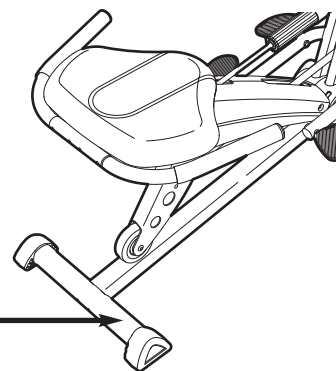

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WARNING DECAL PLACEMENT

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.
- Keep body, clothing, and hair free and clear of all moving parts.
- 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. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all precautions.
3. Use the exerciser only as described in this manual.
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. Place the exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exerciser to mount, dismount, and use it.
6. Regularly inspect and tighten all parts of the exerciser.
7. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exerciser. Always wear athletic shoes for foot protection.
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 400 lbs. (181 kg).
10. Do not operate the exerciser without the cylinder shields in place.
11. Keep your back straight while using the exerciser; do not arch your back.
12. 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.

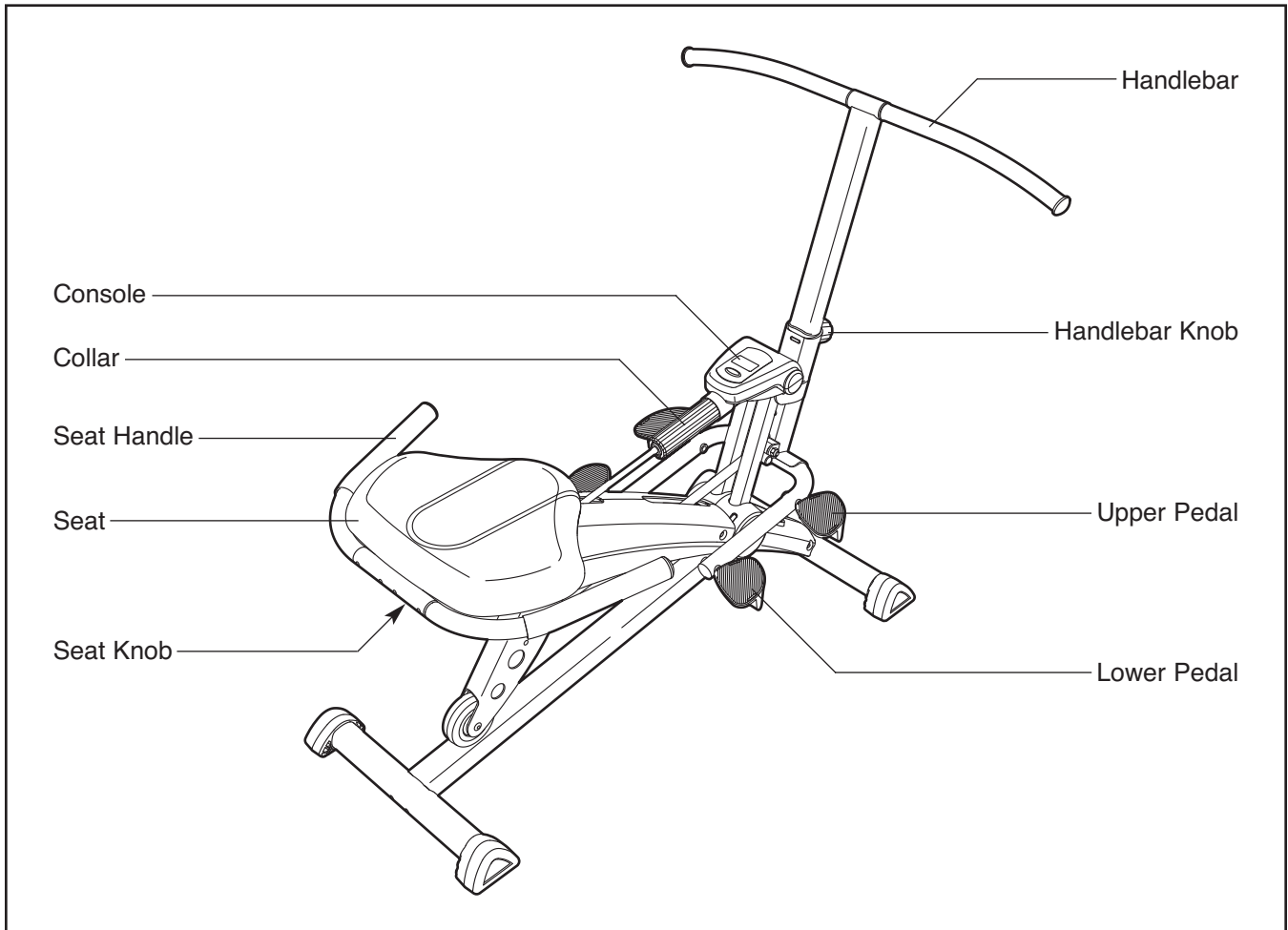
BEFORE YOU BEGIN

Thank you for selecting the new HEALTHRIDER® HR2 exerciser. The HEALTHRIDER HR2 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.



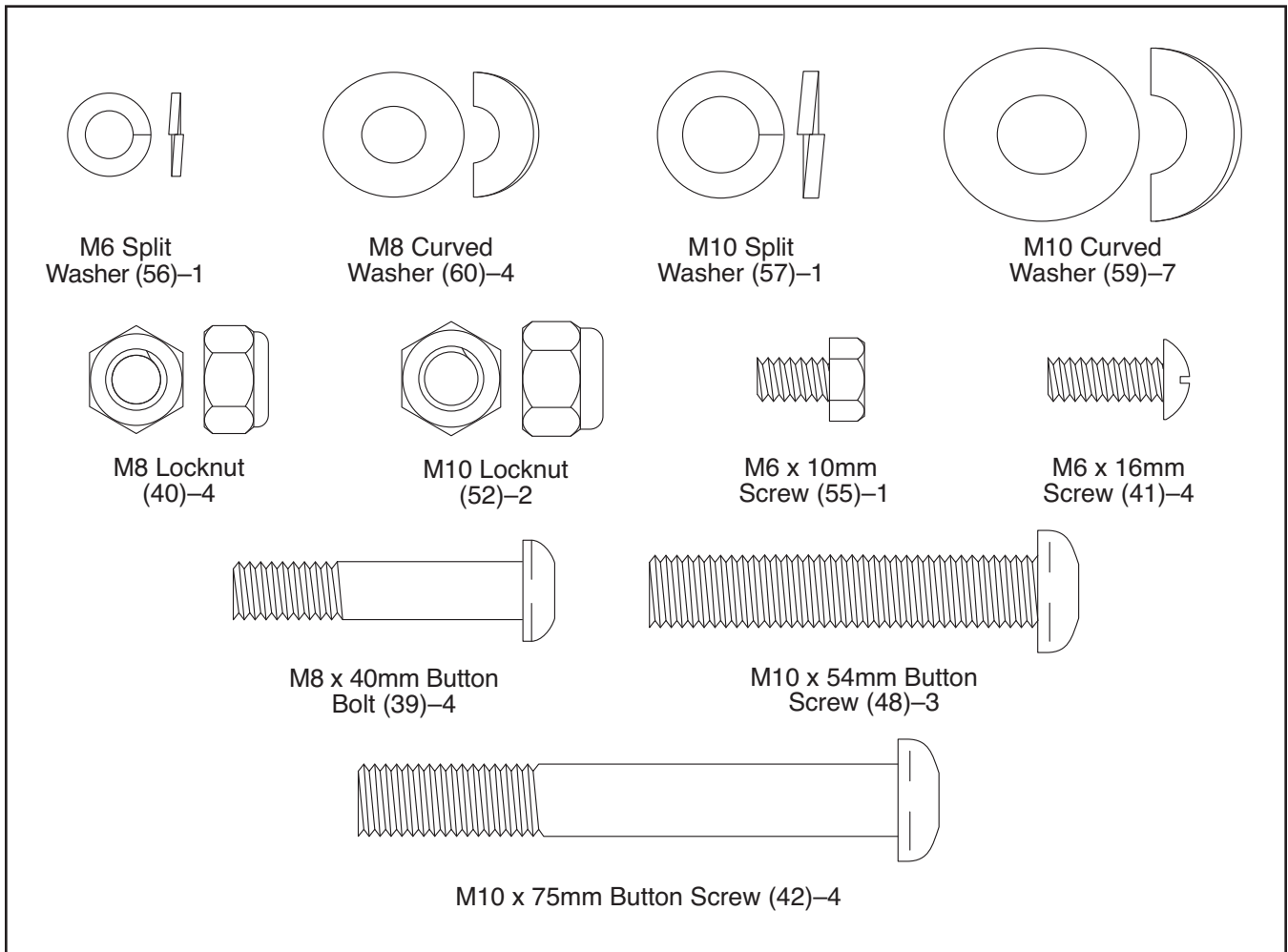
ASSEMBLY

To hire an authorized service technician to assemble the exerciser, call 1-800-445-2480.

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

In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable wrench .

As you assemble the exerciser, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**

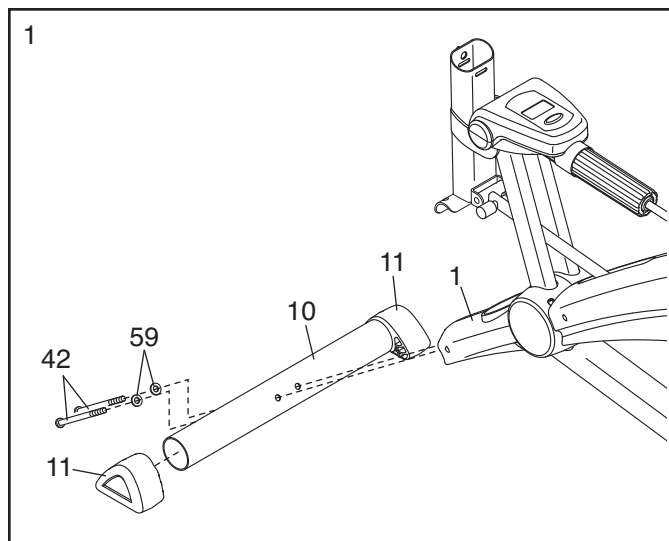


1.

To make assembly easier, read the information on page 5 before you begin.

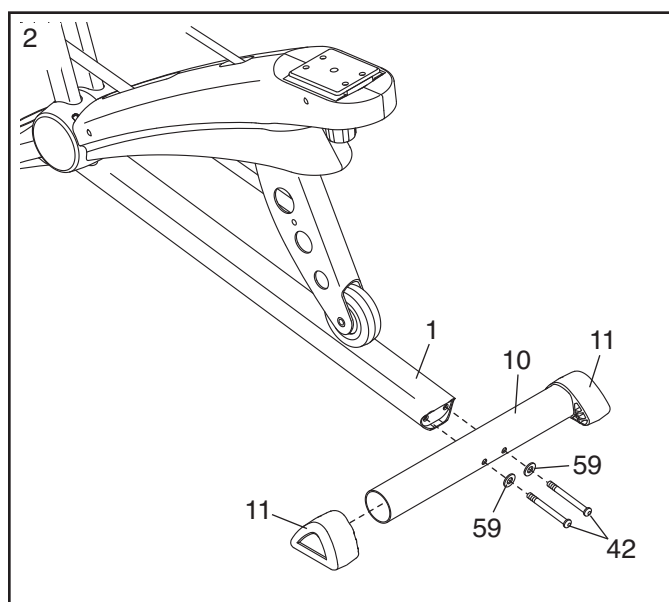
Press a Stabilizer Cap (11) onto each end of a Stabilizer (10).

Attach the Stabilizer (10) to the front of the Frame (1) with two M10 x 75mm Button Screws (42) and two M10 Curved Washers (59).



2. Press a Stabilizer Cap (11) onto each end of the other Stabilizer (10).

Attach the Stabilizer (10) to the rear of the Frame (1) with two M10 x 75mm Button Screws (42) and two M10 Curved Washers (59).

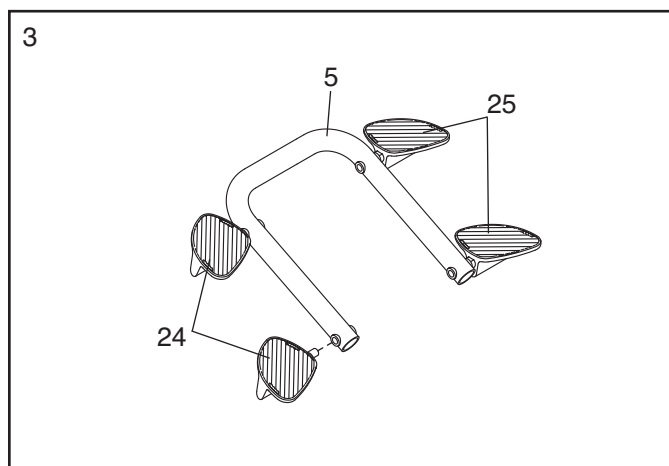


3. Identify the Left Pedals (24), which are marked with "L" stickers.

Using an adjustable wrench, **firmly tighten** the Left Pedals **counterclockwise** into the Pedal Frame (5).

Firmly tighten the Right Pedals (25) **clockwise** into the Pedal Frame (5).

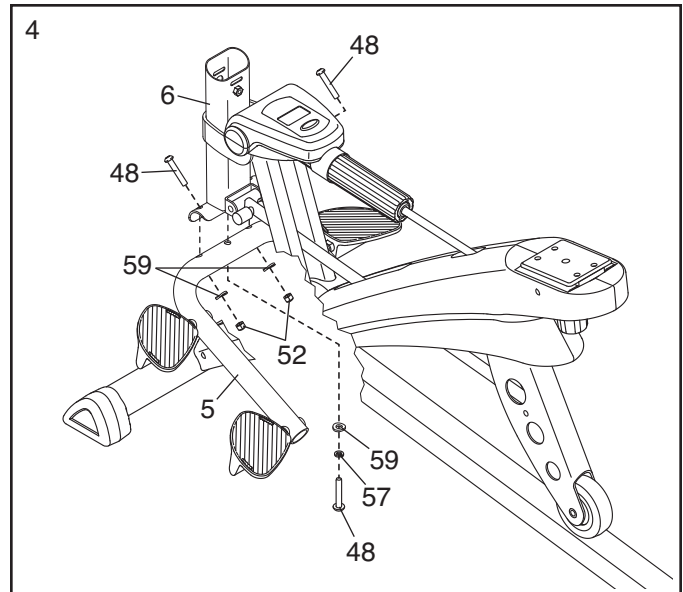
IMPORTANT: After using the exerciser for one week, retighten the Pedals (24, 25). For the best performance, keep the Pedals tightened.



4. Have a second person hold the Pedal Frame (5) in the position shown.

Attach the Pedal Frame (5) to the Pivot Frame (6) with an M10 x 54mm Button Screw (48), an M10 Split Washer (57), and an M10 Curved Washer (59). **Do not tighten the Button Screw yet.**

Then, attach the Pedal Frame (5) with two M10 x 54mm Button Screws (48), two M10 Curved Washers (59), and two M10 Locknuts (52). **Tighten all three Button Screws.**



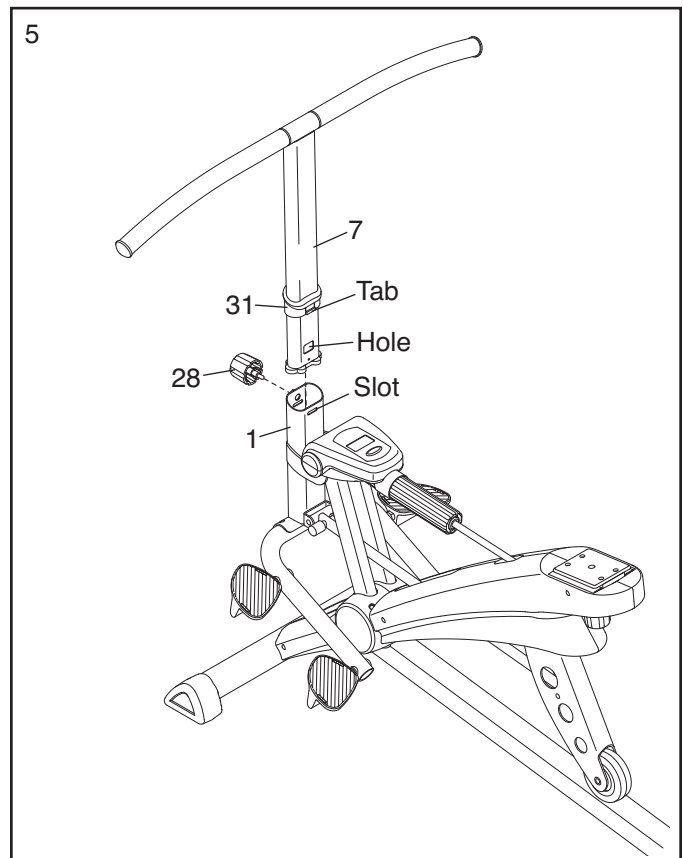
5. Orient the Handlebar (7) as shown.

Slide the Handlebar Sleeve (31) downward until the tab on the Handlebar Sleeve covers the indicated hole in the Handlebar (7).

Loosen and remove the Handlebar Knob (28).

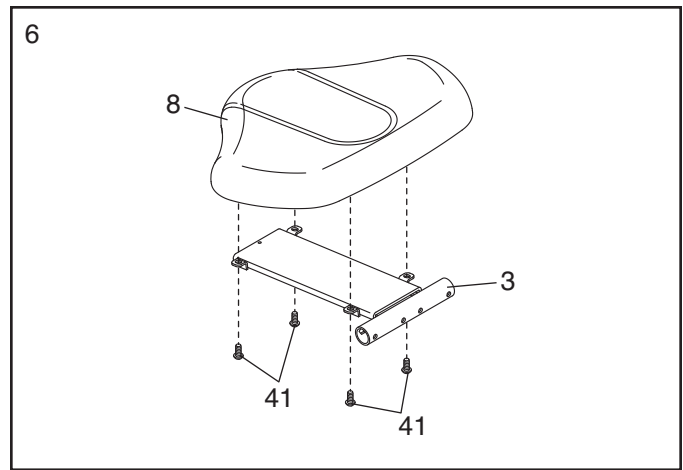
Press the tab on the Handlebar Sleeve (31) and insert the Handlebar (7) and the Handlebar Sleeve into the Frame (1); **make sure that the tab on the Handlebar Sleeve is in the indicated slot in the Frame.**

Slide the Handlebar (7) upward or downward to the desired height, and tighten the Handlebar Knob (28) into the Frame (1) and an adjustment hole in the Handlebar. **Make sure that the Handlebar Knob is engaged in an adjustment hole in the Handlebar.**



6. Orient the Seat (8) and the Seat Carriage (3) as shown.

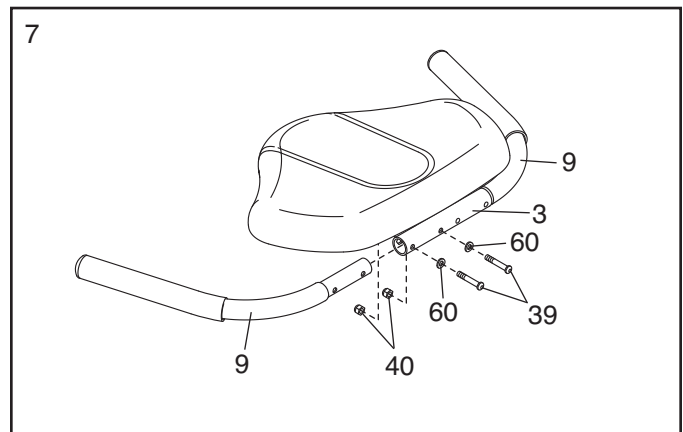
Attach the Seat (8) to the Seat Carriage (3) with four M6 x 16mm Screws (41). Note: The Screws may be preattached to the underside of the Seat.



7. Orient a Seat Handle (9) as shown.

Attach the Seat Handle (9) to the Seat Carriage (3) with two M8 x 40mm Button Bolts (39), two M8 Curved Washers (60), and two M8 Locknuts (40).

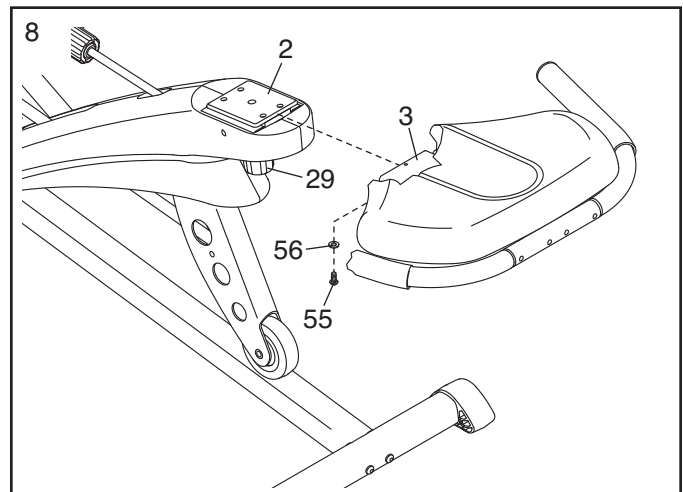
Attach the other Seat Handle (9) in the same way.



8. Loosen the Seat Knob (29).

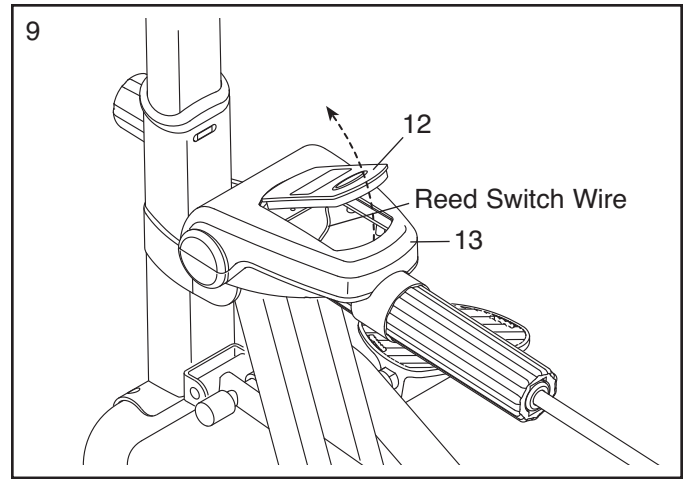
Slide the Seat Carriage (3) onto the Seat Frame (2). Attach the Seat Carriage with an M6 x 10mm Screw (55) and an M6 Split Washer (56).

Slide the Seat Carriage (3) forward or backward to the desired position, and retighten the Seat Knob (29).



9. The Console (12) requires one AAA battery (not included); an alkaline battery is recommended.

Carefully pull the Console (12) away from the Upper Console Shroud (13) as shown. **Be careful not to disconnect the reed switch wire.** Next, insert a battery into the holder on the back of the Console. **Make sure that the battery is oriented as shown by the diagram on the back of the Console.** Then, reinsert the Console into the Upper Console Shroud.

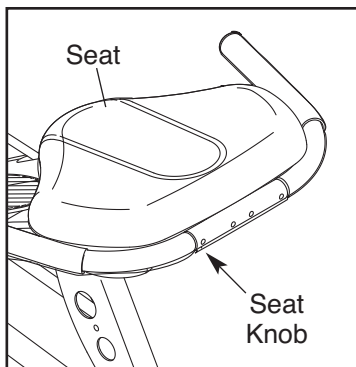


10. **Make sure that all parts are properly tightened.** To protect the floor or carpet from damage, place a mat beneath the exerciser.

HOW TO USE THE EXERCISER

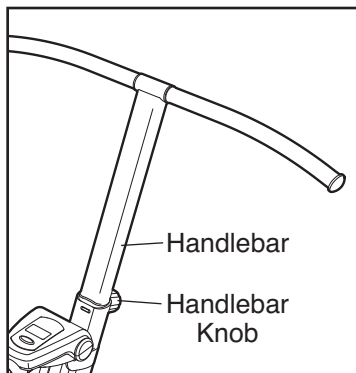
ADJUSTING THE SEAT

To adjust the position of the seat, loosen the seat knob, move the seat forward or backward, and then retighten the seat knob. 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.



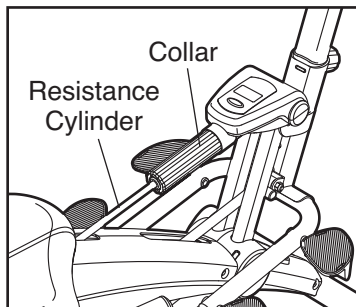
ADJUSTING THE HANDLEBAR

To adjust the height of the handlebar, loosen the handlebar knob, move the handlebar upward or downward, and then retighten the handlebar knob into an adjustment hole in the handlebar. **Make sure that the handlebar knob is engaged in an adjustment hole.**



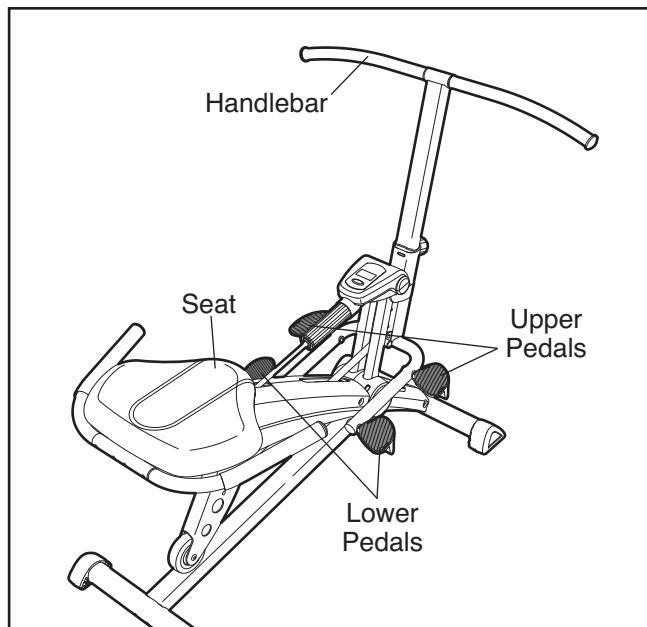
ADJUSTING THE RESISTANCE

To change the resistance, turn the collar at the front of the resistance cylinder. There are ten different resistance levels. A small arrow on the side of the resistance cylinder will show which resistance level is selected. **CAUTION: The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.**



EXERCISING ON THE EXERCISER

Sit on the seat, place your feet on the lower pedals, and hold the handlebar. Your hands can be positioned close together or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat or the height of the handlebar.



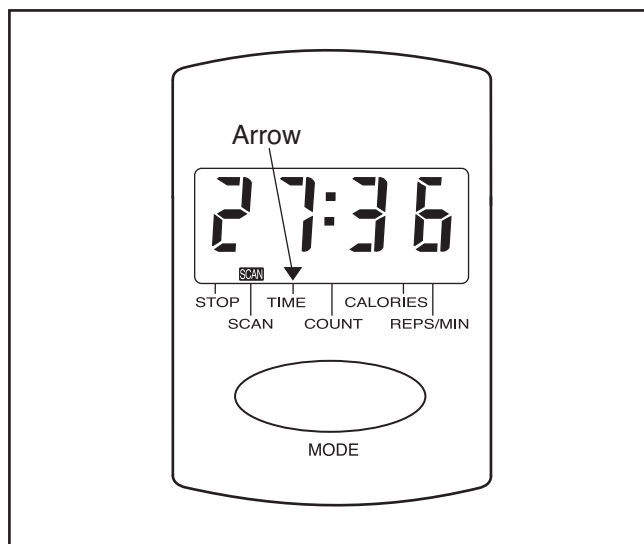
To begin exercising, pull the handlebar toward your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace.

CAUTION: To avoid injury, keep your back straight; do not arch your back. Do not operate the exerciser without the cylinder shields in place.

To focus on the muscles of the upper body, place your feet on the upper pedals as you exercise.

Note: The console will automatically turn on when you begin exercising on the exerciser. The operation of the console is described on page 11.

DESCRIPTION OF THE CONSOLE



The console offers five modes that provide instant 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.
- **Count**—This mode displays the total number of repetitions you have completed, up to 9,999 repetitions.
- **Calories**—This mode displays the approximate number of calories you have burned.
- **Scan**—This mode displays the Time, Reps/Min, Count, and Calories modes, for a few seconds each, in a repeating cycle.

HOW TO OPERATE THE CONSOLE

1. Turn on the power.

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

2. Select the desired mode.

To select the Time, Reps/Min, Count, 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, Count, and Calories modes to zero, hold down the console button for a few seconds.

3. Turn off the power.

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 power will turn off automatically to conserve the battery.

MAINTENANCE AND TROUBLESHOOTING

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

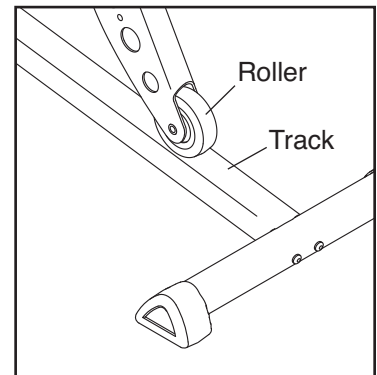
To clean the exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To prevent damage to the console, keep liquid away from the console and keep the console out of direct sunlight.** When storing the exerciser, remove the battery from the console.

HOW TO REPLACE THE BATTERY

If the display of the console becomes dim, the AAA battery should be replaced. See step 9 on page 9 and replace the battery.

ROLLER MAINTENANCE

Clean the roller and the frame track regularly. Use a damp cloth and mild soap to remove dust and debris from the roller and the track on which it travels.



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	♥
<hr/>							
20	30	40	50	60	70	80	

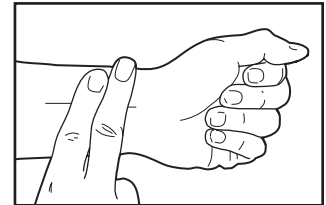
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, 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 heart-beat 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. HRCR4896.1

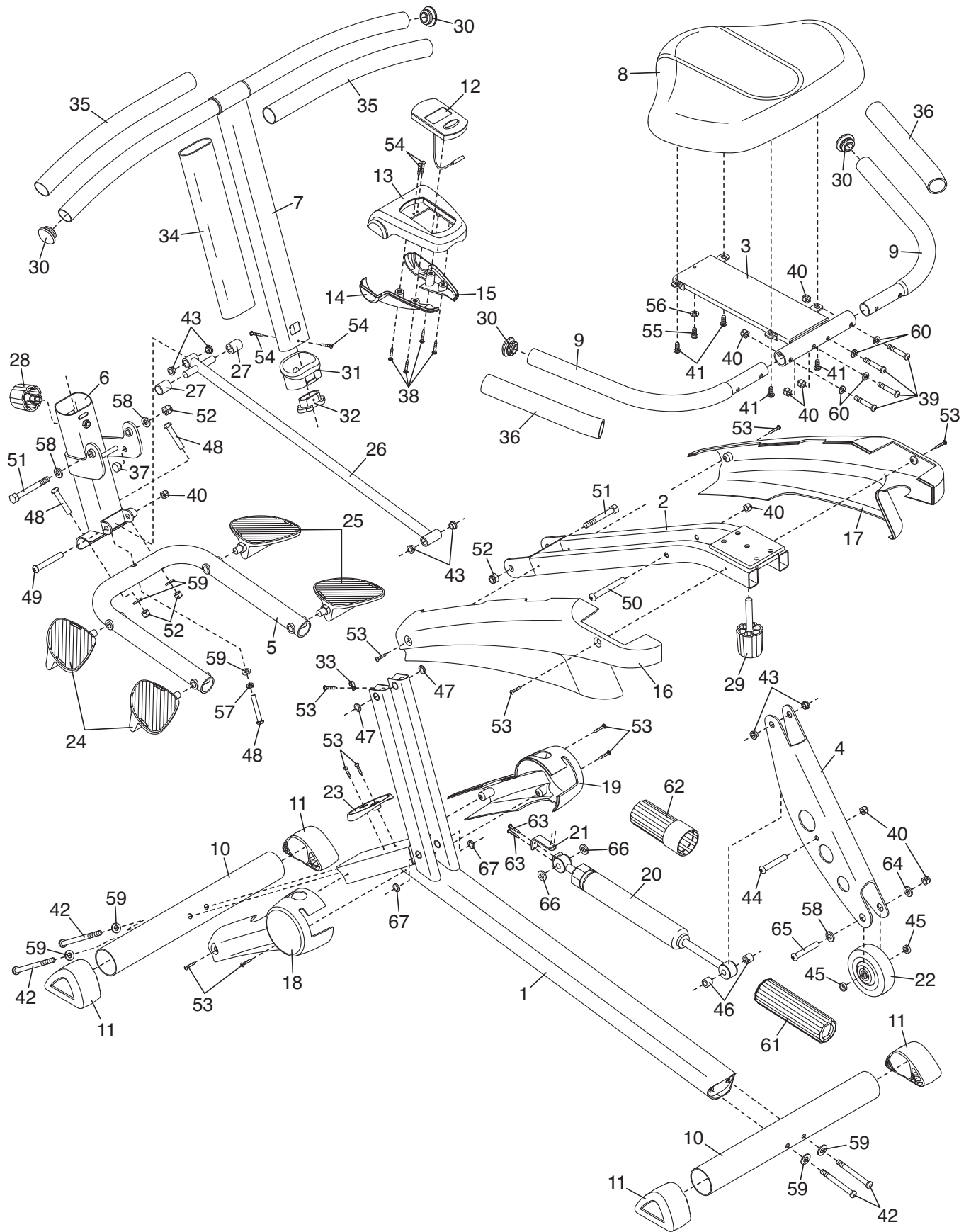
R0410A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	36	2	Short Foam Grip
2	1	Seat Frame	37	1	Magnet
3	1	Seat Carriage	38	4	M3.5 x 10mm Screw
4	1	Roller Frame	39	4	M8 x 40mm Button Bolt
5	1	Pedal Frame	40	8	M8 Locknut
6	1	Pivot Frame	41	4	M6 x 16mm Screw
7	1	Handlebar/Post	42	4	M10 x 75mm Button Screw
8	1	Seat	43	6	Bushing
9	2	Seat Handle	44	1	M8 x 60mm Shoulder Bolt
10	2	Stabilizer	45	2	Roller Spacer
11	4	Stabilizer Cap	46	2	Cylinder Spacer
12	1	Console/Reed Switch Wire	47	2	7mm Pivot Spacer
13	1	Upper Console Shroud	48	3	M10 x 54mm Button Screw
14	1	Left Console Shroud	49	1	M8 x 70mm Shoulder Bolt
15	1	Right Console Shroud	50	1	M8 x 110mm Shoulder Bolt
16	1	Left Shield	51	2	M10 x 127mm Button Bolt
17	1	Right Shield	52	4	M10 Locknut
18	1	Left Frame Shield	53	11	M4 x 16mm Screw
19	1	Right Frame Shield	54	4	M4 x 12mm Screw
20	1	Resistance Cylinder	55	1	M6 x 10mm Screw
21	1	Mounting Bracket	56	1	M6 Split Washer
22	1	Roller	57	1	M10 Split Washer
23	1	Emblem Mount	58	3	M10 Washer
24	2	Left Pedal	59	7	M10 Curved Washer
25	2	Right Pedal	60	4	M8 Curved Washer
26	1	Pivot Rod	61	1	Long Cylinder Shield
27	2	Bumper	62	1	Short Cylinder Shield
28	1	Handlebar Knob	63	2	M4 x 8mm Screw
29	1	Seat Knob	64	1	M8 Washer
30	4	Handlebar Cap	65	1	M8 x 65mm Shoulder Bolt
31	1	Handlebar Sleeve	66	2	Nylon Washer
32	1	Handlebar Bushing	67	2	9mm Pivot Spacer
33	1	Clamp	*	—	User's Manual
34	1	Post Foam Cover	*	—	Assembly Tool
35	2	Long Foam Grip			

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. HRCR4896.1

R0410A



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. 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. For replacement parts 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 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; to products used for commercial or rental purposes or as store display models; or to products transported or purchased outside the US. 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 state to state.

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