



Aerobic Lateral Trainer



HLT2500

ASSEMBLY MANUAL

IMPORTANT SAFETY INFORMATION

READ ALL INSTRUCTIONS BEFORE USING

THIS OWNER'S MANUAL CONTAINS ASSEMBLY, OPERATION, MAINTENANCE AND SAFETY INFORMATION. IN THE INTEREST OF SAFETY, PLEASE MAKE CERTAIN THAT YOU READ AND UNDERSTAND ALL THE INFORMATION BELOW.

IMPORTANT SAFETY PRECAUTIONS

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your machine.
2. Inspect your exercise machine prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
3. Most exercise equipment is not recommended for small children. Children should not use the machine unless they are under adult supervision.
4. Exercise equipment has moving parts. In the interest of safety, keep others, especially children, at a safe distance while exercising.
5. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent straining muscles.
6. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed.
7. Rest adequately between workouts. Muscles tone and develop during these rest periods. Beginners should work out twice a week and increase gradually to 4 or 5 times per week.
8. Remove all jewelry, including rings, chains and pins before commencing exercise.
9. Always wear suitable clothing and footwear during exercise. Do not wear loose fitting clothing that could become entangled with the moving parts of your exercise machine.

IMPORTANT: THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR YOUR Helix is 300lbs/ 136kg per user.

WARNING: Before commencing with any exercise program, please consult your family physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your family physician. In the event any of the above mentioned warnings are breached by the consumer, the manufacturer may use same as a defense to any claim for injuries, damage or loss. The above warnings are in no way intended to limit or modify the consumer's remedies for breach of warranties pursuant to applicable Federal and State Laws of Regulations. They are being supplied strictly to ensure the safety of the individuals using this product.

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2 PARTS BAGS FOR 'STEP BY STEP' ASSEMBLY

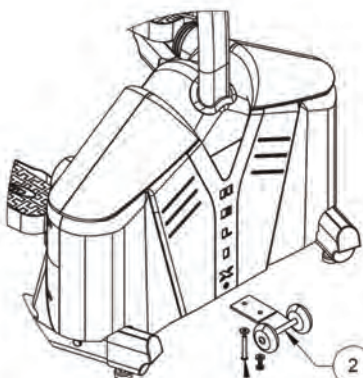


The parts required for each step of the assembly process are sorted by step in individual zip bags as shown left. Each step has required parts and each of those parts is included with the bag printed with the assembly step.

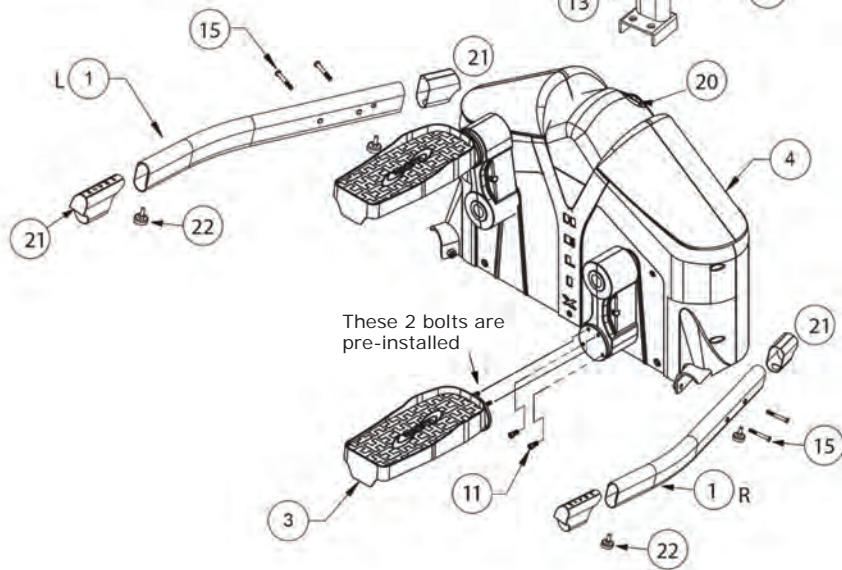
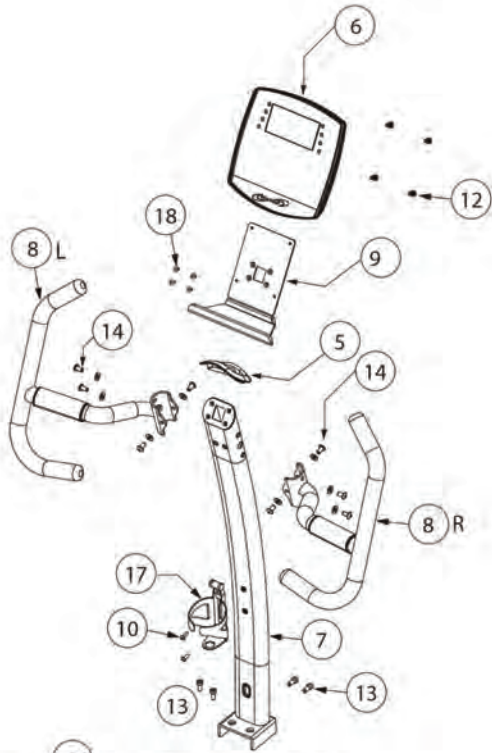
It is recommended that these parts not be removed from the individual bags until each step of the process to avoid mixing up or confusing parts.

If you find that you are missing parts or the bag for a step is missing, please contact Helix or your dealer to receive those items. You can refer to the parts by the "step number" for ease of description.

Item#	Part Description	Qty
1	Left and Right Frame Legs	2
2	Transport Wheel Assembly	1
3	Pedal Frames and Covers	2
4	Main Frame	1
5	Rubber Gasket for Upright	1
6	Electronic Console Display	1
7	Center Upright Post	1
8	Handlebars Left and Right	2
9	Console Mounting Plate	1
10	Water Bottle Holder Bolts	2
11	Pedal Frame Bolts	6
12	Computer Console Mounting Bolts	4
13	Center Upright Mounting Bolts	4
14	Handlebar Bolts	8
15	Stabilizer Bolts	4
16	Tool	(N/A)
17	Water Bottle Holder	1
18	Console Mounting Plate Bolts	4
19	Transport Wheel Assembly Bolts(1-long 1-short)	2
20	Dome Shaped Cover	1
21	Front / Rear End Cap	4
22	Adjustable feet	



May be factory pre-installed

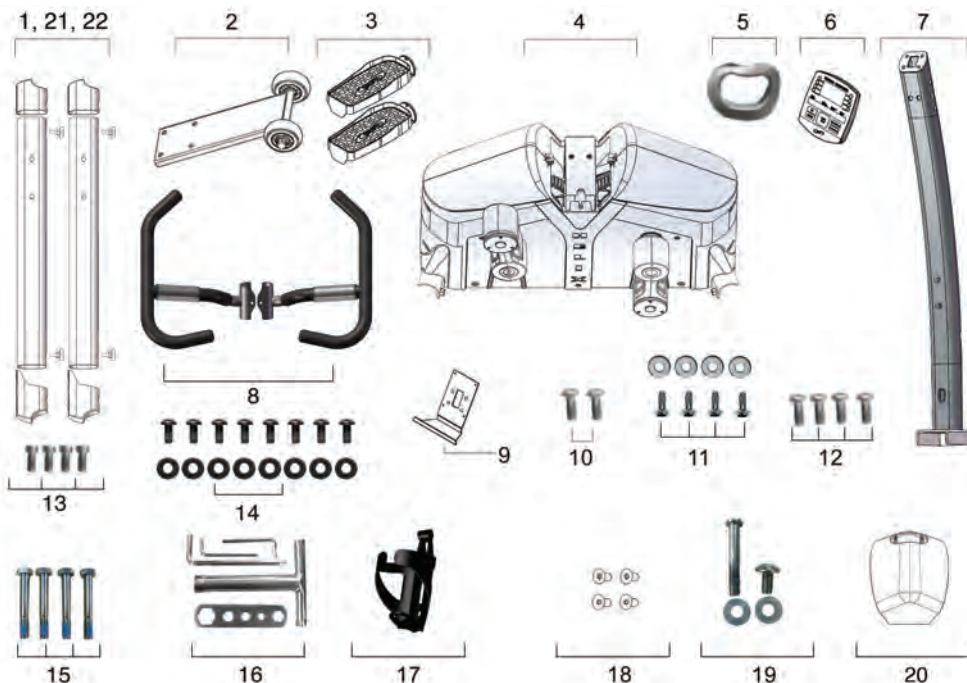


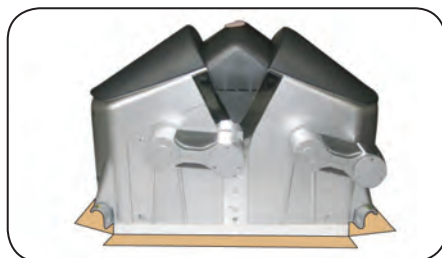
These 2 bolts are pre-installed

IMPORTANT: Read all instructions carefully. Assemble the Helix in accordance with the steps in the manual. All tools required for assembly are included with your Helix. Lay out all parts on the floor. Make sure that you have all the parts listed below before beginning assembly. In case of a discrepancy, please contact our Customer Service Department at the email address or customer service number listed on the back page of this Owner's Manual.

PRE-ASSEMBLY CHECK LIST

ITEM #	DESCRIPTION	QTY	ITEM #	DESCRIPTION	QTY
1	LEFT AND RIGHT FRAME LEGS	2	12.	COMPUTER CONSOLE MOUNTING BOLTS	4
2	TRANSPORT WHEEL ASSEMBLY (May be factory pre-assembled)	2	13.	CENTER UPRIGHT MOUNTING BOLTS	4
3	PEDAL FRAMES AND COVERS	2	14.	HANDLEBAR BOLTS	8
4	MAIN FRAME	1	15.	LEFT & RIGHT STABILIZER BOLTS	4
5	RUBBER GASKET FOR UPRIGHT	1	16.	ASSEMBLY TOOLS	5
6	ELECTRONIC CONSOLE DISPLAY	1	17.	WATER BOTTLE HOLDER	1
7.	CENTER UPRIGHT POST	1	18.	CONSOLE MOUNTING PLATE BOLTS	4
8.	HANDLEBARS LEFT AND RIGHT	2	19.	TRANSPORT WHEEL ASSEMBLY BOLTS	
9.	CONSOLE MOUNTING PLATE	1		(1-LONG 1-SHORT) (May be factory pre-assembled)	2
10.	WATER BOTTLE HOLDER BOLTS	2	20.	DOME SHAPED COVER	1
11.	PEDAL FRAME BOLTS	6	21.	FRONT / REAR END CAP	4
			22.	ADJUSTABLE FEET	4





IMPORTANT:

Do not remove the Helix from the box bottom until further instructed later in this assembly manual.

Step 1:

Put the product on the floor and remove the top box cover to reveal the Helix as show above. Where the box corners are printed "OPEN", cut or tear the box and separate these corners. Lay the sides flat to the floor.

Step 2:

Remove all parts from the box leaving just the main body of the machine on the bottom of the box. Remove all parts from their plastic bags and organize the floor beside the Helix.

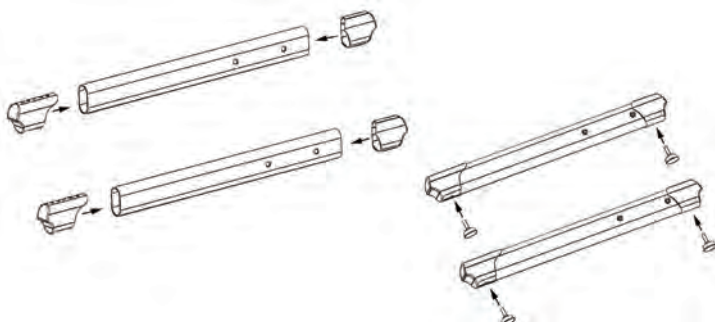
STABILIZERS INSTALLATION :

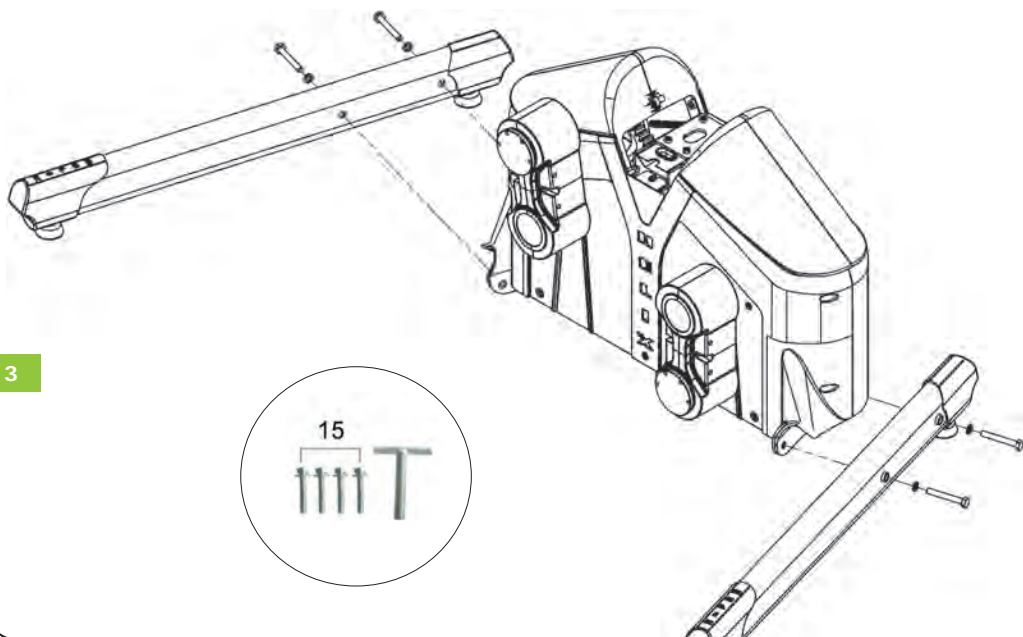
Step 3:

Attach the End Caps (with HELIX branding) to the left and right stabilizers. The branded end caps install on the end farthest from the attaching bolt holes. Attach Rear End caps (no branding) to the left and right stabilizers at the end closes to the attaching bolt holes. They are front and rear specific but not left and right specific.

Install the stabilizer adjustment feet (4) into the bottom of the stabilizers and adjust as required

Figure #2.



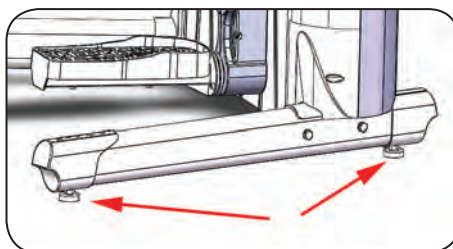
**Step 4:**

Insert the Stabilizer Leg assembly bolts into the legs and secure as shown **Figure #3**.

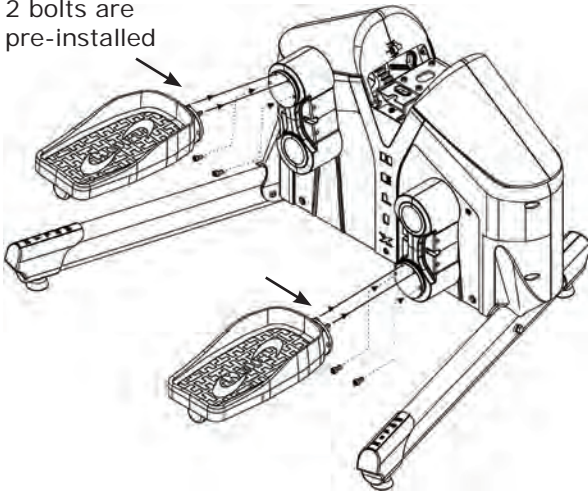
Tighten these bolts firmly.



If the Helix is not stable on the floor, the level can be adjusted with any of the leveling feet at each corner of the Helix



2 bolts are
pre-installed



Step 4:

The pedals have two bolts pre-installed and require two Hex head bolts from the Step 4 hardware pack.

Holding the frame up to the crank arm, loosely install the lower left and lower right hex head bolts through the round pedal flange into the identical flange on the crank assembly.

This will allow the pedal to hang on the crank assembly.

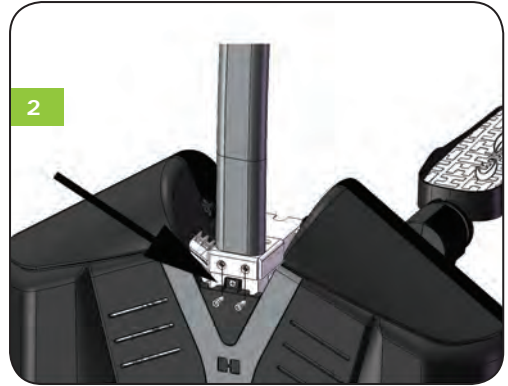
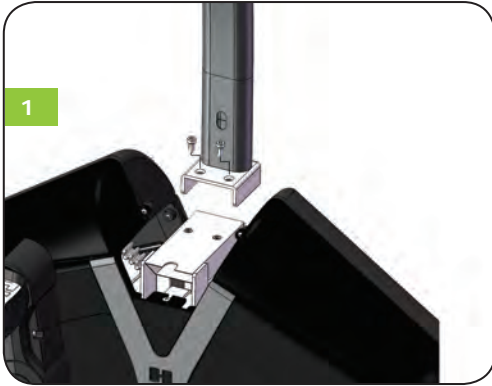
Then thread the top two pre-installed bolts into the crank assembly round plate.

Continue threading all 4 bolts into the crank assembly flange until they are all snug and the flanges are flush together.

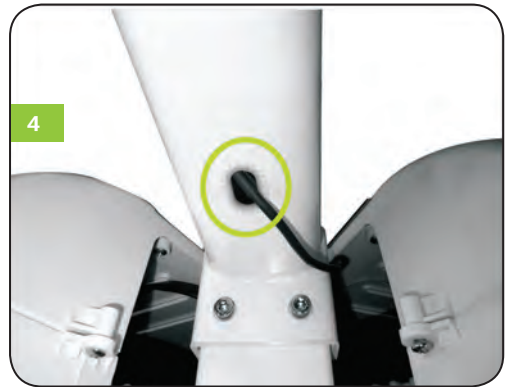
Now tighten all 4 bolts very firmly.
Repeat for the other pedal assembly.

It is critical that a full visual inspection be completed to ensure that the pedal frame round flange and the crank assembly round flange are flush together and that all four bolts are completely and firmly installed.

Failure to ensure that the two flanges are firmly in contact will result in failure of the pedal frame bolts.

**Step 5:**

Place the center upright on the main body. Install the two front Allen bolts first but do not fully tighten **Figure #1**. Then install the two rear Allen bolts. After both are installed, make sure upright is level and flush with the base and fully tighten all 4 Allen bolts.

**Step 6:**

At the base of the main upright connect the wiring harness coming from the upright to the wiring harness coming from the main body of the Helix **Figure #3**. After these are connected, tuck the wire and connection into the upright and be sure the wire is clear of the large gears in the body.

Step 7:

Slide the cover down to the bottom of the center upright tube and fit the tabs into the holes in the lower plastic housing to fit snugly in place as shown **Figure #4**.

Apply only gentle pressure to fit the tabs and the cover in place. Slide the rubber circle down the center upright tube and push into place as shown.



HANDLE BARS INSTALLATION :

Step 8:

For ease of installation, first install two handlebar bolts temporarily one in each of the holes show above the arrow in **Figure #1** above.

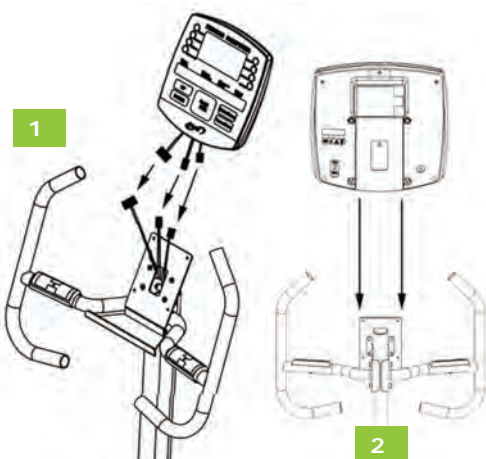


Step 9:

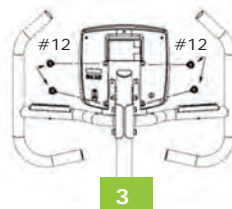
Then holding one handlebar in your hand, carefully feed the pulse sensor wire into the upright and out of the hole at the top of the upright **Figure #3**. Once the wire is out of the top of the upright, remove one of the temporary bolts and use it to secure the handlebar in place while you prepare to install the remaining 3 bolts into the handlebar on that side. Repeat for the other side as shown above **Figure #4**.

**Step 10:**

Console Bracket Installation: Feed three (3) wires through the center hole of the console bracket as shown in **Figure #1** above. Once the three wires are completely through, install the four (4) bolts securing the console bracket to the upright (**Figure #2**).

COMPUTER INSTALLATION

Slide onto bracket.
**Beware not to pinch
the computer wires**

**Step 11:**

Connect the three wires coming out of the computer mounting plate with the three wires coming out of the back of the computer. Simply snap the connectors together. The two similar wires/connectors can be connected with either of the same style on the back of the computer. It doesn't matter which goes to which (**Figure #1**).

Step 12:

Once the wires are all connected, slowly slide the computer onto the mounting plate (**Figure #2**). Please be extremely careful not to pinch the wires as the computer slides down onto the bracket. Once fully slid onto the bracket, install the four computer mounting bolts in the four holes on the back of the computer (**Figure #3**).

Do not over tighten. Just make them secure.



Step 13: NOTE: This part may be factory pre-installed

Raise up one side of the Helix onto a box or one of the styrofoam blocks from the packaging. Install the transport wheel as shown. Make note in **(Figure #1)** above the location of the longer bolt and the shorter bolt.

WATER BOTTLE HOLDER INSTALLATION



Step 11:

Find the two bolt holes in the Center Upright Post. Locate the 'Step 14' hardware bag that contains the water bottle bolts **(Figure #1)**

(Figure #2) Hold the water bottle holder up to the post as shown and install a bolt in the lower hole in the water bottle holder bracket **(Figure #3)** and through to the lower bolt hole on the upright.

Do not tighten at this time.

Tilt the water bottle holder upright to align the top hole in the bracket with the top hole on the center upright post. Install a 2nd bolt into that hole and then tighten with the allen key as shown in **Figure #4**.

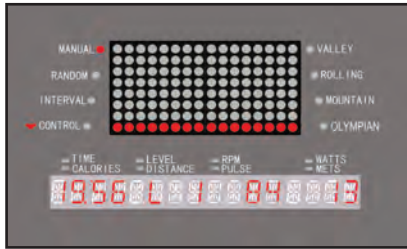


Figure 1

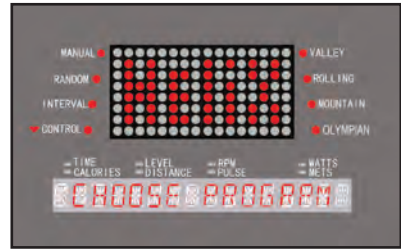


Figure 2

Modes:

Training Mode: When the user steps onto the Helix, the computer will be automatically powered on. A long beep will sound, and then the computer will enter into its initial screen awaiting input. The display will scroll from Figure-1, to Figure-2 above)

Stand-by Mode: When the Helix is not in use for three (3) minutes, it will automatically enter into the Sleep. There will be no computer display in that mode.

Display:

The computer on the Helix has two display screens. One is the Data Display and the other the Dot Matrix Display. The Data display windows can display the following information:

Time-Level-RPM-Watts



Calories-Distance-Pulse-Mets



These two sequences can be toggled between by pressing the SCAN key or set to automatically scan by holding the Scan button for three (3) seconds to automatically scan between the two displays.

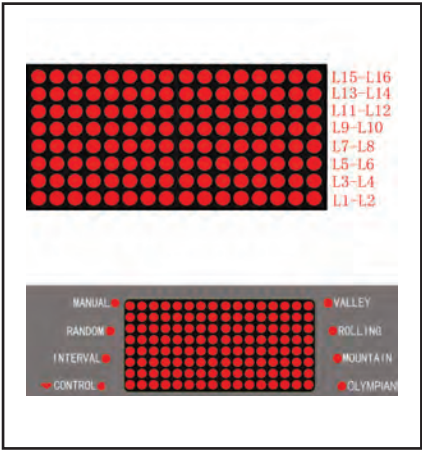
Dot matrix display:

The dot matrix will be used to display the Program profile for the active program.

The table will change its pattern based upon the Program chosen by the user. Columns represent the progression of time as the dot matrix screen fills from left to right. Rows indicate the resistance level by the number of LEDs that are lit vertically. See table to right referring to the Levels indicated.

Program Keys:

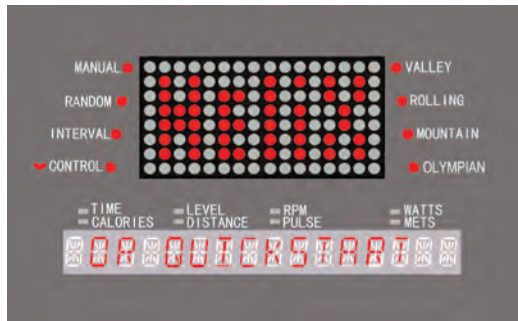
To the left and right of the large Dot Matrix display are eight Program Keys. These program keys can be used to directly choose a program. Alternatively, the user can scroll the programs with the up or down key.



When the Helix computer first starts, this scrolling message will read across the Data Display Screen. **"CHOOSE PROGRAM OR QUICK START"**

Pressing the **QUICK START** key in the center of the console, will begin the workout immediately with a default time of 20 minutes and Level 1 of Manual mode.





Quick Start: Program Selection:

When the computer first starts, the user can choose one of eight program buttons on either side of the large dot matrix display; Manual, Random, Interval, Heart Rate Control, Valley, Rolling, Mountain or Olympian. Choose the program by pushing the button beside the program name or by scrolling through the choices with the up or down key.

When the program shown is the program desired, press the Enter key. The computer will then request the user's weights to be entered. The message will read "SET WEIGHT 150LB". Using the up or down key, adjust to the user's weight. When the screen displays the correct weight, press the ENTER key.



The computer will then request the workout. The message will read "SET TIME 0:00". Using the up or down key, set the desired workout time. Once the computer displays the desired time, press the ENTER key.



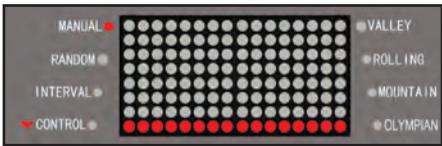
The computer will next request the exercise resistance level. The message will read "SET LEVEL 1". Using the up key, set the desired level of resistance. Once the desired level is displayed, press the ENTER key. At any time during the workout, the Resistance level can be adjusted up or down using the up or down keys.



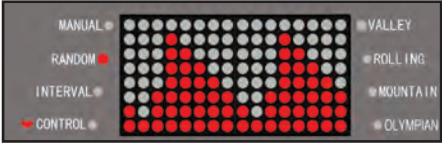
Heart Rate Control Program

If the user chooses the Heart Rate Control program, the user will again be asked to enter their weight as above. The user will then be asked to set the desired heart rate. The message will read “SET HRC 80”. Using the up and down keys, set the desired heart rate. When the desired heart rate is displayed, press the ENTER key. The user will then be asked to set the workout time as above.

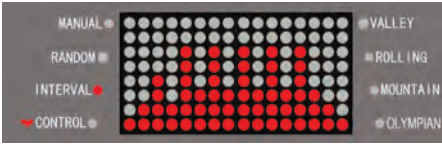
Pre-defined program profile:



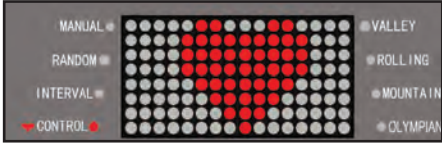
MANUAL PROGRAM



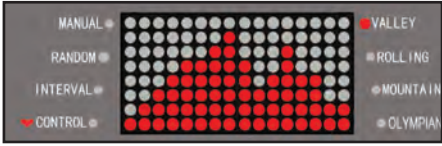
RANDOM PROGRAM



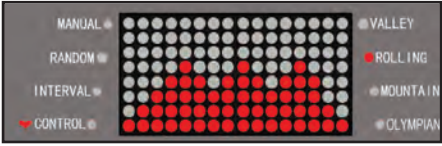
INTERVAL PROGRAM



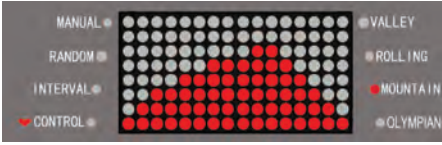
H.R.C PROGRAM



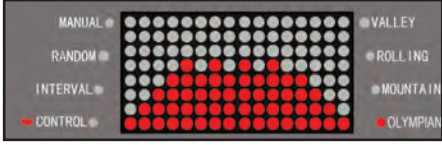
VALLEY PROGRAM



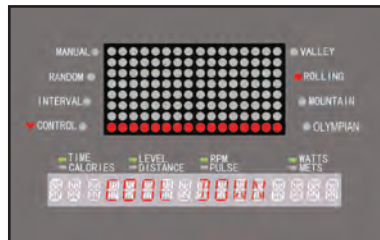
ROLLING PROGRAM



MOUNTAIN PROGRAM



OLYMPIAN PROGRAM



Cool Down:

At any time during the workout, press the CLEAR key to proceed directly into the Cool Down mode. Also, at the end of the workout time, the computer will automatically proceed into the Cool Down Mode. The message will display **"COOL DOWN"**, and will display for 5 seconds. Press the up or down key if you wish to adjust the LEVEL, during the Cool Down period. The Cool Down period will depend on the total duration of exercise.

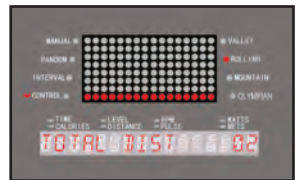
Results Mode



Total Time



Total Distance



Total Calories



Average Pulse



Average Watts



Average RPM



Summary Mode:

During Cool Down mode, press the CLEAR key to proceed into Summary Mode or when the set Program time is over the computer will automatically proceed to Summary Mode. The computer will display "SUMMARY MODE" for 5 seconds and then cycle through the following data: Total Time, Distance, Calories, Average Pulse, Average Watts and Average RPM.

Heart Rate Display

Heart rate will be display by either holding both hands on the hand grip sensors or by wearing a Polar compatible Heart rate chest strap (not included). When holding the hand grip sensors or when wearing the chest strap, the dot will flash in the PULSE field. If "P" is showing in the Pulse field, please either adjust your grip or adjust the Polar Chest strap to improve the connection. Please continue to hold the hand grips for a minimum of 20 seconds.

Control Keys:

ENTER key - To confirm entries and proceed to next entry.



QUICKSTART key - Once the computer powers on, this button will pre-set the workout to start at Level 1 Manual mode and 20 minute period.

SCAN key - During workout, press this key to change display window between the upper indicators or lower indicators. Hold this key for

three seconds to scan back and forth between the upper and lower display.



Upper



Lower

During the "Result mode" pressing the SCAN key will cycle shows the following data:

Total Time → Total Distance → Total Calories → Average RPM → Average PULSE → Average Watts

CLEAR key – At any time during set up, this key will return you back to the previous setting to make a change to that setting. During the workout, pressing this key will put the program into the Cool Down mode. Pressing this key once in Cool Down will put the program into Results Mode. While in Result Mode, pressing this key will reset the computer completely.

UP key - Used to select workout Program, adjust Weight, adjust Time, adjust Heart Rate Control value and adjust resistance level during setup. Using this key, the resistance level can be changed during a workout.

DOWN Key – Used to select workout Program, adjust Weight, adjust Time, adjust Heart Rate Control value and to adjust resistance level during setup. Using this key, the resistance level can be changed during a workout.

PROGRAM KEYS

There are eight (8) program keys on the left and right side of the Large Dot Matrix display. These program keys can be used directly to choose a program instead of scrolling up and down through the program list. The following keys are available:

Manual, Random, Interval, ♥ Control (Heart Rate Control), Valley, Rolling, Mountain and Ironman

Functions

Windows	Display Range	Windows	Display Range
TIME	0:00 - 99:00	RPM	0 - 255 rpm
DISTANCE	0.00 - 99.99	METS	0.0 – 99.9
PULSE	50 - 210 bpm	WEIGHT(ENGLISH)	30-400 (lb.)
		WEIGHT(METRIC)	15-250 (kg)
CALORIES	0 - 999 kcal	RESISTANCE LEVEL	L1 – L16
WATT	0 - 999 watt		

For customer service, we first recommend you contact the dealer where you purchased the Helix.
They will be able to resolve any issues the fastest.

If you cannot reach the dealer, please feel free to contact Helixco at
888-Helixco or by email to service@helixco.com

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