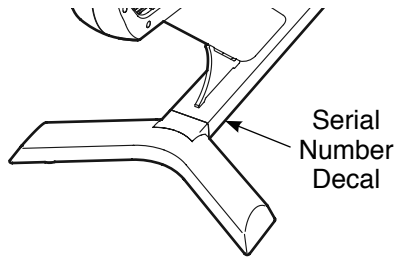


# FREEMOTION®

*recumbent bike r 7.7*

Model No. VFME3107.1  
Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.

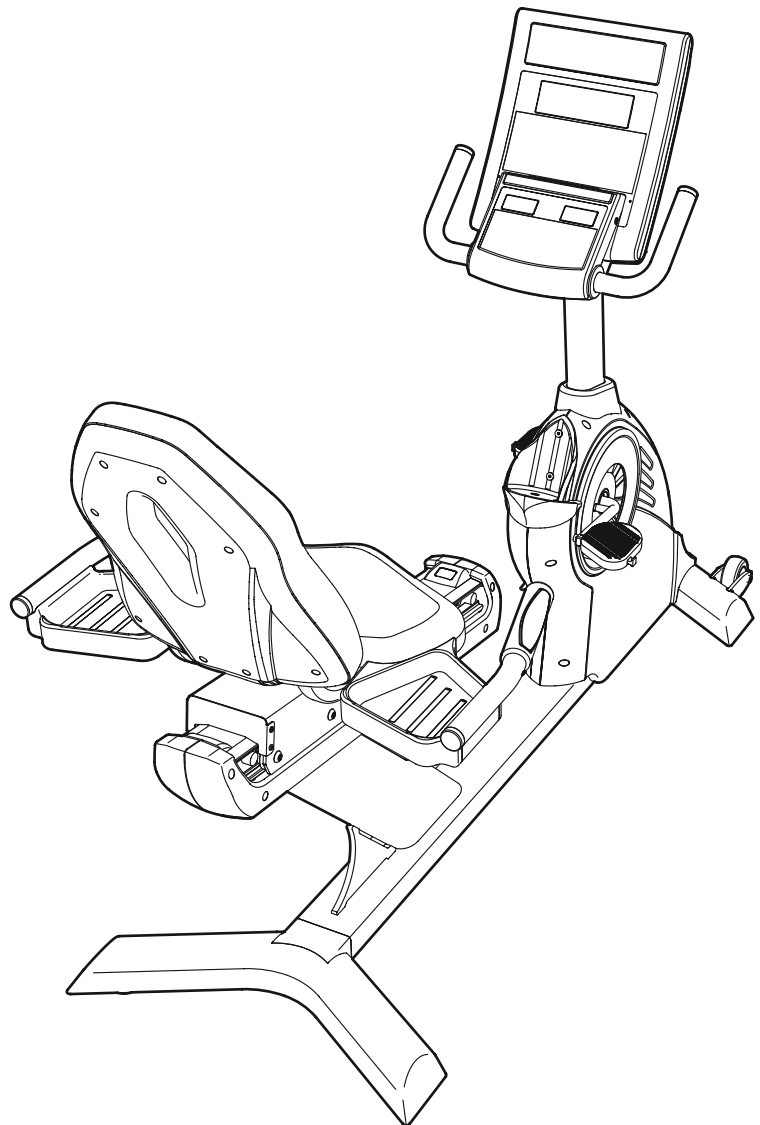


## USER'S MANUAL

### QUESTIONS?

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

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



### CAUTION

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

# TABLE OF CONTENTS

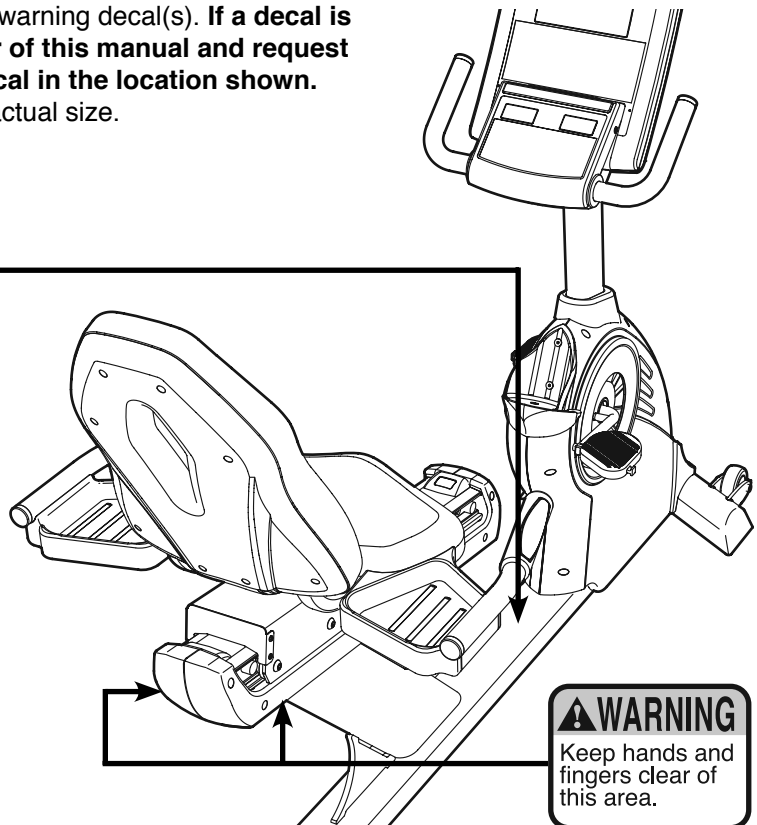

WARNING DECAL PLACEMENT .....	2
IMPORTANT PRECAUTIONS .....	3
BEFORE YOU BEGIN .....	4
ASSEMBLY .....	5
HOW TO SET UP THE EXERCISE BIKE .....	8
HOW TO USE THE CONSOLE .....	10
MAINTENANCE AND TROUBLESHOOTING .....	26
EXERCISE GUIDELINES .....	27
PART LIST .....	28
EXPLODED DRAWING .....	30
HOW TO CONTACT CUSTOMER CARE .....	Back Cover
LIMITED WARRANTY .....	Back Cover

## WARNING DECAL PLACEMENT

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

**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 lbs / 159 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



**WARNING**

Keep hands and fingers clear of this area.

---

# 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. 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. Use the exercise bike only as described in this manual.
3. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
4. Keep the exercise bike indoors, away from moisture and dust. Do not place the exercise bike in a garage or covered patio or near water.
5. Place the exercise bike on a level surface. To protect the floor or carpet from damage, place a mat beneath the exercise bike. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
7. Keep children under age 12 and pets away from the exercise bike at all times.
8. The exercise bike should not be used by persons weighing more than 350 lbs. (159 kg).
9. Wear appropriate exercise clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the exercise bike.
11. Keep your back straight while using the exercise bike; do not arch your back.
12. 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.
13. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.
14. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

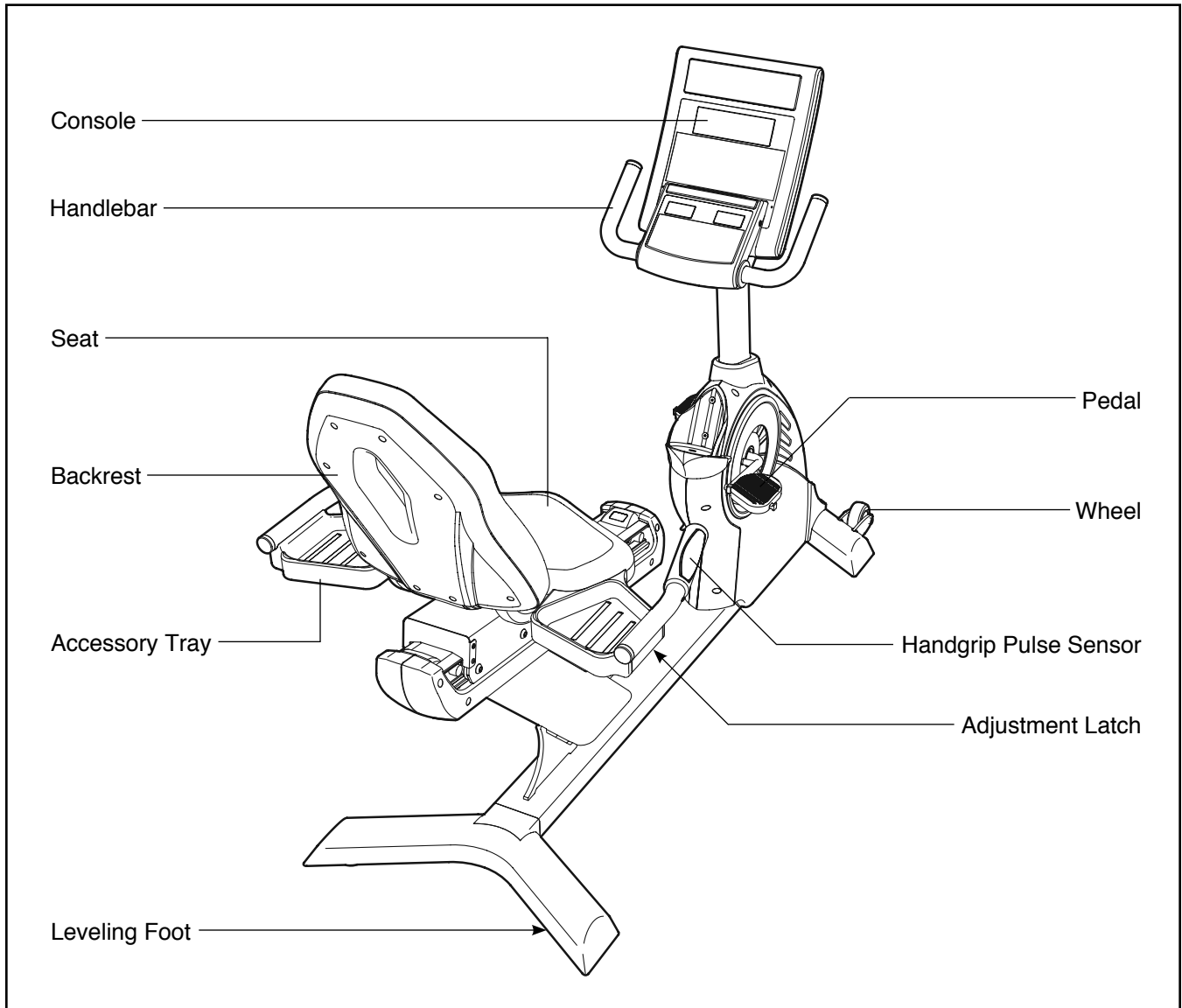
# BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® R7.7 exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The R7.7 exercise bike provides an impressive selection of features designed to make your workouts more effective and enjoyable.

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

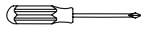


reading this manual, please see the back cover of this manual. To help us assist you, note the product number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover this manual.

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

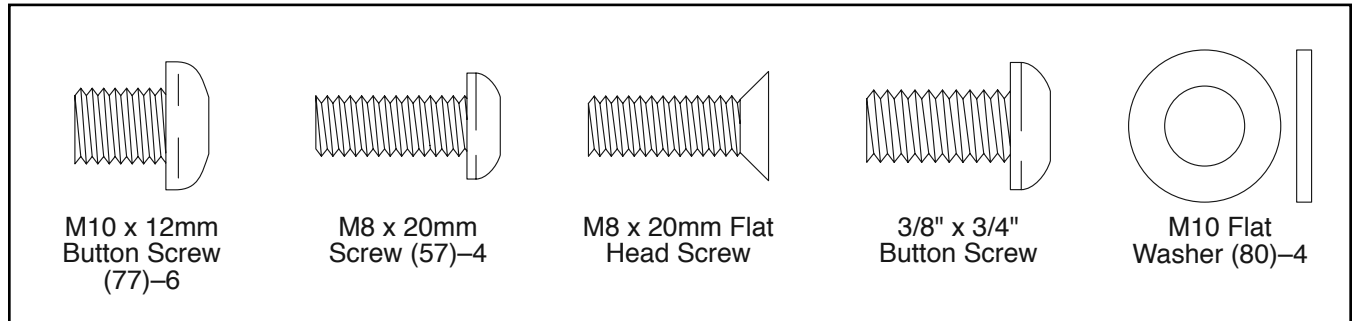


# ASSEMBLY

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

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

See 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. To avoid damaging parts, do not use power tools for assembly.**



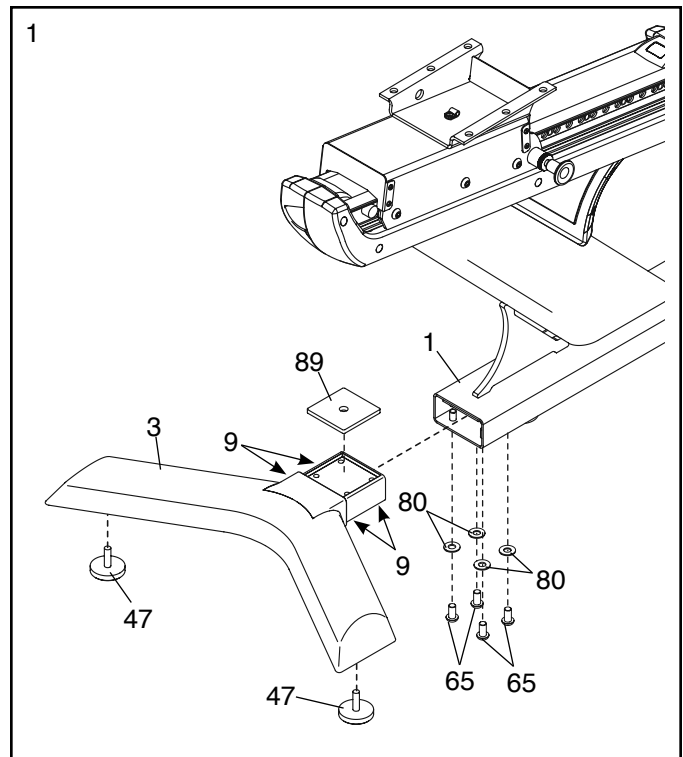
1.

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

Orient the Rear Stabilizer (3) as shown. Insert a Stabilizer Plate (89) into the Rear Stabilizer.

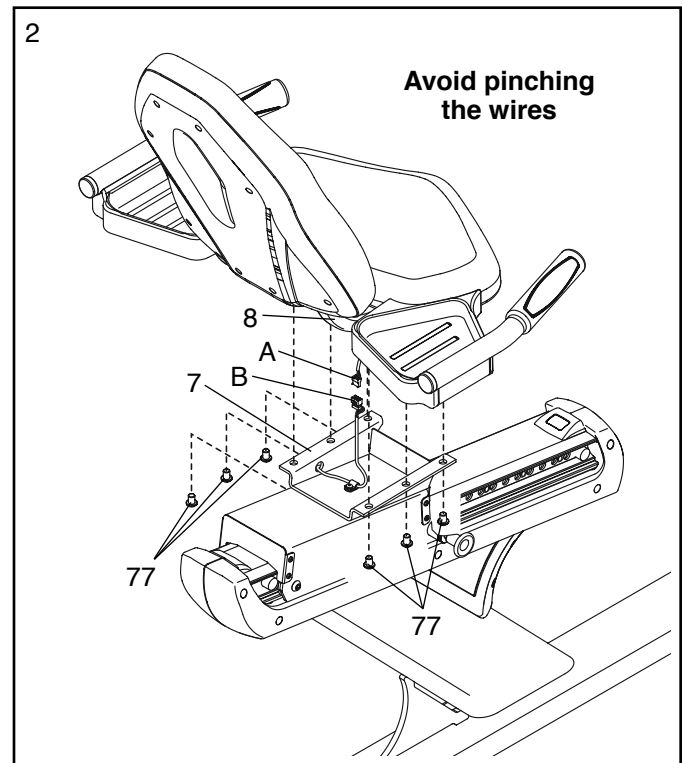
Insert the Rear Stabilizer (3) into the Frame (1). Tighten the four Stabilizer Set Screws (9) located in the Rear Stabilizer. Then, attach the Rear Stabilizer with four 3/8" x 3/4" Button Screws (65) and four M10 Flat Washers (80).

Tighten two Leveling Feet (47) into the underside of the Rear Stabilizer (3).



2. While a second person holds the Seat Frame (8) near the Seat Carriage (7), connect the seat pulse wire (A) to the carriage pulse wire (B).

**Tip: Avoid pinching the wires.** Attach the Seat Frame (8) to the Seat Carriage (7) with six M10 x 12mm Button Screws (77).



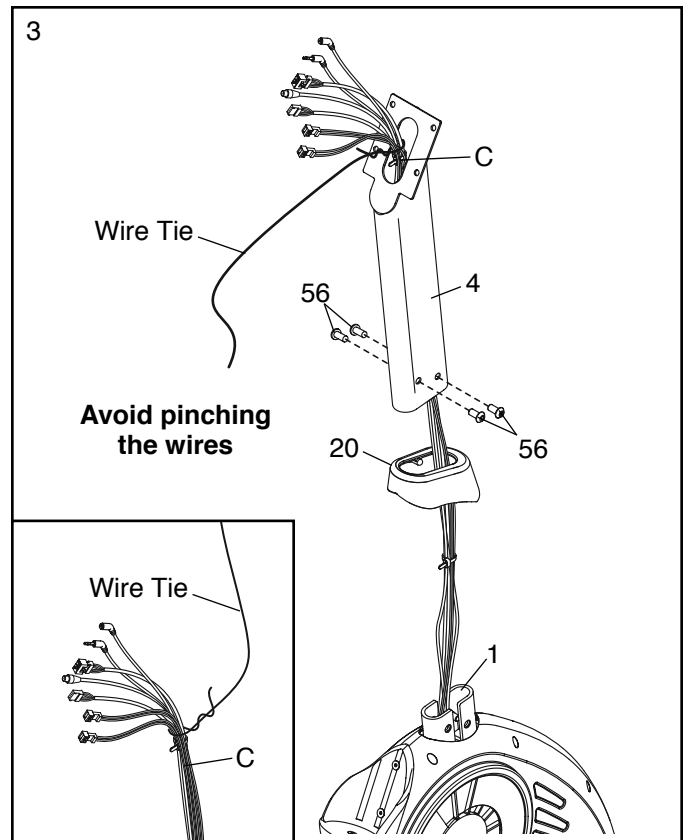
3. Orient the Upright Cover (20) as shown and slide it upward onto the Upright (4).

Have a second person hold the Upright (4) near the Frame (1).

**See the inset drawing.** Locate the wire tie in the Upright (4). Tie the lower end of the wire tie to the frame wires (C). Next, pull the upper end of the wire tie upward out of the top of the Upright. **Tip: To prevent the frame wires from falling into the Upright, secure the frame wires with the wire tie.**

**Tip: Avoid pinching the wires.** Slide the Upright (4) onto the Frame (1). Attach the Upright with four M8 x 20mm Flat Head Screws (56).

Then, slide the Upright Cover (20) downward to the bottom of the Upright (4).

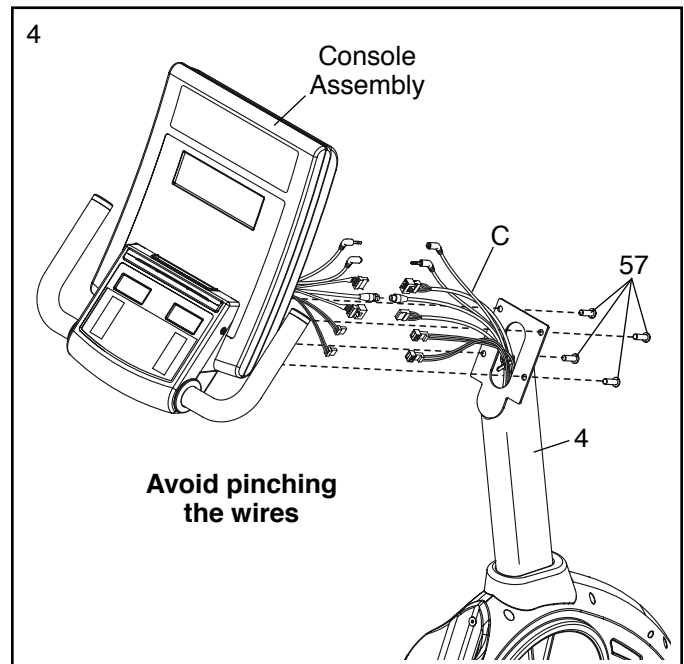


4. Untie and discard the wire tie on the frame wires (C).

While a second person holds the console assembly near the Upright (4), connect the wires on the console assembly to the frame wires (C).

Note: Some of the wires are for the optional Workout TV (see page 10).

**Tip: Avoid pinching the wires.** Attach the console assembly to the Upright (4) with four M8 x 20mm Screws (57).



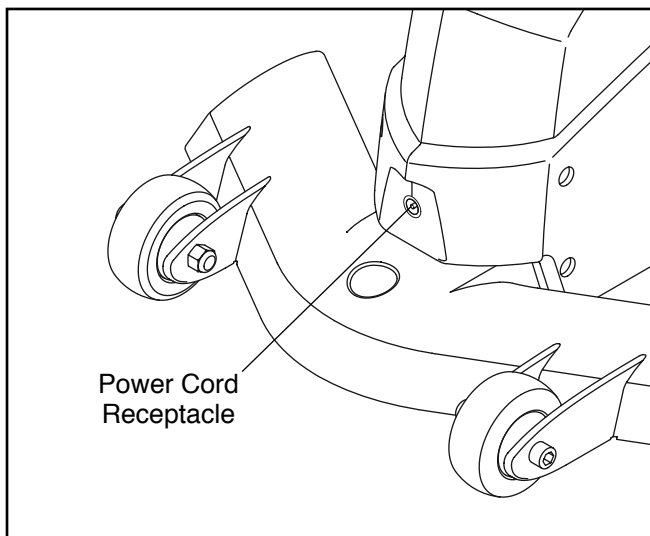
5. **Make sure that all parts of the exercise bike are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the exercise bike.

# HOW TO SET UP THE EXERCISE BIKE

## HOW TO PLUG IN THE POWER CORD

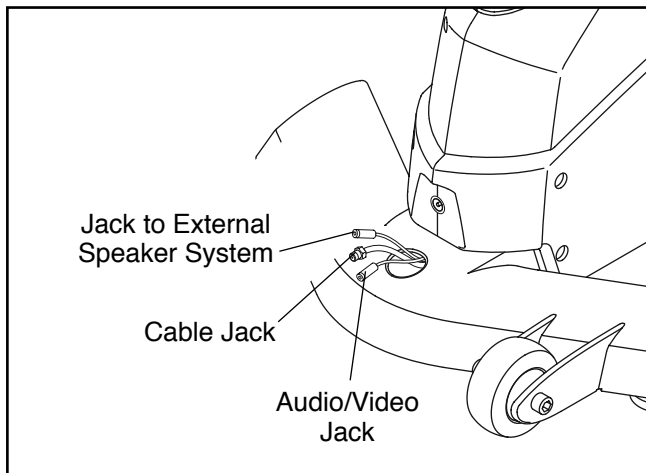
**IMPORTANT:** If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the power cord. If you do not do this, the console displays or other electronic components may become damaged.

To use the power cord, first plug one end of the power cord into the receptacle on the front of the exercise bike. Plug the other end of the power cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



## HOW TO CONNECT A CATV CABLE

If the exercise bike has a Workout TV console, a CATV cable must be connected to the exercise bike for cable TV stations to be viewed. Locate the cable jack on the front of the exercise bike. Connect the CATV cable to the cable jack.



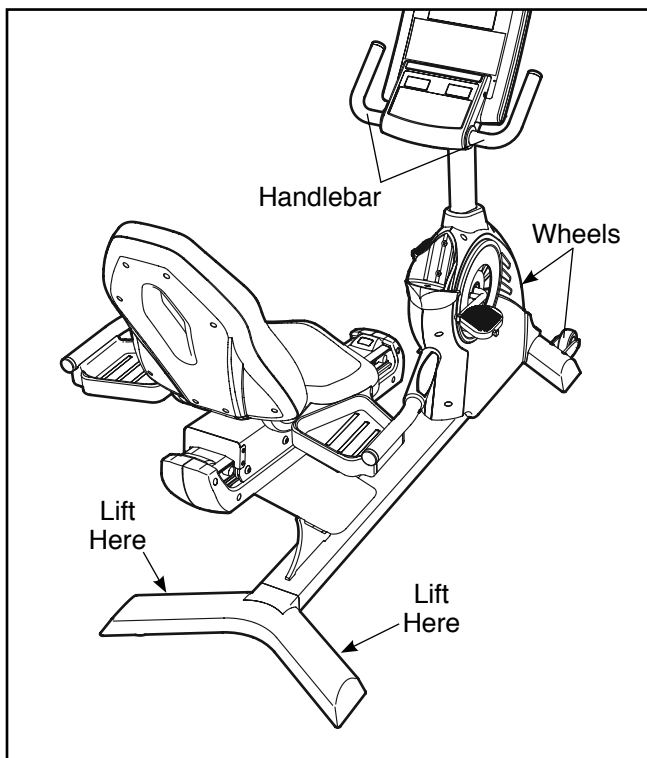
A satellite receiver, VCR, or DVD player can also be connected to the exercise bike. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the exercise bike.

A VCR or DVD player can also be connected to the exercise bike with an RCA component audio/video cable. Connect one end of an RCA component audio/video cable to your VCR or DVD player. Connect the other end of the RCA component video cable to the audio/video input jack on the exercise bike.

## HOW TO MOVE THE EXERCISE BIKE

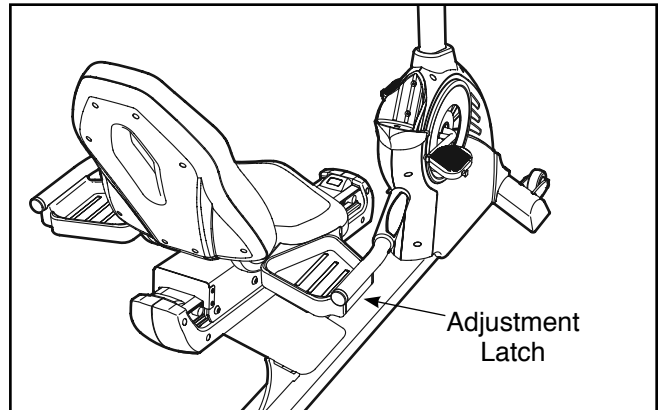
**Before moving the exercise bike, make sure that the power cord is unplugged.** Note: If a CATV cable is connected to the exercise bike, it may be necessary to disconnect the cable if the exercise bike will be moved far.

**Due to the size and weight of the exercise bike, moving it requires two persons.** While one person lifts the indicated end, firmly hold the handlebar and tip the exercise bike forward until it rolls on the wheels. Carefully move the exercise bike to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the exercise bike. Do not attempt to move the exercise bike over uneven surfaces.**



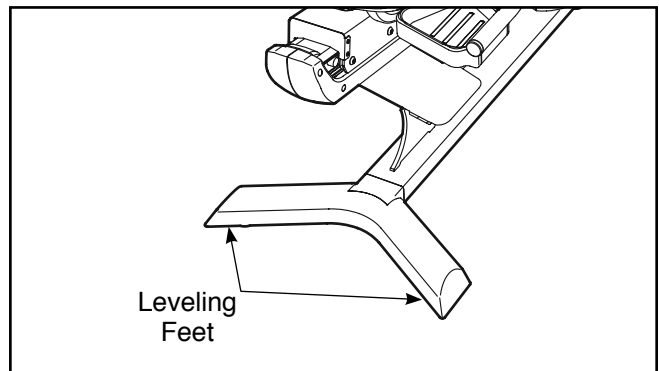
## HOW TO ADJUST THE SEAT

To adjust the seat, pull the adjustment latch, slide the seat forward or backward to the desired position, and then release the adjustment latch.



## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly during use, turn the leveling feet under the rear or the front stabilizer until the rocking motion is eliminated.

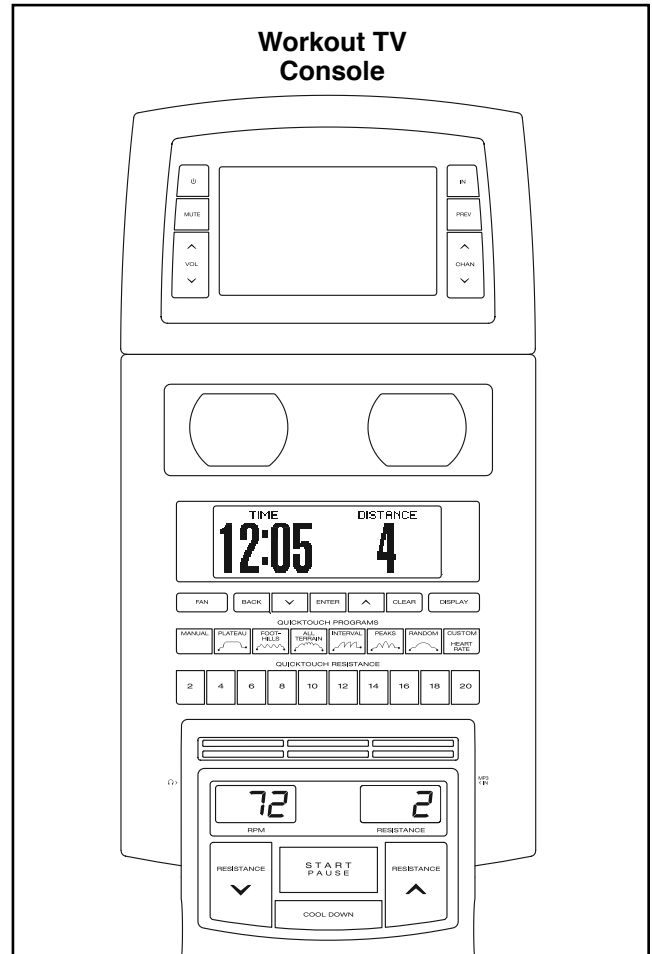
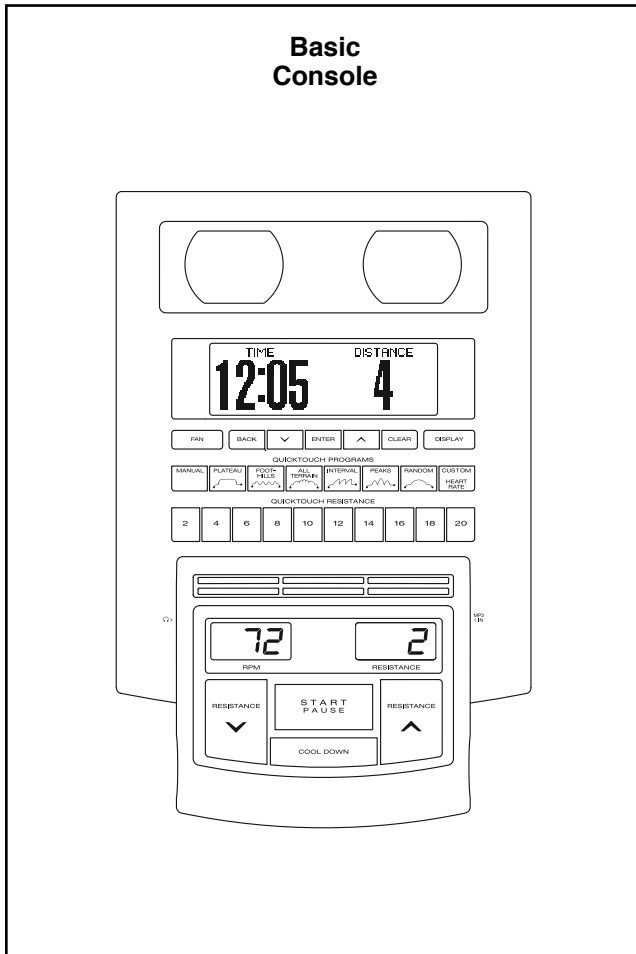


# HOW TO USE THE CONSOLE

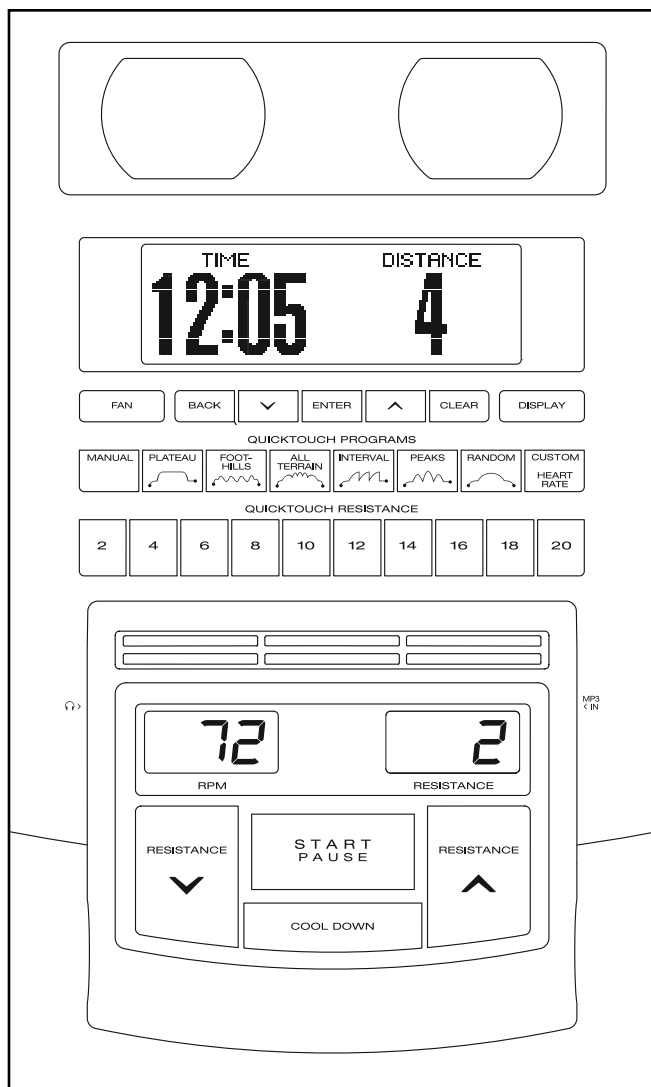
## HOW TO UPGRADE THE CONSOLE

Your exercise bike has been preconfigured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 11. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

To upgrade your console and expand the capabilities of your exercise bike whenever you choose, please see the back cover of this manual.



## CONSOLE DIAGRAM



## FEATURES OF THE CONSOLE

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

The quick start mode of the console allows you to 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.

The console also offers the following programs:

Twenty-three preset programs that automatically change the resistance of the pedals and prompt you to maintain a target pace while guiding you through effective workouts.

Three manual programs that allow you to set your own time, distance, or calorie goals for your workouts.

Two custom programs that allow you to create your own workouts and store them in memory for future use.

Two heart rate programs that automatically adjust the resistance of the pedals to keep your heart rate near a target level during your workouts.

A watts program that changes the resistance of the pedals to keep your power output near a target level during your workout.

A cool down mode that will help you recover from your workout when you are finished exercising.

The console also features the iFit interactive workout system that enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. **To purchase iFit cards, please see the back cover of this manual or go to [www.iFit.com](http://www.iFit.com). iFit cards are also available at select stores.**

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

**To activate the console**, see page 12. **To turn off the console**, see page 12. **To use the quick start mode**, see page 13. **To use a manual program**, see page 15. **To use a preset program**, see page 17. **To create a custom program**, see page 18. **To use a custom program**, see page 19. **To use a heart rate program**, see page 21. **To use the constant watts program**, see page 22. **To use the cool down mode**, see page 23. **To use the maintenance mode**, see page 24. **To use an iFit workout**, see page 25. **To use the sound system**, see page 25.

## HOW TO ACTIVATE THE CONSOLE

See HOW TO PLUG IN THE POWER CORD on page 8. When the power cord is plugged in, the main display will turn on and the console will be ready for use.

**IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before turning on the console. If you do not do this, the console displays or other electronic components may become damaged.**

## HOW TO TURN OFF THE CONSOLE

If the pedals are not moved for a short period of time, the console will enter an idle mode and a screen saver will appear in the main display. Unplug the power cord when the exercise bike is not in use.

## HOW TO USE THE QUICK START MODE

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

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

### 2. Select the quick start mode.

When you activate the console, the quick start mode will be selected.

If you have selected a program, reselect the quick start mode by pressing any of the QuickTouch Programs buttons repeatedly until zeros appear in the display.



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

Press the Start button to start the quick start mode.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons or the numbered QuickTouch Resistance buttons.

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

## 4. Follow your progress with the displays.

**The main display**—This display offers several display modes. The display mode that you select will determine which workout information is shown. Press the Display button repeatedly to select the desired display mode.

The main display can show the following workout information:

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

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

**Distance**—This display mode will show the distance (total number of revolutions) you have pedaled.

**Heart Rate**—This display mode will show your heart rate (in beats per minute) when you use the handgrip pulse sensor or the optional chest pulse sensor (see step 5 on page 14).

**Profile**—When a program is selected, this display mode will show a profile of the resistance levels for the workout.

**METS**—This display mode will show your exercise intensity in METS.

**Time**—When the manual mode is selected, this display mode will show the elapsed time. When a program is selected, this display mode will show the time remaining in the program instead of the elapsed time.

**Watts**—This display mode will show your power output in watts.

**The lower left display**—This display will show your pedaling pace in revolutions per minute (rpm).



**The lower right display**—This display will show the resistance level of the pedals.



Press the Pause button to pause the quick start mode at any time. Simply resume pedaling or press the Start button to resume the quick start mode. Press the Clear button to reset the displays.

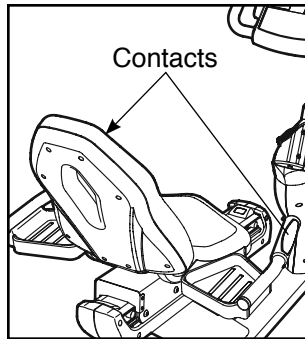
Note: The main display may be able to display text messages in any of six languages (see step 6 on page 24).

#### 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 25 for information about the optional chest pulse sensor).

**If there are sheets of plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean.**

To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When you hold the handgrip pulse sensor, a small heart symbol will appear in the display. Then, when your pulse is detected, your heart rate will be shown in the display next to the heart symbol. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

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

The fan has high and low speed settings. 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 upward or downward to direct the airflow from the fan.

#### 7. When you are finished using the exercise bike, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 12.

## HOW TO USE A MANUAL PROGRAM

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

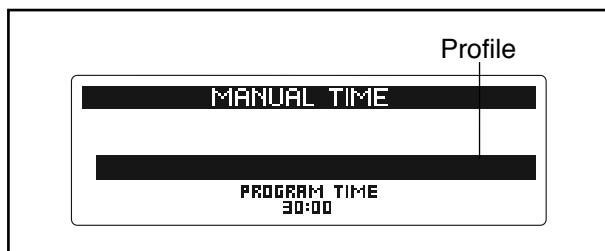
### 1. Press any button or begin pedaling to activate the console.

See HOW TO ACTIVATE THE CONSOLE on page 12.

### 2. Select a manual program.

To select a manual program, first press the Manual button repeatedly until the words MANUAL TIME, MANUAL DISTANCE, or MANUAL CALORIES appear in the main display.

A profile of the resistance settings of the program and the program goal will also appear in the display. Then, press the Enter button to confirm your selection.



### 3. Enter your age.

A moment after you select a manual program, the words ENTER AGE and an age setting will flash in the main display.



To enter your age, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

### 4. Enter your weight.

Next, the words ENTER WEIGHT and a weight setting will appear in the main display.



To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

### 5. Enter a goal for the program.

**If you selected the MANUAL TIME program**, the words ENTER WORKOUT TIME and a time setting will appear in the main display.

To change the length of time that the program will last, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

**If you selected the MANUAL DISTANCE program**, the words ENTER WORKOUT DISTANCE and a distance setting will appear in the main display.

To change the distance goal for the program, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

**If you selected the MANUAL CALORIES program**, the words ENTER WORKOUT CALORIES and a calorie setting will appear in the main display.

To change the calorie goal for the program, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

## 6. Start the program.

Press the Start button or begin pedaling to start the program.

Each program is divided into several one-minute segments. During the program, the program profile will show your progress (see the drawing in step 2 on page 15).

The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.

As you pedal, change the resistance of the pedals as desired by pressing the Resistance increase and decrease buttons or the numbered QuickTouch Resistance buttons.

Note: After you press a Resistance button, it will take a moment for the pedals to reach the selected resistance level. The default resistance level for the manual programs is resistance level 3.

The program will continue in this way until the last segment of the profile flashes.

To stop the program at any time, stop pedaling or press the Pause button. To resume the program, simply resume pedaling or press the Start button. To exit the program at any time, press the Clear button.

## 7. Follow your progress with the displays.

**If you selected the MANUAL TIME program**, the time display mode will count down the time remaining in the program.

**If you selected the MANUAL DISTANCE program**, the distance display mode will count down the distance in total revolutions.

**If you selected the MANUAL CALORIES program**, the calories display mode will count down the approximate number of calories you are burning.

The displays will also show the display modes described in step 4 on pages 13 and 14.

## 8. Measure your heart rate if desired.

See step 5 on page 14.

## 9. Turn on the fan if desired.

See step 6 on page 14.

## 10. When you are finished using the exercise bike, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 12.

## HOW TO USE A PRESET PROGRAM

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

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

### 2. Select a preset program.

To select a preset programs, first press the Plateau, Foothills, All Terrain, Interval, Peaks, or Random button repeatedly until the name of the desired preset program appears in the main display.



A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display.

Then, press the Enter button to confirm your selection.

### 3. Enter your age.

A moment after you select a preset program, the words ENTER AGE and an age setting will flash in the main display.



To enter your age, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

### 4. Enter your weight.

Next, the words ENTER WEIGHT and a weight setting will appear in the main display.



To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

### 5. Start the program.

Press the Start button or begin pedaling to start the program.

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

During the program, the program profile will show your progress (see the drawing to the left).

The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

When the first segment of the workout ends, the target rpm and the resistance level for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display. **IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.**



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

The program will continue in this way until the last segment of the profile flashes.

To stop the program at any time, stop pedaling or press the Pause button. To resume the program, simply resume pedaling or press the Start button. To exit the program at any time, press the Clear button.

**6. Follow your progress with the displays.**

See step 4 on pages 13 and 14.

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

See step 5 on page 14.

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

See step 6 on page 14.

**9. When you are finished using the exercise bike, the console will enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 12.

## HOW TO CREATE A CUSTOM PROGRAM

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

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

**2. Select the maintenance mode.**

Hold down the Clear button and the Enter button simultaneously for a few seconds to select the maintenance mode. Note: For more information about the maintenance mode, see page 24.

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

**3. Select a custom program.**

To select a custom program, press the Display button repeatedly until the name of the desired custom program is highlighted, and then press the Enter button.



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

#### 4. Program the desired program settings.

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

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

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

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

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

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

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

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

#### 6. Exit the maintenance mode.

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

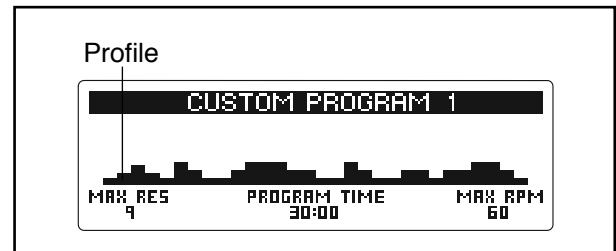
## HOW TO USE A CUSTOM PROGRAM

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

### 2. Select a custom program.

To select a custom program, first press the Custom/Heart Rate button repeatedly until the name of the desired custom program appears in the main display.



A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display.

Then, press the Enter button to confirm your selection.

**Note: If only a level row of indicators appears in the program profile, see HOW TO CREATE A CUSTOM PROGRAM on page 18.**

### 3. Enter your age.

A moment after you select a custom program, the words ENTER AGE and an age setting will flash in the main display.



To enter your age, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

#### 4. Enter your weight.

Next, the words ENTER WEIGHT and a weight setting will appear in the main display.



To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

#### 5. Start the program.

Press the Start button or begin pedaling to start the program.

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

During the program, the program profile will show your progress (see the drawing in step 2 on page 19).

The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

When the first segment of the workout ends, the target rpm and the resistance level for the second segment will appear in the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display. **IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.**



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

The program will continue in this way until the last segment of the profile flashes.

To stop the program at any time, stop pedaling or press the Pause button. To resume the program, simply resume pedaling or press the Start button. To exit the program at any time, press the Clear button.

To change the settings of the custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 18.

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

See step 4 on pages 13 and 14.

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

See step 5 on page 14.

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

See step 6 on page 14.

#### 9. When you are finished using the exercise bike, the console will enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 12.

## HOW TO USE A HEART RATE PROGRAM

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

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

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

### 2. Select a heart rate program.

To select a heart rate program, first press the Custom/Heart Rate button repeatedly until the name of the desired heart rate program appears in the main display.

A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display.

Then, press the Enter button to confirm your selection.

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

A moment after you select a heart rate program, the words ENTER MAXIMUM PERCENTAGE and a percentage setting will flash in the main display.

The maximum heart rate setting represents a *percentage* of your *estimated maximum heart rate*.

Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute ( $220 - 30 = 190$ ). Therefore, if you are 30 years old, a target heart rate setting of 50% is equal to 95 beats per minute (50% of 190 is 95).

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

### 4. Start the program.

Press the Start button or begin pedaling to start the program.

Each heart rate program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment.

Note: If you selected the CONSTANT HEART RATE program, the same target heart rate setting is programmed for all segments.

During the program, the program profile will show your progress.

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

You will also be prompted to pedal at a steady pace so you can maintain your target heart rate. As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display. **IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.**



The program will continue in this way until the last segment of the profile flashes.

To stop the program at any time, stop pedaling or press the Pause button. To resume the program, simply resume pedaling or press the Start button. To exit the program at any time, press the Clear button.

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

See step 4 on pages 13 and 14.

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

See step 5 on page 14.

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

See step 6 on page 14.

**8. When you are finished using the exercise bike, the console will enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 12.

## HOW TO USE THE CONSTANT WATTS PROGRAM

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

**2. Select the constant watts program.**

To select the constant watts program, first press the Custom/Heart Rate button repeatedly until the name of the constant watts program appears in the main display.

**3. Enter your age.**

A moment after you select the constant watts program, the words ENTER AGE and an age setting will flash in the main display.

To enter your age, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

**4. Enter your weight.**

Next, the words ENTER WEIGHT and a weight setting will appear in the main display.

To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

**5. Enter a program time.**

The words ENTER WORKOUT TIME and a time setting will appear in the main display.

To change the length of time that the program will last, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

## **6. Enter a target watts setting.**

Then, the words ENTER TARGET WATTS and a watts setting will flash in the main display.

To enter a target watts setting, press the increase and decrease buttons beside the Enter button. Then, press the Enter button.

## **7. Start the program.**

Press the Start button or begin pedaling to start the program.

The constant watts program is divided into one-minute segments.

During the program, the program profile will show your progress. The console will regularly compare your power output to the target watts setting.

If your power output is too far below or above the target watts setting, the resistance of the pedals will automatically increase or decrease to bring your power output closer to the target watts setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

The program will continue in this way until the last segment of the profile flashes.

To stop the program at any time, stop pedaling or press the Pause button. To resume the program, simply resume pedaling or press the Start button. To exit the program at any time, press the Clear button.

## **8. Follow your progress with the displays.**

See step 4 on pages 13 and 14.

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

See step 5 on page 14.

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

See step 6 on page 14.

## **11. When you are finished using the exercise bike, the console will enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 12.

## **HOW TO USE THE COOL DOWN MODE**

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

The cool down mode is divided into three one-minute segments. The cool down mode will work in the same way as a preset program (see step 5 on pages 17 and 18).

## HOW TO USE THE MAINTENANCE MODE

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

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

### 2. Select the maintenance mode.

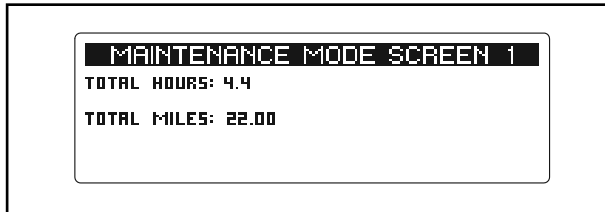
Hold down the Clear button and the Enter button simultaneously for a few seconds to select the maintenance mode.

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

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

### 3. View usage information for the exercise bike.

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



### 4. Change the time settings if desired.

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

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

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

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

### 5. Change the console settings if desired.

Press the Display button again. When the words MAINTENANCE MODE SCREEN 3 appear, the main display will allow you to set a default input and a default volume level.

You can set the default input for the console as MP3, TV, or RCA. To change the default input, press the increase and decrease buttons beside the Enter button. Then, press the Display button. Note: The TV and RCA input options are for use with the optional Workout TV (see page 10).

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

### 6. Select a language for the main display.

Press the Display button again. The main display may be able to display text messages in other languages. To change the language, press the increase and decrease buttons beside the Enter button. Then press the Display button.

### 7. Change the settings for a custom program if desired.

Press the Display button again. When the words MAINTENANCE MODE SCREEN 4 appear, the main display will allow you to select and change the settings for a custom program.

To change the settings for a custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 18.

### 8. Exit the maintenance mode.

Press the Display button to exit the maintenance mode.

## HOW TO USE AN IFIT WORKOUT

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

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

See HOW TO ACTIVATE THE CONSOLE on page 12.

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

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

iFit workouts function in the same way as preset workouts. To use the workout, see steps 5 to 9 on pages 17 to 18. Note: Some iFit cards contain more than one workout. To select a workout, use the increase and decrease buttons located next to the Enter button.

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

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

## HOW TO USE THE SOUND SYSTEM

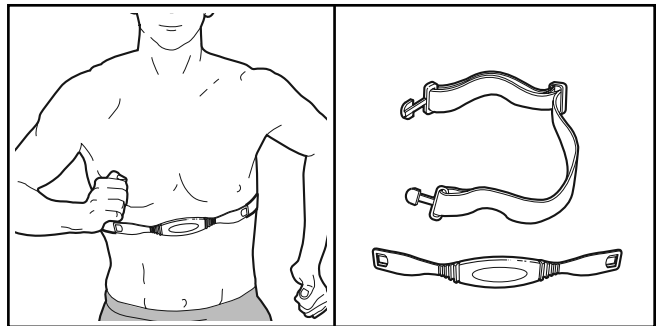
To play music or audio books through the console sound system while you exercise, plug an audio cable (not included) into the MP3 jack on the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

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

You can use your own headphones with the optional Workout TV (see page 10) or with an iFit workout (see HOW TO USE AN IFIT WORKOUT to the left). To use your headphones, plug the jack on your headphones into the headphones jack on the console; **make sure that the headphones jack is fully plugged in.**

## THE OPTIONAL CHEST PULSE SENSOR

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



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# MAINTENANCE AND TROUBLESHOOTING

**If you have questions about maintenance or troubleshooting, see the back cover of this manual.**

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.**

## **HANDGRIP PULSE SENSOR TROUBLESHOOTING**

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 14.

## **HOW TO LEVEL THE EXERCISE BIKE**

If the exercise bike rocks slightly on your floor during use, see HOW TO LEVEL THE EXERCISE BIKE on page 9.

## **TV TROUBLESHOOTING**

If the TV in the Workout TV console does not function properly, make sure that the included power cord is fully inserted (see HOW TO PLUG IN THE POWER CORD on page 8).

If the TV picture is fuzzy, make sure that the correct connection setting is selected (see the user's manual included with the Workout TV console). In addition, make sure that the CATV cable is properly connected (see HOW TO CONNECT A CATV CABLE on page 8).

# 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. VFMEX3107.1 R0112A

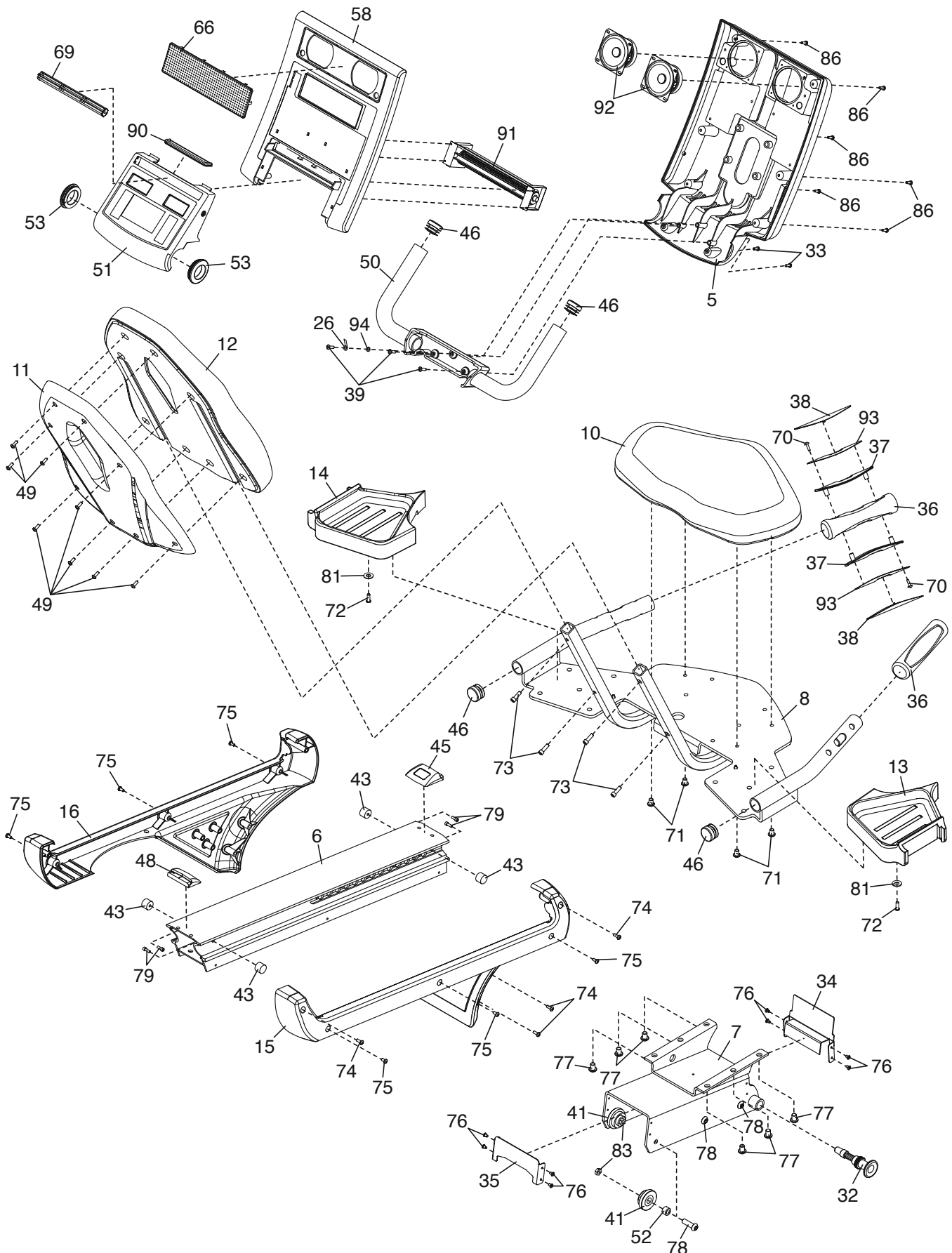
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	Handlebar
2	1	Front Stabilizer	51	1	Handlebar Cover
3	1	Rear Stabilizer	52	6	Carriage Spacer
4	1	Upright	53	2	Handlebar Gasket
5	1	Console Back	54	2	Wheel Screw
6	1	Seat Rail	55	4	Generator Screw
7	1	Seat Carriage	56	4	M8 x 20mm Flat Head Screw
8	1	Seat Frame	57	4	M8 x 20mm Screw
9	8	Stabilizer Set Screw	58	1	Console Front
10	1	Seat	59	3	Water Bottle Holder Screw
11	1	Backrest Cover	60	16	Standoff Screw
12	1	Backrest	61	1	Right Crank Nut Bushing
13	1	Right Accessory Tray	62	1	Ground Screw
14	1	Left Accessory Tray	63	1	Long Shield Screw
15	1	Right Rail Cover	64	4	Seat Rail Screw
16	1	Left Rail Cover	65	8	3/8" x 3/4" Button Screw
17	1	Right Shield	66	1	Speaker Grill
18	1	Left Shield	67	8	Standoff
19	1	Shield Cover	68	1	Crank Lock Washer
20	1	Upright Cover	69	1	Fan Diverter
21	1	Water Bottle Holder	70	4	Pulse Grip Screw
22	1	Generator Assembly	71	4	Seat Screw
23	1	Control Board	72	2	Tray Screw
24	1	Pulley	73	4	Seat Back Screw
25	1	Crank	74	10	Rail/Shield Screw
26	1	Ground Wire Connector	75	6	Rail Cover Screw
27	1	Battery Board	76	8	Carriage Cap Screw
28	1	Right Pedal	77	6	M10 x 12mm Button Screw
29	1	Left Pedal	78	6	Carriage Wheel Screw
30	2	Wheel	79	4	Carriage Stop Screw
31	1	Drive Belt	80	12	M10 Flat Washer
32	1	Adjustment Latch	81	3	M4 Flat Washer
33	2	Sheet Metal Screw	82	1	Star Washer
34	1	Front Carriage Cap	83	6	Carriage Wheel Nut
35	1	Rear Carriage Cap	84	2	Wheel Nut
36	2	Pulse Grip	85	4	Flange Nut
37	4	Grip Insert	86	6	Console Face Screw
38	4	Pulse Contact	87	1	Crank Jam Nut
39	3	Handlebar Screw	88	2	Crank Bearing
40	1	Left Crank Nut Bushing	89	2	Stabilizer Plate
41	6	Seat Carriage Wheel	90	1	Audio Player Tray
42	1	Left Crank Spacer	91	1	Fan
43	4	Carriage Stop	92	2	Speaker
44	1	Right Crank Spacer	93	4	Contact Insulator
45	1	Front Rail Cap	94	1	Star Washer
46	4	Handlebar Cap	*	-	User's Manual
47	4	Leveling Foot	*	-	A/V Cable
48	1	Rear Rail Cap	*	-	TV Cable
49	8	Backrest Cover Screw	*	-	Power Cord

Key No.	Qty.	Description	Key No.	Qty.	Description
*	–	Power Supply	*	–	Console Wire
*	–	Console Pulse Wire	*	–	Ground Wire
*	–	Power Receptacle/Harness	*	–	CN-2 Generator Wire
*	–	Coil Pulse Wire	*	–	CN-1 Generator Wire
*	–	Seat Pulse Wire	*	–	Audio Out Cable
*	–	Carriage Pulse Wire	*	–	CN-3 Jumper Wire

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.

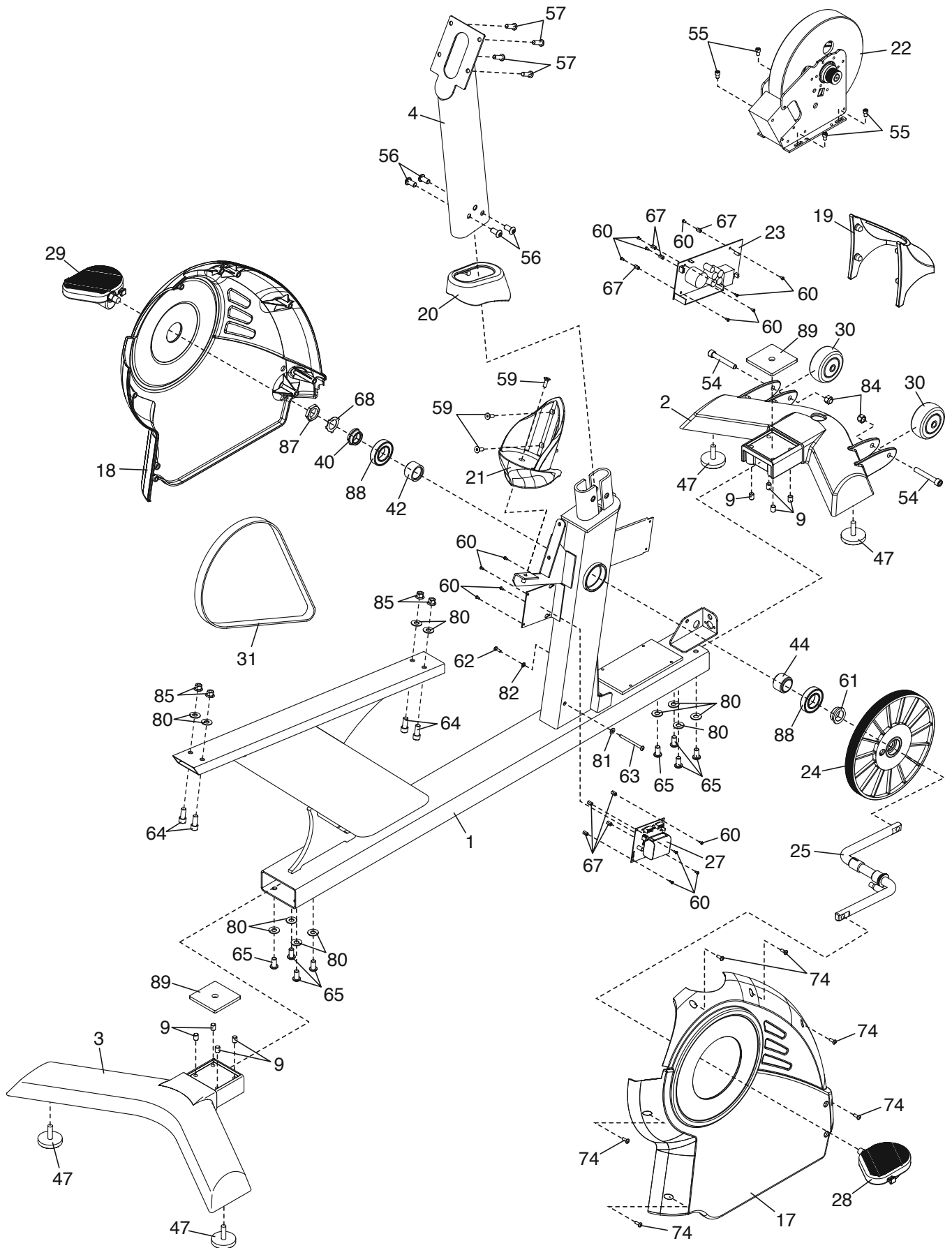
# EXPLODED DRAWING A

Model No. VFME3107.1 R0112A



# EXPLODED DRAWING B

Model No. VFME3107.1 R0112A



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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).**

## In the United States

Call: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT  
Email: [fmfvcustomerservice@freemotionfitness.com](mailto:fmfvcustomerservice@freemotionfitness.com)

Write:

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

## Outside the United States

Call: 001-435-786-3521  
Email: [intlcustomercare@freemotionfitness.com](mailto:intlcustomercare@freemotionfitness.com)

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# LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

## WARRANTY PERIODS AND COVERAGE

<b>Residential</b>	<b>Light Commercial</b>
Frame: Lifetime	Frame: Lifetime
Parts: 3 years	Parts: 2 years
Labor: 2 years	Labor: 1 year

Light commercial use is defined as a non-dues-paying institutional setting to include hotels, apartment fitness centers, corporate fitness centers, fire/police stations, and hospital/physical therapy settings. This product is not intended to be used in large, heavy-use settings such as health clubs, colleges/universities, community centers, or military installations. Use of this product in such facilities will void this warranty.

## CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized FreeMotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users in excess of 350 lbs. (159 kg) in weight.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.
2. Pick-up, delivery, or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

## WHAT TO DO IF SERVICE IS REQUIRED

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 either 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.

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 cost of removal or installation; or other consequential damages. Some states do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from state to state.

## TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.