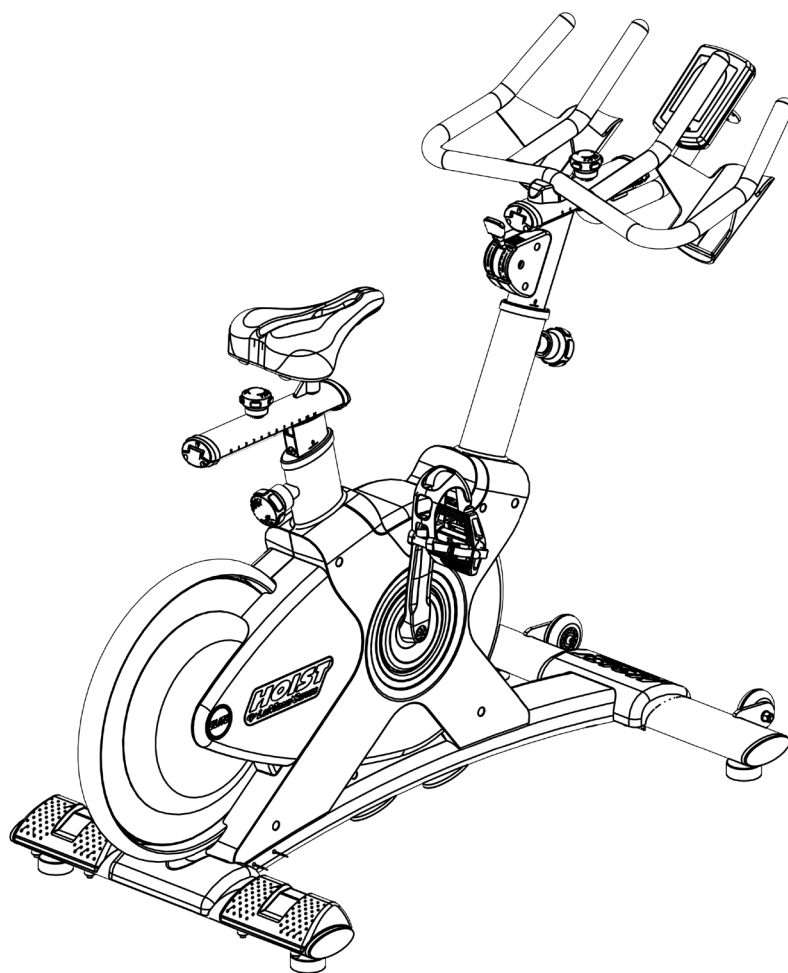


HOIST® **LEMOND® SERIES**

L-15900 (ELITE) **OWNER'S MANUAL**





HOIST® LeMond® Series ELITE

Visit our website at
www.HOISTfitness.com

11900 Community Road
Poway, CA 92064 USA
Telephone: (+1) 858.578.7676
Fax: (+1) 858.578.9558

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CONGRATULATIONS

You have just become a valued HOIST Fitness customer. Our team is committed to making your cycling experience fun and rewarding — offering you detailed product information, expert fitness advice, and direct customer support you can depend on. I want to thank-you for purchasing an exciting **HOIST® LeMond® Series ELITE** indoor group cycle.

This **HOIST® LeMond® Series ELITE** Owner's Manual will help you get the most enjoyment from your new indoor group cycle. It not only explains all the important features and safety considerations of the **HOIST® LeMond® Series ELITE**, it also includes great workout tips and exercise principles. If at any time you have questions about this information, please call us at (858) 578-7676 and we will be happy to help you. To help us answer your questions quickly, we recommend that you have the serial number of your bike ready when you call us. The serial number of your bike is located on the bottom frame tube.

Greg LeMond, three-time Tour de France Champion, is the force behind the inspiration and design of this remarkable indoor bike. Greg's story is one of courage and heroic accomplishment. In 1986, Greg became the first American to win the longest and most physically demanding event in the world — the Tour de France. Only nine months later in April of 1987, he narrowly escaped death when he was accidentally shot in a hunting accident. During a long and painful rehabilitation, he set a goal that many considered inconceivable: to once again win the Tour de France. In 1989, he achieved that goal and then proved it was no mere stroke of luck by winning the Tour a third time in 1990.

A legendary athlete, Greg introduced many cycling innovations during his racing career. Just as aero bars are now commonplace, the **HOIST® LeMond® Series ELITE** is the new standard in indoor group cycles. The **HOIST® LeMond® Series ELITE** combines Greg's passion for cycling with exceptional product innovation. Built to deliver an incredible workout, every component of the **HOIST® LeMond® Series ELITE** has been designed to be more innovative, more user friendly and more comfortable than any other indoor group cycle you have ridden. Whether you are a beginning fitness enthusiast or a highly conditioned athlete, you will immediately feel the difference.

FEATURES

- 16 levels of adjustments for seat height, 13 levels for handlebar height, and micro adjustments fore/aft on handlebars and seat for a completely customizable fit
- Locking knobs for easy and secure adjustments
- Rear fly wheel design provides the feel of a traditional road bike
- Built-in LCD computer monitor with the following output setting:
 - Multi-color **CaloriePUMP™**
 - Time
 - Distance
 - Calories
 - RPM
 - Watts
 - Heart Rate
 - Average RPM
 - Average Watts
 - Average Heart Rate
- Built-in generator powers computer so you never need to replace batteries
- Poly V-belt provides continuous resistance that requires little to no maintenance
- Magnetic Resistance System means a smoother, quieter ride, and minimal maintenance
- Positive detent “click” when you adjust levels, selected level also easily visible on the console
- Extra sturdy steel frame
- Two water bottle holders seamlessly built-into handle bars for easy access

Please review the rest of this Owner’s Manual carefully before you start using your new **HOIST® LeMond® Series ELITE**. The information enclosed here will help you get the most enjoyment out of your workout and includes valuable operating, service, safety, and trouble-shooting information, as well as guidelines for an effective exercise program.

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WARRANTY

This is to certify that the **HOIST® LeMond® Series ELITE** exercise bike is warranted by HOIST Fitness Systems Inc. to be free of all defects in materials and workmanship. This warranty does not apply to any defect caused by negligence, misuse, accident, alteration, improper maintenance, or an "act of God." The **HOIST® LeMond® Series ELITE** Product Warranty assumes that the recommended service guidelines have been followed by the customer, and covers the following:

Parts:

- Frame - 5 years
- Cranks, flywheel, handlebar, handlebar post, seat post - 3 years
- Bottom bracket cartridge assembly, pillow block bearings, tension assembly - 2 years
- Pedals - 1 year
- Seat, pedal toe cages, and pedal straps - 90 days

Labor: - 90 days following customer installation

Contact our Customer Service Department to report any problems. When calling, please be prepared to provide the customer service representative with the following information:

- Your name, customer number, shipping address, and telephone number
- The serial number(s) of the inoperable bike(s)
- The date(s) of purchase for the inoperable bike(s)
- Your billing address

This information will ensure that you are the only one ordering parts under your warranty protection. If warranty replacement parts are shipped to you, you may be required to return the inoperable part. To facilitate this process, the following policy has been established:

- Please call our Customer Service Department (858-578-7676) to receive a return goods authorization prior to shipment.
- HOIST Fitness will incur all ground freight charges for warranty parts ordered for a machine that is less than 90 days old.
- You are responsible for freight charges on warranty parts for machines that are more than 90 days old. (You will not be responsible for the freight charges for any returned inoperable parts.)
- If an inoperable warranty parts must be returned to our Customer Service Department, we will pay the shipping cost and provide detailed return shipping instructions. These instructions will be sent along with your warranty replacement part.

HOIST Fitness Systems Inc. neither makes, assumes nor authorizes any representative or other person to make or assume for us, any other warranty whatsoever, whether expressed or implied, in connection with the sale, service, or shipment of our products. We reserve the right to make changes and improvements in our products without incurring any obligation to similarly alter products previously purchased. In order to maintain your product warranty and to ensure the safe and efficient operation of your machine, only authorized replacement parts can be used. This warranty is void if parts other than those provided by HOIST Fitness are used.

IMPORTANT SAFETY INSTRUCTIONS



This symbol appearing throughout this manual means:

Attention! Be Alert! Your safety is involved.

The following definition applies to the word "WARNING" found throughout this manual:

WARNING

Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT.

1. The **HOIST® LeMond® Series ELITE** indoor group cycle is intended for cardiovascular fitness training and may be used in group or individual settings. Use this equipment only for its intended use as described in this manual. Do not attempt to ride this bike at high pedal speeds or in a standing position until you have practiced and are comfortable riding at slower pedal speeds.
2. This unit is NOT equipped with a freewheel system. If the flywheel is in motion, the pedals will be in motion. Do not attempt to stop the unit by applying reverse pressure to the pedals as knee injury may occur. Do not attempt to remove your feet from the pedals while they are in motion as serious injury may occur from the spinning pedals.
3. Wait for the flywheel to coast to a stop. If you want to quickly stop the flywheel, apply firm downward pressure to the brake lever. Do not attempt to dismount the **HOIST® LeMond® Series ELITE** unless the pedals and the flywheel are at a complete stop.
4. Injury or death may occur from improper use or over-training. Consult a medical doctor or qualified fitness instructor to determine an exercise program appropriate to your level of fitness.
5. Never attempt to turn the pedal crank arms by hand. Do not expose ANY part of your body or clothing to the drive mechanism as possible injury could occur.
6. In commercial settings, the **HOIST® LeMond® Series ELITE** should always be used in a supervised environment with qualified instructors.
7. In a home setting, keep unsupervised children away from the unit when not in use. Keep children and pets away from the unit while in use.
8. Do not perform push-up type movements on the handlebars.
9. Never drop or insert any object into any opening on the exercise equipment.
10. Make sure "HOIST Elite Bike" has been properly leveled (using adjustable feet) to ensure a safe/stable ride.

11. Follow the instructions for safe use of the equipment including proper seat position, handlebar position, and use of the foot positioning system of the pedals. Never adjust the handlebars or seat post past the minimum safe insertion depth marked with the word "STOP".
12. For safe operation, allow for at least 1 foot (30cm) of free space to either side of the unit and 2 feet (60cm) of free space to the rear of the unit.
13. DO NOT attempt to make fore or aft handlebar or seat adjustments while sitting or standing on the bike.
14. Users, agents, and anyone directing the use of this equipment shall be responsible for determining the suitability of the product for its intended use as outlined in this manual, including regular maintenance tasks. Said parties are put on notice that they assume all risk and liability in connection herewith.
15. Rider capacity of the **HOIST® LeMond® Series ELITE** is 350lb (159.1 kg).

The safety level of this equipment can only be maintained by following the guidelines in this manual and examining the equipment regularly for damage and wear. Damaged or inoperable components should be replaced immediately and the equipment should not be used until it is repaired.

Failure to follow all guidelines above may compromise your exercise experience, expose you and others to injury, and reduce the longevity of the equipment.

SAVE THESE INSTRUCTIONS

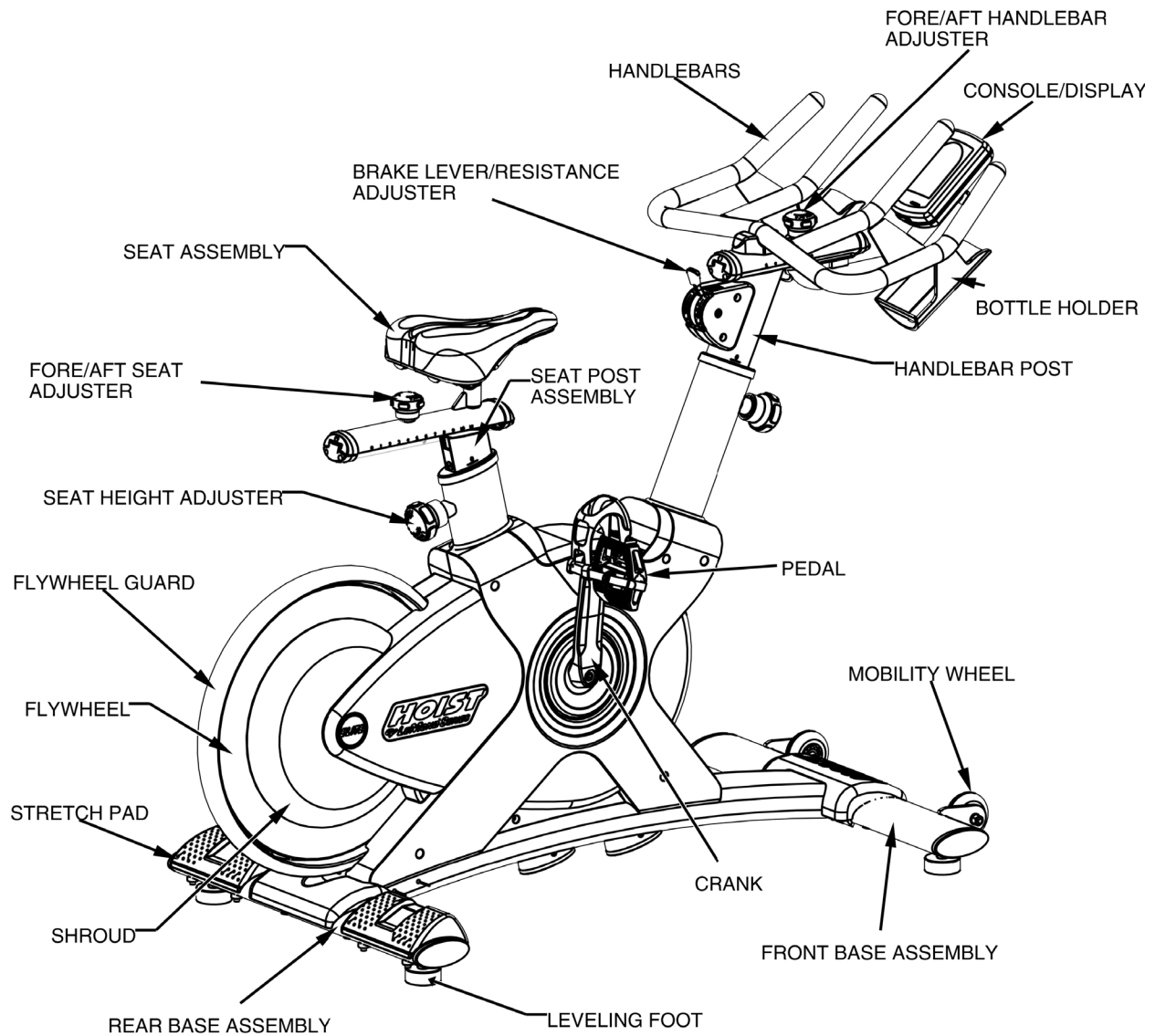
Your Serial Number:

Your HOIST Fitness:

Dealer: _____

Phone: _____

Your comments and suggestions are welcome.
Congratulations, and thank you for buying the **HOIST® LeMond® Series ELITE**.



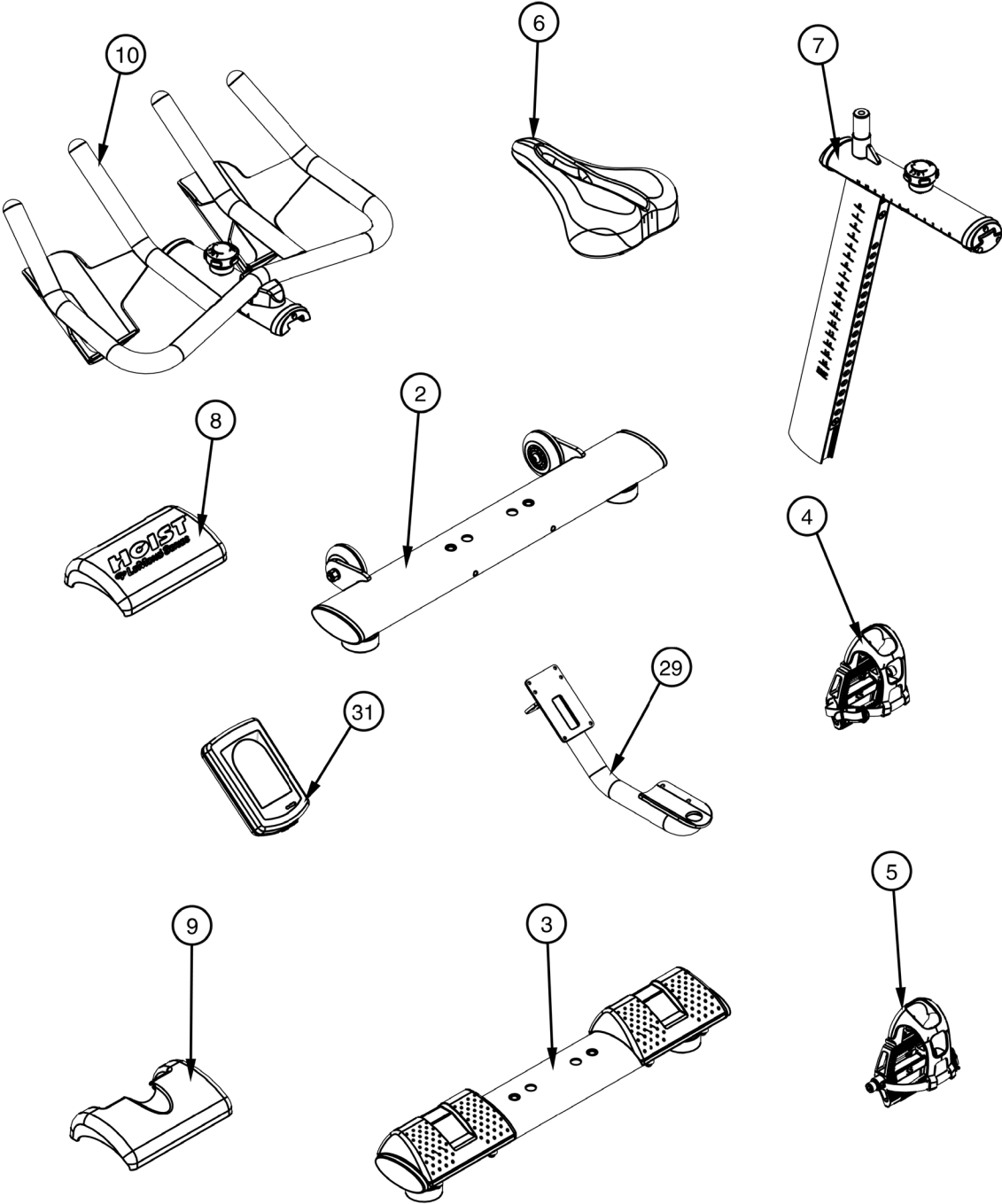
HOIST® LeMond® Series ELITE

DELIVERY

Your **HOIST® LeMond® Series ELITE** will arrive packed in 1 carton. Upon arrival fully inspect the carton for damage. Point out any damage to the delivery person and have the delivery person record the damage on the delivery paperwork. Contact the Customer Service Department at 858-578-7676 to report any damage.

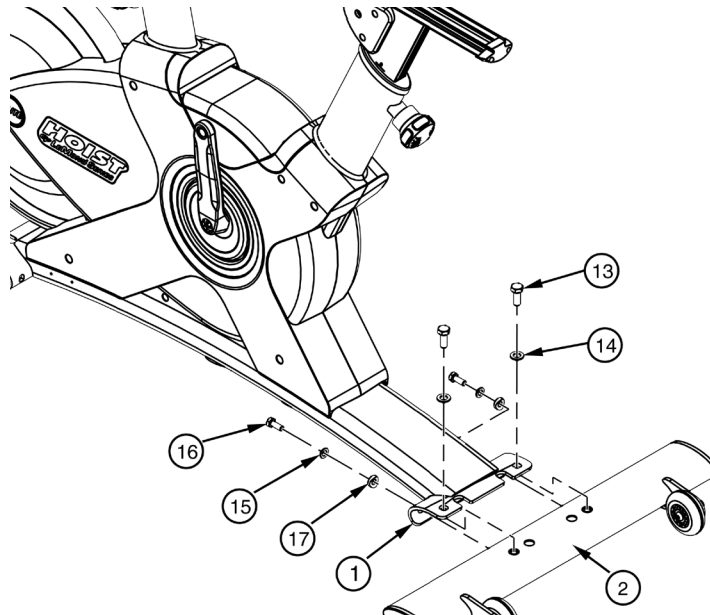
Please follow these detailed instructions and you will find that your bike can be assembled with ease.

ASEMBLED PARTS OVERVIEW

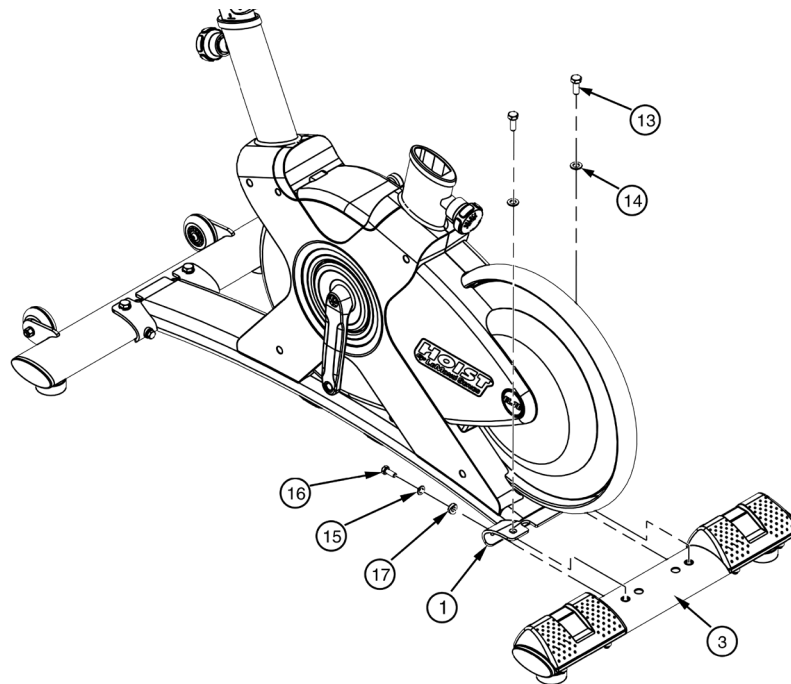


ASSEMBLY

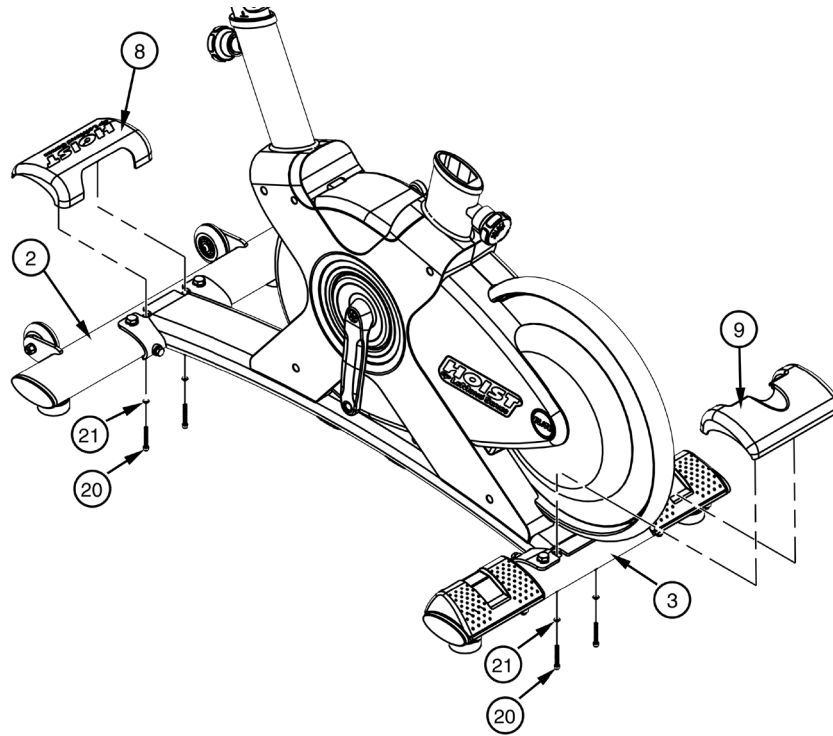
1. Attach the Front Base Assembly (2) to the Main Frame Assembly (1) using 2X – M10 x 25mm Hex Head bolts (13), 2X – M10 Flat Washer (14), 2X – M8 x 20mm Hex Head bolts (16), 2X – M8 Flat Washer (15), and 2X – Curved Spacers (17) and wrench tighten.



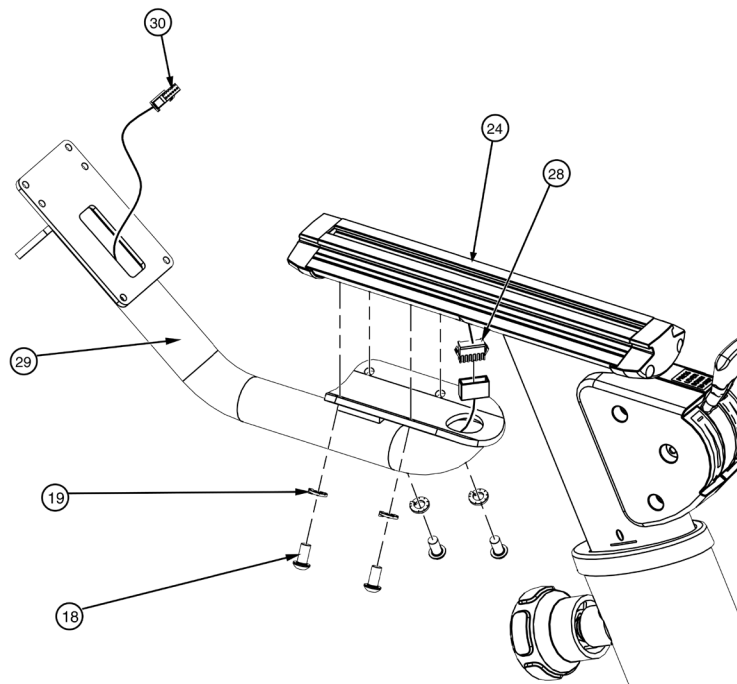
2. Attach the Rear Base Assembly (3) to the Main Frame Assembly (1) using 2X – M10 x 25mm Hex Head bolts (13), 2X – M10 Flat Washer (14), 2X – M8 x 20mm Hex Head bolts (16), 2X – M8 Flat Washer (15), and 2X – Curved Spacers (17) and wrench tighten.



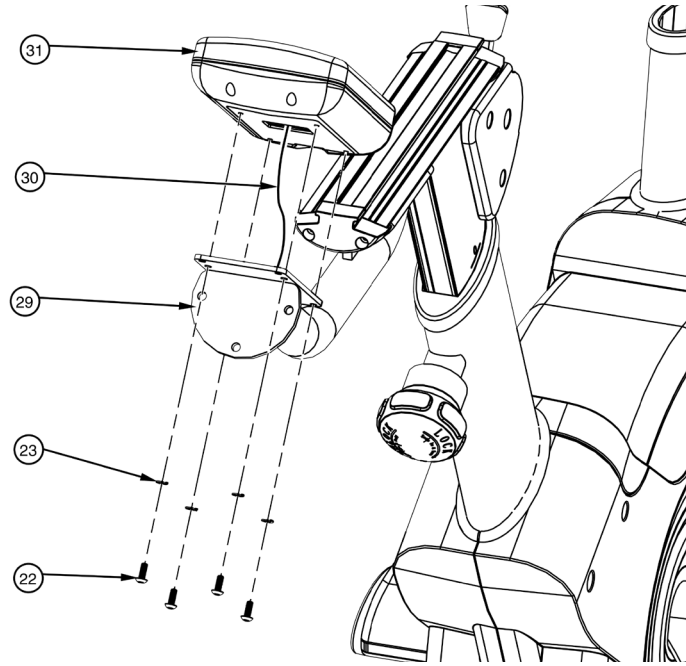
3. Attach the Front Base Cover (8) to the Front Base Assembly (2) using 2X – M5 x 40mm SHCS (20) and 2X – M5 Flat Washer (21) and wrench tighten. Then attach the Rear Base Cover (9) to the Rear Base Assembly (3) using 2X – M5 x 40mm SHCS (20) and 2X – M5 Flat Washer (21) and wrench tighten.



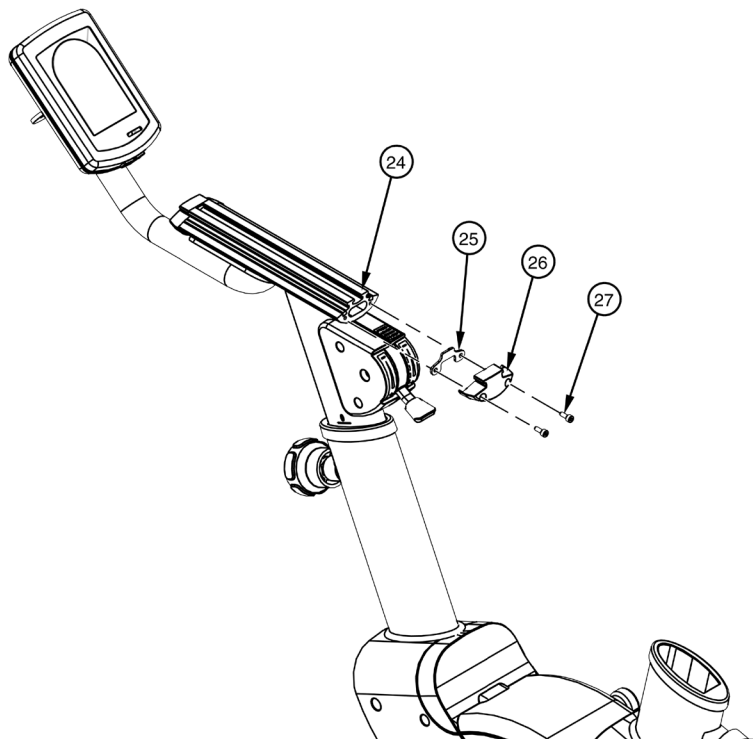
4. Attach the female plug of Signal Cable 2 (30) to the male plug of Signal Cable 1 (28). Then attach the Console Mount (29) using 4X – M6 x 12mm BHCS (18) and 4X – M6 Split Lock Washer (19) and wrench tighten.



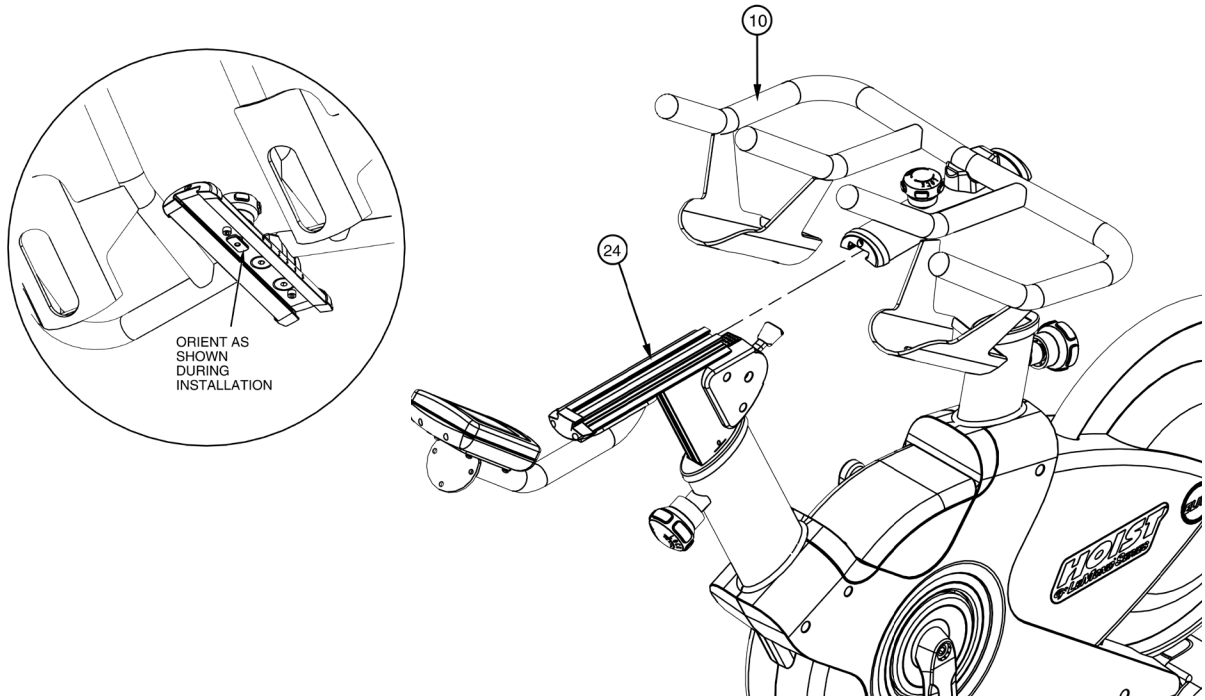
5. Plug the male end of Signal Cable 2 (30) into the Elite Bike Console (31). Then attach the Elite Bike Console (31) to the Console Mount (29) using 4X – M4 x 10mm BHCS (22) and 4X – M4 Split Lock Washer (23) and wrench tighten.



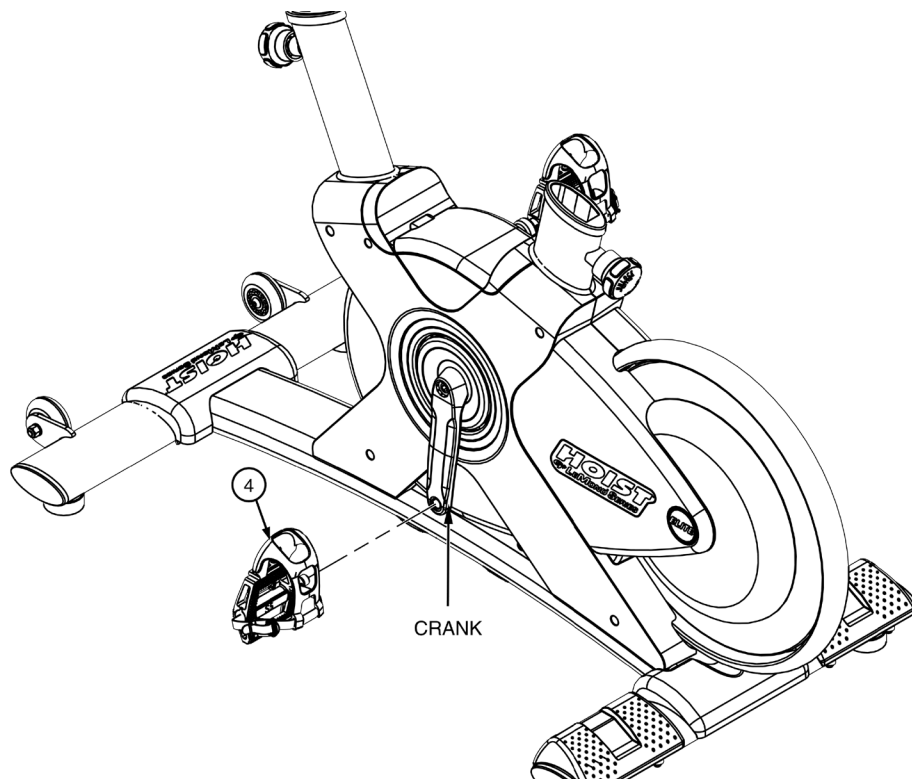
6. In order to install the Handle Bar Assembly (10) you must first loosen and remove 2X – M4 x 10mm SHCS (27), Handle Bar Post End Cap (26), and Support Plate (25) located at the back of the Handle-bar Post (24) as shown.



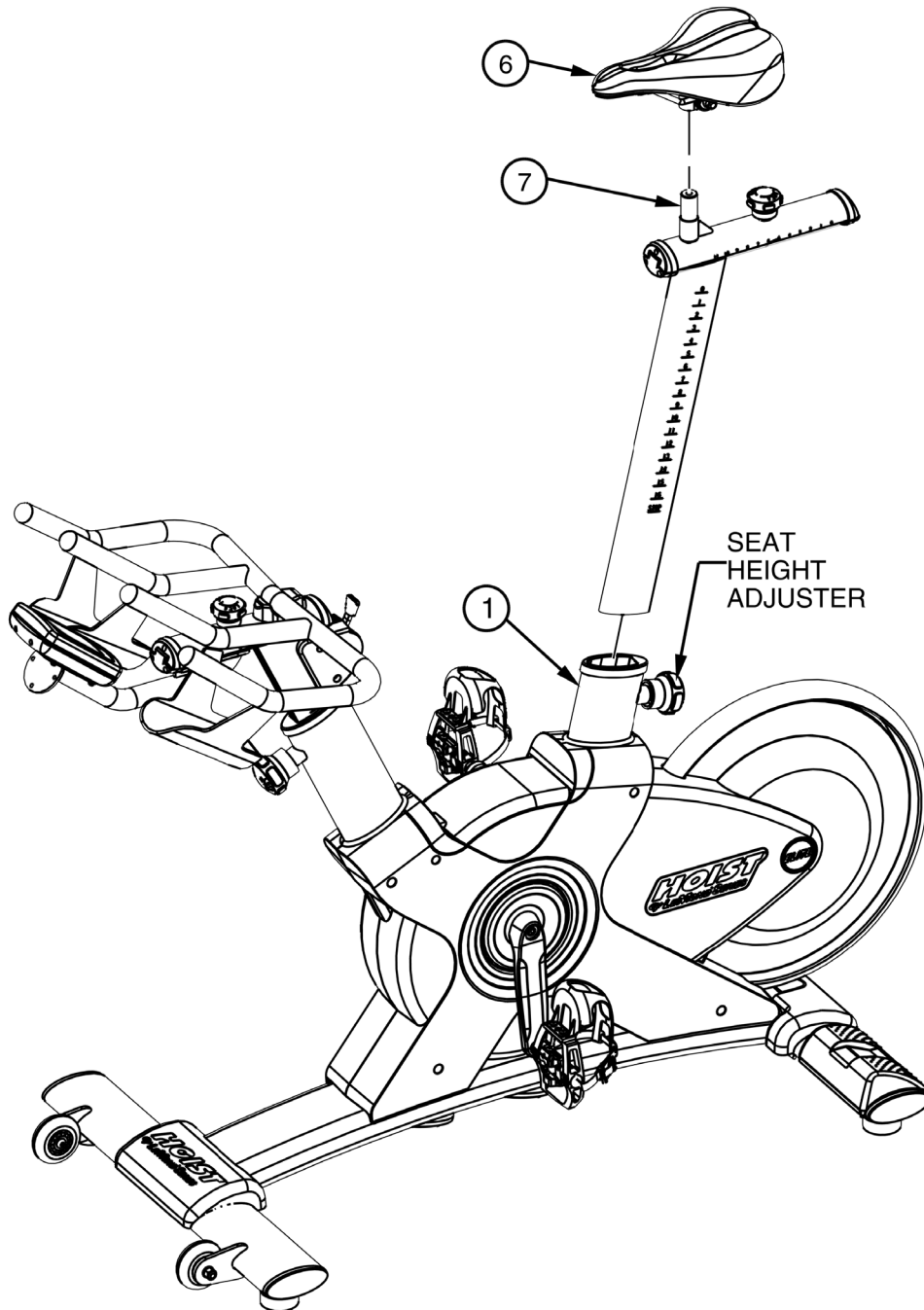
- Slide the Handle Bar Assembly onto the Handlebar Post as shown. *PLEASE NOTE: Take extra care to ensure that the bottom of the adjuster is oriented as shown in the detail view*



- Attach the Left Pedal Assembly (4) onto the crank and wrench tighten. Repeat operation for opposite side Right Pedal Assembly (5). *PLEASE NOTE: The Left Pedal Assembly (4) has reverse threads*



9. Attach the Seat Assembly (6) onto the Seat Post Assembly (7) and wrench tighten. To install the Seat Post Assembly (7) into the Main Frame (1) loosen the seat height adjuster and pull the adjuster outward. While the adjuster is pulled outward insert the Seat Post Assembly (7) and release the knob and re-tighten.



ASSEMBLY OVERVIEW PARTS LIST

NOTE: Some of these parts may come pre-installed.

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20001	MAIN FRAME ASSEMBLY	1
2	050-20002	FRONT BASE ASSEMBLY	1
3	050-20003	REAR BASE ASSEMBLY	1
4	050-20004	LEFT PEDAL ASSEMBLY	1
5	050-20005	RIGHT PEDAL ASSEMBLY	1
6	050-20007	SEAT ASSEMBLY	1
7	050-20008	SEAT POST ASSEMBLY	1
8	050-20009	FRONT BASE COVER	1
9	050-20010	REAR BASE COVER	1
10	050-20019	HANDLEBAR ASSEMBLY	1
13	050-20020	HEX HEAD BOLT, M10 X 25MM LG.	4
14	050-20021	M10 FLAT WASHER	4
15	050-20022	M8 FLAT WASHER	4
16	050-20023	HEX HEAD BOLT, M8 X 20MM LG	4
17	050-20024	CURVED SPACER, 8.5MM I.D. x 18MM O.D. x 6.5MM THICK	4
18	050-20027	BHCS, M6 x 12MM LG.	4
19	050-20028	M6 SPLIT LOCK WASHER	4
20	050-20025	SHCS, M5 x 40MM LG.	4
21	050-20026	M5 FLAT WASHER	4
22	050-20029	BHCS, M4 x 10MM LG.	4
23	050-20030	M4 SPLIT LOCK WASHER	4
24	050-20011	HANDLEBAR POST	1
25	050-20012	SUPPORT PLATE	1
26	050-20013	LOWER POST END CAP	1
27	050-20014	M4 X 10MM SHCS	2
28	050-20015	CONSOLE SIGNAL CABLE 1	1
29	050-20016	CONSOLE MOUNT	1
30	050-20017	CONSOLE SIGNAL CABLE 2	1
31	050-20018	ELITE BIKE CONSOLE	1

GUIDELINES FOR SAFE OPERATION



WARNING

THESE GUIDELINES ARE DIRECTED TO YOU, AS THE OWNER OF THIS EXERCISE EQUIPMENT. YOU SHOULD INSIST THAT ALL USERS FOLLOW THE SAME GUIDELINES. YOU SHOULD MAKE THIS MANUAL AVAILABLE TO ALL USERS.

1. Obtain a complete physical examination from your medical doctor and enlist a health/fitness professional's aid in developing an exercise program suitable for your current health status.
2. When working out for the first time, start out slowly for a minimum of five minutes. After your muscles are warmed up, gradually increase the pedaling rate and/or resistance to a speed that allows you to attain your target heart rate zone.
3. The speed and duration of your exercise program should always be subject to how you feel. Never permit peer pressure to exceed your personal judgment while exercising.
4. Overweight or severely unconditioned individuals should be particularly cautious when using the equipment for the first time. Even though such individuals may not have histories of serious physical problems, they may perceive the exercise to be far less intense than it really is, resulting in the possibility of overexertion or injury.
5. Although all equipment manufactured by HOIST Fitness Systems, Inc. has been thoroughly inspected at the manufacturing facility prior to shipment, proper installation and regular maintenance are required to ensure safety. Maintenance is the sole responsibility of the owner.

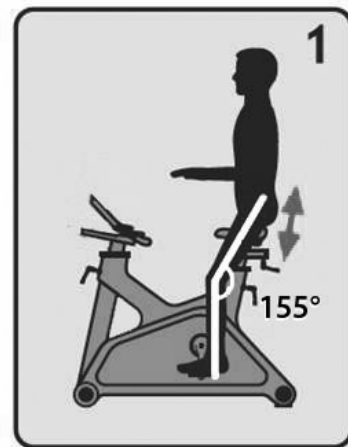
ADJUSTING THE FIT

Take a moment to learn how to properly fit your **HOIST® LeMond® Series ELITE** to your body; it will make your workouts a more pleasant and safer experience. The **HOIST® LeMond® Series ELITE** has each adjustment numbered so you can quickly return the adjustments to your specific settings. Making full use of these features will give you the most comfortable ride possible and allow you to exercise efficiently. Using the bike when it is incorrectly adjusted can result in unnecessary discomfort and increase your risk of injury.

Seat Adjustment:

Adjusting the Seat's Height

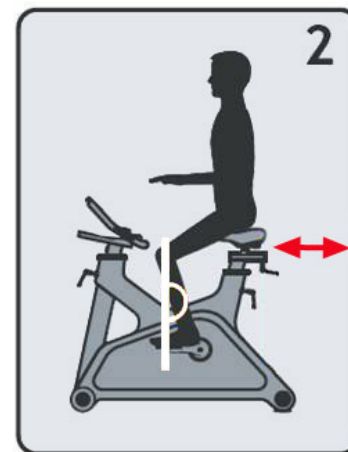
1. Stand next to the seat post and adjust the seat to hip height.
2. Rotate the crank so that the pedals are in the vertical, 12 and 6 o'clock, position.
3. Place your foot in the toe cage of the pedal closest to the floor and mount the bike. Ensure that the ball of your foot is over the center of the pedal. Your leg should be slightly bent at the knee (155° extension), as shown in the picture to the right.
4. If your leg is too straight or your foot cannot touch the pedal you will need to lower the seat. If your leg is bent too much you will need to raise the seat.
5. Dismount the bike and pull up on the seat post cam clamp lever. Once loosened, slide the seat post up or down as necessary.
6. When the seat is in the desired position, push the cam clamp lever down to the locked position to secure the seat post.
7. Note the final position mark on the seat post for future reference.



*Diagram does not reflect actual product

Adjusting the Seat's Forward/Aft Position

1. Sit on your bike with the cranks in the 3 and 9 o'clock positions. A proper forward/aft position of the seat is achieved when the small bump at the top of the shin of your forward leg, directly below the knee cap (tibial tuberosity), is above the pedal axle.
2. Dismount to adjust the seat forward or aft for a better fit. Loosen the seat adjustment knob and slide the seat forward or backward as desired; then tighten.
3. Note the final position mark under the seat for future reference. (Repeat steps for seat height if necessary.)



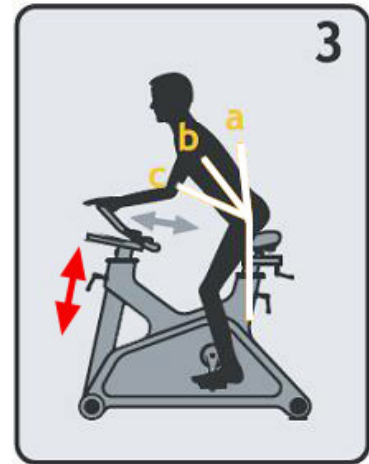
*Diagram does not reflect actual product

Handlebar Adjustment:**Adjusting the Handlebar Height**

1. Handlebar height is a matter of preference. Start with the handlebars at the same height as the seat. Adjusting the handlebars higher will give the rider a more upright position; lowering them will result in a more prone position.
2. *Dismount* the bike to adjust the handlebars. Raise or lower the handlebars by pulling up on the handlebar post cam clamp lever and sliding the handlebar post up or down as desired. Push the cam clamp lever down to the locked position to secure the handlebar post.
3. Note the final position mark on the handlebar post for future reference.

Adjusting the Handlebar's Forward/Aft Position

1. *Dismount* the bike and loosen the handlebar forward/aft adjustment knob and slide the handlebars either forward or backward as desired. The forward/aft position should be set to allow the rider to comfortably grasp the handles with a slight bend at the elbow.
2. Tighten the adjustment lever clockwise to secure the handlebar assembly. Note the final position mark for future reference.



*Diagram does not reflect actual product



*Diagram does not reflect actual product

Pedal strap adjustment:

1. Place the ball of each foot on the pedal and in the toe cage such that the ball of the foot is centered over the pedal spindle and under the strap.
2. Rotate the cranks until one foot is in a position closest to you.
3. To tighten the strap, pull up on the end of the strap until it fits snugly over your shoe. Make sure that the strap is secure, but not overly tight or pressing uncomfortably on your foot.
4. Repeat for the other foot.
5. To loosen the pedal strap, press down on the clip that holds the strap secure, and pull slightly outward.
6. Release the clip to lock the strap into place.

BASIC OPERATION

Now that you have established a riding position, take a few minutes to ride the bike and determine that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the grips lightly and in a position that allows your shoulders and upper body to relax. Pedal easily, at a low resistance, until you feel confident that you could ride in that position for the duration of your workout.

**WARNING**

IF AT ANY TIME DURING YOUR WORKOUT, YOU FEEL CHEST PAIN, EXPERIENCE SEVERE MUSCULAR DISCOMFORT, FEEL FAINT, OR ARE SHORT OF BREATH, STOP EXERCISING IMMEDIATELY. IF THE CONDITION PERSISTS, YOU SHOULD CONSULT YOUR MEDICAL DOCTOR IMMEDIATELY.

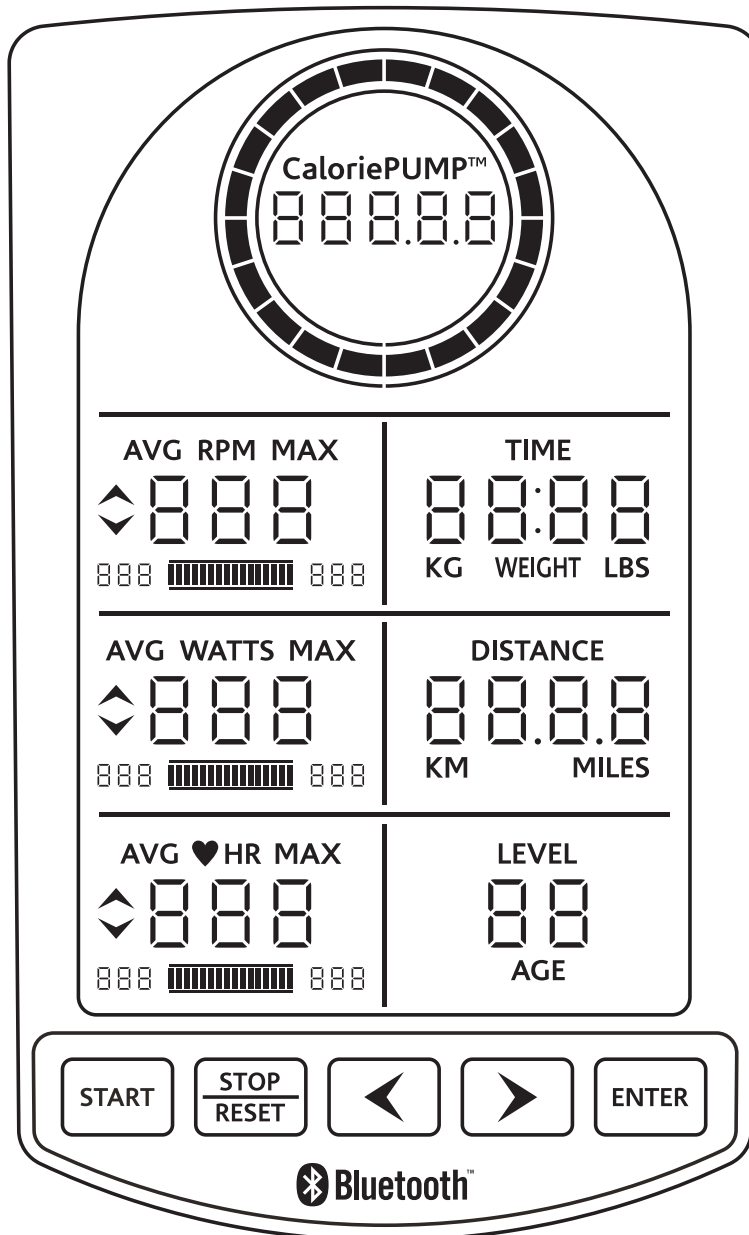
1. Pedaling resistance is controlled by the tension lever located beneath the handlebar. Resistance may be changed at any time by rotating the tension lever; downward for more resistance, or upward for less resistance.
2. To apply the emergency brake, press downward on the tension knob.
3. Before dismounting, apply the emergency brake to stop the flywheel, or increase the resistance and let the flywheel come to a stop.
4. To dismount the bike, first loosen each toe cage strap and remove your feet from the pedals, then step off the bike.

DISPLAY CONSOLE OPERATING INSTRUCTIONS

DISPLAY CONSOLE

The display console of the **HOIST® LeMond® Series ELITE** serves two purposes: to allow you to choose the bike's functions, and to provide you with feedback about the progress of your current workout.

Note: Always use a light touch when pressing keys on the console overlay. Never press the keys with anything other than your fingers. Sharp objects such as ball point pens, keys or tools could damage the overlay and are considered misuse for warranty purposes.



DISPLAY CONSOLE FEATURES

Start Button: Press this key to begin a Start a workout.

Stop/Reset Button: Pressing the STOP/RESET key once will pause the workout and freeze the data. To restart the program where you left off, simply press START. Pressing the STOP/RESET key twice will end the workout and go to summary mode where the average and max values will be displayed. Pressing the STOP/RESET key three times will reset the display.

Navigation Keys: Used to enter setup and maintenance mode parameters and make adjustments during a workout.

Left Arrow Key: Used to increase a value.

Right Arrow Key: Used to decrease a value.

Enter: Press ENTER to confirm adjustable values and move on to the next parameter.

Feedback Displays: Displays workout information in designated area of the console.

- [CaloriePUMP™] — The CaloriePUMP™ is an innovative new readout that provides the user with a dynamic representation of the Calories burned (kCal) during workouts. The Calories are displayed in the center of the circular meter and fill in at a rate of one calorie per cycle with accuracy to the hundredths place (2 decimals). The CaloriePUMP™ provides a new level of motivational feedback to your workouts as you watch the work you put in add up to real results.
- [TIME] — Shows time elapsed (Time) for the given workout or the time remaining in the current program setup (Interval). Press the button to the left of the indicator to toggle between the two values.
- [DISTANCE] — Displays current Distance traveled.
- [RPM] — Shows the current Revolutions per Minute (RPM).
- [WATTS] — Shows the current current Watt Output in the workout.

Note: A WATT is a measurement of workload. It is affected by both resistance and pedal speed. Increased resistance and increased pedal rate increases the WATTS expended. This information can be used to evaluate your fitness progress over time.

- [HEART RATE] — Displays the current Heart Rate (HR).

Note: The heart rate function of the HOIST® LeMond® Series ELITE is intended only for use as an exercise aide. Various factors can affect the accuracy of your heart rate reading. The heart rate function of the HOIST® LeMond® Series ELITE should not be considered or used as a medical device.

- [LEVEL]—Shows the current workout intensity Level.

SAVING EXERCISE DATA

The **HOIST® LeMond® Series ELITE** is equipped with Bluetooth LE. Bluetooth LE is a low power version of the Bluetooth protocol. This hardware interface provides you, the user, with the ability to record your exercise data on your smartphone via the FREE HOIST® Bikes app.

Download the HOIST Bikes app, available for both iOS® and Android® devices, today and compare your stats between individual workouts, full week and even monthly totals.

Once the app is downloaded and installed on your smartphone you can then use it to gather workout statistics while using your **HOIST® LeMond® Series ELITE** that can be used to monitor your progress towards meeting your own personal fitness goals. Refer to the HOIST® Bikes app help section to learn how to establish a connection between the HOIST® app and your **HOIST® LeMond® Series ELITE** bike's console.

In order to connect the HOIST® Bikes app to the **HOIST® LeMond® Series ELITE** bike's console you need to complete the pairing process.

HOIST® LeMond® Series ELITE Bike Console

When you start riding the bike the console will display its BTID (i.e. Bluetooth Id). This BTID is used to identify the bike and distinguish it from other bikes so that you can connect the HOIST® Bikes app to the appropriate bike.

HOIST® Bikes App

To connect the HOIST® Bikes app to the **HOIST® LeMond® Series ELITE** bike's console tap the CONNECT button that is located at the bottom center of the screen. A list of available bikes will be displayed. Select the BTID of the bike that matches the ID that is displayed on your **HOIST® LeMond® Series ELITE** bike's console and tap the connect button next to it. Once the bike console and HOIST® Bikes app are connected you can record your workout information.

What data is recorded?

While you exercise, the following exercise parameters are recorded once every second, for a maximum of 99 minutes:

Time (MM:SS)	Distance (miles/km)	Calories (kCal)
RPM	Speed (MPH/KPH)	Power (Watts)
HR (BPM)	Target HR (BPM)	

Note: *If you manually end a program, only exercise data collected to that point will have been downloaded*

GENERAL EXERCISE GUIDELINES

SETTING A GOAL

The first step to a successful exercise program is to set realistic goals and objectives. Do you want an exercise program that is geared to build muscle, maintain muscle tone, increase aerobic capacity, or lose weight? In order to ensure that you fully receive all the benefits of a sound exercise program, you need to first identify the existence (if any) of risk factors that may influence the design of your exercise program. Based upon a comprehensive analysis of your personal exercise needs and interests, you should then develop (or have developed for you by a competent or trained professional) an individualized program of exercise that is enjoyable, easy, and yet challenging. Your greatest health benefit will come from a lifestyle change that encourages a lifetime of physical activity.

One way to guarantee success in reaching your goal is to eat correctly. A well-rounded diet provides the proteins, carbohydrates, fats, vitamins, minerals, and water necessary for good health. If you are unsure of your dietary needs, seek the advice of your physician, an exercise professional, or visit your local bookstore for more information on nutrition.

FLEXIBILITY TRAINING*

Achieving and maintaining an adequate range of motion should always be objectives of a comprehensive exercise program. The warm-up phase of your exercise session should include some type of light warm-up activity to increase both your heart rate and your body temperature, which is then followed by flexibility exercises that are specifically designed to stretch the musculature around your body's major skeletal joints. Attempting to stretch a cold muscle can be dangerous to the soft tissues surrounding the muscle. No matter how controlled the movement, forcing a muscle through a full range of motion (and beyond) without appropriately warming up is both unsafe and counterproductive.

A general exercise program for achieving and maintaining flexibility should adhere to the following guidelines:

- Frequency Daily
- Intensity To a position of mild discomfort
- Duration 10-30 seconds for each stretch
- Repetitions 2-6 for each stretch
- Type Static, with a major emphasis on the low back and hamstrings area because of the high prevalence of low-back pain syndrome in our society.

EXERCISE PRINCIPLES*

The American College of Sports Medicine has developed a position paper concerning exercise programs for healthy adults and the need for guidelines. The following recommendations concern the quantity and quality of (exercise) training for developing and maintaining cardiorespiratory fitness in a healthy adult:

- Frequency 3 to 5 days per week
- Intensity 50% - 85% of maximum oxygen uptake (VO₂ max)
- Duration 20 to 60 minutes of continuous aerobic activity
- Mode of Activity Any activity that uses the large muscle groups, that can be maintained continuously, and is rhythmical and aerobic in nature.
- Rate of Progression
 - Initial Conditioning: - 4 to 6 weeks; low end intensity (40% - 60% VO₂ max); low end duration (15 to 20 minutes).
 - Improvement Stage: - 6 weeks to 6 months; moderate intensity; moderate duration.
 - Maintenance Stage: - 6 months plus; moderate to high intensity; moderate to high duration.



**Note: Some of the material contained in this section is adapted from The StairMaster® Fitness Handbook 2nd Ed., James A Peterson, and Cedric X. Bryant (editors), Sagamore Publishing, 1995.*

MAINTENANCE INSTRUCTIONS

HELPFUL HINTS

The safety level given by the design of this equipment can only be maintained when the equipment is regularly examined for damage and wear. Inoperable components should be replaced immediately or the equipment should be put out of use until it is repaired. Read all maintenance instructions thoroughly before beginning work.

All references to the right or left side and to the front or back are made as if you were on the exercise equipment ready to exercise. For example, the belt is on the right side of the bike.

TOOL LIST

The following tools are needed to perform service and maintenance:

- 15mm Pedal Wrench or Open End Wrench
- Metric Hex Key Set
- #2 Phillips Screwdriver
- Crank Puller (Park Tool CCP-22 or similar)
- Loctite 242 Medium Strength threadlocker

INITIAL SERVICE

Upon receiving your equipment, use a soft clean cloth to wipe off the dust that may have accumulated during shipping. Your equipment will need minor assembly. Refer to the “Assembly Instructions” section of this manual for details.

MAINTENANCE SCHEDULE

PART	RECOMMENDED ACTION	FREQUENCY	CLEANER	LUBRICANT
Pedals ¹	Ensure that the pedals are tight in crank arms; that all screws on pedals are tight; and that the pedal straps are not frayed	Before each use	N/A	N/A
WARNING: WHEN USED IN A CLUB SETTING IT IS CRITICAL THAT THE PEDALS BE CHECKED AFTER EACH CLASS TO ENSURE PROPER INSTALLATION. FAILURE TO DO SO MAY RESULT IN PROPERTY DAMAGE AND/OR RIDER INJURY.				
Frame	Wipe down	Daily	Soap & water; or, diluted non-abrasive cleaning solution; gym wipes are also acceptable	N/A
Flywheel	Wipe down	Weekly	Use dry rag	N/A
Crank Bolts	Inspect for looseness	Weekly	N/A	If loose, remove bolt, apply Loctite® 242 on bolt threads and reinstall. Tighten to 48 ft-lbs or 575 in-lbs

1. We do not recommend you attempt to service the internal parts of the pedals. If they are found to be worn internally, we recommend replacing the pedal.
2. Use of cleaning solutions other than those so specified will result in diminished performance and a shorter life span for that part.

TROUBLESHOOTING

SYMPTOM: Clicking noise with each pedal revolution.

1. Check shoelaces to make sure the aglet is not tapping the bike as the pedals turn.
2. Assure pedal straps are tight and that no excess strap on inner part of pedal is catching on the crank arm as it turns.
3. Assure that pedals are tight on crank arms.

SYMPTOM: Noise when flywheel rotates.

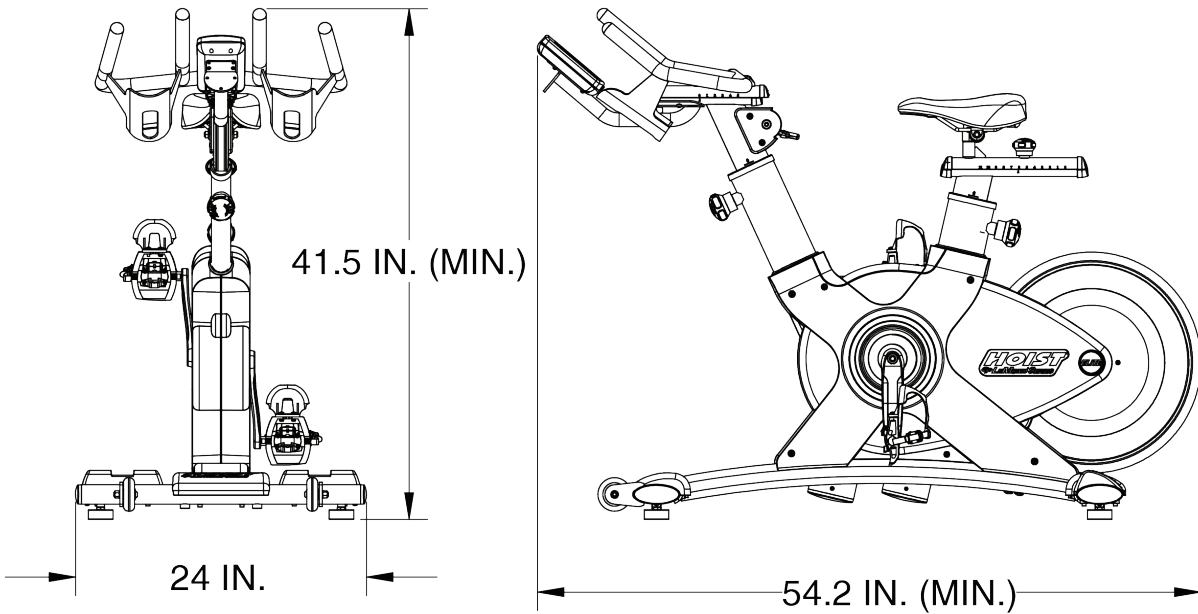
1. Check clearance between flywheel guard and flywheel.
2. If flywheel is touching guard an adjustment is required to provide for adequate clearance.
3. If symptom persists check for noisy flywheel bearings.
4. If flywheel bearings are noisy or rough have authorized service technician replace flywheel hub assembly.

SYMPTOM: Knocking noise or play felt in pedals/cranks.

1. Make sure pedals are tight on crank arms.
Note: *Left pedal is reverse threaded.*
2. Make sure crank bolts are tight. If loose, apply blue Loctite 242 to threads and tighten crank bolts with 8mm hex wrench.
3. If knocking noise still persists contact authorized service technician for replacement of bottom bracket bearings.

SYMPTOM: Rocking or movement from HOIST® LeMond® Series ELITE while in use.

1. Assure the bike is level by checking the leveling feet.

**PHYSICAL DIMENSIONS:**

- Length: 54.3 - 65.5 in (137.80 - 166.37 cm)
- Height: 41.5 - 54.75 in (105.10 - 139.07 cm)
- Width: 23.78 in (60.40 cm)
- Weight: 116.00 lb (52.62 kg)

FRAME:

- Welded steel frame
- ED and powder coated finish

FLYWHEEL:

- Machined aluminum flywheel

BRAKING AND RESISTANCE MECHANISM:

- Lever design with fixed detents; push downward for braking
- Magnetic resistance for consistent resistance

CRANK SET:

- 170mm cranks with black powder coat finish

HANDLEBARS:

- Biomechanically correct with anatomical bend
- Adjustable up/down and fore/aft with marks
- Dipped rubber grip for greater comfort
- Easy to access horizontal adjustment with large comfortable knob

STRETCH PAD:

- Textured surfaces on rear stabilizers for stretching with clearance for clip in shoes

SEAT:

- Adjustment marks for up/down and fore/aft
- Easy to access horizontal adjustment with large comfortable knob

DRIVE TRAIN:

- Poly-V Belt
- Easily adjusted belt tensioner

COMPUTER:

- High contrast LCD computer
- Generator powered

Daily and Monthly Exercise Logs

Week #		Weekly Goals			
		1.			
		2.			
		3.			
Day	Date	Distance	Calories	Time	Comments
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Weekly Totals					

Week #		Weekly Goals			
		1.			
		2.			
		3.			
Day	Date	Distance	Calories	Time	Comments
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Weekly Totals					

Week #		Weekly Goals			
		1.			
		2.			
		3.			
Day	Date	Distance	Calories	Time	Comments
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Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Weekly Totals					

Week #		Weekly Goals			
		1.			
		2.			
		3.			
Day	Date	Distance	Calories	Time	Comments
Mon					
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Sat					
Sun					
Weekly Totals					

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		1.			
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		3.			
Day	Date	Distance	Calories	Time	Comments
Mon					
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Thu					
Fri					
Sat					
Sun					
Weekly Totals					

Week #		Weekly Goals			
		1.			
		2.			
		3.			
Day	Date	Distance	Calories	Time	Comments
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Weekly Totals					

MONTH		Monthly Goals	
		1.	
		2.	
		3.	
Week	Distance	Calories	Time
Monthly Totals			

MONTH		Monthly Goals	
		1.	
		2.	
		3.	
Week	Distance	Calories	Time
Monthly Totals			

MONTH		Monthly Goals	
		1.	
		2.	
		3.	
Week	Distance	Calories	Time
Monthly Totals			

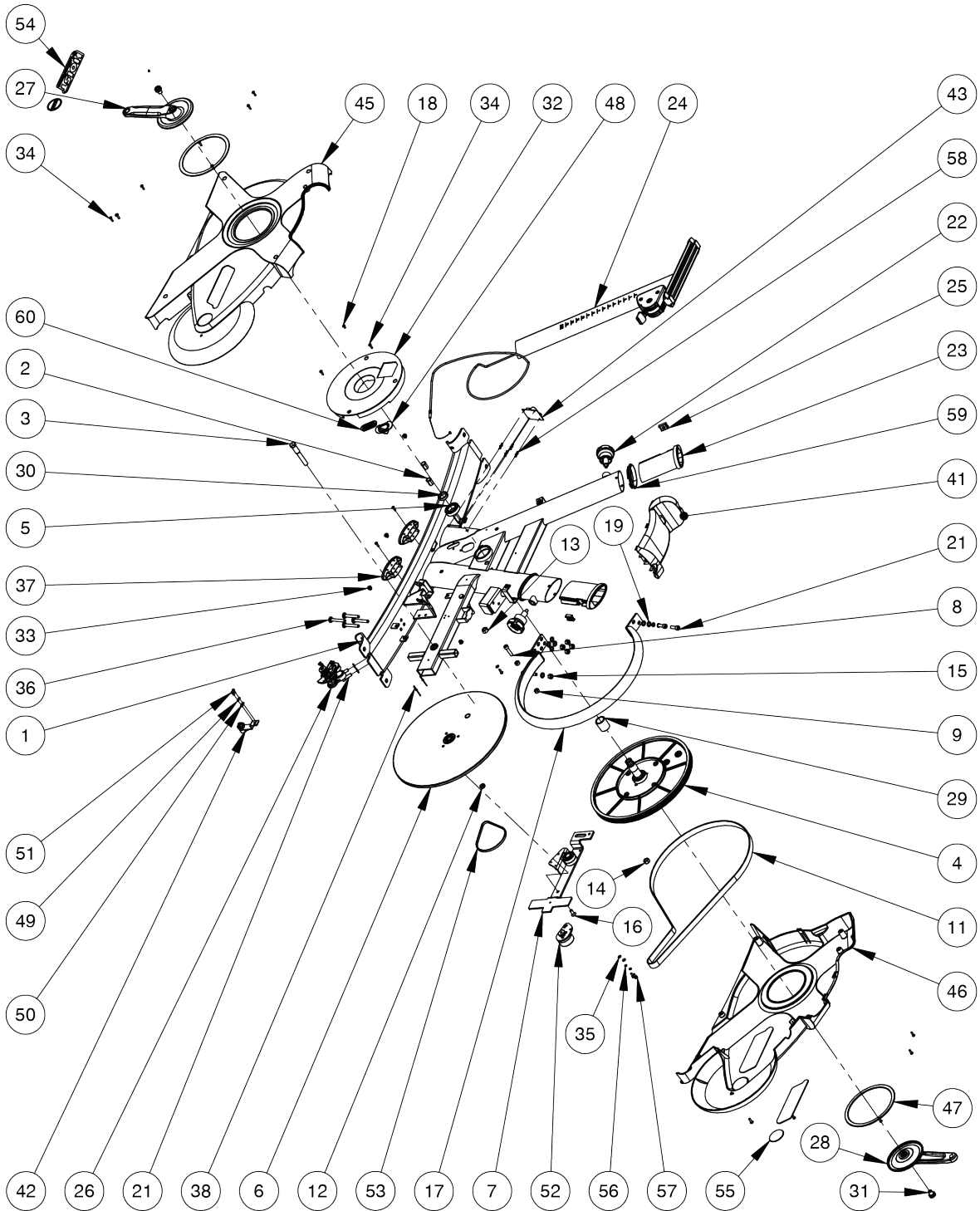
MONTH		Monthly Goals	
		1.	
		2.	
		3.	
Week	Distance	Calories	Time
Monthly Totals			

MONTH		Monthly Goals	
		1.	
		2.	
		3.	
Week	Distance	Calories	Time
Monthly Totals			

MONTH		Monthly Goals	
		1.	
		2.	
		3.	
Week	Distance	Calories	Time
Monthly Totals			

EXPLODED VIEW / PARTS LIST

NOTE: Some of these parts may come pre-installed.



EXPLODED VIEW / PARTS LIST CONTINUED

NOTE: Some of these parts may come pre-installed.

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20105	MAIN FRAME ASSEMBLY	1
2	050-20055	M10 THREADED INSERT, 19.5MM LG.	2
3	050-20132	FLYWHEEL AXLE	1
4	050-20113	FRONT PULLEY ASSEMBLY	1
5	050-20058	BEARING, 25MM I.D. x 47MM O.D. x 12MM THK.	1
6	050-20084	FLYWHEEL ASSEMBLY	1
7	050-20088	BELT TENSIONER ASSEMBLY	1
8	050-20069	SHCS, M8 x 15MM LG.	1
9	050-20061	M8 HEX NUT	2
10	050-20133	TENSIONER	1
11	050-20051	POLY V-BELT	1
12	050-20116	SPACER, 16MM O.D. x 12.2MM I.D. x 6.2MM LG.	1
13	050-20060	M10 HEX NUT	1
14	050-20125	M10 NYLON INSERT LOCK NUT	1
15	050-20126	M8 NYLON INSERT LOCK NUT	7
16	050-20046	FHCS, M8 x 20MM LG.	1
17	050-20134	FLYWHEEL GUARD	1
18	050-20071	PHILLIPS ROUND HEAD SCREW, M4 x 8MM LG.	1
19	050-20079	M8 FLAT WASHER	11
20	050-20077	M8 SPLIT LOCK WASHER	2
21	050-20068	SHCS, M8 x 25MM LG.	4
22	050-20089	SPRING LOADED ADJUSTMENT KNOB	2
23	050-20150	SEAT/HANDLEBAR POST GUIDE	2
24	050-20107	HANDLE BAR POST ASSEMBLY	1
25	050-20146	SQUARE THREADED INSERT, M8 x 1.25	2
26	050-20109	MAGNETIC BRAKE ASSEMBLY	1
27	050-20147	LEFT CRANK	1
28	050-20148	RIGHT CRANK	1
29	050-20123	SPACER, 32MM O.D. x 25MM I.D. x 36MM LG.	1
30	050-20124	SPACER, 32MM O.D. x 25MM I.D. x 7.5MM LG.	1
31	050-20131	CRANK BOLT, M12 x 1.0 THREAD, 21MM LG.	2
32	050-20151	BRAKE CABLE ROUTER	1
33	050-20052	PLASTIC SNAP-IN NUT	10
34	050-20074	PHILLIPS ROUNDED HEAD SCREW, M4.2 x 16MM LG.	19
35	050-20026	M5 FLAT WASHER	3

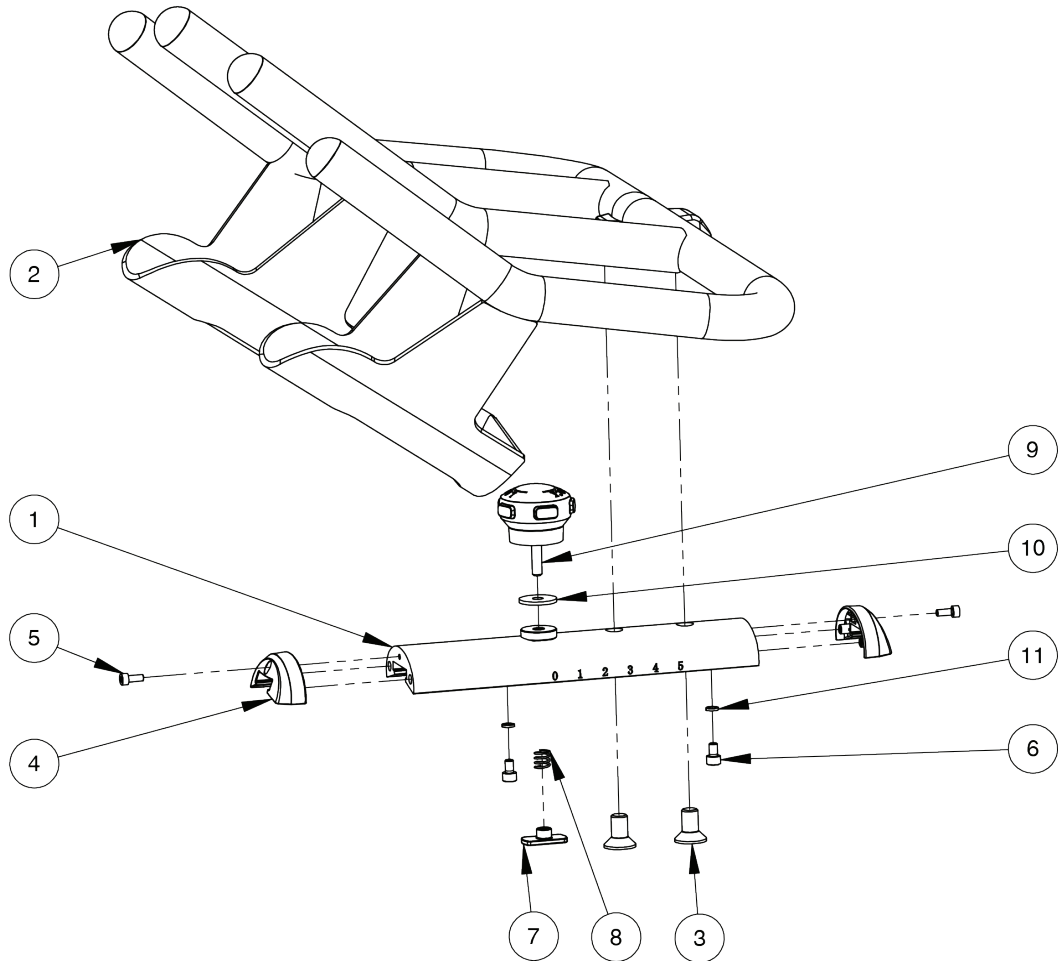
EXPLODED VIEW / PARTS LIST CONTINUED

NOTE: Some of these parts may come pre-installed.

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
36	050-20054	SQUARE-NECK CARRIAGE BOLT, M8 x 60MM LG.	4
37	050-20145	END CAP	2
38	050-20053	BLIND RIVET, 3.2MM SHANK, 15MM LG.	2
39	050-20158	ZIP TIE, 2.5MM WIDE x 100MM LG.	4
40	050-20160	ZIP TIE, 4MM WIDE x 400MM LG.	3
41	050-20098	TOP COVER, SHIELD	1
42	050-20110	POTENTIOMETER ASSEMBLY	1
43	050-20041	MAIN PCB	1
44	050-20073	PHILLIPS ROUND HEAD SCREW, M5 x 15MM LG.	2
45	050-20096	LEFT SIDE COVER, SHIELD	1
46	050-20097	RIGHT SIDE COVER, SHIELD	1
47	050-20101	TRIM RING	2
48	050-20156	BRAKE CABLE ROUTER 2	1
49	050-20030	M4 SPLIT LOCK WASHER	2
50	050-20078	M4 FLAT WASHER	2
51	050-20014	M4 X 10MM SHCS	2
52	050-20106	GENERATOR ASSEMBLY	1
53	050-20050	GENERATOR BELT	1
54	505-20102	HOIST / LEMOND STAMPED ALUM.	2
55	050-20103	ELITE STAMPED ALUM.	2
56	050-20076	M5 SPLIT LOCK WASHER	2
57	050-20064	SHCS, M5 x 12MM LG.	2
58	050-20104	PLASTIC PCB CLIPS	4
59	050-20111	RUBBER GASKET	2
60	050-20157	OVAL FRAME PLUG	1

EXPLODED VIEW / PARTS LIST

NOTE: Some of these parts may come pre-installed.



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20144	HANDLEBAR MOUNT	1
2	050-20153	HANDLEBAR	1
3	050-20043	FHCS, M10 X 20MM LG.	2
4	050-20138	UPPER SLIDE END CAP	2
5	050-20014	M4 X 10MM SHCS	2
6	050-20066	SHCS, M5 x 8MM LG.	2
7	050-20141	ADJUSTMENT KNOB SLIDER	1
8	050-20122	COMPRESSION SPRING, 10MM LG.	1
9	050-20152	ADJUSTMENT KNOB	1
10	050-20049	M6 FLAT WASHER, 23MM O.D.	1
11	050-20076	M5 SPLIT LOCK WASHER	2

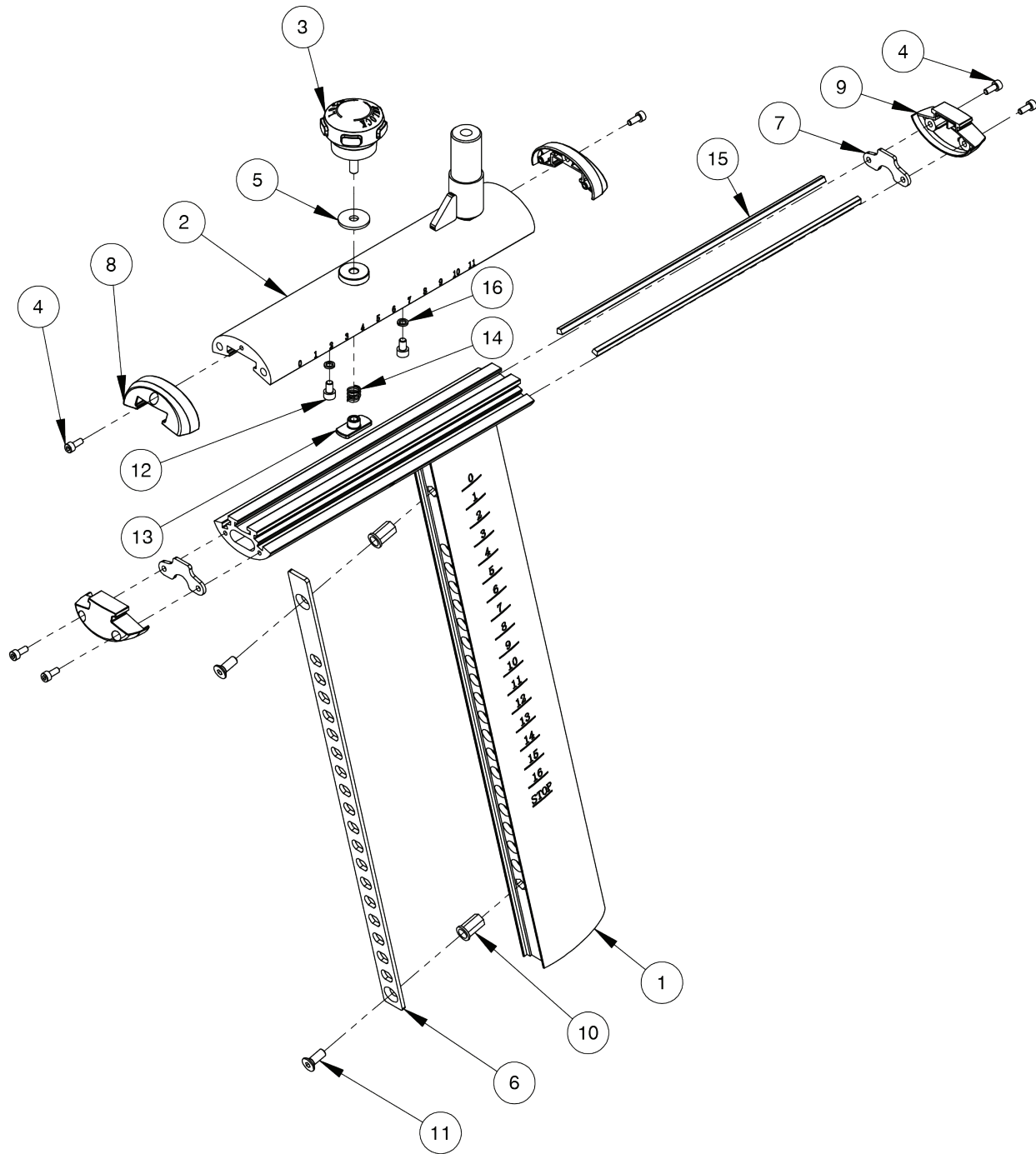
EXPLODED VIEW / PARTS LIST CONTINUED

NOTE: Some of these parts may come pre-installed.

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20011	HANDLEBAR POST	1
2	050-20012	SUPPORT PLATE	2
3	050-20013	LOWER POST END CAP	2
4	050-20014	M4 X 10MM SHCS	4
5	050-20056	M6 THREADED INSERT, 16.5MM LG.	2
6	050-20045	FHCS, M6 X 16MM LG.	2
7	050-20142	ADJUSTER STRIP	1
8	050-20143	PLASTIC GUIDE STRIP	2
9	050-20099	LEVEL ADJUSTER COVER, LEFT	1
10	050-20100	LEVEL ADJUSTER COVER, RIGHT	1
11	050-20090	RESISTANCE ADJUSTER	1
12	050-20091	BALL DETENT, M4 THREAD	6
13	050-20040	WAVE WASHER, 31MM I.D. x 39MM O.D. x .30MM THK.	1
14	050-20092	LEVEL ADJUST GEAR	1
15	050-20064	SHCS, M5 x 12MM LG.	4
16	050-20063	PIVOT AXLE, M6 INTERNAL THREAD	1
17	050-20128	BHCS, OVERSIZE HEAD, M6 x 12MM LG.	1
18	050-20155	LEVEL ADJUSTMENT/BRAKE CABLE	1
19	050-20015	CONSOLE SIGNAL CABLE 1	1
20	050-20159	ZIP TIE, 3MM WIDE x 150MM LG.	2
21	050-20070	M4 x 4MM SET SCREW	6

EXPLODED VIEW / PARTS LIST

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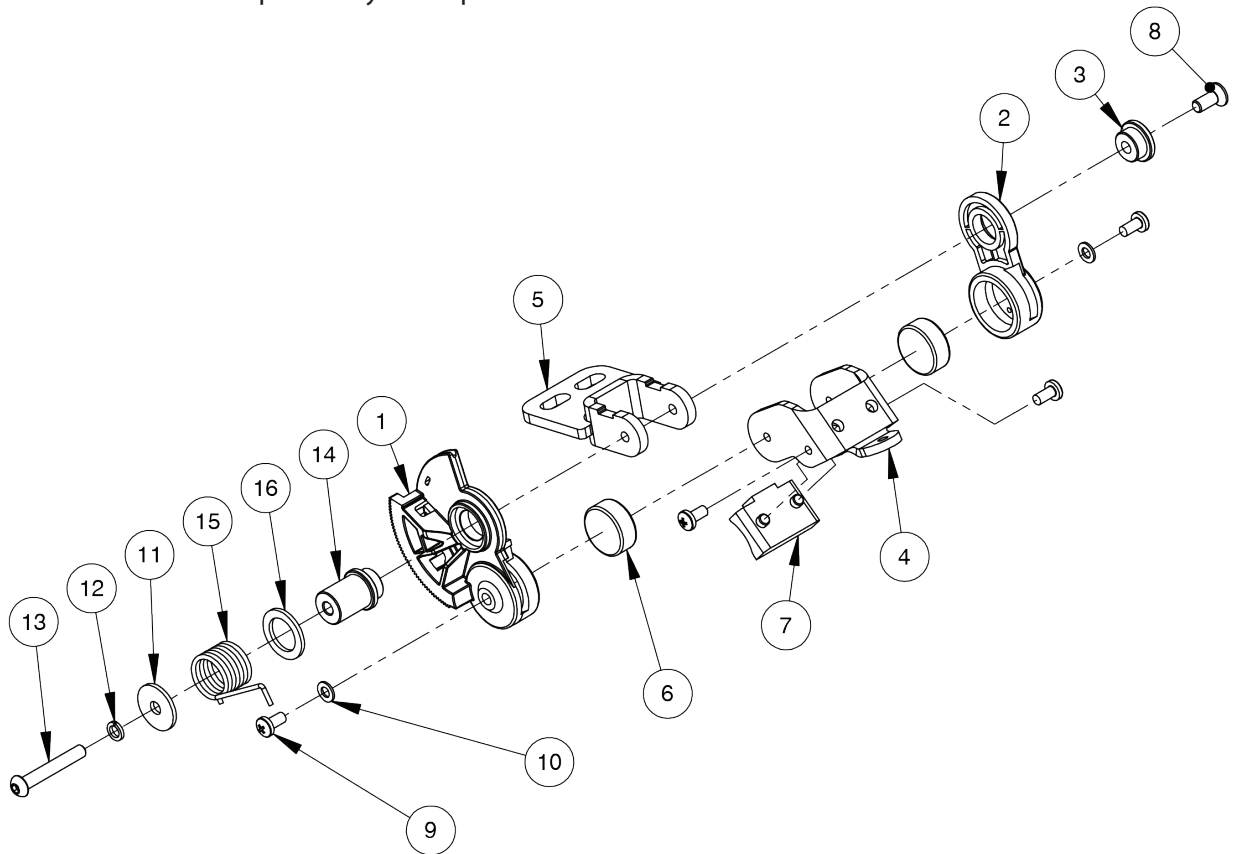
EXPLODED VIEW / PARTS LIST CONTINUED

NOTE: Some of these parts may come pre-installed.

ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20135	SEAT POST ASSEMBLY	1
2	050-20136	SEAT MOUNT	1
3	050-20152	ADJUSTMENT KNOB	1
4	050-20014	M4 X 10MM SHCS	6
5	050-20049	M6 FLAT WASHER, 23MM O.D.	1
6	050-20137	ADJUSTER STRIP	1
7	050-20012	SUPPORT PLATE	2
8	050-20138	UPPER SLIDE END CAP	2
9	050-20013	LOWER POST END CAP	2
10	050-20056	M6 THREADED INSERT, 16.5MM LG.	2
11	050-20045	FHCS, M6 X 16MM LG.	2
12	050-20066	SHCS, M5 x 8MM LG.	2
13	050-20140	ADJUSTMENT KNOB SLIDER	1
14	050-20122	COMPRESSION SPRING, 10MM LG.	1
15	050-20139	PLASTIC SLIDE STRIP	2
16	050-20076	M5 SPLIT LOCK WASHER	2

EXPLODED VIEW / PARTS LIST

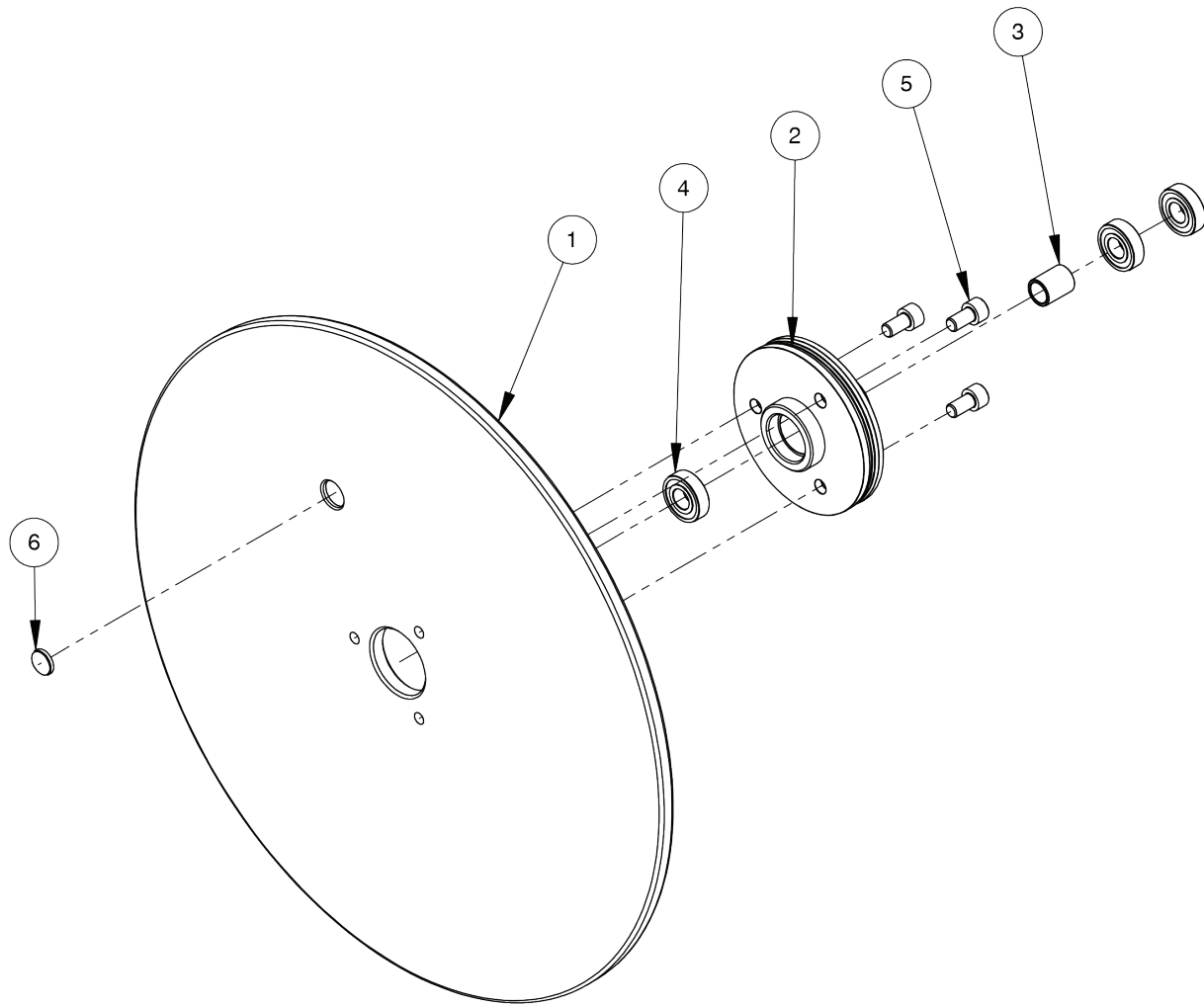
NOTE: Some of these parts may come pre-installed.



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20093	MAGNET HOUSING, LEFT	1
2	050-20119	MAGNET HOUSING, RIGHT	1
3	050-20120	FLANGED BRONZE BUSHING, 15MM O.D.	1
4	050-20154	BRAKE ASSEMBLY STOP	1
5	050-20121	BRAKE ASSEMBLY MOUNT	1
6	050-20117	MAGNET, 25MM O.D., 10MM THK.	2
7	050-20118	BRAKE PAD	1
8	050-20044	FHCS, M6 x 15MM LG.	1
9	050-20072	PHILLIPS ROUND HEAD SCREW, M5 x 10MM LG.	4
10	050-20026	M5 FLAT WASHER	2
11	050-20049	M6 FLAT WASHER, 23MM O.D.	1
12	050-20028	M6 SPLIT LOCK WASHER	1
13	050-20129	BHCS, M6 x 40MM LG.	1
14	050-20094	FLANGED BRONZE BUSHING, 15MM O.D. x 6MM I.D. x 29MM LG.	1
15	050-20095	TORSION SPRING	1
16	050-20108	FLAT WASHER 17MM I.D. x 25MM O.D. x 2MM THK.	1

EXPLODED VIEW / PARTS LIST

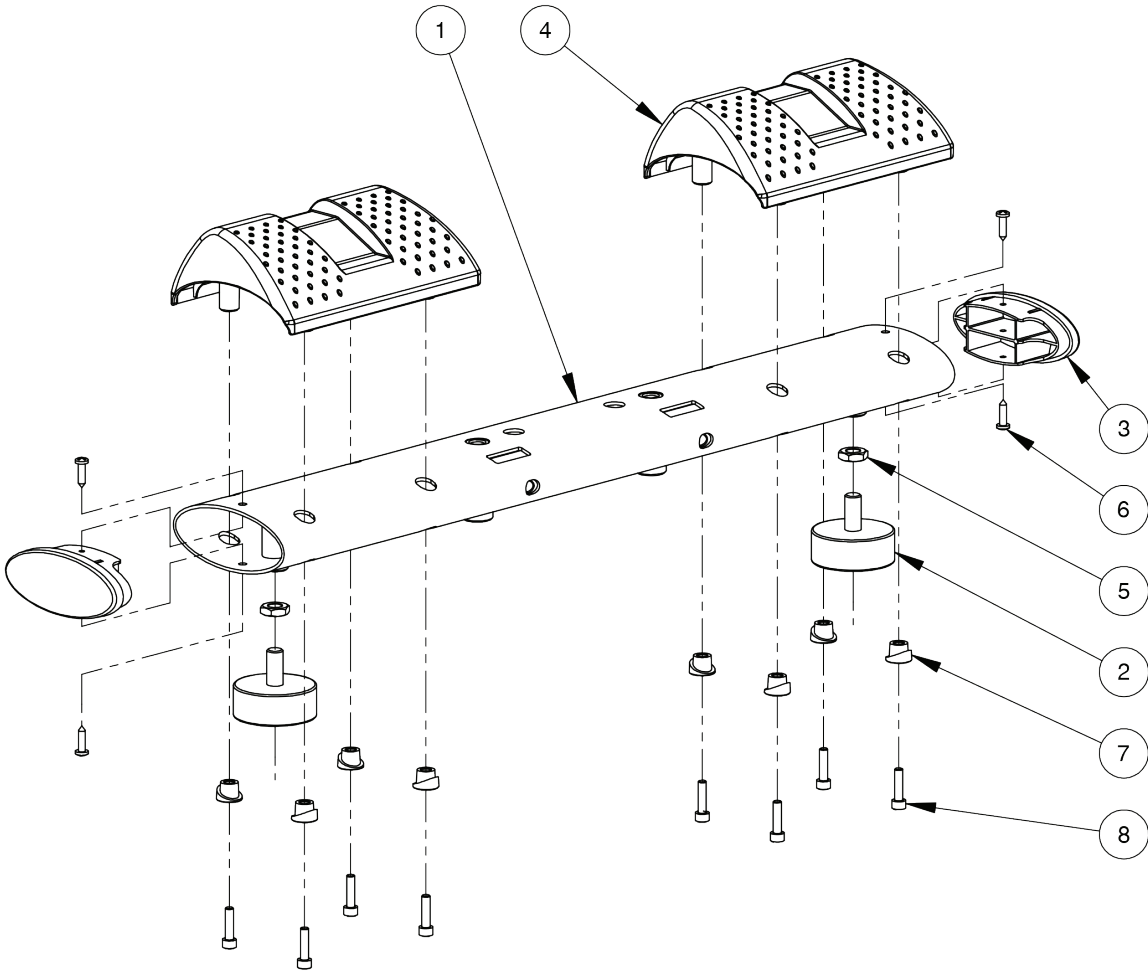
NOTE: Some of these parts may come pre-installed.



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20085	ALUMINUM FLYWHEEL	1
2	050-20086	SMALL BELT PULLEY	1
3	050-20115	SLEEVE, 16MM O.D. x 12.2 MM I.D. x 20.5MM LG.	1
4	050-20057	BEARING, 12MM I.D. x 28MM O.D. x 8MM THK.	3
5	050-20067	SHCS, M8 x 15MM LG.	3
6	050-20080	MAGNET	1

EXPLODED VIEW / PARTS LIST

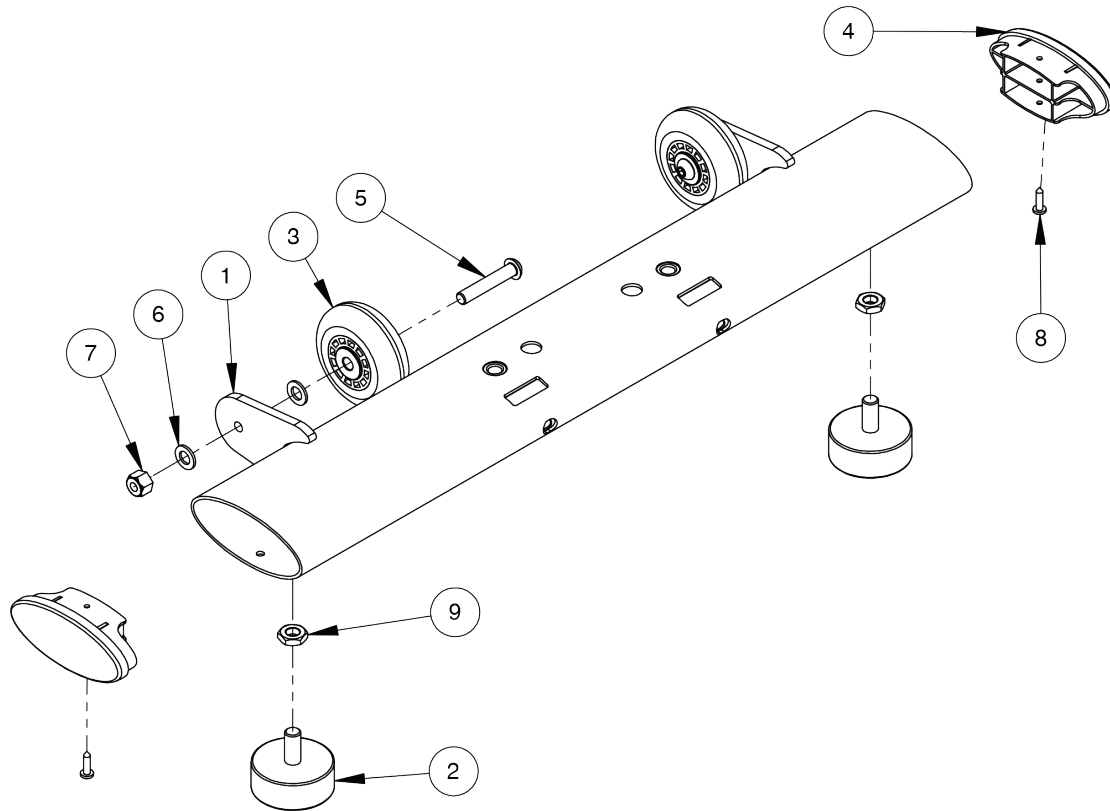
NOTE: Some of these parts may come pre-installed.



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20082	REAR BASE	1
2	050-20127	LEVELING FOOT	2
3	050-20145	END CAP	2
4	050-20083	REAR BASE COVER (LEFT/RIGHT)	2
5	050-20062	M10 JAM NUT	2
6	050-20074	PHILLIPS ROUNDED HEAD SCREW, M4.2 x 16MM LG.	4
7	050-20149	CURVED SPACER 16MM O.D. x 6MM I.D. x 11MM LG.	8
8	050-20065	SHCS, M5 x 20MM LG.	8

EXPLODED VIEW / PARTS LIST

NOTE: Some of these parts may come pre-installed.

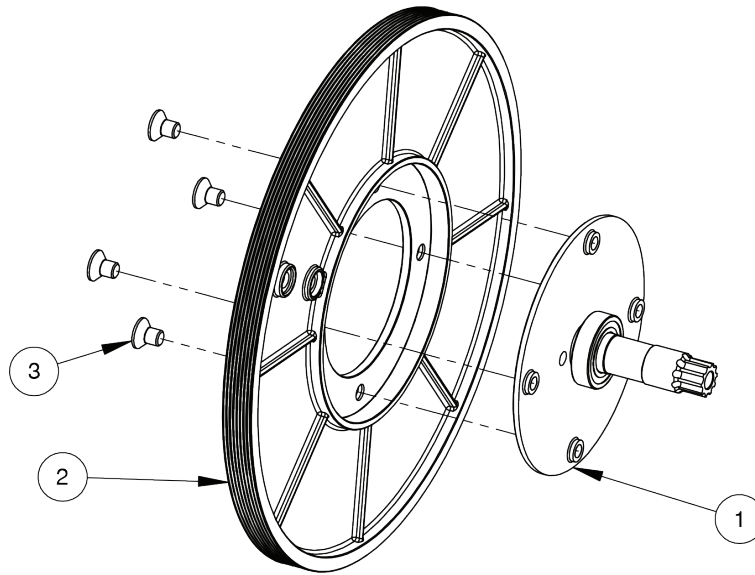


ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20081	FRONT BASE	1
2	050-20127	LEVELING FOOT	2
3	050-20047	PU WHEEL	2
4	050-20145	END CAP	2
5	050-20130	BHCS, M8 x 45MM LG.	2
6	050-20022	M8 FLAT WASHER	4
7	050-20126	M8 NYLON INSERT LOCK NUT	2
8	050-20074	PHILLIPS ROUNDED HEAD SCREW, M4.2 x 16MM LG.	2
9	050-20062	M10 JAM NUT	2

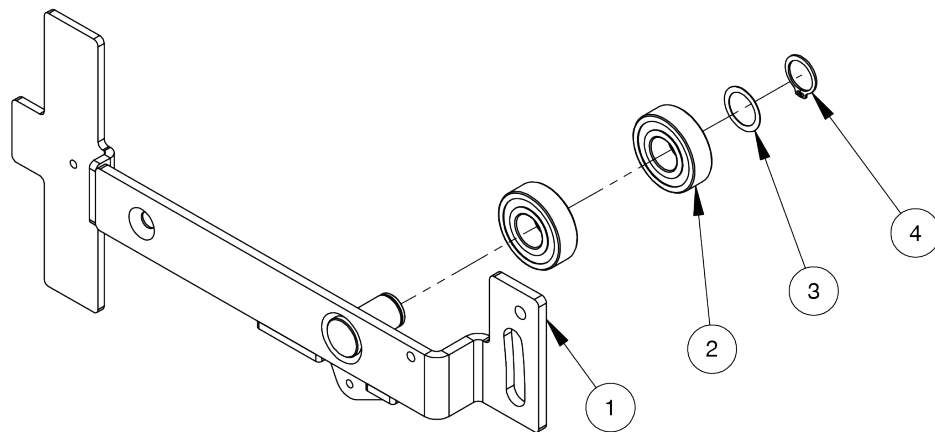
FRONT PULLEY / BELT TENSIONER ASSEMBLY

EXPLODED VIEW / PARTS LIST

NOTE: Some of these parts may come pre-installed.



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20112	SHAFT ASSEMBLY	1
2	050-20114	ALUMINUM FRONT PULLEY	1
3	050-20042	FHCS, M10 x 15MM LG.	4



ITEM NO.	PART NUMBER	DESCRIPTION	QTY.
1	050-20087	BELT TENSIONER	1
2	050-20059	BEARING, 17MM I.D. x 40MM O.D. x 12MM THK.	2
3	050-20048	SHIM, 17.2MM I.D. x 23MM O.D. x .35MM THK.	1
4	050-20075	EXTERNAL RETAINING RING, FOR 17MM O.D.	1

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