EDGE®
284
Magnetic Recumbent Bike

OWNER'S MANUAL

For Maximum Effectiveness and Safety, Please Read This Owner's Manual Before Using Your Edge 284 Magnetic Recumbent Bike

TABLE OF CONTENTS

FitnessQuest®

8/12/05

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this machine

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 13 – 16 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 17 and 18.

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 the series of stretches found on pages 17 and 18.

9) This machine should not be used by or near children.

10) Handicapped or disabled people must have medical approval before using this machine 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 machine 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 machine.

14) Do not put hands, feet, or any foreign objects on or near this machine when in use by others.

15) Always use this machine on a level surface.

16) Never operate the machine if the machine 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 unit.

KEEP THESE INSTRUCTIONS

UNIT WARNING LABEL

Important: ***See below for placement of the following warning label on your unit.***

WARNING LABEL

⚠ 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.

Accessory Box

(1) Left Pedal
(1) Right Pedal

Fastener Pack

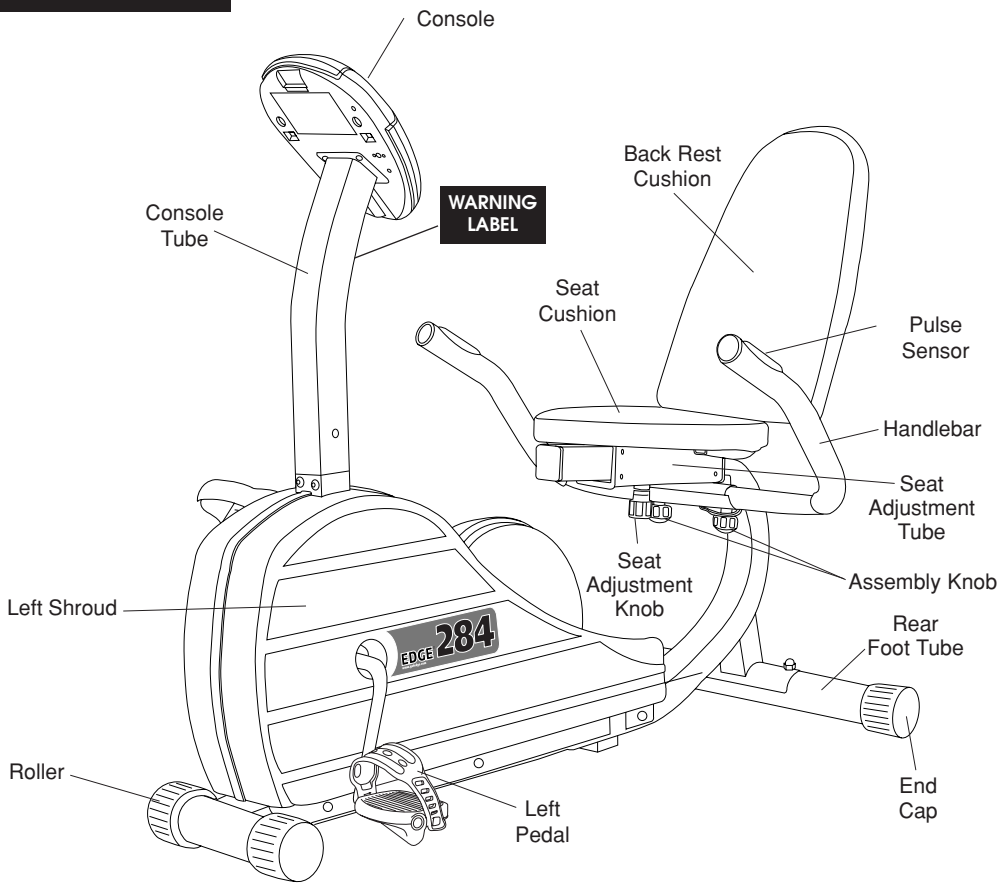
(1) 3/8" x 135mm Hex Bolt
(1) 3/8" Nylon Nut
(2) 3/8" x 70mm Carriage Bolts
(2) 3/8" Acorn Nuts
(4) M8 x 12mm Allen Bolts
(2) 3/8" Curved Washers
(2) M8 x 50mm Assembly Knobs
(2) Knob Caps
(2) M8 x 30mm Allen Bolts
(2) M8 Washers
(1) M5 Allen Wrench
(1) Multi Hex Tool with Screwdriver
(1) Wrench

SPECIFICATIONS & PARTS

EDGE 284 Specifications:

Approximate:
Length: 45-1/4"
Width: 25"
Height: 42-1/2"

Product Weight:
Approx. 71 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 284 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 284
Customer Service Department
1400 Raff Road SW, Canton OH 44750-0001

1-800-321-9236, Monday through Friday
9:00am to 5:00pm, Eastern Standard Time

Email: customersupport@fitnessquest.com

www.fitnessquest.com

Please do not call the above number for Parts. See Ordering Missing or Defective 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 MISSING OR DEFECTIVE PARTS

When ordering parts, please contact our Parts Department, toll free at 1-800-497-5831, Monday through Friday, 9:00am to 5:00pm, 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 (EXB00284)
5) Part Order Number and Description

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):

M5 Allen Wrench
Multi Hex Tool with Phillips Screwdriver
Wrench

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

STEP 1 – Rear Foot Tube Installation

Attach the two 3/8" x 70mm Carriage Bolts, 3/8" Curved Washers and 3/8" Acorn Nuts to the Rear Foot Tube.

Note: Make sure indentations face down on Rear Foot Tube.

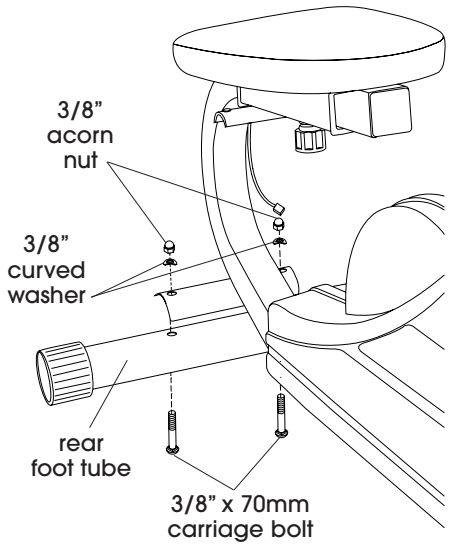


Figure 1 - *Install Rear Foot Tube*

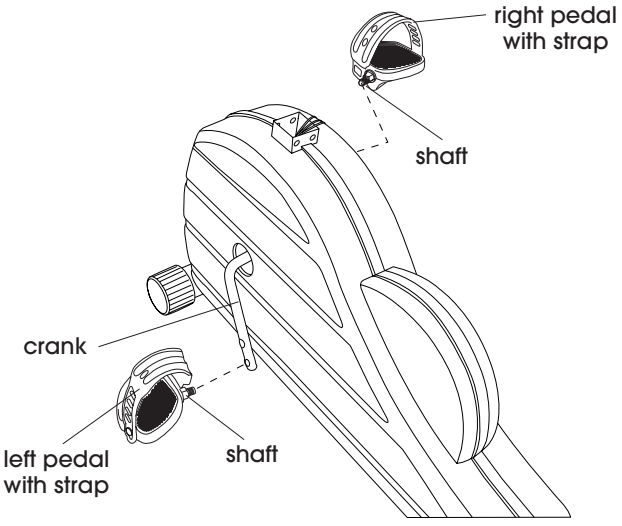


Figure 2 - *Install Foot Pedals*

STEP 2 – Foot Pedal Installation

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

Note: Pedals are marked Right and Left. Right Pedal threads clockwise, Left Pedal threads counter clockwise.

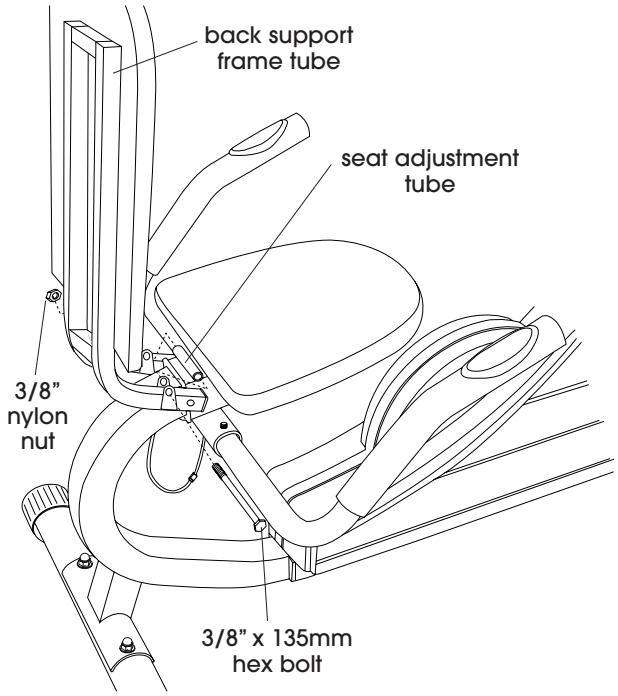


Figure 3a - *Install Back Support Frame Tube*

STEP 3 – Back Support Frame Tube Installation

a) Attach Back Support Frame Tube to Seat Adjustment Tube with 3/8" x 135mm Hex Bolt and 3/8" Nylon Nut.

b) Lay bike on its side and attach two M8 x 30mm Allen Bolts and two M8 Washers to the underside of the bottom Seat Cushion.

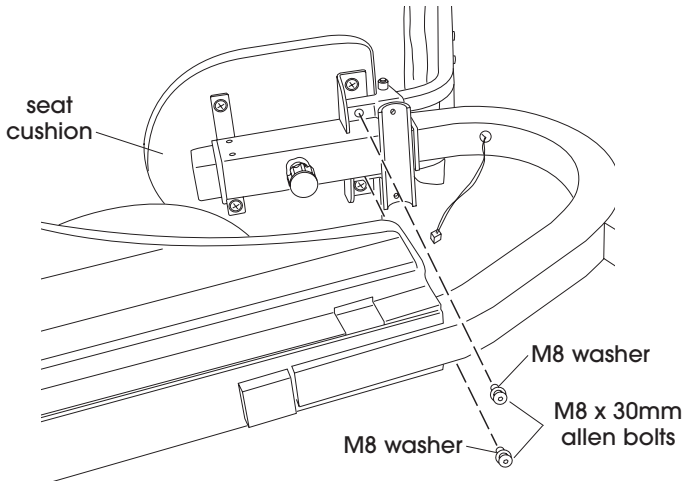


Figure 3b - *Attach Bolts and Washers to the bottom of the Seat Cushion*

STEP 4 – Handlebar Installation

a) Attach Handlebar to Seat Adjustment Tube under Seat with the two Assembly Knobs. Place Knob Caps on threaded end of Knobs.

Note: Do not pinch the wires.

b) Attach Handlebar Pulse Wire to Long Extension Wire coming from the Frame.

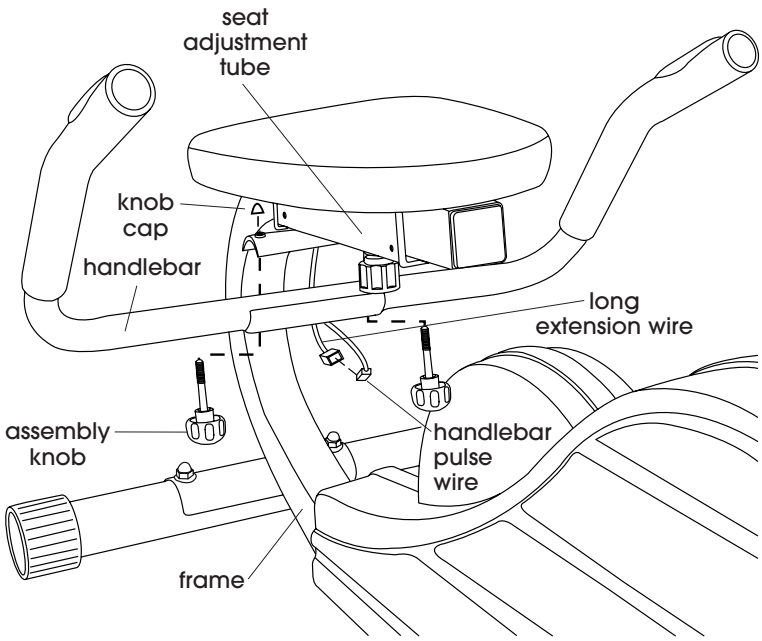


Figure 4- *Install Handlebar*

STEP 5 – Console Tube

a) Connect the Short Pulse Extension Wire to the Long Pulse Extension Wire. Then connect the (upper) Console Extension Wire to the (lower) Console Extension Wire.

b) Slide Console Tube into Frame and attach with M8 x 12mm Allen Bolts.

Note: Do not pinch the wires.

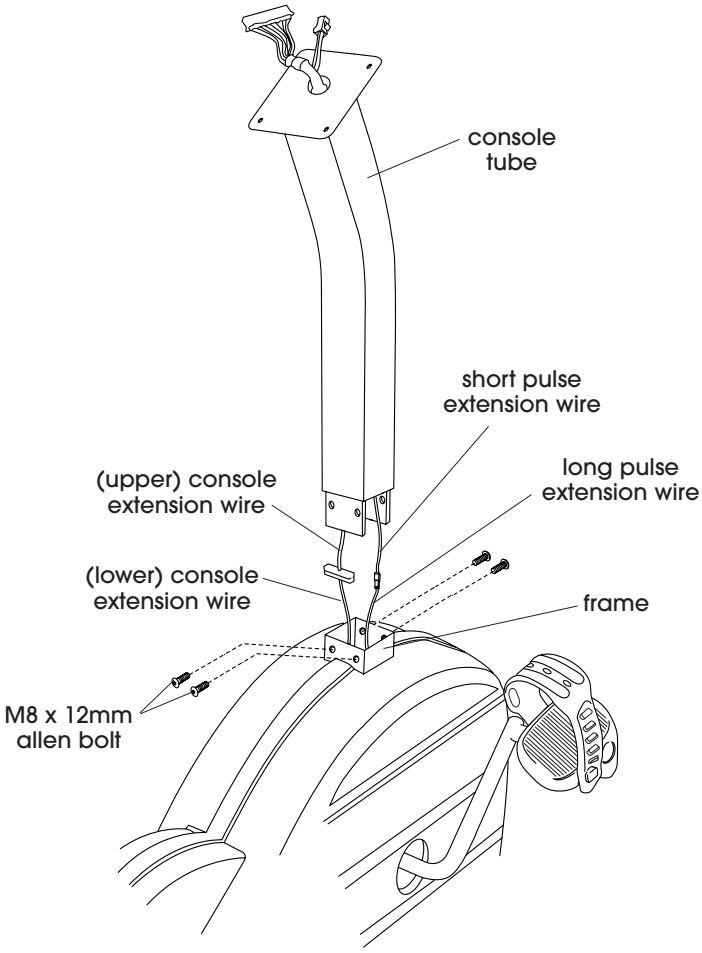


Figure 5 - *Install Console Tube*

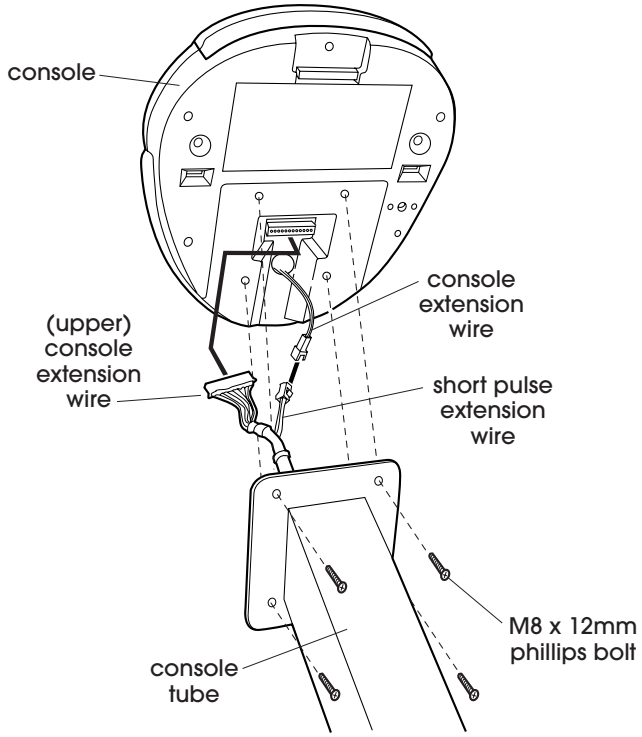


Figure 6 - *Install Console*

STEP 6 – Console Installation

a) Remove the four M8 x 12mm Phillips Bolts from the back of the Console.

b) Attach the (upper) Console Extension Wire to the back of the Console and the Short Pulse Extension Wire to the Console Extension Wire.

c) Attach the Console to the Console Tube by using four M8 x 12mm Phillips Bolts you removed.

STEP 7 – Battery Installation

a) Remove Battery Door from back of Console, and insert (4) "C" Batteries and replace the Battery Door.

Note: DO NOT use rechargeable batteries, doing so will cause a short circuit and destroy the computer.

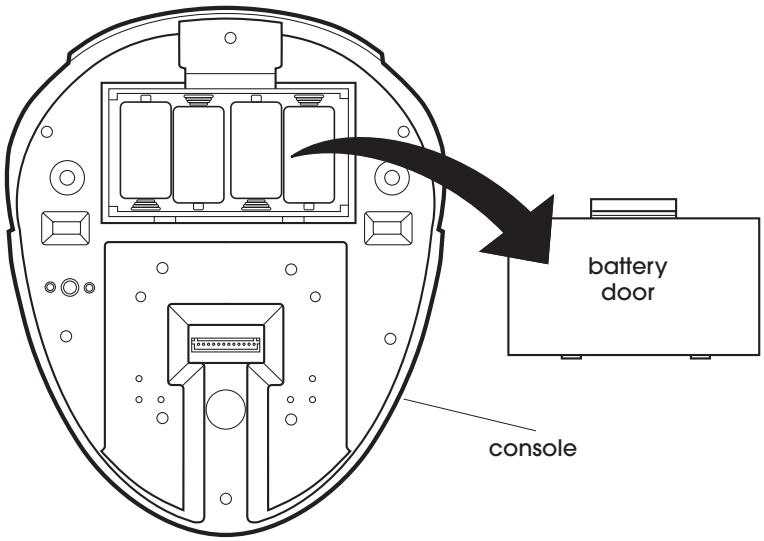


Figure 7 - *Install Batteries*

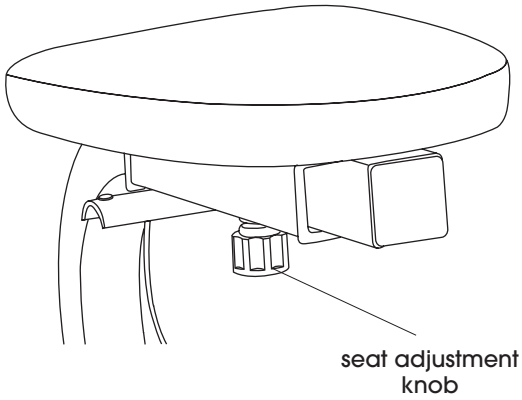


Figure 8 - *Adjusting the Seat*

STEP 8 – Seat Adjustment

To adjust the seat, turn the Seat Adjustment Knob counter clockwise, pull Knob down and slide into one of the four positions. Make sure Knob pops into place and tighten.

Note: It may be easier to adjust the seat while standing beside your unit.

Assembly is now complete.

IMPORTANT:
Please read page 9 before beginning your workout for important instructions on how to use your Recumbent Bike.

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

USING THE PULSE FUNCTION ON THE HANDLEBAR

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

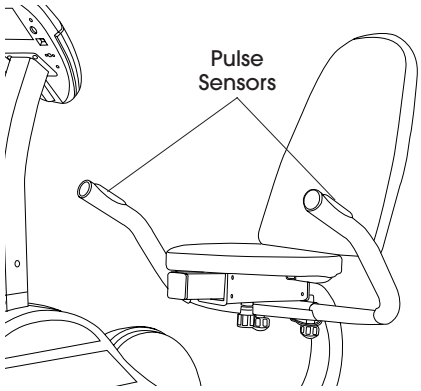
1) Place **both** hands firmly on the pulse sensors. For the most accurate reading, it is important to use **both** hands.

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 16 of this manual. For additional information about the importance of working within certain heart rate ranges, see pages 14 and 15 – *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 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 COMPUTER

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 system is designed for programmable Magnetic Cycles. There are 3 major components in the system. The LCD Display Computer, The Motor Controller and the Magnetic braking system. The Computer displays 7 different functions: Time, Speed, RPM, Distance, Calories, Recovery and Heart Rate. All of these are displayed simultaneously on individual sections of the LCD screen. The Computer also provides 6 different programs and has data input buttons.

USING YOUR COMPUTER

Press the Start/Stop button to turn on the Computer. Select **MANUAL, PROGRAM**, or **USER** by pressing the UP ▲ or DOWN ▼ button.

DATA INPUT BUTTONS

1. UP ▲	Selecting a program or setting increasing values of Resistance Level, Time, Calories and Distance.
2. DOWN ▼	Selecting a program or setting decreasing values of Resistance Level, Time, Calories and Distance.
3. MODE	In Start Mode, press the MODE button to select Time, Distance, and Resistance Level.
4. START/STOP (ST/STOP)	To start or stop exercise, press this button.
5. RESET	To erase the data values to 0. The monitor will reset all values to 0 and return the Computer to its standby power on mode.
6. RECOVERY	To find your personal fitness Pulse Recovery Level.

GETTING STARTED:

PROGRAM 1 – PROGRAM 6

See page 12 for Program Profiles.

Press the START/STOP button to turn the Computer on. Press the UP ▲ button until (Program) shows in the window. Press MODE once to enter Program.

Press the UP ▲ or DOWN ▼ button to choose the exercise program you want. The program profiles will be displayed on the LCD screen. When you have completed the Program setting, press the MODE button. TIME will begin blinking. Press the UP ▲ or DOWN ▼ button until you reach the desired time.

Press the MODE button. Distance will begin blinking. Press the UP ▲ or DOWN ▼ button until you reach the desired distance.

Press the MODE button. Calories will begin blinking. Press the UP ▲ or DOWN ▼ button until you reach the desired Calories.

Press the MODE button. Pulse will begin blinking. Press the UP ▲ or DOWN ▼ button to the desired Pulse.

Press START button to begin. To increase or decrease your Exercise Program resistance during your workout, press the UP ▲ or DOWN ▼ button.

USER PROGRAM

This program allows you to program your own individual resistance program. Select **USER** from start up. Adjust the resistance levels by pressing UP ▲ or DOWN ▼. Press **MODE** to move to the next position until you have finished. Press START/STOP button and begin exercising.

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.

As an additional power saving facility, if there is no Pulse input for more than 6 seconds, the Computer will turn off the pulse circuit automatically. Place hands on Pulse Sensors properly to restart pulse function.

FUNCTION	*DISPLAY VALUE*
TIME	00:00-99:59 (COUNT UP) 99.59:00:00 (COUNT DOWN)
SPEED	0.00-99.9 MPH
DISTANCE	0.00-99.9 Miles
CALORIE	0.0-999.9-K.cal

PULSE RECOVERY (REC)

The Pulse Recovery is for personal orientation and compares the approximate pulse rate before and after training. You will notice that your fitness will improve with regular exercise. This feature can help you on your way to a healthier you.

The Pulse Recovery feature is to be used directly after your workout. To use this function:

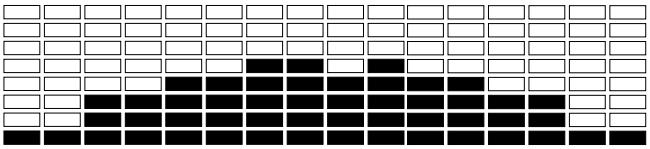
1) Press the Pulse Recovery button.
2) Hold **both hands** on Pulse Sensors located on the Handlebar.
3) The time will countdown from 60 to 0 seconds. **Note: If there is no pulse reading within 4 seconds reposition your hands on the Pulse Sensors.**
4) Your personal fitness Pulse Recovery level will appear on the display (F1.0 - F6.0). When countdown is complete, the Pulse Recovery grade will be displayed.

Your ratings for Pulse Recovery are as follows:

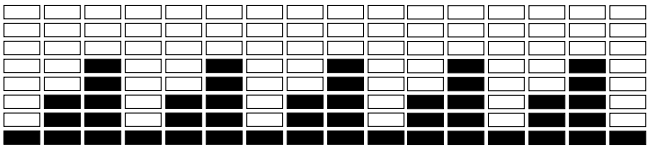
F 1.0 = Excellent	**F 4.0 = Below Average**
F 2.0 = Good	**F 5.0 = Not Good**
F 3.0 = Fair	**F 6.0 = Poor**

LCD Workout Graphics

PROGRAM 1



PROGRAM 2



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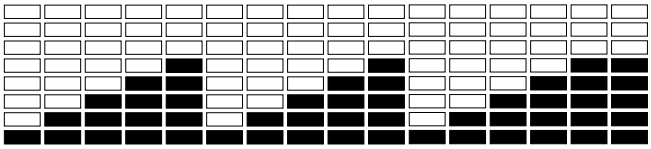
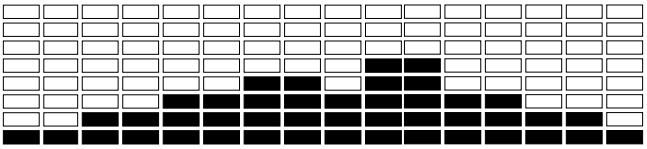
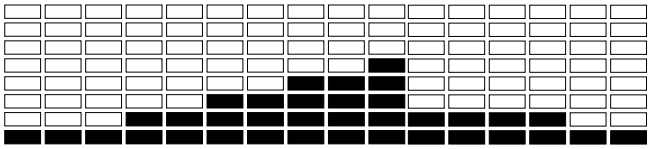


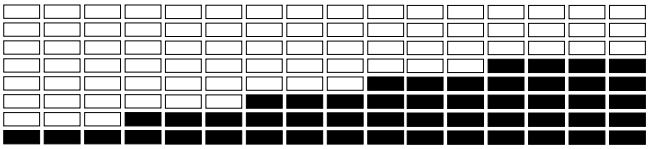
PROGRAM 4



PROGRAM 5



PROGRAM 6



LCD DISPLAY UNIT

This system provides 6 different Exercise Programs. When you preset the workout time, the system will divide the time by 16 regular intervals, which will become your Exercise Time Segments. If you do not preset your intended workout time, the system program will count up the workout time in one-second increments.

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 20.

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

(continued on next page)

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 17 and 18 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 15 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 16)

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 - age) x 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 computer.

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 page 16 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 20 - 21.

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 6 different workout 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 14.

9) Reward yourself periodically for a job well done!

HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

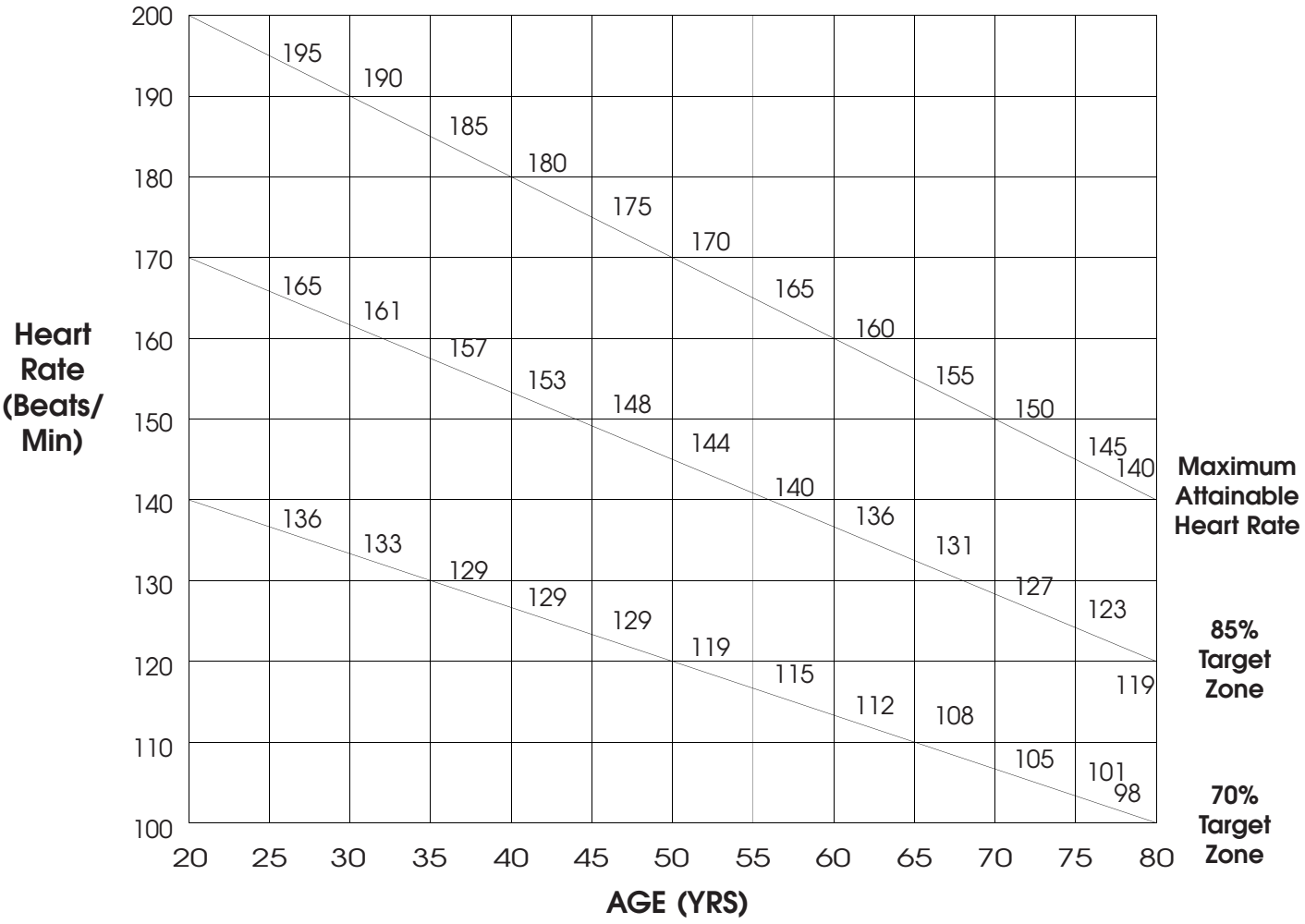
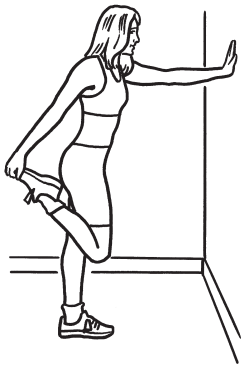


TABLE 2

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

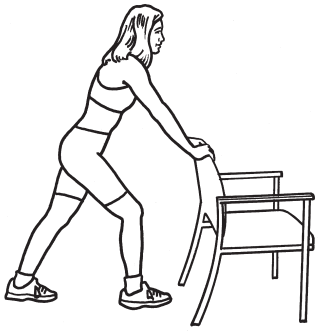
Stretches can help improve flexibility and relieve the tightness in muscles that results from repetitive sport movements that require a limited range of motion. 10 to 12 minutes of daily stretching is recommended. This can be done when warming up or cooling down. When performing these stretches, your 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

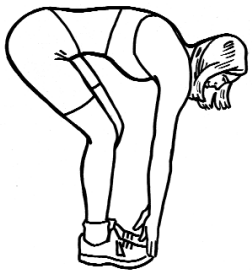
Stand approximately one arms length away from a wall or chair with your feet hip-width apart. Keeping your toes pointed forward, move one leg in close to the chair while extending the other leg behind you. Bending the leg closest to the chair and keeping the other leg straight, place your hands on the 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.



4. Back Stretch

Stand with your legs shoulder length 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.

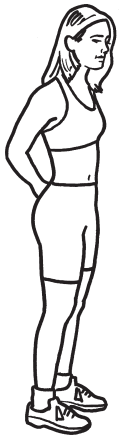
6. Buttocks, Hips and Abdominal Stretch

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.



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 unit operating smoothly.

- Use your unit 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 equipment in a dry area away from children and high traffic areas.
- Regularly check the tightness of nuts and bolts.

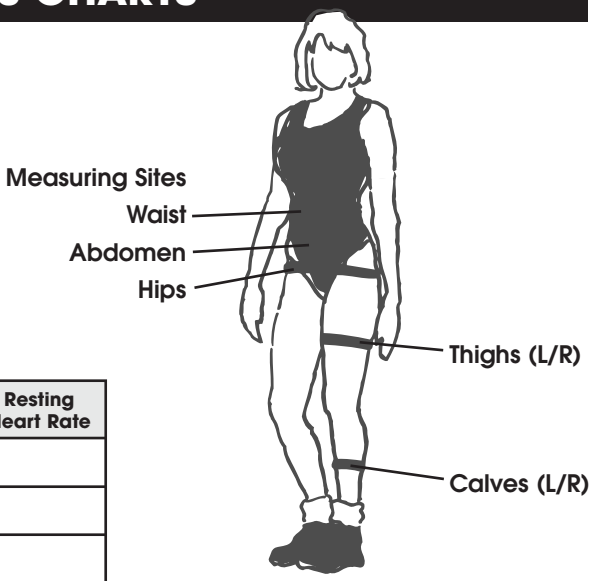
Storing Directions

Your bike is portable. If you need to change the location of your unit, 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 machine forward until it is resting on the front transportation wheels/front rollers.
- Wheel the bike to its new location and carefully lower the unit back down to the floor.

WORKOUT PROGRESS CHARTS

Use the charts below and on the following page to keep track of your progress over time. Before writing on them, make as many copies as you think you'll need. We suggest you keep these in a notebook. You will find it both informative and motivational to look back at what you've done, and this data will help you to chart future fitness goals as you progress. Every two weeks, measure yourself to rechart your progress.



Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

Date	Weight	Waist	Abdomen	Hips	Thighs	Calves	Resting Heart Rate

EXERCISE DATA CHARTS

Update once a week

Week (Date)	*# Of Workouts*	*Total Workout Time*

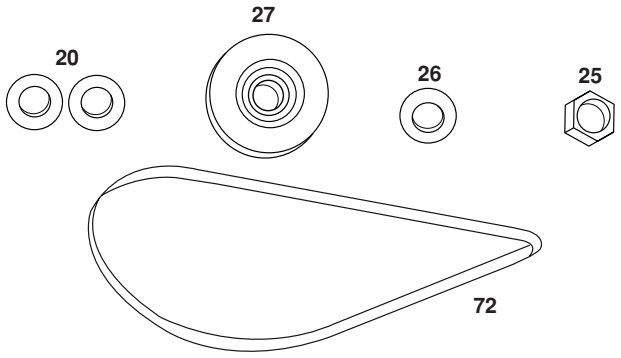
Week (Date)	*# Of Workouts*	*Total Workout Time*

REPLACEMENT KITS

IDLER PULLEY KIT – EXB284-K1

KIT INCLUDES:

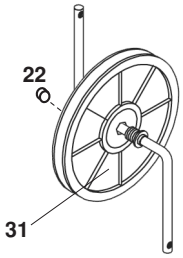
PART #	DESCRIPTION	QTY
20	M10 Large Washer	2
25	3/8” Nylon Nut	1
26	M10 Thin Washer	1
27	Idler Pulley with Bearing	1
72	Belt	1

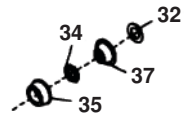


CRANK KIT – EXB284-K2

KIT INCLUDES:

PART #	DESCRIPTION	QTY
22	Magnet	1
31	Crank with Pulley	1
32	Crank Washer	1
33	Notched Bearing Nut	1
34	Bearing	2
35	Bearing Cup	2
36	Spacer Ring	1
37	Slotted Bearing Nut	1
73	Crank Nut	1

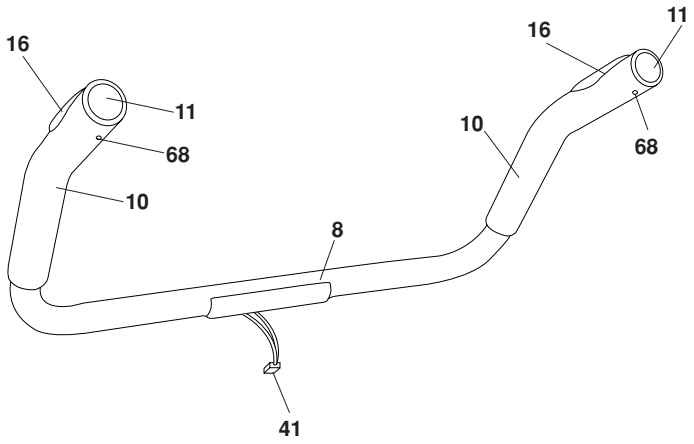




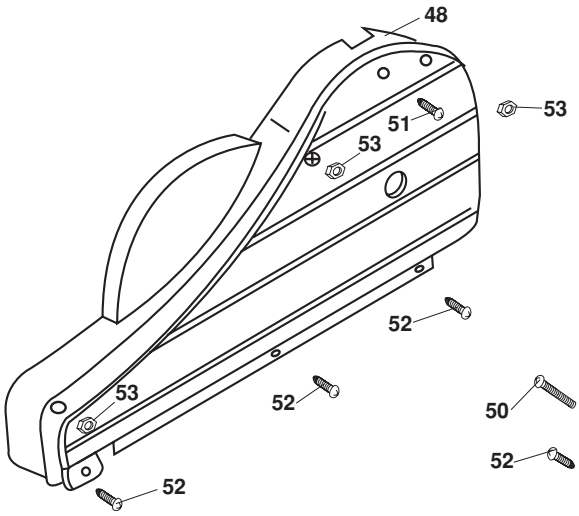
HANDLEBAR KIT – EXB284-K3

KIT INCLUDES:

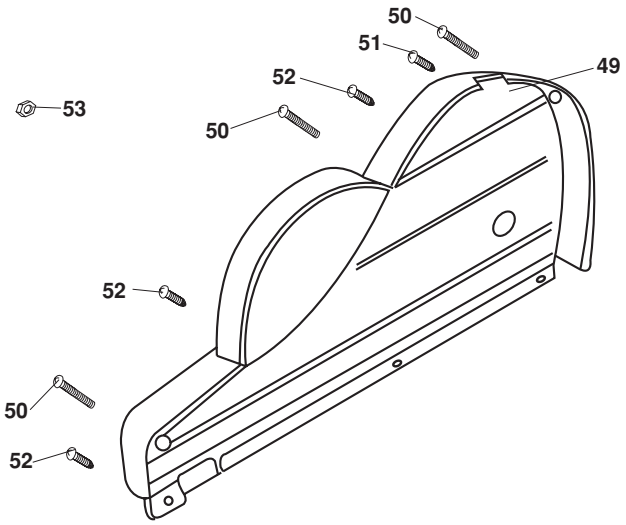
PART #	DESCRIPTION	QTY
8	Handlebar	1
10	Foam Grip	2
11	Round End Plug	2
16	Pulse Sensor	2
41	Handlebar Pulse Wire	2
68	M4 x 20mm Phillips Screw	2



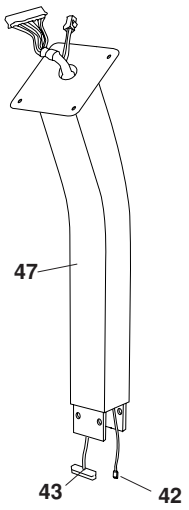
REPLACEMENT PARTS



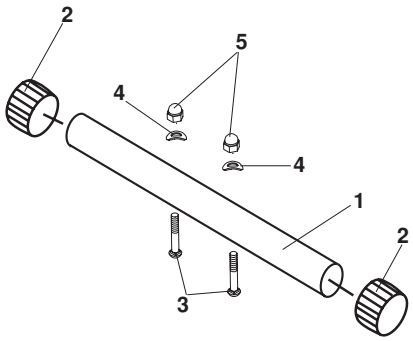
RIGHT SHROUD (48)
M4 x 65mm PHILLIPS SCREW (51)
M5 x 15mm PHILLIPS SCREW (52)
M5 NUT (53)



LEFT SHROUD (49)
M5 x 125mm PHILLIPS BOLT (50)
M4 x 65mm PHILLIPS SCREW (51)
M5 x 15mm PHILLIPS SCREW (52)



SHORT PULSE EXTENSION WIRE (42)
UPPER CONSOLE EXTENSION WIRE (43)
CONSOLE TUBE (47)

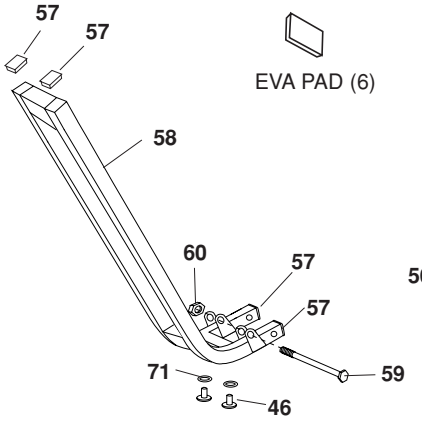


REAR FOOT TUBE (1)
END CAP (2)
3/8" x 70mm CARRIAGE BOLT (3)
3/8" CURVED WASHER (4)
3/8" ACORN NUT (5)

ROLLER (40)

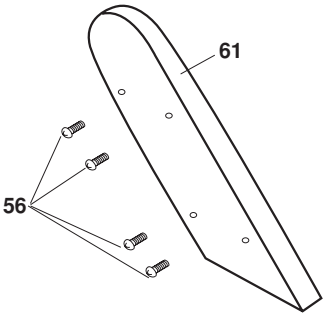
M8 x 50mm
ASSEMBLY KNOB (9)

LARGE SQUARE
END PLUG (12)

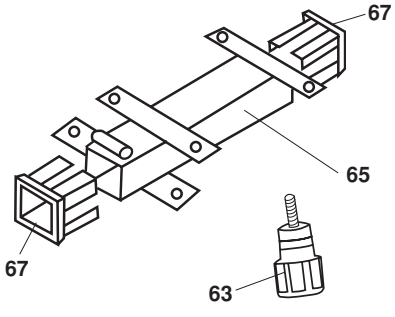


EVA PAD (6)

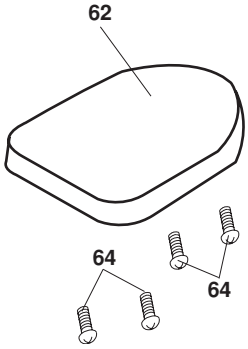
SMALL SQUARE END PLUG (57)
BACK SUPPORT FRAME (58)
3/8" x 135mm HEX BOLT (59)
3/8" NYLON NUT (60)
M8 x 30mm FLAT ALLEN BOLT (46)
M8 WASHER (71)



M6 x 38mm PHILLIPS BOLT (56)
BACK CUSHION (61)



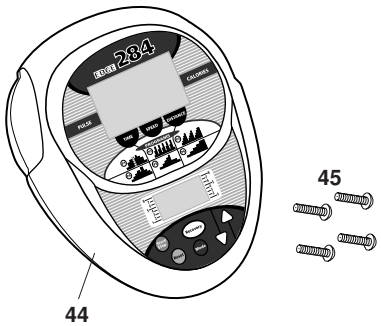
SEAT ADJUSTMENT KNOB (63)
PLASTIC BUSHING (67)
SEAT ADJUSTMENT TUBE (65)



SEAT CUSHION (62)
M6 x 15mm PHILLIPS
BOLT (64)

LEFT PEDAL
W/STRAP (55)

RIGHT PEDAL
W/STRAP (54)



CONSOLE (44)
M8 x 12mm PHILLIPS BOLT (45)

FitnessQuest®

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.)