

# IRONMAN®

## 430r

### Owner's Manual IRONMAN 430r RECUMBENT

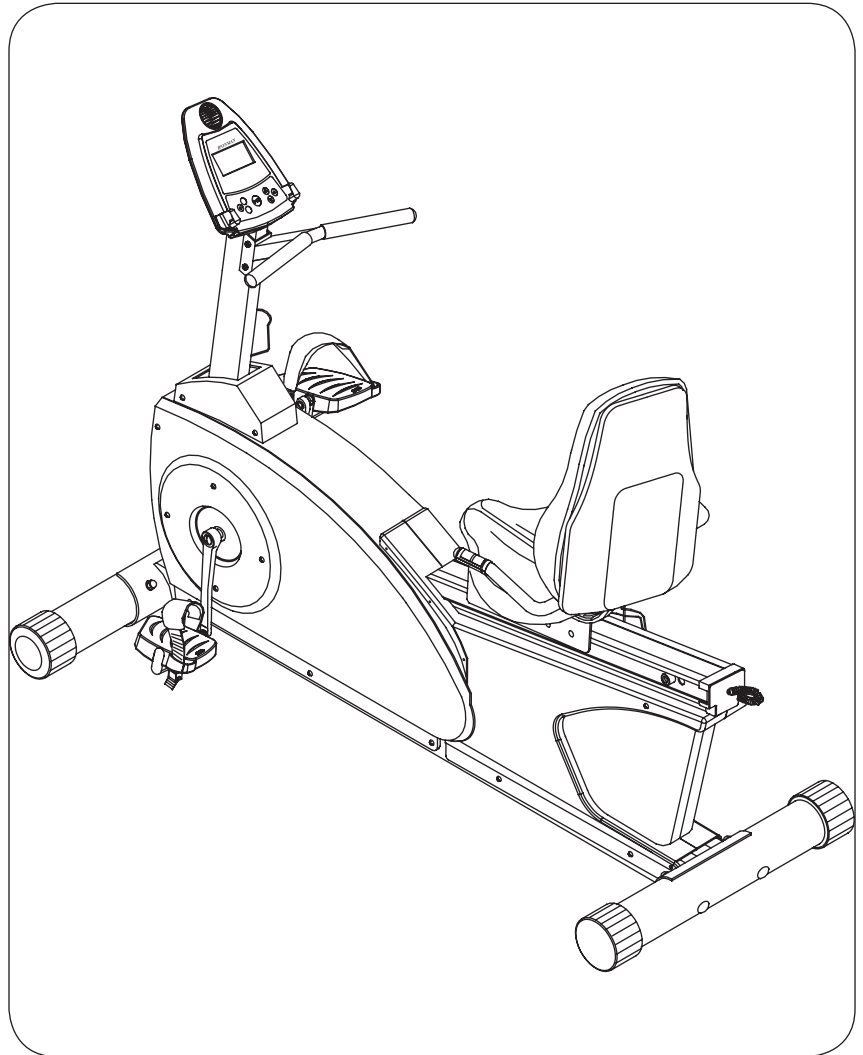
#### CUSTOMER SERVICE

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#### IRONMAN FITNESS

4009 DISTRIBUTION DRIVE  
SUITE 250  
GARLAND, TX 75041

[WWW.IRONMANFITNESS.COM](http://WWW.IRONMANFITNESS.COM)

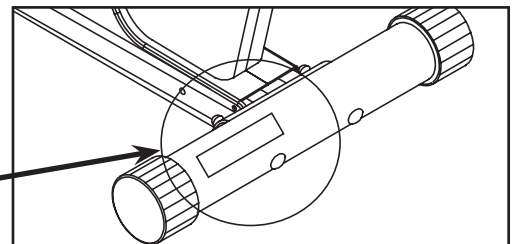


**Model Name : 430r**

**Serial Number :**

*Write down for future reference*

*Serial Number Decal Location*



**315-00082**  
**Rev C 02/13**

# Table of Contents

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Important Safety Information	3
Before You Start	4
Assembly	5-9
Console Overview	10-15
Monitoring Your Heart Rate	16-17
Moving Instructions	18
Warm Up Exercises	19
Exploded View	20
Parts List	21
Warranty	22

# Important Safety Information

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**WARNING!** Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

## **SAFETY PRECAUTIONS AND TIPS**

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

# Before You Start

Thank you for purchasing the **Ironman 430r Recumbent!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

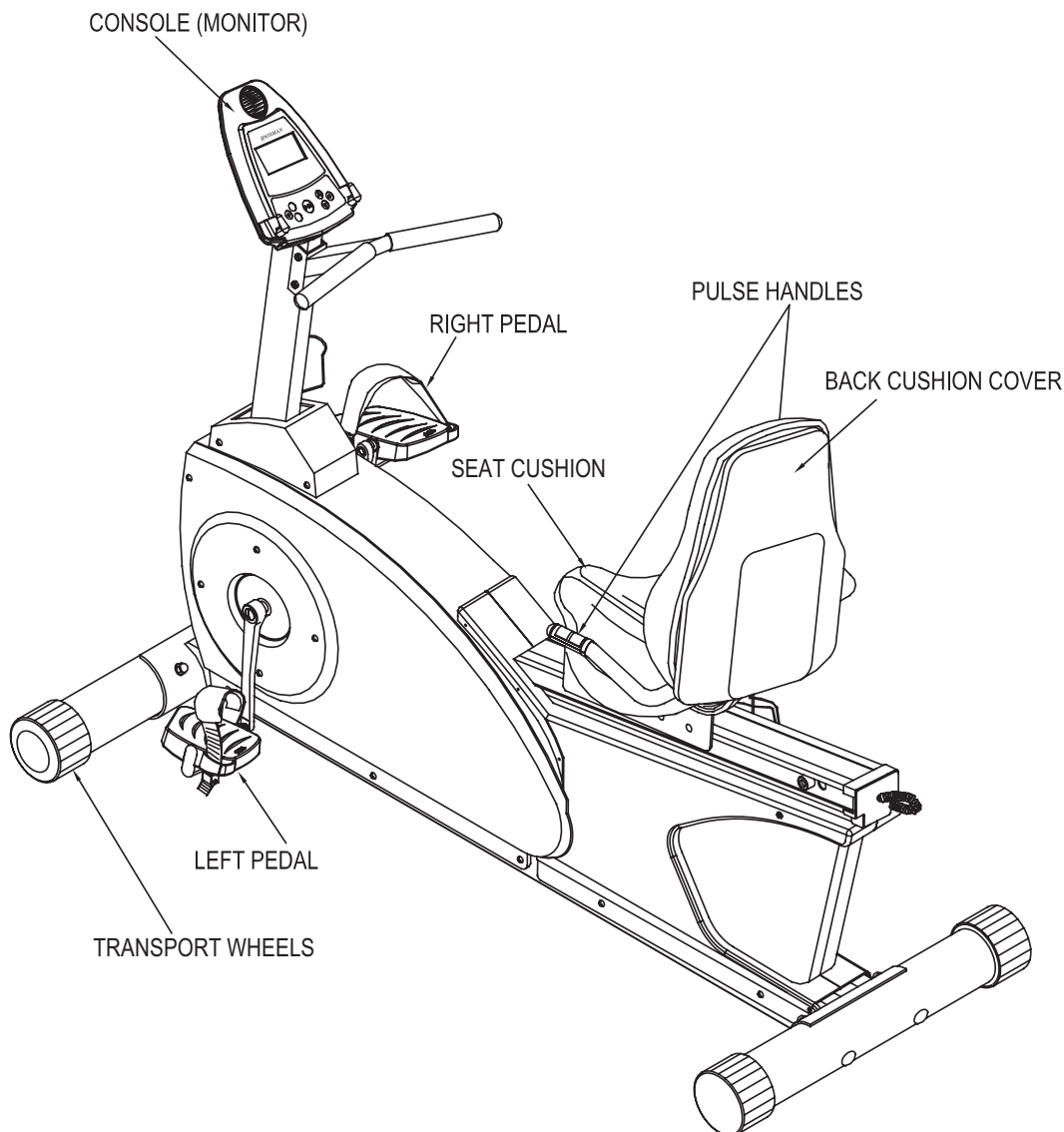
**Remember to take the time to perform the stretching exercises provided to avoid injury.**

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

**Please review the following drawing below to familiarize yourself with the listed parts.**



## INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

Locate the hardware pack and identify the following parts required for assembly.

### Tools:

1. Allen Wrench
2. Wrench

### Main Components:

1. OWNER'S MANUAL
2. REAR FOOT TUBE
3. FRONT FOOT TUBE
4. MAIN FRAME
5. LEFT AND RIGHT PEDALS
6. PULSE HANDLES
7. CONSOLE
8. AC ADAPTER

### Hardware:

1. CARRIAGE BOLT M8X85MM (19) - Qty 4
2. M8 X19MM WASHER BLACK (49) - Qty 34
3. CAP NUT, 8MM (61) - Qty 4
4. M6X60MM SCREW (93) - Qty 8
5. WASHER, M6X16MM (BLACK) (63) - Qty 10
6. SCREW, M8X15MM (89) - Qty 8
7. TP M4 X 12MM SCREW (70) - Qty 30
8. 11\*58MM SCREW (84) - Qty 2
9. ALLEN BOLT, M6X15MM (62) - Qty 4
10. M8X60MM SCREW (55) - Qty 3
11. 8 MM BLACK LOCKNUTS (THICK) (50) - Qty 8
12. BLACK SCREW, M8X15MM (LOCKTITED) (90) - Qty 2
13. M8X57MM SCREW (67) - Qty 3
14. M5 X10MM SCREW (39) - Qty 4
15. TP M4 X 16 MM SCREW (81) - Qty 2

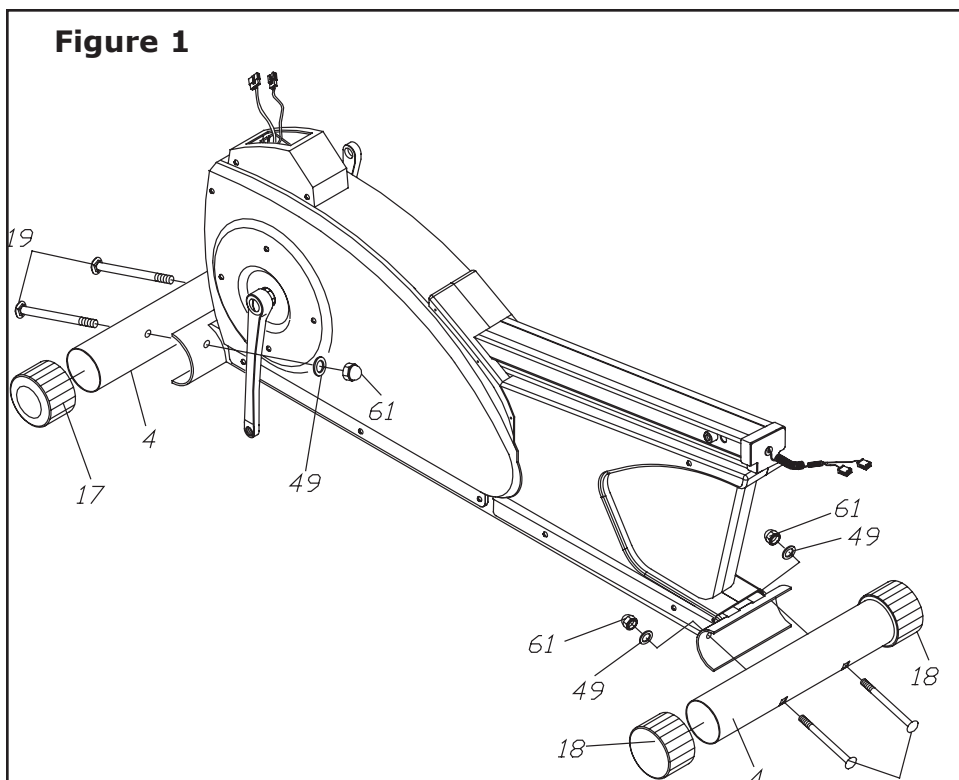
## **FIGURE 1**

### **Step 1:**

Attach Rear Foot Tube (4) to Main Frame (1) with two Bolts (19), two Washers (49) and two Cap Nuts (61).

### **Step 2:**

Attach Front Foot Tube (4) with two Bolts (19), two Washers (49) and two Cap Nuts (61).



## **FIGURE 2**

### **Step 1:**

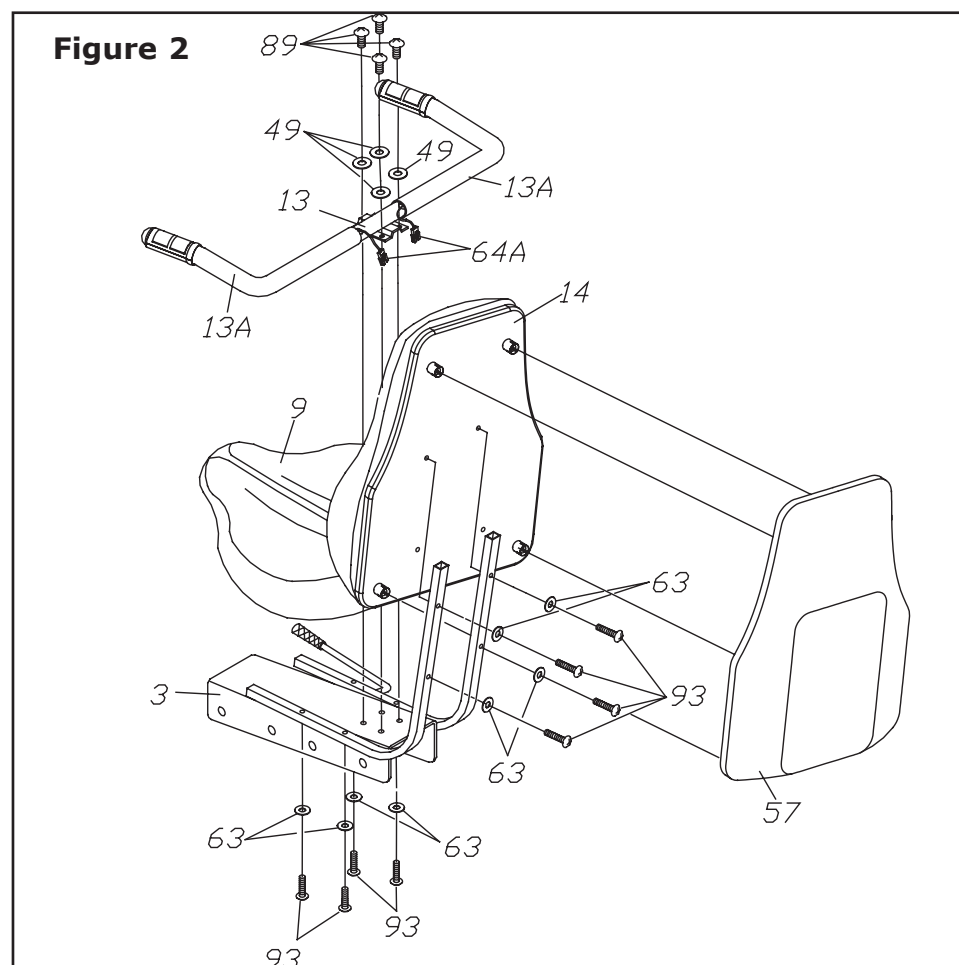
Attach Back Cushion (14) to Seat Support Bracket (3) using four Screws (93) and Washers (63). Snap Seat Cover (57) into place.

### **Step 2:**

Attach Pulse Handlebars (13A) to Seat Support Bracket (3) using four Bolts (89) and four Washers (49).

### **Step 3:**

Install Seat Cushion (9) to Seat Support Bracket (3) using four Screws (93) and Washers (63).



## **FIGURE 3**

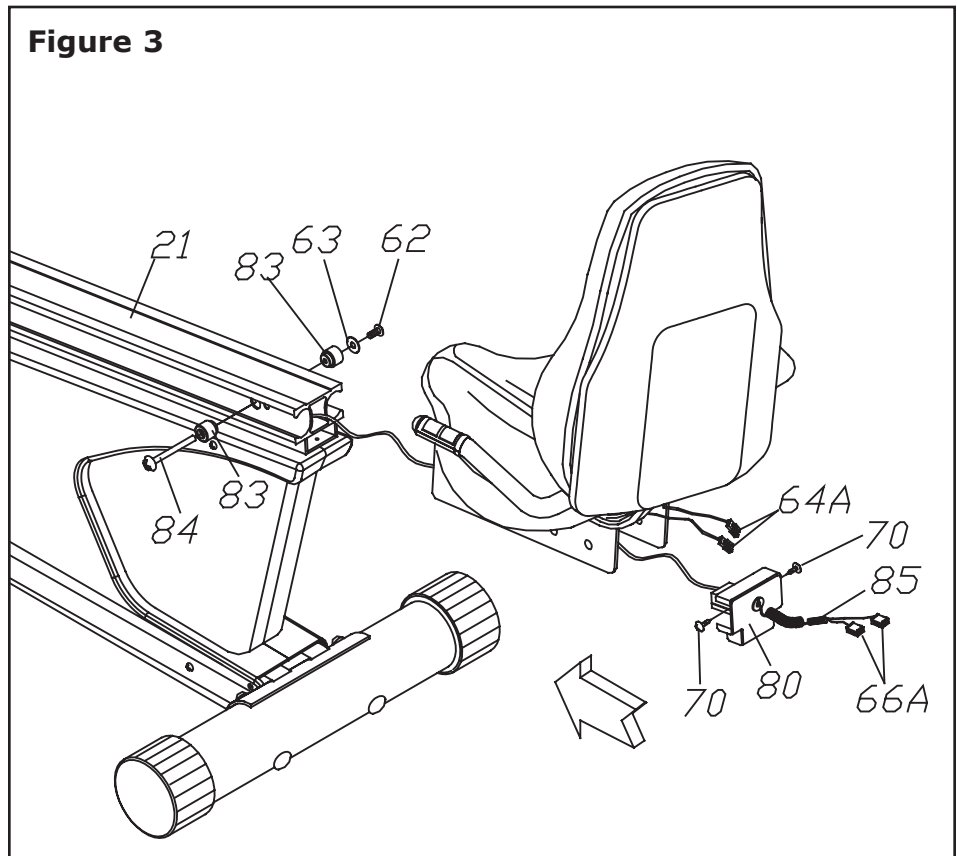
### **Step 1:**

Connect Cables (34a) to (66a) and slide Endcap (80) into place. Attach Endcap with two Screws (70).

*Note: Be careful not to pinch the cables.*

### **Step 2:**

Slide Assembled Seat Carriage (30) onto Seat Bracket (21). Attach to brackets using one Screw (84), Spacers (83), Washer (63), and Nut (62).



## **FIGURE 4**

### **Step 1:**

Thread the Right Pedal (31) into the right crank area of Main Frame (1). Secure in place by turning it **clockwise** to tighten.

*Note:* Right Pedal (31) is marked with an "R".

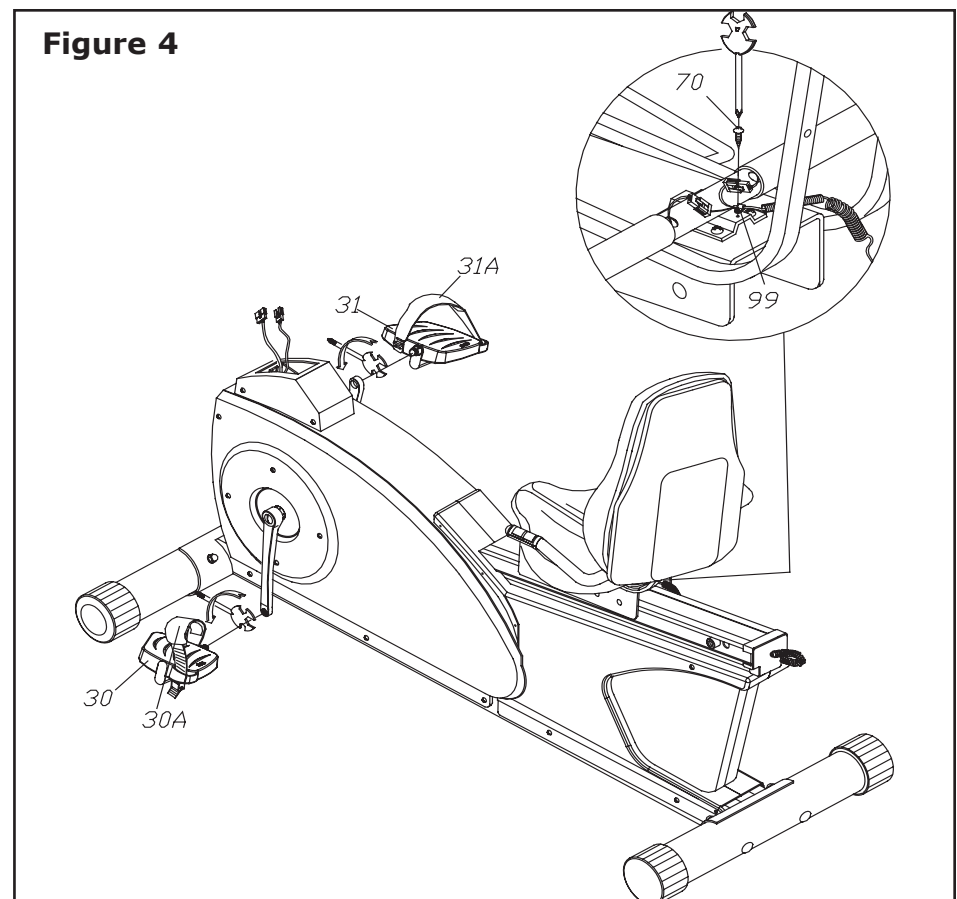
### **Step 2:**

Thread the Left Pedal (30) into the left crank area of Main Frame (1). Secure in place by turning it **counter-clockwise** to tighten.

*Note:* Left Pedal (30) is marked with an "L"

### **Step 3:**

Place Clamp (99) over cables, and secure using Screw (70).



## **FIGURE 5**

### **Step 1:**

Connect Cables 8, 38, 37 and 66 as shown.

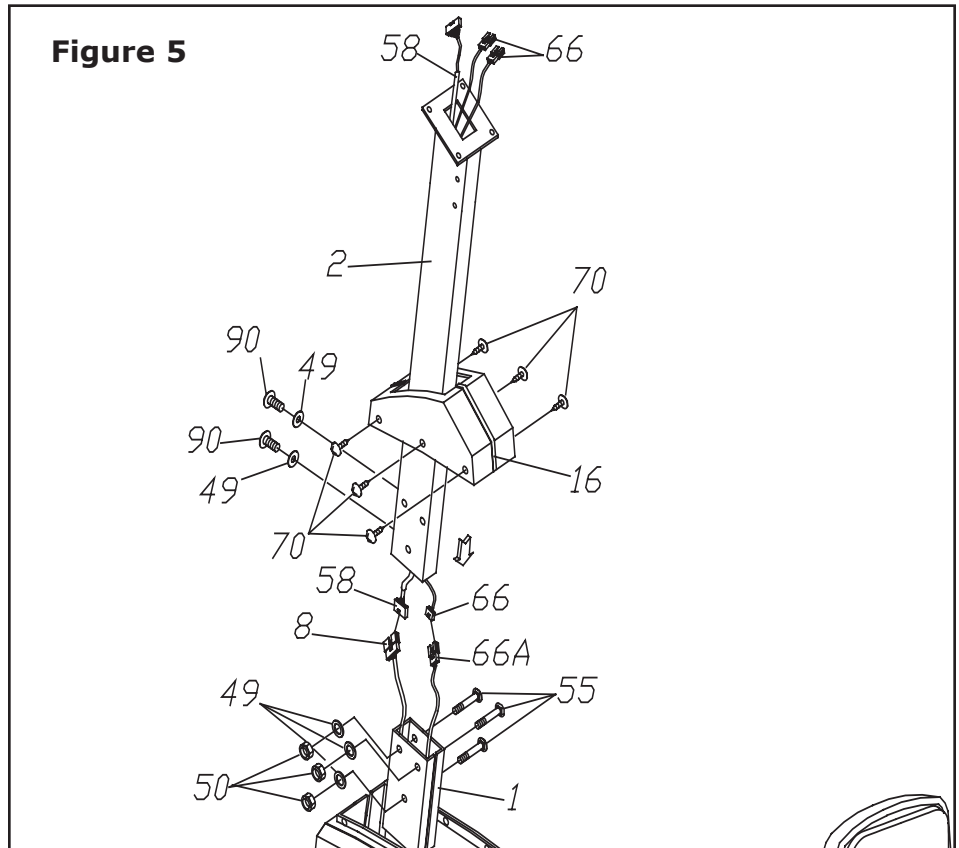
### **Step 2:**

Attach Console Tube (2) to Main Frame (1) using three Screws (55), three Washers (49), three Nuts (50), two Screws (90) and two Washers (49).

### **Step 3:**

Attach Connecting Covers (16) to Main Frame (1) by sliding covers down console tube until they meet main frame. Use six Screws (70) to attach Connecting Covers to Main Frame.

**Figure 5**

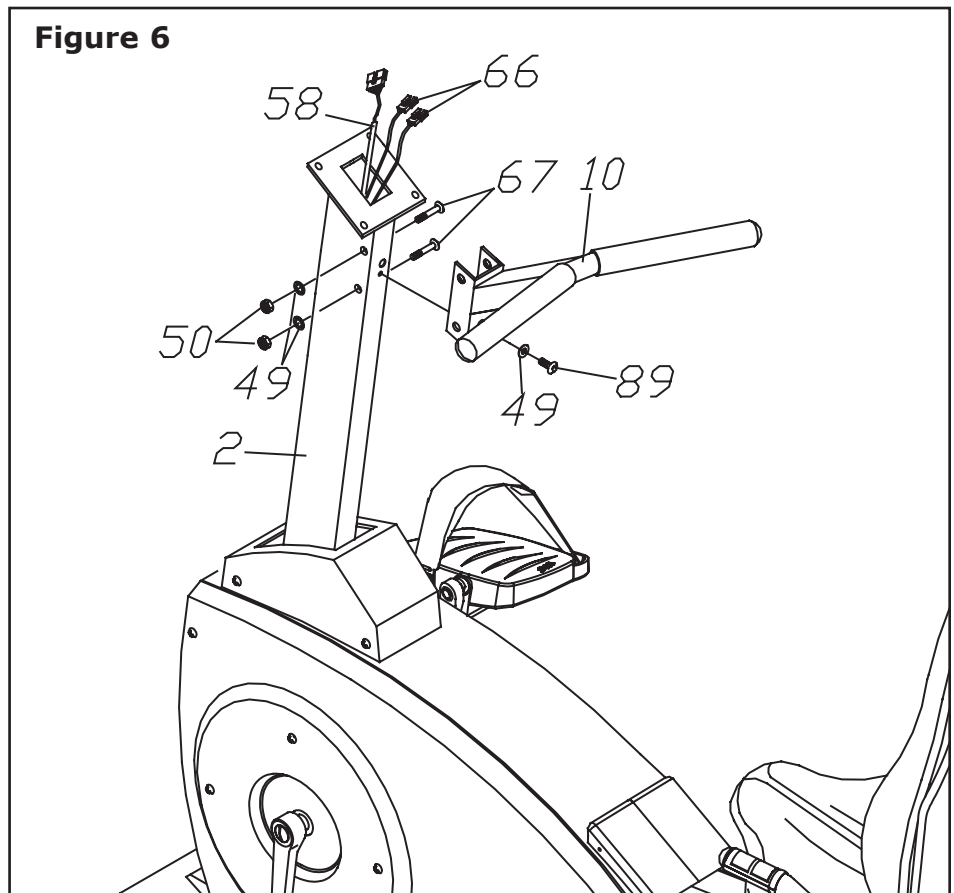


## **FIGURE 6**

### **Step 1:**

Attach Front Handlebars (10) to Console Tube (2) using two Bolts (67) two Washers (49), two Nuts (50), one Screw (89) and one Washer (49).

**Figure 6**





## FIGURE 7

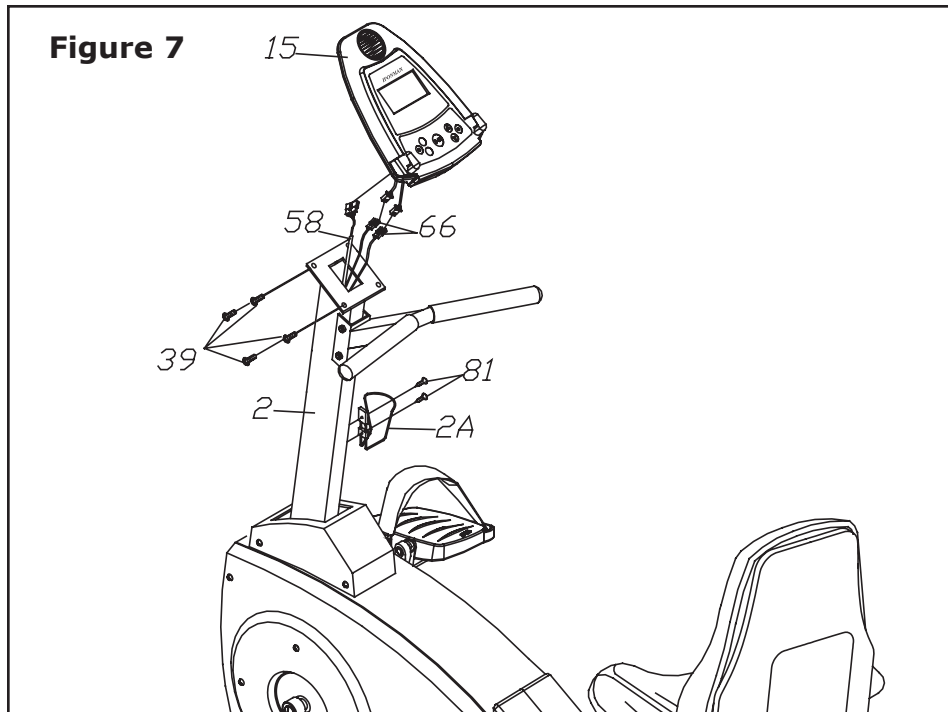
### Step 1:

Connect the Pulse Wires (66) and Extension Wires (58) to Console (15). Secure Console (15) to Console Tube (2) using four Screws (39).

**Note:** The four Screws (39) will already be installed into the back of Console (15) when you remove it from the box.

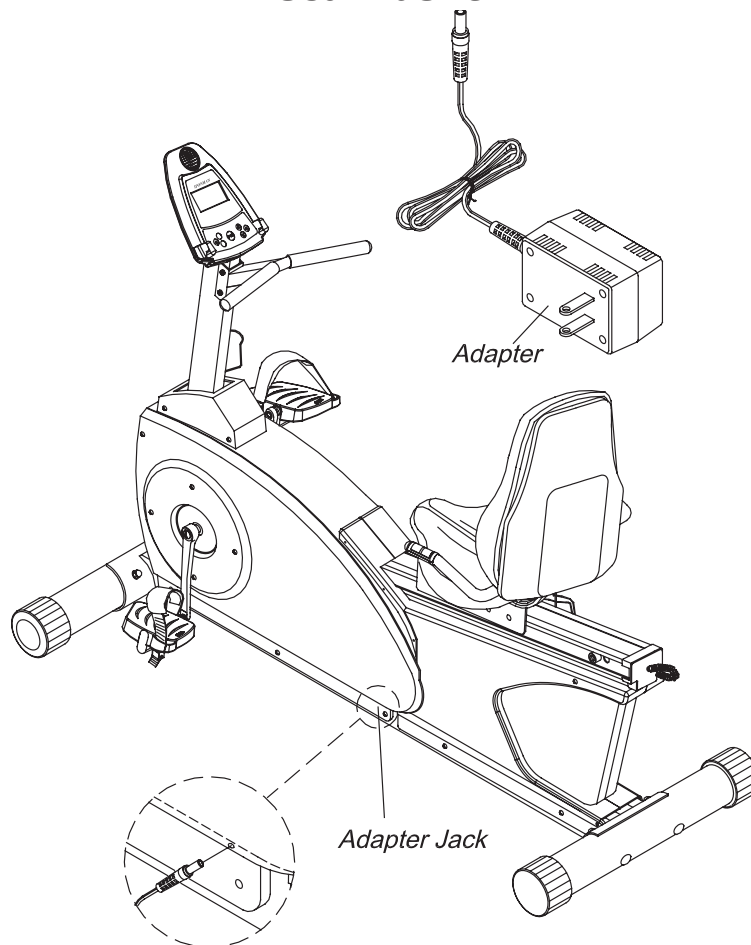
### Step 2:

Attach Water Bottle Holder (2A) using two Screws (81).



## Congratulations!

You have completed assembly of your new Ironman 430r Recumbent!





## CONSOLE BUTTONS:

### MODE:

To set function value for TIME, DIST, CAL, PULSE.

### RESET:

Return to main function mode in STOP mode and clean all preset function values at zero.

### START/STOP:

To start or stop training

### RECOVERY:

To test heart rate recovery status.

### UP:

To select training mode and adjust function value up.

### DOWN:

To select training mode and adjust function value down.

# Console Overview



## **FAN:**

Console is equipped with a fan that has four settings, AUTO/LOW/MED/HIGH/OFF. Press the button to turn the fan to the preferred setting. The AUTO setting will adjust the fan speed based on the RPMs produced, the more RPMs produced the faster the fan speed will be.

## **BODY FAT:**

Press the button to start body fat measurement.

## **CONSOLE FUNCTIONS**

### **TIME:**

Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset increment or decrement is 1 minute between 1:00 to 99:00.

### **SPEED:**

Display current training speed from 0.0 to maximum 99.9 KM or MPH.

### **RPM:**

Display current training revolutions per minute.

### **DISTANCE:**

Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 MPH/KM. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or MPH) between 0.00 to 99.90.

### **CALORIES:**

Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset calorie to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

### **PULSE:**

Displays your current heart beat figures as soon as both hands are holding the pulse sensor. The monitor will detect your heart rate through hand grip sensors.

### **WATT:**

Display current training watt figures.

### **RECOVERY:**

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2 to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

# Console Overview



## **CALENDAR:**

Screen will display year/month/day in sleep mode. When the unit is plugged in the console will prompt user to input correct information. Use the UP and DOWN button until correct year is found. Press MODE to select and move on to the Month. Repeat to input correct month and day.

**Note:** All information will be saved until unit is unplugged.

## **CLOCK:**

Screen will display time in sleep mode. Once the calendar is set, you will be able to input the correct time. Use the UP and DOWN buttons until the correct hour found. Press MODE to select and move on to the minutes. Repeat for to input correct minutes. **Note:** All information will be saved until unit is unplugged.

## **TEMPERATURE:**

Screen will display room temperature in sleep mode.

## **GENERAL INFORMATION:**

1. Start Pedaling or press any button to start Console.
2. The Console will shut down after 4 minutes of no activity, and will display room temperature.
3. To Reset Console press and hold the START/STOP button for 2 seconds.

**Note:** The values calculated or measured by the console are for exercise purposes only, not for medical purposes.

## **BMR:**

Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal body functions.

## **BMI:**

Stands for Body Mass Index. BMI is a measure which takes into account a person's weight and height to gauge total body fat in adults.

## **GETTING STARTED:**

Press the MODE button. Press MODE to enter USER SELECT. Use the UP/DOWN to select a User. Press MODE to select a User. Press the UP/DOWN key to select HEIGHT. Press MODE to confirm the value. Use the UP/DOWN key to select WEIGHT. Press MODE to confirm value. Use the UP/DOWN key to select AGE. Press MODE to confirm value. Use the UP/DOWN key to select GENDER. Press MODE to confirm value. Press START/STOP to enter program mode.

## **PROGRAM INSTRUCTIONS:**

### **MANUAL PROGRAM:**

Allows the User to manually adjust tension settings throughout their workout. The default tension level is 6. You may set Time or Distance for your workout.

# Console Overview



Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons.

## **PRESET PROGRAMS:**

Each Program is divided into ten intervals.

Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

## **USER PROGRAM:**

It allows you to customize a workout session. This program is divided into 10 intervals. TIME, DISTANCE, KCAL and Tension can be set for each interval. The program will be stored in the Console's memory after set-up.

Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE and KCAL. Column 1 will flash on display. Use the UP/DOWN keys to set Tension for this interval. Press MODE to confirm value. Repeat for Interval 2-10. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons. If the tension level is changed during your exercise session, this new value will not be saved into the console.

To make a permanent change, you must call up program again and repeat steps for each interval with new tension settings.

## **WATT PROGRAM:**

In the program, the WATT function will keep a constant value. This means that if you pedal quickly, the tension will decrease, if you pedal slowly the tension will increase to maintain the Watt value entered.

$WATT = TORQUE (KGM) * RPM * 1.03$ . For this program you must choose to set a TIME or a DISTANCE. Use the UP/DOWN buttons to scroll to this program. Press MODE to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press MODE to confirm value. Repeat steps for DISTANCE, KCAL and WATT. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

## **HEART RATE PROGRAMS:**

Heart rate control programs are designed to automatically adjust the elliptical's resistance to keep your heart rate at a predetermined level based on the selected Heart Rate program. Each Heart Rate program is designed with a specific goal.

# Console Overview



There are three Heart Rate Programs. 60% HRC (Heart Rate Control), 75% HRC and 85% HRC. The Console will adjust the Tension to keep you within your Target Heart Rate  $\pm$  5. Example: The tension will increase if your Heart Rate is below the Target Heart Rate. The tension will decrease if your Heart Rate is higher than your Target Heart Rate.

Press MODE until Program number shows on display. Use the UP/DOWN buttons to scroll to this program. Press MODE and set values for TIME, DISTANCE, KCAL, AGE and TARGET HEART RATE. Use the UP/DOWN keys to adjust the values. Press MODE after correct value shows on display. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You may also choose the TARGET HEART RATE WORKING PROGRAM under the 3 main HEART RATE PROGRAMS. This allows the user to set a TARGET HEART RATE to exercise at for a period of TIME or a set DISTANCE.

## BODY FAT PROGRAM:

This program is designed to calculate body fat ratio and to design a specific tension profile. In order to use this program correctly, make sure the personal data has been input and correct. Press the BODY FAT button, and hold on to the hand grips to start body fat testing. The console will display "- - - - -" while testing is in progress. After 8 seconds, you will see the BODY FAT in percentage and BMI. If the console has experienced an error, it will display one of the following error codes:

"E-1" - When the console displays this error, it means you did not put your hands properly on the sensor. Please try again.

"E-4" - When the console displays this error, it means that the BODY FAT is out of range.

After BODY FAT testing is completed, press the BODYFAT button to continue workout.

**Note: For a more accurate reading, hold the handgrip with both hands. This is especially important in Heart Rate Mode or when performing Body Fat or Fitness Test.**

### Body Fat

Body Type	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Average	22-25%	15-18%
Above Avg	25-29%	18-20%
Overweight	29-35%	20-25%
Obese	35+%	25+%

### Body Mass Index

Body Type	Range
Underweight	<18.5
Ideal	18.5-25
Overweight	25-30
Obese	>30

# Console Overview



## **FITNESS TEST: (Pulse Recovery Feature)**

The fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Press the PULSE RECOVERY button immediately after your workout. Grasp the Pulse Grips. Timer will count down from 60 seconds. Your personal fitness will display on the screen. (F1-F6)

- F1 = Excellent
- F2 = Good
- F3 = Fair
- F4 = Below Average
- F5 = Poor
- F6 = Very Poor

# Monitoring Your Heart Rate



## Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

**Fitness Safety** *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

<p>(MHR) = Maximum Heart Rate (THR) = Target Heart Rate</p> <p>220 - age = maximum heart rate (MHZ) MHZ x .60 = 60% of your maximum heart rate. MHZ x .75 = 75% of your maximum heart rate. For example, if you are 30 years old, your calculations will be as follows:</p> <p>220 - 30 = 190 190 x .60 = 114 (low end or 60% of MHZ) 190 x .75 = 142 (high end or 75% of MHZ) 30 year-old (THR) Target Heart Rate would be 114-142 See Heart Rate Table (<b>on next page</b>) for additional calculations.</p>
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## TARGET HEART RATE ZONE

**100%**

Serious athletic training range

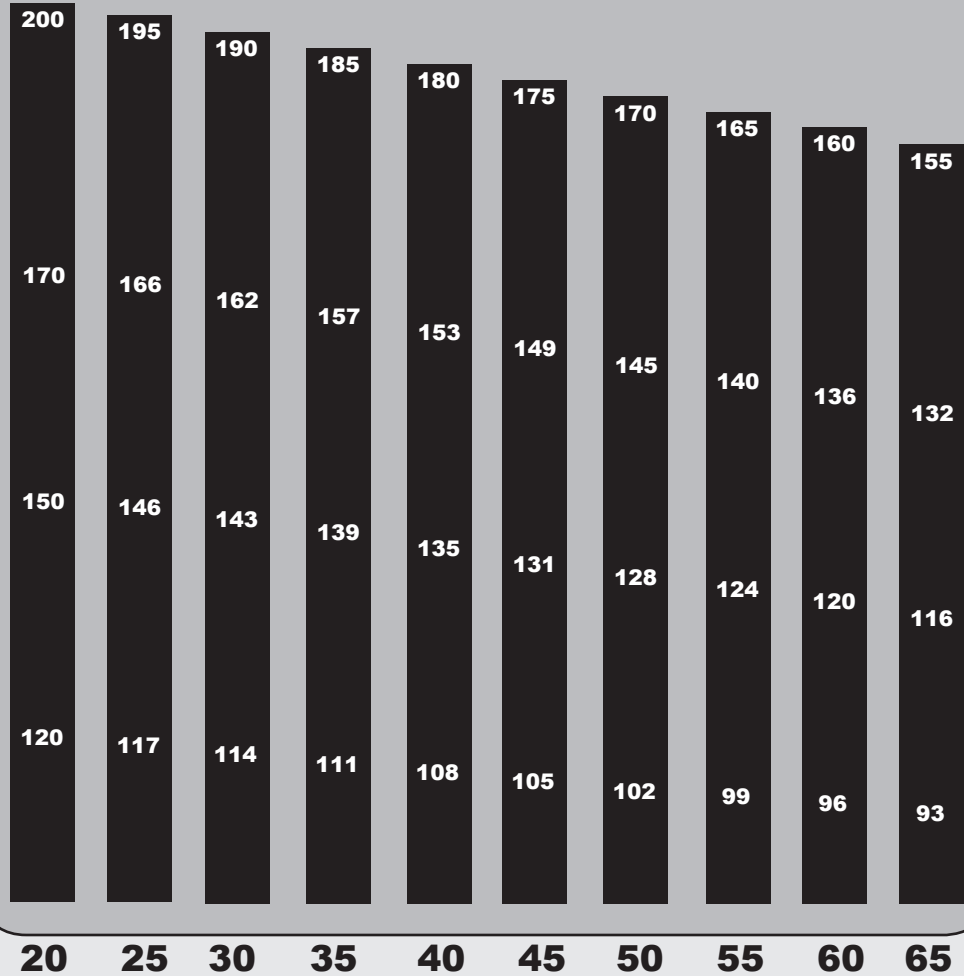
**85%**

Cardiovascular conditioning range

**75%**

Fat burning range

**60%**



**AGE**

# Moving Instructions

**CAUTION!** TO REDUCE THE POSSIBILITY OF INJURY WHILE LIFTING, BEND YOUR LEGS AND KEEP YOUR BACK STRAIGHT. AS YOU LEAN THE UNIT, LIFT USING YOUR LEGS, NOT YOUR BACK.

First, kneel down and grasp the rear support tube with both hands as shown in Figure 1. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location as shown in Figure 2. Do not attempt to move the unit over an uneven or rough surface.

**Note:** *The unit you purchased may not be identical to the one pictured.*

**Figure 1**



**Figure 2**



**Note:** This unit may not be identical to your unit.

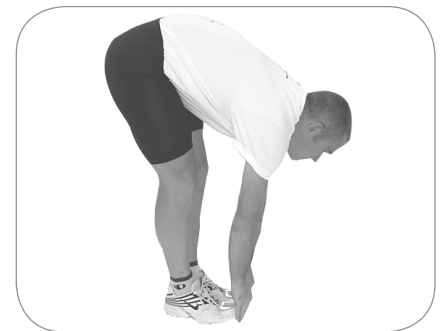
## EXERCISE GUIDELINES

**WARNING!** Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

### TOE TOUCH STRETCH

Stand bending your knees 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. This will stretch your hamstrings, back of knees, and back.



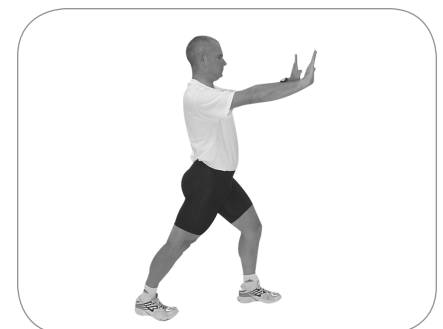
### HAMSTRING STRETCH

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. This will stretch your hamstrings, lower back, and groin.



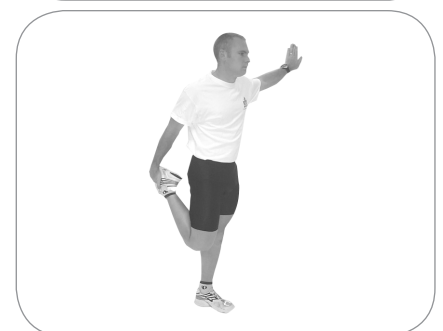
### CALF/ACHILLES STRETCH

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. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



### QUADRICEPS STRETCH

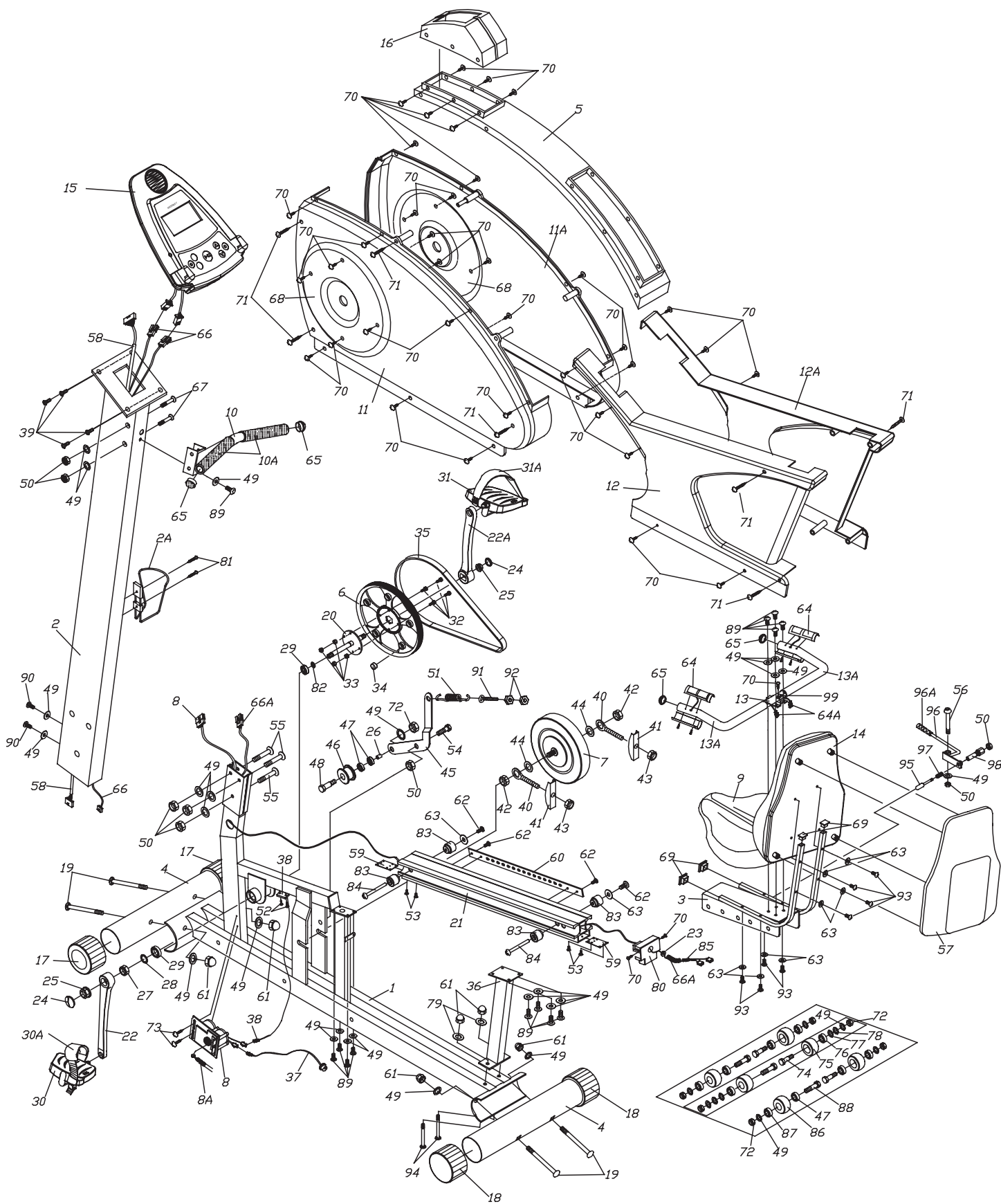
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



### INNER THIGH STRETCH (Image not Shown)

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. This will stretch your quadriceps and hip muscles.

# Exploded View



# Parts List



## 430r Recumbent Bike Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	323-00369	FRAME, 420R	1	48	302-00375	M8X38MM SCREW	1
2	323-00370	CONSOLE TUBE, 420R	1	49	302-00449	M8X19MM WASHER BLACK U/R/E 220/240/250	34
2A	310-00012	BOTTLE RACK CM835/850 HT840 ALL900/920/5	1	50	302-01231	8MM BLACK LOCKNUT (THICK)	8
3	323-00371	SEAT CARRIAGE, 420R	1	51	302-00765	SPRING, HT840R/HT840U.1/420R	1
4	323-00014	FOOT TUBE, 420R/HT840R.1/400R	2	52	302-00467	TP M3 X8MM SCREW 220R/240R/640R/520e/250	2
5	306-00652	TOP COVER, 420R/HT840R.1	1	53	302-01232	PHILLIP SCREW, M5X15MM	4
6	311-00059	PULLEY HT840U/R/EL/420R/520E	1	54	302-01198	HEX HEAD SCREW, M8 X 20MM	1
7	311-00001	MAG BRAKE U/R HT840/ 420r	1	55	302-00377	M8X60MM SCREW	3
8	307-00128	GEAR BOX W/WIRE, 430R	1	56	302-00488	M8 X 45MM BUTTON HEAD SCREW	1
8A	310-00182	TENSION CABLE (DRIVE CABLE), 420R	1	57	328-00063	BACK CUSHION COVER, 420R/HT840R.1	1
9	328-00064	SEAT CUSHION, 420R	1	58	313-00356	DC POWER CORD, 430R	1
10	323-00368	FRONT HANDLEBAR, 420R	1	59	319-00219	CARRIAGE SUPPORT PLATE, 420R/HT840R.1	1
10A	302-00816	FRONT SLEEVE, HT840R/420R	2	60	319-00220	ADJUSTING PLATE, 420R/HT840R.1	1
11	305-00061	BOTTOM LEFT COVER, HT840R/420R	1	61	302-01233	CAP NUT, 8MM	4
11A	305-00062	BOTTOM RIGHT COVER, HT840R/420R	1	62	302-01234	ALLEN BOLT, M6X15MM	4
12	305-00132	LEFT REAR COVER, 420R/HT840R.1	1	63	302-00444	WASHER, M6X16MM (BLACK)	10
12A	305-00133	RIGHT REAR COVER, 420R/HT840R.1	1	64	313-00358	HAND PULSE SENSOR, 430R	2
13	323-00366	REAR HANDLEBAR, 420R/HT840R.1	1	64A	313-00359	WIRE, HAND PULSE 430R	2
13A	310-00179	REAR SLEEVE, 420R/HT840R.1	1	65	306-00372	1 1/4" BALL PLUG 220R/240R/240U/640R/520	2
14	328-00062	BACK CUSHION, 420R/HT840R.1	1	66	313-00360	WIRE, SHORT EXTENSION PULSE, 430R	1
15	307-00127	CONSOLE, 430R/530E	1	66A	313-00361	WIRE, LONG EXTENSION PULSE, 430R	1
16	306-00653	CONSOLE TUBE COLLAR, 420R/HT840R.1	1	67	302-00376	M8X57MM SCREW	3
17	306-00195	WHEEL U/R CM835/850 HT840 AB900/920/420	2	68	305-00134	ROUND COVER, 420R/HT840R.1	2
18	306-00051	FOOT CAP U/R CM835/850 HT840 AB900/920	2	69	306-00626	END CAP 20 X 40	2
19	302-00364	M8X85MM CARRDIAGE BOLT	4	70	302-00416	TP M4 X 12MM SCREW	35
20	319-00177	AXLE W/PLATE, HT840R/HT840U.1/420R/500e	1	71	302-00417	TP M5 X50MM SCREW	7
21	323-00003	CARRIAGE TUBE CM835/850 HT840 ALL900/920	1	72	302-01255	BLACK LOCKNUT, M8 THIN	9
22	330-00015	LEFT CRANK, HT840R/HT840U.1/420R	1	73	302-01235	SCREW, TPM5X10MM	2
22A	330-00016	RIGHT CRANK,HT840R/HT840U.1420R	1	74	302-01236	BIASED SCREW, M8X34MM	2
23	306-00654	END PLUG, 420R/HT840R.1	1	75	306-00655	SMALL ROLLER, 420R/HT840R.1	2
24	306-00562	CRANK CENTRAL CAP, HT840U/R/420R	2	76	306-00648	SPACER, 20X13.3X2t	2
25	302-00369	M10 CAP NUT	2	77	302-00349	M8 WAVED WASHER	2
26	302-01199	M8X12.5X10L SPACER	1	78	302-01237	WASHER, 8X16X1.0 (SILVER)	2
27	302-00774	CRANK NUT, HT840R/HT840U.1/420R	1	79	302-01238	WASHER, 8X16X2.0 (BLACK)	2
28	302-01226	WASHER M20X30X2, (SILVER)	1	80	306-00040	END CAP R CM835/850 HT840 ALL900/ 420R	1
29	331-00091	PRECISE BEARING, #6004	2	81	302-01192	TP M4 X 16 MM SCREW	2
30	306-00621	PEDAL, LEFT, 400R/420R/HT840R.1/HT840U.1	1	82	302-01239	WASHER, M20X30X1 (SILVER)	1
30A	306-00361	LEFT PEDAL STRAP 400R/420R/HT840R.1/HT84	1	83	306-00252	RUBBER STOPPER CM835/850 HT840 ALL900/92	4
31	306-00362	RIGHT PEDAL 400R, 420r/HT840R/HT840U.1	1	84	302-00355	11*58MM SCREW	2
31A	306-00363	RIGHT PEDAL STRAP 400R/420R/HT840R.1	1	85	306-00658	PLASTIC COIL, 420R	1
32	302-01227	HEX BOLT, M6X20 (SILVER)	4	86	306-00656	LARGE ROLLER, 420R/HT840R.1	4
33	302-01228	LOCKNUT, 6MM (SILVER)	4	87	306-00649	METAL BUSHING, L737	4
34	302-01266	MAGNET, 420R	1	88	302-01240	ROUND HEAD SCREW, M8X34MM	4
35	304-00018	BELT, POLY V BELT, 420R/HT840R.1	1	89	302-01241	SCREW, M8 x 15mm (BLACK)	8
36	323-00367	REAR SUPPORT TUBE, 420R/HT840R.1	1	90	302-01242	BLACK SCREW, M8X15MM (LOCKTITTED)	2
37	313-00356	DC POWER CORD, 430R	1	91	302-00408	EYEBOLT 6 x 65MM	1
38	307-00129	SENSOR, 430R	1	92	302-00409	M6 HEX NUT (BLACK)	2
39	302-00380	M5 X10MM SCREW	4	93	302-00452	M6x60MM SCREW 220R/240R/420R/250R	8
40	302-01195	EYEBOLT 6 X 40MM	2	94	302-00460	M8 X75MM HEX HEAD SCREW	2
41	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2	95	310-00180	CAM LOCK, 420R/HT840R.1	1
42	302-00369	M10 CAP NUT	2	96	310-00181	CAM LOCK HANDLE, 420R/HT840R.1	1
43	302-01229	HEX NUT, 6MM (SILVER)	2	96A	306-00657	CAM LOCK CAP, 420R/HT840R.1	1
44	302-01230	WASHER, M10X19MM (BLACK)	2	97	302-01264	CAM LOCK SPRING, 420R/HT840R.1	1
45	319-00175	BELT TENSION BRACKET,HT840R/HT840U.1,420	1	98	302-01265	CAM LOCK PIN, 420R/HT840R.1	1
46	311-00032	IDLER PULLEY U/R/ET CM835/850 HT840 AB90	1	99	306-00690	CABLE CLAMP, 430R	1
47	331-00002	608 PRECISE BEARING	6	#	315-00082	OWNERS MANUAL 430R	1

# Warranty Information



## **Residential Warranty** **Frame: Lifetime** **Parts: 1 Year**

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Ironman Fitness ("Ironman") under the Ironman brand name. The warranty period to the original purchaser is listed above in the table.

Ironman warrants that the Product you have purchased for use from Ironman or from an authorized Ironman reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include pedal straps, seats, grips, chains, bottom bracket assemblies, pads, etc. Please contact an Ironman customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through an Ironman Fitness authorized dealer unless otherwise authorized by Ironman Fitness in writing.

During the warranty period Ironman will repair or replace (at Ironman's option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Ironman may replace defective parts, or at the option of Ironman, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Ironman. Ironman reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

To obtain warranty service, you must contact an Ironman authorized retailer, service technician or Ironman Fitness at our phone number located in this manual. Any parts determined to be defective must be returned to Ironman to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Ironman with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Ironman or from an authorized Ironman reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Ironman; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Ironman, or an authorized Ironman warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Ironman's receipt of payment or acceptable arrangements for payment.

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PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH IRONMAN FITNESS, OR ONLINE AT [WWW.IRONMANFITNESS.COM](http://WWW.IRONMANFITNESS.COM).



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