

FitnessQuest[®]

Dedication to Quality

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty Card for details.

Save your sales receipt.
(You may wish to staple it into this manual.)

EDGE[®]

491r
Recumbent
Bike



OWNER'S MANUAL

*FOR MAXIMUM EFFECTIVENESS
AND SAFETY, PLEASE READ THIS
OWNER'S MANUAL BEFORE USING YOUR
EDGE 491r Recumbent Bike.*

INTRODUCTION

CONGRATULATIONS ON PURCHASING YOUR EDGE 491r RECUMBENT BIKE

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies. Using the bike will help in reducing body fat and increasing cardiovascular endurance.

Be sure to read through this Owner's Manual carefully.

It is the authoritative source of information about your Edge 491r Recumbent Bike.

Retain this manual for future reference.

COMMENTS OR QUESTIONS

Dear Customer,

Congratulations on your purchase of the Edge 491r Recumbent Bike.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us by email or on our web site, with any comments or questions you may have.

**Edge 491r
Customer Service Department
1400 Raff Road SW, Canton OH 44750-0001**

1-800-321-9236, Monday through Friday
8:30am to 8:00pm, Eastern Standard Time

email: customersupport@fitnessquest.com
www.fitnessquest.com

All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

CARE & STORAGE OF YOUR RECUMBENT BIKE

Caring For Your Bike

Your Recumbent Bike has been carefully designed to require minimum maintenance. However, we recommend the following to keep your unit operating smoothly.

- Use your bike indoors only.
- Wipe all perspiration from your bike with a soft, clean cloth after each use to prevent an accumulation of sweat and dirt.
- Clean your bike on a regular basis to prevent a build-up of dust. Use Windex or an alcohol based cleanser on a clean cloth. Do not use any abrasive cleaners and/or polish as these will damage the surface.
- Store your bike in a dry area away from children and high traffic areas.
- Regularly check the tightness of nuts and bolts.

Storing Directions

Your bike is portable. If you need to change the location of your bike, please follow the steps below.

- Stand at the rear of the bike and grasp the rear handlebar.
- Lift up using your legs – not your back, tipping the bike forward until it is resting on the front transportation wheels/front rollers.
- Wheel the bike to its new location and carefully lower the bike back down to the floor.

ORDERING MISSING OR DEFECTIVE PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 8:30am to 8:00pm, EST.

IMPORTANT: You must have your serial number and this manual ready when calling for parts.

Serial #: _____

Please also provide the following information:

- 1) Name, Mailing Address and Telephone Number
- 2) Date of Purchase
- 3) Where Product was Purchased (Name of Retail Store, City)
- 4) Model Number (EXBC00491)
- 5) Part Order Number and Description



4. Back Stretch

Stand with your legs shoulder length apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.

6. Buttocks, Hips and Abdominal Stretch



Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.



8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

STEP 1 - Front Foot Tube Assembly

- Remove (2) Carriage Bolts, (2) Washers and (2) Acorn Nuts from Front Foot Tube.
- Attach Front Foot Tube to front of Frame with hardware removed in Step a. Make sure to insert Bolts through "square holes" on bottom first.

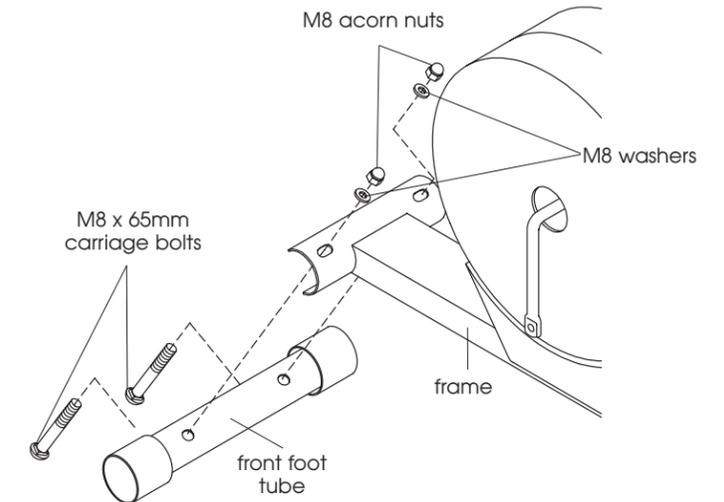


Figure 1 - Install Front Foot Tube

STEP 2 - Rear Foot Tube Assembly

- Remove (2) Carriage Bolts, (2) Washers and (2) Acorn Nuts from Frame.
- Insert (2) Carriage Bolts through "square holes" on bottom of Rear Foot Tube, Frame and Support Tube and fasten with (2) Washers and (2) Acorn Nuts.

NOTE: It will be difficult to attach Nuts, but they will fit. **DO NOT** tighten any Nuts until you have completed Step 3f on page 6.

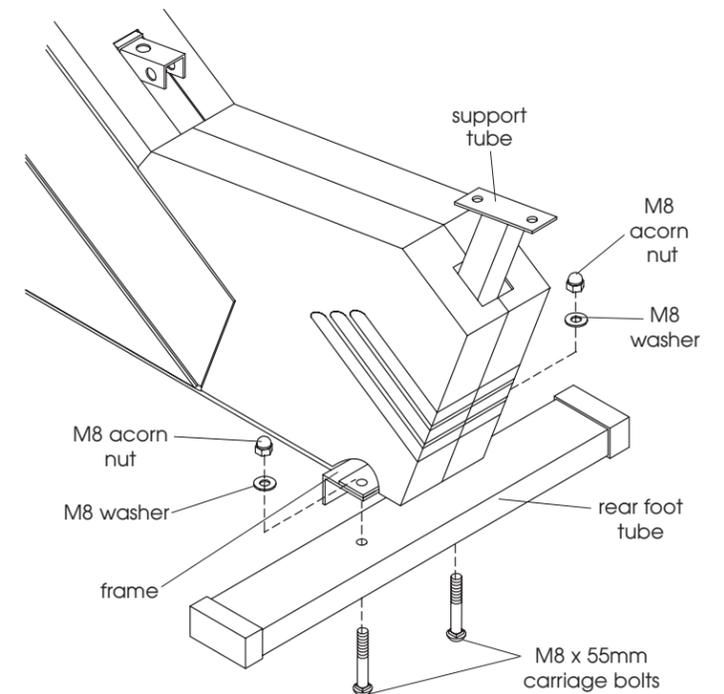


Figure 2 - Install Rear Foot Tube

STEP 3 - Seat Carriage Assembly

- a) Remove (1) Allen Bolt and (1) Washer from Carriage Tube.
- b) Push Locking Arm up, insert Carriage Tube into Seat Carriage and release Locking Arm. This will hold Carriage Tube in place. The rear of the Carriage Tube has only one hole and should face down.
- c) Remove (3) Allen Bolts and (3) Washers from Frame.
- d) Attach Pulse Wire from Frame to Long Extension Pulse Wire in Carriage Tube.
- e) Slide Carriage Tube over end of Frame and fasten with hardware removed in Step c. **DO NOT pinch Wires.**
- f) Attach Carriage Tube to Support Tube with hardware removed in Step a. Secure M8 Acorn Nuts on Rear Foot Tube. Tighten all nuts upon completion of this step.

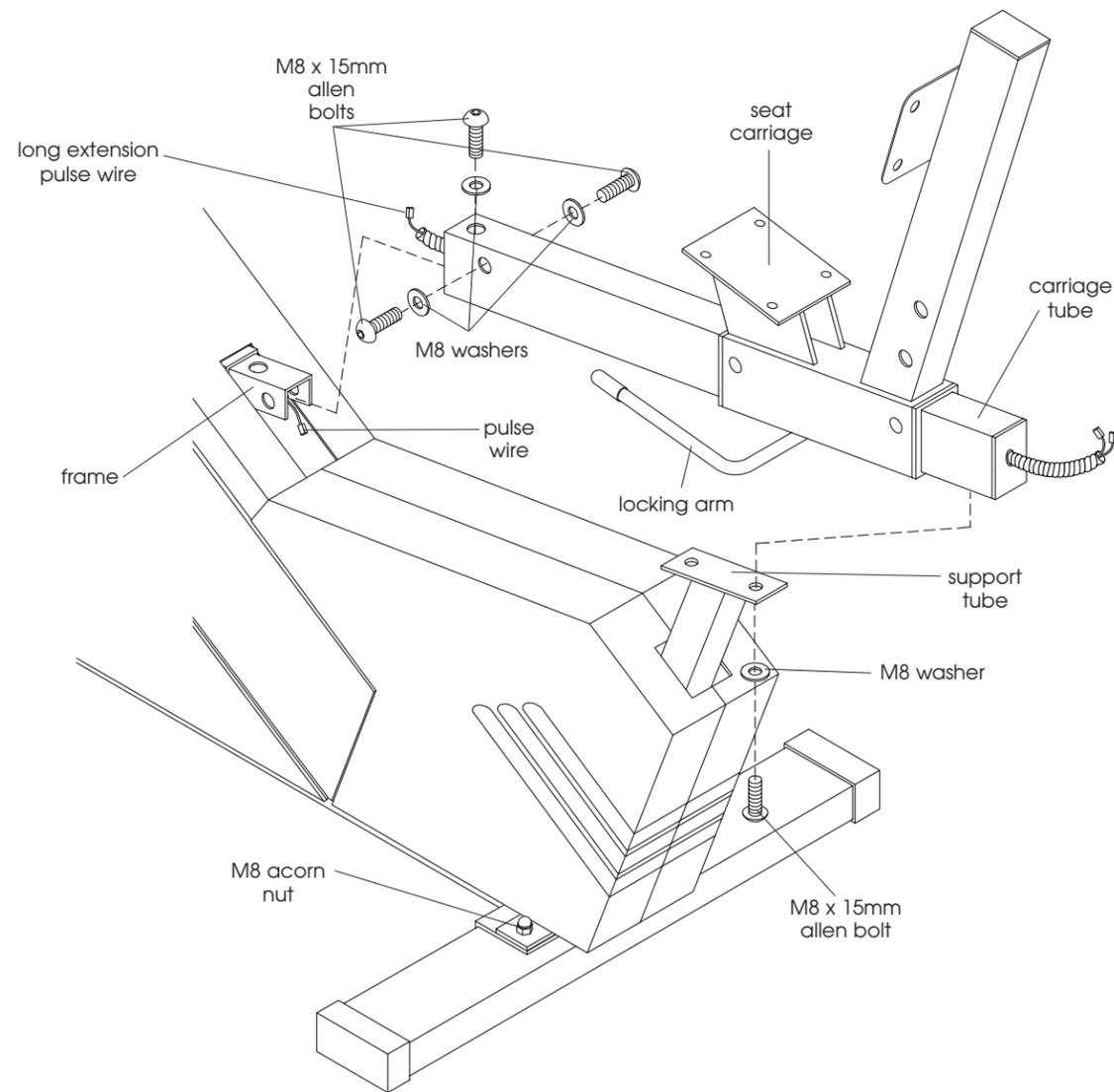


Figure 3 - Assemble Seat Carriage

WARM UP & COOL DOWN STRETCHES

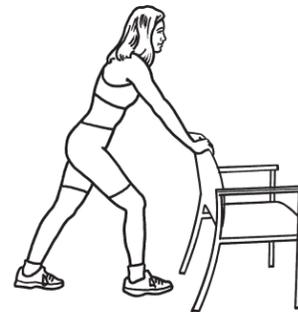
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.

(continued on next page)

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

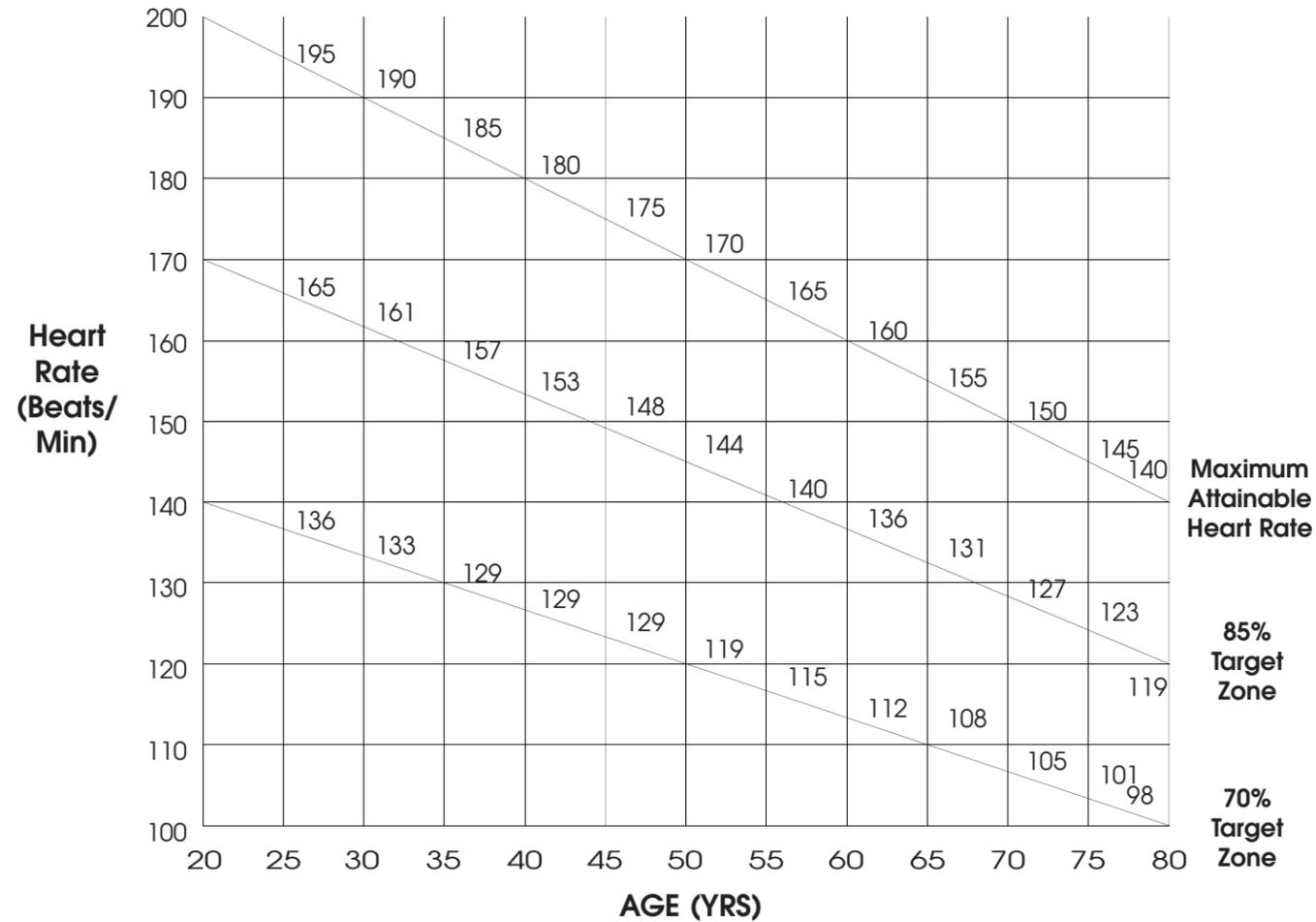


TABLE 2

| Exercise Week | Warm Up Period | THR% Minutes | Cool Down Period | Total Time | Sessions Per Wk. | Total Time Per Wk. |
|---------------|----------------|--------------|------------------|------------|------------------|--------------------|
| 1 & 2 | 5 min | 60-65% -8 | 5 min | 17 min | 3 | 51 min |
| 3 & 4 | 5 min | 65-70% -10 | 5 min | 20 min | 3 | 60 min |
| 5 & 6 | 5 min | 70-75% -15 | 5 min | 25 min | 3 | 75 min |
| 7 & 8 | 5 min | 70-80% -20 | 5 min | 30 min | 3 | 90 min |
| 9 & 10 | 5 min | 70-85% -25 | 5 min | 35 min | 3 | 105 min |
| 11 & 12 | 5 min | 70-85% -25 | 5 min | 35 min | 3 | 105 min |

STEP 4 - Seat & Back Rest Assembly

- a) Attach Seat and Back Rest to Seat Carriage with (8) Phillips Bolts and (8) Washers.

IMPORTANT
LOCKING ARM **MUST** be locked tightly before you sit on the SEAT.

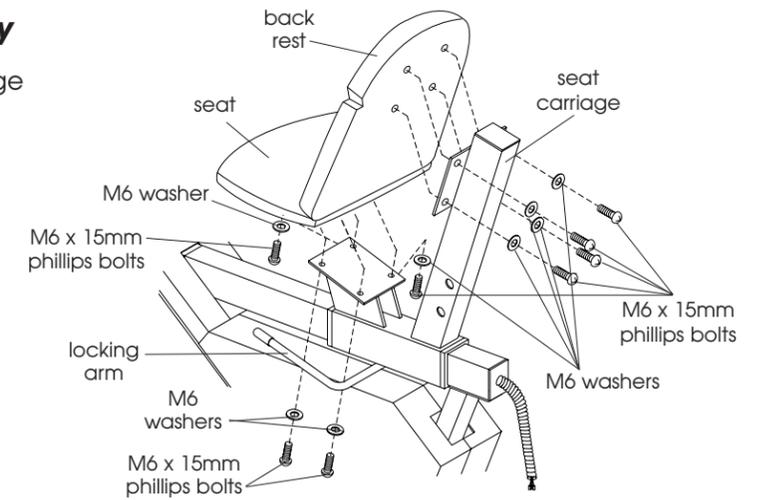


Figure 4 - Assemble Seat and Back Rest

STEP 5 - Rear Handlebar Assembly

- a) Attach Rear Handlebar to Seat Carriage with (2) Allen Bolts, (2) Washers, and (2) Nylon Nuts.
- b) Attach Handlebar Pulse Wires to Long Extension Pulse Wires.

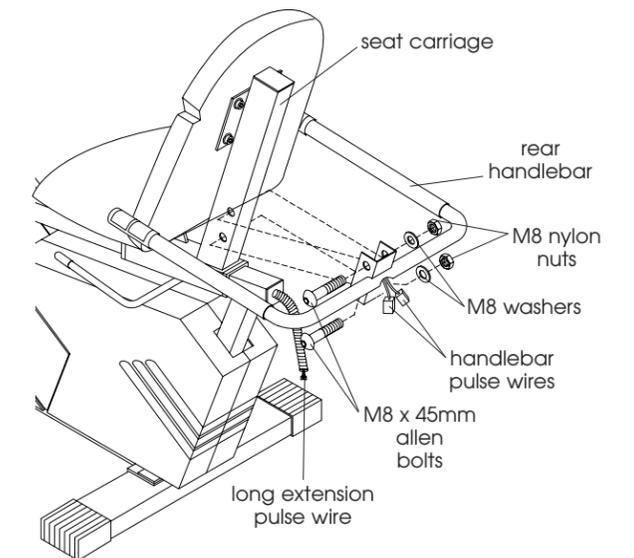


Figure 5 - Install Rear Handlebar

STEP 6 - Pedal Assembly

The Foot Pedals, Shafts, Cranks and Foot Straps are marked "R" for Right and "L" for Left.

- a) Insert Shaft of Left Foot Pedal into threaded hole in Left Crank, see Figure 6.
- b) Turn Shaft by hand **counter-clockwise** until snug. **NOTE: DO NOT turn the Shaft clockwise, doing so will strip the threads.** Tighten Shaft with Multi-Hex Tool provided.
- c) Insert Shaft of Right Foot Pedal into threaded hole in Right Crank.
- d) Turn Shaft by hand **clockwise** until snug. Tighten with Multi-Hex Tool provided.
- e) Install Left and Right Foot Straps on Foot Pedals as shown, see Figure 6.

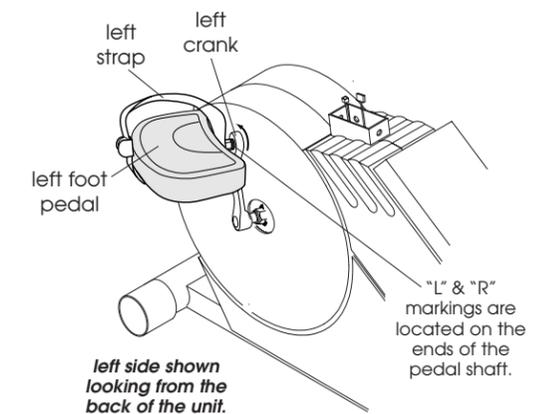


Figure 6 - Pedal Assembly

STEP 7 - Computer Tube Assembly

- Remove (3) Allen Bolts and (3) Washers from Frame.
- Connect Extension Wire and Short Extension Pulse Wire to Reed Switch Wire, Gear Box Wire and Pulse Wire.
- Slide Computer Tube over Wires and into Frame. Fasten with hardware removed in Step a.

NOTE: DO NOT pinch wires while attaching Handlebar Tube.

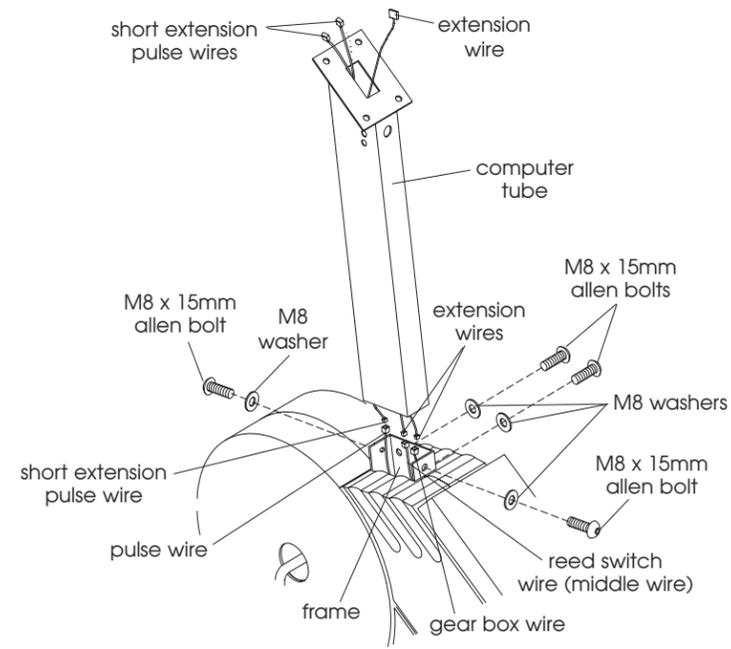


Figure 7 - Install Computer Tube

STEP 8 - Front Handlebar and Computer Assembly

- Attach Front Handlebar, to Computer Tube with (2) Allen Bolts, (2) Washers and (2) Nylon Nuts.

NOTE: DO NOT use rechargeable batteries, Using rechargeable batteries will cause a short circuit and destroy Computer.

- Remove Battery Door from back of Computer, insert four "C" size batteries in order shown in Figure 9 below and replace Battery Door.
- Remove (4) Phillips Screws from back of Computer. Carefully plug Extension Wire and Short Extension Pulse Wires into back of Computer.
- Attach Computer to Computer Tube with Phillips Screws.
- Snap Book Holder into slot in Computer.

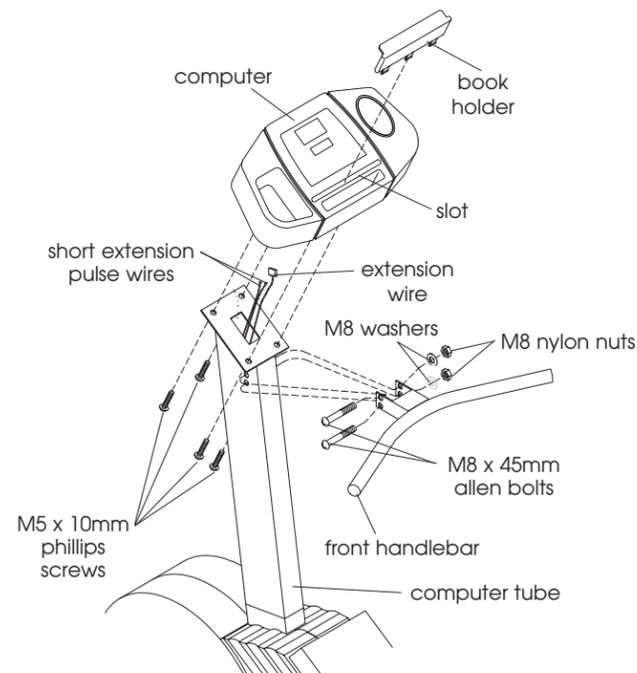


Figure 8- Install Front Handlebar and Computer

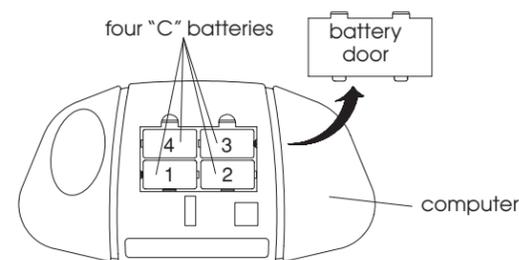


Figure 9- Install Batteries

cardiovascular effect. **Note:** Although 70% was used in this example, the heart rate range needed to achieve results falls between 60% and 85% of your maximum heart rate.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

When checking heart rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Remember, your Recumbent Bike also comes with pulse sensors located on the Rear Handlebar.

When used properly, the unit pulse sensors can help you to determine your estimated heart rate. To do so:

- Push the START button on your Computer.
- Gently grab **both** metal pulse sensors on **both** handlebars. Wait 6 seconds.
- Your estimated heart rate range will be displayed on screen. Check the chart on the following page to see if you are within your range according to your age.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

By using the chart on the following page you can see where your heart rate falls in the minimum and maximum target zones.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

CLOTHING

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

We recommend wearing a workout shoe with a rubberized sole unless instructed otherwise.

TIPS TO KEEP YOU GOING

- Adopt a specific plan and write it down.
- Keep setting realistic goals as you go along, and remind yourself of them often.
- Keep a log to record your progress and make sure to keep it up-to-date. See pages 22 - 24.
- Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- Upgrade your fitness program as you progress. Your Edge 491r provides 12 different workout programs to keep your workouts challenging.
- Enlist the support and company of your family and friends.
- Update others on your successes.
- Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 16.
- Reward yourself periodically for a job well done!

described previously. Each workout should begin with a warm up and end with a cool down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

WARM UP – 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm up.

MUSCULAR STRENGTH – a minimum of two, 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

MUSCULAR ENDURANCE – at least three, 30 minute sessions each week that include exercises such as calisthenics, push ups, sit ups, pull ups, and weight training for all the major muscle groups.

CARDIORESPIRATORY ENDURANCE – at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your bike is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, elliptical exercise, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

FLEXIBILITY – 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 19 and 20 for a list of total body stretches.

COOL DOWN – a minimum of 5-10 minutes of slow walking or lower intensity cycling, combined with stretching.

AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?

Experts recommend that you do some form of aerobic exercise at least three times a week for a minimum of 20 continuous minutes. Of course, if that is too much, start with a shorter time span and gradually build up to the minimum. Then gradually progress until you are able to work aerobically for 20-40 minutes. If you want to lose weight, you may want to do your aerobic workout five times a week.

It is important to exercise at an intensity vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends to

a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the "Measuring Your Heart Rate" section below and on page 17 for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your bike the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

WHEN TO EXERCISE

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

MEASURING YOUR HEART RATE (see chart on page 18)

Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fitness.

The heart rate you should maintain is called your Target Heart Rate. There are several ways of arriving at this figure. One of the simplest is: maximum heart rate $(220 - \text{age}) \times 70\%$. Thus, the target heart rate for a 40 year-old would be 126. In this example for this 40 year old to get a cardiovascular effect the individual would need to keep their heart rate at or above 126 beats per minute to get a

EDGE 491r PARTS LIST

(CH)

| ITEM | PARTS NAME | QTY. | ITEM | PARTS NAME | QTY. |
|------------|---------------------------------|------|------------|---|------|
| EXBC00491 | Retail Unit | 1 | EXBC491-43 | M5 x 10mm Phillips Screw (43) | 4 |
| EXBC491-01 | M8 x 65mm Carriage Bolt (01) | 2 | EXBC491-44 | Book Holder (44) | 1 |
| EXBC491-02 | Front Foot Tube (02) | 1 | EXBC491-45 | M5 x 50mm Phillips Screw (45) | 10 |
| EXBC491-04 | M8 Washer (04) | 16 | EXBC491-46 | Spring (46) | 1 |
| EXBC491-05 | M8 Acorn Nut (05) | 4 | EXBC491-48 | M10 Washer (48) | 2 |
| EXBC491-07 | End Cap (07) | 2 | EXBC491-49 | M10 Acorn Nut (49) | 2 |
| EXBC491-08 | Rear Foot Tube (08) | 1 | EXBC491-53 | Mag Brake (53) | 1 |
| EXBC491-09 | Support Tube (09) | 1 | EXBC491-54 | Belt Tension Bracket (54) | 1 |
| EXBC491-10 | Right Rear Cover (10) | 1 | EXBC491-55 | M8 x 20mm Phillips Bolt (55) | 1 |
| EXBC491-11 | Left Rear Cover (11) | 1 | EXBC491-65 | Gear Box w/Wire (65, 66) | 1 |
| EXBC491-12 | Right Front Cover (12) | 1 | EXBC491-67 | M6 x 40mm Eyebolt (67) | 2 |
| EXBC491-13 | Left Front Cover (13) | 1 | EXBC491-68 | Adjustment Channel (68) | 2 |
| EXBC491-14 | M4 x 12mm Phillips Screw (14) | 8 | EXBC491-69 | M3 x 8mm Phillips Screw (69) | 2 |
| EXBC491-15 | M4 x 16mm Phillips Screw (15) | 12 | EXBC491-70 | Front Handlebar Grip (70) | 2 |
| EXBC491-18 | Seat Carriage Plug (18) | 1 | EXBC491-71 | Pulse Sensor w/Wire (71, 78) | 2 |
| EXBC491-19 | Seat Carriage (19) | 1 | EXBC491-72 | M6 Hex Nut (Black) (72) | 2 |
| EXBC491-20 | Seat Carriage Bushing (19) | 2 | EXBC491-73 | M6 Hex Nut (73) | 2 |
| EXBC491-21 | Locking Arm Grip (21) | 1 | EXBC491-74 | M6 x 65mm Eyebolt (74) | 1 |
| EXBC491-22 | Plug (22) | 1 | EXBC491-76 | Short Extension Pulse Wire (76) | 1 |
| EXBC491-23 | Carriage Tube (23) | 1 | EXBC491-78 | Handlebar Pulse Wire (78) | 2 |
| EXBC491-24 | M8 x 15mm Allen Bolt (24) | 8 | EXBC491-79 | M5 x 10mm Phillips Screw (79) | 2 |
| EXBC491-25 | Seat (25) | 1 | EXBC491-80 | Pulse Wire (80) | 1 |
| EXBC491-26 | Backrest (26) | 1 | EXBC491-81 | Long Extension Pulse Wire (81) | 1 |
| EXBC491-27 | M6 x 15mm Phillips Bolt (27) | 8 | EXBC491-82 | M8 x 55mm Carriage Bolt (82) | 2 |
| EXBC491-28 | M6 Washer (28) | 8 | EXBC491-83 | Wire Plug (83) | 1 |
| EXBC491-29 | Rear Handlebar w/Grips (29, 32) | 1 | EXBC491-84 | M3 x 15mm Phillips Screw (84) | 4 |
| EXBC491-30 | M8 x 45mm Allen Bolt (30) | 2 | EXBC491-86 | Right Pedal Strap (86) | 1 |
| EXBC491-31 | M8 Nylon Nut (31) | 5 | EXBC491-87 | Left Pedal Strap (87) | 1 |
| EXBC491-33 | Front Handlebar Plug (33) | 2 | EXBC491-SD | Shroud Decals | 2 |
| EXBC491-34 | Right Pedal (34) | 1 | EXBC491-OM | Owner's Manual | 1 |
| EXBC491-35 | Left Pedal (35) | 1 | EXBC491-MC | Master Carton | 1 |
| EXBC491-37 | Extension Wire (37) | 1 | EXBC491-HK | Hardware Kit | 1 |
| EXBC491-38 | Reed Switch w/Wire (38) | 1 | EXBC491-K1 | Idler Pulley Kit (04, 31, 47, 56, 57, 58, 75) | 1 |
| EXBC491-39 | Computer Tube (39) | 1 | EXBC491-K2 | Crank Kit (36, 50, 51, 52, 59, 60, 61, 62, 63, 64, 77, 85) | 1 |
| EXBC491-40 | Computer (40) | 1 | | | |
| EXBC491-41 | Front Handlebar (41) | 1 | | | |
| EXBC491-42 | M8 x 60mm Allen Bolt (42) | 2 | | | |

IMPORTANT

Please review this section before you begin exercising.

IMPORTANT:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance impairment
- Taking medications that affect heart rate

KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts".

There is widespread agreement that these five components comprise the basics of physical training:

CARDIORESPIRATORY ENDURANCE – the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your bike will improve this.

MUSCULAR STRENGTH – the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.

MUSCULAR ENDURANCE – the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push-ups are often used to test endurance of arm and shoulder muscles.

FLEXIBILITY – the ability to move joints and use muscles through their full range of motion. The sit-and-reach test is a good measure of flexibility of the lower back and backs of the upper legs.

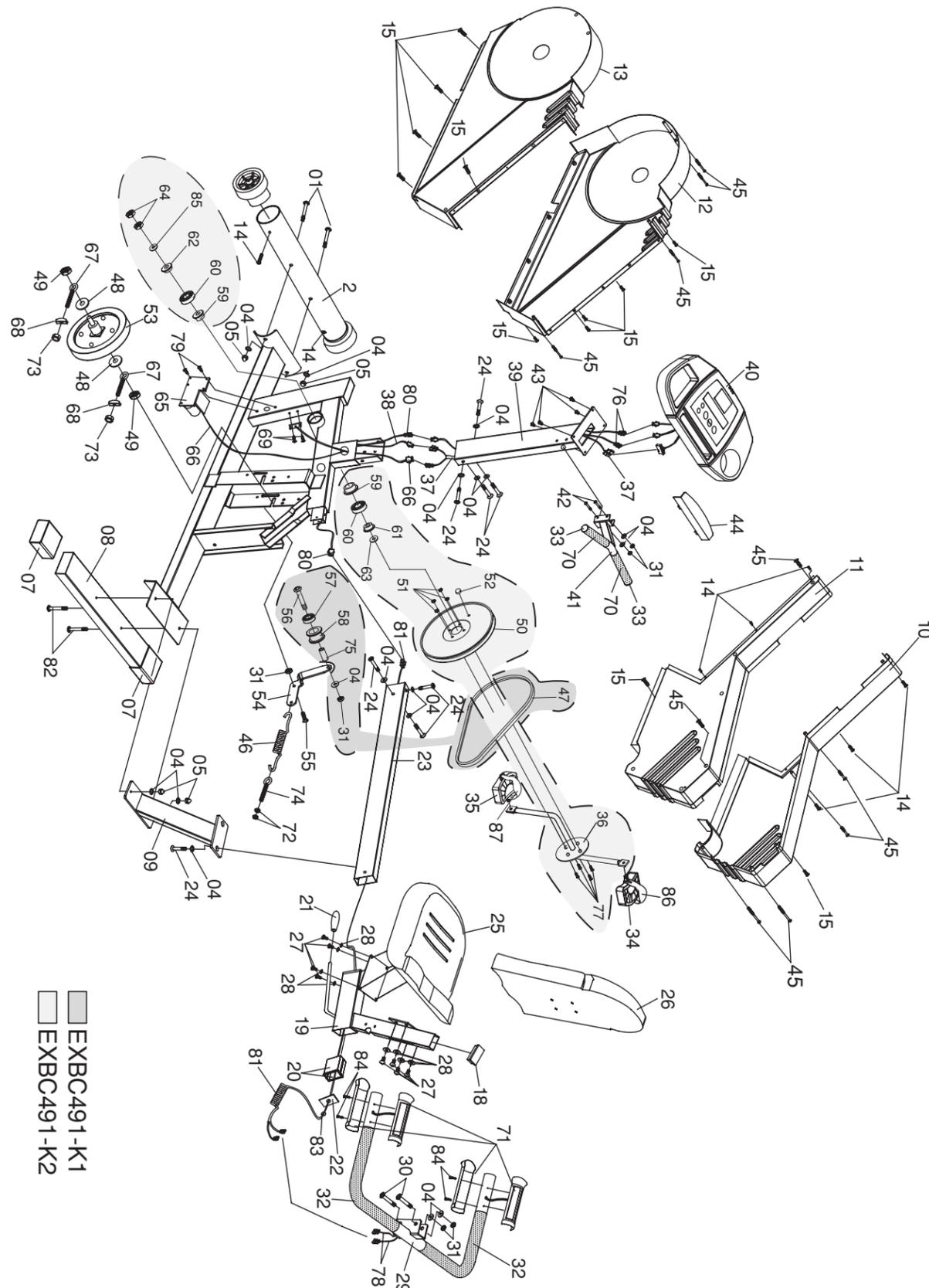
BODY COMPOSITION – often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Workout Progress Charts on pages 22 and 23.

A COMPLETE EXERCISE PROGRAM

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components

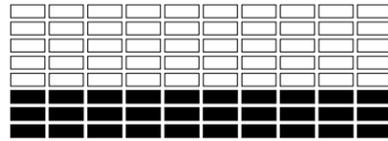
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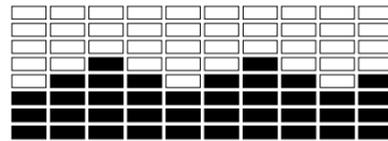
EDGE 491T EXPLODED VIEW

Program Graphics

PROGRAM 1
MANUAL



PROGRAM 2
ROLLING



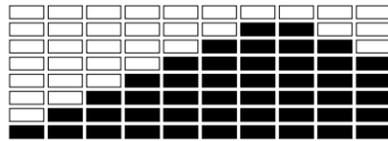
PROGRAM 3
VALLEY



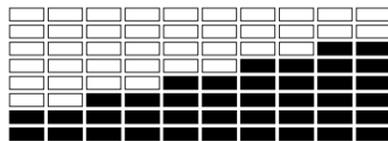
PROGRAM 4
FAT BURN



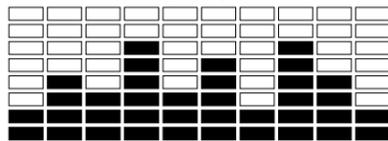
PROGRAM 5
RAMP



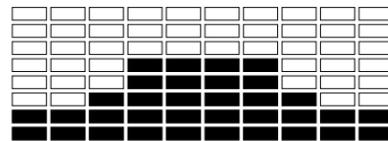
PROGRAM 6
FITNESS TEST



PROGRAM 7
RANDOM



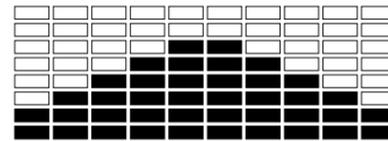
PROGRAM 8
PLATEAU



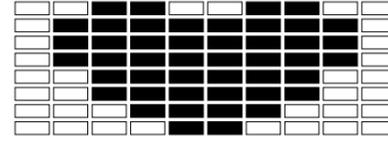
PROGRAM 9
INTERVALS



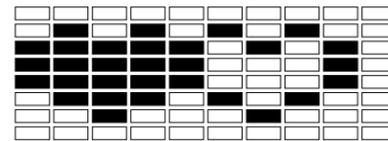
PROGRAM 10
MOUNTAIN



PROGRAM 11



PROGRAM 12



AGE: The AGE function is only adaptable to PROGRAM 11 or 12. After setting the TIME in PROGRAM 11 or 12 the AGE function will automatically come on the screen.

Press the ▲ UP or the ▼ DOWN button to input your age. The digit will be flashing.

Press ENTER to go to another function or START to begin exercising.

If you do not set an age, this function will always default to age 25.

SCAN: During your workout, press MODE until the arrow is blinking in front of TIME, then scan is set. NOTE: It will scan automatically if the time is not set.

PULSE: Press the MODE button until the arrow points to the PULSE function. This will display your current estimated heartbeat at a rate in beats per minute.

The PULSE rate will be displayed after 4 stable pulse signals have been detected. Each pulse signal will be accompanied by a symbol flash.

If there is no pulse input detected for over 8 seconds, the computer will turn off the pulse circuit automatically. Press ENTER button during your workout to restart PULSE function.

LCD Contrast Calibration

The contrast of the screen can be adjusted by the following steps. During the STOP mode press and hold the ENTER and ▲ UP buttons together for over 2 seconds. This will open the LCD contrast calibration mode. Then press the ▲ UP or the ▼ DOWN buttons to adjust the contrast of the screen. Press START/STOP button to set the desired level of contrast. There are 16 levels of contrast.

GETTING STARTED

Once your Recumbent Bike is assembled, make sure that your workout space has a solid, level surface with plenty of space around it. We recommend placing a mat under your bike to protect your flooring.

Correct Workout Position

When exercising, keep your back straight and your head in a neutral position to minimize neck and upper back strain. When pedaling do not lock out your knees, at the bottom of the pedaling motion there should be a slight bend in the knee. Always try to pedal the bike with a smooth and rhythmic motion.

USING YOUR RECUMBENT BIKE

The bike provides a completely smooth and natural feeling, that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout. The durable steel frame and transport wheels make the bike mobile and easy to use.

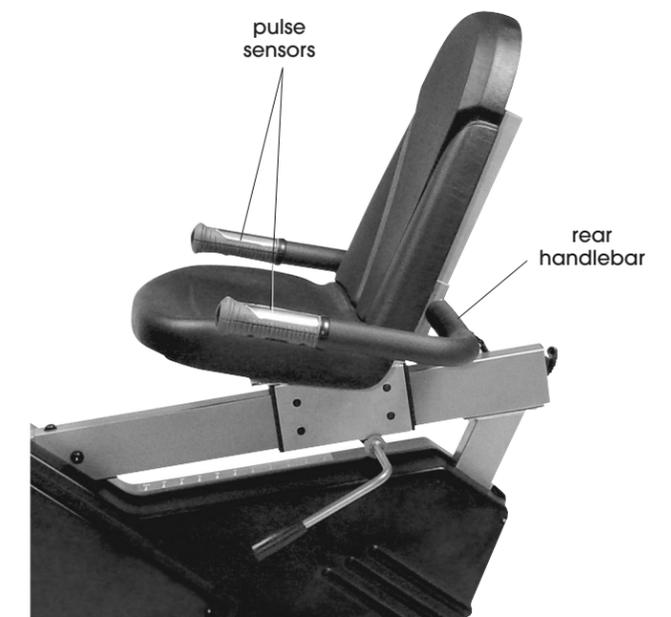
IMPORTANT:

- This bike is not recommended for children.
- Always make sure that you feel balanced and secure.
- Always use your bike on a clean, solid and level surface.

USING THE PULSE FUNCTION ON THE REAR HANDLEBAR

The pulse window on your Computer works in conjunction with the pulse sensors found on the rear handlebar. When you are ready to read your pulse:

- 1) Place **both** hands firmly on the pulse sensors. For the most accurate reading, it is important to use **both** hands.
- 2) Look at your pulse window. The small heart will begin to blink.
- 3) Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the pulse sensors.
- 4) Refer to the Target Heart Rate Zone Chart found on page 18 of this manual. For additional information about the importance of working within certain heart rate ranges, see pages 16 and 17 – *Measuring Your Heart Rate*.
- 5) This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.



OPERATING THE COMPUTER

WARNING

The batteries must be installed as instructed on page 8. Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.



Introduction

Your unit is equipped with a programmable computer to help you track your progress and motivate you to reach your fitness goals.

This computer provides different programs designed to tailor to your fitness goals. Simply choose the program you like, set the time limit and begin exercising. Your monitor will then show your approximate pulse, approximate calories burned, elapsed time, speed and distance traveled.

Functions and Features

TIME: Shows your elapsed workout time in minutes and seconds. Your computer will automatically count up from 0:00 to 99:59 in one second intervals. You may also program your computer to count down from a set value by using the ▲ UP and ▼ DOWN buttons. If you continue exercising once the time has reached 0:00, the computer will begin beeping, and reset itself to the original time set, letting you know your workout is done.

SPEED: Displays your workout speed in miles per hour.

DISTANCE: Displays the accumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in tenths of a mile.

CALORIES (approximate): Your computer will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your computer is based on realistic expectations; however, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

The computer will count up in 0.1 increments. After the display value reaches 999, it will reset to "0" and begin counting from 0.1 again.

AGE: Your computer is age-programmable from 1 to 99 years when you choose Program 11 or Program 12. The default age is 25 years.

Note: This unit is not recommended for children.

If you do not set an age, this function will always default to age 30.

PULSE (approximate): Your computer displays your pulse rate in beats per minute during your workout. Pulse sensors, located on the Rear Handlebar enable the user to read his/her pulse rate. By grasping the sensors and holding firmly, the display will read your pulse rate in the display window. Your pulse will continue to read as long as your hands stay on the pulse sensors.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

Buttons and Definitions

MODE: This button selects functions of TIME, SPEED, DISTANCE, CALORIES, AGE, TARGET HEART RATE, and PULSE.

ENTER: This button allows users to set the chosen mode for exercising. (During the STOP mode, press the ENTER button to enter the TIME or AGE setting).

START/STOP: This button allows the user to STOP or START exercising. (By holding this button for 2 seconds the user can reset all values to "0"). The monitor will turn off automatically after approximately 4.5 minutes of non use. All values will then be reset to "0".

▲ UP BUTTON: This button allows the user to increase the values of the TENSION LEVEL, TIME, and AGE.

▼ DOWN BUTTON: This button allows the user to decrease the values of the TENSION LEVEL, TIME, and AGE.

Graphic LCD Display Description and Function (LARGE window)

This system offers 12 programs that you can preset the workout time and will divide the time by 10 intervals. If you do not preset the workout time the system will count up the workout time in one-second increments.

Programs 1-10:

See Program Graphics on page 14.

STEP 1 – Begin by pressing the START/STOP button for over 2 seconds. This will clear any other chosen function.

STEP 2 – Next press the ▲ UP or ▼ DOWN button to scroll to the desired exercise program. Then press ENTER. The program will be displayed on the LCD window.

STEP 3 – The TIME setting mode should now be displayed. Press the ▲ UP or ▼ DOWN button to set the desired workout time.

STEP 4 – Press the START button to begin exercising. (If you want to exit the Program, press the ENTER button for 2 seconds and the display will reset. Once you begin exercising your present workout interval will be flashing. You can also increase or decrease your workout resistance by pressing the ▲ UP or the ▼ DOWN button. To PAUSE your exercising program, press the STOP button, then to resume press the START button.

Programs 11 and 12:

These unique programs allow the monitor to adjust the workout resistance according to your heart rate automatically. Grasp the pulse sensors and hold with a firm grip. If the current Heart Rate is greater than the Target Heart Rate, the computer will decrease the workout resistance automatically. If your current Heart Rate is less than your Target Heart Rate it will increase your resistance. By the resistance changing, the machine will be able to keep your heart rate at its target beats per minute.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

Important: You must keep your hands on the pulse sensors throughout the entire workout when using Programs 11 and 12.

Important: Be sure to set your actual age when using these programs.

Program 11: is designed to allow you to work out at 60% of maximum heart rate (Target Heart Rate)

Program 12: is designed to allow you to work out at 85% of maximum heart rate (Target Heart Rate)

Operating Instructions for Programs 11 and 12

STEP 1 Press START/STOP button 2 seconds to clear out previous program.

STEP 2 Press the ▲ UP or the ▼ DOWN button to choose the desired Heart Rate Program (PROGRAM 11 or 12).

STEP 3 Press ENTER for TIME mode. Press the ▲ UP or the ▼ DOWN button for the desired TIME setting.

STEP 4 Press ENTER for AGE mode. Press the ▲ UP or the ▼ DOWN button for the desired AGE setting.

STEP 5 You are now ready to begin exercising.

Graphic LCD Display Description and Function (small window)

TIME: Press the MODE button until the arrow points to the TIME function. If the TIME is not set, it will count up in one-second intervals up to 99:59.

To set the desired time:

STEP 1 Press the ENTER button to enter the TIME setting function.

Press the ▲ UP or ▼ DOWN button to choose your desired workout time. Range – 5:00-99:00.

STEP 2 Press START to begin. After workout time is completed the computer will beep for 12 seconds. To stop beeping press any button.

SPEED: Press the MODE button until the arrow points to SPEED. This will display your current speed. The display value will be updated every 2-3 seconds.

DISTANCE: Press the MODE button until the arrow points to the DISTANCE function.

CALORIE: Press the MODE button until the arrow points to the CALORIE function.

The computer will count up in 0.1 increments. After the display value reaches 999, it will reset to "0" and begin counting from 0.1 again.