

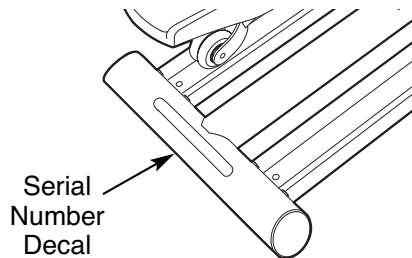
HEALTHRIDER®

CLUB H140e

Model No. HREL51308.0

Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

1-888-922-4222

Mon.–Fri. 6 a.m.–6 p.m. MT

Sat. 8 a.m.–4 p.m. MT

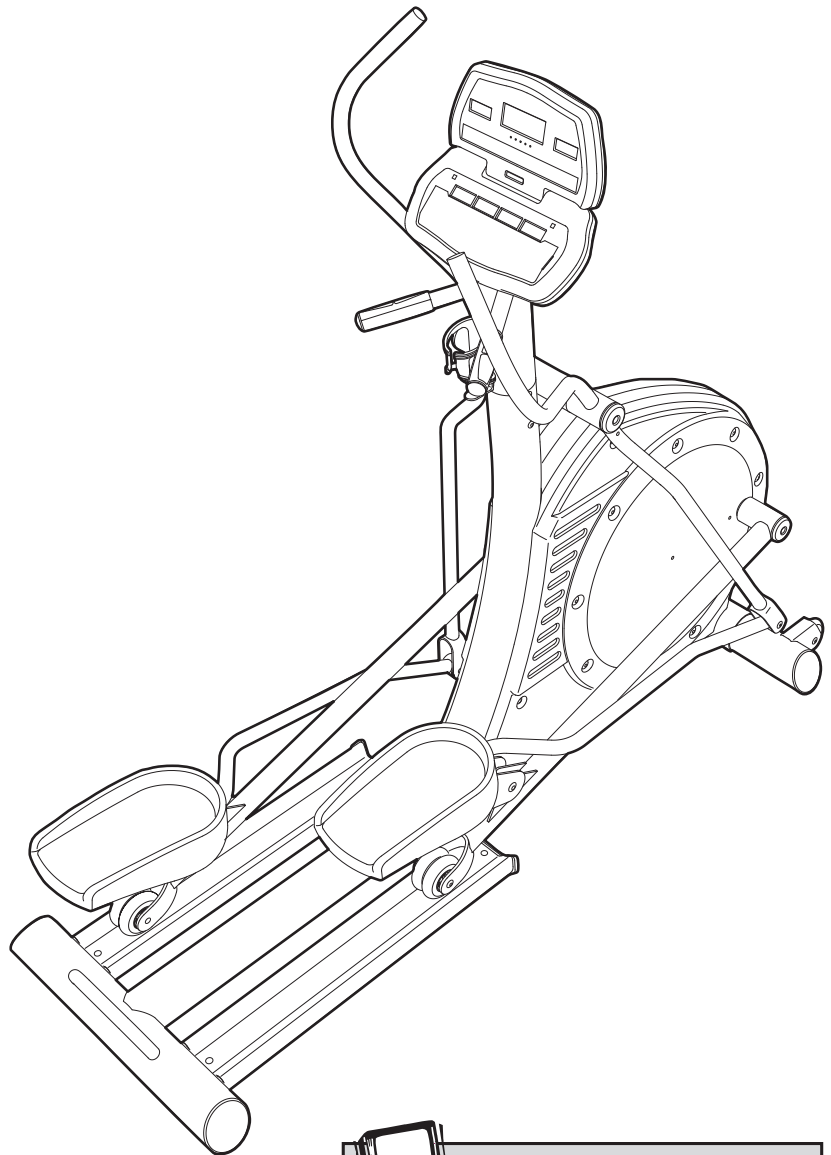
ON THE WEB:

www.healthriderservice.com

⚠ CAUTION

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

USER'S MANUAL



Visit our website at

www.healthrider.com

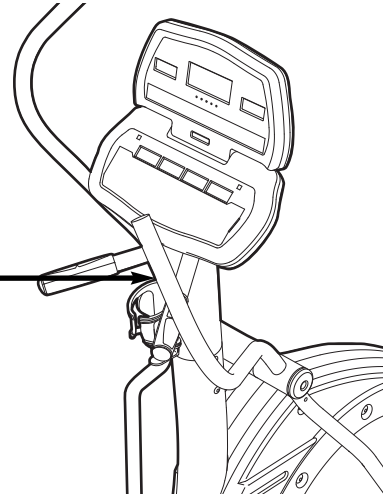
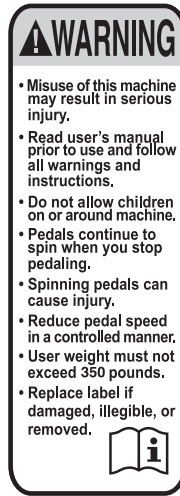
new products, prizes,
fitness tips, and much more!

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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, call the telephone number on the front 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.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON 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 the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. The elliptical exerciser is intended for home use only. Do not use the elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the elliptical exerciser to mount, dismount, and use it.
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 exerciser at all times.
7. The elliptical exerciser should not be used by persons weighing more than 350 lbs. (159 kg).
8. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.
9. Hold the handgrip pulse sensors or the handlebars when mounting, dismounting, or using the elliptical exerciser.
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 exerciser; 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 exercise only as described in this manual.

BEFORE YOU BEGIN

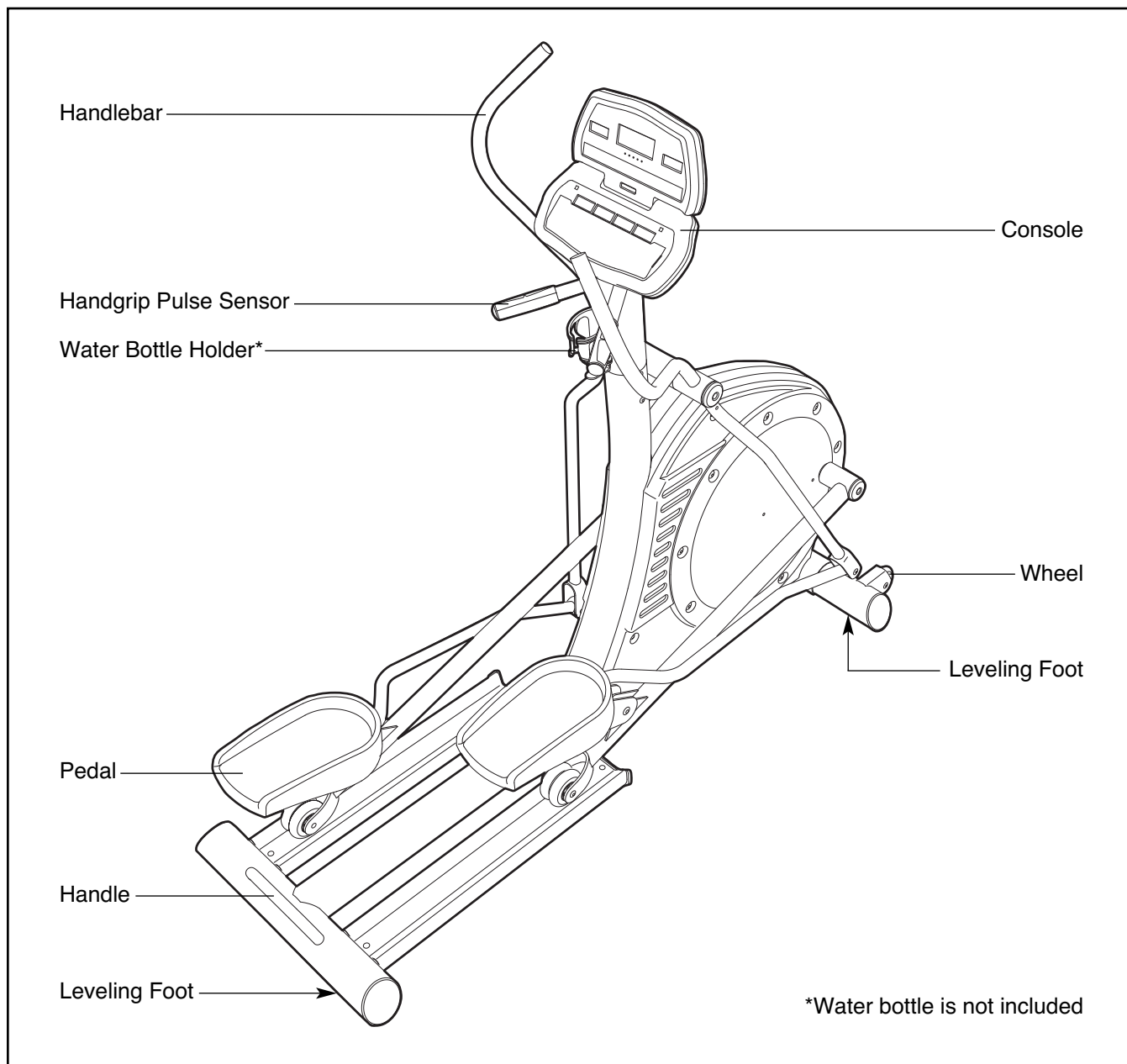
Congratulations for selecting the new HEALTHRIDER® CLUB H140E elliptical exerciser. The CLUB H140E provides a wide array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before con-

tacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at www.healthriderservice.com/registration.

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



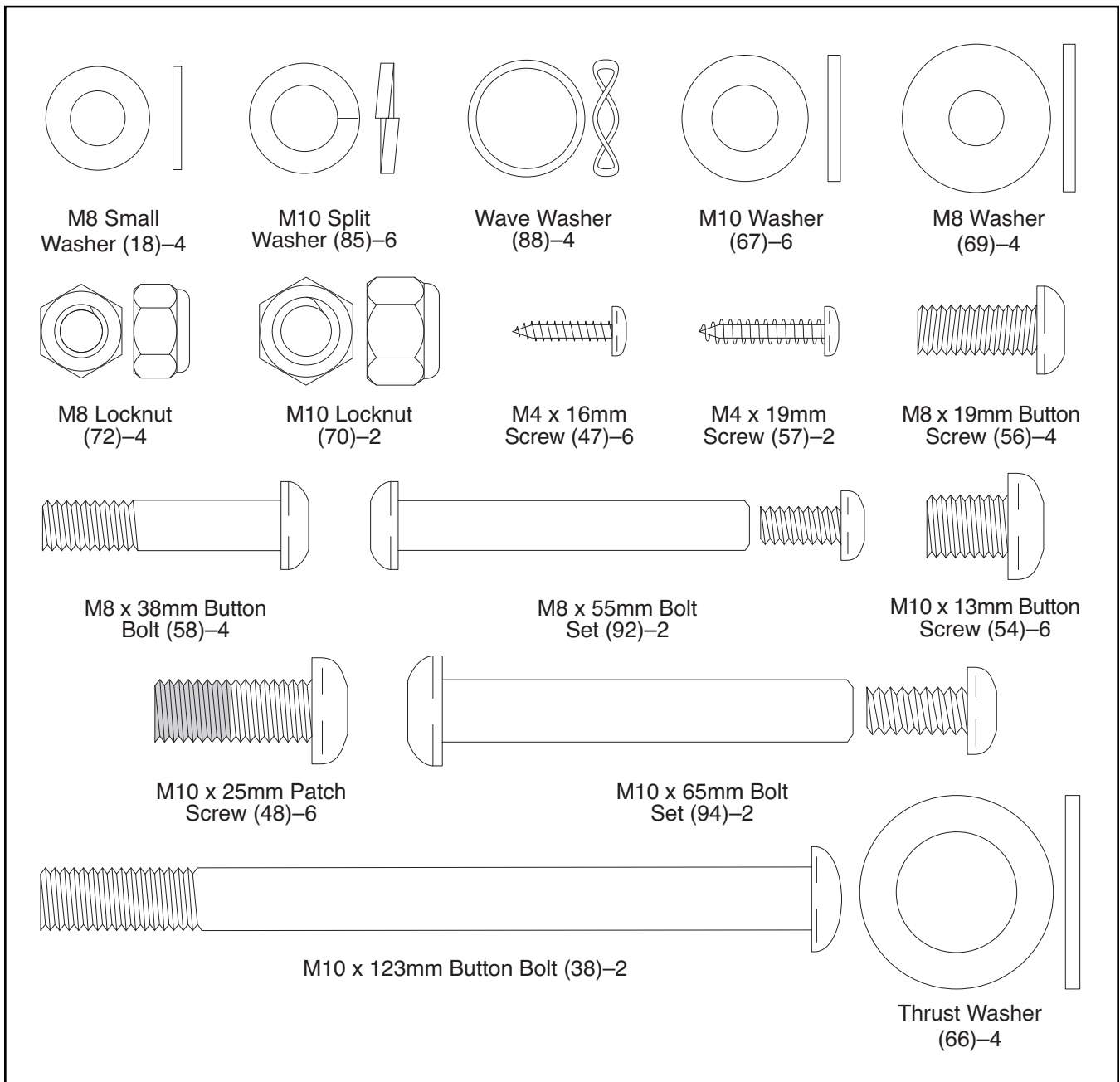
ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

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

In addition to the included tools, assembly requires a Phillips screwdriver , an adjustable wrench  and a rubber mallet .

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

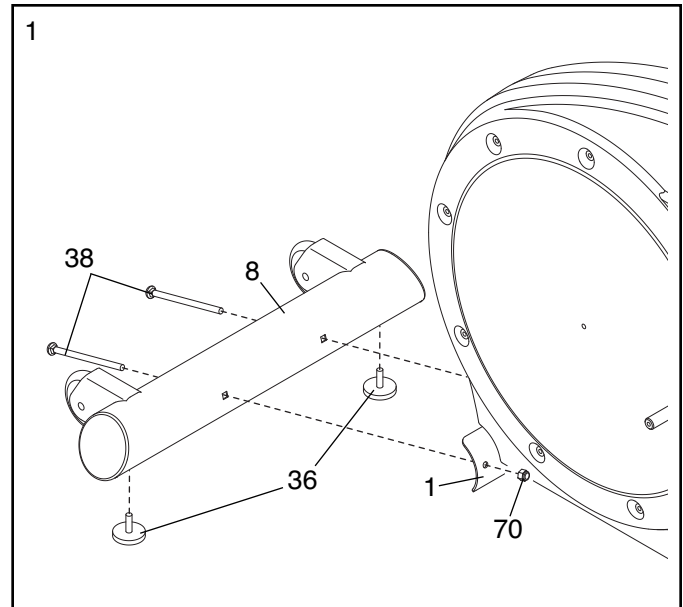


1.

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

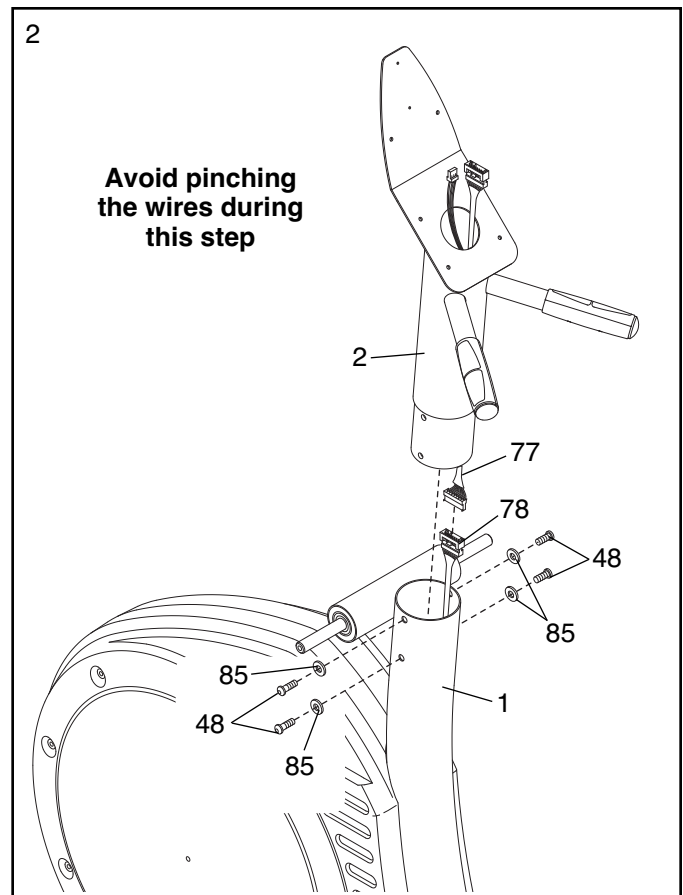
Attach the Stabilizer (8) to the Frame (1) with two M10 x 123mm Button Bolts (38) and two M10 Locknuts (70).

Tighten two Leveling Feet (36) into the underside of the Stabilizer (8).



2. Have another person hold the Upright (2) in the position shown. Connect the Upper Wire Harness (77) to the Lower Wire Harness (78).

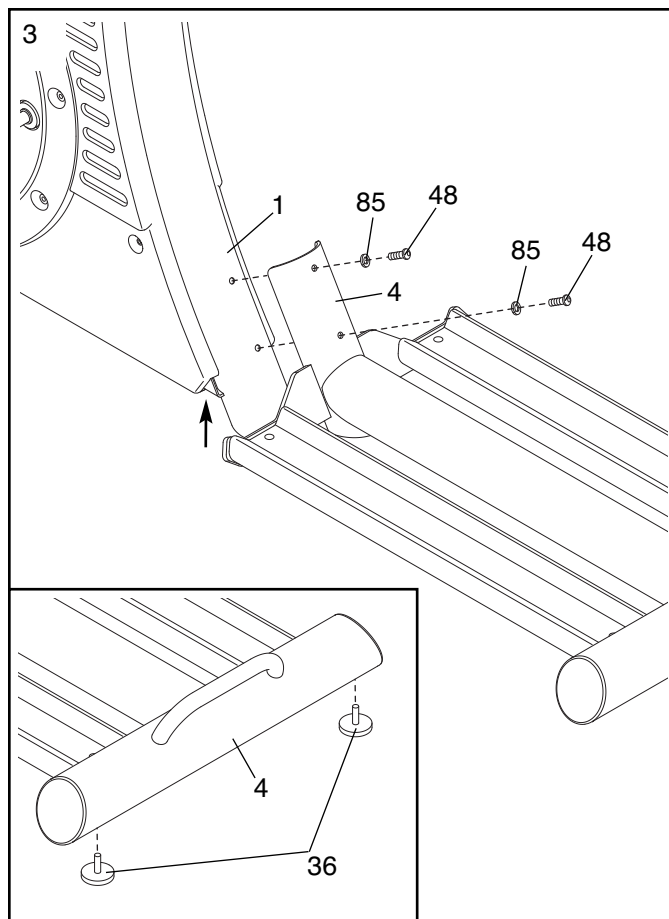
Tip: Avoid pinching the wires. Attach the Upright (2) to the Frame (1) with four M10 x 25mm Patch Screws (48) and four M10 Split Washers (85).



- Attach the Track Frame (4) to the Frame (1) with two M10 x 25mm Patch Screws (48) and two M10 Split Washers (85). **Tip: Finger tighten a Patch Screw into the lower hole first, and then finger tighten a Patch Screw into the upper hole. Then, tighten both Patch Screws.**

Tip: This step may be easier if you raise the Frame (1) a few inches in the location shown by the arrow at the right while you attach the Track Frame (4).

See the inset drawing. Tighten two Leveling Feet (36) into the underside of the Track Frame (4).



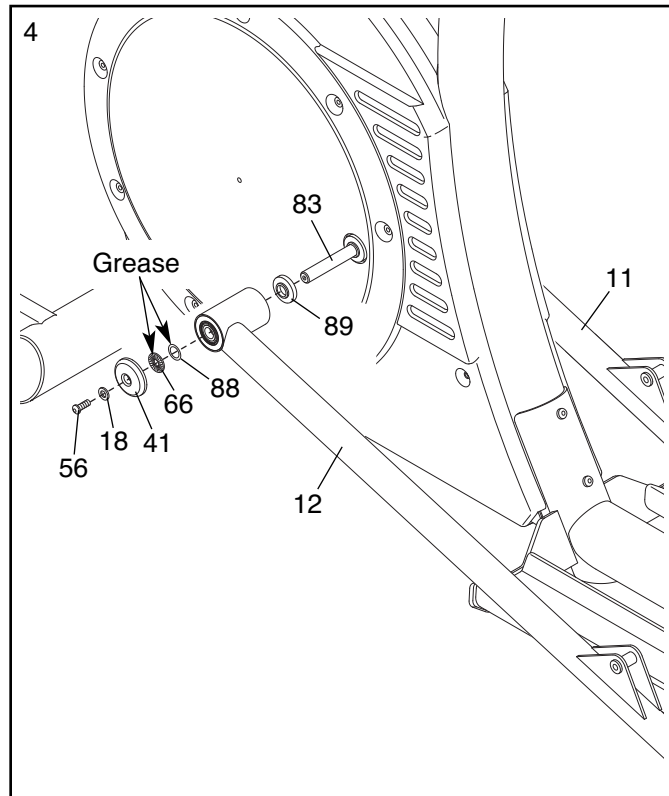
- Apply a small amount of the included grease to the sides of two Wave Washers (88) and two Thrust Washers (66).

Slide a Weld Spacer (89) onto the left Crank Arm (83). Next, identify the Left Track Arm (12), which is marked with an "L."

Orient the Left Track Arm (12) as shown, and slide it onto the left Crank Arm (83). Then, slide a Wave Washer (88) on the end of the left Crank Arm.

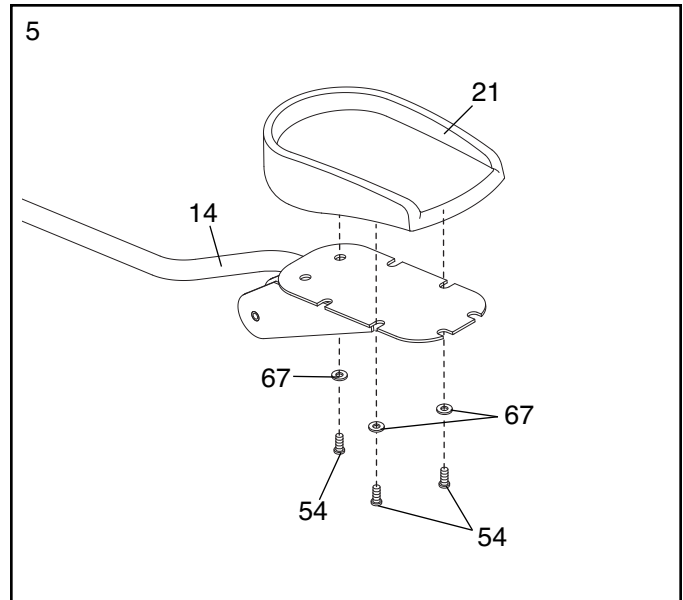
Slide an M8 Small Washer (18) and an Axle Cap (41) onto an M8 x 19mm Button Screw (56). Next, slide a Thrust Washer (66) onto the shoulder of the Axle Cap. Then, tighten the Button Screw into the end of the left Crank Arm (83). **Make sure that the Thrust Washer remains on the shoulder of the Axle Cap, and that the Wave Washer (88) remains on the end of the left Crank Arm.**

Repeat this step to attach the Right Track Arm (11).



5. Attach a Pedal (21) to the Left Pedal Leg (14) with three M10 x 13mm Button Screws (54) and three M10 Washers (67). **Make sure that the Button Screws are in the indicated holes. The other holes in the Left Pedal Leg are not used.**

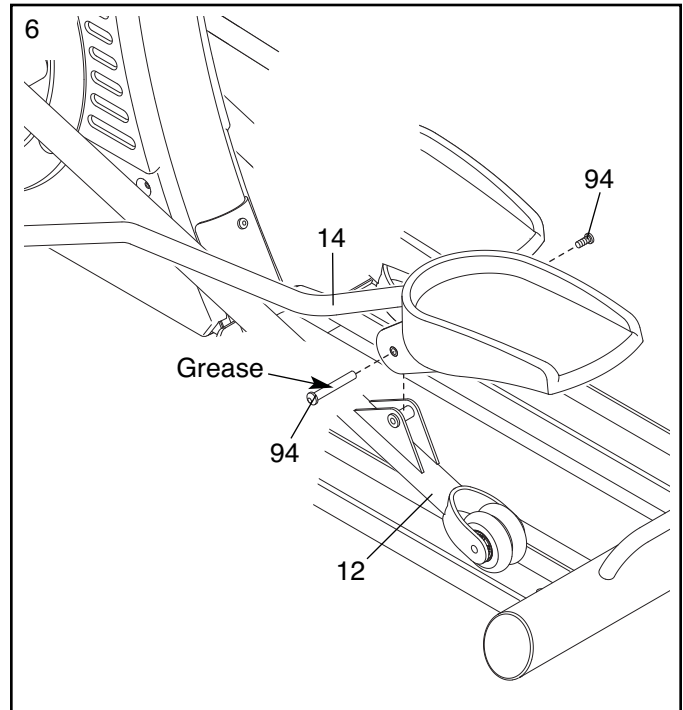
Attach the other Pedal (not shown) to the Right Pedal Leg (not shown) in the same way.



6. Apply a thin film of grease to the barrel of an M10 x 65mm Bolt Set (94).

Fit the bracket on the Left Pedal Leg (14) onto the bracket on the Left Track Arm (12). Attach the Left Pedal Leg to the Left Track Arm with the M10 x 65mm Bolt Set (94).

Attach the Right Pedal Leg (not shown) to the Right Track Arm (not shown) in the same way.

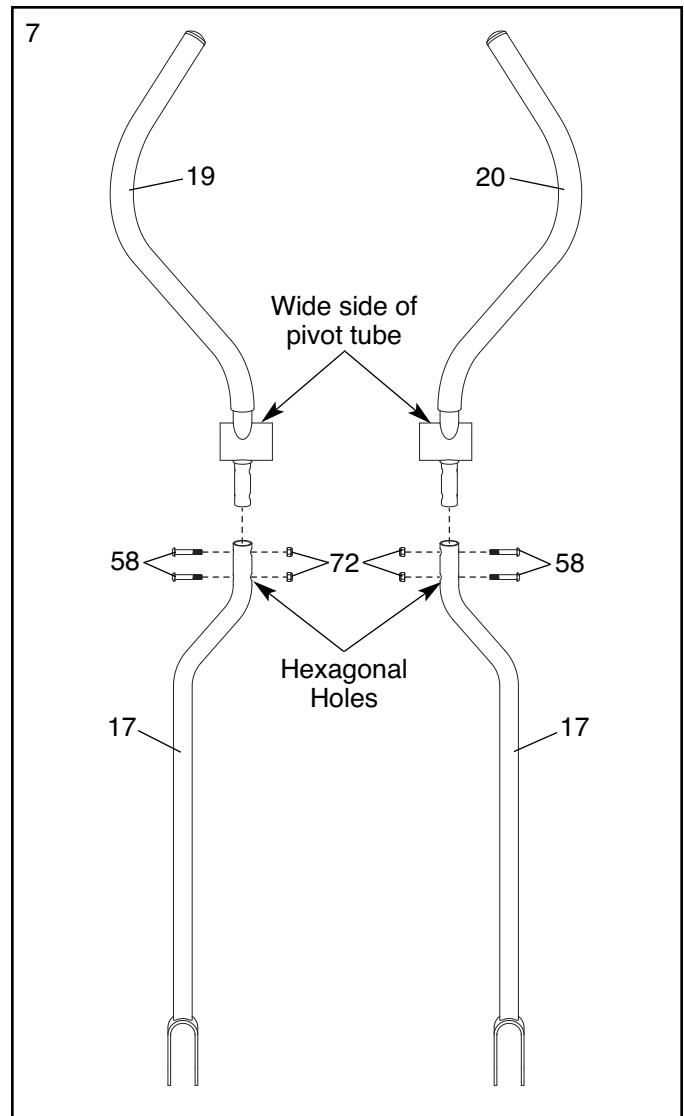


7. Identify the Left Handlebar (19), which is marked with an "L."

Insert the Left Handlebar (19) into one of the Handlebar Legs (17). **Next, turn the Left Handlebar and the Handlebar Leg so that the wide side of the pivot tube on the Left Handlebar is above the hexagonal holes in the Handlebar Leg.**

Attach the Left Handlebar (19) with two M8 x 38mm Button Bolts (58) and two M8 Locknuts (72). **Make sure that the Locknuts are inside the hexagonal holes. Do not tighten the Button Bolts yet.**

Assemble the Right Handlebar (20) and the other Handlebar Leg (17) in the same way.

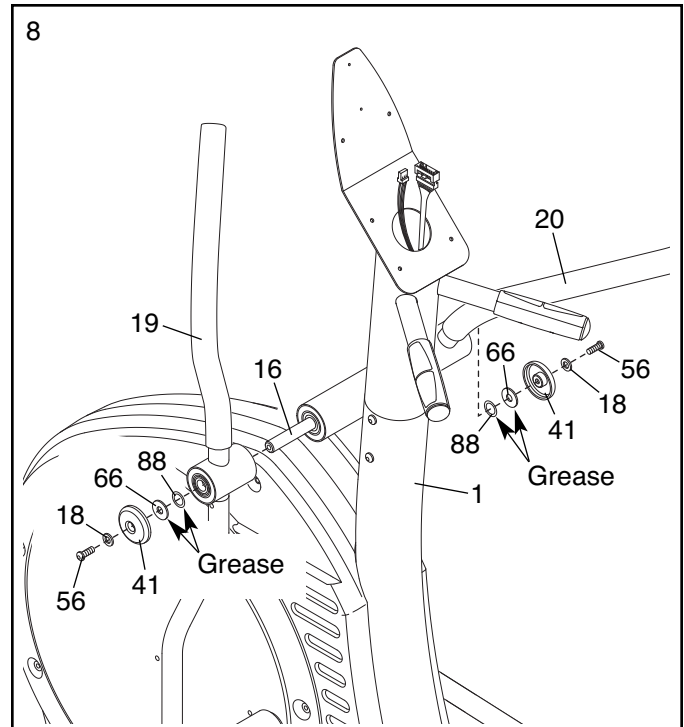


8. Apply a small amount of grease to the sides of two Wave Washers (88) and two Thrust Washers (66).

Slide the Left Handlebar (19) onto the Handlebar Axle (16) as shown. Next, slide a Wave Washer (88) onto the end of the Handlebar Axle.

Slide an M8 Small Washer (18) and an Axle Cap (41) onto an M8 x 19mm Button Screw (56). Next, slide a Thrust Washer (66) onto the shoulder of the Axle Cap. Then, tighten the Button Screw a few turns into the end of the Handlebar Axle (16). **Make sure that the Thrust Washer remains on the shoulder of the Axle Cap, and that the Wave Washer (88) remains on the end of the Handlebar Axle.**

Assemble the Right Handlebar (20) in the same way. Then, tighten both M8 x 19mm Button Screws (56) at the same time.

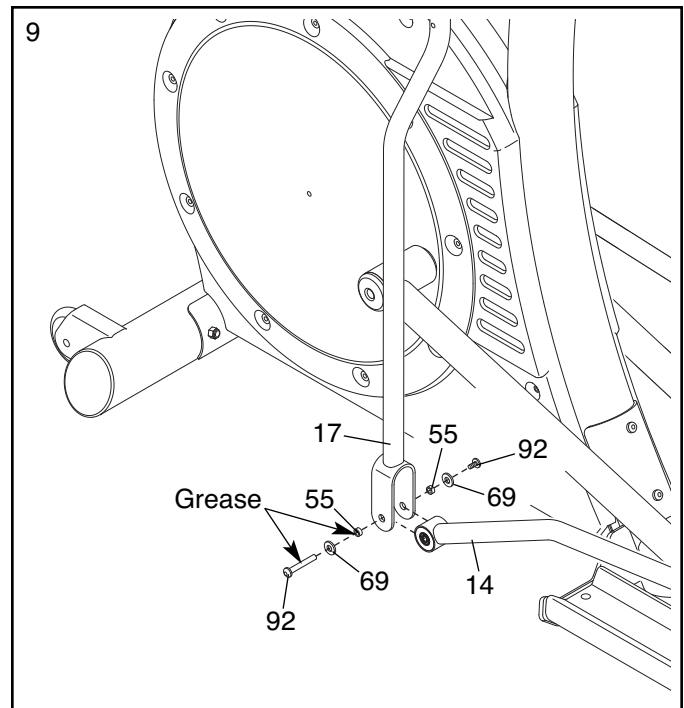


9. Apply a film of grease to the barrel of an M8 x 55mm Bolt Set (92) and to a 7mm Spacer (55). Slide an M8 Washer (69) and the Spacer onto the barrel.

While another person holds the front end of the Left Pedal Leg (14) inside of the bracket on the left Handlebar Leg (17), insert the barrel of the M8 x 55mm Bolt Set (92) through both parts. Next, slide a 7mm Spacer (55) and an M8 Washer (69) onto the end of the barrel of the Bolt Set. Then, turn the screw of the Bolt Set a few turns into the barrel. **Do not overtighten the Bolt Set; the left Handlebar Leg must be able to pivot freely.**

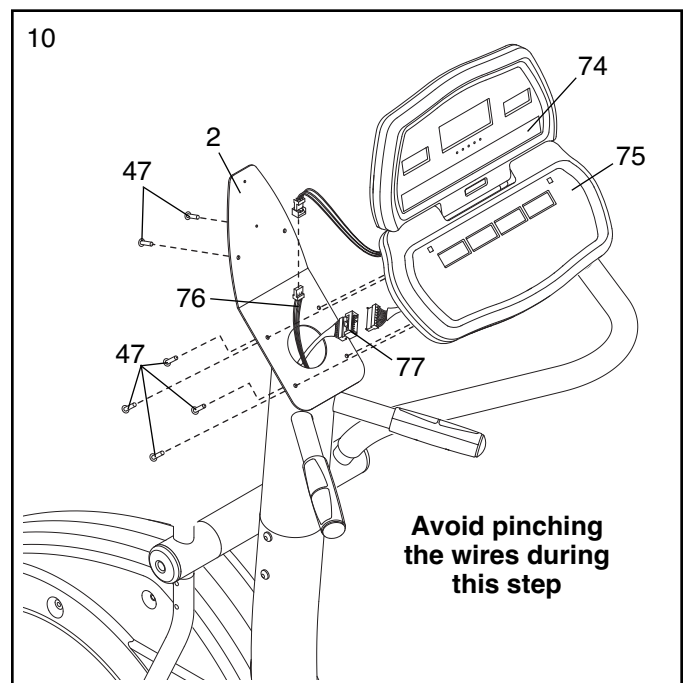
Attach the right Handlebar Leg (not shown) to the Right Pedal Leg (not shown) in the same way.

See step 7. Tighten the four M8 x 38mm Button Bolts (58).

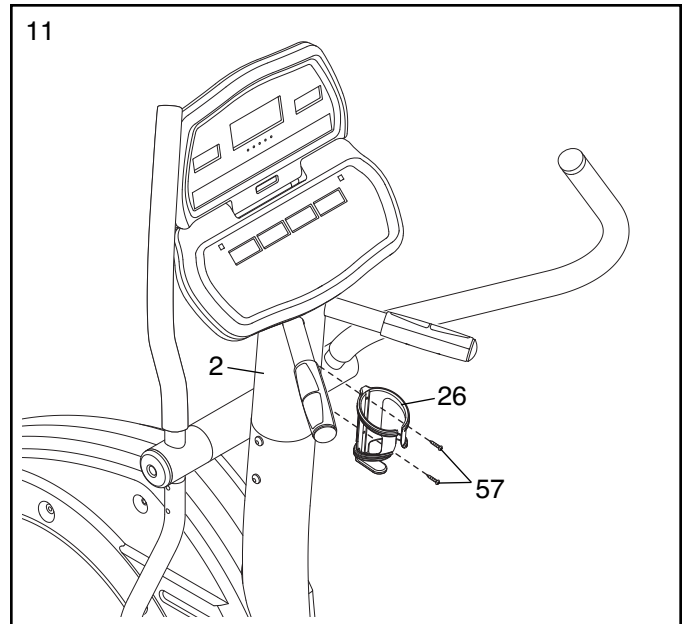


10. While another person holds the Display Console (74) and the Control Console (75) near the Upright (2), connect the Pulse Jumper Wire (76) to the console pulse wire, and the Upper Wire Harness (77) to the console wire harness. Insert the excess wires into the Upright.

Tip: Avoid pinching the wires. Set the Consoles (74, 75) on the Upright (2). Attach the Consoles with six M4 x 16mm Screws (47).



11. Attach the Water Bottle Holder (26) to the Upright (2) with two M4 x 19mm Screws (57).

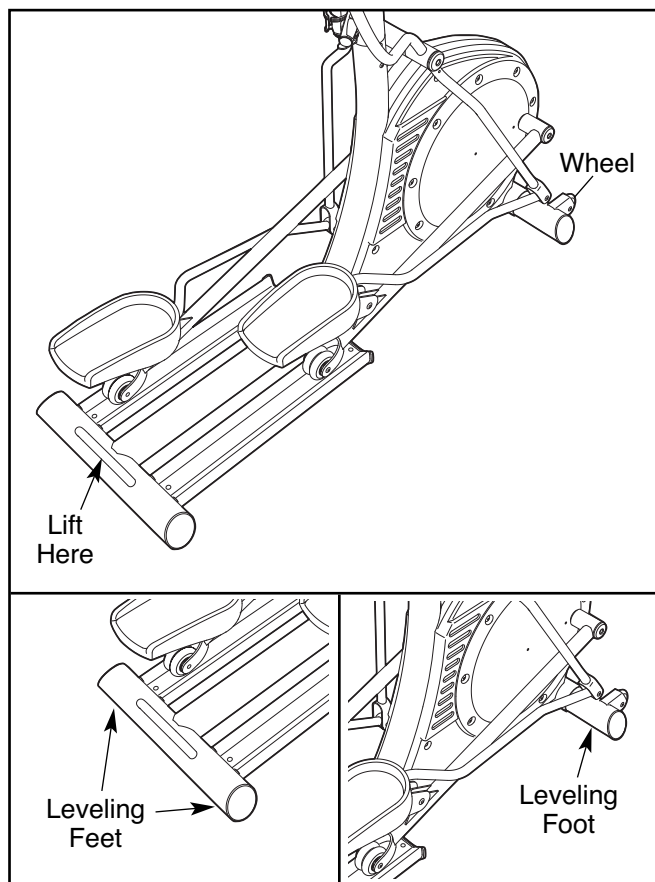


12. **Make sure that all parts are properly tightened before you use the elliptical exerciser.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the elliptical exerciser to protect the floor.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

Due to the size and weight of the elliptical exerciser, moving it requires two persons. With the help of another person, lift the handle on the rear of the elliptical exerciser until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired location and then lower it.



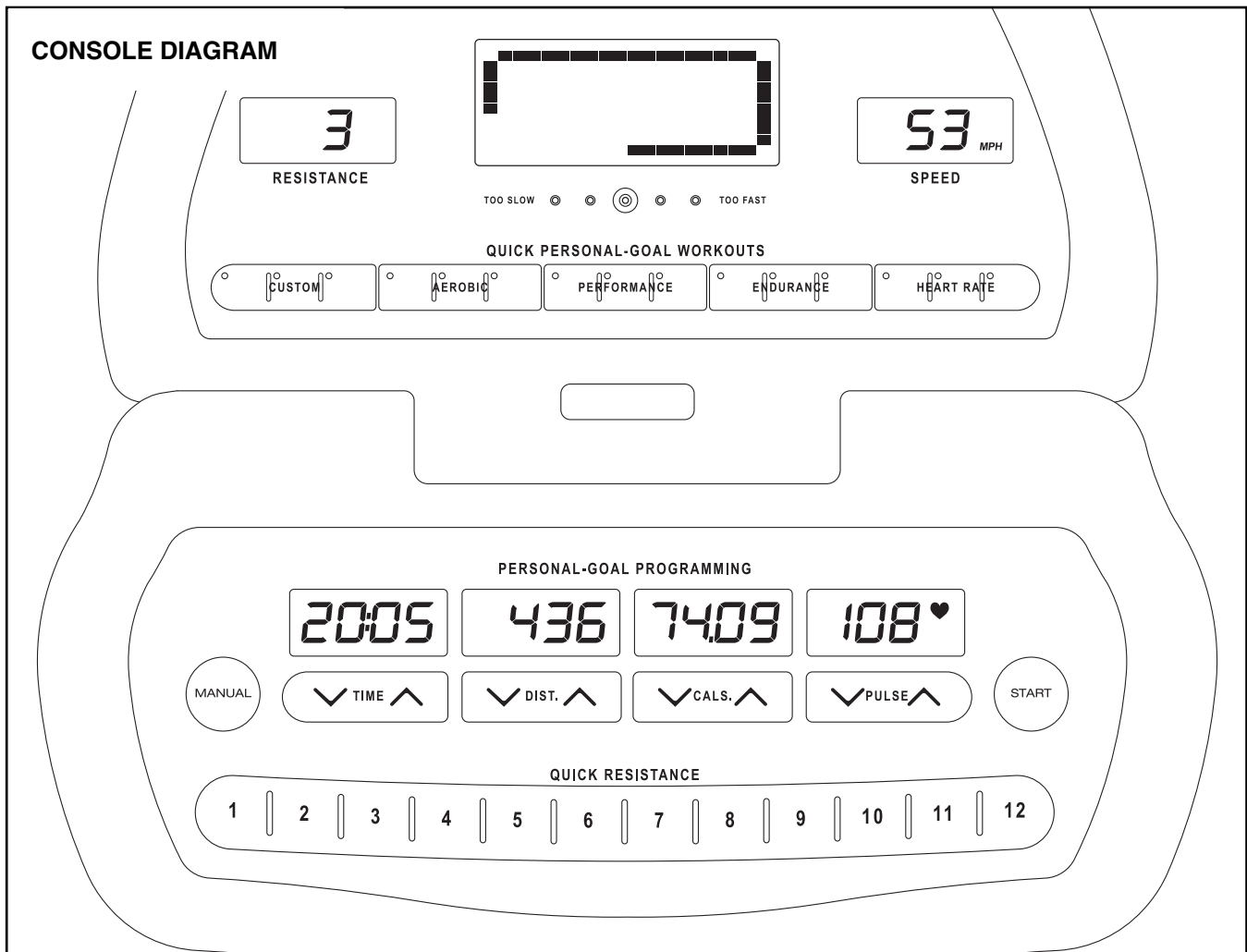
CAUTION: To decrease the risk of injury, bend your legs and keep your back straight. Make sure to use your legs rather than your back to lift the elliptical exerciser. Do not attempt to move the elliptical exerciser over an uneven surface.

If the elliptical exerciser rocks slightly on your floor, see the inset drawings and turn the leveling feet under the front and rear of the elliptical exerciser until the rocking motion is eliminated.

EXERCISING ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.



FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your exercise sessions more effective. When you use the manual mode, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor.

The console also features personal goal programming that allows you to choose a goal for your workout. As you exercise, the console will display feedback until you reach your goal.

In addition, the console offers nine preset workouts. Each workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pace as it guides you through an effective exercise session.

The console also features three heart rate workouts that automatically change the resistance of the pedals to keep your heart rate near a target heart rate as you exercise.

You can even create your own custom workout workouts and save them in memory for future use.

To use the manual mode, see page 14. **To create a custom workout**, see page 16. **To use a custom workout**, see page 17. **To use a preset workout**, see page 18. **To use a heart rate workout**, see page 19. **To select a backlight option**, see page 20.

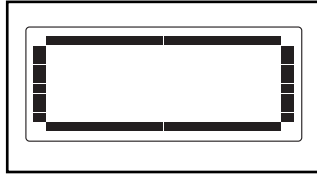
HOW TO USE THE MANUAL MODE

1. Begin pedaling to activate the console.

The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator while you are pedaling. To activate the console, begin pedaling at a moderate pace. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

2. Select the manual mode.

When you activate the console, the manual mode will be selected and a track will appear in the display. If you have selected a workout, reselect the manual mode by pressing the Manual button.

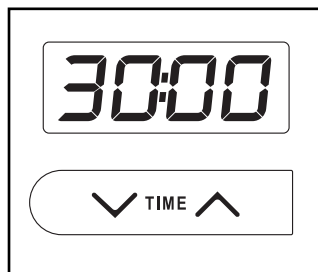


3. Set a workout goal if desired.

If you do not wish to set a workout goal, go to step 4.

To set a time, distance, or calorie goal for your workout, press the Time, Distance, or Calories increase and decrease buttons. To set a goal quickly, hold down the increase and decrease buttons. **You can set one goal for each workout.**

For example, if you plan to exercise for 30 minutes, press the increase and decrease buttons below the Time display until the display shows a goal of 30:00.



Note: To set a pulse goal, see HOW TO USE A HEART RATE WORKOUT on page 19.

4. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Quick Resistance buttons if desired. Note: After you press a Quick Resistance button, it will take a moment for the pedals to reach the selected resistance level.

5. Follow your progress with the displays.

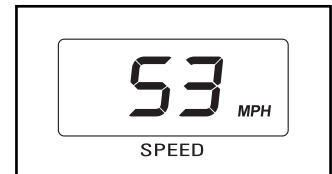
The matrix—When the manual mode is selected, the matrix will show a track representing 1/4 mile. As you exercise, the indicators around the track will light in succession until the entire track is lit. The track will then darken and the indicators will again begin to light in succession.



The Resistance display—This display will show the resistance level of the pedals.



The Speed display—This display will show your pedaling speed (pace), in revolutions per minute.

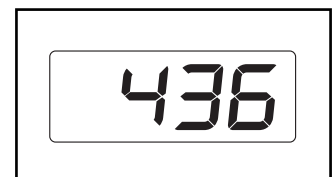


The Time display—

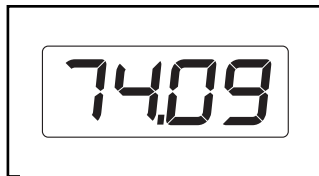
If you did not set a time goal, this display will show the elapsed time. If you did set a time goal, the display will show the time remaining in your exercise session. Note: When a workout is selected (except for the first heart rate workout), the display will show the time remaining in the workout.



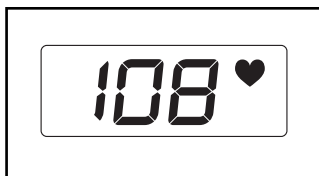
The Distance display—If you did not set a distance goal, this display will show the distance (total number of revolutions) that you have pedaled. If you did set a distance goal, the display will show the distance still to be pedaled during your exercise session.



The Calories display—If you did not set a calorie goal, this display will show the approximate number of calories you have burned. If you did set a calories goal, the display will show the number of calories still to be burned during your exercise session.



The Pulse display—This display will show your heart rate when you use the handgrip pulse sensor (see step 6 below) or the optional chest pulse sensor (see page 20).

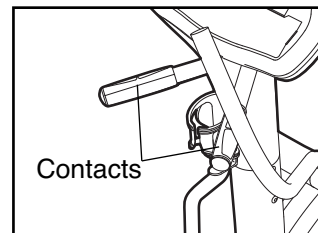


6. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 20 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest 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, peel off the plastic.

Place your hands on the handgrip pulse sensor, with your palms on the contacts. **Avoid moving your hands.** When your pulse is detected, one or two dashes will appear in the Pulse display and then your heart rate will be shown.



For the most accurate heart rate reading, continue to hold the handgrips for about 30 seconds.

If your heart rate is not shown, make sure that your hands are positioned as described. Avoid moving your hands excessively or squeezing the metal contacts too tightly. For optimal performance, periodically clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, a series of tones will sound, the Time display will begin to flash, and the console will pause.

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

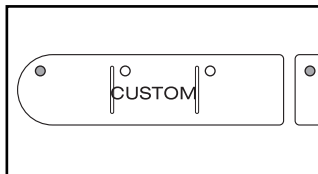
HOW TO CREATE A CUSTOM WORKOUT

1. Begin pedaling to activate the console.

The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator while you are pedaling. To activate the console, begin pedaling at a moderate pace. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

2. Select a custom workout.

To select a custom workout, press one of the Custom buttons. When you select a custom workout, the indicator on the button will light.



A profile of the resistance levels of the workout will then appear in the matrix.

3. Press the Start button or begin pedaling and program the desired settings.

Each custom workout is divided into 40 one-minute segments. You can program one resistance level and one target pace for each segment.

To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the Quick Resistance buttons. To program a target pace for the first segment, simply pedal at the desired pace.

At the end of the first segment, the workout will store the current resistance level and your current pace in memory. Program a resistance level and a target pace for the second segment as described above.

Continue exercising for up to forty minutes. Stop pedaling when you are finished with your workout. The workout you created will then be stored in memory.

4. When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

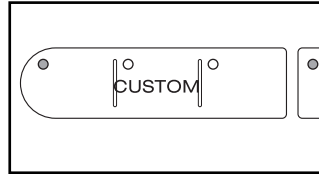
HOW TO USE A CUSTOM WORKOUT

1. Begin pedaling to activate the console.

The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator while you are pedaling. To activate the console, begin pedaling at a moderate pace. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

2. Select a custom workout.

To select a custom workout, press one of the Custom buttons. When you select a custom workout, the indicator on the button will light.



The length of the workout, the maximum pace, and the maximum resistance level will appear in the displays and a profile of the resistance levels of the workout will appear in the matrix.

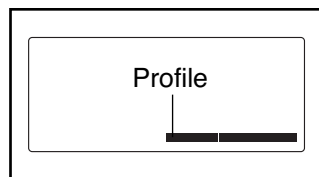
Note: If only a level row of indicators appears in the workout profile, see HOW TO CREATE A CUSTOM WORKOUT on page 16.

3. Begin pedaling to start the workout.

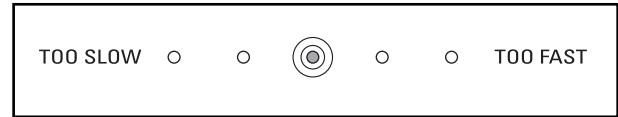
Each custom workout is divided into 40 one-minute segments. One resistance level and one target pace are programmed for each segment. Note: The same resistance level and/or target pace may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment

of the workout. The height of the flashing segment indicates the resistance level 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 will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.



As you exercise, you will also be prompted to keep your pedaling pace near the target pace for the current segment. When a TOO SLOW indicator lights, increase your pace. When a TOO FAST indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**



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

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Change the workout if desired.

If desired, you can change the workout while using it. **To change the resistance level for the current segment**, simply press the Quick Resistance buttons. At the end of the current segment, the new resistance level will be stored in memory. **To change the target pace for the current segment**, simply change your pedaling pace. At the end of the current segment, your pace will be stored in memory. You can continue exercising and changing the workout for up to forty minutes.

5. When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

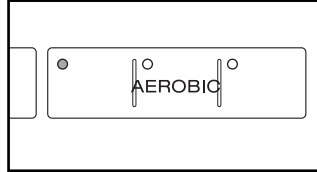
HOW TO USE A PRESET WORKOUT

1. Begin pedaling to activate the console.

The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator while you are pedaling. To activate the console, begin pedaling at a moderate pace. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

2. Select a preset workout.

To select a preset workout, press one of the Aerobic, Performance, or Endurance buttons. When you select a preset workout, the indicator on the button will light. The length of the workout, the maximum pace, and the maximum resistance level will appear in the displays and a profile of the resistance levels of the workout will appear in the matrix.

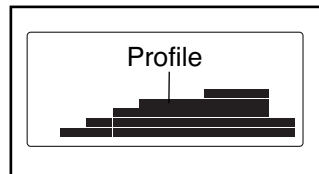


3. Press the Start button or begin pedaling to start the workout.

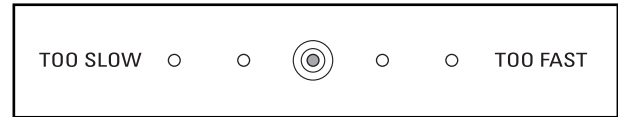
Each workout is divided into either 20 or 30 one-minute segments. One resistance setting and one pace are programmed for each segment. Note: The same resistance setting and/or target pace may be programmed for consecutive segments.

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment

of the workout. The height of the flashing segment indicates the resistance level 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 will appear in the display for a few seconds to alert you. The resistance of the pedals will then change.



As you exercise, you will also be prompted to keep your pedaling pace near the target pace for the current segment. When a TOO SLOW indicator lights, increase your pace. When a TOO FAST indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**



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

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Follow your progress with the displays.

See step 5 on page 14.

5. Measure your heart rate if desired.

See step 6 on page 15.

6. When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

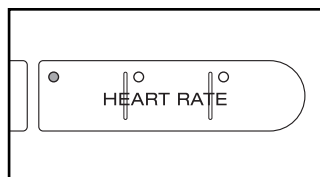
HOW TO USE A HEART RATE WORKOUT

1. Begin pedaling to activate the console.

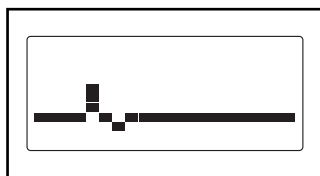
The elliptical exerciser requires no batteries or external power source. Power is supplied by a generator while you are pedaling. To activate the console, begin pedaling at a moderate pace. After a few seconds, the console displays will light. A tone will then sound and the console will be ready for use.

2. Select a heart rate workout.

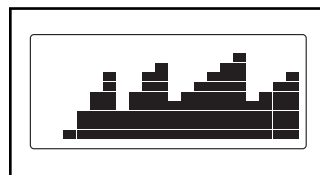
To select a heart rate workout, press one of the Heart Rate buttons. When you select a heart rate workout, the indicator on the button will light.



When you select the first heart rate workout, a pulse symbol will appear in the matrix.



When you select the second or third heart rate, a profile of the target heart rate settings of the workout will appear in the matrix.



3. Enter a target heart rate.

When you select the first heart rate workout, the target heart rate for the workout will flash in the Pulse display. If desired, press the Pulse increase and decrease buttons to change the target heart rate (see **EXERCISE INTENSITY** on page 23). Note: The same target heart rate will be programmed for all segments.

When you select the second or third heart rate workout, the maximum target heart rate setting of the workout will flash in the Pulse display. If desired, press the Pulse increase and decrease buttons to change the maximum target heart rate (see **EXERCISE INTENSITY** on page 23). Note: If you change the maximum target heart rate, the intensity level of the entire workout will change.

4. Hold the handgrip pulse sensor or put on the optional chest pulse sensor.

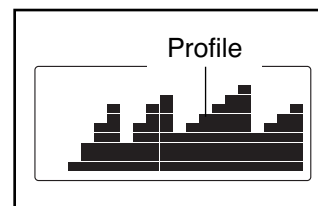
To use a heart rate program, you must use the handgrip pulse sensor or wear the optional chest pulse sensor (see page 20). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during heart rate workouts; however, you should hold the handgrip pulse sensor frequently for the workouts to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. Press the Start button to start the workout.

The first heart rate workout—This workout is divided into 100 one-minute segments. The same target heart rate is programmed for all segments. Note: For a shorter workout, stop exercising or select a different workout before the workout ends.

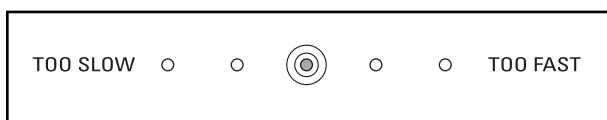
The second and third heart rate workouts—These workouts are divided into 30 one-minute segments. One target heart rate is programmed for each segment. Note: The same target heart rate setting may be programmed for consecutive segments.



During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing column indicates the target heart rate setting 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.

All heart rate workouts—As you pedal, the console will regularly compare your heart rate to the target heart rate. If your heart rate is too far below or above the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

As you exercise, you will also be prompted to keep your pedaling pace near the target pace for the current segment. When a TOO SLOW indicator lights, increase your pace. When a TOO FAST indicator lights, decrease your pace. When the center indicator lights, maintain your current pace. **IMPORTANT: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons.

However, when the console compares your heart rate to the target heart rate, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

6. Follow your progress with the displays.

See step 5 on page 14.

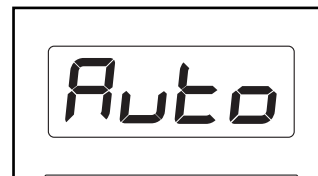
7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 15.

HOW TO SELECT A BACKLIGHT OPTION

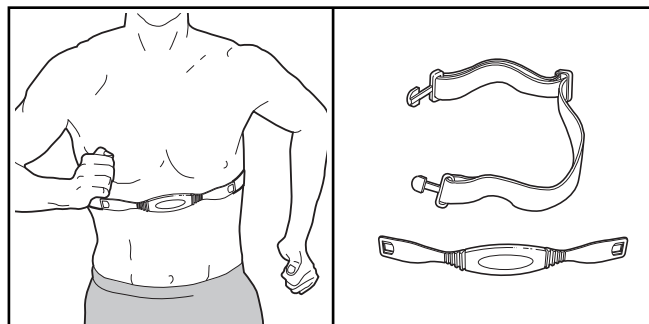
The console has three backlight options. The ON option keeps the backlight on while the console is on. The AUTO option keeps the backlight on only while you are pedaling. The OFF option turns the backlight off.

To select a backlight option, first hold down the Start button for a few seconds. The currently selected option will appear in the Calories display. Press the Quick Resistance 1 button to change the backlight option. Then, press the Start button to save your selection.



THE OPTIONAL CHEST PULSE SENSOR

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

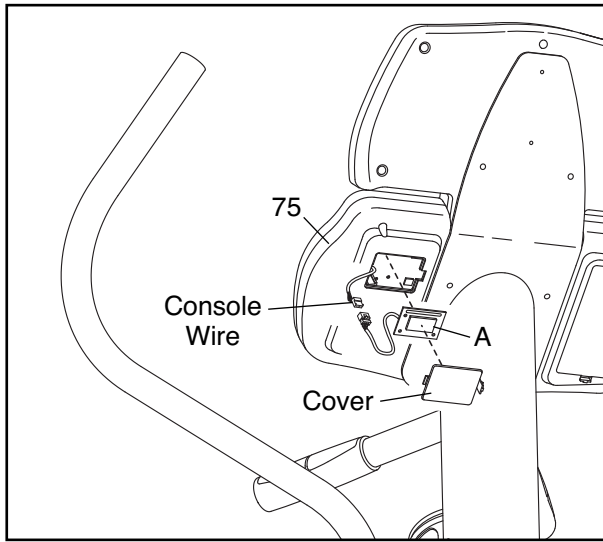


INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

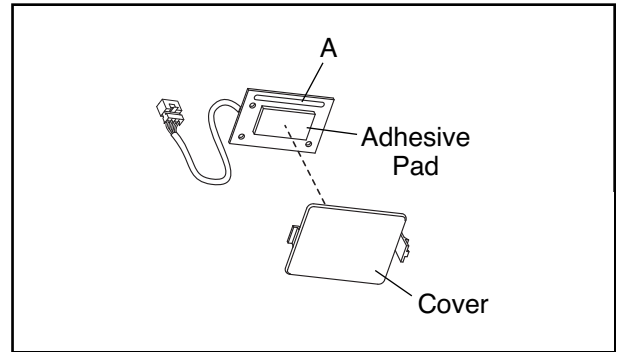
If you purchase the optional chest pulse sensor, follow the steps below to install the receiver included with the chest pulse sensor.

1. Remove the cover from the compartment on the back of the Control Console (75).

Connect the wire on the receiver (A) to the wire in the console.



2. Remove the paper from the adhesive pad on the back of the receiver (A). Press the receiver onto the inside wall of the compartment cover.



3. Then, reattach the compartment cover to the back of the Control Console (75).

Note: Any other wires that are included with the chest pulse sensor may be discarded.

MAINTENANCE AND TROUBLESHOOTING

Most problems can be solved by following the simple steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

MAINTENANCE

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

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: Never use solvents to clean the elliptical exerciser. To avoid damaging the console, keep liquids away from the console and keep the console out of direct sunlight.**

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER on page 12.

TROUBLESHOOTING

1. SYMPTOM: THE PULSE SENSOR DOES NOT FUNCTION PROPERLY

If the handgrip pulse sensor does not function properly, see step 6 on page 15.

2. SYMPTOM: THE PEDAL DISCS RUB AGAINST THE SHIELDS

If a pedal disc rubs against a shield, loosen the shield mounting screws and move the shield slightly until the pedal disc stops rubbing. Then, retighten the shield mounting screws.

3. SYMPTOM: THE PEDAL WHEELS SQUEAK

If the pedal wheels squeak, use a 100% cotton cloth to remove debris from the track and the wheels. If the pedal wheels continue to squeak, apply a light coat of silicone-based lubricant to the track.

4. SYMPTOM: THE CONSOLE TURNS OFF AS SOON AS YOU STOP PEDALING

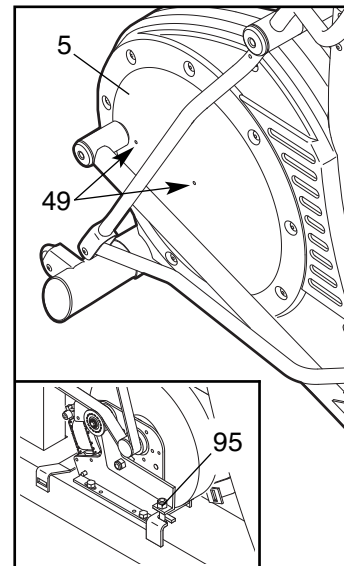
If the console turns off as soon as you stop pedaling, the battery pack may not be charged. The longer you pedal, the longer the battery pack will retain a charge. It may be necessary to pedal for a few minutes to charge the battery pack each time you exercise. If the console turns off as soon as you stop pedaling, even after you have pedaled for several minutes, call the telephone number on the front cover of this manual immediately.

5. SYMPTOM: THE PEDALS SLIP DURING USE

If the pedals slip during use, the drive belt is slipping. Follow the instructions below to adjust the tension of the drive belt.

First, remove the two M6 x 16mm Button Screws (49) attaching the left Pedal Disc (5). Without removing the Pedal Disc, pivot it out of the way.

Next, locate the M10 Flange Nut (95). Turn the Flange Nut clockwise until the pedals no longer slip during the power stroke.



Reattach the Pedal Disc (5).

EXERCISE GUIDELINES

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

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

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

EXERCISE INTENSITY

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

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

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

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

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

WORKOUT GUIDELINES

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

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

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

EXERCISE FREQUENCY

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

PART LIST—Model No. HREL51308.0

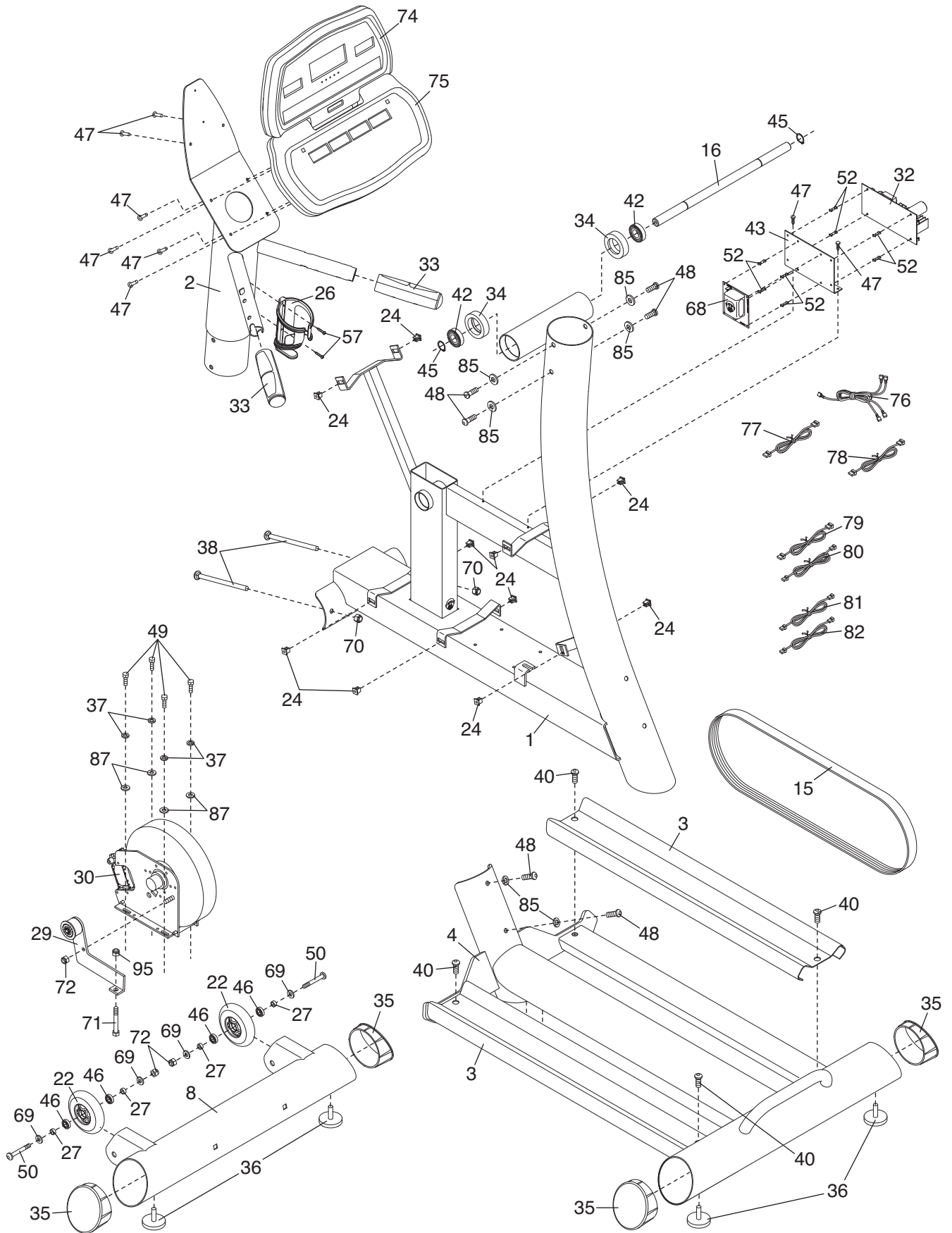
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	2	M8 x 56mm Button Screw
2	1	Upright	51	4	Crank Screw
3	2	Track	52	8	Standoff
4	1	Track Frame	53	2	M6 x 12mm Button Screw
5	2	Pedal Disc	54	6	M10 x 13mm Button Screw
6	1	Left Shield	55	4	7mm Spacer
7	1	Right Shield	56	4	M8 x 19mm Button Screw
8	1	Stabilizer	57	2	M4 x 19mm Screw
9	1	Crank	58	4	M8 x 38mm Button Bolt
10	1	Crank Spacer	59	19	M5 x 16mm Screw
11	1	Right Track Arm	60	4	16mm Spacer
12	1	Left Track Arm	61	2	M8 x 48mm Bolt
13	1	Right Pedal Leg	62	2	3mm Spacer
14	1	Left Pedal Leg	63	8	Pedal Bushing
15	1	Drive Belt	64	4	Long Shield Spacer
16	1	Handlebar Axle	65	2	Key
17	2	Handlebar Leg	66	4	Thrust Washer
18	4	M8 Small Washer	67	6	M10 Washer
19	1	Left Handlebar	68	1	Battery Pack
20	1	Right Handlebar	69	12	M8 Washer
21	2	Pedal	70	2	M10 Locknut
22	2	Transport Wheel	71	1	Tension Bolt
23	2	Handlebar Foam Grip	72	15	M8 Locknut
24	10	Plastic Insert	73	1	Short Shield Spacer
25	1	Pulley	74	1	Display Console
26	1	Water Bottle Holder	75	1	Control Console
27	4	6mm Spacer	76	1	Pulse Jumper Wire
28	2	Set Screw	77	1	Upper Wire Harness
29	1	Idler	78	1	Lower Wire Harness
30	1	Generator	79	1	Controller Wire Harness
31	4	Wheel	80	1	Ground Wire
32	1	Control Board	81	1	Generator Coil Wire
33	2	Pulse Grip	82	1	Electromagnet Wire
34	10	Bearing Cradle	83	2	Crank Arm
35	4	Cap	84	1	Long Weld Spacer
36	4	Leveling Foot	85	6	M10 Split Washer
37	4	M6 Split Washer	86	4	M8 Split Washer
38	2	M10 x 123mm Button Bolt	87	4	M6 Washer
39	2	Handlebar Cap	88	4	Wave Washer
40	4	Ramp Screw	89	2	Weld Spacer
41	4	Axle Cap	90	4	Small Bearing Cradle
42	12	Bearing	91	12	Small Bearing
43	1	Controller Bracket	92	2	M8 x 55mm Bolt Set
44	1	Short Crank Spacer	93	2	Wheel Bolt
45	2	Snap Ring	94	2	M10 x 65mm Bolt Set
46	4	Wheel Bushing	95	1	M10 Flange Nut
47	8	M4 x 16mm Screw	*	—	User's Manual
48	6	M10 x 25mm Patch Screw	*	—	Hex Key
49	8	M6 x 16mm Button Screw	*	—	Grease Packet

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.

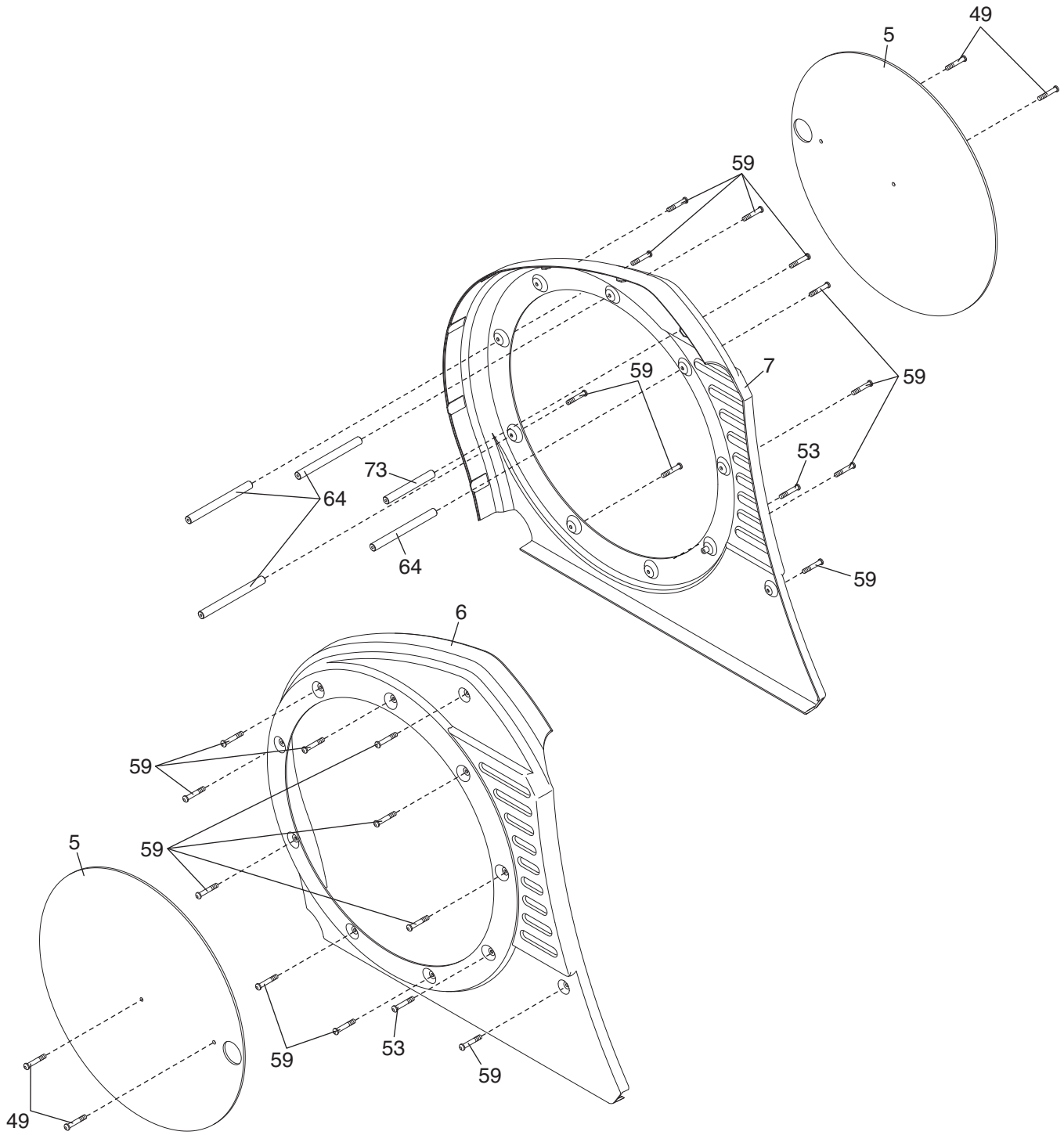
EXPLODED DRAWING A—Model No. HREL51308.0

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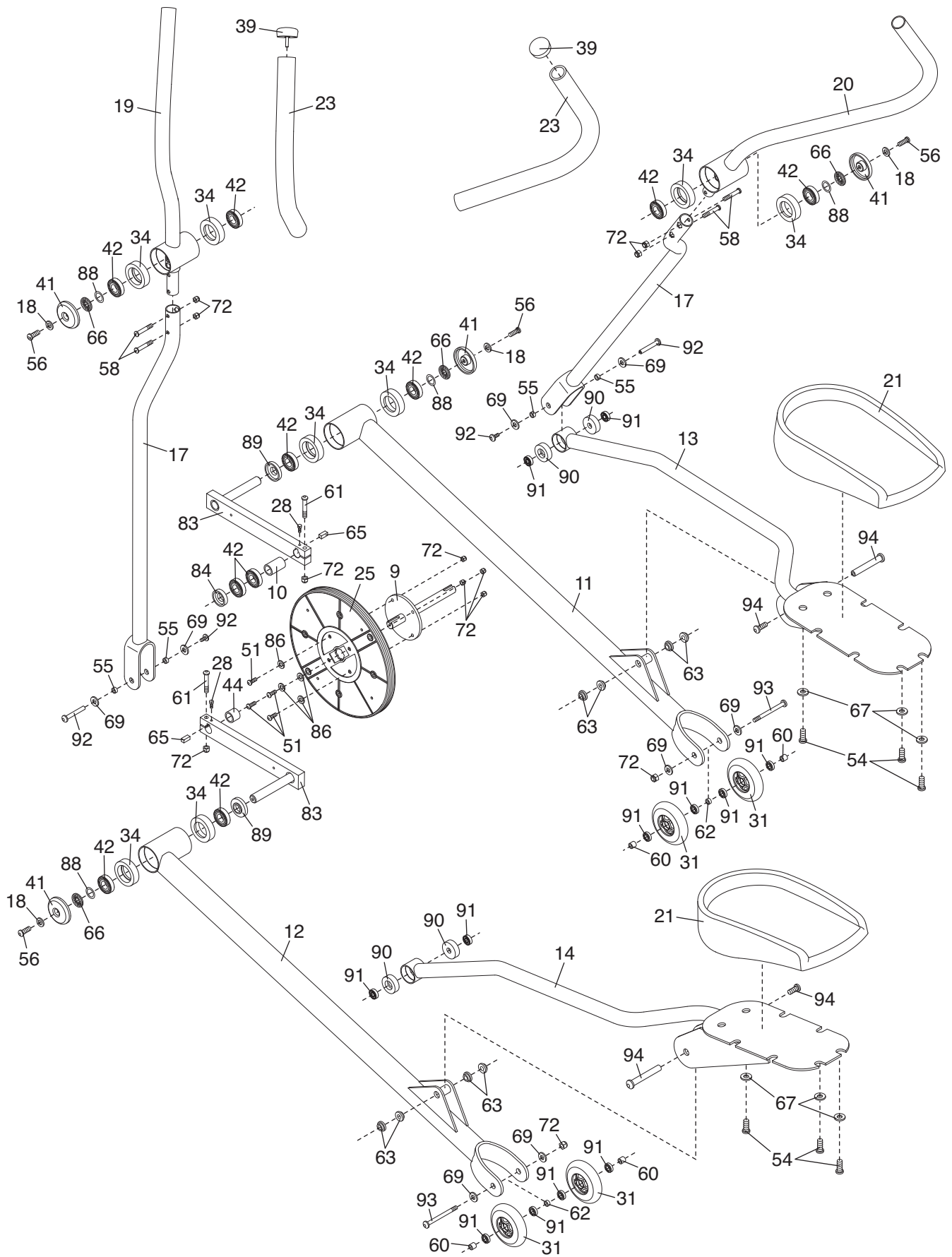
EXPLODED DRAWING B—Model No. HREL51308.0

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EXPLODED DRAWING C—Model No. HREL51308.0

R0808A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for one (1) year from the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. 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 an ICON 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 ICON.

ICON 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.

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