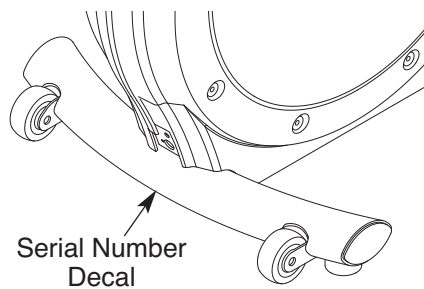


# FREEMOTION<sup>®</sup> *elliptical trainer*

Model No. FMEL4255P-INT.0  
Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



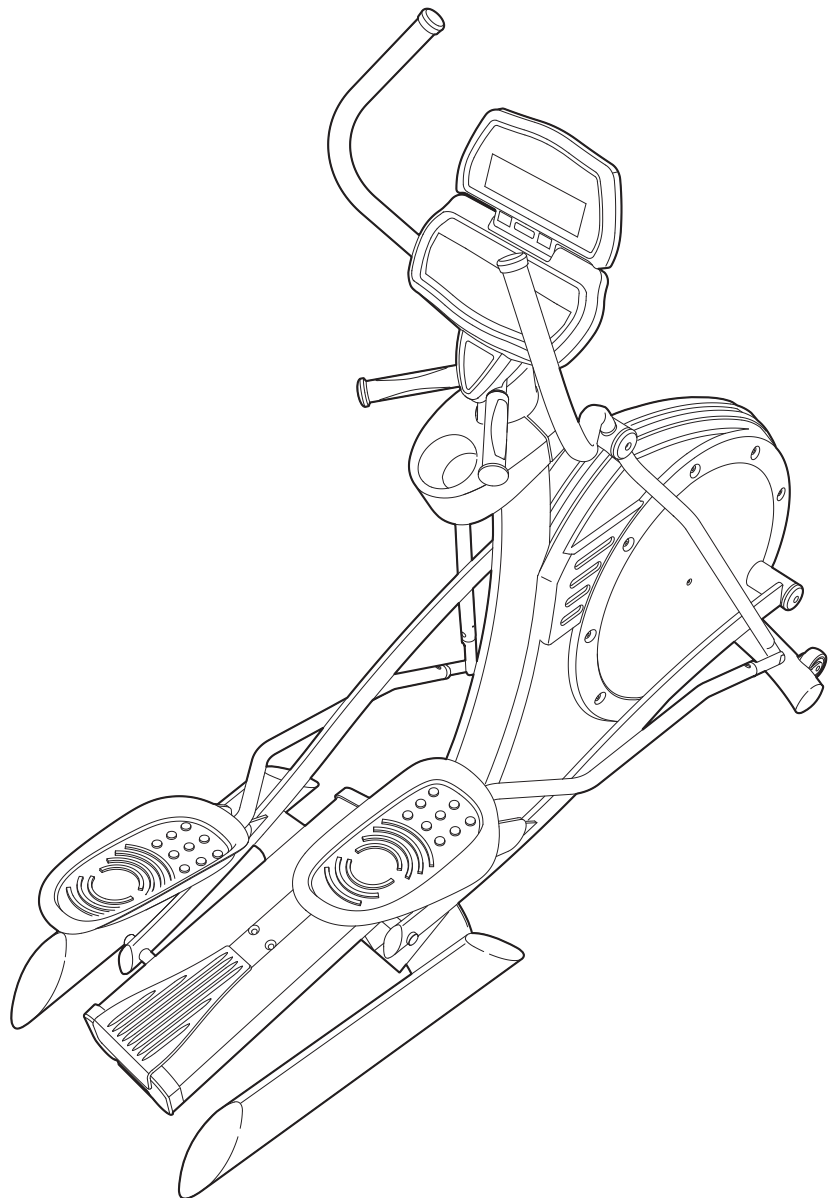
## QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

## CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

## USER'S MANUAL



[www.freemotionfitness.com](http://www.freemotionfitness.com)

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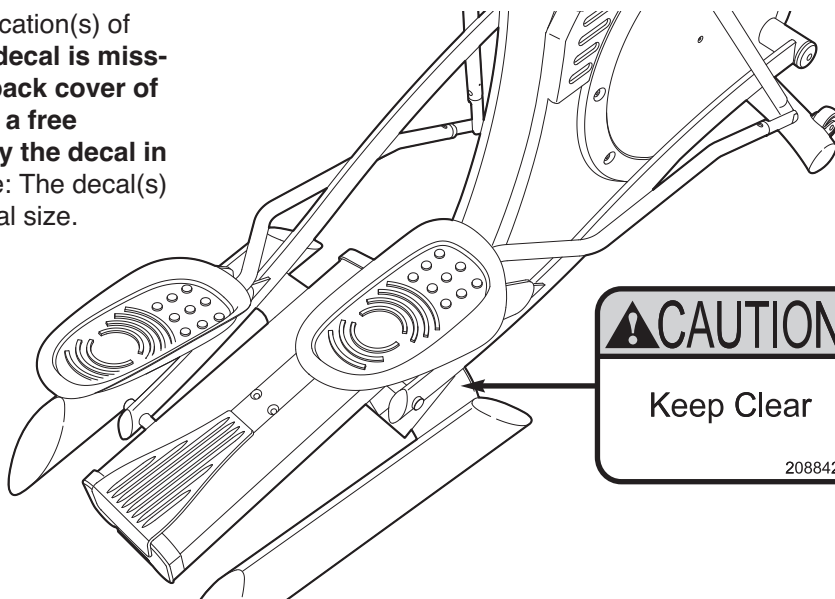
# TABLE OF CONTENTS

|                                       |            |
|---------------------------------------|------------|
| WARNING DECAL PLACEMENT .....         | 2          |
| IMPORTANT PRECAUTIONS .....           | 3          |
| BEFORE YOU BEGIN .....                | 4          |
| ASSEMBLY .....                        | 5          |
| HOW TO SET UP THE ELLIPTICAL .....    | 7          |
| HOW TO USE THE CONSOLE .....          | 8          |
| MAINTENANCE AND TROUBLESHOOTING ..... | 20         |
| EXERCISE GUIDELINES .....             | 22         |
| PART LIST .....                       | 23         |
| EXPLODED DRAWING .....                | 25         |
| HOW TO CONTACT CUSTOMER CARE .....    | Back Cover |
| RECYCLING INFORMATION .....           | Back Cover |

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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the elliptical only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
4. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
5. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the elliptical at all times.
8. The elliptical should not be used by persons weighing more than 350 lbs. (159 kg).
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
10. Hold the handlebars when mounting, dismounting, or using the elliptical.
11. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
13. Keep your back straight while using the elliptical; do not arch your back.
14. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
15. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

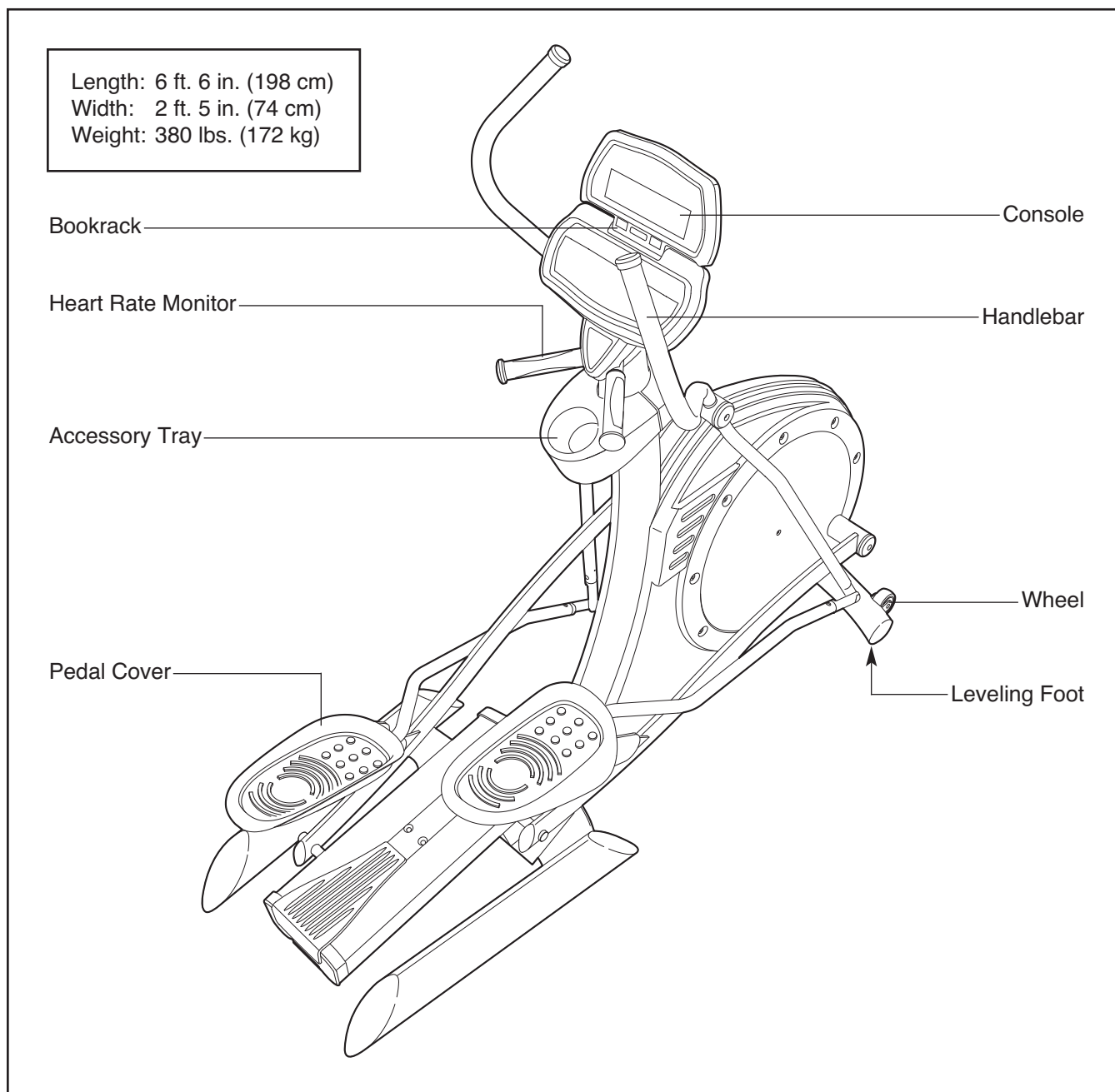
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® ELLIPTICAL TRAINER. The ELLIPTICAL TRAINER provides an impressive selection of features designed to make your workouts more effective and enjoyable.

**For your benefit, read this manual carefully before you use the elliptical.** If you have questions after reading this manual, please see the back cover of this

manual. To help us assist you, note the product model number and serial number before contacting us. The model number and serial number are found on the serial number decal. The location of the serial number decal is shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

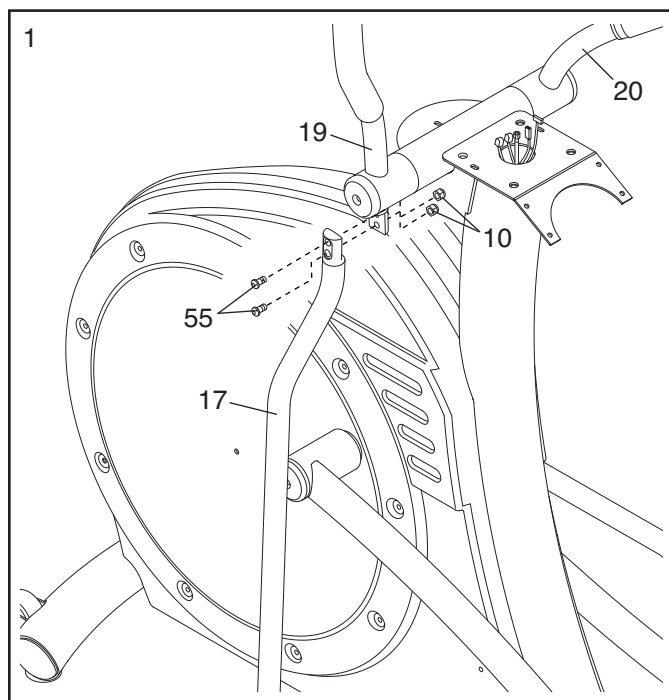


# ASSEMBLY

**Assembly requires two persons.** Place all parts of the elliptical in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included tool(s).**

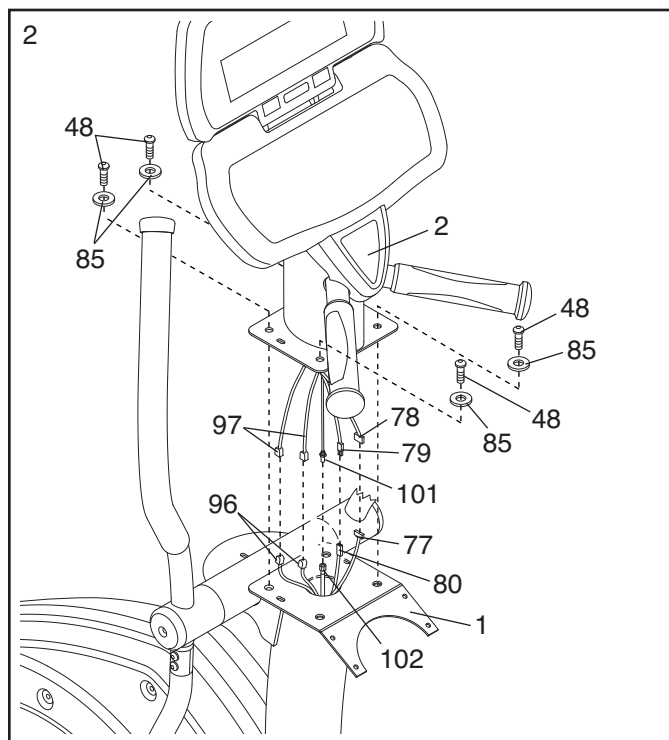
1. Lift the left Handlebar Arm (17) to the position shown. Attach the left Handlebar Arm to the Left Handlebar (19) with two 3/8" x 5/8" Shoulder Screws (55) and two 3/8" Nylon Jam Nuts (10).

Attach the right Handlebar Arm (not shown) to the Right Handlebar (20) in the same way.

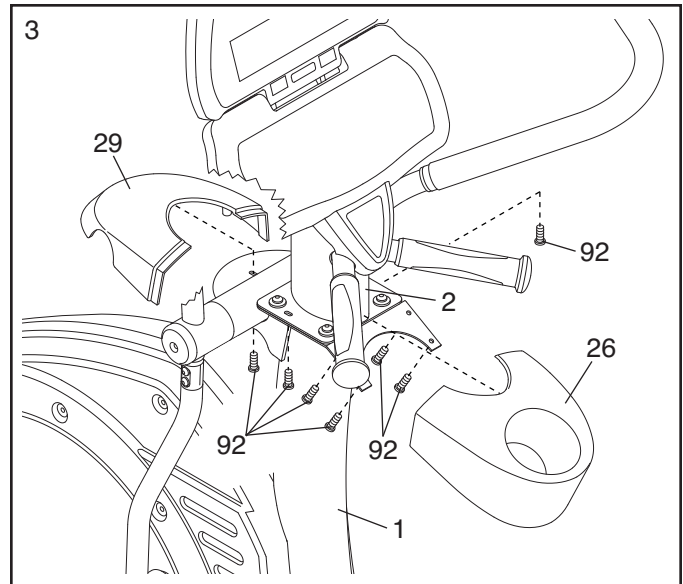


2. Have another person hold the Upright (2) in the position shown. Connect the Lower Power Wire (96) to the Upper Power Wire (97). Connect the Lower CATV Cable (102) to the Upper CATV Cable (101). Connect the Lower Battery Wire (77) to the Upper Battery Wire (78). Connect the Lower Controller Wire (80) to the Upper Controller Wire (79).

Attach the Upright (2) to the Frame (1) with four 3/8" x 1 1/4" Button Head Screws (48) and four 3/8" Star Washers (85). **Make sure that no wires are pinched between the Upright and the Frame.**



3. Attach the Upright Cover (29) to the Upright (2) with three #8 x 1/2" Button Head Screws (92). Attach the Accessory Tray (26) to the Frame (1) with four #8 x 1/2" Button Head Screws (92).



4. **Make sure that all parts of the elliptical are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical.

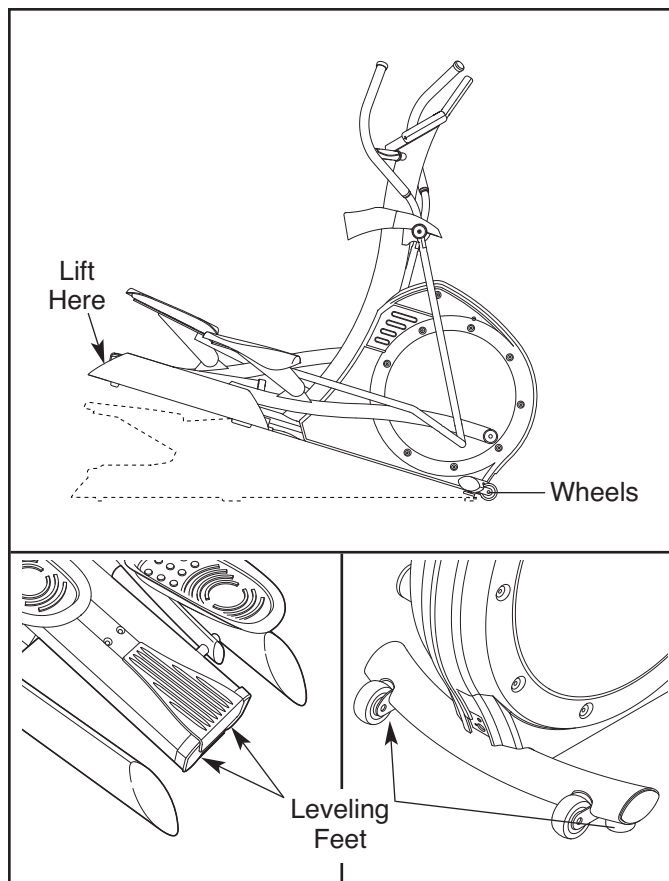
# HOW TO SET UP THE ELLIPTICAL

## HOW TO MOVE AND LEVEL THE ELLIPTICAL

**Make sure that the power cord is unplugged.** See the left inset drawing and locate the two leveling feet under the rear of the frame. Turn the leveling feet so that they are not touching the floor.

**Due to the size and weight of the elliptical, moving it requires two persons.** Have two persons lift the indicated end of the elliptical until the elliptical will roll on the front wheels. Carefully move the elliptical to the desired location and then lower it back to the level position. **CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical. Do not attempt to move the elliptical over an uneven surface.**

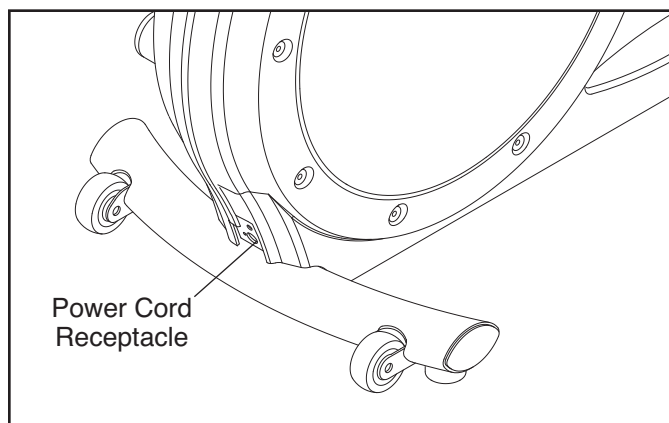
Next, turn the two leveling feet under the rear of the frame until they are just touching the floor. If the elliptical rocks slightly during use, turn the leveling feet under the front of the frame (see the right inset drawing) until the rocking motion is eliminated.



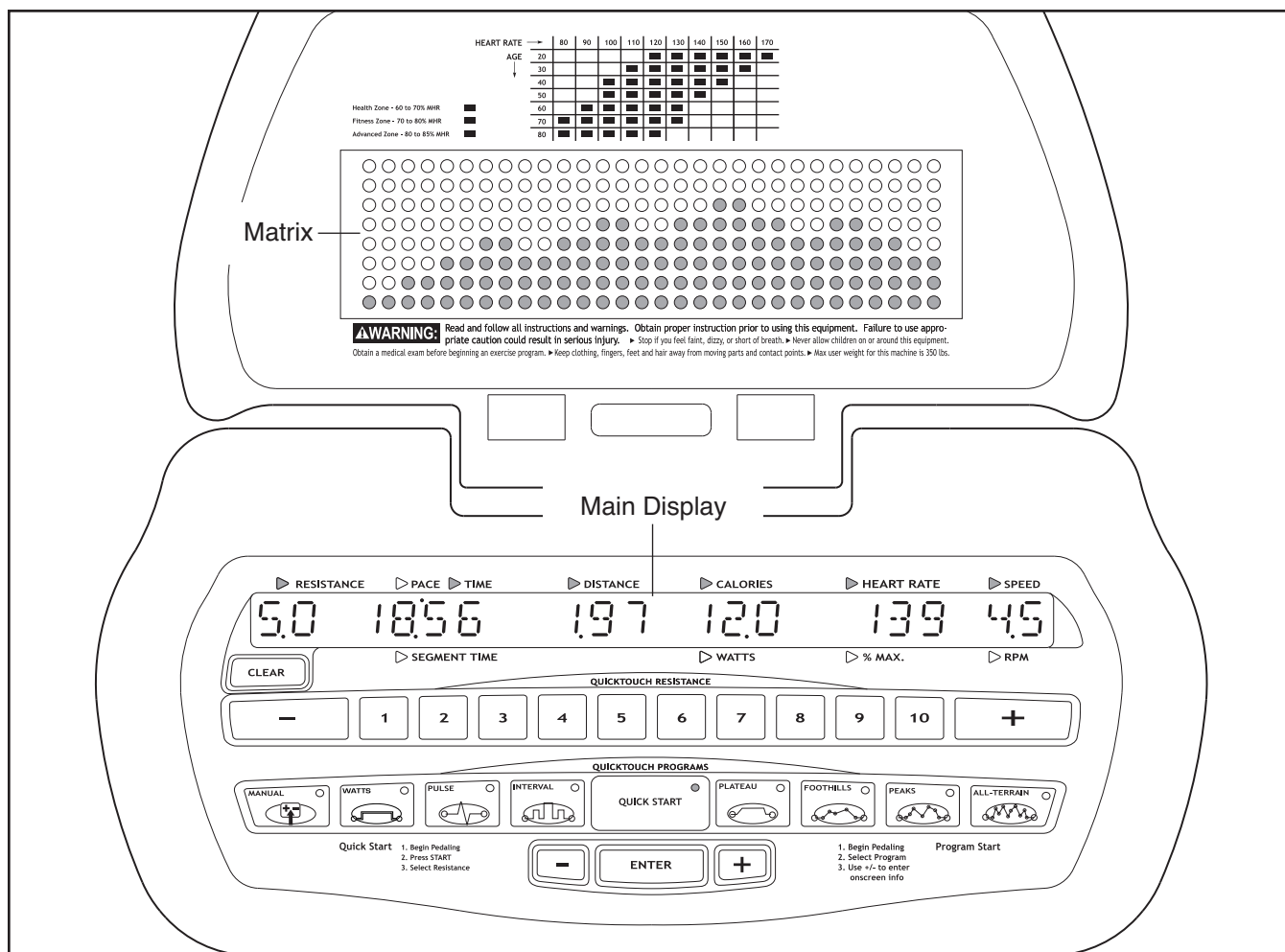
## HOW TO CONNECT THE POWER CORD

The elliptical can be used with or without a power cord. **To purchase a power cord, see the back cover of this manual.**

To use a power cord, first plug one end of the power cord into the receptacle on the front of the elliptical. Plug the other end of the power cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



# HOW TO USE THE CONSOLE



## FEATURES OF THE CONSOLE

The console offers an array of features designed to make your workouts more effective and enjoyable.

When the quick start mode is selected, the resistance of the pedals can be changed with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

In addition, the console offers a wide selection of workout programs. Each program automatically controls the resistance of the pedals as it guides you through an effective workout. The console also offers two pulse programs that automatically adjust the resistance of

the pedals to keep your heart rate near a target level during your workouts. Note: The pulse programs require the use of a Polar®-compatible heart rate monitor (not included).

**Before using the elliptical,** please read OVERVIEW OF THE CONSOLE on pages 9 to 11. **To use the quick start mode,** see page 12. **To use the manual program,** see page 12. **To use the constant watts program,** see page 14. **To use a pulse program,** see page 15. **To use the interval program,** see page 16. **To use the plateau program,** see page 17. **To use the foothills, peaks, or all-terrain program,** see page 18. **To use the maintenance mode,** see page 19.

## OVERVIEW OF THE CONSOLE

**For your benefit, please read all of the instructions on pages 9 to 11 before you use the elliptical.**

### HOW TO ACTIVATE THE CONSOLE

The elliptical can be used with or without a power cord. To use the elliptical with a power cord, see HOW TO CONNECT THE POWER CORD on page 7.

To use the elliptical without a power cord, simply begin pedaling at a cadence of about 25 revolutions per minute (RPM) or faster.

The main display will light, the indicators on the QuickTouch Programs buttons will begin to flash, a tone will sound, and the words PLEASE SELECT A PROGRAM TO BEGIN will scroll across the main display. While you pedal, power will be supplied by a generator; remember to continue pedaling while using the elliptical.

### HOW TO TURN OFF THE CONSOLE

**If the power cord is not being used**, and if the pedals are not moved for a short period of time, the console will turn off automatically.

**If the power cord is being used**, and if the pedals are not moved for a short period of time, the words PLEASE SELECT A PROGRAM TO BEGIN will scroll across the main display. Unplug the power cord when the elliptical is not in use.

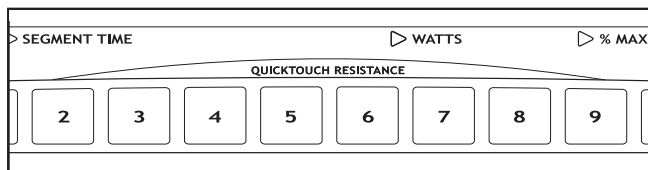
### THE BUTTONS

**The Clear button**—Use this button to reset the console. When this button is pressed, the main display will be reset and the words PLEASE SELECT A PROGRAM TO BEGIN will scroll across the main display.



Note: If one program is started and then a different program is selected, the main display will not be reset unless the Clear button is pressed before the second program is selected.

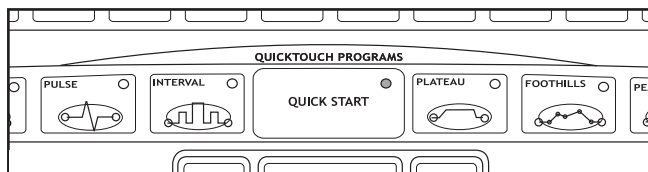
**The QuickTouch Resistance buttons**—These buttons control the resistance of the pedals. There are twenty resistance settings, from 0.5 to 10. Each time the + or – button is pressed, the resistance setting will change by 0.5.



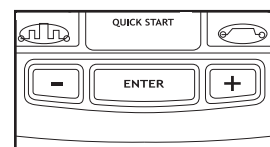
When one of the buttons numbered 1 to 10 is pressed, the corresponding resistance setting will be selected.

Note: It may take a moment for the pedals to reach the selected resistance setting.

**The QuickTouch Programs buttons**—These buttons are used to select the quick start mode and the programs.



**The Enter button and + and – buttons**—Use these buttons to enter information into the console.



## THE MAIN DISPLAY

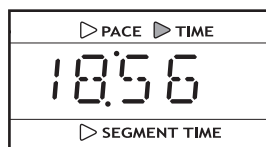
The main display will display a variety of text messages to guide you through your workouts. In addition, the main display will display the following information while you exercise:

**Resistance**—The left end of the main display will show the resistance setting of the pedals.



### Pace/Time/Segment

**Time**—When the quick start mode is selected, this section of the main display will show your pedaling pace, in minutes per mile or minutes per kilometer, and the elapsed time. The display will change from one number to the other every few seconds.



When a program is selected, the main display will show your pedaling pace, the time remaining in the program, and the time remaining in the current segment of the program.

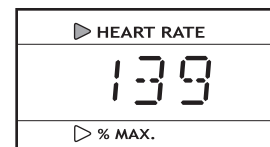
**Distance**—This section of the main display will show the distance that you have pedaled, in miles or kilometers.



**Calories/Watts**—This section of the main display will show the approximate number of calories you have burned and your power output in watts. The display will change from one number to the other every few seconds.



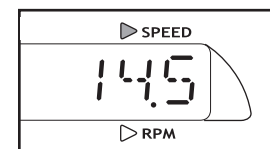
**Heart Rate/% Max**—When you use the handgrip heart rate monitor or a Polar®-compatible heart rate monitor (not included), this section of the main display will show your heart rate.



When a pulse program is selected, the display will show your heart rate and the corresponding *percentage* of your *estimated maximum heart rate* (see step 6 on page 15 for an explanation of your estimated maximum heart rate).

The display will change from one number to the other every few seconds.

**Speed/RPM**—The right end of the main display will show your pedaling speed, in miles per hour or kilometers per hour, and your pedaling cadence, in revolutions per minute (RPM). The display will change from one number to the other every few seconds.

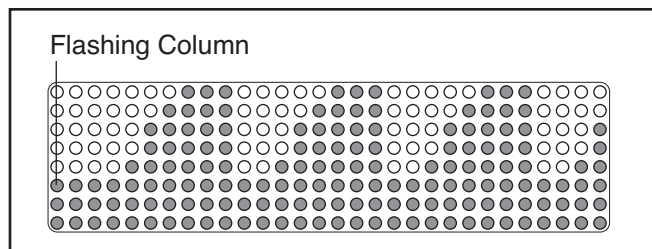


**Note:** The main display can display text messages in any of six languages (see step 6 on page 19). In addition, the main display can display data using either the English system or the metric system (see step 7 on page 19).

## THE MATRIX

When the interval, plateau, foothills, peaks, or all-terrain program is selected, the matrix will display a profile of resistance settings.

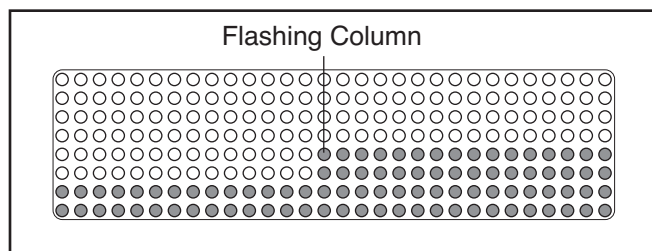
Each program is divided into segments, and each column of the matrix represents one segment. The flashing column represents the current segment. Note: If a program has more than 30 segments, the matrix will show up to 30 segments at a time.



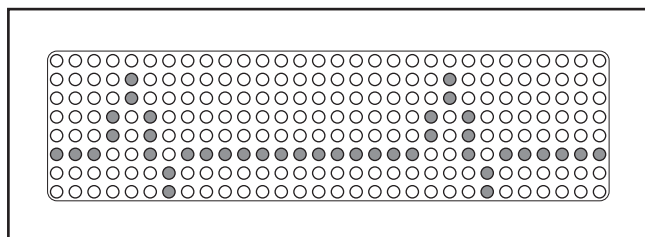
The lit indicators in each column represent the resistance setting for that segment of the program. One lit indicator represents a resistance setting of 0.5 or 1, two lit indicators represent a resistance setting of 1.5 or 2, three lit indicators represent a resistance setting of 2.5 or 3, and so forth.

Note: Because there are eight indicators in each column, the matrix will normally show resistance settings up to 8. If resistance settings of 8.5, 9, 9.5, or 10 are programmed for one or more segments, *the lit indicators in all columns will occasionally shift downward* so that the higher settings are displayed in the matrix.

When the quick start mode or the manual program is selected, the matrix will show the resistance settings that you select.

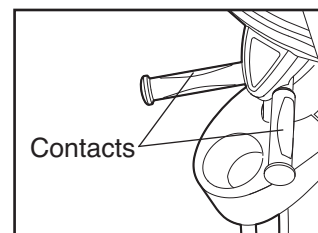


When a pulse program is selected, the matrix will display a heartbeat graphic. Each time a heartbeat is detected, an additional peak will appear in the display.



## THE HEART RATE MONITOR

If there are sheets of plastic on the metal contacts on the heart rate monitor, remove the plastic. To measure your heart rate, hold the contacts; your palms must be resting on the upper contacts, and your fingers must be touching the lower contacts. **Avoid moving your hands.**



When your pulse is detected, the Heart Rate indicator above the main display will begin to flash, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds without moving your hands.**

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

## HOW TO USE THE QUICK START MODE

If you do not plan to use a program, the quick start mode will allow you to simply start exercising and adjust the resistance of the pedals manually.

### 1. Plug in the power cord or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

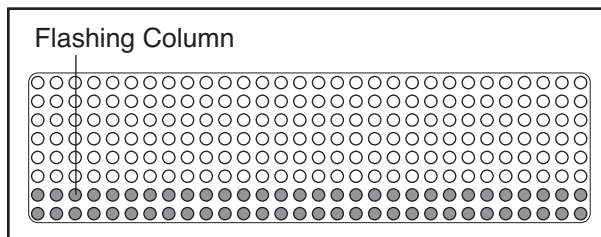
### 2. Select the quick start mode.

To select the quick start mode, press the Quick Start button. The indicator on the button will light.

### 3. Begin exercising and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance + and – buttons or the QuickTouch Resistance buttons.

When the quick start mode is selected, the matrix will show your progress and the resistance settings that you select. When you begin exercising, the left column of the matrix will begin to flash. After 30 seconds, a tone will sound and the column to the right will begin to flash.



Each time you change the resistance of the pedals, additional indicators will light or darken in the flashing column, and in all columns to the right of the flashing column.

Note: If you select a resistance setting higher than 8, the indicators in all columns will shift downward, until you select a lower resistance setting.

After every 30 seconds that you exercise, a tone will sound and the next column to the right will begin to flash. When you have exercised for 8 minutes, the same column will continue to flash, and *all columns of indicators will shift one position to the left*. The columns of indicators will continue to shift to the left after every 30 seconds, until you are finished exercising.

### 4. Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

### 5. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 11.

### 6. When you are finished using the elliptical, the console will automatically enter an idle mode or turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

## HOW TO USE THE MANUAL PROGRAM

The manual program will count down the time remaining in your workout as you control the resistance of the pedals.

### 1. Plug in the power cord or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

### 2. Select the manual program.

To select the manual program, press the Manual button. The indicator on the button will light, and the word MANUAL will appear in the main display for a moment.

### 3. Enter your age.

A moment after the program is selected, the words ENTER AGE and an age setting of 35 will appear in the main display.

To enter your age, press the + and – buttons beside the Enter button; hold down the buttons to enter your age in increments of 5 years. When your age is shown, press the Enter button.

### 4. Enter your weight.

Next, the words ENTER WEIGHT and a weight setting of 180 pounds will appear in the main display.

To enter your weight, press the + and – buttons beside the Enter button; hold down the buttons to enter your weight in increments of 5 pounds. When your weight is shown, press the Enter button.

### 5. Enter a program time.

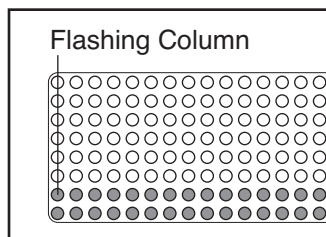
Next, the words ENTER TIME and a time setting of 10 minutes will appear in the main display.

To change the length of time that the program will last, press the + and – buttons beside the Enter button. Then, press the Enter button.

### 6. Begin exercising and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance + and – buttons or the QuickTouch Resistance buttons.

During the manual program, the matrix will show your progress and the resistance settings that you select.



During the first segment of the program, the left column of the matrix will flash. During the last four seconds of the first segment, the column to the right will also flash. When the first segment ends, a tone will sound and the column to the right will continue to flash.

Each time you change the resistance of the pedals, additional indicators will light or darken in the flashing column, and in all columns to the right of the flashing column.

Note: If you select a resistance setting higher than 8, the indicators in all columns will shift downward, until you select a lower resistance setting.

At the end of each segment, a tone will sound and the next column to the right will begin to flash. When you have completed the first 8 minutes of the program, the same column will continue to flash, and all columns of indicators will shift one position to the left. The columns of indicators will continue to shift to the left at the end of each segment, until the last segment of the program is shown in the far right column of the matrix. The next column to the right will then begin to flash at the end of each segment, until the program is completed.

### 7. Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

### 8. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 11.

### 9. When you are finished using the elliptical, the console will automatically enter an idle mode or turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

## HOW TO USE THE CONSTANT WATTS PROGRAM

The constant watts program changes the resistance of the pedals to keep your power output near a target level during your workout.

### 1. Plug in the power cord or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

### 2. Select the constant watts program.

To select the random program, press the Watts button. The indicator on the button will light, and the word WATTS will appear in the main display for a moment.

### 3. Enter your age.

See step 3 on page 13.

### 4. Enter your weight.

See step 4 on page 13.

### 5. Enter a program time.

See step 5 on page 13.

### 6. Enter a target watts setting.

Next, the words ENTER TARGET WATTS and a target watts setting will appear in the main display.

If you wish to change the target watts setting, press the + and – buttons beside the Enter button. When the desired target watts setting is shown, press the Enter button.

### 7. Begin exercising.

The program is divided into segments. The console will regularly compare your power output to the target watts setting.

If your power output is too far below or above the target watts setting, the resistance of the pedals will automatically increase or decrease to bring your power output closer to the target watts setting.

During the program, the matrix will show a line representing the current power output in watts.

During the program, you can change the resistance of the pedals, if desired, by pressing the Resistance + and – buttons or the QuickTouch Resistance buttons. However, when the current segment ends, the resistance will automatically change if necessary to help you bring your power output closer to the target watts setting.

During the program, you can also change the target watts setting. Press the Enter button repeatedly until the words ENTER TARGET WATTS appear in the main display. See step 6 and change the target watts setting if desired. Then, resume exercising.

### 8. Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

### 9. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 11.

### 10. When you are finished using the elliptical, the console will automatically enter an idle mode or turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

## HOW TO USE THE PULSE PROGRAMS

The constant pulse program will automatically control the resistance of the pedals to keep your heart rate near a target level during your workout.

The variable pulse program will automatically control the resistance of the pedals to keep your heart rate within a target range during your workout.

### 1. Put on a Polar®-compatible heart rate monitor (not included).

**You must wear a heart rate monitor to use a pulse program.** See the instructions included with the heart rate monitor.

### 2. Plug in the power cord or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

### 3. Select one of the pulse programs.

To select a pulse program, first press the Pulse button. The indicator on the button will light, and the word PULSE will appear in the main display for a moment.

Next, the words CONSTANT MODE will appear in the main display. If you plan to use the constant pulse program, press the Enter button.

If you plan to use the variable pulse program, press the + or – button beside the Enter button so that the words VARIABLE MODE appear in the main display; then press the Enter button.

### 4. Enter your age.

See step 3 on page 13.

### 5. Enter your weight.

See step 4 on page 13.

### 6. Enter a maximum heart rate setting.

Next, the words PCT MAX RATE and the maximum heart rate setting of the program will appear in the main display.

The maximum heart rate setting represents a *percentage* of your *estimated maximum heart rate*.

Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ). Therefore, if you are 30 years old, a target heart rate setting of 50% is equal to 95 beats per minute (50% of 190 is 95).

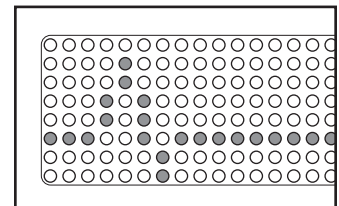
If you wish to change the maximum heart rate setting, press the + and – buttons beside the Enter button. When the desired maximum heart rate setting is shown, press the Enter button.

### 7. Enter a program time.

See step 5 on page 13.

### 8. Begin exercising.

During pulse programs, the matrix will display a heart-beat graphic. Each time a heartbeat is detected, an additional peak will appear in the matrix.



The program is divided into segments. One target heart rate setting is programmed for each segment.

**Note:** If the constant pulse program is selected, the same target heart rate setting is programmed for all segments.

At the end of each segment, a tone will sound and the resistance of the pedals will automatically change, if necessary, to bring your heart rate closer to the target heart rate setting for the next segment. The program will continue in this way until the last segment ends.

During the program, you can change the resistance of the pedals, if desired, by pressing the Resistance + and – buttons or the QuickTouch Resistance buttons. However, when the current segment ends, the resistance will automatically change, if necessary, to bring your heart rate closer to the target heart rate setting for the next segment.

**Note:** Each pulse program ends with a two-minute cool-down period. During this period, the resistance level cannot be changed.

If your pulse is not detected during the program, the letters PLS will flash in the main display, and the resistance of the pedals may automatically decrease. If this occurs, see the instructions included with the heart rate monitor.

#### **9. Follow your progress with the main display.**

See THE MAIN DISPLAY on page 10.

#### **10. When you are finished using the elliptical, the console will automatically enter an idle mode or turn off.**

See HOW TO TURN OFF THE CONSOLE on page 9.

## **HOW TO USE THE INTERVAL PROGRAM**

The interval program will automatically change the resistance of the pedals to simulate a series of hills as it guides you through an effective interval training workout.

#### **1. Plug in the power cord or begin pedaling to activate the console.**

See HOW TO ACTIVATE THE CONSOLE on page 9.

#### **2. Select the interval program.**

To select the interval program, press the Interval button. The indicator on the button will light, and the word INTERVAL will appear in the main display for a moment.

#### **3. Enter your age.**

See step 3 on page 13.

#### **4. Enter your weight.**

See step 4 on page 13.

#### **5. Enter a program time.**

See step 5 on page 13.

#### **6. Enter a maximum resistance setting.**

Next, the words MAX RESIST and the maximum resistance setting of the program will appear in the main display. If you wish to change the maximum resistance setting, press the + and – buttons beside the Enter button. (Note: If the maximum resistance setting is increased, the intensity level of the program will be increased.) When the desired maximum resistance setting is shown, press the Enter button.

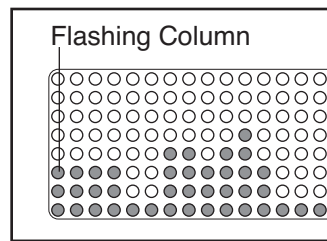
#### **7. Enter the desired number of hills for the program.**

Next, the words NUMBER HILLS and the number of hills that the program will simulate will appear in the main display. If you wish to change the number of hills, press the + and – buttons beside the Enter button. When the desired number of hills is shown, press the Enter button.

## 8. Begin exercising.

The program is divided into segments. One resistance setting is programmed for each segment.

Note: The same resistance setting may be programmed for consecutive segments.



During the program, the matrix will show your progress and the resistance settings of the program. During the first segment of the program, the left column of the matrix will flash. During the last four seconds of the first segment, the column to the right will also flash. If the resistance of the pedals is about to change, a series of tones will sound and the resistance setting will flash in the main display. When the first segment ends, the column to the right will continue to flash, and the resistance of the pedals will automatically change if a different resistance setting is programmed for the next segment. Note: If all of the indicators in the flashing column are lit, *the indicators in all columns may shift downward temporarily.*

At the end of each segment, a tone will sound, the next column to the right will begin to flash, and the resistance of the pedals will automatically change if a different resistance setting is programmed for the next segment. When you have completed the first 8 minutes of the program, the same column will continue to flash, and *all columns of indicators will shift one position to the left.* The columns of indicators will continue to shift to the left at the end of each segment, until the last segment of the program is shown in the far right column of the matrix. *The next column to the right will then begin to flash at the end of each segment, until the program is completed.*

During the program, you can change the resistance of the pedals, if desired, by pressing the Resistance + and – buttons or the QuickTouch Resistance buttons. However, when the current segment ends, the resistance will automatically change if a different resistance setting is programmed for the next segment. Note: The program ends with a two-minute cool-down period. During this period, the resistance level cannot be changed.

## 9. Follow your progress with the main display.

See THE MAIN DISPLAY on page 10.

## 10. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 11.

## 11. When you are finished using the elliptical, the console will automatically enter an idle mode or turn off.

See HOW TO TURN OFF THE CONSOLE on page 9.

## HOW TO USE THE PLATEAU PROGRAM

During the plateau program, the resistance of the pedals will gradually increase, remain constant for several segments, and then gradually decrease.

### 1. Plug in the power cord or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 9.

### 2. Select the plateau program.

To select the plateau program, press the Plateau button. The indicator on the button will light, and the word PLATEAU will appear in the main display for a moment.

### 3. Enter your age.

See step 3 on page 13.

### 4. Enter your weight.

See step 4 on page 13.

### 5. Enter a maximum resistance setting.

See step 6 on page 16.

**6. Enter a program time.**

See step 5 on page 13.

**7. Begin exercising.**

See step 8 on page 17.

**8. Follow your progress with the main display.**

See THE MAIN DISPLAY on page 10.

**9. Measure your heart rate if desired.**

See THE HEART RATE MONITOR on page 11.

**10. When you are finished using the elliptical, the console will automatically enter an idle mode or turn off.**

See HOW TO TURN OFF THE CONSOLE on page 9.

**HOW TO USE THE FOOTHILLS, PEAKS, OR ALL-TERRAIN PROGRAM**

During the foothills program, the resistance of the pedals will gradually increase and then gradually decrease. The number of times that the resistance will increase and decrease will depend on the maximum resistance setting and the intensity level that you select.

During the peaks program, the resistance of the pedals will increase and then decrease. The number of times that the resistance will increase and decrease will depend on the maximum resistance setting and the intensity level that you select.

During the all-terrain program, the resistance of the pedals will sharply increase and then sharply decrease repeatedly. The number of times that the resistance will increase and decrease will depend on the maximum resistance setting and the intensity level that you select.

**1. Plug in the power cord or begin pedaling to activate the console.**

See HOW TO ACTIVATE THE CONSOLE on page 9.

**2. Select the desired program.**

Press the Foothills, Peaks, or All-Terrain button. The indicator on the button will light, and the word FOOTHILLS, PEAKS, or ALL-TERRAIN will appear in the main display for a moment.

**3. Enter your age.**

See step 3 on page 13.

**4. Enter your weight.**

See step 4 on page 13.

**5. Enter a program time.**

See step 5 on page 13.

**6. Enter a maximum resistance setting.**

See step 6 on page 16.

**7. Enter an intensity level.**

Next, the word INTENSITY and the intensity level of the program will appear in the main display. Press the + and – buttons beside the Enter button to select level 1 (for a low-intensity workout), level 2 (for a moderate-intensity workout), or level 3 (for a high-intensity workout). Then, press the Enter button.

**8. Begin exercising.**

See step 8 on page 17.

**9. Follow your progress with the main display.**

See THE MAIN DISPLAY on page 10.

**10. Measure your heart rate if desired.**

See THE HEART RATE MONITOR on page 11.

**11. When you are finished using the elliptical, the console will automatically enter an idle mode or turn off.**

See HOW TO TURN OFF THE CONSOLE on page 9.

## HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to access information and to view and change default settings. Follow the steps below to use the maintenance mode.

1. **Plug in the power cord or begin pedaling to activate the console.**

See HOW TO ACTIVATE THE CONSOLE on page 9.

2. **Hold down the Clear button and the Enter button simultaneously for a few seconds to select the maintenance mode.**

When the maintenance mode is selected, the words MAINTENANCE MODE will appear in the main display for a moment.

3. **View the total number of hours that the elliptical has been used.**

When the words MAINTENANCE MODE disappear, the main display will show the total number of hours that the elliptical has been used.

4. **Press the Enter button and view the total distance pedaled on the elliptical.**

When the button is pressed, the main display will show the total distance pedaled on the elliptical.

5. **Press the Enter button again and set a maximum program time for the programs.**

The maximum program time for the programs can be from 10 minutes to 90 minutes. To change the maximum program time, press the + and – buttons beside the Enter button.

6. **Press the Enter button again and select a language for the main display.**

The main display can display text messages in English, International English, German, Spanish, Italian, or French. To change the language, press the + and – buttons beside the Enter button.

7. **Press the Enter button again and select the desired system of measurement.**

The console can display data using the English system (miles and pounds) or the metric system (kilometers and kilograms). To change the system of measurement, press the + and – buttons beside the Enter button.

8. **Press the Enter button again and set the length of time that will elapse before the console will turn off or enter the idle mode.**

If the elliptical is used without a power cord, and if the pedals are stationary for a period of time, the console will turn off.

If the elliptical is used with a power cord, and if the pedals are stationary for a period of time, the console will enter an idle mode and the words PLEASE SELECT A PROGRAM TO BEGIN will begin to scroll across the main display.

To set the length of time that will elapse before the console will turn off or enter the idle mode, press the + and – buttons beside the Enter button. The length of time can be from 15 seconds to 2 minutes.

9. **Hold down the Enter button and the Clear button simultaneously for a few seconds to exit the maintenance mode.**

To exit the maintenance mode at any time, hold down the Enter button and the Clear button simultaneously for a few seconds.

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# MAINTENANCE AND TROUBLESHOOTING

**Most problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the back cover of this manual.**

## WEEKLY MAINTENANCE

Inspect and properly tighten all external parts of the elliptical. Clean the elliptical with a small amount of mild multi-purpose cleaner applied to a one-hundred percent cotton cloth. When cleaning the elliptical, pay special attention to the track and wheels. Remove all debris from the track. Clean the pedal covers with a soft nylon brush. **Do not use acidic cleaners. Doing so will void your warranty. Never spray any cleaner directly onto the elliptical.**

## TROUBLESHOOTING

### 1. SYMPTOM: THE ELLIPTICAL IS NOT LEVEL

If the elliptical rocks slightly during use, see HOW TO MOVE AND LEVEL THE ELLIPTICAL on page 7.

### 2. SYMPTOM: THE CONSOLE DOES NOT DISPLAY THE DESIRED SYSTEM OF MEASUREMENT

The console can display data using the English system (miles and pounds) or the metric system (kilometers and kilograms). To change the system of measurement, see step 7 on page 19.

### 3. SYMPTOM: THE HEART RATE MONITOR DOES NOT FUNCTION PROPERLY

If the handgrip heart rate monitor does not function properly, see THE HEART RATE MONITOR on page 11.

### 4. SYMPTOM: THE PEDAL DISKS RUB AGAINST THE SHIELDS

If a pedal disc rubs against a shield, loosen the shield mounting screws and move the shield slightly until the pedal disc stops rubbing. Retighten the shield mounting screws.

### 5. SYMPTOM: THE PEDAL WHEELS SQUEAK

If the pedal wheels squeak, use a one-hundred percent cotton cloth to remove debris from the track and the wheels. If the pedal wheels continue to squeak, apply a light coat of silicone-based lubricant to the track.

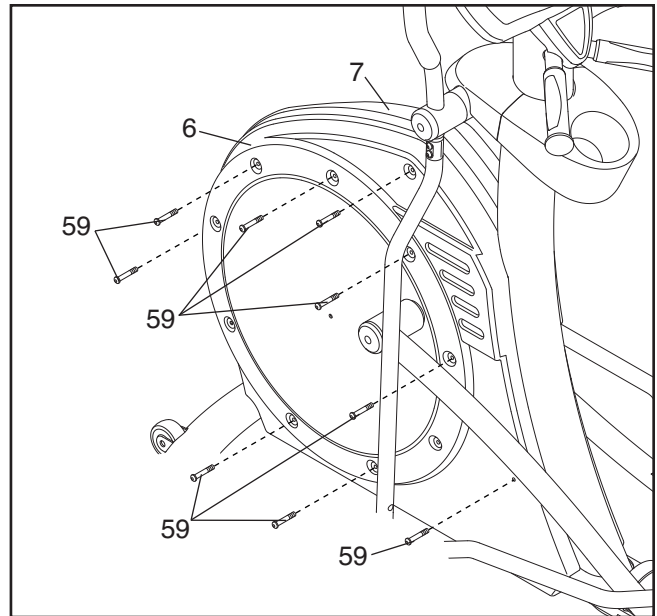
### 6. SYMPTOM: THE CONSOLE TURNS OFF AS SOON AS THE USER STOPS PEDALING

If the console turns off as soon as the user stops pedaling, the battery pack may not be fully charged. The longer the elliptical is used, the longer the battery pack will maintain a charge. If the symptom continues, contact Customer Care immediately (see the back cover of this manual).

## 7. SYMPTOM: THE PEDALS SLIP OR GIVE ON THE POWER STROKE OF EACH REVOLUTION

If the pedals slip on the power stroke, the drive belt is slipping. You will need to adjust the tension of the drive belt. Remove the nine 1/4" x 3/4" Button Head Screws (59) from the Left Shield (6), and pivot the Left Shield to the side.

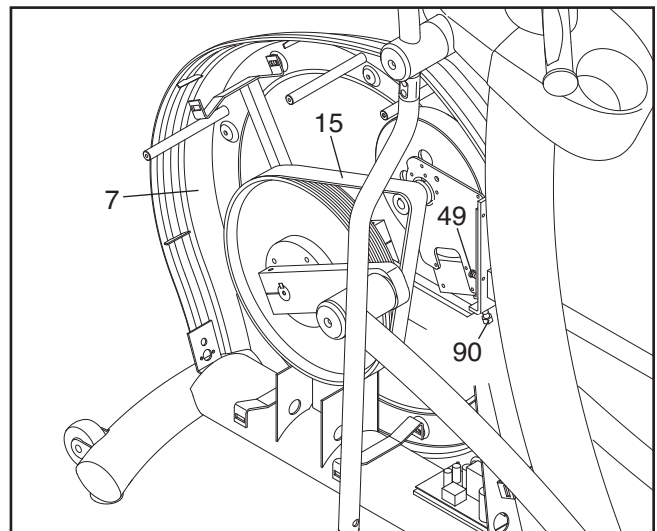
Remove the Right Shield (7) in the same way.



Note: For clarity, the left pedal disc is not shown. Rotate the pedal disc until the Drive Belt (15) is accessible.

Loosen the four 1/4" x 3/8" Cap Screws (49 [only one is shown]). Tighten the Tension Bolt (90) 1/4 turn until the Drive Belt (15) stops slipping. Retighten the four 1/4" x 3/8" Cap Screws, and secure the Left Shield with the nine 1/4" x 3/4" Button Head Screws (59).

Secure the Right Shield (7) in the same way.



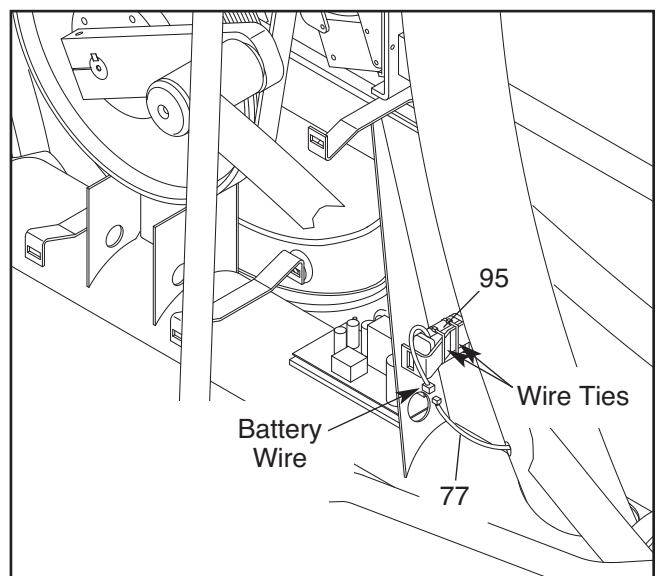
## HOW TO REPLACE THE BATTERY PACK

If you are replacing the Battery Pack (95), see the paragraph at the top of this page and pivot the left shield to the side.

Next, locate the Battery Pack (95). Disconnect the battery wire from the Lower Battery Wire (77). Cut the wire ties and discard the Battery Pack according to federal law.

Reverse this step to attach the new Battery Pack (95).

See the paragraph at the top of this page and reattach the left shield.



# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

|     |     |     |     |     |     |     |    |
|-----|-----|-----|-----|-----|-----|-----|----|
| 165 | 155 | 145 | 140 | 130 | 125 | 115 | ♥♥ |
| 145 | 138 | 130 | 125 | 118 | 110 | 103 | ♥  |
| 125 | 120 | 115 | 110 | 105 | 95  | 90  | ♥  |
| 20  | 30  | 40  | 50  | 60  | 70  | 80  |    |

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST

Model No. FMEL4255P-INT.0 R1011A

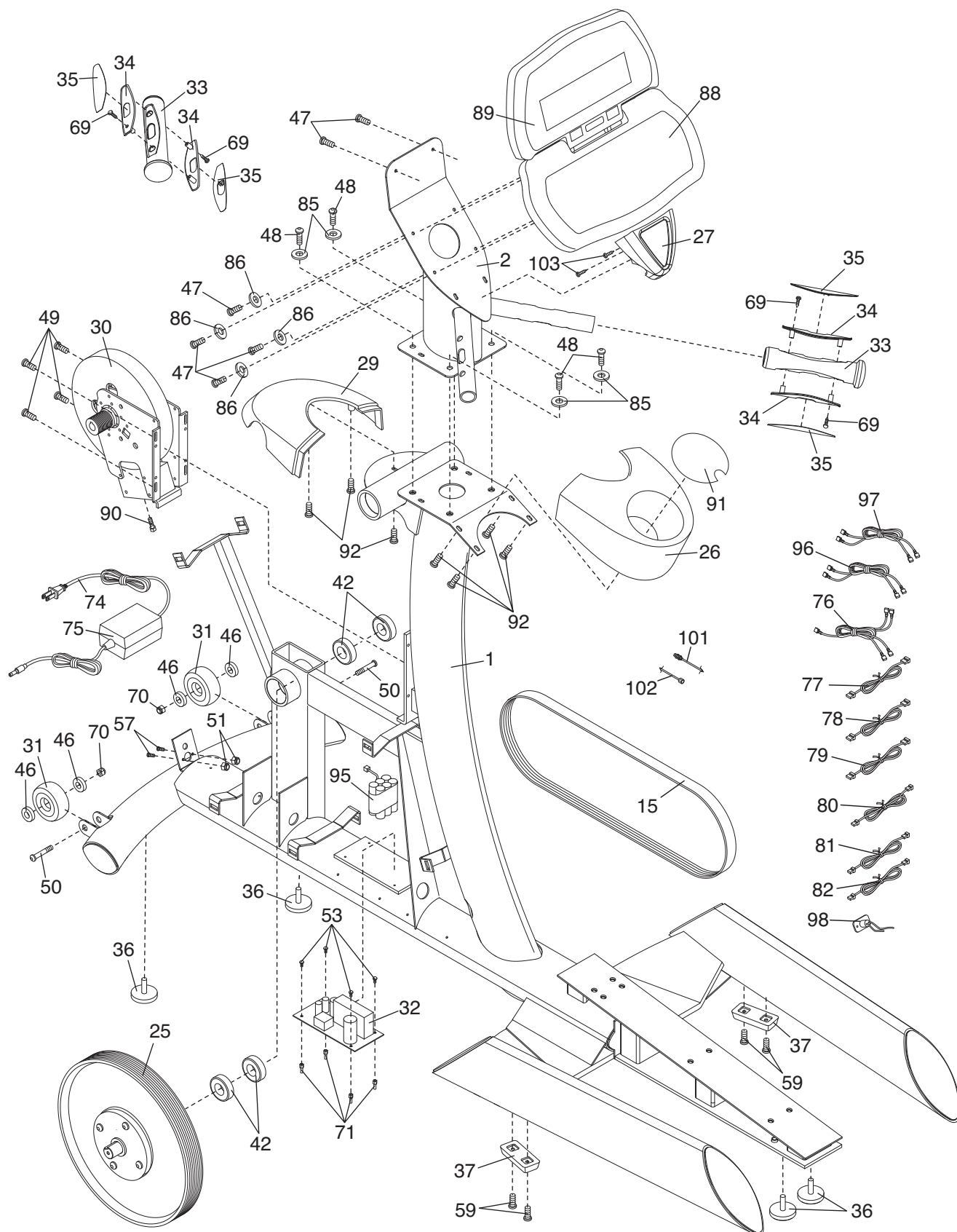
| Key No. | Qty. | Description        | Key No. | Qty. | Description                     |
|---------|------|--------------------|---------|------|---------------------------------|
| 1       | 1    | Frame              | 46      | 4    | Wheel Bearing                   |
| 2       | 1    | Upright            | 47      | 6    | #10 x 1" Console Screw          |
| 3       | 1    | Track Cover        | 48      | 4    | 3/8" x 1 1/4" Button Head Screw |
| 4       | 1    | Track              | 49      | 4    | 1/4" x 3/8" Cap Screw           |
| 5       | 2    | Pedal Disk         | 50      | 2    | 1/2" x 2" Button Head Screw     |
| 6       | 1    | Left Shield        | 51      | 2    | #4 Locknut                      |
| 7       | 1    | Right Shield       | 52      | 4    | #8 x 3/4" Screw                 |
| 8       | 1    | Step               | 53      | 4    | #8 x 1/4" Nylon Screw           |
| 9       | 2    | Track Cap          | 54      | 14   | #10 x 3/8" Pedal Screw          |
| 10      | 4    | 3/8" Nylon Jam Nut | 55      | 6    | 3/8" x 5/8" Shoulder Screw      |
| 11      | 1    | Right Pedal Arm    | 56      | 4    | 1/4" x 3/4" Axle Screw          |
| 12      | 1    | Left Pedal Arm     | 57      | 2    | #4 x 1/2" Screw                 |
| 13      | 1    | Right Pedal        | 58      | 4    | #10 x 3/4" Screw                |
| 14      | 1    | Left Pedal         | 59      | 32   | 1/4" x 3/4" Button Head Screw   |
| 15      | 1    | Drive Belt         | 60      | 2    | 5/16" Locknut                   |
| 16      | 1    | Handlebar Axle     | 61      | 2    | 5/16" x 3 1/2" Cap Screw        |
| 17      | 2    | Handlebar Arm      | 62      | 4    | 3/8" x 3/4" Cover Screw         |
| 18      | 2    | 3/8" Hex Nut       | 63      | 4    | 3/8" x 3" Screw                 |
| 19      | 1    | Left Handlebar     | 64      | 2    | Long Shield Spacer              |
| 20      | 1    | Right Handlebar    | 65      | 2    | Key                             |
| 21      | 1    | Right Pedal Cover  | 66      | 4    | Axle Washer                     |
| 22      | 1    | Left Pedal Cover   | 67      | 14   | #10 Washer                      |
| 23      | 2    | Handlebar Foam     | 68      | 2    | 1/4" Pedal Washer               |
| 24      | 2    | Handlebar Spacer   | 69      | 4    | #6 x 1" Screw                   |
| 25      | 1    | Pulley             | 70      | 2    | 1/2" Locknut                    |
| 26      | 1    | Accessory Tray     | 71      | 4    | Standoff                        |
| 27      | 1    | Upright Cap        | 72      | 2    | 3/8" Locknut                    |
| 28      | 2    | Set Screw          | 73      | 1    | Short Shield Spacer             |
| 29      | 1    | Upright Cover      | 74      | 1    | Power Cord (TV Console Only)    |
| 30      | 1    | Generator          | 75      | 1    | Power Supply (TV Console Only)  |
| 31      | 2    | Wheel              | 76      | 1    | Pulse Jumper Wire               |
| 32      | 1    | Control Board      | 77      | 1    | Lower Battery Wire              |
| 33      | 2    | Pulse Grip         | 78      | 1    | Upper Battery Wire              |
| 34      | 4    | Grip Insert        | 79      | 1    | Upper Controller Wire           |
| 35      | 4    | Contact            | 80      | 1    | Lower Controller Wire           |
| 36      | 4    | Leveling Foot      | 81      | 1    | Generator Coil Wire             |
| 37      | 2    | Foot               | 82      | 1    | Electromagnet Wire              |
| 38      | 2    | Pedal Wheel        | 83      | 2    | Crank Arm                       |
| 39      | 2    | Handlebar Cap      | 84      | 4    | 1/4" Flat Washer                |
| 40      | 2    | Handlebar Ring     | 85      | 4    | 3/8" Star Washer                |
| 41      | 4    | Axle Cap           | 86      | 4    | #10 Star Washer                 |
| 42      | 14   | Bearing            | 87      | 2    | 3/8" x 2 3/4" Shoulder Bolt     |
| 43      | 4    | Handlebar Bushing  | 88      | 1    | Control Console                 |
| 44      | 2    | Spacer             | 89      | 1    | Display Console                 |
| 45      | 4    | Snap Ring          | 90      | 1    | Tension Bolt                    |

| Key No. | Qty. | Description                 | Key No. | Qty. | Description                   |
|---------|------|-----------------------------|---------|------|-------------------------------|
| 91      | 1    | Accessory Tray Foam         | 100     | 2    | Nylon Washer                  |
| 92      | 7    | #8 x 1/2" Button Head Screw | 101     | 1    | Upper CATV Cable              |
| 93      | 4    | Wheel Spacer                | 102     | 1    | Lower CATV Cable              |
| 94      | 4    | Wave Washer                 | 103     | 2    | #8 x 3/8" Screw               |
| 95      | 1    | Battery Pack                | *       | —    | #10 x 1/2" Console Back Screw |
| 96      | 1    | Lower Power Wire            | *       | —    | Bookrack                      |
| 97      | 1    | Upper Power Wire            | *       | —    | Shield Trim                   |
| 98      | 1    | Power Input Wire            | *       | —    | User's Manual                 |
| 99      | 4    | Pedal Bushing               | *       | —    | Assembly Tool                 |

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

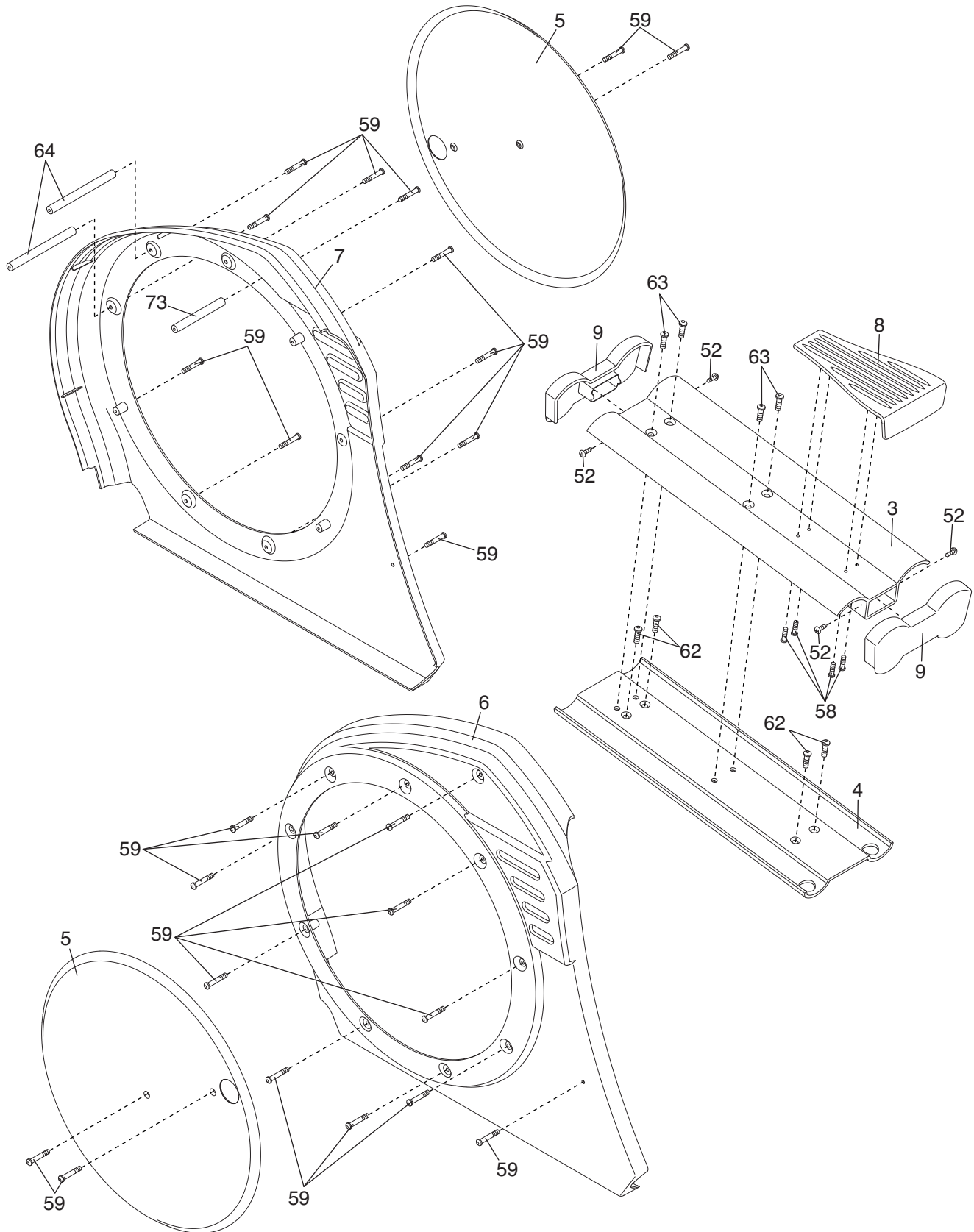
# EXPLODED DRAWING A

Model No. FMEL4255P-INT.0 R1011A



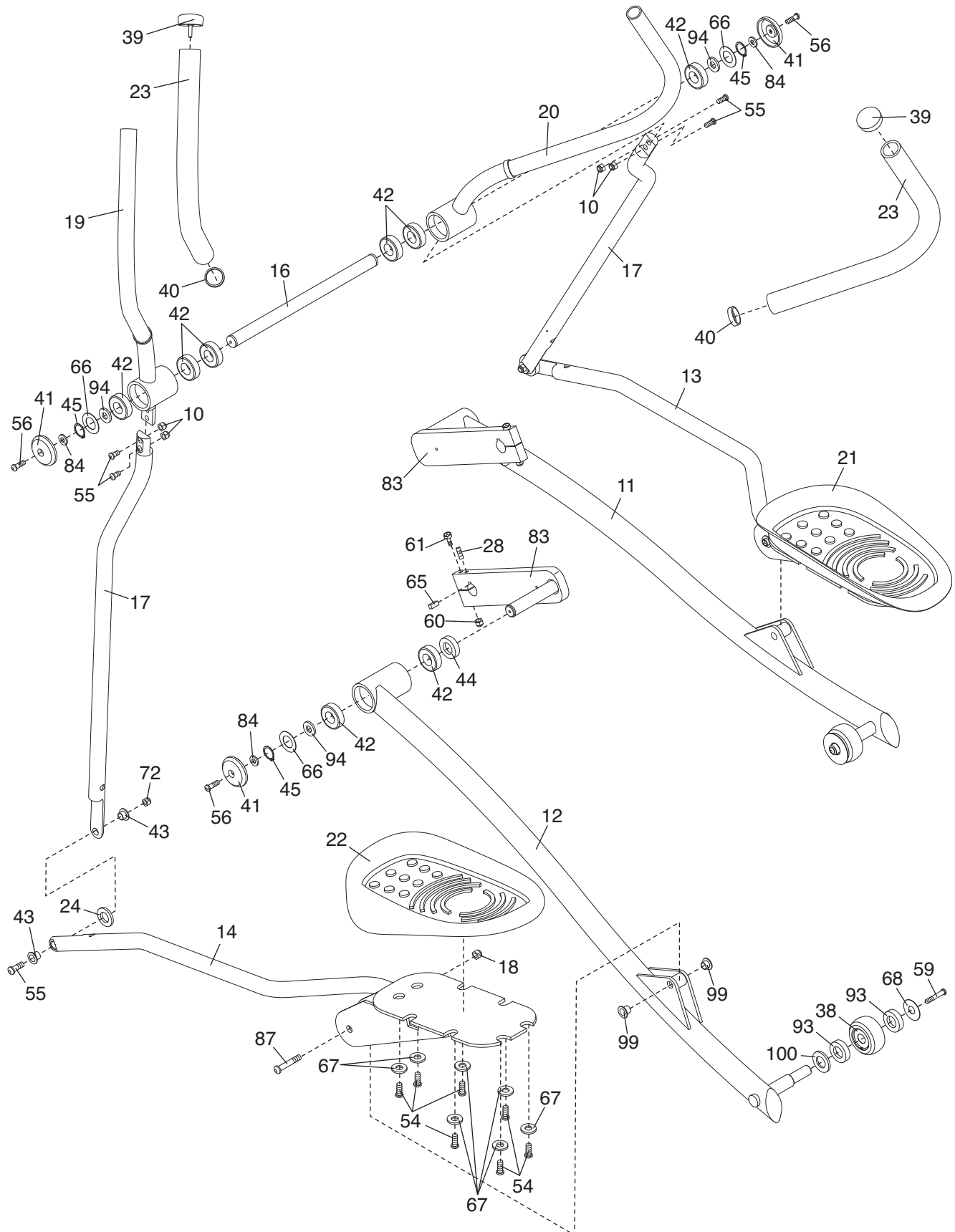
# EXPLODED DRAWING B

Model No. FMEL4255P-INT.0 R1011A



# EXPLODED DRAWING C

Model No. FMEL4255P-INT.0 R1011A



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## HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

### In the United States and Canada

Call: 1-800-201-2109, Mon.–Fri. 8 a.m.–5 p.m. MT

Write:

FreeMotion Fitness  
1500 South 1000 West  
Logan, UT 84321-9813  
United States

### Outside the United States and Canada

Call: 001-435-786-3521

Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)

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## RECYCLING INFORMATION

**This electronic product must not be disposed of in municipal waste. To preserve the environment, this product must be recycled after its useful life as required by law.**

Please use recycling facilities that are authorized to collect this type of waste in your area. In doing so, you will help to conserve natural resources and improve European standards of environmental protection. If you require more information about safe and correct disposal methods, please contact your local city office or the establishment where you purchased this product.

