

## EXERCISE FREQUENCY

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

## PART LIST - Model No. 831.287220

Rev. 9/89

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	021045	1	Flywheel	34	019292	1	Axle Bushing
2	061054	1	Flywheel Plate	35	013530	1	Strap Buckle Screw
3	013531	4	Flywheel Sprocket Bolt	36	019289	1	Resis. Knob Housing
4	019293	2	Bushing	37	072052	1	Resis. Knob w/Cable
5	033170	1	Sensor Wire/Driver	38	015055	1	Seat Pin
6	041065	2	Foam Handgrip	39	019288	1	Seat Tube Liner
7	040119	4	Handlebar Cap	40	007112	1	Seat Post
8	001053	1	Left Handlebar	41	010191	1	Seat Post Bellows
9	038045	1	Left Pedal	42	042005	1	Seat
10	019284	2	Small Handlebar Bushing	43	024024	1	Flywheel Sprocket
11	019285	2	Large Handlebar Bushing	44	014161	1	Large Crank Washer
12	049099	1	Pivot Shaft	45	049100	1	Flywheel Axle
13	013525	2	Shaft Screw	46	070043	1	Spring Assembly
14	032051	1	Electronic Monitor	47	013326	1	Hollow Bolt Assembly
15	010180	1	Left Side Shield	48	050001	1	Strap Buckle
16	013527	10	Mounting Screw	49	008207	1	Monitor Clip
17	008205	2	Handlebar Arm	50	013526	2	Clip Screw
18	019287	2	Steel Bushing	51	014158	1	Spring Washer
19	019286	2	Black Bushing	52	019290	2	Inner Crank Bushing
20	035043	1	Resistance Strap	53	019291	2	Outer Crank Bushing
21	NSP	1	Frame	54	013529	2	Housing Screw
22	014030	2	Stabilizer Washer	55	014040	7	Axle Washer
23	012120	2	Acorn Nut	56	012115	4	Axle Nut
24	040166	4	Stabilizer Endcap	57	014073	2	Pivot Washer
25	005047	1	Front Stabilizer	58	012042	2	Pivot Nut
26	013092	2	Carriage Bolt	59	014160	2	Steel Washer
27	001054	1	Right Handlebar	60	014073	2	Arm Washer
28	025066	1	Chain	61	019208	2	Brass Bushing
29	010181	1	Right Side Shield	62	012042	2	Arm Nut
30	038046	1	Right Pedal	63	012002	3	Seat Nut
31	023029	1	Crank w/Sprocket	64	014159	1	Waved Washer
32	015067	1	Crank Pin	#	046264	1	Owner's Manual
33	005048	1	Rear Stabilizer	#	089016	1	Monitor Operation Guide
				#	045004	1	Tool

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

# EXPLODED DRAWING - Model No. 831.287220

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\*Specifications are subject to change without notice.

