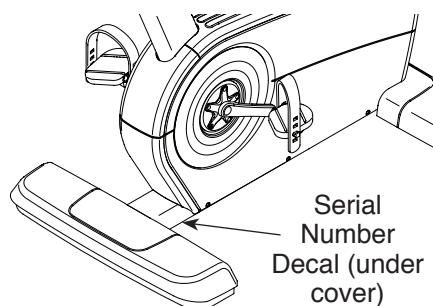


FREEMOTION® c 11.4

Model No. FMEX82410-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

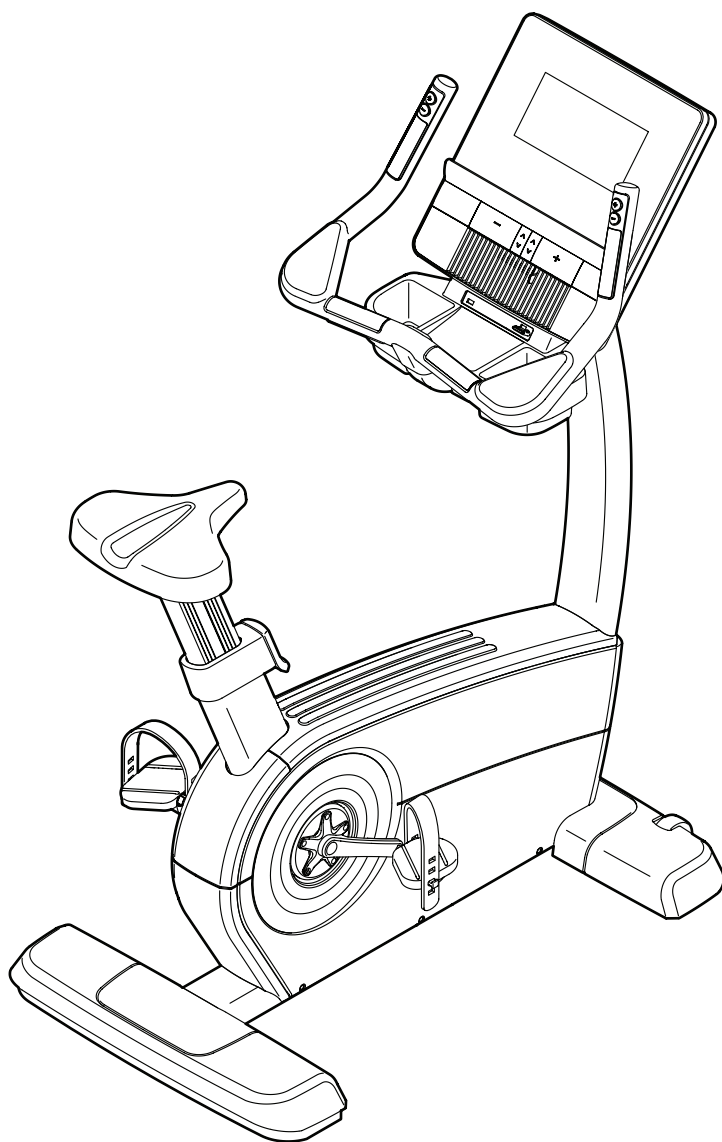
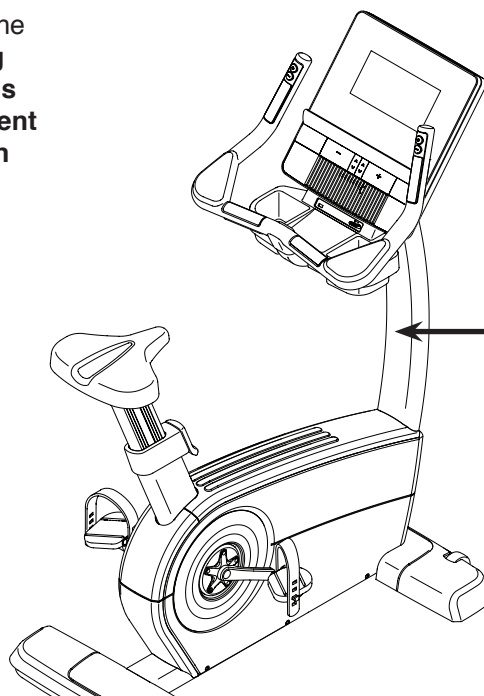


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WARNING
AVERTISSEMENT

- 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.
- User weight must not exceed 400 lbs / 181 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.

- Le mauvais usage de cet appareil peut causer des blessures graves.
- Lisez le manuel de l'utilisateur et suivez tous les avertissements et les instructions d'utilisation avant d'utiliser.
- Ne permettez pas aux enfants de monter sur ou de se tenir près de l'appareil.
- Le poids de l'utilisateur ne devrait pas excéder 181 kg.
- Remplacez l'étiquette si elle est endommagée, illisible ou manquante.

FREEMOTION is a registered trademark of ICON IP, Inc.
 POLAR is a registered trademark of Polar Electro Oy.
 iPod is a trademark of Apple Computer, Inc., registered in the U.S. and other countries.

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. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
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 at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under 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. When connecting the power cord, plug the power cord into a grounded circuit.
9. 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.
10. Do not operate the exercise bike if the power cord or plug is damaged, or if the exercise bike is not working properly.
11. **DANGER:** Always unplug the power cord and press the power switch to the off position when the exercise bike is not in use and before cleaning the exercise bike. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
12. 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.
13. The exercise bike should not be used by persons weighing more than 400 lbs. (181 kg).
14. Be careful when mounting and dismounting the exercise bike.
15. 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.
16. Always keep your back straight while using the exercise bike; do not arch your back.
17. 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.

SAVE THESE INSTRUCTIONS

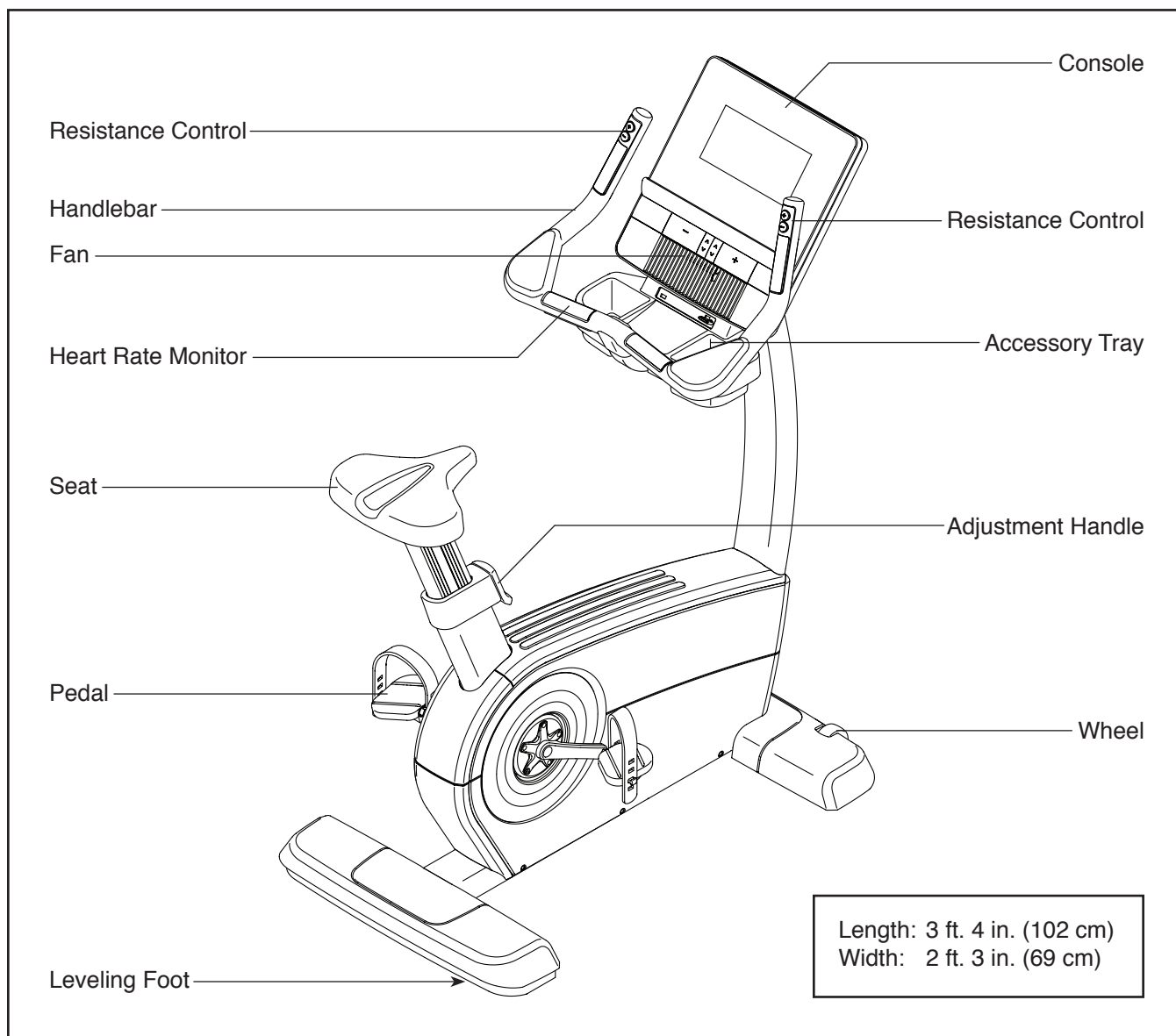
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® C 11.4 exercise bike. The C 11.4 exercise 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

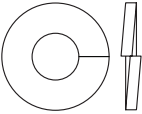
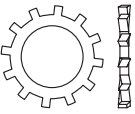
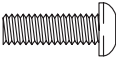
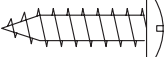
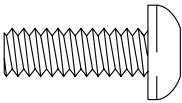
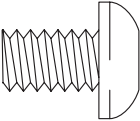
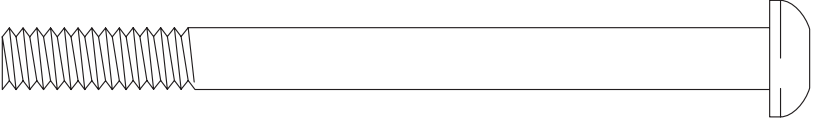
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

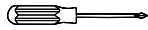
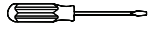


PART IDENTIFICATION CHART

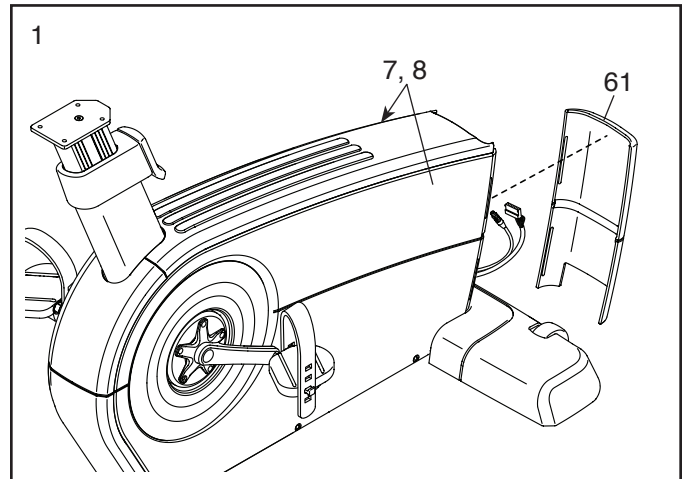
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

				
1/4" Split Washer (87)–4	5/16" Star Washer (58)–8	#8 x 1/2" Screw (43)–4	#8–32 x 3/4" Screw (88)–4	#8 x 3/4" Screw (42)–4
				
1/4" x 3/4" Screw (73)–4	5/16" x 1/2" Screw (49)–4	5/16" x 4" Screw (41)–4		

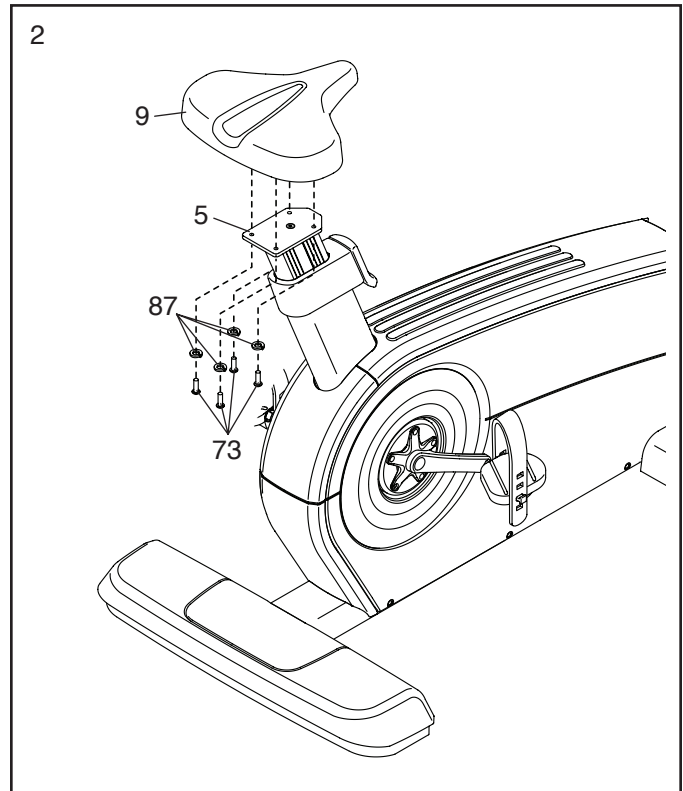
ASSEMBLY

- Assembly requires two persons.
 - Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
 - Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
 - To identify small parts, see page 5.
 - In addition to the included tool(s), assembly requires the following tool(s):
 - one Phillips screwdriver 
 - one standard screwdriver 
- Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Using a flat screwdriver, remove the Front Shield (61) from the Left and Right Shields (7, 8).



2. Attach the Seat (9) to the Seat Post (5) with four 1/4" x 3/4" Screws (73) and four 1/4" Split Washers (87).

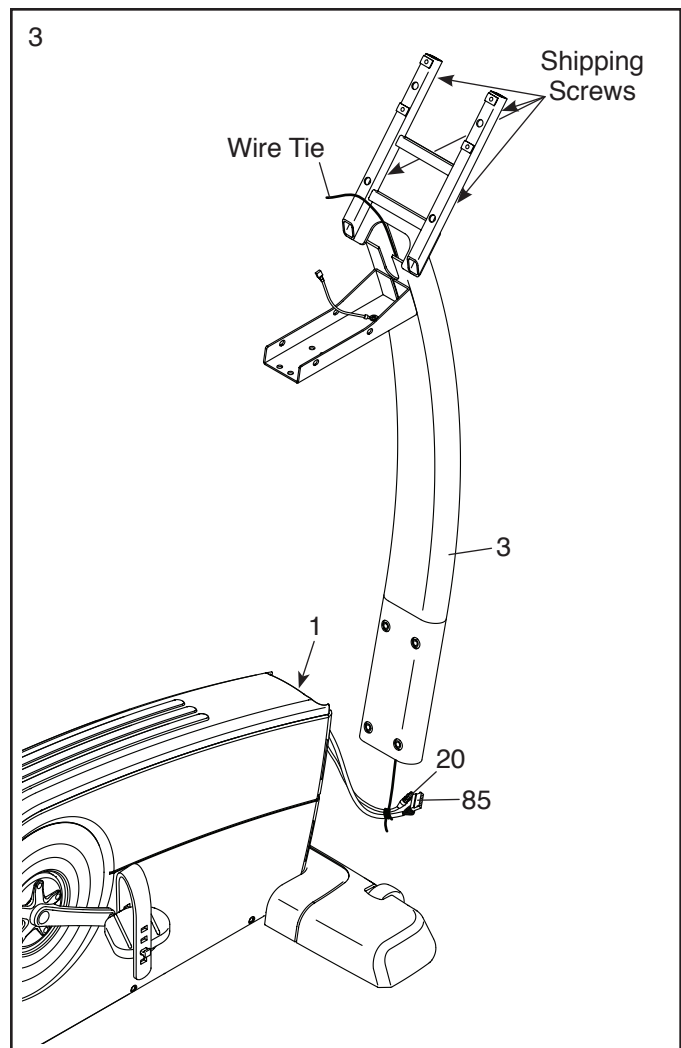


3. Remove the four shipping screws from the Upright (3) and discard them.

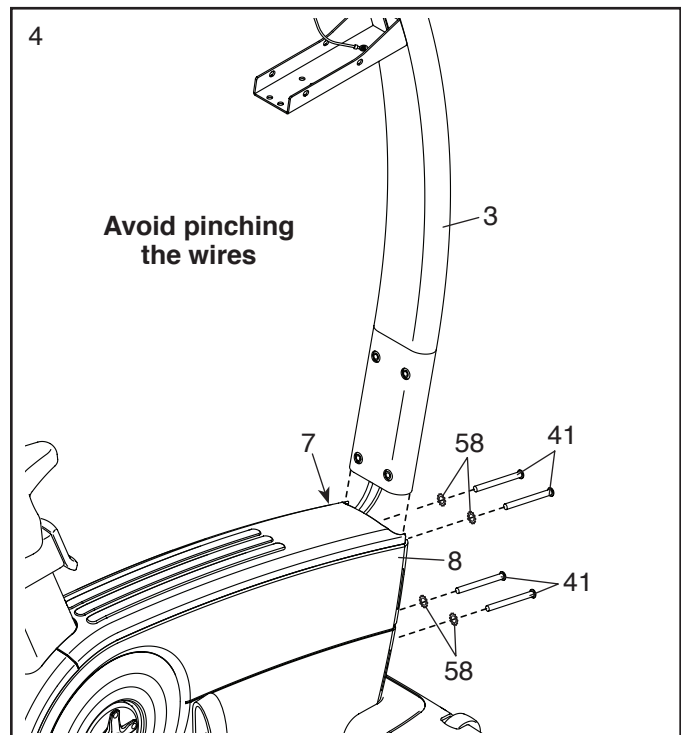
Have a second person hold the Upright (3) near the Frame (1).

Tie the lower end of the wire tie in the Upright (3) to the Main Wire Harness (85) and the TV Cable (20). Then, pull the upper end of the wire tie until the Main Wire Harness and the TV Cable are routed through the Upright.

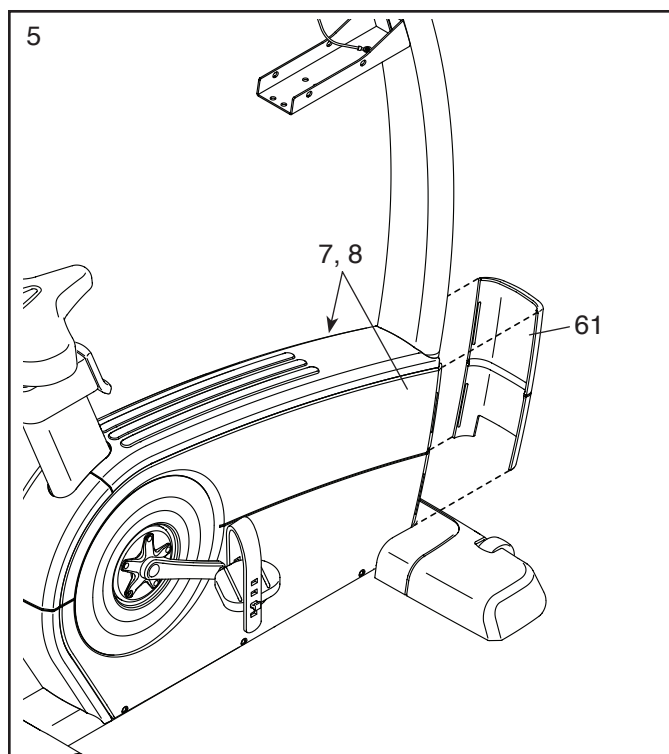
Tip: To prevent the wires from falling into the Upright (3), secure the wires with the wire tie.



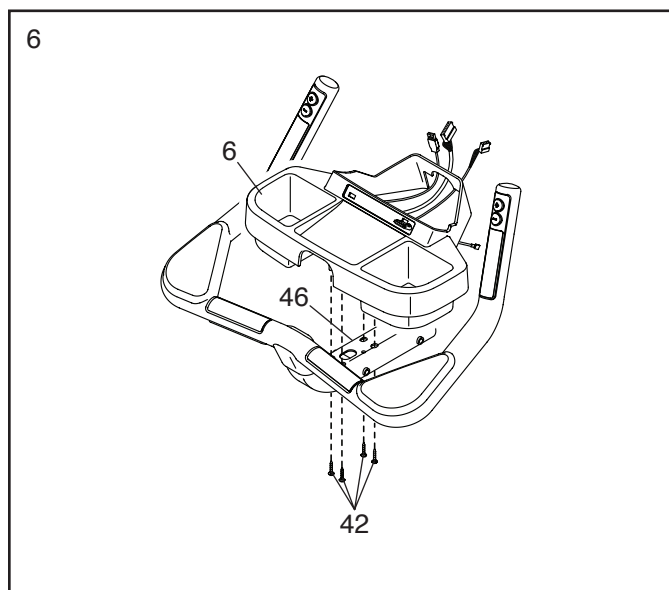
4. **Tip: Avoid pinching the wires.** Insert the Upright (3) downward into the Left and Right Shields (7, 8). Attach the Upright to the Frame (not shown) with four 5/16" x 4" Screws (41) and four 5/16" Star Washers (58).



5. Press the Front Shield (61) onto the Left and Right Shields (7, 8).



6. Attach the Accessory Tray (6) to the Handlebar (46) with four #8 x 3/4" Screws (42).

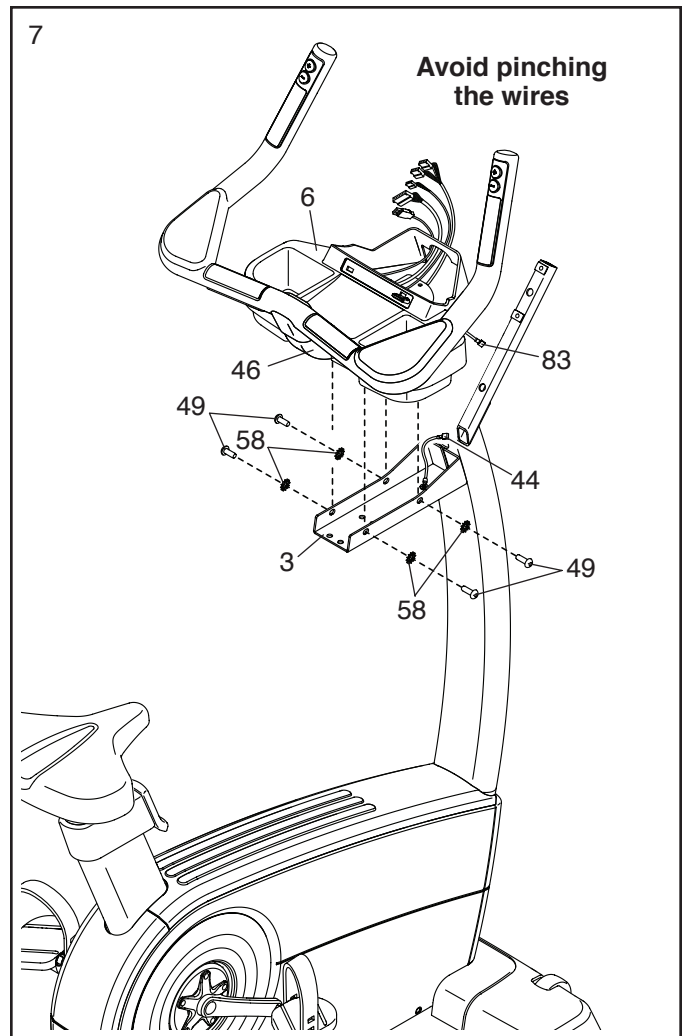


7. Have a second person hold the Accessory Tray (6) and the Handlebar (46) near the Upright (3).

Connect the ground wire from the Media Module (83) to the Ground Wire (44) on the Upright (3).

Tip: Avoid pinching the wires. Set the Handlebar (46) in the bracket on the Upright (3).

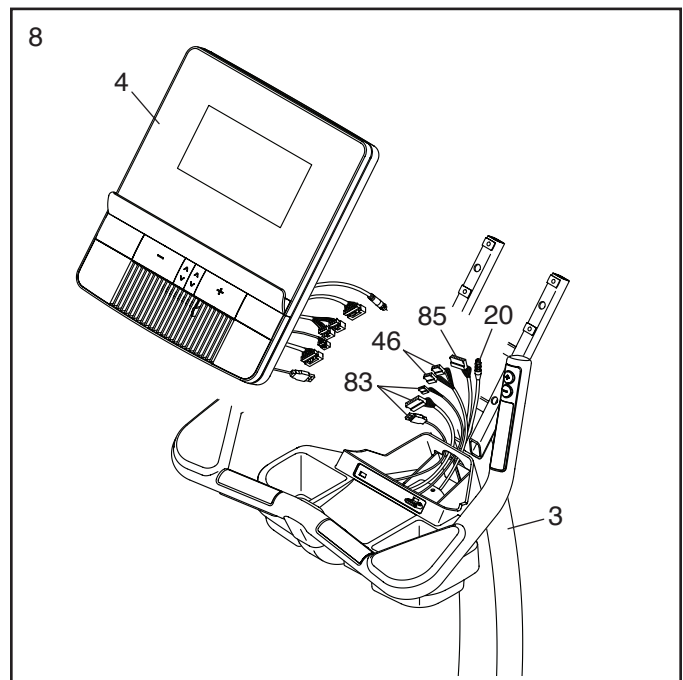
Attach the Handlebar (46) to the Upright (3) with four 5/16" x 1/2" Screws (49) and four 5/16" Star Washers (58).



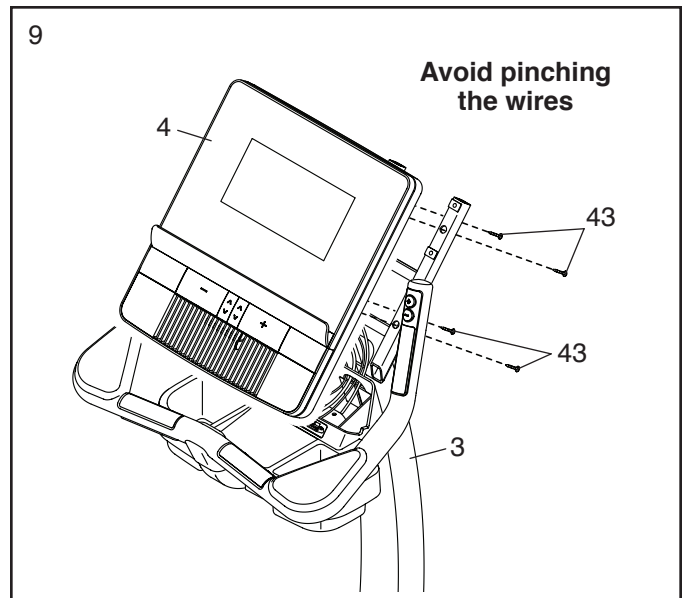
8. Untie and discard the wire tie on the Main Wire Harness (85) and the TV Cable (20).

While a second person holds the Console (4) near the Upright (3), connect the Main Wire Harness (85), the TV Cable (20), the Handlebar Wires (46), and the wires from the Media Module (83) to the matching wires on the Console. **Make sure to connect the Handlebar Wire that has a tag to the console wire that has a tag.**

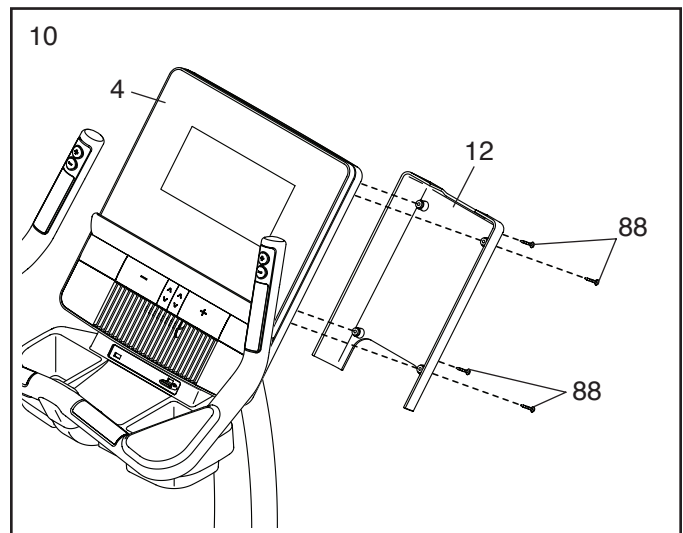
Insert the excess wire **downward** into the Upright (3).



9. **Tip: Avoid pinching the wires.** Attach the Console (4) to the Upright (3) with four #8 x 1/2" Screws (43).

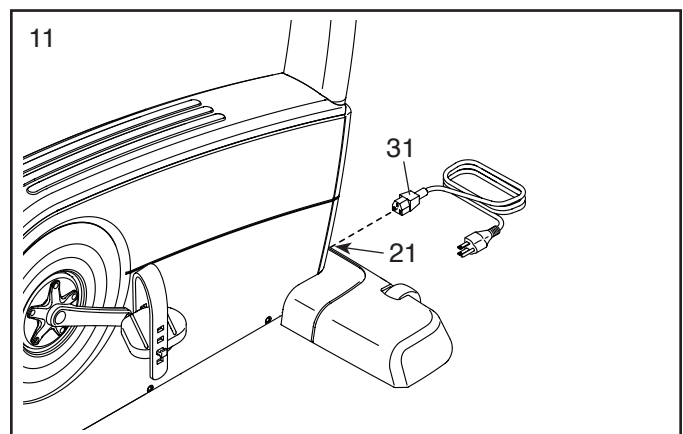


10. Attach the Console Back (12) to the Console (4) with four #8-32 x 3/4" Screws (88).



11. Plug the Power Cord (31) into the Power Receptacle (21) on the frame of the exercise bike.

Note: To plug the Power Cord (31) into an outlet, see HOW TO PLUG IN THE POWER CORD on page 12.

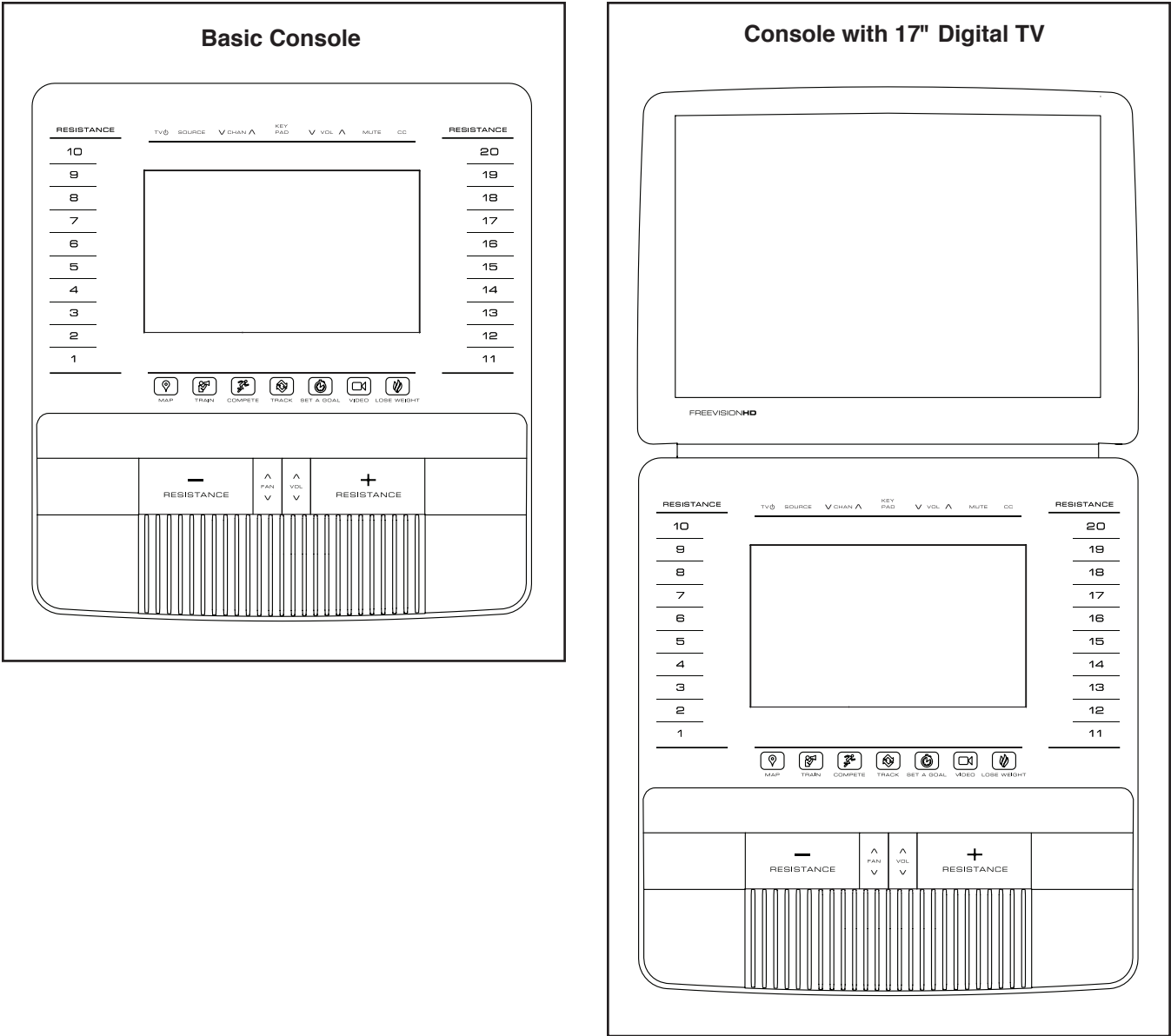


12. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**
Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO UPGRADE THE CONSOLE

Your console has been preconfigured to operate with a 17" Digital TV (see the drawings below). To learn about the features of the basic console, see page 14. To learn about the features of the 17" Digital TV, see the user's manual included with the 17" Digital TV. **Note: The buttons near the top of the basic console function with the 17" Digital TV only.** The basic console has no television capabilities.

To upgrade your console whenever you choose, please see the back cover of this manual.



HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER CORD

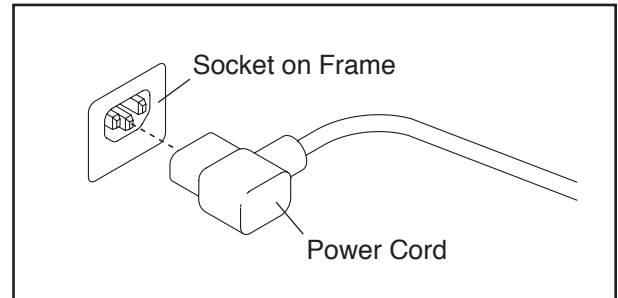
This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

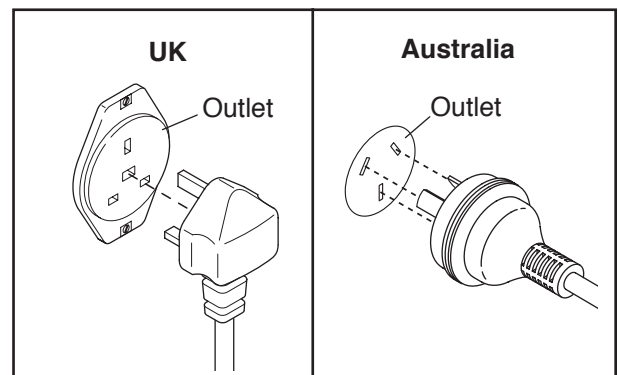
Plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. The outlet must be on a nominal 120-volt circuit.

Follow the steps below to plug in the power cord.

1. Plug the indicated end of the power cord into the socket on the frame.



2. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances.



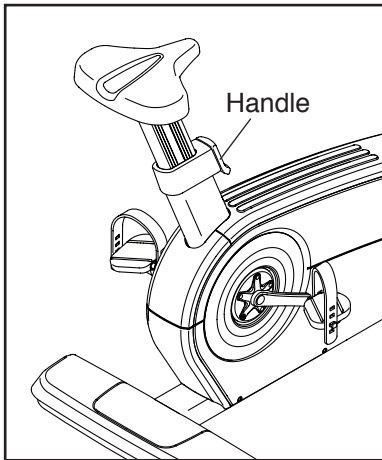
WARRANTY INFORMATION

The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized service; misuse; accident; negligence; improper assembly or installation; debris resulting from any destruction activities in the product's environment; rust or corrosion as a result of the product's location; alterations or modifications without written authorization; or failure on your part to use, operate, and maintain the product as set forth in this manual will void the warranty.

HOW TO ADJUST THE HEIGHT OF THE SEAT

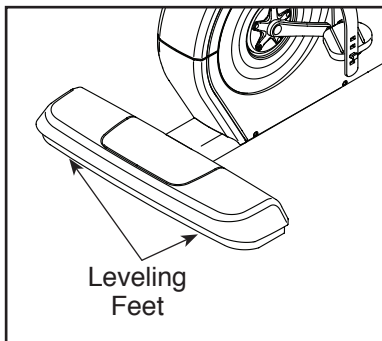
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat, pull the adjustment handle, slide the seat post upward or downward to the desired position, and then press the handle pin into one of the adjustment holes in the seat post. **Move the seat post upward or downward slightly to make sure that the handle pin is engaged in one of the adjustment holes in the seat post.**



HOW TO LEVEL THE EXERCISE BIKE

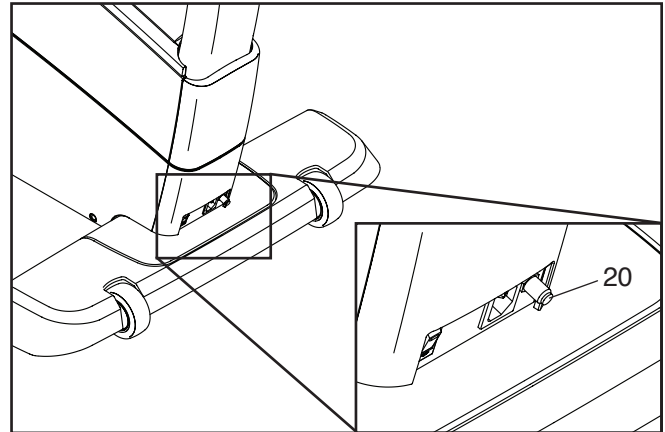
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO CONNECT A CATV CABLE

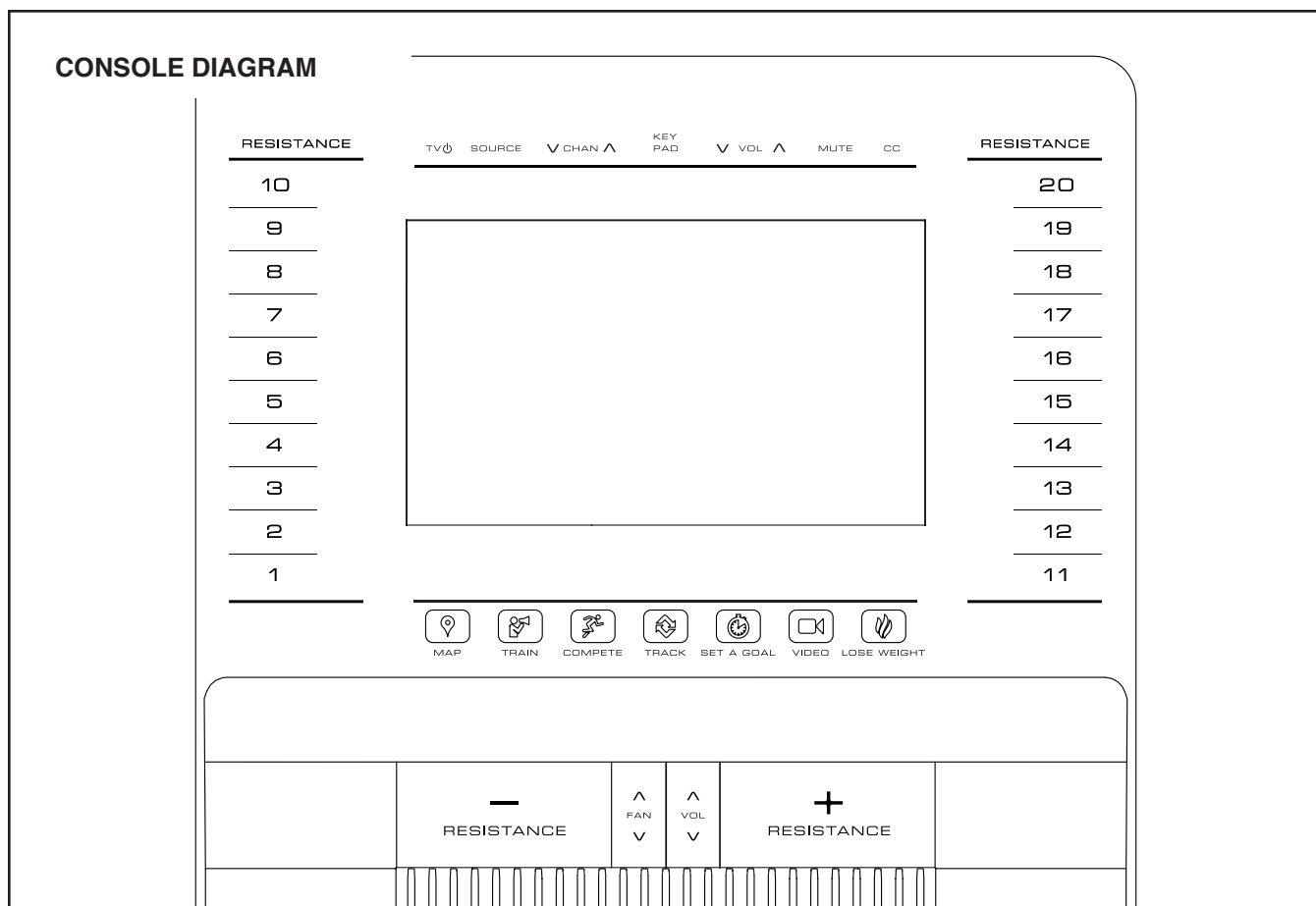
If your exercise bike has the 17" Digital TV, a CATV cable must be connected to the exercise bike for cable TV stations to be viewed.

Locate the cable jack on the front of the exercise bike. Connect the CATV cable to the TV Cable (20). Route the cable so that it will not be pinched or crushed by the exercise bike.



A satellite receiver, VCR, or DVD player can also be connected to the exercise bike. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the front of the exercise bike.

Note: Audio/video equipment without coaxial outputs (some satellite receivers and DVD players) will require an RF modulator to work correctly. RF modulators are not available from FreeMotion Fitness, but are available at electronics stores. See the user's manual for the equipment you wish to connect to determine if an RF modulator is needed, or contact your local audio/video service provider.



FEATURES OF THE CONSOLE

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

The console features revolutionary iFit technology that enables the console to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See www.iFit.com for complete information.**

In addition, the console features a selection of at least twenty-four onboard workouts and six iFit demo workouts. Each workout automatically controls the resistance of the pedals as it guides you through an effective exercise session. You can also set a customized workout goal with the set-a-goal workout.

When you use the manual mode, you can change the resistance of the pedals with the touch of a button.

As you exercise, the console will display instant exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or an optional Polar®-compatible chest heart rate monitor.

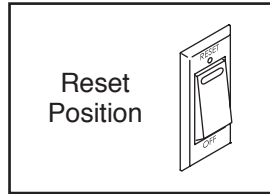
You can even browse the Internet or listen to your favorite workout music or audio books with the console sound system while you exercise.

To turn on the power, see page 15. **To learn how to use the touch screen**, see page 15. **To set up the console**, see page 16.

HOW TO TURN ON THE POWER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, you may damage the console displays or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 12). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position.



The display will then turn on and the console will be ready for use.

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you become familiar with the tablet's advanced technology:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout (see step 4 on page 17). However, you cannot zoom in and out by sliding your fingers on the screen.
- The screen is not pressure sensitive. You do not need to press hard on the screen.
- To type information into a text box, touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch the ?123 button. To view more characters, touch the Alt button. Touch the Alt button again to return to the number keyboard. To return to the letter keyboard, touch the ABC button. To use a capital character, touch the button with an upward-facing arrow. To use multiple capital characters, touch the arrow button again. To return to the lowercase keyboard, touch the arrow button a third time. To clear the last character, touch the button with a backward-facing arrow and an X.

HOW TO SET UP THE CONSOLE

Before using the exercise bike for the first time, set up the console.

1. Connect to your wireless network.

Note: In order to access the Internet, download iFit workouts, and use several other features of the console, you must be connected to a wireless network. See HOW TO USE THE WIRELESS NETWORK MODE on page 26 to connect the console to your wireless network.

2. Check for firmware updates.

First, see step 1 on page 22 and step 2 on page 25 and select the maintenance mode. Then, see step 3 on page 25 and check for firmware updates.

3. Create an iFit account.

Touch the globe button near the lower-left corner of the screen and touch the iFit button.

Note: For information about navigating in the browser, see page 28. The browser will open to the iFit.com home page. Touch the Register button in the upper right corner of the screen.

The Internet browser will open to the iFit.com registration page. Touch the Buy Now button to register for an iFit account. If you have an activation code, select the code activation option. Then, follow the prompts on the screen to sign up for your iFit plan.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

To use the manual mode, see page 17. **To use an onboard workout**, see page 19. **To use a set-a-goal workout**, see page 20. **To use an iFit workout**, see page 21.

To use the equipment settings mode, see page 22. **To use the entertainment mode**, see page 24. **To use the maintenance mode**, see page 25. **To use the wireless network mode**, see page 26. **To use the sound system**, see page 27. **To change the audio source**, see page 27. **To use the Internet browser**, see page 28.

Note: If there is a sheet of plastic on the display, remove the plastic.

Note: The console can display speed and distance in either miles or kilometers. To find which unit of measurement is selected, see step 8 on page 22. For simplicity, all instructions in this section refer to miles.

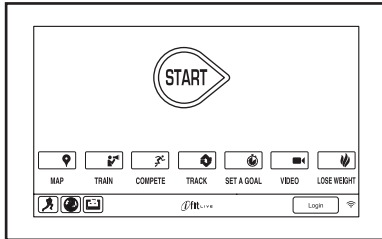
HOW TO USE THE MANUAL MODE

1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 15. **Note: It may take a minute for the console to be ready for use.**

2. Select the main menu.

When you turn on the console, the main menu will appear on the screen after the console boots up.



Note: Touch the home button in the lower-left corner of the screen (not shown here) to return to the main menu at any time.

3. Change the resistance of the pedals as desired.

As you pedal, you can change the resistance of the pedals. To change the resistance, press one of the numbered Resistance buttons or press the Resist increase and decrease buttons located on the console or on the handlebars.

Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

To select the desired display mode, simply flick or slide the screen. You can also view additional workout information by touching the red boxes on the screen.

If desired, adjust the volume level by pressing the Vol increase and decrease buttons on the console.

To pause the workout, touch one of the menu buttons on the screen. To continue the workout, touch the Resume button. To end the workout session, touch the End Workout button.

5. Measure your heart rate if desired.

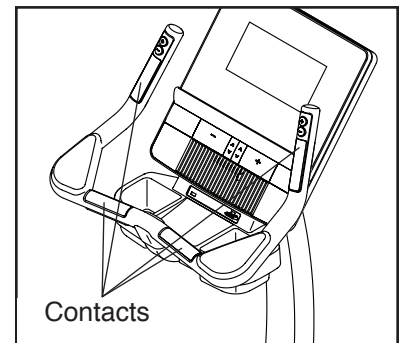
You can wear an optional Polar-compatible chest heart rate monitor or you can use the handgrip heart rate monitor to measure your heart rate.

IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.

To use the handgrip heart rate monitor, follow the instructions below.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic.

To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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

6. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed.

Press the Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.

Note: If the pedals do not move for a while, the fan will turn off automatically.

7. When you are finished exercising, unplug the power cord.

When you are finished exercising, touch the home button or the back button. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

Press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

HOW TO USE AN ONBOARD WORKOUT

1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 15.

2. Select the main menu.

See step 2 on page 17.

3. Select an onboard workout.

To select an onboard workout, touch the runner button in the lower left corner of the screen. The workouts menu will appear on the screen.

Select the desired workout category from the workouts menu and then select the desired workout. The screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

4. Start the workout.

Touch the Start Workout button to start the workout.

Each workout is divided into segments. One resistance level and one target rpm (speed) are programmed for each segment.

During the workout, the profiles will show your progress. To view the profiles, flick or slide the screen.

As you exercise, keep your pedaling speed near the target rpm for the current segment. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **If you press a Resistance button**, you can then manually control the resistance (see step 3 on page 17). **To return to the programmed resistance settings of the workout**, first, view the profile. Then, touch the Follow Workout button.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance during the workout, the number of calories you burn will be affected.

To pause the workout, touch either the back button or the home button at the bottom of the screen. To continue the workout, touch the Resume button. To end the workout, touch the End Workout button.

The workout will continue in this way until the last segment ends. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

5. Follow your progress.

See step 4 on page 17.

6. Measure your heart rate if desired.

See step 5 on page 17.

7. Turn on the fan if desired.

See step 6 on page 18.

8. When you are finished exercising, unplug the power cord.

See step 7 on page 18.

HOW TO USE A SET-A-GOAL WORKOUT

1. **Begin pedaling or press any button on the console to turn on the console.**

See HOW TO TURN ON THE POWER on page 15.

2. **Select the main menu.**

See step 2 on page 17.

3. **Select a set-a-goal workout.**

To select a set-a-goal workout, touch the Set A Goal button on the screen or press the Set A Goal button on the console.

To set a customized goal for your workout, touch the button for the desired goal. Then, touch the increase and decrease buttons on the screen to enter your goal and to select other variables for the workout. The screen will show the duration and distance of the workout, and the approximate number of calories you will burn during the workout.

4. **Start the workout.**

Touch the Start button to start the workout.

The workout will function in the same way as the manual mode (see page 17).

As you exercise, keep your pedaling speed near the target rpm. The target zone meter will prompt you to increase, decrease, or maintain your pedaling speed. To view the target zone meter, flick or slide the screen.

IMPORTANT: The target rpm is intended only to provide motivation. Your actual pedaling speed may be slower than the target rpm. Make sure to pedal at a speed that is comfortable for you.

The workout will continue until you reach the goal that you set. A workout summary will appear on the screen. After you view the workout summary, touch the Finish button to return to the main menu. You may also be able to either save or publish your results using one of the options on the screen.

Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance during the workout, the number of calories you burn will be affected.

5. **Follow your progress.**

See step 4 on page 17.

6. **Measure your heart rate if desired.**

See step 5 on page 17.

7. **Turn on the fan if desired.**

See step 6 on page 18.

8. **When you are finished exercising, unplug the power cord.**

See step 7 on page 18.

HOW TO USE AN iFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see HOW TO USE THE WIRELESS NETWORK MODE on page 26). An iFit account is also required.

1. Begin pedaling or press any button on the console to turn on the console.

See HOW TO TURN ON THE POWER on page 15.

2. Select the main menu.

See step 2 on page 17.

3. Log in to your iFit account.

If you have not already done so, touch the Login button to log in to your iFit account. The screen will ask for your iFit.com username and password. Enter them and touch the Login button. Touch the Cancel button to exit the login screen.

To switch users within your iFit account, touch the user button at the bottom of the screen. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

4. Select an iFit workout.

To download an iFit workout in your schedule, touch the Map, Train, Video, or Lose Weight button to download the next workout of that type in your schedule. Note: You may be able to access demo workouts through these options, even if you do not log in to an iFit account.

To compete in a race that you have previously scheduled, touch the Compete button. To view your Workout History, touch the Track button. To use a set-a-goal workout, touch the Set A Goal button (see page 20). Note: You can also press one of the iFit buttons on the console.

Before some workouts will download, you must add them to your schedule on iFit.com.

For more information about the iFit workouts, please see www.iFit.com.

When you select an iFit workout, the screen will show the name, duration, and distance of the workout. The screen will also show the approximate number of calories you will burn during the workout. If you select a competition workout, the display will count down to the beginning of the race.

5. Start the workout.

See step 4 on page 19.

During some workouts, the voice of a personal trainer will guide you through your workout (see HOW TO USE THE SOUND SYSTEM on page 27).

6. Follow your progress.

See step 4 on page 17. The screen may also show a map of the trail you are walking or running.

During a competition workout, the screen will show the speeds of the racers and the distances they have traveled. The screen will also show the numbers of seconds that the other racers are ahead of you or behind you.

7. Measure your heart rate if desired.

See step 5 on page 17.

8. Turn on the fan if desired.

See step 6 on page 18.

9. When you are finished exercising, unplug the power cord.

See step 7 on page 18.

For more information about the iFit mode, go to www.iFit.com.

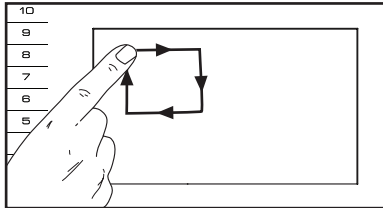
HOW TO USE THE EQUIPMENT SETTINGS MODE

The console features an equipment settings mode that allows you to change various settings for the exercise bike.

1. Select the settings main menu.

First, turn on the console and select the main menu (see steps 1 and 2 on page 17).

Then, draw a square clockwise on the screen to access the settings main menu.



2. Select the equipment settings mode.

In the settings main menu, touch the Equipment Settings button.

3. Select a language.

To select a language, touch the Language button and select the desired language. Then, touch the back button to return to the equipment settings mode. Note: This feature may not be enabled.

4. Select a timezone.

To select a timezone, touch the Timezone button. Select your local timezone to have the console sync to your local time. Then, touch the back button.

5. Turn on or turn off the display demo mode.

The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. While the demo mode is turned on, the screen will show a demo presentation.

To turn on or turn off the display demo mode, first touch the Demo Mode button. Next, touch the On checkbox or the Off checkbox. Then, touch the back button.

6. Enable or disable the Internet browser.

You can disable the Internet browser, which will help to restrict the bandwidth used on your wireless network.

To enable or disable the Internet browser, first touch the Browser button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button.

7. Set a time for the reset timeout.

The console features an automatic reset feature; if no buttons are touched or pressed and the pedals do not move for a set amount of time, the console will automatically reset.

To set the amount of time the console will wait before it automatically resets, first touch the Reset Timeout button to view a list of times. Next, select the amount of time desired. Then, touch the back button.

8. Select the unit of measurement.

To view the selected unit of measurement, touch the US/Metric button. Next, touch the checkbox for the desired unit of measurement. Then, touch the back button.

9. Select an update time.

To select a time for automatic console updates, touch the Update Time button and select the desired time. Then, touch the back button.

IMPORTANT: You must still unplug the power cord after using the exercise bike. Set the update time for a time when you normally use the exercise bike and will be available to unplug the power cord after an update.

10. Enable or disable street view.

You can disable the street view for maps workouts, which will help to restrict the bandwidth used on your wireless network.

To enable or disable the street view, first touch the Street View button. Next, touch the Enable checkbox or the Disable checkbox. Then, touch the back button.

11. Set a workout time limit.

You can set a time limit for workouts to help restrict the amount of time each user spends on the exercise bike.

To set a workout time limit, touch the Workout Time Limit button. To enable the workout time limit, touch the Enable checkbox. Then, touch the increase and decrease buttons to select the amount of time allowed for each user. Then, touch the back button.

During any workout, the console will notify you when only ten seconds remain until the time limit. When the time limit is reached, the workout will automatically end.

12. Exit the equipment settings mode.

To exit the equipment settings mode, touch the back button.

HOW TO USE THE ENTERTAINMENT MODE

The console features an entertainment mode that allows you to connect the console to a remote TV.

If you purchase the 17" Digital TV (see page 11), please see the manual included with the 17" Digital TV to learn how to use the entertainment mode to set up the personal 17" Digital TV.

1. Select the settings main menu.

See step 1 on page 22.

2. Select the entertainment mode.

In the settings main menu, touch the Entertainment button to enter the entertainment mode.

3. Set up the wall of screens receiver if desired.

Touch the Wall of Screens button to view options for setting up the console to operate with a wall of screens.

Touch the Enable checkbox to operate the console with a wall of screens.

Touch the Default Settings button to select a default volume.

Touch the Custom Settings button to select customized channels. Select your transmitter type from the drop-down list. Then, select a channel. Touch the Add button to create multiple transmitter and/or channel settings.

Note: When the console is used with a wall of screens, make sure that Wall of TV's is selected as the audio source (see HOW TO CHANGE THE AUDIO SOURCE on page 27).

4. Set up a personal TV if desired.

Touch the Personal Settings button to view options for setting up the console to operate with the 17" Digital TV or other compatible personal TV.

Touch the Default Settings button and then select a default channel and a default volume if desired.

Touch the Custom Settings button and then select your TV type from the drop-down list if necessary. Use the TV setup controls as a remote control for the personal TV if desired.

Note: When the console is used with a personal TV, make sure that Personal TV is selected as the audio source (see HOW TO CHANGE THE AUDIO SOURCE on page 27).

5. Exit the entertainment mode.

To exit the entertainment mode, touch the back button.

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to update the console firmware, view machine information, view a button's keycode, register the exercise bike, and enter a club token.

1. Select the settings main menu.

See step 1 on page 22.

2. Select the maintenance mode.

In the settings main menu, touch the Maintenance button to enter the maintenance mode.

The maintenance mode main screen will show information about the model and version of the console.

3. Update the console firmware.

For the best results, regularly check for firmware updates.

Touch the Firmware Update button to check for firmware updates using your wireless network. The update will begin automatically.

To avoid damaging the exercise bike, do not turn off the power while the firmware is being updated.

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

The screen will show the progress of the update. When the update is complete, the exercise bike will turn off and then turn back on. If it does not, press the power switch into the off position. Wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

4. View machine information.

Touch the Machine Info button to view information about your exercise bike. After you view the information, touch the back button.

5. Find keycodes.

This option is intended to be used by service technicians to identify whether a certain button is working correctly.

6. Register the exercise bike on iFit.com.

This option is intended to be used by fitness club owners to view and track the usage history of the exercise bike on iFit.com.

Touch the Register Equipment button, enter your club token, and then touch the Submit button.

7. Enter club token.

This option is intended to be used by fitness club owners. Touch the Enter Token button, enter your club token, and then touch the Submit button.

8. Exit the maintenance mode.

To exit the maintenance mode, touch the back button.

HOW TO USE THE WIRELESS NETWORK MODE

The console features a wireless network mode that allows you to set up a wireless network connection.

Note: You must have your own wireless network and an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

1. Select the settings main menu.

See step 1 on page 22.

2. Select the wireless network mode.

In the settings main menu, touch the Network Setup button and then touch the Wireless Network button to enter the wireless network mode.

3. Enable Wi-Fi.

Make sure that the Wi-Fi checkbox is marked with a green checkmark. If it is not, touch the Wi-Fi menu option once and wait for a few seconds. The console will search for available wireless networks.

4. Set up and manage a wireless network connection.

When Wi-Fi is enabled, the screen will show a list of available networks. **Note:** It may take several seconds for the list of wireless networks to appear.

Make sure that the checkbox on the Network notification menu option is marked with a green checkmark to have the console notify you when a wireless network is within range and available.

Note: You must have your own wireless network and an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. **Note:** You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

An information box will ask if you want to connect to the wireless network. Touch the Connect button to connect to the network or touch the Cancel button to return to the list of networks. If the network has a password, touch the password entry box. A keyboard will appear on the screen. To view the password as you type it, touch the Show Password checkbox.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 15.

When the console is connected to your wireless network, the WiFi menu option at the top of the screen will display the word CONNECTED. Then, touch the back button to return to the wireless network mode.

To disconnect from a wireless network, select the wireless network and then touch the Forget button.

If you are having problems connecting to an encrypted network, make sure that your password is correct. **Note:** Passwords are case-sensitive.

Note: The iFit mode supports unsecured and secured (WEP, WPA, and WPA2) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

5. Exit the wireless network mode.

To exit the wireless network mode, touch the back button.

HOW TO USE THE SOUND SYSTEM

To listen to the console audio, remote TV audio, or personal 17" digital TV audio with your personal headphones or ear buds, plug your headphones into the audio jack on the console and select an audio source (see HOW TO CHANGE THE AUDIO SOURCE at the right). Note: This audio jack is for audio output only.

HOW TO USE AN IPOD WITH THE SOUND SYSTEM

This console has been designed specifically to work with iPod® and has been certified by the developer to meet Apple performance standards.

To listen to music or audio books with your iPod, connect your iPod to the cable extending from the console. The console will charge your iPod while you use it.

Make sure that the iPod is fully plugged in.

Next, press the play button on your iPod. Adjust the volume by pressing the Vol increase and decrease buttons on the console.

Note: To listen to the console audio, remote TV audio, or personal 17" digital TV audio, and plug your headphones into the audio jack on the console. Then, to listen to your iPod, select iPod as the audio source (see HOW TO CHANGE THE AUDIO SOURCE at the right).

HOW TO CHARGE A DEVICE

Plug an MP3 player, smartphone, or other USB device into the USB port on the front of the console to charge your device.

Connect an iPod to the cable extending from the console to charge your iPod.

HOW TO CHANGE THE AUDIO SOURCE

To select a different audio source, touch the music notes button at the bottom of the screen. Then, choose an audio source from the list.

1. Wall of TV's.

Select this audio source to listen to the audio from a remote TV. Note: The console must be connected to the remote TV (see HOW TO USE THE ENTERTAINMENT MODE on page 24).

2. Personal TV.

Select this audio source to listen to the audio from the personal 17" Digital TV. Note: The console must have a 17" Digital TV for this option to function (see page 11).

3. iPod.

Select this audio source to listen to your iPod (see HOW TO USE AN IPOD WITH THE SOUND SYSTEM at the left).

4. FM Radio.

The console may have a built-in FM radio. Select this audio source to use the FM radio tuner.

HOW TO USE THE INTERNET BROWSER

Note: To use the browser, you must have access to a wireless network including an 802.11b/n router with SSID broadcast enabled (hidden networks are not supported).

To open the browser, touch the globe button near the lower left corner of the screen. Then, select a website.

To return to the previous web page, touch the Browser Back button. To exit the browser, touch the Return button.

To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 15.

To enter a different web address in the URL bar, first slide your finger down the screen to view the URL bar, if necessary. Then, touch the URL bar, use the keyboard to enter the address, and touch the Go button on the keyboard.

Note: While you are using the browser, the resistance, fan, and volume buttons will still function, but the workout buttons will not function.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

MAINTENANCE AND TROUBLESHOOTING

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 soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 17.

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

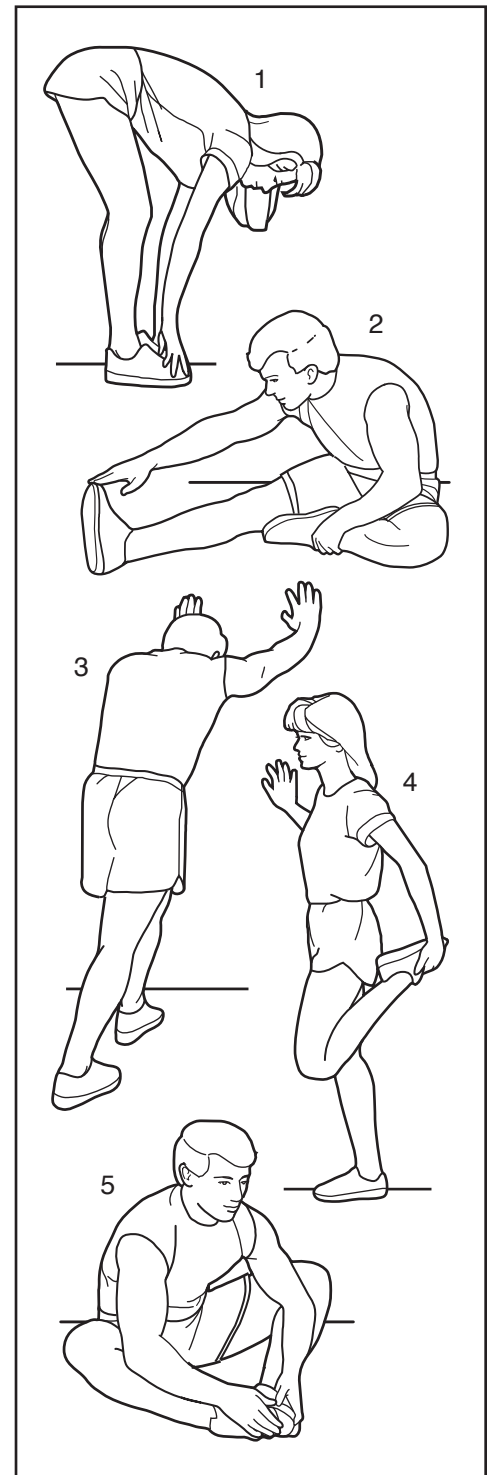
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

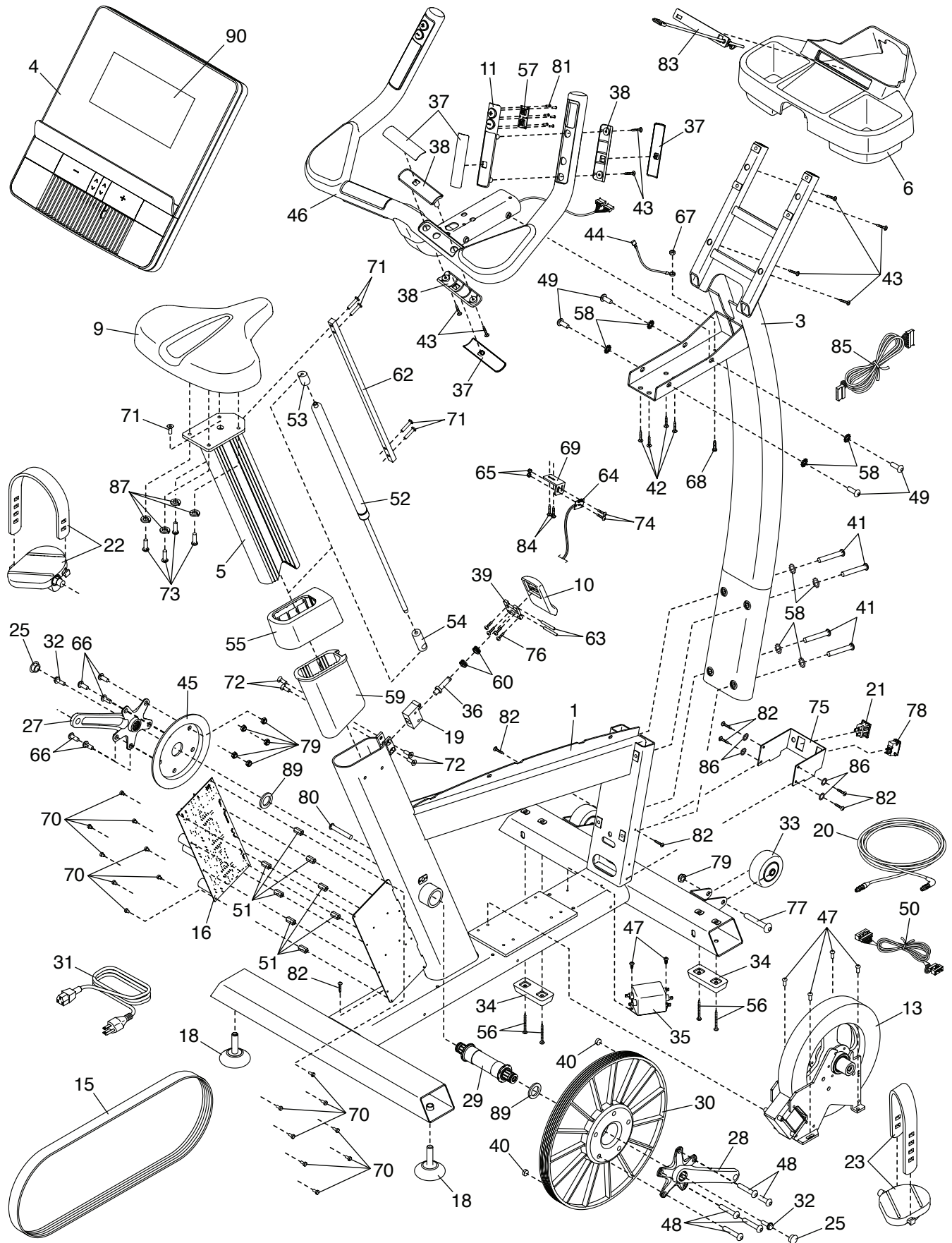
Model No. FMEX82410-INT.1 R0213B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	12	1/4" x 3/8" Screw
2	1	Front Frame Cover	48	5	3/8" x 1 1/2" Screw
3	1	Upright	49	4	5/16" x 1/2" Screw
4	1	Console	50	1	Lower Wire Harness
5	1	Seat Post	51	8	Standoff
6	1	Accessory Tray	52	1	Resistance Cylinder
7	1	Left Shield	53	1	Cylinder Cap
8	1	Right Shield	54	1	Cylinder Base
9	1	Seat	55	1	Seat Post Collar
10	1	Adjustment Handle	56	4	1/4" x 2 1/4" Screw
11	2	Large Grip Insert	57	2	Button Pad
12	1	Console Back	58	8	5/16" Star Washer
13	1	Flywheel/Mechanism	59	1	Seat Post Bushing
14	1	Rear Frame Cover	60	2	Pin Spring
15	1	Drive Belt	61	1	Front Shield
16	1	Control Board	62	1	Adjustment Bar
17	1	Rear Shield	63	2	Latch Pin
18	2	Leveling Foot	64	1	Sensor/Wire
19	1	Adjustment Block	65	2	#6 Nut
20	1	TV Cable	66	5	3/8" x 3/4" Screw
21	1	Power Receptacle	67	1	#8 Nut
22	1	Left Pedal/Strap	68	1	#8 x 3/4" Bolt
23	1	Right Pedal/Strap	69	1	Sensor Bracket
24	1	Top Shield	70	16	#4 Screw
25	2	Crank Cap	71	5	1/4" x 5/8" Screw
26	5	#8 x 1 3/8" Screw	72	4	1/4" x 3/8" Flat Head Screw
27	1	Left Crank Arm	73	4	1/4" x 3/4" Screw
28	1	Right Crank Arm	74	2	#6 x 1/2" Screw
29	1	Bottom Bracket	75	1	Inlet Bracket
30	1	Pulley	76	4	#8 x 3/8" Screw
31	1	Power Cord	77	2	3/8" x 2 1/4" Bolt
32	2	Crank Arm Screw	78	1	Power Switch
33	2	Wheel	79	7	3/8" Jam Nut
34	2	Frame Foot	80	1	3/8" x 2" Screw
35	1	Filter	81	12	#6 x 1/8" Screw
36	1	Adjustment Pin	82	7	#8 x 1/2" Fine Point Screw
37	8	Contact	83	1	Media Module
38	6	Small Grip Insert	84	2	#8 x 5/8" Screw
39	1	Handle Bracket	85	1	Main Wire Harness
40	2	Magnet	86	4	#8 Star Washer
41	4	5/16" x 4" Screw	87	4	1/4" Split Washer
42	4	#8 x 3/4" Screw	88	4	#8-32 x 3/4" Screw
43	12	#8 x 1/2" Screw	89	2	Bottom Bracket Spacer
44	1	Ground Wire	90	1	Tablet
45	1	Left Crank Disc	*	—	User's Manual
46	1	Handlebar/Wire			

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.

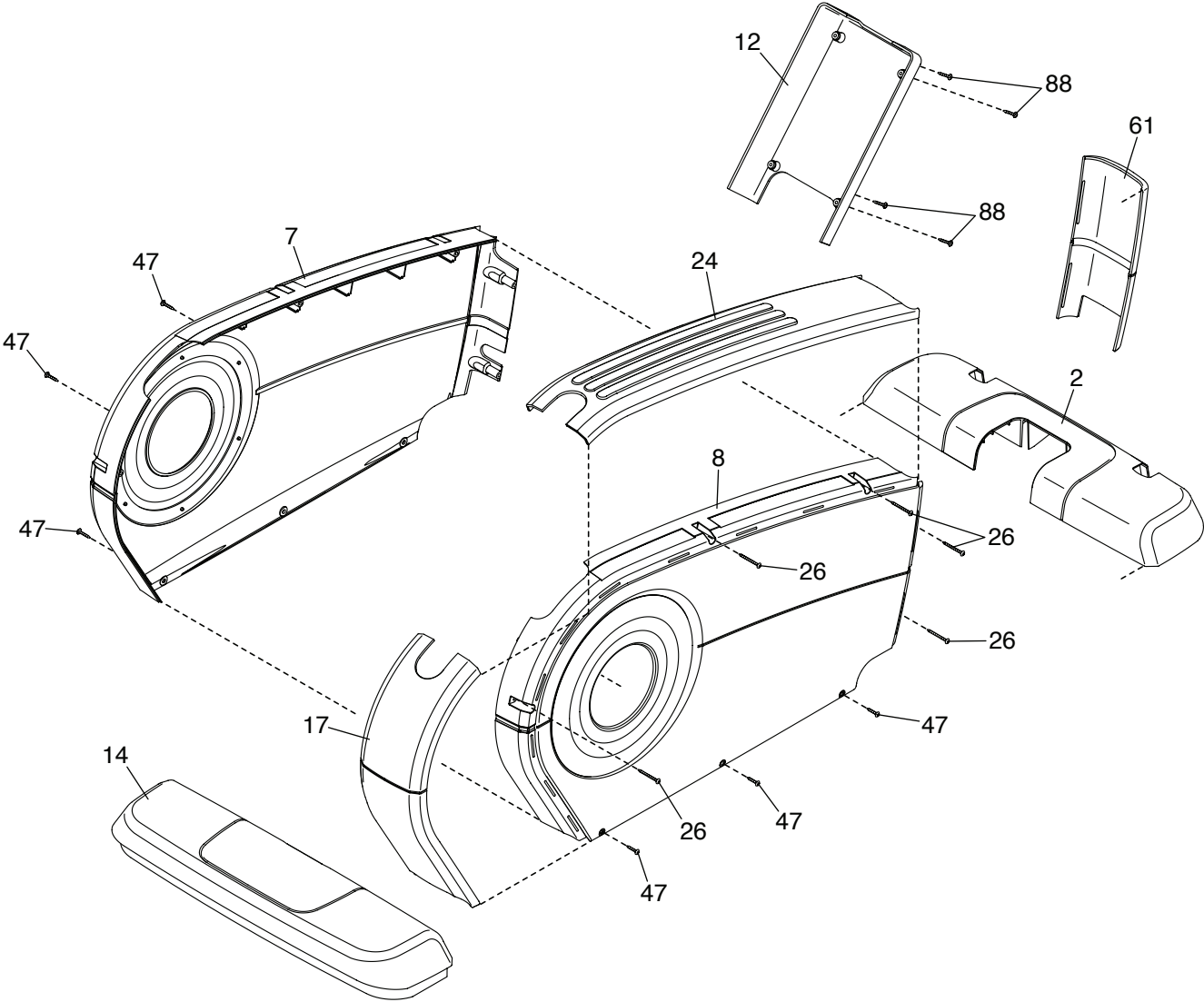
EXPLODED DRAWING A

Model No. FMEX82410-INT.1 R0213B



EXPLODED DRAWING B

Model No. FMEX82410-INT.1 R0213B



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 one of 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: 001-800-527-5417 or 001-435-786-3521,

Mon.–Fri. 6 a.m.–6 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com