

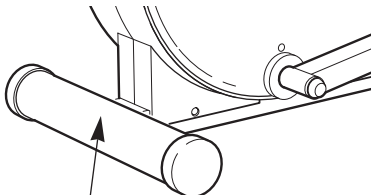
# HEALTHRIDER

ELLIPTICAL CROSSRAINER



Model No. HREL05981

Serial No. \_\_\_\_\_



Serial Number Decal

## 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 direct assistance from our factory.

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

CUSTOMER HOT LINE:

**1-800-999-3756**

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

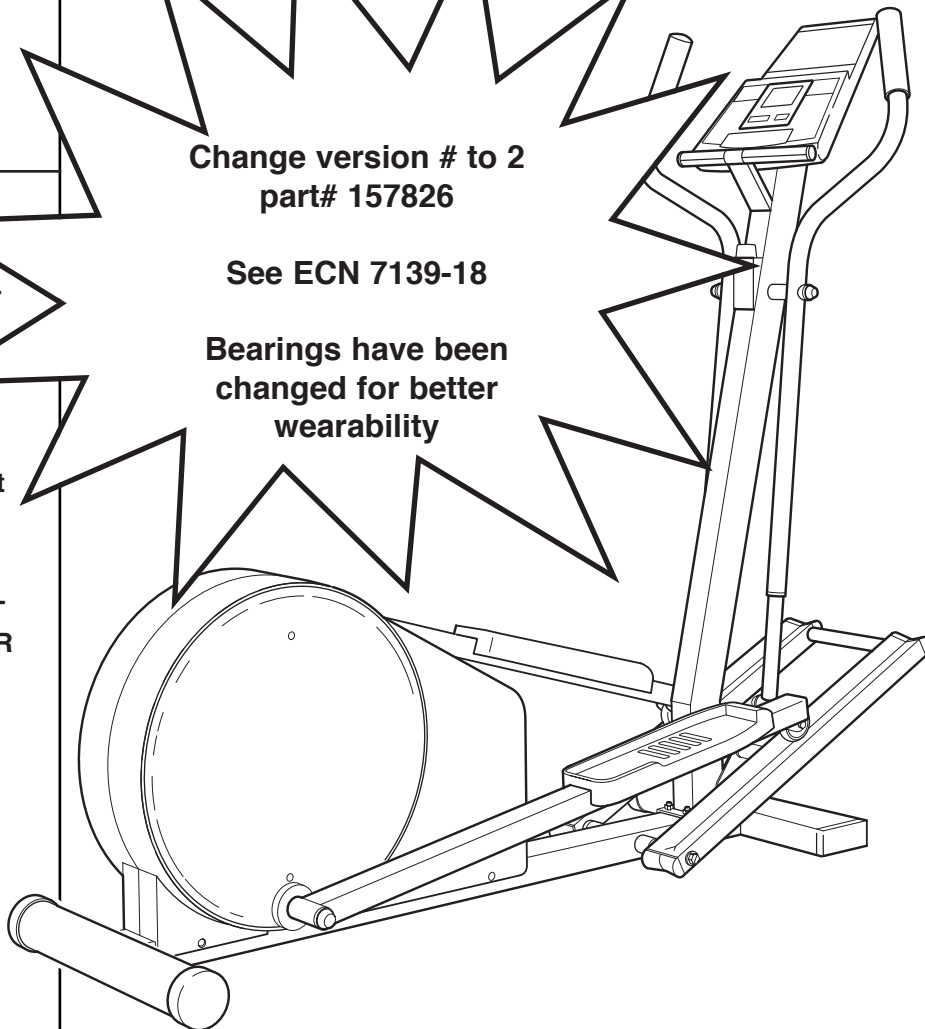
## ⚠ CAUTION

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

Change version # to 2  
part# 157826

See ECN 7139-18

Bearings have been  
changed for better  
wearability



# USER'S MANUAL

# ® **HEALTHRIDER**

**ELLIPTICAL CROSSRAINER**



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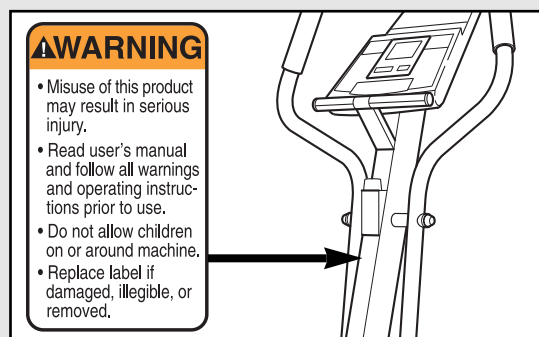
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# IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the elliptical crosstrainer.
2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.
3. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under age 12 and pets away from the elliptical crosstrainer at all times.
6. Always hold the handlebar or the upper body arms when mounting, dismounting, or using the elliptical crosstrainer.
7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
8. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.
9. 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.
10. When you stop exercising, allow the pedals to slowly come to a stop.
11. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately.
13. The elliptical crosstrainer is intended for in-home use only. Do not use it in any commercial, rental, or institutional setting.
14. The decal shown below is found on the elliptical crosstrainer. If the decal is missing, or if it is not legible, call toll-free 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



**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.

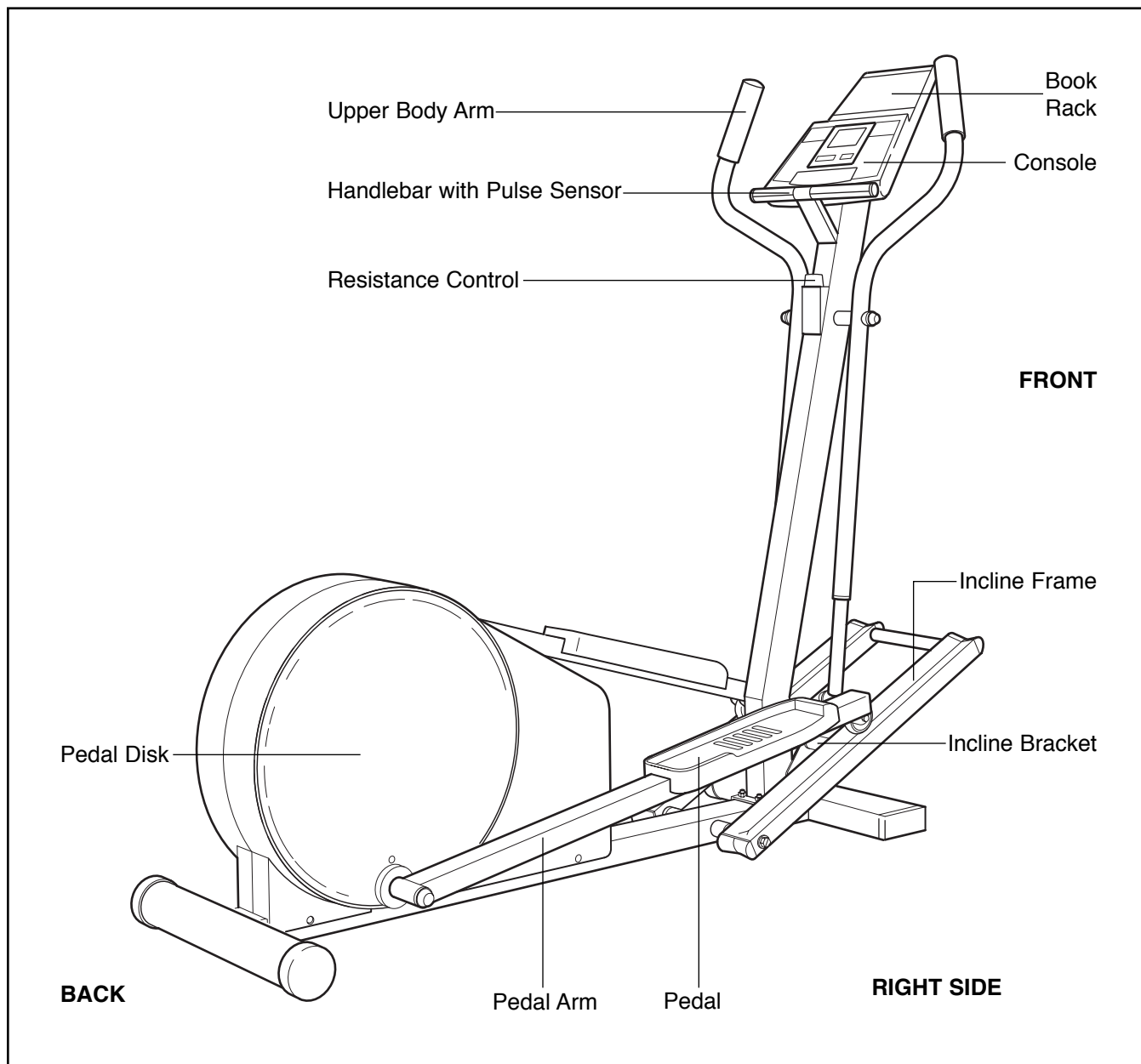
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary HealthRider® E330 Elliptical Crosstrainer. The HealthRider® E330 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique E330 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from HealthRider.

**For your benefit, read this manual carefully before you use the HealthRider® E330.** If you have additional questions, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is HREL05981. The serial number can be found on a decal attached to the HealthRider® E330 (see the front cover of this manual for the location of the decal).

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



# ASSEMBLY

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

The following tools are required for assembly: a phillips screwdriver  , an adjustable wrench  , a rubber mallet  , and pliers  .

1. Turn the Resistance Control (57) counterclockwise to the minimum setting.

If the Resistance Control (57) is attached to the Upright (2), remove the #10 x 3/4" Screw (73). Pull the bottom of the Resistance Control away from the Upright and then slide it down to remove it.

2. Lay a cloth over the front of the Frame (1) to protect it. Lay the Upright (2) in the position shown. Connect the Extension Wire (51) to the Reed Switch Wire (50).

Next, connect the Resistance Cable (57) to the Extension Cable (96) in the following way:

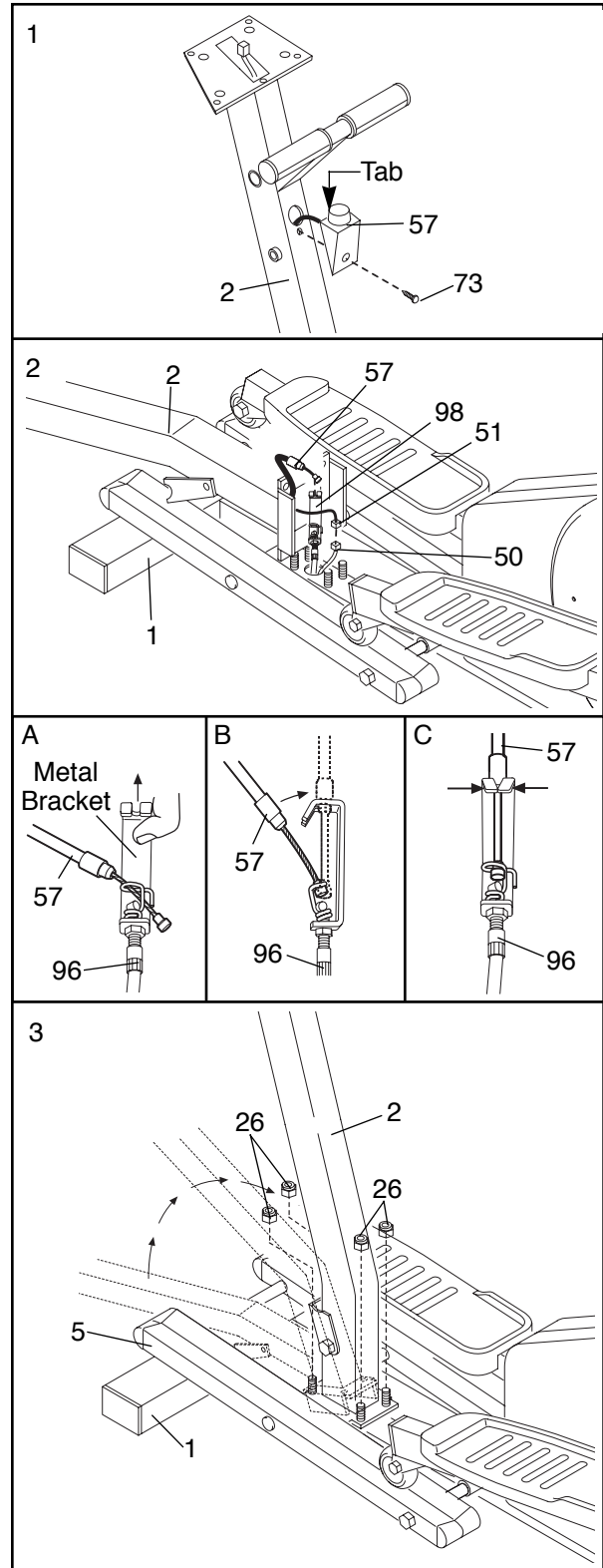
- Refer to drawing A. Pull up on the metal bracket, and insert the tip of the Resistance Cable (57) into the wire clip on the Extension Cable (96) as shown.
- Refer to drawing B. **Firmly** pull the Resistance Cable (57) and slide it into the metal bracket on the Extension Cable (96) as shown.
- Refer to drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

3. Align the two holes in the front of the Upright (2) with the two welded bolts in the front of the Frame (1). Carefully push the Reed Switch Wire (not shown) into the Upright until there is no slack.

Next, pivot the Upright (2) about halfway to the vertical position while guiding the Split Plastic Sleeve (89) (not shown) into the Upright. Once the top edge of the Split Plastic Sleeve is inside the Upright, pivot the Upright to the vertical position so it rests on the four welded bolts on the Frame (1). **Be careful to avoid pinching the wires.**

Lift the front of the Incline Frame (5). Tighten a 3/8" Nylon Locknut (26) onto each welded bolt.

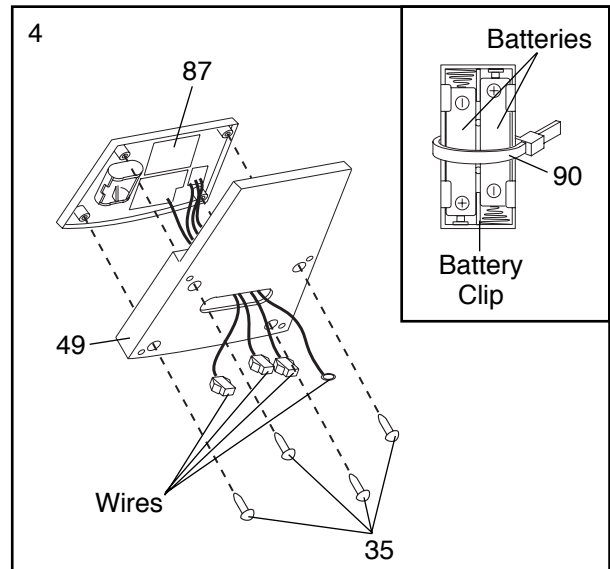
Refer to assembly step 1. Insert the tab on the Resistance Control (57) in the Upright (2). Next, firmly press the bottom of the Resistance Control toward the Upright until it is flush with the Upright. Tighten the #10 x 3/4" Screw (73) into the Resistance Control and the Upright.



4. The Console (87) requires two “AA” batteries (not included). Alkaline batteries are recommended. To install batteries, turn the console over and insert two batteries into the battery clip as shown in the inset drawing. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the battery clip.**

Attach a Plastic Tie (90) to the battery clip as shown.

Attach the Console (87) to the Console Base (49) with four Zinc #8 x 1/2” Screws (35), making sure that the indicated wires are extending from the Console Base (49). **Be careful not to pinch the wires.**

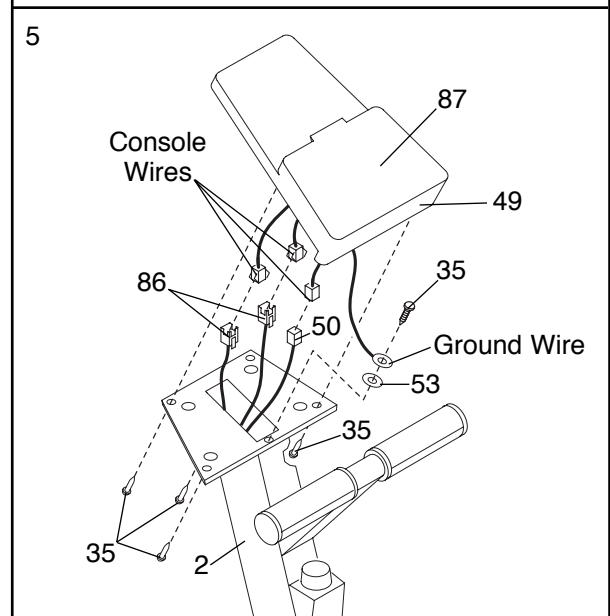


5. Connect the Reed Switch Wire (50) to the corresponding wire on the Console (87).

Next, connect the two Pulse Wires (86) to the two remaining wires on the Console (87). Note: Either Pulse Wire can be attached to either wire on the Console.

Next, connect the ground wire to the indicated hole in the Upright (2) with a Zinc #8 x 1/2” Screw (35) and the #8 Star Washer (53).

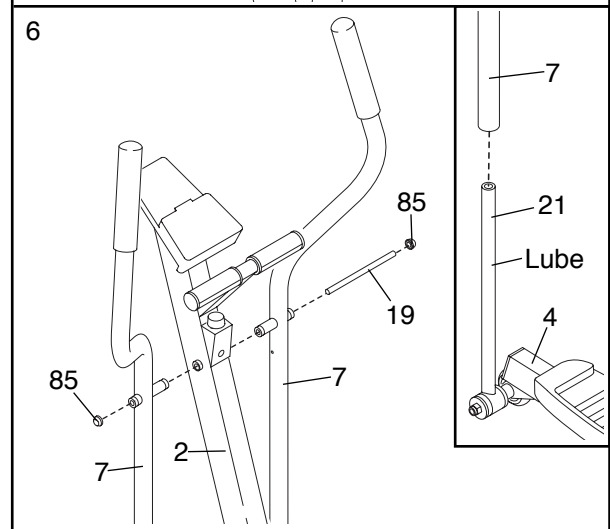
Carefully feed the wires down into the Upright (2). Attach the Console Base (49) to the Upright with four Zinc #8 x 1/2” Screws (35). **Be careful to avoid pinching the wires.**



6. Refer to the inset drawing. Apply a small amount of the included lubricant to a paper towel; rub a thin film of lubricant onto the Chrome Extension Tube (21) on the Right Pedal Arm (4). Slide the Chrome Extension Tube into one of the Upper Body Arms (7).

Slide the other Chrome Extension Tube (21) into the other Upper Body Arm (7) in the same way.

Tap a 5/8” Axle Cap (85) onto one end of the Axle (19). Insert the Axle through one of the Upper Body Arms (7) and then through the Upright (2). Slide the other Upper Body Arm (7) onto the Axle. **Make sure that the Upper Body Arms are turned as shown.** Tap another 5/8” Axle Cap (85) onto the Axle.



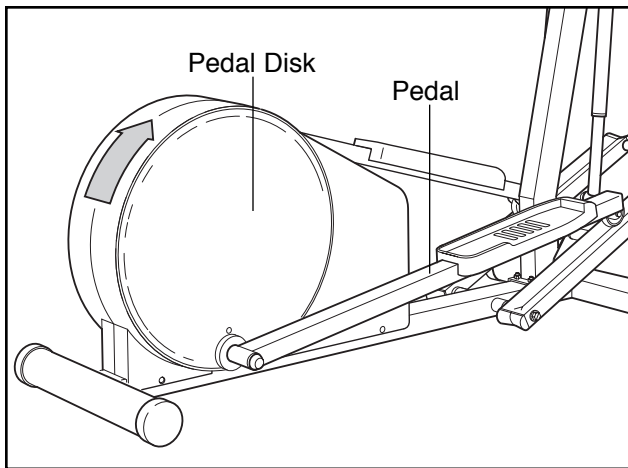
7. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

# HOW TO USE THE ELLIPTICAL CROSSTRAINER

## EXERCISING ON THE ELLIPTICAL CROSSTRAINER

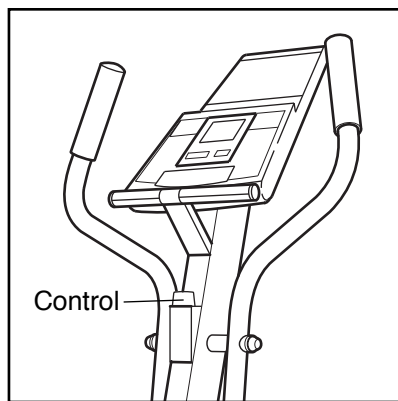
To mount the elliptical crosstrainer, hold the handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**

To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **CAUTION: The elliptical crosstrainer does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.



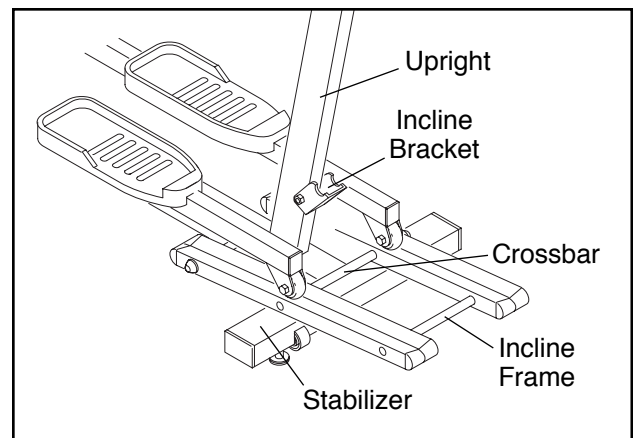
## HOW TO ADJUST THE RESISTANCE

To adjust the intensity of your exercise, the resistance of the pedals can be adjusted. To increase the resistance, turn the resistance control clockwise; to decrease the resistance, turn the control counterclockwise.



## INCLINE ADJUSTMENT

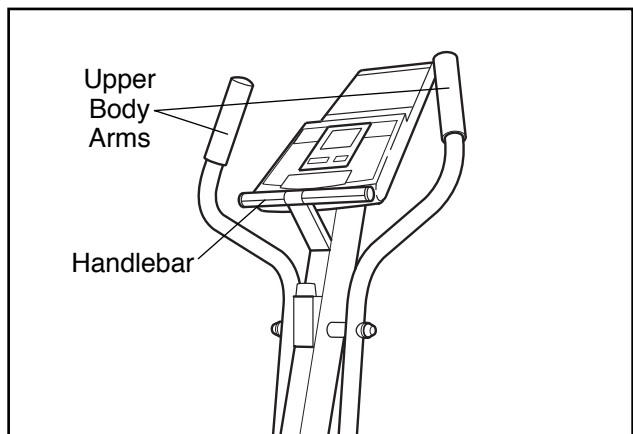
The incline frame can be raised or lowered to vary the intensity of your exercise. To raise the incline frame, lift the end of the incline frame until the crossbar is on top of the incline bracket. **Make sure that the incline frame is resting securely on top of the incline bracket.** To lower the incline frame, first lift the incline frame slightly. Next, push the incline bracket toward the upright and lower the incline frame onto the stabilizer.



## USING THE UPPER BODY ARMS

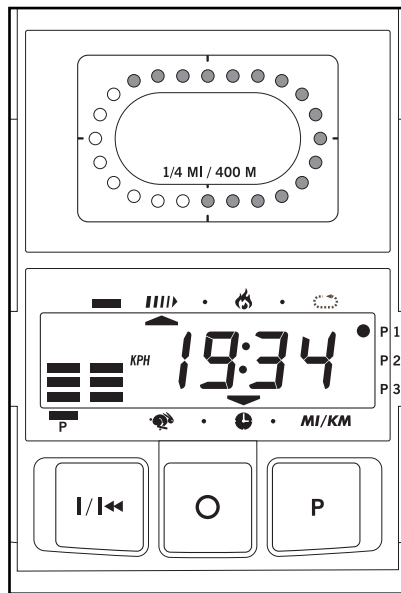
The upper body arms are designed to give you a total body workout. As you exercise, hold the upper body arms and move your arms forward and back in order to work your arms, back, and shoulders.

If you want to exercise only your lower body, hold the handlebar as you exercise.



## DESCRIPTION OF THE CONSOLE

The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you reach specific exercise goals by pacing your exercise. You can choose from a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. As you exercise, seven monitor modes will provide continuous exercise feedback. The monitor modes are described below:



**Speed**—This mode shows your exercising pace, in kilometers or miles per hour (see HOW TO SELECT KILOMETERS OR MILES on page 10).

**Time**—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pacer programs, this mode will count down the time remaining in the program.

**MI/KM** **Distance**—This mode shows the distance you have strided, in kilometers or miles.

**Lap**—This mode shows the number of laps you have completed. One lap equals 0.25 kilometers or miles.

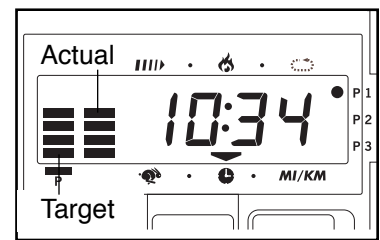
**Calorie**—This mode shows the approximate number of calories you have burned.

**Scan**—This mode displays the above five modes, for 5 seconds each, in a repeating cycle.

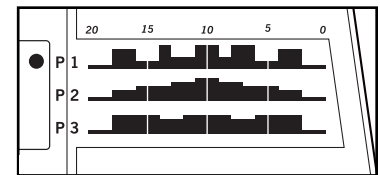
**Pulse**—This mode shows your heart rate when the pulse monitor is used. (See step 5 on page 9.)

## HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column represents a target pace and the right column shows your actual exercising pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your exercising pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



The three graphs on the console show how the target pace will change during the programs. During the Aerobic program (P2), for example, the target pace will gradually increase during the first half of the program, and gradually decrease during the last half of the program. Each program will last for twenty minutes.



## STEP-BY-STEP CONSOLE OPERATION

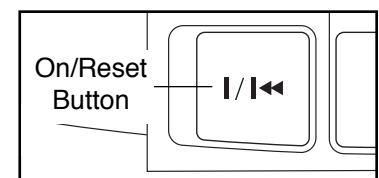
**Before the console can be operated, two batteries must be installed. (See assembly step 4 on page 6.)**

Follow the steps below to operate the console.

### 1 Turn on the power

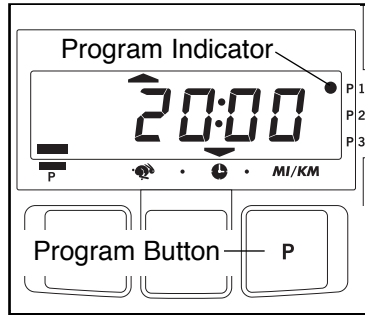
To turn on the power, press the on/reset button or simply begin exercising. The entire display will appear for

two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.



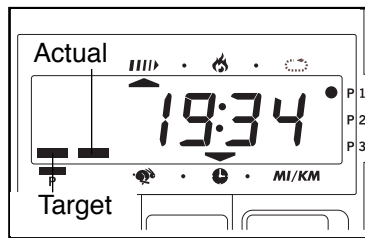
## 2 Select one of the three pacer programs or the manual mode

To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.



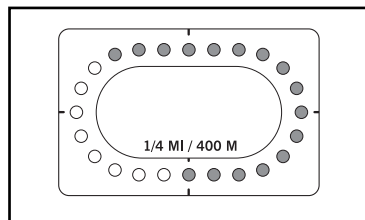
## 3 Begin your workout

If you selected the manual mode, go to step 4. If you selected one of the pacer programs, two columns of bars will appear in the display. The left column will show one bar, indicating a relatively slow pace. The right column will show your actual exercising pace. Adjust your exercising pace until only one bar appears in the right column. Each time the target pace changes during the program, adjust your exercising pace to keep both columns at the same height.



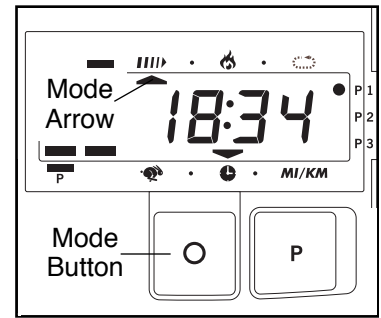
## 4 Follow your progress with the LED track and the seven monitor modes

**The LED track**—The LED track represents a distance of 0.25 kilometers or miles. As you pedal, the indicators around the track will light one at a time until you have completed one lap. A new lap will then begin.



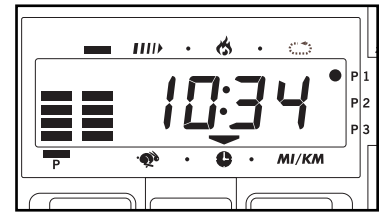
### The scan mode—

Repeatedly press the mode button until an arrow appears under the scan symbol. When the scan mode is selected, the console will display the speed, time, distance, lap and calorie modes, for 5 seconds each, in a repeating cycle.



### The speed, time, distance, lap, or calorie mode—

Repeatedly press the mode button until an arrow appears below or above the desired mode symbol. Make sure that there is not an arrow under the scan symbol.

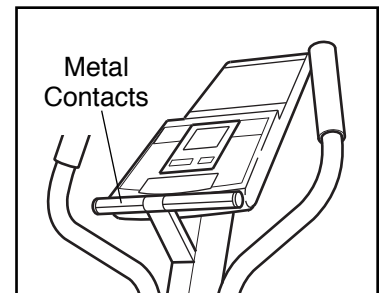


**The pulse mode**—To use the pulse mode, see step 5.

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

## 5 Measure your heart rate if desired

To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. After a moment, the heart-shaped indicator in the display will begin to flash and your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.



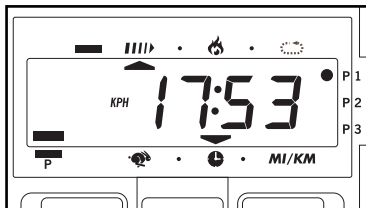
Make sure that your hands are positioned as described above, and that you are not moving your hands excessively or squeezing the metal contacts too tightly.

## 6 Turn off the power

To turn off the power, simply wait for about six minutes. If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.

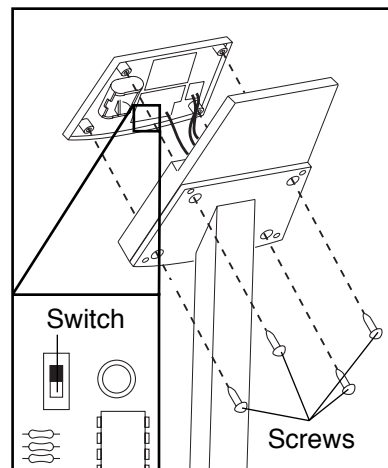
### HOW TO SELECT KILOMETERS OR MILES

The console can display distance and speed in either kilometers or miles. If a "KPH" appears in the display, distance and speed will be shown in kilometers; if a "KPH" does not appear, distance and speed will be shown in miles.



To change the unit of measurement, first remove the four indicated screws from the console. Lift the console a few inches and turn it over; **be careful not to pull on the wires.**

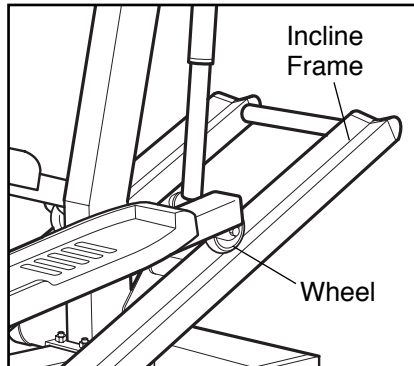
Next, locate the small switch on the back of the console. Slide the switch up or down to change the unit of measurement. Reattach the console with the four screws; **be careful not to pinch any of the wires.**



# MAINTENANCE AND TROUBLESHOOTING

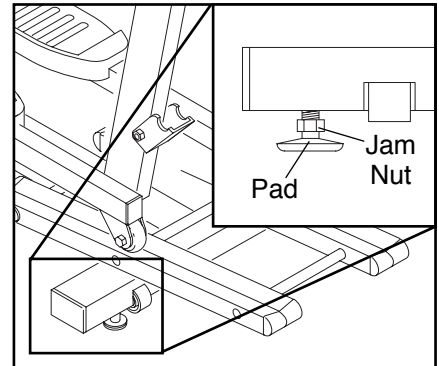
Inspect and tighten all parts of the elliptical crosstrainer regularly. Replace any worn parts immediately.

For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents.**



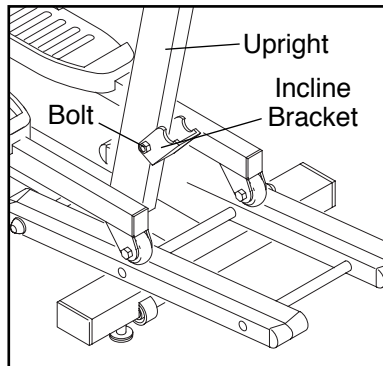
## HOW TO LEVEL THE ELLIPTICAL CROSS-TRAINER

If the elliptical crosstrainer does not sit flat on the floor, one or both of the leveling pads should be adjusted. First, loosen the jam nut on each leveling pad. Next, turn the leveling pads as needed until the elliptical crosstrainer is level. When the leveling pads are properly adjusted, firmly retighten the jam nuts.



## LUBRICATING THE INCLINE BRACKET

The incline bracket and the bolt on which it pivots should be regularly lubricated. Apply a small amount of the included lubricant to the bolt and between the bracket and the upright.



## PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that a proper diet 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 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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone.

You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140
85	118-144	114-139

## Burning Fat

To burn fat, you must exercise at a 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 the intensity of your exercise until your heart rate is near the low end of 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 the intensity of your exercise until your heart rate is near the middle of your training zone.

## WORKOUT GUIDELINES

Each workout should include three important parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

### Warming up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

### Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes.

### Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems.

## 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.

## 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

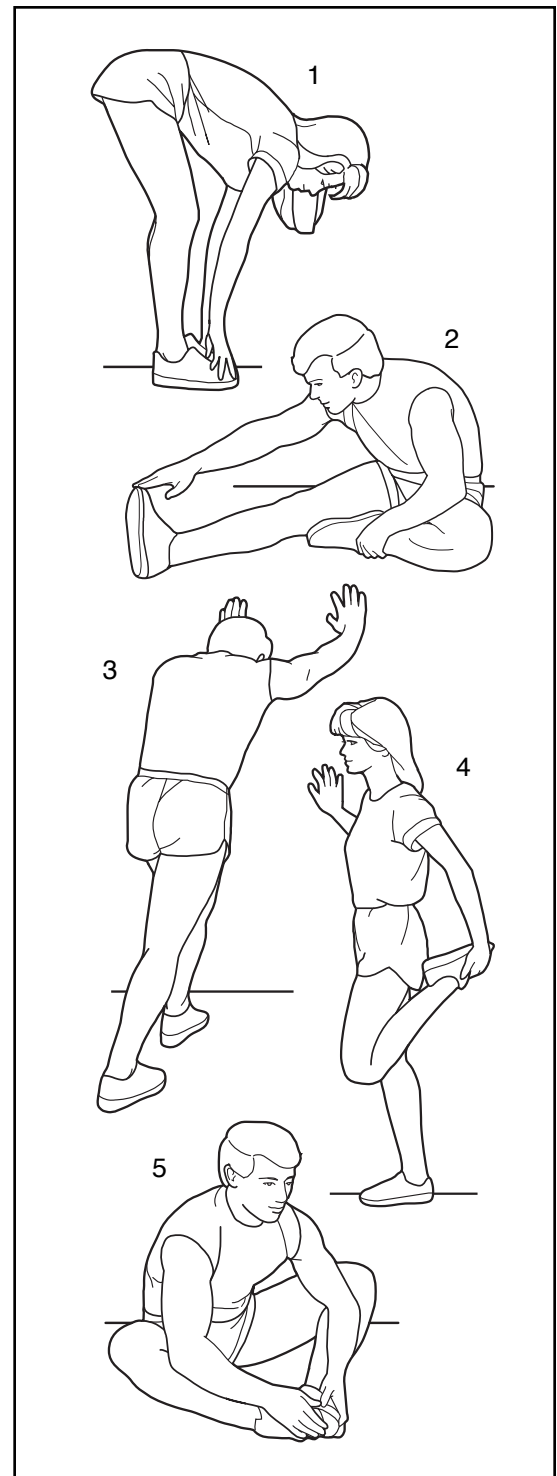
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. HREL05981

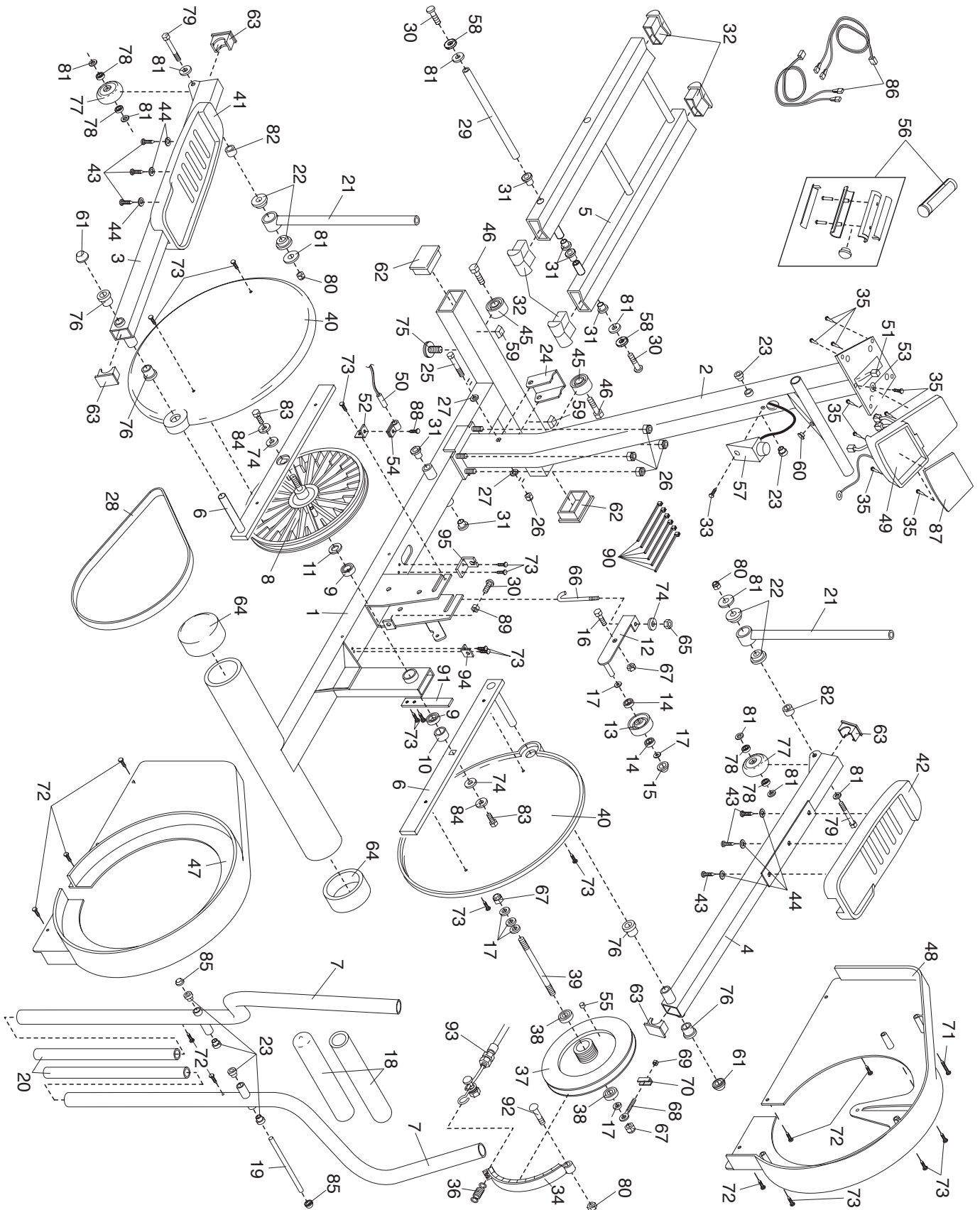
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	1	Extension Wire
2	1	Upright	52	1	Reed Switch Bracket
3	1	Left Pedal Arm	53	1	#8 Star Washer
4	1	Right Pedal Arm	54	1	Reed Switch Clamp
5	1	Incline Frame	55	1	Magnet
6	2	Crank Arm	56	2	Pulse Grip
7	2	Upper Body Arm	57	1	Resistance Control/Cable
8	1	Large Pulley	58	2	Black Lock Washer
9	2	Frame Bearing	59	2	Bumper
10	1	3/4" x 1 1/4" Plastic Spacer	60	1	Upright Cap
11	1	Flat Delrin Washer	61	2	3/4" Axle Cap
12	1	Idler Bracket	62	2	2" x 3" Cap
13	1	Pulley	63	4	1" x 2" Cap
14	2	Idler Bearing	64	2	3 1/2" Round Cap
15	1	3/8" Push Nut	65	1	5/16" Jam Nut
16	1	3/8" x 1" Screw	66	1	Hook
17	6	3/8" Flat Washer	67	3	3/8" Nylon Jam Nut
18	2	Grip	68	1	1/4" Eyebolt
19	1	5/8" x 10" Rod	69	1	1/4" Nylon Locknut
20	2	Plastic Handlebar Sleeve	70	1	Adjustment Bracket
21	2	Chrome Extension Tube	71	1	#8 x 2 1/2" Screw
22	4	Extension Tube Bushing	72	8	#8 x 3/4" Screw
23	6	Handlebar Bushing	73	14	#10 x 3/4" Screw
24	1	Incline Bracket	74	3	5/16" Zinc Washer
25	1	3/8" x 3 1/2" Bolt	75	2	Leveling Pad
26	5	3/8" Nylon Locknut	76	4	Pedal Bushing
27	2	3/8" Washer	77	2	Pedal Wheel
28	1	Belt	78	4	Pedal Wheel Bearing
29	1	Incline Axle	79	2	5/16" x 4" Bolt
30	3	5/16" x 1" Button Head Screw	80	3	5/16" Nylon Locknut
31	6	Incline Bushing	81	10	5/16" Black Washer
32	4	Incline Frame Cap	82	2	Extension Tube Spacer
33	1	TCD Housing Screw	83	2	5/16" x 3/4" Nylon Lock Bolt
34	1	Eddy Bracket	84	2	5/16" Lock Washer
35	9	Zinc #8 x 1/2" Screw	85	2	5/8" Axle Cap
36	1	Spring	86	2	Pulse Wire
37	1	Flywheel	87	1	Console
38	2	Flywheel Bearing	88	1	#8 x 1/2" Screw
39	1	Flywheel Axle	89	1	5/16" Nut
40	2	Pedal Disk	90	6	Plastic Tie
41	1	Left Pedal Cover	91	1	Side Shield Support Strip
42	1	Right Pedal Cover	92	1	5/16" Shoulder Bolt
43	6	#8 x 1 1/2" Screw	93	1	Extension Cable
44	6	#10 Washer	94	1	Spring Bracket
45	2	Wheel	95	1	TCD Bracket
46	2	3/8" x 1 3/4" Button Head Screw	#	1	Lubricant
47	1	Left Side Shield	#	2	Side Shield Decal
48	1	Right Side Shield	#	1	Warning Decal
49	1	Console Base	#	1	User's Manual
50	1	Reed Switch/Wire			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING — Model No. HREL05981

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# HOW TO ORDER REPLACEMENT PARTS

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

- The MODEL NUMBER of the product (HREL05981).
- The NAME of the product (HealthRider® E330 Elliptical Crosstrainer).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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## LIMITED WARRANTY

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