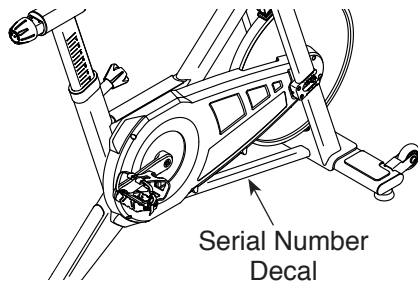


FREEMOTION[®] CARBON **511.6**

Model No. FMEX91212.1

Serial No. _____

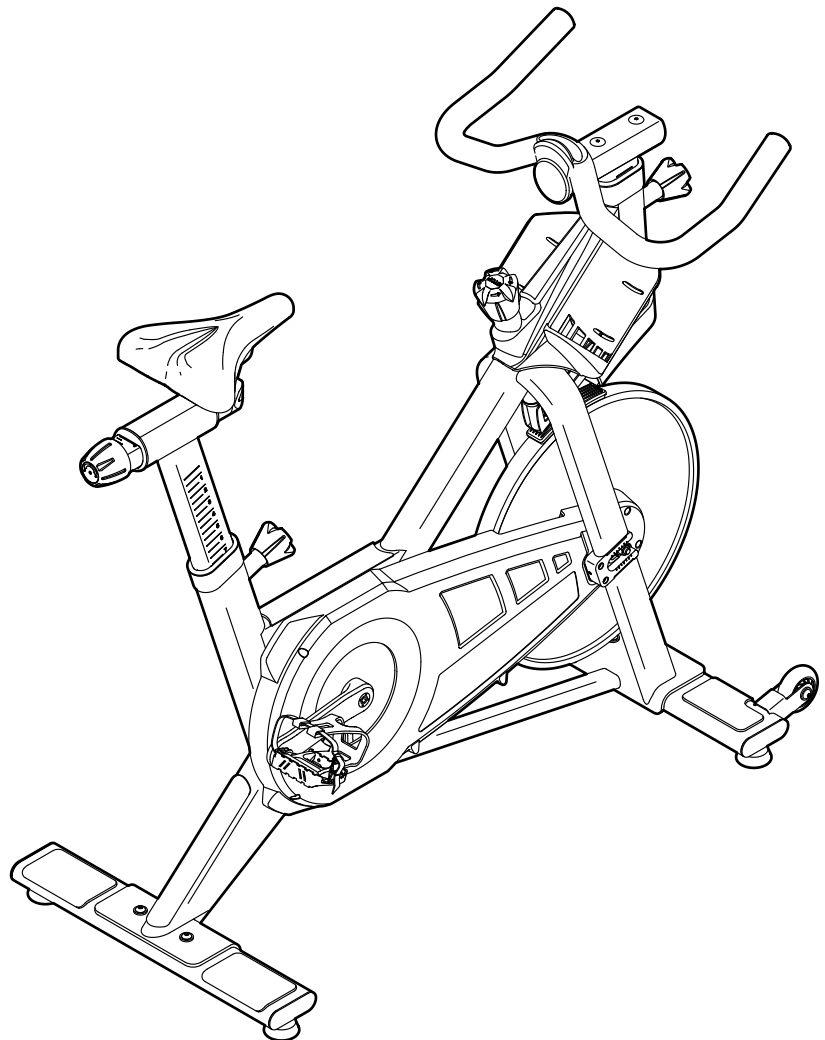
Write the serial number in the space above for reference.



USER'S MANUAL

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

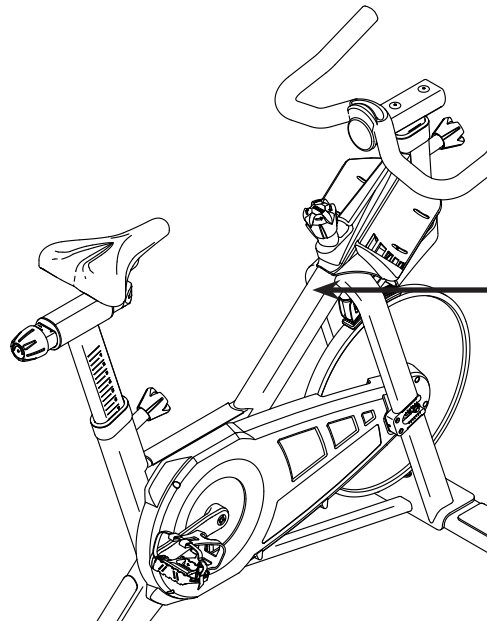
Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

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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.
- 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 350 lbs / 159 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. 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 each time the exercise bike is used. Replace any worn parts immediately.
8. Keep children under age 13 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. 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 resistance knob 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, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

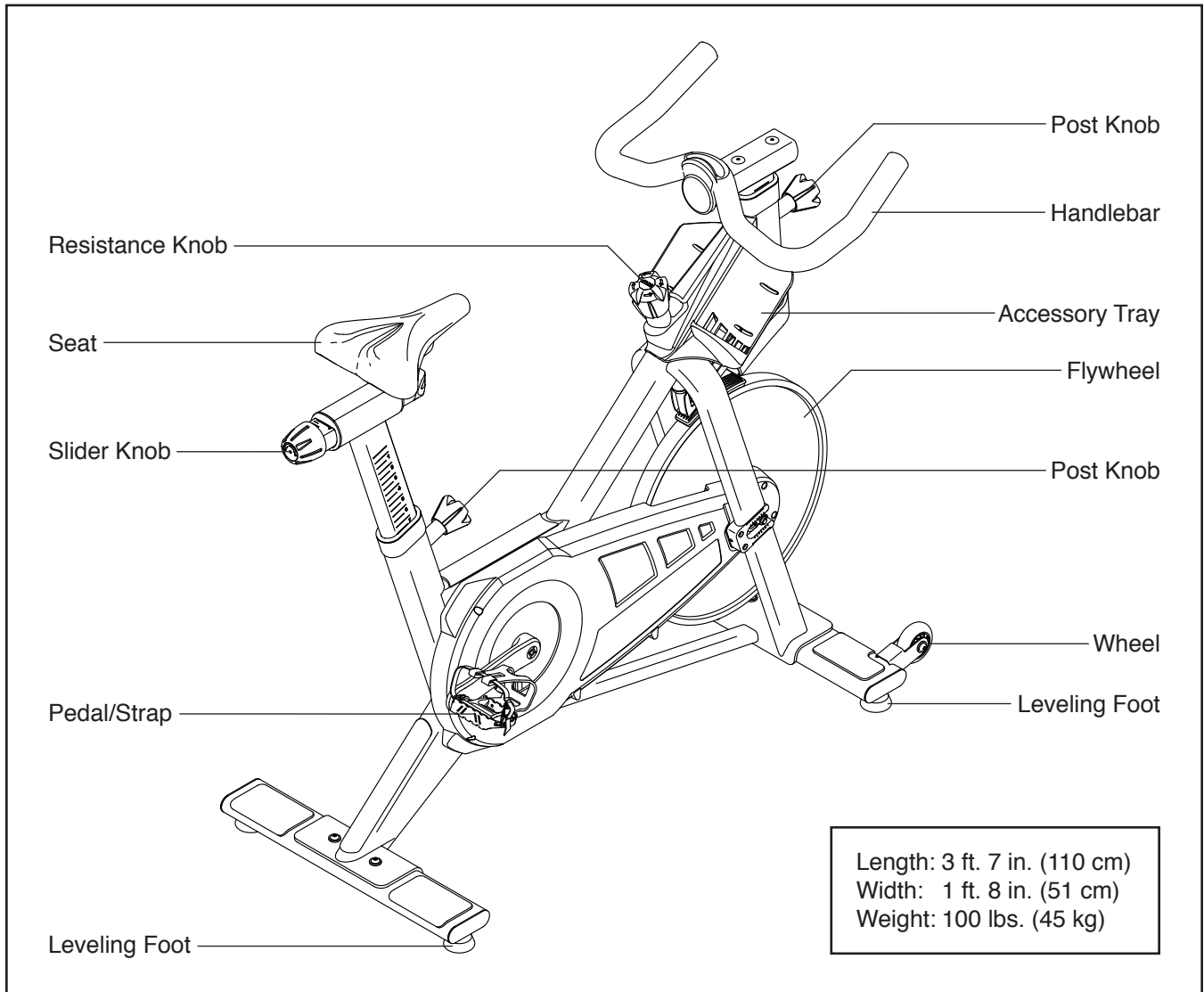
BEFORE YOU BEGIN

Thank you for selecting the new FREEMOTION® CARBON S11.6 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The S11.6 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):

Phillips screwdriver



adjustable wrench



6mm hex key



torque wrench



4" extension for torque wrench

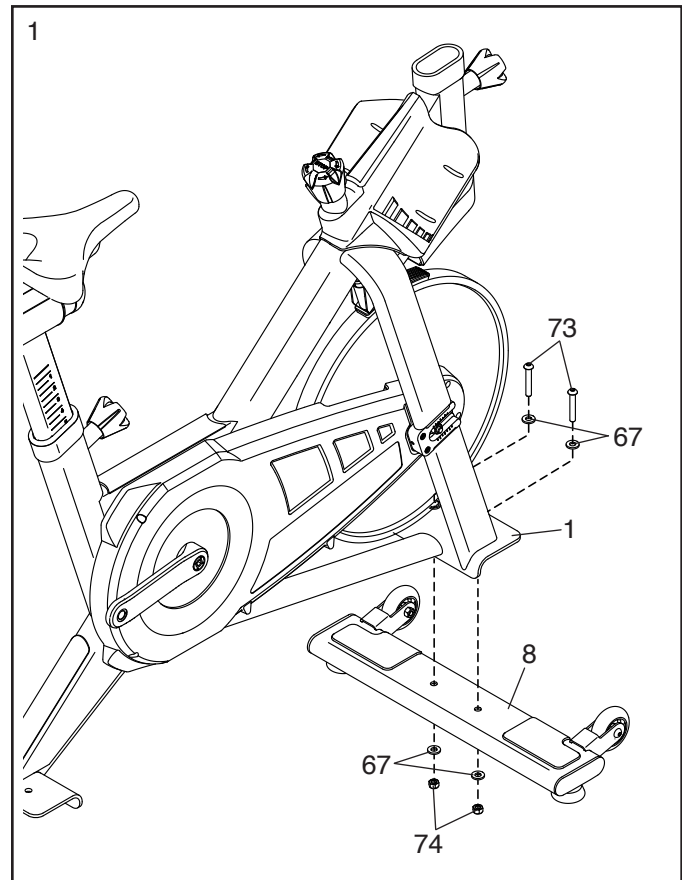


15mm crowsfoot wrench

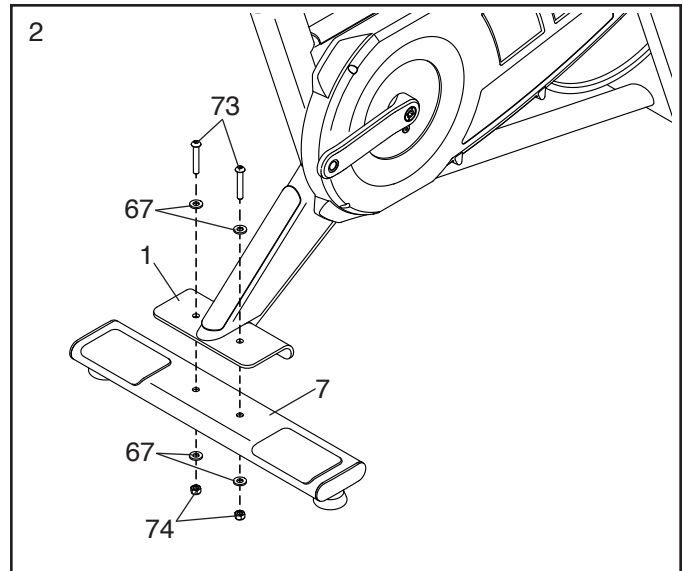


Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Attach the Front Stabilizer (8) to the Frame (1) with two M10 x 60mm Bolts (73), four M10 Washers (67), and two M10 Locknuts (74).



2. Attach the Rear Stabilizer (7) to the Frame (1) with two M10 x 60mm Bolts (73), four M10 Washers (67), and two M10 Locknuts (74).



3. **IMPORTANT: This step must be done by a qualified technician using a torque wrench, a 4" extension, and a 15mm crowfoot wrench.**

Identify the right Pedal (15a); **do not confuse the right Pedal with the left Pedal (15b)**. Using a clean cloth, clean the threads of the right Pedal.

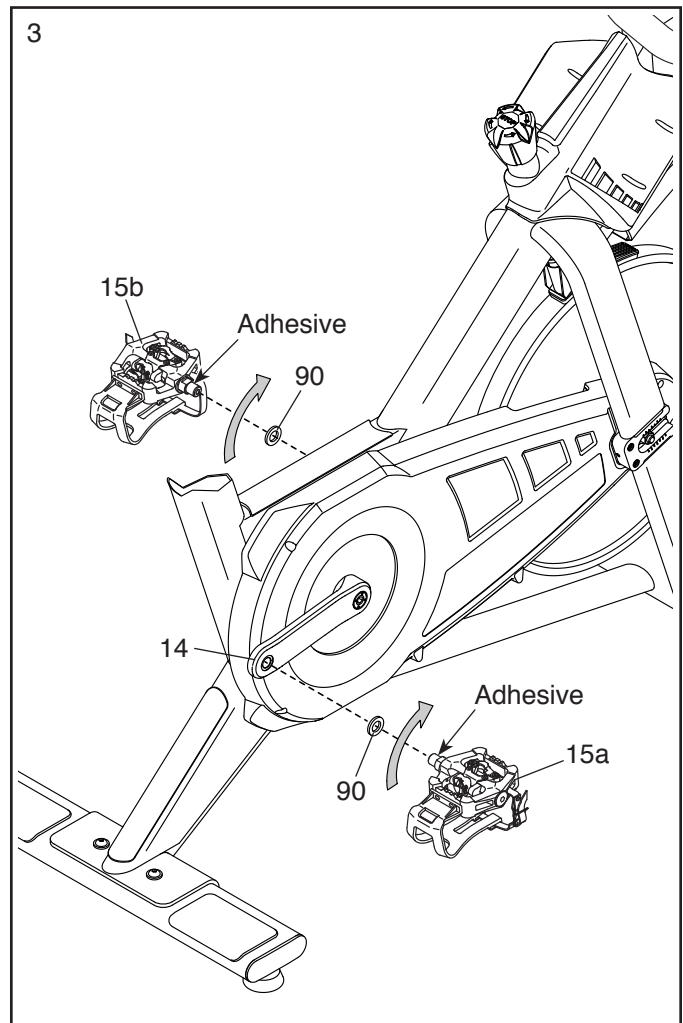
Next, slide a Pedal Washer (90) onto the right Pedal (15a), and apply some of the included thread adhesive to the threads of the right Pedal.

Then, tighten the right Pedal (15a) into the right Crank Arm (14) and torque the right Pedal to 25–26 pound-feet (34–35 Newton-meters).

Repeat this step with the left Pedal (15b). You must turn the left Pedal **counterclockwise** to tighten it.

Allow the thread adhesive to cure for 24 hours before the exercise bike is used.

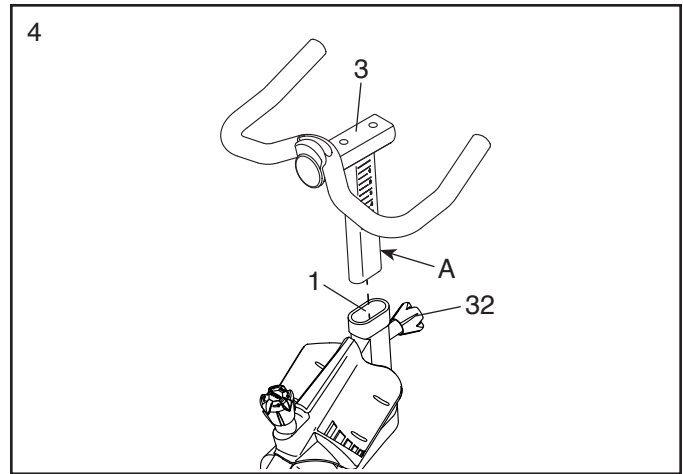
See HOW TO MAINTAIN THE EXERCISE BIKE on page 9 for pedal maintenance instructions.



4. Orient the Handlebar (3) as shown.

Loosen the Post Knob (32) on the front of the Frame (1) and pull it outward. Then, insert the Handlebar (3) into the Frame.

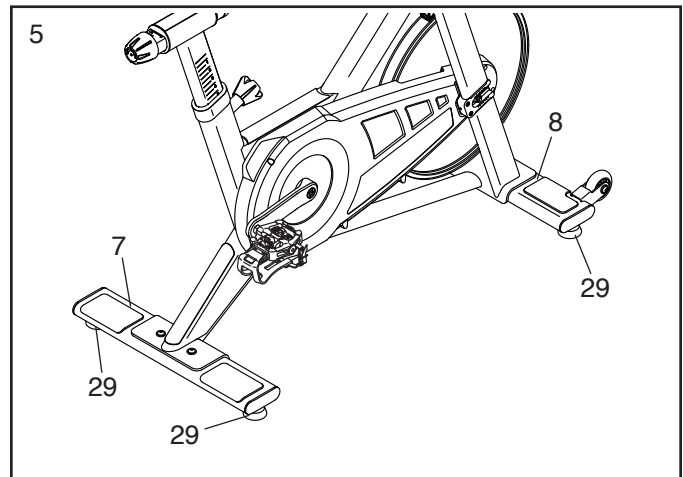
Move the Handlebar (3) upward or downward to the desired position, release the Post Knob (32) into an adjustment hole (A) in the Handlebar, and then tighten the Post Knob. **Make sure that the Post Knob is firmly engaged in an adjustment hole.**



5. 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 (29) are in contact with the floor.

If the Leveling Feet (29) are not in contact with the floor, loosen or tighten the Leveling Feet on the Rear and Front Stabilizers (7, 8) until all four Leveling Feet contact the floor.

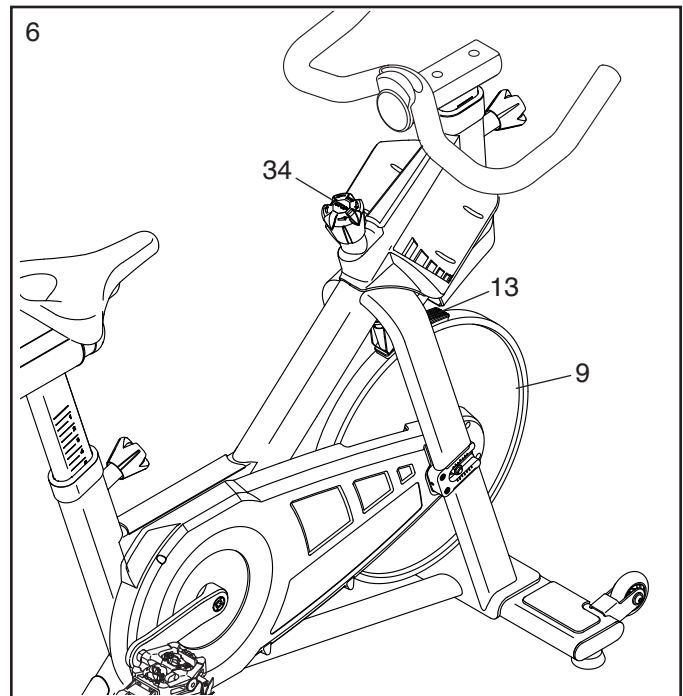


6. Loosen the Resistance Knob (34) until the Brake Pad (13) is not in contact with the Flywheel (9).

Spray the Brake Pad (13) thoroughly with a clear silicone lubricant (not included). Note: This action will extend the life of the Brake Pad and ensure smooth contact with the Flywheel (9).

Then, tighten the Resistance Knob (34) until the Brake Pad (13) is in firm contact with the Flywheel (9). Leave the Brake Pad in this position for one hour or longer.

Note: This action will set the brake parts and provide the spring with initial compression. This action will also ensure that the clear silicone lubricant penetrates the entire surface of the Brake Pad (13).



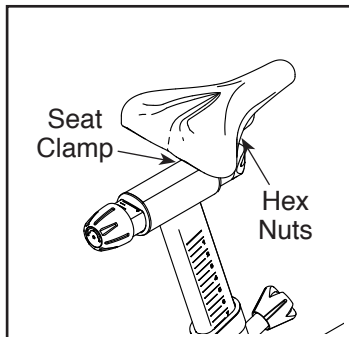
7. **Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SEAT

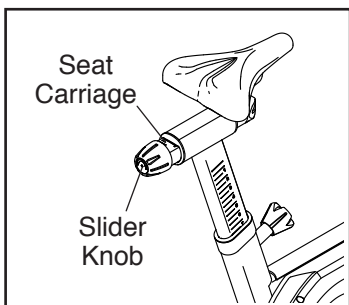
You can adjust the angle of the seat to the position that is most comfortable. You can also slide your seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the seat, first loosen the hex nuts on the seat clamp a few turns. Next, 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 SEAT CARRIAGE

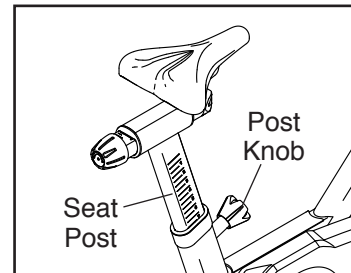
To adjust the position of the seat carriage, loosen the slider knob, move the seat carriage forward or backward to the desired position, and then firmly tighten the slider knob.



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.

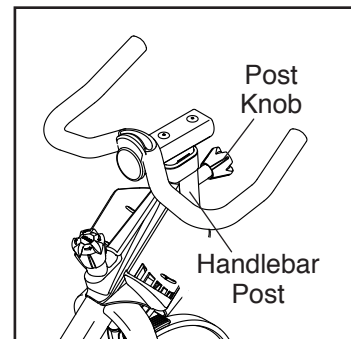
To adjust the seat post, first loosen the post knob and pull it outward. Then, move the seat post upward or downward, release the post knob into an adjustment hole in the seat post, and firmly tighten the post knob. **Make sure that the post knob is engaged in an adjustment hole. IMPORTANT: Do not adjust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



HOW TO ADJUST THE HANDLEBAR POST

To adjust the 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.

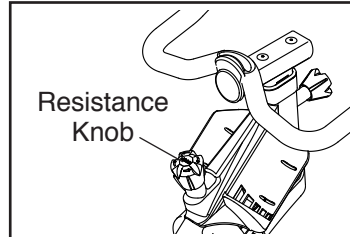


HOW TO USE THE PEDALS

To use the 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.

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 or rear 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.

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

For maximum performance and safety, replace the pedals when they become worn. To purchase pedals, see the back cover of this manual.

IMPORTANT: Use only manufacturer-supplied pedals; other pedals may not be designed for use in fitness clubs or indoor cycling studios and may be dangerous. The pedals must be replaced by a qualified technician. Do not remove the pedals unless they are worn and will be replaced. Removing and re-attaching the same pedals will void the warranty on the pedals and the crank arms.

PART LIST

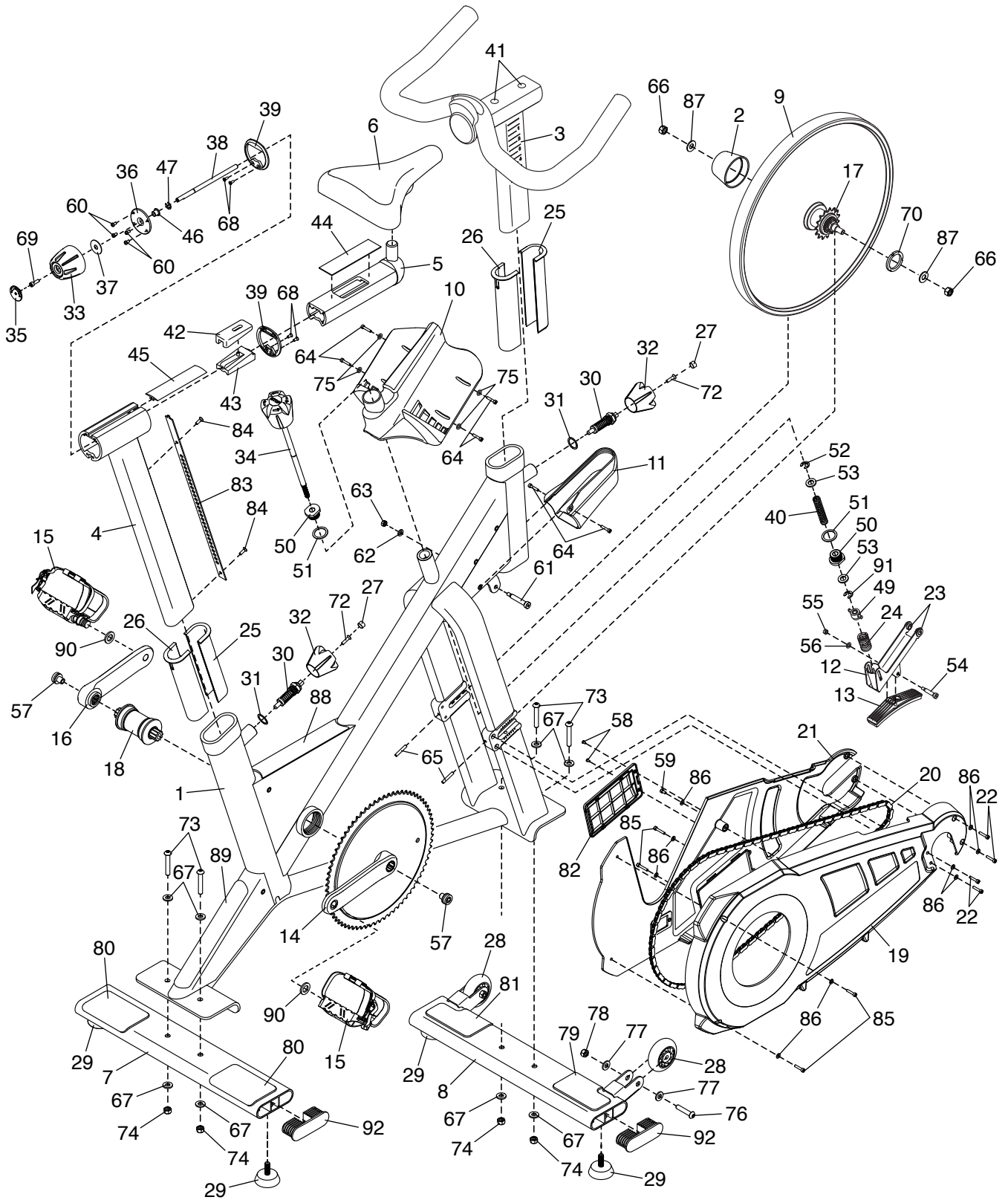
Model No. FMEX91212.1 R0817A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	–	(Not Used)
2	1	Hub Cover	49	1	Resistance Nut
3	1	Handlebar	50	2	M22 Sleeve Nut
4	1	Seat Post	51	2	M23 x 30mm Washer
5	1	Seat Carriage	52	1	C-clip
6	1	Seat	53	2	10mm x 19mm Washer
7	1	Rear Stabilizer	54	1	M5 x 39mm Socket Bolt
8	1	Front Stabilizer	55	1	M5 Nut
9	1	Flywheel	56	1	M5 Washer
10	1	Accessory Tray	57	2	Crank Screw
11	1	Resistance Cover	58	2	M3 x 5mm Screw
12	1	Resistance Arm	59	1	M4 x 8mm Socket Screw
13	1	Brake Pad	60	4	M4 x 8mm Screw
14	1	Pulley/Crank Arm	61	1	M8 x 57mm Shoulder Bolt
15	1	Pedal Set	62	1	M6 x 12mm x 1.2mm Washer
16	1	Crank Arm	63	1	M6 Locknut
17	1	Sprocket	64	6	M4 x 16mm Socket Screw
18	1	Bottom Bracket	65	2	M5 x 30mm Set Screw
19	1	Outer Shield	66	2	3/8" Nut
20	1	Drive Chain	67	8	M10 Washer
21	1	Inner Shield	68	4	M4 x 10mm Flat Head Screw
22	4	M4 x 20mm Socket Screw	69	1	M5 x 16mm Socket Screw
23	2	Resistance Bushing	70	1	Sprocket Lock Ring
24	1	Resistance Spring	71	–	(Not Used)
25	2	Front Frame Bushing	72	2	M5 x 20mm Flat Head Screw
26	2	Rear Frame Bushing	73	4	M10 x 60mm Bolt
27	2	Post Knob Cap	74	4	M10 Locknut
28	2	Wheel	75	4	M4 Washer
29	4	Leveling Foot	76	2	M6 x 40mm Bolt
30	2	Pin Assembly	77	4	M6 x 12mm x 1.5mm Washer
31	2	20mm x 25mm Washer	78	2	M6 Nut
32	2	Post Knob	79	1	Right Front Stabilizer Cover
33	1	Slider Knob	80	2	Rear Stabilizer Cover
34	1	Resistance Knob	81	1	Left Front Stabilizer Cover
35	1	Knob Cap	82	1	Access Cover
36	1	Wedge Cap	83	1	Seat Post Selector
37	1	M8 x 30mm Washer	84	2	M5 x 16mm Flat Head Screw
38	1	Adjustment Rod	85	4	M4 x 30mm Screw
39	2	Ring Cap	86	9	M4 Narrow Washer
40	1	Tension Spring	87	2	Flywheel Washer
41	2	Handlebar Cap	88	1	Crossbar Guard
42	1	Upper Wedge	89	1	Frame Guard
43	1	Lower Wedge	90	2	Pedal Washer
44	1	Sleeve	91	1	E-clip
45	1	Post Shield	92	4	Stabilizer Cap
46	1	Cap Bushing	*	–	User's Manual
47	1	M8 x 16mm Washer			

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. FMEX91212.1 R0817A



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 in excess of the maximum user weight listed in this manual. Note: This product may not have a maximum user weight.
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.