

ORBITREKTM **X17**

USER'S MANUAL



CONTENTS

ASSEMBLY INSTRUCTIONS FOR ORBITREK™ X17™	4
ASSEMBLED MACHINE AND MAIN PARTS	4
Important Notice before Assembly	4
Main Parts to be Assembled	4
Pre-Assembly	5
ASSEMBLY TOOLS	5
ASSEMBLY STEPS	7
Moving the Machine	14
Levelling the Machine	14
Final Inspection	14
HOW TO USE YOUR MACHINE	15
Mounting the machine	15
Dismounting the machine	15
Using the Handlebar	15
Pedaling	15
Resistance Dial Setting	15
Proper Form and Technique	15
Trial Run	16
USING THE CONSOLE	17
STANDARD CONSOLE.....	17
LCD DISPLAY	17
KEYPAD FUNCTIONS	17
USING THE STANDARD CONSOLE	17
Quick Start.....	17
Exercise Programs.....	17
Exercise Goals	18
DELUXE CONSOLE	18
LCD DISPLAY	18
KEYPAD FUNCTIONS	19
FIT TEST	19
Fit Test Instructions	20
Using Fit Test Results	20
USING THE DELUXE CONSOLE.....	21
Quick Start	21
Exercise Goals	21
Exercise Programs	21
Exercise Programs Example.....	23
GENERAL EXERCISE GUIDELINES	25
WHEN IS THE BEST TIME TO EXERCISE?	25
FREQUENCY: HOW OFTEN TO EXERCISE?	25
DURATION: HOW LONG SHOULD MY WORKOUT SESSION BE?	25
INTENSITY: HOW HARD MUST I EXERCISE	25
VARIATION AND PROGRESSION	25
HOW IMPORTANT IS REST AND RECOVERY?	26
HOW IMPORTANT IS DIET?	26
EXERCISE INTENSITY	26
LEVELS OF INTENSITY	26
INTENSITY & FITNESS LEVEL	27
EXERCISE PROGRAM INFO	28
TYPES OF EXERCISE PROGRAMS	28
Beginner Programs (Programs 1 - 6)	28
Interval Programs (Programs 7 - 18)	28
Steady State Exercise Program (Programs 19 - 21)	28
EXERCISE PROGRAM STAGES	28
EXERCISE PROGRAM COMPONENTS	29
SELECTING AN EXERCISE PROGRAM	29
EXERCISE PROGRAM SUMMARY	31
EXERCISE PROGRAMS	32
BEGINNERS EXERCISE PROGRAMS	32
INTERVAL EXERCISE PROGRAMS	35
STEADY STATE EXERCISE PROGRAMS	45
PART LIST	46
DRAWING A	48
DRAWING B	49

IMPORTANT!

- Please read all instructions carefully before using this product
- Retain this User’s Manual for future reference

Congratulations and thank you for selecting the new Orbitrek™ X17™. You have invested in a state-of-the-art, quality exercise machine designed to improve your physical fitness, energize you and help you to burn off excess body fat whilst building lean muscle. With the Orbitrek™ X17™, your workouts are short, enjoyable and effective, giving you maximum results in minimum time.

The Orbitrek™ X17™ is a new generation exercise machine designed and engineered to rapidly re-condition and re-shape your body – in the shortest possible time, with the least amount of effort. Now you can start enjoying a sensational training experience with results unlike anything before. With the Orbitrek™ X17™ and its unique dual crank system, your body is trained, challenged and conditioned in multiple planes and directions as the pedals automatically move along a continuously changing, non-repetitive movement path.

The Orbitrek™ X17™ comes complete with a selection of professionally designed Exercise Programs. In less time than it takes to get to a gym, your workout is done. You'll find that exercising with your Orbitrek™ X17™ is enjoyable, engaging and varied – all factors helping you to commit to a regular exercise program. By following the exercise guidelines and programs presented in this User’s Manual, you can start to improve the efficiency of your heart and lungs, boost your energy levels, improve your health and vitality whilst burning fat and flab fast.

The Orbitrek™ X17™ exercise system is based on the following tried, tested and result-producing principles:

- Gradually and progressively increasing the intensity of exercise over time
- Alternating intervals of short bursts of active exercise with intervals of rest and recovery
- Introducing variety in the exercise routine to prevent boredom or hitting a “fitness plateau”

Before starting to exercise and to gain the maximum benefit from your Orbitrek™ X17™, it is important to carefully study this User's Manual. You'll find important information dealing with the machine, the exercise programs, and how to use your machine.

IMPORTANT MEDICAL NOTICE & SAFETY INSTRUCTIONS

Note the following precaution before assembling or using the Orbitrek™ X17™

WARNING: BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM, CONSULT YOUR PHYSICIAN FIRST. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THE ORBITREK™ X17™. THANE ASSUMES NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

- 1. If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
- 2. THE MAXIMUM WEIGHT CAPACITY OF THE ORBITREK™ X17™ is 275 lb. (125 kg.). Persons whose body weight exceeds this limit should NOT use this machine.
- 3. Keep children and pets away from the machine. DO NOT leave unattended children in the same room with the machine as moving parts and other features of the machine can be dangerous to children. The machine is not to be used by anyone under the age of 14 years.
- 4. Handicapped or disabled persons should not use the machine without the presence of a qualified health professional or physician.
- 5. The machine is designed for indoor, home use. Do not use outdoors. NEVER expose the machine to rain, moisture or in any other high humidity environment.
- 6. Before use, remove all objects within a radius of 2 meters from the machine.
- 7. DO NOT place any sharp objects around the machine.
- 8. This machine is to be used by only one person at a time.
- 9. Apply the machine only for its intended use as described in this manual.
- 10. Keep hands away from all moving parts.
- 11. DO NOT use any accessories unless it is recommended by the manufacturer.
- 12. Do not change the design or functionality of the machine. This could compromise the safety of the machine and will void the warranty.
- 13. NEVER operate the machine if it is not functioning properly.
- 14. This machine contains moving parts. Do not put fingers or other objects into moving parts.
- 15. Wear appropriate, safe and comfortable footwear and clothing when exercising. Do not wear loose clothing or jewelry when using the machine.
- 16. Read and understand the complete User's Manual in full before first use of the machine.
- 17. Read, understand and pay attention to all warnings on this machine.

SAVE THESE INSTRUCTIONS

NOT FOR COMMERCIAL USE, FOR HOUSEHOLD USE ONLY

ASSEMBLY INSTRUCTIONS FOR ORBITREK™ X17™

ASSEMBLED MACHINE AND MAIN PARTS

Important Notice before Assembly

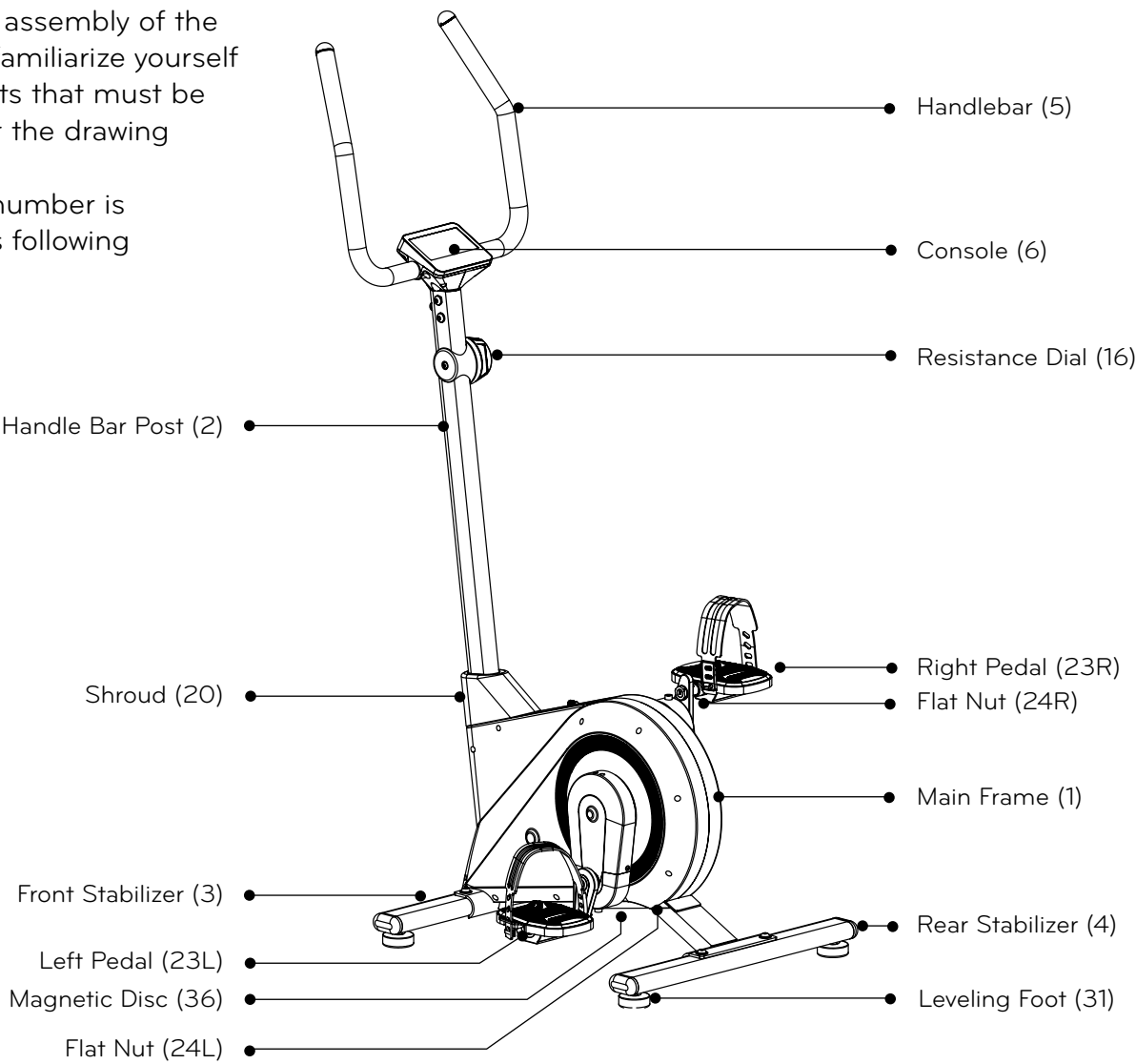
Carefully read and understand the Assembly Instructions for the Orbitrek™ X17™.

- 1. Assemble the machine indoors in an open, dry area with adequate ventilation and lighting.
- 2. Keep bystanders, especially children, away whilst assembling the machine.
- 3. Assemble the machine exactly as directed in this User's Manual and in the sequence as given.
- 4. Do not use the machine until it has been fully assembled and inspected.
- 5. Check all nuts and bolts and other connections of the assembled machine before using it.
- 6. Before use, ensure that the machine is in a safe condition as outlined in this manual.

MAIN PARTS TO BE ASSEMBLED

To assist you with assembly of the machine, please familiarize yourself with the main parts that must be assembled as per the drawing below.

Notice: The part number is shown in brackets following the part name.



PRE-ASSEMBLY

1. Carefully open the shipping box and unpack the following items:

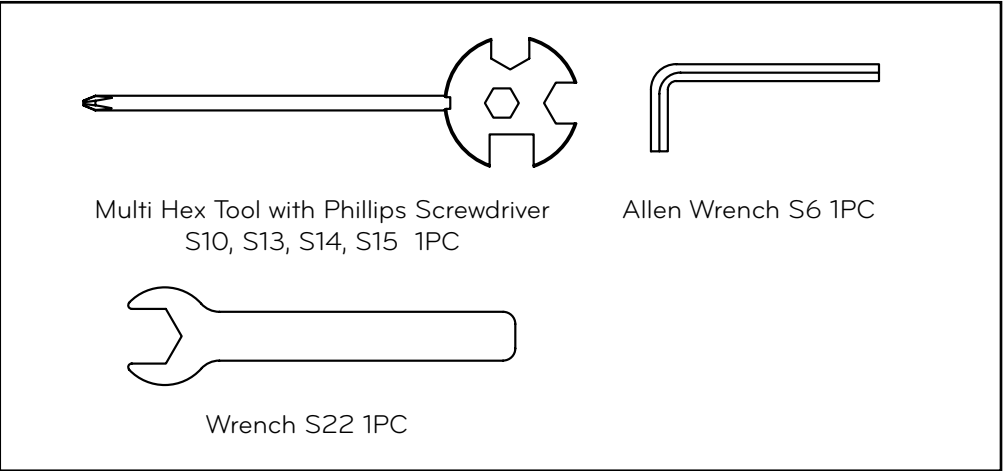
- Main Frame (1)
 - Rear Stabilizer (4)
 - Front Stabilizer (3)
 - Handle Bar Post (2)
 - Shroud (20) *
 - Handle Bar (5) & Console (6)
 - Left Pedal (23L)
 - Flat Nut (24L)
 - Right Pedal (23R)
 - Flat Nut (24R)
 - Magnetic Disc (36)
 - Hardware (C)
 - Tools (D)

Notice: See complete parts list and exploded parts drawing at the end of the User’s Manual.

*NOTE: Please check all packaging materials carefully when unpacking the unit. The Shroud is packed in polystyrene packaging and may not be readily visible when unpacking.
2. To prevent any damage to the floor area during assembly, it is recommended to use a surface covering such as a carpet to protect the surface.

ASSEMBLY TOOLS

Below are the tools provided for assembling the machine.



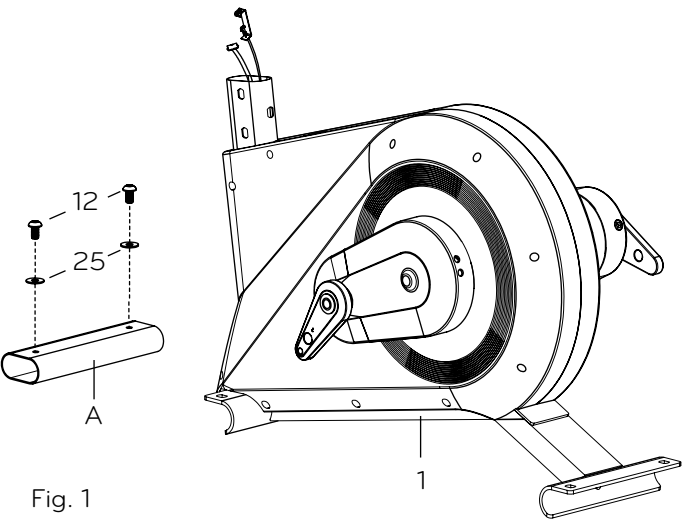
ASSEMBLY STEPS

- Step 1

Remove the Fixed Tube (see Fig. 1)

Disconnect the Fixed Tube (A), Bolt (12) and Washer (25) from the Main Frame (1).

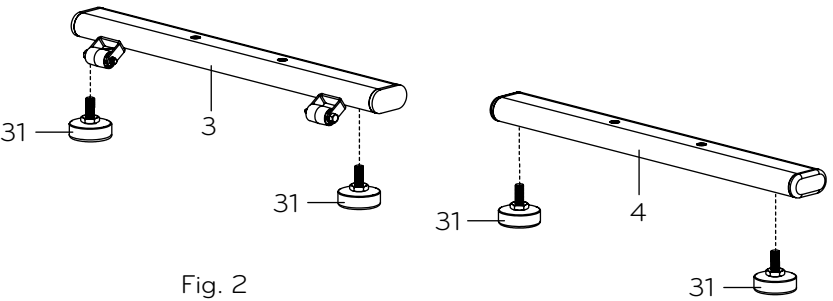
Notice: The Fixed Tube(A) is not part of the product and is used to protect the machine from damage during shipping. Once removed, it can be discarded.



- Step 2

Attach Leveling Feet (See Fig. 2)

Screw Levelling Feet (31) into the ends of the Front Stabilizer (3) and into the Rear Stabilizer (4).

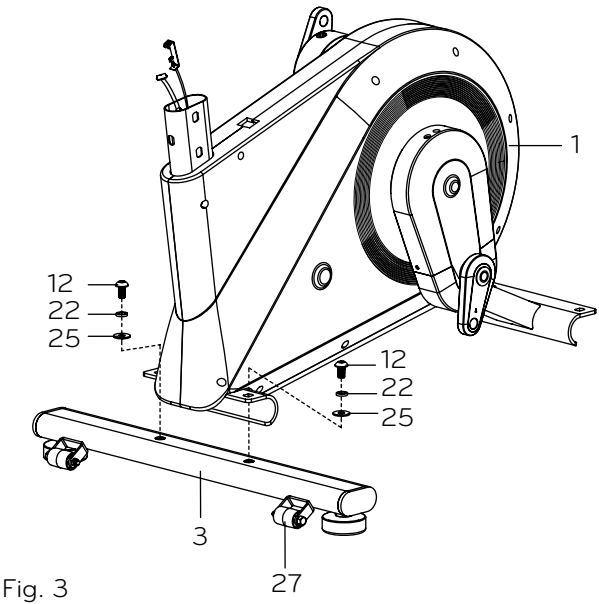


- Step 3

Attach the Front Stabilizer (see Fig.3)

Notice: Make sure the Transport Wheels (27) on the Front Stabilizer (3) point forwards.

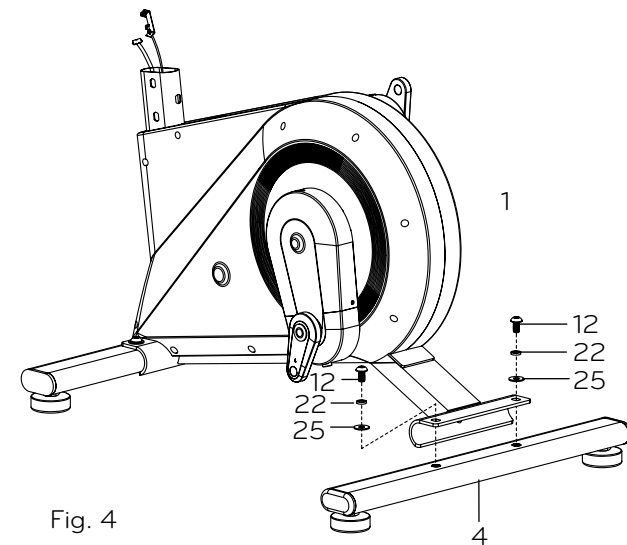
Remove two M8x15 Bolts (12), two Ø8 Spring Washers (22) and two Ø8x Ø20x2.0 Washers (25) from the Front Stabilizer (3). Place the Front Stabilizer (3) against the Main Frame (1) and align the holes in the Front Stabilizer (3) and the Main frame (1). Attach the Front Stabilizer (3) to the Main Frame (1) with two M8x15 Bolts (12), two Ø8 Spring Washers (22) and two Ø8x Ø20x2.0 Washers (25) and tighten, using the Allen Wrench provided.



Step 4

Attach the Rear Stabilizer (see Fig. 4)

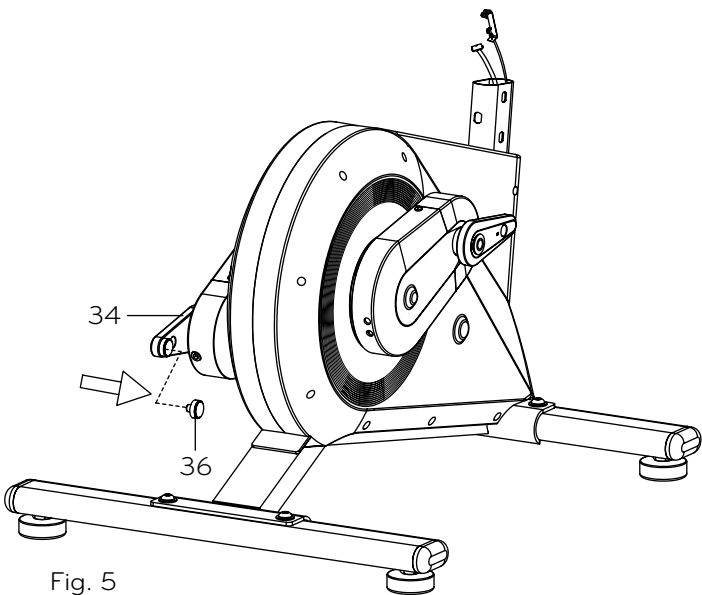
Remove the two M8x15 Bolts (12), two Ø8 Spring Washers (22) and two Ø8x Ø20x2.0 Washers (25) from the Rear Stabilizer (4). Place the Rear Stabilizer (4) against the Main Frame (1) and align the holes in the Rear Stabilizer (4) and the Main frame (1). Attach the Rear Stabilizer (4) to the Main Frame (1) with two M8x15 Bolts (12), two Ø8 Spring Washers (22) and two Ø8x Ø20x2.0 Washers (25) and tighten, using the Allen Wrench provided.



Step 5

Remove the Magnetic Disc (see Fig.5)

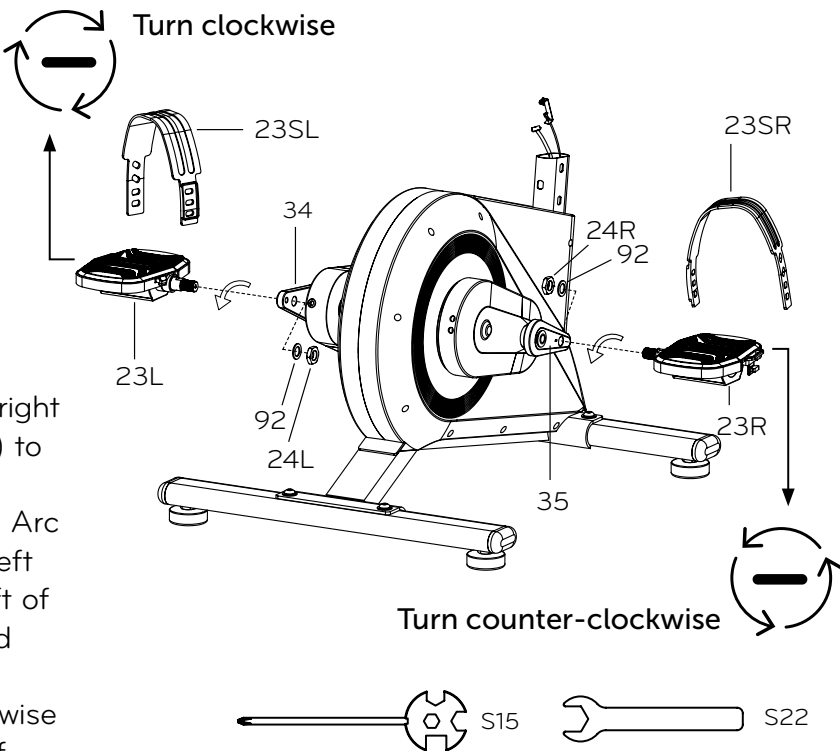
With your fingers, unscrew the Magnetic Disc (36) screwed into the Left Secondary Crank (34).



Step 6

Attach the Pedals and Straps (see Fig. 6)

- The left Pedal (23L) and left Secondary Crank (34) are marked with "L". The right Pedal (23R) and right secondary Crank (35) are marked with "R". Notice: Reference to "left" and "right" is from the perspective of standing on the pedals and looking forward over the Handlebar (5).
- Connect the Strap marked R (23SR) to the right pedal. Connect the strap marked L (23SL) to the left pedal.
- Left Pedal: Remove the Flat Nut (24L) and Arc Washer (92) from the pedal shaft of the Left Foot Pedal (23L) and insert the pedal shaft of the Left Foot Pedal (23L) into the threaded hole on the left Secondary Crank (34). Screw the pedal shaft in by hand, in a clockwise direction as far as you can (see direction of arrows shown in Fig. 6). Then fully tighten using the Multi Hex Tool (S15).



Warning: When assembling the left pedal, DO NOT turn the pedal shaft in a counter-clockwise direction as doing so will strip & damage the threads.

Once screwed in, the threads of the pedal shaft should protrude behind the left Secondary Crank (34). Insert the Ø15xØ24x1.0 Arc Washer (92), then screw the Flat Nut (24L) securely onto these threads. Use the Wrench (S22) provided to tighten the Flat Nut (24L).

- Right Pedal: Remove the Flat Nut (24R) and Arc Washer (92) from the pedal shaft of the Right Foot Pedal (23R) and insert the pedal shaft of the Right Foot Pedal (23R) into threaded hole in the right Secondary Crank (35).

Screw the pedal shaft in by hand, in a counter-clockwise direction as far as you can (see direction of arrows shown in Fig. 6). Then fully tighten with the Multi Hex Tool (S15).

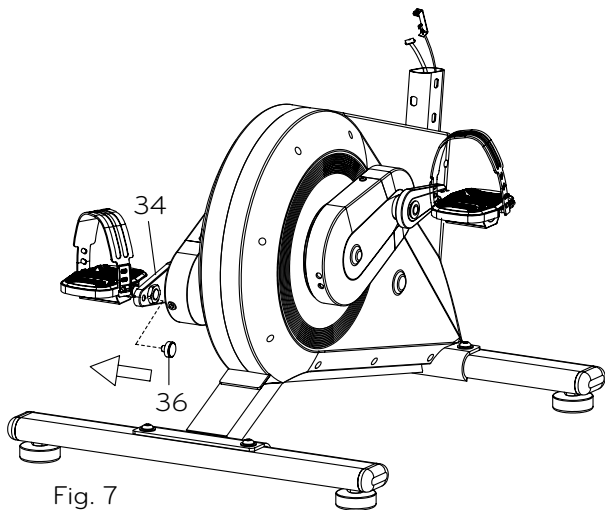
Warning: When assembling the right pedal, DO NOT turn the pedal shaft in a clockwise direction as doing so will strip & damage the threads.

Once screwed in, the threads of the pedal shaft should protrude behind the right Secondary Crank (35). Insert the Ø15xØ24x1.0 Arc Washer (92), then screw the Flat Nut (24R) securely onto these threads. Use the Wrench (S22) provided to tighten the Flat Nut (24R).

Step 7

Attach the Magnetic Disc (see Fig. 7)

Re-connect the Magnetic Disc (36) by screwing it into the Left Secondary Crank (34) by hand until tight.



Step 8

Fit the Shroud (see Fig. 8)

- Remove the six M8x15 Bolts (12), six Ø8 Spring Washers (22), four Ø 8x Ø 16x1.5 Flat Washers (13) and two Ø 8x Ø 16x1.5 Curved Washers (14) from the Handlebar Post (2).
- Slide the Shroud (20) up the Handlebar Post (2). Note the orientation of the slanted side of the Shroud (20) relative to the Resistance Dial (16).
- Tighten the Strap (B) around the Handlebar Post (2) below the Shroud (20).
Notice: The Strap is a temporary measure to prevent the Shroud (20) from dropping down and interfering with the assembly of the Handlebar Post (2).

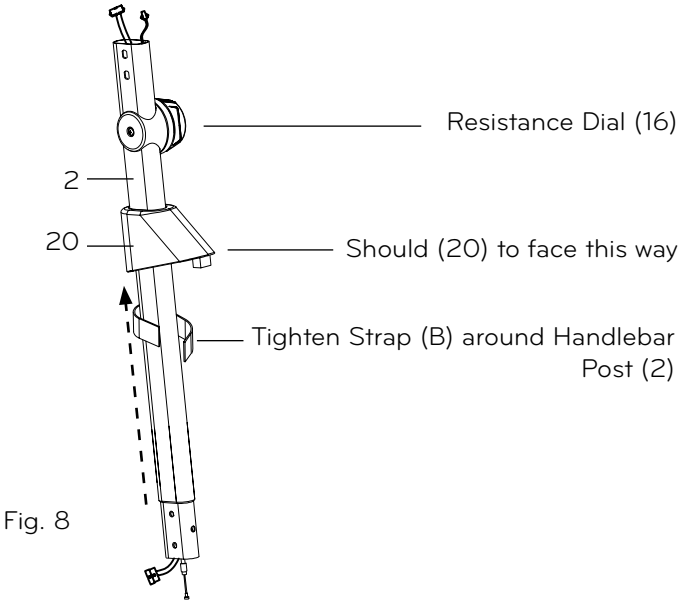


Fig. 8

Step 9

Align the Handlebar Post with the Main Frame (see Fig. 9)

Bring the Handle Bar Post in alignment with the Main Frame (1) to perform Step 10 and Step 11 below.

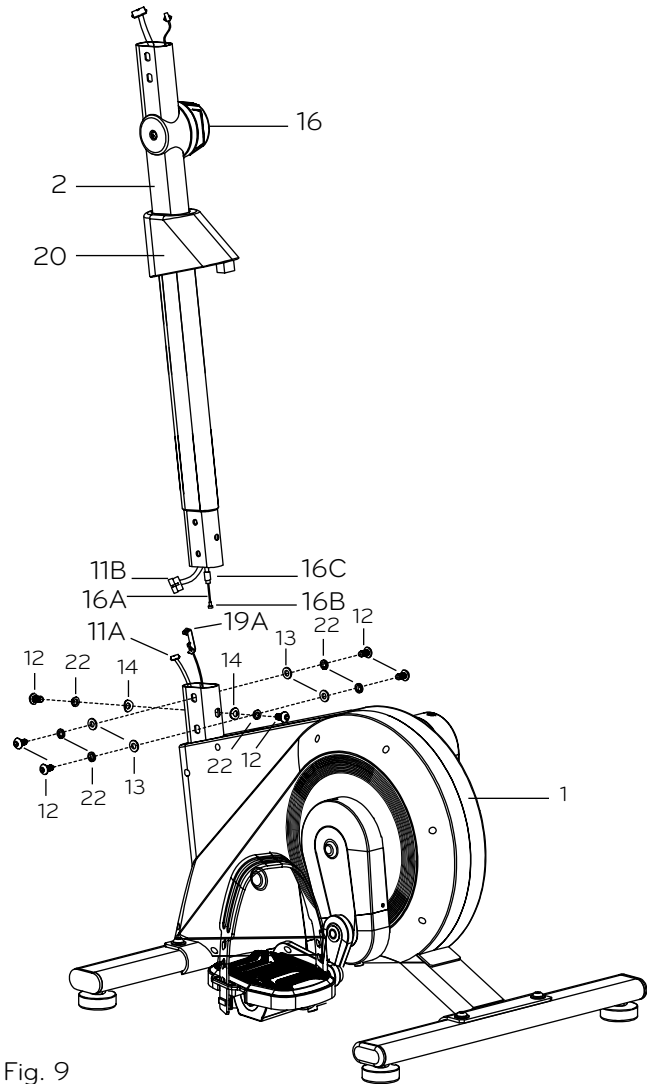


Fig. 9

Step 10

Connect the Resistance Cables (see Fig. 10a, 10b & 10c below)

- Turn the Resistance Dial (16) (see Figure 9 above) to its lowest setting (setting 1) – this will extend the Resistance Dial Cable (16A), making the next step below easier.
- Hook the Resistance Dial Cable Anchor (16B) onto the Resistance Cable Spring Hook (19A) (See Figure 10a).
Notice: Be sure that the Hook and Anker are properly connected to one another.
- Pull the Resistance Dial Cable Bush (16C) upwards to slide into the slot on the Resistance Cable Bracket (19B) (see Figures 10b and 10c). Notice: This step may require the use of a bit of force.

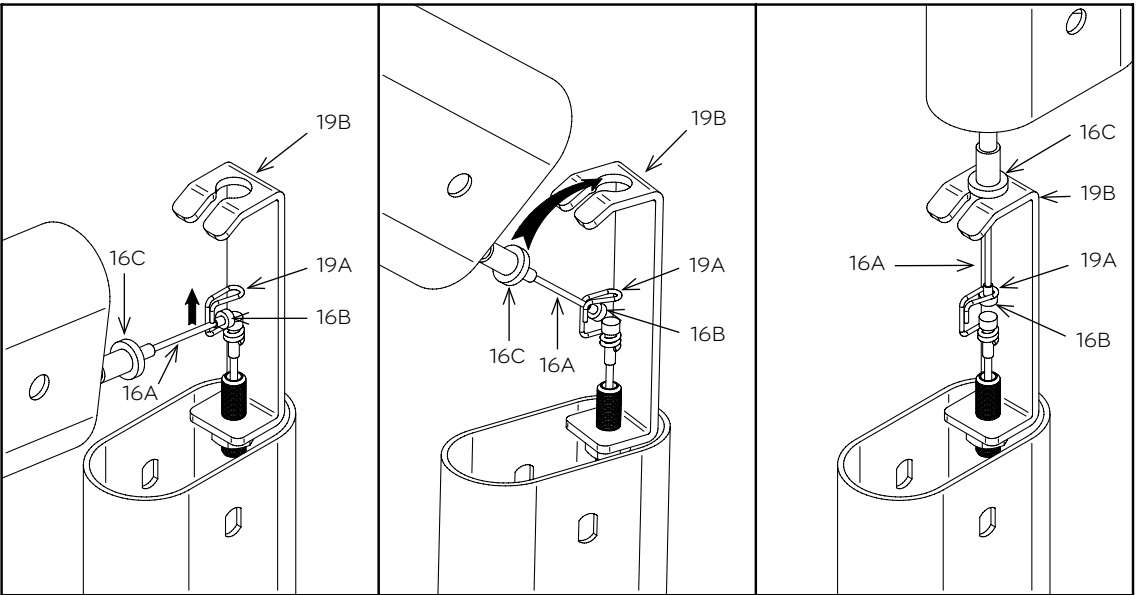


Fig. 10a

Fig. 10b

Fig. 10c

Step 11

Connecting the Sensor Wires (see Fig. 11)

Cut the cable ties (or rubber bands) around the sensor wires. Clip together the Sensor Frame Wire (11A) protruding from the Main Frame (1) to the Sensor Post Wire (11B) protruding from the Handle Bar Post (2).

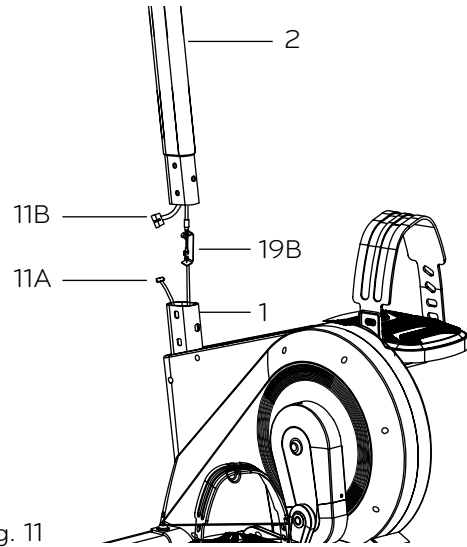


Fig. 11

Step 12

Connecting the Handlebar Post (see Fig. 12)

- Carefully slide the Handlebar Post (2) into the oval tube on the Main Frame (1).
Notice: Be careful not to pinch or damage any of the wires.
- Secure the Handlebar Post (2) to the Main Frame (1) with (the previously removed) six M8x15 Bolts (12), six Ø8 Spring Washers (22), four Ø 8x Ø 16x1.5 Flat Washers (13) and two Ø 8x Ø 16x1.5 Curved Washers (14).
Notice: The Curved Washers (14) are to be placed on the front and the back of the curved sides of the oval tube.

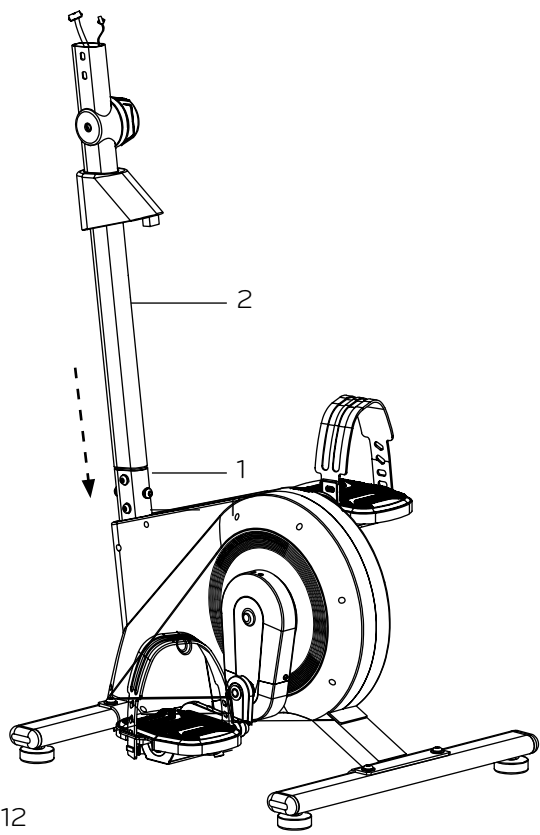


Fig. 12

Step 13

Fit the Shroud (see Fig. 13)

- Release the Strap (B).
- Slide the Shroud (20) down over the end of the Handlebar Post (2), until it engages flush with the plastic cover of the Main Frame (1) with the protrusion on the Shroud (20) slotted into the square opening on the Main Frame (1) plastic cover.
- Re attach and tighten the strap (B) above the Shroud (20).

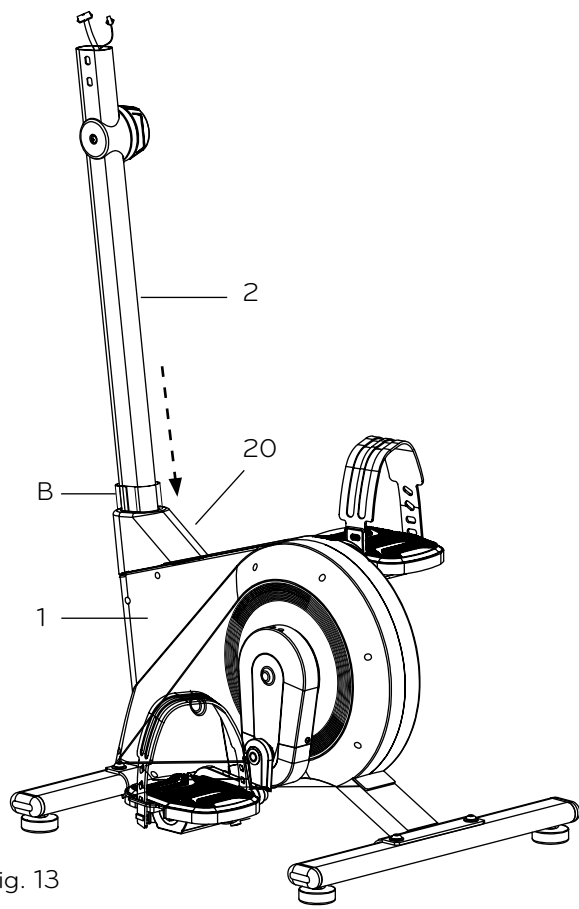


Fig. 13

Step 14

Align the Handle Bar Post with the Handle Bar (see Fig. 14)

- Remove the four M8x10 Bolts (15), one M8x15 Bolt (12), four Ø 8x Ø 16x1.5 Flat Washers (13) and one Ø 8x Ø 16x1.5 Curved Washer (14) from the Handlebar Post (2).
- Bring the Handle Bar (5) and Handlebar Post (2) in alignment.

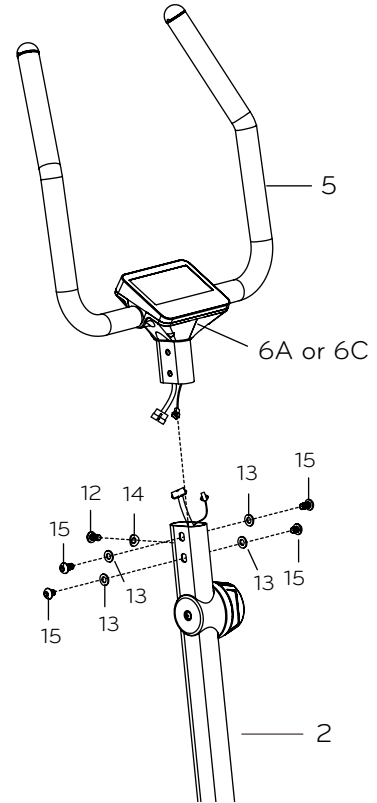


Fig. 14

Step 15

Connecting the Console and Resistance Wires (see Fig. 15)

- Cut the cable-ties (or rubber bands) holding the Sensor Post Wire (11B) and Resistance Console Wire (7A) in the Handlebar Post (2).
Notice: When cutting the cable ties (or rubber bands), be careful not to accidentally cut any of the electrical wires or drop the wires into the Handlebar Post (2).
- Connect and clip the Sensor Post Wire (11B) protruding from the Handlebar Post (2) to the Sensor Console Wire (11C) hanging from the Console (6A or 6B).
- Connect and clip the Resistance Post Wire (7A) protruding from the Handlebar Post (2) to the Resistance Console Wire (7B) hanging from the Console (6A or 6C).

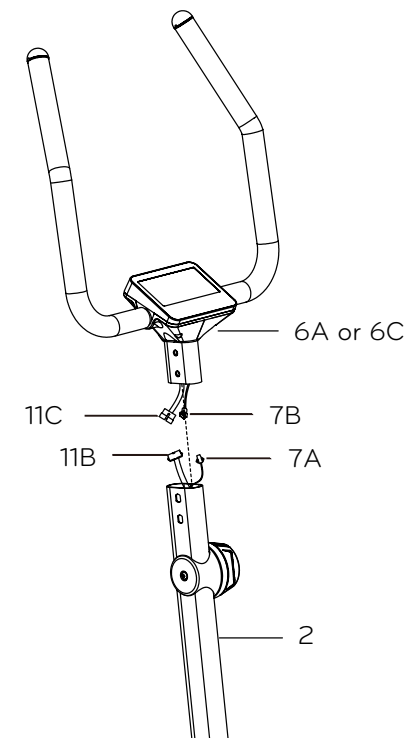


Fig. 15

Step 16

Attaching the Handle Bar to the Handlebar Post (see Fig. 16)

- Carefully tuck the connected wires into the Handlebar Post (2).
- Insert the Handlebar (5) into the top end of the Handlebar Post (2).
Notice: Be careful not to pinch or damage any of the wires.
- Attach the Handlebar (5) to the Handlebar Post (2) with (the previously removed): Four M8x10 Bolts (15), one M8x15 Bolt (12), four Ø 8x Ø 16x1.5 Flat Washers (13) and one Ø 8x Ø 16x1.5 Curved Washer (14).
Notice: The Curved Washer (14) is to be used on the rounded side of the oval tube of the Handle Bar.

**This completes assembly
of the Orbitrek™ X17™**

Moving the Machine

- To move the machine, stand in front of it, grip the Handlebar (5) with both hands and slowly tilt it towards you until the Transport Wheels (27) contact the floor.
- Push (or pull) the machine to the desired location, then slowly lift the Handlebar (5) to lower it onto the Levelling Feet (31) of the Rear Stabilizer (4). Be careful when moving the machine as abrupt and excessive bumpy motions can affect the functioning of the Console (6).
Notice: A rubber mat can be used below the machine to protect the flooring.

Levelling the Machine

- Place the machine on a clean, solid, level and horizontal surface, free from unwanted material or other objects that may hamper your ability to move freely.

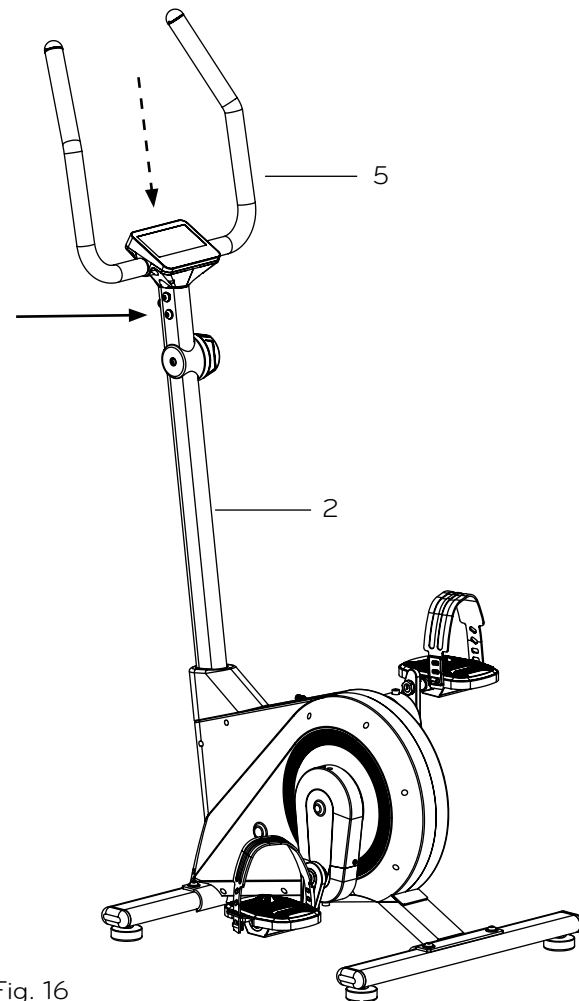


Fig. 16

- Ensure that the Levelling Feet (31) attached to the Front Stabilizer (3) and the Rear Stabilizer (4) all make contact with the floor. If not, loosen the Levelling Foot (31) locking nuts, turn and adjust the feet, one at a time, until they are evenly balanced and are in contact with the floor. Make sure the machine is level and stable, then tighten the locking nuts.
Notice: Do not unscrew the Levelling Feet (31) too much to prevent them from becoming detached whilst using the machine as this may cause personal injury or damage to the machine.

Final Inspection

- Inspect your machine to ensure that all hardware is secure, and all components are properly assembled.
- **Do not use the machine until it has been fully assembled and inspected for correct performance in accordance with the User's Manual.**

HOW TO USE YOUR MACHINE

Exercising with the Orbitrek™ X17™ involves holding the Handlebar with both hands, standing with feet on the Pedals, adjusting the Resistance Dial setting and pedaling.

MOUNTING THE MACHINE

With your foot, move the Pedals until the one nearest to you is in the lowest position. When first using the machine, place your foot onto the Pedal and adjust the Foot Strap to sit snug across the bridge of your foot. Repeat for the other foot. Grasp the Handlebars to steady yourself, whilst stepping onto the Pedal.
Notice: Care must be taken when mounting the machine. Do not mount the machine until the Pedals are at a stop and are stable.

DISMOUNTING THE MACHINE

To dismount from the machine, slow down pedaling until the Pedals come to a halt with one Pedal close to the floor. Whilst holding the Handlebar and with your weight on the Pedal closest to the floor, move the upper foot off the machine and down onto the floor. Step off the machine and release your grip from the Handlebar.
Notice: Care must be taken when dismounting the machine. Do not dismount the machine until the Pedals have come to a complete stop and are stable.

USING THE HANDLEBAR

When mounting the machine, pedaling and dismounting, stabilize and balance your body by gripping the Handlebar with both hands. When pedaling, grip and hold the Handlebar where it feels most comfortable and secure. Typically, the taller you are, the higher up your grip will be; the shorter you are, the lower your grip will be. Experiment with different grip positions to find one that you are comfortable with. Use the Handlebar for balance, not for leaning onto and supporting your bodyweight.

PEDALING

Pedal Dead Spot

Occasionally, after mounting the machine, you may be unable to move the Pedals to start pedaling. This is caused by a "dead spot". To overcome this, set the resistance to its lowest setting, grasp the Handlebar and apply your weight to the heel of the higher foot, whilst leaning back slightly and pushing with your foot backwards. Once the Pedals begin to move, the direction of pedaling can be changed to resume your intended workout.

Pedaling Speed (Cadence)

Pedal at a pace in the range of 60 revolutions per minute (RPM) (of the pedal rotating about the main axle). The important point is to pedal at a speed that you feel comfortable with and can maintain proper form (see: Proper Form and Technique below). The pace (RPM) at which you pedal together with the Resistance Dial setting are two of the factors that determines the intensity of your workout - how hard you are exercising (the other factor impacting intensity is the duration of pedaling). If you pedal slowly and it feels uncomfortable, the Resistance Dial setting may be set too high; if you pedal fast and you find it overly easy to pedal, the Resistance Dial setting may be set too low.

Pedaling Direction

Standing on the pedals, facing forward, grip the Handlebar and push downwards and forwards onto the pedals, causing them to move in a forward (clockwise) direction - the most common way to pedal. Occasionally, and for the sake of variety, you can pedal backwards (anti-clockwise) to exercise a different group of muscles.

Pedal Path

When exercising with the Orbitrek™ X17™, anticipate that the Pedals automatically follow a non-repetitive, cycloidal movement path, involving changes in speed and resistance – all positive effects requiring coordination, balance and changes in body orientation. Be attentive to these changes whilst pedaling to avoid loss of balance and possible injury.

Body Stance for Pedaling

Mostly, pedaling is done standing upright. From time to time, and for the sake of variety and to train different muscles, experiment with alternative body positions whilst pedaling: Leaning slightly forwards or leaning slightly backwards or bending your knees and crouching slightly down whilst pedaling.

RESISTANCE DIAL SETTING

The Orbitrek™ X17™ is equipped with a magnetic flywheel system and Resistance Dial with 8 settings to increase or decrease the resistance (difficulty) level whilst pedaling. The resistance can be changed at any time before or whilst pedaling by turning the Resistance Dial clock-wise - to increase resistance (in the direction from setting 1 to 8) or counter-clockwise - to reduce resistance (in the direction from setting 8 to 1).

PROPER FORM AND TECHNIQUE

- Pedal with your body posture straight and upright, lengthen your spine and roll your shoulders back. When pedaling, the movement must feel comfortable.
- To engage your abdominals, do not crouch forward when pedalling.
- Keep your hips over the center of the machine and pedal with a smooth, even motion.
- When pedaling, do not sway from side to side.

TRIAL RUN

To familiarize yourself with exercising and pedaling with your Orbitrek™ X17™, grip the Handlebar, mount the machine, turn the Resistance Dial to its lowest setting and gradually start to pedal forwards (clockwise). Anticipate that the pedals automatically follow a non-repetitive, cycloidal movement path, involving changes in force, body orientation and coordination. Be attentive to these changes whilst pedaling to avoid loss of balance and possible injury. Once you are comfortable with the pedaling movement path, gradually pick up pace (RPM), without exerting too much effort. A minute or two of “practice” pedaling should be sufficient to enable you to get used to the “feeling” of the machine and to start implementing an Exercise Program (see Exercise Program Information on page 29).

MAINTENANCE

Chain Tensioning

- To enjoy smooth and even pedaling with the Orbitrek™ X17™, the chains (underneath the crank covers) must always be tensioned, without any slack in the chains. When first starting to exercise, and after the initial period of pedaling, the chains will “settle in” resulting in a small degree of chain “stretch”. This requires re-tensioning of the chains by turning the chain bolt (46) clockwise using the Allen Wrench S6, until it is firm.
Note: It is not necessary to overtighten the chain bolt.
- Check and tighten each chain bolt on a monthly basis or if the chain(s) feels loose or jerks while pedaling.

Routine Maintenance

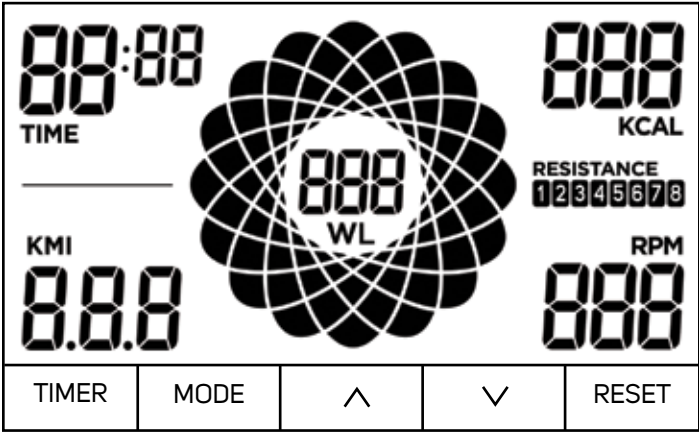
- The Orbitrek™ X17™ is for indoor, home use only. Do not use outdoors.
- Do not expose the machine to rain, moisture or high humidity environment.
- Routinely inspect the machine to ensure that it is in good working condition, tighten loose bolts and immediately replace any broken, damaged, or worn parts.
- Use a clean, damp (not wet) cloth to wipe the machine to remove dust, dirt, grime, or sweat.
- To avoid damage to the console, keep liquids away from the console and keep it out of direct sunlight. If the console does not turn on, check the battery.

USING THE CONSOLE

To guide, monitor and improve the effectiveness of your workout, the Orbitrek™ X17™ is equipped with a standard console or a deluxe console (available as an optional extra).

STANDARD CONSOLE

LCD DISPLAY



FEATURE	DESCRIPTION
TIME	Displays the total, culminative time spent exercising; Also displays a separate count up timer when TIMER button is pressed
KM / MI	Distance travelled. To switch between KM and MI, hold the up/down arrows in simultaneously for 2 seconds
KCAL	The estimated calories burned during the workout
RESISTANCE	The workout resistance (or difficulty) level
RPM	The number of revolutions per minute of the pedal around the primary axel
WL	Work load (WL) is the amount of work to be performed within a specific time period and is related to the intensity you are working out at
PEDAL PATH	The cycloidal pedal path

KEYPAD FUNCTIONS

TIMER

Pressing TIMER once starts a split timer that counts up until TIMER is pressed again. The TIMER will now show the cumulative workout time until pressed again when a new split timer will be activated. The TIMER button is useful to keep track of interval times whilst continuing to record overall workout time.

MODE

The MODE button is used to set an exercise goal
NOTE: It is only possible to set one exercise goal at a time.

UP/DOWN ARROWS

Used to set values for time, distance and calories. To switch between KM and MI, hold the up/down arrows in simultaneously for 2 seconds.

RESET

Used to clear any exercise goals and reset all values to 0.

USING THE STANDARD CONSOLE

QUICK START

Once the console is connected, simply start pedaling. Time, distance and calories will count up.

EXERCISE PROGRAMS

To implement one of the exercise programs, select a program from the Exercise Program section in this manual. Read the exercise program breakdown and description. Then follow along by keeping track of interval times using the TIMER function.

EXERCISE GOALS

To set an exercise goal such as distance, calories or time, ensure that the pedals are stationary and follow the instructions below:

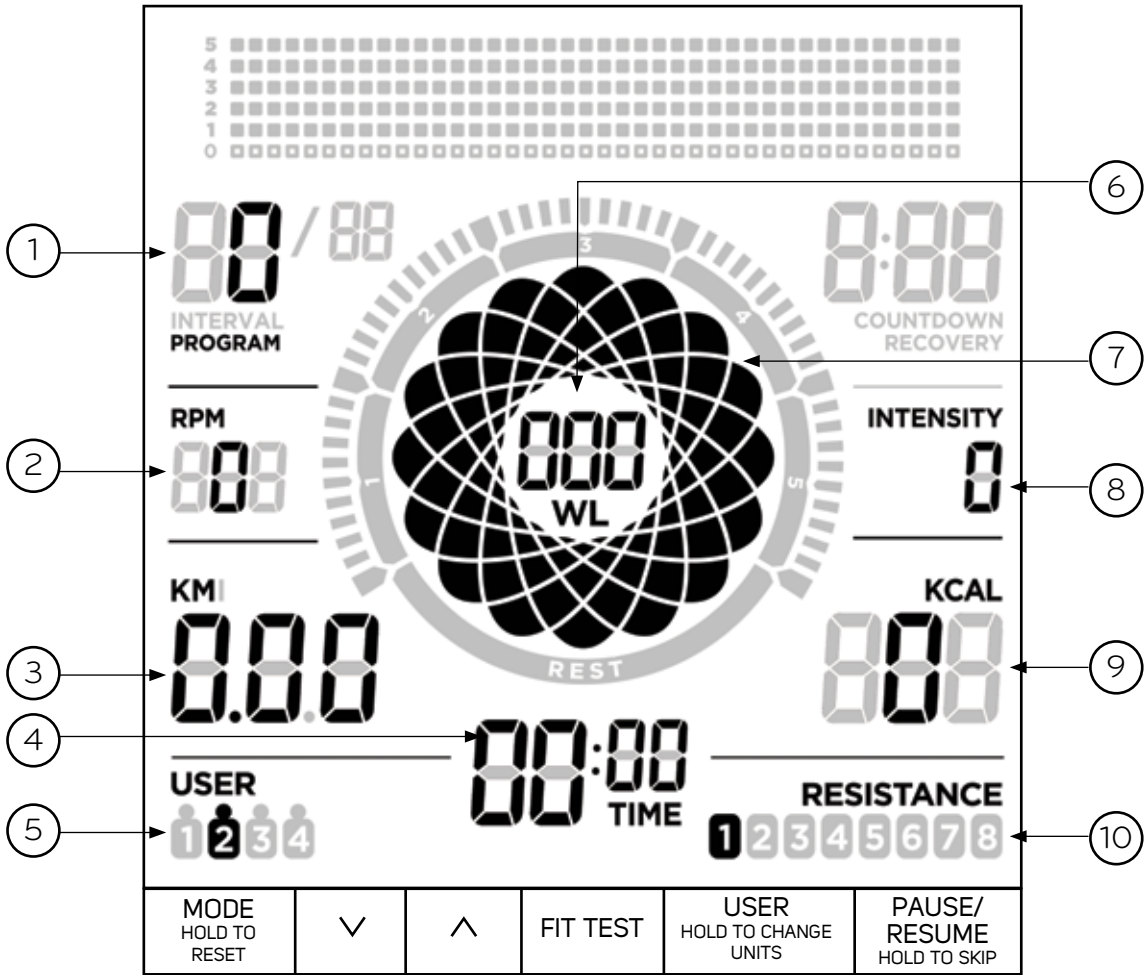
- To set a time goal, press MODE once. Time should now be flashing. Use the up/down arrows to set a time goal, then start pedaling to activate. Time will count up and when your goal has been reached, there will be an audible beep.
- To set a calorie goal, press MODE twice. KCAL should now be flashing. Use the up/down arrows to set a calorie goal, then start pedaling

to activate. Calories will count up and when your goal has been reached, there will be an audible beep.

- To set a distance goal, press MODE three times. Distance should now be flashing. Use the up/down arrows to set a distance goal, then start pedaling to activate. Distance will count up and when your goal has been reached, there will be an audible beep. To change from KM to MI, press the up/down arrows simultaneously and hold for two seconds.

DELUXE CONSOLE

LCD DISPLAY



#	DESCRIPTION
1	Program. This value will be "0" if no exercise program has been selected (see Using the Deluxe Console below)
2	RPM. The number of rotations per minute of the pedal around the primary axel
3	KM/MI. Distance travelled. To switch between KM and MI, hold in USER button for two seconds
4	TIME. Count up timer showing the total duration of exercise
5	USER. Selected user profile (up to 4 user profiles can be stored)
6	WORK LOAD (WL). This is the amount of work to be performed within a specific time period and is an indication of the intensity you are working out at
7	Pedal Path. The cycloidal pedal path (this will become active after a few seconds of pedaling)
8	INTENSITY. The intensity you are currently working at based on your FIT TEST results. Note: If a FIT TEST has not been completed, no value will be displayed. Intensity values range from 1 – 5
9	KCAL. The estimated calories burned during the workout
10	RESISTANCE. The workout resistance (or difficulty) level. This is set by adjusting the resistance dial - from setting 1 (easy) to 8 (difficult)

KEYPAD FUNCTIONS

MODE
Used to set an exercise goal or to reset values to zero. To clear a workout and reset all values to zero, hold MODE in for 2 seconds.

UP/DOWN ARROWS
Used to select an exercise program. Also used to set values for time, distance and calorie goals.

FIT TEST
Activates a Fit Test to calibrate program intensity levels to your current level of fitness.

USER
Used to store Fit Test results for up to 4 users. To select a User Profile, ensure that the pedals are stationery and press USER once for User 1; twice for User 2; three times for User 3 and four times for User 4.
To switch between KM and MI, hold in USER for 2 seconds.

PAUSE/RESUME:
Used to pause or resume a workout. To skip to the next interval (when completing an exercise program), hold PAUSE/RESUME for 2 seconds.

FIT TEST
Whether you choose to workout using an exercise program or not, it is highly recommended to complete a Fit Test so that your Orbitrek™ X17™ is calibrated to your fitness level. It is also recommended to repeat the Fit Test once a month to take into account any changes in fitness levels. Fit Test results - displayed as (WL), are stored under a particular User Profile to ensure a customised training experience. It is suggested that you keep a record of the WL results during your Fit Test to monitor the progress in your fitness.

FIT TEST INSTRUCTIONS

- Set the Resistance Dial to level 3
- Step onto the Orbitrek™ X17™. While keeping the pedals stationary, press USER and select a User Profile (1, 2, 3 or 4) to store the Fit Test results under (one press, for User 1, two presses for User 2 etc). The selected User profile is shown in the bottom left corner of the console.
- Press FIT TEST and begin to pedal.
- This will activate a 5 second countdown. After the 5 second count-down, pedal as fast as you can for the 30 second Fit Test.
- Once the Fit Test is complete, you will hear a beep. Your Fit Test result will be displayed in the centre of the console.
- The console display will now be calibrated based on your Fit Test result.
- Your Fit Test profile is stored under the selected User Profile until a subsequent Fit Test is completed.

USING FIT TEST RESULTS

After completing a Fit Test, the Intensity reading on the console will display a number from 0 – 5. This indicates the intensity that you are working out at (for more about Exercise Intensity, please see page 26).

Exercise intensity is directly linked to Workload (WL). Therefore, the higher the workload, the higher the intensity of exercise; The lower the workload, the lower the intensity of exercise. On the console, as Workload (WL) increases, so more segments of the Work Load Meter are illuminated and the higher the Intensity reading.

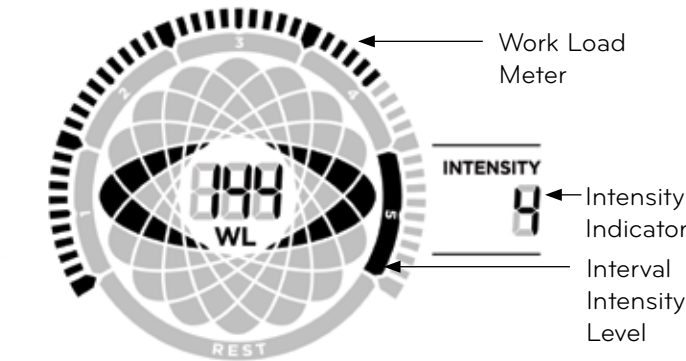
Working out at the right intensity

Each exercise program is divided into different time increments or intervals. Each interval is to be performed at a particular intensity. Interval intensity levels are indicated in the Exercise Program Profile at the top of the console. Interval intensity levels are also displayed as a number around the movement path graphic.

When working out using an exercise program, you should try to match your workout Intensity to the Interval Intensity.



The diagram above shows that the current interval is to be performed at an intensity level of 5. The exerciser is exercising at an intensity that has illuminated the Work Load Meter to correspond to level 5. As such, the Intensity Indicator matches the interval intensity level.



The diagram above shows that the current interval is to be performed at an intensity level of 5. The exerciser is exercising at an intensity level that has illuminated the Work Load Meter to level 4 which is also shown by the Intensity Indicator. To increase the exercise intensity to level 5 as required in the exercise program, the exerciser must increase their Work Load (WL) by either increasing the speed of pedalling (RPM), increasing resistance (by turning the resistance dial clockwise) or increasing both RPM and resistance.



SEPARATE COLLECTION

Dispose the waste of electrical and electronic equipment separate from unsorted municipal waste, to ensure the correct treatment of all collected electrical and electronic waste in line with local municipal regulations.

USING THE DELUXE CONSOLE

QUICK START

To exercise without selecting an exercise program, ensure that the pedals are stationery and select a user profile (1 to 4). Then start pedalling. Using the console, you can track the duration of exercise, distance, RPM, workload and approximate calories. If you have completed a Fit Test, you will also be able to monitor your workout intensity.

EXERCISE GOALS

If you have decided to exercise without following a preinstalled exercise program you can set an exercise goal such as distance (KM or MI), calories or time (duration) of a workout. Note: Only one exercise goal (i.e. distance/calories/time) can be set at a time. To set a goal, start by holding the MODE button in for 2 seconds to ensure all values are reset to zero. Then follow the steps below:

- To set a distance goal, ensure that the pedals are stationery and press MODE once. Distance should now be flashing. Use the up/down arrows to set a distance goal. When starting to pedal, distance will count up. When your goal has been reached, there will be an audible beep.

- To set a calorie goal, ensure that the pedals are stationery and press MODE twice. KCAL should now be flashing. Use the up/down arrows to set a calorie goal. When starting to pedal, calories will count up. When your goal has been reached, there will be an audible beep.
- To set a time goal, ensure that the pedals are stationery and press MODE three times. Time should now be flashing. Use the up/down arrows to set a time goal. When starting to pedal, time will count up. When your goal has been reached, there will be an audible beep.

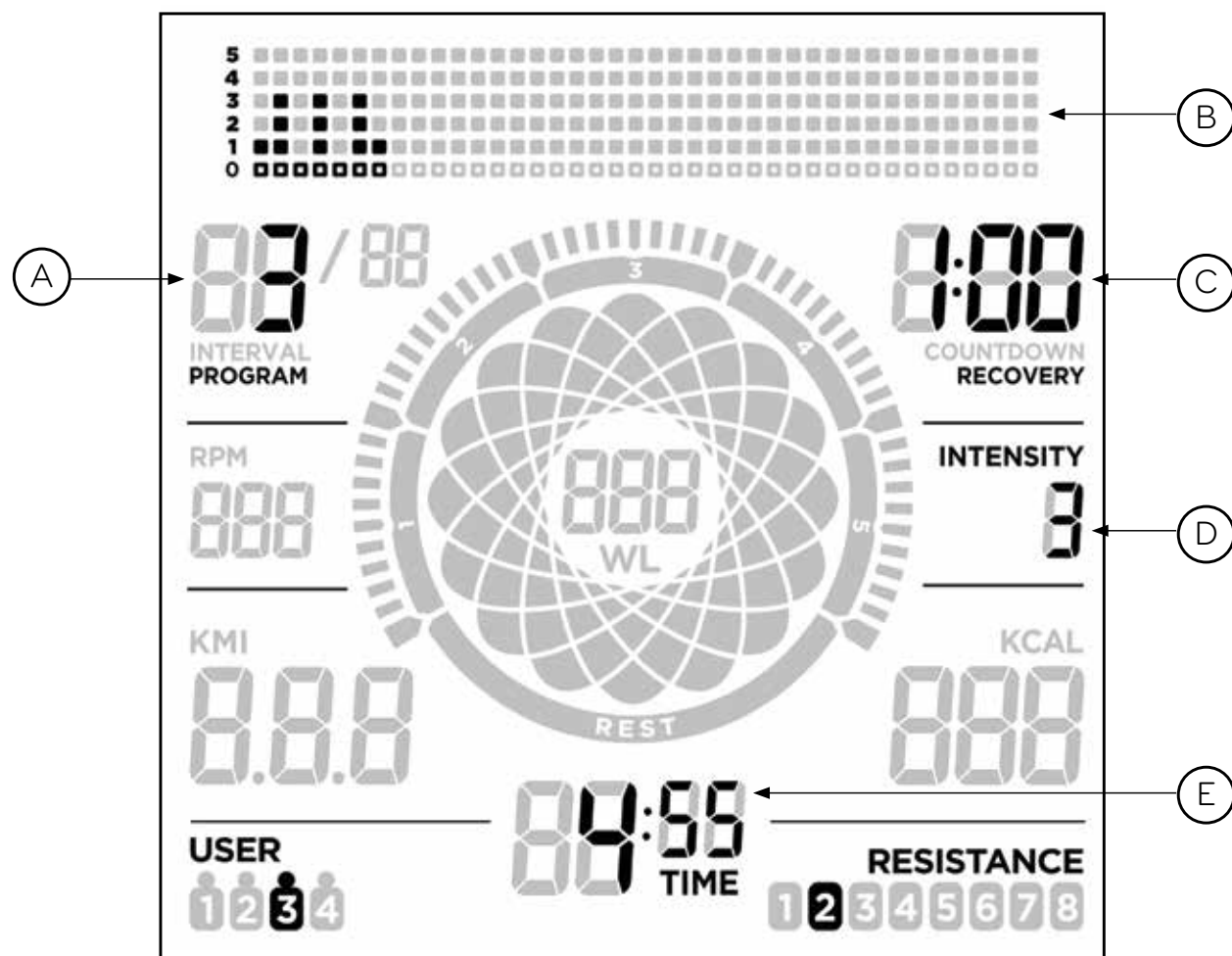
EXERCISE PROGRAM

Selecting and Exercise Program

To exercise using one of the 21 preinstalled exercise programs, follow the steps below:

Note: To get the most out of your work out, ensure that you have completed a Fit Test.

- Without moving the pedals, select your desired user profile (1 to 4) by pressing USER once for user 1, twice for user 2 etc.
- From a stationary position, use the UP/DOWN arrows to scroll through the various exercise programs. Each exercise program will show the following:



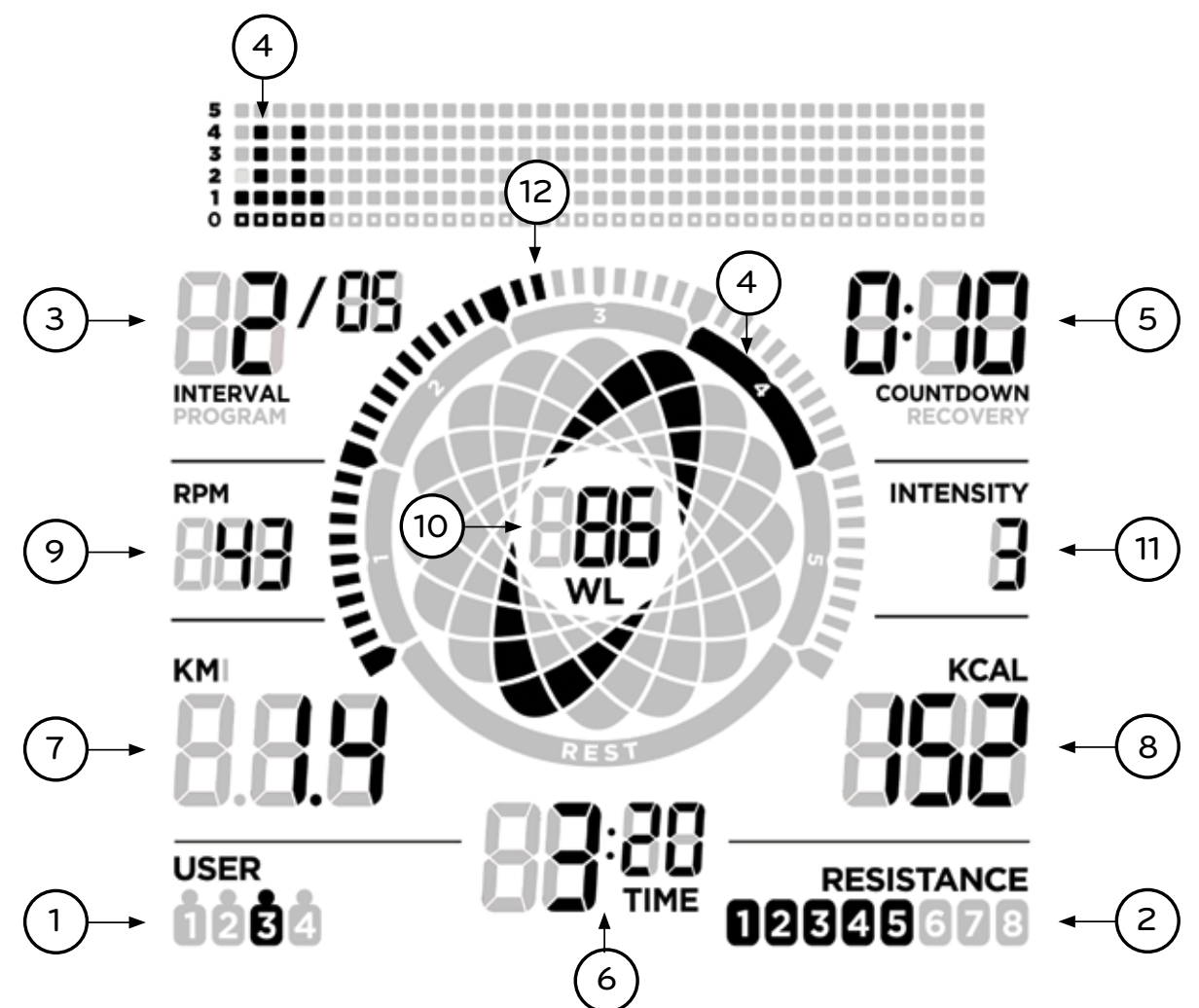
#	DESCRIPTION
A	Exercise Program Number
B	Exercise Program Profile. This shows the profile of a selected exercise program in terms of number of intervals and the intensity of each interval. Each column in the profile shows one interval (workout segment). The higher the column, the higher the intensity of the workout. The flashing column shows the current interval
C	Recovery time. Some exercise programs include a period of rest and recovery where exercise stops. The duration of each recovery period has been pre-set to 1 minute. This can be increased or decreased depending on your level of fitness
D	Intensity. This intensity rating of the exercise program (on a scale of 1 – 5)
E	Time. The total duration of the exercise program

- Start to pedal to activate the selected program.
- To switch from one exercise program to another, stop pedaling and hold the MODE button in for 2 seconds to reset all values to zero. Then, while keeping the pedals stationary, use the UP/DOWN arrows to select an alternative program. Start pedaling to activate the selected program.

NOTE: It is possible to adjust the RECOVERY time for exercise programs that include one or more rest intervals. To customize RECOVERY time (the period of rest between active intervals), first select the exercise program you wish to complete. Then press MODE once and use the UP/DOWN arrows to increase or decrease RECOVERY time in accordance with your level of fitness. Start to pedal to activate the program.

If, during your workout, you need more time to recover and catch your breath, you can always press PAUSE/RESUME to pause the workout. To continue the workout, press PAUSE/RESUME again. Alternatively, if you need less time to recover and you wish to skip to the next interval, hold PAUSE/RESUME for 2 seconds.

EXERCISE PROGRAM EXAMPLE



#	DESCRIPTION
1	User. The selected User Profile is 3
2	Resistance. The resistance dial is currently set to 5
3	Interval. Indicates which interval is in progress and the total number of intervals in the exercise program The example exercise program is currently on interval 2 out of a total of 5 intervals
4	Interval Intensity. Indicates the level of intensity of the current interval in progress. This is the intensity you should be working out at. Intensity levels range from 1 - 5 In the example, interval 2 is to be performed at an intensity of 4 (for more about exercise intensity please see Exercise Intensity on page 26)
5	Countdown. There are 10 seconds left of interval 2 before the start of the next interval
6	Time. The time left until the completion of the exercise program. In this example, there are 3 minutes and 20 seconds left until the exercise program is complete
7	KM/MI. The exerciser has completed 1,4 km
8	KCAL. The exerciser has burnt approximately 152 calories
9	RPM. The exerciser is pedalling at an RPM of 43
10	WL. Given the RPM of 43 and the resistance dial setting of 5, the current work load is 86
11	Intensity. At this Work Load, the exerciser is working out at an intensity of 3 Note: This value will only be visible if you have completed a Fit Test

In the above example, the exerciser must pedal faster to increase RPM or increase Resistance to achieve a Work Load reading so that the intensity reading is 4 to correspond to the Interval Intensity (see 4 above).

Hint: If, at any point during the exercise program, you need to stop and rest, press PAUSE/RESUME. To continue, press PAUSE/RESUME. If you wish to skip to the next interval, hold in PAUSE/RESUME for two seconds.

GENERAL EXERCISE GUIDELINES

WHEN IS THE BEST TIME TO EXERCISE?

In practice, the best time to exercise is the time that best suits you. Important, however, is to set aside and commit to a regular exercise schedule. Then stick to this to develop a habit of regular exercise. Consistency is the key that turns exercise into a lifelong, healthy habit.

FREQUENCY: HOW OFTEN TO EXERCISE?

Aim to exercise every other day – allowing for a day of rest between workout sessions. With this routine, you will alternate between exercising 3 - 4 times per week.

DURATION: HOW LONG SHOULD MY WORKOUT SESSION BE?

With the Orbitrek™ X17™, the duration of each exercise program, including Warm-up, Workout and Cool-down varies from 3 minutes to 22 minutes – a short investment in time that can yield significant results and benefits. This is consistent with the latest scientific studies showing that significant health and fitness benefits can be achieved using short periods of exercise without the need for long, boring and time-consuming workout sessions.

INTENSITY: HOW HARD MUST I EXERCISE?

The intensity of your workout, i.e. how hard you should be exercising depends on factors such as your fitness level, training objectives and tolerance for exertion. In the case of the Orbitrek™ X17™, the faster the pedaling and the higher the Resistance Dial setting, the higher the work load and intensity of the exercise. If you are unfit or out of shape, it's important to

start slowly and increase the intensity of exercise as you build up your fitness level. Ease into exercise and don't push your body too hard too soon and stop if the workout is feeling too difficult.

VARIATION AND PROGRESSION

By doing the same exercise over and over, muscles become accustomed to the monotony of an exercise movement and eventually you will hit a "fitness plateau" which stalls continued progress. To counter this, the Orbitrek™ X17™ is equipped with a dual crank system that continuously and automatically changes the pedalling movement path. This counteracts exercise boredom and delays reaching a fitness plateau as a much wider range of muscles can be exercised. In addition to the above, and to further benefit from the effects of variation, it is recommended that you implement the methods below – all aimed at ensuring continued progress:

- Change Exercise Program: To benefit from exercise variety, it is recommended that you switch programs at least once every 6 – 8 weeks.
- Change intensity mix of exercise: The same intensity can be reached by pedalling faster, at a lower Resistance Dial setting or pedalling slower at a higher Resistance Dial setting. As such, from time to time switch between faster pedalling at lower resistance, or slower pedalling at higher resistance.
- Change Body Position: When pedaling, change your stance from upright, to leaning slightly forward or pedal with legs slightly bent.
- Change Direction of Pedalling: The most common way to pedal is forward, however, from time to time, pedal backwards as a different group of muscles become activated and trained.

HOW IMPORTANT IS REST AND RECOVERY?

Rest and recovery involves, firstly, the period between workout sessions and secondly, the intervals of rest and recovery within an exercise program. Although physical activity is needed for good health, allowing your body to rest and recover is just as important. Excessive exercise without allowing for an adequate rebuilding period may result in overtraining syndrome (OTS), including fatigue and preventing the cells from adapting in a positive manner. Keep in mind that well-rounded fitness development is achieved when exercise includes a gradual progression by challenging your muscles and taxing your energy system, all while providing appropriate rest and recovery to repair the cells in the body.

HOW IMPORTANT IS DIET?

Research studies have shown that when it comes to losing body fat and accelerating fitness, the best results can be achieved by combining a nutritionally sound and healthy diet with exercising regularly and increasing your daily physical activity level.

EXERCISE INTENSITY

Intensity is key to safe and effective exercise. It is an indication of how much effort you are exerting and how hard you are exercising. Research studies have shown that exercise intensity is the single most important variable in maximising the health benefits of exercise. A useful way to track how hard you are working whilst using the Orbitrek™ X17™, is to monitor Workload (WL). Workload (WL) is the amount of work performed within a specific time period and depends on the combination of resistance dial setting (resistance) and pedalling speed (RPM).

When exercising, the higher the resistance and the higher the RPM, the higher the Workload; the lower the resistance and the lower the RPM, the lower the Workload. A higher resistance at a lower RPM can yield the same workload as a lower resistance and a higher RPM. The workload directly impacts on the intensity of exercising: The higher the workload, the higher the intensity of exercise; The lower the workload, the lower the intensity of exercise.

LEVELS OF INTENSITY

If you have the Deluxe Console (available as an optional extra) and you have completed a FIT TEST, keeping track of exercise intensity is done automatically. Alternatively, you can use the Intensity Scale below. The purpose of the scale is to provide you with a way of measuring your physical level of exertion whilst exercising. This is called “perceived exertion”: An indication of how hard you feel your body is working. The level of intensity that you are aiming to reach whilst exercising is called your target intensity.

Note: As a result of differences in fitness levels, the same activity will elicit different levels of perceived exertion in different people. What is important is that you exercise in accordance with your level of perceived exertion, a factor that will change over time as you gain in fitness.

Intensity Scale – Checking how hard are you exercising:

INTENSITY LEVEL	ACTIVITY & EFFECTS
0. NONE	No Activity No physical activity allowing for rest and recover from exertion
1. VERY LOW	Very Light Activity Pedaling requiring minimal effort, causing hardly any exertion. Easy breathing. Easy to carry on a conversation
2. LOW	Light Activity Pedaling done at an easy pace, causing a little bit of exertion. Slightly deeper breathing. Not difficult to carry on a conversation
3. MODERATE	Moderate Activity Pedaling that is somewhat challenging, causing a moderate degree of exertion. Breathing and heart rate are increasing but you are not out of breath. Can hold a short conversation
4. HIGH	Hard Activity Pedaling that is strenuous and difficult, causing a high degree of exertion. Breathing is fast, starting to gasp for breath, heart is pounding. Difficult to speak – can speak a sentence or two
5. VERY HIGH	Very Hard Activity Pedaling is extremely strenuous, requiring maximum exertion and working all-out as hard as you can. Out of breath and heart is pounding fast. Unable to talk

INTENSITY & FITNESS LEVEL

For your exercise to be safe and effective you must exercise at an intensity level that matches your fitness level. Over time, your body will adapt and become accustomed to intensity at which you are pedalling. To continue gaining in fitness, your body must continuously be challenged by gradually increasing the intensity by increasing any one or more of the following:

- Resistance: The higher the Resistance Dial setting (turning it clockwise from setting 1 toward 8), the higher the intensity; the lower the resistance dial setting (turning it anticlockwise), the lower the exercise intensity.
- Speed (RPM): For a given Resistance Dial Setting, the faster you pedal (increasing RPM), the higher the intensity; the slower you pedal (reducing RPM), the lower the intensity.

- Time: For a given resistance dial setting and a given pedalling RPM, the longer the duration (time) of pedalling, the higher the intensity; the shorter the duration of pedalling, the lower the intensity.

Note: If you are using the Deluxe Console, it is recommended that you complete a new FIT TEST once a month to ensure that the Orbitrek™ X17™ is calibrated to your current fitness level.

EXERCISE PROGRAM INFO

TYPES OF EXERCISE PROGRAMS

The Orbitrek™ X17™ exercise programs are grouped into three types of programs: Beginners Exercise Programs (programs 1 - 6), Interval Exercise Programs (programs 7 - 18) and Steady State Exercise Programs (programs 19 - 21). The grouping is done to cater for differences in fitness levels, time available for exercise, training objectives and the degree of exercise intensity that you are prepared to tolerate.

Beginner Programs (Programs 1 - 6)

These programs vary in duration from about 3 minutes to 7 minutes. For each program, the intensity of exercise fluctuates between higher and lower levels of intensity with a gradual increase in overall intensity as you move and progress from one beginner program to the next. The programs are designed to gradually improve your fitness from a state of unfit to fit and ultimately well-conditioned.

Interval Programs (Programs 7 - 18)

These programs are suitable for those who are fit or at least reasonably fit. The programs vary in duration from about 5 minutes to 22 minutes. With the interval programs, the intensity of pedalling alternates between intervals of higher intensity ("peaks") and intervals of lower intensity ("valleys"). You pedal hard, relax, pedal hard, relax, and so on. The harder you pedal during the peak intervals, the shorter the duration of the interval. If, for example, you are pedalling at a very high intensity (level 5), you will probably only be able to exert yourself for a short, peak burst of 20 to 30 seconds per interval. There is much evidence showing that short bursts (or intervals) of exercising at heightened levels of intensity followed by intervals of rest and recovery is the most effective form of exercise, resulting in greater fat loss over time than longer, low-intensity sessions. In short, the more intense the exercise, the more calories and fat are burned.

Notice: Rest involves not pedalling (i.e. no intensity; level 0); Recovery involves light pedalling at very low intensity (level 1).

Steady State Exercise Program (Programs 19 - 21)

Whereas interval training is done at higher and fluctuating levels of intensities, the Steady State Exercise Programs involve pedaling and maintaining a constant intensity throughout the duration of the workout stage. Pedalling is performed at a steady, challenging, but manageable pace at a moderate level (level 3) of intensity.

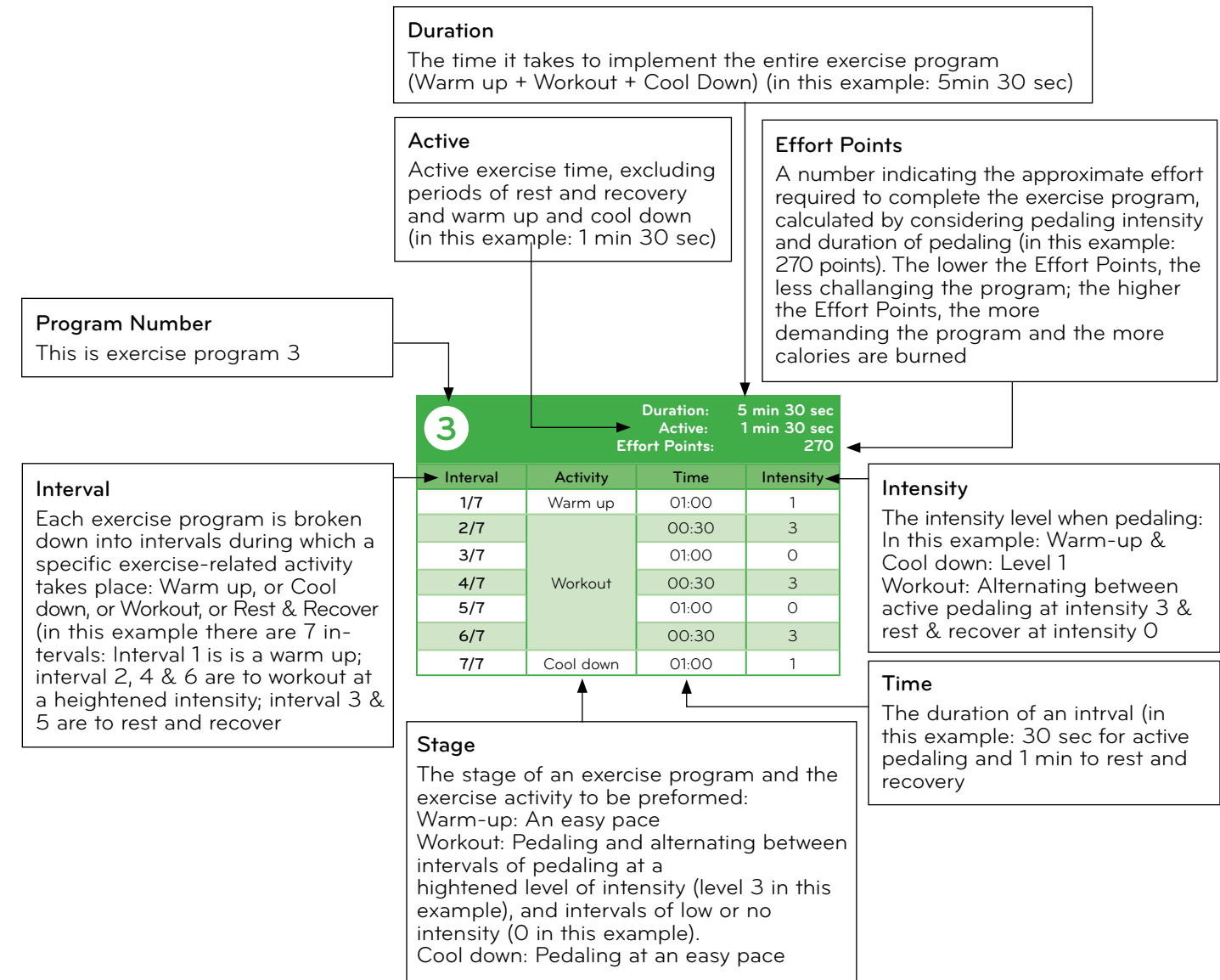
Notice: Typically, pedalling at a steady pace is less intense and demanding than interval exercising. To achieve similar results with steady state exercise compared to interval exercise, the duration of the steady state workout will have to be longer.

EXERCISE PROGRAM STAGES

Your Orbitrek™ X17™ comes with a wide variety of professionally designed exercise programs. Each program has 3 stages: Warm-up, Workout & Cool Down which are to be completed in this sequence. Do not skip any of these stages. Perform the various exercises listed in each of the stages of the exercise program, one after the other, in the indicated order.

- Warm-up: 1 or 2 minutes of gentle pedalling to slowly raise your body temperature and heart rate.
- Workout: This is the stage where you actively exercise.
- Cool-down: 1 minute of easy pedalling to slowly lower your body temperature and heart rate.

EXERCISE PROGRAM COMPONENTS



SELECTING AN EXERCISE PROGRAM

Consider the following factors when selecting an exercise program:

- 1. Fitness Level:**
 - If you are unfit, start off with Programs 1 - 4
 - If you are moderately fit, start with Program 4 - 6
 - If you are fit, implement Program 7 - 21

- 2. Amount of Time Available for Exercise**

Exercise Programs are grouped in terms of the approximate total time it takes to complete a program:

 - Short - about 5 to 10 minutes
 - Medium - about 11 to 15 minutes
 - Long - about 16 to 25 minutes

3. Program Intensity

Decide on the intensity level you would like to exercise at. For the same duration of exercise, the higher the intensity, the more effort and exertion is required, the more energy is expended and the more calories are burned. If, however, exercising at higher levels of intensity (e.g. levels 4 and 5) does not appeal to you, select an exercise program requiring pedalling at a lower levels of intensity (e.g. level 2 or 3). Therefore, decide whether to exercise at higher intensity for shorter or lower intensity for longer.

4. Effort Points

Each Exercise Program is rated in terms of effort points which takes into account the intensity and duration of a particular program. Effort points give an indication of the energy expenditure and the number of calories that can be burned from implementing the program – the higher the effort points, the more calories burnt.

5. Exercise Program Description

Once you have selected a program, read the description as this provides more detailed information about each program to confirm that the program you have selected is indeed the one that you would like to implement.

EXERCISE PROGRAM SUMMARY

Below is a table summarizing the exercise programs. By evaluating the program duration, effort points and intensity, you can select a program that meets your time constraints, training goals and appetite for intensity of pedalling.

Program Number	Total Duration*	Active Duration**	Effort Points***	Program Intensity****
Beginner Exercise Programs (BP)				
1	3 min	30 sec	60	Low
2	3 min 40 sec	50 sec	100	Low
3	5 min 30 sec	1 min 30 sec	270	Moderate
4	7 min	2 min	360	High
5	7 min	2 min	540	High
6	7 min	3 min	660	Very High
Interval Exercise Programs (IP)				
Short (5 - 10 Minutes)				
7	5 min 40 sec	40 sec	320	High
8	8 min	1 min	540	High
9	8 min 15 sec	1 min 15 sec	540	High
10	9 min 8 sec	2 min 32 sec	672	High
11	10 min	4 min	900	Very High
Medium (11 - 15 Minutes)				
12	12 min	8 min	1400	Very High
13	14 min	5 min	1560	Very High
14	10 min 30 sec	4 min 30 sec	1050	Moderate
15	10 min 30 sec	2 min	1140	High
Long (16 - 25 Minutes)				
16	20 min 50 sec	3 min 20 sec	1850	High
17	21 min 30 sec	2 min 30 sec	1710	Moderate
18	22 min	10 min	1920	High
Steady State Exercise Program (SP)				
Short				
19	6 min	4 min	720	Moderate
20	10 min	8 min	1440	Moderate
Medium				
21	14 min	12 min	2160	Moderate

* Total Duration: The total length of the program including Warm up, Workout & Cool down
** Active Duration: The length of time actively pedalling during peak intervals

*** Effort Points: An indication of the energy expenditure during the program
**** Program Intensity: A quick overview of the overall intensity rating of an exercise program: Very Low (1); Low (2); Moderate (3); High (4); very High (5).

EXERCISE PROGRAMS

If you are unfit or unconditioned, start with the Beginners Program 1 and work your way up to Program 6. Once you are fit or reasonably fit, move on to the Interval Programs 7 - 18 or the Steady State Programs 19 - 21. For more information on how to select a suitable exercise program, see Selecting an Exercise Program on page 31.

BEGINNERS EXERCISE PROGRAMS

1				Duration:	3 min
				Active:	30 sec
				Effort Points:	60
Interval	Activity	Time	Intensity		
1/5	Warm up	01:00	1		
2/5	Workout	00:15	2		
3/5		00:30	0		
4/5		00:15	2		
5/5	Cool down	01:00	1		

- Start by following this program for 3 workout sessions.
- Intensity: Low
Duration: Short
- Interval 1: Warm up by gently pedalling at a very low intensity (level 1) for 1 minute
 - Interval 2: Speed up for the peak interval and pedal at low intensity (level 2) for 15 seconds
 - Interval 3: Stop pedalling for the valley interval for 30 seconds (or however long it takes to rest and recover)
 - Interval 4: Pedal for the peak interval at low intensity (level 2) for 15 seconds
 - Interval 5: Cool down with easy pedalling at very low intensity (level 1) for 1 minute

Notice: If you can implement the above program without too much effort, progress to the next program.

2				Duration:	3 min 20 sec
				Active:	50 sec
				Effort Points:	100
Interval	Activity	Time	Intensity		
1/5	Warm up	01:00	1		
2/5	Workout	00:25	2		
3/5		00:50	0		
4/5		00:25	2		
5/5	Cool down	01:00	1		

- Follow this program for the next 3 workout sessions.
- Intensity: Low
Duration: Short
- Interval 1: Warm up by gently pedalling at a very low intensity (level 1) for 1 minute
 - Interval 2: Speed up for the peak interval and pedal at a low intensity (level 2) for 25 seconds
 - Interval 3: Stop pedalling for the valley interval of 50 seconds (or however long it takes, to rest and recover)
 - Interval 4: Pedal for the peak interval at low intensity (level 2) for 25 seconds
 - Interval 5: Cool down with easy pedalling at very low intensity (level 1) for 1 minute

Notice: If you can implement the above program without too much effort, progress to the next program.

3				Duration:	5 min 30 sec
				Active:	1 min 30 sec
				Effort Points:	270
Interval	Activity	Time	Intensity		
1/7	Warm up	01:00	2		
2/7	Workout	00:30	3		
3/7		01:00	0		
4/7		00:30	3		
5/7		01:00	0		
6/7		00:30	3		
7/7	Cool down	01:00	2		

- Follow this program for the next 3 workout sessions.
- Intensity: Moderate
Duration: Short
- Description: In this program, the number, intensity and duration of active pedalling intervals is higher than the previous program (2).
- Interval 1: Warm up by gently pedalling at a low intensity (level 2) for 1 minute
 - Interval 2: Speed up for the peak interval and pedal at a moderate intensity (level 3) for 30 seconds
 - Interval 3: Stop pedalling for the valley interval of 1 minute (or however long it takes to rest and recover)
 - Interval 4 - 5: Repeat the above peak and valley pattern 1 more time
 - Interval 6: Pedal for the peak interval at a moderate intensity (level 3) for 30 seconds
 - Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If you can implement the above program without too much effort, progress to the next program.

4				Duration:	7 minutes
				Active:	2 min
				Effort Points:	360
Interval	Activity	Time	Intensity		
1/9	Warm up	01:00	2		
2/9	Workout	00:30	3		
3/9		01:00	0		
4/9		00:30	3		
5/9		01:00	0		
6/9		00:30	3		
7/9		01:00	0		
8/9		00:30	3		
9/9	Cool down	01:00	2		

- Follow this program for the next 3 workout sessions.
- Intensity: High
Duration: Short
- Description: The intensity of pedalling and the duration of intervals of active pedalling is the same as for the previous exercise program (BP3) but there are 2 additional intervals.
- Interval 1: Warm up by gently pedalling at a low intensity (level 2) for 1 minute
 - Interval 2: Speed up for the peak interval and pedal at moderate intensity (level 3) for 30 seconds
 - Interval 3: Stop pedalling for the valley interval of 1 minute (or however long it takes, to rest and recover)
 - Interval 4-7: Repeat the above peak and valley pattern 2 more times
 - Interval 8: Again, for the peak interval, pedal at moderate intensity (level 3) for 30 seconds
 - Interval 9: Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If you can implement the above program without too much effort, progress to the next program.

5		Duration:	7 min
		Active:	2 min
		Effort Points:	540
Interval	Activity	Time	Intensity
1/9	Warm up	01:00	2
2/9	Workout	00:30	3
3/9		01:00	1
4/9		00:30	3
5/9		01:00	1
6/9		00:30	3
7/9		01:00	1
8/9		00:30	3
9/9	Cool down	01:00	2

Start by following this program for 3 workout sessions.

Intensity: High
Duration: Short

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 1 minute
- **Interval 2:** Speed up for the peak interval and pedal at moderate intensity (level 3) for 30 seconds
- **Interval 3:** Slow down for the valley interval and pedal for 1 minute (or however long it takes, to rest and recover)
- **Interval 4-7:** Repeat the above peak and valley pattern 2 more times
- **Interval 8:** Again, for the peak interval, pedal at moderate intensity (level 3) for 30 seconds
- **Interval 9:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If during the valley interval(s) you are too exhausted to pedal, stop and rest to recover for the next peak interval.

Hint: If you are using the Deluxe Console, press PAUSE/RESUME until you have recovered and then PAUSE/RESUME to continue with the program.

6		Duration:	7 min
		Active:	3 min
		Effort Points:	660
Interval	Activity	Time	Intensity
1/7	Warm up	01:00	2
2/7	Workout	01:00	3
3/7		01:00	1
4/7		01:00	3
5/7		01:00	1
6/7		01:00	3
7/7	Cool down	01:00	2

Start by following this program for 3 workout sessions.

Intensity: Very High
Duration: Short

Description: The intensity of pedalling is the same as for the previous exercise program (5), but there are fewer intervals and the duration of active pedalling is longer.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 1 minute
- **Interval 2:** Speed up for the peak interval and pedal at moderate intensity (level 3) for 1 minute
- **Interval 3:** Slow down for the valley interval and pedal at very low intensity (level 1) for 1 minute (or however long it takes, to rest and recover)
- **Interval 4 & 5:** Repeat the above peak and valley pattern 1 more times
- **Interval 6:** Again, for the peak interval, pedal at a moderate intensity (level 3) for 1 minute
- **Interval 7:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If during the valley interval(s) you are too exhausted to pedal, stop and rest to recover for the next peak interval.

Hint: If you are using the Deluxe Console, press PAUSE/RESUME until you have recovered and then PAUSE/RESUME to continue with the program.

If you can implement the above program without too much effort, progress to the next program.

INTERVAL EXERCISE PROGRAMS

7		Duration:	5 mins 40 sec
		Active:	40 sec
		Effort Points:	320
Interval	Activity	Time	Intensity
1/5	Warm up	02:00	2
2/5	Workout	00:20	5
3/5		02:00	1
4/5		00:20	5
5/5	Cool down	01:00	2

Start by following this program for 3 workout sessions.

Intensity: High
Duration: Short

Description: This Exercise Program is short and intense. Research has shown that just 40 seconds (2 x 20 seconds) of intense exercise can make significant improvements in fitness.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal at an all-out-pace at very high intensity (level 5) for 20 seconds
- **Interval 3:** Slow down for the valley interval and pedal gently at very low intensity (level 1) for 2 minutes to recover
- **Interval 4:** Repeat the peak interval and pedal at very high intensity (level 5) for 20 seconds
- **Interval 5:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If you find pedalling at very high intensity (level 5) too strenuous, start off pedalling at moderate intensity (level 3) during the peak intervals. Then, gradually build up to pedalling at a high intensity (level 4) and then pedalling at a very high intensity (level 5).

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity.

8		Duration:	8 minutes
		Active:	1 minute
		Effort Points:	540
Interval	Activity	Time	Intensity
1/7	Warm up	02:00	2
2/7	Workout	00:20	5
3/7		02:00	1
4/7		00:20	5
5/7		02:00	1
6/7		00:20	5
7/7	Cool down	01:00	2

Intensity: High
Duration: Short

Description: This program consists of 3 peak intervals pedalling full blast at very high intensity (level 5) for 20 seconds, interspersed with 2 valley intervals of 2 minutes at very low intensity (level 1) (or however long it takes to recover).

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal all-out at very high intensity (level 5) for 20 seconds
- **Interval 3:** Slow down for the valley interval and gently pedal at very low intensity (level 1) for 2 minutes (or however long it takes to recover)
- **Interval 4 & 5:** Repeat the above peak and valley pattern
- **Interval 6:** Speed up for the peak interval and pedal all-out at very high intensity (level 5) for 20 seconds
- **Interval 7:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If pedalling during the peak intervals at very high intensity (level 5) is too strenuous, start out pedalling at high intensity (level 4) until you

are fit enough to handle pedalling at very high intensity (level 5).

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity.
If during the valley interval you are too exhausted to pedal, stop to rest until you have regained your breath.

Hint: When using the Deluxe Console, you can pause and un-pause the exercise program to catch your breath using the PAUSE/RESUME button.

9

Duration: 8 mins 15 sec
Active: 1 min 15 sec
Effort Points: 540

Interval	Activity	Time	Intensity
1/7	Warm up	02:00	2
2/7	Workout	00:25	4
3/7		02:00	1
4/7		00:25	4
5/7		02:00	1
6/7		00:25	4
7/7	Cool down	01:00	2

Intensity: High
Duration: Short

Description: This is a short program requiring you to pedal at sub-maximum intensity. It consists of 3 peak intervals pedalling a high (level 4) intensity for 25 seconds, alternating with 2 valley intervals pedalling at very low intensity (level 1) for 2 minutes (or however long it takes to recover). Although the intensity of the peak intervals is high (level 4), it is easier than an all-out pedalling sprint (level 5).

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal at high intensity (level 4) for 25 seconds

- **Interval 3:** Slow down for the valley interval by pedalling gently at very low intensity (level 1) for 2 minutes, or however long it takes, to recover
- **Interval 4 & 5:** Repeat the above peak and valley pattern
- **Interval 6:** Speed up for the peak interval and pedal at an all-out-pace at very high intensity (level 5) for 20 seconds
- **Interval 7:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If during the valley interval you are too exhausted to pedal, stop to rest until you have regained your breath.

Hint: When using the Deluxe Console, you can pause and un-pause the exercise program using the PAUSE/RESUME button.
Once you gain in fitness, the intensity of the program can be increased by increasing the intensity of pedalling from high (level 4) to very high (level 5).

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity.

36

10

Duration: 9 mins 8 sec
Active: 2 min 32 sec
Effort Points: 672

Interval	Activity	Time	Intensity
1/39	Warm up	02:00	2
2/39	Workout	00:08	3
3/39		00:12	0
4/39		00:08	3
5/39		00:12	0
6/39		00:08	3
7/39		00:12	0
8/39		00:08	3
9/39		00:12	0
10/39		00:08	3
11/39		00:12	0
12/39		00:08	3
13/39		00:12	0
14/39		00:08	3
15/39		00:12	0
16/39		00:08	3
17/39		00:12	0
18/39		00:08	3
19/39		00:12	0
20/39		00:08	3
21/39		00:12	0
22/39		00:08	3
23/39		00:12	0
24/39		00:08	3
25/39		00:12	0
26/39		00:08	3
27/39		00:12	0
28/39		00:08	3
29/39		00:12	0
30/39		00:08	3
31/39		00:12	0
32/39		00:08	3
33/39		00:12	0
34/39		00:08	3
35/39		00:12	0

10 Continued

Interval	Activity	Time	Intensity
36/39		00:08	3
37/39		00:12	0
38/39		00:08	3
39/39	Cool down	1:00	2

Intensity: High
Duration: Short

Description: This program is recommended if you are inactive and would like to lose body fat. The program involves pedalling for several short intervals. Research has shown that a series of short intervals of exercise at a moderate intensity, interspersed with short intervals of rest, are more effective in reducing fat than conventional steady state exercise.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal at moderate intensity (level 3) for 8 seconds
- **Interval 3:** Stop pedalling during the valley interval and rest for 12 seconds
- **Interval 4 – 37:** Repeat the above peak and valley pattern 18 times
- **Interval 38:** End with pedalling at moderate intensity (level 3) for 8 seconds
- **Interval 39:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: To begin with, complete the above pattern. As you gain in fitness, aim to repeat the peak and valley intervals for a total of 12 minutes then increasing to 15 minutes. To further intensify the program, you can also gradually increase the intensity of the active, pedalling intervals.

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity. If you find the rest periods too long or too short, these can be adjusted by pressing PROGRAM/MODE again after selecting exercise program 10 and then using the up/down arrows to change RECOVERY time.

37

11				Duration: 10 min
				Active: 4 min
				Effort Points: 900
Interval	Activity	Time	Intensity	
1/9	Warm up	02:00	2	
2/9	Workout	1:00	3	
3/9		1:00	1	
4/9		1:00	3	
5/9		1:00	1	
6/9		1:00	3	
7/9		1:00	1	
8/9		1:00	3	
9/9	Cool down	1:00	2	

Intensity: Very High
Duration: Short

Description: This exercise program is based on studies that show walking at higher levels of intensity, interspersed with walking at lower levels of intensity for the same time, yield better fitness results than walking at the same pace. This program simulates alternating between walking at a fast pace with walking at a slow pace. The pedalling intensity is moderate, and the total duration of the program is relatively short, making it a comfortable and easy program to follow.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal at a moderate intensity (level 3) for 1 minute
- **Interval 3:** Slow down during the valley interval and pedal gently at very low intensity (level 1) for 1 minute to recover
- **Interval 4-7:** Repeat the above peak and valley pattern 2 more times
- **Interval 8:** Speed up for the peak interval and pedal at moderate intensity (level 3) for 1 minute
- **Interval 9:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If after pedalling for 1 minute at moderate intensity (level 3) you feel too tired to pedal during the next valley interval, stop and rest until you feel recovered before commencing pedalling at moderate intensity (level 3) for the peak interval.

Hint: When using the Deluxe Console, you can pause and un-pause the exercise program using the PAUSE/RESUME button. To skip to the next interval, hold PAUSE/RESUME for two seconds.

12				Duration: 12 minutes
				Active: 8 minutes
				Effort Points: 1400
Interval	Activity	Time	Intensity	
1/27	Warm up	02:00	1	
2/27	Workout	00:30	2	
3/27		00:20	3	
4/27		00:10	4	
5/27		00:30	2	
6/27		00:20	3	
7/27		00:10	4	
8/27		00:30	2	
9/27		00:20	3	
10/27		00:10	4	
11/27		00:30	2	
12/27		00:20	3	
13/27		00:10	4	
14/27		00:30	2	
15/27		00:20	3	
16/27		00:10	4	
17/27		02:00	1	
18/27		00:30	2	
19/27		00:20	3	
20/27		00:10	4	
21/27		00:30	2	
22/27		00:20	3	
23/27		00:10	4	
24/27		00:30	2	
25/27		00:20	3	
26/27		00:10	4	
27/27	Cool down	01:00	1	

Intensity: Very High
Duration: Medium

Description: This Exercise Program is called the 30-20-10. As the duration of the pedalling intervals shortens from 30 seconds to 20 seconds to 10 seconds, so the intensity of pedalling increases from low (level 2), to moderate (level

3), to high (level 4). This is an interesting program as it breaks the monotony of pedalling at the same intensity whilst varying the duration of the peak pedalling intervals.

- **Interval 1:** Warm up by gently pedalling at a very low intensity (level 1) for 2 minutes
- **Interval 2:** Speed up and pedal at low intensity (level 2) for 30 seconds
- **Interval 3:** Speed up more and pedal at moderate intensity (level 3) for 20 seconds
- **Interval 4:** Speed up even more and pedal at high intensity (level 4) for 10 seconds
- **Interval 5-16:** Repeat the above 30-20-10 pattern 4 more times
- **Interval 17:** Slow down and pedal at very low intensity (level 1) for 2 minutes to recover
- **Interval 18-26:** Repeat the 30-20-10 pattern 3 more times
- **Interval 27:** Cool down with easy pedalling at very low intensity (level 1) for 1 minute

13				Duration:	14 minutes
				Active:	5 minutes
				Effort Points:	1560
Interval	Activity	Time	Intensity		
1/11	Warm up	02:00	2		
2/11	Workout	01:00	4		
3/11		01:30	1		
4/11		01:00	4		
5/11		01:30	1		
6/11		01:00	4		
7/11		01:30	1		
8/11		01:00	4		
9/11		01:30	1		
10/11		01:00	4		
11/11	Cool down	01:00	2		

Intensity: Very High
Duration: Medium

Description: This exercise program is for people that are reasonably fit. It consists of 5 peak intervals pedalling at high intensity (level 4) for 1 minute, interspersed by 4 valley intervals of 1.5 minutes, pedalling at a very low intensity (level 1) to recover.

- **Interval 1:** Warm up by gently pedalling at a intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal at high intensity (level 4) for 1 minute
- **Interval 3:** Slow down for the valley interval and pedal at very low intensity (level 1) for 1.5 minutes
- **Interval 4-9:** Repeat the above peak and valley pattern 3 more times
- **Interval 10:** Speed up for the peak interval and pedal at high intensity (level 4) for 1 minute
- **Interval 11:** Cool down with easy pedalling at intensity (level 2) for 1 minute

Notice: If during the valley interval you are too exhausted to pedal, stop to rest until you have regained your breath.

Hint: When using the Deluxe Console, you can pause and un-pause the exercise program using the PAUSE/RESUME button.

14				Duration:	14 mins 30 sec
				Active:	4 min 30 sec
				Effort Level:	1050
Interval	Activity	Time	Intensity		
1/19	Warm up	02:00	1		
2/19	Workout	00:30	2		
3/19		00:30	1		
4/19		00:30	2		
5/19		00:30	1		
6/19		00:30	2		
7/19		00:30	1		
8/19		00:30	3		
9/19		00:30	1		
10/19		00:30	3		
11/19		00:30	1		
12/19		00:30	3		
13/19		00:30	1		
14/19		00:30	4		
15/19		00:30	1		
16/19		00:30	4		
17/19		00:30	1		
18/19		00:30	4		
19/19	Cool down	01:00	1		

Intensity: Moderate
Duration: Medium

Description: This type of program is suitable if you would like to continue gaining in fitness quickly without excessive effort. In this program, the intensity of pedalling gradually increases throughout.

- **Interval 1:** Warm up by gently pedalling at a very low intensity (level 1) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal at low intensity (level 2) for 30 seconds
- **Interval 3:** Slow down for the valley interval and pedal gently at very low intensity (level 1) for 30 seconds
- **Interval 4-7:** Repeat the above peak and valley pattern 2 more times

- **Interval 8:** Increase the intensity for the peak interval and pedal at moderate intensity (level 3) for 30 seconds
- **Interval 9:** Slow down for the valley interval and pedal gently at very low intensity (level 1) for 30 seconds
- **Interval 10-13:** Repeat the above peak and valley pattern 2 more times
- **Interval 14:** Increase the intensity for the peak interval and pedal at high intensity (level 4) for 30 seconds
- **Interval 15:** Slow down for the valley interval and pedal gently at very low intensity (level 1) for 30 seconds
- **Interval 19-19:** Repeat the above pattern peak and valley pattern 2 more times, cooling down with easy pedalling at very low intensity (level 1) for 1 minute.

15				Duration:	14 mins 30 sec
				Active:	2 minutes
				Effort Level:	1140
Interval	Activity	Time	Intensity		
1/9	Warm up	02:00	2		
2/9	Workout	00:30	5		
3/9		03:00	1		
4/9		00:30	5		
5/9		03:00	1		
6/9		00:30	5		
7/9		03:00	1		
8/9		00:30	5		
9/9	Cool down	01:00	2		

Intensity: High
Duration: Medium

Description: This is a challenging but time efficient program.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes

- **Interval 2:** Speed up for the peak interval and pedal all-out at very high intensity (level 5) for 30 seconds
- **Interval 3:** Slow down for the valley interval and pedal gently at very low intensity (level 1) for 3 minutes (or however long it takes to recover)
- **Interval 4-7:** Repeat the above peak and valley pattern 2 more times
- **Interval 8:** Speed up for the peak interval and pedal all-out at very high intensity (level 5) for 30 seconds
- **Interval 9:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If you are not used to exercising at a very high level of intensity (level 5), start gradually by pedalling at high intensity (level 4) during the peak intervals. Once you can handle pedalling for 30 seconds at high intensity (level 4), increase pedalling during the peak intervals to a very high intensity (level 5).
If, after the valley interval you are too exhausted to pedal, stop to rest until you have regained your breath.

Hint: When using the Deluxe Console, you can pause and un-pause the exercise program using the PAUSE/RESUME button. To skip to the next interval, hold PAUSE/RESUME for two seconds.

16		Duration:	20 mins 50 sec
		Active:	3 min 20 sec
		Effort Level:	1850
Interval	Activity	Time	Intensity
1/17	Warm up	02:00	2
2/17	Workout	00:25	4
3/17		02:30	1
4/17		00:25	4
5/17		02:30	1
6/17		00:25	4
7/17		02:30	1
8/17		00:25	4
9/17		02:30	1
10/17		00:25	4
11/17		02:30	1
12/17		00:25	4
13/17		02:30	1
14/17		00:25	4
15/17		02:30	1
16/17		00:25	4
17/17	Cool down	01:00	2

Intensity: High
Duration: Long

Description: This is a challenging and effective program made up of peak intervals of 25 seconds at high intensity (level 4) that are alternated with valley intervals of 2.5 minutes (or however long it takes, to recover and regain your breath), pedalling at very low intensity (level 1).

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal at high intensity (level 4) for 25 seconds
- **Interval 3:** Slow down for the valley interval, pedalling gently at very low intensity (level 1) for 2.5 minutes (or however long it takes to recover)
- **Interval 4-15:** Repeat the above peak and valley pattern 6 more times
- **Interval 16:** Speed up during the peak interval and pedal at high intensity (level 4) for 25 seconds

- **Interval 17:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If during the valley interval you are too exhausted to pedal, stop to rest until you regained your breath.

Hint: When using the Deluxe Console, you can pause and un-pause the exercise program using the PAUSE/RESUME button. To skip to the next interval, hold PAUSE/RESUME for two seconds

To further intensify your exercise, and once you can handle the 30 second peak intervals, increase pedalling intensity during the peak intervals to very high (level 5).

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity.

17		Duration:	21 mins 30 sec
		Active:	2 min 30 sec
		Effort Level:	1710
Interval	Activity	Time	Intensity
1/11	Warm up	02:00	2
2/11	Workout	00:30	5
3/11		04:00	1
4/11		00:30	5
5/11		04:00	1
6/11		00:30	5
7/11		04:00	1
8/11		00:30	5
9/11		04:00	1
10/11		00:30	5
11/11	Cool down	01:00	2

Intensity: Moderate
Duration: Long

Description: This program, based on the classic "Wingate" studies, is demanding but highly time efficient. Studies have shown that following this program can provide the same results in a tenth of the time compared to doing a conventional, steady state exercise program. With this program, during peak intervals you pedal at very high intensity (level 5) for 30 seconds, followed by valley intervals pedalling at very low intensity (level 1) to recover.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 2 minutes
- **Interval 2:** Speed up for the peak interval and pedal all-out at very high intensity (level 5) for 30 seconds
- **Interval 3:** Slow down for the valley interval, gently pedalling at very low intensity (level 1) for 4 minutes (or however long it takes to recover)
- **Interval 4-9:** Repeat the above peak and valley pattern 4 more times
- **Interval 10:** Speed up for the peak interval and pedal all-out at very high intensity (level 5) for 30 seconds.

- **Interval 11:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: If you find the 30 seconds peak intervals too demanding, start off with 20 second intervals, building up to 25 second intervals until you can handle 30 second intervals of pedalling at very high intensity (level 5).

Hint: If you are using the Deluxe Console, hold PAUSE/RESUME for 2 seconds to skip to the next interval.
If, after completing the peak intervals and you are too exhausted to pedal during the valley intervals, stop pedalling to rest to regain your breath before starting to pedal for the next peak interval.

Hint: When using the Deluxe Console, you can pause and un-pause the exercise program using the PAUSE/RESUME button.

18		Duration:	22 minutes
		Active:	10 minutes
		Effort Level:	1920
Interval	Activity	Time	Intensity
1/21	Warm up	02:00	1
2/21	Workout	01:00	2
3/21		01:00	0
4/21		01:00	2
5/21		01:00	0
6/21		01:00	3
7/21		01:00	0
8/21		01:00	3
9/21		01:00	0
10/21		01:00	3
11/21		01:00	0
12/21		01:00	3
13/21		01:00	0
14/21		01:00	4
15/21		01:00	0
16/21		01:00	4
17/21		01:00	0
18/21		01:00	4
19/21		01:00	0
20/21		01:00	4
21/21	Cool down	01:00	1

Intensity: High
Duration: Long

Description: This program is suitable if you are sedentary and/or overweight. This program starts with 10 intervals of 1 minute each. The intensity of pedalling during peak intervals gradually increases from level 2 to level 3 and then to level 4. Each peak interval is followed by a valley interval of no pedalling for 1 minute to rest.

- **Interval 1:** Warm up by gently pedalling at a very low intensity (level 1) for 2 minutes
- **Interval 2:** Increase intensity for the peak interval and pedal at low intensity (level 2) for 1 minute

- **Interval 3:** Stop pedalling for the valley interval and rest for 1 minute
- **Interval 4:** Repeat pedalling at low intensity (level 2) for 1 minute
- **Interval 5:** Stop pedalling for the valley interval and rest for 1 minute
- **Interval 6:** Increase intensity for the peak interval and pedal at moderate intensity (level 3) for 1 minute
- **Interval 7:** Stop pedalling for the valley interval and rest for 1 minute
- **Interval 8-13:** Repeat the above peak and valley pattern 3 more times alternating between a moderate intensity (level 3) for 1 minute and resting for 1 minute
- **Interval 14:** Increase intensity for the peak interval and pedal at high intensity (level 4) for 1 minute
- **Interval 15:** Stop pedalling during the valley interval and rest for 1 minute
- **Interval 16-19:** Repeat the above peak and valley pattern 2 more times alternating between a high intensity (level 4) for 1 minute and resting for 1 minute
- **Interval 20:** Pedal for the final peak interval at a high intensity (level 4) for 1 minute
- **Interval 21:** Cool down with easy pedalling at very low intensity (level 1) for 1 minute

Notice: Depending on your fitness level, as the intensity of pedalling increases during the peak intervals, you may need longer periods to rest and recover.

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity. If you find the rest periods too long or too short, these can be adjusted by pressing PROGRAM/MODE again after selecting exercise program 18 and then using the up/down arrows to change RECOVERY time.

STEADY STATE EXERCISE PROGRAMS

19		Duration:	6 minutes
		Active:	4 minutes
		Effort Points:	720
Interval	Activity	Time	Intensity
1/3	Warm up	01:00	2
2/3	Workout	04:00	3
3/3	Cool down	01:00	2

Intensity: Moderate
Duration: Short

Description: Unlike interval exercising programs where pedalling during peak intervals at heightened intensity is alternated with valley intervals of very low or no intensity, this is a steady state program where the intensity of pedalling is kept the same for the duration of the workout.

Research has shown that a single interval exercising for 4 minutes, 3 times a week is enough to positively impact one's health & fitness. The duration of the program is relatively short and the exercise intensities are moderate, making it a light and easy program to follow.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 1 minute
- **Interval 2:** Workout and pedal at moderate intensity (level 3) 3 for 4 minutes.
- **Interval 3:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: To complete a 4-minute interval pedalling at a moderate intensity (level 3), you will probably breathe heavy but not gasping to breathe. Regulate the pace of pedalling and the resistance setting to achieve the required intensity for the duration of the workout.

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity.

20		Duration:	10 minutes
		Active:	8 minutes
		Effort Points:	1440
Interval	Activity	Time	Intensity
1/3	Warm up	01:00	2
2/3	Workout	8:00	3
3/3	Cool down	01:00	2

Intensity: Moderate
Duration: Short

Description: This is a steady state program where the intensity of pedalling is kept the same for the duration of the workout. The duration of the program is of medium length.

- **Interval 1:** Warm up by gently pedalling at intensity 2 for 1 minutes
- **Interval 2:** Speed up and pedal at intensity 3 for 8 minutes
- **Interval 3:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: Feel free to increase or decrease the duration of the workout section of this exercise program to suit your level of fitness. Regulate the pace of pedalling and the resistance setting to achieve the required intensity for the duration of the workout.

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity.

21		Duration:	14 minutes
		Active:	12 minutes
		Effort Points:	2160
Interval	Activity	Time	Intensity
1/3	Warm up	01:00	2
2/3	Workout	12:00	3
3/3	Cool down	01:00	2

Intensity: Moderate
Duration: Medium

Description: This is a steady state program where the intensity of pedalling is kept the same for the duration of the workout. The duration of the program is relatively long. The exercise intensity is moderate, however, given the duration of the workout, implementing this program is demanding.

- **Interval 1:** Warm up by gently pedalling at a low intensity (level 2) for 1minute
- **Interval 2:** Speed up and pedal at intensity 3 for 12 minutes
- **Interval 3:** Cool down with easy pedalling at low intensity (level 2) for 1 minute

Notice: Feel free to increase or decrease the duration of the workout section of this exercise program to suit your level of fitness. Regulate the pace of pedalling and the resistance setting to achieve the required intensity for the duration of the workout.

Hint: If you are using the Deluxe Console, ensure that you complete the FIT TEST to track your exercise intensity.

PART LIST

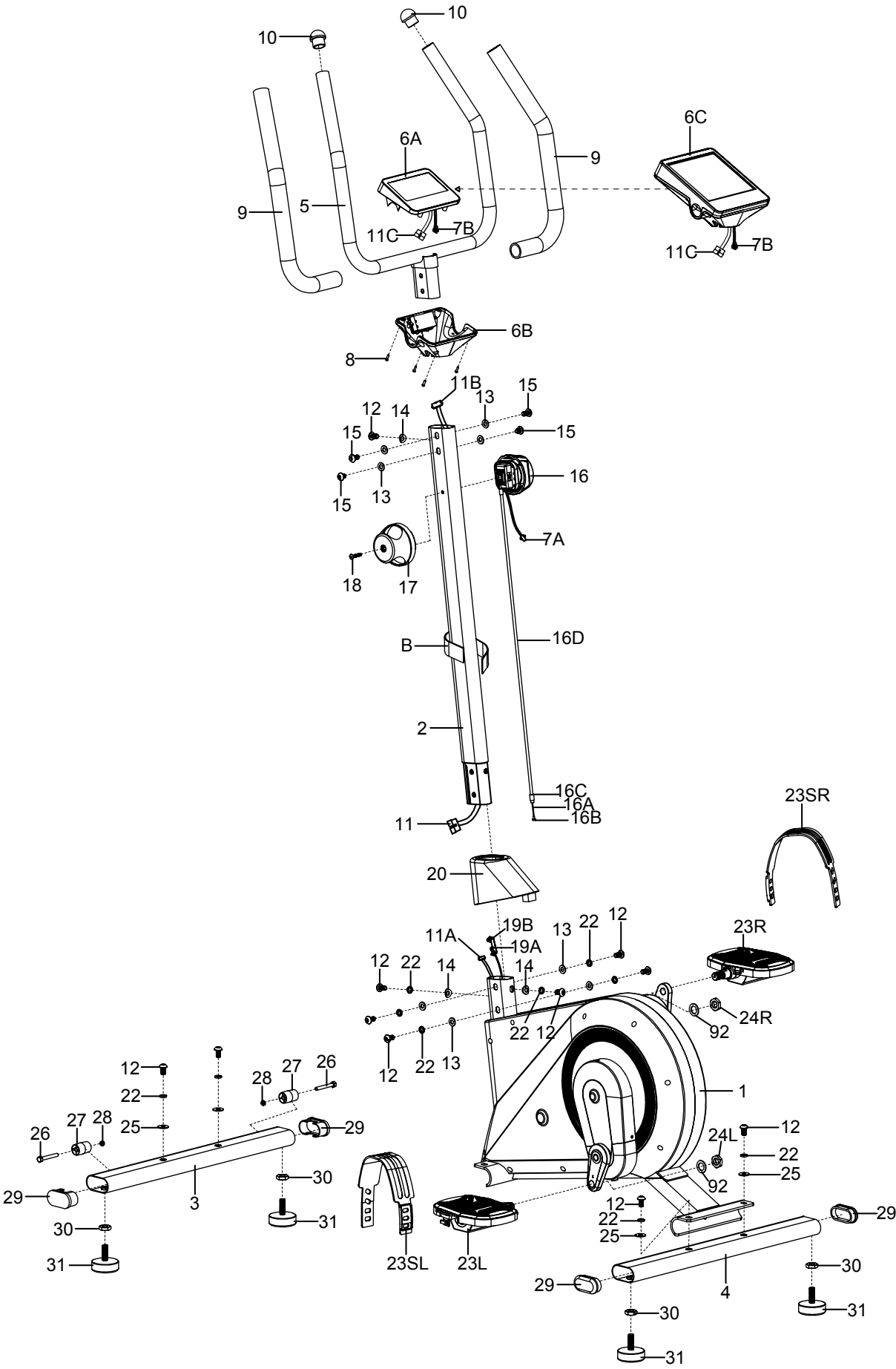
No.	Description	Qty
001	Main Frame	1
002	Handlebar Post	1
003	Front Stabilizer	1
004	Rear Stabilizer	1
005	Handlebar	1
006A	Standard Console	1
006B	Standard Console Back	1
006C	Deluxe Console	1
006D	Deluxe Console Back	1
007A	Resistance Post Wire	1
007B	Resistance Console Wire	1
008	Screw ST2.9x16	4
009	Foam Grip ø24xø30x490	2
010	Handlebar End Cap	2
011A	Sensor Frame Wire	1
011B	Sensor Post Wire	1
011C	Sensor Console Wire	1
012	Bolt M8x15	21
013	Washer ø8xø16x1.5	18
014	Curved Washer ø8xø16x1.5	5
015	Bolt M8x10	7
016	Resistance Dial	1
016A	Resistance Dial Cable	1
016B	Resistance Dial Cable Anchor	1
016C	Resistance Dial Cable Bush	1
016D	Resistance Dial Wire	1
017	Resistance Dial Cover	1
018	Bolt M5x25	1
019	Resistance Cable	1
019A	Resistance Cable Spring Hook	1
019B	Resistance Cable Bracket	1
020	Shroud	1
022	Spring Washer ø8	22
023L	Left Pedal	1
023R	Right Pedal	1
023SL	Left Pedal Strap	1
023SR	Right Pedal Strap	1
024L	Left Flat Nut	1
024R	Right Flat Nut	1
025	Washer ø8xø20x2.0	4

PART LIST

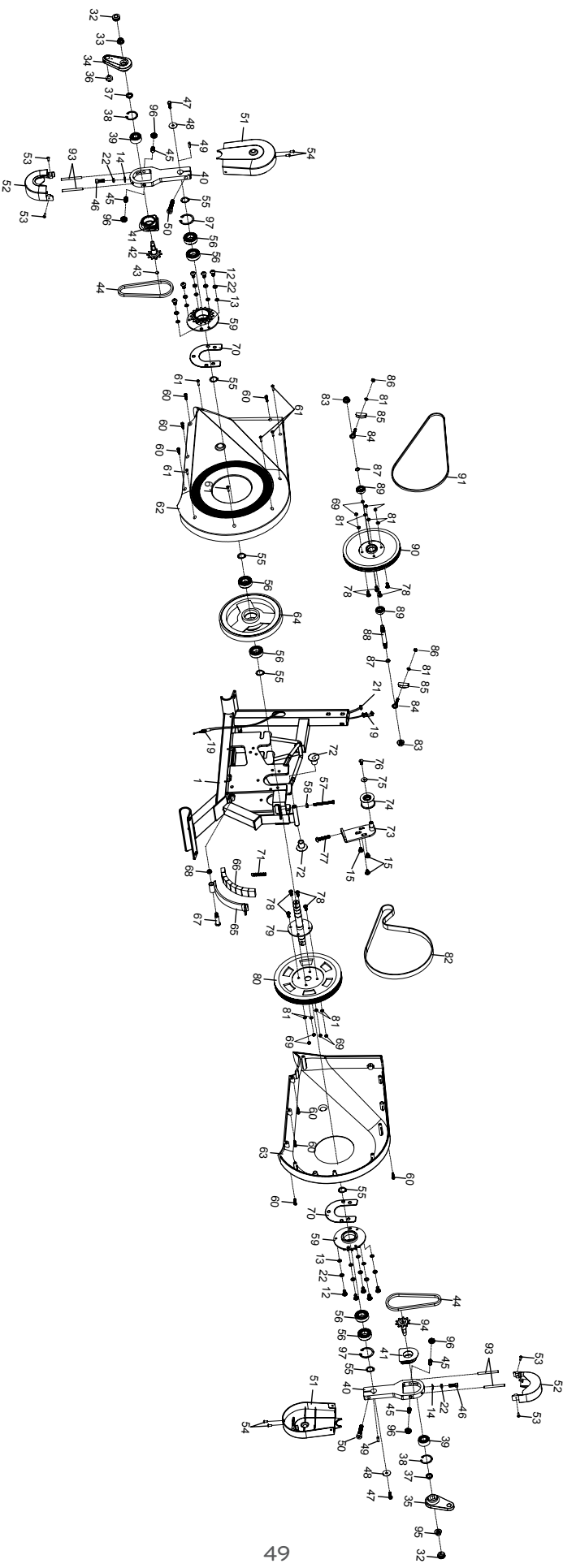
No.	Description	Qty
026	Hexagon Bolt M6x45	2
027	Transport Wheel Ø23xØ6x32	2
028	Hexagon Nut M6	2
029	Front/Rear Stabilizer End Cap	4
030	Nut M10	4
031	Leveling Foot M10x30	4
032	Crank Cap	2
033	Left Nut M10x1.25	1
034	Left Secondary Crank	1
035	Right Secondary Crank	1
036	Magnetic Disc	1
037	Plastic Spacerø20xø15.2x4.2	2
038	C Clipø35x1.0	2
039	Bearing 3202	2
040	Primary Crank	2
041	Bearing Bracket	2
042	Left Pinion Shaft	1
043	Round Magnetø8x6	1
044	Chain	2
045	Taper Bolt M10x15	4
047	Hexagon Bolt M6x20	2
048	Big Washerø6xø25x1.5	2
049	Flat Washer 5x5x17	2
050	Cylindrical Head Bolt M10x45	4
051	Primary Crank Cover A	2
052	Primary Crank Cover B	2
053	Self–Tapping Screw ST4.2x15	4
054	Bolt M5x10	4
055	C Clipø20x1.0	6
056	Bearing 6004	6
057	Bolt M6x60	1
058	Nut M6	1
059	Pinion Bracket	2
060	Pan Head Phillips Self Tapping Screw ST4.2x20	8
061	Pan Head Phillips Self Drilling Screw ST4.2x25	6
062	Left Chain Cover	1
063	Right Chain Cover	1
064	Flywheel	1
065	Magnetic Bracket	1

No.	Description	Qty
066	Square Magnets	8
067	Magnetic Bracket axle Φ16x47	1
068	Nut M8	1
069	Nut M6	8
070	PC Pad	2
071	Spring ø8xø1x58	1
072	Plastic Bracket	2
073	Press Bracket	1
074	Press Wheel	8
075	Big Washerø6xø18x1.5	1
076	Bolt M6x10	1
077	Cylindrical Head Hexagon Bolt M6x10	1
078	Bolt M6x10	8
079	Pulley Shaft	1
080	Pulley 1	1
081	Spring Washerø6	10
082	Belt 5PK 855	1
083	Nut M10x1.0	2
084	Adjust Bolt M6x36	2
085	U Bracket 31x30xδ1.0	2
086	Nut M6	2
087	C Clipø12x1.0	2
088	Pulley Shaft 2 -Φ12x114-M10x1	1
089	Bearing 6001	2
090	Pulley 2	1
091	Belt 300 PJ4	1
092	Arc Washerø15xø24x1.0	2
093	Round bolt ø12x65	4
094	Right Pinion Shaft	1
095	Right Nut M10x1.25x9	1
096	Nut M10x1.25x6	4
097	C Clip ø42x1.0	2
A	Fixed Tube	1
B	Strap	1
C	Hardware	1
D	Tools	1
E	Multi Hex Tool	1
F	Allen Wrench S6	1
G	Wrench (S22)	1

DRAWING A



DRAWING B



NOTES

NOTES



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