

EDGE[®]

288r

Magnetic
Recumbent Bike



OWNER'S MANUAL

*FOR MAXIMUM EFFECTIVENESS
AND SAFETY, PLEASE READ THIS
OWNER'S MANUAL BEFORE USING YOUR
EDGE 288R MAGNETIC Recumbent Bike*

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6/29/06

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this equipment

CAUTION:

Exercise of a strenuous nature, as is customarily done on this equipment, should not be undertaken without first consulting a physician. No specific health claims are made or implied as they relate to the equipment.

- 1)** Before starting this or any other exercise program, consult your physician, who can assist you in determining the target heart rate zone appropriate for your age and physical condition. Certain exercise programs or types of equipment may not be appropriate for all people. This is especially important for people over the age of 35, pregnant women, or those with pre-existing health problems or balance impairments.
- 2)** Monitor your heart rate while you exercise and keep your estimated pulse rate within your target heart rate zone. Follow the instructions on pages 16 – 18 in this manual regarding heart rate monitoring and how to determine your appropriate target heart rate zone. When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.
- 3)** Warm up before any exercise program by doing 5 - 10 minutes of aerobic activity, followed by stretching. Refer to the series of stretches found on pages 19 and 20.
- 4)** Wear comfortable clothes that allow freedom of movement and that are not tight or restricting.
- 5)** Wear comfortable shoes made of good support with non-slip soles.
- 6)** Breathe naturally, never holding your breath during an exercise.
- 7)** Avoid over training. You should be able to carry on a conversation while exercising.
- 8)** After an exercise session, cool down with slow walking and stretching. Refer to pages 19 and 20.
- 9)** This equipment should not be used by or near children.
- 10)** Handicapped or disabled people must have medical approval before using this equipment and should be under close supervision when using any exercise equipment.
- 11)** If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.
- 12)** Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- 13)** Only one person at a time should use this equipment.
- 14)** Do not put hands, feet, or any foreign objects on or near this equipment when in use by others.
- 15)** Always use this equipment on a level surface.
- 16)** Never operate the equipment if the equipment is not functioning properly.
- 17)** Start exercise slowly and gradually increase the amount of resistance.
- 18)** If the user experiences dizziness, nausea, chest pain, or any other abnormal symptoms, stop exercise at once and consult a physician immediately.
- 19)** Use caution not to pinch fingers or hands in moving parts when using the equipment.
- 20)** Risk of electrical shock. This equipment is to be used only indoors and in a dry location.

KEEP THESE INSTRUCTIONS

EQUIPMENT WARNING LABELS

Important: See below for placement of the following warning labels on your equipment.

WARNING LABEL 1

⚠ WARNING

FAILURE TO READ AND FOLLOW THE SAFETY INSTRUCTIONS STATED IN THE OWNER'S MANUAL MAY RESULT IN POSSIBLE SERIOUS INJURY OR DEATH.
KEEP CHILDREN AWAY. MAXIMUM USER WEIGHT 250 LBS.
REPLACE THIS LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. CLASS HC.

WARNING LABEL 2

⚠ WARNING

MAKE SURE KNOB
IS ENGAGED
BEFORE EXERCISING.

WARNING LABEL 3

⚠ WARNING

RISK OF ELECTRICAL SHOCK. THIS UNIT IS TO BE USED ONLY INDOORS AND IN A DRY LOCATION.
DO NOT PLUG THE AC ADAPTER INTO WALL UNTIL ELECTRONICS MONITOR IS COMPLETELY ASSEMBLED.

SPECIFICATIONS & PARTS

EDGE 288r

Specifications:

Approximate:

Length: 56"

Width: 24.75"

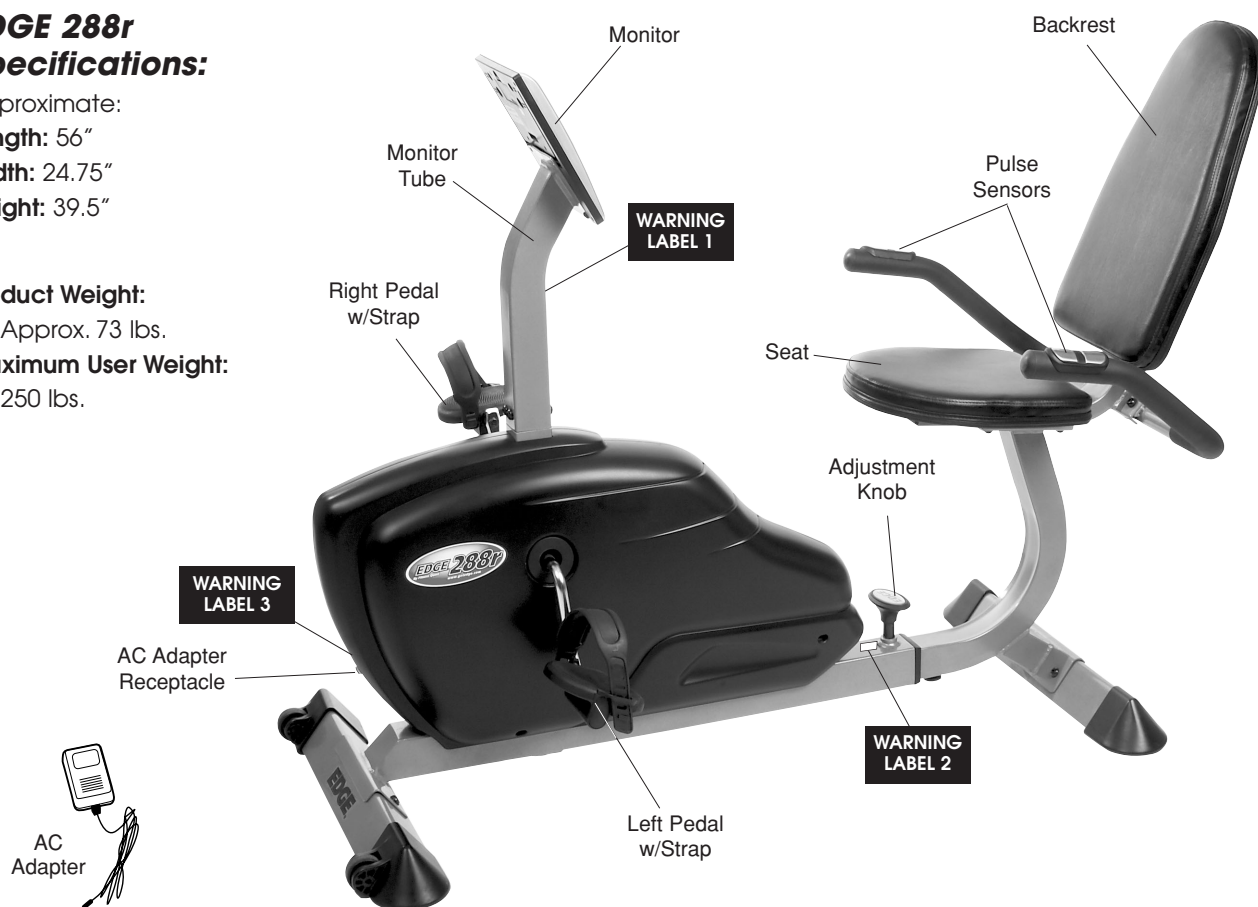
Height: 39.5"

Product Weight:

Approx. 73 lbs.

Maximum User Weight:

250 lbs.



INTRODUCTION

CONGRATULATIONS ON PURCHASING YOUR MAGNETIC RECUMBENT BIKE

With this product in your home, you have everything you need to start your own workout program to tone and firm the major muscle groups of your lower body. This is vital for all of us, regardless of age, sex, or fitness level, and regardless of whether your primary goal is toning, health maintenance, or more energy for daily activities.

Proper exercise, including a low fat diet, strength training and aerobic exercise, tones and conditions the muscles we use every day to stand, walk, lift and turn. It can actually transform our body composition by reducing body fat and increasing the proportion of lean muscle in our bodies. Using the Recumbent Bike will help in reducing body fat and increasing cardiovascular endurance.

Be sure to read through this Owner's Manual carefully.

It is the authoritative source of information about your Recumbent Bike.

Retain this manual for future reference.

COMMENTS OR QUESTIONS

Dear Customer,

Congratulations on your purchase of the Edge 288r Magnetic Recumbent Bike.

We're sure that you will be completely satisfied with the product and we invite your comments so that we can hear about your success.

Please write or call our Customer Service Specialists at the address or phone number listed below, or contact us by email or on our web site, with any comments or questions you may have.

**Edge 288r
Customer Service Department
1400 Raff Road SW, Canton OH 44750-0001**

1-800-321-9236, Monday through Friday
8:30am to 8:00pm, Eastern Standard Time

Email: customersupport@fitnessquest.com

www.fitnessquest.com

**Please do not call the above number for Parts.
See Ordering Replacement Parts section to
the right.**

*All details depicted in this Owner's Manual, and of the
product itself, are subject to change without notice.*

ORDERING REPLACEMENT PARTS

**When ordering parts, please contact our
Parts Department, toll free at 1-800-497-5831,
Monday through Friday, 8:30am to 8:00pm, EST.**

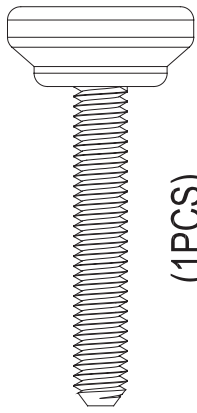
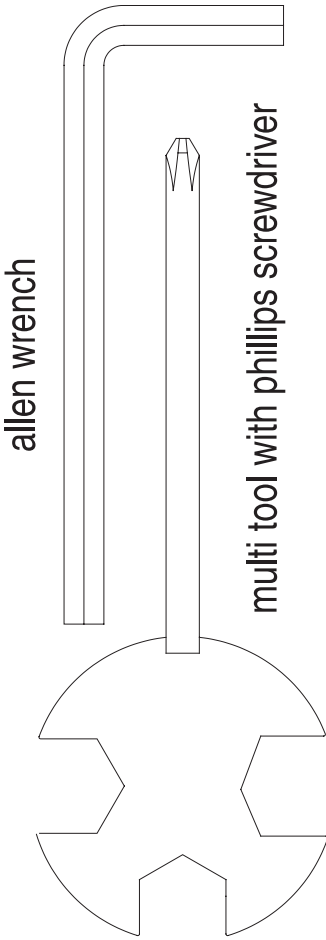
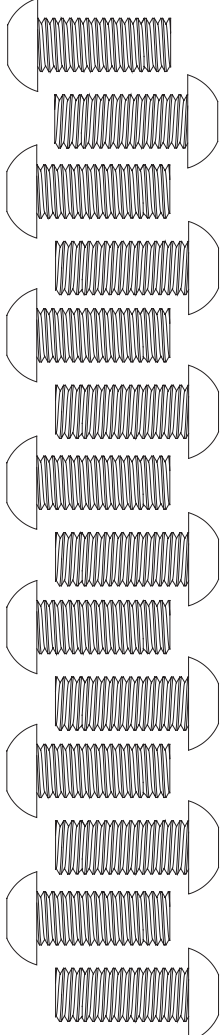
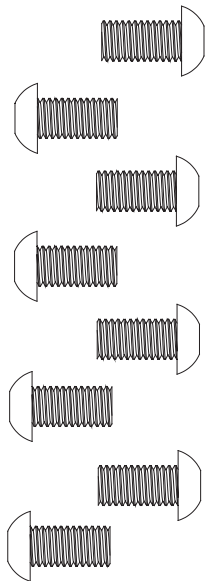
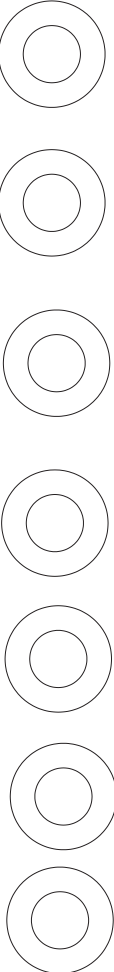
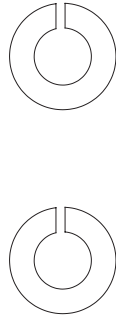
IMPORTANT: You must have your serial number
and this manual ready when calling for parts.

Serial #: _____

Please also provide the following information:

- 1) Name, Mailing Address and Telephone Number
- 2) Date of Purchase
- 3) Where Product was Purchased
(Name of Retail Store, City)
- 4) Model Number (EXB00288)
- 5) Part Order Number and Description

EDGE 288r HARDWARE KIT

 <p>(1PCS)</p> <p>M8 x 50mm long leveler for extension tube</p>	 <p>allen wrench</p> <p>multi tool with phillips screwdriver</p>
 <p>(14 PCS)</p> <p>M8 x 20mm phillips bolts 4 pcs for computer tube, 4 pcs for front/rear tube, 4 pcs for seat tube, 2 pcs for handlebar</p>	 <p>(8 PCS)</p> <p>M6 x 20mm phillips bolts 4 pcs for seat, 4 pcs for backrest</p>
 <p>(14 PCS)</p> <p>M8 flat washers 4 pcs for computer tube, 4 pcs for front/rear tube, 4 pcs for seat tube, 2 pcs for handlebar</p>	 <p>(2 PCS)</p> <p>M8 spring washers for handlebar</p>

ASSEMBLY INSTRUCTIONS

Occasionally our products contain components that are pre-lubricated at the factory. We recommend that you protect flooring, or anything else the parts may contact, with newspaper or cloth.

IMPORTANT

PLEASE READ ALL INSTRUCTIONS CAREFULLY BEFORE ASSEMBLING.

Tools Required (included):

Allen Wrench
Multi Tool w/Phillips Screwdriver

NOTE: All location references, such as front, rear, left or right, made in these instructions are from the user being on the equipment and facing forward.

STEP 1 - Assembling the Seat Base

- Insert the two Bolts with the Flat Washers through the Adjustment Tube Bracket, and fasten the Bolts into the Rear Foot Tube.
- Attach the Long Leveler onto the bottom of the Adjustment Tube. Tighten the Long Leveler, so it won't touch the floor when it is assembled to the Main Frame.

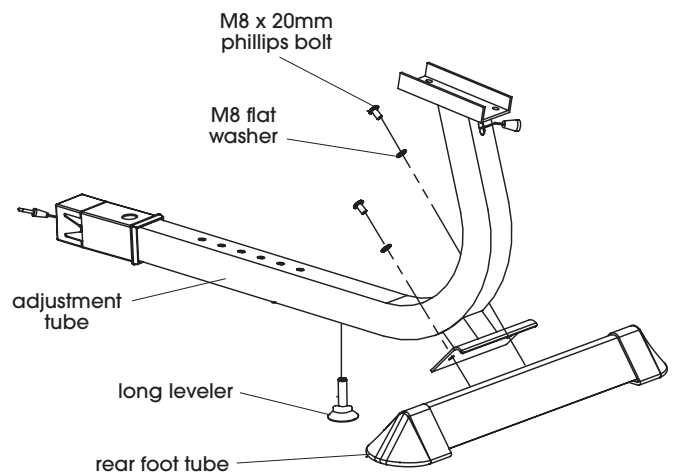


Figure 1 - Install Seat Base

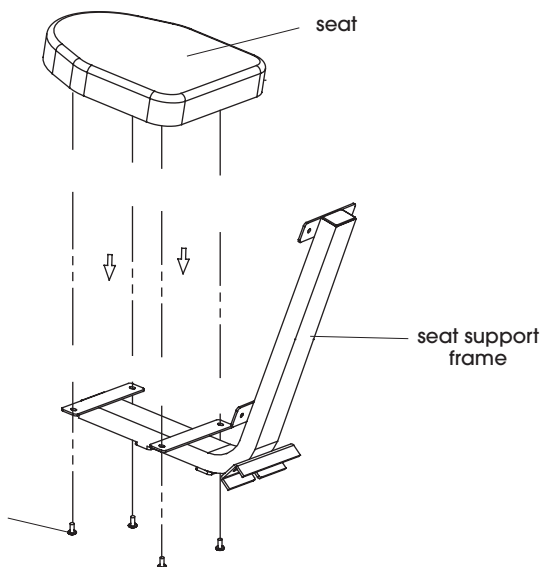
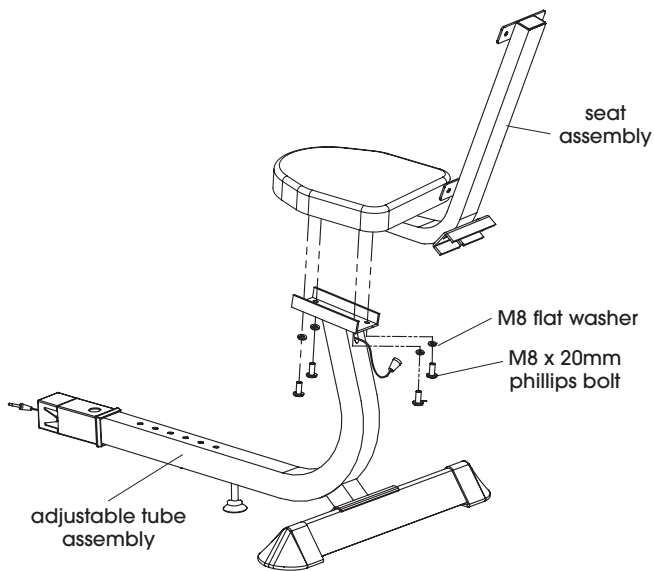


Figure 2 - Install Seat

STEP 2 - Attaching the Seat

Attach the Seat with four Bolts to the Brackets on the Seat Support Frame.



STEP 3 - Attaching the Seat Assembly to the Seat Base

Attach the Seat Assembly to the Adjustment Tube using four Phillips Bolts with four Flat Washers.

Figure 3 - Install Seat Assembly

STEP 4 - Constructing the Main Frame

- a) Attach the Front Foot Tube to the Main Frame using two Bolts with Flat Washers.
- b) Connect the Long Extension Pulse Wire to the Short Extension Pulse Wire.
- c) Insert the Adjustment Tube into the Main Frame Tube. Slide the Adjustment Tube into the Main

Frame Tube and lift the Knob to allow proper insertion of the Adjustment Tube Assembly. Before using this equipment, make sure the Knob is locked and there is no sliding of the Adjustment Tube Assembly.

Note: Do not pinch the Wires.

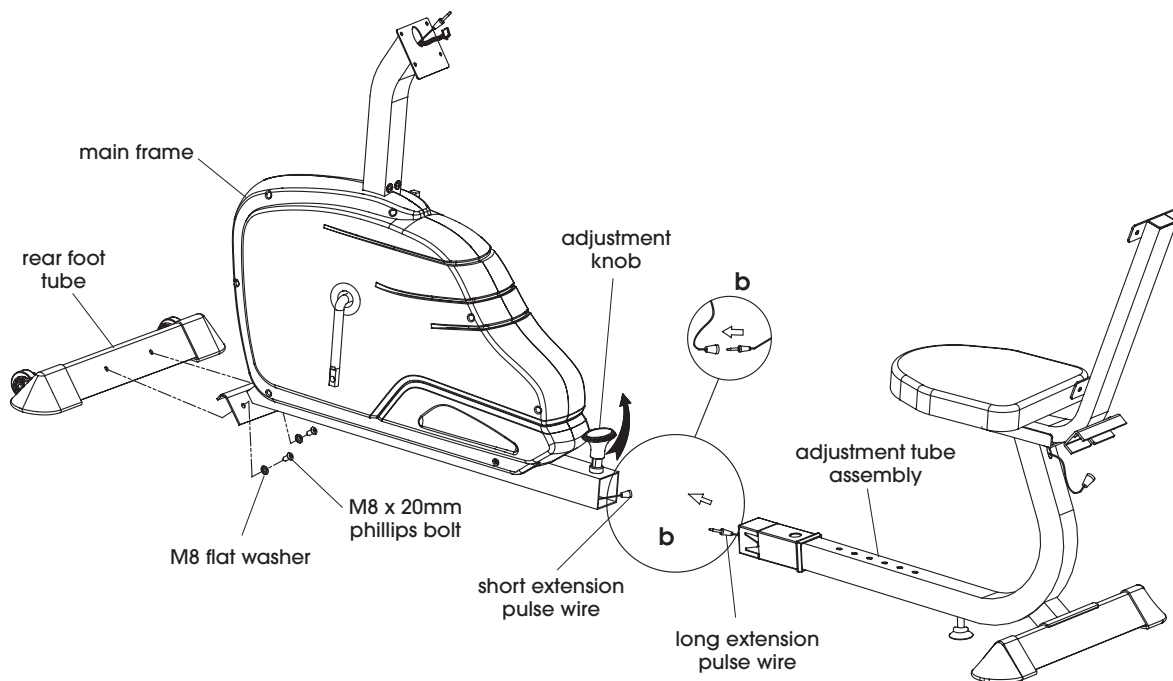


Figure 4- Main Frame

STEP 5 - Attaching the Monitor and the Pedals

- a) Remove the four Phillips Bolts from the back of the Monitor.
- b) Connect the Monitor Wire to the Tension Control Wire.
- c) Connect the Monitor Pulse Wire to the Short Extension Pulse Wire.
- d) Attach the Monitor to the Monitor Tube by using four Phillips Bolts you removed in Step a.

Note: Do not pinch the Wires.

- e) Thread Shafts of Right and Left Pedals into Crank and tighten with wrench.

Note: Pedals are marked Right & Left. The Right Pedal threads clockwise, and the Left Pedal threads counterclockwise.

- f) Adjust the Long Leveler, so the Leveler bottom is touching the ground. Also, the Rear Foot Tube must remain in contact with the ground.

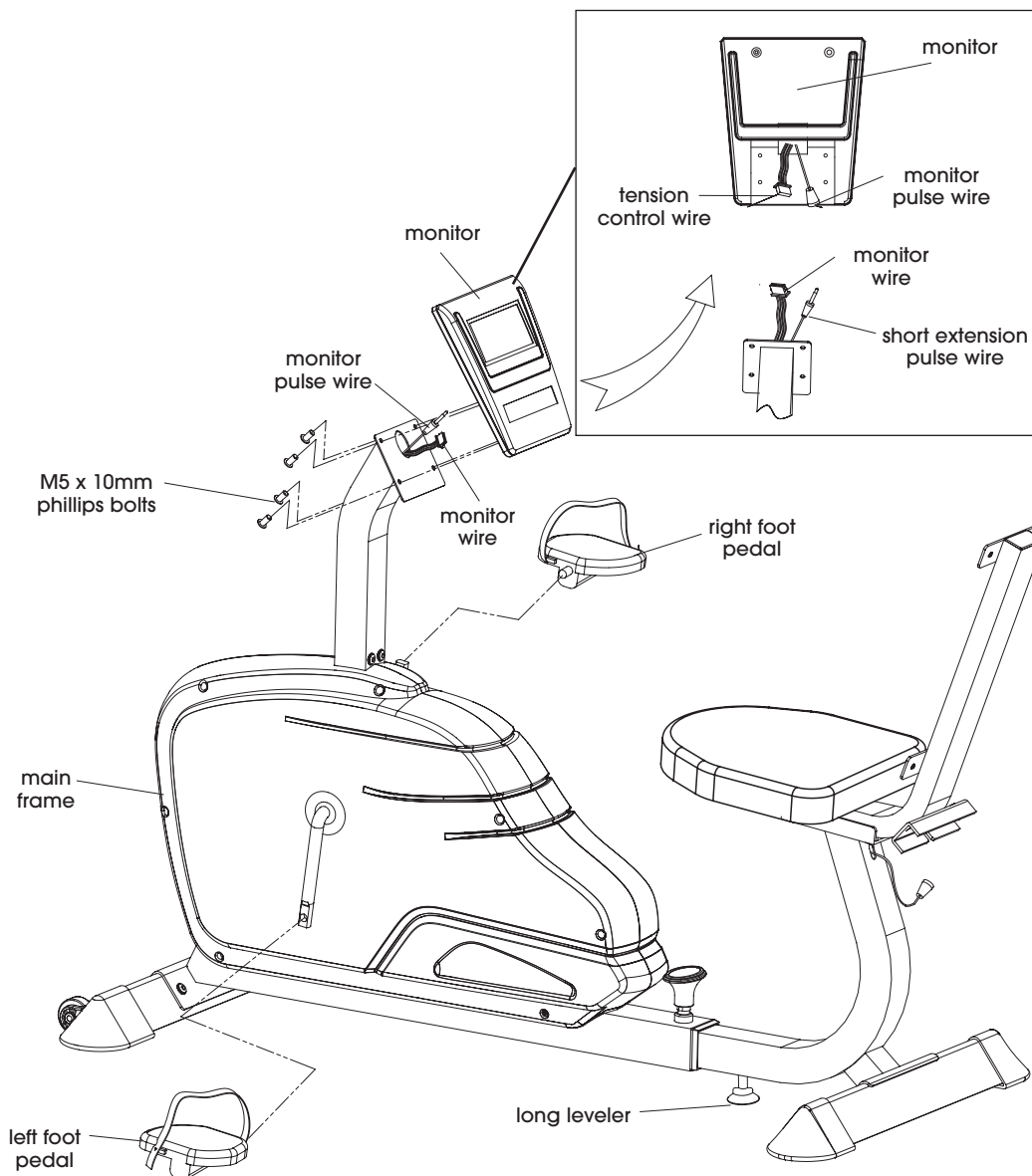


Figure 5 - Install Monitor and Pedals

STEP 6 - Attaching the Handlebar and Backrest

a) Attach Handlebar to Seat Support Frame Bracket using two Bolts with a Spring and a Flat Washer on each Bolt.

Note: Do not pinch the wires.

b) Connect Handlebar Pulse Wire to Long Extension Pulse Wire coming from the Adjustment Tube.

c) Attach Backrest with four bolts to the Brackets on the Seat Support Frame.

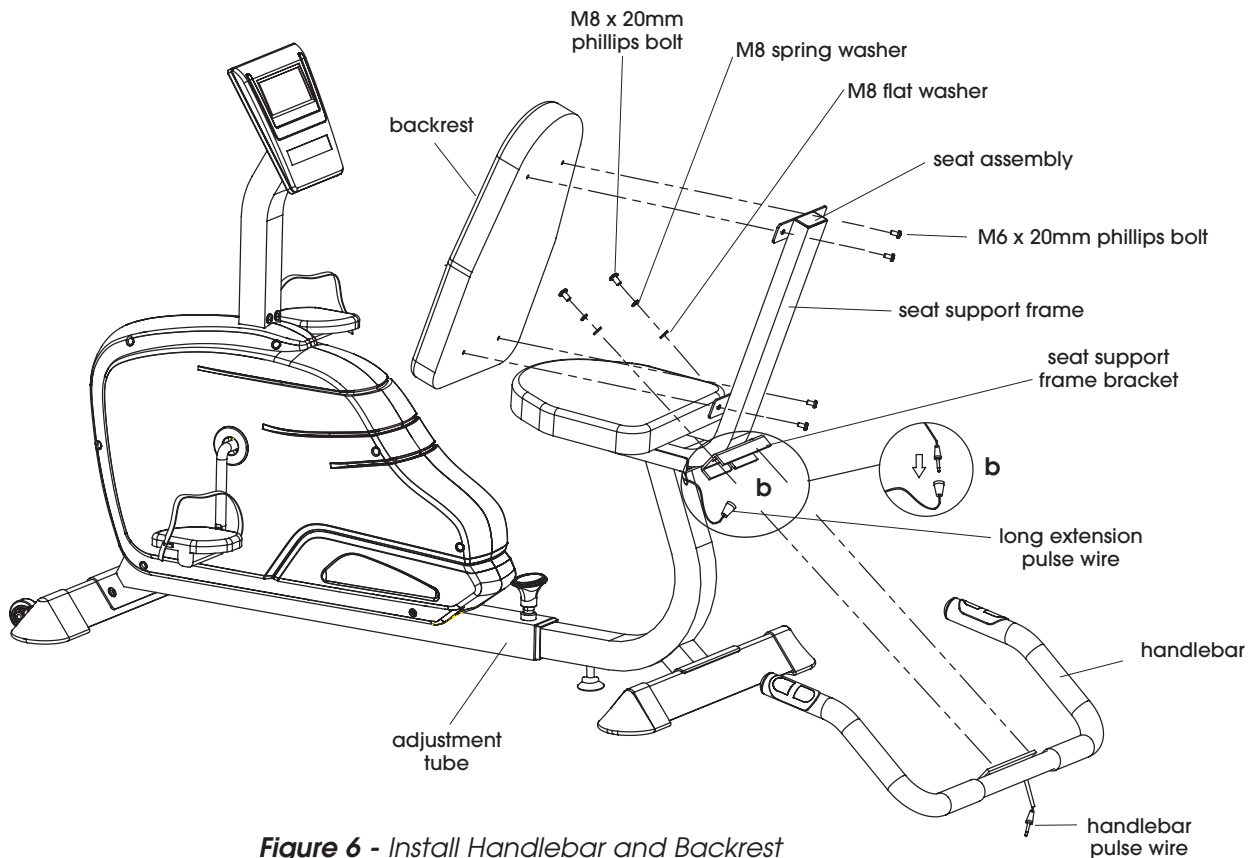


Figure 6 - Install Handlebar and Backrest

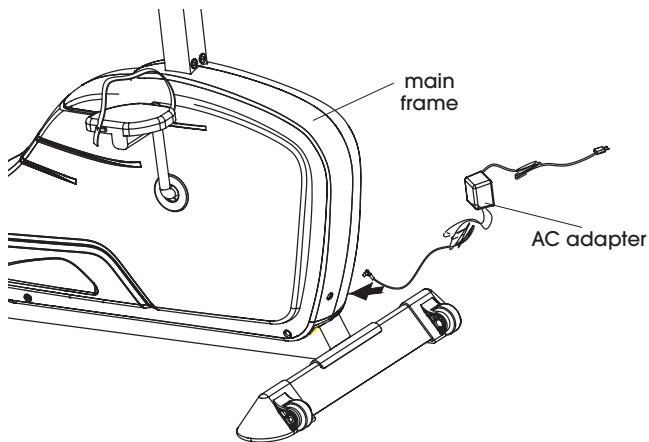


Figure 7 - AC Adapter

STEP 7 - Plugging in the AC Adapter

Attach the AC Adapter to the input located on the front of the bike. Then, plug the Adapter into a 110 Volt outlet.

Assembly is now complete.

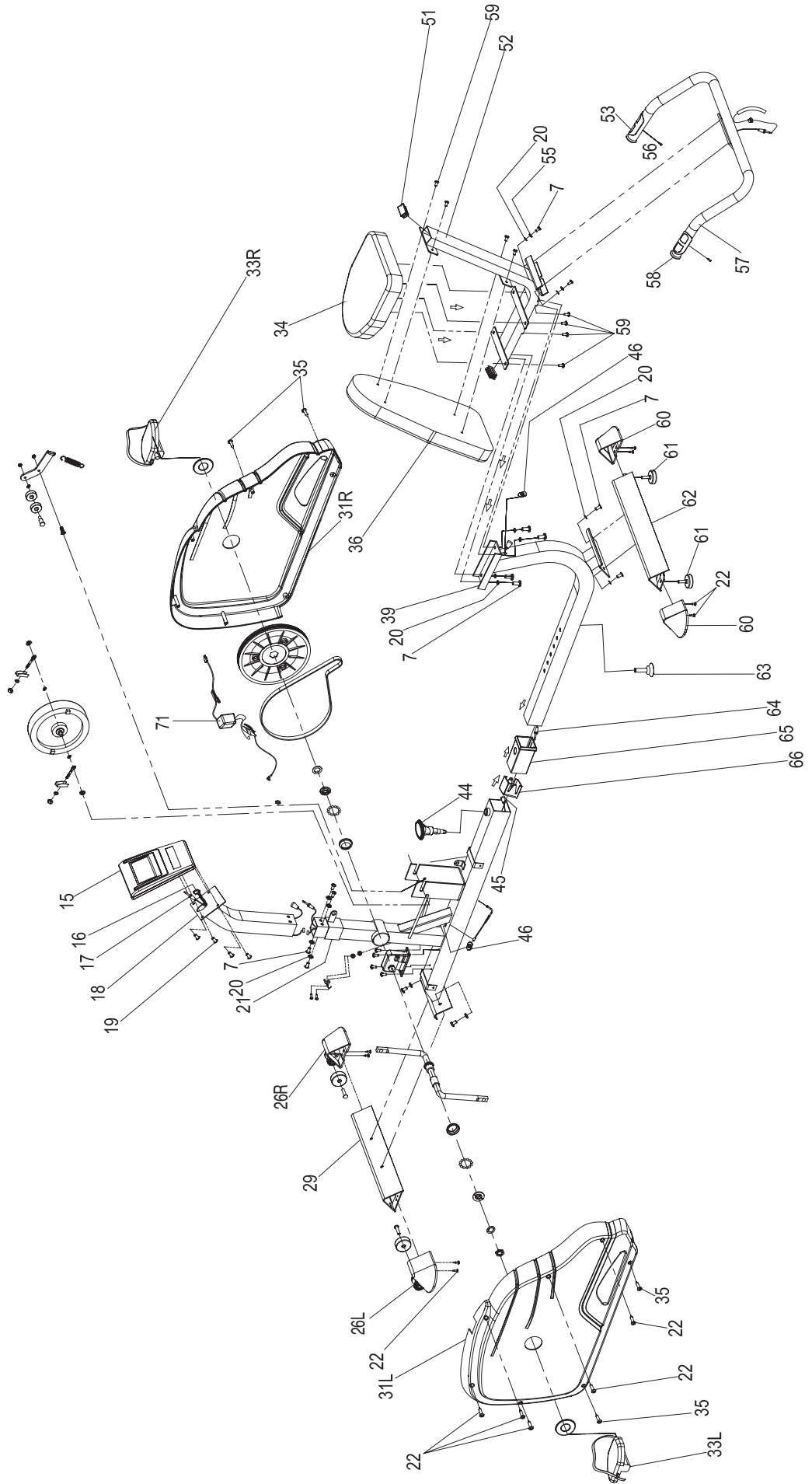
IMPORTANT:
Please read page 12 before beginning your workout for important instructions on how to use your Recumbent Bike.

EDGE 288r PARTS LIST

ITEM	PARTS NAME	QTY.	ITEM	PARTS NAME	QTY.
EXB288-07	M8 x 20mm Phillips Bolt	14	EXB288-46	Oval Wire Holder	2
EXB288-15	Monitor	1	EXB288-51	Rectangle Plug	2
EXB288-16	Monitor Wire	1	EXB288-52	Seat Support Frame	1
EXB288-17	Monitor Pulse Wire	1	EXB288-53 & 69	Pulse Sensor w/Wire	2
EXB288-18	Monitor Tube	1	EXB288-55	M8 Spring Washer	2
EXB288-19	M5 x 10mm Phillips Bolt	4	EXB288-56	M3 x 20mm Phillips Screw	2
EXB288-20	M8 Flat Washer	14	EXB288-57 & 54	Handlebar W/Grip	1
EXB288-21	Main Frame	1	EXB288-58	Handlebar Plug	2
EXB288-22	M4 x 19mm Phillips Bolt	13	EXB288-59	M6 x 20mm Phillips Bolt	8
EXB288-26R	Right End Cap w/Wheel	1	EXB288-60	Rear End Cap	2
EXB288-26L	Left End Cap w/Wheel	1	EXB288-61	Short Leveler	2
EXB288-29	Front Foot Tube	1	EXB288-62	Rear Foot Tube	1
EXB288-31R	Right Shroud	1	EXB288-63	Long Leveler	1
EXB288-31L	Left Shroud	1	EXB288-64	Long Extension Pulse Wire	1
EXB288-33R	Right Foot Pedal w/Strap	1	EXB288-65	Large Plastic Bushing	1
EXB288-33L	Left Foot Pedal w/Strap	1	EXB288-66	Small Plastic Bushing	1
EXB288-34	Seat	1	EXB288-71	AC Adapter	1
EXB288-35	M4 x 16mm Phillips Bolt	4	EXB288-FP	Fastener Pack	1
EXB288-36	Backrest	1	EXB288-MC	Master Carton	1
EXB288-39	Adjustment Tube	1	EXB288-OM	Owner's Manual	1
EXB288-44	Adjustment Knob	1			
EXB288-45	Short Extension Pulse Wire	1			

EDGE 288r EXPLODED VIEW

All numbers start with EXB288 (see Parts List on page 10)



GETTING STARTED

Once your bike is assembled, make sure that your workout space has a solid, level surface with plenty of space around it. We recommend placing a mat under your bike to protect your flooring.

Correct Workout Position

When pedaling do not lock out your knees, at the bottom of the pedaling motion there should be a slight bend in the knee. Keep your head in a neutral position to minimize neck and upper back strain. Always try to pedal the bike with a smooth and rhythmic motion.

USING YOUR RECUMBENT BIKE

The bike provides a completely smooth and natural feeling that minimizes the impact on your hips, knees and ankles while providing a superior aerobic and muscle toning workout.

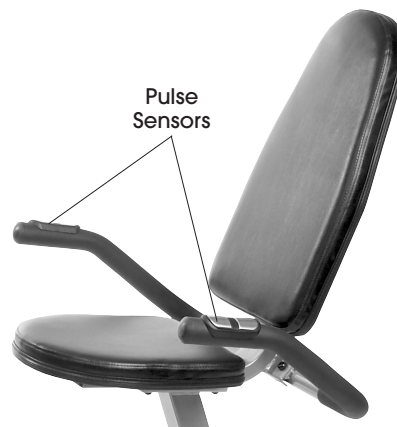
IMPORTANT:

- This bike is not recommended for children.
- Always make sure that you feel balanced and secure.
- Always use your bike on a clean, solid and level surface.

USING THE PULSE FUNCTION ON THE HANDLEBAR

The Pulse window on your Monitor works in conjunction with the pulse sensors found on the handlebar. When you are ready to read your pulse:

- 1) Place **both** hands firmly on the pulse sensors. For the most accurate reading, it is important to use **both** hands.
- 2) Look at your pulse window. The small heart will begin to blink.
- 3) Your estimated heart rate will appear in the window approximately 6 seconds after you grasp the pulse sensors.
- 4) Refer to the Target Heart Rate Zone Chart found on page 18 of this manual. For additional information about the importance of working within certain heart rate ranges, see pages 16 and 17 – *Measuring Your Heart Rate*.
- 5) This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.



Pulse sensors, located on the handlebar enable the user to read his/her approximate pulse rate. By grasping the sensors and holding firmly, the display will read your pulse rate in the display window. Your pulse will continue to read as long as your hands stay on the pulse sensors.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

OPERATING THE MONITOR

WARNING

Do not carry batteries loosely, such as in a purse or pocket. The batteries may explode or leak and cause injury if installed improperly, misused, disposed of in a fire or recharged.

INTRODUCTION

This Monitor provides different programs designed to tailor to your fitness goals. Simply choose the program you like, set the parameters and begin exercising. The Monitor will display calories, time, speed, pulse, and distance.

IMPORTANT

Always consult with your physician before beginning any exercise program. If you are taking medication which may affect your heart rate, a physician's advice is absolutely essential.

WARNING

Do not attempt to open the back cover of the Monitor console. This is not a battery storage area; this Monitor is powered by an AC Adapter. This bike is to be used only indoors and in a dry location. Do not plug the AC Adapter into the wall until the electronics monitor is completely assembled.

DATA INPUT BUTTONS

- 1. ENTER** To input desired value or workout mode. Holding this button for 3 seconds will reset all function value to be zero.
- 2. RECOVERY** Press to enter into Recovery Function, if the pulse exceeds 72. Recovery lasts for 1 minute in Fitness Levels 1-6.
- 3. START/STOP** To Start or Stop a workout, press this button. Start Body Fat Measurement and quit the Body Fat Measurement.
- 4. UP ▲** Selecting a program or setting increasing values of Resistance Level, Time, Calories and Distance.
- 5. DOWN ▼** Selecting a program or setting decreasing values of Resistance Level, Time, Calories and Distance.



USING YOUR MONITOR

Plug the AC Adapter into the Monitor and then into a 110 volt electrical socket to turn the Monitor on. When the Monitor is first turned on, the display will emit a beep as the entire LCD Display lights up.

Press the Up ▲ or Down ▼ button to move to the desired program. When the program is flashing, that is the program that would be selected. Press Enter to select the desired program. If the parameters in the program are at zero in the beginning of the workout, the parameters will count up from zero. During the workout, the Up ▲ and Down ▼ buttons will increase (UP)/ decrease (DOWN) the resistance load. The program profiles and functions are described in detail at the end of this section.

Note: If there is no input signal for over 4 minutes, the system will enter Sleep Mode and all displays will turn off automatically. Simply re-starting your workout or pressing any button will result in the LCD screen powering up again.

Holding the Enter button for three seconds will reset all function value to zero.

FUNCTION	DISPLAY VALUE
TIME (minutes)	00:00 - 99:00 (Count Up) 99:00 - 00:00 (Count Down)
SPEED (MPH)	0 - 99.5
DISTANCE (miles)	0.00 - 99.9
CALORIES	0 - 999
PULSE (Beats per minutes)	40 - 240

RECOVERY FUNCTION

During a workout, this button can be pressed to activate a resting period for 1 minute. The program will automatically go into Recovery, if you exceed the pulse rate that was entered before the workout begins.

BODY FAT PROGRAM

- 1) Select the Body Fat (B.F.) Program and press Enter.
- 2) Then select your Gender (Male or Female) and press Enter, select your Age (in years) and press Enter, select your Height (feet then inches) and press Enter, select your weight (in pounds) and press Enter, hit Start, and then grasp the hand pulse sensors for fifteen seconds.
- 3) The display will then show your BMI "Body Mass Index" and your estimated Body Fat percentage. Below is a chart pertaining to Body Mass Index.

BMI (Body Mass Index)	Weight Status
Below 18.5	Underweight
18.5 - 24.9	Normal
25.0 - 29.9	Overweight
30.0 and Above	Obese

MANUAL PROGRAM

After selecting the Manual program, you can edit all the parameters in this program by pressing the Up/Down. Once a desired parameter is met, press Select to move to the next parameter. The Start/Stop button will begin the Manual Program exercise. During this exercise, Up/Down adjusts resistance load during the workout.



USER PROGRAM

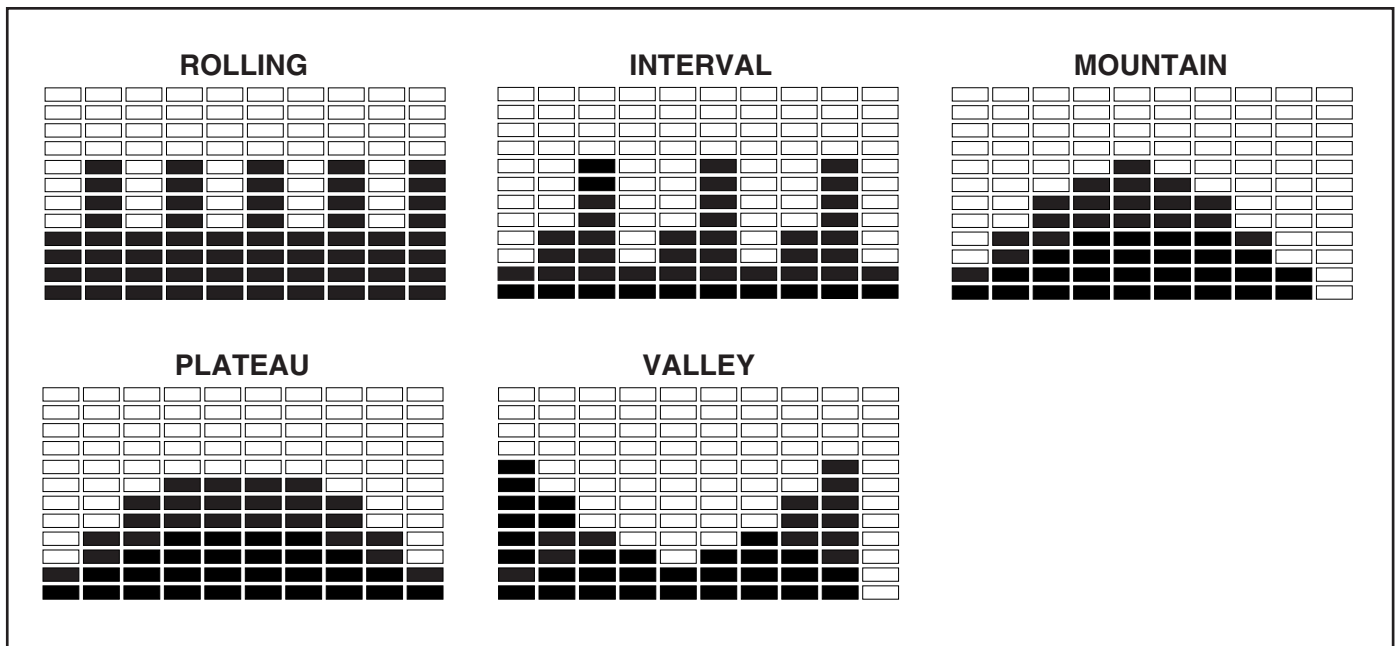
After selecting the User program, edit the parameters you desire by pressing Up/Down. When you have the desired parameter, press Enter to move to the next parameter. After the parameters are entered, the Level 1 will flash on the Monitor. Use Up/Down to adjust the level and press Enter when the correct resistance level is achieved. You will have to enter the resistance level ten times. Press Start/Stop to begin workout.



User Program Button

PRE-PROGRAM

There are 5 programs to select and the profiles are located below.



EXERCISE GUIDELINES

IMPORTANT

Please review this section before you begin exercising.

IMPORTANT:

If you are over 35 and have been inactive for several years, you should consult your physician, who may or may not recommend a graded exercise test.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70%-85% of your maximum heart rate. Remember, your target heart rate is only a guide.

You should also consult your physician if you have the following:

- High blood pressure
- High cholesterol
- Asthma
- Heart trouble
- Family history of early stroke or heart attack deaths
- Frequent dizzy spells
- Extreme breathlessness after mild exertion
- Arthritis or other bone problems
- Severe muscular, ligament or tendon problems
- Other known or suspected disease
- If you experience any pain or tightness in your chest, an irregular heartbeat or shortness of breath, stop exercising immediately. Consult your physician before continuing.
- Pregnant
- Balance Impairment
- Taking medications that affect heart rate

KNOWING THE BASICS

Physical fitness is most easily understood by examining its components, or "parts".

There is widespread agreement that these five components comprise the basics of physical training:

CARDIORESPIRATORY ENDURANCE – the ability to deliver oxygen and nutrients to tissues, and to remove wastes, over sustained periods of time. Using your bike will improve this.

MUSCULAR STRENGTH – the ability of a muscle to exert force for a brief period of time. Upper-body strength, for example, can be measured by various weight-lifting exercises.

MUSCULAR ENDURANCE – the ability of a muscle, or a group of muscles, to sustain repeated contractions or to continue applying force against a fixed object. Push ups are often used to test endurance of arm and shoulder muscles.

FLEXIBILITY – the ability to move joints and use muscles through their full range of motion. The test is a good measure of flexibility of the lower back and backs of the upper legs.

BODY COMPOSITION – often considered a component of fitness. It refers to the makeup of the body in terms of lean mass (muscle, bone, vital tissue and organs) and fat mass. An optimal ratio of fat to lean mass is an indication of fitness, and the right types of exercises will help you decrease body fat and increase or maintain muscle mass. To help track your progress we have provided Workout Progress Charts on page 22.

A COMPLETE EXERCISE PROGRAM

How often, how long and how hard you exercise, and what kinds of exercises you do should be determined by what you are trying to accomplish. Your goals, your present fitness level, age, health, skills, interest and convenience are among the factors you should consider. For example, an athlete training for high-level competition would follow a different program than a person whose goals are good health and the ability to meet work and recreational needs.

Your exercise program should include something from each of the four basic fitness components

described previously. Each workout should begin with a warm up and end with a cool down. As a general rule, space your workouts throughout the week and avoid consecutive days of hard exercise.

Here are the amounts of activity necessary for the average healthy person to maintain a minimum level of overall fitness. Included are some of the popular exercises for each category.

WARM UP – 5-10 minutes of exercise such as walking, slow jogging, knee lifts, arm circles or trunk rotations. Low intensity movements that simulate movements to be used in the activity can also be included in the warm up.

MUSCULAR STRENGTH – a minimum of two, 20 minute sessions per week that include exercises for all the major muscle groups. Lifting weights is the most effective way to increase strength.

MUSCULAR ENDURANCE – at least three, 30 minute sessions each week that include exercises such as calisthenics, push ups, sit ups, pull ups, and weight training for all the major muscle groups.

CARDIORESPIRATORY ENDURANCE – at least three, 20 minute workouts of continuous aerobic exercise each week. Working out on your bike is a good way to obtain this aerobic activity. Other popular aerobic conditioning activities include brisk walking, jogging, swimming, cycling, rope jumping, rowing, cross-country skiing, and some continuous action games like racquetball and handball.

FLEXIBILITY – 10-12 minutes of daily stretching exercises performed slowly, without a bouncing motion. This can be included after a warm up or during a cool down. Refer to pages 19 and 20 for a list of total body stretches.

COOL DOWN – a minimum of 5-10 minutes of slow walking or lower intensity cycling exercise, combined with stretching.

AEROBIC EXERCISE: HOW MUCH? HOW OFTEN?

Experts recommend that you do some form of aerobic exercise at least three times a week for a minimum of 20 continuous minutes. Of course, if that is too much, start with a shorter time span and gradually build up to the minimum. Then gradually progress until you are able to work aerobically for 20-40 minutes. If you want to lose weight, you may want to do your aerobic workout five times a week.

It is important to exercise at an intensity vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends to

a certain degree on your age, and is determined by measuring your heart rate in beats per minute. Refer to the "Measuring Your Heart Rate" section below and on page 17 for more information on how to determine and measure your heart rate.

You can do different types of aerobic activities, say walking one day, and use your bike the next. Make sure you choose an activity that can be done regularly, and is enjoyable for you. The important thing to remember is not to skip too many days between workouts or fitness benefits will be lost. If you must lose a few days, gradually work back into your routine.

WHEN TO EXERCISE

The hour just before the evening meal is a popular time for exercise. The late afternoon workout provides a welcome change of pace at the end of the work day and helps dissolve the day's worries and tensions.

Another popular time to work out is early morning, before the work day begins. Advocates of the early start say it makes them more alert and energetic on the job.

Among the factors you should consider in developing your workout schedule are personal preference, job and family responsibilities, availability of exercise facilities and weather. It's important to schedule your workouts for a time when there is little chance that you will have to cancel or interrupt them because of other demands on your time.

You should not exercise strenuously during extremely hot, humid weather or within two hours after eating. Heat and/or digestion both make heavy demands on the circulatory system, and in combination with exercise can be an over-taxing double load.

MEASURING YOUR HEART RATE (see chart on page 18)

Heart rate is widely accepted as a good method for measuring intensity during running, swimming, cycling, and other aerobic activities. Exercise that doesn't raise your heart rate to a certain level and keep it there for 20 minutes won't contribute significantly to cardiovascular fitness.

The heart rate you should maintain is called your Target Heart Rate. There are several ways of arriving at this figure. One of the simplest is: maximum heart rate $(220 - \text{age}) \times 70\%$. Thus, the target heart rate for a 40 year-old would be 126. In this example for this 40 year old to get a cardiovascular effect the

individual would need to keep their heart rate at or above 126 beats per minute to get a cardiovascular effect. **Note:** Although 70% was used in this example, the heart rate range needed to achieve results falls between 60% and 85% of your maximum heart rate.

If you are just beginning your exercise program, your target heart rate range should be roughly at 60% of your maximum heart rate. As you become more conditioned (or if you are already in good cardiovascular shape) you can increase your target heart rate to 70% - 85% of your maximum heart rate. Remember, your target heart rate is only a guide.

When checking heart rate during a workout, take your pulse within five seconds after interrupting exercise because it starts to go down once you stop moving. Count pulse for 10 seconds and multiply by six to get the per-minute rate.

Remember, your bike also comes with pulse sensors located on the handlebar.

When used properly, the unit pulse sensors can help you to determine your estimated heart rate. To do so:

- a) Push the start button on your monitor.
- b) Gently grab **both** metal pulse sensors on **both** handlebars. Wait 6 seconds.
- c) Your estimated heart rate range will be displayed on screen. Check the chart on the following page to see if you are within your range according to your age.

When used properly, the heart rate pulse sensors and display monitor provide a reasonably accurate estimate of your actual heart rate. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

By using the chart on the following page you can see where your heart rate falls in the minimum and maximum target zones.

The above are guidelines, people with any medical limitations should discuss this formula with their physician.

CLOTHING

All exercise clothing should be loose-fitting to permit freedom of movement, and should make the wearer feel comfortable and self-assured.

Never wear rubberized or plastic clothing, such garments interfere with the evaporation of perspiration and can cause body temperature to rise to dangerous levels.

We recommend wearing a workout shoe with a rubberized sole unless instructed otherwise.

TIPS TO KEEP YOU GOING

- 1) Adopt a specific plan and write it down.
- 2) Keep setting realistic goals as you go along, and remind yourself of them often.
- 3) Keep a log to record your progress and make sure to keep it up-to-date. See pages 22 - 23.
- 4) Include weight and/or percent body fat measures in your log. Extra pounds can easily creep back.
- 5) Upgrade your fitness program as you progress. Your bike provides 5 different programs to keep your workouts challenging.
- 6) Enlist the support and company of your family and friends.
- 7) Update others on your successes.
- 8) Avoid injuries by pacing yourself and including a warm up and cool down period as part of every workout. See page 16.
- 9) Reward yourself periodically for a job well done!

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

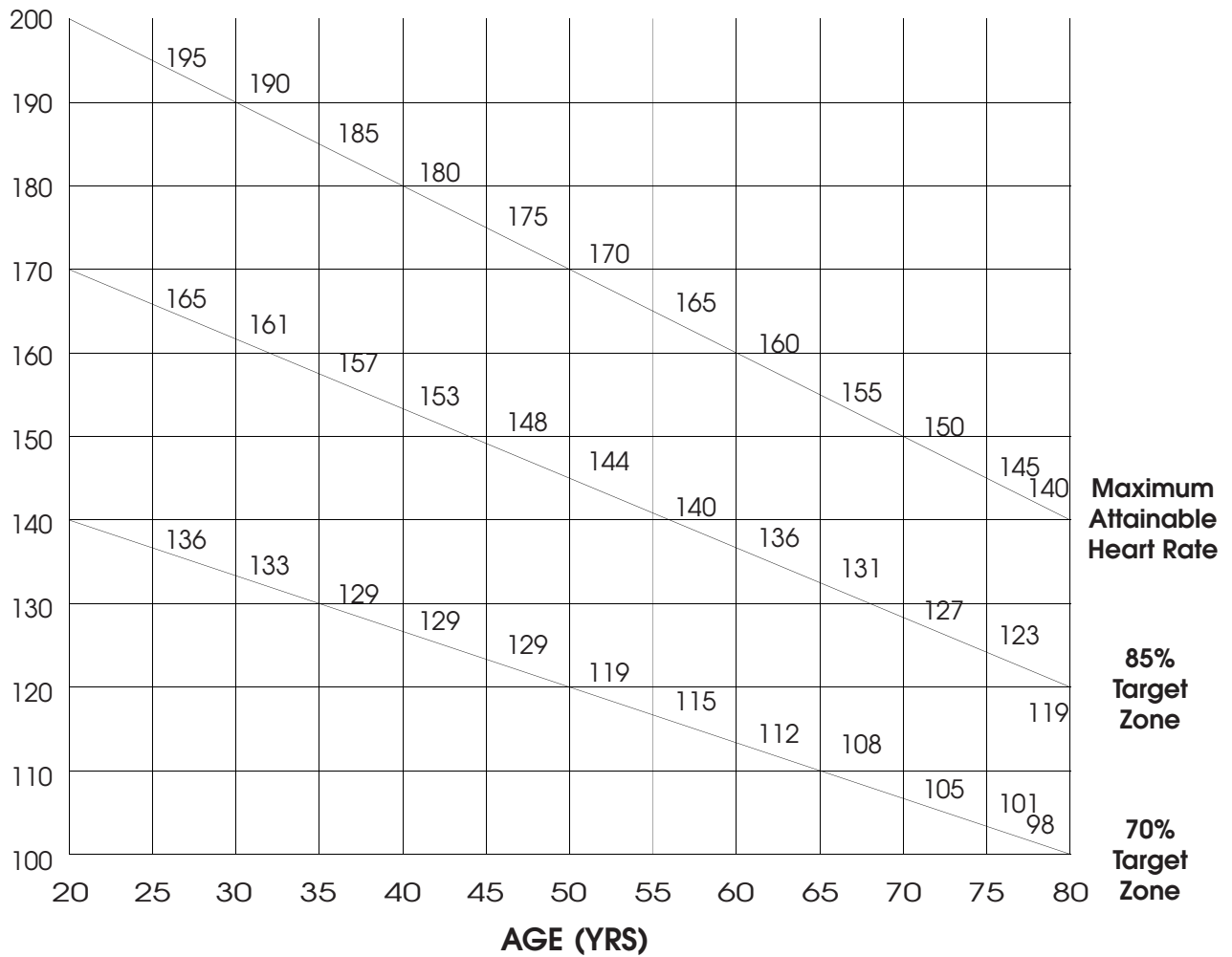
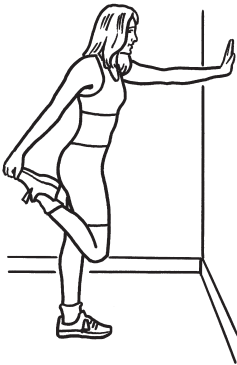


TABLE 2

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	5 min	60-65% -8	5 min	17 min	3	51 min
3 & 4	5 min	65-70% -10	5 min	20 min	3	60 min
5 & 6	5 min	70-75% -15	5 min	25 min	3	75 min
7 & 8	5 min	70-80% -20	5 min	30 min	3	90 min
9 & 10	5 min	70-85% -25	5 min	35 min	3	105 min
11 & 12	5 min	70-85% -25	5 min	35 min	3	105 min

WARM UP & COOL DOWN STRETCHES

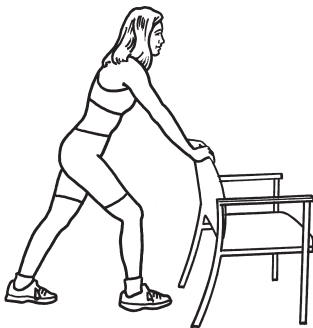
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your movements should be slow and smooth, with no bouncing or jerking. Move into the stretch until you feel a slight tension, not pain, in the muscle and hold the stretch for 20 to 30 seconds. Breathe slowly and rhythmically. Be sure not to hold your breath. Remember that all stretches must be done for both sides of your body.



1. Quadriceps Stretch

Stand close to a wall, chair or other solid object. Use one hand to assist your balance. Bend the opposite knee and lift your heel towards your buttocks. Reach back and grasp the top of your foot with the same side hand. Keeping your inner thighs close together, slowly pull your foot towards your buttocks until you feel a gentle stretch in the front of your thigh. You do not have to touch your buttocks with your heel. Stop pulling when you feel the stretch. Keep your kneecap pointing straight down and keep your knees close together. (Do not let the lifted knee swing outward.)

Hold the stretch for 20 to 30 seconds. Repeat for the other leg.



2. Calf and Achilles Stretch

Stand approximately one arm's length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the chair. Keep the heel of the back leg on the ground and move your hips forward. Slowly lean forward from the ankle, keeping your back leg straight until you feel a stretch in your calf muscles.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



3. Overhead/Triceps Stretch

Stand with your feet shoulder width apart and your knees slightly bent. Lift one arm overhead and bend your elbow, reaching down behind your head with your hand toward the opposite shoulder blade. Walk your fingertips down your back as far as you can. Hold this position. Reach up with your opposite hand and grasp your flexed elbow. Gently assist the stretch by pulling on the elbow.

Hold for 20 to 30 seconds. Repeat for the opposite arm.

(continued on next page)



4. Back Stretch

Stand with your legs shoulder width apart and your knees slightly bent. Bend forward from your waist with your arms extending loosely in front of your body. Gently bend from the waist flexing your body as far forward as it will go.

Hold for 20 to 30 seconds. Straighten up and repeat.



5. Standing Hamstrings Stretch

Stand with your legs hip-width apart. Extend one leg out in front of you and keep that foot flat against the ground. With your hands resting lightly on your thighs, bend your back leg and lean forward slightly from your hips until you feel a stretch in the back of your thigh. Be sure to lean forward from the hip joint rather than bending at your waist.

Hold for 20 to 30 seconds. Repeat for the opposite leg.



6. Buttocks, Hips and Abdominal Stretch

Lay flat on your back with your hips relaxed against the floor. Bend one leg at the knee. Keeping both shoulders flat on the floor, gently grasp the bent knee with your hands and pull it over your body and towards the ground. You should feel a stretch in your hips, abdominals and lower back.

Hold for 20 to 30 seconds and release. Repeat for opposite side.



7. Inner Thigh Stretch

Sit on the floor and bend your legs so that the soles of your feet are together. Place your elbows on your knees. Lean forward from the waist and press down lightly on the inside of your knees. You should feel a stretch in the muscles of your inside thigh.

Hold for 20 to 30 seconds and release.



8. Arm Pullback

Stand with your feet shoulder width apart and toes pointing forward and with your knees slightly bent. Let your arms hang relaxed on either side of your body. Expand your chest and pull your shoulders back. Bend your elbows slightly and clasp your hands behind your back. Slowly straighten your arms as you lift your hands upward. Raise your hands upward until you feel mild tension in your shoulder and chest region.

Hold for 20 to 30 seconds. Lower your arms to their original position and bend your elbows. Release your hands and return them to your sides.

CARE & STORAGE OF YOUR RECUMBENT BIKE

Care Directions

Your bike has been carefully designed to require minimum maintenance. However, we recommend the following to keep your bike operating smoothly.

- Use your bike indoors only.
- Wipe all perspiration from your bike with a soft, clean cloth after each use to prevent an accumulation of sweat and dirt.
- Clean your bike on a regular basis to prevent a build-up of dust. Use Windex or an alcohol based cleanser on a clean cloth. Do not use any abrasive cleaners and/or polish as these will damage the surface.
- Store your bike in a dry area away from children and high traffic areas.
- Regularly check the tightness of nuts and bolts.

Storing Directions

Your bike is portable. If you need to change the location of your bike, please follow the steps below.

- Stand at the rear of the bike and grasp the rear handlebar.
- Lift up using your legs – not your back, tipping the bike forward until it is resting on the front transportation wheels/front rollers.
- Wheel the bike to its new location and carefully lower the bike back down to the floor.



Dedication to Quality

We warrant this product to be free from all defects in material and workmanship when used according to the manufacturer's instructions.

See Limited Warranty Card for details.

Save your sales receipt.
(You may wish to staple it into this manual.)