

GOLD'S GYM®

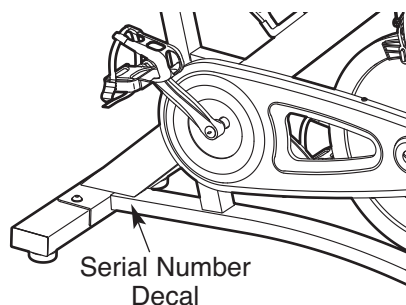
Trainer 300

www.workoutwarehouse.com

Model No. GGEX02310.1

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, **DO NOT CONTACT THE STORE**; please contact Customer Care.

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

CALL TOLL-FREE:

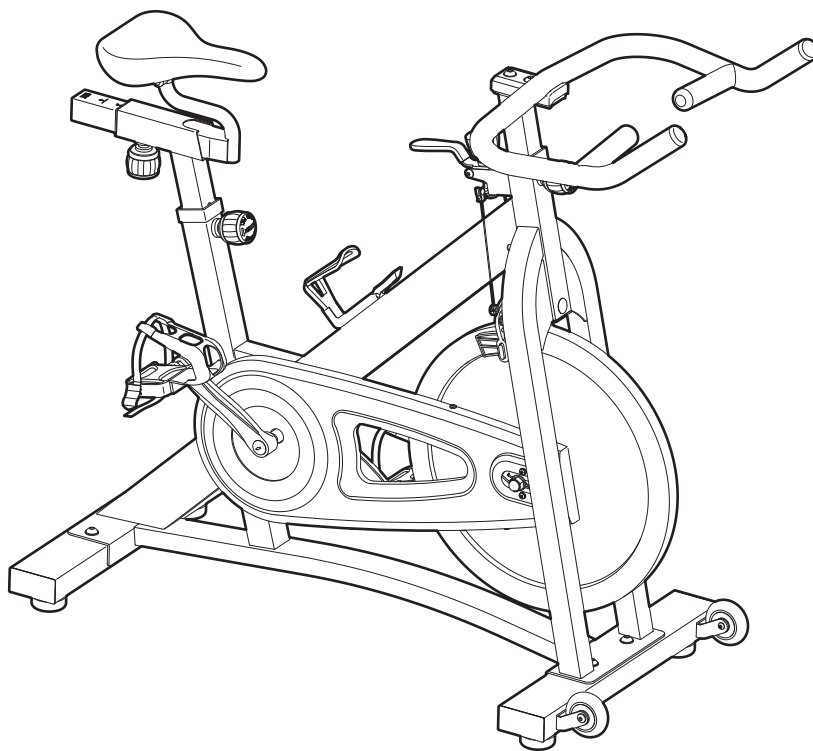
1-877-776-4777

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.workoutwarehouse.com



CAUTION

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



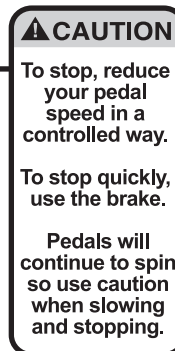
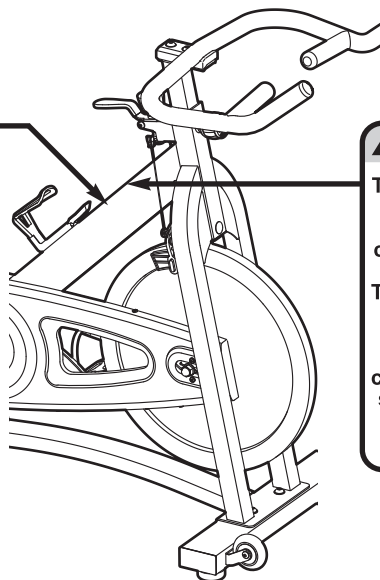
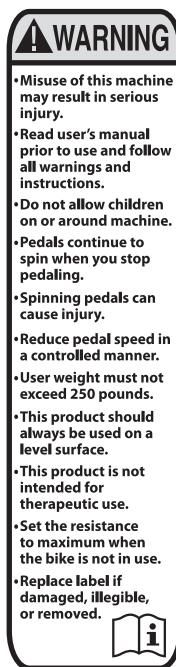
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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the 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.



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 cycle before using your exercise cycle. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise cycle only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
4. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
5. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle 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 cycle.
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 cycle at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
9. The exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).
10. Always keep your back straight while using the exercise cycle; do not arch your back.
11. The exercise cycle does not have a free-wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
12. To stop the flywheel quickly, press the brake lever downward.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

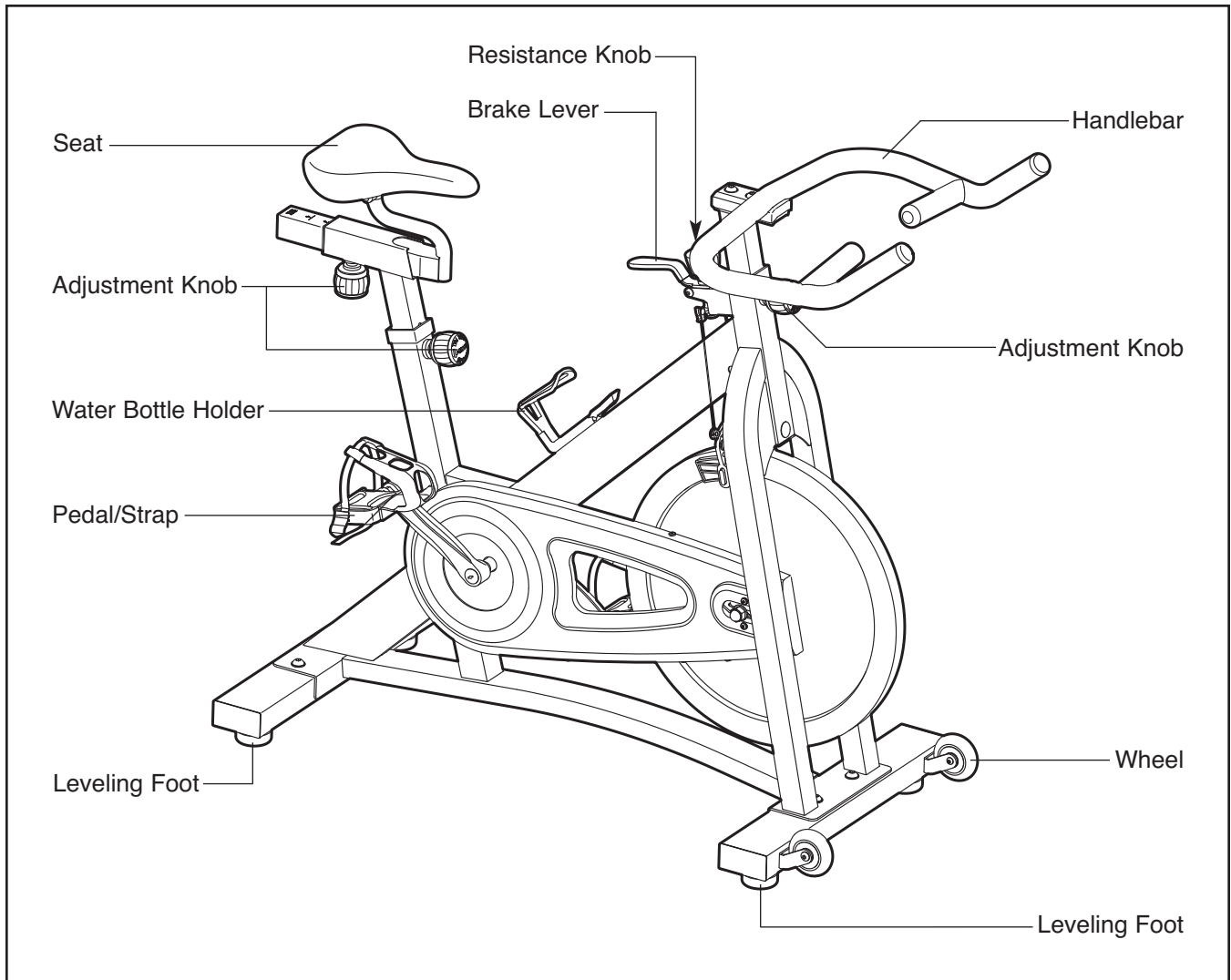
BEFORE YOU BEGIN

Thank you for selecting the new GOLD'S GYM® TRAINER 300 exercise cycle. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The TRAINER 300 exercise cycle 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 exercise cycle. 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.

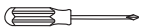
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



ASSEMBLY

To hire an authorized service technician to assemble the exercise cycle, call 1-800-445-2480.

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

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

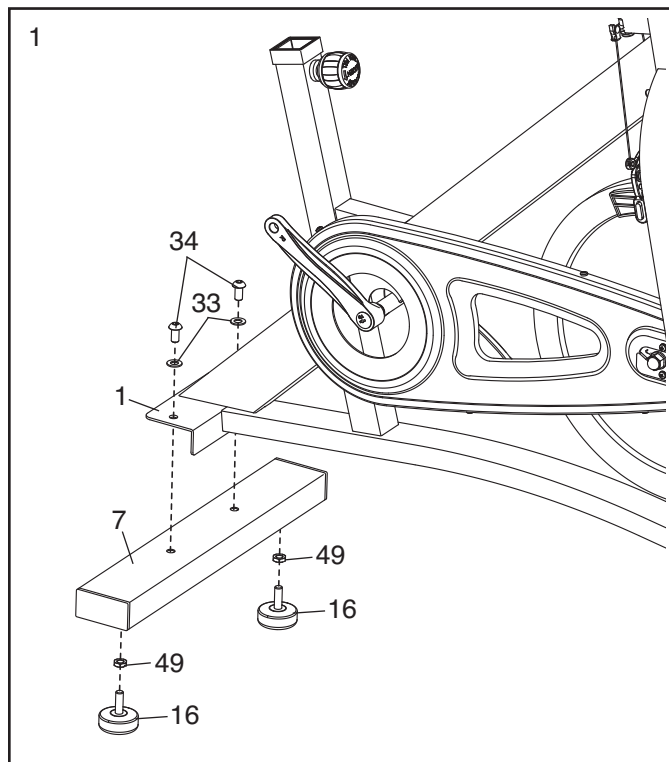
Note: If a part is not in the hardware kit, check to see if it has been preattached.

1. Remove the two screws, the two washers, and the shipping bracket (not shown) from the rear of the Frame (1). Discard the screws, washers, and shipping bracket.

Identify the Rear Stabilizer (7), which does not have wheels.

Tighten two Leveling Feet (16) and two M10 Hex Nuts (49) into the underside of the Rear Stabilizer (7).

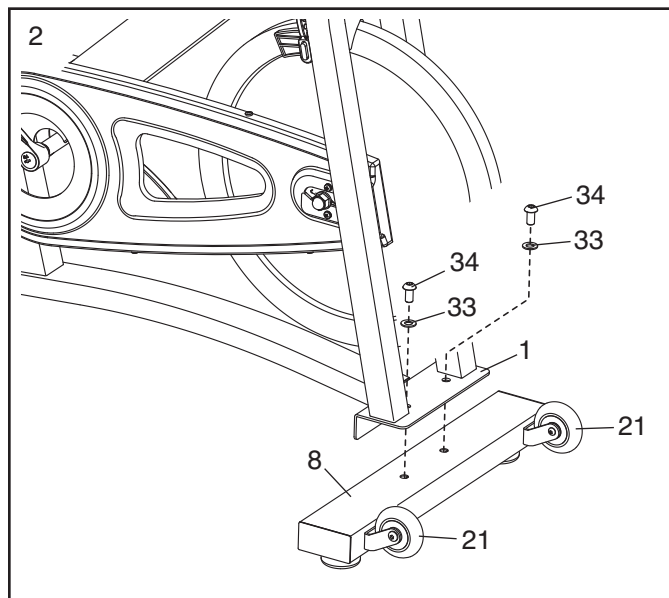
Attach the Rear Stabilizer (7) to the Frame (1) with two M10 x 25mm Screws (34) and two M10 Washers (33).



2. Remove the two screws, the two washers, and the shipping bracket (not shown) from the front of the Frame (1). Discard the screws, washers, and shipping bracket.

Orient the Front Stabilizer (8) so that the Wheels (21) are in the position shown.

Attach the Front Stabilizer (8) to the Frame (1) with two M10 x 25mm Screws (34) and two M10 Washers (33).

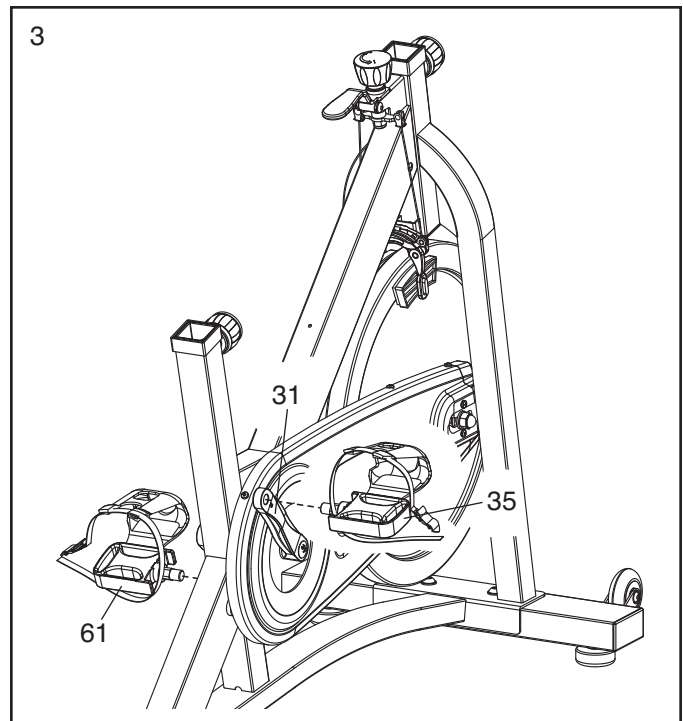


3. Identify the Right Pedal (35), which is marked with an “R.”

Using an adjustable wrench, **firmly tighten** the Right Pedal (35) *clockwise* into the Right Crank Arm (31).

Tighten the Left Pedal (61) *counterclockwise* into the Left Crank Arm (not shown).

IMPORTANT: Tighten both pedals as firmly as possible. After using the exercise cycle for one week, retighten the pedals.

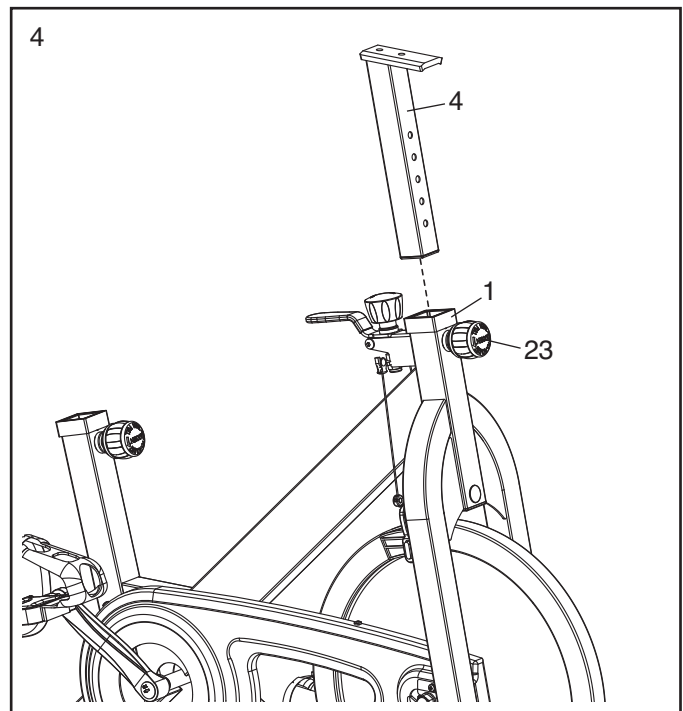


4. Orient the Handlebar Post (4) as shown.

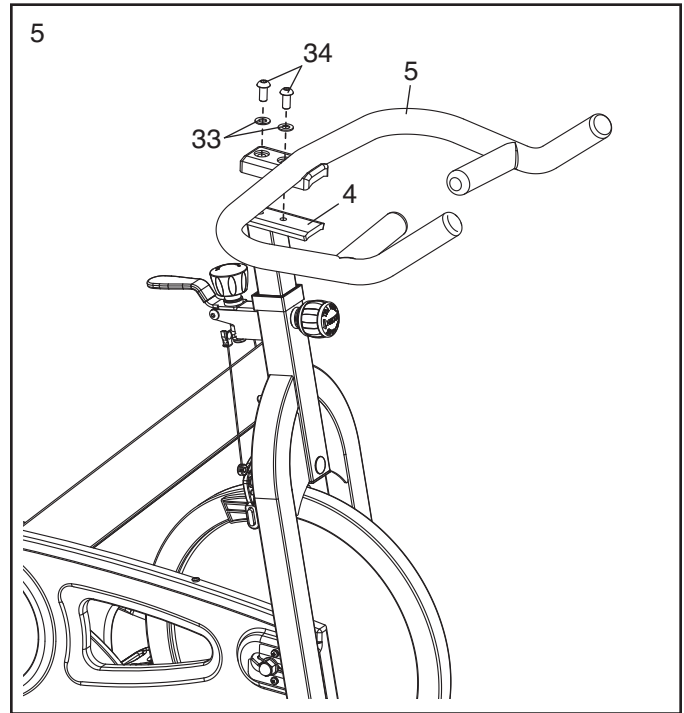
Locate the Adjustment Knob (23) on the front of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Handlebar Post (4) into the Frame.

Move the Handlebar Post (4) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Handlebar Post, and then tighten the Adjustment Knob.

Move the Handlebar Post (4) upward or downward slightly to make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Handlebar Post.



5. Attach the Handlebar (5) to the Handlebar Post (4) with two M10 x 25mm Screws (34) and two M10 Washers (33).

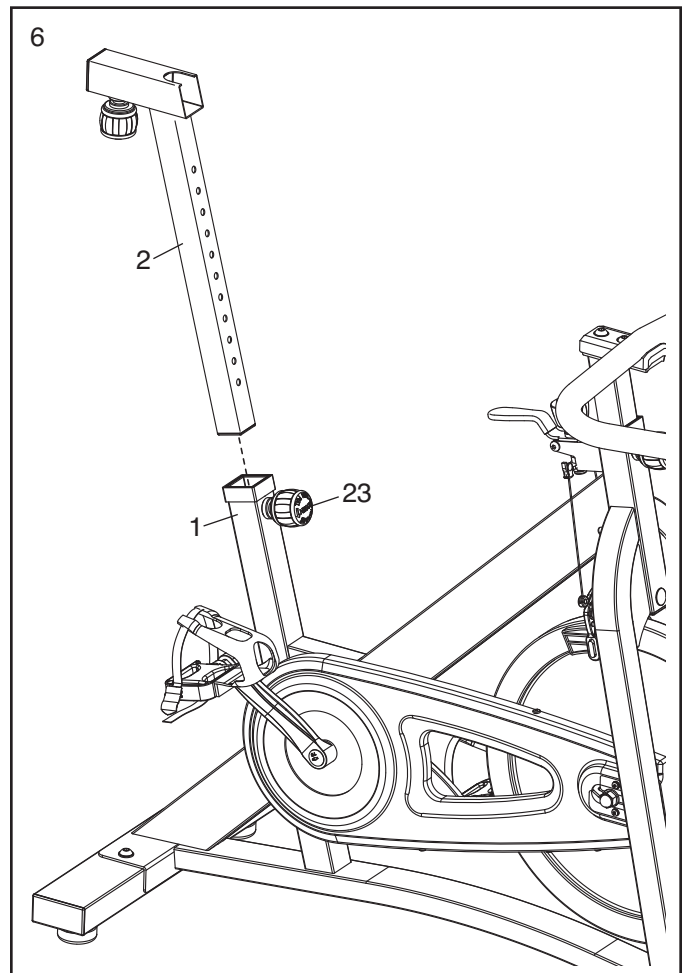


6. Orient the Seat Post (2) as shown.

Locate the Adjustment Knob (23) on the rear of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Seat Post (2) into the Frame.

Move the Seat Post (2) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Seat Post, and then tighten the Adjustment Knob.

Move the Seat Post (2) upward or downward slightly to make sure that the Adjustment Knob (23) is firmly engaged in an adjustment hole in the Seat Post.

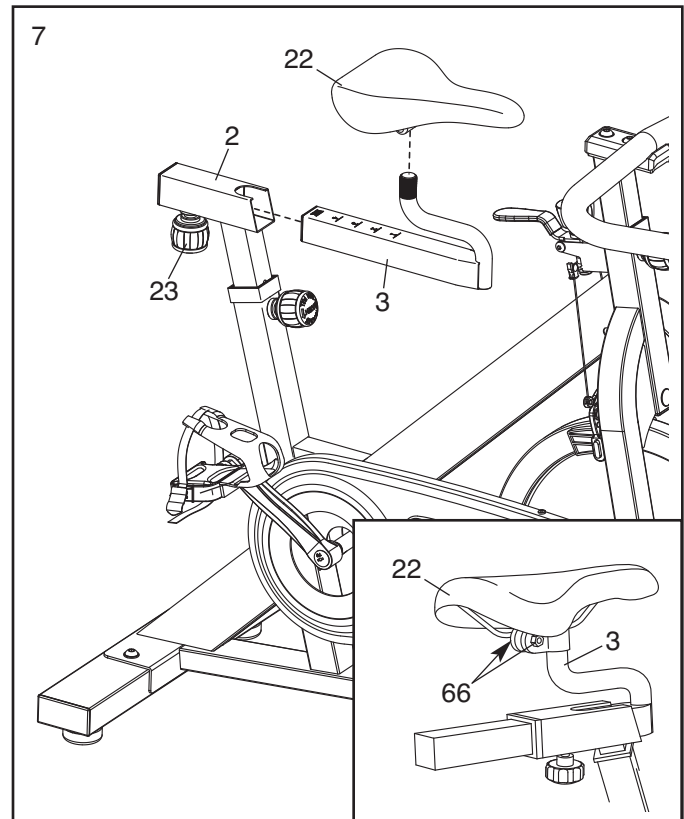


7. Orient the Seat (22) and the Seat Carriage (3) as shown.

See the inset drawing. Attach the Seat (22) to the Seat Carriage (3) with two M8 Hex Nuts (66). **Make sure that the nose of the Seat is pointing straight ahead before you tighten the Hex Nuts.**

Locate the Adjustment Knob (23) on the Seat Post (2). Loosen the Adjustment Knob and pull it outward. Then, insert the Seat Carriage (3) into the Seat Post.

Slide the Seat Carriage (3) to the desired position and then release the Adjustment Knob (23) into one of the adjustment holes in the Seat Carriage. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole in the Seat Carriage.**

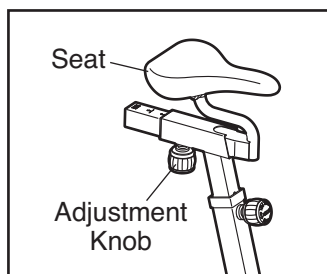


8. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO USE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT

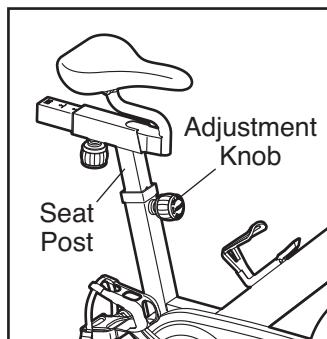
To adjust the position of the seat, first loosen the adjustment knob and pull it downward. Next, slide the seat forward or backward to the desired position. Then, release the adjustment knob and firmly tighten it. **Make sure that the adjustment knob is engaged in an adjustment hole in the seat carriage.**



HOW TO ADJUST THE SEAT POST

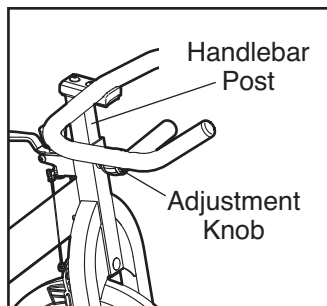
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the height of the seat post, first loosen the adjustment knob and pull it outward. Next, move the seat post upward or downward to the desired position. Then, release the adjustment knob and tighten it. **Make sure that the adjustment knob is engaged in an adjustment hole in the seat post.**



HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the adjustment knob and pull it outward. Next, move the handlebar post upward or downward to the desired position. Then, release the adjustment knob and firmly tighten it. **Make sure that the adjustment knob is engaged in an adjustment hole in the handlebar post.**

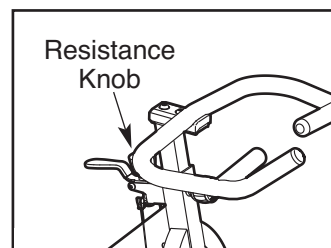


HOW TO ADJUST THE PEDAL STRAPS

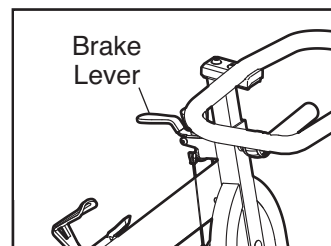
To tighten the pedal straps, simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

HOW TO ADJUST THE PEDALING RESISTANCE

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

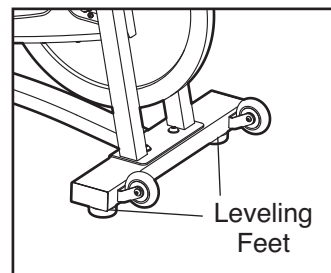


To stop the flywheel, push the brake lever downward. The flywheel should quickly come to a complete stop.



HOW TO LEVEL THE EXERCISE CYCLE

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



HOW TO MAINTAIN THE EXERCISE CYCLE

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

To clean the exercise cycle, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PART LIST—Model No. GGEX02310.1

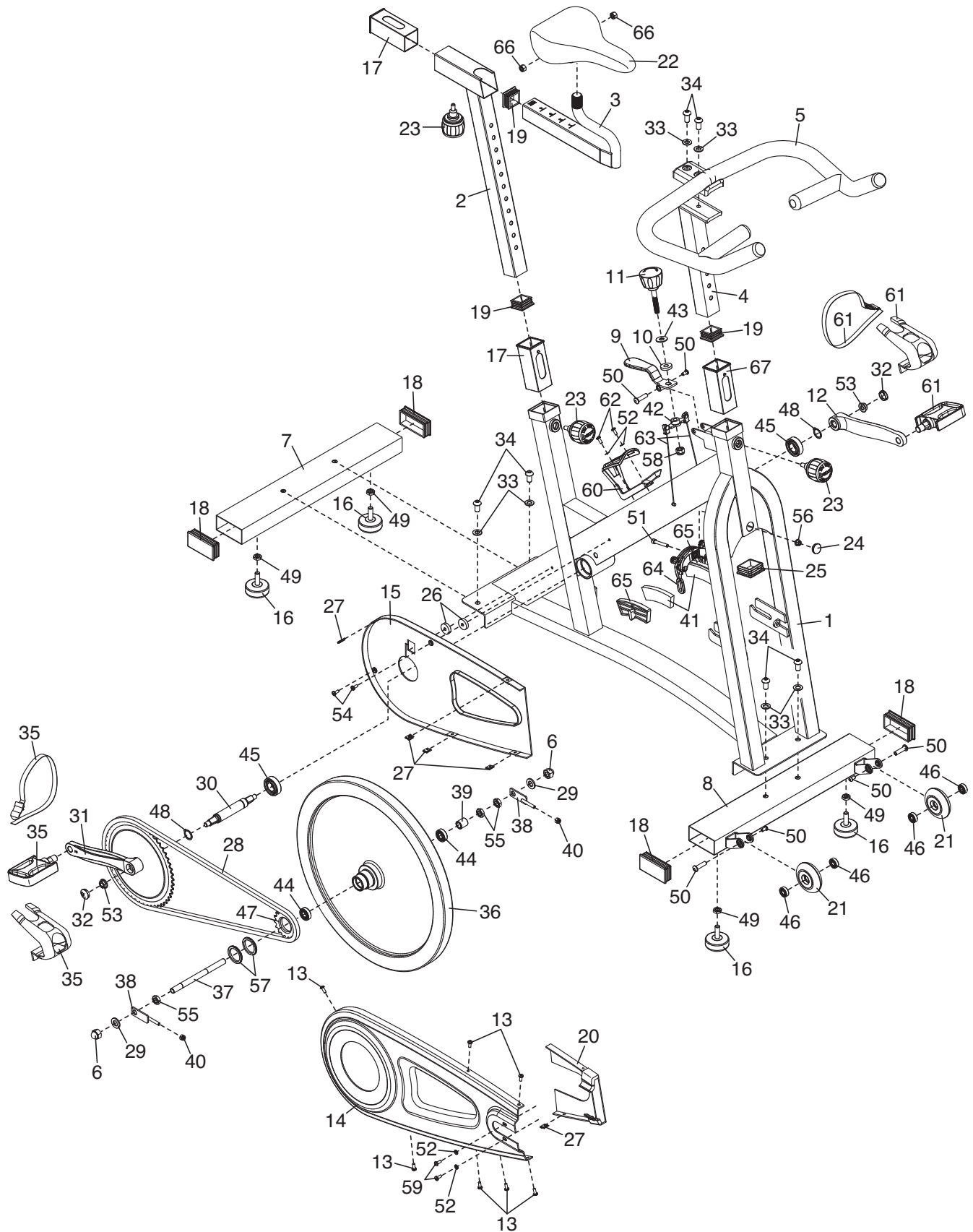
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	1	Flywheel
2	1	Seat Post	37	1	Flywheel Axle
3	1	Seat Carriage	38	2	Flywheel Bracket
4	1	Handlebar Post	39	1	Sleeve
5	1	Handlebar	40	2	M8 Locknut
6	2	M12 Acorn Nut	41	2	Brake Pad
7	1	Rear Stabilizer	42	1	Brake Clamp
8	1	Front Stabilizer	43	1	Small Knob Washer
9	1	Brake Lever	44	2	Flywheel Bearing
10	1	Felt Washer	45	2	Crank Bearing
11	1	Resistance Knob	46	4	Wheel Bearing
12	1	Left Crank Arm	47	1	Flywheel Sprocket
13	7	Self-tapping Screw	48	2	Snap Ring
14	1	Right Shield	49	4	M10 Hex Nut
15	1	Left Shield	50	3	Wheel Bolt Set
16	4	Leveling Foot	51	1	M6 x 40mm Bolt
17	2	Seat Post Bushing	52	4	M5 Washer
18	4	Stabilizer Cap	53	2	Crank Nut
19	3	Post Cap	54	2	M5 x 25mm Screw
20	1	Shield Cover	55	3	M12 Thin Hex Nut
21	2	Wheel	56	1	M6 Flange Nut
22	1	Seat	57	2	Spanner Nut
23	3	Adjustment Knob	58	1	M10 Locknut
24	1	Brake Cap	59	2	M5 x 12mm Screw
25	1	Frame Cap	60	1	Water Bottle Holder
26	2	6.5mm Plastic Spacer	61	1	Left Pedal/Strap
27	5	T1 Nut	62	2	M5 x 12mm Screw
28	1	Chain	63	2	Brake Cable
29	2	Bracket Washer	64	1	Caliper Brake
30	1	Crank Axle	65	2	Brake Pad Mount
31	1	Right Crank Arm/Crank Wheel	66	2	M8 Hex Nut
32	2	Crank Cap	67	1	Handlebar Post Bushing
33	6	M10 Washer	*	—	Assembly Tool
34	6	M10 x 25mm Screw	*	—	User's Manual
35	1	Right Pedal/Strap			

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. GGEX02310.1

R0910A



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: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.workoutwarehouse.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. 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. For replacement parts 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 any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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 whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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