

GOLD'S GYM®

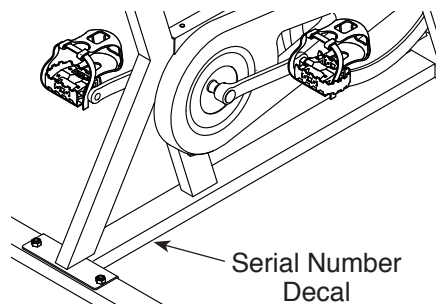
CYCLE TRAINER 310

www.workoutwarehouse.com

Model No. GGEX62410.1

Serial No. _____

Write the serial number in the space above for reference.



USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE**; please contact Customer Care.

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

CALL TOLL-FREE:

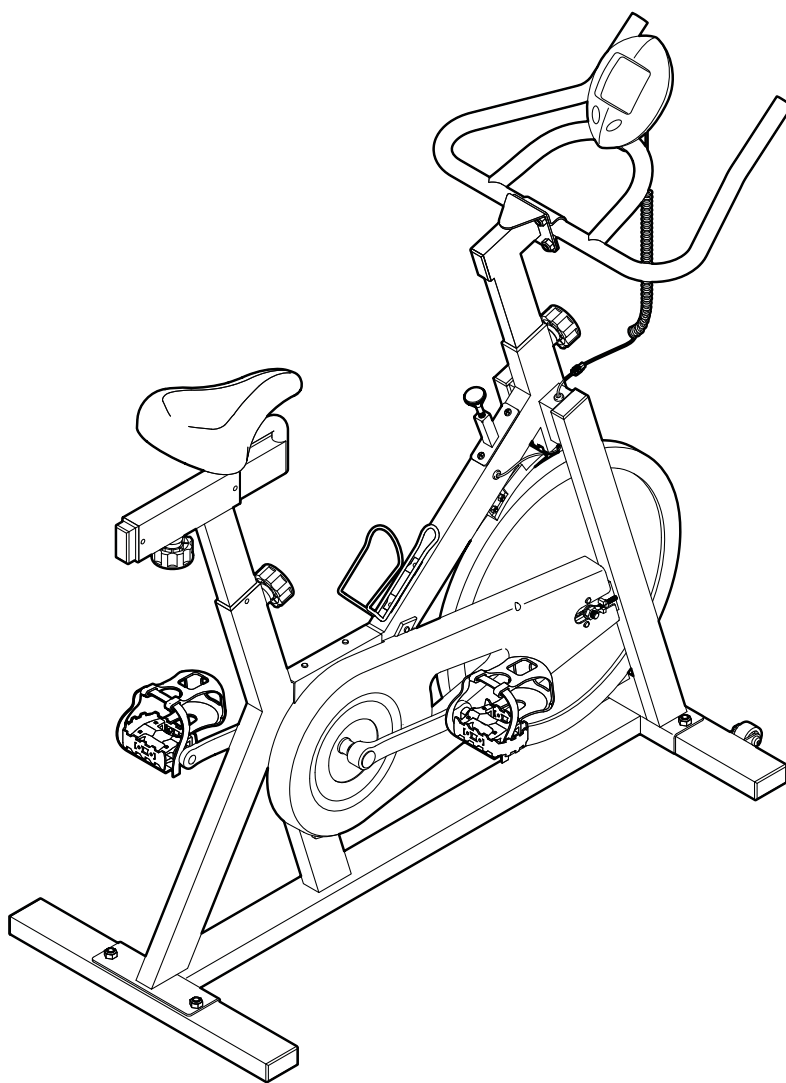
1-877-776-4777

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.workoutwarehouse.com



⚠ CAUTION

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

FREE

*i*fit.



HOW-TO
VIDEOS

www.iFit.com

TABLE OF CONTENTS

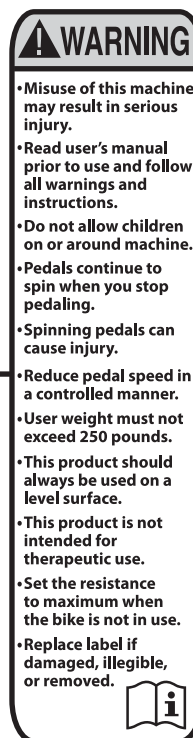
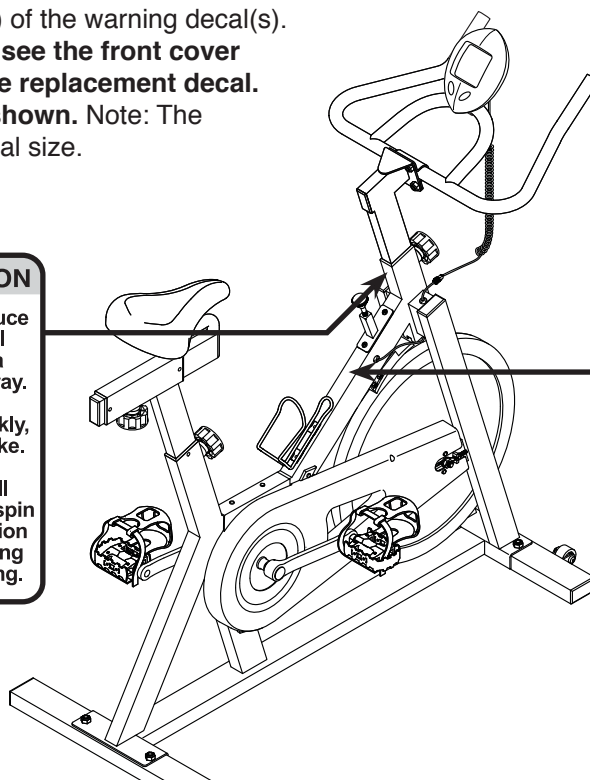
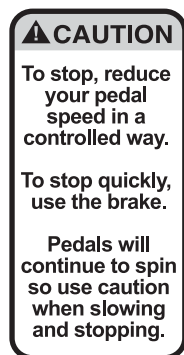
WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS.....	3
BEFORE YOU BEGIN.....	4
ASSEMBLY	5
HOW TO USE THE EXERCISE BIKE.....	10
FCC INFORMATION	11
EXERCISE GUIDELINES	13
PART LIST.....	14
EXPLODED DRAWING.....	15
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY.....	Back Cover

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. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for use in a supervised environment only.
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 a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise 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. Always keep your back straight while using the exercise bike; do not arch your back.
12. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
13. To stop the flywheel quickly, press the resistance knob downward.
14. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

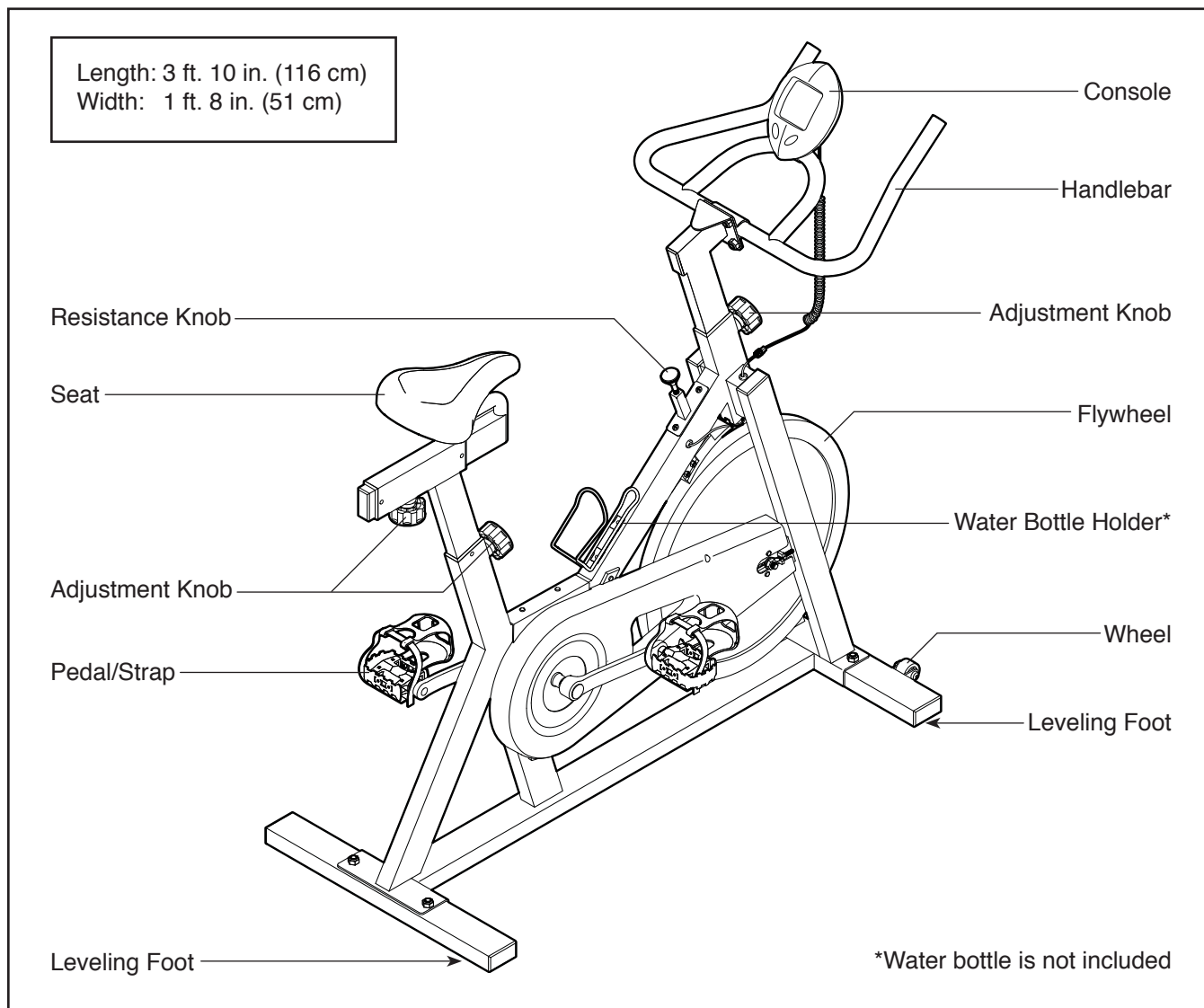
BEFORE YOU BEGIN

Thank you for selecting the new GOLD'S GYM® CYCLE TRAINER 310 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The CYCLE TRAINER 310 exercise bike provides a selection of features designed to make your workouts 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 back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



ASSEMBLY

- To hire an authorized service technician to assemble the exercise bike, 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 complete all assembly steps.

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

one Phillips screwdriver

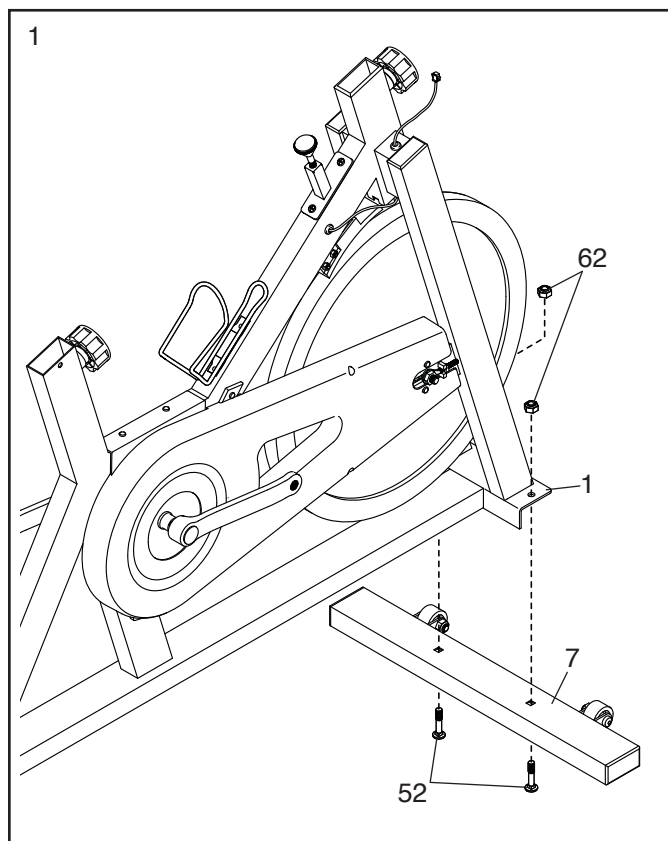


one adjustable wrench

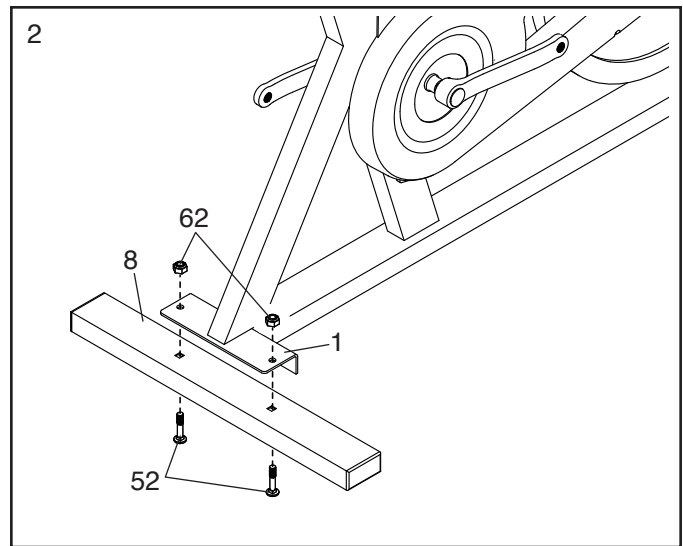


Assembly may be easier if you have a socket set or a set of ratchet wrenches. To avoid damaging parts, do not use power tools.

1. Orient the Front Stabilizer (7) as shown. Attach the Front Stabilizer to the Frame (1) with two M8 x 35mm Carriage Bolts (52) and two M8 Locknuts (62).



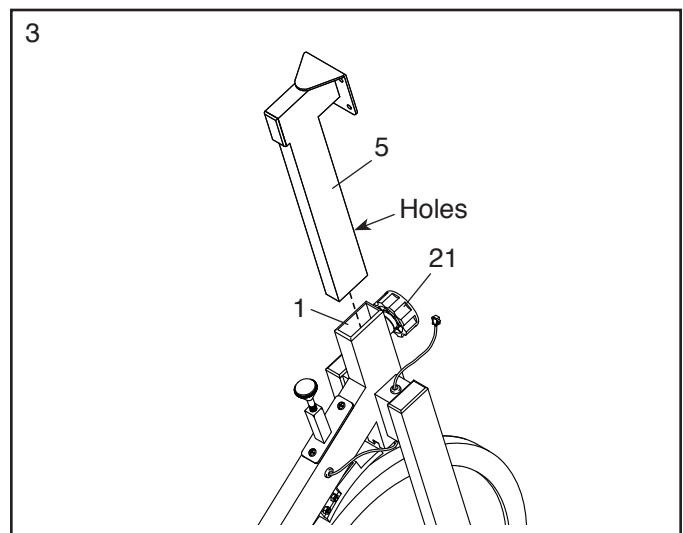
2. Attach the Rear Stabilizer (8) to the Frame (1) with two M8 x 35mm Carriage Bolts (52) and two M8 Locknuts (62).



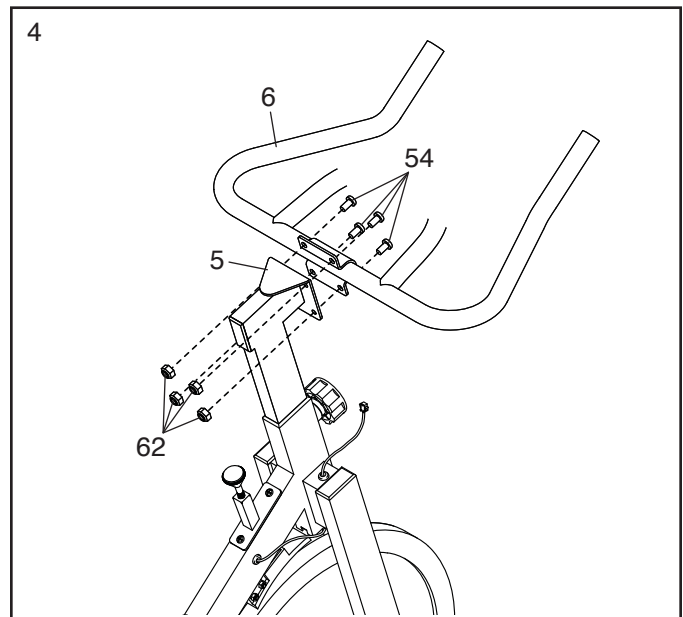
3. Orient the Handlebar Post (5) as shown.

Loosen the indicated Adjustment Knob (21) on the front of the Frame (1) and pull it outward. Then, insert the Handlebar Post (5) into the Frame.

Move the Handlebar Post (5) upward or downward to the desired position, release the Adjustment Knob (21) into an adjustment hole in the Handlebar Post, and then tighten the Adjustment Knob. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



4. Orient the Handlebar (6) as shown. Attach the Handlebar to the Handlebar Post (5) with four M8 x 15mm Button Bolts (54) and four M8 Locknuts (62).



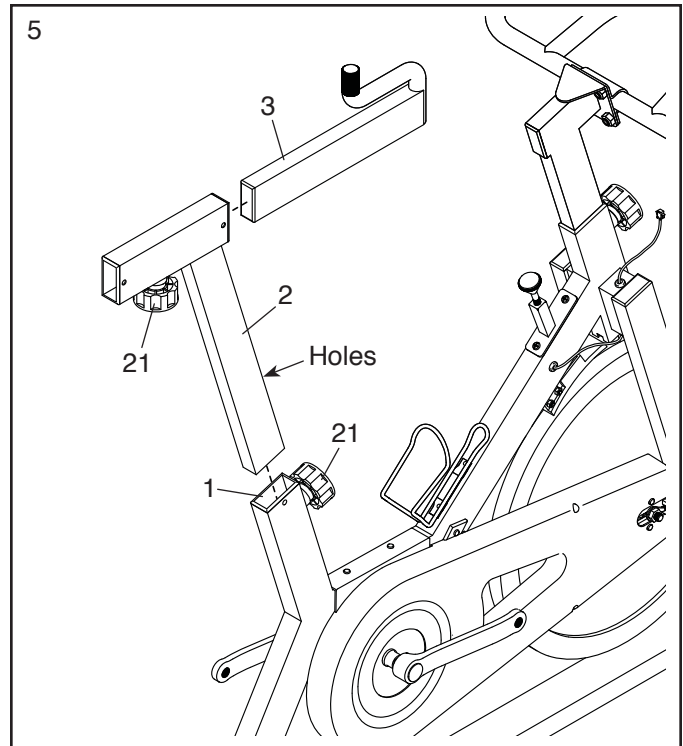
5. Orient the Seat Post (2) as shown. Loosen the indicated Adjustment Knob (21) on the Frame (1) and pull it outward. Then, insert the Seat Post into the Frame.

Move the Seat Post (2) upward or downward to the desired position, release the Adjustment Knob (21) into an adjustment hole in the Seat Post, and then tighten the Adjustment Knob.

Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.

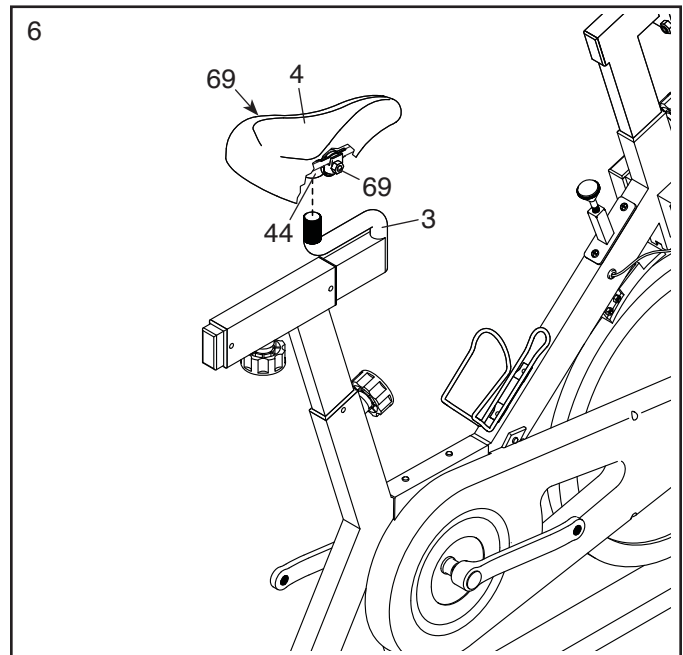
Orient the Seat Carriage (3) as shown. Loosen the indicated Adjustment Knob (21) on the Seat Post (2) and pull it outward. Then, insert the Seat Carriage into the Seat Post.

Slide the Seat Carriage (3) to the desired position and then release the Adjustment Knob (21) into one of the adjustment holes in the Seat Carriage. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



6. Slide the Seat Clamp (44) on the Seat (4) onto the Seat Carriage (3).

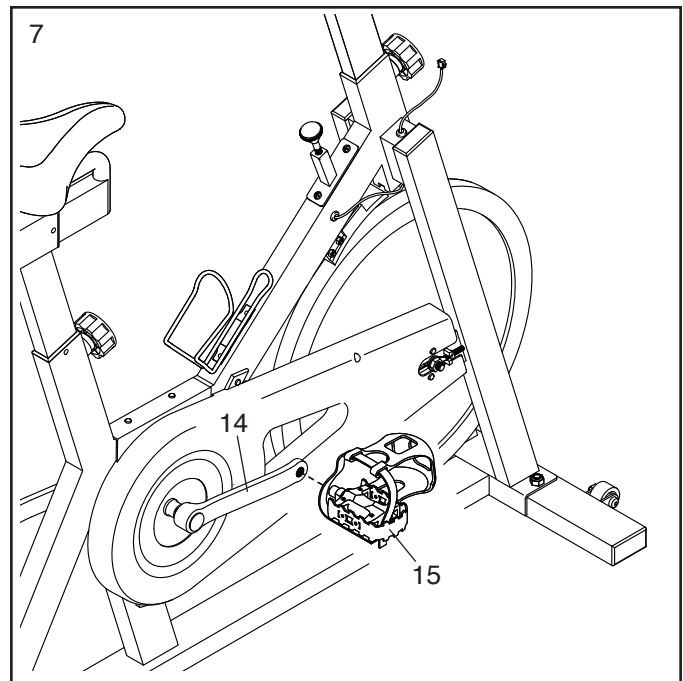
Then, tighten the two Seat Mount Nuts (69) on the Seat Clamp (44). **Make sure that the nose of the Seat (4) is pointing straight ahead before you tighten the Nuts.**



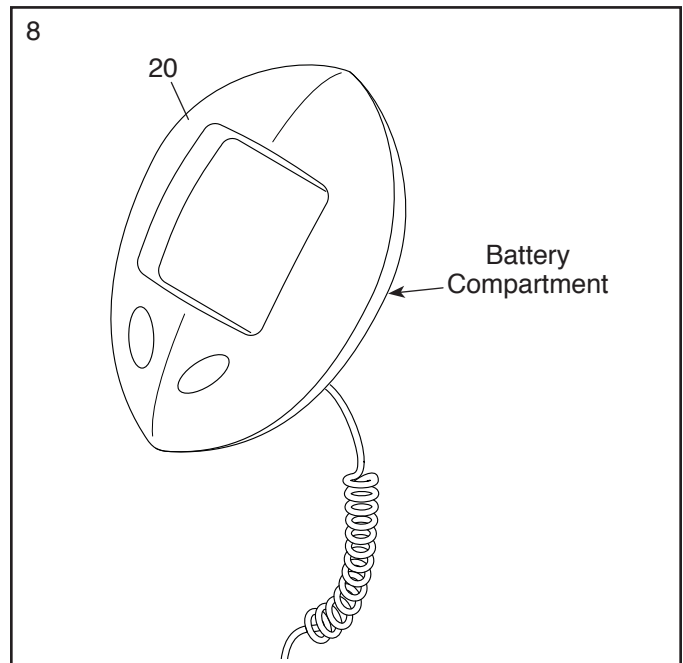
7. Identify the Right Pedal (15), which is marked with an “R.”

Using an adjustable wrench, firmly tighten the Right Pedal (15) **clockwise** into the Right Crank Arm (14).

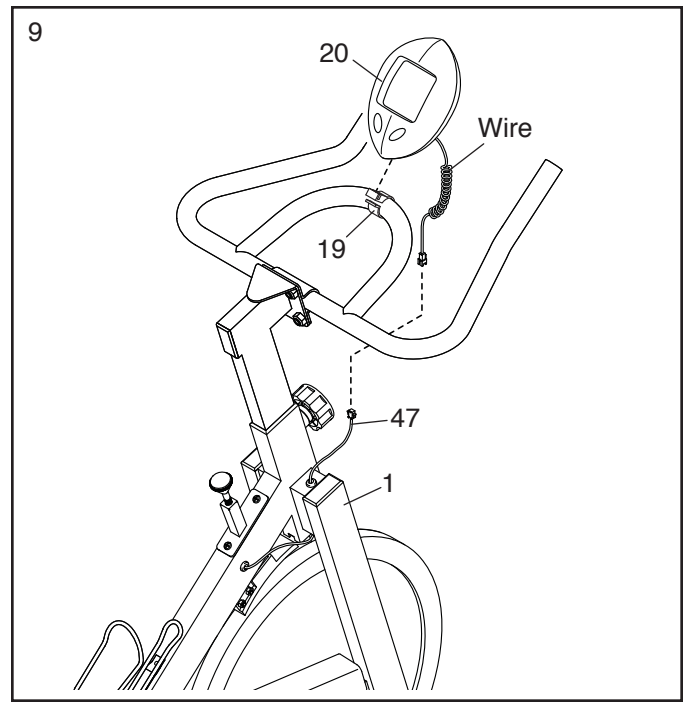
Tighten the Left Pedal (not shown) **counter-clockwise** into the Left Crank Arm (not shown).



8. The Console (20) can use two AAA 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 inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover from the back of the console, and insert the 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.



9. Slide the Console (20) onto the Console Mount (19). Connect the wire on the Console to the Reed Switch Wire (47) in the Frame (1).



10. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over.

HOW TO USE THE EXERCISE BIKE

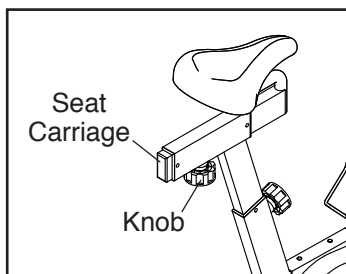
HOW TO ADJUST THE SEAT

You can adjust the angle of the seat to the position that is most comfortable. You can also slide your seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

See step 6 on page 7. To adjust the seat, first loosen the seat mount nuts on the seat clamp a few turns. Next, tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the seat mount nuts.

HOW TO ADJUST THE SEAT CARRIAGE

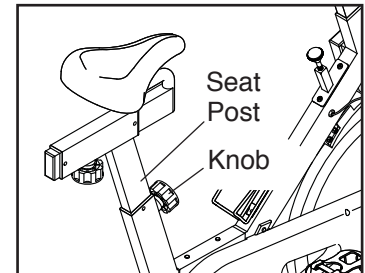
To adjust the position of the seat carriage, loosen the adjustment knob, move the seat carriage forward or backward to the desired position, and then firmly tighten the adjustment knob.



HOW TO ADJUST THE SEAT POST

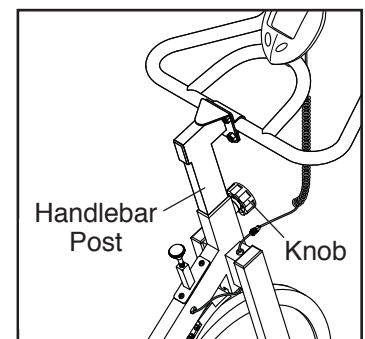
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the seat post, first loosen the adjustment knob and pull it outward. Then, move the seat post upward or downward, release the adjustment knob into an adjustment hole in the seat post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole. IMPORTANT: Do not adjust the seat post beyond the stop mark on the seat post.**



HOW TO ADJUST THE HANDLEBAR POST

To adjust the handlebar post, first loosen the adjustment knob and pull it outward. Then, move the handlebar post upward or downward, release the adjustment knob into an adjustment hole in the handlebar post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole. IMPORTANT: Do not adjust the handlebar post beyond the stop mark on the handlebar post.**

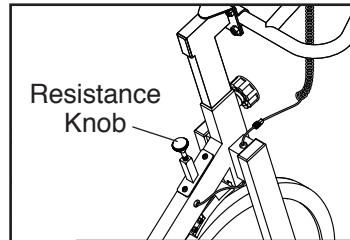


HOW TO USE THE PEDALS

To use the pedals (see the drawing on page 4), insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.

HOW TO ADJUST THE PEDALING RESISTANCE

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



To stop the flywheel, push the resistance knob downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.

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 on the front or rear stabilizer (see the drawing on page 4) until the rocking motion is eliminated.

HOW TO MAINTAIN THE EXERCISE BIKE

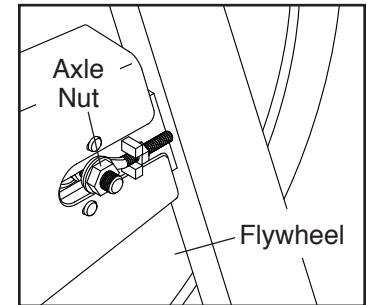
Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild detergent.

HOW TO ADJUST THE CHAIN

The exercise bike features a chain that must be kept properly adjusted. If the chain causes excessive noise or slips as you pedal, the chain should be adjusted.

To tighten the chain, loosen, but do not remove, the axle nuts on both sides of the flywheel. Pull the flywheel forward slightly. Make sure that the flywheel is straight and retighten the axle nuts.



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, the user is encouraged to 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.

WARNING: Per FCC rules, changes or modifications not expressly approved by ICON could void the user's authority to operate the equipment.

FEATURES OF THE CONSOLE

The easy-to-use console features six modes that provide instant exercise feedback during your workouts.

Scan (SCAN)—This mode displays the time, speed, distance, calories, and odometer modes, for a few seconds each, in succession.

Time (TIME)—This mode displays the elapsed time. Note: If you set a time goal (see step 2 below), this mode will display the time remaining in your workout.

Speed (SPEED)—This mode displays your pedaling speed, in miles per hour.

Distance (DIS.)—This mode displays the distance you have pedaled during your workout, in miles. Note: If you set a distance goal (see step 2 below), this mode will display the distance remaining in your workout.

Calories (CAL.)—This mode displays the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2 below), this mode will display the number of calories remaining to be burned in your workout.

Odometer (ODO.)—This mode displays the total distance, in miles, that has been pedaled on the exercise bike since it was manufactured.

HOW TO USE THE CONSOLE

Make sure that batteries are installed in the console (see assembly step 8 on page 8). If there is a sheet of plastic on the console, remove the plastic.

1. Turn on the console.

To turn on the console, press the Mode button on the console or simply begin pedaling.

2. Set a workout goal if desired.

To set a time, distance, or calorie-burning goal for your workout, press the Mode button repeatedly until the word TIME, DIS., or CAL. appears in the display. Make sure that the word SCAN does not appear.

Then, press the Set button repeatedly to set a goal. When the goal is set, a downward-facing arrow will appear in the display.

3. Select one of the modes.

Scan mode—To select the scan mode, press the Mode button repeatedly until the word SCAN appears in the display.

Time, speed, distance, calories, or odometer mode—To select one of these modes for continuous display, repeatedly press the Mode button until the desired selection appears in the display. Make sure that the word SCAN does not appear in the display.

Note: To reset the display to zero, press and hold the Mode button for three seconds.

4. Begin pedaling and follow your progress with the display.

As you exercise, the console will display the mode(s) that you select.

An upward-facing arrow will appear in the display to indicate that the time, speed, and/or calories modes are counting upward.

If you have set a workout goal, a downward-facing arrow will appear in the display to indicate that the time, speed, or calories modes is counting downward.

When you reach your workout goal, zeros will appear in the mode display. Then, an upward-facing arrow will appear in the display and the mode display will begin to count upward.

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

If the pedals do not move for a few seconds, the console will pause.

The console has an auto-off feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

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	

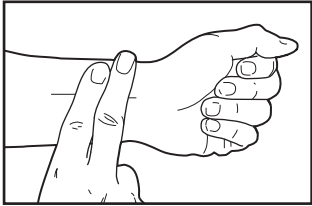
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

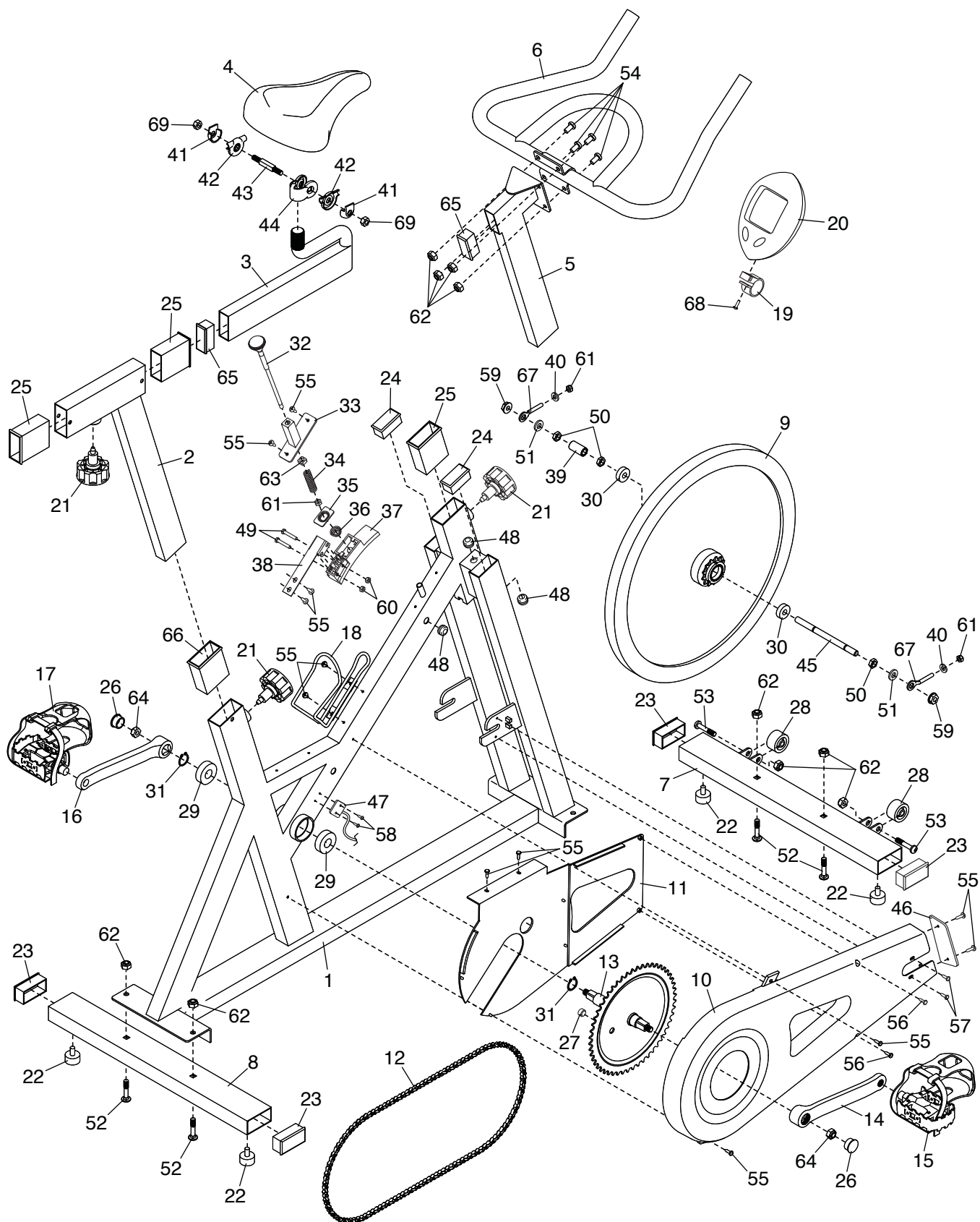
Model No. GGEX62410.1 R0911B

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	1	Pad Spring
2	1	Seat Post	37	1	Resistance Pad
3	1	Seat Carriage	38	1	Pad Bracket
4	1	Seat	39	1	Large Spacer
5	1	Handlebar Post	40	2	13mm Washer
6	1	Handlebar	41	2	D-bracket
7	1	Front Stabilizer	42	2	T-bracket
8	1	Rear Stabilizer	43	1	Stud
9	1	Flywheel	44	1	Seat Clamp
10	1	Shield	45	1	Flywheel Axle
11	1	Rear Guard	46	1	Front Guard
12	1	Chain	47	1	Reed Switch/Wire
13	1	Crank	48	3	Grommet
14	1	Right Crank Arm	49	2	M5 x 30mm Bolt
15	1	Right Pedal	50	3	M10 x 5mm Nut
16	1	Left Crank Arm	51	2	20mm Washer
17	1	Left Pedal	52	4	M8 x 35mm Carriage Bolt
18	1	Water Bottle Holder	53	2	M8 x 36mm Button Bolt
19	1	Console Mount	54	4	M8 x 15mm Button Bolt
20	1	Console	55	12	M4 x 15mm Screw
21	3	Adjustment Knob	56	2	M4 x 20mm Screw
22	4	Leveling Foot	57	2	M5 x 8mm Screw
23	4	Stabilizer Cap	58	2	M3 x 15mm Screw
24	2	Frame Cap	59	2	M10 Nut
25	3	Carriage Sleeve	60	2	M5 Locknut
26	2	Crank Cap	61	3	M6 Locknut
27	1	Magnet	62	10	M8 Locknut
28	2	Wheel	63	1	M8 Square Nut
29	2	Crank Bearing	64	2	M10 x 7mm Nut
30	2	Flywheel Bearing	65	2	Post Cap
31	2	Snap Ring	66	1	Post Sleeve
32	1	Resistance/Brake Knob	67	2	Eyebolt
33	1	Resistance Bracket	68	1	M4 x 16mm Screw
34	1	Spring	69	2	Seat Mount Nut
35	1	Spring Bracket	*	—	User's Manual

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. GGEX62410.1 R0911B



ORDERING REPLACEMENT PARTS

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

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

LIMITED WARRANTY

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

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for three (3) 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