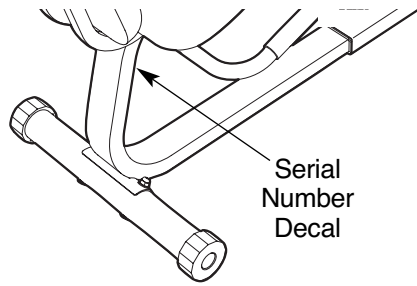


GOLD'S GYM®

POWER SPIN 225 R

Model No. GGEX1796.0

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.**

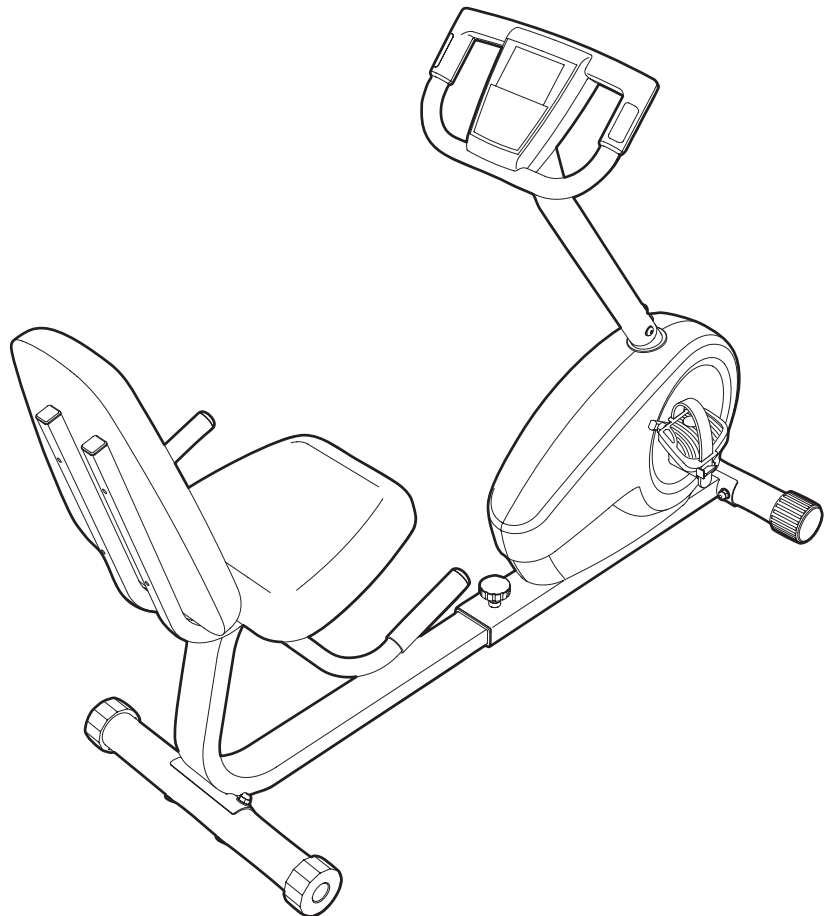
CALL TOLL-FREE:

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. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
4. 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 the exercise cycle.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under the age of 12 and pets away from the exercise cycle at all times.
7. 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.
8. The exercise cycle should not be used by persons weighing more than 250 pounds.
9. The pulse sensor is not a medical device. Various factors, including the user's movement, 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.
10. Always keep your back straight while using the exercise cycle; do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and cool down.
12. 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

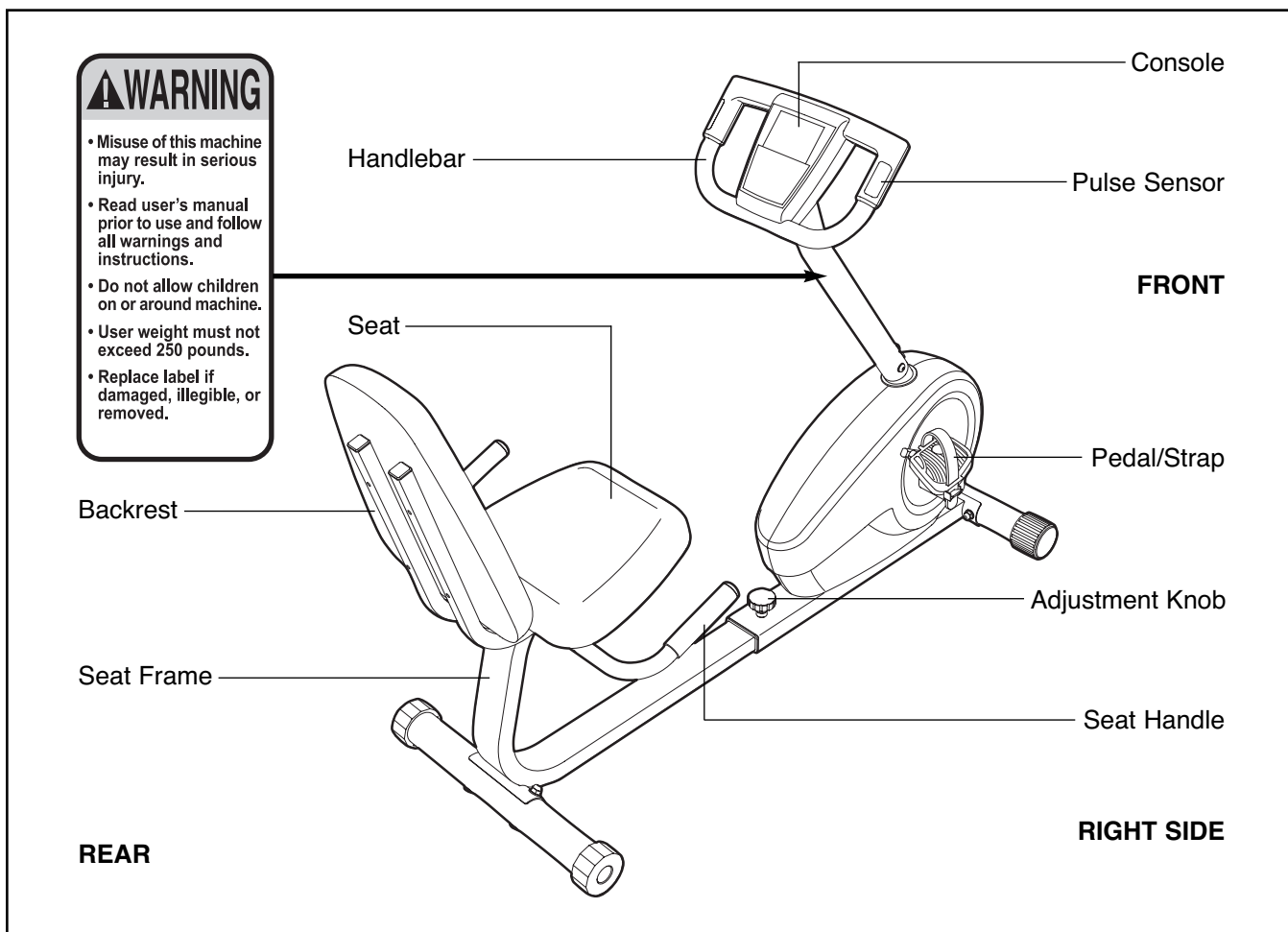
Congratulations for selecting the new GOLD'S GYM® POWER SPIN 225 R exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. POWER SPIN 225 R exercise cycle offers a selection of features designed to let you enjoy this 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 GGEX1796.0. 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).

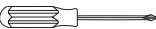
To avoid a registration fee for any service needed under warranty, you must register the exercise cycle at www.iconservice.com/registration.

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

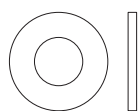


ASSEMBLY

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. **In addition to the included tools, assembly requires a Phillips screwdriver**  **and an adjustable wrench** .

Use the part drawings below to identify the small parts used in assembly. 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 key number is the quantity needed for assembly. **Note: Some small parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preattached.**



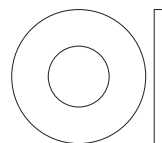
M6 Washer
(54)–8



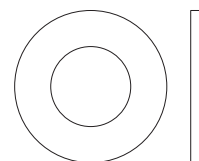
M6 Curved
Washer (55)–4



M8 Curved
Washer (42)–4



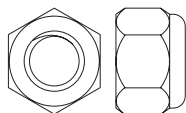
M8 Washer
(49)–4



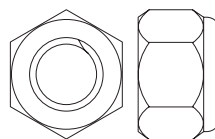
M10 Washer
(52)–4



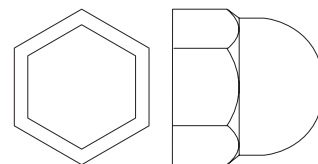
M6 Nylon
Locknut (63)–4



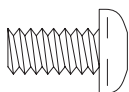
M8 Nylon
Locknut (10)–2



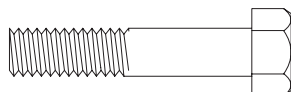
M10 Nylon
Locknut (68)–4



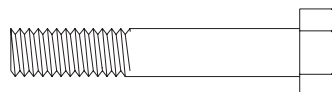
Acorn Cover
(65)–4



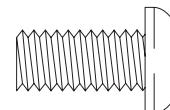
M6 x 12mm Button
Screw (46)–4



M6 x 30mm Hex Bolt
(64)–4



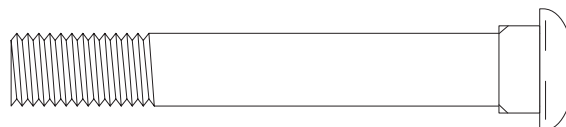
M6 x 35mm Hex
Screw (61)–8



M8 x 16mm Button
Screw (34)–4



M8 x 135mm Bolt (62)–2



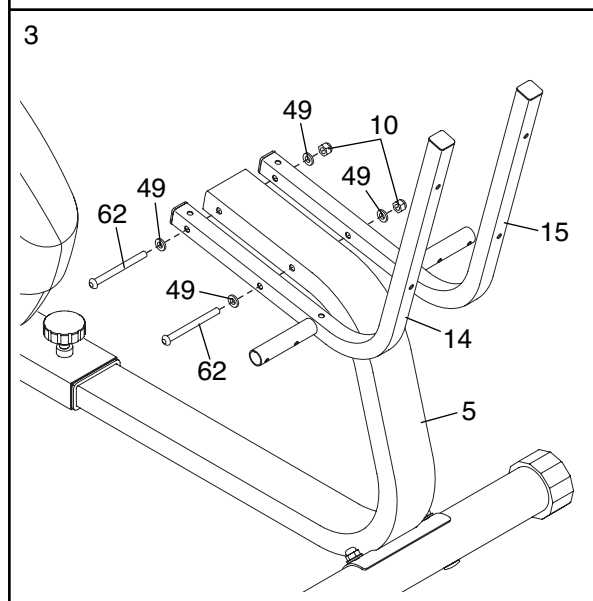
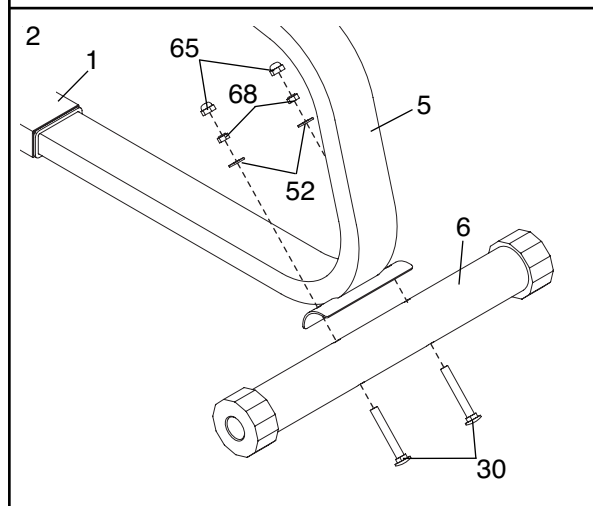
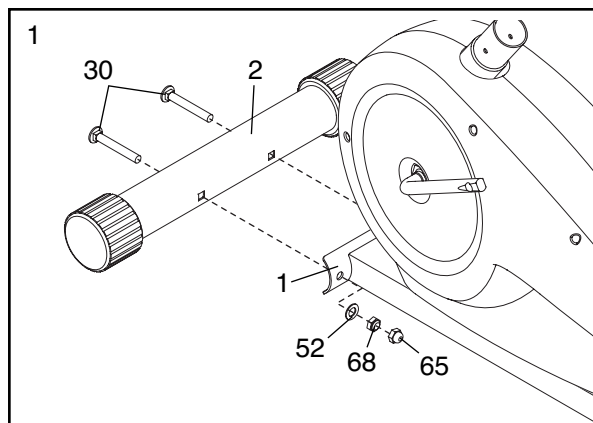
M10 x 70mm Carriage Bolt (30)–4

1. **To make assembly easier, read the information on page 4 before you begin assembling the exercise cycle.**

While another person lifts the front of the Frame (1) slightly, attach the Front Stabilizer (2) to the Frame with two M10 x 70mm Carriage Bolts (30), two M10 Washers (52), two M10 Nylon Locknuts (68), and two Acorn Covers (65).

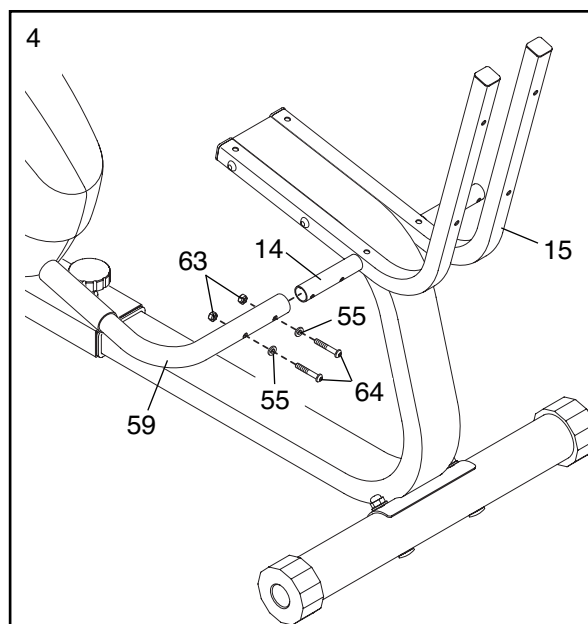
2. While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (6) to the Seat Frame (5) with two M10 x 70mm Carriage Bolts (30), two M10 Washers (52), two M10 Nylon Locknuts (68), and two Acorn Covers (65).

3. Attach the Left and Right Seat Brackets (14, 15) to the Seat Frame (5) with two M8 x 135mm Bolts (62), four M8 Washers (49), and two M8 Nylon Locknuts (10) as shown. **Do not tighten the Nylon Locknuts yet.**



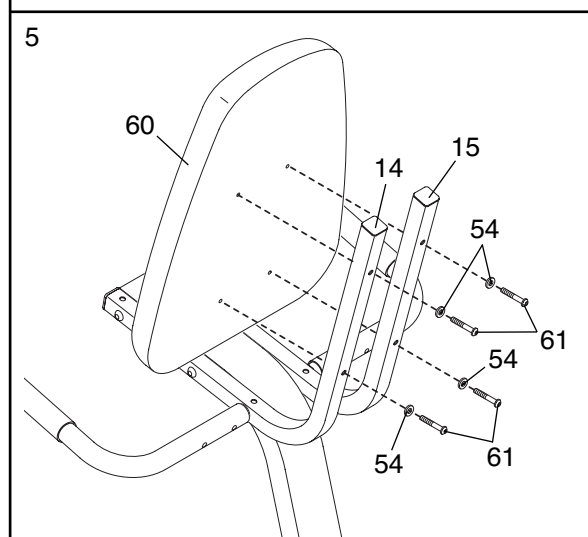
4. Attach a Seat Handle (59) to the round tube on the Left Seat Bracket (14) with two M6 x 30mm Hex Bolts (64), two M6 Curved Washers (55), and two M6 Nylon Locknuts (63).

Attach the other Seat Handle (not shown) to the Right Seat Bracket (15) in the same way.

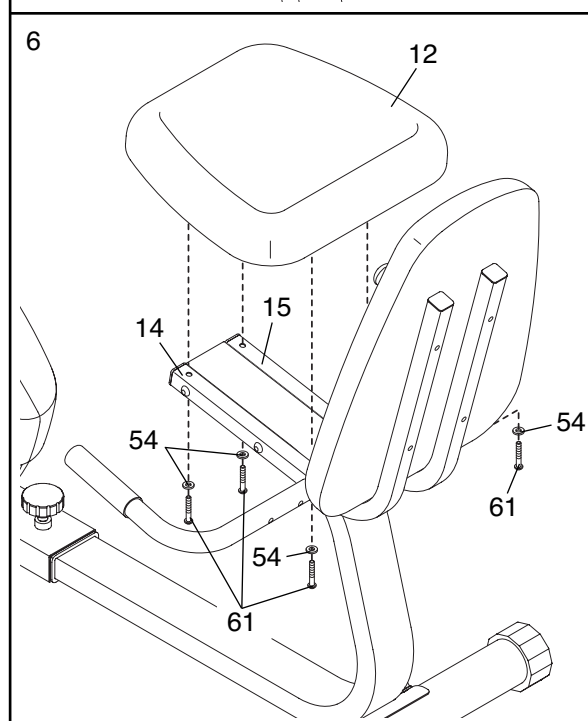


5. Attach the Backrest (60) to the Left and Right Seat Brackets (14, 15) with four M6 x 35mm Hex Screws (61) and four M6 Washers (54).

See step 3. Tighten the two M8 Nylon Locknuts (10).

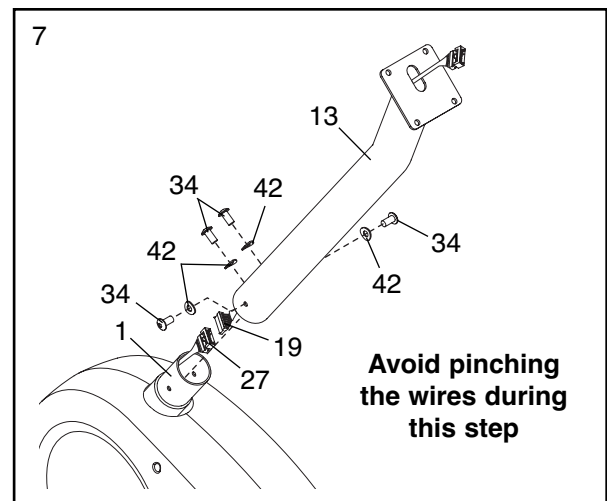


6. Attach the Seat (12) to the Left and Right Seat Brackets (14, 15) with four M6 x 35mm Hex Screws (61) and four M6 Washers (54).

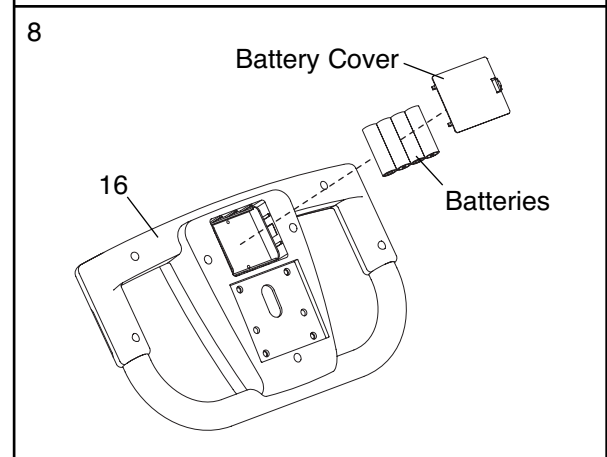


7. While another person holds the Upright (13) near the Frame (1), connect the Upper Wire Harness (19) to the Lower Wire Harness (27).

Push the excess wire downward into the Frame (1), and slide the Upright (13) onto the Frame. Attach the Upright with four M8 x 16mm Button Screws (34) and four M8 Curved Washers (42). **Be careful to avoid pinching the wires during this step.**

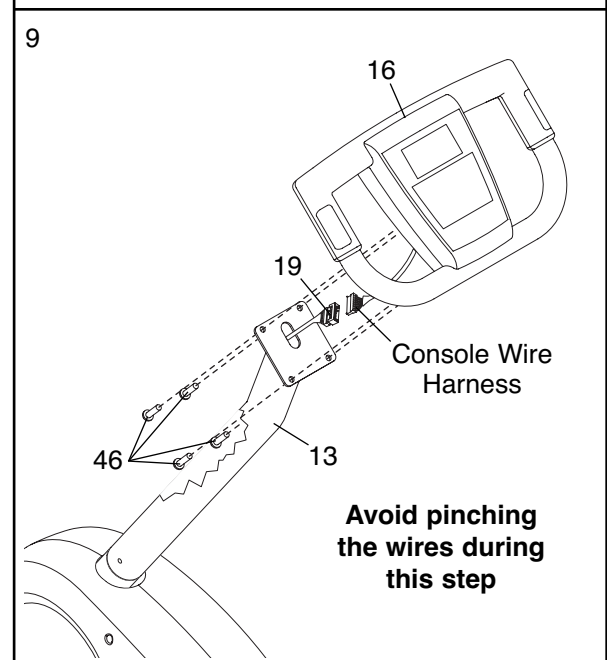


8. The Console (16) requires four AA batteries (not included); alkaline batteries are recommended. Press the tab on the battery cover and remove the battery cover. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram inside the Console.** Then, reattach the battery cover.



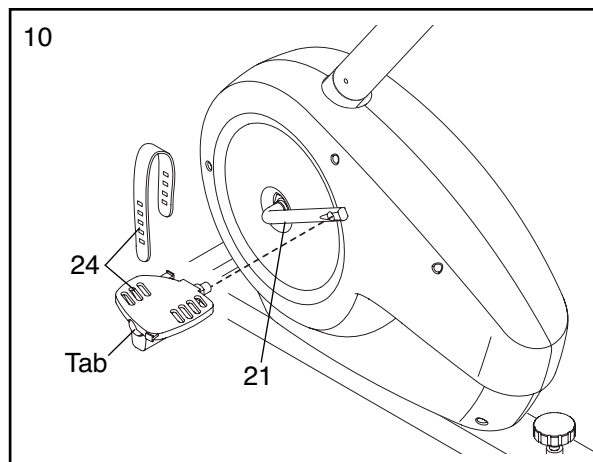
9. While another person holds the Console (16) near the Upright (13), connect the console wire harness to the Upper Wire Harness (19). Insert the excess wire downward into the Upright.

Attach the Console (16) to the Upright (13) with four M6 x 12mm Button Screws (46). **Be careful to avoid pinching the wires during this step.**



10. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21). 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, the Pedals must be kept tightened.**

Adjust the strap on the Left Pedal (24) 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.

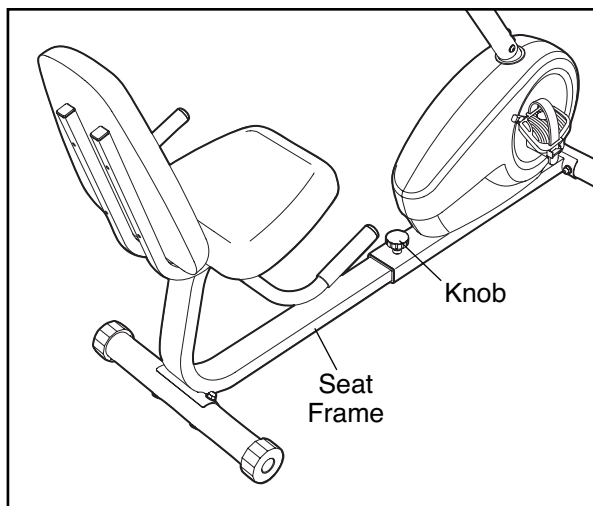


11. **Make sure that all parts are properly tightened before you use the exercise cycle.** After assembly is completed, some extra parts may be left over. Place a mat under the exercise cycle to protect the floor.

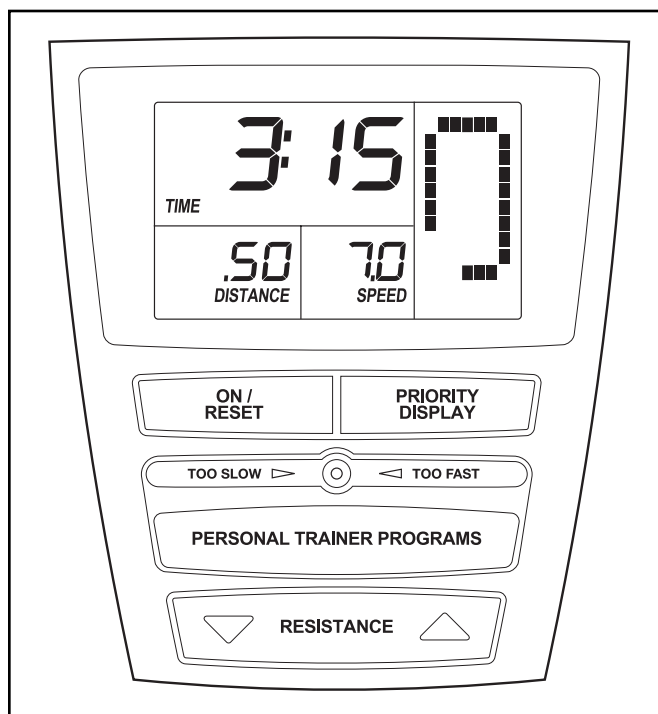
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT FRAME

For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position. To adjust the seat frame, first loosen the adjustment knob on the frame. Slide the seat frame forward or backward to the desired position, and then retighten the adjustment knob.



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 built-in handgrip pulse sensor.

The console also offers six 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 8 on page 7). If there is a sheet of clear plastic on the display, remove the plastic.

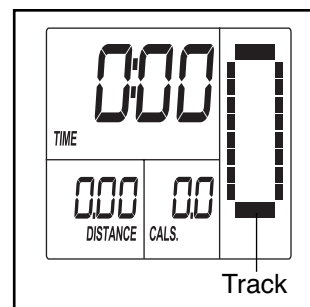
HOW TO USE THE MANUAL MODE

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.



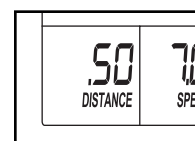
3 Change the resistance of the pedals as desired.

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.

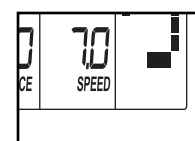


4 Follow your progress with the display.

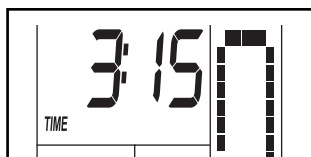
As you exercise, the lower left display can show the elapsed time and the distance (in miles or kilometers) that you have pedaled.



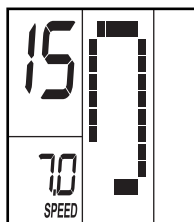
The lower right display can show your pedaling speed (in miles or kilometers per hour) and the approximate number of calories you have burned. When you use the handgrip pulse sensor, the lower right display will also show your heart rate (see step 5 on page 10).



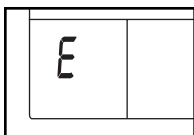
The upper display is the *priority display*. The priority display can show the elapsed time, the distance that you have pedaled, your pedaling speed, or the approximate number of calories you have burned. Press the Priority Display button repeatedly until the priority display shows the information that 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.



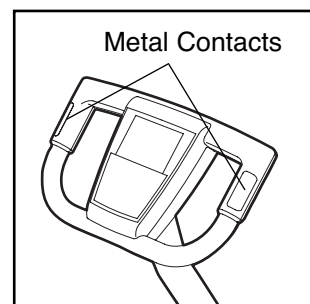
Note: The console can show speed and distance in either miles or kilometers. To select the unit of measurement, hold down the On/Reset button for several seconds. An "E" for English or an "M" for metric will appear in the lower left display. Press the Resistance increase button repeatedly to change the unit of measurement. Then, press the On/Reset button.



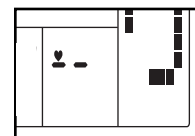
To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

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. 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 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

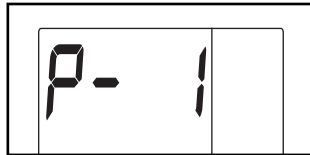
1 Turn on the console.

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

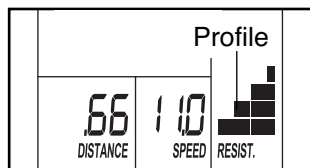
P-1, P-2, P-3, P-4, P-5, or P-6 appears in the display. A few seconds after you select a personal trainer program, the display will show the length of the program.



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.

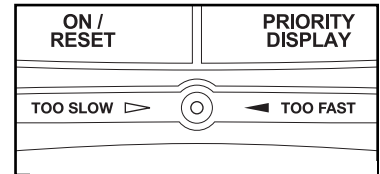


When the first segment of the program ends, the resistance level for the second segment will appear in the display for a few seconds to alert you. The entire profile will then shift one column to the left, and the pedals will automatically

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 properly 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.**

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 8 on page 7.

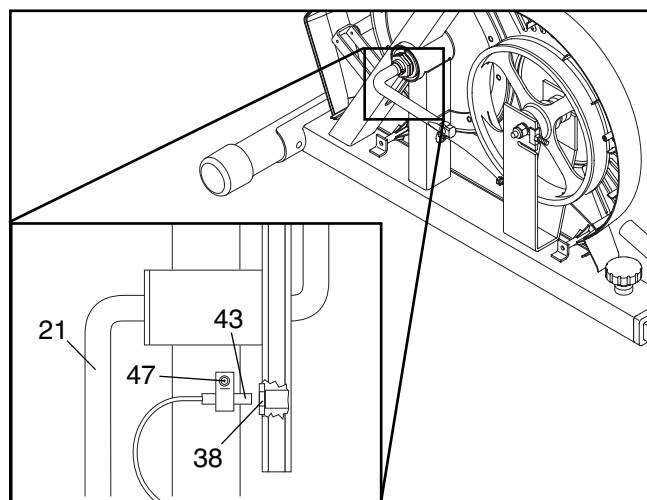
PULSE SENSOR TROUBLESHOOTING

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.**

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, you must first remove the left pedal and the left side shield. Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove the screws from the left side shield. Note: The side shield has two different sizes of screws. Make sure to note the location of each screw. Then, carefully remove the left side shield.



With the left side shield removed, locate the Reed Switch (43). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4 x 15mm Self-tapping Screw (47). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Self-tapping Screw. Turn the Crank for a moment. Repeat these actions until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and the left pedal.

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ 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.

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 lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum 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.

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. GGEX1796.0

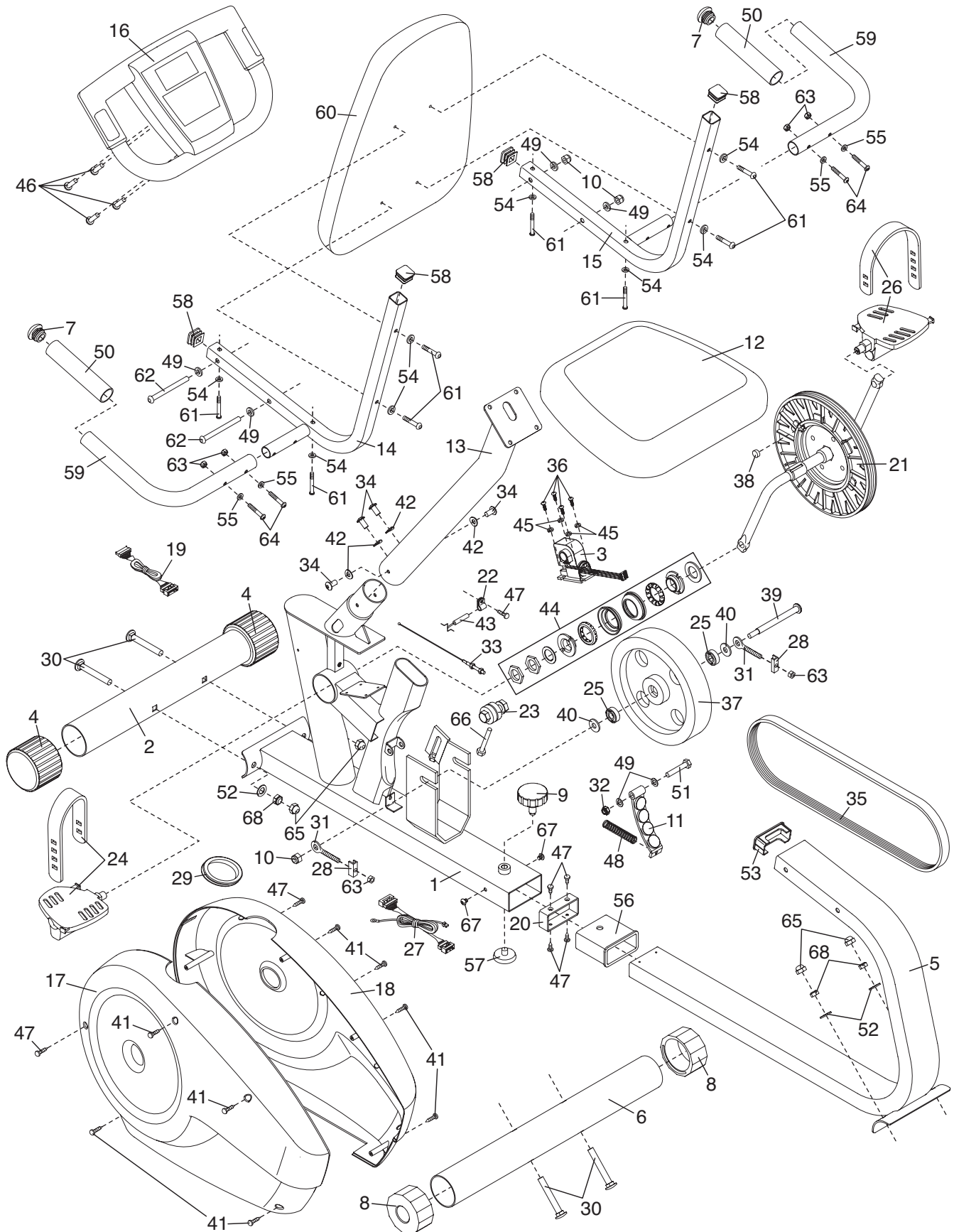
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	4	M5 x 12mm Screw
2	1	Front Stabilizer	37	1	Flywheel
3	1	Resistance Motor	38	1	Magnet
4	2	Front Stabilizer Endcap	39	1	Flywheel Axle
5	1	Seat Frame	40	2	M10 Small Washer
6	1	Rear Stabilizer	41	8	M4 x 25mm Screw
7	2	Handlebar Endcap	42	4	M8 Curved Washer
8	2	Rear Stabilizer Endcap	43	1	Reed Switch/Wire
9	1	Adjustment Knob	44	1	Crank Bearing Set
10	3	M8 Nylon Locknut	45	4	M5 Split Washer
11	1	"C" Magnet	46	4	M6 x 12mm Button Screw
12	1	Seat	47	7	M4 x 15mm Self-tapping Screw
13	1	Upright	48	1	Spring
14	1	Left Seat Bracket	49	6	M8 Washer
15	1	Right Seat Bracket	50	2	Foam Grip
16	1	Console	51	1	M8 x 45mm Hex Bolt
17	1	Left Side Shield	52	4	M10 Washer
18	1	Right Side Shield	53	1	Seat Frame Endcap
19	1	Upper Wire Harness	54	8	M6 Washer
20	1	Seat Frame Bushing	55	4	M6 Curved Washer
21	1	Crank/Pulley	56	1	Frame Bushing
22	1	Reed Switch Clamp	57	1	Foot
23	1	Idler Assembly	58	4	Square Cap
24	1	Left Pedal/Strap	59	2	Seat Handle
25	2	6000Z Bearing	60	1	Backrest
26	1	Right Pedal/Strap	61	8	M6 x 35mm Hex Screw
27	1	Lower Wire Harness	62	2	M8 x 135mm Bolt
28	2	U-bracket	63	6	M6 Nylon Locknut
29	1	Frame Grommet	64	4	M6 x 30mm Hex Bolt
30	4	M10 x 70mm Carriage Bolt	65	4	Acorn Cover
31	2	Eyebolt	66	1	Idler Bolt
32	1	M8 Nylon Locknut	67	2	M6 x 5mm Button Bolt
33	1	Resistance Cable	68	4	M10 Nylon Locknut
34	4	M8 x 16mm Button Screw	#	1	User's Manual
35	1	Belt	#	3	Hex Key

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. GGEX1796.0

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ORDERING REPLACEMENT PARTS

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

- the MODEL NUMBER of the product (GGEX1796.0)
- the NAME of the product (GOLD'S GYM POWER SPIN 225 R 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 the PART LIST on page 14)

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LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of 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 replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized 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 in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or 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, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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