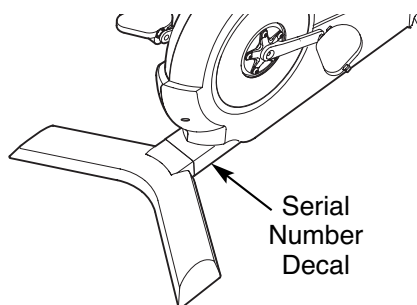


FREEMOTION[®] *upright bike*

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.

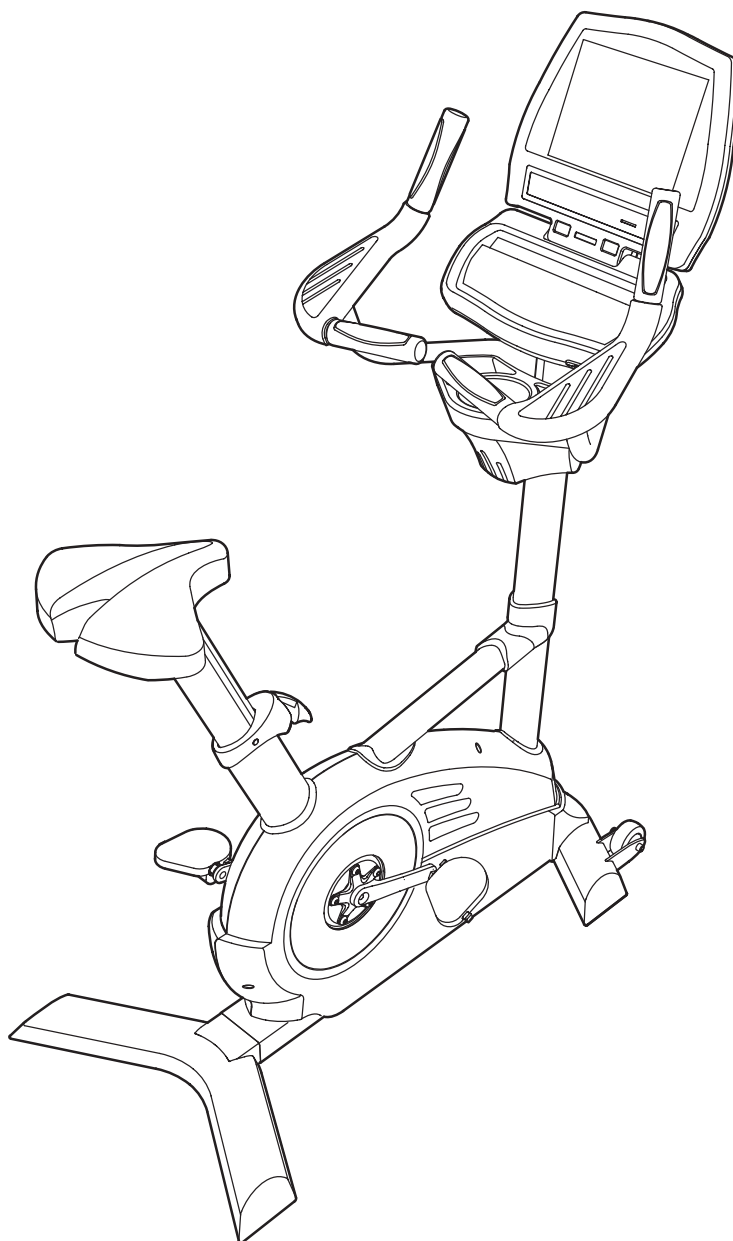


QUESTIONS?

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



TABLE OF CONTENTS

How to Contact Customer Care	2
SECTION 1	
Important Precautions	3
Before You Begin	4
How to Assemble the Upright Bike	5
How to Set Up the Upright Bike	7
How to Upgrade the Console	8
SECTION 2	
How to Use the Basic Console	9
SECTION 3	
Maintenance and Troubleshooting	21
SECTION 4	
Exercise Guidelines	23
SECTION 5	
Part List	27
Exploded Drawing	28

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 give 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® upright 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 upright bike.

1. It is the responsibility of the owner to ensure that all users of the upright bike are adequately informed of all warnings and precautions.
2. Operate the upright bike only as described in this manual.
3. Do not operate the upright bike until it is properly assembled (see HOW TO ASSEMBLE THE UPRIGHT BIKE on page 5).
4. Keep the upright bike indoors, away from moisture and dust. Do not place the upright bike in a garage or covered patio or near water.
5. Place the upright bike on a level surface. To protect the floor or carpet from damage, place a mat beneath the upright bike.
6. Regularly inspect and tighten all parts of the upright bike.
7. Keep children under the age of 12 and pets away from the upright bike at all times.
8. The upright bike should not be used by persons weighing more than 160 kg (350 lbs.).
9. Always wear appropriate exercise clothes and athletic shoes when operating the upright bike. Do not wear loose clothes that could become caught on the upright bike.
10. Do not modify the power cord or use an adapter to connect the power cord to an improper receptical. Keep the power cord away from heated surfaces. Do not use an extension cord.
11. Keep your back straight while using the upright 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.

⚠ 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

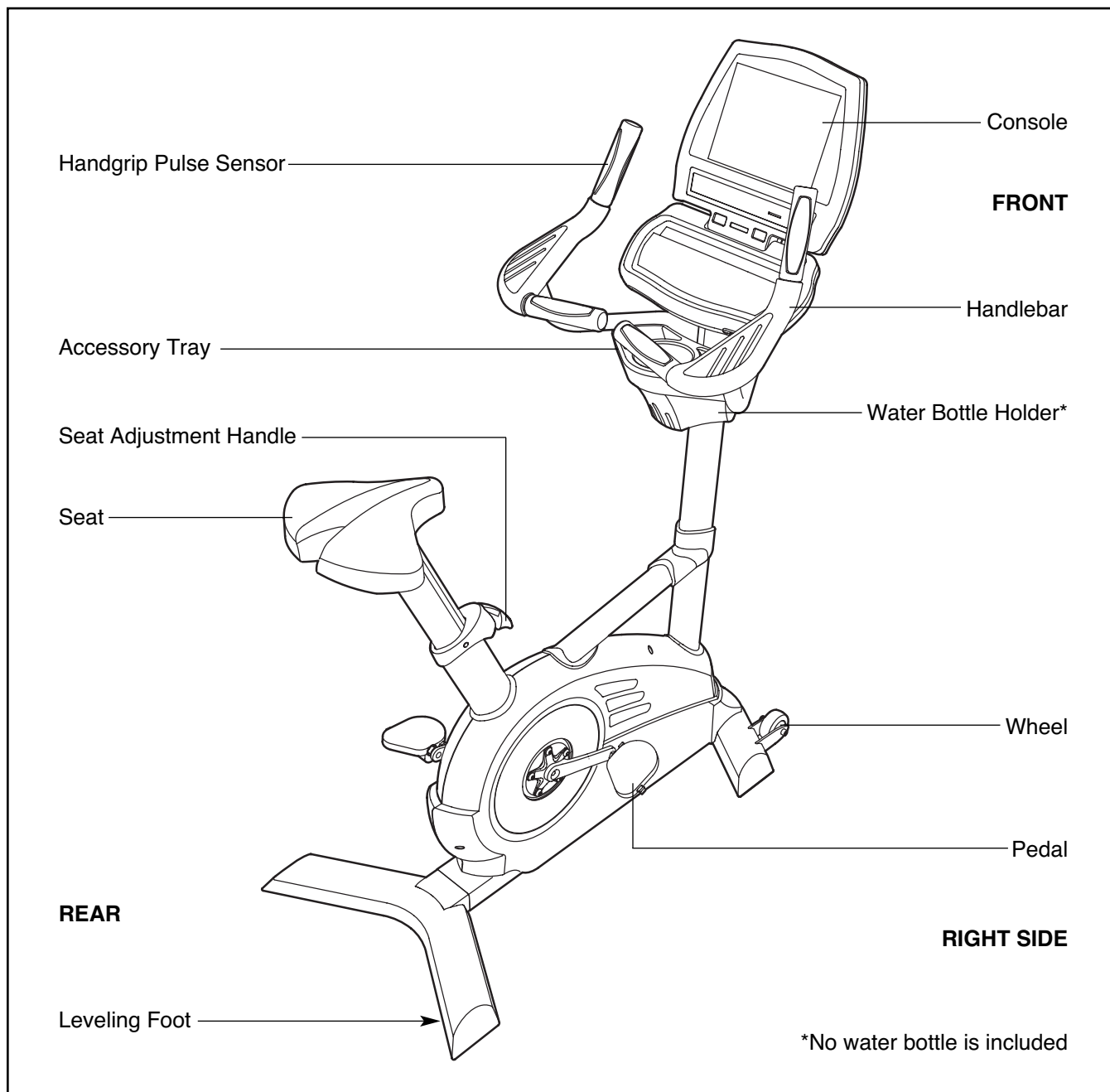
BEFORE YOU BEGIN

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

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

us assist you, 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 upright 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.

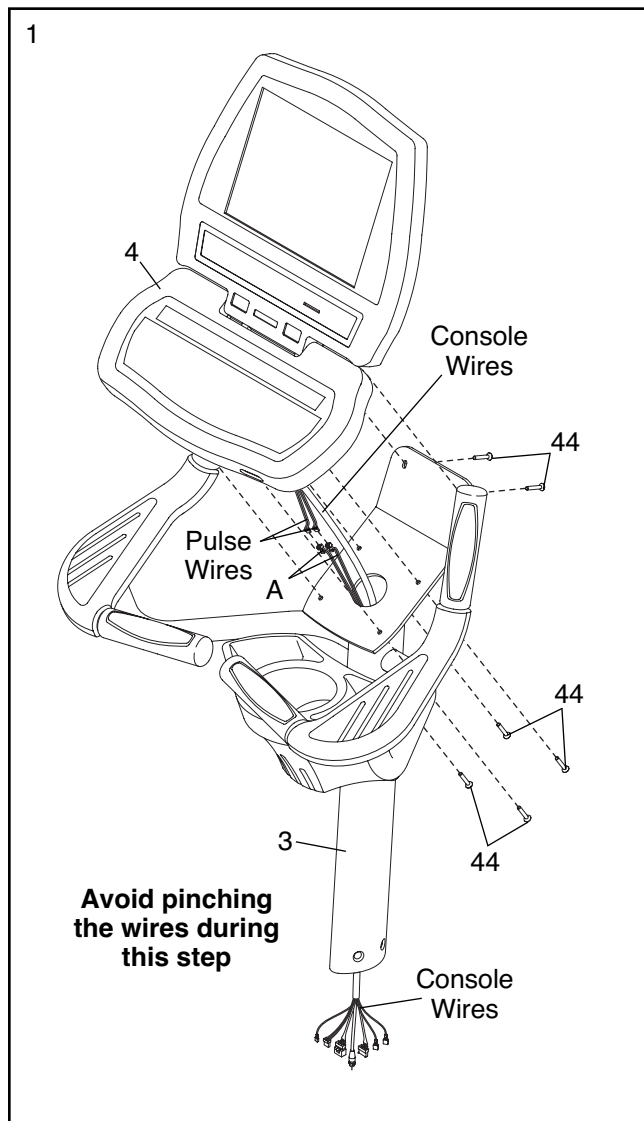


HOW TO ASSEMBLE THE UPRIGHT BIKE

Assembly requires two persons. Set the upright 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 (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 Hand Pulse Sensor Wire (A).

Attach the Console (4) to the Upright (3) with six Console Screws (44). **Be careful to avoid pinching the wires during this step.**

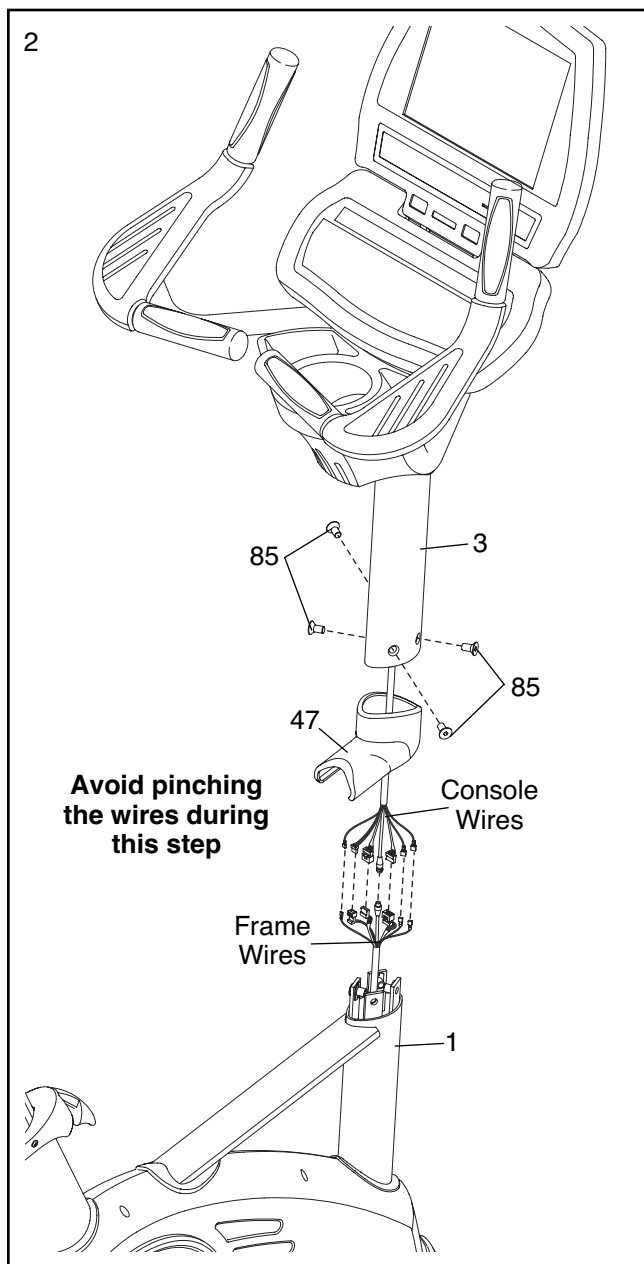


2. Slide the Upright Screw Cover (47) onto the Upright (3). **Make sure that the Upright Screw Cover is oriented as shown.** Then, slide the Upright Screw Cover upward to the top of the Upright.

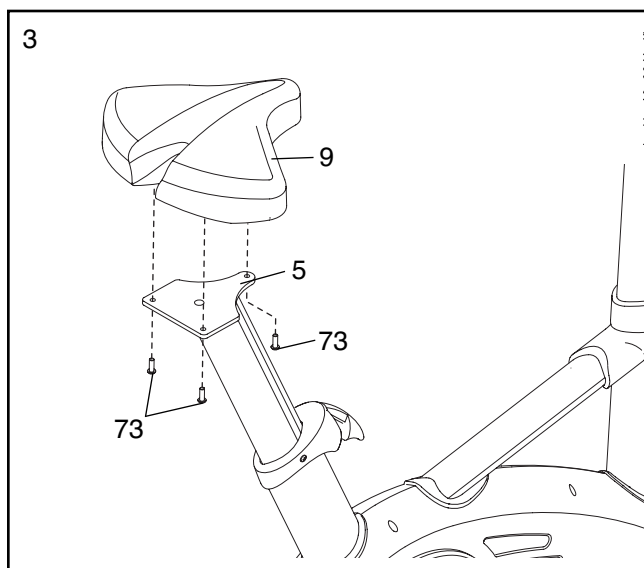
While a second person holds the Upright (3) near the Frame (1), connect the console wires to the matching connectors on the frame wires.

Slide the Upright (3) onto the Frame (1). Attach the Upright with four Upright Screws (85). **Be careful to avoid pinching the wires during this step.**

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).



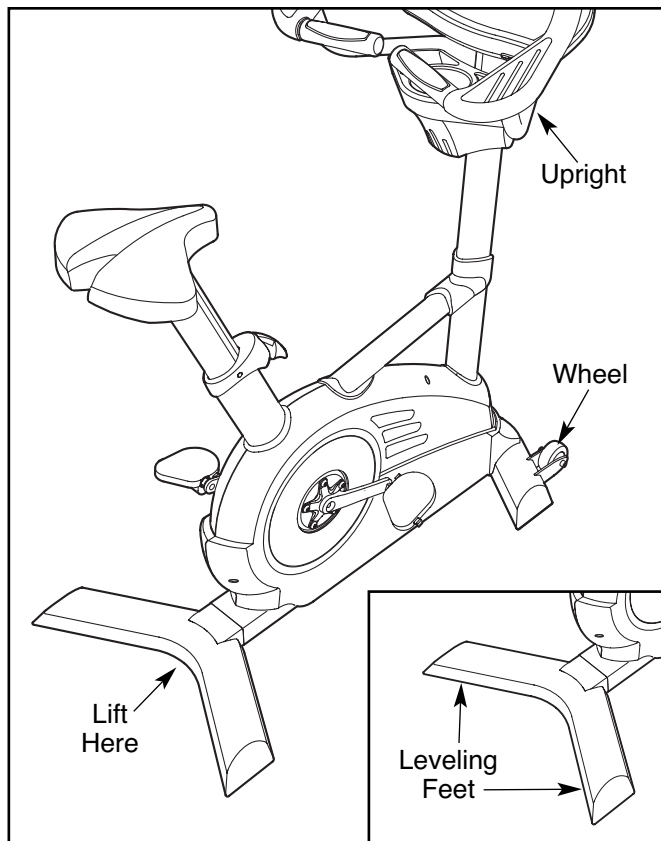
HOW TO SET UP THE UPRIGHT BIKE

HOW TO MOVE AND LEVEL THE UPRIGHT BIKE

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

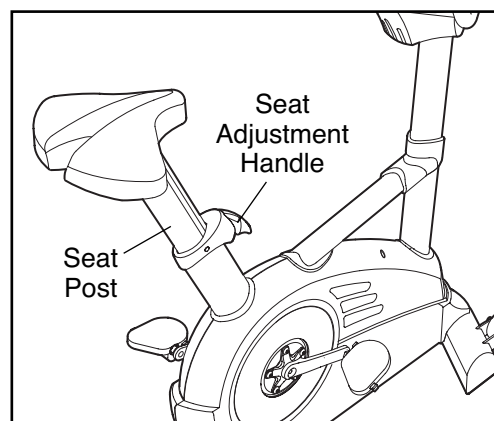
Due to the size and weight of the upright bike, moving it requires two persons. While one person lifts the indicated end, firmly hold the upright and tip the upright bike forward until it rolls on the front wheels. Carefully move the upright bike to the desired location and then lower it back to the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

If the upright 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

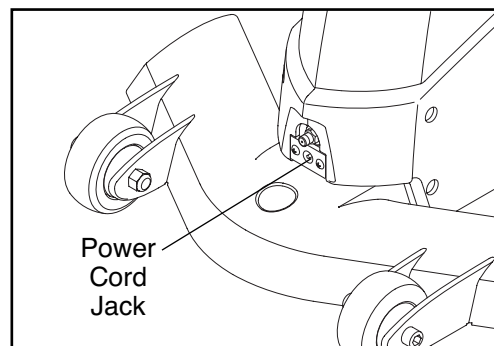
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, lift the seat adjustment handle, slide the seat upward or downward to the desired position, and then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



HOW TO CONNECT THE POWER CORD

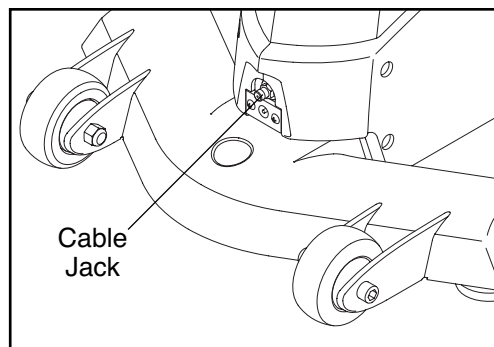
If the upright bike has a Basic console, it can be used with or without the included power cord. If the upright bike has a Workout TV console, the power cord must be used for the TV to operate.

To use the power cord, first plug one end of the power cord into the jack on the front of the upright bike. Note: If there is a plastic cover over the jack, 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.



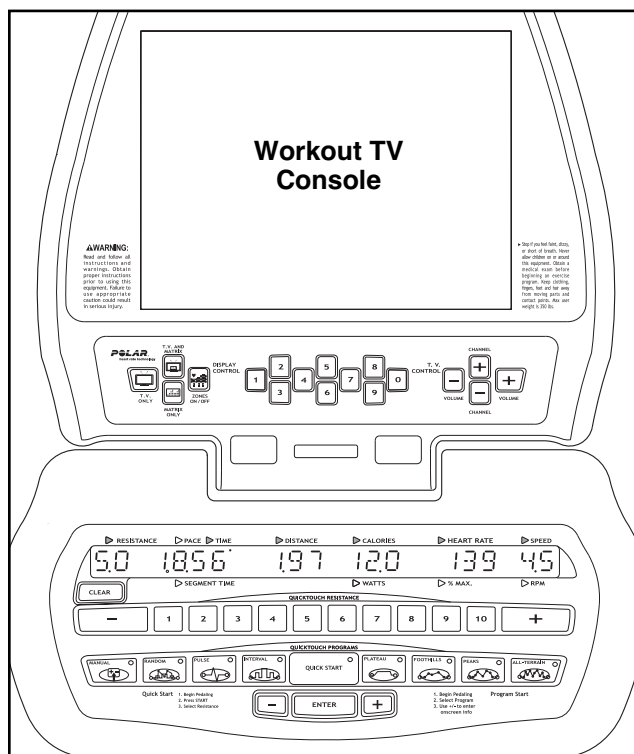
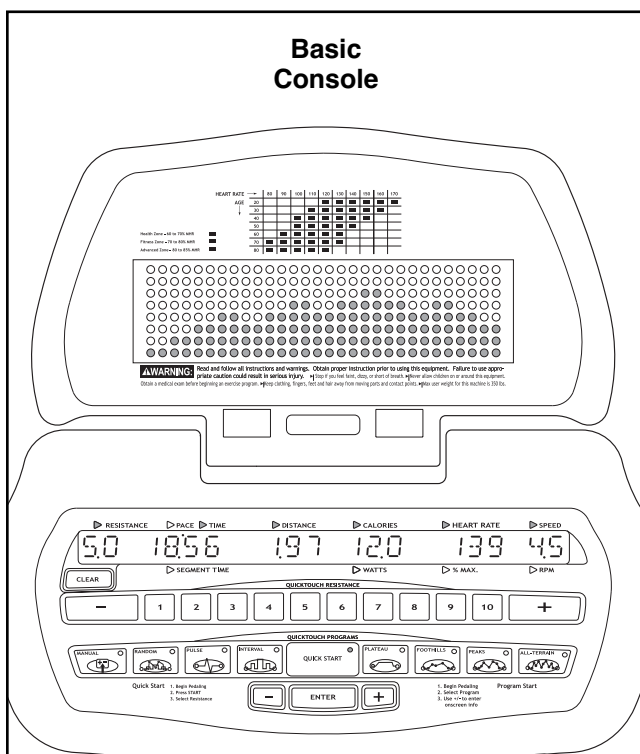
If your bike has a Workout TV console, a CATV cable must be connected to the bike for cable TV stations to be viewed. Locate the cable jack on the front of the bike. Connect the CATV cable to the cable jack.

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.

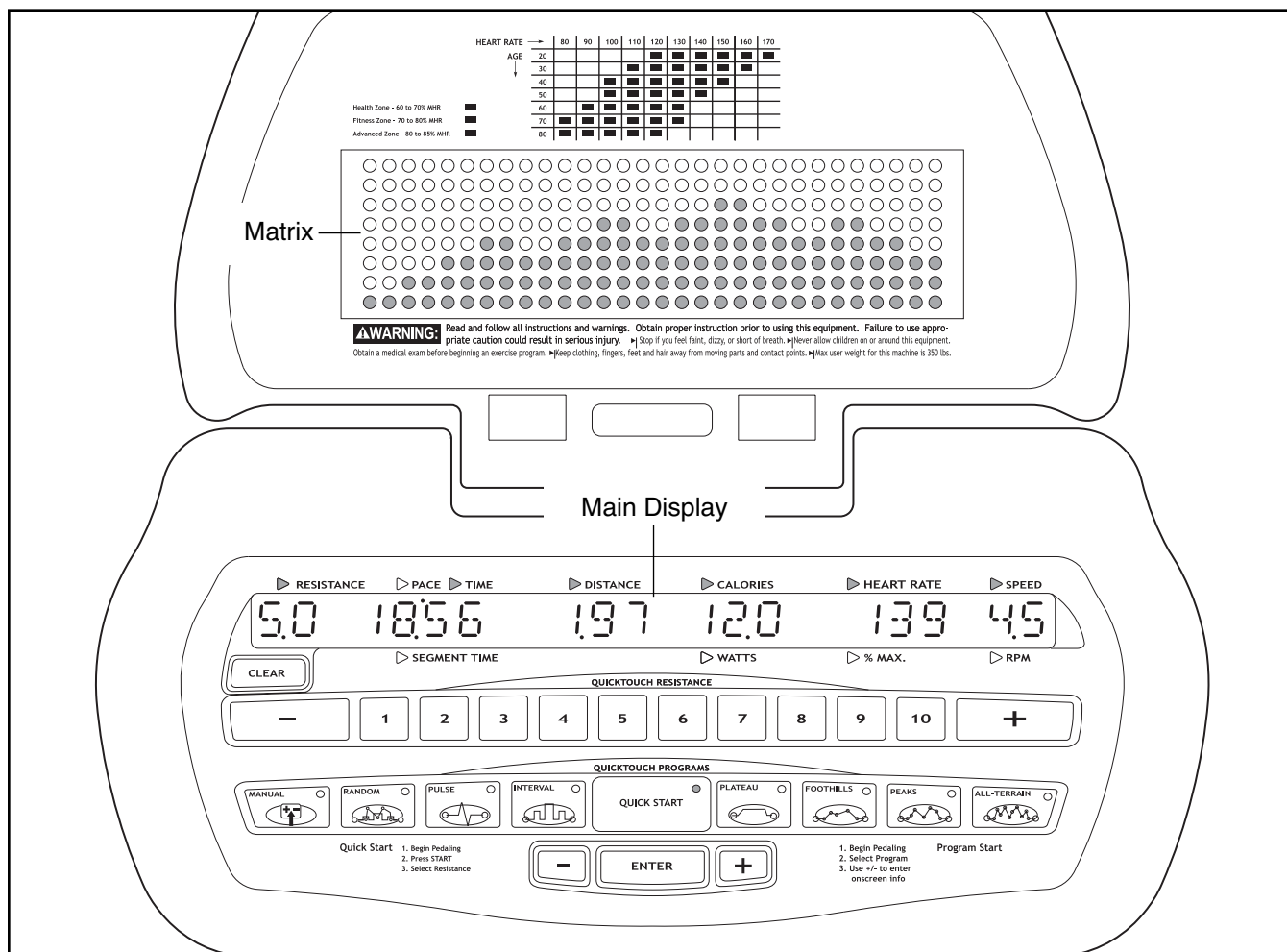


Your bike has been pre-configured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 9. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

To upgrade your console and expand the capabilities of your bike whenever you choose, see HOW TO CONTACT CUSTOMER CARE on page 2 of this manual.



HOW TO USE THE BASIC CONSOLE



FEATURES OF THE CONSOLE

The Basic console offers an impressive array of features designed to help you get the greatest benefits from your exercise on the 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 PRO-GRAMS 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 operate. 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.

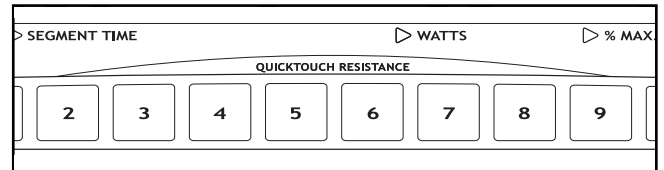
THE BUTTONS

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

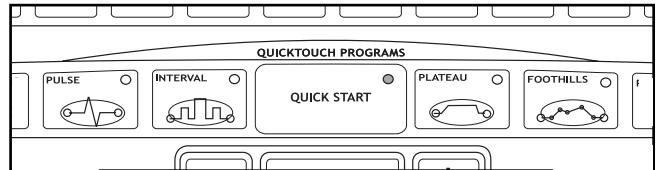


“PLEASE SELECT A PRO-GRAM TO BEGIN” will scroll across the main display. Note: If one program is started and then a different program is selected, the main display will not be reset unless the CLEAR button is pressed before the second program is selected.

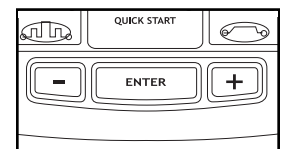
The QUICKTOUCH RESISTANCE buttons—These buttons control the resistance of the pedals. There are twenty resistance settings, from 0.5 to 10. Each time the + or – button is pressed, the resistance setting will change by 0.5. When one of the buttons numbered 1 to 10 is pressed, the corresponding resistance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

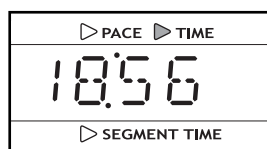
The main display will display a variety of text messages to guide you through your workouts. In addition, the main display will display the following information while you exercise:

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.



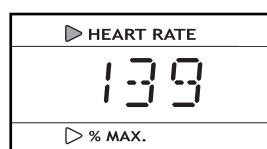
Distance—This section of the main display will show the distance that you have pedaled, in miles or kilometers.



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 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.



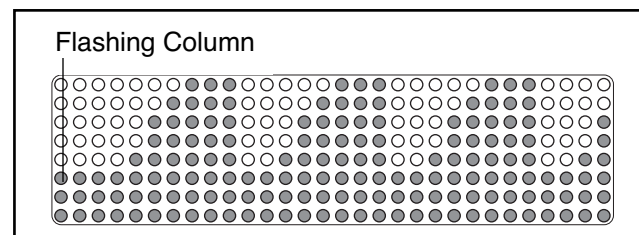
Speed/RPM—The right end of the main display will show your pedaling speed, in miles per hour or kilometers per hour, and your pedaling cadence, in revolutions per minute (RPM). The display will change from one number to the other every few seconds.



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).

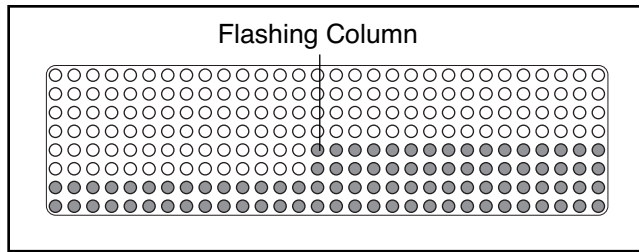
THE MATRIX

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.

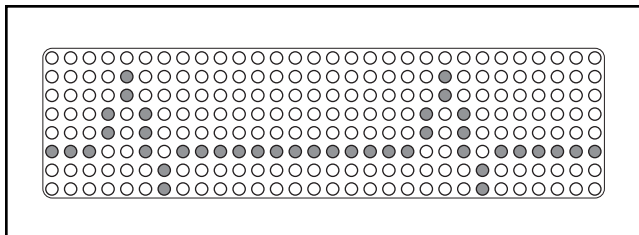


The lit indicators in each column represent the resistance setting for that segment of the program. One lit indicator represents a resistance setting of 0.5 or 1, two lit indicators represent a resistance setting of 1.5 or 2, three lit indicators represent a resistance setting of 2.5 or 3, and so forth.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

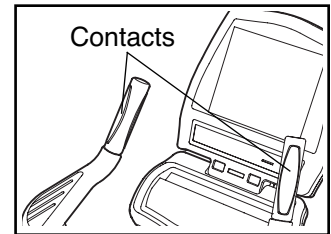


When a PULSE program is selected, the matrix will display a heartbeat graphic. Each time a heartbeat is detected, an additional peak will appear in the display.



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 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.

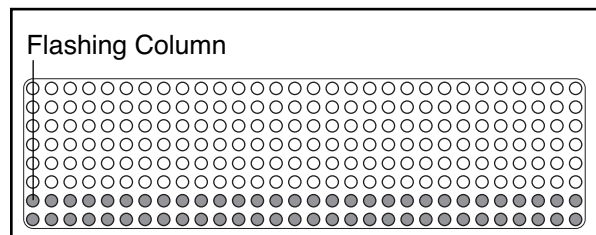
2 Select the QUICK START mode.

To select the QUICK START mode, press the QUICK START button. The indicator on the button will 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.

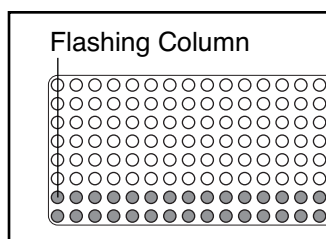
5 Enter a program time.

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.

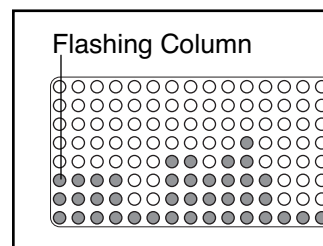
Next, the words "MAX RESIST" and the maximum resistance setting of the program will appear in the main display. If you wish to change the maximum resistance setting, press the + and – buttons beside the ENTER button. (Note: If the maximum resistance setting is increased, the intensity level of the program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

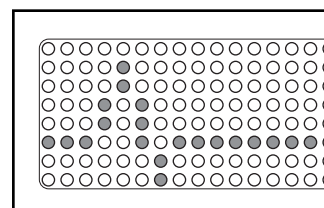
If you wish to change the maximum heart rate setting, press the + and – buttons beside the ENTER button. When the desired maximum heart rate setting is shown, press the ENTER button.

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 upright bike. To clean the upright 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 upright bike or use ammonia or acid-based cleaners.**

LEVELING THE UPRIGHT BIKE

If the upright bike rocks slightly during use, see **HOW TO MOVE AND LEVEL THE UPRIGHT 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 operate.

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).

NOTES

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 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.

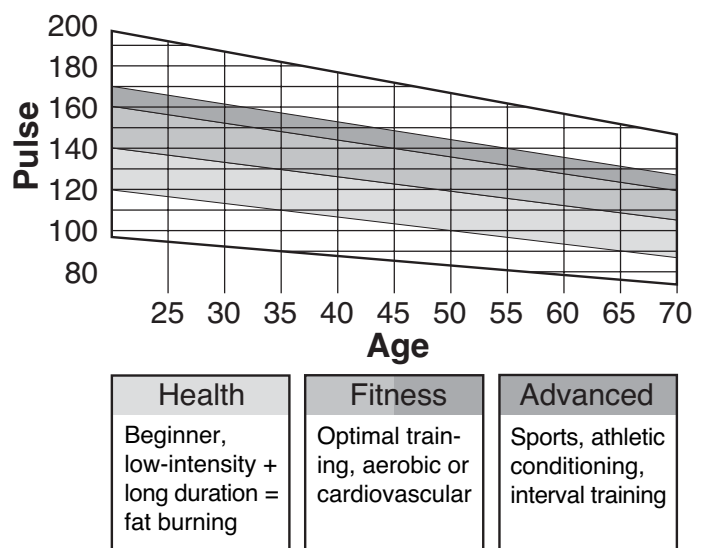
3 Determine your target heart rate.

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.

TARGET HEART RATE ZONES



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.

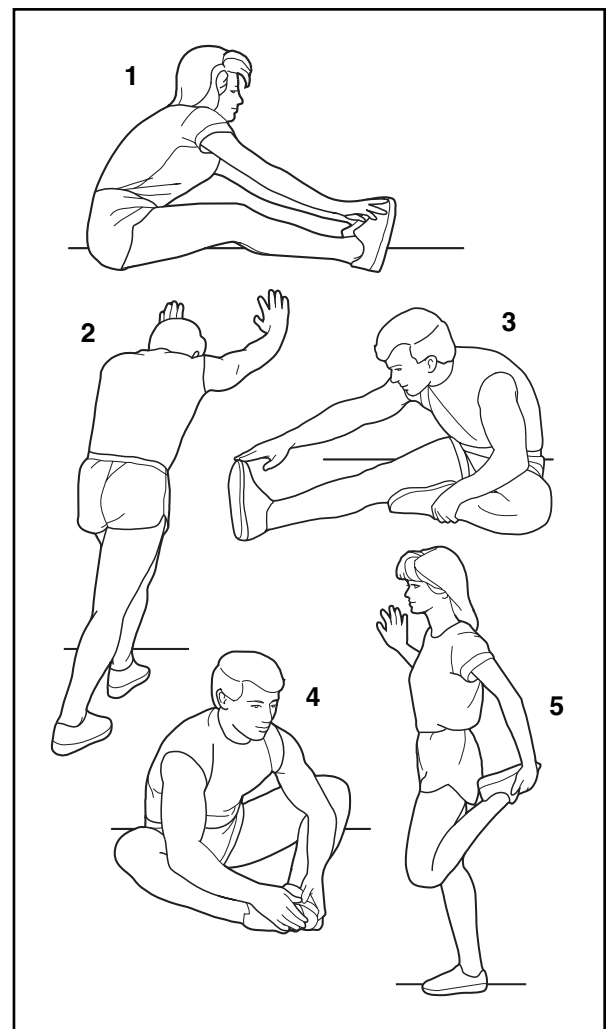
1. Toe Touch Stretch—Sit with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach toward your toes as far as possible. Hold for 15 to 30 seconds, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

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 Fitness

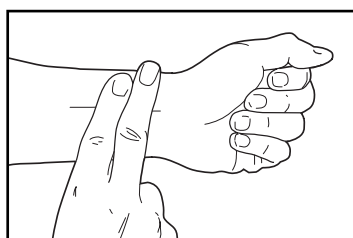
Effective aerobic exercise has three major parts: *frequency*, *intensity*, and *time*. The acronym "FIT" may help you to remember these three parts:

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 upright 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 Fitness 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.

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	

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.

PART LIST

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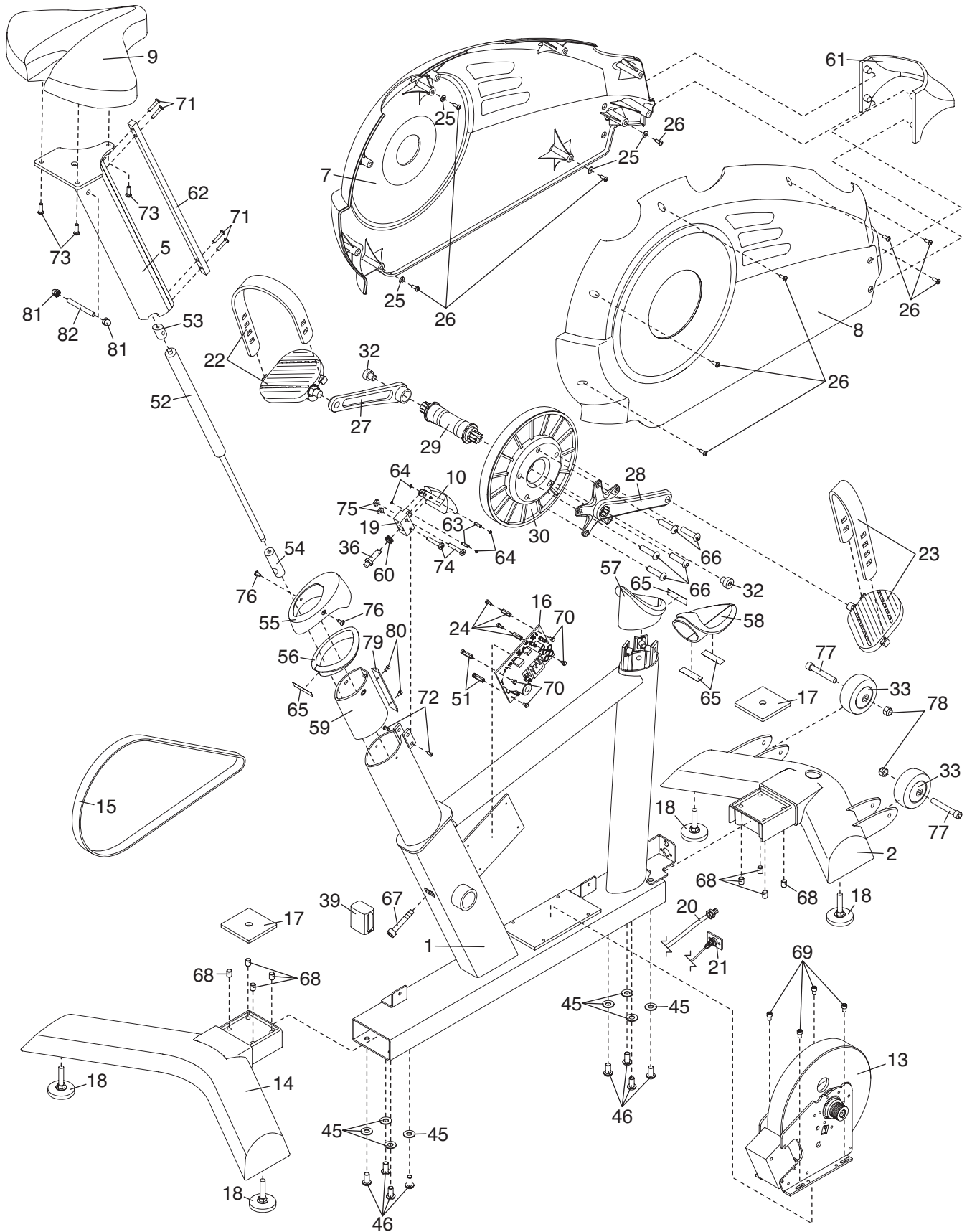
To locate the parts listed below, see the EXPLODED DRAWING on pages 28 and 29.

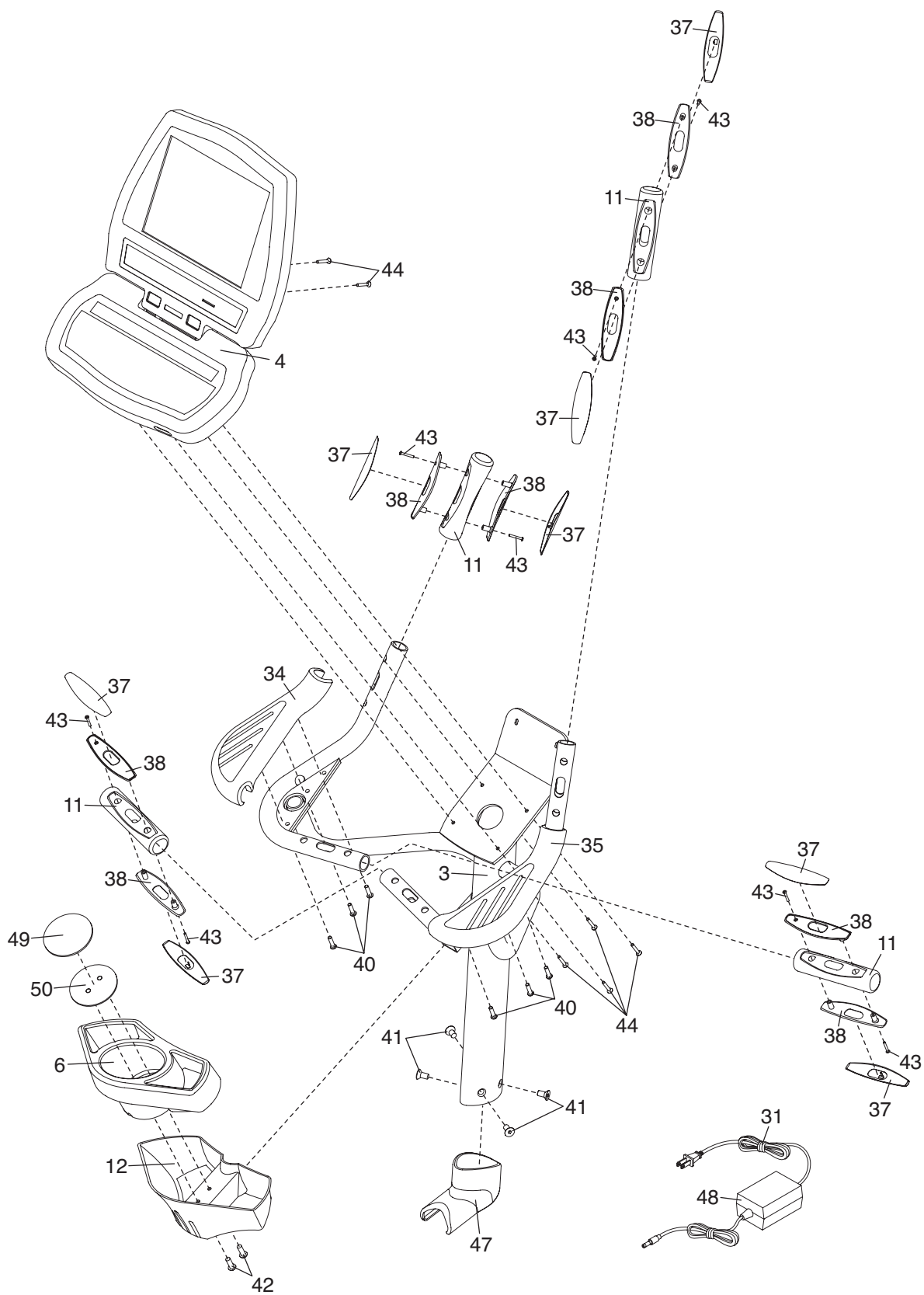
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	1	Upright Screw Cover
2	1	Front Stabilizer	48	1	Power Supply
3	1	Upright	49	1	Bottle Tray Insert
4	1	Console	50	1	Bottle Tray Bracket
5	1	Seat Post	51	2	Keyhole Standoff
6	1	Bottle Tray	52	1	Resistance Cylinder
7	1	Left Side Shield	53	1	Cylinder Cap
8	1	Right Side 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	Side 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	Side Shield Washer	71	4	Adjustment Bar Screw
26	10	Side 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	#	1	User's Manual
38	8	Grip Insert	#	1	Upper TV Cable
39	1	Battery	#	1	Upper Battery Wire
40	6	Handlebar Cover Screw	#	1	Hand Pulse Sensor Wire
41	4	Upright Screw	#	1	Electromagnet Wire
42	2	Bottle Tray Screw	#	1	Chest Pulse Sensor Wire
43	8	Pulse Grip Screw	#	1	Upper Controller Wire
44	6	Console Screw	#	1	Upper DC Harness
45	8	Stabilizer Washer	#	1	Generator Coil Wire
46	8	Stabilizer 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.**

EXPLODED DRAWING A

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