ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

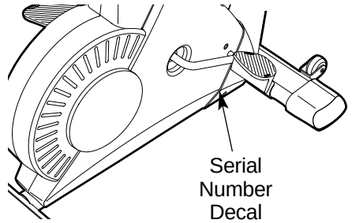
- the MODEL NUMBER of the product (WLEVEX24920)
- the NAME of the product (WESLO® VECTOR 502 exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 18)

Part No. 191370 R1002A

WESLO®

VECTOR 502

Model No. WLEVEX24920
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

08457 089 009

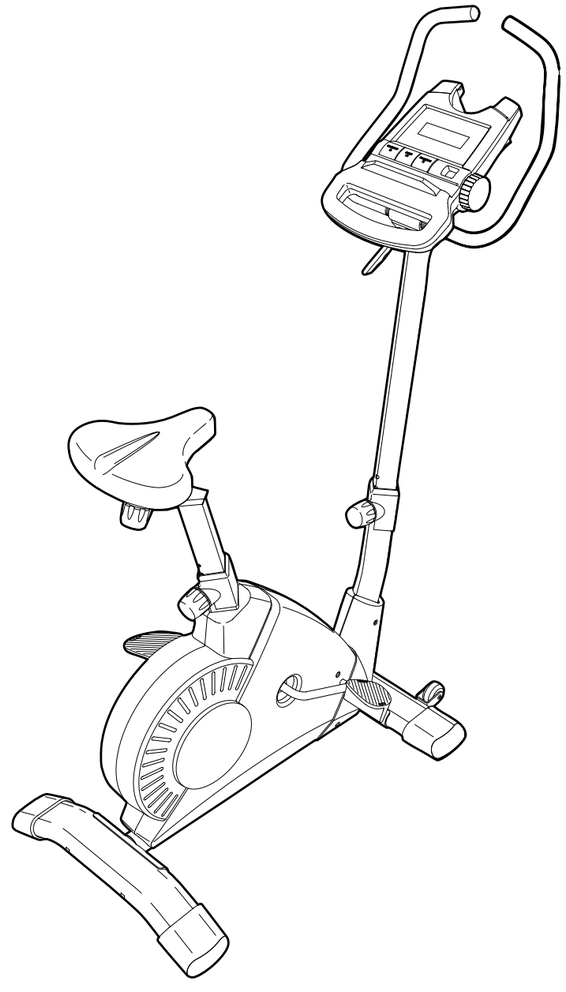
Or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

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

USER'S MANUAL



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WESLO®

VECTOR 502

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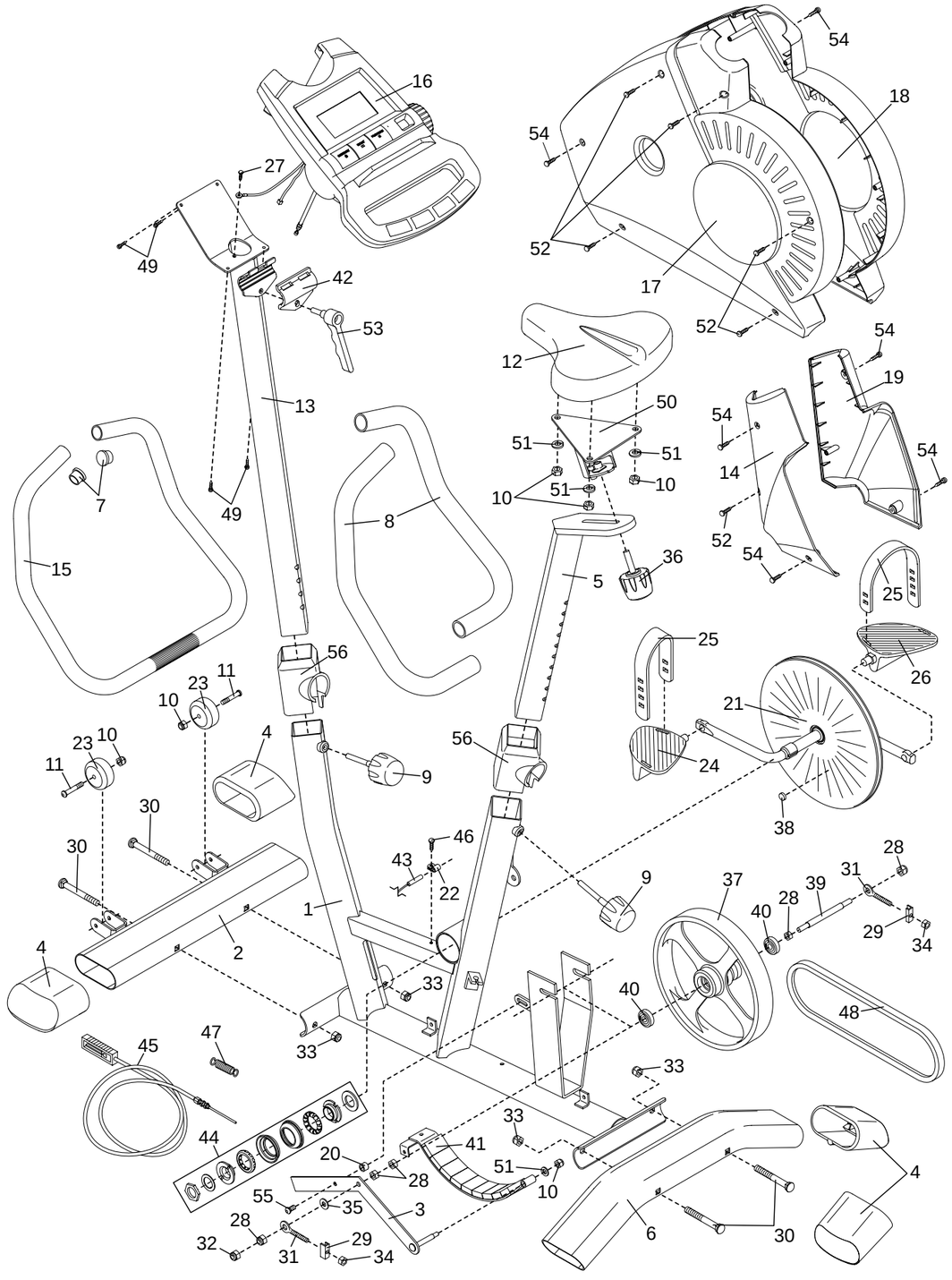
EXPLODED DRAWING—Model No. WLEVEX24920

R1002A



PART LIST—Model No. WLEVEX24920

R1002A

No.	Qty.	Description	No.	Qty.	Description
1	1	Frame	30	4	3/8” x 114mm Carriage Bolt
2	1	Front Stabiliser	31	2	Eyebolt
3	1	“C” Magnet Bracket	32	1	3/8” Axle Nut
4	4	Stabiliser Endcap	33	4	3/8” Nylon Locknut
5	1	Seat Post	34	2	M6 Nylon Locknut
6	1	Rear Stabiliser	35	1	M10 Flat Washer
7	2	Handlebar Endcap	36	1	Seat Knob
8	2	Foam Grip	37	1	Flywheel
9	2	Adjustment Knob	38	1	Magnet
10	6	M8 Nylon Locknut	39	1	Flywheel Axle
11	2	M8 x 38mm Bolt	40	2	Flywheel Bearing
12	1	Seat	41	1	“C” Magnet
13	1	Upright	42	1	Handlebar Clamp
14	1	Left Front Shield	43	1	Reed Switch/Wire
15	1	Handlebar	44	1	Crank Bearing Set
16	1	Console	45	1	Lower Cable
17	1	Left Side Shield	46	1	M4 x 12mm Screw
18	1	Right Side Shield	47	1	Return Spring
19	1	Right Front Shield	48	1	Belt
20	1	M8 x 5mm Spacer	49	4	M5 x 12mm Screw
21	1	Crank/Pulley	50	1	Seat Bracket
22	1	Reed Switch Clamp	51	4	M8 Flat Washer
23	2	Wheel	52	6	M4 x 25mm Screw
24	1	Left Pedal	53	1	Adjustment Handle
25	2	Pedal Strap	54	6	M4 x 19mm Screw
26	1	Right Pedal	55	1	M6 x 15mm Screw
27	1	Ground Screw	56	2	Frame Collar
28	5	3/8” Jam Nut	#	1	User’s Manual
29	2	U-bracket	#	2	Assembly Wrench

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. **Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described in this manual.**
2. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
3. **Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.**
4. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
6. **Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
7. **The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).**
8. **Always keep your back straight whilst using the exercise cycle; do not arch your back.**
9. **If you feel pain or dizziness whilst exercising, stop immediately and cool down.**
10. **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.**
11. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**

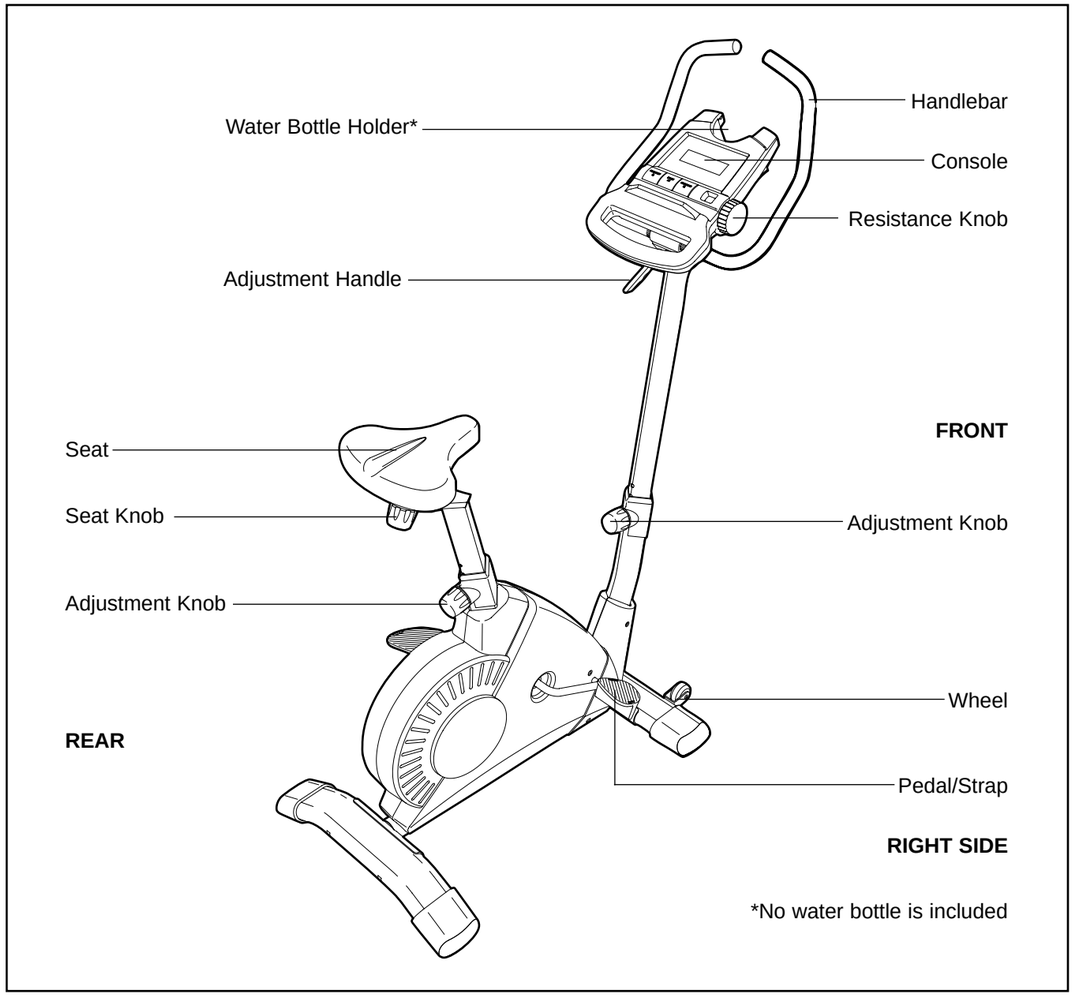
⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new WESLO® VECTOR 502 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The VECTOR 502 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 call our Customer Service Department at **08457 089 009.** To help us assist you, please note the product model number and serial number before calling. The model number is WLEVEX24920. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



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, back 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

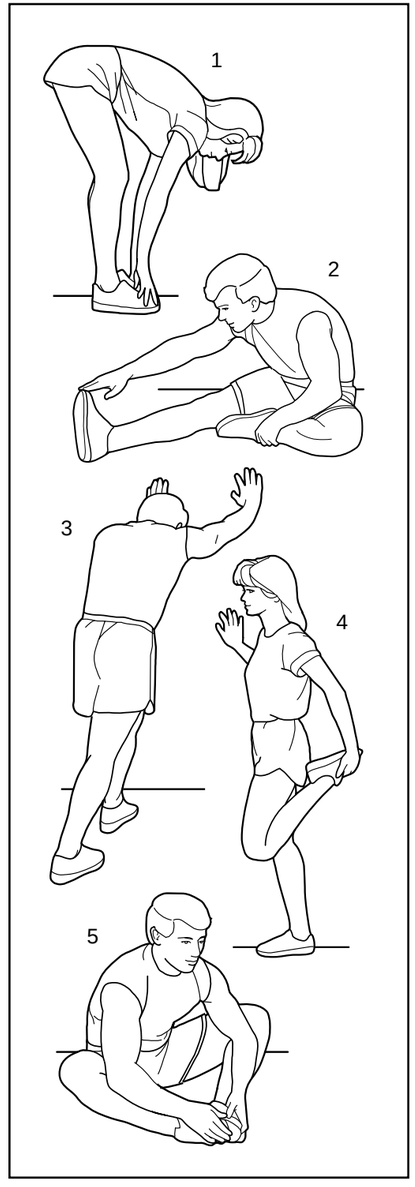
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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 area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ 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.**

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible 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 as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

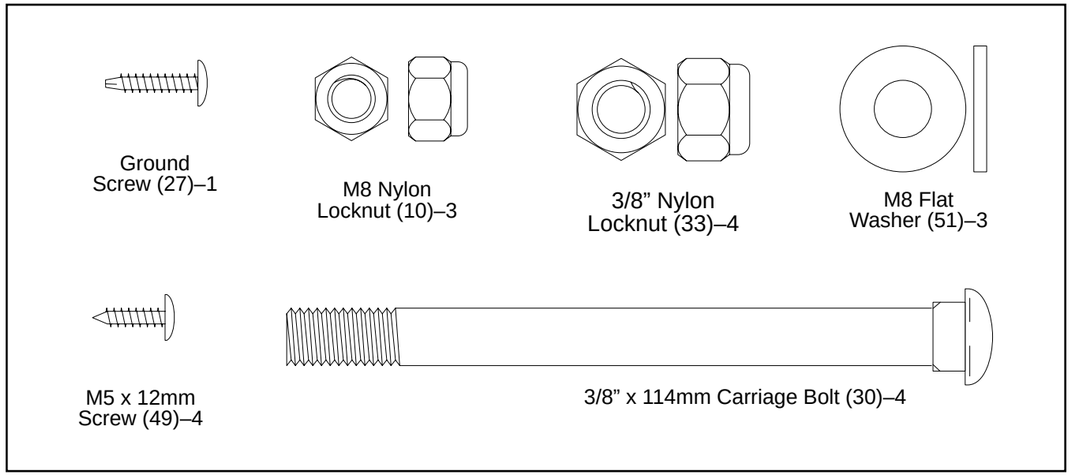
To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your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

ASSEMBLY

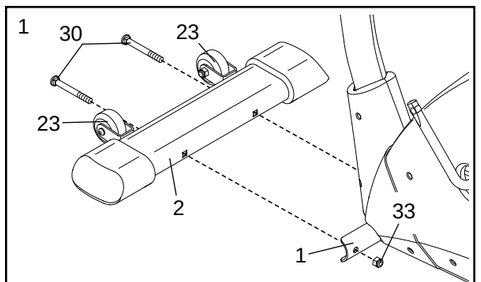
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable spanner , Phillips screwdriver , and pliers .

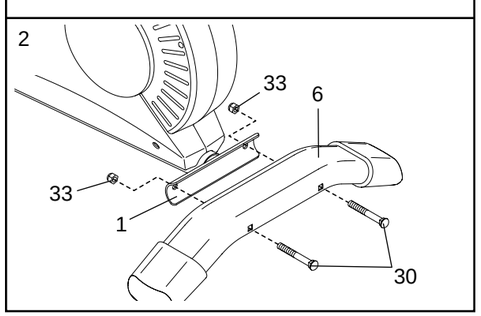
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**



1. Orient the Front Stabiliser (2) so that the Wheels (23) are on the side shown. Whilst another person lifts the front of the Frame (1) slightly, attach the Front Stabiliser with two 3/8” x 114mm Carriage Bolts (30) and two 3/8” Nylon Locknuts (33). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**



2. Whilst another person lifts the rear of the Frame (1) slightly, attach the Rear Stabiliser (6) with two 3/8” x 114mm Carriage Bolts (30) and two 3/8” Nylon Locknuts (33).



3. Slide the two slots in the Handlebar Clamp (42) onto the two indicated tabs on the Upright (13). Lift the bottom of the Handlebar Clamp away from the Upright. Insert the Handlebar (15) between the Handlebar Clamp and the Upright. Centre the Handlebar and rotate it to the desired position.

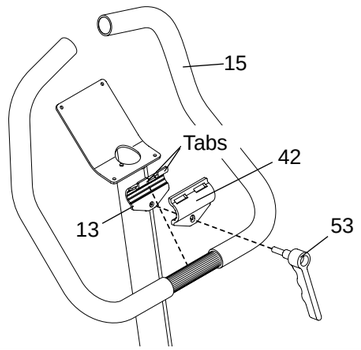
   Tighten the Adjustment Handle (53) onto the Upright (13). Note: The adjustment handle works like a spanner. Turn the Handle counterclockwise, pull it away from the Upright, turn it clockwise, push it toward the upright, and then turn it counterclockwise again.

4. The Console (16) requires three “AA” batteries; alkaline batteries are recommended. Insert three batteries into the Console. **Make sure that the batteries are oriented as shown by the diagram inside the Console.**

5. Hold the Console (16) near the Upright (13). Insert the console cable and the console wire into the indicated hole and down through the Upright. Attach the ground wire to the Upright with the Ground Screw (27).

   Insert the excess wire and cable into the Upright. Attach the Console (16) to the Upright (13) with four M5 x 12mm Screws (49). **Be careful to avoid pinching the wires.**

3



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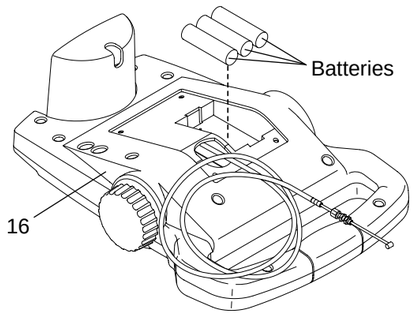

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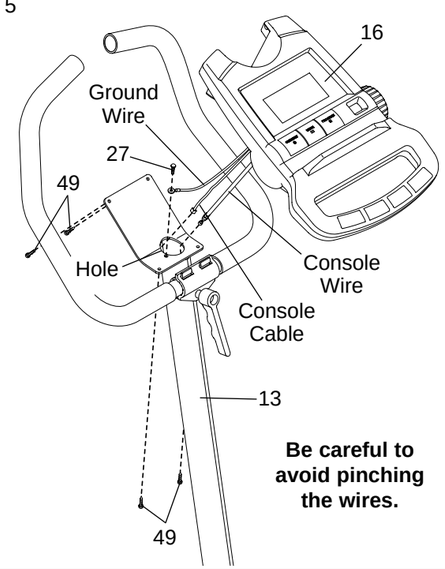


MAINTENANCE AND TROUBLESHOOTING

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

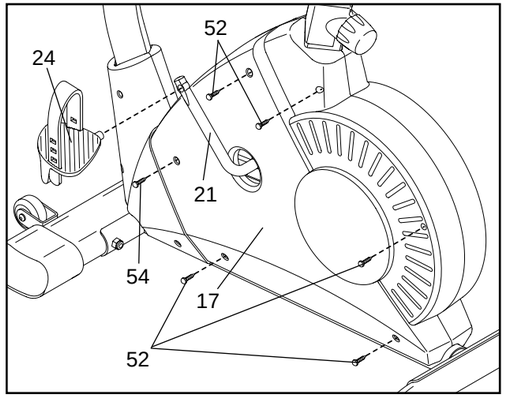
To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

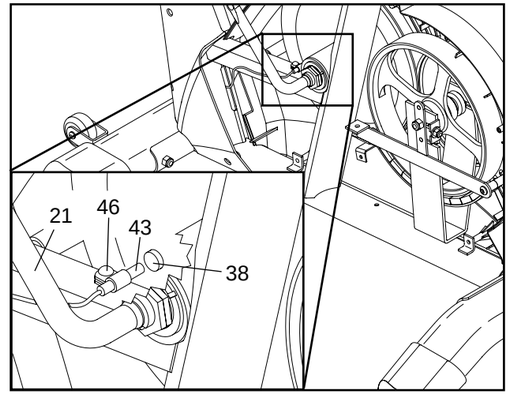
If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, refer to step 5 on page 6 and remove the console from the handlebar. Next, refer to step 4 on page 6 and insert three batteries into the console. Reattach the console to the handlebar, being careful not to pinch the wires.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the left side shield must be removed.



Turn the Crank (21) to the position shown. Using an adjustable spanner, turn the Left Pedal (24) clockwise and remove it. Next, remove the five M4 x 25mm Screws (52) and the M4 x 19mm Screw (54) from the Left Side Shield (17). Carefully remove the Left Side Shield.



Next, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M4 x 12mm Screw (46). Slide the Reed Switch slightly closer to or away from the Magnet. 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 side shield and the left pedal.

PULSE SENSOR TROUBLESHOOTING

Refer to pages 9 and 10.

HOW TO USE A PACE PROGRAM

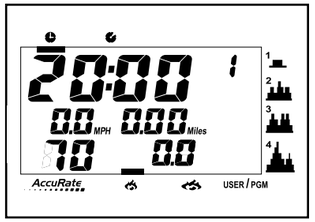
1 Put on the chest pulse sensor if desired.

For the console to display your heart rate, you must wear the chest pulse sensor (see page 9).

2 Turn on the console.

To turn on the console, press the On/Reset button or begin pedalling.

3 Select one of the four pace programs.

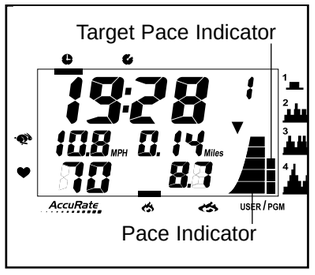


Each time the console is turned on, the manual mode will be selected. To select a pace program, press the Program button repeatedly until the number 1, 2, 3, or 4 appears in the upper right corner of the display.

The four small profiles on the right side of the console show how the target pace setting will change during the programs. For example, profile number 1 shows that during program 1, the target pace setting will increase near the beginning of the program, and then decrease near the end.

4 Start the program.

To start the program, begin pedalling. Each program consists of either twenty or thirty, one-minute periods. One target pace setting is programmed for each period. (The same target pace setting may be programmed for consecutive periods.)



The target pace settings for the program will be shown by the target pace indicator in the display. (The pace indicator will show your actual pedalling pace.) As the target pace indicator changes in height during the program, adjust your pedalling pace so that both indicators are at the same height. If your pedalling pace is slower than the current target pace setting, an arrow will appear next to the pace indicators to prompt you to increase your pace; if your pace is faster than the target pace, an arrow will prompt you to decrease your pace.

Important: The target pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the target pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.

During the program, adjust the resistance of the exercise cycle as desired by turning the resistance knob.

The display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

5 Follow your progress with the display.

See step 5 on page 12.

6 To turn off the console, stop pedalling.

See step 6 on page 13.

6. Whilst another person holds the Upright (13) in the position shown, connect the console wire to the Reed Switch Wire (43). Next, connect the console cable to the Lower Cable (45) in the following way:

   • Refer to inset drawing A. Pull up on the metal bracket (MB) on the Lower Cable (45), and insert the tip of the console cable (CC) into the wire clip inside of the metal bracket.

   • Refer to inset drawing B. **Firmly** pull the console cable (CC) and slide it into the metal bracket on the Lower Cable (45) as shown.

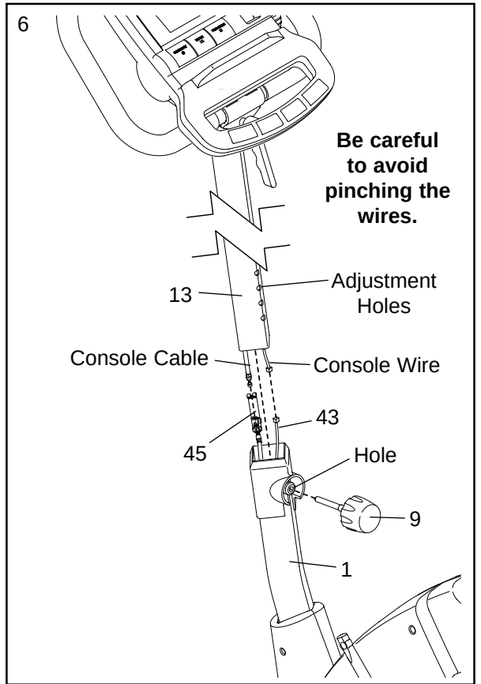
   • Refer to inset drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

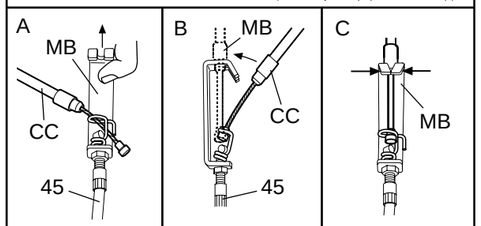
   Carefully push the excess wire and cable down into the Frame (1), and insert the Upright (13) into the Frame. **Be careful to avoid pinching the wires and cables.** Next, align one of the adjustment holes in the Upright with the indicated hole in the Frame. Insert the Adjustment Knob (9) into the Frame and the Upright, and turn the Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Upright.**

7. Attach the Seat (12) to the Seat Bracket (50) with three M8 Nylon Locknuts (10) and three M8 Flat Washers (51). Note: The Nylon Locknuts and Flat Washers may be preattached to the underside of the Seat.

   Orient the Seat (12) and the Seat Post (5) as shown. Insert the pin on the bottom of the Seat Bracket (50) into the indicated slot on the Seat Post. Tighten the Seat Knob (36) into the Seat Bracket.

6





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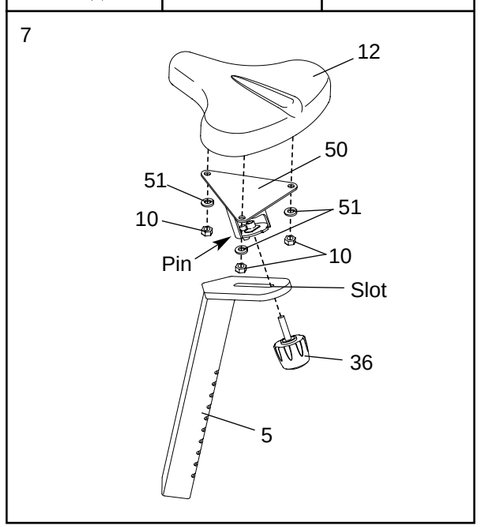
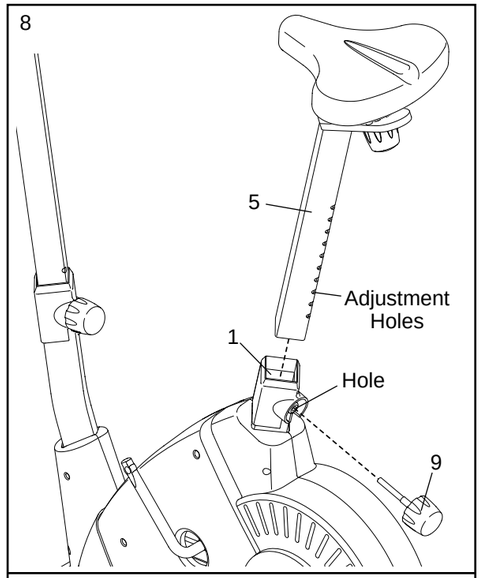
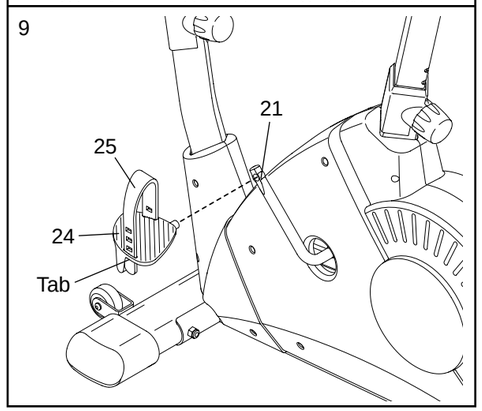


8. Turn the indicated Adjustment Knob (9) counterclockwise and remove it. Insert the Seat Post (5) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Adjustment Knob into the Frame and the Seat Post, and turn the Knob clockwise until it is tight. **Make sure that the Knob is inserted through one of the adjustment holes in the Seat Post.**



9. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable spanner, **firmly tighten** the Left Pedal counterclockwise into the left arm of the Crank (21). 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, the Pedals must be kept tightened.**

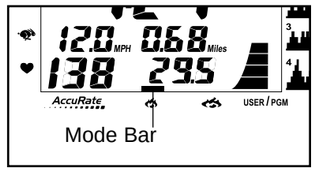
   Adjust the left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the right Pedal Strap (not shown) in the same way.



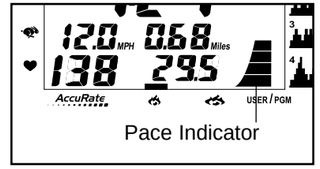
10. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

The Centre part of the display will show both your pedalling speed and the distance that you have pedalled. **Note: The display can show speed and distance in either miles or kilometres. To change the unit of measurement, hold down the On/Reset button for about six seconds. (When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.)**

The lower part of the display will show your heart rate (if you are wearing the chest pulse sensor) and the numbers of calories and fat calories you have burned (see FAT BURNING on page 16). Every few seconds, the display will alternate between calories burned and fat calories burned, as shown by the mode bars. Note: To view only calories burned, press the Mode button. To view only fat calories burned, press the Mode button again. To view both calories burned and fat calories burned, press the Mode button a third time.



In addition, the pace indicator on the right side of the display will provide a visual representation of your pedalling pace. As you increase or decrease your pace, the indicator will increase or decrease in height.

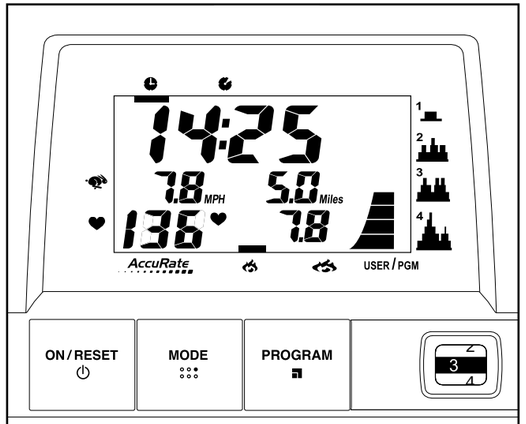


To reset the display, press the On/Reset button.

6 **To turn off the console, stop pedalling.**

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

FEATURES OF THE CONSOLE



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

The easy-to-use console is designed to help you get the most from your workouts. As you exercise, the console will display the following modes:

- Time—This mode displays the elapsed time (or the time remaining in a pace program). Note: If you stop pedalling, the time will begin to flash.
- Speed—This mode displays your pedalling speed.
- Distance—This mode displays the distance that you have pedalled.
- Heart rate—This mode displays your heart rate when you wear the chest pulse sensor.
- Calories—This mode displays the approximate number of calories you have burned.
- Fat calories—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 16).

The console also offers four pace programs. Each program automatically prompts you to increase or decrease your pace as it guides you through an effective workout.

HOW TO USE THE MANUAL MODE

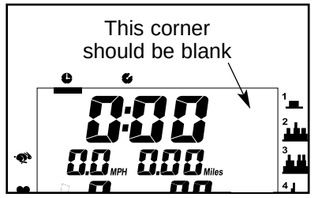
1 Put on the chest pulse sensor if desired.

For the console to display your heart rate, you must wear the chest pulse sensor (see page 9).

2 Turn on the console.

To turn on the console, press the On/Reset button or begin pedalling.

3 Select the manual mode.

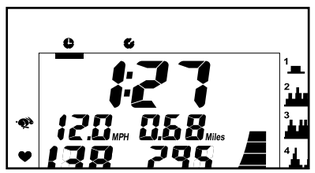


Each time the console is turned on, the manual mode will be selected. If a pace program has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

4 Begin pedalling and adjust the resistance of the exercise cycle.

As you pedal, adjust the resistance of the exercise cycle as desired by turning the resistance knob.

5 Follow your progress with the display.

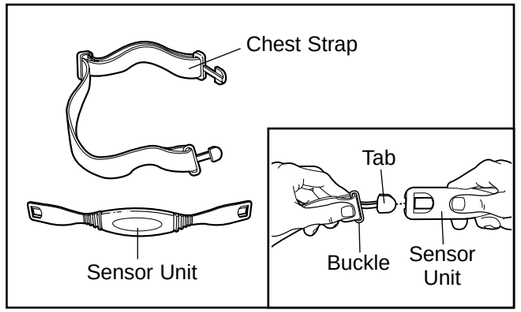


During your workout, the upper part of the display will show the elapsed time. Note: When a pace program is selected, the upper part of the display will show the time remaining in the program.

HOW TO USE THE CHEST PULSE SENSOR

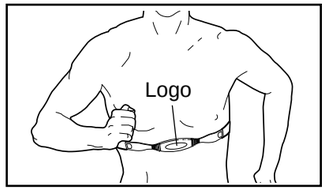
HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the chest pulse sensor.

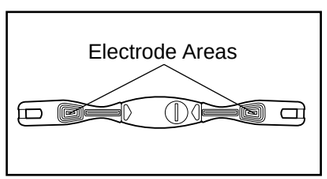


1 See the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit. Press the end of the sensor unit under the buckle on the chest strap.

2 Wrap the chest pulse sensor around your chest. Attach the free end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is right-side-up and facing forward.



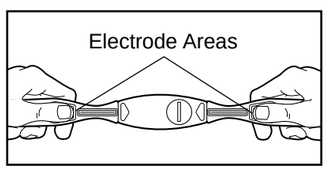
3 Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.



CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, or if the displayed heart rate is excessively high or low, try the troubleshooting steps below.

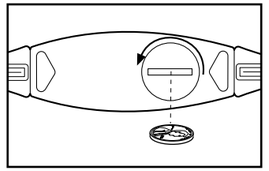
- Make sure that you are wearing the chest pulse sensor as described at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing below). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Make sure that you are within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating your exercise equipment.
- If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:



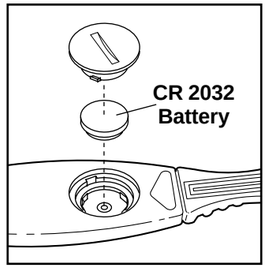
Hold the chest pulse sensor and place your thumbs over the electrode areas as shown. Next, hold the chest pulse sensor near the console. Whilst holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

- If the chest pulse sensor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.



Remove the old battery and insert a new CR 2032 battery. **Make sure that the battery is turned so the writing is on top.** Replace the battery cover and turn it clockwise to close it.

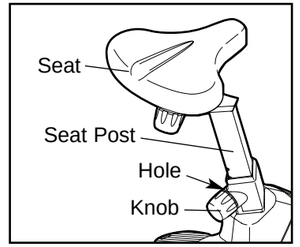


CHEST PULSE SENSOR CARE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time. Do not expose the chest pulse sensor to temperatures above 50° C (122° F) or below -10° C (14° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST

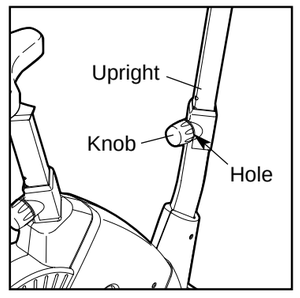


For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise and remove it. Next, slide the seat post up or down and align one of the adjustment holes in the seat post with the indicated hole in the Frame. Insert the knob into the frame and the seat post, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the seat post.**

HOW TO ADJUST THE SEAT

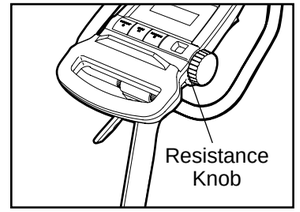
To adjust the seat, first turn the indicated knob counterclockwise to loosen it. Slide the seat to the desired position, and then turn the knob clockwise until it is tight.

HOW TO ADJUST THE UPRIGHT



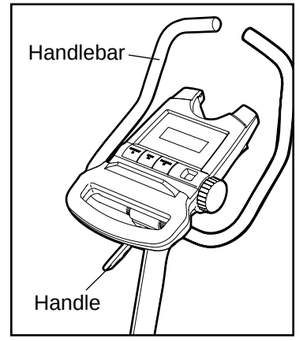
To adjust the upright, first turn the indicated knob counterclockwise and remove it. Next, slide the upright up or down and align one of the adjustment holes in the upright with the indicated hole in the frame. Insert the knob into the frame and the upright, and turn the knob clockwise until it is tight. **Make sure that the knob is inserted through one of the adjustment holes in the upright.**

HOW TO ADJUST THE pedalling RESISTANCE



To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. **Important: Stop turning the knob when turning becomes difficult, or damage may result.**

HOW TO ADJUST THE HANDLEBAR



To adjust the handlebar, first turn the indicated handle counterclockwise to loosen it. Note: The adjustment handle is operated like a spanner. Turn the handle counterclockwise, pull it away from the handlebar, turn it clockwise, push it toward the handlebar, and then turn it counterclockwise again. Repeat until the handlebar is loose. Move the handlebar up or down to the desired position and then retighten the handle.

HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, see step 9 on page 8.