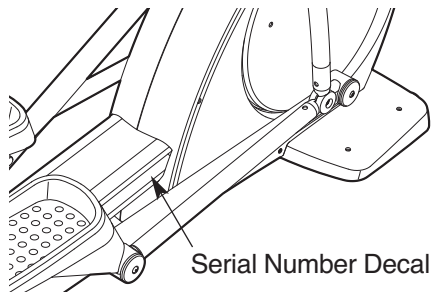


FREEMOTION[®] *elliptical e7.5*

Model No. _____

Serial No. _____

The model number and serial number are found in the location shown below. Write the model number and serial number in the space above.



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, 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.

USER'S MANUAL

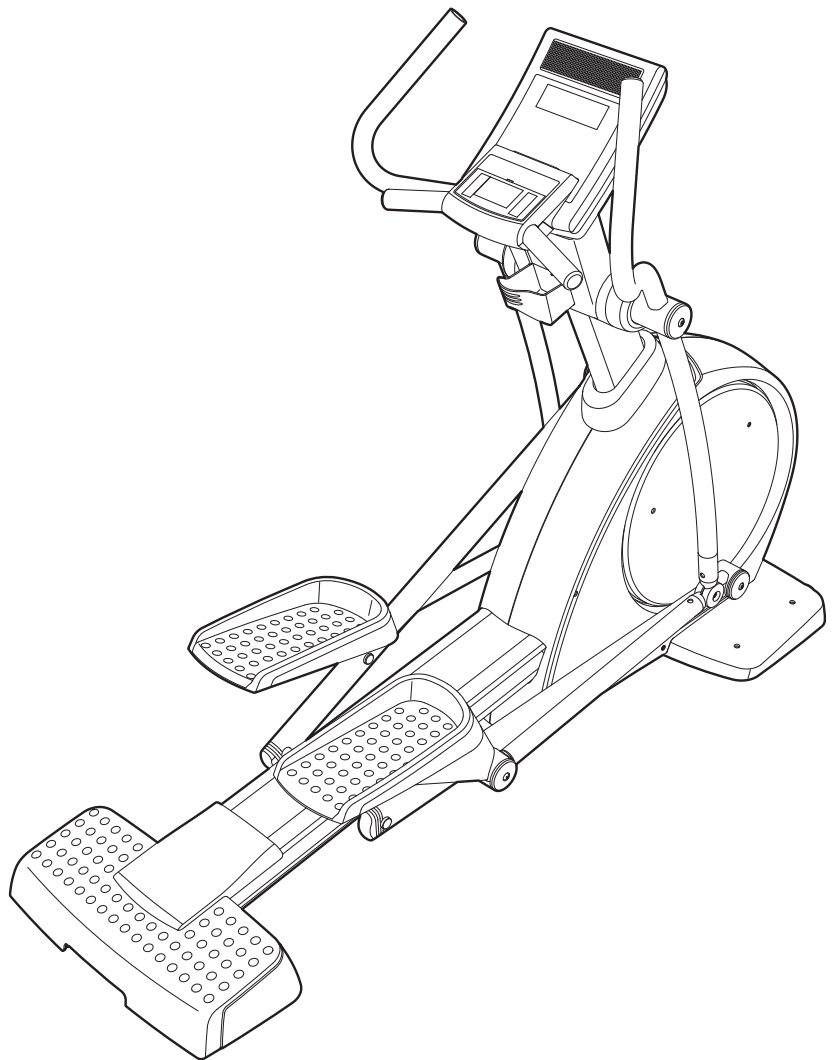


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WARNING DECAL PLACEMENT

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.

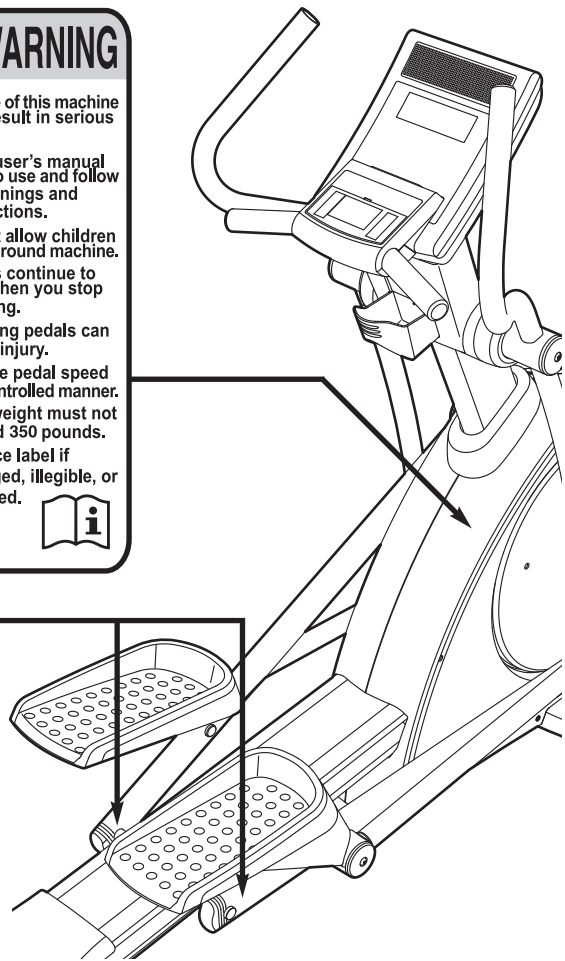
⚠ WARNING

- 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.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 350 pounds.
- 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 elliptical exerciser before using your elliptical exerciser. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Keep the elliptical exerciser indoors, away from moisture and dust. Do not place the elliptical exerciser in a garage or covered patio or near water.
4. Place the elliptical exerciser on a level surface. To protect the floor or carpet from damage, place a mat beneath the elliptical exerciser. Make sure that there is at least 3 ft. (0.9 m) of clearance in the front and rear of your elliptical exerciser and 2 ft. (0.6 m) on each side.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 350 lbs. (159 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

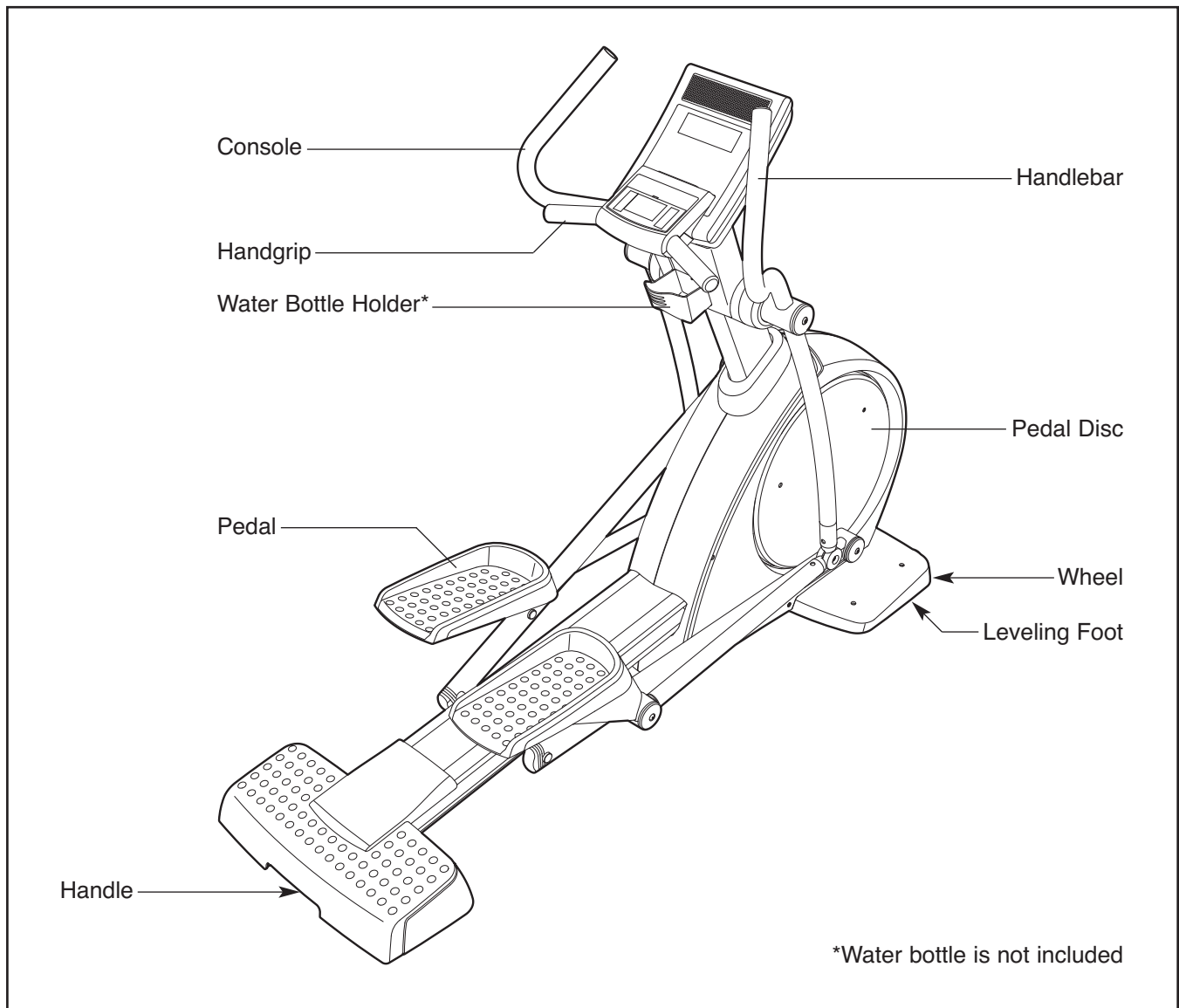
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® e7.5 elliptical exerciser. The e7.5 elliptical exerciser provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, 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 serial number are found on the serial number decal. The location of the serial number decal is shown on the front cover of this manual.

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

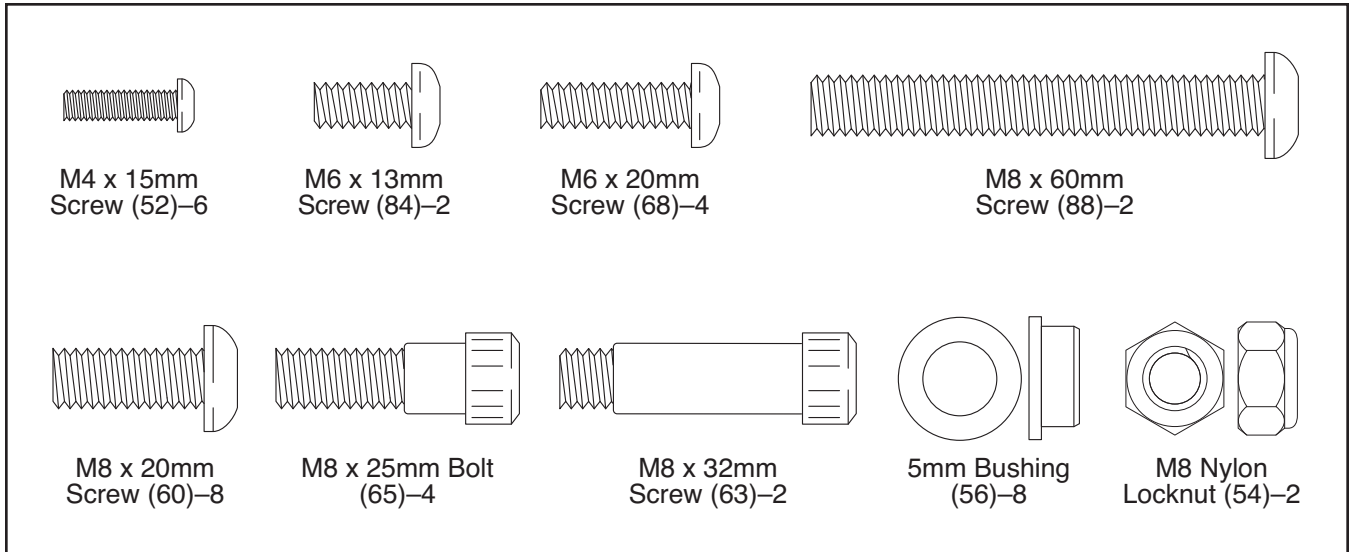


ASSEMBLY

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

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

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



1.

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

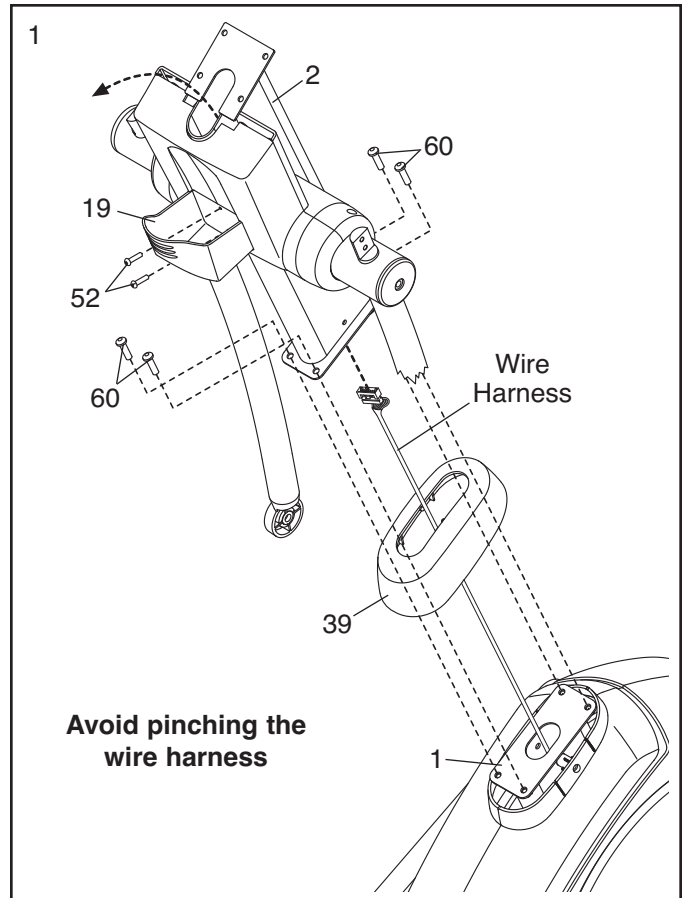
Orient the Shield Cover (39) and the Upright (2) as shown. Slide the Shield Cover upward onto the Upright.

While a second person holds the Upright (2) near the Frame (1), insert the wire harness upward through the Upright. **Tip: Use an elastic band or a piece of tape to prevent the top of the wire harness from falling down into the Upright.**

Tip: Avoid pinching the wire harness during this step. Attach the Upright (2) to the Frame (1) with four M8 x 20mm Screws (60). **Tip: Start all the Screws before tightening any of them.**

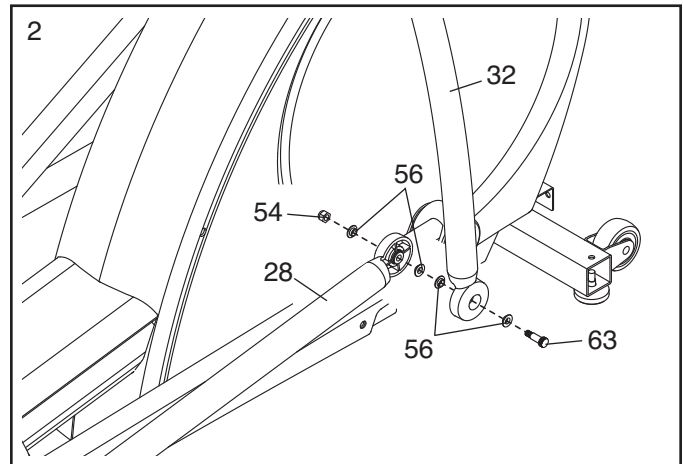
Then, slide the Shield Cover (39) downward to the bottom of the Upright (2).

Attach the Cup Holder (19) to the Upright (2) with two M4 x 15mm Screws (52).



2. Attach the Right Handlebar Leg (32) to the Right Pedal Leg (28) with an M8 x 32mm Screw (63), four 5mm Bushings (56), and an M8 Locknut (54). **Do not overtighten the Locknut; the Right Pedal Leg must pivot easily.**

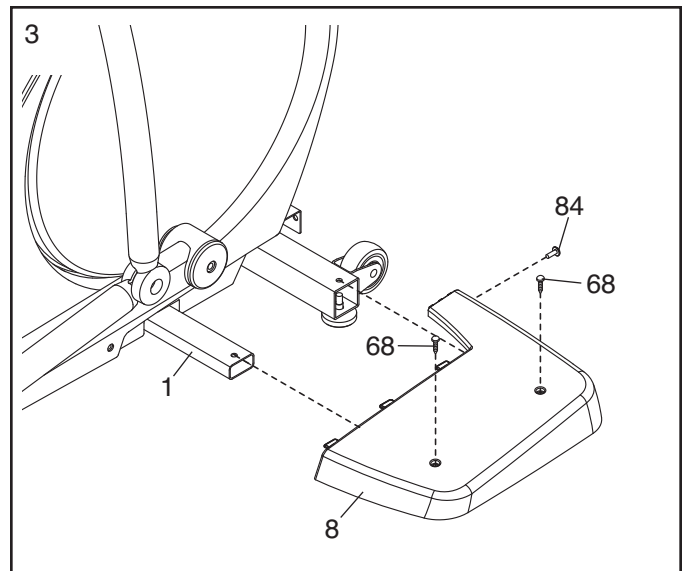
Attach the Left Handlebar Leg (not shown) to the Left Pedal Leg (not shown) in the same way.



3. Identify the Right Frame Cover (8), which is marked with the word "Right," and orient it as shown.

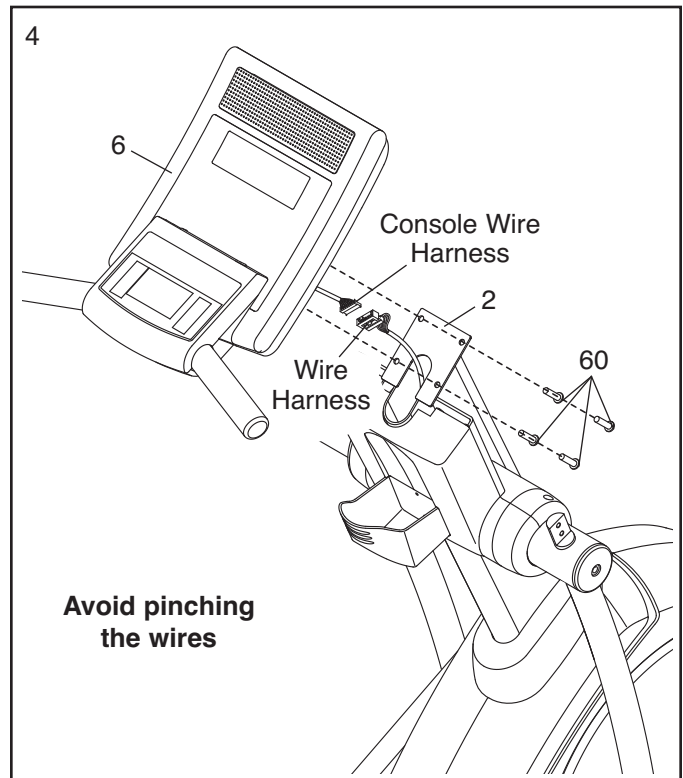
Attach the Right Frame Cover (8) to the Frame (1) with two M6 x 20mm Screws (68) and an M6 x 13mm Screw (84).

Attach the Left Frame Cover (not shown) to the Frame (1) in the same way.



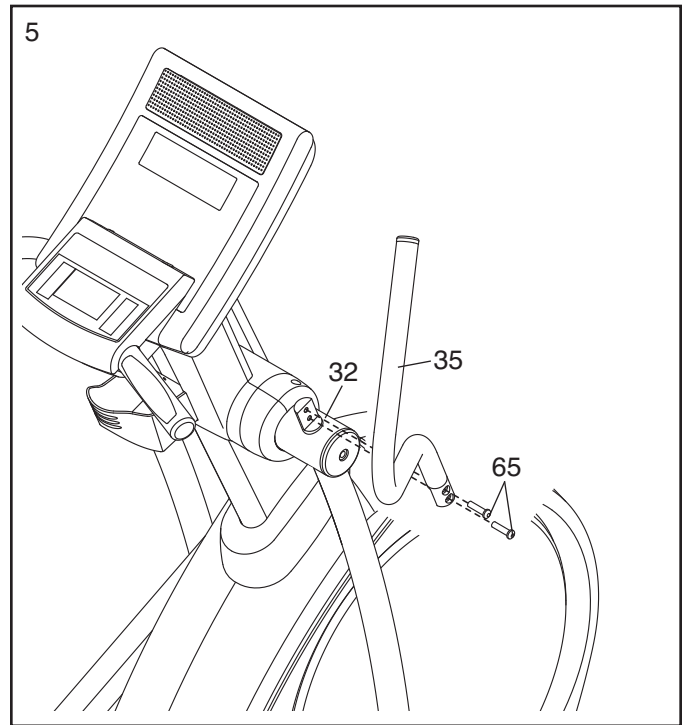
4. While a second person holds the Console (6) near the Upright (2), connect the console wire harness to the wire harness. Insert the excess wire downward into the Upright.

Attach the Console (6) to the Upright (2) with four M8 x 20mm Screws (60). **Tip: Avoid pinching the wires.**

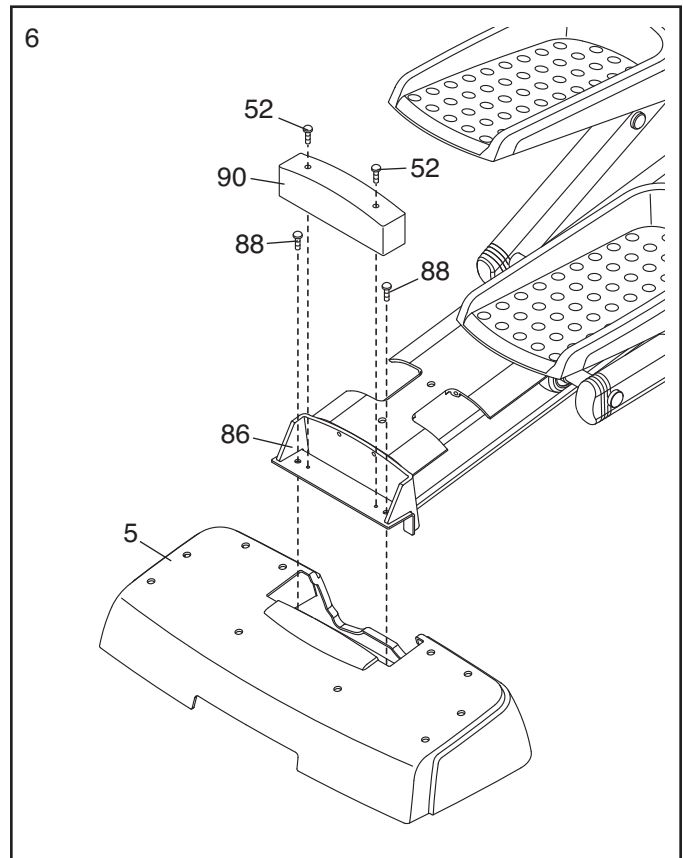


5. Identify the Right Handlebar (35), which is marked with an "R" sticker. Apply a generous amount of the included fastener adhesive to two M8 x 25mm Bolts (65). Then, attach the Right Handlebar to the Right Handlebar Leg (32) with the two Bolts.

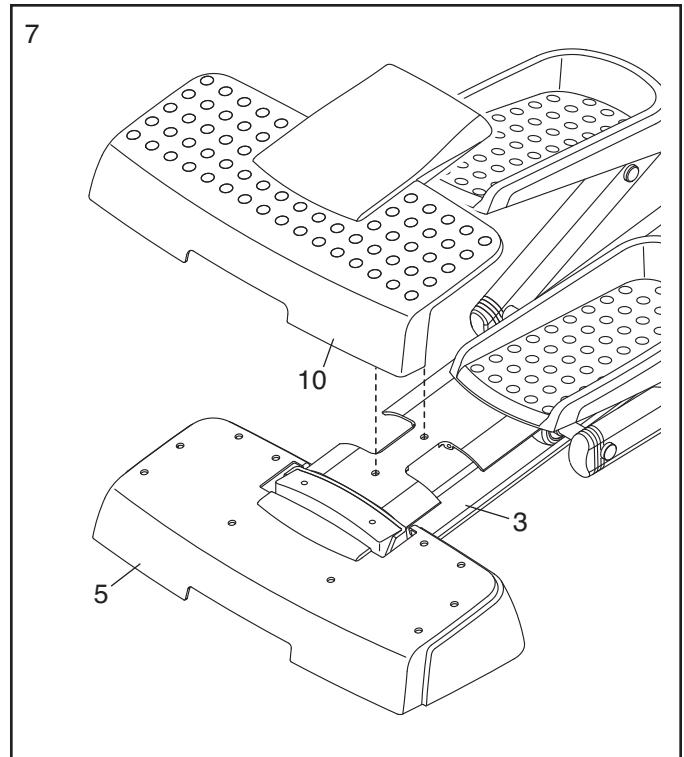
Attach the Left Handlebar (not shown) to the Left Handlebar Leg (not shown) in the same way.



6. Attach the Rear Stabilizer Cover (5) to the Stabilizer Bracket (86) with two M8 x 60mm Screws (88). Next, attach the Stabilizer Block (90) to the Stabilizer Bracket with two M4 x 15mm Screws (52).



7. Remove the adhesive backing from the Rear Stabilizer Overlay (10) and from the Rear Stabilizer Cover (5). Press the Rear Stabilizer Overlay onto the Track Frame (3) and the Rear Stabilizer Cover.

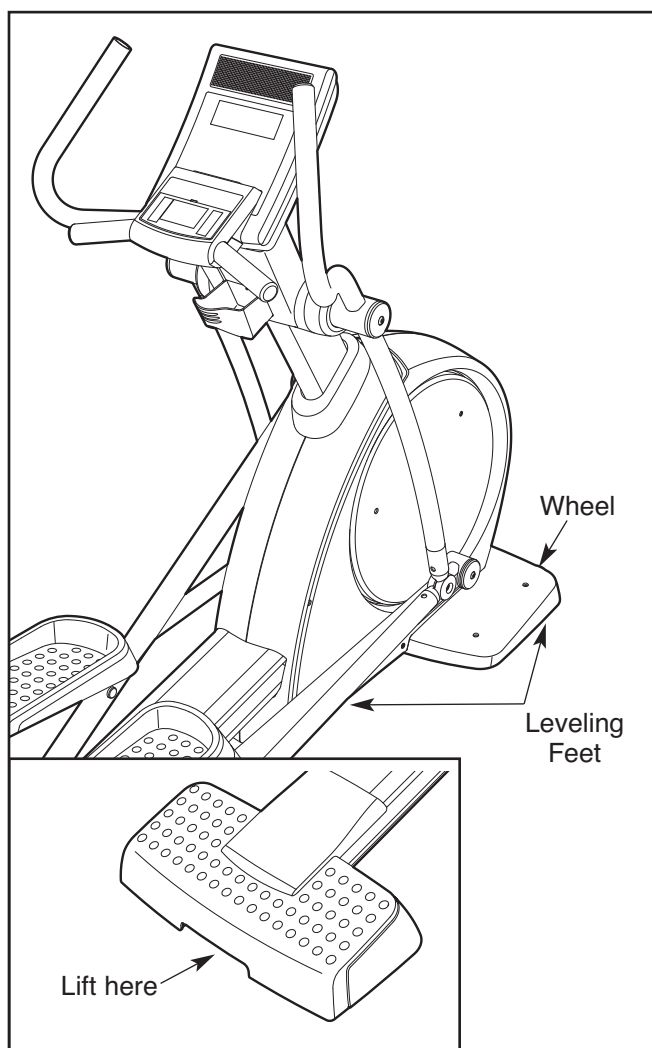


8. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. Have two persons lift the indicated end of the elliptical exerciser until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location and then lower it to the level position. **CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical exerciser. Do not attempt to move the elliptical exerciser over an uneven surface.**

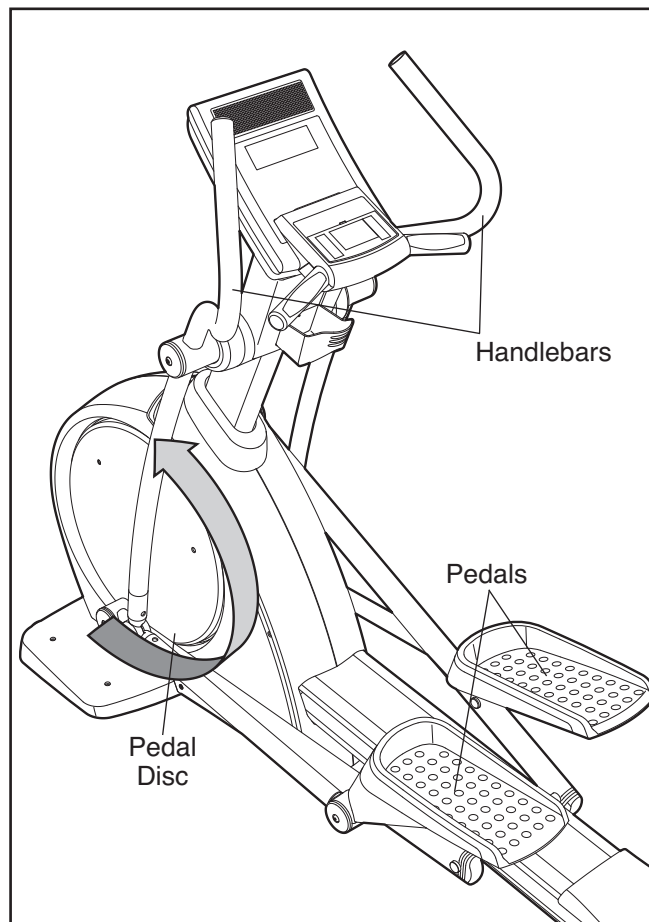


HOW TO LEVEL THE ELLIPTICAL EXERCISER

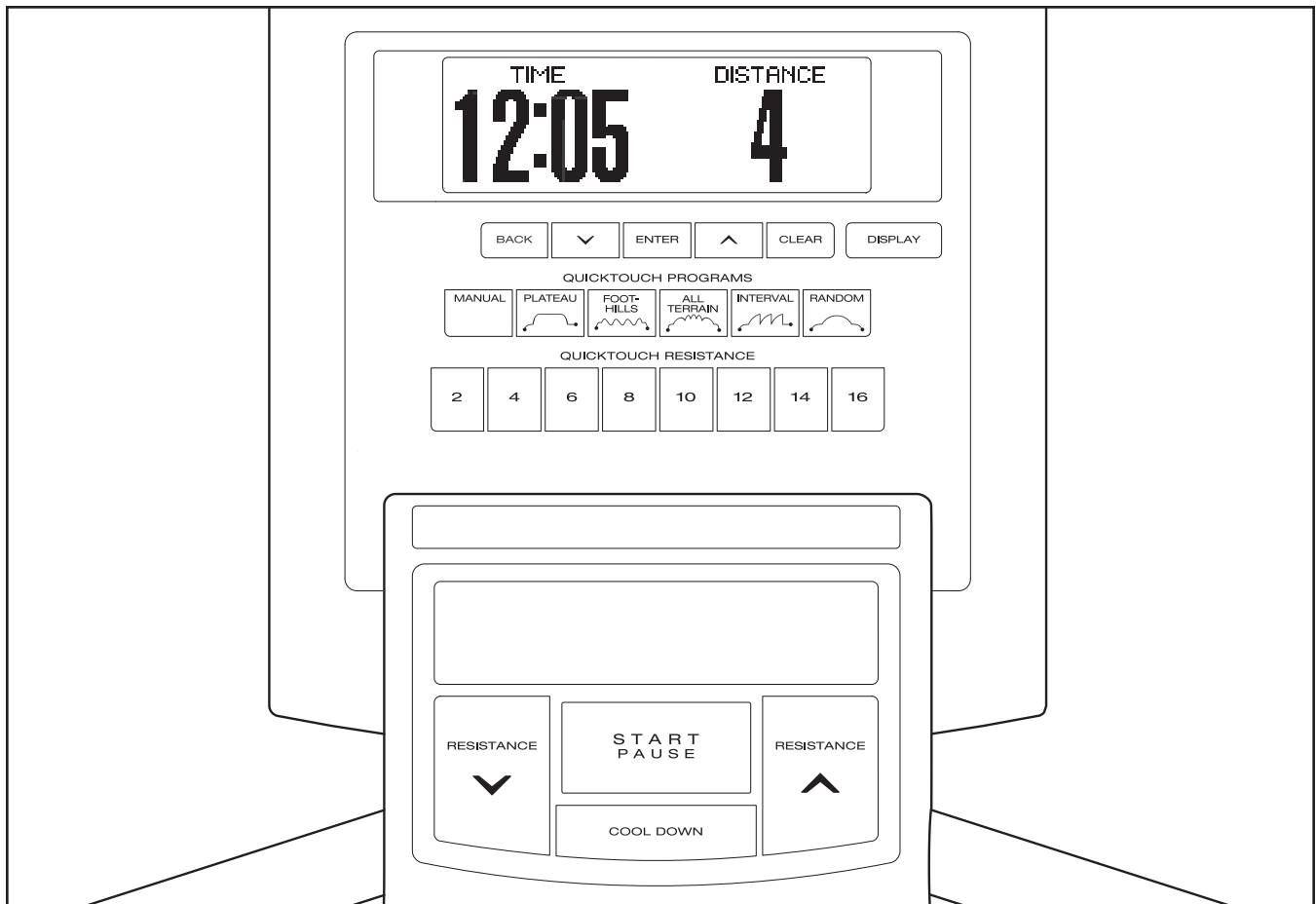
If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front stabilizer until the rocking motion is eliminated. Then, turn the leveling foot beneath the center of the frame to prevent the frame from flexing.

HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**



To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a freewheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.



FEATURES OF THE CONSOLE

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

When you use the quick start mode of the console, you can change the resistance of the pedals 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 optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 18.**

The console offers nineteen preset programs. Each program automatically changes the resistance of the pedals and prompts you to maintain a target pace as it guides you through an effective workout.

The console also offers three manual programs that allow you to set your own time, distance, or calorie goal for the workout.

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. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores.**

To use the quick start mode, see page 12. To use a MANUAL program, see page 13. To use a preset program, see page 15. To use the COOL DOWN mode, see page 16. To use the maintenance mode, see page 17. To use an iFit workout, see page 18.

HOW TO ACTIVATE THE CONSOLE

The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator as you pedal. To turn on the console, begin pedaling at a speed of about 25 revolutions per minute or faster. After a few seconds, the console display will turn on and the console will be ready for use.

IMPORTANT: If the elliptical exerciser 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 USE THE QUICK START MODE

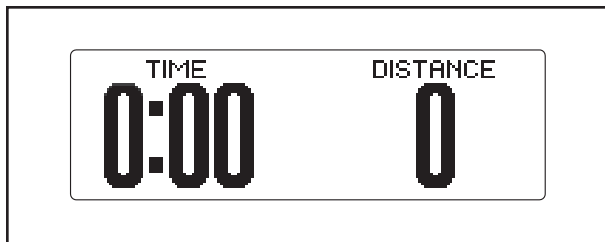
If you do not plan to use a program, the quick start mode will allow you to simply start exercising and adjust the resistance of the pedals manually.

1. Begin pedaling to activate the console.

When you activate the console, the display will turn on and the console will be ready for use.

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.



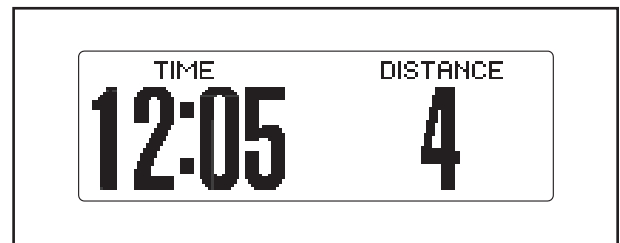
3. Press the START button to start the quick start mode and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons or the numbered QUICKTOUCH 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 displays.

The display will show the elapsed time and the distance you have pedaled. Note: When a preset program or the MANUAL TIME program is selected, the display will show the time remaining in the program instead of the elapsed time.

The display will also show your heart rate (in beats per minute) when you use the optional chest pulse sensor (see page 18).



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

To view the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the distance, the resistance level, the approximate number of calories you are burning per hour, and your pedaling pace in one display, press the DISPLAY button again.

To view the elapsed time, the distance you have pedaled, and the approximate number of calories you have burned in one display, press the DISPLAY button again.

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

Press the PAUSE button to pause the quick start mode at any time. Simply resume pedaling or press the START button to restart the quick start mode.

Note: The display may be able to display text messages in any of six languages (see step 5 on page 17).

5. When you are finished using the elliptical exerciser, the console will turn off automatically.

If the pedals do not move for several minutes, the displays will be reset and the console will turn off automatically.

HOW TO USE A MANUAL PROGRAM

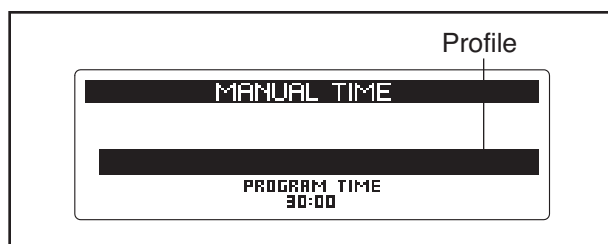
A MANUAL program allows you to set a time, distance, or calorie goal for your workout as you control the resistance of the pedals.

1. Begin pedaling to activate the console.

When you activate the console, the display will turn on and the console will be ready for use.

2. Select a MANUAL program.

To select one of the three MANUAL programs, first press the MANUAL button repeatedly until the words MANUAL TIME, MANUAL DISTANCE, or MANUAL CALORIES appear in the display. A profile of the resistance settings of the program and the program goal will also appear in the display. Then, press the ENTER button to confirm your selection.



3. Enter your age.

A moment after you select a MANUAL program, the words "ENTER AGE" and an age setting of 35 will flash in the display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



4. Enter your weight.

Next, the words "ENTER WEIGHT" and a weight setting of 185 pounds (US) will appear in the 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 of 30 minutes will appear in the display. To change the length of time that the program will last, press the increase and decrease buttons beside the ENTER button.

If you selected the MANUAL DISTANCE program, the words "ENTER WORKOUT DISTANCE" and a distance setting will appear in the display. To change the distance goal for the program, press the increase and decrease buttons beside the ENTER button.

If you selected the MANUAL CALORIES program, the words "ENTER WORKOUT CALORIES" and a calorie setting of 300 calories will appear in the display. To change the calorie goal for the program, press the increase and decrease buttons beside the ENTER button.

6. Press the 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 13). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.

As you pedal, change the resistance of the pedals as desired by pressing the RESISTANCE increase and decrease buttons or the numbered QUICK-TOUCH RESISTANCE buttons. 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. 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 restart 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.

During a MANUAL program, the display will show the time, the distance you have pedaled, the approximate number of calories you have burned, your exercise intensity in mets, your pedaling pace, and the resistance level. The display will also show your heart rate when you use the optional chest pulse sensor (see page 18).

If you selected the MANUAL TIME program, the display will count down the time remaining in the program. **If you selected the MANUAL DISTANCE program**, the display will count down the distance. **If you selected the MANUAL CALORIES program**, the display will count down the approximate number of calories you are burning.

To view the time, your exercise intensity in mets, and your power output in watts, press the DISPLAY button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

8. When you are finished using the elliptical trainer, the console will turn off automatically.

If the pedals do not move for several minutes, the displays will be reset and the console will turn off automatically.

HOW TO USE A PRESET PROGRAM

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

1. Begin pedaling to activate the console.

When you activate the console, the display will turn on and the console will be ready for use.

2. Select a preset program.

To select one of the nineteen preset programs, first press the PLATEAU, FOOTHILLS, ALL TERRAIN, INTERVAL, or RANDOM button repeatedly until the name of the desired preset program appears in the display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.



3. Enter your age.

A moment after you select a preset program, the words “ENTER AGE” and an age setting of 35 will flash in the display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.



4. Enter your weight.

Next, the words “ENTER WEIGHT” and a weight setting of 185 pounds (US) will 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. 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 column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the display.



IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

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

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling 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.

During a preset program, the display will show the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled. The display will also show your heart rate when you use the optional chest pulse sensor (see page 18).

To view the time, your exercise intensity in mets, and your power output in watts, press the DISPLAY button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

7. When you are finished using the elliptical trainer, the console will turn off automatically.

If the pedals do not move for several minutes, the displays will be reset and the console will turn off automatically.

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 page 15).

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.

When you activate the console, the display will turn on and the console will be ready for use.

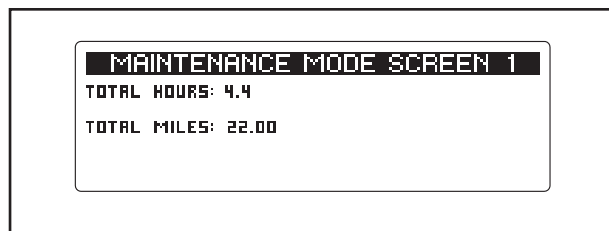
2. Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode.

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

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

3. View usage information for the elliptical trainer.

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



4. Press the DISPLAY button and change the time settings if desired.

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

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

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

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

5. Press the DISPLAY button again and select a language for the display.

The display may be able to display text messages in English, International English, German, Spanish, Italian, or French. To change the language, press the increase and decrease buttons beside the ENTER button.

6. 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 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.

When you activate the console, the display will turn on and the console will be ready for use.

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.

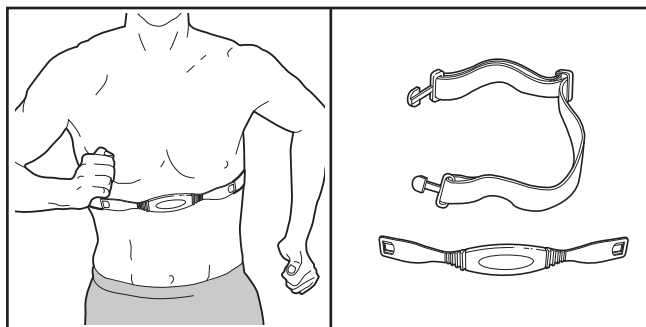
iFit workouts function in the same way as preset workouts. To use the workout, see steps 5 to 7 on pages 15 to 16. Note: Some iFit cards contain more than one workout. To select a workout, use the increase and decrease buttons located next to the ENTER button.

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.

THE OPTIONAL CHEST PULSE SENSOR

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



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 elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. Make sure to regularly clean the track wheels and the track frame on which the track wheels ride. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 10.

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.

PART LIST

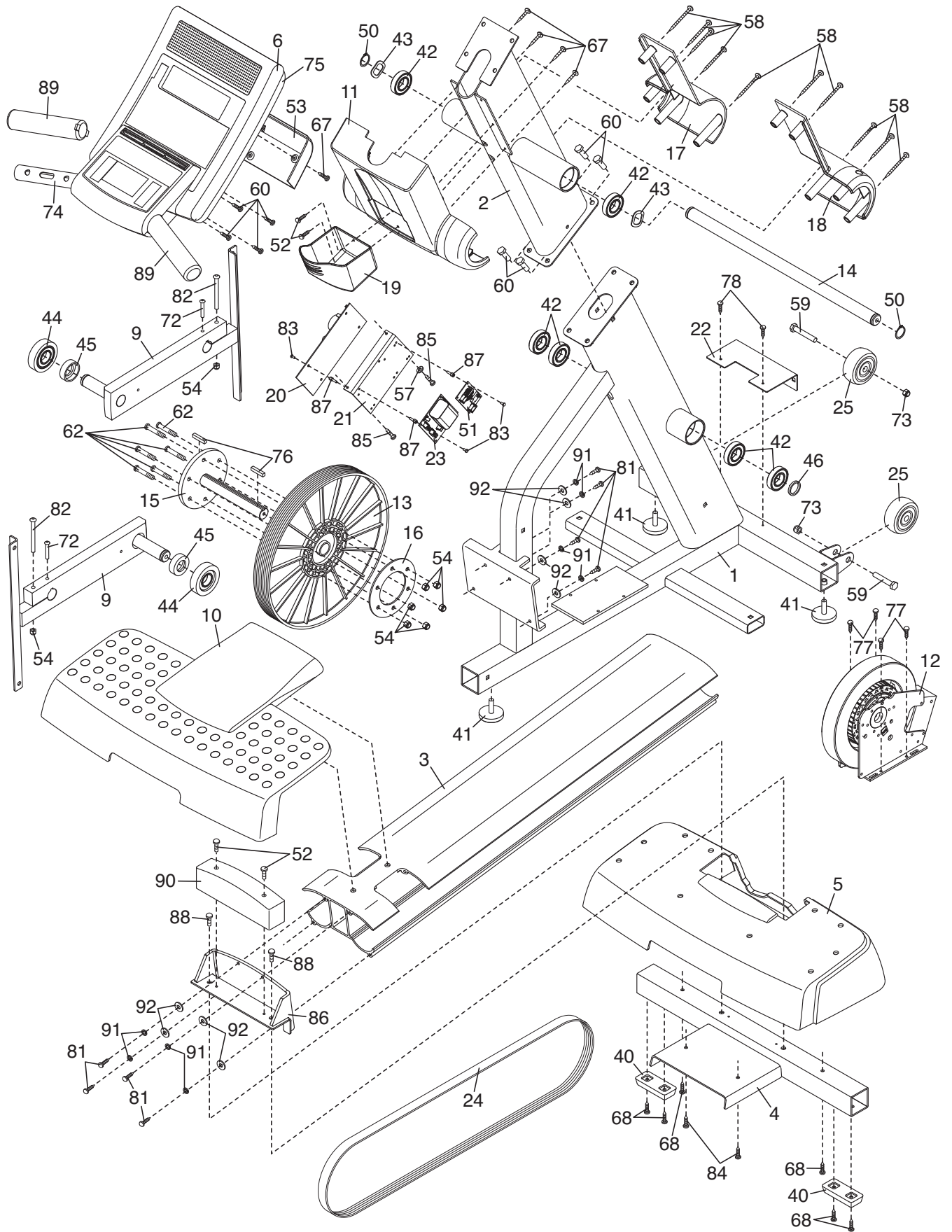
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	52	6	M4 x 15mm Screw
2	1	Upright	53	1	Console Back Cover
3	1	Track Frame	54	10	M8 Locknut
4	1	Rear Stabilizer	55	2	Track Cap
5	1	Rear Stabilizer Cover	56	8	5mm Bushing
6	1	Console	57	1	M4 Washer
7	1	Left Frame Cover	58	10	M4 x 50mm Screw
8	1	Right Frame Cover	59	2	M12 x 60mm Bolt
9	2	Crank Arm	60	8	M8 x 20mm Screw
10	1	Rear Stabilizer Overlay	61	2	M6 Large Washer
11	1	Upright Cover	62	6	M8 x 42mm Bolt
12	1	Generator	63	2	M8 x 32mm Screw
13	1	Pulley	64	6	M10 x 20mm Screw
14	1	Handlebar Axle	65	4	M8 x 25mm Bolt
15	1	Pulley Axle	66	2	M6 x 20mm Screw
16	1	Axle Plate	67	17	M4 x 10mm Screw
17	1	Left Handlebar Cover	68	23	M6 x 20mm Screw
18	1	Right Handlebar Cover	69	3	M6 x 140mm Screw
19	1	Cup Holder	70	6	M6 x 100mm Screw
20	1	Power Board	71	2	M6 x 40mm Screw
21	1	Power Board Bracket	72	2	M6 x 25mm Screw
22	1	Frame Cover Bracket	73	2	M12 Locknut
23	1	Battery Pack	74	1	Console Handlebar
24	1	Drive Belt	75	1	Console Back
25	2	Transport Wheel	76	2	Key
26	2	Track Arm	77	4	M5 x 15mm Screw
27	1	Left Pedal Leg	78	2	M4 x 14mm Screw
28	1	Right Pedal Leg	79	2	M6 x 60mm Screw
29	1	Left Handlebar Leg	80	2	Track Wheel
30	1	Left Pedal	81	8	M6 x 30mm Hex Bolt
31	1	Right Pedal	82	2	M8 x 80mm Bolt
32	1	Right Handlebar Leg	83	24	M3 x 6mm Screw
33	2	Handlebar Foam	84	4	M6 x 13mm Screw
34	1	Left Handlebar	85	2	M4 x 14mm Screw
35	1	Right Handlebar	86	1	Stabilizer Bracket
36	1	Right Shield	87	12	M3 Stand-off
37	1	Left Shield	88	2	M8 x 60mm Screw
38	2	Pedal Disc	89	2	Hand Grip
39	1	Shield Cover	90	1	Stabilizer Block
40	2	Rear Stabilizer Foot	91	8	M6 Split Washer
41	3	Frame Foot	92	8	M6 Washer
42	10	25mm Bearing	93	12	M5 Washer
43	8	Wave Washer	94	12	M4 Split Washer
44	8	Bushing	*	–	User's Manual
45	2	14mm Spacer	*	–	Fastener Adhesive Packet
46	1	Large Washer	*	–	40" Console Wire
47	6	11mm Round Cap	*	–	7" ECA Jumper Wire
48	4	Wheel Bushing	*	–	6" CN-3 Jumper Wire
49	2	Handlebar Cap	*	–	10" Ground Wire
50	10	Snap Ring	*	–	CN-2 Generator Wire
51	1	Small Control Board	*	–	CN-1 Generator Wire

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

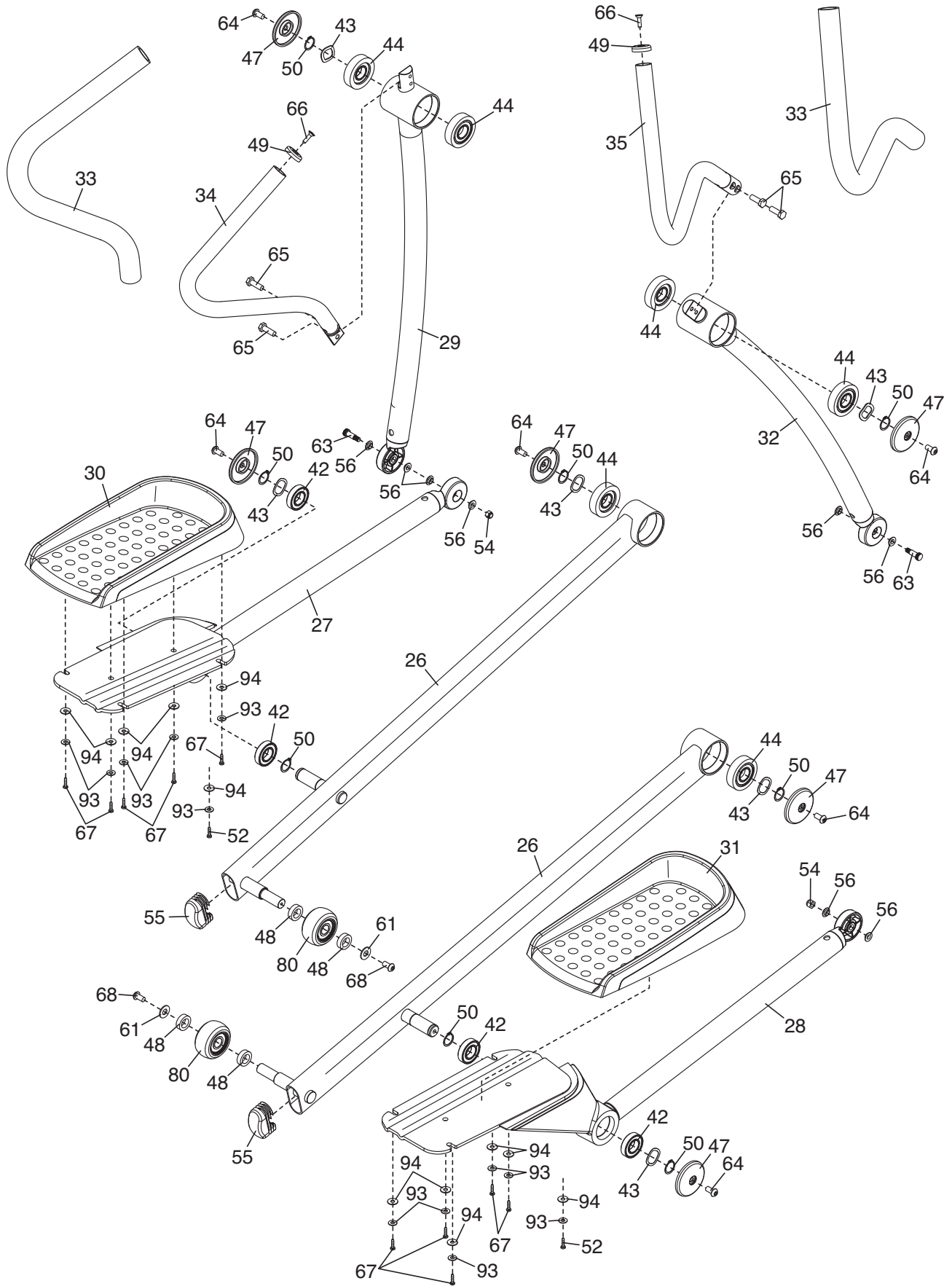
EXPLODED DRAWING A

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EXPLODED DRAWING B

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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 EXPLODED DRAWING near the end of this manual).**

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

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

US Email: fmfvcustomerservice@freemotionfitness.com

International Email: 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 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

Residential	Light Commercial
Frame: Lifetime	Frame: Lifetime
Parts: 3 years	Parts: 3 years
Labor: 2 years	Labor: 2 years

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 2-year 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.
8. Use in a commercial or institutional setting of any kind.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.
2. Pick-up and 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.