FREEMOTION®
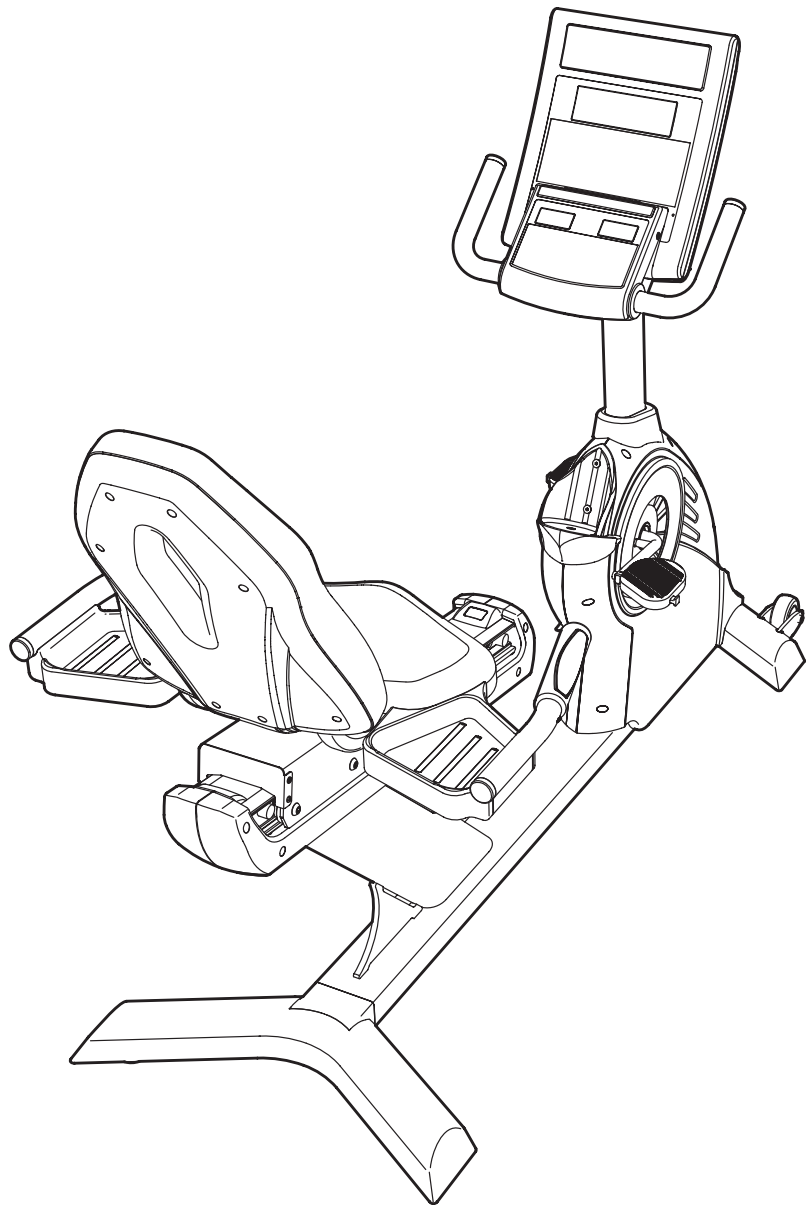
recumbent bike r 7.7
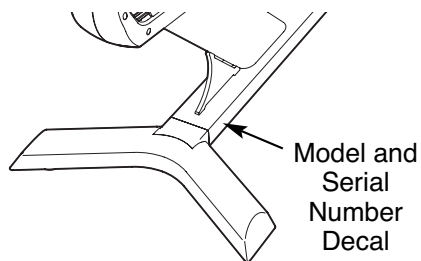
USER'S MANUAL

QUESTIONS?

At FreeMotion Fitness, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE CONTACT THE STORE WHERE YOU PUR-CHASED THIS PRODUCT.**

If you are unable to contact the store, please see HOW TO CONTACT CUSTOMER CARE on page 2.

⚠ CAUTION

Read all precautions and instruc-tions in this manual before using this equipment. Keep this manual for future reference.

- Visit our website at
www.freemotionfitness.com

TABLE OF CONTENTS

FREEMOTION is a registered trademark of ICON IP, Inc.

HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, if you require assistance, or if you need to order replacement parts, please contact Customer Care at the address or phone number listed below. Please be prepared to provide the following information:

• 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)

When ordering replacement parts, please also provide the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual).

Call

Toll-free in the US: 1-866-799-8946, Mon.–Fri. 8 a.m.–5 p.m. MST
Direct: 1-719-533-2900
International: +1-719-533-2911

Email

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

Write

FreeMotion Fitness
1096 Elkton Drive, Suite 600
Colorado Springs, CO 80907

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your recumbent bike before using your recumbent bike. 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 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 recumbent bike are adequately informed of all warnings and precautions.

3. Operate the recumbent bike only as described in this manual.

4. Do not operate the recumbent bike until it is properly assembled (see ASSEMBLY on page 6).

5. Keep the recumbent bike indoors, away from moisture and dust. Do not place the recumbent bike in a garage or covered patio or near water.

6. Place the recumbent bike on a level surface. To protect the floor or carpet from damage, place a mat beneath the recumbent bike. Make sure that there is enough clearance around the recumbent bike to mount, dismount, and use it.

7. Regularly inspect and tighten all parts of the recumbent bike.

8. Keep children under the age of 12 and pets away from the recumbent bike at all times.

9. The recumbent bike should not be used by persons weighing more than 350 lbs. (159 kg).

10. Always wear appropriate exercise clothes and athletic shoes when operating the recumbent bike. Do not wear loose clothes that could become caught on the recumbent bike.

11. Keep your back straight when using the recumbent bike; do not arch your back.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. The chest pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The chest pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

14. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.

WARNING DECAL PLACEMENT

The warning decals shown here have been applied in the locations shown. **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal 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.

• User weight must not exceed 350 pounds.

• Replace label if damaged, illegible, or removed.

⚠ **WARNING**

Keep hands and fingers clear of this area.
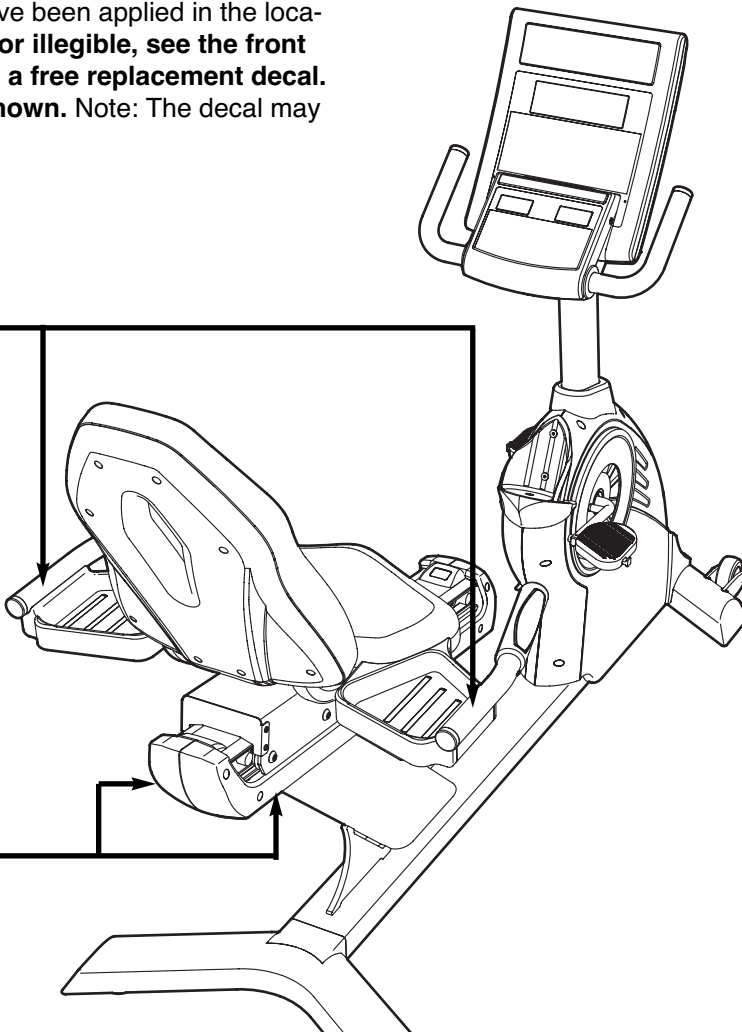
BEFORE YOU BEGIN

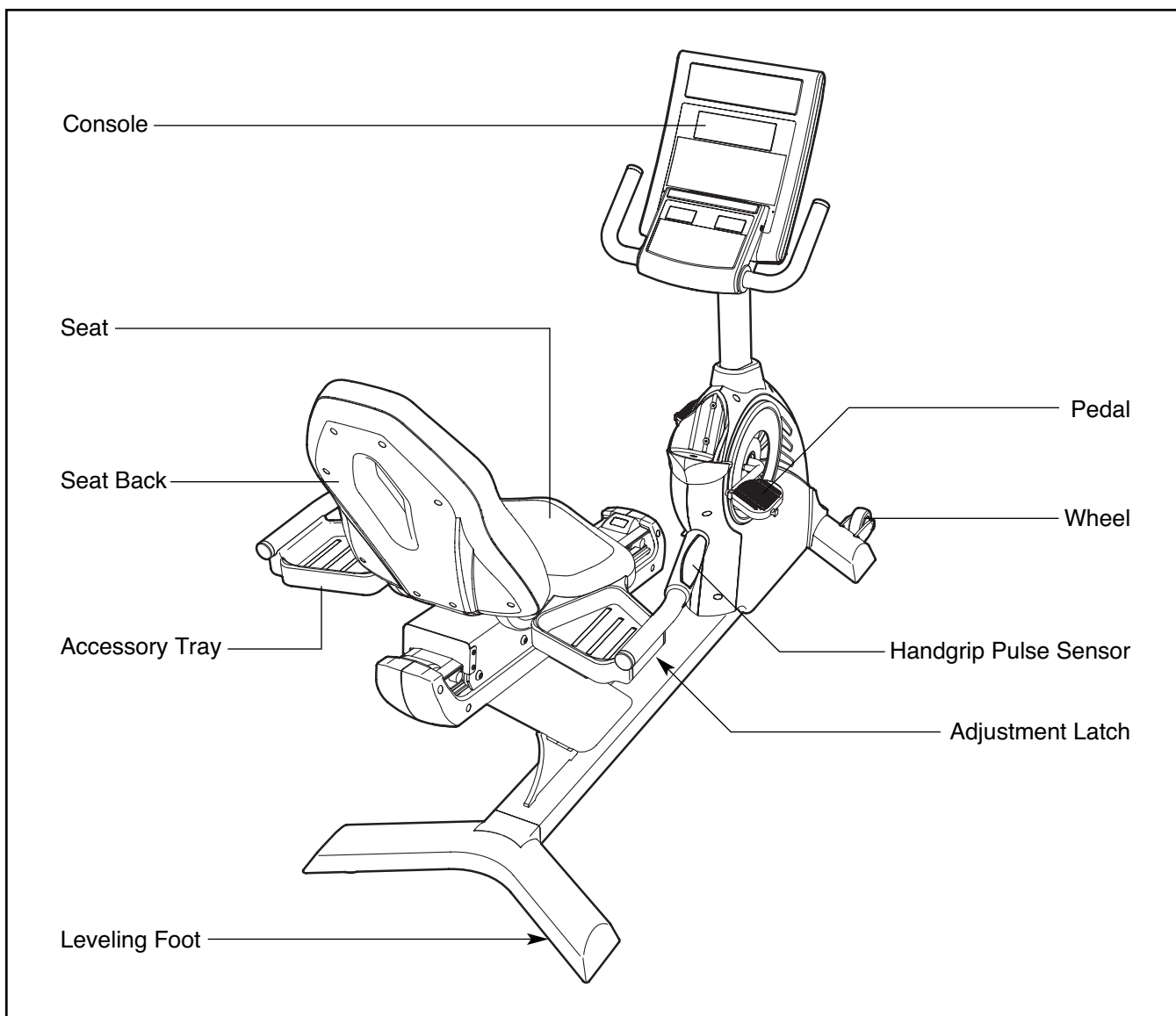Thank you for selecting the revolutionary FREEMOTION® r7.7 recumbent bike. The r7.7 recumbent bike provides a wide array of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the recumbent bike. If you have questions after reading this manual, see the front cover of this

manual. To help us assist you, note the product 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.

Console

Seat

Seat Back

Accessory Tray

Pedal

Wheel

Handgrip Pulse Sensor

Adjustment Latch

Leveling Foot

ASSEMBLY

Assembly requires two persons. Place all parts of the recumbent bike 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 hex keys, assembly requires a Phillips screwdriver** ▥▭▭◦ **, an adjustable wrench** ⊙▭◿ **, and a rubber mallet** ▭◻ **.**

As you assemble the recumbent bike, 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 pre-assembled. If a part is not in the hardware kit, check to see if it has been preassembled.**
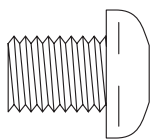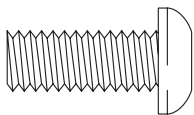
| M10 x 12mm Screw (77)–6 | M8 x 20mm Screw (57)–4 | M8 x 20mm Flat Head Screw (56)–4 | 3/8" x 3/4" Button Screw (65)–4 | M10 Flat Washer (80)–4 |
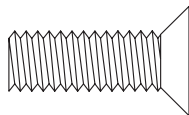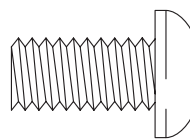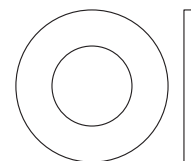
1.

Identify the Rear Stabilizer (3) and orient it as shown. Insert a Stabilizer Plate (89) into the Rear Stabilizer.

Insert the Rear Stabilizer (3) into the Frame (1). Tighten the four Stabilizer Set Screws (9) located in the Rear Stabilizer. Then, attach the Rear Stabilizer with four 3/8" x 3/4" Button Screws (65) and four M10 Flat Washers (80).

Tighten two Leveling Feet (47) into the underside of the Rear Stabilizer (3).
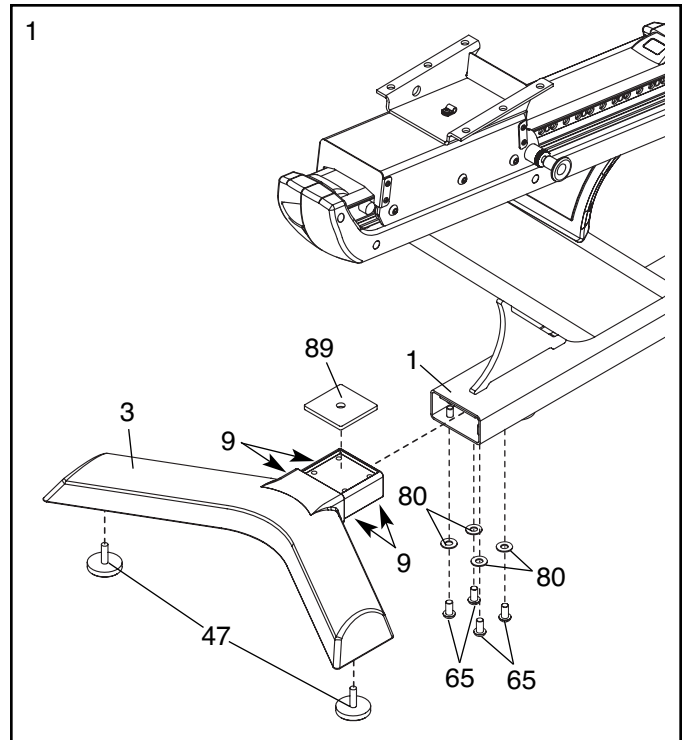
2. Attach the Seat Frame (8) to the Seat Carriage (7) with six M10 x 12mm Button Screws (77).
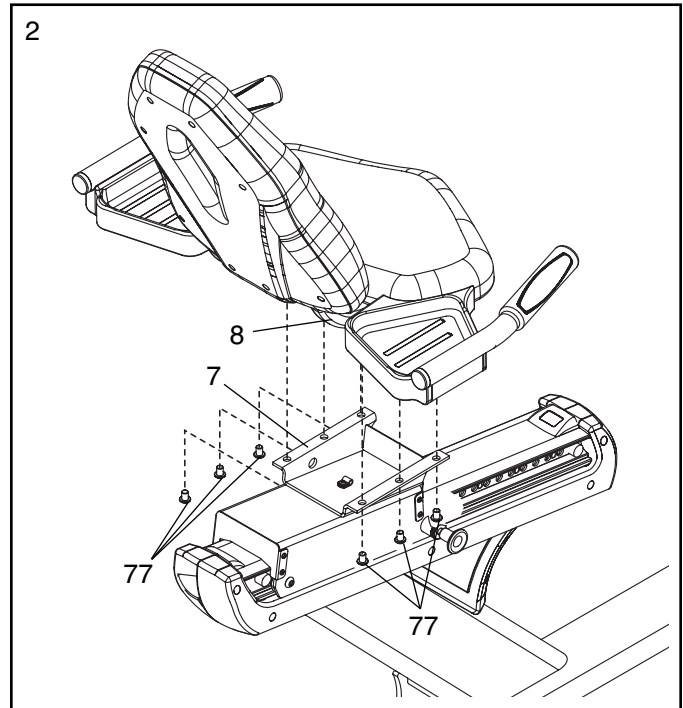
3. Slide the Upright Cover (20) onto the Upright (4). **Make sure that the Upright Cover is oriented as shown.** Then, slide the Upright Cover upward toward the top of the Upright.

Have a second person hold the Upright (4) near the Frame (1). Locate the wire tie (see the inset drawing) in the Upright. Tie the lower end of the wire tie to the frame wires. Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: Do not allow the ends of the frame wires to fall into the Upright. Use a piece of tape or an elastic band to hold the wires in place until step 4.**

Tip: Avoid pinching the frame wires during this step. Slide the Upright (4) onto the Frame (1). Attach the Upright with four M8 x 20mm Flat Head Screws (56).

Then, slide the Upright Cover (20) downward to the bottom of the Upright (4).
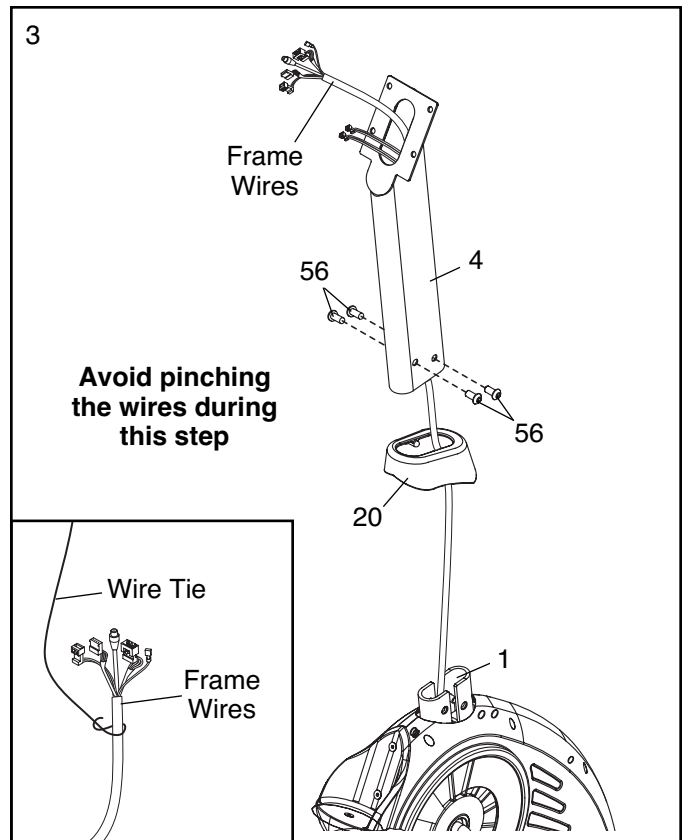
4. While a second person holds the console assembly near the Upright (4), connect the console pulse wires to the frame pulse wires. Then, connect the console wires to the frame wires.

Tip: Avoid pinching the wires during this step. Attach the console assembly to the Upright (4) with four M8 x 20mm Screws (57).
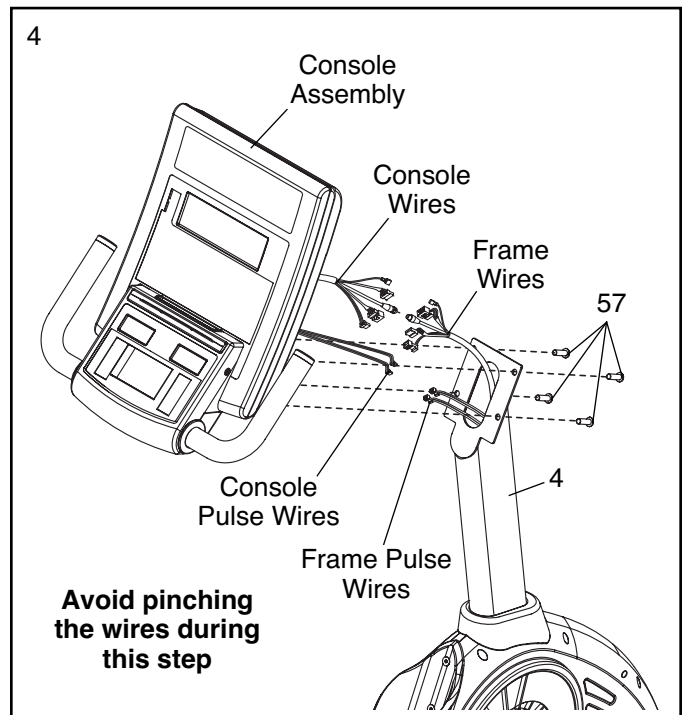
5. **Make sure that all parts of the recumbent bike are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the recumbent bike.

HOW TO SET UP THE RECUMBENT BIKE

HOW TO MOVE AND LEVEL THE RECUMBENT BIKE

Before moving the recumbent bike, make sure that the power cord is unplugged. Note: If a CATV cable is connected to the recumbent bike, it may be necessary to disconnect the cable if the recumbent bike will be moved far.

Due to the size and weight of the recumbent bike, moving it requires two persons. While one person lifts the indicated end, firmly hold the handlebar and tip the recumbent bike forward until it rolls on the front wheels. Carefully move the recumbent bike to the desired location and then lower it to the level position. **CAUTION: To reduce the risk of injury, use extreme caution while moving the recumbent bike. Do not attempt to move the recumbent bike over uneven surfaces.**

If the recumbent bike rocks slightly during use, turn the leveling feet under the front and rear of the frame until the rocking motion is eliminated.
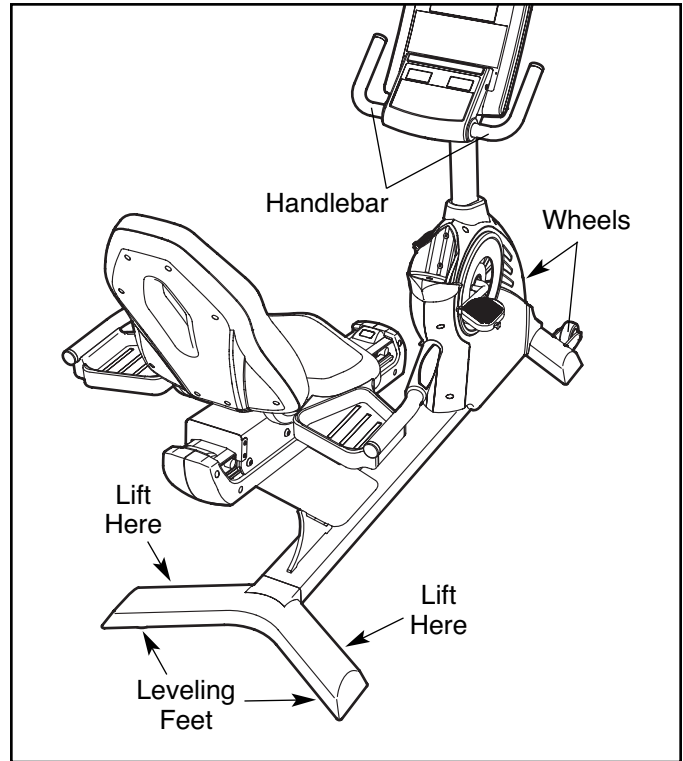
HOW TO ADJUST THE SEAT

To adjust the seat, pull the adjustment latch, slide the seat forward or backward to the desired position, and then release the adjustment latch.
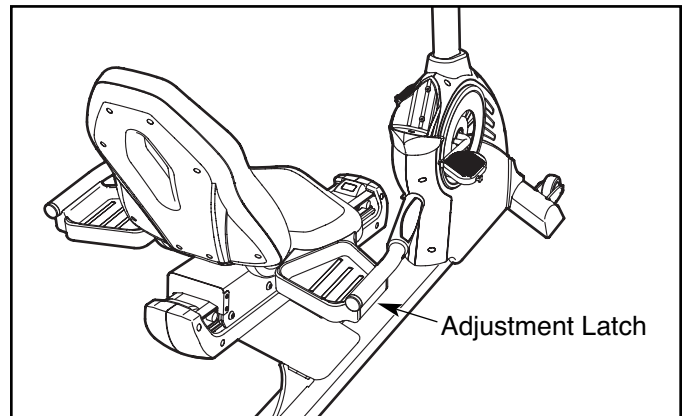
HOW TO PLUG IN THE POWER CORD

If the recumbent bike has a Basic console, it can be used with or without the included power cord. If the recumbent bike has a Workout TV console, the power cord must be used for the TV to be operated.

To use the power cord, first plug one end of the power cord into the jack on the front of the recumbent bike. Plug the other end of the power cord into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.
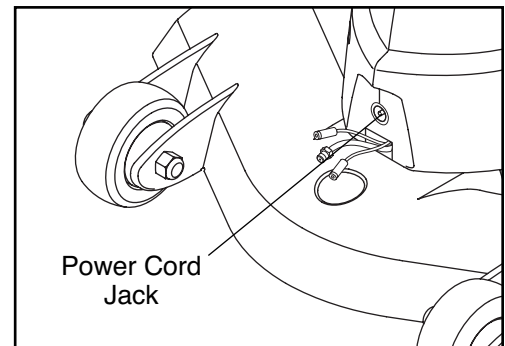
HOW TO CONNECT A CATV CABLE

If your bike has a Workout TV console, a CATV cable must be connected to the bike for cable TV stations to be viewed. Locate the cable jack on the front of the bike. Connect the CATV cable to the cable jack.

A satellite receiver, VCR, or DVD player can also be connected to the bike. Connect a CATV cable from the coaxial output on your equipment (usually labeled TV OUT or RF OUT) to the cable jack on the bike.

Jack to External Speaker System

Cable Jack   Audio/Video Jack

A VCR or DVD player can also be connected to the bike with an RCA component audio/video cable. Connect one end of an RCA component audio/video cable to your VCR or DVD player. Connect the other end of the RCA component video cable to the audio/video input jack on the bike.
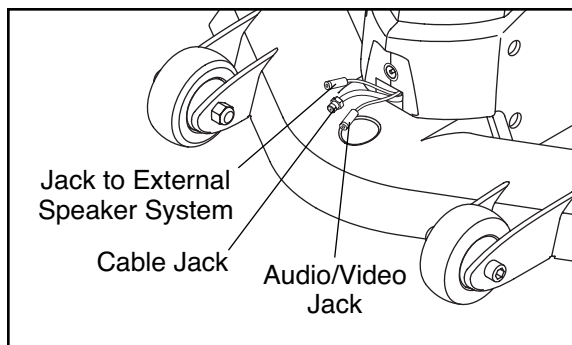
HOW TO UPGRADE THE CONSOLE

Your recumbent bike has been preconfigured to operate with a Basic console and a Workout TV console (see the drawings below). To learn about the features of the Basic console, see page 12. To learn about the features of the Workout TV console, see the user's manual included with the Workout TV console.

To upgrade your console and expand the capabilities of your recumbent bike whenever you choose, see the front cover of this manual.

Basic Console

Workout TV Console

```
                    TIME              DISTANCE
                  12:05                  4

    [FAN]  [BACK]  [∨]  [ENTER]  [∧]  [CLEAR]  [DISPLAY]

                  QUICKTOUCH PROGRAMS
  [MANUAL] [PLATEAU] [FOOT-HILLS] [ALL TERRAIN] [INTERVAL] [PEAKS] [RANDOM] [CUSTOM HEART RATE]

                  QUICKTOUCH RESISTANCE
  [2] [4] [6] [8] [10] [12] [14] [16] [18] [20]

                  72                    2
                 RPM                 RESISTANCE

    [RESISTANCE ∨]   [START PAUSE]   [RESISTANCE ∧]
                      [COOL DOWN]
```
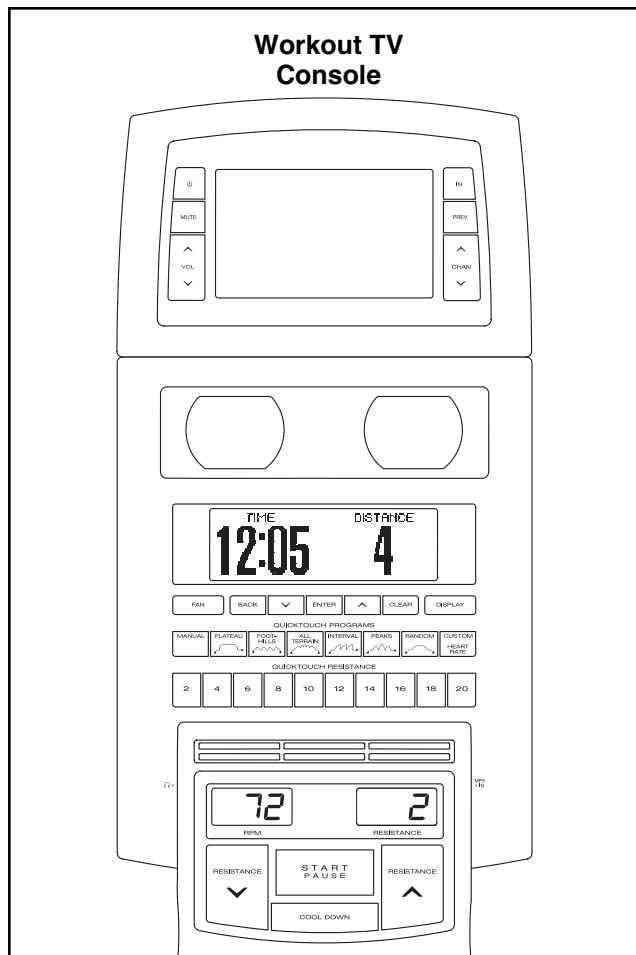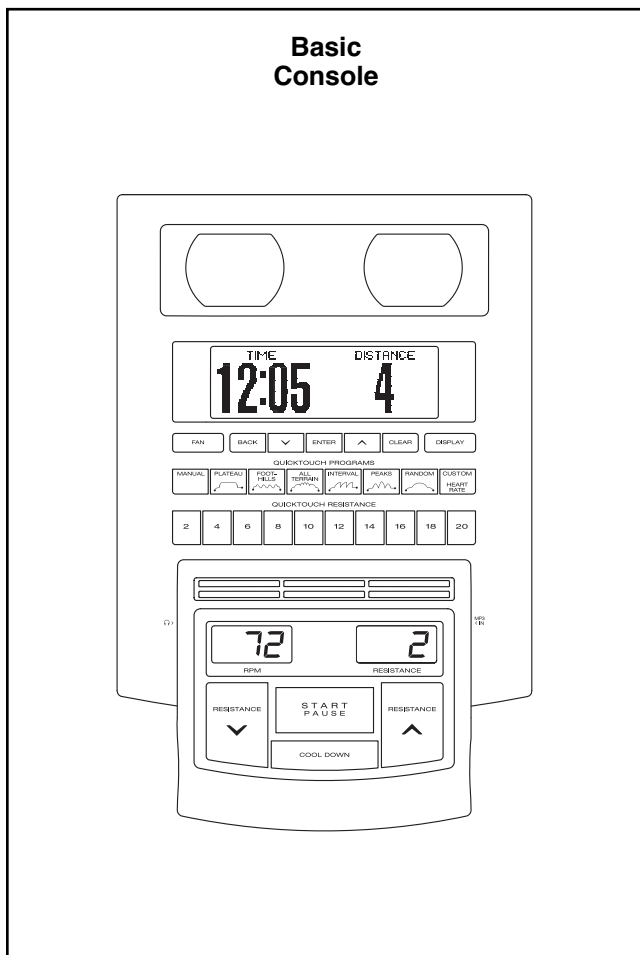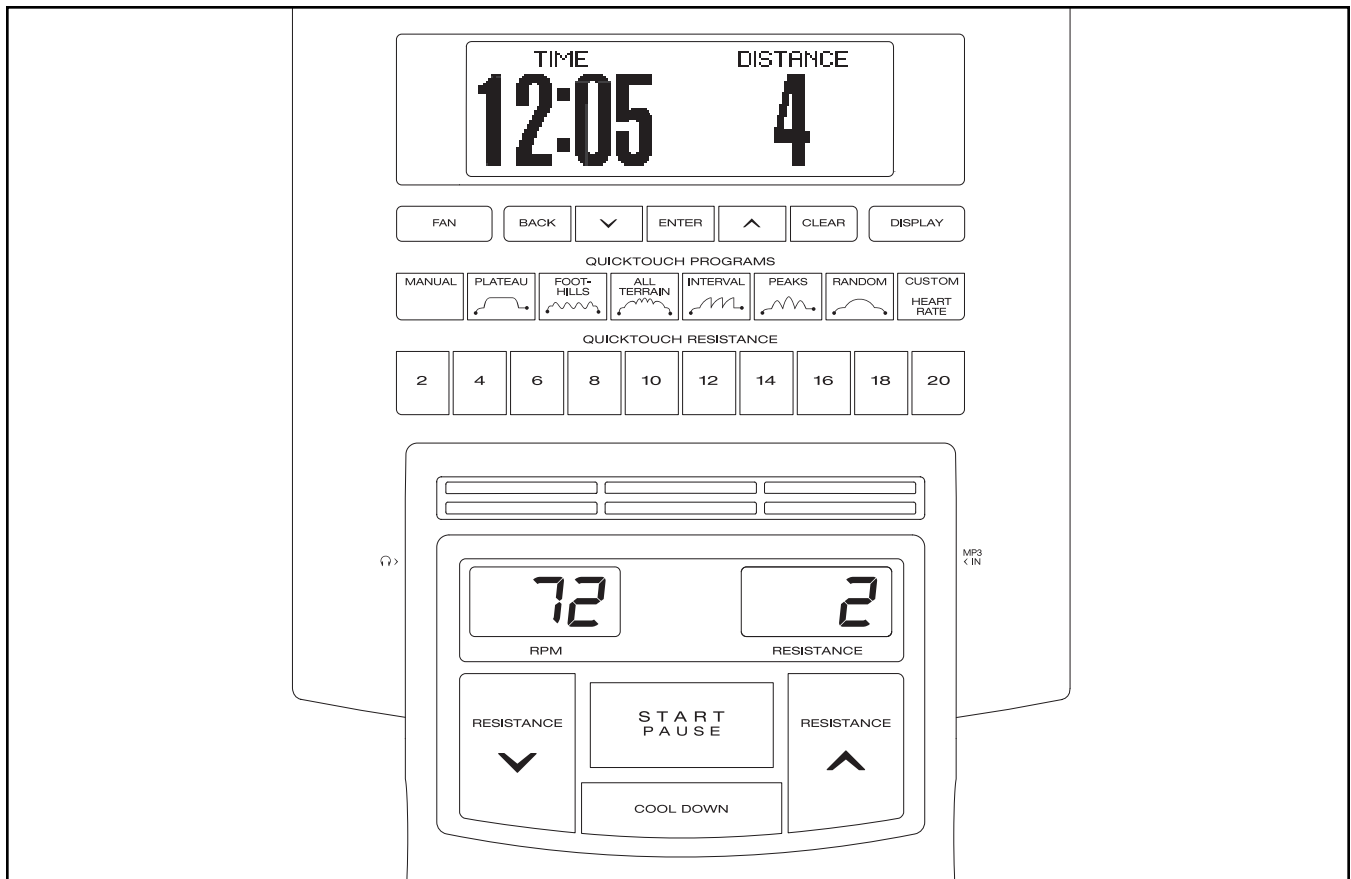
FEATURES OF THE CONSOLE

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 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 optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 26.**

The console offers twenty-three preset programs. Each program automatically changes the resistance of the pedals and prompts you to maintain a target pace as it guides you through an effective workout.

The console also offers three manual programs that allow you to set your own time, distance, or calorie goal for the workout.

In addition, there are two custom programs that allow you to create your own workouts and store them in memory for future use. Also, when you have finished exercising, you can use the cool down mode to help you recover from your workout.

The console also provides two heart rate programs that automatically adjust the resistance of the pedals to keep your heart rate near a target level during your workouts.

The console features the new iFIT Interactive Workout System. The iFIT Interactive Workout System 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. **To purchase iFIT cards, see the front cover of this manual or go to www.iFIT.com.**

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

To use the quick start mode of the console, follow the steps beginning on page 14. **To use a MANUAL program**, see page 16. **To use a preset program**, see page 18. **To create a CUSTOM program,** see page 20. **To use a CUSTOM program,** see page 21. **To use a HEART RATE program,** see page 23. **To use the COOL DOWN mode**, see page 24. **To use the maintenance mode,** see page 25. **To use an iFIT workout**, see page 26. **To use the stereo sound system**, see page 26.

HOW TO ACTIVATE THE CONSOLE

If the recumbent bike has a Basic console, it can be used with or without the included power cord. To use the power cord, see HOW TO PLUG IN THE POWER CORD on page 9. To use the recumbent bike without the power cord, simply begin pedaling at a pace of about 25 revolutions per minute (rpm) or faster. The main display will light and the console will be ready for use. As you pedal, power will be supplied by a generator; remember to continue pedaling while using the recumbent bike.

If the recumbent bike has a Workout TV console, the included power cord must be used for the TV to operate. See HOW TO PLUG IN THE POWER CORD on page 9. When the power cord is plugged in, the main display will light and the console will be ready for use.

IMPORTANT: If the recumbent bike has been exposed to cold temperatures, allow it to warm to room temperature before turning on the console. If you do not do this, the console displays or other electronic components may become damaged.

HOW TO TURN OFF THE CONSOLE

If the power cord is not being used, and if the pedals are not moved for a short period of time, the console will turn off automatically.

If the power cord is being used, and 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 main display. Unplug the power cord when the recumbent bike is not in use.

HOW TO USE THE QUICK START MODE

If you do not plan to use a program, the quick start mode will allow you to start exercising and adjust the resistance of the pedals manually.

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

   See HOW TO ACTIVATE THE CONSOLE on page 13.

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

   When you activate the console, the quick start mode will be selected. If you have selected a program, reselect the quick start mode by pressing any of the QUICKTOUCH PROGRAMS buttons repeatedly until zeros appear in the display.
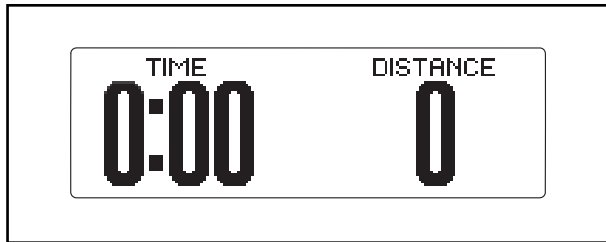
3. **Press the START button to start the quick start mode and change the resistance of the pedals as desired.**

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

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

   The main display—This display will show the elapsed time and the distance you have pedaled. Note: When a preset program, a custom program, or the MANUAL TIME program is selected, the display will show the time remaining in the program instead of the elapsed time.

   The main display will also show your heart rate (in beats per minute) when you use the handgrip pulse sensor or the optional chest pulse sensor (see step 5 on page 15).
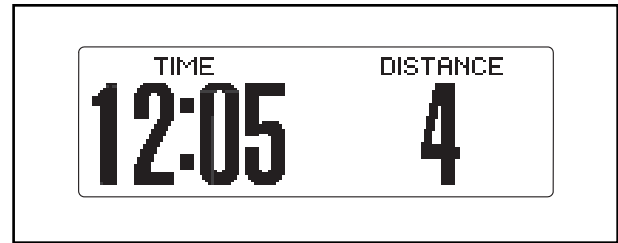
You can also view selected information at a larger size. Press the DISPLAY button repeatedly to view the elapsed time, the distance that you have pedaled, or the approximate number of calories that you have burned.

To view the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the distance, your power output in watts, the approximate number of calories you are burning per hour, and your heart rate in one display, press the DISPLAY button again.

To view the elapsed time, the distance you have pedaled, and the approximate number of calories you have burned in one display, press the DISPLAY button again.

To again view the elapsed time and the distance that you have pedaled, press the DISPLAY button again.

The lower left display—This display will show your pedaling pace in revolutions per minute (rpm).

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

Press the PAUSE button to pause the quick start mode at any time. Simply resume pedaling or press the START button to restart the quick start mode. Press the CLEAR button to reset the displays.

Note: The main display may be able to display text messages in any of six languages (see step 6 on page 25).

5. **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 26 for information about the optional chest pulse sensor).

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.**

Contacts
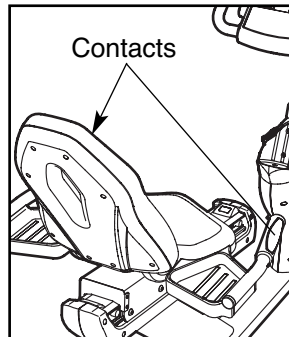
When you hold the handgrip pulse sensor, a small heart symbol will appear in the display. Then, when your pulse is detected, your heart rate will be shown in the display next to the heart symbol. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

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.**

6. **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.

Pivot the fan louvers upward or downward to direct the airflow from the fan.

To turn off the fan, press the FAN button again. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. **When you are finished using the elliptical trainer, the console will automatically turn off or enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE A MANUAL PROGRAM

A MANUAL program allows you to set a time, distance, or calorie goal for your workout as you control the resistance of the pedals.

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

   See HOW TO ACTIVATE THE CONSOLE on page 13.

2. **Select a MANUAL program.**

   To select one of the three MANUAL programs, first press the MANUAL button repeatedly until the words MANUAL TIME, MANUAL DISTANCE, or MANUAL CALORIES appear in the main display. A profile of the resistance settings of the program and the program goal will also appear in the display. Then, press the ENTER button to confirm your selection.

   Profile

   ```
   MANUAL TIME


   PROGRAM TIME
        30:00
   ```
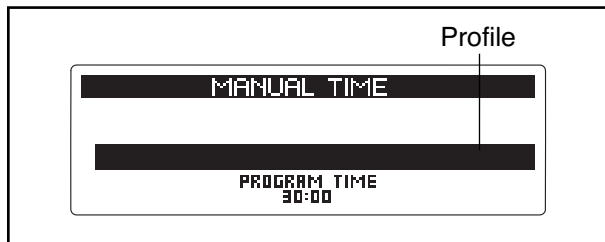
3. **Enter your age.**

   A moment after you select a MANUAL program, the words "ENTER AGE" and an age setting of 35 will flash in the main display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

   ```
   ENTER AGE

   35 YEARS
   UP, DOWN ARROW TO ADJUST, ENTER TO ACCEPT
   ```

4. **Enter your weight.**

   Next, the words "ENTER WEIGHT" and a weight setting of 185 pounds (US) will appear in the main display. To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

   ```
   ENTER WEIGHT

   185 POUNDS
   UP, DOWN ARROW TO ADJUST, ENTER TO ACCEPT
   ```

5. **Enter a goal for the program.**

   If you selected the MANUAL TIME program, the words "ENTER WORKOUT TIME" and a time setting of 30 minutes will appear in the main display. To change the length of time that the program will last, press the increase and decrease buttons beside the ENTER button. You can enter a program time between 10 and 90 minutes. Then, press the ENTER button.

   If you selected the MANUAL DISTANCE program, the words "ENTER WORKOUT DISTANCE" and a distance setting of 1,500 revolutions will appear in the main display. To change the distance goal for the program, press the increase and decrease buttons beside the ENTER button. You can enter a distance goal between 500 and 5,000 revolutions. Then, press the ENTER button.

   If you selected the MANUAL CALORIES program, the words "ENTER WORKOUT CALORIES" and a calorie setting of 300 calories will appear in the main display. To change the calorie goal for the program, press the increase and decrease buttons beside the ENTER button. You can enter a calorie goal between 100 and 600 calories. Then, press the ENTER button.

6. **Press the START button or begin pedaling to start the program.**

   Each program is divided into several one-minute segments. During the program, the program profile will show your progress (see the drawing in step 2 on page 16). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the program, a series of tones will sound and the next segment of the profile will begin to flash.

   As you pedal, change the resistance of the pedals as desired by pressing the RESISTANCE increase and decrease buttons or the numbered QUICK-TOUCH RESISTANCE buttons. There are twenty resistance levels. Note: After you press a RESISTANCE button, it will take a moment for the pedals to reach the selected resistance level. The default resistance level for the MANUAL programs is resistance level 3.

   The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To restart the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

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

   During a MANUAL program, the main display will show the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled. The main display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15) or the optional chest pulse sensor (see page 26).

If you selected the MANUAL TIME program, the main display will count down the time remaining in the program. **If you selected the MANUAL DISTANCE program**, the main display will count down the distance in total revolutions. **If you selected the MANUAL CALORIES program,** the main display will count down the approximate number of calories you are burning.

To view the time, your exercise intensity in mets, and your power output in watts, press the DISPLAY button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

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

   See step 5 on page 15.

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

   See step 6 on page 15.

10. **When you are finished using the elliptical trainer, the console will automatically turn off or enter an idle mode.**

   See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE A PRESET PROGRAM

A preset program will automatically change the resistance of the pedals and prompt you to maintain a target pace while guiding you through your workout.

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

   See HOW TO ACTIVATE THE CONSOLE on page 13.

2. **Select a preset program.**

   To select one of the twenty-three preset programs, first press the PLATEAU, FOOTHILLS, ALL TERRAIN, INTERVAL, PEAKS, or RANDOM button repeatedly until the name of the desired preset program appears in the main display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.

   Profile

   FOOTHILLS PROGRAM 1

   MAX RES 10   PROGRAM TIME 20:00   MAX RPM 60

3. **Enter your age.**

   A moment after you select a preset program, the words "ENTER AGE" and an age setting of 35 will flash in the main display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

   ENTER AGE

   35 YEARS

   UP, DOWN ARROW TO ADJUST, ENTER TO ACCEPT

4. **Enter your weight.**

   Next, the words "ENTER WEIGHT" and a weight setting of 185 pounds (US) will appear in the main display. To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

   ENTER WEIGHT

   185 POUNDS

   UP, DOWN ARROW TO ADJUST, ENTER TO ACCEPT

5. **Press the START button or begin pedaling to start the program.**

   Each preset program is divided into 20 or 30 one-minute segments. One resistance level and one target rpm (pace) setting is programmed for each segment. Note: The same resistance setting and/or target rpm may be programmed for consecutive segments.

   During the program, the program profile will show your progress (see the drawing to the left). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance level for the current segment. At the end of each segment of the program, 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, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display.

   TARGET RPM 60

   IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. 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 RESISTANCE buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To resume the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

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

During a preset program, the main display will show the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled. The main display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15) or the optional chest pulse sensor (see page 26).

To view the time, your exercise intensity in mets, and your power output in watts, press the Display button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

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

See step 5 on page 15.

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

See step 6 on page 15.

9. **When you are finished using the elliptical trainer, the console will automatically turn off or enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO CREATE A CUSTOM PROGRAM

A custom program allows you to create your own workouts and store them in memory for future use.

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

   See HOW TO ACTIVATE THE CONSOLE on page 13.

2. **Select the maintenance mode.**

   Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode. Note: For more information about the maintenance mode, see page 25.

   When the maintenance mode is selected, the words "MAINTENANCE MODE SCREEN 1" will appear in the main display. Press the DISPLAY button repeatedly until the the words "MAINTENANCE MODE SCREEN 4" and a menu of custom programs appears in the main display. You can now select and change the settings for a custom program.

3. **Select a custom program.**

   To select one of the two custom programs, press the DISPLAY button repeatedly until the name of the desired custom program is highlighted, and then press the ENTER button. The name of the custom program and a profile of the resistance settings for the program will then appear in the main display. The resistance level, the program time, and the target rpm will also appear in the main display.
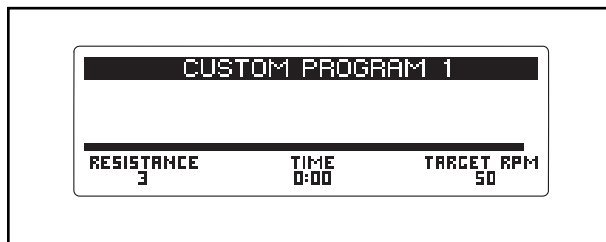
4. **Program the desired program settings.**

   Each custom workout is divided into 30 one-minute segments. You can program one resistance level and one target rpm (pace) setting for each segment.

   To program a resistance level for the first segment, simply adjust the resistance of the pedals by pressing the RESISTANCE increase and decrease buttons or the numbered QUICKTOUCH RESISTANCE buttons.

   To program a target rpm setting for the first segment, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button to move to the next segment of the profile.

   Program a resistance level and a target rpm setting for the second segment as described above. Continue to program resistance levels and target rpm settings until all segments of the custom program have been programmed.

   Note: While programming segments, press the ENTER button to move to the right in the profile; press the BACK button to move to the left in the profile.

5. **Exit the custom program and program other custom programs as desired.**

   When you program settings for the last segment of the program and press the ENTER button, the console will automatically exit the custom program and return to the menu of custom programs.

   Repeat steps 3 and 4 to select and program another custom program, if desired.

6. **Exit the maintenance mode.**

   Press the DISPLAY button repeatedly to exit the maintenance mode. When you exit the maintenance mode, the custom program will be saved in memory.

```
┌─────────────────────────────────────────┐
│                                          │
│       ▐█ CUSTOM PROGRAM 1 █▌             │
│                                          │
│   ▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁▁           │
│   RESISTANCE    TIME      TARGET RPM     │
│       3         0:00          50         │
│                                          │
└─────────────────────────────────────────┘
```
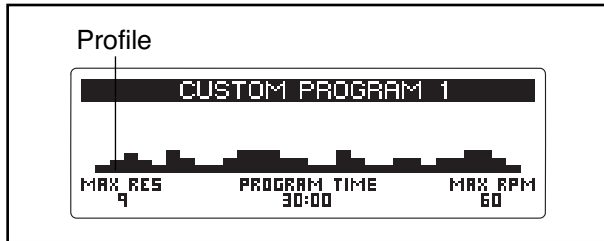
HOW TO USE A CUSTOM PROGRAM

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

   See HOW TO ACTIVATE THE CONSOLE on page 13.

2. **Select a custom program.**

   To select one of the two CUSTOM programs, first press the CUSTOM/HEART RATE button repeatedly until the name of the desired custom program appears in the main display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.

   Note: If only a level row of indicators appears in the program profile, see HOW TO CREATE A CUSTOM PROGRAM on page 20.

3. **Enter your age.**

   A moment after you select a CUSTOM program, the words "ENTER AGE" and an age setting of 35 will flash in the main display. To enter your age, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

4. **Enter your weight.**

   Next, the words "ENTER WEIGHT" and a weight setting of 185 pounds (US) will appear in the main display. To enter your weight (1 kilogram = 2.2 pounds), press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

5. **Press the START button or begin pedaling to start the program.**

   Each CUSTOM program is divided into 30 one-minute segments. One resistance setting and one target rpm (pace) is programmed for each segment. Note: The same resistance setting and/or target rpm may be programmed for consecutive segments.

   During the program, the program profile will show your progress (see the drawing to the left). The flashing column of the profile represents the current segment of the program. The height of the flashing column indicates the resistance level for the current segment. At the end of each segment of the program, 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, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display.

   IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. 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 RESISTANCE buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To restart the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button. To change the settings of the custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 20.

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

During a CUSTOM program, the main display will show the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled. The main display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15) or the optional chest pulse sensor (see page 26).

To view the time, your exercise intensity in mets, and your power output in watts, press the DISPLAY button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

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

See step 5 on page 15.

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

See step 6 on page 15.

9. **When you are finished using the elliptical trainer, the console will automatically turn off or enter an idle mode.**

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE A HEART RATE PROGRAM

The CONSTANT HEART RATE program will automatically control the resistance of the pedals to keep your heart rate near a target level during your workout.

The VARIABLE HEART RATE program will automatically control the resistance of the pedals to keep your heart rate within a target range during your workout.

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

   See HOW TO ACTIVATE THE CONSOLE on page 13.

2. **Select a HEART RATE program.**

   To select one of the two HEART RATE programs, first press the CUSTOM/HEART RATE button repeatedly until the name of the desired heart rate program appears in the main display. A profile of the resistance settings of the program, the maximum resistance level, the program time, and the maximum rpm setting for the program will also appear in the display. Then, press the ENTER button to confirm your selection.

3. **Enter a maximum heart rate setting.**

   A moment after you select a HEART RATE program, the words "ENTER MAXIMUM PERCENT-AGE" and a percentage setting of 65 will flash in the main display. The maximum heart rate setting represents a *percentage* of your *estimated maximum heart rate.* Note: Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 30 years old, your estimated maximum heart rate is 190 beats per minute (220 – 30 = 190). Therefore, if you are 30 years old, a target heart rate setting of 50% is equal to 95 beats per minute (50% of 190 is 95).

   To enter a maximum heart rate setting, press the increase and decrease buttons beside the ENTER button. Then, press the ENTER button.

4. **Press the START button or begin pedaling to start the program.**

   Each HEART RATE program is divided into 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: If you selected the CONSTANT HEART RATE program, the same target heart rate setting is programmed for all segments.

   During the program, the program profile will show your progress. The console will regularly compare your heart rate to the target heart rate setting for the current segment of the workout. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting. Each time the resistance changes, the resistance level will appear in the display for a few seconds to alert you.

   You will also be prompted to pedal at a steady pace so you can maintain your target heart rate. As you exercise, keep your pedaling pace near the target rpm setting for the current segment, which is shown in the main display. **IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.**

   The program will continue in this way until the last segment of the profile flashes. To stop the program at any time, stop pedaling or press the PAUSE button. To resume the program, simply resume pedaling or press the START button. To exit the program at any time, press the CLEAR button.

5. Follow your progress with the displays.

During a HEART RATE program, the main display will show the elapsed time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled. The main display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 15) or the optional chest pulse sensor (see page 26).

To view the time, your exercise intensity in mets, and your power output in watts, press the Display button.

To view the time, the approximate number of calories you have burned, and the distance you have pedaled, press the DISPLAY button again.

To again view the time, your exercise intensity in mets, the approximate number of calories you have burned, the approximate number of calories you are burning per hour, and the distance you have pedaled, press the DISPLAY button again.

6. Measure your heart rate if desired.

See step 5 on page 15.

7. Turn on the fan if desired.

See step 6 on page 15.

8. When you are finished using the elliptical trainer, the console will automatically turn off or enter an idle mode.

See HOW TO TURN OFF THE CONSOLE on page 13.

HOW TO USE THE COOL DOWN MODE

The COOL DOWN mode is designed to help you cool down after you have finished exercising. Press the COOL DOWN button to use the COOL DOWN mode.

The COOL DOWN mode is divided into three one-minute segments. The cool down mode will work in the same way as a preset program (see step 5 on pages 18 to 19).

HOW TO USE THE MAINTENANCE MODE

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

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

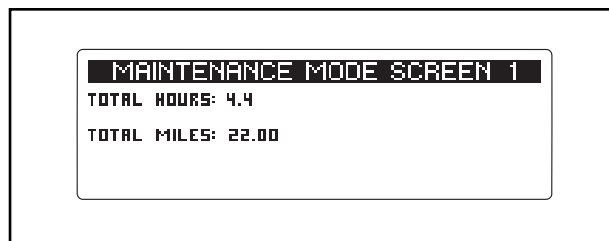   See HOW TO ACTIVATE THE CONSOLE on page 13.

2. **Hold down the CLEAR button and the ENTER button simultaneously for a few seconds to select the maintenance mode.**

    When the maintenance mode is selected, the words "MAINTENANCE MODE SCREEN 1" will appear in the main display.

    Note: As you view the maintenance mode screens, press the BACK button at any time to return to the previous screen.

3. **View usage information for the elliptical trainer.**

    When the words "MAINTENANCE MODE SCREEN 1" appear, the main display will show the total number of hours that the recumbent bike has been used and the total distance that the recumbent bike has been pedaled.

    ```
    ┌──────────────────────────────────────┐
    │                                      │
    │   ▐MAINTENANCE MODE SCREEN 1▌        │
    │   TOTAL HOURS: 4.4                    │
    │                                      │
    │   TOTAL MILES: 22.00                 │
    │                                      │
    └──────────────────────────────────────┘
    ```

4. **Press the DISPLAY button and change the time settings if desired.**

    When the words "MAINTENANCE MODE SCREEN 2" appear, the main display will allow you to set a maximum program time for the programs and a default time for the pause timeout.

    The maximum program time for the programs can be from 10 minutes to 90 minutes. To change the maximum program time, press the increase and decrease buttons beside the ENTER button. Then, press the DISPLAY button.

If the pedals on the recumbent bike do not move for a period of time, a pause timeout will occur and the console will enter an idle mode. When the console is in the idle mode, the displays will be reset to zeros and a screen saver will appear in the main display.

The pause timeout can occur from 1 minute to 5 minutes after the pedals stop moving. To change the length of time that will elapse before the pause timeout, press the increase and decrease buttons beside the ENTER button.

5. **Press the DISPLAY button again and change the console settings if desired.**

    When the words "MAINTENANCE MODE SCREEN 3" appear, the main display will allow you to set a default input and a default volume level.

    You can set the default input for the console as MP3, TV, or RCA. To change the default input, press the increase and decrease buttons beside the ENTER button. Then, press the DISPLAY button. Note: The TV and RCA input options are for use with the optional Workout TV (see page 11).

    The console has seven volume levels. To change the volume level, press the increase and decrease buttons beside the ENTER button.

6. **Press the DISPLAY button again and select a language for the main display.**

    The main display may be able to display text messages in English, International English, German, Spanish, Italian, or French. To change the language, press the increase and decrease buttons beside the ENTER button. Then press the DISPLAY button.

7. **Press the DISPLAY button again and change the settings for a custom program if desired.**

    When the words "MAINTENANCE MODE SCREEN 4" appear, the main display will allow you to select and change the settings for a custom program.

    To change the settings for a custom program, see HOW TO CREATE A CUSTOM PROGRAM on page 20.

8. **Press the DISPLAY button to exit the maintenance mode.**

HOW TO USE AN IFIT WORKOUT

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

   See HOW TO ACTIVATE THE CONSOLE on page 13.

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 rear right-hand 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 5 to 9 on page 18 to 19. Note: Some iFit cards contain more than one workout. To select a workout, use the increase and decrease buttons located next to the ENTER button.

HOW TO USE THE STEREO SOUND SYSTEM

To play music or audio books through the console's stereo sound system while you exercise, plug an audio cable (not included) into the MP3 jack on 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. Adjust the volume of the speakers using the volume control on your MP3 player or CD player.

You can use your own headphones with the optional Workout TV (see page 10) or with an iFit workout (see HOW TO USE AN IFIT WORKOUT to the left). To use your headphones, plug the jack on your headphones into the headphones jack on the console; **make sure that the headphones jack is fully plugged in.**

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.**
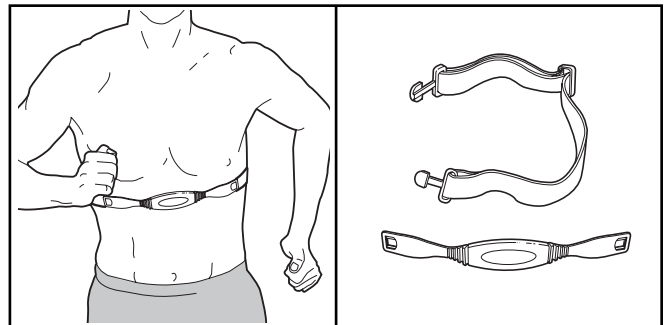
MAINTENANCE AND TROUBLESHOOTING

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

Inspect and tighten all parts of the recumbent bike regularly. Replace any worn parts immediately.

To clean the recumbent bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the console does not display your heart rate when you hold the handgrip pulse sensor, or if the displayed heart rate appears to be too high or too low, see step 5 on page 15.

HOW TO LEVEL THE RECUMBENT BIKE

If the recumbent bike rocks slightly on your floor during use, see HOW TO MOVE AND LEVEL THE RECUMBENT BIKE on page 9.

TV TROUBLESHOOTING

If the TV in the Workout TV console does not function properly, make sure that the included power cord is fully inserted (see HOW TO PLUG IN THE POWER CORD on page 9). The power cord must be used for the TV to operate.

If the TV picture is fuzzy, make sure that the correct connection setting is selected (see the user's manual included with the Workout TV console). In addition, make sure that the CATV cable is properly connected (see HOW TO CONNECT A CATV CABLE on page 10).

NOTES

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.
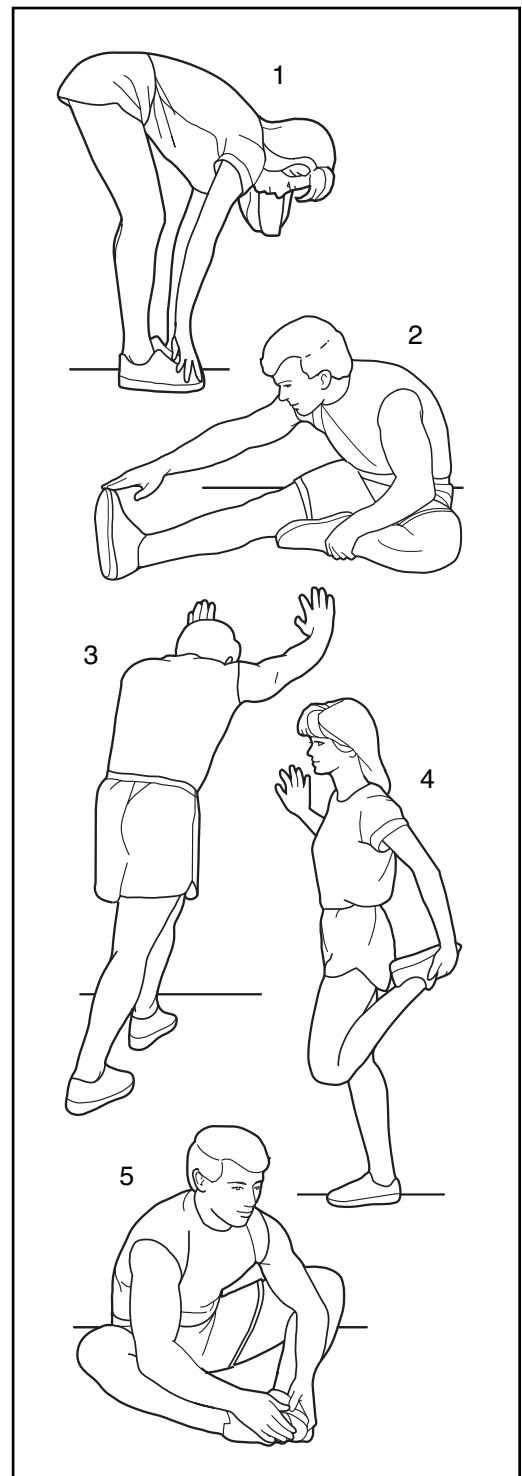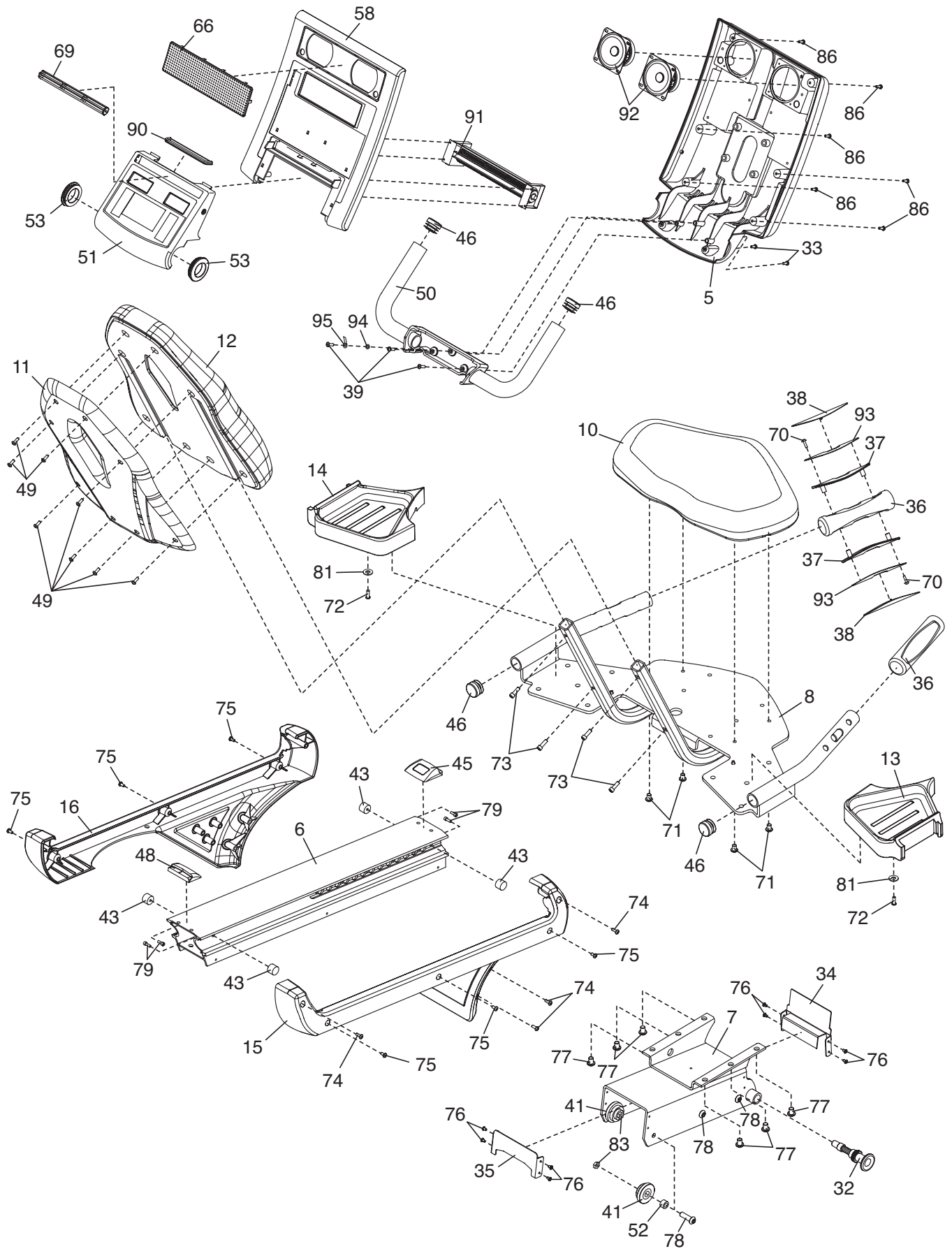
PART LIST—Model No. VFMEX3107.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	50	1	Handlebar
2	1	Front Stabilizer	51	1	Handlebar Cover
3	1	Rear Stabilizer	52	6	Carriage Spacer
4	1	Upright	53	2	Handlebar Gasket
5	1	Console Back	54	2	Wheel Screw
6	1	Seat Rail	55	4	Generator Screw
7	1	Seat Carriage	56	4	M8 x 20mm Flat Head Screw
8	1	Seat Frame	57	4	M8 x 20mm Screw
9	8	Stabilizer Set Screw	58	1	Console Front
10	1	Seat	59	3	Bottle Holder Screw
11	1	Backrest Cover	60	24	Standoff Screw
12	1	Backrest	61	1	Right Crank Nut Bushing
13	1	Right Accessory Tray	62	1	Ground Screw
14	1	Left Accessory Tray	63	1	Long Side Shield Screw
15	1	Right Rail Cover	64	4	Seat Rail Screw
16	1	Left Rail Cover	65	8	3/8" x 3/4" Button Screws
17	1	Right Side Shield	66	1	Speaker Grill
18	1	Left Side Shield	67	12	Standoff
19	1	Side Shield Cover	68	1	Crank Lock Washer
20	1	Upright Cover	69	1	Fan Diverter
21	1	Bottle Holder	70	4	Pulse Grip Screw
22	1	Generator Assembly	71	4	Seat Screw
23	1	Control Board	72	2	Tray Screw
24	1	Pulley	73	4	Seat Back Screw
25	1	Crank	74	10	Rail/Side Shield Screw
26	1	Small Control Board	75	6	Rail Cover Screw
27	1	Battery Board	76	8	Carriage Cap Screw
28	1	Right Pedal	77	6	M10 x 12mm Button Screw
29	1	Left Pedal	78	6	Carriage Wheel Screw
30	2	Wheel	79	4	Carriage Stop Screw
31	1	Belt	80	12	M10 Flat Washer
32	1	Adjustment Latch	81	3	M4 Flat Washer
33	2	Sheet Metal Screw	82	1	Star Washer
34	1	Front Carriage Cap	83	6	Carriage Wheel Nut
35	1	Rear Carriage Cap	84	2	Wheel Nut
36	2	Pulse Grip	85	4	Flange Nut
37	4	Grip Insert	86	6	Console Face Screw
38	4	Pulse Contact	87	1	Crank Jamnut
39	3	Handlebar Screw	88	2	Crank Bearing
40	1	Left Crank Nut Bushing	89	2	Stabilizer Plate
41	6	Seat Carriage Wheel	90	1	Audio Player Tray
42	1	Left Crank Spacer	91	1	Fan
43	4	Carriage Stop	92	2	Speaker
44	1	Right Crank Spacer	93	4	Contact Insulator
45	1	Front Rail Cap	94	1	Star Washer
46	4	Handlebar Cap	95	1	Ground Wire Connector
47	4	Leveling Foot	*	–	User's Manual
48	1	Rear Rail Cap	*	–	65" A/V Cable
49	8	Backrest Cover Screw	*	–	TV Cable

Key No.	Qty.	Description	Key No.	Qty.	Description
*	–	Power Cord	*	–	55" Console Wire
*	–	Power Supply	*	–	18" ECA Jumper Wire
*	–	Console Pulse Wire	*	–	9" Ground Wire
*	–	Power Receptacle/Harness	*	–	CN-2 Generator Wire
*	–	Pulse Coil Wire	*	–	CN-1 Generator Wire
*	–	Pulse Seat Wire	*	–	65" Audio Out Cable
*	–	Pulse Wire Harness	*	–	18" CN-3 Jumper Wire

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.
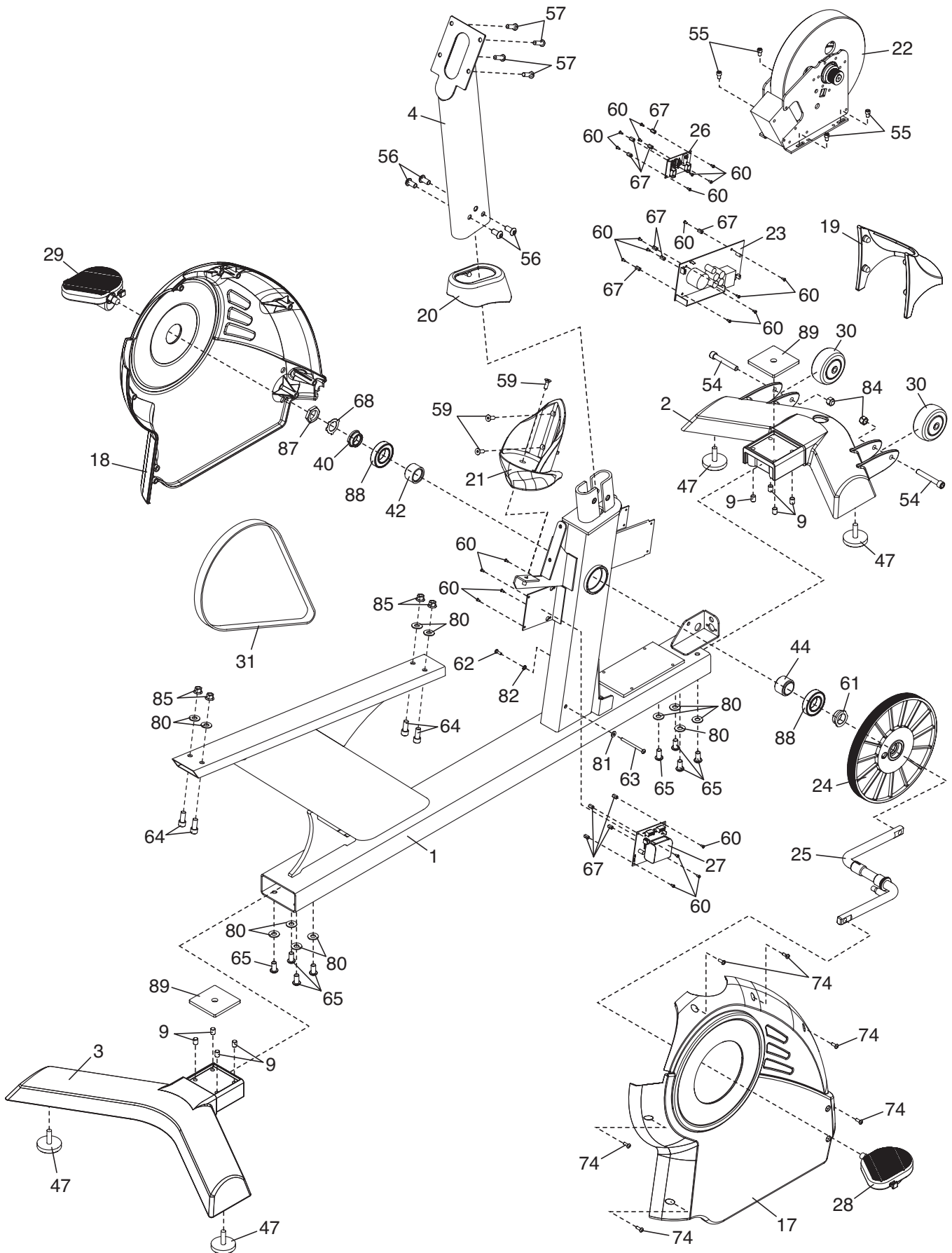
NOTES

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