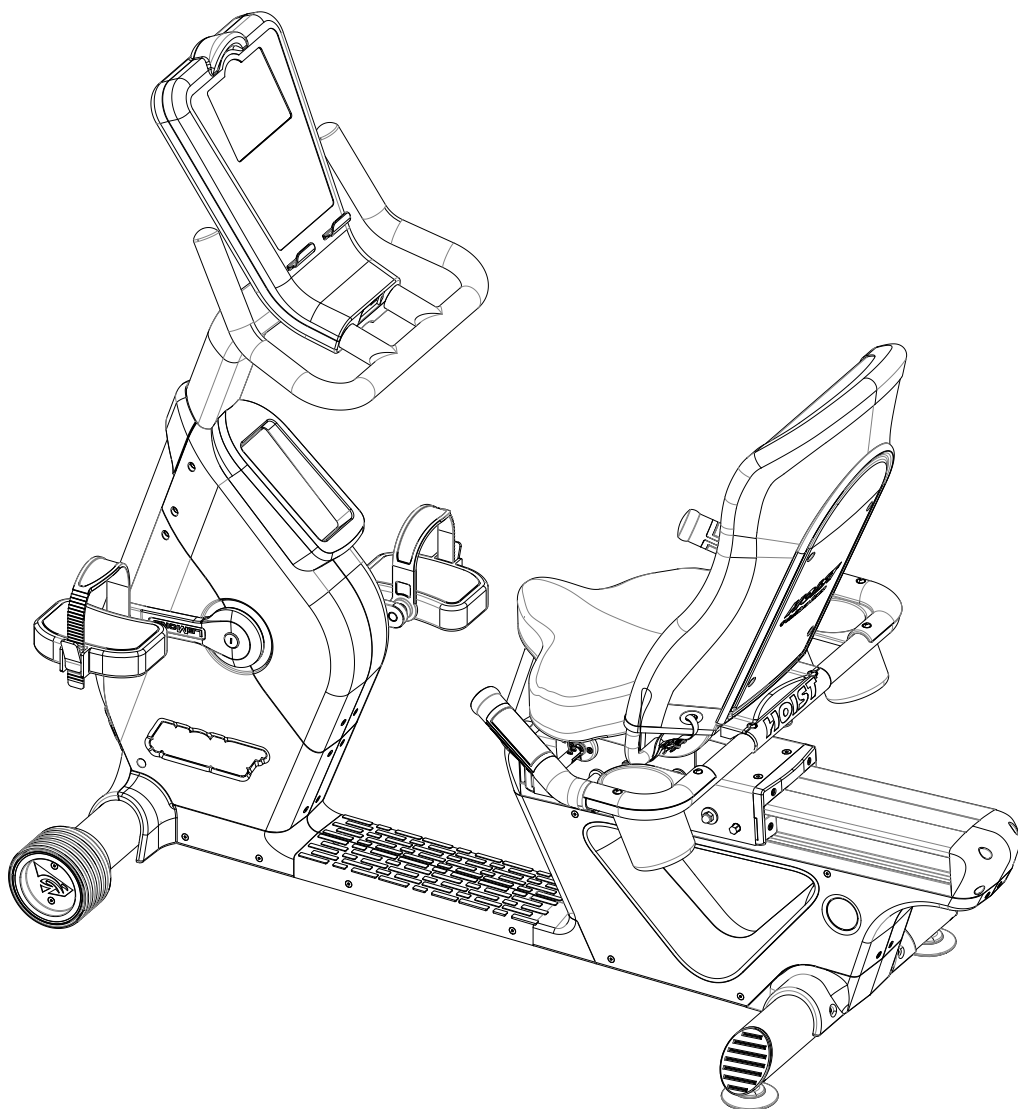




# Recumbent Trainer (RT)

## OWNER'S MANUAL



## HOIST® LeMond® Series RT

Visit our website at  
www.HOISTfitness.com

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Poway, CA 92064 USA  
Telephone: (+1) 858.578.7676  
Fax: (+1) 858.578.9558

You have just become a valued HOIST Fitness customer. Our team is committed to making your cycling experience fun and rewarding — offering you detailed product information, expert fitness advice, and direct customer support you can depend on. We, at HOIST® Fitness, want to thank you for purchasing an exciting **HOIST® LeMond® Series RT** recumbent bike.

This **HOIST® LeMond® Series RT** Owner's Manual will help you get the most enjoyment from your new recumbent bike. It not only explains all the important features, programs and safety considerations of the **HOIST® LeMond® Series RT**, but also includes great workout tips and riding profiles, including how to use our popular heart-rate training programs. If at any time you have questions about this information, please call us directly at 858-578-7676 and we will be happy to assist you. To help us answer your questions quickly, we recommend having the serial number of your bike ready when you call us. The serial number of your bike is located on the front tubing near the bottom of the bike.

Greg LeMond, is the force behind the inspiration and design of this remarkable indoor bike. Greg's story is one of courage and heroic accomplishment. In 1986, Greg became the first American to win the longest and most physically demanding event in the world — the Tour de France. Only nine months later in April of 1987, he narrowly escaped death when he was accidentally shot in a hunting accident. During a long and painful rehabilitation, he set a goal that many considered inconceivable: to once again win the Tour de France. In 1989, he achieved that goal and then proved it was no mere stroke of luck by winning the Tour a third time in 1990.

A legendary athlete, Greg introduced many cycling innovations during his racing career. Just as aero bars are now commonplace, the **HOIST® LeMond® Series RT** will be the new standard in indoor fitness bikes. The **HOIST® LeMond® Series RT** combines Greg's passion for cycling with exceptional product innovation. Built to deliver an incredible workout, every component of the **HOIST® LeMond® Series RT** has been designed to be more innovative, user friendly and comfortable than any other indoor bike you have ridden. Whether you are a beginning fitness enthusiast or a highly conditioned athlete, you will immediately feel the difference.

Attractive and cordless, you can position the **HOIST® LeMond® Series RT** anywhere in your home for maximum enjoyment. Starting with how quiet a **HOIST® LeMond® Series RT** workout is, you will quickly discover that the **HOIST® LeMond® Series RT** gives you a better cycling experience than any other indoor exercise bike.

### Greater Comfort

- Walk-through design — makes it easy to get on and off the bike
- Contour fitting mesh seat back — for greater ventilation and maximum support
- Seat Recline Adjustment — accommodates a variety of user heights and body sizes, as well as their personal cycling preferences
- An exclusive seat track angle — maintains correct knee positioning while reducing quad loading and fatigue, and maximizing muscular activation

**More Features**

- Self-Powered — Use your new bike anywhere
- Extended Range of Resistance Levels — Set between 1 and 20 for a usable watt range from 33 to over 1200
- Ratchet Style Pedal straps — Secure and comfortable foot positioning
- Standard Threaded Cranks— Accepts all standard cycling pedals
- Contact Heart Rate Sensors — Monitor your heart rate to maximize your workout efficiency
- Telemetry Heart Rate Equipped — 5 KHz Polar Compatible Heart Rate Straps (Not Included)
- Calibration Free — Unbox, then hop on and ride
- Digital Drive System — For smooth and accurate power feedback
- USB Port — Charge your smartphone or tablet while working out
- Bluetooth LE — Wireless protocol used to transmit workout data to your smartphone and upload custom workout programs from your smartphone using HOIST’s unique companion app

**Challenging Workout Programs**

Enjoy fourteen different workout programs; seven traditional exercise programs and seven Greg LeMond training programs specifically designed for a variety of training applications.

**Traditional Programs:**

Quick Start	Fat Burner	Constant Heart Rate	Hill Heart Rate
Manual	Hill	Interval Heart Rate	

Exclusive Greg LeMond Training and Conditioning Programs

**Anaerobic Programs:** Rev-It-Up, Bust Your Gut, and Pump the Power

**Aerobic Intervals:** Strong and Steady and Fat Burner Plus

**Race Day Warm Up:** Race Day

**Threshold Power Test:** Ramp Test

**Exclusive Features**

- The patented adjustable seat, automatically keeps you in the ‘sweet zone’ for muscular participation - allowing you to involve a larger number of muscles to get results faster and easier
- The **HOIST® LeMond® Series RT** is so smooth you can actually work out longer and more efficiently than you ever imagined
- Switch Between Exercise Mode and Bike Modes on Manual, Hill, and Fat Burner programs

Please review the rest of this Owner’s Manual carefully before you start using your new **HOIST® LeMond® Series RT**. The information enclosed here will help you get the most enjoyment out of your workout and includes valuable operating, service, safety, and trouble-shooting information, as well as guidelines for an effective exercise program. We are confident that you will love your new **HOIST® LeMond® Series RT**. From the whole HOIST® Fitness team, we wish you a lifetime of good rides and great workouts.

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## BEFORE GETTING STARTED

It is always important to consult a physician for a complete physical examination before starting any exercise program. Beyond identifying any risk factors you may have, your health professional can assist you in developing an exercise program which establishes the frequency and intensity appropriate for your age and current health status.

The **HOIST® LeMond® Series RT** is an excellent choice for overweight or severely unconditioned individuals in that it provides more seat adjustability and the lowest pedaling requirement of all other fitness recumbent bikes. However, if you consider yourself such an individual, you should still exercise caution when using this equipment for the first time. Overexertion or the possibility of injury exists when starting any new exercise program.



**WARNING: If at any time during a workout, you experience pain or tightness in the chest, an irregular heartbeat, shortness of breath, feel faint or severe discomfort of any kind, STOP exercising immediately. Consult your physician before continuing your program.**

## IMPORTANT SAFETY INSTRUCTIONS

### IMPORTANT SAFETY INSTRUCTIONS



This symbol appearing throughout this manual means:  
**Attention! Be Alert! Your safety is involved.**

The following definition applies to the word "WARNING" found throughout this manual:

#### **WARNING**

Used to call attention to POTENTIAL hazards that could result in personal injury or loss of life.

#### READ ALL INSTRUCTIONS BEFORE USING THIS EXERCISE EQUIPMENT.

This Owner's Manual contains all the information necessary to operate the **HOIST® LeMond® Series RT** in a safe and enjoyable manner. Please read and understand the contents of this Owner's Manual in its entirety before attempting to operate the **HOIST® LeMond® Series RT**.

- The **HOIST® LeMond® Series RT** was designed for indoor use only. Choose a location that is clear of any obstructions, including walls and furniture. Leave a minimum of 12 in (30.5 cm) clearance on each side of the bike.
- Keep the area around your bike clear while in use.
- The **HOIST® LeMond® Series RT** was designed for users between 58 in (147.3 cm) and 80 in (203.2 cm) in height. Children who meet the height requirements should be closely supervised when using the bike.
- Keep very young children, disabled persons and pets away from the **HOIST® LeMond® Series RT** while it is in use. Children, and pets in particular, may find the repetitive motion of the pedals fascinating, and this curiosity may result in injury. Do not allow any child or pet to touch the bike while it is still in motion.
- Keep all loose clothing, shoelaces, cords and towels away from pedals and other moving parts. Shoelaces, in particular, can become entangled in the pedal mechanism, causing serious discomfort or injury.
- Do not place fingers or any other objects into moving parts of the equipment.
- Never drop or insert any object into any opening.
- Never turn pedal crank arms by hand. To avoid entanglement and possible injury, hands or arms should not be exposed to the drive mechanism.
- Always wear appropriate shoes while riding the **HOIST® LeMond® Series RT**.
- Use the **HOIST® LeMond® Series RT** only as described in this manual. Attachments or modifications are not recommended by the manufacturer and will void the warranty.

## IMPORTANT SAFETY INSTRUCTIONS

- Do not attempt to remove the side panels of the **HOIST® LeMond® Series RT**. Service should be completed by an authorized service provider. Please call the HOIST Fitness Customer Service Department at:
- (+1) 858-578-7676 between the hours of 7:00 AM - 4:30 PM (PST), Monday - Friday, for assistance.
- Do not use the **HOIST® LeMond® Series RT** in the vicinity where aerosol spray or oxygen is being used.
- Users, agents, and anyone directing the use of this equipment shall be responsible for determining the suitability of the product for its intended use as outlined in this manual, including regular maintenance tasks. Said parties are put on notice that they assume all risk and liability in connection herewith.
- User capacity of the **HOIST® LeMond® Series RT** is 350lbs. (136.4 kg)

All equipment manufactured by HOIST® Fitness Systems, Inc. has been thoroughly inspected by the manufacturing facility prior to shipment. Proper installation and regular maintenance of the **HOIST® LeMond® Series RT** is required to ensure the safety of the operators.

## SAVE THESE INSTRUCTIONS

Your Serial Number:

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Your HOIST® Fitness:

Dealer: 

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Phone: 

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Your comments and suggestions are welcome.  
 Congratulations, and thank you for buying the HOIST® LeMond® Series RT.

## SETTING UP AND OPERATING THE HOIST® LeMond® Series RT

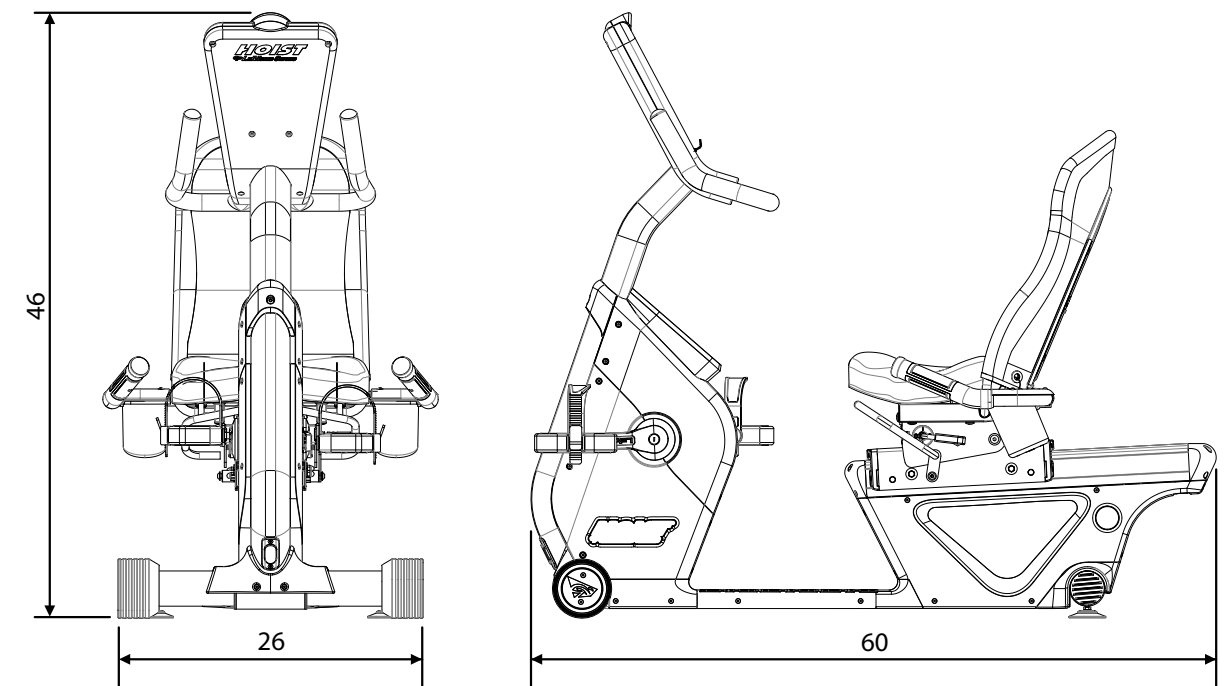
### Location

It is to your benefit to choose a suitable location in your home for your new recumbent bike. The **HOIST® LeMond® Series RT** was designed to be an unobtrusive and attractive addition to your home. A smaller profile and much quieter drive mechanism than other recumbent bikes, allows the bike to be situated and used in almost any location in the home with minimum disruption. Make sure that the chosen location provides adequate room for the equipment while it is in use. The physical dimensions of the assembled bike are listed below.

Choose a setting that is comfortable and appealing and that will encourage you to continue with your fitness goals. A cool and dry location will make the time you spend exercising on the **HOIST® LeMond® Series RT** more enjoyable and will extend the life of the bike.

### Dimensions for the assembled HOIST® LeMond® Series RT Recumbent Fitness Bike

Physical Dimensions	
Length	60 in (152 cm)
Width	26 in (66 cm)
Height	50 in (127 cm)
Weight	209 lbs (95 kg)



## SETTING UP YOUR BIKE

Taking a moment to learn how to set up your **HOIST® LeMond® Series RT** correctly will make your workouts a more pleasant experience. The design of the **HOIST® LeMond® Series RT** provides more seat adjustability than any other recumbent available. Making full use of this feature will give you the most comfortable ride possible and ensure maximum exercise efficiency. Using the bike in an incorrect position can result in unnecessary discomfort and increase the risk of injury.

### SEAT ADJUSTMENT

To find the correct seat position for you, sit on the seat and place the ball of your foot on the center of the pedal. Your knee should remain slightly bent when the pedal is in the farthest position away from you. You should be able to complete the entire pedal rotation without locking the knees and without dramatically shifting your weight from side to side.

#### Adjusting the Fore/Aft Position

The **HOIST® LeMond® Series RT** is designed to be used by adults from 58 in (147.3 cm) to 80 in (203.2 cm) tall. The seat rail has 20 locking positions to choose from.

1. Place the pedal in the forward position. Sit comfortably on the seat with the ball of your foot on the center of the pedal.
2. If the knee is locked, move the seat forward. If the knee is bent too much, move the seat backward. Your knee should remain slightly bent when the pedal is in the farthest position away from you. Your leg angle should be approximately 150 degrees (30 degrees less than full extension) when the pedal is at the most forward point for proper ergonomic position.
3. To move the seat, simply pull up on the wrap-around lever that is below the front of the seat. With the handle held in the upward position, slide the seat forward or backward to the correct position then release the lever and the seat will click in place.

#### Adjusting the Seat Angle

Seat angle adjustment is a feature that is unique to the **HOIST® LeMond® Series RT**. This adjustability allows you to find the most comfortable riding position for your specific body type. It also offers you (5) riding positions to fine-tune you in a way that no other recumbent bike can. Correct positioning on the bike will help prevent over-use injuries and keep you moving forward in achieving your fitness goals.

1. To change the angle of the seat, simply pull up on one of the yellow handles located on each side of the seat carriage.
2. While holding either handle up, adjust the tilt angle of the seat by shifting your weight forward or backward until you find the most comfortable pedaling position.
3. After establishing your optimal seat angle, release the handle to its original position.

**Note:** Once you have found the seat angle position that is most comfortable for you, it may be necessary to readjust the fore/aft position of the seat. Remember that your knee should not lock when the pedal is in the most forward position.

## FOOT POSITIONING

For greatest pedaling efficiency, the ball of the foot should be placed over the center of the pedal. This may feel awkward or unnatural at first, but it is to your benefit to maintain a foot position that maximizes your exercising efficiency. After a short while, this position will begin to feel quite comfortable. Avoid pedaling the bike with the arch of your foot centered on the pedal of the bike. Although this may seem like a comfortable position, the arch of the foot has far less support than the ball of the foot. Pedaling for long distances or extended periods of time with the pedal centered on the arch of the foot may cause unnecessary pain and could lead to a more extensive injury.

As you become more familiar with your new fitness bike, you may want to consider a strapless pedal system such as the LeMond® Dual-sided Indoor Cycling Pedal. This type of pedal has long been used by professional and serious recreational cyclists to maximize the efficiency of their pedal stroke and keep the foot in the correct position.

### PEDAL STRAP ADJUSTMENT

The straps of the **HOIST® LeMond® Series RT** are designed to allow you to adjust the pedal to your individual foot size. The pedals include spring-loaded, locking clips for easy adjustments. Follow the steps below to adjust the straps so that your foot does not slip or slide about on the pedal.

1. Place the ball of each foot on the center of the pedal and under the strap.
2. Rotate the pedals until one foot is in the position closest to you.
3. To tighten the strap, simply pull down on the end of the strap until it fits snugly over your shoe. Make sure that the strap is secure, but not overly tight or pressing uncomfortably on your foot.
4. Repeat these steps for the other foot.
5. To loosen the pedal strap, press down at the top of the clip that holds the strap secure, and pull the strap up. Release the clip to lock the strap into place.

Now that you have established a riding position, take a few minutes to ride the bike and confirm that your position is comfortable. Start pedaling at a slow pace with your toes and knees pointed directly forward. Hold the grips lightly and in a position that allows your shoulders and upper body to relax. Pedal easily at a low resistance until you feel confident that you could ride in that position comfortably for the duration of your workout.

## GUIDELINES FOR EFFECTIVE EXERCISE

Often, the toughest, but most important step, of any exercise program is simply getting started. By purchasing the **HOIST® LeMond® Series RT**, you have already achieved what many people are still struggling with: making the commitment to leading a more fulfilling life by including a program of physical activity.

Congratulations on accomplishing the first step towards a healthier and more satisfying future.

### SETTING A GOAL AND DEFINING OBJECTIVES

An important step in a successful exercise program is to set achievable goals and objectives. Regardless of your current physical condition, you need to establish a workable plan to reach your fitness goals.

Begin by asking yourself a few basic questions. Are you just beginning an exercise program and wishing to change your lifestyle from sedentary to physically active, or are your goals to enhance your current fitness levels? What are your primary objectives? Is your program to be geared toward losing weight, increasing aerobic capacity, maintaining or building muscle tone, or perhaps all three?

In order to ensure that you fully receive all benefits associated with a sound exercise program, you should first identify any risk factors that may influence the design of your exercise program. Your health care professional should be the first step in identifying risk factors that may need to be addressed in establishing a program. Consider having a trained fitness professional help you in developing an individualized program that is enjoyable and easily maintained, but still challenging enough to achieve your desired results.

Remember that your greatest benefit will come from an increased sense of well-being that comes along with a lifestyle that includes physical activity. People who have already made physical fitness a part of their daily lives, will confirm that the benefits of including physical activity in your life far outweigh the inconvenience and time spent.

Any time you spend on your exercise program will reward you with increased energy, reduced stress, a greater ability to focus and concentrate, and improved self-confidence. You and the people you share your life with will reap the rewards of your new lifestyle.

### FLEXIBILITY TRAINING

Achieving and maintaining an adequate range of motion should always be included in a comprehensive exercise program. Sufficient flexibility will increase your enjoyment and maximize the effectiveness of exercising on the **HOIST® LeMond® Series RT**. It will also reduce discomfort while working out and reduce the risk of injury. Always warm-up before stretching. Warm-up should include light activity to increase both your heart rate and body temperature. Increasing your body temperature allows you to stretch muscles more effectively and safely. Attempting to stretch a cold muscle is counterproductive and can lead to an injury that may interfere with the continuation of your fitness program and can postpone reaching your goals.

## GUIDELINES FOR EXERCISING ON THE HOIST® LeMond® Series RT

### WARMING UP

A good warm-up is one of the most important and most frequently overlooked parts of an exercise regimen. Without a proper warm-up, the muscles of the body are far more prone to injury. A good warm-up prepares the body for the stress you will place your muscles under during your workout and will decrease your chances of becoming injured. Muscles perform better when they are warmer than normal body temperature. Always take the time to warm-up properly. It will decrease the discomfort during exercise and will help you get the most out of your workout.

While a 5 to 10 minute warm-up is adequate for some people, others may need a longer warm-up period to be physiologically ready for intense efforts. Because different people have different requirements for an adequate warm-up, the workouts in the **HOIST® LeMond® Series RT**, do not include a specific warm-up segment. This allows you to warm up for a period of time and at a resistance level that is appropriate for you.

Take the time to learn what your personal requirements are for warming up. Pedal slowly and at a low resistance at first, gradually increasing your pedal speed until you feel the muscles in your legs begin to relax. Slowly increase your heart rate to about 110-120 beats per minute. Once you have warmed up sufficiently, begin your workout. Your workout will be more enjoyable and more productive.

### FREQUENCY

How often should you exercise? The number of times per week that you engage in aerobic exercise depends largely on what your goals are and your current fitness level. People new to an active lifestyle are more likely to keep with it if they start gradually. Beginners might consider a weekly schedule that includes days off. Seasoned athletes may workout almost every day, but even these athletes know that easy days are essential for muscular and mental recovery. Work towards a goal of including exercise at least 3 to 5 days per week.

### INTENSITY

How hard should you exercise? Again, the intensity of your workout will reflect your goals and your current fitness level. To achieve the greatest cardiovascular benefit, and to see the most improvement in weight loss and physical tone, you must raise your heart rate into your target zone. Your target zone is generally between 55 to 85% of your maximum heart rate. Training in this zone is what is referred to by exercise scientists as 'aerobic exercise'. The CONSTANT HR program in the **HOIST® LeMond® Series RT** is programmed to help you exercise in the middle of this zone by maintaining your heart rate at 70% of your maximum heart rate.

### DURATION

How long should you exercise? You should aim to complete 20 to 60 minutes of continuous activity in your aerobic exercise zone. Keep in mind that this does not include warm-up or cool-down. A 30 minute workout with 10 minutes warm-up and 10 minutes cool-down, five days a week, will result in noticeable improvement in physical conditioning.



**COOL-DOWN**

Just as the warm-up is essential for preparing your muscles for vigorous exercise, the cool-down is equally important. It is tempting to simply stop pedaling as soon as you have finished your programmed workout. You will reap greater rewards from your workout, however, if you consistently take the time for a proper cool-down. This process is important in allowing your body's cardiovascular system to gradually return to normal. It also allows your muscles to begin the process of recovery which will make your next workout easier.

Over 5 to 10 minutes, gradually lower your heart rate to below 110 beats per minute by slowly decreasing your exercise intensity.

Taking the time to warm-up and cool-down properly will decrease the level of discomfort you will experience when you tackle your next workout. More importantly though, proper warm-up and cool-down segments will greatly decrease your risk of injury.

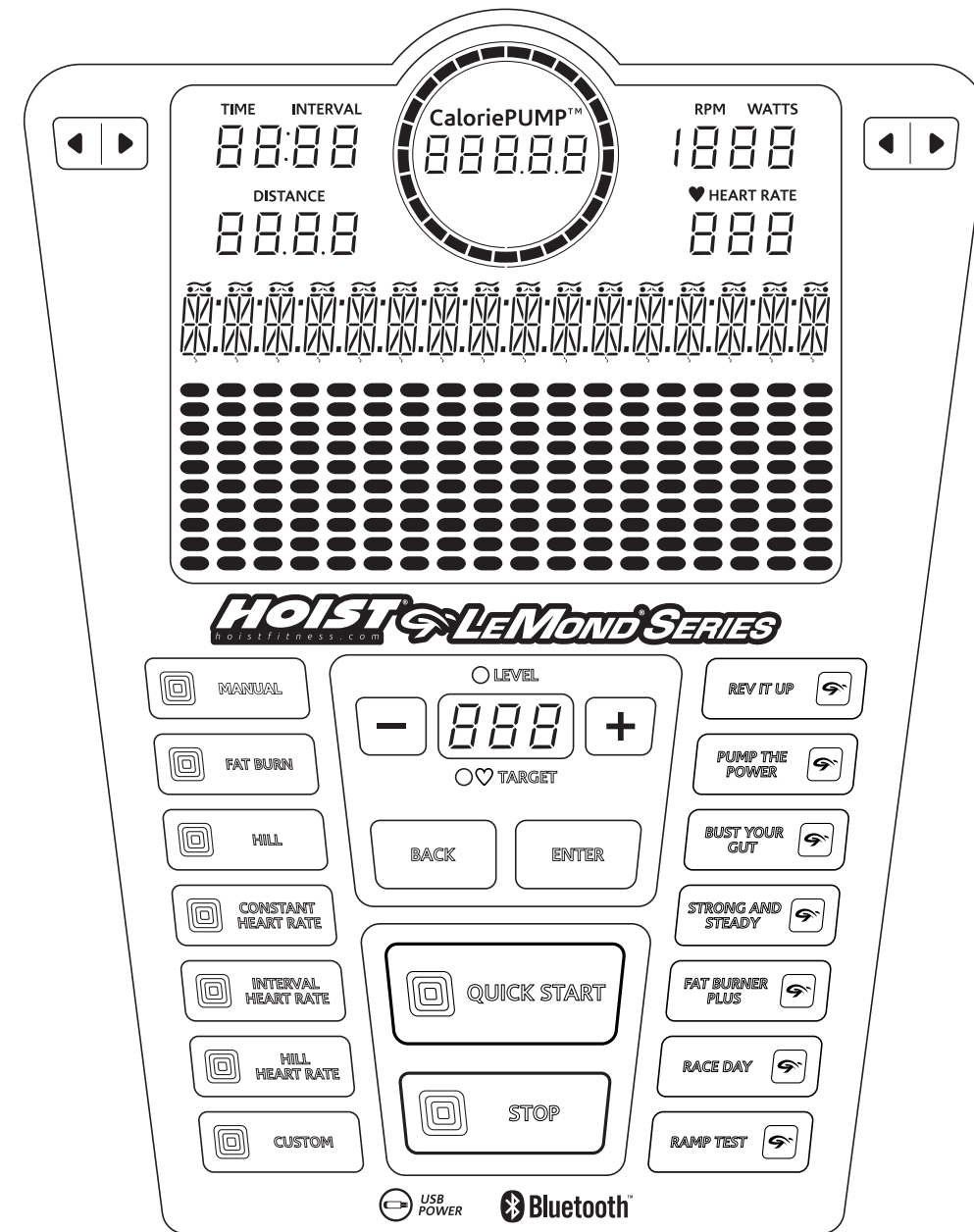
**Most importantly:** Stick with your program! You already accomplished the hard part. You made the commitment and you researched, chose, and bought the equipment to make your goals become reality. Now it's up to you. Remember that all of the guidelines you just read are just that – guidelines. If a 30 minute workout is too much for your current fitness level, choose a duration that you can complete and gradually increase your time. Any increase in the amount of physical activity over what you are currently doing, is a step forward.

Remember that even the most conditioned and dedicated athletes have days in which they slip from their training plans, make poor nutritional choices, or quit in the middle of a workout. If you find yourself in such a situation, think about the progress you had made previously, reevaluate your training plan, and recommit to your goals. Keep in mind the story of Greg LeMond who came back from a near fatal injury to win the most famous bike race in the world - not just once but twice. He too had to start over one step at a time.

**DISPLAY CONSOLE**

The display console of the **HOIST® LeMond® Series RT** serves two purposes: to allow you to choose the bike's functions, and to provide you with feedback about the progress of your current workout.

**Note:** Always use a light touch when pressing keys on the console overlay. Never press the keys with anything other than your fingers. Sharp objects such as ball point pens, keys or tools could damage the overlay and are considered misuse for warranty purposes.





**DISPLAY CONSOLE FEATURES**

**Quick Start Button:** Press this key to begin a Quick Start workout.

**Stop Button:** This key is only effective while a DEFINED PROGRAM is running. Pressing the STOP key once will pause the program. To restart the program where you left off, simply press ENTER. Pressing the STOP key twice will end the program and the MESSAGE DISPLAY will show the data accumulated during your workout. Pressing the STOP key three times will return you to the SELECT WORKOUT prompt.

**Navigation Keys:** Used to enter program parameters and make adjustments during a workout.

**+/- Keys:** Use the +/- keys to adjust values in Program Setup and to adjust intensity or Target HR while running a Defined Program.

**+ Key:** Used to increase a value in Program Setup and increase intensity or Target HR while a program is running to make a workout harder.

**- Key:** Used to decrease a value in Program Setup and decrease intensity or Target HR while a program is running to make a workout easier.

**Note:** You can press these keys repeatedly or, simply touch and hold the key until the desired value appears on the PROFILE DISPLAY.

**Enter:** Press ENTER to confirm adjustable values during Program Setup and move on to the next parameter.

**Back:** Press BACK to return to the previous screen on the MESSAGE DISPLAY.

**Message Display:** The MESSAGE DISPLAY will guide you through Program Setup and provides feedback on workout progress and effectiveness.

**Profile Display:** The PROFILE DISPLAY provides a visual representation of the workout intensity over time.

**Defined Programs:** Used to select various workouts that allow you to keep your exercise program fresh and interesting, including some of Greg LeMond's favorite workouts, located in the LEMOND TRAINING program group.

**Manual****Fat Burn****Hill****Custom****Heart Rate Training**

Constant HR

Interval HR

Hill HR

**LeMond Training**

Rev It Up

Pump The Power

Bust Your Gut

Strong &amp; Steady

Fat Burner Plus

Race Day

**Feedback Displays:** Displays workout information in designated area of the console.

- [CaloriePUMP™] — The CaloriePUMP™ is an innovative new readout that provides the user with a dynamic representation of the Calories burned (kCal) during your workouts. The Calories are displayed in the center of the circular meter and fill in at a rate of one calorie per cycle with accuracy to the hundredths place (2 decimals). The CaloriePUMP™ provides a new level of motivational feedback to your workouts as you watch the work you put in add up to real results.

- [TIME/INTERVAL] — Shows time elapsed (Time) for the given workout or the time remaining in the current program setup (Interval). Press the button to the left of the indicator to toggle between the two values.

- [DISTANCE] — Displays current Distance traveled.

- [RPM/WATTS]—(Shows the current Revolutions per Minute (RPM) or current Watt Output in the current workout. Press the button to the right of the indicator to toggle between the two values.

**Note:** A WATT is a measurement of workload. It is affected by both resistance and pedal speed. Increased resistance and increased pedal rate increases the WATTS expended. This information can be used to evaluate your fitness progress over time.

- [HEART RATE] — Displays the current Heart Rate (HR).

**Note:** The heart rate function of the HOIST® LeMond® Series RT is intended only for use as an exercise aide. Various factors can affect the accuracy of your heart rate reading. The heart rate function of the HOIST® LeMond® Series RT should not be considered or used as a medical device.

- [LEVEL/TARGET HR]—Shows the current workout intensity Level or current Target HR for a currently running heart rate training program. The value displayed is dependent on the currently selected program.

**A FEW ADDITIONAL TIPS ABOUT THE FUNCTIONS OF THE DISPLAY CONSOLE:**

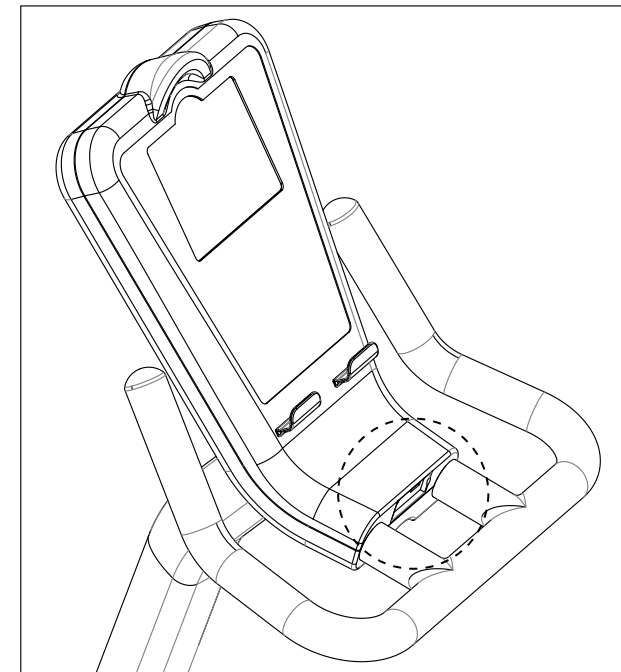
- You can easily change the resistance level of a workout after the program is running. Using the +/- keys, increase or decrease the resistance to suit your needs. Doing so changes the resistance throughout all segments of the program.
- The duration of a workout can be changed before a program begins running but not during the program. To change the duration once a program is running, you will need to exit the program and restart it after entering in the desired duration.
- During a workout, the MESSAGE DISPLAY will scroll through the statistics of your current workout.
- At the completion of a workout, the MESSAGE DISPLAY will summarize statistical information from the workout you have just completed such as total distance and total time. These statistics are also displayed if the workout has been ended prematurely.
- Pressing STOP during a workout will pause the program. To restart the workout, simply press ENTER and the workout will resume at the segment that it was paused. If no action is taken within 25 seconds of a program being paused, the display console will switch to SUMMARY mode. At the conclusion of SUMMARY MODE the display console will turn itself off.
- If you stop pedaling during a workout, the display console will behave in the same manner as if you had pressed the STOP key, however you can resume a workout by resuming pedaling without needing to press the ENTER button.
- You can change the units that distance is measured in from miles to kilometers (km), by pressing the ENTER, BACK and MANUAL keys simultaneously. Use the +/- keys to toggle between UNITS USA (miles) and UNITS METRIC (km). To save the change and exit this mode, press the ENTER button. To exit without saving the change, press either the STOP or BACK button.
- You can change the Beeper Volume by pressing the ENTER, BACK and + or - simultaneously.

Your **HOIST® LeMond® Series RT** is equipped with a USB port that provides you with a power source that can be used to charge a smartphone, tablet or other device during a workout.

**Where is the USB Port?**

Your **HOIST® LeMond® Series RT** is equipped with a USB port in the lower center portion of the console housing, between the supporting tubes. Pull back (do not remove) the USB port cover and insert a USB cable into this port at anytime during your workout and the other end into your smartphone to charge your device during your workout. Make sure the USB cover is securely closed once you are finished using the port to avoid sweat and moisture from making contact with the port..

**Note:** Pull back, but do not remove the USB Port cover to access the USB port.



**SAVING EXERCISE DATA**

The **HOIST® LeMond® Series RT** is equipped with Bluetooth LE. Bluetooth LE is a low power version of the Bluetooth protocol. This hardware interface provides you, the user, with the ability to record your exercise data on your smartphone during your workout.

In order to take advantage of this capability within the **HOIST® LeMond® Series RT** you will need to download the supporting iOS® or Android® HOIST® smartphone app from the AppStore® or Google Play® stores respectively.

Once the app is downloaded and installed on your smartphone you can then use it to gather workout statistics while using your **HOIST® LeMond® Series RT** that can be used to monitor your progress towards meeting your own personal fitness goals. Refer to the HOIST® app help section to learn how to establish a connection between the HOIST® app and your **HOIST® LeMond® Series RT** bike's console.

**What data is recorded?**

While you exercise, the following exercise parameters are recorded once every second, for a maximum of 99 minutes:

<b>Time</b> (MM:SS)	<b>Distance</b> (miles/km)	<b>Calories</b> (kCal)
<b>RPM</b>	<b>Speed</b> (MPH/KPH)	<b>Power</b> (Watts)
<b>HR</b> (BPM)	<b>Target HR</b> (BPM)	

**Note:** *If you manually end a program, only exercise data collected to that point will have been downloaded*

**SETTING UP AND RUNNING THE PROGRAMS**

The easiest way to set up and run the programs in the display console, is to simply enter data as asked for by the MESSAGE DISPLAY. The prompts in the MESSAGE DISPLAY will guide you through the program setup. The following is a detailed description of the same messages that are asked of you in the MESSAGE DISPLAY.

**Select Mode:**

Your **HOIST® LeMond® Series RT** allows you to choose between two different ways to vary the exercise resistance; Exercise Mode or Bike Mode.

In Exercise Mode the power level stays the same, regardless of your pedal RPM. This means that the resistance will change automatically as you pedal faster or slower such that your power output (watts) stays the same.

In Bike Mode the resistance stays constant, and your power output increases or decrease as you pedal faster or slower.

You can select either mode in the Manual, Hill, or Fat Burner programs. The Heart Rate (HR) programs are always in Exercise Mode. The LeMond Training programs are always in Bike Mode.

**Select Level:**

Choose a resistance level for your exercise; 1 through 20. The higher the level, the greater the resistance as you pedal. The default level is 4. Use the +/- keys to change the default value shown in the PROFILE DISPLAY, then press the ENTER key.

**Select Time:**

Enter the number of minutes for how long you want your exercise program to run, from 5 to 99 minutes long. Use the +/- keys to change the default time of 30 that is shown in the PROFILE DISPLAY, then press the ENTER key.

**Select Power:**

Some programs set the exercise goals based on exercise power (watts). Use the +/- keys to change the default value shown in the PROFILE DISPLAY, then press the ENTER key.

**Entering Age:**

Your current age is used to calculate your target heart rate. Use the +/- keys to change the default age of 40 that is shown in the PROFILE DISPLAY, then press the ENTER key.

**Choosing a Target Heart Rate:**

The console automatically generates a target heart rate that is 70% of your theoretical maximum heart rate. You may wish to increase or decrease your target heart rate. To do so, simply change your calculated target heart rate that is displayed in the PROFILE DISPLAY, using the +/- keys. The HR can vary between 80 BPM and Max HR (220 - Age). Once the desired target heart rate is displayed, press the ENTER key.

**RUNNING THE DEFINED PROGRAMS**

Once you have become comfortable with the DISPLAY CONSOLE, take the following steps to run a DEFINED PROGRAM and begin your exercise routine. Remember that the messages in the MESSAGE DISPLAY will quickly and easily get you started with your workout.

1. Begin pedaling until you see the SELECT WORKOUT prompt on the MESSAGE DISPLAY.
2. Choose a workout from the fourteen keyed programs and press ENTER when asked to confirm the program you have chosen.
3. Once a workout has been selected or defined, the MESSAGE DISPLAY will ask you to input your exercise parameters. Use the +/- keys to change the parameter, then press the ENTER key to make your selection.

**ENDING A DEFINED PROGRAM**

The best way to end a defined program is to finish your workout. Once the time you have selected for your workout has elapsed, the workout is ended and the MESSAGE DISPLAY will show the statistics from the workout you have just completed.

You can also end a workout by simply pressing the STOP key. Pressing this key once will pause your workout. Press ENTER to resume your workout where you left off, or press STOP again to end your workout. Pressing STOP for a third time will bring you back to the SELECT WORKOUT prompt.

At any time during the workout you may also simply stop pedaling and the machine will pause your workout. This mode is provided so that you can take a short breather or grab a drink without having to think about it.

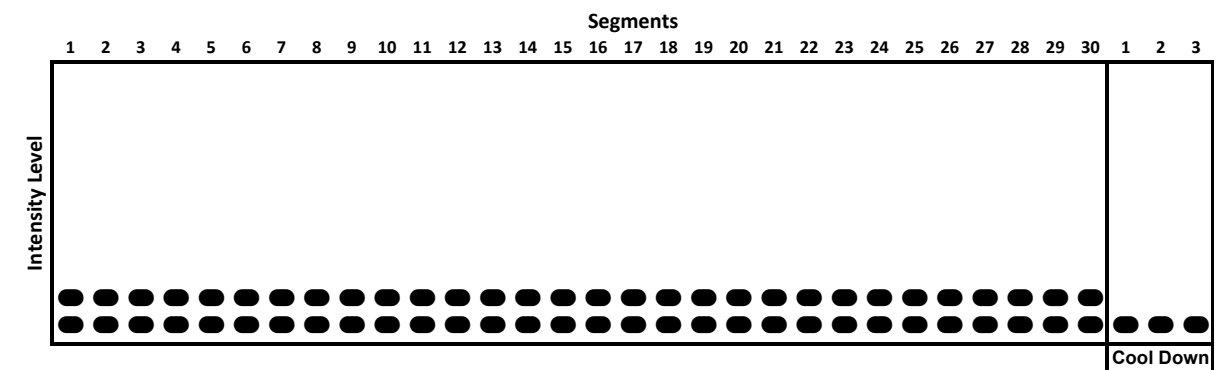
**Note:** Once a program has paused, if no action is taken and the bike is at rest, the display console will automatically transition to SUMMARY MODE after 25 seconds of inactivity.

**DEFINED PROGRAMS**

The **HOIST® LeMond® Series RT** has fourteen different workouts programmed into the console. Each program provides different benefits and can help you achieve your own personal fitness goals. This variety allows you to use your **HOIST® LeMond® Series RT** to focus your workouts on different aspects of your fitness program and provide you with fun and challenging ways to jump-start your fitness routine and reach your fitness goals faster. Seasoned athletes know that varying their routine is essential to success. A tough day of interval training or a challenging hill workout is best followed by an easy day that allows the muscles to recover from the previous days efforts.

**1 Manual**

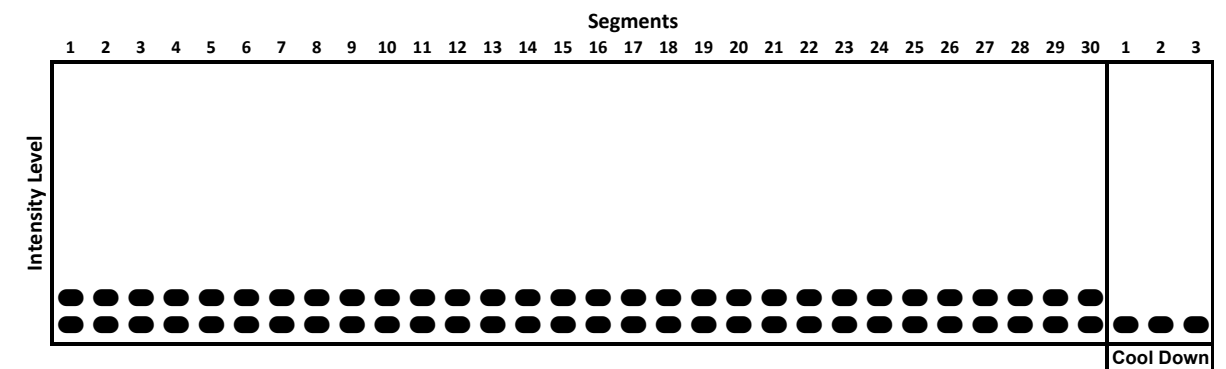
The MANUAL program provides a workout with a constant resistance and a time limit that you specify. At any time during the workout you can increase or decrease the resistance using the +/- KEYS.



**2 Quick Start**

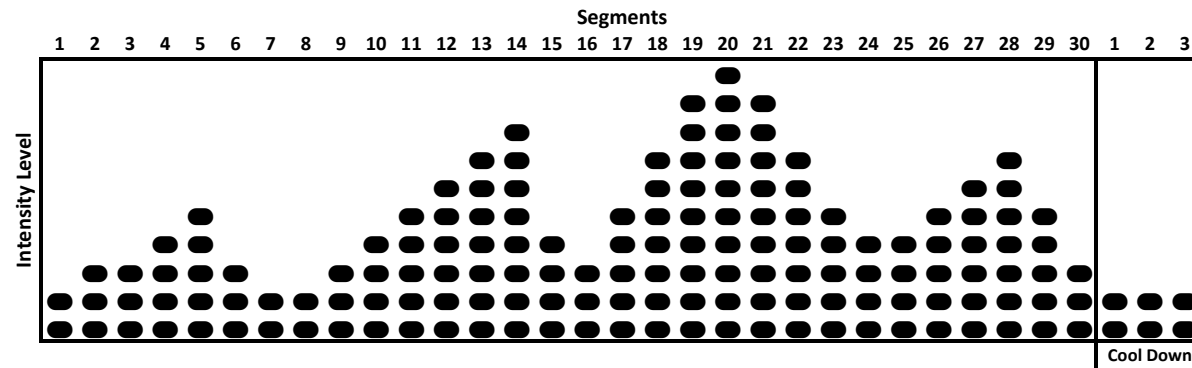
The QUICK START program is essentially a MANUAL program with a fixed time limit of 99 minutes. Unlike the MANUAL program, which can be used in both Exercise or Bike Mode, this program functions exclusively in Bike Mode. At any time during the workout you can increase or decrease the resistance using the +/- KEYS.

We recommend that you use this program to become familiar with the bike and the resistance functions.



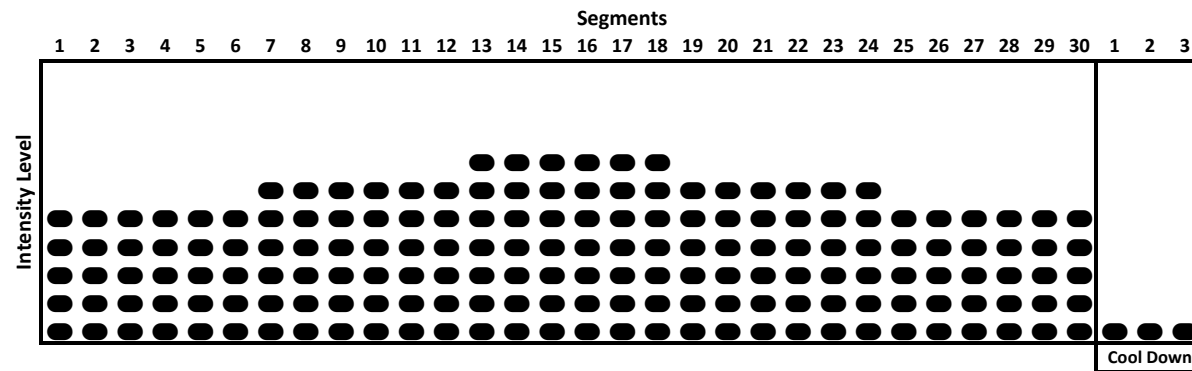
### 3 Hill

The HILL workout is designed to increase your strength as you pedal up and over four resistance hills of varying steepness and distance.



### 4 Fat Burner

The FAT BURNER program is a challenging workout with several intervals of increased resistance. The program is specifically designed to optimize your workout for weight loss.



### Heart Rate Training

The HEART RATE TRAINING programs are a collection of three (3) varied programs that regulate your heart rate by varying workout intensity.

Your heart rate is detected by the machine when you grip the sensors on the handle bar, or wear a 5 KHz Polar compatible Heart Rate strap (sold separately) across your chest. To get a good heart rate reading, your hands should be slightly moist when gripping the metal sensor pads on the handle bar, or likewise, when wearing the heart rate strap across your chest, your skin should be slightly moist where the sensor pads make contact.

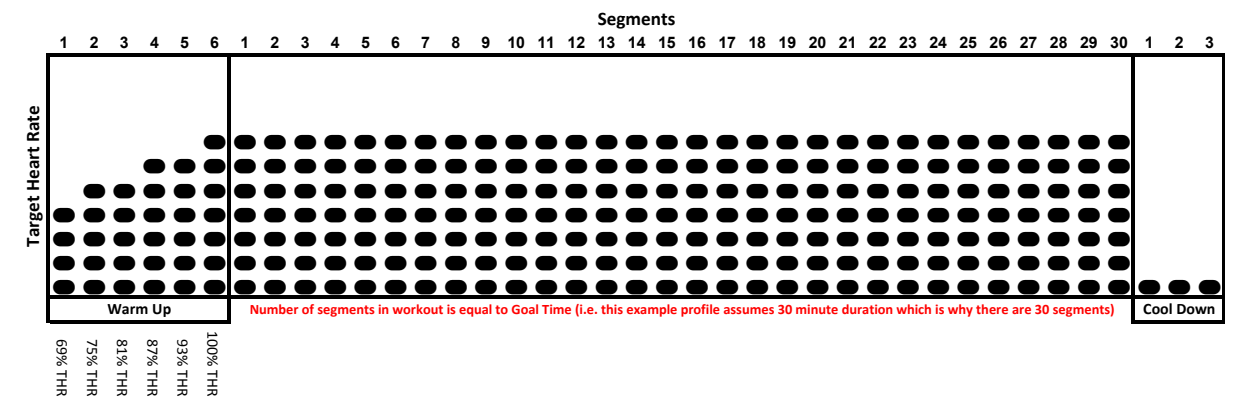
### 5 Constant HR

The CONSTANT HR workout is programmed to help you maintain a chosen target heart rate by automatically changing the level of intensity during your workout.

When setting up the CONSTANT HR program the MESSAGE DISPLAY will ask you to enter your age to calculate your target heart rate and display it on the PROFILE DISPLAY. The Target Heart Rate for this program is calculated as 70% of your theoretical maximum heart rate determined by your age using the following formula:  $(220 \text{ BPM} - \text{Age}) * 70\%$ . For example, the target heart rate for a 40-year-old user would be 126 BPM  $[(220-40) * 70\%]$ . At this point you can change your target heart rate.

The minimum target heart rate that you will be allowed to ENTER is 80. The maximum target heart rate is 200.

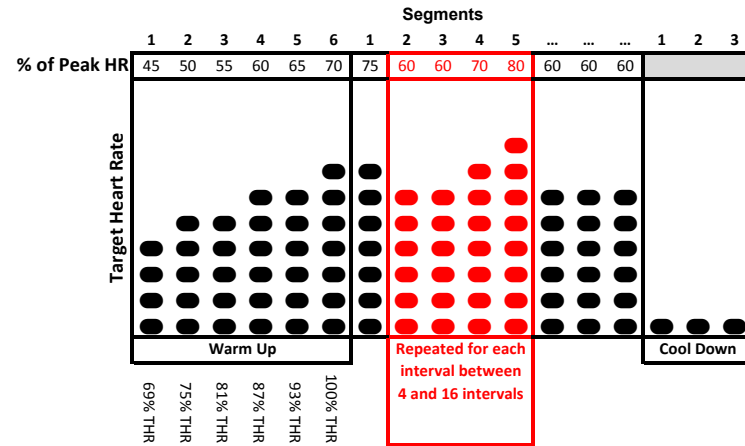
**Note:** The HR programs may require the use of a heart rate transmitter chest strap.



This program is an easy way to keep you from becoming lazy during your workout. It is also a good program to make sure that you are not working too hard during a recovery ride.

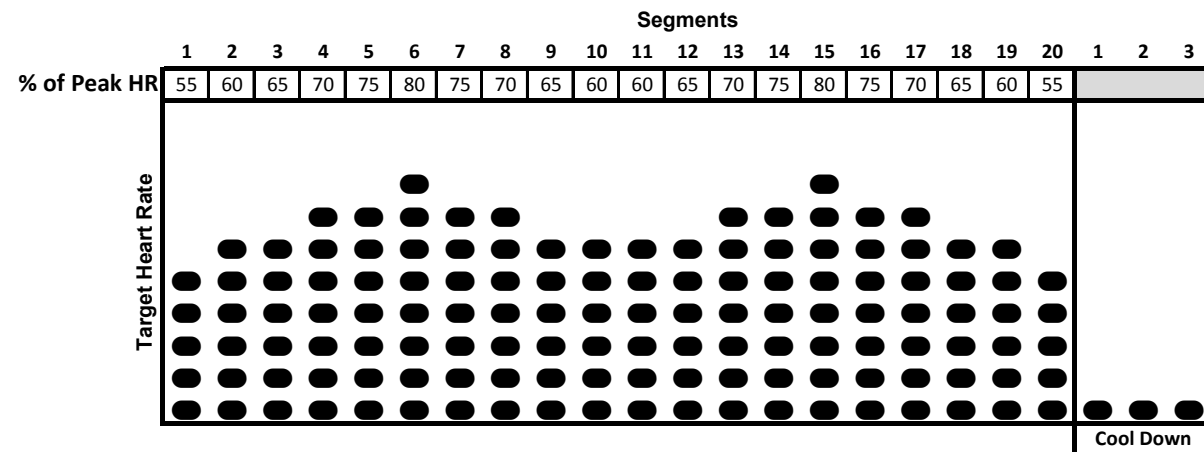
### 6 Interval HR

The INTERVAL HR program is designed to vary your heart rate from 60% - 80% of your calculated maximum in one (1) minute intervals. During program setup you will be prompted to enter your age to calculate your theoretical maximum heart rate and then the number of intervals you would like to perform (4 to 16 4-minute intervals). The PROFILE DISPLAY will then display the workout with a 6-minute warm-up and a 3-minute cool down. During the workout the peak interval value can be adjusted between 80 BPM and the calculated Max HR (220 BPM - Age) using the +/- keys.



### 7 Hill HR

The goal of the HILL HR program is to have the user's heart rate at the indicated target heart rate level by the end of the interval time. The target heart rate will fluctuate between 60% - 80% of your calculated maximum in variable intervals depending on the selected total workout time (20 - 99 minutes). The current segment will flash for reference. During program setup you will be asked to enter your age to calculate your theoretical maximum heart rate and your desired workout length. During the workout the peak interval value can be adjusted between 80 BPM and the calculated Max HR (220 BPM - Age) using the +/- keys.



### LeMond® Training Programs

The LeMond® TRAINING PROGRAMS are a collection of seven (7) anaerobic and aerobic programs designed by former Tour de France winner Greg LeMond. The set up of these programs is identical to the other DEFINED PROGRAMS in the HOIST® LeMond® Series RT.

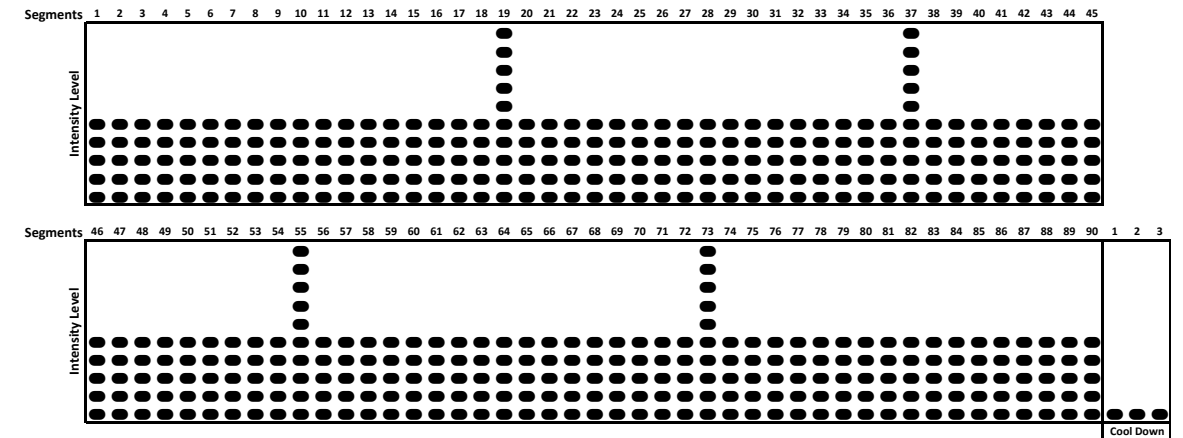
**LeMond® TRAINING PROGRAMS are available in 30, 45, and 60 minute durations except for RAMP TEST.** These are challenging workouts that are a mix of aerobic and anaerobic efforts. Make sure that you have completed a proper warm-up before undertaking these programs. The programs will be far easier to complete if your muscles are sufficiently prepared.

**Note:** Profiles shown in this manual are 30 minute workouts. Longer duration programs will be similar in shape or just repeat intervals.

### 8 Rev-It-Up

The REV-IT-UP program is designed to increase your maximum power output. Low intensity, recovery segments are punctuated by short but extremely high intensity intervals. Designed to increase your top end, this workout will give you speed and power to spare!

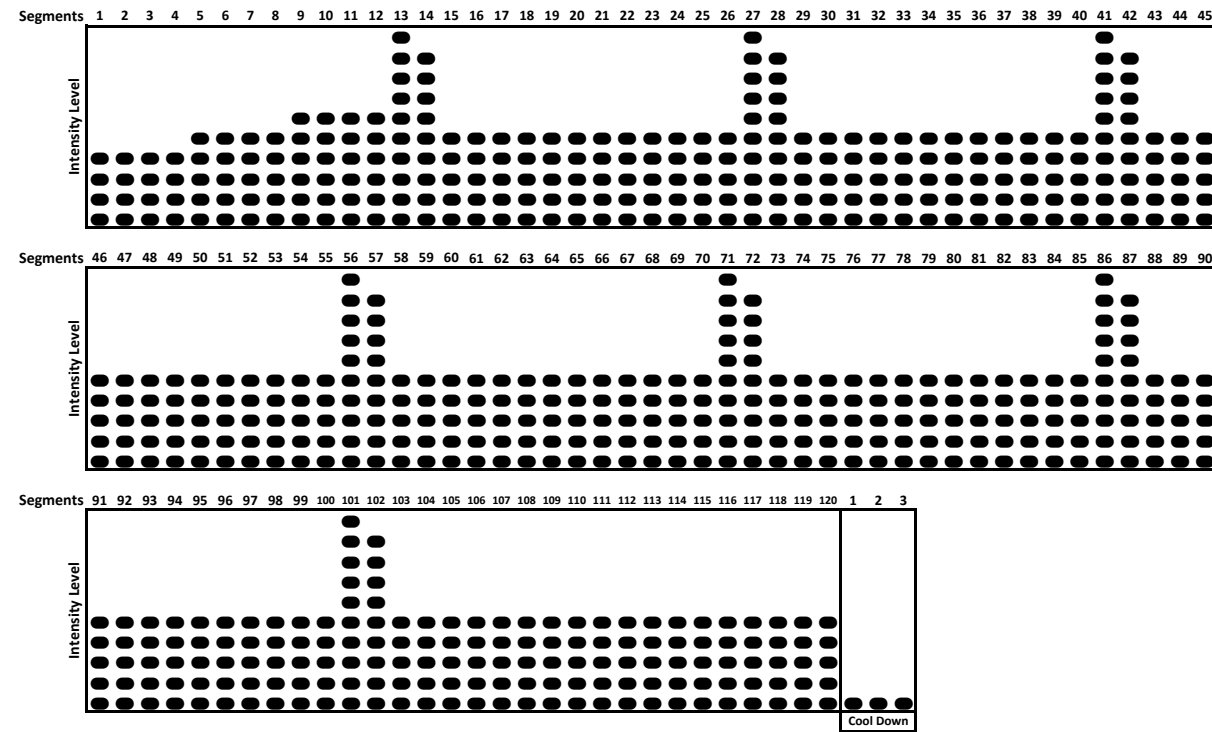
Each segment of this workout is 20 seconds long.



### 9 Pump The Power

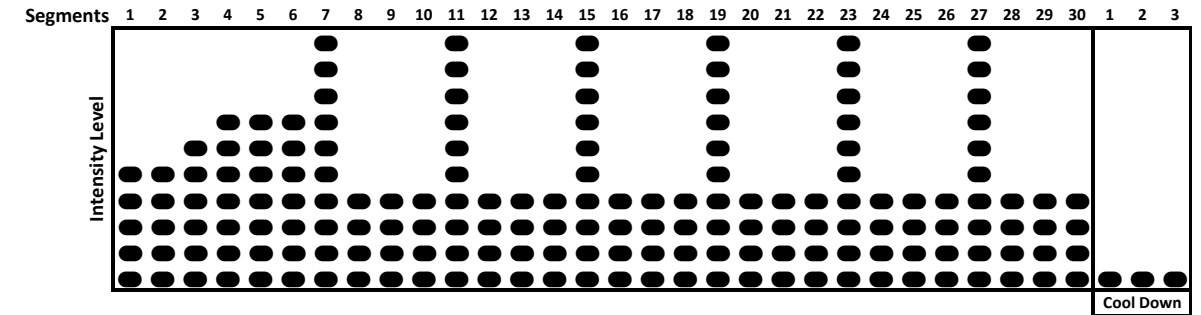
This challenging workout is designed to develop greater strength and endurance. Higher intensity anaerobic efforts of varied duration are followed by moderate intensity recovery segments. A sure winner for those who want to see results fast.

Each segment of this workout is 15 seconds long.



### 10 Bust Your Gut

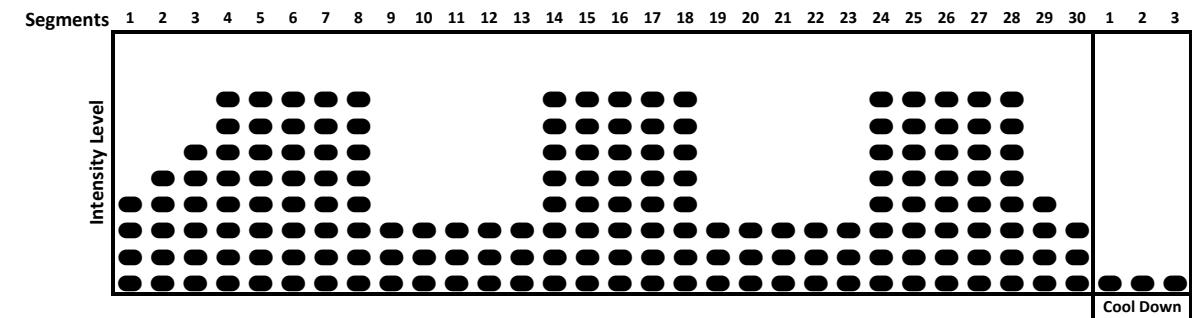
This workout tests all aspects of your fitness. 60 second high intensity efforts are followed by three minute recovery periods of moderate intensity. Those three minutes might feel pretty short by the end of this 30 minute workout. This program will do wonders for your strength, power, endurance, and, of course, your waistline.



### 11 Strong And Steady

This workout focuses on building aerobic capacity. Combining moderate intensity efforts with low intensity recovery segments, aerobic strength and fat metabolism are the main objectives. Just a couple of STRONG AND STEADY workouts a week will have you looking leaner and breathing easier in no time.

Each segment of this workout is one (1) minute long.

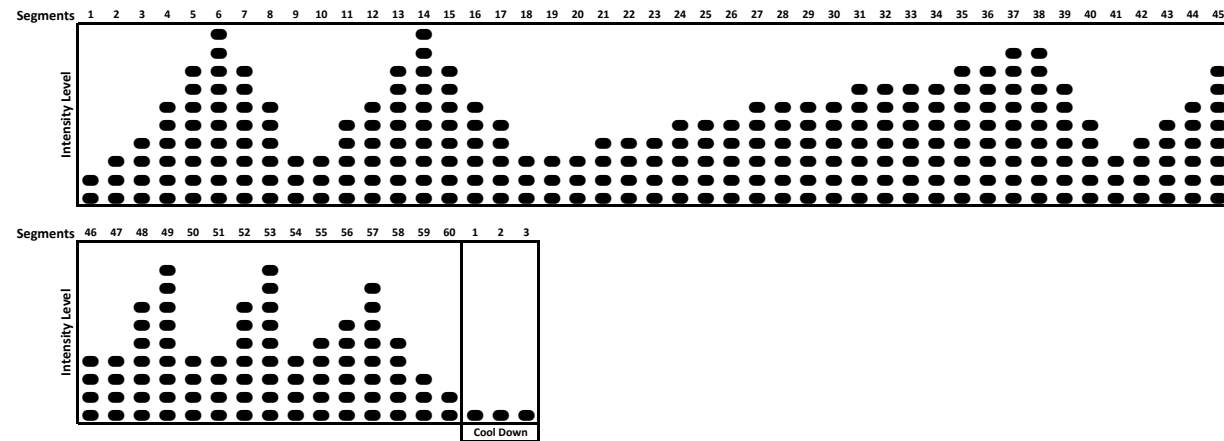




### 12 Fat Burner Plus

In this program you will complete an 'aerobic ladder'. Starting at a low intensity, you will gradually climb to a moderate intensity level and then gradually work your way back down. This is a great program to alternate with STRONG AND STEADY to enhance fat metabolism and improve aerobic capacity.

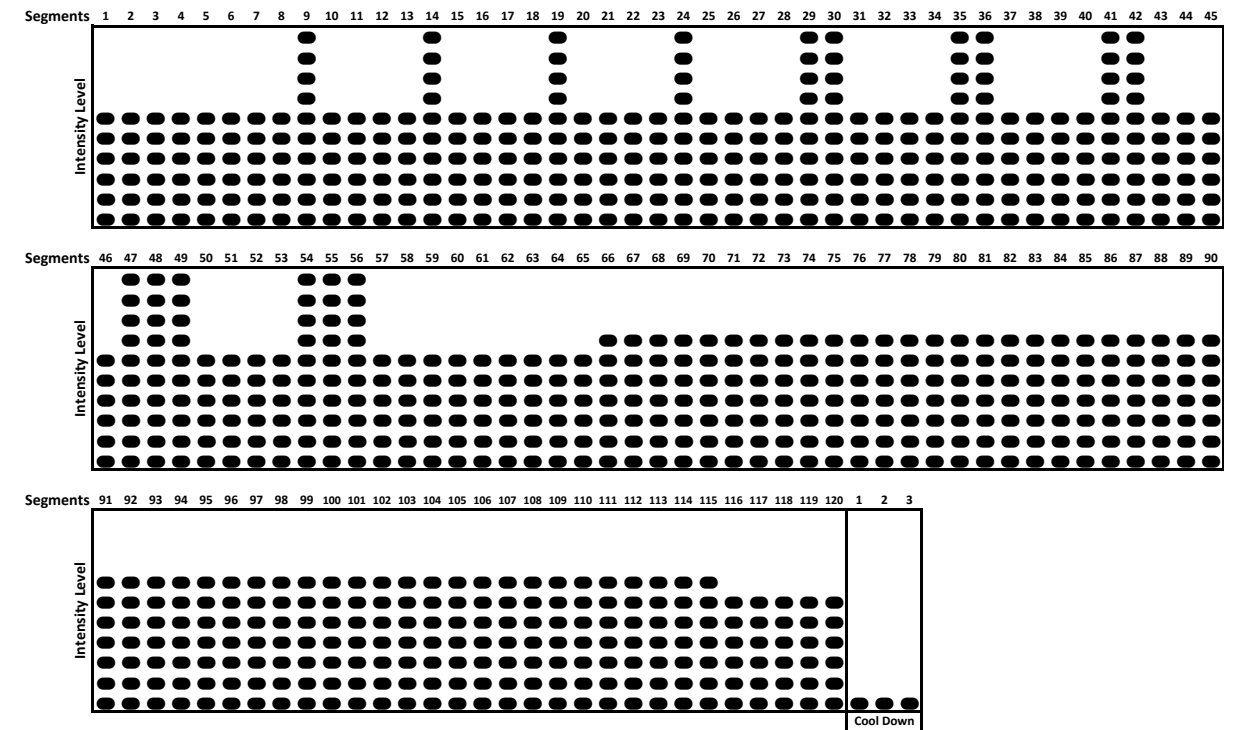
Each segment of this workout is 30 seconds long.



### 13 Race Day

This program is a great workout for 'active recovery' rest days or as a warm up for races, ball games or a hard weight lifting session. With several bursts of hard efforts in the beginning, and finishing with an extended tempo segment, you'll be ready for your next power workout.

Each segment of this workout is 15 seconds long.



## 14 Ramp Test

The RAMP TEST program is designed to test your power threshold.

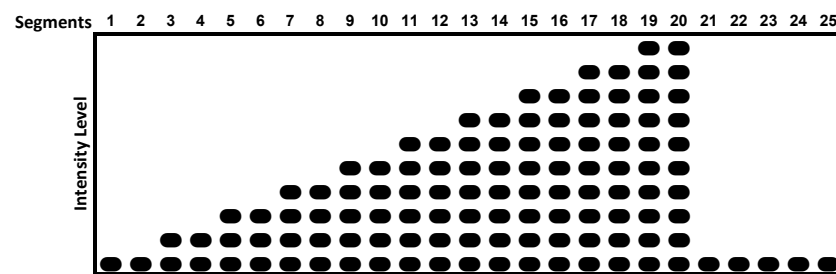
When this program is selected you will be prompted to enter a Watt per Minute (10W, 20W, 30W, 40W, or 50W) increment for the ramp that will determine the slope of the ramp and the duration of the workout.

Note: For the 10W/min increase, the watts will increase 2W each 12 seconds  
 For the 20W/min increase, the watts will increase 2W each 6 seconds  
 For the 30W/min increase, the watts will increase 3W each 6 seconds  
 For the 40W/min increase, the watts will increase 4W each 6 seconds  
 For the 50W/min increase, the watts will increase 5W each 6 seconds

The goal for this workout is to continue as long as you can. Whenever you feel you can no longer continue with the test, you can press the [-] key to reduce the watts to 40 W and start a 2 minute cool down period.

Each column on the console display matrix represents either 6 or 12 second, depending on the ramp. The height of the column lights represents the resistance level (same as manual program).

Pressing STOP once during the test (or during the cool down) will pause the test. Pressing STOP again will finish the test.



## Custom Programs

The **HOIST® LeMond® Series RT** is equipped with built-in programs that will let nearly every user realize their fitness goals. However every individual user has unique needs when it comes to achieving their desired goals. With this in mind **HOIST®** has equipped the **HOIST® LeMond® Series RT** with the ability to create and run custom programs.

To access this capability on the **HOIST® LeMond® Series RT** console, press the CUSTOM button.

Once you press the CUSTOM button you will be presented with the option to either run or create a custom program.

The actual console messaging is below:

“PRESS + TO RUN A WORKOUT” ... “PRESS - TO CREATE A WORKOUT”

## Running Custom Programs

To run a previously created program, follow the steps defined below:

1. Press the CUSTOM button.
2. Press the [+] button as prompted to run a custom program.
3. You will then be prompted to use the +/- keys to scroll through the available custom programs. The profile for these programs will be displayed in the profile window for you to visually review prior to making a selection.
4. Once the workout you want to run is shown in the profile window, press the ENTER button to select that workout. Refer to section SETTING UP AND RUNNING PROGRAMS above for more details on the different prompts.
5. The next prompt will ask you to specify the desired workout duration (in minutes). Note each workout profile shall have the same length and that length is determined by dividing the workout time by the number of seconds in the workout. For example, if the workout is 30 segments (i.e. intervals) in length and the specified workout duration is 30 minutes, then each workout segment would be 1 minute in length.
6. The last prompt will ask you your desired intensity level from 1 to 20. This applies an intensity to the overall profile and subsequently affects the resistance felt while pedaling. The lower the number, the lower the overall intensity. The higher the number, the higher the overall intensity.

## Creating Custom Programs

To create a new program, follow the steps defined below:

1. Press the CUSTOM button.
2. Press the [-] button as prompted to create a custom program.
3. You will then be prompted to enter the number of segments (1-30) that you want in your workout. Segments can also be thought of as intervals in this case and are represented as a columns in the program profile. Press the ENTER button to accept the entry.
4. Once you have specified the desired number prompts you will be prompted to begin creating the actual program profile. The +/- keys are used to adjust the intensity of each individual segment (i.e. interval). The ENTER button is used to advance to the next segment in the workout. The BACK button is used to return to the previous segment in the workout.
5. Once the complete workout has been created, while on the last workout segment in the workout press the ENTER button to exit out of the editing mode so that you can save the workout.

6. At this point you will be prompted to select one of five (5) memory locations to save the workout into. Note: If you select a memory location where another workout is already located you will be presented with an option to overwrite it.
7. Once the workout has been saved to memory you will be returned to the root Custom menu where you can either run a workout or create another one. At any time you can press the STOP button to abort the creation process.

### Maintenance Tips

- Always use a soft, cotton cloth and diluted non-abrasive cleaner or a mild detergent for cleaning the exterior of the bike.
- Never use ammonia, acid-based or petroleum-based solvents on any portion of the bike as it may damage the finish.

### Preventative Maintenance Schedule

#### Daily

- Before each use, make certain that the area around the bike is free of obstacles and any clutter that may interfere with the pedal rotation.
- Before each use, check that pedals are securely tightened and inspect both pedals and pedal straps for wear.
- After each use, wipe down the surfaces of the **HOIST® LeMond® Series RT** to remove sweat and moisture.
- Wipe the face of the display console with a slightly damp, soft, cotton cloth. Avoid getting extra moisture on the display console. Keeping the display console free of fingerprints and sweat will extend the life of the console.

#### Regularly

- Thoroughly clean the housing of the bike.
- Clean the top of the pedal straps, accessory trays, saddle and seat back, and the display console.
- Inspect all assembly bolts for wear and ensure that they are sufficiently tight.

### Moving the HOIST® LeMond® Series RT

To move the bike, simply lift the rear end of the bike and slowly push it forward to the desired location.



**WARNING: Use caution when moving the bike. The HOIST® LeMond® Series RT is well-built and the stability that you experience when riding the bike is due to its substantial weight. Use care and additional help, if necessary, when moving the bike.**

The **HOIST® LeMond® Series RT** was specifically designed to be easy to use, reliable and maintenance free. However, certain common problems that may arise are addressed in the following TROUBLESHOOTING guide. Should the symptom not be resolved after consulting this section, please contact our HOIST® Fitness Customer Service Department at (+1) 858-578-7676 between the hours of 7:00 AM - 4:30 PM (PST), Monday - Friday, for assistance.

**PROBLEM:** Display console doesn't light up.

**SOLUTION:** If the bike has been out of use for an extended period of time the battery may have discharged over time and the console will not light up when you begin pedaling. Begin pedaling the bike to recharge the battery.

**SOLUTION:** If the display console still doesn't light up after attempting the previous solution, you may need to replace the rechargeable battery. The longevity of rechargeable batteries varies depending on frequency and type of use, as well as exposure to higher than typical ambient temperatures typically found within your home. The **HOIST® LeMond® Series RT** is equipped with a special Lithium-Ion battery. Never replace it with anything other than HOIST approved battery. Doing so will damage your electronics and void your warranty. Contact HOIST Fitness Product Support for a replacement battery if needed.

**PROBLEM:** No heart rate signal is displayed on the console or heart rate reading is erratic or inconsistent.

**SOLUTION:** **If using a heart rate chest strap:**

Make certain that you are using a 5 KHz Polar compatible Heart Rate strap and that it is being worn correctly. When worn correctly the rubber electrodes of the strap are flat against the skin.

The electrodes must be sufficiently moist before heart rate can be accurately detected by the console. Removing the chest strap and re-wetting the electrodes will frequently solve the problem.

Make sure the chest strap transmitter is within three feet of the display console.

Heart rate chest straps emit a low-level radio signal that is detected by the display console of the **HOIST® LeMond® Series RT**. Interference from other radio or sound waves such as television sets, DVD players, cell phones, computers, or loudspeakers can cause erratic readings. Moving your bike away from such interference may eliminate this problem.

Another heart rate transmitter within three feet may cause abnormal heart rate readings.

Check the battery in the back of the chest strap transmitter.

**SOLUTION:** **If using the contact heart rate sensor grips:**

Make sure that the connection for the sensor grips is secure. Refer to the Assembly Guide for specific connection instructions.

Grasp the heart rate sensor grips with both hands and apply firm and even pressure to the grips.

Remember that contact heart rate grips are not always accurate due, in part, to biological differences between users. Contact heart rate can be affected by body oils, metal from jewelry or clothing, as well as outside electrical interference.

**PROBLEM:** Bike makes clicking noises.

**SOLUTION:** Silly as it sounds, this is often simply a matter of shoelaces or pedal straps hitting the side covers of the bike.

**SOLUTION:** So, you say it's not the shoelaces. Remove the pedals from the crank arms using the pedal wrench that came with your bike. Apply Loctite to the pedal threads, then reattach and tighten the pedals keeping in mind that the left pedal is reverse threaded.

**PROBLEM:** Bike wobbles or rocks when in use.

**SOLUTION:** Make sure that the bike is level in the position that it is located in. It should not rock back and forth when in use. Make needed adjustments with the leveling feet that are located on the rear stabilizer.

## SPECIFICATIONS

**Designed Use:** Residential/Non-Commercial

**Maximum User Weight:** 350 pounds (136 kg)

**User Height Range:** 58 in (147.3 cm) to 80 in (203.2 cm) tall

**Workload Range:** 30 – 450 Watts at 70 rpm and a maximum output of 1200 watts (speed dependent)

**External Power Requirements:** None. The **HOIST® LeMond® Series RT** is a cordless product.

**Heart Rate Monitoring System:** Contact Heart Rate Sensor Grips are located on the handlebars adjacent to the seat. Telemetry HR straps are also supported.

### Physical Dimensions:

Length: 60 in (152 cm)  
Width: 26 in (66 cm)  
Height: 50 in (127 cm)

**Weight:** 209 lbs (95 kg)

### Shipping Dimensions:

Length: 62 in (157.0 cm)  
Width: 14 in (35.0 cm)  
Height: 38.5 in (98.0 cm)

**Weight:** 238 lbs (108 kg)

## PRODUCT SERVICE

Most common problems can be quickly remedied by reviewing the OPERATING INSTRUCTIONS or the TROUBLESHOOTING section of this manual. In the event that review of these sections fails to pinpoint and solve the problem, please contact our HOIST® Fitness Customer Service Department at (+1) 858-578-7676 between the hours of 7:00 AM -4:30 PM (PST), Monday - Friday, for assistance.

**ENTER YOUR SERIAL NUMBER IN THE BOX BELOW**

**For Warranty Information, visit [HOISTFitness.com](http://HOISTFitness.com)**

HOIST Fitness Systems, Inc.  
11900 Community Road  
Poway, CA 92064 USA

Telephone: (+1) 858-578.7676  
Fax: (+1) 858-578-9558  
E-mail: [webprodsupport@HOISTFitness.com](mailto:webprodsupport@HOISTFitness.com)  
[www.HOISTFitness.com](http://www.HOISTFitness.com)

**FCC Regulations**

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of FCC rules. In accordance with the FCC, operation of this equipment is subject to the following guidelines:

1. This device may not cause harmful interference.
2. This device must accept any interference received, including interference that may cause undesired operation.

The **HOIST® LeMond® Series RT** uses, generates, and can radiate radio frequency energy. If the equipment is not installed and used in accordance with the instructions provided in this Owner's Manual, interference with radio communications may occur. The intent of the FCC Class B regulations is to provide reasonable protection against interference when installed in a residential application. However, there is no guarantee that interference will not occur in a particular installation. If your installation does cause interference to radio, television or other electronic equipment reception, turn off the power to the **HOIST® LeMond® Series RT** to verify that it is the source of the interference. If so, attempt to correct the interference by the following measures:

- Relocate the unit to increase the distance between the **HOIST® LeMond® Series RT** and the affected electronics.
- Reorient or relocate the receiving antennae for your television, radio or other electronic equipment that is in the vicinity.
- Consult HOIST® Fitness Customer Service, your authorized dealer, or a qualified radio/television technician for help.

**IC Regulations**

This device complies with Industry Canada license-exempt RSS standard(s).

Operation is subject to the following two conditions: (1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device.

Le present appareil est conforme aux CNR d'Industrie Canada applicables aux appareils radio exempts de licence. L'exploitation est autorisee aux deux conditions suivantes : (1) l'appareil ne doit pas produire de brouillage, et (2) l'utilisateur de l'appareil doit accepter tout brouillage radioelectrique subi, meme si le brouillage est susceptible d'en compromettre le fonctionnement.

This product has also been tested and certified to meet the following standards:

- CAN/CSA 22.2 No 68
- CAN/CSA 22.2 No. M91
- UL 1647
- ASTM F1250
- ASTM F2276
- EN 957-1
- EN 957-5
- EN 60335-1
- EN 61000-6-1
- EN 61000-6-3
- EN 300328
- EN 301489-1
- EN 301489-17

Week #		Weekly Goals			
		1.			
		2.			
		3.			
Day	Date	Distance	Calories	Time	Comments
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Weekly Totals					

Week #		Weekly Goals			
		1.			
		2.			
		3.			
Day	Date	Distance	Calories	Time	Comments
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					
Weekly Totals					

MONTH		Monthly Goals	
		1.	
		2.	
		3.	
Week	Distance	Calories	Time
Monthly Totals			

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