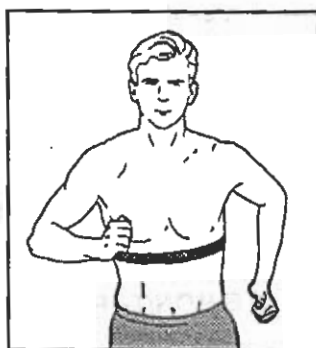


HealthRider® Heart Rate Monitor

Model No. HRMC22070

Congratulations for purchasing a state-of-the-art HealthRider® heart rate monitor. The unique HealthRider heart rate monitor is designed to track and display your heart rate each time you exercise on the SOFTSTRIDER™ SE treadmill.



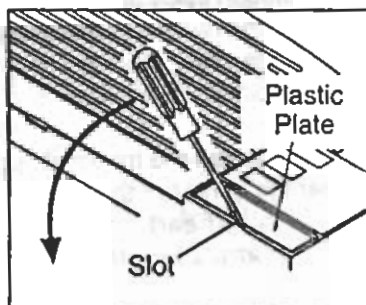
The instructions in this manual explain how to install and use the HealthRider® heart rate monitor. Please read this manual carefully before using the heart rate monitor.

If you have questions after reading this manual, call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 am until 6 pm Mountain Time (excluding holidays). Please mention model number HRMC22070 when calling.

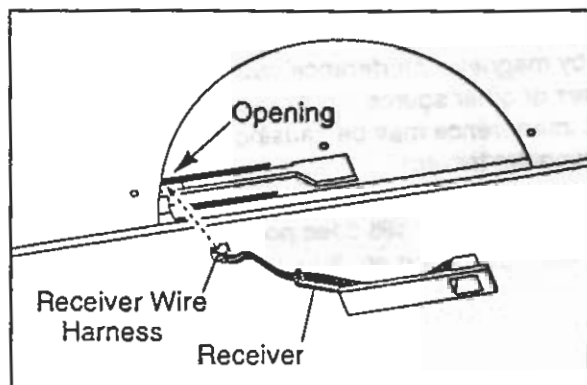
Installation

The HealthRider® heart rate monitor includes three components: the chest strap heart rate monitor, the receiver, and the display module. Follow the steps below to install the receiver and the display module. A standard screwdriver (not included) is required.

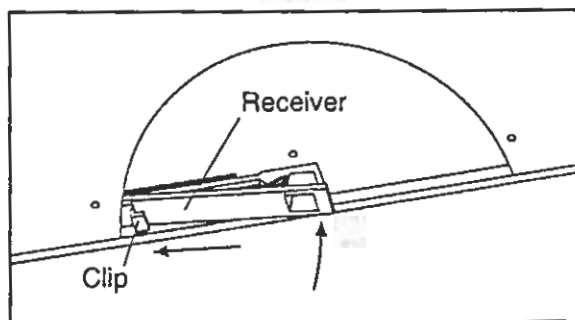
- 1** Insert a screwdriver into the small slot in the front of the console. Pry the plastic plate out of the console.



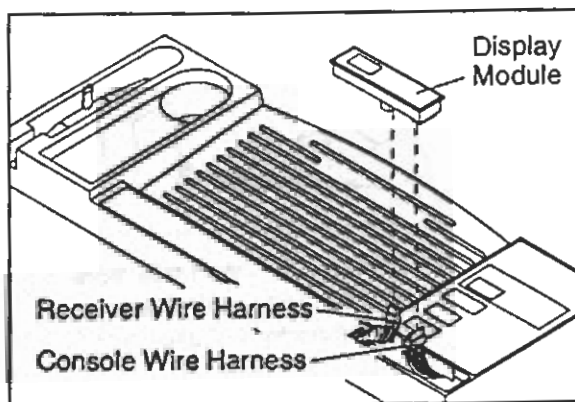
- 2** Look under the console. Insert the end of the receiver and the receiver wire harness into the indicated opening.



Next, insert the receiver into the plastic clip as shown below. Press the opposite end of the receiver into the console until it snaps into place.



- 3** Plug the receiver wire harness and the console wire harness into the display module. Press the display module into the console until it snaps into place.



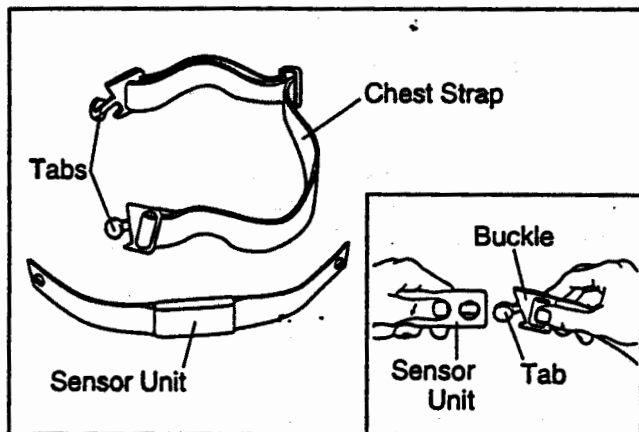
How to Use the HealthRider® Heart Rate Monitor

IMPORTANT: If the user has an implanted medical device such as a pacemaker, the user must check with his or her physician before using the heart rate monitor.

The unique HealthRider® heart rate monitor is specially designed for accuracy, comfort, and durability. To get the best performance from the heart rate monitor, please read the instructions below.

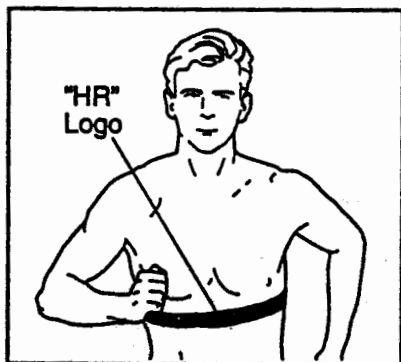
HOW TO PUT ON THE HEART RATE MONITOR

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



1 Refer to the inset drawing above. Insert the tab on one end of the chest strap through one of the holes in the sensor unit. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.

2 Wrap the heart rate monitor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The heart rate monitor should be under your clothing, against your skin, and as high under the pectoral muscles or



breasts as is comfortable. Make sure that the "HR" 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. The electrode areas are the long rectangles with curving lines. Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

HEART RATE MONITOR TROUBLE-SHOOTING

If the heart rate monitor does not function properly, or if the displayed heart rate is excessively high or low when the heart rate monitor is used, try the trouble-shooting steps below.

- Make sure that the heart rate monitor is under your clothing, against your skin, and as high under the pectoral muscles or breasts as is comfortable. Note: If the heart rate monitor does not function when positioned as described, try moving it slightly lower or higher on your chest.
- Make sure that the "HR" logo on the sensor unit is facing forwards and is right-side-up.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- As you walk or run on the treadmill, position yourself near the center of the walking belt. For the console to display heart rate readings, the user must be within arm's length of the console.
- The heart rate monitor 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 heart rate monitor 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 heart rate monitor still does not function properly, test it by having another person try it.

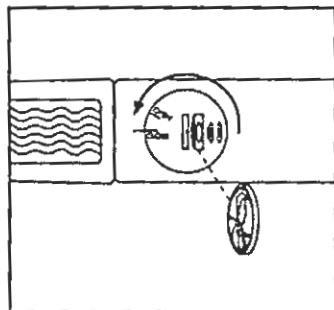
HEART RATE MONITOR CARE AND MAINTENANCE

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

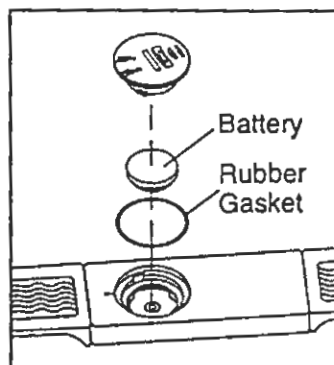
HOW TO REPLACE THE BATTERY

If the heart rate monitor does not function properly after you have followed all instructions in this section, the battery should be replaced.

To replace the battery, locate the battery cover on the back of the sensor unit. Insert a coin into the slot in the cover and turn the cover counterclockwise to the "open" position. Remove the cover.

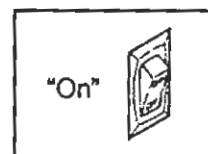


Remove the old battery from the sensor unit. Insert a new battery, making sure that the writing is on top. Make sure that the rubber gasket is in place in the sensor unit. Replace the battery cover and turn it to the "close" position.



HOW TO USE THE HEART RATE MONITOR WITH THE CONSOLE

For complete instructions about using the console, refer to the SOFTSTRIDER™ SE user's manual. To use the heart rate monitor, first make sure that the on/off switch located on the front of the SOFTSTRIDER™ SE treadmill is in the "on" position.

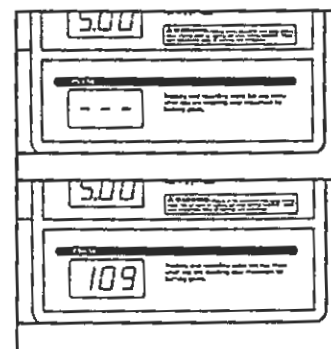


Next, make sure that the power cord is properly plugged in (see page 7 of the SOFTSTRIDER™ SE user's manual). Note: If the key is in the console when the power cord is plugged in, the letters "PO" will flash in the CALORIES/ FAT CALORIES display. If this occurs, remove the key.

Step onto the foot rails of the treadmill. Find the clip attached to the key, and slide the clip onto the waistband of your clothing. Insert the key into the console. Follow the steps below to use the heart rate monitor.

1 Put on the heart rate monitor as described on page 2 of this manual.

2 When you first put on the heart rate monitor, the PULSE display will be dark. After a few seconds, three dashes will appear in the PULSE display. Your heart rate will then be shown.



If your heart rate is not shown, see HEART RATE MONITOR TROUBLE-SHOOTING on page 2 of this manual.

LIMITED WARRANTY

HealthRider Corp., (HealthRider), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. HealthRider's obligation under this warranty is limited to replacing or repairing, at HealthRider's option, the product at one of its authorized service centers. All products for which warranty claim is made must be received by HealthRider at one of its authorized service centers with all freight and other transportation charges prepaid, accompanied by sufficient proof of purchase. All returns must be pre-authorized by HealthRider. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an HealthRider authorized service center, to products used for commercial or rental purposes, or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by HealthRider.

HealthRider 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.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

HealthRider Corp. 1500 S. 1000 W., LOGAN, UT 84321-9813

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