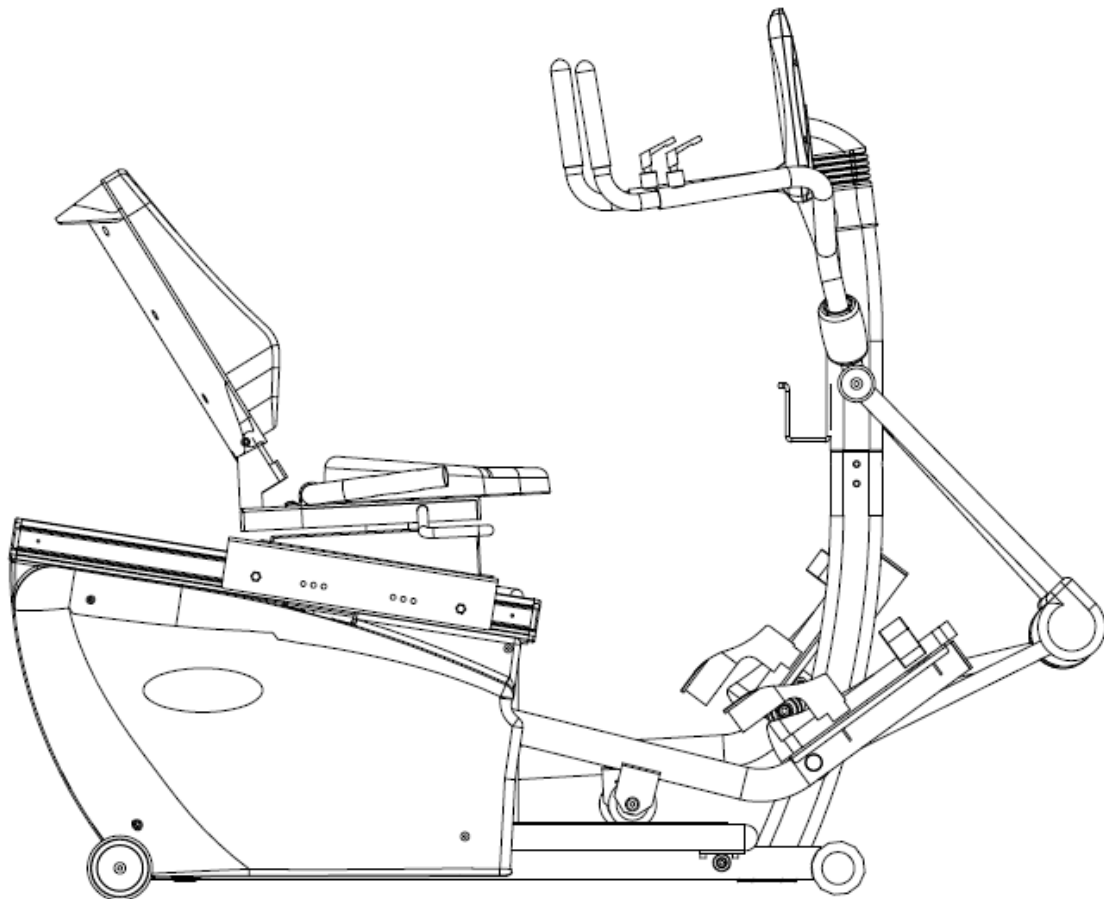




**Recumbent Semi-Elliptical Cross Trainer**

**Owner's Manual**

---



**HealthCare International, Inc.**  
PO Box 1509, Langley, WA 98260  
[www.HCIFitness.com](http://www.HCIFitness.com) – [sales@hcifitness.com](mailto:sales@hcifitness.com)  
P: (206) 739-5400 or (800) 398-9121



## Contents

Safety Precautions .....	2
Warranty Information.....	3
Tool Set .....	3
Assembly Instructions.....	4
Quick Tips .....	7
CardioStep Display Console .....	8
Button Functions .....	9
Quick Start –Sit, Start, & Step!.....	11
<b>Select a Workout Program .....</b>	<b>11</b>
Setup your Workout Programs.....	12
User Setup: .....	12
Basic Programs .....	13
Heart Rate Programs (HR 65% / HR 85%).....	14
Constant Programs (Isokinetic / WATTS) .....	15
Goal Set Programs (Calories / Distance) .....	16
<b>Cool Down Mode.....</b>	<b>17</b>
Workout Summary Mode.....	18
<b>Export Workout Summary to USB –Pause, Reset, Report .....</b>	<b>18</b>
Sleep Mode.....	19
Recovery Mode.....	19
Using Optional Heart Rate Monitors .....	19
General Maintenance .....	20
General Display Information.....	21
Display Settings – Engineering Mode .....	22
Exploded Diagram .....	23
Parts List .....	24
Service Notes.....	26
Stabilization Accessories.....	27

# **Safety Precautions**

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine.

Also, please note the following **safety precautions**:

1. Read all instructions carefully before using the machine.
2. Consult your physician or other health care professional before beginning this or any type of exercise program.
3. Always wear proper exercise apparel when using the machine.
4. If at any time you feel faint, light-headed or dizzy while operating the machine, stop exercise immediately. You should also stop exercising if you are experiencing pain or pressure.
5. Keep children and pets away from the machine while in use.
6. Only one person can use the machine at a time.
7. Make sure your machine is correctly assembled before you use it. Be sure all screws, nuts, and bolts are tightened prior to use and retighten periodically.
8. Do not operate this or any exercise equipment if it is damaged.
9. Keep hands and feet away from any moving parts. Do not insert any objects into any openings.
10. Keep clothes, jewelry and loose items away from moving parts.

## **NOTE:**



**MAXIMUM WEIGHT CAPACITY FOR THE CARDIOSTEP IS 450 LBS. (204 KGS)**

## **WARNING:**

**BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PEOPLE WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING THIS FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.**

**THE HEART RATE, WATTS, METS, AND CALORIES DISPLAYS ARE NOT SUITABLE FOR USE IN APPLICATIONS WHERE THE HEALTH AND SAFETY OF A PATIENT MAYBE DEPENDENT ON THE ACCURACY OF THOSE PERAMETERS.**

Dear Valued Customer,

Thank you for your recent purchase of the **CardioStep** from HCI Fitness.

We believe that you have purchased one of the highest quality and affordable recumbent

semi-ellipticals on the market today. Prior to using your new **CardioStep** please review the owner's manual and product tips to maximize your workout experience.

Wishing you the best of luck in reaching your health and fitness goals!

*HealthCare International is a leading supplier and distributor of innovative products for Health, Wellness, Fitness & Active Aging. Visit our website - [www.HCIFitness.com](http://www.HCIFitness.com) for information on all of our products.*

## **Warranty Information**

(Your Serial Number is found on a white sticker at the rear base of the unit, the front of the user manual, and on the box)

Serial#: \_\_\_\_\_ Purchase Date: \_\_\_\_\_

3 Year Parts Warranty, 1 Year Labor, Lifetime Main Frame

### **NOTE**

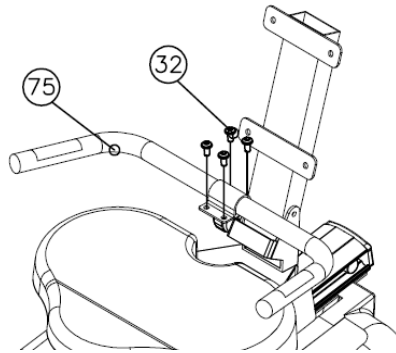
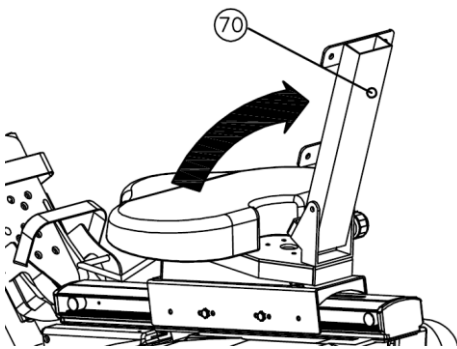
Before you start to assemble this unit, please note that some of the parts and screws needed for assembly are already in place on the unit.

## **Tool Set**

Tool	QTY
3 mm L type Allen Wrench Tool	1
5 mm L type Allen Wrench Tool	1
6 mm L type Allen Wrench Tool	1
13x15 Screwdriver/Wrench Combo Tool	1

# Assembly Instructions

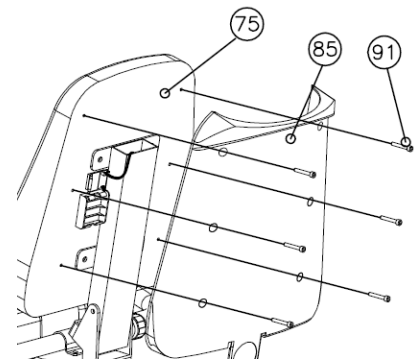
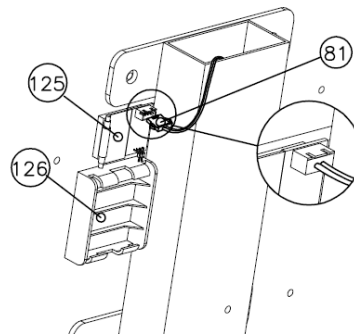
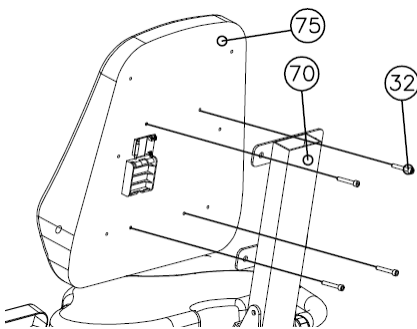
## STEP 1: Attaching the Seat Handles



**Wire Pinch Point**

Put the seat back support tube (70) in the upright position and lock the pop pin in place. Connect the contact heart rate wire coming from bottom of the seat handle set through the hole in the seat base frame to the wire coming from the bottom of the seat back support tube (70). Attach the seat handle set (75) to seat base frame using 4 bolts (32).

## STEP 2: Assembling the Seat Back



Attach the seat back cushion (75) to the seat support tube (70) using the 4 screws that are already in place in the seat back cushion (32). Then connect the pulse sensor wire (81) to the receiver (125). Place 3 AA batteries in the battery pack (126).



**Wire Pinch Point**

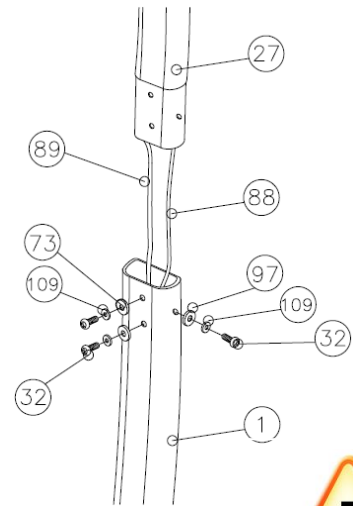
Next attach the seat back cover (85) to the back (75) using the 6 screws that are already in the seat back cushion (91).

***Gently Test the Seat Recline Angle to Ensure the Pulse Wire Moves Freely***

***Note: If Heart Rate Measurement Appears Inaccurate – Replace Batteries***

### STEP 3: Assembling the Display Post

Unpackage the Display Post and leave the white guide wire in place. Attach the bottom of the guide wire to the Display Wire (90) then gently pull the white guide wire and display wire (90) up through the display post (27) while inserting the Display Post (27) into the Main Frame (1).

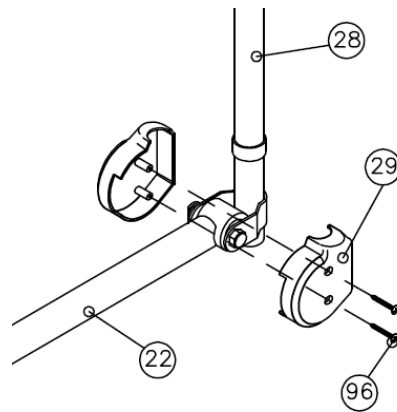
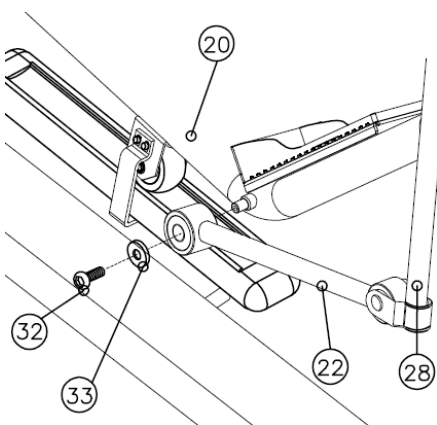


Make sure the display mount is facing the seat. Leave the Display Wire (90) attached to the white guide wire until step 5.

Secure the display post using the bolts (32) & washer (73) (97) (109) that are already in place.

**Wire Pinch Point**

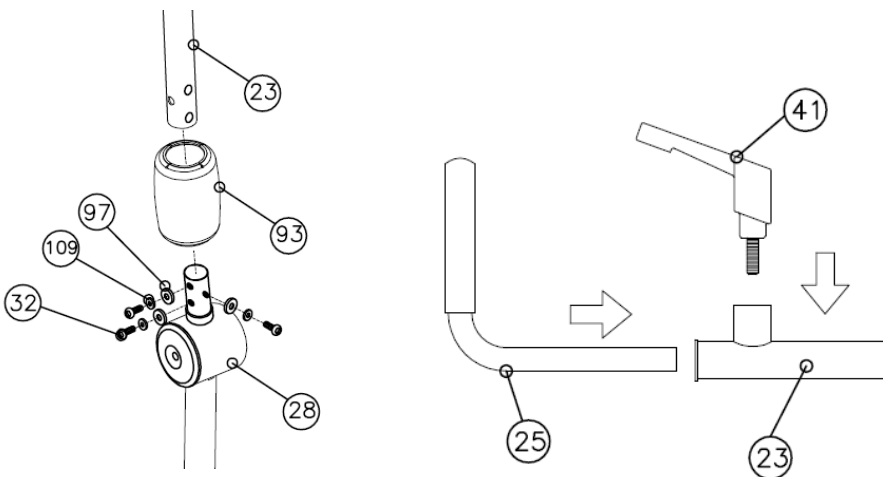
### STEP 4: Attaching the Connecting Arms



Attach the Connecting Arms (22) to the Foot Pedal (20) by using the bolt (32). Gently pull the Foot Pedal (20) to the outside of the machine to make the connection.

Next attach the Cover (29) to the joint from the Moving Handle Set (28) and the Connecting Parts (22) by using the screws (96).

## STEP 5: Attaching the Handles



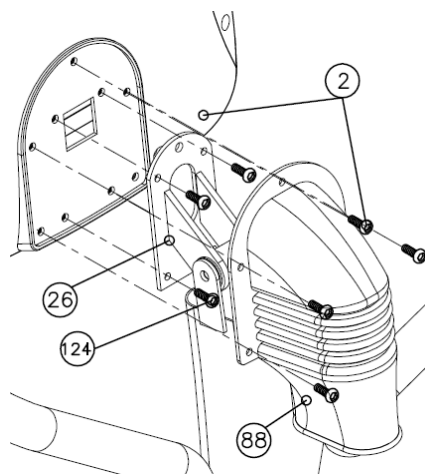
Slip the Rubber Cover (93) up onto the Handle tube (23) above the screws. Then attach the Handle Tube (23) to the top of the Moving Handle Set (28) using bolts and washers (32).

Insert the Handles (25) to the handle tube (23). Turn knob (41) to lock the handles in place.

***To change the angle of the handles, loosen the knob (41) turn the handle to the desired angle. Then tighten knob (41) to lock the handle at the desired angle.***

***To move the knob (41) with out loosening the handles, press the red button and pull up on the knob to change the knob angle while keeping the handles locked.***

## STEP 6: Attach the Display

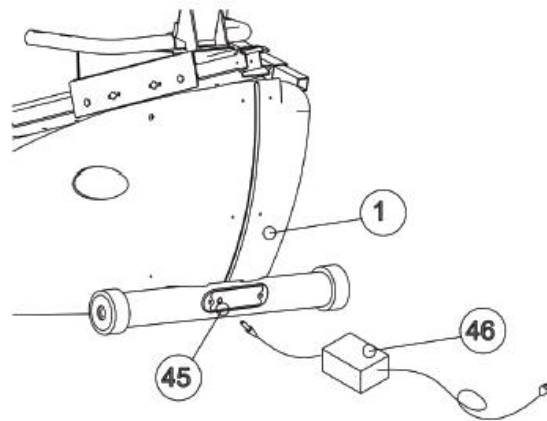


**Wire Pinch Point**

Attach the Display (2) to the Display holder (26) using the screws (124). Finally attach the back rubber cover (88) to the Display (2) using screws.



## STEP 7: Connect to Power



Plug the Adapter (46) into the machine first (45) then plug the adapter (46) in the wall outlet.

**Congratulations on Setting up Your New CardioStep!**

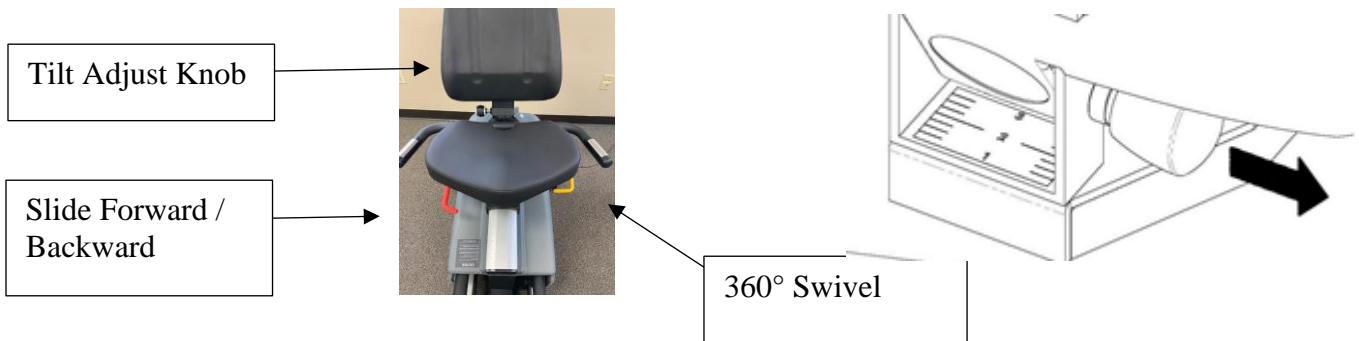
# Quick Tips

## AC Adaptor:

The **CardioStep** needs to be plugged into a standard electrical outlet. The AC adaptor connects at the rear base of the unit, at ground level, on the end of the unit that is beneath the seat. Connect the AC adaptor to the unit and then plug it into the wall. The display is powered by the adaptor and does not need batteries to facilitate low watt training.

## Seat Adjustments:

The **CardioStep** seat position can be adjusted forward and backward by pulling up on the long yellow bar located under the seat. The handle on the left of the seat allows the seat to swivel for easy access. In addition you can adjust the tilt of the **CardioStep** seat back by pulling the knob located on the back cushion support.



## Quick Start:

If you would like to start a simple workout, press the Quick Start Button and use the **[+]** / **[-]** arrows to set the resistance. It will automatically start you at level 1. See page 11 for more detail.

## Heart Rate:

To check your heart rate, place both hands on the seat handles. If your heart rate does not appear on the display, move the display closer to your body. If the heart rate reading appears inaccurate or signal is low, replace the AA batteries in the back of the seat.

## Custom User Protocols:

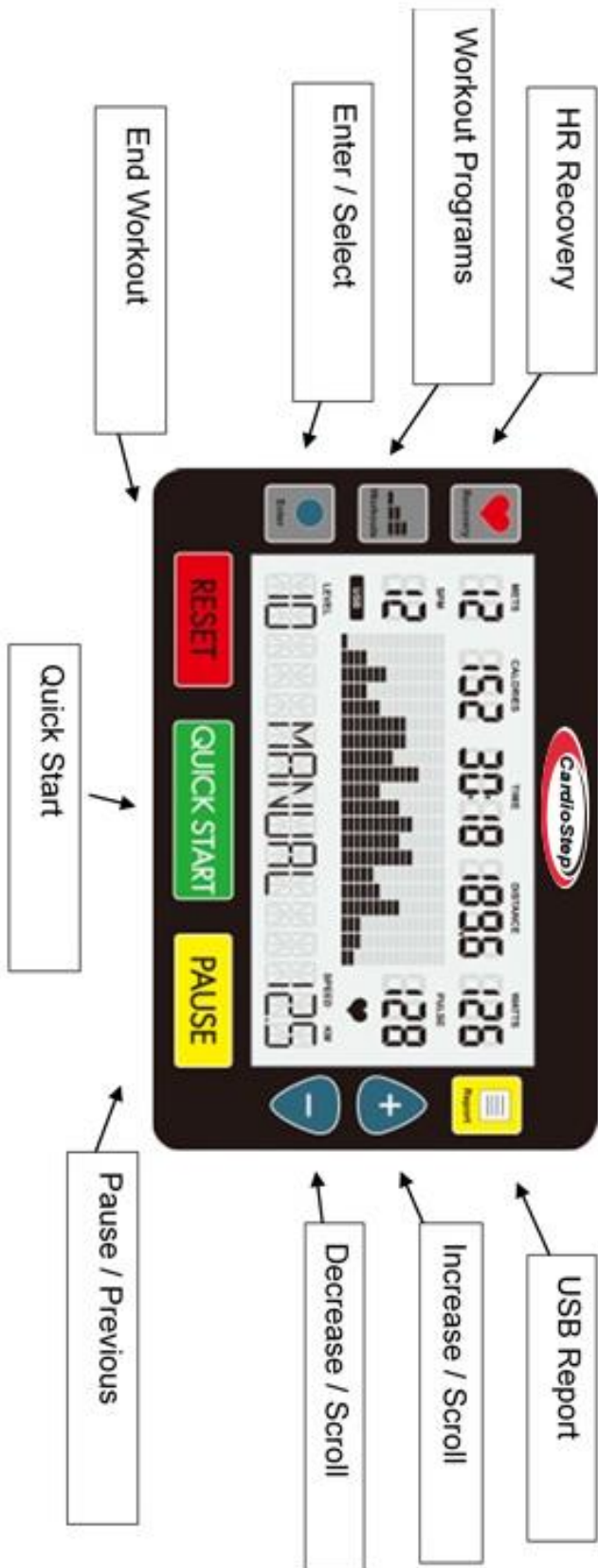
You can create custom protocols in the USER 1 program with WATT controlled stages. Please view **page 17** for more detail.

## USB Workout Summary Report:

The **CardioStep** features a USB workout summary report. The USB slot is located on the back of the display. Simply insert a USB into the back of the display before you start your work out and press the **REPORT** button when you are finished with your workout. Please view **page 17** for more detail.

The USB workout summary feedback reports total time, total calories, total distance, total steps as well as Averages and Peaks for METS, WATTS, Heart Rate, Steps Per Minute, and Speed

# CardioStep Display Console



# Button Functions

## 1. QUICK START BUTTON

1.1. Pressing the **QUICK START** button starts a manual workout.

## 2. ENTER BUTTON

2.1. The **ENTER** button selects programs and confirms data entry.

## 3. [+] / UP BUTTON

3.1. Press the **[+]** button to increase values.

3.2. Holding the **[+]** button will rapidly increase values.

## 4. [-] / DOWN BUTTON

4.1. Press the **[-]** button to decrease values.

4.2. Holding the **[-]** button will rapidly decrease values.

## 5. WORKOUTS BUTTON

5.1. Before you start your workout, press the **WORKOUTS** button to choose a preset program. Continue to press the **WORKOUTS** button to cycle through the programs.

5.2. If you have already started a workout, press **RESET** twice then use the **WORKOUTS** button as explained above.

## 6. RECOVERY BUTTON

6.1. The recovery function is only available when using a HR monitor.

6.2. Press the **RECOVERY** button to enter the cool down mode.

6.3. When in the recovery mode, all other buttons are disabled.

## 7. PAUSE BUTTON

7.1. While exercising press the **PAUSE** button to pause your workout. The display will show “ Total Steps \_\_\_\_ Press **QUICKSTART** to resume or **RESET** for workout summary”.

7.2. Press the **QUICKSTART** button to resume your workout.

7.3. Press the **RESET** button to view your workout summary.

7.4. In the Report Mode, the **PAUSE** button will return you to the last step.

## 8. RESET BUTTON

8.1. To end your workout and view your workout summary press the **RESET** button.

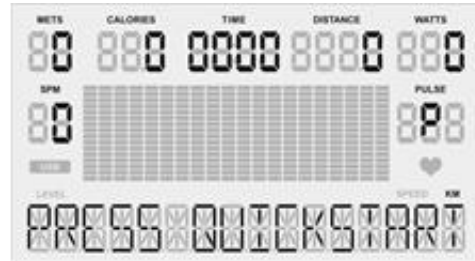
8.2. Holding down the **RESET** button for 3 seconds will reset the display.

## 9. REPORT BUTTON

9.1. Enables the USB workout report export function in summary mode.

## Quick Start –Sit, Start, & Step!

1. Adjust your seat, display and handles to a comfortable position allowing your legs and arms to use the full range of motion.
2. Press the **QUICK START** button.
3. Start Stepping! You can use **[+] / [-]** buttons to adjust the resistance level at any time during your workout.



**OR**

## Select a Workout Program

1. Press the **WORKOUTS** button to view programs.
2. To scroll through the different programs, continue to press the **WORKOUTS** button.
3. Then press the **Enter** button to select your desired workout program.
4. Follow the steps described in the next section to start your desired workout.

\*If you have not selected anything after 5 minutes the display will automatically power off.

# Setup your Workout Programs

Before starting your workout make sure that your seat is comfortably adjusted.

**NOTE:** Use the **WORKOUTS** button to cycle through programs. Press the **WORKOUTS** button again to view the next workout. Press **ENTER** to select your desired workout.

## User Setup:

After selecting your desired workout the first step is to enter your user information. This step will be the same for all workouts.

Use the **PAUSE** button to return to the previous step when entering user info.

**Gender:** Use the **[+] / [-]** buttons to change Male (**M**) or Female (**F**).

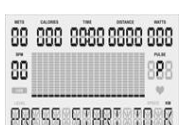
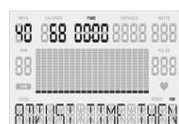
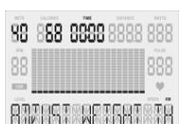
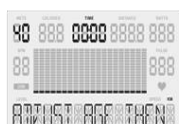
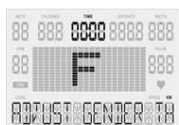
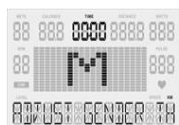
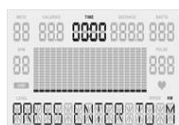
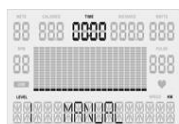
Press the **ENTER** button to set gender.

**Age:** Use the **[+] / [-]** buttons to change your age.

Press the **ENTER** button to set age.

**Weight:** Use the **[+] / [-]** buttons to change your weight.

Press the **ENTER** button to set weight.



# Basic Programs

**Manual, Warm Up, Interval, Valley, Ramp, Mountain, Rolling, Climb, Random, Hill, Fat Burn, Cardio, and Strength.**

1.1. **User Setup** - You will be prompted gender, age, weight, and time.

Use the **PAUSE** button to return to the previous step when entering user info.

1.2. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

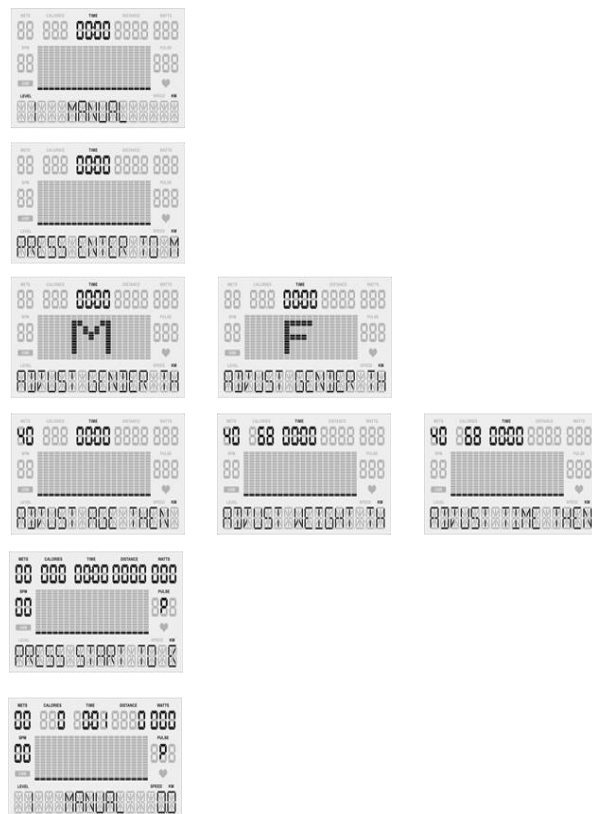
1.2.1.1. Press the **ENTER** button to set workout time.

1.3. Once your user information has been entered press **Quick Start!**

1.4. In the basic programs you can use the **[+] / [-]** buttons to change the resistance level.

1.5. Once your workout is completed a 3 minute Cool Down will begin.

## Basic Programs Screens



# Heart Rate Programs (HR 65% / HR 85%)

**\*Requires Contact Heart Rate or Heart Rate Monitor**

1.6. **User Setup** - You will be prompted gender, age, weight, time, & HR.

Use the **PAUSE** button to return to the previous step when entering user info.

1.6.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

1.6.1.1. Press the **ENTER** button to set workout time.

1.6.2. **Pulse:** Use the **[+] / [-]** buttons to change your target heart rate.

(Shown as percentage [65% or 85%] of full target heart rate)

1.6.2.1. Press the **ENTER** button to set your target heart rate.

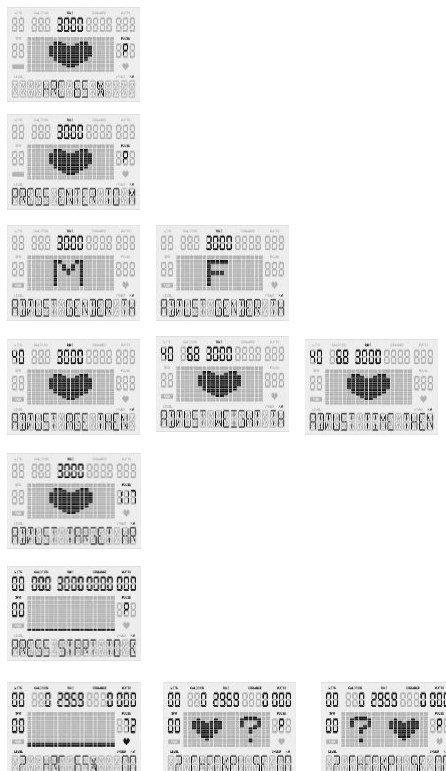
1.7. Once your user information has been entered press **Quick Start!**

1.8. If your heart rate cannot be detected, the screen will show [?♥] and reset to the home screen.

1.9. In the Heart Rate programs your resistance level will automatically increase or decrease to help reach your target heart rate.

1.10. Once your workout is completed a 3 minute Cool Down will begin.

## Heart Rate Programs Screens





# Constant Programs (Isokinetic / WATTS)

1.11. **User Setup** - You will be prompted gender, age, weight, time & constant.

Use the **PAUSE** button to return to the previous step when entering user info.

1.11.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

1.11.1.1. Press the **ENTER** button to set workout time.

1.11.2. **Set SPM / WATTS:** Use the **[+] / [-]** buttons to change your constant metric.

1.11.2.1. Press the **ENTER** button to set your constant metric.

1.12. Once your user information has been entered press **Quick Start!**

1.13. If you are not using the machine, the screen will show “[?] Check SPM”

1.14. In the constant programs your resistance level will automatically increase or decrease to maintain constant SPM or WATTS.

1.15. Once your workout is completed a 3 minute Cool Down will begin.

## Constant Programs Screens



# Goal Set Programs (Calories / Distance)

1.16. **User Setup** - You will be prompted gender, age, weight, time, & goal.

Use the **PAUSE** button to return to the previous step when entering user info.

1.16.1. **Set Time:** Use the **[+] / [-]** buttons to set workout time. (Counting Down)

1.16.1.1. Press the **ENTER** button to set workout time.

1.16.2. **Set Calories / Distance:** Use the **[+] / [-]** buttons to change your goal.

1.16.2.1. Press the **ENTER** button to set your goal.

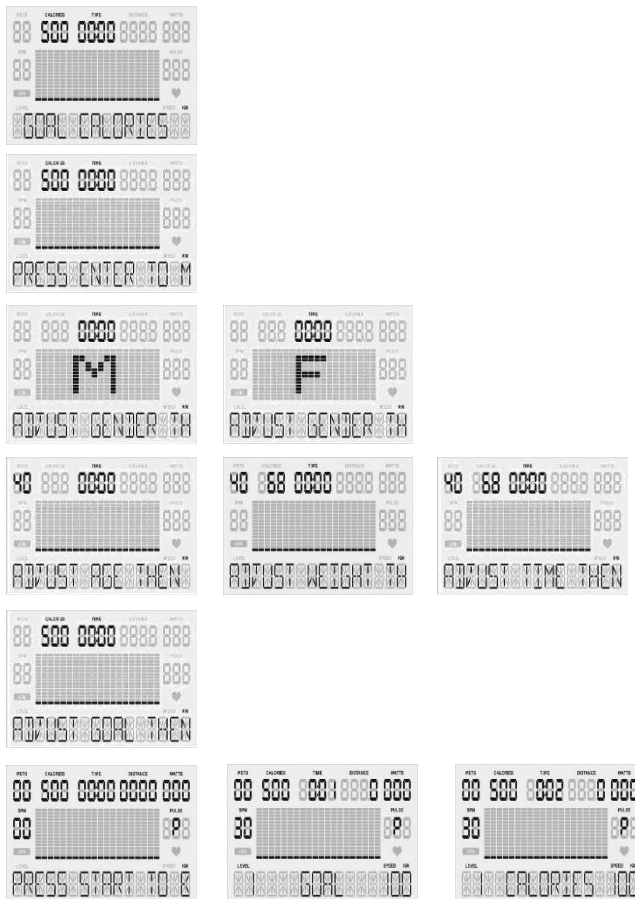
1.17. Once your user information has been entered press **Quick Start!**

1.18. In the Goal programs your workout will complete once your goal is reached.

Use the **[+] / [-]** buttons to change the resistance level.

1.19. Once your workout is completed a 3 minute Cool Down will begin.

## Goal Set Programs Screens



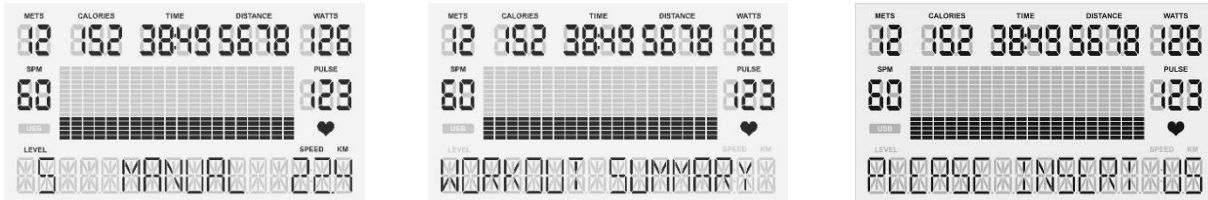
## **Cool Down Mode**

1. After completing your workout program a **3 minute cool down** will automatically start.
2. Press the **PAUSE** button to pause your cool down, and **QUICK START** to resume your cool down.
3. Press the **RESET** button to skip the cool down and view workout summary.

# Workout Summary Mode

\* After cool down mode, the display shows workout summary\*

1. The workout summary mode displays your personal data as shown below: Total Time, Distance, Calories and Steps; as well as Average/Peak METs, WATTS, Steps per Minute (SPM) and Pulse.



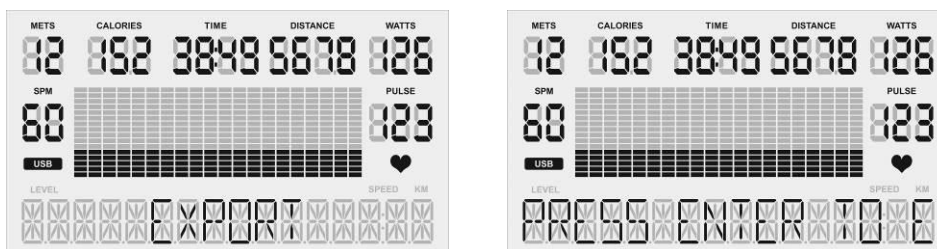
## Export Workout Summary to USB –Pause, Reset, Report

\*USB Slot Located on Back of Display\*

1. Insert your USB into the USB slot on the back of the display.
2. When the USB is correctly inserted the display will show the symbol “USB.”
3. When you have completed your workout and are on the Workout Summary Mode screen, press the **REPORT** button to begin the export process.
4. Press the **ENTER** button twice to set your Workout ID.

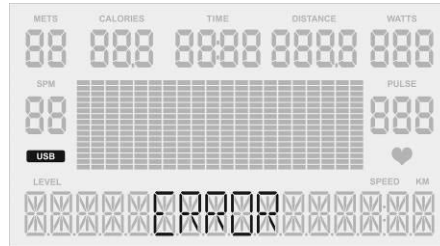
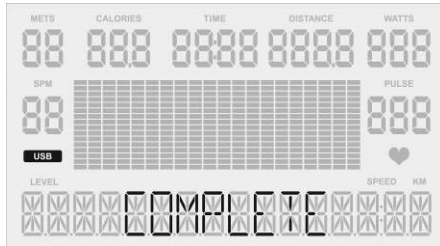


5. Use the **[+]** / **[-]** buttons to scroll through values (a-z and #0-9). Press the **ENTER** button to select a value and move to the next space.
6. Set your ID by pressing the **ENTER** button until you reach the last space.  
**PLEASE NOTE:** At any time you can press **PAUSE** to return to the previous step.
7. After you have set your personal ID, press **ENTER** to select the date (Day / Month / Year). Use the **[+]** / **[-]** buttons to scroll through the values [a-z and #0-9]. Once the date is selected, press the **ENTER** button to confirm and complete.



8. Once the date is completed, the display will show the messages “Export” and “Press Enter to Export Data”. Press the **ENTER** button to export your workout summary report to USB. Saving your workout summary will take a few seconds.
9. Your workout summary report will be saved in a .csv file that you can open in excel. The display will read “Complete” when it has been exported successfully.

10. If there is an error during the data export, the display will read “Error.” If this happens, press the **PAUSE** button to return to the previous step and export again.



## **Sleep Mode**

- If you do not use the unit for five minutes the display will automatically power off.
- In sleep mode, the LCD monitor will be powered off; any buttons or USB functions will be disabled.
- To wake the unit – start using the machine again and it will power on.

## **Recovery Mode**

*\*Requires HR Monitor*

1. At any time during a workout program you can press the **RECOVERY** button to enter the recovery mode to see how quickly your body returns to its resting heart rate.
2. Once in the recovery mode the user’s peak heart rate is displayed on the top left with the active heart rate below. You will have 1 minute to monitor your heart rate in recovery mode.
3. When the recovery is completed, the screen will display: Excellent (F1.0), Very Good (F2.0), Good (F3.0), Satisfactory (F4.0), Sufficient (F5.0) or Fail (F6.0) based on the rate of recovery.
4. P0 = the user’s heart rate when the recovery mode was initiated.  
P1 = the user’s heart rate after completing the recovery mode.

## **Using Optional Heart Rate Monitors**

1. Chest Strap (Optional HCI Fitness Heart Rate Chest Strap = \$45) Phone: 206-739-5400
  - 1.1. In order to insure the chest strap is working correctly please refer to the manufacturer’s instructions. In general, the chest strap must remain wet to accurately work. Moistening the electrodes is very important. Be sure to fasten the strap correctly below your pectoral muscle.

## **General Maintenance**

1. **Cleaning** - Use soap and warm water or antibacterial wipes (GREY) to clean the surface of your unit.
2. **Tightening** - Periodically inspect your unit to ensure that all screws, nuts, and bolts are tightened and retighten if necessary. Do not over tighten.

### ***Recommended Maintenance Inspection Schedule***

Item	6 Months	1 Year	3 Years	5 Years
Frame				X
Electrical			X	
Mechanical			X	
Labor		X		
Upholstery, Seats, Grips, Belts		X		
High Wear Items (Heart rate Straps, Pedal Straps)	X			

# General Display Information

## 1. Gender

1.1. Men are MALE, Women are FEMALE (preset value is MALE).

1.2. The display shows [M] / [F] when setting.

## 2. Age

2.1. The age range is between 10 and 99, preset value is 60 years old.

2.2. Age is shown in the top left of the display in the METS window.

## 3. Weight

3.1. The weight range is between 40 – 400 lbs (30 – 200 KG), preset value is 150 lbs (68 KG).

3.2. Weight is shown next to age in the calories window.

## 4. Target Heart Rate (THR)

4.1. Using the Heart Rate Control (HRC) programs the user can train at 65% or 85% of their target heart rate.

4.2. When setting age in the Heart Rate Control programs, the computer will calculate a proposed target heart rate for the user. The target heart rate shown on the screen is a percentage (65% or 85%) of your full target heart rate. You can adjust your target heart rate using the **[+]** / **[-]** buttons and set your desired target heart rate by pressing **ENTER**.

4.3. Target Heart Rate Formula =  $(220 - \text{AGE}) * X\%$

**NOTE:** Target Heart Rate Function is only available when using a HR monitor.

## 5. Pulse

5.1. When using a heart rate monitor, your heart rate will show in the pulse window on the right side of the display. If your heart rate cannot be detected, the pulse window will show (\_P\_).

## 6. Units

6.1. Miles are denoted as M, Kilometers are denoted as KM. Preset value: **M**

6.2. To change units please view the Change Units Section on page 21

## 7. METs

7.1. The Metabolic Equivalent of Task (MET), or simply metabolic equivalent, is a physiological measure expressing the energy cost of physical activities and is defined as the rate of energy consumption during a specific physical activity. PhysioStep METs calculations are based on ACSM formulas.

## 8. Steps Per Minute (SPM)

8.1. Calculates your steps per minutes based on your revolutions per minute (RPM). Steps per minute are shown on the left of the display.

# Display Settings – Engineering Mode

To enter the Engineering Mode first make sure you are on the home screen by pressing **RESET** twice. Then press and hold **ENTER**, **QUICK START**, and **[+]** button at the same time.

Once in the Engineering Mode press **ENTER** to view settings and **[+] / [-]** buttons to cycle settings. Press **PAUSE** to go back a page.

## Edit Settings

Use the **ENTER** button to select a setting from the list (Including “EXIT”).

Use the **[+] / [-]** buttons to navigate and change settings.

Use the **QUICK START** button to confirm changes to settings.

The **PAUSE** button will take you to the previous screen.

1. **Key Test** – Make sure all of your keys are functioning. Press all the keys!

2. **Display Test** – See if any dot cells are not working on your display.

### 3. **Functions**

3.1. **ODO Reset** – Reset your unit’s internal odometer.

3.2. **Change Units** – Use the **[+] / [-]** buttons to change units.

3.2.1. When the correct unit is displayed press **QUICK START**.

3.2.2. Press **PAUSE** to go to the previous page.

3.2.3. Use **[+] / [-]** buttons to navigate to “EXIT” then press **ENTER** to return to the home screen.

3.2.4. On the home screen (“M”) for miles or (“KM”) for kilometers will show on the bottom right of the display.

3.3. **Display Mode** – Turn display mode “ON” or “OFF”.

3.4. **Manual** – DO NOT CHANGE

3.5. **Elliptical or Bike** – setting for elliptical or bike. (DO NOT CHANGE).

3.6. **Key Tone**– Turn Key tone “ON” or “OFF”.

### 4. **Security**

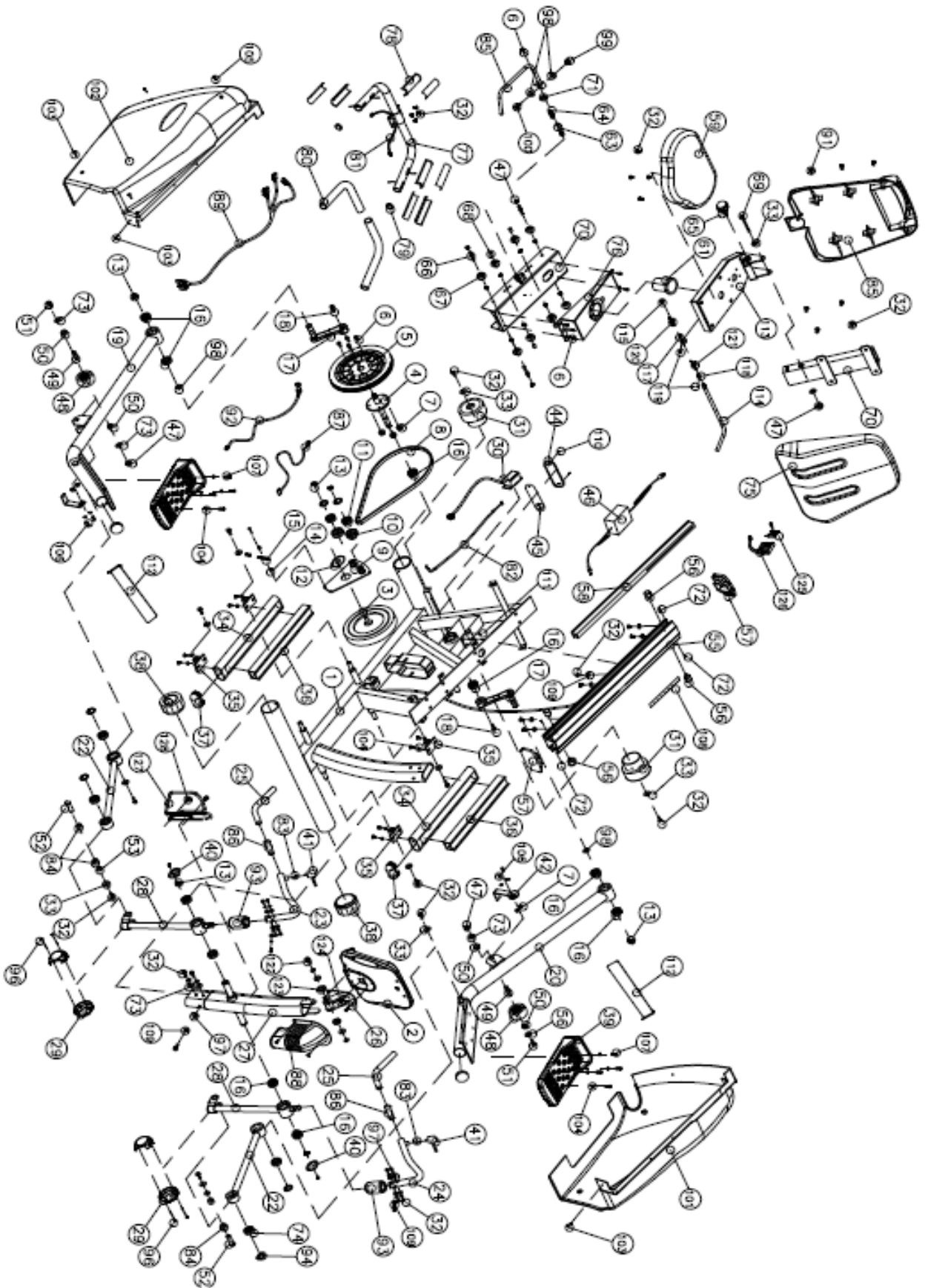
4.1. **Child Lock** – Turn child lock “ON” or “OFF”.

5. **Factory Set** – Reset your unit to default settings.

### 6. **Exit**



# Exploded Diagram



# Parts List

No.	Description	Q'ty	No.	Description	Q'ty
1	Main Frame	1	33	Washer OD26xID8.5x2T	11
2	Computer	1	34	Aluminum Track Base 40x80x470L	2
3	Magnetic Flywheel	1	35	Aluminum Track Base Holder	4
4	Pedal Axle	1	36	Aluminum Track 348L	2
5	Pulley	1	37	Plastic Cover 40x80	2
6	M6x15L	14	38	Plastic Cover	2
7	Nylon Nut (M6)	8	39	Pedals	2
8	Belt-420-6J-PJ2505	1	40	Pedal Foot Cover	2
9	Idler Set	1	41	Rotary hand	2
10	Idler Wheel Ø53xØ43x24	2	42	Moving Leg Stopper	2
11	Bearing-6204ZZ	2	43	Moving Leg Cover	2
12	Retaining Washer	1	44	Socket Cover	1
13	C-Ring-S20	6	45	Input Socket	1
14	Screw Nuts (M6)	4	46	Adapter 6VDC/1000mA 110V	1
15	Metal Parts	1	47	Nylon Nut (M8)	6
16	Bearing-6004ZZ	10	48	PU Wheel	2
17	Crank	2	49	PU Wheel AxleØ15xØ12xID8.1x52.5L	2
18	Nut (3/8-26x10T)	2	50	BushingØ12.1x18x21x8.5L	4
19	Pedal Foot ( R )	1	51	Screw for roller M8x65L	2
20	Pedal Foot ( L )	1	52	AxleØ25x58.5L	2
21	Connecting Parts ( R )	1	53	Bushing	2
22	Connecting Parts ( L )	1	54	Spherical bearing	2
23	Moving Handle Set ( R )	1	55	Aluminum Track 783L	1
24	Moving Handle Set ( L )	1	56	Rubber Cushion	4
25	Moving Handle Set	2	57	Aluminum Track Cover	2
26	Meter Holder Parts	1	58	Aluminum Track Supporter	1
27	Computer Post	1	59	Seat	1
28	Moving Handle Set	2	60	Seat Moving Set	1
29	Connecting Tube Cover	2	61	POM	1
30	DC Motor	1	62	Dipping Handle	1
31	Rear Leg Wheel	2	63	Pin Ø16x67L	1
32	Hexagonal Bolt M8x15L	46	64	Spring Ø2.0xØ18.5x36	1

## Parts List

No.	Description	Q'ty	No.	Description	Q'ty
65	Knob M16xP1.5x25L	1	97	Curved Washer M8	14
66	Roller Axle	4	98	Washer Ø19xØ10x1T	2
67	Wheel-Bearing 608ZZ	8	99	Nylon Nut (M10)	1
68	Bushing-Ø8.3xØ12.7x15.5L	4	100	Screw-M10x45L	1
69	Hexagonal Bolt M8x100L	1	101	Back Plastic Cover L	1
70	Back Seat Support	1	102	Back Plastic Cover R	1
71	Washer Ø8.5xØ26x1T	2	103	Screw-ST3.5x8L	4
72	"+" Bolt (ST3.5x8)	4	104	Washer OD6.2xID13x1.2T	20
73	WasherØ8.2xØ16x2T	8	105	Mushroom Screw ST4.5x20L	26
74	Bearing 6003ZZ	2	106	Inside Hexagonal Screw M6x20	4
75	Back Seat	1	107	Inside Hexagonal Screw M6x25	8
76	Seat Support	1	108	Stick of Number	1
77	Seat Handle	1	109	Spring Washer SW8	24
78	HR Hands Cover	2	110	Screw M5x15L	2
79	Tube CoverØ31.8mm	2	111	Screw M4x10L	4
80	Sponge Cover Ø31.8x250L	2	112	Pedal Strap	2
81	HR Sensor	1	113	Rotate Post	1
82	Tension Cable	1	114	Dipping Handle	1
83	Hand fixed block	1	115	Nylon Nut M10	1
84	Bushing 20L	4	116	Spring Washer SW10	1
85	Seat back Cover	1	117	Files block	1
86	Place control	2	118	Compass tube	1
87	Sensor Wire	1	119	Stoppage Screw M6x6	3
88	Meter Back Rubber Cover	1	120	Clockwise Spring	1
89	Lower HR Sensor Wire 1000mm L	1	121	Chemistry Spring	1
90	Computer Sensor Wire	1	122	Screw-M8x60L	1
91	Screw-M8x15L	6	123	Bushing-Ø8xØ25x7.5L	2
92	Power inlet=1400L	1	124	Screw-M5x12L	4
93	Rubber Cover 32.4x54x80	2	125	Hand Pulse Sensor Set	1
94	C-Ring-S35	2	126	Battery holder	1
95	C-Ring-S42	2	127	Bottle Holder	1
96	Mushroom Screw ST4.5x50L	4	128	Screw-M5x15L	2





## Stabilization Accessories



Hand Grip  
PS-HG

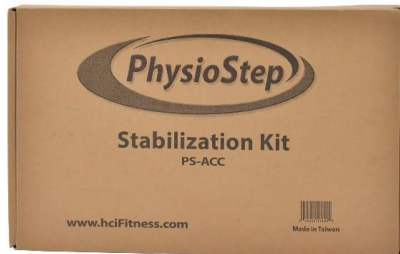


Leg Stabilizer  
PS-LS



Seat Belt  
PS-SB

### Stabilization Kit PS-ACC



#### Includes

- (2) Hand Grip
- (2) Leg Stabilizers
- (1) Seat Belt

**Total Value = \$1,040**

**-25% OFF = -\$260**

**You Pay = \$780**

**Bundle &  
Save 25%!\***



Item #	Description	Price	QTY	Total
PS-HG	Hand Grip (1)	\$65		
PS-LS	Leg Stabilizer (1)	\$375		
PS-SB	Seat Belt (1)	\$160		
PS-ACC	Complete Kit (2) Hand Grips (2) Leg Stabilizers (1) Seat Belt	\$1,040 \$780		

Mail In Your Order or Call Now!

**206-739-5400**

[www.hcifitness.com/Accessories](http://www.hcifitness.com/Accessories)

SUB TOTAL: \_\_\_\_\_

SHIPPING AND HANDLING: +19.95

TOTAL: \_\_\_\_\_

#### Billing Information:

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_ E-Mail: \_\_\_\_\_

#### Ship Products To:

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_  
 Phone: (\_\_\_\_) \_\_\_\_\_

#### Method of Payment:

Check Payable to: HealthCare International

Credit Card

Credit Card #: \_\_\_\_\_ CVC Code: \_\_\_\_\_ (3 or 4 Numbers)

Exp Date: \_\_\_\_\_ Signature: \_\_\_\_\_

#### Mail Order Form To:

HealthCare International PO Box 1509 Langley, WA 98260