

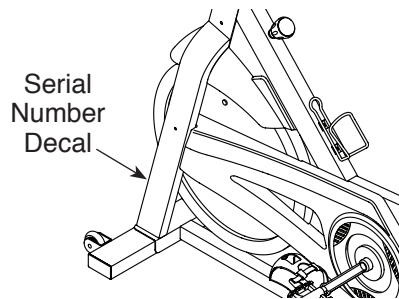
# FREEMOTION<sup>®</sup> *s5.5*

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

Model No. SFEX55912.1

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

Write the serial number in the space above for reference.



## ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to [www.iconservice.com/registration](http://www.iconservice.com/registration).

## CUSTOMER CARE

For service at any time, go to [www.iconservice.com](http://www.iconservice.com).

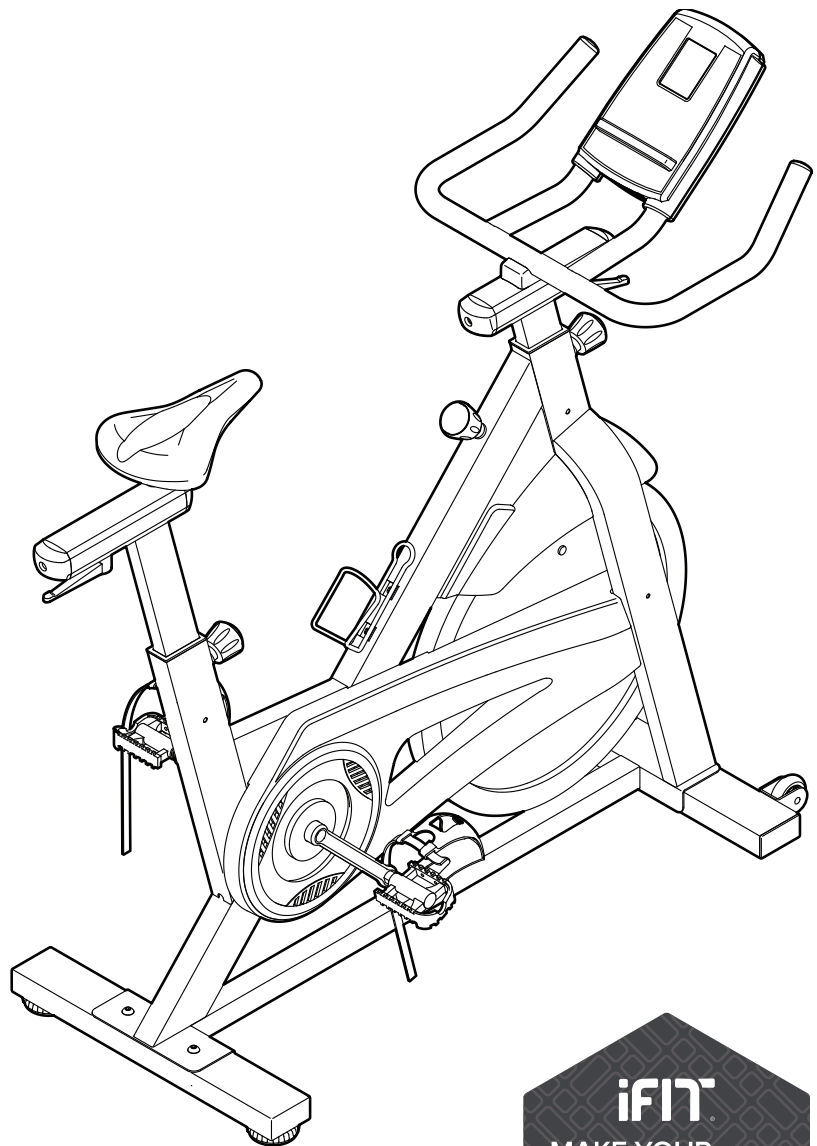
Or call 1-800-999-3756  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–12 p.m. MT

Please do not contact the store.

## 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 ..... 5

ASSEMBLY ..... 6

THE CHEST HEART RATE MONITOR ..... 13

HOW TO USE THE EXERCISE BIKE ..... 14

FCC INFORMATION ..... 17

MAINTENANCE AND TROUBLESHOOTING ..... 18

EXERCISE GUIDELINES ..... 20

PART LIST ..... 22

EXPLODED DRAWING ..... 23

ORDERING REPLACEMENT PARTS ..... Back Cover

LIMITED WARRANTY ..... Back Cover

## WARNING DECAL PLACEMENT

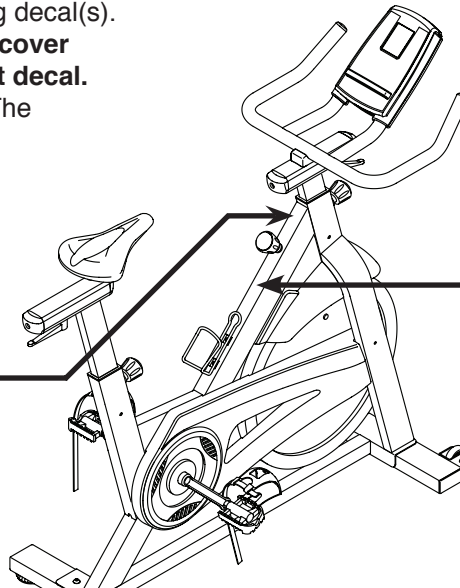
This drawing shows the location(s) of the warning decal(s).  
**If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal.**  
**Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.

**CAUTION**

To stop, reduce your pedal speed in a controlled way.

To stop quickly, use the brake.

Pedals will continue to spin so use caution when slowing and stopping.



**WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- This bike does not freewheel.
- User weight must not exceed 300 lbs / 136 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.

# IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 300 lbs. (136 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
14. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. To stop the flywheel quickly, press the resistance knob downward.
16. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
17. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

# PROTECT

YOUR FITNESS EQUIPMENT  
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

## PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

## STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please  
call Customer Care at **1-800-677-3838.**  
Or, visit us online at **www.utserv.com.**



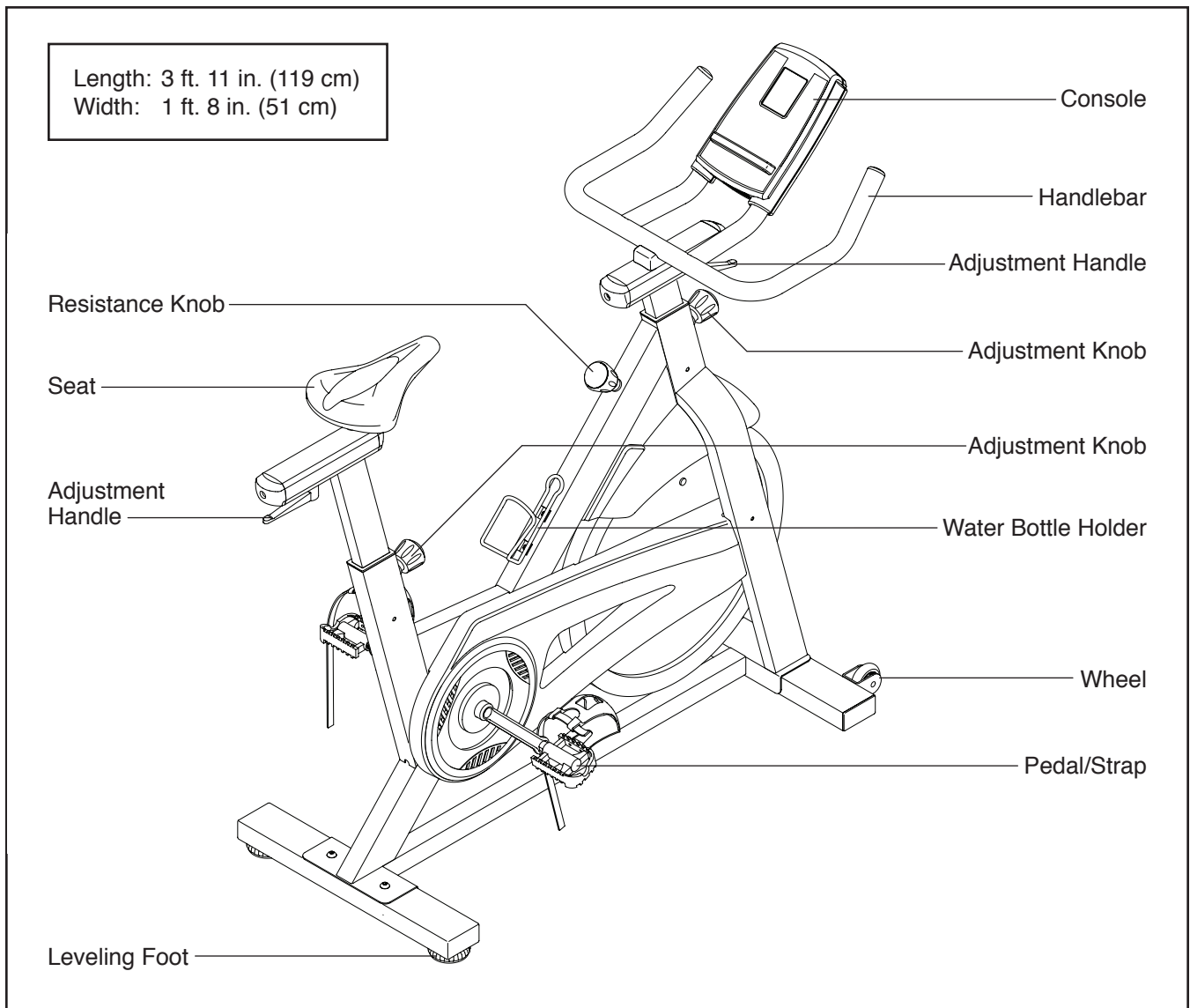
# BEFORE YOU BEGIN

Thank you for selecting the new FREEMOTION® S 5.5 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The S 5.5 exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the exercise bike.** If you have questions after

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

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




# ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver 

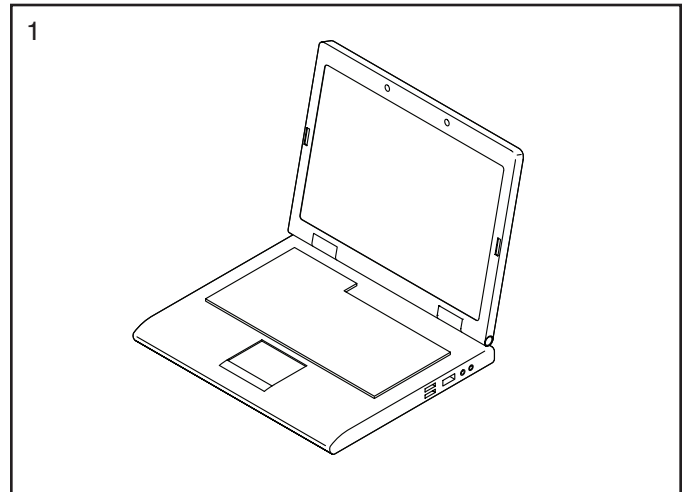
one adjustable wrench 

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. **Go to [www.iconservice.com/registration](http://www.iconservice.com/registration) on your computer and register your product.**

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.

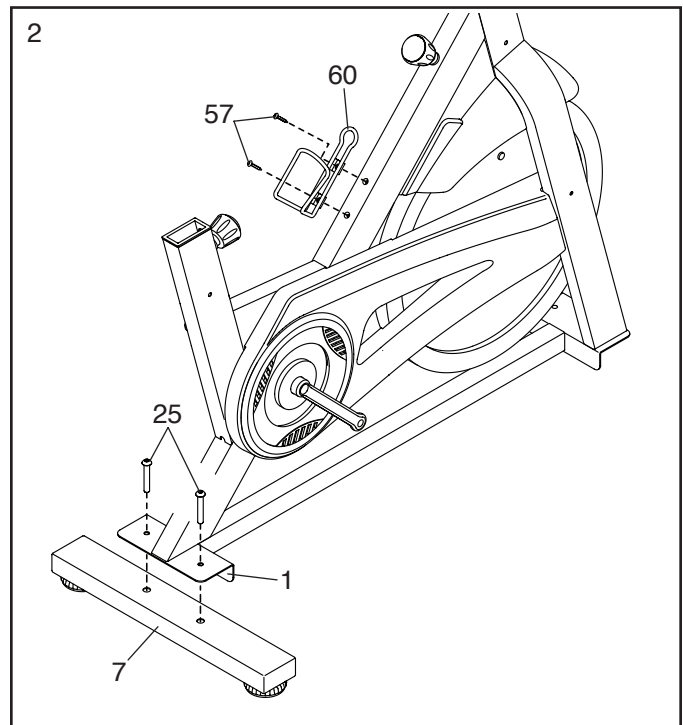


2. Attach the Water Bottle Holder (60) to the Frame (1) with two M5 x 20mm Screws (57).

If there is a shipping bracket (not shown) on the rear of the Frame (1), remove and discard the shipping bracket.

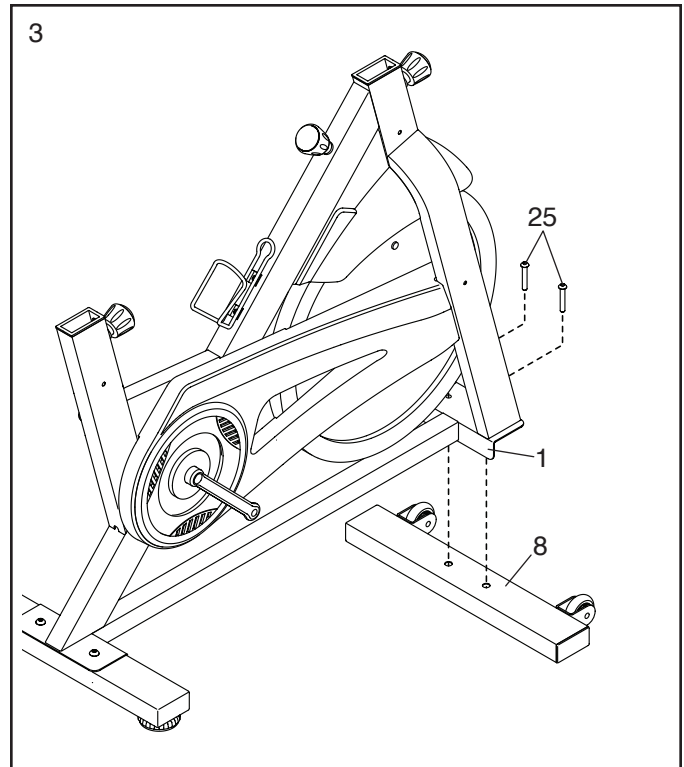
Identify the Rear Stabilizer (7), which does not have wheels.

Attach the Rear Stabilizer (7) to the Frame (1) with two M8 x 40mm Screws (25).



3. If there is a shipping bracket (not shown) on the front of the Frame (1), remove and discard the shipping bracket.

Attach the Front Stabilizer (8) to the Frame (1) with two M8 x 40mm Screws (25).

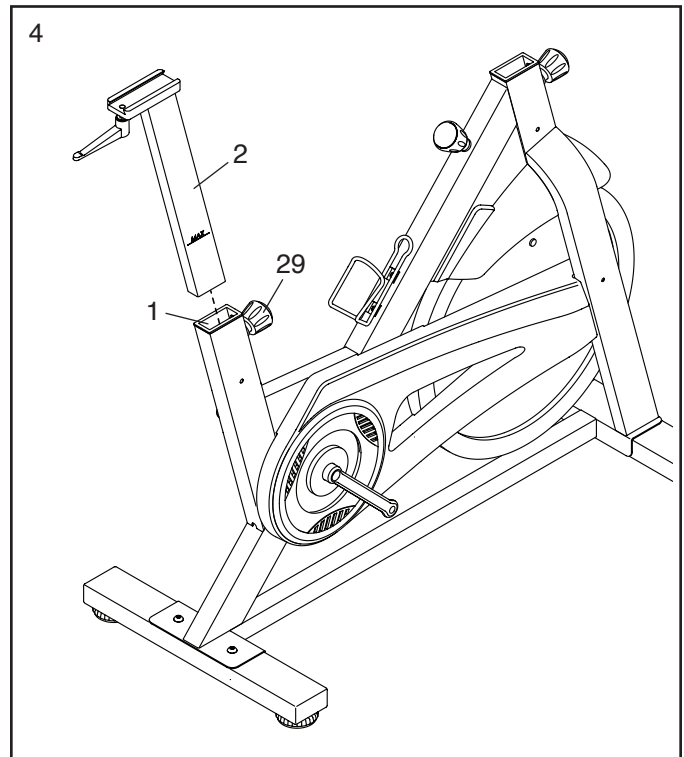


4. Orient the Seat Post (2) as shown.

Locate the Adjustment Knob (29) on the rear of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Seat Post (2) into the Frame.

Move the Seat Post (2) upward or downward to the desired position, release the Adjustment Knob (29) into an adjustment hole in the Seat Post, and then tighten the Adjustment Knob.

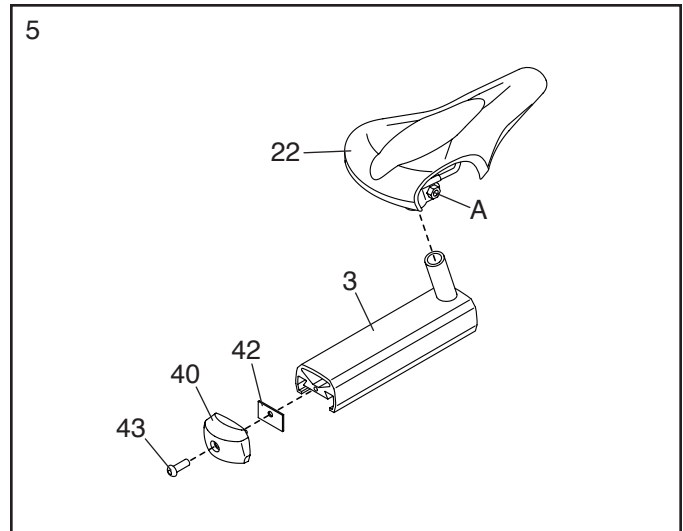
**Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



5. Remove the 1/4" x 1" Screw (43), the Carriage Cover (40), and the Carriage Plate (42) from the Seat Carriage (3). Set these parts aside until step 6.

Slide the Seat (22) onto the post on the Seat Carriage (3). **Make sure that the Seat is level and that the nose of the Seat is pointing straight ahead.**

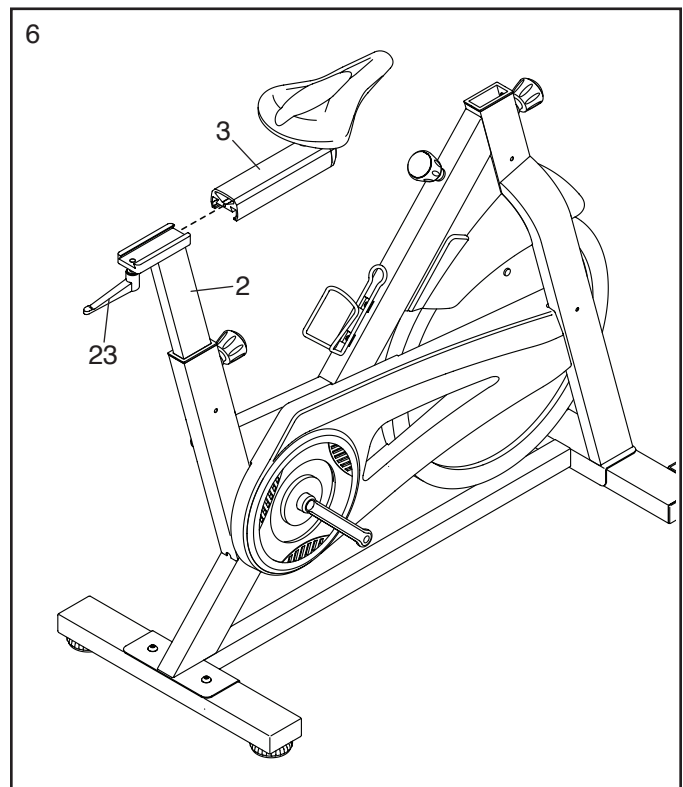
Then, tighten the two nuts (A) (only one nut is shown) beneath the Seat (22).



6. Locate the Adjustment Handle (23) on the Seat Post (2). Loosen the Adjustment Handle and slide the Seat Carriage (3) onto the Seat Post.

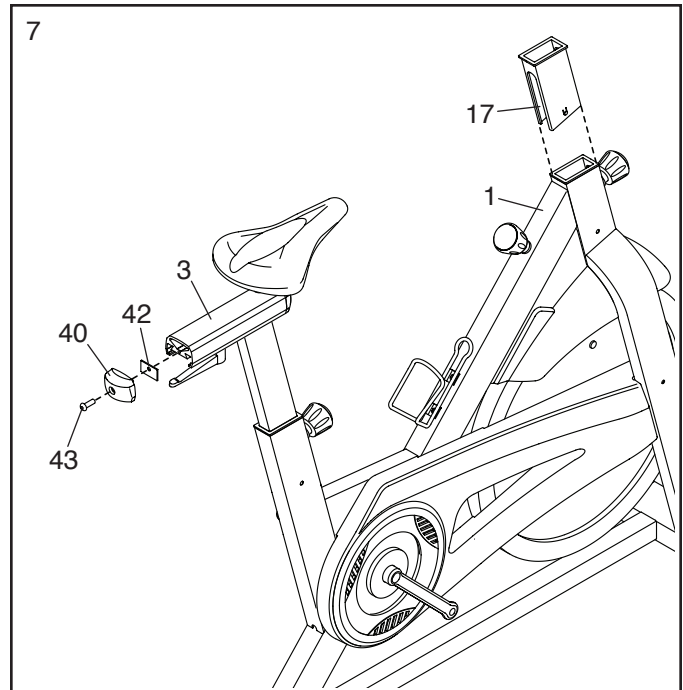
Note: The Adjustment Handle (23) functions like a ratchet. Turn the Adjustment Handle in the desired direction, pull it downward, turn it in the opposite direction, push it upward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

Slide the Seat Carriage (3) to the desired position and then tighten the Adjustment Handle (23) into the underside of the Seat Carriage. **Firmly tighten the Adjustment Handle.**



7. Orient the Post Bushing (17) as shown, and insert it into the Frame (1); **make sure that the top of the Post Bushing is parallel to the top of the Frame.**

Attach the Carriage Plate (42) and the Carriage Cover (40) to the Seat Carriage (3) with the 1/4" x 1" Screw (43).

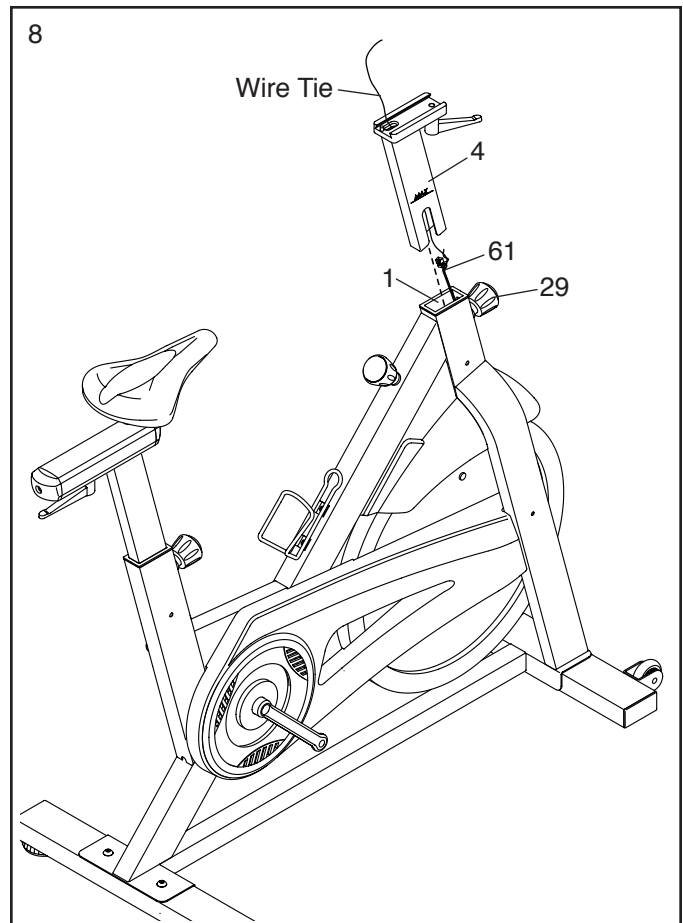


8. Orient the Handlebar Post (4) as shown. Have a second person hold the Handlebar Post near the Frame (1).

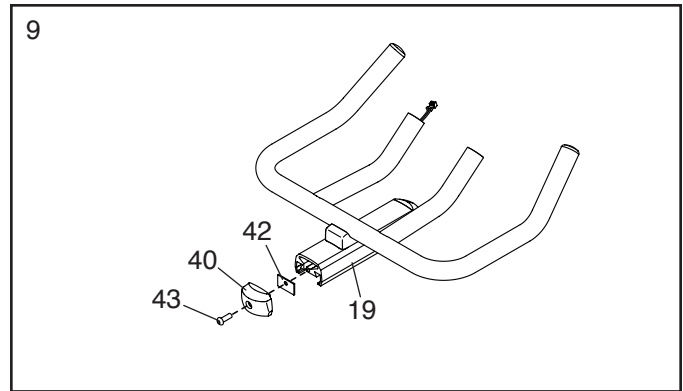
Locate the wire tie in the Handlebar Post (4). Tie the lower end of the wire tie to the Reed Switch Wire (61). Pull the upper end of the wire tie until the Reed Switch Wire is routed through the Handlebar Post.

Locate the Adjustment Knob (29) on the front of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Handlebar Post into the Frame.

Move the Handlebar Post (4) upward or downward to the desired position, release the Adjustment Knob (29) into an adjustment hole in the Handlebar Post, and then tighten the Adjustment Knob. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



9. Remove the 1/4" x 1" Screw (43), the Carriage Cover (40), and the Carriage Plate (42) from the Handlebar Carriage (19). Set these parts aside until step 10.



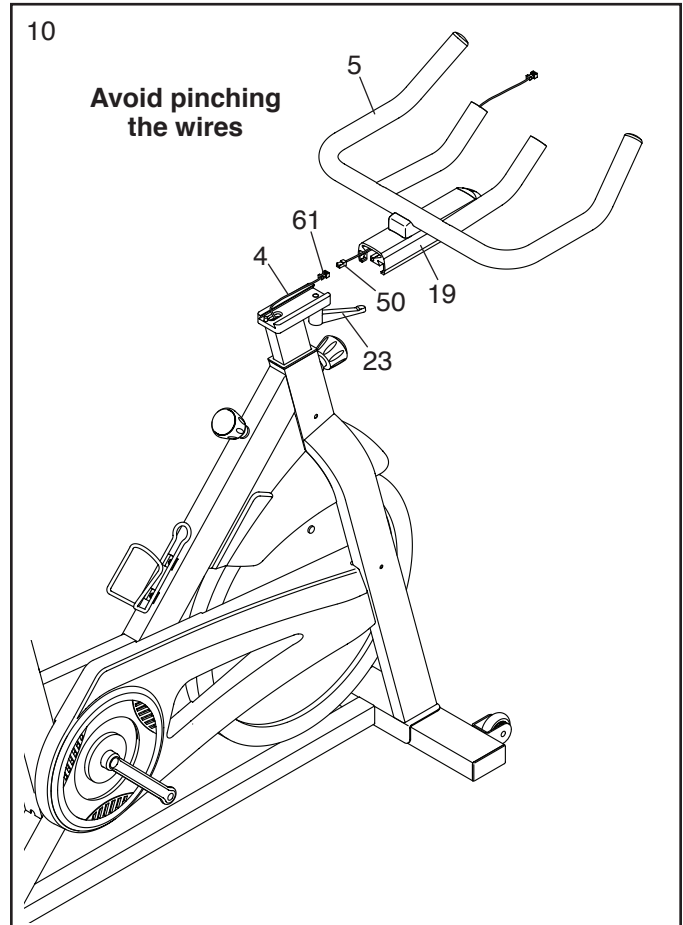
10. Orient the Handlebar (5) assembly as shown. Have a second person hold the Handlebar assembly near the Handlebar Post (4).

Connect the Extension Wire (50) in the Handlebar (5) assembly to the Reed Switch Wire (61). Insert some of the excess wire into the Handlebar Post (4), and insert the connectors into the Handlebar Carriage.

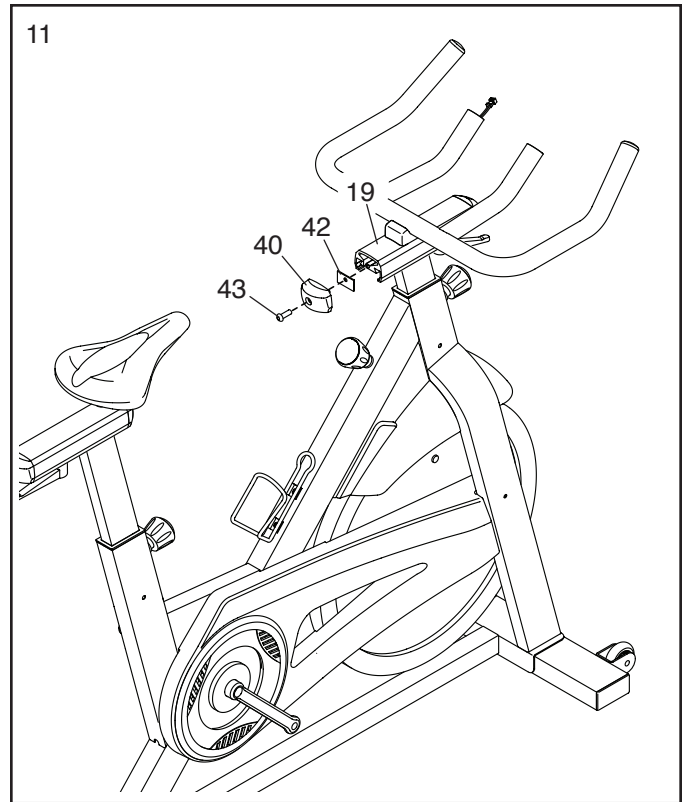
**Tip: Avoid pinching the wires.** Locate the Adjustment Handle (23) on the Handlebar Post (4). Loosen the Adjustment Handle and slide the Handlebar Carriage (19) onto the Handlebar Post.

**Note:** The Adjustment Handle (23) functions like a ratchet. See step 6 for an explanation.

Slide the Handlebar Carriage (19) to the desired position and then tighten the Adjustment Handle (23) into the underside of the Handlebar Carriage. **Firmly tighten the Adjustment Handle.**

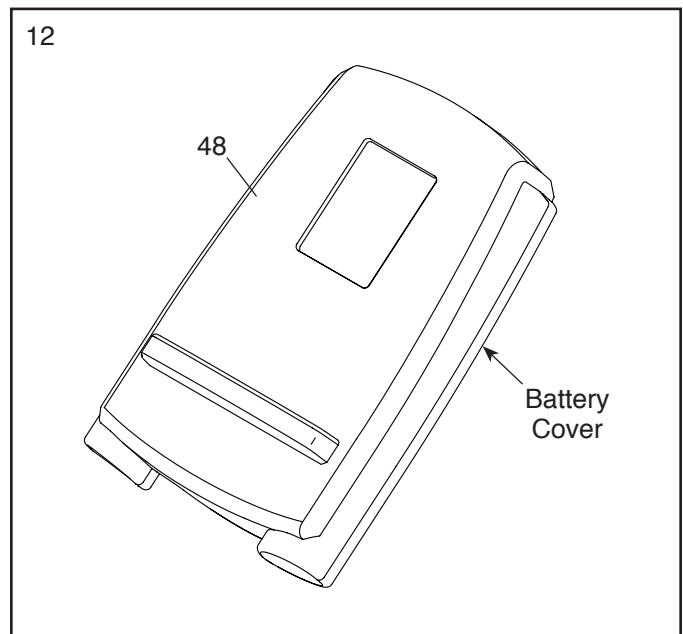


11. Attach the Carriage Plate (42) and the Carriage Cover (40) to the Handlebar Carriage (19) with the 1/4" x 1" Screw (43).



12. The Console (48) can use four AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.**

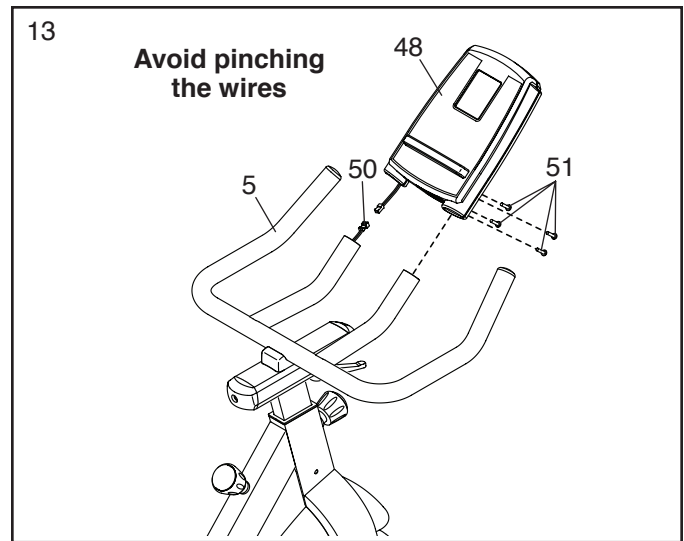
Remove the screw and the battery cover, and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



13. Have a second person hold the Console (48) near the Handlebar (5). Connect the wire on the Console to the Extension Wire (50).

Insert the excess wire into the Handlebar (5).

**Tip: Avoid pinching the wires.** Slide the Console (48) onto the Handlebar (5). Attach the Console with four #8 x 5/8" Screws (51).

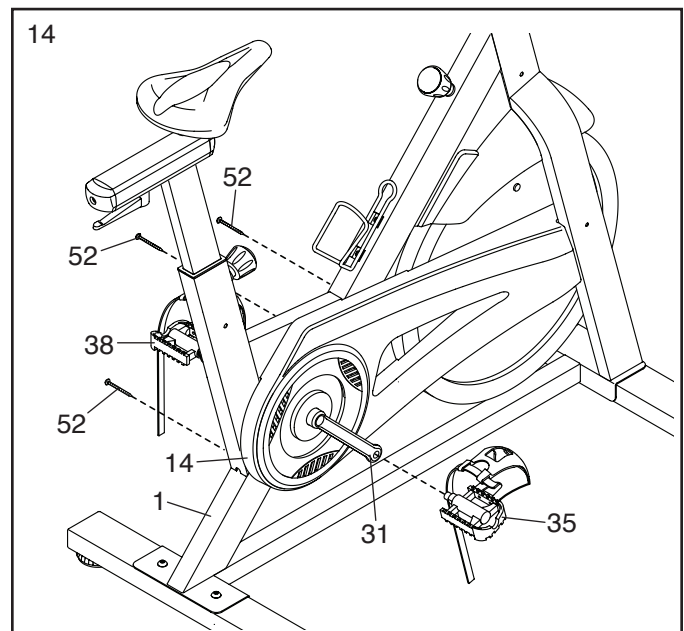


14. Tighten three #8 x 2 1/4" Screws (52) into the Frame (1) and the Chain Guard (14).

Identify the Right Pedal (35).

Using an adjustable wrench, **firmly tighten** the Right Pedal (35) **clockwise** into the Right Crank Arm (31).

**Firmly tighten the Left Pedal (38) counterclockwise** into the Left Crank Arm (not shown). **IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**



15. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**  
Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

# THE CHEST HEART RATE MONITOR

## HOW TO PUT ON THE HEART RATE MONITOR

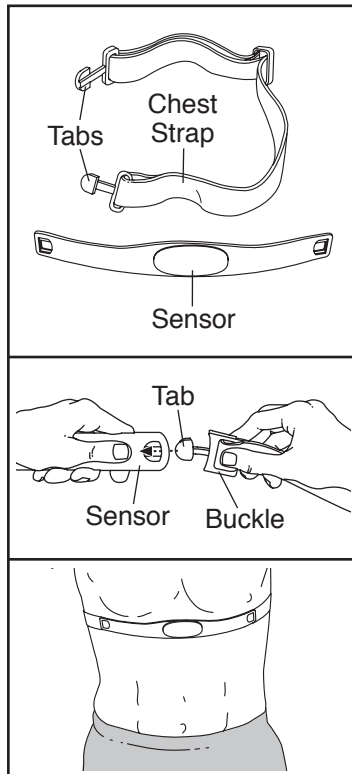
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

The heart rate monitor must be worn under your clothes, tight against your skin. Wrap the heart rate monitor around your chest in the location shown. Make sure that the logo is right-side-up. Then, attach the other end of the chest strap to the sensor. Adjust the length of the chest strap, if necessary.

Pull the sensor away from your body a few inches and locate the two electrode areas, which are covered by shallow ridges. Using saline solution such as saliva or contact lens solution, wet the electrode areas. Then, return the sensor to a position against your chest.

## CARE AND MAINTENANCE

- Thoroughly dry the sensor with a soft towel after each use. Moisture may keep the sensor activated, shortening the life of the battery.
- Store the heart rate monitor in a warm, dry place. Do not store the heart rate monitor in a plastic bag or other container that may trap moisture.



- Do not expose the heart rate monitor to direct sunlight for extended periods of time; do not expose it to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor when using or storing the heart rate monitor.
- To clean the sensor, use a damp cloth and a small amount of mild soap. Then, wipe the sensor with a damp cloth and thoroughly dry it with a soft towel. Never use alcohol, abrasives, or chemicals to clean the sensor. Hand wash and air dry the chest strap.

## TROUBLESHOOTING

If the heart rate monitor does not function properly, try the steps below.

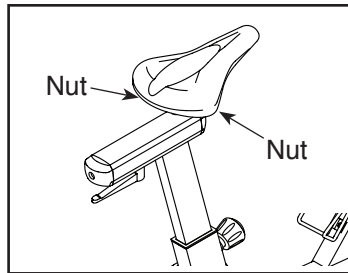
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- For the console to display heart rate readings, you must be within arm's length of the console.
- If there is a battery cover on the back of the sensor, replace the battery with a new battery of the same type.
- The heart rate monitor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvc's), tachycardia bursts, and arrhythmia.
- The operation of the heart rate monitor can be affected by magnetic interference from high power lines or other sources. If you suspect that magnetic interference is causing a problem, try relocating the fitness equipment.

# HOW TO USE THE EXERCISE BIKE

## HOW TO ADJUST THE ANGLE OF THE SEAT

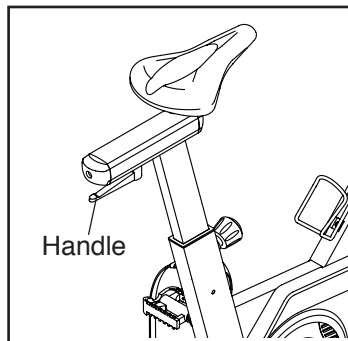
You can adjust the angle of the seat to the position that is most comfortable. You can also slide the seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the seat, loosen the nuts on the seat clamp a few turns, and then tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.



## HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the position of the seat, first loosen the adjustment handle, move the seat carriage forward or backward, and then firmly tighten the adjustment handle.

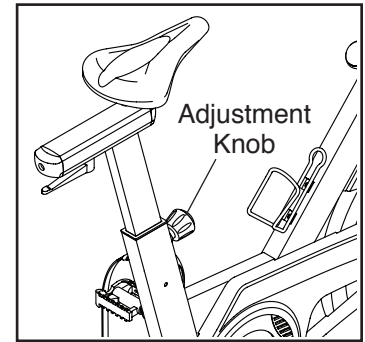


Note: The handle functions like a ratchet. See assembly step 6 on page 8 for an explanation.

## HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

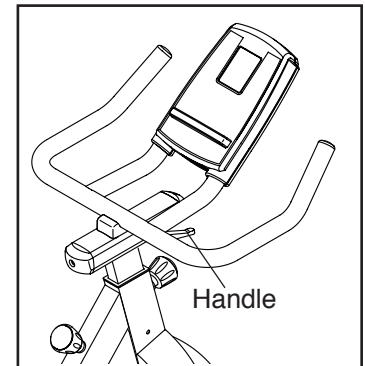
To adjust the height of the seat post, first loosen the adjustment knob and pull it outward. Then, move the seat post upward or downward, release the adjustment knob into an adjustment hole in the seat post, and firmly tighten the adjustment knob.



**Make sure that the adjustment knob is engaged in an adjustment hole.**

## HOW TO ADJUST THE HORIZONTAL POSITION OF THE HANDLEBAR

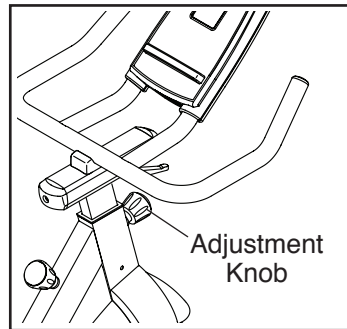
To adjust the horizontal position of the handlebar, loosen the adjustment handle, move the handlebar carriage forward or backward to the desired position, and then tighten the adjustment handle.



Note: The handle functions like a ratchet. See assembly step 6 on page 8 for an explanation.

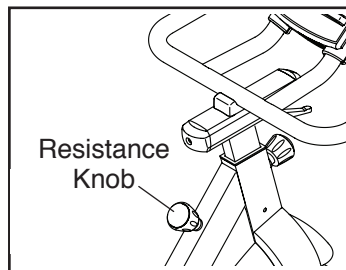
## HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the adjustment knob and pull it outward. Then, move the handlebar post upward or downward, release the adjustment knob into an adjustment hole in the handlebar post, and firmly tighten the adjustment knob. **Make sure that the adjustment knob is engaged in an adjustment hole.**



## HOW TO ADJUST THE PEDALING RESISTANCE

**To increase the resistance of the pedals,** turn the resistance knob clockwise; **to decrease the resistance,** turn the resistance knob counterclockwise.



**To stop the flywheel, push the resistance knob downward. The flywheel should quickly come to a complete stop.**

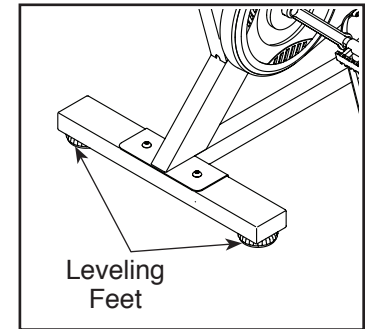
**IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.**

## HOW TO ADJUST THE PEDAL STRAPS

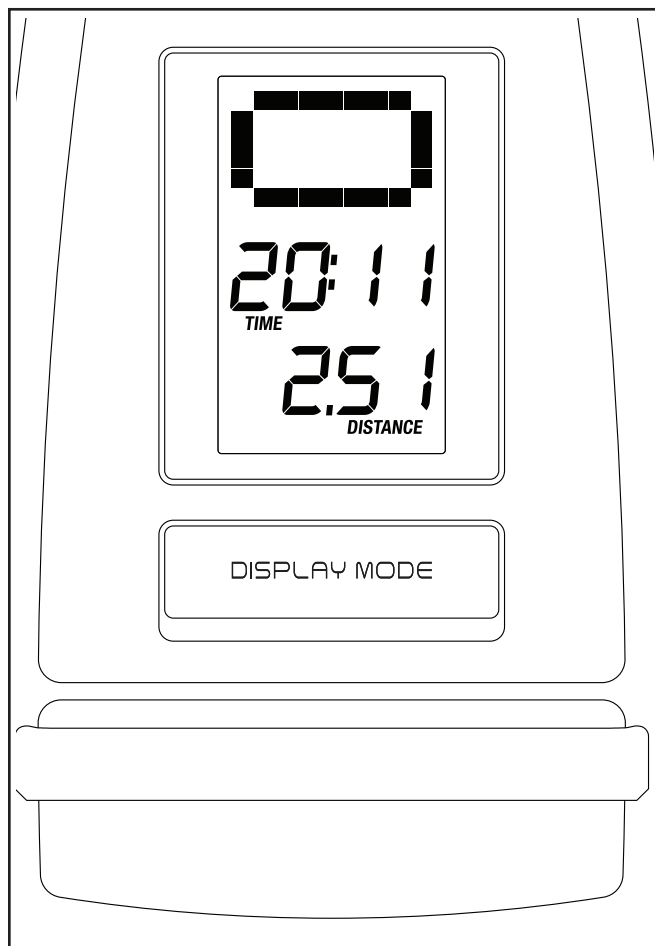
To tighten the pedal straps (see the drawing on page 5), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet on the front or rear stabilizer (see the drawing on page 5) until the rocking motion is eliminated.



## CONSOLE DIAGRAM



## HOW TO USE THE CONSOLE

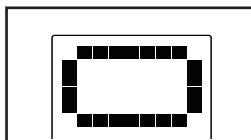
Make sure that batteries are installed in the console (see assembly step 12 on page 11). If there is a sheet of plastic on the console, remove the plastic.

### 1. Turn on the console.

To turn on the console, press the Display Mode button or simply begin pedaling.

### 2. Follow your progress with the displays.

**The upper display**—This display will show a track that represents 1/4 mile (400 m). As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



### The center display—

This display can show the elapsed time and the approximate number of calories you have burned.



### The lower display—

This display can show the distance (in miles) that you have pedaled and your pedaling speed (in miles per hour).



When you use the chest heart rate monitor, the lower display will also show your heart rate (see step 3).

You can select information for continuous display. Press the Display Mode button repeatedly until the information you are most interested in viewing appears in the displays. **Make sure that the word SCAN does not appear in the center display.**

**Scan**—This mode displays the time, calories, speed, and distance, for a few seconds each, in succession.



To select the scan mode, press the Display Mode button repeatedly until the word SCAN appears in the center display.

### 3. Wear a heart rate monitor and measure your heart rate if desired.

You can wear a chest heart rate monitor to measure your heart rate. For more information about the included chest heart rate monitor, see page 13.

When your heart beat is detected, your heart rate will be shown in the lower display.

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

If the pedals are not moved for a few seconds, the console will pause.

The console has an auto-off feature. If the pedals are not moved and the Display Mode button is not pressed for a few minutes, the console will turn off automatically to save the batteries.

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## FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

**FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.**

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# MAINTENANCE AND TROUBLESHOOTING

## HOW TO MAINTAIN THE EXERCISE BIKE

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

To clean the exercise bike, use a damp cloth and a small amount of mild detergent.

## CONSOLE TROUBLESHOOTING

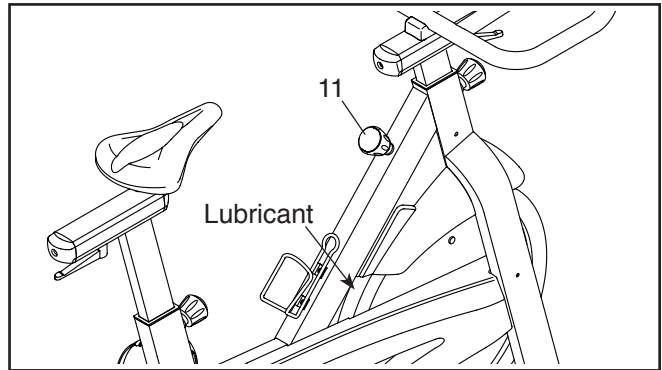
Most console problems are the result of low batteries. See assembly step 12 on page 11 for battery replacement instructions.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 13.

## HOW TO LUBRICATE THE BRAKE PAD

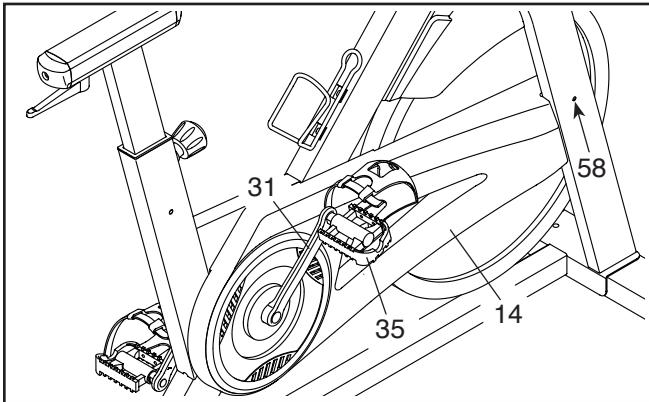
If pedaling becomes difficult, even when the pedaling resistance is set to the lowest level, the brake pad may need to be lubricated.

To lubricate the brake pad, first place a few drops of the included lubricant in the indicated location on the flywheel. Next, pedal the exercise bike for several revolutions, and then push the Resistance Knob (11) downward to stop the flywheel. Repeat these actions one more time.



## HOW TO ADJUST THE CHAIN

To adjust the chain, first rotate the Right Crank Arm (31) to the position shown. Then, turn the Right Pedal (35) counterclockwise and remove it.

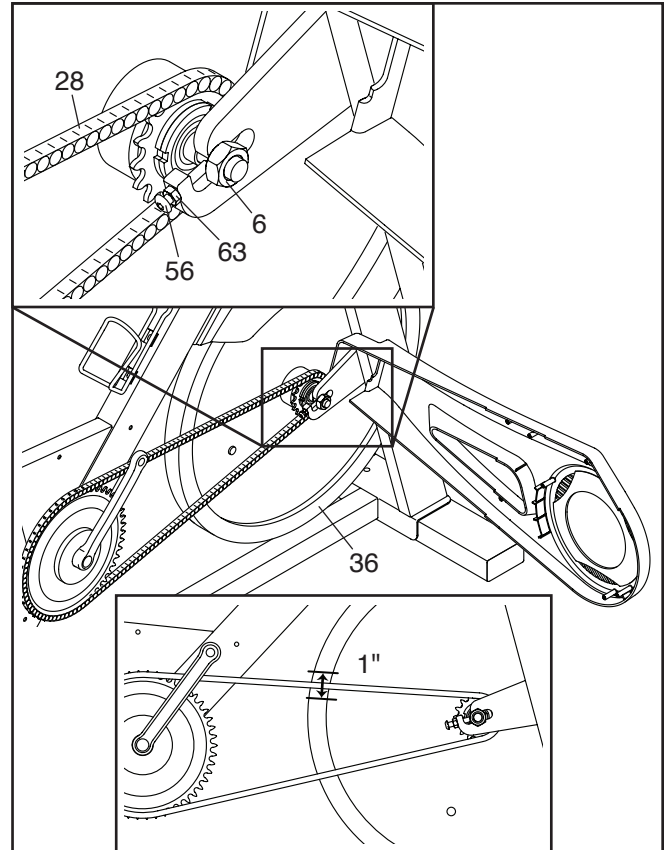


Next, see the EXPLODED DRAWING on page 23 and remove all the Screws (51, 52) from the Chain Guard Cover (15); **make sure to note which size Screws come from which holes.**

Then, see the drawing above and remove the #8 x 1 1/2" Screw (58), and then gently work the Chain Guard (14) over the Right Crank Arm (31) and away from the exercise bike.

Note: Only one side of the Flywheel (36) is shown in the drawings below.

Loosen the 5/16" Nuts (63), one on each side of the Flywheel (36).



Then, loosen the 12mm Locknuts (6), one on each side of the Flywheel (36).

Tighten the 5/16" x 1 1/2" Screws (56), one on each side of the Flywheel (36), **the same number of turns** until the Chain (28) is tight; **the Chain is tight when there is no more than one inch of total upward or downward movement in the Chain.** Then, retighten the 12mm Locknuts (6) and the 5/16" Nuts (63).

When the chain is properly adjusted, first reattach the chain guard and then reattach the right pedal by turning it clockwise.

# EXERCISE GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

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

### 1. Toe Touch Stretch

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

### 2. Hamstring Stretch

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

### 3. Calf/Achilles Stretch

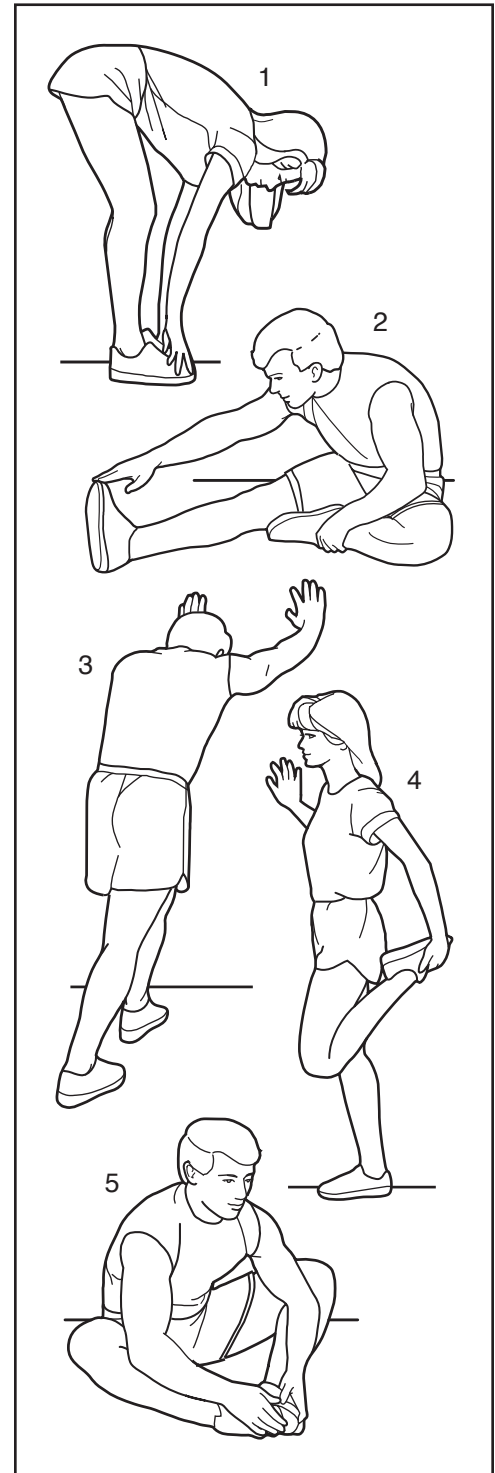
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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

### 4. Quadriceps Stretch

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

### 5. Inner Thigh Stretch

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



# PART LIST

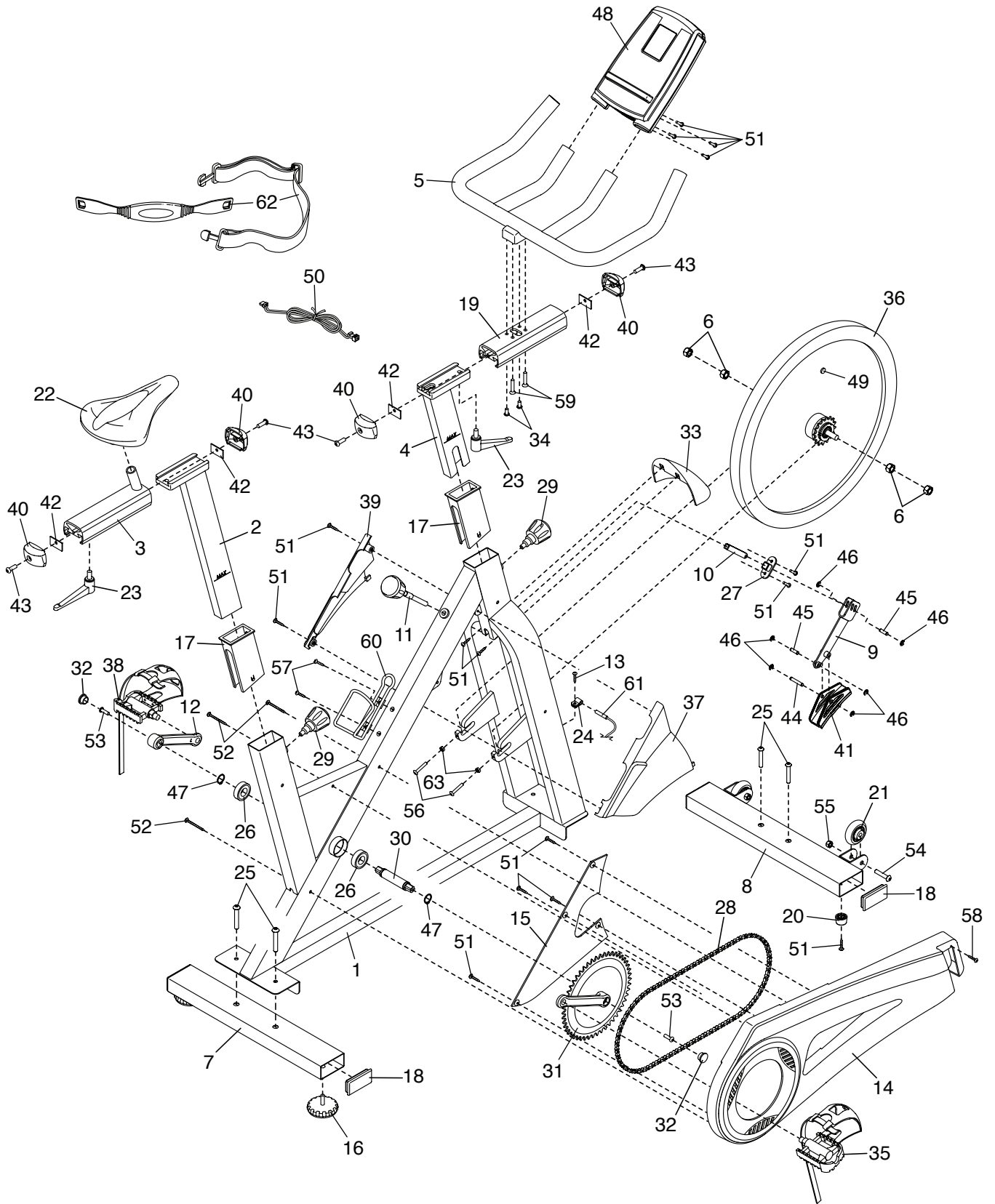
Model No. SFEX55912.1 R0115A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	2	1/4" x 1/2" Screw
2	1	Seat Post	35	1	Right Pedal/Strap
3	1	Seat Carriage	36	1	Flywheel
4	1	Handlebar Post	37	1	Right Shield
5	1	Handlebar	38	1	Left Pedal/Strap
6	4	12mm Locknut	39	1	Left Shield
7	1	Rear Stabilizer	40	4	Carriage Cover
8	1	Front Stabilizer	41	1	Brake Pad
9	1	Brake Lever	42	4	Carriage Plate
10	1	Brake Adjustment Nut	43	4	1/4" x 1" Screw
11	1	Resistance Knob	44	1	Long Grooved Axle
12	1	Left Crank Arm	45	2	Short Grooved Axle
13	1	#8 x 1/2" Truss Screw	46	6	E-clip
14	1	Chain Guard	47	2	Snap Ring
15	1	Chain Guard Cover	48	1	Console
16	2	Leveling Foot	49	1	Magnet
17	2	Post Bushing	50	1	Extension Wire
18	4	Stabilizer Cap	51	16	#8 x 5/8" Screw
19	1	Handlebar Carriage	52	3	#8 x 2 1/4" Screw
20	2	Foot	53	2	5/16" Flange Screw
21	2	Wheel	54	2	3/8" x 2" Screw
22	1	Seat	55	2	3/8" Locknut
23	2	Adjustment Handle	56	2	5/16" x 1 1/2" Screw
24	1	Clamp	57	2	M5 x 20mm Screw
25	4	M8 x 40mm Screw	58	1	#8 x 1 1/2" Screw
26	2	Bearing	59	2	1/4" x 1 1/4" Screw
27	1	Brake Bracket	60	1	Water Bottle Holder
28	1	Chain	61	1	Reed Switch/Wire
29	2	Adjustment Knob	62	1	Heart Rate Monitor/Strap
30	1	Crank	63	2	5/16" Nut
31	1	Right Crank Arm/Sprocket	*	-	Assembly Tool
32	2	Crank Cap	*	-	User's Manual
33	1	Front Shield			

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

# EXPLODED DRAWING

Model No. SFEX55912.1 R0115A



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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

**IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.**

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for two (2) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are 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 freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

**ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813**