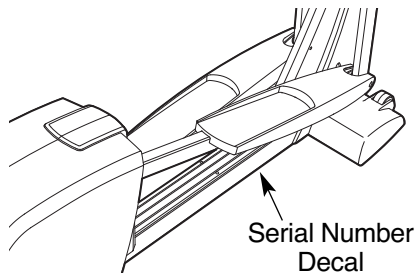


# HEALTHRIDER® H70e

[www.healthrider.com](http://www.healthrider.com)

Model No. HREL50708.1  
Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

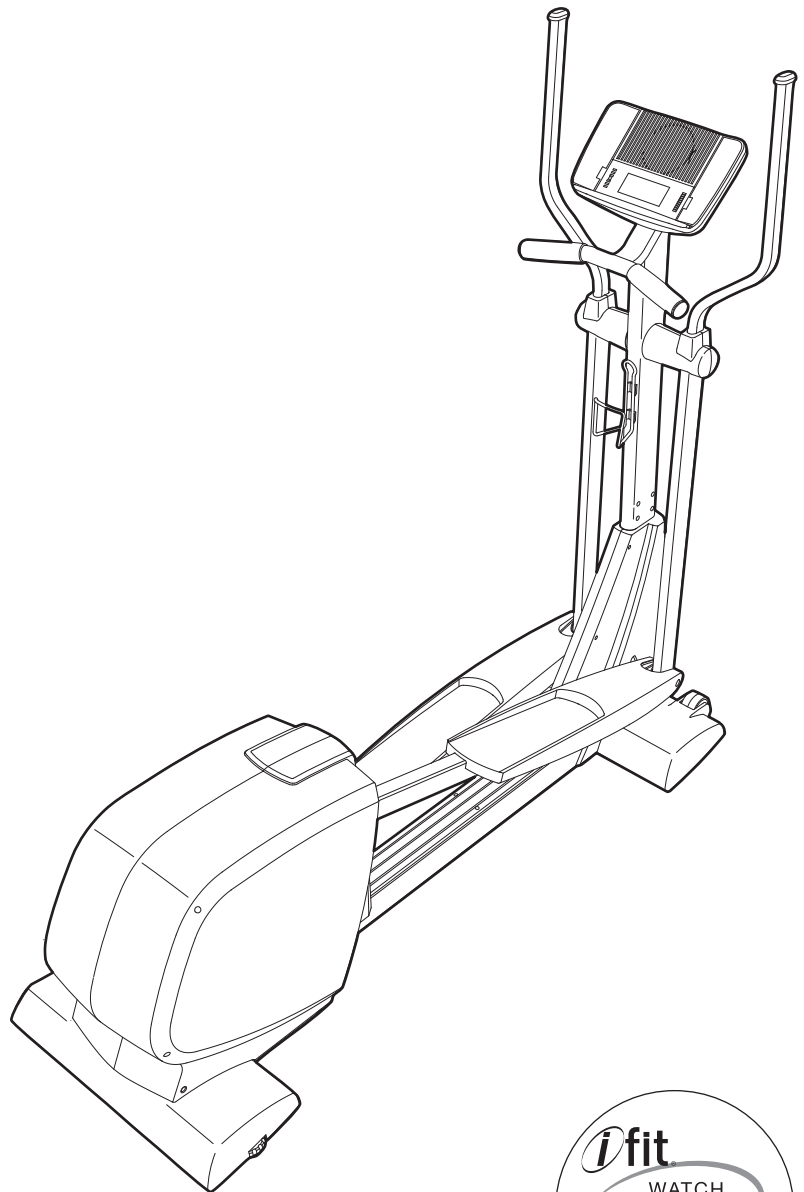
**1-888-922-4222**

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

ON THE WEB:

[www.healthriderservice.com](http://www.healthriderservice.com)



### CAUTION

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

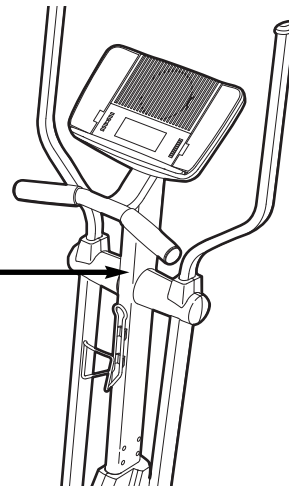
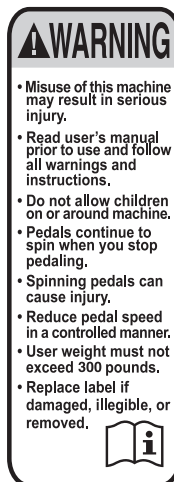


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## WARNING DECAL PLACEMENT

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.



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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical 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 the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (1 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 300 lbs. (136 kg).
8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the the handgrip pulse sensors or the upper body arms when mounting, dismounting, or using the elliptical exerciser.
10. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. Keep your back straight while using the elliptical exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a stop.
14. Use the elliptical exerciser only as described in this manual.

# BEFORE YOU BEGIN

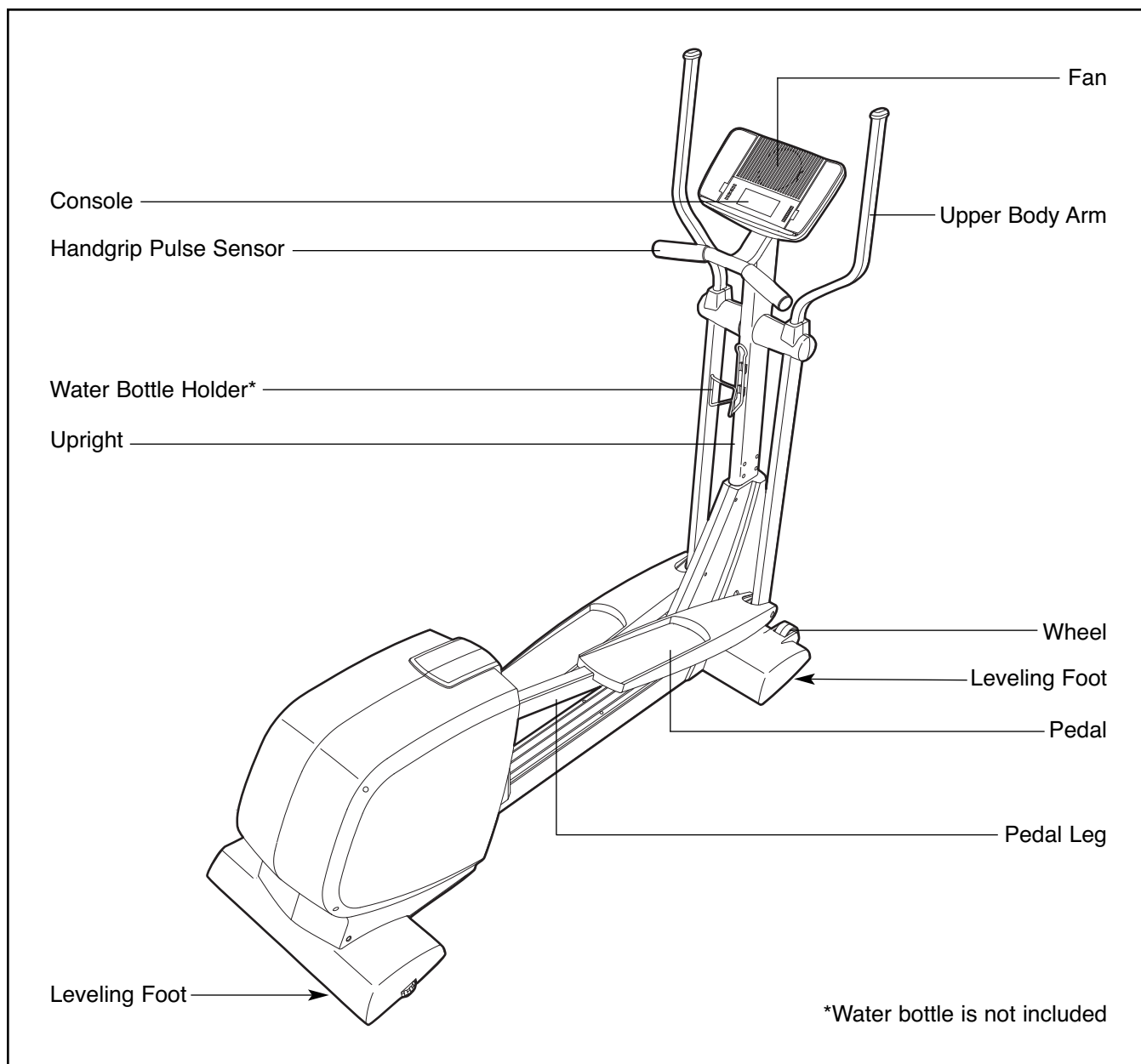
Congratulations for selecting the new HEATLHRIDER® H70E elliptical exerciser. The H70E is a smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique H70E offers an array of features to help you achieve your fitness goals in the convenience of your home.

**For your benefit, read this manual carefully before you use the elliptical 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.

**To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at [www.healthriderservice.com/registration](http://www.healthriderservice.com/registration).**


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



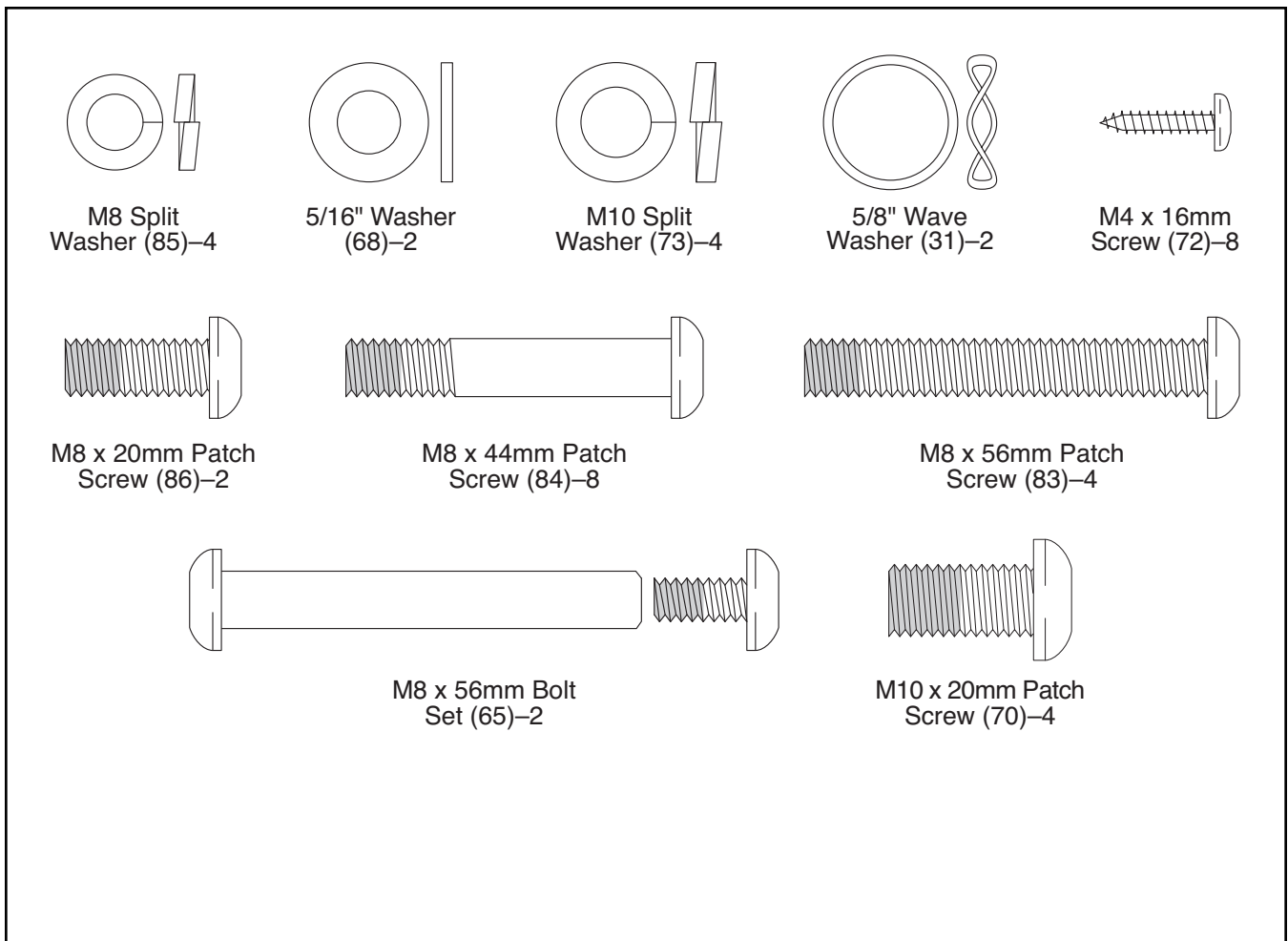
# ASSEMBLY

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

**Assembly requires two persons.** Place all parts of the elliptical 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 .

As you assemble the elliptical 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: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



1.

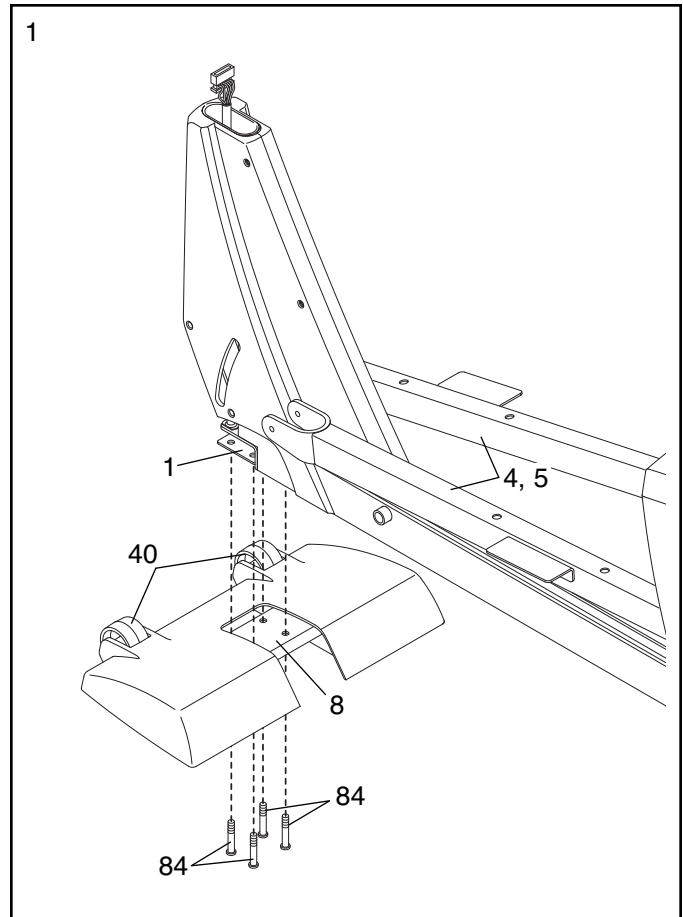
**To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

Identify the Front Stabilizer (8), which has Wheels (40) attached.

While another person lifts the front of the Frame (1) and holds the Pedal Legs (4, 5) in the position shown, slide the Front Stabilizer (8) onto the Frame.

Attach the Front Stabilizer (8) to the Frame (1) with four M8 x 44mm Patch Screws (84).

**While another person lifts the rear of the Frame (1), attach the Rear Stabilizer (not shown) to the Frame in the same way.**



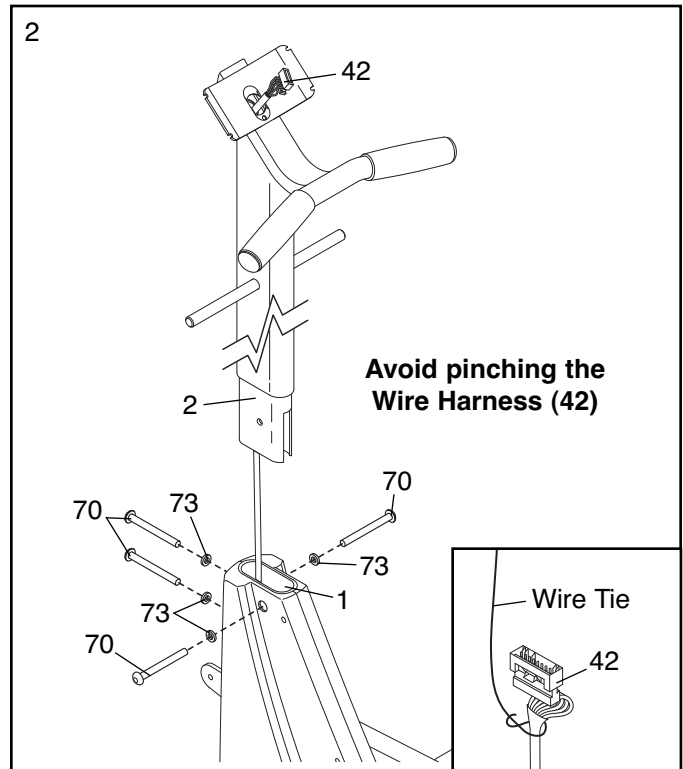
2. Have another person hold the Upright (2) near the Frame (1).

**See the inset drawing.** Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Wire Harness (42). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie.

**Tip: To prevent the Wire Harness from falling inside the Upright, secure the Wire Harness with a rubber band.**

**Tip: Avoid pinching the Wire Harness (42).** Insert the Upright (2) into the Frame (1).

Attach the Upright (2) with four M10 x 20mm Patch Screws (70) and four M10 Split Washers (73). **Do not tighten the Patch Screws yet.**



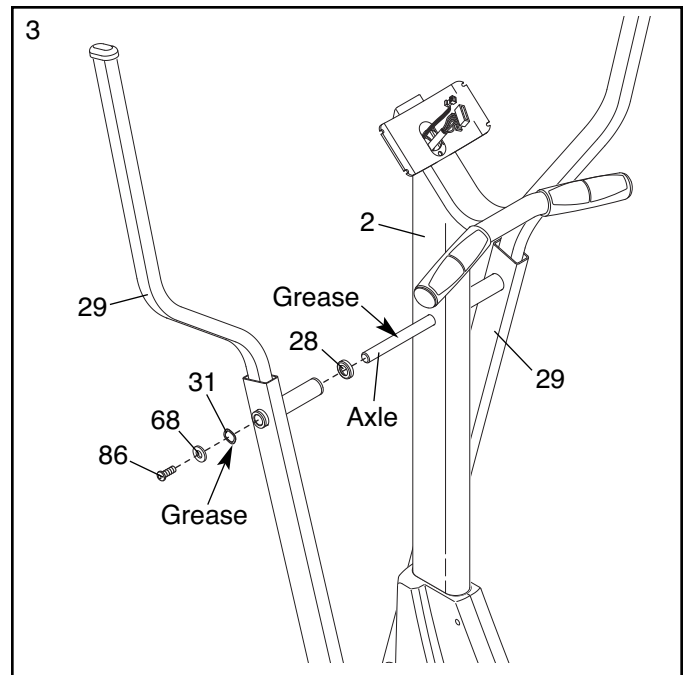
- Slide a Weld Spacer (28) onto the axle on the left side of the Upright (2). **Make sure that the open side of the Weld Spacer is facing the Upright.**

Apply a small amount of the included grease to the axle and to a 5/8" Wave Washer (31).

Slide an Upper Body Arm (29) onto the axle on the left side of the Upright (2). Then, slide the 5/8" Wave Washer onto the axle on the left side of the Upright.

Attach the Upper Body Arm (29) with an M8 x 20mm Patch Screw (86) and a 5/16" Washer (68). **Make sure that the 5/8" Wave Washer (31) is on the axle.**

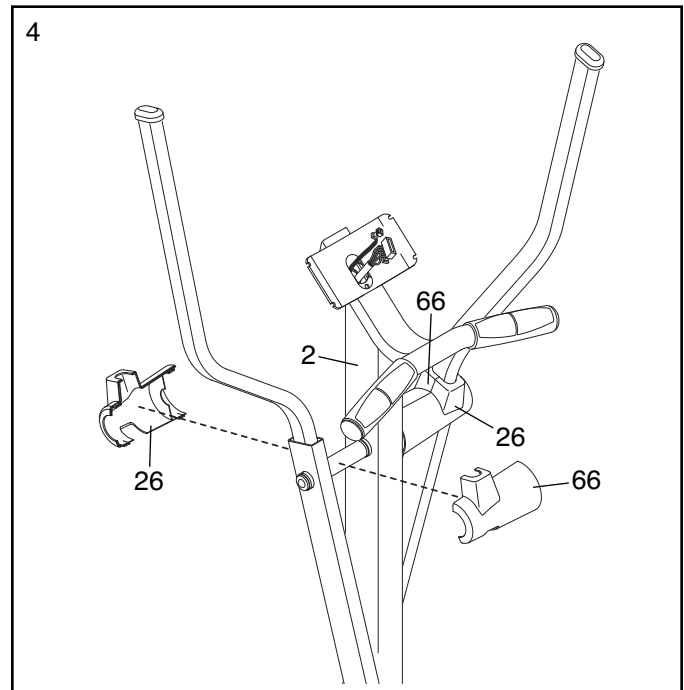
**Attach the other Upper Body Arm (29) to the right side of the Upright (2) in the same way.**



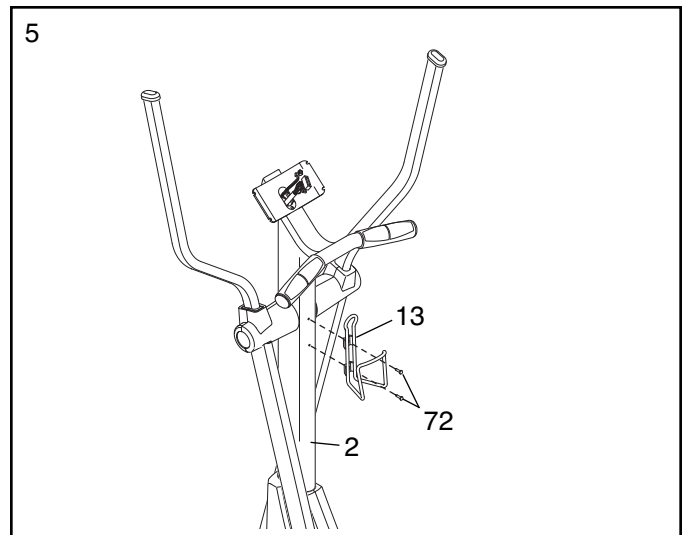
- Look inside a Cover A (26) and a Cover B (66) set and locate the square tabs connecting the two halves. Gently lift the tabs and disconnect the halves.

Hold the Cover A (26) and the Cover B (66) around the tube on the left side of the Upright (2). Align the halves and press them together until they lock.

**Attach the other Cover A (26) and Cover B (66) set to the right side of the Upright (2) in the same way.**



- Attach the Water Bottle Holder (13) to the Upright (2) with two M4 x 16mm Screws (72).



- Identify the Left Pedal (10), which has a notch near the right side.

Place the Left Pedal (10) on the Left Pedal Leg (4).

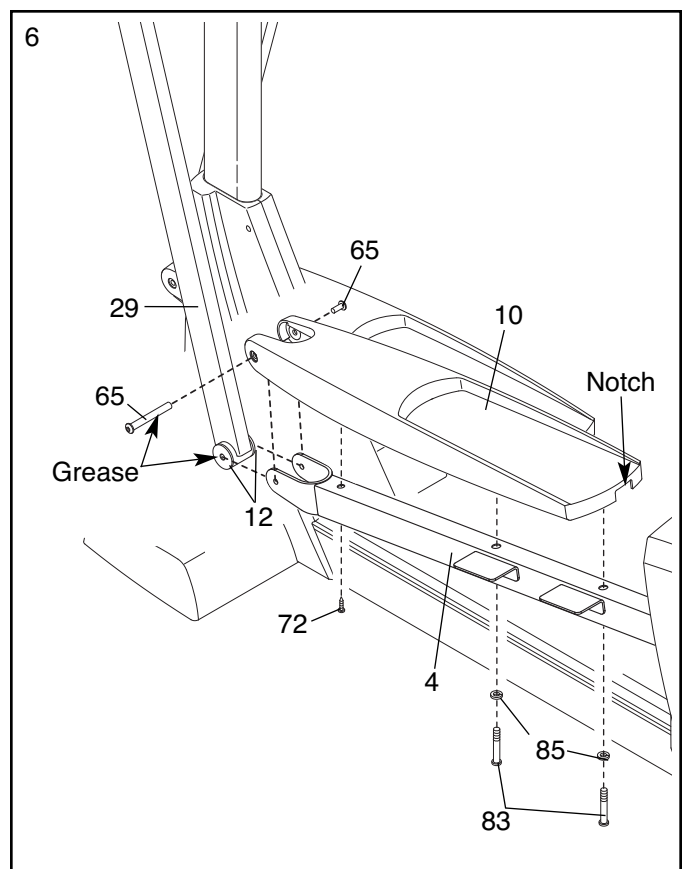
Next, apply a generous amount of grease to the long side of an M8 x 56mm Bolt Set (65) and the faces of the two indicated Upper Body Arm Bushings (12). Have a second person hold the lower end of the left Upper Body Arm (29) inside the bracket on the Left Pedal Leg (4).

Attach the Left Pedal (10) and the left Upper Body Arm (29) to the Left Pedal Leg (4) with the M8 x 56mm Bolt Set (65).

Attach the other end of the Left Pedal (10) to the Left Pedal Leg (4) with two M8 x 56mm Patch Screws (83), two M8 Split Washers (85), and one M4 x 16mm Screw (72).

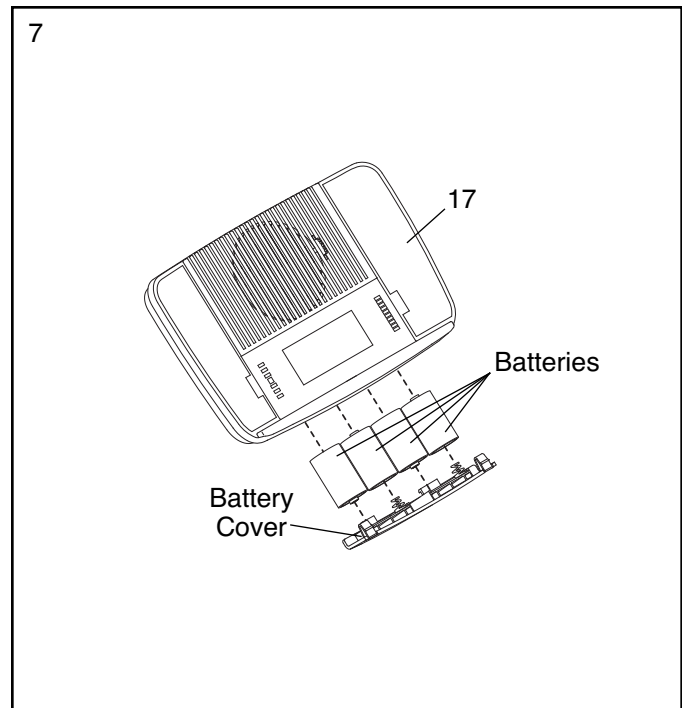
**Repeat this step on the right side of the elliptical exerciser.**

**See step 2.** Tighten the M10 x 20mm Patch Screws (70).



7. The Console (17) can use four D 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, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

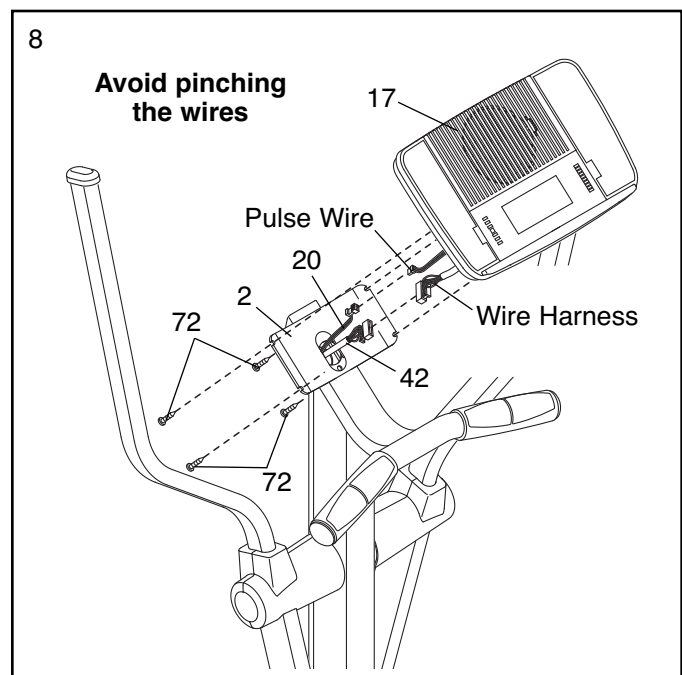
To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



8. Have another person hold the Console (17) near the Upright (2). Connect the Wire Harness (42) to the wire harness on the Console. Then, connect the Pulse Wire (20) to the pulse wire on the Console.

Insert the excess wire downward into the Upright (2).

**Tip: Avoid pinching the wires.** Attach the Console (17) to the Upright (2) with four M4 x 16mm Screws (72).



9. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

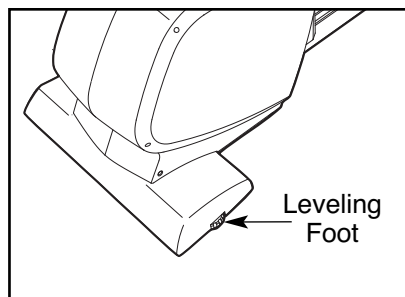
# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO MOVE THE ELLIPTICAL EXERCISER

Stand in front of the elliptical exerciser, hold the upper body arms firmly, and place one foot against one of the wheels. Pull the upper body arms until the elliptical exerciser can be moved on the wheels, and carefully move the elliptical exerciser to the desired location. Then, place one foot against a wheel, and lower the elliptical exerciser. **Due to the size and weight of the elliptical exerciser, use extreme caution while moving and lowering it.**

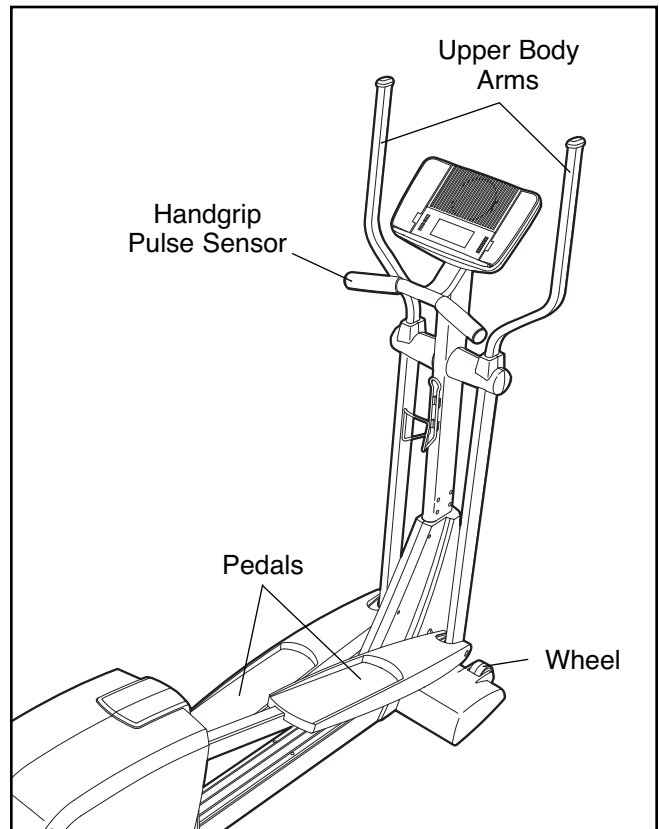
## HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks on your floor during use, turn one or both of the leveling feet under the front or rear stabilizer until the rocking motion is eliminated.



## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

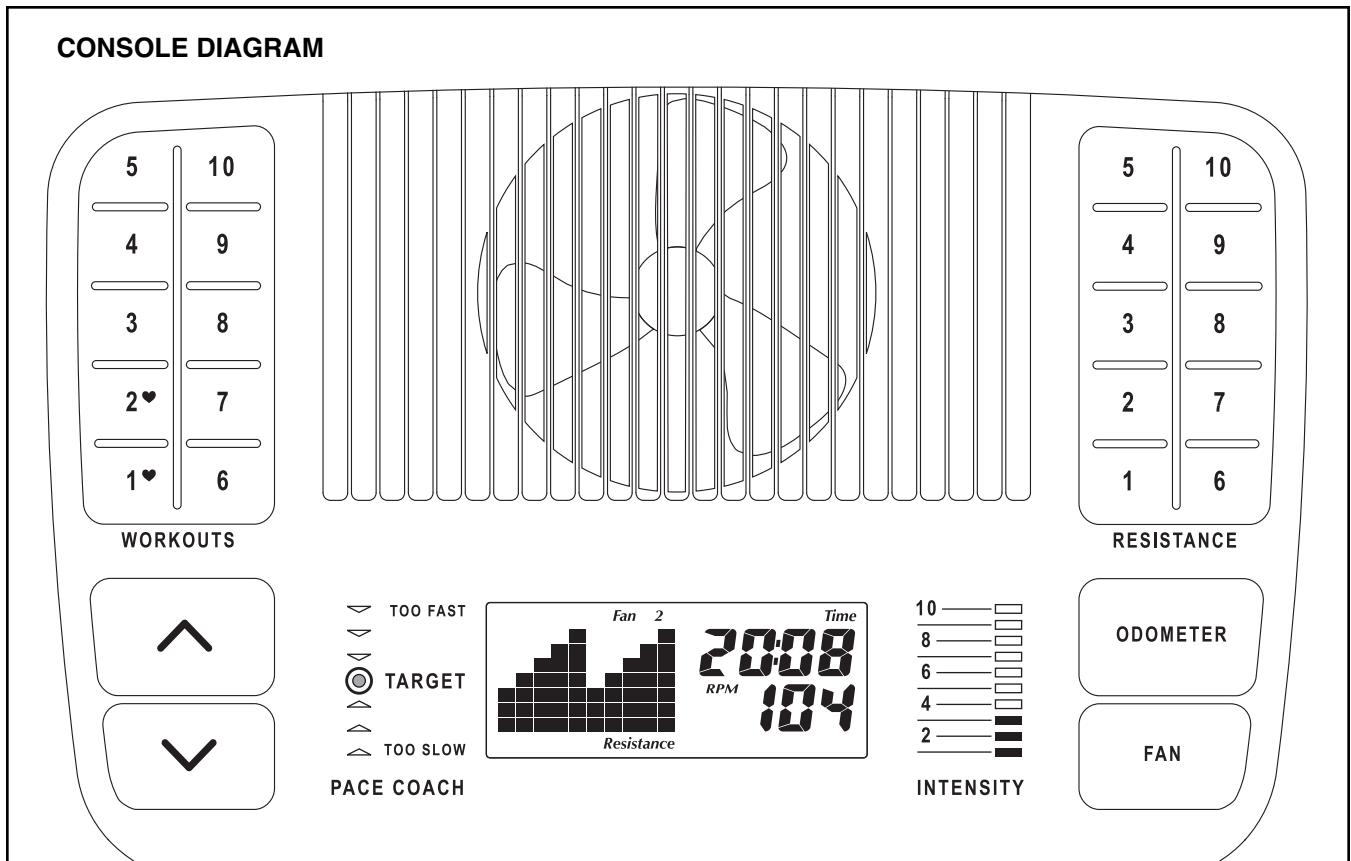
To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.



**Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow above; however, for variety you can turn the crank arms in the opposite direction.**

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your exercise sessions more effective. When you use the manual mode, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor.

The console also offers eight preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pace while guiding you through an effective workout.

In addition, the console features two heart rate workouts that automatically change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate while you exercise.

**To use the manual mode**, see page 12. **To use a preset workout**, see page 14. **To use a heart rate workout**, see page 15.

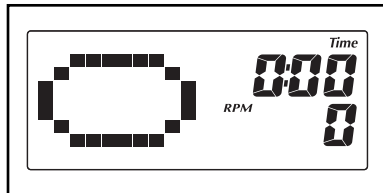
## HOW TO USE THE MANUAL MODE

1. **Press any button on the console or begin pedaling to turn on the console.**

A moment after you turn on the console, the displays will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

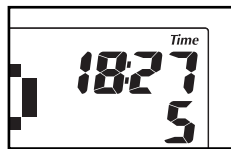
Each time you turn on the console, the manual mode will be selected automatically. If



you have selected a workout, reselect the manual mode by pressing any of the Workouts buttons repeatedly until the a track appears in the left display.

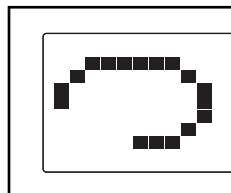
3. **Begin pedaling and change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing one of the numbered Resistance buttons. Note: After you press the button, it will take a moment for the pedals to reach the selected resistance level.

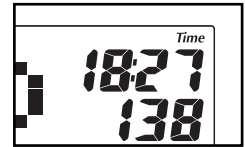


4. **Follow your progress with the displays.**

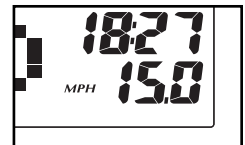
**The left display**—This display will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



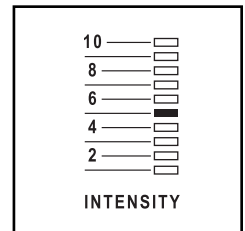
**The upper display**—This display will show the approximate number of grams of carbs you have burned, the approximate number of calories you have burned, the distance you have pedaled, and the elapsed time. This exercise information will appear in a repeating cycle. Note: When a workout is selected, the display will show the time remaining in the workout instead of the elapsed time.



**The lower display**—The lower display will show your pedaling pace, in revolutions per minute (rpm), your pedaling speed in miles or kilometers per hour, and the resistance level of the pedals. This exercise information will appear in a repeating cycle. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 13).



**The intensity meter**—The lit bars in the intensity meter will show the approximate intensity level of your workout.



To see the distance that you have pedaled during your workout, press the Odometer button once. The word Dist. and the number of miles pedaled will appear in the upper display.

To see the total distance pedaled since the elliptical exerciser was purchased, press the Odometer button again. The words Total Dist. and the total number of miles pedaled will appear in the upper display.

Press the Odometer button again to exit the Odometer displays. Note: After a few seconds, the console will exit the odometer displays automatically.

**Note: The console can show speed and distance in either miles or kilometers.** The letters MPH or Km/H will appear in the lower display to show which unit of measurement is selected.

To change the unit of measurement, first hold down the Fan button for a few seconds.



An E for English miles or an M for metric kilometers will appear in the lower display. Press the increase button located below the Workouts buttons to change the unit of measurement. Then, press the Fan button to save your selection.

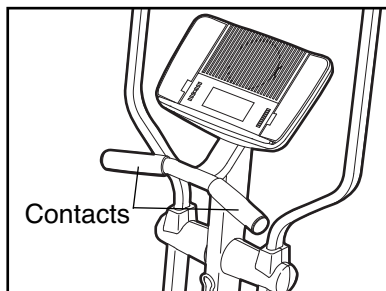
**Note:** When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

To select a backlight option, first hold down the Fan button for a few seconds. The currently selected option will appear in the lower display. Press the decrease button located below the Workouts buttons to select the desired backlight option. Then, press the Fan button to save your selection.

#### 5. Measure your heart rate if desired.

**If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.**



Place your hands on the handgrip pulse sensor, with your palms on the contacts. **Avoid moving your hands.** When your pulse is detected, your heart rate will appear in the lower display.

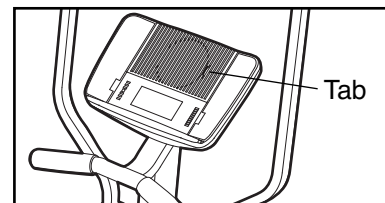
For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

#### 6. Turn on the fan if desired.

The fan has high, medium, low, and auto speed settings; while the auto mode is selected, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. **Note:** If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Slide the thumb tab on the right side of the fan to pivot the fan to the desired angle.



#### 7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will begin to flash in the upper display.

If the pedals do not move for about five minutes, the console will turn off and the displays will be reset.

## HOW TO USE A PRESET WORKOUT

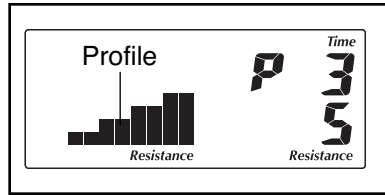
### 1. Press any button on the console or begin pedaling to turn on the console.

A moment after you turn on the console, the displays will light. A tone will then sound and the console will be ready for use.

### 2. Select a preset workout.

To select one of the preset workouts, press one of the Workouts buttons numbered 3 to 10.

When you select a preset workout, the name of the workout will appear in the upper display, a profile of the resistance levels for the workout will scroll across the left display, and the maximum resistance level of the workout will flash in the lower display. A few seconds after you select the workout, the upper display will show the length of the workout.

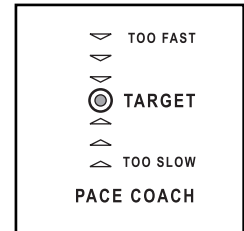


### 3. Begin pedaling to start the workout.

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target pace are programmed for each segment. Note: The same resistance level and/or target pace may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the pace coach will prompt you to keep your pedaling pace near the target pace for the current segment. When one of the TOO SLOW indicators lights, increase your pace. When one of the TOO FAST indicators lights, decrease your pace. When the word TARGET lights, maintain your current pace.



**IMPORTANT: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a tone will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

### 4. Follow your progress with the displays.

See step 4 on page 12.

### 5. Measure your heart rate if desired.

See step 5 on page 13.

### 6. Turn on the fan if desired.

See step 6 on page 13.

### 7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 13.

## HOW TO USE A HEART RATE WORKOUT

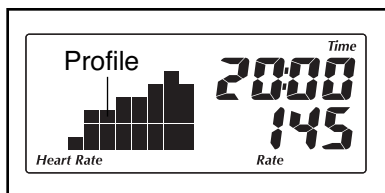
### 1. Press any button on the console or begin pedaling to turn on the console.

A moment after you turn on the console, the displays will light. A tone will then sound and the console will be ready for use.

### 2. Select a heart rate workout.

To select a heart rate workout, press the Workouts button numbered 1 or 2.

When you select a heart rate workout, the name of the workout will appear in the upper display, a profile of the target heart rates of the workout will scroll across the left display, and the maximum target heart rate will flash in the lower display.



### 3. Enter a maximum target heart rate.

When you select a heart rate workout, the maximum target heart rate of the workout will flash in the lower display. If desired, press the increase and decrease buttons located below the Workouts buttons to change the maximum target heart rate (**see EXERCISE INTENSITY on page 18**). Note: If you change the maximum target heart rate, the intensity level of the entire workout will change.

### 4. Hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during a heart rate workout; however, you should hold the handgrip pulse sensor frequently for the workout to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

### 5. Begin pedaling to start the workout.

Each workout is divided into 20 or 30 one-minute segments. One resistance level and one target are programmed for each segment. Note: The same resistance level and/or target rpm setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing at the left). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target heart rate setting for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.

During the heart rate workouts, the console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

As you exercise, the pace coach will prompt you to keep your pedaling pace near the target pace for the current segment. When one of the TOO SLOW indicators lights, increase your pace. When one of the TOO FAST indicators lights, decrease your pace. When the word TARGET lights, maintain your current pace.



**IMPORTANT: The target pace settings are intended only to provide motivation. Your actual pace may be slower than the target pace. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a tone will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

**6. Follow your progress with the displays.**

See step 4 on page 12.

**7. Turn on the fan if desired.**

See step 6 on page 13.

**8. When you are finished exercising, the console will turn off automatically.**

See step 7 on page 13.

# MAINTENANCE AND TROUBLESHOOTING

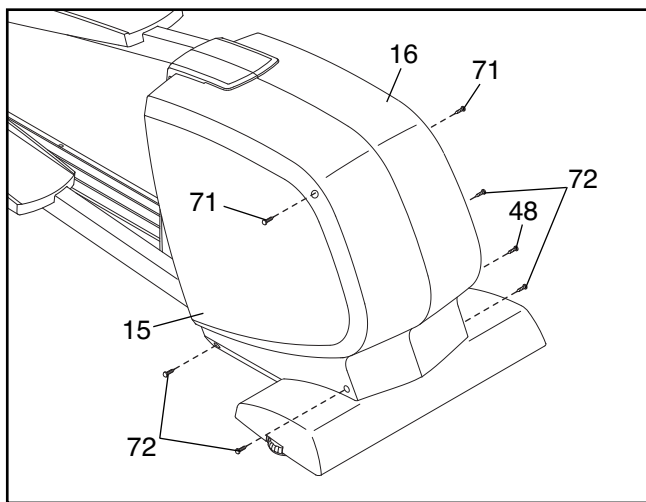
Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

## CONSOLE TROUBLESHOOTING

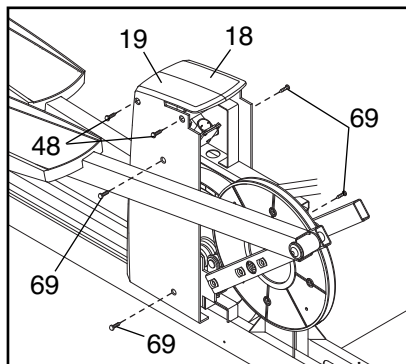
If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 7 on page 9 for replacement instructions. If the handgrip pulse sensor does not function properly, see step 5 on page 13.

## HOW TO REMOVE THE SHIELDS AND THE FLYWHEEL COVERS

The Left and Right Shields (15, 16) must be removed before the reed switch or the drive belt can be adjusted. To remove the Shields, remove the indicated Screws (71, 72). **Note which hole each Screw is removed from; the Screws must be reattached in the same holes.** Carefully separate and remove the Shields.



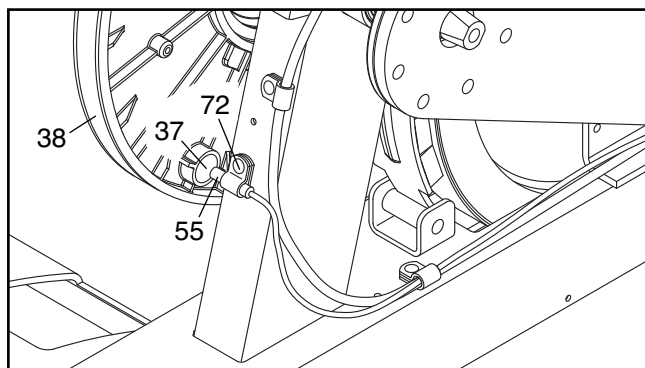
Next, the Right and Left Flywheel Covers (18, 19) must be removed. Remove the indicated Screws (48, 69) from the Flywheel Covers. **Note which hole each Screw is removed from; the Screws must be reattached in the same holes.** Carefully separate and remove the Flywheel Covers.



## HOW TO ADJUST THE REED SWITCH

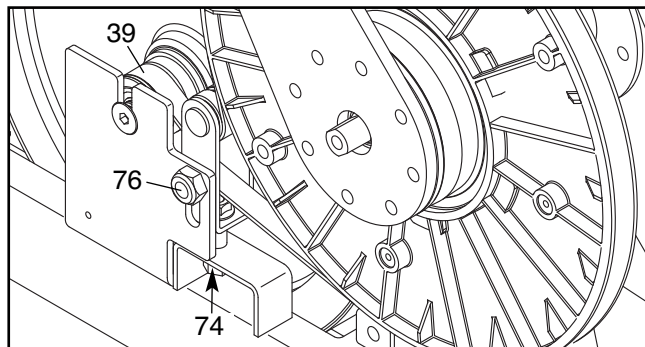
If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, first see the instructions at the left and remove the shields and the flywheel covers.

Next, see the drawing below. Locate the Reed Switch (55). Turn the Pulley (38) until a Magnet (37) is aligned with the Reed Switch. Loosen, but do not remove, the indicated Screw (72). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Turn the Pulley for a moment. Repeat these actions until the console displays correct feedback. Then, reattach the shields and the flywheel covers.



## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest setting, the drive belt may need to be adjusted. To adjust the drive belt, first see the instructions at the left and remove the shields and the flywheel covers.



Next, see the drawing above. Loosen the indicated Jam Nut (76). Tighten the indicated Screw (74) until the Drive Belt (39) is properly tightened, and then retighten the Jam Nut (76). Then, reattach the shields and the flywheel covers.

# EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<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.

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

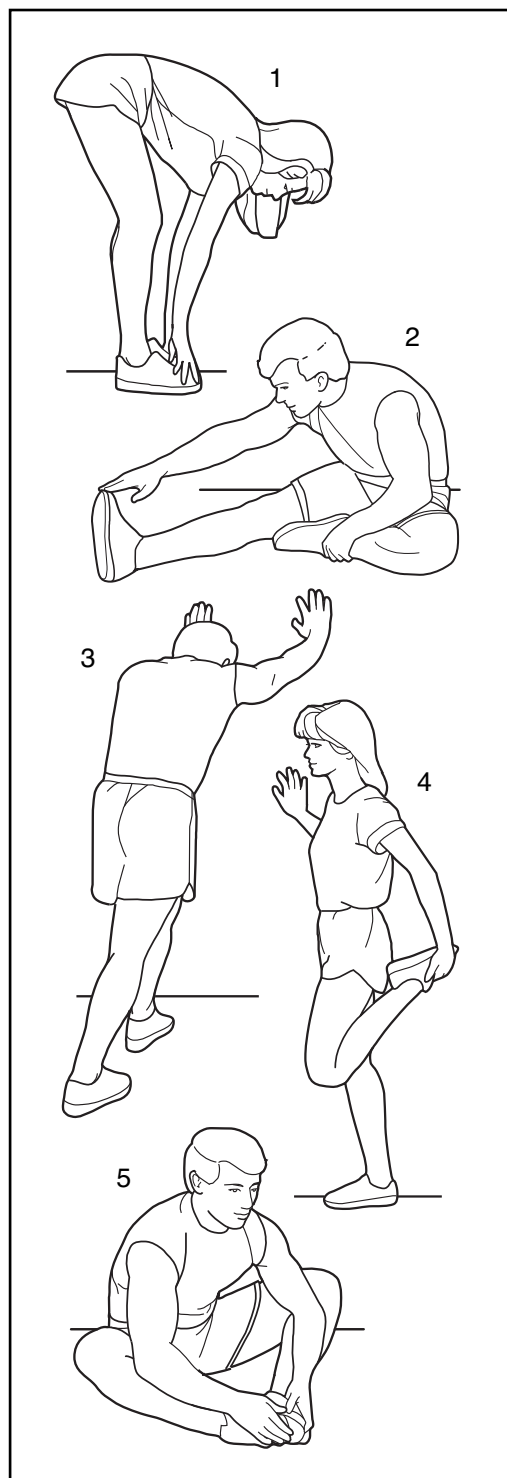
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



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# NOTES

# PART LIST—Model No. HREL50708.1

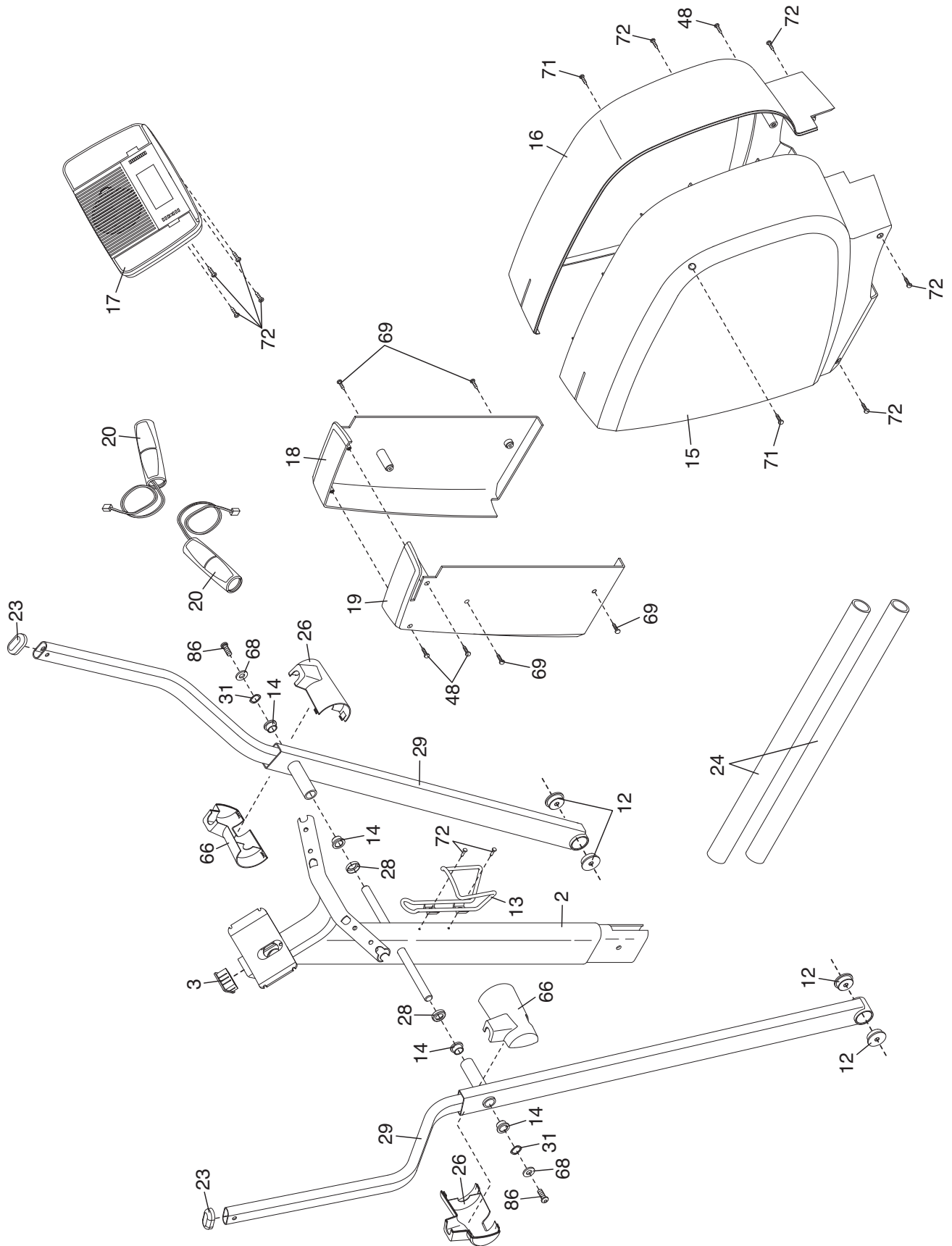
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	4	Leveling Foot
2	1	Upright	47	1	Idler Washer
3	1	Upright Cap	48	5	M4 x 25mm Screw
4	1	Left Pedal Leg	49	1	M8 Jam Nut
5	1	Right Pedal Leg	50	6	M4 x 12mm Round Head Screw
6	1	Rear Stabilizer	51	1	Resistance Disc
7	1	Rear Stabilizer Cover	52	1	Resistance Motor
8	1	Front Stabilizer	53	4	Flywheel Spacer
9	1	Front Stabilizer Cover	54	4	Clamp
10	1	Left Pedal	55	1	Reed Switch/Wire
11	1	Right Pedal	56	4	Pedal Leg Bearing
12	4	Upper Body Arm Bushing	57	1	M8 x 50mm Bolt
13	1	Water Bottle Holder	58	1	M3.5 x 12mm Blunt Screw
14	4	Upper Body Arm Bushing	59	1	Flywheel Axle
15	1	Left Shield	60	2	Flywheel Bearing
16	1	Right Shield	61	4	M8 x 16mm Screw
17	1	Console	62	4	M8 x 52mm Screw
18	1	Right Flywheel Cover	63	6	M4 x 19mm Round Head Screw
19	1	Left Flywheel Cover	64	1	Axle Washer
20	1	Pulse Sensor w/Wire Set	65	2	M8 x 56mm Bolt Set
21	1	Right Upright Cover	66	2	Cover B
22	1	Left Upright Cover	67	2	M10 x 48mm Bolt Set
23	2	Upper Body Arm Cap	68	2	5/16" Washer
24	2	Upper Body Arm Foam Grip	69	4	M4 x 16mm Round Head Screw
25	2	Hub	70	4	M10 x 20mm Patch Screw
26	2	Cover A	71	2	M4 x 19mm Screw
27	1	Frame Cover	72	17	M4 x 16mm Screw
28	2	Weld Spacer	73	4	M10 Split Washer
29	2	Upper Body Arm	74	1	M8 x 28mm Hex Screw
30	5	M4 x 12mm Screw	75	4	Snap Ring
31	2	5/8" Wave Washer	76	1	M10 Jam Nut
32	1	C-magnet	77	5	M8 Locknut
33	1	Hub Spacer	78	2	M5 x 16mm Bolt
34	2	Crank Arm	79	2	M5 Washer
35	1	Motor Plate	80	8	M4 x 38mm Screw
36	1	Flywheel	81	2	M5 Locknut
37	2	Magnet	82	2	3/8" x 25mm Flange Screw
38	1	Pulley	83	4	M8 x 56mm Patch Screw
39	1	Belt	84	8	M8 x 44mm Patch Screw
40	2	Wheel	85	4	M8 Split Washer
41	1	Resistance Rod	86	2	M8 x 20mm Patch Screw
42	1	Wire Harness	*	—	Grease Packet
43	1	Crank	*	—	Assembly Tool
44	2	Crank Bearing	*	—	User's Manual
45	1	Idler			

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

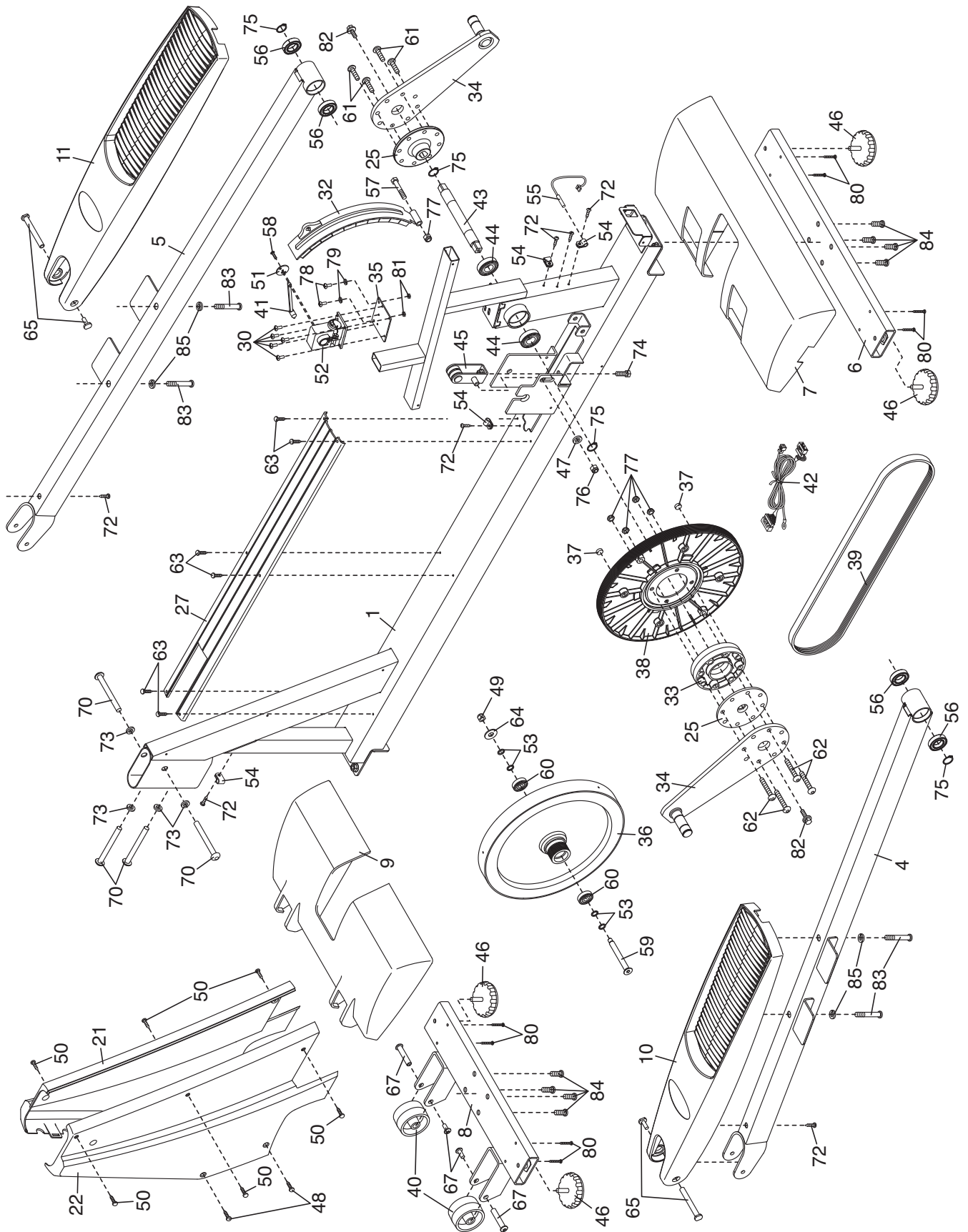
# EXPLODED DRAWING A—Model No. HREL50708.1

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# EXPLODED DRAWING B—Model No. HREL50708.1

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year 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; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

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

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