

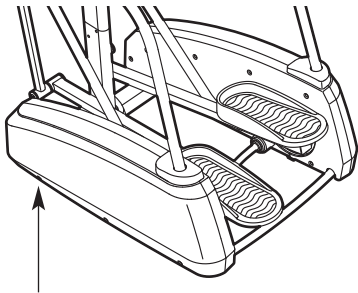
FREEMOTION® e5.3

www.freemotionfitness.com

Model No. SFCW81707.0

Serial No. _____

Write the serial number in the space above for reference.



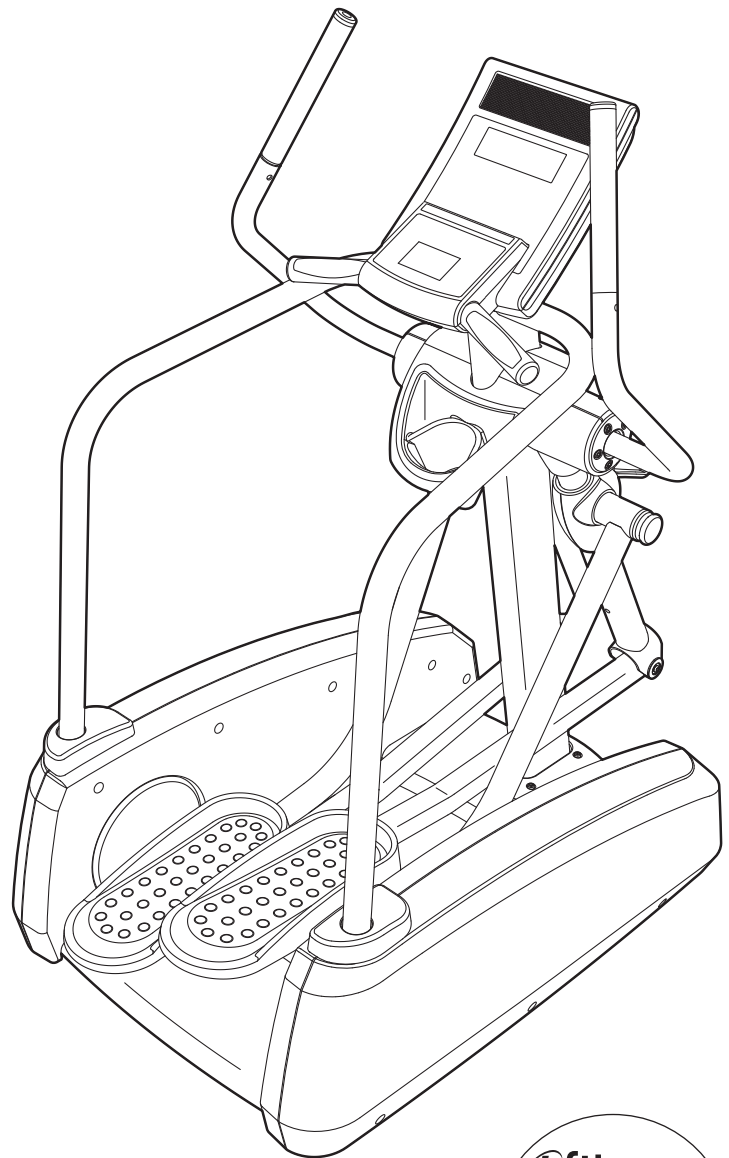
Serial Number Decal (under frame)

USER'S MANUAL

QUESTIONS?

If you have questions, or if parts are damaged or missing, **CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

If you are unable to contact the store, see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.



CAUTION

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

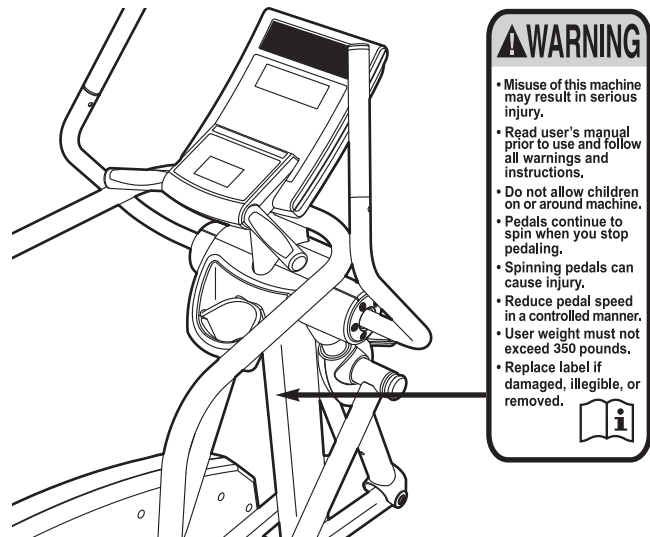


TABLE OF CONTENTS

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER13
MAINTENANCE AND TROUBLESHOOTING22
EXERCISE GUIDELINES23
PART LIST24
EXPLODED DRAWING25
HOW TO CONTACT CUSTOMER CARE	Back Cover
LIMITED WARRANTY	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back 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.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. FreeMotion Fitness 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 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 elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from the elliptical exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 350 lbs. (159 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on the elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handles on the console or the handlebars when mounting, dismounting, or using the elliptical exerciser.
10. Keep your back straight while using the elliptical exerciser; do not arch your back.
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. The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
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. Use the elliptical exerciser only as described in this manual.

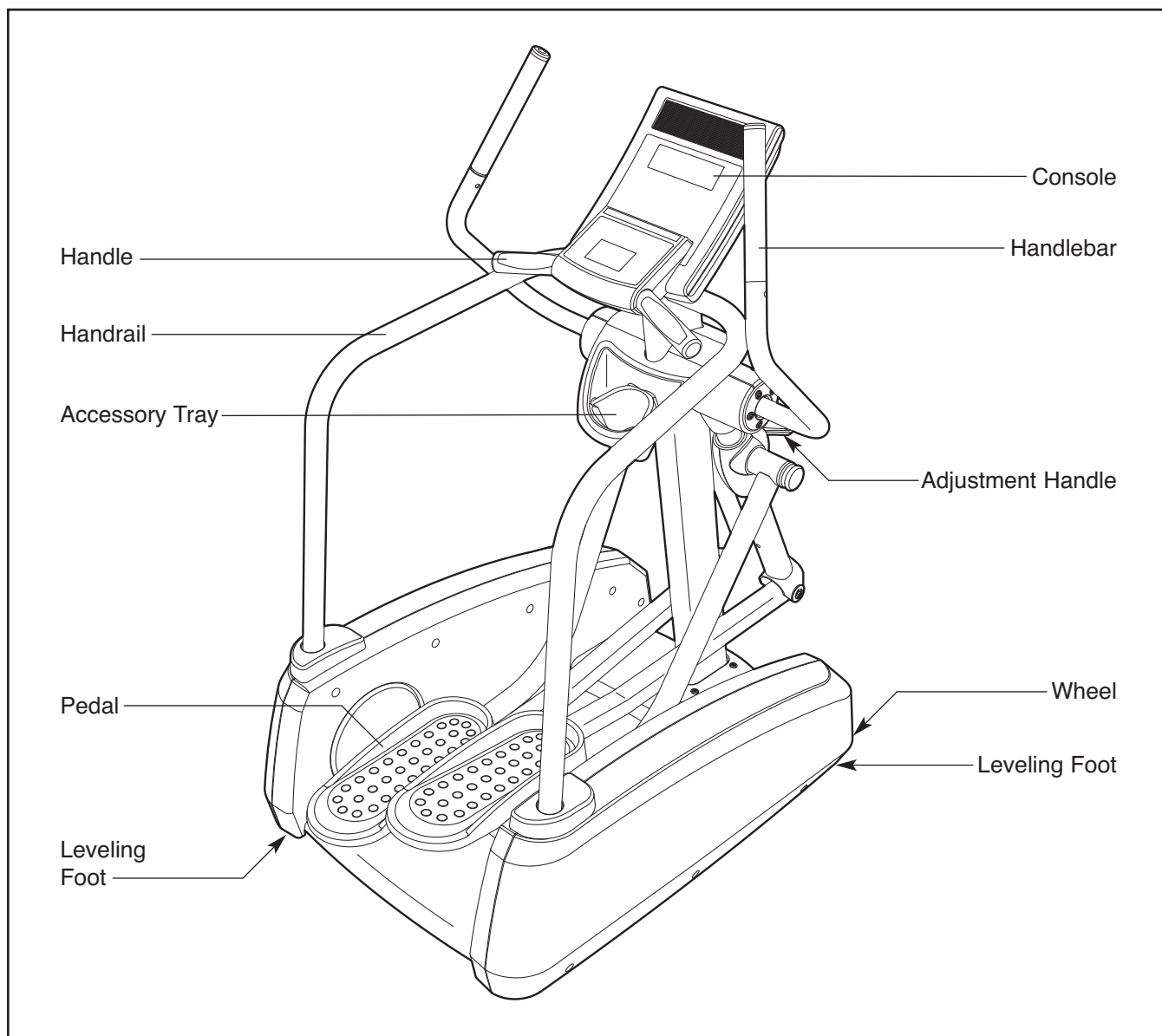
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® E5.3 elliptical exerciser. The E5.3 elliptical exerciser 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 elliptical exerciser. If you have questions after reading this manual, please see the back

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.

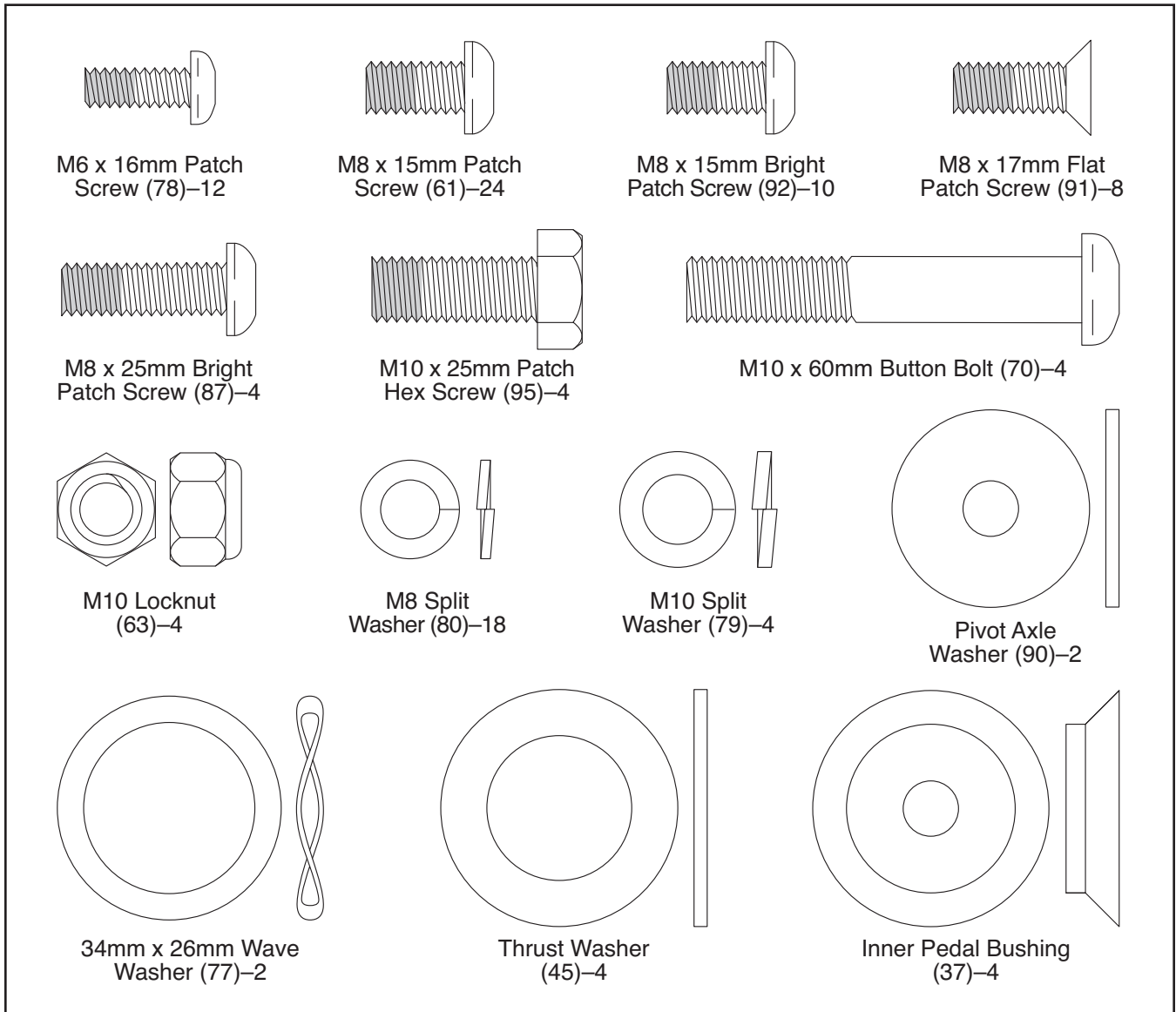


ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser 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 , an adjustable wrench , and a rubber mallet .

As you assemble the elliptical exerciser, use the drawings below to identify small parts. 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 parentheses is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



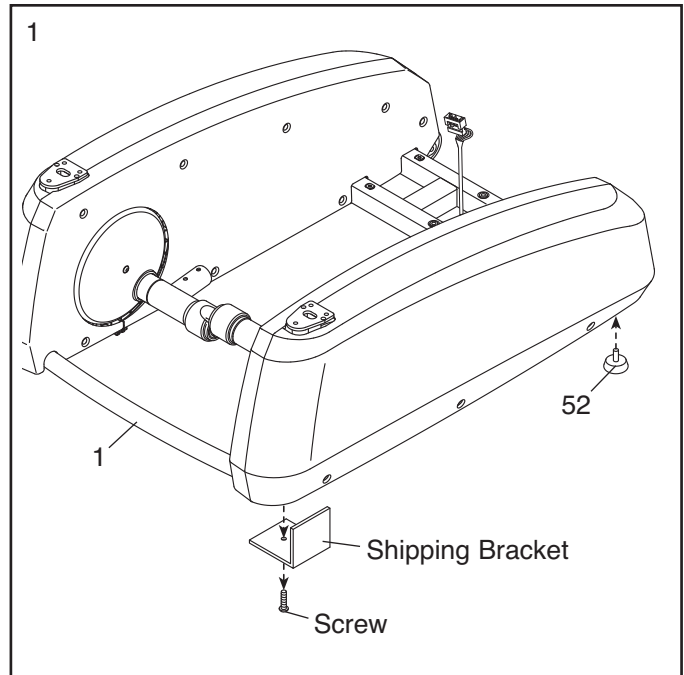
1.

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

Tip: Have a second person lift and hold each corner of the Frame (1) as you perform this step.

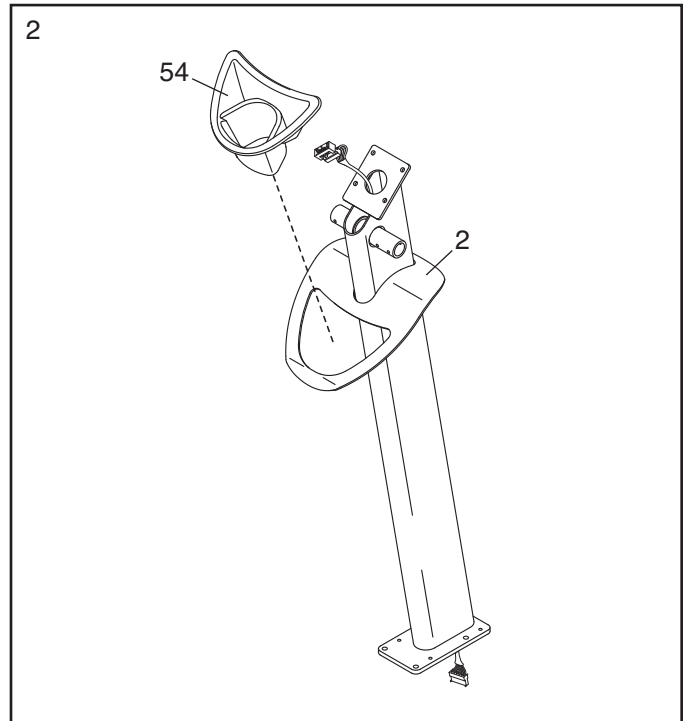
Remove the four screws and the four shipping brackets from the corners of the Frame (1). Discard the screws and the shipping brackets.

Then, tighten the four Leveling Feet (52) into the holes in the underside of the Frame (1).



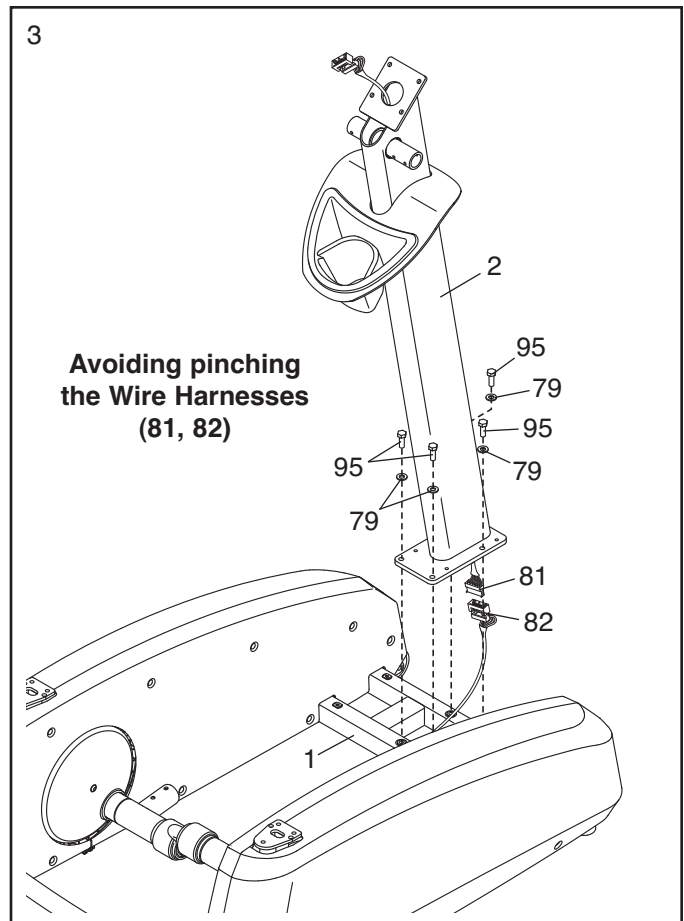
2. Identify the Upright (2) and the Accessory Tray (54) and orient them as shown.

Press the Accessory Tray (54) into the Upright (2).



3. Orient the Upright (2) as shown. While a second person holds the Upright near the Frame (1), connect the Upper Wire Harness (81) to the Lower Wire Harness (82).

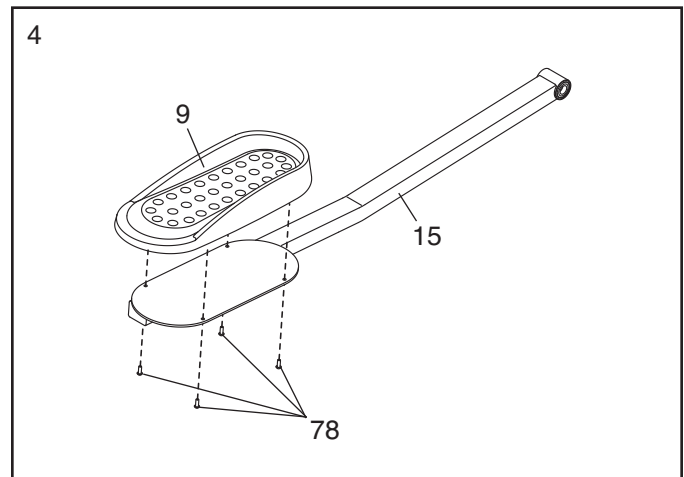
Tip: Avoiding pinching the Wire Harnesses (81, 82). Attach the Upright (2) to the Frame (1) with four M10 x 25mm Patch Hex Screws (95) and four M10 Split Washers (79). **Do not tighten the Patch Hex Screws yet.**



4. Identify the Right Pedal Arm (15), which is marked with a "Right" sticker.

Attach a Pedal (9) to the Right Pedal Arm (15) with four M6 x 16mm Patch Screws (78).

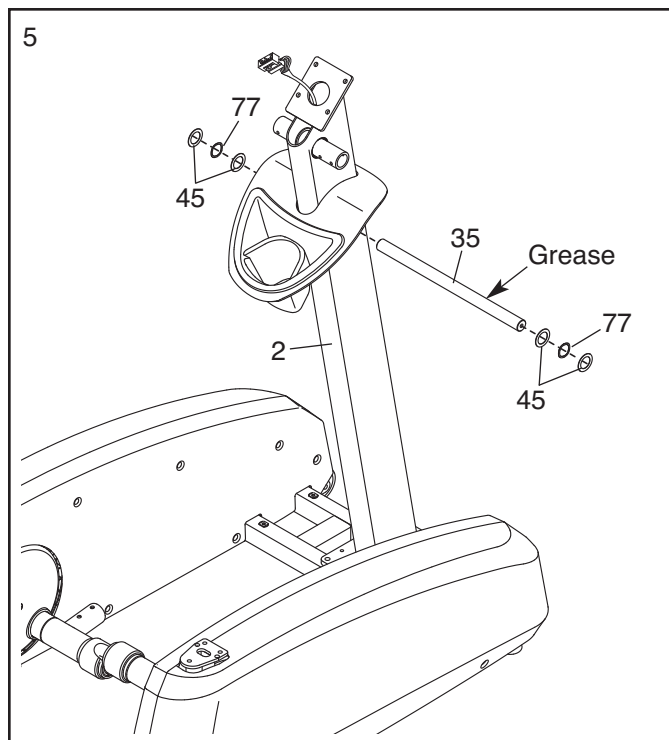
Attach the other Pedal to the Left Pedal Arm (not shown) in the same way.



5. Apply a generous amount of the included grease to the Pivot Axle (35).

Insert the Pivot Axle (35) through the Upright (2), and center the Pivot Axle.

Next, slide a Thrust Washer (45), a 34mm x 26mm Wave Washer (77), and another Thrust Washer (45) onto each end of the Pivot Axle (35).

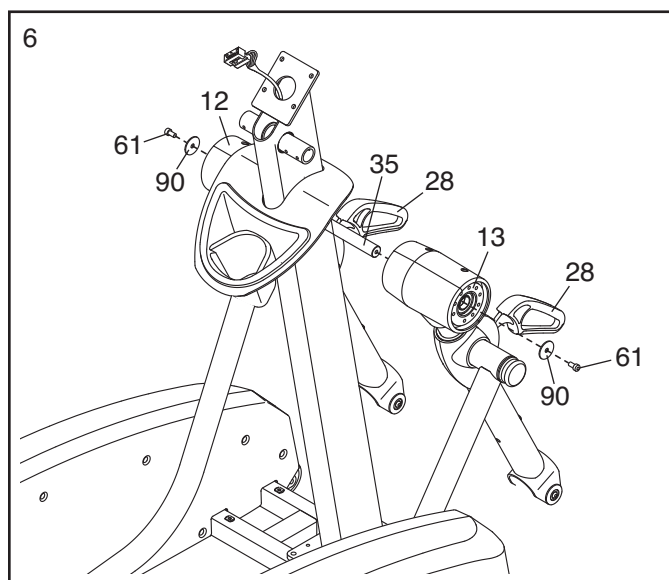


6. Identify the Left and Right Upper Handlebar Leg (12, 13) assemblies, which are marked with "Left" and "Right" stickers.

Orient the Left and Right Upper Handlebar Leg (12, 13) assemblies so that the Adjustment Handles (28) are in the indicated locations.

Slide the Left and Right Upper Handlebar Legs (12, 13) onto the left and right sides of the Pivot Axle (35).

Attach the Left and Right Upper Handlebar Legs (12, 13) with two M8 x 15mm Patch Screws (61) and two Pivot Axle Washers (90).

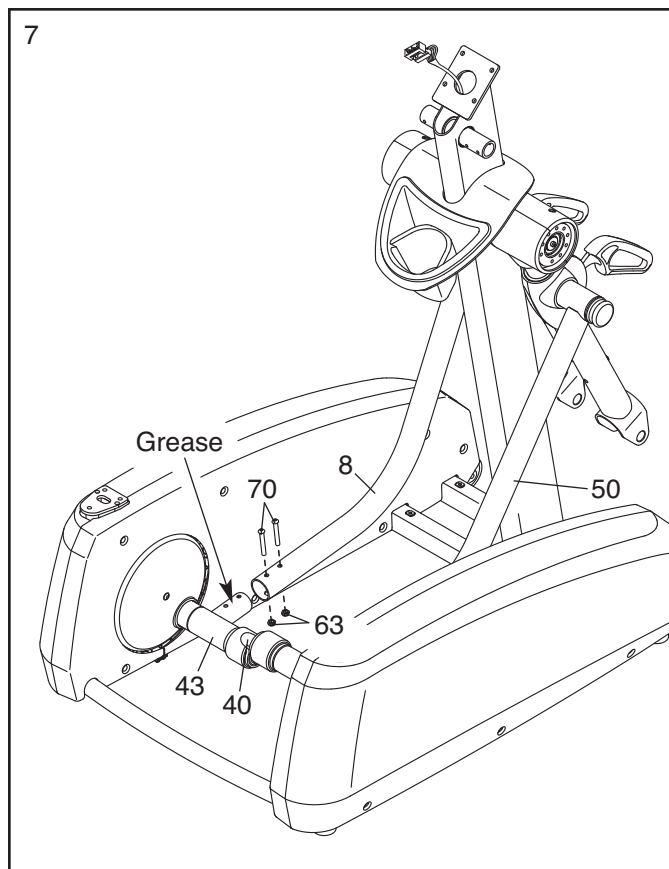


7. Identify the Left Pedal Leg (8), which is marked with a “Left” sticker.

Apply a small amount of grease to the tube on the left Pedal Arm Bracket (43).

Attach the Left Pedal Leg (8) to the left Pedal Arm Bracket (43) with two M10 x 60mm Button Bolts (70) and two M10 Locknuts (63). **Tip: If necessary, rotate the Crank (40) to position the Left Pedal Leg near the left Pedal Arm Bracket.**

Attach the Right Pedal Leg (50) in the same way.



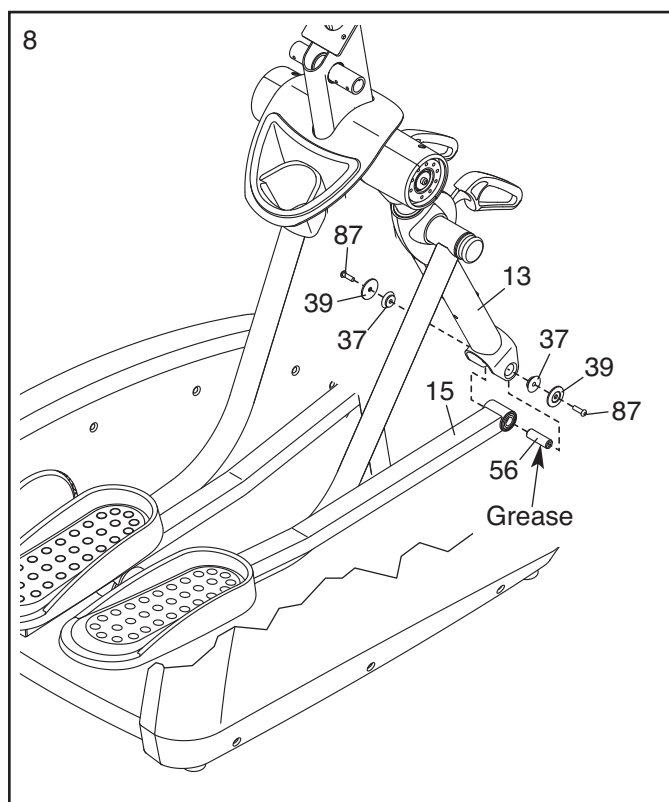
8. Identify the Right Pedal Arm (15) and the Right Upper Handlebar Leg (13) assembly, which are marked with “Right” stickers.

Apply a small amount of grease to a Pedal Axle (56). Insert the Pedal Axle into the Right Pedal Arm (15).

Position the Right Upper Handlebar Leg (13) as shown. Then, insert the Right Pedal Arm (15) into the Right Upper Handlebar Leg.

Attach the Right Pedal Arm (15) with two M8 x 25mm Bright Patch Screws (87), two Pedal Axle Covers (39), and two Inner Pedal Bushings (37). **Do not overtighten the Bright Patch Screws; the Right Pedal Arm must pivot easily.**

Attach the Left Pedal Arm to the Left Upper Handlebar Leg assembly (not shown) in the same way.

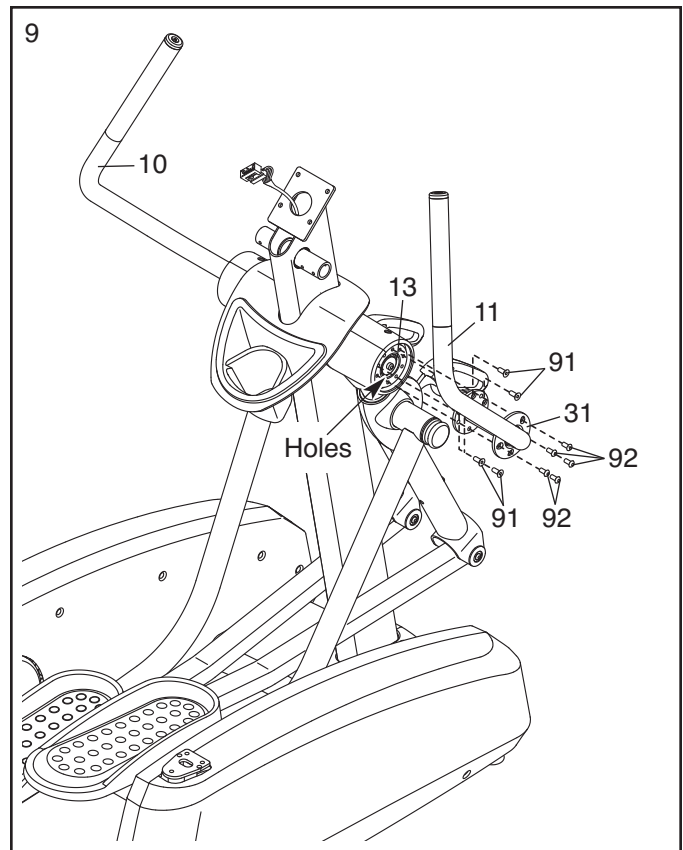


9. Identify the Right Handlebar (11), which is marked with a "Right" sticker. Orient the Right Handlebar as shown. **Make sure that the holes in the Right Handlebar are aligned with the holes inside the Right Upper Handlebar Leg (13).**

Attach the Right Handlebar (11) to the Right Upper Handlebar Leg (13) with four M8 x 17mm Flat Patch Screws (91).

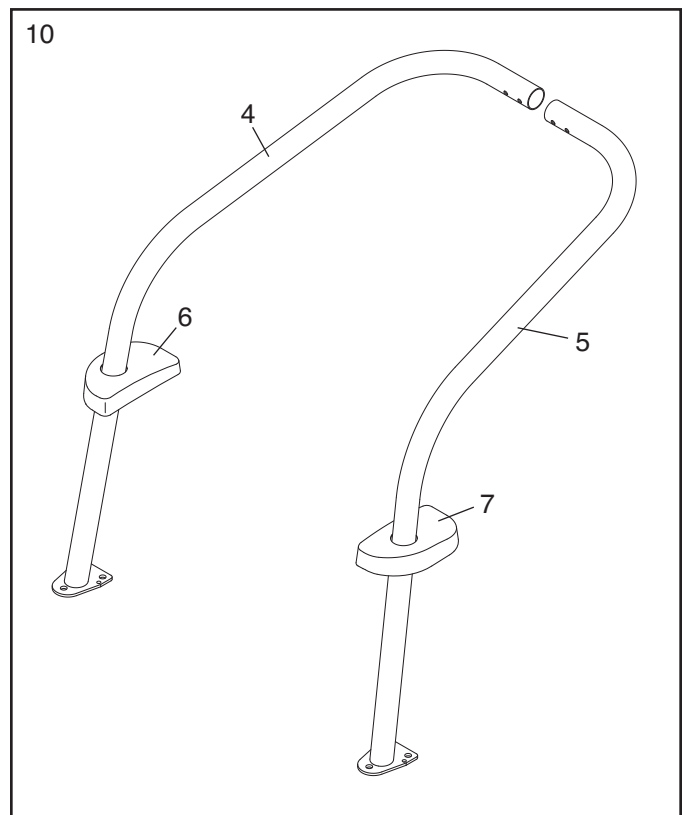
Then, attach the right Handlebar Cover (31) to the Right Handlebar (11) with five M8 x 15mm Bright Patch Screws (92).

Attach the Left Handlebar (10) in the same way.



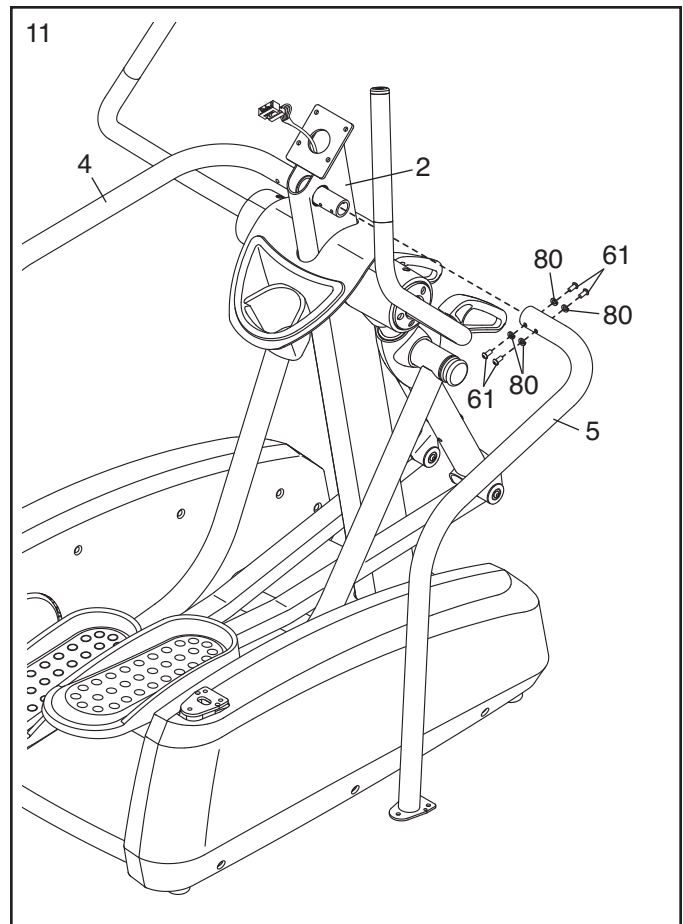
10. Identify the Left and Right Handrails (4, 5), which are marked with "Left" and "Right" stickers. Orient the Left and Right Handrails as shown.

Slide the Left Rail Cover (6) onto the Left Handrail (4). Then, slide the Right Rail Cover (7) onto the Right Handrail (5).



11. Attach the Right Handrail (5) to the Upright (2) with four M8 x 15mm Patch Screws (61) and four M8 Split Washers (80). **Tip: Do not tighten the Patch Screws yet.**

Attach the Left Handrail (4) in the same way.

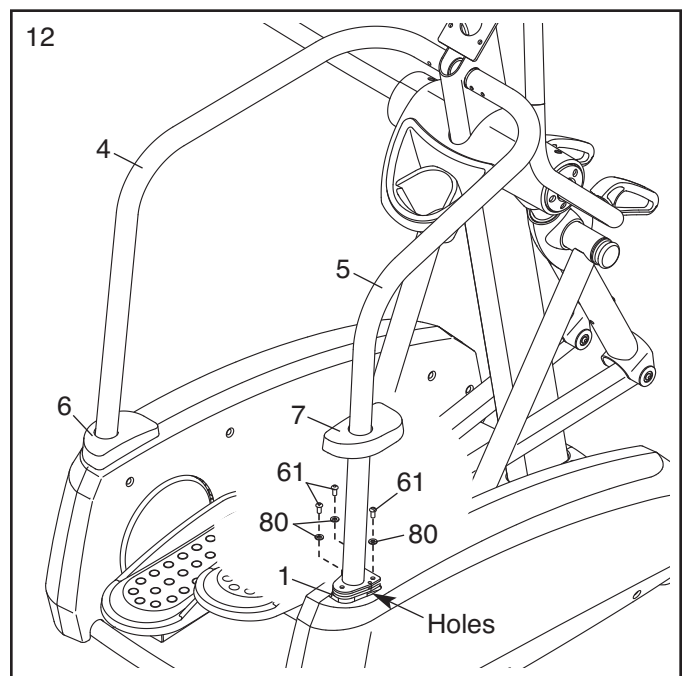


12. Attach the Right Handrail (5) to the Frame (1) with three M8 x 15mm Patch Screws (61) and three M8 Split Washers (80).

Press the posts on the underside of the Right Rail Cover (7) into the holes in the Frame (1).

Attach the Left Handrail (4) and the Left Rail Cover (6) in the same way.

See step 11. Tighten the M8 x 15mm Patch Screws (61).

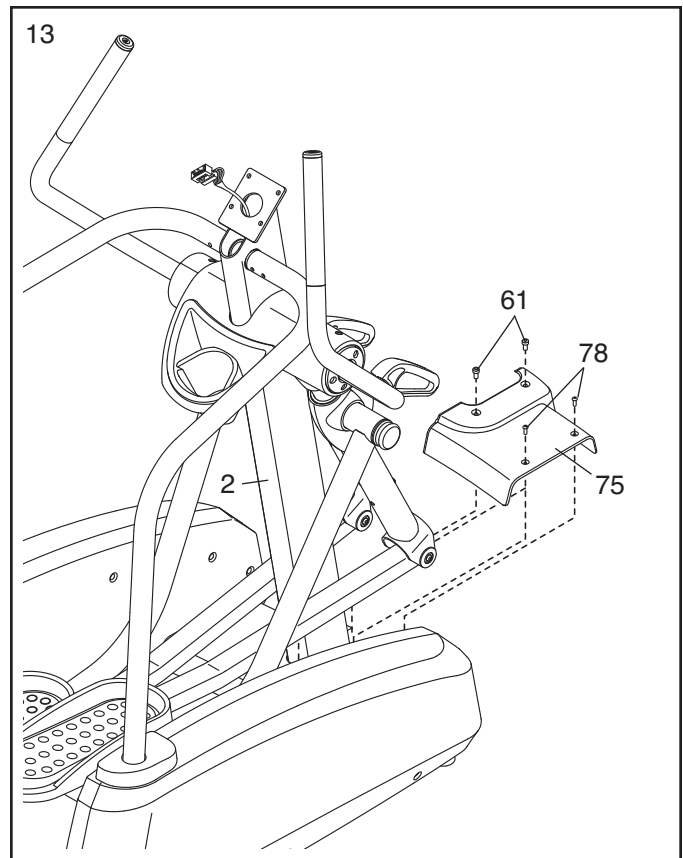


13. **See step 3.** Tighten the M10 x 25mm Patch Hex Screws (95).

Identify the Right Frame Cover (75), which is marked with a “Right” sticker, and orient it as shown.

Attach the Right Frame Cover (75) around the lower end of the Upright (2) with two M8 x 15mm Patch Screws (61) and with two M6 x 16mm Patch Screws (78). **To avoid damaging the Right Frame Cover, do not overtighten the Patch Screws.**

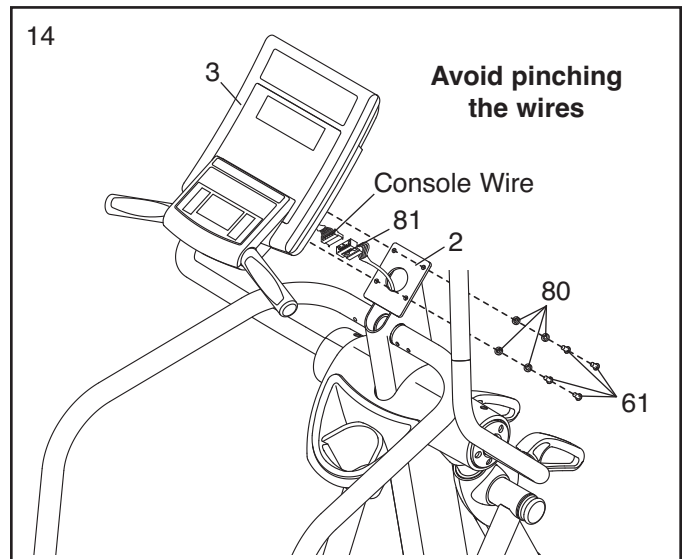
Attach the Left Frame Cover (not shown) in the same way.



14. While a second person holds the Console (3) near the Upright (2), connect the console wire to the Upper Wire Harness (81).

Insert the excess wire into the Upright (2).

Tip: Avoid pinching the wires. Attach the Console (3) to the Upright (2) with four M8 x 15mm Patch Screws (61) and four M8 Split Washers (80).

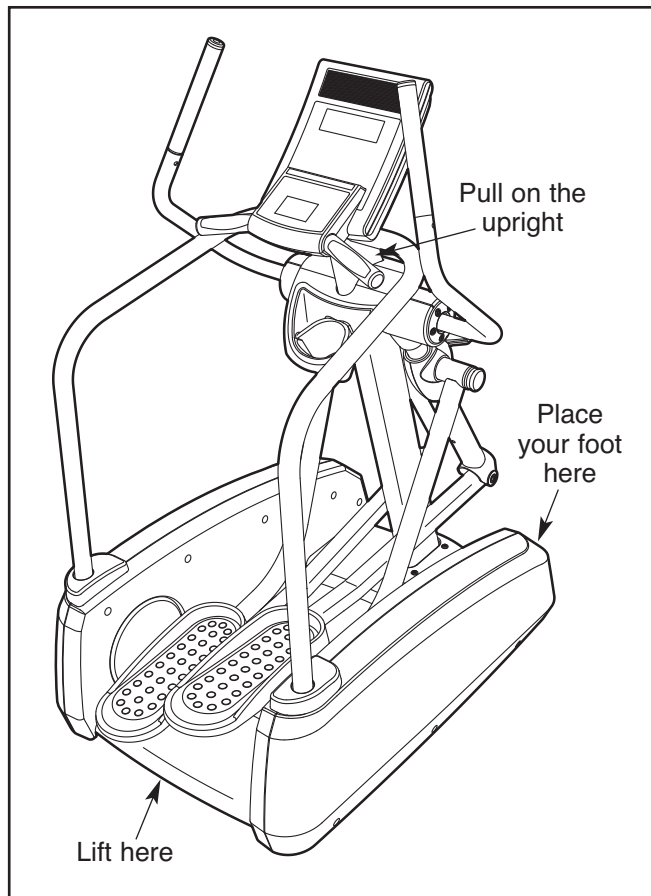


15. **Make sure that all parts are properly tightened before you use the elliptical exerciser.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical exerciser to protect the floor.

HOW TO USE THE ELLIPTICAL EXERCISER

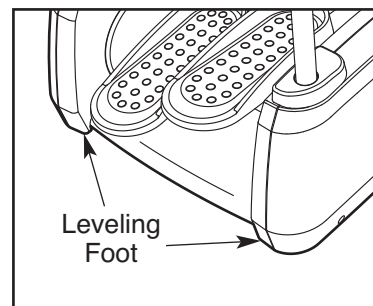
HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Stand in front of the elliptical exerciser, hold the upright, and place one foot against one of the front wheels. Pull on the upright and have a second person lift the rear of the frame until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location, and then lower it to the floor.



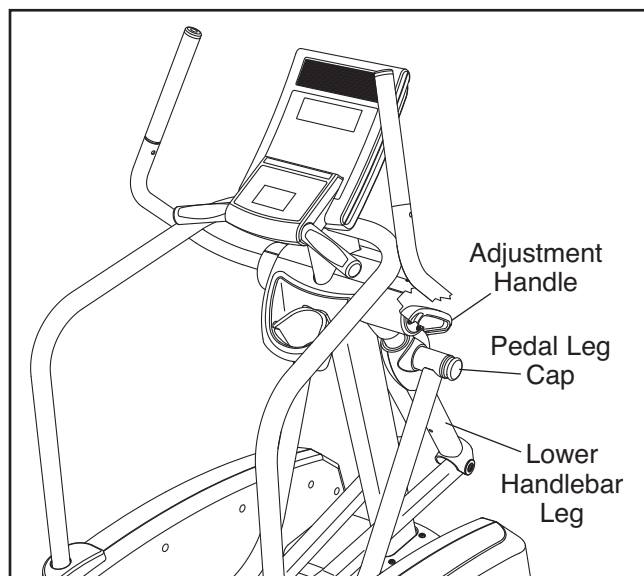
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or more of the leveling feet beneath the front and rear of the frame until the rocking motion is eliminated.



HOW TO ADJUST THE STRIDE LENGTH

To adjust the stride length of the elliptical exerciser, first pull the right adjustment handle upward until the adjustment handle pivots freely. Next, hold the pedal leg endcap with one hand and slide the right lower handlebar leg upward or downward to one of the marked positions. Then, press the adjustment handle down to the locked position. **The adjustment handle must easily press into the locked position.**



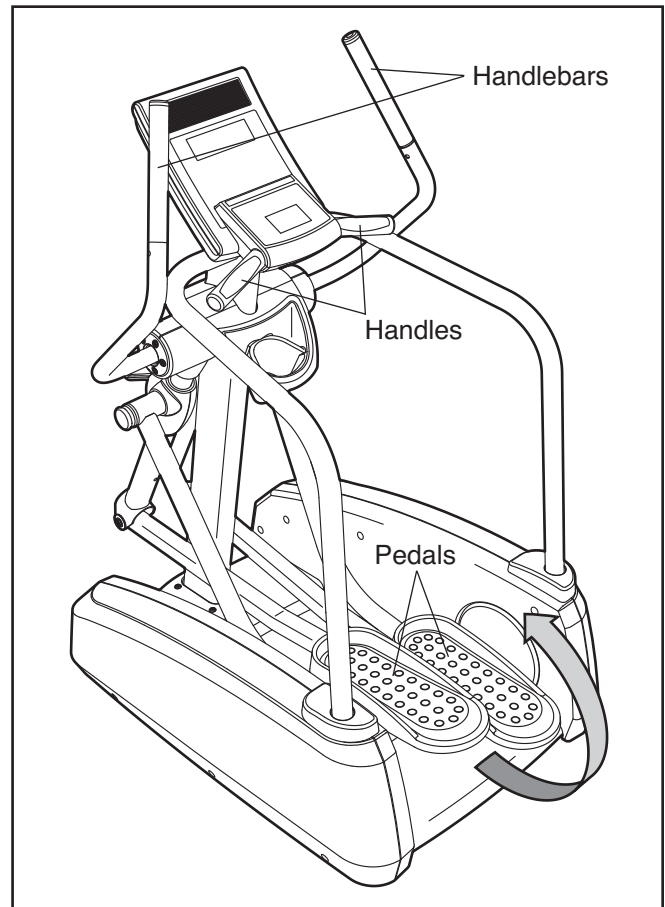
If the adjustment handle does not easily press into the locked position, the lower handlebar leg is not correctly aligned and will be damaged during use. Pull the adjustment handle upward, slide the lower handlebar leg upward or downward slightly, and then press the adjustment handle down into the locked position.

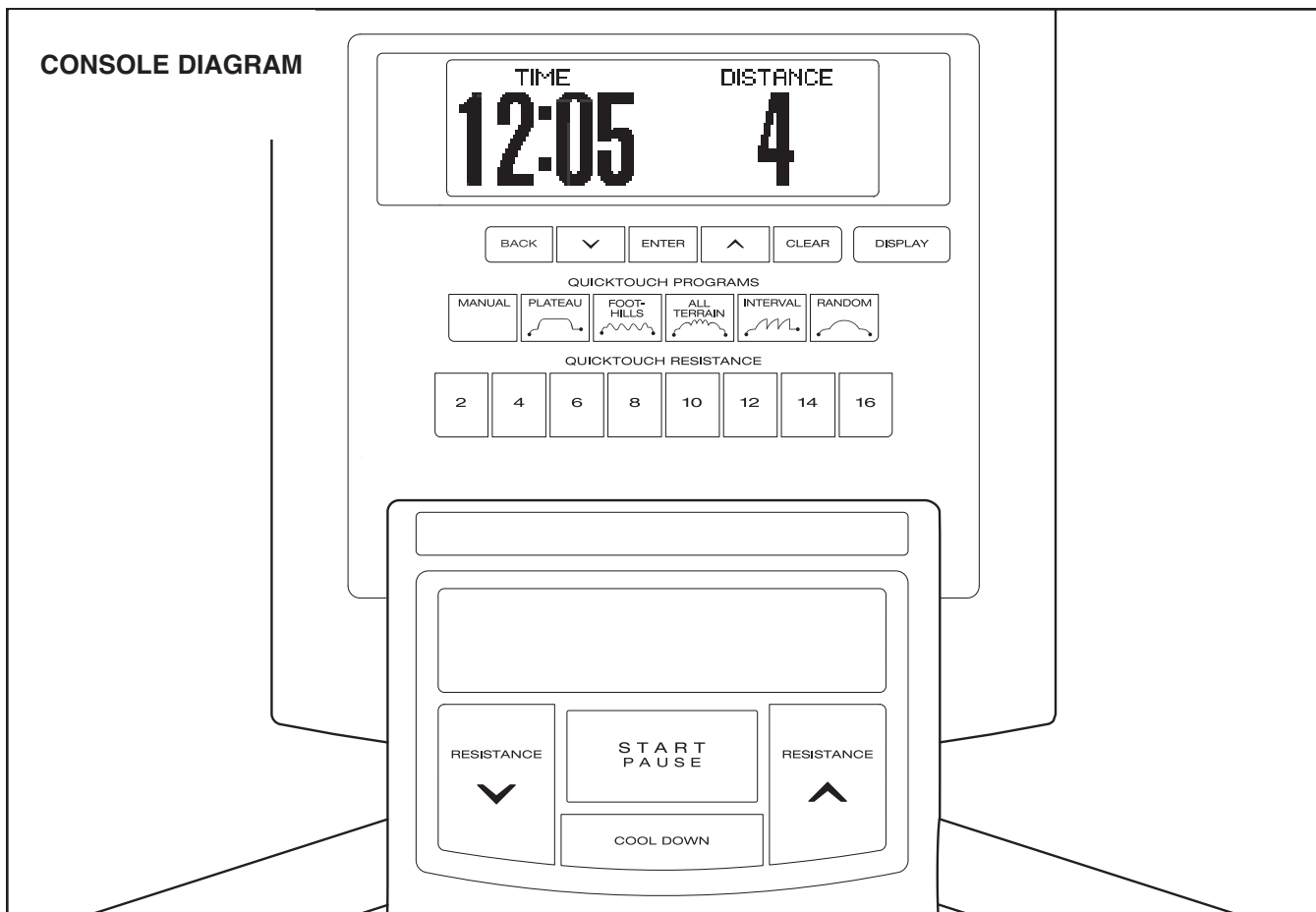
Adjust the left adjustment handle in the same way.

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handles on the console or the handlebars and step onto the pedal that is in the lower position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedals can turn in either direction. It is recommended that you turn the pedals in the direction shown by the arrow; however, for variety, you can turn the pedals in the opposite direction.**

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.





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 quick start mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 21.**

The console offers nineteen preset programs. Each program automatically changes the resistance of the pedals and prompts you to maintain a target pace as it guides you through an effective workout.

The console also offers three manual programs that allow you to set your own time, distance, or calorie goal for the workout.

The console features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while guiding you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores.**

To use the quick start mode, see page 16. To use a MANUAL program, see page 17. To use a preset program, see page 19. To use the COOL DOWN mode, see page 20. To use the maintenance mode, see page 20. To use an iFit workout, see page 21.

HOW TO ACTIVATE THE CONSOLE

The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator as you pedal. To turn on the console, begin pedaling at a speed of about 25 revolutions per minute or faster. After a few seconds, the console display will light and the console will be ready for use.

IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before turning on the console. If you do not do this, you may damage the console displays or other electronic components.

HOW TO USE THE QUICK START MODE

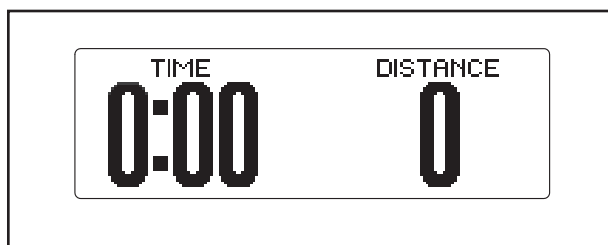
If you do not plan to use a program, the quick start mode will allow you to simply start exercising and adjust the resistance of the pedals manually.

1. Begin pedaling to activate the console.

When you activate the console, the display will light and the console will be ready for use.

2. Select the quick start mode.

When you activate the console, the quick start mode will be selected. If you have selected a program, reselect the quick start mode by pressing any of the QUICKTOUCH PROGRAMS buttons repeatedly until zeros appear in the display.



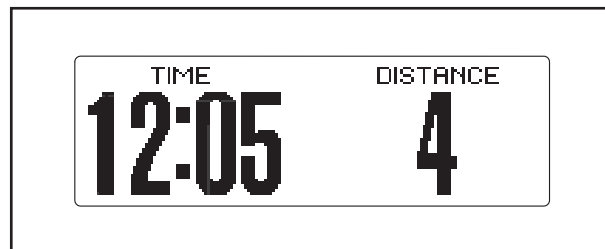
3. Press the START button to start the quick start mode and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons or the numbered QUICKTOUCH RESISTANCE buttons. There are sixteen resistance levels. Note: After you press a RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level.

4. Follow your progress with the displays.

The display will show the elapsed time and the distance you have pedaled. Note: When a preset program or the MANUAL TIME program is selected, the display will show the time remaining in the program instead of the elapsed time.

The display will also show your heart rate (in beats per minute) when you use the optional chest pulse sensor (see page 21).



You can also view selected information at a larger size. Press the DISPLAY button repeatedly to view the elapsed time, the distance that you have pedaled, or the approximate number of calories that you have burned.

To view the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the distance, the resistance level, the approximate number of calories you are burning per hour, and your pedaling pace in one display, press the DISPLAY button again.

To view the elapsed time, the distance you have pedaled, and the approximate number of calories you have burned in one display, press the DISPLAY button again.

To again view the elapsed time and the distance that you have pedaled, press the DISPLAY button again.

Press the PAUSE button to pause the quick start mode at any time. Simply resume pedaling or press the START button to restart the quick start mode.

Note: The display may be able to display text messages in any of six languages (see step 5 on page 21).

5. When you are finished using the elliptical exerciser, the console will turn off automatically.

If the pedals do not move for several seconds, the displays will be reset and the console will turn off automatically.

HOW TO USE A MANUAL PROGRAM

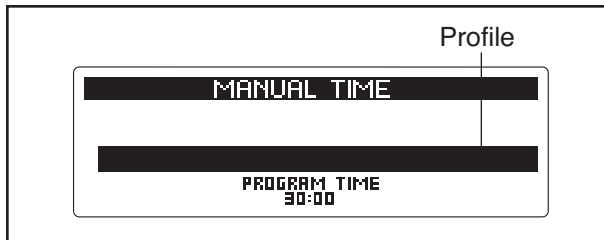
A MANUAL program allows you to set a time, distance, or calorie goal for your workout as you control the resistance of the pedals.

1. Begin pedaling to activate the console.

When you activate the console, the display will light and the console will be ready for use.

2. Select a MANUAL program.

To select one of the three MANUAL programs, first press the MANUAL button repeatedly until the words MANUAL TIME, MANUAL DISTANCE, or MANUAL CALORIES appear in the display. A profile of the resistance settings of the program and the program goal will also appear in the display. Then, press the ENTER button to confirm your selection.



3. Enter your age.

A moment after you select a MANUAL program, the words "ENTER AGE" and an age setting of 35 will flash in the display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



4. Enter your weight.

Next, the words "ENTER WEIGHT" and a weight setting of 185 pounds (US) will appear in the main display. To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



5. Enter a goal for the program.

If you selected the MANUAL TIME program, the words "ENTER WORKOUT TIME" and a time setting of 30 minutes will appear in the display. To change the length of time that the program will last, press the increase and decrease buttons beside the ENTER button.

If you selected the MANUAL DISTANCE program, the words "ENTER WORKOUT DISTANCE" and a distance setting will appear in the display. To change the distance goal for the program, press the increase and decrease buttons beside the ENTER button.

If you selected the MANUAL CALORIES program, the words "ENTER WORKOUT CALORIES" and a calorie setting of 300 calories will appear in the display. To change the calorie goal for the program, press the increase and decrease buttons beside the ENTER button.

6. Press the START button or begin pedaling to start the program.

Each program is divided into several one-minute segments. During the program, the program profile will show your progress (see the drawing in step 2 on page 17). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.

As you pedal, change the resistance of the pedals as desired by pressing the RESISTANCE increase and decrease buttons or the numbered QUICK-TOUCH RESISTANCE buttons. There are sixteen resistance levels. Note: After you press a RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level. The default resistance level for the MANUAL programs is resistance level 3.

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To restart the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

7. Follow your progress with the displays.

During a MANUAL program, the display will show the time, the distance you have pedaled, the approximate number of calories you have burned, your exercise intensity in mets, your pedaling pace, and the resistance level. The display will also show your heart rate when you use the optional chest pulse sensor (see page 21).

If you selected the MANUAL TIME program, the display will count down the time remaining in the program. **If you selected the MANUAL DISTANCE program**, the display will count down the distance. **If you selected the MANUAL CALORIES program**, the display will count down the approximate number of calories you are burning.

To view the time, your exercise intensity in mets, and your power output in watts, press the DISPLAY button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

8. When you are finished using the elliptical exerciser, the console will turn off automatically.

If the pedals do not move for several seconds, the displays will be reset and the console will turn off automatically.

HOW TO USE A PRESET PROGRAM

A preset program will automatically change the resistance of the pedals and prompt you to maintain a target pace while guiding you through your workout.

1. Begin pedaling to activate the console.

When you activate the console, the display will light and the console will be ready for use.

2. Select a preset program.

To select one of the nineteen preset programs, first press the PLATEAU, FOOTHILLS, ALL TERRAIN, INTERVAL, or RANDOM button repeatedly until the name of the desired preset program appears in the display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.



3. Enter your age.

A moment after you select a preset program, the words “ENTER AGE” and an age setting of 35 will flash in the display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



4. Enter your weight.

Next, the words “ENTER WEIGHT” and a weight setting of 185 pounds (US) will appear in the main display. To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



5. Press the START button or begin pedaling to start the program.

Each preset program is divided into 20 or 30 one-minute segments. One resistance level and one target rpm (pace) setting is programmed for each segment. Note: The same resistance setting and/or target rpm may be programmed for consecutive segments.

During the program, the program profile will show your progress (see the drawing to the left). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the display.



IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace 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 RESISTANCE buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To resume the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

6. Follow your progress with the displays.

During a preset program, the display will show the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled. The display will also show your heart rate when you use the optional chest pulse sensor (see page 21).

To view the time, your exercise intensity in mets, and your power output in watts, press the DISPLAY button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

7. When you are finished using the elliptical exerciser, the console will turn off automatically.

If the pedals do not move for several seconds, the displays will be reset and the console will turn off automatically.

HOW TO USE THE COOL DOWN MODE

The COOL DOWN mode is designed to help you cool down after you have finished exercising. Press the COOL DOWN button to use the COOL DOWN mode.

The COOL DOWN mode is divided into three one-minute segments. The cool down mode will work in the same way as a preset program (see step 5 on page 19).

HOW TO USE THE MAINTENANCE MODE

The console features a maintenance mode that allows you to access usage information and to view and change default settings.

1. Press any button or begin pedaling to activate the console.

When you activate the console, the display will light and the console will be ready for use.

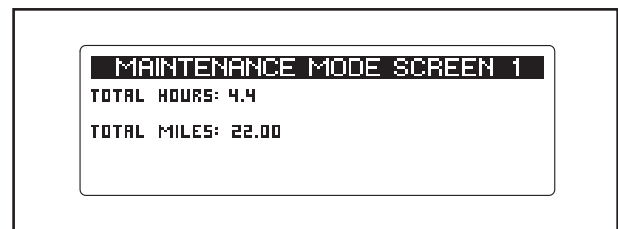
2. Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode.

When the maintenance mode is selected, the words "MAINTENANCE MODE SCREEN 1" will appear in the display.

Note: As you view the maintenance mode screens, press the BACK button at any time to return to the previous screen.

3. View usage information for the elliptical exerciser.

When the words "MAINTENANCE MODE SCREEN 1" appear, the display will show the total number of hours that the elliptical exerciser has been used and the total distance that the elliptical exerciser has been pedaled.



4. Press the DISPLAY button and change the time settings if desired.

When the words “MAINTENANCE MODE SCREEN 2” appear, the display will allow you to set a maximum program time for the programs and a default time for the pause timeout.

The maximum program time for the programs can be from 10 minutes to 90 minutes. To change the maximum program time, press the increase and decrease buttons beside the ENTER button. Then, press the DISPLAY button.

If the pedals on the elliptical exerciser do not move for a period of time, a pause timeout will occur and the console will enter an idle mode. When the console is in the idle mode, the displays will be reset to zeros and a screen saver will appear in the display.

The pause timeout can occur from 1 minute to 5 minutes after the pedals stop moving. To change the length of time that will elapse before the pause timeout, press the increase and decrease buttons beside the ENTER button.

5. Press the DISPLAY button again and select a language for the display.

The display may be able to display text messages in English, International English, German, Spanish, Italian, or French. To change the language, press the increase and decrease buttons beside the ENTER button.

6. Press the DISPLAY button to exit the maintenance mode.

HOW TO USE AN IFIT WORKOUT

iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores

1. Press any button or begin pedaling to activate the console.

When you activate the console, the display will light and the console will be ready for use.

2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot, which is located on the rear right-hand side of the console. The iFit card should slide easily into the slot. If it does not, turn the iFit card and try again.

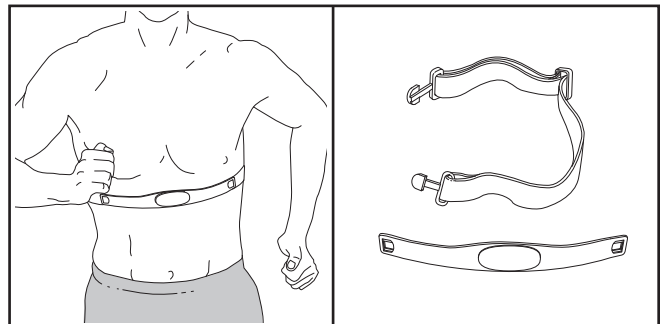
iFit workouts function in the same way as preset workouts. To use the workout, see steps 5 to 7 on pages 19 and 20. Note: Some iFit cards contain more than one workout. To select a workout, use the increase and decrease buttons located next to the ENTER button. The iFit cards used with this console have no audio.

3. When you are finished exercising, remove the iFit card.

Remove the iFit card when you are finished exercising. Store the iFit card in a secure place.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, see the back cover of this manual.**



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: Never use solvents to clean the elliptical exerciser. To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 13.

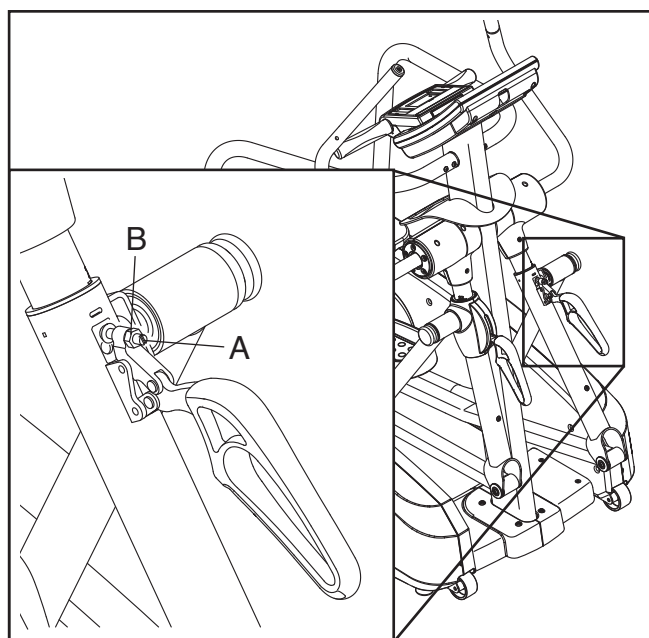
HOW TO ADJUST THE PINS IN THE ADJUSTMENT HANDLES

After 25 hours of use and after 75 hours of use, the pins in the adjustment handles on the elliptical exerciser should be adjusted.

The pins in the adjustment handles should also be adjusted whenever the adjustment handles begin to make a clicking sound.

To adjust the pin in the left adjustment handle, see EXPLODED DRAWING A on page 25 and remove the M4 x12mm Machine Screws (86) from the Left Inner Upper Leg Cover (24). Then, gently slide the Left Inner Upper Leg Cover and the Left Outer Lower Leg Cover (26) away from the Left Lower Handlebar Leg (38).

Insert a standard screwdriver into the slot in the pin (A) in the adjustment handle. Use the screwdriver to hold the pin in place while you use an adjustable wrench to loosen the nut (B). Next, use the screwdriver to turn the pin clockwise no more than 1/4 turn. Then, use the screwdriver to hold the pin in place while you use the adjustable wrench to retighten the nut.



See EXPLODED DRAWING A on page 25 and reattach the Left Inner Upper Leg Cover (24) and the Left Outer Lower Leg Cover (26) with the M4 x12mm Machine Screws (86).

Adjust the pin in the right adjustment handle in the same way.

EXERCISE GUIDELINES

⚠ 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.

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.

PART LIST—Model No. SFCW81707.0

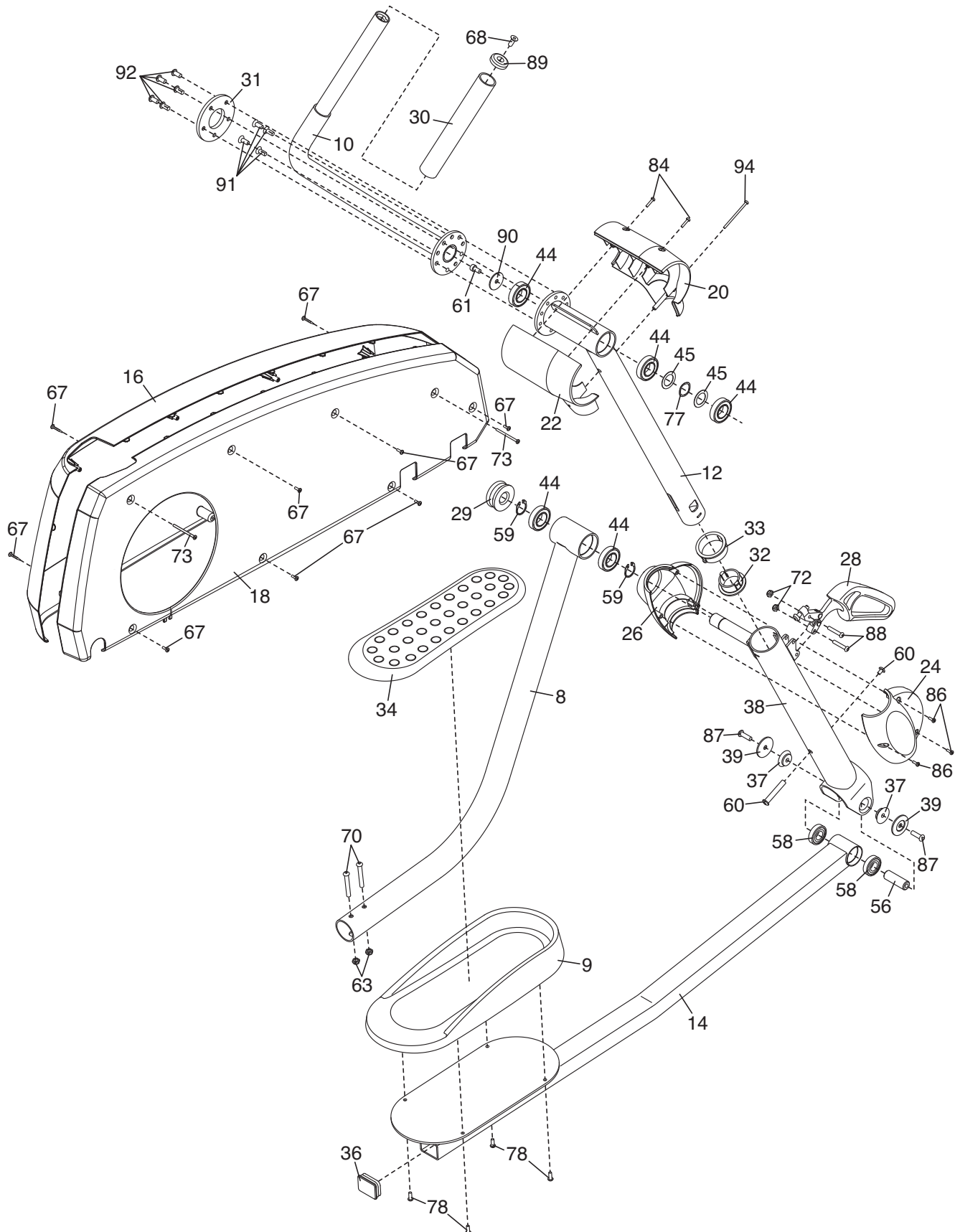
R0310A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	52	4	Leveling Foot
2	1	Upright	53	1	Pulley
3	1	Console	54	1	Accessory Tray
4	1	Left Handrail	55	1	Eddy Mechanism
5	1	Right Handrail	56	2	Pedal Axle
6	1	Left Rail Cover	57	1	Belt
7	1	Right Rail Cover	58	4	Pedal Axle Bearing
8	1	Left Pedal Leg	59	8	Crank Bracket Snap Ring
9	2	Pedal	60	2	Union Bolt
10	1	Left Handlebar	61	24	M8 x 15mm Patch Screw
11	1	Right Handlebar	62	4	M8 x 13mm Screw
12	1	Left Upper Handlebar Leg	63	6	M10 Locknut
13	1	Right Upper Handlebar Leg	64	1	Safety Cover
14	1	Left Pedal Arm	65	2	1/2" x 60mm Hex Bolt
15	1	Right Pedal Arm	66	2	1/2" Locknut
16	1	Left Outer Shield	67	21	M4 x 16mm Screw
17	1	Right Outer Shield	68	2	M8 x 25mm Bright Flat Screw
18	1	Left Inner Shield	69	2	M10 x 73mm Button Bolt
19	1	Right Inner Shield	70	4	M10 x 60mm Button Bolt
20	1	Left Front Handlebar Leg Cover	71	2	M8 x 15mm Button Screw
21	1	Right Front Handlebar Leg Cover	72	8	M6 Locknut
22	1	Left Rear Handlebar Leg Cover	73	4	M4 x 64mm Screw
23	1	Right Rear Handlebar Leg Cover	74	1	Left Frame Cover
24	1	Left Inner Upper Leg Cover	75	1	Right Frame Cover
25	1	Right Inner Upper Leg Cover	76	1	Board Cover
26	1	Left Outer Lower Leg Cover	77	6	34mm x 26mm Wave Washer
27	1	Right Outer Lower Leg Cover	78	12	M6 x 16mm Patch Screw
28	2	Adjustment Handle	79	4	M10 Split Washer
29	2	Pedal Leg Cap	80	18	M8 Split Washer
30	2	Foam Grip	81	1	Upper Wire Harness
31	2	Handlebar Cover	82	1	Lower Wire Harness
32	2	Inner Handlebar Leg Bushing	83	2	M4 x 16mm Bright Screw
33	2	Lower Handlebar Leg Bushing	84	4	M4 x 20mm Machine Screw
34	2	Pedal Insert	85	1	Board Mounting Plate
35	1	Pivot Axle	86	6	M4 x 12mm Machine Screw
36	2	Pedal Arm Cap	87	4	M8 x 25mm Bright Patch Screw
37	4	Inner Pedal Bushing	88	4	M6 x 34mm Button Bolt
38	1	Left Lower Handlebar Leg	89	2	Handlebar Cap
39	4	Pedal Axle Cover	90	2	Pivot Axle Washer
40	1	Crank	91	8	M8 x 17mm Flat Patch Screw
41	1	Left Crank Bracket	92	10	M8 x 15mm Bright Patch Screw
42	1	Right Crank Bracket	93	4	M6 x 16mm Button Screw
43	2	Pedal Arm Bracket	94	2	M4 x 70mm Machine Screw
44	18	Crank Bearing	95	4	M10 x 25mm Patch Hex Screw
45	12	Thrust Washer	96	1	Battery Board
46	2	Pedal Arm Roller	97	1	PCB
47	2	Crank Spacer	98	8	Standoff
48	2	Crank Cover	99	16	Standoff Screw
49	1	Right Lower Handlebar Leg	*	—	Assembly Tool
50	1	Right Pedal Leg	*	—	Grease Packet
51	2	Wheel	*	—	User's Manual

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.

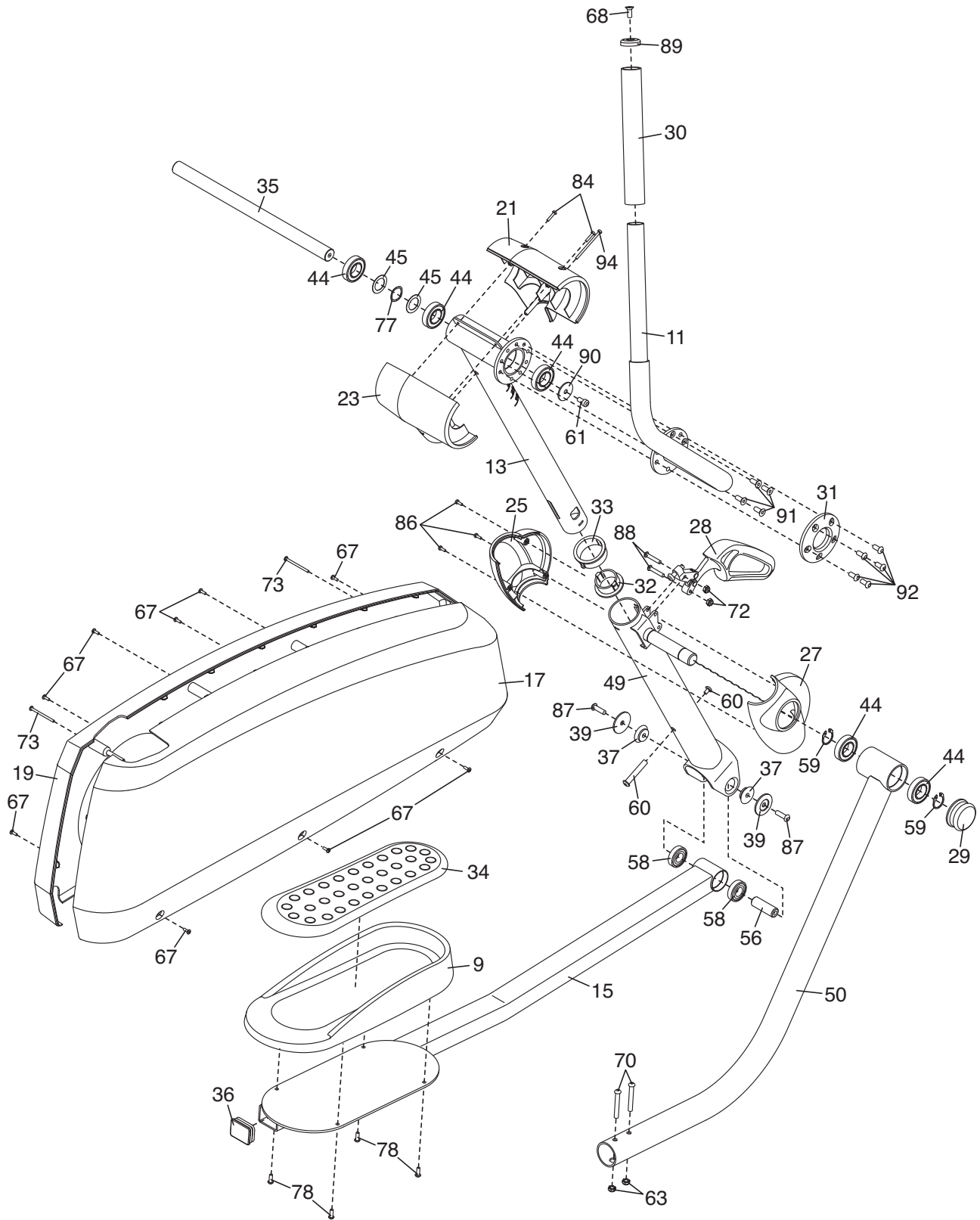
EXPLODED DRAWING A—Model No. SFCW81707.0

R0310A



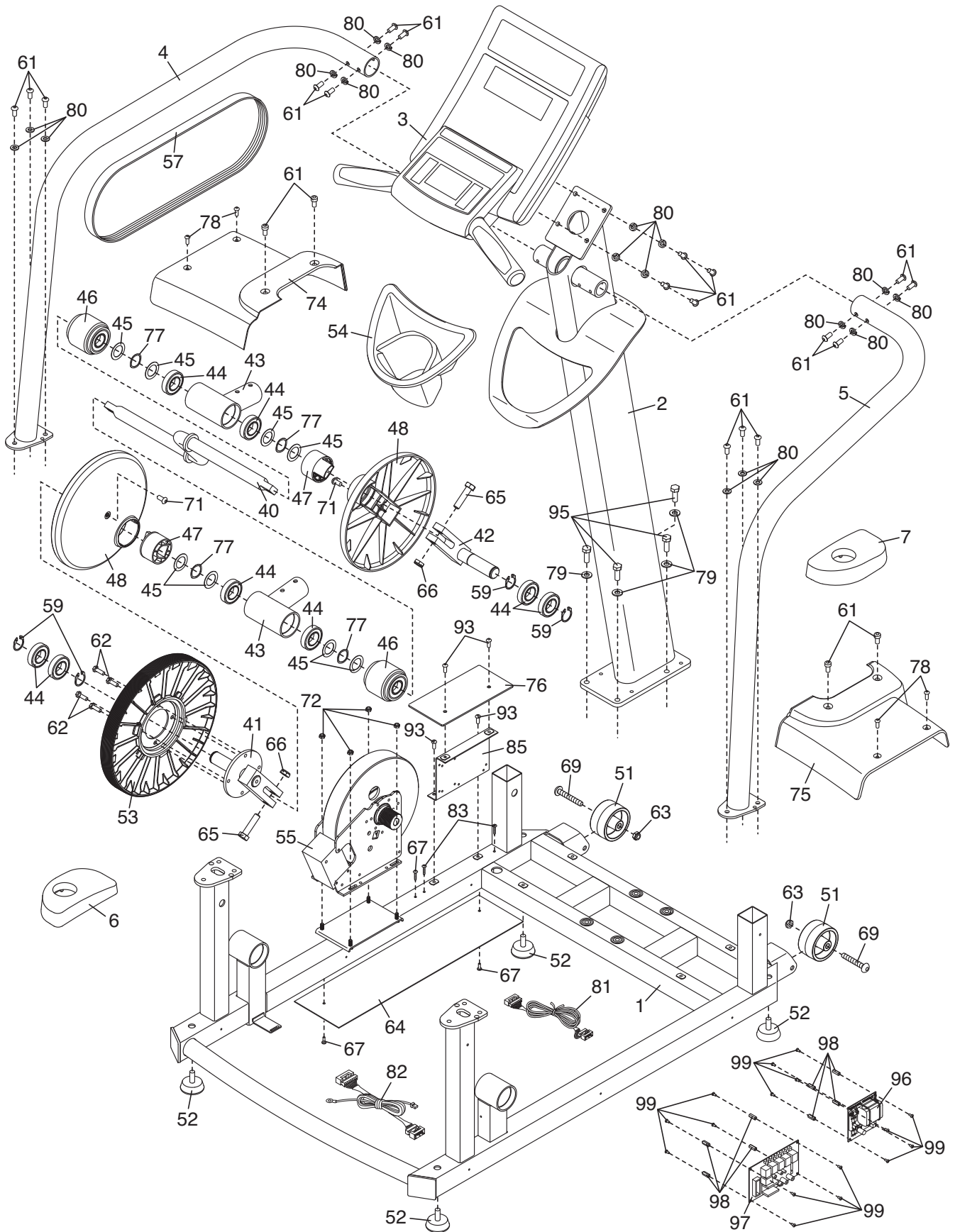
EXPLODED DRAWING B—Model No. SFCW81707.0

R0310A



EXPLODED DRAWING C—Model No. SFCW81707.0

R0310A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, **please contact the store where you purchased this product.** If you are unable to contact the store, contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States

Call: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT
Email: fmvcustomerservice@freemotionfitness.com

Write:

FreeMotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States

Call: 001-435-786-3521
Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

FreeMotion Fitness 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 are warranted for three (3) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area; you may be charged additionally for service calls beyond this service area. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. 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 a FreeMotion 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 FreeMotion Fitness.

FreeMotion Fitness 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 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 are limited in their 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 that vary from state to state.

FreeMotion Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813