

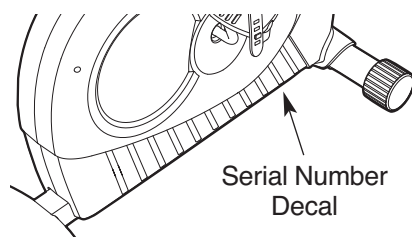
HEALTHRIDER[®]

H 10x

Model No. HRCCEX70908.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

CALL TOLL-FREE:

1-888-936-4266

Mon.–Fri., 8:00 until 17:00 EST
(excluding holidays)

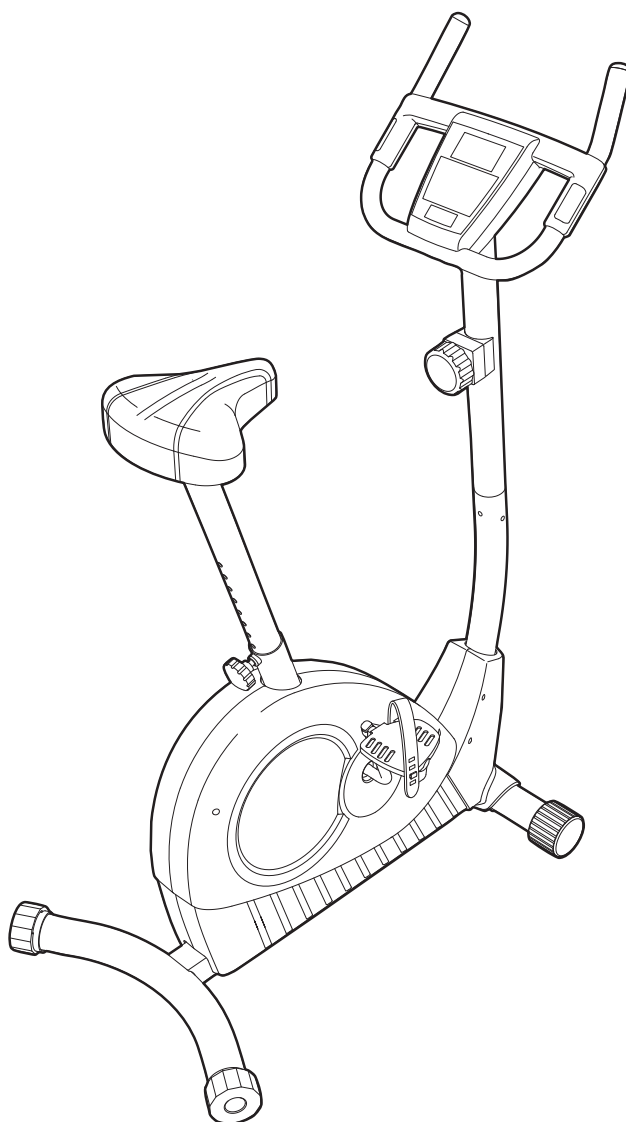
OR E-MAIL US:

customerservice@iconcanada.ca

CAUTION

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

USER'S MANUAL



Visit our website at

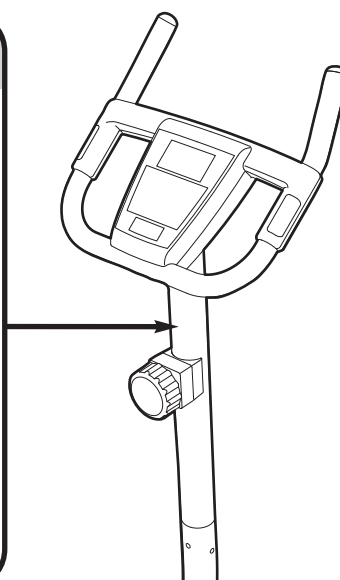
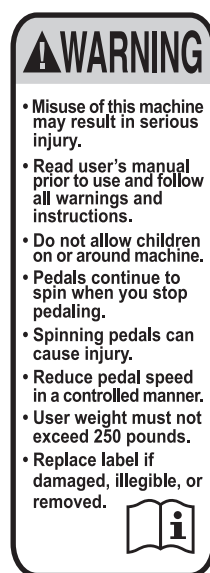
www.healthrider.com

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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, call the telephone number on 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 cycle before using your exercise cycle. 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 the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 250 lbs. (113 kg).
8. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. When adjusting the seat, insert the seat pin into one of the holes in the seat post. Do not insert the seat pin under the seat post.
11. Keep your back straight while using your exercise cycle; do not arch your back.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your exercise cycle only as described in this manual.

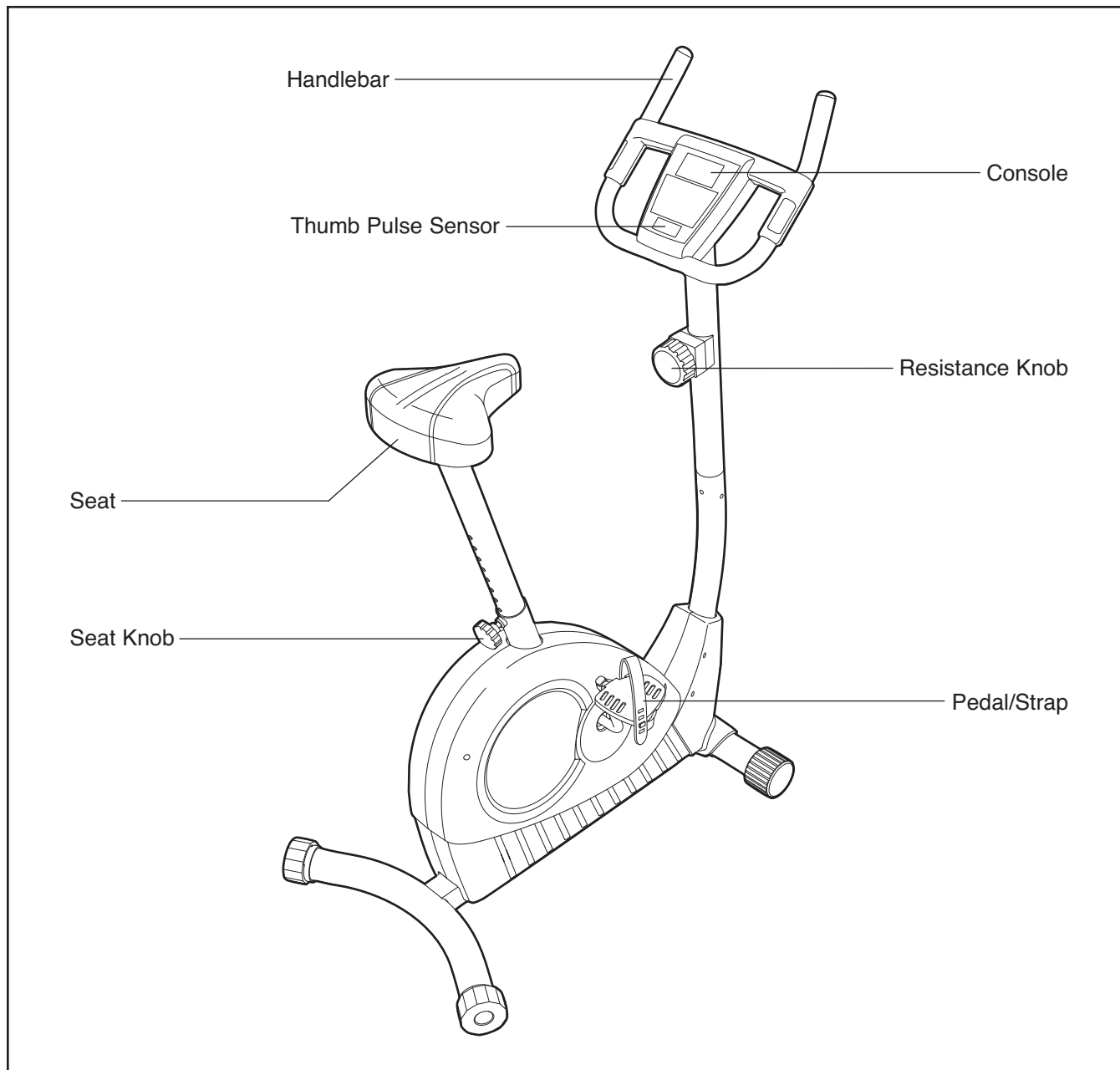
BEFORE YOU BEGIN

Congratulations for selecting the new HEALTHRIDER® H10 X exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the body. The H10 X exercise cycle offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

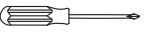
For your benefit, read this manual carefully before you use the exercise cycle. If you have questions

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

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



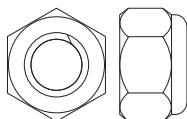
ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included tools and your own adjustable wrench** , **Phillips screwdriver** , and **pliers**  .

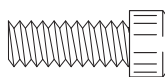
Use the drawings below to identify the small parts used for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: Some small parts may have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



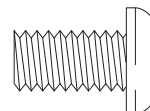
M8 Split Washer (42)-7



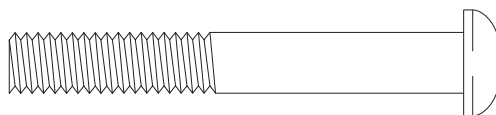
M8 Locknut (10)-4



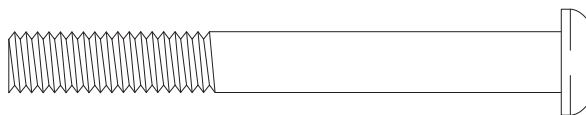
M6 x 15mm Socket Screw (46)-4



M8 x 15mm Button Screw (34)-3

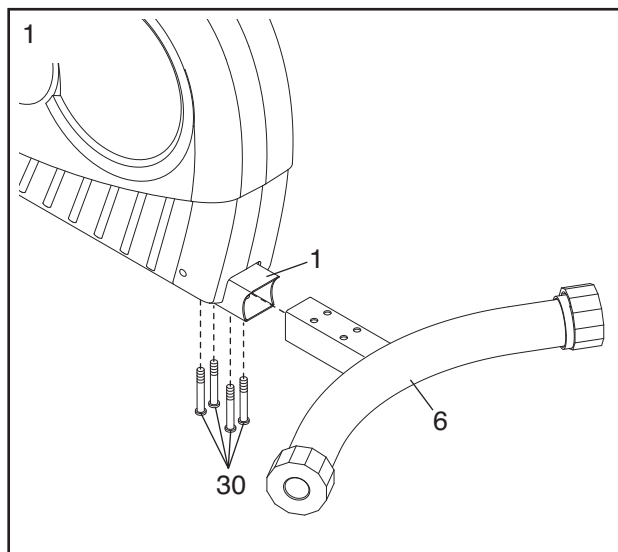


M8 x 60mm Button Screw (30)-4

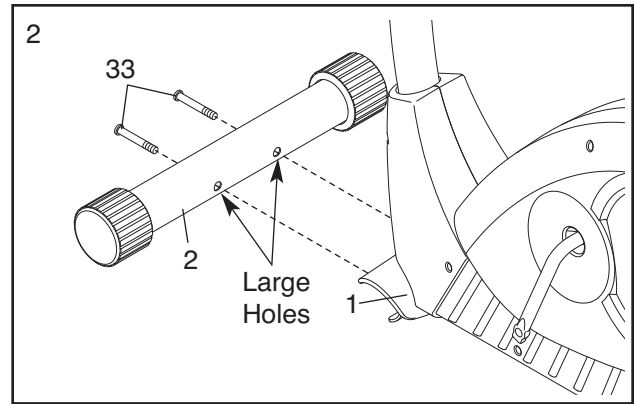


M8 x 73mm Button Screw (33)-2

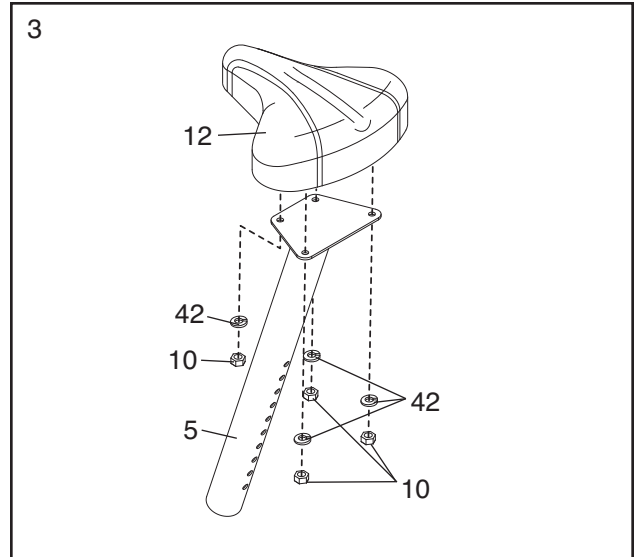
1. Insert the Rear Stabilizer (6) into the Frame (1). Attach the Rear Stabilizer with four M8 x 60mm Button Screws (30).



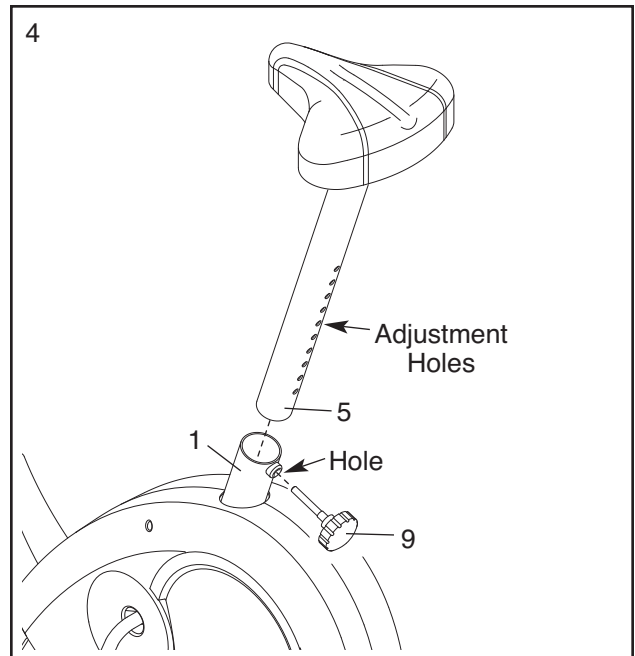
2. Orient the Front Stabilizer (2) so the large holes are facing the Frame (1). Attach the Front Stabilizer to the Frame with two M8 x 73mm Button Screws (33).



3. Attach the Seat (12) to the Seat Post (5) with four M8 Split Washers (42) and four M8 Locknuts (10). **Note: The Split Washers and the Locknuts may be preattached to the underside of the Seat.**



4. Turn the Seat Knob (9) counterclockwise and remove it from the Frame (1). Next, insert the Seat Post (5) into the Frame. Adjust the Seat Post to the desired height and insert the Seat Knob (9) through the indicated hole in the Frame into one of the adjustment holes in the Seat Post. Then, turn the Seat Knob clockwise until it is tight. **Make sure the Seat Knob is inserted into one of the adjustment holes in the Seat Post.**

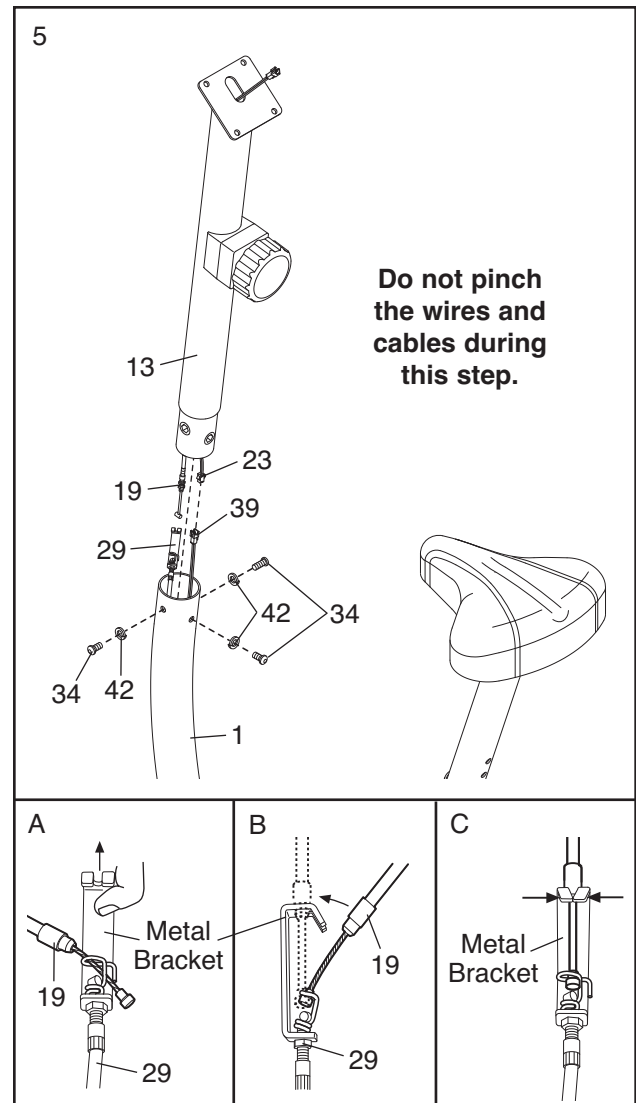


5. While another person holds the Upright (13) near the Frame (1) as shown, connect the Extension Wire (23) to the Reed Switch Wire (39). Next, connect the Resistance Cable (19) to the Lower Cable (29) in the following way:

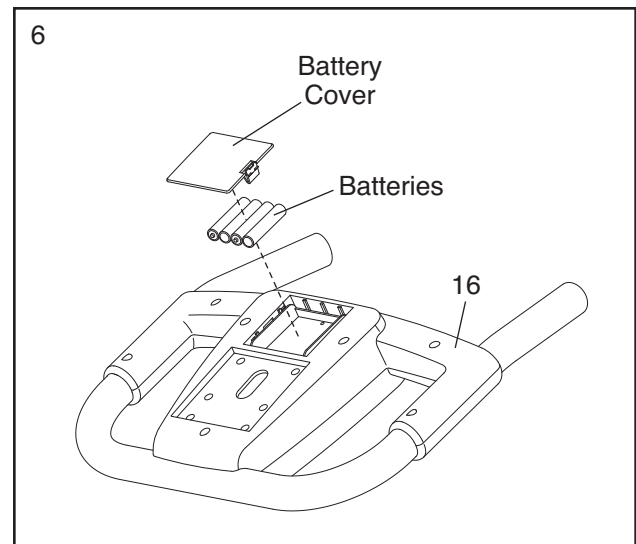
- **See drawing A.** Pull up on the metal bracket on the Lower Cable (29), and insert the tip of the Resistance Cable (19) into the wire clip inside of the metal bracket as shown.
- **See drawing B.** Firmly pull the Resistance Cable (19) upward and slide it into the top of the metal bracket as shown.
- **See drawing C.** Using pliers, squeeze the prongs on the upper end of the metal bracket together.

Push the Wires (23, 39) and the Cables (19, 29) downward into the Frame (1).

Next, insert the Upright (13) into the Frame (1). **Do not pinch the Wires (23, 39) and cables (19, 29).** Attach the Upright with three M8 x 15mm Button Screws (34) and three M8 Split Washers (42).

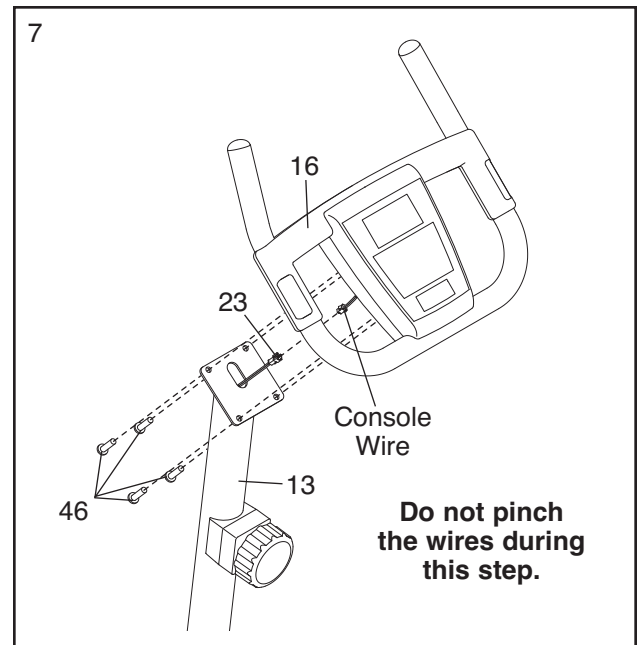


6. The Console (16) requires four AA batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the exercise cycle has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Press the tab on the battery cover and remove it. Insert four batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram on the battery cover.** Then, reattach the battery cover.



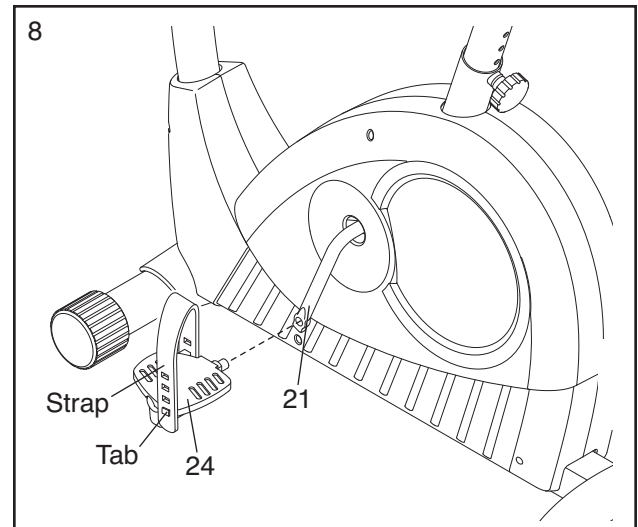
7. While a second person holds the Console (16) near the Upright (13), connect the console wire to the Extension Wire (23). Then, insert the wires downward into the Upright.

Attach the Console (16) to the Upright (13) with four M6 x 15mm Socket Screws (46). **Do not pinch the wires.**



8. Identify the Left Pedal (24), which is marked with a "Left" sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the left arm of the Crank (21). Tighten the Right Pedal (not shown) *clockwise* into the right arm of the Crank. **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

Adjust the strap on the Left Pedal (24) to the desired position, and press the end of the strap onto the tab on the side of the Left Pedal. Adjust the strap on the Right Pedal Strap (not shown) in the same way.

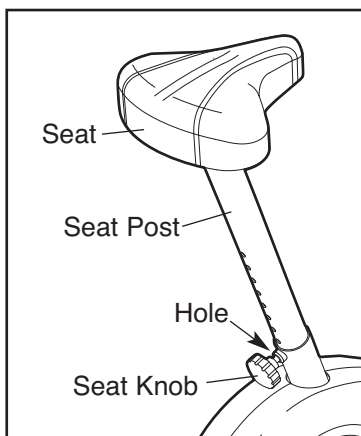


9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

HOW TO OPERATE THE EXERCISE CYCLE

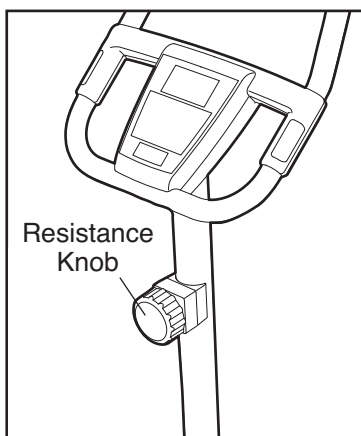
HOW TO ADJUST THE SEAT POST

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 height of the seat, first turn the seat knob counter-clockwise and remove it. Next, slide the seat post upward or downward and align one of the adjustment holes in the seat post with the indicated hole in the Frame. Insert the seat knob into the frame and the seat post, and turn the seat knob clockwise until it is tight. **Make sure that the seat knob is inserted through one of the adjustment holes in the seat post.**



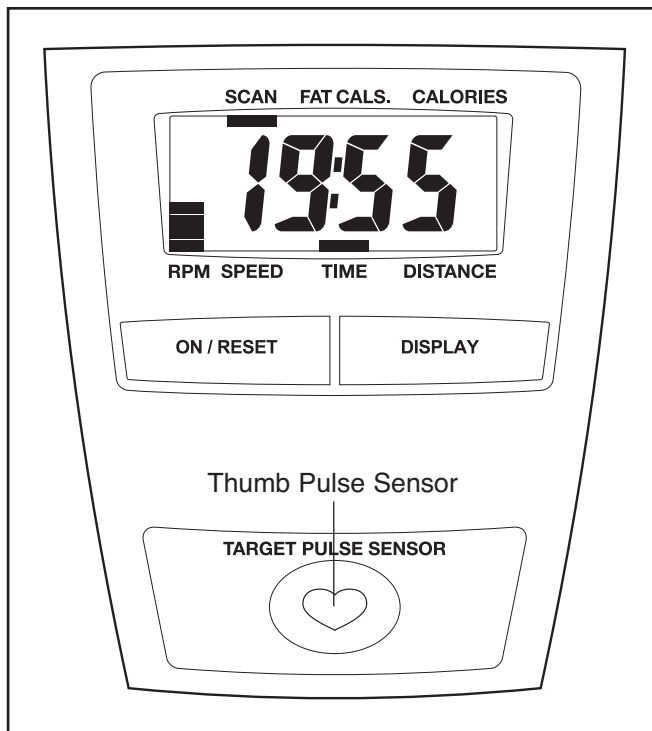
HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the knob counterclockwise. **IMPORTANT: Stop turning the knob when turning becomes difficult, or damage may result.**



FEATURES OF THE CONSOLE

The easy-to-use console features seven displays that provide instant exercise feedback during your workouts. The displays are described below:



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

Time—This display shows the elapsed time.

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

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

Fat Calories—This display shows the approximate number of fat calories you have burned (see Burning Fat on page 12).

Pulse—This display shows your heart rate when you use the thumb pulse sensor.

Scan—This display shows the speed, time, distance, calories, fat calories, and pulse displays, for a few seconds each, in a repeating cycle. Note: The pulse display will appear only when you use the thumb pulse sensor.

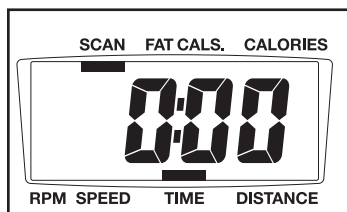
HOW TO USE THE CONSOLE

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

Follow the steps below to operate the console.

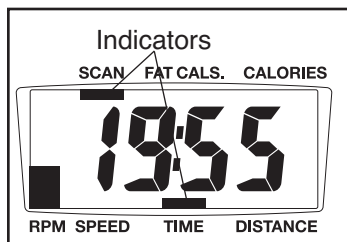
1. Turn on the console.

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

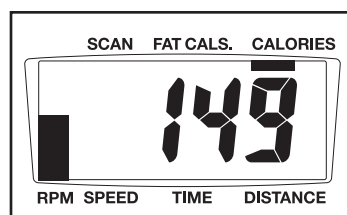


2. Select one of the modes.

When you turn the power on, the scan display will be selected automatically. One indicator will appear below the word Scan to show that the scan display is selected, and a second indicator will show which information is currently displayed.



To select speed, time, distance, calories, or fat calories information for continuous display, press the Display button repeatedly.



The indicators will show which display is selected. Make sure there is not an indicator below the word Scan.

As you pedal, the RPM meter on the left side of the display will indicate your approximate pedaling pace in revolutions per minute (rpm). The lowest bar on the RPM meter indicates a pedaling pace of 30 rpm. Each additional bar indicates an additional 10 rpm. As you change your pedaling pace, bars will appear or disappear in the RPM meter.

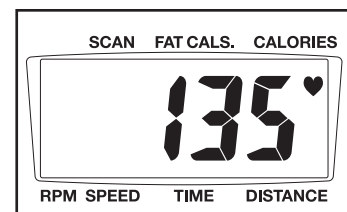
Note: The console can show speed and distance in either miles or kilometers. The letters “mph” or “km/h” will appear in the display to show which unit of measurement is selected. To change the unit of measurement, hold down the On/Reset button for several seconds until the desired unit of measurement appears in the display.

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.

3. Measure your heart rate if desired.

To measure your heart rate, **stop pedaling** and place your thumb on the pulse sensor. **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.**



After a few seconds, the heart-shaped indicator in the display will flash steadily, two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above.

Make sure you are applying the proper amount of pressure to the pulse sensor. Try the pulse sensor several times until you become familiar with it. Remember to sit still while measuring your heart rate.

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.

MAINTENANCE AND TROUBLESHOOTING

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

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

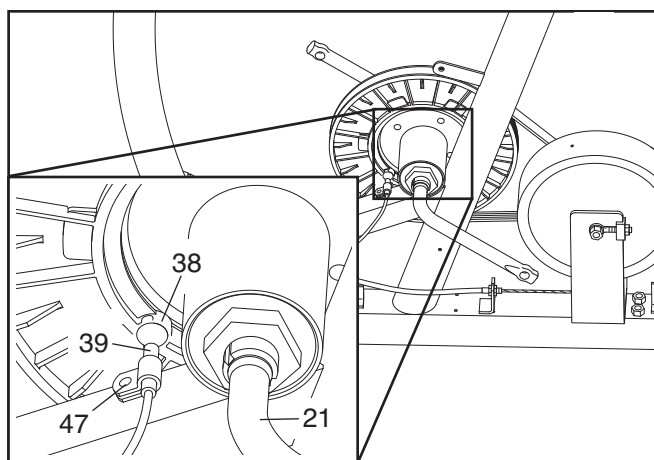
BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, see assembly step 6 on page 7.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left pedal, the upright covers, and the left shield must be removed.

Using an adjustable wrench, turn the left pedal clockwise and remove it. Next, remove the screws from the upright covers and the left shield. Note: One screw from the shield is shorter than the other screws. Make sure to note the correct location of the short screw. Then, carefully remove the upright covers and the left shield.



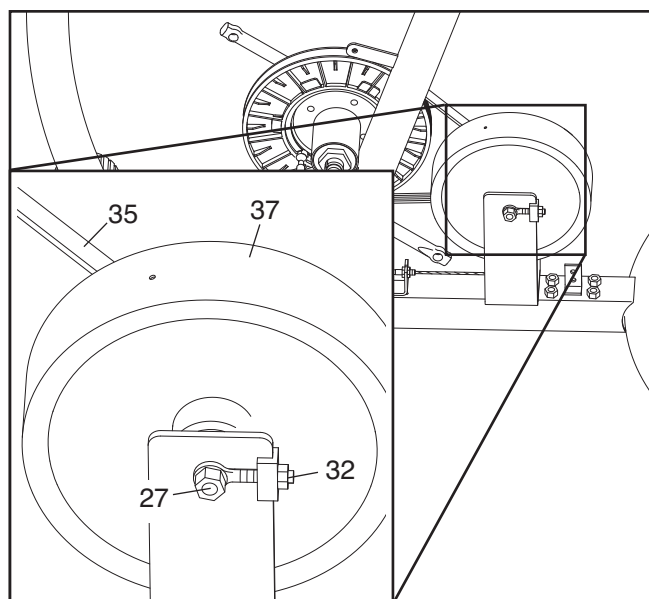
Next, turn the resistance knob to the lowest setting. With the left shield removed, locate the Reed Switch (39). Turn the Crank (21) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the M5 x 15mm Screw (47). Slide the Reed

Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left shield, the upright covers, and the left pedal.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is at the highest level, the belt may need to be adjusted. See HOW TO ADJUST THE REED SWITCH at the left and remove the left pedal, the upright covers, and the left shield.

To adjust the belt, you must also remove the right pedal and the right shield. Using an adjustable wrench, turn the right pedal counterclockwise and remove it. Then, remove the screws from the right shield. Note: One screw from the shield is shorter than the other screws. Make sure to note the correct location of the short screw. Then, carefully remove the right shield.



Next, loosen the two 3/8" Nuts (27), one on each side of the Flywheel (37). Then, tighten the M6 Locknuts (32), one on each side of the Flywheel, until the Belt (35) is properly tightened. Finally, tighten the Adjustment Nuts and reattach the shields, the upright covers, and the pedals.

EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

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.

WORKOUT GUIDELINES

Warming up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cooling down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

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

3. Calf/Achilles Stretch

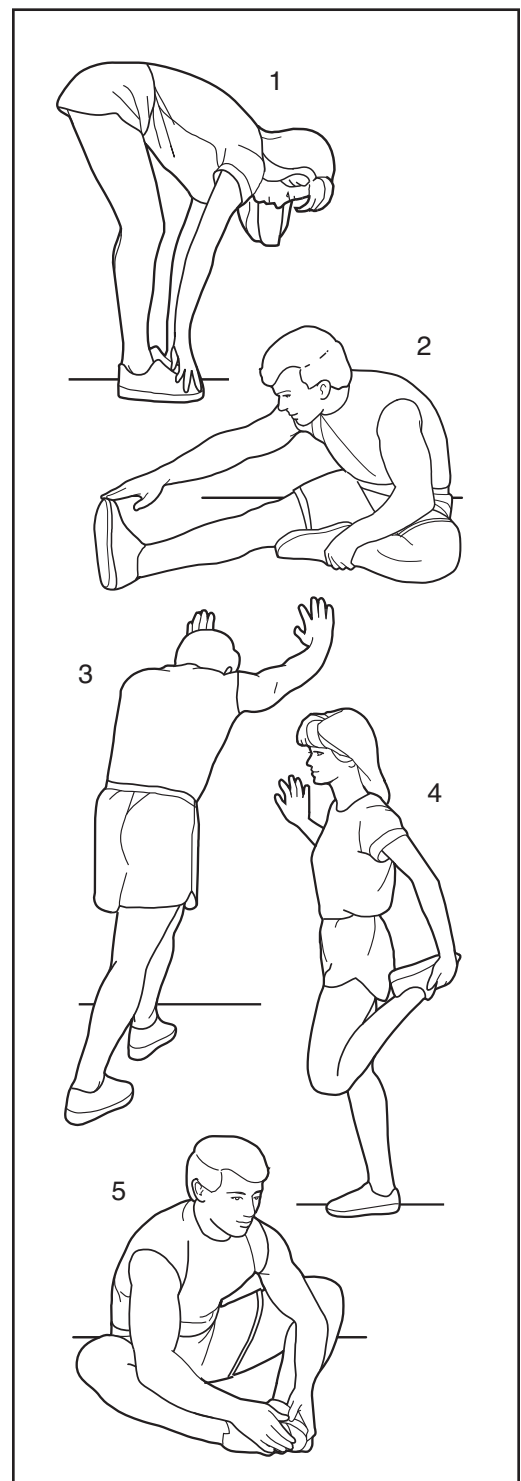
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST—Model No. HRCCEX70908.0

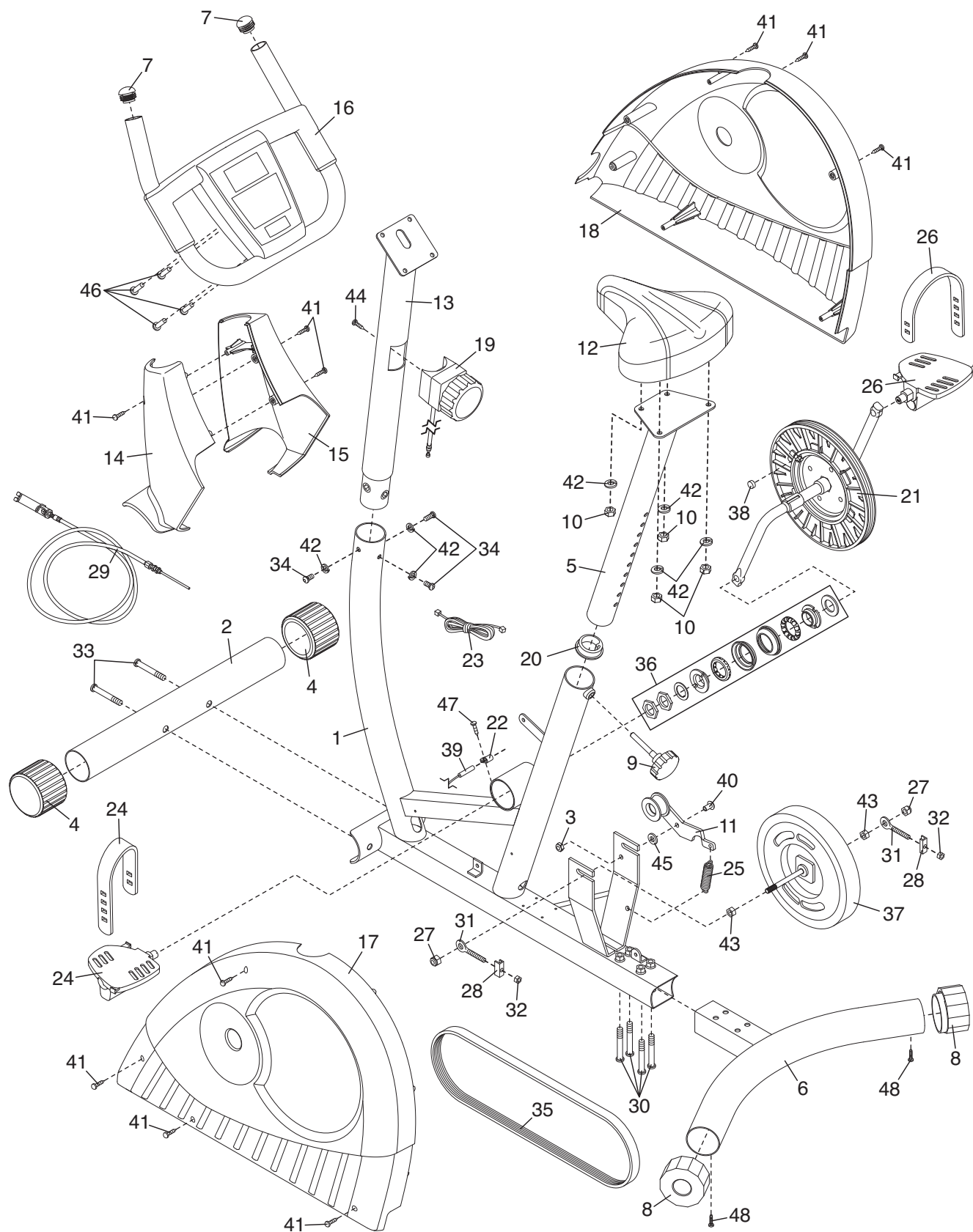
R0608A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	27	2	3/8" Nut
2	1	Front Stabilizer	28	2	U-bracket
3	1	M8 Nut	29	1	Lower Cable
4	2	Front Stabilizer Cap	30	4	M8 x 60mm Button Screw
5	1	Seat Post	31	2	Eyebolt
6	1	Rear Stabilizer	32	2	M6 Locknut
7	2	Handlebar Cap	33	2	M8 x 73mm Button Screw
8	2	Rear Stabilizer Cap	34	3	M8 x 15mm Button Screw
9	1	Seat Knob	35	1	Belt
10	4	M8 Locknut	36	1	Crank Bearing Set
11	1	Idler	37	1	Flywheel
12	1	Seat	38	1	Magnet
13	1	Upright	39	1	Reed Switch/Wire
14	1	Left Upright Cover	40	1	M8 x 20mm Bolt
15	1	Right Upright Cover	41	10	M4 x 25mm Round Head Screw
16	1	Console	42	7	M8 Split Washer
17	1	Left Shield	43	2	Flywheel Nut
18	1	Right Shield	44	1	M5 x 50mm Button Screw
19	1	Resistance Control/Cable	45	1	M8 Washer
20	1	Seat Post Bushing	46	4	M6 x 15mm Socket Screw
21	1	Crank/Pulley	47	1	M5 x 15mm Screw
22	1	Reed Switch Clamp	48	2	M4 x 15mm Screw
23	1	Extension Wire	*	—	User's Manual
24	1	Left Pedal/Strap	*	—	Hex Key
25	1	Spring	*	—	Assembly Tool
26	1	Right Pedal/Strap			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING—Model No. HRCCEX70908.0

R0608A



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

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to 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. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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 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 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 you.

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

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