

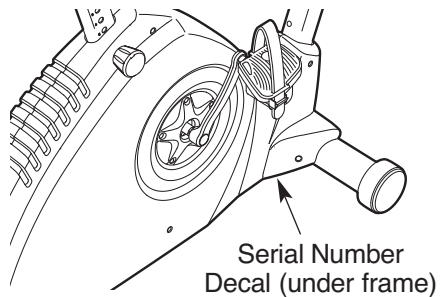
# FREEMOTION® c 5.7

www.freemotionfitness.com

Model No. SFEX80707.1

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

Write the serial number in the space above for reference.



## QUESTIONS?

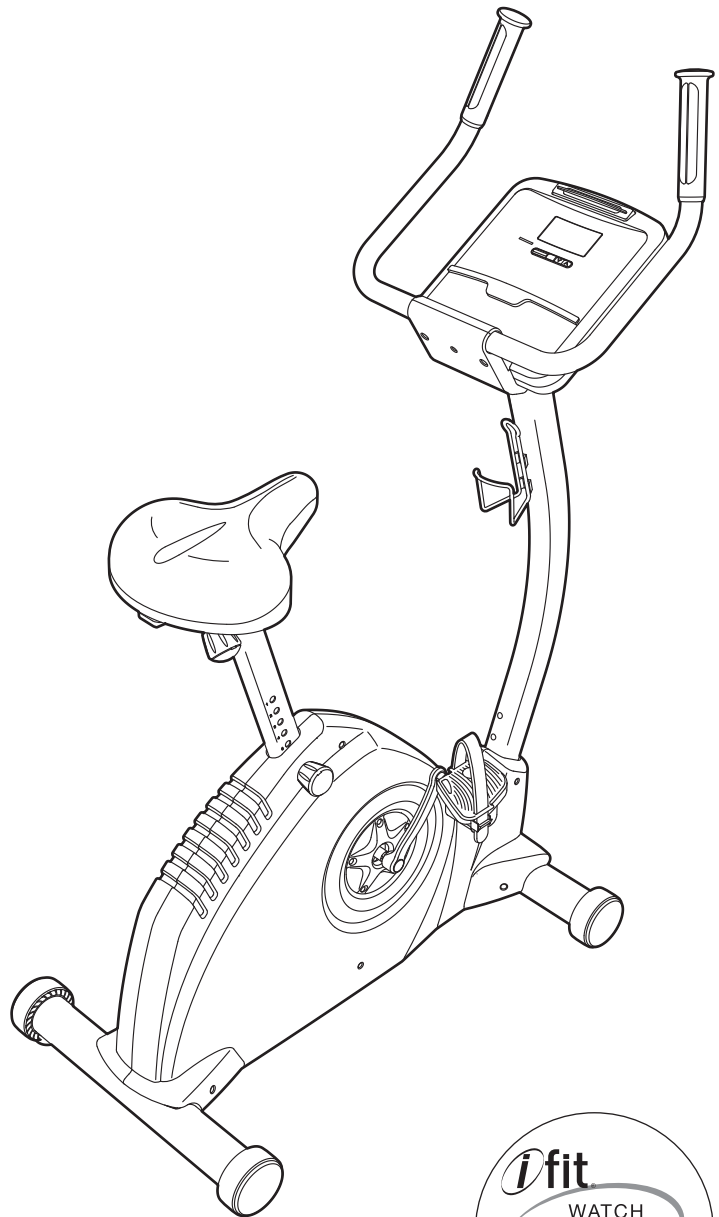
If you have questions, or if parts are damaged or missing, **CONTACT THE STORE WHERE YOU PURCHASED THIS PRODUCT.**

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

## CAUTION

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

## USER'S MANUAL



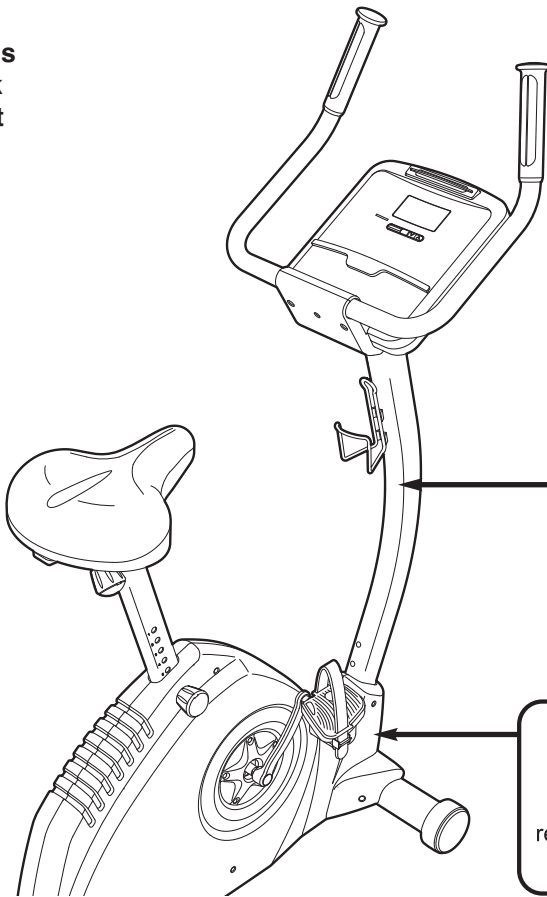
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## WARNING DECAL PLACEMENT


This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the back cover of this manual and request a free replacement decal. Apply the decal in the location shown.**

Note: The decal(s) may not be shown at actual size.



**WARNING**

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



**Important:**

To avoid damaging the console, use only a regulated 6 volt DC 2-amp power supply.

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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 cycle before using your exercise cycle. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Your exercise cycle is intended for home use only. Do not use your exercise cycle in a commercial, rental, or institutional setting.
4. Keep your exercise cycle indoors, away from moisture and dust. Place your exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your exercise cycle to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your exercise cycle at all times.
7. Your exercise cycle should not be used by persons weighing more than 350 lbs. (159 kg).
8. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on your exercise cycle. Always wear athletic shoes for foot protection while exercising.
10. When adjusting the seat, insert the seat pin into one of the holes in the seat post. Do not insert the seat pin under the seat post.
11. Keep your back straight while using your exercise cycle; do not arch your back.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your exercise cycle only as described in this manual.

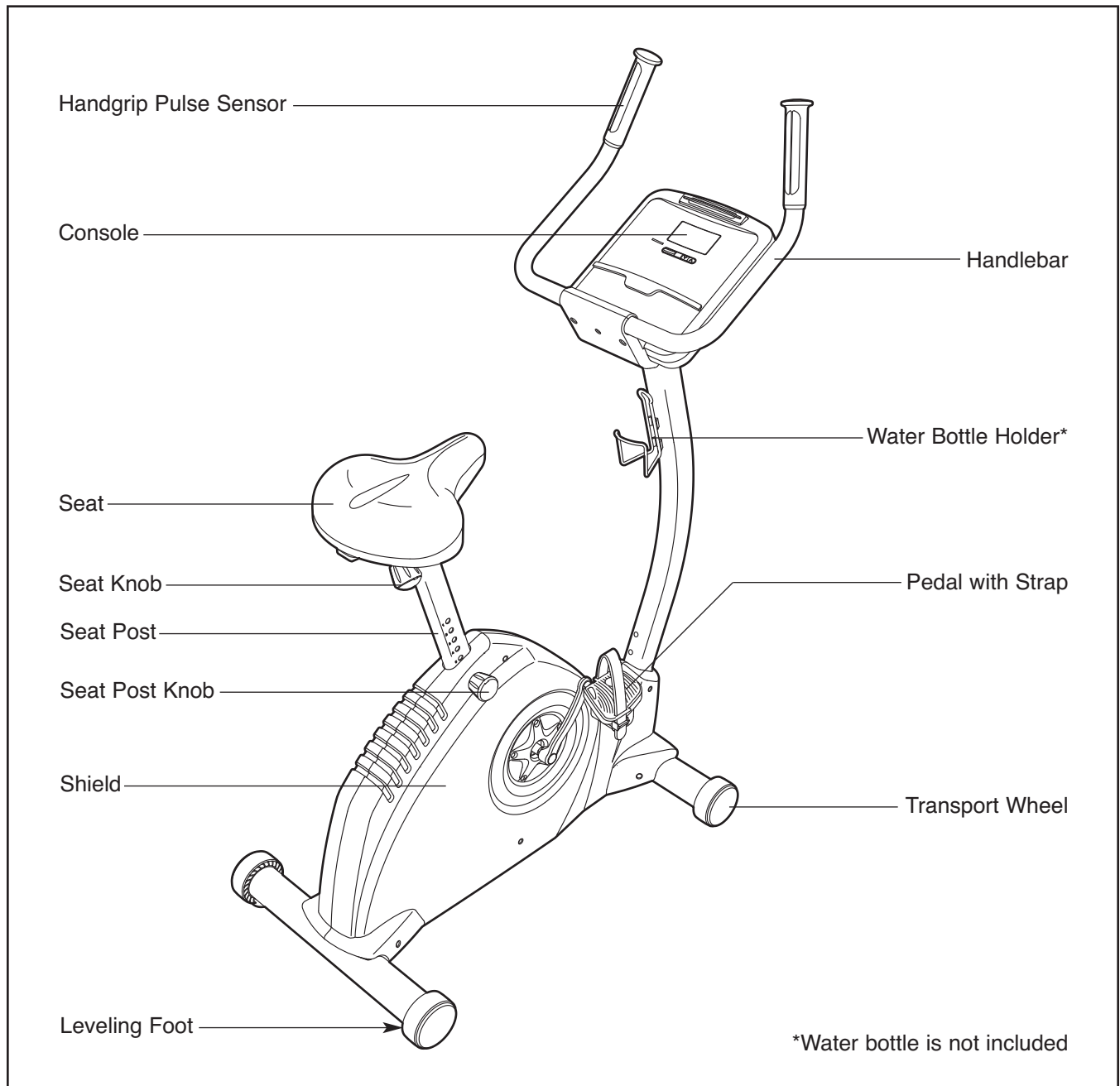
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® C5.7 exercise cycle. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The C5.7 exercise cycle 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 cycle.** If you have questions

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

Before reading further, please look at the drawing below and familiarize yourself with the labeled parts.

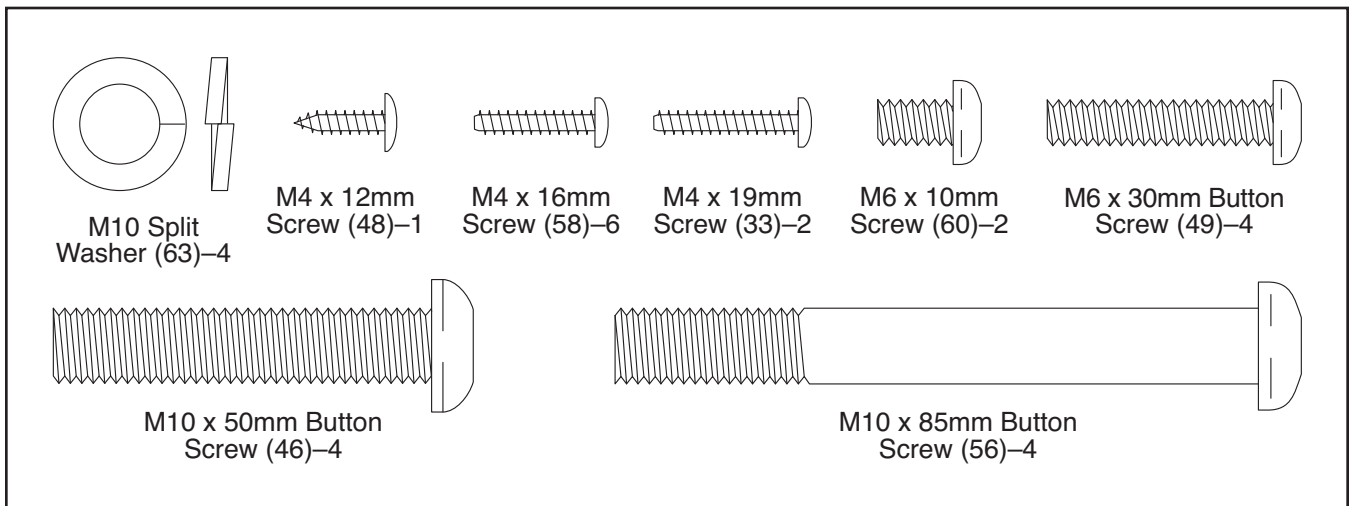


# ASSEMBLY

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

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

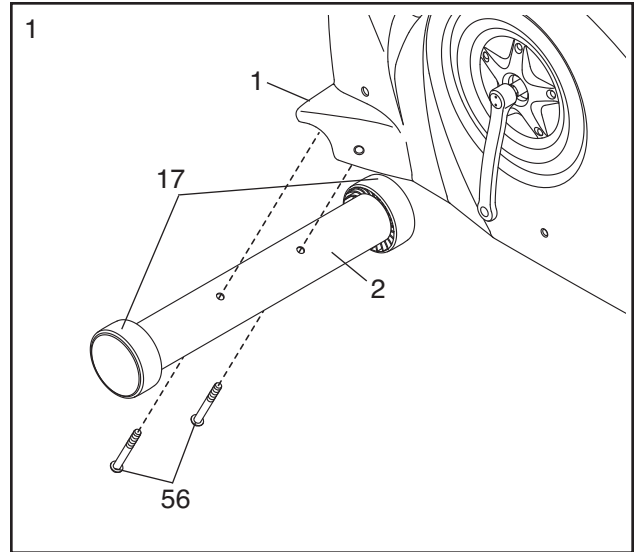
As you assemble the exercise cycle, use the drawings below to identify the small parts used in assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity used in assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



1.

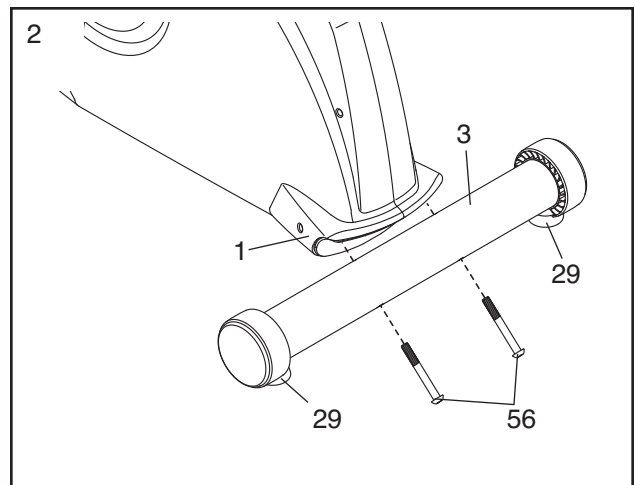
To make assembly easier, read the information on page 5 before you begin.

Identify the Front Stabilizer (2), which has Wheels (17) attached. Attach the Front Stabilizer to the Frame (1) with two M10 x 85mm Button Screws (56).



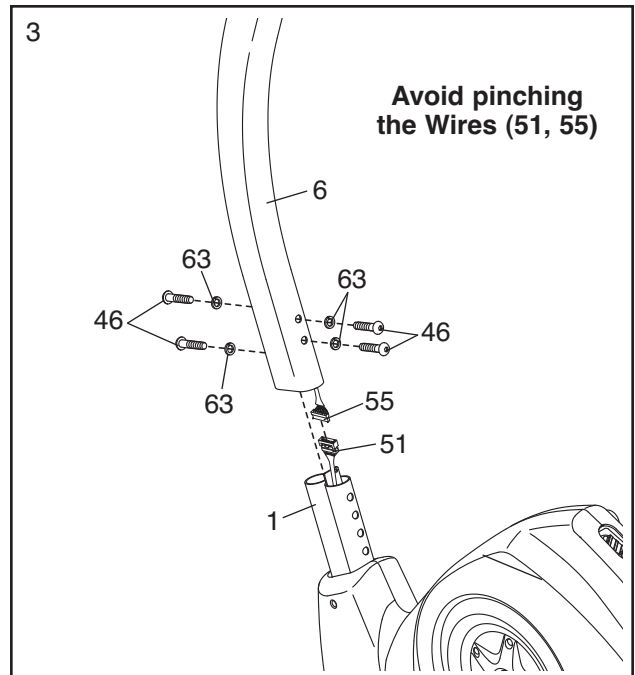
2. Tighten the two Leveling Feet (29) into the bottom of the Rear Stabilizer (3).

Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 85mm Button Screws (56).

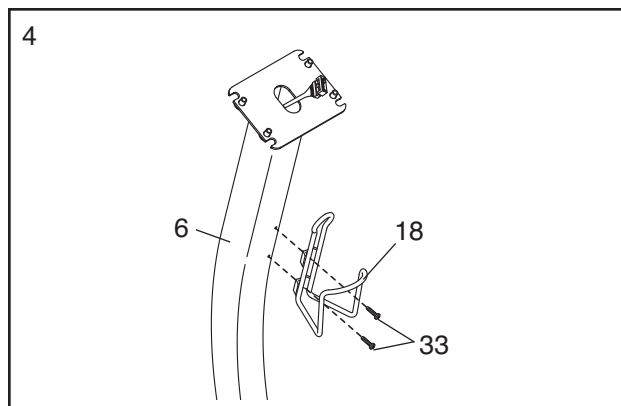


3. While another person holds the Handlebar Post (6) near the Frame (1), connect the Upper Wire Harness (55) to the Lower Wire Harness (51). Next, pull the excess Upper Wire Harness out of the top of the Handlebar Post, and slide the Handlebar Post onto the Frame. **Tip: Use an elastic band or a piece of tape to prevent the top of the Upper Wire Harness from falling into the Upright.**

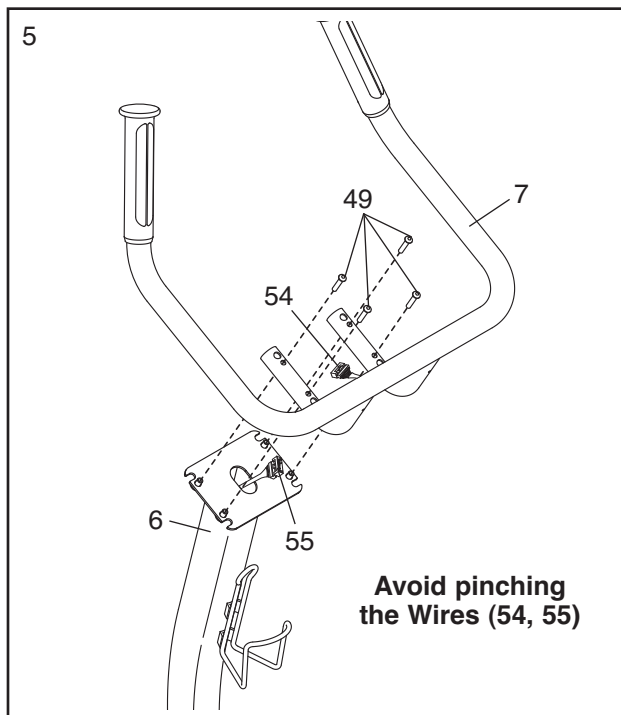
**Tip: Avoid pinching the Wire Harnesses (51, 55).** Attach the Handlebar Post (6) to the Frame (1) with four M10 x 50mm Button Screws (46) and four M10 Split Washers (63); **tighten the two Button Screws in the front of the Handlebar Post before tightening the other Button Screws.**



4. Attach the Water Bottle Holder (18) to the Handlebar Post (6) with two M4 x 19mm Screws (33).

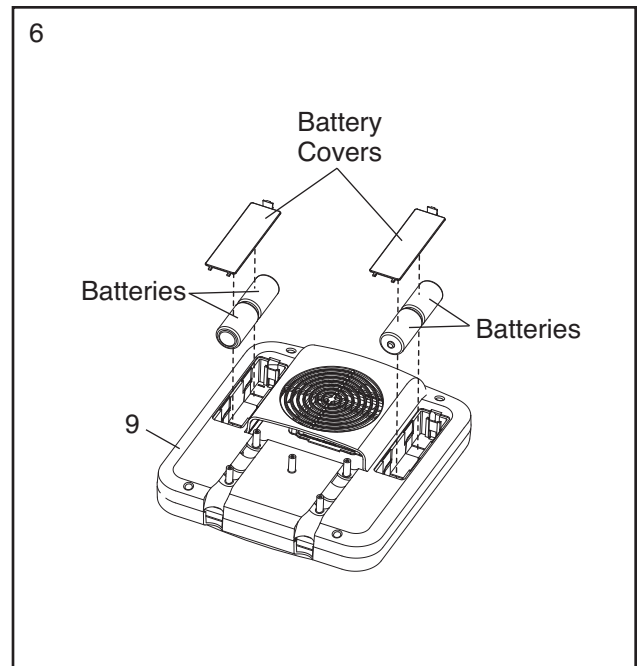


5. **Tip: Avoid pinching the Upper Wire Harness (55) and the Pulse Wire (54).** Have a second person hold the Handlebar (7) near the Handlebar Post (6). Attach the Handlebar with four M6 x 30mm Button Screws (49).



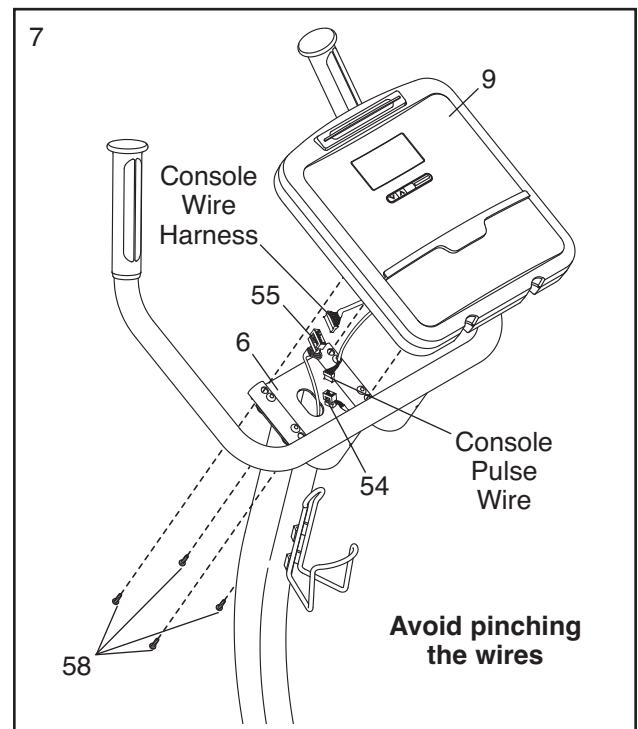
6. The Console (9) can use four D batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover, insert the batteries into the battery compartment, and reattach the battery cover. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.**

To purchase an optional AC adapter, contact the store where you purchased this product or call the telephone number on the back cover of this manual. To avoid damaging the console, use only a manufacturer-supplied AC adapter. Plug one end of the AC adapter into the jack on the console; plug the other end into an outlet installed in accordance with all local codes and ordinances.

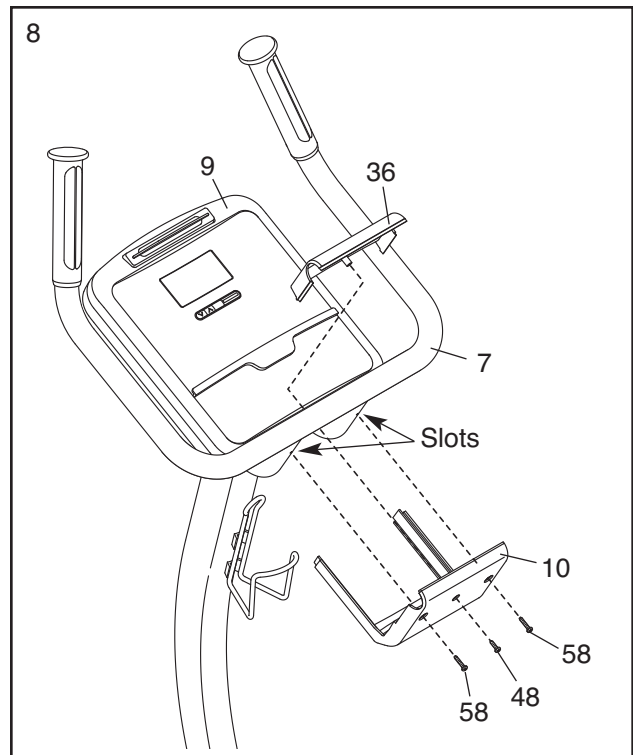


7. Have a second person hold the Console (9) near the Handlebar Post (6). Connect the console wire harness to the Upper Wire Harness (55). Next, connect the console pulse wire to the Pulse Wire (54).

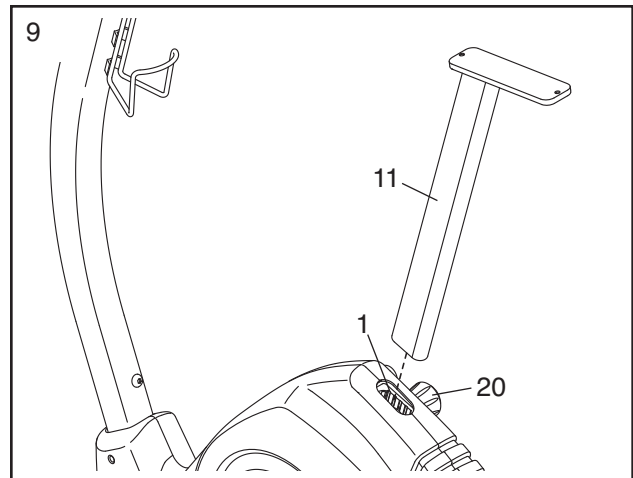
**Tip: Avoid pinching the wires during this step.** Attach the Console (9) to the Handlebar Post (6) with four M4 x 16mm Screws (58).



8. Slide the Lower Handlebar Cover (10) into the slots in the bottom of the Console (9). Attach the Lower Handlebar Cover to the Handlebar (7) and the Upper Handlebar Cover (36) with two M4 x 16mm Screws (58) and one M4 x 12mm Screw (48).

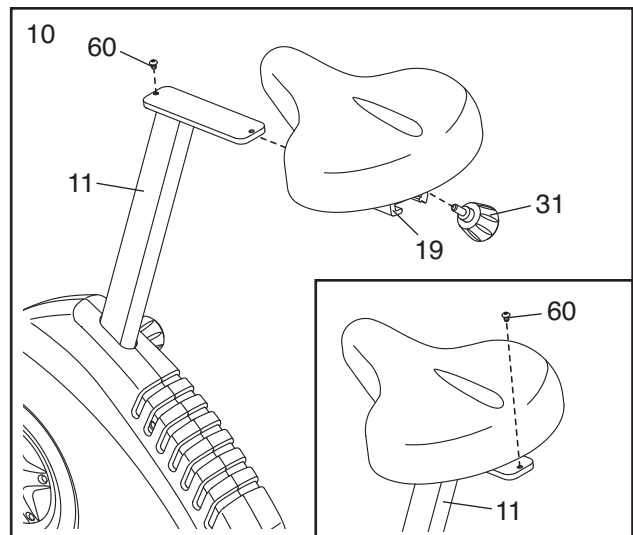


9. Turn the Seat Post Knob (20) counterclockwise several turns to loosen it. Next, pull the Seat Post Knob outward, and insert the Seat Post (11) into the Frame (1). Slide the Seat Post upward or downward to the desired position, and release the Seat Post Knob. **Move the Seat Post upward or downward slightly to make sure that the Seat Post Knob is engaged in one of the adjustment holes in the Seat Post.** Then, turn the Seat Post Knob clockwise to tighten it.



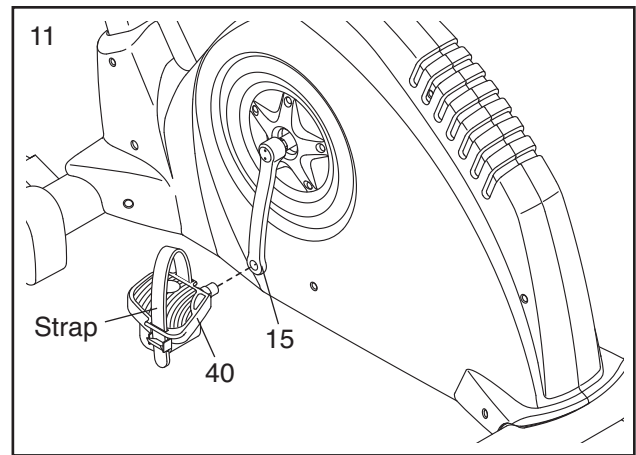
10. Attach an M6 x 10mm Screw (60) to the Seat Post (11). Next, slide the Seat Carriage (19) onto the Seat Post. Then, adjust the Seat Carriage to the desired position and tighten the Seat Knob (31) into the Seat Carriage.

**See the inset drawing.** Attach another M6 x 10mm Screw (60) to the Seat Post (11).



11. Identify the Left Pedal (40), which is marked with a sticker. Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (15). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **IMPORTANT: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

Press the tab on the side of the Left Pedal (40) and adjust the strap to the desired position. Adjust the strap on Right Pedal (not shown) in the same way.



12. **Make sure that all parts are properly tightened before you use the exercise cycle. Note: Some hardware may be left over after assembly is completed.** Place a mat under the exercise cycle to protect the floor or carpet.

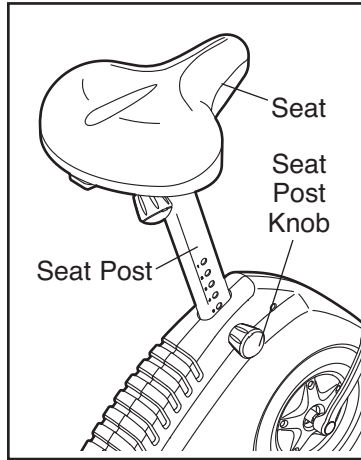
# HOW TO USE THE EXERCISE CYCLE

## HOW TO ADJUST THE HEIGHT OF THE SEAT

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.

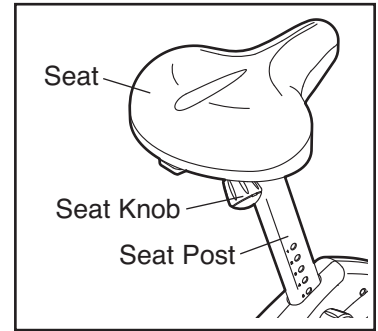
To adjust the seat, first turn the seat post knob counter-clockwise several turns to loosen it. Next, pull the knob, slide the seat post upward or downward to the desired position, and then release the knob.

**Move the seat post upward or downward slightly to make sure that the knob is engaged in one of the adjustment holes in the seat post.** Then, turn the knob clockwise to tighten it.



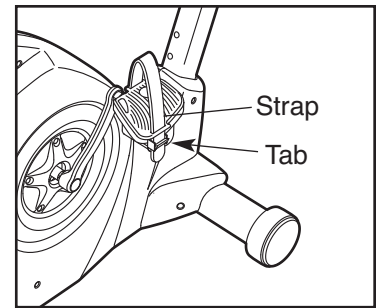
## HOW TO ADJUST THE LATERAL POSITION OF THE SEAT

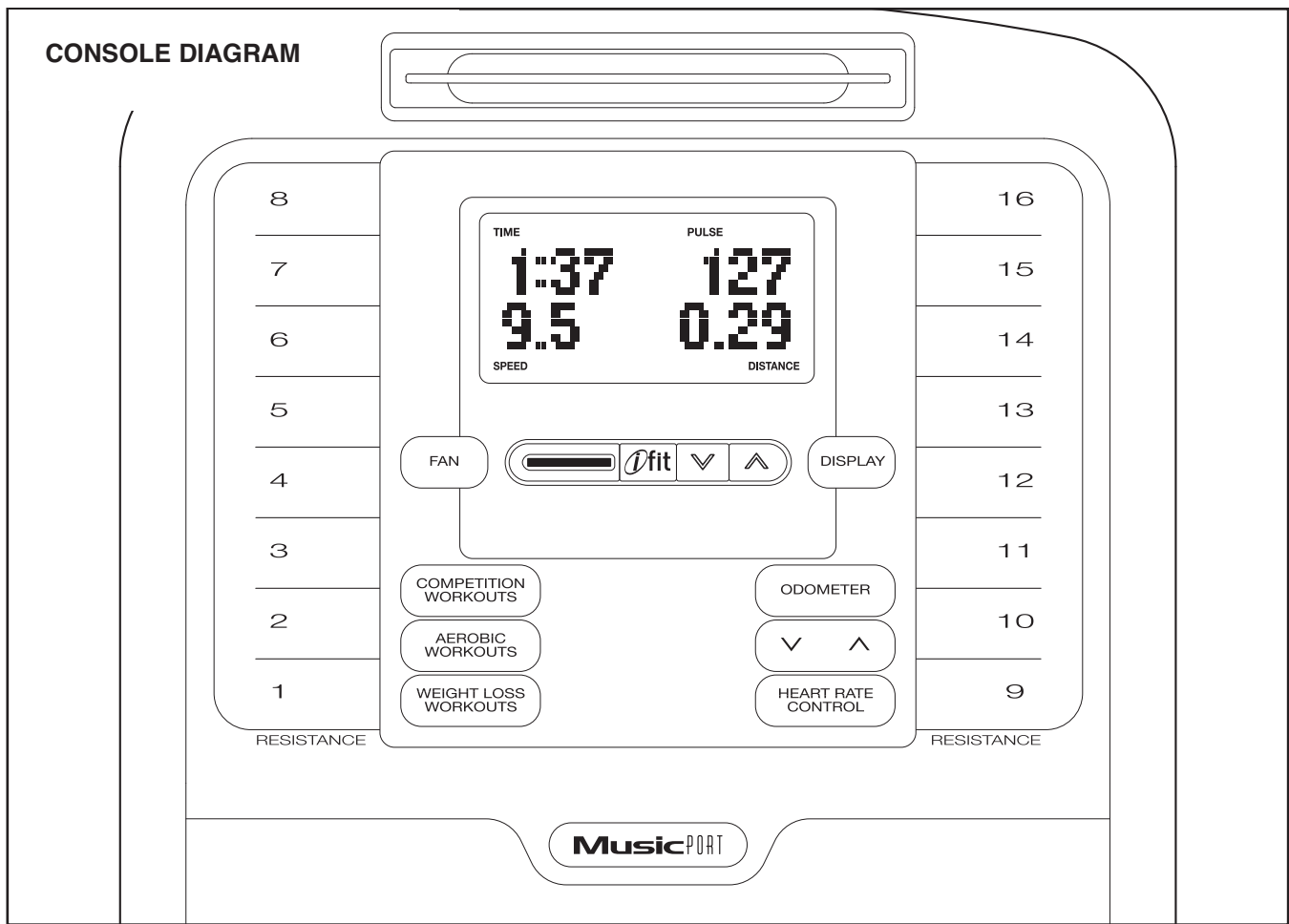
To adjust the lateral position of the seat, first loosen the seat knob a few turns. Then, move the seat forward or backward to the desired position, and firmly tighten the seat knob.



## HOW TO ADJUST THE PEDAL STRAPS

To loosen the pedal straps, press the tabs and pull the straps upward. To tighten the pedal straps, pull downward on the ends of the straps.





## FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 18.**

The console also offers eighteen preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

In addition, the console features two heart rate workouts that change the resistance of the pedals to keep your heart rate near target heart rate settings while you exercise.

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

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

**To use the manual mode, see page 13. To use a preset workout, see page 15. To use a heart rate workout, see page 16. To use an iFit workout, see page 17. To use the stereo sound system, see page 17.**

## HOW TO USE THE MANUAL MODE

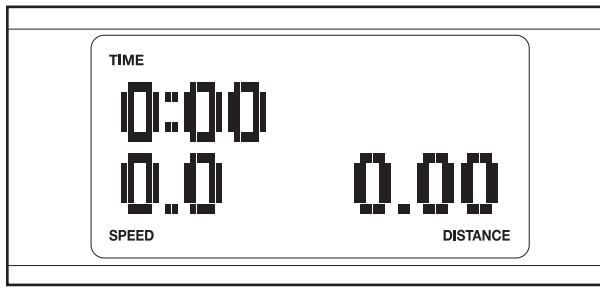
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

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

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

### 2. Select the manual mode.

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Heart Rate Control button or any of the three Workouts buttons repeatedly until zeros appear in the display.

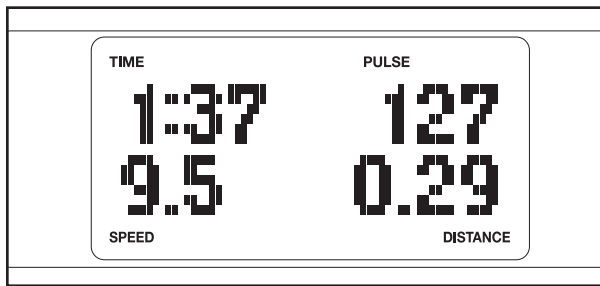


### 3. Begin pedaling and change the resistance of the pedals as desired.

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

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

While you pedal, the upper left corner of the display will show the elapsed time.



The lower left corner of the display will show your pedaling speed, in miles or kilometers per hour.

The upper right corner of the display will show your heart rate when you use the handgrip pulse sensor or the included chest pulse sensor (see step 5 on page 14).

The lower right corner of the display will show the distance that you have pedaled, in miles or kilometers.

The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button.

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

To again view the elapsed time, your pedaling speed, and the distance that you have pedaled, press the Display button again.

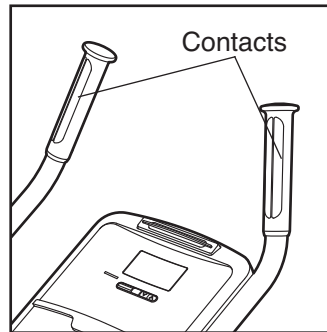
To view the total distance pedaled since the exercise cycle was purchased and the trip distance, press the Odometer button. The information will appear in the display for a few seconds. To reset the trip distance, hold down the Odometer button for a few seconds.

**Note: The console can show speed and distance in either miles or kilometers.** To determine which unit of measurement is selected, hold down the decrease button below the Odometer button for a few seconds. The words UNITS: ENGLISH or UNITS: METRIC will appear in the display. Press the increase button to change the unit of measurement if desired. Then, press the decrease button again. Note: When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

## 5. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 18 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

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



When your pulse is detected, your heart rate will be shown in the display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

## 6. Turn on the fan if desired.

The fan has high, low, and auto speed settings; when you select the auto mode, the speed of the fan will automatically increase or decrease as you increase or decrease your pedaling speed. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

Pivot the fan louvers above the display upward or downward to direct the airflow from the fan.

To turn off the fan, press the Fan button again. Note: If the pedals are not moved for about thirty seconds, the fan will automatically turn off to conserve the batteries.

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

If the pedals are not moved for several seconds, a series of tones will sound and the console will pause.

If the pedals are not moved for about five minutes, the console will turn off and the displays will be reset.

## HOW TO USE A PRESET WORKOUT

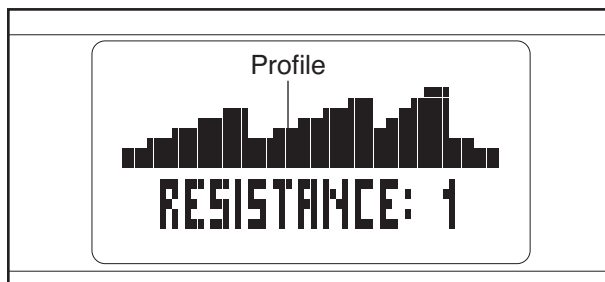
1. **Press any button on the console or begin pedaling to turn on the console.**

See step 1 on page 13.

2. **Select a preset workout.**

To select one of the six weight loss workouts, press the Weight Loss Workouts button repeatedly; to select one of the six aerobic workouts, press the Aerobic Workouts button; to select one of the six competition workouts, press the Competition Workouts button.

When you select a preset workout, the name of the workout will appear in the display for a few seconds. A profile of the resistance settings of the workout will then appear in the display. The display will also show the first resistance setting for the workout for a few seconds.



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

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing column of the profile represents the current segment of the workout. The height of the flashing column indicates the resistance level 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 is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, you will be prompted to keep your pedaling pace near the target pace setting for the current segment. When an



upward-pointing arrow appears in the display, increase your pace. When a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

**IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

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

During the workout, the display will show the workout profile, your pedaling speed, and the distance that you have pedaled.

To view the time remaining in the workout instead of the workout profile, press the Display button.

To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button again.

To view the workout profile again, press the Display button again.

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

See step 5 on page 14.

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

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO USE A HEART RATE WORKOUT

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

See step 1 on page 13.

2. **Select a heart rate workout.**

To select one of the heart rate workouts, press the Heart Rate Control button repeatedly until the words HEART RATE 1 or HEART RATE 2 appear in the display.

3. **Enter a target heart rate setting.**

A few seconds after you select a heart rate workout, the words ENTER HEART RATE will appear in the display and the number 110 will begin to flash.

**During heart rate workout 1**, the same target heart rate setting will be programmed for all segments of the workout. If you have selected heart rate workout 1, press the increase and decrease buttons below the Odometer button to enter the desired target heart rate setting (see EXERCISE INTENSITY on page 19).

**During heart rate workout 2**, different target heart rate settings will be programmed for different segments of the workout. If you have selected heart rate workout 2, press the increase and decrease buttons below the Odometer button to enter the desired maximum target heart rate setting for the workout (see EXERCISE INTENSITY on page 19).

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

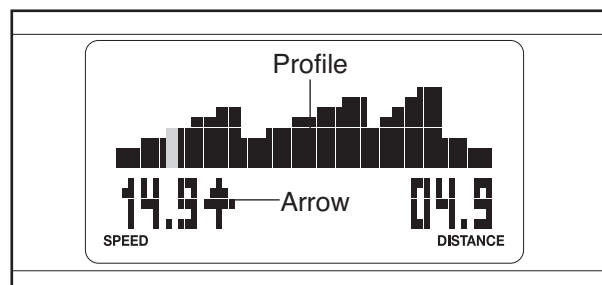
To use a heart rate program, you must use the handgrip pulse sensor or wear the optional chest pulse sensor (see page 18 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

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

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

**Heart rate workout 1** is divided into 40 one-minute segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

**Heart rate workout 2** is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.



During the workout, the workout profile in the display will show your progress. The flashing column of the profile represents the current segment of the workout. The height of the flashing column indicates the target heart rate setting 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.

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

While you exercise, you will be prompted to maintain a constant pedaling pace. If an upward-pointing arrow appears in the display (see the drawing above), increase your pace. If a downward-pointing arrow appears, decrease your pace. When no arrow appears, maintain your current pace.

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. However, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

## 6. Follow your progress with the display.

**During heart rate workout 1**, the display will show your heart rate, your pedaling speed, and the distance that you have pedaled. **During heart rate workout 2**, the display will show the workout profile, your pedaling speed, and the distance that you have pedaled.

To view the time remaining in the workout instead of your heart rate or the workout profile, press the Display button.

To view the approximate number of calories that you are burning per hour and the approximate number of calories that you have burned during your workout, press the Display button again.

To view your heart rate or the workout profile again, press the Display button again.

## 7. Turn on the fan if desired.

See step 6 on page 14.

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

See step 7 on page 14.

## HOW TO USE AN IFIT WORKOUT

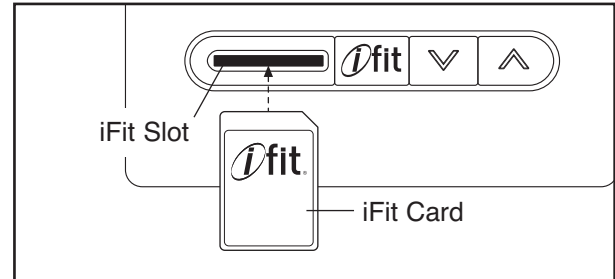
iFit cards are available separately. To purchase iFit cards, go to [www.iFit.com](http://www.iFit.com) or see the front cover of this

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

See step 1 on page 13.

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

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



Next, select the desired workout on the iFit card by pressing the up and down buttons next to the iFit slot.

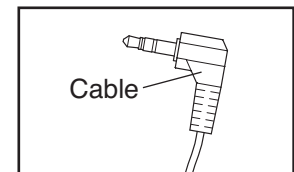
A moment after you select a workout, the voice of a personal trainer will begin guiding you through your workout. iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 6 on page 15.

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

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

## HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, first locate the stereo audio cable in the center of the console above the speakers. Plug the cable into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

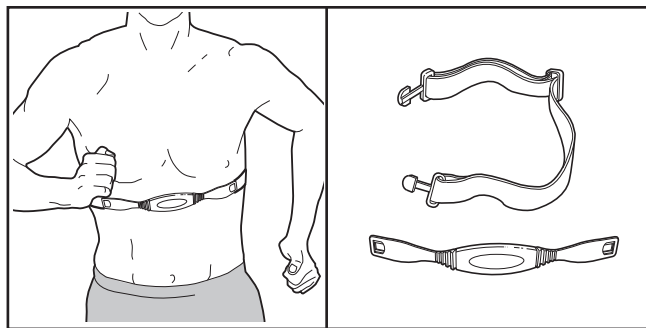


Next, press the play button on your MP3 player or CD player. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

When not in use, insert the stereo audio cable into the storage recess on the console.

## THE OPTIONAL CHEST PULSE SENSOR

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



## MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

### CONSOLE TROUBLESHOOTING

If the console display becomes dim, the batteries should be replaced. See assembly step 6 on page 8 for replacement instructions. If the console does not display your heart rate when you use the handgrip pulse sensor, see step 5 on page 14.

### HOW TO LEVEL THE EXERCISE CYCLE

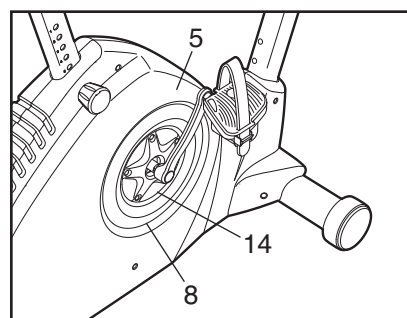
If the exercise cycle rocks slightly on your floor during use, turn one or both of the leveling feet on the underside of the rear stabilizer until the exercise cycle is level.

### HOW TO ADJUST THE BELT

If the pedals slip while you are pedaling, even while the resistance is adjusted to the highest setting, the belt may need to be adjusted. To adjust the belt, the seat post, seat post knob, right pedal and right side shield must first be removed.

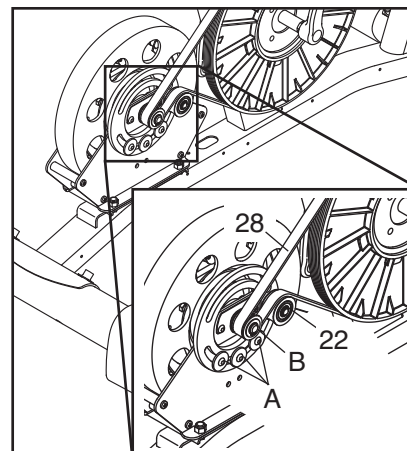
See HOW TO ADJUST THE HEIGHT OF THE SEAT on page 11 and remove the seat post from the frame. Next, using an adjustable wrench, remove the seat post knob from the frame. Again using an adjustable wrench, turn the right pedal counterclockwise and remove it.

Remove the screws from both side shields, and then carefully rotate the right Pedal Guard (8) and the right Shield Cover (14) off the right side shield.



Remove the right Pedal Guard and then slide the right Shield Cover downward onto the Right Crank Arm (16). Then, carefully remove the Right Shield (5).

Loosen, but do not remove, the three indicated screws (A). Insert the shaft of a screwdriver downward between the Idler Pulley (22) and the pulley (B) on the eddy mechanism. Pull the top of the screwdriver toward the rear of the exercise cycle until the Belt (28) is tight. Then, tighten the three screws.



Replace the right side shield and then rotate the right pedal guard into place. Press the right side shield cover into the right pedal guard. Then, reattach the side shields, the right pedal, and the seat post knob. Reinsert the seat post and adjust it to the desired height.

# EXERCISE GUIDELINES

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

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

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

## EXERCISE INTENSITY

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

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

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

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

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

## WORKOUT GUIDELINES

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

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

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

## EXERCISE FREQUENCY

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

## 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

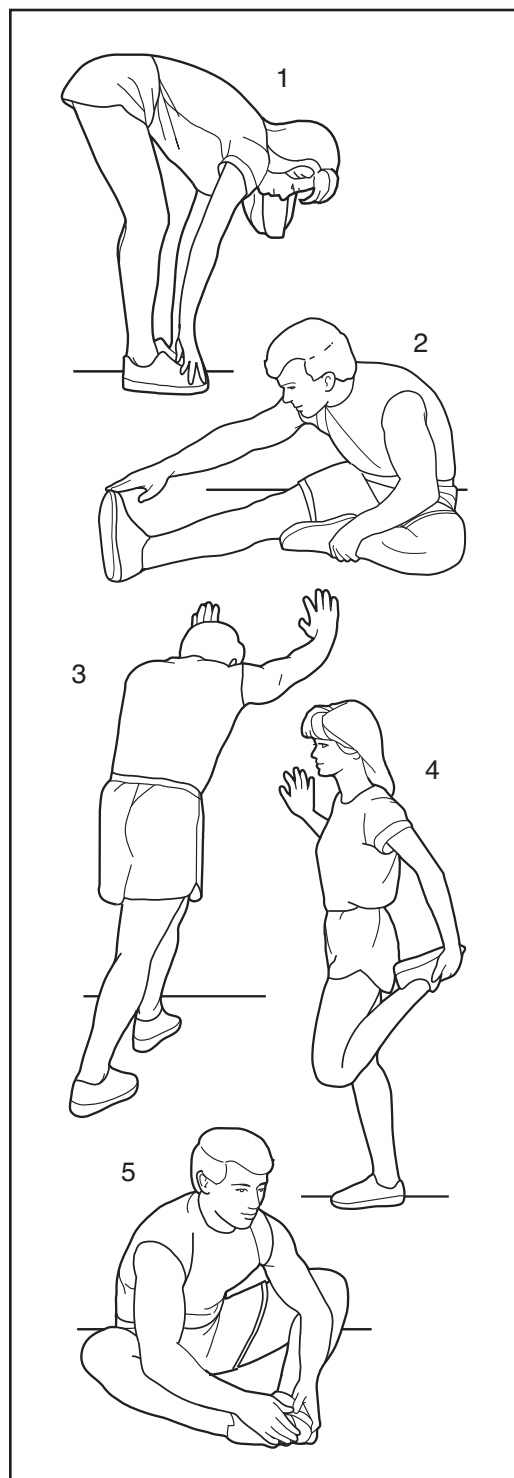
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further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



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# NOTES

# PART LIST—Model No. SFEX80707.1

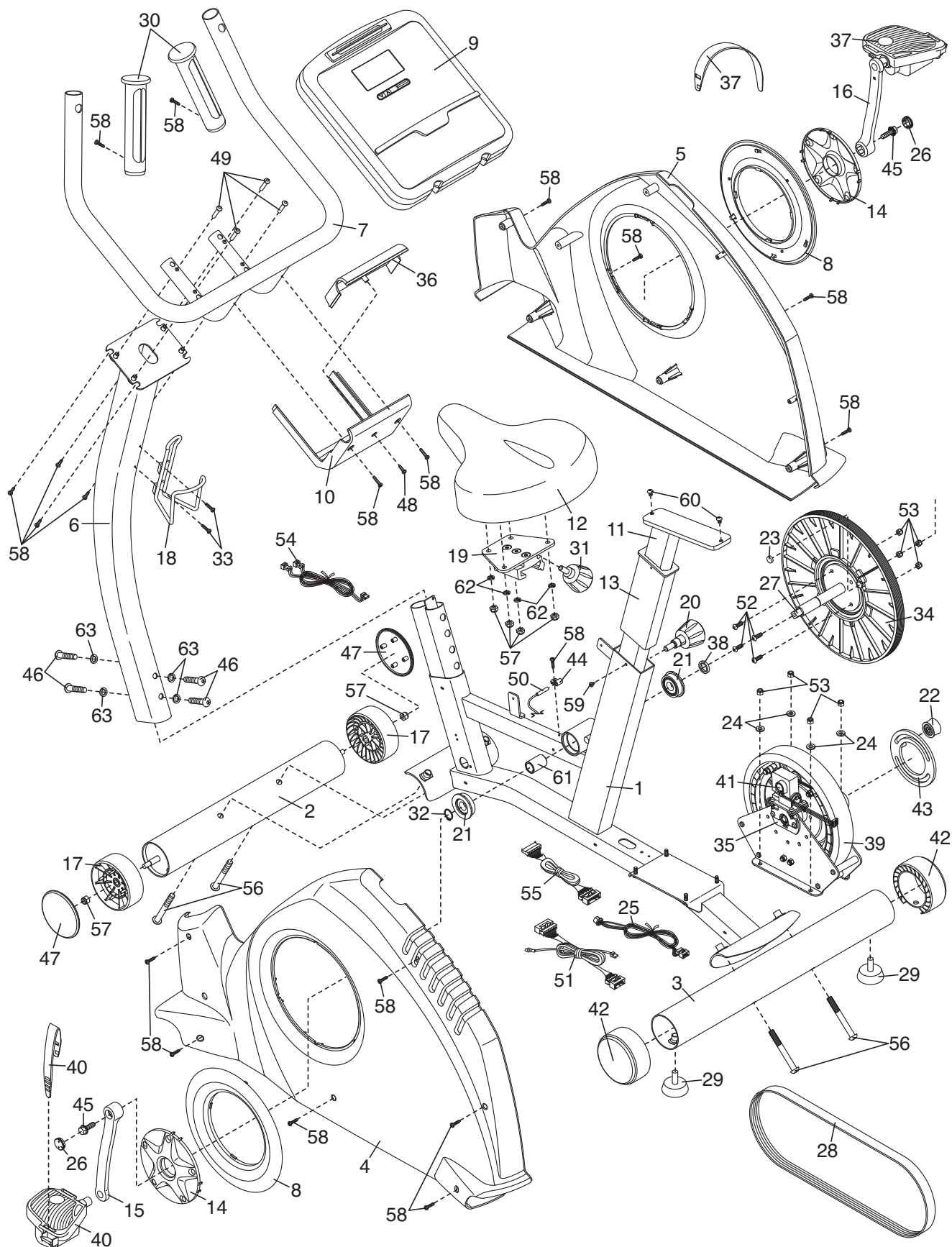
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	34	1	Pulley
2	1	Front Stabilizer	35	1	Pillow Block
3	1	Rear Stabilizer	36	1	Upper Handlebar Cover
4	1	Left Shield	37	1	Right Pedal/Strap
5	1	Right Shield	38	1	Crank Washer
6	1	Handlebar Post	39	1	Flywheel
7	1	Handlebar	40	1	Left Pedal/Strap
8	2	Pedal Guard	41	1	Resistance Motor
9	1	Console	42	2	Stabilizer Cap
10	1	Lower Handlebar Cover	43	1	Idler Arm Assembly
11	1	Seat Post	44	1	Clamp
12	1	Seat	45	2	5/16" x 1" Flange Screw
13	1	Collar	46	4	M10 x 50mm Button Screw
14	2	Shield Cover	47	2	Wheel Cover
15	1	Left Crank Arm	48	1	M4 x 12mm Screw
16	1	Right Crank Arm	49	4	M6 x 30mm Button Screw
17	2	Wheel	50	1	Reed Switch/Wire
18	1	Water Bottle Holder	51	1	Lower Wire Harness
19	1	Seat Carriage	52	4	M6 x 16mm Screw
20	1	Seat Post Knob	53	8	M6 Locknut
21	2	Crank Bearing	54	1	Pulse Wire
22	1	Idler Pulley	55	1	Upper Wire Harness
23	1	Magnet	56	4	M10 x 85mm Button Screw
24	4	M6 Split Washer	57	6	M8 Locknut
25	1	Power Wire	58	19	M4 x 16mm Screw
26	2	Crank Cover	59	1	M4 x 5mm Screw
27	1	Crank	60	2	M6 x 10mm Screw
28	1	Belt	61	1	Crank Bearing Spacer
29	2	Leveling Foot	62	4	M8 Split Washer
30	2	Pulse Grip	63	4	M10 Split Washer
31	1	Seat Knob	*	—	User's Manual
32	1	Crank Snap Ring	*	—	Assembly Tool
33	2	M4 x 19mm Screw			

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

# EXPLODED DRAWING—Model No. SFEX80707.1

R1208A



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# HOW TO CONTACT CUSTOMER CARE

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

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

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

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

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

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

## LIMITED WARRANTY

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

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area; you may be charged additionally for service calls beyond this service area. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a FreeMotion authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by FreeMotion Fitness.

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

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

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