



Aerobic Lateral Trainer



HLT3500

ASSEMBLY MANUAL

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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.

IMPORTANT!!!

THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR Helix is 159Kg (350 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.

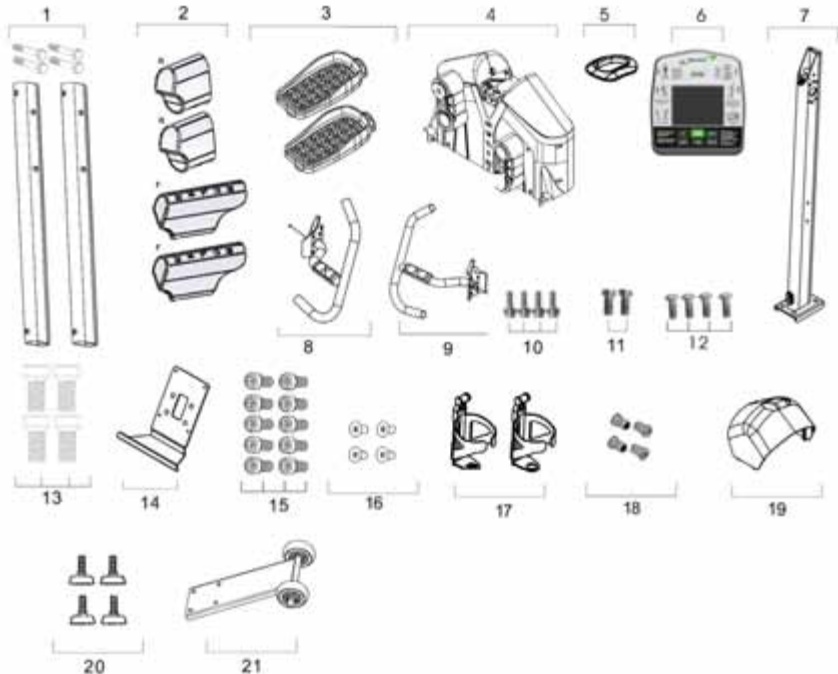
2/ BEFORE YOU BEGIN

IMPORTANT: Read all instructions carefully. Assemble the Helix in accordance with the steps in the manual. Lay out all parts on the floor prior to assembly to make sure you have all the parts listed below. In case of discrepancy, please contact Customer Service at 888-435-4926 or service@helixco.com

PRE-ASSEMBLY CHECK LIST

Item #	Description	Qty	Item #	Description	Qty
1.	Left and Right Stabilizer Legs	2	12.	Computer Mounting Bolts	4
2.	End Caps Front (F) Rear (R)	4	13.	Allen Head Tapered Upright Bolts	4
3.	Pedal Assembly	2	14.	Computer Mounting Plate	1
4.	Main Frame	1	15.	Handlebar Allen Head Bolts	10
5.	Rubber Circle for Dome Cover	1	16.	Computer Mounting Bolts	4
6.	Computer	1	17.	Water Bottle Holder	1
7.	Center Upright Tube	1	18.	Water Bottle Holder Bolts	2
8.	Handlebar Right	1	19.	Dome Cover	1
9.	Handlebar Left	1	20.	Stabilizer Leveling Feet	4
10.	Transport Plate Bolts	4	21.	Transport Plate Assembly	1
11.	Pedal Frame Bolts*	2			

*Note: Some parts may be factory pre-assembled.
(Item #11 - 6 bolts pre-installed in pedal)



2/ STEP BY STEP PARTS



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.

STEP 3 Left and Right Frame
Legs Hex Head Bolts and
Washers - 4 of each

STEP 4 Pedal Frame Allen Head
Bolts - 2 Bolts. 6 additional
bolts pre-installed in pedal
frame.

STEP 5 Transport Plate Bolts
- 4 Bolts

STEP 6 Upright Post Allen Head
Tapered Bolts - 4 Bolts

STEP 7 Handlebar Allen Head Bolts
- 10 Bolts

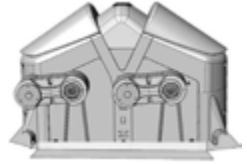
STEP 8 Computer Bracket Philips
head Bolts - 4 Bolts

STEP 10 Computer Mounting Philips
Head Bolts - 4 Bolts

3/ ASSEMBLY



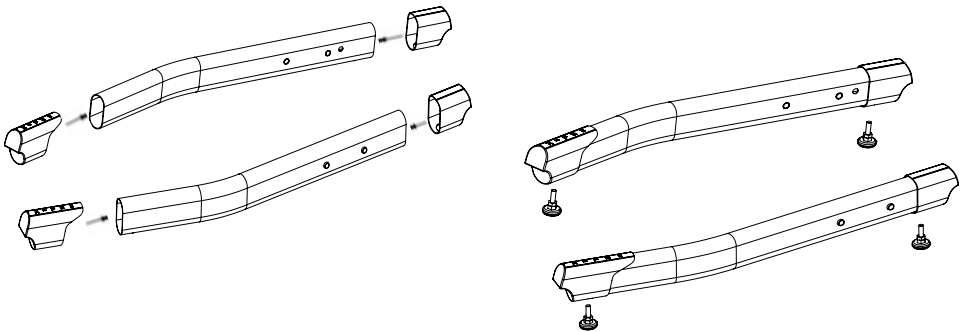
IMPORTANT:
Do not remove the Helix from the box bottom until further instructed later in this assembly manual.



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

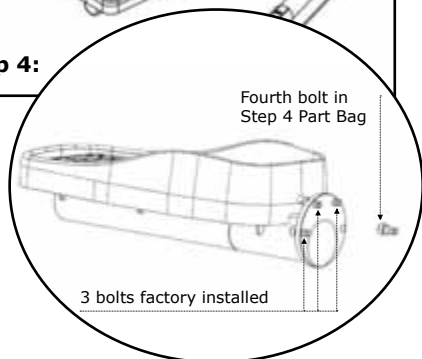
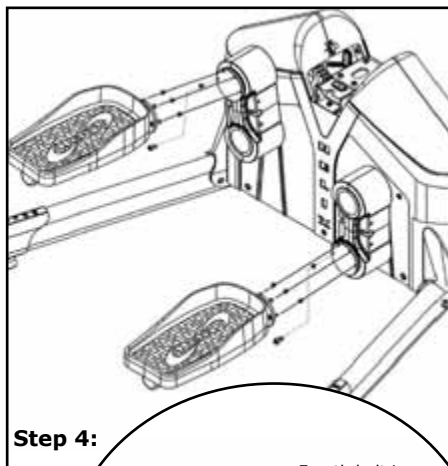
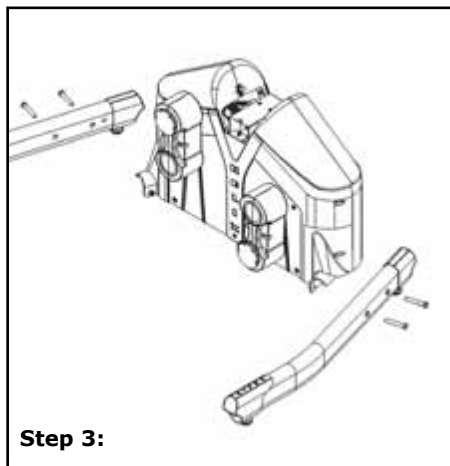
Remove all parts from the box leaving just the main body of the machine on the bottom of the box. remove all parts from their plastic bags and organize on the floor beside the Helix.



Step 2:

Attach the End Caps (with HELIX branding) to the left and right stabilizers. The branded end caps install on the end farthest from the attaching bolt holes. Attach Rear End caps (no branding) to the left and right stabilizers at the end closes to the attaching bolt holes. They are front and rear specific but not left and right specific. Install the stabilizer adjustment feet (4) into the bottom of the stabilizers and adjust as required.

3/ ASSEMBLY



Step 3:

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

Step 4:

Align the bolt holes on the pedal frame with the bolts on the yoke of the Crank arm. These two parts 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 bolts partially to allow the pedal frame to "hang" on those bolts. Now partially install the bottom left and bottom right bolts.

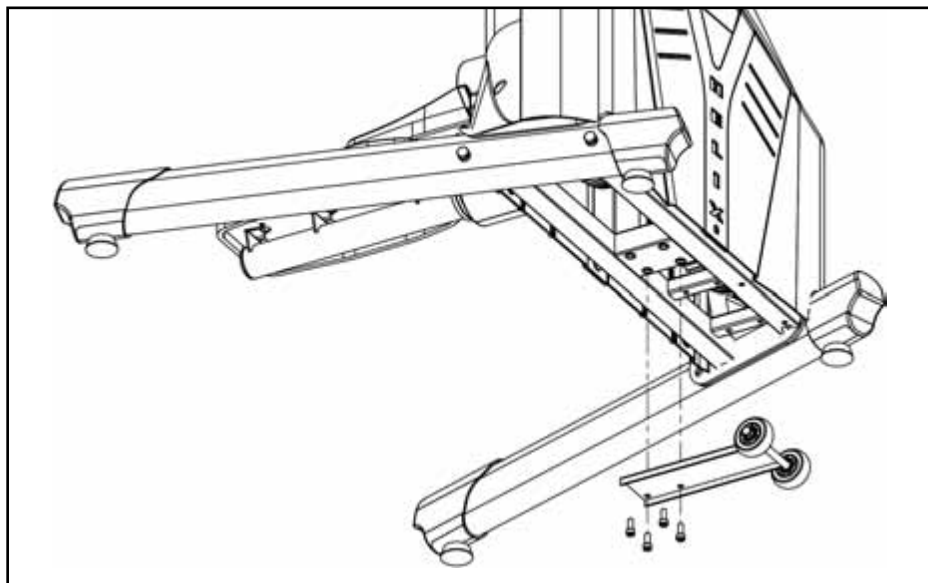
Slowly tighten all the bolts until the two parts become perfectly aligned to each other with no space between the parts. Then firmly tighten all four bolts.

Repeat for the other Pedal Frame.

PLEASE NOTE THAT VISUAL INSPECTION IS REQUIRED TO CONFIRM THAT THE PEDAL FRAME FLANGE AND THE CRANK YOKE ARE ALIGNED AND FLUSH TO EACH OTHER.

Failure to confirm this may result in bolt failure.

3/ ASSEMBLY

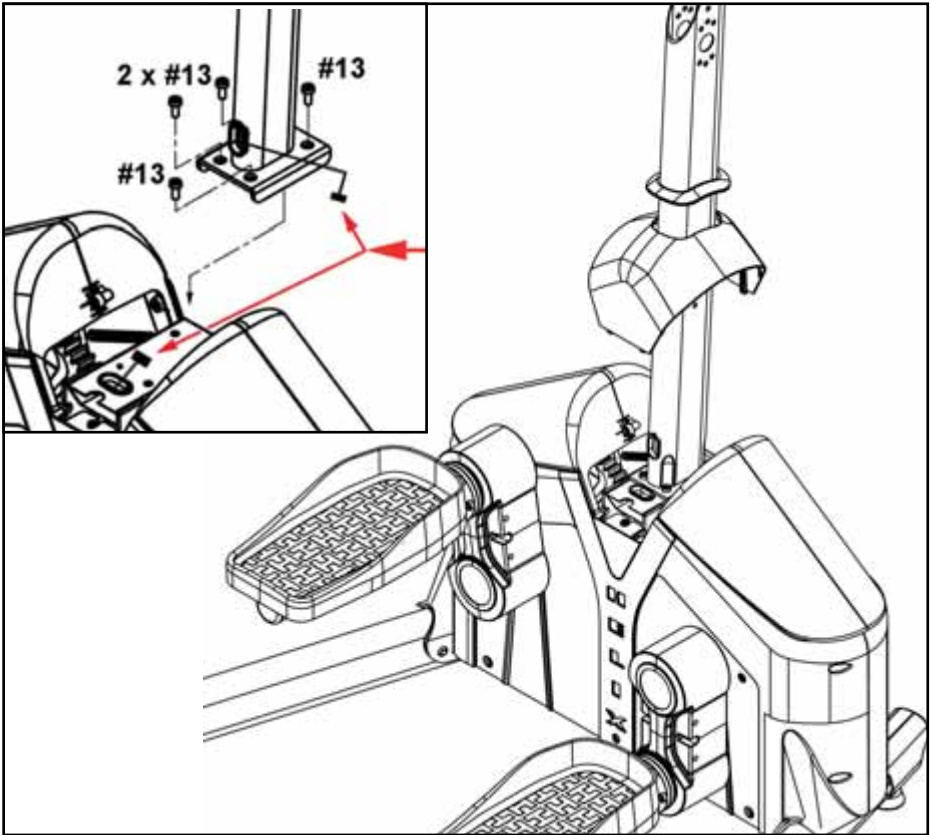


ASSEMBLY OF THE TRANSPORT PLATE

Step 5:

Find a box or step to place one stabilizer leg of the Helix onto in order to raise one side off the ground. Install the transport plate with the 4 bolts as shown.

3/ ASSEMBLY



ASSEMBLY OF THE CENTER UPRIGHT TUBE

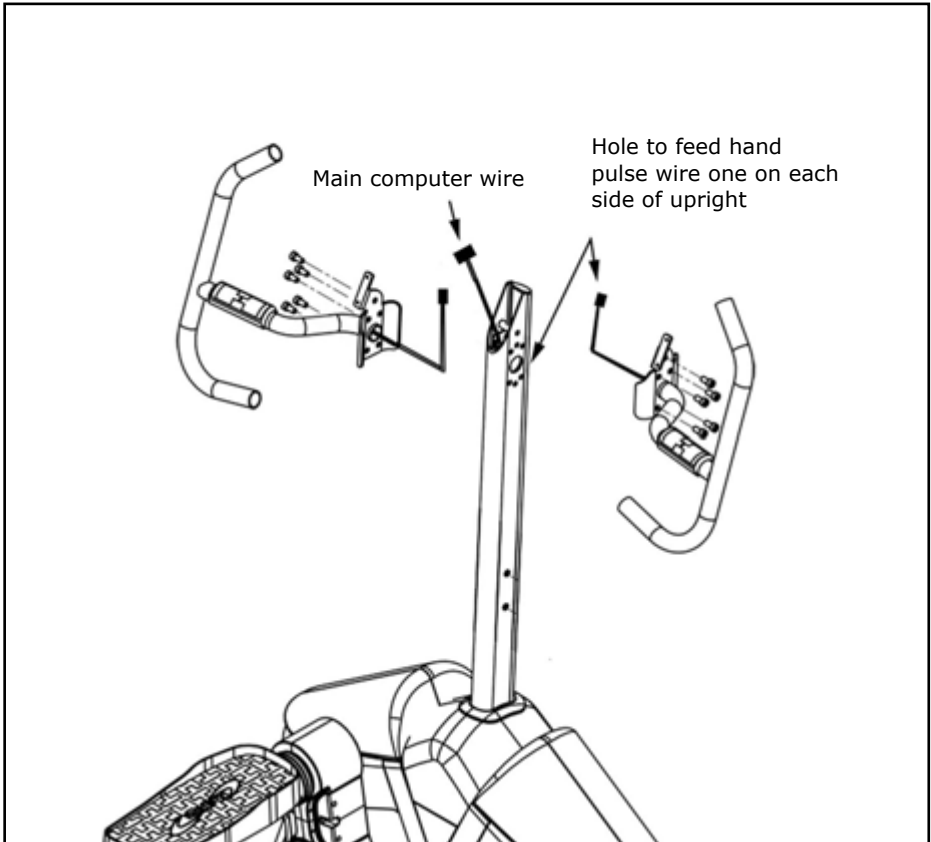
Step 6:

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.

3/ ASSEMBLY

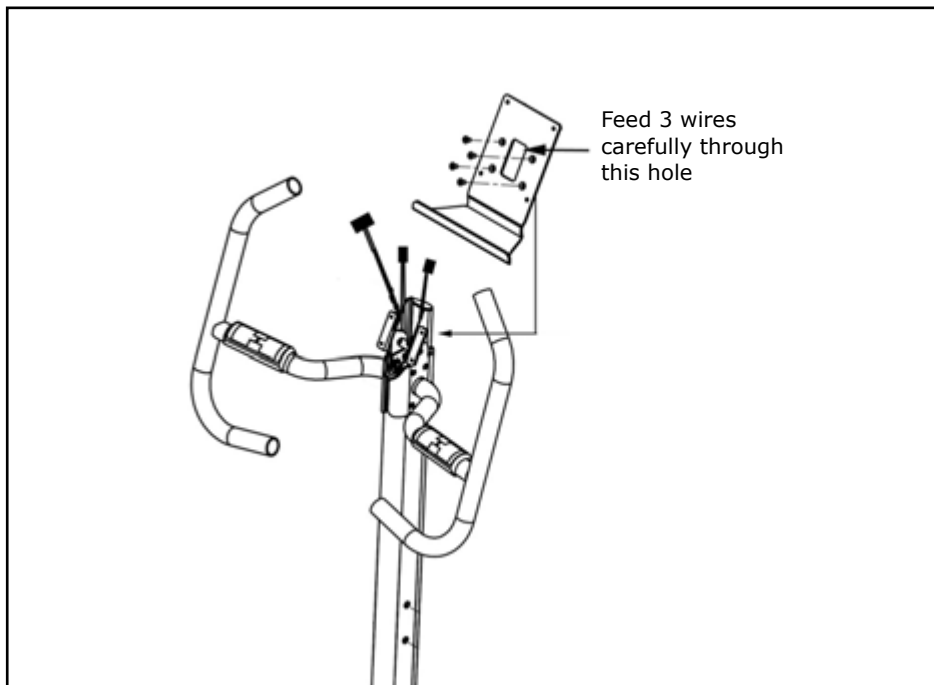


Step 7:

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.

3/ ASSEMBLY



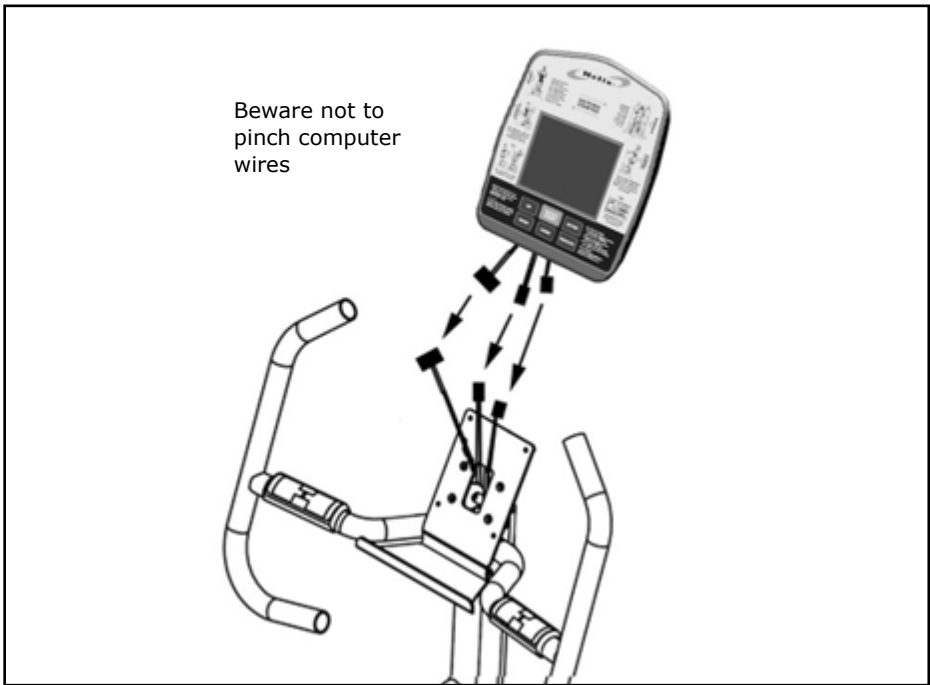
Step 8:

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.

3/ ASSEMBLY



Step 9:

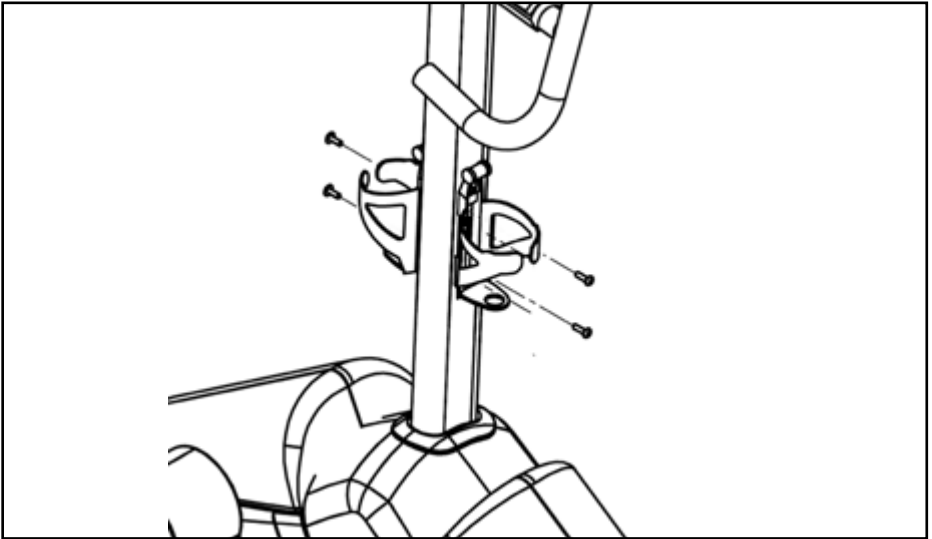
Install Computer:

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, carefully place the console bracket ensuring that the wires are not pinched. Then install four console bolts securely but do not over tighten.

3/ ASSEMBLY



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.

4/ COMPUTER

Layout

Please read the console operation instruction thoroughly and get familiar with the console layout. Practice using this console before you start in order to get a better understanding of the functions. Below is the console layout and detailed operation instructions.



Displays

This console is equipped with intuitive touch screen technology. Simply touch the key on the screen to select the desired function. The screen contents will vary according to the key touched.

Home page –



5/ COMPUTER OPERATING INSTRUCTIONS

Program selection page – Touch any program key to select the program and enter its program settings.

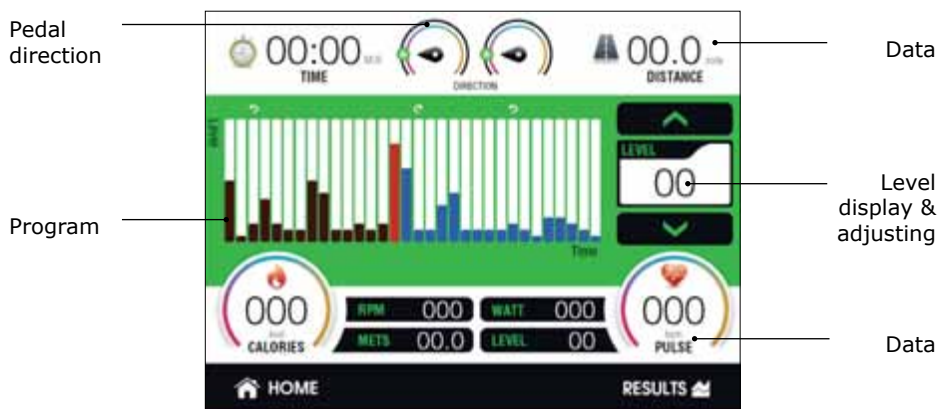


Program setting page – Enter the value for each area to complete the settings. You may press "SAVE" key after inputting all the settings to save your data for future use.



5/ COMPUTER OPERATING INSTRUCTIONS

Exercise page – The actual screen contents will vary depending on which program is selected.



- **Program profile window:** Displays program profile during program executing. The program profile will be different according to which program is selected. *Except Heart Rate Control program, all other program profiles will follow below displaying rules.*

There are 32 columns representing 32 segments of time; each segment time = total program time divided by 32 columns. The height of each column presenting the resistance level. There are 20 levels to select from; the higher the graph, the higher resistance level is selected. During exercising, a column will blink to indicate the time segment you are currently in and show your workout progress.

- **Data display windows:** There are 9 data display windows displaying "TIME, DISTANCE, CALORIES, RPM, METS, WATT, LEVEL & PULSE" during exercising. For heart rate control program, TARGET HR will be displayed as well.
- **Pedal direction indicators:** There are programs built with direction change instructions to increase the intensity for these workout routines. Please follow the message display to get the most out of these programs.

5/ COMPUTER OPERATING INSTRUCTIONS - KEYS

Keys

There are two type of keys on this console for your continece, one set of physical keys located on the bottom of the console and also touch screen keys. The key functions exactly the same on both areas, therefore you can use either one.

- **Home key:** Pressing this key anytime to get back to home page.
- **Engineering Setting key:** Pressing this key to enter engineering setting page. This page is password protected. The default password is "2015". Enter this preset password to access the product record as well as changing the units setting.



- **About Helix key:** Pressing this key to learn more about Helix.
- **Quick Start & Start key:** Pressing "Quick Start" key on home page before you select a program will activate the Helix Interval program immediately with default user values. Or pressing this key (or "START" key on the screen) during the program setup will start the selected program.
- **Up/Down (^/▼) keys:** Used for user data adjusting during program setup and resistance level/ heart rate adjustment while a program is running.
- **Enter key:** Used to confirm program selection and data entry.

5/ COMPUTER OPERATING INSTRUCTIONS - BASIC OPERATION

- **Programs key:** Used to get into program selection page.
- **Results key:** Pressing this key while a program is running will enter "Cool Down" mode. It is a 3 minutes cool down period. The resistance level can be adjusted from 1 – 5 at this period.

When cool down time is reached or this key is pressed again will end the program and workout summary will be displayed for your review. You can always press and hold this key for 2 seconds to reset the console and return to idle mode.



Basic Operation

- **Power up:** This product is powered by a generator and back up battery. Please pedal to power up the console.
- **Pause a program:** If a program is running and there is no RPM for 3 seconds, the console will pause and stop accumulating data. The pause time is 3 minutes. After that, the console will reset and screen will be off and entering sleep mode. Within pause mode, pedal again to resume the program.
- **Start a program:** To begin a workout program, press the "Quick Start" key or "Programs" key to select a program. Then follow on screen instruction to set up the personal data. When finished entering data, press the "Quick Start/Start" key to begin the workout. (You may press "Quick Start/Start" key anytime during setup to bypass and start the workout immediately.)

5/ COMPUTER OPERATING INSTRUCTIONS - WORKOUTS

- **Default values:** Initially the console is coded with a set of defaults for express quick start. If you didn't adjust these values before the program started, they will be used for data calculations, such as calories. It is recommended you adjust these values with your own personal data to get the most accurate workout feedbacks. For your convenience, if you press the "Save" key after the settings, the new set of data will be stored as a new defaults. The factory initial defaults are: age – 35; weight – 150lbs or 70kg; program time – 20 minutes and target HR – 145bpm.
- **End a program and review summary:** Press "Results" key once to end a program before the time is up and press it again to end the cool down and review summary.

Workout Programs

There are three program categories for your selection: Classic programs; Interval programs and HR control program.

Classic programs: This group includes Manual, Random, Simple intervals, Valley, Rolling, Mountain, Olympian and Plateau programs.

These programs are preset profile programs and behave similar. Touch the desired program key and press "Enter" key to confirm. Then follow on screen instruction to set up the user data and start the program. You may adjust the resistance level by pressing UP/DOWN (▲/▼) key during program. The program profile will update accordingly.

- **MANUAL PROGRAM:**
The default resistance level for Manual program is L1.

- **RANDOM PROGRAM:**
This is a computer generated profile program and it is different each time.

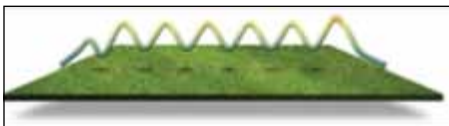
- **SIMPLE INTERVALS PROGRAM PROFILE:**



- **VALLEY PROGRAM PROFILE:**



- **ROLLING PROGRAM PROFILE:**



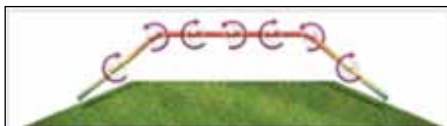
- **MOUNTAIN PROGRAM PROFILE:**



5/ COMPUTER OPERATING INSTRUCTIONS

- **PLATEAU PROGRAM PROFILE:**

This profile program also includes pedal direction change indications.



Interval programs: This group includes Helix intervals, Ramp intervals and Pyramid intervals program.

These programs are designed to train your cardiovascular system strength by allowing your body to alternate between high intensity-work periods and low-intensity rest period. Research shows that interval training is the most effective training for fitness and burns more calories over a short period of time.

Besides intensity challenges, these programs are also equipped with pedaling direction instruction to increase variety in your workout routine. Follow the on screen instruction for the pedaling direction change.

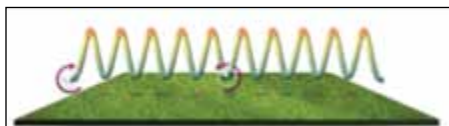
Touch the desired program key and press "Enter" key to confirm. Then follow on screen instruction to set up the user data and start the program. For your safety, these programs are started with a Warm Up period of 3 minutes. During warm up, you may adjust the resistance level by pressing Up/Down (▲/▼ key from 1 - 5).



5/ COMPUTER OPERATING INSTRUCTIONS

You may press physical “Quick Start” key to bypass warm up and execute program immediately. You may adjust the resistance level by pressing Up/Down (▲/▼) key during program. The program profile will update accordingly. You may start with either pedaling direction, the alphanumeric window will prompt instructions for you to change the direction as program goes on.

- HELIX INTERVALS PROGRAM PROFILE:**
 This is our signature interval program and is the default Quick Start program.



- RAMP INTERVALS PROGRAM PROFILE:**



- HEART RATE CONTROL PROGRAM:**
 The Heart Rate Control program is designed to keep you training at your chosen heart rate level. This program will only work when there is a valid heart rate signal. The console will adjust the resistance level automatically to ensure your target heart rate is achieved and maintained during the entire program.



- PYRAMID INTERVALS PROGRAM PROFILE:**



During program, you may press Up/Down (▲/▼) key to adjust the target heart rate setting. The target heart rate zone (+, -5bpm) will be highlighted and your heart rate progress will be illustrated on the profile display. The pulse data display window will show the actual heart rate.

5/ COMPUTER OPERATING INSTRUCTIONS

Exercise Guidelines

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardio respiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

- Always stretch before your workout to loosen muscles, and afterwards to cool down.
- The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
- After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.

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

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