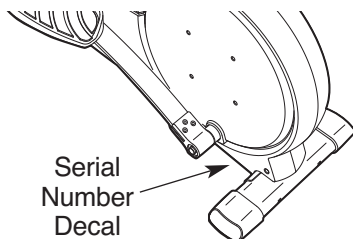


CROSS TRAINER 1050T **HEALTHRIDER®**

Model No. HREVEL6985.0

Serial No. _____



USER'S MANUAL

QUESTIONS?

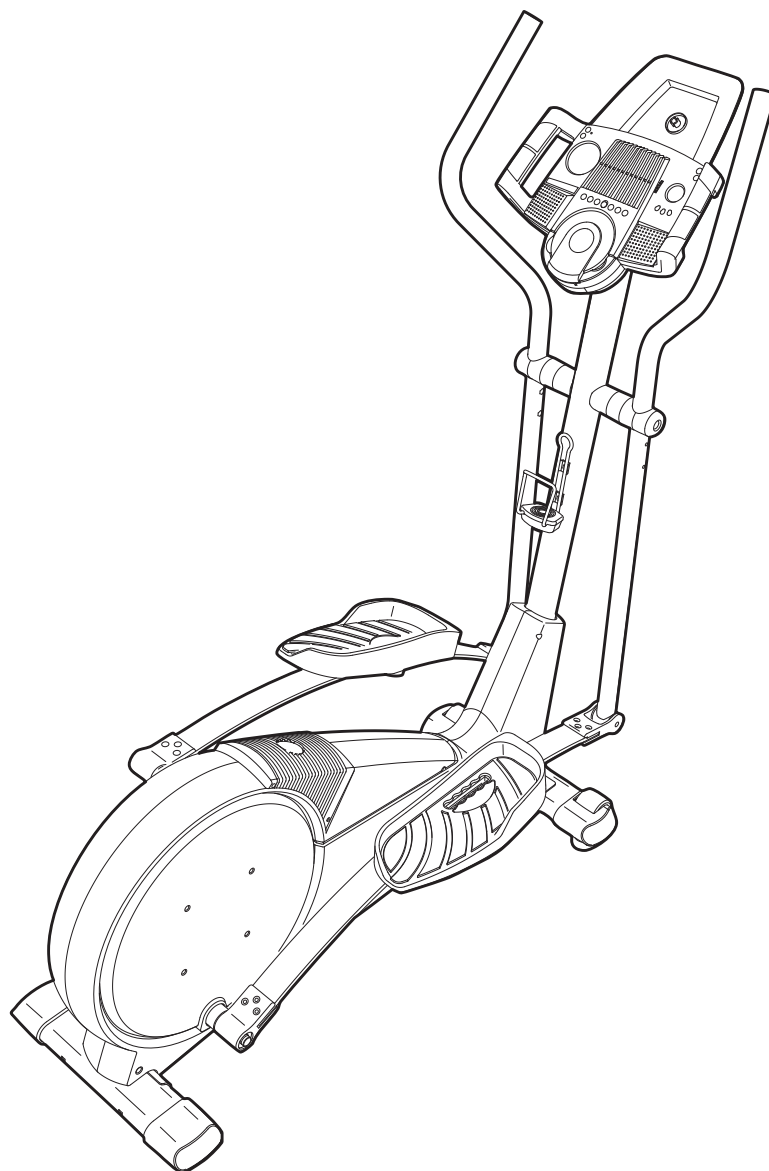
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

Or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com



⚠ CAUTION

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



Visit our website at

www.iconeurope.com



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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the elliptical crosstrainer before using the elliptical crosstrainer.
2. It is the responsibility of the owner to ensure that all users of the elliptical crosstrainer are adequately informed of all precautions.
3. The elliptical crosstrainer is intended for home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.
4. Keep the elliptical crosstrainer indoors, away from moisture and dust. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical crosstrainer to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under 12 and pets away from the elliptical crosstrainer at all times.
7. The elliptical crosstrainer should not be used by persons weighing more than 115 kg (250 lbs.).
8. Wear appropriate exercise clothes whilst using the elliptical crosstrainer. Always wear athletic shoes for foot protection whilst exercising.
9. Hold the handlebars whilst mounting, dismounting, or using the elliptical crosstrainer.
10. The pulse sensors are not medical devices. Various factors may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
11. Keep your back straight whilst using the elliptical crosstrainer; do not arch your back.
12. If you feel pain or dizziness at any time whilst exercising, stop immediately and cool down.
13. When you stop exercising, allow the pedals to slowly come to a complete stop. The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.
14. Always unplug the power cord immediately after use and before cleaning the elliptical crosstrainer.
15. The warning decal shown on page 4 has been placed on the elliptical crosstrainer. If the decal is missing or illegible, call the telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

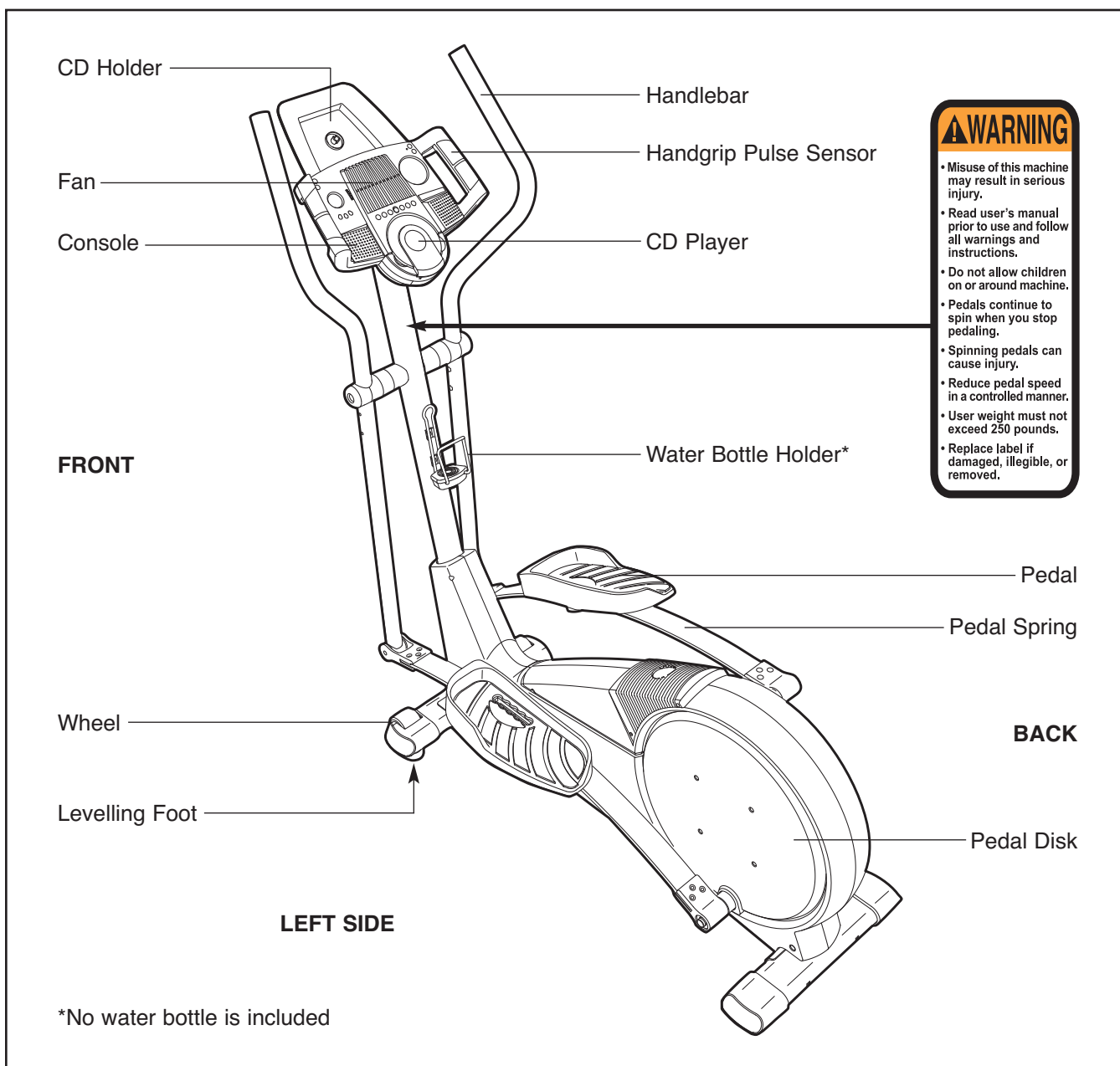
BEFORE YOU BEGIN

Congratulations for selecting the new HealthRider® CROSS TRAINER 1050T. The HealthRider CROSS TRAINER 1050T 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 CROSS TRAINER 1050T features adjustable resistance and a state-of-the-art console to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from HealthRider.

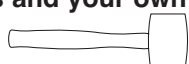
For your benefit, read this manual carefully before

you use the elliptical crosstrainer. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number is HREVEL6985.0. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

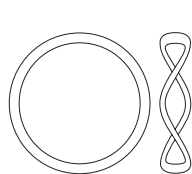
Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



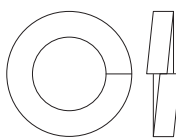
ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included hex keys and your own phillips screwdriver** , **adjustable spanner** , and **rubber mallet** .

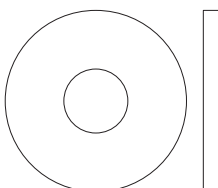
As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 26. The number following the parentheses is the quantity needed for assembly. **Note: Some parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**



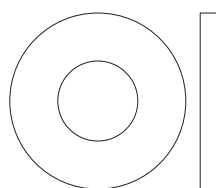
Wave Washer (94)–2



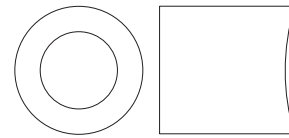
M10 Split Washer (70)–4



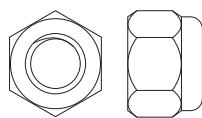
M8.5 Washer (53)–2



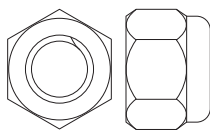
M10 Washer (38)–6



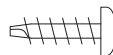
Frame Spacer (83)–2



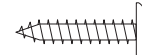
M8 Nylon Locknut (46)–4



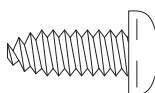
M10 Nylon Locknut (29)–6



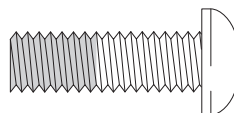
M4 x 12mm Tap Screw (84)–2



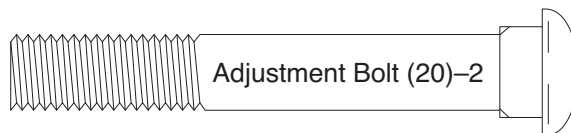
M4 x 16mm Screw (66)–4



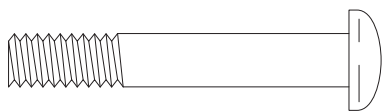
M6 x 16mm Tapered Button Screw (71)–8



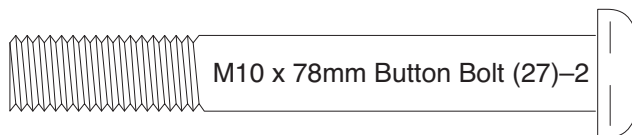
M8 x 25mm Patch Screw (22)–2



Adjustment Bolt (20)–2



M8 x 45mm Button Bolt (50)–4



M10 x 78mm Button Bolt (27)–2

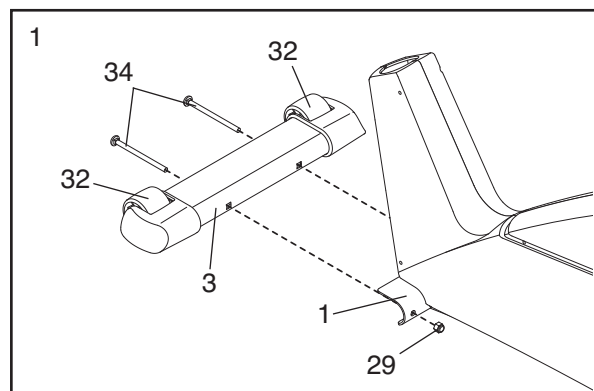


M10 x 88mm Button Bolt (63)–2

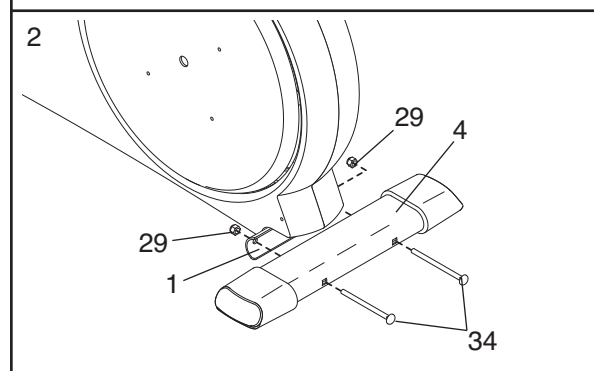


M10 x 112mm Carriage Bolt (34)–4

1. Identify the Front Stabiliser (3), which has Wheels (32) attached to it. Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**

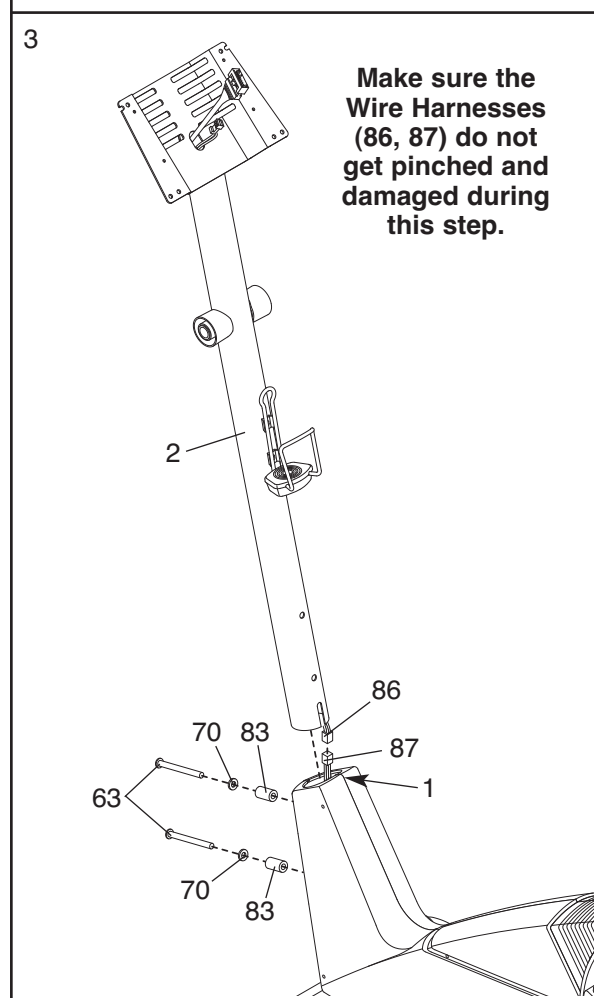


2. Whilst another person lifts the back of the Frame (1), attach the Rear Stabiliser (4) to the Frame with two M10 x 112mm Carriage Bolts (34) and two M10 Nylon Locknuts (29).



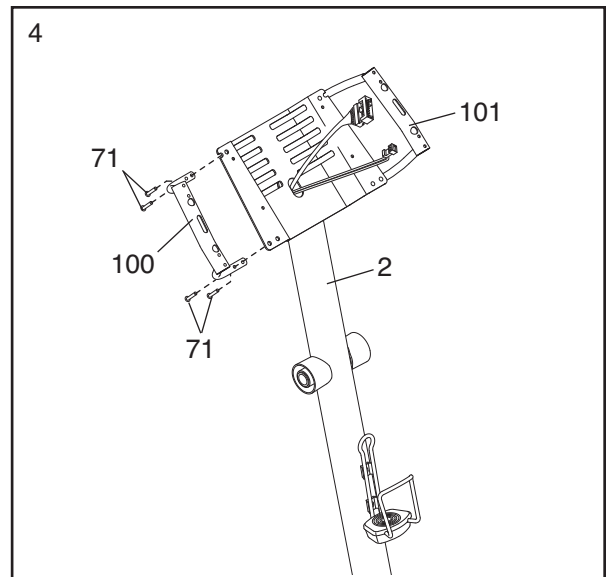
3. Whilst another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (86) to the Lower Wire Harness (87). **Next, carefully pull the upper end of the Upper Wire Harness to remove any slack. Whilst holding the upper end of the Upper Wire Harness, insert the Upright into the Frame (1). Be careful to avoid pinching the Wire Harnesses.**

Slide an M10 Split Washer (70) and a Frame Spacer (83) onto each of the two M10 x 88mm Button Bolts (63). **Make sure that the Frame Spacers are oriented so the curved ends are facing away from the Split Washers.** Next, insert the Button Bolts into the Frame (1), and finger tighten the Button Bolts into the Upright (2). **Do not tighten the Button Bolts yet.**

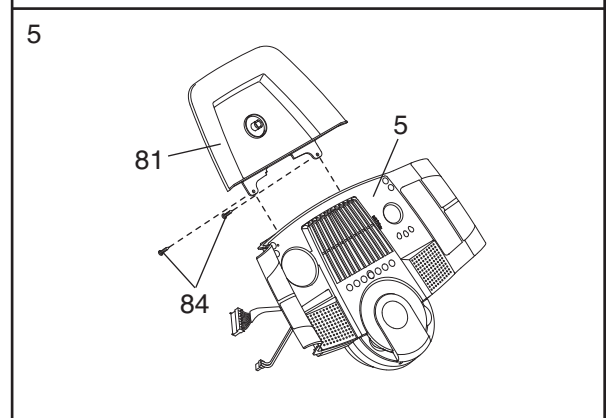


4. Attach the Left Inner Handlebar (100) to the Upright (2) with four M6 x 16mm Tapered Button Screws (71). **Do not tighten the Tapered Button Screws yet.**

Attach the Right Inner Handlebar (101) to the Upright (2) in the same way.



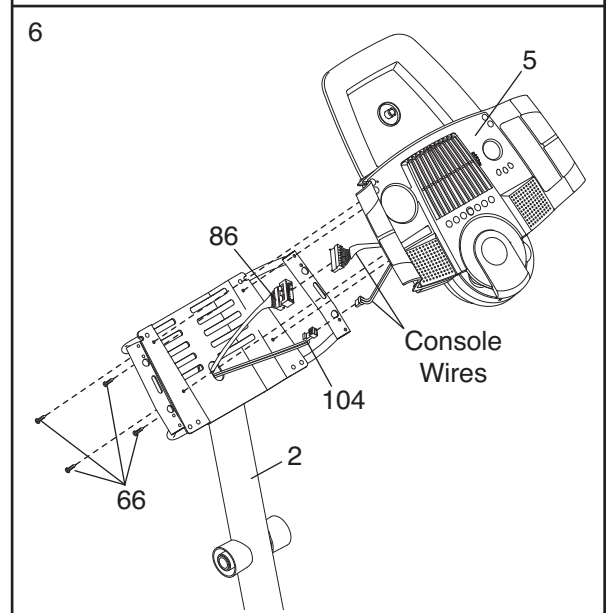
5. Attach the CD Holder (81) to the Console (5) with two M4 x 12mm Tap Screws (84) as shown.



6. See step 7. Remove the three indicated M4 x 16mm Screws (66) and the Left Inner Handlebar Cover (102) from the Console (5). Remove the Right Inner Handlebar Cover (103) in the same way.

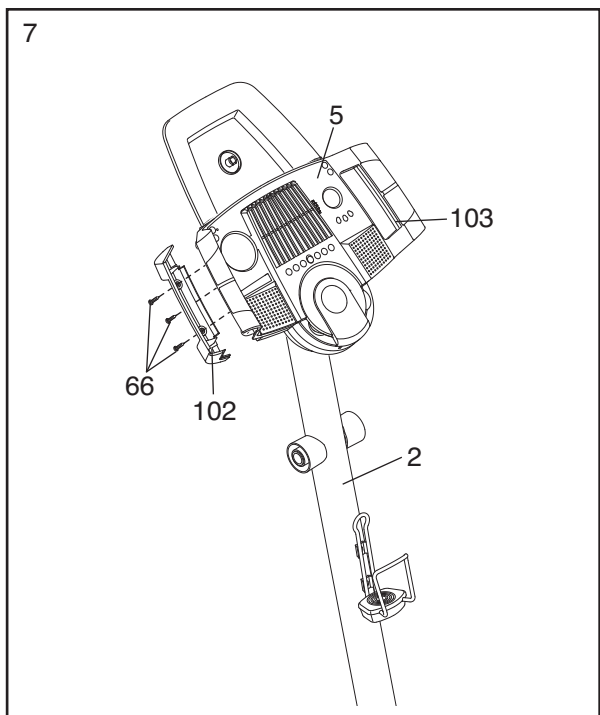
Whilst another person holds the Console (5) in the position shown, connect the wire harnesses on the Console to the Upper Wire Harness (86) and the Pulse Extension Wire (104). Insert the excess wire harness down into the Upright (2).

Attach the Console (5) to the Upright (2) with four M4 x 16mm Screws (66). **Be careful to avoid pinching the wire harnesses.**



7. Attach the Left Handlebar Cover (102) to the Console (5) with three M4 x 16mm Screws (66). Attach the Right Handlebar Cover (103) in the same way.

See step 4. Tighten the eight M6 x 16mm Tapered Screws (71).



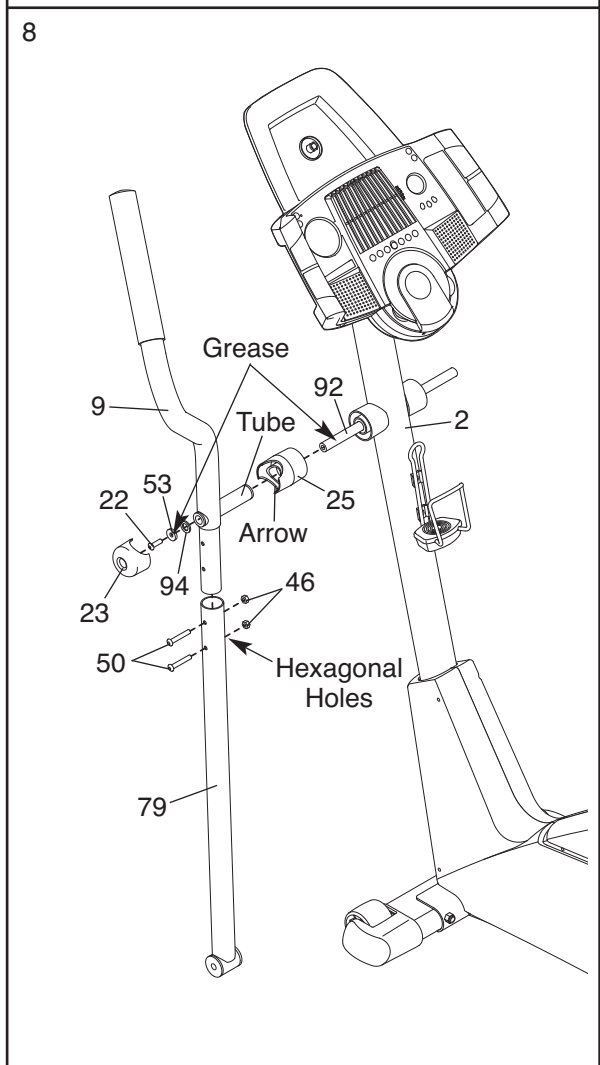
8. Identify the Left Handlebar (9), which is marked with a sticker. Insert the Left Handlebar into one of the Handlebar Legs (79); **make sure that the Handlebar Leg is turned so the hexagonal holes are on the indicated side.** Attach the Left Handlebar with two M8 x 45mm Button Bolts (50) and two M8 Nylon Locknuts (46). **Make sure that the Nylon Locknuts are inside of the hexagonal holes. Do not tighten the Button Bolts yet.**

Apply a generous amount of the included grease to the Pivot Axle (92) and to the two M8.5 Washers (53). Next, insert the Pivot Axle into the Upright (2) and centre it. Reapply grease to both ends of the Pivot Axle.

Slide a Handlebar Spacer (25) onto the short tube on the Left Handlebar (9), and rotate the Handlebar Spacer so the small arrow is pointing toward the floor. Next, slide the Left Handlebar onto the left end of the Pivot Axle (92). Finger tighten an M8 x 25mm Patch Screw (22) with an M8.5 Washer (53) and a Wave Washer (94) into the end of the Pivot Axle. Then, press the small tabs on a Handlebar Cap (23) into the Handlebar Spacer.

Assemble the Right Handlebar (not shown) and the other Handlebar Leg (not shown) in the same way.

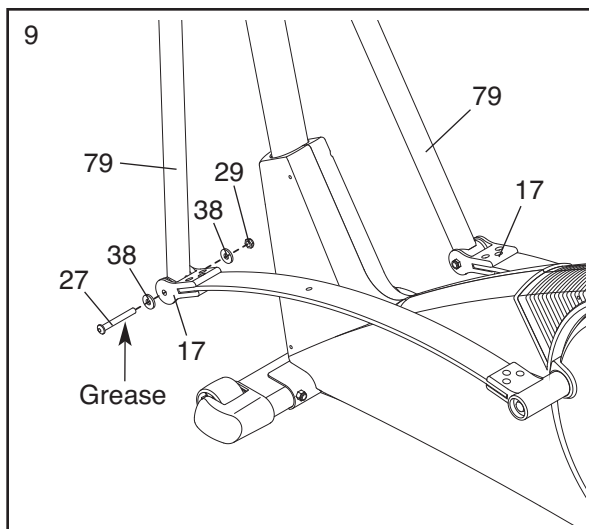
Tighten both M8 x 25mm Patch Screws (22) at the same time. Make sure that the Wave Washers (94) are on the ends of the Pivot Axle (92).



9. Hold the lower end of the left Handlebar Leg (79) inside of the left Front Spring Bracket (17). Apply a generous amount of grease to an M10 x 78mm Button Bolt (27). Attach the left Handlebar Leg to the left Front Spring Bracket with the Button Bolt, two M10 Washers (38), and an M10 Nylon Locknut (29). **Do not overtighten the Nylon Locknut; the left Handlebar Leg must pivot freely.**

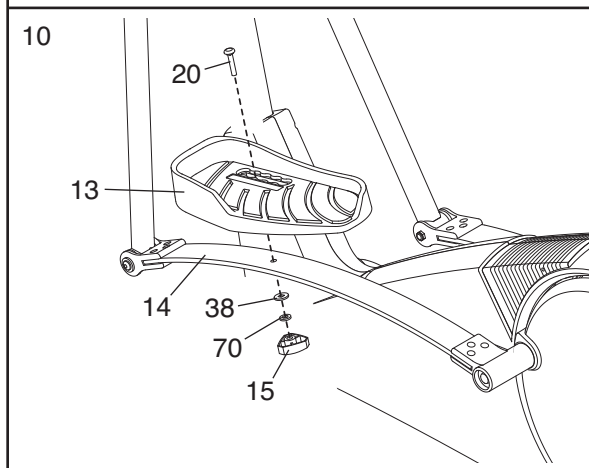
Attach the right Handlebar Leg (79) to the right Front Spring Bracket (17) in the same way.

See step 8. Tighten the M8 x 45mm Button Bolts (50) in the Handlebar Legs (79). See step 3. Tighten the two M10 x 88mm Button Bolts (63).



10. Identify the Left Pedal (13). Attach the Left Pedal to the left Pedal Spring (14) with an Adjustment Bolt (20), an M10 Washer (38), an M10 Split Washer (70), and an Adjustment Knob (15) as shown. Note: The Left Pedal can be attached in any of five positions (see HOW TO ADJUST THE PEDALS on page 12).

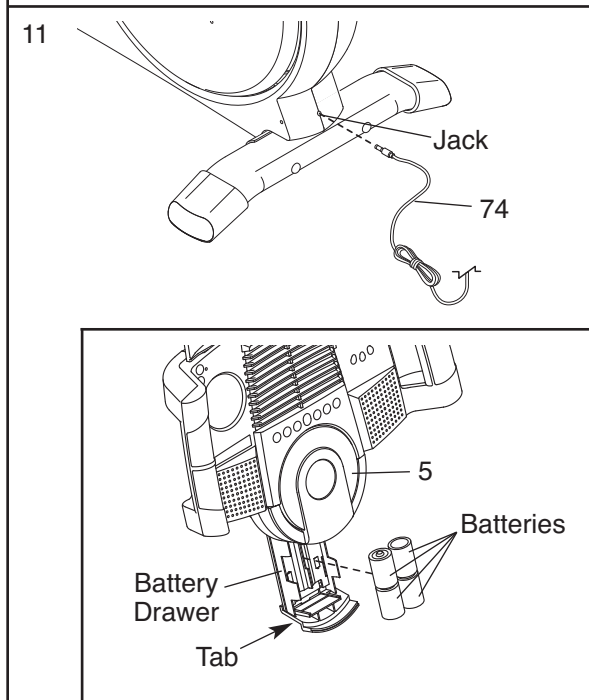
Attach the Right Pedal (not shown) in the same way. Make sure that both Pedals are in the same position.



11. Plug one end of the Power Cord (74) into the jack at the rear of the elliptical crosstrainer. Plug the other end of the Power Cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

Note: The Console (5) can be operated with batteries instead of the Power Cord (74) if desired. To install batteries, follow the instructions below.

See the inset drawing. Press the indicated tab on the battery drawer and open the battery drawer. Press four 1.5V "D" batteries into the battery clips; **make sure that the batteries are oriented as shown by the markings inside of the battery clips**. Then, close the battery drawer. Note: Alkaline batteries are recommended.

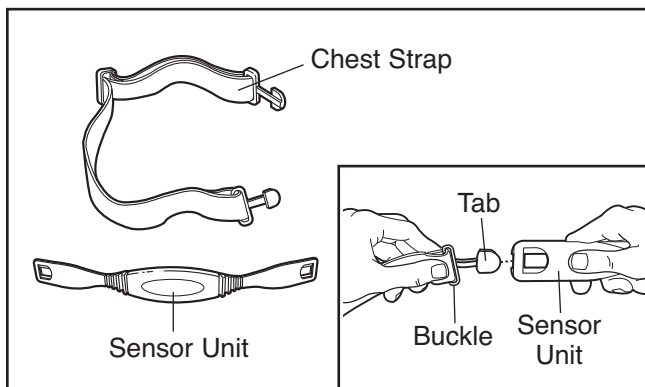


12. **Make sure that all parts of the elliptical crosstrainer are properly tightened.** Note: Some extra hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

HOW TO USE THE CHEST PULSE SENSOR

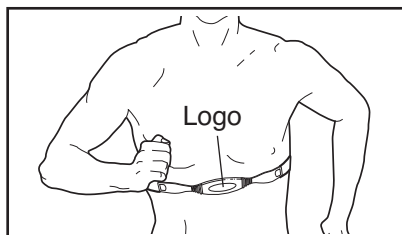
HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor consists of two components: the chest strap and the sensor unit. Follow the steps below to put on the chest pulse sensor.

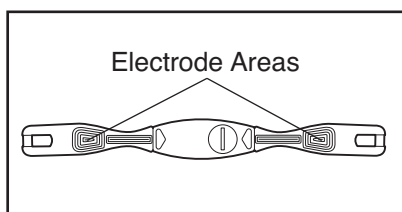


1 See the inset drawing above. Insert the tab on one end of the chest strap through the hole in one end of the sensor unit. Press the end of the sensor unit under the buckle on the chest strap.

2 Wrap the chest pulse sensor around your chest. Attach the free end of the chest strap to the sensor unit as described above. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is right-side-up and facing forward.



3 Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side. Using a saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

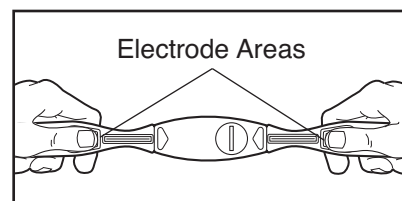


CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, or if the displayed heart rate is excessively high or low, try the troubleshooting steps below.

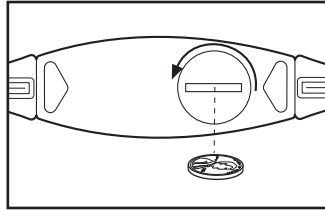
- Make sure that you are wearing the chest pulse sensor as described at the left. If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher on your chest.
- Each time you use the chest pulse sensor, use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit (see the drawing below). If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Make sure that you are within arm's length of the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that magnetic interference may be causing a problem, try relocating your exercise equipment.
- If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:

Hold the chest pulse sensor and place your thumbs over the electrode areas as shown. Next, hold the chest pulse sensor near the console. Whilst holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

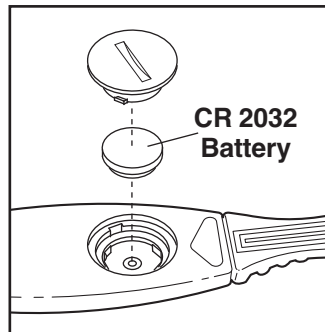


- If the chest pulse sensor does not function properly after you have followed all of the above instructions, the battery should be replaced in the following way:

Locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover, turn the cover counterclockwise, and remove the cover.



Remove the old battery and insert a new CR 2032 battery. **Make sure that the battery is turned so the writing is on top.** Replace the battery cover and turn it clockwise to close it.



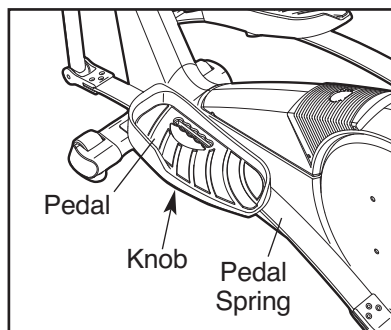
CHEST PULSE SENSOR CARE

- Thoroughly dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and the chest pulse sensor is put on; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, it may remain activated longer than necessary, draining the battery prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time. Do not expose the chest pulse sensor to temperatures above 50° C (122° F) or below -10° C (14° F).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. The chest strap may be hand washed and air dried.

HOW TO OPERATE THE ELLIPTICAL CROSSTRAINER

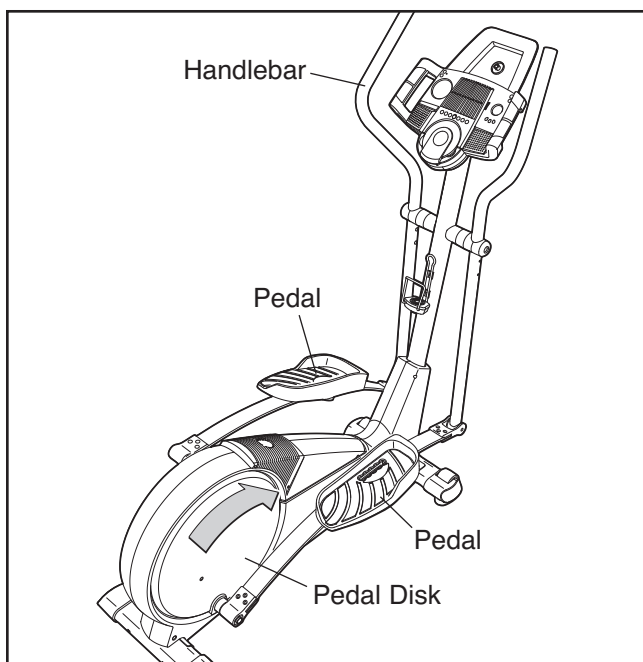
HOW TO ADJUST THE PEDALS

The motion of the pedals is determined by their position on the pedal springs. To adjust the pedals, first remove the pedal knob beneath each pedal. Slide each pedal forward or backward, and then reattach it using one of the five positions in the pedal. Make sure that both pedals are in the same position.



HOW TO EXERCISE ON THE ELLIPTICAL CROSSTRAINER

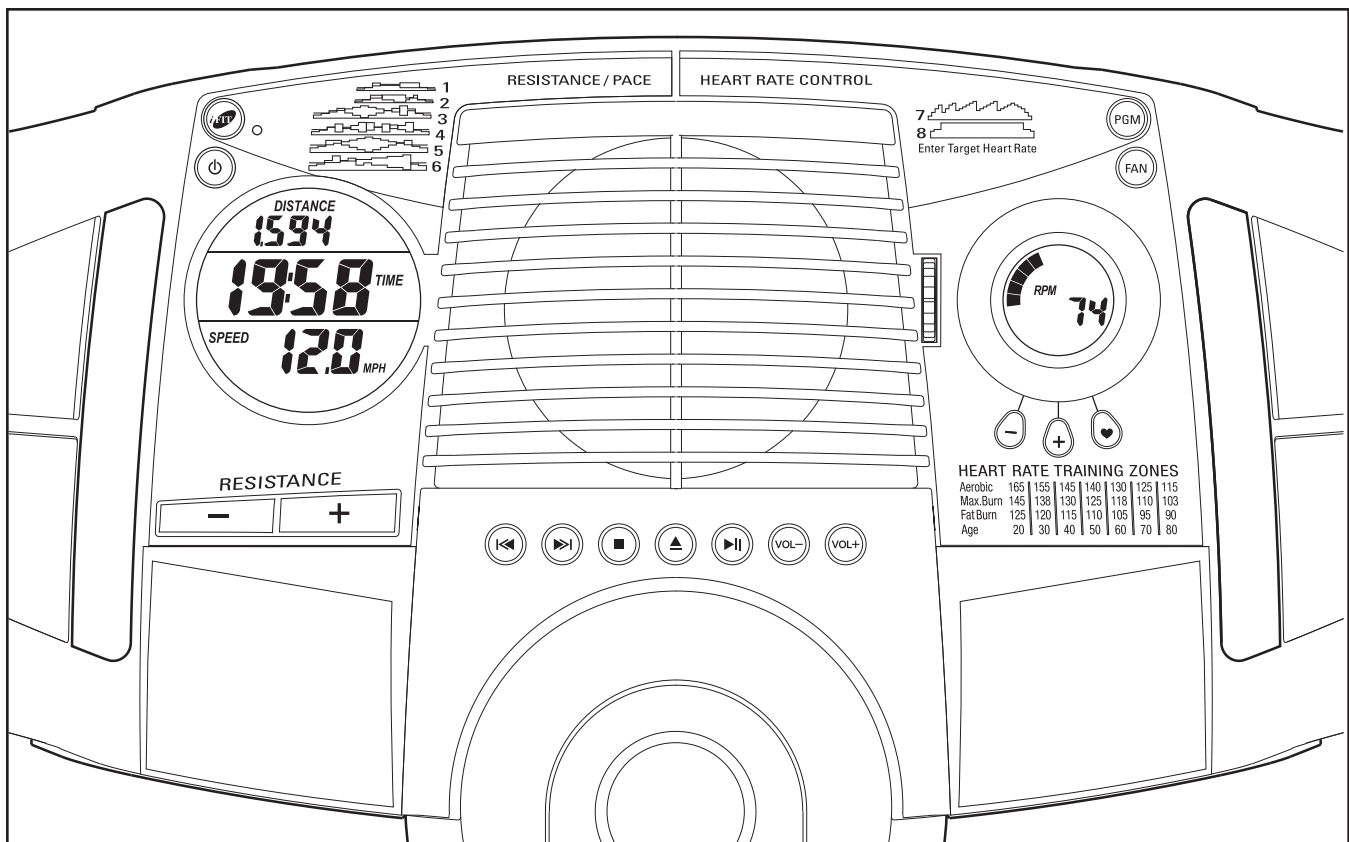
To mount the elliptical crosstrainer, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note:** The pedal disks can turn in either direction. It is recommended that you turn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



To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Note: The elliptical crosstrainer does not have a free wheel; 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.

CAUTION: Before using the elliptical crosstrainer, read the following precautions.

- Always hold the handlebars when mounting, dismounting, or using the elliptical crosstrainer.
- When you stop exercising, allow the pedals to slowly come to a stop.
- The pulse sensors are not medical devices. Various factors may affect the accuracy of heart rate readings. The pulse sensors are intended only as an exercise aid in determining heart rate trends in general.



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the pedals can be changed with the touch of a button. As you work out, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the chest pulse sensor.

The console also offers six resistance/pace programs. Each program automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective workout. In addition, the console features two heart rate programs that change the resistance of the pedals and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a per-

sonal trainer in your home. Using the built-in CD player, you can play special iFIT.com CD programs. iFIT.com CD programs automatically control the resistance of the pedals and prompt you to vary your pace whilst a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs, visit our Web site at www.iconeurope.com.**

Using the included audio cable, you can also connect the elliptical crosstrainer to your VCR and TV and play iFIT.com video programs. iFIT.com video programs offer the same benefits as iFIT.com CD programs, and allow you to enjoy breathtaking scenery whilst you exercise. **To purchase iFIT.com videocassettes, visit our Web site at www.iconeurope.com.**

You can even connect the elliptical crosstrainer to your home computer, go to our Web site at www.iFIT.com, and access programs directly from our Web site. **Explore www.iFIT.com for more information.**

To use the manual mode of the console, see the instructions below. To use a resistance/pace program, see page 16. To use a heart rate program, see page 17. To use an iFIT.com CD program, see page 18. To use an iFIT.com video program, see page 21. To use a program directly from our Web site, see page 22.

HOW TO USE THE MANUAL MODE

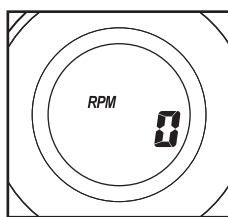
1 Turn on the console.

Make sure that the power supply is plugged in or that batteries are installed in the console (see assembly step 11 on page 9).

To turn on the console, press the On/Reset button or begin pedalling. (The On/Reset button is the button just above the large display.)

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a program has been selected, reselect the manual mode by pressing the Program (PGM) button repeatedly until the letters "RPM" appear in the small display.

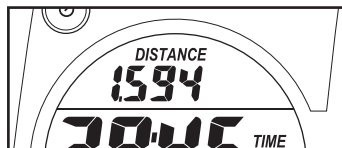


3 Begin pedalling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the resistance to reach the selected level.

4 Follow your progress with the large display and the small display.

The upper section of the large display will show the distance you have pedalled and the numbers of *calories* and *fat calories* you have burned (see FAT BURNING on page 24). The display will change from one number to the next every few seconds. When you use the handgrip



pulse sensor or the chest pulse sensor, the display will also show your heart rate (see step 5 on page 15).

The centre of the large display will show the elapsed time and your pedalling pace (in minutes per mile).



The display will change from one number to the other every few seconds. Note: When a program is selected (except for heart rate program 8), the display will show the time remaining in the program instead of the elapsed time.

The lower section of the large display will show your pedalling speed, your pedalling pace (in revolutions per minute), and the resistance level.



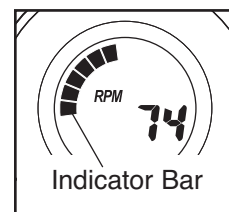
The display will change from one number to the next every few seconds.

Note: The console can show speed and distance in either miles or kilometres. The letters



"MPH" or "KM/H" will appear in the lower section of the large display to show which unit of measurement is selected. To change the unit of measurement, first hold down the Program (PGM) button for a few seconds. An "E" (for English) or an "M" (for metric) will appear in the lower section of the large display. Press the Resistance + button to change the unit of measurement. Then, press the On/Reset button. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

The small display will show your pedalling pace (in revolutions per minute). The indicator bar in the small display will increase or decrease in length as you increase or decrease your pedalling pace. Note: When you use a heart rate program, the small display will show your heart rate instead of your pedalling pace.



To reset the displays, press the On/Reset button.

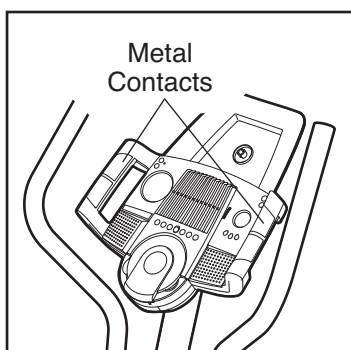
5 Measure your heart rate if desired.

You can measure your heart rate using the handgrip pulse sensor or the chest pulse sensor. To use the handgrip pulse sensor, follow the instructions below. **Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**

If there are sheets of clear plastic on the metal contacts on the handgrips, peel off the plastic. To use the handgrip pulse sensor, hold the handgrips with your palms resting against

the metal contacts. **Avoid moving your hands or squeezing the handgrips too tightly; excessive movement or pressure may interfere with heart rate readings.** When your pulse is detected, the heart-shaped indicator in the large display will flash each time your heart beats, and your heart rate will be shown.

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

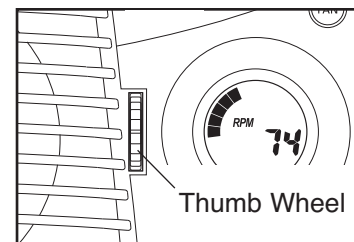


When you first hold the handgrips, the large display will show your heart rate continuously for 30 seconds. The display will then show your heart rate along with other feedback modes.

6 Turn on the fan if desired.

To turn on the fan at low speed, press the fan button. To turn on the fan at high speed, press the fan button a second time. To turn off the fan, press the fan button a third time. Note: If the fan is turned on but the pedals are not moved for thirty seconds, the fan will automatically turn off.

Rotate the thumb wheel on the right side of the fan to pivot the fan to the desired angle.



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

If the pedals are not moved for a few seconds, the displays will pause and the time will flash in the large display. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off to conserve the batteries.

HOW TO USE A RESISTANCE/PACE PROGRAM

Each resistance/pace program will automatically change the resistance of the pedals and prompt you to increase or decrease your pace as it guides you through an effective workout.

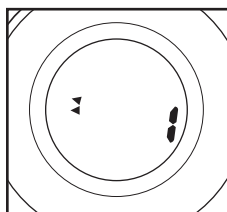
Follow the steps below to use a resistance/pace program.

1 Turn on the console.

See step 1 on page 14.

2 Select one of the resistance/pace programs.

To select a resistance/pace program, press the Program (PGM) button repeatedly until the number 1, 2, 3, 4, 5, or 6 appears in the small display.



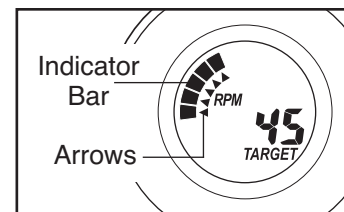
3 Begin pedalling to start the program.

Each resistance/pace program consists of either 20 or 30 one-minute periods. One resistance level and one target pace are programmed for each period. Note: The same resistance level and/or target pace may be programmed for two or more consecutive periods.

When you begin pedalling, the resistance of the pedals will automatically change to the resistance level programmed for the first period. Note: If the resistance level is too high or too low, you can change it by pressing the Resistance buttons.

The target pace for the first period will appear in the small display for a few seconds, and the arrows in the small display will help you to pedal at the target pace—simply increase or decrease your pace until one segment of the indicator bar appears at the tip of each arrow (see the drawing

at the right). Note: When the word “TARGET” does not appear in the small display, your actual pedalling pace will be shown.



Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.

During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. In addition, the number of arrows in the small display will change if a different target pace is programmed for the next period.

During the program, the centre of the large display will show the time remaining in the program. If you stop pedalling for a few seconds, the displays will pause and the time will flash. To restart the program, resume pedalling.

4 Follow your progress with the large display.

See step 4 on page 14.

5 Measure your heart rate if desired.

See step 5 on page 15.

6 Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE A HEART RATE PROGRAM

Heart rate program 7 is designed to keep your heart rate between 65% and 85% of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195 beats per minute.) Heart rate program 8 is designed to keep your heart rate near a target heart rate that you select.

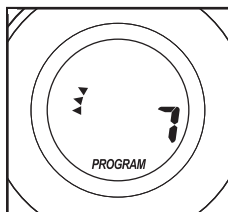
Follow the steps below to use a heart rate program.

1 Turn on the console.

See step 1 on page 14.

2 Select one of the heart rate programs.

To select a heart rate program, press the Program (PGM) button repeatedly until the number 7 or 8 appears in the small display.



3 Enter your age or a target heart rate.

If program 7 is selected, the word "AGE" and the current age setting will appear in the large display. If you have already entered your age, press the button with the heart symbol. If you have not entered your age, press the small + and – buttons to enter your age, and then press the button with the heart symbol. Once you have entered your age, it will be saved in memory until the batteries are replaced.

If program 8 is selected, the letters "PLS" and the current target heart rate will appear in the large display. If you do not wish to change the target heart rate, press the button with the heart symbol. If you wish to change the target heart rate, press the small + and – buttons, and then press the button with the heart symbol. The target heart rate can be from 70 to 170 beats per minute.

4 Hold the handgrip pulse sensor.

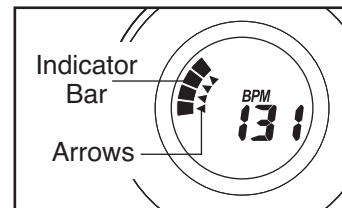
To use a heart rate program, you must use the handgrip pulse sensor or wear the chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program; however, you must hold the handgrips frequently for the program to operate properly. **Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.**

5 Begin pedalling to start the program.

Heart rate program 7 consists of 20 one-minute periods. One resistance level and one target heart rate are programmed for each period. (Note: The same resistance level and/or target heart rate may be programmed for two or more consecutive periods.) Heart rate program 8 is sixty minutes long (you may choose to use only part of the program). The same resistance level and target heart rate are programmed for the entire program.

When you begin pedalling, the resistance of the pedals will automatically change to the resistance level programmed for the first period.

As you pedal, the arrows in the small display will help you to keep your heart rate near the current target heart rate.



When you hold the handgrip pulse sensor or wear the chest pulse sensor, the console will compare your heart rate to the current target heart rate. If your heart rate is too far above or below the target heart rate, the number of arrows in the small display will change to prompt you to increase or decrease your pace. When the number of arrows changes, change your pace until one segment of the indicator bar appears at the tip of each arrow. **Important: The target pace is intended only to provide a goal. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

During the last three seconds of each period, a series of tones will sound and the time will flash in the large display. The resistance of the pedals will then change if a different resistance level is programmed for the next period. Note: If the resistance level is too high or too low, you can adjust it by pressing the Resistance buttons. However, when the next period begins, the resistance will automatically change if a different resistance level is programmed for the next period.

The program will continue in this way until the large display shows that no time remains in the program. Note: If you stop pedalling for a few seconds, the program will end. To use the program again, reselect it and start it at the beginning.

6 Follow your progress with the large display.

See step 4 on page 14.

7 Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE iFIT.COM CD PROGRAMS

When you use an iFIT.com CD program, a certified personal trainer will guide you through your workout whilst the program interactively controls the resistance of the pedals and prompts you to increase or decrease your pace. **Note: To purchase iFIT.com CDs, visit our Web site at www.iconeurope.com.**

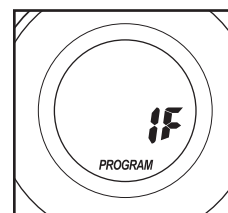
Follow the steps below to use an iFIT.com CD program.

1 Turn on the console.

See step 1 on page 14.

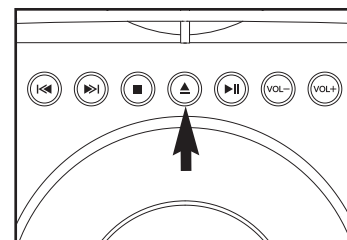
2 Select the iFIT.com mode.

To use an iFIT.com CD, first press the iFIT button. The indicator beside the button will light and the letters "iF" will appear in the small display.



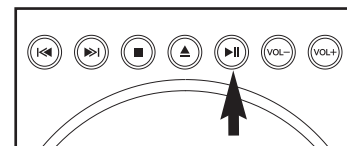
3 Insert an iFIT.com CD into the CD player.

To open the CD player, slide the centre button on the CD player upward. Carefully insert an iFIT.com CD into the CD player and then close the lid.



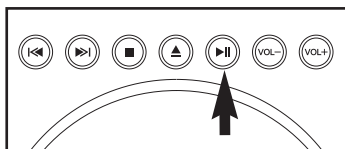
4 Press the Play/Pause button to start the program.

To start the CD program, press the play/pause button on the CD player. A moment after the button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

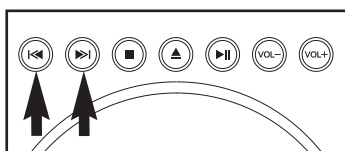


The CD program will function in almost the same way as a resistance/pace program (see step 3 on page 16). However, an electronic “chirping” sound will alert you when the resistance level and/or the target pace is about to change. **Note: If the resistance level and/or the target pace does not change when a “chirp” is heard, make sure that the indicator beside the iFIT button is lit. In addition, adjust the volume (see step 5 below). If the volume is too high or too low, the console may not detect the program signals.**

To stop the program at any time, press the play/pause button and stop pedalling. To restart the program, press the play/pause button and begin pedalling.

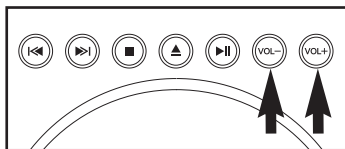


Note: To select a different program on the CD, press the skip/search buttons on the CD player.



5 Adjust the volume if desired.

To adjust the volume, press the Volume – and + buttons on the CD player.



6 Follow your progress with the large display.

See step 4 on page 14.

7 Measure your heart rate if desired.

See step 5 on page 15.

8 Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

Note: Always remove iFIT.com CDs from the CD player when you are finished using them.

HOW TO PLAY MUSIC CDS

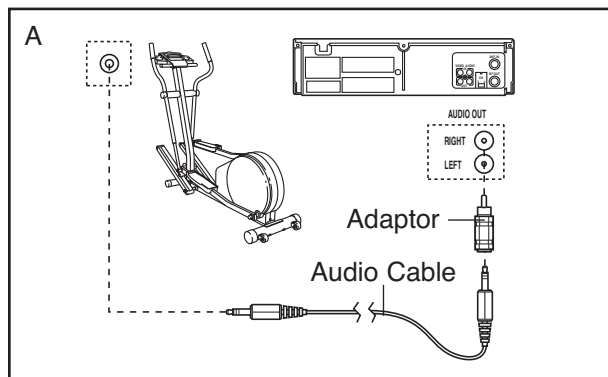
If desired, you can play your own music CDs in the CD player. Before playing music CDs, select the manual mode of the console (see HOW TO USE THE MANUAL MODE on page 14).

HOW TO CONNECT THE ELLIPTICAL CROSSTRAINER TO YOUR VCR OR COMPUTER

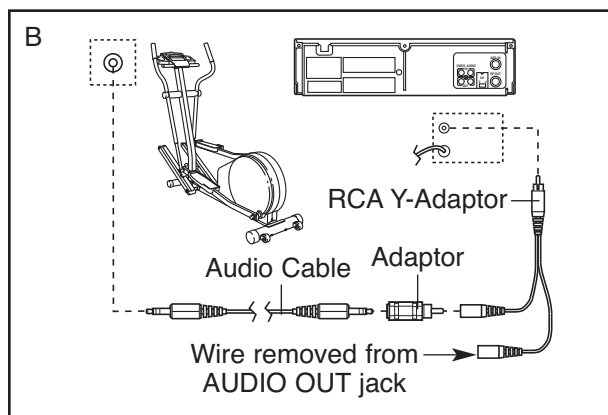
HOW TO CONNECT TO YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into the AUDIO OUT jack on your VCR.



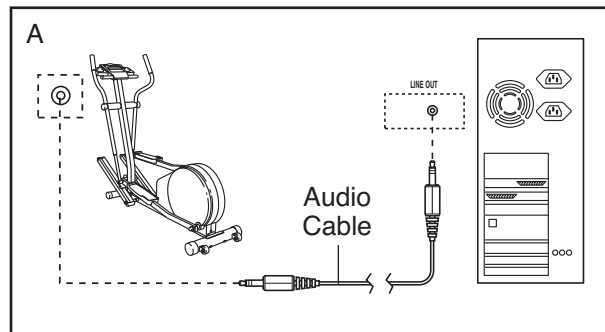
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adapter. Plug the adapter into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



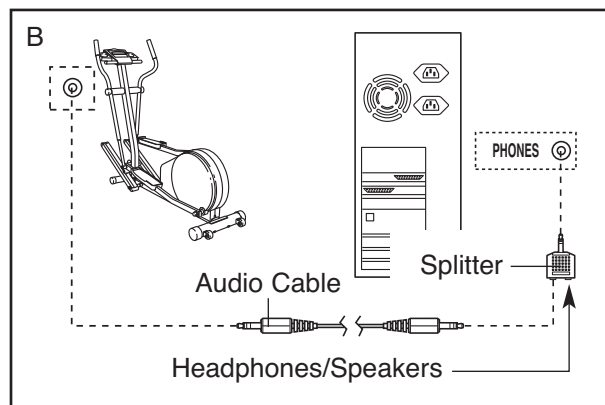
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the LINE OUT jack on your computer.



- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



HOW TO USE iFIT.COM VIDEO PROGRAMS

To use iFIT.com videocassettes, the elliptical crosstrainer must be connected to your VCR. See HOW TO CONNECT TO YOUR VCR on page 20. **To purchase iFIT.com videocassettes, visit our Web site at www.iconeurope.com.**

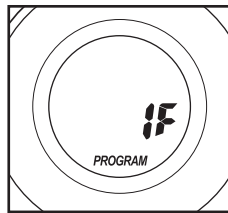
Follow the steps below to use an iFIT.com video program.

1 Turn on the console.

See step 1 on page 14.

2 Select the iFIT.com mode.

To use an iFIT.com videocassette, first press the iFIT button. The indicator beside the button will light and the letters "iF" will appear in the small display.



3 Insert the iFIT.com videocassette.

Insert the videocassette into your VCR.

4 Press the play button on your VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The video program will function in almost the same way as a resistance/pace program (see step 3 on page 16). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

Note: If the resistance level and/or the target pace does not change when a "chirp" is heard:

- **Make sure that the indicator beside the iFIT button is lit.**
- **Adjust the volume of your VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected and that it is fully plugged in.**

To stop the program at any time, stop pedalling and press the pause button on your VCR. To restart the program, press the play button on your VCR and begin pedalling.

5 Follow your progress with the large display.

See step 4 on page 14.

6 Measure your heart rate if desired.

See step 5 on page 15.

7 Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com programs directly from the internet. To use programs from our Web site, the elliptical crosstrainer must be connected to your computer. See HOW TO CONNECT TO YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

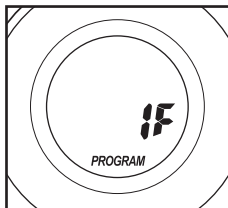
Follow the steps below to use a program from our Web site.

1 Turn on the console.

See step 1 on page 14.

2 Select the iFIT.com mode.

To use a program from our Web site, first press the iFIT button. The indicator beside the button will light and the letters "iF" will appear in the small display.



3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen count-down will begin.

7 Return to the elliptical crosstrainer and begin pedalling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a resistance/pace program (see step 3 on page 16). However, an electronic "chirping" sound will alert you when the resistance level and/or the target pace is about to change.

8 Follow your progress with the large display.

See step 4 on page 14.

9 Measure your heart rate if desired.

See step 5 on page 15.

10 Turn on the fan if desired.

See step 6 on page 15.

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

See step 7 on page 15.

MAINTENANCE AND TROUBLESHOOTING

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

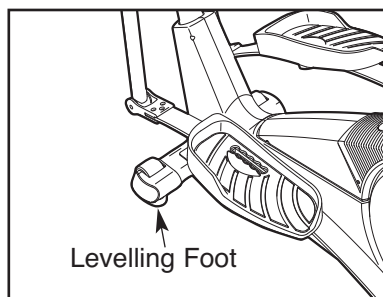
To clean the elliptical crosstrainer, use a damp cloth and a small amount of mild dish soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 11 on page 9 for replacement instructions. The console requires four 1.5V “D” batteries.

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

After the elliptical crosstrainer has been moved to the location where it will be used, make sure that the ends of both stabilisers are touching the floor. If the elliptical crosstrainer rocks slightly on your floor during use, turn one or both of the levelling feet under the front stabiliser until the rocking motion is eliminated.

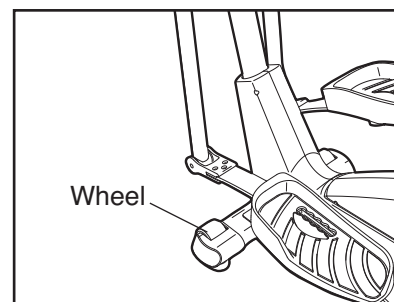


HANDGRIP PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands whilst using the handgrip 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 handgrip pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

HOW TO MOVE THE ELLIPTICAL CROSSTRAINER

Stand in front of the elliptical crosstrainer, hold the handlebars firmly, and tip the elliptical crosstrainer until it can be moved on the front wheels. Carefully move the elliptical crosstrainer to the desired location and then lower it. **Due to the size and weight of the elliptical crosstrainer, use extreme caution whilst moving it.**



CONDITIONING 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 sensors are not medical devices. Various factors may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. Remember that 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, 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.

165	155	145	140	130	125	115	
145	138	130	125	118	110	103	
125	120	115	110	105	95	90	
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, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for 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 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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise 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 the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help 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. 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

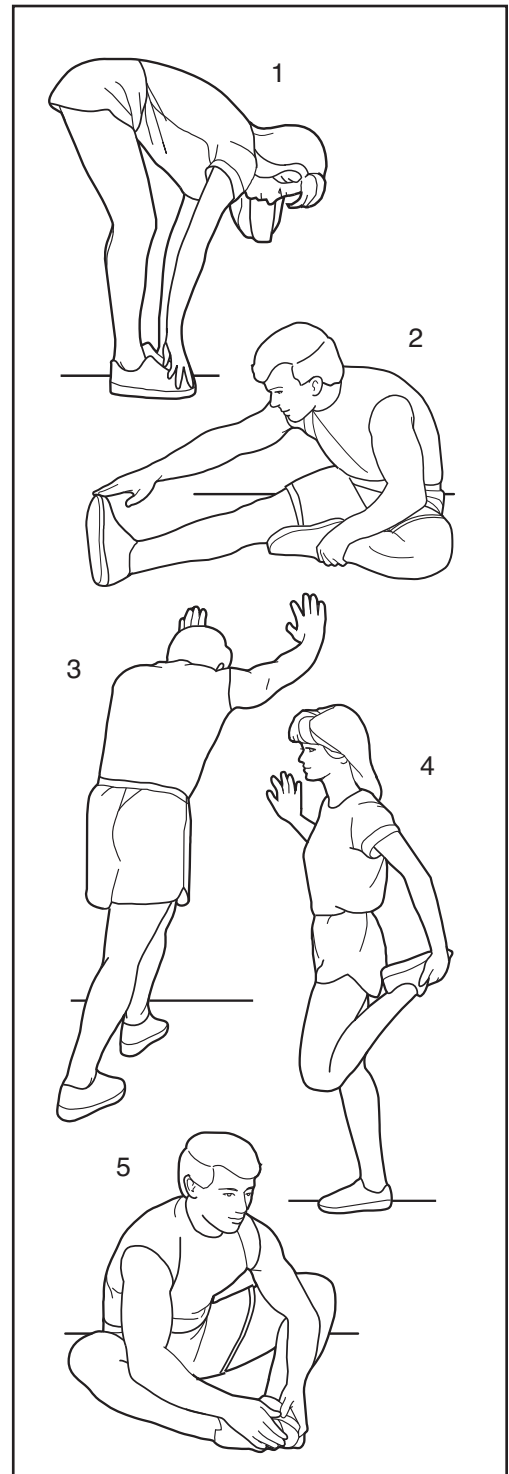
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



PART LIST—Model No. HREVEL6985.0

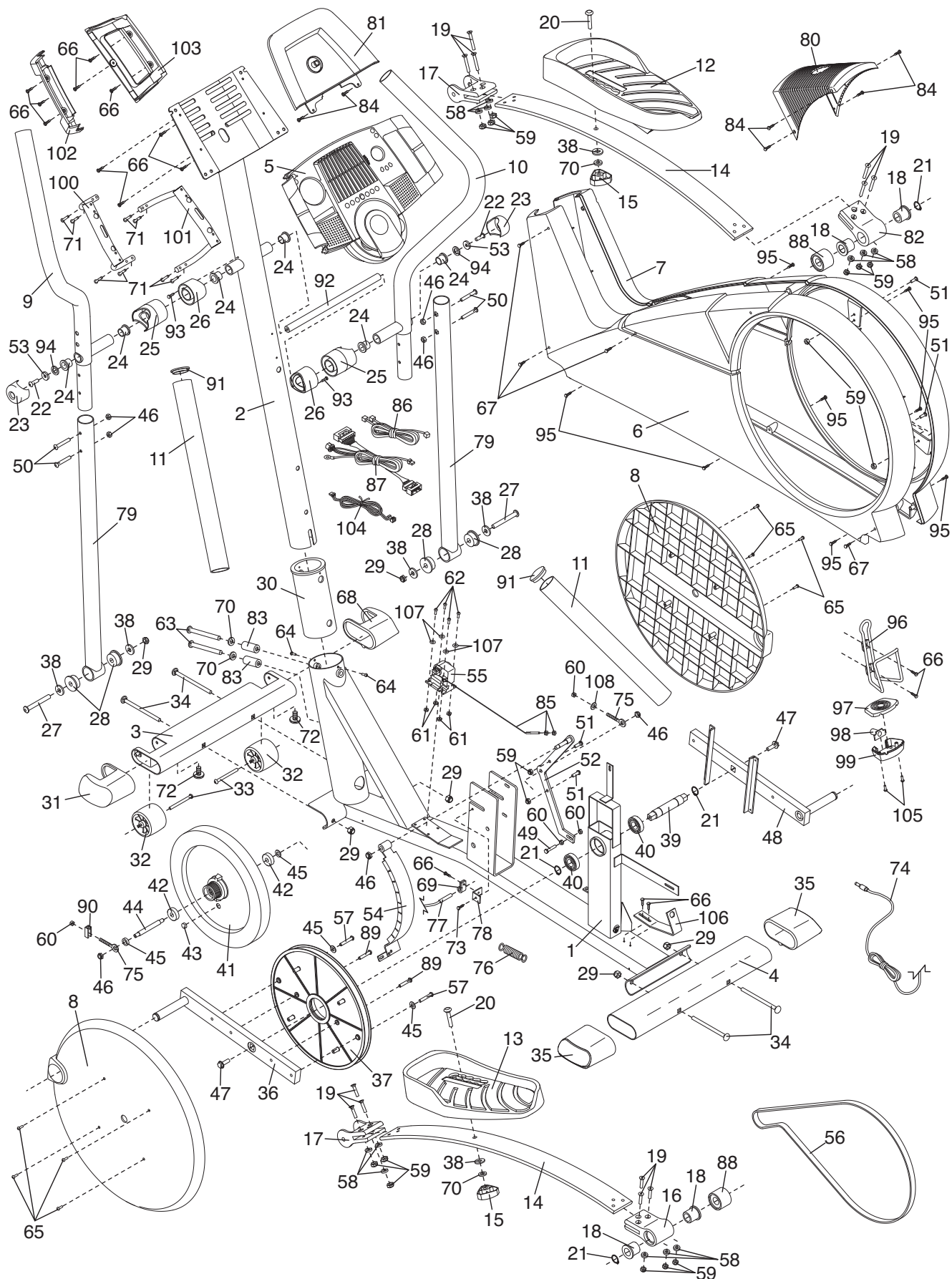
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	59	16	M6 Nylon Locknut
2	1	Upright	60	4	M6 Nut
3	1	Front Stabiliser	61	4	M5 Nylon Locknut
4	1	Rear Stabiliser	62	4	M5 x 12mm Bolt
5	1	Console	63	2	M10 x 88mm Button Bolt
6	1	Left Side Shield	64	2	M4 x 6mm Screw
7	1	Right Side Shield	65	8	M5 x 33mm Screw
8	2	Pedal Disc	66	15	M4 x 16mm Screw
9	1	Left Handlebar	67	4	M4 x 25mm Screw
10	1	Right Handlebar	68	1	Right Front Endcap
11	2	Foam Grip	69	1	Reed Switch Clamp
12	1	Right Pedal	70	4	M10 Split Washer
13	1	Left Pedal	71	8	M6 x 16mm Tapered Button Screw
14	2	Pedal Spring	72	2	Adjustment Foot
15	2	Adjustment Knob	73	1	M5 x 16mm Screw
16	1	Left Spring Bracket	74	1	Power Cord
17	2	Front Spring Bracket	75	2	M6 Eyebolt
18	4	Rear Spring Bushing	76	1	Spring
19	12	M6 x 33.5mm Bolt	77	1	Reed Switch
20	2	Adjustment Bolt	78	1	Reed Switch Bracket
21	4	Snap Ring	79	2	Handlebar Leg
22	2	M8 x 25mm Patch Screw	80	1	Side Shield Cover
23	2	Handlebar Cap	81	1	CD Holder
24	6	Handlebar Bushing	82	1	Right Spring Bracket
25	2	Handlebar Spacer	83	2	Frame Spacer
26	2	Upright Spacer	84	6	M4 x 12mm Tap Screw
27	2	M10 x 78mm Button Bolt	85	1	Resistance Cable
28	4	Front Spring Bushing	86	1	Upper Wire Harness
29	6	M10 Nylon Locknut	87	1	Lower Wire Harness
30	1	Upright Bushing	88	2	Spring Bracket Spacer
31	1	Left Front Endcap	89	2	M8 x 22mm Button Screw
32	2	Wheel	90	1	"U" Bracket
33	2	M6 x 72mm Wheel Bolt	91	2	Handlebar Endcap
34	4	M10 x 112mm Carriage Bolt	92	1	Pivot Axle
35	2	Rear Stabiliser Endcap	93	2	M3 x 12mm Screw
36	1	Left Crank Arm	94	2	Wave Washer
37	1	Pulley	95	8	M4 x 19mm Screw
38	6	M10 Washer	96	1	Water Bottle Holder
39	1	Crank	97	1	Sensor Cover
40	2	Crank Bearing	98	1	Sensor Tube
41	1	Flywheel	99	1	Sensor Holder
42	2	Flywheel Bearing	100	1	Left Inner Handlebar
43	1	Magnet	101	1	Right Inner Handlebar
44	1	Flywheel Axle	102	1	Left Inner Handlebar Cover
45	4	M8.5mm Small Washer	103	1	Right Inner Handlebar Cover
46	7	M8 Nylon Locknut	104	1	Pulse Extension Wire
47	2	Crank Screw	105	2	M3 x 8mm Screw
48	1	Right Crank Arm	106	1	Power Bracket
49	1	M6 x 25mm Bolt	107	4	M5 Washer
50	4	M8 x 45mm Button Bolt	108	1	M6 Large Washer
51	4	M6 x 18mm Button Bolt	#	1	Sensor Unit
52	1	"C" Magnet Bracket	#	1	Chest Strap
53	2	M8.5 Washer	#	1	Audio Wire
54	1	"C" Magnet	#	1	Adapter
55	1	Motor	#	1	Splitter
56	1	Belt	#	1	Hex Key
57	2	M8 x 33mm Button Screw	#	1	Grease
58	12	M6 Washer	#	1	User's Manual

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

EXPLODED DRAWING—Model No. HREVEL6985.0

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ORDERING REPLACEMENT PARTS

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

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133

Fax: 0 (044) 113 387 7125

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

- the MODEL NUMBER of the product (HREVEL6985.0)
- the NAME of the product (HealthRider CROSS TRAINER 1050T elliptical crosstrainer)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 26)