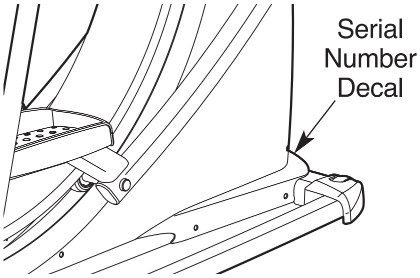
FREEMOTION® f5.6

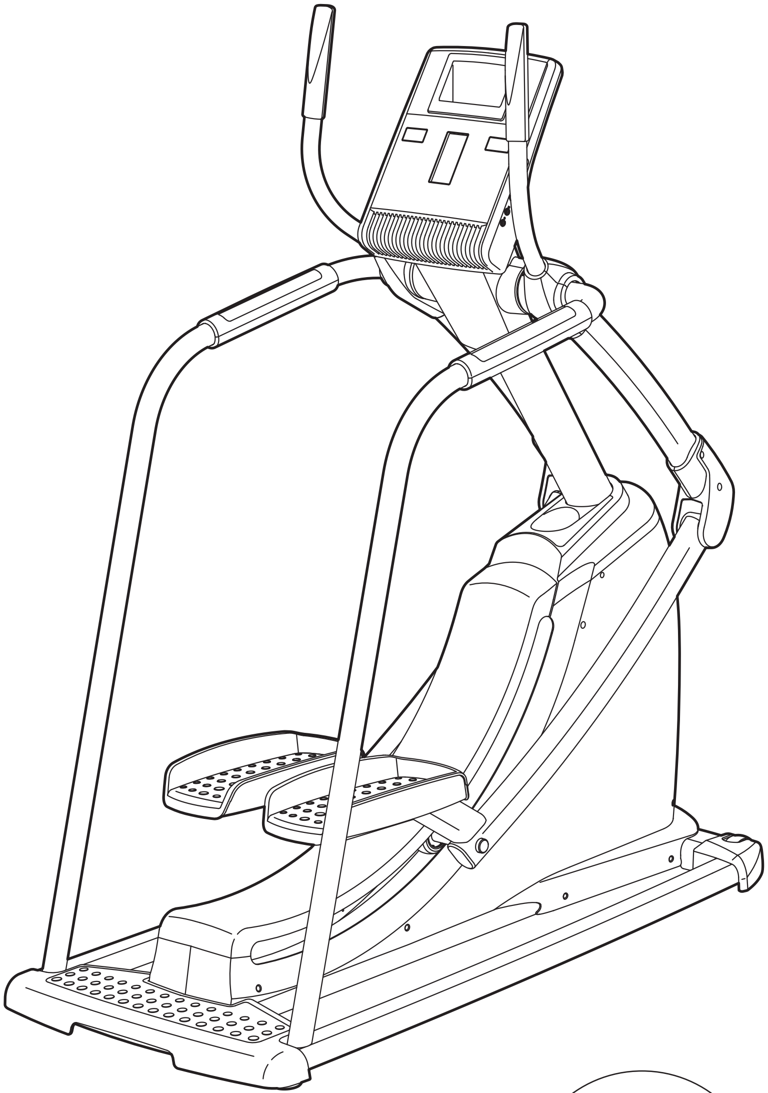
www.freemotionfitness.com

USER'S MANUAL

Model No. SFSR81908.0
Serial No. ___________________

Write the serial number in the space above for reference.





QUESTIONS?

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

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

⚠ CAUTION

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

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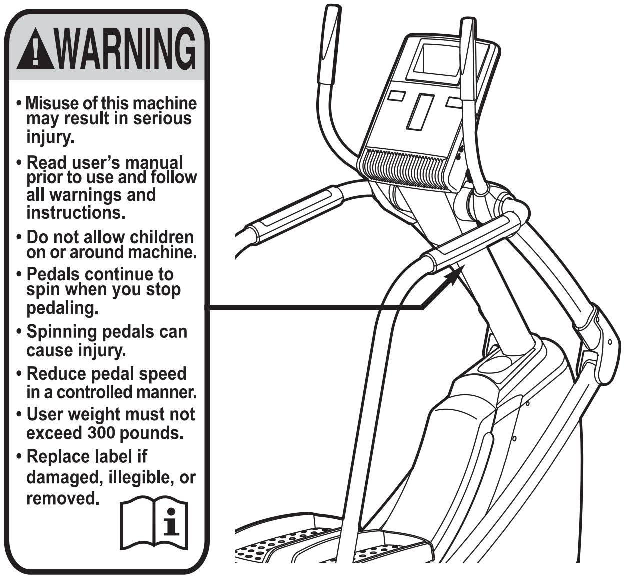
WARNING DECAL PLACEMENT

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



WARNING
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 300 pounds.
• Replace label if damaged, illegible, or removed.

FREEMOTION is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** **To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical strider before using your elliptical strider. FreeMotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

1. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
2. **It is the responsibility of the owner to ensure that all users of the elliptical strider are adequately informed of all precautions.**
3. **The elliptical strider is intended for home use only. Do not use the elliptical strider in a commercial, rental, or institutional setting.**
4. **Keep the elliptical strider indoors, away from moisture and dust. Place the elliptical strider on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 3 ft. (1 m) of clearance in the front and rear of your elliptical strider and 2 ft. (0.6 m) on each side.**
5. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
6. **Keep children under age 12 and pets away from the elliptical strider at all times.**
7. **The elliptical strider should not be used by persons weighing more than 300 lbs. (136 kg).**
8. **Wear appropriate exercise clothes while using the elliptical strider. Always wear athletic shoes for foot protection while exercising.**
9. **Hold the handgrip pulse sensors or the handrails when mounting, dismounting, or using the elliptical strider.**
10. **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
11. **Keep your back straight while using the elliptical strider; do not arch your back.**
12. **If you feel pain or dizziness while exercising, stop immediately and cool down.**
13. **When you stop exercising, allow the pedals to slowly come to a stop.**
14. **Use the elliptical strider only as described in this manual.**

BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® F 5.6 elliptical strider. The F 5.6 elliptical strider provides a wide array of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical strider. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

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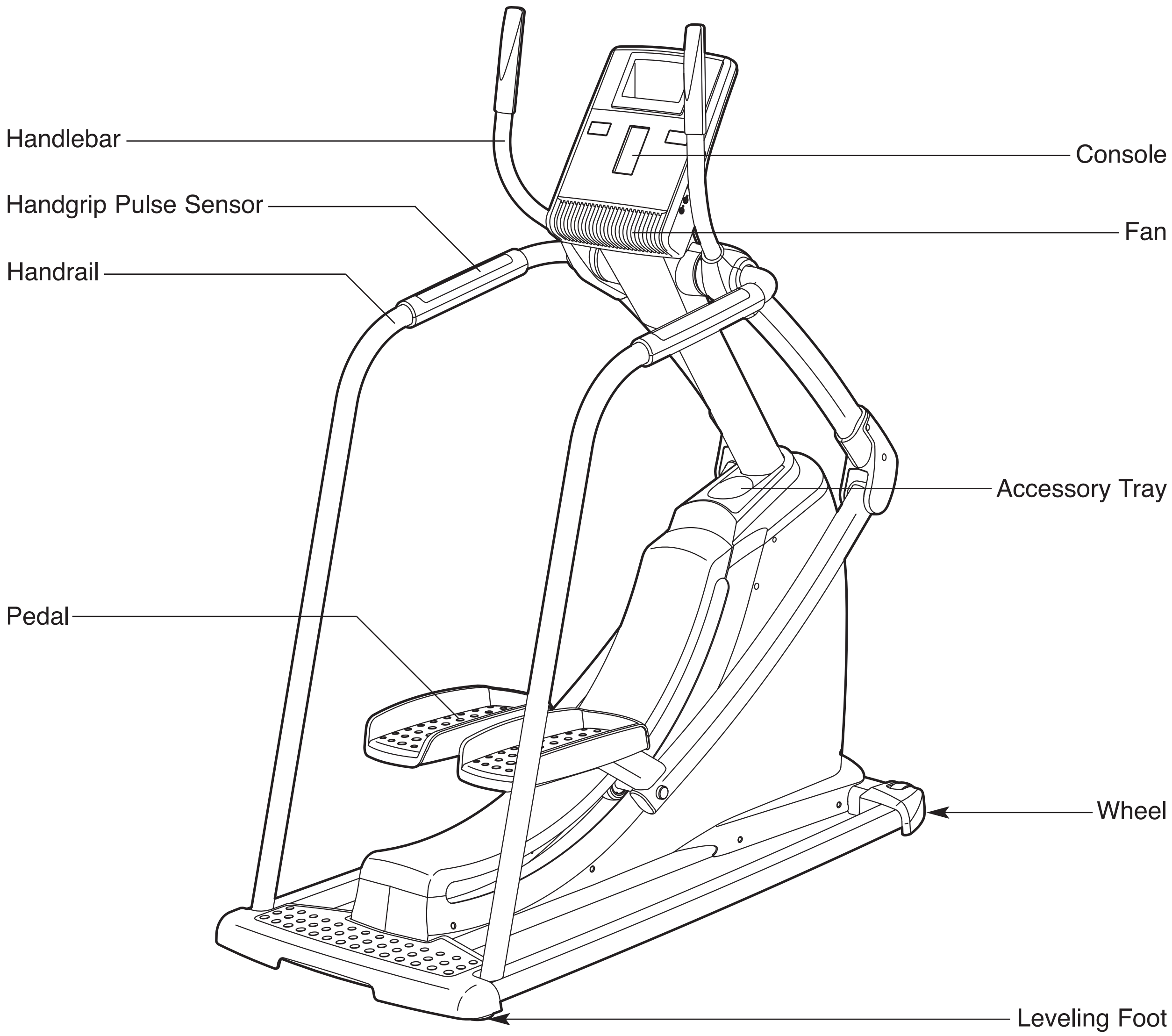
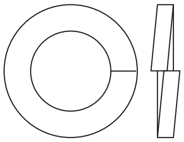

Handlebar
Handgrip Pulse Sensor
Handrail
Pedal
Console
Fan
Accessory Tray
Wheel
Leveling Foot

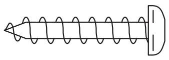
ASSEMBLY

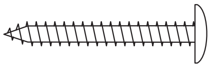
Assembly requires two persons. Place all parts of the elliptical strider in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

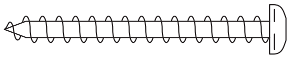
In addition to the included tool(s), assembly requires a Phillips screwdriver **.**

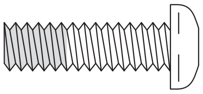
As you assemble the elliptical strider, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the parentheses is the quantity needed for assembly. **Note: Some small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

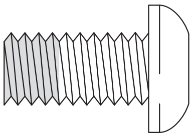

M10 Split
Washer (128)–2

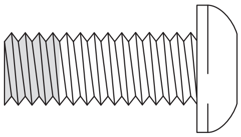

#8 x 3/4"
Screw (86)–12

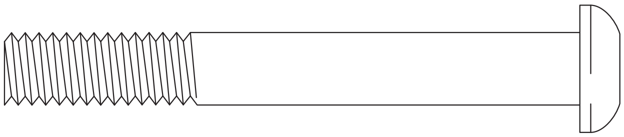

#8 x 1" Tek
Screw (126)–8


#8 x 35mm
Screw (125)–1


1/4" x 3/4" Patch
Screw (127)–4


3/8" x 3/4" Patch
Screw (123)–2


3/8" x 1" Patch
Screw (122)–4


3/8" x 3" Screw
(124)–2

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

IMPORTANT: Do not remove the foam block (not shown) located under the pedals until you have completed step 2.

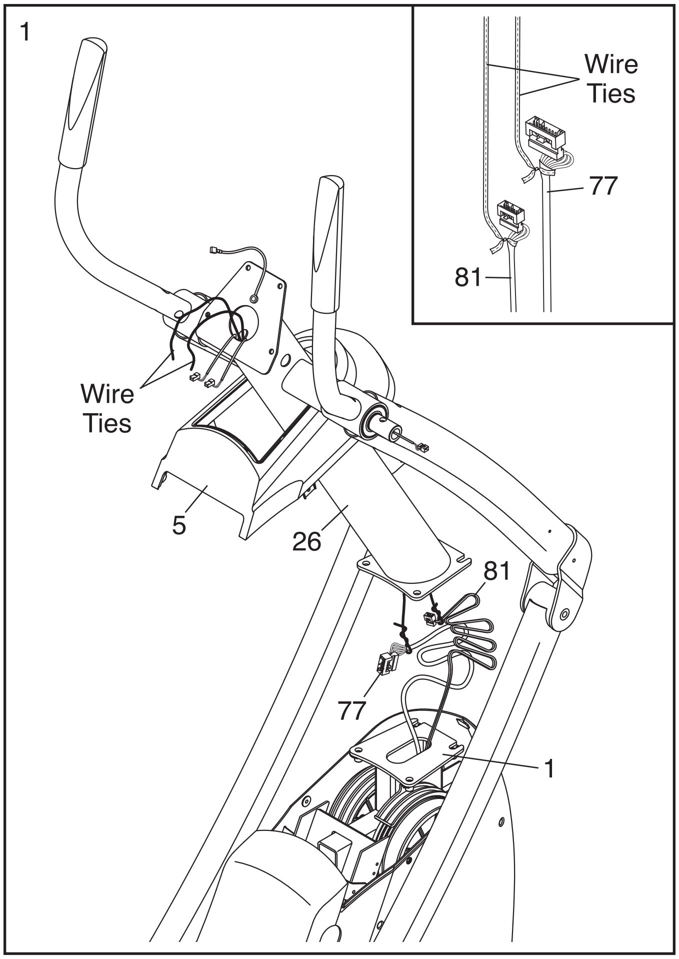
Identify the Shield Cap (5) and the Upright (26) and orient them as shown. Slide the Shield Cap upward around the Upright.

While another person holds the Upright (26) near the Frame (1), locate the wire ties in the Upright.

See the inset drawing. Tie the lower end of a wire tie to the end of the Wire Harness (77). Pull the other end of the wire tie upward out of the top of the Upright (26).

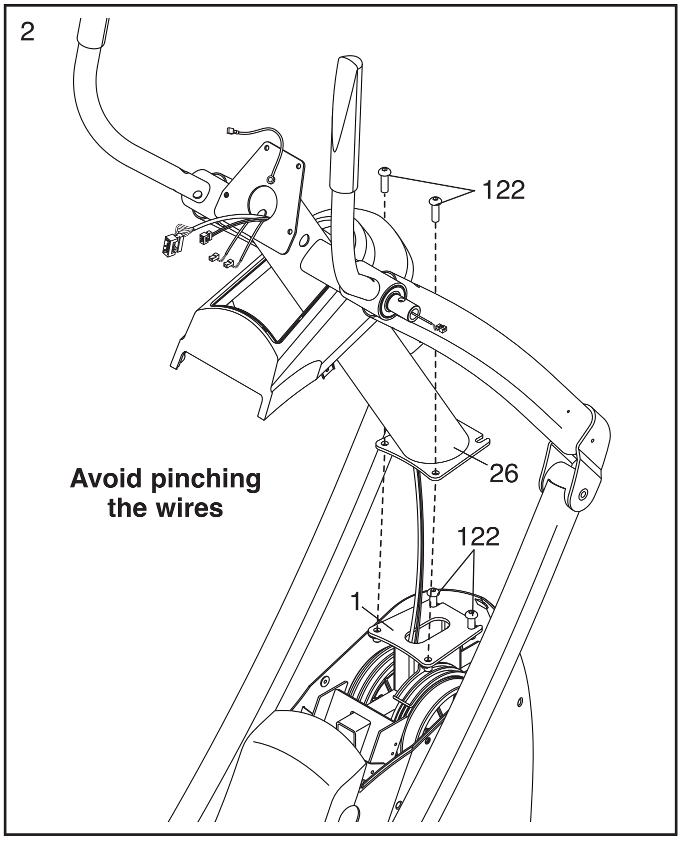
Next, tie the lower end of the other wire tie to the end of the Power Cable (81). Pull the other end of the wire tie upward out of the top of the Upright (26).

Then, untie and discard the wire ties.



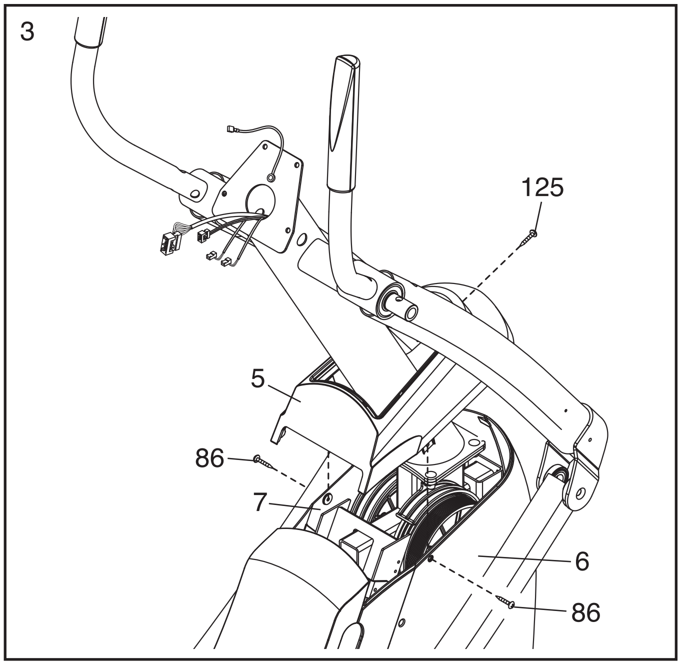
2. **Tip: Avoid pinching the wires.** Attach the Upright (26) to the Frame (1) with four 3/8" x 1" Patch Screws (122). Note: Two of the Patch Screws may be preattached to the Frame. **Tip: Start all the Patch Screws before tightening any of them.**

Remove and discard the foam block (not shown) located under the pedals.

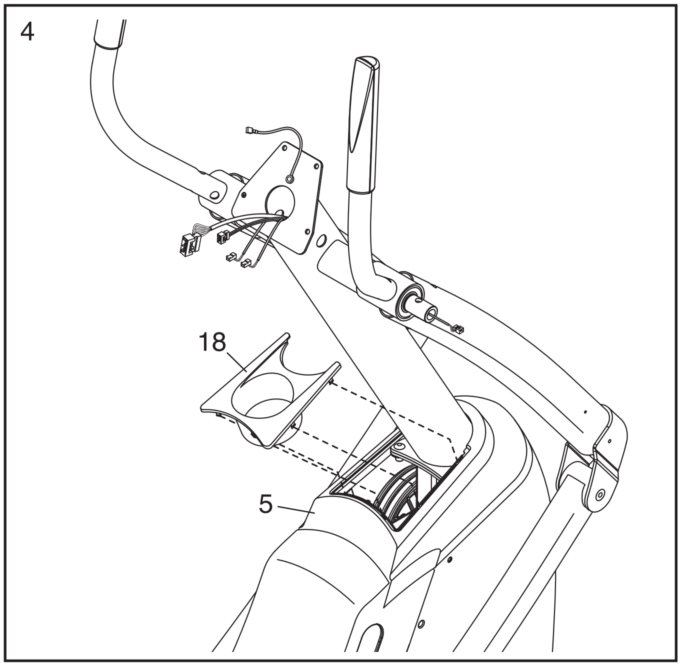


3. Slide the Shield Cap (5) downward over the Right and Left Shields (6, 7).

   Attach the Shield Cap (5) with a #8 x 35mm Screw (125) and two #8 x 3/4" Screws (86). **Tip: Start all the Screws before tightening any of them.**



4. Orient the Accessory Tray (18) as shown. Press the Accessory Tray into the Shield Cap (5).



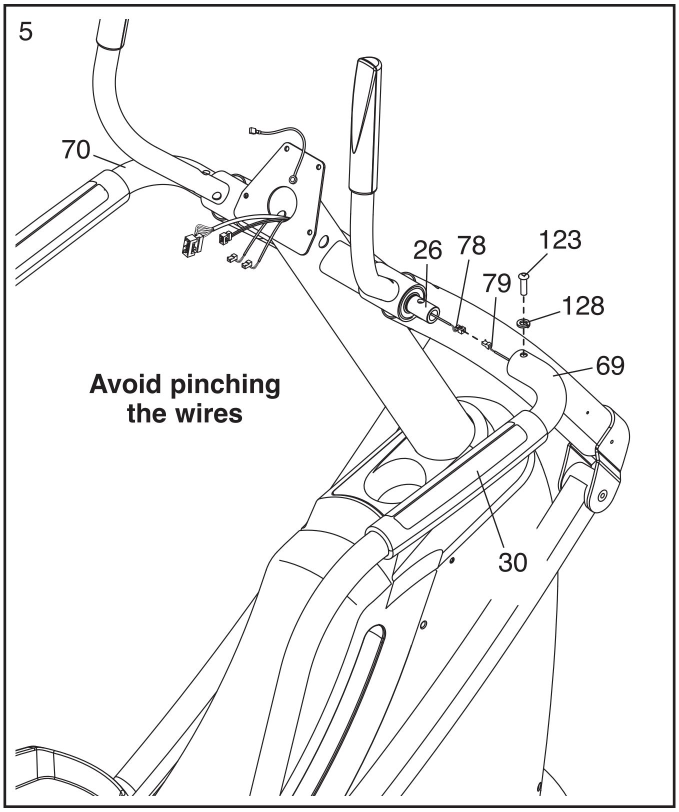
5. Identify the Right Handrail (69), which is marked with a “Right” sticker.

   While another person holds the Right Handrail (69) near the Upright (26), connect the right Pulse Wire (78) to the right Sensor Wire (79).

   Insert the excess wire into the Right Handrail (69). Then, slide the Right Handrail onto the Upright (26).

   Tip: Avoid pinching the wires. Attach the Right Handrail (69) with a 3/8" x 3/4" Patch Screw (123) and an M10 Split Washer (128). **Do not tighten the Patch Screw yet.**

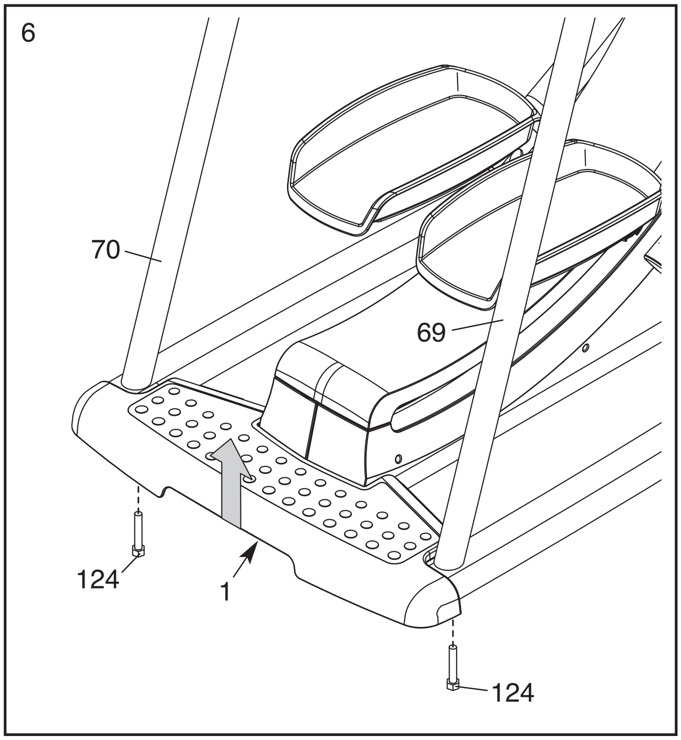
   Repeat this step for the Left Handrail (70).



6. **IMPORTANT: To prevent damage, do not allow the elliptical strider to tip to either side during this step.**

   While another person lifts the rear of the Frame (1) in the location shown by the arrow, attach each Handrail (69, 70) to the Frame with a 3/8" x 3" Screw (124).

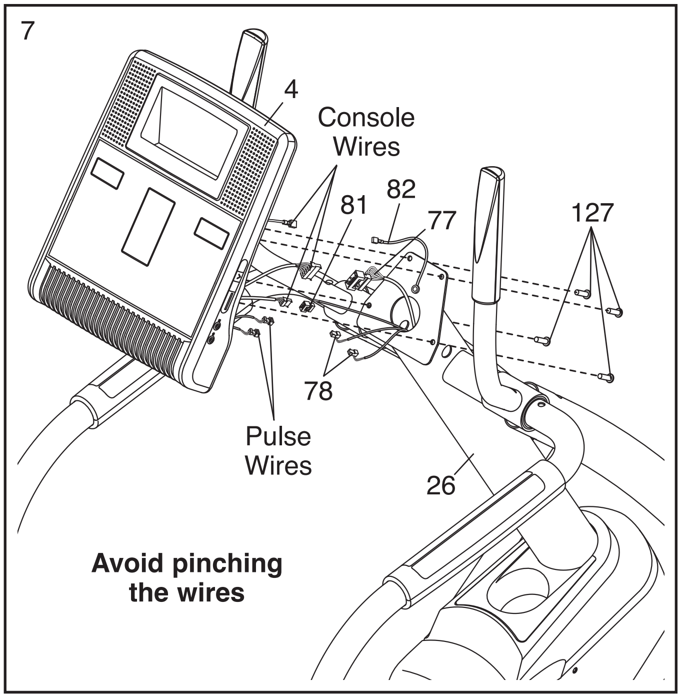
   See step 5. Tighten the 3/8" x 3/4" Patch Screws (123).



7. While another person holds the Console (4) near the Upright (26), connect the console wires to the Wire Harness (77), the Power Cable (81), and the Ground Wire (82). Then, connect the console pulse wires to the Pulse Wires (78).

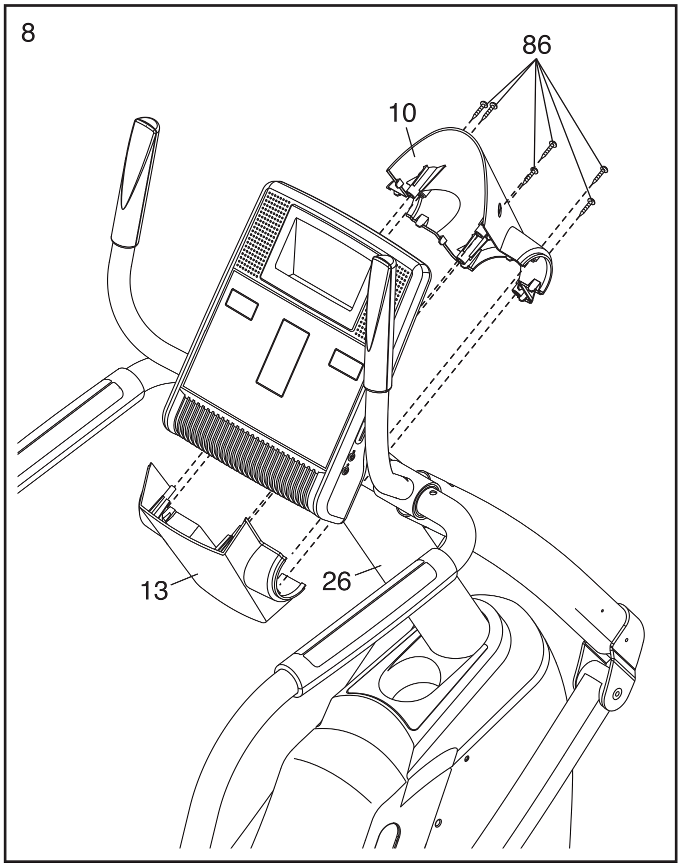
   Insert the excess wire downward into the Upright (26).

   Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (26) with four 1/4" x 3/4" Patch Screws (127).


7
4
Console Wires
81
82
77
127
78
Pulse Wires
26
Avoid pinching the wires

8. Identify the Front and Rear Shields (10, 13) and orient them as shown.

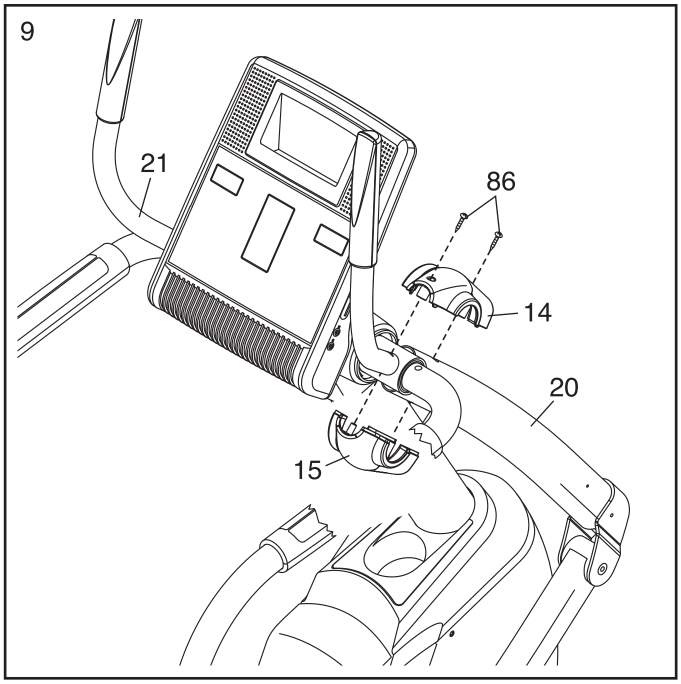
   Attach the Front and Rear Shields (10, 13) around the Upright (26) with six #8 x 3/4" Screws (86).



9. Identify the Right Upper and Lower Covers (14, 15), which are marked with “Right” stickers, and orient them as shown.

   Attach the Right Upper and Lower Covers (14, 15) around the Right Handlebar (20) with two #8 x 3/4" Screws (86).

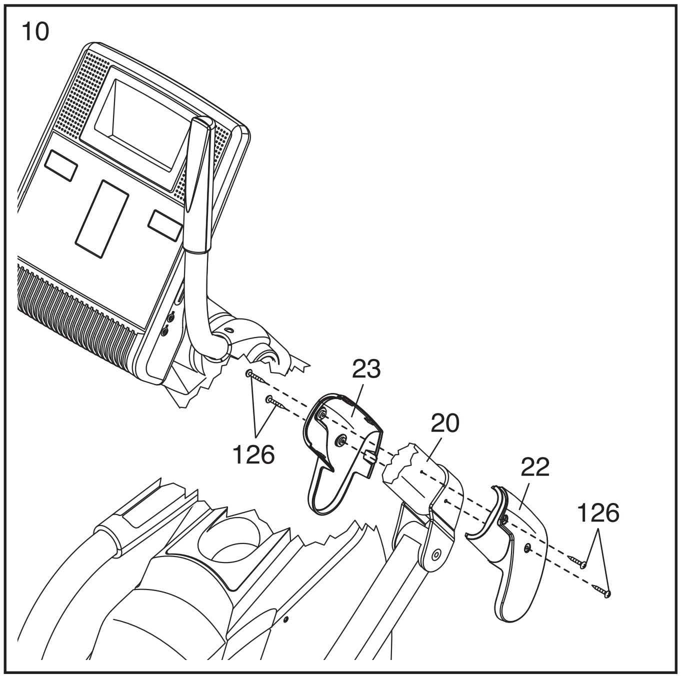
   Repeat this step for the Left Handlebar (21).



10. Identify a set of Right and Left Link Covers (22, 23), which are marked with “Right” and “Left” stickers, and orient them as shown.

    Attach the Right and Left Link Covers (22, 23) around the Right Handlebar (20) with four #8 x 1" Tek Screws (126).

    Repeat this step for the other side of the elliptical strider.



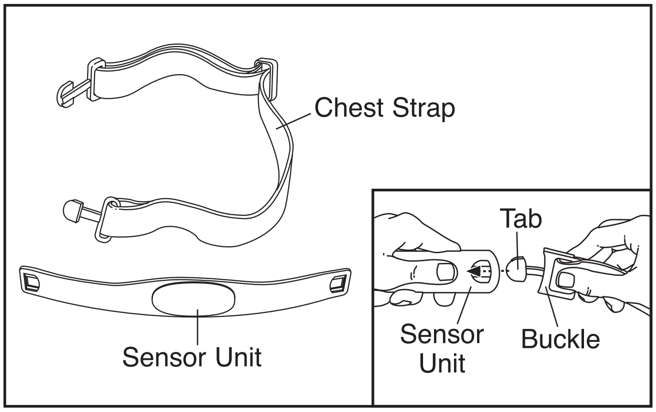
11. Plug the AC power adapter into the jack on the front of the elliptical strider; then, plug the power cord into the AC power adapter (see HOW TO PLUG IN THE AC POWER ADAPTER AND THE POWER CORD on page 12). **IMPORTANT: If the elliptical strider has been exposed to cold temperatures, allow it to warm to room temperature before plugging in the AC power adapter and the power cord. If you do not do this, you may damage the console displays or other electronic components.**

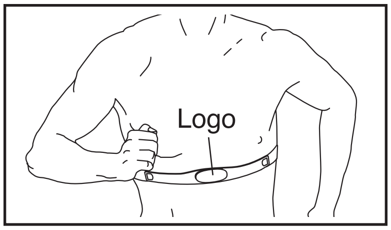
    Make sure that all parts are properly tightened before you use the elliptical strider. Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical strider to protect the floor.

HOW TO USE THE CHEST PULSE SENSOR

HOW TO PUT ON THE CHEST PULSE SENSOR

The chest pulse sensor has two components: a chest strap and a sensor unit (see the drawing below). Insert the tab on one end of the chest strap into one end of the sensor unit, as shown in the inset drawing. Press the end of the sensor unit under the buckle on the chest strap. The tab should be flush with the front of the sensor unit.





Next, wrap the chest pulse sensor around your chest and attach the other end of the chest strap to the sensor unit. Adjust the length of the chest strap, if necessary. The chest pulse sensor should be under your clothes, tight against your skin, and as high under the pectoral muscles or breasts as is comfortable. Make sure that the logo on the sensor unit is facing forward and is right-side-up.

Pull the sensor unit away from your body a few inches and locate the two electrode areas on the inner side (the electrode areas are covered by shallow ridges). Using saline solution such as saliva or contact lens solution, wet both electrode areas. Return the sensor unit to a position against your chest.

CHEST PULSE SENSOR CARE

- Dry the chest pulse sensor after each use. The chest pulse sensor is activated when you wet the electrode areas and put on the chest pulse sensor; the chest pulse sensor shuts off when it is removed and the electrode areas are dried. If the chest pulse sensor is not dried after each use, the battery may be drained prematurely.
- Store the chest pulse sensor in a warm, dry place. Do not store the chest pulse sensor in a plastic bag or other container that may trap moisture.
- Do not expose the chest pulse sensor to direct sunlight for extended periods of time or to temperatures above 122° F (50° C) or below 14° F (-10° C).
- Do not excessively bend or stretch the sensor unit when using or storing the chest pulse sensor.
- Clean the sensor unit using a damp cloth—never use alcohol, abrasives, or chemicals. Hand wash and air dry the chest pulse sensor.

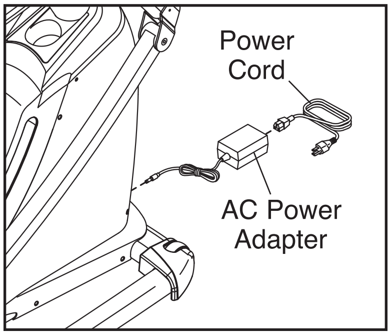
CHEST PULSE SENSOR TROUBLESHOOTING

If the chest pulse sensor does not function properly, try the steps below.

- Make sure that you are wearing the chest pulse sensor as described at the left. Note: If the chest pulse sensor does not function when positioned as described, move it slightly lower or higher.
- Use saline solution such as saliva or contact lens solution to wet the two electrode areas on the sensor unit. If heart rate readings do not appear until you begin perspiring, re-wet the electrode areas.
- Position yourself near the console. **For the console to display heart rate readings, the user must be within arm's length of the console.**
- The chest pulse sensor is designed to work with people who have normal heart rhythms. Heart rate reading problems may be caused by medical conditions such as premature ventricular contractions (pvcs), tachycardia bursts, and arrhythmia.
- The operation of the chest pulse sensor can be affected by magnetic interference caused by high power lines or other sources. If it is suspected that this is a problem, try relocating the elliptical strider.

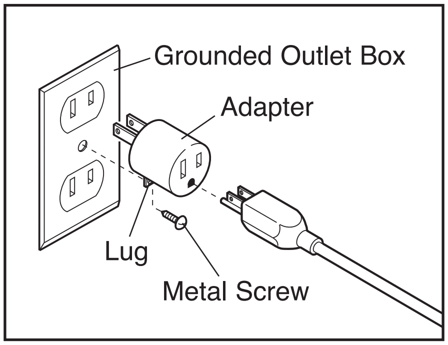
HOW TO USE THE ELLIPTICAL STRIDER

HOW TO PLUG IN THE AC POWER ADAPTER AND THE POWER CORD



This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the AC power adapter into the jack on the front of the elliptical strider. Next, plug the power cord into the AC power adapter. Then, plug the power cord into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. This product is for use on a nominal 120-volt circuit. IMPORTANT: The elliptical strider is not compatible with GFCI-equipped outlets.**

⚠ **DANGER:** **Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.**

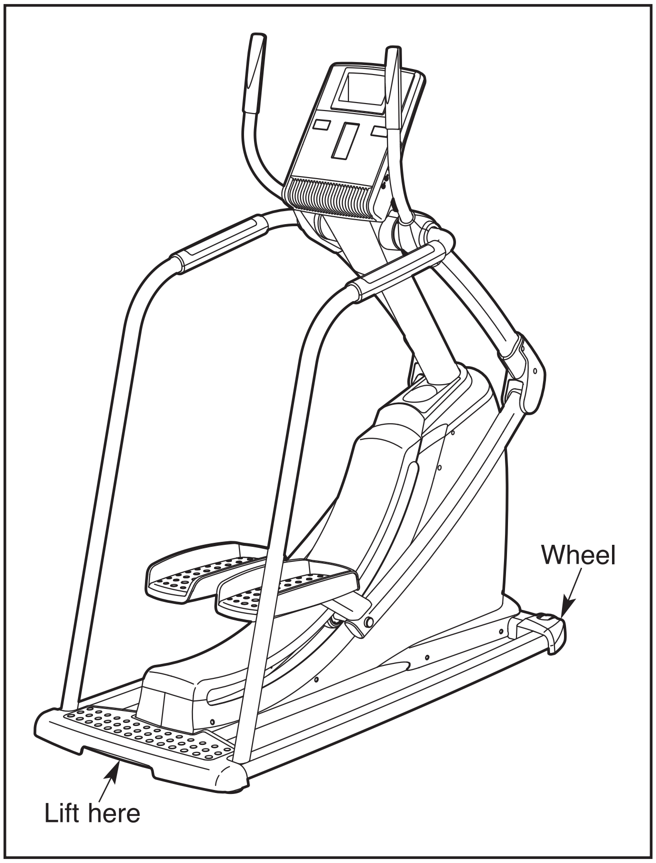


A temporary adapter may be used to connect the power cord to a 2-pole receptacle as shown at the right if a properly grounded outlet is not available. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used, it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

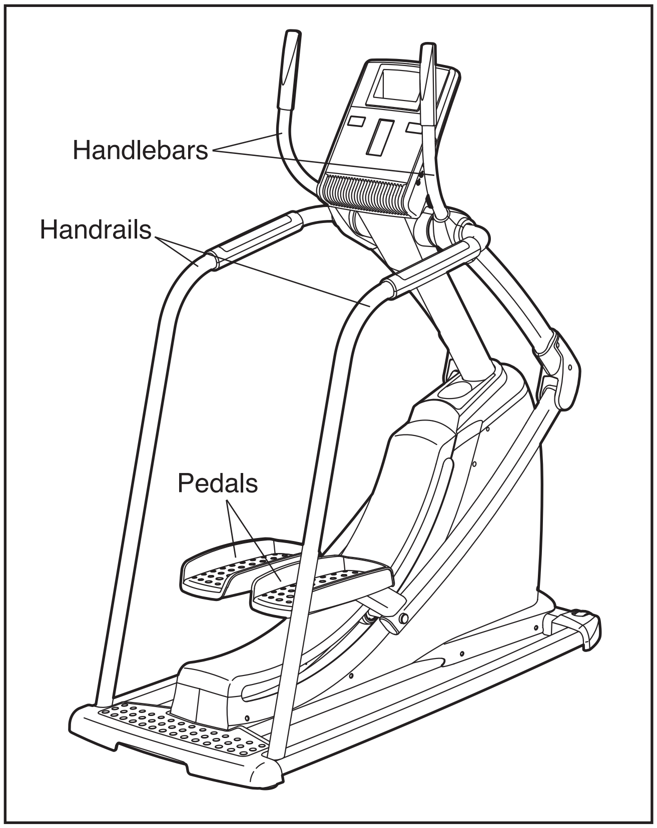
HOW TO MOVE THE ELLIPTICAL STRIDER

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



HOW TO EXERCISE ON THE ELLIPTICAL STRIDER

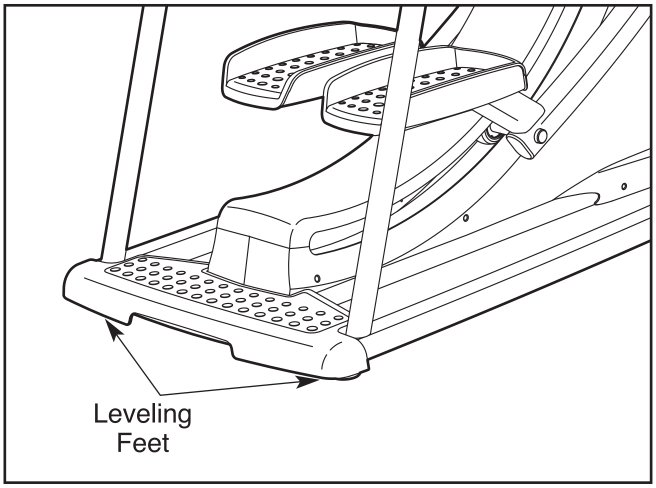
To mount the elliptical strider, hold the handlebars or the handrails and step onto the pedals. Push the pedals until they begin to move forward and backward with a continuous motion.



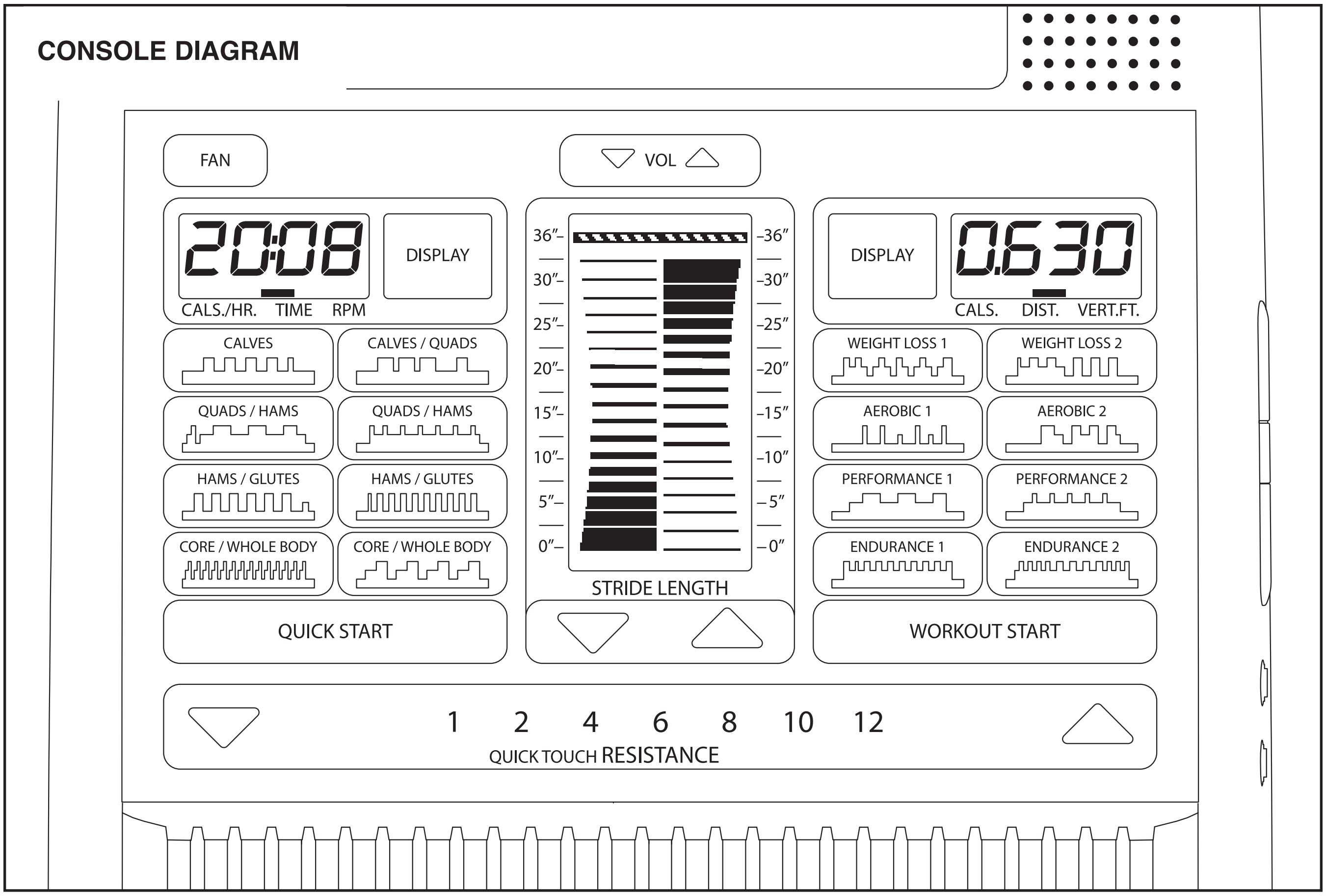
To dismount the elliptical strider, wait until the pedals come to a complete stop. When the pedals are stationary, hold the handlebars or the handrails and step off the pedals.

HOW TO LEVEL THE ELLIPTICAL STRIDER

If the elliptical strider rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear of the frame until the rocking motion is eliminated.



CONSOLE DIAGRAM


FAN
VOL
20:08
DISPLAY
CALS./HR.
TIME
RPM
36″
30″
25″
20″
15″
10″
5″
0″
STRIDE LENGTH
DISPLAY
0.630
CALS.
DIST.
VERT.FT.
CALVES
CALVES / QUADS
QUADS / HAMS
QUADS / HAMS
HAMS / GLUTES
HAMS / GLUTES
CORE / WHOLE BODY
CORE / WHOLE BODY
WEIGHT LOSS 1
WEIGHT LOSS 2
AEROBIC 1
AEROBIC 2
PERFORMANCE 1
PERFORMANCE 2
ENDURANCE 1
ENDURANCE 2
QUICK START
WORKOUT START
1
2
4
6
8
10
12
QUICK TOUCH RESISTANCE

FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you use the quick start mode of the console, you can change the resistance of the pedals or set a target stride length with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor or the included chest pulse sensor.

The console offers sixteen preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to maintain a target stride length as it guides you through an effective workout.

The console features the iFit Interactive Workout System, which enables the console to accept iFit cards containing workouts designed to help you achieve specific fitness goals. For example, lose unwanted pounds with the 8-week Weight Loss workout. iFit workouts control the resistance of the pedals while the voice of a personal trainer coaches you through your workouts. iFit cards are available separately. **To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores.**

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

To activate the console, see page 15. **To use the quick start mode,** see page 15. **To use a preset workout,** see page 17. **To use an iFit workout,** see page 18. **To use the sound system,** see page 18. **To use the maintenance mode,** see page 19.

HOW TO ACTIVATE THE CONSOLE

The included AC power adapter and the power cord must be used to operate the elliptical strider. See HOW TO PLUG IN THE AC POWER ADAPTER AND THE POWER CORD on page 12. When the AC power adapter and the power cord are plugged in, the displays will light and the console will be ready for use.

IMPORTANT: If the console has been exposed to cold temperatures, allow it to warm to room temperature before activating the console. Otherwise, you may damage the console displays or other electronic components.

HOW TO TURN OFF THE CONSOLE

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

HOW TO USE THE QUICK START MODE

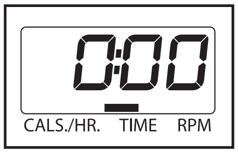
The quick start mode allows you to start exercising, adjust the resistance of the pedals manually, and set a target stride length manually.

1. **Press the QUICK START button or begin striding to activate the console.**

   See HOW TO ACTIVATE THE CONSOLE above.

2. **Select the quick start mode.**

   When you activate the console, the quick start mode will be selected. If you have selected a workout, reselect the quick start mode by pressing any of the workout buttons repeatedly until zeros appear in the left and right displays.



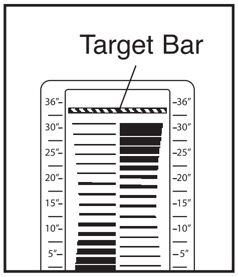
3. **Change the resistance of the pedals as desired.**

   As you stride, change the resistance of the pedals by pressing one of the numbered QUICKTOUCH RESISTANCE buttons or by pressing the QUICKTOUCH RESISTANCE increase and decrease buttons. Note: After you press a QUICKTOUCH RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level.

4. **Set a target stride length as desired.**

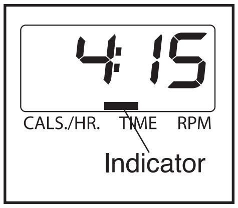
   The stride length meter in the center display allows you to set a target stride length.

   To set a target stride length, press the STRIDE LENGTH increase and decrease buttons below the stride length meter repeatedly until the target bar appears next to the desired stride length. Note: Stride length is measured in inches.

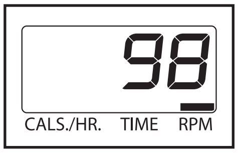


5. **Follow your progress with the displays.**

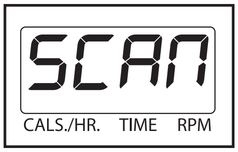
   Left display–This display will show the approximate number of calories you are burning per hour, the elapsed time, and your striding pace in revolutions per minute (rpm), for a few seconds each, in a repeating scan cycle. An indicator will show which information is currently displayed.



   To select the approximate number of calories you are burning per hour, the elapsed time, or your striding pace for continuous display, press the left Display button repeatedly until an indicator appears above the information you are interested in viewing.



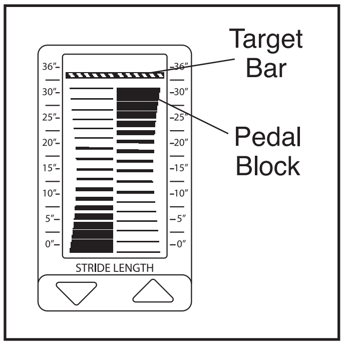
   To reselect the scan cycle, press the left Display button repeatedly until the word SCAN appears in the left display.



   Note: When you select a workout, the display will show the time remaining in the workout instead of the elapsed time.

Center display–This display shows the stride length meter. The stride length meter compares your actual stride length to the target stride length.

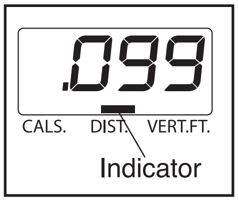
The target bar in the stride length meter indicates the target stride length. The pedal blocks track the actual movement of the pedals while you exercise.



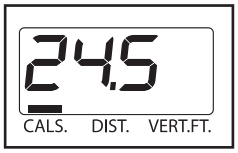
As you exercise, keep your stride length near the target stride length by striding so that the pedal blocks move back and forth between the bottom of the display and the target bar.

The center display will also show the resistance level of the pedals for a few seconds each time the resistance level changes. In addition, the center display will show your heart rate when you use the handgrip pulse sensor (see step 6 at the right) or the included chest pulse sensor (see page 11).

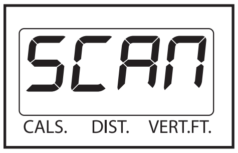
Right display–This display will show the approximate number of calories you have burned, the distance (total number of miles) you have stridden, and the distance (vertical feet) you have climbed, for a few seconds each, in a repeating scan cycle. An indicator will show which information is currently displayed.



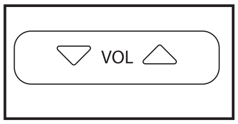
To select the approximate number of calories you have burned, the distance you have stridden, or the distance you have climbed for continuous display, press the right Display button repeatedly until an indicator appears above the information you are interested in viewing.



To reselect the scan cycle, press the right Display button repeatedly until the word SCAN appears in the right display.

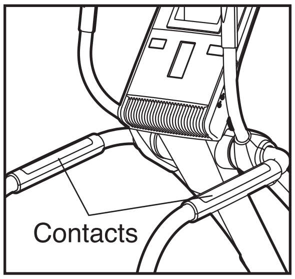


To adjust the volume level of the console, press the VOL increase and decrease buttons.



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

   To use the included chest pulse sensor, see page 11. To use the handgrip pulse sensor, follow the instructions below. **Note: If you wear the chest pulse sensor and hold the handgrip pulse sensor at the same time, the console will not display your heart rate accurately.**



   If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**

   When you hold the handgrip pulse sensor, the word PULSE and a set of flashing dashes will appear in the center display. Then, when your pulse is detected, your heart rate will be shown in the center display. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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

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

   The fan has high and low speed settings. Press the FAN button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

8. **When you are finished using the elliptical strider, the console will automatically enter an idle mode.**

   See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO USE A PRESET WORKOUT

A preset workout automatically changes the resistance of the pedals and prompts you to maintain a target stride length.

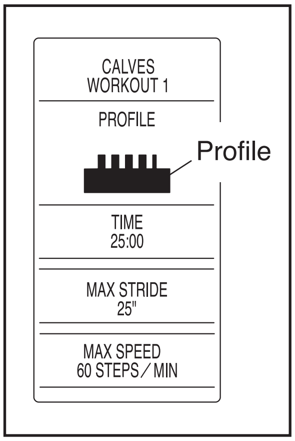
1. **Press any button or begin striding to activate the console.**

   See HOW TO ACTIVATE THE CONSOLE on page 15.

2. **Select a preset workout.**

   To select a preset workout, press the workout button with the desired name and profile.

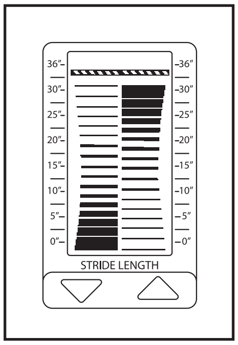
   The following information will appear in the center display:
   - The name of the workout
   - A profile of the target stride lengths
   - The duration of the workout
   - The maximum stride length
   - The maximum speed (in steps per minute)



3. **Press the WORKOUT START button or begin striding to start the workout.**

   Each preset workout is divided into 25, 30, 45, or 60 one-minute segments. One resistance level and one stride length is programmed for each segment. Note: The same resistance level and/or stride length may be programmed for consecutive segments.

   During the workout, the workout profile will show your progress (see the drawing above). The flashing column of the profile represents the current segment of the workout. The height of the flashing column indicates the stride length for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level of the pedals will then change.



   As you exercise, keep your stride length near the target stride length for the current segment, which is shown in the stride length meter in the center display. **IMPORTANT: The target stride length settings are intended only to provide motivation. Your actual stride length may be shorter or longer than the target stride length. Make sure to stride at a length that is comfortable for you.**

   If the stride length for the current segment is too long or too short, you can manually override the setting by pressing the STRIDE LENGTH buttons. However, when the current segment ends, the stride length meter will automatically adjust to the target stride length for the next segment.

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

   The workout will continue in this way until the last segment of the profile flashes. To stop the workout at any time, stop striding. To resume the workout, simply resume striding or press the WORKOUT START BUTTON.

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

   See step 5 on page 15.

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

   See step 6 on page 16.

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

   See step 7 on page 16.

7. **When you are finished using the elliptical strider, the console will automatically enter an idle mode.**

   See HOW TO TURN OFF THE CONSOLE on page 15.

HOW TO USE AN IFIT WORKOUT

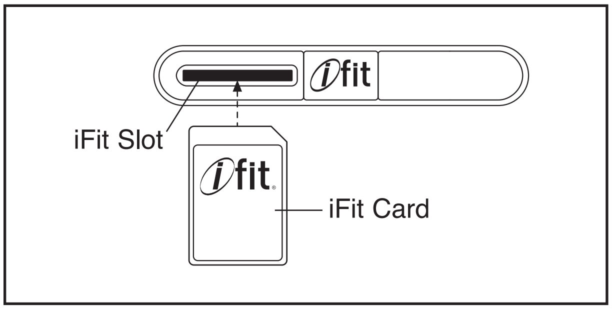
iFit cards are available separately. To purchase iFit cards, go to www.iFit.com or see the back cover of this manual. iFit cards are also available at select stores.

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

   See HOW TO ACTIVATE THE CONSOLE on page 15.

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

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



   iFit workouts function in the same way as preset workouts. To use the workout, see steps 3 to 7 on page 17.

   Some iFit cards contain more than one workout. To select a workout, press the STRIDE LENGTH increase and decrease buttons.

   During an iFit workout, press the STRIDE LENGTH increase and decrease buttons to adjust the volume level for the voice of the personal trainer.

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

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

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console's sound system while you exercise, plug the included audio cable into the MP3 jack on the right side of the console and into a jack on your MP3 player or CD player; **make sure that the audio cable is fully plugged in.**

Next, press the play button on your MP3 player or CD player. Press the VOL increase and decrease buttons on the console to adjust the volume level or use the volume control on your MP3 player or CD player.

You can use your own headphones with the console or with an iFit workout (see HOW TO USE AN IFIT WORKOUT at the left). To use your headphones, plug your headphones cable into the headphones jack on the right side of the console; **make sure that the headphones cable is fully plugged in.**

HOW TO USE THE MAINTENANCE MODE

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

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

   See HOW TO ACTIVATE THE CONSOLE on page 15.

2. **Select the maintenance mode.**

   Hold down the FAN button for a few seconds to select the maintenance mode.

   When the maintenance mode is selected, usage information for the elliptical strider will appear in the center display.

3. **View and reset the usage information if desired.**

   The first section of the center display will show the total number of hours that the elliptical strider has been used, the total number of vertical feet that the pedals have climbed, and the total distance that the pedals have been moved.

   To reset the usage information to zero, press and hold down the Resistance increase and decrease buttons simultaneously for several seconds.

4. **Adjust the contrast level of the console displays if desired.**

   To adjust the contrast level of the console displays, press the STRIDE LENGTH increase and decrease buttons until the console displays show the desired contrast.

5. **Exit the maintenance mode.**

   Press the QUICK START or the WORKOUT START button to exit the maintenance mode.

MAINTENANCE AND TROUBLESHOOTING

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

Inspect and tighten all parts of the elliptical strider regularly. Replace any worn parts immediately.

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

HOW TO LEVEL THE ELLIPTICAL STRIDER

If the elliptical strider rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL STRIDER on page 13.

EXERCISE GUIDELINES

⚠ **WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise–never hold your breath.

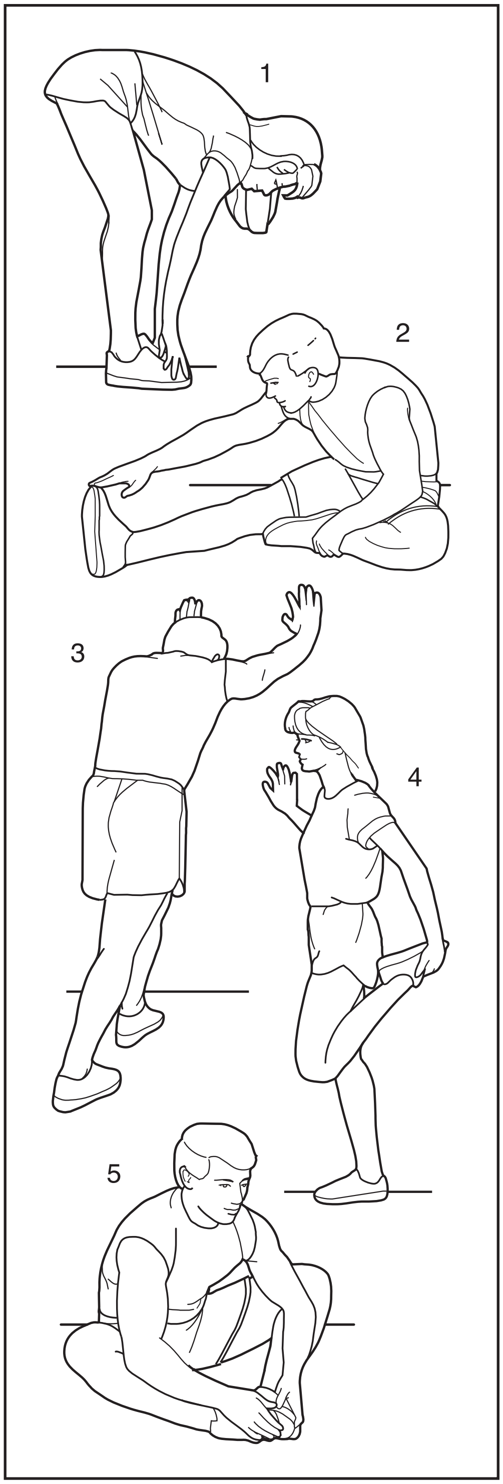
Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. SFSR81908.0

R1208A

Key No.	Qty.	Description
1	1	Frame
2	2	Track
3	2	Shield Bracket
4	1	Console
5	1	Shield Cap
6	1	Right Shield
7	1	Left Shield
8	1	Right Frame Cover
9	1	Left Frame Cover
10	1	Front Shield
11	1	Track Shield
12	1	Rear Frame Cover
13	1	Rear Shield
14	1	Right Upper Cover
15	1	Right Lower Cover
16	1	Left Upper Cover
17	1	Left Lower Cover
18	1	Accessory Tray
19	1	Drive Belt
20	1	Right Handlebar
21	1	Left Handlebar
22	2	Right Link Cover
23	2	Left Link Cover
24	1	Right Pedal Arm
25	1	Left Pedal Arm
26	1	Upright
27	2	Rear Handgrip
28	2	Pedal
29	2	Pedal Insert
30	2	Pulse Sensor
31	2	Sensor Back
32	1	Left Cable Arm
33	1	Right Cable Arm
34	2	Upper Cable
35	1	Lower Cable
36	2	Pedal Leg Cap
37	2	Roller Spacer
38	2	Roller
39	1	Flywheel
40	8	Cable Bushing
41	1	Magnet Bracket
42	1	Flywheel Hub
43	2	Flywheel Bearing
44	1	Resistance Motor
45	1	Motor Disc
46	1	Tension Bracket
47	1	Tension Spring
48	1	Tension Pulley
49	1	Tension Bushing
50	1	Resistance Bar
51	1	Magnet Ring
52	4	Small Pulley
53	1	Drive Belt Pulley
54	2	Cable Spool
55	1	Spool Hub
56	2	Spool Bearing
57	1	Magnet Ring Sensor
58	2	Frame Bracket
59	1	Spool Axle
60	2	Front Handgrip
61	1	Hub Key
62	2	Foot
63	2	Leveling Foot
64	1	Bumper
65	1	Wiring Bracket
66	2	Spool Cover
67	2	Sensor Bracket
68	1	Cable Pulley Bracket
69	1	Right Handrail
70	1	Left Handrail
71	2	Handrail Flange
72	2	Handrail Spacer
73	4	Handlebar Bearing
74	4	Wheel Spacer
75	2	Wheel
76	1	AC Power Adapter
77	1	Wire Harness
78	2	Pulse Wire
79	2	Sensor Wire
80	1	Power Cord
81	1	Power Cable
82	1	Ground Wire
83	4	Wheel Bearing
84	4	Pulley Bearing
85	1	Pedal Sensor
86	41	#8 x 3/4" Screw
87	4	Link Bearing
88	1	5/16" x 1" Bolt
89	2	Link Axle
90	3	5/16" Locknut
91	8	1/2" Snap Ring
92	4	1 1/8" Snap Ring
93	3	#8 x 1/2" Flange Screw
94	3	#8 x 8mm Flange Screw
95	45	#8 x 1/2" Screw
96	4	#3 x 5mm Screw
97	15	5/16" x 3/4" Screw
98	4	#6 x 9.5mm Bolt
99	2	3/8" x 1" Screw
100	5	5/16" x 1/2" Screw

Key No.	Qty.	Description
101	2	1/4" x 9.5mm Screw
102	1	M8 x 86mm Bolt
103	1	3/8" x 80mm Bolt
104	2	5/16" x 63.5mm Bolt
105	2	1/4" x 22mm Screw
106	1	#10 x 6.5mm Screw
107	10	M6 x 12mm Screw
108	10	#8 x 10mm Screw
109	1	3/8" x 41mm Bolt
110	2	1/2" x 70mm Screw
111	4	1/4" x 3/4" Screw
112	4	3/8" Locknut
113	1	M8 Locknut
114	4	#6 Locknut
115	6	Clip
116	2	M10 Flat Washer
117	2	1" Snap Ring
118	1	3/4" Snap Ring
119	1	#6 x 10mm Screw
120	4	3/8" x 3/4" Screw
121	4	3/4" Washer
122	4	3/8" x 1" Patch Screw
123	2	3/8" x 3/4" Patch Screw
124	2	3/8" x 3" Screw
125	1	#8 x 35mm Screw
126	8	#8 x 1" Tek Screw
127	4	1/4" x 3/4" Patch Screw
128	2	M10 Split Washer
*	–	Audio Cable
*	–	User's Manual
*	–	Assembly Tool

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

EXPLODED DRAWING A—SFSR81908.0

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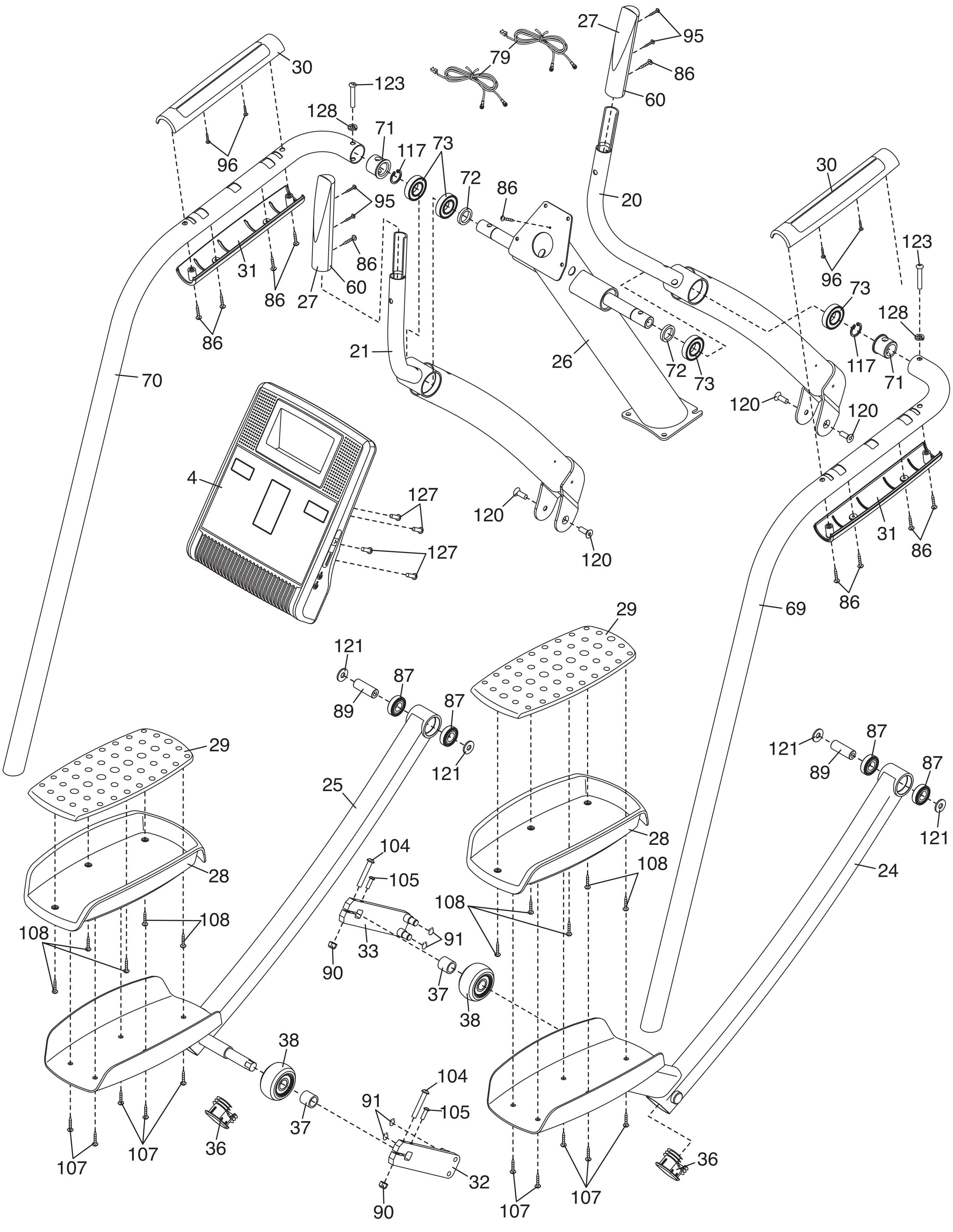

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EXPLODED DRAWING B—SFSR81908.0

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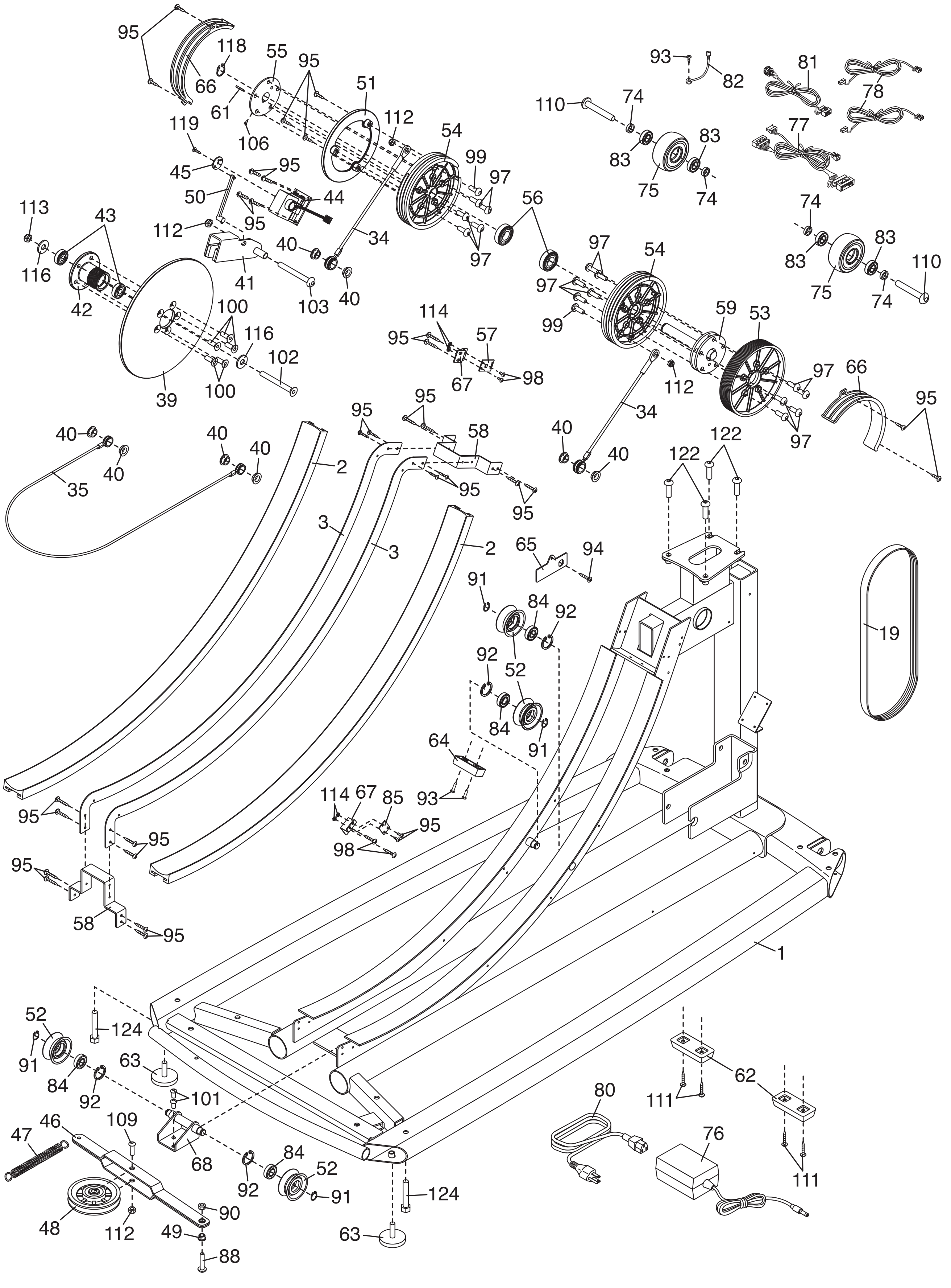
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EXPLODED DRAWING C—SFSR81908.0

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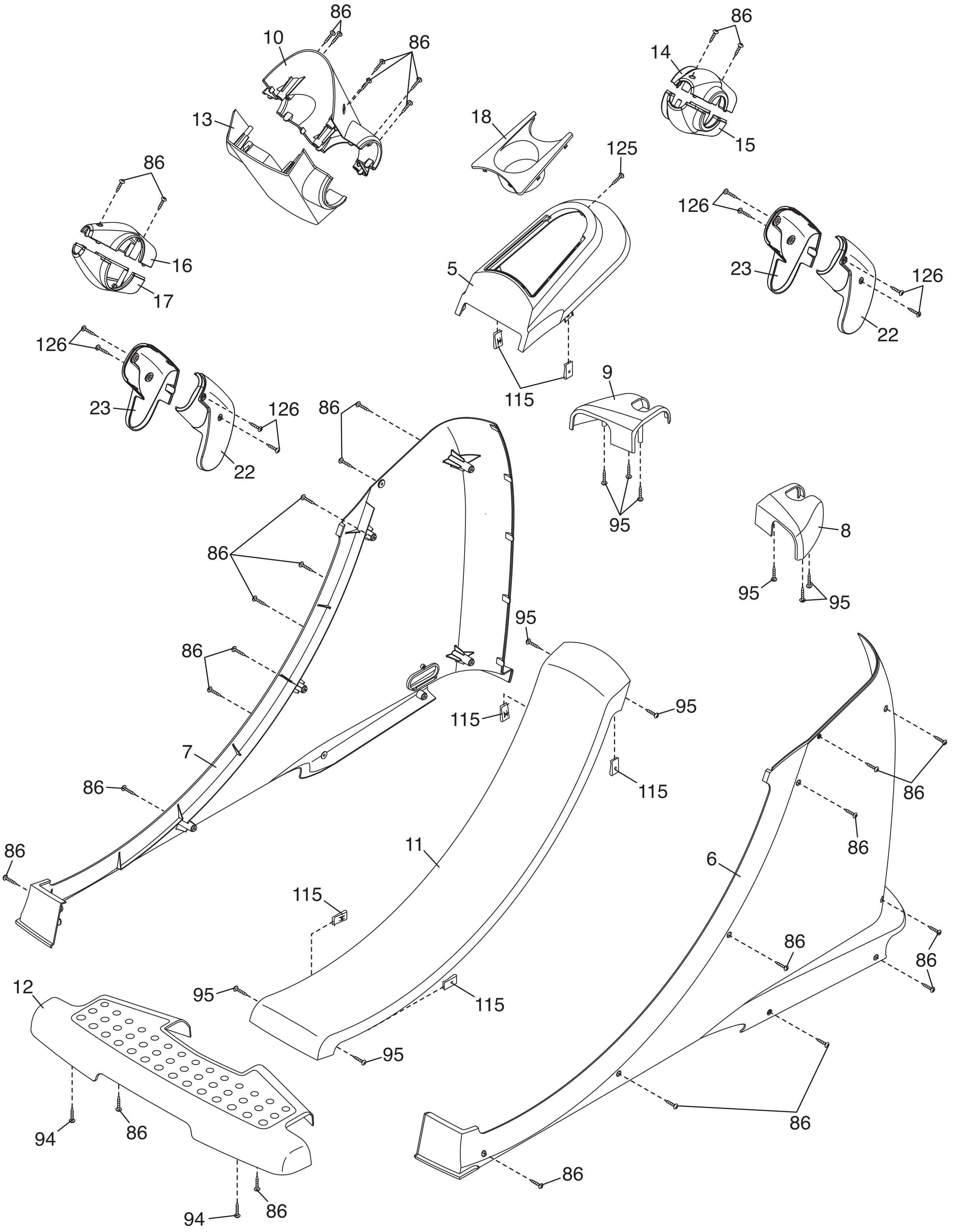

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HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, **please contact the store where you purchased this product.** If you are unable to contact the store, contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

Inside the US, call toll-free: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MT
Outside the US, call: +1-719-533-2911

US Email: fmfvmcustomerservice@freemotionfitness.com
International Email: intlcustomercare@freemotionfitness.com

Write: FreeMotion Fitness, 1500 S. 1000 W., Logan, UT 84321-9813

LIMITED WARRANTY

FreeMotion Fitness warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for a lifetime. Parts are warranted for seven (7) years from the date of purchase. Labor is warranted for one (1) year from the date of purchase.

FreeMotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, FreeMotion Fitness shall provide at their option repair, replacement, or refund of the purchase price. FreeMotion Fitness compensates service providers for warranty trips within their service area; you may be charged additionally for service calls beyond this service area. For replacement parts shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by a FreeMotion authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by FreeMotion Fitness.

FreeMotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights that vary from state to state.

FreeMotion Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

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