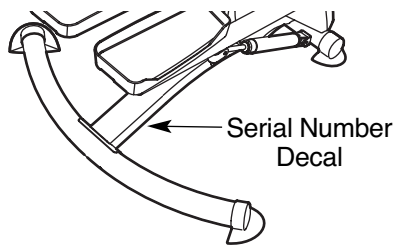


Model No. PFLS19941

Serial No. \_\_\_\_\_



## QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

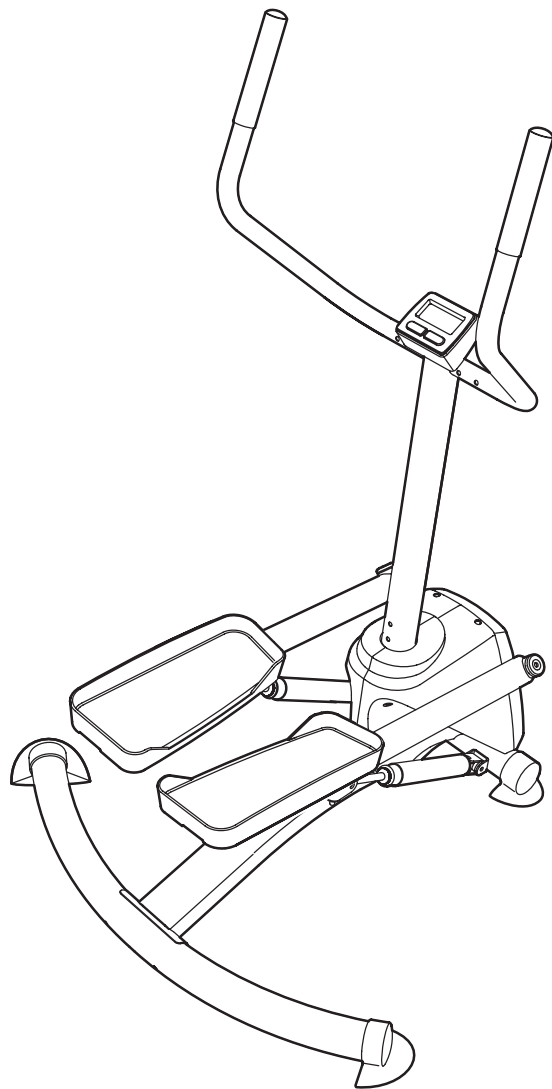
**1-888-533-1333**

Mon.–Fri., 8 a.m.–5 p.m. MST

## CAUTION

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

# HOT CROSS BUNS™



## USER'S MANUAL

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# TABLE OF CONTENTS

IMPORTANT PRECAUTIONS .....	2
BEFORE YOU BEGIN .....	3
ASSEMBLY .....	4
HOW TO USE THE LATERAL TRAINER .....	7
MAINTENANCE AND TROUBLESHOOTING .....	8
CONDITIONING GUIDELINES .....	9
PART LIST .....	10
EXPLODED DRAWING .....	11
HOW TO ORDER REPLACEMENT PARTS .....	Back Cover
LIMITED WARRANTY .....	Back Cover

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## IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the lateral trainer.

1. Read all instructions in this manual before using the lateral trainer.
2. Use the lateral trainer only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the lateral trainer are adequately informed of all precautions.
4. The lateral trainer is intended for in-home use only. Do not use the lateral trainer in a commercial, rental, or institutional setting.
5. Keep the lateral trainer indoors, away from moisture and dust. Place the lateral trainer on a level surface, with a mat beneath it to protect the floor or carpet from damage.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under the age of 12 and pets away from the lateral trainer at all times.
8. The lateral trainer should not be used by persons weighing more than 250 pounds.
9. Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the lateral trainer. Always wear athletic shoes for foot protection.
10. The resistance cylinders may become hot during use. Allow the resistance cylinders to cool before touching them.
11. Always keep your back straight when using the lateral trainer; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The decals shown on page 3 have been placed on the lateral trainer. If a decal is missing, or if it is not legible, call our Customer Service Department toll-free and order a free replacement decal. Apply the decal in the location shown.

**⚠ WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

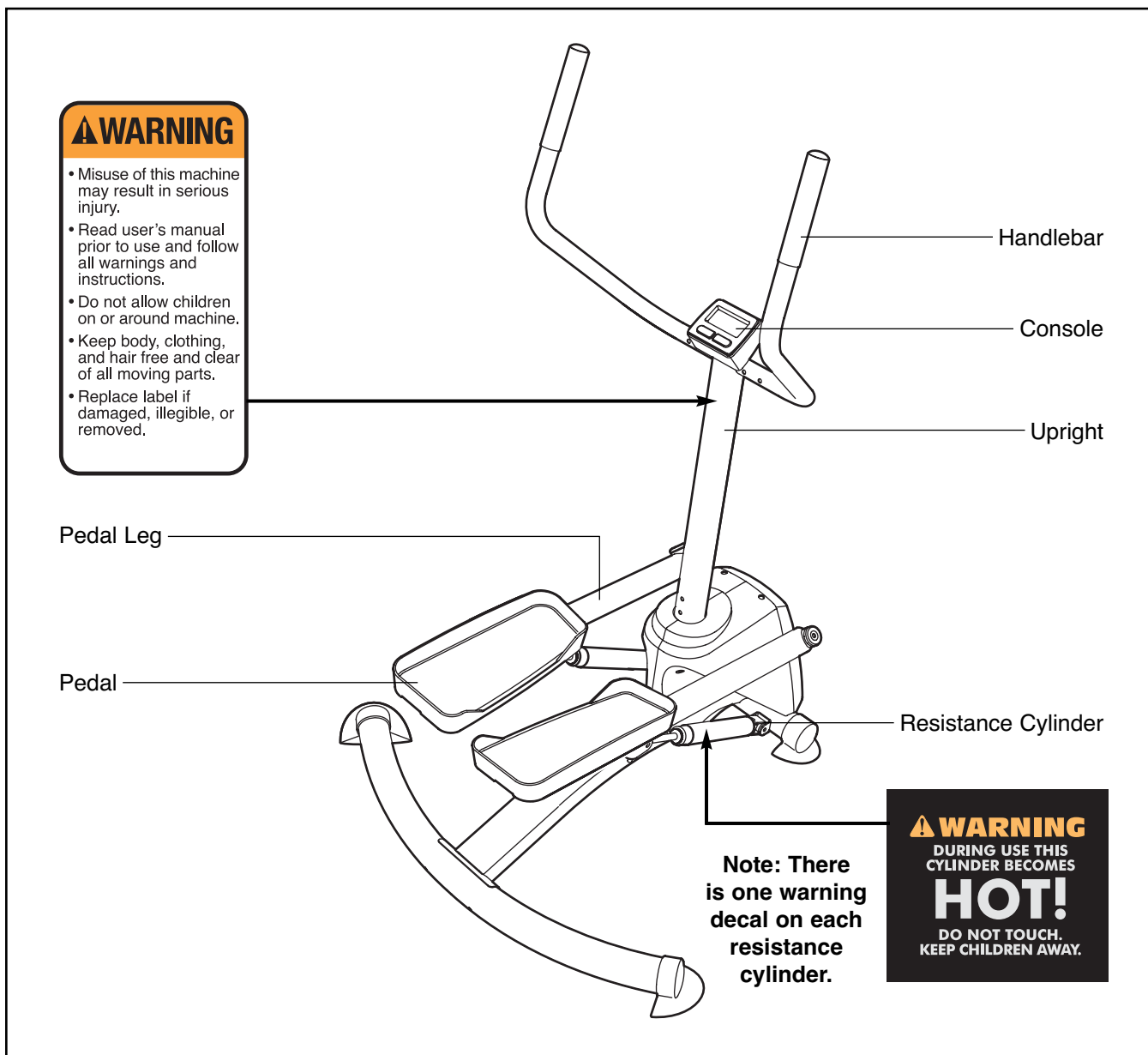
# BEFORE YOU BEGIN

Thank you for selecting the new HOT CROSS BUNS lateral trainer. The HOT CROSS BUNS lateral trainer blends advanced engineering with contemporary styling to provide you with effective, low-impact workouts in the convenience and privacy of your own home.




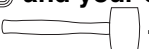
**For your benefit, read this manual carefully before using the lateral trainer.** If you have questions after reading this manual, please call our Customer Service

Department toll-free at 1-888-533-1333, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is PFLS19941. The serial number can be found on a decal attached to the lateral trainer (see the front cover of this manual).

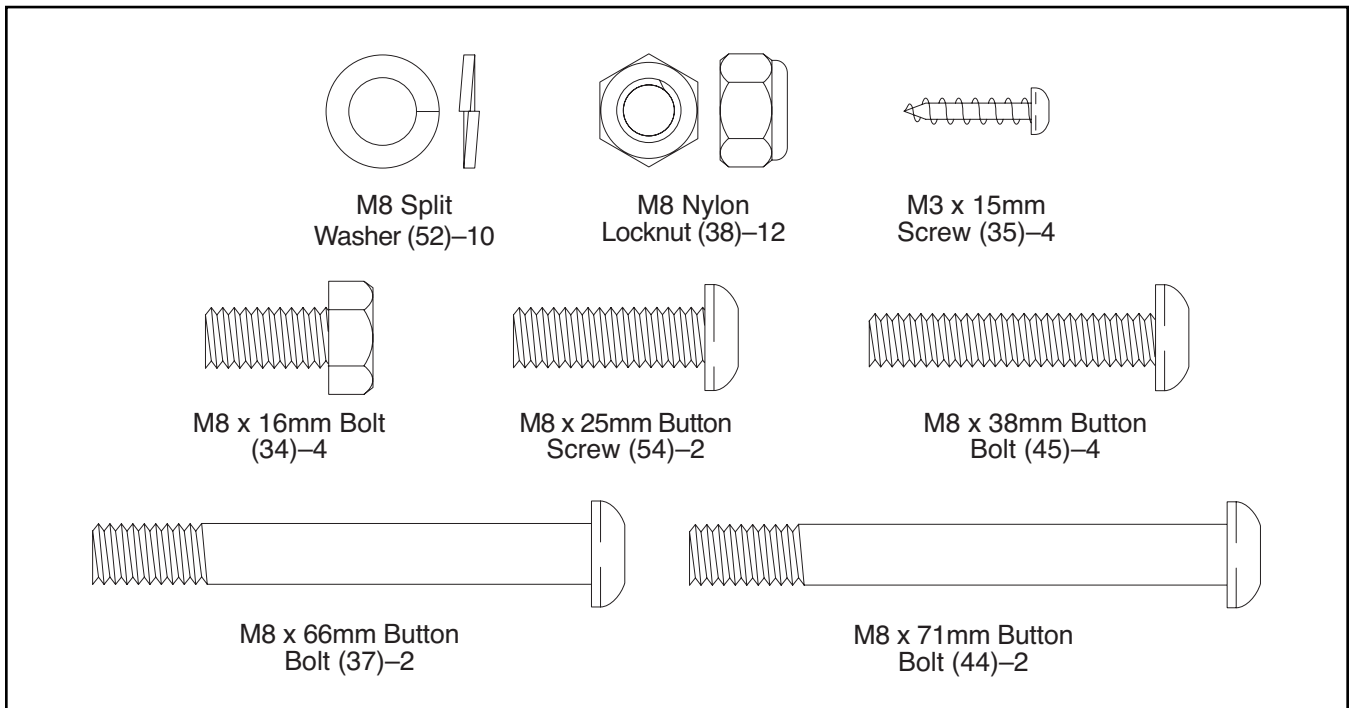
Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



# ASSEMBLY

Place the included parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **Assembly requires the included allen wrench**  **and your own phillips screwdriver**  , **adjustable wrenches**  , and **rubber mallet**  .

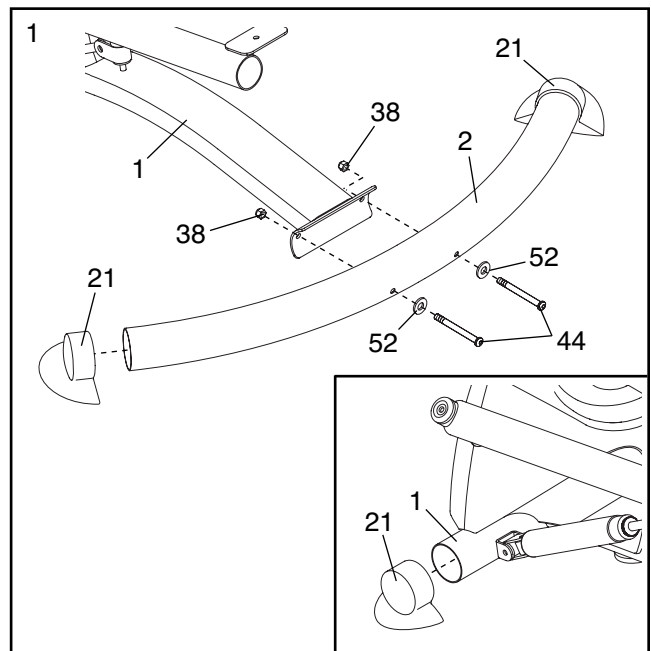
See the drawings below for help identifying the small parts used during assembly. The number in parenthesis below each drawing is the key number of the part, from the PART LIST on page 10. The number following the key number is the quantity required for assembly. **Note: If a part is not found in the parts bag, check to see if it has been preassembled.**



1. Press a Stabilizer Endcap (21) onto each end of the Rear Stabilizer (2).

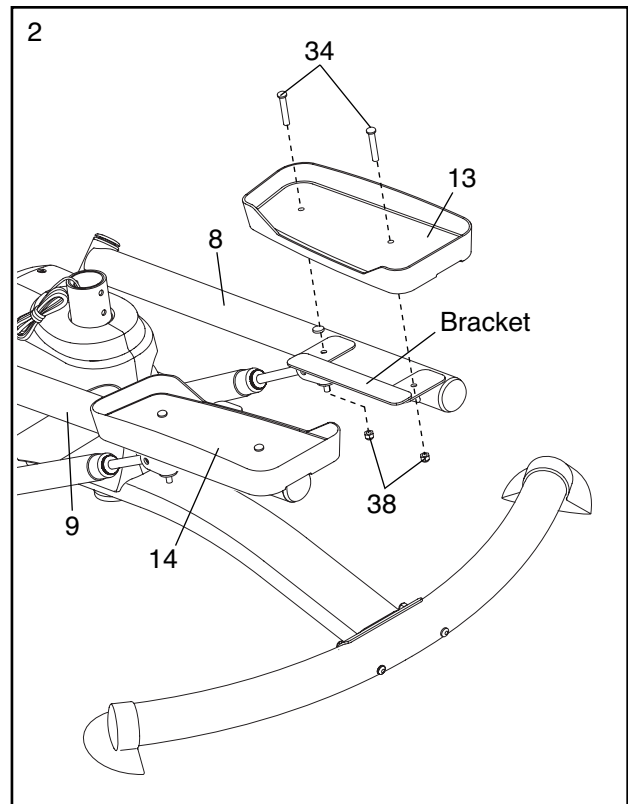
Attach the Rear Stabilizer (2) to the Base (1) with two M8 x 71mm Button Bolts (44), two M8 Split Washers (52), and two M8 Nylon Locknuts (38).

**See the inset drawing.** Press a Stabilizer Endcap (21) onto each side of the front of the Base (1).



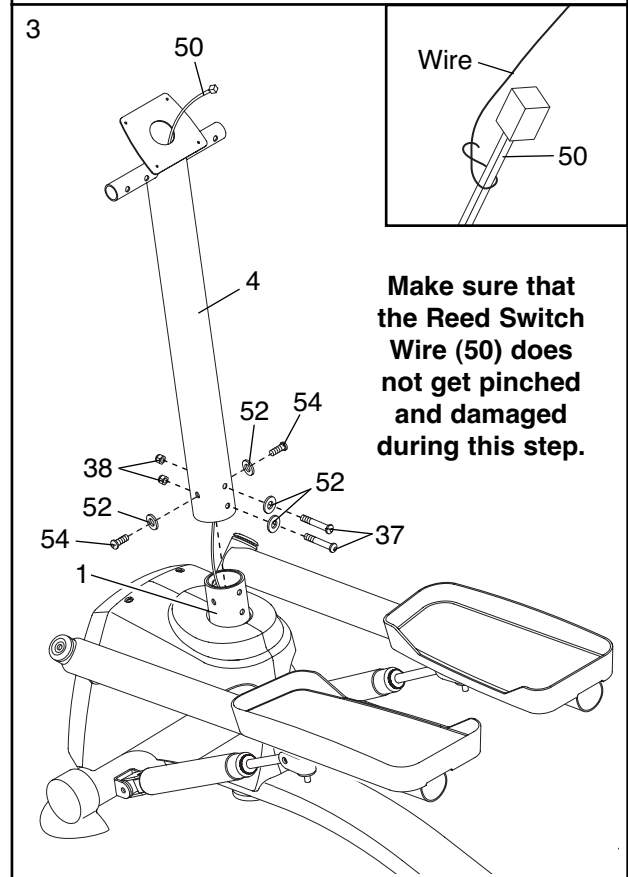
- Identify the Right Pedal (13), which is marked with the letter "R." Set the Right Pedal on the bracket on the Right Pedal Leg (8); **make sure that the Right Pedal is oriented as shown.** Attach the Right Pedal with two M8 x 16mm Bolts (34) and two M8 Nylon Locknuts (38).

Attach the Left Pedal (14) to the Left Pedal Leg (9) in the same way.



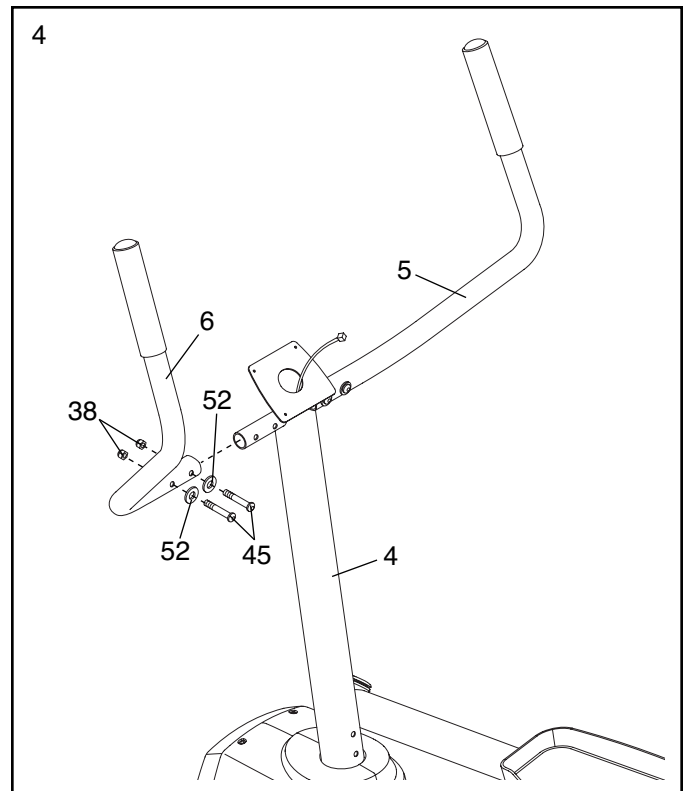
- Have another person hold the Upright (4) in the position shown. See the inset drawing. Locate the wire extending from the lower end of the Upright. Tie the wire around the end of the Reed Switch Wire (50) as shown. Carefully pull the wire up through the Upright until the Reed Switch Wire is extending from the top of the Upright. Then, untie the wire and discard it.

Slide the Upright (4) onto the Base (1); **be careful to avoid pinching the Reed Switch Wire (50).** Attach the Upright to the Base with two M8 x 66mm Button Bolts (37), two M8 x 25mm Button Screws (54), four M8 Split Washers (52), and two M8 Nylon Locknuts (38) as shown; **be careful to avoid damaging the Reed Switch Wire with the Button Bolts and the Button Screws.**



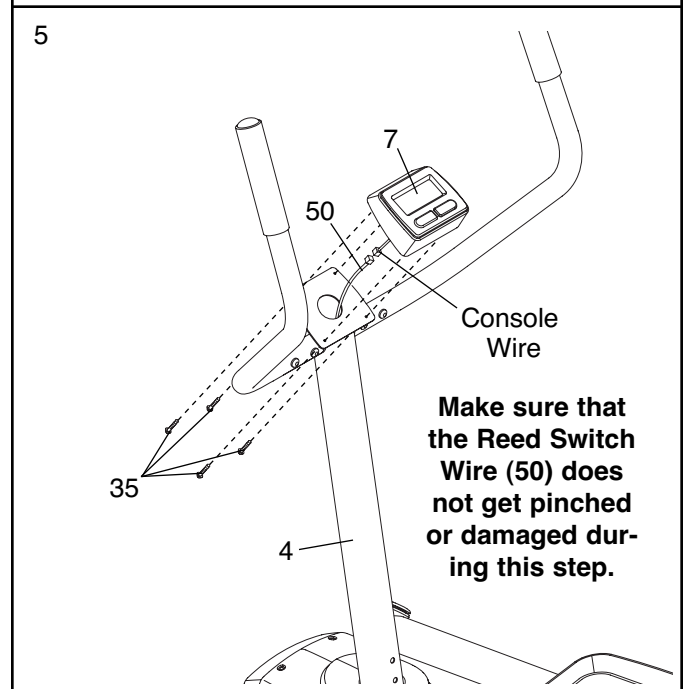
- Identify the Left Handlebar (6), which is labeled with an "L." Attach the Left Handlebar to the Upright (4) with two M8 x 38mm Button Bolts (45), two M8 Split Washers (52), and two M8 Nylon Locknuts (38).

Attach the Right Handlebar (5) in the same way.



- The Console (7) requires three 1.5 V "AA" batteries (not included); alkaline batteries are recommended. Insert three batteries into the battery compartment (not shown); **make sure that the batteries are oriented as shown by the diagram inside of the battery compartment.**

Connect the Reed Switch Wire (50) to the console wire. Feed the excess wire into the Upright (4). Attach the Console (7) to the Upright with four M3 x 15mm Screws (35). **Be careful to avoid pinching the Reed Switch Wire.**



- Make sure that all parts are properly tightened before you use the lateral trainer.**

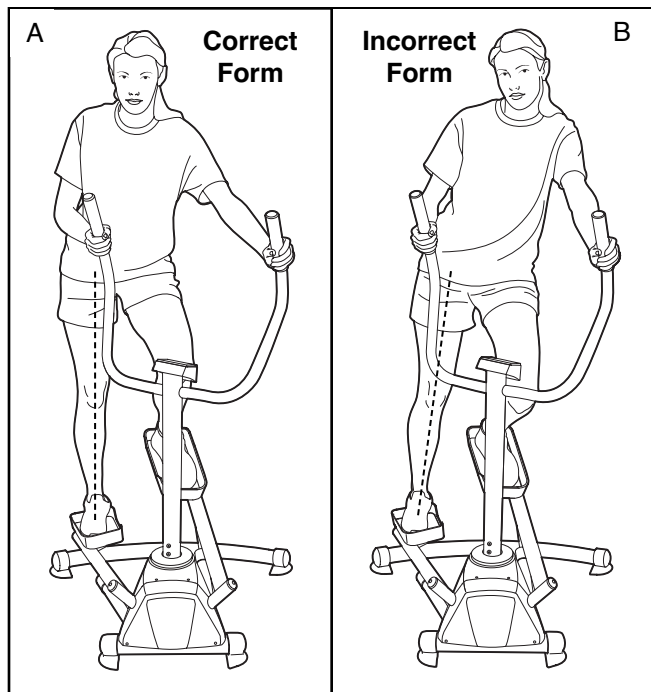
# HOW TO USE THE LATERAL TRAINER

## HOW TO EXERCISE ON THE LATERAL TRAINER

Place the lateral trainer on a level surface. Place a mat beneath the lateral trainer to protect the floor. Note: The lateral trainer features precision hydraulic cylinders; due to the nature of hydraulic cylinders, there is a possibility of slight oil leakage.

Hold the handlebars and step onto the pedals. Begin stepping, alternately pushing down the right and left pedals with a smooth, continuous motion. Adjust your pace or the resistance of the pedals (see HOW TO CHANGE THE RESISTANCE at the right) until you can comfortably maintain a continuous motion.

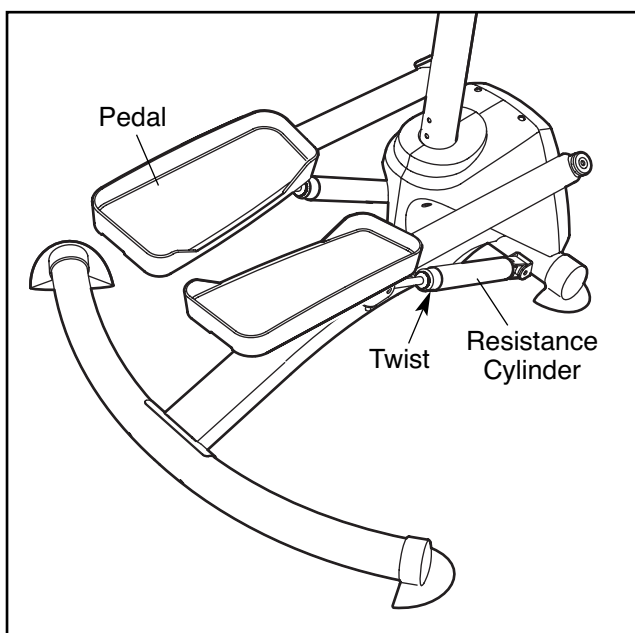
Proper form is essential for effective exercise. See drawing A below. As you step, keep your body weight centered over the pedal that is moving downward, with your thigh and knee directly above your foot, as shown. It may be helpful to rotate your toes outward slightly. **Do not lean to the side as you step**, as shown in drawing B. Stand erect or lean forward slightly as you exercise; always keep your back straight in order to avoid injury.



**CAUTION:** Avoid leaning to the side while stepping. Drawing A at the left shows correct form; drawing B shows incorrect form.

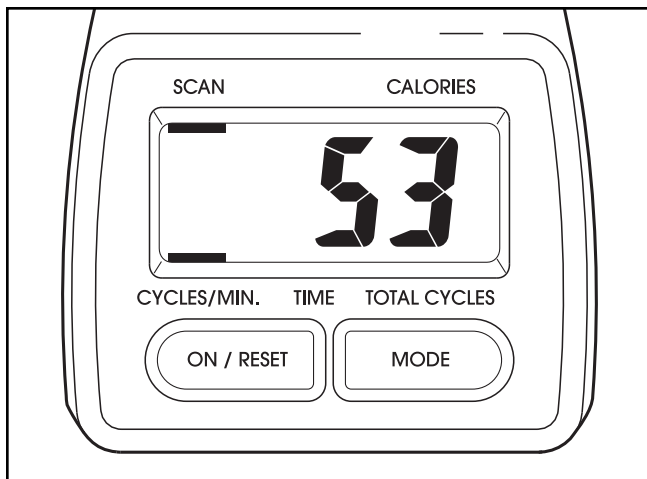
## HOW TO CHANGE THE RESISTANCE

To change the resistance of the pedals, twist the collars on the resistance cylinders. **Make sure that the collars on both resistance cylinders are at the same setting.**



**WARNING:** The resistance cylinders may become very hot during use. Allow the resistance cylinders to cool before touching them.

## DESCRIPTION OF THE CONSOLE



The console is designed to help you get the most from your workouts. As you exercise, the display will provide continuous exercise feedback:

**Cycles Per Minute**—This mode displays the average number of cycles you are pedaling per minute.

**Time**—This mode displays the elapsed time you have been pedaling.

**Total Cycles**—This mode displays the total number of cycles you have pedaled.

**Calories**—This mode displays the approximate number of calories you have burned.

**Scan**—This mode displays the cycles per minute, time, total cycles, and calories modes, for 5 seconds each, in a repeating cycle.

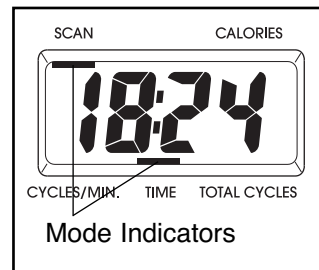
### HOW TO USE THE CONSOLE

Note: If there is a sheet of clear plastic on the console, remove the plastic. The console requires three 1.5V “AA” batteries (see assembly step 5 on page 6).

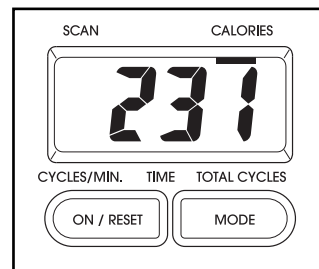
1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for a moment. The console will then be ready for operation.

2. Select one of the modes:

**Scan mode**—When the power is turned on, the scan mode will be selected. One mode indicator will show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If a different mode is selected, select the scan mode again by repeatedly pressing the mode button.



**Cycles per minute, time, total cycles, or calories mode**—To select one of these modes for continuous display, press the mode button repeatedly. The mode indicators will show which mode is selected. Make sure that the scan mode is not selected.



3. To reset the display, press the on/reset button.

4. **The console has an “auto-off” feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will turn off to conserve the batteries.**

## MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts each time you use the lateral trainer. Clean the lateral trainer using a soft cloth and a small amount of mild, non-abrasive detergent. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

### BATTERY REPLACEMENT

The console requires three 1.5V “AA” batteries. To replace the batteries, first see step 5 on page 6 and remove the console from the upright. Next, remove the old batteries from the console and insert new batteries. Then, reattach the console to the upright.

# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

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

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

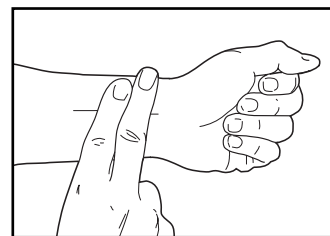
To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is between the lowest number and the middle number in your training zone as you exercise.

## Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10



to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

## WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan 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 make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. PFLS19941

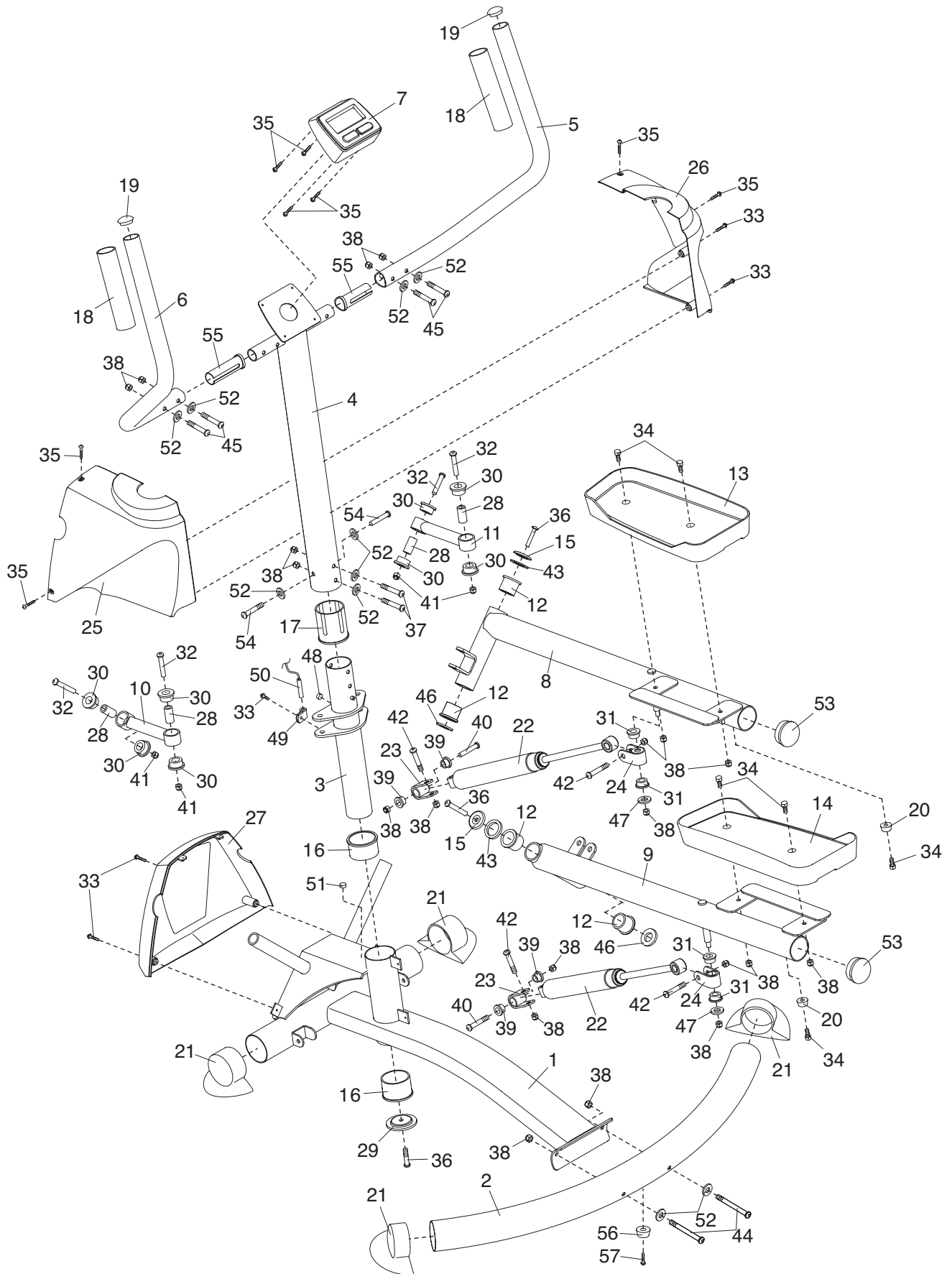
R1004A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	30	8	Link Arm Bushing
2	1	Rear Stabilizer	31	4	1/2" x 7/8" Plastic Spacer
3	1	Lower Upright	32	4	3/8" x 2 1/16" Bolt
4	1	Upright	33	5	M4 Screw
5	1	Right Handlebar	34	6	M8 x 16mm Bolt
6	1	Left Handlebar	35	8	M3 x 15mm Screw
7	1	Console	36	3	M8 x 25mm Button Patch Bolt
8	1	Right Pedal Leg	37	2	M8 x 66mm Button Bolt
9	1	Left Pedal Leg	38	20	M8 Nylon Locknut
10	1	Left Link Arm	39	4	M8 x 7/8" Plastic Spacer
11	1	Right Link Arm	40	2	M8 Button Head Bolt
12	4	Pedal Arm Bushing	41	4	3/8" Nylon Nut
13	1	Right Pedal	42	4	M8 x 38mm Bolt
14	1	Left Pedal	43	2	M8 Large Washer
15	2	Pedal Arm Endcap	44	2	M8 x 71mm Button Bolt
16	2	Lower Upright Bushing	45	4	M8 x 38mm Button Bolt
17	1	Top Upright Bushing	46	2	Wave Washer
18	2	Foam Grip	47	2	M8 Washer
19	2	Handlebar Endcap	48	1	Wire Plug
20	2	Bumper	49	1	Reed Switch Clip
21	4	Stabilizer Endcap	50	1	Reed Switch Wire
22	2	Resistance Cylinder	51	1	Magnet
23	2	Front Resistance Cylinder Bracket	52	10	M8 Split Washer
24	2	Rear Resistance Cylinder Bracket	53	2	Pedal Endcap
25	1	Left Side Shield	54	2	M8 x 25mm Button Screw
26	1	Right Side Shield	55	2	Handlebar Bushing
27	1	Front Side Shield	56	1	Large Bumper
28	4	Link Arm Sleeve	57	1	M4 x 13mm Screw
29	1	Upright Endcap	#	1	User's Manual

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

# EXPLODED DRAWING—Model No. PFLS19941

R1004A



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-533-1333, Monday through Friday, 8 a.m. until 5 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PFLS19941)
- the NAME of the product (HOT CROSS BUNS lateral trainer)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 10)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), 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. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. 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 ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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 or 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.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**