

GOLD'S GYM®

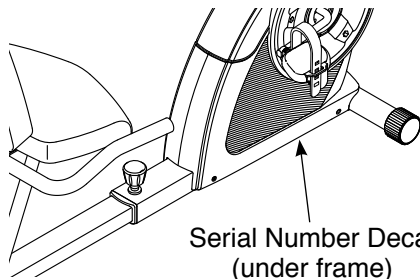
CYCLE TRAINER 400 R

www.workoutwarehouse.com

Model No. GGEX61714C.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.iconservice.ca.

CUSTOMER SERVICE

Call toll-free 1-888-936-4266
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET
(excluding holidays)

or email us at
customerservice@iconcanada.ca

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

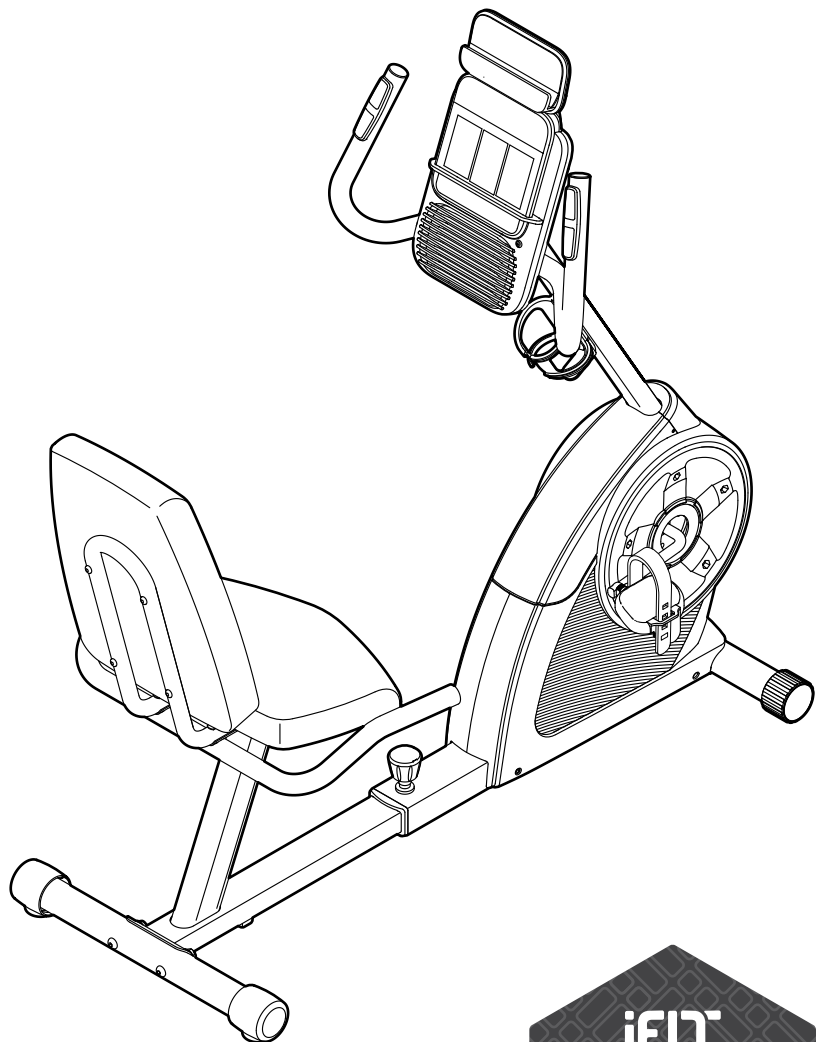


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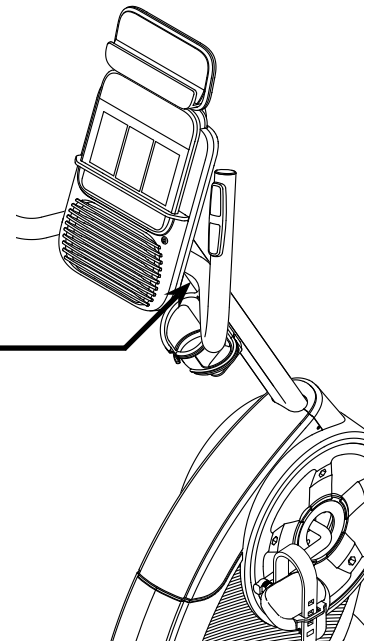
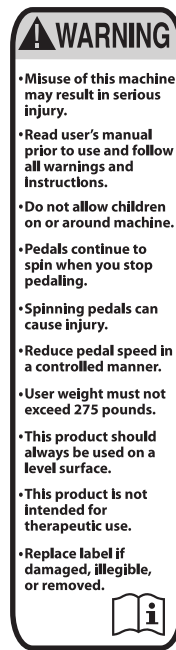
EXPLODED DRAWING..... 27

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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 bike before using your exercise bike. 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 exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 275 lbs. (125 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. The heart rate monitor is not a medical device. Various factors, including the user's movement, 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. Always keep your back straight while using the exercise bike; do not arch your back.
14. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
15. This Class [B] digital apparatus complies with Canadian ICES-003.
16. Dispose of batteries in accordance with all local codes and ordinances.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment represents a significant investment in your health. Protect your investment now from unexpected mechanical or electrical failures for up to five years.

PLAN FEATURES

- Protection for one to five years
- Over 100 authorized repair centers
- Highly trained repair technicians
- A national toll-free repair hotline
- Simple repair claim procedure
- No claim forms
- Easy enrollment
- Fast, efficient repair anywhere in Canada
- In-home repairs covered
- Parts and labour covered
- Mechanical and electrical failures covered

To protect your fitness equipment today, please
call Customer Care at 1-888-936-4266
Or, email us at customerservice@iconcanada.ca

 **ICON**[™]
du/of Canada Inc.

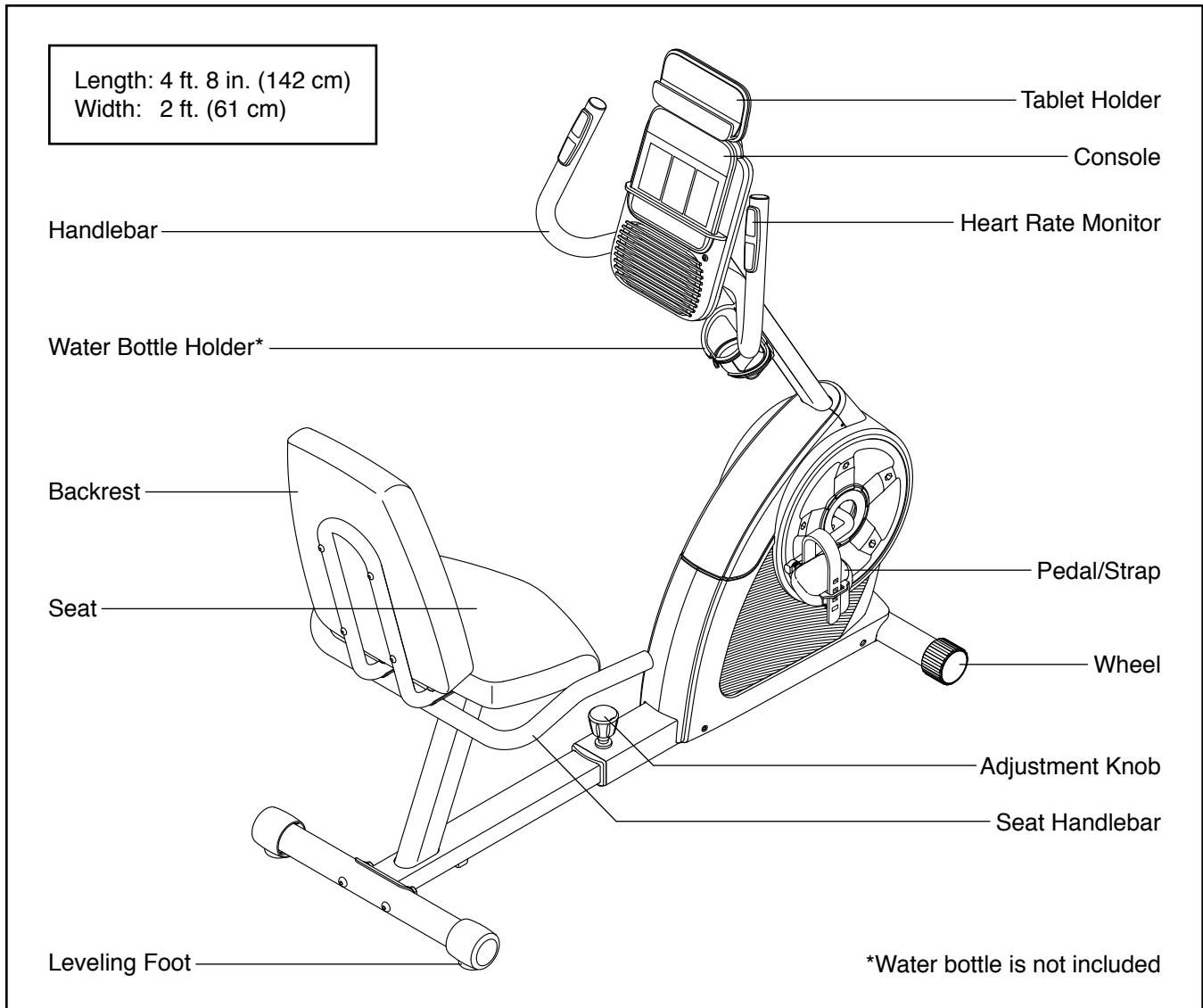
BEFORE YOU BEGIN

Thank you for selecting the new GOLD'S GYM® CYCLE TRAINER 400 R exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The CYCLE TRAINER 400 R exercise bike provides an impressive 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 bike. If you have questions after

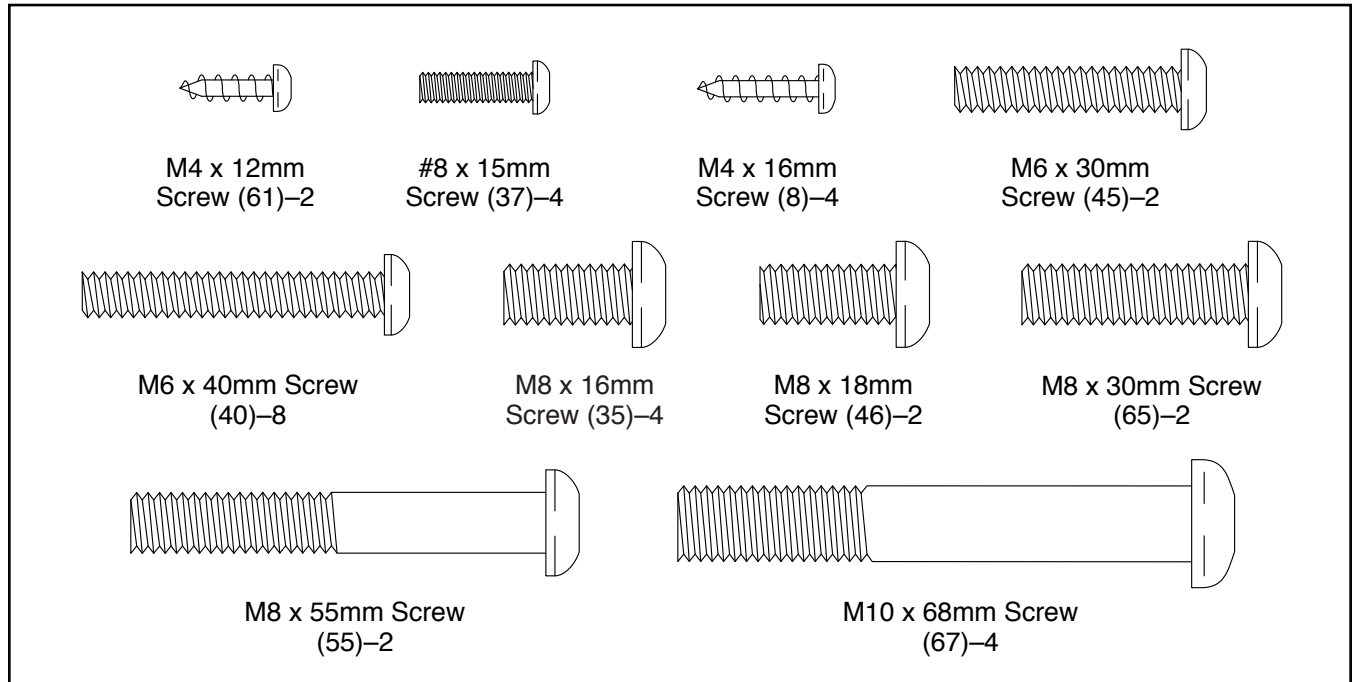
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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. Extra parts may be included.**



ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

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

one Phillips screwdriver 

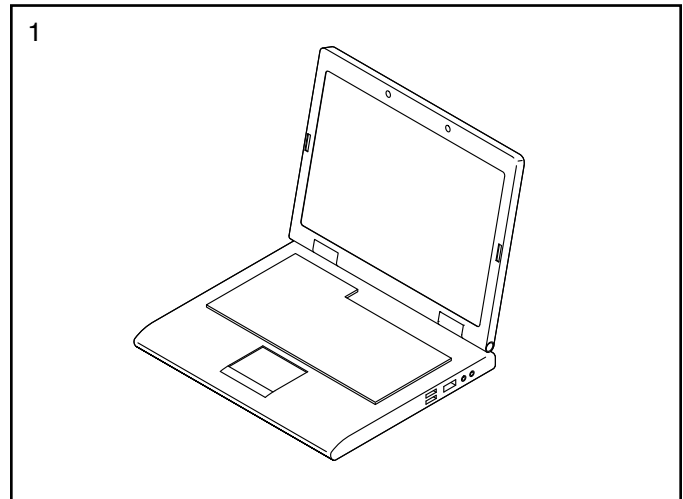
one adjustable wrench 

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

1. **Go to www.iconservice.ca/CustomerService/registration and register your product.**

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

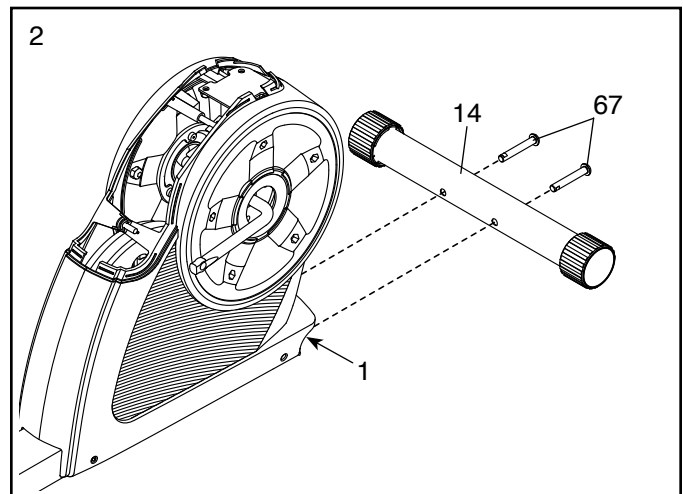
Note: If you do not have Internet access, call Customer Service (see the front cover of this manual) and register your product.



2. Set a sturdy piece of packing material under the Front Frame (1).

Orient the Front Stabilizer (14) as indicated by the sticker. Attach the Front Stabilizer to the Front Frame (1) with two M10 x 68mm Screws (67).

Remove the packing material.



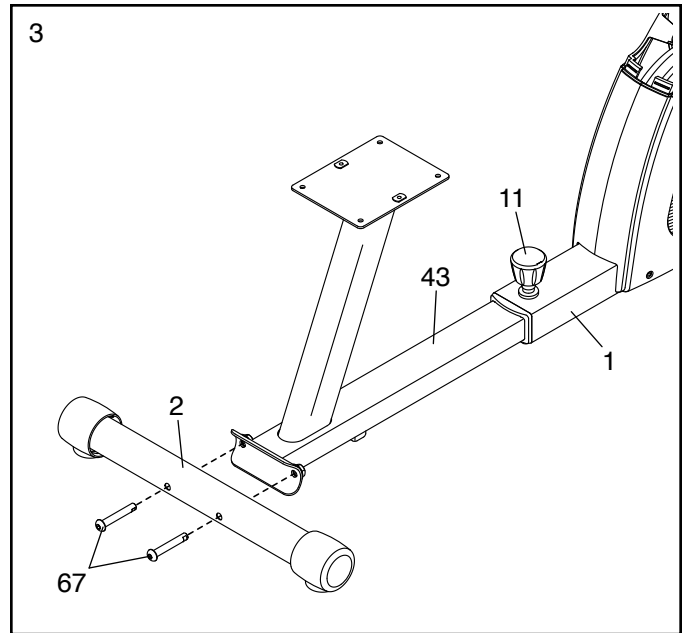
- Loosen the Adjustment Knob (11), slide the Rear Frame (43) out of the Front Frame (1), and then tighten the Adjustment Knob.

Note: After the exercise bike is assembled, see HOW TO ADJUST THE SEAT FRAME on page 14 and adjust the Rear Frame (43).

Set a sturdy piece of packing material under the Rear Frame (43).

Attach the Rear Stabilizer (2) to the Rear Frame (43) with two M10 x 68mm Screws (67).

Remove the packing material.



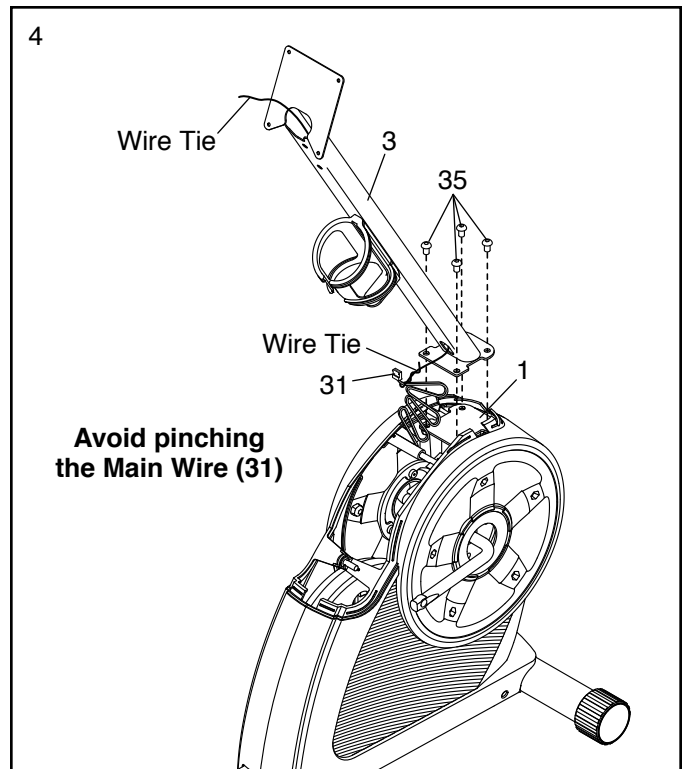
- Orient the Upright (3) as shown.

Tip: Avoid pinching the Main Wire (31). Attach the Upright (3) to the Front Frame (1) with four M8 x 16mm Screws (35). **Start all the Screws, and then tighten them.**

Locate the wire tie in the Upright (3). Tie the lower end of the wire tie to the Main Wire (31). Then, pull the upper end of the wire tie until the Main Wire is routed through the Upright.

Tip: To prevent the Main Wire (31) from falling into the Upright (3), secure the Main Wire with the wire tie.

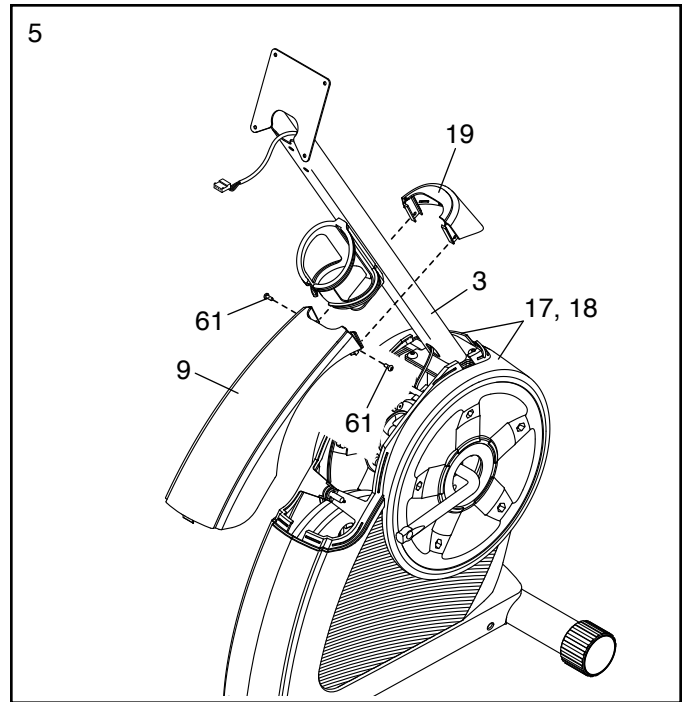
Insert the excess Main Wire (31) into the Upright (3).



5. Orient the Rear and Front Shield Covers (9, 19) as shown.

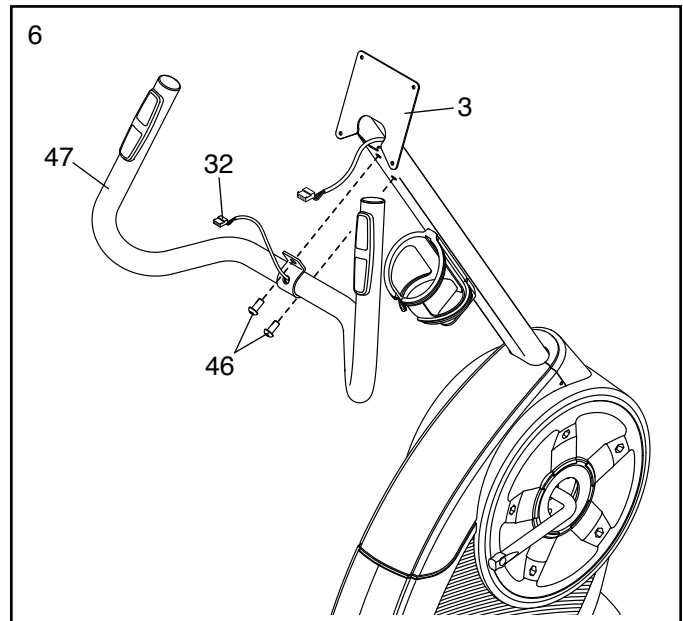
Press the Rear and Front Shield Covers (9, 19) together around the Upright (3), and join them with two M4 x 12mm Screws (61).

Then, press the Rear and Front Shield Covers (9, 19) downward onto the Left and Right Shields (17, 18).



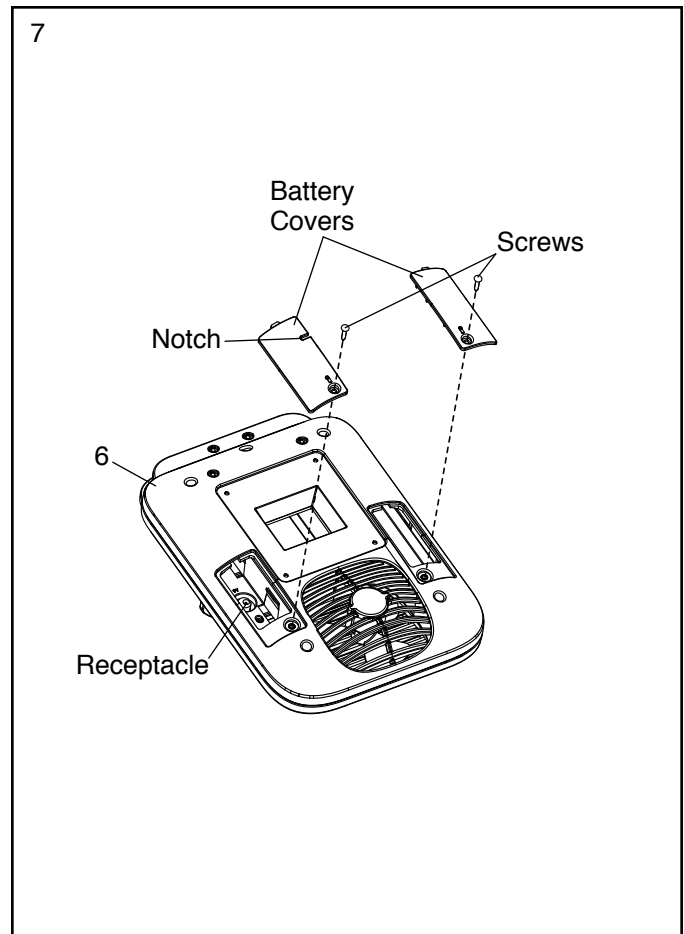
6. Orient the Handlebar (47) as shown.

Tip: Avoid pinching the Pulse Wire (32).
Attach the Handlebar (47) to the Upright (3) with two M8 x 18mm Screws (46).



7. The Console (6) can use four D 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 screws and the battery covers, insert batteries into the battery compartments, and then reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied regulated power adapter. Plug one end of the power adapter into the receptacle inside the indicated battery compartment, and route the power adapter through the notch in the battery cover. Then, plug the other end into an outlet installed in accordance with all local codes and ordinances.



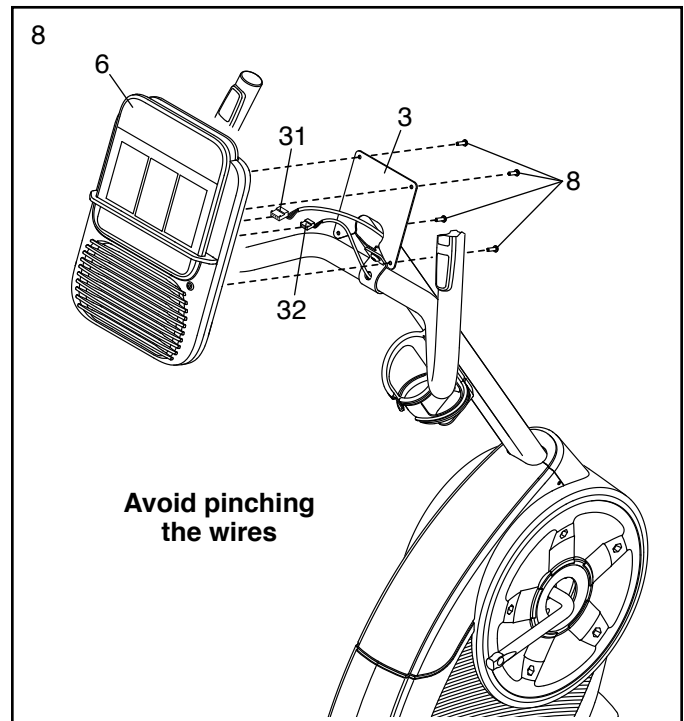
8. Untie and discard the wire tie on the Main Wire (31).

While a second person holds the Console (6) near the Upright (3), plug the Main Wire (31) and the Pulse Wire (32) into the receptacles on the Console.

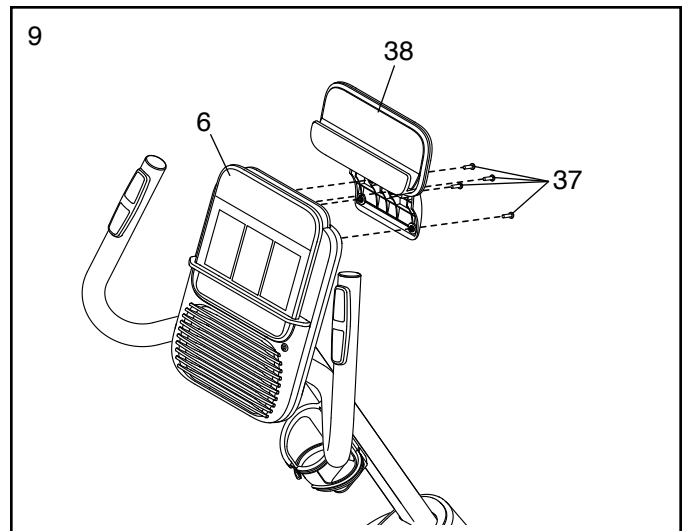
The connectors on the Wires (31, 32) should slide easily into the receptacles and snap into place. If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connectors properly, the console may become damaged when you use the exercise bike.**

Insert the excess wire into the Upright (3).

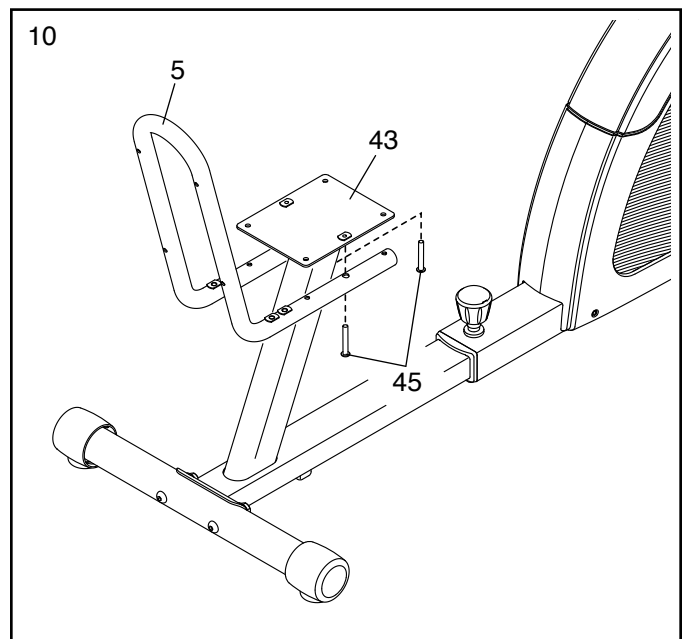
Tip: Avoid pinching the wires. Attach the Console (6) to the Upright (3) with four M4 x 16mm Screws (8).



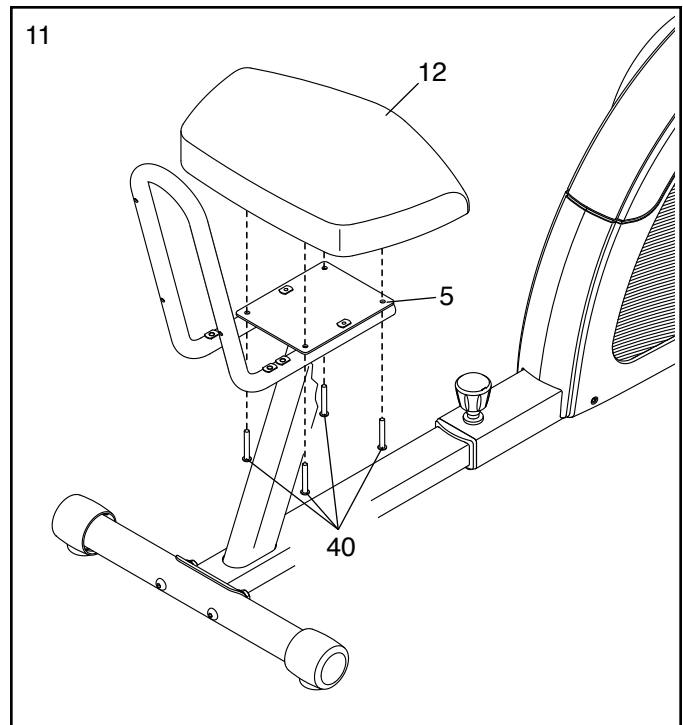
9. Attach the Tablet Holder (38) to the back of the Console (6) with four #8 x 15mm Screws (37).



10. Attach the Seat Frame (5) to the Rear Frame (43) with two M6 x 30mm Screws (45).

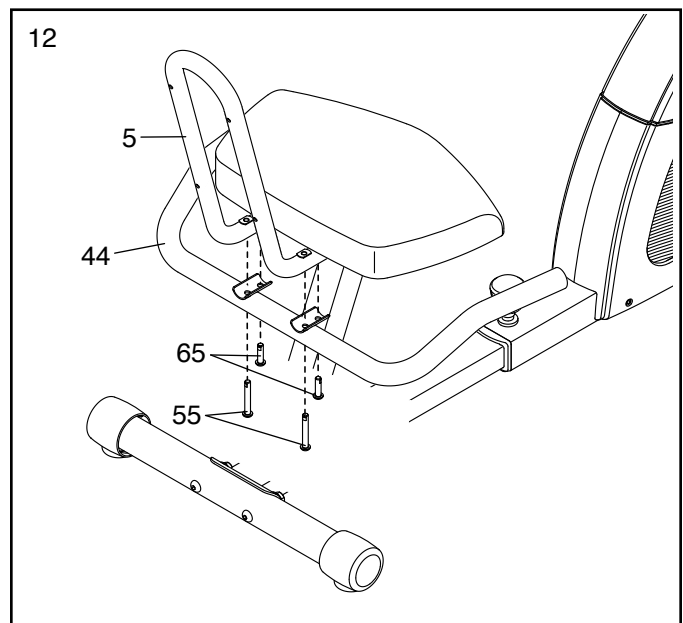


11. Attach the Seat (12) to the Seat Frame (5) with four M6 x 40mm Screws (40).

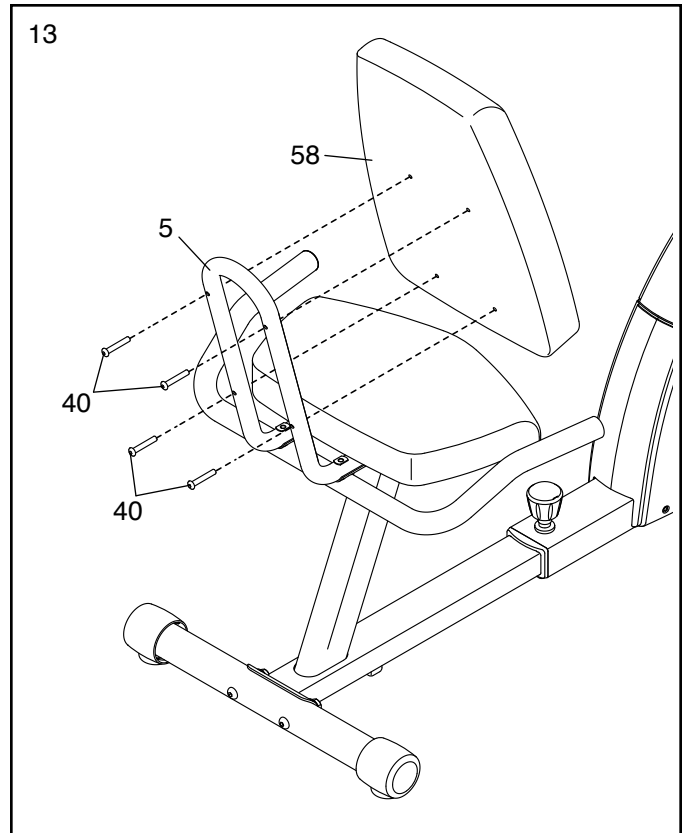


12. Orient the Seat Handlebar (44) as indicated by the sticker.

Attach the Seat Handlebar (44) to the Seat Frame (5) with two M8 x 55mm Screws (55) and two M8 x 30mm Screws (65).



13. Attach the Backrest (58) to the Seat Frame (5) with four M6 x 40mm Screws (40).

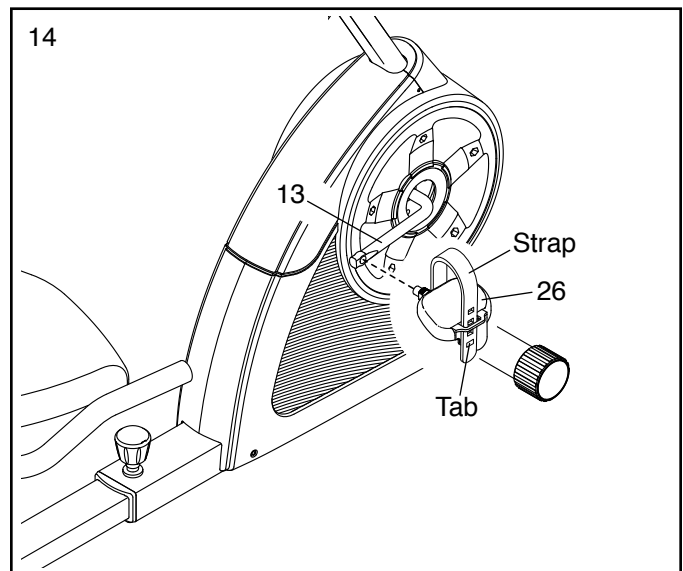


14. Identify the Right Pedal (26).

Using an adjustable wrench, **firmly tighten** the Right Pedal (26) **clockwise** into the right arm of the Crank (13).

Firmly tighten the Left Pedal (not shown) **counterclockwise** into the left arm of the Crank (not shown).

Adjust the strap on the Right Pedal (26) to the desired position, and press the end of the strap onto the tab on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



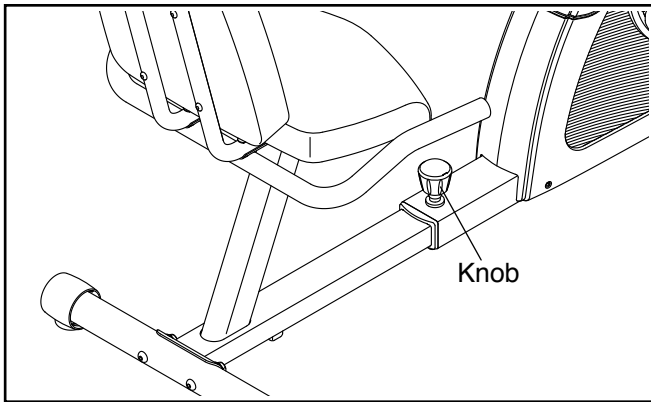
15. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SEAT FRAME

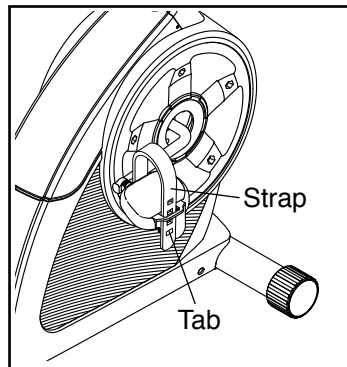
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

To adjust the seat frame, first loosen the adjustment knob on the front frame. Slide the seat frame forward or backward to the desired position. Then, retighten the adjustment knob.



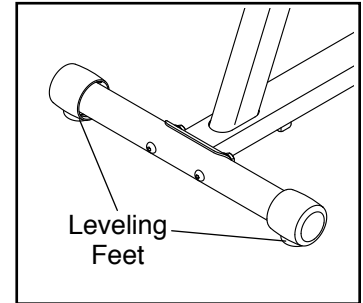
HOW TO ADJUST THE PEDAL STRAPS

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 then press the ends of the straps onto the tabs.



HOW TO LEVEL THE EXERCISE BIKE

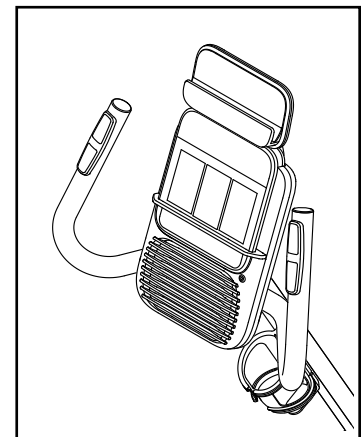
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.

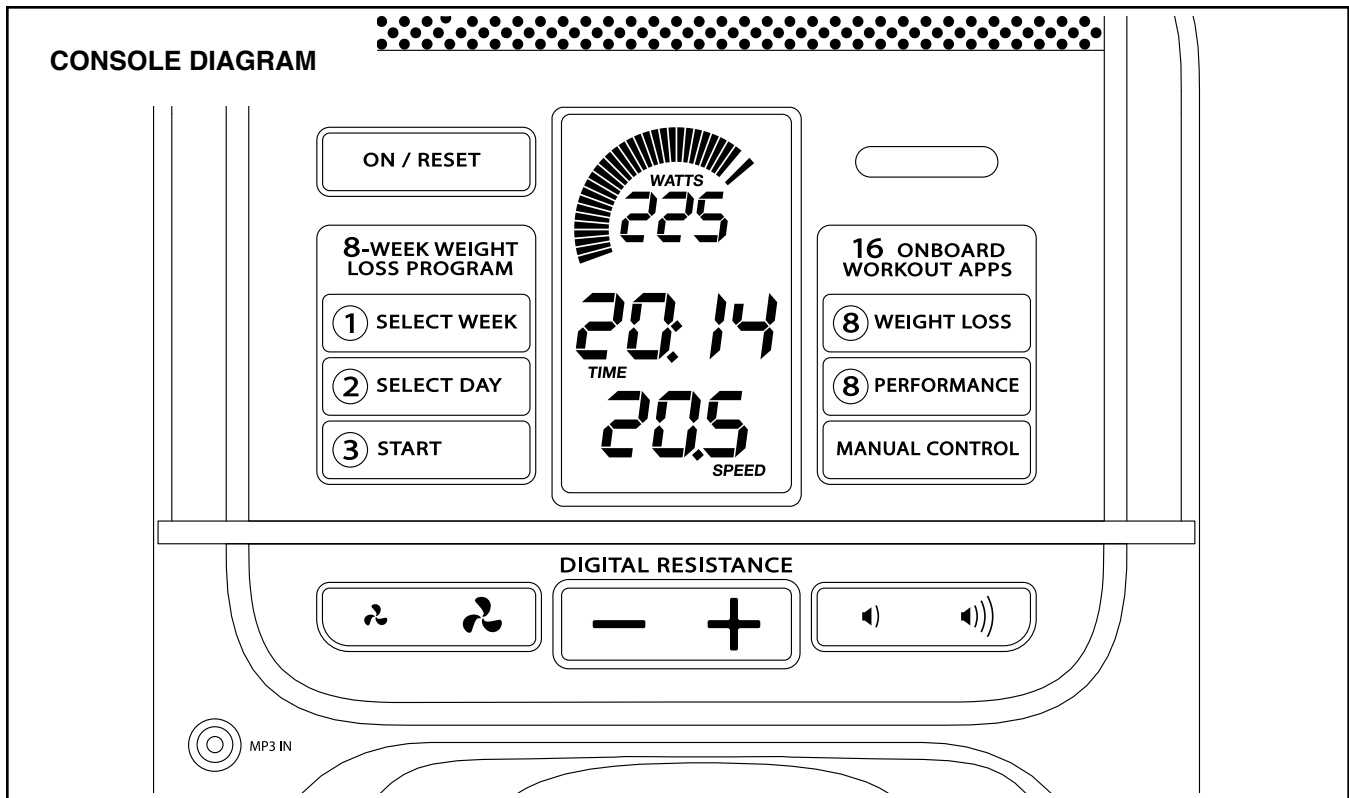


HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder was designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

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 exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

Lose unwanted pounds with the progressive 8-week weight-loss program. Each workout in the program controls the resistance of the pedals as it guides you through an effective workout designed to help you achieve the results you want.

The console also offers a selection of preset workouts. Each preset workout automatically changes the

resistance of the pedals and prompts you to maintain a target speed as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 16. **To use an 8-week weight-loss workout**, see page 18. **To use a preset workout**, see page 19. **To use the sound system**, see page 20. **To use the settings mode**, see page 20.

Note: 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.

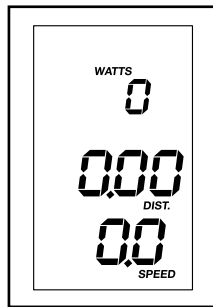
Press any button or begin pedaling to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. Select the manual mode.

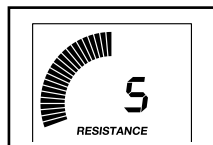
When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing the Manual Control button.



3. Begin pedaling and change the resistance of the pedals as desired.

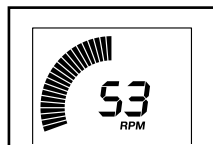
As you pedal, change the resistance of the pedals by pressing the Digital Resistance increase and decrease buttons.



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

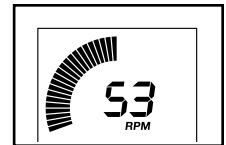
4. Follow your progress with the displays.

The speed meter—This display will provide a visual representation of your pedaling speed. As you increase or decrease your pedaling speed, bars will appear or disappear in the speed meter.



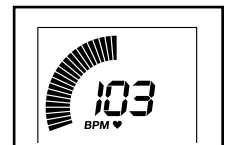
Note: During a preset workout, this display will show a target speed zone for each segment of the workout.

The upper display—This display will show your pedaling speed in revolutions per minute (RPM) and your power output in watts. The display will change every few seconds.



This display will also show the resistance level of the pedals for a few seconds each time the resistance level changes.

This display will also show your heart rate when you use the handgrip heart rate monitor (see step 5).

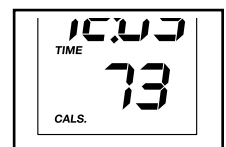


The center display—This display will show the distance (Dist.) you have pedaled in miles or kilometers and the elapsed time. The display will change every few seconds.

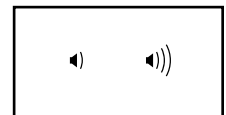


Note: During a preset workout, the display will show the time remaining in the workout instead of the elapsed time.

The lower display—This display will show your pedaling speed in miles per hour or kilometers per hour and the approximate number of calories (Cals.) you have burned. The display will change every few seconds.



Change the volume level of the console by pressing the volume increase and decrease buttons.

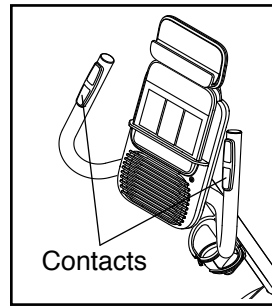


To reset the displays to zero, press the On/Reset button.

Note: The console can show pedaling speed and distance in either miles or kilometers. To change the unit of measurement, see THE SETTINGS MODE on page 20.

5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. 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.**

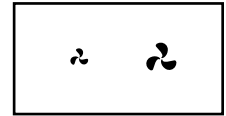


When your pulse is detected, a heart-shaped symbol will flash in the upper display and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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 contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the displays will be reset.

HOW TO USE AN 8-WEEK WEIGHT-LOSS WORKOUT

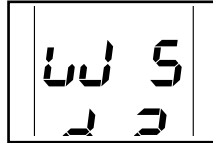
1. Turn on the console.

Press any button or begin pedaling to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

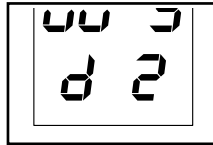
2. Select the desired week of the program.

To select the desired week of the program, press the Select Week button repeatedly until the number of the desired week appears in the display.



3. Select the desired day of the program.

There are three day workouts for each week of the program. To select the desired day of the program, press the Select Day button repeatedly until the number of the desired day appears in lower display. The duration of the workout will appear in the center display.



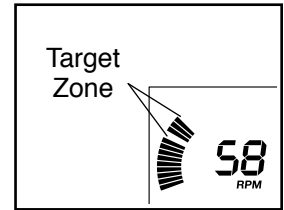
4. Start the workout.

Press the Start button and begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one speed target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

At the end of each segment of the workout, a series of tones will sound. The resistance level for the next segment will appear in the upper display for a few seconds to alert you. The resistance of the pedals will then change.

The target speed zone will be shown in the speed meter display. The space between the flashing bars represents the target speed for the segment; the solid bars represent your actual pedaling speed.



As you exercise, keep your pedaling speed within the target zone for the current segment by increasing or decreasing your pedaling speed or by increasing or decreasing the resistance of the pedals.

IMPORTANT: The target speed is intended only to provide motivation. Make sure to pedal at a speed and a resistance level that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Digital 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.**

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

5. Follow your progress with the displays.

See step 4 on page 16.

6. Measure your heart rate if desired.

See step 5 on page 17.

7. Turn on the fan if desired.

See step 6 on page 17.

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

See step 7 on page 17.

HOW TO USE A PRESET WORKOUT

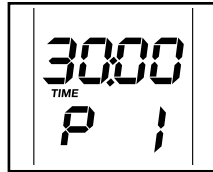
1. Turn on the console.

Press any button or begin pedaling to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. Select a preset workout.

To select a preset workout, press the Weight Loss or Performance button repeatedly until the number of the desired workout appears in the lower display. The duration of the workout will appear in the center display.



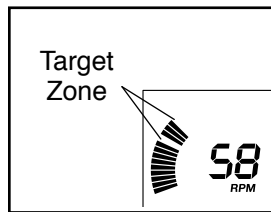
3. Start the workout.

Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one speed target speed are programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

At the end of each segment of the workout, a series of tones will sound. The resistance level for the next segment will appear in the upper display for a few seconds to alert you. The resistance of the pedals will then change.

The target speed zone will be shown in the speed meter display. The space between the flashing bars represents the target speed for the segment; the solid bars represent your actual pedaling speed.



As you exercise, keep your pedaling speed within the target zone for the current segment by increasing or decreasing your pedaling speed or by increasing or decreasing the resistance of the pedals.

IMPORTANT: The target speed is intended only to provide motivation. Make sure to pedal at a speed and a resistance level that is comfortable for you.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Digital 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.**

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

4. Follow your progress with the displays.

See step 4 on page 16.

5. Measure your heart rate if desired.

See step 5 on page 17.

6. Turn on the fan if desired.

See step 6 on page 17.

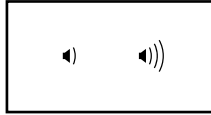
7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 17.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume increase and decrease buttons on the console or the volume control on your personal audio player.

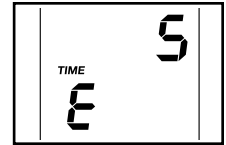


THE SETTINGS MODE

The console features a settings mode that allows you to select a unit of measurement for the console and to view console usage information.

To select the settings mode, press and hold down the Weight Loss button until the settings mode information appears in the display.

The console can show pedaling speed and distance in either miles or kilometers. The lower display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Digital Resistance increase button repeatedly.



Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

The center display will show the total distance (in miles or kilometers) that the exercise bike has been pedaled and the total time (in hours) that the console has been used since the exercise bike was purchased. Press the Performance button repeatedly to view the total distance and the total time.

To exit the settings mode, press the Weight Loss button.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

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

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

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 17.

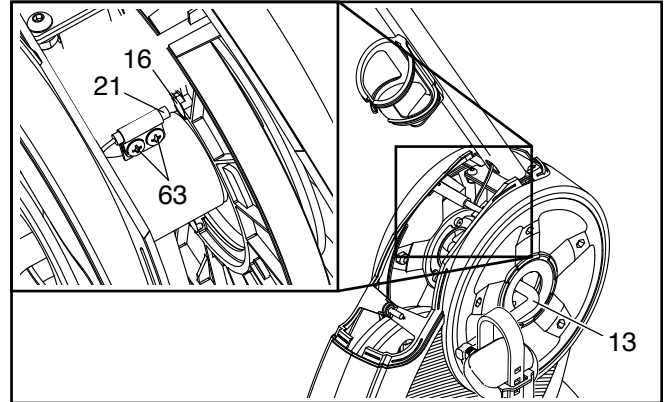
HOW TO ADJUST THE REED SWITCH

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

To adjust the reed switch, you must remove the rear and front shield covers as described below.

See assembly step 5 on page 9. Using a standard (flat) screwdriver, release the tabs along the bottom edges of the Rear and Front Shield Covers (9, 19), remove the two M4 x 12mm Screws (61), and then remove the Rear and Front Shield Covers.

Locate the Reed Switch (21). Turn the Pulley (13) until a Pulley Magnet (16) is aligned with the Reed Switch. Next, loosen, but do not remove, the indicated M4.5 x 12mm Flange Screws (63).



Slide the Reed Switch (21) slightly closer to or away from the Pulley Magnet (16), and then retighten the M4.5 x 12mm Flange Screws (63). Turn the Pulley (13) for a moment. Repeat these actions until the console displays correct feedback.

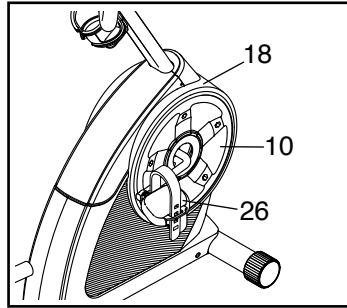
When the reed switch is correctly adjusted, reattach the rear and front shield covers.

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 right pedal, the right access disc, and the right shield as described below.

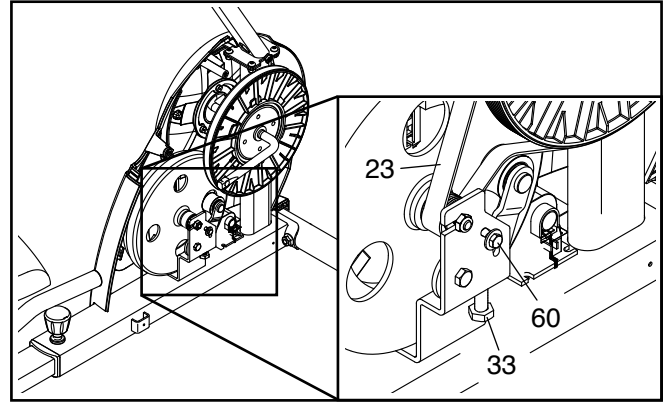
Using an adjustable wrench, turn the Right Pedal (26) counterclockwise and remove it. Then, using a standard (flat) screwdriver, release the tabs around the edge of the right Access Disc (10), and then remove it from the Right Shield (18).



See assembly step 5 on page 9. Using a standard (flat) screwdriver, release the tabs along the bottom edges of the Rear and Front Shield Covers (9, 19), remove the two M4 x 12mm Screws (61), and then remove the Rear and Front Shield Covers.

See the EXPLODED DRAWING on page 27. Remove all of the screws from the Left and Right Shields (17, 18); **there are two sizes of screws in the shields—note which size of screw you remove from each hole.** Then, gently remove the Right Shield.

Loosen the M6 x 20mm Hex Screw (60). Then, tighten the M10 x 50mm Hex Screw (33) until the Drive Belt (23) is tight.



When the Drive Belt (23) is tight, tighten the M6 x 20mm Hex Screw (60).

Then, reattach the left and right shields, the right access disc, and the right pedal.

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	♥
<hr/>							
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

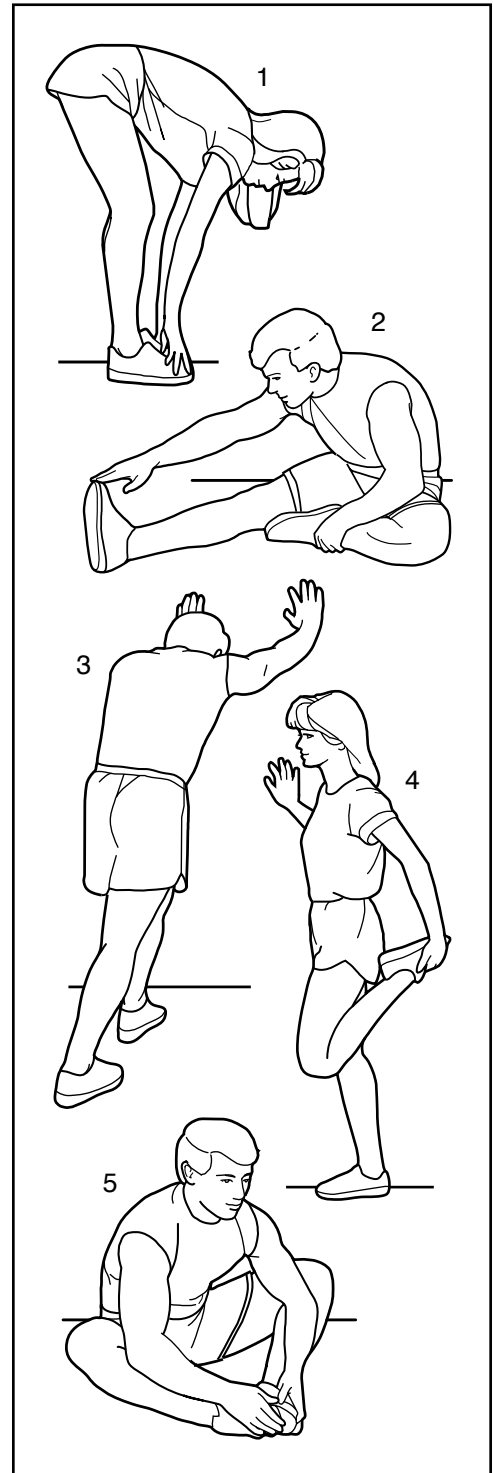
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



NOTES

PART LIST

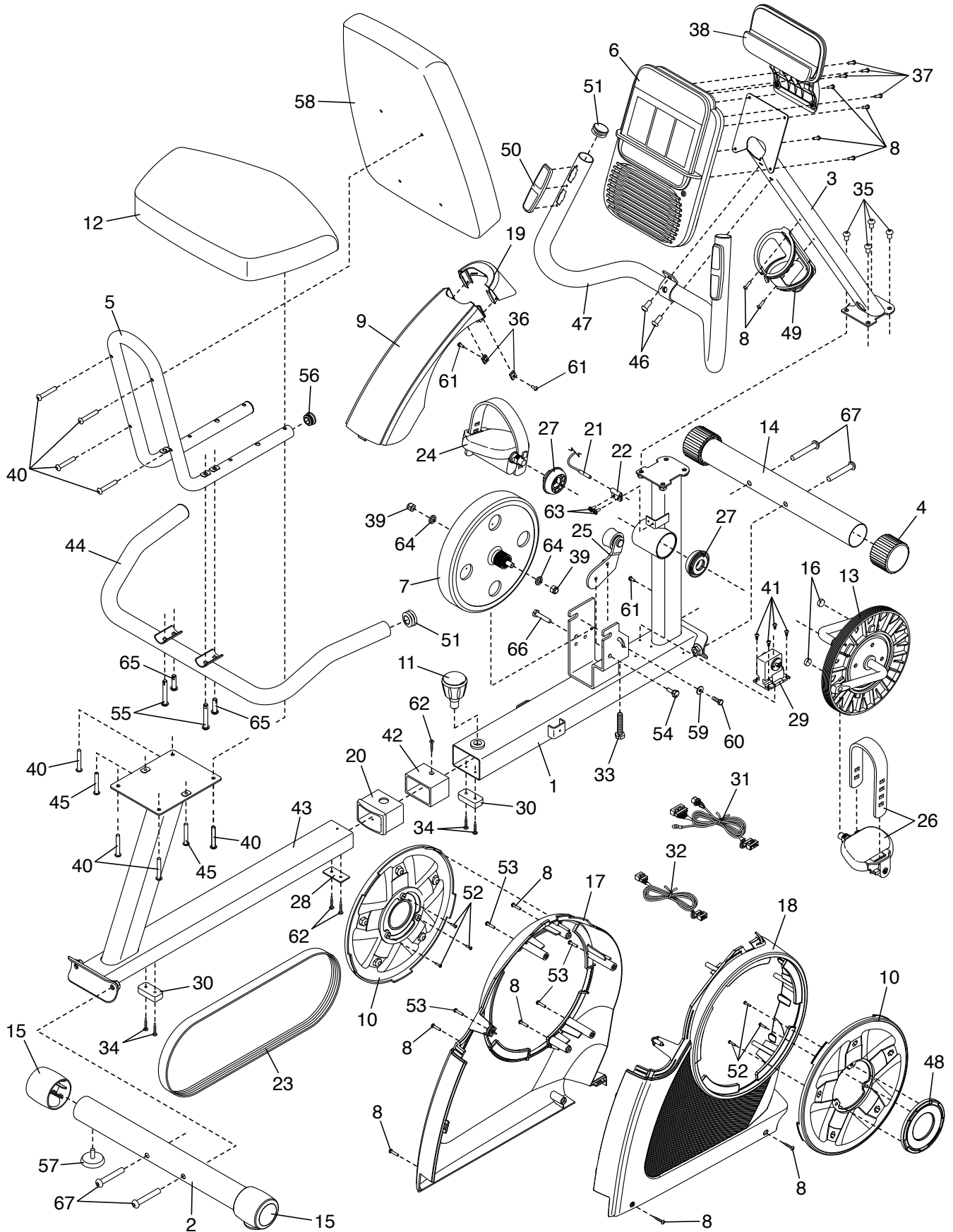
Model No. GGEX61714C.0 R0814A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Frame	36	2	Clip Nut
2	1	Rear Stabilizer	37	4	#8 x 15mm Screw
3	1	Upright	38	1	Tablet Holder
4	2	Front Stabilizer Cap	39	2	M10 Locknut
5	1	Seat Frame	40	8	M6 x 40mm Screw
6	1	Console	41	4	M4 x 7mm Screw
7	1	Eddy Mechanism	42	1	Rear Frame Bushing
8	12	M4 x 16mm Screw	43	1	Rear Frame
9	1	Rear Shield Cover	44	1	Seat Handlebar
10	2	Access Disc	45	2	M6 x 30mm Screw
11	1	Adjustment Knob	46	2	M8 x 18mm Screw
12	1	Seat	47	1	Handlebar
13	1	Pulley/Crank	48	2	Crank Cover
14	1	Front Stabilizer	49	1	Water Bottle Holder
15	2	Rear Stabilizer Cap	50	2	Contact
16	2	Pulley Magnet	51	4	Handlebar Cap
17	1	Left Shield	52	6	M3 x 12mm Screw
18	1	Right Shield	53	4	M4 x 25mm Screw
19	1	Front Shield Cover	54	1	M6 x 20mm Shoulder Screw
20	1	Front Frame Bushing	55	2	M8 x 55mm Screw
21	1	Reed Switch/Wire	56	2	Seat Frame Cap
22	1	Clamp	57	2	Leveling Foot
23	1	Drive Belt	58	1	Backrest
24	1	Left Pedal/Strap	59	1	M6 x 25mm Washer
25	1	Idler	60	1	M6 x 20mm Hex Screw
26	1	Right Pedal/Strap	61	3	M4 x 12mm Screw
27	1	Crank Bearing Set	62	3	M4 x 12mm Flat Head Screw
28	1	Frame Stop	63	2	M4.5 x 12mm Flange Screw
29	1	Resistance Motor	64	2	M10 Washer
30	2	Frame Foot	65	2	M8 x 30mm Screw
31	1	Main Wire	66	1	M8 x 32mm Screw
32	1	Pulse Wire	67	4	M10 x 68mm Screw
33	1	M10 x 50mm Hex Screw	*	–	User's Manual
34	4	M4 x 18mm Screw	*	–	Assembly Tool
35	4	M8 x 16mm Screw			

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. GGEX61714C.0 R0814A



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 of Canada, 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 (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 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 provinces 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 provinces 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 province to province.

ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8