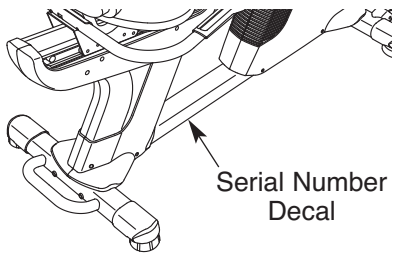


# FREEMOTION® 310R

Model No. SFCCEX13810.0

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

Write the serial number in the space above for reference.



## USER'S MANUAL

### QUESTIONS?

If you have questions, or if parts are damaged or missing, **PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.**

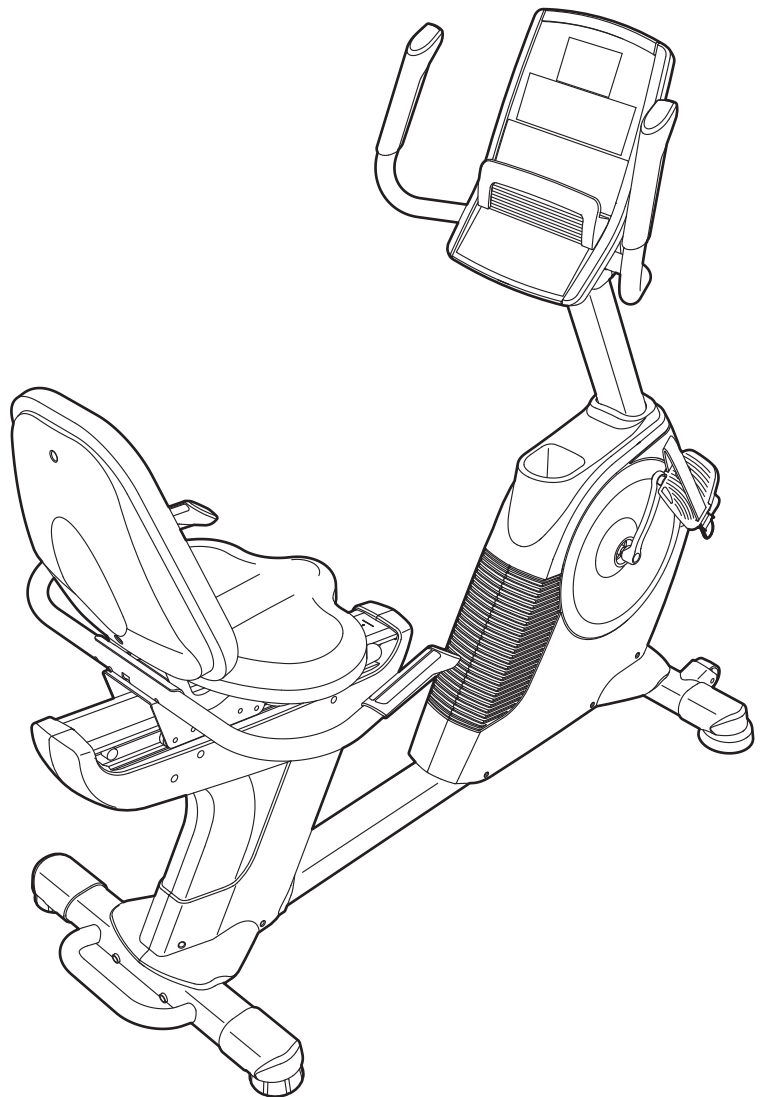
CALL TOLL-FREE:

**1-888-936-4266**

Mon.–Fri., 7:30 until 16:30 ET  
(excluding holidays)

OR E-MAIL US:

[customerservice@iconcanada.ca](mailto:customerservice@iconcanada.ca)



### CAUTION

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

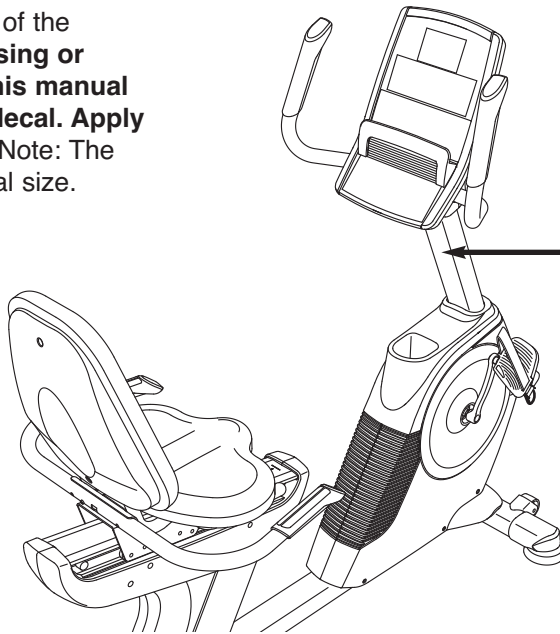
[www.iconfitness.com](http://www.iconfitness.com)

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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- User weight must not exceed 350 pounds.
- Replace label if damaged, illegible, or removed.

# IMPORTANT PRECAUTIONS

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

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
14. This Class [B] digital apparatus complies with Canadian ICES-003.

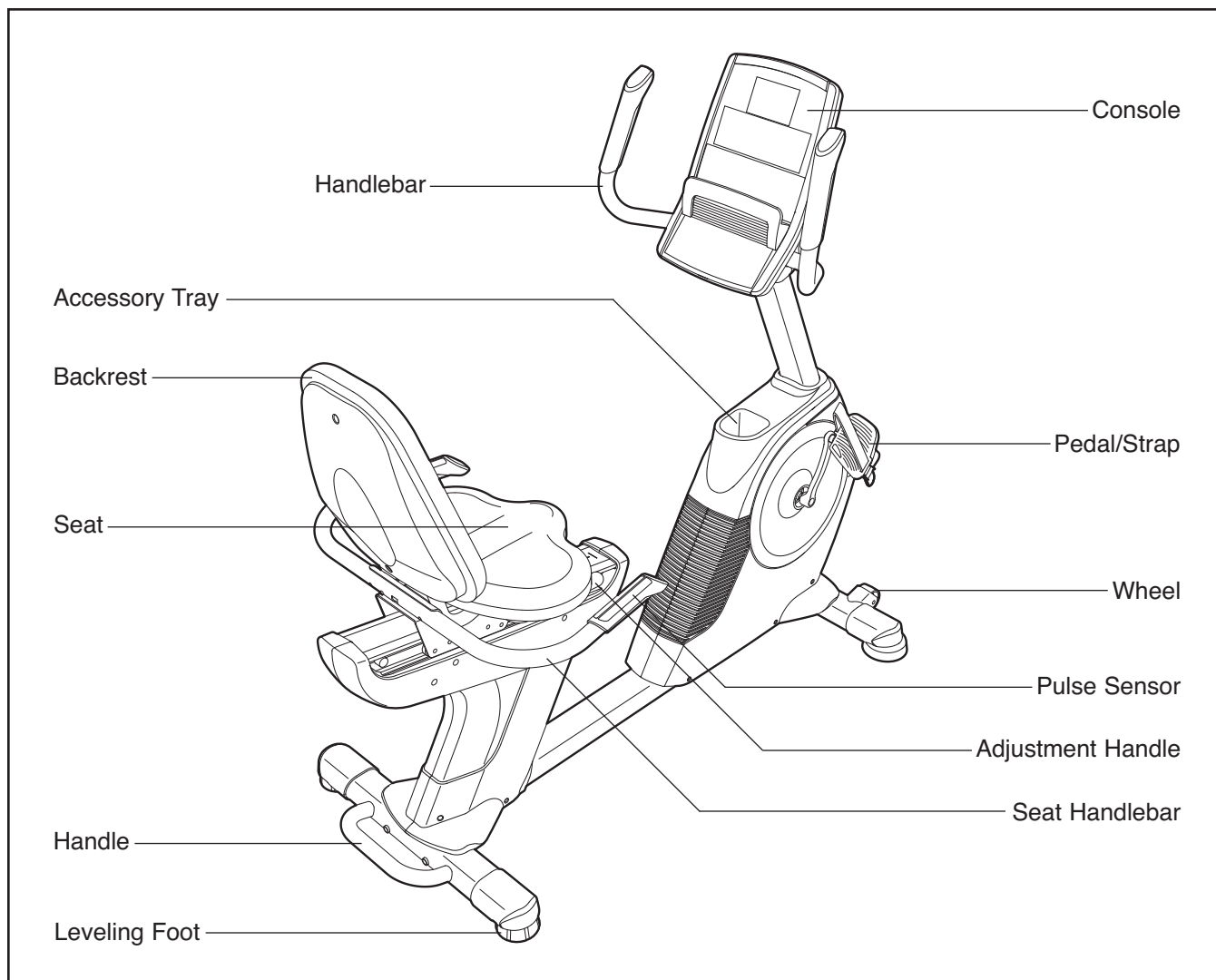
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® 310 R exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The 310 R exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the exercise bike.** 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 and the location of the serial number decal are shown on the front cover of this manual.

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

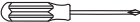


# ASSEMBLY

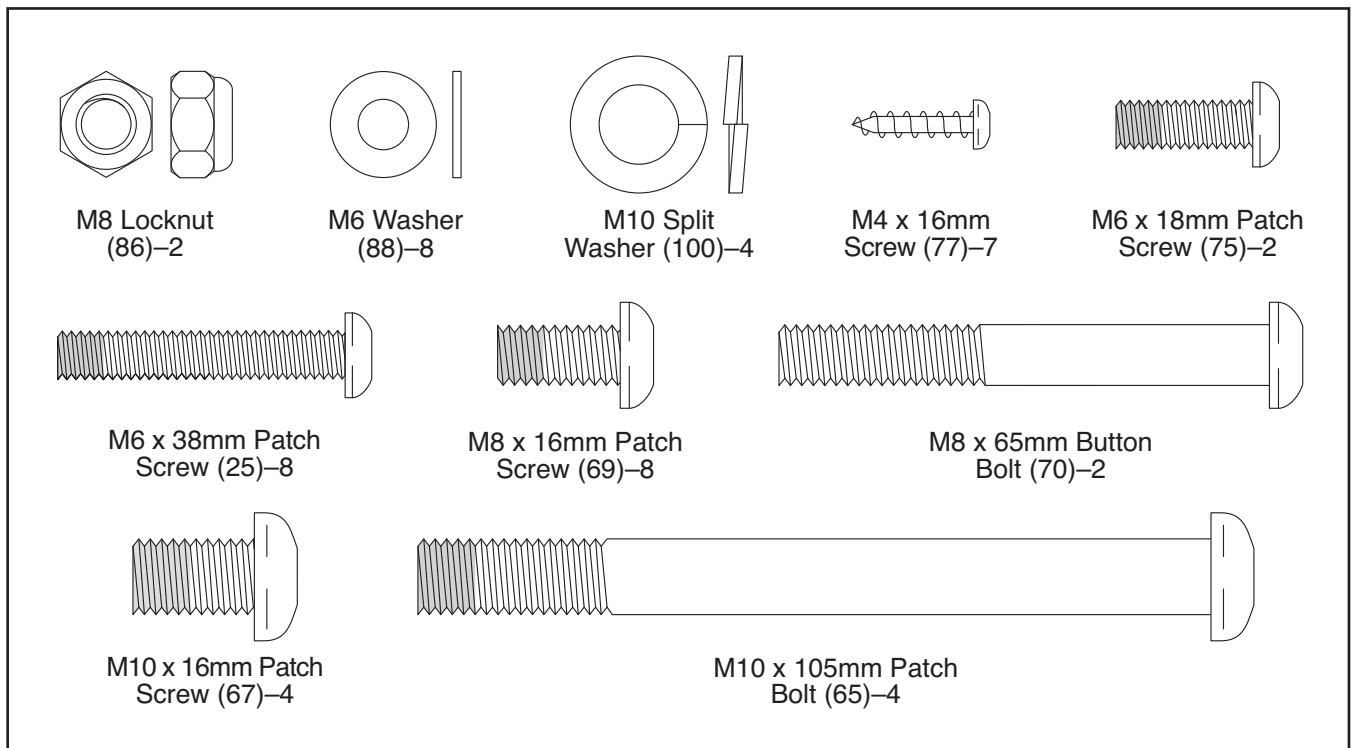
To watch an assembly video, go to [www.freemotionfitness.com/assembly](http://www.freemotionfitness.com/assembly) or use your mobile phone or smartphone to read the QR code at the right. A reader application, such as ShopSavvy, which can be downloaded at [www.shopsavvy.mobi](http://www.shopsavvy.mobi), must be installed on your mobile phone or smartphone.



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

In addition to the included tool(s), assembly requires a Phillips screwdriver  and an adjustable wrench .

See the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. To avoid damaging parts, do not use power tools for assembly.**

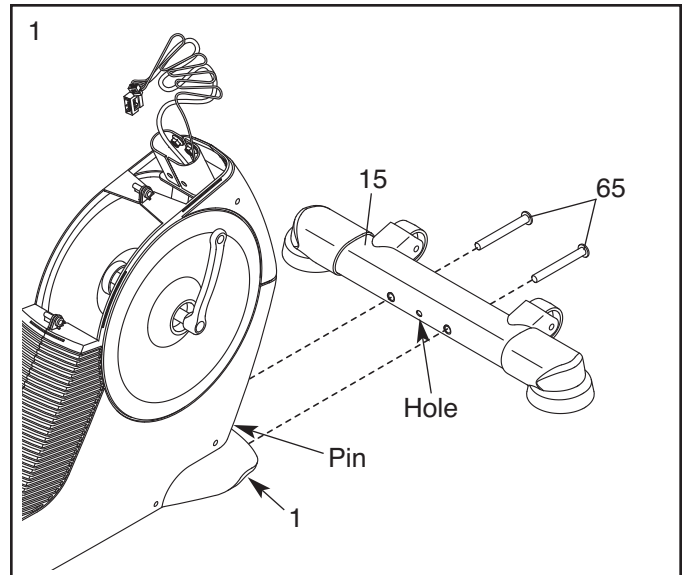


1.

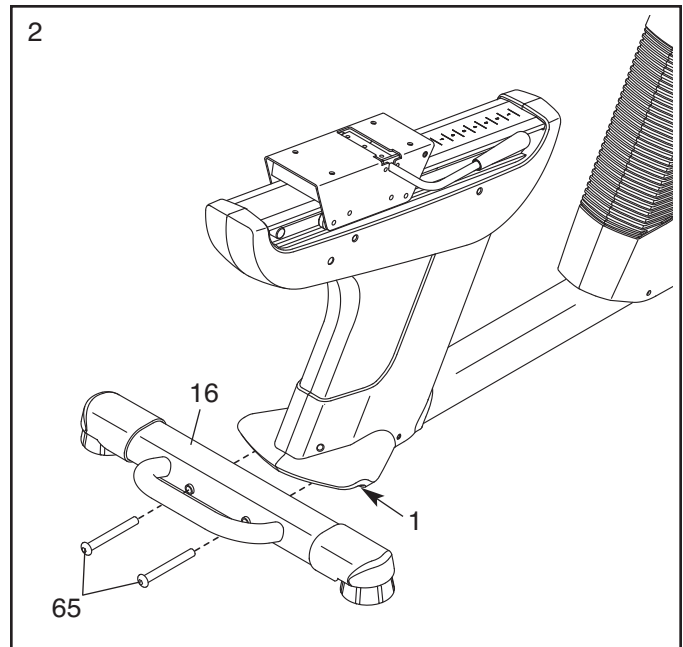
**To make assembly easier, read the information on page 5 before you begin.**

Orient the Front Stabilizer (15) so that the indicated hole is facing the pin on the Frame (1).

While a second person lifts the front of the Frame (1), attach the Front Stabilizer (15) to the Frame with two M10 x 105mm Patch Bolts (65).

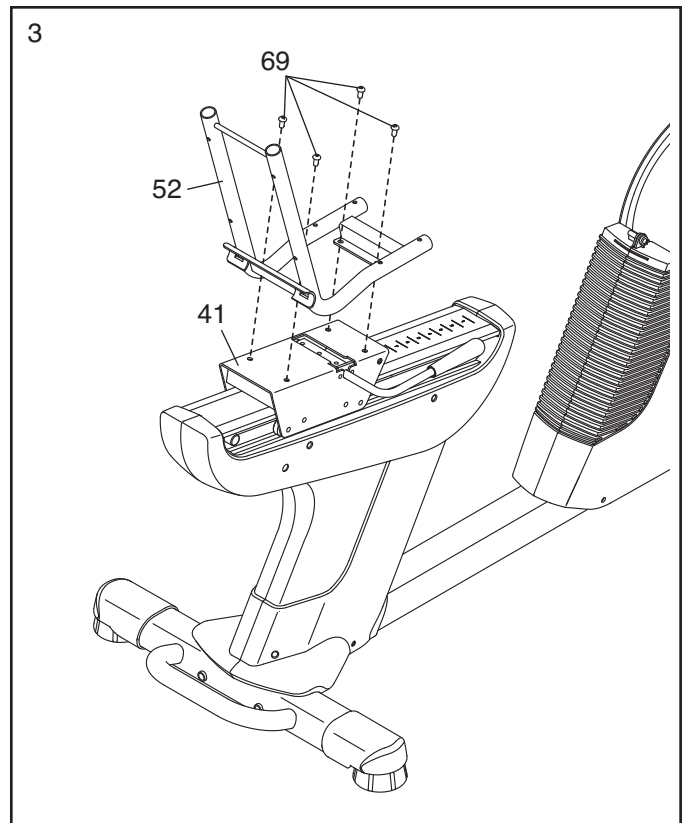


2. While a second person lifts the rear of the Frame (1), attach the Rear Stabilizer (16) to the Frame with two M10 x 105mm Patch Bolts (65).



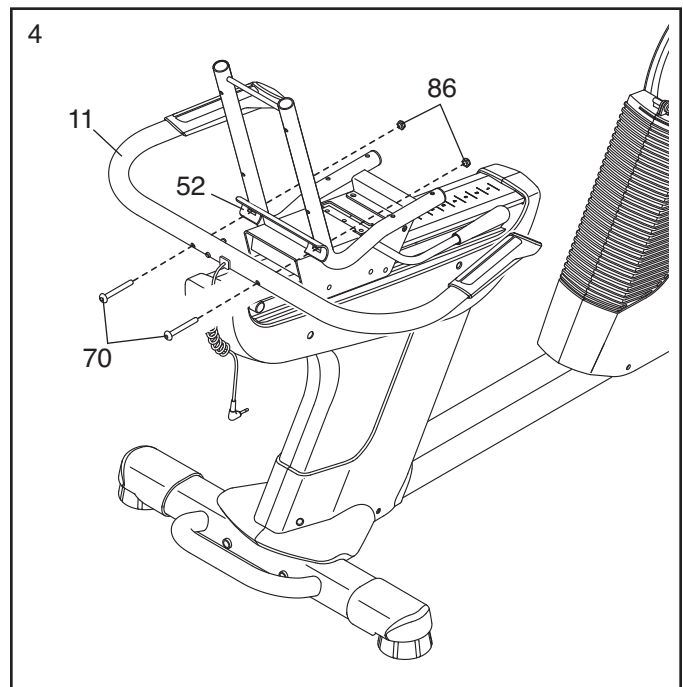
3. Orient the Seat Frame (52) as shown.

Attach the Seat Frame (52) to the Seat Carriage (41) with four M8 x 16mm Patch Screws (69).

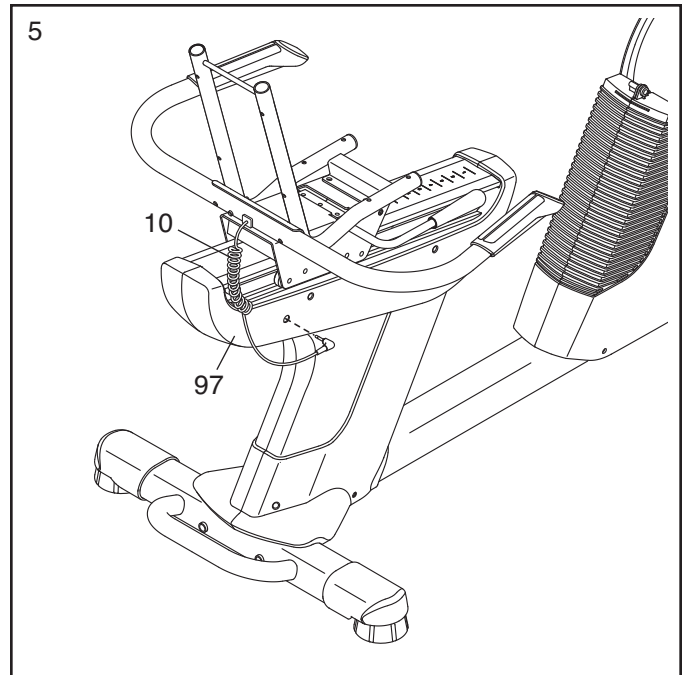


4. **Tip: Avoid damaging the wires inside the Seat Handlebar (11) during this step.**

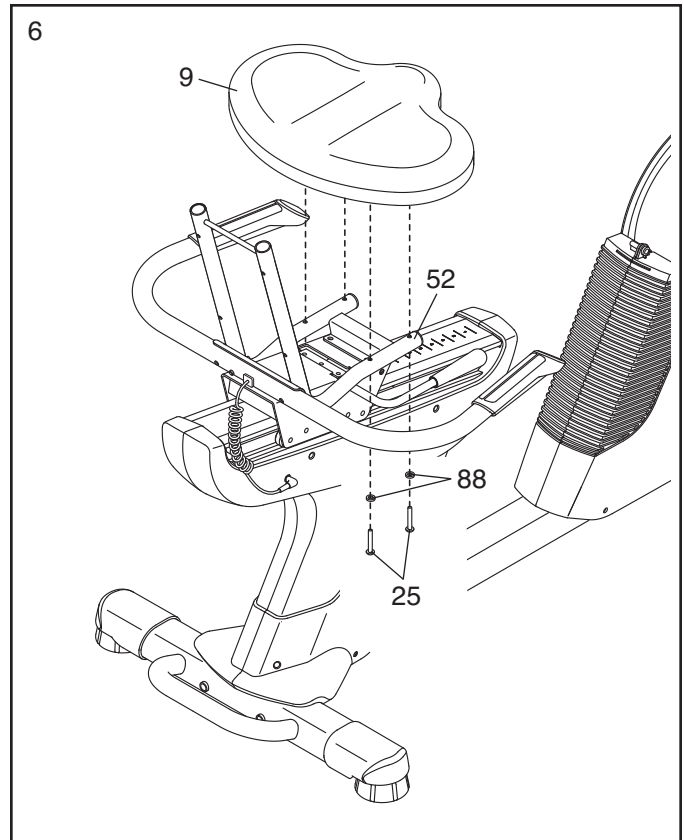
Attach the Seat Handlebar (11) to the Seat Frame (52) with two M8 x 65mm Button Bolts (70) and two M8 Locknuts (86).



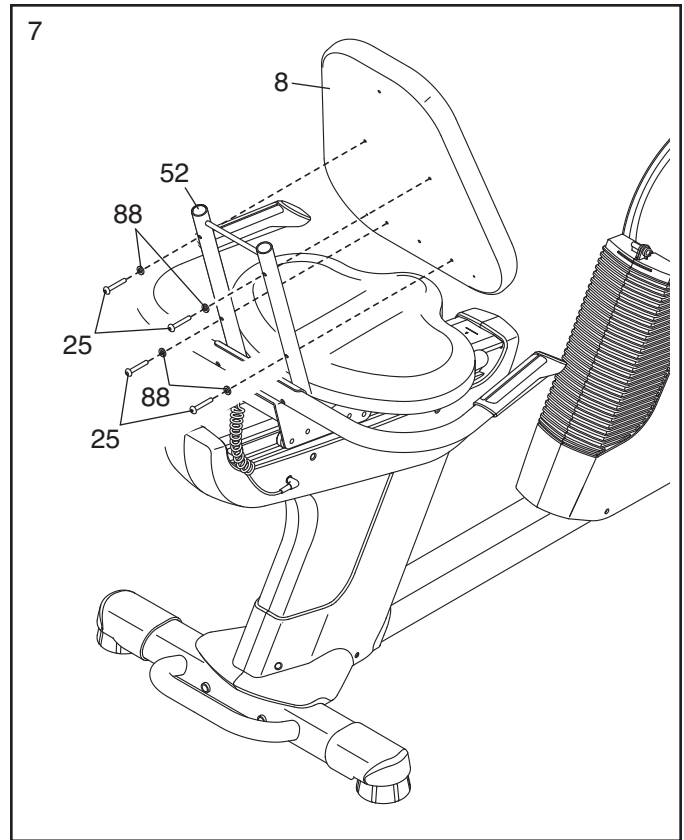
5. Plug the Seat Pulse Wire (10) into the receptacle in the Right Rear Shield (97).



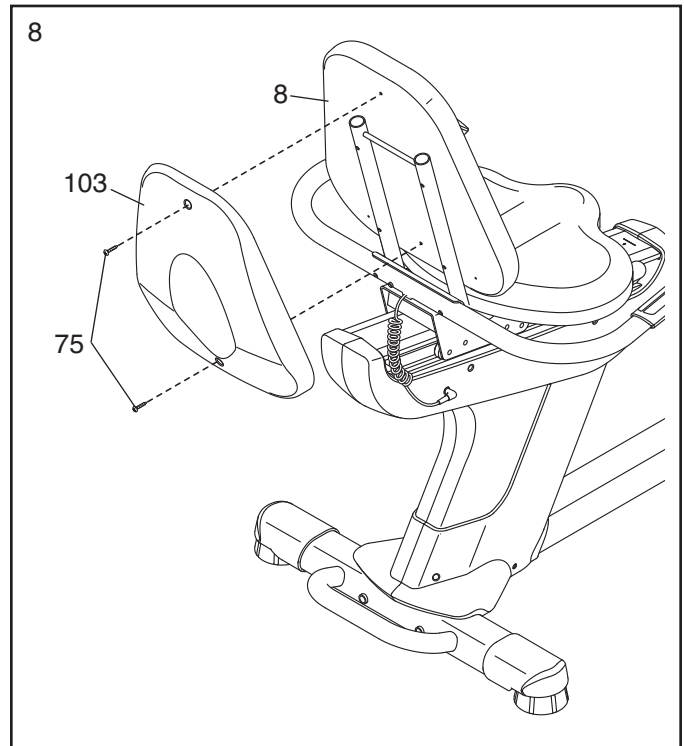
6. Attach the Seat (9) to the Seat Frame (52) with four M6 x 38mm Patch Screws (25) and four M6 Washers (88). Note: Only two Patch Screws and two Washers are shown.



7. Attach the Backrest (8) to the Seat Frame (52) with four M6 x 38mm Patch Screws (25) and four M6 Washers (88).



8. Attach the Backrest Cover (103) to the Backrest (8) with two M6 x 18mm Patch Screws (75).

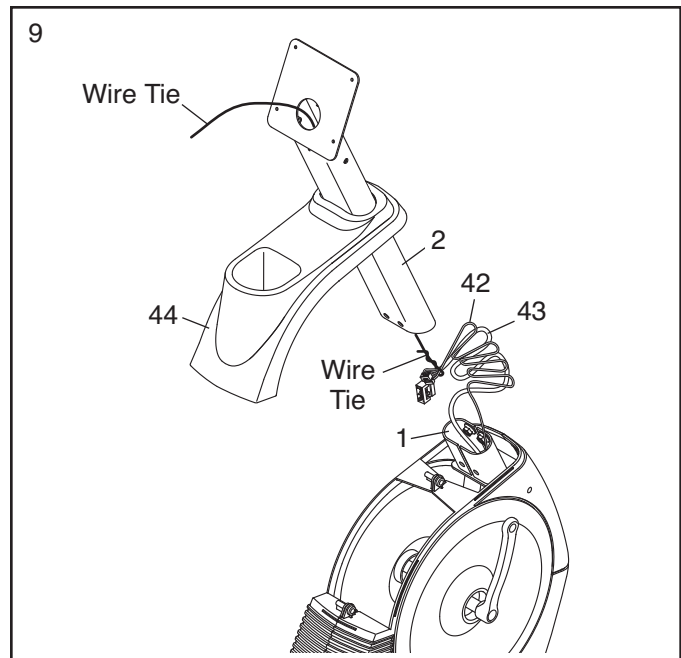


9. Orient the Upright (2) and the Top Shield (44) as shown. Slide the Top Shield upward onto the Upright.

Have a second person hold the Upright (2) and the Top Shield (44) near the Frame (1) until step 10.

Locate the wire tie in the Upright (2). Tie the lower end of the wire tie to the Main Wire (43) and to the Frame Pulse Wire (42). Next, pull the upper end of the wire tie upward out of the top of the Upright.

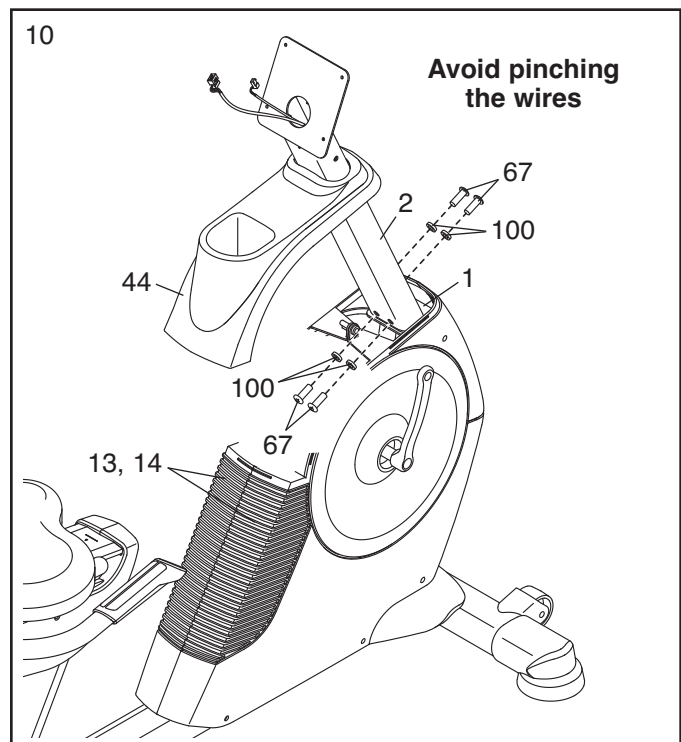
**Tip: To prevent the wires from falling into the Upright (2), secure the wires with the wire tie.**



10. **Tip: Avoid pinching the wires.** Slide the Upright (2) onto the Frame (1).

Attach the Upright (2) with four M10 x 16mm Patch Screws (67) and four M10 Split Washers (100). **Tip: Tighten the two Patch Screws in the front of the Upright and then tighten the other two Patch Screws.**

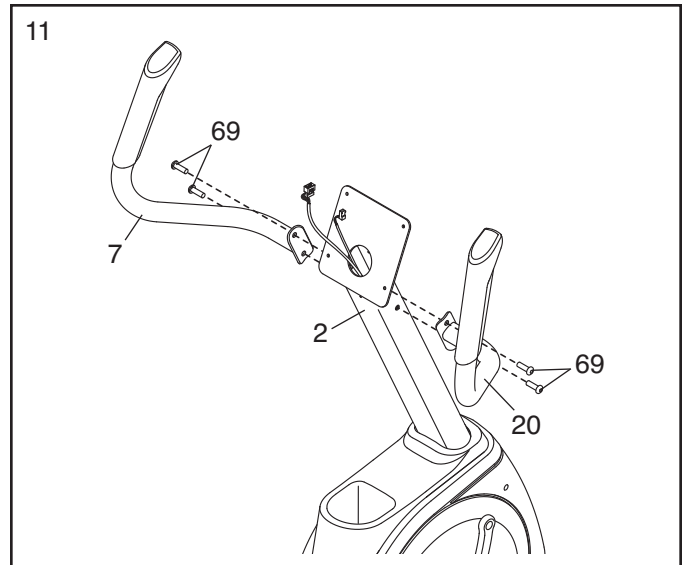
Slide the Top Shield (44) downward and press it onto the Left and Right Front Shields (13, 14).



11. Identify the Right Handlebar (20), which is marked with a “Right” sticker, and orient it as shown.

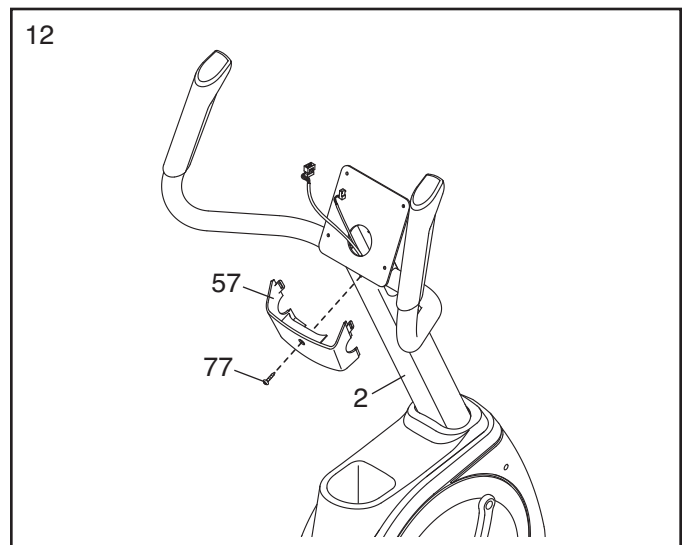
Attach the Right Handlebar (20) to the Upright (2) with two M8 x 16mm Patch Screws (69).

**Attach the Left Handlebar (7) in the same way.**



12. Identify and orient the Rear Upright Cover (57) as shown.

Attach the Rear Upright Cover (57) to the Upright (2) with an M4 x 16mm Screw (77).

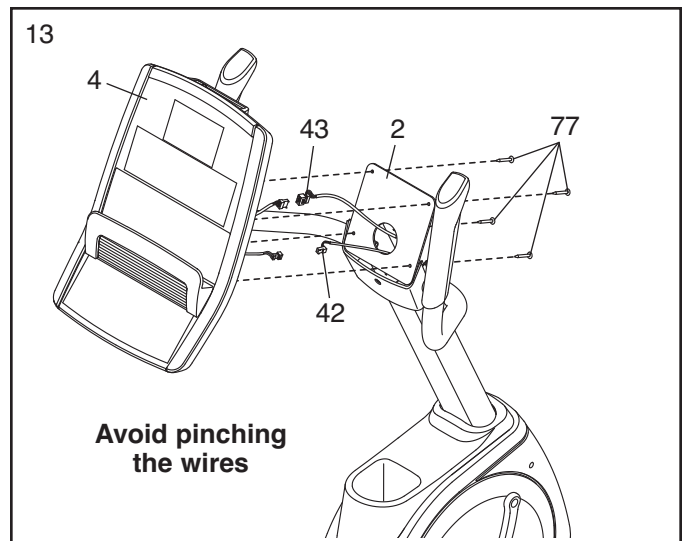


13. Untie and discard the wire tie on the Main Wire (43) and the Frame Pulse Wire (42).

While a second person holds the Console (4) near the Upright (2), connect the wires on the Console to the Main Wire (43) and to the Frame Pulse Wire (42).

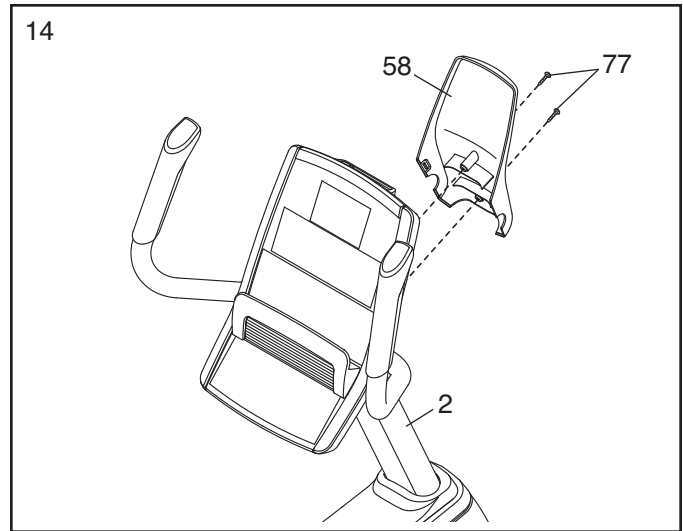
Insert the excess wires downward into the Upright (2) or upward into the Console (4).

**Tip: Start all the screws before tightening any of them. Also, avoid pinching the wires.**  
Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (77).



14. Identify and orient the Front Upright Cover (58) as shown.

Attach the Front Upright Cover (58) to the Upright (2) with two M4 x 16mm Screws (77).

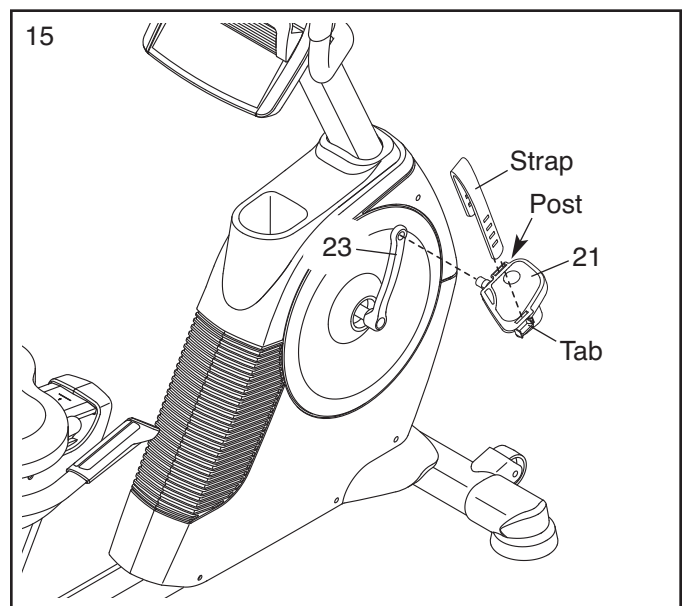


15. Identify the Right Pedal (21), which is marked with an "R."

Using an adjustable wrench, **firmly tighten** the Right Pedal (21) **clockwise** into the Right Crank Arm (23).

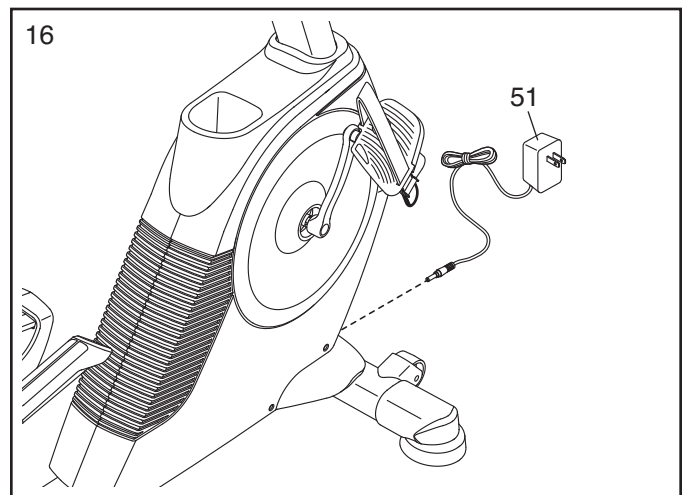
**Firmly tighten** the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

If necessary, press the right strap onto the post on the Right Pedal (21). To loosen the strap, press the indicated tab and pull the strap upward. To tighten the strap, simply pull the end of the strap downward. **Adjust the strap on the Left Pedal (not shown) in the same way.**



16. Plug the Power Adapter (51) into the receptacle on the frame of the exercise bike.

To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 13.



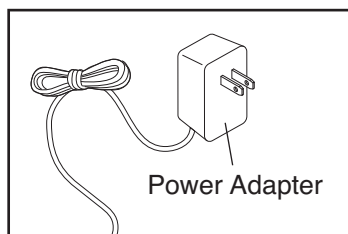
17. **Make sure that all parts are properly tightened before you use the exercise bike.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise bike to protect the floor.

# HOW TO USE THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER ADAPTER

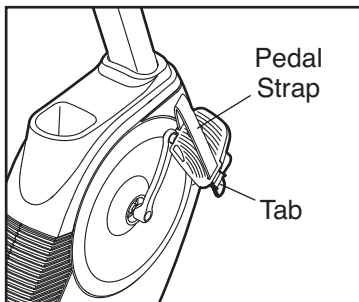
**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the receptacle on the frame of the exercise bike. Plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



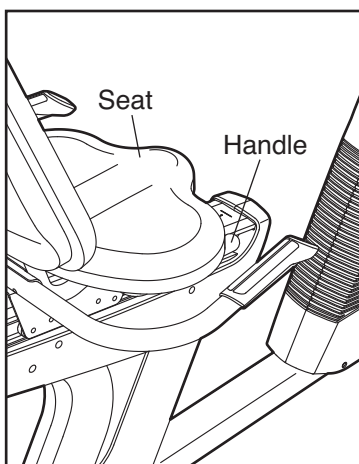
## HOW TO ADJUST THE PEDAL STRAPS

To loosen the strap on a pedal, press the indicated tab and pull the strap upward. To tighten the strap, simply pull the end of the strap downward.



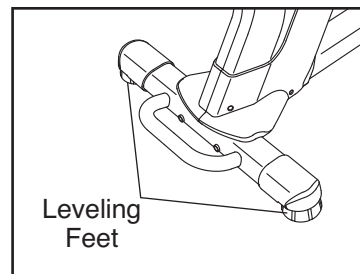
## HOW TO ADJUST THE SEAT

The seat can be adjusted forward or backward to the position that is the most comfortable for you. To adjust the seat, push downward on the seat adjustment handle, slide the seat to the desired position, and then pull upward on the handle to lock the seat in place.



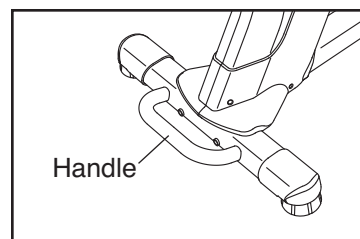
## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet under the rear stabilizer until the rocking motion is eliminated.



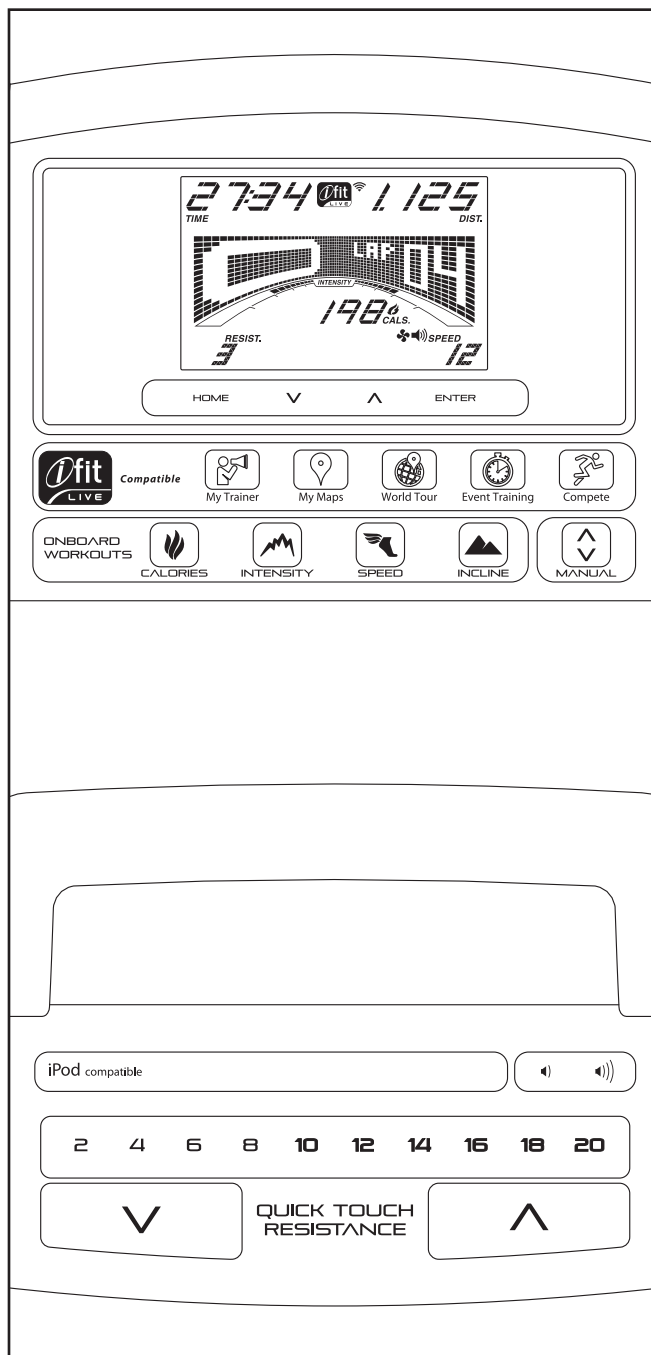
## HOW TO MOVE THE EXERCISE BIKE

To move the exercise bike, hold the handle on the rear stabilizer and carefully lift it until the exercise bike can be moved on the front wheels.



Carefully move the exercise bike to the desired location and then lower it.

## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor.

In addition, the console offers twenty-four onboard workouts—six calories workouts, six intensity workouts, six speed workouts, and six incline workouts. Each workout automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also features an iFit Live mode that enables the console to communicate with your wireless network through an optional iFit Live module. With the iFit Live mode, you can download personalized workouts, create your own workouts, track your workout results, race against other runners, and access many other features. **To purchase an iFit Live module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual.**

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

**To use the manual mode**, see page 15. **To use an onboard workout**, see page 17. **To use an iFit Live workout**, see page 18. **To use the sound system**, see page 19. **To change console settings**, see page 19.

Note: If there is a sheet of plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

1. **Begin pedaling or press any button on the console to turn on the console.**

When you turn on the console, the display will light. The console will then be ready for use.

2. **Select the manual mode.**

Press the Manual button on the console. If you are not connected to iFit Live, the manual mode will be selected automatically.

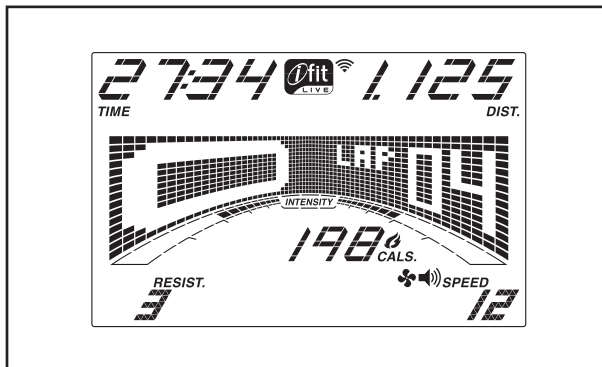
3. **Change the resistance of the pedals as desired.**

As you pedal, change the resistance of the pedals by pressing the Quick Touch Resistance increase and decrease buttons or one of the numbered Quick Touch Resistance buttons.

Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

The display can show the following workout information:



**Calories (Cals.)**—This display mode will show the approximate number of calories you have burned.

**Calories per Hour (Cals./Hr)**—This display mode will show the approximate number of calories you are burning per hour.

**Distance (Dist.)**—This display mode will show the distance that you have pedaled in miles or kilometers.

**Pulse**—This display mode will show your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).

**Resistance (Resist.)**—This display mode will show the resistance level of the pedals for a few seconds each time the resistance level changes.

**Speed**—This display mode will show your pedaling speed in miles per hour or kilometers per hour.

**Time**—When the manual mode is selected, this display mode will show the elapsed time. When a workout is selected, this display mode will show the time remaining in the workout.

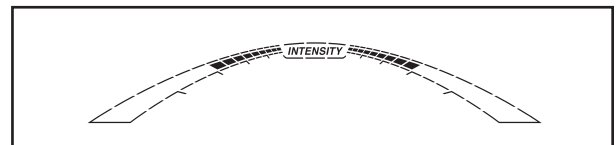
The matrix offers several display tabs. Press the increase and decrease buttons next to the Enter button until the desired tab is shown.

**Speed**—This tab will show a profile of the speed settings of the workout. A new segment will appear at the end of each minute.

**My Trail**—This tab will show a track that represents 1/4 mile (400 meters). As you exercise, the flashing rectangle will show your progress. The My Trail tab will also show the number of laps you are completing.

**Calorie**—This tab will show the approximate amount of calories you have burned. The height of each segment represents the amount of calories burned during that segment.

As you exercise, the workout intensity level bar will indicate the approximate intensity level of your exercise.



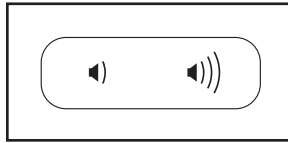
Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 19 to set the default menu). If necessary, press the Home button again.

When a wireless iFit Live module is connected, the wireless symbol at the top of the display will show the strength of your wireless signal. Four arcs indicate full signal strength.



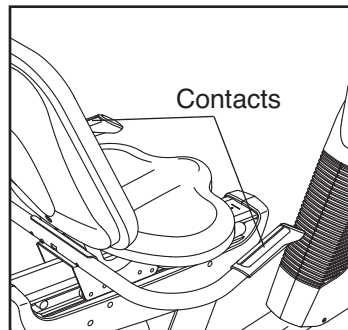
To exit the manual mode or a workout, press the Home button. If necessary, press the Home button again.

Change the volume level of the console by pressing the Volume increase and decrease buttons.



#### 5. Measure your heart rate if desired.

**If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.** To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart symbol in the calorie display will flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

#### 6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a tone will sound, the console will pause, and the time will flash in the display. To resume your workout, simply resume pedaling.

If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

## HOW TO USE AN ONBOARD WORKOUT

### 1. Begin pedaling or press any button on the console to turn on the console.

See step 1 on page 15.

### 2. Select an onboard workout.

To select an onboard workout, press the Calories button, the Intensity button, the Speed button, or the Incline button repeatedly until the desired workout appears in the display.

When you select an onboard workout, the display will show the duration of the workout and the name of the workout. A profile of the speed settings of the workout will appear in the matrix.

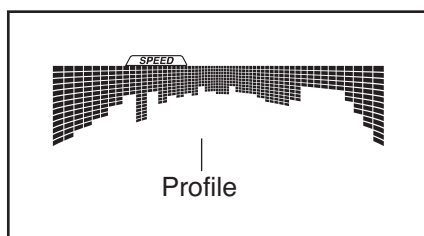
The maximum resistance level and the maximum speed for the first segment will also appear in the display.

If you select a calorie workout, the approximate number of calories you will burn will appear in the name of the workout.

### 3. Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One resistance level and one target speed is programmed for each segment. Note: The same resistance level and/or target speed may be programmed for consecutive segments.

During the workout, the profile on the speed tab will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the target speed for the current segment.



At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling speed near the target speed for the current segment. When an upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

**IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Touch Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

**Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on your weight. In addition, if you manually change the resistance level or if your pedaling speed does not match the target speed during the workout, the number of calories you burn will be affected.**

The workout will continue in this way until the last segment ends. To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

### 4. Follow your progress with the display.

See step 4 on page 15.

### 5. Measure your heart rate if desired.

See step 5 on page 16.

### 6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 16.

## HOW TO USE AN iFIT LIVE WORKOUT

### 1. **Begin pedaling or press any button on the console to turn on the console.**

See step 1 on page 15.

### 2. **Insert the iFit Live module into the console.**

To use an iFit Live workout, insert the iFit Live module into the console. To purchase an iFit Live module at any time, go to [www.iFit.com](http://www.iFit.com) or call the telephone number on the front cover of this manual. You must have an iFit Live module to use an iFit Live workout.

Note: To use an iFit Live module, you must have access to a computer with an internet connection and a USB port. You will also need an iFit.com membership. To use a wireless iFit Live module, you must also have your own wireless network including an 802.11b router with SSID broadcast enabled (hidden networks are not supported).

### 3. **Select a user.**

If more than one user is registered, you can switch users in the iFit Live main screen. Press the increase and decrease buttons next to the Enter button to select a user.

### 4. **Select an iFit Live workout.**

To select an iFit Live workout, press one of the iFit Live buttons. Before a workout will download, you must add the workout to your queue on [www.iFit.com](http://www.iFit.com).

Press the iFit Live button to download the next workout in your queue. Press the My Trainer button, the My Maps button, the World Tour button, or the Event Training button to download the next workout of that type in your queue. Press the Compete button to compete in a race that you have previously scheduled. For more information on the iFit Live workouts, please see [www.iFit.com](http://www.iFit.com).

When you select an iFit Live workout, the display will show the duration of the workout and the approximate number of calories you will burn. The display may also show the name of the workout. If you select a competition workout, the display may count down to the beginning of the race.

### 5. **Start the workout.**

See step 3 on page 17.

During some workouts, the voice of a personal trainer will guide you through your workout. You can select an audio setting for your personal trainer (see HOW TO CHANGE CONSOLE SETTINGS on page 19).

To stop the workout at any time, stop pedaling. The time will flash in the display. To resume the workout, simply resume pedaling.

### 6. **Follow your progress with the displays.**

See step 4 on page 15.

The My Trail tab will show a map of the trail you are walking or running or it will show a track and the number of laps you are completing.

During a competition workout, the Competition tab will show your progress in the race. As you race, the top line in the matrix will show how much of the race you have completed. The other lines will show other competitors. The end of the matrix represents the end of the race.

### 7. **Measure your heart rate if desired.**

See step 5 on page 16.

### 8. **When you are finished exercising, the console will turn off automatically.**

See step 6 on page 16.

For more information on the iFit Live mode, go to [www.iFit.com](http://www.iFit.com).

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug the included audio cable into the jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Adjust the volume level using the Volume increase and decrease buttons on the console or the volume control on your MP3 player or CD player.

## HOW TO CHANGE CONSOLE SETTINGS

The console features a user mode that keeps track of exercise bike information and allows you to personalize console settings.

To select the user mode, hold down the Incline button until the user mode information appears in the display.

The time display will show the total number of hours the exercise bike has been used.

The distance display will show the total distance (in miles or kilometers) that the pedals have moved.

The lower section of the display will show the status of an iFit Live module. If a wireless iFit Live module is connected, the display will show the words WIFI MODULE. If a USB module is connected, the display will show the words USB/SD MODULE. If no module is connected, the display will show the words NO IFIT MODULE.

The matrix will show the selected unit of measurement. To change the unit of measurement, press the Enter button repeatedly. To view distance in kilometers, select METRIC. To view distance in miles, select ENGLISH.

Press the decrease button next to the Enter button. The display will show the contrast level of the display. Press the Quick Touch Resistance increase and decrease buttons to adjust the contrast level.

The following settings can be viewed and changed when an iFit Live module is connected:

Press the decrease button next to the Enter button to view the status of the personal trainer voice. To turn on or turn off the voice, press the Enter button.

Press the decrease button next to the Enter button to view the default menu. The default menu is the menu that will appear when you turn on the power. Press the Enter button repeatedly to select the manual main screen or the iFit Live main screen as the default menu.

Press the decrease button next to the Enter button to view the next setting. Press the Enter button to check the connection status of an iFit Live module.

If a wireless iFit Live module is connected, the display will show the words WIFI STATUS and the signal strength. If a USB module is connected, the display will show the words USB STATUS. If the module is not detected, the display will show the words NO MODULE DETECTED.

Press the decrease button next to the Enter button to view the next setting. To send and receive workouts, workout logs, and updates using a wireless iFit Live module, press the Enter button. When the process is finished, the words TRANSFERS DONE will appear in the display.

To exit the user mode, press the Incline button.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exercise bike regularly. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

## CONSOLE TROUBLESHOOTING

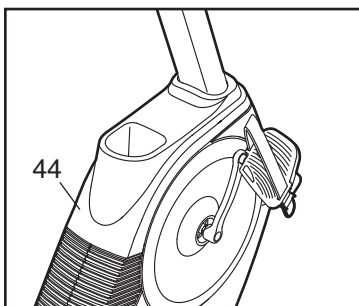
If the console does not turn on, make sure that the power adapter is fully plugged in. If lines appear in the console display, see **HOW TO CHANGE CONSOLE SETTINGS** on page 19 and adjust the contrast level of the display.

If the handgrip pulse sensor does not function properly, see step 5 on page 16.

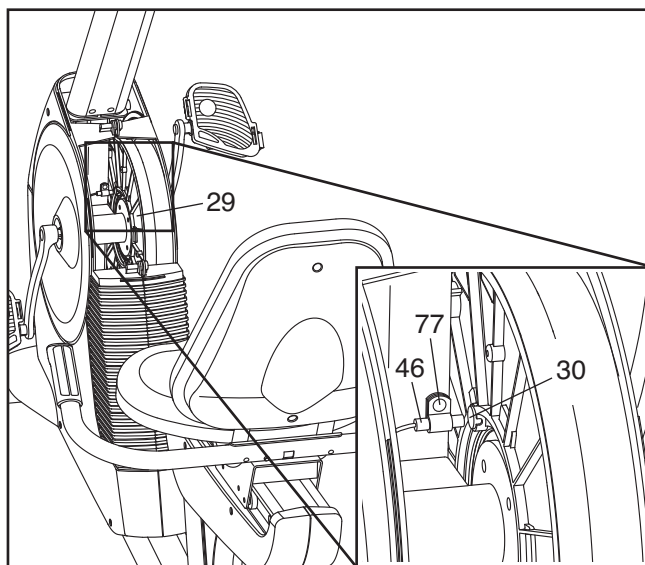
## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, first unplug the power adapter. Using a flat screwdriver, release the tabs at the front and along the sides of the Top Shield (44). Then, slide the Top Shield upward.



Locate the Reed Switch (46). Rotate the Pulley (29) until a Pulley Magnet (30) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (77). Slide the Reed Switch slightly toward or away from the Pulley Magnet.



Then, retighten the M4 x 16mm Screw (77). Plug in the power adapter and turn the Pulley (29) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the top shield and then plug in the power adapter.

## HOW TO ADJUST THE DRIVE BELT

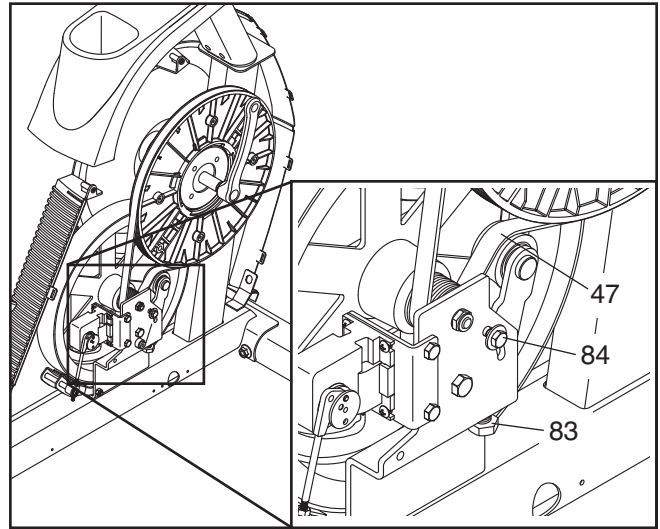
If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the drive belt may need to be adjusted.

To adjust the drive belt, first unplug the power adapter. Then, you must remove the top shield, the right pedal, and the right shield (see the instructions below).

See the drawing on page 20. Using a flat screwdriver, release the tabs at the front and along the sides of the Top Shield (44). Then, slide the Top Shield upward.

Next, using an adjustable wrench, turn the right pedal counterclockwise and remove it. Then, remove the screws from the right and left shields, and gently remove the right shield.

Loosen the M6 x 20mm Hex Screw (84). Tighten the M10 x 50mm Hex Screw (83) until the Drive Belt (47) is tight. When the Drive Belt is tight, tighten the M6 x 20mm Hex Screw.



When the Drive Belt (47) is correctly adjusted, reattach the right shield, the right pedal, and the top shield and then plug in the power adapter.

# EXERCISE GUIDELINES

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

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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 near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming Up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling Down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

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

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

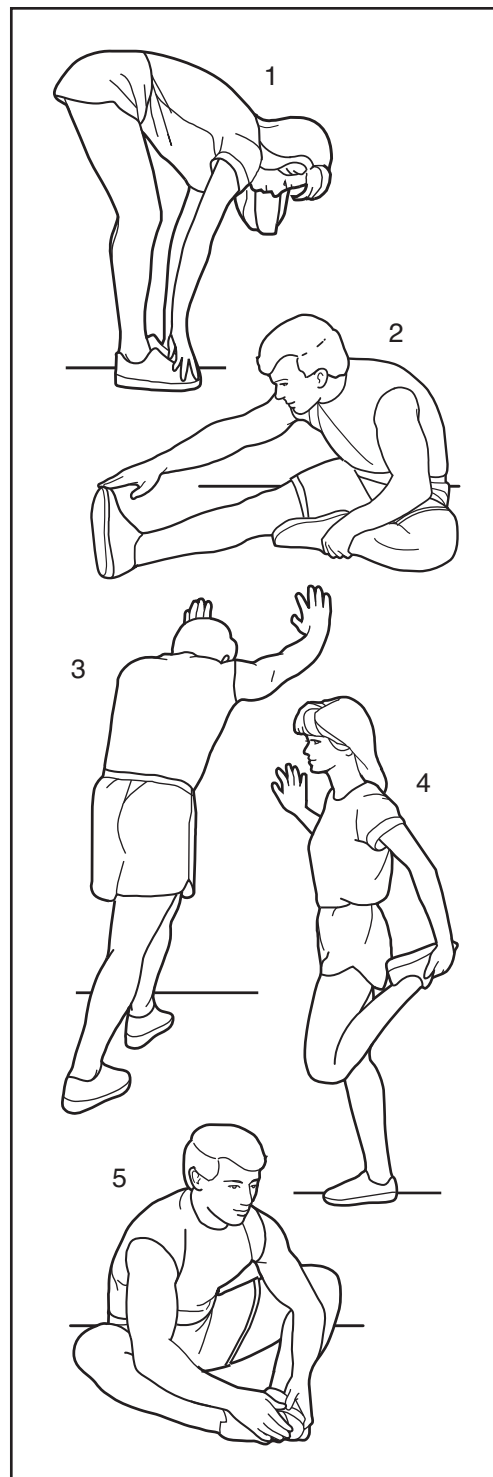
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



# PART LIST

Model No. SFCCEX13810.0 R1110A

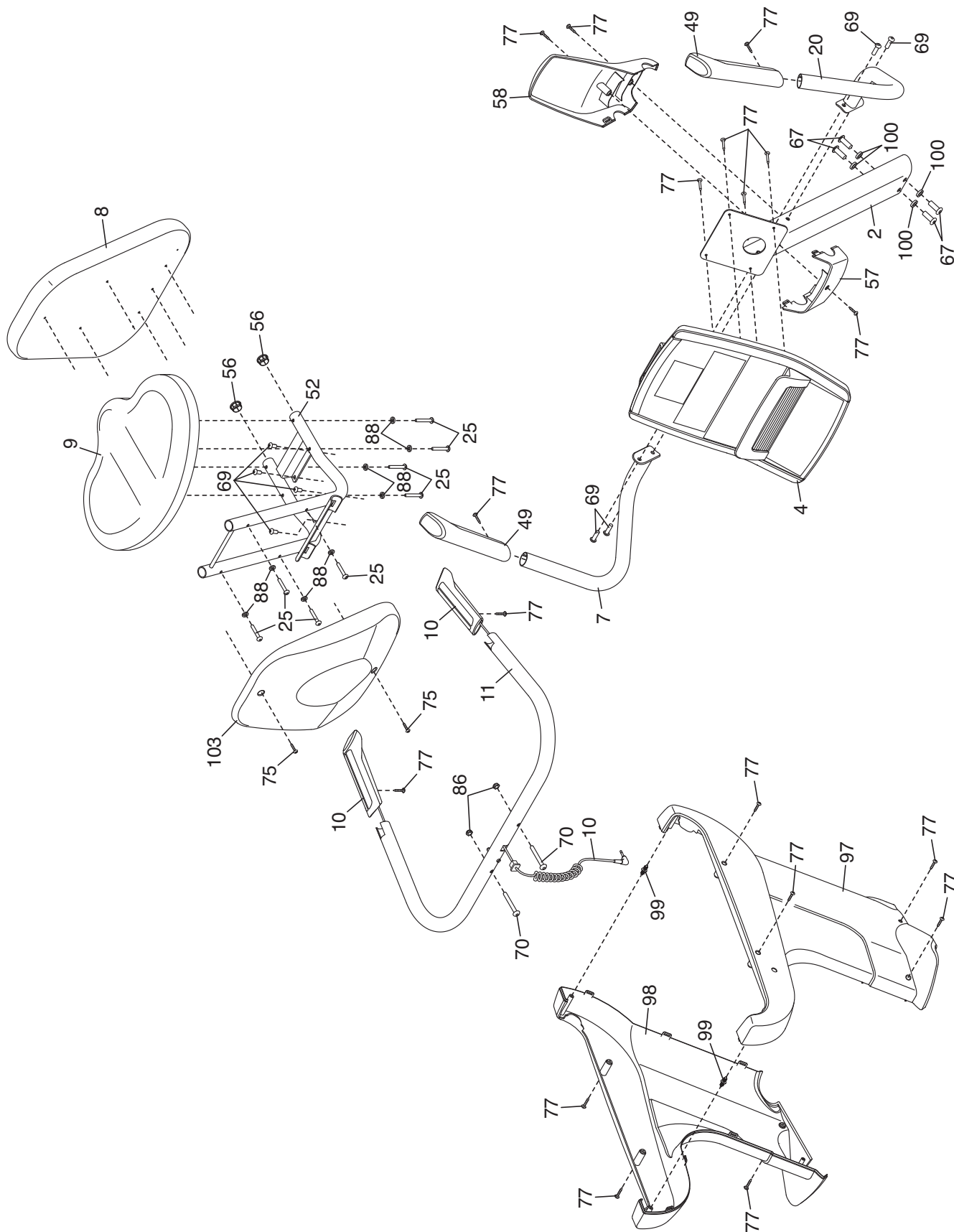
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Reed Switch/Wire
2	1	Upright	47	1	Drive Belt
3	2	Front Stabilizer Cover	48	2	Rear Stabilizer Cover
4	1	Console	49	2	Handlebar Grip
5	1	Rail	50	2	Flange Screw
6	1	Adjustment Bar	51	1	Power Adapter
7	1	Left Handlebar	52	1	Seat Frame
8	1	Backrest	53	1	Resistance Rod Assembly
9	1	Seat	54	1	Small Snap Ring
10	1	Seat Pulse Wire/Pulse Grip Set	55	8	Carriage Bearing
11	1	Seat Handlebar	56	2	Seat Frame Cap
12	1	Brake Block	57	1	Rear Upright Cover
13	1	Left Front Shield	58	1	Front Upright Cover
14	1	Right Front Shield	59	8	Carriage Bushing
15	1	Front Stabilizer	60	2	Rail Rod
16	1	Rear Stabilizer	61	1	M6 x 14.67mm Shoulder Screw
17	2	Wheel	62	4	Rod Cap
18	1	Brake	63	2	Brake Spacer
19	2	Leveling Foot	64	5	M6 x 16mm Button Screw
20	1	Right Handlebar	65	4	M10 x 105mm Patch Bolt
21	1	Right Pedal/Strap	66	2	Wheel Bolt
22	1	Left Pedal/Strap	67	4	M10 x 16mm Patch Screw
23	1	Right Crank Arm	68	1	Large M6 Washer
24	1	Left Crank Arm	69	8	M8 x 16mm Patch Screw
25	8	M6 x 38mm Patch Screw	70	2	M8 x 65mm Button Bolt
26	1	Adjustment Bar Handle	71	2	M6 x 65mm Bright Button Bolt
27	1	Handle Bracket	72	1	M6 x 65mm Hex Screw
28	1	Large Snap Ring	73	2	1/4" x 14mm Screw
29	1	Pulley	74	8	M8 x 28mm Button Bolt
30	2	Pulley Magnet	75	2	M6 x 18mm Patch Screw
31	1	Crank	76	1	M3.5 x 12mm Screw
32	1	Brake Axle	77	36	M4 x 16mm Screw
33	2	Crank Bearing	78	4	M8 x 12mm Button Bolt
34	1	Flywheel	79	1	M4 x 16mm Bright Button Screw
35	1	Flywheel Axle	80	4	Rail Screw
36	1	Resistance Magnet	81	2	M6 x 8mm Hex Screw
37	1	Resistance Motor	82	4	M4 x 12mm Flange Screw
38	1	Motor Bracket	83	1	M10 x 50mm Hex Screw
39	1	Idler	84	1	M6 x 20mm Hex Screw
40	1	Accessory Tray	85	1	Resistance Wheel
41	1	Seat Carriage	86	2	M8 Locknut
42	1	Frame Pulse Wire/Receptacle	87	1	M5 x 7mm Screw
43	1	Main Wire	88	15	M6 Washer
44	1	Top Shield	89	10	M8 Jam Nut
45	1	Clamp	90	1	M6 Locknut

<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>	<b>Key No.</b>	<b>Qty.</b>	<b>Description</b>
91	12	M8 Split Washer	99	2	Tree Fastener
92	2	Crank Cap	100	4	M10 Split Washer
93	2	M6 Bright Locknut	101	2	M10 Locknut
94	1	M5 Washer	102	1	Audio Cable
95	1	Steel Washer	103	1	Backrest Cover
96	5	M6 Split Washer	*	–	Assembly Tool
97	1	Right Rear Shield	*	–	User's Manual
98	1	Left Rear Shield			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. \*These parts are not illustrated.

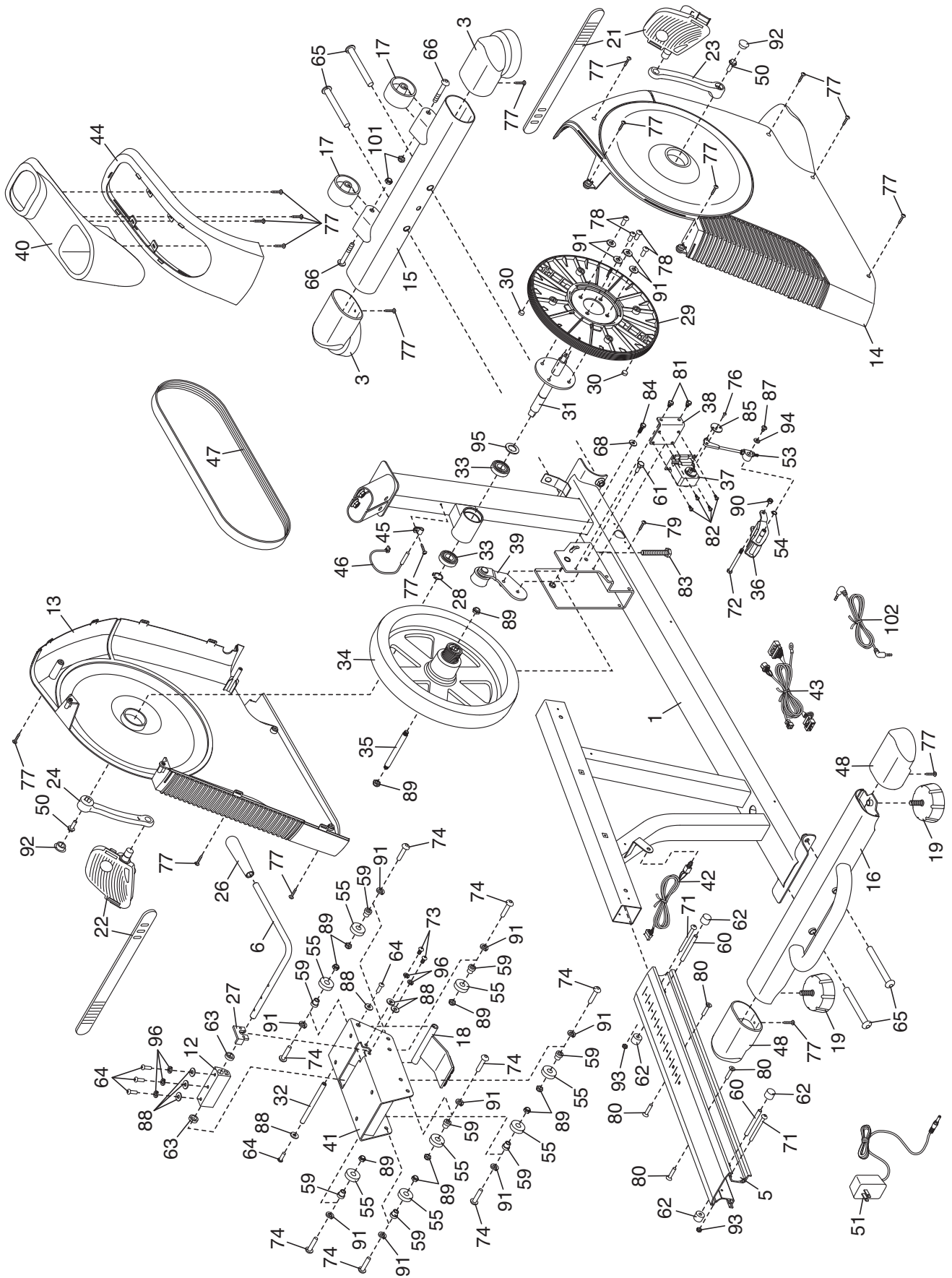
# EXPLODED DRAWING A

Model No. SFCCEX13810.0 R1110A



# EXPLODED DRAWING B

Model No. SFCCEX13810.0 R1110A



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## 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 key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

### LIMITED WARRANTY

ICON of Canada, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. This warranty does not extend to any 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some provinces 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 are limited in their scope and duration to the terms set forth herein. Some provinces 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 that vary from province to province.

**ICON of Canada, Inc., 900 de l'Industrie, St. Jérôme, QC J7Y 4B8**