

# FREEMOTION® e5.7

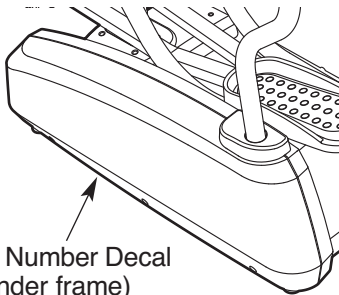
With Universal Dock for iPod®

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

Model No. SFCW82207.0

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

Write the serial number in the space above for reference.



## QUESTIONS?

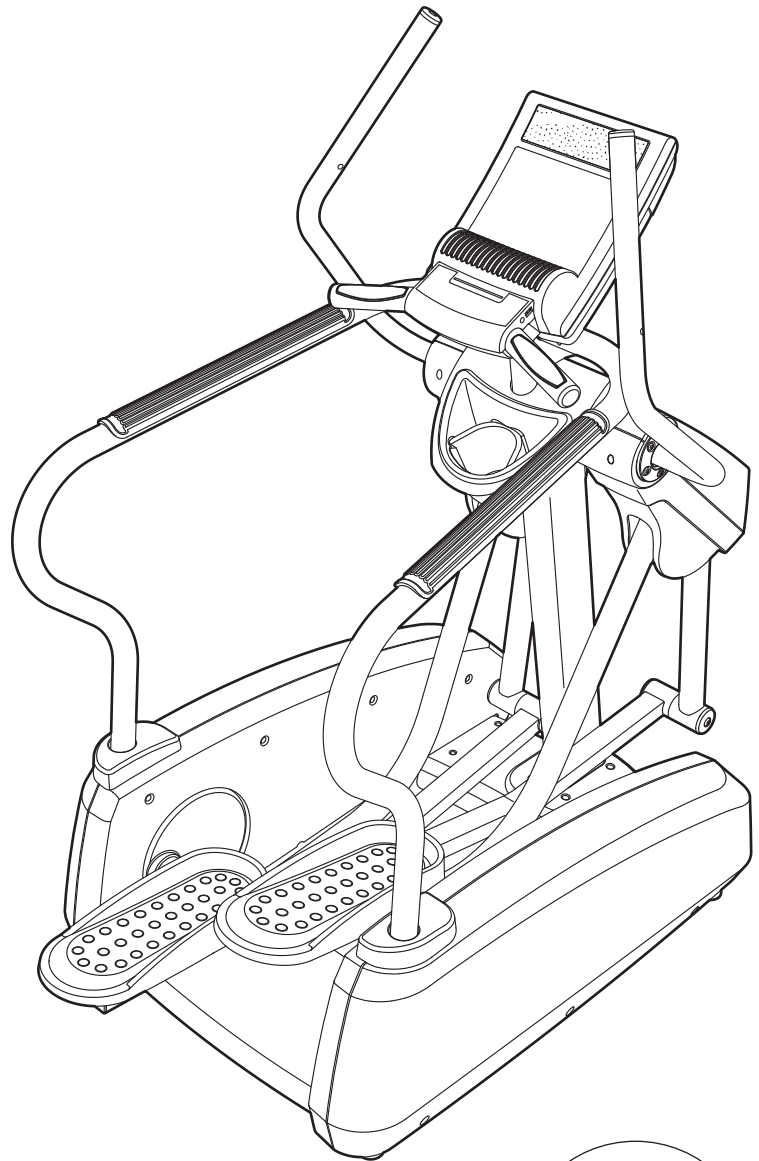
If you have questions, or if parts are damaged or missing, **CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

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.

## USER'S MANUAL

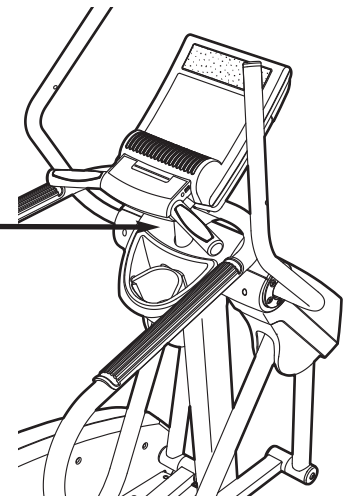
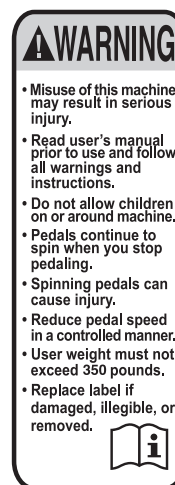


# TABLE OF CONTENTS

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
ASSEMBLY .....	5
HOW TO USE THE ELLIPTICAL EXERCISER .....	13
HOW TO UPGRADE THE CONSOLE .....	14
MAINTENANCE AND TROUBLESHOOTING .....	29
EXERCISE GUIDELINES .....	30
PART LIST .....	31
EXPLODED DRAWING .....	33
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. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (1 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your 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 your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your 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. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

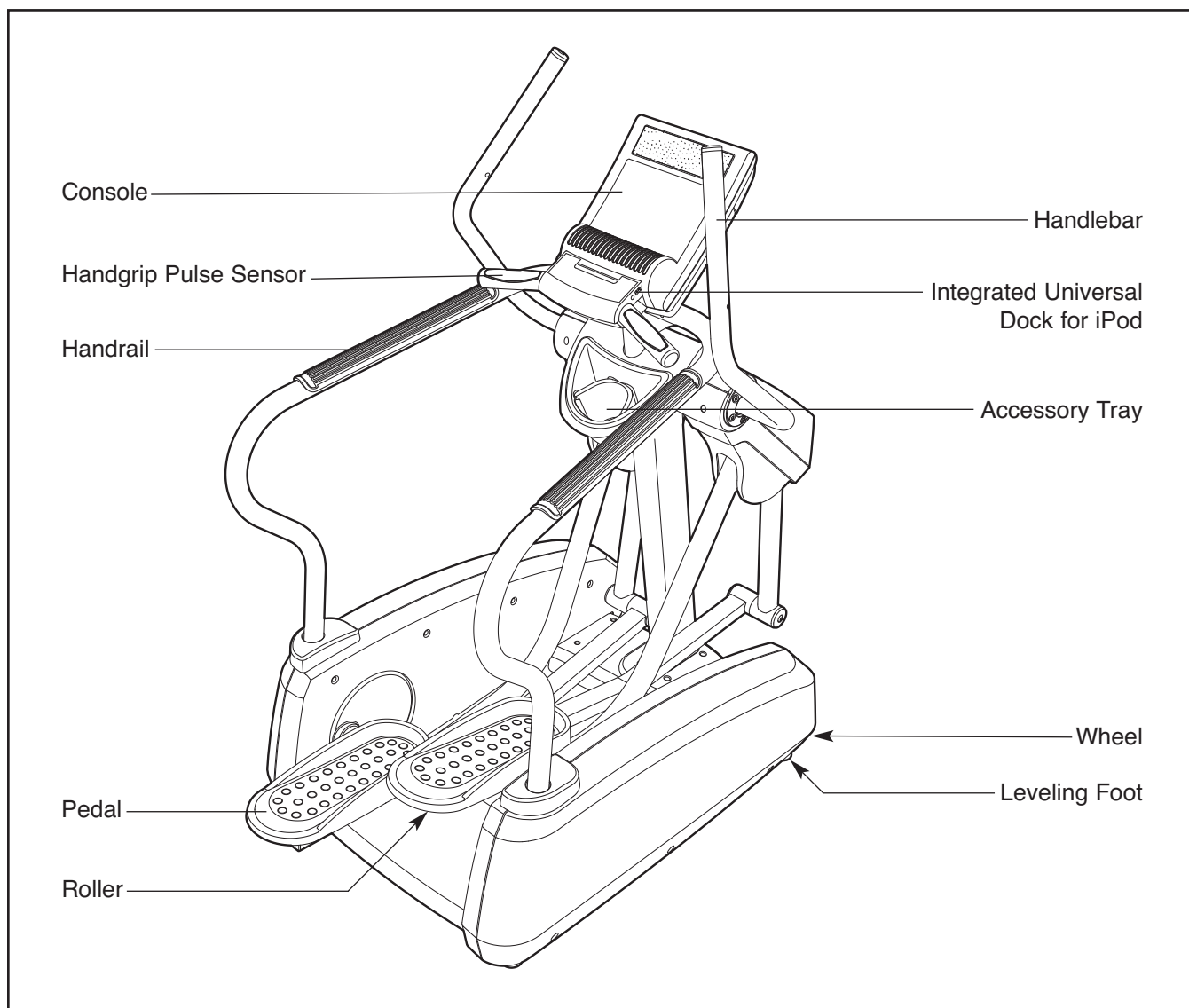
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® E5.7 elliptical exerciser. The E5.7 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

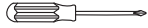


cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

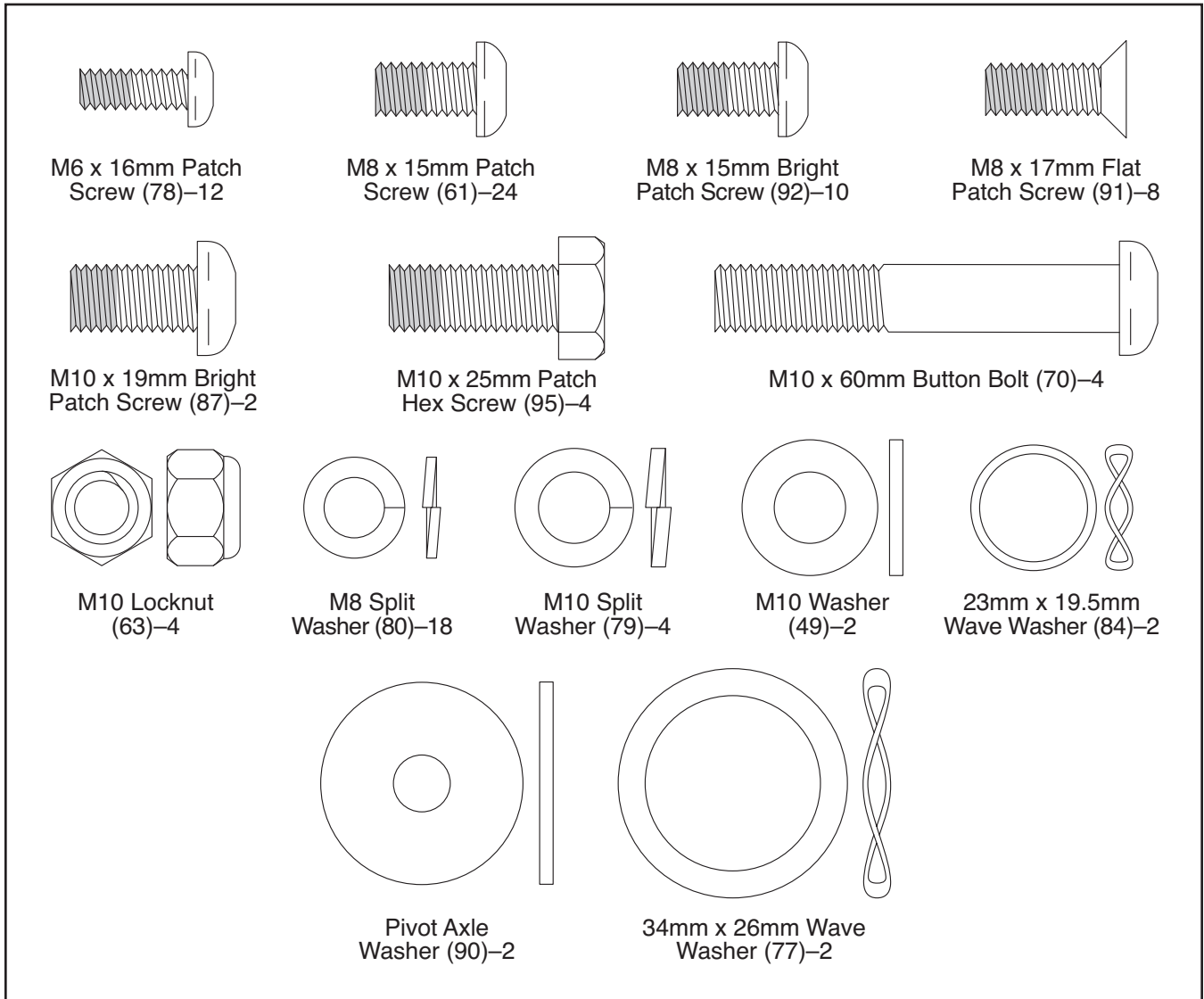


# ASSEMBLY

**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: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



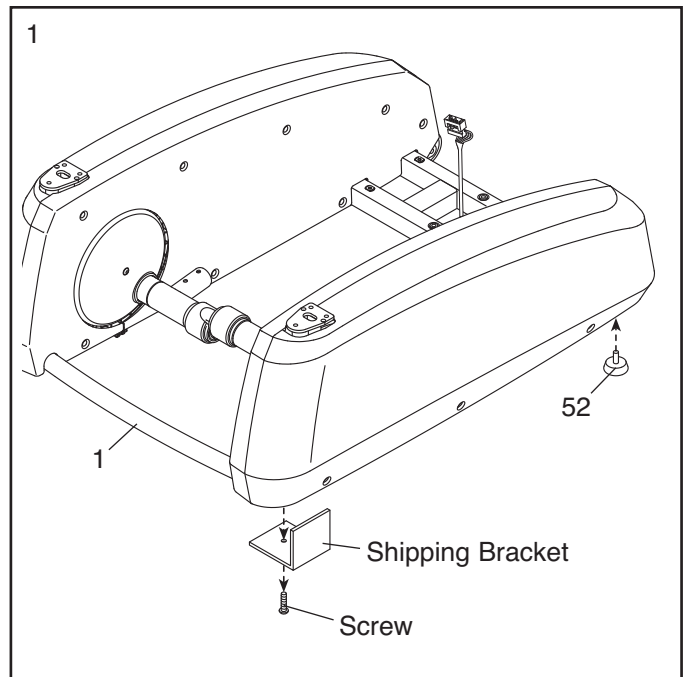
1.

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.

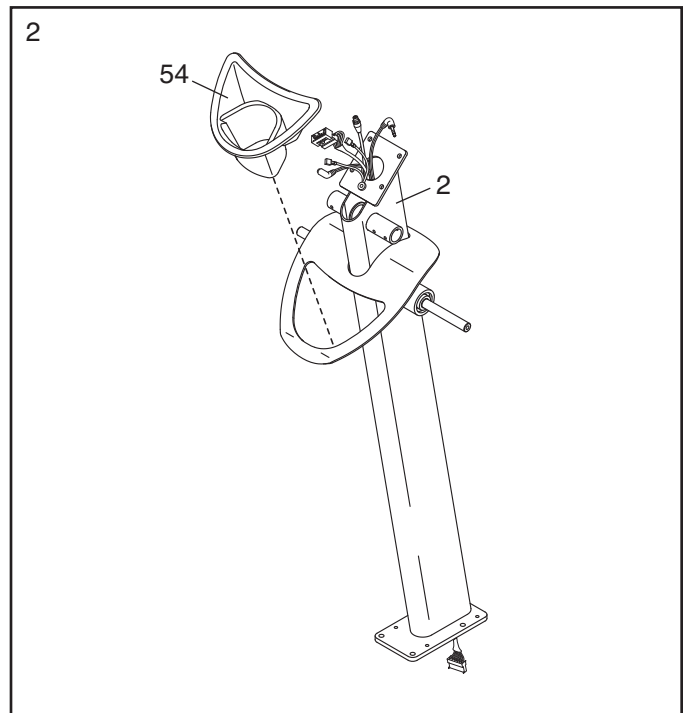
Remove the four screws and the four shipping brackets (only one is shown) from the corners of the Frame (1). Discard the screws and the shipping brackets.

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



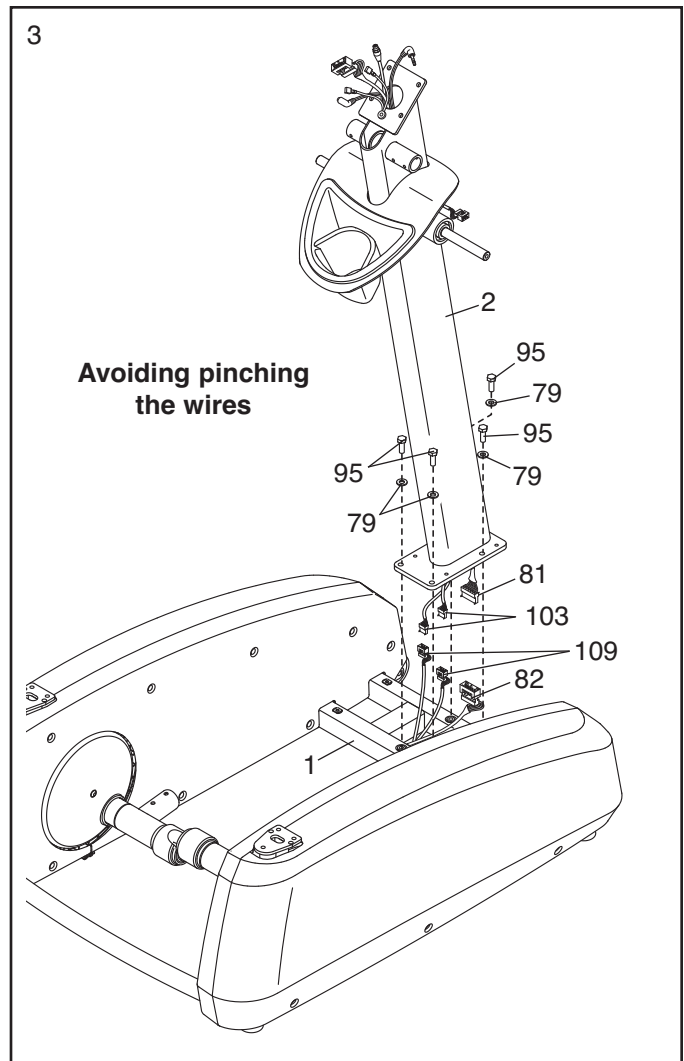
2. Identify the Upright (2) and the Accessory Tray (54) and orient them as shown.

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). Then, connect the Motor Extension Wires (103) to the Motor Wires (109).

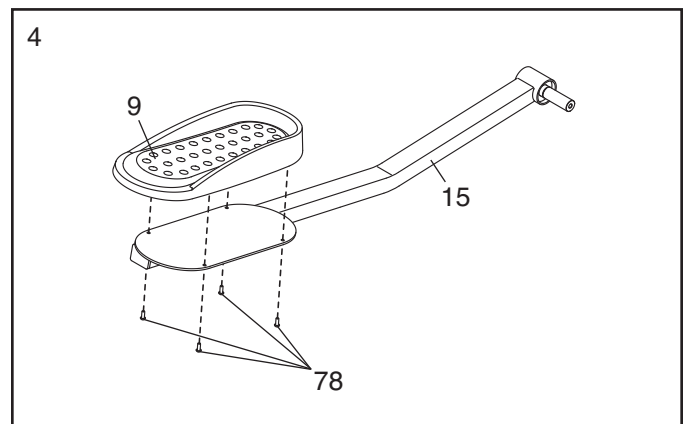
**Tip: Avoiding pinching the wires.** Attach the Upright (2) to the Frame (1) with four M10 x 25mm Patch Hex Screws (95) and four M10 Split Washers (79). **Do not tighten the Patch Hex Screws yet.**



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).

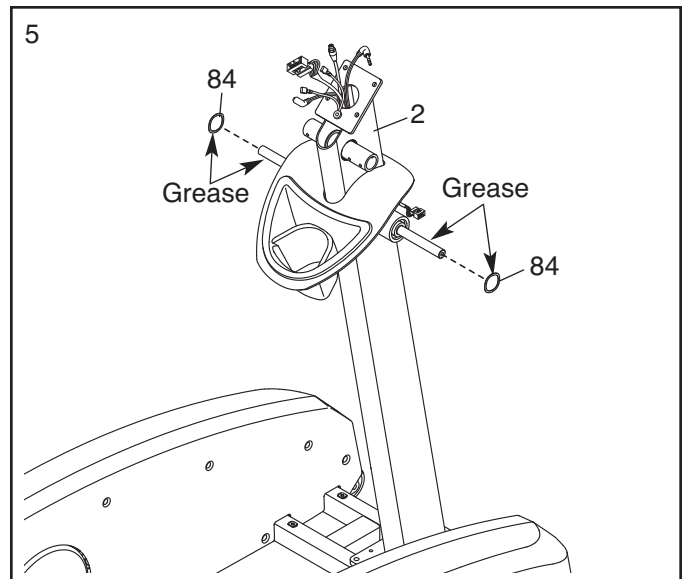
**Attach the other Pedal to the Left Pedal Arm (not shown) in the same way.**



5. Apply a generous amount of the included grease to the axles on the Upright (2).

Then, apply a small amount of grease to two 23mm x 19.5mm Wave Washers (84).

Next, slide a 23mm x 19.5mm Wave Washer (84) onto each side of the Upright (2).



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

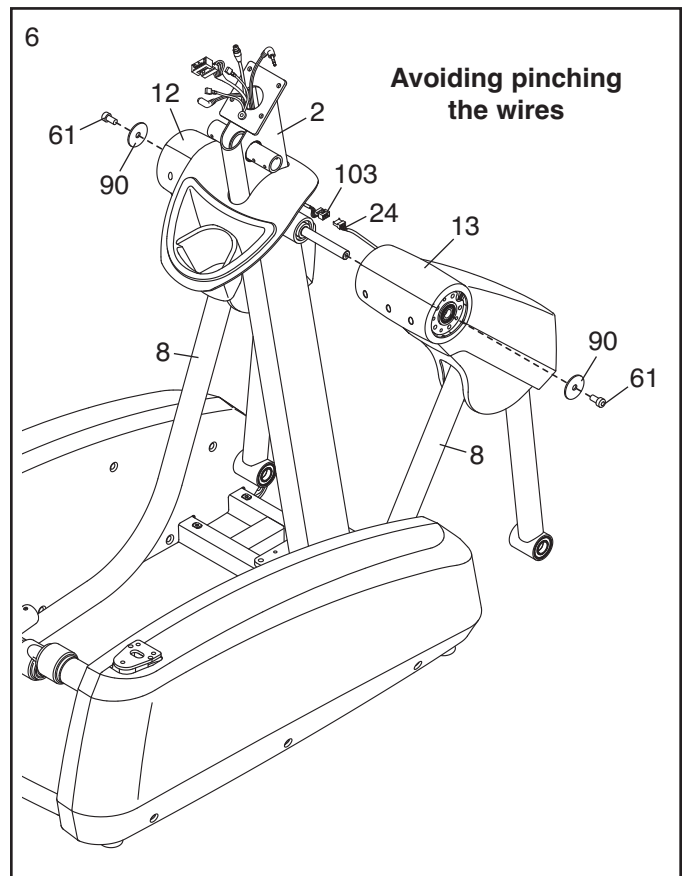
Orient the Right Upper Handlebar Leg (13) assembly so that the Pedal Leg (8) is in the indicated location.

While a second person holds the Right Upper Handlebar Leg (13) assembly near the Upright (2), connect the Motor Extension Wire (103) to the Lift Motor Wire (24) in the Right Upper Handlebar Leg.

**Tip: Avoid pinching the wires.** Slide the Right Upper Handlebar Leg (13) onto the right side of the Upright (2).

**Repeat this step for the Left Upper Handlebar Leg (12) assembly.**

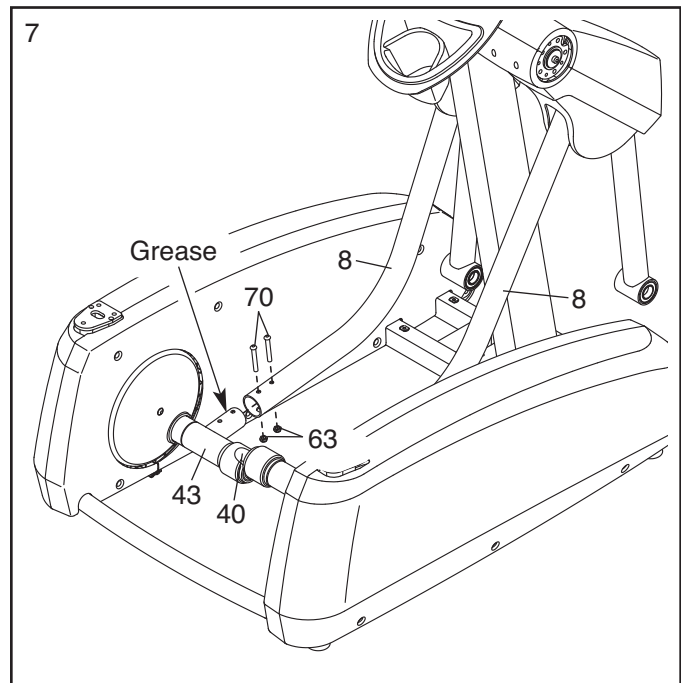
Attach the Left and Right Upper Handlebar Legs (12, 13) with two M8 x 15mm Patch Screws (61) and two Pivot Axle Washers (90).



7. 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 (8) in the same way.**



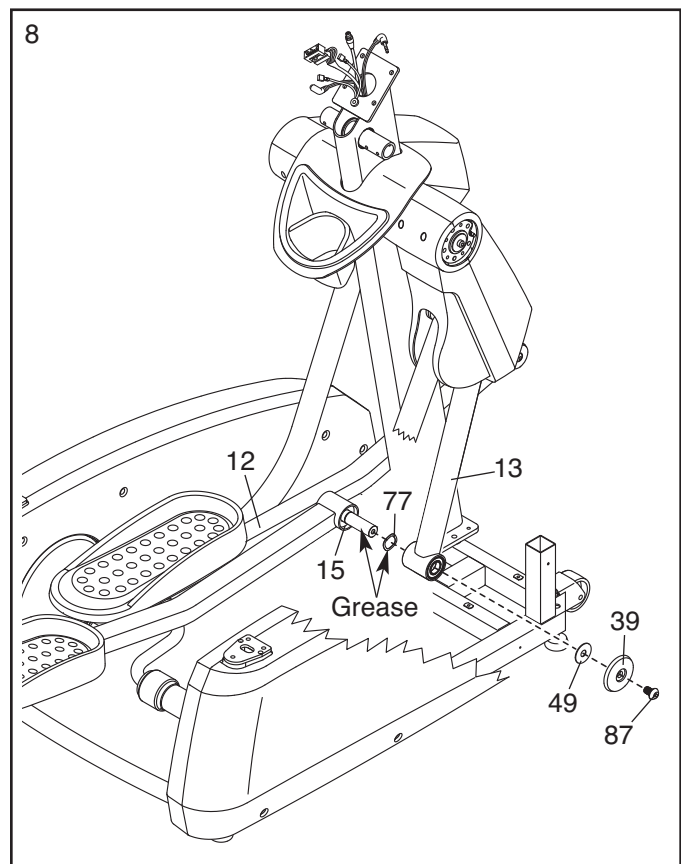
8. Apply a small amount of grease to the axle on the Right Pedal Arm (15) and to a 34mm x 26mm Wave Washer (77). Slide the Wave Washer onto the axle on the Right Pedal Arm.

Then, position the Right Upper Handlebar Leg (13) and the Right Pedal Arm (15) as shown.

Insert the axle on the Right Pedal Arm (15) into the Right Upper Handlebar Leg (13).

Attach the Right Pedal Arm (15) with an M10 x 19mm Bright Patch Screw (87), a Pedal Axle Cover (39), and an M10 Washer (49). **Do not overtighten the Bright Patch Screw; the Right Pedal Arm must pivot easily.**

**Attach the Left Pedal Arm (not shown) to the Left Upper Handlebar Leg (12) in the same way.**



9. Identify the Right Handlebar (11), which is marked with a "Right" sticker.

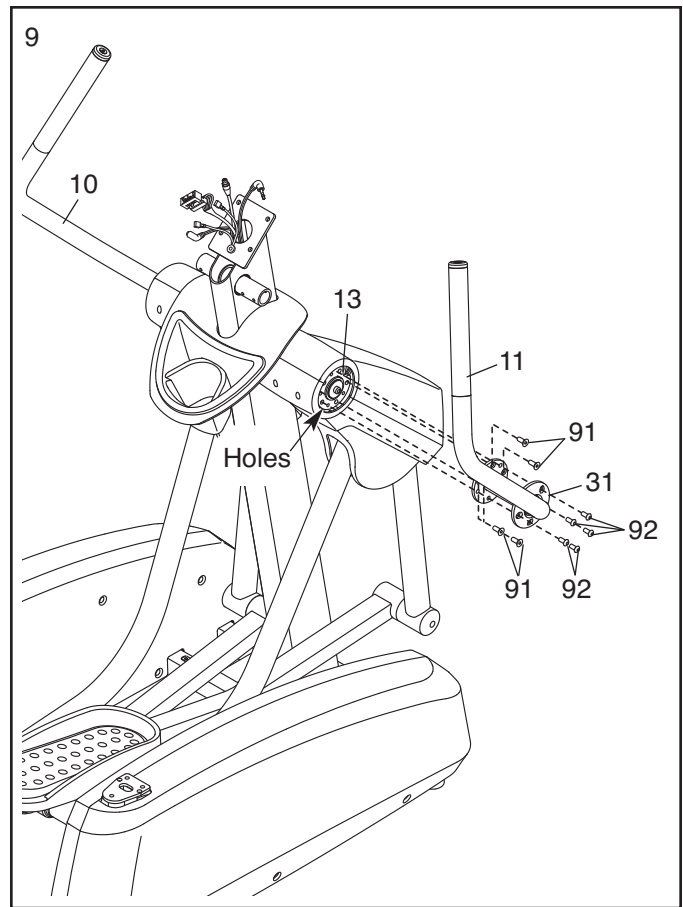
Orient the Right Handlebar (11) as shown.

**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).

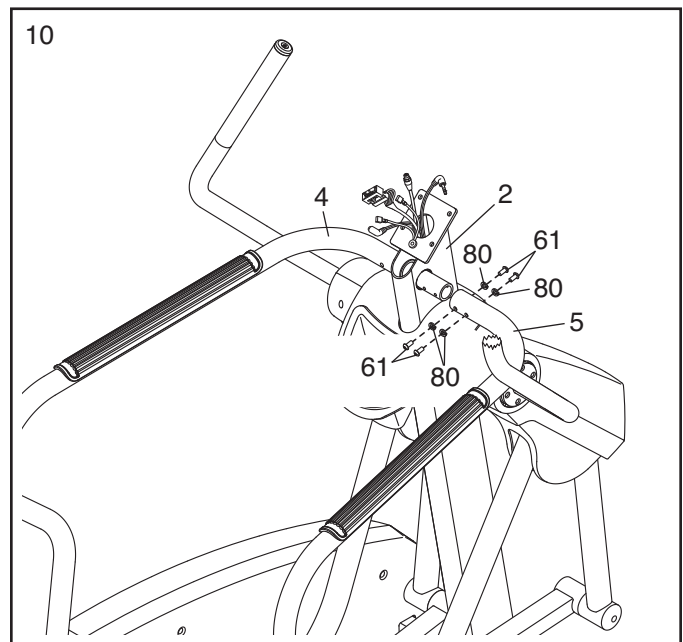
Then, attach the right Handlebar Cover (31) to the Right Handlebar (11) with five M8 x 15mm Bright Patch Screws (92).

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



10. 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.**

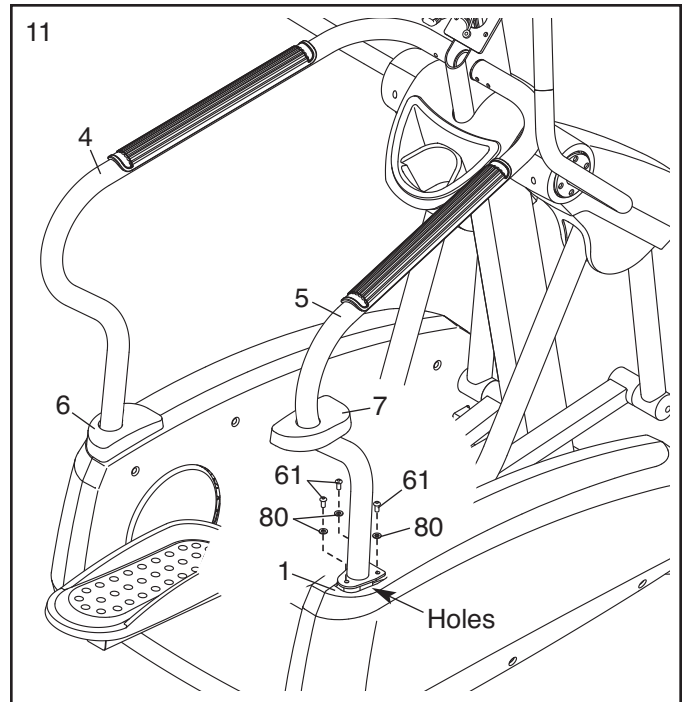


11. Attach the Right Handrail (5) to the Frame (1) with three M8 x 15mm Patch Screws (61) and three M8 Split Washers (80).

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 10.** Tighten the M8 x 15mm Patch Screws (61).

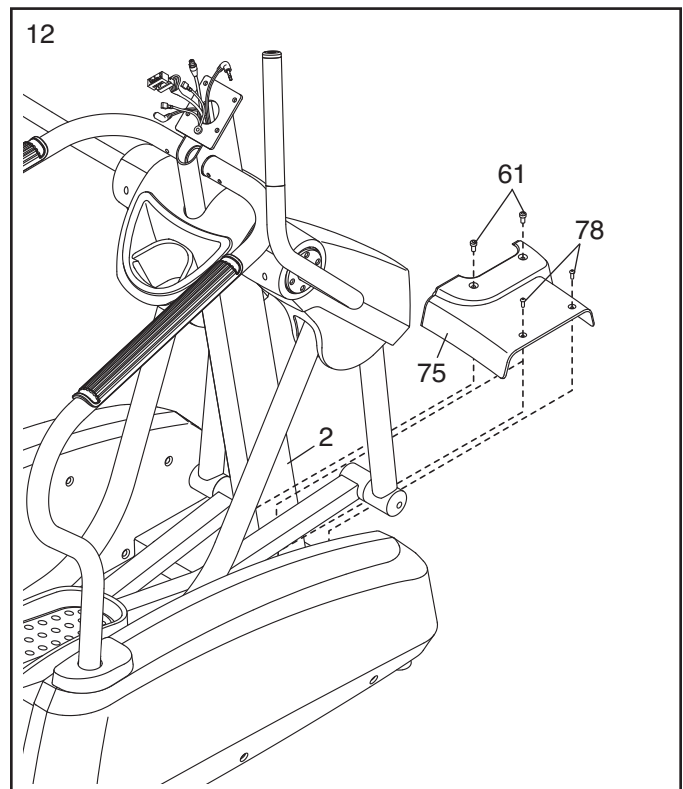


12. **See step 3.** Tighten the M10 x 25mm Patch Hex Screws (95).

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.**

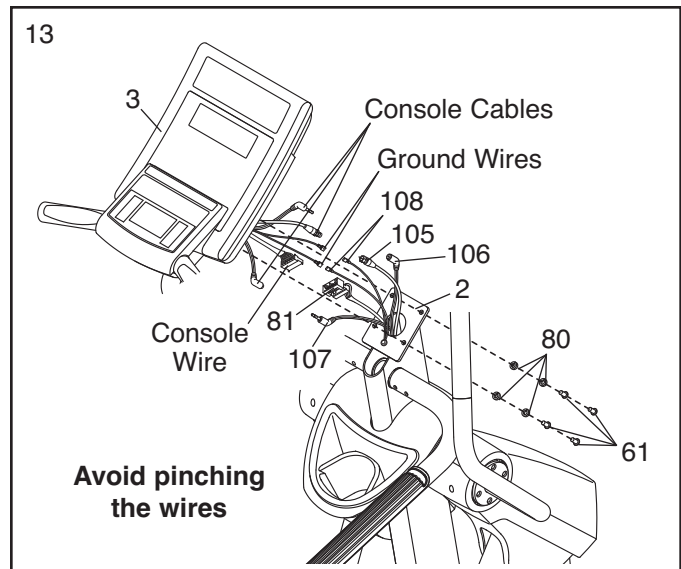
**Attach the Left Frame Cover (not shown) in the same way.**



13. While a second person holds the Console (3) near the Upright (2), connect the console wire to the Upper Wire Harness (81). Next, connect the console cables to the Coaxial Cable (105), the A/V Cable (106), and the Line Out Cable (107). Then, connect the console ground wires to the 4" Ground Wires (108).

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).



14. Plug the power adapter into the jack on the frame of the elliptical exerciser (see HOW TO PLUG IN THE POWER ADAPTER on page 13). **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.**

**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.

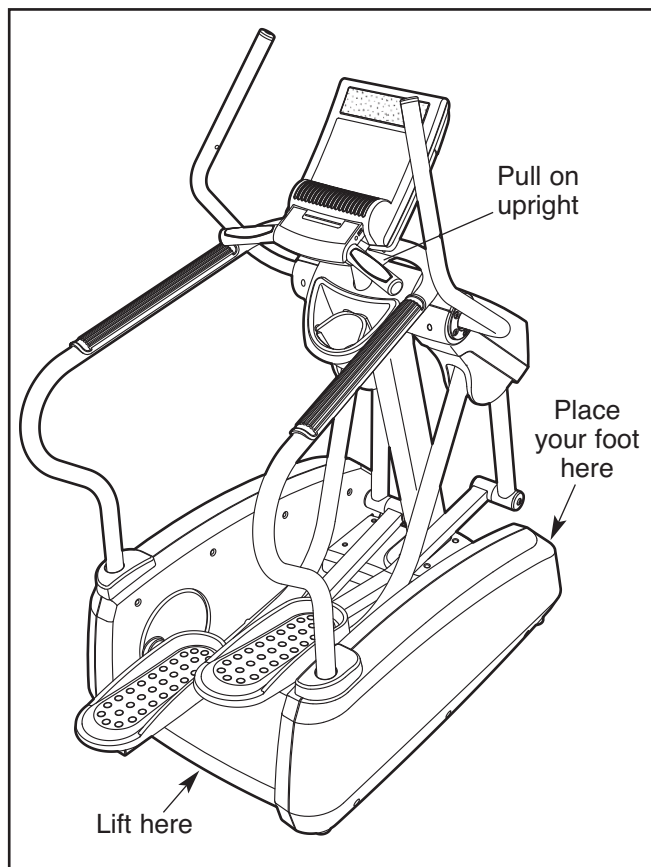
# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO PLUG IN THE POWER ADAPTER

Plug one end of the included power adapter into the jack on the front of the elliptical exerciser. Plug the other end of the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

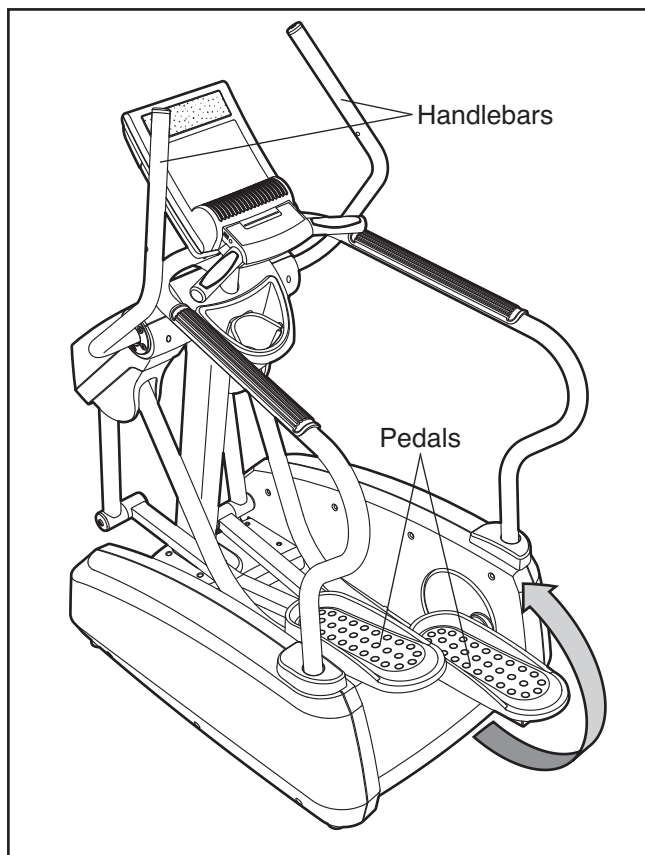
## HOW TO MOVE THE ELLIPTICAL EXERCISER

**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 track 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 EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold 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.

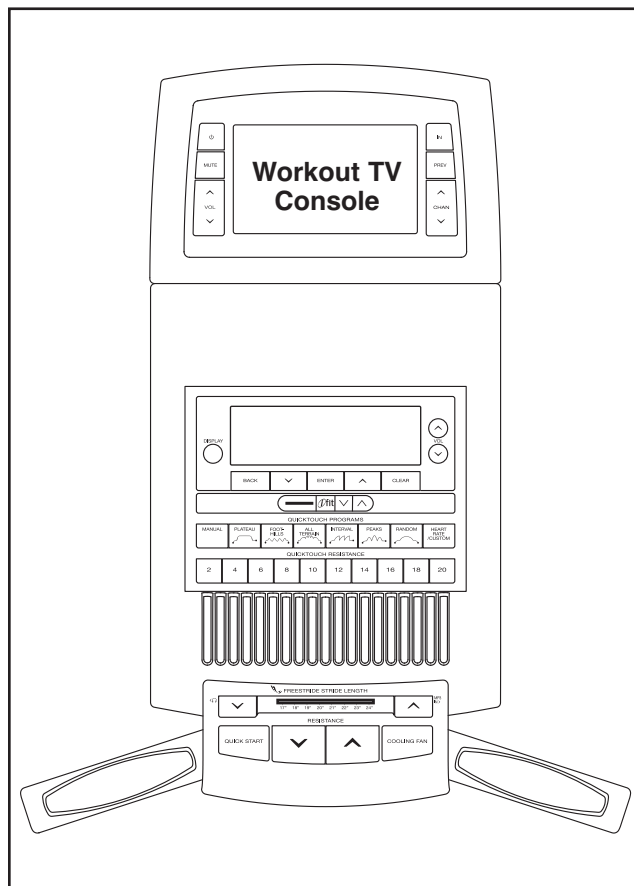
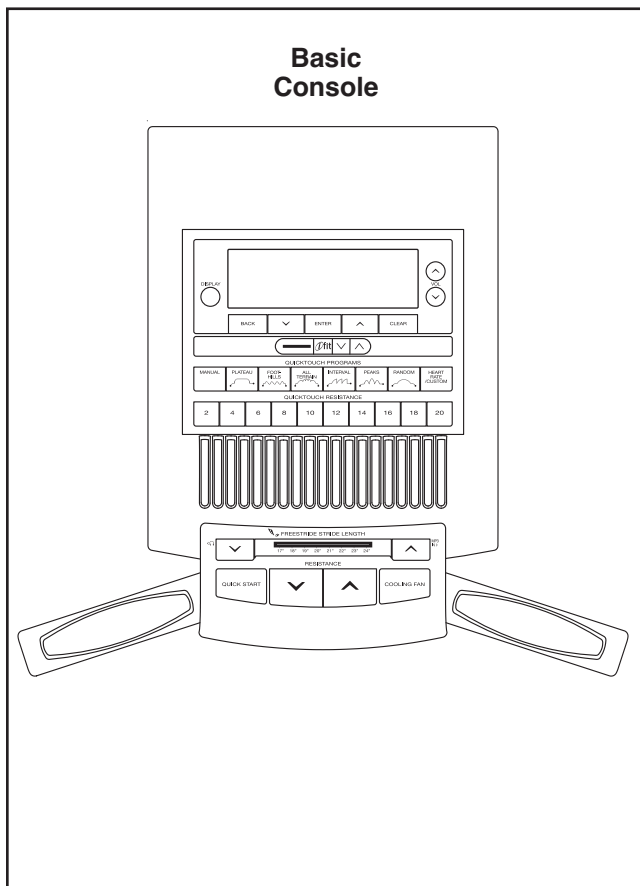
## HOW TO LEVEL THE ELLIPTICAL EXERCISER

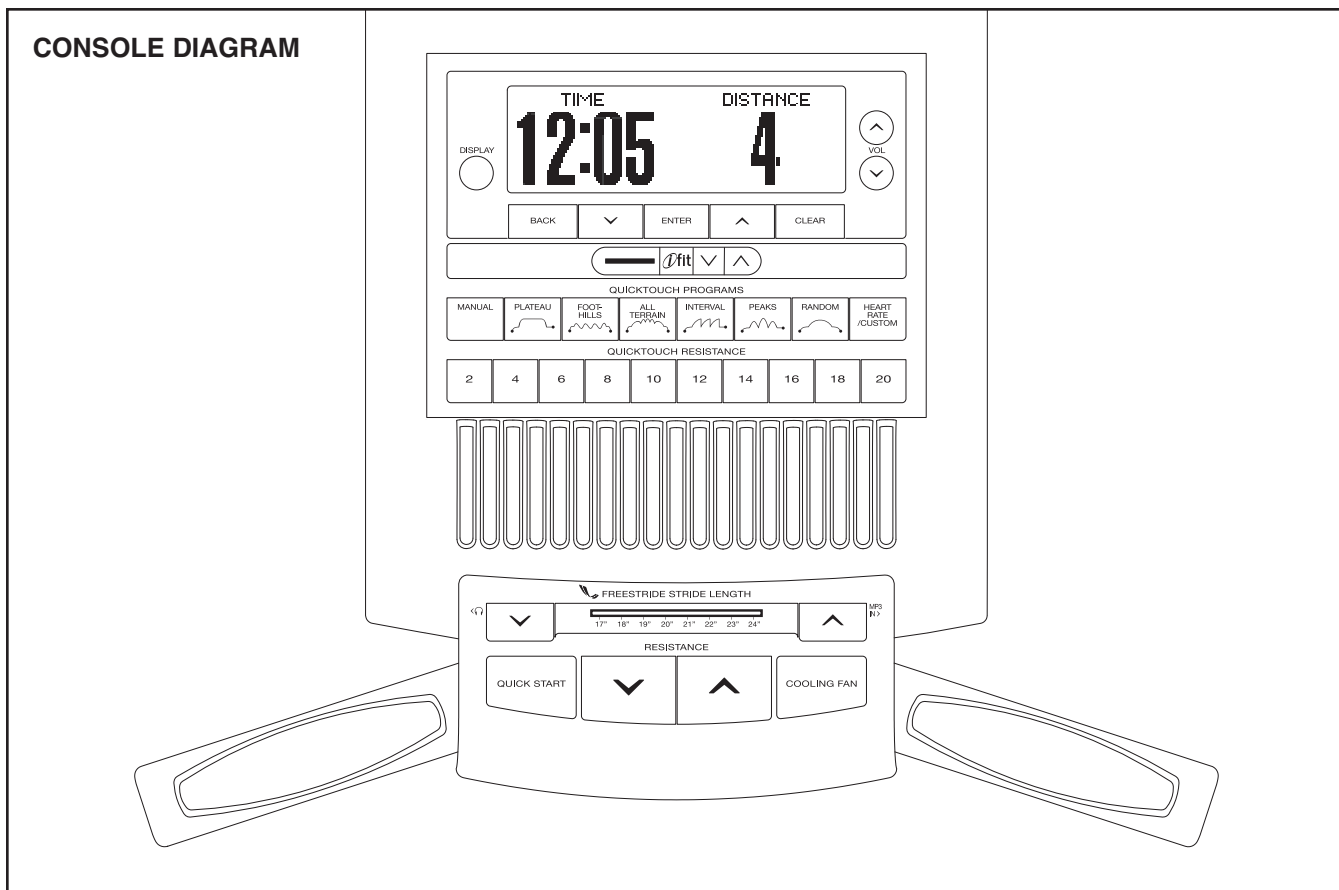
If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front and rear of the frame until the rocking motion is eliminated.

# HOW TO UPGRADE THE CONSOLE

Your elliptical exerciser has been preconfigured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 15. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

**To upgrade your console and expand the capabilities of your elliptical exerciser whenever you choose, see the front cover of this manual.**





## 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 and the length of your stride 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 handgrip pulse sensor or the optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 27.**

The console offers twenty-three 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.

In addition, there are two custom programs that allow you to create your own workouts and store them in memory for future use.

The console also provides two heart rate programs that automatically adjust the resistance of the pedals to keep your heart rate near a target level during your workouts.

The console features the new iFit Interactive Workout System. The iFit Interactive Workout System 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. **To purchase iFit cards, see the front cover of this manual or go to [www.iFit.com](http://www.iFit.com).**

You can even connect your iPod®, MP3 player, personal audio player, or CD player to the console's sound system and listen to your favorite workout music or audio books while you exercise.

**To use the quick start mode, see page 16. To use a MANUAL program, see page 18. To use a preset program, see page 20. To create a CUSTOM program, see page 22. To use a CUSTOM program, see page 23. To use a HEART RATE program, see page 25. To use an iFit workout, see page 27. To use the sound system, see page 27. To use the maintenance mode, see page 28.**

## HOW TO ACTIVATE THE CONSOLE

The included AC power adapter must be used to operate the elliptical exerciser. See HOW TO PLUG IN THE AC POWER ADAPTER on page 13. When the AC power adapter is plugged in, the displays will light and the console will be ready for use.

**IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before activating the console. Otherwise, you may damage the console displays or other electronic components.**

## HOW TO TURN OFF THE CONSOLE

If the pedals are not moved for a short period of time, the console will enter an idle mode and a screen saver will appear in the center display. Unplug the AC power adapter when the elliptical exerciser is not in use.

## HOW TO USE THE QUICK START MODE

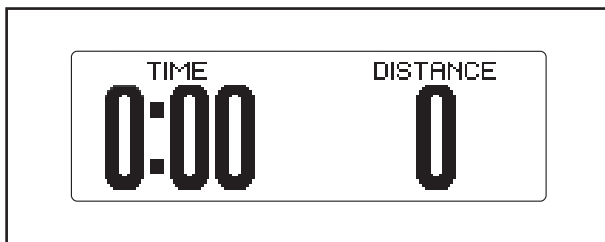
The quick start mode allows you to start exercising and adjust the resistance of the pedals and the length of your stride.

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

See HOW TO ACTIVATE THE CONSOLE above.

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. **Start the quick start mode and change the resistance of the pedals as desired.**

Press the QUICK START button to start the quick start mode.

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

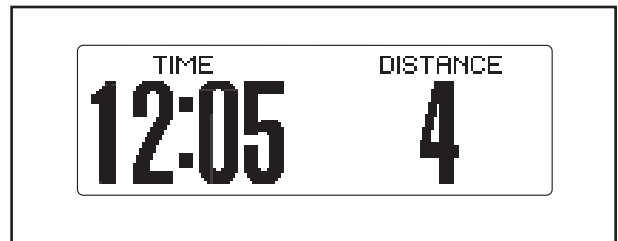
4. **Adjust the length of your stride as desired.**

The stride length meter will indicate the current stride length setting.

To adjust the length of your stride, press the increase and decrease buttons next to the stride length meter repeatedly until the indicator above the desired stride length is lit.

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

The display will show the elapsed time and the distance (number of miles) you have pedaled. Note: When a preset program, a custom 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 handgrip pulse sensor or the optional chest pulse sensor (see step 6 on page 17).

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 you have pedaled, the resistance level, your power output in watts, the approximate number of calories you are burning per hour, and your pedaling pace in revolutions per minute (rpm) 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.

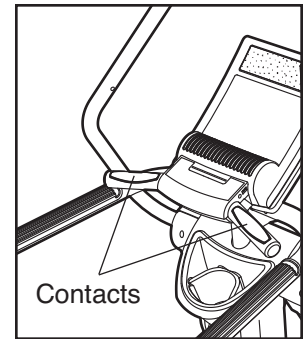
To again view the elapsed time and the distance that you have pedaled, press the DISPLAY button again.

Stop pedaling to pause the quick start mode at any time. Simply resume pedaling or press the QUICK START button to restart the quick start mode. Press the CLEAR button to reset the displays.

## 6. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 27 for information about the optional chest pulse sensor).

**If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean.** 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 you hold the handgrip pulse sensor, a small heart symbol will appear in the display. Then, when your pulse is detected, your heart rate will be shown in the display next to the heart symbol. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If your heart rate is not shown, 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.**

## 7. Turn on the fan if desired.

The fan has high and low speed settings. Press the COOLING FAN button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

## 8. When you are finished using the elliptical exerciser, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO USE A MANUAL PROGRAM

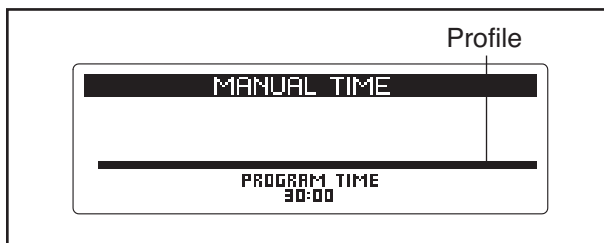
A MANUAL program allows you to set a time, distance, or calorie goal for your workout as you control the resistance of the pedals.

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

### 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. Note: To return to a previous display at any time, press the BACK button.



### 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 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 DISTANCE GOAL" 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 QUICK 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 18). 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. 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. To restart the program, simply resume pedaling or press the QUICK START button. To exit the program at any time, press the CLEAR button.

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

During a MANUAL program, the display will show the time, the distance (number of miles) 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 handgrip pulse sensor (see step 6 on page 17) or the optional chest pulse sensor (see page 27).

**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, 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, press the DISPLAY button again.

**8. Measure your heart rate if desired.**

See step 6 on page 17.

**9. Turn on the fan if desired.**

See step 7 on page 17.

**10. When you are finished using the elliptical exerciser, the console will enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO USE A PRESET PROGRAM

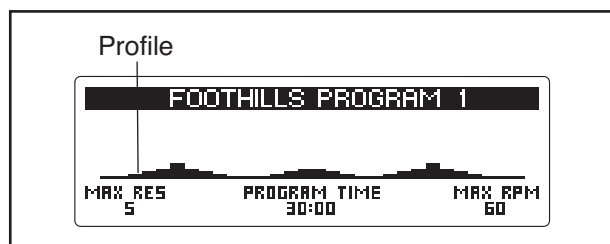
A preset program will automatically change the resistance of the pedals and prompt you to maintain a target pace while guiding you through your workout.

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

### 2. Select a preset program.

To select one of the twenty-three preset programs, first press the PLATEAU, FOOTHILLS, ALL TERRAIN, INTERVAL, PEAKS, 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. Note: To return to a previous display at any time, press the BACK button.



### 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 flash in the 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 workout time.

The words “ENTER WORKOUT TIME” and time of 30:00 minutes will flash in the display. To enter a workout time, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

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

Each preset program is divided into several 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. To resume the program, simply resume pedaling or press the QUICK START button. To exit the program at any time, press the CLEAR button.

#### **7. Follow your progress with the display.**

During a preset program, the display will show the elapsed time, the distance (number of miles) you have pedaled, the approximate number of calories you have burned, your exercise intensity in mets, your pedaling pace in revolutions per minute (rpm), and the resistance level. The display will also show your heart rate when you use the hand-grip pulse sensor (see step 6 on page 17) or the optional chest pulse sensor (see page 27).

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, the distance you have pedaled, the approximate number of calories you have burned, your pedaling pace in revolutions per minute (rpm), and the resistance level, press the DISPLAY button again.

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

See step 6 on page 17.

#### **9. Turn on the fan if desired.**

See step 7 on page 17.

#### **10. When you are finished using the elliptical exerciser, the console will enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO CREATE A CUSTOM PROGRAM

A custom program allows you to create your own workouts and store them in memory for future use.

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

### 2. Select the maintenance mode.

Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode. Note: For more information about the maintenance mode, see page 28.

When the maintenance mode is selected, the words "MAINTENANCE MODE SCREEN 1" will appear in the display. Press the DISPLAY button repeatedly until the words "MAINTENANCE MODE SCREEN 4" and a menu of custom programs appears in the display. You can now select and change the settings for a custom program.

### 3. Select a custom program.

To select one of the two custom programs, press the DISPLAY button repeatedly until the name of the desired custom program is highlighted, and then press the ENTER button.

The name of the custom program and a profile of the resistance settings for the program will then appear in the display. The resistance level, the program time, and the target rpm will also appear in the display.



### 4. Program the desired program settings.

Each custom workout is divided into 30 one-minute segments. You can program one resistance level and one target rpm (pace) setting for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons or the numbered QUICKTOUCH RESISTANCE buttons.

To program a target rpm setting for the first segment, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button to move to the next segment of the profile.

Program a resistance level and a target rpm setting for the second segment as described above. Continue to program resistance levels and target rpm settings until all segments of the custom program have been programmed.

Note: While programming segments, press the ENTER button to move to the right in the profile; press the BACK button to move to the left in the profile.

### 5. Exit the custom program and program other custom programs as desired.

When you program settings for the last segment of the program and press the ENTER button, the console will automatically exit the custom program and return to the menu of custom programs.

Repeat steps 3 and 4 to select and program another custom program, if desired.

### 6. Exit the maintenance mode.

Press the DISPLAY button repeatedly to exit the maintenance mode. When you exit the maintenance mode, the custom program will be saved in memory.

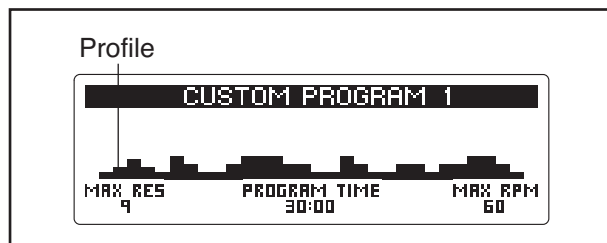
## HOW TO USE A CUSTOM PROGRAM

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

2. Select a custom program.

To select one of the two CUSTOM programs, first press the HEART RATE/CUSTOM button repeatedly until the name of the desired custom 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. Note: To return to a previous display at any time, press the BACK button.



**Note:** If only a level row of indicators appears in the program profile, see HOW TO CREATE A CUSTOM PROGRAM on page 22.

3. Enter your age.

A moment after you select a CUSTOM 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 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 QUICK START button or begin pedaling to start the program.

Each CUSTOM program is divided into 30 one-minute segments. One resistance setting and one target rpm (pace) 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. To restart the program, simply resume pedaling or press the QUICK START button. To exit the program at any time, press the CLEAR button. To change the settings of the custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 22.

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

During a CUSTOM program, the display will show the elapsed time, the distance (number of miles) you have pedaled, the approximate number of calories you have burned, your exercise intensity in mets, your pedaling pace in revolutions per minute (rpm), and the resistance level. The display will also show your heart rate when you use the handgrip pulse sensor (see step 6 on page 17) or the optional chest pulse sensor (see page 27).

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. Measure your heart rate if desired.**

See step 6 on page 17.

#### **8. Turn on the fan if desired.**

See step 7 on page 17.

#### **9. When you are finished using the elliptical exerciser, the console will enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO USE A HEART RATE PROGRAM

The CONSTANT HEART RATE program will automatically control the resistance of the pedals to keep your heart rate near a target level during your workout.

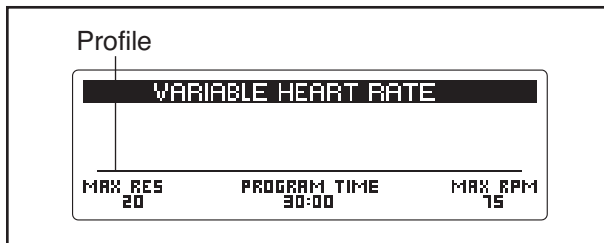
The VARIABLE HEART RATE program will automatically control the resistance of the pedals to keep your heart rate within a target range during your workout.

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

### 2. Select a HEART RATE program.

To select one of the two HEART RATE programs, first press the HEART RATE/CUSTOM button repeatedly until the name of the desired heart rate 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. Note: To return to a previous display at any time, press the BACK button.



### 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 flash in the 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 workout time.

The words “ENTER WORKOUT TIME” and time of 30:00 minutes will flash in the display. To enter a workout time, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

### 6. Enter a maximum heart rate setting.

A moment after you select a HEART RATE program, the words “ENTER MAXIMUM PERCENTAGE” and a percentage setting of 65 will flash in the display. The maximum heart rate setting represents a *percentage* of your *estimated maximum heart rate*. Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ). Therefore, if you are 30 years old, a target heart rate setting of 50% is equal to 95 beats per minute (50% of 190 is 95).

To enter a maximum heart rate setting, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

**7. Hold the handgrip pulse sensor or put on the optional chest pulse sensor.**

To use a heart rate program, you must use the handgrip pulse sensor or wear the optional chest pulse sensor (see page 27). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

**8. Press the QUICK START button or begin pedaling to start the program.**

Each HEART RATE program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: If you selected the CONSTANT HEART RATE program, the same target heart rate setting is programmed for all segments.

During the program, the program profile will show your progress. The console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

You will also be prompted to pedal at a steady pace so you can maintain your target heart rate. 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.**



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

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

During a HEART RATE 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 (number of miles) you have pedaled. The display will also show your heart rate when you use the handgrip pulse sensor (see step 6 on page 17) or the optional chest pulse sensor (see page 27).

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.

**10. Turn on the fan if desired.**

See step 7 on page 17.

**11. When you are finished using the elliptical trainer, the console will automatically turn off or enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 16.

## HOW TO USE AN IFIT WORKOUT

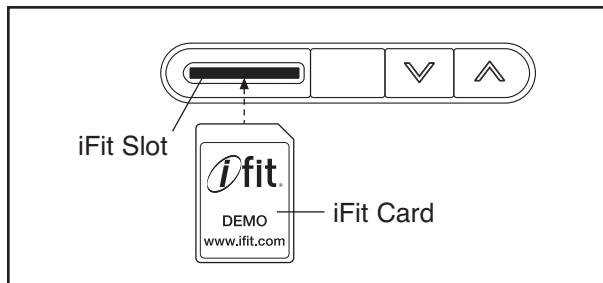
iFit cards are available separately. To purchase iFit cards, go to [www.iFit.com](http://www.iFit.com) or see the front cover of this manual. iFit cards are also available at select stores.

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

See HOW TO ACTIVATE THE CONSOLE on page 16.

### 2. Insert an iFit card and select a workout.

To use an iFit workout, insert an iFit card into the iFit slot; make sure that the iFit card is oriented so the metal contacts are face down and are facing the slot. When the iFit card is properly inserted, the indicator next to the slot will light and words will appear in the display.



iFit workouts function in the same way as preset workouts. To use the workout, see steps 6 to 10 on pages 20 to 21. 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.

### 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.

## HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, you must connect your iPod®, MP3 player, personal audio player, or CD player through the audio jack or through the Integrated Universal Dock for iPod®.

To use the audio jack, plug the included audio cable into the jack on the console and into a jack on your iPod, MP3 player, personal audio player, or CD player. **Make sure that the audio cable is fully plugged in.**

To use the Integrated Universal Dock for iPod, you need an iFit® Universal iPod® Connector (not included). **To purchase an iFit Universal iPod Connector, call the telephone number on the front cover of this manual.** Plug one end of the iFit Universal Connector into the Integrated Universal Dock for iPod and plug the other end into your iPod. **Make sure that the iFit Universal iPod Connector is fully plugged in.**

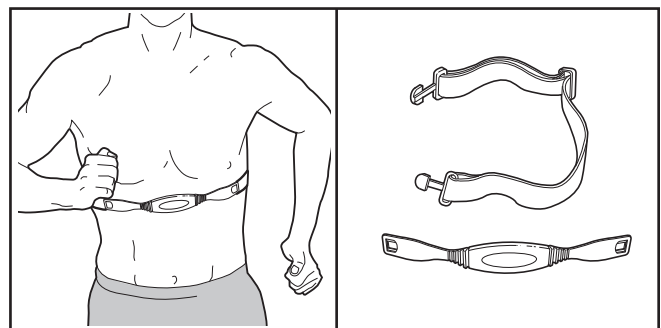
Next, press the play button on your iPod, MP3 player, personal audio player, or CD player. Adjust the volume on your iPod, MP3 player, personal audio player, or CD player or press the VOL increase and decrease buttons on the console.

You can use your own headphones with the console, with the optional Workout TV (see page 14), or with an iFit workout (see HOW TO USE AN IFIT WORKOUT to the left). To use your headphones, plug the jack on your headphones into the headphones jack on the console; **make sure that the headphones cable is fully plugged in.**

You can connect your own external speakers to the console using the audio out jack on the console. To connect and use your external speakers, see your external speakers' user's manual.

## 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.**



## 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.

See HOW TO ACTIVATE THE CONSOLE on page 16.

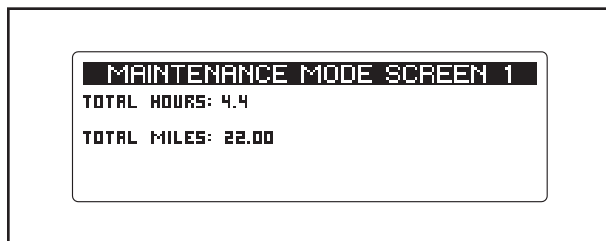
### 2. Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode.

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 change the console settings if desired.

When the words "MAINTENANCE MODE SCREEN 3" appear, the display will allow you to set a default input and a default volume level.

You can set the default input for the console as MP3, TV, RCA, or OFF. To change the default input, press the increase and decrease buttons beside the ENTER button. Then, press the DISPLAY button. Note: The TV and RCA input options are for use with the optional Workout TV (see page 14).

The console has several volume levels. To change the volume level, press the increase and decrease buttons beside the ENTER button.

### 6. 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. Then press the DISPLAY button.

### 7. Press the DISPLAY button again and change the settings for a custom program if desired.

When the words "MAINTENANCE MODE SCREEN 4" appear, the display will allow you to select and change the settings for a custom program.

To change the settings for a custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 22.

### 8. Press the DISPLAY button to exit the maintenance mode.

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# 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: 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 display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 6 on page 17.

## 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.

# 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	♥
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. SFCW82207.0

R1208A

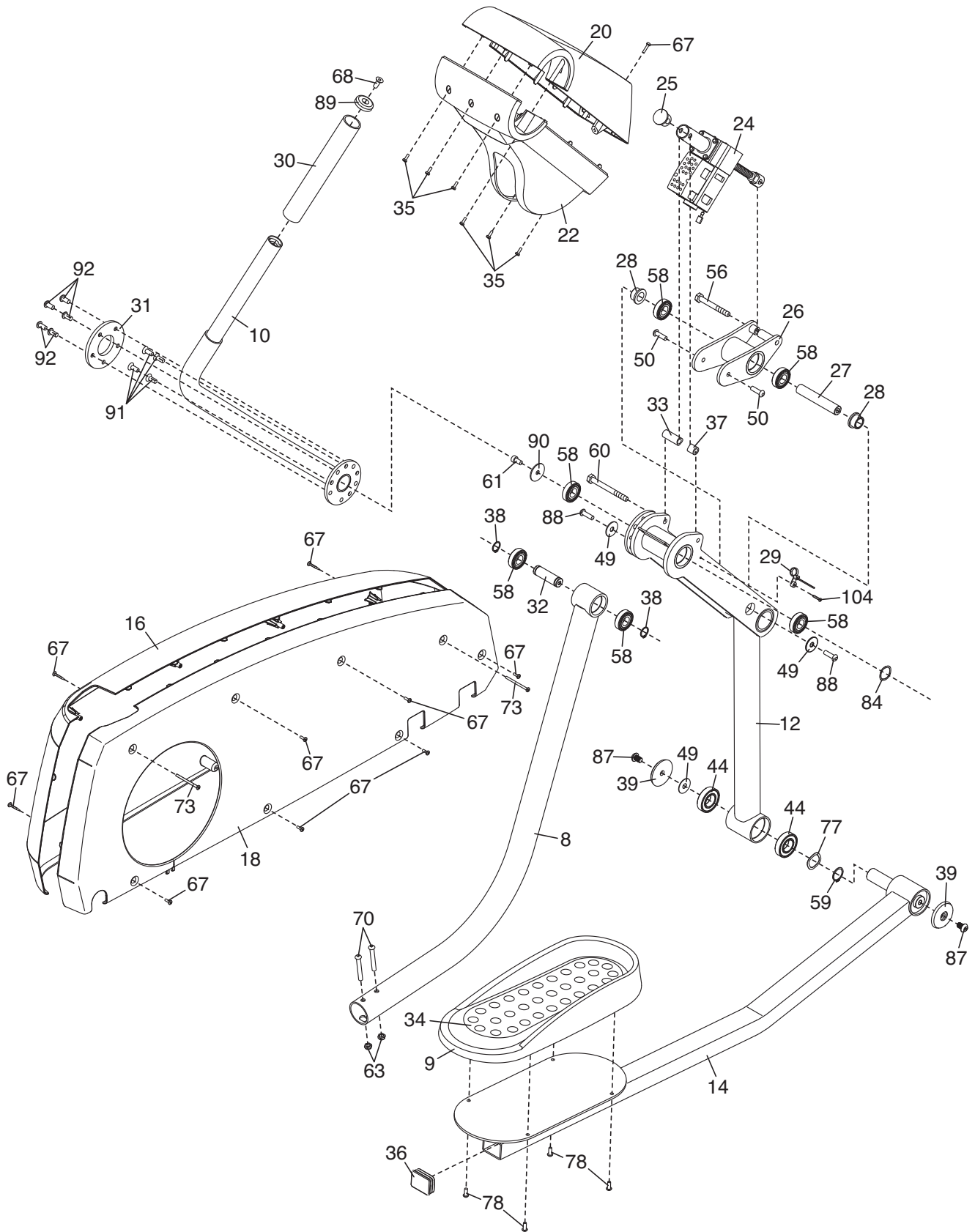
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	2	Pedal Arm Roller
2	1	Upright	47	2	Crank Spacer
3	1	Console	48	2	Crank Cover
4	1	Left Handrail	49	6	M10 Washer
5	1	Right Handrail	50	4	M8 x 19mm Button Screw
6	1	Left Rail Cover	51	2	Wheel
7	1	Right Rail Cover	52	4	Leveling Foot
8	2	Pedal Leg	53	1	Pulley
9	2	Pedal	54	1	Accessory Tray
10	1	Left Handlebar	55	1	Eddy Mechanism
11	1	Right Handlebar	56	2	3/8" x 80mm Button Screw
12	1	Left Upper Handlebar Leg	57	1	Belt
13	1	Right Upper Handlebar Leg	58	12	Pedal Axle Bearing
14	1	Left Pedal Arm	59	6	Crank Bracket Snap Ring
15	1	Right Pedal Arm	60	2	3/8" x 105mm Screw
16	1	Left Outer Shield	61	24	M8 x 15mm Patch Screw
17	1	Right Outer Shield	62	4	M8 x 13mm Screw
18	1	Left Inner Shield	63	6	M10 Locknut
19	1	Right Inner Shield	64	1	Safety Cover
20	1	Left Front Handlebar Leg Cover	65	2	1/2" x 60mm Hex Bolt
21	1	Right Front Handlebar Leg Cover	66	2	1/2" Locknut
22	1	Left Rear Handlebar Leg Cover	67	23	M4 x 16mm Screw
23	1	Right Rear Handlebar Leg Cover	68	2	M8 x 25mm Bright Flat Screw
24	2	Lift Motor/Wire	69	2	M10 x 73mm Button Bolt
25	2	Lift Motor Cap	70	4	M10 x 60mm Button Bolt
26	2	Pivot Bracket	71	2	M8 x 15mm Button Screw
27	2	Pivot Bracket Axle	72	4	M6 Locknut
28	4	Pivot Bracket Bushing	73	4	M4 x 64mm Screw
29	2	Anchor Tie	74	1	Left Frame Cover
30	2	Foam Grip	75	1	Right Frame Cover
31	2	Handlebar Cover	76	1	Board Cover
32	2	Pedal Leg Axle	77	6	34mm x 26mm Wave Washer
33	2	Long Motor Spacer	78	12	M6 x 16mm Patch Screw
34	2	Pedal Insert	79	4	M10 Split Washer
35	12	M4 x 16mm Flat Head Screw	80	18	M8 Split Washer
36	2	Pedal Arm Cap	81	1	Upper Wire Harness
37	2	Short Motor Spacer	82	1	Lower Wire Harness
38	4	Snap Ring	83	3	M4 x 16mm Bright Screw
39	4	Pedal Axle Cover	84	2	23mm x 19.5mm Wave Washer
40	1	Crank	85	1	Board Mounting Plate
41	1	Left Crank Bracket	86	9	M4 x 12mm Machine Screw
42	1	Right Crank Bracket	87	4	M10 x 19mm Bright Patch Screw
43	2	Pedal Arm Bracket	88	4	M10 x 19mm Button Screw
44	12	Crank Bearing	89	2	Handlebar Cap
45	8	Thrust Washer	90	2	Pivot Axle Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
91	8	M8 x 17mm Flat Patch Screw	104	2	Anchor Screw
92	10	M8 x 15mm Bright Patch Screw	105	1	Coaxial Cable
93	4	M6 x 16mm Button Screw	106	1	A/V Cable
94	2	Handrail Cover	107	1	Line Out Cable
95	4	M10 x 25mm Patch Hex Screw	108	2	4" Ground Wire
96	1	Control Board	109	2	Motor Wire
97	1	PCB	*	–	Magnet Wire
98	8	Standoff	*	–	Generator Wire
99	16	Standoff Screw	*	–	Audio Cable
100	1	Power Receptacle	*	–	1" Grommet
101	1	Power Cord	*	–	Assembly Tool
102	1	Console Cover	*	–	Grease Packet
103	2	Motor Extension Wire	*	–	User's Manual

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

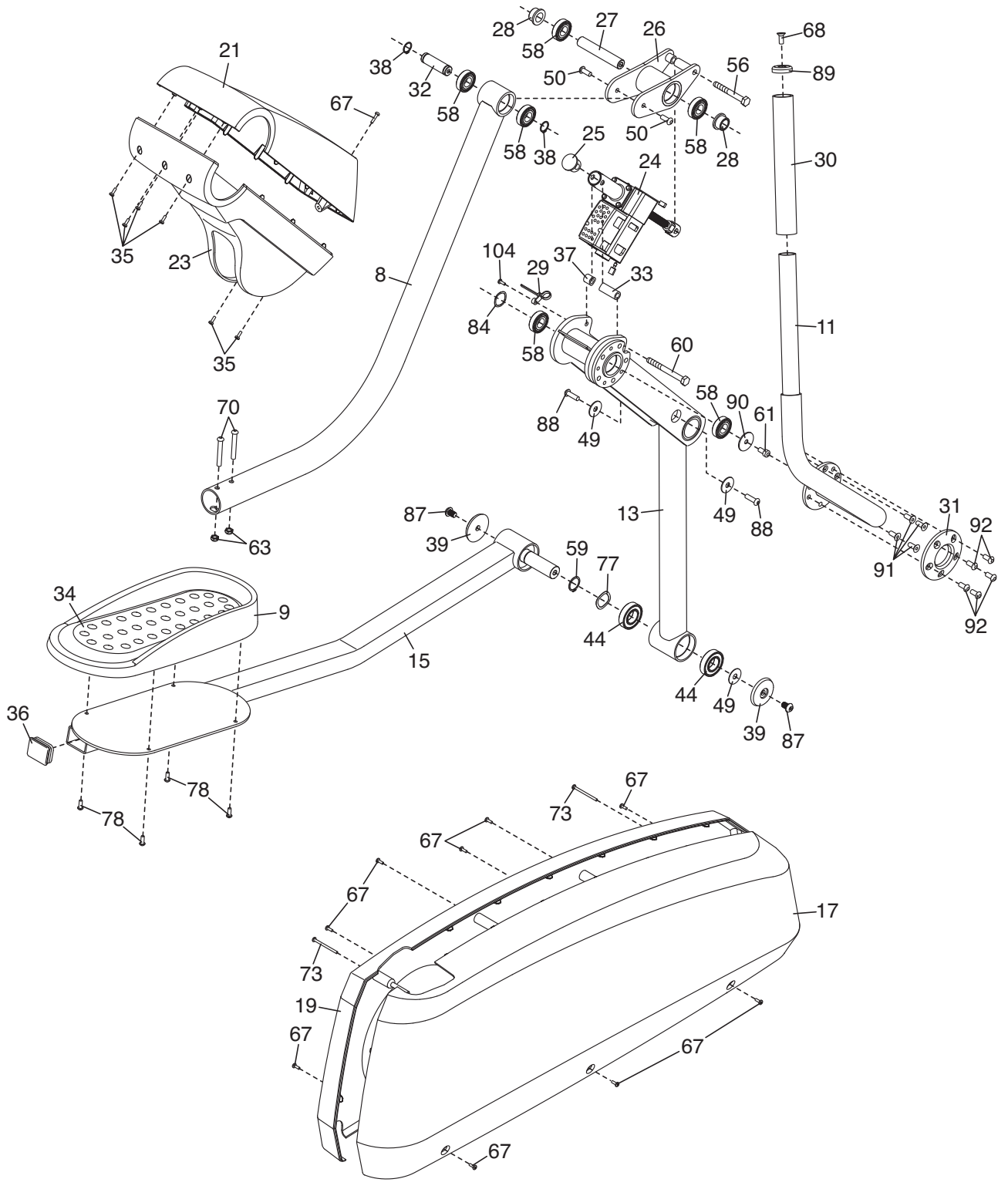
# EXPLODED DRAWING A—Model No. SFCW82207.0

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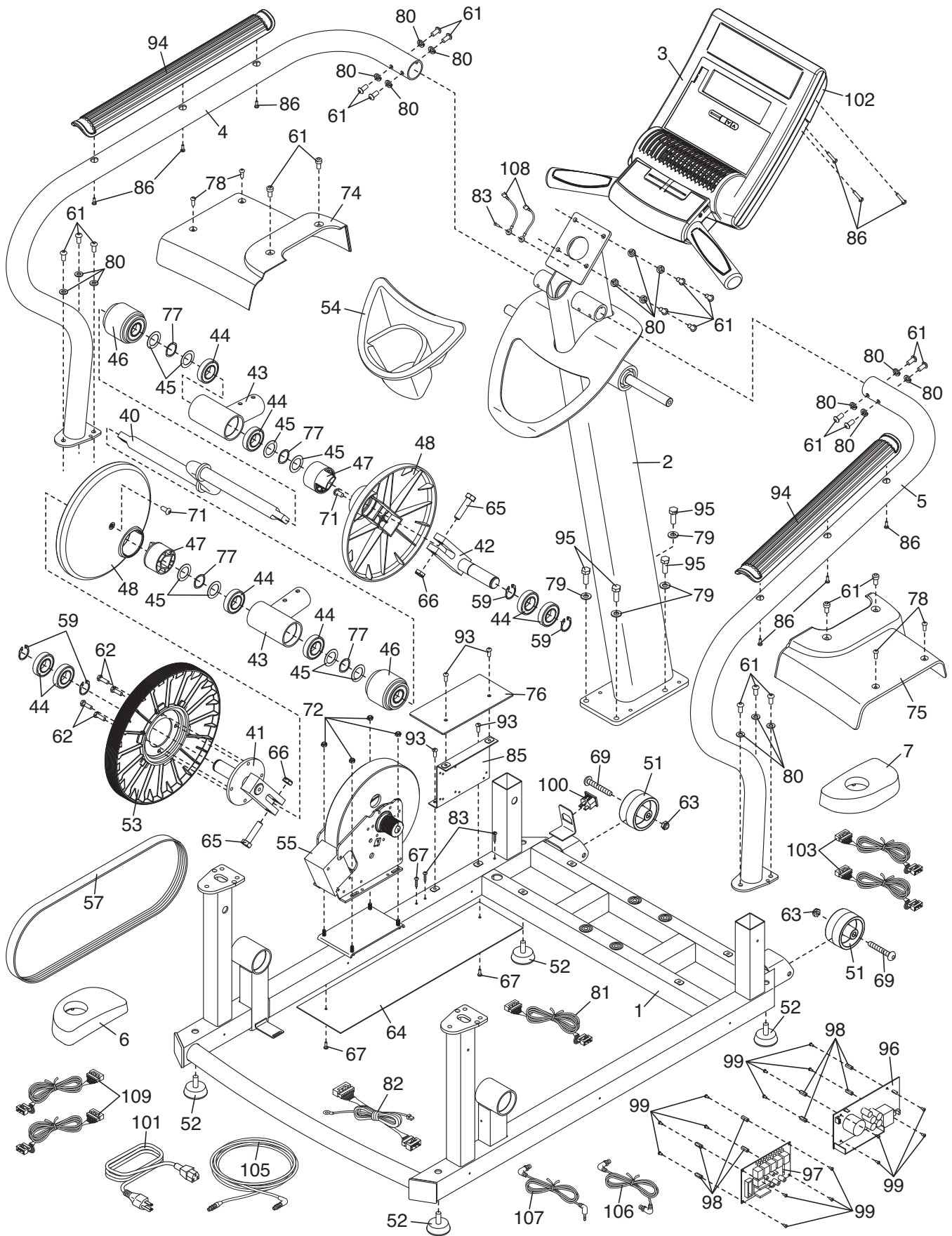
# EXPLODED DRAWING B—Model No. SFCW82207.0

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# EXPLODED DRAWING C—Model No. SFCW82207.0

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# 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).**

**Inside the US, call toll-free:** 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT

**Outside the US, call:** +1-719-533-2911

**US Email:** [fmfvcustomerservice@freemotionfitness.com](mailto:fmfvcustomerservice@freemotionfitness.com)

**International Email:** [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)

**Write:** FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813

## 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**