

GOLD'S GYM®

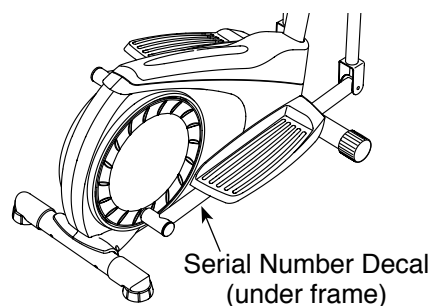
STRIDE TRAINER 310

www.workoutwarehouse.com

Model No. GGEL62902.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.workoutwarehouse.com/registration.

CUSTOMER CARE

For service at any time, go to www.workoutwarehouse.com.

Or call 1-877-776-4777
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

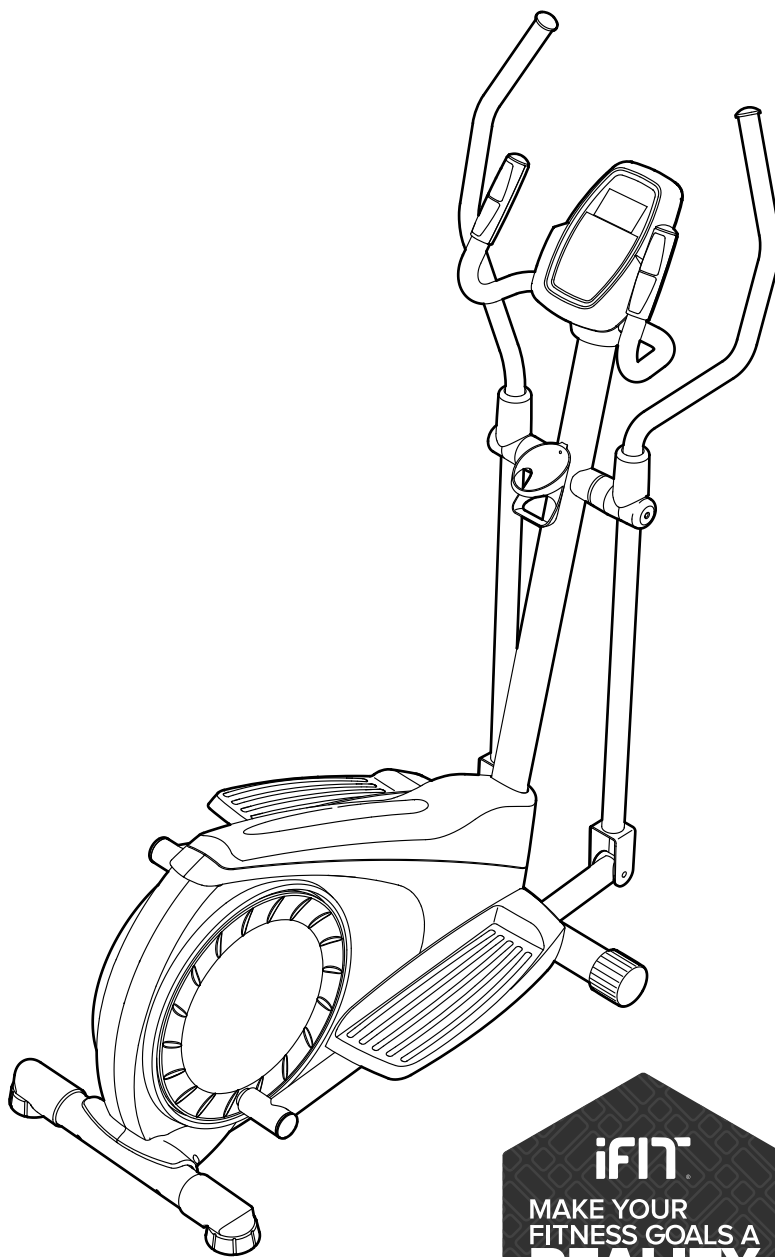
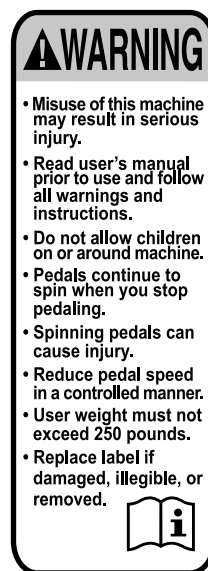


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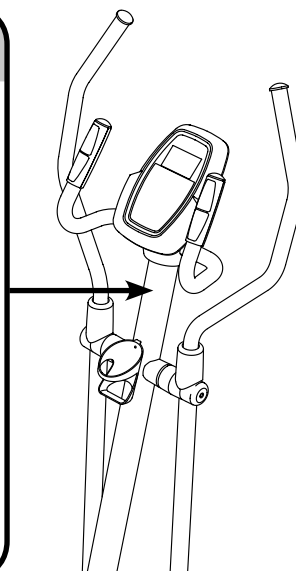
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WARNING DECAL PLACEMENT

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.



- 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.
- User weight must not exceed 250 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 elliptical before using your elliptical. ICON 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 elliptical 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 elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. 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.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



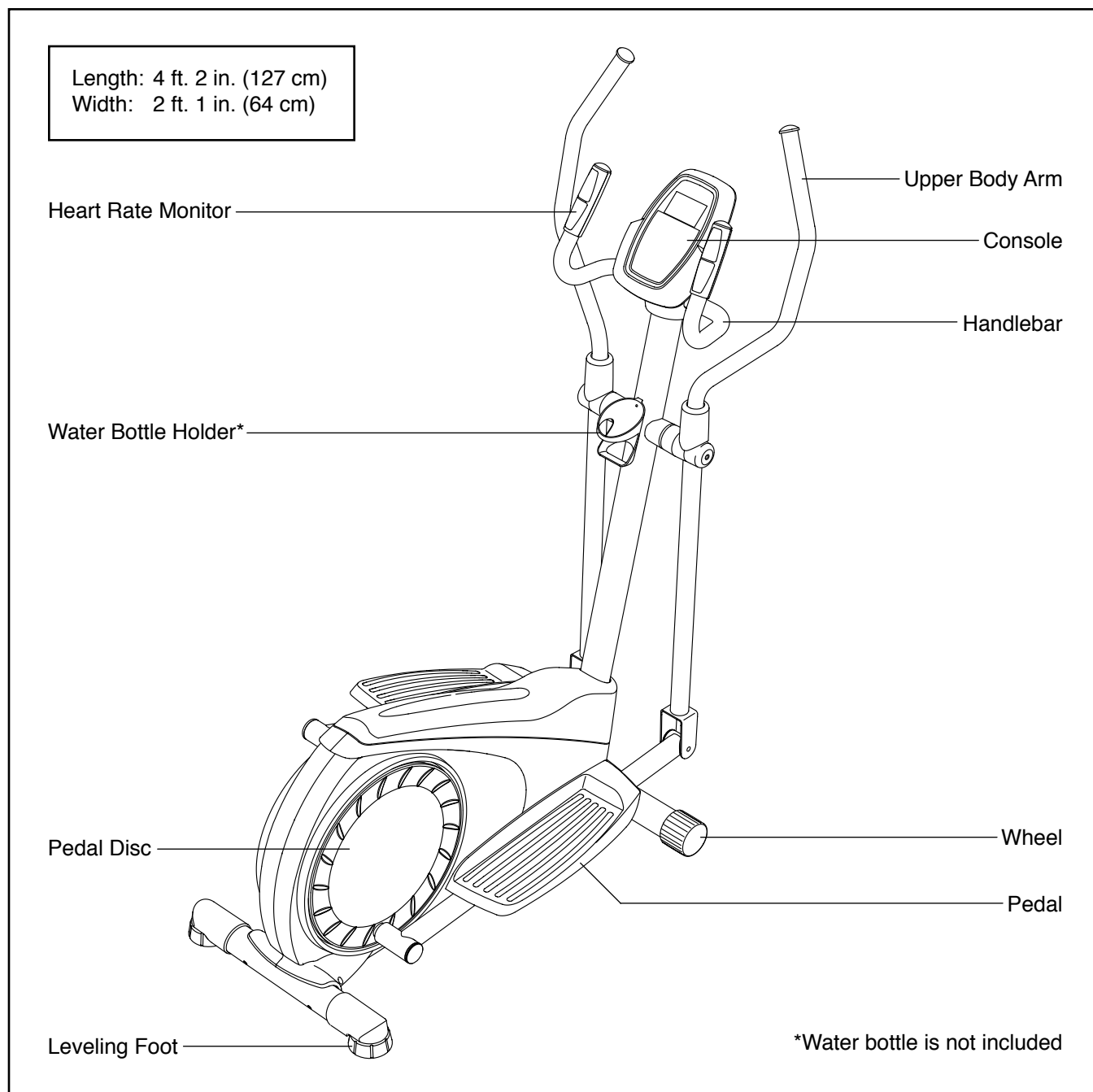
BEFORE YOU BEGIN

Thank you for selecting the new GOLD'S GYM® STRIDE TRAINER 310 elliptical. The STRIDE TRAINER 310 provides a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical. If you have questions after

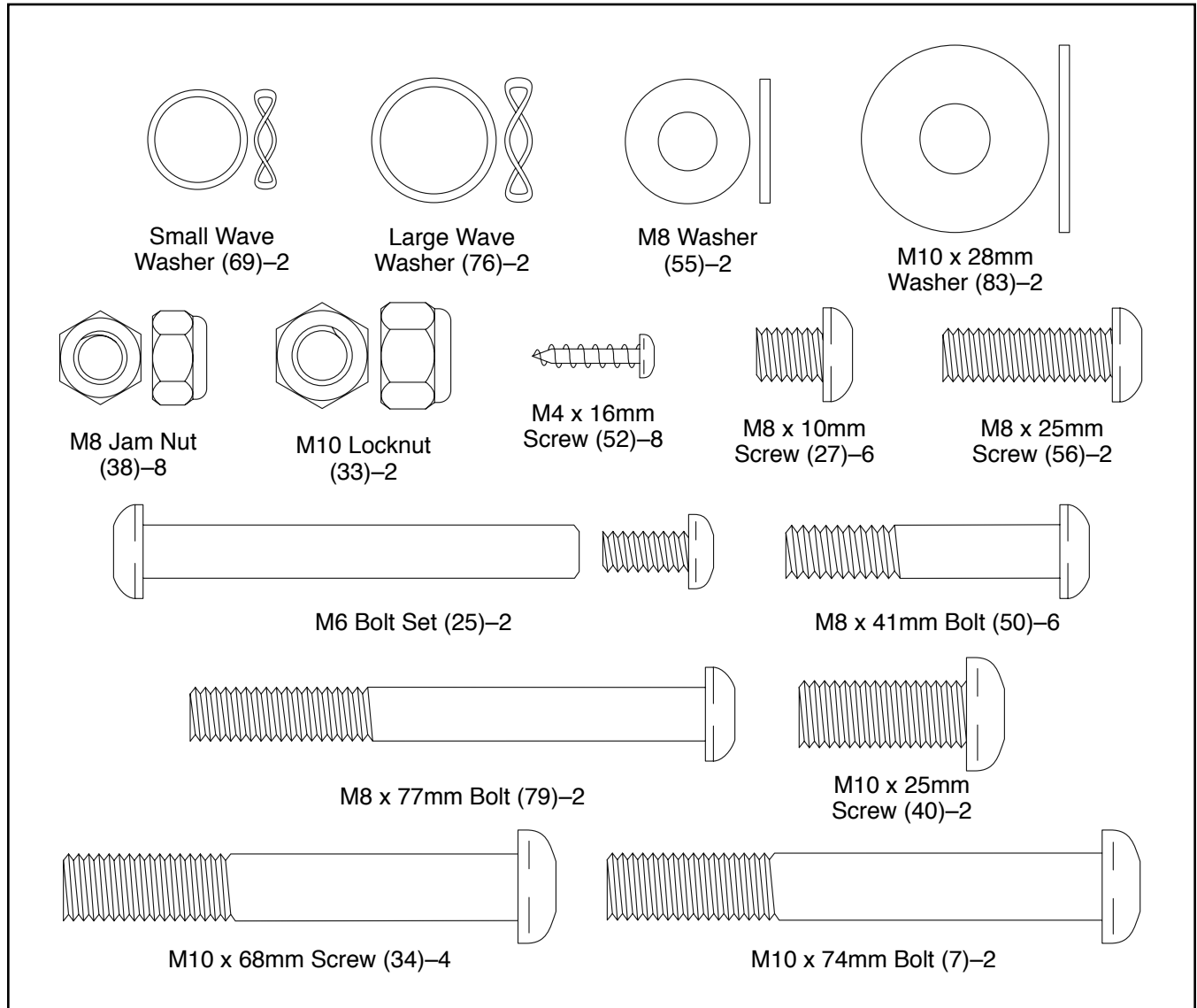
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

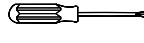
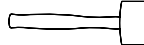
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- 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 and right parts are marked “L” or “Left” and “R” or “Right.”
- To identify small parts, see page 6.

In addition to the included tool(s), assembly requires the following tools:

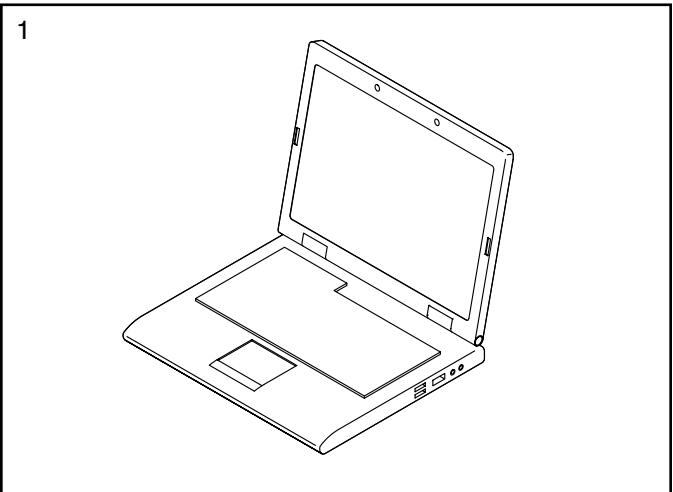
- one adjustable wrench 
- one Phillips screwdriver 
- one rubber mallet 

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

1. **Go to www.workoutwarehouse.com/ registration on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

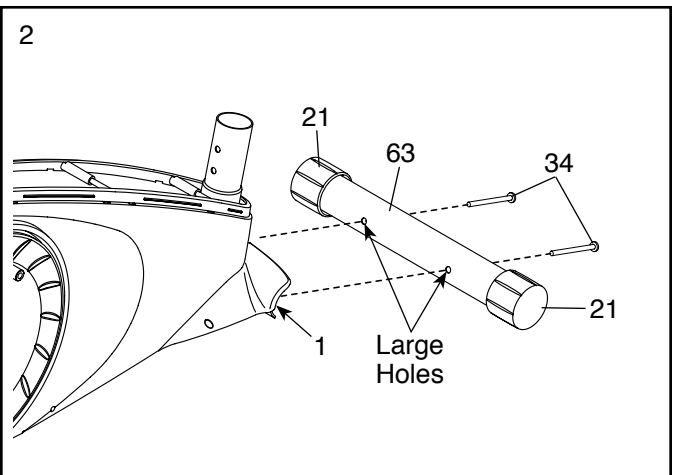
Note: If you do not have Internet access, call CUSTOMER CARE (see the front cover of this manual) and register your product.



2. Identify the Front Stabilizer (63), which has Wheels (21).

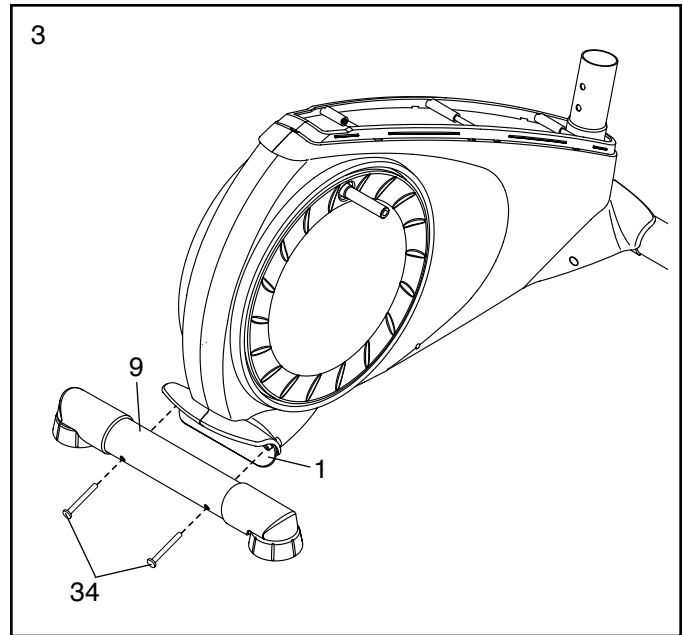
Orient the Front Stabilizer (63) as indicated by the sticker. **Make sure that the large holes in the Front Stabilizer are facing the Frame (1).**

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (63) to the Frame with two M10 x 68mm Screws (34).



3. Orient the Rear Stabilizer (9) as indicated by the sticker.

While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (9) to the Frame with two M10 x 68mm Screws (34).



4. Orient the Upright (2) and the Top Shield (41) as shown. Slide the Top Shield upward onto the Upright.

Have a second person hold the Upright (2) and the Top Shield (41) near the Frame (1).

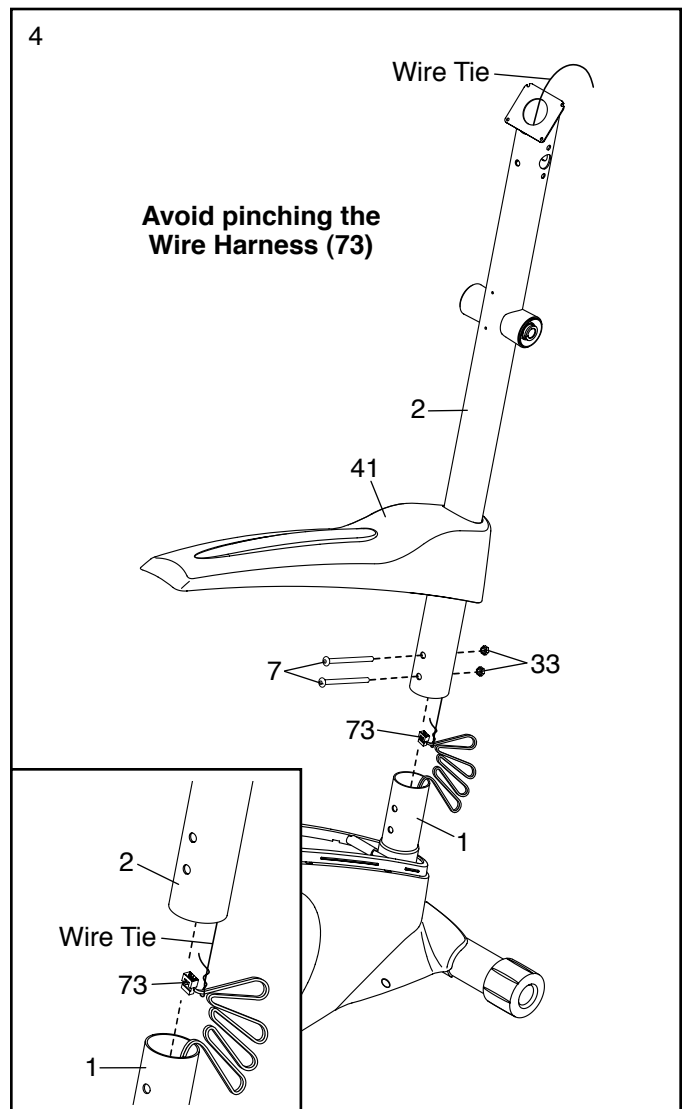
See the inset drawing. Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (73). Next, pull the upper end of the wire tie upward out of the top of the Upright.

Tip: To prevent the Wire Harness (73) from falling into the Upright (2), secure the Wire Harness with the wire tie.

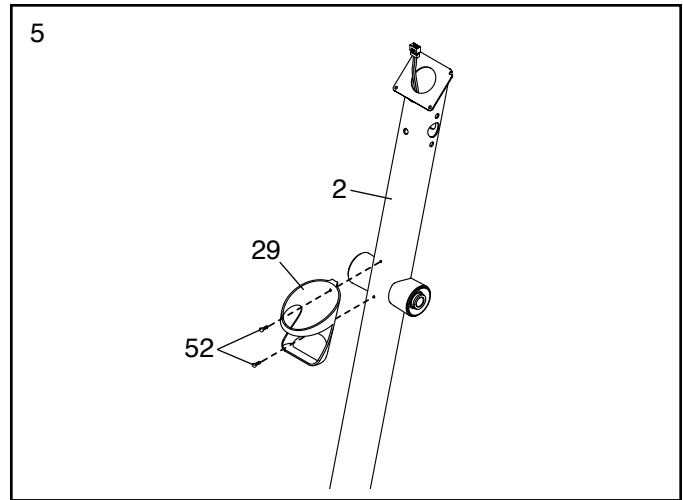
Slide the Upright (2) onto the Frame (1).

Tip: Avoid pinching the Wire Harness (73). Attach the Upright (2) with two M10 x 74mm Bolts (7) and two M10 Locknuts (33). **Do not tighten the Bolts yet.**

Slide the Top Shield (41) downward to the Frame (1). **Do not press the Top Shield into place yet.**



5. Attach the Water Bottle Holder (29) to the Upright (2) with two M4 x 16mm Screws (52).

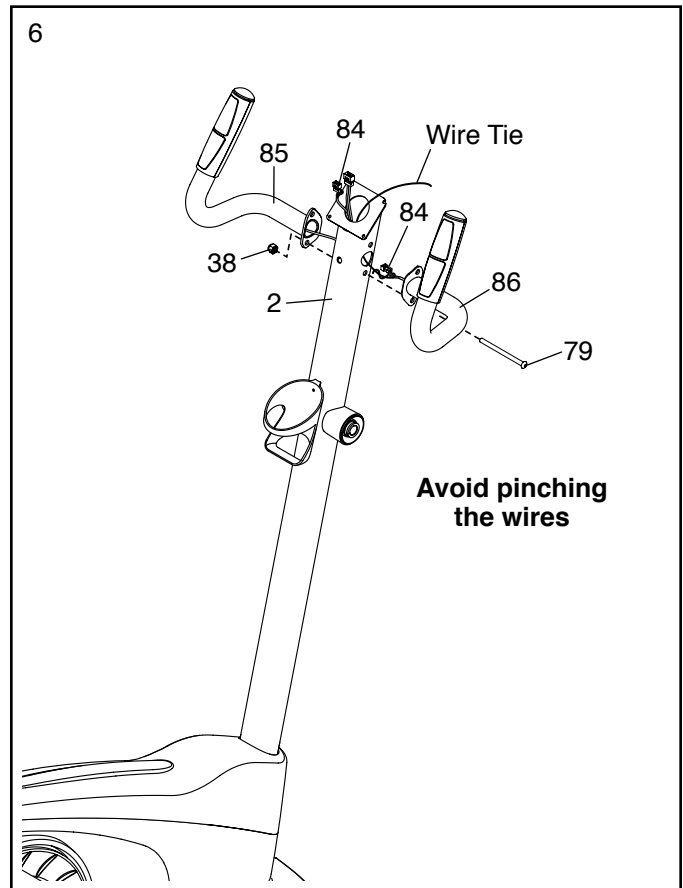


6. Identify the Left and Right Handlebars (85, 86).

Have a second person hold the Left and Right Handlebars (85, 86) near the Upright (2). Locate the wire ties inside the Upright (2). Tie the lower ends of the wire ties to the Sensor Wires (84). Next, pull the upper ends of the wire ties upward out of the top of the Upright.

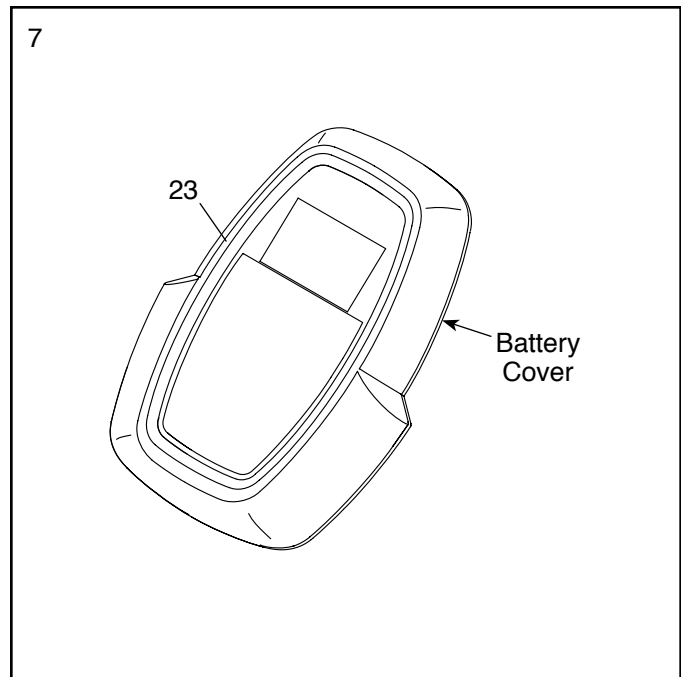
Tip: Avoid pinching the wires. Attach the Left and Right Handlebars (85, 86) to the Upright (2) with an M8 x 77mm Bolt (79) and an M8 Jam Nut (38). **Do not tighten the Bolt yet.**

Make sure that the M8 x 77mm Bolt (79) is inserted through the bottom hole in the Left and Right Handlebars (85, 86) and the Upright (2).



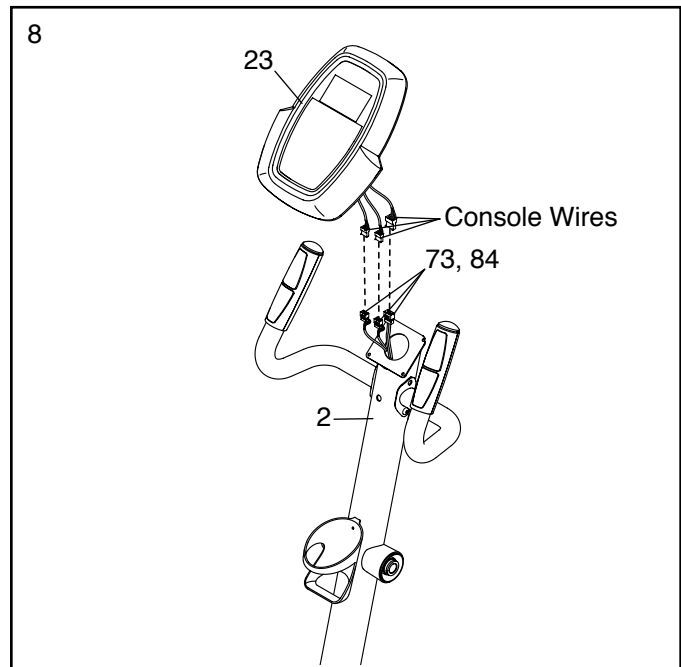
7. The Console (23) can use four AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

Remove the battery cover from the back of the Console (23), and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



8. Untie and discard the wire tie on the Wire Harness (73).

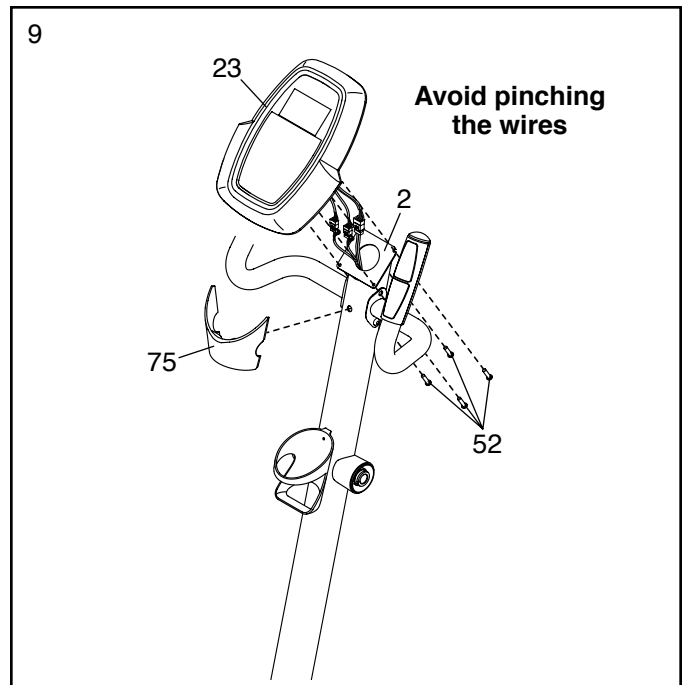
While a second person holds the Console (23) near the Upright (2), connect the console wires to the Wire Harness (73) and to the Sensor Wires (84).



9. Insert the excess wire into the Console (23) or into the Upright (2).

Press the Rear Upright Cover (75) into the Upright (2). Have a second person hold the Rear Upright Cover in place.

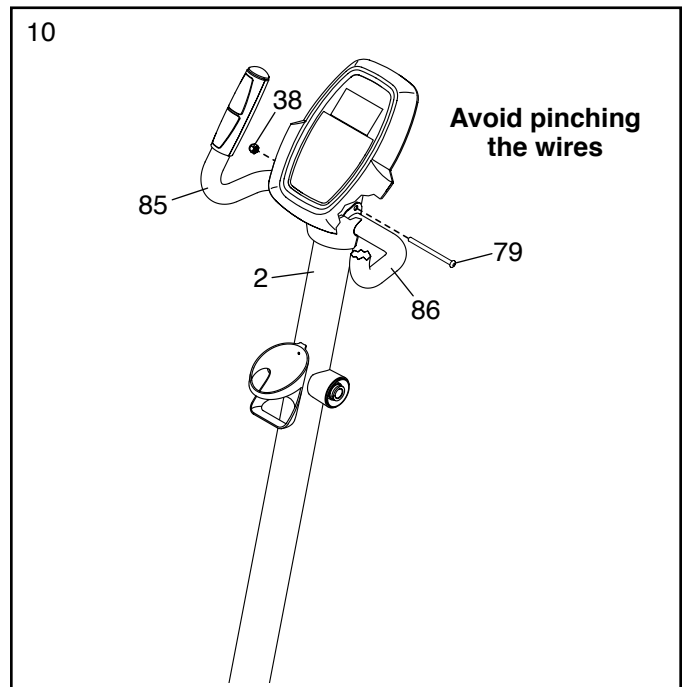
Tip: Avoid pinching the wires. Attach the Console (23) to the Upright (2) with four M4 x 16mm Screws (52).



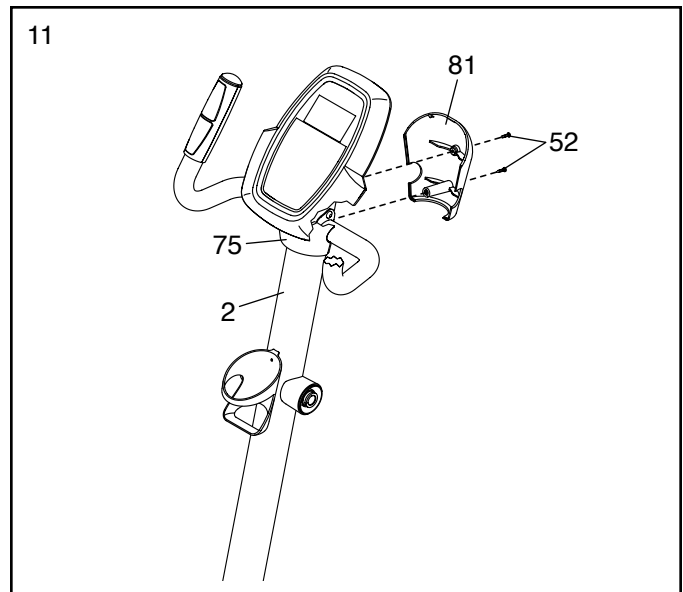
10. Finish attaching the Left and Right Handlebars (85, 86) to the Upright (2) with an M8 x 77mm Bolt (79) and an M8 Jam Nut (38).

Tip: While inserting the M8 x 77mm Bolt (79), avoid pinching or damaging the wires inside the Upright (2).

See step 7. Tighten the M8 x 77mm Bolt (79).



11. Attach the Front Upright Cover (81) to the Upright (2) and to the Rear Upright Cover (75) with two M4 x 16mm Screws (52).



12. Identify the Right Upper Body Arm (8).

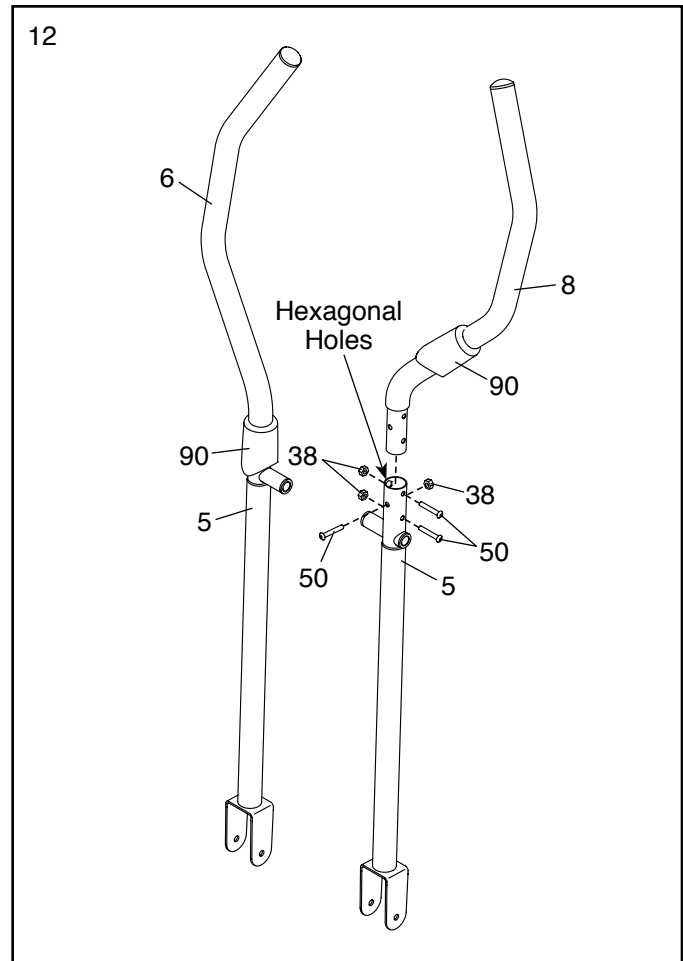
Slide an Upper Body Arm Cover (90) upward onto the Right Upper Body Arm (8).

Insert the Right Upper Body Arm (8) into an Upper Body Leg (5).

Tip: Have a second person hold the Upper Body Arm Cover (90) while you perform this action:

Attach the Right Upper Body Arm (8) to the Upper Body Leg (5) with three M8 x 41mm Bolts (50) and three M8 Jam Nuts (38). **Make sure that the Locknuts are inside the hexagonal holes.**

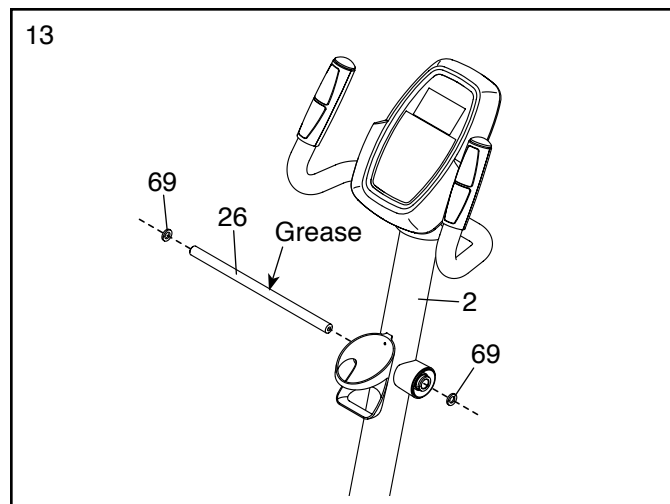
Assemble the Left Upper Body Arm (6) and the other Upper Body Leg (5) in the same way.



13. Insert the Pivot Axle (26) into the Upright (2), and center the Pivot Axle.

Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to both ends of the Pivot Axle (26).

Slide a Small Wave Washer (69) onto each side of the Pivot Axle (26).



14. Orient an Upper Body Arm Spacer (47) as shown. Slide the Upper Body Arm Spacer onto the right side of the Pivot Axle (26).

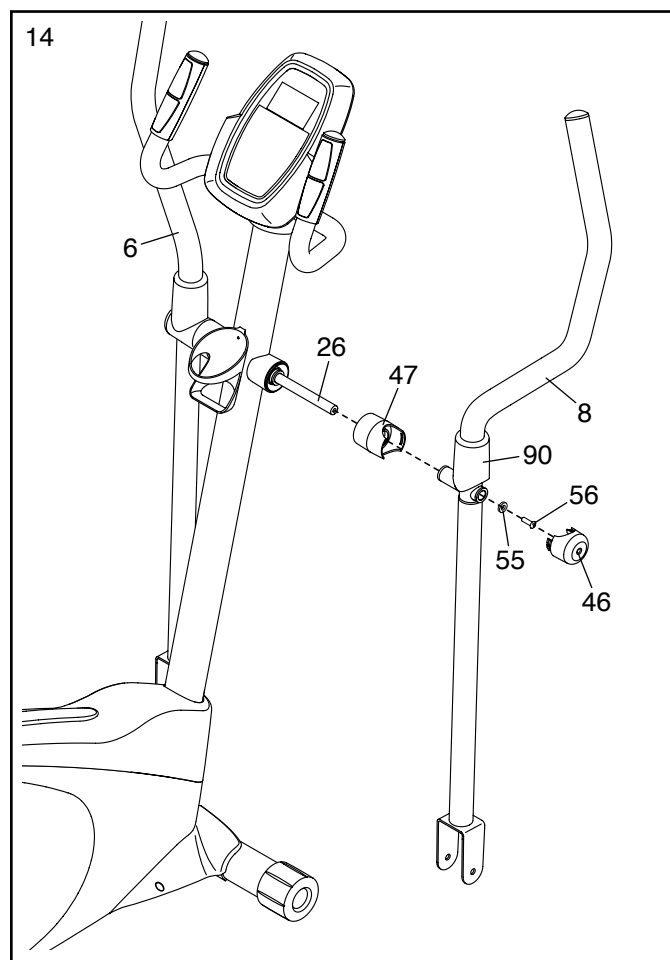
Slide the Right Upper Body Arm (8) onto the right side of the Pivot Axle (26).

Repeat these actions on the other side of the elliptical.

Tighten an M8 x 25mm Screw (56) and an M8 Washer (55) into each end of the Pivot Axle (26) **at the same time.**

Next, slide the right Upper Body Arm Cover (90) upward. Then, press the tabs on an Axle Cap (46) into the Upper Body Arm Spacer (47). **Repeat this action on the other side of the elliptical.**

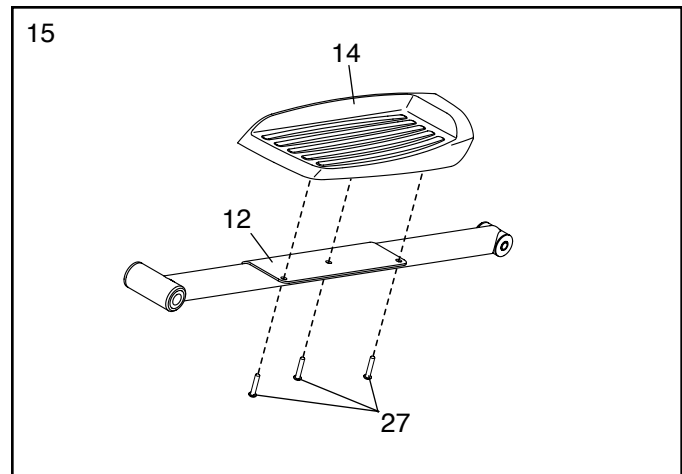
Slide the Upper Body Arm Cover (90) downward to cover the M8 x 41mm Bolts (not shown). **Repeat this action on the other side of the elliptical.**



15. Identify the Right Pedal (14) and the Right Pedal Arm (12).

Attach the Right Pedal (14) to the Right Pedal Arm (12) with three M8 x 10mm Screws (27).

Assemble the Left Pedal (not shown) and the Left Pedal Arm (not shown) in the same way.



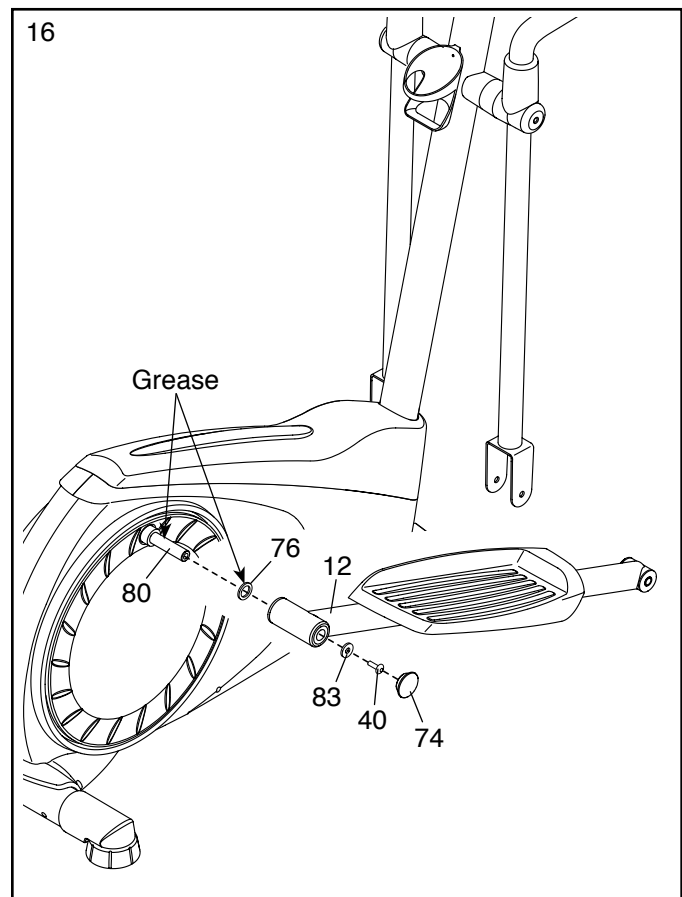
16. Apply a small amount of grease to the axle on the Right Crank Arm (80) and to a Large Wave Washer (76).

Slide the Large Wave Washer (76), and the Right Pedal Arm (12) onto the axle on the Right Crank Arm (80).

Next, slide an M10 x 28mm Washer (83) onto an M10 x 25mm Screw (40), and tighten the Screw into the axle.

Then, press a Pedal Arm Cap (74) into the Right Pedal Arm (12).

Repeat this step on the other side of the elliptical.



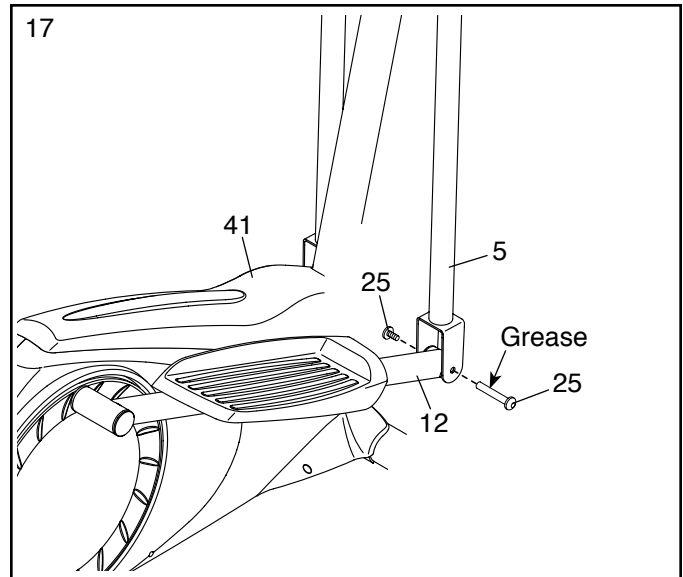
17. **See assembly step 4.** Tighten the M10 x 74mm Bolts (7). Then, press the Top Shield (41) into place.

Apply a small amount of grease to an M6 Bolt Set (25).

Hold the end of the Right Pedal Arm (12) inside the bracket on the right Upper Body Leg (5).

Attach the right Upper Body Leg (5) to the Right Pedal Arm (12) with the M6 Bolt Set (25).

Repeat this step on the other side of the elliptical.

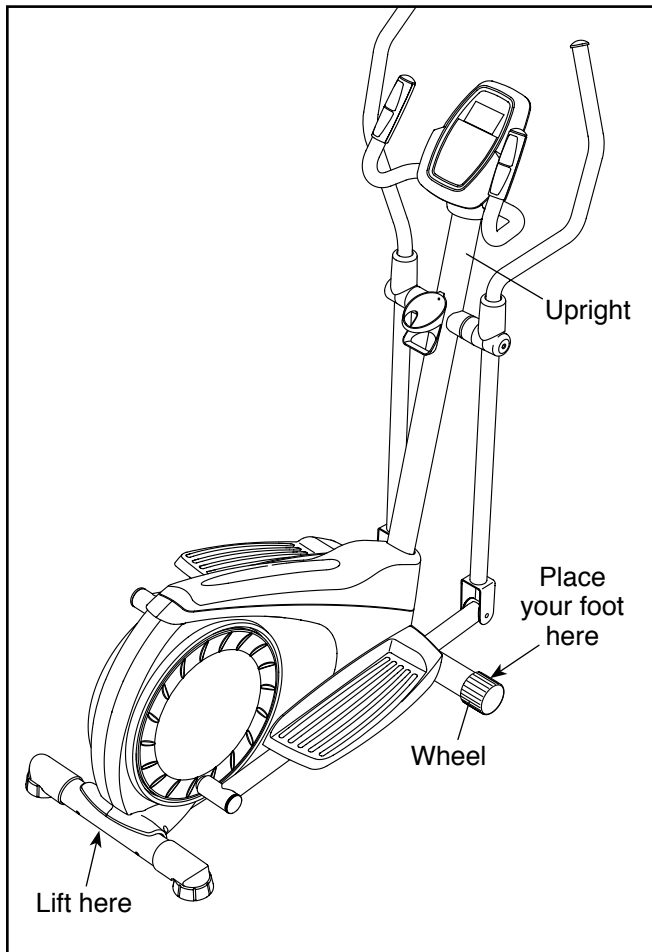


18. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

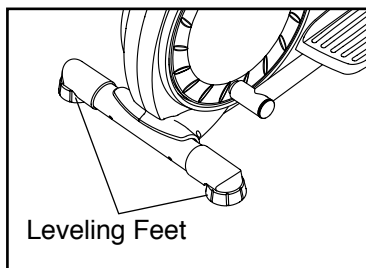
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



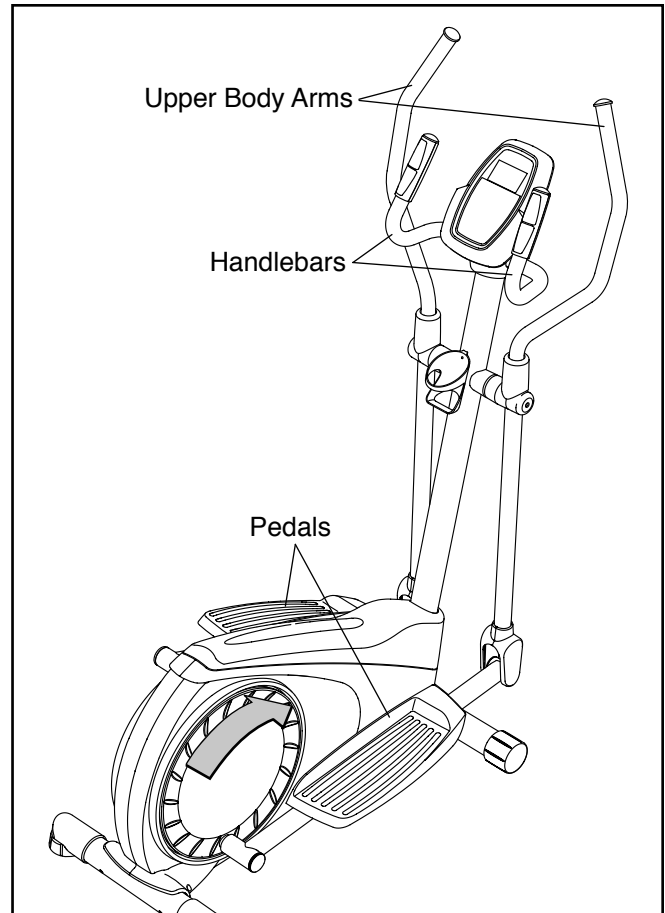
HOW TO LEVEL THE ELLIPTICAL

If the elliptical 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 EXERCISE ON THE ELLIPTICAL

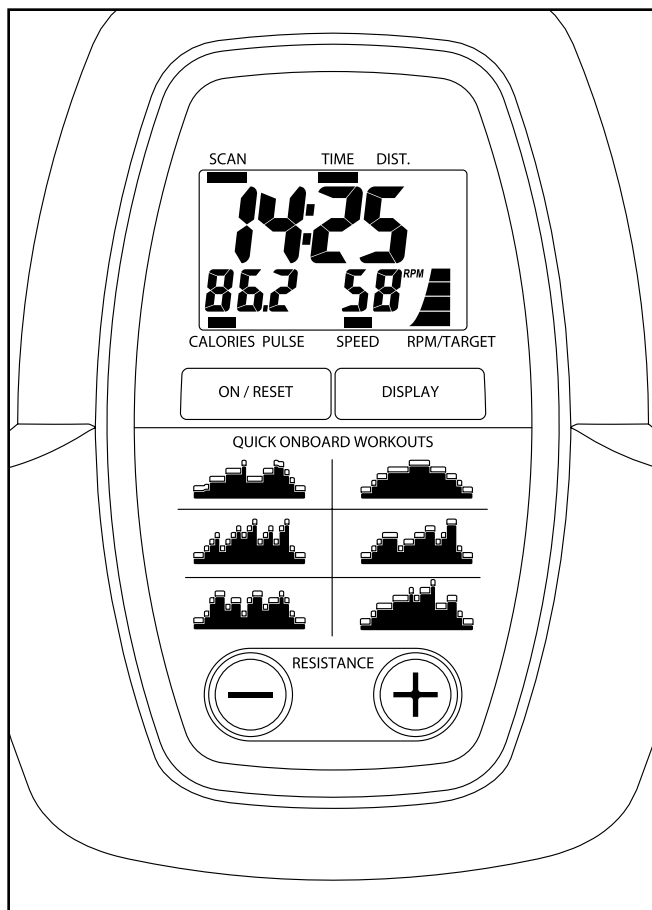
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lowest position. Then, step onto the other pedal.



Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console also offers six quick onboard workouts that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

Before using the console, make sure that batteries are installed (see assembly step 7 on page 10). If there is a sheet of plastic on the display, remove the plastic.

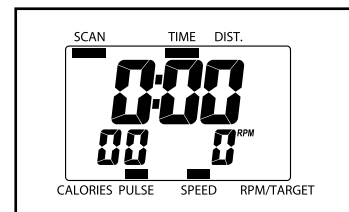
HOW TO USE THE MANUAL MODE

1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

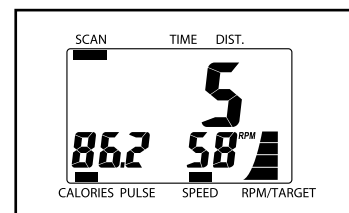
2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Onboard Workouts buttons repeatedly until zeros appear in the display.



3. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.



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

4. Follow your progress with the display.

The console has several displays that show the following workout information:

Speed—This display shows your pedaling speed, in revolutions per minute (rpm).

Time—This display shows the elapsed time.
Note: When a workout is selected, the display shows the time remaining in the workout instead of the elapsed time.

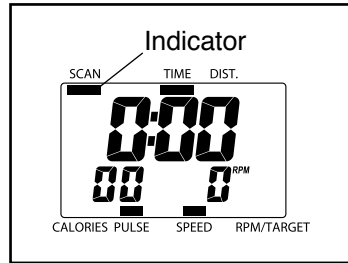
Distance—This display shows the distance you have pedaled, in total revolutions.

Calories—This display shows the approximate number of calories you have burned.

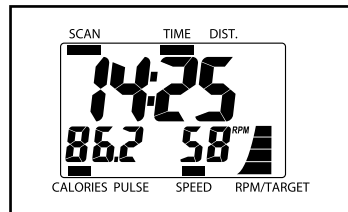
Pulse—This display shows your heart rate when you use the handgrip heart rate monitor.

Scan—When you select this display option, the upper section of the display will show both time and distance information, and the lower left section of the display will show calories information.

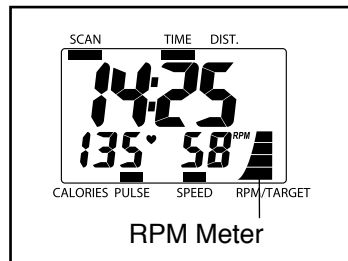
When you turn on the console, the scan display will be selected automatically. An indicator will appear below the word SCAN to show that the scan display is selected.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will show the number of calories you have burned. The lower right section of the display will show your pedaling speed.



In addition, the RPM meter on the right side of the display will provide a visual representation of your pedaling speed. As you increase or decrease your pace, bars will appear or disappear in the RPM meter.



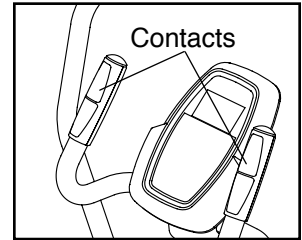
To cancel the scan mode, press the Display button. The indicator below the word SCAN will disappear. The upper section of the display will then show only the elapsed time. If you press the Display button again, the upper section of the display will show only the distance pedaled. To select the scan mode again, press the Display button repeatedly until an indicator appears below the word SCAN.

To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

5. Measure your heart rate if desired.

Note: If there are sheets of plastic on the metal contacts of 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, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display.

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.

Note: If you continue to hold the handgrip heart rate monitor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

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

6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause.

If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

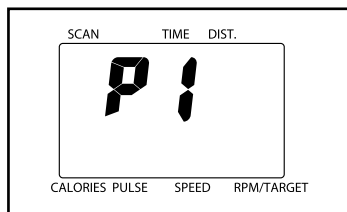
HOW TO USE A QUICK ONBOARD WORKOUT

1. Turn on the console.

To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

2. Select a quick onboard workout.

To select a quick onboard workout, press the desired Quick Onboard Workouts button. The name of the workout will appear in the display.



A few seconds after you select a quick onboard workout, the display will show the duration of the workout.

3. Begin pedaling to start the workout.

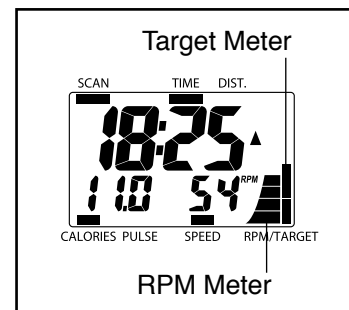
The quick onboard workouts consist of several one-minute segments. One resistance level and one target speed (rpm) are programmed for each segment.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

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.

IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

The target speed settings for the workout will be shown by the target meter in the display. The RPM meter will show your actual pedaling speed.



As the target meter changes in height during the workout, adjust your pedaling speed so that the same number of bars appears in both meters. If your pedaling speed is slower than the current target speed, an arrow will appear next to the RPM meter to prompt you to increase your speed; if your pedaling speed is faster than the target speed, an arrow will prompt you to decrease your speed.

IMPORTANT: The target speed settings for the workout are intended only to provide a goal. Your actual pedaling speed may be slower than the target speed settings, especially during the first few months of your exercise workout. Make sure to pedal at speed that is comfortable for you.

The display will show the time remaining in the workout. If you stop pedaling for a few seconds, the workout will pause and the time will flash in the display. To resume the workout, simply resume pedaling.

4. Follow your progress with the display.

See step 4 on page 17.

5. Measure your heart rate if desired.

See step 5 on page 18.

6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 18.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical, use a damp cloth and a small amount of mild dish soap. **IMPORTANT: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

CONSOLE TROUBLESHOOTING

Most console problems are the result of low batteries. See assembly step 7 on page 10 for battery replacement instructions.

If the handgrip heart rate monitor does not function properly, see step 5 on page 18.

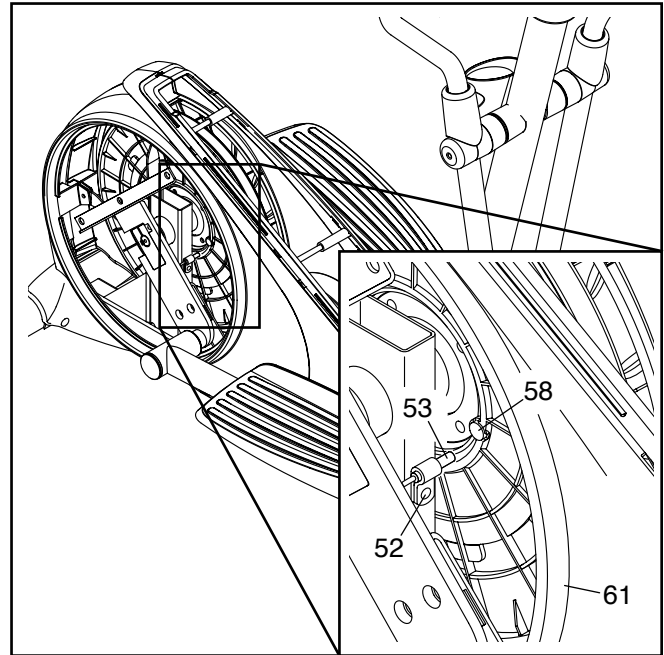
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

See EXPLODED DRAWING A on page 26. Using a flat screwdriver, remove the Top Shield (41).

Note: For clarity, the right pedal disc is shown removed in the drawing below.

Locate the Reed Switch (53). Loosen, but do not remove, the M4 x 16mm Screw (52).



Next, rotate the Pulley (61) until a Magnet (58) is aligned with the Reed Switch (53). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (52). Rotate the Pulley for a moment.

Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the top shield.

HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the pedal arms, the pedal discs, and the left shield.

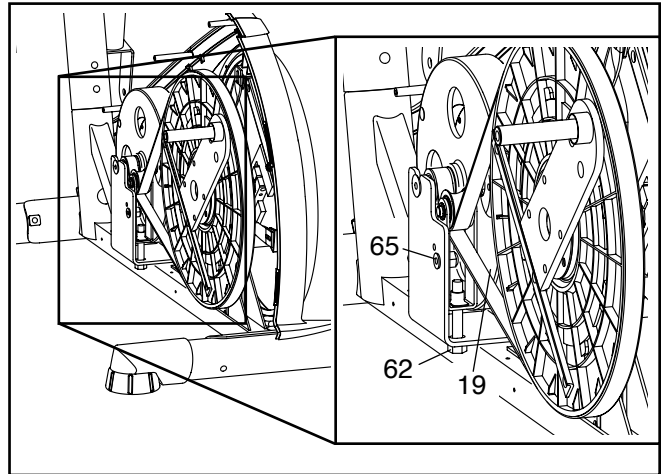
First, see step 17 on page 15 and step 16 on page 14 and remove the Left and Right Pedal Arms (11, 12).

See EXPLODED DRAWING A on page 26. Using a flat screwdriver, remove the left and right Pedal Discs (15).

Next, remove all of the M4 x 16mm Screws (52) from the Left and Right Shields (3, 4).

Next, remove the two M6 x 18mm Screws (43). Then, remove the Left Shield (3).

Loosen the M8 x 18mm Flat Head Screw (65), and turn the M10 x 60mm Bolt (62) until the Drive Belt (19) is tight.



When the Drive Belt (19) is tight, tighten the M8 x 18mm Flat Head Screw (65).

Then, reattach the shields, the pedal discs, and the pedal arms.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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

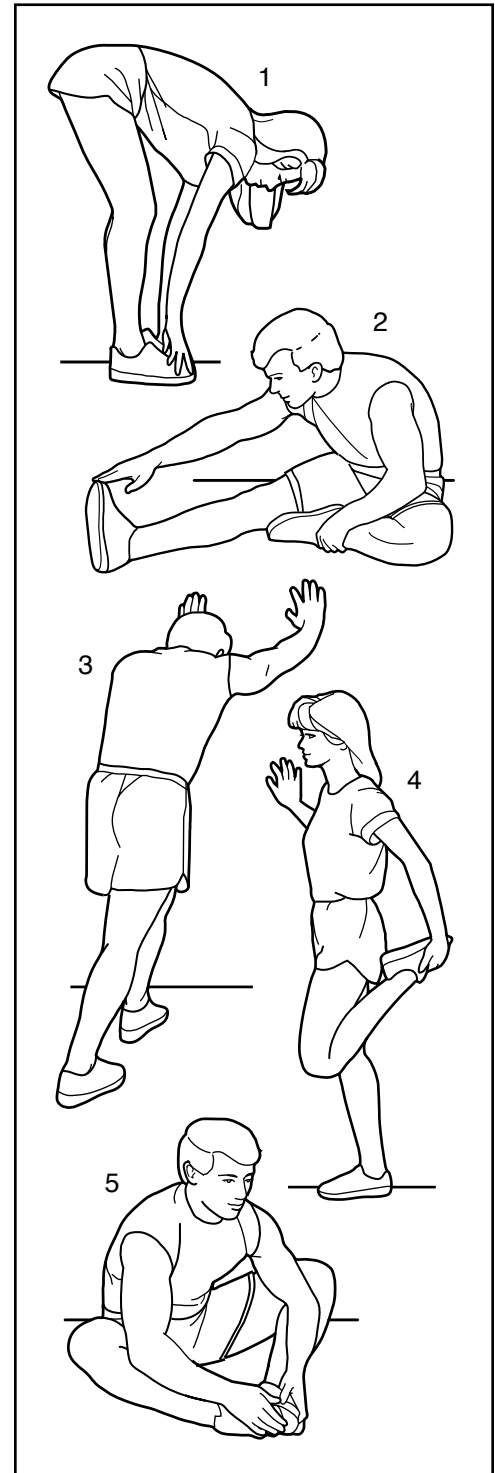
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST

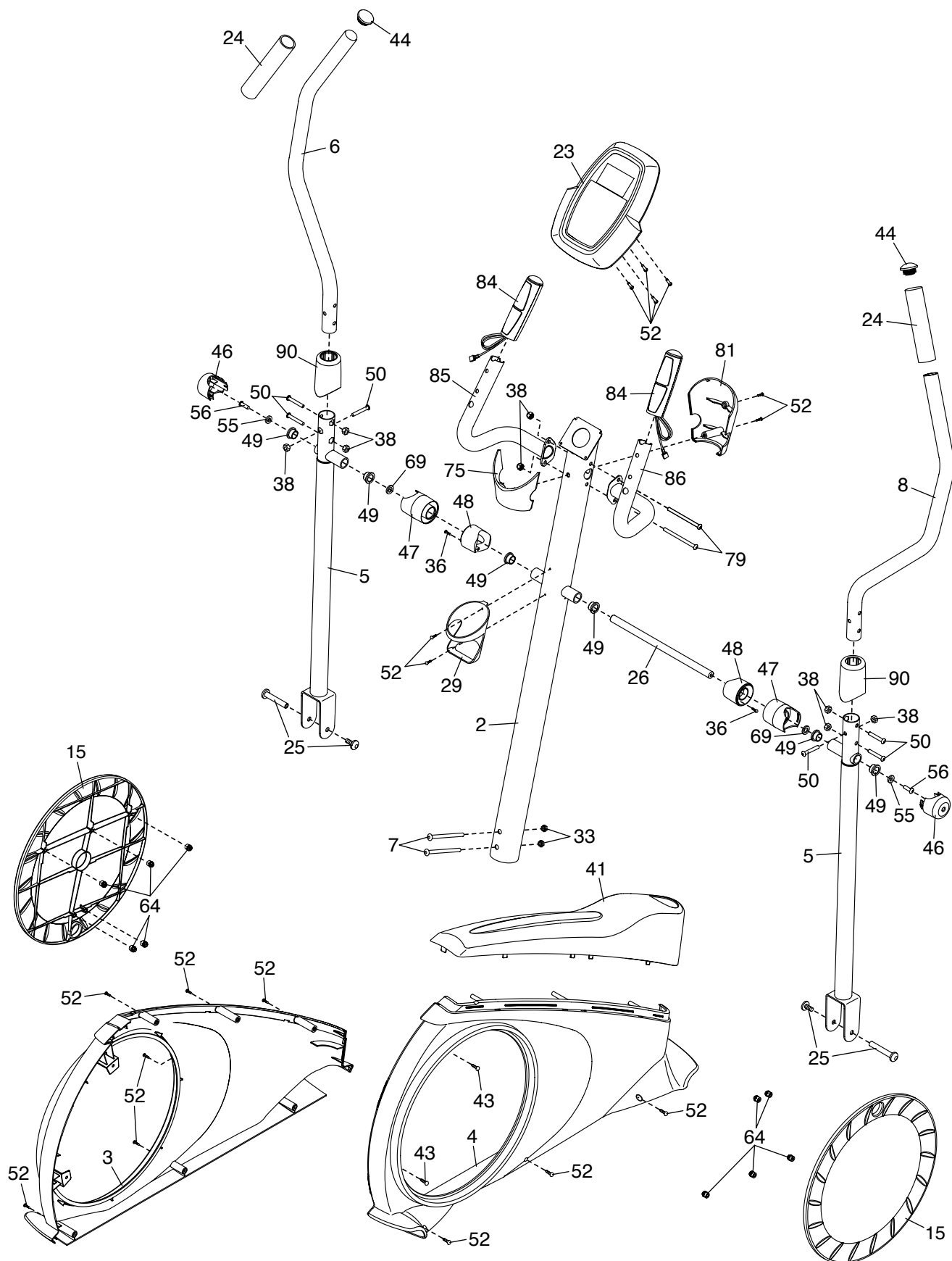
Model No. GGEL62902.0 R0113A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	48	2	Frame Spacer
2	1	Upright	49	6	Upper Body Arm Bushing
3	1	Left Shield	50	6	M8 x 41mm Bolt
4	1	Right Shield	51	3	M10 x 22mm Washer
5	2	Upper Body Leg	52	23	M4 x 16mm Screw
6	1	Left Upper Body Arm	53	1	Reed Switch/Wire
7	2	M10 x 74mm Bolt	54	1	Clamp
8	1	Right Upper Body Arm	55	3	M8 Washer
9	1	Rear Stabilizer	56	2	M8 x 25mm Screw
10	1	Key	57	1	Flywheel Axle
11	1	Left Pedal Arm	58	2	Magnet
12	1	Right Pedal Arm	59	2	Wiring Clamp
13	1	Left Pedal	60	4	Front Pedal Arm Bushing
14	1	Right Pedal	61	1	Pulley
15	2	Pedal Disc	62	1	M10 x 60mm Bolt
16	1	Left Crank Arm	63	1	Front Stabilizer
17	1	Eddy Mechanism	64	10	Mushroom Fastener
18	1	Shield Bracket	65	1	M8 x 18mm Flat Head Screw
19	1	Drive Belt	66	2	M6 Locknut
20	2	Rear Stabilizer Cap	67	2	M10 Thin Locknut
21	2	Wheel	68	1	M8 Locknut Class 12.9
22	1	Belt Idler	69	2	Small Wave Washer
23	1	Console	70	2	M6 x 16mm Washer
24	2	Foam Grip	71	1	M8 Locknut
25	2	M6 Bolt Set	72	1	Resistance Motor
26	1	Pivot Axle	73	1	Wire Harness
27	10	M8 x 10mm Screw	74	2	Pedal Arm Cap
28	1	M6 Washer	75	1	Rear Upright Cover
29	1	Water Bottle Holder	76	2	Large Wave Washer
30	2	Snap Ring	77	1	Resistance Cable
31	2	Bearing	78	1	M4 x 12mm Bright Screw
32	1	Crank	79	2	M8 x 77mm Bolt
33	2	M10 Locknut	80	1	Right Crank Arm
34	4	M10 x 68mm Screw	81	1	Front Upright Cover
35	1	M8 x 44mm Bolt	82	1	Crank Spacer
36	2	M3 x 16mm Screw	83	2	M10 x 28mm Washer
37	2	Outer Pedal Arm Bushing	84	2	Sensor/Wire
38	8	M8 Jam Nut	85	1	Left Handlebar
39	2	Inner Pedal Arm Bushing	86	1	Right Handlebar
40	2	M10 x 25mm Screw	87	2	Leveling Foot
41	1	Top Shield	88	2	Pedal Arm Spacer
42	5	M4 x 12mm Screw	89	4	M8 x 15mm Screw
43	2	M6 x 18mm Screw	90	2	Upper Body Arm Cover
44	2	Small Upper Body Arm Cap	91	1	M6 x 10mm Set Screw
45	1	M6 x 16mm Screw	*	—	Assembly Tool
46	2	Axle Cap	*	—	Grease Packet
47	2	Upper Body Arm Spacer	*	—	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.

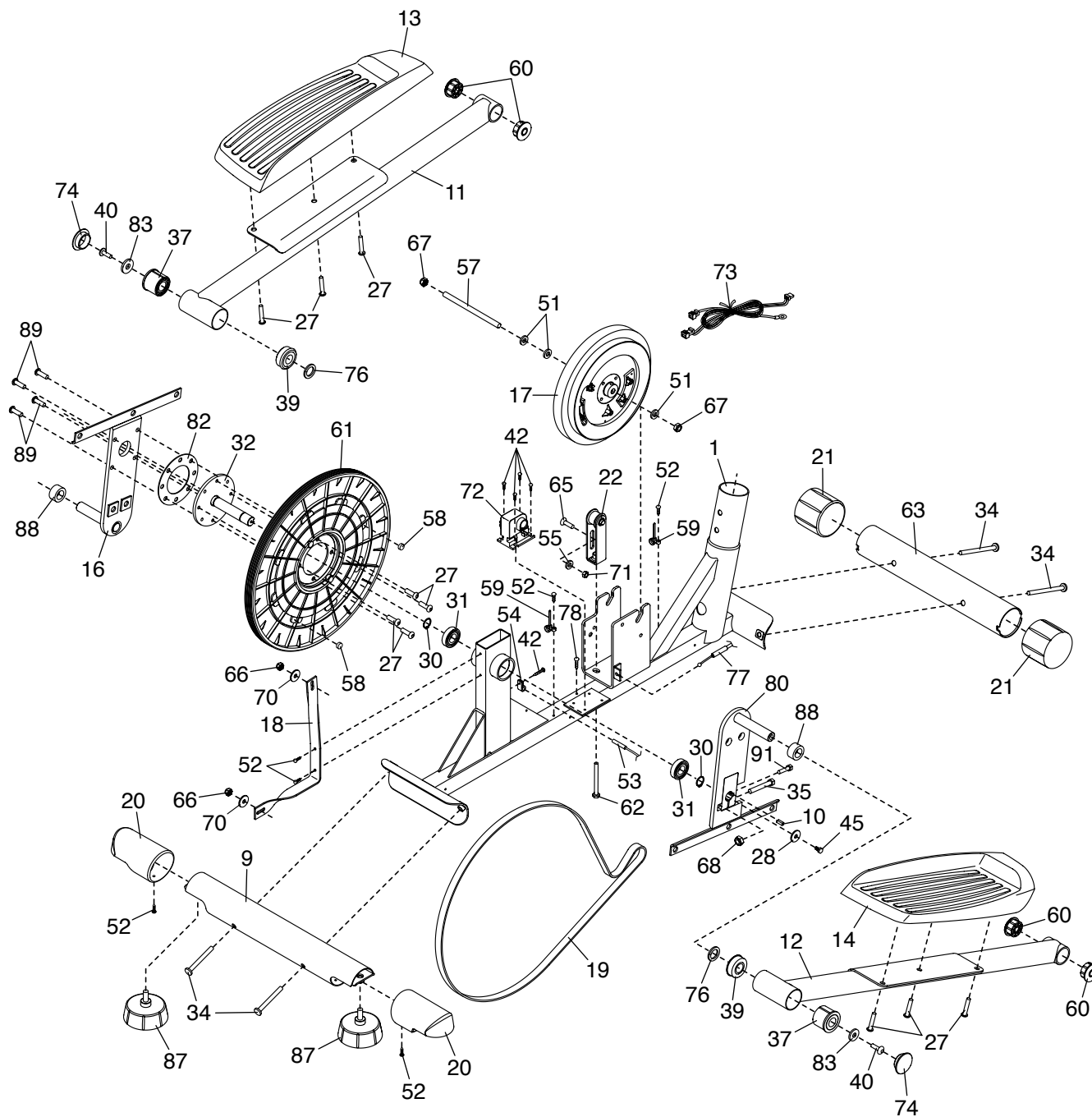
EXPLODED DRAWING A

Model No. GGEL62902.0 R0113A



EXPLODED DRAWING B

Model No. GGEL62902.0 R0113A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON 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 costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813