

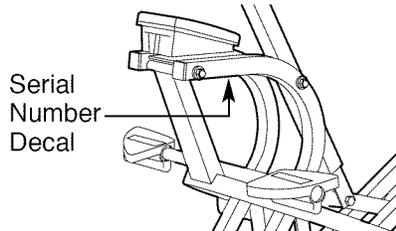
in **aerobicRider™ 2**

B Y H E A L T H R I D E R

Model No. HRCR28720

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



USER'S MANUAL

QUESTIONS?

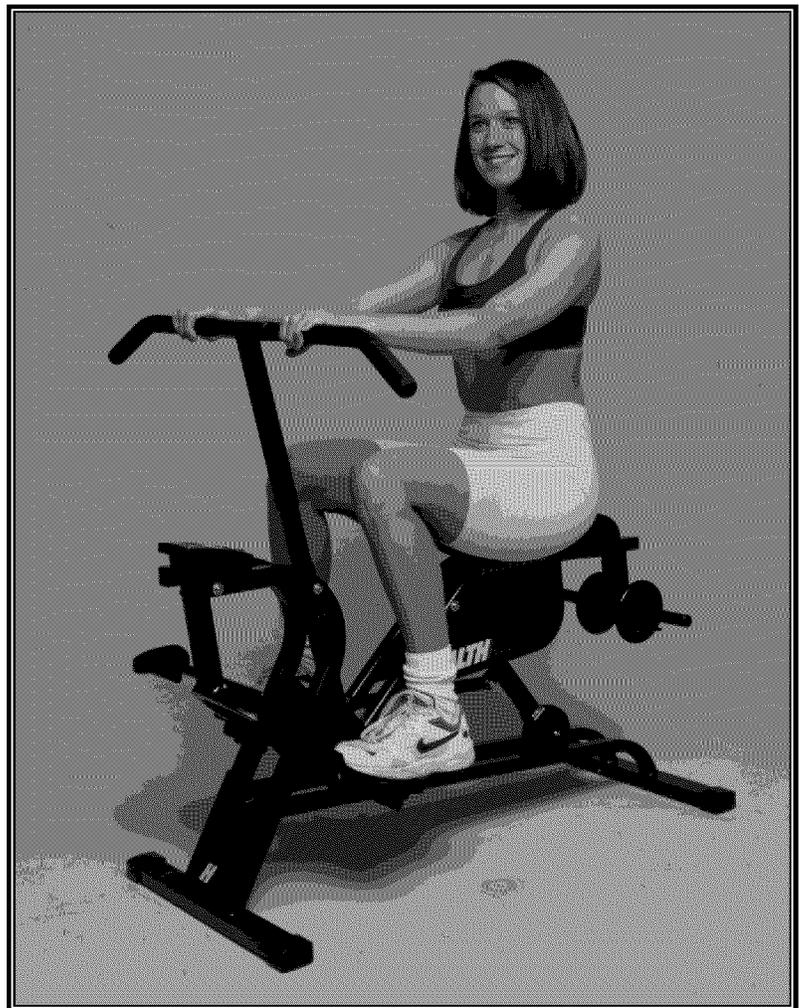
We are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST



Patent Pending

⚠ CAUTION

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



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fitness tips, and much more!

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the HealthRider® AEROBIC RIDER 2.

1. Read all instructions in this manual before using the AEROBIC RIDER 2.
2. It is the responsibility of the owner to ensure that all users of the AEROBIC RIDER 2 are adequately informed of all precautions.
3. The AEROBIC RIDER 2 should not be used by persons weighing more than 250 pounds.
4. Keep children under the age of 12 and pets away from the AEROBIC RIDER 2 at all times.
5. Place the AEROBIC RIDER 2 on a level surface during use. Cover the floor beneath the AEROBIC RIDER 2 to protect it.
6. Regularly inspect and tighten all parts of the AEROBIC RIDER 2.
7. When exercising, do not wear loose clothing that could become caught on the AEROBIC RIDER 2. Always wear athletic shoes.
8. The total weight of the user and the added weights should not exceed 300 pounds.
9. Use the AEROBIC RIDER 2 only as described in this manual.
10. The AEROBIC RIDER 2 is intended for home use only. Do not use the AEROBIC RIDER 2 in any 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.

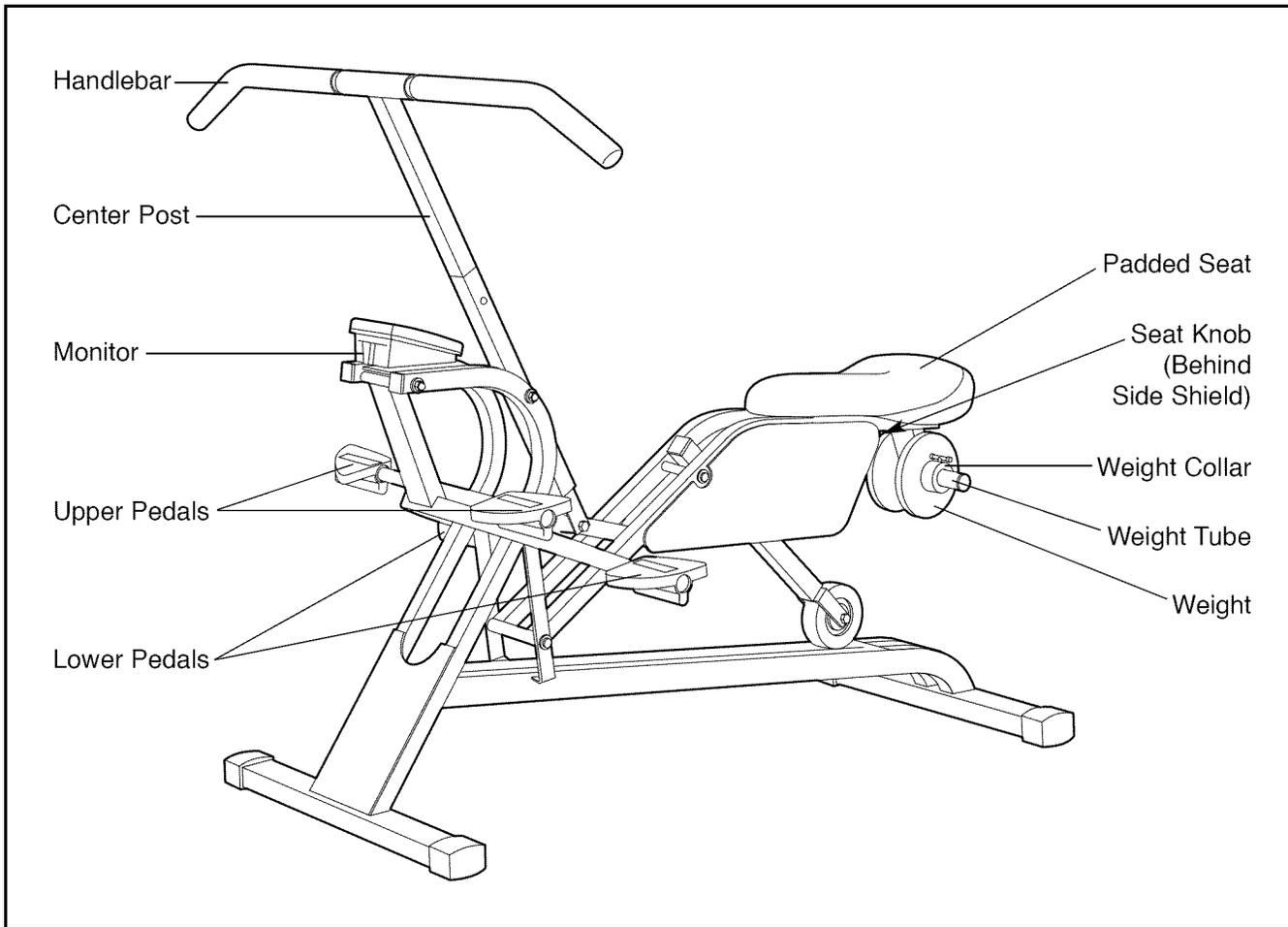
BEFORE YOU BEGIN

Thank you for selecting the new HealthRider® AEROBIC RIDER 2. The AEROBIC RIDER 2 offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

For your benefit, please read this manual carefully before using the AEROBIC RIDER 2. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-999-

3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Standard Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is HRCR28720. The serial number can be found on a decal attached to the AEROBIC RIDER 2 (see the front cover of this manual).

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



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

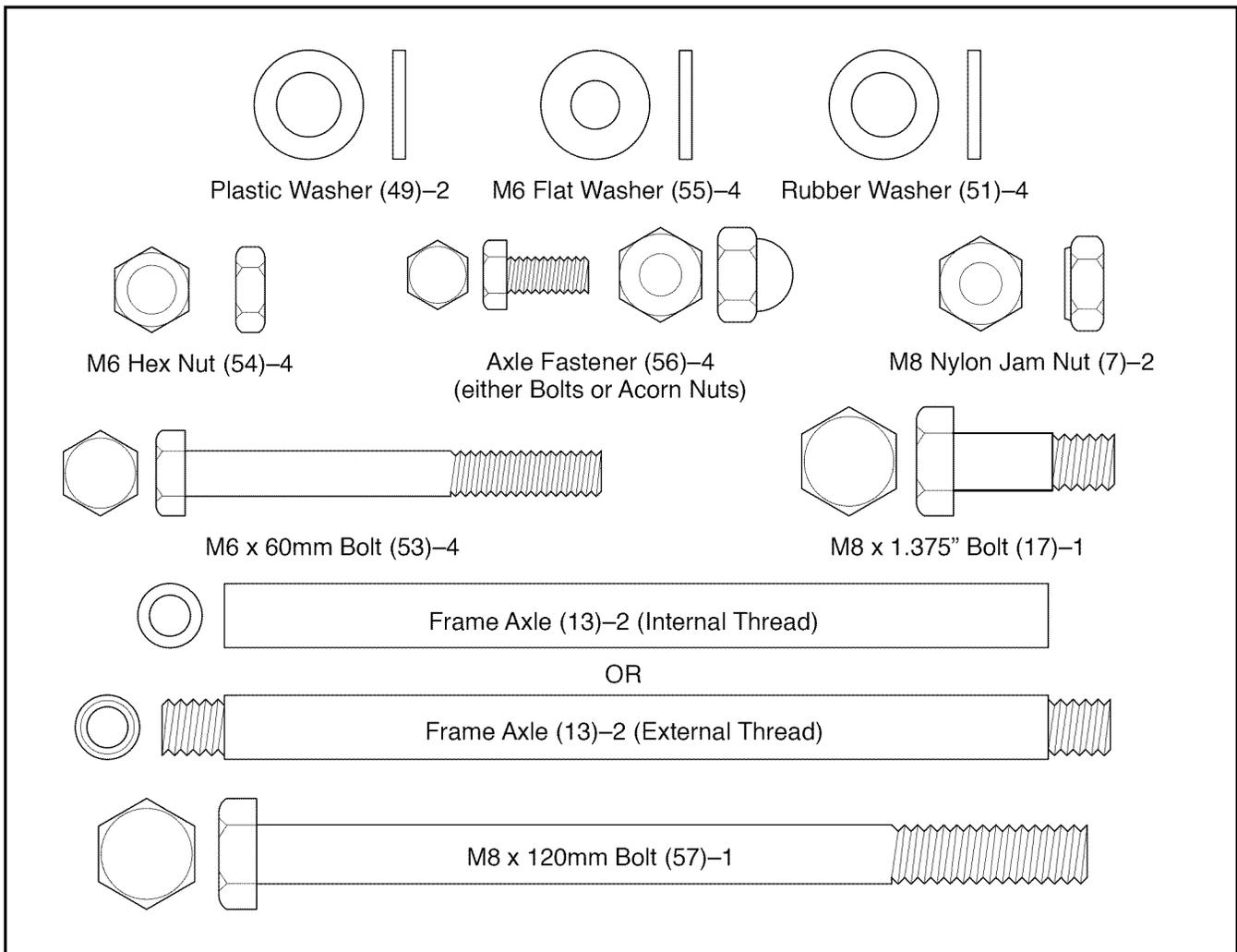
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- To identify the small parts used in assembly, **use the part identification chart below.** The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Note: Some parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- During assembly, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

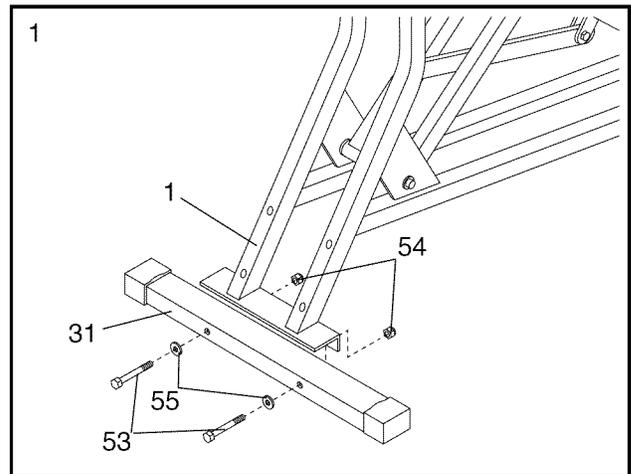
- **Two adjustable wrenches** 
- **Lubricant, such as petroleum jelly or grease, is also required.**

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end wrenches, and a rubber mallet.

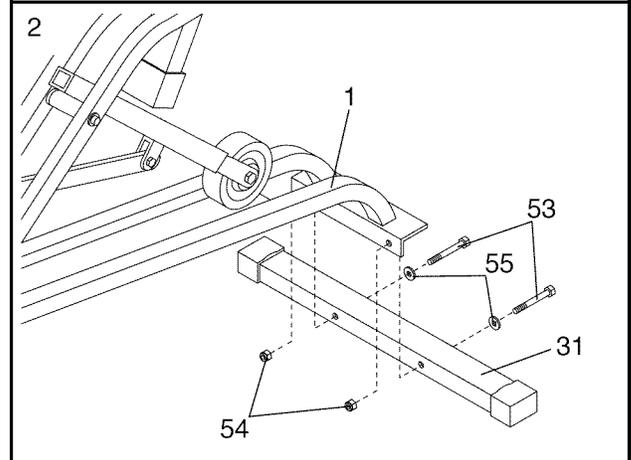


1. **Before beginning assembly, make sure that you have read and understand the information on page 4.**

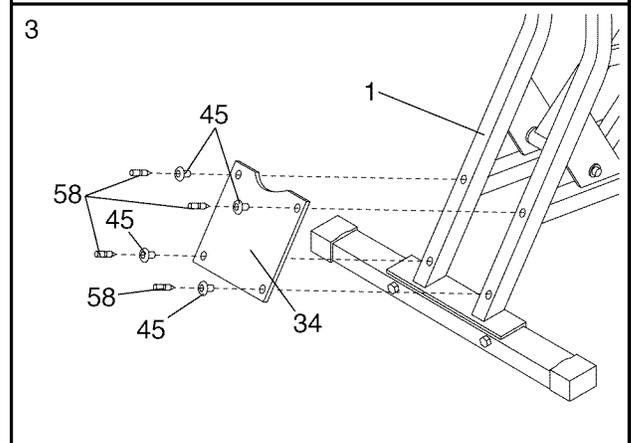
Attach one of the Stabilizers (31) to the Main Frame (1) with two M6 x 60mm Bolts (53), two M6 Flat Washers (55), and two M6 Hex Nuts (54).



2. Attach the other Stabilizer (31) to the Main Frame (1) with two M6 x 60mm Bolts (53), two M6 Flat Washers (55), and two M6 Hex Nuts (54).

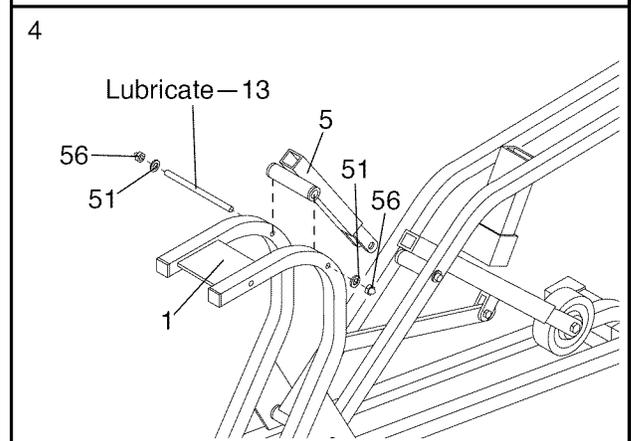


3. Attach the Front Cover Panel (34) to the Main Frame (1) using four Fastener Bases (45) and four Fastener Pins (58). First, insert the Fastener Bases through the Front Cover Panel and into the Main Frame. Next, push a Fastener Pin (58) into the hole in each Fastener Base until it is flush with the Base.



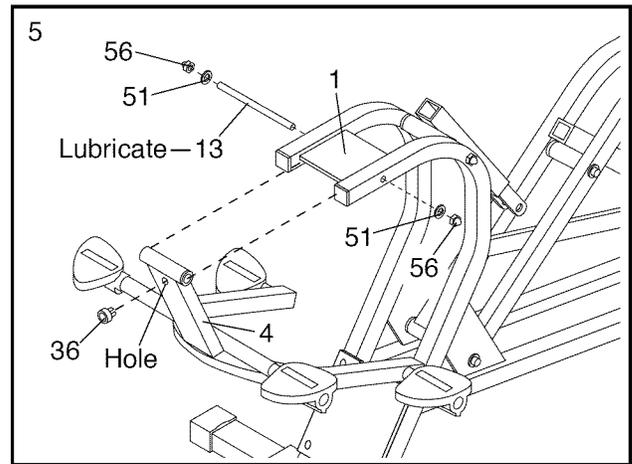
4. Lubricate a Frame Axle (13). Attach the Handlebar Swing Arm (5) to the Main Frame (1) with the Frame Axle, two Rubber Washers (51), and two Axle Fasteners (56).

Note: If the ends of the Frame Axles (13) are internally threaded, the Axle Fasteners (56) will be bolts; if the ends are externally threaded, the Axle Fasteners will be acorn nuts (see the part identification chart on page 4).



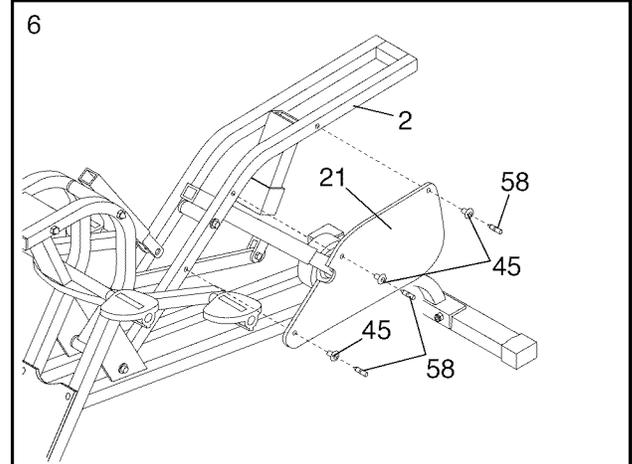
5. Push the Magnet Bracket (36) into the hole in the Pedal Frame (4).

Lubricate a Frame Axle (13). Attach the Pedal Frame (4) to the Main Frame (1) with the Frame Axle (13), two Rubber Washers (51), and two Axle Fasteners (56).

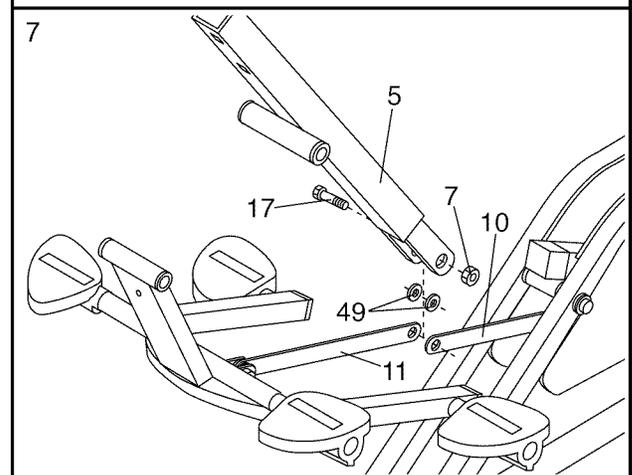


6. Attach the Left Side Shield (21) to the Seat Frame (2) using three Fastener Bases (45) and three Fastener Pins (58). First, insert the Fastener Bases through the Side Shield and into the Seat Frame. Next, push the Fastener Pin (58) into the hole in each Fastener Base until it is flush with the Base.

Attach the Right Side Shield (22, not shown) in the same way.

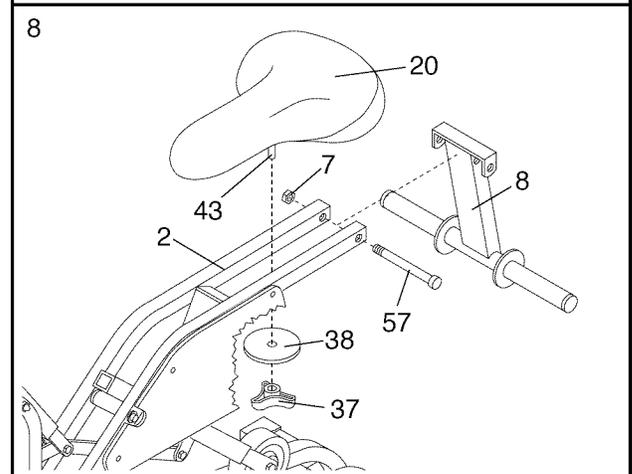


7. While another person holds the Long Link Arm (10) and the Short Link Arm (11) in place, put two Plastic Washers (49) between them. Then, connect the Seat Swing Arm (5), the Long Link Arm (10), and the Short Link Arm (11) using an M8 x 1.375" Bolt (17) and an M8 Nylon Jam Nut (7).

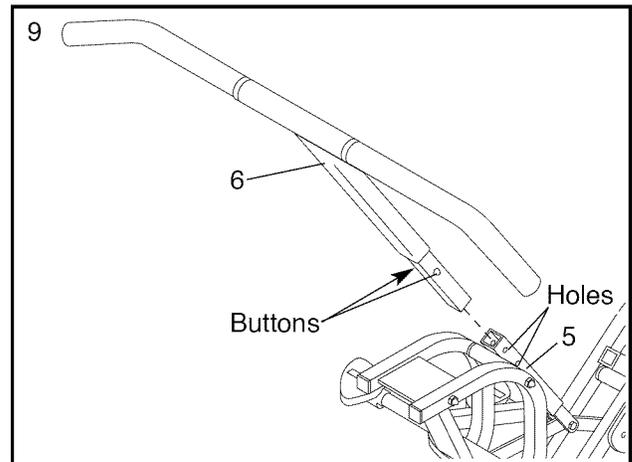


8. Place the Seat (20) on the Frame (2). Slide the Seat Washer (38) onto the Seat Knob Bolt (43) and then tighten the Seat Knob (37) onto it.

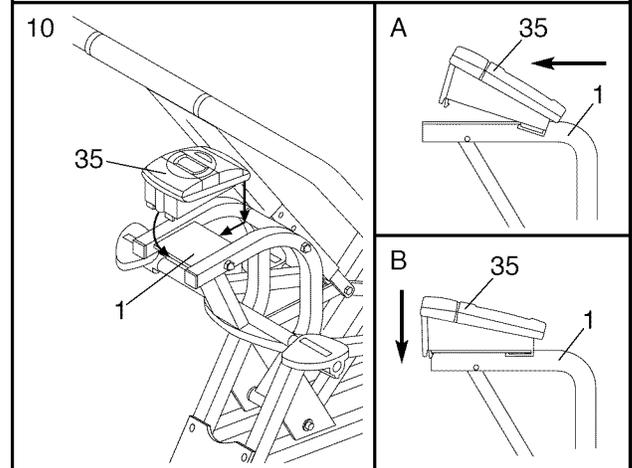
Slide the Weight Bracket (8) onto the Seat Frame (2) so that it slants away from the AEROBIC RIDER 2. Align the holes in the Weight Bracket with the ones in the end of the Frame. Insert the M8 x 120mm Bolt (57) through the Weight Bracket and the Frame and secure it with an M8 Nylon Jam Nut (7).



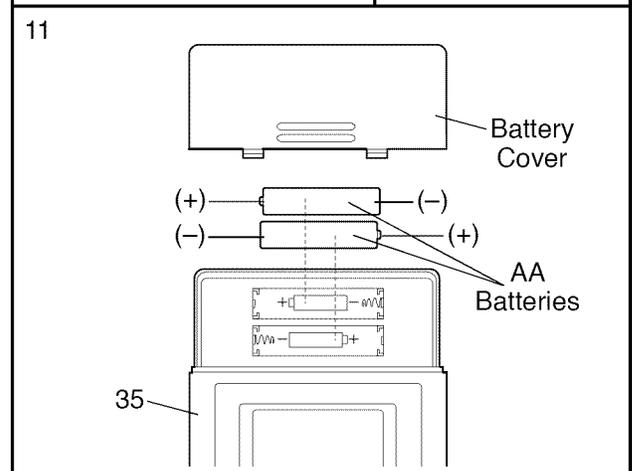
- Depress the two buttons on the sides of the Handlebar Assembly (6) with your thumb and forefinger. Insert the Handlebar Assembly (6) into the Handlebar Swing Arm (5). Make sure that the buttons protrude through one of the two sets of holes in the Handlebar Swing Arm. The upper holes offer lower workout resistance; the lower holes offer higher resistance.



- Slide the Monitor (35) fully onto the Main Frame (1) as shown in inset drawing A. Press down on the Monitor as shown in inset drawing B until it snaps into place.



- Remove the battery cover from the Monitor (35). Insert two new AA batteries into the Monitor. Identify the negative (-) and positive (+) ends of the batteries. The springs in the battery compartment should touch the negative ends of the batteries.



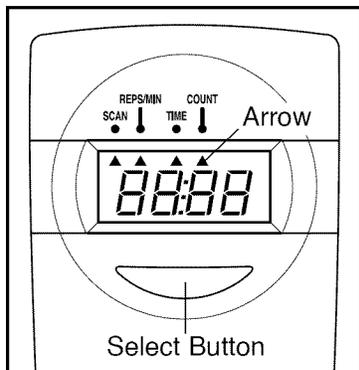
- Make sure that all parts are properly tightened.** To protect the floor or carpet from damage, place a mat under the AEROBIC RIDER 2.

ADJUSTMENT AND OPERATION

DESCRIPTION OF THE MONITOR

The monitor offers four modes to provide you with instant exercise feedback:

- Reps/Min—This mode displays your current pace, in repetitions per minute.



- Time—This mode displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.
- Count—This mode displays the total number of repetitions you have completed, up to 9,999. The display will then reset to zero and continue counting.
- Scan—This mode displays the reps/min, time, and count modes, for approximately 6 seconds each, in a repeating cycle.

HOW TO OPERATE THE MONITOR

1. To turn on the power, press the select button or simply begin exercising.
2. Select the desired mode:

To select the reps/min, time, or count mode, press the select button repeatedly until an arrow points to the desired mode. Make sure that there is not an arrow pointing to the word “scan.”

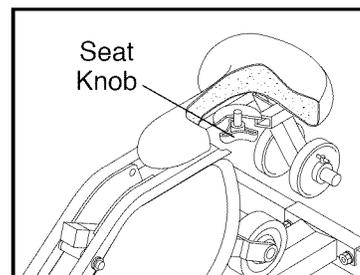
To select the scan mode, press the select button repeatedly until an arrow points to the word “scan.” A second arrow will show which mode is currently displayed.

To reset the time and count modes to zero, hold down the select button for two seconds.

3. **The monitor has an “auto-off” feature.** If the pedals are not moved and the select button is not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

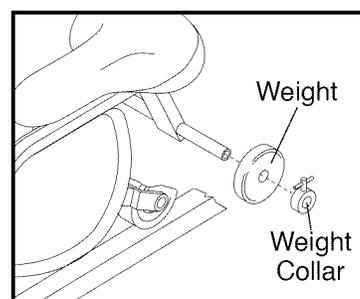
ADJUSTING THE SEAT

To adjust the position of the seat, loosen the knob under the seat, move the seat to the desired position, and then retighten the knob. To determine if the seat is properly adjusted, sit on the seat and pull the handlebar as close as possible to your stomach. Your legs should be almost straight, with your knees bent slightly.



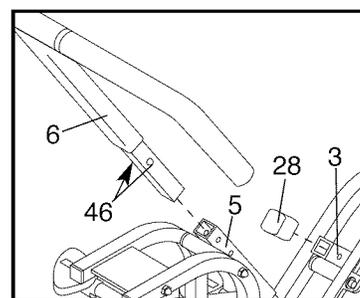
ADDING AND REMOVING WEIGHT

The AEROBIC RIDER 2 features a weight bar that lets you increase the intensity of your exercise by adding weights. To add weights, first remove the weight collars from the weight bar. Slide the desired amount of weight onto the weight bar and reattach the weight collars. **Note: Place equal amounts of weight on both sides of the weight bar. The combined weight of the user and added weights should not exceed 300 pounds.**



CHANGING THE POSITION OF THE HANDLEBAR

To exercise the muscles of the lower body, the position of the handlebar can be changed. Remove the Swing Arm Cap (28) from the Wheel Swing Arm (3). Next, press the Snap Buttons (46) and slide the Handlebar Assembly (6) out of the Handlebar Swing Arm (5). Press the Snap Buttons again and insert the Handlebar Assembly into the Wheel Swing Arm (3). **Make sure that the Snap Buttons snap into the holes in the Wheel Swing Arm.** Press the Swing Arm Cap (28) onto the Handlebar Swing Arm (5).



PROPER EXERCISE FORM

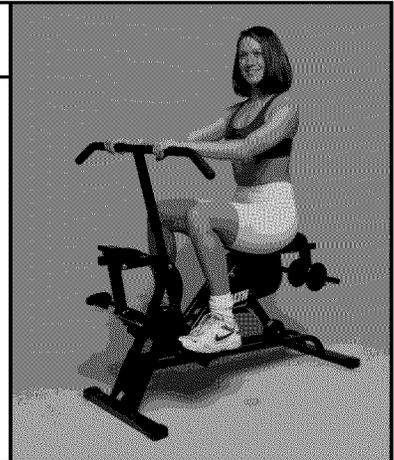
The following tips are provided to help you get the most from your exercise routine:

- Always start each exercise session in the standard workout position to warm up.
- You should be able to feel yourself pivot or bend from the hip, not from the back. Don't round your back as the bar moves forward.
- Always bring the handlebar as close to your stomach or rib cage as possible. If you are new to exercise, don't extend the bar too far forward for the first few weeks of your exercise program. As your back becomes stronger and more flexible, allow the handlebar to travel farther forward for increased range-of-motion.
- Change grip positions, thumb positions, and toe positions often to add variety, endurance, and balance to each workout.
- Always place the balls of your feet in the centers of the pedals.

1 STANDARD WORKOUT POSITION

We strongly recommend that you begin every exercise session in this position. As a warm-up, it provides a balanced workout, distributing the emphasis between upper and lower body. Vary emphasis by pulling more with the arms or pushing more with the legs. Keep your back vertical and upright at all times. You should also vary your hand grip to target certain muscle groups. For example, a wide overhand grip will target your shoulders; a close overhand grip (shown) will target your triceps; and a close underhand grip will target your biceps.

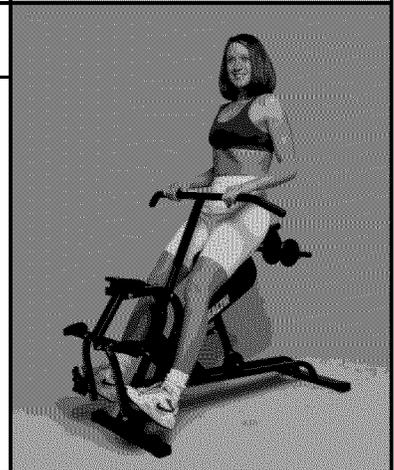
Muscles affected: All Major Muscle Groups



2 WRIST ROLL

As your strength increases, you'll want to challenge yourself by toning your forearms even more. Use the wrist roll with either the close or wide overhand grip. As you pull the handlebar toward your stomach, roll your knuckles forward in a smooth motion.

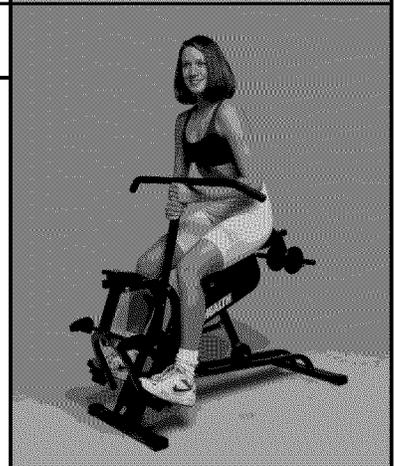
Muscles affected: Forearm Flexors



3 CENTER POST GRIP

Grip the center post high with one hand above the other. Perform ten repetitions. Change your hand positions and perform the same number of repetitions. For greater emphasis try one hand at a time.

Muscles affected: Biceps and Chest



4 TOES STRAIGHT

Place the ball of each foot in the middle of each pedal. Push with your toes pointed forward, then pull your feet back with toes up and heels down. This tones the lower legs. Start with just a few minutes per session and gradually increase with each workout.

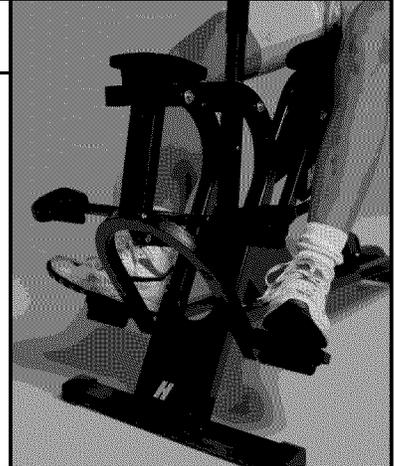
Muscles affected: Shins and Calves



5 TOES TURNED

The direction which your toes are turned will vary the effect of your workout. If your toes are turned slightly in while pointing and flexing, this emphasizes the outer calves. If your toes are turned slightly out while pointing and flexing, this emphasizes the inner calves. You can also turn your toes out and open your knees to tone your inner thighs. Regardless of which toe position you choose, always keep your kneecap in line with your toes.

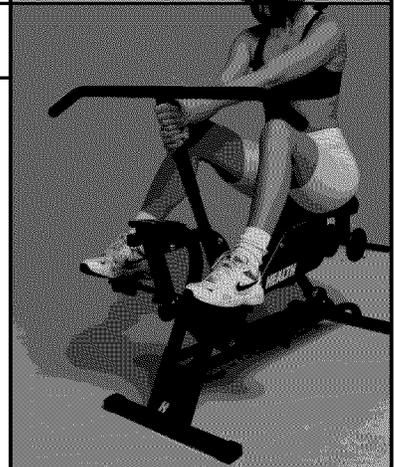
Muscles affected: Calves and Thighs



6 UPPER BODY EMPHASIS

Place your feet on the upper pedals and choose any grip.

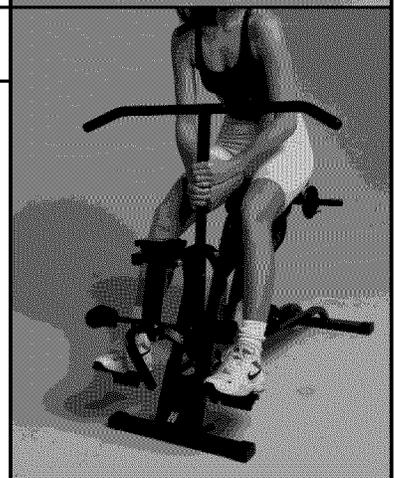
Muscles affected: Arms, Upper Back, and Chest



7 LOWER BODY EMPHASIS

Grip the center post low and place your feet on the lower pedals. For more emphasis on the stomach, tighten your abs and pull them in.

Muscles affected: Abdomen, Legs, and Lower Back



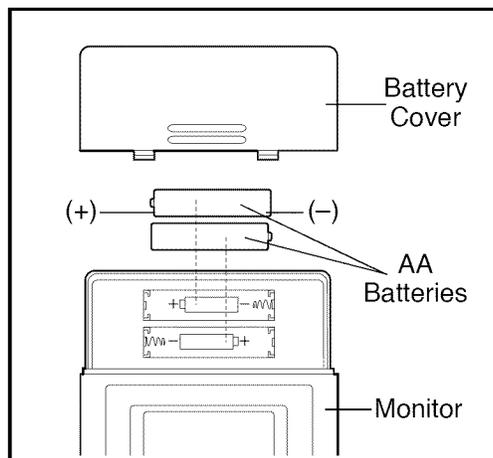
MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the AEROBIC RIDER 2 regularly. The AEROBIC RIDER 2 can be cleaned with a soft, damp cloth; do not use solvents. To prevent damage to the monitor, keep liquid away from the monitor and keep the monitor out of direct sunlight. When storing the AEROBIC RIDER 2, remove the batteries from the monitor.

HOW TO REPLACE THE BATTERIES

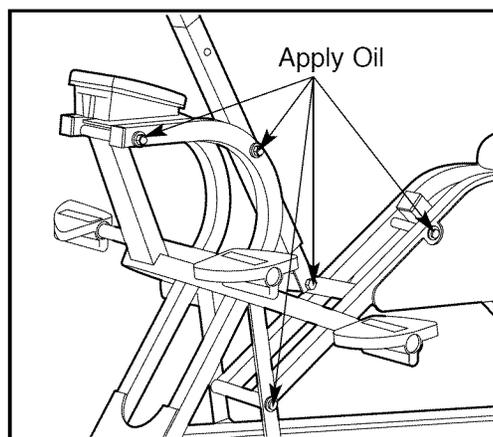
If the display of the monitor becomes dim, the AA batteries should be replaced. Remove the battery cover from the monitor. Remove the old batteries. Insert two new batteries into the monitor. Identify the negative (-) and positive (+) ends of the batteries. The springs in the battery compartment should touch the negative ends of the batteries.

Re-attach the battery cover to the monitor.



HOW TO LUBRICATE THE AEROBIC RIDER 2

Every three months, a small amount of light multi-purpose oil should be applied to the AEROBIC RIDER 2. Apply a few drops of oil between the axle caps or axle fasteners and the frame in the locations shown at the right. Make sure to apply oil to both sides of the AEROBIC RIDER 2.



CONDITIONING GUIDELINES

The following general 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.

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.

BPM	HEART RATE TRAINING ZONES						
165							Aerobic
145	155						Max Fat Burn
125	138	145					Fat Burn
	120	130	140				
		115	125	130			
			110	118	125		
				105	110	115	
					95	103	
						90	
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. 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, and 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 your pace until your heart rate is near the lowest number in your training zone as you exercise.

Maximum Fat Burning

For increased fat burning, adjust your pace 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 your pace until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

Adjust your pace until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise. (Refer to SUGGESTED STRETCHES on page 13.)

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (See the chart on page 12 to find your training zone.)

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should

leave you relaxed and comfortably tired.

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. The key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

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

1. Toe Touch Stretch

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

3. Calf/Achilles Stretch

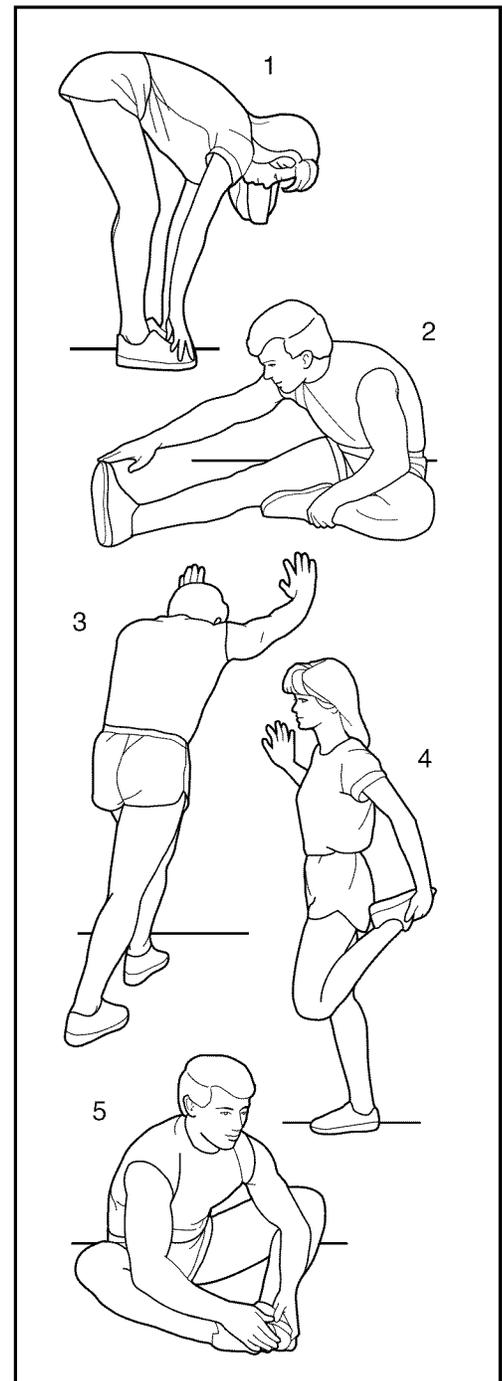
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further 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 both legs. 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.



PART LIST—Model No. HRCR28720

R0302A

14

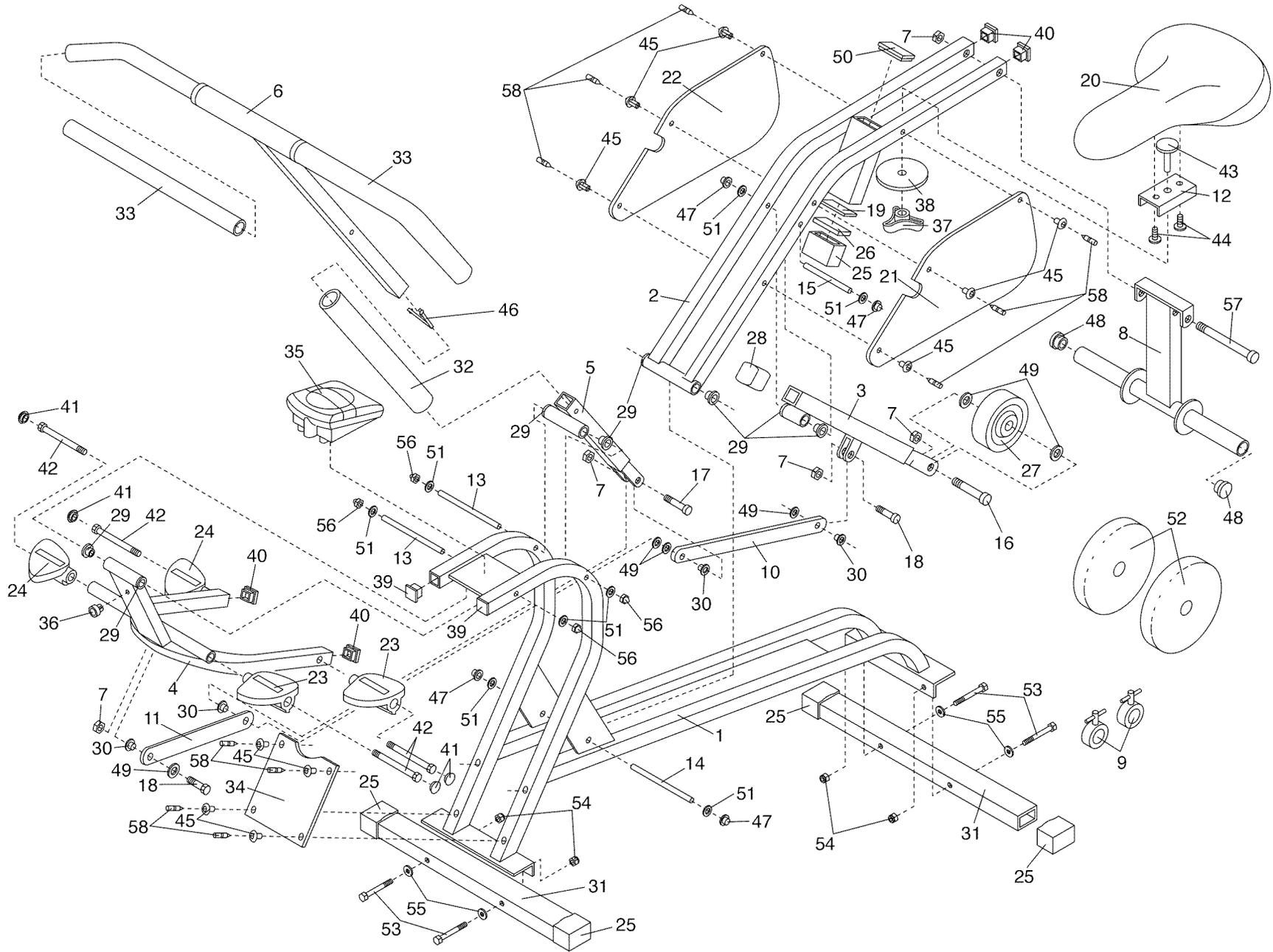
Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	23	2	Left Pedal	45	10	Fastener Base
2	1	Seat Frame	24	2	Right Pedal	46	1	Dual-end Snap Button
3	1	Wheel Swing Arm	25	5	Stabilizer Endcap	47	4	3/8" Hat Cap
4	1	Pedal Frame	26	1	Bumper Spacer	48	2	1" Round Endcap
5	1	Handlebar Swing Arm	27	1	Rubber Wheel	49	6	Plastic Washer
6	1	Handlebar Assembly w/Foam Grip	28	1	Swing Arm Cap	50	1	1" x 2" Endcap
7	5	M8 Nylon Jam Nut	29	8	Medium Bushing	51	8	Rubber Washer
8	1	Weight Bracket	30	4	Short Bushing	52	2	5 lb. Weight
9	2	Weight Collar	31	2	Stabilizer	53	4	M6 x 60mm Bolt
10	1	Long Link Arm	32	1	Middle Foam Grip	54	4	M6 Hex Nut
11	1	Short Link Arm	33	2	Foam Grip	55	4	M6 Flat Washer
12	1	Seat Bracket	34	1	Front Cover Panel	56	4	Axle Fastener
13	2	Frame Axle	35	1	Monitor	57	1	M8 x 120mm Bolt
14	1	Seat Axle	36	1	Magnet w/Bracket	58	10	Fastener Pin
15	1	Wheel Mount Axle Assembly	37	1	Seat Knob	#	1	User's Manual
16	1	M8 x 1.25" Wheel Bolt	38	1	Seat Washer			
17	1	M8 x 1.375" Bolt	39	2	1.25" Square Endcap			
18	2	M8 x 1.25" Bolt	40	4	1" Square Endcap			
19	1	Bumper Plate	41	4	Pedal Cap			
20	1	Seat	42	4	M12 x 1.25" Bolt			
21	1	Left Side Shield	43	1	Seat Knob Bolt			
22	1	Right Side Shield	44	2	M8 x 1.25" Seat Bolt			

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

EXPLODED DRAWING—Model No. HRCR28720

R0302A

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HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (HRCR28720)
- The NAME of the product (HealthRider® AEROBIC RIDER 2)
- The PART NUMBER of the PART (see pages 14 and 15)
- The DESCRIPTION of the PART (see pages 14 and 15)

HealthRider is a registered trademark of ICON Health & Fitness, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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