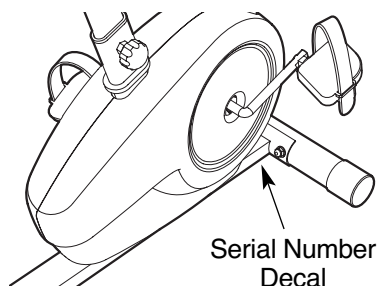


GOLD'S GYM®

POWER SPIN 200 U

Model No. GGEX1776.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if a part is damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

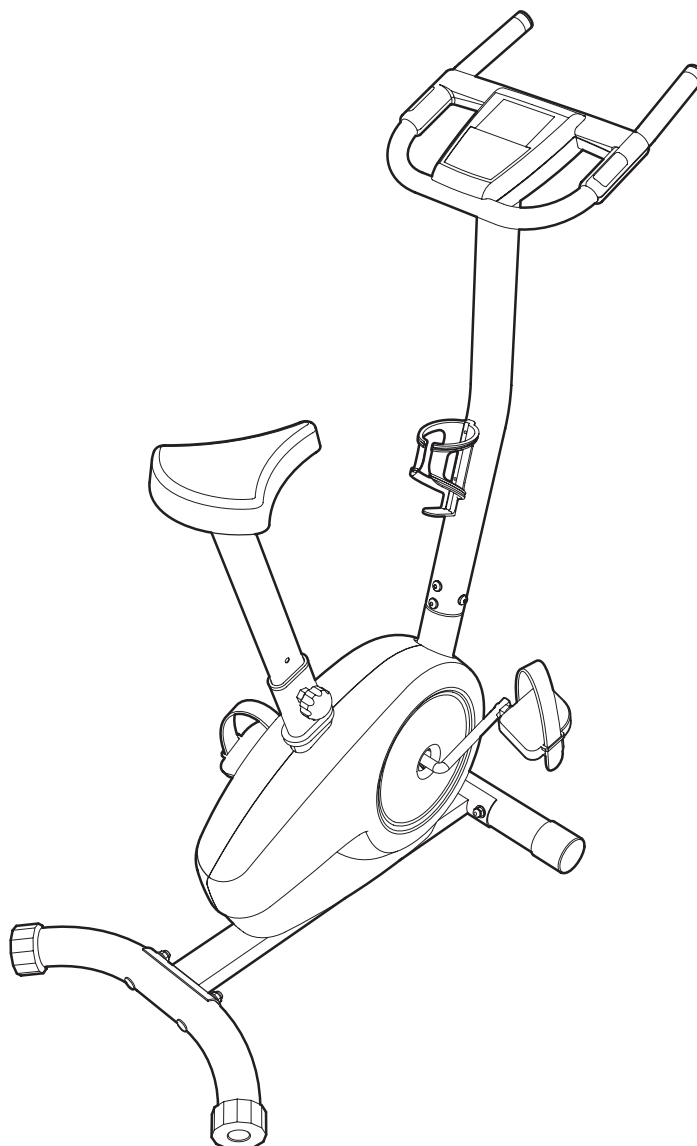
CALL TOLL-FREE:

1-877-776-4777

Mon.–Fri., 6 a.m.–6 p.m. MST

ON THE WEB:

www.goldsgympowerflex.com



⚠ CAUTION

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

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual and all warnings on the exercise cycle before using the exercise cycle.
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 enough clearance around the exercise cycle to mount, dismount, and use it.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 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. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Always keep your back straight while using the exercise cycle; do not arch your back.
12. If you feel pain or dizziness at any time while exercising, stop immediately and cool down.
13. The warning decal shown on page 3 has been placed on the exercise cycle. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

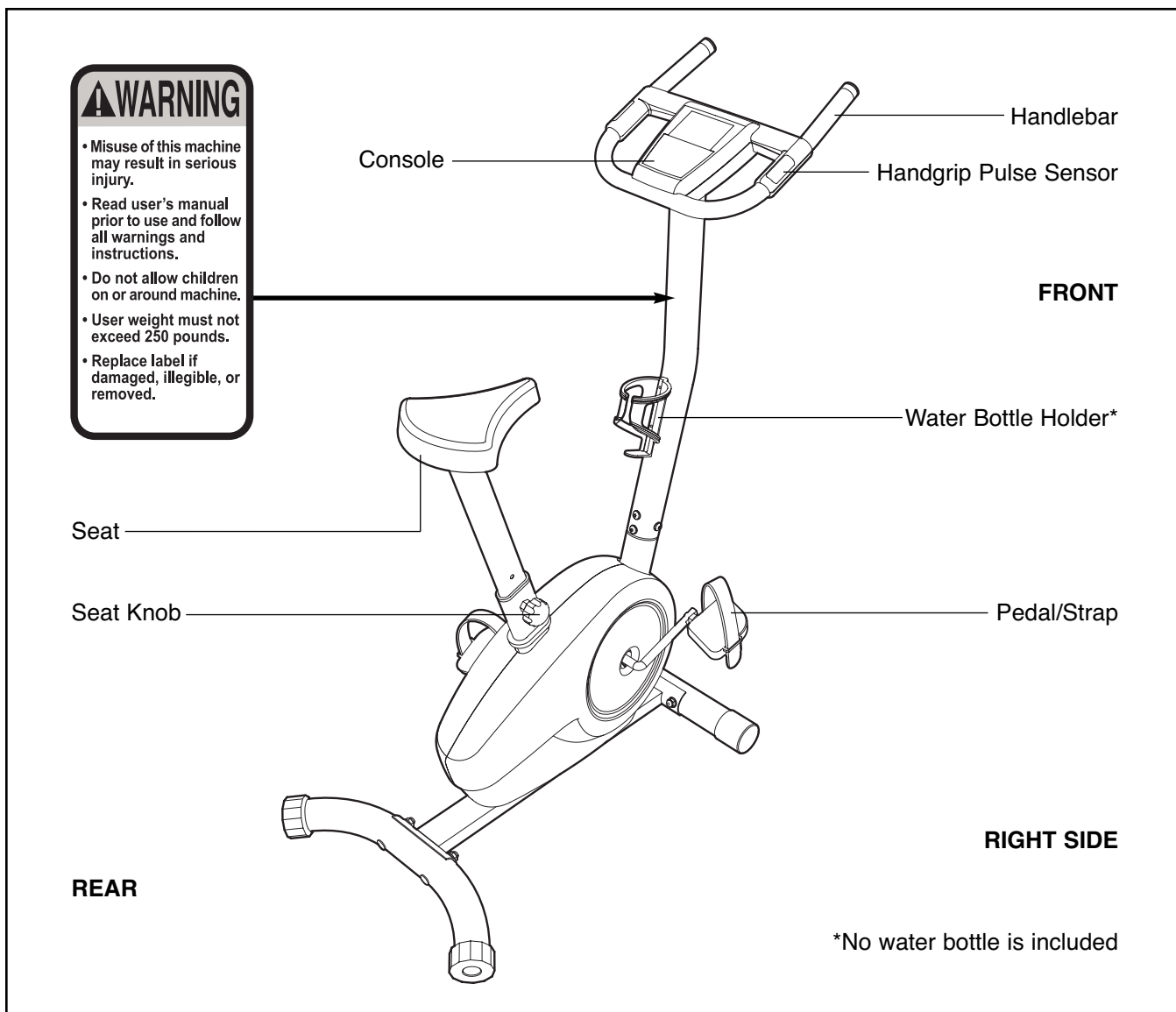
Congratulations on selecting the new GOLDS GYM® POWER SPIN 200 U exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The POWER SPIN 200 U exercise cycle offers several features designed to help you enjoy this healthful exercise in the convenience and privacy of your home.

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 is GGEX1776.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.iconservice.com/registration.

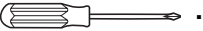
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



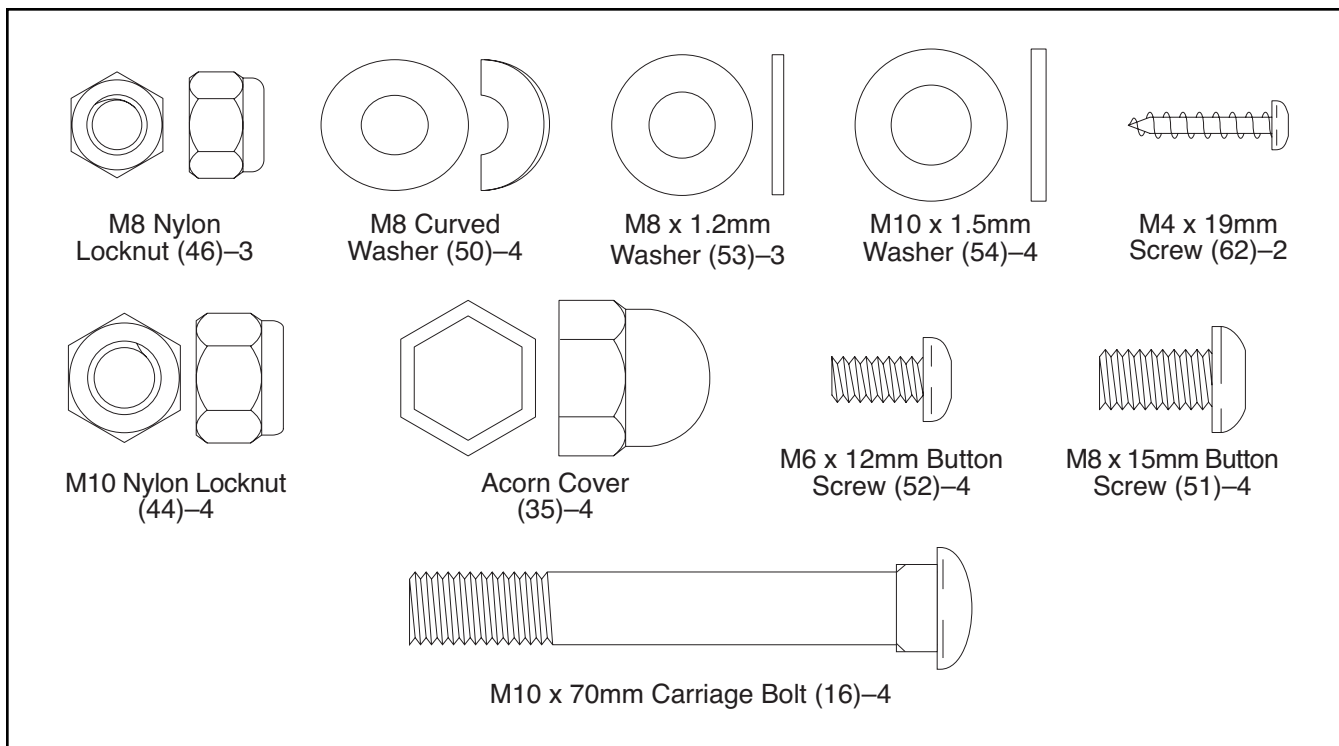
ASSEMBLY

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

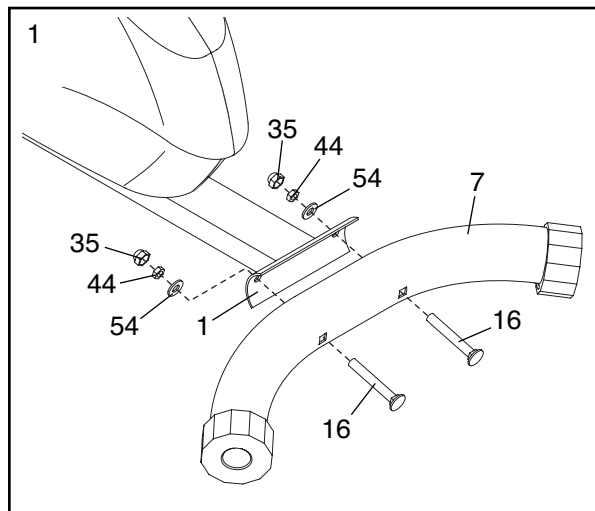
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable wrench  **and Phillips screwdriver** .

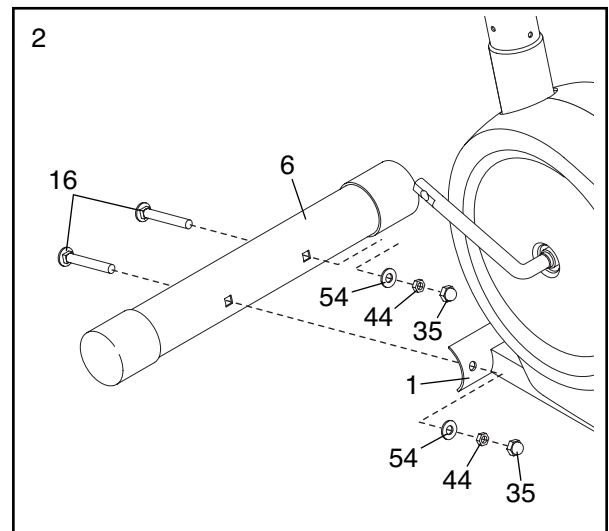
As you assemble the exercise cycle, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts shown in the assembly steps may be preassembled. If a part is not in the parts bag, check to see if it is preassembled.**



1. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (7) to the Frame with two M10 x 70mm Carriage Bolts (16), two M10 x 1.5mm Washers (54), and two M10 Nylon Locknuts (44). Next, press two Acorn Covers (35) onto the Nylon Locknuts.

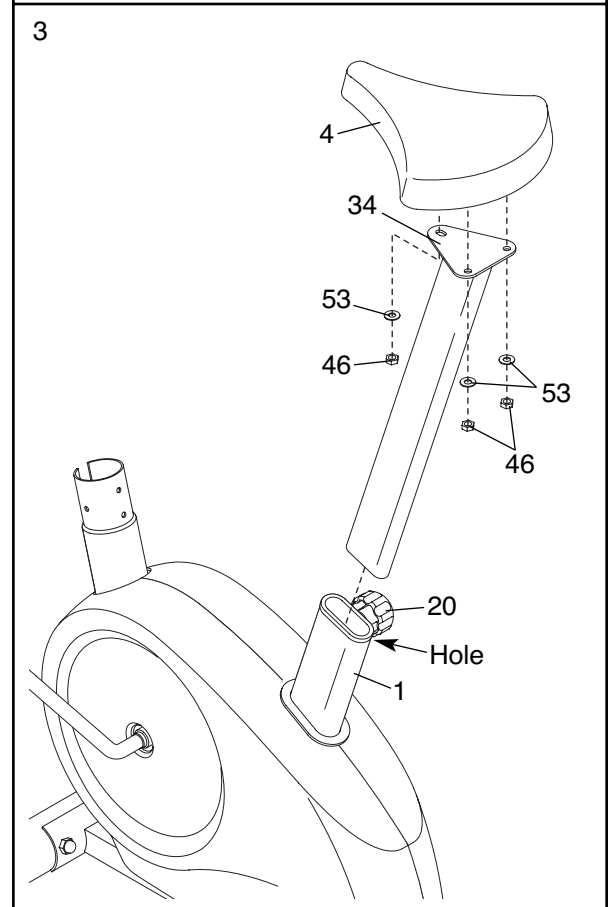


2. While another person lifts the front of the Frame (1), attach the Front Stabilizer (6) with two M10 x 70mm Carriage Bolts (16), two M10 x 1.5mm Washers (54), and two M10 Nylon Locknuts (44). Next, press two Acorn Covers (35) onto the Nylon Locknuts.



3. Attach the Seat (4) to the Seat Post (34) with three M8 x 1.2mm Washers (53) and three M8 Nylon Locknuts (46). Note: The Washers and Nylon Locknuts may be preattached to the underside of the Seat.

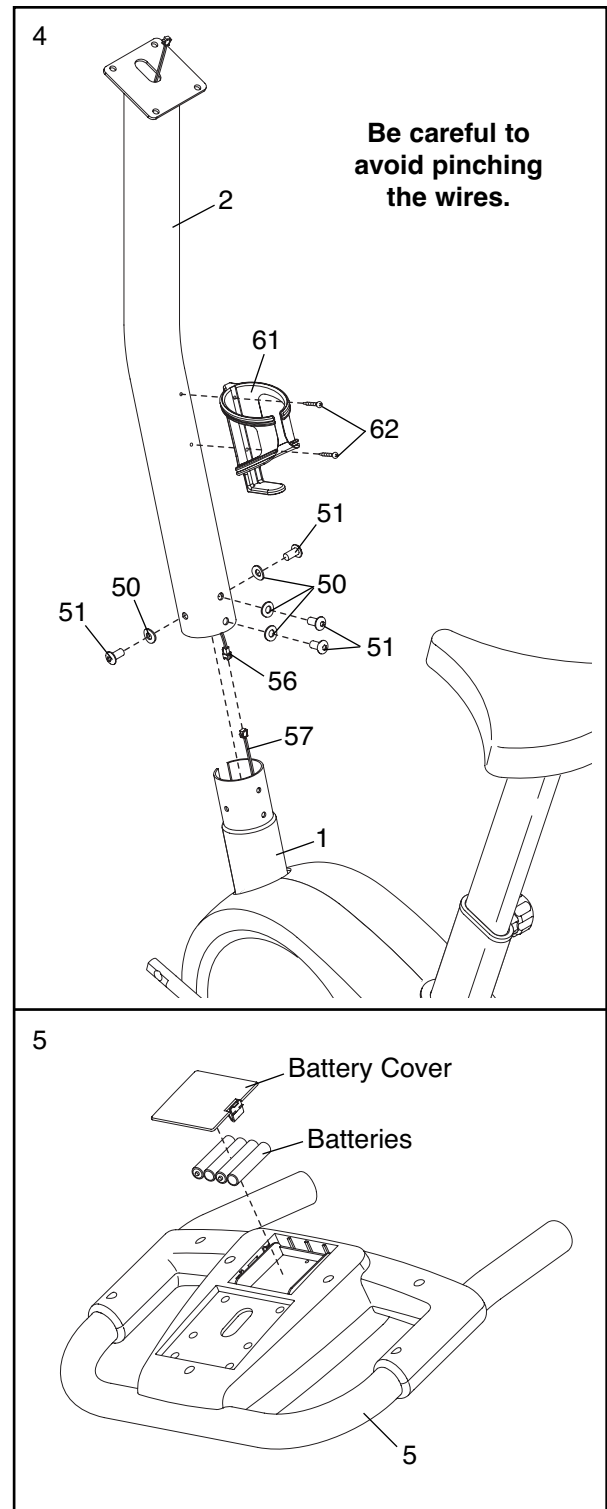
Remove the Seat Knob (20) by turning it counterclockwise. Next, insert the Seat Post (34) into the Frame (1). Align one of the adjustment holes in the Seat Post with the indicated hole in the Frame. Insert the Seat Knob into the Frame and the Seat Post, and turn the Seat Knob clockwise until it is tight. **Make sure that the Seat Knob is inserted into one of the adjustment holes in the Seat Post.**



4. While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (56) to the Reed Switch Wire (57).

Gently pull the excess Upper Wire Harness (56) upward from the top of the Upright (2), and then slide the Upright onto the Frame (1). **Be careful to avoid pinching the wires.** Next, attach the Upright with four M8 x 15mm Button Screws (51) and four M8 Curved Washers (50).

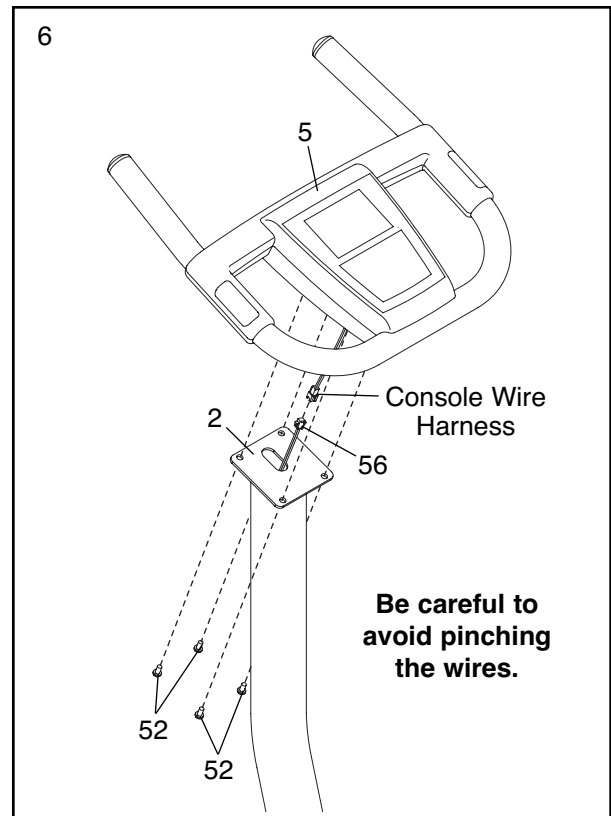
Attach the Water Bottle Holder (61) to the Upright (2) with two M4 x 19mm Screws (62).



5. The Console (5) requires four AA batteries (not included); alkaline batteries are recommended. Press the tab on the battery cover and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram on the battery cover.** Then, reattach the battery cover.

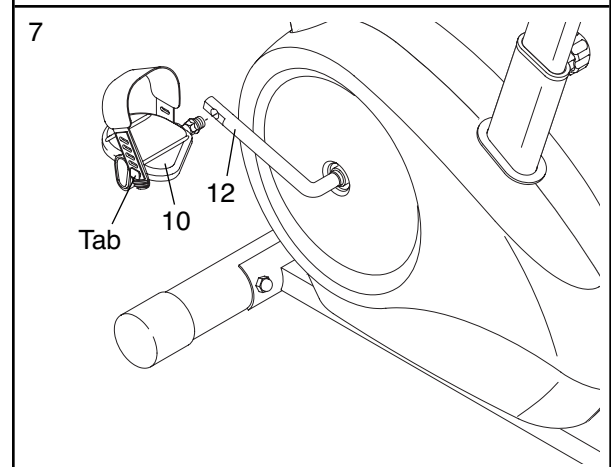
6. While another person holds the Console (5) near the Upright (2), connect the console wire harness to the Upper Wire Harness (56).

Push the excess wire downward into the Upright (2). Attach the Console (5) to the Upright with four M6 x 12mm Button Screws (52). **Be careful to avoid pinching the wires.**



7. Identify the Left Pedal (10), which is marked with a sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (12). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

Adjust the strap on the Left Pedal (10) to the desired position, and press the end of the strap onto the tab on the side of the Left Pedal. Adjust the strap on the Right Pedal (not shown) in the same way.

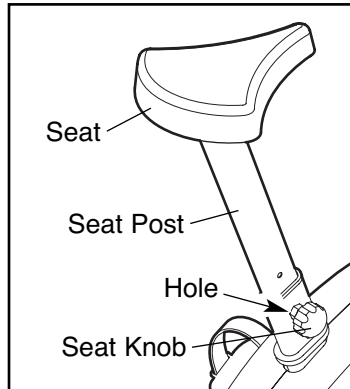


8. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT POST

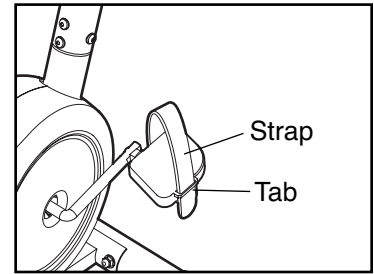
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first remove the seat knob by turning it counterclockwise.



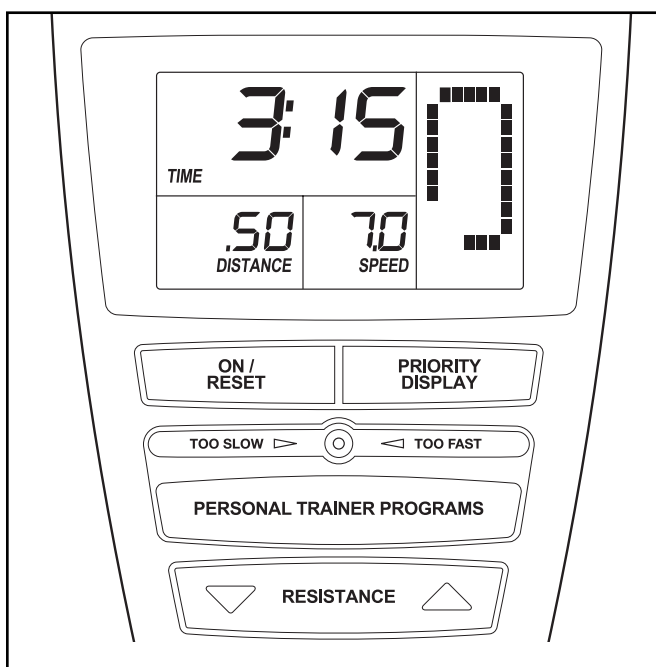
Next, slide the seat post upward or downward to the desired position, and align one of the adjustment holes in the seat post with the indicated hole in the frame. Then, insert the seat knob into the frame and the seat post, and turn the seat knob clockwise until it is tight. **Make sure that the seat knob is inserted into one of the adjustment holes in the seat post.**

HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and press the ends of the straps onto the tabs.



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, 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 built-in handgrip pulse sensor.

The console also offers four personal trainer programs that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

To use the manual mode of the console, see the instructions at the right. **To use a personal trainer program,** see page 11.

Before using the console, make sure that batteries are installed (see assembly step 5 on page 6). If there is a sheet of clear plastic on the display, remove the plastic.

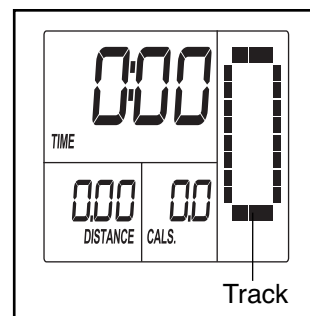
HOW TO USE THE MANUAL MODE

1 Turn on the console.

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

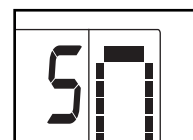
2 Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode by pressing the Personal Trainer Programs button repeatedly until a track appears in the display.



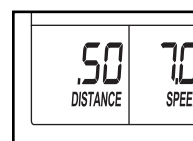
3 Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

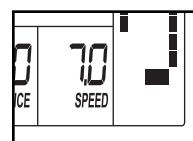


4 Follow your progress with the display.

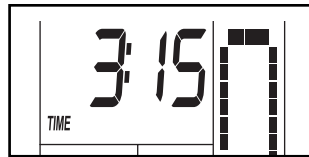
As you exercise, the lower left display can show the elapsed time and the distance (in miles or kilometers) that you have pedaled.



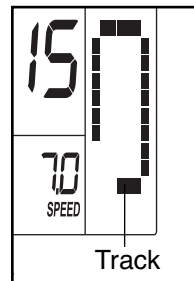
The lower right display can show your pedaling speed (in miles or kilometers per hour) and the approximate number of calories you have burned. When you use the handgrip pulse sensor, the lower right display will also show your heart rate (see step 5 on page 10).



The upper display is the *priority display*. The priority display can show the elapsed time, the distance that you have pedaled, your pedaling speed, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the priority display shows the information that you are most interested in viewing. Note: While information is shown in the priority display, the information will not be shown in the lower left or lower right display.

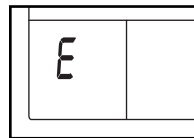


The right side of the display will show a track that represents 1/4 mile. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



Note: The console can show speed and distance in either miles or kilometers.

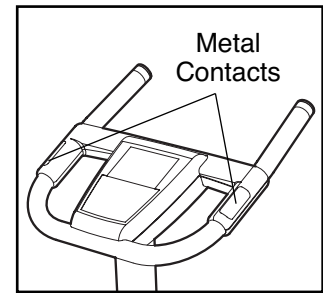
To select the unit of measurement, hold down the On/Reset button for several seconds. An "E" for English or an "M" for metric will appear in the lower left display. Press the Resistance increase button repeatedly to change the unit of measurement. Then, press the On/Reset button.



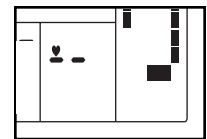
To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

5 Measure your heart rate if desired.

Note: If there are sheets of clear plastic on the metal contacts of the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, the heart-shaped indicator in the lower right display will flash each time your heart beats and one or 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 handgrips for about 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.



If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal 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.

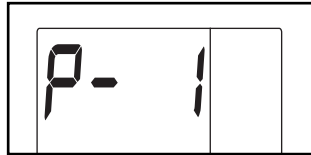
HOW TO USE A PERSONAL TRAINER PROGRAM

1 Turn on the console.

See step 1 on page 9.

2 Select a personal trainer program.

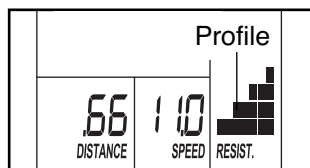
To select a personal trainer program, press the Personal Trainer Programs button repeatedly until P-1, P-2, P-3, or P-4 appears in the display. A few seconds after you select a personal trainer program, the display will show the length of the program.



3 Begin pedaling to start the program.

Each personal trainer program consists of 20 or 30 one-minute segments. One resistance level and one target pace are programmed for each segment.

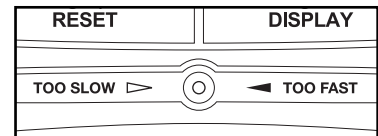
The resistance level for the current segment will be indicated by the height of the flashing column of the profile in the display. The resistance levels for the next several segments will be indicated by the heights of the columns to the right of the flashing column.



When the first segment of the program ends, the resistance level for the second segment will appear in the display for a few seconds to alert you. The entire profile will then shift one column to the left, and the pedals will automatically

adjust to the resistance level programmed for the second segment. Note: You can manually override the programmed resistance level by pressing the Resistance increase and decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

During the program, the pace guide will prompt you to keep your pedaling pace



near the target pace setting for the current segment. When the left indicator lights, increase your pace; when the right indicator lights, decrease your pace. When the center indicator lights, maintain your current pace.

Important: The pace guide is intended only to provide a goal. Make sure to pedal at a pace that is comfortable for you.

The display will show the time remaining in the program. If you stop pedaling, the program will pause and the time will flash in the display. To restart the program, simply resume pedaling.

4 Follow your progress with the display.

See step 4 on page 9.

5 Measure your heart rate if desired.

See step 5 on page 10.

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

See step 6 on page 10.

MAINTENANCE AND TROUBLESHOOTING

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 damaging the console, keep liquids away from the console and keep the console out of direct sunlight.

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 5 on page 6.

PULSE SENSOR TROUBLESHOOTING

Avoid moving your hands or squeezing the metal contacts too tightly while using the pulse sensor; doing so may interfere with heart rate readings. For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.

For optimal performance of the pulse sensor, keep the metal contacts clean. Clean the contacts with a soft cloth—**never use alcohol, abrasives, or chemicals to clean the metal contacts.**

CONDITIONING GUIDELINES

WARNING:

Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. GGEX1776.0

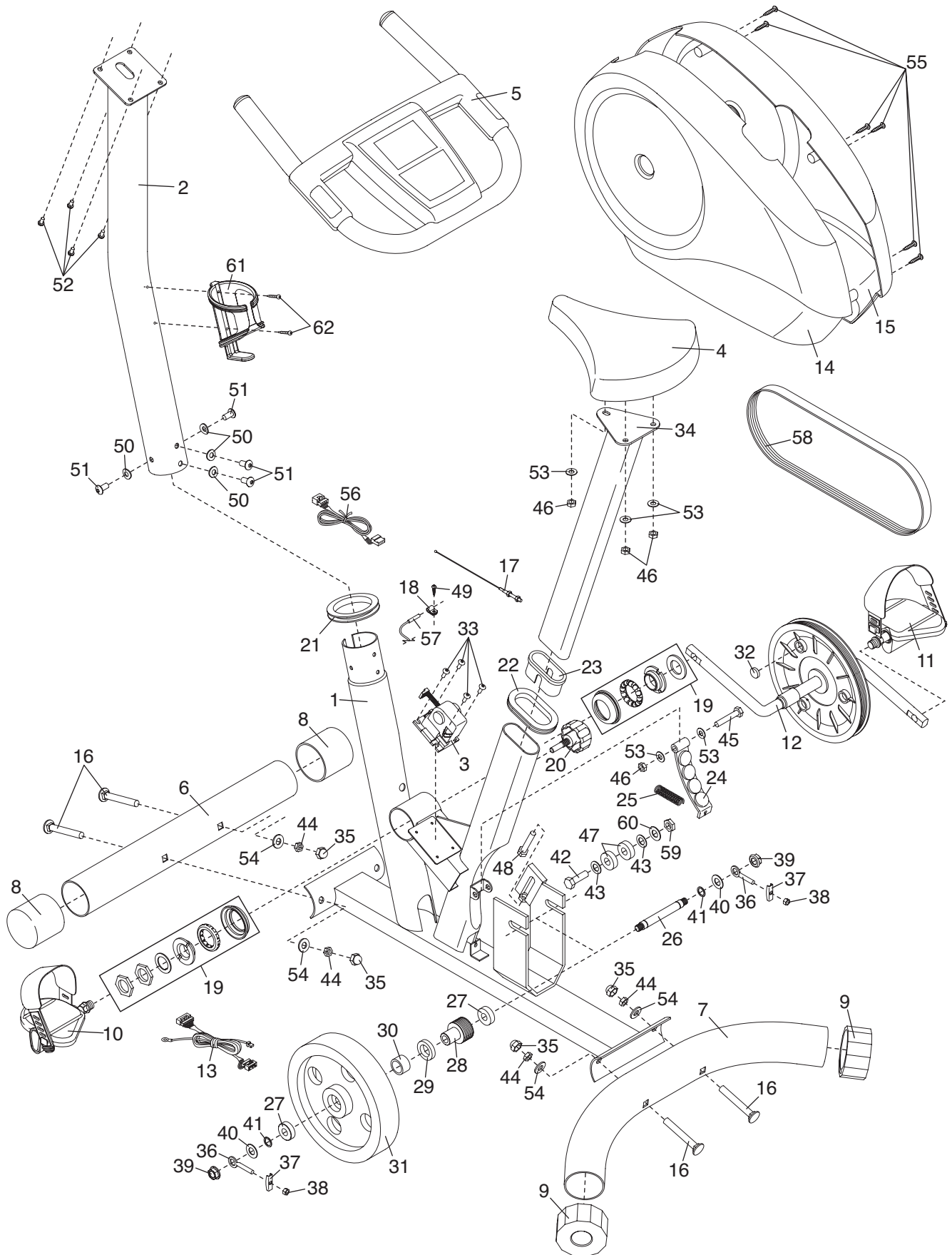
R1006A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	4	M5 x 16mm Screw
2	1	Upright	34	1	Seat Post
3	1	Resistance Motor	35	4	Acorn Cover
4	1	Seat	36	2	Eye Bolt
5	1	Console	37	2	“U”-bracket
6	1	Front Stabilizer	38	2	M6 Nylon Locknut
7	1	Rear Stabilizer	39	2	M10 Flange Nut
8	2	Front Endcap	40	2	M10 Washer
9	2	Rear Endcap	41	2	Flywheel Spacer
10	1	Left Pedal/Strap	42	1	M12 x 40mm Bolt
11	1	Right Pedal/Strap	43	2	M12 Washer
12	1	Crank/Pulley	44	4	M10 Nylon Locknut
13	1	Lower Wire Harness	45	1	M8 x 45mm Bolt
14	1	Left Side Shield	46	4	M8 Nylon Locknut
15	1	Right Side Shield	47	2	Idler Bearing
16	4	M10 x 70mm Carriage Bolt	48	1	M8 x 50mm Bolt
17	1	Resistance Cable	49	1	M4 x 15mm Screw
18	1	Clamp	50	4	M8 Curved Washer
19	1	Crank Bearing Set	51	4	M8 x 15mm Button Screw
20	1	Seat Knob	52	4	M6 x 12mm Button Screw
21	1	Upright Collar	53	5	M8 x 1.2mm Washer
22	1	Seat Post Collar	54	4	M10 x 1.5mm Washer
23	1	Seat Post Bushing	55	6	M4 x 35mm Screw
24	1	Resistance Magnet	56	1	Upper Wire Harness
25	1	Spring	57	1	Reed Switch/Wire
26	1	Flywheel Axle	58	1	Belt
27	2	Flywheel Bearing	59	1	M12 Nylon Locknut
28	1	Flywheel Pulley	60	1	M12 Large Washer
29	1	Clutch Bearing	61	1	Water Bottle Holder
30	1	Flywheel Spacer	62	2	M4 x 19mm Screw
31	1	Flywheel	#	1	User's Manual
32	1	Magnet	#	2	Assembly Tool

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. GGEX1776.0

R1006A



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 of the product (GGEX1776.0)
- the NAME of the product (GOLDS GYM POWER SPIN 200 U exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 14)

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LIMITED WARRANTY

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