

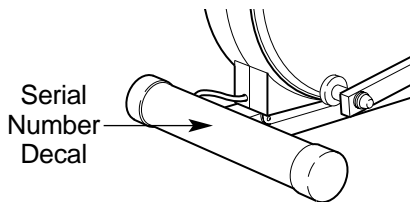
# HEALTHRIDER

ELLIPTICAL CROSSRAINER

E660

Model No. HREMEL09984

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



## USER'S MANUAL

### QUESTIONS?

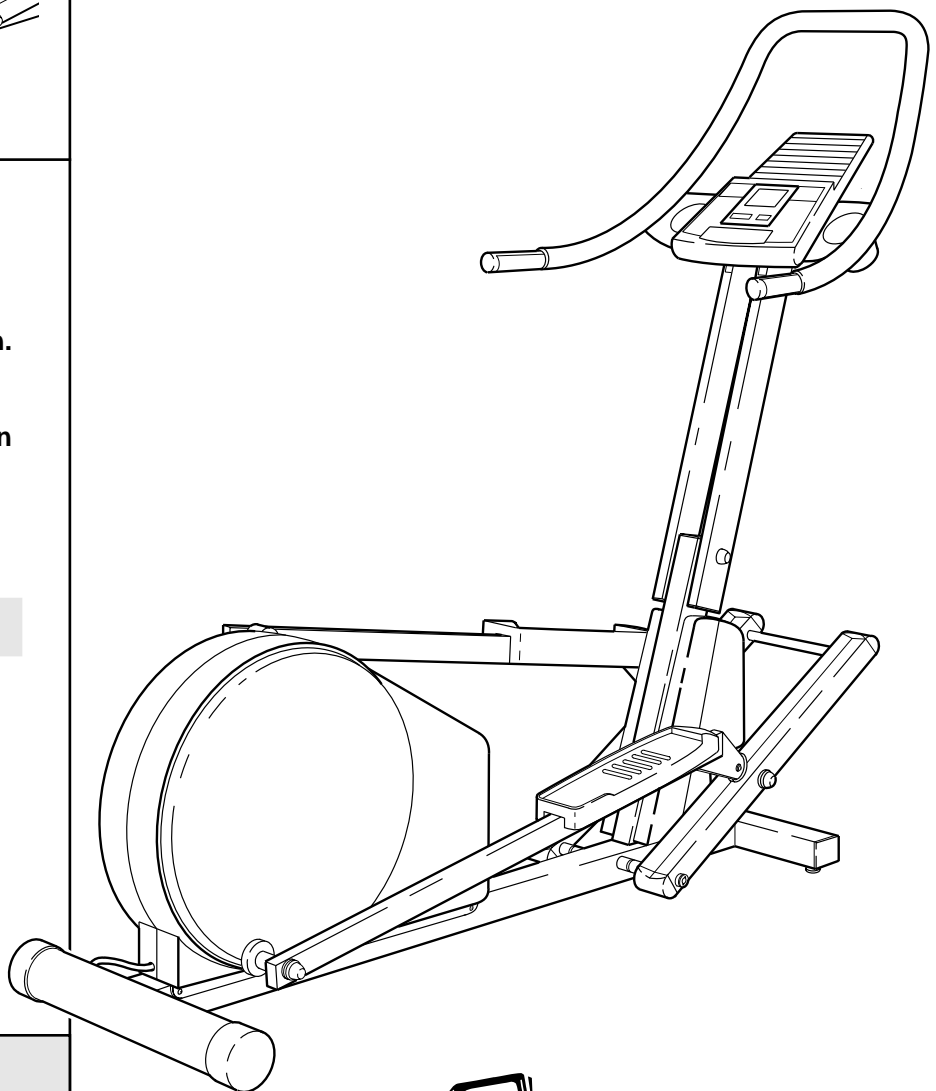
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through our Customer Service Department.

Please CALL:

**0345-089009**

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

Patent Pending



### ⚠ CAUTION

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



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

# ® **HEALTHRIDER**

**ELLIPTICAL CROSSRAINER**



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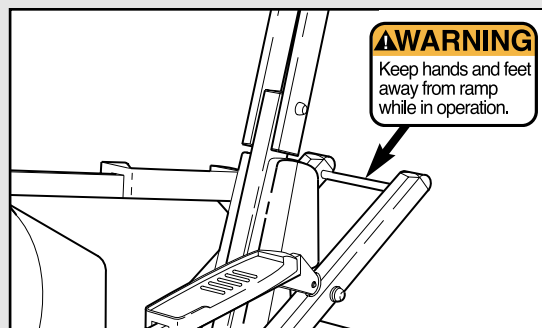
## **TABLE OF CONTENTS**

IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
ASSEMBLY .....	5
HOW TO USE THE ELLIPTICAL CROSSRAINER .....	10
MAINTENANCE AND TROUBLE-SHOOTING .....	15
CONDITIONING GUIDELINES .....	16
PART LIST .....	18
EXPLODED DRAWING .....	19
HOW TO ORDER REPLACEMENT PARTS .....	Back Cover

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the HealthRider® E660 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. The elliptical crosstrainer should not be used by persons weighing more than 115 kg.
7. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.
8. Always hold the handlebar when mounting, dismounting, or using the elliptical crosstrainer.
9. When you stop exercising, allow the pedals to slowly come to a stop.
10. Keep your back straight when using the elliptical crosstrainer. Do not arch your back.
11. If you feel pain or dizziness while exercising, stop immediately and begin cooling down.
12. The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.
13. 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.
14. The decal shown below is found on the elliptical crosstrainer. If the decal is missing or illegible, please call our Customer Service Department at 0345-089009 to order a free replacement. 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.

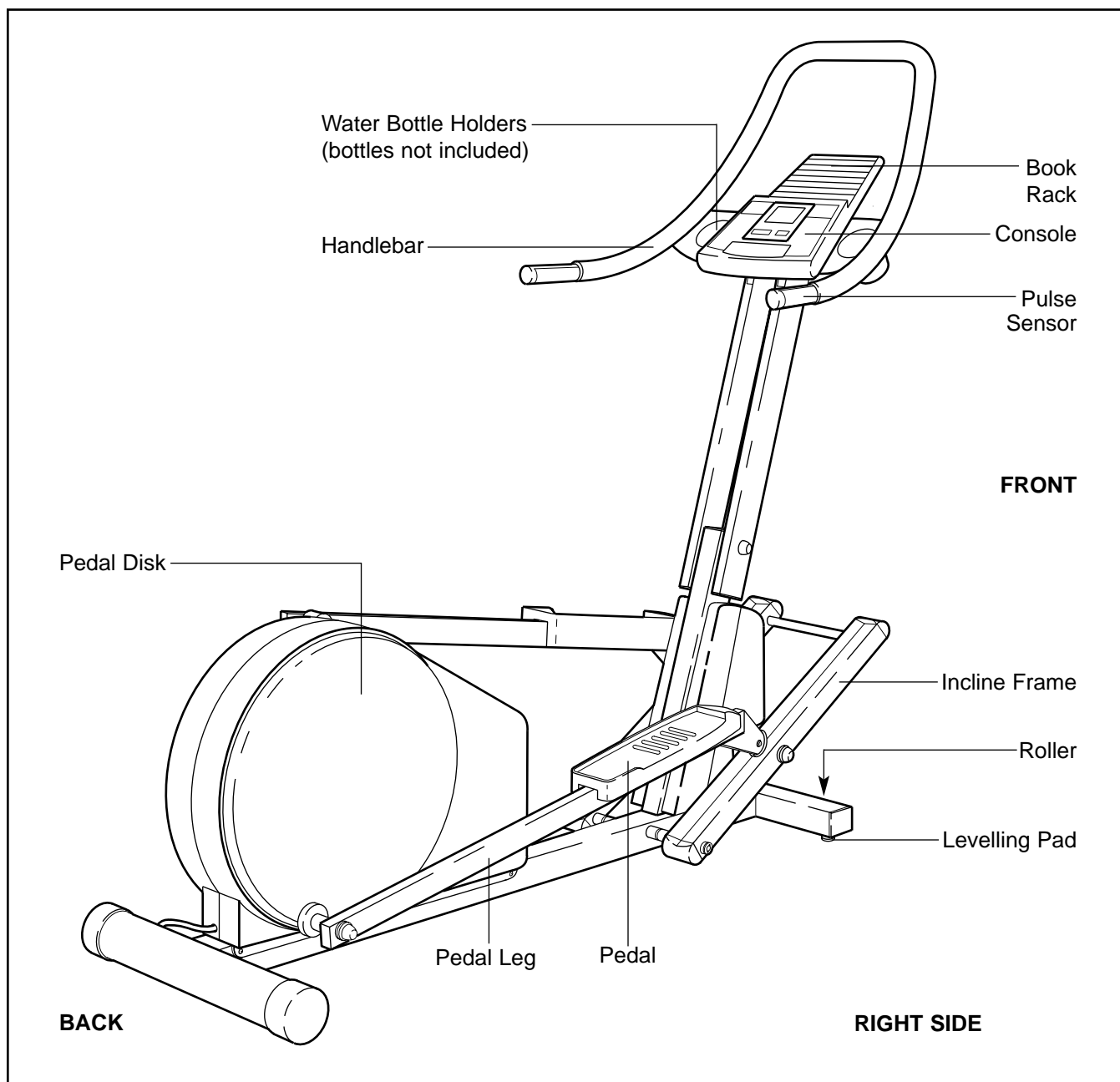
# BEFORE YOU BEGIN

Congratulations for selecting the revolutionary HealthRider® E660 Elliptical Crosstrainer. The HealthRider® E660 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimising the impact on your knees and ankles. And the unique E660 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® E660.** If you have addi-

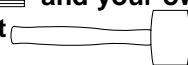
tional questions, please call our Customer Service Department at **0345-089009**. To help us assist you, please note the product model number and serial number before calling. The model number is HREMEL09984. The serial number can be found on a decal attached to the E660 (see the front cover of this manual for the location of the decal).

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

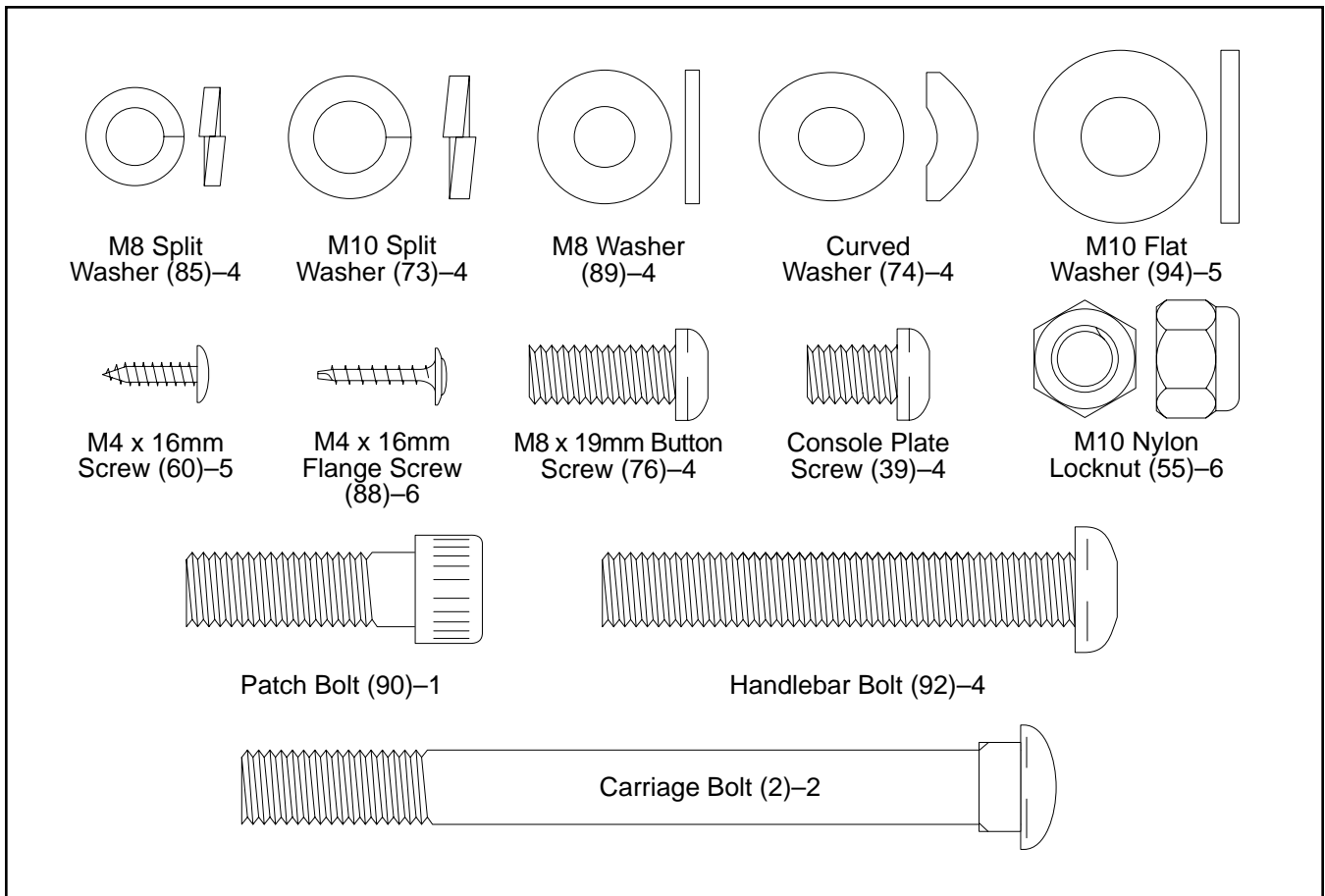


# ASSEMBLY

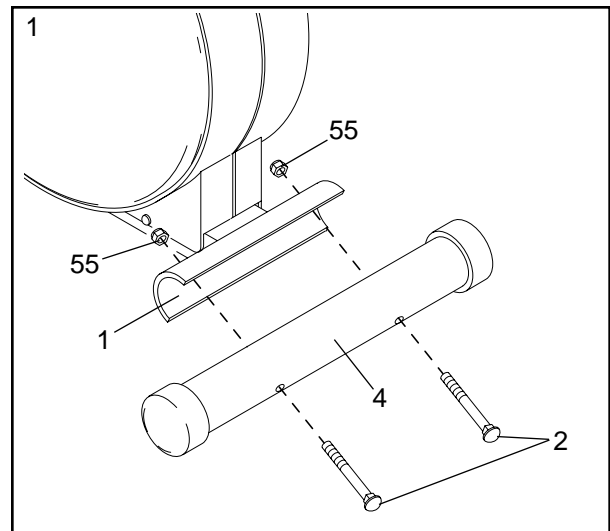
**Assembly requires two people.** Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

The following tools are required for assembly: the included allen wrenches  and your own phillips screwdriver  adjustable spanner  and rubber mallet .

As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**

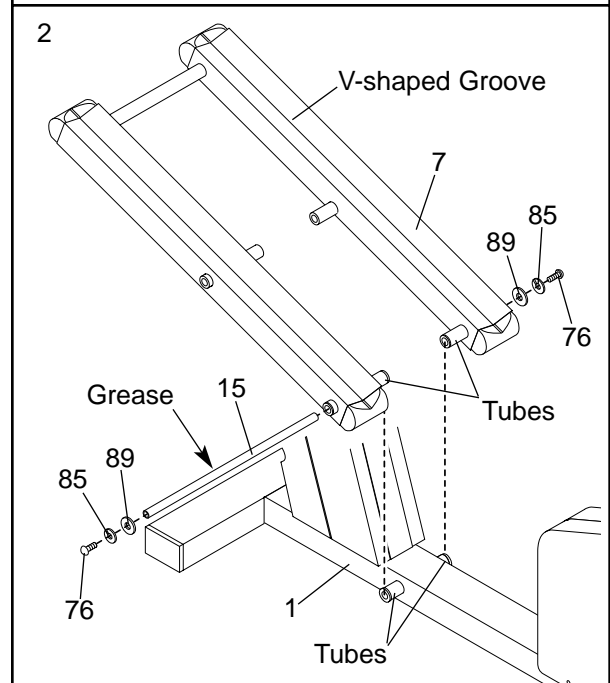


1. Hold the Rear Stabiliser (4) against the saddle on the rear of the Base Frame (1). Make sure that the Rear Stabiliser is turned so the square holes are facing away from the Frame. Attach the Rear Stabiliser with two Carriage Bolts (2) and two M10 Nylon Locknuts (55).



2. Slide an M8 Split Washer (85) and an M8 Washer (89) onto an M8 x 19mm Button Screw (76). Thread the Button Screw into one end of an Incline Axle (15). Next, apply a small amount of the included grease to the Incline Axle.

Align the indicated tubes on the Incline Frame (7) with the tubes on the Base Frame (1). **Make sure that the Incline Frame is turned so the V-shaped grooves are on top.** Insert the Incline Axle (15) through the Incline Frame and the Base Frame. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

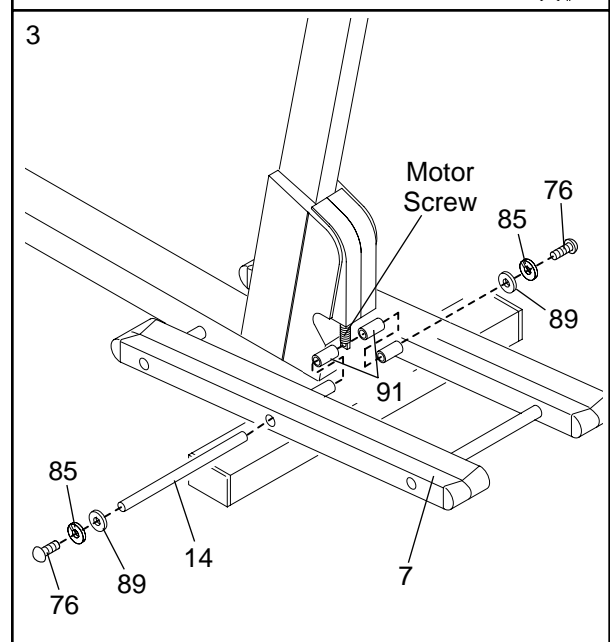


Slide an M8 Split Washer (85) and an M8 Washer (89) onto another M8 x 19mm Button Screw (76). Thread the Button Screw into the open end of the Incline Axle (15). **Do not tighten the Button Screws yet.**

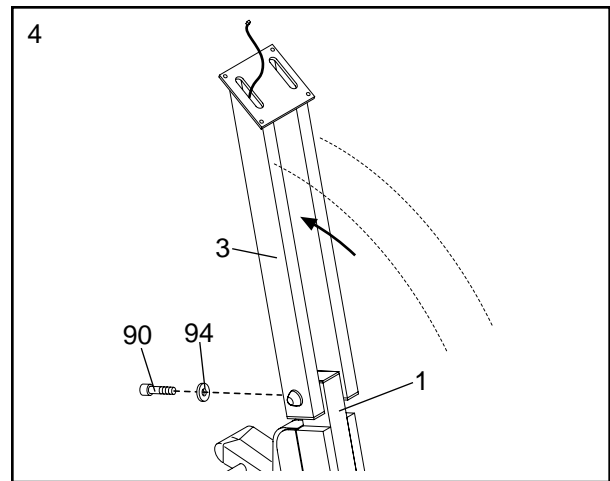
3. Slide an M8 Split Washer (85) and an M8 Washer (89) onto an M8 x 19mm Button Screw (76). Next, thread the Button Screw into one end of the Incline Motor Axle (14). With the help of a second person, raise the Incline Frame (7). Insert the Incline Motor Axle through one side of the Incline Frame, through a Long Plastic Spacer (91), through the end of the motor screw, through another Long Plastic Spacer (91), and through the other side of the Incline Frame.

Slide an M8 Split Washer (85) and an M8 Washer (89) onto an M8 x 19mm Button Screw (76). Thread the Button Screw into the open end of the Incline Motor Axle (14).

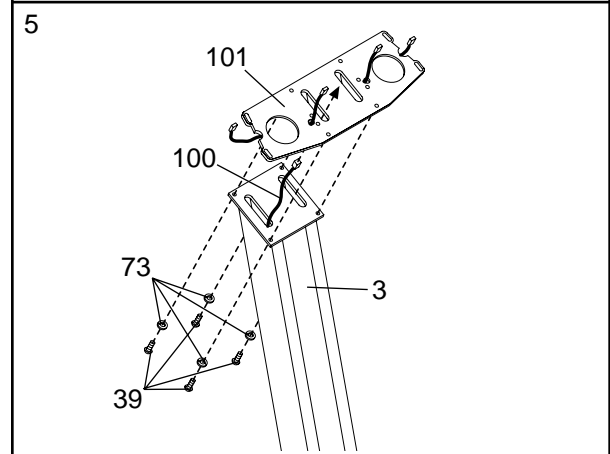
Tighten the four M8 x 19mm Button Screws (76) used in this step and step 2.



4. Raise the Console Upright (3). Slide the M10 Flat Washer (94) onto the Patch Bolt (90). Secure the Upright by tightening the Patch Bolt (90) into the Base Frame (1).



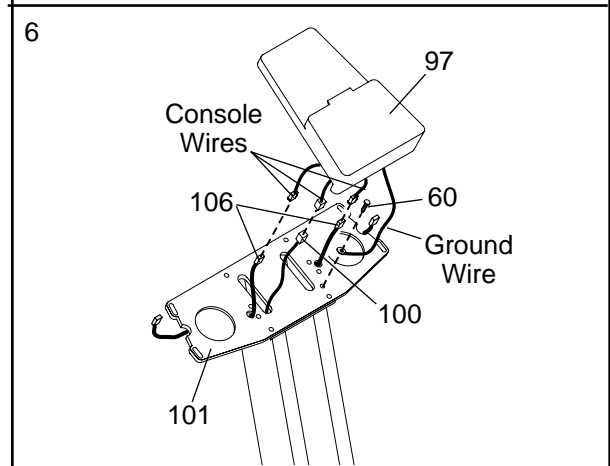
5. Thread the Long Extension Wire (100) through the indicated hole in the Console Plate (101). Attach the Console Plate to the Console Upright (3) with four Console Plate Screws (39) and four M10 Split Washers (73). **Make sure that the Long Extension Wire is not pinched between the Upright and the Console Plate.**



6. Connect the Long Extension Wire (100) to the corresponding wire on the Console (97).

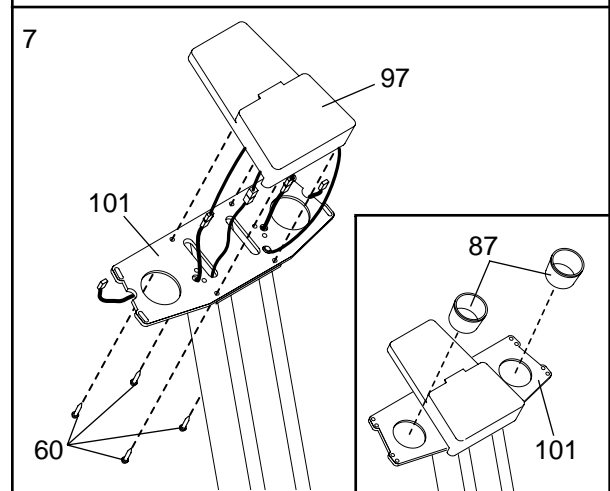
Next, connect the two Console Plate Wires (106) to the two corresponding wires on the Console (97). Note: Either Console Plate Wire can be attached to either wire on the Console.

Remove the M4 x 16mm Screw (60) from the console plate. Next, attach the console ground wire to the Console Plate (101) with the M4 x 16mm Screw (60).



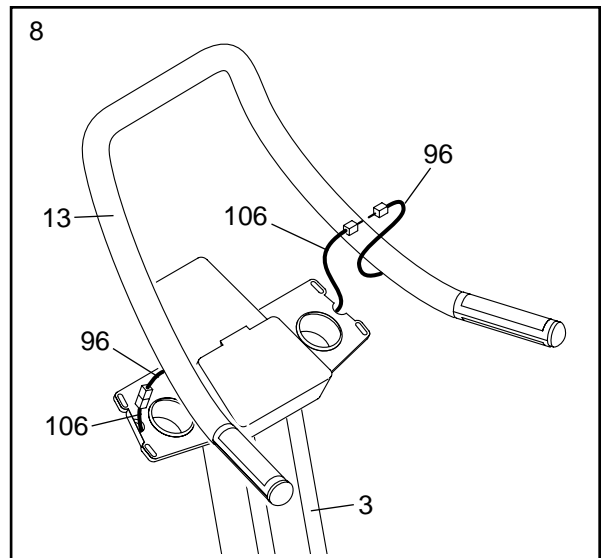
7. Carefully feed all wires down through the Console Plate (101). Attach the Console (97) to the Console Plate with four M4 x 16mm Screws (60). **Be careful to avoid pinching the wires.**

Refer to the inset drawing. Tap the Water Bottle Holders (87) into the indicated holes in the Console Plate (101).



- While another person holds the Handlebar (13) in the position shown, connect the two Console Plate Wires (106) to the two Pulse Wires (96).

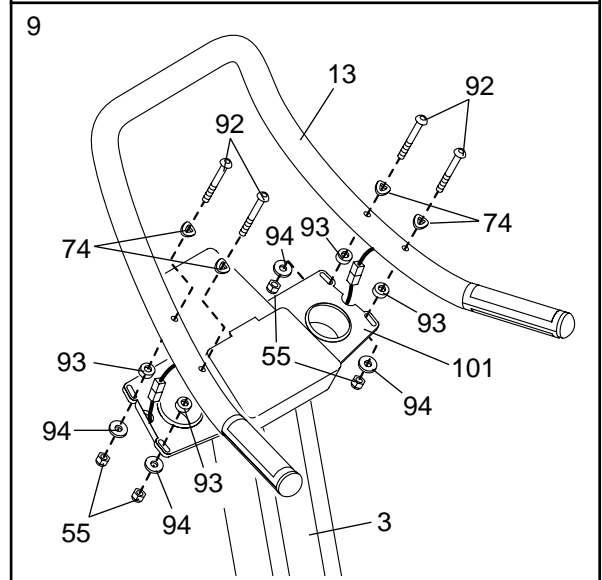
Push the wires and connectors into the Handlebar (13).



- With the help of another person, **loosely** attach the right side of the Handlebar (13) to the Console Upright (3) with two Handlebar Bolts (92), two Curved Washers (74), two Spacers (93), two M10 Flat Washers (94), and two M10 Nylon Locknuts (55). Make sure that the Spacers are positioned between the Handlebar and the Console Plate (101). **Be careful to avoid pinching the wires.**

Attach the left side of the Handlebar (13) in the same way.

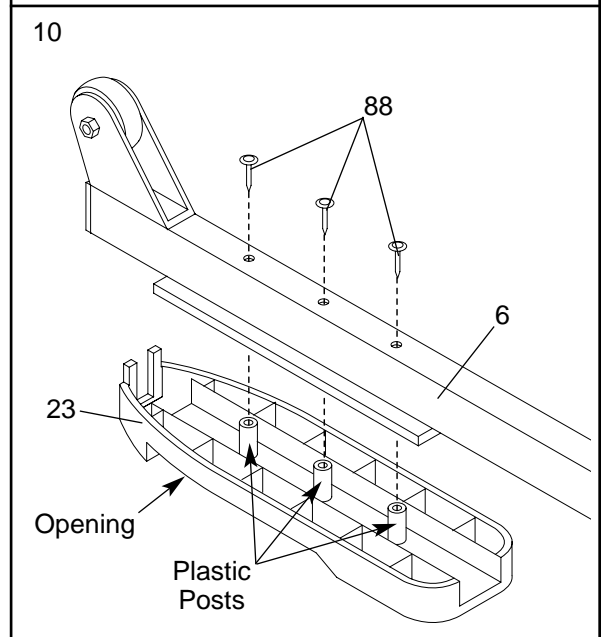
**Firmly tighten all four Handlebar Bolts (92).**



- Identify the Right Pedal Leg (6), which has an “R” sticker attached to it. Next, identify the Right Pedal (23), which has the letter “R” molded onto the bottom. Slide the Right Pedal onto the Right Pedal Leg (6) as shown. Make sure that the plastic posts are completely inserted into the holes in the Right Pedal Leg.

Insert the three M4 x 16mm Flange Screws (88) about halfway into the Right Pedal Leg (6) and thread the Screws into the plastic posts on the Right Pedal (23). Using a phillips screwdriver, tighten the three Flange Screws into the plastic posts. **Do not overtighten the Flange Screws or the plastic posts may break.**

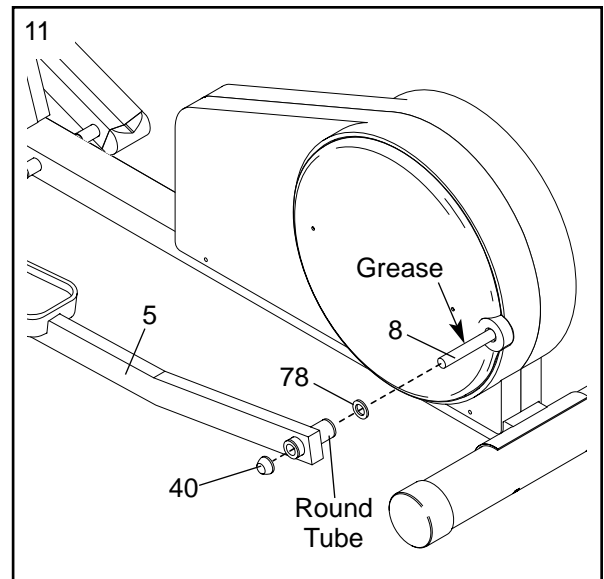
Attach the Left Pedal (not shown) in the same way.



11. Apply a small amount of grease to the axle on the left Crank Arm (8).

Slide a Nylon Washer (78) and the Left Pedal Leg (5) onto the axle on the left Crank Arm (8). Note: It may be helpful to use a rubber mallet to tap these parts on. **Be careful not to confuse the Left Pedal Leg with the Right Pedal Leg (not shown); look at the position of the round tube to correctly identify the Left Pedal Leg.** Next, tap a 3/4" Axle Cap (40) onto the axle.

Attach the Right Pedal Arm (not shown) in the same way.



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

# HOW TO USE THE ELLIPTICAL CROSSTRAINER

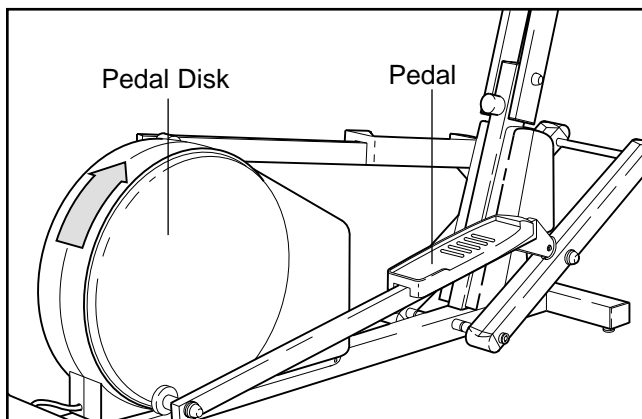
## PLUGGING IN THE POWER CORD

Plug the power cord into a power converter (included). The displays and various indicators on the console will light and a tone will sound. **Note: To decrease the possibility of damaging your machine, always use a surge protector. Each time the power cord is plugged in, the incline frame will move to the lowest position. In addition, the incline frame may automatically move up and down as the elliptical crosstrainer goes through a calibration sequence.**

**Please read through all instructions in this section before using 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 by the arrow 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.

## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the console is in the manual mode, the incline and resistance of the elliptical crosstrainer can be adjusted with a touch of a button. As you exercise, the LED matrix and displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

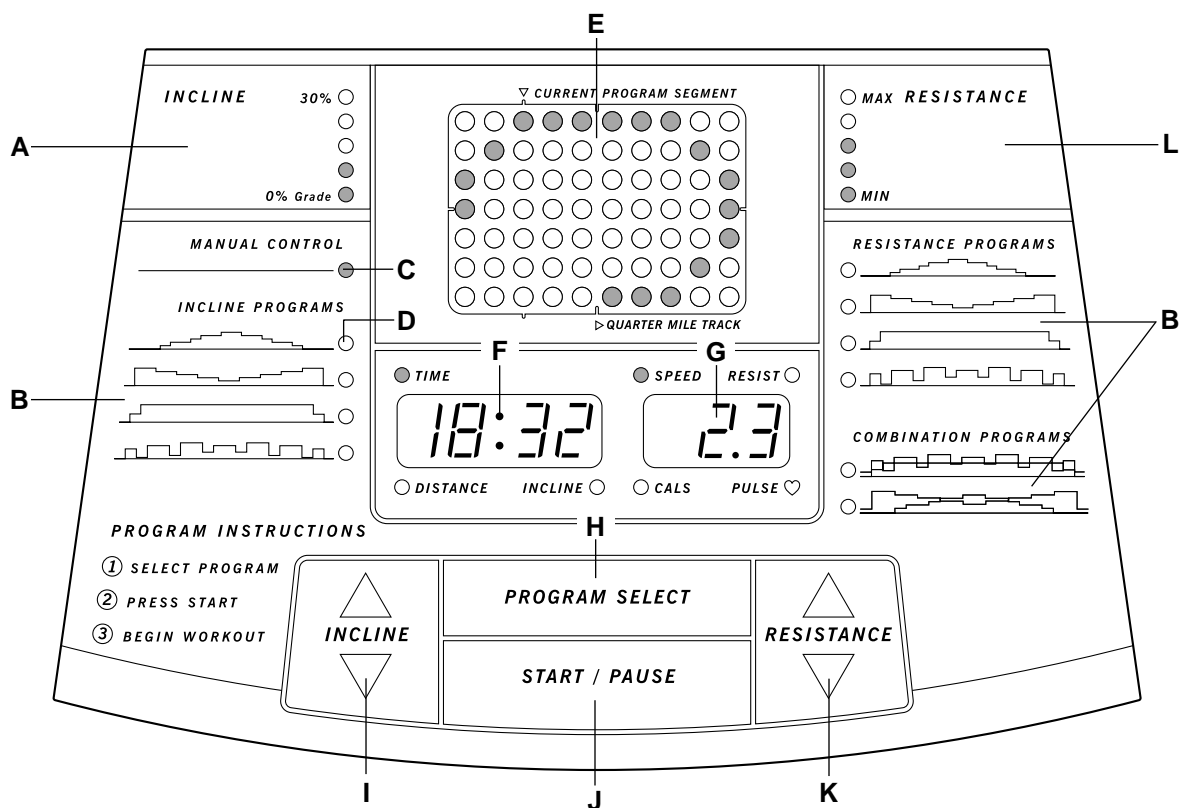
The console also offers ten preset workout programs: four incline programs automatically control the incline of the elliptical crosstrainer as they guide you through effective workouts, four resistance programs automatically control the resistance of the elliptical crosstrainer, and two combination programs control both the incline and the resistance during your workouts.

**Note: The console can display distance and speed in either miles or kilometres (see step 4 on page 12). For simplicity, all instructions in this section refer to miles.**

**⚠ CAUTION:** Before operating the console, read the following precautions.

- Always hold the handlebar when mounting, dismounting, or using the elliptical crosstrainer.
- When you stop exercising, allow the pedals to slowly come to a stop.
- Keep your feet and objects from beneath the elliptical crosstrainer.
- To reduce the risk of electric shock, keep the console dry. Avoid spilling liquid on the console and use only a sealable water bottle.
- 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.

## CONSOLE DIAGRAM



**Note:** If there is a thin sheet of clear plastic on the face of the console, remove it.

- A. INCLINE Display—This display shows the incline level of the elliptical crosstrainer.
- B. INCLINE PROGRAM Profiles—These profiles show how the incline or resistance of the elliptical crosstrainer will change during workout programs. During the first incline program, for example, the incline will gradually increase during the first half of the program, and then gradually decrease during the last half.
- C. MANUAL CONTROL Indicator—This indicator will light to show when the manual mode is selected.
- D. Program Indicators—These indicators light to show when a workout program is selected.
- E. LED Matrix—When the manual mode is selected, the LED matrix will show your progress on an LED track. When a preset program is selected, the matrix will show your progress and upcoming incline or resistance settings.
- F. TIME/DISTANCE/INCLINE Display—This display shows the elapsed time (or the remaining time in a workout program), total distance, the incline level, and the total number of quarter-mile laps completed. The display will change modes every five seconds. Note: The letter “L” will appear in the display when the number of laps is shown.
- G. SPEED/CALS/PULSE/RESIST Display— This display shows your current speed, approximate calories burned, and the resistance level. The display will change modes every five seconds. When the pulse sensor is used, the display will also show your heart rate.
- H. PROGRAM SELECT Button—This button is used to select the manual mode and the workout programs.
- I. INCLINE Buttons—These buttons control the incline of the elliptical crosstrainer. Each time one of the buttons is pressed, the incline level will change by 3%. The incline range is 3% to 30%.
- J. START/PAUSE Button—This button is used to start and pause the console.
- K. RESISTANCE Buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels.
- L. RESISTANCE Display—This display shows the resistance level of the elliptical crosstrainer.

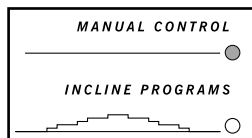
## HOW TO USE THE MANUAL MODE

### 1 Turn on the power

Make sure that the power cord is properly plugged in (see page 10). To turn on the power, press the START/PAUSE button or simply begin exercising. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

### 2 Select the manual mode

Each time the power is turned on, the manual mode will be selected, as shown by the MANUAL CONTROL indicator.



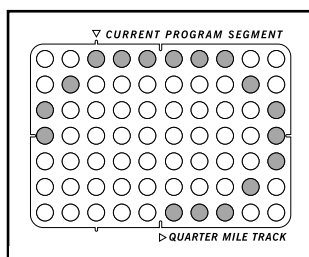
If a workout program has been selected, press the PROGRAM SELECT button repeatedly to scroll through the programs and select the manual mode. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to its lowest position.**

### 3 Begin exercising and adjust the incline and resistance

As you exercise in manual mode, adjust the incline and resistance as desired by pressing the INCLINE and RESISTANCE buttons. Note: After the buttons are pressed, it may take a few seconds for the selected setting to be reached.

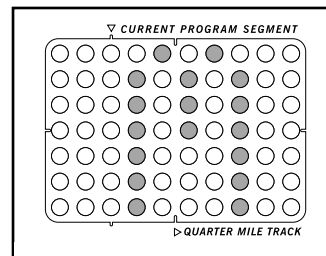
### 4 Follow your progress with the console displays

As you exercise, the LED matrix will display the distance you have travelled on a quarter-mile track. The indicators around the track will light one at a time until the entire track is lit. A new lap will then begin.



In addition, the two displays will show the elapsed time, distance, incline level, laps completed, current speed, calories burned, and resistance level, in five-second intervals. Your heart rate will also be shown when the pulse sensor is used (see step 5).

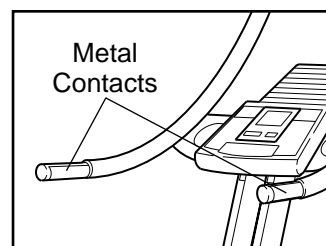
Note: The console can display speed in either miles per hour or kilometres per hour. When the power is first turned on, the letters "M" or "K" will appear in the LED matrix to show which measurement is selected.



To change the measurement, simultaneously press the INCLINE  $\Delta$  and RESISTANCE  $\Delta$  buttons until the console sounds a tone and the new measurement appears. Note: If you select miles per hour, distance will be displayed in miles. If you select kilometres per hour, distance will be displayed in kilometres.

### 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. When your pulse is detected, the heart-shaped indicator below the right display will flash each time your heart beats. After a moment, three dashes (---) will appear and your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. The display will show your heart rate for up to two minutes; the display will then show your current speed, calories burned, your heart rate, and the resistance level, in five-second intervals. **Note: Your heart rate will be shown only when the pulse sensor is used.**

### 6 When you are finished exercising, the console will automatically turn off after ten minutes

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the console will automatically switch into a "sleep" mode.** Note: Unplug the power cord following each use.

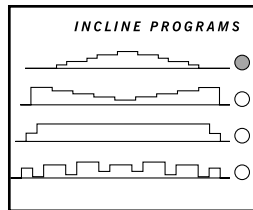
## HOW TO USE THE INCLINE PROGRAMS AND THE RESISTANCE PROGRAMS

### 1 Turn on the power

Make sure that the power cord is properly plugged in (see page 10). To turn on the power, press the START/PAUSE button. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

### 2 Select one of the eight incline or resistance programs

Each time the power is turned on, the manual mode will be selected, as shown by the MANUAL CONTROL indicator. To select one of the incline or resistance programs, press the PROGRAM SELECT button repeatedly until one of the four incline program indicators or one of the four resistance program indicators lights. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to its lowest position.**

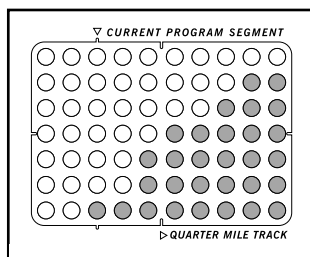


As you select each program, the LED matrix will show the first eight settings of the program you have selected (see step 3).

### 3 Start the program

To start the program, press the START/PAUSE button or simply begin exercising.

Each program is divided into twenty, one-minute segments. If an incline program is selected, one incline setting is programmed for each segment; if a resistance program is selected, one resistance setting is programmed for each segment. The setting of the first segment is shown in the flashing CURRENT SEGMENT column of the LED matrix. The settings of the next seven segments are shown in the columns to the right.

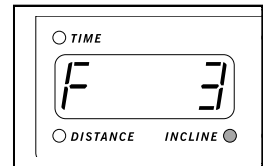


When only three seconds remain in the first segment, three tones will sound. All settings will then move one column to the left. The setting of the second segment will then be shown in the CURRENT SEGMENT column and the elliptical crosstrainer will adjust to the second setting.

If an incline program is selected, the resistance can be changed during the program with the RESISTANCE buttons. If a resistance program is selected, the incline can be changed with the INCLINE buttons.

The program will continue until the setting of the twentieth segment is shown in the CURRENT SEGMENT column and the TIME display counts down to zero. The console will then sound a tone and the two displays will pause. The console will remain in this state until the START/PAUSE button or the PROGRAM SELECT button is pressed.

If the program is too easy or too difficult, the difficulty level of the program can be adjusted. There are five "fitness levels" (fitness level 5 is the most difficult). If an incline program is selected, press the INCLINE buttons repeatedly to change the fitness level. An "F 1," "F 2," "F 3," "F 4," or "F 5" will appear in the left display to show which fitness level is selected. If a resistance program is selected, press the RESISTANCE buttons to change the fitness level.



To pause the program before it is completed, press the START/PAUSE button or allow the pedals to come to a stop and step off the pedals. A tone will sound and the two displays will pause and flash. To restart the program, simply begin exercising again. **Note: The console will automatically switch into the sleep mode if the pedals are not moved for ten minutes or longer.**

### 4 Follow your progress with the console displays

As you exercise, the two displays will show the time remaining in the program, distance, incline level, laps completed, current speed, calories burned, and resistance level, in five second intervals. Your heart rate will also be shown when the pulse sensor is used (see step 5 on page 12).

### 5 Measure your heart rate if desired

See step 5 on page 12.

## 6 When you are finished exercising, the console will automatically turn off after ten minutes

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the console will automatically switch into a “sleep” mode. Note: Unplug the power cord following each use.**

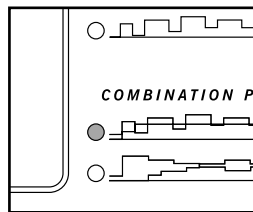
### HOW TO USE THE COMBINATION PROGRAMS

#### 1 Turn on the power

Make sure that the power cord is properly plugged in (see page 10). To turn on the power, press the START/PAUSE button. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

#### 2 Select one of the combination programs

Each time the power is turned on, the manual mode will be selected, as shown by the MANUAL CONTROL indicator. To select one of the combination programs, press the PROGRAM SELECT button repeatedly until one of the two combination program indicators lights. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to its lowest position.**

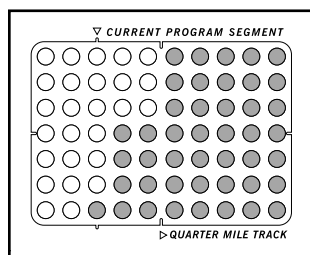


As you select each program, the LED matrix will show the first eight settings of the program you have selected (see step 3).

#### 3 Start the program

To start the program, press the START/PAUSE button or simply begin exercising.

Each program is divided into twenty, one-minute segments. One resistance setting and one incline setting are programmed for each segment. The

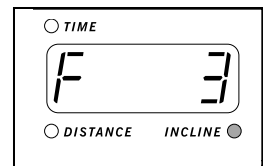


resistance setting of the first segment is shown in the flashing CURRENT SEGMENT column of the LED matrix. (The incline settings are not shown in the matrix.) The settings of the next seven segments are shown in the columns to the right.

When only three seconds remain in the first segment, three tones will sound. All settings will then move one column to the left. The setting of the second segment will then be shown in the CURRENT SEGMENT column and the elliptical crosstrainer will adjust to the second resistance and incline settings.

The program will continue until the setting of the twentieth segment is shown in the CURRENT SEGMENT column and the TIME display counts down to zero. The console will then sound a tone and the two displays will pause. The console will remain in this state until the START/PAUSE button or the PROGRAM SELECT button is pressed.

If the program is too easy or too difficult, the difficulty level of the program can be adjusted. There are five “fitness levels” for the incline settings, and five “fitness levels” for the resistance settings (fitness level 5 is the most difficult). To adjust the difficulty level of the incline settings, press the INCLINE buttons repeatedly. An “F 1,” “F 2,” “F 3,” “F 4,” or “F 5” will appear in the left display to show which fitness level is selected. To adjust the difficulty level of the resistance settings, press the RESISTANCE buttons.



To pause the program before it is completed, press the START/PAUSE button or allow the pedals to come to a stop and step off the pedals. A tone will sound and the two displays will pause and flash. To restart the program, simply begin exercising again. **Note: The console will automatically switch into the sleep mode if the pedals are not moved for ten minutes or longer.**

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

As you exercise, the two displays will show the time remaining in the program, distance, incline level, laps completed, current speed, calories burned, and resistance level, in five second intervals. Your heart rate will also be shown when the pulse sensor is used (see step 5).

## 5 Measure your heart rate if desired

See step 5 on page 12.

## 6 When you are finished exercising, the console will automatically turn off after ten minutes

If the pedals are not moved and the console but-

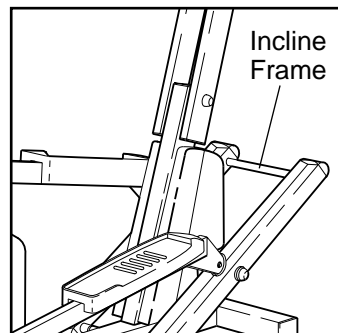
tons are not pressed for ten minutes, the console will automatically switch into a “sleep” mode.

**Make sure to unplug the power cord after each use.**

# MAINTENANCE AND TROUBLE-SHOOTING

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.**

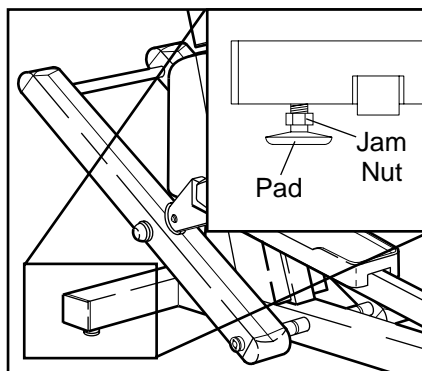


## PULSE SENSOR TROUBLE-SHOOTING

- 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.

## HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

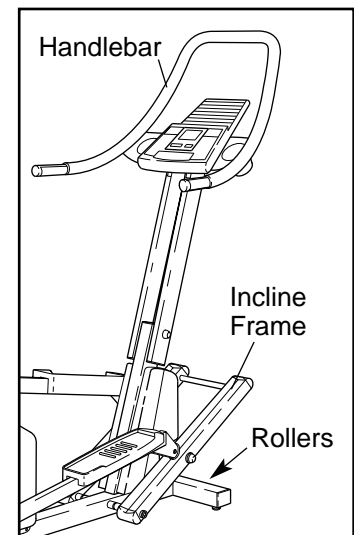
If the elliptical crosstrainer does not sit flat on the floor, one or both of the levelling pads should be adjusted. First, loosen the jam nut on each levelling pad. Next, turn the levelling pads as needed until the elliptical crosstrainer is level. When the levelling pads are properly adjusted, firmly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



## MOVING THE ELLIPTICAL CROSSTRAINER

Before moving the elliptical crosstrainer, adjust the incline to the highest setting by pressing the INCLINE  $\Delta$  button. **Wait until the incline frame has stopped moving** and then unplug the power cord.

Stand in front of the elliptical crosstrainer, hold the handlebar firmly, and tip the elliptical crosstrainer forward until it can be moved on the two front rollers. Carefully move the elliptical crosstrainer to the desired location.



# 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

## 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 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. A proper cool-down should leave you feeling relaxed and comfortably tired.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

## 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

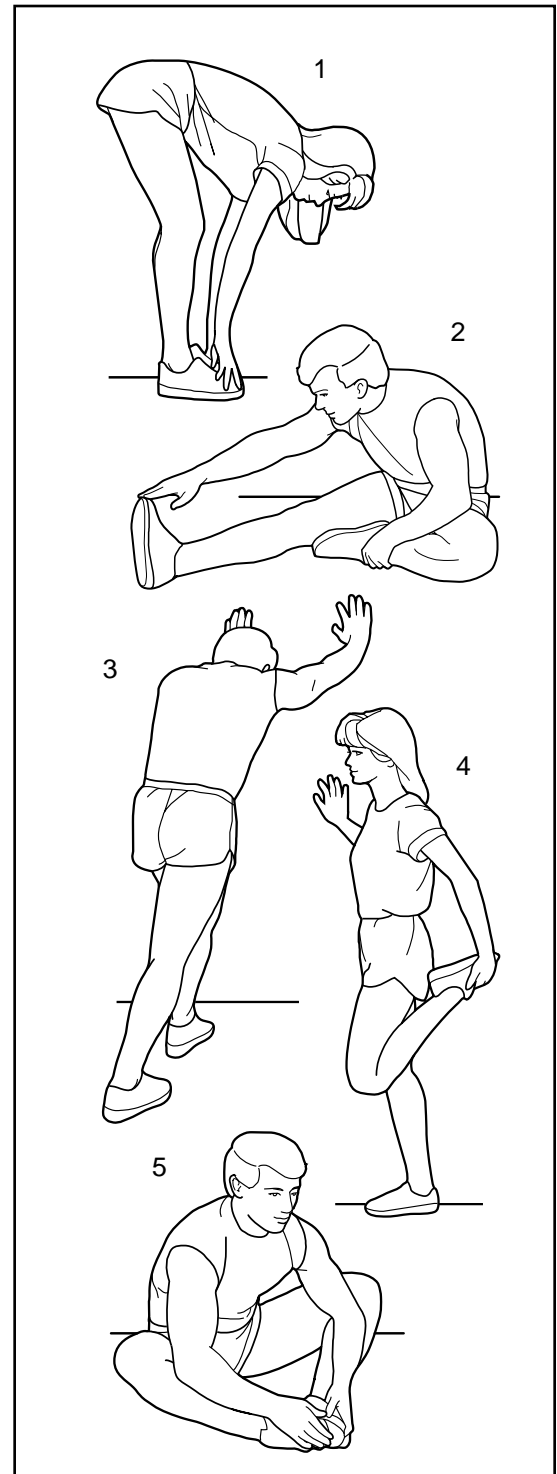
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further 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. HREMEL09984

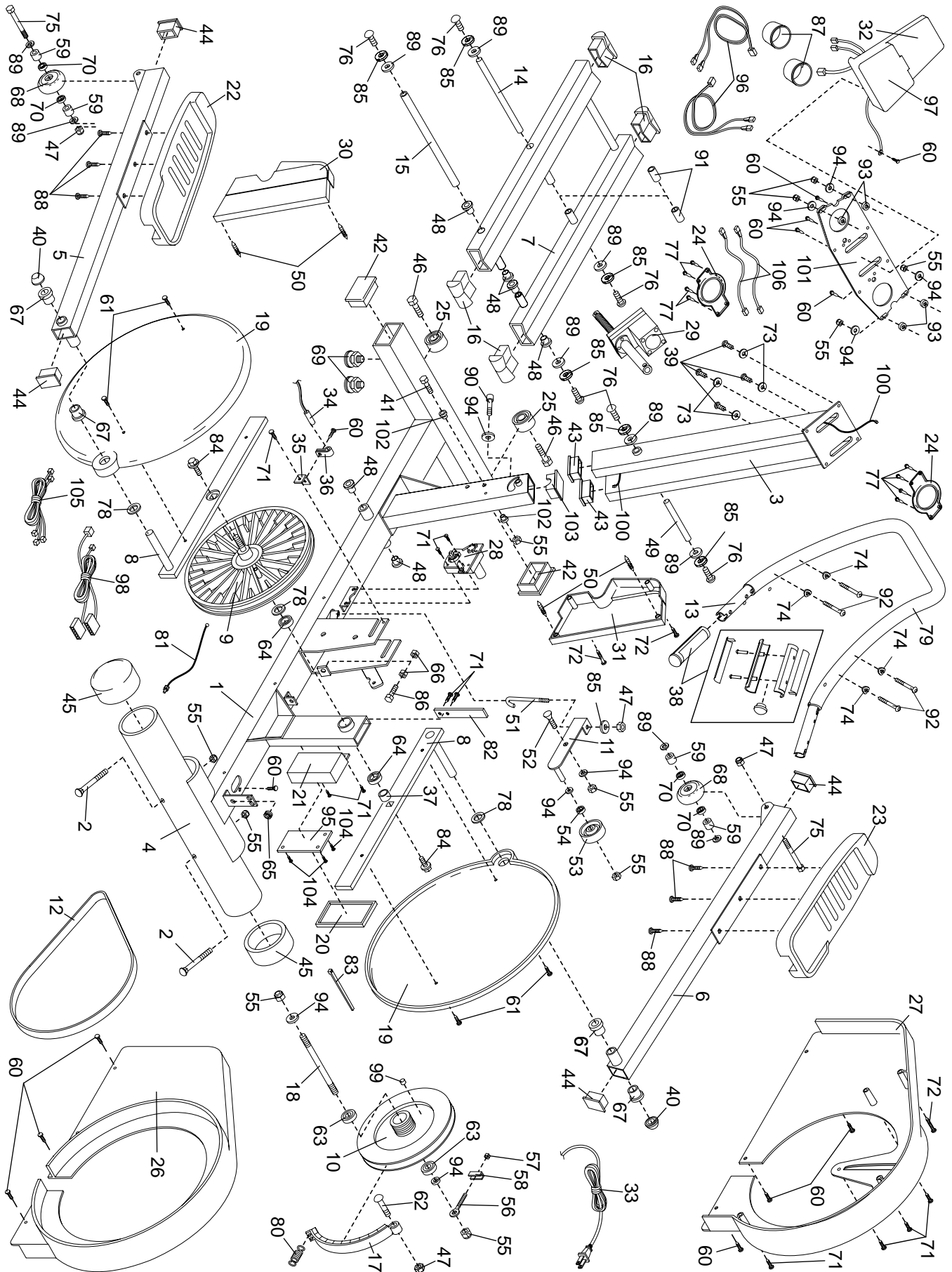
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Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base Frame	39	4	Console Plate Screw	76	6	M8 x 19mm Button Screw
2	2	Carriage Bolt	40	2	3/4" Axle Cap	77	8	M4 x 12mm Screw
3	1	Console Upright	41	1	Incline Bolt	78	3	Nylon Washer
4	1	Rear Stabiliser	42	2	2" x 3" Inner Cap	79	1	Foam Grip
5	1	Left Pedal Leg	43	2	Upright Endcap	80	1	Spring
6	1	Right Pedal Leg	44	4	Pedal Arm Cap	81	1	Cable
7	1	Incline Frame	45	2	3 1/2" Outer Cap	82	1	Side Shield Strap
8	2	Crank Arm	46	2	M10 x 45mm Screw	83	1	Cable Tie
9	1	Large Pulley	47	4	M8 Nylon Jam Nut	84	2	Flange Bolt
10	1	Flywheel	48	6	Incline Bushing	85	7	M8 Split Washer
11	1	Idler Bracket	49	1	Upright Axle	86	1	Stop Bolt
12	1	Belt	50	4	Tree Fastener	87	2	Bottle Holder
13	1	Handlebar	51	1	"J"-Bolt	88	6	M4 x 16mm Flange Screw
14	1	Incline Motor Axle	52	1	Idler Arm Screw	89	10	M8 Washer
15	1	Incline Axle	53	1	Small Pulley	90	1	Patch Bolt
16	4	Incline Frame Cap	54	1	Pulley Bearing	91	2	Long Plastic Spacer
17	1	Magnet Bracket	55	11	M10 Nylon Locknut	92	4	Handlebar Bolt
18	1	Flywheel Axle	56	1	M6 Eyebolt	93	4	Spacer
19	2	Pedal Disk	57	1	M6 Nylon Locknut	94	9	M10 Flat Washer
20	1	Power Box Lid	58	1	Adjustment Bracket	95	1	PC Board
21	1	Power Box	59	4	Wheel Spacer	96	2	Pulse Wire
22	1	Left Pedal	60	13	M4 x 16mm Screw	97	1	Console
23	1	Right Pedal	61	4	M5 x 25mm Screw	98	1	Extension Wire
24	2	Wire Cover	62	1	5/16" Shoulder Bolt	99	1	Magnet
25	2	Roller	63	2	Flywheel Bearing	100	1	Long Extension Wire
26	1	Left Side Shield	64	2	Frame Bearing	101	1	Console Plate
27	1	Right Side Shield	65	1	Grommet	102	2	Incline Spacer
28	1	Resistance Motor	66	2	M8 Jam Nut	103	1	Frame Endcap
29	1	Incline Motor	67	4	Pedal Leg Bushing	104	3	#8 x 3/8" Screw
30	1	Left Motor Cover	68	2	Wheel	105	1	Wire Harness
31	1	Right Motor Cover	69	2	Levelling Pad	106	2	Console Plate Wire
32	1	Console Base	70	4	Wheel Bearing	#	1	Hardware Kit
33	1	Power Cord	71	11	M5 x 16mm Screw	#	1	Warning Decal
34	1	Reed Switch	72	3	M4 x 63.5mm Screw	#	2	Side Shield Decal
35	1	Reed Switch Bracket	73	4	M10 Split Washer	#	1	User's Manual
36	1	Reed Switch Clamp	74	4	Curved Washer			
37	1	Plastic Spacer	75	2	Pedal Arm Bolt			
38	2	Pulse Grip						

"#" indicates a non-illustrated part. Specifications are subject to change without notice.

# EXPLODED DRAWING—Model No. HREMEL09984

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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, contact the ICON HEALTH AND FITNESS LTD. office, or write:

ICON HEALTH AND FITNESS LTD.  
Greenwich House  
223 North Street  
Sheepscar  
Leeds LS7 2AA  
West Yorkshire

Tel: Country Code:

**0345-089009**

Fax: 0113-2411120

When ordering parts, please be prepared to give the following information:

- The MODEL NUMBER OF THE PRODUCT (HREMEL09984)
- The NAME OF THE PRODUCT (HealthRider® E660 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 18 of this manual.

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