON (Activate) or OFF (Deactivate). Press the **INCREASE/DECREASE SEGMENT** keys to select your choice. Press the **JustGo™** key to accept. The COOL DOWN option is now either ON or OFF, depending on the selection.

2.8. PAUSE DURATION

To modify the duration time of your pause, enter the SETTINGS Menu (see section 2.1).

1. Select the PAUSE TIME option and press the **JustGo™** key to access it.
2. Users can choose a pause time between 1 and 30 minute(s) using the **INCREASE/DECREASE SEGMENT** keys.
3. Press the **JustGo™** key to accept the change.

NOTE – This function will not accept a value larger than 1 minute on the V9X/R9X models.

2.9. BIG NUMBERS OPTION

You can select the BIG NUMBERS option to display up to eight (8) parameters in large font on the main screen during the exercise instead of resistance or watts profile that is displayed by default.

To choose the BIG NUMBERS option, enter the SETTINGS Menu (see section 2.1).

1. Select the BIG NUMBERS option and then press the **JustGo™** key to accept.
2. Select the option desired to appear on the screen (OFF, ALL, RPM, WATTS, TIME, DISTANCE, CALORIES, SPEED, HEART RATE and PACE) by pressing the **INCREASE/DECREASE SEGMENT** keys.
3. Press the **JustGo™** key to accept. The information will now be displayed according to your selection.

NOTE – When OFF is selected the profile will appear on screen.

When ALL is selected, all eight (8) parameters will scan on screen.

2.10. CUSTOM PROGRAM OPTION

Bodyguard machines allow users to create their own preprogrammed workouts. This is particularly useful if a user wishes to design their workout programs. This also allows personal trainers to customize individualized programs for clients.

To create a **Custom Program**, enter the SETTINGS Menu (see section 2.1).

1. Select the CUSTOM PROGRAMS option and then press the **JustGo™** key to accept.
2. When the screen opens, the prompt word “NEW” invites the user to create a new program. Press the **JustGo™** key. If there are already CUSTOM programs, they will appear first as CUSTOM 1, CUSTOM 2, etc. followed by NEW.
3. The user will then be prompted to enter a level for Segment No.1. The level for this segment may be varied using the **INCREASE/DECREASE SEGMENT** keys. Level variations will appear in the upper right-hand side of the screen, as well as graphically at the center of the screen. Once the level has been adjusted, press the **JustGo™** key to accept. The user may then enter values for the next segment.

NOTE - The user can backspace to correct a pre-entered value by pressing the **iTek** key.

4. Repeat this procedure until the entire profile (20 segments) is completed. The new program will be saved under the name “CUSTOM. X”, X being the next available storage location. If all the locations are full, the user will have to delete a Custom Program to create an empty space or modify an existing program to meet the specific needs, following the above procedure.
5. To select a stored program in the CUSTOM PROGRAM option, select **Custom program** from the programs available, and then select the desired custom program.

NOTE – You can create up to eight (8) custom programs

NOTE – Users can DELETE any CUSTOM program by entering the SETTINGS menu, scrolling through until CUSTOM PROGRAM appears on screen. Press **JustGo™**, pressing the **SEGMENT DECREASE** key repeatedly until DELETE appears on the screen (If Delete does not appear on screen there are no stored Custom Programs). Then choose the CUSTOM program you wish to delete and press **JustGo™** key to accept.

2.11. MEMORY OPTION

The Memory option allows users to save every workout they have just finished regardless of its duration.

To activate or deactivate the memory option, enter the SETTINGS Menu (see section 2.1).

1. Select the MEMORY option and press the **JustGo™** key to accept.
2. Activate or deactivate the saving option by selecting ON (Activate) or OFF (Deactivate) using the **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to accept. The MEMORY function is now ON or OFF, depending on the selection.
3. When the Memory option is activated, the bike will automatically ask the user at the end of each workout if they would like to save that particular profile information.

NOTE – Only the value at the end of each segment is stored. E.g. If a user makes 3 resistance changes within a 1 minute segment, only the value at the end of the segment is stored.

2.12. CLOCK OPTION

The CLOCK option allows users to enter the date and time so when a workout is saved it can identify the time and date it was completed.

2.12.1 Set Time

To set the time, enter the SETTINGS Menu (see section 2.1).

1. Select the CLOCK option, and press the **JustGo™** key to accept.
2. Select TIME SET and press the **JustGo™** key to accept.
3. Enter the hour using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** keys to validate.
4. Enter the minutes using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** keys to validate.
5. Choose between 0 and 23 (24 hr mode) or 1 and 12 (12 hr mode), and press **JustGo™** to validate your choice.
6. Choose between AM and PM if you are in 12 hour mode. Press the **JustGo™** key to accept.

2.12.2 Clock Mode

To select a 12 or 24 hour display, enter the SETTINGS Menu (see section 2.1).

1. Select the CLOCK option, and press the **JustGo™** key to accept.
2. Select CLOCK MODE and press the **JustGo™** key to accept.
3. Select the 24 hour or 12 hour mode using the **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to validate.

2.12.3 Set Date

To set the date, enter the SETTING Menu (see section 2.1).

1. Select the CLOCK option, and press the **JustGo™** key to accept.
2. Select SET DATE and press the **JustGo™** key to accept.
3. Enter the year using the **INCREASE/DECREASE SEGMENT** keys. You can select a year between 2010 and 2099. Press the **JustGo™** key to validate.
4. Enter the month using the **INCREASE/DECREASE SEGMENT** keys. You can choose between 1 and 12. Press **JustGo™**.
5. Enter the day using the **INCREASE/DECREASE SEGMENT** keys. Depending of the month of the year, you can choose between 1 and 31. Press **JustGo™**.

2.13. BEEPER OPTION

The beeper can be turned ON or OFF.

To turn the beeper ON or OFF, enter the SETTINGS Menu (see section 2.1).

1. Select the SOUND OPTION and press the **JustGo™** key to accept.
2. Select ON or OFF using the **INCREASE/DECREASE SEGMENT** keys. Press the **JustGo™** key to validate your choice.
The beeper function is now ON or OFF, depending on your selection.

NOTE – There are 2 volume levels. When ON is selected, users will be able to choose between level 1 and level 2.

2.14. AUTO POWER OFF OPTION

The Auto Power Off feature saves energy by automatically turning off the display after a designated amount of time of “no action”. Never allowing the display to go into AUTO POWER OFF mode will not affect the life cycle of the LCD screen.

To modify the period of time before the AUTO POWER OFF feature turns off the display enter the SETTING Menu (see section 2.1).

1. Select the AUTO POWER OFF option and press the **JustGo™** key to access it.
2. You can choose a delay from 0 to 30 minute(s) using the **INCREASE/DECREASE SEGMENT** keys. Selecting 0 means the display will always stay ON.
3. Press the **JustGo™** key to validate your choice.

2.15. INTENSITY LEVEL OPTION (LOW, MEDIUM or HIGH)

The default intensity level menu allows you to set the default intensity to either LOW, MEDIUM OR HIGH.

Setting this feature to LOW will set the maximum to 200 WATTS at 60 RPM.

Setting this feature to MEDIUM will set the maximum to 300 WATTS at 60 RPM.

Setting this feature to HIGH will set the maximum to 400 WATTS at 60 RPM.

Note that the factory setting for this feature is MEDIUM.

1. To access this menu, you have to enter onto the SETTINGS menu, choose INTENSITY and press **JustGo™**.
2. Use the SEGMENT INCREASE OR DECREASE keys to set the desired intensity and press **JustGo™**. Press the STOP key to exit this menu.

The machine will now be set on the desired intensity.

NOTE – If the USER ID feature is ON, the intensity level chosen in the USER ID menu by the USER will override this selection.

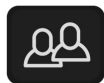
2.16. PRESET INTENSITY LEVEL KEYS (A & B)

The two **PRESET LEVEL** keys store preset level of effort or level of resistance values in memory. Those keys allow a user to recall those preset levels during a program. This is especially interesting for users who wish to change quickly from one level of effort to another (such as in **Interval training**) without having to hold down the increase or decrease segment buttons until they reach the desired level.

To store values on the Preset Level buttons, adjust the bike to the desired level and then press either the A or B button for 1 second. The selection will be confirmed by a beep and the value stored on the selected button.

NOTE – If the USER ID feature is ON, the stored Preset Resistance values will be saved under that user’s ID for their next workout. If no USER ID is selected then the values will be lost when the program is stopped (When you are back to the Welcome Screen).

2.17. USER ID KEY



User ID

The **USER ID** key allows users to quickly select a User ID prior to a workout. This feature helps speeding up the entry data (age, weight, gender and preferred Intensity level) in a program setup which results in more accurate caloric expenditure results. The User ID feature will also cumulate individual statistics and allow the user to review their totals.

The **USER ID** key contains the following sub menus: USER ID NAME #1 to #8 (if applicable), CREATE USER, EDIT USER, DELETE USER and USER ID OFF.

2.17.1 Select USER ID (name)

To select a user prior to a workout:

1. From the Welcome Screen, press the **USER ID** key repeatedly until the SELECT USER ID is displayed on screen. Press the **JustGo™** key to accept.
2. USER ID names will appear on screen. Select the user you wish to select using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key.
3. The console will display “Hi (User name)”. Workout statistics will now be accumulated in the user’s profile.

NOTE – After selecting a user ID, if you wish to clear the User ID so no stats are stored, return to the Welcome Screen, press and hold the STOP key for 3 seconds.

2.17.2 Create User

To create a user:

1. Press the **USER ID** key repeatedly until CREATE USER is displayed on the screen. Press **JustGo™** to accept.
2. A total of nine (9) alphanumeric characters can be used to create a user ID name. Use the **INCREASE/DECREASE SEGMENT** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 9. If you wish to leave a space between characters, simply use the “double underscore” character between 9 and A. Once a space is filled, press the **INCREASE/DECREASE LEVEL** keys to move to the next and repeat the same procedure to create a user ID name. When you have finished, press the **JustGo™** key.
3. Enter the user’s age using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
4. Press the **STOP** key to return to USER ID Menu.

2.17.3 Edit User

To edit a user:

1. Press the **USER ID** key repeatedly until EDIT USER comes up on screen.
2. Select EDIT USER and press the **JustGo™** key to accept.
3. Select the user you wish to edit using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key.
4. Enter the user’s age using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
5. Enter the user’s sex using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
6. Select the intensity level you would like to exercise in between LOW, MEDIUM and HIGH using the **INCREASE/DECREASE SEGMENT** keys and press the **JustGo™** key to accept.
7. Press the **STOP** key to return to the EDIT USER ID Menu.

2.17.4 Delete User

To delete a user:

1. Press the **USER ID** key repeatedly until DELETE comes up on screen.
2. Press **JustGo™** to accept.
3. Select the user you wish to delete. Press the **JustGo™** key to delete this user. If you do not wish to delete this user, press the **STOP** key.

NOTE – If you delete a user, all parameters saved under that user ID name will be lost.

2.17.5 Turn User ID Off

Turning the USER ID off allows a guest to complete a program without having to use a stored users’ parameters or add to another users’ statistics bank.

To clear the USER ID that is present on screen at the MAIN menu:

1. Press the USER ID key repeatedly until **USER ID OFF** appears on screen.
2. Press **JustGo/Enter** to accept.

NOTE – You can also turn off the USER ID by pressing and holding the stop key for 3 seconds at the Main Menu. A message will show saying “ID FUNCTION CLEARED”.

2.18. STATS KEY



Stats

The **STATS** key allows users to easily view their accumulated workout statistics. This button only works at the Welcome Screen after a User ID has been selected. If no User ID has been selected, “SELECT USER ID” will be displayed and the user will be returned to the Welcome Screen.

2.18.1 View Statistics

The VIEW STATISTICS option allows a user to view the accumulated statistics since the creation of the selected user id or since the last reset of the statistics of this User ID.

1. Ensure a User ID is selected.
2. Press the **STATS** key repeatedly until TOTAL STATS appears on the screen.
3. Press **JustGo™** to accept.
4. Press the **INCREASE/DECREASE SEGMENT** to view the different statistics categories (TOTAL TIME, TOTAL DISTANCE, TOTAL CALORIES).
5. Press the **STOP** key to exit that menu.

The following parameters are accumulated for all the user's workouts when the USER ID feature is activated: TOTAL DISTANCE, TOTAL CALORIES and TOTAL TIME.

NOTE – Refer to the glossary at the 1.1.2 section to find information about these parameters.

2.18.2 Reset statistics

The RESET STATISTICS option allows a user to reset to zero all statistics related to a specific user.

Press the **STATS** key repeatedly until RESET STATS appears on the screen.


















1. Ensure a User ID is selected.
2. Press the **STATS** key repeatedly until RESET STATS appears on the screen.
3. Press **JustGo™** to accept.
4. Press the **STOP** key to exit that menu.

The RESET STATISTICS feature can help you keep track of your progress from week to week or from season to season.

3. EXERCISE PROGRAMS

A program is a series of preset speed or resistance levels (hills and valleys). Choosing different levels will change the predetermined intensity. The programs monitor exercise progress and statistics while adding fun, interest and variety to a workout program. Each segment is equal to the total exercise time/distance/calories divided by 20 segments. For example, a 20-minute exercise program will consist of 20 one-minute time segments whereas a 40-minute exercise will consist of 20 two-minute segments.

PROGRAM CATEGORIES GRID

Programs	V6X-V9X	R6X-R9X	Key Categories
3.1 JustGo™	3.1	3.1	
3.2 Manual Program	3.2	3.2	
3.3 Calorie Goal Program	3.3	3.3	
3.4 Distance Goal Program	3.4	3.4	
3.5 Cross-Country Program	3.5	3.5	
3.6 Interval Program	3.6	3.6	
3.7 Random Program	3.7	3.7	
3.8 Goodbye Fat Program	3.8	3.8	
3.9 Track Program	3.9	3.9	
3.10 Heart Rate Control Program	3.10	3.10	
3.11 Heart Rate Intervals Program	3.11	3.11	
3.12 Fitness Test Program	3.12	3.12	
3.13 Advanced Hills Program	3.13	3.13	
3.14 Race Program	3.14	3.14	
3.15 Beat My Race Program	3.15	3.15	
3.16 Target Watts Program	3.16	3.16	
3.17 Custom Program	3.17	3.17	
3.18 Memory Program	3.18	3.18	

PROGRAM MODES

There are 3 different PROGRAM MODES that Bodyguard bikes use. They are CONSTANT TORQUE, CONSTANT WATTS and GEAR RATIO. Each program is automatically assigned one of these modes.

Programs operating mode

PROGRAM MODE	PROGRAMS
CONSTANT TORQUE	JUSTGO, MANUAL, DISTANCE GOAL (Custom), CALORIE GOAL, CROSS COUNTRY, ADVANCED HILLS, CUSTOM
CONSTANT WATTS	INTERVAL, RANDOM, GOODBYE FAT, HEART RATE CONTROL, HEART RATE INTERVALS, FITNESS TEST, TARGET WATTS
GEAR RATIO	TRACK, RACE, BEAT MY RACE

In CONSTANT TORQUE mode, the bike will apply a fixed level of resistance no matter the speed being pedaled. There are 20 possible levels of resistance used in CONSTANT TORQUE mode. Each level can be thought of as a level of gradient on a hill. The higher the level, the steeper the gradient. If you pedal faster, you simply go up the hill quicker and increase your wattage (effort), if you pedal slower, you take longer to climb the hill and reduce your wattage (effort).

In CONSTANT WATTS mode, the resistance will be automatically adjusted each second to make sure the watts level remains constant. There are 20 possible levels of resistance used in CONSTANT WATTS mode. Each level can be thought of as a set level of effort you wish to exert. The higher the level, the greater amount of effort. If you pedal faster, the resistance will be reduced so you remain at the designated effort level. If you pedal slower, the resistance will then be increased. Unlike in CONSTANT TORQUE mode you cannot exert more wattage by simply pedaling faster, you would need to manually increase your designated level during the workout by pressing the INCREASE keys to do so. Constant Watts programs are a great way to ensure you do not over-train or under train.

In GEAR RATIO mode, the resistance is engineered to simulate a road or mountain bicycle with 20 gears and 26 inch (66 cm) wheels. GEAR 1 is the easiest (or slowest) and GEAR 21 is the most difficult (or fastest). The higher the selected Gear the faster you to travel over a distance. Gears can be changed at anytime during your workout by pressing the Gear INCREASE and DECREASE keys.

The following table shows the riding speed in miles per hour and kilometers per hour at various gear ratios for a given rotational pedal axle speed of 60 RPM's.

Riding speed at a rotational pedal axle speed of 60 RPM for various gear ratios

Gear	Ratio Miles per hour (Speed at 60 RPM)	Ratio Kilometers per hour (Speed at 60 RPM)
1	4.3	6.9
2	5.1	8.2
3	5.8	9.3
4	6.4	10.3
5	7.1	11.4
6	7.8	12.6
7	8.4	13.5
8	9.1	14.6
9	9.8	15.8
10	10.4	16.7

11	11.1	17.9
12	11.7	18.8
13	12.4	19.9
14	13.1	21.1
15	13.7	22.0
16	14.4	23.2
17	15.1	24.3
18	15.8	25.4
19	16.4	26.4
20	17.1	27.5

INTENSITY MODES

The Intensity Modes feature allows the user to adjust the range of the electromagnetic resistance system when using programs from the CONSTANT TORQUE and CONSTANT WATTS families. There are 3 INTENSITY MODES to choose from; Low (200 Watts at 60 rpm), Medium (300 Watts at 60 rpm) and High (400 Watts at 60 rpm). Because each program has 20 levels, when the Intensity Mode is modified, the increment size between each level is also modified. For example, the wattage increment between levels on high intensity mode will be approximately twice the size of the incremental wattage on a low intensity mode. This feature is very useful in scenarios where a user prefers to have smaller resistance increases between each level without ever needing to workout with very high wattages in the 200 to 400 watts range. The Table below shows the wattage value at 60 rpms for each level depending on the selected Intensity Mode. The Intensity Mode can be modified in the Settings Menu (see Section 2.15 or 2.16). It may also be assigned to a User ID, which will always override the setting in the Settings menu.

Level of effort at a rotational pedal axle speed of 60 RPM for various exercise levels and intensity modes.
All levels of effort values are in watts.

Exercise Intensity Mode	Level		
	Low	Medium	High
1	15 (25 for V9X/R9X)	15 (25 for V9X/R9X)	15 (25 for V9X/R9X)
2	20	30	40
3	30	45	60
4	40	65	80
5	50	80	100
6	60	95	120
7	70	105	140
8	80	120	160
9	90	135	180
10	100	150	200
11	110	165	220
12	120	180	240
13	130	195	260
14	140	210	280
15	150	225	300
16	160	240	320
17	170	255	340
18	180	270	360
19	190	285	380
20	200	300	400

PROGRAM SETUP – USING A USER ID

When setting up a program if a User ID has been selected then only questions relating to the program selected such as goals, levels etc. are asked as in the procedure below. If no User ID is selected then extra questions about the User's Age, Gender etc. may be asked to allow the program to run correctly.

3.1 JUSTGO™ PROGRAM

The **JustGo™** program allows you to start a manual exercise with the push of one key. Since the **JustGo™** program is the initial program, it will always be displayed first for easy selection. You have total control of the pedal resistance at all times during this program. Use the **JustGo™** program if you like to exercise at fairly constant resistance with little or no changes during the exercise.


3.2 MANUAL PROGRAM

The Manual program allows you to create your own exercise as you progress in the program. The resistance is completely controlled by the user at all times. At a glance, the **JustGo™** and Manual programs seem very similar due to the fact that the user controls the resistance at all times. The difference is that in the Manual program, you select your exercise duration for a more appropriate exercise and a more precise calorie expenditure count.

To select the **Manual program**

1. Press the **INCREASE/DECREASE** keys until **Manual program** is displayed on the screen. Press **JustGo™**.
2. Enter the desired exercise time using the **INCREASE/DECREASE** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Manual program**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Manual program** is displayed on the screen. Press the **JustGo™** key.
2. Follow steps 1 and 2 listed above.


3.3 CALORIE GOAL PROGRAM

The Calorie Goal Program allows the user to select a predetermined quantity of calories they wish to burn during the workout. At any time during the program the resistance may be manually changed which will modify the length of time it will take to burn the target calories and achieve the goal. Also, manually modifying the speed or incline will change the entire profile for the remainder of the program. The program ends when the calorie goal is achieved.

To select the **Calories Goal program**

1. Press the **INCREASE/DECREASE** keys until **Calorie Goal program** is displayed on the screen and press **JustGo™**.
2. Enter the number of calories to burn using the **INCREASE/DECREASE** keys and press **JustGo™**.
3. Enter the **Level** using the **INCREASE/DECREASE** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Calorie Goal program**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Calorie Goal program** is displayed on the screen. Press the **JustGo™** key.
2. Follow steps 2 and 3 listed above.


3.4 DISTANCE GOAL PROGRAM

The Distance Goal Program allows the user to select a predetermined distance they wish to cover during their workout. At any time during the program the resistance may be manually changed which will modify the length of time it will take to achieve the goal. Also, manually modifying the resistance will change the entire profile for the remainder of the program. The program ends when the distance goal is achieved.

To select the **Distance Goal program**

1. Press the **INCREASE/DECREASE SPEED** keys until **Distance Goal program** is displayed on the screen and press **JustGo™**.
2. Enter the desired distance using the **INCREASE/DECREASE** keys and press **JustGo™**.
3. Enter the **Level** using the **INCREASE/DECREASE** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Distance Goal program**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Distance Goal program** is displayed on the screen and press **JustGo™**.
2. Follow steps 1 and 2 listed above.


3.5 CROSS-COUNTRY PROGRAM

The Cross-Country Program is a distance based program that simulates a bike ride through a range of hills of low to mid intensity. The principle difference with the Cross-Country Program is the length of the intensity periods is longer than that of an interval program so as to replicate riding long gradual climbs. This type of workout is a great blend of aerobic exercise and strength training. Users may select from a range of levels which will gradually increase the gradient of the hills.

To select the **Cross Country program**

1. Press the **INCREASE/DECREASE SPEED** keys until **Cross Country program** is displayed on the screen and press **JustGo™**.
2. Enter the desired time using the **INCREASE/DECREASE** keys and press **JustGo™**.
3. Enter the **Level** using the **INCREASE/DECREASE** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Distance Goal program**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Cross Country program** is displayed on the screen and press **JustGo™**.
2. Follow steps 1 and 2 listed above.

3.6 INTERVAL PROGRAM

Interval Training has many benefits such as increasing the metabolism, which results in more calories being burned all day long, as well as increasing average exercise speed, making it a great way to increase average pace and improve race times. The Interval Program allows users to alternate their workout intensity between high-intensity “work” periods and preset low-intensity “rest” periods. The Interval Program allows you to select from 3 Work-Rest Ratios and a range of Work and Rest Intensity levels. Users can change the level of intensity of the profile at any time during the workout by pressing the **INCREASE/DECREASE** keys and those changes will stay in effect for the remainder of the workout.

To select the **Interval program**

1. Press the **INCREASE/DECREASE** keys until **Interval program** is displayed on the screen. Press **JustGo™**.
2. Enter the desired workout time using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to accept.
3. Enter the desired Rest: Work Ratio using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to accept.
4. Select a Rest Resistance Level from 1 to 5 using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to accept.
5. Select a Work Resistance Level from 6 to 20 using the **INCREASE/DECREASE** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Interval program**

1. Press the **BASIC PROGRAMS** key  until **Interval program** is displayed on the screen. Press **JustGo™**.
2. Follow steps 2 to 5 listed above.

3.7 RANDOM PROGRAM

The Random Program is all about providing exercise variety. Each time this program is selected, a unique exercise experience is provided from a bank of over 4 billion pre-programmed workouts. Each workout gives you access to a randomly pre-programmed watts levels profile that will vary throughout the workout. During the program, users can manually change the watts level any time.


The following table shows the different level of watts for each level.

Level	Minimum (level of watts)	Maximum (level of watts)
1	1	4
2	2	7
3	3	10
4	5	12
5	7	15

To select the **Random program**

1. Press the **INCREASE/DECREASE** keys until **Random program** is displayed on the screen. Press **JustGo™** to accept.
2. Enter the desired exercise time using the **INCREASE/DECREASE** keys. Press **JustGo™** key and begin key to accept.
3. Enter the Level you wish to work out at by pressing the **INCREASE/DECREASE** keys and pressing the **JustGo™** key to begin exercising.

Alternatively, to select the **Random program**

1. Press the **BASIC PROGRAMS** key  repeatedly until **Random program** is displayed on the screen. Press the **JustGo™** key.
2. Follow steps 2 to 3 listed above.

3.8 GOODBYE FAT PROGRAM

The Goodbye Fat program is designed to burn off the fat stored in your body. It promotes weight loss by keeping you in a comfortable zone that draws on energy directly from the areas of your body where fat is. The program features a resistance profile that is relatively easier than other programs, but effective in promoting weight loss when followed for a long period of time. This program features up to 20 different WATTS values per segment. A flashing dot indicates your position throughout the exercise. You may change the resistance of a segment at any time by pressing the INCREASE/DECREASE SEGMENT keys because this program features a range of 20 resistance values per segment. You may change the level of difficulty at any time using the INCREASE/DECREASE LEVEL keys.

To select the **Goodbye Fat program**

1. Press the **INCREASE/DECREASE** keys until **Goodbye Fat program** appears on the screen. Press the **JustGo™** key.
2. Enter the desired workout time using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to accept.
3. Enter the desired **Level** using the **INCREASE/DECREASE** keys. Press the **JustGo™** key and begin exercising.

Alternatively, to select the **Goodbye Fat program**

1. Press **BASIC PROGRAMS** key  until **Goodbye Fat program** appears on the screen. Press **JustGo™**.
2. Follow steps 2 and 3 listed above.


3.9 TRACK PROGRAM

The Track Program simulates training on a 1/4 mile-long (approx. 400 meter) track. Users may select between one (1) and 99 laps while controlling the resistance from beginning to end as the program does not have a predetermined profile. The Track Program appears on-screen as an oval track showing the user's progress around the circuit.

To select the **Track program**

1. Press the **INCREASE/DECREASE** keys until **Track program** appears on the screen. Press the **JustGo™** key.
2. Choose the number of laps desired to complete using the **INCREASE/DECREASE** keys. Press **JustGo™**. and begin exercising.

Alternatively, to select the **Track program**

1. Press **BASIC PROGRAMS** key  until **Track program** appears on the screen. Press **JustGo™** to accept.
2. Follow steps 2 and 3 listed above.

3.10 HEART RATE CONTROL PROGRAM

The Heart Rate Control Program allows a user to workout at the exact intensity level they desire by exercising at a predetermined heart rate level. This reduces the risk of overtraining, which can cause injuries, exhaustion or even burnout and under training, which can be ineffective and have the user seeing little to no results. Before starting the program, users will need to enter their age (if no User ID is selected) and the desired percentage of their maximum possible heart rate (50-89%), they wish to work out at. The computer will then calculate the recommended target heart rate value, which may be altered before starting. The program starts in a warm up mode that will gradually bring the user's heart rate up to 80% of their Target Heart rate and which point the program will start. At that point the resistance of the bike automatically adjusts to provide the necessary intensity to reach and maintain the target heart rate.

NOTE – This program requires the user wearing a wireless chest strap but the user can also use the hand grips but it must them continuously ensure proper functioning. This strap is available at authorized Bodyguard Fitness dealers or from Bodyguard Fitness' Customer Service Department (888-407-3784).


The strap should fit snugly across the chest since any movement during exercise may result in an incorrect reading of the heart beat. For an optimum reading, users should exercise within an arm's length of the console. If, after a few seconds, the heart rate receiver does not detect a signal from the chest strap, then "UNSTABLE HR, PLEASE CHECK CHEST STRAP OR HANDS POSITION" will appear on screen. If the heart rate receiver does not detect a signal for approximately two (2) minutes, the program will stop. The same applies for the hand grips signal if is used.

CAUTION – If the resistance is too high for your fitness level and you are unable to keep up with the program, press **STOP** to end the program. You may resume the exercise at a lower level of intensity (e.g., 60%). If this is still too difficult, do not use the **Heart Rate Control program** until your level of fitness allows you to complete the workout at the desired target heart rate.

To select the Heart Rate Control program

1. Press the **INCREASE/DECREASE** keys until **Heart Rate Control program (HR CTRL)** is displayed on the screen. Press the **JustGo™** key to accept. Press **JustGo™** key to accept.
2. Enter the desired workout time using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to accept.
3. Select the training zone %: e.g. Training Zones
 - ▶ WARM UP (50-59% of maximum heart rate)
 - ▶ FAT BURN (60-69% of maximum heart rate)
 - ▶ AEROBIC (70-79% of maximum heart rate)
 - ▶ ANAEROBIC (80-89% of maximum heart rate)
4. If desired, modify the beats per minute (BPM) calculated by the computer following the zone chosen at point 5, using the **INCREASE/DECREASE** keys. You may only adjust the percentage within the preset zone range. Press the **JustGo™** key to start the Warm Up.

Alternatively, to select the Heart Rate Control program

1. Press the **CARDIO PROGRAMS** key  repeatedly until **Heart Rate Control program (HR CTRL)** is displayed on the screen. Press the **JustGo™** key to accept.
2. Follow steps 2 to 3 listed above.


3.11 HEART RATE INTERVALS PROGRAM

The Heart Rate Interval Program combines the benefits of interval training with the accuracy of heart rate training. This combination makes the Heart Rate Interval Program one of the most effective ways to increase metabolism, burn fat, increase average pace and naturally produce human growth hormones. During the Heart Rate Interval Program the computer will automatically alternate between two heart rate % targets selected by the user. The possible values are between 55% and 85% of the user's maximum heart rate. Once a heart rate target is reached the intensity is maintained for the duration of the interval time before alternating to the other target.

To select the **Heart Rate Interval program**

1. Press the **INCREASE/DECREASE** keys until **Heart Rate Interval (HR Interval) program** is displayed on the screen. Press **JustGo™** to accept.
2. Enter the desired workout time using the **INCREASE/DECREASE** keys. Press **JustGo™** to accept.
3. Enter the work heart rate target (BPM) using the **INCREASE/DECREASE** keys. Press **JustGo™** to accept.
4. Enter the work interval time using the **INCREASE/DECREASE** keys. Press **JustGo™** to accept.
5. Enter the rest heart rate target (BPM) using the **INCREASE/DECREASE** keys. Press **JustGo™** to accept.
6. Enter the rest interval time using the **INCREASE/DECREASE** keys. Press **JustGo™** to accept.

Alternatively, to select the **Heart Rate Interval program**

1. Press the **CARDIO PROGRAMS** key  repeatedly until **Heart Rate Interval program** is displayed on the screen. Press **JustGo™** to accept.
2. Follow steps 2 to 6 listed above.

3.12 FITNESS TEST PROGRAM

The Fitness Test is a custom-made submaximal test designed to measure cardio-respiratory fitness. Maximal oxygen uptake (VO2Max) is defined as the maximum volume of oxygen that can be taken up, distributed and used by the body during physical activity. Testing one's VO2Max allows users to evaluate their fitness level and select the appropriate exercise program and intensity levels.


For the submaximal test, the user is challenged to reach 85%-10BPM of their maximum heart rate through gradual increases in resistance while pedaling at 70rpm. Once the 85%-10BPM maximum heart rate threshold is reached the program will automatically stop and the computer will extrapolate the user's VO2Max. In order to obtain a more accurate reading it is very important to maintain a rotational speed of 70rpm.

NOTE – For this program, users must wear the heart rate chest strap or user must hold continuously the hand grips. Cardio-respiratory fitness is a combination of cardiovascular fitness and respiratory fitness. Always keep in mind that this test is submaximal, so the results are only to be used as a guide.

To select the **Fitness Test**

1. Press the **INCREASE/DECREASE** keys until **Fitness Test** is displayed on the screen. Press **JustGo™**.
2. Enter an age value using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to accept. Selecting your age will allow the computer to calculate your 85%-10BPM maximum heart rate value and begin exercising.
3. Enter your gender value using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to accept.

Alternatively, to select the **Fitness Test**

1. Press the **CARDIO PROGRAMS** key  repeatedly until **Fitness Test** is displayed on the screen. Press **JustGo™**.
2. Follow steps 1 and 2 listed above.


3.13 ADVANCED HILLS PROGRAM

The Advanced Hills Program is excellent for developing leg strength and endurance by allowing users to choose from a wide range of hill simulations at varying intensities. Users may choose up to 10 hills per program and select from an intensity range of 6% to 18%. The program is distance based and resistance changes are made automatically. Users may change the intensity during the exercise if they find it too easy or too difficult.

To select the **Advanced Hills program**

1. Press the **INCREASE/DECREASE** keys until **Advanced Hills program** is displayed on the screen. Press **JustGo™**.
2. Enter the distance using the **INCREASE/DECREASE** keys. Press **JustGo™**.
3. Enter the number of hills wished to be climbed from 1, 2, 5 or 10.
4. Enter the desired hill intensity using the **INCREASE/DECREASE** keys from: Low (6%), Medium (9%), High (12%), Very High (15%) and Extreme (18%) and press **JustGo™** and begin exercising.

Alternatively, to select the **Advanced Hills program**

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Advanced Hills program** appears on the screen. Press the **JustGo™** key.
2. Follow steps 2 to 4 listed above.


3.14 RACE PROGRAM

The Race Program is a distance based race simulation that pits the user against 1 or 2 competitors. The racing speed of the competitor/s is determined by a formula/s based on past and current race speeds. The Race program is a fun way to inject some competition into your workout. The resistance may be manually modified at any time throughout the program.

To select the **Race program**

1. Press the **INCREASE/DECREASE** keys until **Race program** is displayed on the screen. Press **JustGo™**.
2. Select the number of Racers you wish to compete against using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to begin.

Alternatively, to select the **Race program**

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Race program** appears on the screen. Press **JustGo™**.
2. Select the number of Racers you wish to compete against using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to begin.
3. Follow step 2 listed above.


3.15 BEAT MY RACE

The **Beat My Race** program is a track-based program that takes a User's best average race speed from the Race program and then allows the user to race themselves on a 1/4 mile-long (approx. 400 meter) track. This is a great motivational tool as it inspires the user to improve their times and always improve. The resistance may be manually modified at any time throughout the program.

To select the **Beat My Race program**

1. Press the **INCREASE/DECREASE** keys until **Beat My Race program** is displayed on the screen. Press **JustGo™**.
2. Select the race distance using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to begin.

Alternatively, to select the **Beat My Race program**

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Beat My Race program** appears on the screen. Press the **JustGo™** key.
2. Follow step 2 listed above.


3.16 TARGET WATTS

The Target Watts program is an excellent way to guarantee that you always work out and a desired wattage level. Like Heart Rate Control Training, Target Watts training is a great way to ensure that you do not over train or under train however it uses wattage instead of heart rate to control the resistance and therefore does not require a chest strap or to hold constantly onto the heart rate grips. The Target Watts program is often referred to as an "Anti-Cheat" Program because if a user sets a wattage reading but then gets tired or lazy and slows their rpm's then the resistance will increase to ensure the correct wattage is reached.

To select the **Target Watts program**

1. Press the **INCREASE/DECREASE** keys until **Target Watts** is displayed on the screen. Press **JustGo™**.
2. Enter a desired wattage value using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to begin.

Alternatively, to select the **Target Watts program**

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Target Watts program** appears on the screen. Press the **JustGo™** key.
2. Follow step 2 listed above.


3.17 CUSTOM PROGRAMS

The **Custom programs** are pre-designed programs created by a user.

To choose a **Custom (Learn) program**

1. Press the **INCREASE/DECREASE** keys until **Custom programs** appears on the screen. Press the **JustGo™** key.
2. Choose a particular program by pressing the **INCREASE/DECREASE** keys until the name of the desired program is displayed on the screen. Press the **JustGo™** key to validate the choice.
3. Enter the desired workout time using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to begin.

Alternatively, to select a **Custom program**

1. Press the **ADVANCED PROGRAMS** key  repeatedly until **Custom program** appears on the screen. Press the **JustGo™** key.
2. Follow steps 2 to 3 listed above.

NOTE – When a **Custom program** is chosen, an exercise level cannot be selected.

3.18 MEMORY PROGRAMS

The **Memory programs** allow the user to retrieve previously completed workouts that have been saved. At the end of each workout, the computer asks whether to save the completed exercise or not. All the programs, with the exception of the **Track Program**, **Race**, **Beat my Race** and **Fitness Test** can be saved.

To choose a **Memory Program**

1. Press the **INCREASE/DECREASE** keys until **Memory program** appears on the screen. Press **JustGo™**.
2. Select the desired **Memory program** number with the **INCREASE/DECREASE** keys. Press **JustGo™**.
3. Enter the desired workout time using the **INCREASE/DECREASE** keys. Press the **JustGo™** key to begin.

Alternatively to select a **Memory program**

1. Press the **ADVANCED PROGRAMS** key  until **Memory program** appears on the screen. Press **JustGo™**.
2. Follow steps 2 to 3 listed above.

NOTE – When a **Memory program** is chosen, an exercise level cannot be selected.

4. HEART RATE MONITORING

4.1. CONTACT HEART RATE SYSTEM

The bike has a built-in Contact Heart Rate System that allows users to check their heart rate without requiring a chest strap. By holding the contact heart rate bars on the handlebars, the user will see their pulse displayed on screen. The screen will display the heart rate 5 to 10 seconds after the hands first touch the contact bars.

NOTE – In order for the Contact Heart Rate System to work properly, the palms must not be too moist or too dry.

Possible Contact Heart Rate Problems

In order to properly diagnose any problem with the Contact Heart Rate System, please refer to the following procedures. This machine uses a hand ECG (Electrocardiogram) printed circuit board along with wires and a set of metal plates. The hand ECG board is an integral part of the machine and is hidden inside the handlebars.

Table 1 – Troubleshooting checklist about the contact heart rate system		
PROBLEMS	POSSIBLE CAUSE	SOLUTION
• No reading	<ul style="list-style-type: none"> • Hands not in contact with the metal plates long enough • Conductor's wires are not connected properly • Defective ECG circuit board 	<ul style="list-style-type: none"> • Wait 5-10 seconds before a reading • Check wiring • Change ECG circuit board
• Erratic reading	<ul style="list-style-type: none"> • Hands may be moving too much on the plates • Fluorescent (neon) lights too close to console • Defective ECG circuit board • Interference with other signals 	<ul style="list-style-type: none"> • Do not move your hands • Move the treadmill • Change ECG circuit board • Disable interfering equipment

4.2. HEART RATE CHEST STRAP

The Bodyguard Fitness Heart Rate Control System inside every bike has been specifically designed for use with a heart rate chest strap. The chest strap enables the computer to monitor the heart rate or beats per minute (BPM). This value is displayed on the computer screen and should only be used as a guide in helping achieve personal fitness goals. If the chest strap is not used, no heart rate reading will be displayed on-screen. It is important to consult a physician before starting an exercise program or using a heart rate chest strap.

CAUTION – We recommend that users read the instruction manual carefully before beginning using the equipment. Use of this equipment by persons with heart or other medical problems may result in serious injury. It is recommended that users consult a physician before starting an exercise program and follow up periodically as use continues. Users should cease exercising immediately if they feel dizzy, faint, or short of breath. Use of this equipment in a manner other than that prescribed in this instruction manual may result in serious injury.

In order to help choose an effective exercise program and determine the recommended heart rate zone, see the *Know your heart rate* section at page 8 to identify the heart rate zone based on different levels of intensity according to your age.

TIP – The back of the heart rate chest strap should be moistened from time to time to improve the signals transmission. Use a few drops of water to moisten the strap and place it directly on the skin. The strap will not work properly if worn over clothes.

Possible Chest Strap Reading Problems

All Bodyguard Fitness machines are compatible with non-coded Cardiosport or Polar wireless heart rate monitor systems. Each system comprises a chest strap and a receiver. The receiver is built into the machine. Chest straps are available at all Bodyguard Fitness authorized dealers and the Bodyguard Customer Service Department (888-407-3784). If you are having problems with signal reception, consult the troubleshooting checklist below.

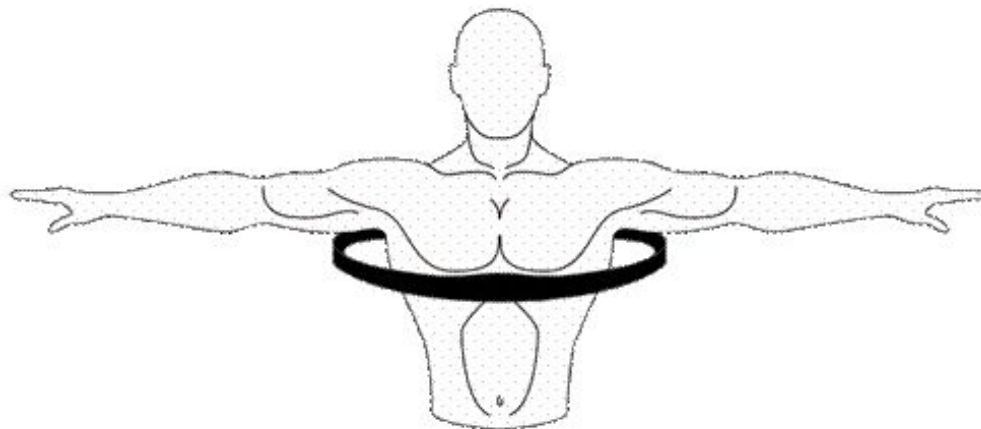


Table 2 - Troubleshooting checklist about the heart rate chest strap		
PROBLEMS	POSSIBLE CAUSE	SOLUTION
• No signal	<ul style="list-style-type: none"> • Dry electrodes • Dead battery in strap • HR Receiver problem 	<ul style="list-style-type: none"> • Moisten electrodes with water • Change battery • Use DIAGNOSTICS Menu to check signal (See Heart Rate Test at section 5.4)
• Weak signal	<ul style="list-style-type: none"> • Electrodes not wet enough • Poor skin contact • Too much body fat • Weak battery • HR Receiver problem 	<ul style="list-style-type: none"> • Moisten electrodes with water • Adjust chest strap accordingly • No solution • Change battery • Use DIAGNOSTICS Menu to check signal (See Heart Rate Test at section 5.4)
• Erratic signal	<ul style="list-style-type: none"> • Electrodes not wet enough • Interference from other signals • HR Receiver problem 	<ul style="list-style-type: none"> • Moisten electrodes with water • Move machine away from potentials sources of interference • Use DIAGNOSTICS Menu to check signal (See Heart Rate Test at section 5.4)

The above table should help properly diagnose a wireless heart rate receiver problem. Note that a strong signal is only transmitted if the electrodes are moistened and good skin contact is maintained. Interference from radios and neon lights can also reduce the strength of the signal and cause intermittent or erratic readings.

5. DIAGNOSTICS MENU

Accessing the DIAGNOSTICS Menu:

1. Hold the **iTek** key for 3 seconds to have access to the DIAGNOSTICS Menu

When accessing the DIAGNOSTICS Menu the version of the software installed in the console will display. The software version will scroll across the alphanumeric screen. This information is helpful in diagnosing certain computer-related conditions. Keep in mind that the version number may change depending on the model number of your bike.

To perform any of the below tests, press the **INCREASE/DECREASE SPEED** keys to select the one you wish to test and press the **JustGo™** key to accept.

Diagnostics	V6X-V9X	R6X-R9X
5.1 NVRAM Test	5.1	5.1
5.2 Keypad Test	5.2	5.2
5.3 Display Test	5.3	5.3
5.4 Heart Rate Test	5.4	5.4
5.5 Sound Test	5.5	5.5
5.6 Clock Test	5.6	5.6
5.7 USB Port Test	5.7	5.7
5.8 Brake Test	5.8	5.8
5.9 Speed Sensor Test	5.9	5.9
5.10 Statistics	5.10	5.10

5.1. NVRAM TEST

The NVRAM is a memory chip that saves information even when the computer is OFF. The NVRAM test lets you know if the memory chip is functioning correctly. Note that the NVRAM (non-volatile memory) test **will not** erase any stored information.

1. Enter the DIAGNOSTICS Menu, select NVRAM TEST and press the **JustGo™** key to accept.
2. The computer will display the following message: "SUCCESSFUL".
3. Press the **STOP** key to terminate the test.

5.2. KEYPAD TEST

The keypad test allows you to verify that each key is responding correctly when pressed.

1. In the DIAGNOSTICS Menu, select KEYPAD TEST and press the **JustGo™** key to accept.
2. Press each key, one at a time, and check the confirmed response on the screen. For example, if you press the **INCREASE LEVEL** key, the screen will display LEVEL INC, indicating that the key press was recognized.
3. Press the **STOP** key to terminate the test

5.3. DISPLAY TEST

The display test allows you to verify that each display light is working properly. If you notice that one or more areas on the screen do not light up while you exercise, you should perform this test.

1. In the DIAGNOSTICS Menu, select DISPLAY TEST and press the **JustGo™** key to accept.
2. The screen will light up in a certain way. To proceed to the next display pattern, press the **INCREASE/DECREASE SPEED** keys.
3. Press the **STOP** key to terminate the test.

5.4. HEART RATE TEST

The heart rate test allows you to determine if the heart rate systems (chest strap and hand grips) are working properly and that the computer is displaying your heart rate signal during a program.

1. Enter the DIAGNOSTICS Menu, select HEART RATE TEST and press the **JustGo™** to validate.
2. Attach your heart rate chest strap. If a heart rate chest strap signal is detected it will be displayed in the bottom left-hand side of the screen. The contact heart rate value will be displayed in the bottom center of the screen. You do not have to be walking on the belt to do this test; simply stand near the computer. In a few seconds, your actual heart rate will be displayed on-screen. Do the same for the hand grip system; put your hands on the metal plates and wait for five (5) to eight (8) seconds.
3. Press the **STOP** key to terminate this test.

5.5. SOUND TEST

The sound test will cause the beeper to sound.

1. Enter the DIAGNOSTICS Menu, select SOUND TEST and press the **JustGo™** key to accept.
2. Listen for a series of beeps.
3. Press any key to terminate the test.

5.6. CLOCK TEST

The CLOCK TEST allows you to verify the clock chip and circuitry.

1. Enter the DIAGNOSTICS Menu, select CLOCK TEST and press the **JustGo™** key to accept.
2. The current time is displayed at the top of the screen and AM or PM is displayed at the bottom of the screen.
3. Press the **JustGo™** key to see the current date in the format of YYYY_MM_DD.
4. Press the STOP key to terminate the test.

5.7. USB PORT TEST

The USB test will check to see that the USB connector is functioning correctly.

1. Place an empty USB Key (Flash Drive) into the port.
2. Enter the DIAGNOSTICS Menu, select USB PORT TEST and press the **JustGo™** key to accept.
3. If no USB Key is in the connector or if the connector is not reading the USB key the screen will display USB TEST FAILED.
4. Press the STOP key to terminate the test.

5.8 BRAKE TEST

The Brake test will check the K2 Electromagnetic Resistance System is operating correctly.

1. Enter the DIAGNOSTICS Menu, select BRAKE TEST and press the **JustGo™** key to accept.
2. Level 1 will be displayed on the right hand side of the screen.
3. While pedaling increase the level all the way to Level 20 ensuring that the resistance increases with the value.
4. Press the STOP key to terminate the test.

5.9 SPEED SENSOR TEST

The speed sensor test allows you to see whether your speed sensor circuit is functional or not.

1. In the DIAGNOSTICS Menu, select the SPEED SENSOR TEST and press the **JustGo™** key to accept.
2. Pedal and look at the display that will indicate the actual speed. If the result is good, the message "TEST OK" will appear.
3. If the test fails, the message "TEST FAILED" will appear.
 - Check If your speed sensor is connected to the electronic card.
4. Press the **STOP** key to terminate the test.

5.10 STATISTICS

The statistics allow you to view different parameters related to the use of your treadmill, such as time and distance.

1. Enter the DIAGNOSTICS Menu, select STATISTICS and press the **JustGo™** key to accept.
 - TOTAL TIME indicates the amount of time the treadmill has been used during all exercise programs.
 - TOTAL DISTANCE indicates the total distance traveled on the bike during all exercise programs.
2. Press the **STOP** key to terminate this test.

6. MAINTENANCE INFORMATION

6.1. GENERAL CARE

Your V6X/R6X/V9X/R9X Bike was designed and built to give you trouble free use. For maximum safety, however, you should periodically check your unit for signs of wear.

Here is a quick checklist:

- After each workout, you should wipe down your V6X/R6X/V9X/R9X Bike using a mild, non-abrasive liquid cleanser applied on a soft cloth. Do not spray cleansers directly on the unit or use an excessively damp cloth. Do not clean the unit with the power ON. Be sure that it is OFF (V6X/R6X only).
- Be sure that the bike is on a level surface and that it is not rocking.
- Keep liquids, including perspiration, away from the computer console.
- Pedals and handlebars must be kept clean. Dirt and debris can make surfaces slippery and may cause slipping when exercising.
- Check that the central handlebars are secure on the frame.
- It is also recommended to periodically remove any dust that has accumulated on the stationary bike.
- If you feel that something is loose or hear any unusual grinding or knocking while exercising, have your bike checked by a certified technician.

If you experience a problem during the normal operation of your V6X/R6X/V9X/R9X Bike, use the Quick Troubleshooting section. If you are unfamiliar with or uncertain about basic diagnostic maintenance procedures, contact your Authorized Bodyguard® Dealer for servicing of your bike.

WARNING – To prevent risk of electrical shock or fire, always turn the power OFF and disconnect the power cord, whenever you are cleaning, inspecting, or repairing your V6X/R6X Bike.

6.2. QUICK TROUBLESHOOTING CHECKLIST

If you experience a problem during the normal operation of your V6X/R6X/V9X/R9X Bike, use the Quick Troubleshooting Checklist. If you are unfamiliar with or uncertain about basic diagnostic maintenance procedures, contact your Authorized Bodyguard® Dealer for servicing of your bike.

Table 3	
PROBLEMS	PROBABLE CAUSES / SOLUTIONS
On V6X/ R6X models, computer will not light up when power is turned ON	<ul style="list-style-type: none"> - Unit is not plugged in – Plug unit in - Power cord. – Check that the power cord is functional. Replace if necessary. - Power cord is not connected is not firmly connected to the power supply unit. - Check power outlet on wall – Contact a qualified electrician if necessary. - A computer cable may be disconnected – Check computer cables
On V9X/R9X models, computer will not light up when keys on keypad are depressed without pedaling	<ul style="list-style-type: none"> - Batteries cable inside the display console is disconnected from display board or cable is damaged. Reconnect this cable or contact you Bodyguard dealer. - Batteries are completely discharged. Recharge the batteries with and appropriate type of charger for NIMH Rechargeable 2000 mA batteries. There are 3 x AA batteries to recharge.
Computer keys sticking or not responding to touch	<ul style="list-style-type: none"> - Keypad may have been damaged by liquid – Contact your Bodyguard® dealer - Excessive amount of cleaning solution used – Use only mild cleaning soap on damp cloth when cleaning machine
Computer lights up, but there is no resistance on pedal	<ul style="list-style-type: none"> - Control card is defective - Cable between braking system and control card is damaged or improperly connected – Check cable - Cable between computer and control card is damaged or defective – Check cable
Wheels don't seem to turn smoothly	<ul style="list-style-type: none"> - Make sure rear sliders and wheels are clean. You can remove the rear running

and you feel undesirable vibration	board for easier cleaning - Make sure all nuts and bolts are in place and firmly tightened
Computer lights up, but speed is not displayed	- Speed sensor is improperly aligned – Align or replace if necessary - Speed sensor is improperly connected – Check connection - Cable between computer and control card is damaged or defective – Replace cable

6.3. SAFETY REQUIREMENTS

North America

These stationary bikes have been tested and are compliant with UL 1647 and CAN/CSA STD 60335-1.

International

The equipment listed in this manual has been tested to meet the Low Voltage Directive 2006/95/EC concerning electrical and mechanical safety.

6.4. ELECTROMAGNETIC INTERFERENCE REQUIREMENTS

United States

The V6X/R6X has been tested and found to comply with the limits for Class B digital devices, pursuant to part 15 of the FCC Rules.

The V9X/R9X has been tested and found to comply with the limits for Class A digital devices, pursuant to part 15 of the FCC Rules.

These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio/television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the distance between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

Canada

The V6X/R6X have been tested and found to comply with the limits for a Class B device, pursuant the standard NMB-003.

The V9X/R9X have been tested and found to comply with the limits for a Class A device, pursuant the standard NMB-003.

International

This equipment has been tested to comply with the Electromagnetic Compatibility directive 2004/108/EC as required by the International Electrical Committee.

The V6X/R6X have been tested and found to comply with the limits for a Class B device and

The V9X/R9X have been tested and found to comply with the limits for a Class A device.