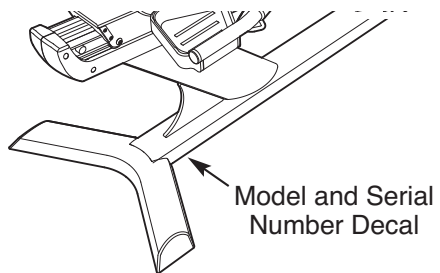


FREEMOTION[®] *recumbent bike*

Model No. _____

Serial No. _____

The model number and serial number are found in the location shown below. Write the model number and serial number in the space above.



QUESTIONS?

If you have questions, or if parts are damaged or missing, 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

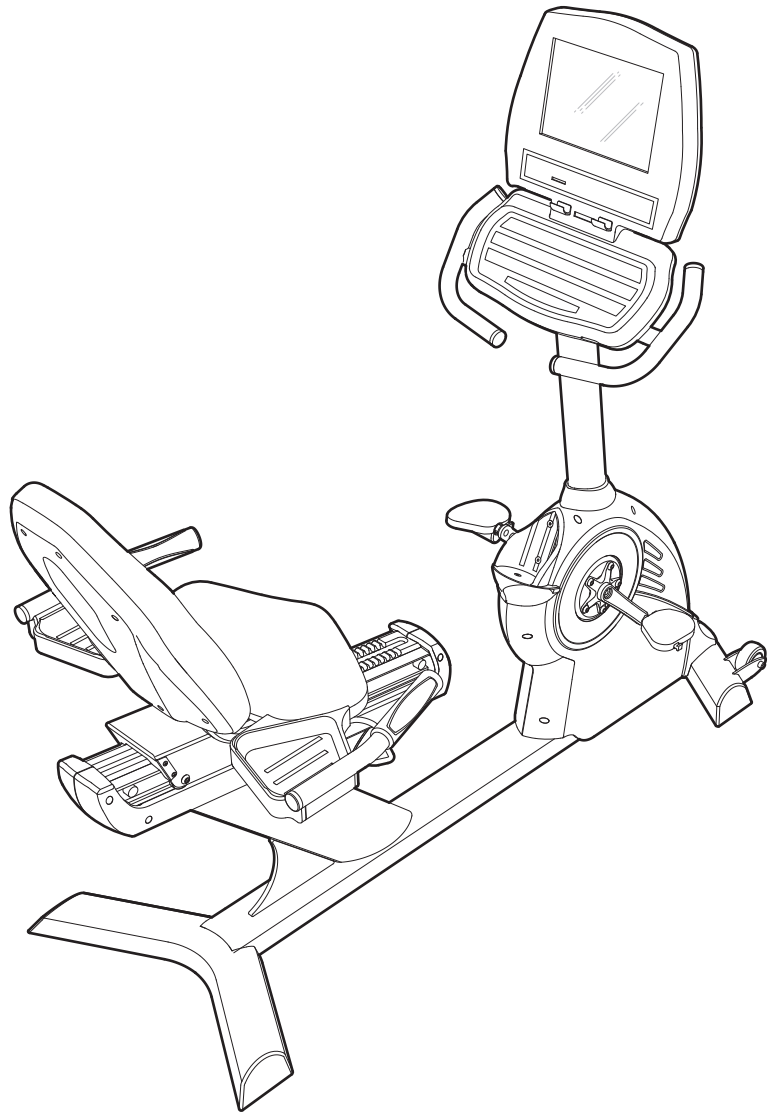
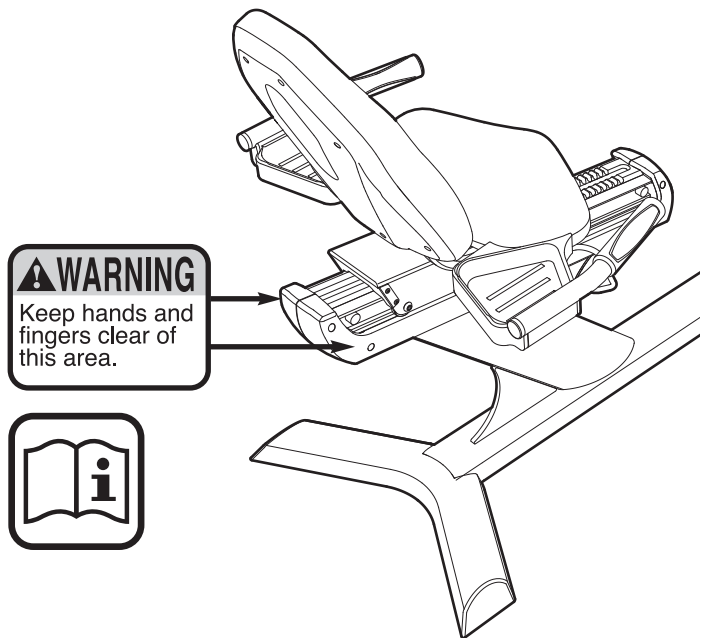


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WARNING DECAL PLACEMENT

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 exercise cycle before using your exercise cycle. 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. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Keep the exercise cycle indoors, away from moisture and dust. Do not place the exercise cycle in a garage or covered patio or near water.
4. Place the exercise cycle on a level surface. To protect the floor or carpet from damage, place a mat beneath the exercise cycle. Make sure that there is at least 2 ft. (0.6 m) of clearance around your exercise cycle.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 350 lbs. (159 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection.
9. Keep your back straight while using your exercise cycle; do not arch your back.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. When you stop exercising, allow the pedals to slowly come to a stop.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. Use your exercise cycle only as described in this manual.
14. 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.

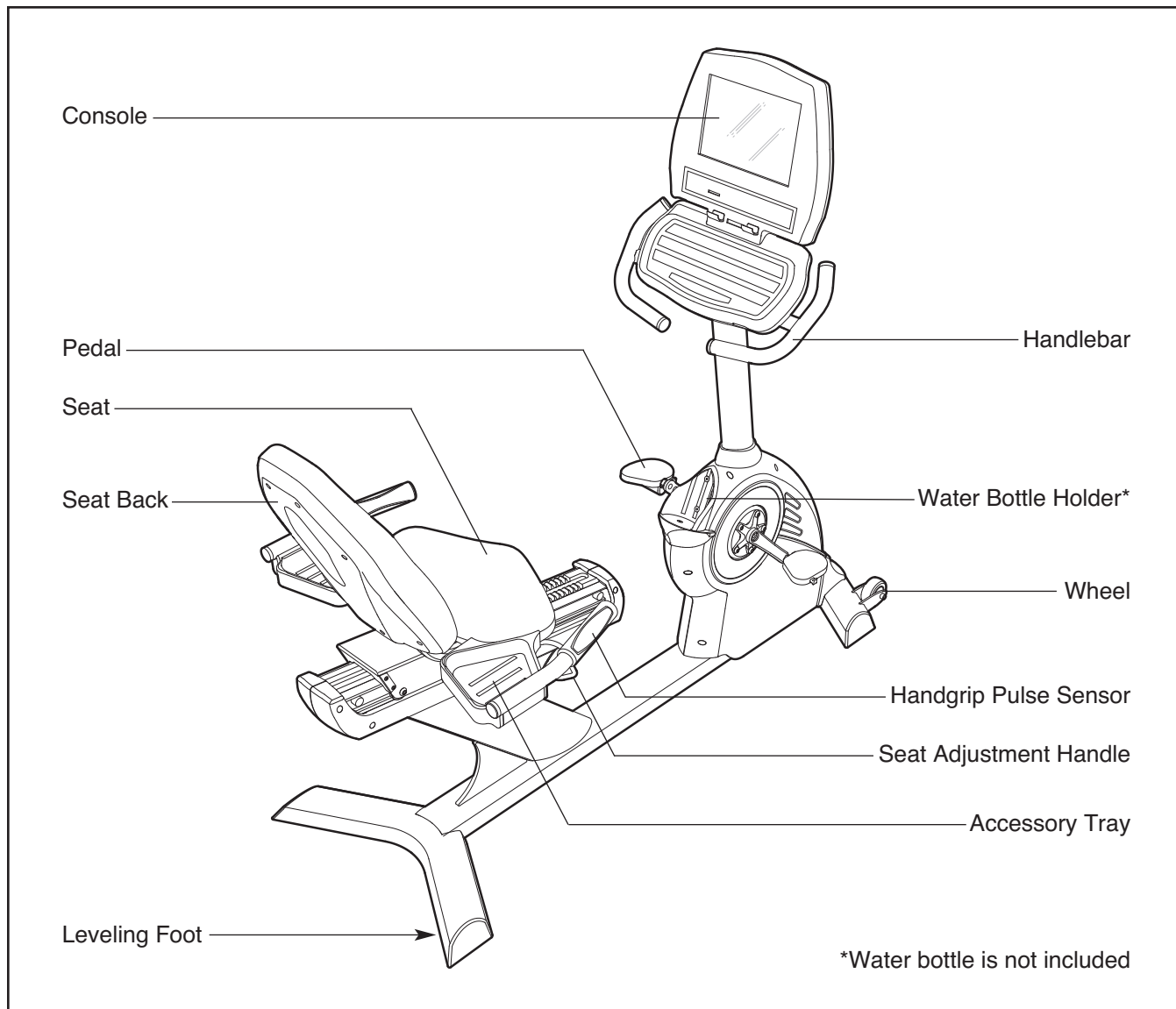
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® RECUMBENT BIKE exercise cycle. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The RECUMBENT BIKE exercise cycle provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.


For your benefit, read this manual carefully before you use the exercise cycle. 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.

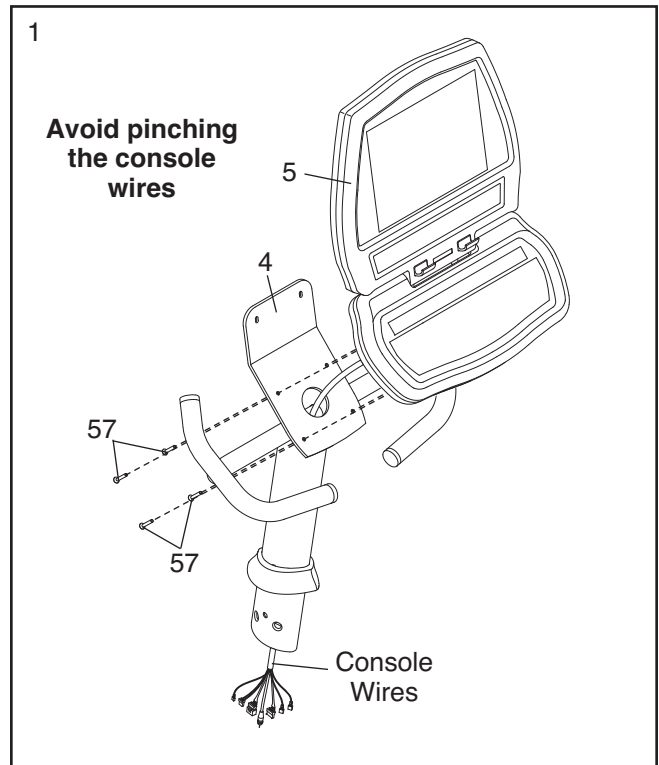


ASSEMBLY

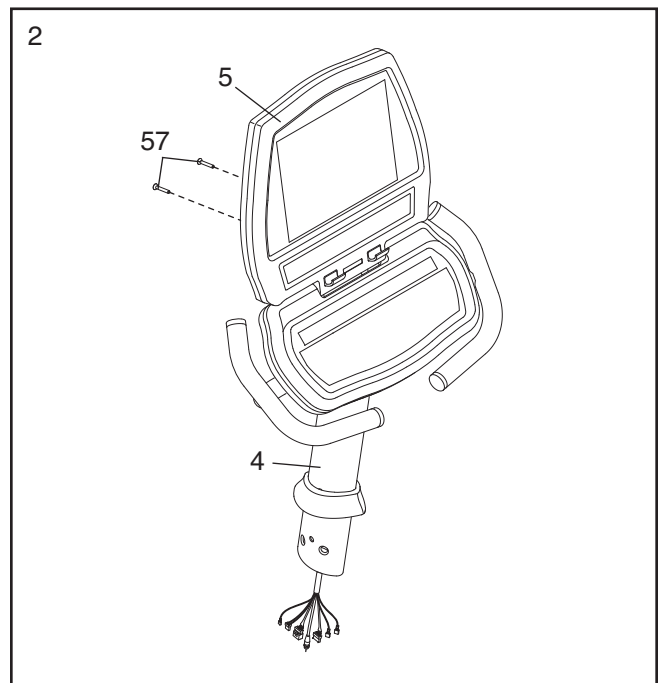
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included tool(s) and a Phillips screwdriver** .

1. While a second person holds the Console (5) near the Upright (4), insert the console wires downward through the Upright.

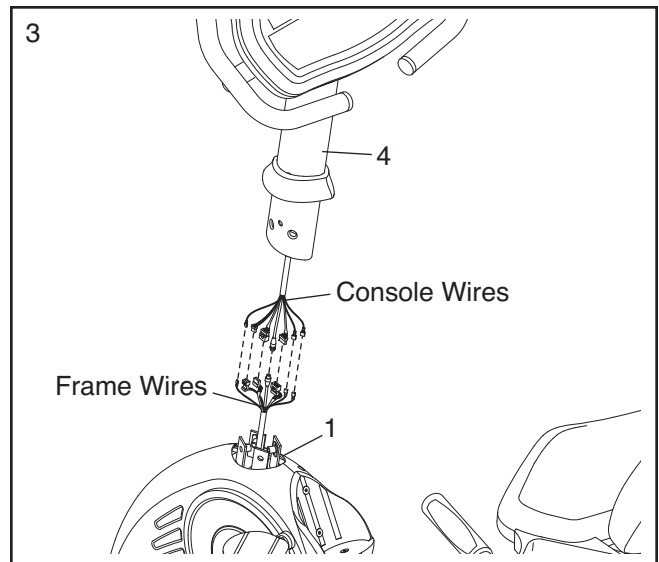
Tip: Avoid pinching the console wires. Attach the bottom of the Console (5) to the Upright (4) with four Console Mating Screws (57).



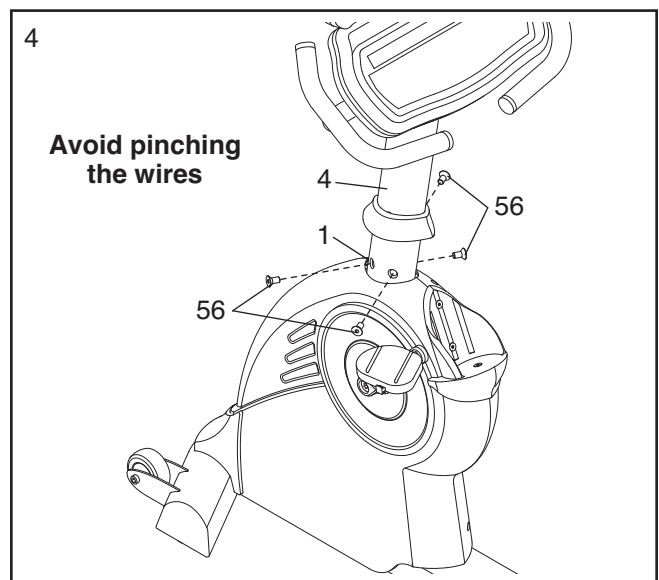
2. Attach the back of the Console (5) to the Upright (4) with two Console Mating Screws (57).



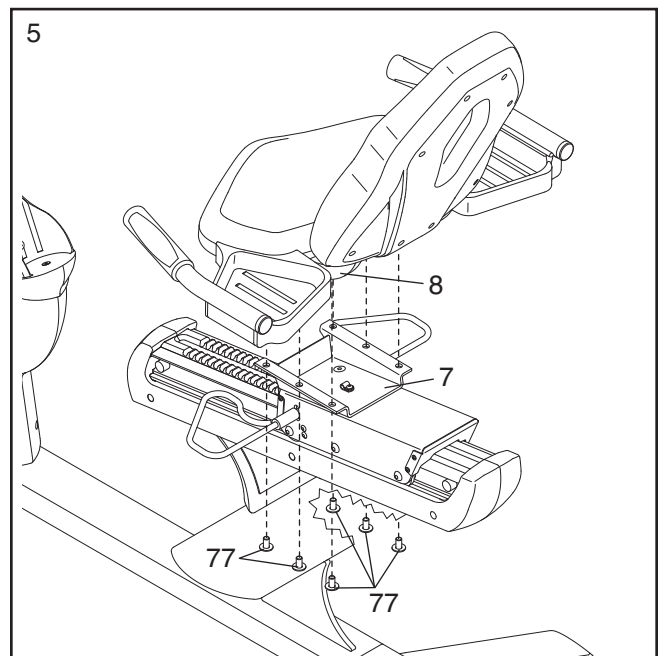
3. While a second person holds the Upright (4) near the Frame (1), connect the console wires to the matching connectors on the frame wires.



4. **Tip: Avoid pinching the wires.** Attach the Upright (4) to the Frame (1) with four Upright Screws (56). **Tip: Tighten one Upright Screw, then tighten the screw opposite the one tightened. Tighten all four Screws in this way.**



5. Attach the Seat Frame (8) to the Seat Carriage (7) with six Seat Assembly Screws (77).



HOW TO SET UP THE EXERCISE CYCLE

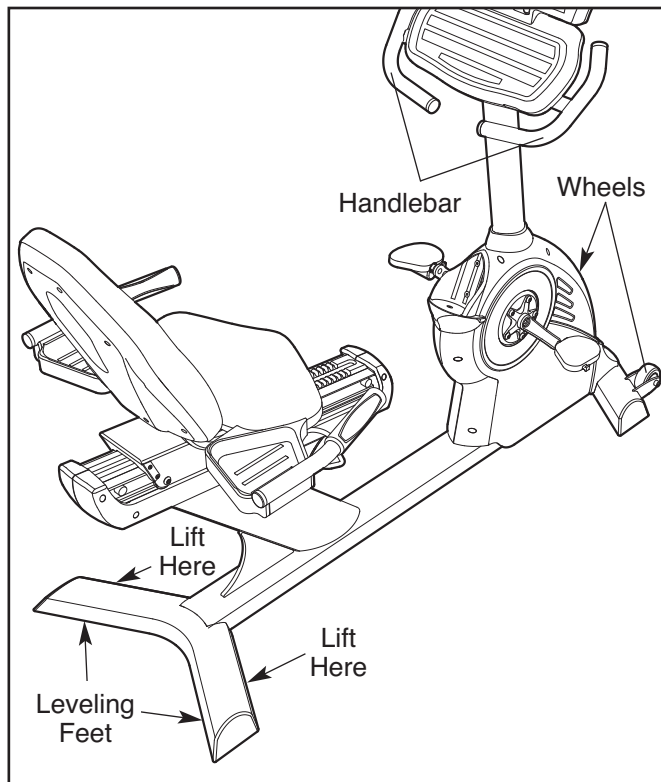
HOW TO MOVE AND LEVEL THE EXERCISE CYCLE

Before moving the recumbent exercise cycle, make sure that the power cord is unplugged.

Note: If a CATV cable is connected to the exercise cycle, it may be necessary to disconnect the cable if the exercise cycle will be moved far.

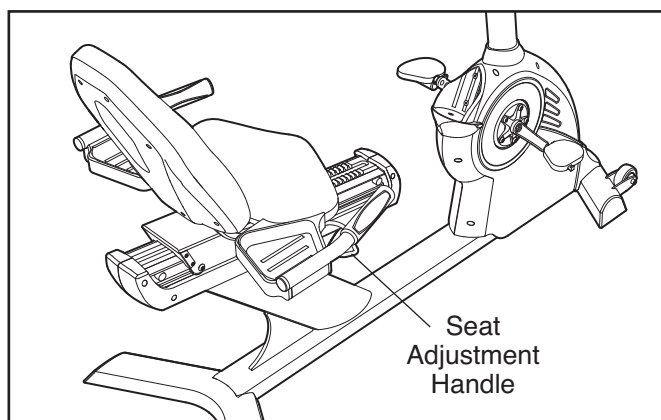
Due to the size and weight of the exercise cycle, moving it requires two persons. While one person lifts the indicated end, firmly hold the handlebar and tip the exercise cycle forward until it rolls on the front wheels. Carefully move the exercise cycle to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the exercise cycle. Do not attempt to move the exercise cycle over uneven surfaces.**

If the exercise cycle rocks slightly during use, turn the leveling feet under the front and rear of the frame until the rocking motion is eliminated.



HOW TO ADJUST THE SEAT

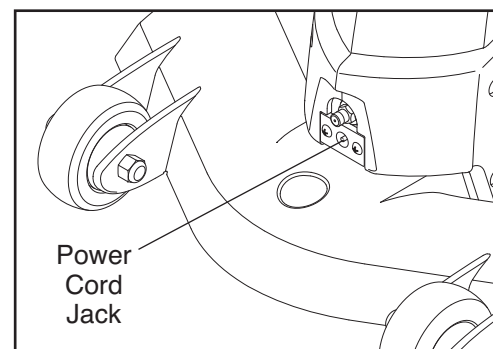
To adjust the seat, lift a seat adjustment handle, slide the seat forward or backward to the desired position, and then release the seat adjustment handle.



HOW TO CONNECT THE POWER CORD

If the exercise cycle has a Basic console, it can be used with or without the included power cord. If the exercise cycle has a Workout TV console, the power cord must be used for the TV to be operated.

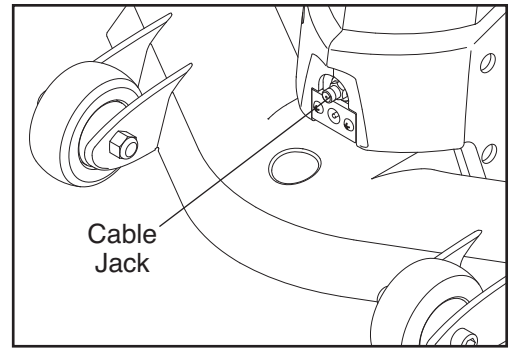
To use the power cord, first plug one end of the power cord into the jack on the front of the exercise cycle. Plug the other end of the power cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO CONNECT A CATV CABLE

If your exercise cycle has a Workout TV console, a CATV cable must be connected to the exercise cycle for cable TV stations to be viewed. Locate the cable jack on the front of the exercise cycle. Connect the CATV cable to the cable jack.

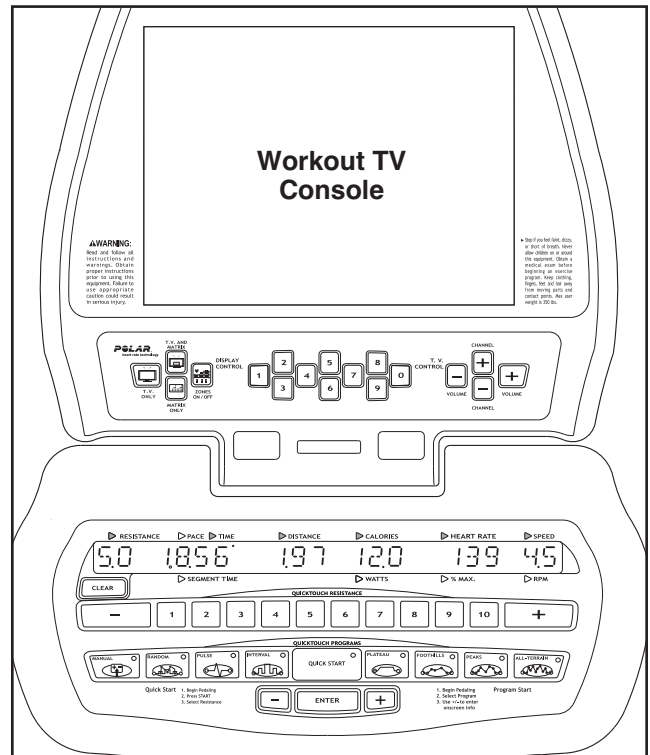
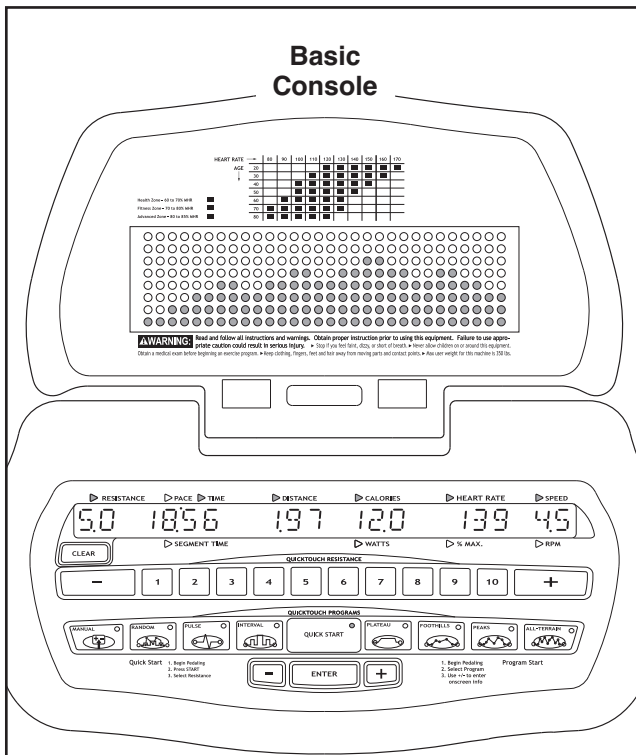
A satellite receiver, VCR, or DVD player can also be connected to the exercise cycle. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack. Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to operate with the exercise cycle. RF modulators and external CATV cables are not available from FreeMotion Fitness, but are available at electronics stores. See the owner's manual included with the equipment you wish to connect to see whether an RF modulator is needed.



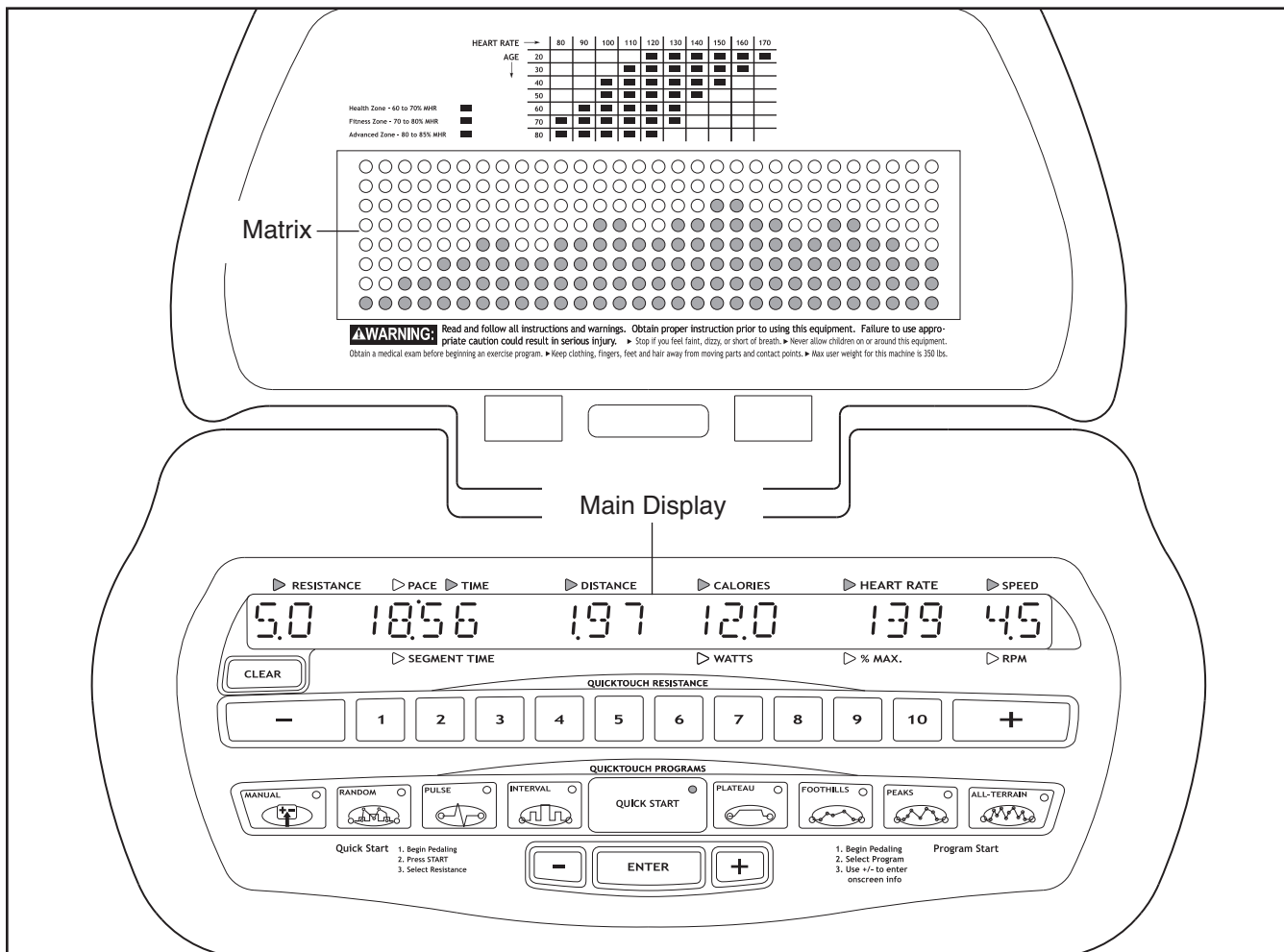
HOW TO UPGRADE THE CONSOLE

Your exercise cycle has been pre-configured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 9. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

To upgrade your console and expand the capabilities of your exercise cycle whenever you choose, see the back cover of this manual.



HOW TO USE THE BASIC CONSOLE



FEATURES OF THE CONSOLE

The Basic console offers an impressive array of features designed to help you get the greatest benefits from your exercise on the exercise cycle. 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 built-in pulse sensor.

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 chest pulse sensor (not included).

Before using the exercise cycle, please read OVERVIEW OF THE CONSOLE on pages 10 to 12. To use the QUICK START mode, see page 13. To use the MANUAL program, see page 13. To use the RANDOM program, see page 15. To use a PULSE program, see page 16. To use the INTERVAL program, see page 17. To use the PLATEAU program, see page 18. To use the FOOTHILLS, PEAKS, or ALL-TERRAIN program, see page 19. To use the maintenance mode, see page 20.

OVERVIEW OF THE CONSOLE

For your benefit, please read all of the instructions on pages 10 to 12 before you use the exercise cycle.

HOW TO ACTIVATE THE CONSOLE

If the exercise cycle has a **Basic console**, it can be used with or without a power cord. To purchase and use a power cord, see HOW TO CONNECT THE POWER CORD on page 7. To use the exercise cycle 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 exercise cycle.

If the exercise cycle has a **Workout TV console**, the power cord must be used for the TV to be operated. See HOW TO CONNECT THE POWER CORD on page 7. When the power cord is plugged in, 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.

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 automatically turn off.

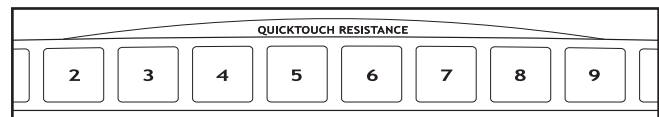
If the power cord is being used, and if the pedals are not moved for a short period of time, the words “PLEASE SELECT A PROGRAM TO BEGIN” will scroll across the main display. Unplug the power cord when the exercise cycle is not in use.

THE BUTTONS

The CLEAR button—This button is used 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.



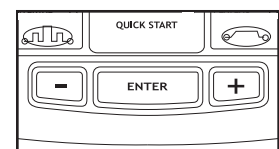
The QUICKTOUCH RESISTANCE buttons—These buttons control the resistance of the pedals. There are twenty resistance settings, from 0.5 to 10. Each time the + or – button is pressed, the resistance setting will change by 0.5. When one of the buttons numbered 1 to 10 is pressed, the corresponding resistance 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—These buttons are used to enter information into the console.



THE MAIN DISPLAY

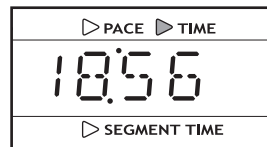
The main display will show a variety of text messages to guide you through your workouts. In addition, the main display will show the following information while you exercise:

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.



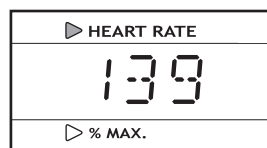
Distance—This section of the main display will show the distance that you have pedaled, in miles or kilometers.



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 pulse sensor or a Polar®-compatible chest pulse sensor (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 16 for an explanation of your estimated maximum heart rate). The display will change from one number to the other every few seconds.



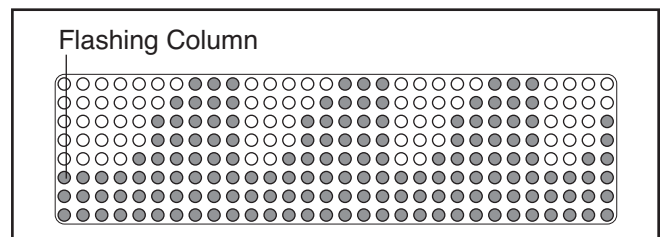
Speed/RPM—The right end of the main display will show your pedaling speed, in miles per hour or kilometers per hour, and your pedaling cadence, in revolutions per minute (RPM). The display will change from one number to the other every few seconds.



Note: The main display can display text messages in any of six languages (see step 6 on page 20). In addition, the main display can display data using either the English system or the metric system (see step 7 on page 20).

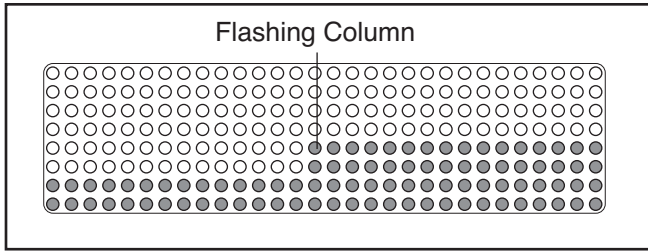
THE MATRIX

When the RANDOM, INTERVAL, PLATEAU, FOOT-HILLS, PEAKS, or ALL-TERRAIN program is selected, the matrix will display a profile of resistance settings. Each program is divided into 30-second segments, and each column of the matrix represents one 30-second 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.

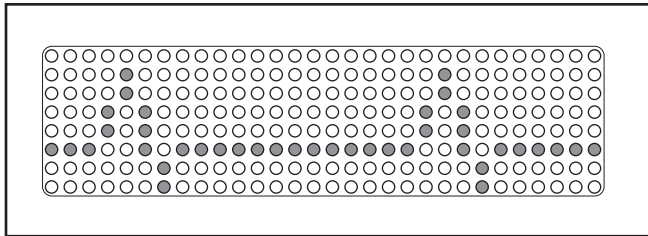


The lit indicators in each column represent the resistance setting for that segment of the program. One lit indicator represents a resistance setting of 0.5 or 1, two lit indicators represent a resistance setting of 1.5 or 2, three lit indicators represent a resistance setting of 2.5 or 3, and so forth.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

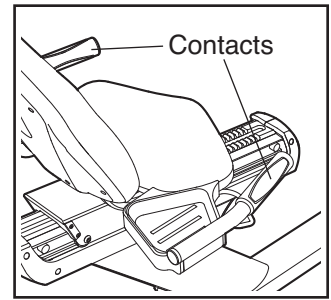


When a PULSE program is selected, the matrix will display a heartbeat graphic. Each time a heartbeat is detected, an additional peak will appear in the display.



THE PULSE SENSOR

If there are thin sheets of plastic on the metal contacts on the pulse sensor, peel off 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 con-



tacts. **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 10.

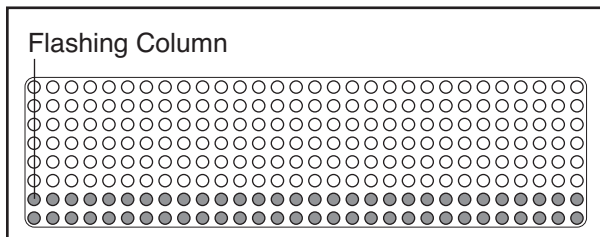
2. Select the QUICK START mode.

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 11.

5. Measure your heart rate if desired.

See THE PULSE SENSOR on page 12.

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

See HOW TO TURN OFF THE CONSOLE on page 10.

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 10.

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.

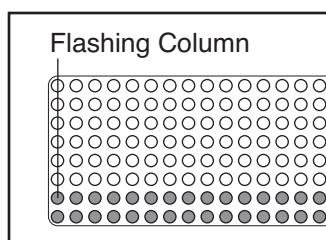
5. Enter a program time.

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 30-second



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 11.

8. Measure your heart rate if desired.

See THE PULSE SENSOR on page 12.

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

See HOW TO TURN OFF THE CONSOLE on page 10.

HOW TO USE THE RANDOM PROGRAM

The RANDOM program will automatically change the resistance of the pedals during your workout. Each time the program is selected, the resistance settings of the program will be different.

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

See HOW TO ACTIVATE THE CONSOLE on page 10.

2. Select the RANDOM program.

To select the RANDOM program, press the RANDOM button. The indicator on the button will light, and the word "RANDOM" will appear in the main display for a moment. Note: To select a different RANDOM program, simply press the RANDOM button again.

3. Enter your age.

See step 3 on page 14.

4. Enter your weight.

See step 4 on page 14.

5. Enter a program time.

See step 5 on page 14.

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.

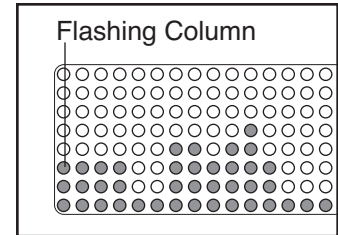
7. Begin exercising.

The program is divided into 30-second segments. One resistance setting is programmed for each segment. Note: The same resistance setting may be programmed for two or more consecutive segments.

During the program, the matrix will show your progress and the resistance settings of the program.

During the first 30-second 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 QUICK-TOUCH 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.

8. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

9. Measure your heart rate if desired.

See THE PULSE SENSOR on page 12.

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

See HOW TO TURN OFF THE CONSOLE on page 10.

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 chest pulse sensor (not included).

You must wear a chest pulse sensor to use a PULSE program. See the instructions included with the chest pulse sensor.

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

See HOW TO ACTIVATE THE CONSOLE on page 10.

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 14.

5. Enter your weight.

See step 4 on page 14.

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).

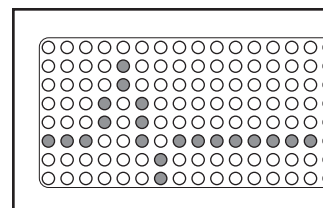
If you wish to change the maximum heart rate setting, press the + and – buttons beside the ENTER button. When the desired maximum heart rate setting is shown, press the ENTER button.

7. Enter a program time.

See step 5 on page 14.

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 30-second 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 QUICK-TOUCH 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 chest pulse sensor.

9. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

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

See HOW TO TURN OFF THE CONSOLE on page 10.

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 10.

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 14.

4. Enter your weight.

See step 4 on page 14.

5. Enter a program time.

See step 5 on page 14.

6. Enter a maximum resistance setting.

See step 6 on page 15.

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.

See step 7 on page 15.

9. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

10. Measure your heart rate if desired.

See THE PULSE SENSOR on page 12.

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

See HOW TO TURN OFF THE CONSOLE on page 10.

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 10.

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 14.

4. Enter your weight.

See step 4 on page 14.

5. Enter a maximum resistance setting.

See step 6 on page 15.

6. Enter a program time.

See step 5 on page 14.

7. Begin exercising.

See step 7 on page 15.

8. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

9. Measure your heart rate if desired.

See THE PULSE SENSOR on page 12.

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

See HOW TO TURN OFF THE CONSOLE on page 10.

HOW TO USE THE FOOTHILLS, PEAKS, AND ALL-TERRAIN PROGRAMS

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 10.

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 14.

4. Enter your weight.

See step 4 on page 14.

5. Enter a program time.

See step 5 on page 14.

6. Enter a maximum resistance setting.

See step 6 on page 15.

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 7 on page 15.

9. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

10. Measure your heart rate if desired.

See THE PULSE SENSOR on page 12.

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

See HOW TO TURN OFF THE CONSOLE on page 10.

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 10.

- 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 exercise cycle has been used.**

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

- 4. Press the ENTER button and view the total distance pedaled on the exercise cycle.**

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

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

MAINTENANCE AND TROUBLESHOOTING

If you have questions about maintenance or troubleshooting, see the back cover of this manual.

Regularly inspect and properly tighten all external parts of the exercise cycle. To clean the exercise cycle, apply a small amount of mild multi-purpose cleaner to a 100 percent cotton cloth and wipe the console, screens, and external surfaces. **Do not spray cleaner directly onto the exercise cycle or use ammonia or acid-based cleaners.**

LEVELING THE EXERCISE CYCLE

If the exercise cycle rocks slightly during use, see HOW TO MOVE AND LEVEL THE EXERCISE CYCLE on page 7.

SEAT ADJUSTMENT

To adjust the position of the seat, see HOW TO ADJUST THE SEAT on page 7.

SELECTING A SYSTEM OF MEASUREMENT

The console can display data using the standard system (miles and pounds) or the metric system (kilometers and kilograms). To change the system of measurement, see step 4 on page 20.

PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see THE PULSE SENSOR on page 12.

TV TROUBLESHOOTING

If the TV in the Workout TV console does not function properly, make sure that the included power cord is fully inserted (see HOW TO CONNECT THE POWER CORD on page 7). The power cord must be used for the TV to be operated.

If the TV picture is fuzzy, make sure that the correct connection setting is selected (see the user's manual included with the Workout TV console). In addition, make sure that the CATV cable is properly connected (see HOW TO CONNECT A CATV CABLE on page 8).

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 pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor 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	♥
<hr/>							
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.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

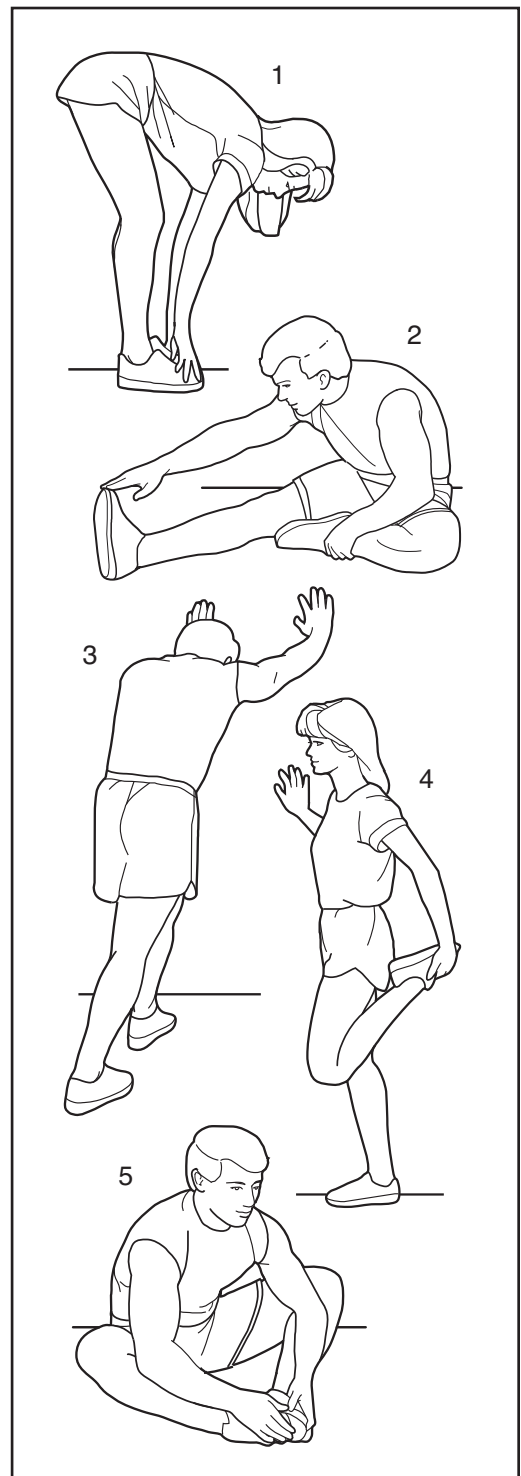
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

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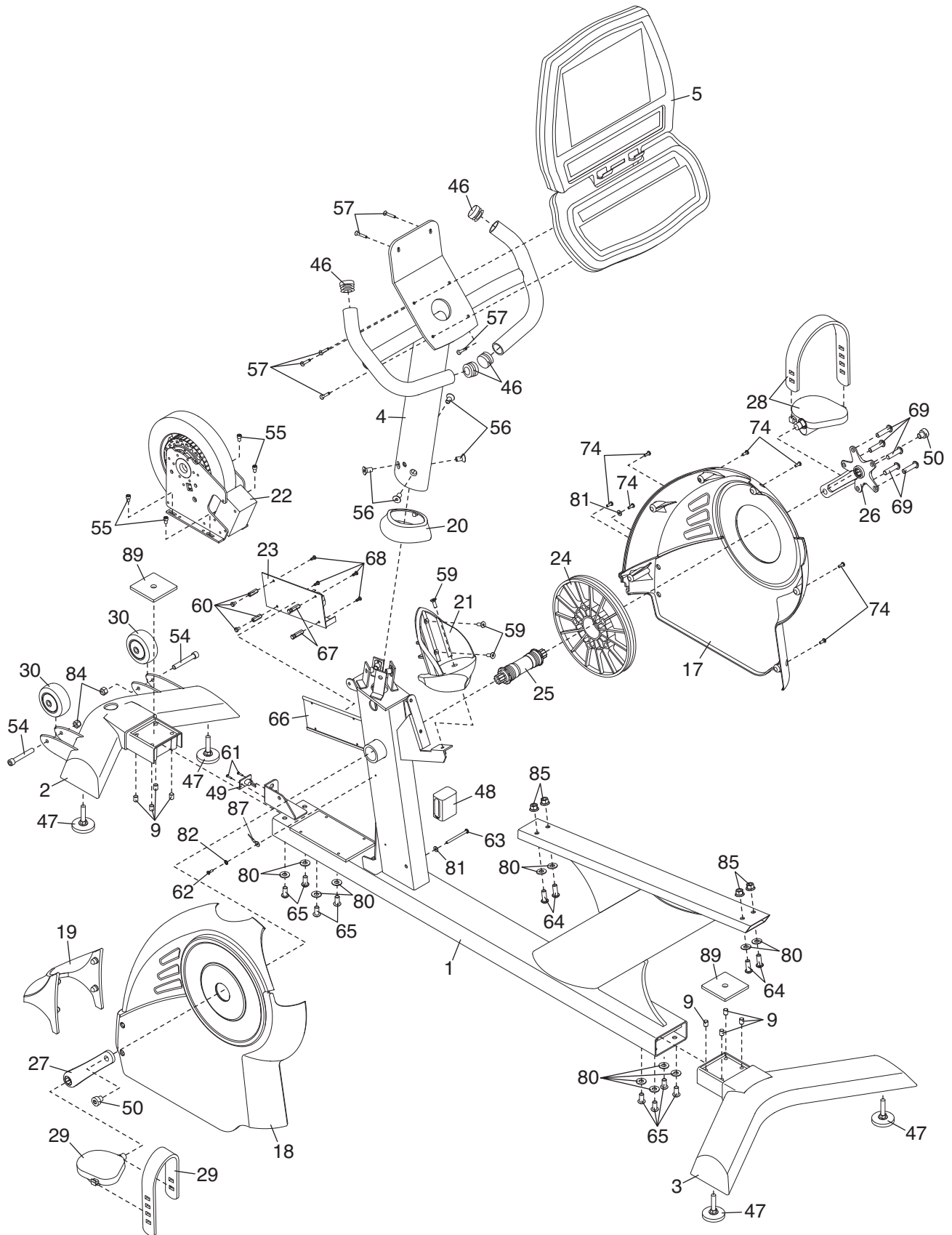
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	45	2	Spring
2	1	Front Stabilizer	46	6	Handlebar Cap
3	1	Rear Stabilizer	47	4	Leveling Foot
4	1	Upright	48	1	Battery
5	1	Console	49	1	8" Wire Harness/Jack
6	1	Seat Rail	50	2	Crank Screw
7	1	Seat Carriage	51	2	Cam Bumper
8	1	Seat Frame	52	6	Carriage Spacer
9	8	Stabilizer Set Screw	53	2	Roll Pin
10	1	Seat	54	2	Wheel Screw
11	1	Backrest Plate	55	4	Generator Screw
12	1	Backrest	56	4	Upright Screw
13	1	Right Accessory Tray	57	6	Console Mating Screw
14	1	Left Accessory Tray	58	4	Carriage Socket Screw
15	1	Right Rail Cover	59	3	Water Bottle Holder Screw
16	1	Left Rail Cover	60	2	Standoff
17	1	Right Shield	61	2	Plug Screw
18	1	Left Shield	62	1	Ground Screw
19	1	Shield Cover	63	1	#10 Screw
20	1	Upright Cover	64	4	Seat Rail Screw
21	1	Water Bottle Holder	65	8	Short Stabilizer Screw
22	1	Generator Assembly	66	1	Power Board Bracket
23	1	Control Board	67	2	Keyhole Standoff
24	1	Pulley	68	4	Power Board Screw
25	1	Axle	69	5	Crank Screw
26	1	Right Crank Arm	70	4	Pulse Grip Screw
27	1	Left Crank Arm	71	4	Seat Screw
28	1	Right Pedal	72	2	Tray Screw
29	1	Left Pedal	73	4	Seat Back Screw
30	2	Wheel	74	19	#10 Screw
31	1	Long Seat Handle	75	6	Rail Cover Screw
32	1	Short Seat Handle	76	8	Carriage Cap Screw
33	1	Seat Handle Connector	77	6	Seat Assembly Screw
34	1	Front Carriage Cap	78	6	Wheel Screw
35	1	Rear Carriage Cap	79	4	Carriage Stop Screw
36	2	Pulse Grip	80	12	3/8" Flat Washer
37	4	Grip Insert	81	4	#10 Flat Washer
38	4	Contact	82	1	Ground Washer
39	1	Power Supply	83	6	Carriage Wheel Nut
40	1	8" Wire Harness	84	2	Wheel Nut
41	6	Seat Roller	85	4	Flange Nut
42	2	Seat Cam	86	3	Set Screw
43	4	Carriage Stop	87	1	Ground Wire, LCB
44	2	Spring Base	88	1	Power Cord

Key No.	Qty.	Description	Key No.	Qty.	Description
89	2	Stabilizer Plate	*	–	Pulse Coil Wire
*	–	User's Manual	*	–	Pulse Seat Wire
*	–	ECA Audio Jack Assembly	*	–	Upper Ground Wire
*	–	Upper TV Cable	*	–	Upper Controller Wire
*	–	Upper Battery Harness	*	–	Upper DC Harness
*	–	Pulse Upper Wire	*	–	Electromagnet Wire
*	–	Pulse Middle Wire	*	–	Generator Coil Wire
*	–	Pulse Wire Harness			

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

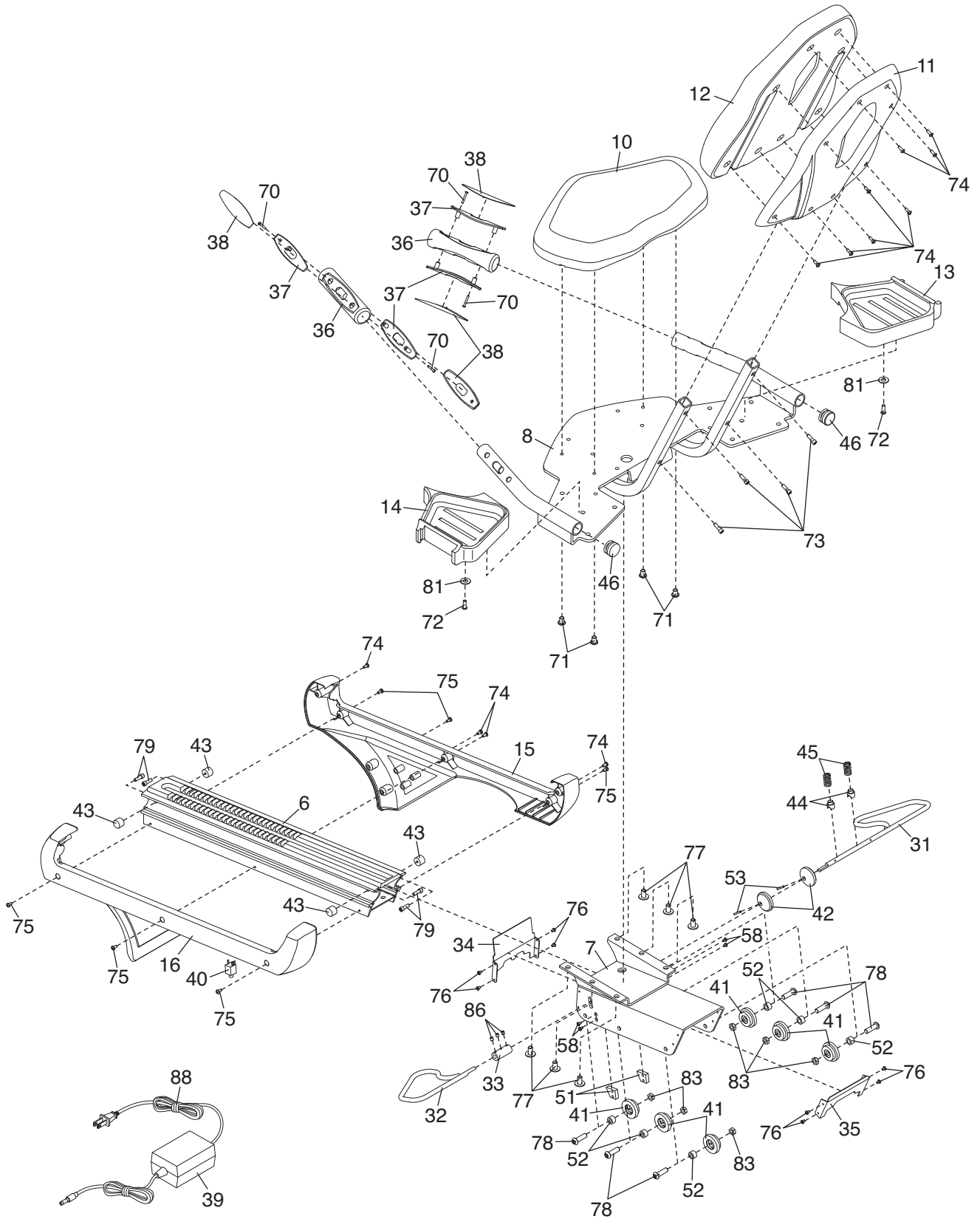
EXPLODED DRAWING A

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EXPLODED DRAWING B

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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 number or address 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).**

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

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813