

HealthRider® Chest Pulse Sensor

Model No.
HRMC05080

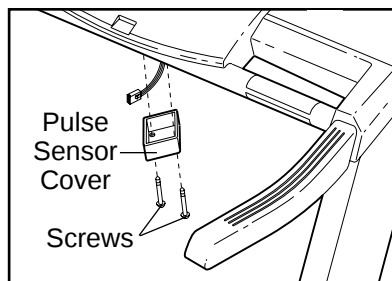
Congratulations for selecting the state-of-the-art HealthRider® chest pulse sensor. The HealthRider® chest pulse sensor is designed to continuously monitor your heart rate as you exercise on your treadmill. In addition, the chest pulse sensor enables you to use the console's two pulse programs.

Before using the chest pulse sensor, please read this manual carefully. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays).

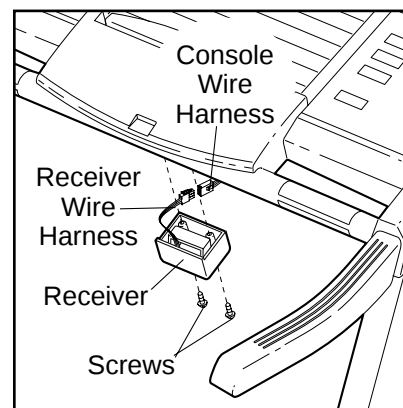
How to Install the Receiver

Before the chest pulse sensor can be used, the included receiver must be installed. Follow the steps below to install the receiver.

- 1** Locate the pulse sensor cover beneath your treadmill console. Using a standard screw-driver (not included), remove the two screws from the pulse sensor cover. Discard the pulse sensor cover and the screws.



- 2** Next, look under the console and locate the console wire harness. Plug the receiver wire harness fully into the console wire harness. Finally, attach the receiver to the console with the two included screws. **Be careful to avoid pinching the wire harnesses.**



Limited Warranty

WHAT IS COVERED—The HealthRider® Chest Pulse Sensor ("product") is warranted to be free of all defects in material and workmanship.

WHO IS COVERED—The original purchaser or any person receiving the product as a gift from the original purchaser.

HOW LONG IS IT COVERED—ICON Health & Fitness, Inc. ("ICON"), warrants the product for one year after the date of purchase.

WHAT WE DO TO CORRECT COVERED DEFECTS—We will ship to you, without charge, any replacement part or component, or, at our option, we will replace the product.

WHAT IS NOT COVERED—Any failures or damage caused by unauthorized service, misuse, accident, negligence, improper assembly or installation, alterations, modifications without our written authorization or by failure on your part to use, operate, and maintain as set out in this manual ("manual"). This warranty does not extend to products used for commercial or rental purposes or to products used as store display models.

WHAT YOU MUST DO—Always retain proof of purchase, such as your bill of sale; store, operate, and maintain the product as specified in the manual; notify our Customer Service Department of any defect within 10 days after discovery of the defect; as instructed, return any defected part for replacement or, if necessary, the entire product, for repair.

MANUAL—It is VERY IMPORTANT THAT YOU READ THIS MANUAL before using the product. Remember to follow the instructions specified in this manual to assure proper operation and your continued satisfaction.

HOW TO GET PARTS AND SERVICE—Simply call our Customer Service Department at 1-800-999-3756 and tell them your name and address and the model number of your product. They will tell you how to get a part replaced, or advise you how to ship the product for service. Before shipping, always obtain a Return Authorization Number (RA No.) from our Customer Service Department; securely pack your product (save the original shipping carton if possible); put the RA No. on the outside of the carton and insure the product. Include a letter explaining the product or problem and a copy of your proof of purchase if you believe the service is covered by warranty.

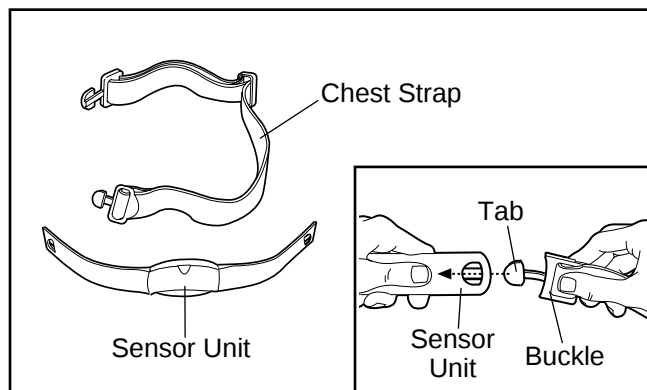
ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

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 is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you. No one is authorized to change, modify or extend the terms of this limited warranty. This warranty gives you specific legal rights and you may have other rights which vary from state to state.

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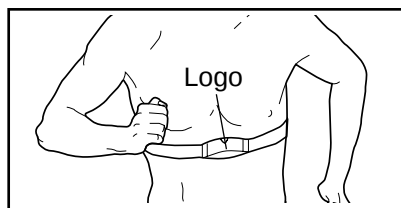
How to Put On the Chest Pulse Sensor

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

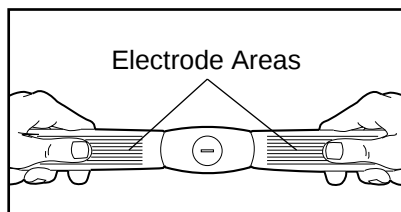


1 Refer to the inset drawing above. Insert the tab on one end of the chest strap through one end of the sensor unit as shown. Make sure to press the end of the sensor unit under the buckle on the chest strap.

2 Wrap the sensor unit and the chest strap 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 clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo is facing forward and is right-side-up.



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



CHEST PULSE SENSOR TROUBLE-SHOOTING

If the chest pulse sensor does not function properly, or if the displayed pulse is excessively high or low, try the trouble-shooting steps below.

- Make sure that the chest pulse sensor is under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Note: If the chest pulse sensor does not function when positioned as described, try moving it slightly lower or higher on your chest.

- Make sure that the logo on the sensor unit is facing forward and is right-side-up.

- 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 near the bottom of this page). If pulse readings do not appear until you begin perspiring, re-wet the electrode areas.

- As you walk or run on the treadmill, make sure that you are near the center of the walking belt and within arm's length of the console. **For the console to display pulse readings, the user must be within arm's length of the console.**

- The chest pulse sensor is designed to work with people who have normal heart rhythms. Pulse 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 the treadmill.

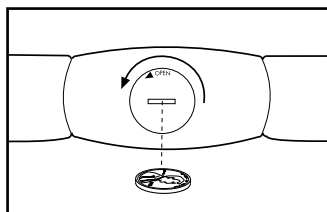
- If the chest pulse sensor still does not function properly, test the chest pulse sensor in the following way:

Hold the chest pulse sensor and place your thumbs over the electrode areas as shown at the left.

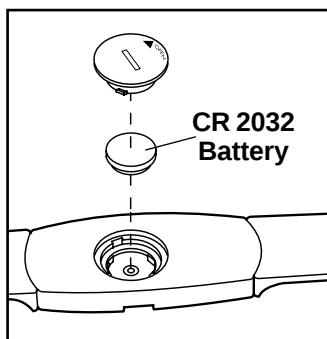
Next, hold the chest pulse sensor near the console. While holding one thumb stationary, begin tapping the other thumb against the electrode area at a rate of about one tap per second. Check the pulse reading on the console.

- 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

- Dry the chest pulse sensor after each use. The chest pulse sensor is activated when the electrode areas are wetted and it 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 122°F (50°C) or below 14°F (-10°C).
- 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.

How to Use the Chest Pulse Sensor

WARNING: If you have an implanted medical device such as a pacemaker, check with your physician before using the chest pulse sensor.

WARNING: If you have heart problems, or if you are over 60 years of age and have been inactive, do not use the pulse programs.

WARNING: If you are taking medication regularly, consult your physician to find whether it will affect your exercise heart rate.

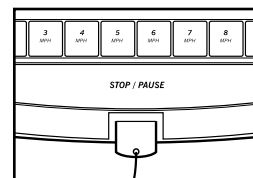
The chest pulse sensor is designed to continuously monitor your heart rate as you exercise on your treadmill. In addition, the chest pulse sensor enables you to use the console's two pulse programs. Both programs automatically control the speed and incline of the treadmill to keep your heart rate near preset levels.

Before using the pulse programs, make sure that the treadmill power cord is properly plugged in and that the on/off switch located on the front of the treadmill is in the "on" position (see your treadmill user's manual).

Follow the steps at the right and on the following page to use a pulse program.

1 Insert the key fully into the console.

Stand on the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto your clothing. Next, insert the key fully into the console.

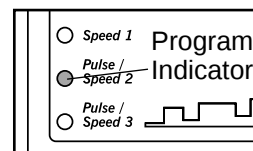


2 Put on the chest pulse sensor.

You must put on the chest pulse sensor to use a pulse program.

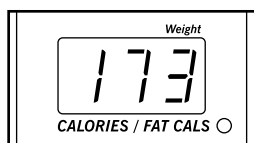
3 Select one of the pulse programs.

To select a pulse program, the **MANUAL indicator or a program indicator must be flashing**. If necessary, hold down the STOP/PAUSE button for two seconds until the MANUAL indicator is flashing. **Next, press the SELECT + or – button** repeatedly until one of the two Pulse program indicators is flashing. Then, press the ENTER button. A profile of the program you have selected will appear in the program display.



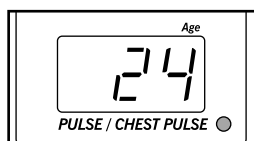
4 Enter your weight.

When a pulse program is selected, a weight setting will begin to flash in the CALORIES/FAT CALORIES display. You must enter your weight to use a pulse program. If you have already entered your weight, press the ENTER button. If you need to enter your weight, press the SELECT buttons. When the correct weight is shown, press the ENTER button.



5 Enter your age.

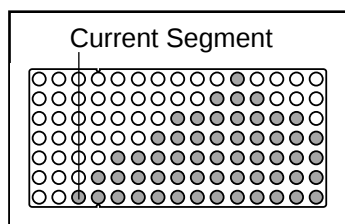
After your weight is entered, an age setting will begin to flash in the PULSE display. You must enter your age to use a pulse program. If you have already entered your age, press the ENTER button. If you need to enter your age, press the SELECT buttons. When the correct age is shown, press the ENTER button.



6 Press the START button or the SPEED + button to start the program.

A moment after the button is pressed, the walking belt will begin to move. Hold the handrails and begin walking.

Each program consists of twenty 60-second or 90-second segments. One pulse setting is programmed for each segment. The pulse setting of the first segment is shown in the flashing current segment column of the program display. The pulse settings of the next twelve segments are shown in the twelve columns to the right. When only three seconds remain in the first segment, both the current segment column and the column to the right will flash. When the first segment is completed, a series of tones will sound and all pulse settings



will move one column to the left. The pulse setting of the second segment will then be shown in the current segment column. If necessary, the speed and/or incline of the treadmill will automatically change to keep your pulse near the pulse setting of the second segment. The program will continue in this way until all twenty segments are completed. The walking belt will then slow to a stop and the program will be completed.

If your pulse is not detected during the program, the letters "PLS" will flash in the PULSE display. In addition, the speed and/or incline of the treadmill may automatically decrease. (See CHEST PULSE SENSOR TROUBLE-SHOOTING on page 2.)

Minor adjustments can be made to the speed or incline of the treadmill during the program by pressing the SPEED or INCLINE buttons. However, if you increase the speed, the incline will automatically decrease; if you decrease the speed, the incline will increase. If you increase the incline, the speed will automatically decrease; if you decrease the incline, the speed will increase. **The console will always attempt to keep your pulse near the current pulse setting of the program.**

To stop the program for a moment, press the STOP/PAUSE button. The displays will pause and the TIME display will begin to flash. To restart the program, press the START button or the SPEED + button. To end the program at any time, hold down the STOP/PAUSE button for two seconds. The console will then be in the same state as if the key had just been inserted.

7 Follow your progress with the LED displays.

See your treadmill user's manual.

8 When the program is completed, remove the key from the console.

Make sure that the incline of the treadmill is at 1%. **The incline must be at 1% when the treadmill is folded to the storage position, or the treadmill will be damaged.** Remove the key from the console and put it in a safe place. In addition, move the on/off switch to the "off" position.