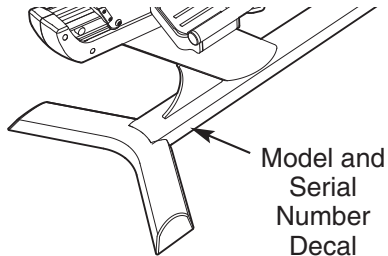


# FREEMOTION<sup>®</sup> *recumbent bike*

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.

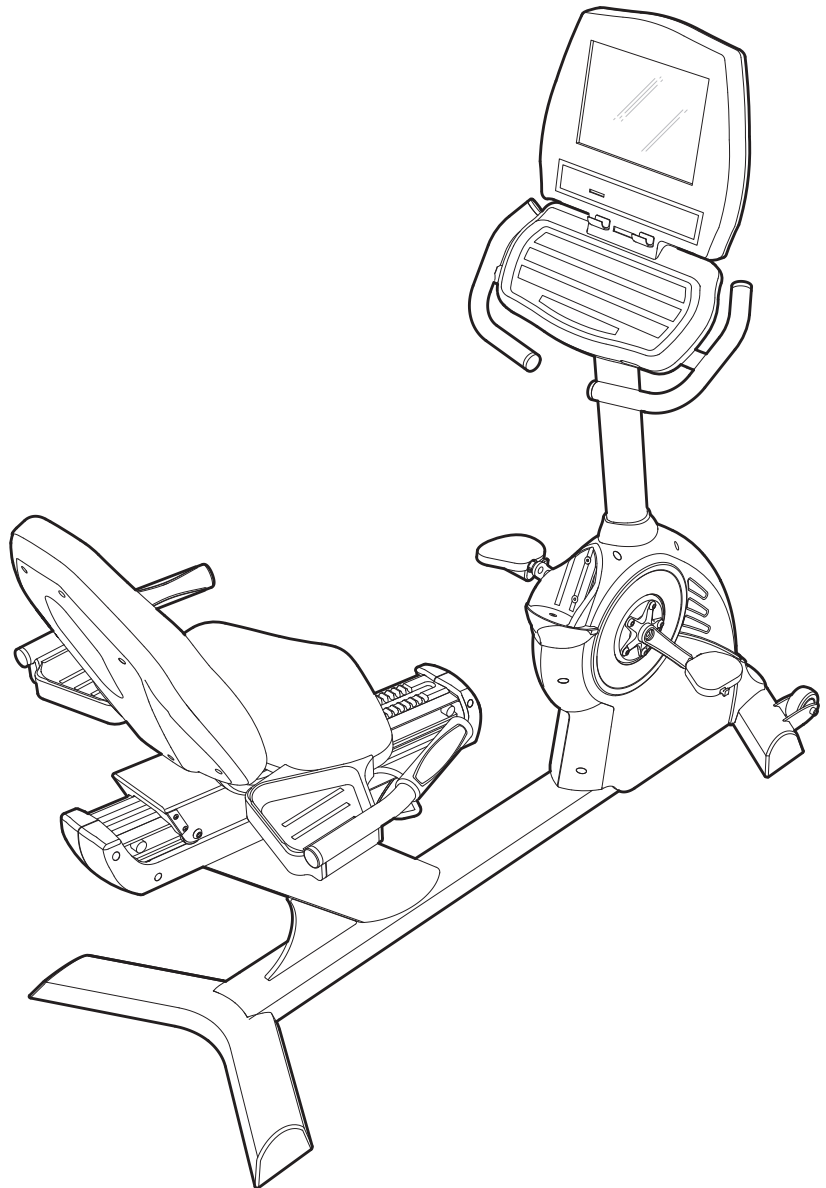


## QUESTIONS?

At FreeMotion Fitness, we're committed to providing complete customer satisfaction. If you have questions, see **HOW TO CONTACT CUSTOMER CARE** on page 2.

## 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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## HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if you require assistance, please contact Customer Care at the address and phone number listed below. Please be prepared to provide the following information:

- the MODEL NUMBER OF THE PRODUCT (see the front cover of this manual for the location)
- the NAME OF THE PRODUCT (FREEMOTION® recumbent bike)
- the SERIAL NUMBER OF THE PRODUCT (see the front cover of this manual for the location)

When ordering replacement parts, please also give the KEY NUMBER and DESCRIPTION OF THE PART(S) (see the PART LIST and the EXPLODED DRAWING on pages 27 to 29).

Customer Care: 1-800-201-2109, Monday–Friday, 8 a.m.–5 p.m. Mountain Time  
FreeMotion Fitness, Inc. • 1096 Elkton Drive, Suite 600 • Colorado Springs, CO 80907

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions and information before operating the recumbent bike.

1. It is the responsibility of the owner to ensure that all users of the recumbent bike are adequately informed of all warnings and precautions.
2. Operate the recumbent bike only as described in this manual.
3. Do not operate the recumbent bike until it is properly assembled (see HOW TO ASSEMBLE THE RECUMBENT BIKE on page 5).
4. Keep the recumbent bike indoors, away from moisture and dust. Do not place the recumbent bike in a garage or covered patio, or near water.
5. Place the recumbent bike on a level surface. To protect the floor or carpet from damage, place a mat beneath the recumbent bike.
6. Regularly inspect and tighten all parts of the recumbent bike.
7. Keep children under the age of 12 and pets away from the recumbent bike at all times.
8. The recumbent bike should not be used by persons weighing more than 159 kg (350 lbs.).
9. Always wear appropriate exercise clothes and athletic shoes when operating the recumbent bike. Do not wear loose clothes that could become caught on the recumbent bike.
10. 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.
11. Keep your back straight when using the recumbent bike; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. 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.
14. The warning decal shown on page 4 has been placed on the recumbent bike. If the decal is missing or illegible, please see HOW TO CONTACT CUSTOMER CARE on page 2 and order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

**SAVE THESE INSTRUCTIONS**

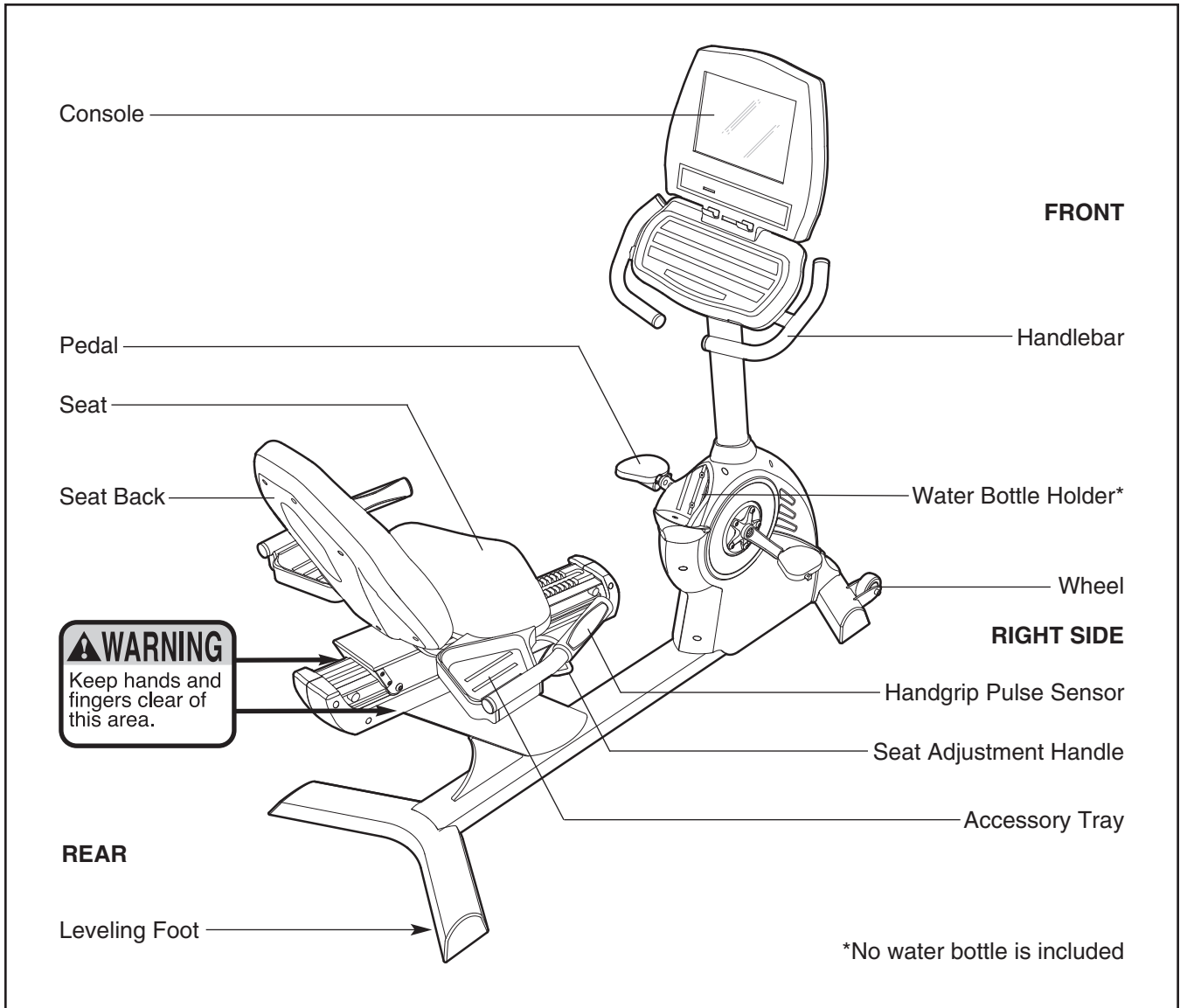
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary FREEMOTION® recumbent bike. The recumbent bike offers an impressive array of features to make your workouts more effective and enjoyable.

**For your benefit, read this manual carefully before using the FREEMOTION recumbent bike.** If you have questions after reading this manual, see HOW TO CONTACT CUSTOMER CARE on page 2. To help us

assist you, please note your product model number and serial number before contacting us. The model number and serial number can be found on a decal attached to the recumbent bike (see the front cover of this manual for the location of the decal).

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

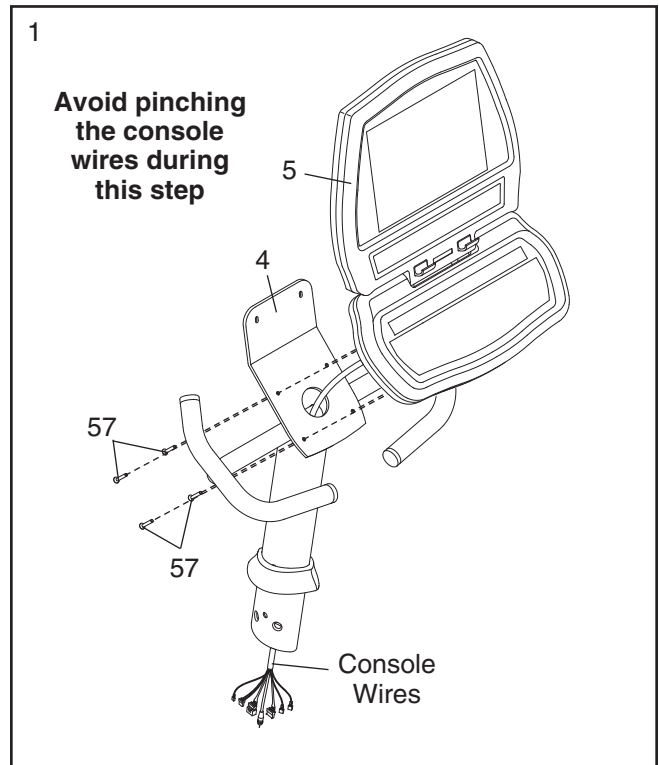


# HOW TO ASSEMBLE THE RECUMBENT BIKE

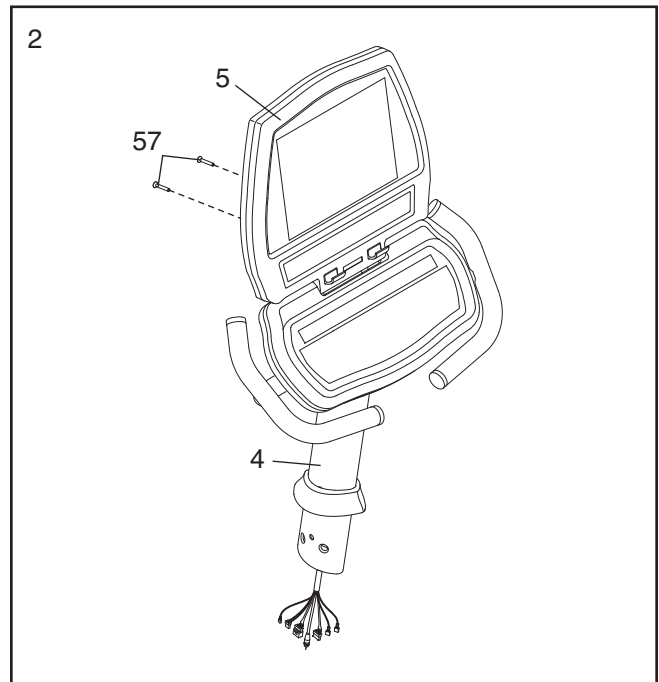
**Assembly requires two persons.** Set the recumbent bike in a cleared area and remove all packing materials. Do not dispose of the packing materials until assembly is completed.

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

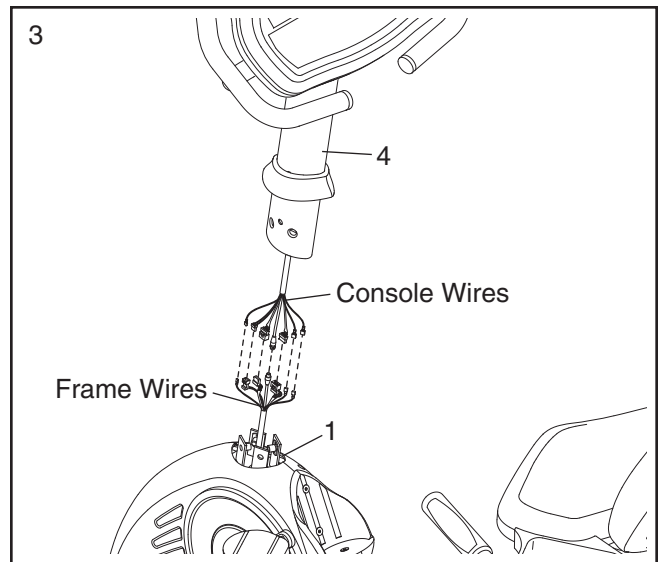
Attach the bottom of the Console (5) to the Upright (4) with four Console Mating Screws (57). **Be careful to avoid pinching the console wires.**



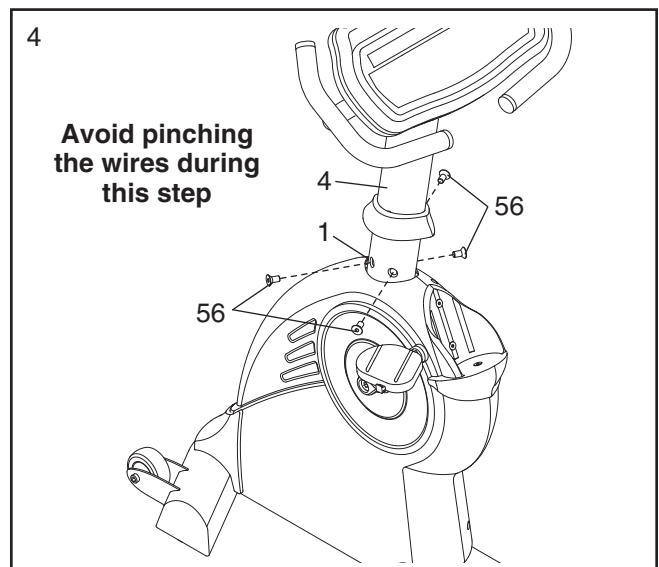
2. Attach the back of the Console (5) to the Upright (4) with two Console Mating Screws (57).



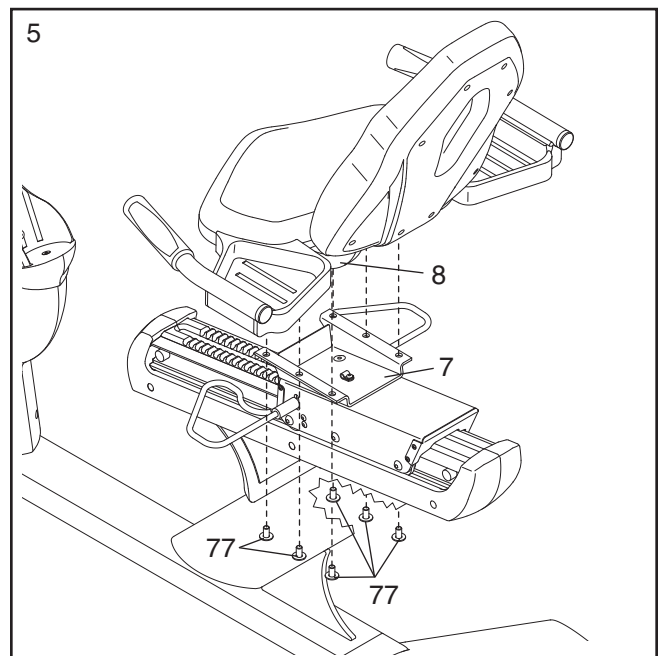
3. While a second person holds the Upright (4) near the Frame (1), connect the console wires to the matching connectors on the frame wires.



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



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



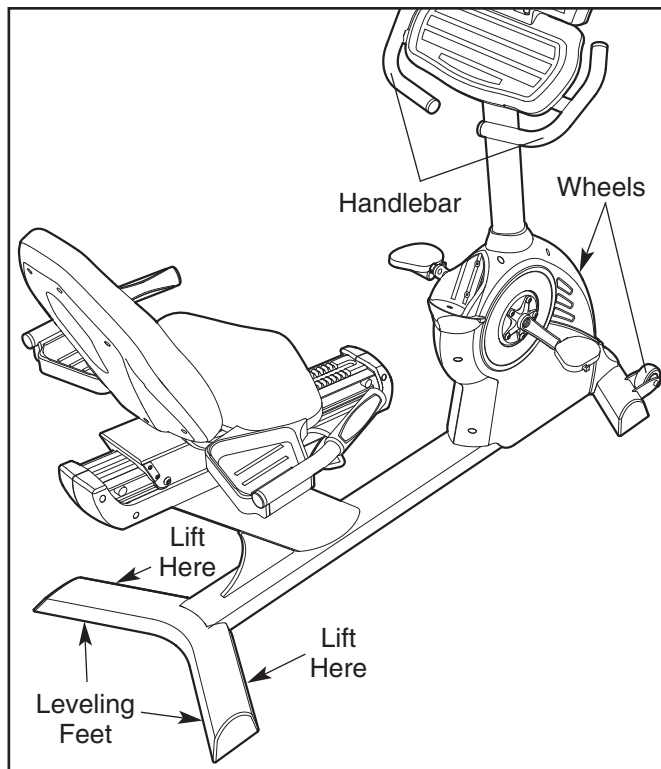
# HOW TO SET UP THE RECUMBENT BIKE

## HOW TO MOVE AND LEVEL THE RECUMBENT BIKE

**Before moving the recumbent bike, make sure that the power cord is unplugged.** Note: If a CATV cable is connected to the recumbent bike, it may be necessary to disconnect the cable if the recumbent bike will be moved far.

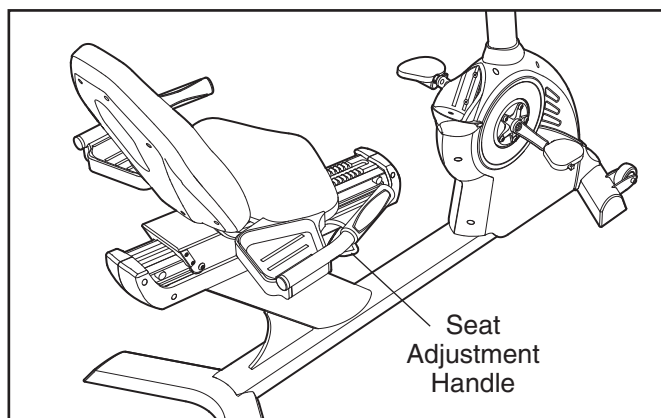
**Due to the size and weight of the recumbent bike, moving it requires two persons.** While one person lifts the indicated end, firmly hold the handlebar and tip the recumbent bike forward until it rolls on the front wheels. Carefully move the recumbent bike to the desired location and then lower it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

If the recumbent bike 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

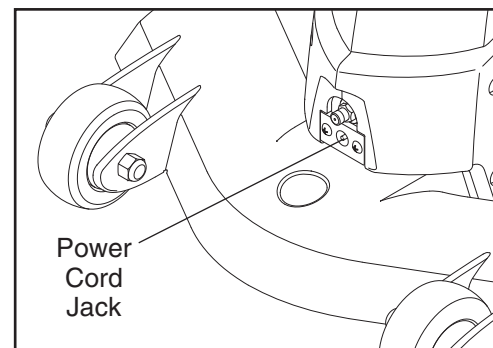
To adjust the seat, lift a seat adjustment handle, slide the seat forward or backward to the desired position, and then release the seat adjustment handle.



## HOW TO CONNECT THE POWER CORD

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

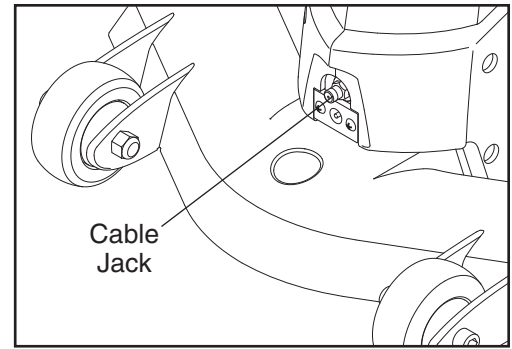
To use the power cord, first plug one end of the power cord into the jack on the front of the recumbent bike. Plug the other end of the power cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



## HOW TO CONNECT A CATV CABLE

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

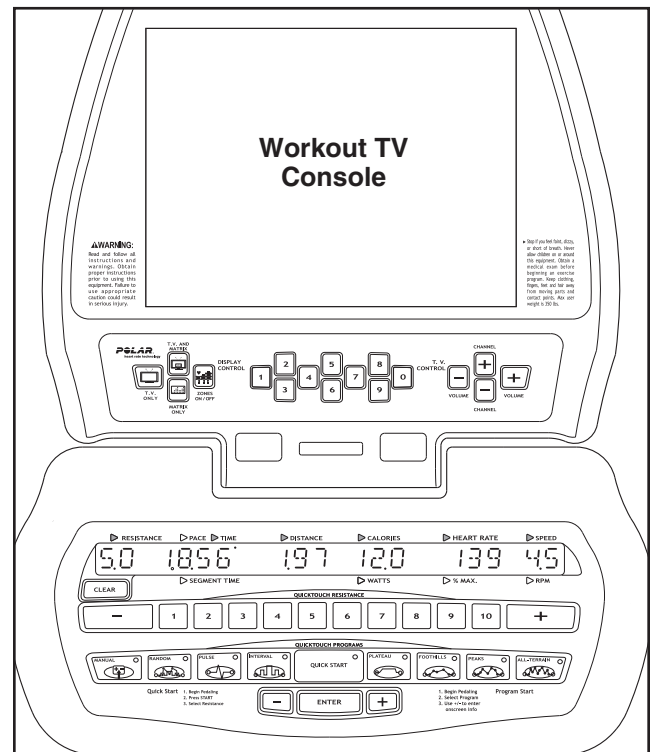
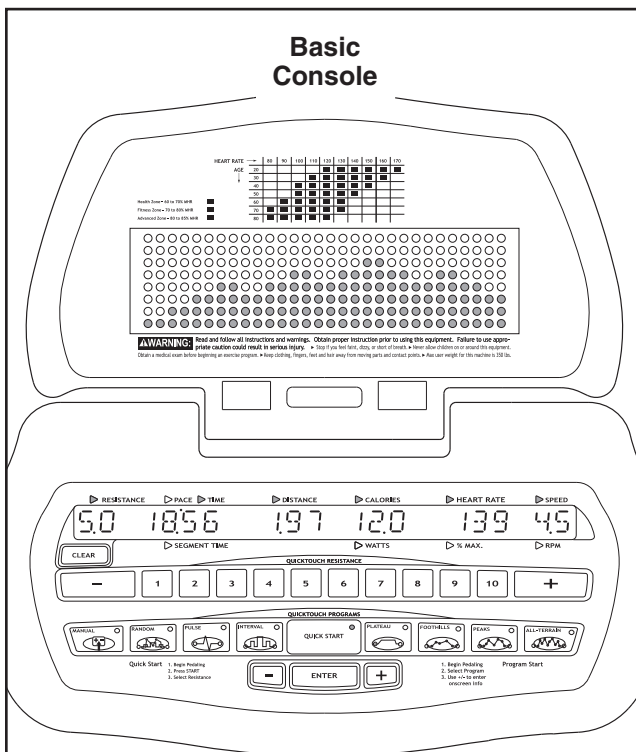
A satellite receiver, VCR, or DVD player can also be connected to the bike. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack. Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to operate with the bike. 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.



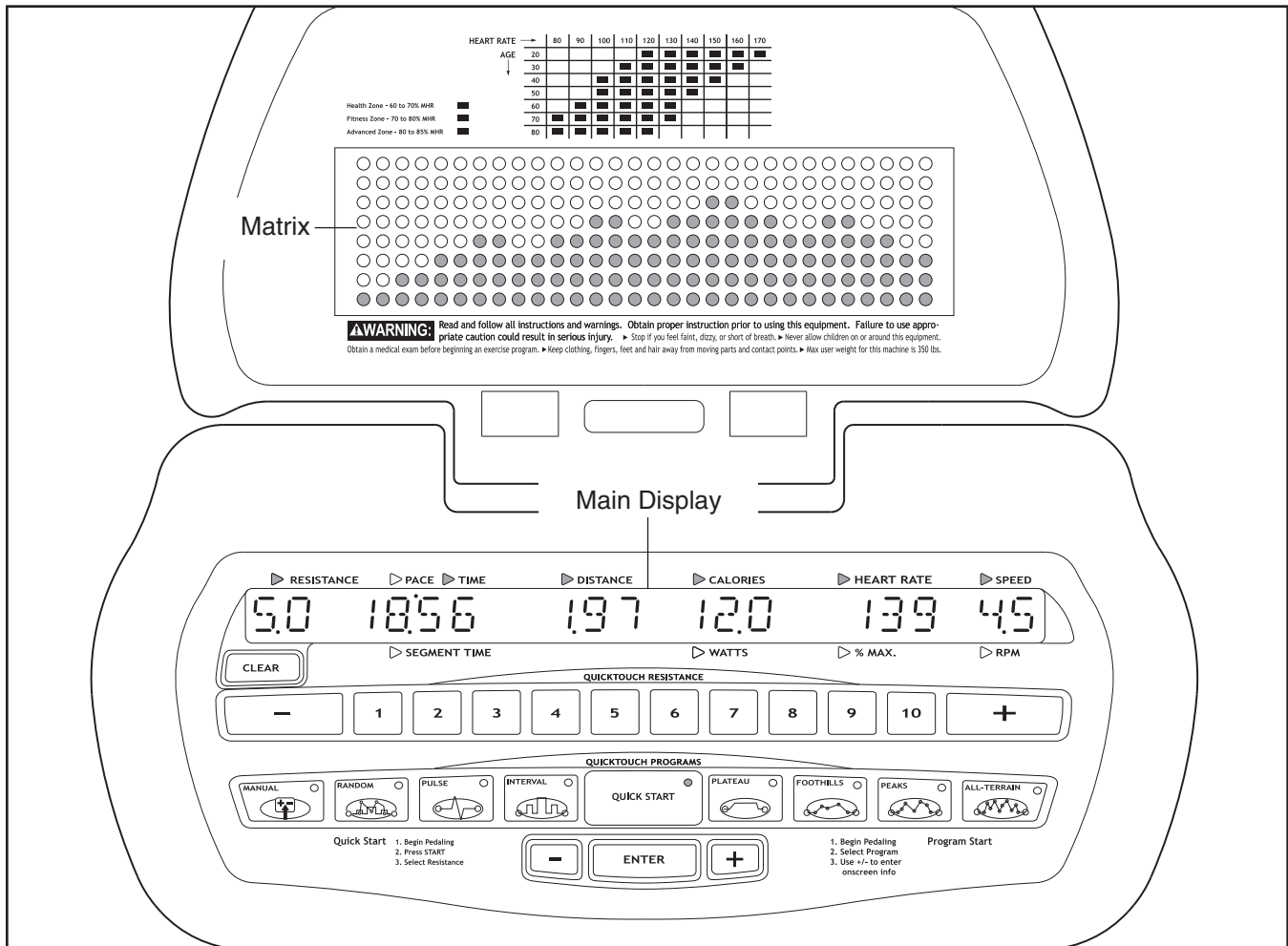
## HOW TO UPGRADE THE CONSOLE

Your bike 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 bike whenever you choose, see **HOW TO CONTACT CUSTOMER CARE** on page 2.



# 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 bike. 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 bike**, please read OVERVIEW OF THE CONSOLE on pages 10 to 12. **To use the QUICK START mode of the console**, follow the steps beginning on 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 bike.

### HOW TO ACTIVATE THE CONSOLE

If the bike 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 bike 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 bike.

If the bike 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.

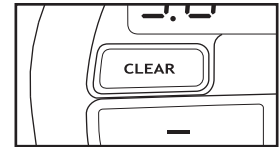
### HOW TO TURN OFF THE CONSOLE

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 bike is not in use.

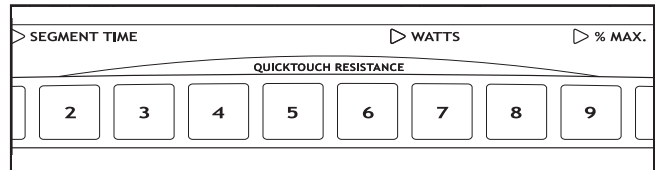
## THE BUTTONS

**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 PRO-

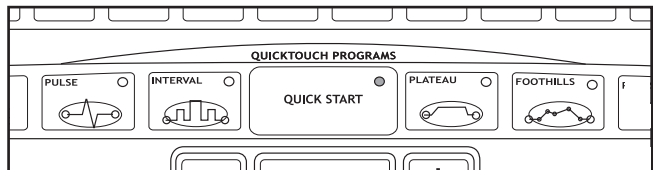


GRAM TO BEGIN” will scroll across the main display. Note: If one program is started and then a different program is selected, the main display will not be reset unless the CLEAR button is pressed before the second program is selected.

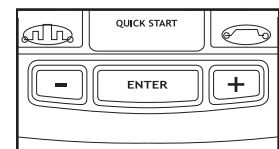
**The QUICKTOUCH RESISTANCE buttons**—These buttons control the resistance of the pedals. There are twenty resistance settings, from 0.5 to 10. Each time the + or – button is pressed, the resistance setting will change by 0.5. When one of the buttons numbered 1 to 10 is pressed, the corresponding resistance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



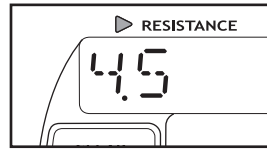
**The ENTER button and + and – buttons**—These buttons are used to enter information into the console.



## THE MAIN DISPLAY

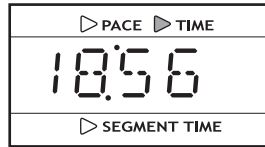
The main display will show a variety of text messages to guide you through your workouts. In addition, the main display will show the following information while you exercise:

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

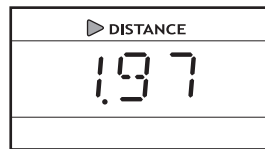


### Pace/Time/Segment

**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.



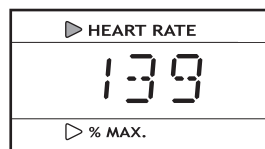
**Distance**—This section of the main display will show the distance that you have pedaled, in miles or kilometers.



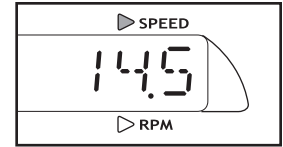
**Calories/Watts**—This section of the main display will show the approximate number of calories you have burned and your power output in watts. The display will change from one number to the other every few seconds.



**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.



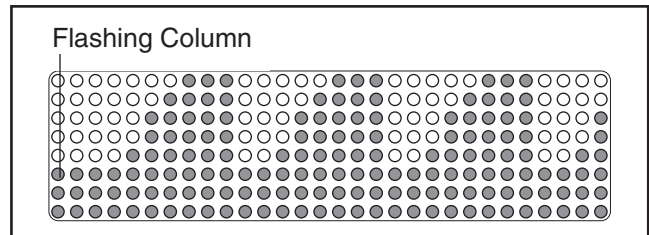
**Speed/RPM**—The right end of the main display will show your pedaling speed, in miles per hour or kilometers per hour, and your pedaling cadence, in revolutions per minute (RPM). The display will change from one number to the other every few seconds.



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).

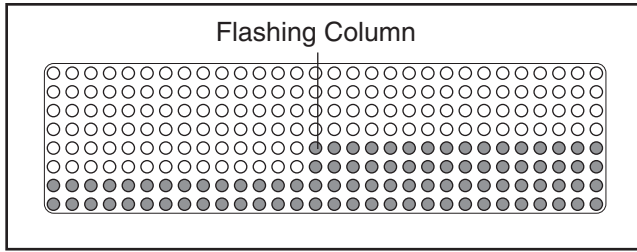
## THE MATRIX

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.

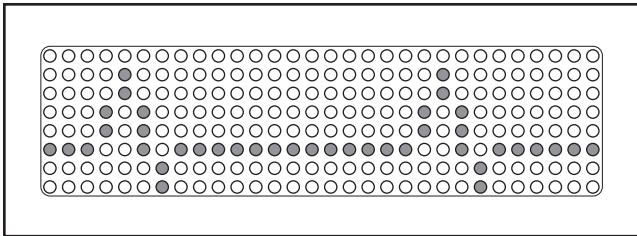


The lit indicators in each column represent the resistance setting for that segment of the program. One lit indicator represents a resistance setting of 0.5 or 1, two lit indicators represent a resistance setting of 1.5 or 2, three lit indicators represent a resistance setting of 2.5 or 3, and so forth.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

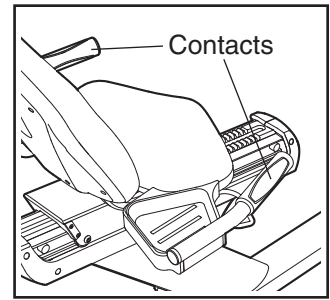


When a PULSE program is selected, the matrix will display a heartbeat graphic. Each time a heartbeat is detected, an additional peak will appear in the display.



## 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.

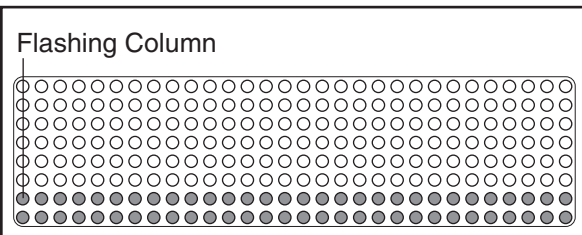
### 2 Select the QUICK START mode.

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 bike, 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.

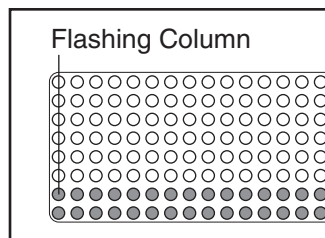
### 5 Enter a program time.

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 bike, 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.

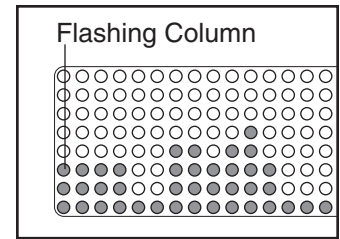
Next, the words "MAX RESIST" and the maximum resistance setting of the program will appear in the main display. If you wish to change the maximum resistance setting, press the + and – buttons beside the ENTER button. (Note: If the maximum resistance setting is increased, the intensity level of the program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

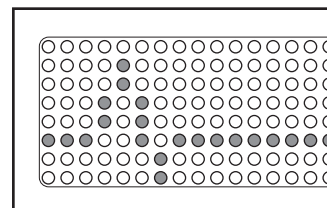
If you wish to change the maximum heart rate setting, press the + and – buttons beside the ENTER button. When the desired maximum heart rate setting is shown, press the ENTER button.

**7 Enter a program time.**

See step 5 on page 14.

**8 Begin exercising.**

During PULSE programs, the matrix will display a heartbeat 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 bike, 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 bike, 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 bike, 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 bike, 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 bike has been used.**

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

### **4 Press the ENTER button and view the total distance pedaled on the bike.**

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

### **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 bike is used without a power cord, and if the pedals are stationary for a period of time, the console will turn off. If the bike 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 **HOW TO CONTACT CUSTOMER CARE** on page 2.

Regularly inspect and properly tighten all external parts of the recumbent bike. To clean the recumbent bike, 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 recumbent bike or use ammonia or acid-based cleaners.**

## LEVELING THE RECUMBENT BIKE

If the recumbent bike rocks slightly during use, see **HOW TO MOVE AND LEVEL THE RECUMBENT BIKE** 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

## FACTORS IN A SENSIBLE DIET

- Choose high-fiber, low-fat, and low-sugar foods: fruits, vegetables, and whole grains.
- Eat at least five servings of fruits and vegetables daily.
- Reduce red meat consumption; eat lean meat, white meat, and fish.
- Choose healthful snacks; bring healthful foods with you to work or in the car.
- Eat regular meals or mini-meals. Control your portion size—don't binge or overeat. Eat slowly.
- Reduce fast food and pre-packaged meals.
- Pay attention to fat content and calories.
- Limit alcoholic beverages and caffeine.
- Drink at least eight to ten glasses of water daily.

## EXERCISE STEPS

The following nine steps for designing your exercise program were developed by exercise physiologists at FreeMotion Fitness. The actual exercise you perform is only a part of a safe and effective training program. There are many other aspects to developing a life-long commitment to physical fitness.

### 1 Consult your physician before beginning any exercise program.

A medical examination or consultation with your physician is essential.

### 2 Establish personal fitness goals.

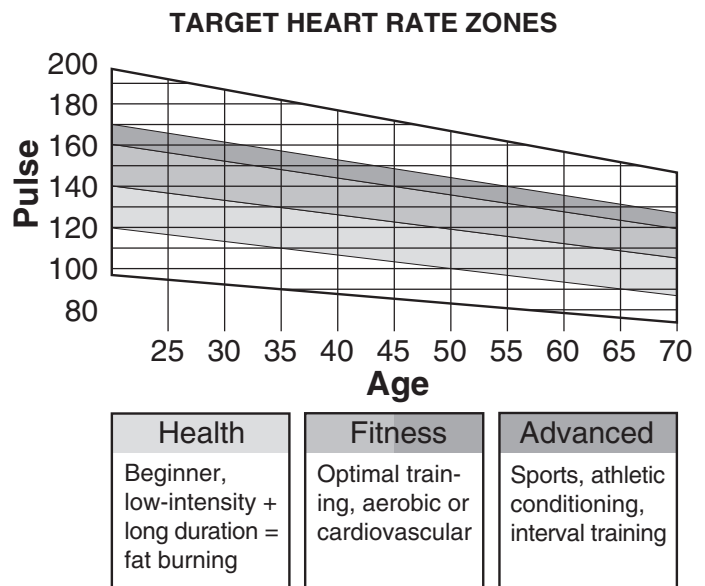
Set attainable, realistic goals. Reward yourself when you meet your goals. Remember, your goals should act as a guide for your workout program.

### 3 Determine your target heart rate.

Your *target heart rate* (THR), is the rate at which you would like your heart to work during aerobic exercise. It is expressed as a percentage of your *maximum heart rate* (MHR). MHR is the maximum number of times that your heart can pump during one minute. To determine your approximate MHR, subtract your age (in years) from 220. This is only an estimation of your MHR—only clinical stress testing can provide an actual MHR reading.

Once you have determined your MHR, you can establish your target heart rate zone. Beginning exercisers may wish to start at 60 to 70 percent of their MHR. This level is called the *Health* level. Exercise at 70 to 85 percent of your MHR for the optimal training, aerobic, or cardiovascular level—the *Fitness* level. *Advanced* exercisers, or those wishing to do sports, athletic conditioning, or interval training workouts should exercise at 80 to 85 percent of the MHR for short periods of time. The chart below shows Target Heart Rate Zones for Health, Fitness, and Advanced exercisers.

Be sure to check your heart rate at least twice during an aerobic conditioning session. First, check your heart rate five minutes into your workout to be sure that you are at the proper intensity. Then, check it again near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.



## WEIGHT LOSS TIPS

At least four, 30-minute workouts per week, along with a reduced-calorie diet, are recommended if you are trying to lose weight. However, be sure to stay within your target heart rate zone and exercise a maximum of 5 days per week for 60 minutes per workout.

Good posture is the key to safe, comfortable workouts. Keep your chin up and your head facing forward. Align your head and shoulders with your hips. Avoid leaning forward. Keep your back straight.

### 4 Warm up before you begin.

A warm-up routine prepares your body and mind for vigorous exercise. It also helps provide insurance against injury and soreness. Warm up with two to five minutes of slow exercise, at minimal intensity.

### 5 Stretch after your warm-up.

A pliable, well-stretched muscle is less susceptible to injury. Perform the recommended stretches on a smooth, flat surface.

The correct form for several stretches is described below (see the drawings at the right). Be sure to move slowly as you stretch—never bounce.

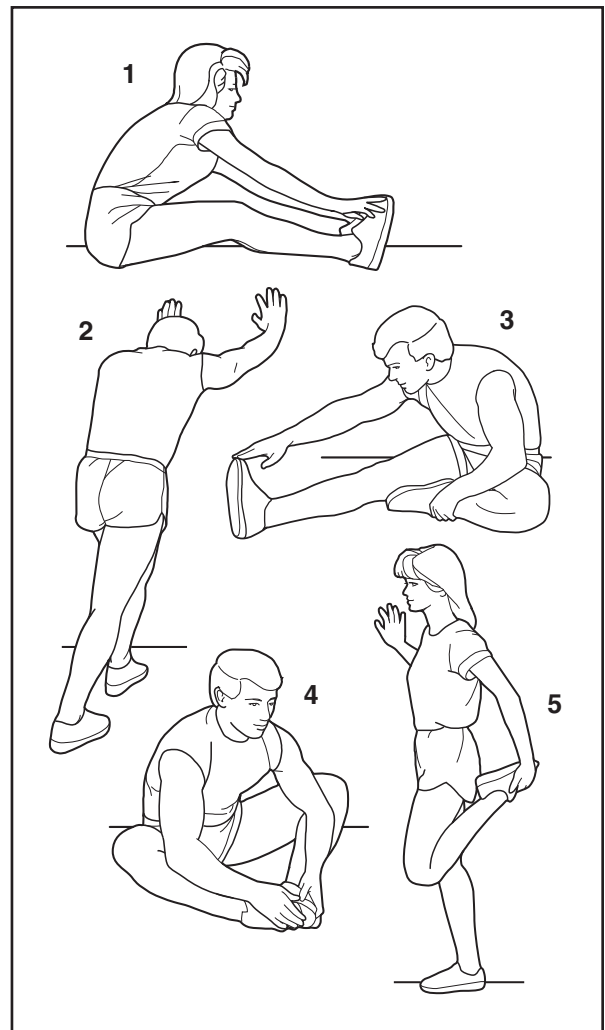
**1. Toe Touch Stretch**—Sit with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

**2. 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 to 30 seconds, 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.

**3. 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 to 30 seconds, then relax. Repeat 3 times for both legs. Stretches: Hamstrings, lower back, and groin.

**4. 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 to 30 seconds, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

**5. 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 to 30 seconds, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



## BENEFITS OF AEROBIC EXERCISE

- Effective weight loss and management
- Added protection from heart disease
- Increased strength and health of bones
- Higher levels of energy for greater productivity during the day
- Healthy stress relief from a pressure-packed day
- Greater intellectual capacity and productivity

### 6 Get FIT with FreeMotion.

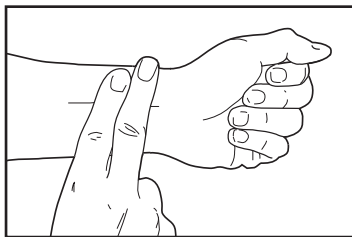
Effective aerobic exercise has three major parts: *frequency*, *intensity*, and *time*. The acronym "FIT" may help you to remember these three parts:

**F** "F" stands for the frequency of your workouts. Three to five workouts per week are recommended. Exercise at least four times a week for weight loss.

**I** "I" refers to the intensity of your workout. Check your heart rate at least twice during your aerobic exercise session: once during the session and once again at the end. Maintain a workout intensity level within your Target Heart Rate Zone. You can measure your heart rate using the handgrip pulse sensor or the method described below:

1. Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel.

2. Using the index and middle fingertips of your right hand, touch your left wrist, one-fourth inch from your wrist joint, at the base of your thumb.



3. Apply minimal pressure with both fingers—let the beat come to your fingers. If you can't find your pulse, use the opposite wrist and hand.

**T** "T" is for the time or duration of your workout. Beginning exercisers may wish to start with 5 to 10 minutes of aerobic activity. Those in average physical condition should exercise for 20 to 30 minutes. Highly fit people, or people who want to lose weight, should exercise for 30 to 60 minutes. The key is to maintain your target heart rate for the duration of the workout period.

Remember to take it slowly. Fitness is a lifelong commitment. If you can't go the full 20 minutes from the start, which is common, try to exercise for five minutes at a time, a couple of times a day. Recent research indicates that several short workouts in one day can also provide fitness benefits. Gradually, your stamina will increase and it will become easier to exercise for longer periods of time.

### 7 Cool down after aerobic exercise.

Keep moving! It is important that you cool down properly to allow your heart rate to decrease slowly after it has been elevated. This helps the blood flow from your extremities back to your heart. Keep your legs moving on the recumbent bike at a slower pace for at least five minutes following the aerobic phase.

### 8 Stretch again at the end of your exercise session.

Stretching after exercise reduces muscle soreness. See step 5 on page 24.

### 9 Participate in strength training.

"Balanced fitness, including both strength training and aerobic exercise, can do more to ensure a happy life than just about anything else known to medical science today."

—Kenneth Cooper, M.D., M.P.H., founder of The Cooper Institute For Aerobic Research, Dallas, Texas.

A strength-training program increases your lean muscle mass. Lean muscle mass aids in burning body fat. With additional muscle mass and strength, you will receive the full benefits of an exercise program. You will also be less prone to injuries during the aerobic phase of your workout.

## WORKOUT TIPS

Full-body conditioning helps take care of many of life's aches and pains. However, it takes time for your body to adapt to any new routine. Below are some tips that will help ease you into your new FreeMotion routine.

- Begin and end each exercise session with the stretches on page 24. Stretch in a smooth, controlled manner. Hold each stretch for 15 to 30 seconds. You may experience some initial muscle soreness and discomfort as a result of exercising inactive or poorly stretched muscles. For maximum benefit, a stretching routine must be performed every day.
- Be aware of your body's signals and react to them accordingly. At your correct exercise intensity, you should be able to whistle or maintain a normal conversation. If during exercise you feel tired, light-headed, dizzy, or nauseated, stop exercising immediately and consult your physician. Your heart rate may also be affected by such things as stress, caffeine, nicotine, or prescription drugs.

## WORKOUT PROGRAMS

The *Health* level typically lasts four to six weeks. At this level you should be concerned with slowly improving your fitness level and endurance.

Take it slowly. Set mini-goals for yourself. You may want to begin your fitness routine with three or four short, 5- or 10-minute workouts in a day.

Move on to the Fitness Level only when you feel ready and your heart rate has moved below your target heart rate zone.

The *Fitness* level usually lasts 12 to 20 weeks. (It may last longer, depending on your fitness goals.) At this level you should strive to achieve your fitness goals.

Set realistic short- and long-term goals for yourself. Frequently re-evaluate your fitness goals and reward yourself as you are successful.

Move on to the Advanced Level when you have reached your fitness goals and your heart rate has moved below your target heart rate zone.

Work out at the *Advanced* level once you have reached your desired fitness goals. It is intended to be a maintenance program and should continue on a regular, long-term basis.

You may wish to add *Interval Training* to your maintenance program as well. Interval training will add variety to your workout routine and further condition your cardiovascular system. Interval training has been shown to promote higher levels of aerobic conditioning. It consists of spurts of high-intensity activity followed by active rest periods of exercise at a lower intensity. For example, a one-minute spurt of high-resistance, fast exercise is followed by a two- to three-minute active rest period of low-resistance, slow exercise. The duration of these periods should be based more on how you feel rather than time. A sequence such as this should be repeated 5 to 20 times during your workout session.

Heart Rate Intensity								
Age	20	30	40	50	60	70	80	
<b>60% - 70%</b> HEALTH	b.p.m.	120-140	114-133	108-126	102-119	96-112	90-105	84-98
<b>70% - 85%</b> FITNESS	b.p.m.	140-170	133-162	126-153	119-145	112-136	105-128	98-119
<b>80% - 85%</b> ADVANCED	b.p.m.	160-170	152-162	144-153	136-145	128-136	120-128	112-119

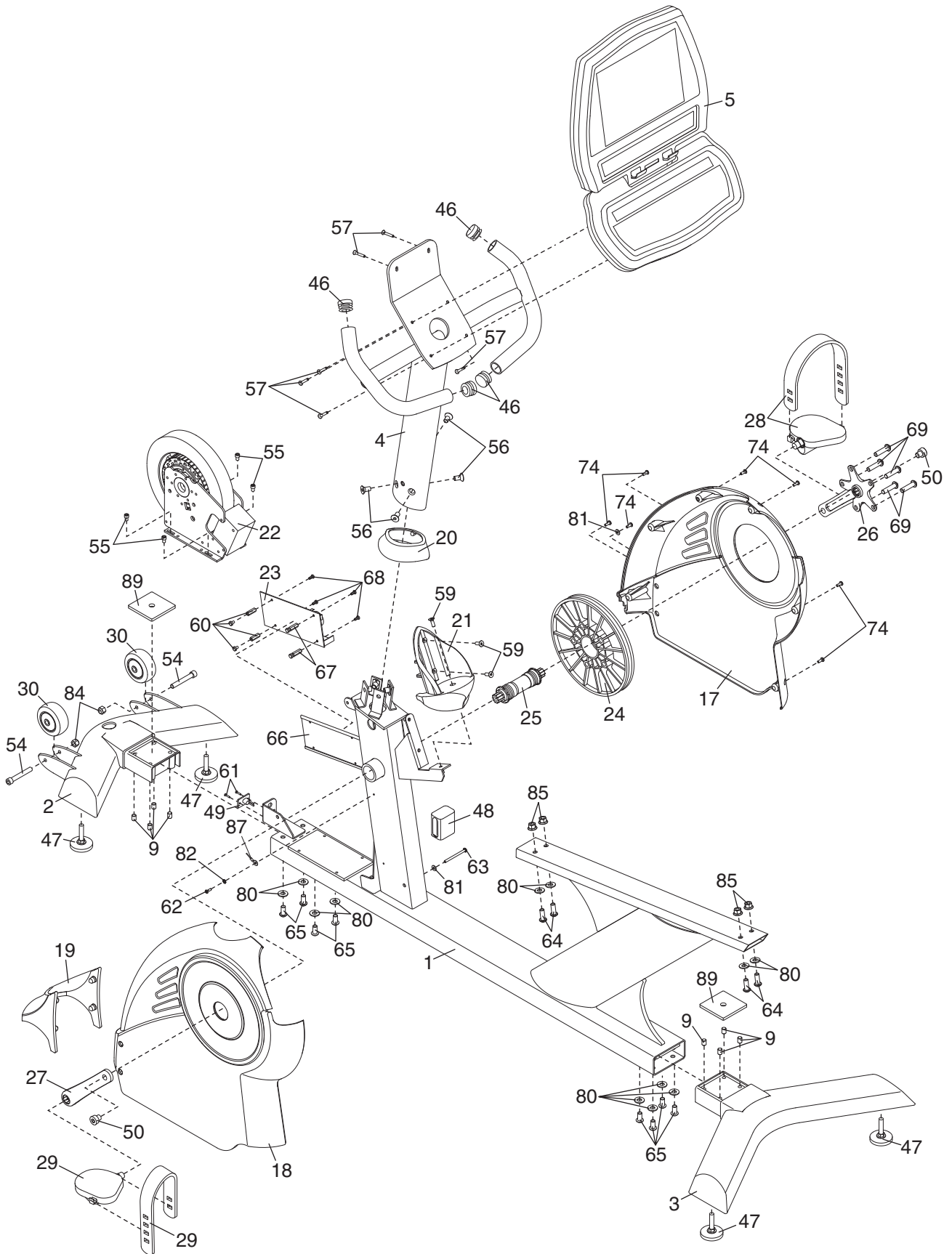
# PART LIST

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To locate the parts listed below, see the EXPLODED DRAWING on pages 28 and 29.

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	2	Pulse Grip	71	4	Seat Screw
2	1	Front Stabilizer	37	4	Grip Insert	72	2	Tray Screw
3	1	Rear Stabilizer	38	4	Contact	73	4	Seat Back Screw
4	1	Upright	39	1	Power Supply	74	19	#10 Screw
5	1	Console	40	1	8" Wire Harness	75	6	Rail Cover Screw
6	1	Seat Rail	41	6	Seat Roller	76	8	Carriage Cap Screw
7	1	Seat Carriage	42	2	Seat Cam	77	6	Seat Assembly Screw
8	1	Seat Frame	43	4	Carriage Stop	78	6	Wheel Screw
9	8	Stabilizer Set Screw	44	2	Spring Base	79	4	Carriage Stop Screw
10	1	Seat	45	2	Spring	80	12	3/8" Flat Washer
11	1	Backrest Plate	46	6	Handlebar Cap	81	4	#10 Flat Washer
12	1	Backrest	47	4	Leveling Foot	82	1	Ground Washer
13	1	Right Accessory Tray	48	1	Battery	83	6	Carriage Wheel Nut
14	1	Left Accessory Tray	49	1	8" Wire Harness/Jack	84	2	Wheel Nut
15	1	Right Rail Cover	50	2	Crank Screw	85	4	Flange Nut
16	1	Left Rail Cover	51	2	Cam Bumper	86	3	Set Screw
17	1	Right Side Shield	52	6	Carriage Spacer	87	1	Ground Wire, LCB
18	1	Left Side Shield	53	2	Roll Pin	88	1	Power Cord
19	1	Side Shield Cover	54	2	Wheel Screw	89	2	Stabilizer Plate
20	1	Upright Cover	55	4	Generator Screw	#	-	User's Manual
21	1	Bottle Holder	56	4	Upright Screw	#	-	ECA Audio Jack
22	1	Generator Assembly	57	6	Console Mating Screw			Assembly
23	1	Control Board	58	4	Carriage Socket Screw	#	-	Upper TV Cable
24	1	Pulley	59	3	Bottle Holder Screw	#	-	Upper Battery Harness
25	1	Axle	60	2	Standoff	#	-	Pulse Upper Wire
26	1	Right Crank Arm	61	2	Plug Screw	#	-	Pulse Middle Wire
27	1	Left Crank Arm	62	1	Ground Screw	#	-	Pulse Wire Harness
28	1	Right Pedal	63	1	#10 Screw	#	-	Pulse Coil Wire
29	1	Left Pedal	64	4	Seat Rail Screw	#	-	Pulse Seat Wire
30	2	Wheel	65	8	Short Stabilizer Screw	#	-	Upper Ground Wire
31	1	Long Seat Handle	66	1	Power Board Bracket	#	-	Upper Controller Wire
32	1	Short Seat Handle	67	2	Keyhole Standoff	#	-	Upper DC Harness
33	1	Seat Handle Connector	68	4	Power Board Screw	#	-	Electromagnet Wire
34	1	Front Carriage Cap	69	5	Crank Screw	#	-	Generator Coil Wire
35	1	Rear Carriage Cap	70	4	Pulse Grip Screw			

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. **If replacement parts are needed, or if parts are missing or damaged, see HOW TO CONTACT CUSTOMER CARE on page 2.**







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