

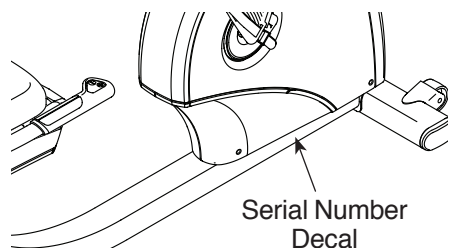
# FREEMOTION® c 5.3

www.iconfitness.com

Model No. SFEX58012.0

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).

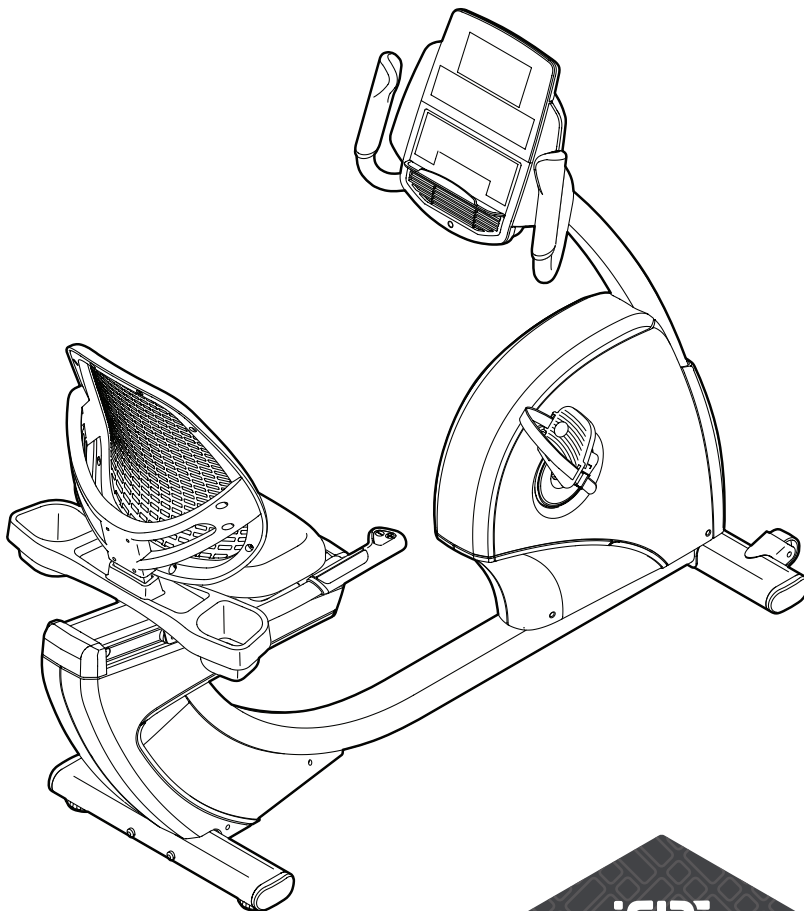
Or call 1-800-999-3756  
Mon.–Fri. 6 a.m.–6 p.m. MT  
Sat. 8 a.m.–4 p.m. MT

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.

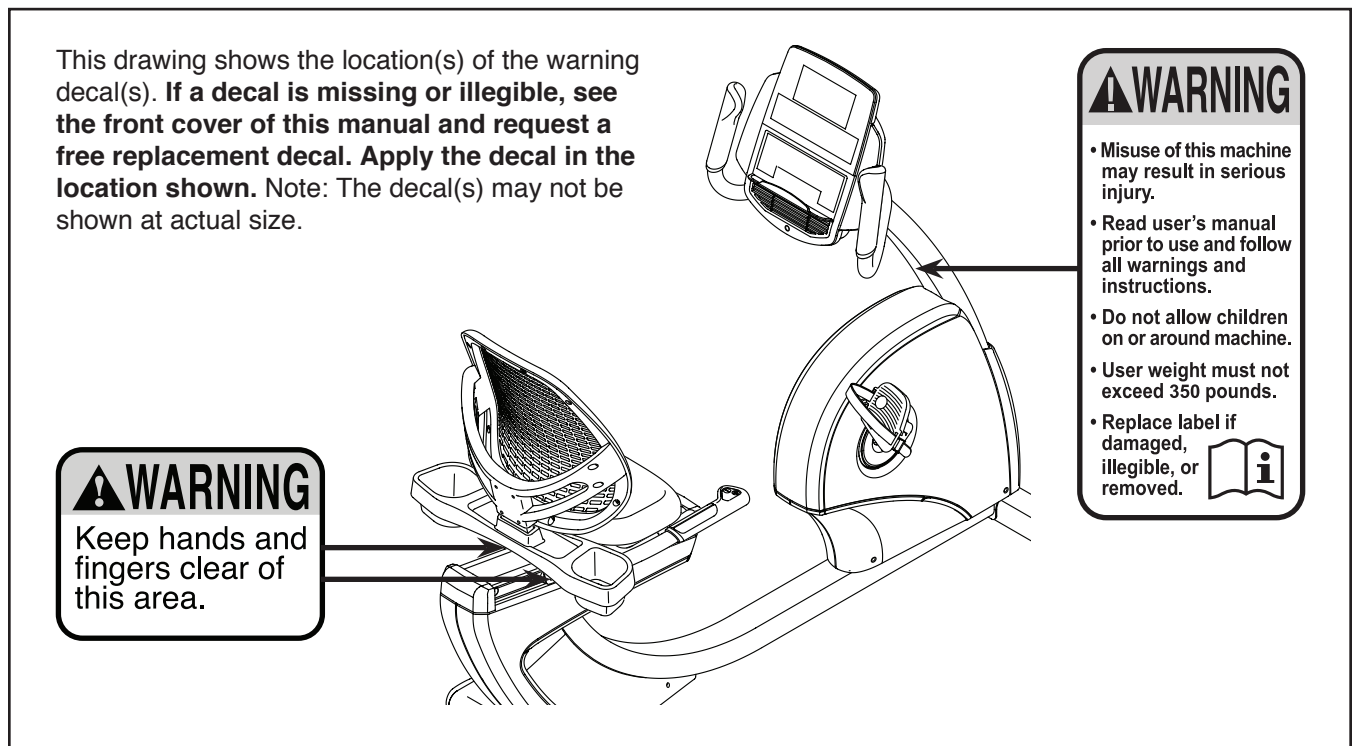
## USER'S MANUAL



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## WARNING DECAL PLACEMENT



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# 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 at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, 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.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

# MAKE YOUR FITNESS GOALS A **REALITY**

**iFIT**®

Congratulations on the purchase of your new iFit® compatible fitness equipment. You're just one click away from making your fitness goals a reality.

**GO TO IFIT.COM TO GET STARTED**

## **DO MORE THAN JUST WORK OUT**

iFit® is the most powerful training tool available to help you accomplish all of your fitness goals. From weight loss and performance to personalized training programs, iFit® is the key to getting more out of everything you do. Some features require paid subscription.



### **LOSE WEIGHT**

Stay on track and motivated with progressive weight loss programs with our trainers, including Jillian Michaels.



### **COMPETE WITH OTHERS**

Push yourself to new limits with real-time virtual races.



### **PERSONALIZED EVENT TRAINING**

5k, 10k, half or full marathon training will help you prepare for your event.



### **GO MOBILE**

Track your workout anywhere you go with iFit® mobile apps.



### **MAP YOUR ROUTE**

With Google Maps™, your fitness equipment will simulate the earth's terrain while displaying Street View during your workout.



### **SHARE YOUR PROGRESS**

Inspire others, motivate yourself and share routes, workouts and more.

GO TO

**IFIT.COM**

OR CALL

**877-236-1009**

# 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 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.**



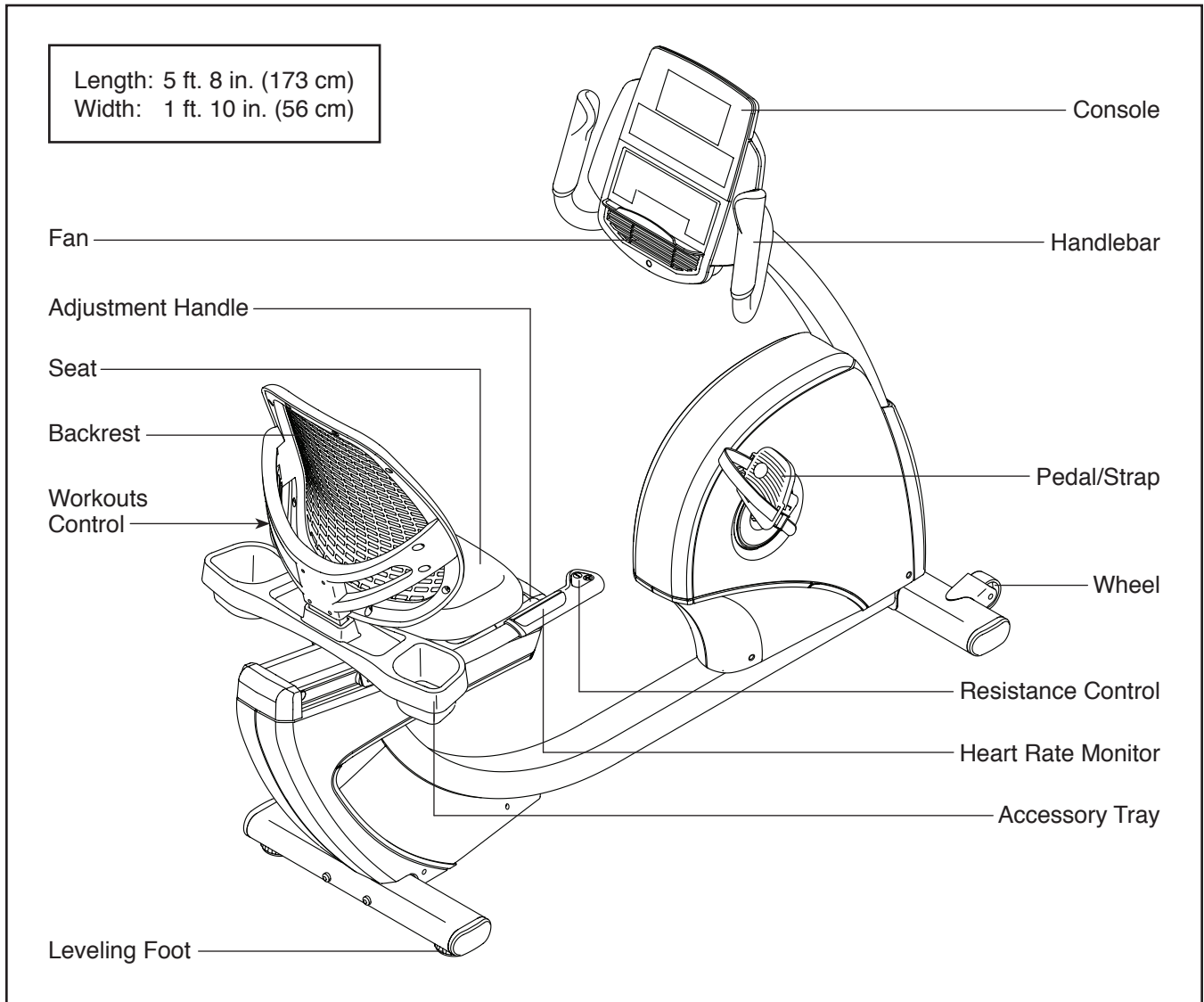
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® C 5.3 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The C 5.3 exercise bike provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

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

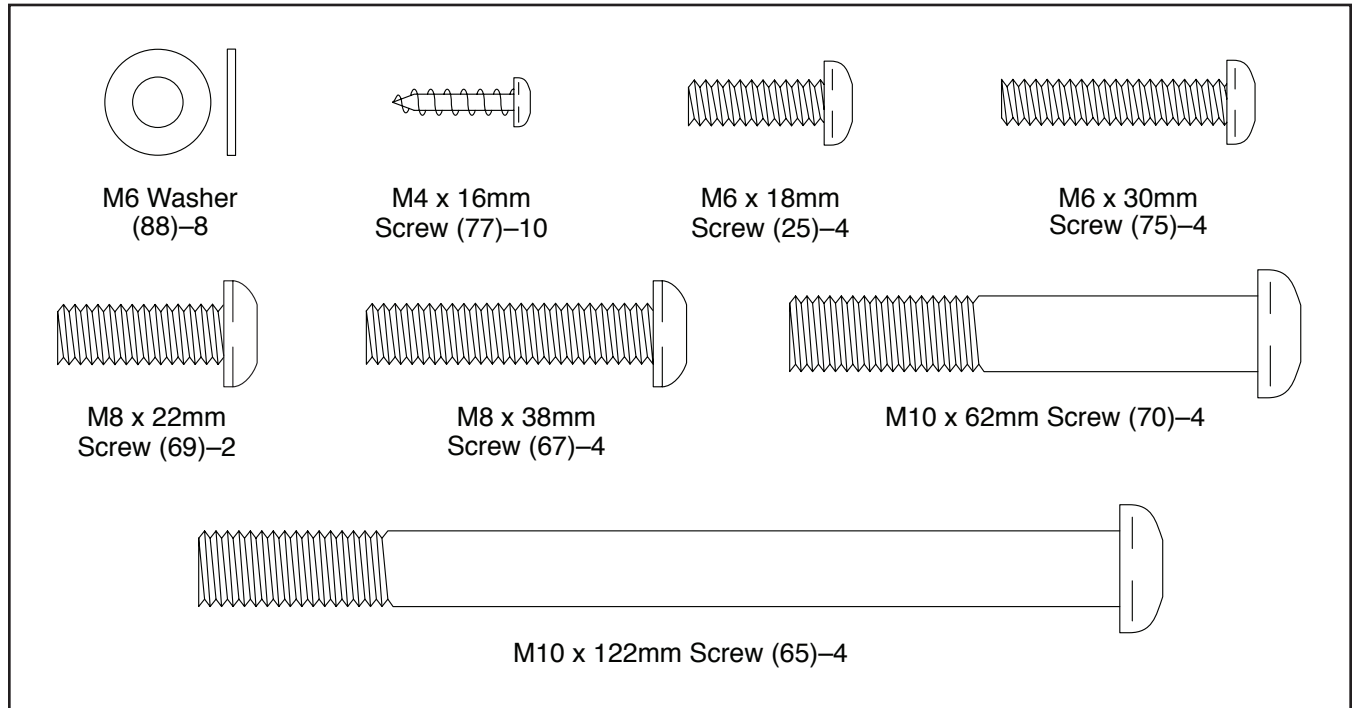
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



# PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



# ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- 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.”

- To identify small parts, see page 7.

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

one Phillips screwdriver 

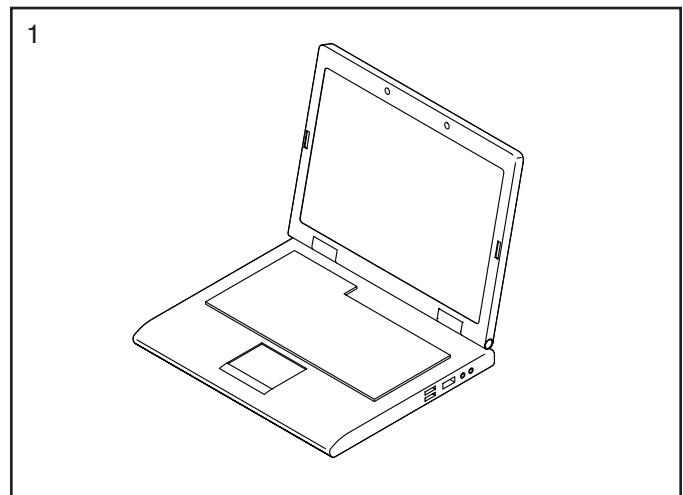
one adjustable wrench 

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

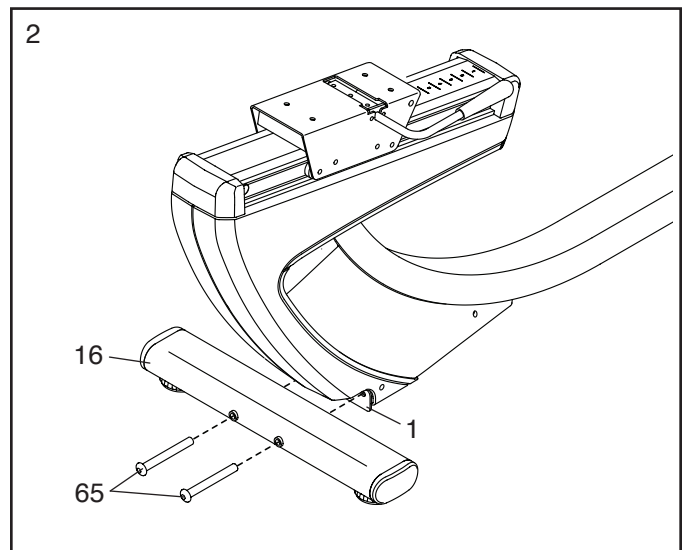
Note: If you do not have Internet access, call CUSTOMER CARE (see the front cover of this manual) and register your product.



## 2. Set a sturdy piece of packing material under the rear of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Rear Stabilizer (16) as indicated by the sticker. Attach the Rear Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

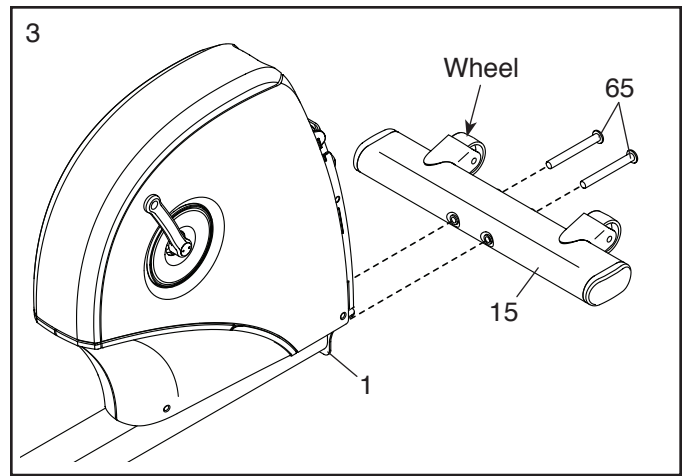
Remove the packing material.



3. Set a sturdy piece of packing material under the front of the Frame (1). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Front Stabilizer (15) so that the wheels are facing away from the exercise bike. Attach the Front Stabilizer to the Frame (1) with two M10 x 122mm Screws (65).

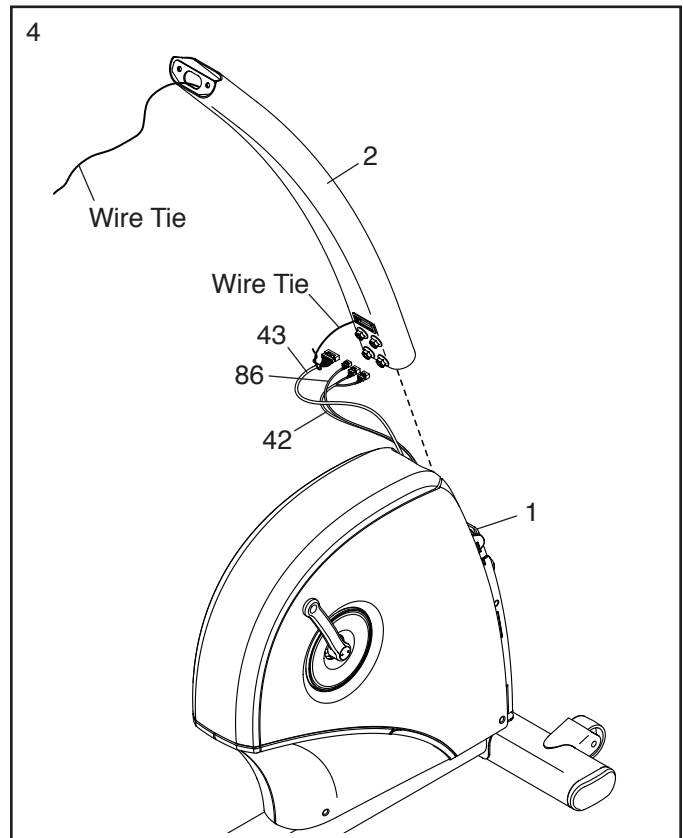
Remove the packing material.



4. Orient the Upright (2) as shown. Have a second person hold the Upright near the front of the Frame (1).

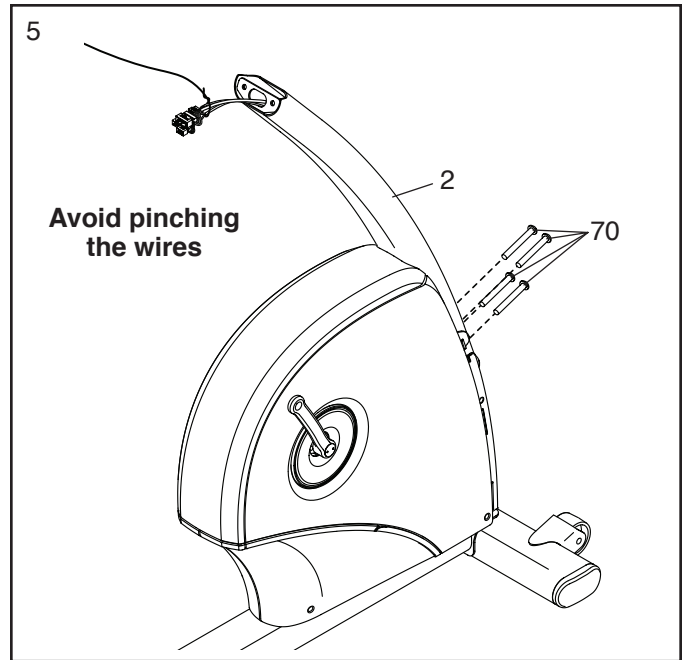
Tie the lower end of the wire tie in the Upright (2) to the Main Wire (43), to the Frame Pulse Wire (42), and to the Extension Wire (86) in the Frame (1).

Pull the upper end of the wire tie until the wires are routed through the Upright (2).

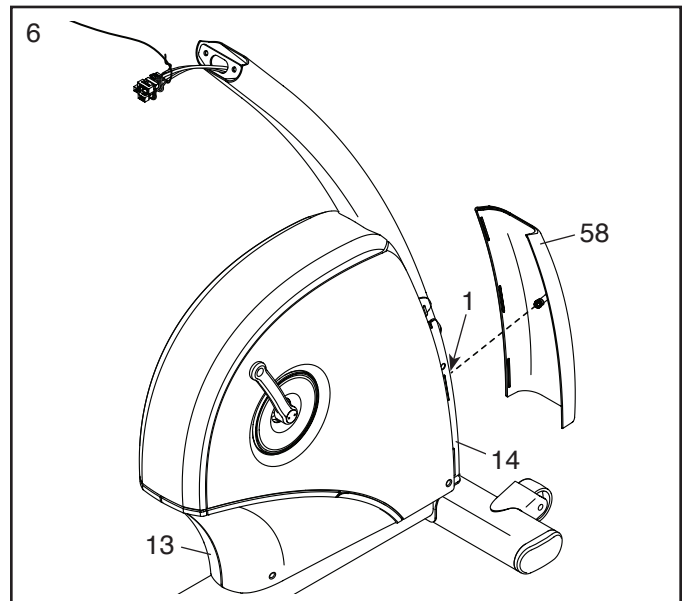


5. **Tip: Avoid pinching the wires.** Slide the Upright (2) onto the Frame (1).

Attach the Upright (2) with four M10 x 62mm Screws (70); **start all the Screws, and then tighten them.**

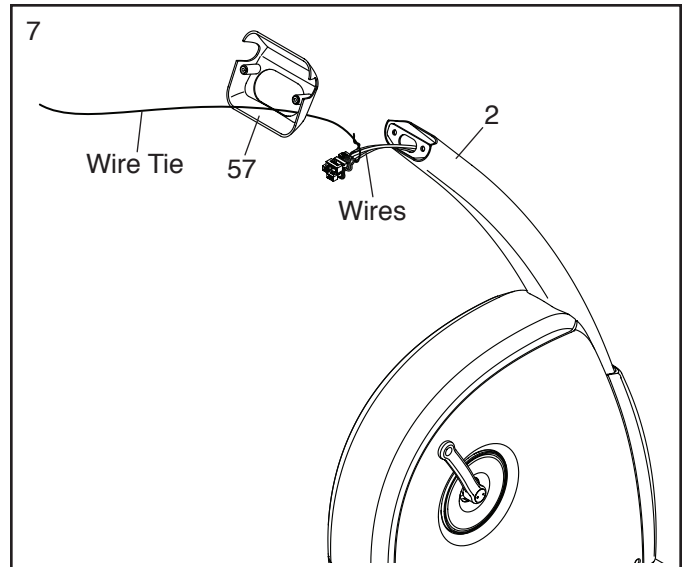


6. Press the mount on the Front Shield (58) into the Frame (1). Then, press the Front Shield into the Left and Right Front Shields (13, 14).



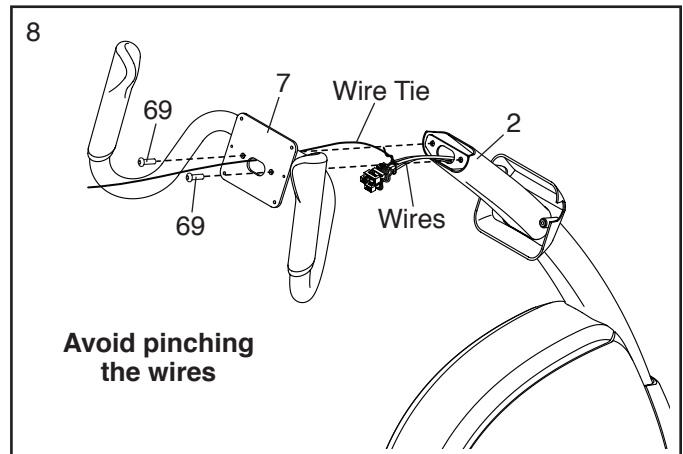
7. Orient the Upright Cover (57) as shown. Hold the Upright Cover near the Upright (2), and insert the wires upward through the Upright Cover.

Then, slide the Upright Cover (57) onto the Upright (2).



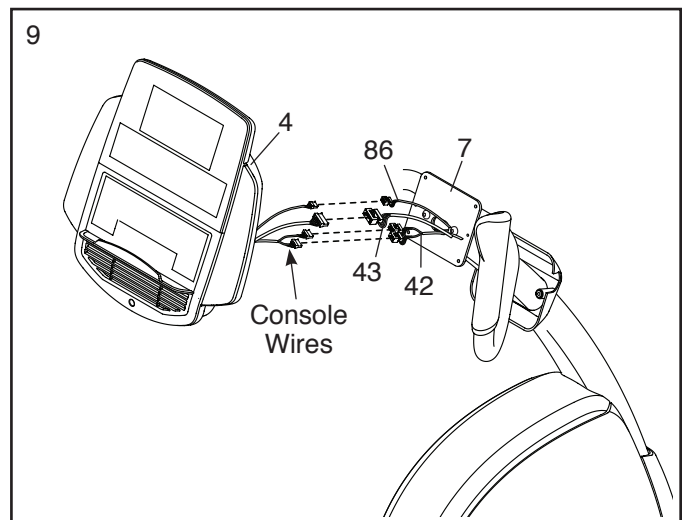
8. Orient the Handlebar (7) as shown. While a second person holds the Handlebar near the Upright (2), insert the wires upward through the Handlebar.

**Tip: Avoid pinching the wires.** Attach the Handlebar (7) to the Upright (2) with two M8 x 22mm Screws (69).

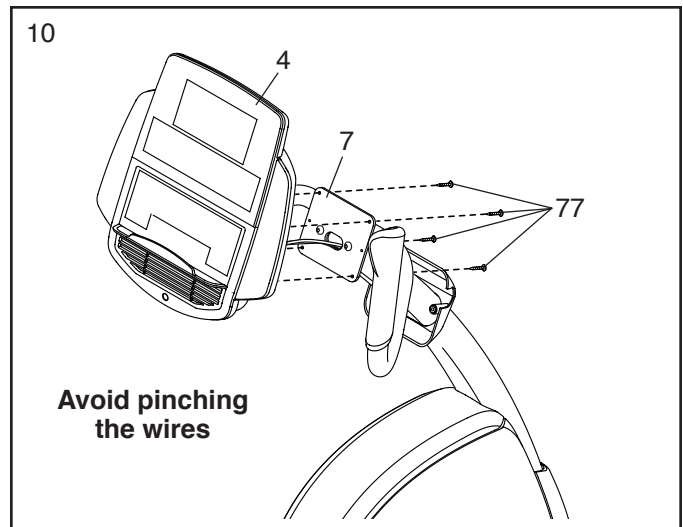


9. While a second person holds the Console (4) near the Handlebar (7), connect the wires on the Console to the Main Wire (43), to the Frame Pulse Wires (42), and to the Extension Wire (86).

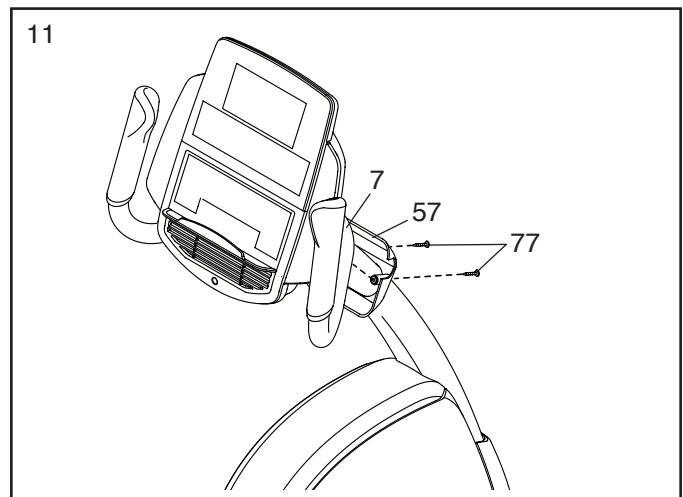
Insert the excess wire into the Handlebar (7) or into the Console (4).



10. **Tip: Avoid pinching the wires.** Attach the Console (4) to the Handlebar (7) with four M4 x 16mm Screws (77).

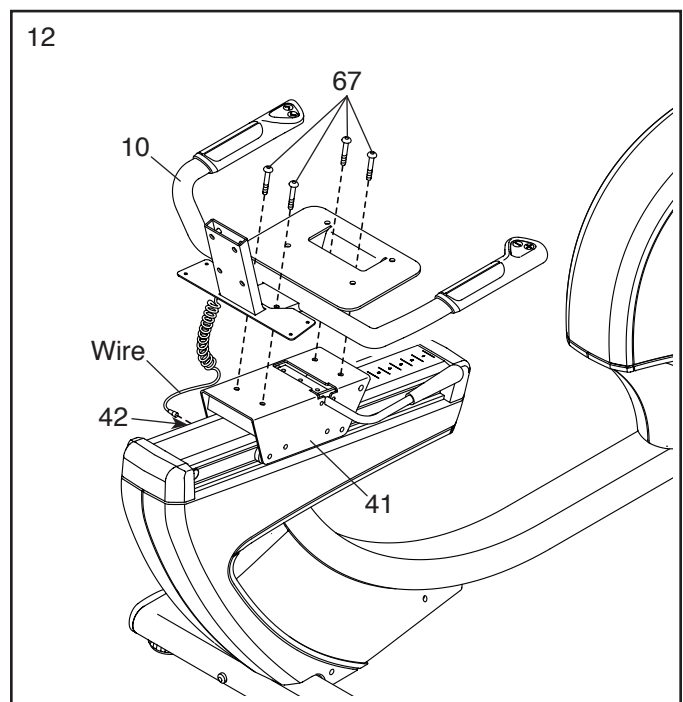


11. Attach the Upright Cover (57) to the Handlebar (7) with two M4 x 16mm Screws (77).



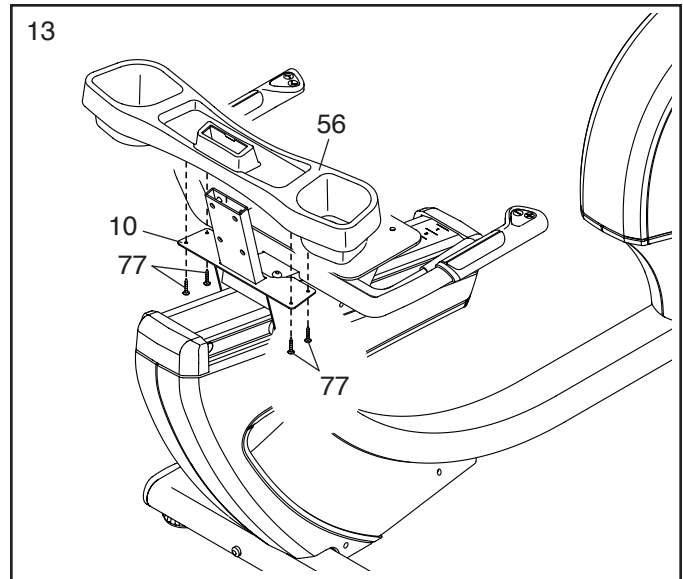
12. Attach the Seat Handlebar (10) to the Seat Carriage (41) with four M8 x 38mm Screws (67); **start all the Screws, and then tighten them.**

Plug the wire on the Seat Handlebar (10) fully into the Frame Pulse Receptacle (42) on the left side of the exercise bike.



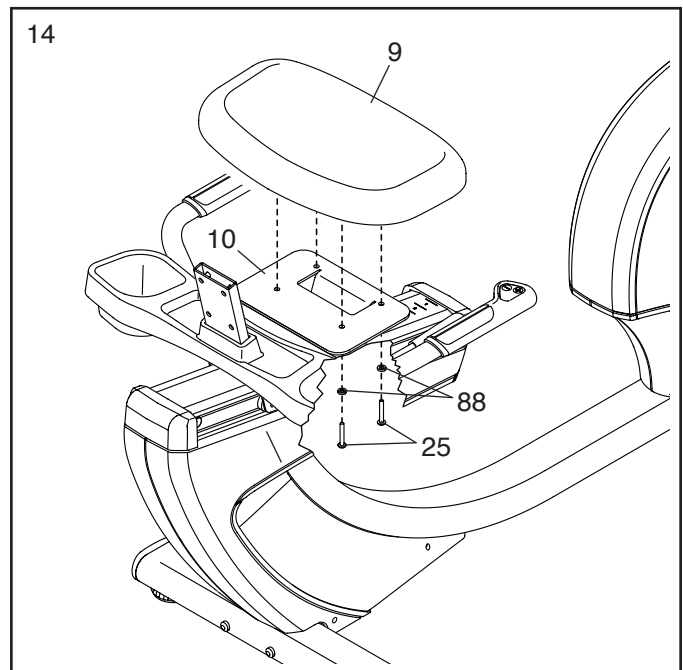
13. Slide the Accessory Tray (56) onto the Seat Handlebar (10).

Attach the Accessory Tray (56) to the Seat Handlebar (10) with four M4 x 16mm Screws (77).



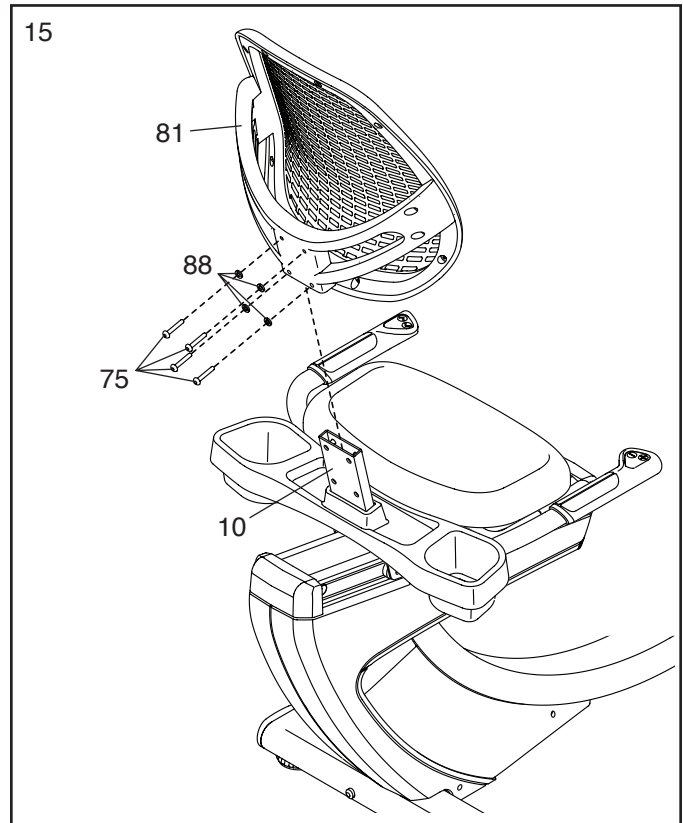
14. Orient the Seat (9) as indicated by the sticker.

Attach the Seat (9) to the Seat Handlebar (10) with four M6 x 18mm Screws (25) and four M6 Washers (88) (only two of each are shown); **start all the Screws, and then tighten them.**



15. Slide the Backrest Back (81) onto the Seat Handlebar (10).

Attach the Backrest Back (81) with four M6 x 30mm Screws (75) and four M6 Washers (88); **start all the Screws, and then tighten them.**

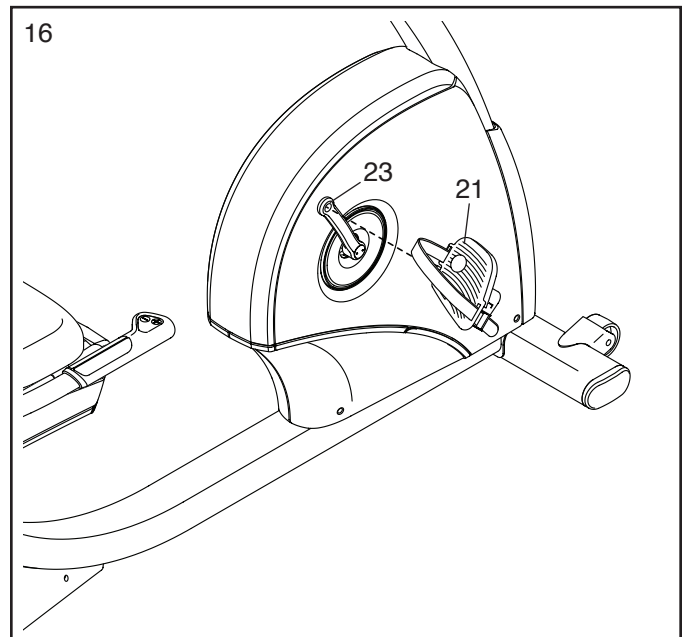


16. Identify the Right Pedal (21).

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

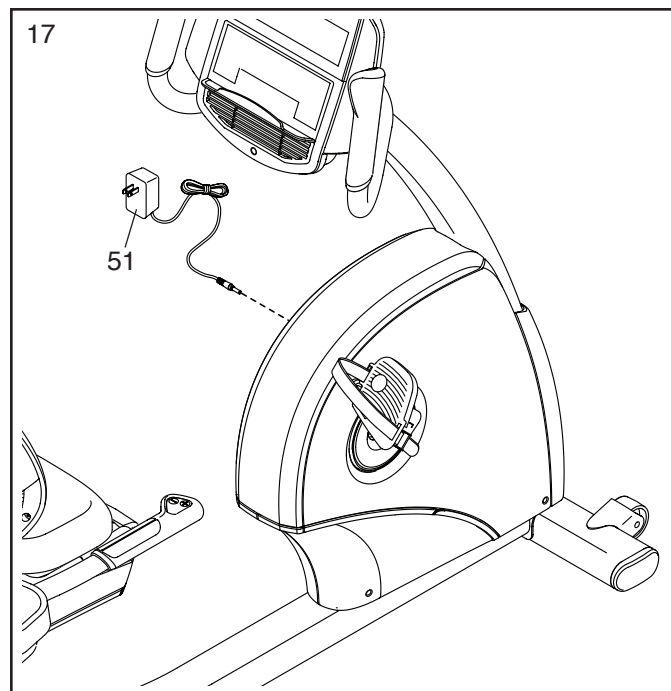
**Firmly tighten** the Left Pedal (not shown) **counterclockwise** into the Left Crank Arm (not shown).

Adjust the strap on the Right Pedal (21) to the desired position, and press the ends of the strap onto the tabs on the Right Pedal. **Adjust the strap on the Left Pedal (not shown) in the same way.**



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

Note: To plug the Power Adapter (51) into an outlet, see HOW TO PLUG IN THE POWER ADAPTER on page 17.



18. **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

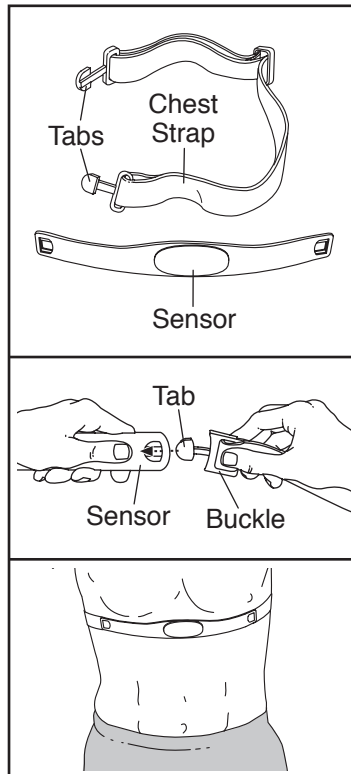
The heart rate monitor consists of a chest strap and a sensor. Insert the tab on one end of the chest strap into the hole in one end of the sensor as shown. Then, press the end of the sensor under the buckle on the chest strap. The tab should be flush with the front of the sensor.

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.

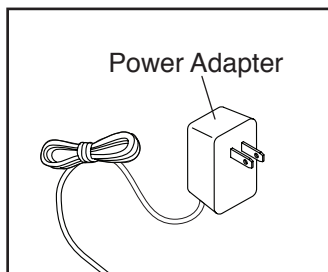
- Make sure that you are wearing the heart rate monitor as described at the left. If the heart rate monitor does not function when positioned as described, move it slightly lower or higher on your chest.
- If heart rate readings are not displayed until you begin perspiring, rewet the electrode areas.
- 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 PLUG IN THE POWER ADAPTER

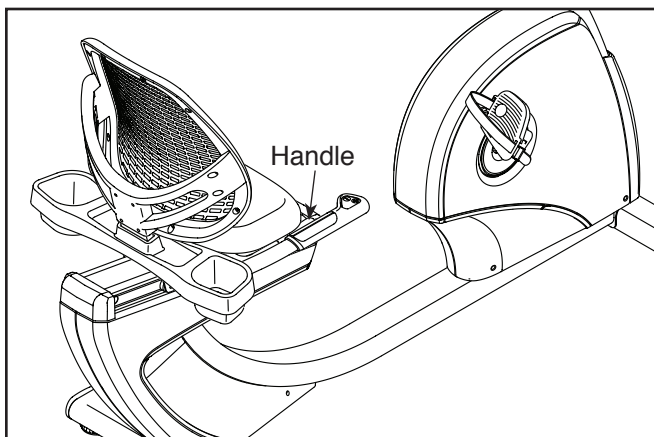
**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power adapter. If you do not do this, you may damage the console displays or other electronic components.

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



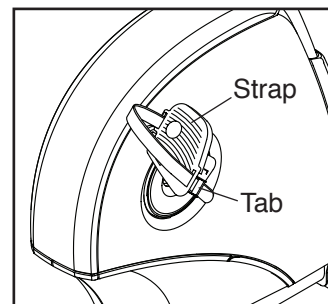
## HOW TO ADJUST THE SEAT

To adjust the seat, push downward on the seat handle, slide the seat forward or backward to the desired position, and then pull upward on the seat handle to lock the seat in place.



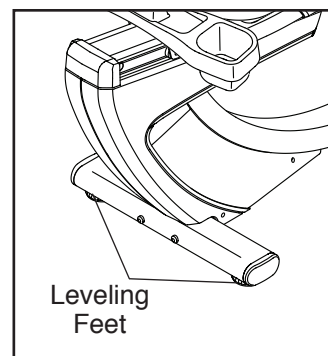
## HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired position, and then press the ends of the straps onto the tabs.

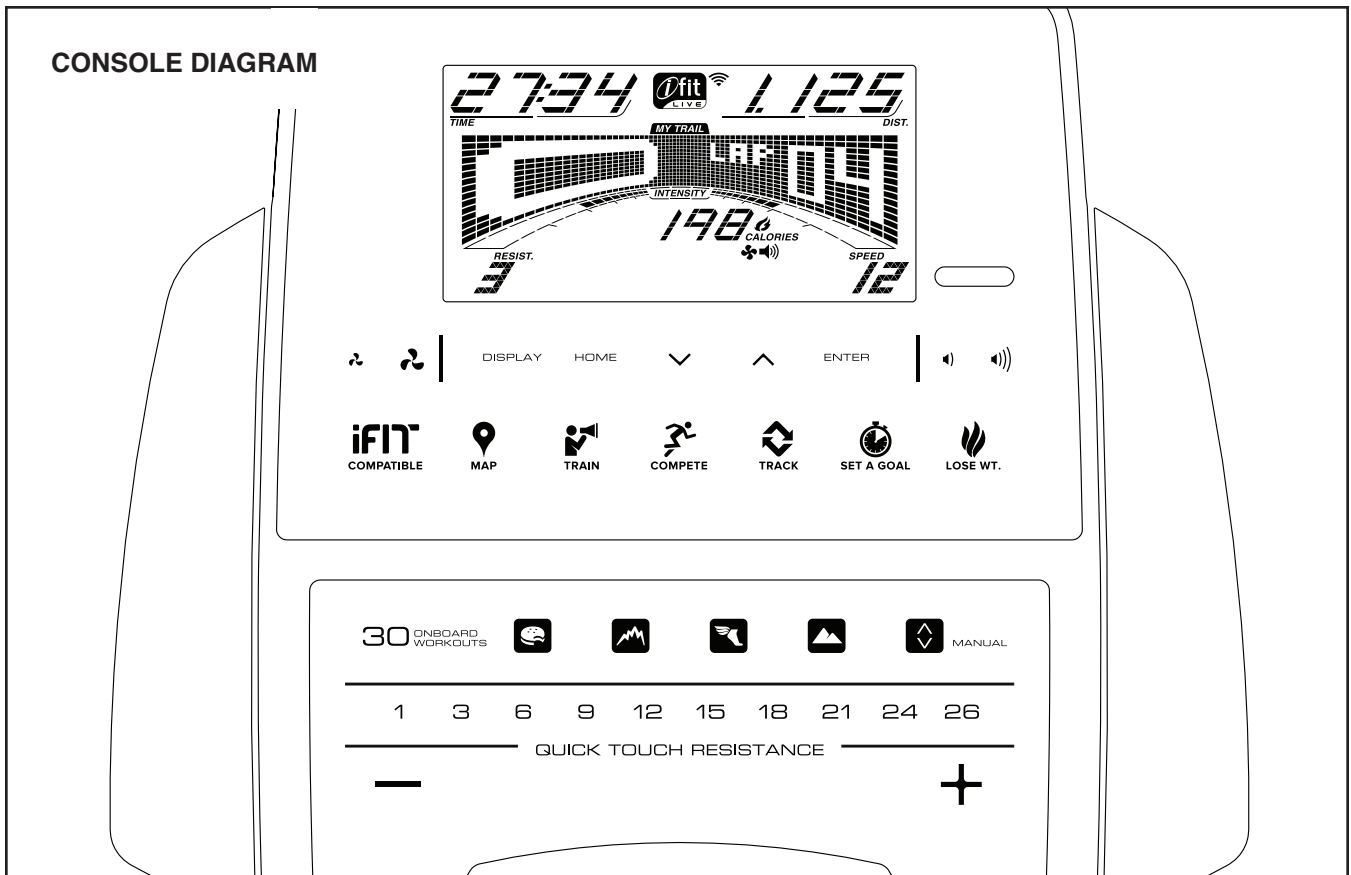


## HOW TO LEVEL THE EXERCISE BIKE

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



## CONSOLE DIAGRAM



### MAKE YOUR FITNESS GOALS A REALITY WITH IFIT.COM

With your new iFit-compatible fitness equipment, you can use an array of features on iFit.com to make your fitness goals a reality:



Exercise anywhere in the world with customizable Google Maps.



Download training workouts designed to help you reach your personal goals.



Measure your progress by competing against other users in the iFit community.



Upload your workout results to the iFit cloud and track your accomplishments.



Set calorie, time, or distance goals for your workouts.



Choose and download sets of weight-loss workouts

**Go to [iFit.com](https://www.ifit.com) to learn more.**

## FEATURES OF THE CONSOLE

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

The console features revolutionary iFit technology that enables the console to communicate with your wireless network. With iFit technology, you can download personalized workouts, create your own workouts, track your workout results, and access many other features. **See [www.iFit.com](http://www.iFit.com) for complete information.**

In addition, the console offers thirty onboard workouts. Each workout automatically changes the resistance of the pedals as it guides you through an effective workout. You can also set a customized workout goal with the set-a-goal workout.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button.

While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip heart rate monitor or the included chest heart rate monitor.

You can also listen to your favorite workout music or audio books with the console sound system while you exercise.

**To set up the console**, see this page.

## HOW TO SET UP THE CONSOLE

Before using the exercise bike for the first time, set up the console.

### 1. Create an iFit account.

**To create an iFit account, or for more information about the account, go to [www.iFit.com](http://www.iFit.com).**

Follow the prompts on the website to sign up for your iFit membership. If you have an activation code, select the code activation option.

### 2. Connect to your wireless network.

Note: In order to download iFit workouts and use other features of the console, you must be connected to a wireless network. See HOW TO CHANGE CONSOLE SETTINGS on page 25 to connect the console to your wireless network.

### 3. Check for firmware updates.

See HOW TO CHANGE CONSOLE SETTINGS on page 25 and check for firmware updates.

The console is now ready for you to begin working out. The following pages explain the various workouts and other features that the console offers.

**To use the manual mode**, see page 20. **To use the sound system**, see page 21. **To use an onboard workout**, see page 22. **To use a set-a-goal workout**, see page 23. **To use an iFit workout**, see page 24. **To change console settings**, see page 25.

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

Note: The console can display distance in either miles or kilometers. To find which unit of measurement is selected, see HOW TO CHANGE CONSOLE SETTINGS on page 25.

## HOW TO USE THE MANUAL MODE

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

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

### 2. Select the manual mode.

Press the Manual button on the console to select the manual mode.

Note: If the console is connected to iFit through your wireless network, the display will cycle between the manual mode and the iFit welcome message. Press the Home button repeatedly to select the manual mode.

You can also press any of the workouts buttons repeatedly to select the manual mode.

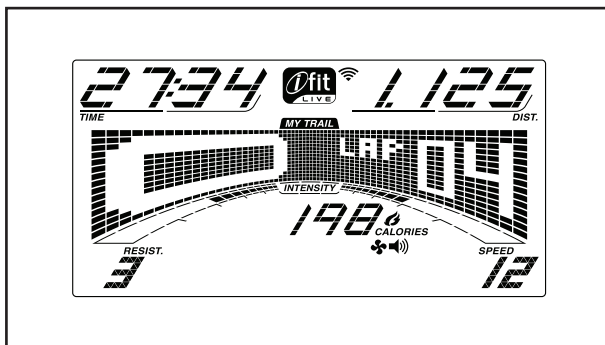
### 3. Change the resistance of the pedals as desired.

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

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

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

The display can show the following workout information:



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

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

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

**Pulse**—This display mode will show your heart rate when you use the handgrip heart rate monitor or the included chest heart rate monitor (see step 5).

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

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

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

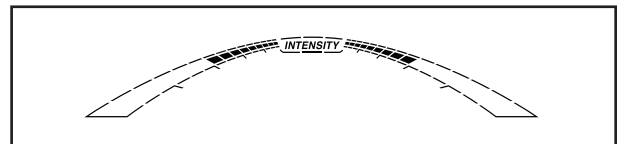
The matrix offers several display tabs. Press the Display button until the desired tab is shown. You can also press the increase and decrease buttons next to the Enter button.

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

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

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

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



Press the Home button to return to the default menu (see HOW TO CHANGE CONSOLE SETTINGS on page 25 to set the default menu). If necessary, press the Home button again.

When the console is connected to a wireless network, the wireless symbol in the display will show the strength of your wireless signal. Four arcs indicate full signal strength. If the wireless symbol is flashing, the console is not connected to a wireless network.



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

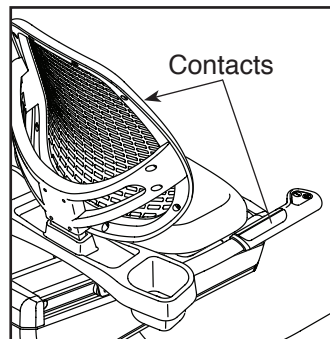
Change the volume level of the console by pressing the volume increase and decrease buttons.



## 5. Measure your heart rate if desired.

To use the included chest heart rate monitor, see page 16. To use the handgrip heart rate monitor, follow the instructions below. **IMPORTANT: If you use both heart rate monitors at the same time, the console will not display your heart rate accurately.**

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

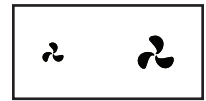


When your pulse is detected, a heart symbol will flash in the display each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

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

## 6. Turn on the fan if desired.

The fan has low and high speed settings. Press the fan increase and decrease buttons 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.

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

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

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

## HOW TO USE THE SOUND SYSTEM

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

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

## HOW TO USE AN ONBOARD WORKOUT

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

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

### 2. Select an onboard workout.

To select an onboard workout, press the desired Onboard Workouts button repeatedly until the desired workout appears in the display.

You can also press the Workouts increase and decrease buttons on the left handlebar.

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

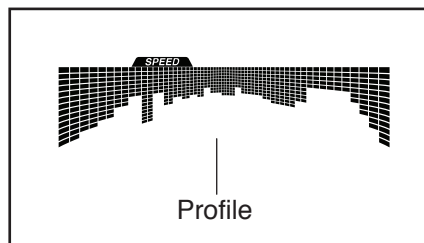
The maximum resistance level and the maximum speed for the workout will also appear in the display.

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

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

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

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different



resistance level and/or target speed is programmed for the next segment, the resistance level and/or target speed will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

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

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

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

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

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

See step 4 on page 20.

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

See step 5 on page 21.

### 6. Turn on the fan if desired.

See step 6 on page 21.

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

See step 7 on page 21.

## HOW TO USE A SET-A-GOAL WORKOUT

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

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

### 2. Set a calorie, distance, or time goal.

To set a calorie, distance, or time goal, first press the Set A Goal button.

Next, press the Set A Goal button repeatedly until the name of the desired goal appears in the display. Then, press the Enter button.

Then, press the increase and decrease buttons next to the Enter button to set the desired goal.

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

Each workout is divided into one-minute segments. The target speed for the current segment will appear in the display at the beginning of each segment.

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

You can manually change the resistance of the pedals as desired during the workout by pressing the Quick Touch Resistance buttons.

Note: If you manually change the resistance during a calorie goal workout, the length of the workout will adjust automatically to ensure that you meet your calorie goal.

**Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance during the workout, the number of calories you burn will be affected.**

The workout will continue in this way until the goal is reached. To pause the workout, stop pedaling. The time will pause in the display. To resume the workout, simply resume pedaling.

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

See step 4 on page 20.

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

See step 5 on page 21.

### 6. Turn on the fan if desired.

See step 6 on page 21.

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

See step 7 on page 21.

## HOW TO USE AN iFIT WORKOUT

Note: To use an iFit workout, you must have access to a wireless network (see page 25). An iFit account is also required (see step 1 on page 19).

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

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

### 2. Select the iFit mode.

Press the Home button repeatedly to select the iFit mode. The iFit welcome message will appear in the display.

### 3. Select a user.

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

### 4. Select an iFit workout.

To download an iFit workout in your schedule, press the Map, Train, or Lose Wt. button to download the next workout of that type in your schedule.

To compete in a race that you have previously scheduled, press the Compete button.

To re-run a recent iFit workout from your schedule, press the Track button, press the increase and decrease buttons to select the desired workout, and then press the Enter button to start the workout.

To use a set-a-goal workout, press the Set A Goal button (see page 23).

Before some workouts will download, you must add them to your schedule on iFit.com.

**For more information about the iFit workouts, please see [www.iFit.com](http://www.iFit.com).**

When you select an iFit workout, the display will show the name, duration, and distance of the workout. The display will also show the approximate number of calories you will burn during the workout and a profile of the resistance settings of the workout.

**Note: The calorie goal is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors such as your weight. In addition, if you manually change the resistance of the pedals during the workout, the number of calories you burn will be affected.**

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

See step 3 on page 22.

During some workouts, the voice of a personal trainer will guide you through your workout.

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

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

See step 4 on page 20.

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

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

See step 5 on page 21.

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

See step 6 on page 21.

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

See step 7 on page 21.

**For more information about iFit workouts, go to [www.iFit.com](http://www.iFit.com).**

**IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter inside the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.**

## HOW TO CHANGE CONSOLE SETTINGS

The console features a settings mode that allows you to view usage information, to personalize console settings, and to set up and manage a wireless network connection.

### 1. Select the settings mode.

To select the settings mode, press and hold down the Onboard Workouts button furthest to the left until the settings mode appears in the display.

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

The distance display will show the total number of miles (or kilometers) that have been pedaled on the exercise bike.

### 2. Navigate the settings mode menu.

The matrix will display a menu of the settings mode options.

Press the increase and decrease buttons near the Enter button to highlight the desired option.

The lower part of the matrix will display instructions for the highlighted option. **Make sure to follow the instructions displayed in the lower part of the matrix.**

### 3. Change settings as desired.

**Demo**—The console features a display demo mode, designed to be used if the exercise bike is displayed in a store. While the demo mode is turned on, the display will not enter sleep mode when the exercise bike is not in use. If the demo mode is turned on, the word ON will appear in the matrix. To turn on or turn off the demo mode, press the Enter button.

**Units**—The selected unit of measurement will appear in the matrix. To change the unit of measurement, press the Enter button. To view distance in miles, select ENGLISH. To view distance in kilometers, select METRIC.

**Default Menu**— The default menu is the menu that will appear when you turn on the console. To

change the default menu, press the Enter button. Select MAIN for the manual mode menu or select IFIT for the iFit mode menu.

**Firmware Update—For the best results, regularly check for firmware updates.**

Note: The matrix will display NOT CONNECTED if the console is not connected to a wireless network.

Press the Enter button to check for firmware updates using your wireless network. If an update is available, the update will begin automatically.

**IMPORTANT: To avoid damaging the exercise bike, do not unplug the power adapter while the firmware is being updated. The update may take several minutes.**

Note: Occasionally, a firmware update may cause your console to function slightly differently. These updates are always designed to improve your exercise experience.

**Default Settings**—To restore the console to its factory default settings, press the Enter button.

Note: The console will erase any information that you have saved in its memory.

**WiFi IP Address**—An IP address will appear in the matrix. Note: This IP address is for reference.

The **WiFi-Normal** option will allow you to set up a wireless network connection using the console. See step 4 for instructions.

The **WiFi-WPS** option will allow you to set up a wireless network connection using your WPS router. See step 5 for instructions.

The **WiFi-Advanced** option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device. See step 6 for instructions.

**Connect To iFit Account**—To set up a different iFit account, but maintain the existing wireless connection, follow the instructions in the matrix. **Note: This option will be used rarely.**

**Clear WiFi**—To erase the console’s wireless network settings and have it forget the currently selected wireless network, follow the instructions in the matrix.

**Contrast**—The contrast level of the display will appear in the matrix. Press the Quick Touch Resistance increase and decrease buttons to adjust the contrast level.

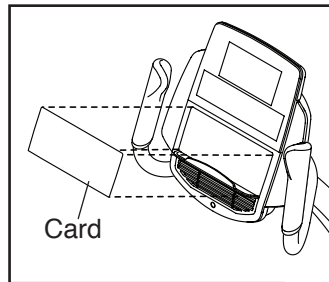
#### 4. Use WiFi—Normal to set up a wireless connection.

This option will allow you to set up a wireless network connection using the console.

Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

To set up a wireless network connection using the console, first press the Enter button.

**IMPORTANT: Set the included WiFi setup card on the console. The buttons on the WiFi setup card are referenced in the following instructions.**



A list of networks will appear in the matrix. Press the up and down buttons to highlight the desired network. Then, press the Enter button. Note: Do not select IFIT\_SETUP.

Note: The time display will show the number of the currently-selected access point. The distance display will show the total number of access points detected.

If the network has a password, enter the password.

A keyboard will appear in the matrix. As necessary, press the buttons on the WiFi setup card to select the caps option, the number option, or the symbol option.

Press the up, down, left, and right buttons to highlight the desired letter or number. Then, press the Enter button to select the letter, number, or symbol. When you have finished entering the password, press the Done button.

Next, a numerical code and a web address will appear in the matrix.

Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. Note: It may take a few minutes for the console to be ready for use.

**When the console is connected to a wireless network**, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

**If you cannot complete any part of this process, or if you have any questions, go to <http://support.ifit.com> for assistance.**

#### 5. Use WiFi—WPS to set up a wireless connection.

This option will allow you to set up a wireless network connection using your WPS router.

To set up a wireless network connection using your WPS router, first press the Enter button and follow the instructions in the matrix.

A numerical code and a web address will appear in the matrix. Open a web browser on your computer, smart phone, tablet, or other internet-compatible device and go to the web address.

Log in to your iFit account on the web page. Then, enter the numerical code into the indicated field on the web page. Follow any other instructions on the web page.

Then, unplug the power adapter, wait for several seconds, and then plug in the power adapter again. Note: It may take a few minutes for the console to be ready for use.

**When the console is connected to a wireless network**, the wireless symbol in the display will stop flashing and become solid. The wireless symbol will show the strength of your wireless signal; four arcs indicate full signal strength.

**If you cannot complete any part of this process, or if you have any questions, go to <http://support.ifit.com> for assistance.**

## 6. Use WiFi—Advanced to set up a wireless connection.

This option will allow you to set up a wireless network connection using your computer, smart phone, tablet, or other Wi-Fi device.

On your computer, smart phone, tablet, or other Wi-Fi device, open the list of available networks to which your device can connect. One of the options will be IFIT\_SETUP; select this network. If this network does not appear, make sure that your Wi-Fi device is within range of the console, and then close and re-open your list of networks. Also, see CLEAR WIFI on page 26 and clear any previous wireless network settings on the console.

**Note: The network IFIT\_SETUP will not appear if the console has already been configured to connect to a wireless network. Also, Android™ devices may not be able to detect IFIT\_SETUP.**

The console will display an IP address, such as 192.168.0.1:8080. Open a web browser on your computer, smart phone, tablet, or other Wi-Fi device. Next, type in the IP address on the console into the URL bar in your browser. Example: <http://192.168.0.1:8080>.

Your browser will load a web page. If the web page does not appear, double-check the IP address and the previous instructions of this step. Follow the instructions on the web page to connect the exercise bike to your wireless network.

Note: A warning may appear stating that the server cannot be identified. If this happens, make sure that you have entered the IP address correctly.

**If you cannot complete any part of this process, or if you have any questions, go to <http://support.ifit.com> for assistance.**

## 7. Exit the information mode.

To exit the information mode, press the Onboard Workouts button furthest to the left.

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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.**

# MAINTENANCE AND TROUBLESHOOTING

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

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

## CONSOLE TROUBLESHOOTING

If lines appear in the console display, see HOW TO CHANGE CONSOLE SETTINGS on page 25 and adjust the contrast level of the display.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 21.

If the console does not display your heart rate when you use the chest heart rate monitor, see TROUBLESHOOTING on page 16.

## HOW TO ADJUST THE REED SWITCH

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

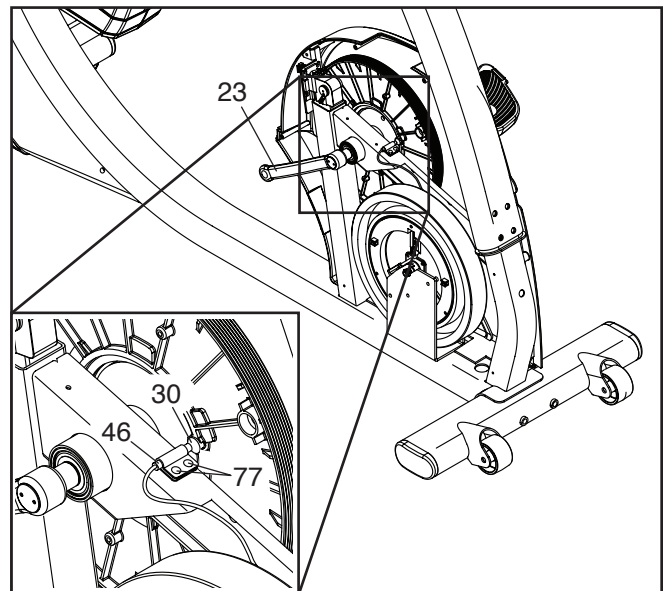
To adjust the reed switch, first **unplug the power adapter (not shown).**

See **EXPLODED DRAWING A** on page 34. Using a flat screwdriver, gently release the tabs on the Top Shield (44). Slide the Top Shield upward.

Remove the M4 x 16mm Screw (77) from the Access Cover (40). Then, remove the Access Cover.

Note: For clarity, the Right Shield is not shown in the drawing below.

Locate the Reed Switch (46). Turn the Right Crank Arm (23) until a Pulley Magnet (30) is aligned with the Reed Switch. Next, loosen, but do not remove, the two indicated M4 x 16mm Screws (77). Slide the Reed Switch slightly closer to or away from the Pulley Magnet, and then retighten the Screws.



Plug in the power adapter, and turn the Right Crank Arm (23) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, unplug the power adapter and reattach the access cover and the top shield. Then, plug in the power adapter.

## HOW TO ADJUST THE DRIVE BELT

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

To adjust the drive belt, first **unplug the power adapter (not shown)**.

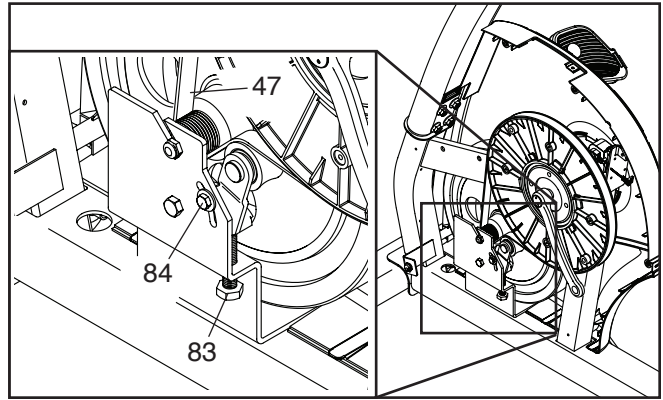
See **EXPLODED DRAWING B on page 35**. Using an adjustable wrench, turn the Left Pedal (22) clockwise and remove it.

See **EXPLODED DRAWING A on page 34**. Using a flat screwdriver, gently release the tabs on the Front Shield (58) and the Top Shield (44). Remove the Front Shield and slide the Top Shield upward.

Remove all the Screws (77, 85) from the Left and Right Front Shields (13, 14); **make sure to note the location of each size of Screw**.

Using a flat screwdriver, gently release the tabs on the left Shield Disc (52). Rotate the Shield Disc and remove it. Then, gently remove the Left Front Shield (13).

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



When the drive belt is correctly adjusted, reattach the left and right shields, the top shield, the front shield, the left pedal disc, and the left pedal. Then, plug in the power adapter.

# EXERCISE GUIDELINES

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

The 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.

# PART LIST

Model No. SFEX58012.0 R0313A

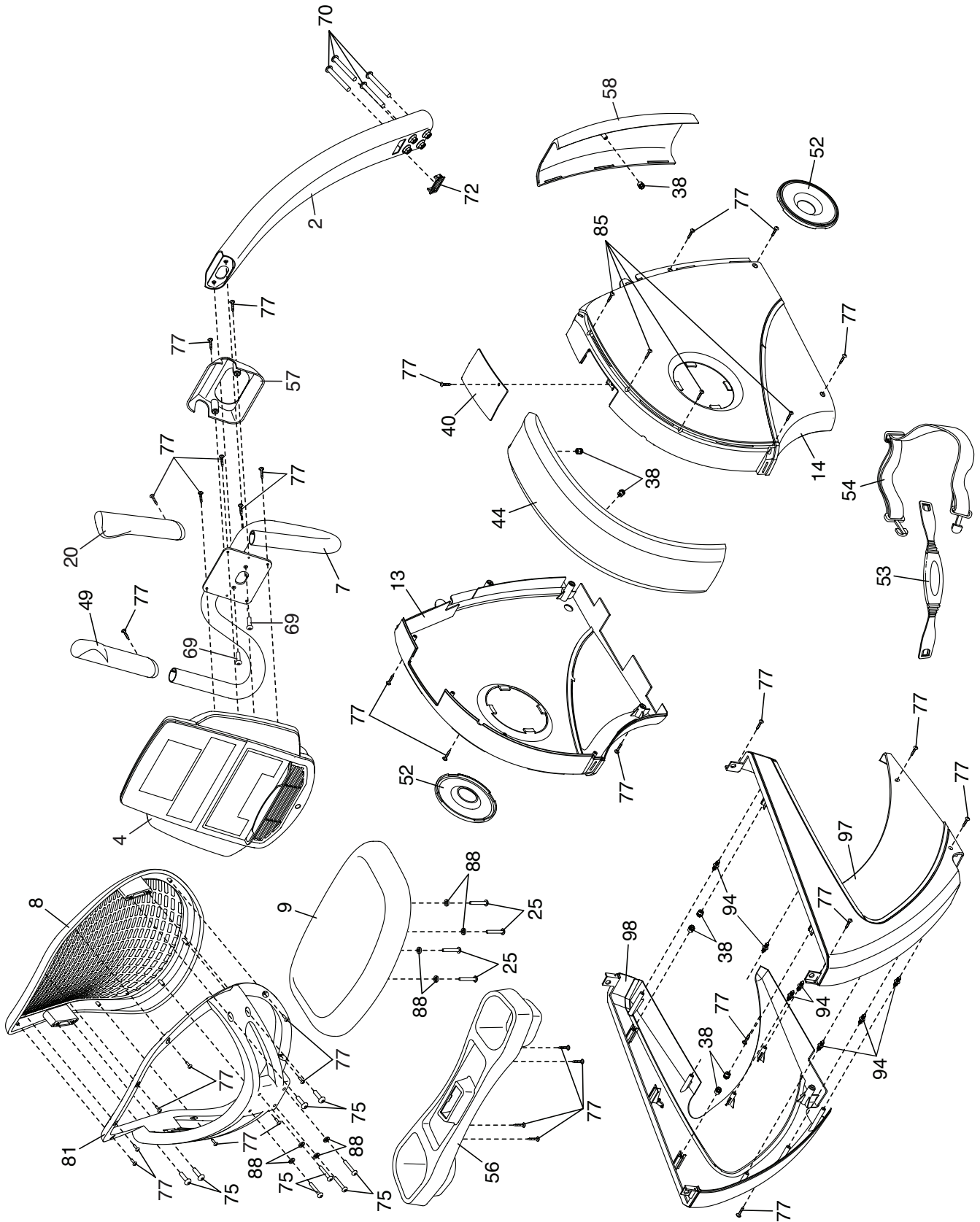
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Reed Switch/Wire
2	1	Upright	47	1	Drive Belt
3	2	Foot	48	4	Stabilizer Cap
4	1	Console	49	1	Left Handlebar Grip
5	1	Rail	50	2	Flange Screw
6	1	Adjustment Bar	51	1	Power Adapter
7	1	Handlebar	52	2	Shield Disc
8	1	Backrest	53	1	Heart Rate Monitor
9	1	Seat	54	1	Chest Strap
10	1	Seat Handlebar/Wire	55	8	Carriage Bearing
11	1	Seat Handlebar Cap	56	1	Accessory Tray
12	1	Brake Block	57	1	Upright Cover
13	1	Left Front Shield	58	1	Front Shield
14	1	Right Front Shield	59	8	Carriage Bushing
15	1	Front Stabilizer	60	2	Rail Rod
16	1	Rear Stabilizer	61	1	M6 x 15mm Shoulder Screw
17	2	Wheel	62	4	Rod Cap
18	1	Brake	63	2	Brake Spacer
19	2	Leveling Foot	64	5	M6 x 16mm Screw
20	1	Right Handlebar Grip	65	4	M10 x 122mm Screw
21	1	Right Pedal/Strap	66	2	Wheel Bolt
22	1	Left Pedal/Strap	67	4	M8 x 38mm Screw
23	1	Right Crank Arm	68	1	Large M6 Washer
24	1	Left Crank Arm	69	2	M8 x 22mm Screw
25	4	M6 x 18mm Screw	70	4	M10 x 62mm Screw
26	1	Adjustment Bar Handle	71	2	M6 x 65mm Bolt
27	1	Handle Bracket	72	1	Grommet
28	2	Large Snap Ring	73	2	1/4" x 14mm Screw
29	1	Pulley	74	8	M8 x 28mm Bolt
30	2	Pulley Magnet	75	8	M6 x 30mm Screw
31	1	Crank	76	1	Receiver/Wire
32	1	Brake Axle	77	37	M4 x 16mm Screw
33	2	Crank Bearing	78	4	M8 x 20mm Screw
34	1	Eddy Mechanism	79	1	M4 x 16mm Bright Screw
35	1	Mechanism Axle	80	4	Rail Screw
36	1	Front Rail Cover	81	1	Backrest Back
37	1	Resistance Motor	82	4	M4 x 12mm Flange Screw
38	8	Mushroom Fastener/Screw	83	1	M10 x 50mm Hex Screw
39	1	Idler	84	1	M6 x 20mm Hex Screw
40	1	Access Cover	85	8	M4 x 25mm Screw
41	1	Seat Carriage	86	1	Extension Wire
42	1	Frame Pulse Wire/Receptacle	87	2	M10 Locknut
43	1	Main Wire	88	8	M6 Washer
44	1	Top Shield	89	14	M8 Jam Nut
45	1	Clamp	90	1	Rear Rail Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
91	12	M8 Split Washer	98	1	Left Rear Shield
92	2	Crank Cap	99	7	Small M6 Washer
93	2	M6 Locknut	*	–	Assembly Tool
94	7	Tree Fastener	*	–	User's Manual
95	1	Steel Washer	*	–	Module
96	5	M6 Split Washer	*	–	Power Wire/Receptacle
97	1	Right Rear Shield			

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

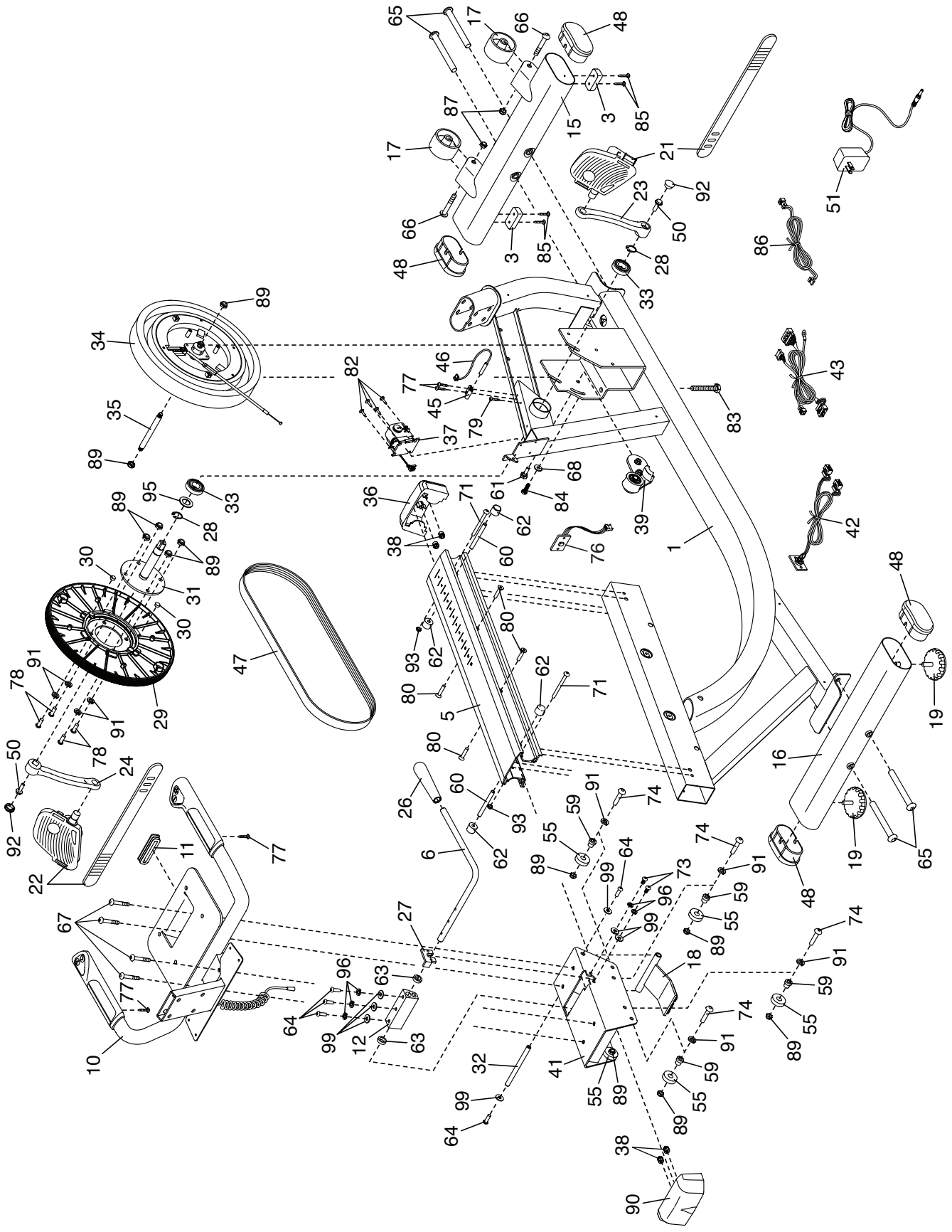
# EXPLODED DRAWING A

Model No. SFEX58012.0 R0313A



# EXPLODED DRAWING B

Model No. SFEX58012.0 R0313A



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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 5.**

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 and the eddy mechanism are 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**