Helix™

Aerobic Lateral Trainer

TABLE OF CONTENTS

READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

IMPORTANT SAFETY PRECAUTIONS

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your machine.

2. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.

3. Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.

4. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.

5. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward.
    This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.

6. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.

7. Rest adequately between workouts. Muscles tone and develop during these rest periods.
    Beginners should work out twice a week and increase gradually to 4 or 5 times per week.

8. Remove all jewelry, including rings, chains and pins before commencing exercise.

9. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

10. This machine is intended for commercial use only.

IMPORTANT!!!
THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR Helix is 180Kg (396 lbs.) per user.

WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State Laws of Regulations. They are being supplied strictly to ensure the safety of the individuals using this product.

IMPORTANT SAFETY INFORMATION

Parts Bags for 'step by step' assembly

The parts required for each step of the assembly process are sorted by step in individual zip bags as shown below.

Each step has required parts and each of those parts is included with the bag printed with the assembly step.

It is recommended that these parts not be removed from the individual bags until each step of the process to avoid mixing up or confusing parts.

If you find that you are missing parts or the bag for a step is missing, please contact Helix or your dealer to receive those items. You can refer to the parts by the "step number" for ease of description.

Instructions to change display standards

To change the computer on the Helix HLT3000 from either Metric to Standard (English) or Standard (English) to Metric, please follow the instructions below carefully.

Please note the computer must be completely off when starting this procedure. If you are unsure if the computer is completely off. Please let the machine sit for 5 minutes before starting OR remove a battery and reinstall.

Before starting, step on a pedal to turn on the computer.

#1. Hit "Quick Start"

#2. Slightly rotate the pedals until the counter starts counting down.

#3. Hit "CLEAR" (goes into cool down mode)

#4. Hit "CLEAR" (goes into results mode)

#5. Last Step hit "CLEAR" to reset the machine and immediately then hit "Quick Start" and "ENTER" to go into ENGINEERING mode. Then scroll down to toggle either Metric or English.

Please note: on Step #5, if you hit "CLEAR", "Quick Start" and "ENTER" in the same time, you will not go into the engineering mode.

This is very important and can be a bit tricky.

For Step #5, you must hit and let go "CLEAR" and then immediately (almost simultaneously hit "Quick Start" and "ENTER" together to go into the ENGINEERING mode.

Then hit "ENTER" to see the Metric or Standard (English) selection. Use Up or DOWN key to toggle select Metric or Standard (English).

2/ BEFORE YOU BEGIN

IMPORTANT: Read all instructions carefully. Assemble the Helix in accordance with the steps in the manual. All tools required for assembly are included with your Helix. Lay out all parts on the floor. Make sure that you have all the parts listed below before beginning assembly. In case of a discrepancy, please contact our Customer Service Department at the email address or customer service number listed on Page 11 of this Owner's Manual.

PRE-ASSEMBLY CHECK LIST

| Item #	Description	Qty	Item #	Description	Qty
1.	Left and Right Frame legs	2	10.	Pedal Cover Bolts	4
2.	End Caps for Frame Legs	2	11.	Pedal Frame Bolts	6
3.	Pedal Frame and Covers	2	12.	Computer Mounting Bolts	4
4.	Main Frame	1	13.	Allen Head Tapered Upright Bolts	4
5.	Rubber Circle for Dome Cover	1	14.	Computer Mounting Plate	1
6.	Computer	1	15.	Handlebar Allen Head Bolts	10
7.	Center Upright Tube	1	16.	Computer Mounting Bolts	4
8.	Handlebar Right	1	17.	Water Bottle Holder	1
9.	Handlebar Left	1	18.	Water Bottle Holder Bolts	2
			19.	Dome Cover	1

Note: Some parts may be factory pre-assembled.
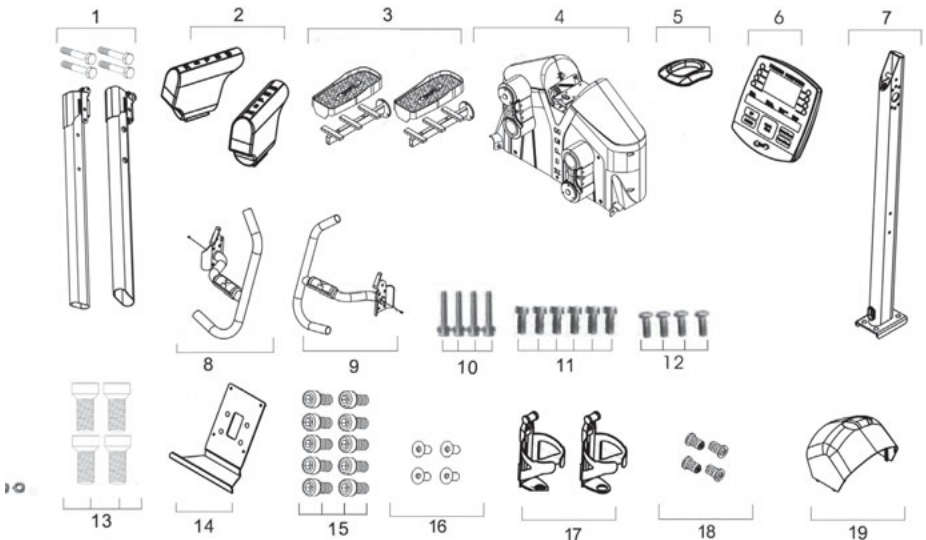
3/ ASSEMBLY

IMPORTANT:
Do not remove the
Helix from the box
bottom until further
instructed later in
this assembly
manual.
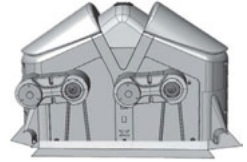
Step 1:
Put the product on the floor and remove the top box cover to reveal the
Helix as show above. Where the box corners are printed "OPEN", cut or tear
the box and separate these corners. Lay the sides flat to the floor

Remove all parts from the box leaving just the main body of the
machine on the bottom of the box. remove all parts from their
plastic bags and organize on the floor beside the Helix.
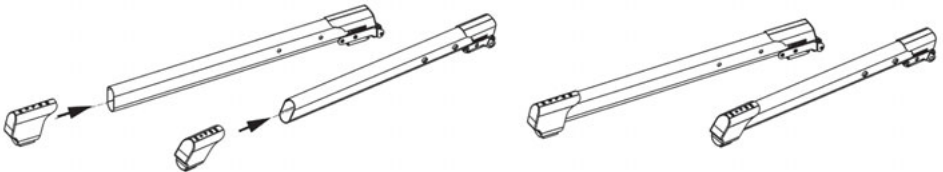
Step 2:
Attach the End Caps (2) to the Left and Right Frame Legs. These caps are
not specific to either side. They fit on left or right. If the Helix is not stable
on the floor, turn the adjustment dial on the front end cap to raise or lower
the height.
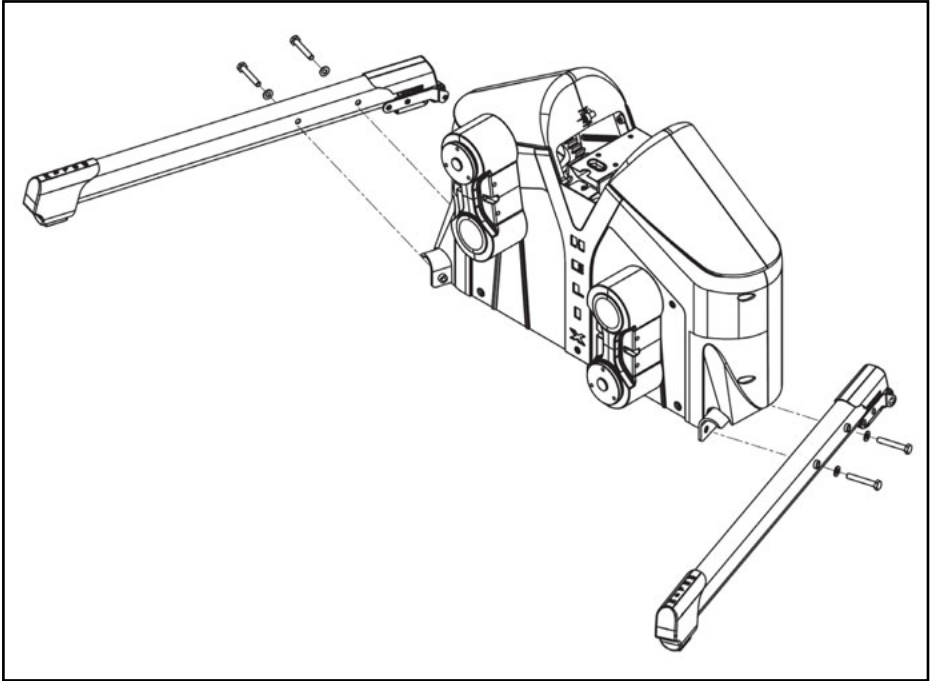
Step 3:
Each Left and Right Frame Leg is marked 'L' and 'R' with a sticker. While facing the Helix, place the left leg on the left side of the machine and the right leg on the right side of the machine.

Insert the Frame Leg assembly bolts into the legs and secure as shown. Tighten these bolts firmly.

IT IS VERY IMPORTANT TO MAKE SURE THAT THE LEFT AND RIGHT FRAME LEGS ARE ON THE CORRECT SIDE OR THE HELIX WILL NOT ROLL PROPERLY FOR MOVING.

Separate the Pedal Covers from the Pedal Frames as shown.
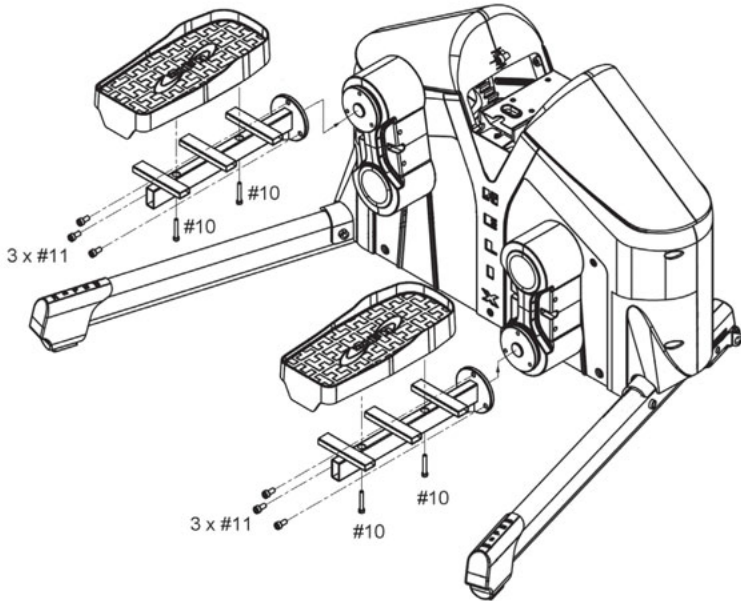
Step 4:

Align the bolt holes on the pedal frame with the bolts on the yoke of the Crank arm. There is an indentation on the Pedal Frame and a protrusion on the yoke. These should fit together to allow the Pedal Frame and yoke to become even and flush with each other.

While holding the frame in place, first install the top bolt partially to allow the pedal frame to "hang" on that bolt. Now partially install the bottom left and bottom right bolts. Slowly tighten all the bolts until the two parts become perfectly aligned to each other with no space between the parts. Then firmly tighten all three bolts. Repeat for the other Pedal Frame.

Step 5:

Place the Pedal Covers on the Pedal Frames and align to allow the frame to fit inside the cavities on the bottom of the Pedal Covers.

Install 2 Pedal Cover Bolts in each Pedal Frame and secure firmly. There is no need to over tighten these bolts. They should be firm but not excessively tightened.

Connect these two cables AFTER securing upright post
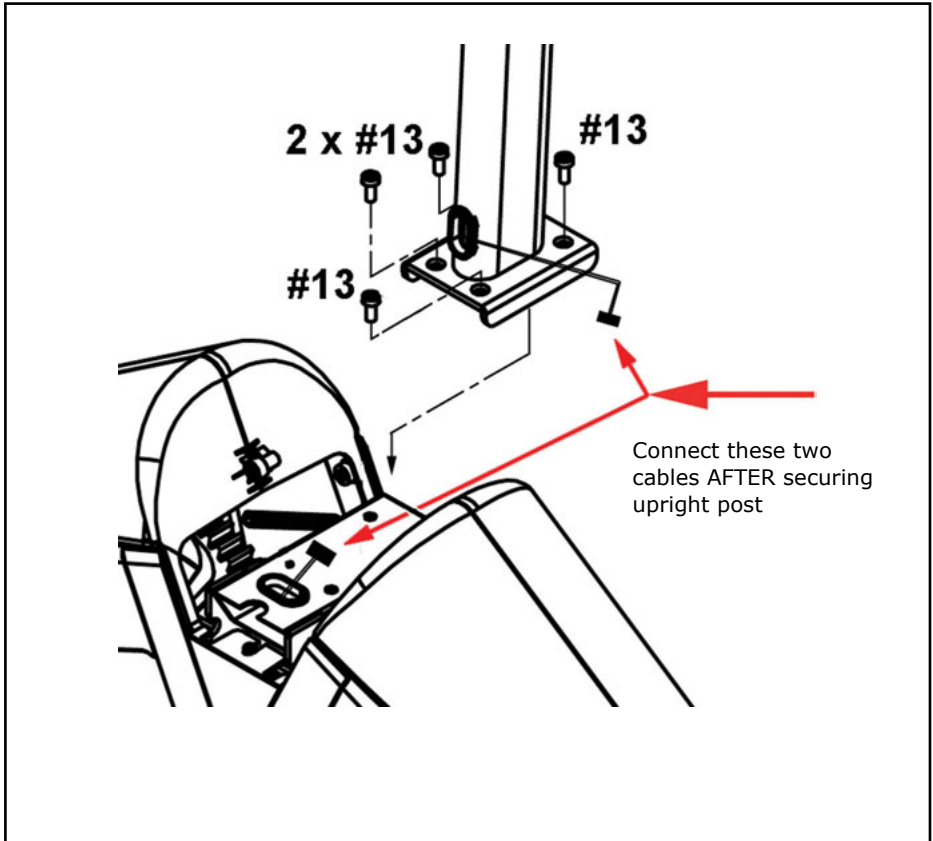
ASSEMBLY OF THE CENTER UPRIGHT TUBE

Step 6:
Place the upright post onto the main frame and install four (4) Tapered Allen head bolts to tightly secure. After securing these bolts, connect the wire from the frame to the wire from the upright tube.

Slide the Dome Cover down the post. The dome cover has two (2) tabs on each side. Gently squeeze the cover together on each side near to the tabs to allow the dome cover tabs to snap into the front and rear main housing.

Slide the Gasket ring down the post and secure into the dome cover.

Main computer wire

Hole to feed hand
pulse wire one on each
side of upright
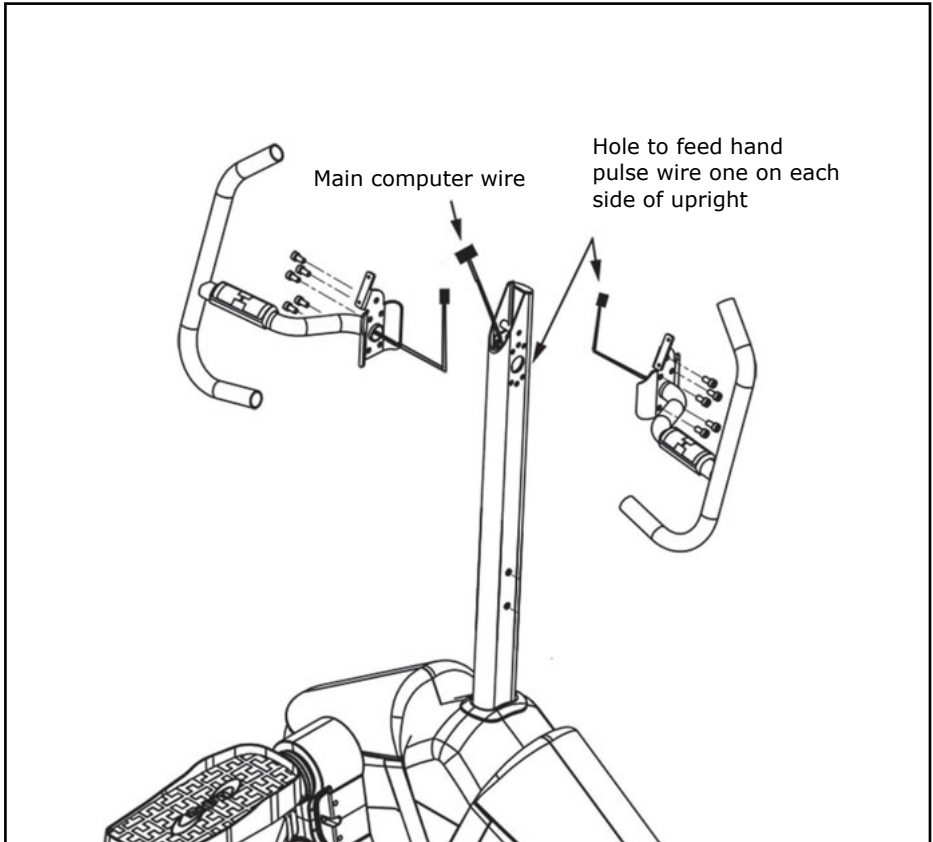
Step 7:
Install the Handlebars one side at a time. First insert the wire coming out
from the handlebar into the upright and feed wires through the opening in
the top of the upright post.

Insert five (5) Allen head bolts to hold the handle in place but hand tighten
only. Repeat process for the other handlebar. Again, only hand tighten the
bolts on each side.

Feed 3 wires carefully through this hole
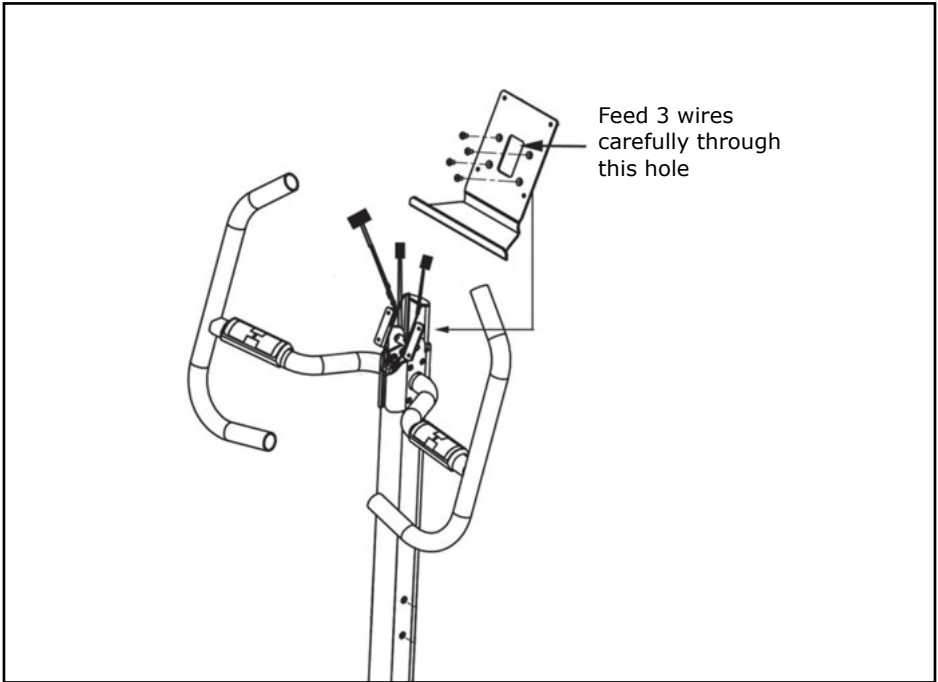
Step 8:
Install the Computer mounting plate by first pulling three sets of wires (Two (2) from the handle bars and one from the upright) through the hole in the center of the plate.

Then making sure the wires are not pinched in between the plate and the bracket, align the four holes in the plate with the four bolt holes (Two (2) on each handlebar bracket) on the handle bar brackets and insert four phillips head bolts and hand tighten only.

Now fully tighten the large Allen head bolts holding both the left and right handlebars. Lastly, tighten the four Phillips head bolts holding the Computer Mounting plate.

Slide onto bracket
Beware not to pinch computer wires
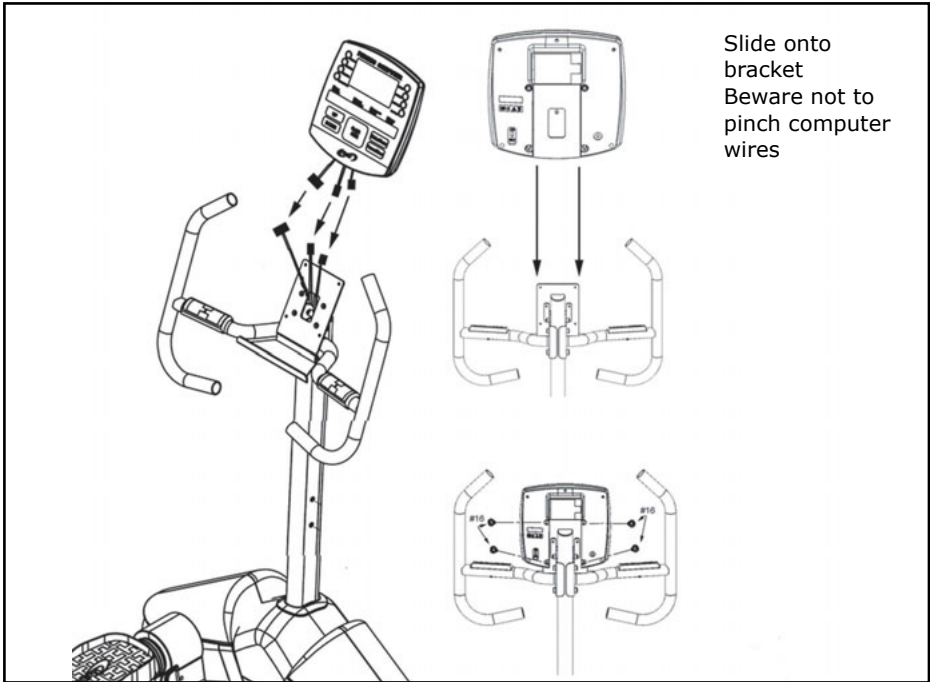
Step 9:
Install Computer:
Connect the three wires coming out of the computer mounting plate with the three wires coming out of the back of the computer. Simply snap the connectors together. The two similar wires/connectors can be connected with either of the same style on the back of the computer. It doesn't matter which goes to which.

Step 10:
Once the wires are all connected, slowly slide the computer onto the mounting plate. Please be extremely careful not to pinch the wires as the computer slides down onto the bracket. Once fully slid onto the bracket, install the four computer mounting bolts in the four holes on the back of the computer. Do not over tighten. Just make them secure.
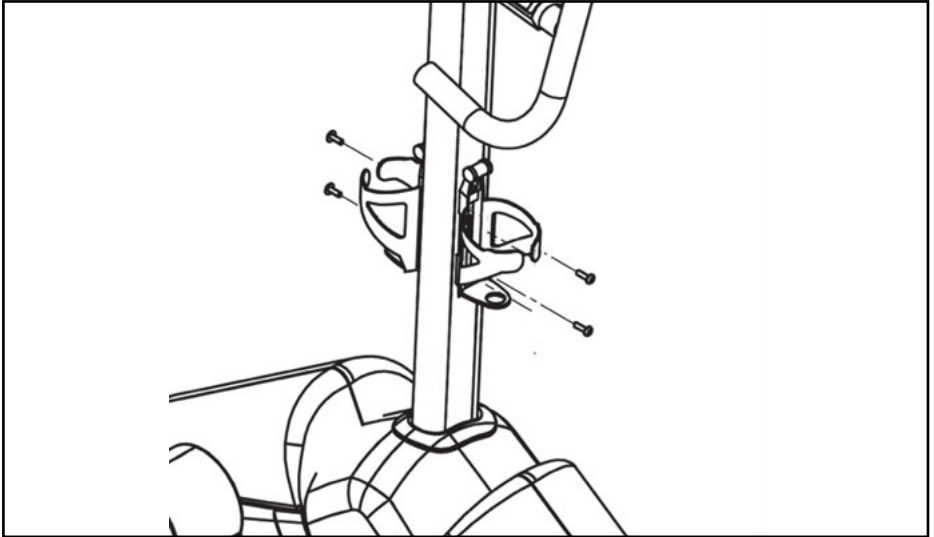
Step 11:
Install Bottle Cages:
Take one bottle cage and find two (2) bottle cage bolts. Align the bottle cage holes with the screw holes on either side of the upright. Install and tighten two bottle cage bolts. Do not over tighten. Repeat the process for the second water bottle.
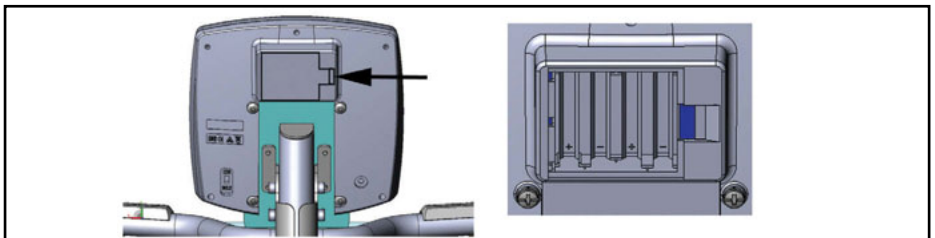
Step 12:
Installing Batteries:
Remove the cover to the battery compartment by pressing in the tab by the arrow shown above. Install batteries according the + / - indicators in each battery slot as shown above. NiMH rechargeable batteries are recommended.

4/ COMPUTER
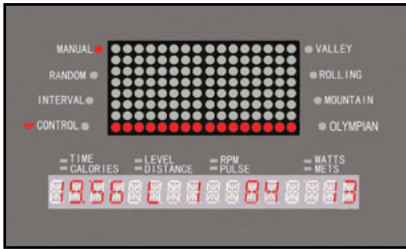
Figure 1
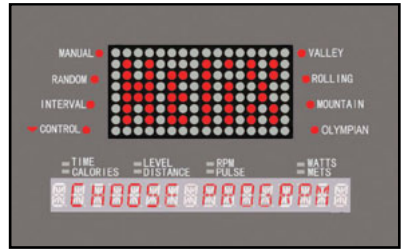
Figure 2

Modes:
Training Mode: When the user steps onto the Helix, the computer will be automatically powered on. A long beep will sound, and then the computer will enter into its initial screen awaiting input. The display will scroll from Figure-1, to Figure-2 above)

Stand-by Mode: When the Helix is not in use for three (3) minutes, it will automatically enter into the Sleep. There will be no computer display in that mode.

Display:
The computer on the Helix has two display screens. One is the Data Display and the other the Dot Matrix Display. The Data display windows can display the following information:

Time-Level-RPM-Watts

Calories-Distance-Pulse-Mets
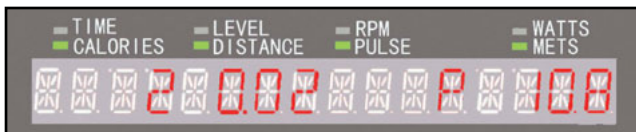
These two sequences can be toggled between by pressing the SCAN key or set to automatically scan by holding the Scan button for three (3) seconds to automatically scan between the two displays.

5/ COMPUTER OPERATING INSTRUCTIONS

Dot matrix display:
The dot matrix will be used to display the Program profile for the active program.

The table will change its pattern based upon the Program chosen by the user. Columns represent the progression of time as the dot matrix screen fills from left to right. Rows indicate the resistance level by the number of LEDs that are lit vertically. See table to right referring to the Levels indicated.
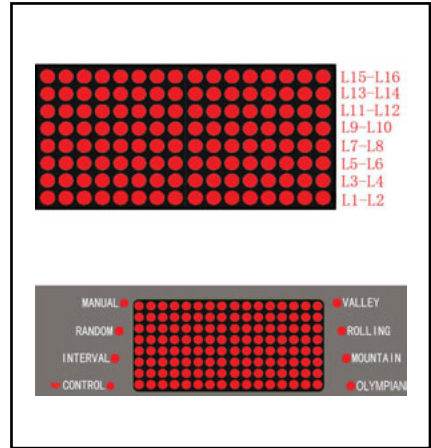
Program Keys:
To the left and right of the large Dot Matrix display are eight Program Keys.
These program keys can be used to directly choose a program. Alternatively, the user can scroll the programs with the up or down key.

When the Helix computer first starts, this scrolling message will read across the Data Display Screen. **"CHOOSE PROGRAM OR QUICK START"**

Pressing the **QUICK START** key in the center of the console, will begin the workout immediately with a default time of 20 minutes and Level 1 of Manual mode.

5/ COMPUTER OPERATING INSTRUCTIONS
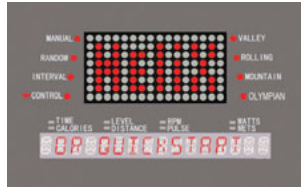
Quick Start: Program Selection:
When the computer first starts, the user can choose one of eight program buttons on either side of the large dot matrix display; Manual, Random, Interval, Heart Rate Control, Valley, Rolling, Mountain or Olympian. Choose the program by pushing the button beside the program name or by scrolling through the choices with the up or down key.

When the program shown is the program desired, press the Enter key. The computer will then request the user's weights to be entered. The message will read "SET WEIGHT 150LB". Using the up or down key, adjust to the user's weight. When the screen displays the correct weight, press the ENTER key.

The computer will then request the workout. The message will read "SET TIME 0:00" Using the up or down key, set the desired workout time. Once the computer displays the desired time, press the ENTER key.

The computer will next request the exercise resistance level. The message will read "SET LEVEL 1". Using the up key, set the desired level of resistance. Once the desired level is displayed, press the ENTER key. At any time during the workout, the Resistance level can be adjusted up or down using the up or down keys.

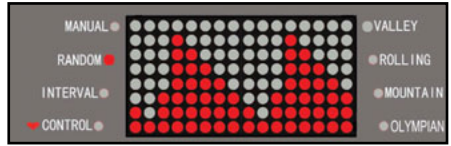# 5/ COMPUTER OPERATING INSTRUCTIONS

Heart Rate Control Program
If the user chooses the Heart Rate Control program, the user will again be asked to enter their weight as above. The user will then be asked to set the desired heart rate. The message will read "SET HRC 80". Using the up and down keys, set the desired heart rate. When the desired heart rate is displayed, press the ENTER key. The user will then be asked to set the workout time as above.
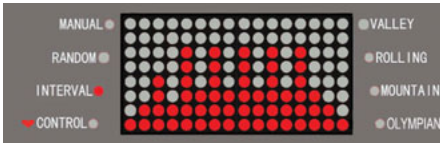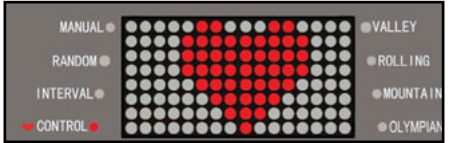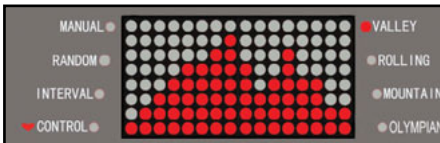
Pre-defined program profile:
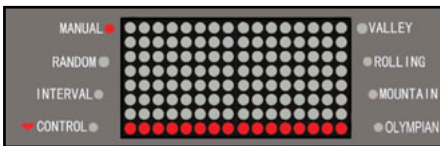
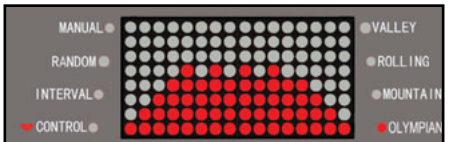MANUAL PROGRAM

RANDOM PROGRAM

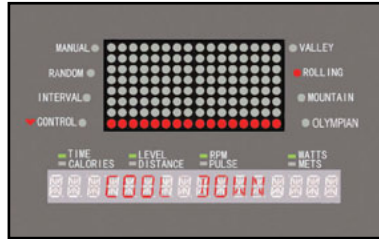INTERVAL PROGRAM

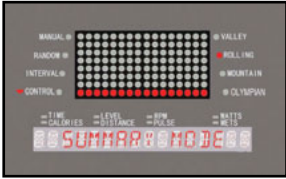H.R.C PROGRAM
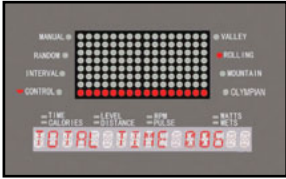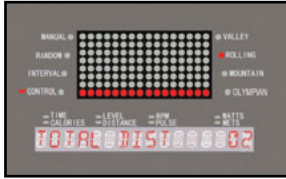

VALLEY PROGRAM
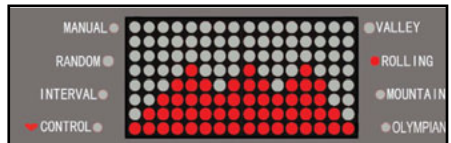
ROLLING PROGRAM
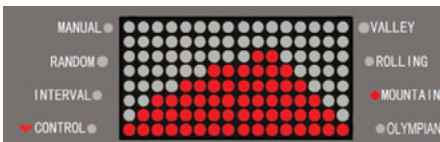
MOUNTAIN PROGRAM
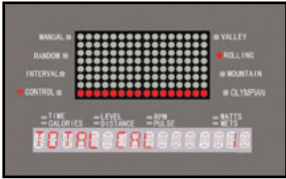
OLYMPIAN PROGRAM

Cool Down:
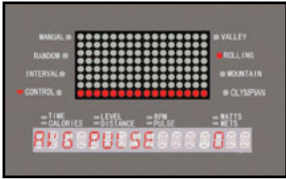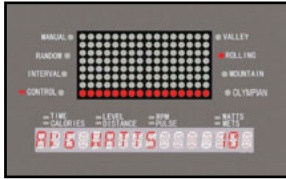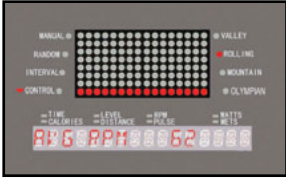At any time during the workout, press the CLEAR key to proceed directly into the Cool Down mode. Also, at the end of the workout time, the computer will automatically proceed into the Cool Down Mode. The message will display "**COOL DOWN**", and will display for 5 seconds. Press the up or down key if you wish to adjust the LEVEL, during the Cool Down period. The Cool Down period will depend on the total duration of exercise.

Results Mode

Total Time

Total Distance

Total Calories

Average Pulse

Average Watts

Average RPM

Summary Mode:
During Cool Down mode, press the CLEAR key to proceed into Summary Mode or when the set Program time is over the computer will automatically proceed to Summary Mode. The computer will display "SUMMARY MODE" for 5 seconds and then cycle through the following data: Total Time, Distance, Calories, Average Pulse, Average Watts and Average RPM.

Heart Rate Display
Heart rate will be display by either holding both hands on the hand grip sensors or by wearing a Polar compatible Heart rate chest strap (not included). When holding the hand grip sensors or when wearing the chest strap, the dot will flash in the PULSE field. If "P" is showing in the Pulse field, please either adjust your grip or adjust the Polar Chest strap to improve the connection. Please continue to hold the hand grips for a minimum of 20 seconds.

Control Keys:

ENTER key - To confirm entries and proceed to next entry.

QUICKSTART key - Once the computer powers on, this button will pre-set the workout to start at Level 1 Manual mode and 20 minute period.

SCAN key - During workout, press this key to change display window between the upper indicators or lower indicators. Hold this key for three seconds to scan back and forth between the upper and lower display.

Upper   Lower

During the "Result mode" pressing the SCAN key will cycle shows the following data:

Total Time → Total Distance → Total Calories → Average RPM → Average PULSE → Average Watts

CLEAR key – At any time during set up, this key will return you back to the previous setting to make a change to that setting. During the workout, pressing this key will put the program into the Cool Down mode. Pressing this key once in Cool Down will put the program into Results Mode. While in Result Mode, pressing this key will reset the computer completely.

UP key - Used to select workout Program, adjust Weight, adjust Time, adjust Heart Rate Control value and adjust resistance level during setup. Using this key, the resistance level can be changed during a workout.

DOWN Key – Used to select workout Program, adjust Weight, adjust Time, adjust Heart Rate Control value and to adjust resistance level during setup. Using this key, the resistance level can be changed during a workout.

PROGRAM KEYS

There are eight (8) program keys on the left and right side of the Large Dot Matrix display. These program keys can be used directly to choose a program instead of scrolling up and down through the program list. The following keys are available:

Manual, Random, Interval, ♥ Control (Heart Rate Control), Valley, Rolling, Mountain and Ironman

Functions

Windows	Display Range	Windows	Display Range
TIME	0:00 - 99:00	RPM	0 - 255 rpm
DISTANCE	0.00 - 99.99	METS	0.0 – 99.9
PULSE	50 - 210 bpm	WEIGHT(ENGLISH)	30-400 (lb.)
		WEIGHT(METRIC)	15-250 (kg)
CALORIES	0 - 999 kcal	RESISTANCE LEVEL	L1 – L16
WATT	0 - 999 watt		

For customer service, we first recommend you contact the dealer where you purchased the Helix.
They will be able to resolve any issues the fastest.

If you cannot reach the dealer, please feel free to contact Helixco at
888-435-4926 (888-HelixCo) or by email to service@helixco.com