



WindRacer[™]

erScience[™]

Quick Set-Up

Quick Set-Up

Your WindRacer will come complete with the following parts. Please verify the parts you received with the parts list.

Questions? Please call our Customer Service Department at the toll-free.

**Approximate set-up time
is 30 minutes.**

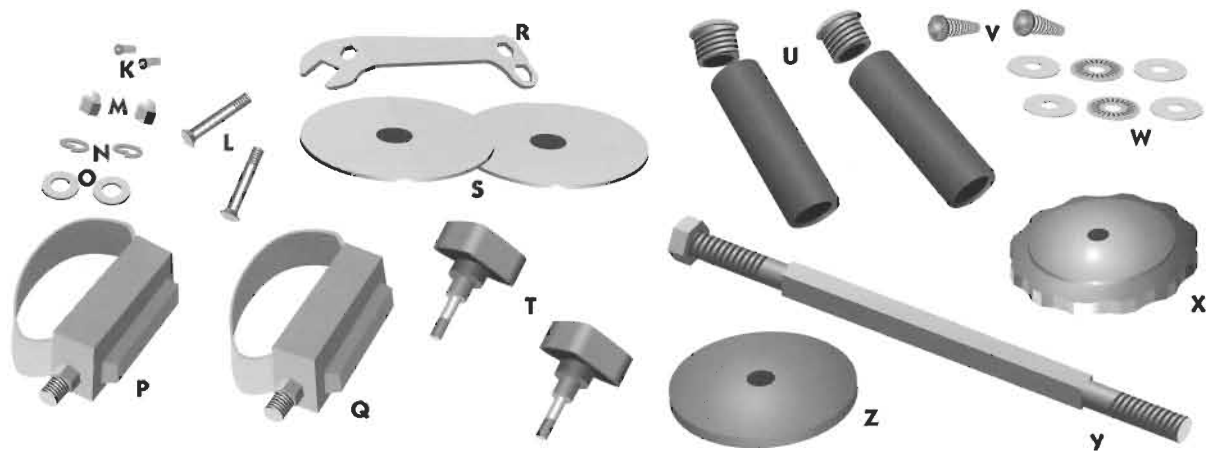
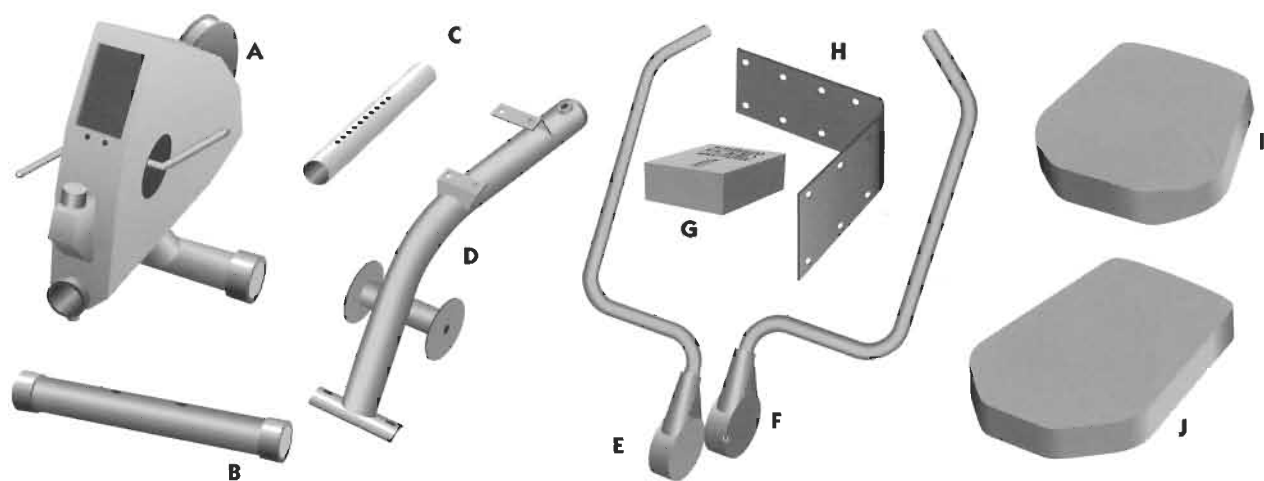
Customer Service Department
Monday - Friday 6:00 a.m.-6:00 p.m. MST
1 (877) 651-6119
www.iconfitness.com

Parts List

- 1 Front assembly (A)
- 1 Rear-foot tube (B)
- 1 Connector tube with holes (C)
- 1 Main frame tube (D)
- 1 Left arm pole (E)
- 1 Right arm pole (F)
- 1 Electronics kit (G)
- 1 Seat bracket (H)
- 1 Seat bottom (I)
- 1 Seat back (J)
- 2 Phillips bolts (K)
- 2 Round-head bolts (L)
- 2 Nuts (M)
- 2 Lock washers (N)
- 2 Flat washers (O)
- 1 Left pedal (P)
- 1 Right pedal (Q)
- 1 Multi-position wrench (R)
- 2 Brake-pad plates (S)
- 2 Knobs with threaded post (T)
- 2 Hand grips and end caps (U)
- 2 Phillips screws (V)
- 2 Washer-bearing-washer assemblies (W)
- 1 Arm-resistance knob (X)
- 1 Axle (Y)
- 1 Arm pole cap (Z)

Tools Needed

Medium Phillips screwdriver
Multi-position wrench (provided)





NT4066

2/95 • TLA #25953 • OM-360

Quick Set-Up

The Electronics

1. Plug the wire coming from the front assembly into the wire coming from the computer.
 2. Insert the bracket at the bottom of the computer assembly into the bottom edge of the hole in the front assembly. The metal bracket should be behind the front assembly.
 3. Insert the two Phillips bolts into the holes at the bottom of the computer assembly. The bolts should go through the front assembly and into the computer bracket.
 4. Use a Phillips screwdriver to secure the computer assembly to the front frame.
- NOTE: See your Owner's Guide for battery installation instructions.

5



The Pedals

- NOTE: To prevent cross-threading, it is important that the pedals be installed properly. The threaded portion of each pedal is stamped with either an "R" for right or an "L" for left.
1. Thread the right pedal clockwise into the crank arm, extending from the front assembly.
 2. Thread the left pedal counterclockwise into the crank arm, extending from the front assembly. The left pedal has reverse threads; you will need to turn the pedal counterclockwise to tighten it.
 3. Use the open end of the included multi-position wrench to firmly tighten both pedals.

4



The Arm Poles

1. Put a brake-pad plate on each side of the main frame tube. The tabs on the brake-pad plates should fit into the holes on the tube.
2. Locate the left arm pole; it is the one without the cap at the base of the pole.
3. Remove the nut from the axle and insert the axle through the left arm pole.
4. Place a washer-bearing-washer assembly onto the axle to the left of the arm pole; the bearing should be between the two flat washers.
5. Place the nut on the end of the axle and tighten with the included wrench.
6. Push the end of the axle, with the left arm pole attached, through the main frame tube from left to right.
7. Place the right arm pole onto the axle, then place the second washer-bearing-washer assembly onto the axle, in that order.
8. Thread the arm-resistance knob onto the axle and tighten it firmly until the arm poles become stable.
9. Use the two Phillips screws to secure the arm pole cap to the base of the left arm pole.
10. Slide a hand grip onto the end of each arm pole. Push an end cap into the end of each arm pole.

3

The Base

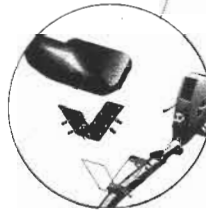
1. Align the holes in the rear-foot tube with the holes in the main frame tube (Figure 1).
- NOTE: The rear-foot tube has squared holes on one side. This side should face the floor when assembled properly.
2. Install the two round-head bolts, from bottom to top, through the rear-foot tube and then through the main frame tube.
 3. Place a flat washer, followed by a lock washer onto each of the two bolts.
 4. Place a nut onto each bolt, secure it with the included multi-position wrench.
 5. Align the front assembly in front of the connector tube (Figure 2).
 6. Push the connector tube, the end with the single hole facing down, into the front assembly until the hole in the front assembly and connector tube line up.
 7. Insert one of the threaded knobs from the bottom and into the front assembly. Tighten the knob to secure the connector tube to the front assembly.
 8. Lift the connector tube and insert the end with multiple holes into the main frame tube (Figure 3).
 9. Align the hole in the main frame tube with the one of the holes in the connector tube.
- NOTE: There are multiple hole positions in the connector tube to allow you to customize your exerciser to fit. The adjustment can be made later.
10. Insert the other threaded knob, from the top, through the main frame tube and into the connector tube. Tighten the knob securely.
- IMPORTANT: There is a "minimum line" marked on each end of the connector tube. This line marks the minimum amount of the tube that must be inserted into the exerciser.

Figure 3

Figure 2

Figure 1

2



The Seat

1. Unscrew the eight bolts and washers from the underside of the seat bottom.
2. Thread the inside four bolts, with washers, from the bottom, through the short side of the seat bracket and into the seat bottom. The lock washer should be placed on the bolt first, followed by the flat washer. Finger tighten the bolts only. Set aside the other four bolts and all of the washers.
3. Remove the four bolts and washers from the seat back.
4. Thread the bolts, with washers, through the seat bracket and into the seat back. The seat may be mounted in a high or low position; use the top four holes for the high position of the bottom four holes for the low position. The lock washers should be placed on the bolt first, followed by the flat washer. Tighten the bolts firmly with the included multi-position wrench to secure the seat back to the seat bracket.
5. Align the four holes in the main frame tube with the outside four holes in the bottom of the seat bracket.
6. Insert the four bolts, with washers, (removed earlier), through the main frame tube, then through the bottom of the seat bracket and into the seat bottom. The lock washer should be placed on the bolt first, followed by the flat washer.
7. Firmly tighten all eight bolts on the underside of the seat using the included multi-position wrench.