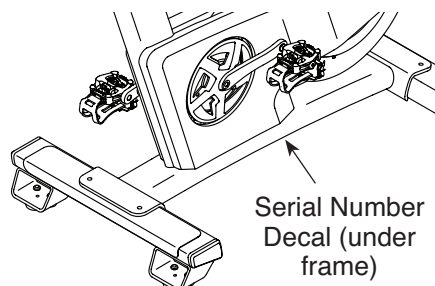


FREEMOTION[®] **S 12.0**

Model No. FMEX82913.0

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

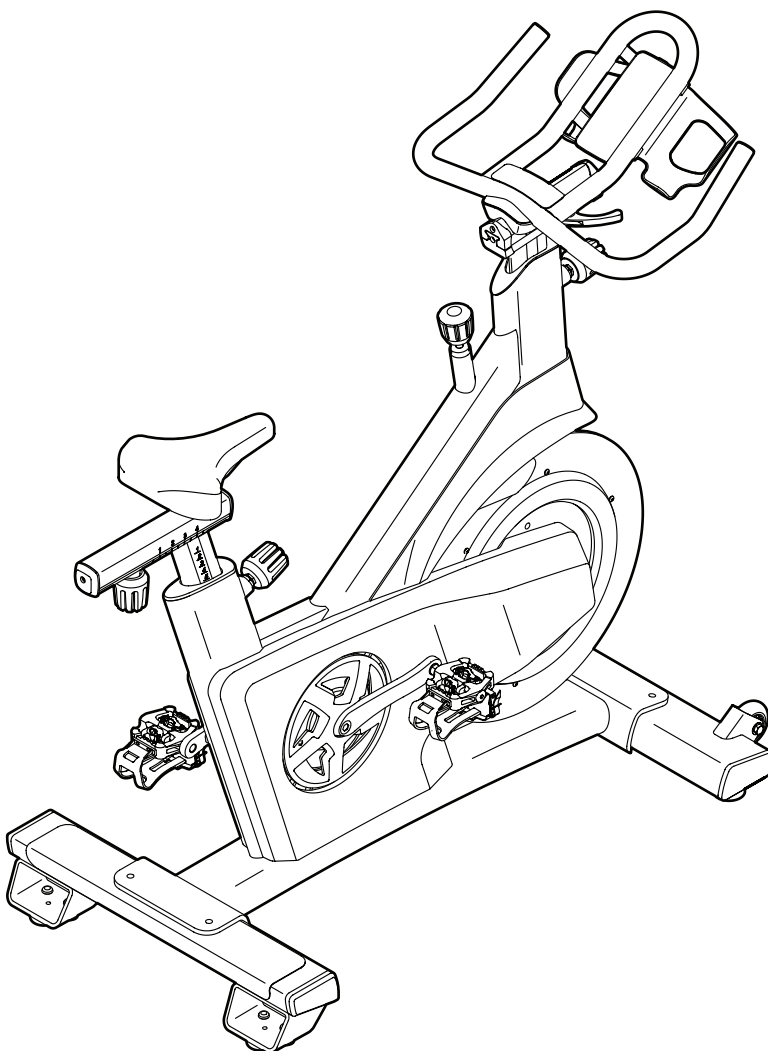
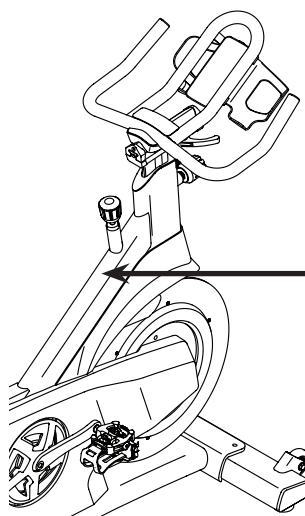


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WARNING DECAL PLACEMENT

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 location(s) 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.
- User weight must not exceed 350 pounds.
- 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. 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. 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 350 lbs. (159 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. 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.
14. To stop the flywheel quickly, press the resistance knob downward.
15. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

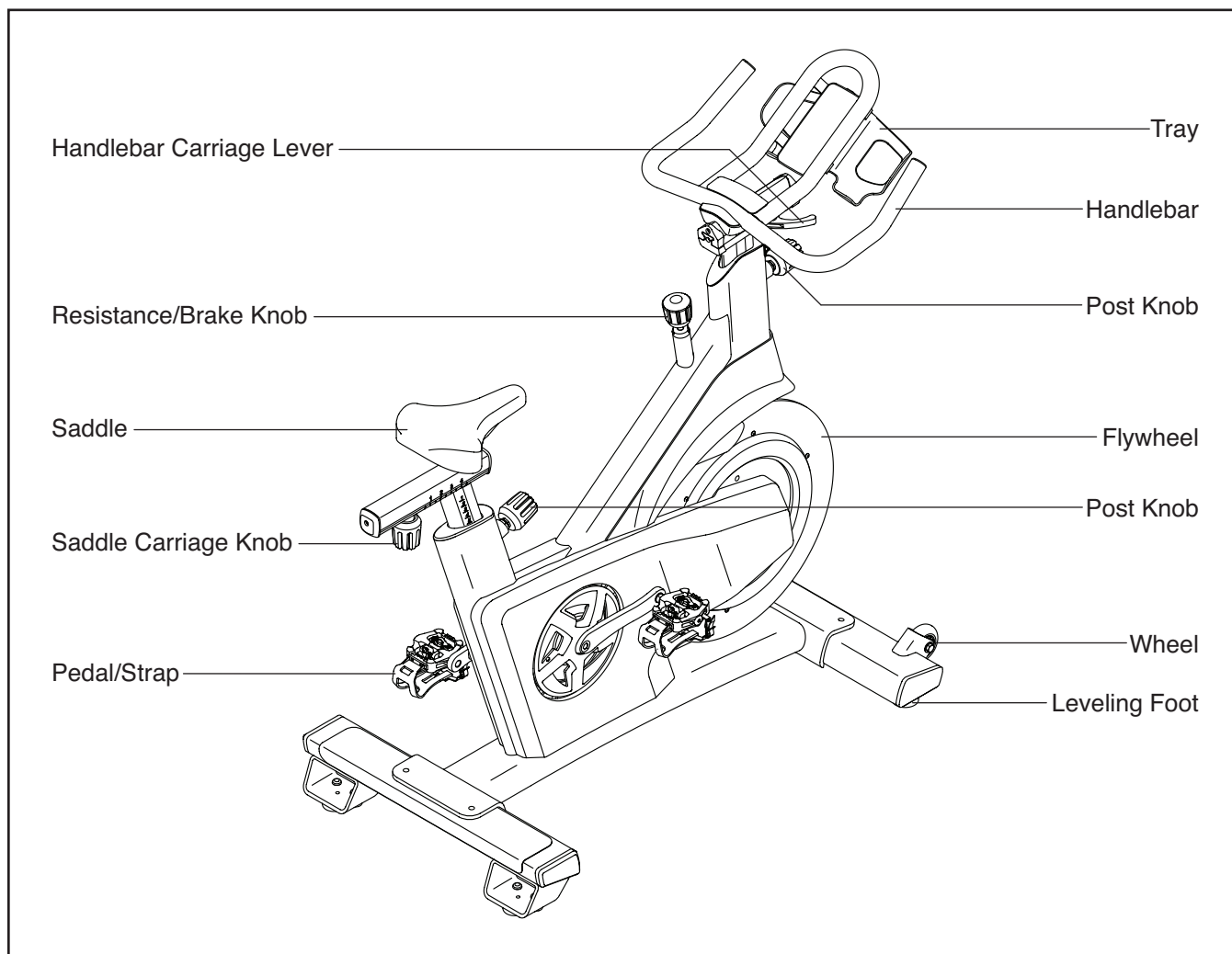
BEFORE YOU BEGIN

Thank you for selecting the new FREEMOTION® S 12.0 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The S 12.0 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

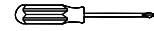
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- If a part is not in the hardware kit, check to see if it has been preassembled.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- Assembly requires the following tools (not included):

one adjustable wrench



one Phillips screwdriver



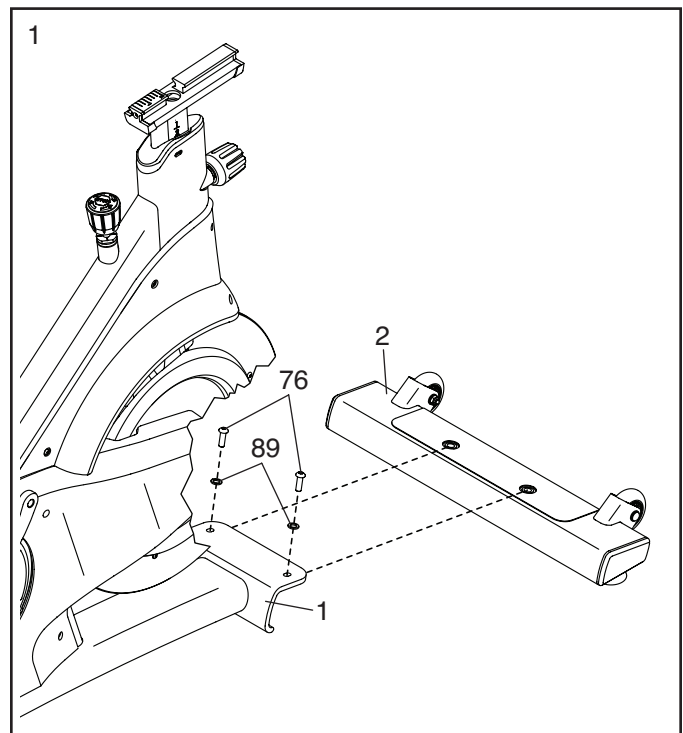
one 6 mm hex key



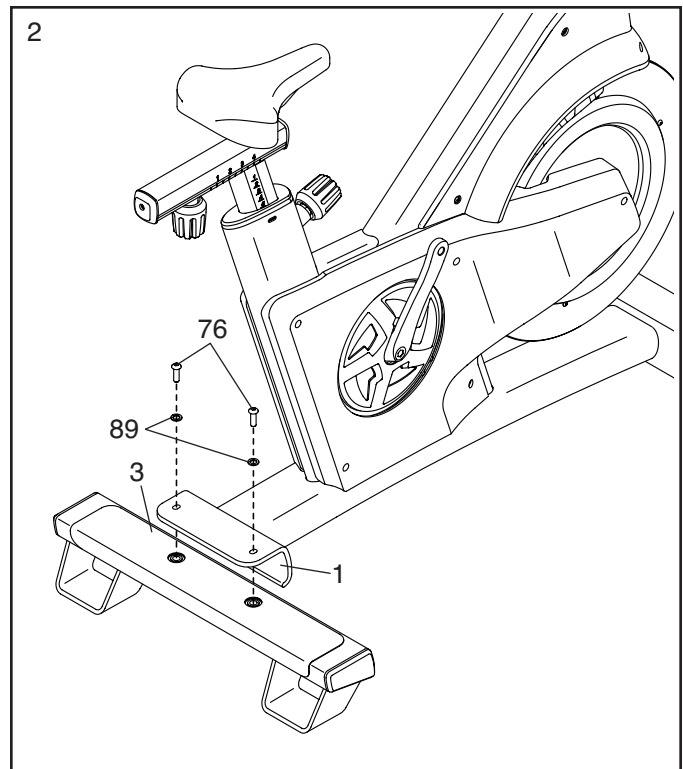
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Identify the Front Stabilizer (2).

Attach the Front Stabilizer (2) to the Frame (1) with two M8 x 25mm Screws (76) and two M8 Washers (89).



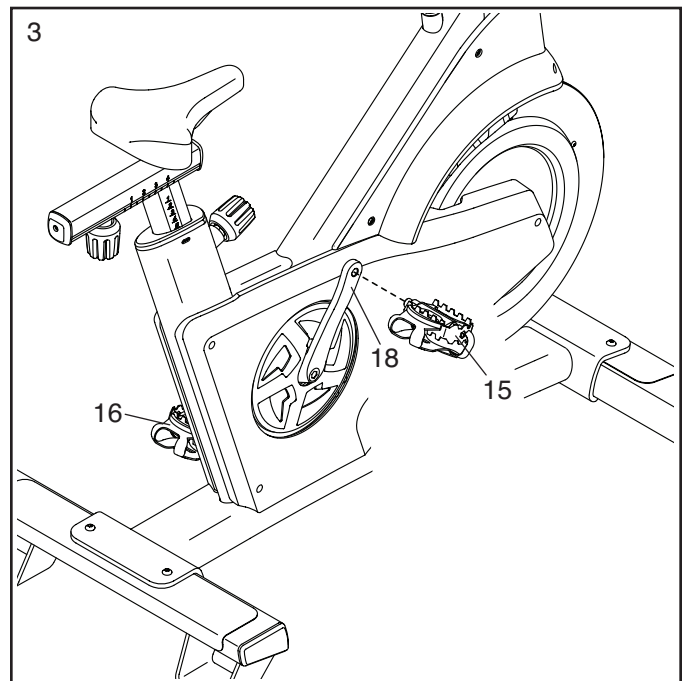
2. Attach the Rear Stabilizer (3) to the Frame (1) with two M8 x 25mm Screws (76) and two M8 Washers (89).



3. Identify the Right Pedal (15).

Using an adjustable wrench, **firmly tighten** the Right Pedal (15) **clockwise** into the Right Crank Arm (18).

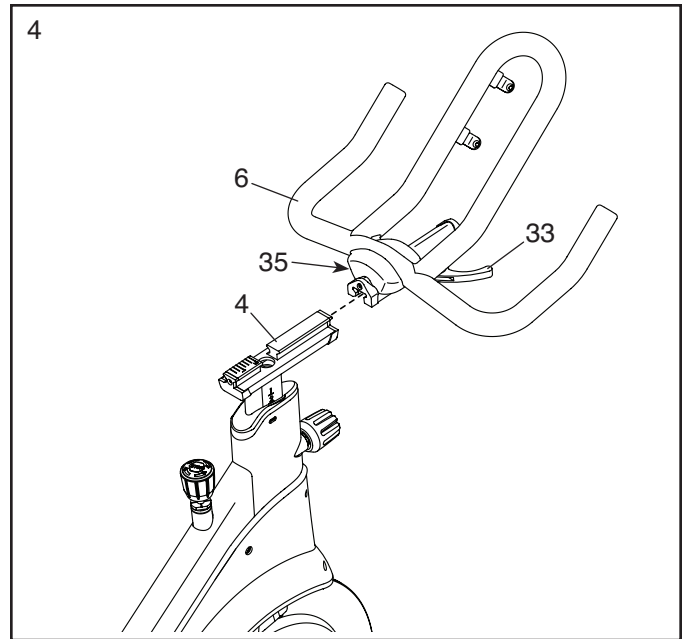
Firmly tighten the Left Pedal (16) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.



4. **Make sure that the Handlebar Carriage Lever (33) is open.**

Hold the Handlebar (6) near the Handlebar Post (4). Next, pull the Handlebar Carriage Pull Pin (35) outward, slide the Handlebar onto the Handlebar Post, move it to the desired position, and then release the Handlebar Carriage Pull Pin.

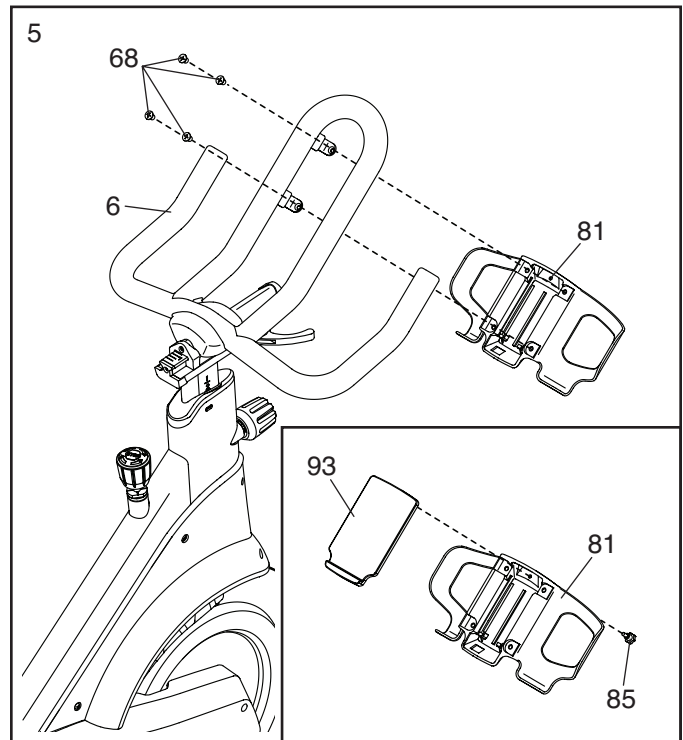
Then, tighten the Handlebar Carriage Lever (33).



5. **See the inset drawing.** If the Tray Cover (93) is attached to the Tray (81), remove the Hand Screw (85) and then remove the Tray Cover.

Attach the Tray (81) to the Handlebar (6) with four M5 x 8mm Flat Head Screws (68).

See the inset drawing. Attach the Tray Cover (93) to the Tray (81) with the Hand Screw (85).



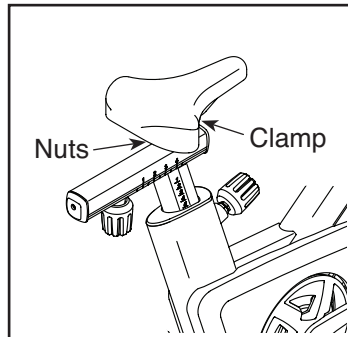
6. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SADDLE

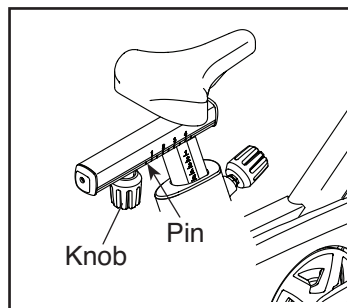
You can adjust the angle of the saddle to the position that is most comfortable. You can also slide the saddle forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the saddle, first loosen the hex nuts on the saddle clamp a few turns. Next, tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the hex nuts.



HOW TO ADJUST THE SADDLE CARRIAGE

To adjust the position of the saddle carriage, first loosen the saddle carriage knob and pull the saddle carriage pull pin downward. Next, move the saddle carriage forward or backward to the desired position.

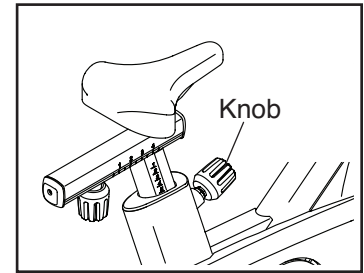


Then, release the saddle carriage pull pin, and firmly tighten the saddle carriage knob.

HOW TO ADJUST THE SADDLE POST

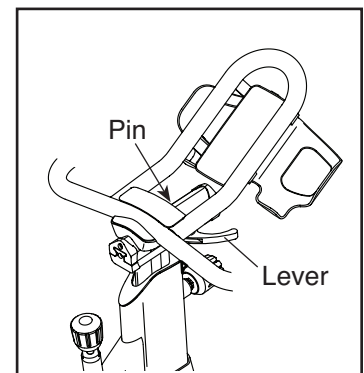
For effective exercise, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

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



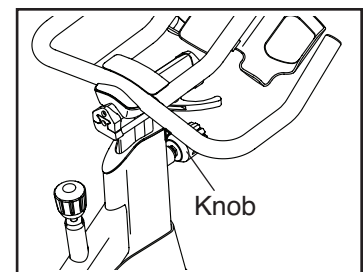
HOW TO ADJUST THE HANDLEBAR

To adjust the position of the handlebar, first open the handlebar carriage lever and pull the handlebar carriage pull pin outward. Next, move the handlebar forward or backward to the desired position. Then, release the handlebar carriage pull pin, and close the handlebar carriage lever.



HOW TO ADJUST THE HANDLEBAR POST

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



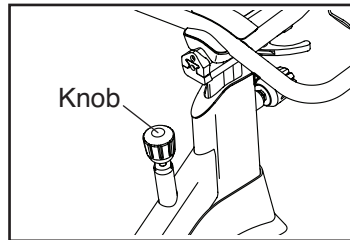
HOW TO USE THE PEDALS

To use the toe cage side of the pedals (see the drawing on page 4), insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.

To use the clip-in side of the pedals, you must wear cycling shoes. To clip into the pedals, press the cleats on your cycling shoes firmly into the slots in the pedals until they snap into place. To unclip from the pedals, twist your cycling shoes outward from the pedals.

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 resistance knob 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, turn one or both of the leveling feet on the front stabilizer (see the drawing on page 4) until the rocking motion is eliminated.

HOW TO MAINTAIN THE EXERCISE BIKE

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

IMPORTANT: The exercise bike features a high-performance drive belt. Never apply oil or other lubricants to the drive belt.

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

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 users, 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. FMEX82913.0 R1014A

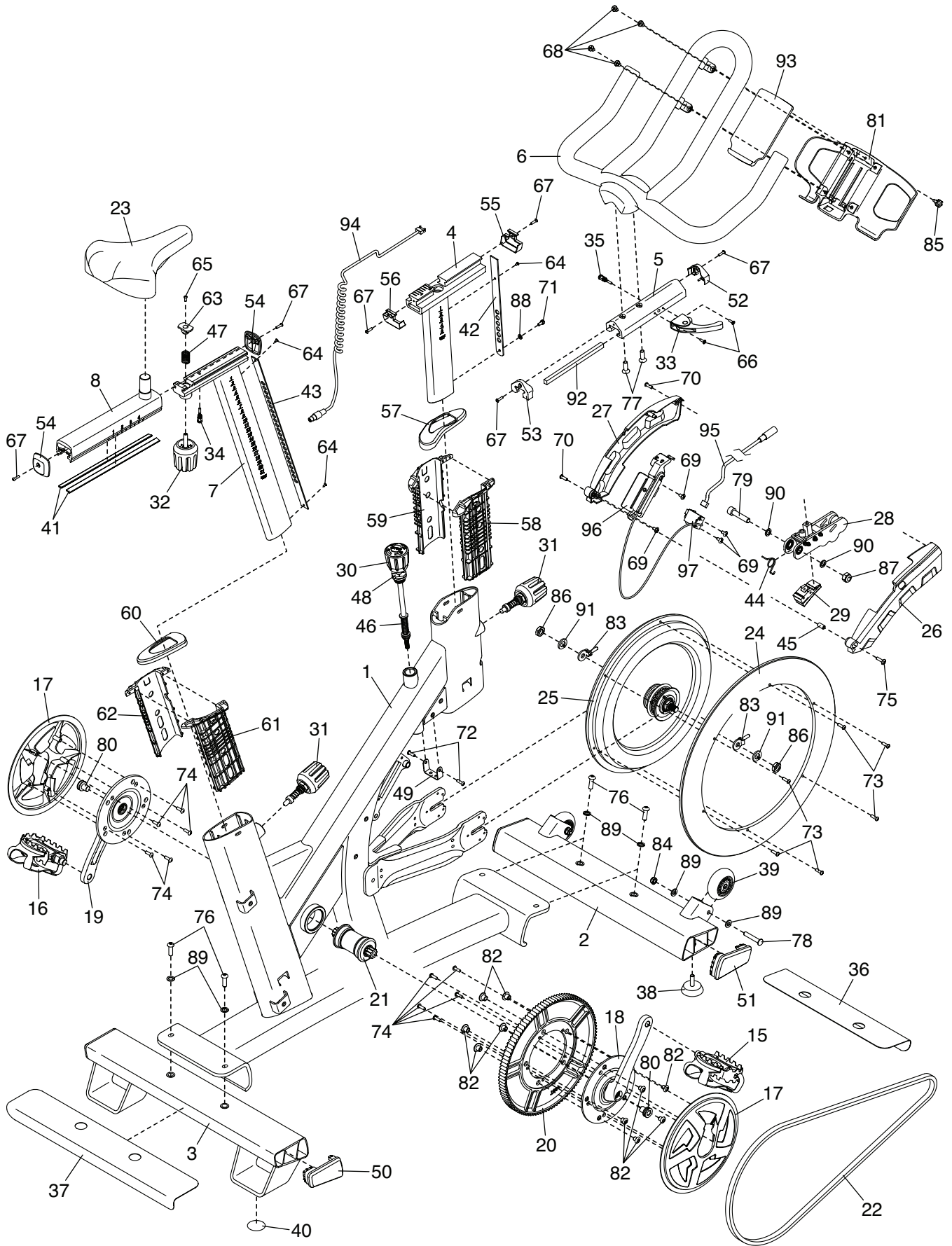
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Brake Spring
2	1	Front Stabilizer	47	1	Saddle Post Spring
3	1	Rear Stabilizer	48	1	Brake Nut
4	1	Handlebar Post	49	1	U-bracket
5	1	Handlebar Carriage	50	2	Stabilizer Cap A
6	1	Handlebar	51	2	Stabilizer Cap B
7	1	Saddle Post	52	1	Front Handlebar Carriage Cover
8	1	Saddle Carriage	53	1	Rear Handlebar Carriage Cover
9	1	Right Shield	54	2	Saddle Carriage Cover
10	1	Left Shield	55	1	Front Handlebar Post Cover
11	2	Shield Gasket	56	1	Rear Handlebar Post Cover
12	1	Right Top Shield	57	1	Top Handlebar Post Cover
13	1	Left Top Shield	58	1	Right Handlebar Post Sleeve
14	1	Top Shield Gasket	59	1	Left Handlebar Post Sleeve
15	1	Right Pedal/Strap	60	1	Top Saddle Post Cover
16	1	Left Pedal/Strap	61	1	Right Saddle Post Sleeve
17	2	Crank Cover	62	1	Left Saddle Post Sleeve
18	1	Right Crank Arm	63	1	Saddle Carriage Brake
19	1	Left Crank Arm	64	3	M3 x 6mm Flat Head Screw
20	1	Pulley	65	1	M4 x 8mm Set Screw
21	1	Bottom Bracket	66	2	M4 x 15mm Flat Head Screw
22	1	Drive Belt	67	6	M4 x 10mm Screw
23	1	Saddle	68	4	M5 x 8mm Flat Head Screw
24	1	Flywheel Ring	69	4	M5 x 10mm Round Head Screw
25	1	Flywheel Assembly	70	2	M5 x 10mm Self-tapping Screw
26	1	Right Brake Cover	71	1	M5 x 10mm Screw
27	1	Left Brake Cover	72	18	M5 x 16mm Screw
28	1	Magnetic Brake	73	6	M5 x 16mm Hex Screw
29	1	Flywheel Brake	74	10	M5 x 18mm Screw
30	1	Resistance/Brake Knob	75	1	M5 x 20mm Screw
31	2	Post Knob	76	4	M8 x 25mm Screw
32	1	Saddle Carriage Knob	77	2	M8 x 25mm Flat Head Screw
33	1	Handlebar Carriage Lever	78	2	M8 x 45mm Screw
34	1	Saddle Carriage Pull Pin	79	1	M10 x 45mm Bolt
35	1	Handlebar Carriage Pull Pin	80	2	M12 x 13mm Screw
36	1	Front Wear Guard	81	1	Tray/Console Back
37	1	Rear Wear Guard	82	5	M8 x 10mm Screw
38	2	Leveling Foot	83	2	Belt Adjustment Bracket
39	2	Wheel	84	2	M8 Locknut
40	2	Stabilizer Foot	85	1	Hand Screw
41	2	Slider	86	2	M10 Nut
42	1	Handlebar Post Selector	87	1	M10 Locknut
43	1	Saddle Post Selector	88	1	M5 Washer
44	1	Tension Spring	89	8	M8 Washer
45	1	M5 Bushing	90	2	M10 Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
91	2	M10 Spring Washer	95	1	Lower Wire
92	1	Carriage Block	96	1	Controller/Sensor
93	1	Tray Cover	97	1	RPM Sensor/Wire
94	1	Upper Wire	*	—	User's Manual

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.

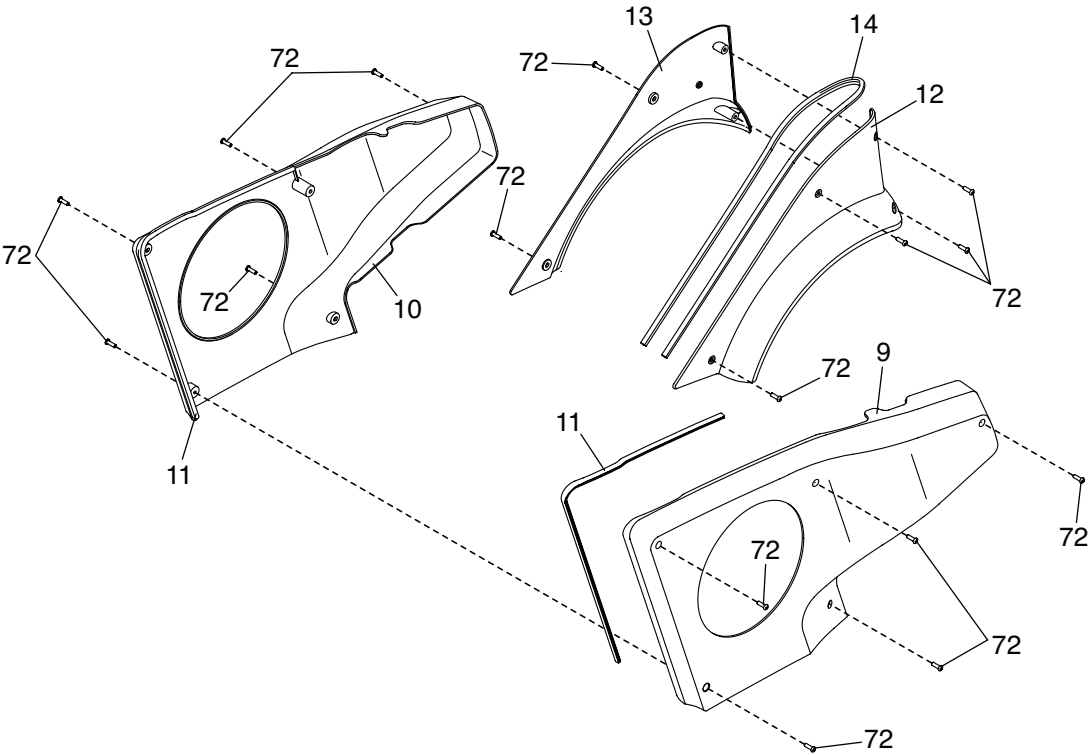
EXPLODED DRAWING A

Model No. FMEX82913.0 R1014A



EXPLODED DRAWING B

Model No. FMEX82913.0 R1014A



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

Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customercare@freemotionfitness.com

Write:

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

Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521,

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than the maximum user weight listed in this manual.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.

2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.