

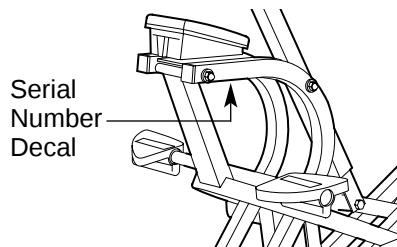
HEALTHRIDER®

THE TOTAL BODY FITNESS MACHINE

Model No. HRCR91080

Serial No. _____

The serial number can be found in the location shown below. Write the serial number in the space above.



Patent Pending

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire



CAUTION

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

USER'S MANUAL

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
ADJUSTMENT AND OPERATION	5
MAINTENANCE AND TROUBLE-SHOOTING	8
CONDITIONING GUIDELINES	8
PART LIST	10
EXPLODED DRAWING	11
ORDERING REPLACEMENT PARTS	Back Cover

IMPORTANT PRECAUTIONS

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

- | | |
|---|--|
| 1. Read all instructions in this manual before using the HEALTHRIDER®. | 6. Regularly inspect and tighten all parts of the HEALTHRIDER®. |
| 2. It is the responsibility of the owner to ensure that all users of the HEALTHRIDER® are adequately informed of all precautions. | 7. When exercising, do not wear loose clothing that could become caught on the HEALTHRIDER®. Always wear athletic shoes. |
| 3. The HEALTHRIDER® should not be used by persons weighing more than 250 pounds. | 8. The total weight of the user and the added weights should not exceed 300 pounds. |
| 4. Keep children under the age of 12 and pets away from the HEALTHRIDER® at all times. | 9. Use the HEALTHRIDER® only as described in this manual. |
| 5. Place the HEALTHRIDER® on a level surface during use. Cover the floor beneath the HEALTHRIDER® to protect it. | 10. The HEALTHRIDER® is intended for home use only. Do not use the HEALTHRIDER® in a 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. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

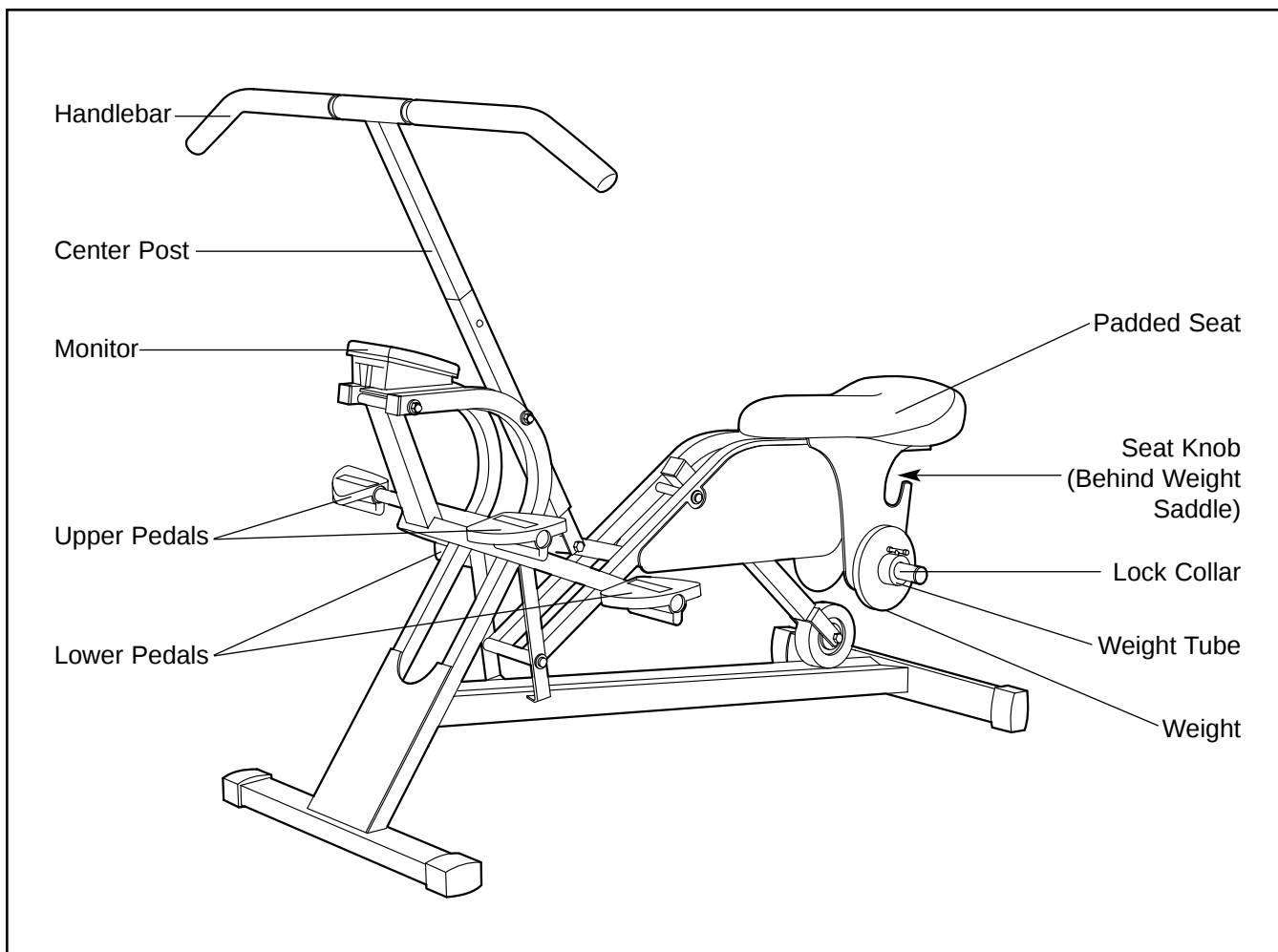
BEFORE YOU BEGIN

Thank you for selecting the new HEALTHRIDER®. The HEALTHRIDER® 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, please read this manual carefully before using the HEALTHRIDER®. If you have additional questions, please call our CUSTOMER Service Department at 0345-089009. To help us assist you,

please note the product model number and serial number before calling. The model number is HRCR91080. The serial number can be found on a decal attached to the HEALTHRIDER® (see the front cover of this manual).

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



ASSEMBLY

Before beginning assembly, carefully read the following information and instructions:

- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.

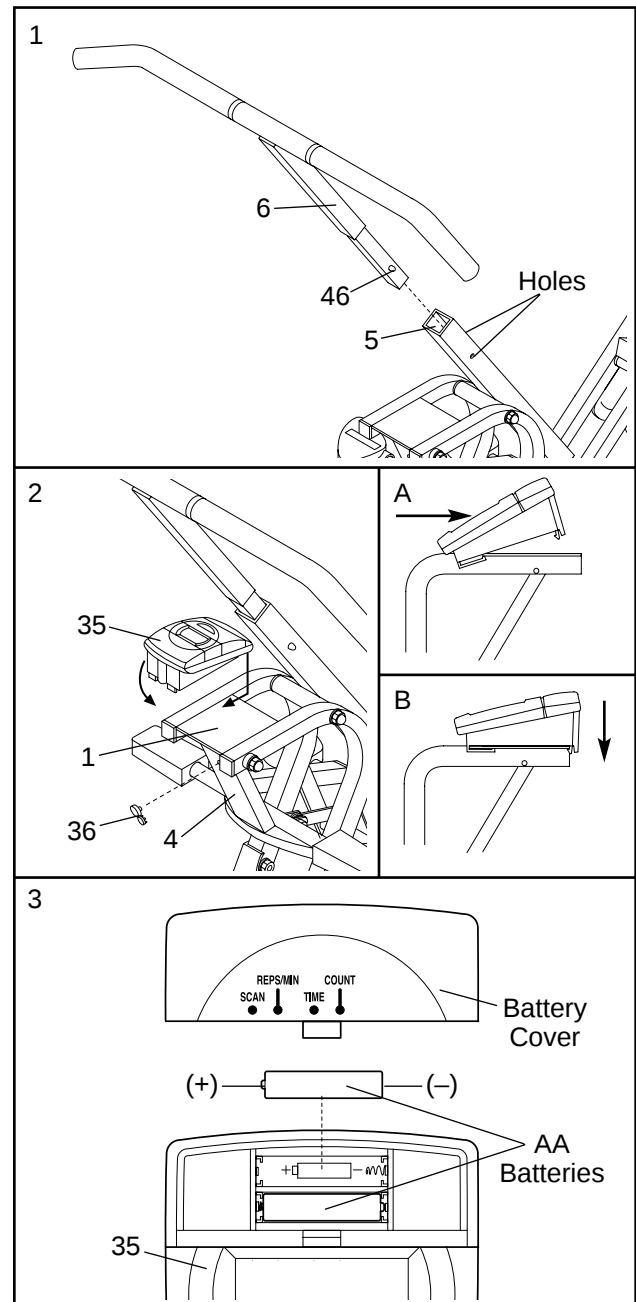
- Read each assembly step carefully before you begin.
- During assembly, make sure that all parts are oriented as shown in the drawings.

1. Attach the Handlebar (6) to the Handlebar Swing Arm (5) by depressing the Dual End Snap Button (46) and inserting the Handlebar into the Handlebar Swing Arm. Make sure that the Dual End Snap Button seats fully into the indicated holes in the Handlebar Swing Arm.

2. Press the Magnet w/Bracket (36) onto the Pedal Frame (4) as shown.

Slide the Monitor (35) fully onto the Main Frame (1) as shown in inset drawing A. Press down on the Monitor as shown in inset drawing B until it snaps into place.

3. Remove the battery cover from the Monitor (35). Insert two new "AA" batteries into the Monitor. Identify the negative (–) and positive (+) ends of the batteries. The springs in the battery compartment should touch the negative ends of the batteries.

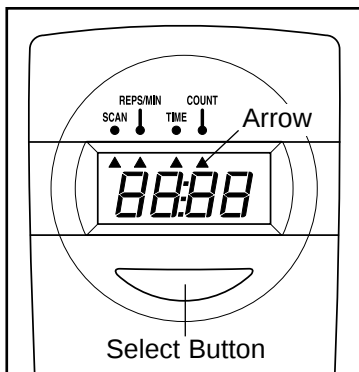


ADJUSTMENT AND OPERATION

DESCRIPTION OF THE MONITOR

The monitor offers four modes to provide you with instant exercise feedback:

- Reps/Min—This mode displays your current pace, in repetitions per minute.
- Time—This mode 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.
- Count—This mode displays the total number of repetitions you have completed, up to 9,999. The display will then reset to zero and continue counting.
- Scan—This mode displays the reps/min, time, and count modes, for approximately 6 seconds each, in a repeating cycle.



HOW TO OPERATE THE MONITOR

1. To turn on the power, press the Select Button or simply begin exercising.
2. Select the desired mode:

To select the reps/min, time, or count mode, press the Select Button repeatedly until an arrow points to the desired mode. Make sure that there is not an arrow pointing to the word "scan."

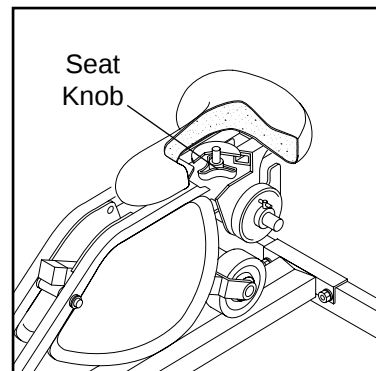
To select the scan mode, press the Select Button repeatedly until an arrow points to the word "scan." A second arrow will show which mode is currently displayed.

To reset the time and count modes to zero, hold down the Select Button for two seconds.

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

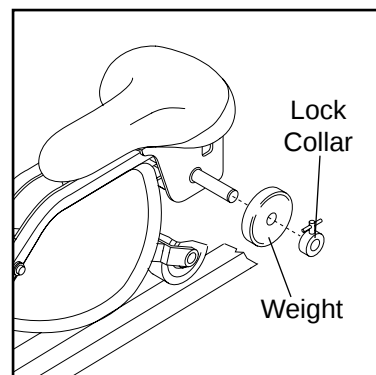
ADJUSTING THE SEAT

The position of the seat can be adjusted to accommodate different users. To adjust the seat, loosen the knob under the seat, move the seat to the desired position, and 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, but your knees should not be locked.



ADDING AND REMOVING WEIGHT FROM THE WEIGHT TUBE

The HEALTHRIDER® features a weight bar that lets you intensify your exercise by adding weights. To add weights, slide the desired amount of weight onto the weight bar. Secure the Weights with the Lock Collars.



Note: Place an equal amount of weight on each side of the weight bar. The total combined weight of the user and added weights should not exceed 300 pounds.

PROPER EXERCISE FORM

Learning how to properly use the HEALTHRIDER® is vital to the success of your exercise program. On the following pages are photographs of the positions that you can use to get the maximum benefit from the HEALTHRIDER®.

In addition, we offer the following tips to help you get the most from your exercise routine:

- Always start each exercise session in the standard workout position to warm up.

- You should be able to feel yourself pivot or bend from the hip—not from the back. Don't round your back as the bar moves forward.
- Always place the ball of each foot in the center of each pedal.
- Always bring the handlebar as close as possible to your stomach or rib cage. If you are new to exercise, don't extend the bar too far forward for the first few weeks of your exercise program. As your back becomes stronger and more flexible, allow the handlebar to travel farther forward for increased range of motion.
- Change grip positions and toe positions often to add variety and balance to each workout.
- Your thumbs can be placed next to the first finger or wrapped around the handlebar. Use these thumb positions interchangeably during each workout session for greater forearm endurance.

1 STANDARD WORKOUT POSITION

We strongly recommend that you begin every exercise session in this position. As a warm-up, it provides a balanced workout, distributing the emphasis between upper and lower body. Vary emphasis by pulling more with the arms or pushing more with the legs. Keep your back vertical and upright at all times. You should also vary your hand grip to target certain muscle groups. For example, a wide overhand grip will target your shoulders; a close overhand grip (shown) will target your triceps; and a close underhand grip will target your biceps.

Muscles affected: All Major Muscle Groups



2 WRIST ROLL

As your strength increases, you'll want to challenge yourself by toning your forearms even more. Use the wrist roll with either the close or wide overhand grip. As you pull the handlebar toward your stomach, roll your knuckles forward in a smooth motion.

Muscles affected: Forearm Flexors



3 CENTER POST GRIP

Grip the center post high with one hand above the other. Perform ten repetitions. Change your hand positions and perform the same number of repetitions. For greater emphasis try one hand at a time.

Muscles affected: Biceps and Chest



4 TOES STRAIGHT

Place the ball of each foot in the middle of each pedal. Push with your toes pointed forward, then pull your feet back with toes up and heels down. This tones the lower legs. Start with just a few minutes per session and gradually increase with each workout.

Muscles affected: Shins and Calves



5 TOES TURNED

The direction which your toes are turned will vary the effect of your workout. If your toes are turned slightly in while pointing and flexing, this emphasizes the outer calves. If your toes are turned slightly out while pointing and flexing, this emphasizes the inner calves. You can also turn your toes out and open your knees to tone your inner thighs. Regardless of which toe position you choose, always keep your kneecap in line with your toes.

Muscles affected: Calves and Thighs



6 UPPER BODY EMPHASIS

Place your feet on the upper pedals and choose any grip.

Muscles affected: Arms, Upper Back, and Chest



7 LOWER BODY EMPHASIS

Grip the center post low and place your feet on the lower pedals. For more emphasis on the stomach, tighten your abs and pull them in.

Muscles affected: Abdomen, Legs, and Lower Back

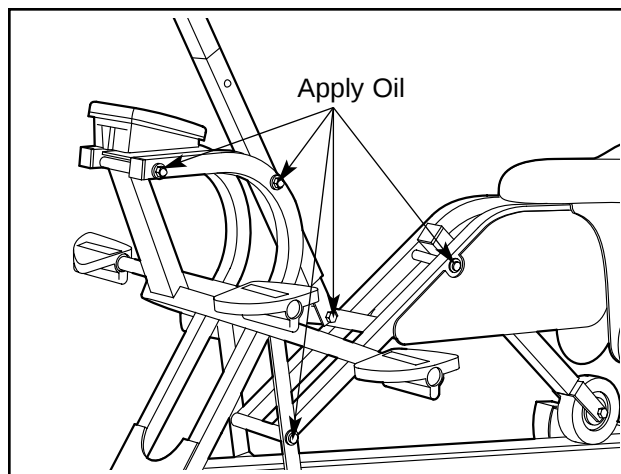


MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the HEALTHRIDER® regularly. Keep the monitor out of direct sunlight or the display may be damaged. The HEALTHRIDER® can be cleaned with a soft, damp cloth. Do not use solvents. Keep liquid away from the monitor. When storing the HEALTHRIDER®, remove the batteries from the monitor.

HOW TO LUBRICATE THE HEALTHRIDER®

Every three months, a small amount of light multi-purpose oil should be applied to the HEALTHRIDER®. Apply a few drops of oil between the axle caps or acorn nuts and the frame in the locations shown at the right. Make sure to apply oil to both sides of the HEALTHRIDER®.



HOW TO REPLACE THE BATTERIES

If the display of the monitor becomes dim, the “AA” batteries should be replaced. Refer to step 3 on page 4 of this manual.

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 persons over the age of 35 or persons with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or to 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 to the right shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, look above your age and find the three numbers in light grey boxes. 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.

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

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

Maximum Fat Burning

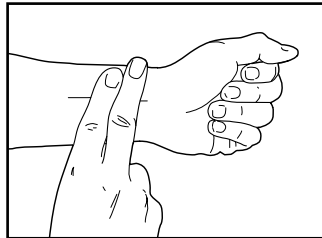
For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

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 until your heart rate is near the highest number in your training zone.

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 heartbeat count,



and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

Adjust your pace until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (See the chart on page 8 to find your training zone.)

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other 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. The key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HRCR91080

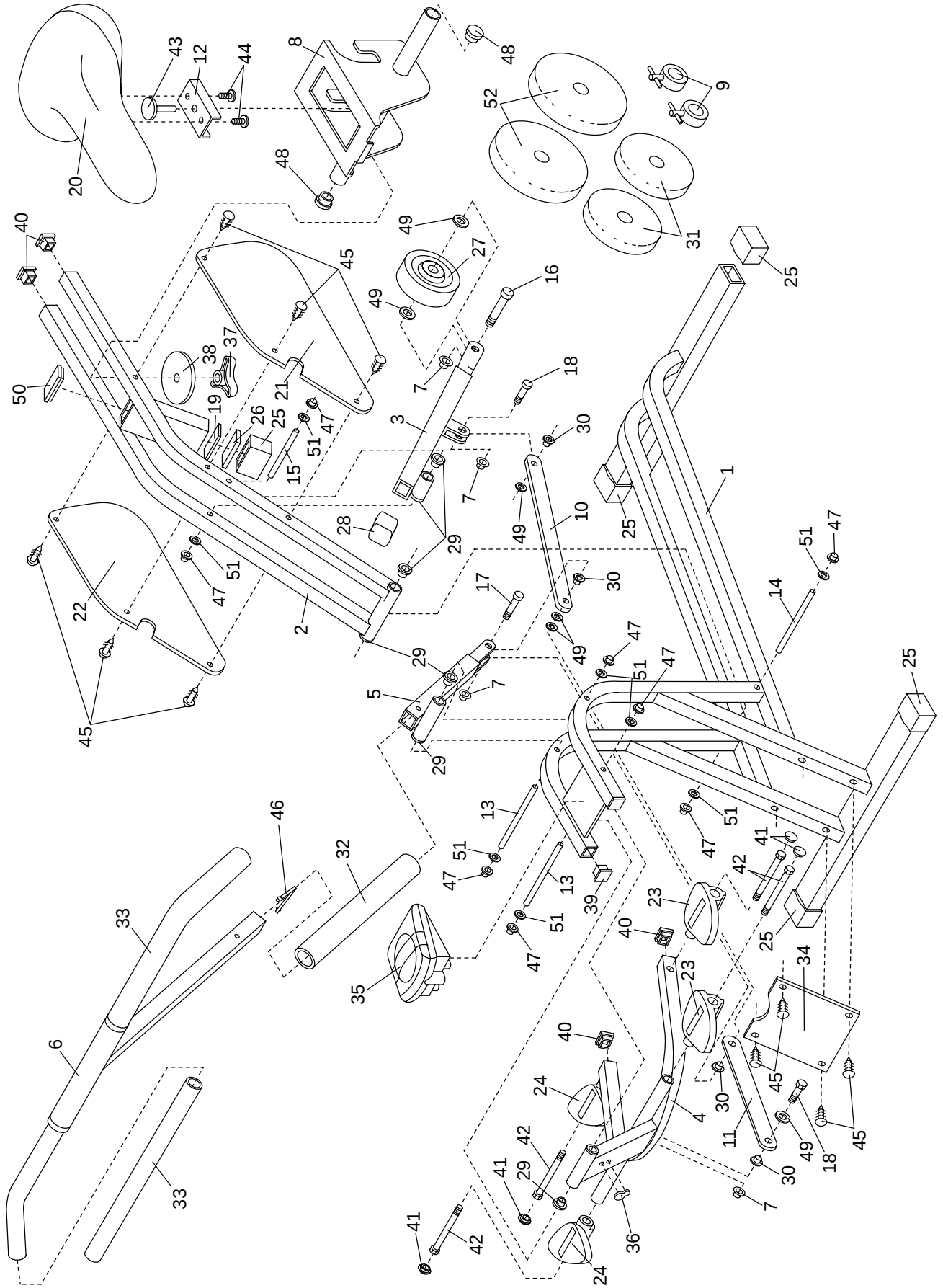
R0998A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Main Frame	28	1	Swing Arm Endcap
2	1	Seat Frame	29	8	Medium Bushing
3	1	Wheel Frame Arm	30	4	Short Bushing
4	1	Pedal Frame	31	2	2.5-pound Weight
5	1	Handlebar Swing Arm	32	1	Middle Foam Grip
6	1	Handlebar Assembly w/Foam Grip	33	2	Foam Grip
7	4	M8 Nylon Jam Nut	34	1	Front Cover Panel
8	1	Weight Saddle	35	1	Monitor
9	2	Lock Collar	36	1	Magnet w/Bracket
10	1	Long Link Arm	37	1	Seat Knob
11	1	Short Link Arm	38	1	Seat Washer
12	1	Seat Bracket	39	2	1.25" Square Endcap
13	2	Pedal/Handle Pin	40	4	1" Square Endcap
14	1	Seat Axle	41	4	Pedal Plug
15	1	Wheel Mount Axle Assembly	42	4	M12 x 1.25" Bolt
16	1	M8 x 1.25" Wheel Bolt	43	1	Seat Knob Bolt
17	1	M8 x 1.375" Bolt	44	2	M8 x 1.25" Seat Bolt
18	2	M8 x 1.25" Bolt	45	10	Tree Fastener
19	1	Bumper Plate	46	1	Dual End Snap Button
20	1	Seat	47	8	3/8" Hat Cap
21	1	Left Sideshield	48	2	1" Round Endcap
22	1	Right Sideshield	49	6	Plastic Washer
23	2	Left Pedal	50	1	1" x 2" Endcap
24	2	Right Pedal	51	8	Rubber Washer
25	5	Frame Endcap	52	2	5 lb. Weight
26	1	Bumper Spacer	#	1	User's Manual
27	1	Rubber Wheel	#	2	Tool

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. For information about ordering replacement parts, refer to the back page of this manual.

EXPLODED DRAWING—Model No. HRCR91080

R0998A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (HRCR91080).
- The NAME of the product (HEALTHRIDER®).
- The PART NUMBER of the PART (see pages 10 and 11 of this manual).
- The DESCRIPTION of the PART (see pages 10 and 11 of this manual).

HEALTHRIDER® is a registered trademark of ICON Health & Fitness, Inc.