

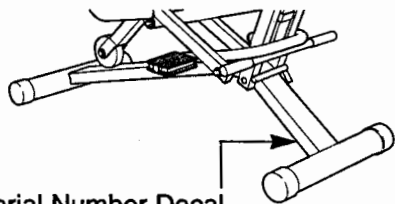
RICHARD SIMMONS *Dream Glider*

PATENT PENDING

Model No. QVCR45060

Serial No. _____

Write the serial number in the space above for future reference



QUESTIONS?

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

TO AVOID UNNECESSARY 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:

1-800-999-3756

Mon.-Fri., 6 a.m.-6 p.m. MST

CAUTION

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



USER'S MANUAL

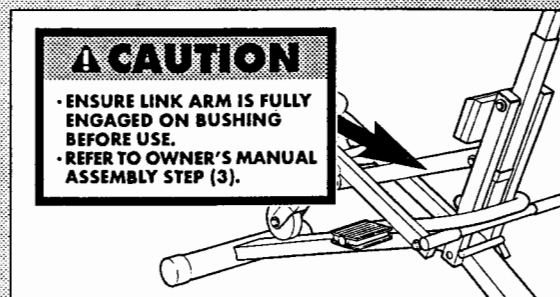
TABLE OF CONTENTS

IMPORTANT PRECAUTIONS	2
BEFORE YOU BEGIN	3
ASSEMBLY	4
HOW TO USE THE DREAM GLIDER	5
MAINTENANCE AND STORAGE	7
CONDITIONING GUIDELINES	9
PART LIST	10
EXPLODED DRAWING	11
HOW TO ORDER REPLACEMENT PARTS	Back Cover
LIMITED WARRANTY	Back Cover

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the DREAM GLIDER.

1. Read all instructions in this manual before using the DREAM GLIDER. Use the DREAM GLIDER only as described in this manual.
2. It is the responsibility of the owner to ensure that all users of the DREAM GLIDER are adequately informed of all precautions.
3. The DREAM GLIDER should not be used by persons weighing more than 300 pounds.
4. Keep small children and pets away from the DREAM GLIDER at all times.
5. Place the DREAM GLIDER on a level surface. Place a mat beneath the DREAM GLIDER to protect the floor or carpet.
6. Regularly inspect and tighten all parts of the DREAM GLIDER.
7. When exercising, always wear athletic shoes. Do not place your feet anywhere on the DREAM GLIDER except on the pedals or foot rests.
8. When exercising, do not wear loose clothing that could become caught on the DREAM GLIDER.
9. When inserting the handlebar post into the pedal frame or the wheel tube (refer to the drawing on page 3), make sure that the spring clip snaps into the hole in the pedal frame or the wheel tube.
10. The decal shown below has been placed on the DREAM GLIDER. If the decal is missing, or if it is not legible, please call our Customer Service Department, toll-free, to order a free replacement decal (see ORDERING REPLACEMENT PARTS on the back cover of this manual). Apply the decal in the location shown.
11. The DREAM GLIDER is intended for home use only. Do not use the DREAM GLIDER in a commercial, rental, or institutional setting.



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.

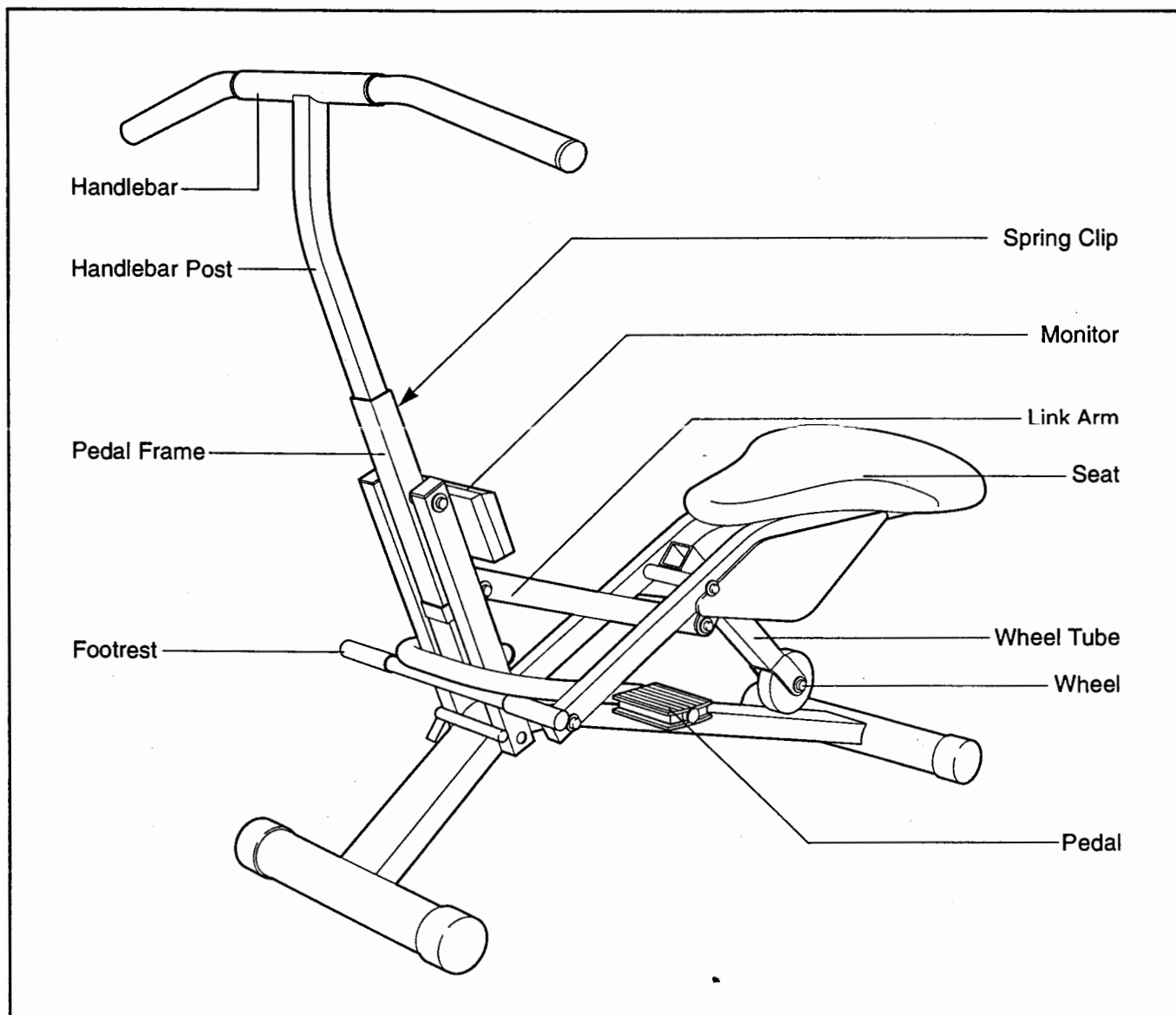
BEFORE YOU BEGIN

Thank you for selecting the new DREAM GLIDER from RICHARD SIMMONS. The DREAM GLIDER offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

For your benefit, please read this manual carefully before using the DREAM GLIDER. If you have questions after reading the manual, 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).

To help us assist you, please mention the product model number and serial number when calling. The model number is QVCR45060. The serial number can be found on a decal attached to the DREAM GLIDER (see the front cover of this manual for the location).

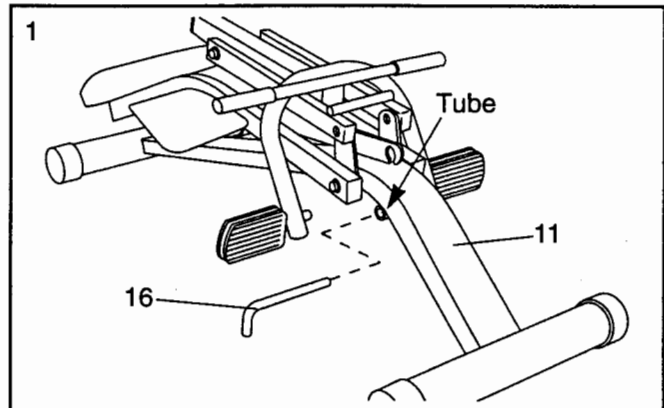
Before reading further, please take a moment to familiarize yourself with the parts that are labeled in the drawing below.



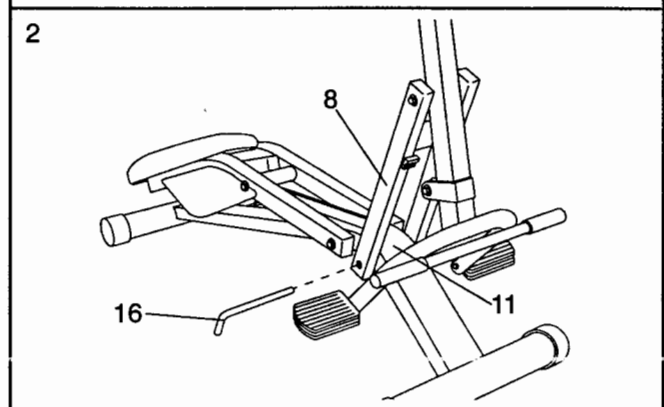
ASSEMBLY

For your convenience, the DREAM GLIDER is shipped in the storage position. To set up the DREAM GLIDER for use, first place it in a cleared area and remove all packing materials. Do not dispose of the packing materials until the DREAM GLIDER is fully set up. **Setting up the DREAM GLIDER may require a hammer (not included).**

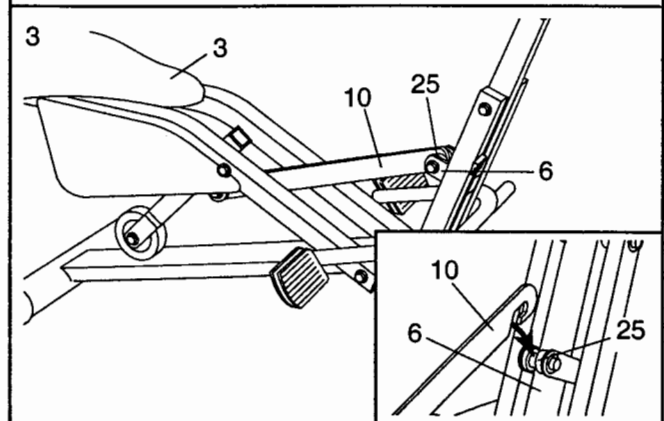
1. Remove the Lock Pin (16) from the tube under the Base (11).



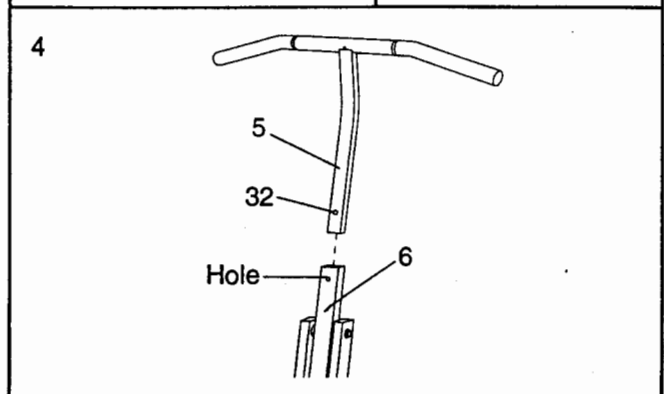
2. Raise the Upright Frame (8) and hold it in the position shown. Insert the Lock Pin (16) through the Upright Frame and the tube under the Base (11). **Note: It may be helpful to lubricate the holes and use a hammer to tap in the Lock Pin.**



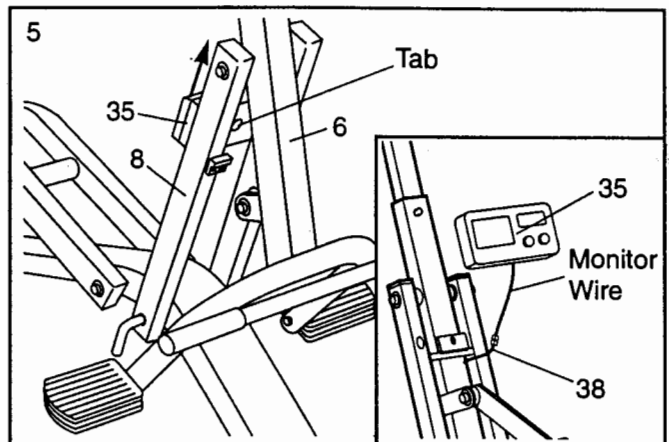
3. Raise the Seat (3) and hook the Link Arm (10) onto the Butterfly Bushing (25) on the Pedal Frame (6). **Push down on the Link Arm to make sure it is fully seated on the Butterfly Bushing.**



4. Press the Spring Clip (32) in the Handlebar Post (5). Insert the Handlebar Post into the Pedal Frame (6). **Make sure that the Spring Clip snaps into the indicated hole in the Pedal Frame.**

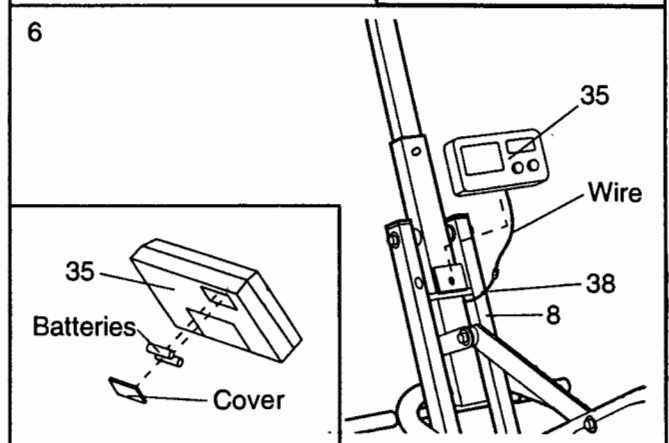


5. Pivot the bottom of the Pedal Frame (6) away from the Upright Frame (8). Depress the indicated tab while gently lifting the Monitor (35) up and off of the DREAM GLIDER.



6. The Monitor (35) requires two "AA" batteries (not included). Alkaline batteries are recommended. See the inset drawing. Open the battery cover on the back of the Monitor. Insert two batteries into the Monitor. **Make sure that the negative (-) ends of the batteries are touching the springs in the Monitor.** Close the battery cover.

Make sure that the Reed Switch Wire (38) is connected to the wire on the Monitor (35). Slide the Monitor onto the bracket on the Upright Frame (8). Make sure that the tab on the back of the Monitor snaps into the hole in the bracket.



HOW TO USE THE DREAM GLIDER

The DREAM GLIDER features three different modes: the full body mode, the upper body mode, and the lower body mode.

HOW TO USE THE FULL BODY MODE

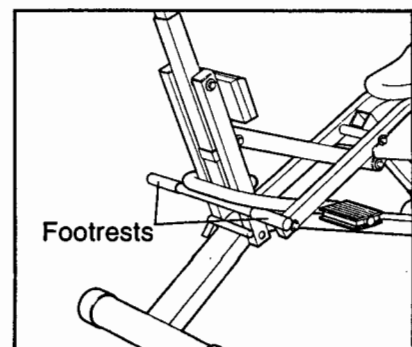
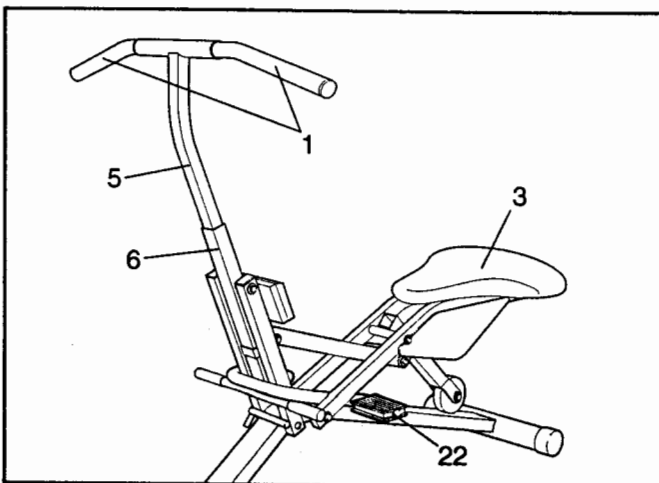
Make sure that the Handlebar Post (5) is in the Pedal Frame (6). Sit on the Seat (3), place your feet on the

Pedals (22), and hold the Foam Grips (1). To give variety to your exercise, place your hands close together or far apart, or use an overhand or underhand grip.

To begin exercising, pull the handlebar towards your waist while pushing the pedals with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. Be sure to move through the full range of motion, maintain a steady pace, and keep your back straight.

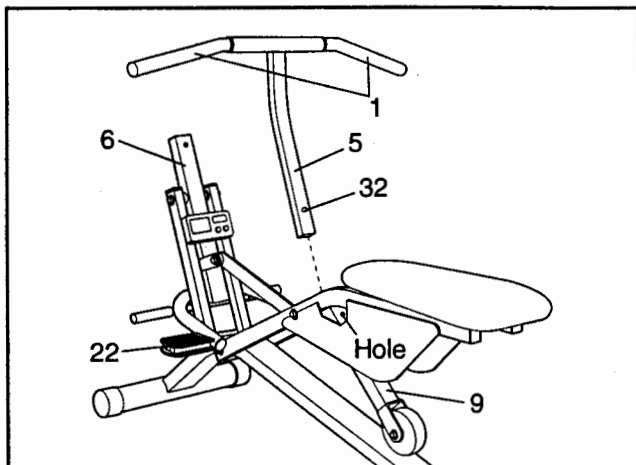
HOW TO USE THE UPPER BODY MODE

To focus on the muscles of the upper body, exercise as described above, but place your feet on the footrests instead of the pedals.



HOW TO USE THE LOWER BODY MODE

To exercise the muscles of the lower body, the position of the handlebar should be changed. First, press the Spring Clip (32) and slide the Handlebar Post (5) out of the Pedal Frame (6). Press the Spring Clip again and insert the Handlebar Post into the Wheel Tube (9). **Make sure that the Spring Clip snaps into the indicated hole in the Wheel Tube.**

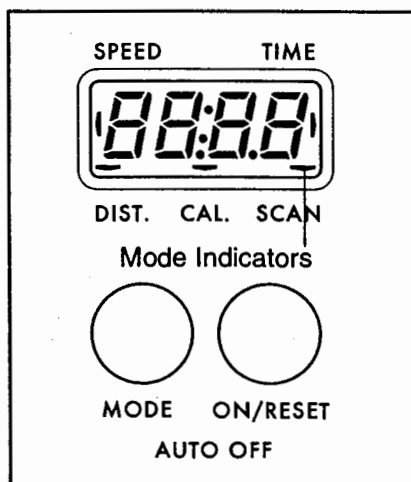


Exercise as described in HOW TO USE THE FULL BODY MODE, but concentrate on using the muscles of your lower body.

DESCRIPTION OF THE MONITOR

The monitor features five modes that provide instant exercise feedback during your workouts. The modes are described below.

- **Speed**—Displays your speed, in reps per minute.
- **Time**—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.
- **Distance**—Displays the total number of repetitions you have completed, up to 999. The display will then reset to zero and continue counting.
- **Calorie**—Displays the approximate number of



Calories you have burned.

- **Scan**—Displays the speed, time, distance, and calorie modes, for 5 seconds each, in a repeating cycle.

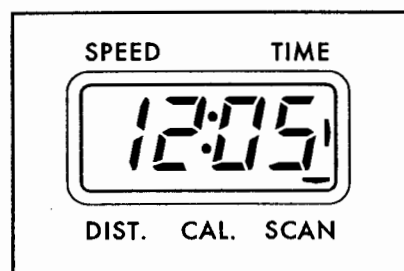
BATTERY INSTALLATION

Before the monitor can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly steps 5 and 6 on page 5.

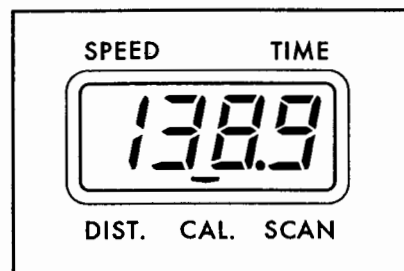
HOW TO OPERATE THE MONITOR

1. To turn on the power, press the on/reset button or simply begin exercising on the DREAM GLIDER. When the power is turned on, the entire display will appear for two seconds. The monitor will then be ready for operation.
2. Select one of the five modes:

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



Speed, time, distance or calorie mode—To select one of these modes for continuous display, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)

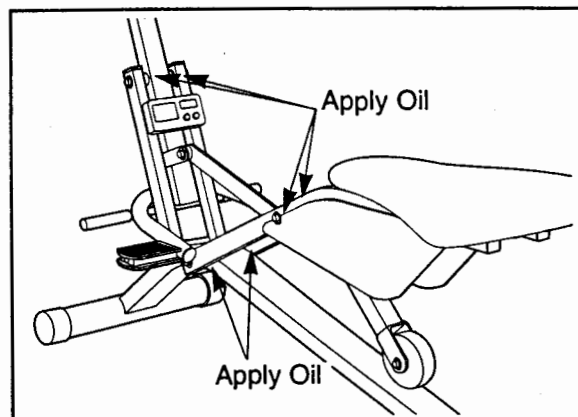


3. To reset the display, press the on/reset button.
4. To turn off the power, simply wait for about four minutes. **Note: The monitor has an "auto-off" feature. If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**

MAINTENANCE AND STORAGE

Inspect and tighten all parts of the DREAM GLIDER regularly.

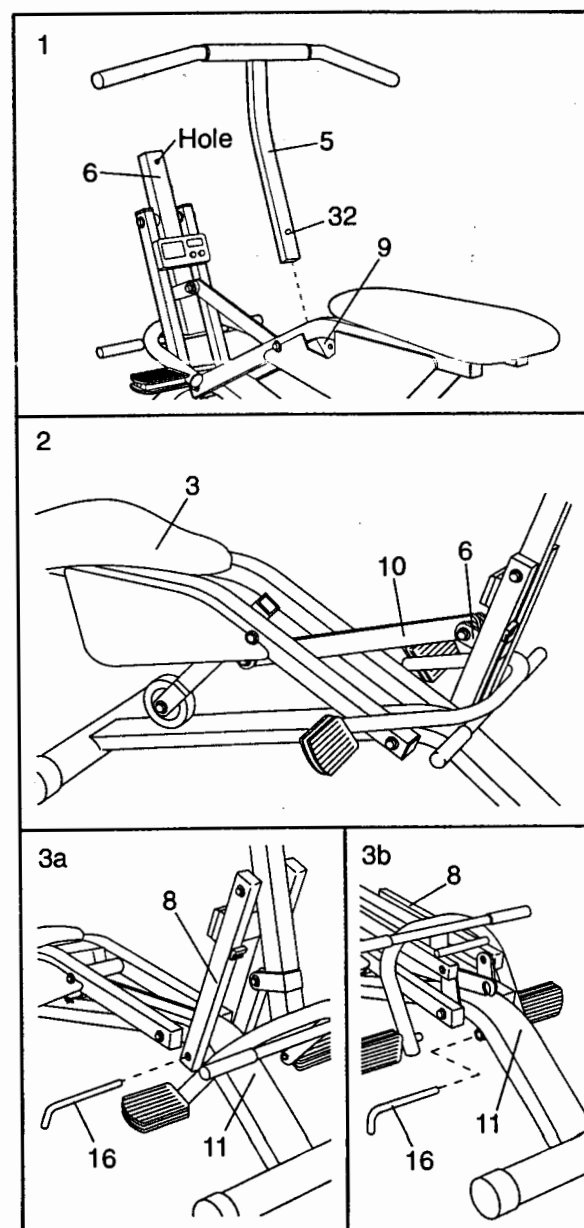
The DREAM GLIDER should be oiled every six months. Apply a few drops of light multi-purpose oil in the locations shown at the right.



The unique DREAM GLIDER can be folded for easy storage. Follow the steps below to fold the DREAM GLIDER.

1. If the Handlebar Post (5) is in the Wheel Tube (9), the Handlebar Post must be moved to the Pedal Frame (6) before the DREAM GLIDER can be folded. Press the Spring Clip (32) and slide the Handlebar Post out of the Wheel Tube. Press the Spring Clip again and insert the Handlebar Post into Pedal Frame (6). Make sure that the Spring Clip snaps into the indicated hole in the Pedal Frame.
2. Firmly hold the handlebar (not shown) and lift the Link Arm (10) off the bracket on the Pedal Frame (6). Lower the Seat (3).
3. Refer to drawing 3a. **Firmly hold the handlebar (not shown) to prevent it from falling.** Remove the Lock Pin (16) From the Upright Frame (8) and the Base (11).

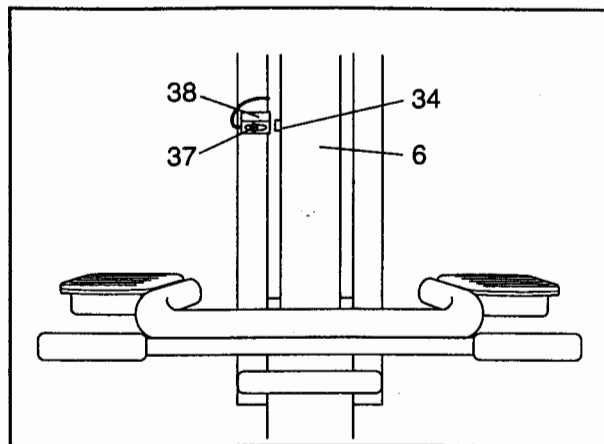
Refer to drawing 3b. Lower the Upright Frame (8). Insert the Lock Pin (16) into the tube under the Base (11).



To set up the DREAM GLIDER for use, refer to ASSEMBLY steps 1 to 4 on page 4.

HOW TO ADJUST THE MAGNET AND REED SWITCH

If the monitor does not function properly, the Magnet (34) and the Reed Switch (38) should be checked. Pivot the Pedal Frame (6) until the Magnet is aligned with the Reed Switch. Loosen the indicated #8 x 3/4" Screw (37). Slide the Reed Switch slightly closer to the Magnet. Tighten the #8 x 3/4" Screw. Exercise on the DREAM GLIDER for a moment. Repeat until the monitor displays correct feedback. **Make sure that the Magnet does not hit the Reed Switch.**



HOW TO REPLACE THE BATTERIES

If the display of the Monitor (35) becomes dim, the batteries should be replaced. Most Monitor problems are the result of drained batteries. To replace the batteries, refer to assembly steps 5 and 6 on page 5.

CONDITIONING GUIDELINES

The following general 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 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.

BPM	HEART RATE TRAINING ZONES					
165						Aerobic
145	155					Max Fat Burn
125	135	145				Fat Burn
	120	130	140			
		115	125	130		
			110	115	125	
				105	110	115
					95	103
						90
Age	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, look above your age and find the three numbers in light grey boxes. 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; 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 ener-

gy. 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 your pace until your heart rate is near the lowest number in your training zone as you exercise.

Maximum Fat Burning

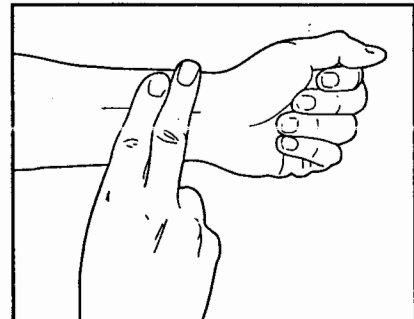
For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

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 your pace 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.)

Adjust the intensity of your exercise until your heart rate is at the desired level. You can adjust the intensity of your exercise by changing your pace or by adding or removing weights.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, lasting 5 to 10 minutes. Begin with slow, controlled stretches, and progress to more rhythmic stretches to increase the body temperature, heart rate, and circulation in preparation for strenuous exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (See the chart on page 9 to find your training zone.)

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching offsets muscle contractions and other problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you relaxed and comfortably tired.

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. QVCR45060

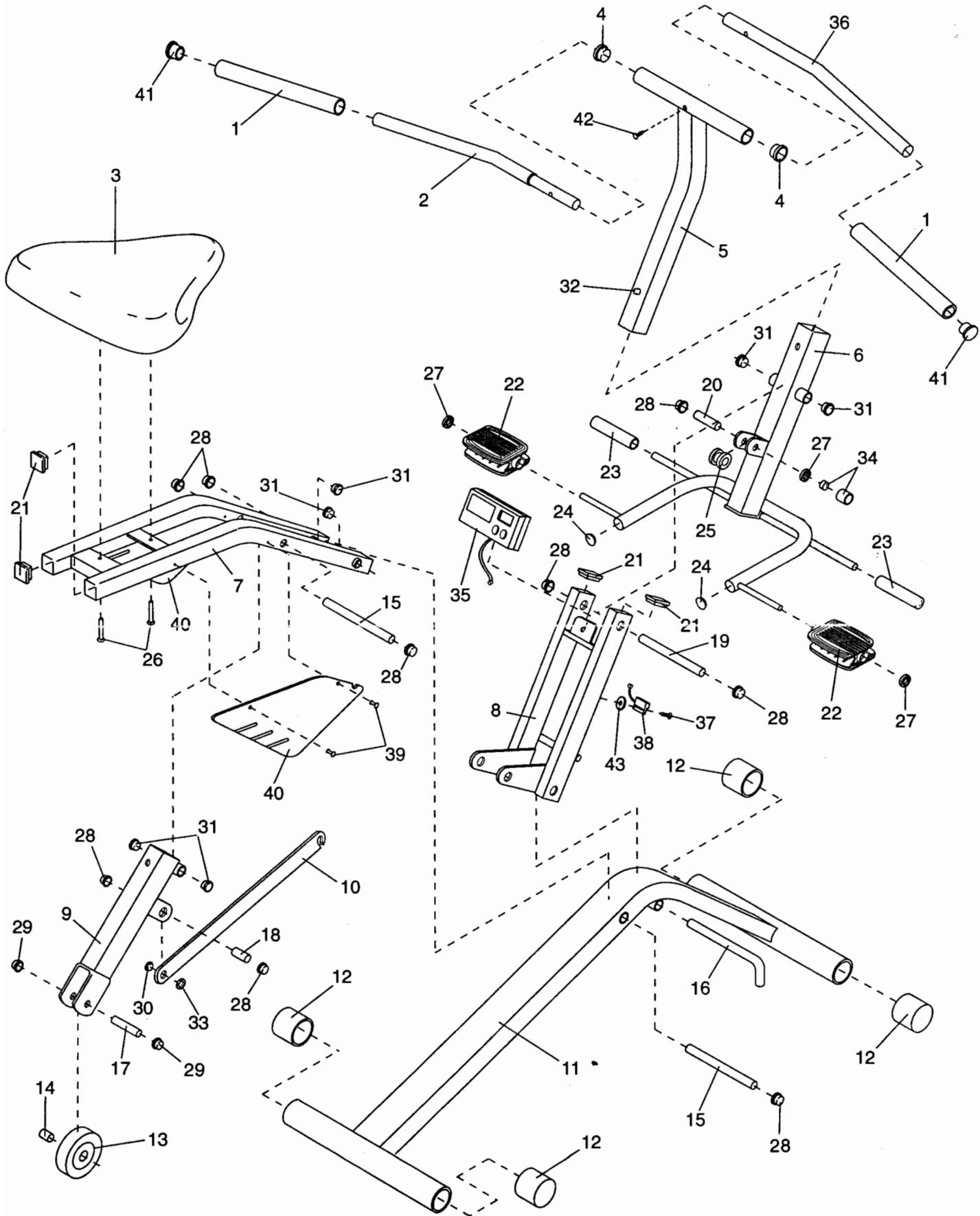
R1296A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Handlebar Foam Grip	23	2	Footrest Foam
2	1	Left Handlebar	24	2	Pedal Frame Endcap
3	1	Seat	25	1	Butterfly Bushing
4	2	Handlebar Bushing	26	2	Seat Screw
5	1	Handlebar Post	27	3	1/2" Pushnut
6	1	Pedal Frame	28	9	1/2" Hat Cap
7	1	Seat Frame	29	2	3/8" Hat Cap
8	1	Upright Frame	30	1	Link Arm Bushing
9	1	Wheel Tube	31	6	Pivot Bushing
10	1	Link Arm	32	1	Button Spring
11	1	Base	33	1	1/2" Washer
12	4	Base Endcap	34	1	Magnet/Retainer
13	1	Wheel	35	1	Monitor
14	1	Wheel Spacer	36	1	Right Handlebar
15	2	6 3/8" Rod	37	1	#8 x 3/4" Screw
16	1	Lock Pin	38	1	Reed Switch/Wire
17	1	Wheel Axle	39	4	Fastener
18	1	1 1/4" Rod	40	2	Side Shield
19	1	6 1/4" Rod	41	2	Handlebar Endcap
20	1	2" Rod	42	1	#8 x 1/2" Screw
21	4	1" x 1 1/2" Endcap	43	1	Rubber Washer
22	2	Pedal	#	1	User's Manual
			#	1	Caution Sticker

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. QVCR45060

R1296A



HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply 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). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (QVCR45060).
- The NAME of the product (RICHARD SIMMONS® DREAM GLIDER).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 10 of this manual.

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 at one of its authorized service centers. All products for which warranty claim is made must be received by ICON 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 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, to products used for commercial or rental purposes, or to products used as store displays. 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, 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