OWNER'S MANUAL

MODEL NO.

16204680890

R89

- **Assembly**
- **Operation**
- **Troubleshooting**
- **Parts**
- **Warranty**

CAUTION:
You must read and understand this owner's manual before operating unit.
Keep this manual for future reference.
Serial number

_____

Write the serial number in the space above for reference. Serial number can be found at the front bottom section of the Recumbent Bike

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ATTENTION

THIS FITNESS BIKE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THIS APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

BEFORE YOU BEGIN

Thank you for choosing the XTERRA R89. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The XTERRA R89 provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

Read this manual carefully before using the XTERRA R89. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your XTERRA R89, please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 4:30 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.

IMPORTANT SAFETY INSTRUCTIONS

When using electrical equipment, basic precautions should always be followed, including the following:

WARNING - Read all instructions before using this equipment.

DANGER - To reduce the risk of electric shock: Always unplug this equipment from the electrical outlet immediately after using and before cleaning.

WARNING - To reduce the risk of burns, fire, electric shock, or injury to persons, install the Recumbent bike on a flat level surface with access to a 115-volt, 15-amp grounded outlet with only the Recumbent bike plugged into the circuit.

DO NOT USE AN EXTENSION CORD UNLESS IT IS A 14AWG OR BETTER, WITH ONLY ONE OUTLET ON THE END:

- Equipment should never be left unattended when plugged in. Unplug from outlet when not in use, and before putting on or taking off parts.
- Do not operate under a blanket or pillow. Excessive heating can occur and cause fire, electric shock, or injury to persons.
- This equipment is not intended for use by persons with reduced physical, sensory, or mental capabilities, or lack of experience and knowledge unless they have been given supervision or instruction concerning the use of the equipment by a person responsible for their safety.
- Use this equipment only for its intended use as described in this manual. Do not use attachments not recommended by the manufacturer.
- Never operate this equipment if it has a damaged cord or plugs if it is not working properly, if it has been dropped or damaged, or dropped into water. Return the equipment to a service center for examination and repair.
- Do not carry this equipment by supply cord or use cord as a handle.
- Keep the cord away from heated surfaces.
- Never operate the equipment with the air openings blocked. Keep the air openings free of lint, hair, and the like.
- Never drop or insert any object into any opening.
- Do not use outdoors.
- Do not operate where aerosol (spray) products are being used or where oxygen is being administered.
- Connect this equipment to a properly grounded outlet only. See Grounding Instructions.
- The equipment is intended for household use.
- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush, or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.

- Wear proper shoes. High heels, dress shoes, sandals, or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.
- Close supervision is necessary when this equipment is used by, on, or near children, invalids, or disabled persons.
- Keep children under the age of 13 away from this machine.
- **The recumbent bike is not a medical device.**

WARNING: Before beginning any exercise program consult your physician. This is especially important for individuals over the age of 35 or persons with preexisting health problems. Read all instructions before using any fitness equipment. We assume no responsibility from personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS - THINK SAFETY!

IMPORTANT ELECTRICAL INSTRUCTIONS

WARNING!
Route the power cord away from any moving part of the unit including the transport wheels.

NEVER remove any cover without first disconnecting the DC power. If voltage varies by ten percent (10%) or more, the performance of your unit may be affected. Such conditions are not covered under your warranty. If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.
NEVER expose this unit to rain or moisture. This product is NOT designed for use outdoors, near a pool or spa, or in any other high-humidity environment. The operating temperature specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing (no water drops forming on surfaces).

Optimally the unit should be the only device plugged into the circuit. Our units have surge suppressors built in to help avoid nuisance tripping. We have tested several AFCI/GFCI breakers and outlets with our products. Brands we have tested are Eaton (Cutler Hammer Series), Leviton (Smart lock pro), and Schneider Electric (Canadian home series). These breakers do not trip in our testing, when connected to our units, as long as no other devices are plugged into the same circuit.

IMPORTANT OPERATION INSTRUCTIONS

- **NEVER** operate this unit without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your unit during an electrical storm. Surges may occur in your household power supply that could damage unit components. Unplug the unit during an electrical storm as a precaution.
- Understand that changes in resistance do not occur immediately. Set your desired resistance level on the computer console and release the adjustment key. The computer will obey the command gradually.
- Use caution while participating in other activities while pedalling on your recumbent bike; such as watching television, reading, etc. These distractions may cause you to lose balance which may result in serious injury.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

WARNING DECAL REPLACEMENT

The decal shown below has been placed on the bike. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal.

Serial Number Decal

⚠ WARNING / AVERTISSEMENT

XTERRA
Model/Modèle#: [redacted] **(PR:** [redacted]**)**
Serial#/Numéro de série:
[redacted]

For consumer use.
Max user weight limit
300lbs.(136kgs)

CAUTION:SMALL CHILDREN
AND PERSONS PHYSICALLY
HANDICAPPED SHOULD NOT
USE ANY EXERCISE
EQUIPMENT WITHOUT A
QUALIFIED PERSON IN
ATTENDANCE.
WARNING:KEEP CHILDREN
AWAY FROM THE CYCLE
KEEP BODY AND CLOTHING FREE
AND CLEAR OF ALL MOVING PARTS
THE POSSIBILITY OF
SERIOUS INJURIES OR DEATH IF
CAUTION IS NOT USED.
READ ALL WARNINGS AND
INSTRUCTIONS PRIOR TO USE.
REPLACE LABEL IF DAMAGED,
ILLEGIBLE OR REMOVED.

MADE IN TAIWAN

Usage à des fins
personnelles
poids maximum de l'utilisateur
300lbs (136kgs)

ATTENTION:
LES ENFANTS
ET LES PERSONNES AYANT
UN HANDICAP PHYSIQUE
NE DOIVENT UTILISER
AUCUN APPAREIL D'EXERCICE
SANS LA SURVEILLANCE D'UNE
PERSONNE QUALIFIÉE.
AVERTISSEMENT:
GARDER LES ENFANTS À L'ÉCART DU CYCLE.
GARDER LE CORPS ET LES VÊTEMENTS
ÉLOIGNÉS DE TOUTE PIÈCE MOBILE.
LE DÉFAUT DE VIGILANCE DANS L'UTILISATION
DE CET APPAPREIL POURRAIT ENTRAÎNER
DE GRAVES BLESSURES ET MÊME LA MORT.
LIRE TOUS LES AVERTISSEMENTS ET TOUTES
LES DIRECTIVES AVANT UTILISATION.
REMPLACER TOUTE ÉTIQUETTE
ENDOMMAGÉE, ILLISIBLE
OU MANQUANTE.

FABRIQUÉ À TAIWAN

Dyaco Canada Inc.
5955 Don Murie St
Niagara Falls, ON
L2G 0A9

Customer Service
Service à la clientèle
1-888-707-1880

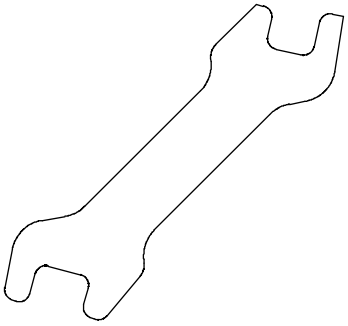
ASSEMBLY INSTRUCTIONS

!!ATTENTION: IMPORTANT UNPACKING INSTRUCTIONS.

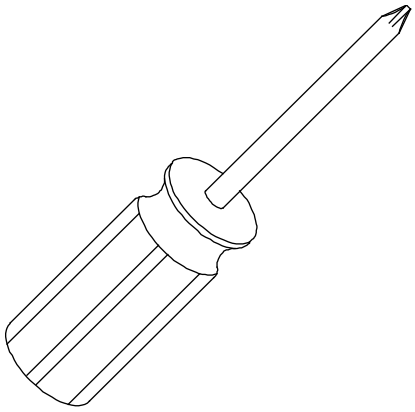
PLEASE READ BEFORE UNPACKING YOUR RECUMBENT BIKE!!

1. Using a razor knife (Box Cutter), cut the banding straps that wrap around the carton. Reach under the bottom edge of the carton and pull it away from the cardboard underneath, separating the staples that join the two together. Lift the box over the unit and unpack.
2. Carefully remove all parts from the carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. The hardware is separated into four steps. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (**#**) are the item number from the assembly drawing for reference.

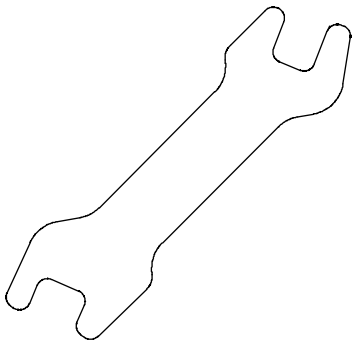
ASSEMBLY TOOLS



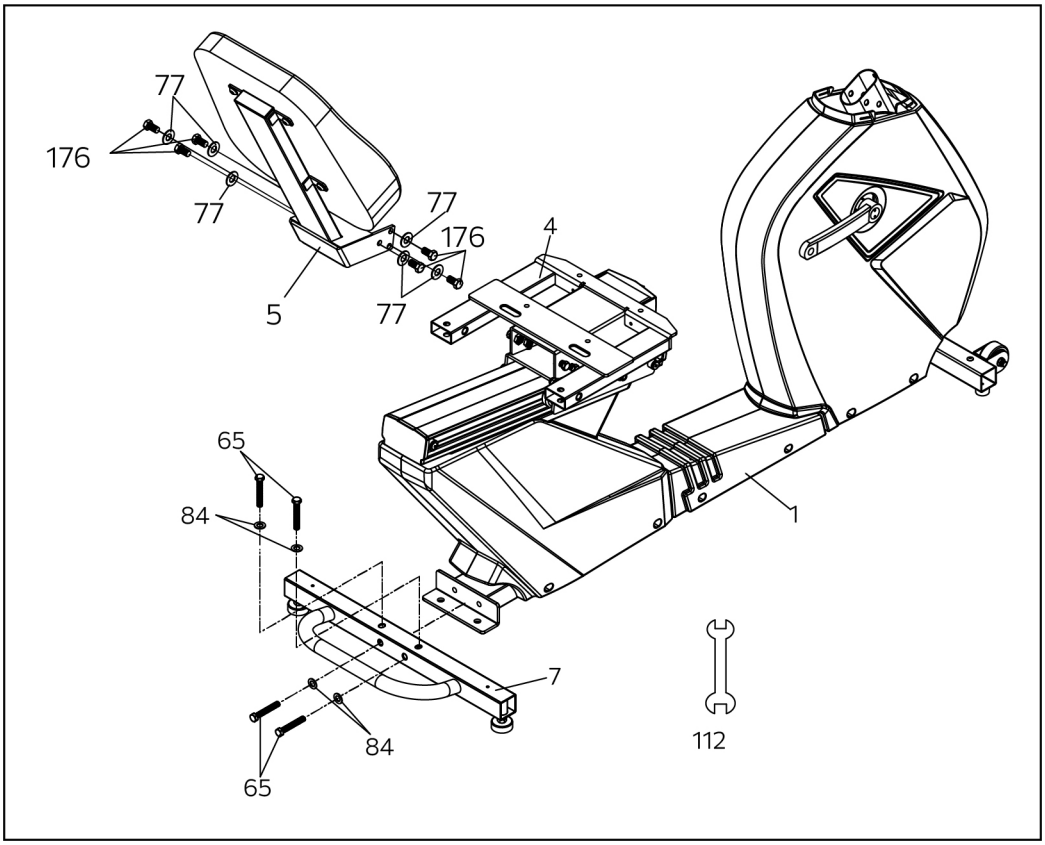
#112. 12/14mm Wrench (1pc)



#114. Phillips Head Screwdriver(1pc)



#132. 14/15mm Wrench (1pc)

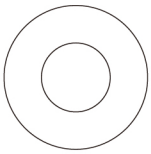


STEP 1:

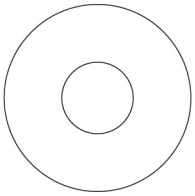
1. Attach the Rear Stabilizer (**7**) onto the Main Frame (**1**) with four Hex Head Bolts (**65**) and four Flat Washers (**84**) using the 12/14mm Wrench (**112**).
2. Attach the Seat Back Bracket (**5**) onto the Seat Carriage (**4**) with six Hex Head Bolts (**176**) and six Flat Washers (**77**) using the 12/14mm Wrench (**112**).

HARDWARE

#65. 3/8" x 2-1/4"
Hex Head Bolt (4 pcs)

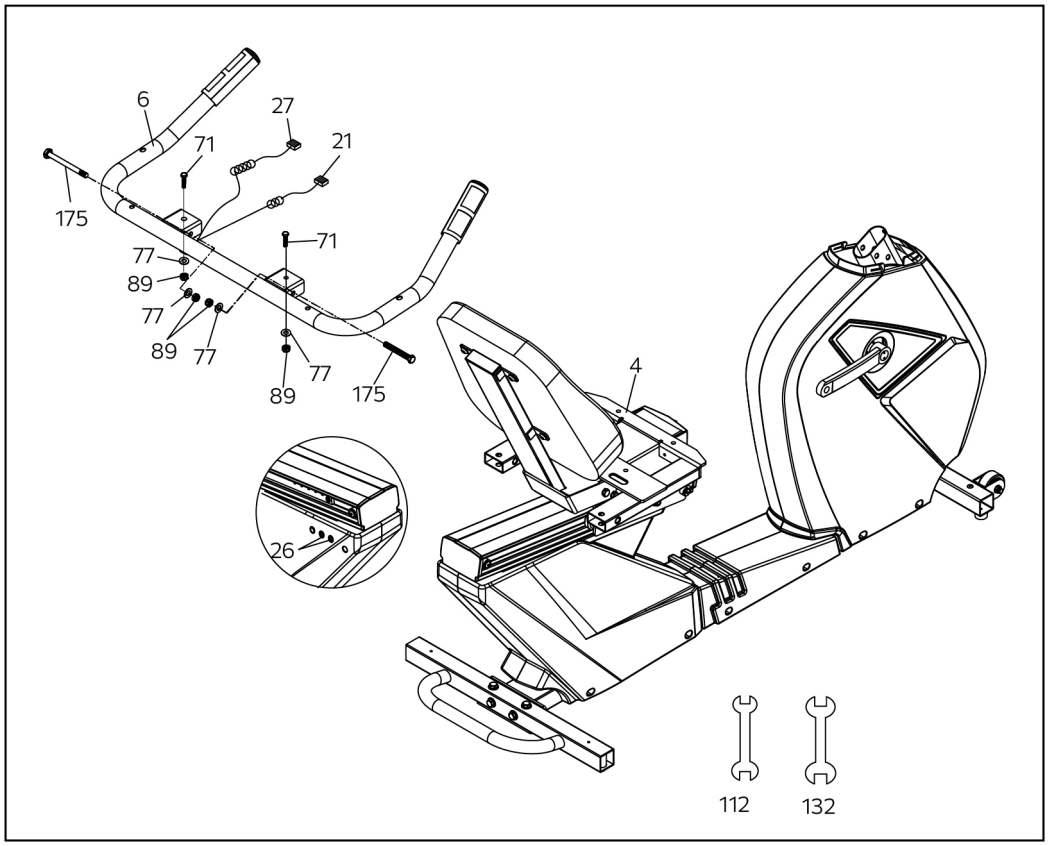


#77. 3/8" x 19mm x 1.5T
Flat Washer (6 pcs)



#84. 3/8" x 25mm x 2T
Flat Washer (4 pcs)

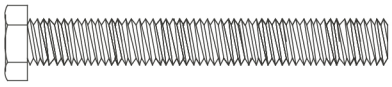
#176. 3/8" x 3/4"
Hex Head Bolt (6 pcs)



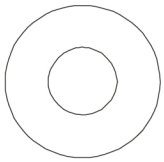
STEP 2:

1. Install the Seat Handle Bar (**6**) onto the Seat Carriage (**4**) with two vertical Hex Head Bolts (**71**), two horizontal Hex Head Bolts (**175**), four Flat Washers (**77**) and four Nyloc Nuts (**89**) using the 12/14mm Wrench (**112**) and 14/15mm Wrench (**132**).
2. Plug the two Hand pulse Cables (**21**) & (**27**) into the rear two ports (**26**) located on the left side rear cover, just under the seat.

HARDWARE

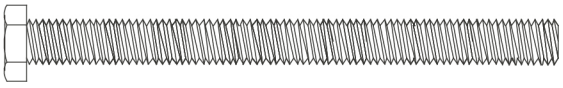


#71. 3/8" x 1-3/4"
Hex Head Bolt (2 pcs)

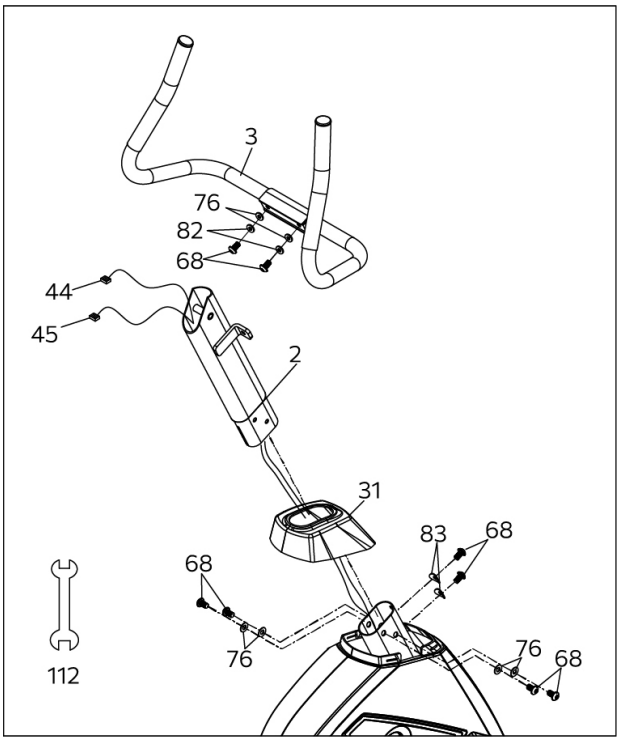


#77. 3/8" x 19mm x 1.5T
Flat Washer (4 pcs)

#89. 3/8" x 7T
Nyloc Nut (4 pcs)



#175. 3/8" x 2-3/4"
Hex Head Bolt (2 pcs)

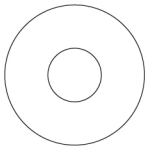


STEP 3:

1. Install the Console Mast Cover (**31**) onto the Console Mast (**2**). Make sure the plastic cover is in the correct orientation
2. Feed the twist tie that is attached to the Computer Cable (**44**) and Hand pulse Cable (**45**) through the bottom of the Console Mast Tube (**2**) and out through the opening at the top.
3. Install the Console Mast Tube (**2**) into the receiving tube (pull gently upwards on the cable ends to prevent pinching the cables because damage to the electronics could occur) of the Main Frame (**1**) with six Hex Head Bolts (**68**), four Flat Washers (**76**) on the sides of the tube and two Curved Washers (**83**) on the front of the tube by using the 12/14mm Wrench (**112**).
4. Remove the white Styrofoam pad (factory installed to prevent bolts from being accidentally dropped into the Bike).
5. Remove the plastic tie from the center of the handlebar (**3**). Install the Mast Handle bar Assembly (**3**) onto the Console Mast (**2**) with two Hex Head Bolts (**68**), two Flat Washers (**76**) and two Split Washers (**82**) using the 12/14mm Wrench (**112**).

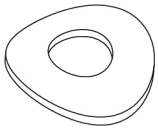
HARDWARE

#68. 5/16" x 5/8"
Hex Head Bolt (8 pcs)

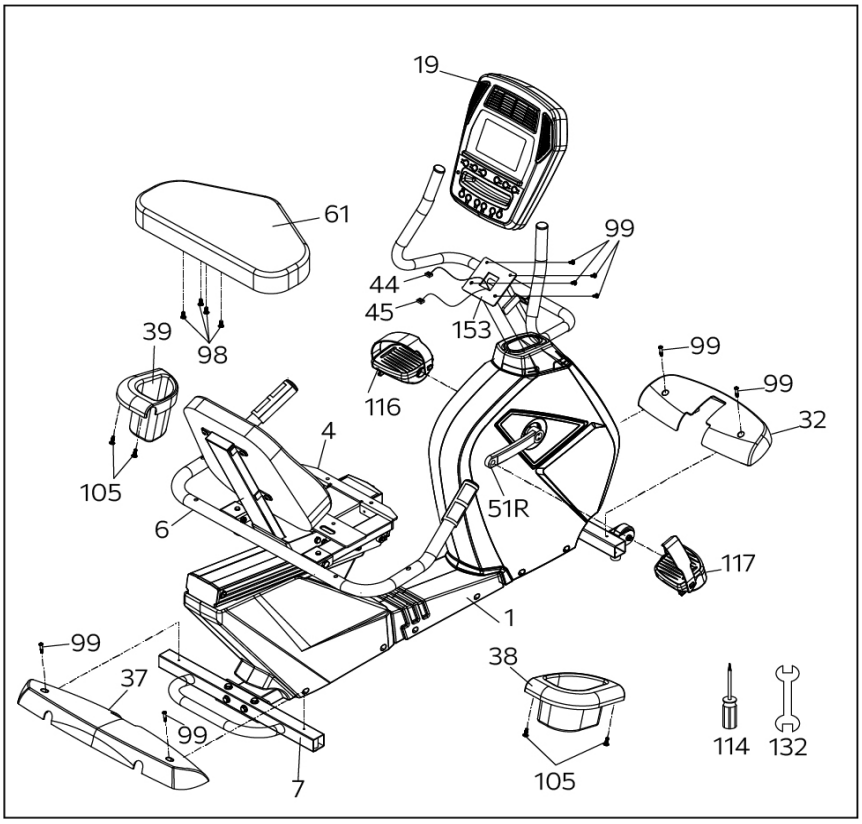


#76. 5/16" x 18mm x 1.5T
Flat Washer (6 pcs)

#82. 5/16" x 1.5T
Split Washer (2 pcs)



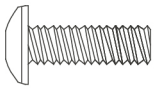
#83. 5/16" x 19mm x 1.5T
Curved Washer (2 pcs)



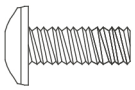
STEP 4:

1. Install the Seat (**61**) on the Seat Carriage (**4**) with the four Phillips Head Screws (**98**) using the Phillips Head Screwdriver (**114**).
2. Install the Front Stabilizer Cover (**32**) and the Rear Stabilizer Cover (**37**) on the Main Frame (**1**) with four Phillips Head Screws (**99**) using the Phillips Head Screwdriver(**114**).
3. Plug in the Computer Cable (**44**) and Hand pulse Cable (**45**) into the connector in the back of the Console Assembly (**19**). Install the console onto the mounting plate with four Phillips Head Screws (**99**) using the Phillips Head Screwdriver (**114**). Be careful not to pinch the cables between the console and the mounting plate. This could short the cables and damage the electronics.
4. Install the Drink Bottle Holders (**39 L**, **38 R**) onto left and right sides of the Seat Handle Bar (**6**) with four Sheet Metal Screws (**105**) using the Phillips Head Screwdriver(**114**).
5. Install the Pedals (**116 L, 117 R**) in the Pedal Cranks using the 14/15mm Wrench (**132**). Keep in mind that the Pedal (**116 L**) has a reverse thread and will be screwed into the crank in the opposite rotational pattern right hand threads. There is an "L" stamped into the end of the threaded post of the left pedal and an "R" in the right. Make sure to tighten the pedals as firmly as you possibly can. It may be necessary to re-tighten the pedals if you notice a thumping sound when pedaling the bike. A clicking noise, or thumping sound during pedaling is usually caused by the pedals being loose.

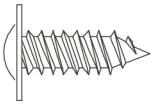
HARDWARE



#98. M6 x 15mm
Phillips Head Screw (4 pcs)



#99. M5 x 12mm
Phillips Head Screw (8 pcs)



#105. Ø4 x 16mm
Sheet Metal Screw (4 pcs)

XTERRA XF Connect App compatible with select Apple and Android devices

In order to help you achieve your exercise goals, your new exercise machine comes equipped with a Bluetooth® transceiver that will allow it to interact with selected phones or tablet computers via the XF Connect App.
Just download the free XF Connect App from the Apple Store or Google Play, and then follow the instructions in the App to sync with your exercise machine.
You can press the "DISPLAY" button from the APP to view the display of the current workout data. When your exercise is complete pressed in the APP "FINISH" to store the workout data.
The XF Connect App also allows you to sync your workout data with one of many fitness cloud sites we support : Apple Health, Strava, Map my fitness, Health connect, with more to come.

Syncing the App with your exercise machine:

1. Download the App by scanning the QR code on the right.
2. Open the App on your device (phone or tablet) and make sure Bluetooth® is enabled on your device (phone or tablet).
3. In the App click the "Add device" icon to search for your XF Connect equipment.
4. Under the Bluetooth scan result list, select the machine for connect. When the App and equipment are synced, the Bluetooth® icon on the equipment's console display will light up. Click "START" or "Display Stats", you may now start using your XF Connect App.
5. When your exercise is complete pressed in the APP "FINISH" to store the workout data, and you will be prompted to sync your data with each available fitness cloud site. Please note you will have to download the applicable compatible fitness App, such as Apple Helath , Strava, Map my fitness, Health connect , in order for the icon to be active and available.

Note: Your device will need to be running on a minimum operating system of IOS 16 or Android 10.0 for the XF Connect App to operate properly.

The exercise equipment's Bluetooth device can also be connected to the Bluetooth wearables. The Bluetooth wearables can receive signals even when the App is already in use. You can wear the Bluetooth wearables first then commence connection. While in connection, the console will show heart rate value via Bluetooth.

OPERATION OF YOUR CONSOLE

Powering On

The fitness bike is supplied with an external power supply. When power is connected to the fitness bike, the console will automatically power up. If there is no input to the console for 20 minutes, the console will go to stand-by mode to save energy. To turn the console on press any key.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off the dot matrix display will show a software version (i.e.: VER 1.0) and the time and distance windows will display an odometer reading. The odometer reading displays how many hours the fitness bike has been used and how many virtual miles the fitness bike has gone.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different workout profiles of the programs and operating instructions. You may now begin to use the console.

Console Operation

Quick Start Mode

This is the quickest way to start a workout. After the console powers up, press the **Start** key to begin. In Quick Start the time will count up from zero and the Resistance may be adjusted manually by pressing the **Level ▲/▼** keys.

Basic Information and Functions:

Display:
The dot matrix display will show the Resistance profile. If you press the **Start** key during a program, the display will switch to a Lap track, which is ¼ mile in length.

Pressing the **Enter** key will switch the data displayed in the Message Window. Initially, the Message Window shows the program name. Each time the **Enter** key is pressed the data will change to the following: Speed, Watts, Laps, Current Level/Max Level, Scan, and repeat sequence. To the left of the dot matrix is a number that indicates your Resistance level.

Data Displayed:
- Calories show an accumulation of calories burned (Kcal). This is an estimate that takes into account the type of exercise, the resistance level, the pace and body weight.
- Time shows elapsed time if counting up from zero, or time remaining if counting down.
- Pulse indicates your heart rate if you are grasping the hand pulse sensors.
- RPM displays your pedaling speed in revolutions per minute.
- Speed shows your speed in miles per hour or kilometers per hour if 'Km' is displayed.
- Distance displays accumulated mileage.

The fitness bike has a built in Heart Rate Monitoring System. Simply grasping the hand pulse sensors on the stationary handlebars or by wearing the chest strap will start the heart icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or pulse, in beats per minute.

Pause/Reset Functions:
The **Stop/Reset** key actually has several functions. Pressing the **Stop/Reset** key once during a program will pause the program for five minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout after pausing just press the **Start** key. If the **Stop/Reset** key is pressed twice during a workout, the program will end and a summary of your workout will be displayed. If the **Stop/Reset** key is held down for three seconds, the console will perform a complete reset.

Audio System:
There is an Audio Input Jack on the front of the console, and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include: MP3 player, iPod, portable radio, CD player or even a TV or computer.

Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for during programming is necessary to ensure the readouts are correct. You will be asked for your age and weight. Entering your age is necessary during the Heart Rate Program to ensure the correct settings are entered in the program. Entering your Weight helps calculate a more accurate calorie reading; although we cannot provide an exact calorie count we do want to be as close as possible.

Calorie Note: Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are estimates. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting. This is because each individual is different and burns calories at a different rate.

Entering a Program/Changing Settings

Press the program keys to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the **Enter** key to select a program and begin customizing the settings. If you want to workout without entering new settings, press the **Start** key. This will bypass the programming of data and take you directly to the start of your workout.
If you want to change the personal settings, follow the instructions in the message window.
If you start a program without changing the settings, the default settings will be used.

Note : Age and Weight default settings will change when you enter a new number. The last age and weight entered will be saved as the new default settings. If you enter an age and weight the first time you use the fitness bike you will not have to enter it every time you work out unless either your age or weight changes or someone else enters a different age and weight.

Manual Program

The Manual program allows you to adjust your workload throughout the workout to meet your personal fitness needs.

1. Press the **Program ▲ / ▼** key until the message window shows MANUAL. Press the **Enter** key to continue.
2. The message window will ask you to enter your Age. Adjust the Age setting using the **Level ▲ / ▼** keys. Press **Enter** to continue.
3. The message window will ask you to enter your Weight. Adjust the Weight setting using the **Level ▲ / ▼** keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
4. Next is the Time. Adjust the Time and press **Enter** to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the **Start** key.
6. Once the program starts the fitness bike will be set to level one for Resistance. If you want to increase the work load at any time press the **Level ▲** key on the console; the **Level ▼** key will decrease the workload.
7. During the Manual program you will be able to switch data displayed in the message window by pressing the **Enter** key.
8. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time before the console returns to the start-up display.

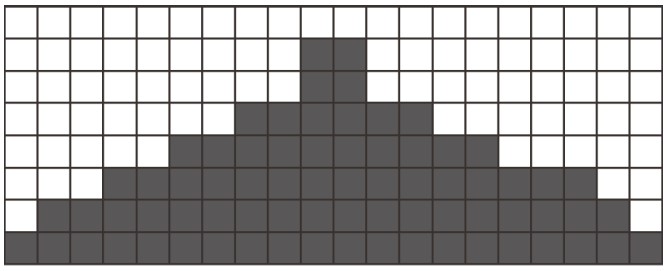
Programming Preset Programs

1. Using the **Program ▲ / ▼** keys, select the desired program then press the **Enter** key.
2. The Message Window will ask you to enter your Age. Adjust the Age setting, using the **Level ▲ / ▼** keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your Weight. Adjust the Weight setting using the **Level ▲ / ▼** keys. Press **Enter** to continue.
4. Next is Time. Adjust the Time setting using the **Level ▲ / ▼** keys. Press **Enter** to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (work level at the top of the hill). Adjust the level and then press **Enter**.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key.
7. If you want to increase or decrease the workload at any time during the program, press the **Level ▲ / ▼** keys. This will change only the work level during the current segment.
8. During the program you will be able to switch the data displayed by pressing the **Enter** key.
9. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time before the console returns to the start-up display.

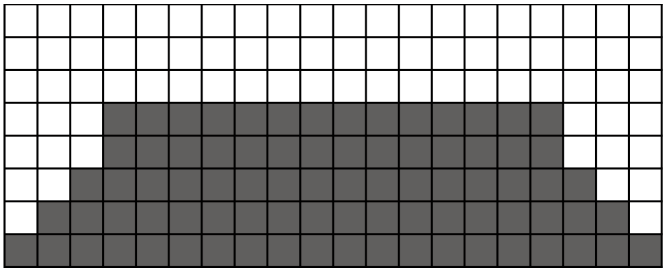
Preset Programs

The fitness bike has seven different programs that have been designed to provide a variety of workouts. These programs have factory preset profiles for achieving different goals.

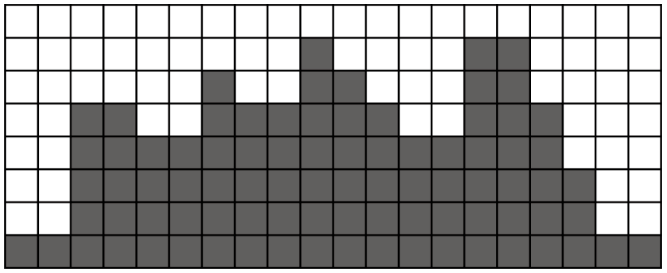
Ascent - Work Profile



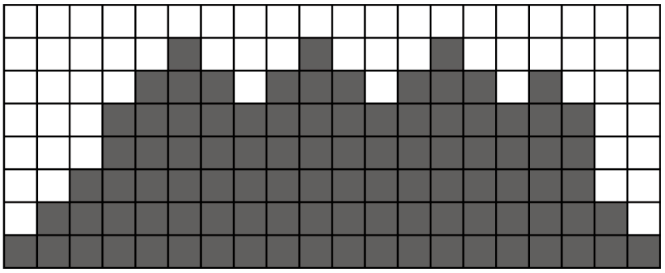
Fat Burn - Work Profile



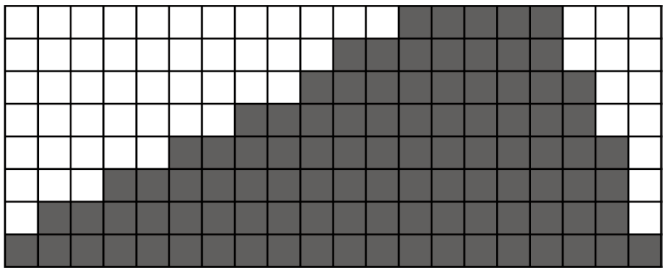
Glute Blast - Work Profile



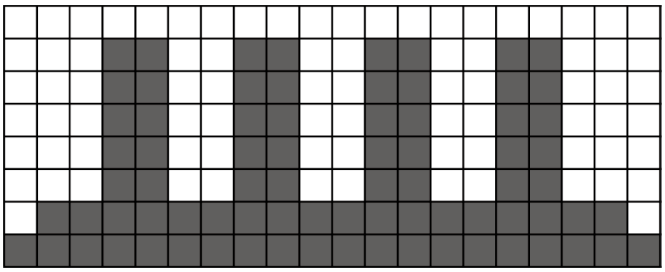
Adventure - Work Profile



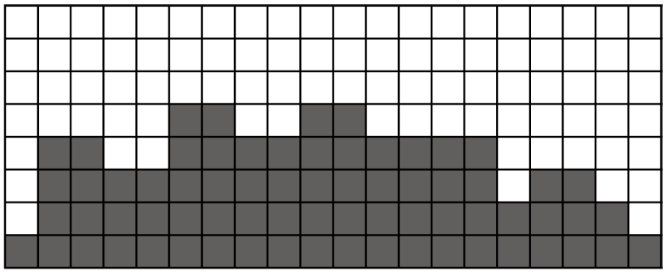
Xtreme - Work Profile



Interval - Work Profile



X Country - Work Profile



User Programs

The User Programs allow you to build and save your own workout. You can build your own custom program by following the instructions below.

1. Select the User Program (User 1 or User 2) using the **Program ▲ / ▼** arrows then press **Enter**. The message will ask "Run Program?" if there is already a program stored. Use the **Level ▲ / ▼** key to change between "Yes" or "NO". If you want to run the program as it is, go to "Yes" and press **Enter** or **Start** to begin stored program. If No is selected, you have the option to cancel the stored program and create your own program. Press **Enter** to cancel and create your own.
2. If you cancel the stored program or there isn't a program stored, the letter "A" will be flashing. Use the **Level ▲ / ▼** keys to select the first letter of your name. Press **Enter**. Repeat this process until the last letter of your name is flashing. Press **Stop** to accept your User name.
3. The message window will ask you to enter your Age. Enter your Age using the **Level ▲ / ▼** keys. Press the **Enter** key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your Weight. Adjust the Weight setting using the **Level ▲ / ▼** keys. Press **Enter** to continue.
5. Next is Time. Adjust the total program time using the **Level ▲ / ▼** keys. Press Enter to continue.
6. Next is the Top Level setting. You may adjust the Top Level and press **Enter** to continue.
7. Now the message window will ask you to adjust the first segment level for Resistance; use the **Level ▲ / ▼** keys to adjust. When you finish adjusting the first segment, or if you don't want to change it, then press **Enter** to continue to the next segment.
8. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press **Enter**. Continue this process until all twenty segments have been set.
9. The message window will ask you to press **Enter** to save the program. After saving the program, press **Start** to begin.
10. If you want to adjust the Resistance at any time during the program, press the **Level ▲ / ▼** keys.
11. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

Heart Rate Programs

Note: You must grasp the contact heart rate grips with both hands or use the telemetric heart rate strap when using these programs. Both programs operate the same. The only difference is that HR1 is set to 60% and HR2 is set to 80% of your maximum heart rate.

To start a Heart Rate Program, follow the instructions below.

1. Press the **Program ▲ / ▼** keys until message window displays HR1 or HR2. Press **Enter** to select.
2. The message window will ask you to enter your Age. Enter your Age using the **Level ▲ / ▼** keys then press the **Enter** key to accept the new number and proceed.
3. You are now asked to enter your Weight. Adjust the Weight setting using the **Level ▲ / ▼** keys.
4. Next is time. Adjust the Time setting using the **Level ▲ / ▼** keys. Press **Enter** to continue.
5. You are now asked to select the Target Heart Rate Level. Adjust the target level and then press **Enter**.
   During the workout the product will adjust resistance to keep you near this heart rate.
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Stop** key to go back one level, or screen.
7. If you want to increase or decrease the target heart rate at any time during the program press the **Level ▲ / ▼** keys.

HEART RATE EXERTION

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

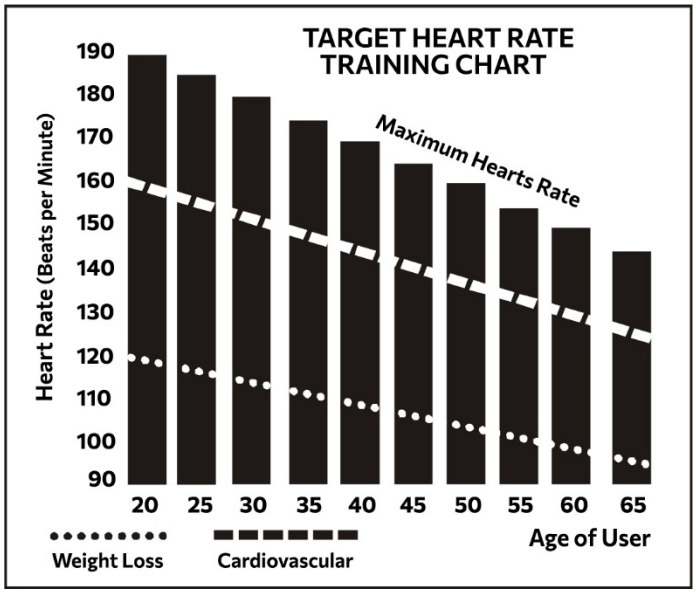
To determine the benefit range in which you wish to train, youmust first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your Heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat while 80% is for strengthening the cardiovascular system. This 60% to 80% is the zone to stay in for maximum benefit.

For someone who is 40 years old, their target heart rate zone is calculated:

220 – 40 = 180 (maximum heart rate)
180 x .6 = 108 beats per minute
(60% of maximum)
180 X .8 = 144 beats per minute
(80% of maximum)

So, for a 40-year-old, the training zone would Be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. Entering your age is used for the Heart Rate programs. After calculating your MHR you can decide upon which goal you would like to pursue.



The two most popular reasons for, or goals, of exercise, are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column.The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines’ goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achievedby training at 80% or 60% respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.

With all Heart Rate program recumbent bikes, you may use the heart rate monitor feature without using the Heart Rate program. This function can be used during manual mode or any of the nine different programs.

HEART RATE - PERCEIVED EXERTION

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should work out than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate, and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:
Rating Perception of Effort

6 Minimal
7 Very, very light
8 Very, very light +
9 Very light
10 Very light +
11 Fairly light
12 Comfortable
13 Somewhat hard
14 Somewhat hard +
15 Hard
16 Hard +
17 Very hard
18 Very hard +
19 Very, very hard
20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example, a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending on the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong, and your pace will feel easier. When your body is in this condition, you can train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder. Again, this will show up in your RPE and you will train at the proper level for that day.

USING HEART RATE TRANSMITTER (OPTIONAL)

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter centered in the middle of your torso facing away from your chest (some people must position the transmitter slightly left of center). Attach the end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter directly below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heartbeat electrical signals.
   However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your workout. Some users, because of body chemistry, have a more difficult time achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of the range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter directly on bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, wet the areas of the shirt that the electrodes will rest upon.

Note:Thetransmitterisautomaticallyactivatedwhenitdetectsactivityfromtheuser'sheart. Additionally,it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

Erratic Operation

Caution! Do not use this product for heart rate programs unless a steady, solid actual heart rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the dealer logo is right side up.
6. The receiver that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Another Individual wearing a transmitter within 3' of your machine's console.
   If you continue to experience problems contact your us.

General Maintenance

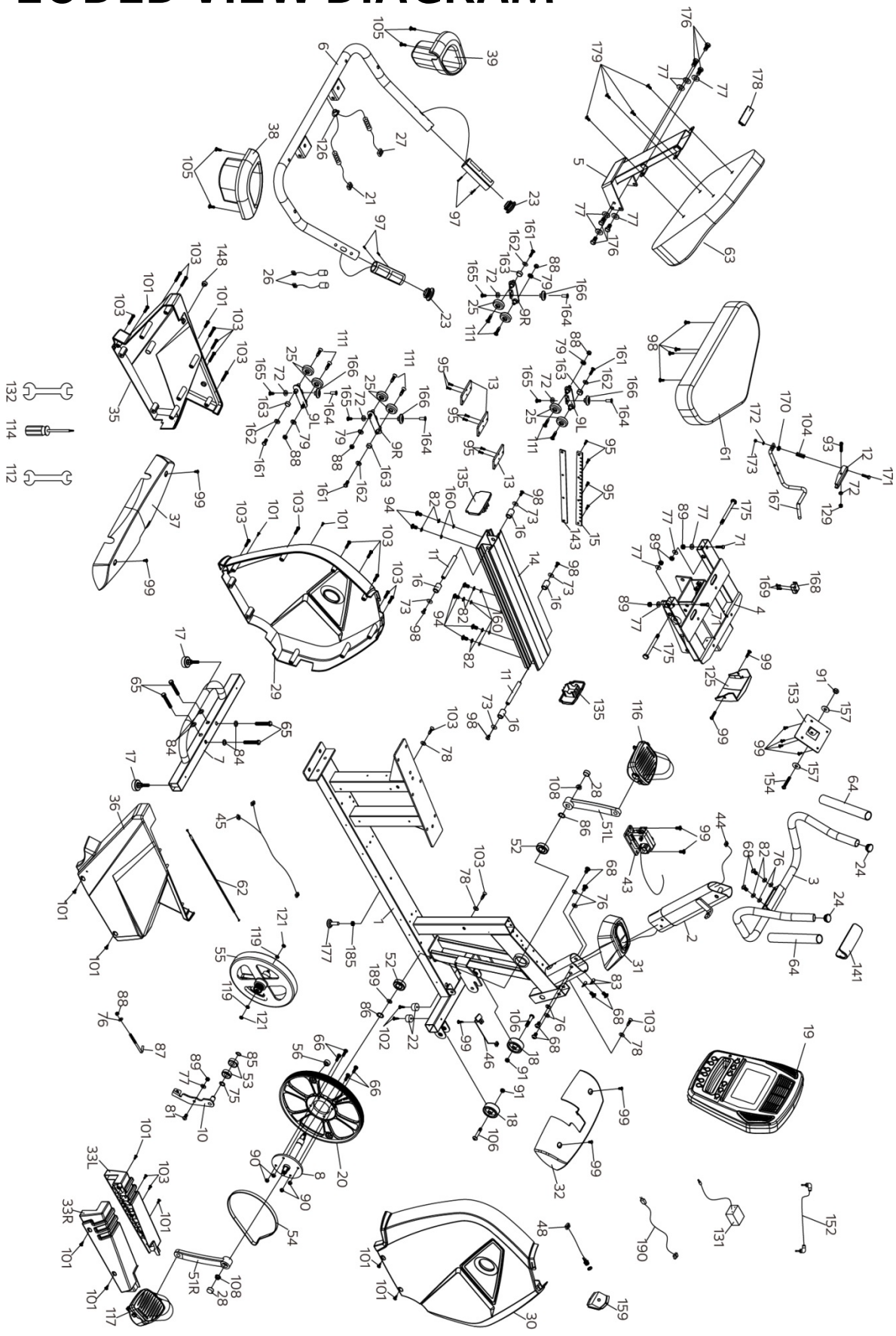
1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a thump, clicking or wobbly feeling develops, the main cause is usually the pedals and/or crank arms being loose.

Engineering Mode

The console has built in maintenance/diagnostic software. The software will allow you to make changes to the console settings such as changing units from English to Metric or turning off the console beeps (if they are waking your family during your early morning workouts). To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the **Start**, **Stop** and **Enter** keys. Keep holding the keys down for about five seconds and the message window will display "Engineering Mode". Press the **Enter** key to access the menu below. Press the **Resistance Up/Down** keys to navigate the menu.

a. Key Test - Allows you to test all the keys to make sure they are functioning
b. LCD Test - Tests all of the display functions
c. Functions - Press **Enter** to access settings, use **Resistance Up/Down** keys to navigate.
    i. Sleep Mode - On; when turned on the console will darken after 30 minutes of no use. When turned off the console will remain lit as long as the power is on
    ii. Motor Test - Continually runs the tensioning gear motor
    iii. Manual - Allows stepping of the gear motor
    iv. TYPE SET - Set to Bike or Elliptical
    v. Key Tone - Turns on/off the key press beeping tones
    vi. Units - Set to English or Metric display readings
    vii. Odometer Reset - Reset the odometer
    viii. Pause mode – On; when turned off, pressing **Stop** once ends the program; when turned on, the console retains data for five minutes before switching to the startup screen
    ix. Safety – Off; when turned on the machine automatically goes to **Level** 20 of Resistance to prevent unauthorized use by a child
d. Security - Allows you to lock the keypad so no unauthorized use is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the **Start** and **Enter** keys for three seconds to unlock the console.
e. Factory Set
f. Exit – press **Enter** to return to the startup screen

EXPLODED VIEW DIAGRAM



PARTS LIST

Key	Part Description	Q'ty
1	Main Frame	1
2	Console Mast	1
3	Mast Handle bar Assembly	1
4	Seat Carriage	1
5	Seat Back Bracket	1
6	Seat Handle Bar	1
7	Rear Stabilizer	1
8	Crank Axle	1
9L	Seat Wheel Adjustment Plate (L)	2
9R	Seat Wheel Adjustment Plate (R)	2
10	Idler Wheel Assembly	1
11	Seat Stop Axle	2
12	Seat Position Latch	1
13	Backing Plate	3
14	Aluminum Track	1
15	Rack	1
16	Spacer for Stopper Axle	4
17	Rubber Foot	2
18	Transportation Wheel	2
19	Console Assembly	1
20	Drive Pulley	1
21	950mm_Handpulse W/Cable Assembly(R)	1
22	Ø25 × 15T_Rubber Foot Pad	2
23	Ø32(1.8T)_Button Head Plug	2
24	Ø25.4 × 2.0T_Button Head Plug	2
25	Seat Track Wheel	8
26	300mm_Handpulse Wire	2
27	750mm_Handpulse W/Cable Assembly(L)	1
28	Crank Arm End Cap	2
29	Front Shroud (L)	1
30	Front Shroud (R)	1
31	Console Mast Cover	1
32	Front Stabilizer Cover	1
33L	Beam Cover (L)	1
33R	Beam Cover (R)	1
35	Rear Shroud (L)	1
36	Rear Shroud (R)	1
37	Rear Stabilizer Cover	1
38	Drink Bottle Holder (R)	1
39	Drink Bottle Holder (L)	1
43	Gear Motor	1
44	850mm_Computer Cable	1
45	2100mm_Handpulse Wire	1
46	300mm_Sensor W/Cable	1

Key	Part Description	Q'ty
48	1100mm_DC Power Cord	1
51L	Crank Arm(L)	1
51R	Crank Arm(R)	1
52	6004_Bearing	2
53	6203_Bearing	2
54	Drive Belt	1
55	Flywheel	1
56	Magnet	1
61	Seat	1
62	Steel Cable	1
63	Seatback Cushion	1
64	Handgrip Foam	2
65	3/8" × 2- 1/4"_Hex Head Bolt	4
66	1/4" × 3/4"_Hex Head Bolt	4
68	5/16" × 5/8"_Hex Head Bolt	8
71	3/8" × 1-3/4"_Hex Head Bolt	2
72	Ø1/4" × 13 × 1T_Flat Washer	5
73	Ø1/4" × 19 × 1.5T_Flat Washer	4
75	Ø17 × Ø23.5 × 1T_Flat Washer	1
76	Ø5/16" × Ø18 × 1.5T_Flat Washer	7
77	Ø3/8" × Ø19 × 1.5T_Flat Washer	11
78	Ø3/16" × Ø15 × 1.5T_Flat Washer	3
79	Ø8 × Ø18 × 3T_Knurled Lock Washer	4
81	3/8" × 3/4"_Button Head Socket Bolt	1
82	Ø5/16" × 1.5T_Split Washer	8
83	Ø5/16" × 19 × 1.5T_Curved Washer	2
84	Ø3/8" × Ø25 × 2T_Flat Washer	4
85	Ø17_C Ring	1
86	Ø20_C Ring	2
87	M8 × 80mm_J Bolt	1
88	M8 × 7T_Nylon Nut	5
89	3/8" × 7T_Nylon Nut	5
90	1/4" × 5.5T_Nylon Nut	4
91	5/16" × 6T_Nylon Nut	3
93	M6 × 38mm_Socket Head Cap Bolt	1
94	5/16" × 3/4"_Hex Head Bolt	6
95	M5 × 12mm_Flat Head Socket Screw	10
97	3 × 20mm_Tapping Screw	4
98	M6 × 15mm_Phillips Head Screw	8
99	M5 × 12mm_Phillips Head Screw	13
101	5 × 16mm_Tapping Screw	12
102	5 × 19mm_Tapping Screw	2
103	3.5 × 16mm_Sheet Metal Screw	19
104	Spring	1
105	4 × 16mm_Sheet Metal Screw	4
106	5/16" × 1-3/4"_Button Head Socket Bolt	2
108	M10 × P1.25 × 10T_Nut	2

Key	Part Description	Q'ty
111	M5 × P0.8 × 10L_Flat Phillips Head Screw	8
112	12/14mm_Wrench	1
114	Phillips Head Screw Driver	1
116	Pedal (L)	1
117	Pedal (R)	1
119	3/8" × UNF26 × 3T_Nut	2
121	3/8" × UNF26 × 7T_Nut	2
125	Seat Carriage Cover	1
126	HGP Wire Grommet	1
129	M6 × 6T_Nylon Nut	1
131	Power Adaptor	1
132	14/15mm_Wrench	1
135	Aluminum Axle End Cap	2
141	Handle Bar Cover	1
143	Seat Track Fixing Plate	1
148	Block	1
152	400mm_Audio Cable	1
153	Console Holder Assembly	1
154	5/16" × 2-1/2"_Hex Head Bolt	1
157	5/16" × 25 × 3T_Nylon Washer	2
159	On/Off Switch Bracket	1
160	5/16" × 16 × 1.5T_Flat Washer	6
161	M6 × 10mm_Flat Phillips Head Screw	4
162	Ø1/4" × Ø16 × 1T_Flat Washer	4
163	Sleeve	4
164	M6 × 19L_Nut	4
165	M6 × 10L_Button Head Socket Bolt	4
166	PU Wheel	4
167	Seat Front/Aft Adjustment Lever	1
168	Lever Anchor	1
169	M5 × 25mm_Flat Head Socket Screw	2
170	Ø15 × Ø6 × 4T_Nylon Washer	1
171	M5 × 45mm_Socket Head Cap Bolt	1
172	Ø5 × Ø10 × 1T_Flat Washer	1
173	M5 × 5T_Nylon Nut	1
175	3/8" × 2- 3/4"_Hex Head Bolt	2
176	3/8" × 3/4"_Hex Head Bolt	6
177	Rubber Foot Pad	1
178	Square End Cap	1
179	M8 × 15mm_Button Head Socket Bolt	4
185	3/8" × 4T_Nut	1
189	Rubber Pad	3
190	Transformer Power Cord	1

TRAINING GUIDELINES

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all-encompassing components of physical fitness, and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs.

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your maximum oxygen uptake (MVo2). This is often referred to as your aerobic capacity.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO2 indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long-term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As your become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement.

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity
Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.
Reversibility
If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

WARM UP

Every exercise program should start with a warm up where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your warm up and cool down and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly o the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, so the rate at which your heartbeat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute (BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.
The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

The pulse count (on your wrist or carotid artery in the neck, taken with two index fingers) is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn’t as

accurate. The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate 10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments: (1) don't be concerned with day-to-day variations in your pulse rate, being under pressure or not enough sleep can affect it; (2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training. The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale', bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced, or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something.

Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or “sneakers”.

Breathing during Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one-minute rest periods.

Consult your physician before participating in any exercise program.

Recovery post-training

Repeat pre-training during recovery, reducing intensity for roughly 5 minutes. Use these exercises to regulate your body heat and relax your muscles, avoid vigorous stretching to prevent injury.

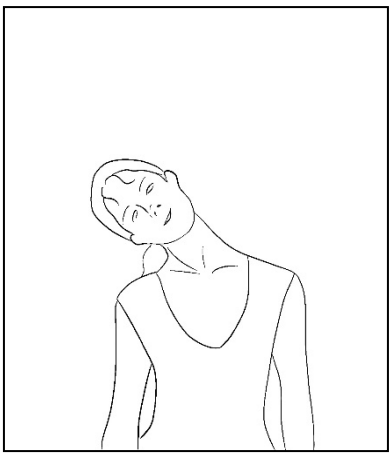
Gradually increase duration and intensity as you adapt to your new routine, aiming for at least 3 sessions weekly. Record your progress if possible.

STRETCHING

Stretching should be included in both your warm-up and cool-down and should be performed after 3-5 minutes of low-intensity aerobic activity or callisthenic-type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension; no pain is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

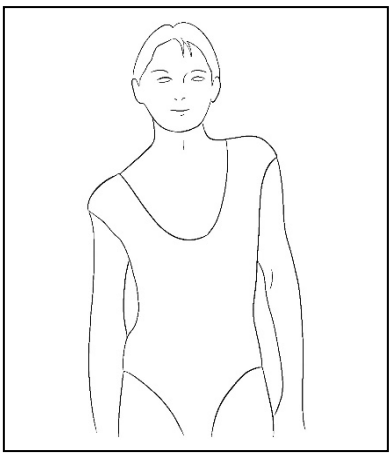
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next, rotate your head back for one count, stretch your chin to the ceiling, and let your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



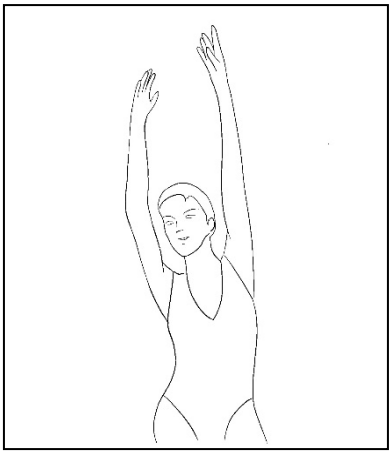
SHOULDER LIFTS

Lift your right shoulder toward your ear for one count. Then lift your left shoulder for one count as you lower your right shoulder.



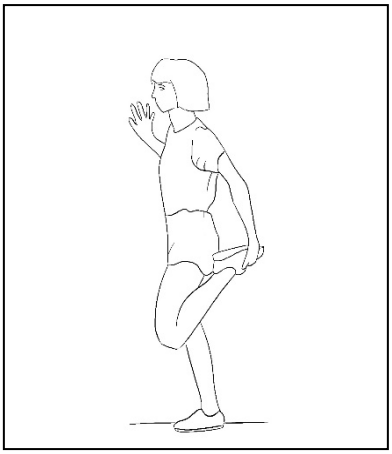
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left foot and left arm.



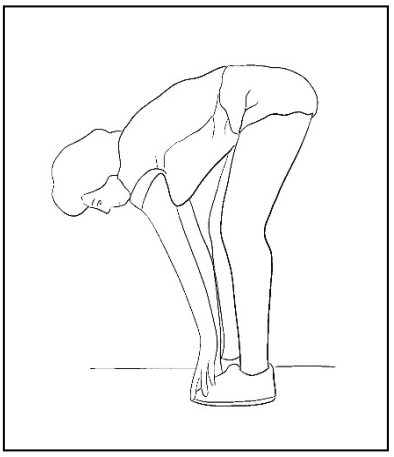
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.

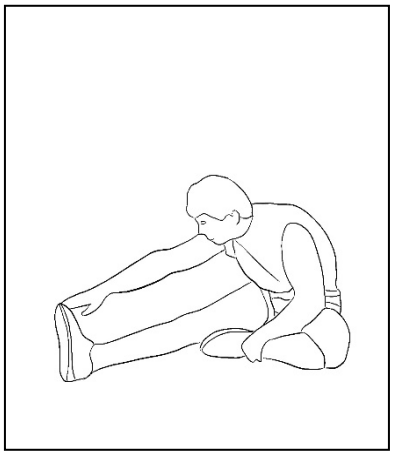


INNER THIGH STRETCH
Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close to your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.

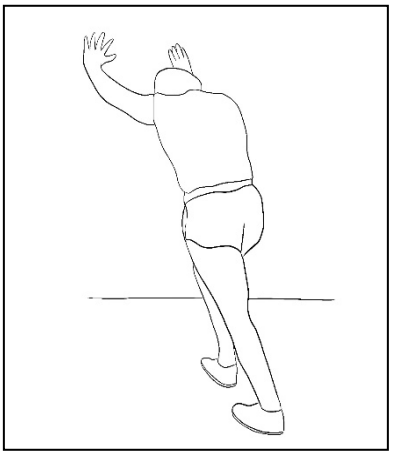
TOE TOUCHES
Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



HAMSTRING STRETCHES
Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with the left leg extended.



CALF / ACHILLES STRETCH
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor, then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its recumbent bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Frame	10 years
Parts	2 years
Labour	1 year

The consumer is responsible for the items listed below:

1. The warranty registration can be completed online: Go to www.dyaco.ca/warranty.html and complete the online warranty registration.
2. Proper use of the recumbent bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the recumbent bike and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the recumbent bike accessible for servicing, including any item that was not part of the recumbent bike at the time it was shipped from the factory.
6. Damages to the recumbent bike finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
   Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for recumbent bike not requiring component replacement, or recumbent bike not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Use of the product in a non-residential environment.
9. Warranties outside of Canada may vary. Please contact your local dealer or Dyaco Canada Inc. for details.

SERVICE

The sales receipt establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized dealer or Dyaco Canada Inc.
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner.
4. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
5. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9
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All warranties are made by Dyaco Canada Inc.

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For more information, please contact Dyaco Canada Inc.
T: 1-888-707-1880 | 5955 Don Murie St., Niagara Falls, Ontario L2G 0A9 | sales@dyaco.ca