

HEALTHRIDER®

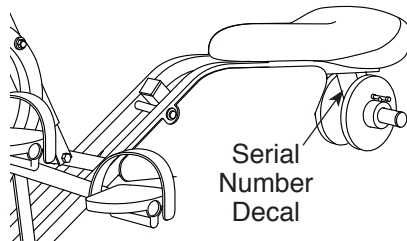
Tony Little **TWIST**

www.healthrider.com

Model No. HRCR02411.0

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:

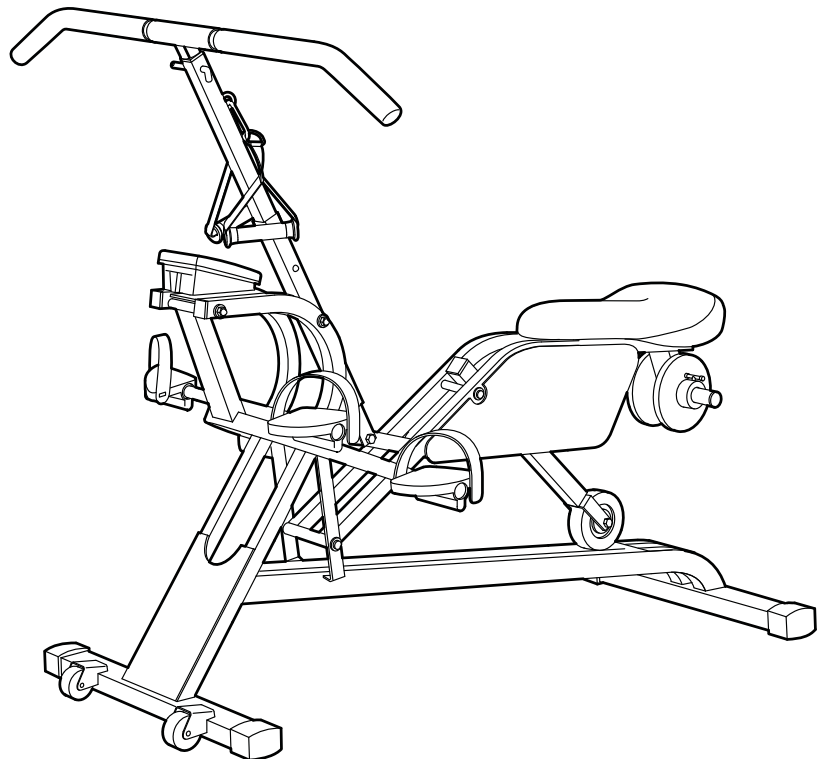
1-888-922-4222

Mon.–Fri., 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

www.healthriderservice.com



CAUTION

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

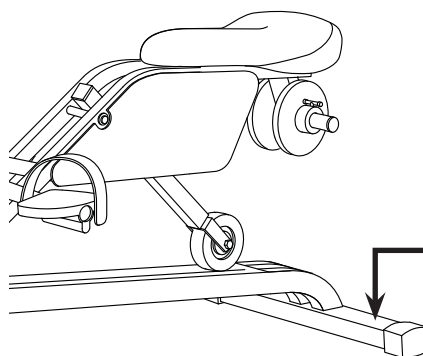


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WARNING DECAL PLACEMENT

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

- 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.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exerciser before using your exerciser. 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 exerciser only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all precautions.
4. The exerciser is intended for home use only. Do not use the exerciser in a commercial, rental, or institutional setting.
5. Keep the exerciser indoors, away from moisture and dust. Do not put the exerciser in a garage or covered patio, or near water.
6. Place the exerciser 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 exerciser.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exerciser at all times.
9. The exerciser should not be used by persons weighing more than 250 lbs. (113 kg). The total weight of the user and added weights (not included) should not exceed 300 lbs. (136 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exerciser. Always wear athletic shoes for foot protection while exercising.
11. 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.

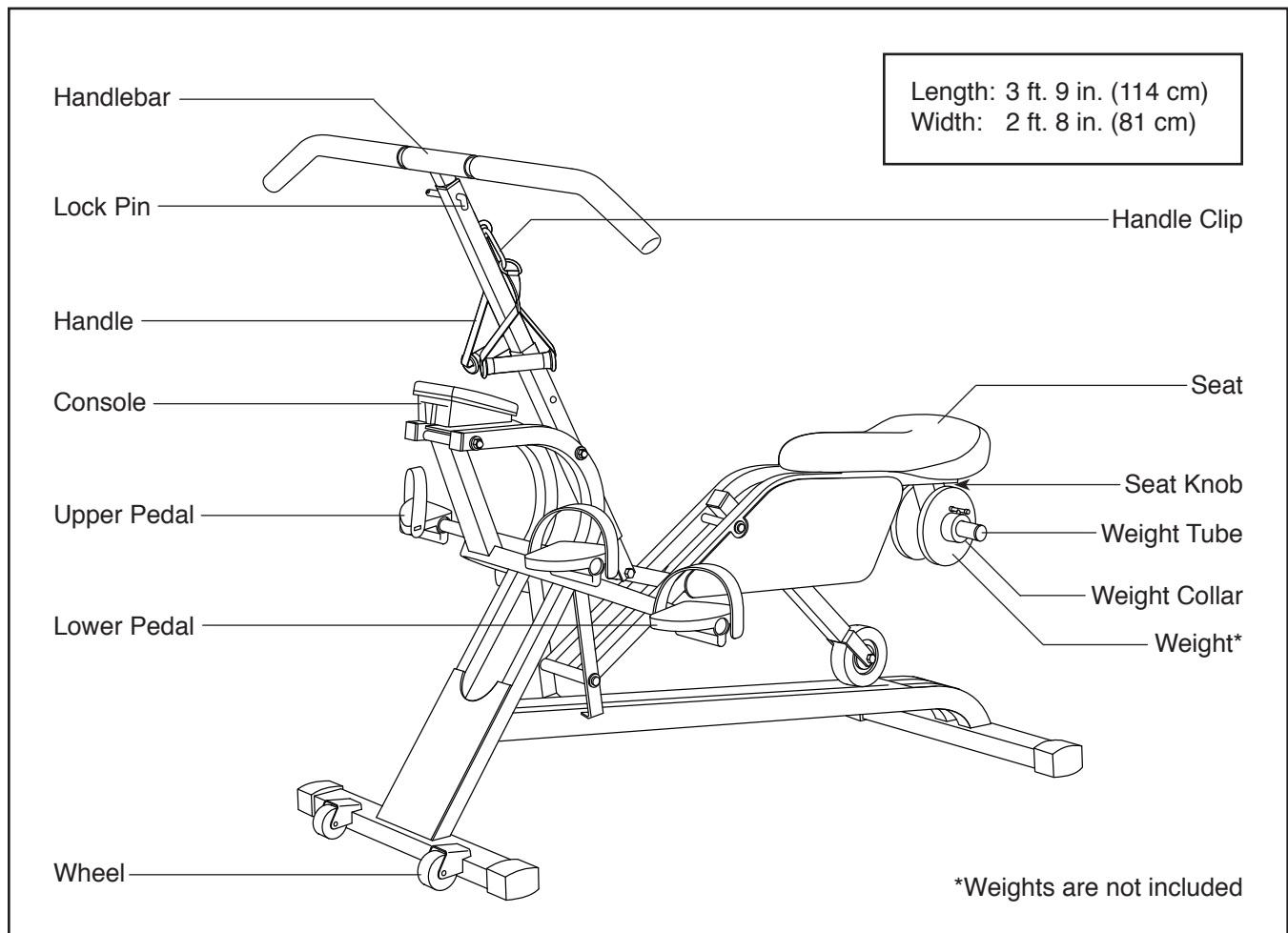
BEFORE YOU BEGIN

Thank you for selecting the HEALTHRIDER® TONY LITTLE TWIST exerciser. The TONY LITTLE TWIST exerciser offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

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

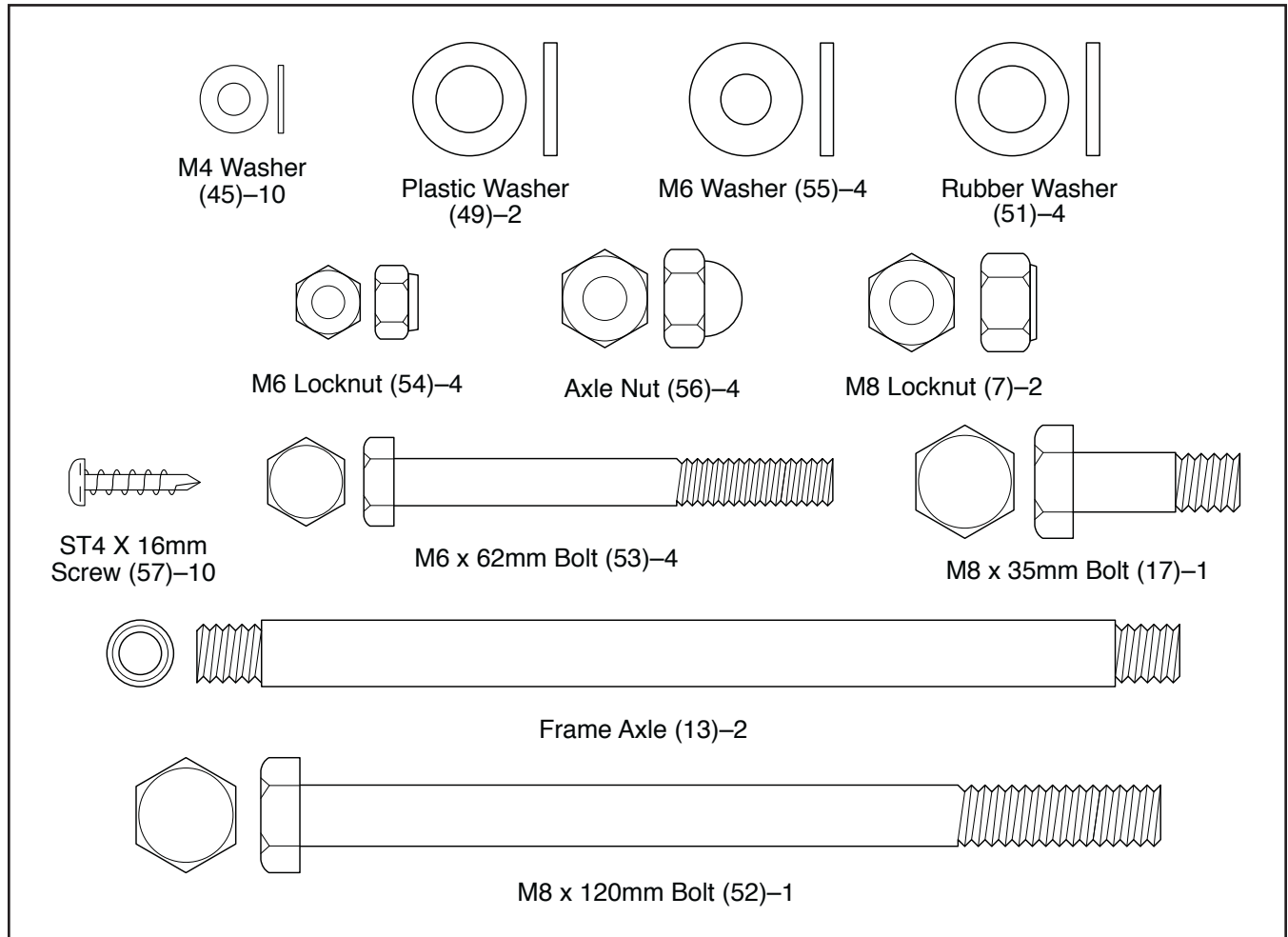
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

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



ASSEMBLY

- To hire an authorized service technician to assemble the exerciser, 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.
- To identify small parts, see page 5.

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

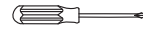
two adjustable wrenches



one rubber mallet

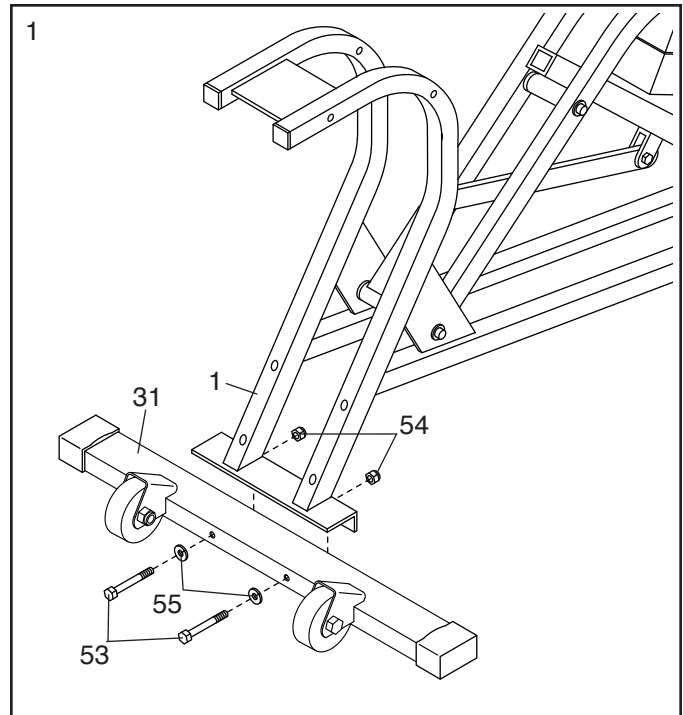


one Phillips screwdriver



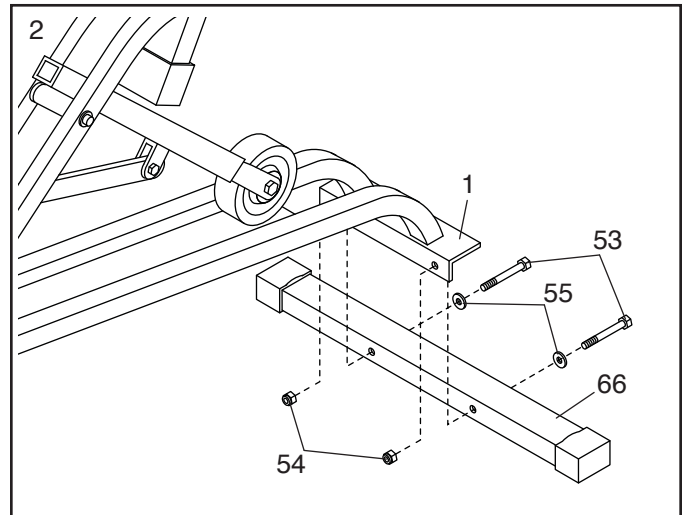
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Attach the Front Stabilizer (31) to the Main Frame (1) with two M6 x 62mm Bolts (53), two M6 Washers (55), and two M6 Locknuts (54). **Do not tighten the Locknuts yet.**



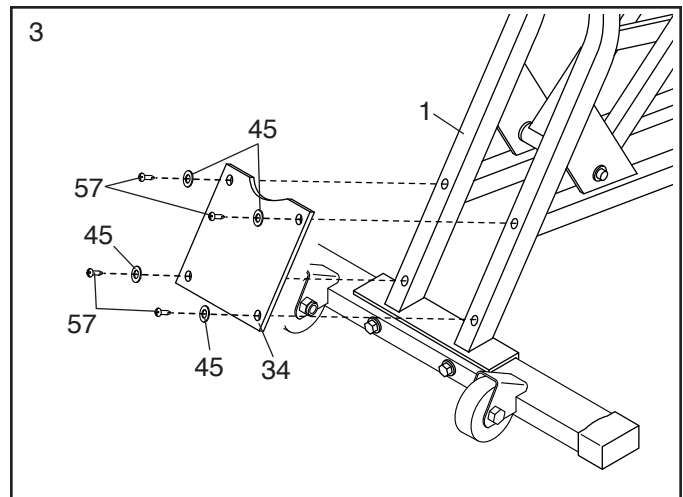
2. Attach the Rear Stabilizer (661) to the Main Frame (1) with two M6 x 62mm Bolts (53), two M6 Washers (55), and two M6 Locknuts (54).

See step 1. Tighten the M6 Locknuts (54).



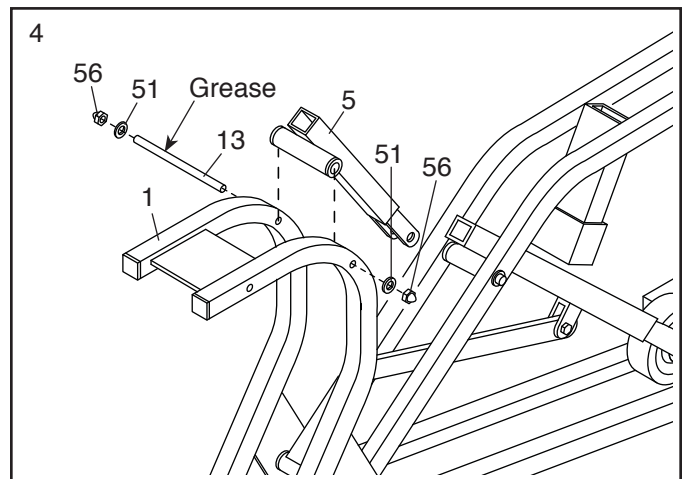
3. Hold the Front Cover Panel (34) against the Main Frame (1) in the indicated location.

Attach the Front Cover Panel (34) with four ST4 x 16mm Screws (57) and four M4 Washers (45).



4. Using a small plastic bag to keep your fingers clean, apply some of the included grease to a Frame Axle (13).

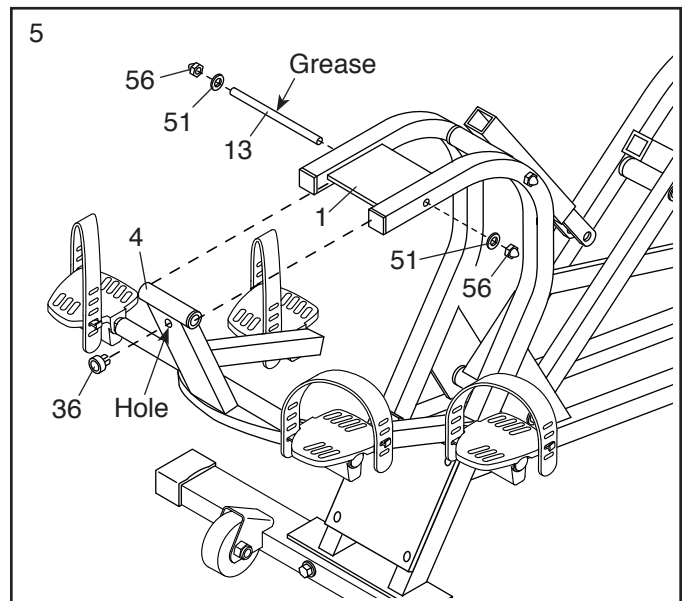
Attach the Handlebar Swing Arm (5) to the Main Frame (1) with the Frame Axle (13), two Rubber Washers (51), and two Axle Nuts (56).



5. Push the Magnet Bracket (36) into the hole in the Pedal Frame (4).

Apply grease to the other Frame Axle (13).

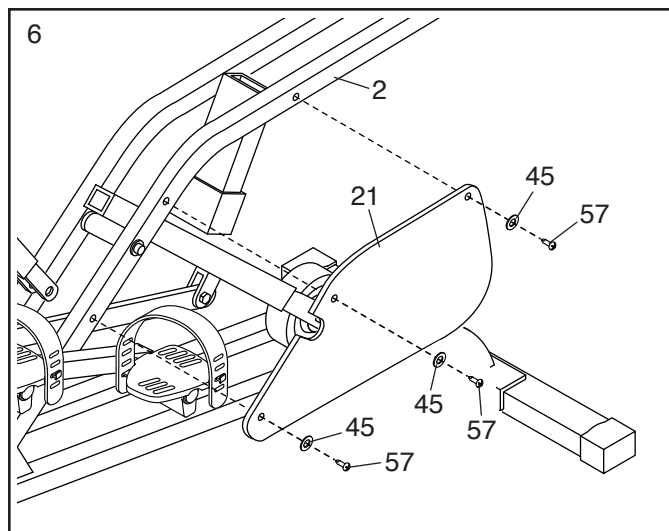
Attach the Pedal Frame (4) to the Main Frame (1) with the Frame Axle (13), two Rubber Washers (51), and two Axle Nuts (56).



6. Hold the Left Shield (21) against the left side of the Seat Frame (2) in the indicated location.

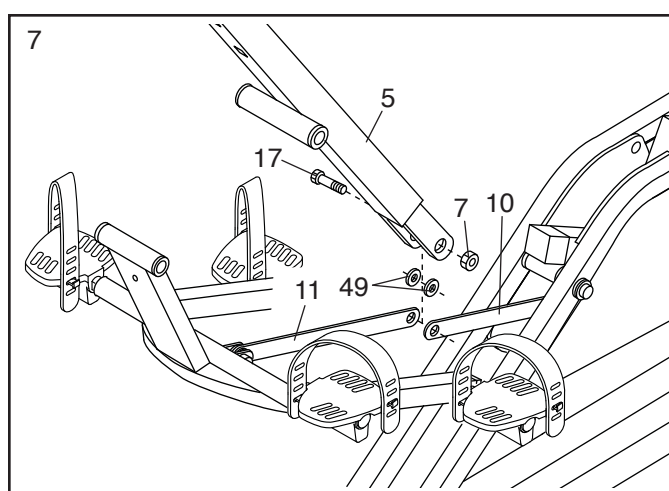
Attach the Left Shield (21) to the Seat Frame (2) with three ST4 x 16mm Screws (57) and three M4 Washers (45).

Attach the Right Shield (not shown) in the same way.



7. Have a second person hold the Long Link Arm (10) and the Short Link Arm (11) and align the holes near the ends of the Link Arms. Place two Plastic Washers (49) between the holes in the Link Arms.

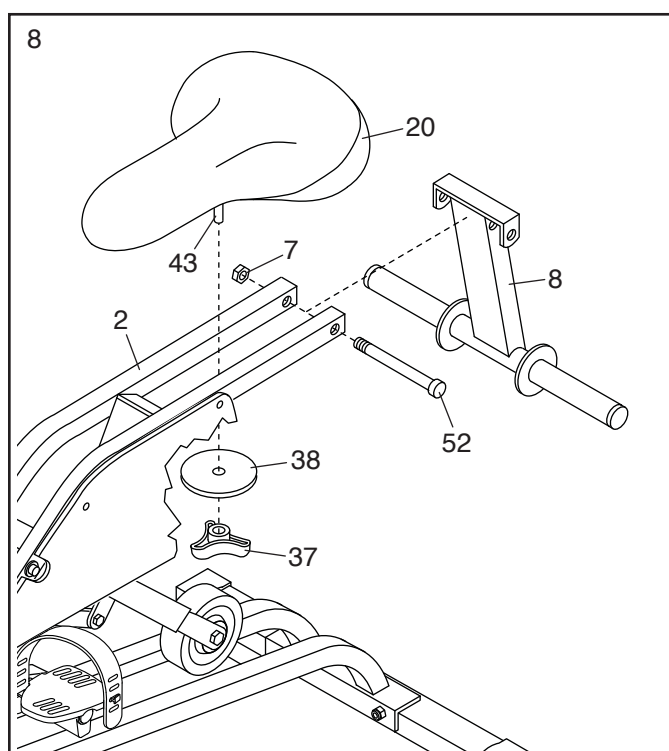
Attach the Handlebar Swing Arm (5) to the Long Link Arm (10) and the Short Link Arm (11) with an M8 x 35mm Bolt (17) and an M8 Locknut (7).



8. Place the Seat (20) on the Seat Frame (2). Slide the Seat Washer (38) onto the Seat Knob Bolt (43) and then tighten the Seat Knob (37) onto it.

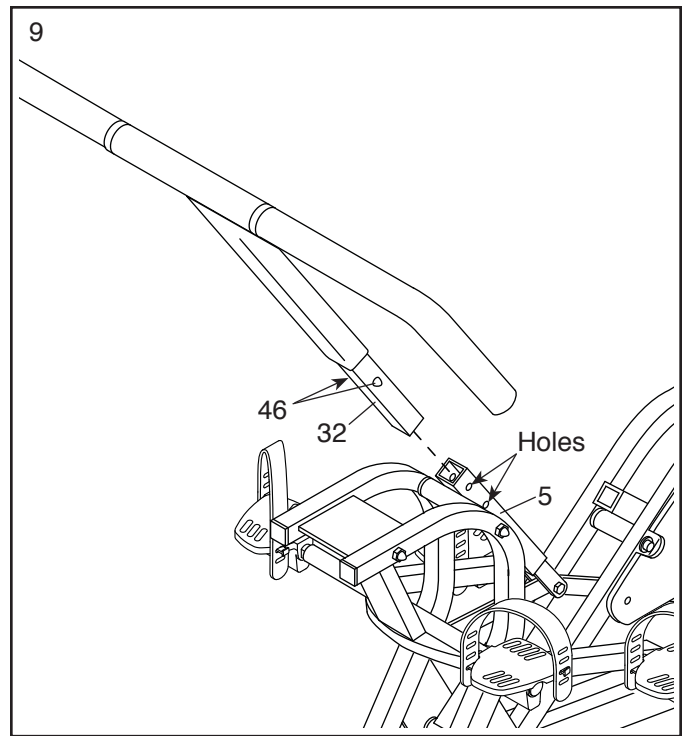
Slide the Weight Bracket (8) onto the Seat Frame (2). **Make sure that the Weight Bracket slants away from the exerciser.**

Align the holes in the Weight Bracket (8) with the holes in the end of the Seat Frame (2). Insert the M8 x 120mm Bolt (52) through the Weight Bracket and the Seat Frame. Then, tighten an M8 Locknut (7) onto the end of the Bolt.



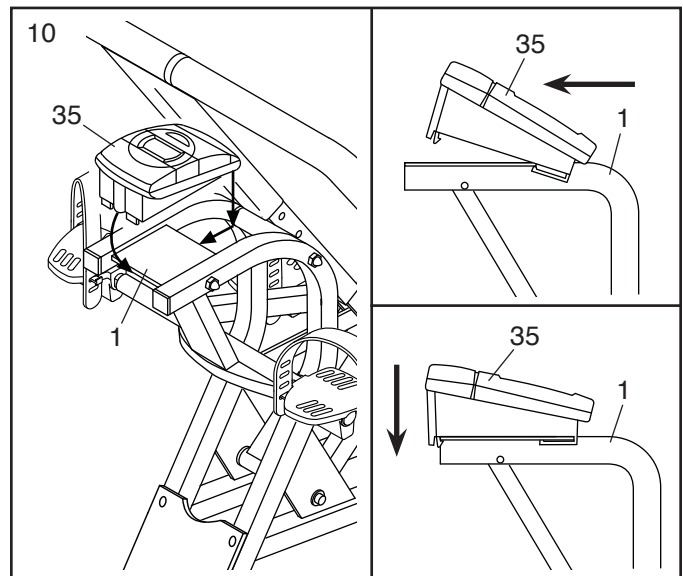
9. Press the Snap Button (46) on the Handlebar Post (32) with your thumb and forefinger.

Insert the Handlebar Post (32) into the Handlebar Swing Arm (5). **Make sure that the Snap Button (46) is engaged in one of the two sets of holes in the Handlebar Swing Arm.**

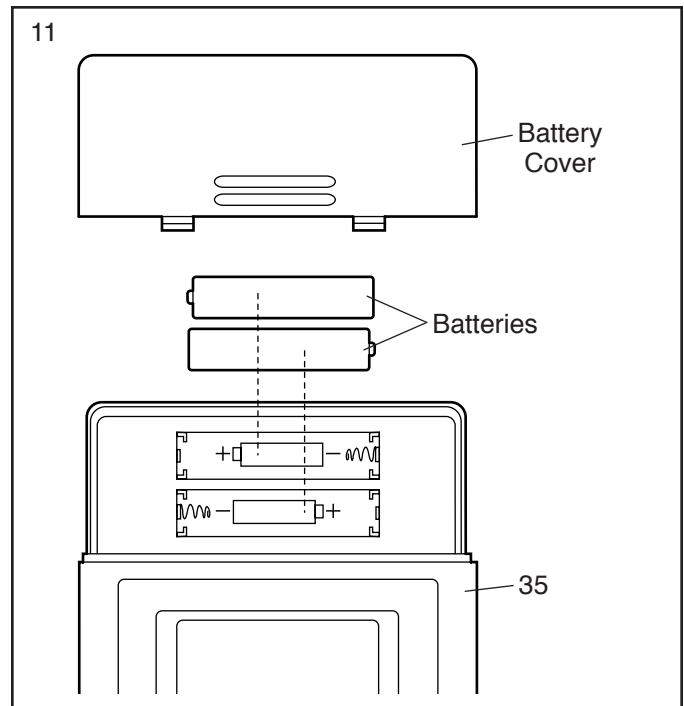


10. **See the upper inset drawing.** Slide the Console (35) fully onto the Main Frame (1).

See the lower inset drawing. Press downward on the Console (35) until it snaps into place.



11. The Console (35) can use two AA batteries (not included); alkaline batteries are recommended. **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 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.



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

ADJUSTMENT AND OPERATION

DESCRIPTION OF THE CONSOLE

The console offers five modes that provide exercise feedback:

Time—This mode displays the elapsed time. Note: If you stop exercising for a few seconds, the time mode will pause.

Reps/Min—This mode displays your exercise pace, in repetitions per minute.

Reps—This mode displays the total number of repetitions you have completed, up to 9,999.

Calories—This mode displays the approximate number of calories you have burned.

Scan—This mode displays the time, reps/min, reps, and calories modes, for a few seconds each, in a repeating cycle.

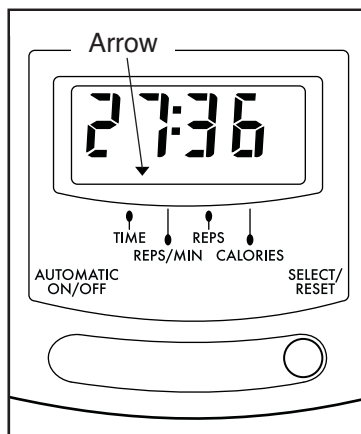
HOW TO OPERATE THE CONSOLE

1. To turn on the console, press the console button or simply begin exercising.

2. Select the desired mode:

To select the time, reps/min, reps, or calories mode, press the console button repeatedly until an arrow points to the name of the desired mode. Make sure that the scan mode is not selected.

To select the scan mode, press the console button repeatedly. While the scan mode is selected, an arrow will show which mode is currently displayed.

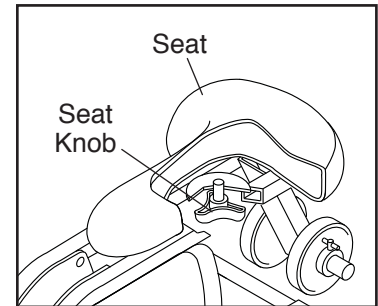


To reset the time, reps, and calories modes to zero, hold down the console button for a few seconds.

3. The console has an auto-off feature. If the pedals are not moved and the console button is not pressed for a few minutes, the console will turn off automatically to conserve the batteries.

HOW TO ADJUST THE SEAT

To adjust the position of the seat, loosen the knob under the seat, move the seat to the desired position, and then retighten the knob.

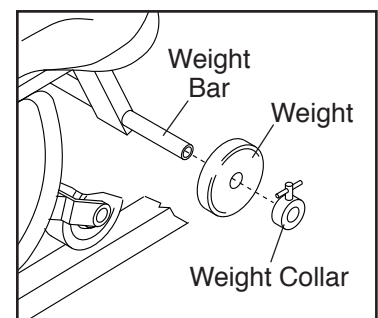


To determine if the seat is properly adjusted, sit on the seat and pull the handlebar as close as possible to your stomach. Your legs should be almost straight, with your knees bent slightly.

HOW TO ADD AND REMOVE WEIGHTS

The exerciser features a weight bar that allows you to increase the intensity of your exercise by adding weights (not included).

To add weights, first remove the weight collars from the weight bar. Slide the desired amount of weight onto the weight bar and reattach the weight collars.

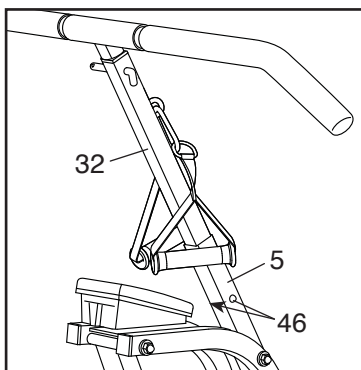


IMPORTANT: Place equal amounts of weight on both sides of the weight bar. The combined weight of the user and added weights should not exceed 300 lbs. (136 kg).

HOW TO ADJUST THE HEIGHT OF THE HANDLEBAR POST

The height of the handlebar post can be adjusted.

Press the Snap Button (46) and slide the Handlebar Post (32) upward or downward to the desired set of holes in the Handlebar Swing Arm (5). **Make sure that the Snap Button is engaged in the holes.**

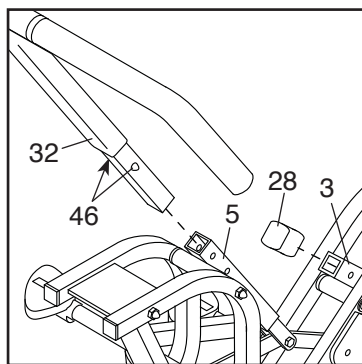


Note: The upper holes provide lower workout resistance; the lower holes provide higher resistance.

HOW TO ADJUST THE POSITION OF THE HANDLEBAR POST

To exercise the muscles of the lower body, the position of the handlebar post can be adjusted.

Remove the Swing Arm Cap (28) from the Roller Swing Arm (3). Next, press the Snap Button (46) and slide the Handlebar Post (32) out of the Handlebar Swing Arm (5). Press the Snap Button again and insert the Handlebar Post into the Roller

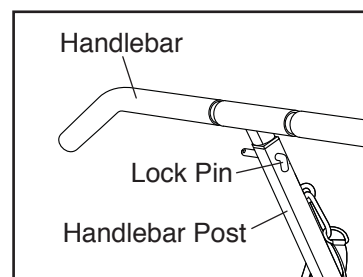


Swing Arm. **Make sure that the Snap Button is engaged in the holes in the Roller Swing Arm.** Press the Swing Arm Cap onto the Handlebar Swing Arm.

HOW TO LOCK THE HANDLEBAR

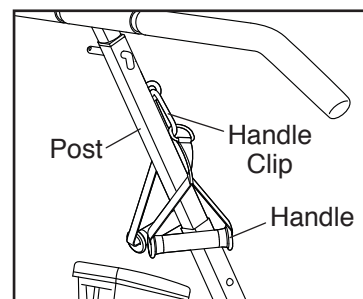
The exerciser can be used with the handlebar in the locked position or the unlocked position.

To lock the handlebar so that it will not swivel from side to side, insert the lock pin into the handlebar post and into the handlebar.



HOW TO ATTACH THE HANDLES

Attach the handles to the handlebar post with the handle clip.



MAINTENANCE AND TROUBLESHOOTING

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

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

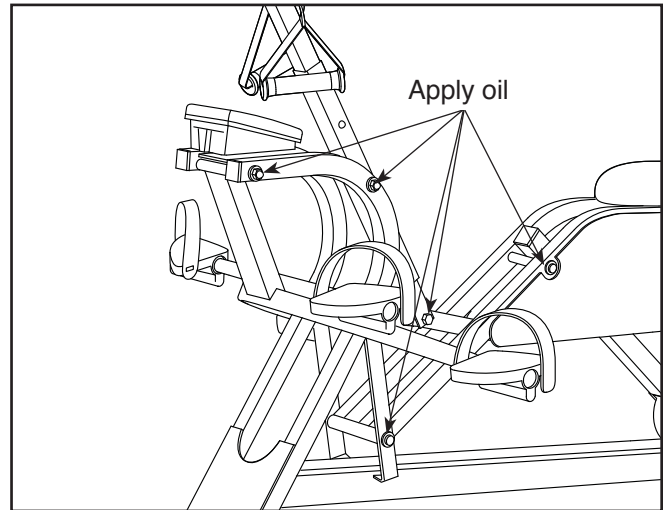
CONSOLE TROUBLESHOOTING

If the console display becomes dim, replace all the batteries at the same time; most console problems are the result of low batteries. See assembly step 11 on page 10 for replacement instructions.

Remove the batteries when storing the exerciser.

HOW TO LUBRICATE THE EXERCISER

Every three months, apply a small amount of light multi-purpose oil between the axle nuts and the frame in the locations shown. Make sure to apply oil to both sides of the exerciser.



PART LIST

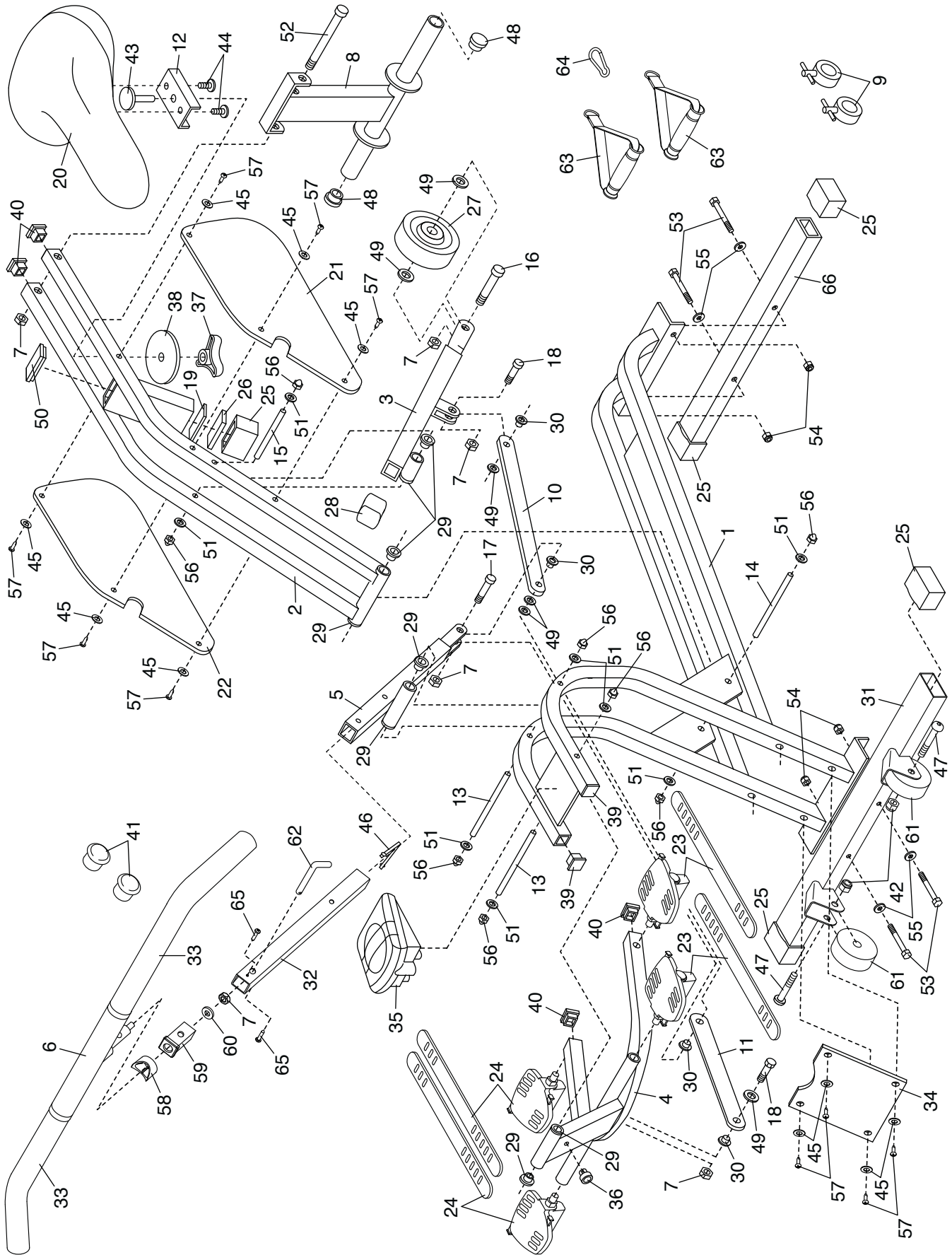
Model No. HRCR02411.0 R0711A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	35	1	Console
2	1	Seat Frame	36	1	Magnet w/Bracket
3	1	Roller Swing Arm	37	1	Seat Knob
4	1	Pedal Frame	38	1	Seat Washer
5	1	Handlebar Swing Arm	39	2	32mm Square Cap
6	1	Handlebar	40	4	25mm Square Cap
7	6	M8 Locknut	41	2	Handlebar Cap
8	1	Weight Bracket	42	2	Wheel Nut
9	2	Weight Collar	43	1	Seat Knob Bolt
10	1	Long Link Arm	44	2	M8 x 16mm Seat Bolt
11	1	Short Link Arm	45	10	M4 Washer
12	1	Seat Bracket	46	1	Snap Button
13	2	Frame Axle	47	2	Wheel Bolt
14	1	Seat Axle	48	2	25mm Round Cap
15	1	Roller Mount Axle Assembly	49	6	Plastic Washer
16	1	M8 x 60mm Roller Bolt	50	1	25mm x 50mm Cap
17	1	M8 x 35mm Bolt	51	8	Rubber Washer
18	2	M8 x 25mm Bolt	52	1	M8 x 120mm Bolt
19	1	Bumper Plate	53	4	M6 x 62mm Bolt
20	1	Seat	54	4	M6 Locknut
21	1	Left Shield	55	4	M6 Washer
22	1	Right Shield	56	8	Axle Nut
23	2	Left Pedal	57	10	ST4 x 16mm Screw
24	2	Right Pedal	58	1	Handlebar Collar
25	5	Cap	59	1	Handlebar Bushing
26	1	Bumper Spacer	60	1	Handlebar Washer
27	1	Roller	61	2	Wheel
28	1	Swing Arm Cap	62	1	Lock Pin
29	8	Medium Bushing	63	2	Handle
30	4	Short Bushing	64	1	Handle Clip
31	1	Front Stabilizer	65	2	Bushing Screw
32	1	Handlebar Post	66	1	Rear Stabilizer
33	2	Foam Grip	*	—	Grease Packet
34	1	Front Cover Panel	*	—	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. HRCR02411.0 R0711A



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.healthriderservice.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. 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