

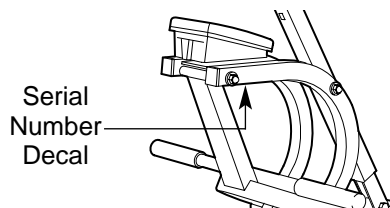
HEALTHRIDER®

Sport Rider

Model No. HREMCR90090

Serial No. _____

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



USER'S MANUAL

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.



Visit our website at

www.healthrider.com

*new products, prizes,
fitness tips, and much more!*

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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the SPORT RIDER.
2. It is the responsibility of the owner to ensure that all users of the SPORT RIDER are adequately informed of all precautions.
3. The SPORT RIDER should not be used by persons weighing more than 115 kg.
4. Keep children under the age of 12 and pets away from the SPORT RIDER at all times.
5. Place the SPORT RIDER on a level surface during use. Cover the floor beneath the SPORT RIDER to protect it.
6. Regularly inspect and tighten all parts of the SPORT RIDER.
7. When exercising, do not wear loose clothing that could become caught on the SPORT RIDER. Always wear athletic shoes.
8. Use the SPORT RIDER only as described in this manual.
9. The SPORT RIDER is intended for home use only. Do not use the SPORT RIDER in any 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.

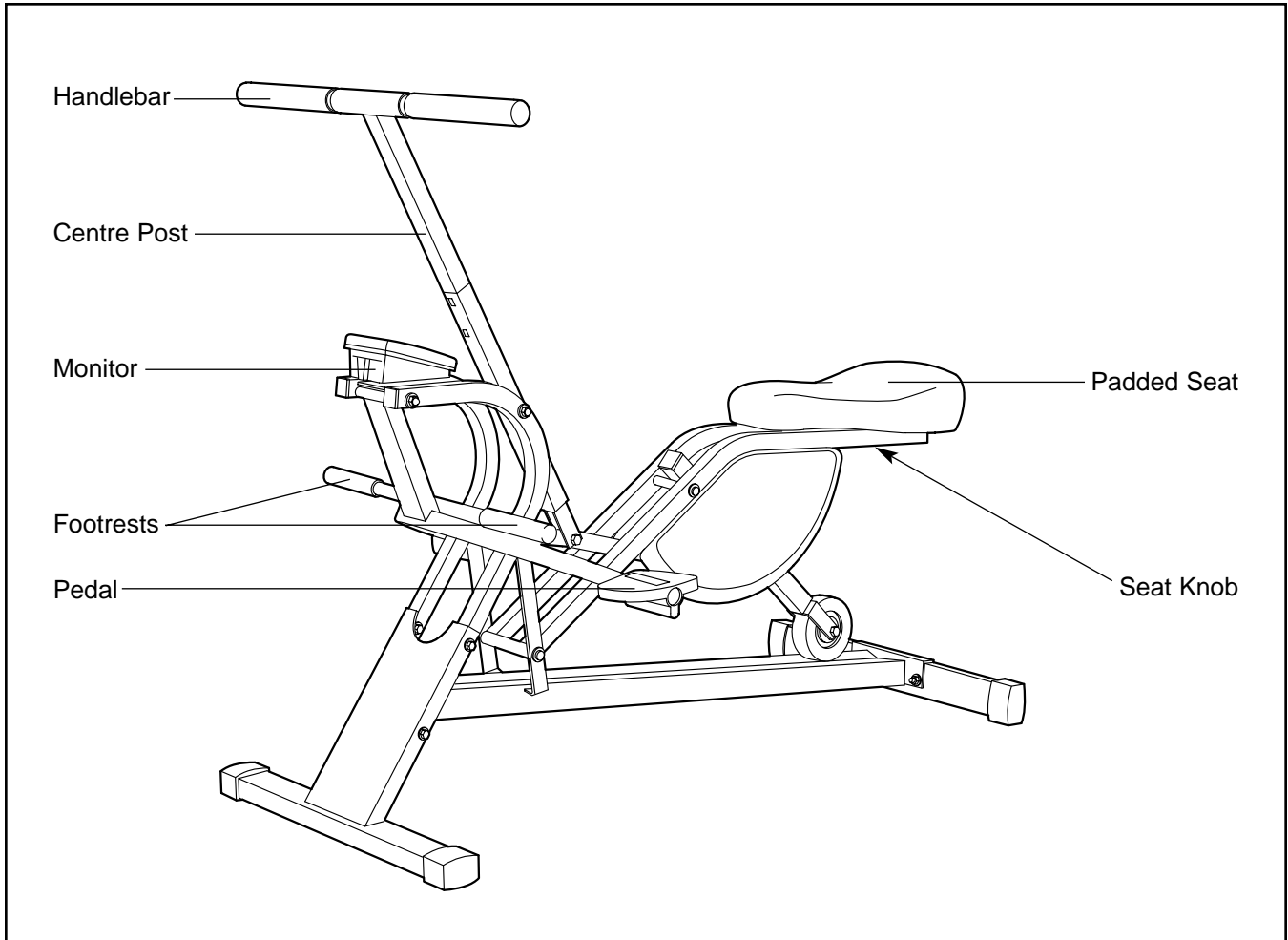
BEFORE YOU BEGIN

Thank you for selecting the new HEALTHRIDER® SPORT RIDER. The SPORT RIDER offers a unique form of low-impact exercise that works 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 SPORT RIDER. 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 HREM-CR90090. The serial number can be found on a decal attached to the SPORT RIDER (see the front cover of this manual).

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




ASSEMBLY

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

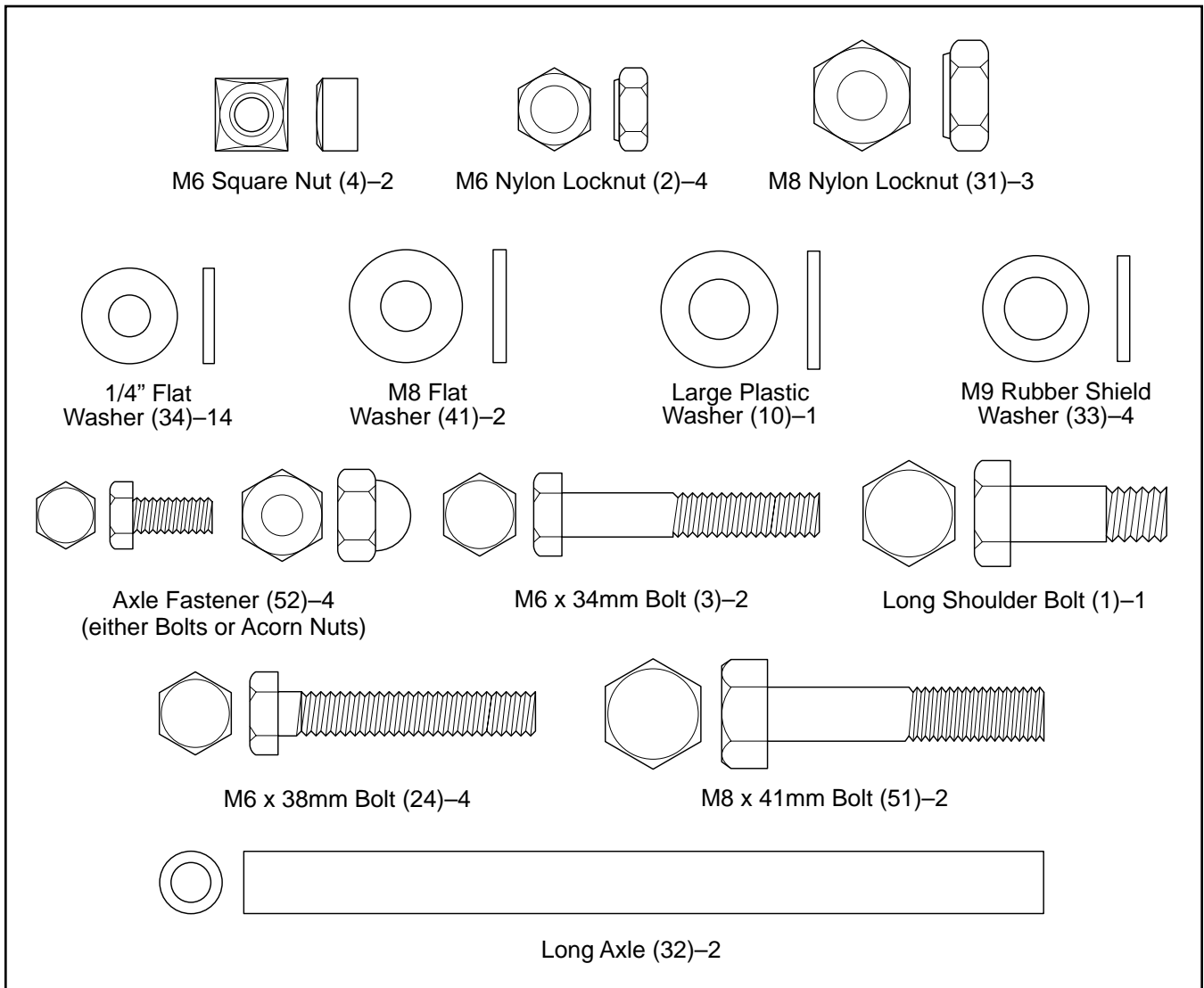
- Place all parts in a cleared area and remove the packing materials; do not dispose of the packing materials until assembly is completed.
- Read each assembly step before you begin.
- For help identifying the small parts used in assembly, use the part identification chart below. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping purposes. If a part is not in the parts bag, check to see if it has been pre-attached.**

- Tighten all parts as you assemble them, unless instructed to do otherwise.
- During assembly, make sure that all parts are oriented as shown in the drawings.

THE FOLLOWING TOOLS (NOT INCLUDED) ARE REQUIRED FOR ASSEMBLY:

- Two (2) adjustable spanners 
- You will also need lubricant such as petroleum jelly or grease.

Assembly will be more convenient if you have the following tools: A socket set, a set of open-end or closed-end spanners, or a set of ratchet spanners.

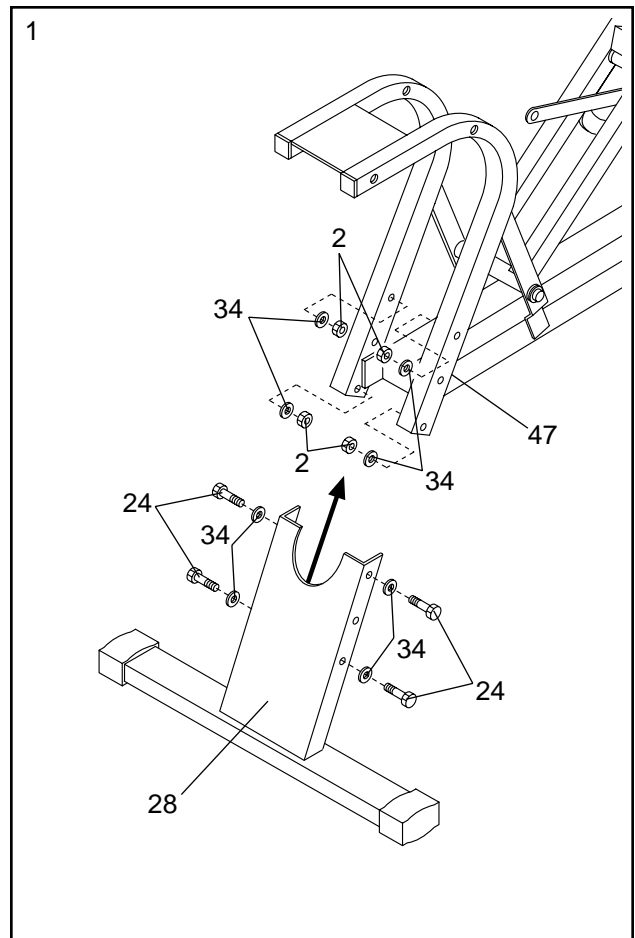


The part identification chart displays the following components:

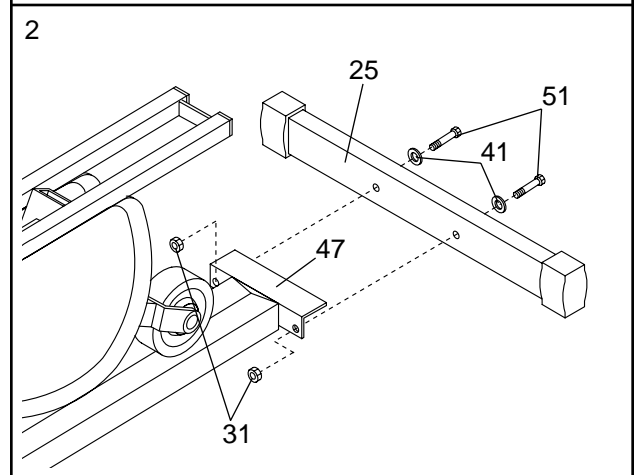
- M6 Square Nut (4)–2
- M6 Nylon Locknut (2)–4
- M8 Nylon Locknut (31)–3
- 1/4" Flat Washer (34)–14
- M8 Flat Washer (41)–2
- Large Plastic Washer (10)–1
- M9 Rubber Shield Washer (33)–4
- Axle Fastener (52)–4 (either Bolts or Acorn Nuts)
- M6 x 34mm Bolt (3)–2
- Long Shoulder Bolt (1)–1
- M6 x 38mm Bolt (24)–4
- M8 x 41mm Bolt (51)–2
- Long Axle (32)–2

1. **Before beginning assembly, be sure that you have read and understand the information on the previous page.**

Attach the Front Stabiliser (28) to the Main Frame (47) with four M6 x 38mm Bolts (24), eight 1/4" Flat Washers (34), and four M6 Nylon Locknuts (2).

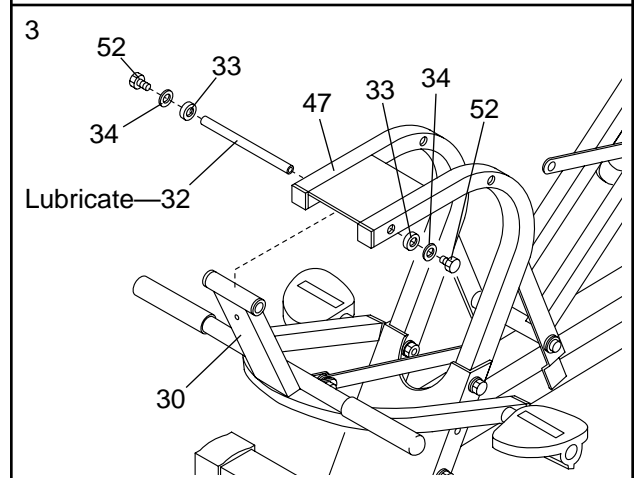


2. Attach the Rear Stabiliser (25) to the Main Frame (47) with two M8 x 41mm Bolts (51), two M8 Flat Washers (41), and two M8 Nylon Locknuts (31).

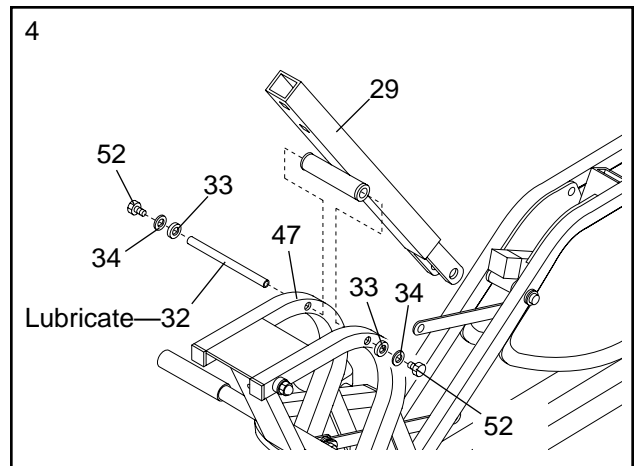


3. Lubricate a Long Axle (32). Attach the Pedal Frame (30) to the Main Frame (47) with the Long Axle, two M9 Rubber Shield Washers (33), two 1/4" Flat Washers (34), and two Axle Fasteners (52).

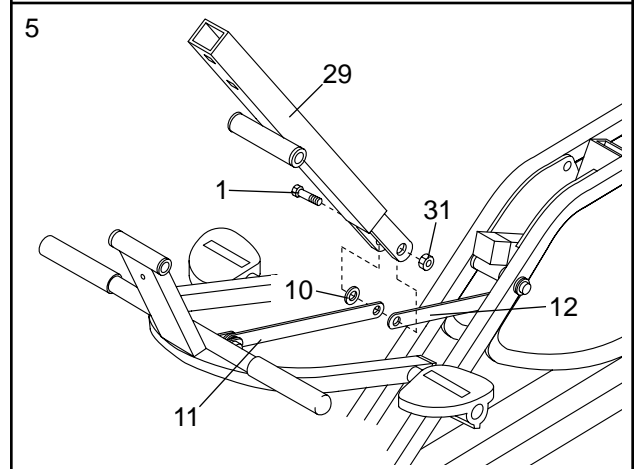
Note: If the ends of the Long Axle (32) are internally threaded, the Axle Fasteners (52) will be bolts; if the ends are externally threaded, the Axle Fasteners will be acorn nuts (see the PART IDENTIFICATION CHART on page 4).



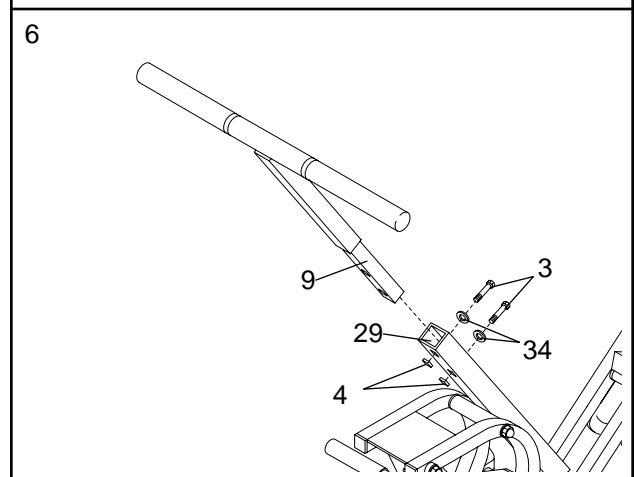
4. Lubricate the other Long Axle (32). Attach the Handlebar Swing Arm (29) to the Main Frame (47) with the Long Axle, two M9 Rubber Shield Washers (33), two 1/4" Flat Washers (34), and two Axle Fasteners (52).



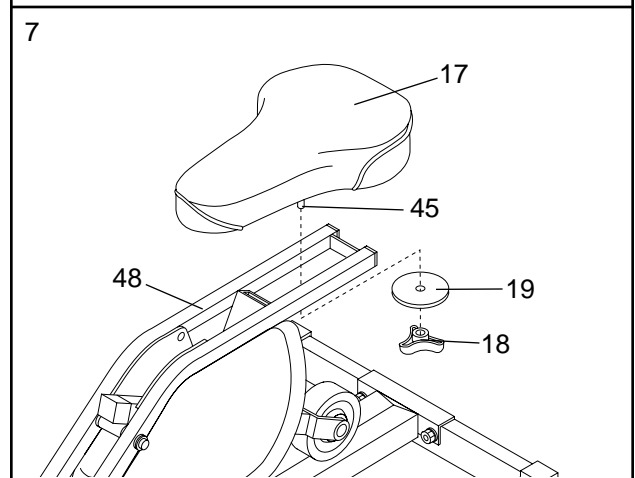
5. Attach the Short and Long Link Arms (11, 12) to the Handlebar Swing Arm (29) with the Long Shoulder Bolt (1), a Large Plastic Washer (10), and the M8 Nylon Locknut (31). **Note: Part of the main rrame has been left out of the drawing for easier part identification.**



6. Attach the Handlebar (9) to the Handlebar Swing Arm (29) with two M6 x 34mm Bolts (3), two 1/4" Flat Washers (34), and two M6 Square Nuts (4).



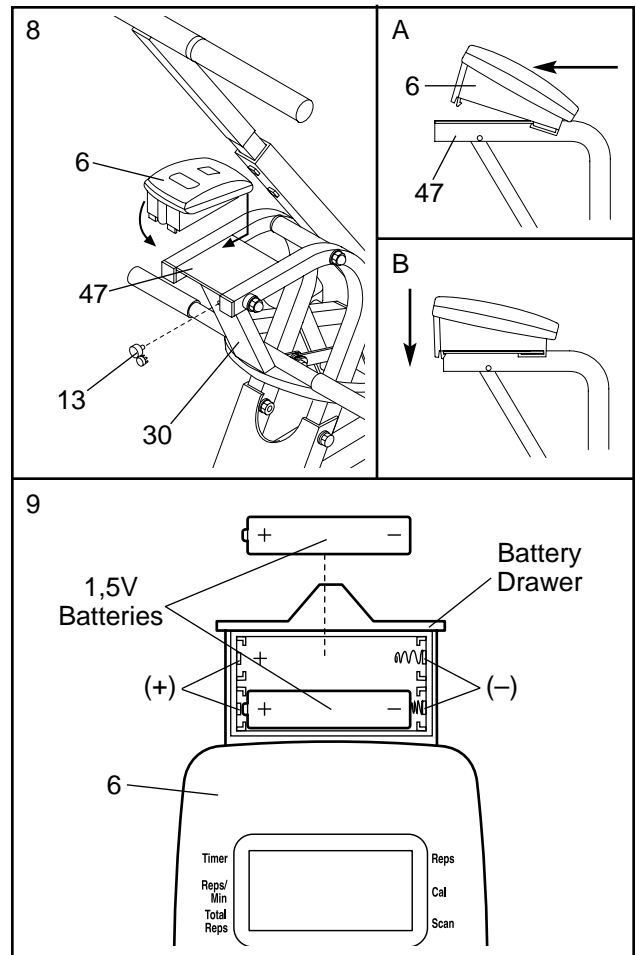
7. Place the Seat (17) on top of the Seat Frame (48). Slide the Large Washer (19) onto the bolt on the Seat Bracket (45). Tighten the Seat Knob (18) onto the bolt until the Large Washer is pressed against the Seat Frame.



8. Press the Magnet w/Bracket (13) onto the Pedal Frame (30) as shown.

Slide the Monitor (6) fully onto the Main Frame (47) as shown in inset drawing A. Press down on the Monitor as shown in inset drawing B until it snaps into place.

9. To insert batteries into the Monitor (6), first push on the battery drawer and then pull it open. Insert two 1,5V batteries into the battery drawer. Identify the negative (-) and positive (+) ends of the batteries and make sure that the negative ends of the batteries are touching the springs in the battery drawer. Then push the battery drawer closed.

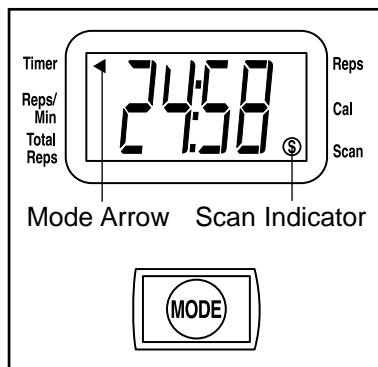


ADJUSTMENT AND OPERATION

DESCRIPTION OF THE MONITOR

The monitor offers six modes for instant exercise feedback:

- **Timer**—Displays the elapsed time.
- **Reps/Min**—Displays your pace in repetitions per minute.
- **Total Reps**—Displays the number of repetitions completed since the battery was changed. Note: 1=100 repetitions.
- **Reps**—Displays the number of repetitions completed since the display was reset.
- **Calorie**—Displays the approximate number of calories you have burned.
- **Scan**—Displays the Timer, Reps/Min, Reps and Calorie modes, for approximately 6 seconds each, in a repeating cycle.

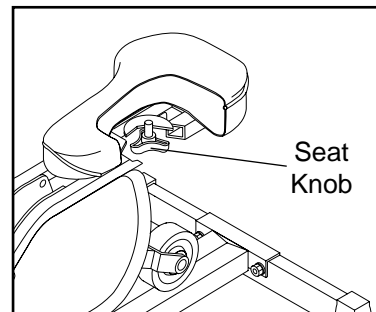


HOW TO OPERATE THE MONITOR

1. To turn on the monitor, press the mode button or simply begin exercising.
2. Select the desired mode:
 - Scan mode—Press the mode button until the scan indicator appears (see the drawing above).
 - Timer, Reps/Min, Reps or Calorie mode—Press the mode button until the mode arrow points to the desired mode (see the drawing above). Make sure that the scan indicator does not appear.
 - Total Reps—Press the mode button until the mode arrow points to "Total Reps."
3. To reset the display (except for the Total Reps mode), press the mode button for two seconds.
4. To turn off the monitor, simply wait for five minutes. If the SPORT RIDER is motionless and the mode button is not pressed for five minutes, the monitor will automatically turn off. If the monitor is not turned on again within one minute, the display (except for the Total Reps mode) will be reset.

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.



PROPER EXERCISE FORM

Learning how to properly use the SPORT RIDER 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 SPORT RIDER.

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 centre of each pedal.
- Always bring the handlebar as close to your stomach or rib cage as possible. 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 positioned next to the first finger or wrapped around the handlebar. Change thumb positions during each workout 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 with a smooth motion.

Muscles affected: Forearm Flexors



3 CENTRE POST GRIP

Grip the centre 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 your 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 whilst pointing and flexing, this emphasizes the outer calves. If your toes are turned slightly out whilst 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 footrests and choose any grip.

Muscles affected: Arms, Upper Back, and Chest



7 LOWER BODY EMPHASIS

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

Muscles affected: Abdomen, Legs, and Lower Back



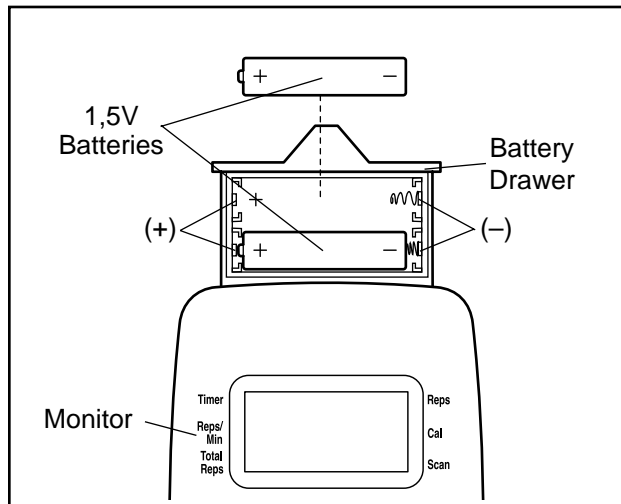
MAINTENANCE AND TROUBLE-SHOOTING

Regularly inspect and tighten all parts of the SPORT RIDER. To keep the SPORT RIDER looking its best, wipe all parts with a soft, damp cloth; never use solvents on the SPORT RIDER.

To avoid damage to the monitor, keep liquids away from the monitor and keep the monitor out of direct sunlight. When storing the SPORT RIDER, remove the batteries from the monitor.

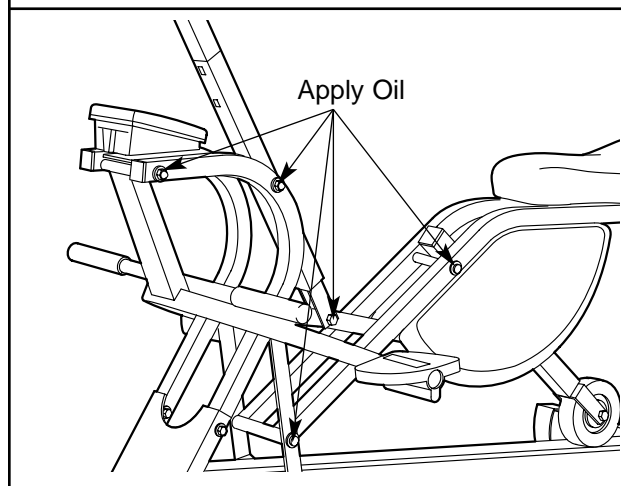
HOW TO REPLACE THE BATTERIES

If the display of the monitor becomes dim, the batteries should be replaced. Push on the battery drawer and then pull it open. Remove the old batteries and insert two new 1,5V batteries into the battery drawer. Identify the negative (-) and positive (+) ends of the batteries and make sure that the negative ends of the batteries are touching the springs in the battery drawer. Then push the battery drawer closed.



HOW TO LUBRICATE THE SPORT RIDER

Every three months, a small amount of light multi-purpose oil should be applied to the SPORT RIDER. 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 SPORT RIDER.



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 below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 |

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.

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 ener-

gy. 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

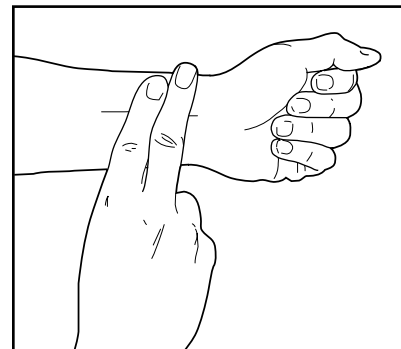
For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

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 strenuous exercise. (Refer to SUGGESTED STRETCHES on page 13.)

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (See the chart on page 12 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.

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.

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 both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

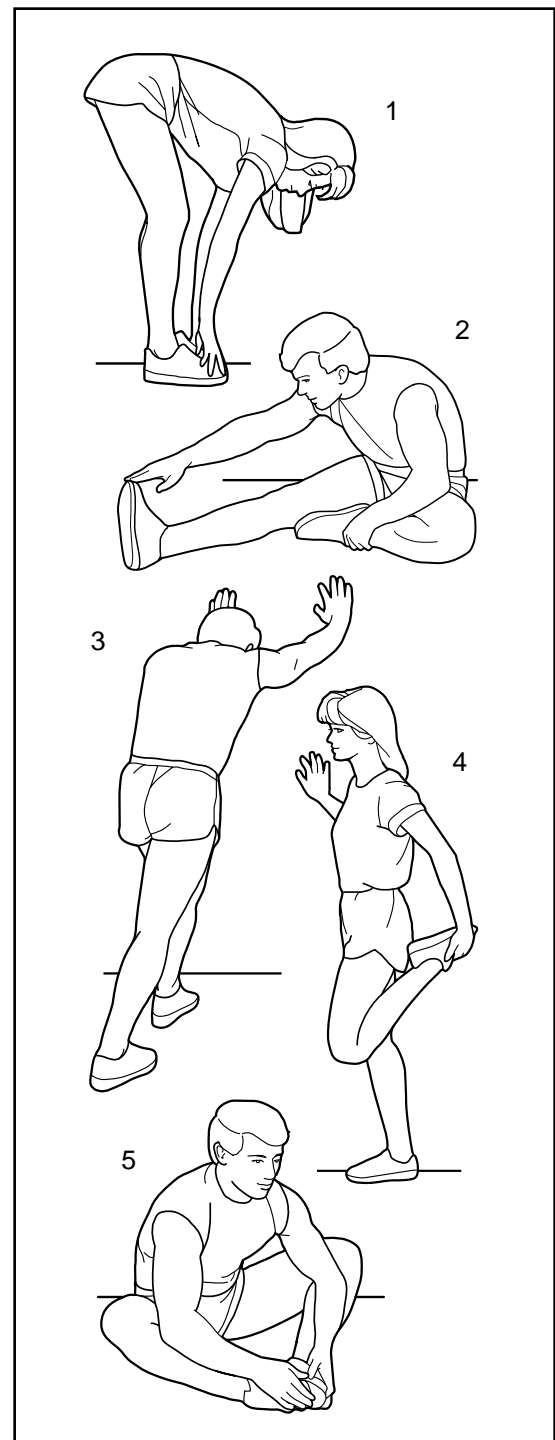
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further 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 both legs. 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. HREMCR90090

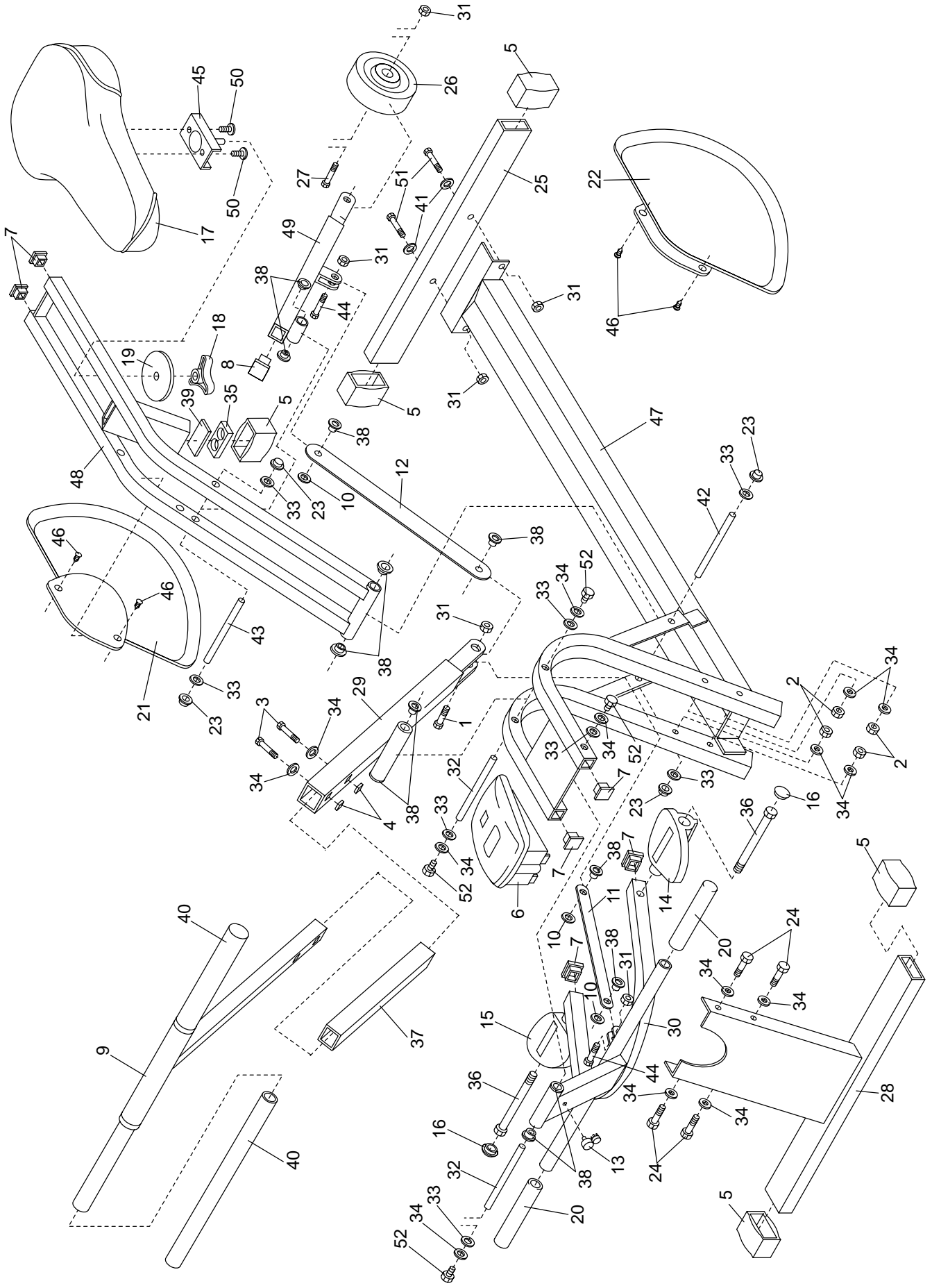
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| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|------------------------------|---------|------|---------------------------|
| 1 | 1 | Long Shoulder Bolt | 29 | 1 | Handlebar Swing Arm |
| 2 | 4 | M6 Nylon Locknut | 30 | 1 | Pedal Frame |
| 3 | 2 | M6 x 34mm Bolt | 31 | 6 | M8 Nylon Locknut |
| 4 | 2 | M6 Square Nut | 32 | 2 | Long Axle Assembly |
| 5 | 5 | Stabiliser Endcap | 33 | 8 | M9 Rubber Shield Washer |
| 6 | 1 | Monitor | 34 | 14 | 1/4" Flat Washer |
| 7 | 6 | 1" Square Endcap | 35 | 1 | Spacer |
| 8 | 1 | Wheel Frame Endcap | 36 | 2 | Pedal Bolt |
| 9 | 1 | Handlebar w/Foam | 37 | 1 | Centre Post Grip |
| 10 | 3 | Large Plastic Washer | 38 | 12 | Wheel Frame Bushing Assy. |
| 11 | 1 | Short Link Arm w/Bushings | 39 | 1 | Bumper Pad Plate |
| 12 | 1 | Long Link Arm w/Bushings | 40 | 2 | Hand Grip |
| 13 | 1 | Magnet w/Bracket | 41 | 2 | M8 Flat Washer |
| 14 | 1 | Left Pedal | 42 | 1 | Seat Frame Axle Assembly |
| 15 | 1 | Right Pedal | 43 | 1 | Wheel Frame Axle Assembly |
| 16 | 2 | Pedal Plug | 44 | 2 | Short Shoulder Bolt |
| 17 | 1 | Seat | 45 | 1 | Seat Bracket |
| 18 | 1 | Seat Knob | 46 | 4 | Sideshield Fastener |
| 19 | 1 | Large Washer | 47 | 1 | Main Frame |
| 20 | 2 | Footrest Cover | 48 | 1 | Seat Frame |
| 21 | 1 | Right Sideshield w/Fasteners | 49 | 1 | Wheel Frame w/Bushings |
| 22 | 1 | Left Sideshield w/Fasteners | 50 | 2 | M6 x 16mm Bolt |
| 23 | 4 | Axle Cap | 51 | 2 | M8 x 41mm Bolt |
| 24 | 4 | M6 x 38mm Bolt | 52 | 4 | Axle Fastener |
| 25 | 1 | Rear Stabiliser | # | 1 | User's Manual |
| 26 | 1 | Wheel | # | 2 | Tool |
| 27 | 1 | Wheel Bolt | | | |
| 28 | 1 | Front Stabiliser | | | |

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. HREMCR90090

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ORDERING 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 (HREMCR90090)
- The NAME of the product (HEALTHRIDER® SPORT RIDER)
- The PART NUMBER of the PART (see pages 14 and 15 of this manual)
- The DESCRIPTION of the PART (see pages 14 and 15 of this manual).

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