

HEALTHRIDER®

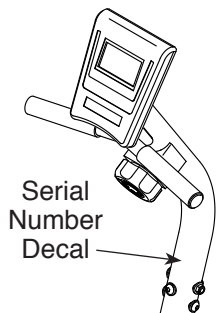
H22x

healthrider.com

Model No. HREX17918C.0

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to iconservice.ca.

CUSTOMER SERVICE

Call toll-free 1-888-936-4266
Mon.–Fri. 7:30 a.m.–4:30 p.m. ET
(excluding holidays)

or email us at
customerservice@iconcanada.ca

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

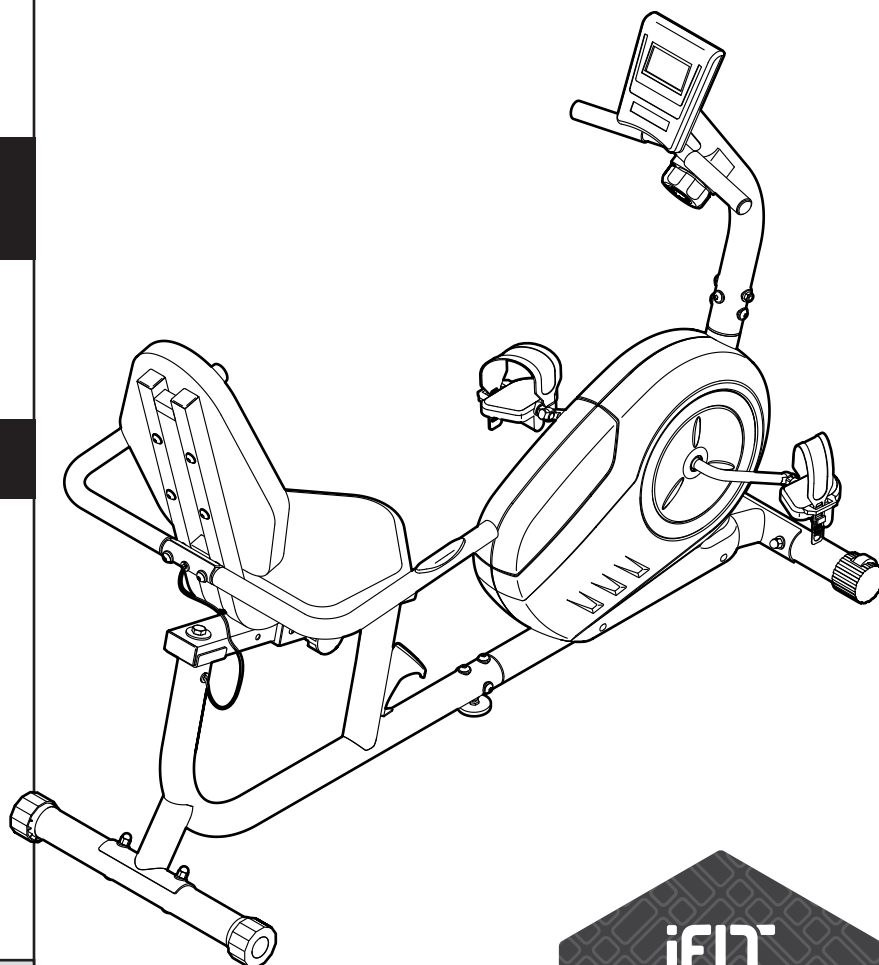
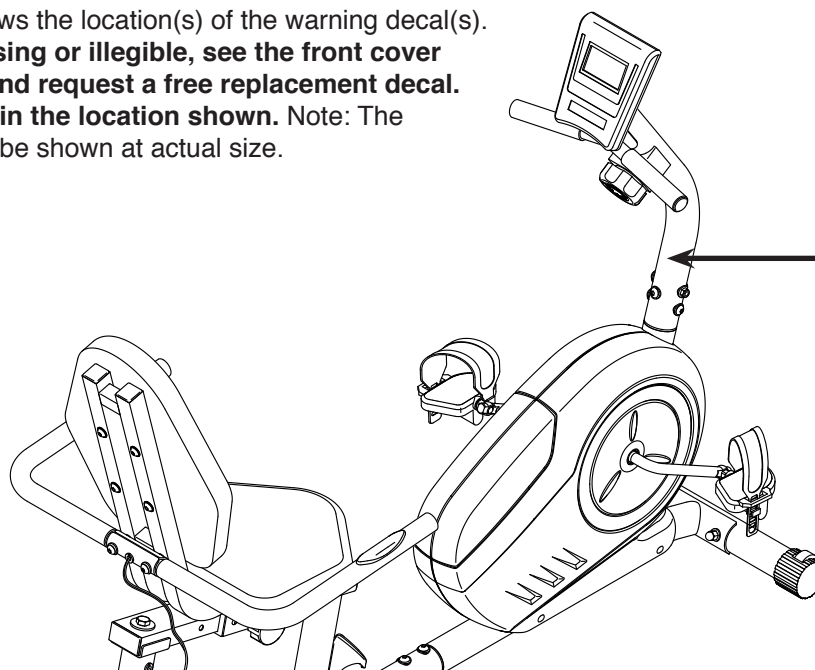


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	5
PART IDENTIFICATION CHART	6
ASSEMBLY	7
HOW TO USE THE EXERCISE BIKE	14
HOW TO USE THE CONSOLE	16
MAINTENANCE AND TROUBLESHOOTING	18
EXERCISE GUIDELINES	20
PART LIST	21
EXPLODED DRAWING	22
ORDERING REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s).
If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal.
Apply the decal in the location shown. Note: The decal(s) may not be shown at actual size.



⚠ WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 lbs / 113 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
7. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 13 and pets away from the exercise bike at all times.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
16. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.
17. This Class B digital apparatus complies with Canadian ICES-003.
18. Dispose of batteries in accordance with all local codes and ordinances.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment represents a significant investment in your health. Protect your investment now from unexpected mechanical or electrical failures for up to five years.

PLAN FEATURES

- Protection for one to five years
- Over 100 authorized repair centers
- Highly trained repair technicians
- A national toll-free repair hotline
- Simple repair claim procedure
- No claim forms
- Easy enrollment
- Fast, efficient repair anywhere in Canada
- In-home repairs covered
- Parts and labour covered
- Mechanical and electrical failures covered

To protect your fitness equipment today, please
call Customer Care at **1-888-936-4266**
Or, email us at customerservice@iconcanada.ca

 **ICON**TM
du/of Canada Inc.

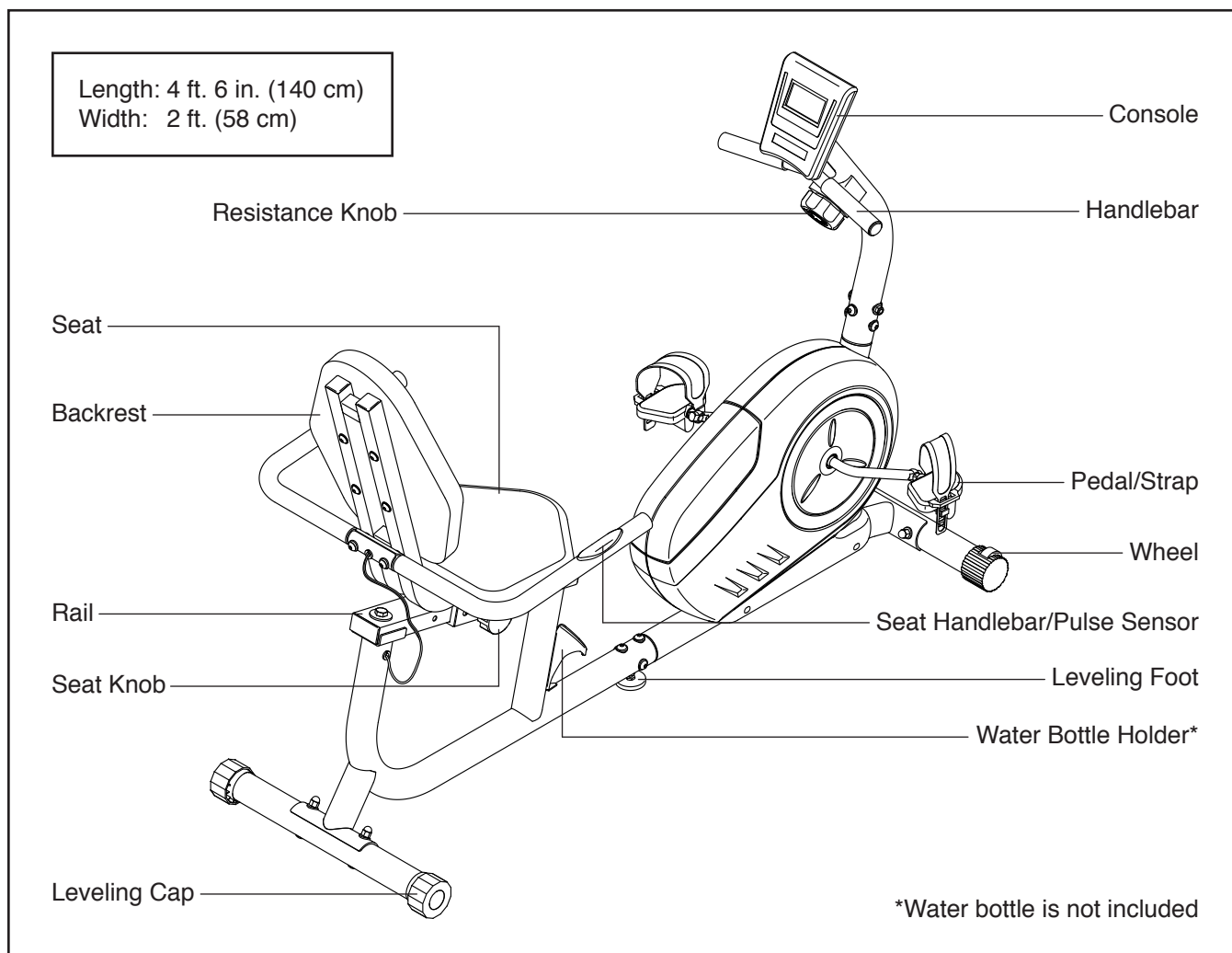
BEFORE YOU BEGIN

Thank you for selecting the new HEALTHRIDER® H22X exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The H22X exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

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

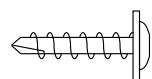
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



PART IDENTIFICATION CHART

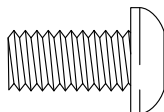
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see whether it has been preassembled. Extra parts may be included.**



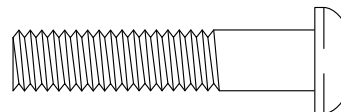
M4 x 16mm
Flange Screw
(88)–2



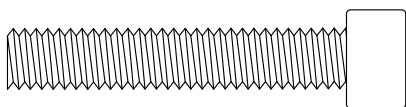
M5 x 12mm
Screw (58)–2



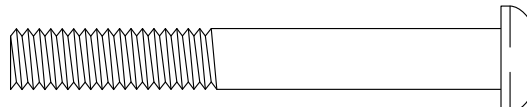
M8 x 16mm
Screw (40)–10



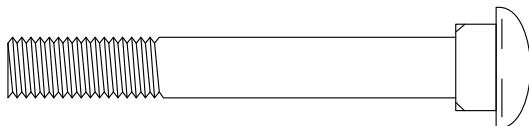
M8 x 40mm Screw
(87)–6



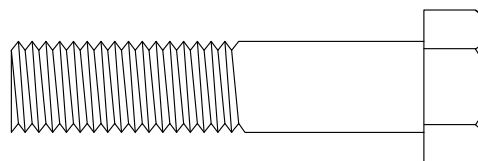
M8 x 45mm Screw
(49)–2



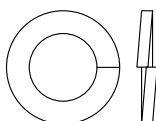
M8 x 65mm Bolt
(41)–2



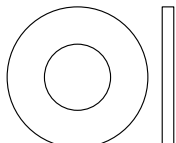
M8 x 65mm
Carriage Bolt (54)–4



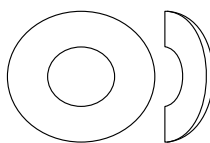
M12 x 55mm Screw (51)–2



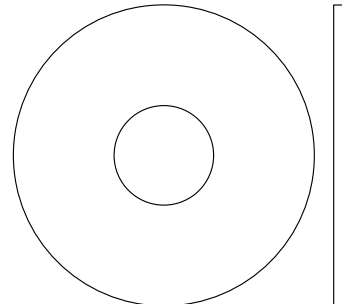
M8 Split
Washer (83)–11



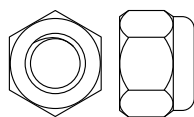
M8 Washer
(59)–7



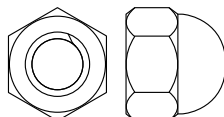
M8 Curved
Washer (42)–19



M12 Washer (56)–2



M8 Locknut
(60)–2

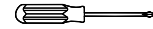


M8 Acorn Nut
(55)–4

ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- To identify small parts, see page 6.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one adjustable wrench



one pair of pliers



one rubber mallet



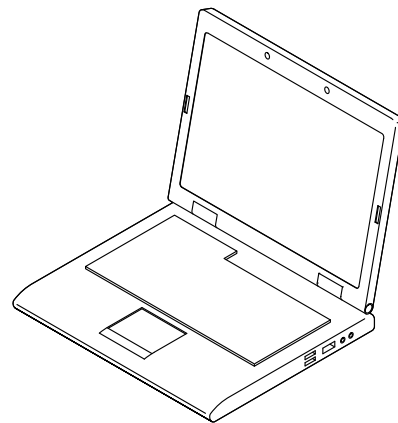
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to iconservice.ca/CustomerService/registration and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

Note: If you do not have internet access, call Customer Service (see the front cover of this manual) and register your product.

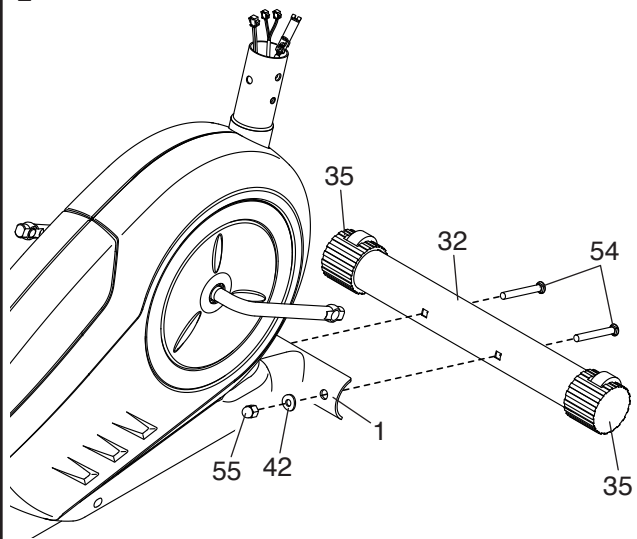
1



2. Identify the Front Stabilizer (32), which has Transport Wheels (35).

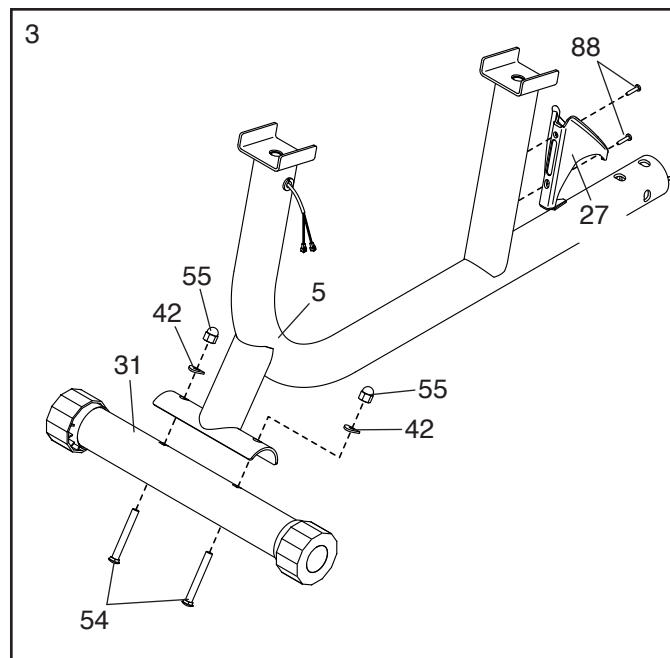
Attach the Front Stabilizer (32) to the Front Frame (1) with two M8 x 65mm Carriage Bolts (54), two M8 Curved Washers (42), and two M8 Acorn Nuts (55) (only one Curved Washer and one Acorn Nut are shown); **insert both Carriage Bolts, and then tighten the Acorn Nuts.**

2



3. Attach the Rear Stabilizer (31) to the Rear Frame (5) with two M8 x 65mm Carriage Bolts (54), two M8 Curved Washers (42), and two M8 Acorn Nuts (55); **insert both Carriage Bolts, and then tighten the Acorn Nuts.**

Then, attach the Water Bottle Holder (27) to the Rear Frame (5) with two M4 x 16mm Flange Screws (88).

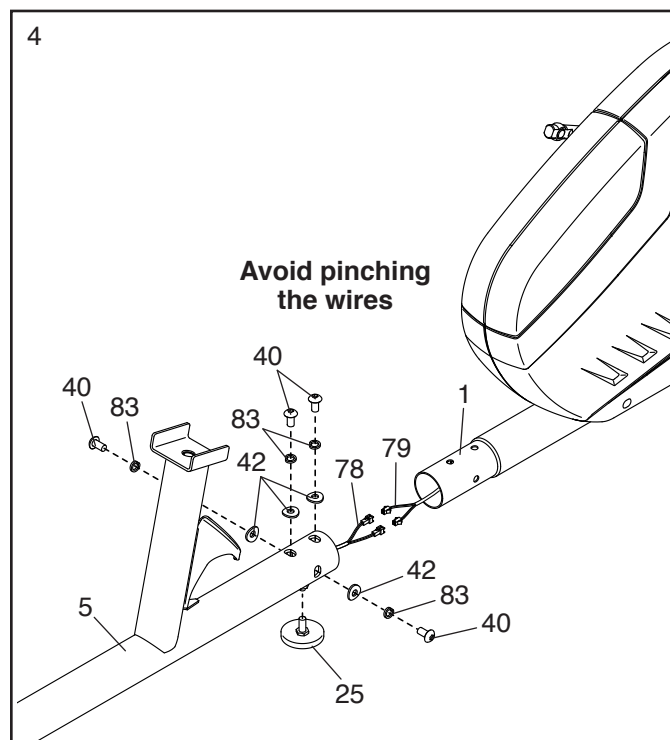


4. Tighten the Leveling Foot (25) into the Rear Frame (5).

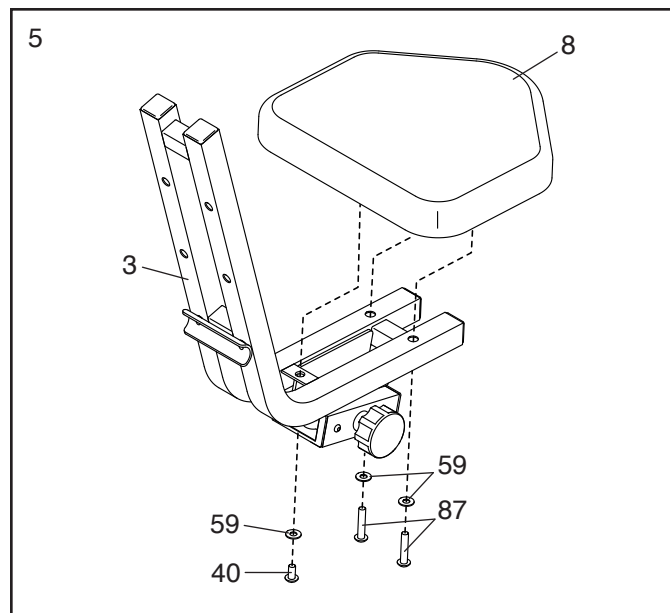
Next, set the Rear Frame (5) near the Front Frame (1) as shown.

Tip: Connect the wire connectors that have matching tags. Connect the Rear Pulse Wire (78) connectors to the matching Front Pulse Wire (79) connectors.

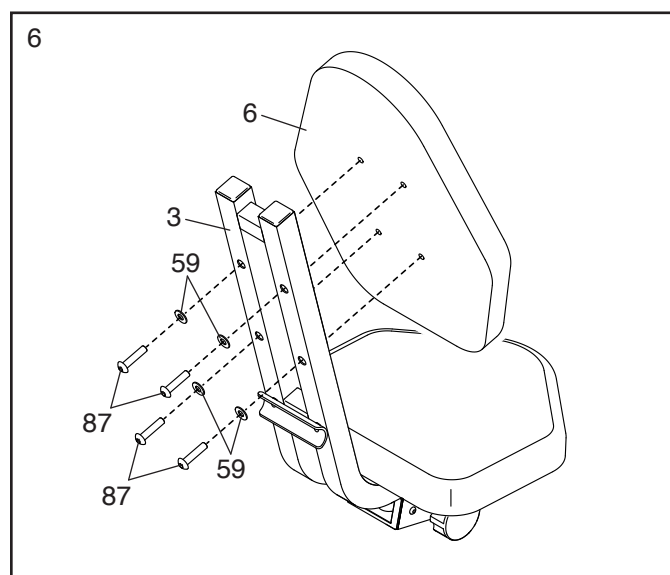
Tip: Avoid pinching the wires. Slide the Rear Frame (5) onto the Front Frame (1). Attach the Rear Frame with four M8 x 16mm Screws (40), four M8 Split Washers (83), and four M8 Curved Washers (42); **start all the Screws, and then tighten them.**



5. Attach the Seat (8) to the Seat Frame (3) with two M8 x 40mm Screws (87), an M8 x 16mm Screw (40), and three M8 Washers (59); **start all the Screws, and then tighten them.**

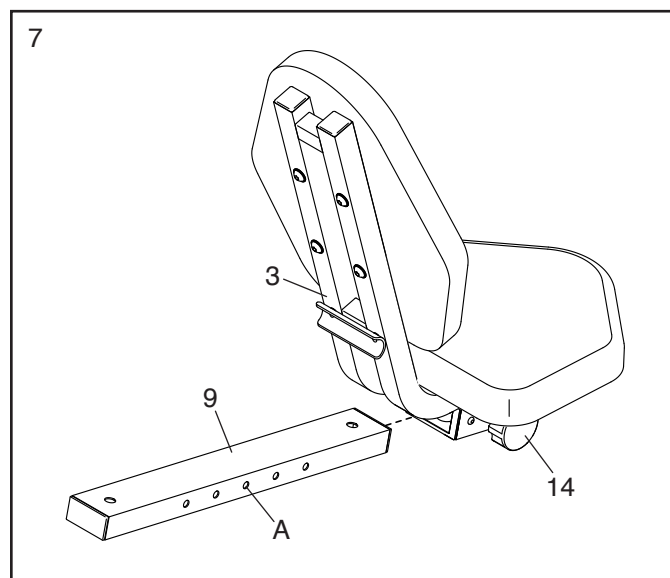


6. Attach the Backrest (6) to the Seat Frame (3) four M8 x 40mm Screws (87) and four M8 Washers (59); **start all the Screws, and then tighten them.**

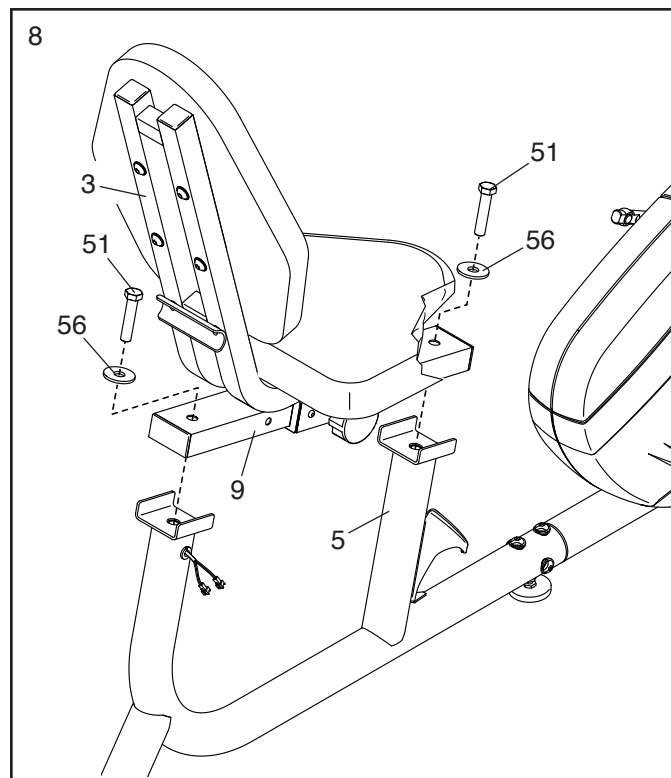


7. Orient the Seat Frame (3) and the Rail (9) so that the Seat Knob (14) and the adjustment holes (A) are on the same side.

Loosen the Seat Knob (14), pull it outward, and slide the Seat Frame (3) onto the middle of the Rail (9). Next, release the Seat Knob, and move the Seat Frame forward or backward until the Seat Knob snaps into one of the adjustment holes (A) in the Rail. Then, tighten the Seat Knob.



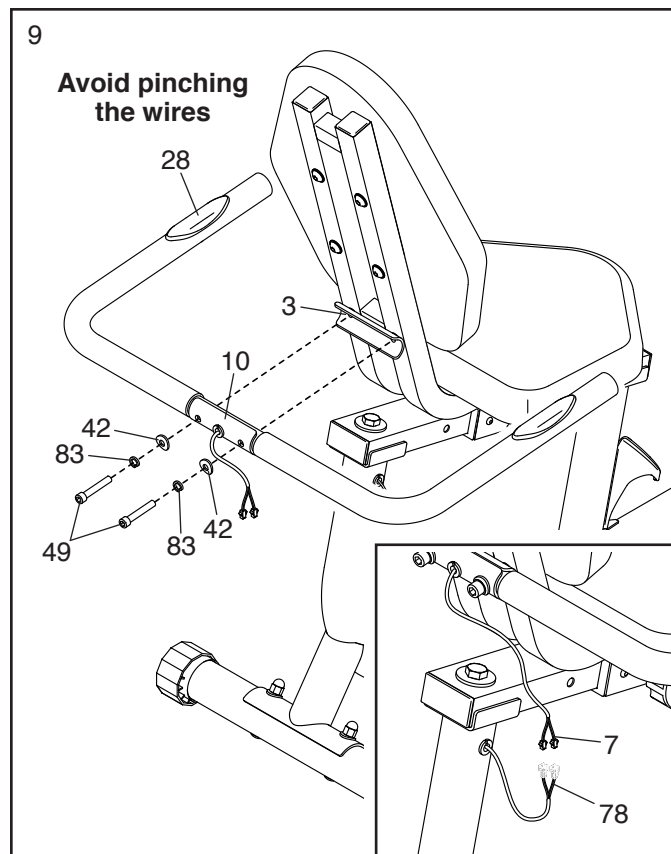
8. Set the Rail (9) and the attached Seat Frame (3) on the Rear Frame (5). Attach the Rail with two M12 x 55mm Screws (51) and two M12 Washers (56); **start both Screws, and then tighten them.**



9. Orient the Seat Handlebar (10) so that the Pulse Sensors (28) are facing upward.

Tip: Avoid pinching the wires. Attach the Seat Handlebar (10) to the Seat Frame (3) with two M8 x 45mm Screws (49), two M8 Split Washers (83), and two M8 Curved Washers (42); **start both Screws, and then tighten them.**

See the inset drawing. Tip: Connect the wire connectors that have matching tags. Connect the Seat Handlebar Pulse Wire (7) connectors to the matching Rear Pulse Wire (78) connectors.



10. Have a second person hold the Upright (2) near the Front Frame (1).

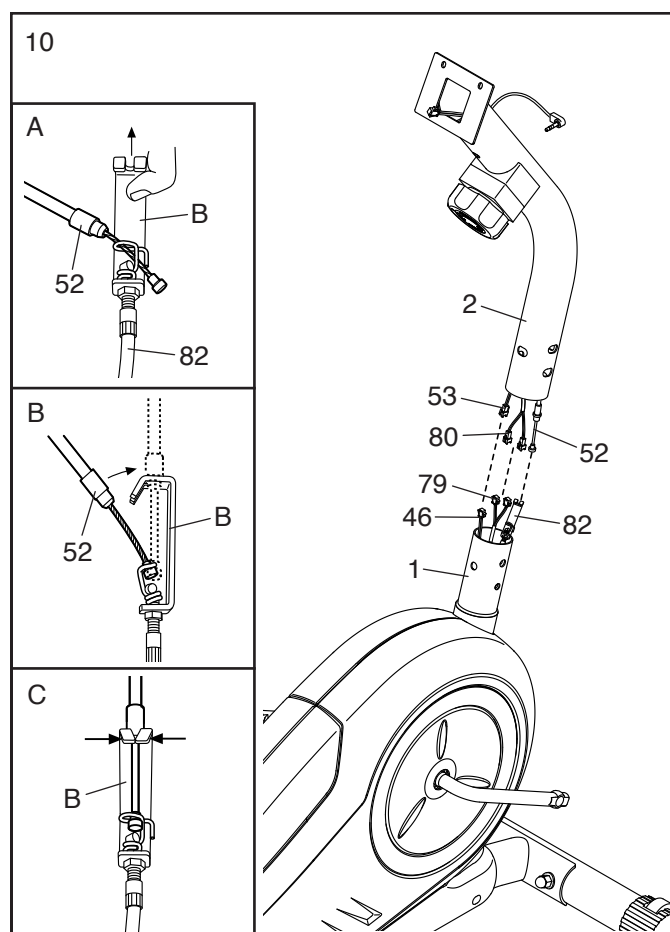
Tip: Connect the wire connectors that have matching tags. Connect the Upright Wire (53) to the matching Reed Switch Wire (46). Next, connect the Upright Pulse Wire (80) connectors to the matching Front Pulse Wire (79) connectors.

Then, connect the Resistance Cable (52) to the Lower Resistance Cable (82) in the following way:

See drawing A. Pull upward on the metal bracket (B) on the Lower Resistance Cable (82), and insert the tip of the Resistance Cable (52) into the wire clip inside the metal bracket.

See drawing B. Firmly pull the Resistance Cable (52) upward and slide it into the top of the metal bracket (B).

See drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket (B) together.



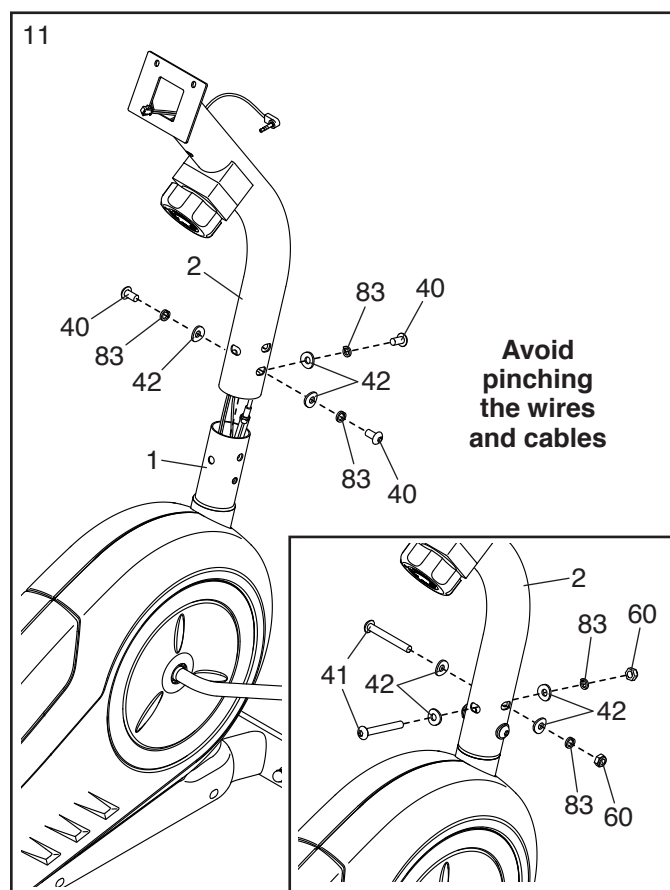
11. Insert the excess wire and cable into the Front Frame (1).

Tip: Avoid pinching the wires and cables. Slide the Upright (2) onto the Front Frame (1).

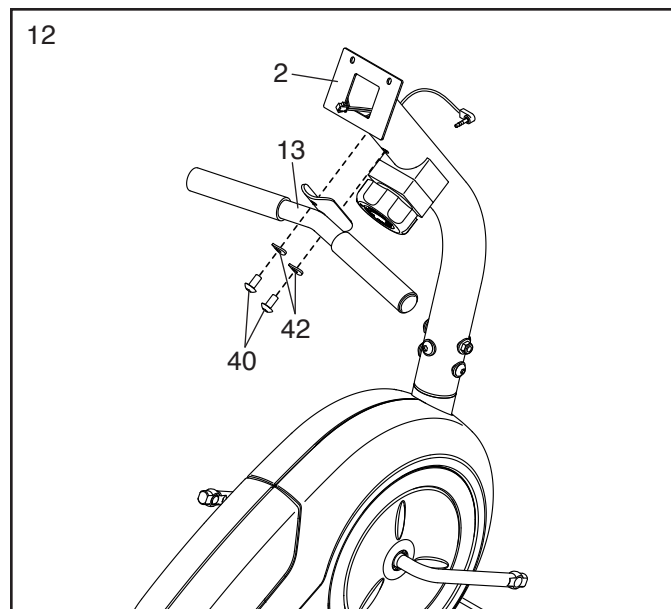
Attach the Upright (2) with three M8 x 16mm Screws (40), three M8 Split Washers (83), and three M8 Curved Washers (42); **do not fully tighten the Screws yet.**

See the inset drawing. Finish attaching the Upright (2) with two M8 x 65mm Bolts (41), four M8 Curved Washers (42), two M8 Split Washers (83), and two M8 Locknuts (60); **start both Bolts, and then tighten them.**

Then, tighten the three M8 x 16mm Screws (40).

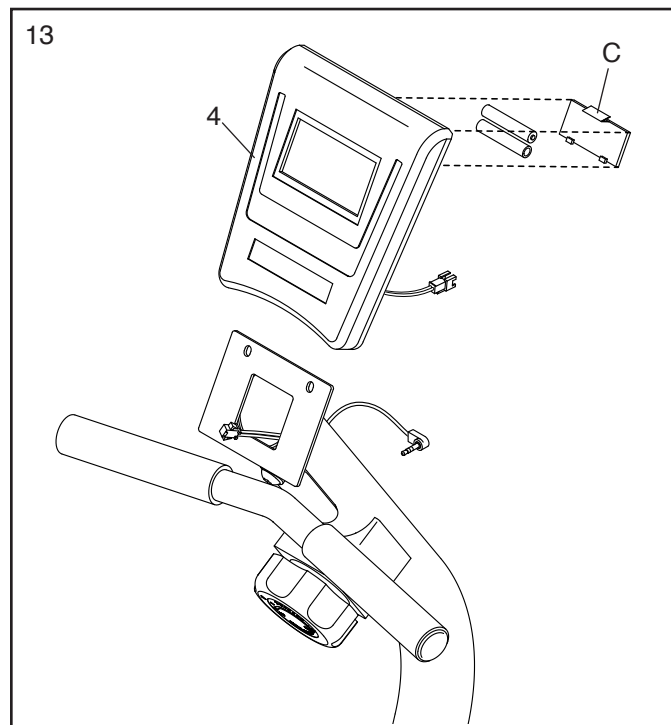


12. Attach the Handlebar (13) to the Upright (2) with two M8 x 16mm Screws (40) and two M8 Curved Washers (42); **start both Screws, and then tighten them.**



13. The Console (4) can use two AAA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

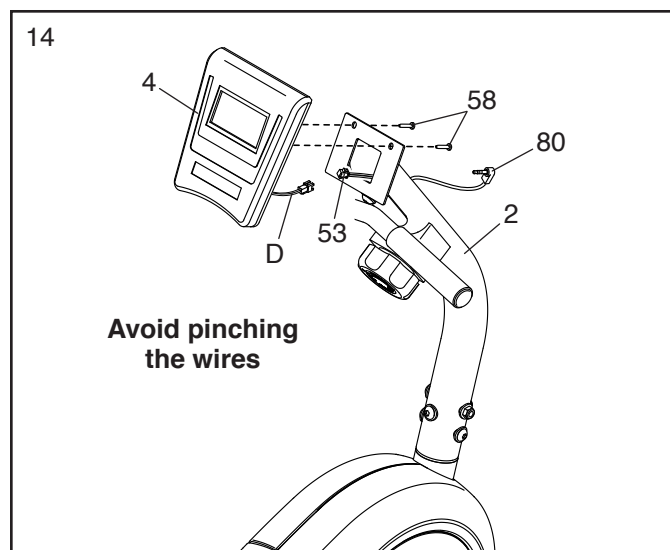
Remove the battery cover (C) from the back of the Console (4), and insert batteries into the battery compartment; **make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



14. Hold the Console (4) near the Upright (2). Connect the wire (D) on the Console to the Upright Wire (53). Insert the excess wire into the Upright.

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with two M5 x 12mm Screws (58); **start both Screws, and then tighten them.**

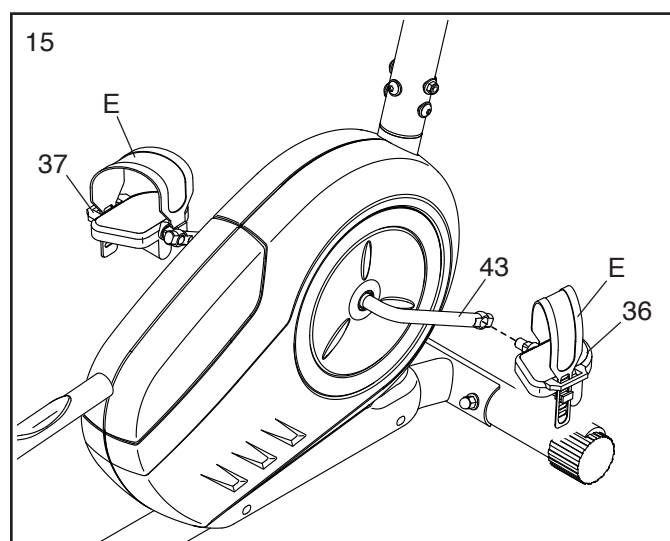
Then, plug the Upright Pulse Wire (80) into the receptacle on the back of the Console (4).



15. Identify the Right Pedal (36). Using an adjustable wrench, **firmly tighten** the Right Pedal **clockwise** into the right arm of the Crank (43).

Firmly tighten the Left Pedal (37) counter-clockwise into the left arm of the Crank (43). **IMPORTANT:** You must turn the Left Pedal counterclockwise to attach it.

Then, attach the right pedal strap (E) to the Right Pedal (36) as shown. **Attach the left pedal strap (E) to the Left Pedal (37) in the same way.**



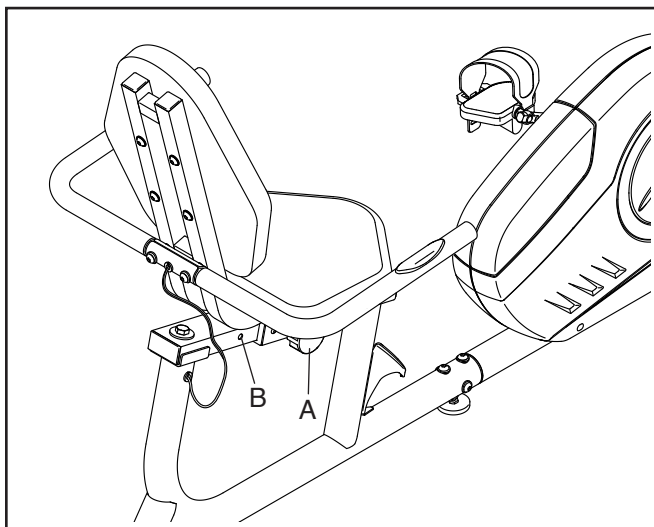
16. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO ADJUST THE SEAT

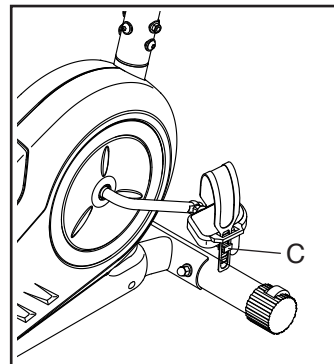
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position.

To adjust the seat, first loosen the seat knob (A), pull it outward, and slide the seat forward or backward to the desired position. Next, release the seat knob, and move the seat forward or backward slightly until the seat knob snaps into one of the adjustment holes (B) in the rail. Then, tighten the seat knob.



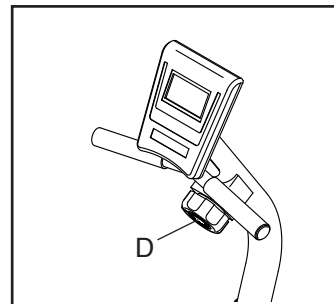
HOW TO ADJUST THE PEDAL STRAPS

To adjust a pedal strap, first pull the end of the pedal strap off the tab (C) on the pedal. Then, adjust the pedal strap to the desired position, and press the end of the pedal strap onto the tab.



HOW TO ADJUST THE PEDALING RESISTANCE

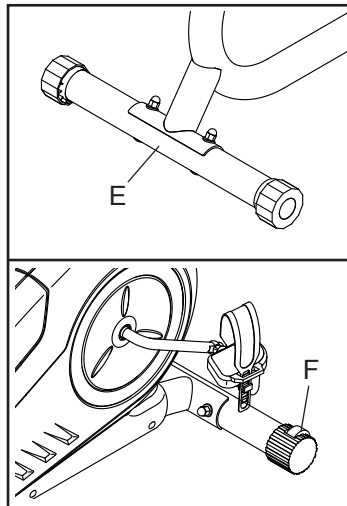
To increase the resistance of the pedals, turn the resistance knob (D) clockwise; **to decrease the resistance,** turn the knob counterclockwise.



IMPORTANT: Stop turning the knob (D) when turning becomes difficult, or damage may result.

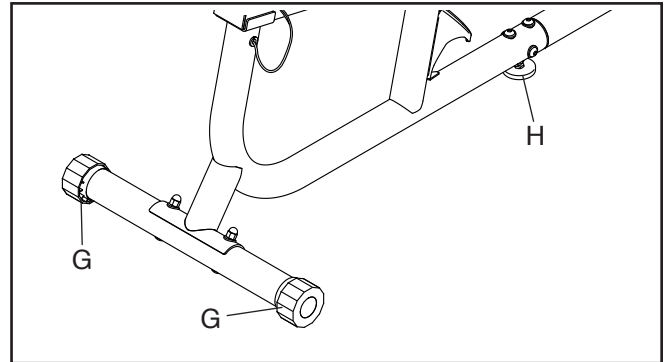
HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, lift the rear stabilizer (E) until you can move the exercise bike on the transport wheels (F). Then, carefully move the exercise bike to the desired location, and lower it.



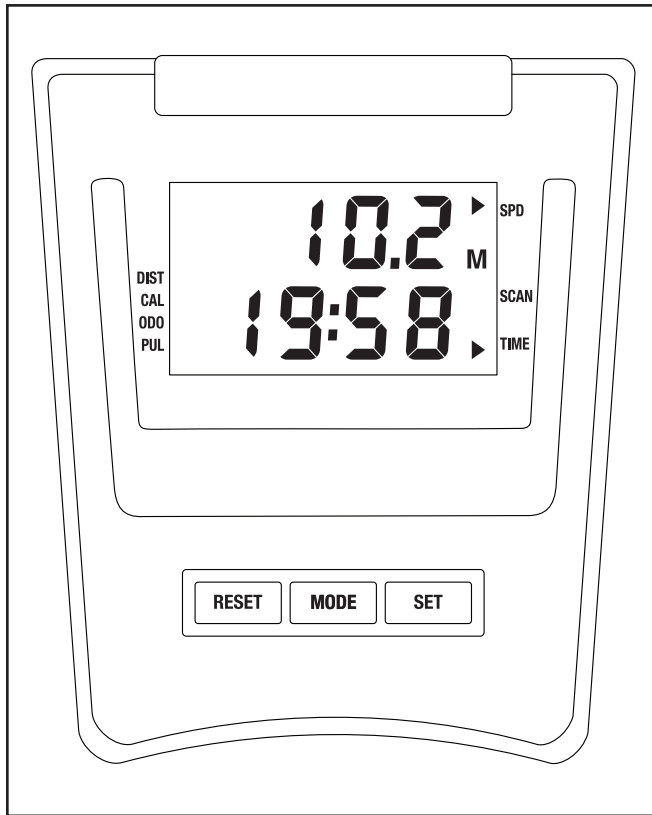
HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly or flexes in the center during use, turn one or both of the leveling caps (G) or turn the leveling foot (H) until the rocking motion or the flexing is eliminated.



HOW TO USE THE CONSOLE

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The easy-to-use console features seven modes that provide instant exercise feedback during your workouts.

Time (TIME)—This mode displays the elapsed time. Note: If you set a time goal (see step 2 on page 16), this display will show the time remaining in your workout.

Speed (SPD)—This mode displays your pedaling speed, in miles per hour.

Distance (DIST)—This mode displays the distance you have pedaled during your workout, in miles. Note: If you set a distance goal (see step 2 on page 16), this display will show the distance remaining in your workout.

Calories (CAL)—This mode displays the approximate number of calories you have burned during your workout. Note: If you set a calorie-burning goal (see step 2 on page 16), this display will show the number of calories still to be burned in your workout.

Total Distance (ODO)—This mode displays the total number of miles that have been pedaled since the exercise bike was purchased.

Pulse (PUL)—This mode displays your heart rate in beats per minute when you hold the handgrip heart rate monitor (see step 4 on page 17). If you set a target heart rate, (see step 2 on page 16), this display will flash whenever your heart rate is above the target.

Scan (SCAN)—This mode displays the time, speed, distance, calories, pulse, and total distance modes, for a few seconds each, in a repeating cycle.

HOW TO USE THE CONSOLE

Make sure that batteries (not included) are installed in the console (see assembly step 13 on page 12). If there is a sheet of plastic on the console, remove the plastic.

1. Turn on the console.

To turn on the console, press any button on the console or simply begin pedaling.

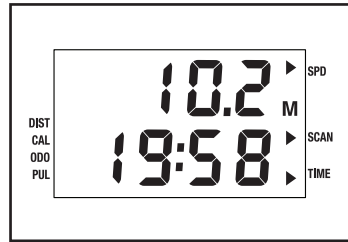
2. Set a workout goal or a target heart rate if desired.

To set a time, distance, or calorie-burning goal or to set a target heart rate for your workout, press the MODE button repeatedly until an arrow appears next to the word TIME, DIST, CAL, or PUL on the console. **Make sure that an arrow does not appear next to the word SCAN.**

Next, press the SET button repeatedly to set a goal or a target heart rate. To set a goal or a target heart rate quickly, hold down the SET button. To reset the goal or target heart rate, press the RESET button.

3. Begin pedaling and follow your progress with the display.

Scan mode—To select the scan mode, press the MODE button repeatedly until an arrow appears next to the word SCAN.



Time, distance, calories, total distance, pulse mode—To select one of these modes for continuous display, press the MODE button repeatedly until an arrow appears next to the name of the desired mode. Make sure that an arrow does not appear next to the word SCAN.

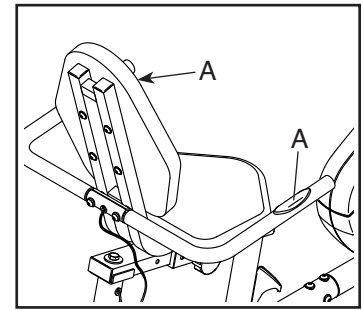
As you exercise, the console will provide instant feedback about your workout. **If you have set a workout goal**, the display will show zeros when you reach your goal; if you continue to exercise, the display will begin to count upward. **If you have set a target heart rate**, the display will flash whenever your heart rate is over the target.

To pause the console, stop pedaling. The word STOP will appear in the display. To continue your workout, simply resume pedaling.

To reset the display and all the modes to zero, press and hold the RESET button for several seconds.

4. Measure your heart rate if desired.

Note: If there are sheets of plastic on the metal contacts (A) of the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor, with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, your heart rate will be shown in the display when the scan mode or the pulse mode is selected. When your pulse is not detected, a heart symbol will appear in the display. When you set a target heart rate, the display will flash whenever your heart rate is over the target.

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

If the pedals do not move for a few seconds, the console will pause.

The console has an auto-off feature. If the pedals do not move and the console buttons are not pressed for a few minutes, the power will turn off automatically to save the batteries.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

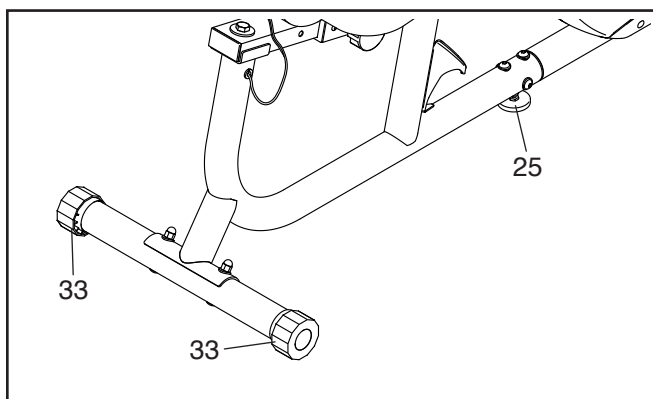
To clean the exercise bike, use a damp cloth and a small amount of mild detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

CONSOLE TROUBLESHOOTING

Most console problems are the result of low batteries. See assembly step 13 on page 12 for replacement instructions.

HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly or flexes in the center during use, turn one or both of the Leveling Caps (33) or turn the Leveling Foot (25) until the rocking motion or the flexing is eliminated.

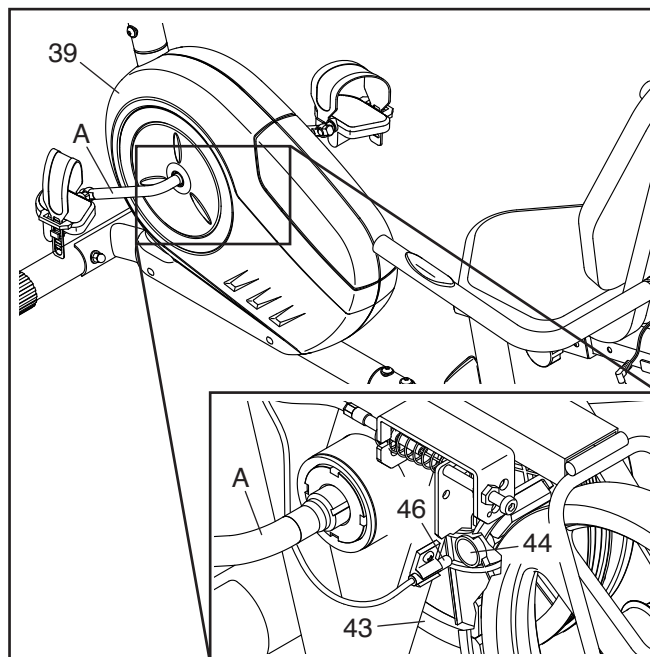


HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. Follow the instructions below to adjust the reed switch.

See **EXPLODED DRAWING A** on page 22. Identify the Left Shield (39). Remove the M4 x 20mm Self-tapping Screws (57) and the M4 x 20mm Screws (70) from the Left Shield; **note which type of Screw you remove from each hole.**

Next, move the Left Shield (39) out of the way until you can reach the Reed Switch (46). Turn the crank arms (A) until the Pulley Magnet (44) on the Pulley (43) is aligned with the Reed Switch.



Next, slide the Reed Switch (46) slightly closer to or away from the Pulley Magnet (44). Then, turn the crank arms (A) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the left shield.

HOW TO ADJUST THE DRIVE BELT

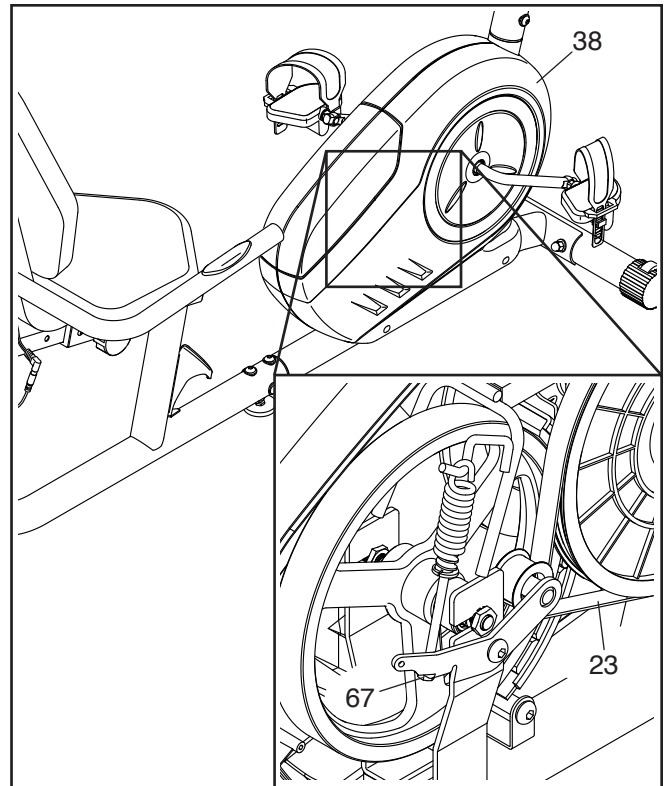
If the pedals slip while you are pedaling, even when the resistance is at the highest level, the drive belt may need to be adjusted. Follow the instructions below to adjust the drive belt.

See EXPLODED DRAWING A on page 22.

Identify the Right and Left Shields (38, 39). Remove the M4 x 20mm Self-tapping Screws (57) and the M4 x 20mm Screws (70) from the Right and Left Shields; **note which type of Screw you remove from each hole.**

Next, move the Right Shield (38) out of the way until you can reach the M6 x 100mm Bolt (67). Turn the Bolt until the Drive Belt (23) is tight.

When the drive belt is correctly adjusted, reattach the right and left shields.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, 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, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and 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 intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

PART LIST

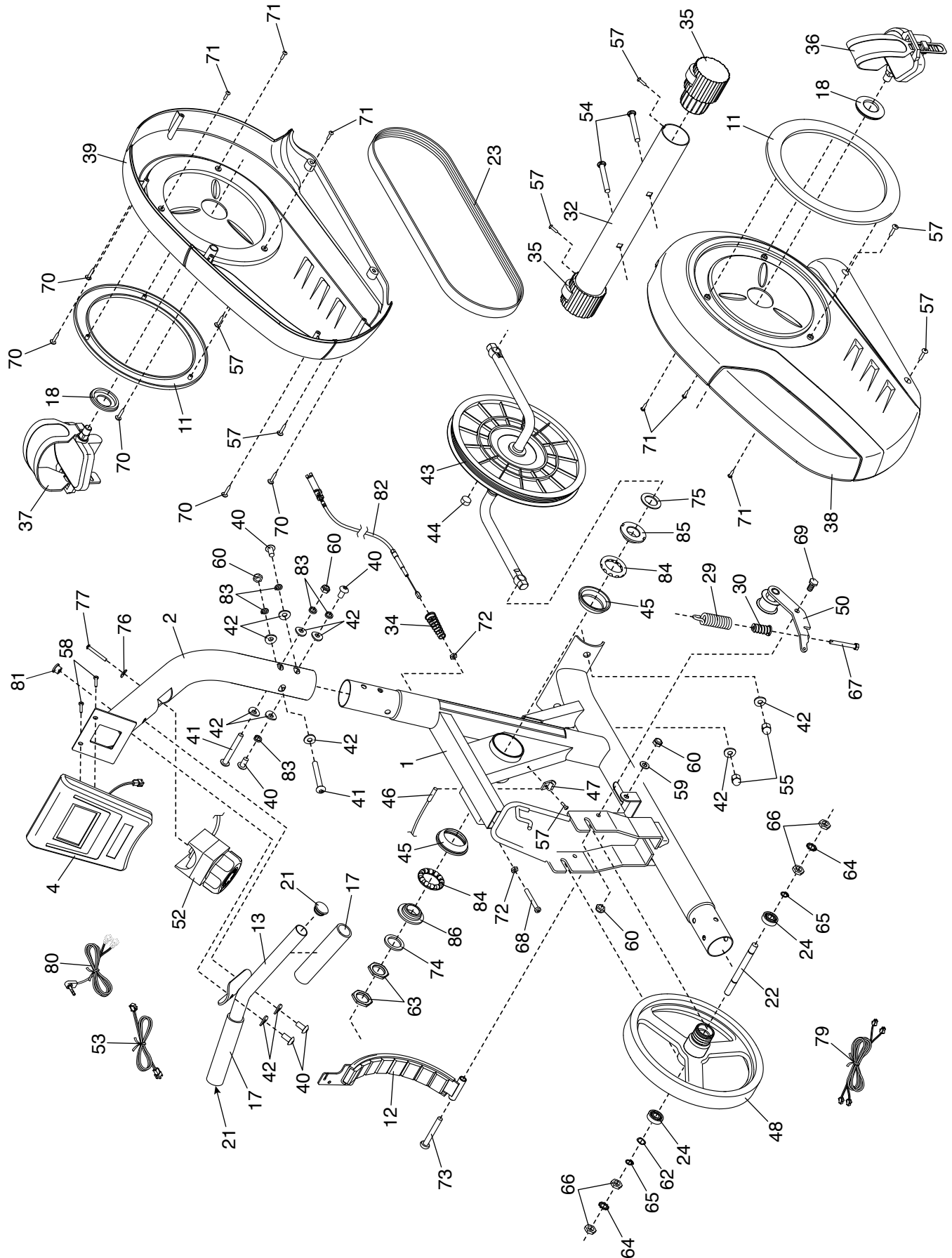
Model No. HREX17918C.0 R0718A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Front Frame	47	1	Clamp
2	1	Upright	48	1	Flywheel
3	1	Seat Frame	49	2	M8 x 45mm Screw
4	1	Console	50	1	Idler
5	1	Rear Frame	51	2	M12 x 55mm Screw
6	1	Backrest	52	1	Resistance Control/Cable
7	1	Seat Handlebar Pulse Wire	53	1	Upright Wire
8	1	Seat	54	4	M8 x 65mm Carriage Bolt
9	1	Rail	55	4	M8 Acorn Nut
10	1	Seat Handlebar	56	2	M12 Washer
11	2	Large Accent Ring	57	7	M4 x 20mm Self-tapping Screw
12	1	C-magnet	58	2	M5 x 12mm Screw
13	1	Handlebar	59	8	M8 Washer
14	1	Seat Knob	60	4	M8 Locknut
15	2	Long Grip	61	1	Small Jam Nut
16	2	Carriage Bushing	62	1	M10 Wave Washer
17	2	Short Grip	63	2	Crank Nut
18	2	Small Accent Ring	64	2	M10 Star Washer
19	4	Square Cap	65	2	C-clip
20	2	Rectangular Cap	66	4	Large Jam Nut
21	4	Round Cap	67	1	M6 x 100mm Bolt
22	1	Flywheel Axle	68	1	Stop Screw
23	1	Drive Belt	69	1	M8 x 16mm Bolt
24	2	Flywheel Bearing	70	7	M4 x 20mm Screw
25	1	Leveling Foot	71	6	M3 x 7mm Screw
26	4	M4 x 8mm Screw	72	2	M6 Nut
27	1	Water Bottle Holder	73	1	M8 x 60mm Bolt
28	2	Pulse Sensor	74	1	Left Crank Spacer
29	1	Tension Spring	75	1	Right Crank Spacer
30	1	Spiral Nut	76	1	M5 Curved Washer
31	1	Rear Stabilizer	77	1	M5 x 45mm Screw
32	1	Front Stabilizer	78	1	Rear Pulse Wire
33	2	Leveling Cap	79	1	Front Pulse Wire
34	1	Resistance Spring	80	1	Upright Pulse Wire
35	2	Transport Wheel	81	3	Grommet
36	1	Right Pedal/Strap	82	1	Lower Resistance Cable
37	1	Left Pedal/Strap	83	11	M8 Split Washer
38	1	Right Shield	84	2	Ball Bearing
39	1	Left Shield	85	1	Right Bearing Race
40	10	M8 x 16mm Screw	86	1	Left Bearing Race
41	2	M8 x 65mm Bolt	87	6	M8 x 40mm Screw
42	19	M8 Curved Washer	88	2	M4 x 16mm Flange Screw
43	1	Pulley/Crank	*	—	User's Manual
44	1	Pulley Magnet	*	—	Assembly Tool
45	2	Bearing Cup	*	—	Grease Packet
46	1	Reed Switch/Wire			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

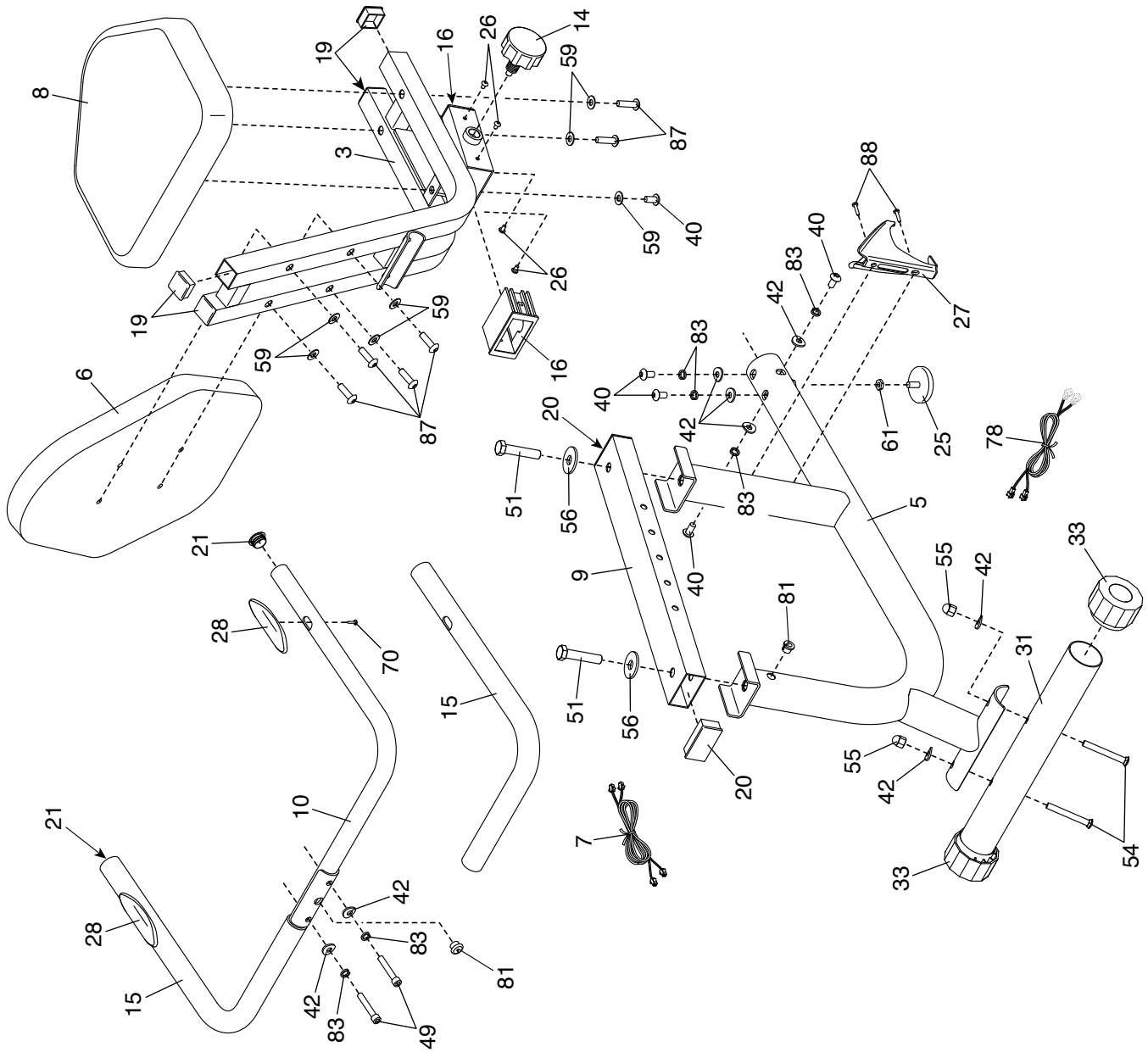
EXPLODED DRAWING A

Model No. HREX17918C.0 R0718A



EXPLODED DRAWING B

Model No. HREX17918C.0 R0718A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer) and is not transferrable. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service providers. All repairs for which warranty claims are made must be preauthorized by ICON. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer may be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided by the following conditions: (1) if the product is used as a store display model, (2) if all instructions and warnings in this manual are not followed, (3) if the product is abused or improperly or abnormally used, or (4) if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for the following damages: (1) indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; (2) damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or (3) other consequential damages of any kind. Some provinces do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some provinces do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer. This warranty provides specific legal rights; the customer may have other rights that vary from province to province.

For warranty service, please call the telephone number on the front cover of this manual. Please be prepared to provide the model number and serial number of the product (see the front cover of this manual).

ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8