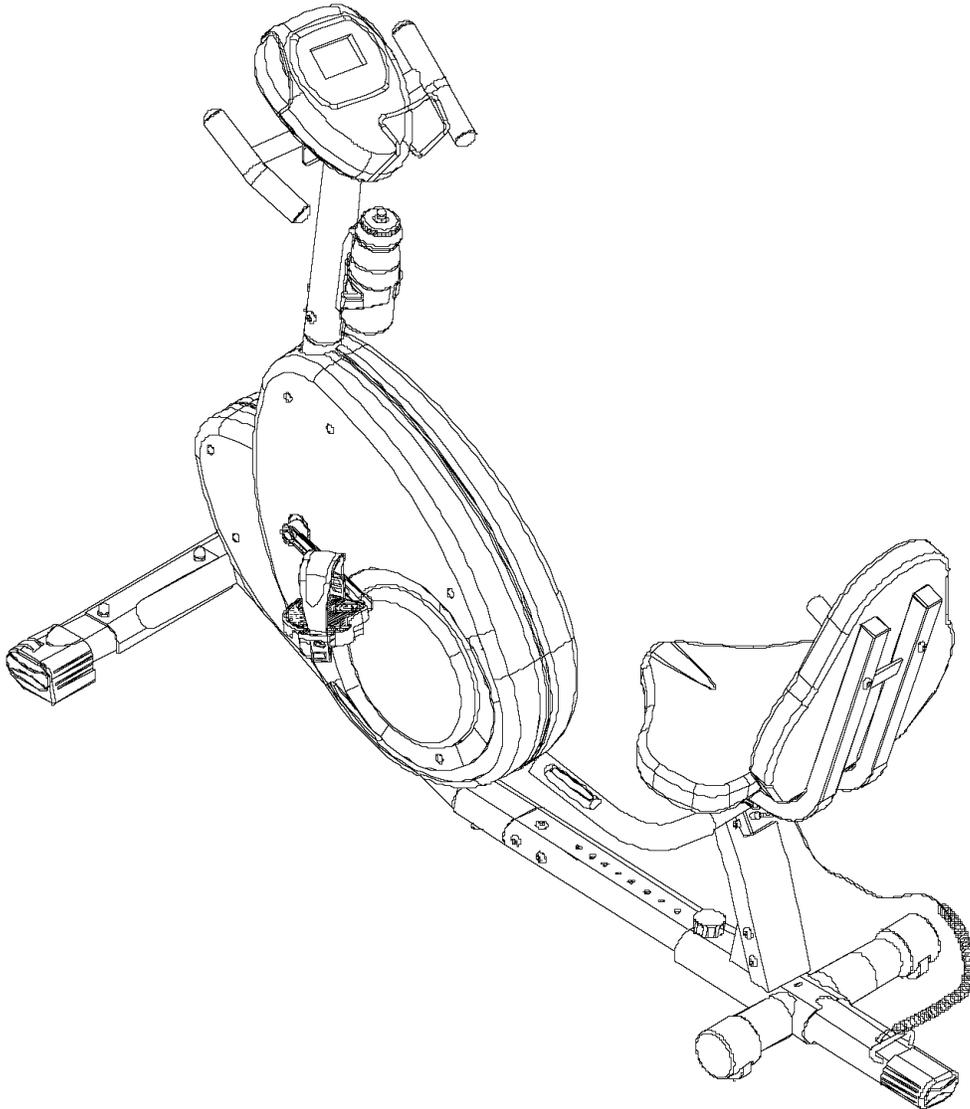


U 315

RECUMBENT EXERCISE BIKE



ASSEMBLY INSTRUCTIONS / OWNERS MANUAL

FIRST EDITION

SERIAL NO. _____

PURCHASE DATE: _____

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IMPORTANT PRECAUTIONS

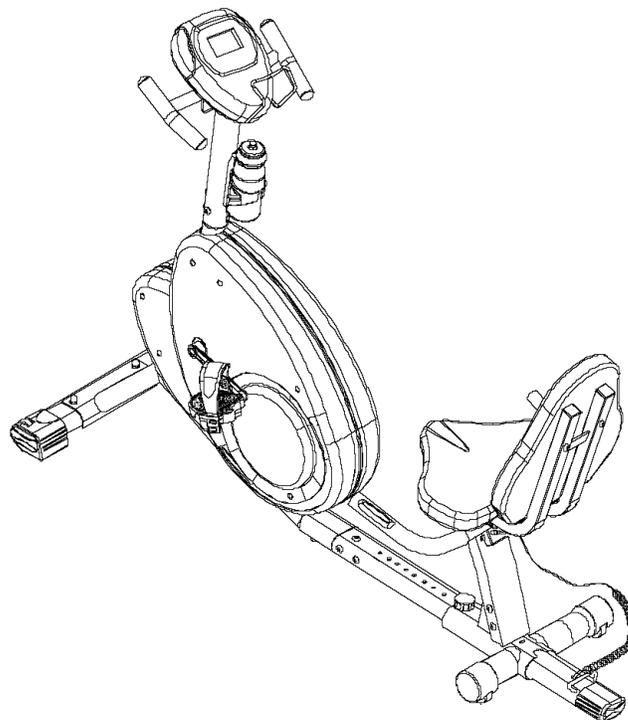
WARNING: To reduce the risk of injury, please read the following precautions before assembling or using this product.

1. It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.
2. Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.
3. Use equipment on a flat level surface. Use adjustment levelers on the bottom of equipment to help stabilize unit.
4. It's recommended to place an exercise (product) mat beneath the equipment for added protection of floors or carpets.
5. Keep children & pets away from equipment at all times.
6. Inspect product on a frequent basis. Tighten loose assemblies or hardware as needed. Replace worn or damaged parts.
7. This equipment is intended for home use only. Do not use in a non-residential environment. Use in non-recommended environments can lead to serious injury and will void all related warranties & liabilities.
8. Recommended user load should not exceed **300 lbs.**
9. Frequently wipe equipment down with a dampened soft cloth.
10. Observe and adhere to all warning labels posted on equipment.
11. Properly warm-up and stretch before starting any strength training or cardio exercise routine.
12. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

Safety Warning: Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms & conditions are listed in the product warranty .

ASSEMBLY PREPARATION

- ◆ **Important:** To ensure ease of assembly please verify the size and quantity of all the required assembly hardware using the itemized parts list. Note: Some assembly hardware may be preinstalled. Reference the individual assembly stages for detailed hardware identification.
- ◆ Assembly tools are included, but you may also use standard (similar) household tools to complete assembly of this product.
- ◆ Do not dispose of any packaging materials until assembly of product is completed.
- ◆ Assemble & use the equipment in a clean 4ft. x 6ft. flat area. Allow 2-3ft. of space on each side of bike for user access and dismounting.
- ◆ Each step of the assembly process has been broken down into easy to follow stages. Please take a few moments to read over these instructions to familiarize yourself with the assembly process.
- ◆ Follow any preventative maintenance tips listed in this manual.
- ◆ Contact us if you need assistance or have questions with the assembly of this product.
- ◆ Make sure to completely fill-out the product registration form & return it to us within 30-days of purchase.
- ◆ If you experience problems with operation of the equipment after assembly, please review the troubleshooting reference page listed in the back of this manual.
- ◆ Please contact us if have additional questions or need service assistance (877.861.2181).

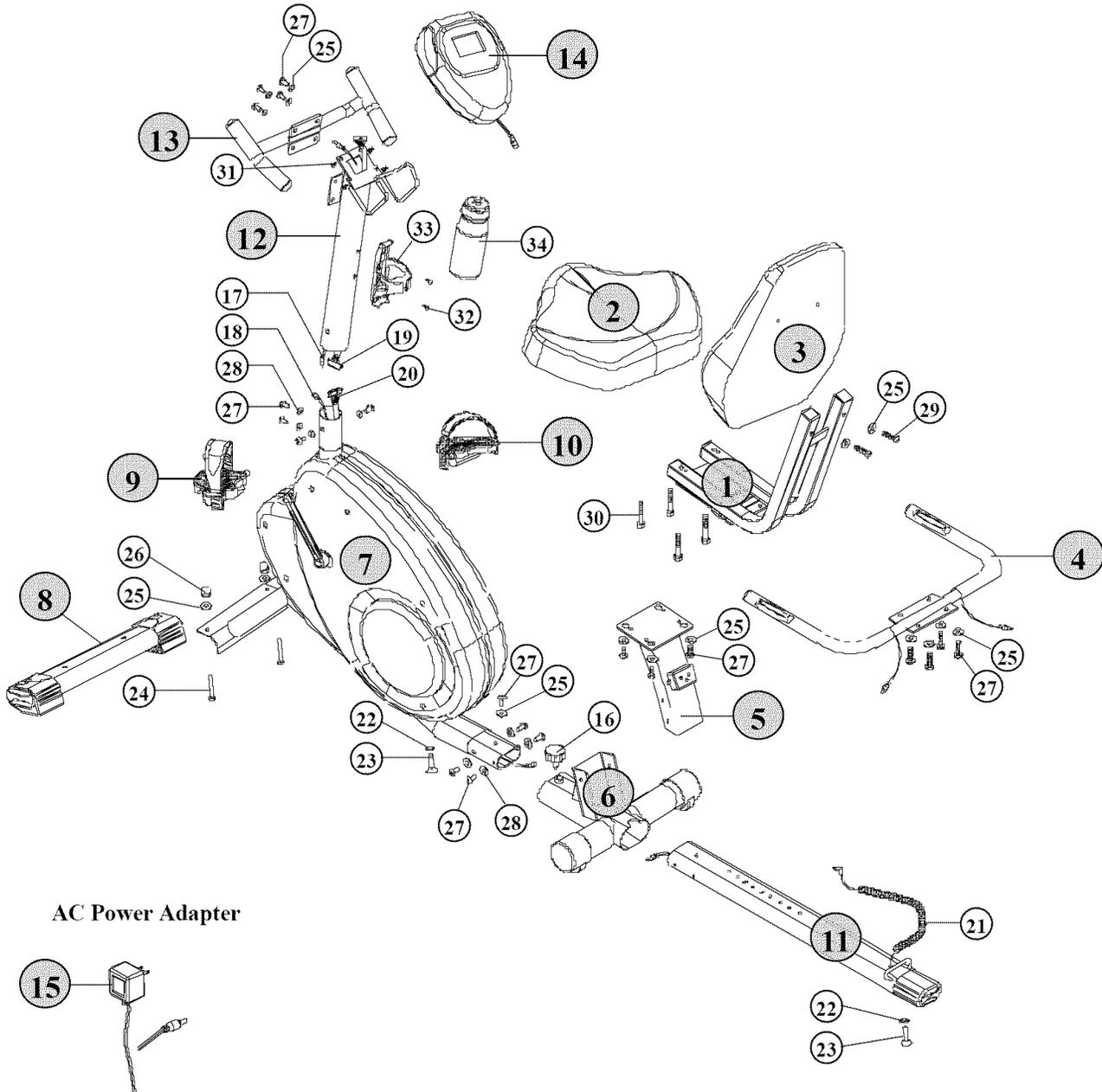


U 315 Assembly Parts List

Item #	Part Number	Description	QTY.
1	13094	Seat Frame	1
2	03005	Seat	1
3	03007	Back Pad	1
4	13093	Handlebar Assembly	1
5	13092	Seat Support Assembly	1
6	13091	Seat Base Assembly	1
7	23063	Main Base assembly	1
8	23000	Front Stabilizer Assembly	1
9	05014	Left Pedal w/ Strap	1 (pr)
10	05014	Right Pedal w/ Strap	1 (pr)
11	23069	Seat Rail Assembly	1
12	23067	Handlebar Mast	1
13	13090	Handlebar (H-Shaped)	1
14	10016	Computer	1
15	14001	AC Adapter	1
16	05001	Adjustment Knob	1
17	12007	Upper Heart Rate Sensor Cable	1
18	12005	Lower Heart Rate Sensor Cable	1
19	12011	Upper Data Cable Assembly	1
20	12009	Lower Data Cable Assembly	1
21	12006	Heart Cable (Seat Rail)	1
22	01059	Leveler	2
23	01016	Hex Nut	2
24	01062	Carriage Bolt M8 x 1.25 x 55 Length	2
25	01012	Flat Washer 8 x 16 x 2t	21
26	01015	Acorn Nut M8	2
27	01003	Truss Head Hex Socket Screw	25
28	01049	Curved Washer 8 x 19 x 2t	8
29	01002	Truss Head Hex Socket Screw	2
30	01035	Hex Bolt	4
31	01041	Truss Screw (Computer Mounting)	4
32	01043	Truss Screw (Sports Bottle Mounting)	2
33	31001	Bottle Cage	1
34	31000	Sports Bottle	1

NOTE: Most of the listed assembly hardware has been packaged separately, but some hardware may have been preinstalled in the identified assembly parts. In these instance, simply remove and reinstall the hardware as assembly is required. Please reference the individual assembly steps and make note of all preinstalled hardware.

U 315 Assembly Parts



ASSEMBLY STAGE #1

Assemble Seat Frame & Support Base

Figure #1

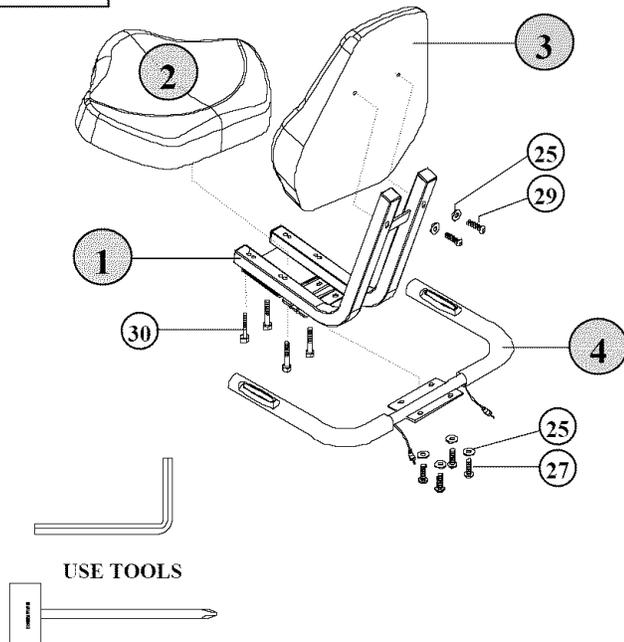


Figure #3

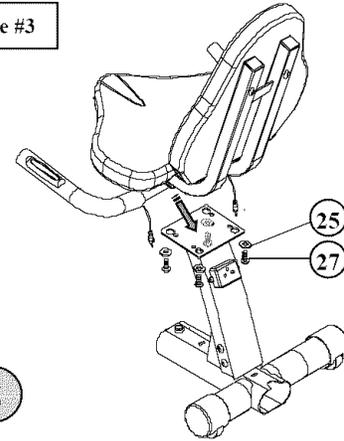
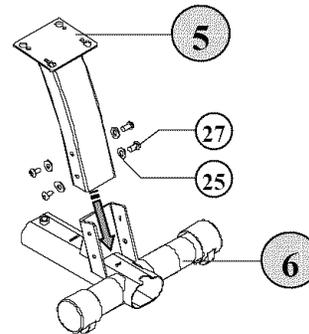


Figure #2



Assembly Hardware Required:

#25 Flat Washers	Qty. 14	#29 Truss Head Hex Socket Screw	Qty. 4
#27 Truss Head Hex Socket Screw	Qty. 12	#30 Hex bolt	Qty. 4

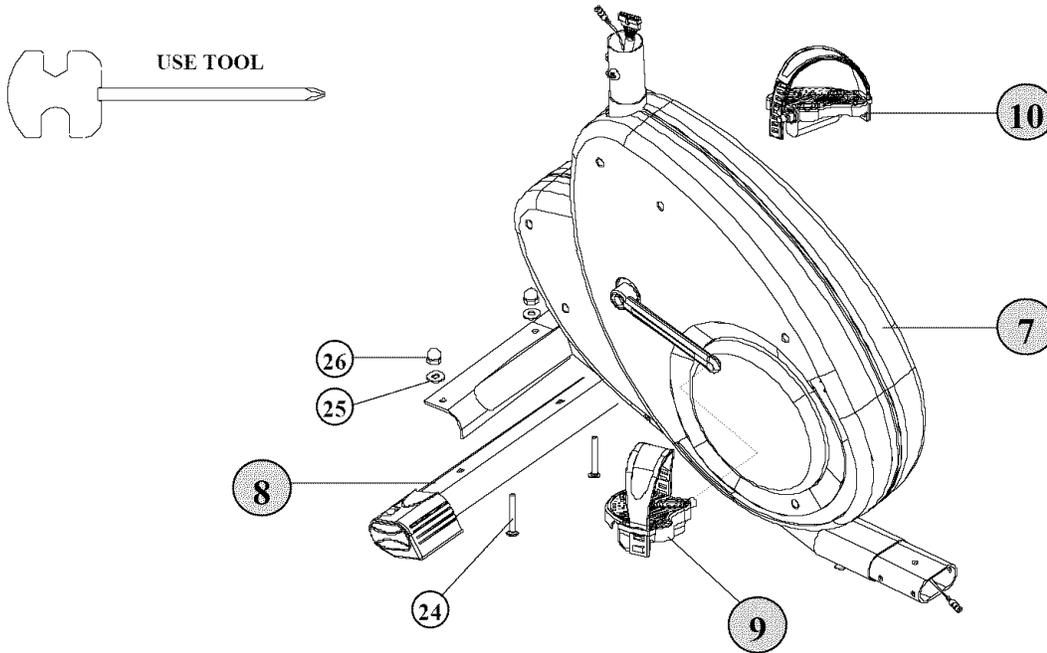
Assembly Description:

- A) (Figure #1) Fasten the **Handlebar Assembly** (#4) to the **Seat Frame** (#1) using 4-**Truss Head Socket Screw** (#27) and 4-**Flat Washers** (#25). (Reference **Step #1** on the enclosed hardware pack)
- B) Fasten the **Back Pad** (#3) to the **Seat Frame** using 2-**Truss Head Sockets Screws** (#29) and 4-**Flat Washers** (#25). (Reference **Step #2** on the enclosed hardware pack)
- C) Attach the **Seat** (#2) to the **Seat Frame** (#1) using 4-**Hex Bolts** (#30) and 4- **Flat Washers** (#25). (Reference **Step #3** on the enclosed hardware pack)
- D) (Figure #2) Attach the **Seat Support Assembly** (#5) to the **Seat Base Assembly** (#6) using 4-**Truss Head Socket Screws** (#27) and 4-**Flat Washer** (#25). (Reference **Step #4** on the enclosed hardware pack).
- E) (Figure #3) Attach the entire **Seat Frame Assembly** to the **Seat Support / Base Assembly** using 4-**Truss Head Socket Screws** (#27) and 4- **Flat Washers** (#25). (Reference **Step #5** on enclosed hardware pack).

◆ Assembly Stage #1 completed

ASSEMBLY STAGE #2

Attach Front Stabilizer & Pedals to the Main Base



Assembly Hardware Required:

#24	Carriage Bolt	Qty. 2	#26	Acorn Nut	Qty. 2
#25	Flat Washer	Qty. 2			

Assembly Description:

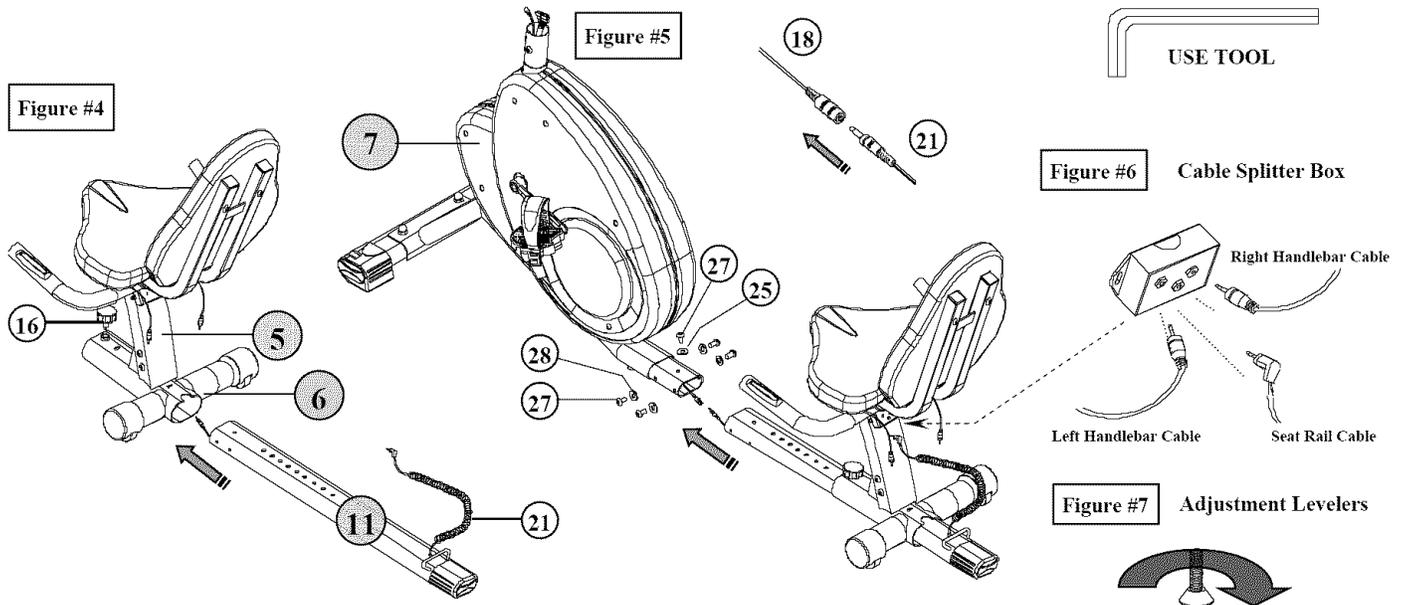
- A) Securely fasten the **Front Stabilizer Assembly** / with transport wheels (#8) to the **Main Base** (#7) using 2-**Carriage Bolts** (#24), 2-**Flat Washers** (#25), and 2-**Acorn Nuts** (#26). (Reference **Step #6** on the enclosed hardware pack)
- B) Assemble the **Right Pedal** (#10) to the **Right Crank Arm** on the **Main Base Assembly** (#7). Thread the pedal on the crank arm and then securely tighten with the pedal wrench. Note: A clockwise rotation will tighten the pedal to the crank arm and a counterclockwise rotation will loosen the pedal. (*See Note Below)
- C) *Assemble the **Left Pedal** (#9) to the **Left Crank Arm** on the **Main Base Assembly** (#7). Thread the pedal onto the crank arm (counterclockwise) and then securely tighten with the pedal wrench. Note: A counterclockwise rotation will tighten the pedal to the crank arm and a clockwise rotation will loosen the pedal. (*See Note Below)
- D) Attach **Pedal Straps** (included with pedals) to each of the pedals. The straps are labeled **(R)** or **(L)** to correspond with the right and left pedal.

***Important Assembly Note:** The right and left pedals are appropriately marked (R) and (L). The threading orientation on the left pedal is reversed from the threading orientation on the right pedal. To avoid stripping of the threads on the pedals or crank arms, make sure to follow the noted assembly orientation.

◆ **Assembly Stage #2 completed**

ASSEMBLY STAGE #3

Attach Seat Rail / Seat Frame Assembly



Assembly Hardware Required:

#25	Flat Washer	Qty. 1	#28	Curved Washers	Qty. 4
#27	Truss Head Hex Socket Screw	Qty. 5			

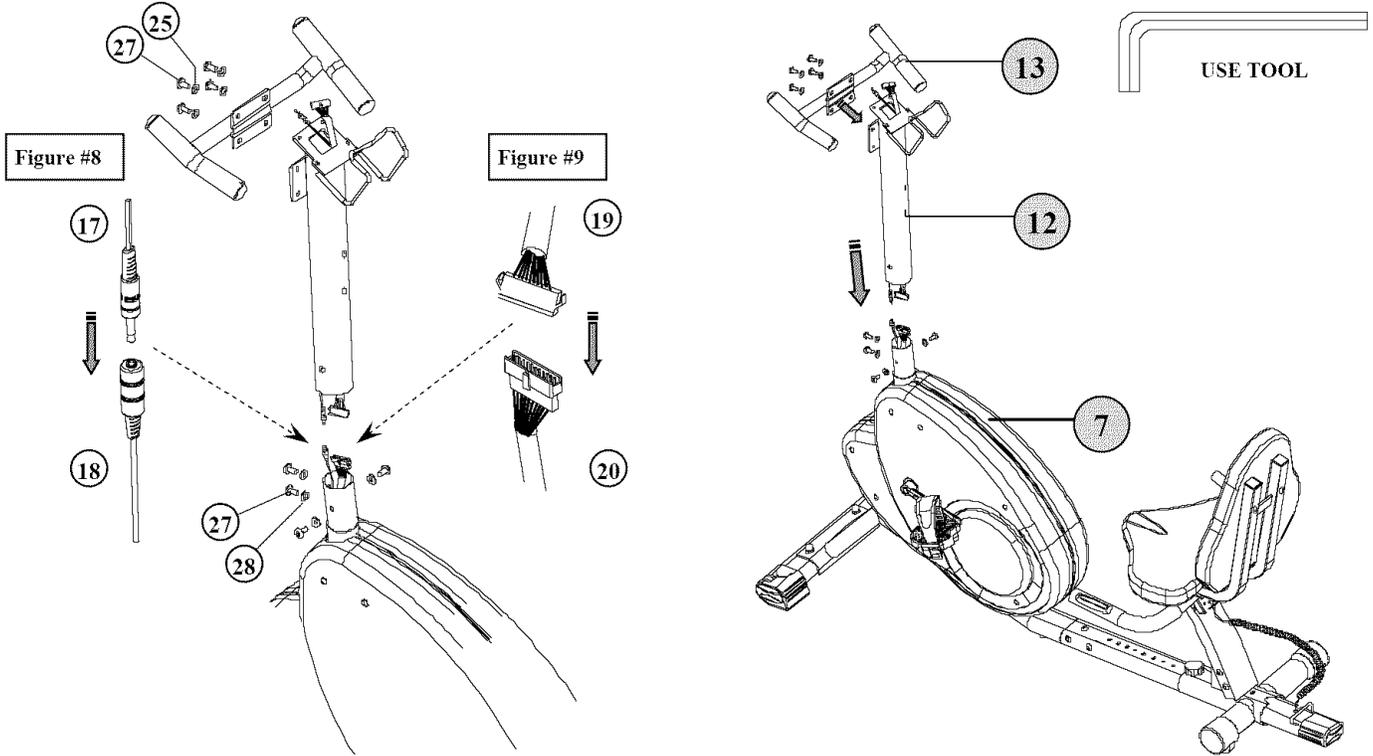
Assembly Description:

- A) (Figure #4) Remove the packaging cable tie used to hold the front end of the **Heart Rate Cable** (#21) to the **Seat Rail Assembly** (#11). Tuck the cable inside the Seat Rail to avoid damage during assembly. Slide the **Seat Rail Assembly** (#11) through the sleeve insert of the **Seat Base Frame** (#6).
- B) Position the **Seat Frame Assembly** at the back end of the **Seat Rail Assembly** (#11) and thread the **Adjustment Knob** (#16) into the **Seat Base Assembly** (#6). Once the Seat Frame is in a set position, turn the Adjustment Knob (clockwise) to securely lock the assembly in place.
- C) (Figure #5) Align the front end of the **Seat Rail Assembly** with the rear extrusion of the **Main Base Assembly** (#7). Remove the packaging cable tie holding the **Lower Heart Rate Cable** (#18) in place on the rear extrusion of the Main Base Assembly (#7). Plug the **Seat Rail / Heart Rate Cable** (#21) into the receptacle end of the **Lower Heart Rate Cable** (#18).
- D) Tuck excess cable lengths inside the Seat Rail and slide the front end of the **Seat Rail Assembly** over the rear extrusion of the **Main Base** (#7). Note: Be very careful not to damage the heart rate cables. Align the mounting holes and secure the **Seat Rail Assembly** (#11) to the **Main Base Assembly** (#7) using 5-**Truss Head Hex Socket Screws** (#27), 1-**Flat Washer** (#25) and 4-**Curved Washers** (#28). (Reference **Step #8** on the enclosed hardware pack)
- E) (Figure #6) Plug the rear **Seat Rail / Heart Rate Cable** (#21) and **Handlebar Assembly HR Cables** into the corresponding receptacles of the **Splitter Box**, which is located on **Seat Support Frame** (#5).
- F) **Important Assembly Note:** (Figure #7) Use the **Adjustment Levelers** (#23) located on the bottom of the product to stabilize the unit on uneven surfaces. Proper adjustment of the frame levelers will allow smooth (travel) movement of the Seat Assembly.

◆ **Assembly Stage #3 completed**

ASSEMBLY STAGE #4

Attach Handlebar & Handlebar Mast



Assembly Hardware Required:

(*Hardware is preinstalled)

#25	Flat Washer	Qty. 4	#28	Curved Washer*	Qty. 4
#27	Truss Head Hex Socket Screw*	Qty. 8			

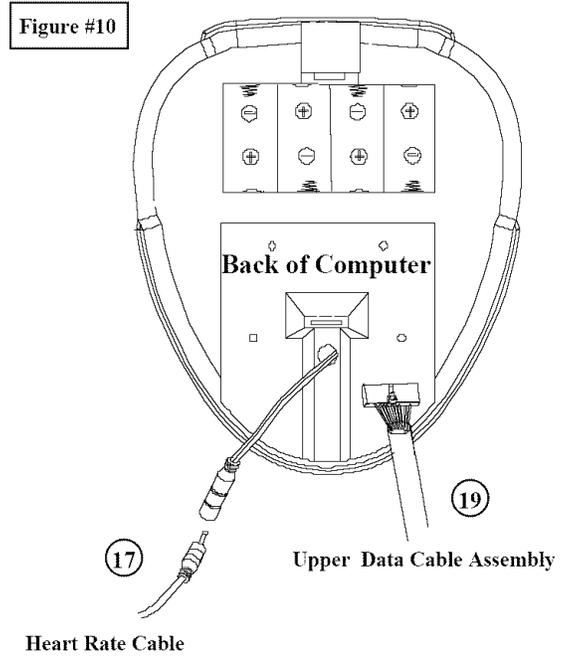
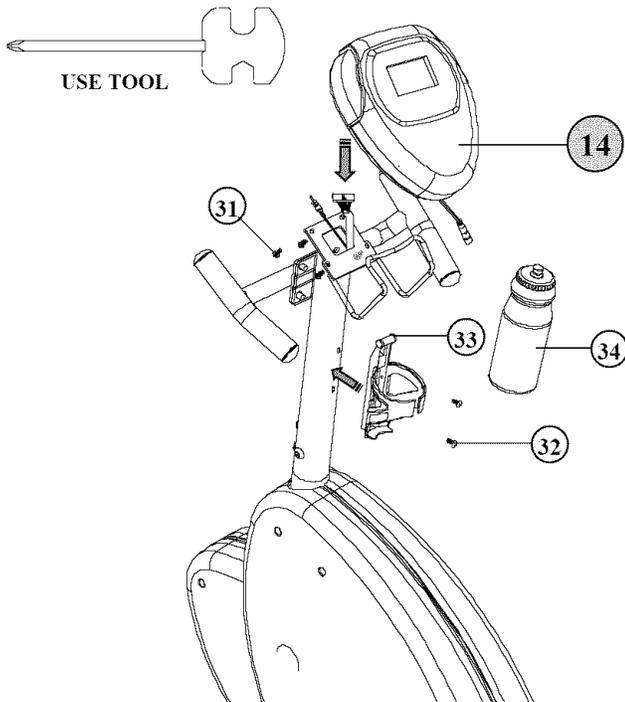
Assembly Description:

- A) Remove the preinstalled hardware from the mast mounting area of the Main Base Assembly.
- B) (Figure #8) Connect the Upper Heart Rate Cable (#17) to the Lower Heart Rate Cable (#18).
- C) (Figure #9) Connect the Upper Data Cable Assembly (#19) to the Lower Data Cable Assembly (#20).
- D) Tuck excess cable lengths into frame tubing and carefully slide the **Handlebar Mast** (#12) down on to the **Main Base Assembly** (#7). Align the mounting holes and secure the mast in place using the previously installed 4-**Truss Head Screws** (#27) and 4-**Curved Washers** (#28).
- E) Mount the **H-Shaped Handlebar** (#13) to the upper-front plate of the **Handlebar Mast** (#12) using 4-**Truss Head Socket Screws** (#27) and 4-**Flat Washers** (#25). (Reference **Step #10** on hardware pack)

◆ **Assembly Stage #4 completed**

ASSEMBLY STAGE #5

Attach Computer Console & Bottle Cage



Assembly Hardware Required: (*Hardware preinstalled)

#31	Truss Screw*	Qty. 4	#32	Truss Screw*	Qty. 2
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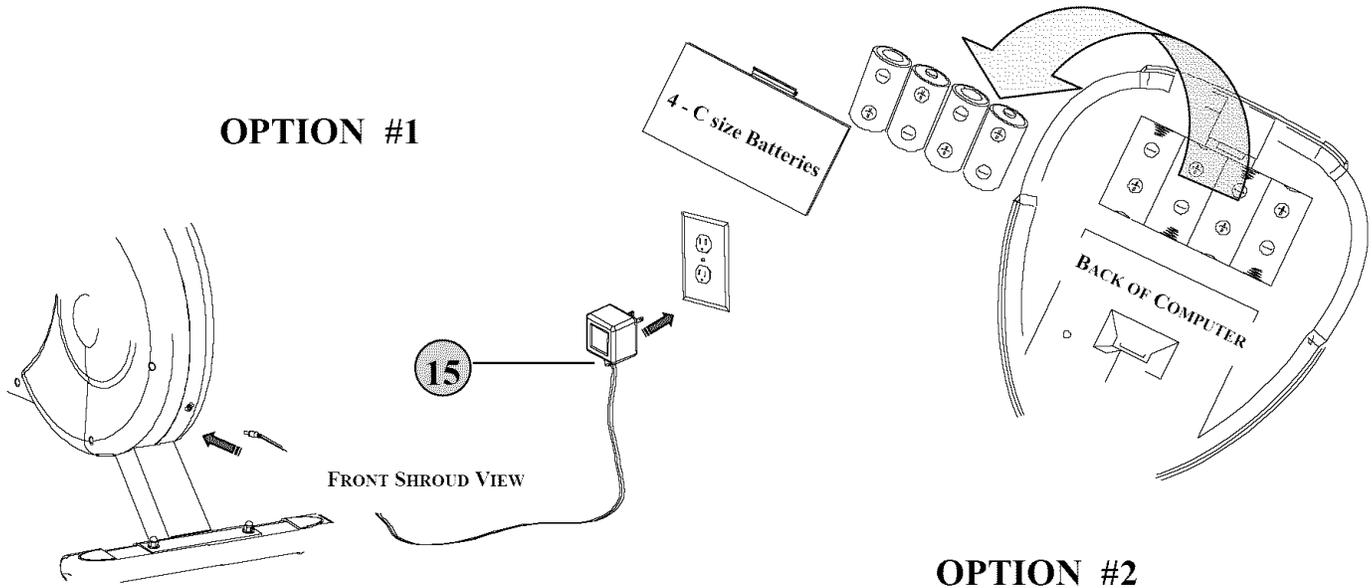
Assembly Description:

- A) Remove the preinstalled mounting hardware (Truss Screws #31) from the back of the computer.
- B) (Figure #10) Plug the connector of **Upper Data Cable Assembly** (#19) into the receptacle on the back of the computer. Note: Do not pull on (stretch) the cable assemblies in order to make connections.
- C) (Figure #10) Connect the plug end of the **Upper Heart Rate Cable** (#17) to the receptacle end of the of the Heart Rate Cable coming from the back of the computer.
- D) Tuck excess cable lengths down into the Handlebar Mast. Place the **Computer Console** (#14) on top of the mounting plate. Secure the **Computer Console** (#14) to the **Handlebar Mast** (#12) mounting plate with the 4-(previously installed) **Truss Screws** (#31). Note: Actual mounting of the computer may only require 2 of the 4 screws, depending on the mounting plate hole alignment.
- E) Attach the **Bottle Cage** (#33) to the Handlebar Mast using 2-previously installed **Truss Screws** (#32) and insert **Sports Bottle** (#34).

◆ **Assembly Stage #5 complete**

ASSEMBLY STAGE #6

POWER SUPPLY / BATTERY INSTALLATION



Assembly Description:

This product requires 9 Volts DC output from an AC Adapter (#15) or 4 "C" 1.5 Volt Batteries to operate properly. The connection of the AC Adapter will void the power output coming from the 4 - "C" size batteries in the back of the computer. The AC Adapter must be unplugged from the bike in order to use the battery power option. If the AC Adapter is to be used, the bike needs to be located near a wall outlet. (The AC Adapter will have a cord length of 6 feet).

(Option #1) AC Adapter Operation :

- A) Plug in the jack end of the **AC Adapter** (#15) into the receptacle located on the Main Base Assembly shroud. **Assembly Caution:** The Adapter converts AC voltage to a low DC output. The Adapter can be shorted if it is improperly grounded while plugging it into a wall outlet.
- B) Plug the AC Adapter into an available wall outlet. For added safety around children, unplug the AC Adapter from the wall when bike is not in use.

(Option #2) Battery Operation : (Batteries not included)

- A) Remove battery door and insert the 4 "C" size batteries into the back of the computer. Make sure to note the orientation of the + and - symbols on the batteries and the battery compartment. Make sure battery installation orientation is correct. Important: The AC Adapter must be unplugged from the "bike" in order to use the battery power option.

Helpful Reminder

- ◆ Take time to also reference additional information regarding computer operation, product maintenance, and related warranty information.

Congratulations !

You have completed the assembly of this product and you are ready to start exercising toward a healthier lifestyle!

COMPUTER FUNCTIONS & FEATURES

COMPUTER START UP

DESCRIPTION

<i>ACTIVATION</i>	THE USER MAY PRESS ANY FUNCTION BUTTON OR START PEDALING TO ACTIVATE DISPLAY. NOTE: BIKE MUST HAVE 4 "C" BATTERIES INSTALLED IN THE BACK OF THE COMPUTER OR HAVE THE AC ADAPTER PLUGGED INTO A WALL OUTLET IN ORDER TO OPERATE PROPERLY.
<i>INTRO SCREEN</i>	USER WILL BE PROMPTED TO SELECT FROM 1 OF 4 TRAINING MODES (MANUAL, PROGRAM, USER, OR TARGET HEART RATE). THE SELECTIONS WILL APPEAR (FLASH) IN THE UPPER AREA OF THE TOP DISPLAY WINDOW. USE THE "UP" OR "DOWN" BUTTON TO SELECT ONE OF TRAINING OPTIONS OR PRESS THE "START / STOP" BUTTON TO IMMEDIATELY START TRAINING IN THE "MANUAL" MODE.
<i>PRESETS</i>	ONCE A USER IS IN A TRAINING MODE, THEY WILL HAVE THE OPTION TO PRESET INDIVIDUAL DISPLAY FUNCTIONS (TIME, DISTANCE, CALORIE, PULSE). AFTER PRESETS ARE ENTERED, PRESS THE "START / STOP" BUTTON TO START TRAINING. IF NO VALUES ARE PRESET, THE COMPUTER FUNCTIONS WILL COUNT UP FROM "0".
<i>RESISTANCE</i>	BIKE IS EQUIPPED WITH AN ADJUSTABLE RESISTANCE MECHANISM. THIS FEATURE WILL ALLOW A USER TO CHOOSE FROM 1-8 LEVELS OF VARIED RESISTANCE. A USER CAN ADJUST RESISTANCE AT ANY TIME DURING A TRAINING MODE BY PUSHING THE "UP" or "DOWN" BUTTON (EXCEPT IN TARGET HEART RATE MODE).

BUTTON FUNCTIONS

<i>ENTER</i>	SELECTS & SETS DISPLAY FUNCTIONS.
<i>START / STOP</i>	ACTIVATES & STOPS COMPUTER FUNCTIONS.
<i>UP</i>	SELECTS PROGRAM MODE & ADJUST (INCREASES) DISPLAY SETTINGS.
<i>DOWN</i>	SELECTS PROGRAM MODE & ADJUST (DECREASES) DISPLAY SETTINGS.
<i>RESET</i>	<ol style="list-style-type: none"> 1) USED TO ZERO OUT AN INDIVIDUAL DISPLAY FUNCTION OR RESET ALL THE FUNCTION VALUES SIMULTANEOUSLY BY HOLDING DOWN THE BUTTON FOR 4 -SECONDS. 2) PRESET USER PROGRAMS: RESET TO THE INITIAL PRE-PROGRAMMED SETTINGS. <p>NOTE: IF THE BIKE IS POWERED ONLY BY BATTERIES , THE REMOVAL OF THE BATTERIES WILL RESET ALL PRE-PROGRAM SETTINGS TO ZERO.</p>
<i>RECOVERY</i>	THE RECOVERY BUTTON ALLOWS USERS TO EVALUATE THEIR FITNESS LEVEL AFTER COMPLETING A TRAINING SESSION.

DISPLAY FUNCTIONS

<i>TIME</i>	<p>COMPUTER DISPLAY WILL ACCUMULATE TOTAL TRAINING TIME IN 00:00 (MINUTES : SECONDS). COMPUTER WILL COUNT UP OR DOWN A MAXIMUM OF 99:59.</p> <p>PRESET TARGET TRAINING TIME: USE THE "ENTER" BUTTON TO SCROLL TO THE TIME FUNCTION AND USE THE "UP" & "DOWN" BUTTONS TO ADJUST THE SETTING. SETTINGS WILL BE ENTERED IN 1:00 MINUTE INCREMENTS AND THE COMPUTER WILL COUNT DOWN FROM THE SET TIME. ONCE THE DESIRED TIME IS SET, PRESS "START / STOP" TO BEGIN TRAINING. ONCE A SET TRAINING TIME IS COMPLETED, THE COMPUTER WILL "BEEP" FOR APPROXIMATELY 8 SECONDS AND COMPUTER WILL RESET TO THE INITIAL SETTING.</p>
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COMPUTER FUNCTIONS & FEATURES

DISPLAY FUNCTIONS

SPEED

THE COMPUTER WILL REGISTER AND DISPLAY TRAINING SPEED (MPH).

RPM

THE COMPUTER WILL READ AND DISPLAY PEDAL / DRIVE TRAIN ROTATIONS.

DISTANCE

THE COMPUTER ACCUMULATES TRAINING DISTANCE FROM 0.00 TO A MAXIMUM OF 99.90 MILES. EACH INCREMENT WILL BE DISPLAYED IN 0.01 MILE.

PRESET A TARGET TRAINING DISTANCE: USE THE "ENTER" BUTTON TO SCROLL TO THE DISTANCE FUNCTION WINDOW AND USE THE "UP" & "DOWN" BUTTONS TO ADJUST THE SETTING. EACH SETTING WILL BE IN INCREMENTS OF 0.10 MILE AND THE COMPUTER WILL COUNT DOWN FROM THE SET DISTANCE. ONCE THE DESIRED DISTANCE IS SET, PRESS THE "START / STOP" TO BEGIN TRAINING. ONCE A TARGET DISTANCE IS ACHIEVED, THE COMPUTER WILL "BEEP" FOR APPROXIMATELY 8 SECONDS AND RESET TO THE INITIAL SETTING.

CALORIE

COMPUTER ACCUMULATES TOTAL CALORIE CONSUMPTION (BURN) DURING A TRAINING PERIOD. COMPUTER WILL COUNT IN 1 CALORIE INCREMENTS, FROM 0 TO A MAXIMUM READING OF 990 CALORIES.

PRESET A TARGET CALORIE BURN: USE THE "ENTER" BUTTON TO SCROLL TO THE CALORIE FUNCTION AND USE THE "UP" & "DOWN" BUTTONS TO ADJUST SETTING. ADJUSTED SETTINGS WILL BE ENTERED IN INCREMENTS OF 10 CALORIES AND THE COMPUTER WILL COUNT DOWN FROM THE SET CALORIE BURN. ONCE THE CALORIE FUNCTION IS SET, PRESS "START / STOP" TO BEGIN TRAINING. ONCE THE TARGET CALORIE BURN IS ACHIEVED, THE COMPUTER WILL "BEEP" FOR APPROXIMATELY 8 SECONDS AND RESET THE ORIGINAL SETTING.

NOTE: THE REPORTED CALORIE DATA IS ONLY A REFERENCE GUIDE FOR THE USER. IT SHOULD NOT BE USED IN COMPARISON OF CALIBRATED MEDICAL EQUIPMENT.

PULSE

THE COMPUTER CAN DISPLAY A USER'S HEART RATE READING. A BLINKING HEART SYMBOL & NUMERIC READING WILL BE DISPLAYED ON THE COMPUTER AS LONG AS A USER'S HANDS ARE LOCATED ON THE GRIP SENSORS. READINGS WILL APPEAR WITHIN 30 SECONDS TO 1 MINUTE OF CONSISTENT GRIP CONTACT. READINGS WILL BECOME INCONSISTENT IF A USER FAILS TO LEAVE BOTH HANDS IN CONTACT WITH THE GRIP SENSORS.

PRESET A TARGET HEART RATE: USE THE "ENTER" BUTTON TO SCROLL TO THE HEART RATE FUNCTION AND PRESS THE "UP" & DOWN BUTTONS TO ADJUST THE SETTING. PULSE SETTINGS WILL BE FROM 30 - 240 BPM. ONCE THE DESIRED HEART RATE IS SET PRESS THE "START / STOP" BUTTON TO BEGIN TRAINING. IF A USER EXCEEDS THE SET TARGET HEART RATE, THE COMPUTER WILL "BEEP" TO REMIND THE USER OF THE PRESET LIMIT.

NOTE: HEART RATE READINGS ARE ONLY A REFERENCE OF A USER'S PULSE RATE DURING TRAINING. THESE READOUTS SHOULD NOT BE USED IN COMPARISON WITH CALIBRATED MEDICAL EQUIPMENT. SOME USERS MAY EXPERIENCE INCONSISTENCIES IN READINGS DUE TO THE NATURE OF THEIR PHYSICAL CONDITION.

RECOVERY

THE COMPUTER WILL ALLOW A USER TO EVALUATE THEIR FITNESS LEVEL AFTER COMPLETING A TRAINING SESSION. THE EVALUATION IS BASED ON A USER'S HEART RATE RECOVERY. **ACTIVATION:** AFTER COMPLETING A TRAINING SESSION, PRESS THE "RECOVERY" BUTTON AND KEEP BOTH HANDS ON TO THE SENSOR GRIPS. THE COMPUTER WILL AUTOMATICALLY STOP ALL DISPLAY FUNCTIONS EXCEPT "TIME", WHICH WILL START COUNTING DOWN FROM 60 SECONDS. ONCE THE COUNT DOWN IS COMPLETED, THE USER CAN REMOVE THEIR HANDS FROM THE SENSOR GRIPS. THE BOTTOM DISPLAY WILL SHOW A RATING OF F1-F6. AN "F1" READING IS THE BEST RATING POSSIBLE. USERS CAN MONITOR THEMSELVES AFTER EACH TRAINING SESSION AND USE THE RECOVERY READING AS A GAUGE FOR CARDIO CONDITIONING.

NOTE: PRESS THE "RECOVERY" BUTTON AGAIN TO RETURN TO THE MAIN DISPLAY.

FEATURES

AUTO SHUT-OFF

COMPUTER WILL AUTOMATICALLY SHUT-OFF AFTER 4 MINUTES OF NOT RECEIVING A PEDAL SENSOR READING. **NOTE:** DURING SHUT-OFF MODE ALL PRESET VALUES WILL BE KEPT. PRESS THE "ENTER" BUTTON OR START PEDALING TO ACTIVATE THE COMPUTER.

PROGRAMMING THE COMPUTER

SELECTING A PROGRAM (STEP #1)

Once the computer is activated, the available program modes (Manual, Program, User, or Target Heart Rate) will begin flashing in the upper display window. Select a one of the training programs using the UP, Down buttons. Press the ENTER button to lock the computer into the desired program. Press the START / STOP button to begin training or use the UP, Down buttons to set function targets.

◆ MANUAL MODE (Standard)

Activation Procedure: 1) Press the “UP” button once, to select the Manual program mode. 2) Press the ENTER button 3) Select Resistance Level (referenced below) 4) Press the UP & DOWN buttons to preset (adjust) function targets or press the START / STOP button to begin training.

Resistance Adjustment: The lower display will reference 1-8 levels of resistance. Level 8 will be highest resistance setting. Use The Up, Down buttons to select a resistance setting. Once a resistance level is selected, press the ENTER button. Note: The resistance level can also be manually adjusted during any training mode.

◆ PROGRAM MODE (Preprogrammed Training Profiles)

Activation Procedure: 1) Press the UP button twice to select the Program mode. 2) Press the ENTER button 3) Select Training Profile (referenced below) 4) Press the START / STOP button to begin training or use the UP & DOWN buttons to preset function targets.

Selecting a Training Profile: The computer has six programmed resistance (training) profiles (referenced P1-P6). Press the UP button to scroll through the six different training profiles (P1– P6). The training profiles will be referenced in the lower display. Once a training profile is selected, press the ENTER button to lock in the profile. Note: If a user decides not to select a resistance profile, the computer will automatically use the “P1” resistance profile

◆ USER MODE (Customized Training Profile)

Activation Procedure: 1) Press the UP button three times to select the “User” program mode. 2) Press the ENTER button 3) Set a Customized Training Profile (referenced below). 4) Press the START / STOP button to begin training or press the Enter button for 3 – seconds to preset (adjust) function targets.

Setting a Customized Training Profile: The lower display will reference 16 individual profile (resistance) columns. Each column can be set to an individual resistance level (1-8). The UP, DOWN buttons will adjust the number resistance bars (segments) per column. After a column has been preset (adjusted), press the ENTER button. This can be done until all 16 columns have been customized (preset).

◆ TARGET HEART RATE MODE— (Training Profile Based on Target Heart Rate Zones)

Activation Procedure: 1) Press the “UP” button four times to select the Target Heart Rate program 2) Press the “Enter” button 3) Select a heart rate training zone (referenced below) 4) Press the START / STOP button to begin training or use the UP & DOWN buttons to preset function targets.

Setting a HR Training Zone: Zone training is based on exercising within a set percentage of a users maximum heart rate. A users maximum heart rate is based on simple formula; $(220 \text{ BPM} - \text{Users Age} = \text{Maximum HR})$. Enter age using the UP, DOWN buttons and press the ENTER button. Use the UP, DOWN buttons to select one of the HR (zone) training percentage referenced in the lower display. (55%, 75% or 90%) and press the ENTER button to lock in the zone setting.

SELECT TRAINING TARGETS (STEP #2) Display functions (Time, Distance, Calories, etc.) can be preset to desired target goals. This can be done in all program modes. Once a training program is selected, press the ENTER button to scan the individual display functions. If the function icon is flashing on the display, it is ready to be preset. Use the UP, DOWN buttons to preset (adjust) the function to the desired target. Once the target is set (adjusted) press the ENTER button. After all functions are preset (adjusted), press the START / STOP button to begin training.

Important Note: Once a preset function has been reached (counts down to zero), a flashing “P” will appear in the upper-left corner of the top display and the computer will beep to alert the user a preset goal has been achieved. All display functions will stop once a single preset goal has been reached. A user may continue training after an individual function target has been achieved, by again pressing the START / STOP button. At that point, all remaining presets will continue to count down and all zeroed targets will count up.

BASIC TROUBLESHOOTING TIPS

PROBLEM DESCRIPTION	SUGGESTED SOLUTION
1. NO DISPLAY / POWER	<p>1.1 CHECK BATTERY ORIENTATION: + / -</p> <p>1.2 CHECK AC ADAPTER FOR PROPER VOLTAGE OUTPUT (9-12 VDC).</p> <p>1.3 INSPECT RECEPTACLE ON THE BACK OF THE UNIT FOR DAMAGE.</p> <p>1.4 CHECK CABLE CONNECTIONS: MAKE SURE CONNECTIONS ARE SECURE AND IN THE CORRECT ORIENTATION.</p> <p>1.5 CHECK CABLE ASSEMBLIES FOR DAMAGE: PINCH POINTS & POSSIBLE SHORTING OF WIRES.</p> <p>1.6 CHECK FOR POSSIBLE COMPUTER DAMAGE: CRACKED DISPLAY WINDOW (BLACK SCREEN).</p>
<p>Note: If computer still fails to operate after checking these suggestions, contact us for technical support.</p>	
2. PRODUCT WILL NOT SIT LEVEL OR SEAT ASSEMBLY WILL NOT SLIDE ON RAIL EASILY.	<p>2.1 USE THE ADJUSTABLE LEVELERS ON THE BOTTOM OF THE PRODUCT TO STABILIZE THE UNIT AND IMPROVE THE SEAT ASSEMBLY ADJUSTMENT.</p>
<p>Note: Adjustable levelers are located in middle and rear assembly areas of this product.</p>	
3. EXCESSIVE SEAT MOVEMENT	<p>3.1 MAKE SURE THE ADJUSTMENT KNOB / POP PIN IS LOCKED INTO A SEAT RAIL HOLE POSITION.</p> <p>3.2 SECURE THE SEAT IN PLACE BY TURNING THE ADJUSTMENT KNOB UNTIL IT IS TIGHT IN THE SEAT BASE ASSEMBLY.</p>
4. PEDAL WOBBLE	<p>4.1 CHECK TO MAKE SURE PEDALS ARE INSTALLED CORRECTLY (ORIENTATION) AND MOUNTED FLUSH WITH THE CRANK ARMS.</p> <p>4.2 LOOSEN THE PEDALS, CHECK FOR POSSIBLE CROSS-THREADING OF CRANK ARMS.</p>
5. NO SPEED READING	<p>5.1 CHECK COMPUTER CONNECTION: MAKE SURE CONNECTORS ARE SECURE AND IN THE CORRECT ORIENTATION.</p>
6. ERRATIC HEART RATE	<p>6.1 MAKE SURE PALMS OF HAND ARE CENTERED ON GRIP SENSORS.</p> <p>User Tip: Moisten palms for better grip contact.</p> <p>6.2 CHECK HR CABLE CONNECTIONS FROM THE HANDLE BAR ASSEMBLY TO THE COMPUTER.</p>

Note: There are many circumstances that may have an effect the accuracy a heart rate reading, including but not limited to; a users physical condition, electronic interferences, proper hand placement, etc. Users should use heart rate readings as a training gauge and not compare the accuracy to calibrated medical devices.

If you experience other technical problems that are not listed or have additional questions, please contact the original retailer or call us at:
1.877.861.2181

Equipment Maintenance

- ◆ Use a dampened soft-cloth to wipe equipment free of perspiration after each use. Avoid getting excessive moisture on computer or electronic components. Do not use abrasive cleaners or petroleum-based solvents to clean equipment.
- ◆ Do not remove drive train shrouds or attempt any technical service on equipment without consulting an authorized service representative.
- ◆ Regularly inspect product for loose assembly hardware and worn components. Tighten and replace as needed.
- ◆ (If applicable) For added safety, unplug equipment from the wall socket when it is not being used.
- ◆ Use an exercise mat underneath equipment for protection of floors & carpets.
- ◆ (If applicable) Apply recommended component lubricants at the required time periods.
- ◆ Keep product assembly manual, purchase receipt, and service records in a safe storage place.
- ◆ (If applicable) Periodically check batteries for proper voltage output and replace as needed.
- ◆ Do not store or use equipment outdoors.
- ◆ Moving equipment:

Recumbent bikes; carefully lift the rear stabilizer tube and steer the equipment to the desired location.

Upright bikes; lock handle bars in place, stand in front of the bike, lean equipment toward you using the handle bars, and steer to the desired location (do not pull on the computer).

TRAINING TIPS

How you start an exercise program depends on your physical condition. If you have been inactive for awhile or you have pre-existing health condition, you should start slowly. Initially you may only be able to exercise for a short amount of time using minimal resistance levels or weight loads.

Begin your desired training program slowly and gradually increase the amount of time you exercise. Apply realistic goals, that have been set by you or your physician. You should see sufficient gains in your personal fitness level within 6-8 weeks of continuous exercise, but do not be discouraged if it takes longer. It is very important to exercise at your own pace and become confident in obtaining your goals. It is also important to apply warm-up, stretching, and cool down periods with any exercise program.

As your fitness level increases, so will your confidence and sense of accomplishment. Regular exercise and a healthy diet will energize you and offer a sense of well-being.

General Terms & Conditions

All LAMAR Health, Fitness & Sports, LLC exercise products are warranted to be free from defects in materials and workmanship under the terms of recommended use and warranty coverage.

Warranty coverage is valid to the original retail purchaser and is not transferable. Coverage will be calculated from the date of retail purchase. Original proof of purchase and serial number identification will be required with any associated warranty claim.

Coverage periods & warranty terms may vary per product model. Applied warranties will be based on type of product, components, and recommended application (use environment). Products sold or placed in non-recommended user applications will void all warranty coverage set forth by LAMAR Health, Fitness & Sports, LLC.

Coverage Periods

LAMAR Health, Fitness & Sports, LLC hereby extends the following limited warranties for the application, components, and time periods indicated;

User Environment:	Residential
Structural Frame:	Lifetime (Limited)
Mechanical Parts:	2 Years
Electronic Parts:	1 Year
Wear Items*:	6 Months
Labor**:	1 Year

*Wear items are those components that may need replacement based on normal wear & tear conditions (i.e. cables, upholstery, grips, etc.).

**Labor coverage excludes unauthorized repairs, service calls, and non-warranty related charges.

Exclusions & Limitations

Applied warranties are exclusive to LAMAR Health, Fitness & Sports, LLC. Warranty coverage will not extend to any product not purchased from LAMAR Health, Fitness & Sports, LLC or from an authorized reseller.

Warranty coverage is void and will not extend to: a) use of product in non-recommended environments ; b) invalid claims and / or; c) any damage, failure or loss due to improper assembly / installation, improper maintenance, negligence, misuse, unauthorized repair, alteration, accident, normal wear & tear, or an ACT OF GOD.

Except as expressly set forth in the stated warranty terms LAMAR Health, Fitness & Sports, LLC makes no other warranties, expressed or implied including, but not limited to, any implied warranties of merchantability and fitness for a particular purpose. Any implied warranties that may be imposed by law are limited to the terms stated within LAMAR Health, Fitness & Sports, LLC product warranties. Neither LAMAR Health Fitness & Sports, LLC nor any of its affiliates will be responsible for incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the preceding exclusions or limitations may not apply. The stated warranty gives you specific legal rights and you may have other rights that vary state to state. LAMAR Health, Fitness & Sports, LLC neither assumes or authorizes anyone to assume for it any other express warranty.

Exclusive Remedies

For any product that fails to conform under the terms of applied warranty, LAMAR Health, Fitness & Sports, LLC will provide, at their option, one of the following; 1) repair or replacement of defective parts or; 2) replacement of equipment with a product of equal value; 3) limited credit reimbursement toward another LAMAR Health Fitness & Sports product.

Service Procedure

Obtain warranty service by contacting LAMAR Health, Fitness & Sports, LLC or the original place of product purchase. Warranty service will be performed by the original reseller or an authorized service provider. All warranty claims must be validated and meet the requirements set forth by LAMAR Health, Fitness & Sports, LLC. Warranty claims will include confirmation of model number, serial number, and all pertinent information supporting the existence of an alleged defect. All non-warranty related service cost will be the sole responsibility of the purchaser.

Purchaser is responsible for all transportation of product to and from the reseller. Service calls & travel fees are not covered under standard warranty labor and are the responsibility of the purchaser.

Unauthorized repairs, service performed by someone other than an authorized service provider, and / or use of unapproved replacement parts will void warranty coverage.

Note to Authorized Warranty Service Providers:

Warranty labor reimbursement or warranty parts rights may not be transferred or reassigned to a third party service provider without the authorization of LAMAR Health, Fitness & Sports, LLC.

Product Registration

Fill out the enclosed warranty registration form and return to LAMAR Health, Fitness & Sports, LLC within 30 days of product purchase. You can also register your product online. Along with product registration, keep copies of all product information for your personal records.

Product Information

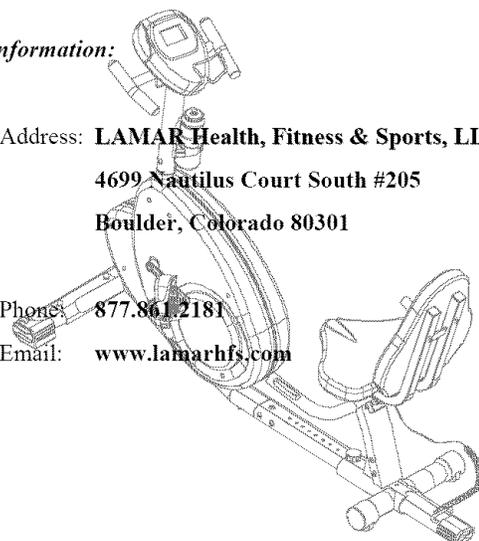
Model: _____ Purchase Date: _____

Serial Number: _____

Contact Information:

Address: **LAMAR Health, Fitness & Sports, LLC**
4699 Nautilus Court South #205
Boulder, Colorado 80301

Phone: **877.861.2181**
Email: **www.lamarhfs.com**



Thank you for purchasing a LAMAR Health, Fitness & Sports, LLC product. Our products are designed and manufactured to the highest quality standards. We are committed to our customers satisfaction and we will do everything we can under the conditions of your product warranty to keep you secure in your product purchase. To help us serve you better, please fill out this Product Registration form & return it to us within 30-days of product purchase.

Send completed registration form to:

LAMAR Health, Fitness & Sports, LLC
4699 Nautilus Court South #205
Boulder, Colorado 80301.

Your Name		B) Please note all factors that influenced your product purchase	
Address Apt. #		1. <input type="checkbox"/> Valued priced	5. <input type="checkbox"/> Strength training
City		2. <input type="checkbox"/> Quality / durability	6. <input type="checkbox"/> Cardiovascular fitness
State Zip Code		3. <input type="checkbox"/> Brand name	7. <input type="checkbox"/> Weight loss
Phone Number: _____		4. <input type="checkbox"/> Design / look / feel	8. <input type="checkbox"/> Home fitness convenience
Email Address: _____		C) Rate the overall in-home assembly of the product:	
PRODUCT INFORMATION		<input type="checkbox"/> Fair	<input type="checkbox"/> Average <input type="checkbox"/> Excellent
Model: _____		D) Rate the satisfaction with the retailer from which you purchased your product:	
Product Type: _____ (Home Gym, Upright Bike, Free Weight etc.)		<input type="checkbox"/> Fair	<input type="checkbox"/> Average <input type="checkbox"/> Excellent
Serial Number: _____		E) What other types of exercise equipment do you own?	
Date of Purchase: _____ (Month / Day / Year)		1. <input type="checkbox"/> Treadmill	5. <input type="checkbox"/> Upright bike
Purchased From: _____ (Retailer Name)		2. <input type="checkbox"/> Stepper	6. <input type="checkbox"/> Recumbent bike
Address: _____ TM		3. <input type="checkbox"/> Elliptical	7. <input type="checkbox"/> Free weights
SURVEY		4. <input type="checkbox"/> Home Gym	8. Other: _____
A) How did you learn about our products?		F) What product features / functions are most important to you?	
1. <input type="checkbox"/> Recommendation of personal trainer		1. <input type="checkbox"/> Heart rate monitoring	6. <input type="checkbox"/> Design / appearance
2. <input type="checkbox"/> Recommendation of retail salesperson		2. <input type="checkbox"/> Multiple user programs	7. <input type="checkbox"/> Ease of assembly
3. <input type="checkbox"/> Recommendation of friend / relative		3. <input type="checkbox"/> Ease of use	8. <input type="checkbox"/> Warranty & service
4. <input type="checkbox"/> Article in magazine / newspaper		4. <input type="checkbox"/> Quality / durability	9. <input type="checkbox"/> Brand recognition
5. <input type="checkbox"/> Internet		5. <input type="checkbox"/> Comfort / fit / feel	10. Other: _____
6. <input type="checkbox"/> TV / radio		G) How many times a week do you exercise?	
7. <input type="checkbox"/> other: _____		<input type="checkbox"/> 1-2 times	<input type="checkbox"/> 3-4 times <input type="checkbox"/> 4-5 times <input type="checkbox"/> 6-7 times
		H) What is the duration of your workout?	
		<input type="checkbox"/> 20-30 minutes	<input type="checkbox"/> 1-2 hours <input type="checkbox"/> 2 hours or more
		I) Age Group:	
		<input type="checkbox"/> 18-25	<input type="checkbox"/> 26-35 <input type="checkbox"/> 36-45 <input type="checkbox"/> 46-55 <input type="checkbox"/> 56-65 <input type="checkbox"/> 66 & older
		J) Gender:	
		<input type="checkbox"/> Male	<input type="checkbox"/> Female
		K) Type of use:	
		<input type="checkbox"/> Personal	<input type="checkbox"/> Family
		L) Do you belong to a health club, gym, wellness center, etc.?	
		<input type="checkbox"/> Yes	<input type="checkbox"/> No

Thank you ! We appreciate your response. The information provided on this questionnaire is used exclusively by LAMAR Health, Fitness & Sports, LLC and will not be distributed to any other individuals or agencies regardless of purpose.

Safety Recommendations: Consult a physician or health professional before starting any type of exercise program. Warm up and stretch before starting a exercise routine. Inspect your product for proper assembly. Make sure all hardware is tightened appropriately. Check cables and all moving parts for smooth movement and full range of motion. If you are unsure of proper use of your purchased product, contact a local retailer or call us for instruction. Equipment is not designed for the use of children or minors. Failure to follow or apply these suggested safety tips may result in serious injury.

✂ Please Cut Along This Line ✂

STAMP

LAMAR Health, Fitness, & Sports, LLC

4699 Nautilus Court South #205

Boulder, Co. 80301

FOLD LINE

FOLD & TAPE CLOSED OR MAIL REGISTRATION IN A SEPARATE ENVELOPE



www.lamarhfs.com