

HEALTHRIDER[®]

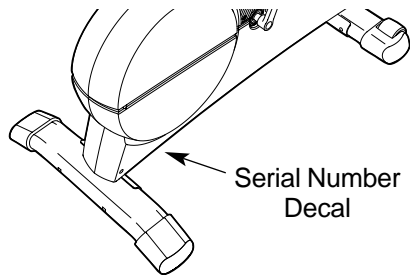
CROSS TRAINER

R790x

Class HC Fitness Product

Model No. HREVEX24030

Serial No. _____



USER'S MANUAL

QUESTIONS?

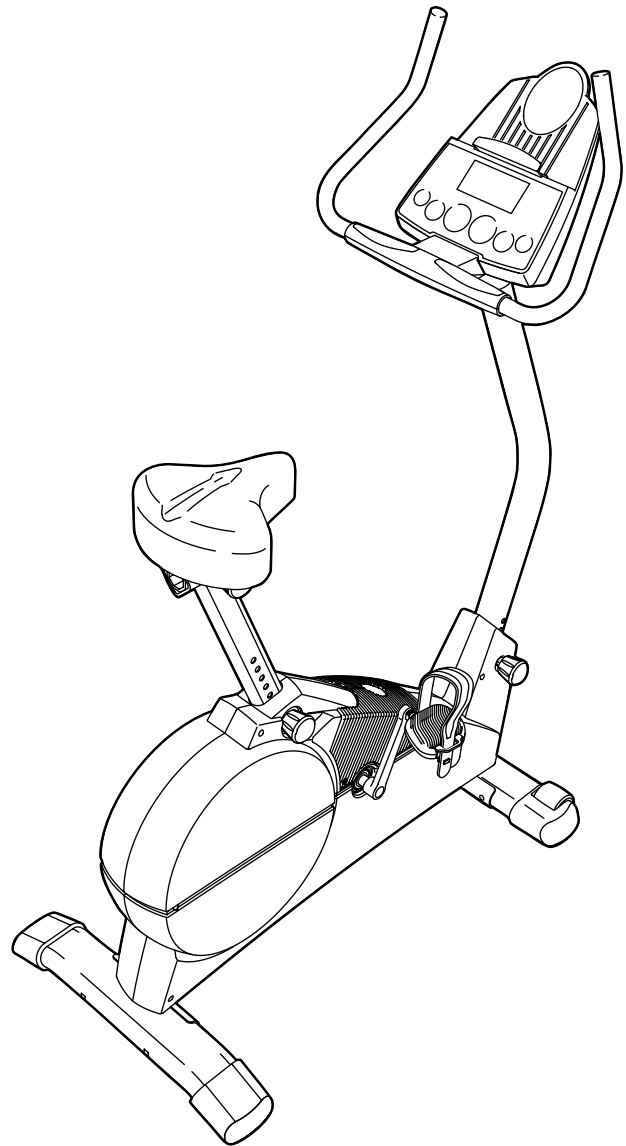
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO OPERATE THE EXERCISE CYCLE	8
MAINTENANCE AND TROUBLESHOOTING	19
CONDITIONING GUIDELINES	21
PART LIST	22
EXPLODED DRAWING	23
ORDERING REPLACEMENT PARTS	Back Cover

IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual before using the exercise cycle.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions. Use the exercise cycle only as described in this manual.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.
7. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).
8. Always keep your back straight when using the exercise cycle; do not arch your back.
9. If you feel pain or dizziness whilst exercising, stop immediately and cool down.
10. The exercise cycle does not have a freewheel; the pedals will continue to move until the fly-wheel stops.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.

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

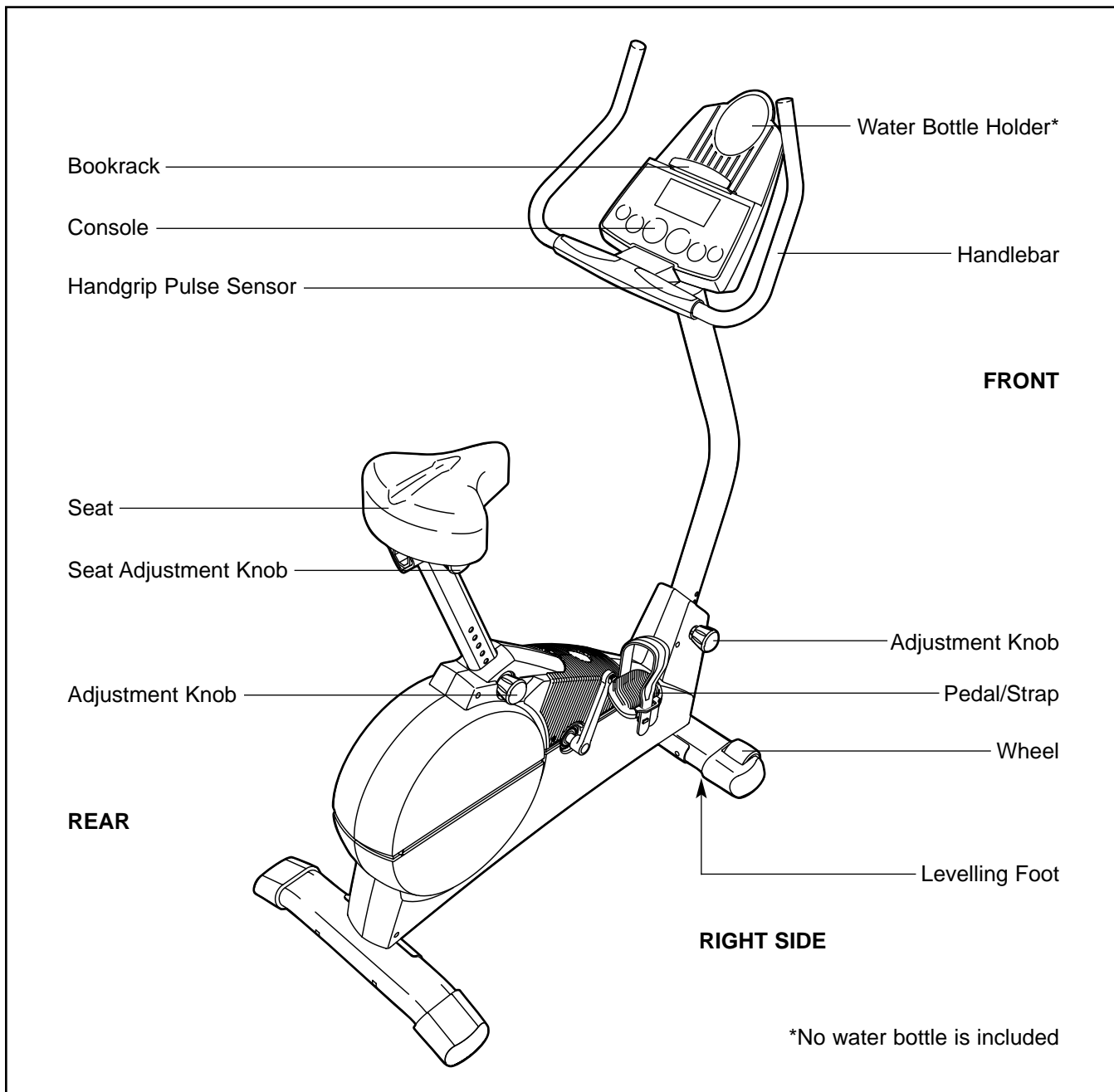
BEFORE YOU BEGIN

Congratulations for selecting the new HealthRider® R 790X exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The HealthRider® R 790X offers an impressive array of features to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions



after reading this manual, please call our Customer Service Department at **08457 089 009**. To help us assist you, please note the product model number and serial number before calling. The model number is HREVEX24030. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

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

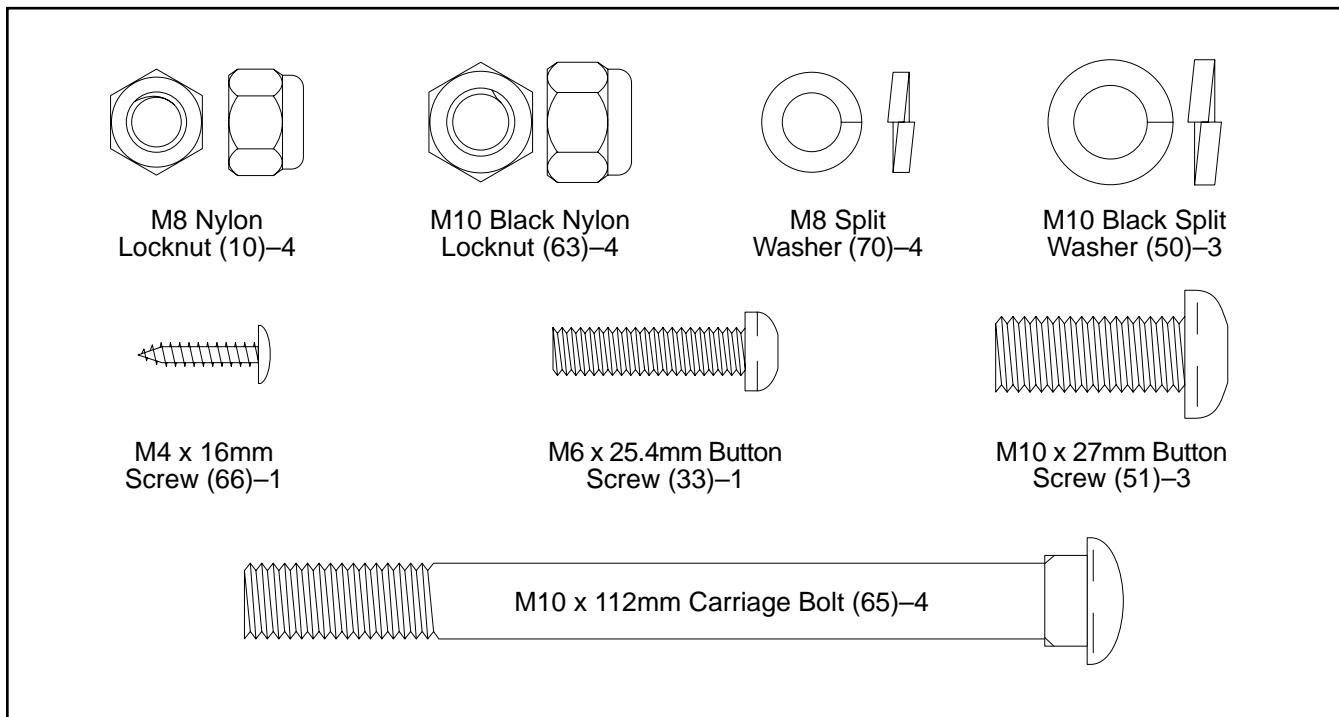


ASSEMBLY

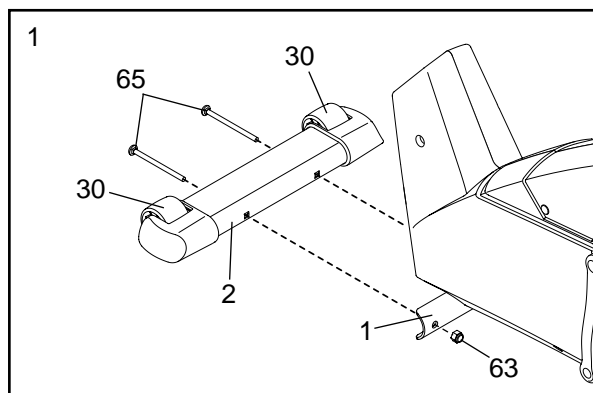
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable spanners  **and Phillips screwdriver** .

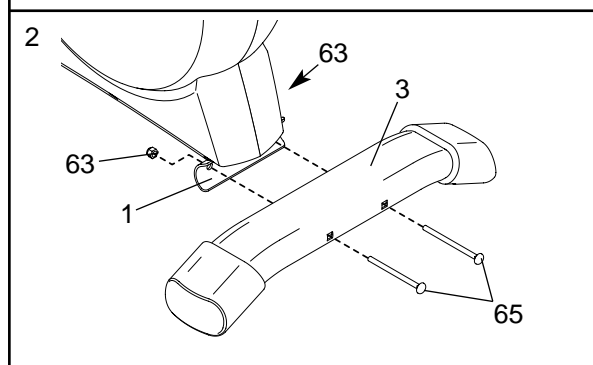
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**



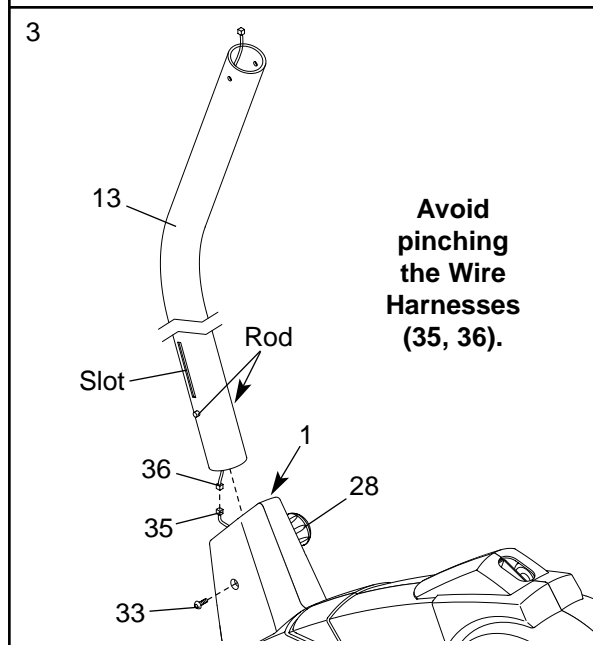
1. Identify the Front Stabiliser (2), which has Wheels (30) on the ends. Whilst another person lifts the front of the Frame (1) slightly, attach the Front Stabiliser to the Frame with two M10 x 112mm Carriage Bolts (65) and two M10 Black Nylon Locknuts (63). **Make sure that the Front Stabiliser is turned so the Wheels are not touching the floor.**



2. Whilst another person lifts the back of the Frame (1) slightly, attach the Rear Stabiliser (3) to the Frame with two M10 x 112mm Carriage Bolts (65) and two M10 Black Nylon Locknuts (63).



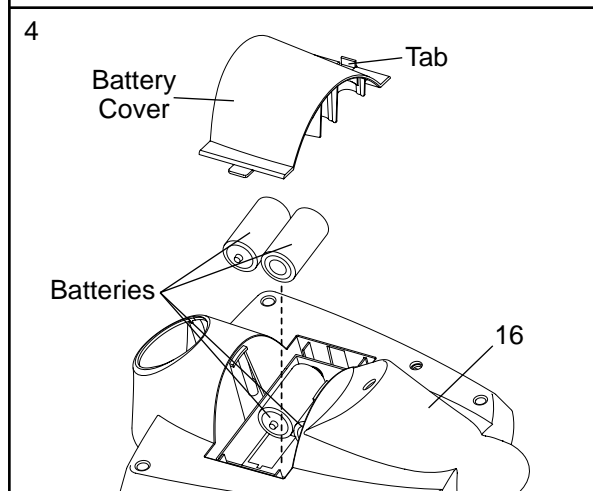
3. Whilst another person holds the Upright (13) in the position shown, connect the Upper Wire Harness (36) to the Lower Wire Harness (35). **Carefully pull the upper end of the Upper Wire Harness to remove any slack from the Wire Harnesses; make sure that the connectors do not catch on the indicated rod.**



Turn the indicated Adjustment Knob (28) counterclockwise two or three turns to loosen it. Next, pull the Knob, insert the Upright (13) into the Frame (1), and then release the Knob. **Be careful to avoid pinching the Wire Harnesses (35, 36). Move the Upright up and down slightly until the pin on the Knob snaps into one of the holes in the Upright.** Then, turn the Knob clockwise until it is tight.

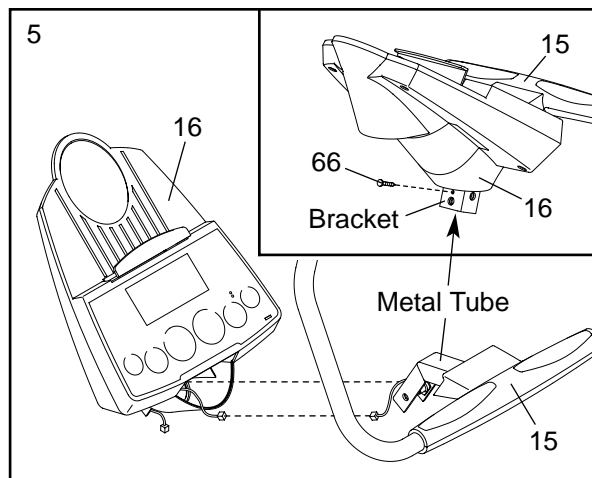
Tighten the M6 x 25.4mm Button Screw (33) into the Frame (1) and into the slot in the side of the Upright (13).

4. The Console (16) requires four 1.5V "D" batteries; alkaline batteries are recommended. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the markings inside the battery compartment.** Reattach the battery cover.



- Connect the wire harness on the Handgrip Pulse Sensor (15) to the indicated wire harness on the Console (16). Insert both wire harnesses into the opening in the bottom of the Console. Then, insert the metal tube on the Handgrip Pulse Sensor into the opening in the bottom of the console. **Be careful not to pinch the wire harnesses.**

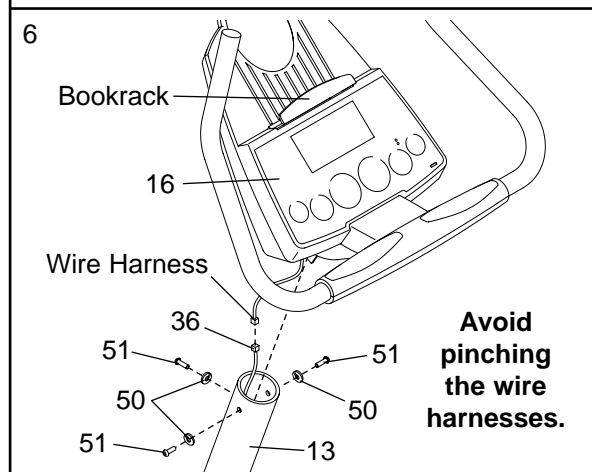
See the inset drawing. Tighten an M4 x 16mm Screw (66) into the indicated bracket on the Console (16) and into the metal tube on the Handgrip Pulse Sensor (15).



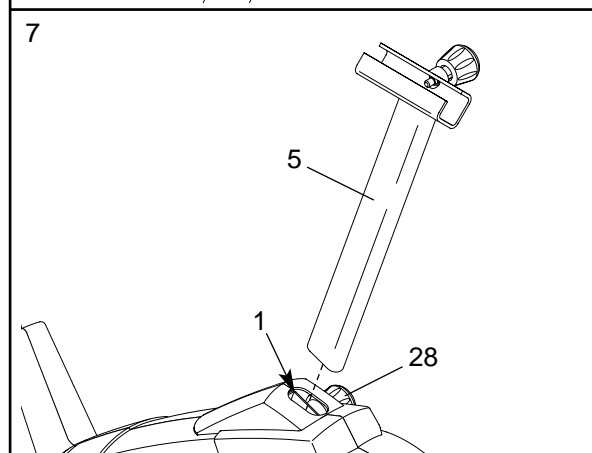
- Whilst another person holds the Console (16) in the position shown, connect the wire harness on the Console to the Upper Wire Harness (36). Insert the excess wire harness into the Upright (13).

Attach the Console (16) to the Upright (13) with three M10 x 27mm Button Screws (51) and three M10 Black Split Washers (50). **Be careful to avoid pinching the wire harnesses.**

Snap the bookrack onto the Console (16) in the indicated location.

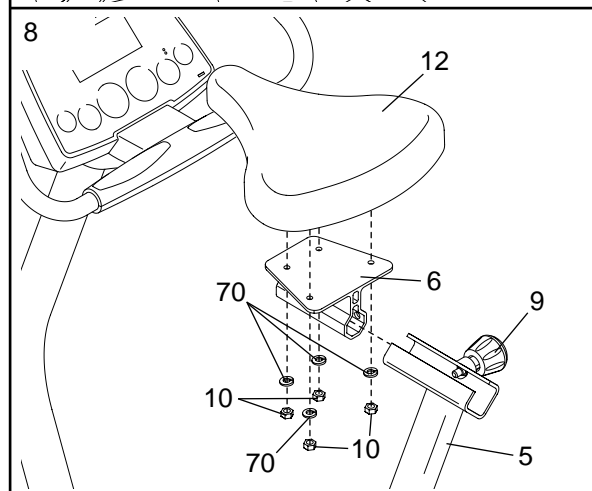


- Turn the indicated Adjustment Knob (28) counterclockwise two or three turns to loosen it. Next, pull the Knob, insert the Seat Post (5) into the Frame (1), and then release the Knob. **Move the Seat Post up and down slightly until the pin on the Knob snaps into one of the holes in the Seat Post.** Then, turn the Knob clockwise until it is tight.



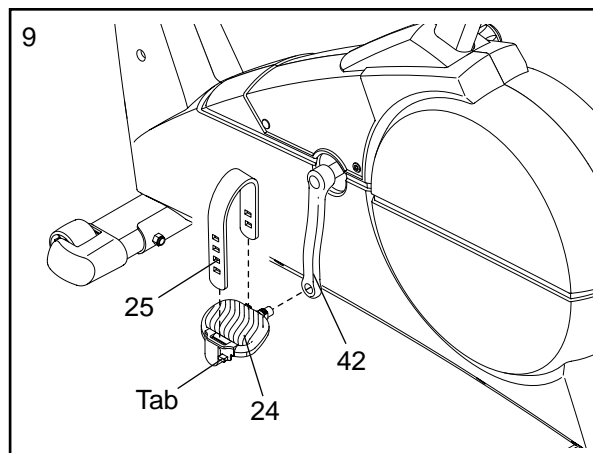
- Attach the Seat (12) to the Seat Bracket (6) with four M8 Nylon Locknuts (10) and four M8 Split Washers (70). Note: The Nylon Locknuts and the Split Washers may be pre-attached to the underside of the Seat.

Turn the Seat Adjustment Knob (9) counterclockwise two or three turns to loosen it. Next, pull the Knob, slide the Seat Bracket (6) into the top of the Seat Post (5), and then release the Knob. **Move the Seat Bracket forward and backward slightly until the pin on the Knob snaps into one of the holes in the Seat Bracket.** Then, turn the Knob clockwise until it is tight.



- Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (42). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Adjust the Left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the Left Pedal (24). Adjust the Right Pedal Strap (not shown) in the same way.

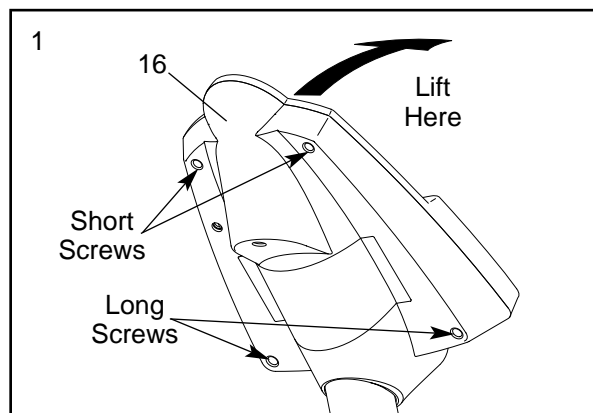


- Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor (refer to page 19), follow the steps below to install the receiver and the jumper wire included with the chest pulse sensor.

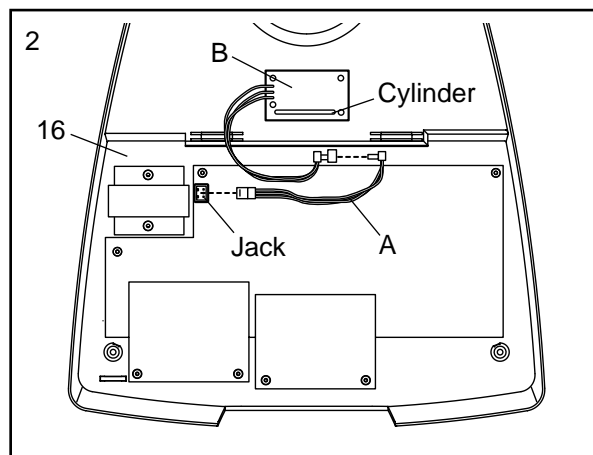
- Remove the indicated short screws and long screws from the back of the Console (16). Lift off the front of the Console.



- Plug the jumper wire (A) into the indicated jack on the Console (16). Connect the other end of the jumper wire to the wire on the receiver (B). Note: Any other wires included with the chest pulse sensor can be discarded.

Next, peel the paper off the adhesive pad on the back of the receiver (B). Orient the receiver as shown, and press it onto the Console (16) in the indicated location.

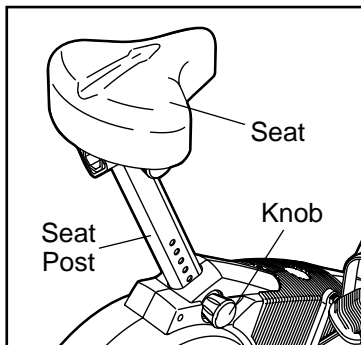
Refer to step 1 above. Reattach the front of the Console (16) with the short screws and the long screws. **Make sure that no wires are pinched.**



HOW TO OPERATE THE EXERCISE CYCLE

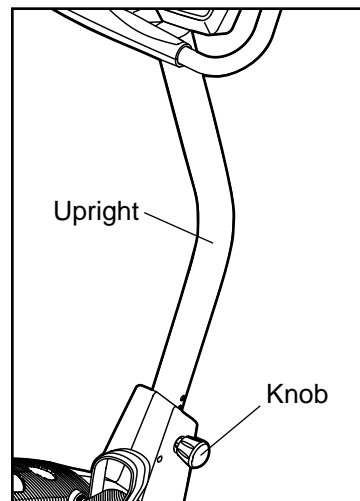
HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat post). Next, pull the knob, slide the seat post to the desired height, and then release the knob. **Move the seat post up and down slightly until the pin on the knob snaps into one of the holes in the seat post.** Then, turn the knob clockwise until it is tight.



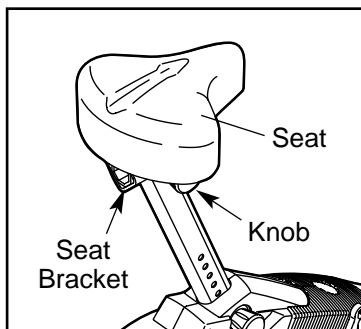
HOW TO ADJUST THE UPRIGHT

The upright can be adjusted to the height that is the most comfortable for you. To adjust the upright, first turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the upright). Next, pull the knob, slide the upright to the desired height, and then release the knob. **Move the upright up and down slightly until the pin on the knob snaps into one of the holes in the upright.** Then, turn the knob clockwise until it is tight.



HOW TO ADJUST THE SEAT

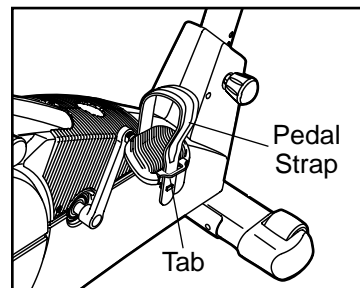
The seat can be adjusted to the position that is the most comfortable for you. **Before adjusting the seat, dismount the exercise cycle; do not adjust the seat whilst you are sitting on it.** To adjust the seat, first

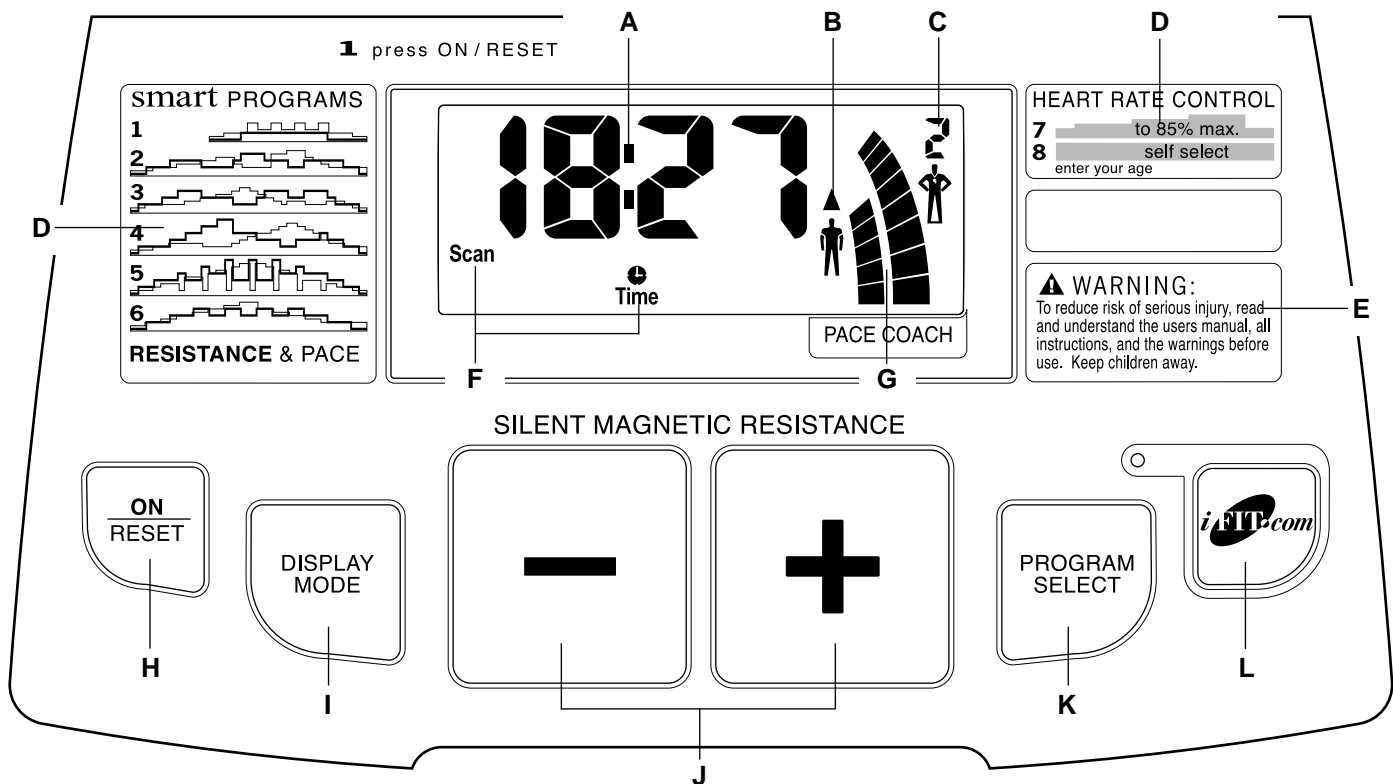


turn the indicated knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat bracket). Next, pull the knob, slide the seat to the desired position, and then release the knob. **Move the seat bracket forward and backward slightly until the pin on the knob snaps into one of the holes in the seat bracket.** Then, turn the knob clockwise until it is tight.

HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and press the ends of the straps back onto the tabs.





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 exercise cycle can be adjusted with a touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the hand-grip pulse sensor. Note: For information about an optional chest pulse sensor, see page 19.

The console also offers six preset workout programs. Each program automatically changes the pedalling resistance 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 pedalling resistance 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 interactive technology is like having a personal trainer in your home. Using a stereo audio cable (available at electronics stores), you can connect the exercise cycle to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and videocassette programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and videocassette programs automatically control the exercise cycle as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs and videocassettes, visit our Web site at www.iFIT.com.**

With the exercise cycle connected to your computer, you can also go to our Web site at www.iFIT.com and access programs directly from the internet. **Explore www.iFIT.com for more information.**

CONSOLE DESCRIPTION

See the drawing on page 9. **Note: If there is a thin sheet of clear plastic on the console, remove it.**

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a program), the resistance level, the approximate number of calories you have burned, the distance that you have pedaled, your power output in watts, and your heart rate (when you use the handgrip pulse sensor or the optional chest pulse sensor). If the scan mode is selected, the display will change from one mode to the next every few seconds. Or, a single mode can be selected for continuous display.

Note: The console can show speed and distance in either miles or kilometres. To change the unit of measurement, see HOW TO USE THE INFORMATION MODE on page 19.

B. Increase and decrease arrows—During programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicator—When a program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, 6, 7, or 8, depending on which program is selected. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the exercise cycle and the target pace will change during programs.

E. Warnings—see page 2.

F. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, resistance level, calories, distance, watts, or heart rate) is currently shown. **Note:** When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear; when your heart rate is shown, the letters BPM will appear.

G. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This indicator will show your pedalling pace. As you increase or decrease your pace, the indicator will increase or decrease in height. When a program is selected, both pace indicators will appear. The left indicator will show your actual pedalling pace, and the right indicator will show a target pace. During the program, the target pace will periodically change; as the right indicator changes in height, adjust your pace so that both indicators are the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

H. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance.

I. Display Mode button—This button is used to select the feedback modes.

J. + and – buttons—These buttons control the resistance of the exercise cycle. There are ten resistance levels; level 10 is the most challenging. These buttons are also used to enter information when a heart rate program is selected.

K. Program Select button—This button is used to select programs and the manual mode.

L. iFIT.com button—This button is used to select the iFIT.com mode. The indicator near the button will light when the iFIT.com mode is selected.

To use the manual mode of the console, see page 11. To use a preset program, see page 12. To use a heart rate program, see page 13. To use an iFIT.com CD or video program, see page 17. To use a program directly from our Web site, see page 18.

HOW TO USE THE MANUAL MODE

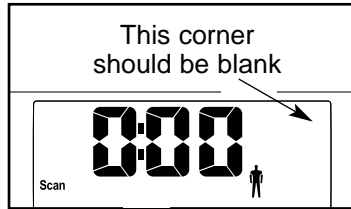
1 Turn on the console.

Note: The console requires four 1.5V “D” batteries (see assembly step 4 on page 5).

To turn on the console, press the On/Reset button or begin pedalling.

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a program has been selected, select the manual mode by pressing the Program Select button repeatedly until the upper right corner of the display is blank.

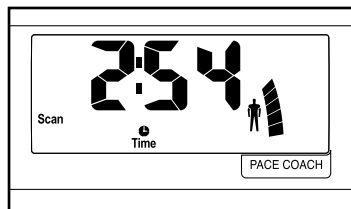


3 Begin pedalling and adjust the resistance of the exercise cycle.

As you pedal, adjust the resistance of the exercise cycle as desired by pressing the + 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 selected setting to be reached.

4 Follow your progress with the feedback modes and the left pace indicator.

When the console is turned on, the scan mode will be selected. As you pedal, the display will show your current speed, the elapsed time, the current resistance level, the approximate number of calories you have burned, the distance that you have pedaled, and your power output in watts. In addition, your heart rate will be shown when you use the handgrip pulse sensor or the optional chest pulse sensor. Note: Each time the resistance level changes, the console will show the resistance level for six seconds. When a program is



selected, the display will show the time *remaining* in the program instead of the elapsed time.

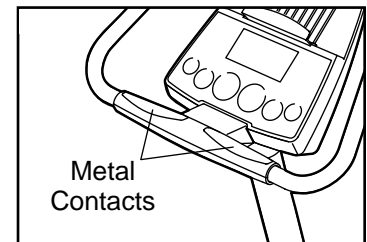
If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Resist., Cals., Miles (or Kms), or Watts indicator appears in the display. Make sure that the Scan indicator does not appear.

In addition, the left pace indicator will appear in the display. As you increase or decrease your pace, the indicator will increase or decrease in height.

5 Measure your heart rate if desired.

Note: If you wear the optional chest pulse sensor and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor,



place your hands on the metal contacts. Your palms must be 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 in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

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

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

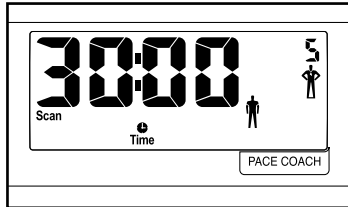
HOW TO USE A PRESET PROGRAM

1 Turn on the console.

See step 1 on page 11.

2 Select one of the six preset programs.

Each time the console is turned on, the manual mode will be selected. To select a preset program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, or 6 appears in the upper right corner of the display.



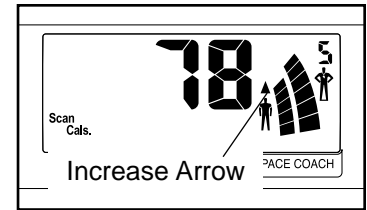
The profiles numbered 1 through 6 on the left side of the console show the resistance and pace settings for the preset programs.

3 Start the program.

To start the program, simply begin pedalling. Each preset program consists of either 20 or 30 one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the exercise cycle will automatically change as shown by the applicable profile on the console. Note: If the current resistance level is too high or too low, you can change the resistance level by pressing the + or – button. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The target pace settings for the program will be shown by the right pace indicator in the display. The left indicator will show your



actual pedalling pace. As the right indicator changes in height during the program, adjust your pace so that both indicators are the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the target pace, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to pedal at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

4 Follow your progress with the feedback modes.

See step 4 on page 11.

5 Measure your heart rate if desired.

See step 5 on page 11.

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

See step 6 on page 11.

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 choose.

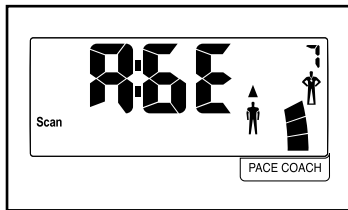
Follow the steps below to use a heart rate program.

1 Turn on the console.

See step 1 on page 11.

2 Select one of the heart rate programs.

Each time the console is turned on, the manual mode will be selected. To select a heart rate program, press the Program Select button repeatedly until the number 7 or 8 appears in the upper right corner of the display.

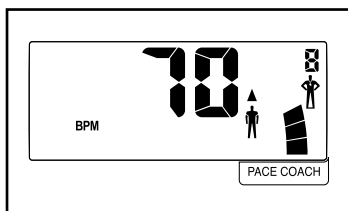


The profiles numbered 7 and 8 on the right side of the console show the resistance settings for the heart rate programs.

3 Enter your age or a target heart rate.

If you selected program 7, the word AGE and the current age setting will flash in the display (see the drawing above). Press the + or – button repeatedly to enter your age. Once you have entered your age, your age will be saved in memory until the batteries are replaced.

If you selected program 8, the letters PLS and a target heart rate setting of 70 beats per minute will flash in the display.



Press the + or – button repeatedly to change the target heart rate setting, if desired. The target heart rate setting can be from 70 to 170 beats per minute.

4 Hold the handgrip pulse sensor or put on the optional chest pulse sensor.

To use a heart rate program, you must use the handgrip pulse sensor or wear the optional chest pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the handgrips continuously during the program. However, you should 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.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

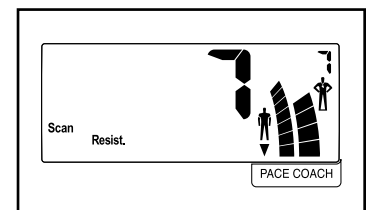
5 Start the program.

To start the program, simply begin pedalling. **Program 7** consists of 20 one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.) **Program 8** is sixty minutes long (you may choose to use only part of the program). The same resistance setting and target heart rate setting are programmed for the entire program.

If program 7 is selected, the resistance of the exercise cycle will periodically change to keep your heart rate near the current target heart rate. (Note: If the current resistance level is too high or too low, you can adjust the resistance level by pressing the + or – button. However, when the current period of the program is completed, the resistance level may automatically change.) If program 8 is selected, the resistance setting will not change unless the target heart rate setting is changed. Pressing the + and – buttons will change the target heart rate setting.

During program 7 and program 8,

the pace indicators will help you to keep your heart rate near the current target heart rate. The left indicator will show your actual pedalling pace. The right indicator will show a target pace. When you hold the handgrip pulse sensor or wear the optional chest pulse sensor, the console will compare your heart rate to the current target heart rate. If necessary, the right indicator will then change in height to prompt you to increase or



decrease your pace to bring your heart rate closer to the target heart rate. When the right indicator changes in height, increase or decrease your pace so that both indicators are at the same height. If your pace is slower than the current target pace, the increase arrow will appear in the display; if your pace is faster than the target pace, the decrease arrow will appear. **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.**

If you continue pedalling after the program is completed, the display will continue to show your exercise feedback.

6 Follow your progress with the feedback modes.

See step 4 on page 11.

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

See step 6 on page 11.

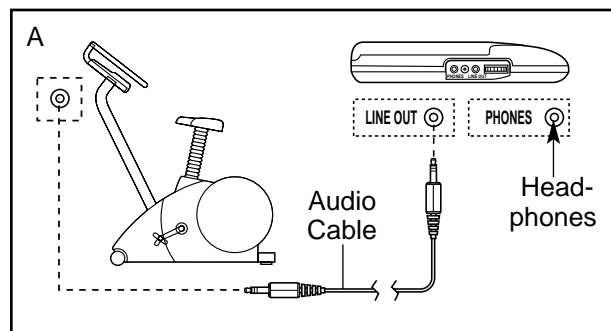
HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14 to 16 for connecting instructions. **To use iFIT.com videocassettes,** the exercise cycle must be connected to your VCR. See page 16 for connecting instructions. **To use iFIT.com programs directly from our Web site,** the exercise cycle must be connected to your home computer. See page 16 for connecting instructions.

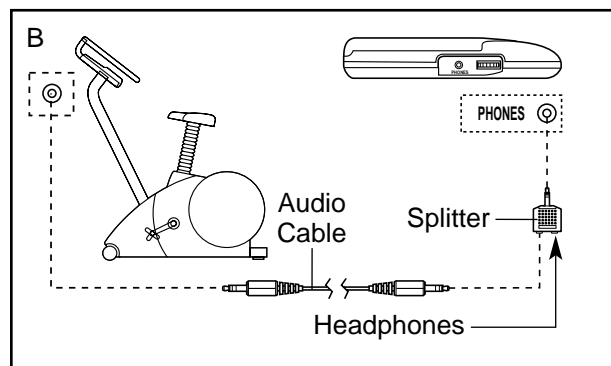
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one 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 CD player. Plug your headphones into the PHONES jack.



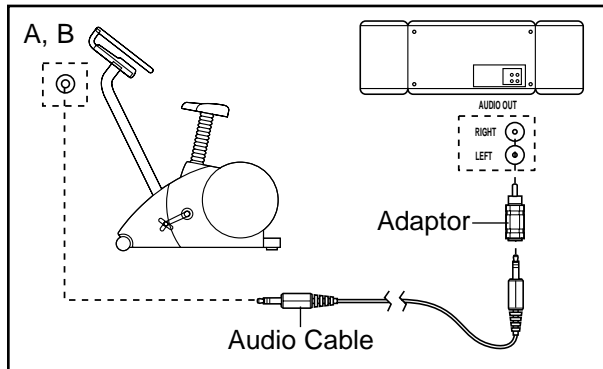
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your CD player. Plug your headphones into the other side of the splitter.



HOW TO CONNECT YOUR PORTABLE STEREO

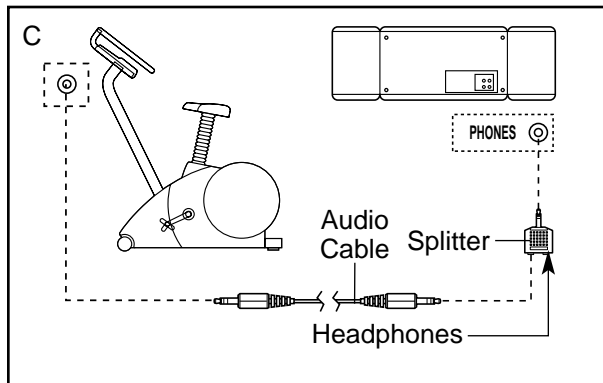
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into an AUDIO OUT jack on your stereo.



- B. See the drawing above. 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 stereo. Do not use the adaptor.

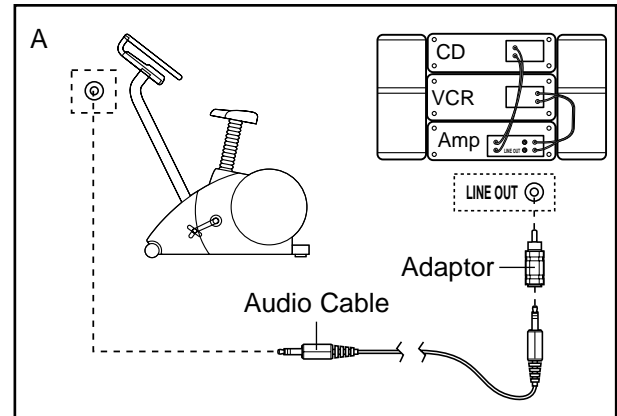
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your stereo. Plug your headphones into the other side of the splitter.



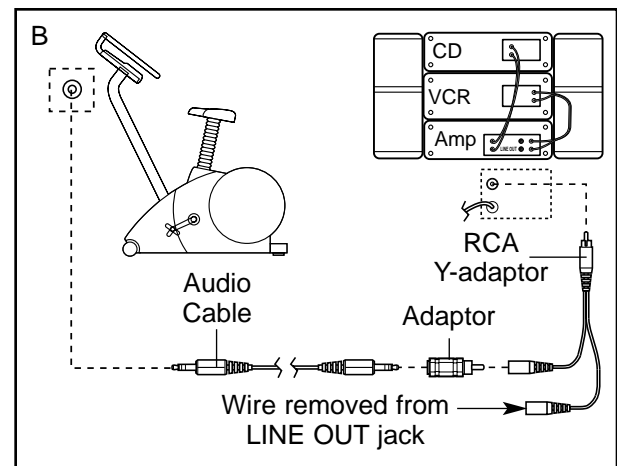
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, 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 adaptor. Plug the adaptor into the LINE OUT jack on your stereo.



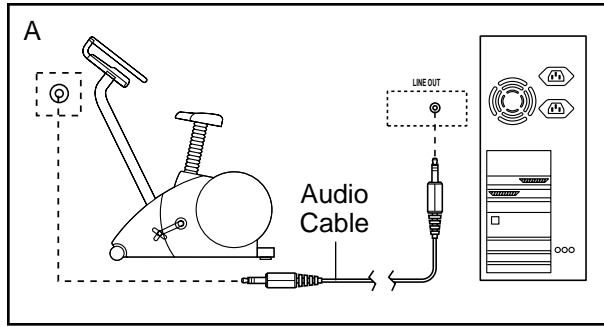
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the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



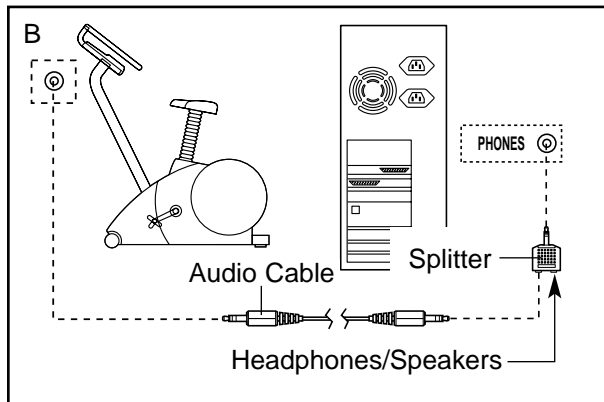
HOW TO CONNECT YOUR COMPUTER

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.



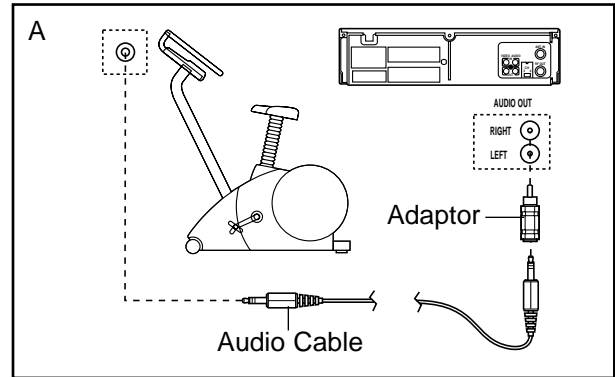
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the splitter.



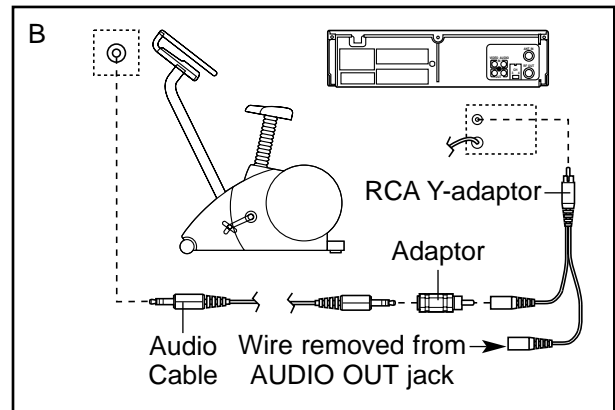
HOW TO CONNECT YOUR VCR

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. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.

- A. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor 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 adaptor. Plug the adaptor 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 USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **Note:** For information about iFIT.com CDs or videocassettes, send an e-mail to workouts@iFIT.com.

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

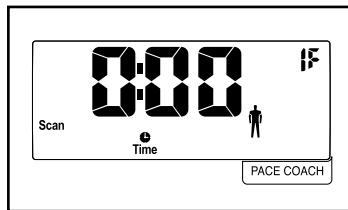
1 Turn on the console.

See step 1 on page 11.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode,

press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the upper right corner of the display.



3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or 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 program will function in almost the same way as a preset program (see step 3 on page 12). However, an electronic "chirping" sound will alert you when the resistance setting and/or pace setting is about to change.

Note: If the resistance of the exercise cycle and/or the pace setting does not change when a "chirp" is heard:

- Make sure that the indicator near the iFIT.com button is lit.
- Adjust the volume of your CD player or 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.

5 Follow your progress with the feedback modes.

See step 4 on page 11.

6 Measure your heart rate if desired.

See step 5 on page 11.

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

See step 6 on page 11.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the exercise cycle must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 16. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

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

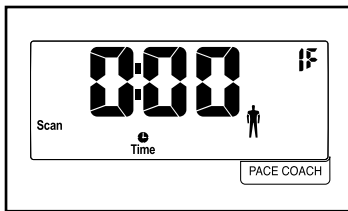
1 Turn on the console.

See step 1 on page 11.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode,

press the iFIT.com button. The indicator near the button will light and the letters IF will appear in the upper right corner of the 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 countdown will begin.

7 Return to the exercise cycle and begin pedalling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a preset program (see step 3 on page 12). However, an electronic “chirping” sound will alert you when the resistance and/or the pace setting is about to change.

8 Follow your progress with the feedback modes.

See step 4 on page 11.

9 Measure your heart rate if desired.

See step 5 on page 11.

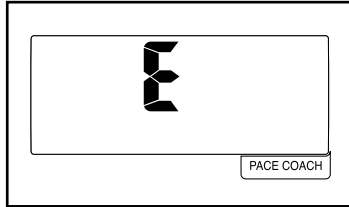
10 When you are finished exercising, the console will automatically turn off.

See step 6 on page 11.

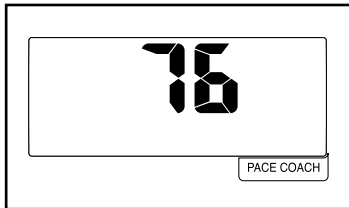
HOW TO USE THE INFORMATION MODE

The console features an information mode that keeps track of the total number of hours that the exercise cycle has been used and the total number of miles (or kilometres) pedaled. The information mode also allows you to select miles or kilometres as the unit of measurement for speed and distance.

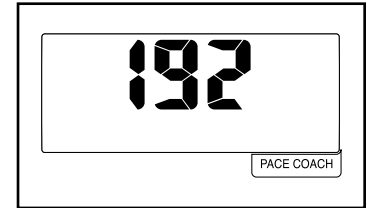
To access the information mode, press and hold the On/Reset button for about six seconds. When the information mode is selected, an E for English miles or an M for metric kilometres will appear in the display. To change the unit of measurement, press the + button.



Press the Display Mode button. The display will then show the total number of hours that the exercise cycle has been used.



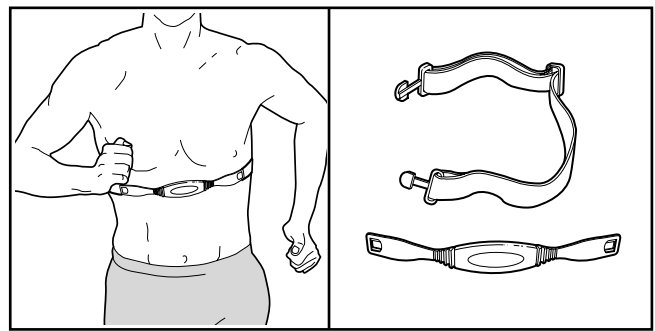
Press the Display Mode button again. The display will then show the total number of miles (or kilometres) pedaled.



To exit the information mode, press the On/Reset button again.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call 08457 089 009.**



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately. To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

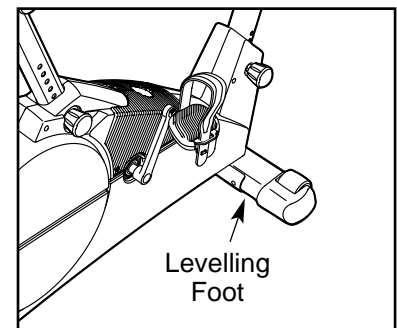
If the console display becomes dim, the batteries should be replaced. See assembly step 4 on page 5 for instructions.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 11.

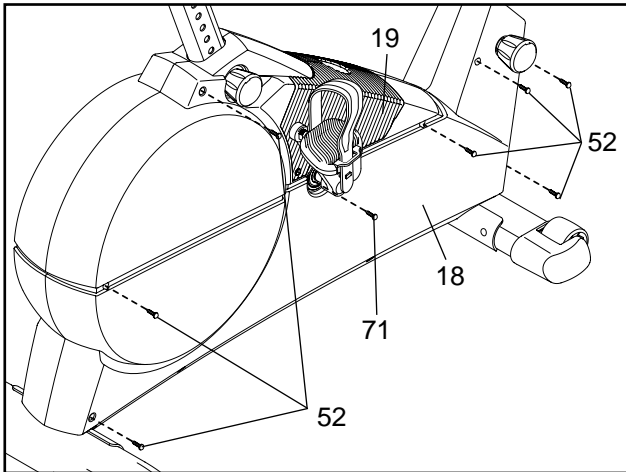
HOW TO LEVEL THE EXERCISE CYCLE

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

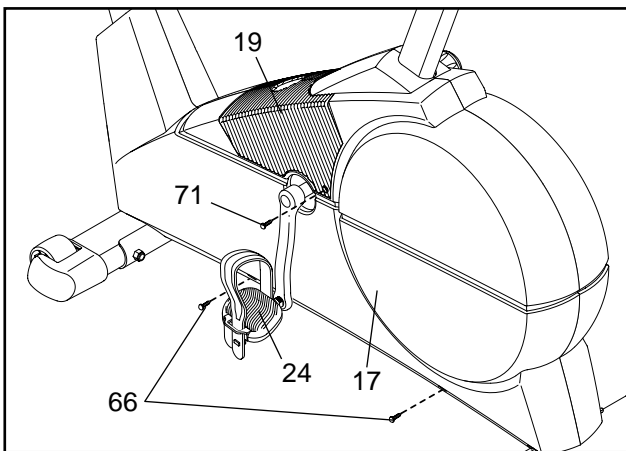


HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the Left Side Shield (17) must be removed.

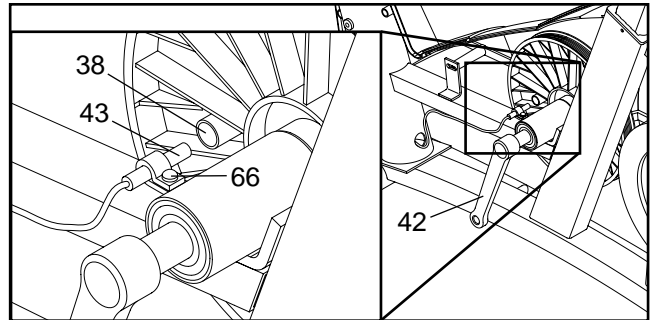


Remove the seven Screws (52) from the Right Side Shield (18). Next, remove the Round Head Screw (71) from the right side of the Side Shield Cover (19).



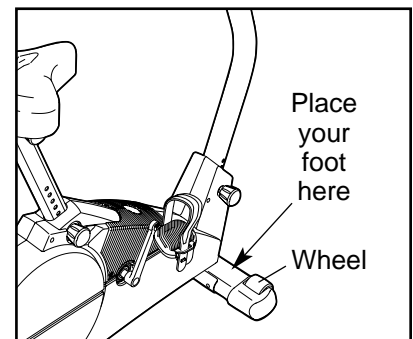
Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the two Screws (66) from the Left Side Shield (17). Remove the Round Head Screw (71) from the left side of the Side Shield Cover (19) and lift it off. Gently remove the Left Side Shield.

Next, locate the Reed Switch (43). Turn the Left Crank Arm (42) until the Magnet (38) is aligned with the Reed Switch. Loosen but do not remove the Screw (66). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the Left Side Shield, the Side Shield Cover, and the Left Pedal.



HOW TO MOVE THE EXERCISE CYCLE

To move the exercise cycle, first stand in front of the exercise cycle, hold the handlebars, and place one foot on the front stabiliser. Pull the handlebars until the exercise cycle can be moved on the front wheels. Carefully move the exercise cycle to the desired location and then lower it.



CONDITIONING GUIDELINES




The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING:

- **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
- **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

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 at the bottom line 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 lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for 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 between the two lower numbers 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.

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, 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. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

PART LIST—Model No. HREVEX24030

R0903A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	42	1	Left Crank Arm
2	1	Front Stabiliser	43	1	Reed Switch/Wire
3	1	Rear Stabiliser	44	2	Crank Bearing
4	2	Rear Endcap	45	2	M5 Nut
5	1	Seat Post	46	1	Adjustment Cable
6	1	Seat Bracket	47	1	Return Spring
7	2	Handlebar Endcap	48	1	Spacer
8	2	Foam Grip	49	1	"C" Magnet Bracket
9	1	Seat Adjustment Knob	50	3	M10 Black Split Washer
10	5	M8 Nylon Locknut	51	3	M10 x 27mm Button Screw
11	1	M6 x 38mm Screw	52	7	M4 x 25mm Screw
12	1	Seat	53	2	Eyebolt
13	1	Upright	54	1	Pulley
14	1	Upright Bushing	55	1	M6 x 16mm Button Bolt
15	1	Handlebar/Handgrip Pulse Sensor	56	2	Flange Screw
16	1	Console	57	1	Right Crank Arm
17	1	Left Side Shield	58	2	M6 x 8mm Screw
18	1	Right Side Shield	59	1	Belt
19	1	Side Shield Cover	60	4	M6 Nut
20	1	Seat Upright Bushing	61	2	M8 Nylon Jam Nut
21	1	Crank Assembly	62	2	Flywheel Washer
22	1	Reed Switch Clamp	63	4	M10 Black Nylon Locknut
23	2	M4 x 5mm Screw	64	4	Motor Washer
24	1	Left Pedal	65	4	M10 x 112mm Carriage Bolt
25	1	Left Pedal Strap	66	10	M4 x 16mm Screw
26	1	Right Pedal	67	2	Levelling Foot
27	1	Right Pedal Strap	68	1	"U" Bracket
28	2	Adjustment Knob	69	5	M6 Nylon Locknut
29	2	M6 x 72mm Button Screw	70	4	M8 Split Washer
30	2	Wheel	71	2	M4 x 12mm Round Head Screw
31	1	Left Front Endcap	72	1	M6 Washer
32	1	Right Front Endcap	73	1	Snap Ring
33	1	M6 x 25.4mm Button Screw	74	1	Thrust Washer
34	1	Adjustment Motor	75	4	M6 x 18mm Bolt
35	1	Lower Wire Harness	#	1	Wire Tie
36	1	Upper Wire Harness	#	1	Splitter
37	1	Flywheel	#	1	Audio Cable
38	1	Magnet	#	1	Adaptor
39	1	Flywheel Axle	#	1	User's Manual
40	2	Flywheel Bearing	#	2	Hex Key
41	1	"C" Magnet			

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

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 give the following information:

- the MODEL NUMBER of the product (HREVEX24030)
- the NAME of the product (HealthRider® R 790X exercise cycle)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see page 22)

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