



Weslo

Horizon **FLYWHEEL
EXERCISE BIKES**

Instruction Manual and Workout Guide

Model EB7705 • White

Model EB7710 • Chrome

Model EB7744 • Dual Action

Horizon^{T.M.} FLYWHEEL EXERCISE BIKE

Instruction Manual and Workout Guide

Model EB7705 • White

Model EB7710 • Chrome

Model EB7711 • Dual Action

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INTRODUCTION

Congratulations on your purchase of a Weslo Horizon exercycle. The Horizon line of exercise bikes are durable precision made bikes that will provide you with years of trouble free cycling.

This manual is designed for use with the Horizon White Exercise Bike #EB7705. The Horizon Chrome Exercise Bike #EB7710, and Dual Action Chrome Bicycle #EB7711. Information regarding adjustments and workouts applies to all three bikes. However, the last section of the book deals exclusively with the Dual Action Chrome #EB7711.

WARNING:

Before beginning this or any exercise program consult your physician. This is especially important for individuals over the age of 35 years or persons with pre-existing health problems. Read all instructions and safety precautions before using. We assume NO responsibility for personal injury or property damage sustained by or through the use of the Horizon Bicycles.

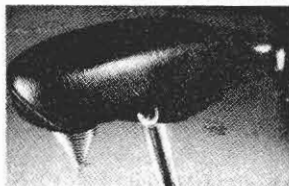
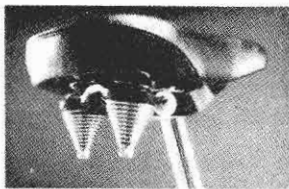
HORIZON ADJUSTMENT

Before you actually use your exercycle, it is important that you become familiar with its workings and adjustment procedures.

SEAT ADJUSTMENT

It is important that the seat be adjusted to a correct height for you so as to maximize cycling benefit and minimize chances of injury. To adjust the seat:

1. Angle Adjustment
Adjust the angle of the seat to a comfortable position.
 - A. To adjust the seat angle loosen bolt under the seat (counter clockwise.) Set to desired angle. Retighten.
2. Height Adjustment
Place your heels on the pedals. Position one pedal to its lowest position. Your heel should just reach the pedal without a bend in the knee.
 - A. If there is a bend in the knee the seat is too low.
 - B. If your heel comes off the pedal in its lowest position the seat is too high.
 - C. To raise or lower the seat simply loosen the post clamp by turning it counter clockwise. Adjust to proper height. Retighten.



HANDLEBAR ADJUSTMENT

Height Adjustment

All Horizon exercise bikes are equipped with height adjusting handlebars. To raise or lower the handlebars simply loosen the post clamp counter clockwise, adjust the handlebar post to the desired height, then retighten.

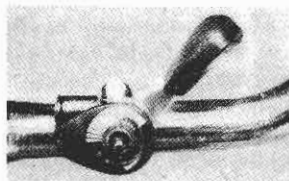
Angle Adjustment (EB7710 - EB7711 only)

Horizon models 7710 and 7711 come with adjustment for handlebar angles. To adjust the angle, simply loosen the bolt on the handlebar clamp (on the end of the handlebar post) Adjust to desired angle — retighten.



TENSION ADJUSTMENT

To adjust the tension, simply move the resistance lever up (+) to increase tension, down (-) to decrease tension.



HORIZON CONDITIONING

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TRAINING PROGRAM

A. Intensity (Target Heart Rate)

To maximize your benefits from using the Horizon Exercycle, your level of exertion must exceed mild demands while falling short of fatigue or breathlessness. This level of exercise will be achieved if you reached what is referred to a "Target Heart Rate" during your workout.

Your target heart rate falls between 70% and 85% of the highest heart rate that you can achieve during exercise. You can estimate your target heart range by following this simple formula.

$$\frac{220 \text{ (average maximal heart rate for a child)} - \text{YOUR AGE}}{= \text{YOUR MAXIMUM HEART RATE}}$$

Maximum Heart Rate multiplied by .70 = Low end of Target Heart Range.
Maximum Heart Rate multiplied by .85 = High end of Target Heart Range.

Simply subtract your age from 220. Multiply that number by .70 (70%). That will give you the low end of your range in beats-per-minute. To get the high end of your range, subtract your age from 220 and multiply the result by .85 (85%).

For example, if you were 30 years old you would use this formula:

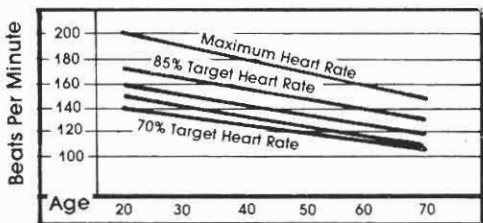
$$\begin{array}{r} 220 \\ - 30 \\ \hline 190 \end{array}$$

$190 \times .70 = 133$ (Low end of Target Heart Range)
 $190 \times .85 = 161.5$ (High end of Target Heart Range)
Target Heart Range for a 30 year old is 133-162.

This level of exertion usually causes perspiration, and increase in breathing and slight fatigue.

For your first time using your exercycle you should work towards obtaining a 70% target heart rate. As time goes by you should work on increasing your heart rate, at a pace of about 5% every 4 weeks, until you reach 85%. As your body adapts to the workout, more and more workload will be required to reach your target heart rate. This can be easily accomplished by increasing your speed and or tension. A need for increased workload is a definite indicator of improved physical condition.

Below is a quick reference chart to help estimate your beats/minute target rate.



B. Duration/Frequency.

To maximize benefits gained from the use of your exercycle you should exercise at your prescribed heart rate for at least 20 minutes 3 times a week. Alternating a day of rest between workouts is advised.

C. Exercise Pattern.

Your exercise pattern should consist of a basic 5 step pattern.

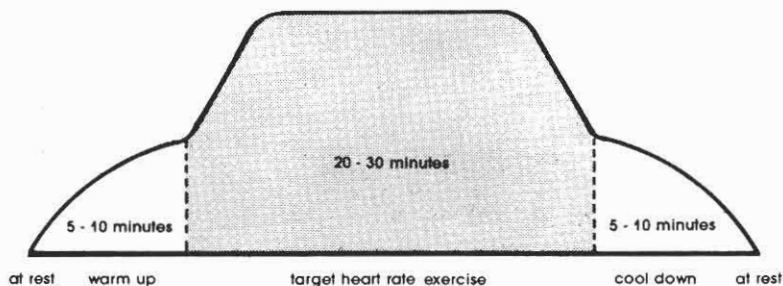
- At rest
- Warm up
- Target Heart Range Exercise
- Cool-Down
- At Rest

1. Warm up and cool down are important steps in the prevention of injuries and should not be taken lightly. Warm up prepares the body for more strenuous exercise by increasing circulation, delivering more oxygen to the muscles, and raising body temperature. Warm up can be achieved through stretching exercises and light calisthenics for a period of 5-10 minutes prior to use of your exercycle. Then start your exercycle training with several minutes of light pedaling prior to heart rate training.

2. Target Heart Rate, as discussed earlier in this section, is a fundamental concept in exercise efficiency and benefit. You should pedal on your exercycle at a speed and tension that causes your heart rate to fall within your target heart range. You need to maintain this level for a period of 20-30 minutes to maximize benefits.

3. Cool down is essential to preventing injuries. Stopping abruptly after vigorous exercise is likely to cause blood pooling in the extremities, a condition that causes the heart to work harder and increases the potential for muscle soreness. Again, cool down can be achieved through stretching or simply pedaling at a slower pace.

Below is a quick reference chart of a basic exercise program.



STRETCHING

Before beginning use of your exercycle, a stretching routine is recommended. The following stretching routine provides a good warm-up.

All stretches should be performed slowly. Each position should be held for 15 counts and performed for three repetitions. Stretch slowly--don't bounce.

Toe Touches

With knees slightly bent, slowly bend forward from the hips. Allow back and shoulders to relax as you stretch toward your toes. Go down as far as you can and hold for 15 counts. Repeat.

Stretches: Hamstrings, Back of Knees, Back.



Inner Thigh Stretch

Sit with the soles of your feet together and knees pointing outward. Pull your feet as close into the groin area as possible. Gently push your knees as close to the floor as possible. Hold for 15 counts. Repeat.

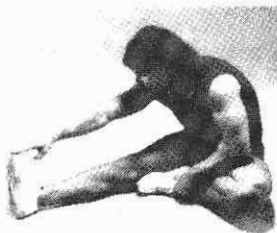
Stretches: Inner thigh muscles.



Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot in, resting against the extended leg's inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts, then relax. Repeat.

Stretches: Hamstrings, Lower back and Groin.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull up on your foot. Bring your heel as close to your buttocks as possible. Hold for 15 counts, repeat.

Stretches: Quadriceps, Hip muscles.





Calf/Achilles Stretch

With one leg in front of the other and arms out, lean against the wall. Keep your back leg straight and back foot flat on the ground; then bend the front leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side. To cause even further stretching of the achilles tendons, slightly bend back leg as well.

Stretches: Calves, Achilles tendons, and Ankles.

SETTING THE PACE

To determine the pace required for you to reach your target heart rate, simply follow these steps:

- A. Pedal to a pace of 20 to 25 mph (check speedometer).
- B. Adjust tension knob to a comfortable pressure level.
- C. After pedaling for a period of approximately 4 minutes, take your pulse while continuing to pedal.
- D. If you have not reached your target heart rate. (See Training Program Section A Intensity) further adjustment of the tension knob is required to increase pressure level — intensity.
- E. Remain pedaling for another 2 minutes and again check pulse.
- F. Repeat steps D-E until target heart rate is achieved.

EXCLUSIVE DUAL ACTION INFORMATION

The Horizon Dual Action Flywheel bike offers all the advantages of the other Horizon exercise bikes and then takes you one step further towards total fitness.

PRODUCT INNOVATION

This back and forth movement of the Dual Action handlebars is the mainstay behind production of this revolutionary product. The handle bars are connected to a hydraulic shock which adds a variable resistance to the handlebar's movements. The harder and faster you move the handlebars the more resistance you are given.



BENEFITS

***The result:** The pumping motion of the arms will add to the intensity of the workout. This will cause your cardio-vascular system to get that much more out of the Dual Action exercise.

***Note:** Keep the increased workload from pumping arms in mind when setting your pace. As high of tension in pedaling will not be required to reach the same intensity.

Not only will your cardio-vascular workout be enhanced through the Dual Action feature, the hydraulic shock resistance provides an excellent upper body workout. The pumping action of the arms will add muscle tone and strength to the arms, shoulders, chest, and back. Considering the fact that your leg muscles are being worked as well, the Dual Action Horizon actually provides a complete body workout.



MAINTENANCE AND STORAGE

Weslo exercise bikes are designed to be virtually maintenance free, however, to assure continued smooth pedaling, occasionally cleaning the fly-wheel surface with a damp cloth is recommended. If any problems should occur contact our customer service department at its toll-free number, 1-800-824-3109.

Weslo exercise bikes can be stored virtually anywhere; a cool, dry place is ideal.



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