

GOLD'S GYM[®]

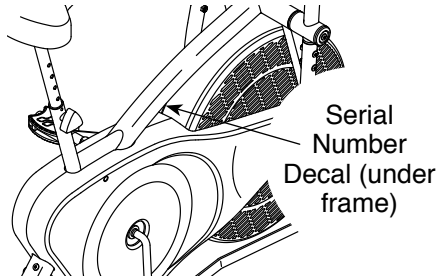
AIR CYCLE

www.workoutwarehouse.com

Model No. GGEX61914.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

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

CUSTOMER CARE

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

Or call 1-877-776-4777
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

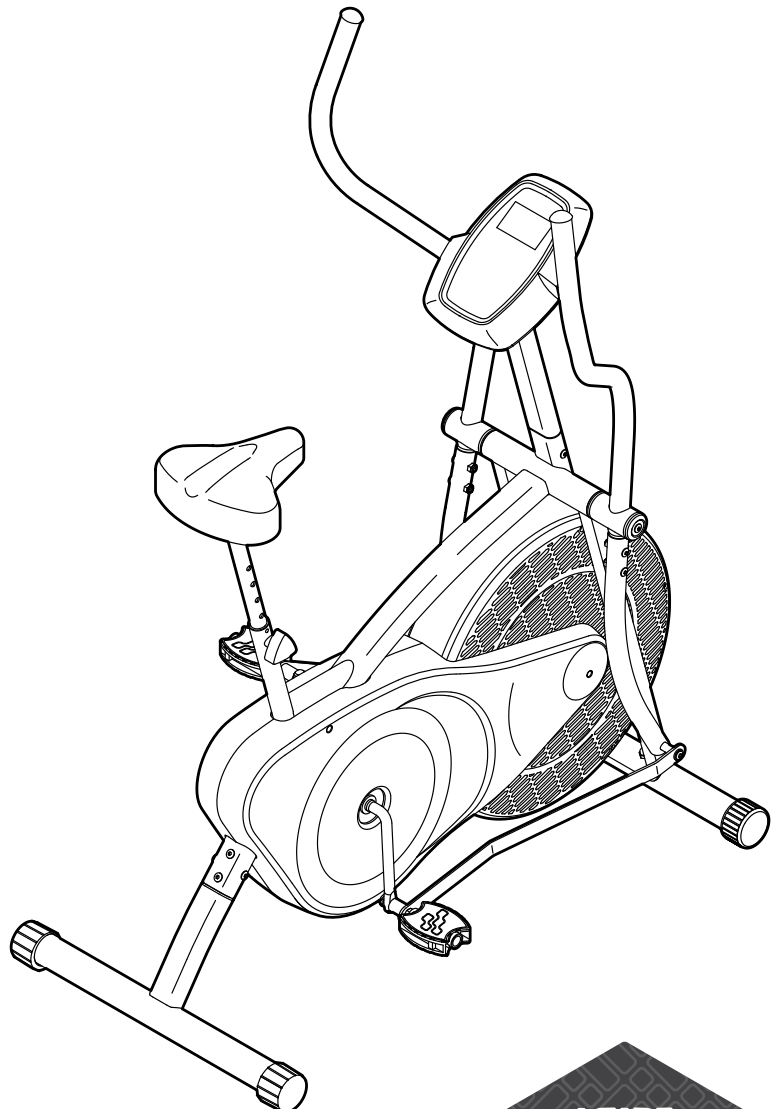
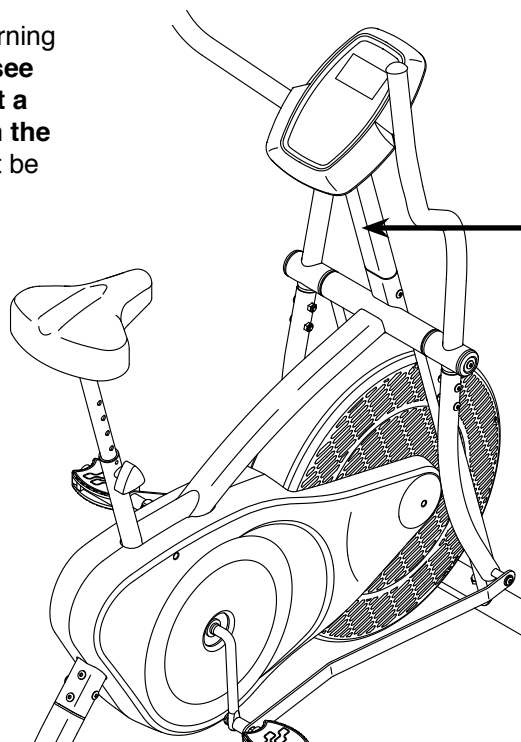


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WARNING DECAL PLACEMENT

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.



WARNING
ADVERTENCIA

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.
- Mal uso de esta máquina puede resultar en graves lesiones.
- Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
- No deje a niños en o alrededor de la máquina.
- Los pedales continúan a girar cuando usted para de empujar a los pedales.
- Los pedales al girar pueden causar heridas.
- Reduzca la velocidad de los pedales en forma controlada.
- El peso del usuario no debe exceder 113 kg.
- Reemplace la calcomanía si está dañada, ilegible, o faltando.

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 250 lbs. (113 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. When adjusting the height of the seat, make sure that the pin on the knob is inserted into one of the adjustment holes in the seat post (see HOW TO ADJUST THE SEAT on page 14). Do not rest the seat post on top of the pin on the knob.
14. The exercise bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. 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.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



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

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

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

PREVENTIVE MAINTENANCE SERVICE PLANS

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

Features:

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

STANDARD SERVICE PLANS

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

Features:

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

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



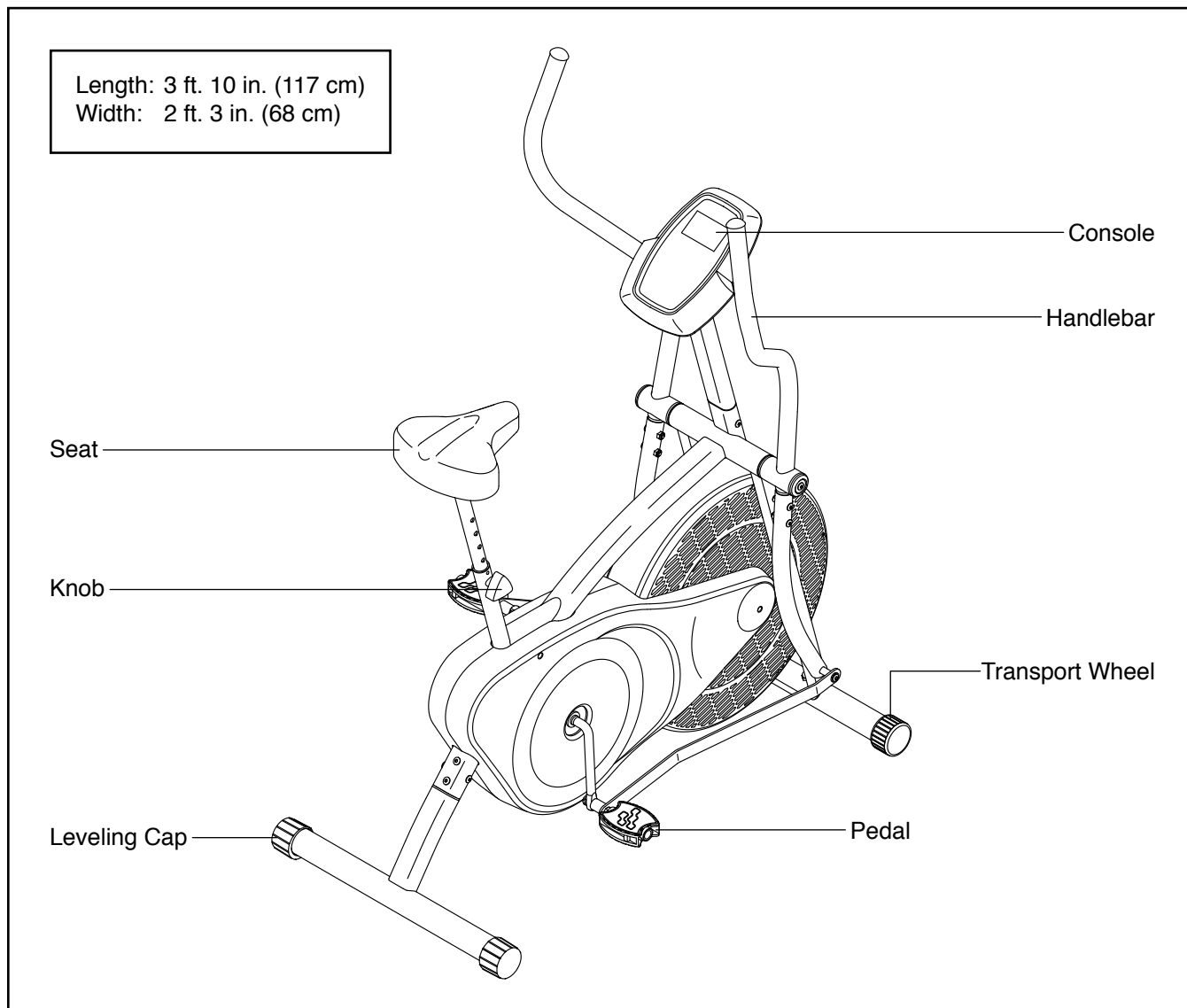
BEFORE YOU BEGIN

Thank you for selecting the new GOLD'S GYM® AIR CYCLE exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The AIR CYCLE exercise bike offers an array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

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

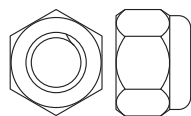
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

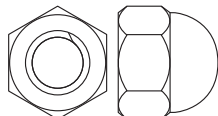


PART IDENTIFICATION CHART

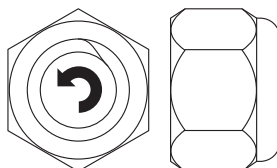
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



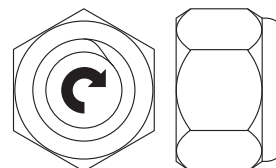
M8 Locknut
(43)–8



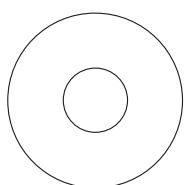
M8 Acorn
Nut (44)–2



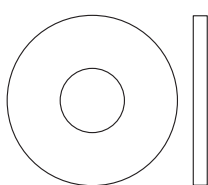
Left Pedal
Locknut (25)–1



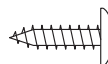
Right Pedal
Locknut (53)–1



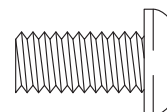
Thrust Washer
(46)–2



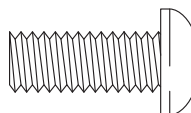
Handlebar
Washer (48)–2



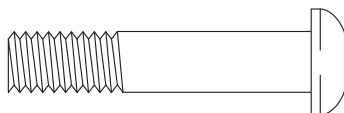
M4 x 15mm
Screw (57)–4



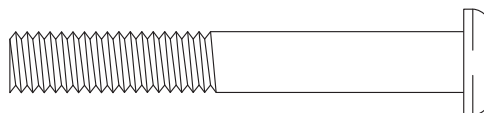
M8 x 16mm
Screw (52)–7



M8 x 20mm
Screw (14)–2



M8 x 40mm Bolt
(55)–4



M8 x 60mm Bolt
(56)–2

ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left 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 tool(s):

one Phillips screwdriver



one adjustable wrench



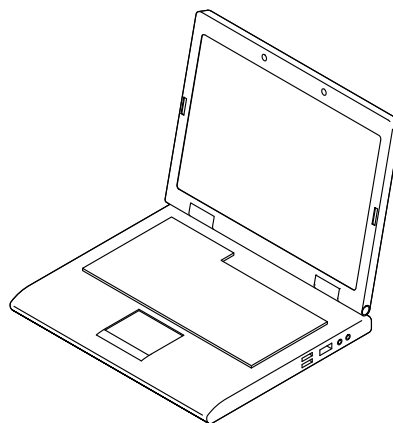
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

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

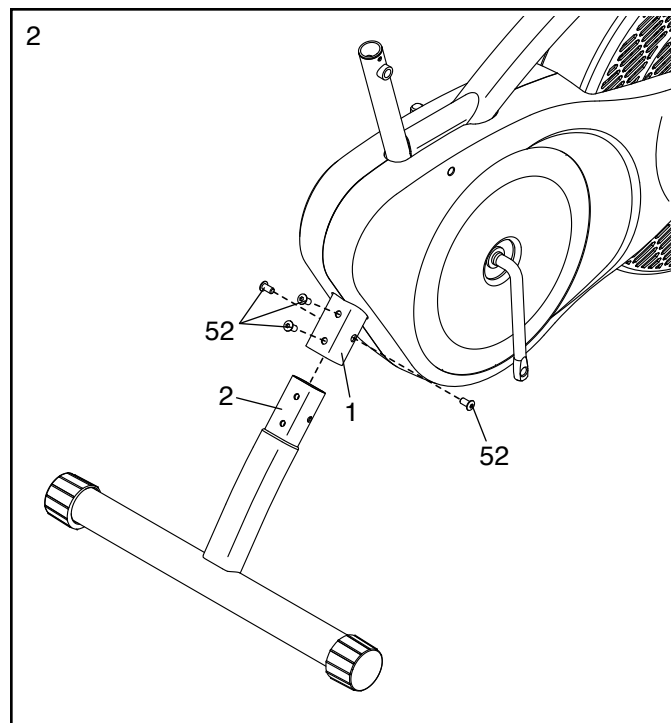
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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

1

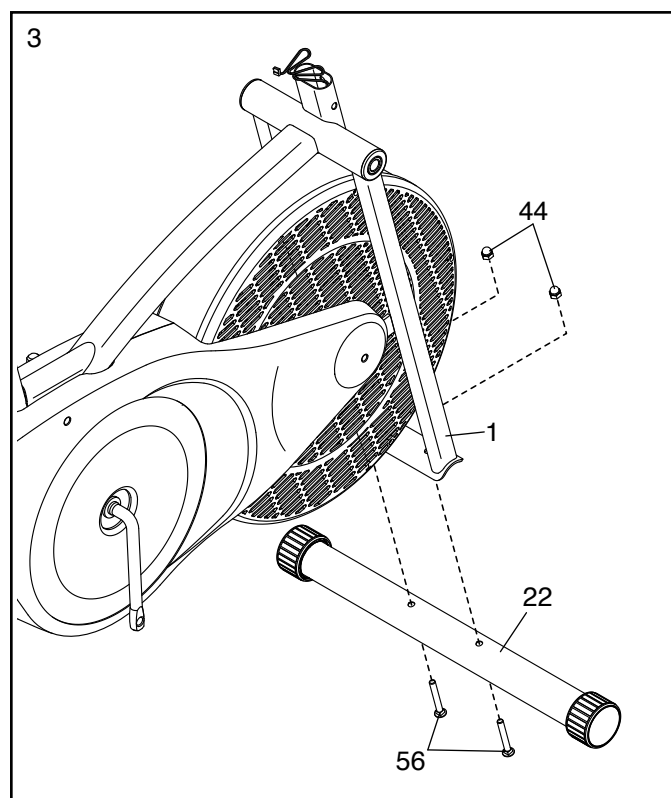


2. Insert the Rear Stabilizer (2) into the rear of the Frame (1). Attach the Rear Stabilizer with four M8 x 16mm Screws (52). Start all the Screws, and then tighten them.

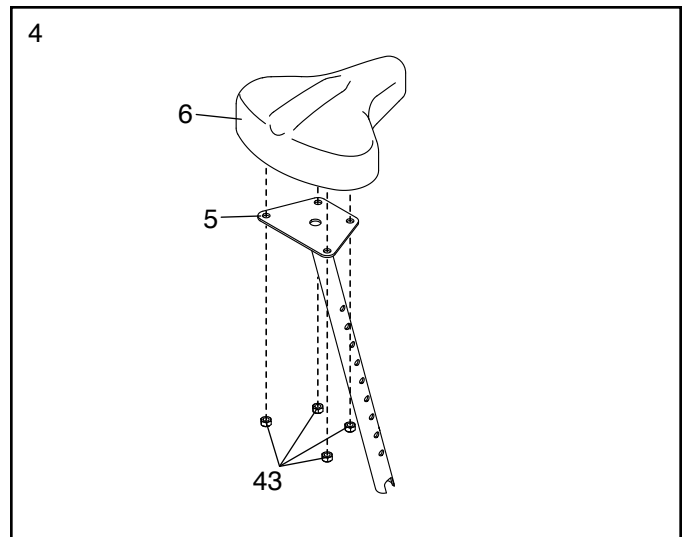


3. Orient the Front Stabilizer (22) as indicated by the sticker.

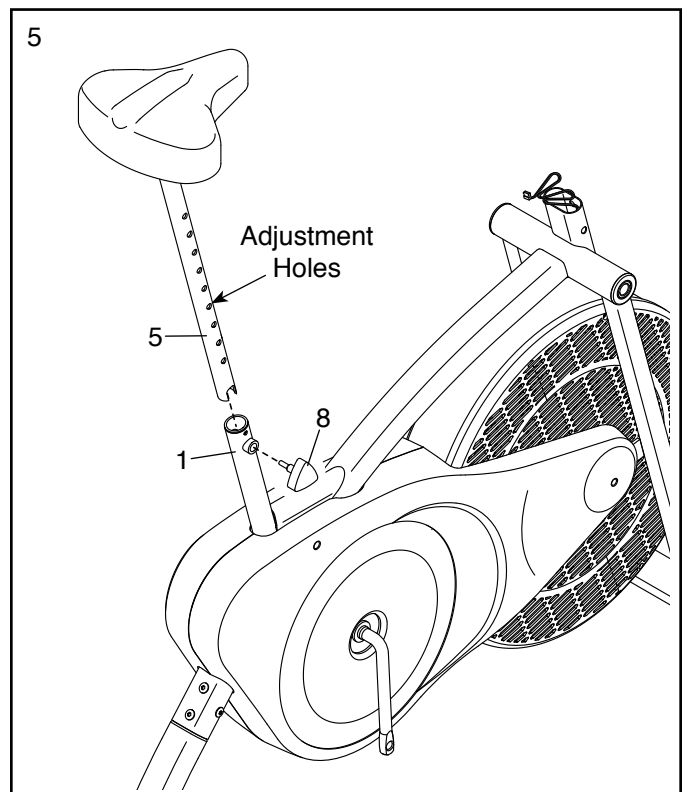
Attach the Front Stabilizer (22) to the front of the Frame (1) with two M8 x 60mm Bolts (56) and two M8 Acorn Nuts (44).



4. Attach the Seat (6) to the Seat Post (5) with four M8 Locknuts (43). **Note: The Locknuts may be preattached to the underside of the Seat.**



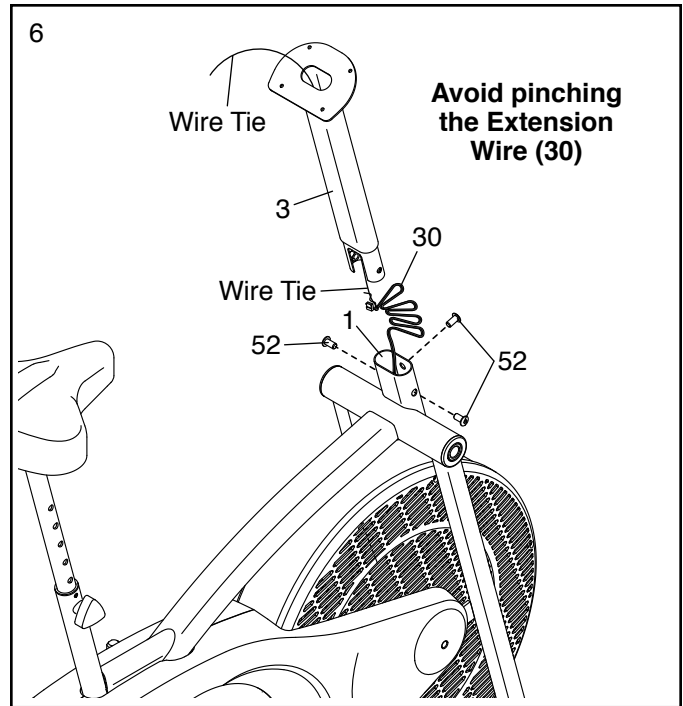
5. Insert the Seat Post (5) into the Frame (1). Next, insert the Knob (8) into the Frame and the Seat Post. **Move the Seat Post upward and downward slightly to make sure that the pin on the Knob is engaged in one of the adjustment holes in the Seat Post.** Then, tighten the Knob.



6. Have a second person hold the Upright (3) near the Frame (1).

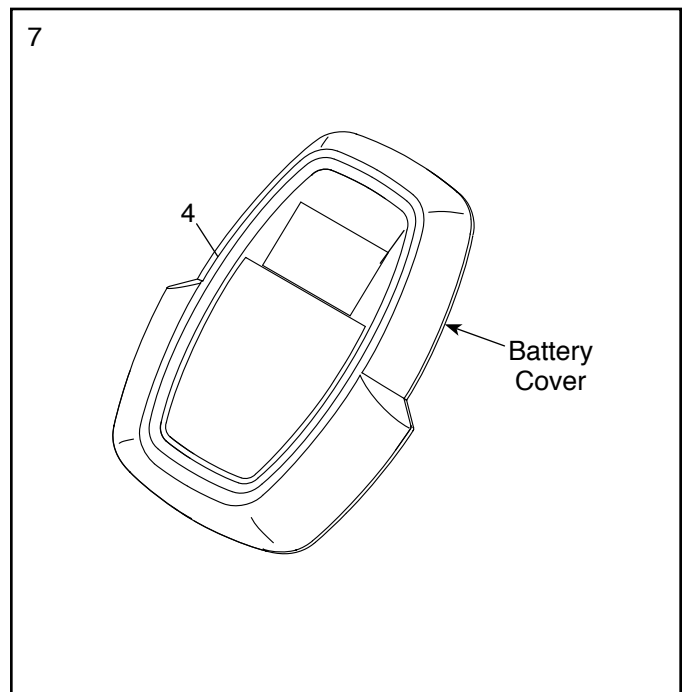
Locate the wire tie in the Upright (3). Tie the lower end of the wire tie to the Extension Wire (30). Then, pull the upper end of the wire tie until the Extension Wire is routed through the Upright.

Tip: Avoid pinching the Extension Wire (30). Insert the Upright (3) into the Frame (1). Attach the Upright with three M8 x 16mm Screws (52).



7. The Console (4) can use four AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

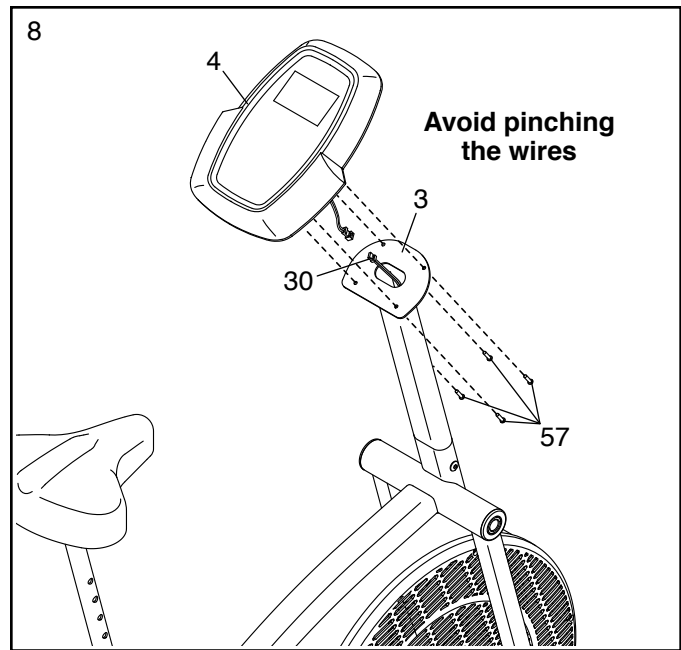
Remove the battery cover from the back of the Console (4), and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



8. While a second person holds the Console (4) near the Upright (3), connect the wire on the Console to the Extension Wire (30).

Insert the excess wire into the Upright (3).

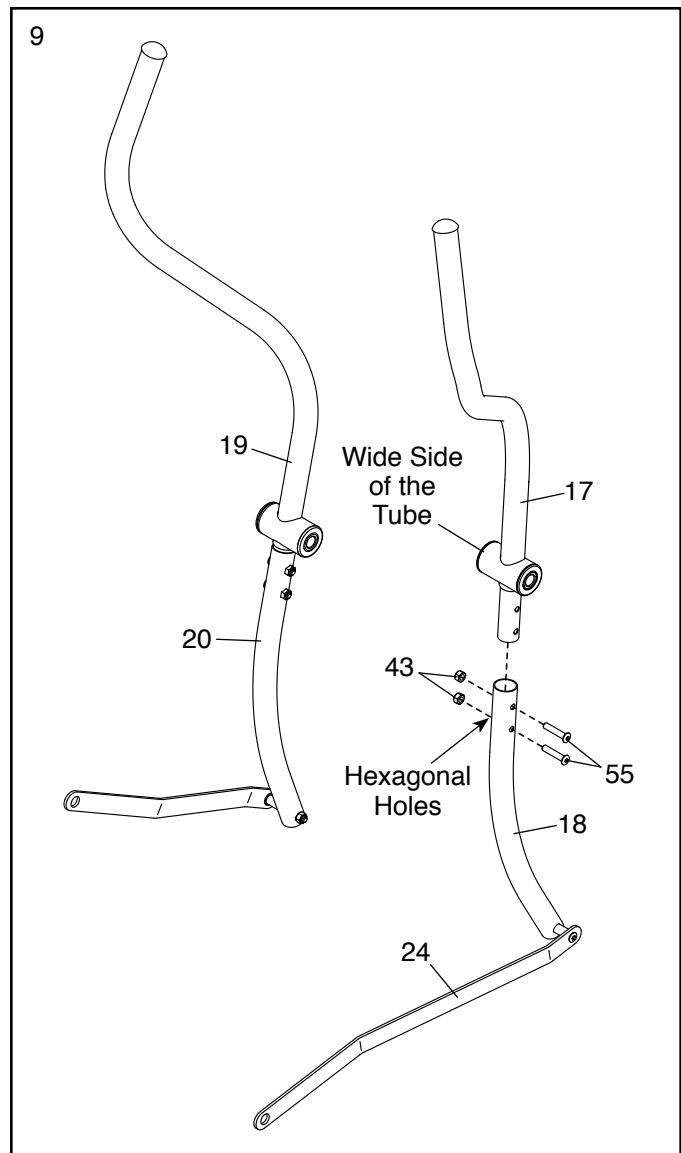
Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (3) with four M4 x 15mm Screws (57).



9. Identify the Right Handlebar (17) and the Right Handlebar Leg (18). **Orient these parts so that the wide side of the tube on the Right Handlebar and the right Link Arm (24) are in the locations shown.** Note: The wide side of the tube on the Right Handlebar is indicated by a sticker.

Attach the Right Handlebar (17) to the Right Handlebar Leg (18) with two M8 x 40mm Bolts (55) and two M8 Locknuts (43); **make sure that the Locknuts are in the hexagonal holes.**

Attach the Left Handlebar (19) to the Left Handlebar Leg (20) in the same way.

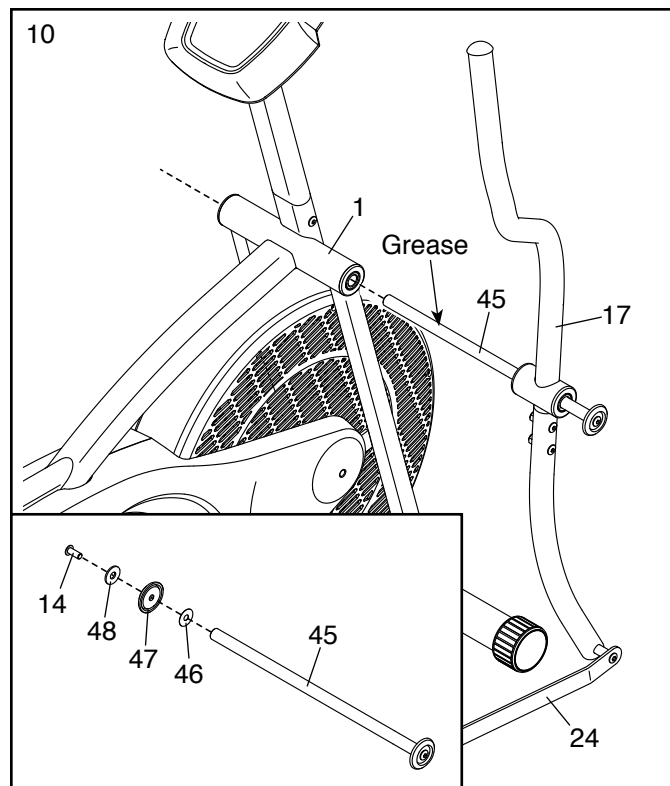


10. **See the inset drawing.** Remove an M8 x 20mm Screw (14), a Handlebar Washer (48), a Handlebar Cover (47), and a Thrust Washer (46) from one end of the Handlebar Axle (45). **Set these parts aside until step 11.**

Using a plastic bag to keep your fingers clean, apply a generous amount of the included grease to the Handlebar Axle (45).

Orient the Right Handlebar (17) as shown. **Make sure that the right Link Arm (24) is in the indicated location.**

Insert the Handlebar Axle (45) through the Right Handlebar (17) and the right side of the Frame (1).

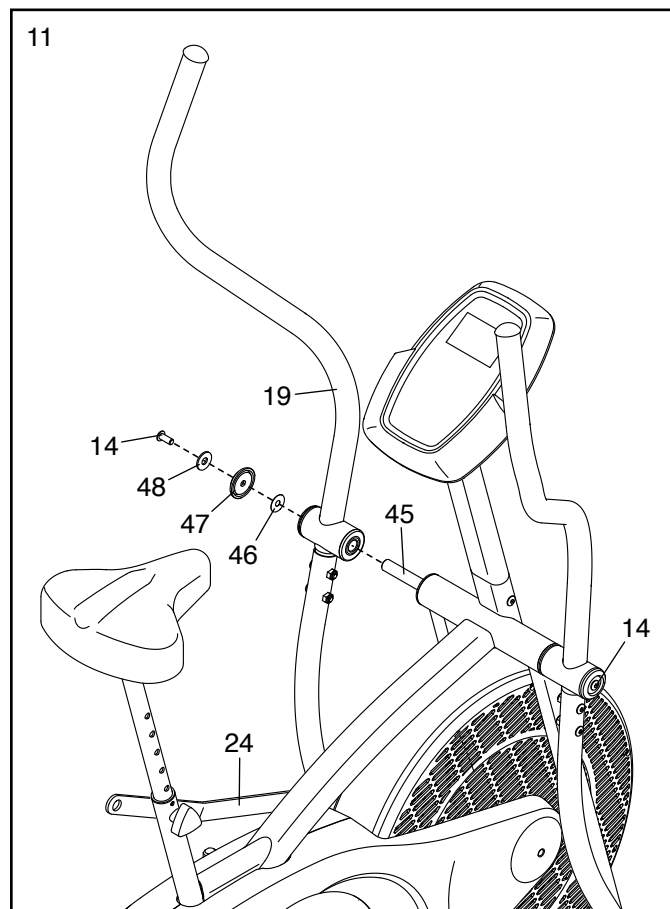


11. Orient the Left Handlebar (19) as shown. **Make sure that the left Link Arm (24) is facing outward.**

Slide the Left Handlebar (19) onto the left side of the Handlebar Axle (45).

Start the M8 x 20mm Screw (14), the Handlebar Washer (48), the Handlebar Cover (47), and the Thrust Washer (46) that you removed in step 10 into the left side of the Handlebar Axle (45); **do not fully tighten the Screw.**

Tighten both M8 x 20mm Screws (14) into the Handlebar Axle (45) at the same time.



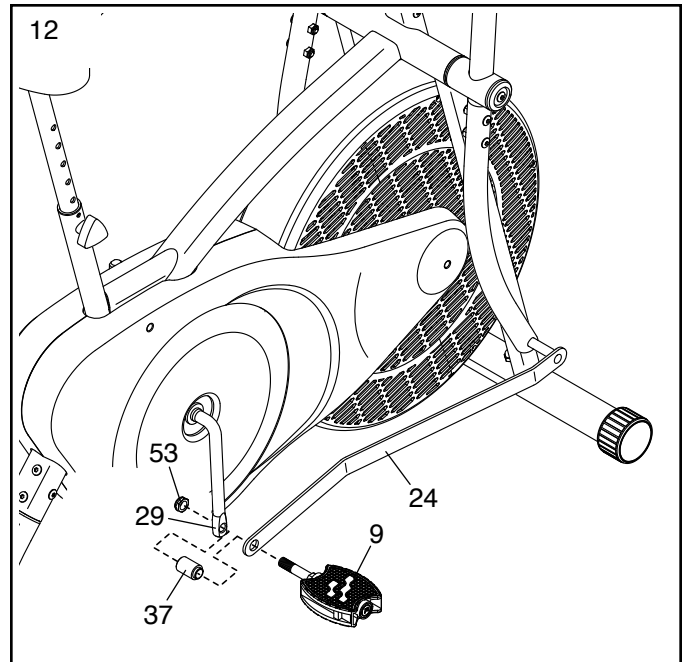
12. Remove the Right Pedal Locknut (53) and the Pedal Spacer (37) from the Right Pedal (9).

Insert the shaft of the Right Pedal (9) through the rear end of the right Link Arm (24) and the Pedal Spacer (37).

Next, tighten the Right Pedal (9) **clockwise** into the right side of the Crank (29). Then, tighten the Right Pedal Locknut (53) **clockwise** onto the shaft of the Right Pedal.

Attach the other Link Arm (not shown) in the same way.

IMPORTANT: Make sure to tighten the Left Pedal (not shown) and the Left Pedal Locknut (not shown) counterclockwise.



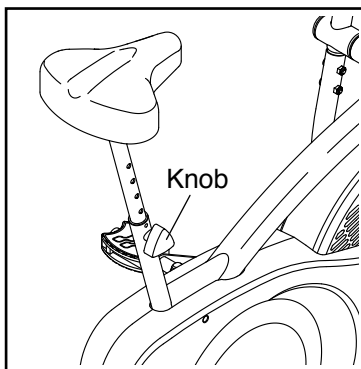
13. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**
Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the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

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SEAT

For effective exercise, the seat must 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.

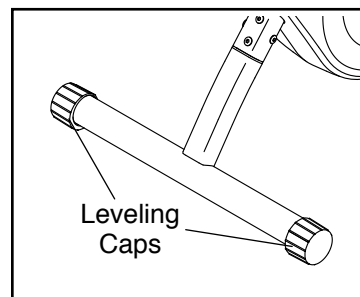
To adjust the seat, first loosen and remove the knob, raise or lower the seat post, and then insert the knob into the frame and the seat post. **Move the seat post upward and downward slightly to make sure that the pin on the knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the knob.



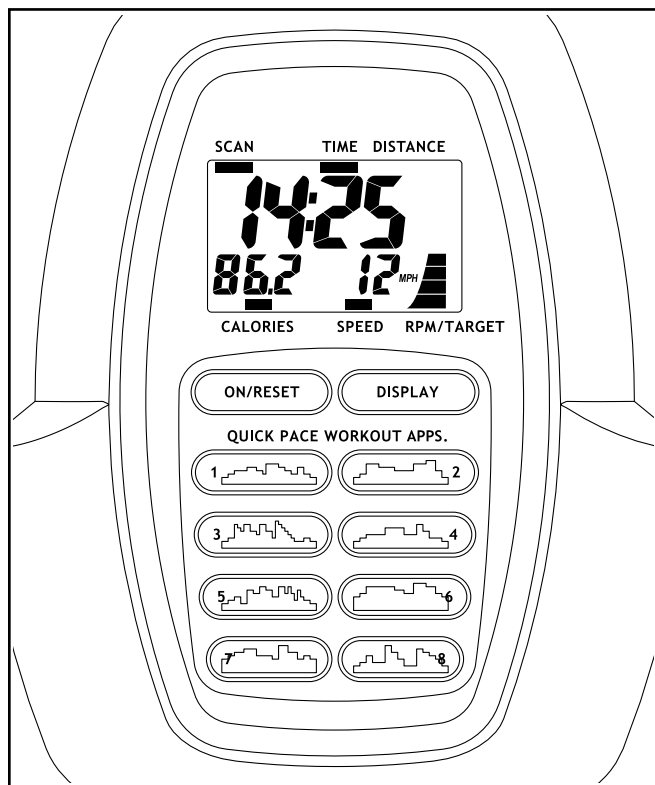
CAUTION: Make sure that the pin on the knob is inserted into one of the adjustment holes in the seat post. Do not rest the seat post on top of the pin on the knob.

HOW TO LEVEL THE EXERCISE BIKE

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



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, the console will provide continuous exercise feedback.

The console also offers eight quick pace workouts that prompt you to vary your pedaling pace while guiding you through an effective workout.

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

To use the manual mode, see the instructions at the right. **To use a quick pace workout**, see page 17. **To use the settings mode**, see page 17.

HOW TO USE THE MANUAL MODE

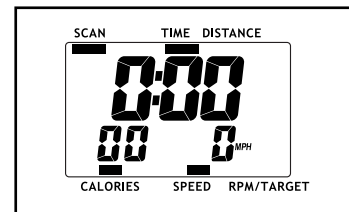
1. Turn on the console.

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

2. Select the manual mode.

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

If you have selected a workout, reselect the manual mode by pressing any of the Quick Pace Workout Apps buttons repeatedly until zeros appear in the displays.



3. Follow your progress with the displays.

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

Speed—This display shows your pedaling speed in miles or kilometers per hour.

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

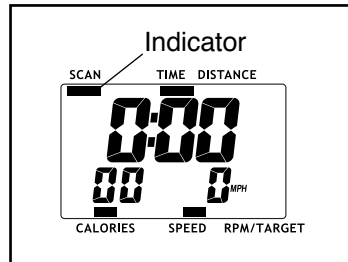
Distance—This display shows the distance you have pedaled in miles or kilometers.

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

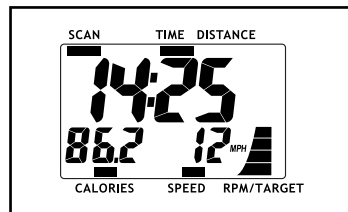
Scan—When you select this display option, the upper section of the display will show both time and distance information, and the lower left section of the display will show calories information.

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 17.

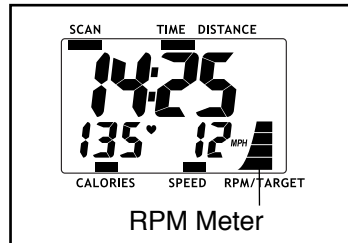
When you turn on the console, the scan display will be selected automatically. An indicator will appear below the word SCAN to show that the scan display is selected.



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



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



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

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

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

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

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

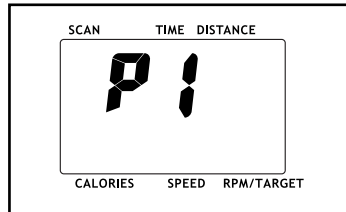
HOW TO USE A QUICK PACE WORKOUT

1. Turn on the console.

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

2. Select a quick pace workout.

To select a quick pace workout, press the desired Quick Pace Workout Apps button. The name of the workout will appear in the display.

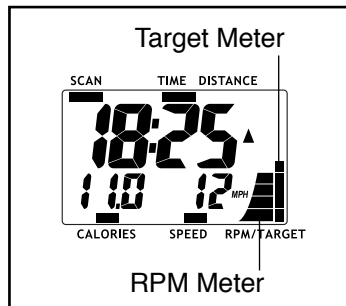


A few seconds after you select a quick pace workout, the display will show the duration of the workout.

3. Begin pedaling to start the workout.

The quick pace workouts consist of several one-minute segments. One target speed (rpm) is programmed for each segment.

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



As the target meter changes in height during the workout, adjust your pedaling speed so that the same number of bars appears in both meters.

If your pedaling speed is slower than the current target speed, an arrow will appear next to the RPM meter to prompt you to increase your speed; **if your pedaling speed is faster than the target speed**, an arrow will prompt you to decrease your speed.

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

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

4. Follow your progress with the displays.

See step 3 on page 15.

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

See step 4 on page 16.

THE SETTINGS MODE

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

To select the settings mode, press and hold down the Quick Pace Workout App 2 button for a few seconds until the settings mode information appears in the display.

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

The 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 Display button repeatedly.

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

To exit the settings mode, press the On/Reset button.

FCC INFORMATION

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

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

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

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Inspect and tighten all parts of the exercise bike regularly. To clean the exercise bike, use a damp cloth and a small amount of mild detergent; **never use abrasives or solvents to clean the exercise bike. To avoid damaging the console, keep liquid away from the console.**

CONSOLE TROUBLESHOOTING

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

ADJUSTING THE REED SWITCH

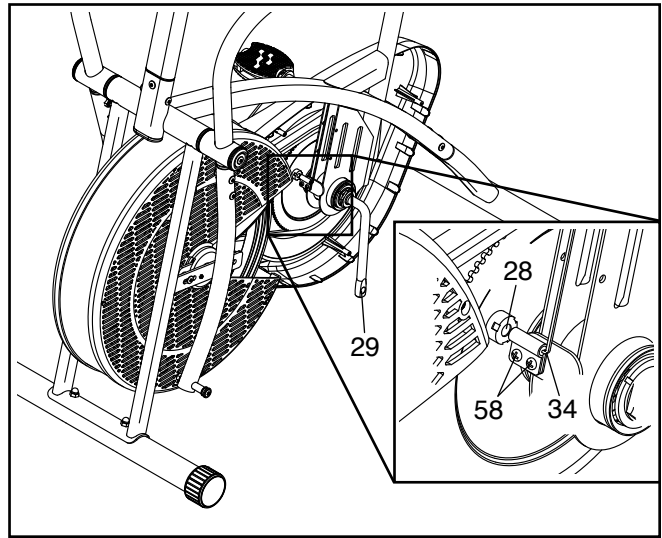
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, the left pedal and the left shield must be removed.

First, see assembly step 12 on page 13 and the EXPLODED DRAWING on page 23. Remove the Left Pedal (10) and the left Link Arm (24) from the left side of the Crank (29).

Then, see the EXPLODED DRAWING on page 23. Remove the two M4 x 15mm Tek Screws (58) and the four M4 x 15mm Screws (57) from the Left Shield (11); **make sure to note the location of each Screw.** Then, gently remove the Left Shield.

Locate the Reed Switch (34). Turn the Crank (29) until a Magnet Assembly (28) is aligned with the Reed Switch.



Loosen, but do not remove, the two M4 x 15mm Tek Screws (58). Then, slide the Reed Switch (34) slightly closer to or away from the Magnet Assembly (28), and retighten the Tek Screws. Then, turn the Crank (29) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the left shield and the left pedal.

ADJUSTING THE CHAIN

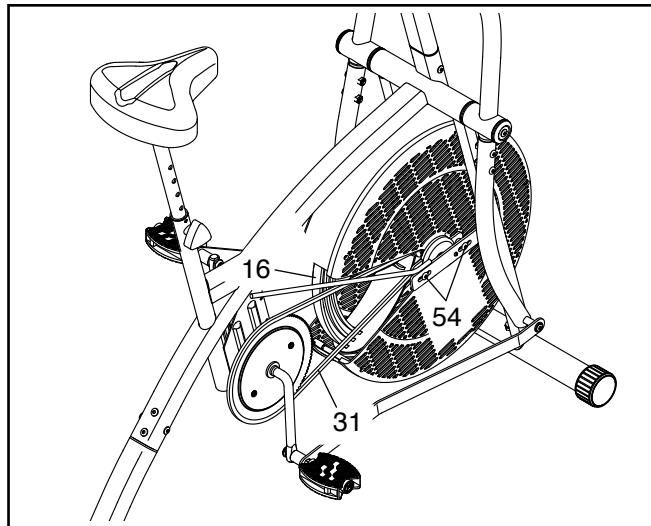
If the pedals slip while you are pedaling, the chain may need to be adjusted.

To adjust the chain, the right and left shields must be removed.

See the EXPLODED DRAWING on page 23. Remove the four M4 x 15mm Tek Screws (58) and the four M4 x 15mm Screws (57) from the Left and Right Shields (11, 12); **make sure to note the location of each Screw.** Then, gently rotate the Left and Right Shields out of the way.

Note: For clarity, the shields are shown removed in the drawing below.

Loosen the four M8 x 23mm Screws (54); there are two Screws on each side of the Flywheel (16). Then, push the Flywheel forward until the Chain (31) is tight. Then, tighten the Screws and reattach the left and right shields.



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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

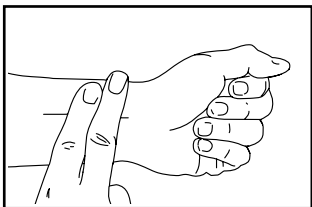
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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.

PART LIST

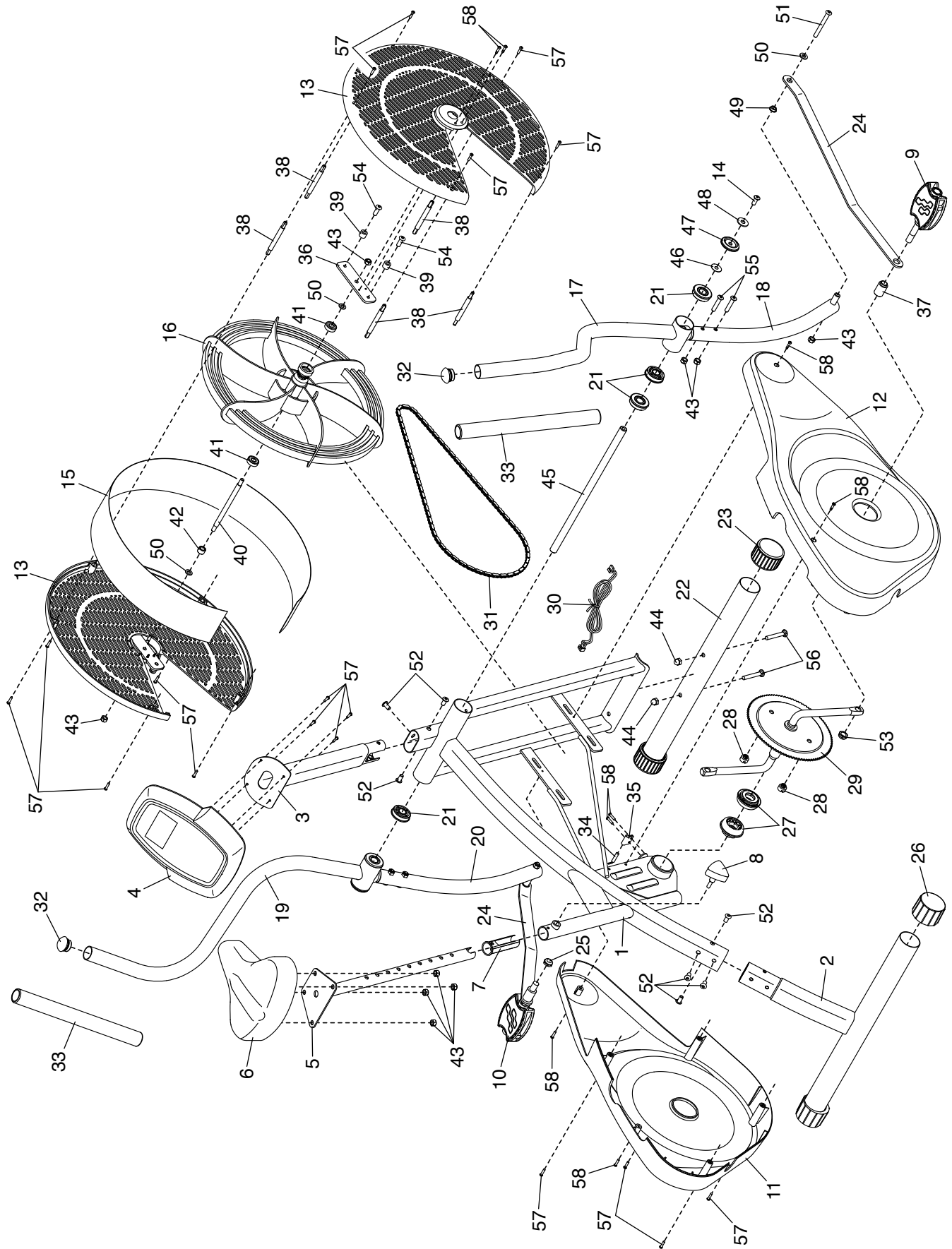
Model No. GGEX61914.0 R0614A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	32	2	Handlebar Cap
2	1	Rear Stabilizer	33	2	Foam Grip
3	1	Upright	34	1	Reed Switch/Wire
4	1	Console	35	1	Clamp
5	1	Seat Post	36	2	Adjustment Bracket
6	1	Seat	37	2	Pedal Spacer
7	1	Frame Sleeve	38	5	Cover Post
8	1	Knob	39	4	Adjustment Spacer
9	1	Right Pedal	40	1	Flywheel Axle
10	1	Left Pedal	41	2	Flywheel Bearing
11	1	Left Shield	42	1	Flywheel Spacer
12	1	Right Shield	43	12	M8 Locknut
13	2	Flywheel Cover	44	2	M8 Acorn Nut
14	2	M8 x 20mm Screw	45	1	Handlebar Axle
15	1	Flywheel Shield	46	2	Thrust Washer
16	1	Flywheel	47	2	Handlebar Cover
17	1	Right Handlebar	48	2	Handlebar Washer
18	1	Right Handlebar Leg	49	2	Link Arm Bushing
19	1	Left Handlebar	50	4	M8 Washer
20	1	Left Handlebar Leg	51	2	M8 x 75mm Bolt
21	6	Pivot Bushing	52	7	M8 x 16mm Screw
22	1	Front Stabilizer	53	1	Right Pedal Locknut
23	2	Transport Wheel	54	4	M8 x 23mm Screw
24	2	Link Arm	55	4	M8 x 40mm Bolt
25	1	Left Pedal Locknut	56	2	M8 x 60mm Bolt
26	2	Stabilizer Cap	57	18	M4 x 15mm Screw
27	1	Crank Bearing Assembly	58	10	M4 x 15mm Tek Screw
28	2	Magnet Assembly	*	—	Assembly Tool
29	1	Crank/Gear	*	—	Grease Packet
30	1	Extension Wire	*	—	User's Manual
31	1	Chain			

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. GGEX61914.0 R0614A



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for two (2) 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 the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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

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

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