

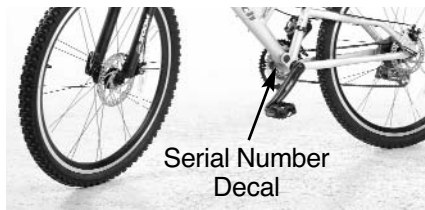
NordicTrack[®]

Wasatch Uintah

Model No. _____

Serial No. _____

Write the model number and serial number in the space above.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged, **PLEASE DO NOT CONTACT THE STORE**; please contact Customer Care.

Please note the product model number and serial number before contacting us:

CALL TOLL-FREE:

1-888-825-2588

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

www.nordictrackservice.com

CAUTION

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

USER'S MANUAL



www.nordictrack.com

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IMPORTANT PRECAUTIONS

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

1. Before beginning any athletic activity, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the bicycle are adequately informed of all precautions.
3. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
4. Your bicycle should not be used by persons weighing more than 250 lbs. (113 kg).
5. It is your responsibility to ensure that your bicycle is in safe working condition before cycling (see PRE-CYCLING INSPECTION on page 19).
6. Your bicycle has not been designed for competition, stunt, or trick riding. Do not perform these activities with your bicycle.
7. Never modify your bicycle frame or parts in any way, including sanding, drilling, filing, removing redundant retention devices, or installing incompatible forks. An improperly modified frame, fork, or component can cause you to lose control of your bicycle and fall.
8. Inflate your tires to the pressure marked on the sidewalls of the tires. Use a manual hand pump to inflate your tires; do not use compressed air.
9. Do not cycle with your tires underinflated; the sidewalls on the tire may crack and damage the wheel rims.
10. Never carry a passenger on your bicycle.
11. Never hang bags, clothing, or other articles on the handlebar of your bicycle; this will affect your steering.
12. Always wear a protective helmet when cycling.
13. Wear appropriate clothes when cycling; do not wear loose clothes that could become caught on your bicycle. Always wear shoes with a textured tread for foot protection.
14. Hold the handlebar when mounting, dismounting, or using your bicycle.
15. Keep your back straight while using your bicycle; do not arch your back.
16. Squeeze both brake levers when slowing or stopping your bicycle.

17. Keep your feet on the pedals when cycling. Before bringing your bicycle to a complete stop, remove one foot from a pedal and be prepared to place your foot on the ground when you stop the bicycle.
18. If you feel pain or dizziness while cycling, stop immediately and cool down.
19. Use extra caution when cycling in wet conditions. The braking performance of your bicycle will be affected by water on braking surfaces and between the tires and the road surface. Stopping distances will increase. Take more time to slow or stop your bicycle in wet conditions. Do not cycle in icy conditions.
20. Use caution when cycling in the dark. If you cycle in the dark, make sure that your bicycle is equipped with a headlight, front and rear reflectors, and wheel reflectors. Also, make sure to wear light colored, reflective clothes.
21. Servicing other than the procedures described in this manual should be performed by a qualified bicycle repair specialist.
22. Use your bicycle only as described in this manual.

BEFORE YOU BEGIN

Congratulations for selecting a new NordicTrack® UINTAH or WASATCH bicycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body.

For your benefit, read this manual carefully before you use your bicycle. 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 of the UINTAH bicycle is OMB06020.0; the model number of the WASATCH bicycle is OMB06003.0. The location of the serial number decal is shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the photographs below.

OMB06020.0 Uintah

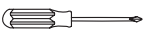


OMB06020.0 Uintah



ASSEMBLY

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

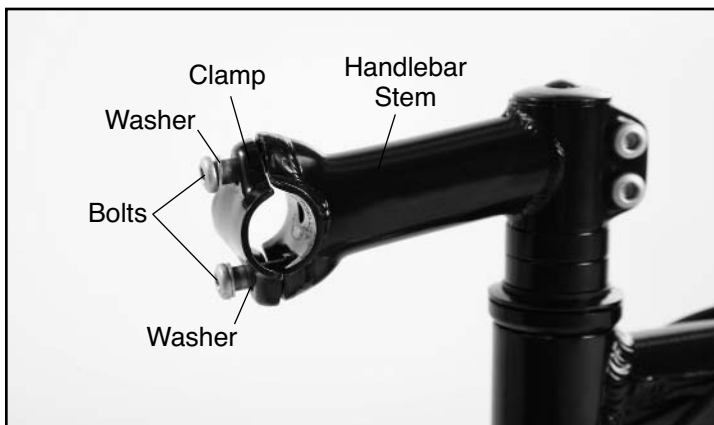
Assembly requires a 5mm hex key , **a Phillips screwdriver** , and **an adjustable wrench** .

1. Place the bicycle so that the fork and the rear wheel rest on the floor.

Turn the handlebar stem and the fork so that the handlebar clamp points away from the top tube of the frame.

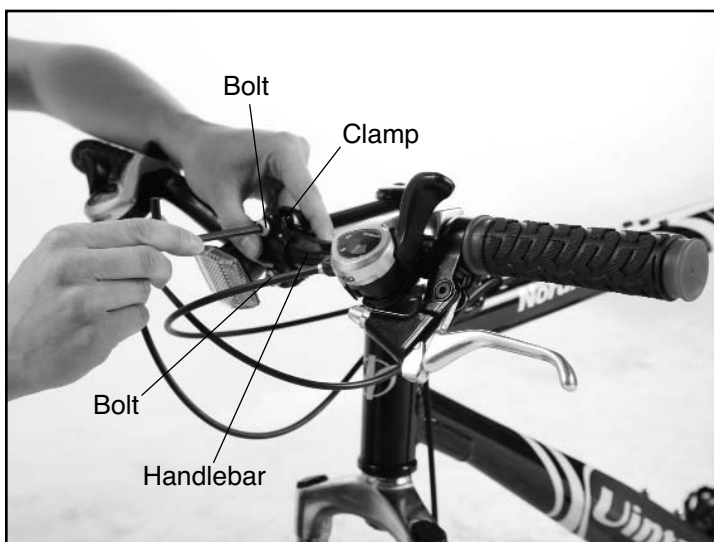


2. Remove the two bolts, the two washers, and the handlebar clamp from the handlebar stem.



3. Orient the handlebar so that the reflector and the brake levers face forward and the shifters face upward. **Tip: Make sure to orient the handlebar so that the cables are not twisted around the handlebar stem.**

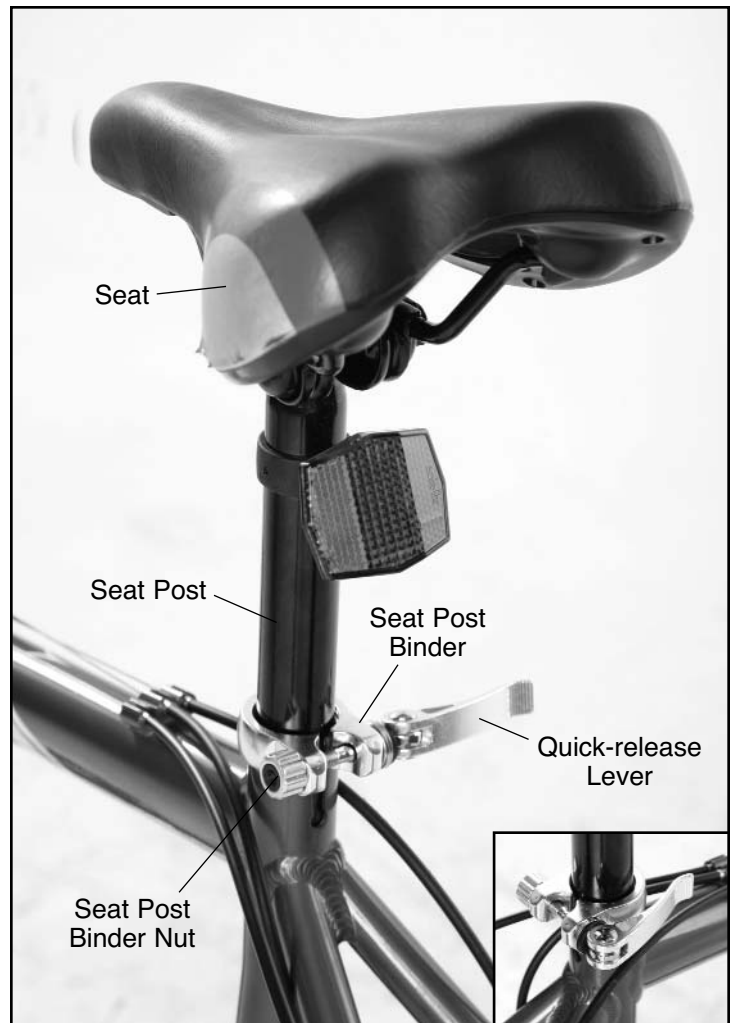
Tip: Start both bolts before tightening either of them. While a second person holds the handlebar in a centered position, attach the handlebar with the two bolts, the two washers, and the handlebar clamp.



4. See HOW TO USE A QUICK-RELEASE LEVER on page 16 and pull the quick-release lever on the seat post binder to the open position.

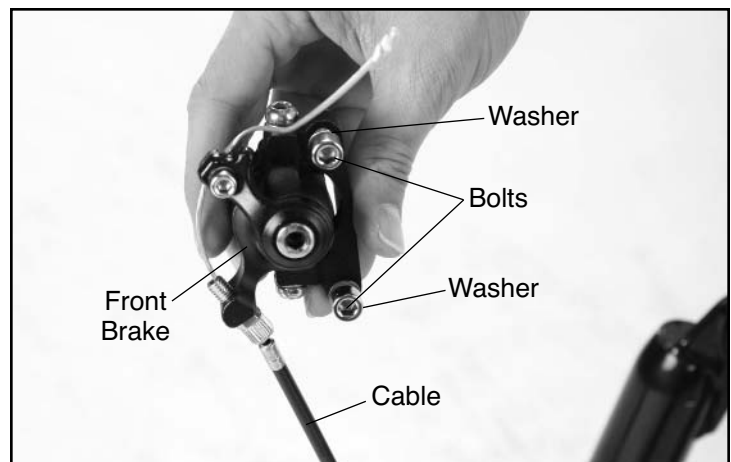
Orient the seat post so that the nose of the seat faces forward, and then insert the seat post into the frame. **IMPORTANT: Make sure that the minimum insertion mark on the seat post is not visible above the frame; if the minimum insertion mark is visible, the bicycle will be unsafe.**

Move the quick-release lever so that it is halfway between the open and closed positions. Next, finger-tighten the seat post binder nut and push the quick-release lever to the closed position; **you should feel firm resistance when you push the quick-release lever.** If there is no resistance, pull the quick-release lever to the open position, tighten the seat post binder nut a few more turns, and then push the quick-release lever to the closed position. Repeat this action until you feel firm resistance when you push the quick-release lever to the closed position.



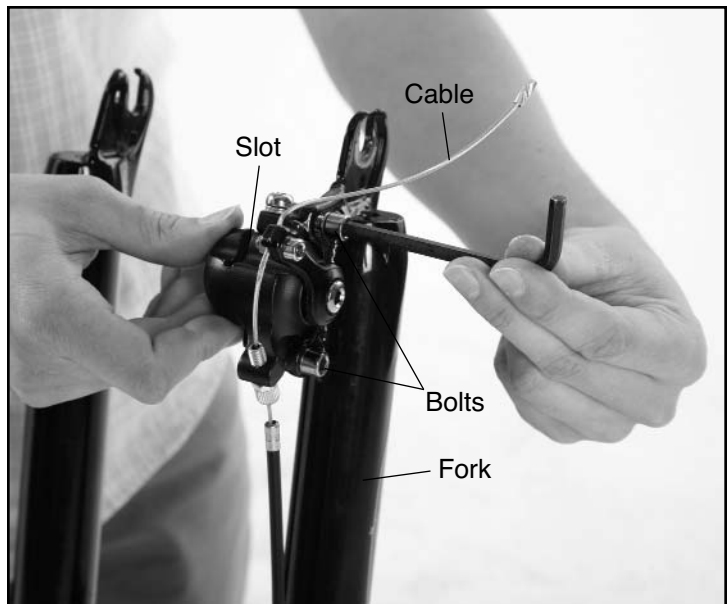
5. Turn the bicycle over so that the seat and the handlebar rest on the floor. **Tip: Place a towel under the handlebar to avoid damaging the shifters.**

Locate the front brake, which is connected to a cable. Remove the two mounting bolts and the two washers from the front brake.

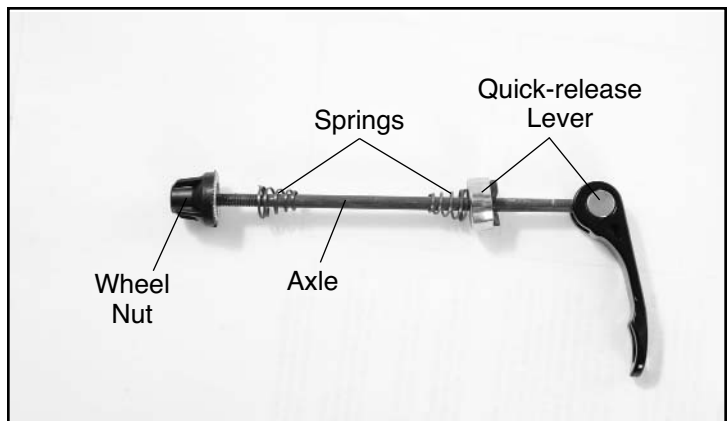


6. Hold the front brake near the bracket on the fork. Orient the front brake so that the slot in the front brake is on the inward side of the fork and the end of the cable is pointing upward.

Tip: Start both bolts before tightening either of them. Attach the front brake to the inside edge of the bracket on the fork with the two mounting bolts and the two washers.

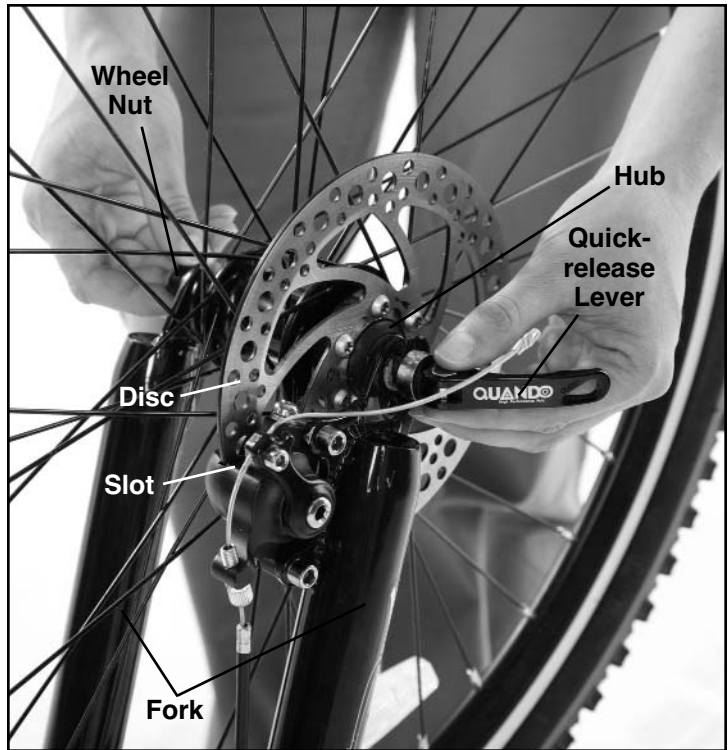


7. Locate the quick-release lever for the front wheel, which has a long axle, two springs, and a wheel nut. **Make sure to note the position of the springs.** Then, remove the wheel nut and one spring.



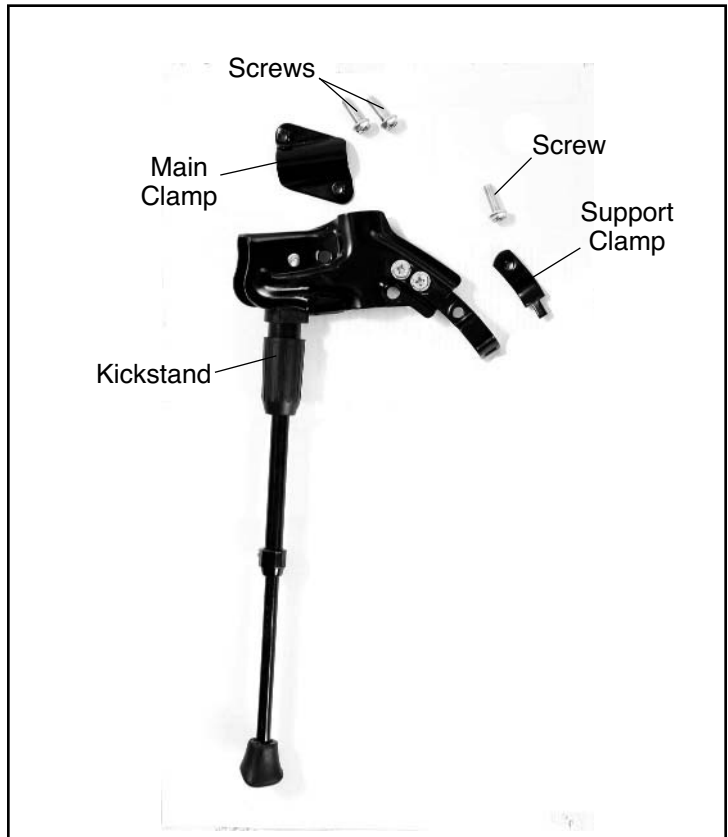
8. Set the hub of the front wheel into the ends of the fork; **make sure that the disc fits into the slot in the front brake.** Next, insert the axle of the quick-release lever through the ends of the fork and the hub of the front wheel. Then, place the spring on the end of the axle and finger tighten the wheel nut a few turns onto the axle.

See HOW TO USE A QUICK-RELEASE LEVER on page 16 and move the quick-release lever so that it is halfway between the open and closed positions. Next, finger-tighten the wheel nut and push the quick-release lever to the closed position; **you should feel firm resistance when you push the quick-release lever.** If there is no resistance, pull the quick-release lever to the open position, tighten the wheel nut a few more turns, and then push the quick-release lever to the closed position. Repeat this action until you feel firm resistance when you push the quick-release lever to the closed position.



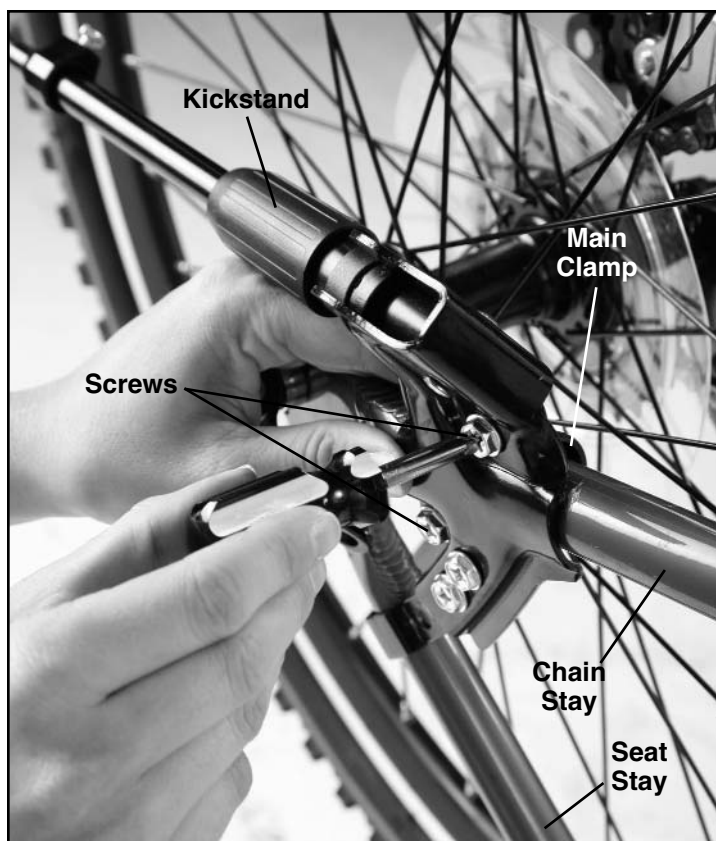
9. **Note: Complete assembly steps 9 to 11 only if your bicycle has a kickstand. If your bicycle does not have a kickstand, go to step 12.**

Locate the kickstand assembly. Remove the two screws and the main clamp. Then, remove the screw and the support clamp.



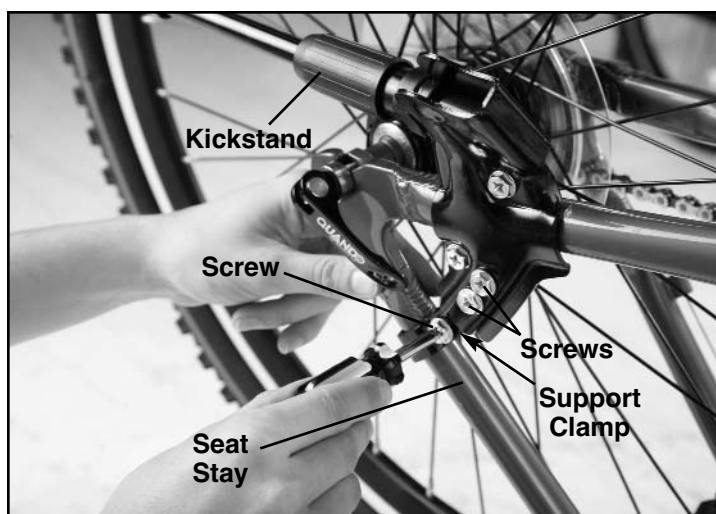
10. **IMPORTANT:** The kickstand must be attached to the chain stay on the side of the bicycle opposite the chain. Hold the kickstand near the chain stay and orient the kickstand so that the support bracket is near the seat stay.

Tip: Start all screws before tightening any of them. While a second person holds the kickstand in place, attach the kickstand to the chain stay with the two screws and the main clamp.



11. Attach the support bracket to the seat stay with the screw and the support clamp. **Tip:** If necessary, loosen the two screws in the center of the kickstand and adjust the support bracket so that it will fit around the seat stay.

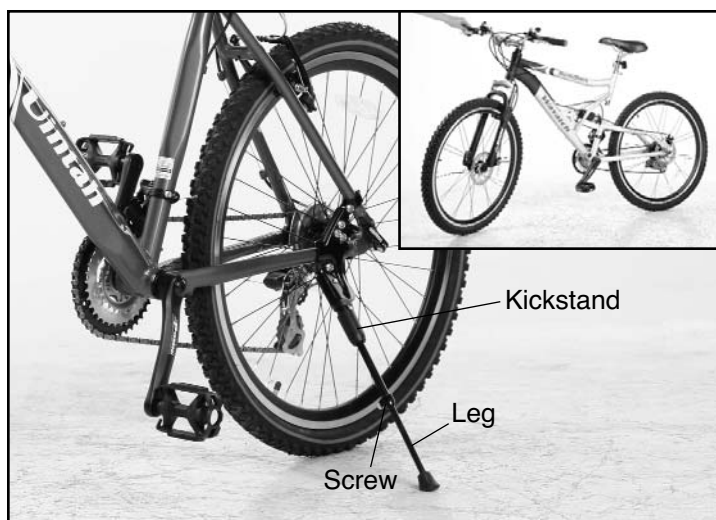
Then, tighten the two screws in the center of the kickstand.



12. Turn the bicycle over so that the wheels rest on the floor.

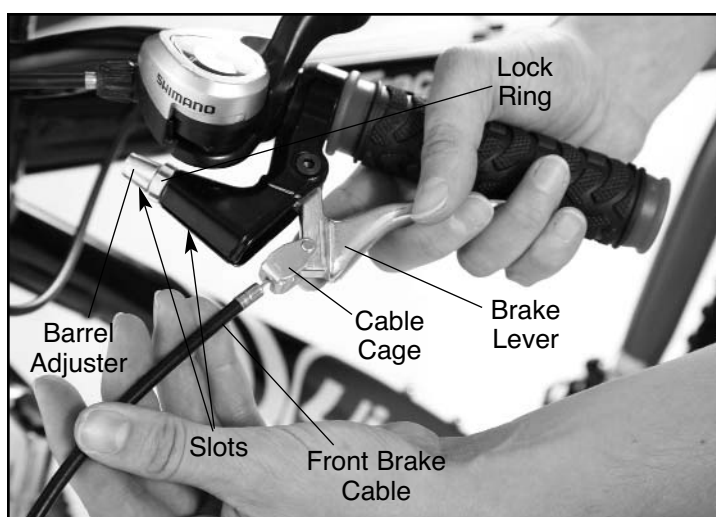
If there is a kickstand on your bicycle, move the kickstand leg to the down position (see HOW TO USE THE KICKSTAND on page 17) and rest the bicycle on the kickstand leg. If necessary, loosen the screw on the leg of the kickstand, adjust the leg to the desired length, and then retighten the screw.

If there is no kickstand on your bicycle, have another person hold the bicycle steady.

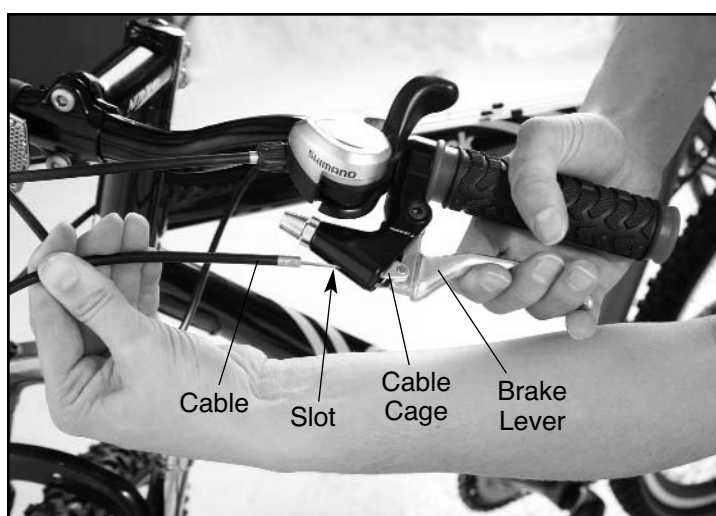


13. Locate the end of the front brake cable. **Look at the left brake lever on the handlebar and make sure that the slots in the brake lever, the lock ring, and the barrel adjuster are aligned.** If necessary, turn the lock ring and the barrel adjuster until the slots are aligned.

While another person squeezes the handle of the left brake lever, use your fingers to pivot the cable cage out of the interior of the brake lever. With the other person still squeezing the handle, insert the end of the front brake cable into the circular hole in the underside of the cable cage.



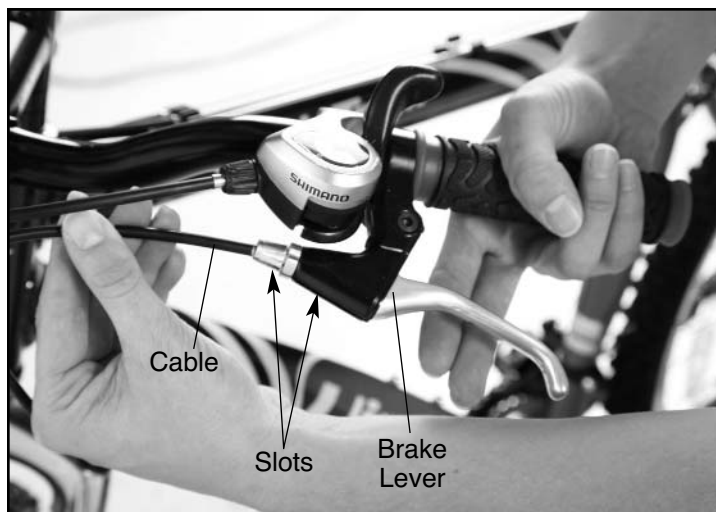
14. Pivot the cable cage into the interior of the brake lever while firmly pulling the cable away from the cable cage.



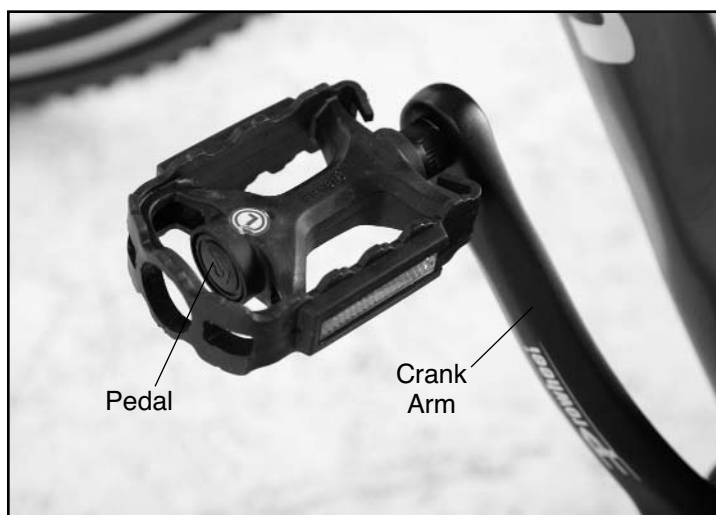
15. While the other person releases the handle of the brake lever, pull the cable into the slots in the brake lever, the lock ring, and the barrel adjuster. Then, release the cable so that the cable housing fits inside the barrel adjuster.

Turn the lock ring so that the slot in the lock ring is no longer aligned with the slot in the brake lever.

Roll the bicycle forward and then squeeze the left brake lever handle to test the front brake. You should feel firm resistance as the brake engages the disc on the front wheel.



16. Identify the left pedal, which is marked with an "L" sticker. While another person holds the bicycle frame, use an adjustable wrench and **firmly tighten** the Left Pedal *counter-clockwise* into the left crank arm. Tighten the right pedal *clockwise* into the right crank arm. **Tighten both pedals as firmly as possible.**



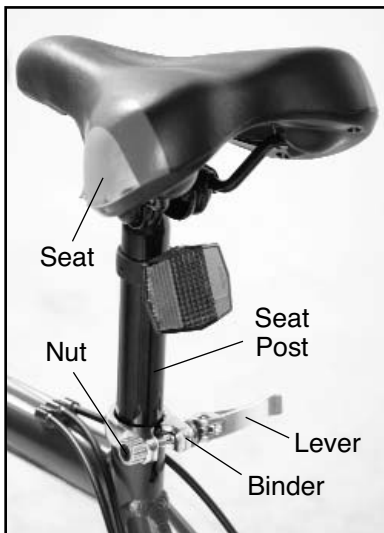
17. **Make sure that all parts are properly tightened before you use the bicycle.** Note: Some extra parts may be left over after assembly is completed.

HOW TO OPERATE THE BICYCLE

HOW TO ADJUST THE SEAT POST

For effective cycling, 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 post, first loosen the quick-release lever on the seat post binder (see HOW TO USE A QUICK-RELEASE LEVER on page 16). Next, slide the seat post upward or downward to the desired position. **IMPORTANT: Make sure that the minimum insertion mark on the seat post is not visible above the frame; if the minimum insertion mark is visible, the bicycle will be unsafe.** Then, tighten the quick-release lever.



HOW TO ADJUST THE SEAT

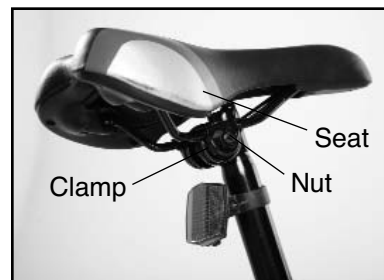
You can adjust the angle and position of the seat to the position that is most comfortable.

The correct angle for your seat is a matter of personal preference. Begin by adjusting your seat so that the top of the seat is parallel to the ground. **Tip: It may be helpful to use a level when you adjust the angle of your seat.**

If your bicycle has rear suspension, tilt the seat so that the nose points downward slightly. When the rear suspension unit compresses under your body weight, this will result in a level seat.

You can also slide your seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

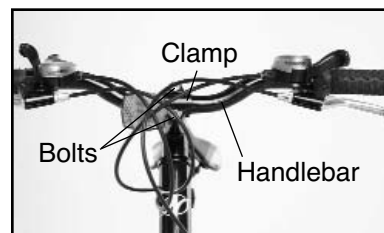
To adjust the seat, loosen the nuts on the seat clamp a few turns, and then tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.



HOW TO ADJUST THE HANDLEBAR

For effective cycling, the handlebar should be at the proper angle. When you sit on your bicycle, your shoulders, wrists, and the tops of the brake levers should form a straight line.

To adjust the angle of the handlebar, loosen the two bolts in the handlebar clamp, rotate the handlebar to the desired position, and then retighten the two bolts in the handlebar clamp.



IMPORTANT: An improperly adjusted or tightened handlebar or handlebar stem can cause you to lose control of your bicycle and fall. Make sure the handlebar and handlebar stem are properly positioned and tightened.

HOW TO USE THE BRAKES

Use the brakes on your bicycle carefully. Always maintain a safe stopping distance between your bicycle and other vehicles or objects. Adjust your stopping distance and braking force to suit the cycling conditions. To use your brakes, squeeze both brake levers at the same time and shift your weight to the rear of the seat. **IMPORTANT: Use both brakes to slow or stop your bicycle. Using only the front brake can cause the rear wheel to lift off the ground, or the front wheel to slip, which can cause you to lose control of your bicycle and fall.** Remove one foot from a pedal before bringing your bicycle to a complete stop. Be prepared to place your foot on the ground when you stop the bicycle.



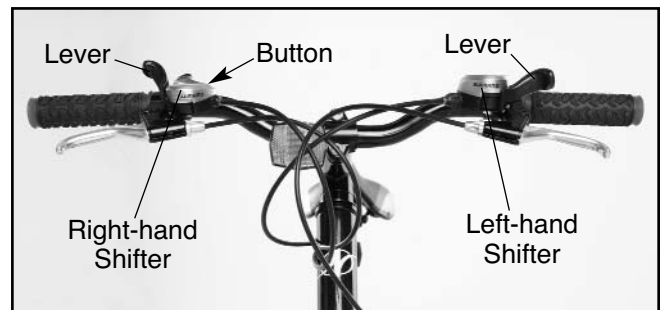
The brakes on your bicycle will not work as effectively in wet conditions and stopping distances will increase. Allow more time to slow or stop your bicycle in these conditions.

IMPORTANT: Disc brakes and discs can become very hot during use and can burn skin. Disc edges may be sharp and can cut skin. Avoid touching the disc or the disc brake when it is hot.

HOW TO SHIFT GEARS

Your bicycle is equipped with a derailleur system, which shifts gears by derailing, or moving the chain from one chainring or cog to another.

The left-hand shifter controls the front derailleur, and the right-hand shifter controls the rear derailleur. Use only one shifter at a time and keep pedaling whenever you shift gears. To upshift to a larger chainring, push the lever on the left-hand shifter. To downshift to a smaller chainring, pull the lever on the left-hand shifter. To upshift to a larger cog, push the lever on the right-hand shifter. To downshift to a smaller cog, push the button on the right-hand shifter.



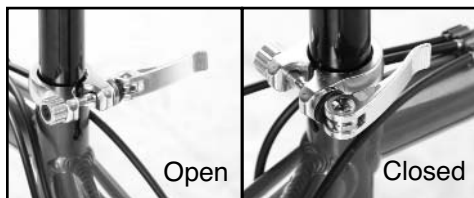
Following these guidelines will provide quicker, smoother shifting, will help avoid excessive chain and gear wear, and will help avoid bent chains, derailleurs, and chainrings. Choose the gear combination most comfortable for the cycling conditions, one that allows you to maintain a constant pedaling rate. Plan ahead when shifting. Shift gears only when the pedals and chain are moving forward. Do not attempt to shift gears when stopped or when back-pedaling. Reduce the force on the pedals when you shift; excessive chain tension makes shifting difficult. Avoid shifting when going over bumpy surfaces or over railroad tracks; the chain may not shift properly or may fall off.

HOW TO USE A QUICK-RELEASE LEVER

IMPORTANT: Operate a quick-release lever only by hand. Never use a tool, such as a hammer, to close or to open a quick-release lever.

A quick-release lever has open and closed positions, which are marked on

the quick-release lever. To move a quick-release lever to the open position, pull the quick-release lever outward so that the word OPEN is visible. To move a quick-release lever to the closed position, push the quick-release lever inward so that the word CLOSED is visible.



To tighten a quick-release lever, first move the quick-release lever so that it is halfway between the open position and the closed position.



Next, finger-tighten the nut. **IMPORTANT: Do not tighten a quick-release lever like a wing nut; there will not be enough force to hold the seat post or the wheel in place.**

Then, push the quick-release lever to the closed position. **IMPORTANT: You should feel firm resistance when you push the quick-release lever to the closed position; otherwise there will not be enough force to hold the seat post or the wheel in place.**

If you do not feel firm resistance, pull the quick-release lever to the open position, tighten the nut several more turns, and push the quick-release lever to the closed position. Repeat this action until you feel firm resistance when you push the quick-release lever to the closed position. Note: Make sure to orient the quick-release lever so that it does not interfere with any other part of the bicycle.

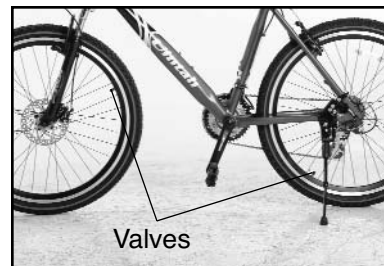
To loosen the quick-release lever, pull the quick-release lever to the open position, and then loosen the nut.

HOW TO INFLATE THE TIRES

IMPORTANT: Do not ride with underinflated tires or you may crack the sidewalls of the tires and damage the wheel rims.

The tires on your bicycle have schraeder valves. Use a manual hand pump to inflate your tires to the pressure marked on the sidewall of each tire; **do not use**

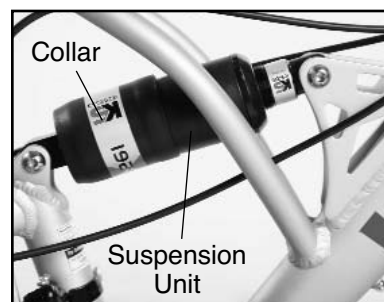
compressed air to inflate your tires.



HOW TO ADJUST THE SUSPENSION

The rear suspension unit, which compresses under a load, can be adjusted to accommodate cyclists of different body weights and to give either a soft or a hard ride.

To adjust the rear suspension unit, turn the large collar clockwise to compress the spring or counter-clockwise to release the spring.



As a starting point, adjust the collar until the spring is compressed about 8mm. For a harder ride, turn the collar to compress the spring further. For a softer ride, turn the collar to loosen the spring.

HOW TO USE THE KICKSTAND

Your bicycle may be equipped with a kickstand that allows you to rest the bicycle in an upright position when you are not using it.

To use the kickstand, pivot the leg on the kickstand into a vertical position. When you are not using the kickstand, pivot the leg into a horizontal position. To adjust the length of the kickstand, loosen the screw on the leg of the kickstand, adjust the leg to the desired length, and then retighten the screw.



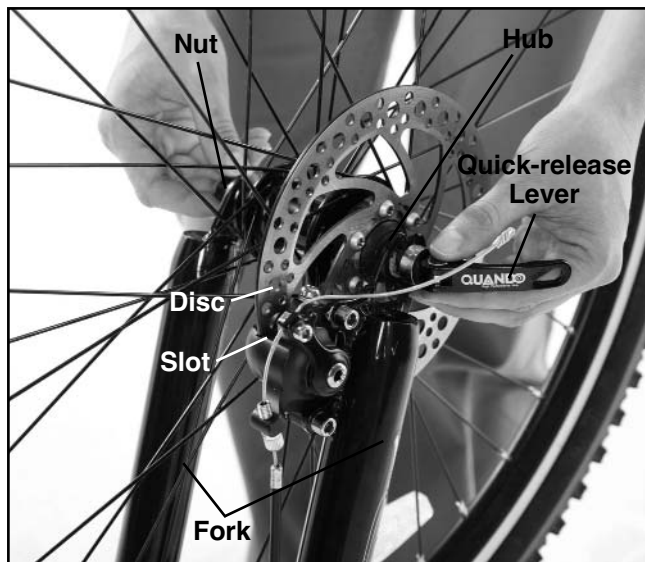
HOW TO REMOVE THE FRONT WHEEL

To remove the front wheel, place the bicycle so that the seat and the handlebars rest on the floor. **Tip:** Place a towel under the handlebar to avoid damaging the shifters.

Loosen the quick-release lever on the wheel (see HOW TO USE A QUICK-RELEASE LEVER on page 16), and then remove the quick-release lever from the hub and the fork. Next, lift the wheel out of the fork.

HOW TO ATTACH THE FRONT WHEEL

To attach the front wheel, place the bicycle so that the seat and the handlebars rest on the floor. **Tip:** Place a towel under the handlebar to avoid damaging the shifters. Then, set the hub of the front wheel into the ends of the fork; **make sure that the disc on the hub fits into the slot in the front brake.**



The quick-release lever for the wheel consists of a long axle, two springs, and a wheel nut. Place one spring on the axle, and then insert the axle of the quick-release lever through the ends of the fork and the hub of the front wheel. Next, place the other spring on the end of the axle and finger tighten the wheel nut a few turns onto the axle. Then, tighten the quick-release lever (see HOW TO USE A QUICK-RELEASE LEVER on page 16).

After you reattach the front wheel, test the front wheel to make sure that the quick-release lever is properly tightened:

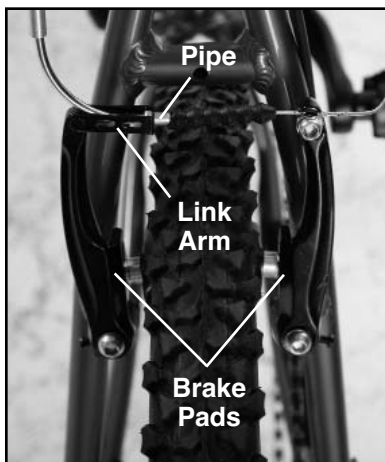
Pick up the bicycle and firmly hit the top of the tire with your hand. When the quick-release lever is properly tightened, the front wheel will not be loose, move from side to side, or come off. In addition, you will not be able to rotate the quick-release lever parallel to the wheel.

Roll the bicycle forward and then squeeze the left brake lever handle to test the front brake. You should feel firm resistance as the brake engages the disc on the front wheel.

HOW TO REMOVE THE REAR WHEEL

To remove the rear wheel, first shift the chain to the smallest rear cog and to the smallest front chainring (see HOW TO SHIFT GEARS on page 15).

If your bicycle has caliper brakes on the rear wheel, you must open the rear brake. (Note: This action is not necessary if your bicycle has a disc brake on the rear wheel.) To open the brake, use one hand to squeeze the brake pads firmly against the wheel rim. With your other hand, disconnect the pipe from the link arm. Then, release the brake pads and move the brake to the open position. Note: Reverse these actions to close the brake.



Next, loosen the quick-release lever on the rear wheel (see HOW TO USE A QUICK-RELEASE LEVER on page 16). Pull the rear derailleur cage toward the rear of the bicycle so that the chain moves out of the way, and then slide the wheel out of the dropouts. Then, release the rear derailleur cage.

HOW TO ATTACH THE REAR WHEEL

Note: If your bicycle has a caliper brake on the rear wheel, make sure that the brake is open (see HOW TO REMOVE THE REAR WHEEL on this page). Pull the rear derailleur cage toward the rear of the bicycle so that the chain moves out of the way.

Next, insert the hub of the rear wheel into the dropouts in the frame. Rest the chain on the smallest rear cog. **Make sure that the hub of the rear wheel fits securely into the dropouts.** If your bicycle has a disc brake on the rear wheel, **make sure that the disc on the hub fits into the slot in the rear brake.**

The quick-release lever for the wheel consists of a long axle, two springs, and a wheel nut. Place one spring on the axle, and then insert the axle of the quick-release lever through the dropouts and the hub of the rear wheel. Next, place the other spring on the end of the axle and finger tighten the wheel nut a few turns onto the axle. Then, tighten the quick-release lever (see HOW TO USE A QUICK-RELEASE LEVER on page 16).

If your bicycle has a caliper brake on the rear wheel, close the brake (see HOW TO REMOVE THE REAR WHEEL on this page).

Pick up the bicycle and firmly hit the top of the tire with your hand. When the quick-release lever is properly tightened, the rear wheel will not be loose, move from side to side, or come off. In addition, you will not be able to rotate the quick-release lever parallel to the wheel.

Roll the bicycle forward and then squeeze the right brake lever handle to test the rear brake. You should feel firm resistance as the brake pad engages the rim or the disc on the rear wheel.

PRE-CYCLING INSPECTION

It is your responsibility to ensure that your bicycle is in safe working condition before you cycle. Each time you cycle, inspect your bicycle and make sure your bicycle meets the following standards:

1. Wheels are secured in the fork and rear drop-outs.
2. Wheels and spokes are straight and true with the hubs correctly adjusted and free from side play.
3. Front and rear brakes operate correctly.
4. Steering is free with no excess play and the handlebar is free from damage.
5. Tires are in good condition and inflated to the pressure shown on the sidewalls.
6. Gears are correctly adjusted.
7. Pedals and pedal cranks are securely tightened.
8. All nuts and bolts are tight.
9. Suspension is adjusted properly and suited to your cycling style.
10. Your riding position is comfortable.

If necessary, see HOW TO OPERATE THE BICYCLE on page 14 and make the appropriate adjustments or have a qualified bicycle repair specialist make the appropriate adjustments.

SAFE CYCLING TIPS

1. Always wear a protective cycling helmet.
2. Make sure that none of your clothes can become caught in the wheels or the drivetrain of your bicycle.
3. Never hang bags or clothing on the handlebar; this will affect your steering.
4. Never carry a passenger on your bicycle.
5. Select a gear that allows you to pedal between fifty and seventy revolutions per minute, which is similar to your resting heart rate. This will give you better control of your bicycle and make it easier for you to accelerate as you cycle.
6. Familiarize yourself with and observe the cycling regulations and advice given in your local highway code.
7. Obey all traffic regulations and local bylaws and rules.
8. Always cycle defensively, be on your guard, and be alert for problems and hazards.
9. Observe the road surface ahead. Avoid obstacles such as potholes, gravel, and drains.
10. Use cycling lanes whenever possible.
11. Always cycle in single file.
12. Do not cycle too close to another vehicle, including other bicycles.
13. Regularly look over your shoulder to observe traffic approaching you from the rear, and always do this before giving a hand signal. Use caution when looking over your shoulder.
14. Give other road users clear hand signals to communicate your intended actions.
15. Be alert to vehicles pulling into your path. Also be alert to doors of parked vehicles opening in your path.
16. Never hold onto a moving vehicle or onto a stationary vehicle when stopped in traffic.
17. Use extra caution when cycling in wet conditions. These conditions will affect your braking performance. Allow extra time and stopping distance when you use your brakes in these conditions. Cycle slower when cornering or traveling over areas with reduced traction. Do not cycle in icy conditions.
18. If you cycle in the dark, make sure that your bicycle has a headlight and reflectors. Also, make sure to wear light-colored, reflective clothes when cycling in the dark.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of your bicycle regularly. Replace any worn parts immediately.

CLEANING

Use a damp cloth and a small amount of mild soap to clean alloy, chrome, and enamel parts on your bicycle. Make sure to clean the chain, derailleurs, and rear cogs regularly. **Tip: You may find an old toothbrush useful for removing grit and grime.**

Rinse your bicycle with clean water and then wipe it dry with a soft cloth. Wipe the chrome with a lightly oiled cloth.

LUBRICATION

IMPORTANT: Do not use a vegetable-based oil to lubricate bicycle parts. This type of oil may dry and leave a harmful gum residue. Also, keep all oil and grease off the wheel rims, brake pads, and tires.

Every month, use a bicycle-specific spray lubricant to lubricate the chain, the rear cogs, and all pivot points on both the front and rear derailleurs. Wipe off the excess lubricant with a cloth. **Tip: Place a cloth behind the chain to avoid getting lubricant on the rest of the bicycle.**

In addition, lubricate the pivot points on caliper brakes with a bicycle-specific spray lubricant once a month; **make sure that no lubricant gets on the brake pads or the wheel rims.**

REFLECTORS

Your bicycle is equipped with a front reflector on the handlebar and a rear reflector on the seat post. Your bicycle also has two side reflectors, one attached to each wheel. Make sure that all reflectors are positioned perpendicular to the ground. Keep the reflectors clean and in good condition.

FORK

Check your bicycle fork to make sure that the gaiters (foam covers) at the top of the fork are in good condition. The gaiters prevent dirt and grit from entering the front suspension unit.

Wipe the chrome tube of the fork regularly with a lightly oiled cloth.

HANDLEBAR STEM

Any adjustments to the handlebar stem should be made by a qualified bicycle repair specialist. **IMPORTANT: Do not attempt to adjust the height of the handlebar stem; any attempt to raise the handlebar stem will loosen the head bearings and make the bicycle unsafe.**

PEDALS

Check the pedals weekly to make sure they are tight. Use an adjustable wrench to tighten the left pedal counterclockwise into the left arm of the crank. Tighten the right pedal clockwise into the right arm of the crank.

WHEELS AND TIRES

Check the wheel rims and spokes to make sure that they are straight and true. If a wheel rim or spoke is crooked, bent, or broken, have it trued or repaired by a qualified bicycle repair specialist.

Check the tire pressure weekly. Make sure to inflate the tires to the pressure marked on the sidewalls of the tires. Use a manual hand pump to inflate the tires; **do not use compressed air to inflate the tires.**

Inspect the tires weekly to make sure that the treads and sidewalls are not cracked or damaged.

SUSPENSION FRAME

Bicycles with a full suspension frame have a pivot that allows the rear end of the frame to move as the suspension unit is compressed under a load.

If your bicycle has a suspension frame, check the tightness of this pivot as part of your maintenance routine. Any further maintenance should be performed by a qualified bicycle repair specialist.

BEARINGS

There are several areas on your bicycle containing bearings that must be adjusted and lubricated. Proper maintenance of the bearings will ensure longer bearing life and easier and safer cycling. Proper adjustment of the bearings requires special tools and knowledge, so you should have all bearings checked and lubricated once a year by a qualified bicycle repair specialist. Perform the following checks to find out if the bearings on your bicycle need to be adjusted:

Head Bearing Check

Lift upward on the handlebar. There should not be any play in the handlebar stem or the fork within the frame. The handlebar must turn easily. If there is play in the handlebar stem or the fork, have an adjustment made by a qualified bicycle repair specialist.

Wheel Bearing Check

Check both the front and rear wheels in the same manner. Hold the wheel off the ground to see if it rotates freely and easily. Check for side play on the rim of the wheel. There should be only a small amount of side-to-side movement. If there is play in the rim of the wheel, have an adjustment made by a qualified bicycle repair specialist.

Crank Bearing Check

Hold a crank arm and try to move the crank from side to side. You should feel only a small amount of side-to-side movement. The crank should turn freely and easily. If the crank is tight or has too much play, have an adjustment made by a qualified bicycle repair specialist.

MAINTENANCE SCHEDULE

Weekly

Wipe your bicycle with a damp cloth. Inspect the tires for damage and check the tire pressure. Check the pedals and tighten them, if necessary.

Monthly

Clean your bicycle with a damp cloth and a small amount of mild soap, and then wipe your bicycle dry. Check the gaiters on the top of the fork for damage. If your bicycle has a full suspension frame, check the tightness of the pivot.

Lubricate the chain, the rear cogs, and the front and rear derailleurs with a bicycle-specific spray lubricant; **make sure that no lubricant gets on the caliper brake pads.** If your bicycle has caliper brakes, lubricate the cable pivot point on the brake lever.

Annually

Wipe your seat with a damp cloth and then wipe the seat dry.

The following components should be serviced annually by a qualified bicycle repair specialist:

- Brakes and cables
- Wheel, head, and crank bearings
- Drivetrain components
- Handlebar stem
- Wheels and spokes

NOTES

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 description of the replacement part(s)

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