

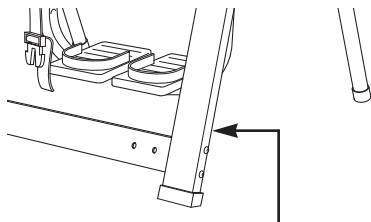
AEROFLYERTM

by **HEALTH RIDER**[®]

Model No. HRAW56070

Serial No. _____

Write the serial number in the space above for future reference.



Serial Number Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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



Patent Pending

USER'S MANUAL



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IMPORTANT PRECAUTIONS

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

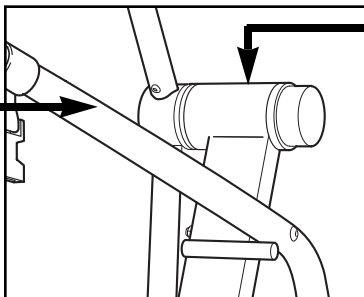
1. Read all instructions in this manual before using the AEROFLYER.
2. It is the responsibility of the owner to ensure that all users of the AEROFLYER are adequately informed of all warnings and precautions.
3. Use the AEROFLYER only as described.
4. Use the AEROFLYER only on a level surface. Cover the floor beneath the AEROFLYER to protect the floor or carpet.
5. Make sure that there are no persons or obstacles within two feet of the front or back of the AEROFLYER.
6. Inspect and tighten all parts of the AEROFLYER regularly. Replace any worn parts immediately.
7. Keep children and pets away from the AEROFLYER at all times.
8. The AEROFLYER should not be used by persons weighing more than 250 pounds.
9. Keep hands and feet away from moving parts.
10. Do not wear loose clothing that could become caught on the AEROFLYER.
11. Always wear athletic shoes for foot protection when exercising on the AEROFLYER.
12. When you are getting onto and off the AEROFLYER, tighten the resistance dials, hold the handles firmly, and center your body weight directly over the pedals.
13. Always wear the nylon belt when using the AEROFLYER.
14. Always hold the handgrips on the handles or place your hands beside the hip pad on the frame when using the AEROFLYER.
15. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.
16. When the AEROFLYER is not in use, always fold it to the storage position and unbuckle the nylon belt.
17. When folding the AEROFLYER for storage, hold the resistance dials to prevent your hands from being pinched.
18. The AEROFLYER is intended for home use only. Do not use the AEROFLYER in any commercial, rental, or institutional setting.

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

The decals shown below have been placed on the AEROFLYER. If one of the decals is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.

WARNING

- Never allow children to play on or around the AeroFlyer.
- Fold up AeroFlyer when not in use.
- The safety belt may present a hazard to children.
- Unbuckle safety belt when the AeroFlyer is not in use.



CAUTION

Do not allow children on or around machine.

Keep hands and feet away from moving parts and contact points.

Read owner's manual and follow instructions.

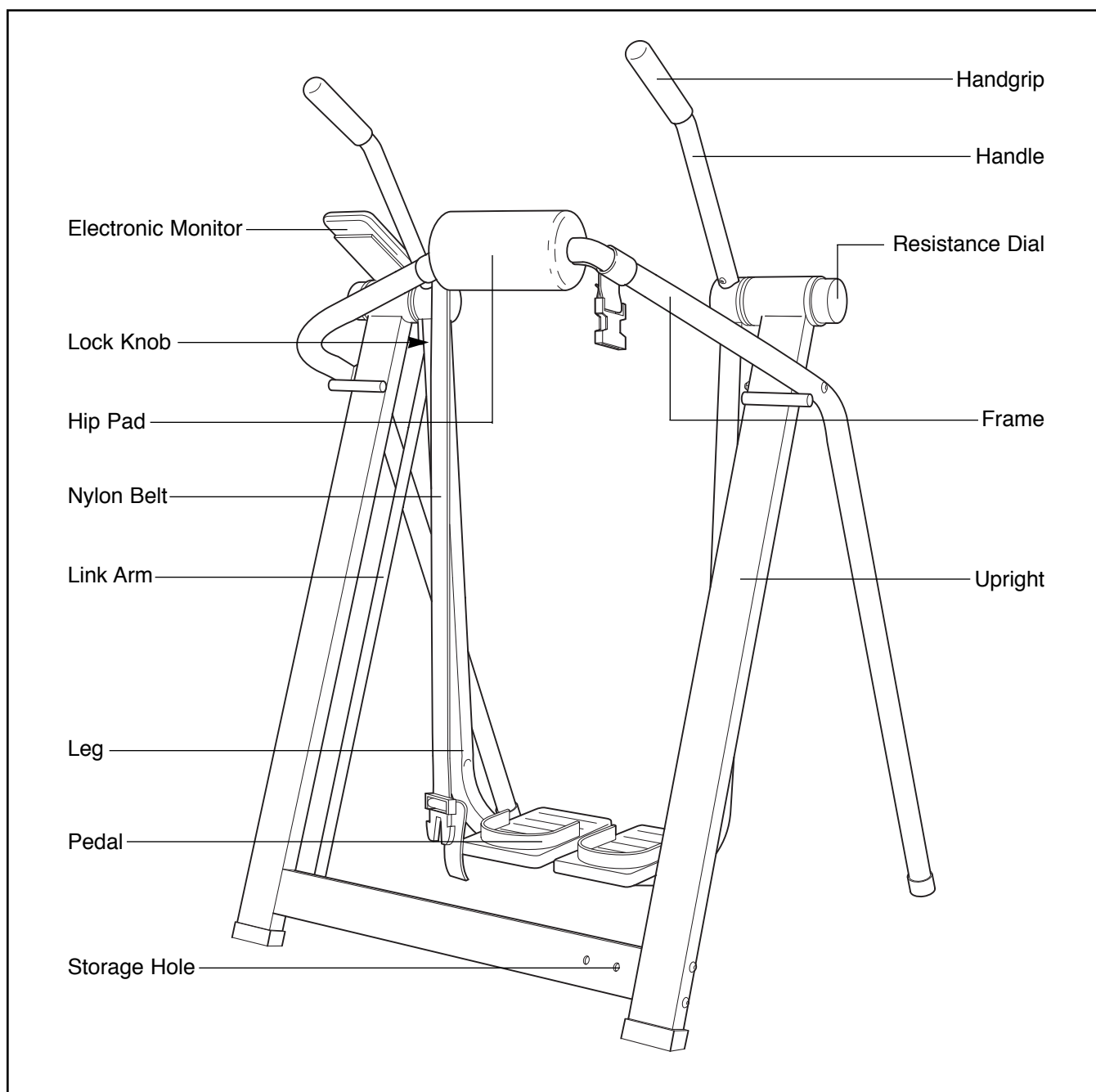
BEFORE YOU BEGIN

Thank you for selecting the innovative HealthRider® AEROFLYER. The AEROFLYER blends advanced engineering with contemporary styling to provide you with a no-impact, total body workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before using the AEROFLYER. If you have questions after reading the manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time

(excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is HRAW56070. The serial number can be found on a decal attached to the AEROFLYER (see the front cover of this manual for the location of the decal).

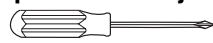
Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

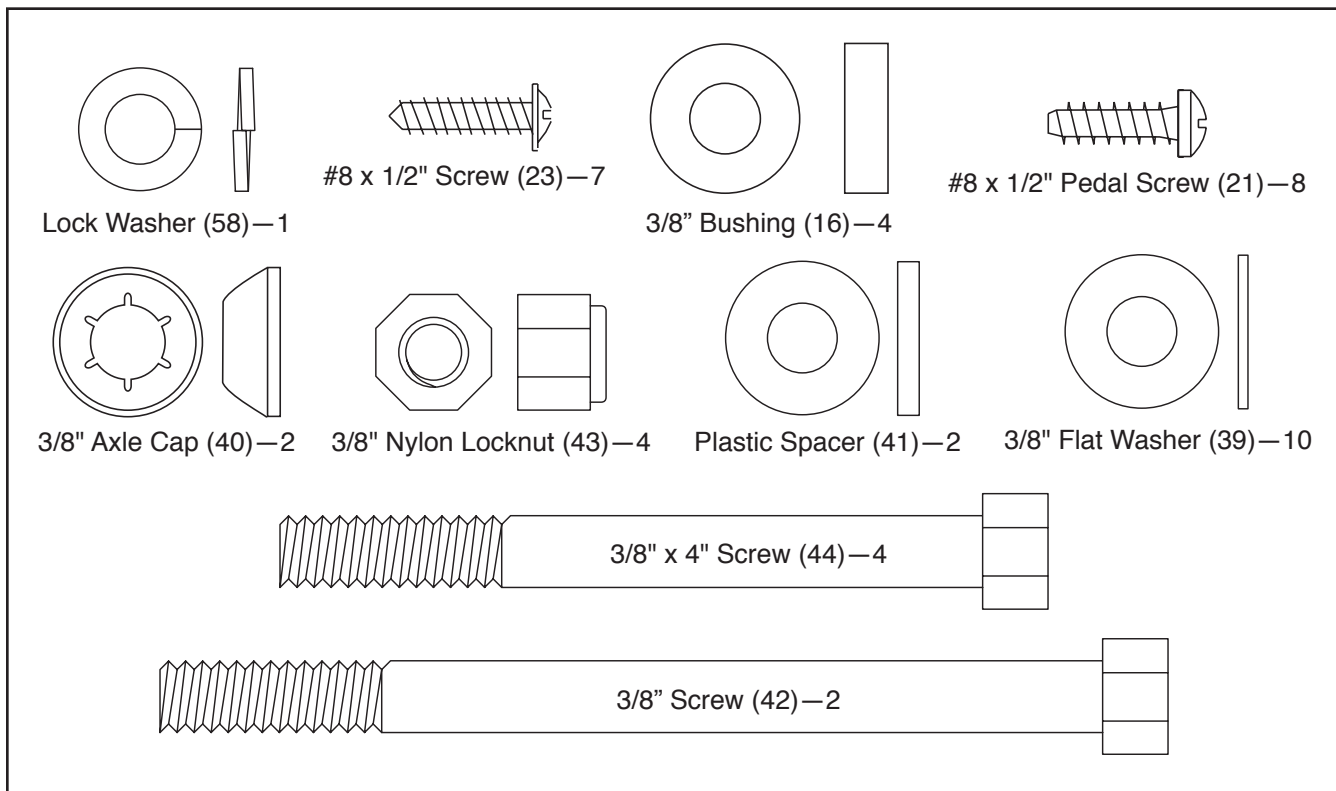


ASSEMBLY

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

Read through all steps before beginning assembly. As you assemble the AEROFLYER, make sure that all parts are oriented as shown in the drawings. Tighten all parts as you assemble them, unless instructed to do otherwise. Refer to the drawings below to identify the small hardware used in assembly. **Note: If a part is not found in the parts bag, check to see if it has been pre-attached.**

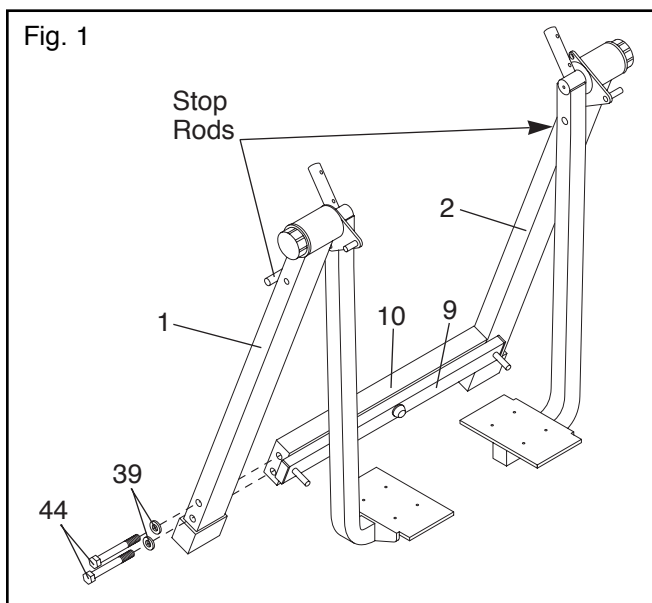
Assembly requires two adjustable wrenches , **a hammer** , **and a phillips screwdriver**  (not included).



1. Read all instructions at the top of this page before beginning assembly.

Refer to the drawing at the right and identify the Left and Right Uprights (1, 2). Note the location of the stop rods.

Turn the Crossbar (10) so the Rocker Arm (9) is at the top. Attach the Crossbar to the Left Upright (1) with two 3/8" x 4" Screws (44) and two 3/8" Flat Washers (39). **Do not tighten the Screws yet.** Attach the Crossbar to the Right Upright (2) in the same manner.



2. Refer to figure 2b. Slide a Finger Guard (54) onto the pins on the Left Pivot Bracket (7). Note: The Finger Guards may already be attached.

Find the Left Link Arm (11), which is labeled with a “left” sticker. Make sure that there are two 3/8” Bushings (16) in each end of the Link Arm. Slide one end of the Link Arm onto the indicated pin on the Left Pivot Bracket (7). **Make sure that the Link Arm is turned as shown in figure 2c.** Tap a 3/8” Axle Cap (40) onto the pin. Slide the other end of the Link Arm onto the pin on the Rocker Arm (9). (Note: It may be necessary to pivot the Rocker Arm and the Left Leg [1] slightly.) Tap a 3/8” Axle Cap (40) onto the pin.

Attach the other Finger Guard and the Right Link Arm (not shown) in the same manner.

3. Attach the Right Frame Section (6) to the Right Upright (2) with a 3/8” Screw (42), a Plastic Spacer (41), and a 3/8” Nylon Locknut (43). **Do not tighten the Nylon Locknut yet.**

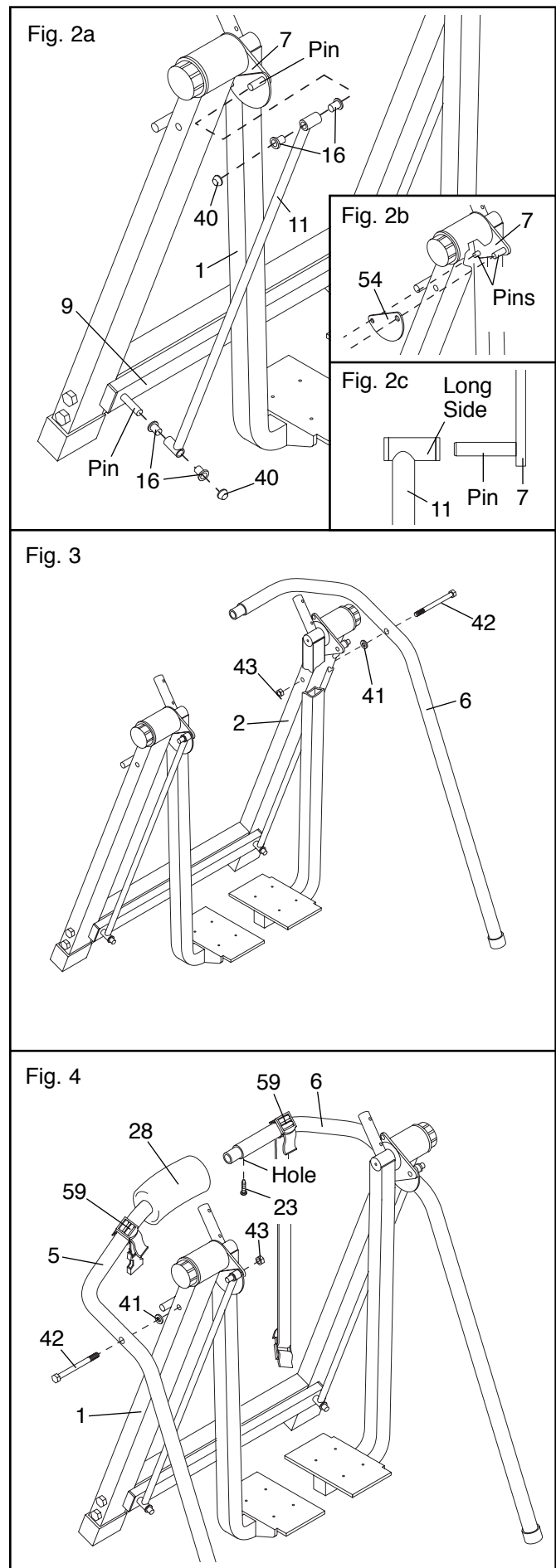
4. Slide the long end of the Nylon Strap (59) onto the Right Frame Section (6) as shown. Slide the short end of the Nylon Strap (59) and the Hip Pad (28) onto the Left Frame Section (5).

Slide the Left and Right Frame Sections (5, 6) together. Make sure that the indicated hole is accessible—if necessary, slide the Hip Pad (28) to the side. Attach the Frame Sections with a #8 x 1/2” Screw (23). **Do not tighten the Screw yet.**

Attach the Left Frame Section (5) to the Left Upright (1) with a 3/8” Screw (42), a Plastic Spacer (41), and a 3/8” Nylon Locknut (43).

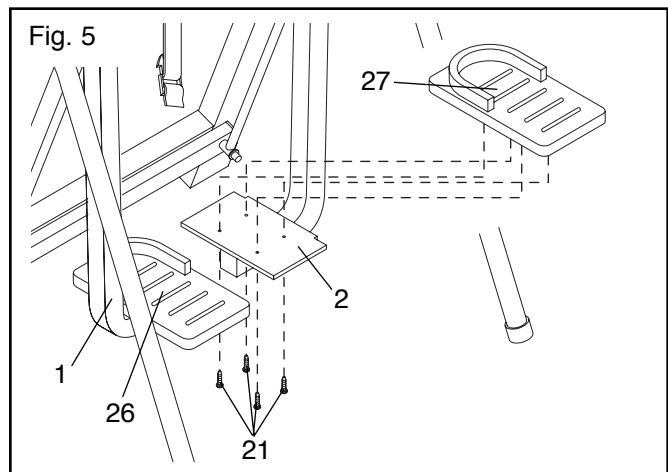
Tighten all parts used in steps 1, 3, and 4.

Center the Hip Pad (28) on the Left and Right Frame Sections (5, 6).

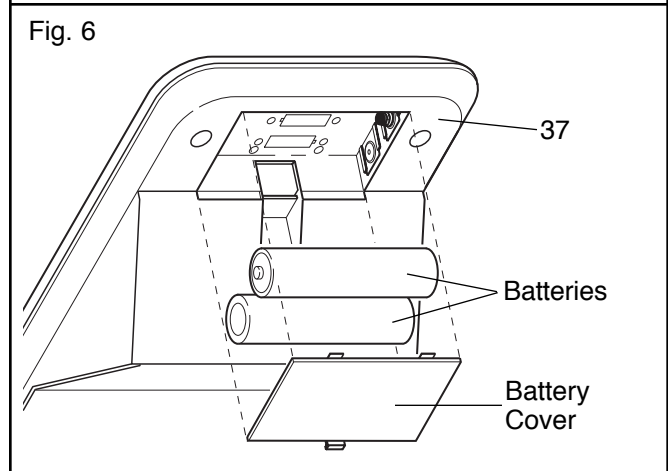


5. Attach the Right Pedal Cover (27) to the lower end of the Right Leg (2) with four #8 x 1/2" Pedal Screws (21).

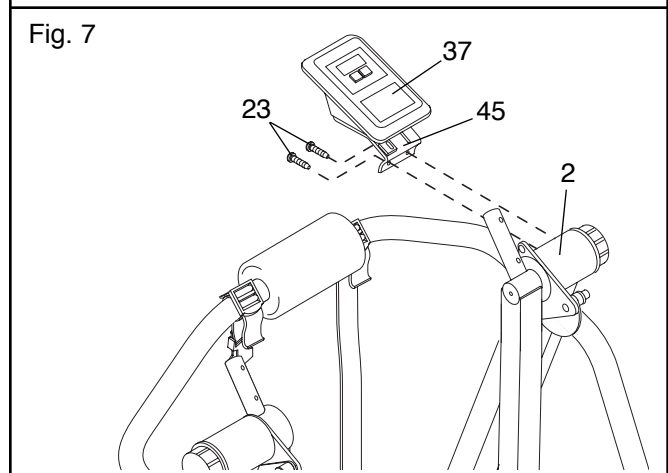
Attach the Left Pedal Cover (26) to the Left Leg (1) in the same manner.



6. The Electronic Monitor (37) requires two "AA" batteries (not included)—alkaline batteries are recommended. Press the tab on the battery cover and remove the battery cover. Insert two "AA" batteries into the Electronic Monitor. **Make sure that the batteries are turned as shown.** Replace the battery cover.

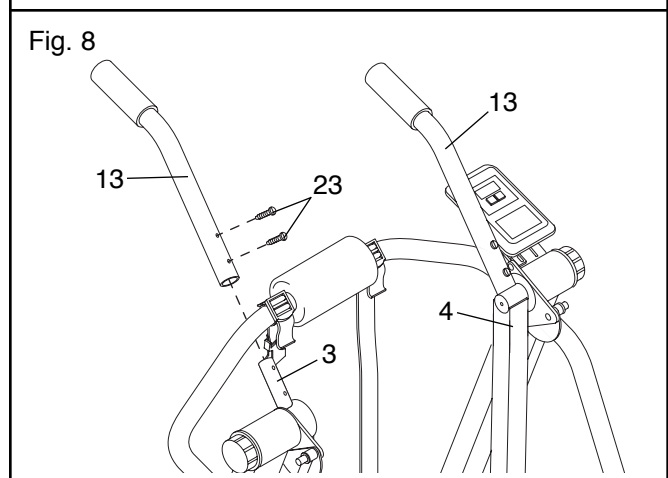


7. Remove the two indicated #8 x 1/2" Screws (23) from the Right Upright (2). Attach the Monitor Bracket (45) to the Right Upright with the Screws. Note: If the Electronic Monitor (37) does not operate properly, see HOW TO ADJUST THE REED SWITCH on page 11.



8. Slide one of the Handles (13) onto the Left Leg (3). Attach the Handle with two #8 x 1/2" Screws (23). Note: There are holes in the top and bottom of the Handle. If the Screws cannot be inserted into the top holes, insert them into the bottom holes.

Attach the other Handle (13) to the Right Leg (4) in the same manner.

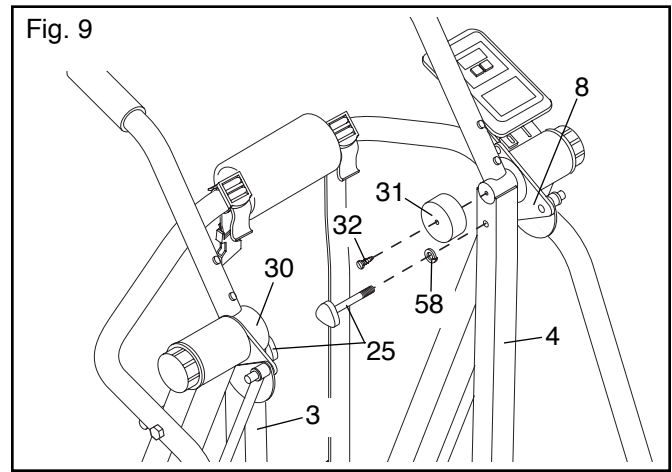


9. Attach the Right Leg Cover (31) to the Right Leg (4) with a Tree Fastener (32).

Attach the Left Leg Cover (30) to the Left Leg (3) in the same manner.

Slide a Lock Washer (58) onto a Lock Knob (25). Insert the Lock Knob into the hole near the top of the Right Leg (4). Tighten the Lock Knob into the Right Pivot Bracket (8).

Attach the other Lock Knob (25) to the Left Leg (3) in the same manner.



Note: Extra #8 x 1/2" Screws (23) may be included. **Before you use the AEROFLYER, firmly retighten all of the parts used in assembly.**

HOW TO USE THE AEROFLYER

CAUTION: When you are getting onto and off the AEROFLYER, tighten the resistance dials, hold the handles firmly, and center your body weight directly over the pedals.

CAUTION: Always wear the nylon belt when using the AEROFLYER.

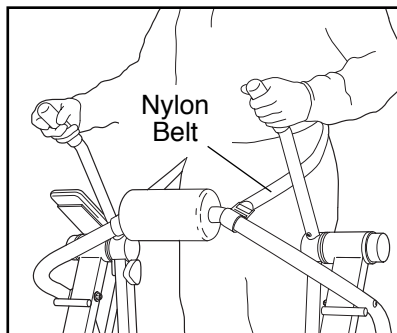
CAUTION: Always hold the handgrips on the handles or place your hands beside the hip pad on the frame when using the AEROFLYER.

The unique AEROFLYER can be used in either the **dependent mode** or the **independent mode**. In the dependent mode, as one pedal moves forward, the other pedal moves back an equal distance. In the independent mode, the pedals move independently of each other, allowing a freer movement.

HOW TO USE THE DEPENDENT MODE

Make sure that the lock knobs are tightened into the legs and pivot brackets (see assembly step 9 on page 8). Tighten the resistance dials, hold the handles, and step onto the pedals.

Wrap the nylon belt around your waist as shown and buckle the ends together. **Make sure that the buckle is fully engaged.** Adjust the length of the nylon belt, if necessary.



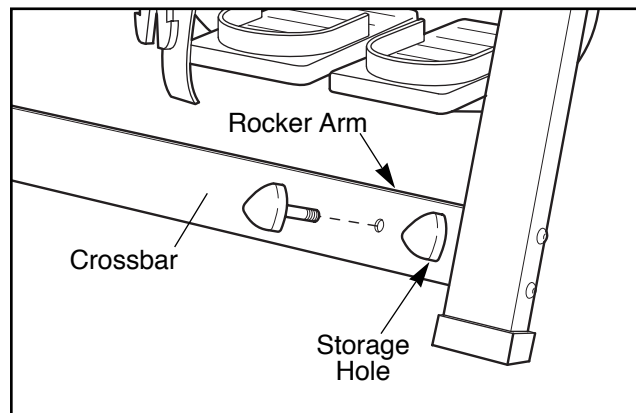
The proper form for exercising on the AEROFLYER is similar to the motion of walking—move one leg forward as you move the other leg back.

For a full body workout, hold the handles as you walk, and move your arms and legs in motion with the handles and pedals. To vary the effect of the exercise, stand erect or lean against the hip pad, or bend your legs slightly instead of keeping them straight.

For a lower body workout, place your hands on the frame beside the hip pad as you exercise.

HOW TO USE THE INDEPENDENT MODE

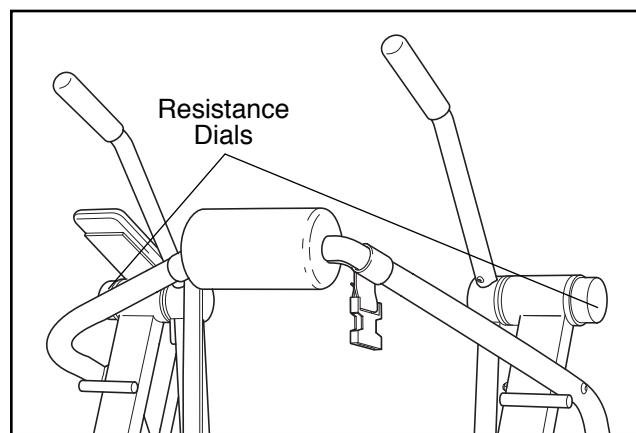
Remove the lock knobs and lock washers from the legs. Insert one lock knob with a lock washer into the storage hole in the crossbar. Insert the other lock knob with a lock washer through the crossbar and tighten the lock knob into the rocker arm.



Tighten the resistance dials, hold the handles, and step onto the pedals. **Put on the nylon belt.** Exercise as described at the left. **CAUTION: When using the independent mode, be careful to control your movement and maintain your balance at all times.**

RESISTANCE ADJUSTMENT

To vary the intensity of your exercise in the dependent mode, the resistance of the AEROFLYER can be changed. To increase the resistance, turn the resistance dials clockwise. To decrease the resistance, turn the resistance dials counterclockwise.



ELECTRONIC MONITOR MODES

The simple-to-operate electronic monitor offers five different modes to provide instant exercise feedback. The five modes are described below:

Speed—Displays the number of repetitions you are performing per minute.

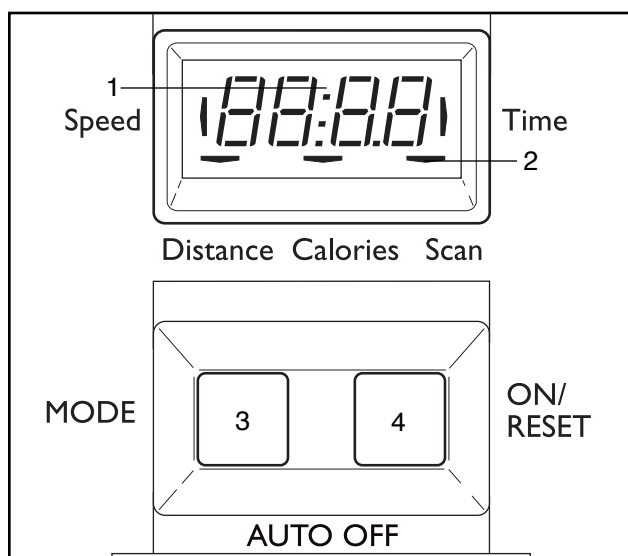
Time—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

Distance—Displays the total number of repetitions you have completed, up to “999.” The display will then reset to “0” and continue counting.

Calories—Displays the approximate number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance, and calories modes, for approximately 5 seconds each, in a repeating cycle.

DIAGRAM OF THE ELECTRONIC MONITOR



1. LCD display—Displays all modes.
2. Mode indicators—Show which mode is selected.
3. Mode button—Selects all modes.
4. On/Reset button—Turns the power on and resets all modes.

OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/reset button or simply begin exercising on the AEROFLYER. The entire display will appear for two seconds. The electronic monitor will then be ready for operation.

2. Select one of the five modes:

Scan mode—When the power is turned on, the scan mode will be selected automatically. The scan mode can also be selected by repeatedly pressing the mode button. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed.

Speed, time, distance, or calories mode—These modes can be individually selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. (Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calories, scan.

3. **The monitor has an auto-off feature to turn off the power.** If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

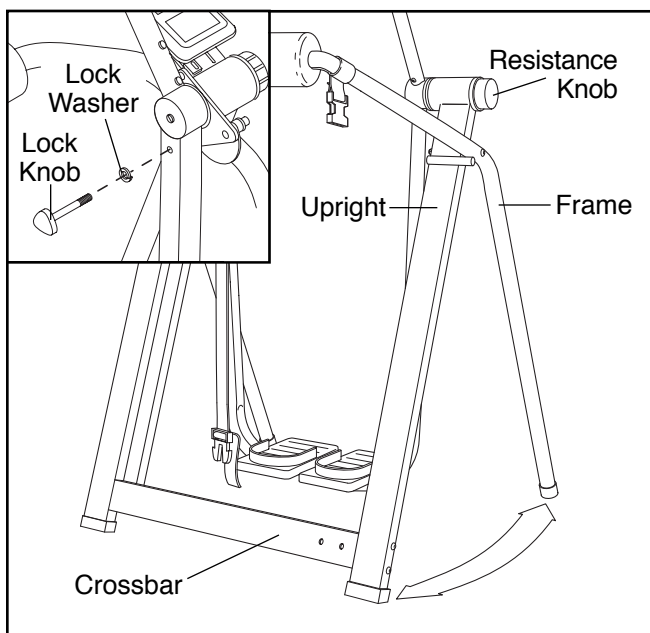
To reset the LCD display, press the on/reset button.

STORAGE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the AEROFLYER regularly. Replace any worn parts immediately. The AEROFLYER can be cleaned with a soft, damp cloth. Keep liquids away from the electronic monitor. Keep the monitor out of direct sunlight or the display may be damaged. Remove the batteries when storing the AEROFLYER.

HOW TO FOLD THE AEROFLYER FOR STORAGE

When the AEROFLYER is not in use, it should be folded to the compact storage position. To fold the AEROFLYER, first remove the lock knobs and lock washers from the legs. Insert the lock knobs and lock washers into the holes in the crossbar. Next, hold the resistance dials and fold the frame and the uprights together. **CAUTION: When the AEROFLYER is not in use, always fold it to the storage position and unbuckle the nylon belt. Place the AEROFLYER in a location where it cannot fall.**



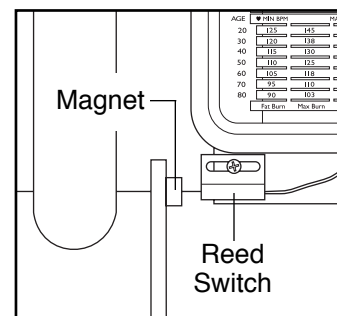
REPLACING THE BATTERIES

If the display of the electronic monitor becomes dim, or if the monitor does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 6 on page 7.

HOW TO ADJUST THE REED SWITCH

If the speed and distance modes do not display correct information, the reed switch should be adjusted.

The reed switch is located below the electronic monitor (see the drawing at the right). Loosen the screw in the reed switch, move the reed switch to the side slightly, and retighten the screw. **Make sure that the reed switch does not hit the indicated magnet when the AEROFLYER is in use.** Repeat until the speed and distance modes display correct information.



CONDITIONING GUIDELINES

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

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

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise. (This chart is also found on the console.)

HEART RATE TRAINING ZONES				
AGE	♥ MIN BPM		MAX BPM ♥	AGE
20	125	145	165	20
30	120	138	155	30
40	115	130	145	40
50	110	125	140	50
60	105	118	130	60
70	95	110	125	70
80	90	103	115	80
Fat Burn		Max Burn	Aerobic	

To find the proper heart rate for you, first find your age on either side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the side of your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for ener-

gy. 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 your pace or the resistance until your heart rate is near the lowest number in your training zone as you exercise.

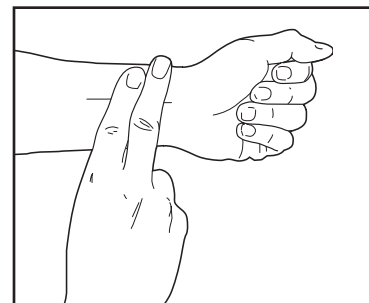
For maximum fat burning, adjust your pace or the resistance until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heart-beat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



Adjust the intensity of your exercise until your heart rate is at the desired level. You can adjust the intensity of your exercise by changing your pace or by adjusting the resistance.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings below. 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

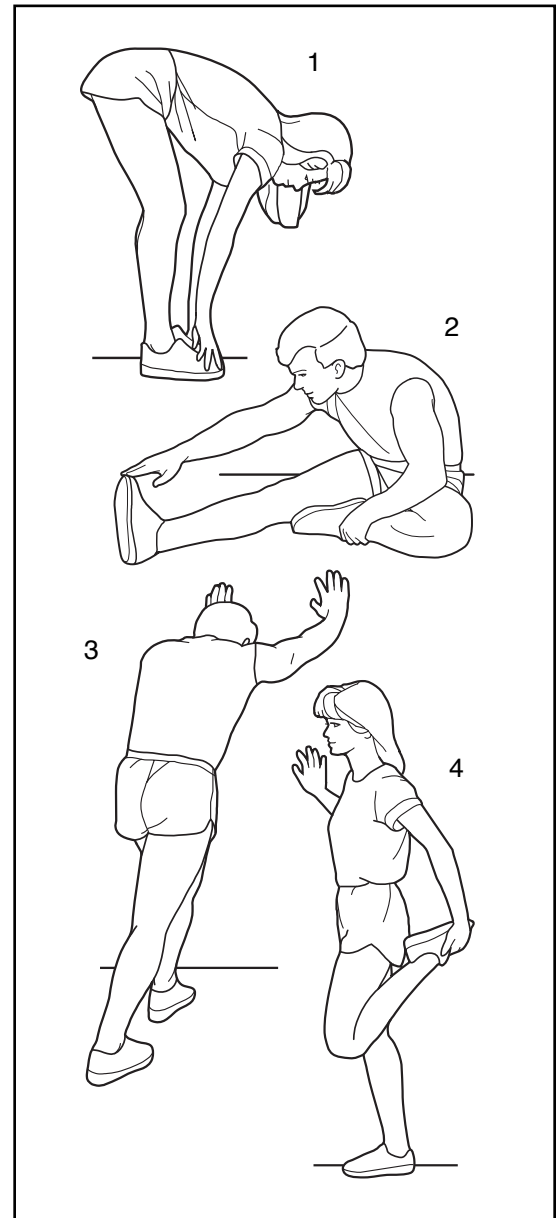
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

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.



PART LIST—Model No. HRAW56070

R0397A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	33	2	Hex Bushing
2	1	Right Upright	34	2	Hub Resistance Bushing
3	1	Left Leg	35	2	Rocker Arm Endcap
4	1	Right Leg	36	1	Large Axle Cap
5	1	Left Frame Section	37	1	Electronic Monitor
6	1	Right Frame Section	38	1	Magnet
7	1	Left Pivot Bracket	39	4	3/8" Flat Washer
8	1	Right Pivot Bracket	40	4	3/8" Axle Cap
9	1	Rocker Arm	41	2	Plastic Spacer
10	1	Crossbar	42	2	3/8" Screw
11	1	Left Link Arm	43	2	3/8" Nylon Locknut
12	1	Right Link Arm	44	4	3/8" x 4" Screw
13	2	Handle	45	1	Monitor Bracket
14	2	Resistance Dial	46	2	Frame End Plate
15	2	Friction Disk w/Spacer Plate	47	1	Reed Switch/Wire
16	8	3/8" Bushing	48	3	Console Screw
17	2	Friction Cup	49	2	Thrust Bearing
18	4	Thrust Washer	50*	1	Monitor Assembly
19	8	Tension Washer	51	2	Weld Spacer
20	2	Snap Ring	52	1	Washer
21	8	#8 x 1/2" Pedal Screw	53	1	"D" Bushing
22	2	Rubber Foot	54	2	Finger Guard
23	12	#8 x 1/2" Screw	55	2	Phoenix Ring
24	2	Handgrip	56	2	1" x 1 3/4" Washer
25	2	Lock Knob	57	2	Pushnut
26	1	Left Pedal Cover	58	2	Lock Washer
27	1	Right Pedal Cover	59	1	Nylon Belt
28	1	Hip Pad	#	1	User's Manual
29	2	Frame Endcap			
30	1	Left Leg Cover			
31	1	Right Leg Cover			
32	6	Tree Fastener			

* Includes all parts shown in the box

Non-illustrated part

Note: Extra #8 x 1/2" Screws (23) may be included. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

R0397A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (HRAW56070).
- The NAME of the product (HealthRider® AEROFLYER).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

HealthRider® is a registered trademark of HealthRider Corporation, a Subsidiary of ICON Health & Fitness, Inc.

LIMITED WARRANTY

HealthRider Corp. (HealthRider), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. HealthRider's obligation under this warranty is limited to replacing or repairing, at HealthRider's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by HealthRider at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by HealthRider. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an HealthRider authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by HealthRider.

HealthRider 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 or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 is limited in its 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 you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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