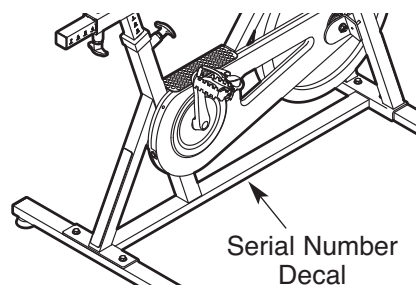


FREEMOTION[®] S 11.5

Model No. FMEX81010-INT.0

Serial No. _____

Write the serial number in the space above for reference.



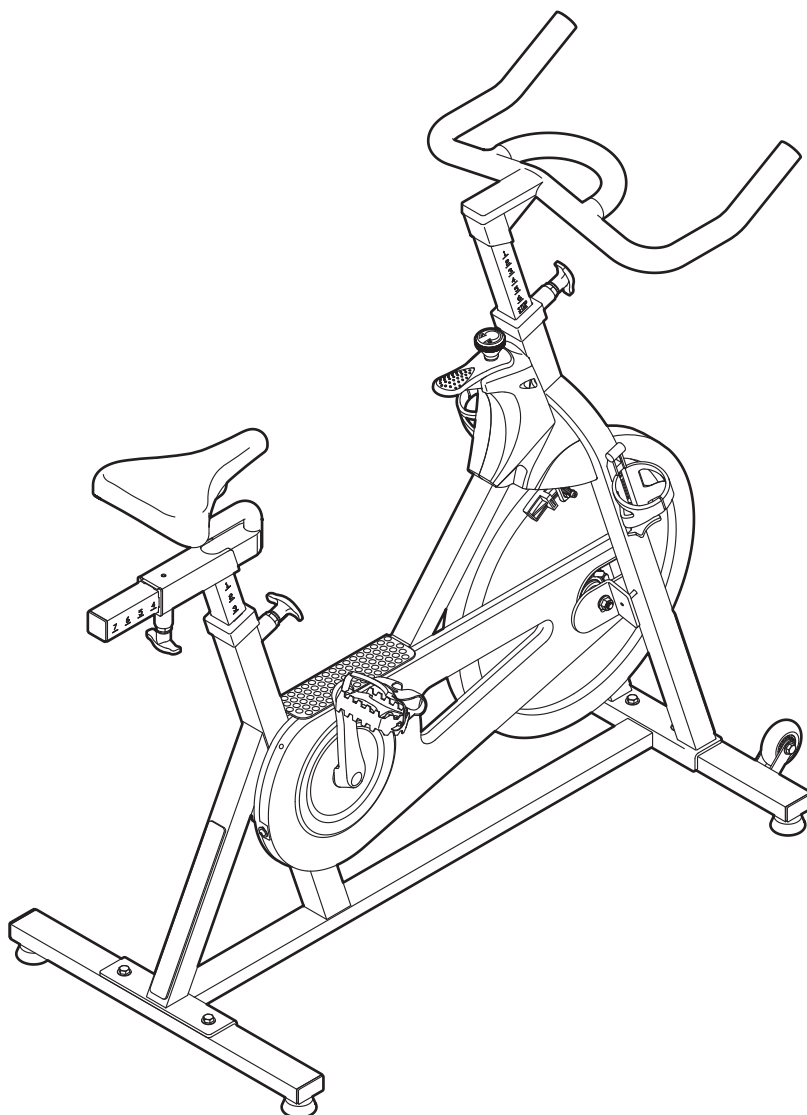
QUESTIONS?

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

CAUTION

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

USER'S MANUAL



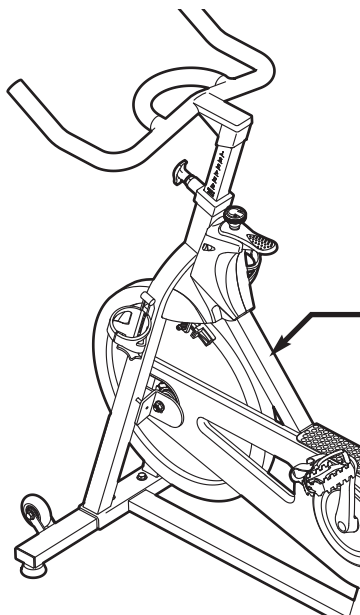
www.freemotionfitness.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Warning decals in other languages are included. Apply the warning decals on top of the English warnings in the indicated locations if desired. Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- This bike does not freewheel.
- User weight must not exceed 300 lbs / 136 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

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. The exercise bike is intended for use in a supervised environment only.
5. 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.
6. 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.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. 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.
10. The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).
11. Always keep your back straight while using the exercise bike; do not arch your back.
12. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
13. To stop the flywheel quickly, press the brake lever downward.
14. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
15. 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.

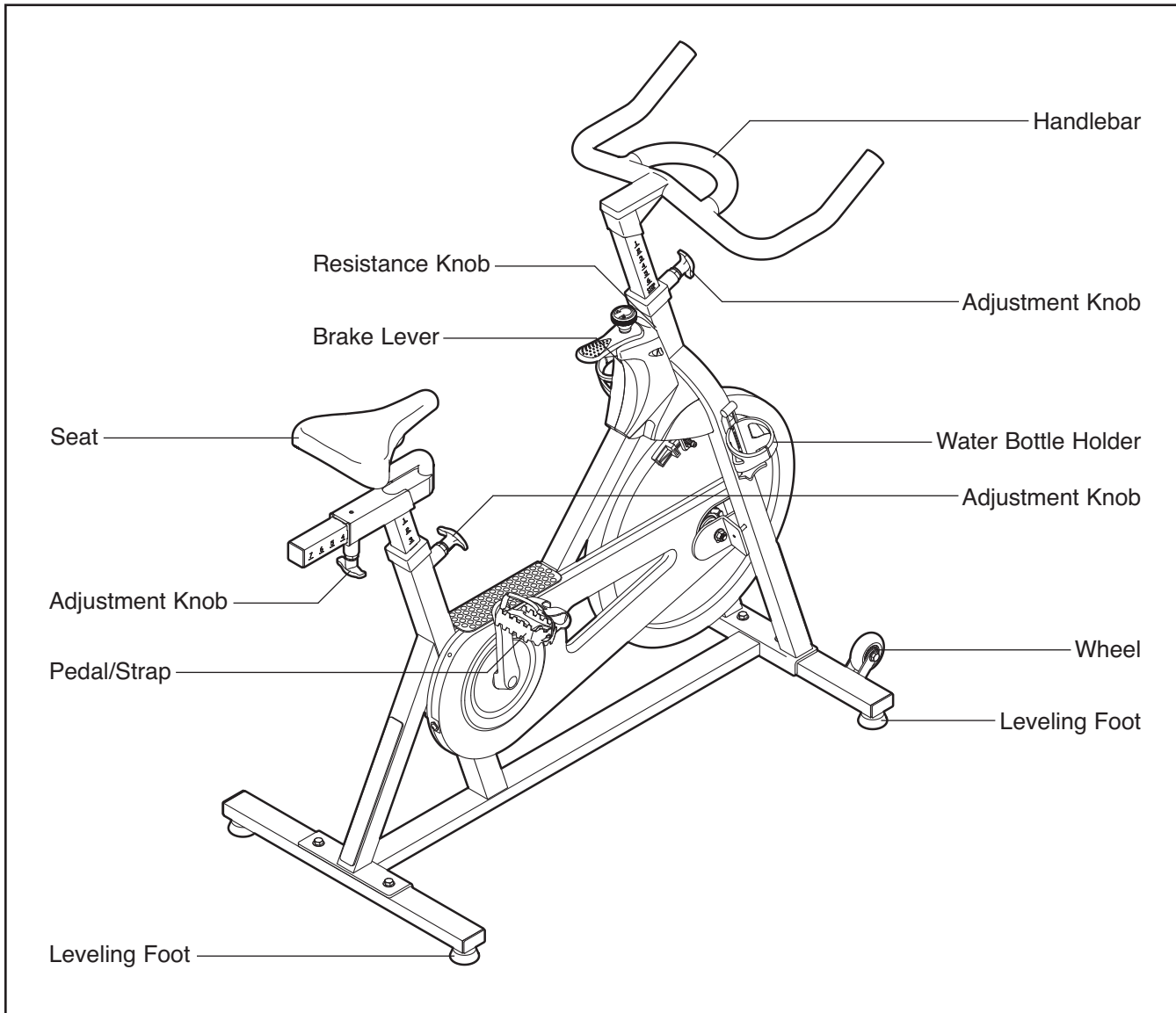
BEFORE YOU BEGIN

Thank you for selecting the new FREEMOTION® S 11.5 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The S 11.5 exercise bike provides a 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 the location of the serial number decal are 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

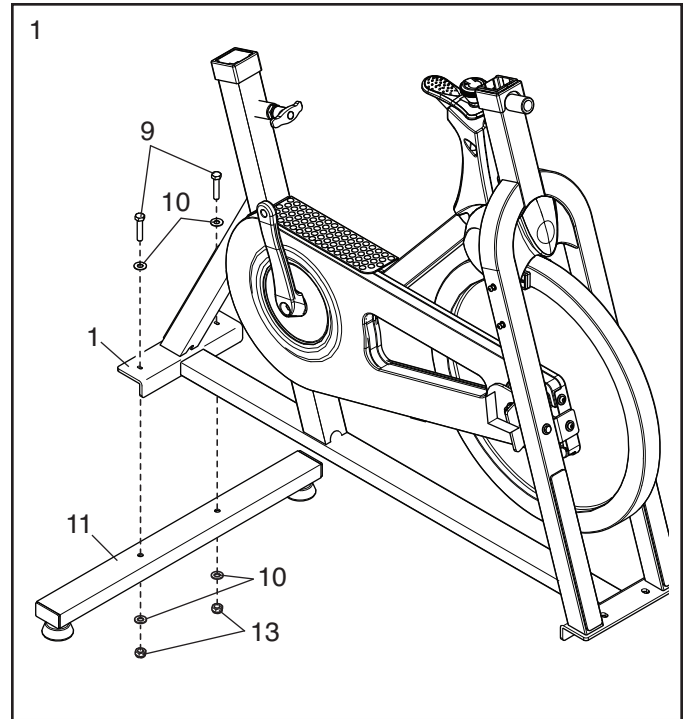
Assembly requires two persons. Place all parts of the exercise bike in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

In addition to the included tool(s), assembly requires an adjustable wrench  .

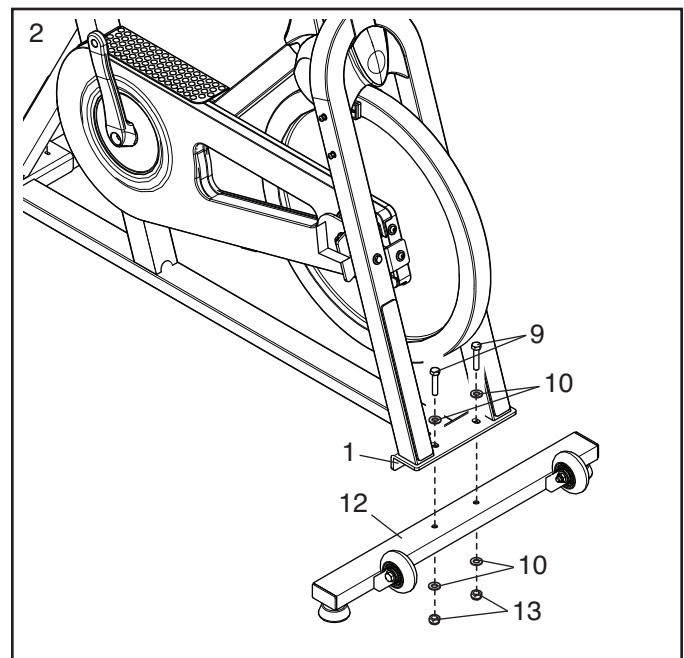
Note: If a part is not in the hardware kit, check to see if it has been preattached.

1. Identify the Rear Stabilizer (11), which does not have wheels.

Attach the Rear Stabilizer (11) to the Frame (1) with two M8 x 40mm Bolts (9), four M8 Washers (10), and two M8 Locknuts (13).



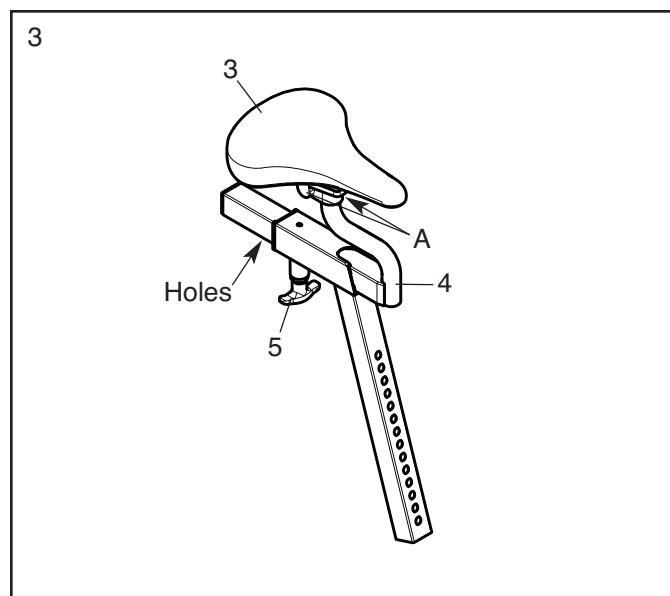
2. Attach the Front Stabilizer (12) to the Frame (1) with two M8 x 40mm Bolts (9), four M8 Washers (10), and two M8 Locknuts (13).



3. Identify the Seat Carriage (4) assembly.

Make sure that the nose of the Seat (3) is pointing straight ahead and that the Seat is level. If necessary, loosen the Hex Nuts (A) beneath the Seat, adjust the position of the Seat, and then retighten the Hex Nuts.

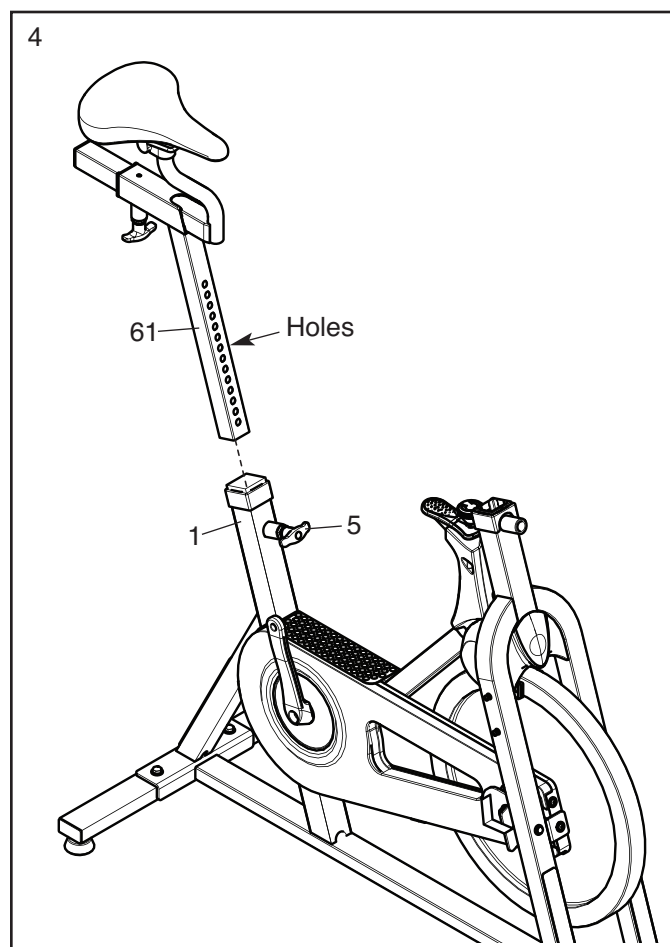
Make sure that the T-knob (5) is firmly engaged in an adjustment hole in the Seat Carriage (4).



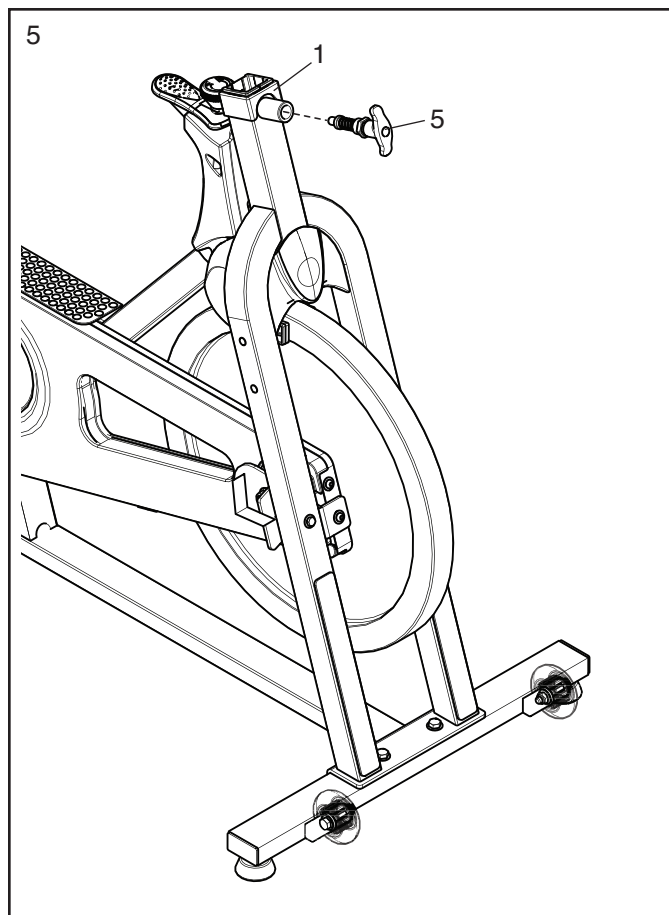
4. Orient the Seat Post (61) as shown.

Locate the T-knob (5) on the rear of the Frame (1). Loosen the T-knob and pull it outward. Then, insert the Seat Post (61) into the Frame.

Move the Seat Post (61) upward or downward to the desired position, release the T-knob (5) into an adjustment hole in the Seat Post, and then tighten the T-knob. **Make sure that the T-knob is firmly engaged in an adjustment hole.**



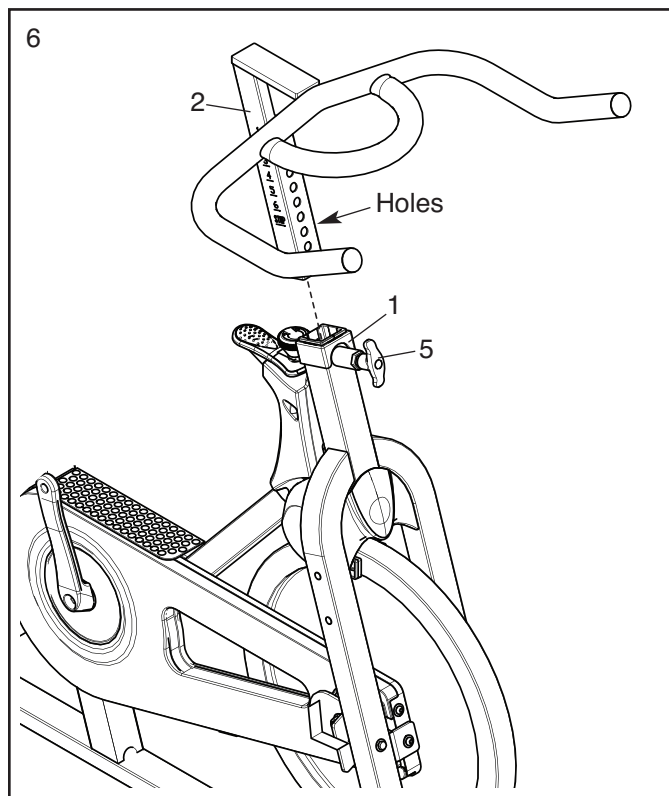
5. Using an adjustable wrench, tighten a T-knob (5) into the front of the Frame (1).



6. Orient the Handlebar Post (2) as shown.

Loosen the T-knob (5) on the front of the Frame (1) and pull it outward. Then, insert the Handlebar Post (2) into the Frame.

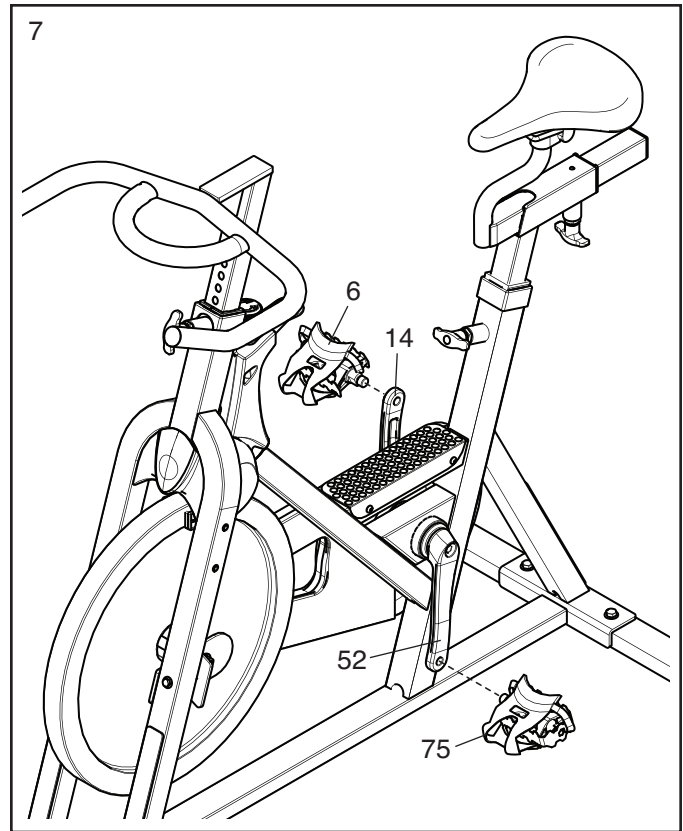
Move the Handlebar Post (2) upward or downward to the desired position, release the T-knob (5) into an adjustment hole in the Handlebar Post, and then tighten the T-knob. **Make sure that the T-knob is firmly engaged in an adjustment hole.**



7. Identify the Left Pedal (75), which is marked with an "L."

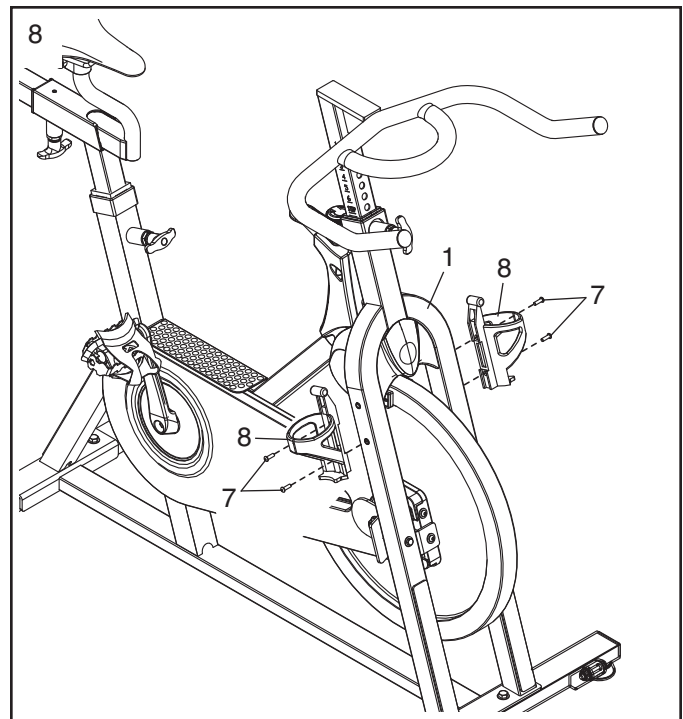
Using an adjustable wrench, **firmly tighten** the Left Pedal (75) **counterclockwise** into the Left Crank Arm (52).

Tighten the Right Pedal (6) **clockwise** into the Right Crank Arm (14).



8. Attach a Water Bottle Holder (8) to one side of the Frame (1) with two M5 x 16mm Screws (7).

Attach the other Water Bottle Holder (8) to the other side of the Frame (1) in the same way.

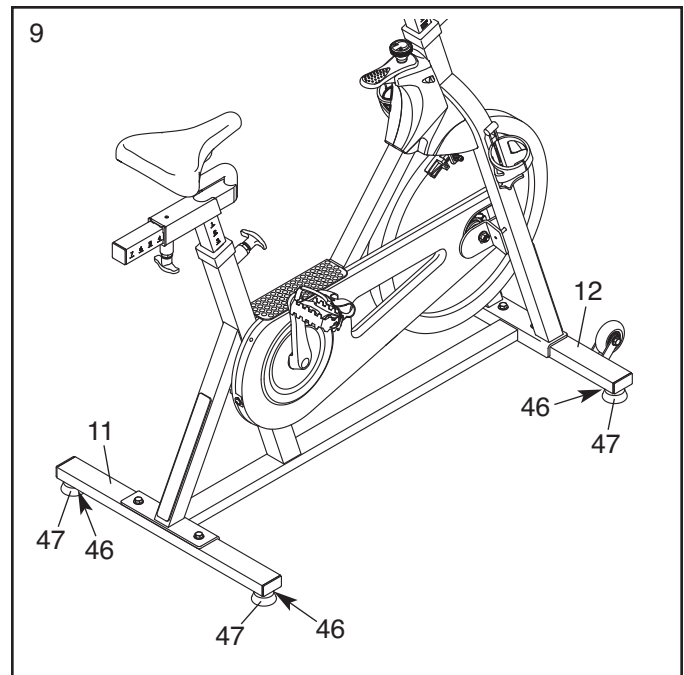


9. Place the exercise bike in the location where it will be used. **Tip: Place a mat beneath the exercise bike to protect the floor.**

Make sure that all four Leveling Feet (47) are in contact with the floor.

If a Leveling Foot (47) is not in contact with the floor, loosen the Leveling Foot until the Leveling Foot contacts the floor.

Then, tighten the Hex Nut (46) on the Leveling Foot (47) firmly against the Rear or Front Stabilizer (11, 12). **Tip: It may be helpful to use an adjustable wrench to tighten the Hex Nut.**



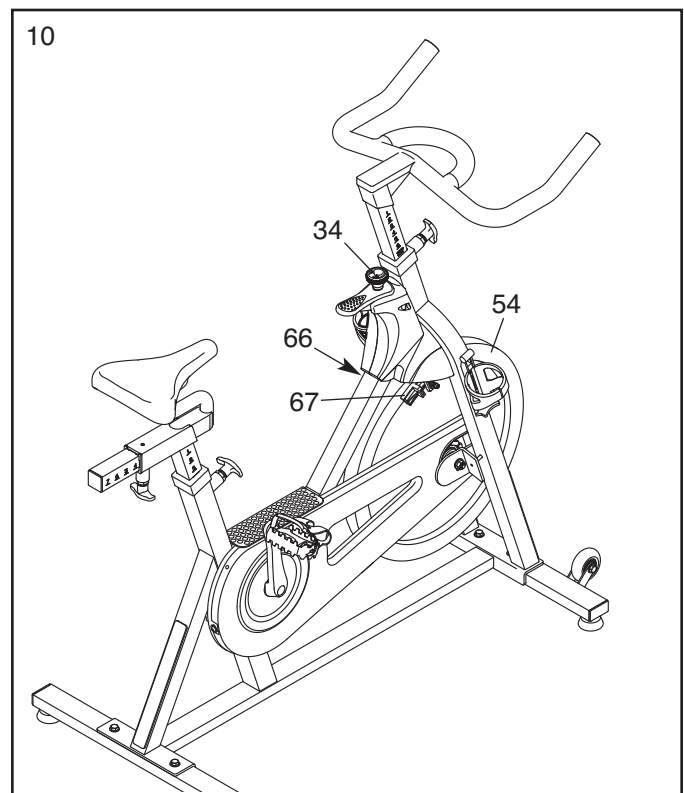
10. Loosen the Resistance Knob (34) until the Brake Pads (66, 67) are **not** in contact with the Flywheel (54).

Spray the Brake Pads (66, 67) thoroughly with a clear silicone lubricant (not included).

Note: This action will extend the life of the Brake Pads (66, 67) and ensure smooth contact with the Flywheel (54).

Then, tighten the Resistance Knob (34) until the Brake Pads (66, 67) are in firm contact with the Flywheel (54). Leave the Brake Pads in this position for one hour or longer.

Note: This action will set the brake parts and provide the springs with initial compression. This action will also ensure that the clear silicone lubricant penetrates the entire surface of the Brake Pads (66, 67).



11. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE ANGLE OF THE SEAT

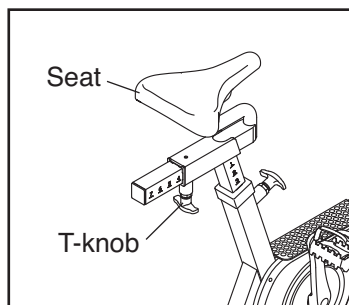
You can adjust the angle of the seat to the position that is most comfortable. You can also slide your seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the seat, see the drawing in assembly step 3 on page 6. Loosen the hex nuts on the seat clamp a few turns, and then tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the hex nuts.

HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the position of the seat, first loosen the T-knob and pull it downward. Then, move the seat forward or backward, release the T-knob into an adjustment hole in the seat carriage, and firmly tighten the T-knob.

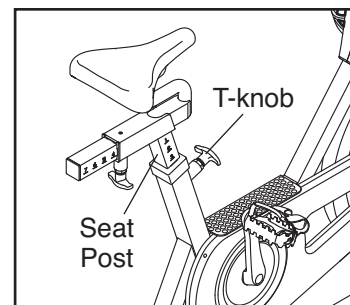
Make sure that the T-knob is engaged in an adjustment hole.



HOW TO ADJUST THE SEAT POST

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.

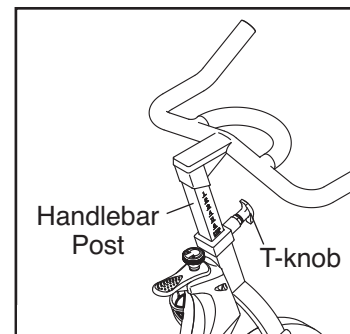
To adjust the height of the seat post, first loosen the T-knob and pull it outward. Then, move the seat post upward or downward, release the T-knob into an adjustment hole in the seat post, and firmly tighten the T-knob. **Make sure that the T-knob is engaged in an adjustment hole. IMPORTANT: Do not adjust the seat post beyond the stop mark on the seat post.**



HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the T-knob and pull it outward. Then, move the handlebar post upward or downward, release the T-knob into an adjustment hole in the handlebar post, and firmly tighten the T-knob.

Make sure that the T-knob is engaged in an adjustment hole. IMPORTANT: Do not adjust the handlebar post beyond the stop mark on the handlebar post.

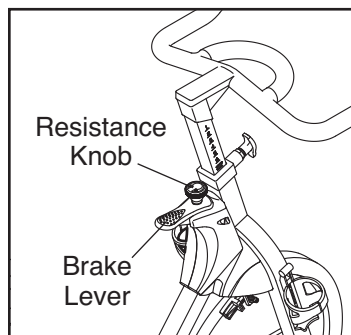


HOW TO ADJUST THE PEDAL STRAPS

To tighten the pedal straps (see the drawing on page 4), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the resistance knob counterclockwise.



To stop the flywheel, push the brake lever downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.

HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, first loosen the hex nuts on the leveling feet on the front or rear stabilizer (see the drawing on page 4).

Next, turn one or both of the leveling feet on the front or rear stabilizer until the rocking motion is eliminated.

Then, tighten the hex nuts on the leveling feet against the front or rear stabilizer to lock the leveling feet into place.

HOW TO MAINTAIN THE EXERCISE BIKE

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild detergent.

For maximum performance and safety, replace the pedals every year. **To purchase pedals, see the back cover of this manual.**

IMPORTANT: To avoid damage to the exercise bike and to prevent injury to the user, use only manufacturer-supplied pedals. Other pedals may not be designed for use in fitness clubs or indoor cycling studios and may be dangerous.

NOTES

NOTES

PART LIST

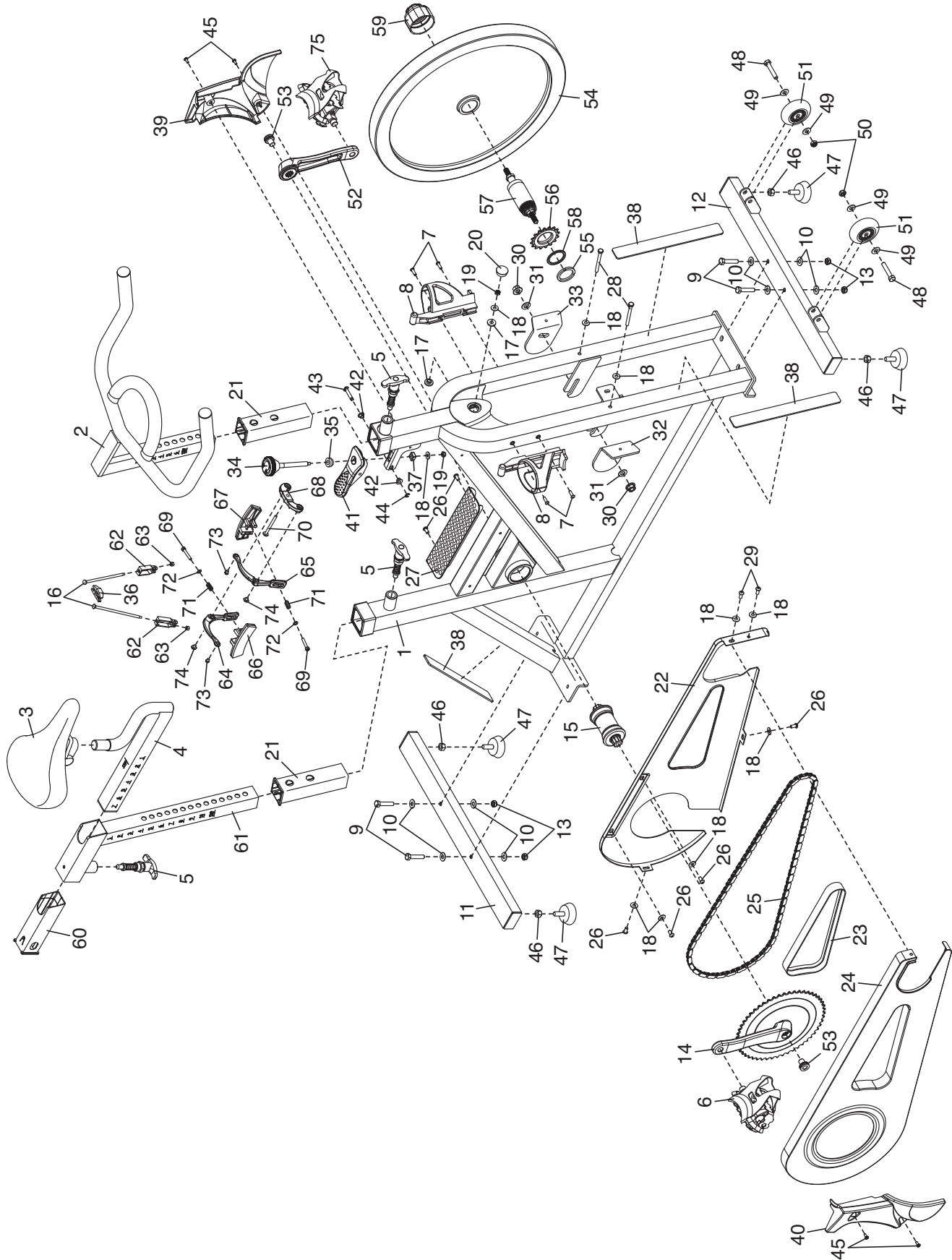
Model No. FMEX81010-INT.0 R1210A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	40	1	Right Brake Cover
2	1	Handlebar Post	41	1	Brake Lever
3	1	Seat	42	2	Nylon Bushing
4	1	Seat Carriage	43	1	Brake Axle
5	3	T-knob	44	1	E-clip
6	1	Right Pedal	45	4	M4 x 10mm Screw
7	4	M5 x 16mm Screw	46	4	Hex Nut
8	2	Water Bottle Holder	47	4	Leveling Foot
9	4	M8 x 40mm Bolt	48	2	M8 x 45mm Screw
10	8	M8 Washer	49	4	M8 Flat Washer
11	1	Rear Stabilizer	50	2	Wheel Nut
12	1	Front Stabilizer	51	2	Wheel
13	4	M8 Locknut	52	1	Left Crank Arm
14	1	Right Crank Arm	53	2	Crank Bolt
15	1	Bottom Bracket	54	1	Flywheel
16	2	Resistance Cable	55	1	Lock Ring
17	2	Plastic Bushing	56	1	Sprocket
18	10	M6 Flat Washer	57	1	Hub
19	2	M6 Locknut	58	1	Spacer
20	1	Plug	59	1	Hub Cover
21	2	Post Sleeve	60	1	Carriage Sleeve
22	1	Inner Chain Guard	61	1	Seat Post
23	1	Shield Insert	62	2	Brake Hanger
24	1	Outer Chain Guard	63	2	Brake Nut
25	1	Chain	64	1	Small Brake Arm
26	6	M6 x 12mm Screw	65	1	Large Brake Arm
27	1	Frame Plate	66	1	Left Brake Pad
28	2	M6 x 65mm Screw	67	1	Right Brake Pad
29	2	M6 x 15mm Screw	68	1	Brake Bracket
30	2	Flange Nut	69	2	Brake Pad Screw
31	2	Bracket Washer	70	1	Brake Bolt
32	1	Right Chain Adjustment Bracket	71	2	Pad Spring
33	1	Left Chain Adjustment Bracket	72	2	Pad Washer
34	1	Resistance Knob	73	2	Hanger Screw
35	1	Brake Spacer	74	2	Brake Arm Screw
36	1	Cradle	75	1	Left Pedal
37	1	Square Nut	*	—	Assembly Tool
38	3	Frame Pad	*	—	User's Manual
39	1	Left Brake Cover			

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

EXPLODED DRAWING

Model No. FMEX81010-INT.0 R1210A



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