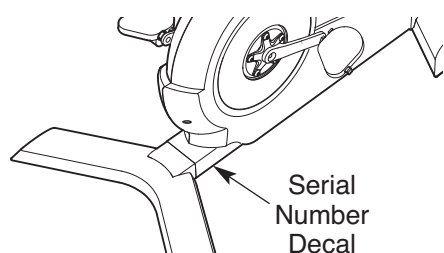


FREEMOTION[®] *upright bike*

Model No. FMEX3256P-INT.1

Serial No. _____

Write the serial number in the space above for reference.



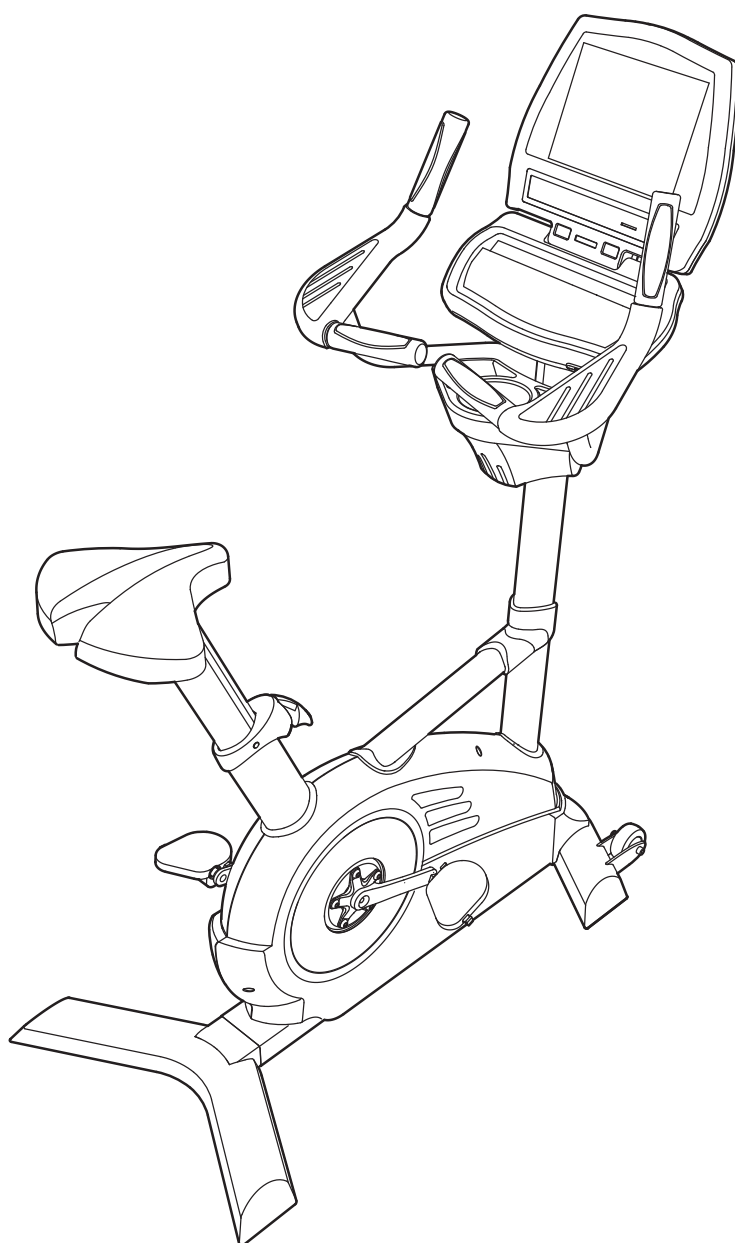
QUESTIONS?

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

CAUTION

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

USER'S MANUAL



www.freemotionfitness.com

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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 bike before using your exercise bike. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
5. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the exercise bike at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
9. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
10. Always keep your back straight while using the exercise bike; do not arch your back.
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
13. 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.

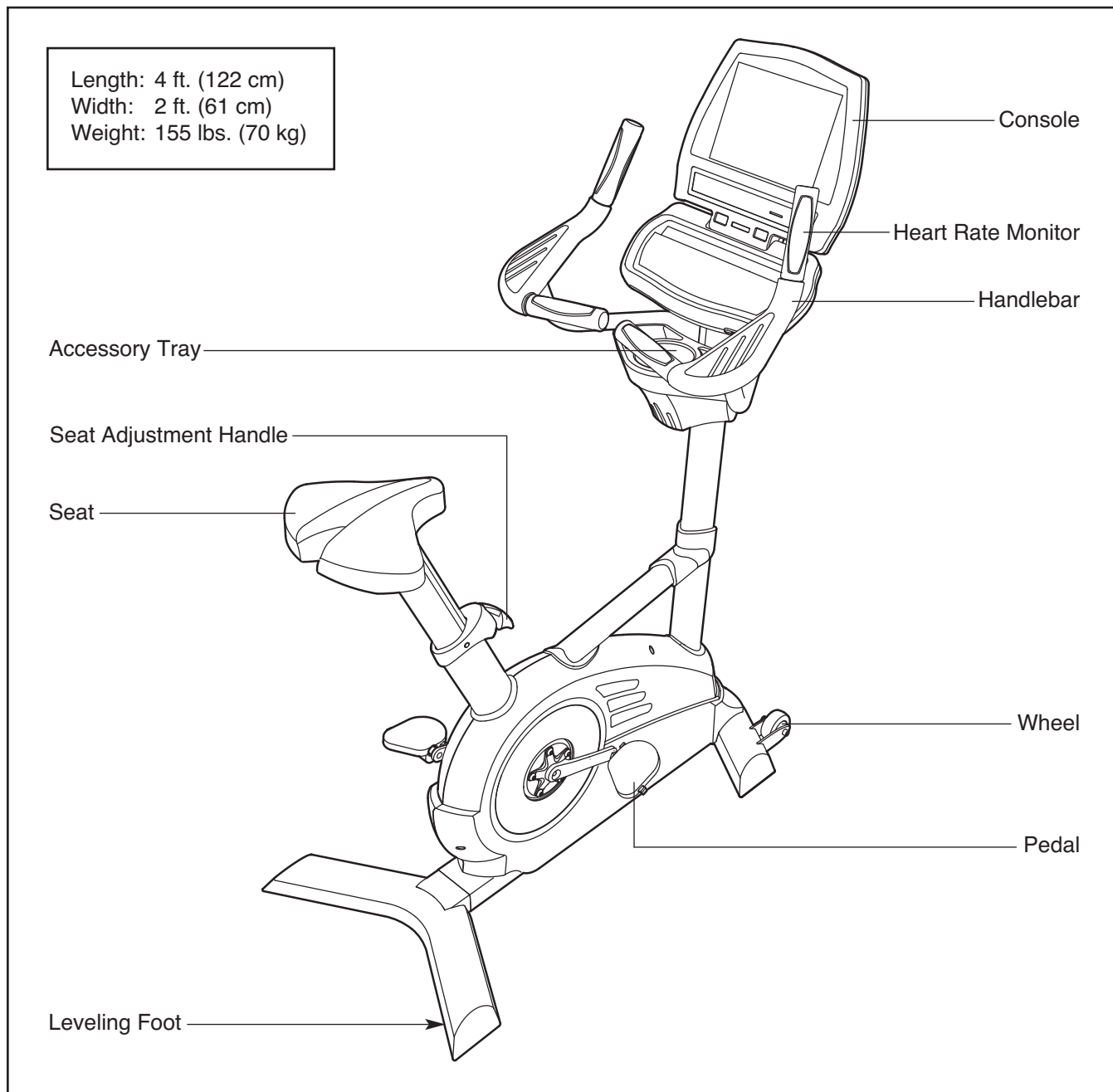
BEFORE YOU BEGIN

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

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

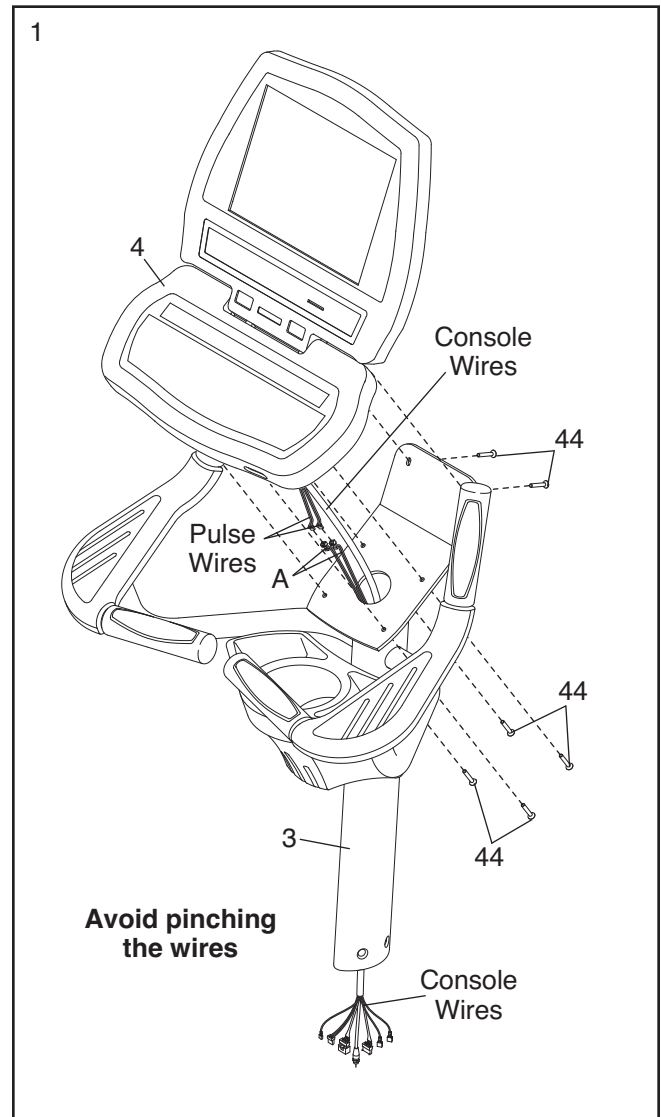


ASSEMBLY

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

1. While a second person holds the Console (4) near the Upright (3) as shown, insert the console wires downward through the Upright. Then, connect the pulse wires on the console to the connectors on the Pulse Wire (A).

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (3) with six Console Screws (44).

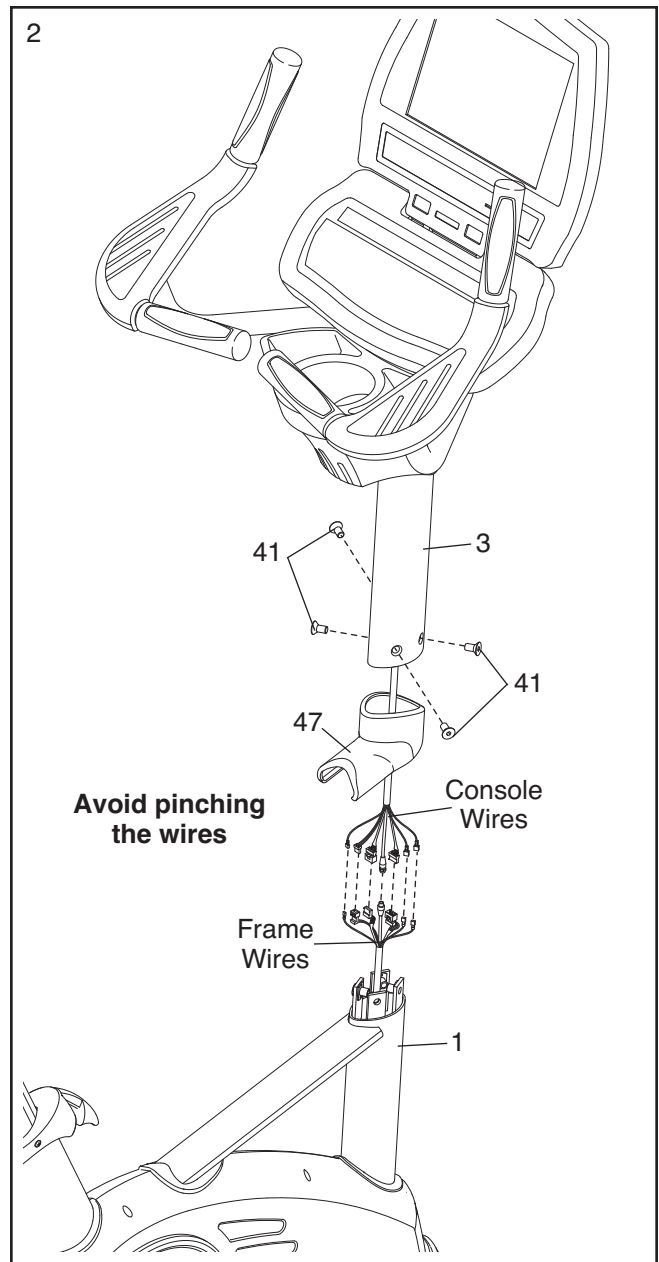


2. Slide the Upright Screw Cover (47) onto the Upright (3). **Make sure that the Upright Screw Cover is oriented as shown.** Then, slide the Upright Screw Cover upward to the top of the Upright.

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

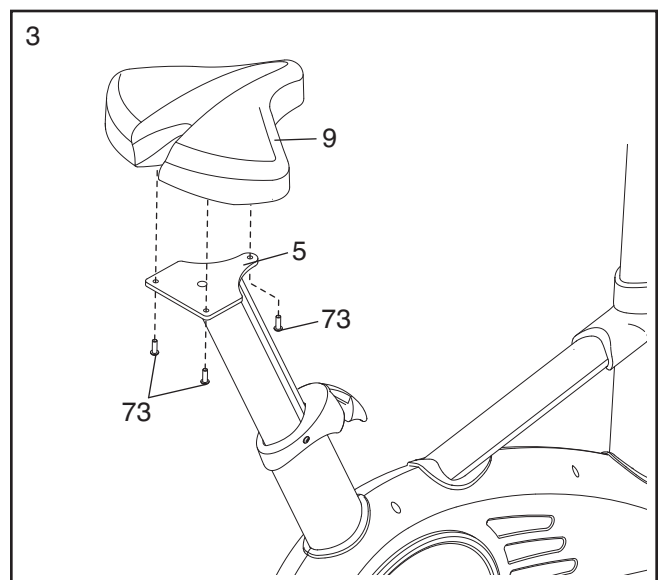
Tip: Avoid pinching the wires. Slide the Upright (3) onto the Frame (1). Attach the Upright with four Upright Screws (41).

Then, slide the Upright Screw Cover (47) downward to the bottom of the Upright (3).



3. Attach the Seat (9) to the Seat Post (5) with three Seat Screws (73).

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



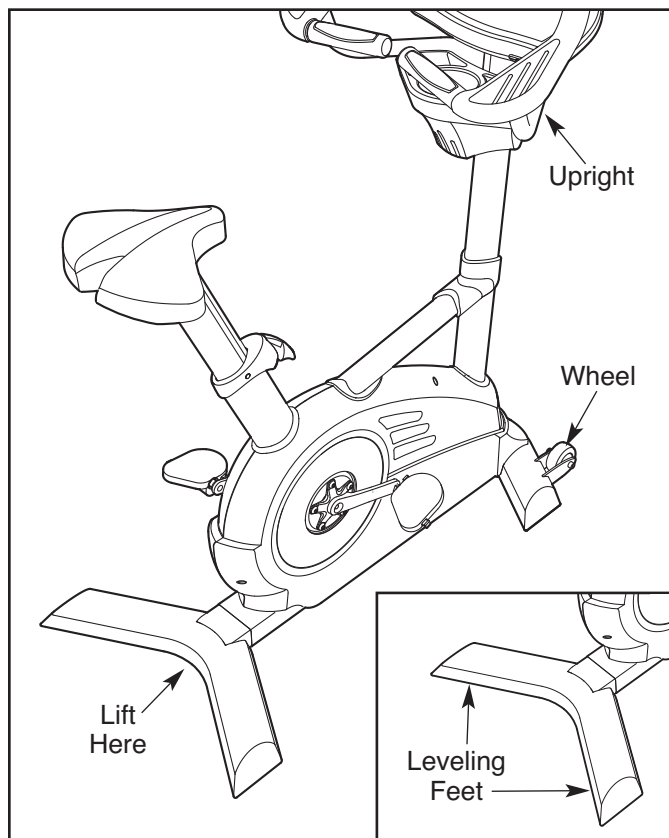
HOW TO SET UP THE EXERCISE BIKE

HOW TO MOVE AND LEVEL THE EXERCISE BIKE

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

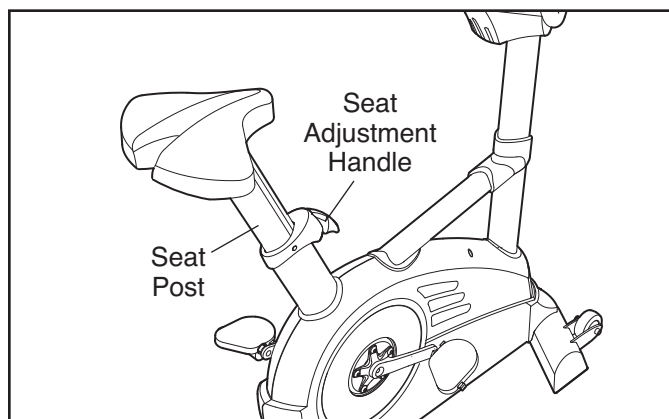
Due to the size and weight of the exercise bike, moving it requires two persons. While one person lifts the indicated end, firmly hold the upright and tip the exercise bike forward until it rolls on the front wheels. Carefully move the exercise bike to the desired location and then lower it back to the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

If the exercise bike rocks slightly during use, turn the leveling feet under the rear or the front stabilizer until the rocking motion is eliminated.



HOW TO ADJUST THE SEAT

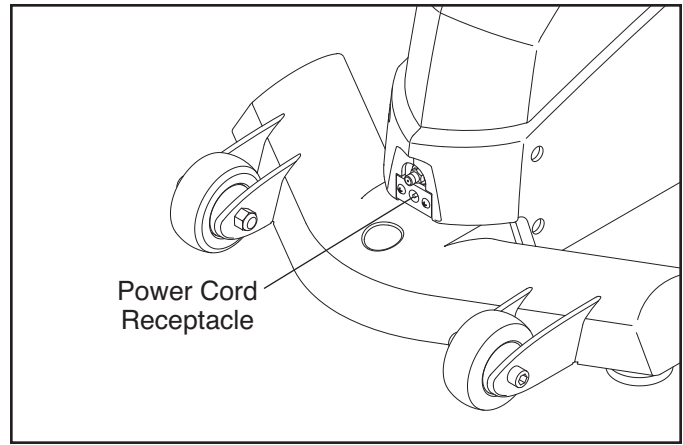
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, lift the seat adjustment handle, slide the seat upward or downward to the desired position, and then release the seat adjustment handle.



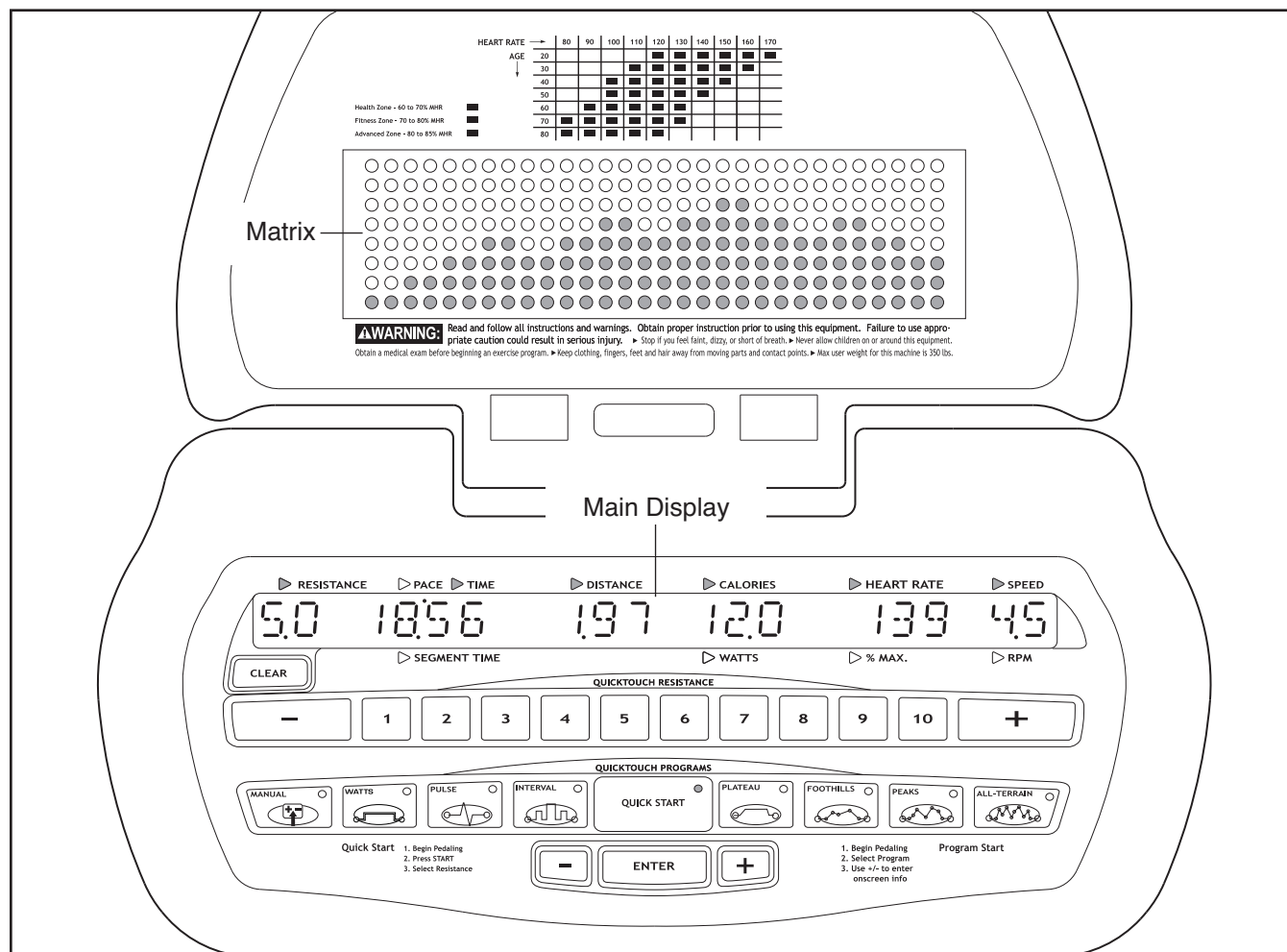
HOW TO CONNECT THE POWER CORD

The exercise bike can be used with or without the included power cord. To use the power cord, first plug one end of the power cord into the receptacle on the front of the exercise bike.

Note: If there is a plastic cover over the receptacle, remove the cover. Plug the other end of the power cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

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

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

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

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

Before using the exercise bike, 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 constant watts 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 bike.

HOW TO ACTIVATE THE CONSOLE

The exercise bike can be used with or without a power cord. To use the exercise bike with a power cord, see HOW TO CONNECT THE POWER CORD on page 8.

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

The main display will turn on, 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 bike.

HOW TO TURN OFF THE CONSOLE

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

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

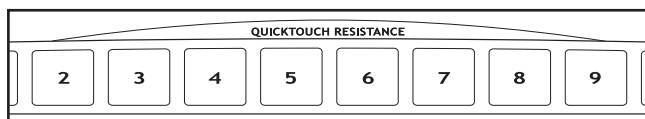
THE BUTTONS

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



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

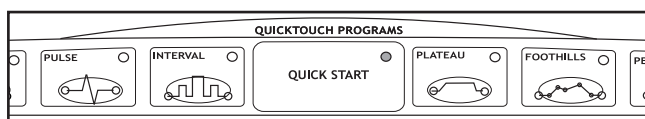
The QuickTouch Resistance buttons—These buttons control the resistance of the pedals. There are twenty resistance settings, from 0.5 to 10. Each time the + or – button is pressed, the resistance setting will change by 0.5.



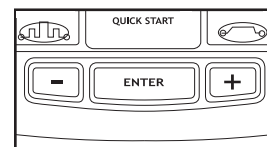
When one of the buttons numbered 1 to 10 is pressed, the corresponding resistance setting will be selected.

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

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



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



THE MAIN DISPLAY

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

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



Pace/Time/Segment

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



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

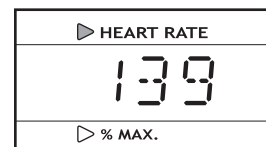
Distance—This section of the main display will show the distance that you have pedaled, in miles or kilometers.



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



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



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

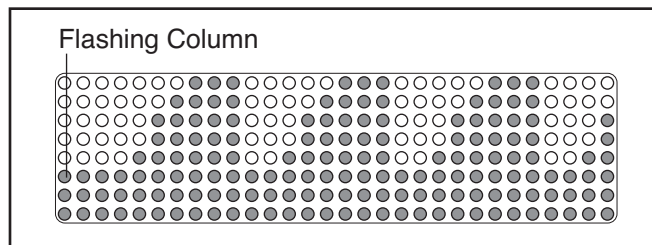


Note: The main display can display text messages in any of six languages (see step 6 on page 20). In addition, the main display can display data using either the English system or the metric system (see step 7 on page 20).

THE MATRIX

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

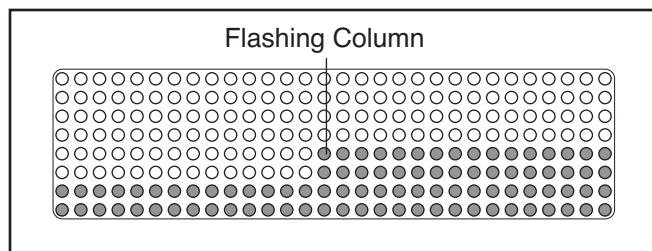
Each program is divided into segments, and each column of the matrix represents one segment. The flashing column represents the current segment. Note: If a program has more than 30 segments, the matrix will show up to 30 segments at a time.



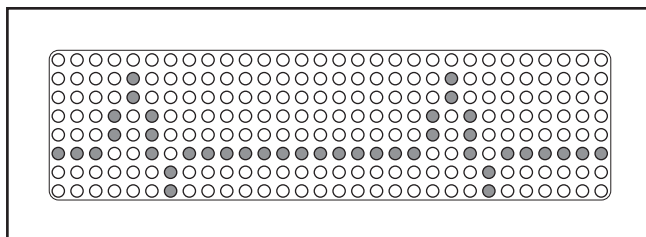
The lit indicators in each column represent the resistance setting for that segment of the program. One lit indicator represents a resistance setting of 0.5 or 1, two lit indicators represent a resistance setting of 1.5 or 2, three lit indicators represent a resistance setting of 2.5 or 3, and so forth.

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

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

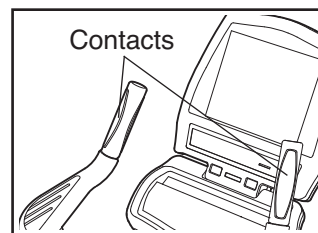


When a pulse program is selected, the matrix will display a heartbeat graphic. Each time a heartbeat is detected, an additional peak will appear in the display.



THE HEART RATE MONITOR

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



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

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

HOW TO USE THE QUICK START MODE

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

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

See HOW TO ACTIVATE THE CONSOLE on page 10.

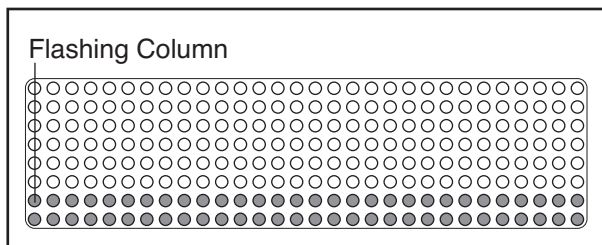
2. Select the quick start mode.

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

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, 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 turn on or turn off 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 segment 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 segment, 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 HEART RATE MONITOR on page 12.

6. When you are finished using the exercise 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 turn on, and the word MANUAL will appear in the main display for a moment.

3. Enter your age.

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

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

4. Enter your weight.

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

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

5. Enter a program time.

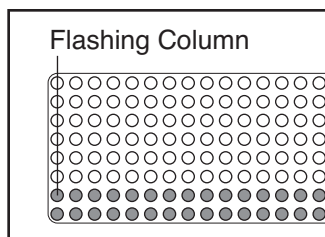
Next, the words ENTER TIME and a time setting of 10 minutes will appear in the main display.

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

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

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

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



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

Each time you change the resistance of the pedals, additional indicators will turn on or turn off 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 HEART RATE MONITOR on page 12.

9. When you are finished using the exercise 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 CONSTANT WATTS PROGRAM

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

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

See HOW TO ACTIVATE THE CONSOLE on page 10.

2. Select the constant watts program.

To select the constant watts program, press the Watts button. The indicator on the button will turn on, and the word WATTS 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 target watts setting.

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

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

7. Begin exercising.

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

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

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

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

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

8. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

9. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 12.

10. When you are finished using the exercise 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 heart rate monitor (not included).

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

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

See HOW TO ACTIVATE THE CONSOLE on page 10.

3. Select one of the pulse programs.

To select a pulse program, first press the Pulse button. The indicator on the button will turn on, 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).

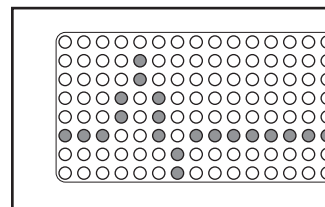
If you wish to change the maximum heart rate setting, press the + and – buttons beside the Enter button. When the desired maximum heart rate setting is shown, press the Enter button.

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 segments. One target heart rate setting is programmed for each segment.

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

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

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

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

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

9. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

10. When you are finished using the exercise 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 turn on, 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.

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

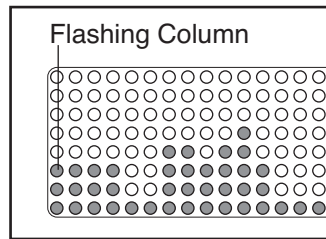
7. Enter the desired number of hills for the program.

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

8. Begin exercising.

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

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



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

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

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

9. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

10. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 12.

11. When you are finished using the exercise 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 turn on, 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 17.

6. Enter a program time.

See step 5 on page 14.

7. Begin exercising.

See step 8 on page 18.

8. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

9. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 12.

10. When you are finished using the exercise 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, or ALL-TERRAIN PROGRAM

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

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

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

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

See HOW TO ACTIVATE THE CONSOLE on page 10.

2. Select the desired program.

Press the Foothills, Peaks, or All-Terrain button. The indicator on the button will turn on, 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 17.

7. Enter an intensity level.

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

8. Begin exercising.

See step 8 on page 18.

9. Follow your progress with the main display.

See THE MAIN DISPLAY on page 11.

10. Measure your heart rate if desired.

See THE HEART RATE MONITOR on page 12.

11. When you are finished using the exercise 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 exercise bike has been used.**

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

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

When the button is pressed, the main display will show the total distance pedaled on the exercise 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 exercise 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 exercise 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, please see the back cover of this manual.

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

LEVELING THE EXERCISE BIKE

If the exercise bike rocks slightly during use, see HOW TO MOVE AND LEVEL THE EXERCISE 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 7 on page 20.

HEART RATE MONITOR TROUBLESHOOTING

If the handgrip heart rate monitor does not function properly, see THE HEART RATE MONITOR on page 12.

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

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

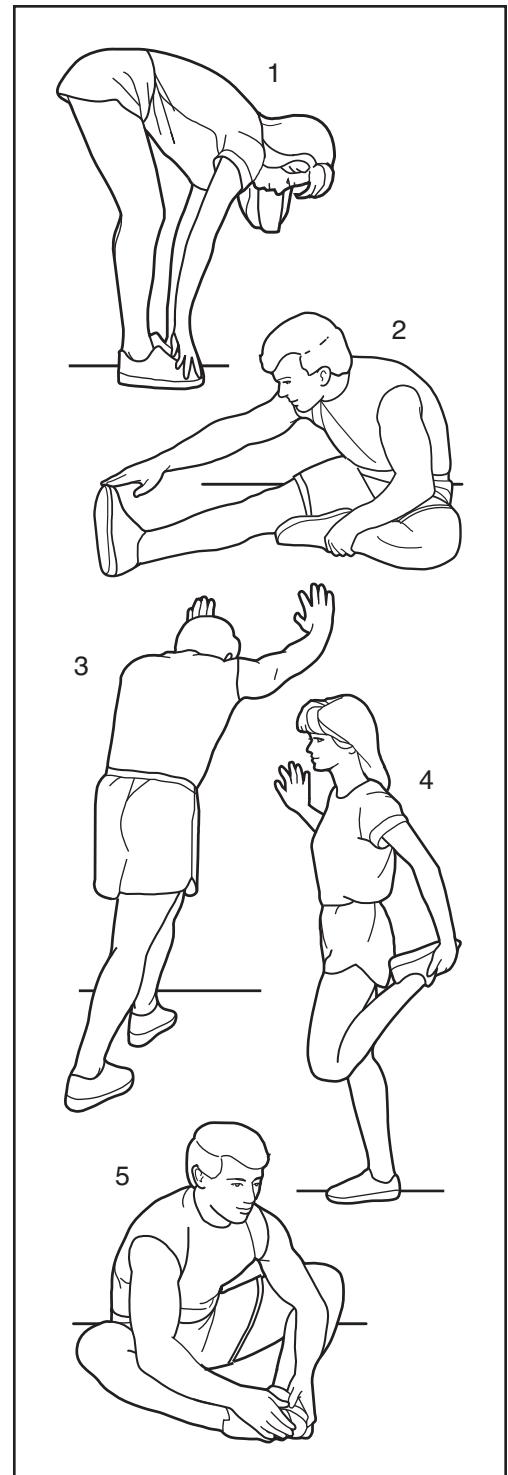
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

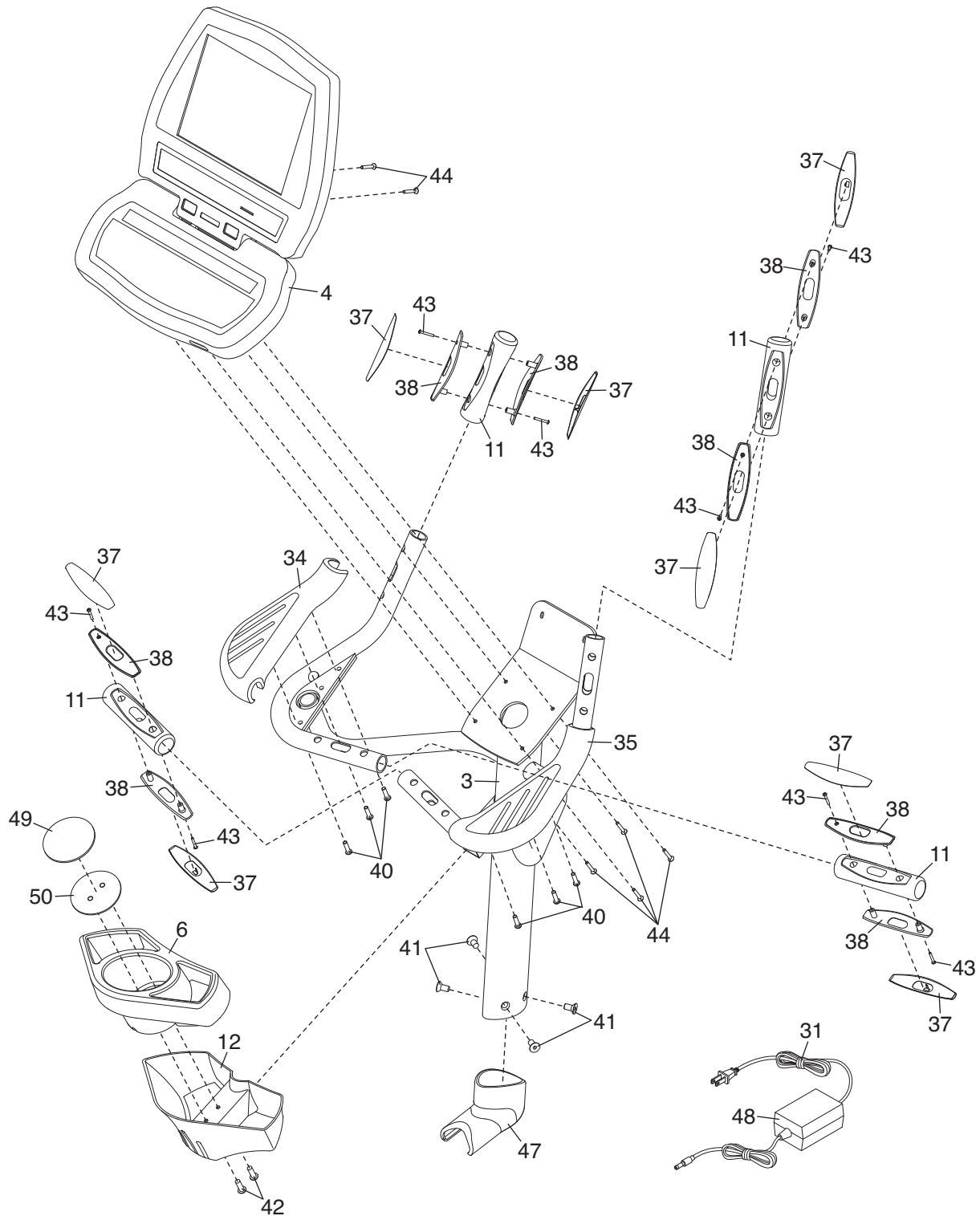
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	1	Upright Screw Cover
2	1	Front Stabilizer	48	1	Power Supply
3	1	Upright	49	1	Water Bottle Tray Insert
4	1	Console	50	1	Water Bottle Tray Bracket
5	1	Seat Post	51	2	Keyhole Standoff
6	1	Water Bottle Tray	52	1	Resistance Cylinder
7	1	Left Shield	53	1	Cylinder Cap
8	1	Right Shield	54	1	Cylinder Bracket
9	1	Seat	55	1	Adjustment Cover
10	1	Adjustment Handle	56	1	Seat Post Collar
11	4	Hand Pulse Grip	57	1	Upright Collar
12	1	Tray Cover	58	1	Crossbar Collar
13	1	Generator Assembly	59	1	Seat Post Sleeve
14	1	Rear Stabilizer	60	1	Adjustment Spring
15	1	Drive Belt	61	1	Shield Cover
16	1	Control Board	62	1	Adjustment Bar
17	2	Stabilizer Plate	63	2	Latch Pin
18	4	Foot	64	4	Snap Ring
19	1	Adjustment Block	65	4	Tape
20	1	TV Cable	66	5	Pulley Screw
21	1	Power Receptacle	67	1	Cylinder Screw
22	1	Left Pedal	68	8	Set Screw
23	1	Right Pedal	69	4	Generator Screw
24	2	Standoff	70	4	Control Board Screw
25	4	Shield Washer	71	4	Adjustment Bar Screw
26	10	Shield Screw	72	2	Sleeve Set Screw
27	1	Left Crank Arm	73	3	Seat Screw
28	1	Right Crank Arm	74	2	Adjustment Block Bolt
29	1	Axle	75	2	Adjustment Block Nut
30	1	Pulley	76	2	Adjustment Cover Screw
31	1	Power Cord	77	2	Wheel Bolt
32	2	Crank Screw	78	2	Wheel Nut
33	2	Wheel	79	1	Sleeve Plate
34	1	Left Handlebar Cover	80	2	Sleeve Plate Set Screw
35	1	Right Handlebar Cover	81	2	Acorn Nut
36	1	Adjustment Pin	82	1	Threaded Rod
37	8	Contact	*	—	User's Manual
38	8	Grip Insert	*	—	Upper TV Cable
39	1	Battery	*	—	Upper Battery Wire
40	6	Handlebar Cover Screw	*	—	Pulse Wire
41	4	Upright Screw	*	—	Electromagnet Wire
42	2	Water Bottle Tray Screw	*	—	Heart Rate Monitor Wire
43	8	Pulse Grip Screw	*	—	Upper Controller Wire
44	6	Console Screw	*	—	Upper DC Harness
45	8	Stabilizer Washer	*	—	Generator Coil Wire
46	8	Stabilizer Screw			

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

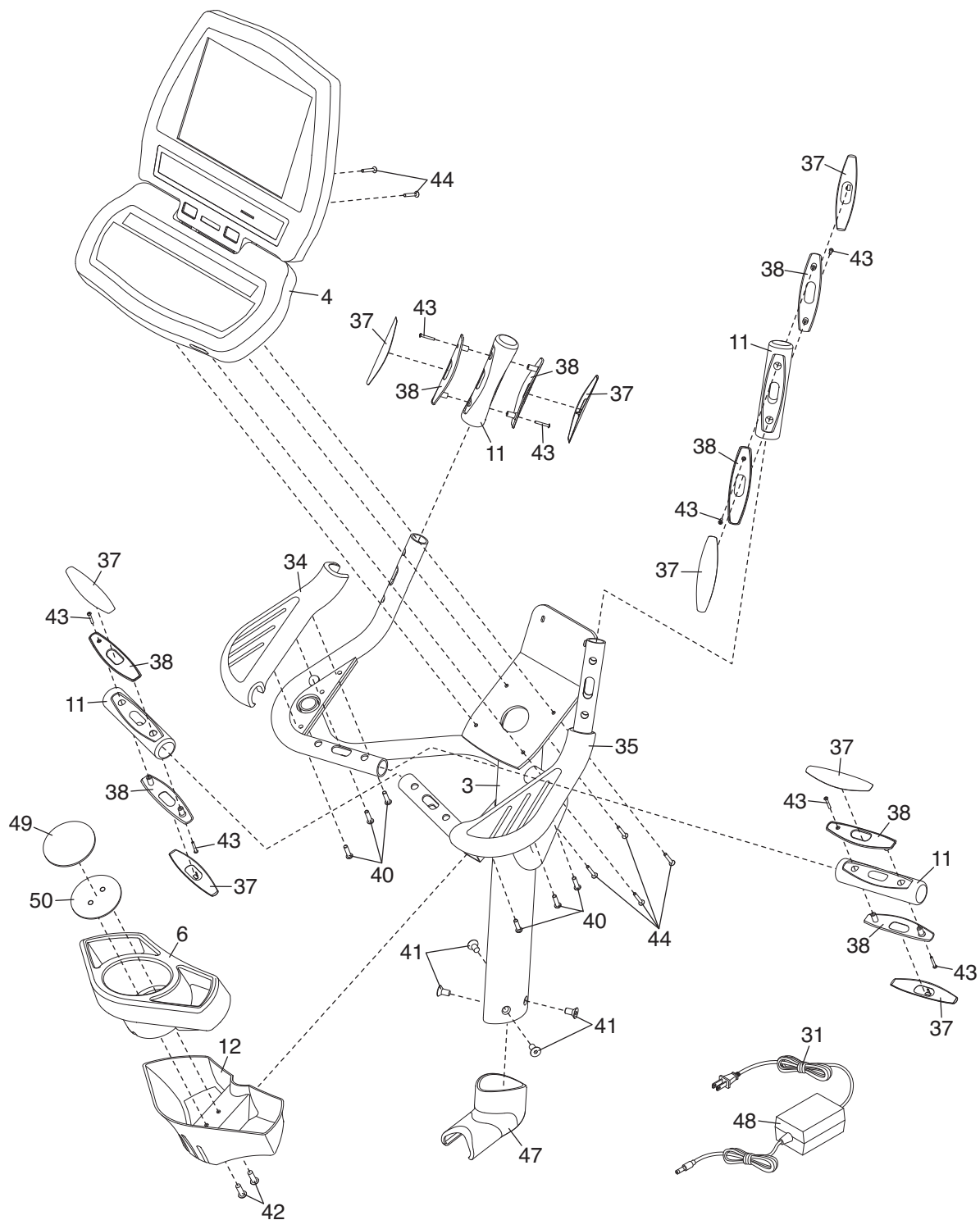
EXPLODED DRAWING A

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EXPLODED DRAWING B

FMEX3256-INT.1 R1211A



HOW TO CONTACT CUSTOMER CARE

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

In the United States and Canada

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

Write:

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

Outside the United States and Canada

Call: 001-435-786-3521

Email: intlcustomercare@freemotionfitness.com

RECYCLING INFORMATION

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

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

