



Apex U6 Owner's Manual

PURCHASER'S REFERENCE INFORMATION

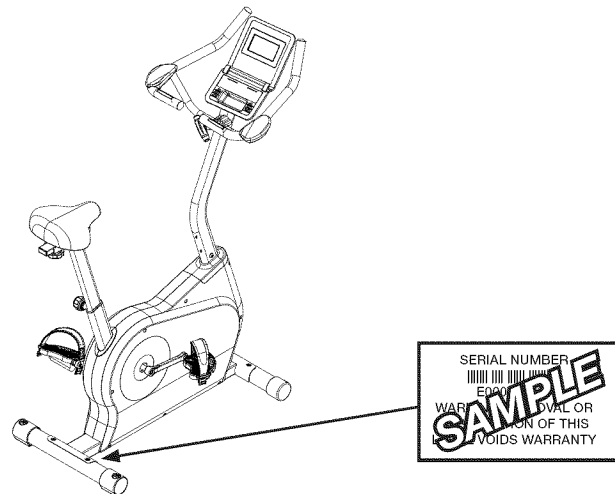
Product Name Diamondback Fitness Apex U6 Upright

Serial Number: E _____

Record the serial number here.

Serial Number Location

The serial number will be located on the right side of the lower main frame, just forward of the rear stabilizer (see figure to the right).



Record of Purchase

NOTE: Please record details associated with the purchase of your Diamondback Fitness Apex U6 below. This information will be required in the event the unit requires future service. ATTACH THE PURCHASE RECEIPT.

Dealer Name: _____ Dealer Telephone Number: () _____

Dealer Address: _____

Date Purchased: _____ Dealer Contact Name: _____

To Activate Your Warranty

Please register the unit at www.diamondbackfitness.com. Failure to comply may limit or void your warranty coverage.

Diamondback Fitness
Apex U6
Owner's Manual

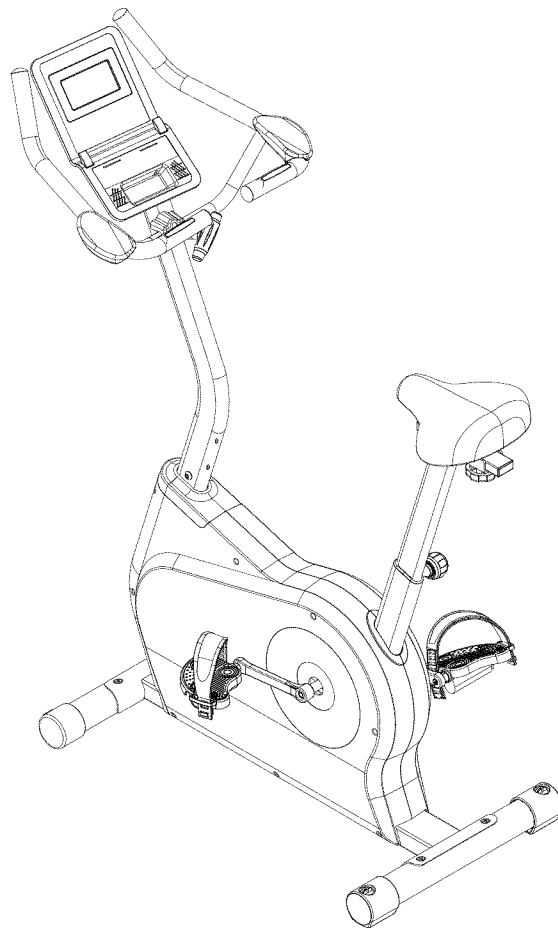


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INTRODUCTION

Congratulations on the purchase of your new Diamondback Fitness Apex U6 Exercise Bicycle. You have made a smart choice and are about to enjoy one of the most effective and technically-advanced methods of cardiovascular exercise available today.

Founded in 1991 as an off-shoot of the legendary bicycle company, Diamondback Fitness was in many ways a complimentary addition to the Diamondback brand. One might even say this extension grew as a natural evolution...an evolution from classic outdoor bicycle usage, toward indoor-based cycling and cross training. It turns out that many fitness enthusiasts were searching for ways to maintain conditioning during times of inclement weather or were simply looking for new and different cross-training options.

This trend still continues today, twenty years later, as the strong Diamondback brand resonates with both the boomers who grew up with the bicycles, as well as the younger generations riding them today.

Diamondback Fitness continues to build upon this legendary brand identity by offering the cardio enthusiast a full line of upright exercise bicycles, recumbents, and elliptical trainers, each offering superior value and quality in an intuitive and visually-appealing design. Let's just say, we are already planning our next twenty years.

Thank you for choosing Diamondback Fitness.

Diamondback Fitness

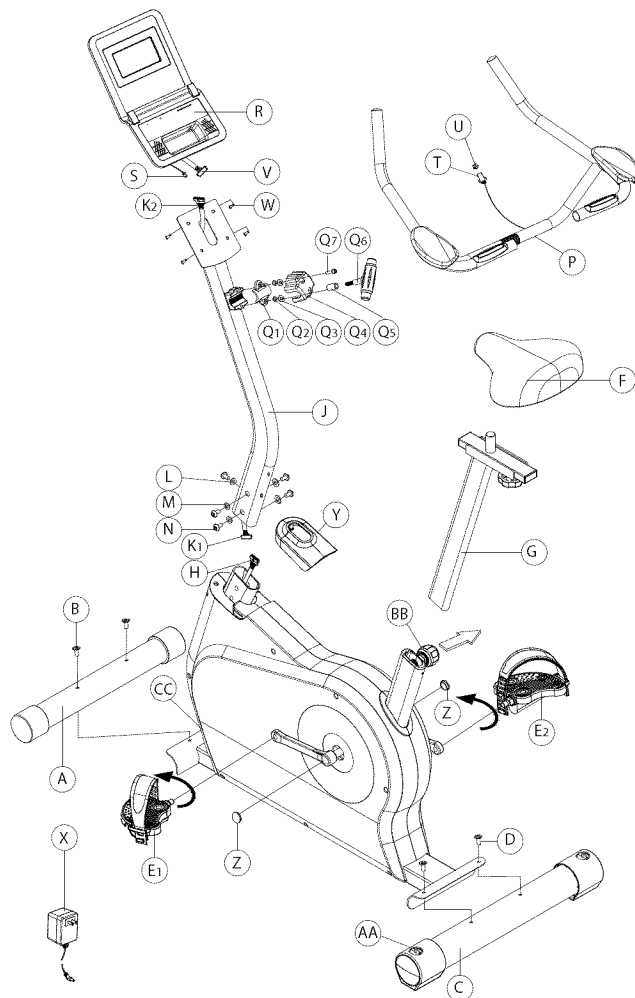
6004 South 190th Street, Suite 101 Kent WA 98032 Ph. 1.800.776.7642 Fax: 1.800.776.2073

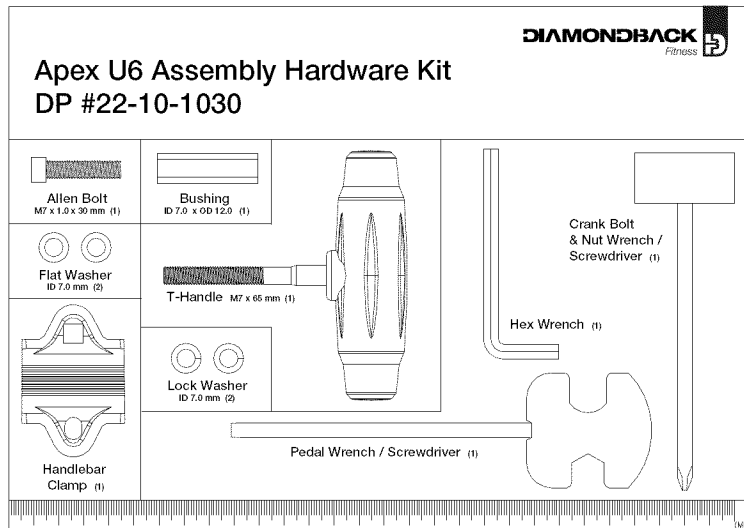
For more information or questions regarding your equipment, please visit our web site at DiamondbackFitness.com.

APEX U6 ASSEMBLY

Part Description

- A Front Stabilizer [Quantity: 1]
- B Hex Bolt - M8 x 1.25 x 16 mm (6 mm socket) [2]
- C Rear Stabilizer [1]
- D Hex Bolt - M8 x 1.25 x 16 mm (6 mm socket) [2]
- E1 Pedal - Left [1]
- E2 Pedal - Right [1]
- F Saddle [1]
- G Seat Post Assembly [1]
- H Lower Wire Harness Connector [1]
- J Console Mast Assembly [1]
- K1 Upper Wire Harness - Connector 1 [1]
- K2 Upper Wire Harness - Connector 2 [1]
- L Curved Washer - 8.0 x 19.0 x 2.0 mm [1]
- M Flat Washer - 8.0 x 19.0 x 2.0 mm [4]
- N Hex Bolt - M8 x 1.25 x 12 mm (6 mm socket) [5]
- P Handlebar Assembly [1]
- Q1 Handlebar Fixing Clamp [1]
- Q2 Lock Washer - 7.0 x 13.0 x 2.0 mm [2]
- Q3 Flat Washer - 7.0 x 12.0 x 1.0 mm [2]
- Q4 Handlebar Clamp Cover [1]
- Q5 Spacer/Bushing - 7.0 x 12.0 x 40 mm (plastic) [1]
- Q6 T-Handle - M7 x 1.0 x 65 mm [1]
- Q7 Hex Bolt - M7 x 1.0 x 30 mm [1]
- R Console [1]
- S Heart Rate Wire Harness - Console [1]
- T Heart Rate Wire Harness - Handlebar [1]
- U Rubber Grommet [1]
- V Wire Harness - Console [1]
- W Phillips Screw - M5 x 0.8 x 10 mm [4]
- X AC Adaptor - US Plug; 120V, 60 Hz, 9V, 1A [1]
- Y Console Mast Cover [1]
- Z Crank Cap [2]
- AA Leveling Foot/End Cap [2]
- BB Seat Post Adjustment Knob [1]
- CC Input Jack [1]

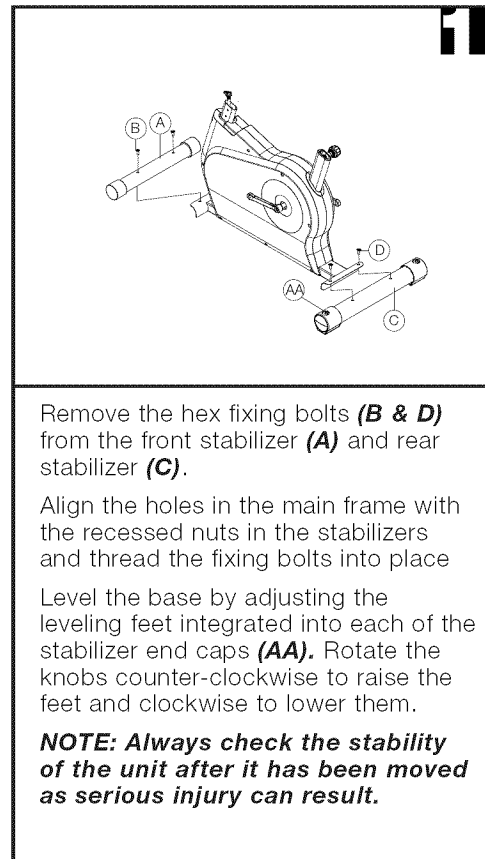




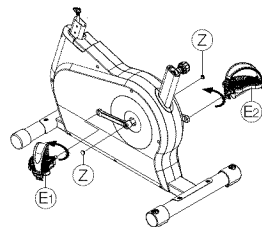
Assembly Notes

- Please read the entire Apex U6 Owner's Manual before beginning the assembly. Review the package contents to ensure all listed parts are included.
- The assembler will require a 15 mm box wrench, a 6 mm hex wrench, a 15 mm pedal wrench, and a Phillips screwdriver for assembly. All required tools are included.
- The estimated assembly time (of the Apex U6) for a person familiar with basic tool usage is thirty (30) to forty-five (45) minutes.
- Always inspect the unit to ensure handlebars are fixed and the seat post is locked into position prior to using the unit.

Assembly Instructions



2



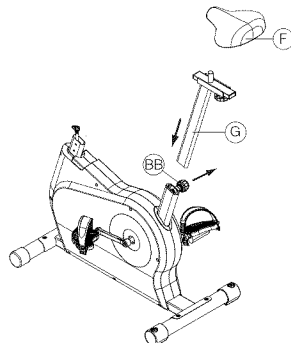
Remove the left and right crank caps (**Z**) by inserting a screwdriver into the cap opening and un-threading counter-clockwise.

Tighten both crank nuts (clockwise) with the enclosed box wrench and replace the crank caps.

Thread the left pedal (**E1**) into the left crank. Tighten firmly in a counter-clockwise direction with the spanner wrench.

Install the right pedal (**E2**) into the right crank, tightening in a clockwise direction. Reinstall the crank caps (**Z**).

3



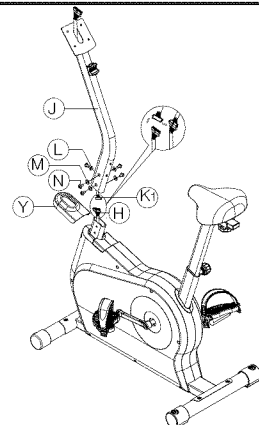
Slide the clamp on the underside of saddle (**F**) onto the seat post (**G**) and tighten the nuts evenly.

Slide the entire seat post assembly into the main frame seat tube. Un-thread the adjuster knob on the right side of the seat tube, and pull outward, away from frame to allow post to enter the seat tube.

Adjust the seat to preferred height.

Do not extent the post beyond the minimum insertion mark (MAX) stamped into the post and release the knob. Ensure the post is fixed in place, and re-tighten knob to lock the post.

4



Remove the five (5) hex bolts (**N**), four (4) flat washers (**M**) and one (1) curved washer (**L**) from the console mast (**J**).

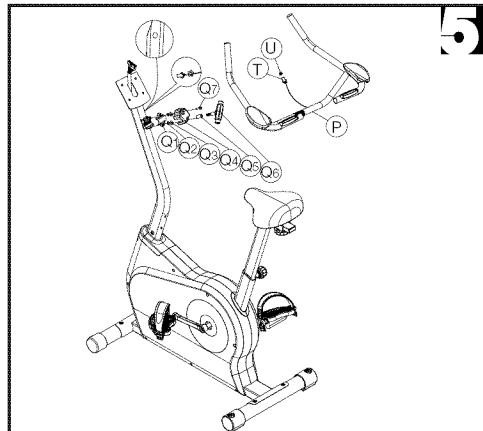
Orient and slide the console mast cover (**Y**) onto the console mast (**J**).

While supporting the console mast, carefully join connectors (**H**) and (**K1**).

Slide the console mast into place onto the main frame. Install only the lower bolts, nuts and washers **L, M & N**.

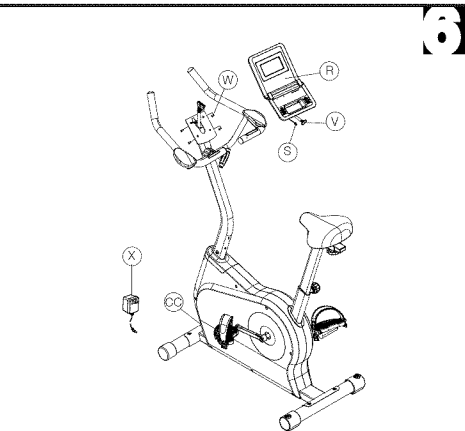
Slide the console mast cover (**Y**) downward and snap into place.

Re-install the two (2) bolts (**N**) and washers (**M**) into the upper holes.



While supporting the handlebar (**P**), assemble the handlebar clamp parts (**Q1, Q2, Q3, Q4, Q5, Q6 & Q7**) as per the diagram above and tighten at the desired angle, using the T-handle for the final fixing.

Thread the heart rate wire harness connector (**T**) through the hole on the right side of the console mast and up through the opening at the top.



Remove the four (4) Phillips fixing screws (**W**) from the back side of the console.

While supporting the console (**R**), join plug **V** and **K2**.

Join plug **T** with plug **S**.

Gently tuck the wires into the top of the console mast.

Align the fixing holes in the back of the console with those on the console mast mounting plate. Re-install the four console fixing bolts (**W**).

Install the rubber grommet (**U**).

FINAL SETUP & INSTALLATION

Move the unit into final position with the help of the front transport rollers. Carefully lift and support the rear end of the unit until both wheels touch the ground. Slowly roll into position.

After moving the unit, ensure all four feet touch the floor. Review assembly step #1 above for leveling instructions.

Adjust the final position of the bars (**P**) by loosening the T-Handle (**Q6**) counter-clockwise. Select the desired angle and re-tighten the T-handle.

To adjust the seat post height for the proper riding position, unlock the seat post adjustment knob (**BB**) by rotating it counter-clockwise a few turns. Support the seat post assembly and pull outward on the knob to retract the pin. Adjust the height, taking care to not extend the post beyond the minimum insertion mark (MAX) stamped into the post. Release the pin and ensure the post is fixed. Lock the post into place by re-tightening the adjustment knob (**BB**).

Inspect the unit for loose bolts, hardware, knobs or pins.

Plug the AC adaptor in an outlet. Plug the other end into the input jack (**CC**).

SAFETY INSTRUCTIONS & WARNINGS

Every piece of Diamondback Fitness equipment is built for maximum safety and meets or exceeds all applicable domestic and international standards. However, certain precautions need to be taken when operating any piece of fitness equipment.

NOTE: *Please read the entire owner's manual before operating the unit.*

NOTE: *Read all warnings posted on the unit. If the warning label to the right is missing from the Apex U6 Upright Cycle, contact Diamondback Fitness at (800) 776.7642 for a replacement.*

Cautions – For Safe Operation

- Keep your hands and feet away from all moving parts and pinch points.
- If you have a history of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints, consult with a physician before beginning any exercise program.
- If overweight, pregnant or above the age of 35, consult your doctor before beginning an exercise program.
- If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately and consult your physician.
- Consume water before, during and after each exercise session.

Warnings – To Reduce the Risk of Injury to Yourself or Others

- To ensure proper functioning of your unit, do not install attachments or accessories not provided or recommended by Diamondback Fitness.
- Always wear proper clothing and shoes when exercising.
- Never operate the unit without first verifying that both the handlebar and seat post are firmly fixed.
- Never extend the seat post beyond the MAX marking. See the installation instructions above for proper seat post adjustment.
- User weight is not to exceed 300 pounds / 136.4 kilograms.
- Keep children away from the unit. Hands and feet may become tangled in the moving parts which could result in serious injury.

WARNING!

This Class C product is rated for home (Class H) use only. Use only DIAMONDBACK FITNESS replacement parts. Failure to do so will render the warranty void and could result in personal injury or even death. There is a risk assumed by individuals who use this type of equipment. To minimize the risk, always follow these simple rules:

1. Spining cranks and pedals can cause injury. Only operate unit when seated.
2. Operation of this unit should only commence after the entire Owner's Manual has been read.
3. User weight not to exceed 300 lbs for the **Apex U6**
4. Keep children away from unit at all times.
5. Contact DIAMONDBACK FITNESS if you do not understand these warnings, are missing the Owner's Manual, or have questions regarding the proper use and maintenance of this unit.

ES0764 Apex U6

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- Place the unit in an area that will meet minimum the clearance requirements: Front, Back & Sides = 2 feet.
- This unit is heavy. Use caution when moving. Tilt the unit forward until the integrated transport rollers on the front stabilizer make contact with the ground and slowly push or pull into the desired position. Always unplug the unit from the outlet before moving or servicing.
- Keep the unit away from walls to allow proper ventilation. Air should be able to circulate freely around the unit. Keep all air openings free of dirt and dust.
- Never insert anything into the openings.
- The Apex U6 is intended for indoor use in a home environment. Store indoors in a dry space.
- Place your unit on a solid, level surface when in use. Never operate if the unit is unstable. Review the assembly and installation instructions for information regarding the leveling of the unit.
- Make sure all knobs for adjustments are fastened securely before getting on the unit and after making any adjustments (i.e. seat post, saddle, seat assembly and handlebars).
- Use the handlebars when getting on and off the Apex U6 unit.
- Never operate the unit if it is damaged or broken. Contact your local authorized Diamondback Fitness Dealer for service.
- Please unplug the unit after exercising.
- Do not remove the covers or other components. Only Authorized Diamondback Fitness Dealers or Authorized Technicians should perform service on the unit.

Assembly

Assembly of the Apex U6 should be performed by a Diamondback Fitness Dealer or an Authorized Technician as a significant amount of technical knowledge is required for safe and complete assembly of the unit. Many retailers will offer delivery and assembly as part of the sales agreement. If this unit was sold unassembled (in the carton) and you do not feel you can perform the assembly, please call the dealer for service. Service calls for improper assembly are not covered by the Warranty Policy and any associated charges will be the responsibility of the owner.

NOTE: Save this manual for your reference.

WORKOUT GUIDELINES

Good Health is an Exercise in Common Sense

In the study titled, "The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity," the surgeon general indicates that 61% of American adults are either overweight or obese. The study indicates that being overweight increases the risk of health problems, such as heart disease, certain types of cancer, as well as Type-2 diabetes among other afflictions.

The Surgeon General's healthy weight advice for consumers encourages the following actions:

- Aim For a Healthy Weight: Find your Body Mass Index (BMI) on the chart below.
- Be Active: Keep physically active to balance the calories you consume.
- Eat Well: Select sensible portion sizes.

Body Mass Index BMI = (weight (lb.) height² (in)) x 703

Weight in Pounds

Height in Feet and Inches		120	130	140	150	160	170	180	190	200	210	220	230	240	250	<div> <div></div> Healthy Weight <div></div> Over Weight <div></div> Obese </div>
	4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60	
	4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56	
	4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52	
	5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49	
	5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46	
	5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43	
	5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40	
	5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38	
	5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36	
12	6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34	
	6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32	
	6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30	
	6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29	
	6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28	

NOTE: Chart applies to adults (age 20 years and older)

Heart Rate is an Important Key to Your Exercise

The Surgeon General also released a report on physical activity and health. This report dictates that exercise and fitness are beneficial for a person's health and reiterated the need for exercise as a key component for disease prevention and healthier living.

The best way to determine exercise intensity is to monitor your pulse during exercise. Heart rate can easily be determined by counting the pulse rate at the chest, wrist or carotid artery on your neck. It is however, difficult to count your own pulse during exercise, mainly because one cannot count fast enough to accurately track the rate. The Diamondback Fitness Apex U6 is equipped with two systems for monitoring your heart rate.

Touch Heart Rate Sensors

While the unit is powered-on and a workout program is operating, gently grasp both touch heart rate sensors on the handlebar. The computer will detect your pulse rate and register a two or three digit number in the PULSE window on the LCD display.

NOTE: *If an inconsistent heart rate is displayed while using the hand pulse sensors:*

- ***Ensure the palms of both hands are touching the contact areas of the touch heart rate sensors.***
- ***Maintain even pressure on the grips.***
- ***Do not clutch the touch heart rate sensors tightly.***
- ***Try to keep your hands still while gripping the touch heart rate sensors.***

Wireless Heart Rate Receiver

A wireless telemetry heart rate receiving system is one feature found on the Apex models. In order for the console to detect and display your heart rate, three conditions must be present:

- A compatible heart rate chest strap transmitter (not included) must be functioning and worn. For proper function of the chest strap, please refer to the manufacturer's instructions.
- The Diamondback Apex U6 must be powered on.
- A workout program must be running.

In general, a wireless heart rate chest strap is a more accurate method of detecting one's heart rate. The user is not required to grip the touch heart rate sensors and offers more flexibility as the unit will continuously display the user's heart rate no matter where the hands are placed.

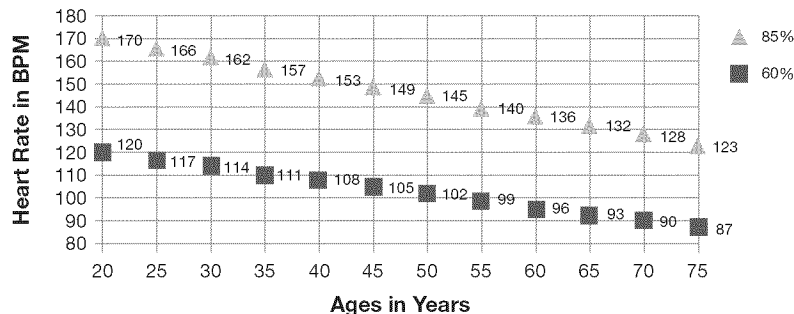
Your Estimated Maximum Heart Rate & Target Training Zone

Your calculated target heart rate, or the ideal intensity needed to improve cardiovascular fitness, depends primarily upon your age rather than your current state of fitness. It is calculated as a percentage of your maximum heart rate (estimated as 220 beats-per-minute minus your age). It is most effective to train at a heart rate between 60% and 85% of your maximum heart rate. If exercise intensity is too low or too high, only modest gains will be made in strength and cardiovascular fitness. A workout at a very low intensity will not offer maximum benefits. Conversely, if the workout intensity is too high, injury or fatigue may set your exercise program back as the body attempts to recover.

To calculate your maximum heart rate and find the target training zone, use the following formulas. For example, the following estimation would be relevant for a 35 year-old user:

- $220 - \text{Age} = \text{Maximum Heart Rate}$ $220 - 35 = 185$
- 60% of Maximum Heart Rate $60\% \times 185 = 111 \text{ heart beats-per minute (Bpm)}$
- 85% of Maximum Heart Rate $85\% \times 185 = 157 \text{ Bpm}$
- Calculated Heart Rate Training Zone: $111 \text{ Bpm} - 157 \text{ Bpm}$

Heart Rate Guidelines 60%-85% Maximum Target



WORKOUT QUALITY AND QUANTITY

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life. Having Diamondback Fitness equipment at home offers you the opportunity to work out without going to the gym.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardiovascular fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.

In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

Get a Smart Start on Exercising

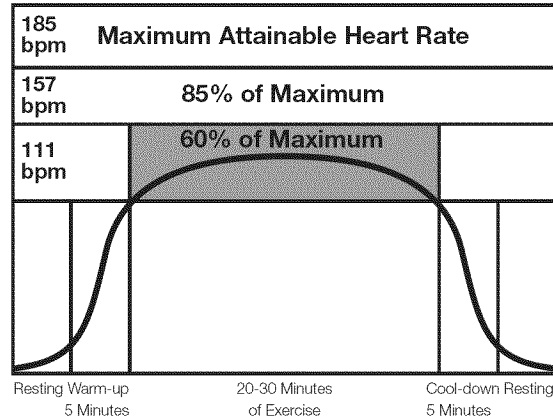
Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have led a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a health care professional.

- Always stretch before your workout to loosen muscles, and afterwards to cool down.
- The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.

- After an aerobic workout of roughly 20-30 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

NOTE: *Start slow, with intensity low until you build up endurance and strength. Always consult your physician before beginning any exercise program.*

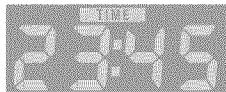
Typical Target Zone Exercise Patterns for 35 year-old



CONSOLE LAYOUT

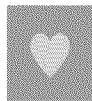
NOTE: It is advised that new users read this entire section prior to beginning their first workout session.

LCD Display Windows



Time

Tracks the time of the current workout program.



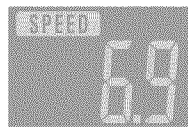
Heart Symbol

Indicates that a heart rate is detected by either the touch heart rate sensors, or the wireless heart rate receiver. If a pulse is not detected, the heart icon will not be visible and the Bpm will be displayed as "P"



Pulse

Your heart rate will be displayed in this field when detected by the touch heart rate sensors or wireless heart rate receiver. Unit of measurement is Bpm/Beats-Per-Minute



Speed

An estimate of your speed (in miles) calculated by RPM will be displayed. SPEED will alternate with RPM every five (5) seconds.





RPM

An acronym for Revolutions-Per-Minute, the number of complete revolutions a single pedal makes every 60 seconds. The display for RPM will alternate with SPEED every five (5) seconds.



Load

Displays the current resistance level applied to the workout. The maximum resistance load is 16.



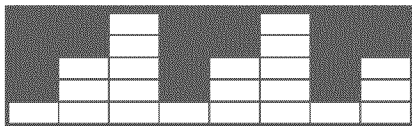
Distance

The estimated total distance (in miles) traveled since the beginning of the workout.



Calories

The estimated number of calories burned since the beginning of the workout will be displayed in this field.



Brickyard or Workout Profile

This field will graphically display the terrain of the workout program. A higher “brick” stack represents a higher load or resistance level. A flashing column of bricks will indicate the user’s progress in the program at any given time. Although only eight (8) columns show in the window, the complete profile is comprised of twenty (20) columns and will advance as the user progresses through the program.



Alpha-Numeric Messaging Bar

Program titles and instructions will be displayed in this field.

Buttons and Keys



RESET

The reset button will return the programming to the program selection menu.

Holding the RESET key down for two seconds restarts the system and enters the User Set-Up mode.

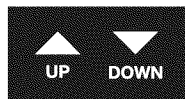


START / QUICK START / STOP

When powering up the unit, it is possible to bypass all data entry and enter the Quick Start program.

Pressing START / QUICK START / STOP while in the Program Set-Up mode will immediately launch the program displayed in the Alpha-Numeric Messaging Bar.

Pressing START / QUICK START / STOP key once while in Program mode will pause the program. Pressing the key again will un-pause the program.



UP / DOWN

During the Program Set-Up mode, press UP or DOWN to adjust the Age, Weight and Time values.

During the Program mode, press UP or DOWN to adjust the resistance level.



ENTER

Within the Set-Up mode, the ENTER key accepts the current program details such as Age and Weight then moves to the next value to be adjusted.

In Program Selection mode, pressing ENTER will accept the displayed program and launch Set Up mode.

FITNESS TEST



FITNESS TEST

At the end of a program, pressing the FITNESS TEST button once will launch the Fitness Test program. Based upon the rate at which the user's heart rate decreases over a sixty (60) second period, the Fitness Test program provides a basic analysis of the user's fitness by displaying F1, F2, F3, F4 F5 or F6 where F1 represent the highest level of fitness.

MP3/iPod Input Jack and Speakers

The Apex console offers an on-board amplifier and stereo speaker set which can be connected to an Mp3 player, iPod® or iPhone®. Connect one end of a male-to-male 3.5 mm stereo cable (not included) to the headphone jack of the device and the other end to the console port located just above the accessory tray. Sound levels are controlled by the device so be sure to check the internal settings if the noise level is not satisfactory.

Default Settings

- Gender Male
- Age 25 years
- Weight 155 lb..
- Time 0 minutes. If left at zero, the program time will count up and run continuously until stopped by the user. If an entry is made, the program will count down from the entered value.
- Segment Time Equals 1/20th of the entered time. If 30 minutes is entered for the program time, each segment will equal 90 seconds.
- Load Level 1

NOTE: *The default values for Age, Weight and Time will update and be stored as the default values when changed in the program settings.*

PROGRAMS – Get Ready to Work Out

When the Apex U6 is plugged into an electrical outlet, an audible beep will sound, confirming power has reached the console. All segments of the display will light up for two seconds. “USER” will flash in the Alpha-Numeric Message Bar.

Quick Start

The Quick Start program offers users the ability to bypass all data entry in the User Select/User Set-Up modes and simply begin a Manual workout program by pressing the START / QUICK START / STOP key once. The Quick Start program will run with the default data described in the section titled *User Select Mode and User Set-Up Mode*.

The Time is set at 00:00 minutes and count up until the workout is ended by the user.

User Select Mode and User Set-Up Mode

Immediately following power up (or whenever the RESET key is pressed for two (2) seconds), “USER” will flash in the Alpha-Numeric Message Bar indicating the launching of the User Select mode. From here, customization of the user information (which serves as the data to be used for the heart rate programs, calorie calculations, etc.) can be performed. Another user profile may be selected at any time by pressing the RESET key for two (2) seconds.

- Select User 1, User 2, User 3 or User 4 by pressing the UP or DOWN key to scroll through the choices and pressing ENTER to accept and launch the SET-UP mode.
- “SEX = MALE” will flash in the Alpha-Numeric Messaging Bar. Press ENTER to accept this value or change the value by pressing the UP or DOWN keys until the preferred value is visible. Press ENTER to accept.
- “AGE = 25” will flash. Press ENTER to accept, or change via the UP/DOWN keys, followed by the ENTER key.
- “HEIGHT = 60” will flash. Press ENTER to accept, or change via the UP/DOWN keys, followed by the ENTER key.
- “WEIGHT = 100” will flash. Press ENTER to accept, or change via the UP/DOWN keys.

- Pressing the ENTER key will launch the Program Select mode.
- Load / resistance may be adjusted via the UP or DOWN keys.
- To end the program, press START / QUICK START / STOP or simply stop pedaling.

Program Select Mode

The Program Select mode allows the user to choose their desired program and customize the data and information required to operate these programs.

To enter the Program Select mode:

- From the User Select or User Set-Up modes, press the START key twice, followed by the RESET key.
- From an operating program, press the START / QUICK START / STOP key, followed by the RESET key.

The Program Select mode will always default to the Manual program. “Manual” will flash in the Alpha-Numeric Messaging Bar.

Select the Manual program by pressing the ENTER key, or scroll through the various programs by pressing the UP / DOWN keys, confirming a selection by pressing the ENTER key.

Manual Program

The Manual program is unique in that the user can select any quantity of the four possible values to track this program. When the first of the target values is reached, an audible alarm will sound indicating the end of the program. This function is especially useful for tracking a “personal best” or structuring a challenge of distance versus. time, for example.

- When the Manual program is selected, “Time” will flash, prompting the user to adjust the length of the workout.
- Adjust the time using the UP and DOWN keys. Press ENTER to accept the value.

NOTE: *For all programs which accept a Time value, each column in the brickyard represents 1/20th of the total time entered. For example, if the value entered for Time was 30 minutes, each column/segment in the profile will equal 1.5 minutes (30 minutes / 20 segments = 1.5 minutes).*

NOTE: When the user is prompted for a Time entry, a value of zero (0:00) will set the clock to count up from zero (00:00). When another value is entered, the clock will count down when the program is launched.

- “Distance” will now be flashing. Adjust the value and press ENTER to accept.
- “Calories” will flash. Adjust and press ENTER.
- “Pulse” will be flashing. Press ENTER once the desired value has been selected.
- If all data fields remain at the default values of zero (0), the program will operate as the Quick Start program. Otherwise, the Manual program will run until the first of the entered values are reached.

NOTE: While entering data, two short beeps signifies that all data fields have been updated. Press ENTER to launch the program.

Classic Programs

When Programs is selected, the brickyard will display the profile associated with first program in the list of available “classic” programs.

- Press the UP or DOWN keys repeatedly to scroll through the six (6) program options and the linked profiles; Interval 1, Interval 2, Hill Climb 1, Hill Climb 2, Hill Climb 3 and Fat Burner.
- Select a program and profile by pressing ENTER.
- Adjust the workout Time, and press START / QUICK START / STOP to begin the program.

User Program

When User Program is selected, the brickyard will display the last profile entered by the user (or the default, flat profile if this program has never been altered).

- The first column in the brickyard will flash and the Alpha-Numeric Messaging Bar will read “S01”. S01 refers to the first segment or column in the brickyard. Adjust the resistance, or load, of the first segment/column in the program profiles

up or down using the UP and DOWN keys. The load will be displayed in the lower left corner of the console. Press ENTER to advance to the next column. Make any desired adjustments to the resistance and repeat the process for all twenty (20) columns. Once all profile adjustments are complete, press and hold the ENTER key for one (1) second to accept the updates.

- “Time” will flash. Adjust the value and press START / QUICK START / STOP to launch the program.
- Changes to the current segment’s load can be made once the program is launched by pressing the UP or DOWN key.

Target Heart Rate / Target HR

Diamondback’s Target Heart Rate programs can also be described as *heart rate control programs*. Heart rate control programs automatically increase and decrease the load during the workout to stay within four (4) Bpm (Beats-Per-Minute) of the target. For example, if the heart rate target is 132 Bpm, and the user’s pulse begins to fall, the Apex U6 computer will slowly increase the load. Eventually, the amount of work being performed by the user will increase and so will the heart rate. Conversely, if the user’s heart rate climbs above the target zone, the load will be reduced, ultimately decreasing the heart rate.

The advantages of heart rate control programs are the simplicity and accuracy by which the ideal cardiovascular training zone is maintained thereby offering a very efficient workout.

For the Target Heart Rate programs to operate, the computer must receive a heart rate signal from the touch heart rate sensors or via a wireless chest strap transmitter (not included). If no signal is detected, the Alpha-Numeric Messaging Bar will display “Input Pulse” and “P” will be lit in the Pulse window.

Calculated Maximum Heart Rate is a formula based upon the user’s age: $220 - \text{Age} = \text{Calculated Maximum Heart Rate}$. See the section above titled “Your Estimated Maximum Heart Rate.” As such, the Target Heart Rate programs rely upon an accurate user profile to provide a safe and effective workout. The user must select a user profile which contains the correct age value. To return to the User Set-Up mode and update the age entry, press and hold the RESET key for two seconds. Select a user profile

(User 1, User 2, User 3 or User 4) and update any inaccurate values. See the section “User Select Mode and User Set-Up Mode” above for more information.

A user may bypass the User Set Up mode and run an effective heart rate control program by selecting the Fixed Target program option, and entering a heart rate value in Bpm/Beats-per-minute.

- When Target HR is selected from the Program Selection mode, the Alpha-Numeric Messaging Bar will flash “Target 55.” “Target 55” represents a heart rate target of 55% of the current user’s calculated maximum heart rate. Likewise, “Target 75” and “Target 95” represent 75% and 95% of the user’s calculated maximum heart rate respectively. “Fixed Target” is similar to the percentage targets but rather than the computer calculating the heart rate target, the user may enter a numeric value which will become the heart rate control target.
- Select a program by pressing ENTER.
- If Fixed Target was selected, “Pulse” will flash. Enter a value and press ENTER. If *Target 55*, *Target 75* or *Target 95* were selected, go to the next step.
- “Time” will flash. Adjust the value for this field, and press START / QUICK START / STOP to launch program.

MAINTENANCE

All Diamondback Fitness products are engineered for years of near-silent operation. Let noise be your first indication that a repair or adjustment is required. Please, discontinue use immediately and contact an Authorized Service Technician or Diamondback Fitness Dealer if an unusual noise, scraping, knocking, grinding or vibration is detected. Often, a minor issue will become a major repair if ignored and use is continued.

Store the unit in a cool and dry environment.

Prior to each workout, confirm that all adjustment knobs are tightened, seat pins are engaged, and handlebars remain fixed. Inspect the pedals and cranks by pressing down firmly upon both at the same time, followed by pulling up. If any play is detected, discontinue use immediately and seek help.

NOTE: As part of Diamondback Fitness's normal installation and set-up process, all cranks must be tightened after 8 to 10 hours of use to ensure the parts are properly seated onto the axle. This important task is part of the initial break-in service as non-tightened cranks will become loose, ultimately requiring replacement. Damage of this type is only caused by under-tightened cranks and is not covered under the Warranty Policy. Tools have been provided for this service.

Your Diamondback Fitness Apex U6 is manufactured of the most durable materials available. The plastics are made of strong and chemical-resistant ABS. The frame is produced of high-tensile steel and protected with an industrial-grade, powder-coating paint for the highest grade of corrosion resistance. The seats are covered with sealed polyester. However, it is important to note that perspiration can be extremely corrosive if allowed to accumulate on the machine. After training, always wipe down your unit with a mild soap solution followed by a thorough drying with a clean towel. Locating a small spray bottle and towel near the unit will help ensure that your Diamondback Fitness Apex U6 looks new for many years.

NOTE: Perspiration is very corrosive and if allowed to remain on the machine, will cause discoloration, fading, rust and odors. Unfortunately, these conditions are not covered under the Warranty Policy.

WARRANTY INFORMATION

Diamondback Fitness warrants your Apex U6 to be free from defects in material and workmanship under normal use in the home environment. Diamondback Fitness's obligation under this warranty is limited to the repair or replacement of any defective part, provided free of charge through an Authorized Service Agent. This warranty is extended to the original purchaser. The following conditions apply:

Who is Covered

The warranty is extended to the individual whose name appears on the Warranty Registration filed with Diamondback Fitness and may not be transferred to any other individual or legal entity. In the absence of a valid Warranty Registration, the original sales receipt will serve as satisfactory documentation of the valid warranty status.

To Obtain Service

To obtain service, you must contact your Authorized Diamondback Fitness Dealer. Your dealer is also your Authorized Service Agent. An Authorized Service Agent must diagnose your unit to begin the warranty claim process.

Warranty Registration

Warranty commitments are valid only with a completed Warranty Registration. Registration is available online at www.diamondbackfitness.com. Alternatively, a warranty card may be mailed to Diamondback Fitness. (See page 30)

Proof of Purchase

Proof of purchase from a Diamondback Fitness Authorized Dealer will be required if the Warranty card is not registered prior to any consideration of warranty claim.

What is Covered – For Interior Residential Use Only.

- Frame Limited lifetime warranty, covers defects in welds, materials, and workmanship (some exclusions apply).
- Brake Limited lifetime warranty
- Parts & Electronics 1 year
- Labor 1 year
- Wear Items 90 days

Note: *Limited lifetime refers to warranty coverage of the unit's expected service life, not the lifetime of the purchaser. The expected lifetime of the Diamondback Fitness Apex U6 is five (5) years from the date of purchase although other factors can extend this period. Support and maintenance of the unit may become difficult or impossible after this period expires.*

Voided Warranty

The warranty does not apply to any failure of the product or its components due to alterations or modifications, misuse and abuse, accidental damage, lack of maintenance or improper assembly. Improper assembly can be avoided if the unit is assembled by an authorized technician. Damage due to improper assembly is not covered by the warranty. Common assembly errors can include damaged wire harnesses, stripped crank arms, stripped pedals, or damaged threads.

If the serial number has been removed, altered or defaced, the warranty for the affected unit is voided.

Parts & Service

Contact the Authorized Diamondback Fitness Dealer which originally sold the unit. If you have moved, or the retailer is unavailable, visit our dealer locator site at www.diamondbackfitness.com to help locate an alternate Authorized Dealer.

Diamondback Fitness is not responsible for securing warranty service and/or honoring extended warranties provided by dealers.

Note: *Authorized service technicians do not reside in all areas of the country. If you live beyond the reasonable service area of a metropolitan area, Diamondback Fitness may not be able to support the labor portion of the product warranty. Technician travel charges are not covered by the warranty.*

Other Exclusions

The warranty is void if the Apex U6 is placed in commercial or light commercial environments such as health clubs, schools, hotels, condominium common areas, correctional facilities, or any other non-residential setting.

The warranty will not be honored if the Apex U6 is employed for commercial or rental purposes.

The Apex U6 is for indoor use only.

Additional Rights

This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, and are limited to the same duration as the express warranty herein. Diamondback Fitness shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for Diamondback Fitness products are not authorized to modify this warranty in any way.

This warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

© 2009 Diamondback Fitness 6004 South 190th Street, Suite 101 Kent Washington 98032 Ph. 1.800.776.7642 Fax: 1.800.776.2073

WARRANTY REGISTRATION CARD

Please return the completed warranty registration card to Diamondback Fitness within 15 days of purchase. Failure to comply may void the warranty. You may register your product at www.diamondbackfitness.com.

Name (last, first)	<input type="text"/>																											
Address	<input type="text"/>																											
City	<input type="text"/>														State	<input type="text"/>		Zip Code	<input type="text"/>									
Daytime Telephone	<input type="text"/>										Evening Telephone														<input type="text"/>			

Dealer / Store Name	<input type="text"/>																							
Dealer's Address	<input type="text"/>																							
City	<input type="text"/>														State	<input type="text"/>		Zip Code	<input type="text"/>					

Model	Apex U6	Serial Number	E <input type="text"/>	Date of Purchase	<input type="text"/>
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Mail Completed Form To: **Diamondback Fitness – Warranty Card**
6004 S 190th Street Suite 101 Kent, Washington 98032

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FULL ONE (1) YEAR WARRANTY

Diamondback Fitness stands behind every product we sell. If this Apex exercise bike fails due to a defect in material or workmanship within one (1) year from the date of purchase, call 1-800-4-MY-HOME (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible).

The frame and brake are covered by our Limited Lifetime Warranty. Parts and electronics are warranted for one (1) year from the date of purchase. As needed, labor for the repair of defects in material or workmanship will be provided free of charge for up to one (1) year from the date of purchase. Wear items are warranted for ninety (90) days.

This warranty does not apply when the Apex exercise bikes are used commercially, in light-commercial environments (such as hotels, condominiums or health care facilities), or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Diamondback Fitness, 6004 South 190th Street, Suite 101 Kent WA 98032

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