

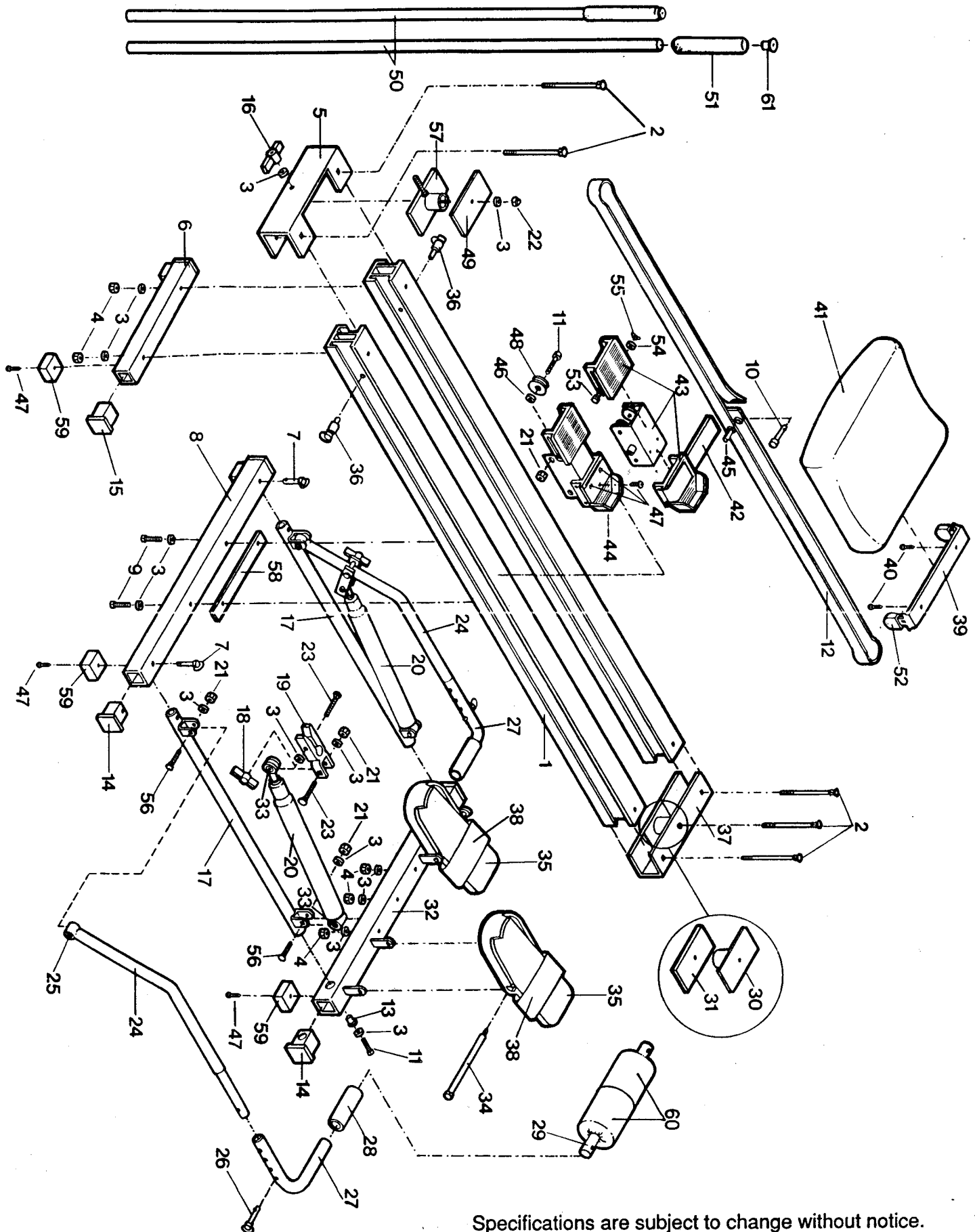
Each workout should include the following five parts: 1. resting, 2. warming up, 3. 20-30 minutes of training zone exercise, 4. cooling down, 5. resting. Warming up is an important part of every workout. Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles and raising body temperature. 5-10 minutes of stretching can provide a good warm-up. This should be followed by a few minutes of light exercise on the machine. The intensity of the exercise should then be increased to raise your heart rate to your training zone for 20-30 minutes. Always finish with 5-10 minutes of stretching or light exercise to cool down. Cooling down is important in aiding circulation and preventing soreness.

To maintain or improve your conditioning, you will want to work out 2-3 times per week. A day of rest between workouts is recommended. After a few months of exercising, the number of workouts can be increased to 4-5 per week. Remember, the key to a successful program is REGULAR EXERCISE.

PART LIST - Model No. 831.290511

Rev. 9/90

Key No.	Reorder No.	Qty.	Description	Key No.	Reorder No.	Qty.	Description
1	006138	2	Aluminum Rail	33	019077	4	Shock Bushing
2	013266	5	Bracket Bolt	34	049046	2	Footrest Shaft
3	014030	19	Washer	35	039001	2	Footrest
4	012118	5	Bracket Nut	36	015063	2	Pin w/Rubber Stopper
5	008251	1	Rear Bracket	37	008253	1	Front Bracket
6	006177	1	Rear Crossbar	38	035004	2	Footrest Strap
7	015003	2	Swivel Tube Hitch Pin	39	008133	1	Seat Bracket
8	006178	1	Middle Crossbar	40	013360	2	Seat Bolt
9	013265	2	Crossbar Bolt	41	042027	1	Rowing Seat
10	015034	1	Long Strap Hitch Pin	42	035045	2	Skiing Pedal Strap
11	013056	10	Bolt	43	038015	1	Left Skiing Pedal
12	035029	1	Nylon Strap	44	038016	1	Right Skiing Pedal
13	019029	2	Swivel Tube Bushing	45	015049	1	Short Strap Hitch Pin
14	040030	4	Crossbar Endcap	46	019177	8	Wheel Spacer
15	040067	2	Rear Crossbar Endcap	47	013316	12	Screw
16	017053	1	Resistance Adj. Knob	48	020004	8	Wheel
17	006179	2	Swivel Tube	49	061064	1	Rear Drum Plate
18	017001	2	T-Wingnut	50	006181	2	Skiing Pole
19	016022	2	H-Clamp	51	041039	2	Long Foam Handgrip
20	043035	2	Hydraulic Shock	52	040013	2	Seat Bracket Cap
21	012042	14	Locknut	53	013100	2	Pedal Bolt
22	012120	1	Acorn Nut	54	014033	2	Pedal Washer
23	013096	4	H-Clamp Bolt	55	012104	2	Pedal Wingnut
24	002018	2	Rowing/Skiing Arm	56	013374	4	Swivel Tube Bolt
25	019006	2	Arm Bushing	57	008254	1	Rear Drum
26	015002	2	Arm Hitch Pin	58	061065	1	Crossbar Plate
27	002068	2	Rowing Handle	59	051003	6	Plastic Foot
28	041004	2	Short Foam Handgrip	60	057002	2	Abdominal Bar Pad
29	006048	2	Abdominal Bar	61	040010	2	Skiing Pole Endcap
30	008252	1	Front Drum	#	045005	2	Tool
31	061063	1	Front Drum Plate	#	102744	1	Owner's Manual
32	006180	1	Front Crossbar				



Specifications are subject to change without notice.