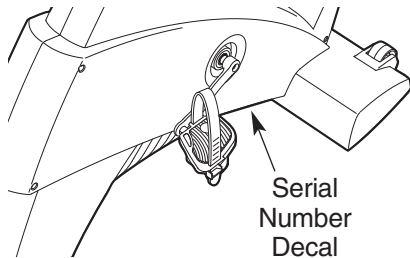


# R1000† HEALTHRIDER®

Model No. HREVEX3715.0

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



## USER'S MANUAL

### QUESTIONS?

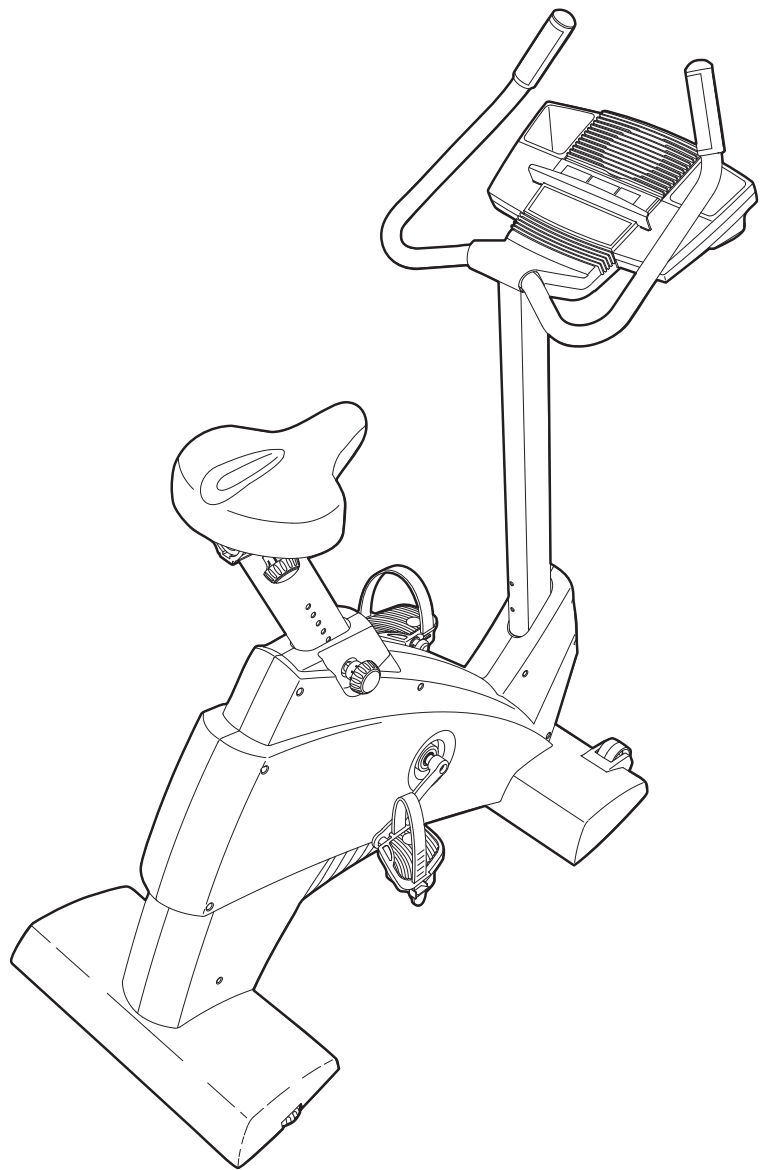
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

**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](mailto: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](http://www.iconeurope.com)



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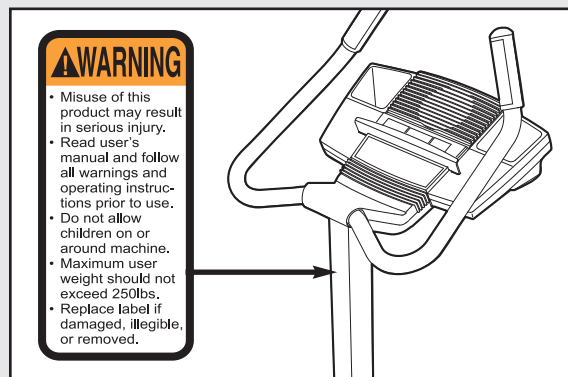
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# IMPORTANT PRECAUTIONS

**⚠ 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 and all warnings on the exercise cycle before using the exercise cycle. Use the exercise cycle only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Keep the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exercise cycle to mount, dismount, and use it.
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. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).
7. Wear suitable clothes when using the exercise cycle; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes.
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 pulse sensors are not medical devices. Various factors, including the user's movement, 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.
11. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.
12. A warning decal has been placed on the exercise cycle in the location shown below. If the decal is missing, or if it is not legible, 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.

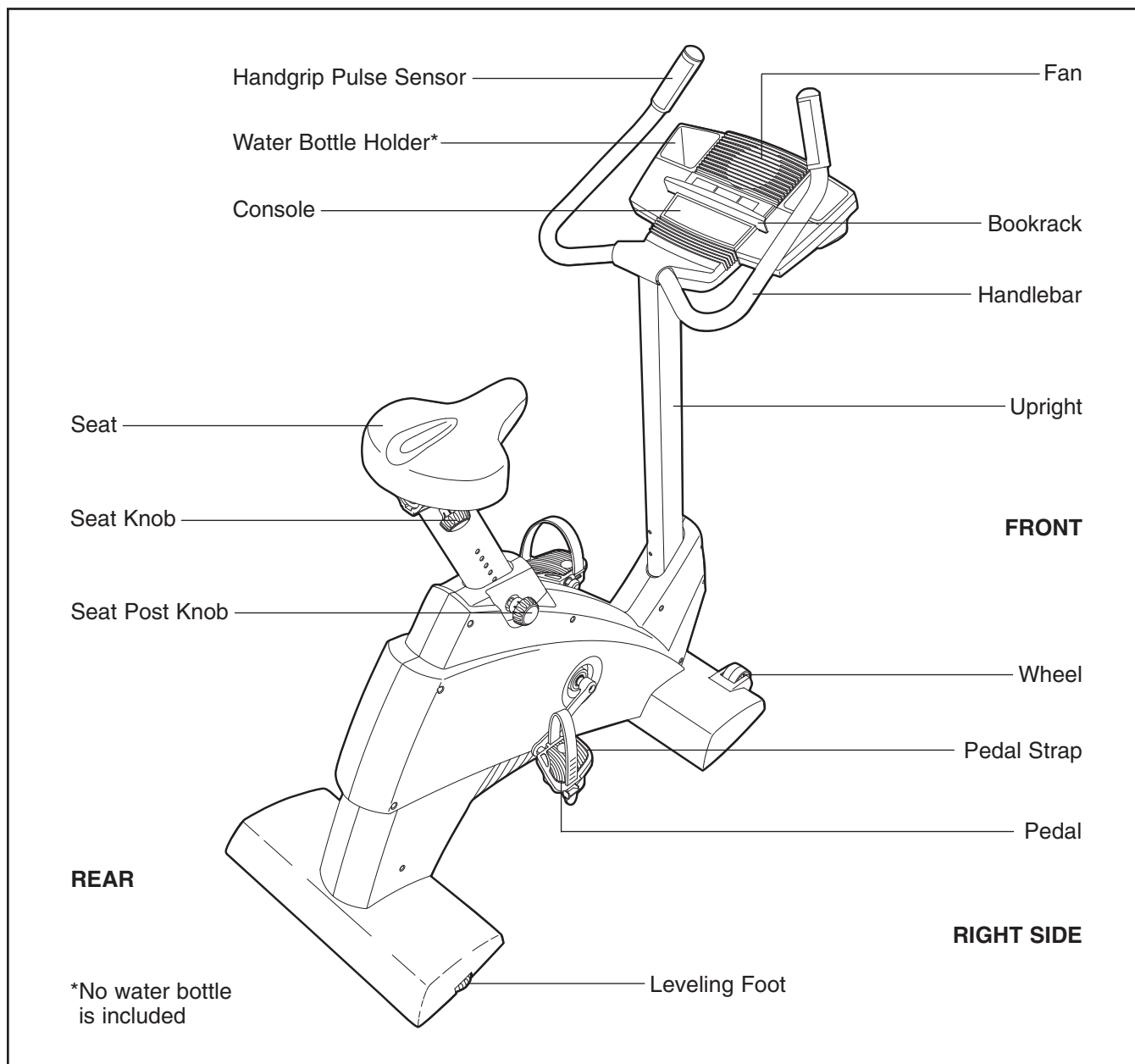
# BEFORE YOU BEGIN

Congratulations for selecting the new HEALTHRIDER® R1000t exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The HEALTHRIDER R1000t offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

after reading this manual, 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 HREVEX3715.0. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).


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

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

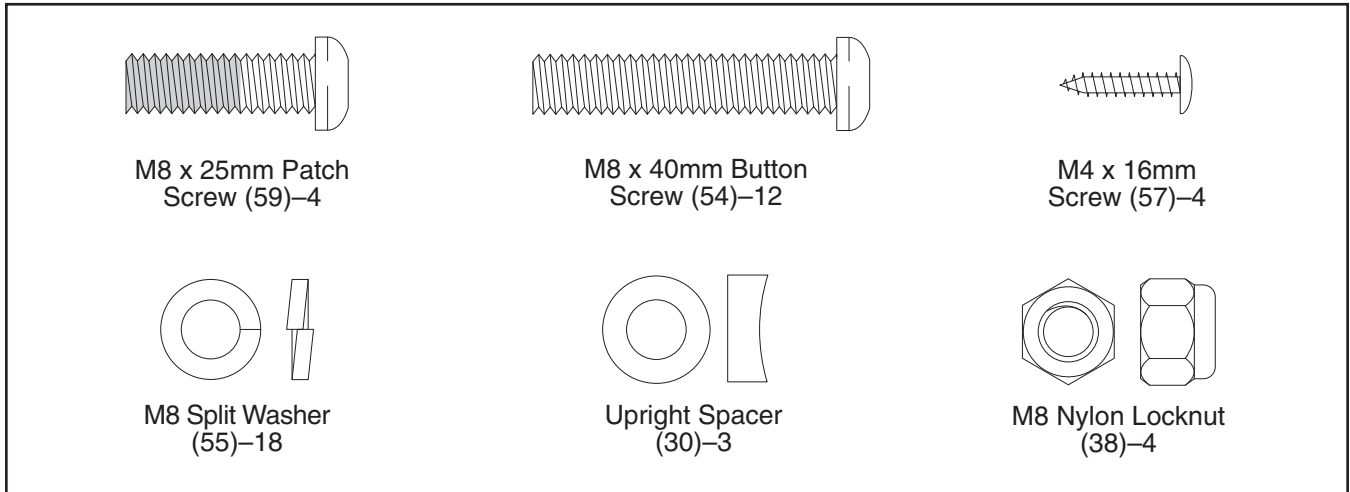


# ASSEMBLY

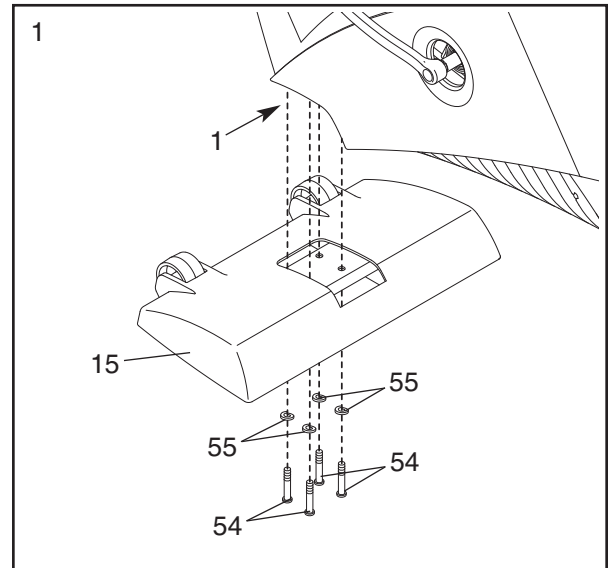
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable spanner**  .

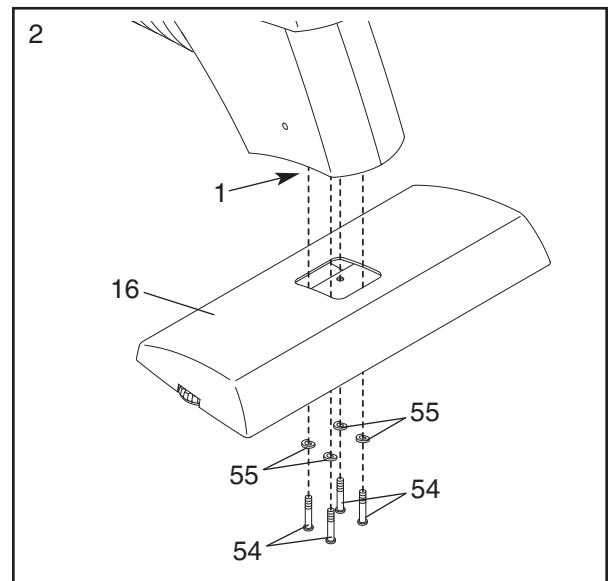
Use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 26. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preassembled.**



1. Identify the Front Stabiliser (15). Whilst another person lifts the front of the Frame (1), attach the Front Stabiliser to the Frame with four M8 x 40mm Button Screws (54) and four M8 Split Washers (55).

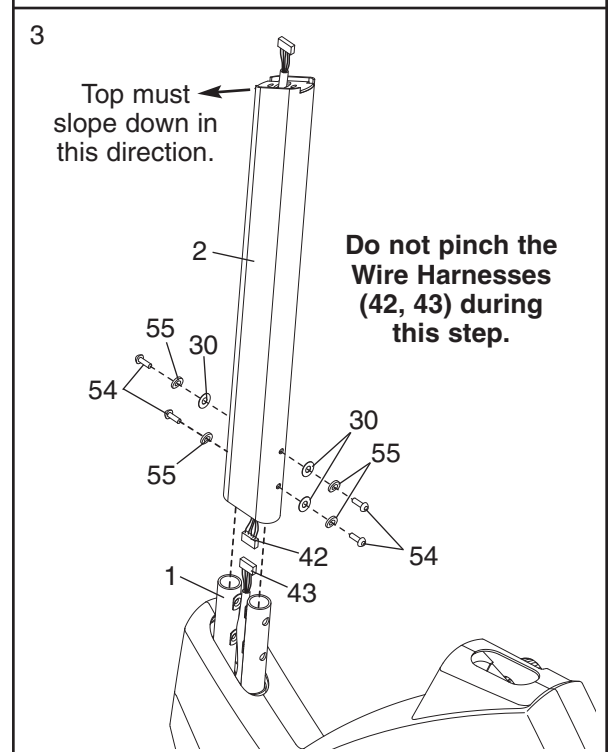


2. Whilst another person lifts the rear of the Frame (1), attach the Rear Stabiliser (16) to the Frame with four M8 x 40mm Button Screws (54) and four M8 Split Washers (55).

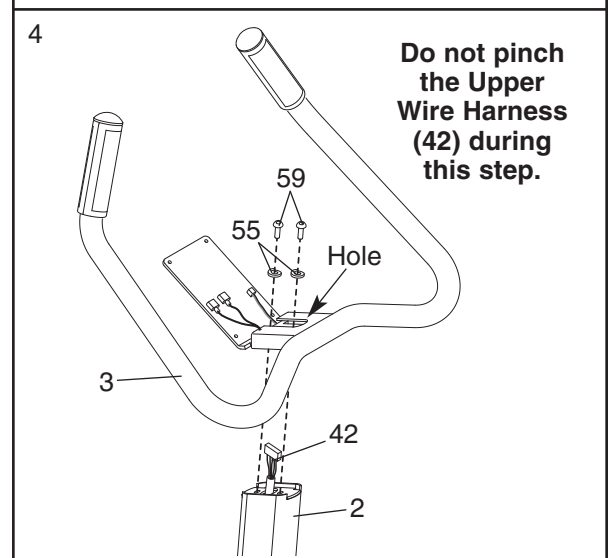


3. Whilst another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (42) to the Lower Wire Harness (43). **Carefully pull the upper end of the Upper Wire Harness to remove the slack from the Wire Harnesses.**

**Make sure that the Upright (2) is turned so the top slopes down in the direction shown.** Slide the Upright onto the Frame (1). **Be careful to avoid pinching the Wire Harnesses (42, 43).** Attach the Upright to the Frame with four M8 x 40mm Button Screws (54), four M8 Split Washers (55), and three Upright Spacers (30). **Make sure that the concave side of each Upright Spacer is facing the Upright.**



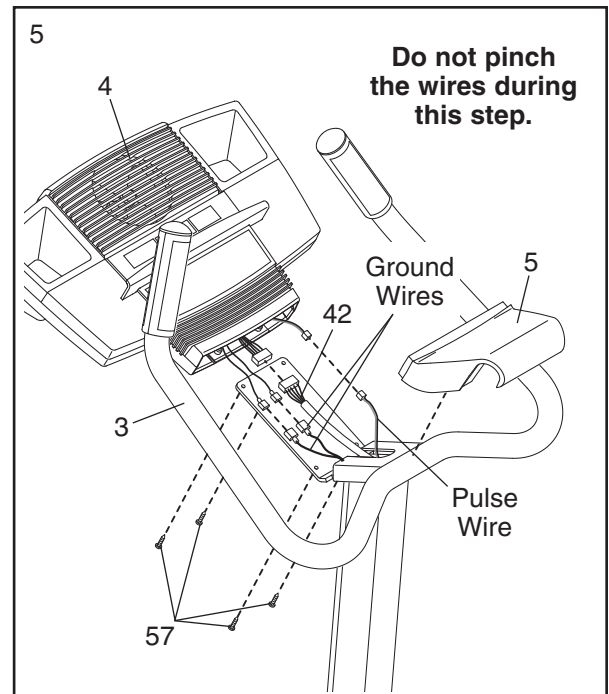
4. Hold the Handlebar (3) near the Upright (2). Feed the Upper Wire Harness (42) up through the indicated hole in the Handlebar. Attach the Handlebar to the Upright with two M8 x 25mm Patch Screws (59) and two M8 Split Washers (55). **Be careful to avoid pinching the Upper Wire Harness.**



5. Have another person hold the Console (4) near the Handlebar (3).

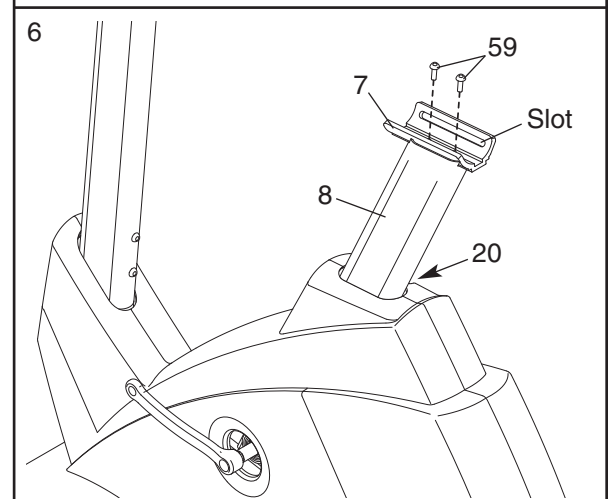
Connect the Upper Wire Harness (42) to the wire harness on the Console (4). Locate the two ground wires that are connected with a screw to the Handlebar (3). Connect the two ground wires to the two smallest wires on the Console. Next, locate the pulse wire extending from the Handlebar. Connect the pulse wire to the remaining wire on the Console. Then, snap the Handlebar Cover (5) onto the Handlebar.

Carefully insert all excess wiring into the Console (4). Attach the Console to the metal plate on the Handlebar (3) with four M4 x 16mm Screws (57). **Be careful to avoid pinching the wires.**



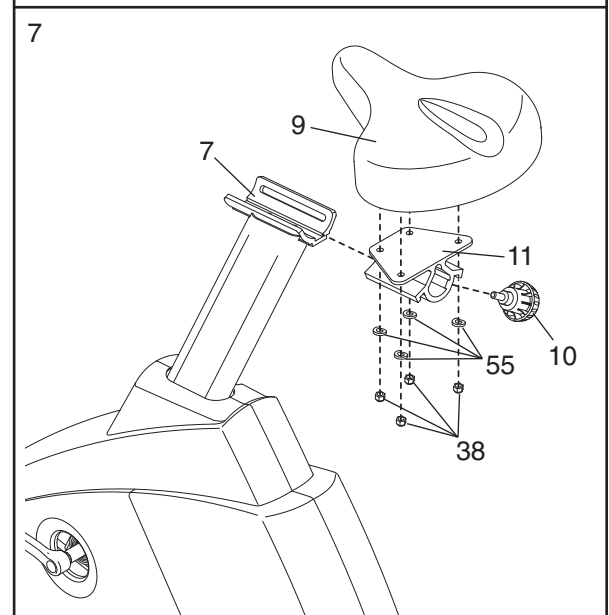
6. Turn the Seat Post Knob (20) counterclockwise two or three turns to loosen it. Next, pull the Knob, raise the Seat Post (8) a few inches, and then release the Knob. **Move the Seat Post up and down slightly until the pin on the Knob snaps into one of the holes in the Seat Post.** Then, turn the Knob clockwise until it is tight.

Attach the Seat Bracket (7) to the Seat Post (8) with two M8 x 25mm Patch Screws (59). **Make sure that the Seat Bracket is oriented so the slot is on the indicated side.**



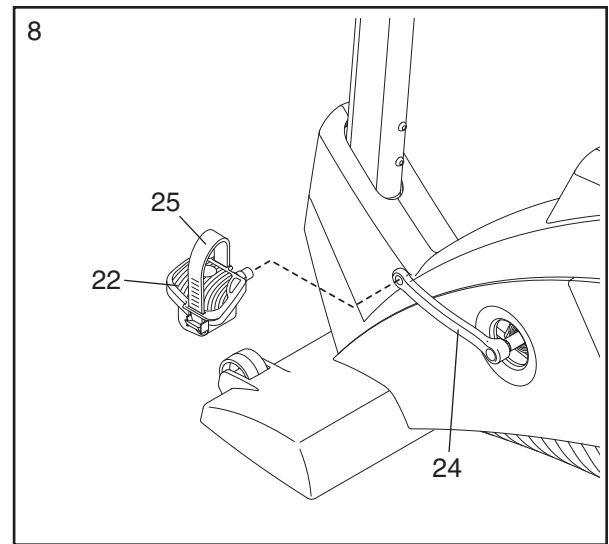
7. Attach the Seat (9) to the Seat Carriage (11) with four M8 Nylon Locknuts (38) and four M8 Split Washers (55). Note: The Nylon Locknuts and Split Washers may be preattached to the underside of the Seat.

Slide the Seat Carriage (11) into the Seat Bracket (7). Move the Seat to the desired position. Insert the Seat Knob (10) into the slot in the side of the Seat Bracket, and tighten the Seat Knob into the Seat Carriage.



8. Identify the Left Pedal (22), which is marked with an "L." Using an adjustable spanner, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (24). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm (not shown). **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.**

Identify the Left Pedal Strap (25), which is marked with an "L." Attach the Left Pedal Strap to the Left Pedal (22), and adjust it to the desired position. Adjust the Right Pedal Strap (not shown) in the same way.

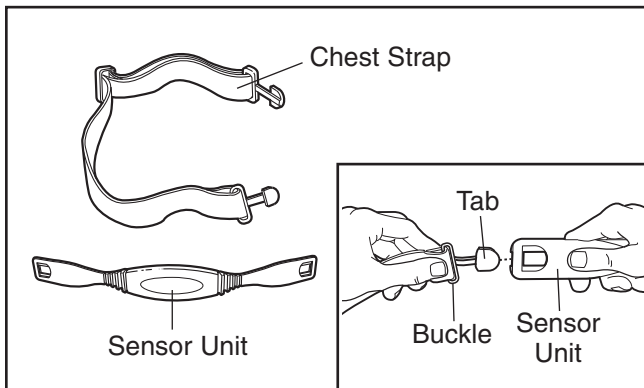


9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

# HOW TO USE THE CHEST PULSE SENSOR

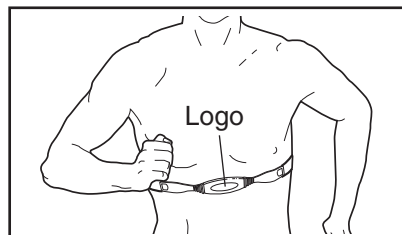
## HOW TO PUT ON THE CHEST PULSE SENSOR

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



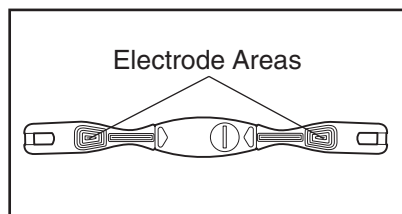
See the inset drawing above. Insert the tab on one end of the chest strap through the hole in one end of the sensor unit. Press the end of the sensor unit under the buckle on the chest strap.

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.

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.

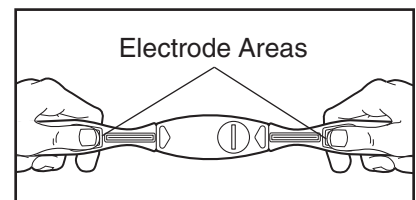


## CHEST PULSE SENSOR TROUBLESHOOTING

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

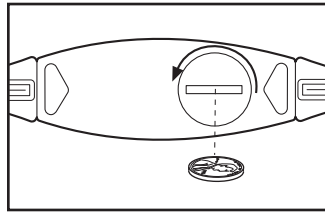
Hold the chest pulse sensor and place your thumbs over the electrode areas as shown. Next, hold the chest



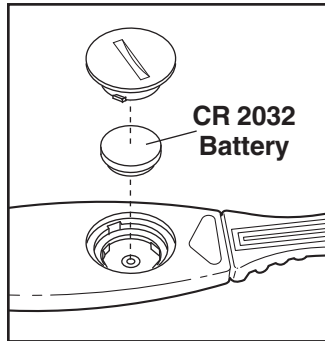
pulse sensor near the console. Whilst holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the heart rate reading on the console.

- 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.



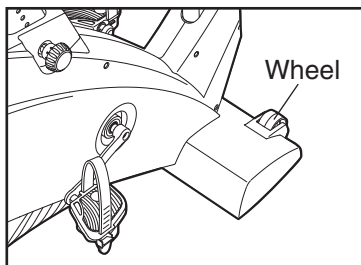
## CHEST PULSE SENSOR CARE

- 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.

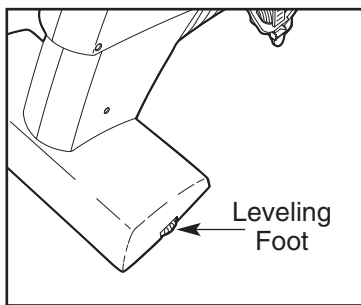
# HOW TO OPERATE THE EXERCISE CYCLE

## HOW TO MOVE AND LEVEL THE EXERCISE CYCLE

Stand in front of the exercise cycle, hold the handlebars firmly, and place your foot against one of the wheels. Tip the exercise cycle until it can be moved on the wheels. Carefully move the exercise cycle to the desired location and then lower it. **Due to the weight of the exercise cycle, use extreme caution whilst moving it.**

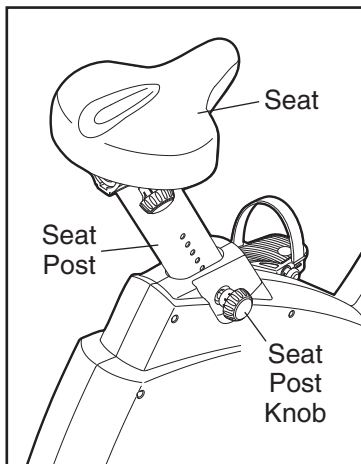


If the exercise cycle rocks slightly on your floor during use, turn the leveling feet under the rear stabiliser until the rocking motion is eliminated.



## HOW TO ADJUST THE SEAT POST

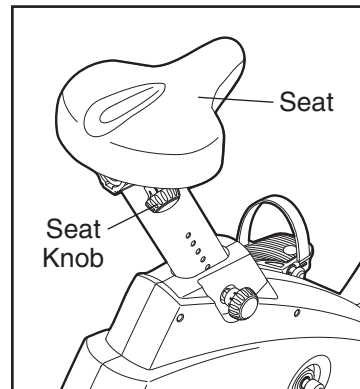
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat post knob counterclockwise two or three turns



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.

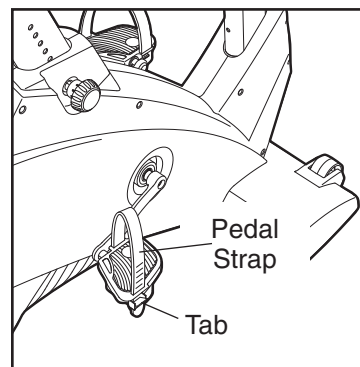
## HOW TO ADJUST THE SEAT

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 seat knob counterclockwise two or three turns to loosen it. Slide the seat forward or backward to the desired position, and then firmly tighten the seat knob.

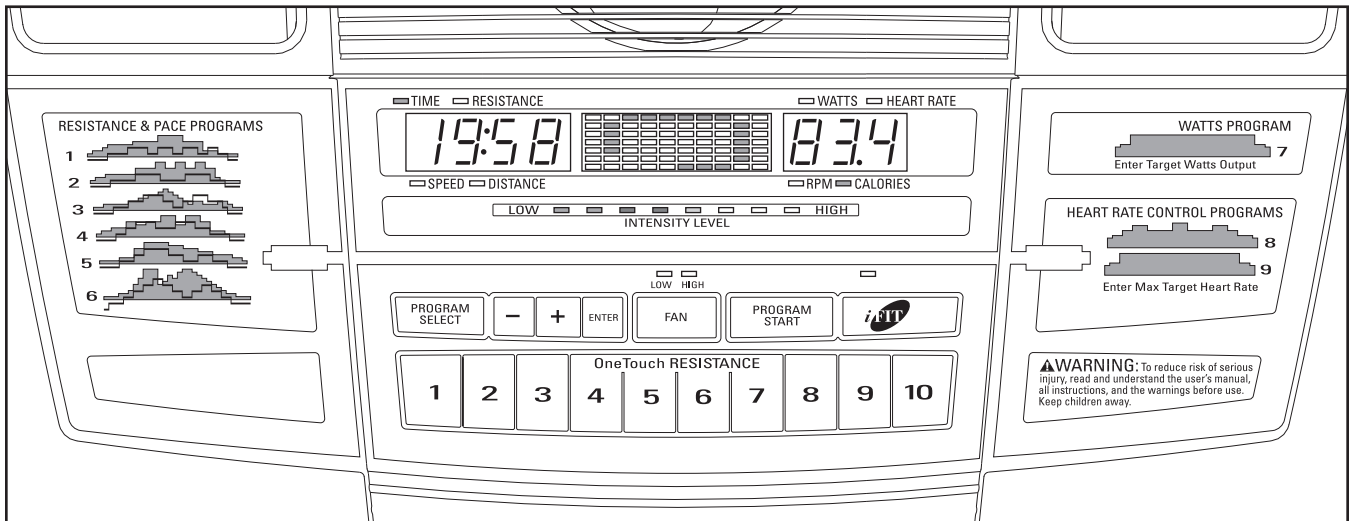


## HOW TO ADJUST THE PEDAL STRAPS

The pedal straps can be adjusted to the position that is the most comfortable for you. Press the tabs on the pedals, adjust the straps to the desired position, and then release the tabs.



## CONSOLE DRAWING



### FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make each workout more effective and enjoyable. 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 exercise, 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 and 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 a unique watts program that changes the pedaling resistance and prompts you to vary your pace to keep your power output near a target level. And, two heart rate programs automatically 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 interactive technology is like hav-

ing a personal trainer in your home. Using the included audio cable, you can connect the exercise cycle to your home stereo, portable stereo, computer, or VCR and play special iFIT.com CD and video programs (iFIT.com CDs and videocassettes are available separately). iFIT.com CD and video programs automatically control the resistance of the pedals and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. **To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

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

Note: If there is a sheet of clear plastic on the face of the console, peel off the plastic.

**To use the manual mode of the console, see page 13. To use a resistance and pace program, see page 15. To use the watts program, see page 16. To use a heart rate program, see page 17. To use an iFIT.com CD or video program, see page 22. To use a program from our Web site, see page 23.**

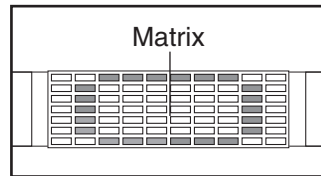
## HOW TO USE THE MANUAL MODE

### 1 Begin pedaling to activate the console.

The exercise cycle requires no batteries or external power source. Power is supplied by a generator as you pedal. To activate the console, begin pedaling at a speed of about 5 kilometers per hour (3 miles per hour) or faster. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

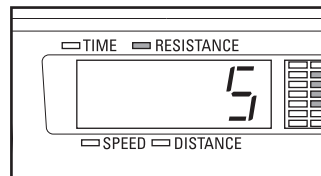
### 2 Select the manual mode.

When the power is turned on, the manual mode will be selected. If you have selected a program or the iFIT.com mode, reselect the manual mode by pressing the Program Select button repeatedly until a track appears in the matrix.



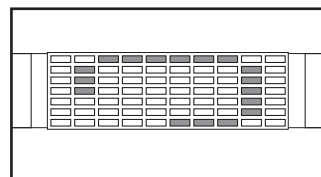
### 3 Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance buttons. There are ten resistance levels. Note: After the buttons are pressed, it will take a moment for the pedals to reach the selected resistance level.



### 4 Monitor your progress with the matrix, the Intensity Level bar, and the two displays.

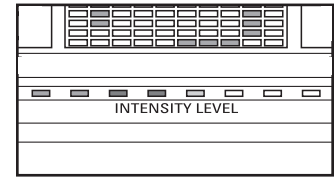
**The matrix**—When the manual mode or the iFIT.com mode is selected, the matrix will show a



track that represents 400 meters (1/4 mile). As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.

**The Intensity Level bar**—The Intensity Level bar will indicate the approximate intensity level of your exercise. Note:

During programs, the Intensity Level bar will also prompt you to increase or decrease your pace.

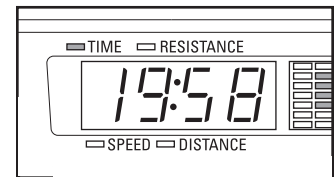


**The left display**—

The left display will show the elapsed time, the resistance level of the pedals, your pedaling speed, and the distance you have pedaled.

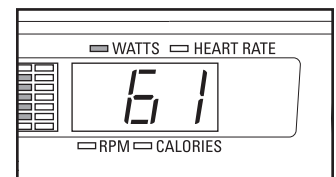
The display will change from one number to the next every few seconds, as shown by the indicators around the display.

Note: Each time the resistance of the pedals changes, the display will show the resistance level. When a program is selected, the display will show the time remaining in the program instead of the elapsed time.

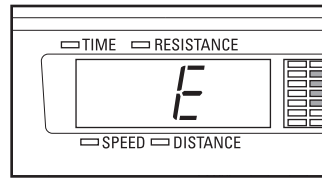


**The right display**—The right display will show your power output in watts, your pedaling pace in revolutions per minute

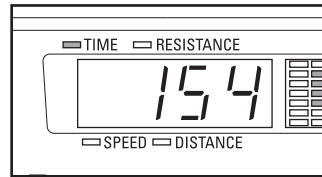
(RPM), and the approximate number of calories you have burned. The display will change from one number to the next every few seconds, as shown by the indicators around the display. The display will also show your heart rate when you use the handgrip pulse sensor or the chest pulse sensor.



Note: The console can display speed and distance in either kilometers or miles. To find which unit of measurement is selected, you must select the console's user mode. Hold down the Program Select button for about three seconds. The letter "M" for metric kilometers or the letter "E" for English miles will appear in the left display. To change the unit of measurement, press the + button.



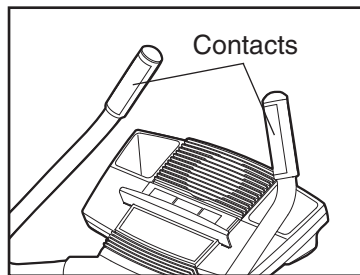
Whilst the user mode is selected, press the Program Start button. The left display will then show the total number of hours that the exercise cycle has been used. Press the Program Start button again. The left display will then show the total number of kilometers or miles pedaled. To exit the user mode, press the Program Select button again.



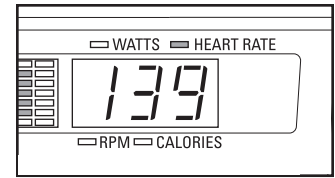
## 5 Measure your heart rate if desired.

To use the chest pulse sensor, see page 9. 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 handgrip pulse sensor, peel off the plastic. To measure your heart rate, hold the handgrip pulse sensor, with your palms resting on the upper contacts and your fingers touching the lower contacts. **Avoid moving your hands.**



When your pulse is detected, the Heart Rate indicator above the right display will light, one or two dashes (—) will appear in the display, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the contacts, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.



If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

## 6 Turn on the fan if desired.

To turn on the fan at low speed, press the Fan button. Pivot the fan to the desired angle. 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 pedals are not moved for about thirty seconds, the fan will automatically turn off.

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

If the pedals are not moved for several seconds, a tone will sound, the console will pause, and the left display will begin to flash.

If the pedals are not moved for about one minute, the console will turn off, but the displays will not be reset.

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

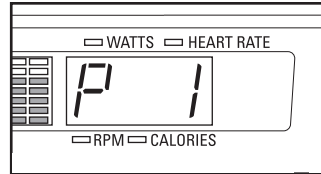
## HOW TO USE A RESISTANCE AND PACE PROGRAM

### 1 Begin pedaling to activate the console.

See step 1 on page 13.

### 2 Select one of the six resistance and pace programs.

To select a resistance and pace program, press the Program Select button repeatedly until "P 1," "P 2," "P 3," "P 4," "P 5," or "P 6" appears in the right display.

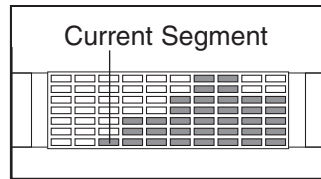


When a resistance and pace program is selected, the matrix will show the first seven target pace settings of the program. The left display will show how long the program will last.

### 3 Press the Program Start button or begin pedaling to start the program.

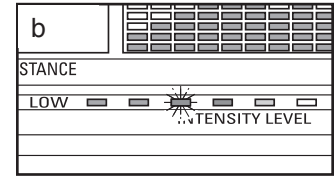
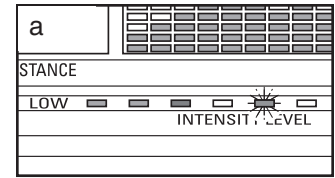
Each program is divided into several one-minute segments. One target pace setting and one resistance setting are programmed for each segment. Note: The same target pace setting and/or resistance setting may be programmed for two or more consecutive segments.

The target pace setting for the first segment will be shown in the flashing Current Segment column of the matrix. (The resistance settings are not shown in the matrix.) The target pace settings for the next seven segments will be shown in the columns to the right.



As you exercise, the Intensity Level bar will help you to keep your pedaling pace near the target pace setting for the current segment. The lit indi-

cators in the bar represent your actual pace. If an indicator to the right of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the left of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your pace matches the target pace setting. **Important: The Intensity Level bar is intended only to provide motivation. Make sure to exercise at a pace that is comfortable for you.**



When only three seconds remain in the first segment of the program, both the Current Segment column and the column to the right will flash, a series of tones will sound, and *all target pace settings will move one column to the left*. The target pace setting for the second segment will then be shown in the flashing Current Segment and the resistance of the pedals will automatically change to the resistance setting programmed for the second segment. Note: If all of the indicators in the Current Segment column are lit after the target pace settings have moved to the left, *the target pace settings will move downward so that only the highest indicators appear in the matrix*.

Note: During the program, you can override the resistance setting for the current segment, if desired, by pressing the Resistance buttons. However, when the next segment begins, the resistance will automatically change if a different resistance setting is programmed for the next segment.

If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling. The program will continue until the target pace setting for the last segment is shown in the Current Segment column of the matrix and no time remains in the program.

**4 Monitor your progress with the two displays.**

See step 4 on page 13.

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

See step 5 on page 14.

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

See step 6 on page 14.

**7 When the program is finished, the console will automatically turn off.**

See step 7 on page 14.

**HOW TO USE THE WATTS PROGRAM**

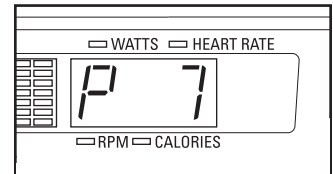
The watts program is designed to keep your power output near a target watts level that you set. Follow the steps below to use the watts program.

**1 Begin pedaling to activate the console.**

See step 1 on page 13.

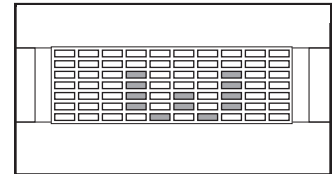
**2 Select the watts program.**

To select the watts program, press the Program Select button repeatedly until “P 7” appears in the right display.



**3 Enter a target watts level.**

When the watts program is selected, the letter “W” will appear in the matrix. The left display will show how long the program



will last. After about three seconds, the Watts indicator above the right display will light and a target watts setting of 50 will begin to flash in the display. Press the + or – button repeatedly to change the target watts setting, if desired; the target watts setting can be from 20 to 250. Then, press the Enter button.

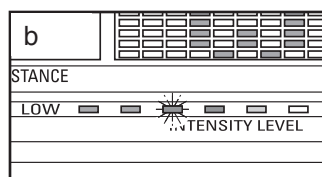
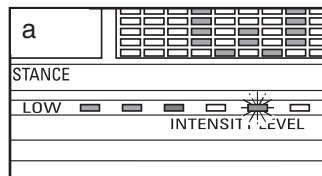
**4 Press the Program Start button or begin pedaling to start the program.**

The watts program consists of 40 one-minute segments. The same target watts setting is programmed for all segments.

During the program, the resistance of the pedals will periodically change to keep your power output near the target watts level that you set. Note: If the current resistance level is too high or too low, press the + or – button; pressing the + or – button will change the target watts setting.

As you exercise, the Intensity Level bar will help you to keep your power output near the target watts level. The lit indicators in the bar represent your actual pace.

If an indicator to the *right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flash-



ing, your power output is close to the target watts level. **Important: The Intensity Level bar is intended only to provide motivation. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

### 5 Monitor your progress with the two displays.

See step 4 on page 13.

### 6 Measure your heart rate if desired.

See step 5 on page 14.

### 7 Turn on the fan if desired.

See step 6 on page 14.

### 8 When the program is finished, the console will automatically turn off.

See step 7 on page 14.

## HOW TO USE A HEART RATE PROGRAM

Each heart rate program helps you to keep your heart rate near a certain percentage of your *age-predicted maximum heart rate* during your workout. (Your age-predicted maximum heart rate is determined by subtracting your age from 220. For example, if you are 30 years old, your age-predicted maximum heart rate is 190.) Heart rate program 8 is designed to keep your heart rate between 50% and 85% of your maximum heart rate whilst you exercise; heart rate program 9 is designed to keep your heart rate near a target heart rate setting that you choose.

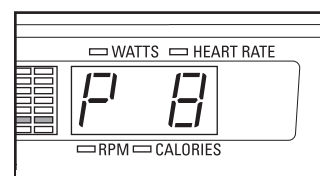
Follow the steps below to use a heart rate program.

### 1 Begin pedaling to activate the console.

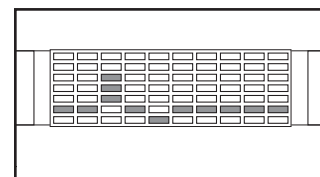
See step 1 on page 13.

### 2 Select one of the heart rate programs.

To select a heart rate program, press the Program Select button repeatedly until “P 8” or “P 9” appears in the right display.

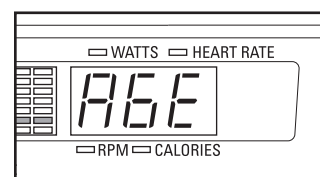


During heart rate programs, the matrix will show a graphic that represents your heart-beat. Each time a heartbeat is detected, an additional peak will appear.

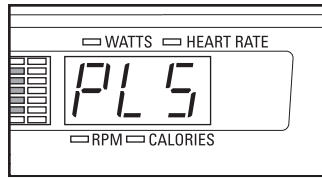


### 3 Enter your age or a target heart rate.

If you have selected heart rate program 8, the word “AGE” and the current age setting will flash in the right display. If you have already entered your age, press the Enter button and go to step 4. If you have not entered your age, press the + or – button repeatedly to enter your age, and then press the Enter button.



If you have selected heart rate program 9, the letters “PLS” and the current target heart rate setting will flash in



the right 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. Then, press the Enter button.

#### 4 Hold the handgrip pulse sensor.

To use a heart rate program, you must wear the chest pulse sensor or use the handgrip pulse sensor. If you use the handgrip pulse sensor, it is not necessary to hold the contacts continuously during the program; however, you should hold the contacts frequently for the program to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the contacts for at least 30 seconds.** Note: When you are not holding the contacts, the letters “PLS” will appear in the right display instead of your heart rate.

#### 5 Press the Program Start button or begin pedaling to start the program.

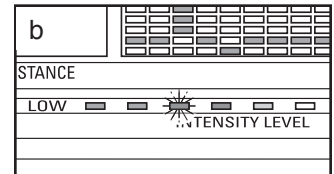
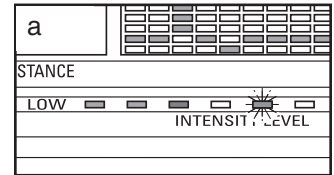
**Heart rate program 8** consists of 20 one-minute segments. One resistance setting and one target heart rate setting are programmed for each segment. (The same resistance setting and/or target heart rate setting may be programmed for two or more consecutive segments.) During the program, the resistance of the pedals will periodically change. **Heart rate program 9** is 40 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.

As you exercise, the Intensity Level bar will help you to keep your heart rate near the target heart rate setting for the current segment. The lit indi-

cators in the bar will show your actual pace. Whilst you wear the chest pulse sensor or hold the handgrip pulse sensor, the console will periodically compare your heart rate to the target heart rate setting; if

necessary, an indicator in the bar will then flash to prompt you to increase or decrease your pace to bring your heart rate closer to the target heart rate setting. If an indicator to the

*right* of the lit indicators is flashing (see drawing a), increase your pace. If an indicator to the *left* of any lit indicator is flashing (see drawing b), decrease your pace. When no indicator is flashing, your heart rate is near the target heart rate setting. **Important: The Intensity Level bar is intended only to provide motivation. Make sure to exercise at a pace that is comfortable for you.**



During the program, the display will show the time remaining in the program. If you stop pedaling for several seconds, a tone will sound and the program will pause. To restart the program, simply resume pedaling.

#### 6 Monitor your progress with the two displays.

See step 4 on page 13.

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

See step 6 on page 14.

#### 8 When the program is finished, the console will automatically turn off.

See step 7 on page 14.

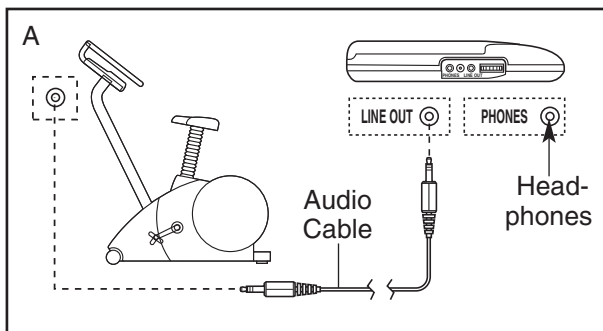
## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

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 19 and 20 for connecting instructions. To use **iFIT.com video-cassettes**, the exercise cycle must be connected to your VCR. See page 21 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 20 for connecting instructions.

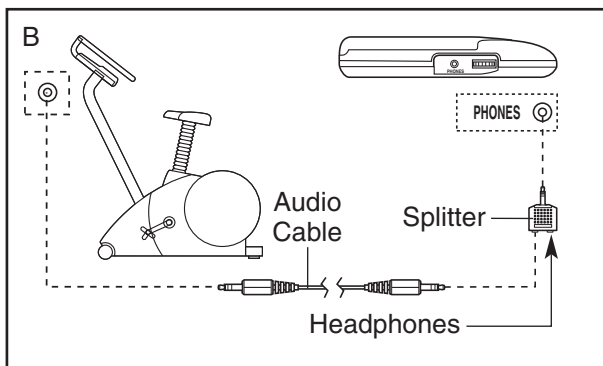
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**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.



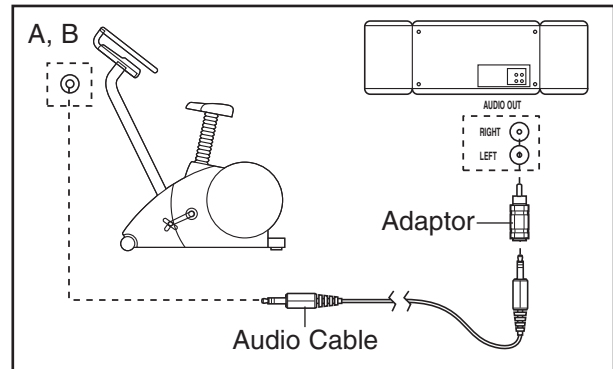
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the **PHONES** jack on your CD player. Plug your headphones into the other side of the splitter.



## HOW TO CONNECT YOUR PORTABLE STEREO

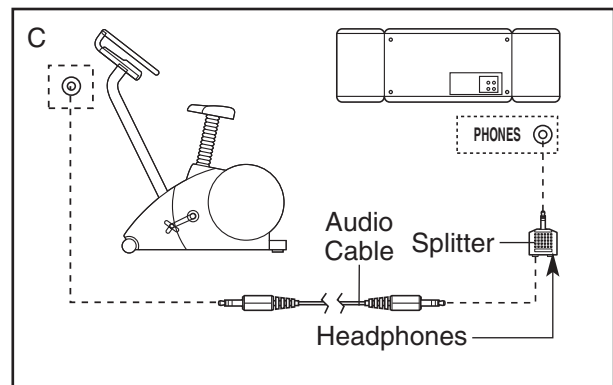
**Note:** If your stereo has an **RCA-type AUDIO OUT** jack, see instruction A below. If your stereo has a **3.5mm LINE OUT** jack, see instruction B. If your stereo has only a **PHONES** jack, see instruction C.

- 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.

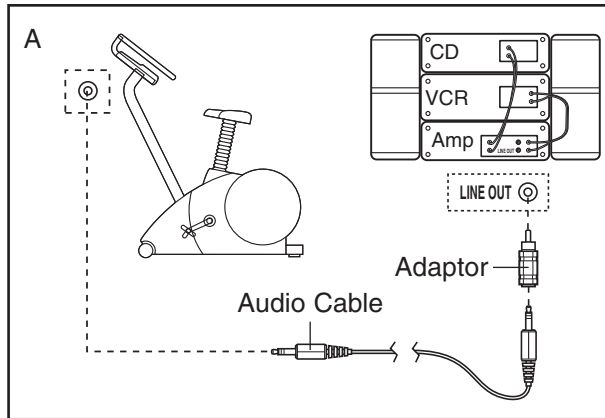
- C. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the **PHONES** jack on your stereo. Plug your headphones into the other side of the splitter.



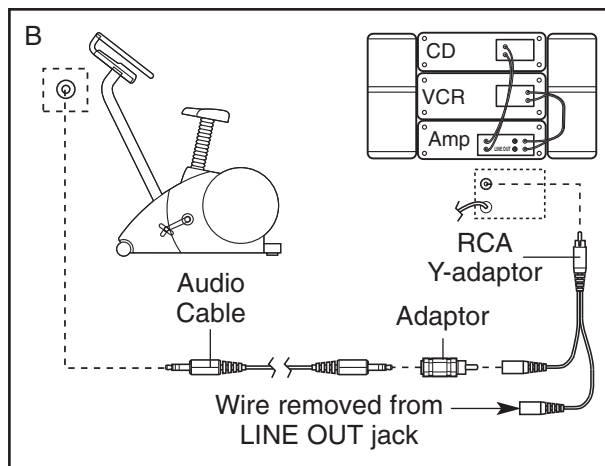
## HOW TO CONNECT YOUR HOME STEREO

**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.



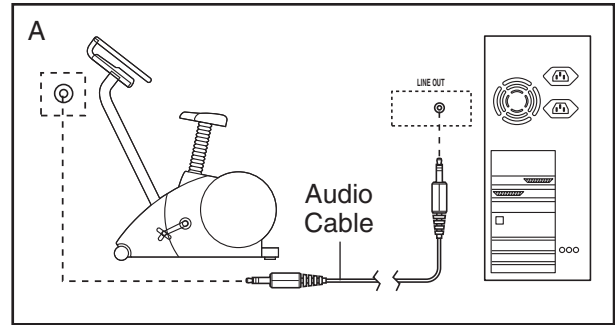
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the adaptor. Plug the adaptor into an **RCA Y-adaptor** (available at electronics stores). Next, remove the wire that is currently plugged into the **LINE OUT** jack on your stereo and plug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



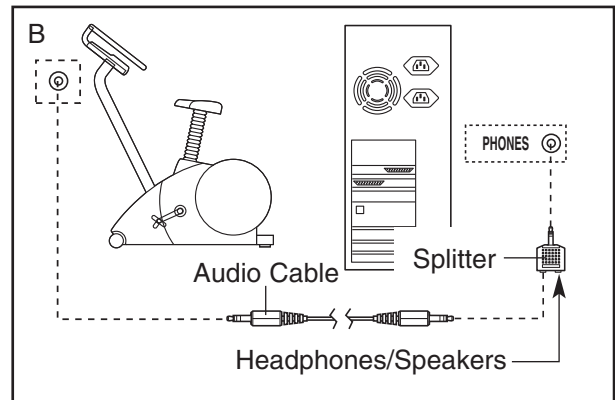
## HOW TO CONNECT YOUR COMPUTER

**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.



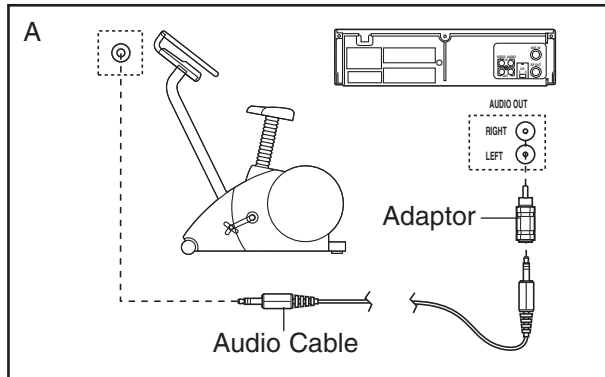
- B. Plug one end of the audio cable into the jack beneath the console. Plug the other end of the audio cable into the splitter. Plug the splitter into the **PHONES** jack on your computer. Plug your headphones or speakers into the other side of the splitter.



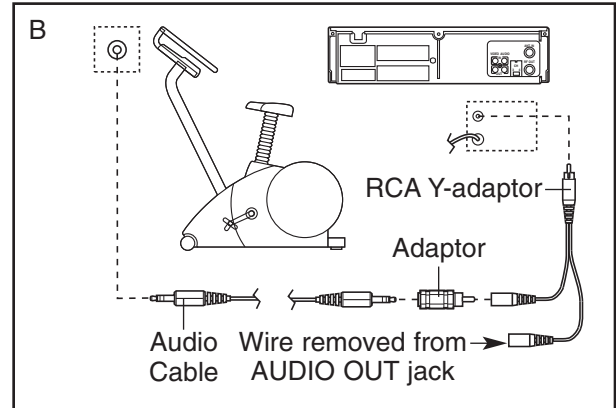
## HOW TO CONNECT YOUR VCR

**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 20.**

- 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 pages 19 to 21. **To purchase iFIT.com CDs or videocassettes, call the telephone number on the front cover of this manual.**

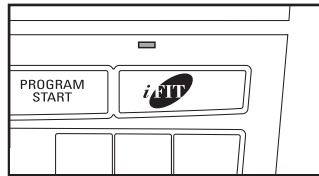
Follow the steps below to use an iFIT.com CD or video program.

### 1 Begin pedaling to activate the console.

See step 1 on page 13.

### 2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. The indicator above the button will light.



### 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 resistance and pace program (see step 3 on page 15). However, an electronic "chirping" sound will alert you when the resistance setting and/or the target pace setting is about to change.

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

- **Make sure that the indicator above the iFIT 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 Monitor your progress with the matrix and the two displays.

See step 4 on page 13.

### 6 Measure your heart rate if desired.

See step 5 on page 14.

### 7 Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://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 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.

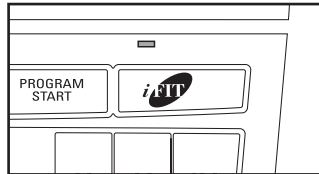
Follow the steps below to use a program from our Web site.

### **1** Begin pedaling to activate the console.

See step 1 on page 13.

### **2** Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. The indicator above the button will light.



### **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](http://www.iFIT.com).

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

Read and follow the on-line instructions for using 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 pedaling.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a resistance and pace program (see step 3 on page 15). However, an electronic “chirping” sound will alert you when the resistance setting and/or the target pace setting is about to change.

### **8** Monitor your progress with the matrix and the two displays.

See step 4 on page 13.

### **9** Measure your heart rate if desired.

See step 5 on page 14.

### **10** Turn on the fan if desired.

See step 6 on page 14.

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

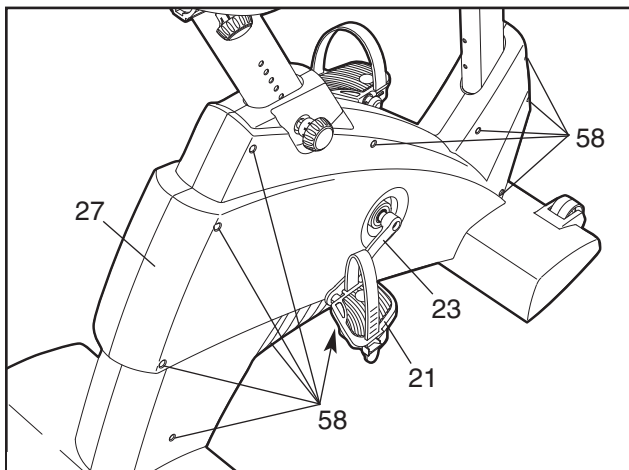
See step 7 on page 14.

# MAINTENANCE AND TROUBLESHOOTING

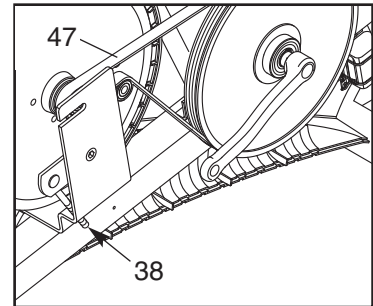
Inspect and properly tighten all parts of the exercise cycle regularly. To clean the exercise cycle, use a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip whilst you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted. To adjust the drive belt, you must first remove the Right Side Shield (27). Using an adjustable spanner, turn the Right Pedal (21) counterclockwise and remove it. Next, remove the indicated M4 x 25mm Screws (58). Turn the Right Crank Arm (23) so it is pointing toward the front of the exercise cycle, and then slide off the Right Side Shield.



Next, turn the indicated M8 Nylon Locknut (38) until the Drive Belt (47) is properly tightened. Then, reattach the right side shield.



## PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, see CHEST PULSE SENSOR TROUBLESHOOTING on page 9.

If the handgrip pulse sensor does not function properly, see step 5 on page 14.

# EXERCISE GUIDELINES

## WARNING:




Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals 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 an exercise aid 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 at 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 lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; and the highest number is the 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 or 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.

### 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. The key to success is make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. HREVEX3715.0

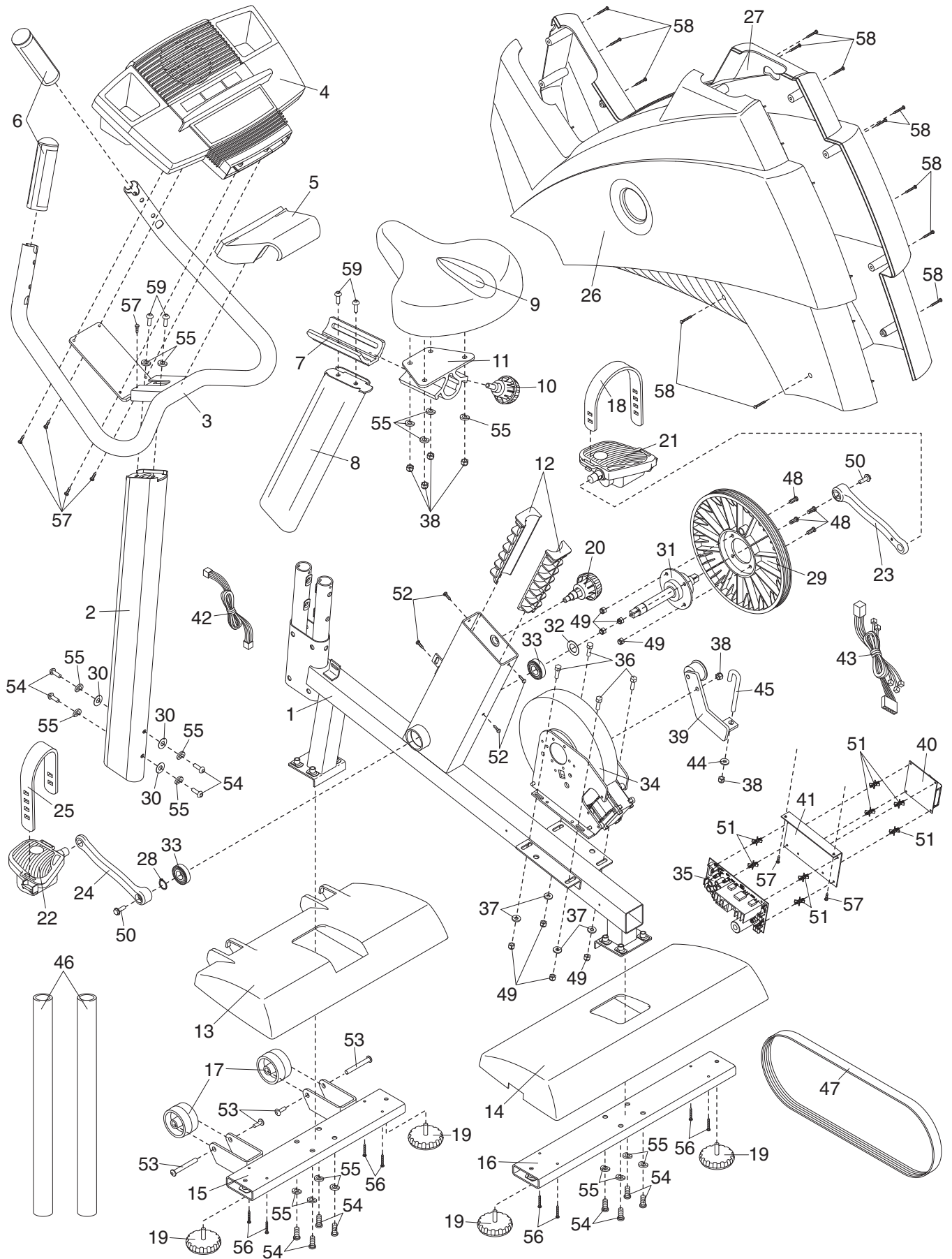
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	32	1	Thrust Washer
2	1	Upright	33	2	Crank Bearing
3	1	Handlebar	34	1	Flywheel/Generator
4	1	Console	35	1	Primary Board
5	1	Handlebar Cover	36	4	M6 x 16mm Button Bolt
6	2	Pulse Sensor	37	4	M6 Washer
7	1	Seat Bracket	38	6	M8 Nylon Locknut
8	1	Seat Post	39	1	Idler Arm
9	1	Seat	40	1	Control Board
10	1	Seat Knob	41	1	Control Bracket
11	1	Seat Carriage	42	1	Upper Wire Harness
12	2	Seat Bushing	43	1	Lower Wire Harness
13	1	Front Stabiliser Cover	44	1	Idler Washer
14	1	Rear Stabiliser Cover	45	1	Idler Bolt
15	1	Front Stabiliser	46	2	Handgrip
16	1	Rear Stabiliser	47	1	Drive Belt
17	2	Wheel	48	4	M6 x 18mm Bolt
18	1	Right Pedal Strap	49	8	M6 Nylon Locknut
19	4	Leveling Foot	50	2	Flange Screw
20	1	Seat Post Knob	51	8	Stand-off
21	1	Right Pedal	52	4	M5 x 12mm Screw
22	1	Left Pedal	53	2	Bolt Set
23	1	Right Crank Arm	54	12	M8 x 40mm Button Screw
24	1	Left Crank Arm	55	18	M8 Split Washer
25	1	Left Pedal Strap	56	8	M4 x 38mm Screw
26	1	Left Side Shield	57	7	M4 x 16mm Screw
27	1	Right Side Shield	58	13	M4 x 25mm Screw
28	1	Snap Ring	59	4	M8 x 25mm Patch Screw
29	1	Pulley	#	1	Hex Key
30	3	Upright Spacer	#	1	User's Manual
31	1	Crank Assembly			

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.

# EXPLODED DRAWING—Model No. HREVEX3715.0

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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 give the following information:

- the MODEL NUMBER of the product (HREVEX3715.0)
- the NAME of the product (HEALTHRIDER R1000t 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 pages 26 and 27)