

EXERCISE FREQUENCY

To maintain or improve your condition you must work out 2-3 times per week following the pat described above. A day of rest between workouts is recommended. After several months of ex cise the number of workouts can be increased to 4-5 times per week. The key to a successful gram is REGULAR EXERCISE.

PART LIST - Model No. 831.287190

Rev. 1

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	021050	1	Fan	36	026037	1	Drive Cable
2	061054	1	Fan Plate	37	033198	1	Sensor Wire/Reed
3	013531	4	Fan Sprocket Bolt	38	015055	1	Seat Pin
4	019293	2	Bushing	39	019288	1	Seat Tube Liner
5	028007	1	Speedometer Driver	40	007112	1	Seat Post
6	041065	2	Foam Handgrip	41	010191	1	Seat Post Bellows
7	040119	4	Handlebar Cap	42	042005	1	Seat
8	001053	1	Left Handlebar	43	024024	1	Fan Sprocket
9	038045	1	Left Pedal	44	014161	1	Large Crank Washer
10	019284	2	Small Handlebar Bushing	45	049100	1	Fan Axle
11	019285	2	Large Handlebar Bushing	46	026038	1	Resistance Cable
12	049099	1	Pivot Shaft	47	013576	3	Bracket Screw
13	013525	2	Shaft Screw	48	050001	1	Strap Buckle
14	032081	1	Electronic Monitor	49	072047	1	Auto Tour Console
15	010180	1	Left Side Shield	50	008294	1	Console Mtg. Brack
16	013527	14	Mounting Screw	51	014158	1	Spring Washer
17	008205	2	Handlebar Arm	52	019290	2	Inner Crank Bushing
18	019287	2	Steel Bushing	53	019291	2	Outer Crank Bushin
19	019286	2	Black Bushing	54	081005	1	Grommet
20	035043	1	Resistance Strap	55	014040	8	Axle Washer
21	NSP	1	Frame	56	012115	4	Axle Nut
22	014030	2	Stabilizer Washer	57	014073	2	Pivot Washer
23	012120	2	Acorn Nut	58	012042	2	Pivot Nut
24	040166	4	Stabilizer Endcap	59	014160	1	Steel Washer
25	005047	1	Front Stabilizer	60	014073	2	Arm Washer
26	013092	2	Carriage Bolt	61	019208	2	Brass Bushing
27	001054	1	Right Handlebar	62	012042	2	Arm Nut
28	025066	1	Chain	63	012002	3	Seat Nut
29	010181	1	Right Side Shield	64	014159	1	Waved Washer
30	038046	1	Right Pedal	65	008285	1	Switch Mtg. Bracket
31	023029	1	Crank w/Sprocket	66	013585	2	Switch Mtg. Screw
32	015067	1	Crank Pin	#	046313	1	Owner's Manual
33	005048	1	Rear Stabilizer	#	089016	1	Monitor Guide
34	019292	1	Axle Bushing	#	045004	1	Tool
35	013530	1	Strap Buckle Screw	#	089044	1	Auto Tour Guide

Note: "#" indicates a non-illustrated part.

See the back cover of this manual for part reordering instructions.

*Specifications are subject to change without notice.

