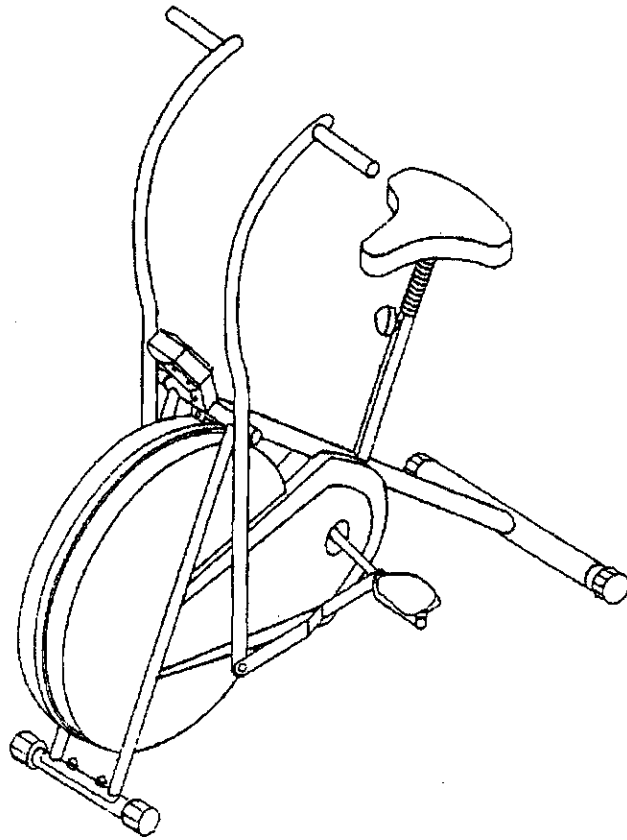


EXCEL[®]



**Model 286
Dual Action
Upright Fan Bike**

FitnessQuest[®]
Inc.

Congratulations on purchasing your Excel® 286 Dual-Action Upright Fan 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.

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

It is the authoritative source of information about your Excel 286 Bike.

Retain this manual for future reference.

| ITEM | QTY. |
|------|------|
| 1 | 2 |
| 2 | 1 |
| 3 | 1 |
| 4 | 2 |
| 5 | 1 |
| 6 | 2 |
| 7 | 2 |
| 8 | 2 |
| 9 | 2 |
| 10 | 1 |
| 11 | 2 |
| 12 | 2 |
| 13 | 1 |
| 14 | 1 |
| 15 | 1 |
| 16 | 1 |
| 17 | 6 |
| 18 | 1 |
| 19 | 1 |
| 20 | 1 |
| 21 | 2 |
| 22 | 2 |

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IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine.

CAUTION: Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

1. Know your heart rate and/or pulse, and your physician recommended target heart rate training zone.
2. Proper medical clearance is recommended for anyone beginning an exercise program especially if you are over 35 years of age or suffer from heart or respiratory problems.
3. Warm up before any exercise program by stretching, followed by 8 minutes of aerobic activity.
4. Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
5. Wear comfortable shoes made of good support with non-slip soles.
6. Breathe naturally, never holding your breath during an exercise.
7. Avoid over training. You should be able to carry on a conversation while exercising.
8. After an exercise session, cool down with slow walking or stretching.
9. This machine should not be used by or near children.
10. Handicapped or disabled people must have medical approval before using this machine and should be under close supervision when using any exercise equipment.
11. Use this machine only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
12. Only one person at a time should use this machine.
13. Do not put hands, feet, or any foreign objects on or near this machine when in use by others.
14. Always use this machine on a level surface.
15. Never operate the machine if the machine is not functioning properly.
16. Start exercise slowly and gradually increase the amount of resistance.
17. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
18. Use caution not to pinch fingers or hands in moving parts when using the unit.

KEEP THESE INSTRUCTIONS

Comments or Questions?

Dear Customer,

Congratulations on your purchase of the Excel® 286 Dual-Action Upright Fan 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 on our web site, with any comments or questions you may have.

Excel 286 Bike
Customer Service Department
1400 Raff Road SW, Canton, OH 44750-0001
1-800-321-9236, Monday through Friday - 9:00am to 5:00pm, Eastern Time
www.fitnessquest.com

Ordering Missing or Defective Parts

When ordering parts, always provide the following information:

1. NAME, MAILING ADDRESS AND TELEPHONE NUMBER
2. DATE OF PURCHASE
3. WHERE PRODUCT IS PURCHASED (NAME OF RETAIL STORE, CITY)
4. MODEL NUMBER (EXB 01286)
5. PART ORDER NUMBER AND DESCRIPTION

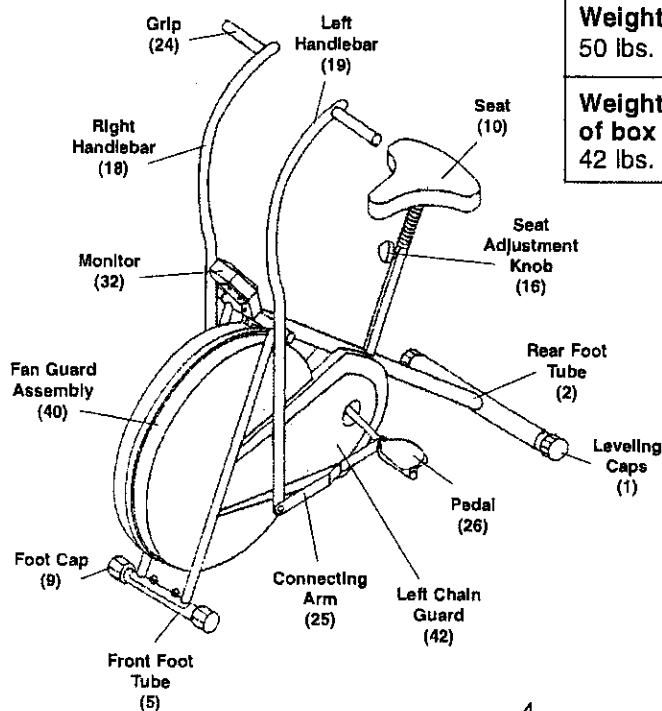
All details depicted in this Owner's Manual, and of the product itself, are subject to change without notice.

Manual Packet contains: Manual and Warranty Card

Fastener Pack: Two Carriage Bolts
Two Washers

Two Acorn Nuts
Two Phillips Screws

Parts Identification



| Weight in box | Length | Width | Height |
|-------------------|---------|--------|---------|
| 50 lbs. | 37-1/2" | 8-1/2" | 28-1/2" |
| Weight out of box | Length | Width | Height |
| 42 lbs. | 45-1/2" | 20" | 46" |

Tool Included for Assembly:

1-13mm Wrench (included)

Additional Tool Needed:

1-13mm Wrench (not included)

NOTE: 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.

ASSEMBLY - Foot Tubes

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING.

FIGURE 1

Step 1. Align REAR FOOT TUBE (2) with FRAME (3) using (6) MACHINE SCREWS M5 x 15mm (#33 [4] machine screws not shown)

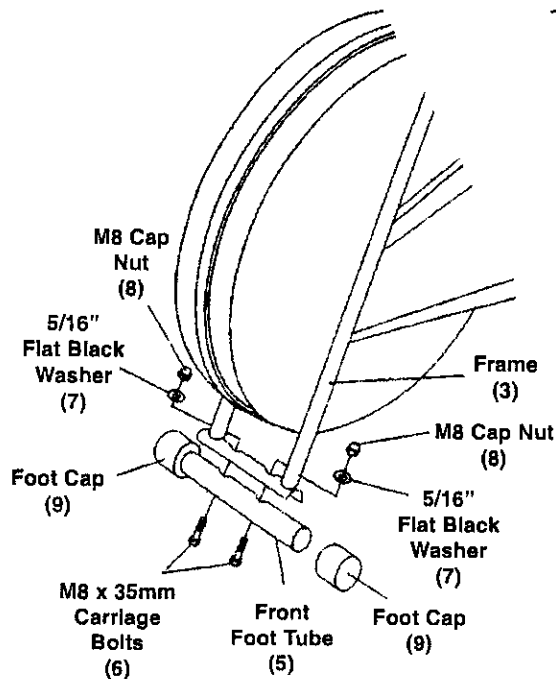
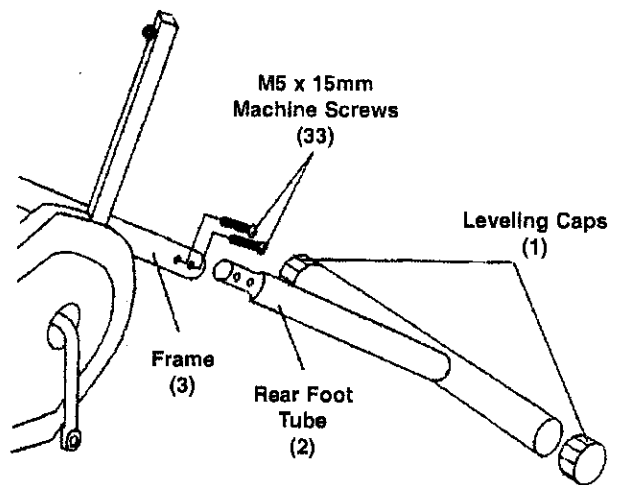


FIGURE 2

Step 2. Attach FRONT FOOT TUBE (5) with square holes at bottom to FRAME (3) using two CARRIAGE BOLTS (6) 48 x 35mm, two 5/16" FLAT BLACK WASHERS (7) and two CAP NUTS M8 (8).

FIGURE 2

ASSEMBLY - Seat

FIGURE 3

- Step 3. Attach SEAT (10) to SEAT POST (13) using (3) LOCK NUTS M8 (11) and (3) 8mm WASHERS (12).
- Step 4. Slide BELLOWS (14) on to SEAT POST (13).
- Step 5. Remove SEAT ADJUSTMENT KNOB.
- Step 6. Slide SEAT POST into FRAME and align SEAT ADJUSTMENT KNOB to holes and tighten.

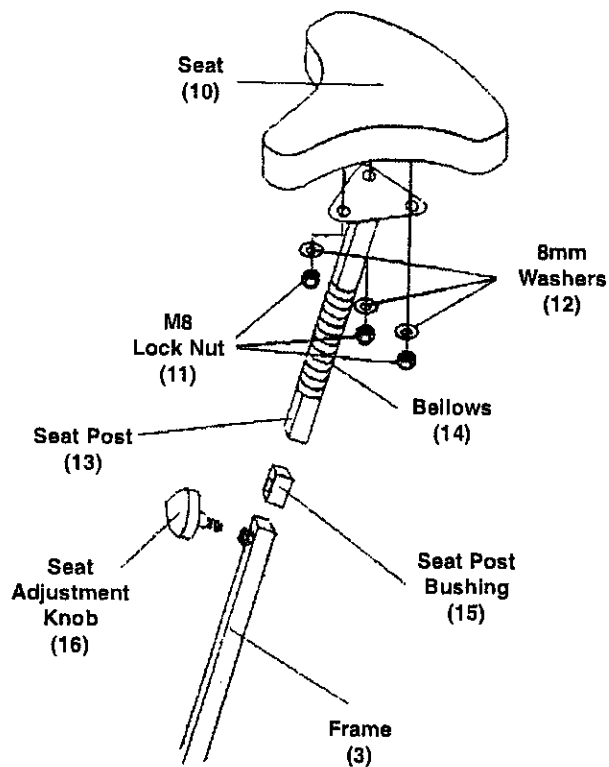


FIGURE 3

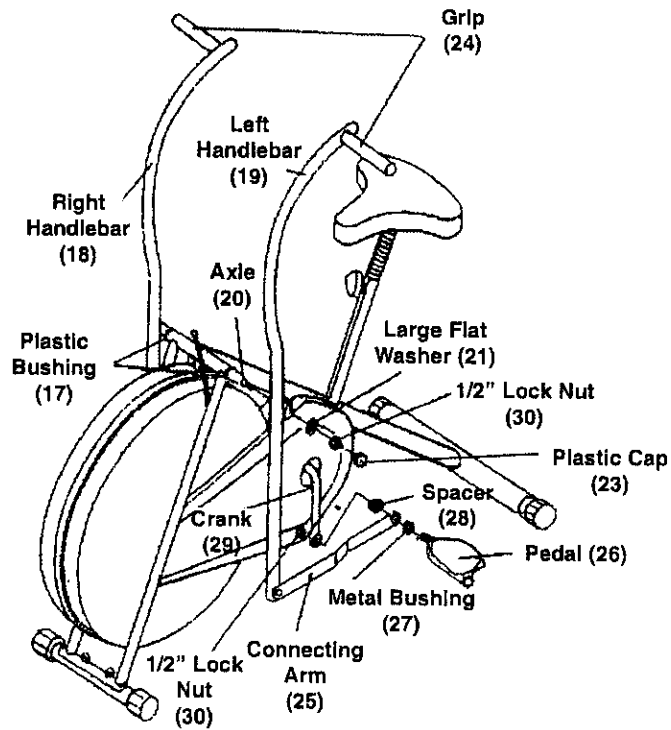
ASSEMBLY - Pedals

FIGURE 4

Step 7. (At this point you will need two 13mm wrenches. One is included in package). Attach handlebar assemblies (marked R/L) to FRAME (3) with AXLE (20), two large FLAT WASHERS (21), two LOCK NUTS M8 (30) and two PLASTIC CAPS (23).

Step 8. (Remove hardware from Pedal.) Attach PEDALS (26) thru METAL BUSHING (27) on CONNECTING ARM (25), Slide SPACER (28) over threaded area of PEDAL and attach to CRANK (29). Attach 1/2" LOCK NUT (30) to pedal & secure.

FIGURE 4

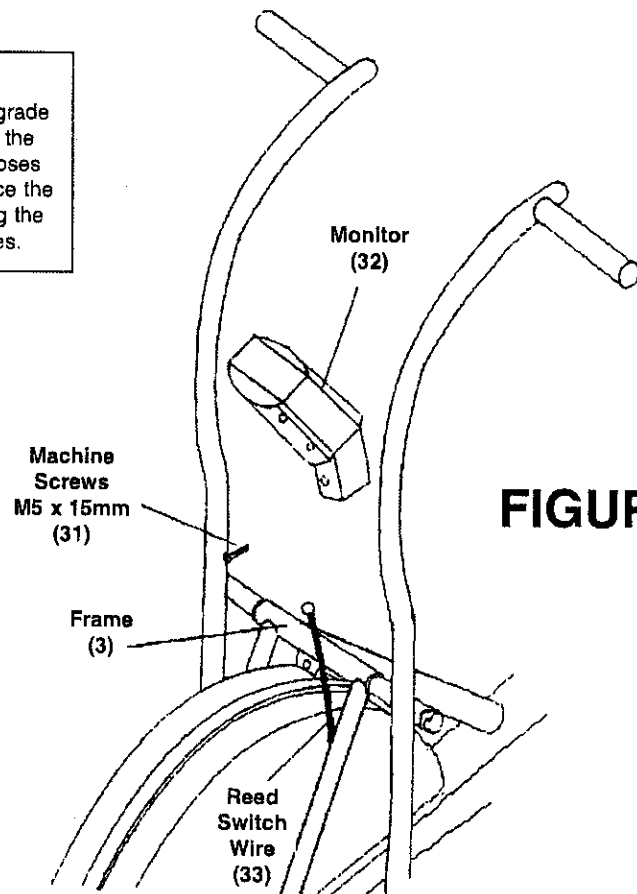


ASSEMBLY - Monitor

FIGURE 5

Step 9. Attach REED SWITCH WIRE (33) to MONITOR (32) and attach to FRAME (3) using two MACHINE SCREWS M5 x 15mm (31). Install two "AA" Batteries (included) into back of MONITOR (22)

IMPORTANT
Your monitor includes low grade batteries that will operate the computer for display purposes only. You will need to replace the batteries shortly after using the bike for the first few times.



IMPORTANT: Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advise is absolutely essential.

WARNING: 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.

TROUBLESHOOTING GUIDE

| Problem | Cause | Correction |
|---|--|---|
| No display on monitor | Batteries weak or dead | Replace batteries |
| No speeding distance displays on monitor. | Reed switch wire not connected to monitor. | Securely plug reed switch wire into back of monitor. |
| | Reed switch not working properly. | Replace Reed Switch. |
| | Monitor not working | Replace Monitor. |
| Chain makes popping noise. | Chain is too loose. | Adjust Chain <i>See Chain Adjustment below.</i> |
| Bike rocks as you pedal | Bike is not level | Adjust leveling caps on rear foot tube until bike is level. |

It is not necessary to return entire bike for a monitor repair.

CHAIN ADJUSTMENT

Loosen RIGHT (41) and LEFT (42) CHAIN GUARDS at center of fan wheel, loosen 3/8" nut on both sides of bike. Tighten two 3/16" nuts at eyebolt on both sides until slack is removed from chain.

Tighten up 3/8" nut on both sides.

Reattach both LEFT and RIGHT CHAIN GUARDS.

HOW TO BEGIN

WARNING: *Prior to undertaking any exercise, or program of exercise that requires a major increase in physical activity, consultation with a competent medical authority is strongly recommended. In addition, anyone who has a physical handicap, who suffers from a prolonged illness, or who has increased risk factors such as obesity, hypertension, cardiocirculatory problems, etc., should consult a competent medical authority before undertaking any exercise, or engaging in a continuing program of exercise.*

By first doing the above, you will then have a starting point from which to measure your increased physical improvement.

CAUTION: *Stop exercising if you experience any of the following symptoms.*

- Pressure, tension, or pain in your chest, shoulders, neck, jaw, or arms.
- Noticeable pain of any kind (i.e. leg or stomach cramps).
- Lightheaded or dizziness (fainting-lack of vision).
- Abnormal breathing (rapid or lack of air).
- Sudden unsteadiness, weakness or numbness of the face, arms, legs or body.
- Loss of speech, problems speaking, or understanding speech.
- Unusual fatigue.
- Lowering of your heart rate with increased exercise demands.
- Fluttering in your chest (heart palpitations).

If any of these symptoms occur, call your doctor immediately. If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down.

SET FITNESS GOALS

General guidelines to follow.

The key to a healthful program is defining your personal goals, and establishing an exercise/nutrition program that will help you to be successful.

What your individual exercise goals are will depend on many factors, some of which includes your age, current fitness level, sex, heredity, and according to your lifestyle, the amount of time available to exercise.

Disciplining yourself not to skip a workout period is a very important short term goal. Many exercise programs fail because this goal is not set as a priority. Just some of the advantages that you will receive with a consistent long term exercise program include; a decrease in the percentage of stored fat, firmer better toned muscles, increased vitality, and improved overall health in all areas of your physical and mental efficiency.

PLANNING AN EXERCISE PROGRAM

When and how much exercise to do.

Probably the most important part of exercising, especially if exercise is new for you, is commitment, commitment, commitment! Maintaining a physically fit body does not require hours and hours of your time. For an average non-exercising person, a safe and generally accepted schedule is to exercise consistently for 20 to 30 minutes, three times per week to maintain cardiovascular fitness.

Keeping a written record will help you to see your progress and may serve to help you keep your commitment. It is extremely important to start out slow and not to overdo, especially for the first month or two. Two reasonable times to workout, if it fits your schedule, is in the morning before breakfast, or early evening before your evening meal.

Research shows that to increase your fitness level you should workout at a level of 70 to 80 percent of your maximum heart rate. This is the target zone for best results. Exceeding your target zone will not increase your fitness level, and could be very dangerous.

MONITORING YOUR HEART RATE

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 feeling your pulse, count the number of beats for 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute.

Keep a log of your heart rate at rest; after warming up, during your workout, and two minutes during your cool down, then 10 minutes after your cool down.

We recommend taking your heart rate at these times to accurately track your progress as it relates to better physical fitness.

Your maximum heart rate and aerobic capacity naturally decreases as you age. In general, to determine your maximum heart rate, subtract your age from 220. This may vary from one person to another, but use this number to find your approximate effective target zone.

(MHR)= Maximum Heart Rate

(THR)= Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHR)}$. $\text{MHR} \times .70 = 70\% \text{ of your heart rate}$.

$\text{MHR} \times .85 = 85\% \text{ of your maximum heart rate}$.

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$

$190 \times .70 = 133$ (Low end or 70% of THR)

$190 \times .85 = 161$ (High end or 85% of THR)

See Table No. 1 for additional calculations.

If exercise is new to you, don't push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down. Heart rhythm disturbances may occur if you stop abruptly, so always remember to cool down.

You are an individual and your body is unique. All of the information in this manual is for an average person with average physical fitness. Use these instructions as a guide.

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

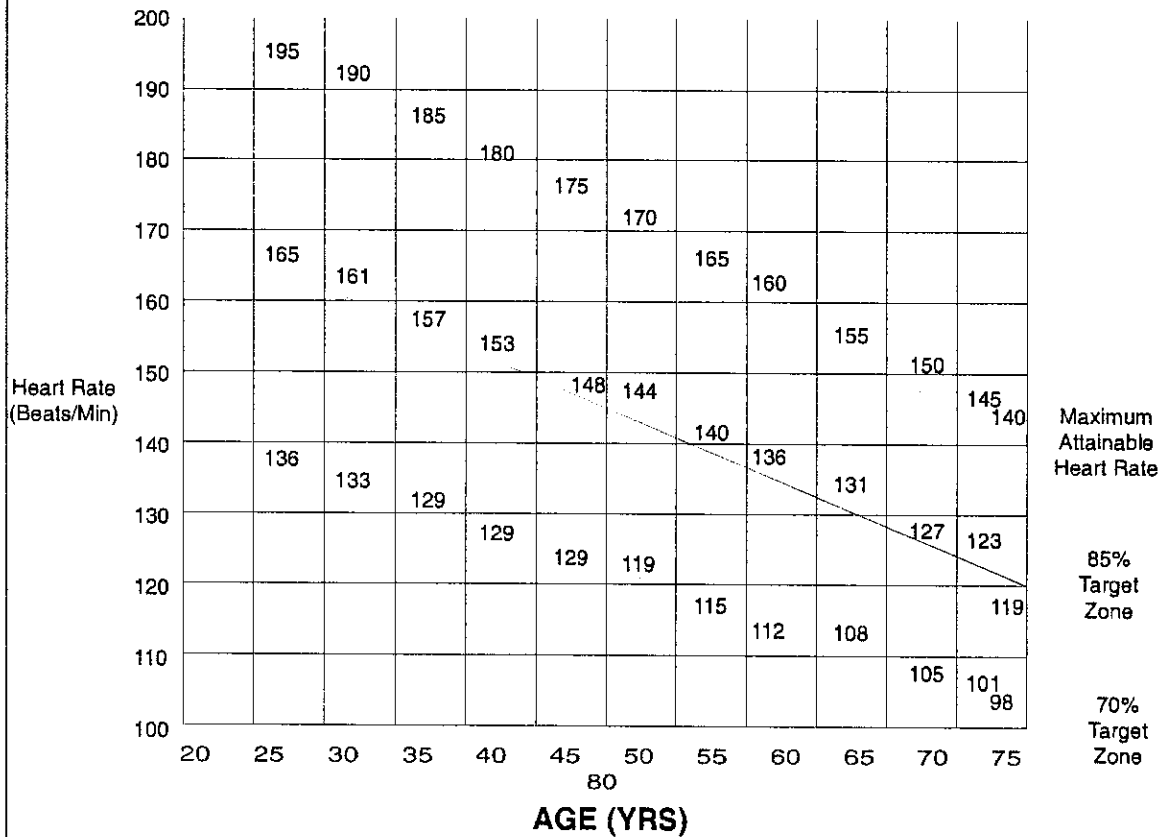


TABLE 2

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

WARMING UP

The greatest improvements are achieved when muscles are warm. Stretches should be slow, steady, and held for 15 to 30 seconds, then gradually release back to the starting position. Stretch to a point where tension is felt, not pain. Never bounce or jerk while stretching. The most important feature of balanced fitness is to be consistent. Begin each workout period by first warming up. Start your warm up by walking in place or around in the house for 2 to 5 minutes, then perform the stretches suggested below. This will slowly increase your body temperature and blood flow, so your muscles are more flexible, thus preventing muscle strain and injuries. The idea is to gradually build up your entire system for the workout period, then after you workout, gradually return to normal.

Some suggested warm-up exercise are as follows:

WAIST TWIST: With your feet shoulder width apart, slowly twist your upper body right and left.

CALF STRETCH: Lean against a wall or a solid object keeping your body straight. Slowly raise up and down on the balls of your feet.

SQUATS: From a standing position, balance yourself by holding onto a solid object or the wall. Slowly squat down until the upper portion of your legs are level with your knees. Return to the standing position.

WORKING OUT

Too much...too little...how much is enough?

The key to a healthful program is defining your personal goals and establishing an exercise/nutrition program that will help you to be successful. At approximately 20 minutes into an aerobic exercise your body shifts into what is called the "fat-burning phase". During this phase you are able to attack greater amounts of stored fat. Although it is often neglected, stretching can effectively reduce muscle tension, help good posture, increase range of motion and improve the loss of movement. It is a good idea to drink cool water before, during and after your workout.

CAUTION: Immediately after a workout if you are over-heated, do not drink lots of ice cold water. Cool your body down gradually using cool water. Drinking after a workout replaces the water that you have lost by sweating during your workout.

If the water is not replaced, it could result in heat exhaustion and/or dehydration. Drinking eight glasses of water a day is generally recommended. After completing the stretches and warm-up, you are ready to begin.

MONITOR INSTRUCTIONS

USING YOUR MONITOR

Your monitor is designed to provide five functions (Time, Speed, Distance, Calories and Scan.)

SPEED can be displayed in either "Miles" or "KM" per hour.

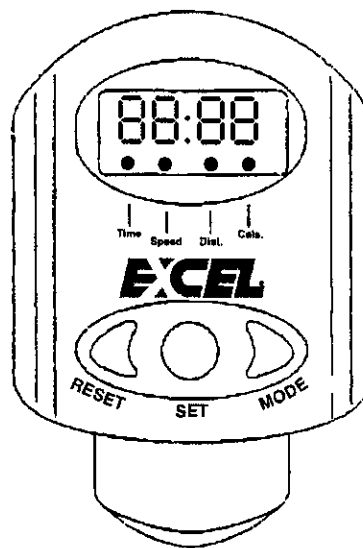
DISTANCE is displayed from 0.1 to 9999 miles or km.

TIME is displayed in hours; seconds up to 23 hours; 59 minutes 59 seconds.

CALORIES is displayed 1 to 9999 KCAL.

SCAN sequentially displays Time, Distance and Calories every 12 seconds to help you monitor each function.

The monitor will automatically shut off if no movement is detected for 4 minutes.



To Turn on Monitor "ON"

1. Press the "RESET" button for 2 seconds to clear the monitor.
2. The monitor will automatically turn on as you begin to pedal or if you press any of the 3 buttons.
3. Initial start up will be in SCAN mode.

To Set Miles or Kilometers

1. On the back of the monitor, push switch in for Kilometers. Switch is set for Miles.
2. Take one battery out of case.
3. Now replace the battery back into the case.
4. Your monitor will show "K" for kilometers or "M" for miles.

To View "TIME" Only

1. Press the "Mode" button until "T" appears in the display. Then press "SET" button.
2. You are now in "TIME" function. The "SCAN" function has been disengaged.

To View "SPEED"

1. Speed is automatically displayed as you begin to pedal.

To View "DISTANCE" only

1. Press the "MODE/RESET" button until "D" appears in the display. Then press "SET" button.

2. You are now in "DISTANCE" function. The "SCAN" function has been disengaged.

To View "CALORIES" Only

1. Press the "MODE" button until "C" appears in the display. Then press the "SET" button.
2. You are now in "CALORIES" function. The "SCAN" function has been disengaged.
3. Calories are calculated based on speed of pedal and the duration of time. Calories burned will automatically stop when you stop pedaling.

To View by Using "SCAN"

1. Press the "MODE" button until a circular arrow icon appears in the display.
2. You are now in "SCAN" mode. Then press the "SET" button.
3. Each function will display for 3 seconds.

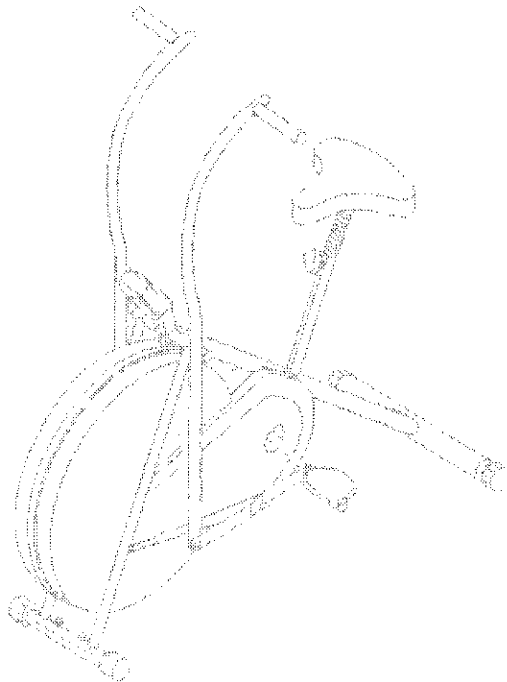
To "RESET" Your Monitor

1. To reset or clear your monitor, simply press and hold the "RESET" button for 2 seconds.
2. Your monitor is now reset and all functions will appear as zero until you begin your workout.

PARTS LIST

| ITEM | QTY. | PART NAME |
|------|------|-------------------------|
| 1 | 2 | Leveling Cap |
| 2 | 1 | Rear Foot Tube |
| 3 | 1 | Frame |
| 4 | 2 | Machine Screw M6 x 10mm |
| 5 | 1 | Front Foot Tube |
| 6 | 2 | Carriage Bolt M8 x 35mm |
| 7 | 2 | Flat Black Washer 5/16 |
| 8 | 2 | Cap Nut M8 |
| 9 | 2 | Foot Cap |
| 10 | 1 | Seat |
| 11 | 2 | Lock Nuts M8 |
| 12 | 2 | Washers 8mm |
| 13 | 1 | Seat Post |
| 14 | 1 | Bellows |
| 15 | 1 | Seat Post Bushing |
| 16 | 1 | Seat Adjustment Knob |
| 17 | 6 | Plastic Bushing |
| 18 | 1 | Right Handlebar |
| 19 | 1 | Left Handlebar |
| 20 | 1 | Axle |
| 21 | 2 | Large Flat Washer |
| 22 | 2 | Lock Nut M8 |

| ITEM | QTY. | PART NAME |
|------|------|-----------------------------|
| 23 | 2 | Plastic Cap |
| 24 | 2 | Grip |
| 25 | 2 | Connecting Arm |
| 26 | 2 | Pedal |
| 27 | 2 | Metal Bushing 1/2" |
| 28 | 2 | Spacer |
| 29 | 1 | Crank |
| 30 | 2 | Lock Nut 1/2" |
| 31 | 6 | Machine Screw M5 x 15mm |
| 32 | 1 | Monitor |
| 33 | 1 | Reed Switch |
| 34 | 1 | Crank Bearing |
| 35 | 2 | Split Bearing |
| 36 | 4 | Wavy Washer |
| 37 | 1 | Roll Pin |
| 38 | 1 | Chain |
| 39 | 4 | Sheer Metal Screen M4 x 63 |
| 40 | 1 | Fan Guard Assembly |
| 41 | 1 | Right Chain Guard |
| 42 | 1 | Left Chain Guard |
| 43 | 4 | Sheet Metal Screw M5 x 12mm |



FitnessQuest
Inc.
Dedication to Quality

Fitness Quest warrants this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions. See Limited Warranty & Service for details.

If you have any comments or questions contact our Customer Service Department, toll free at 1-800-321-9236, Monday through Friday, 9:00 am to 5:00 pm, Eastern Time.

Please record the following information and keep for reference.

Serial #: _____

Date Of Purchase: _____

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

FitnessQuest
Inc.

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