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Diamondback

f i t n e s s  d i v i s i o n

800

s e r i e s

Introduction

Good health is an exercise in common sense.

The basics of good health are really common sense. Eat right, drink lots of water, get enough sleep, and exercise at least 3-4 times a week. It may sound simple, but to achieve the look and vitality most health-conscious men and women want, takes more discipline than most people are willing to endure. Having fitness equipment in your home makes it easier to achieve your goals. And having Diamondback equipment gives you even more of an edge. Because when your equipment is comfortable, simple and effective, you exercise more. And that means better results.

A workout that works for you. To maintain cardiovascular fitness, the American Heart Association recommends that you exercise 3 to 4 days a week at 60%-75% of your maximum heart rate. By monitoring your heart rate while you exercise, you can get the most effective workout in the least amount of time. It's the easiest way of determining if you're exercising at a safe and effective level. Of course, if you want to lose weight or reach a higher level of athletic conditioning, working out 5 to 6 times a week will help you achieve that goal faster.

Get a smart start on exercising.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.
4. The 800 Series consoles contain integrated warmup and cooldown programs to safely bring your heart rate up and back down again.

Remember, start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.

Glossary of Terms

LED's = The lights on the face of the console.

Programs = Quick Start, Manual, Random, Interval, Hill, Strength, Target HR, HR Interval

Stage = Represented by a vertical column of lights on the dot matrix screen.

Watts = The amount of energy currently being expended.

Work = The amount of energy expended during exercise.

Safety Instructions & Warnings

The 800 series is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. **BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR 800 SERIES UNIT.**

CAUTION - FOR SAFE OPERATION

1. Keep your hands and feet away from all moving parts.
2. Before beginning any exercise program on the 800 series equipment, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning an exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult a physician before continuing.
6. Drink fluids if you exercise for twenty or more minutes on any 800 series unit.

WARNING - TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. To ensure proper functioning of your 800 series equipment, do not install attachments or accessories not provided or recommended by Diamondback Fitness.
2. Keep your hands and feet away from all moving parts.
3. Before beginning any exercise program, consult your physician.
4. Always wear proper clothing and shoes when exercising on any 800 series unit.
5. User weight is not to exceed 275 pounds/125 kilograms on the 800 Ub/Rb; and 300 pounds/136 kilograms on the 800 Er.
6. Keep children away from 800 series equipment. Hands and feet may get caught in the pedals or other moving parts which could result in serious injury. Keep your hands and feet away from all moving parts.
7. Place the 800 series unit in an area that will meet minimum clearance requirements:
 - *Front, Back & Sides: 4 feet/30cm*
8. Keep 800 series equipment away from walls to allow proper ventilation. Air should be able to circulate freely around the units. Keep all air openings free of dirt and dust. Never insert anything into openings.
9. The 800 series is intended for indoor use in the home environment. It is not intended for outdoor use.
10. Drink fluids if you exercise for twenty or more minutes on your 800 unit.
11. Place your 800 series unit on a solid, level surface when in use.
12. Use the handlebars or handrails when getting on and off your 800 series unit.
13. Never operate the unit if it is damaged or broken. Contact your local authorized Diamondback Fitness dealer for service.
14. Make sure all components are fastened securely (i.e. seat post, saddle, handlebars, pedals) at all times.
15. SAVE THIS OWNER'S MANUAL.



THE NEXT STEP

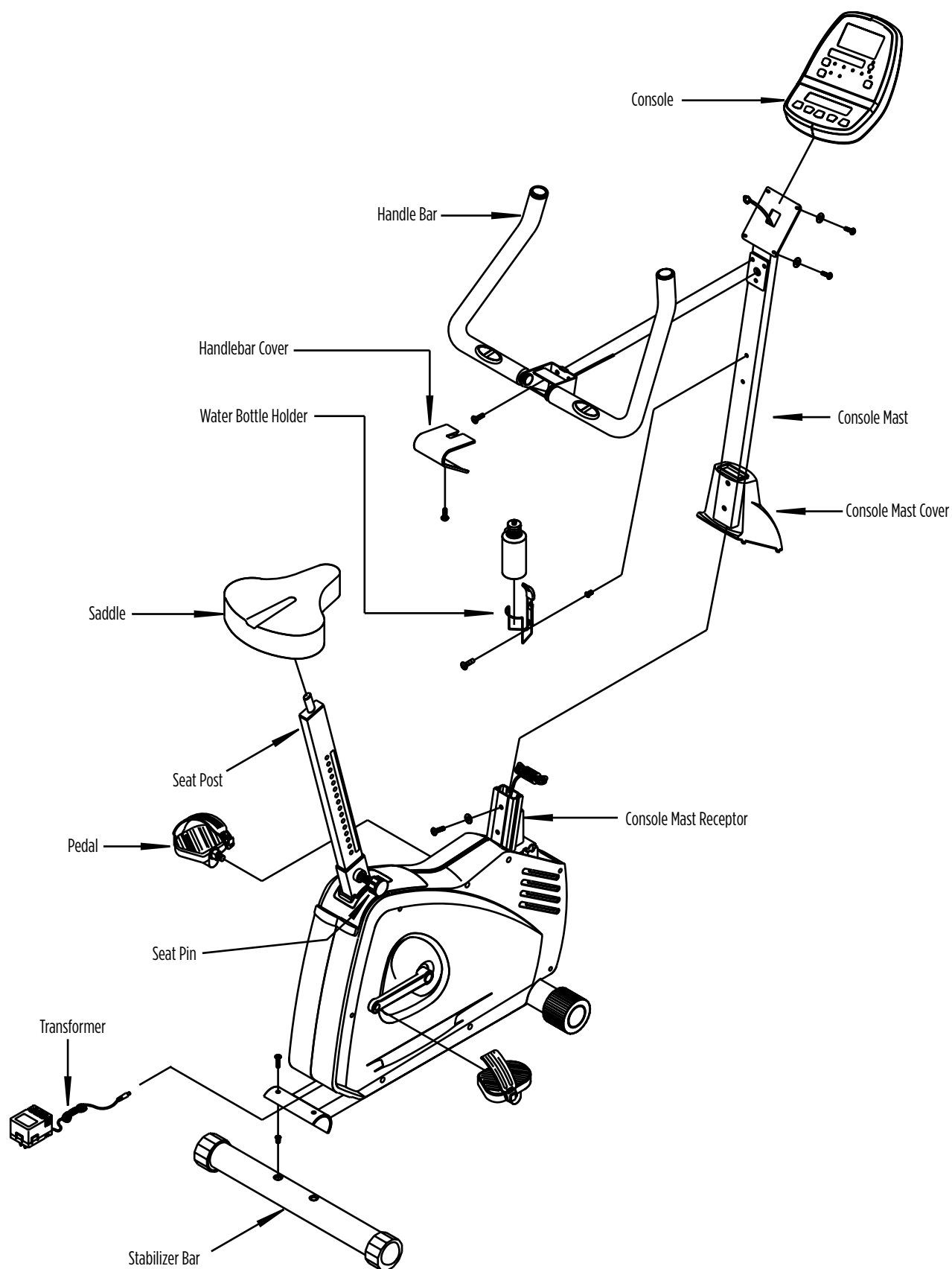
The fitness experts at Diamondback believe that

IN WORKOUT

working out is not just for athletes but for all people.

TECHNOLOGY.

800Ub Assembly Drawing



800Ub Assembly Instructions



REACH YOUR FITNESS

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working out is not just for athletes but for all people.

GREATER SPEED.

Frame Assembly

1. Unscrew two M8 x 20mm bolts from the rear stabilizer bar.
2. Place rear stabilizer bar under rear main frame body and align screw holes.
3. Insert and tighten these two M8 x 20mm screws using a 5mm Allen wrench.
4. Loosen the seat pin by turning it counter-clockwise 1-2 turns. Install seatpost by sliding it into seatpost receptor, pulling the seat pin out until a suitable hole is found.

Console Mast Assembly

1. Install console mast adapter/cover onto console mast.
2. Insert the main wire harness into the bottom opening of the console mast tube. Push the harness up the tube until the connector of the harness appears in the opening at the top of the tube.

WIRING HARNESS INSTALLATION TIP: Straighten the loops of the wiring harness so that it can slide smoothly into the console mast. Hold the bottom of the console mast next to the console mast receptor and point the top of the console mast downward.

3. Install the console mast by sliding it into the console mast receptor while pulling the wiring harness. This will keep the slack out of the harness so the wires will not get pinched and short out. Insert and tighten two M8 x 40mm screws and washers using a 5mm Allen wrench. Be sure not to pinch wire harness while tightening these two screws.
4. Snap console mast adapter/cover into top of sidecase.

Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out the top of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the three M8 x 12mm screws using a 5mm Allen wrench. Be sure not to pinch the hand pulse harness during this procedure as this will damage the electronic console.
3. Insert and install handlebar cover onto handlebar and tighten one M8 x 12mm screw on the bottom of the handlebar cover.

Console Assembly

1. Connect both plugs, from the main wiring harness and hand pulse wiring harness, to the plug receptors on the backside of the console taking care to install correctly (see plug alignment marks).

WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted ("stored") back into the console before installing the console onto the console mounting plate.

2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers using a Phillips screwdriver.



Saddle Assembly

1. Assemble saddle onto seatpost.
2. Tighten the affixing nut and washer using a 17mm open-end wrench.

SADDLE ANGLE ADJUSTMENT HINT: Hold the rear of saddle in the optimum comfort position and tighten the nut at the same time.

Pedal Assembly

1. Use a 15mm open-end wrench to firmly affix the pedals to the cranks.
2. The left and right pedals are different and are denoted as right or left (R or L) on the top & bottom of each pedal.
NOTE: Left pedal threads counterclockwise.
3. Retighten cranks after approximately 10 hours of use.

Waterbottle Assembly

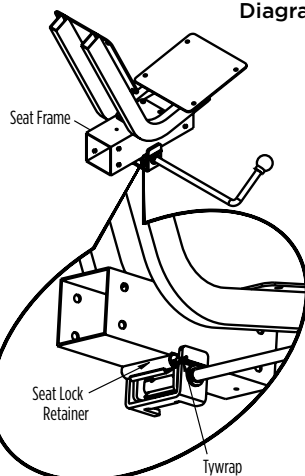
1. Place the bottle holder on the console mast. Insert and tighten the two M5 x 12mm screws using a screwdriver.
2. Snap the waterbottle into the bottle holder.

Transformer Assembly

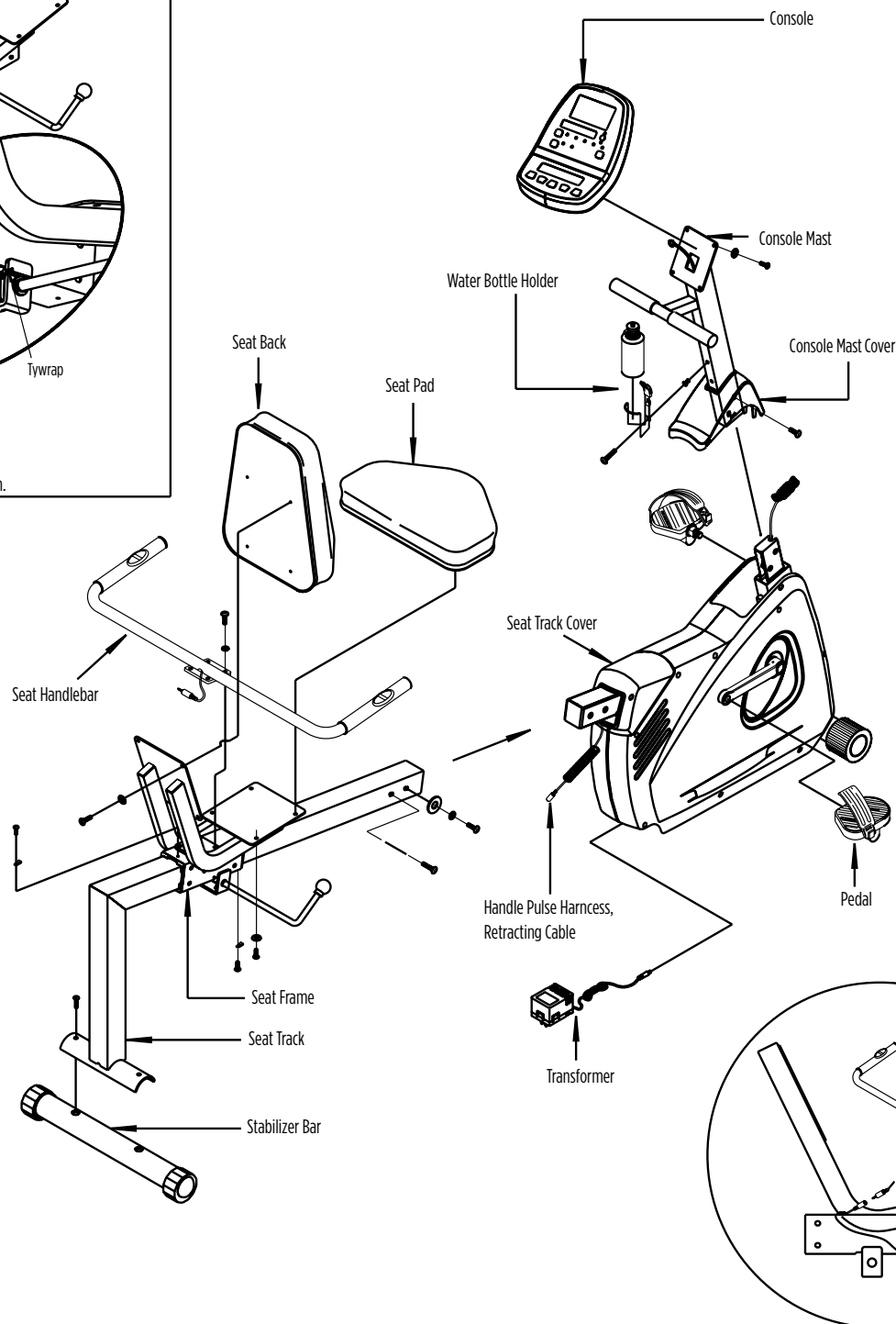
1. Plug transformer into plug receptor located on the rear/bottom side of main frame.
2. Plug the transformer into power outlet. **NOTE:** Be sure to use the right transformer for your power outlet, 110V or 220V.

800Rb Assembly Drawing

Diagram 2



IMPORTANT NOTE:
Cut off the Tywrap and remove the
Seat Lock Retainer after installation.



800Rb Assembly Instructions



YOU'LL BE VERY

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COMFORTABLE WITH

working out is not just for athletes but for all people.

OUR AEROBIC BENEFITS.

Rear Frame & Seat Assemblies

1. Unscrew two M8 x 20mm bolts from the rear stabilizer bar.
2. Remove the hand pulse harness which is stored in the seat track receiving tube. Assemble seat frame to seat track. Cut off tywrap and remove the seat lock retainer that holds the seat lock in the locked position (see diagram 2). Make sure to adjust the seat tightening mechanism so it will not blind with the seat track upon installation.
3. Install seat track assembly by sliding seat track onto seat track receptor. Be careful not to pinch the coiled hand pulse harness during seat track installation. Securely fasten the seat track using two M8 x 15mm screws and the seat track stops using two M8 x 20mm screws and washers with a 5mm Allen wrench. Take note that the seat track stops must be installed on the screws closest to the seat track cover (see diagram). Do not over tighten the seat track stop screws.
4. Place rear stabilizer bar under the seat track and align the screw holes.
5. Insert and tighten two M8 x 20mm screws using a 5mm Allen wrench.
6. Install seat frame handlebar onto the seat frame using four M8 x 15mm screws and washers using a 5mm Allen wrench.
7. Connect the plug from the hand pulse wiring harness of the seat handlebar to the plug receptor of the retracting cable hanging out of the sidecase. Secure the hand pulse harness on the back and bottom of the seat frame by tightening the harness on the cord clamps with the two tywraps included in the hardware box.
8. Install seat back and seat pad onto the seat frame using four M6 x 15mm screws and split washers (for each pad).

Console Mast Assembly

1. Install console mast adapter/cover onto console mast.
2. Run both wiring harnesses through the bottom of console mast to the top of console mast opening. Pull the harnesses until just tight, DO NOT PULL HARD.
WIRING HARNESS INSTALLATION HINT: Straighten the loops of the wiring harnesses and twist both harnesses so that it can slide smoothly into the console mast.
3. Install the console mast by sliding it into the console mast receptor while pulling the wiring harness. This will keep the slack out of the harness so the wires will not get pinched and short out. Insert and tighten four M8 x 12mm screws using a 5mm Allen wrench. Be sure not to pinch wiring harnesses while tighten screws.
4. Snap console mast adapter/cover into top of sidecase.



Console Assembly

1. Connect the plugs from the main wiring harness and hand pulse to the plug receptors on the backside of the console taking care to install correctly (see plug alignment marks).
WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted ("stored") back into the console before installing the console onto the console mast.
2. Fasten the console to the console mast with the four M5 x 12mm screws and washers using a Phillips screwdriver.

Pedals Assembly

1. Use a 15mm open-end wrench to firmly affix the pedals to the cranks.
2. The left and right pedals are different and are denoted as right or left (R or L) on the top & bottom of each pedal.
NOTE: Left pedal threads counterclockwise.
3. Retighten cranks after approximately 10 hours of use.

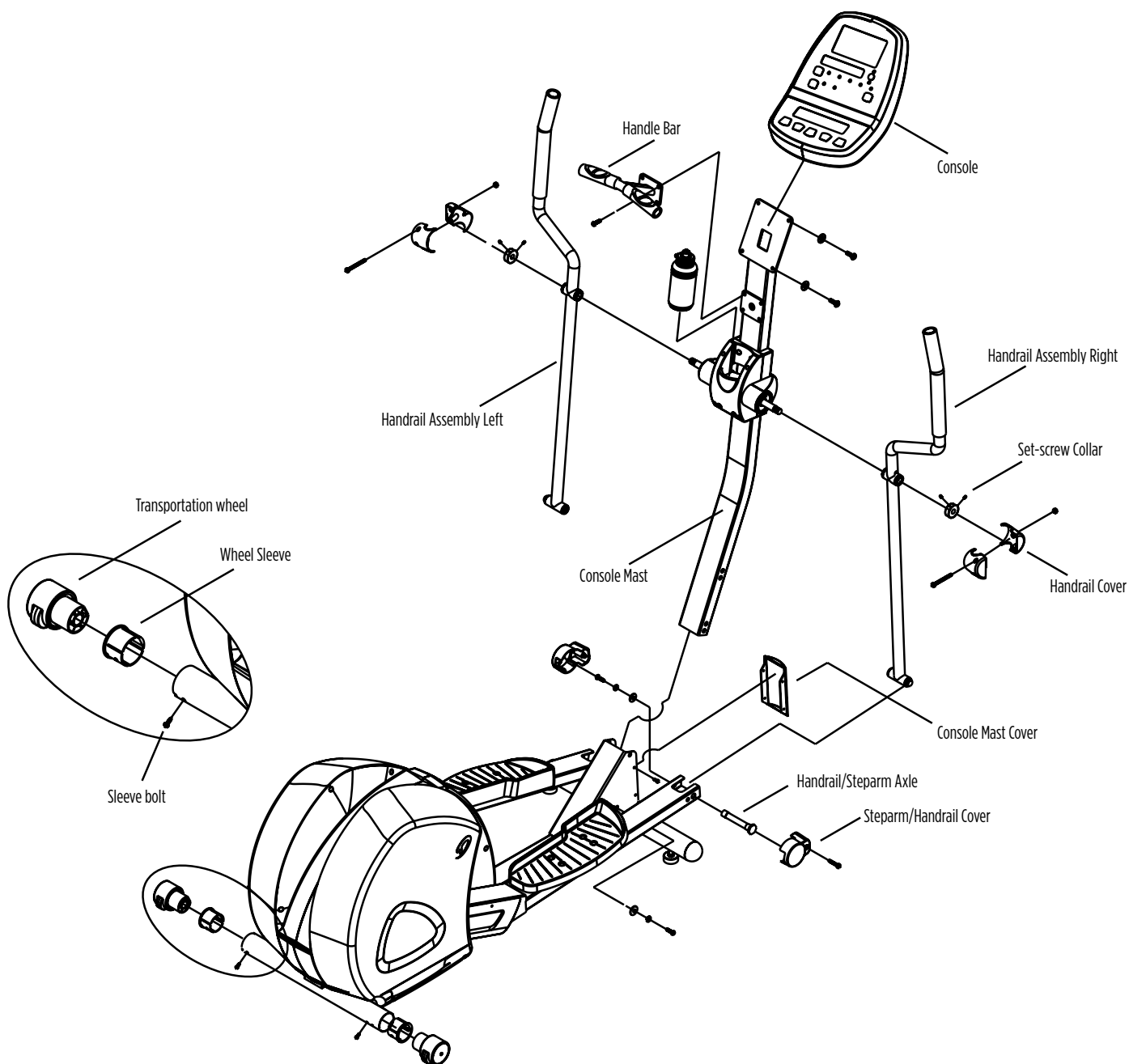
Waterbottle Assembly

1. Place the bottle holder on the console mast. Insert and tighten the two spacers and two M5 x 12mm screws using a screwdriver.
2. Snap the waterbottle into the bottle holder.

Transformer Assembly

1. Plug transformer into plug receptor located on the rear/bottom side of main frame.
2. Plug the transformer into power outlet. **NOTE: Be sure to use the right transformer for your power outlet, 110V or 220V.**

800Er Assembly Drawing



800Er Assembly Instructions



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GOALS WITH

working out is not just for athletes but for all people.

GREATER SPEED.

Transportation Wheel Assembly

1. Slide the Wheel Sleeve onto the bar at the base of the left rear of the unit. Attach the sleeve to the bar using the supplied Phillips head screw.
2. Press the Transportation Wheel onto the Wheel Sleeve until it snaps into place.
3. Repeat this process on the other end of the rear bar.

Console Mast Assembly

1. Connect main wire harness at the bottom of console mast to wire harness at the front of frame.
2. Slide console mast into console mast receptor at front end of frame. **IMPORTANT:** Gently pull up on the wire harness at the top of the console mast while doing so to avoid pinching the wire harness.
3. First, attach console mast to frame at upper holes location on both sides using the 5mm Allen wrench and two M8x20mm screws with one flat washer and one lock washer each. Thread these screws in, but do not tighten them all the way yet.
4. Next, attach console mast at lower holes location on both sides of console mast receptor. **NOTE:** There are three holes on either side to choose from. The middle hole is for average-sized users. The hole closest to the footpads is for taller users, and the hole farthest from the footpads is for shorter users. Choose the desired hole and fully tighten the bolts using two M8x20mm screws with one flat washer and one lock washer each. Then fully tighten the two screws in the upper holes.
5. Attach the Console Mast Base Cover to the front of the Console Mast Receptor using 4 Phillips head screws, with the arrow on the cover facing upward.

Handrail Assembly

1. Attach right handrail to the console mast at the right handrail axle using the set-screw collar. Tighten the set-screw of the right handrail set-screw collar by using the 3mm Allen wrench.
2. Next, attach the right handrail to the bottom of the right steparm. Insert the handrail/steparm axle through the holes in the steparm and through the tube at the bottom of handrail, and attach handrail by using & tighten the M8 x 20mm screw with washer and a 5mm Allen wrench.
3. Assemble left handrail the same way.
4. Attach both steparm/handrail connecting covers using M5x25mm screws each and a Phillips screwdriver.
5. On either side of water-bottle cover, attach the handrail covers to each other around the handrails. Use the two M4x 40mm screws and nuts on each side and tighten them with a Phillips screwdriver and an open wrench



Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out of the top of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the four M8x12mm screws using a 5mm Allen wrench. Be sure not to pinch the hand pulse harness during this procedure, as this will damage the electronic console.

Console Assembly

1. Connect both plugs from main wiring harness and hand pulse wiring harness to the plug receptors on the backside of the console taking care to install correctly (see plug alignment marks).

WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted (stored) back into the console before installing the console onto the console mounting plate.

2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers using 1 Phillips screwdriver.

Waterbottle

1. Insert the water bottle into the water bottle holder.

Transformer Assembly

1. Plug transformer into plug receptor located on the rear/bottom side of main frame.
2. Plug the transformer into power outlet. **NOTE:** Be sure to use the right transformer for your power outlet, 110V or 220V.

800 Series Operation & Comfort Tips

General 800 Series Tips

Cadence: There is a strong relationship between cadence (revolutions <RPM>) and the efficiency of your workouts. Research indicates that you will be more comfortable and get a lot more work done if you maintain a cadence of at least 60 RPM or SPM. The 800 series console will give you a continuous readout of your cadence.

800Ub/Rb

Proper adjustment of seat position and knowledge of pedaling cadence will allow effective use of your leg muscles without producing undue muscular fatigue. Applying these proper techniques will allow you to ride comfortably and efficiently. These biomechanically designed stationary cycles are fully adjustable to optimize comfort.

1. **Leg Extension:** The seat should be positioned such that the leg is almost fully extended when the ball of the foot is on the pedal and the pedal is in the position furthest from the body. This will allow for greater use of more leg muscles, thereby maximizing cardiovascular benefit while minimizing fatigue.
2. **Foot Position:** The ball of the foot should be on the pedal, directly over the pedal axle. This position allows you to maximize the action of your calf muscles. Avoid pedaling with the arch of your foot on the pedal. If toe clips and straps are attached to the pedals, use them to stabilize your foot on the pedals but do not use them if they place your foot in an unnatural position.
3. **800Ub Saddle Adjustment:** The 800Ub uses a spring-loaded pin that engages holes on the seat post. To adjust the height of the saddle, unscrew the knob counter-clockwise one turn and pull the knob out. Line up the desired hole, letting the pin drop in, then re-tighten the knob.
4. **800Rb Seat Adjustment:** The 800Rb uses a friction lock. To unlock the seat, pull up on the knob on the right side of the seat. Slide the seat to the desired position and push down on the knob to lock it in place.

800 Er

The 800Er has the longest stride length (21 inches) in its class. This ensures full leg muscle involvement and a very smooth motion. The 800Er also incorporates forward and reverse motion to work all major leg muscle groups. These features along with the upper body component of the 800Er give you a total body workout. Experiment with moving the console-mast to different positions to find the most comfortable for you. (See page 9 - Console Mast Assembly).

Workout Guidelines

Good health is an exercise in common sense

The Surgeon General released a new study in 2001, The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. It indicates that 61% of American adults are either overweight or obese. The study states that overweight increases the risk of health problems, such as heart disease, certain type of cancer, type 2 diabetes, etc. It further points out that overweight needs to be regarded primarily as a Health rather than as an Appearance issue.

The Surgeon General's Healthy weight advice for consumers is:

1. Aim for a healthy weight: Find your Body Mass Index (BMI) on the chart below.
2. Be active: Keep physically active to balance the calories you consume.
3. Eat well: Select sensible portion sizes.

Heart rate is an important key to your exercise.

The Surgeon General also released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.

Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough

exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Taking full advantage of this information, the 800 Series products are designed to include heart rate monitoring features.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get an accurate number. The 800 Series products are equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are wearing a heart rate chest belt during your exercising period. Heart rate is monitored and electronically displayed as a digital readout. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

$$BMI = \left(\frac{Weight(lb)}{Height^2(in)} \right) * 703$$

		Weight in Pounds													
		120	130	140	150	160	170	180	190	200	210	220	230	240	250
Height in Feet & Inches	4'6	29	31	34	36	39	41	43	46	48	51	53	56	58	60
	4'8	27	29	31	34	36	38	40	43	45	47	49	52	54	56
	4'10	25	27	29	31	34	36	38	40	42	44	46	48	50	52
	5'0	23	25	27	29	31	33	35	37	39	41	43	45	47	49
	5'2	22	24	26	27	29	31	33	35	37	38	40	42	44	46
	5'4	21	22	24	26	28	29	31	33	34	36	38	40	41	43
	5'6	19	21	23	24	26	27	29	31	32	34	36	37	39	40
	5'8	18	20	21	23	24	26	27	29	30	32	34	35	37	38
	5'10	17	19	20	22	23	24	26	27	29	30	32	33	35	36
	6'0	16	18	19	20	22	23	24	26	27	28	30	31	33	34
	6'2	15	17	18	19	21	22	23	24	26	27	28	30	31	32
	6'4	15	16	17	18	20	21	22	23	24	26	27	28	29	30
	6'6	14	15	16	17	19	20	21	22	23	24	25	27	28	29
	6'8	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Healthy Weight

Overweight

Obese

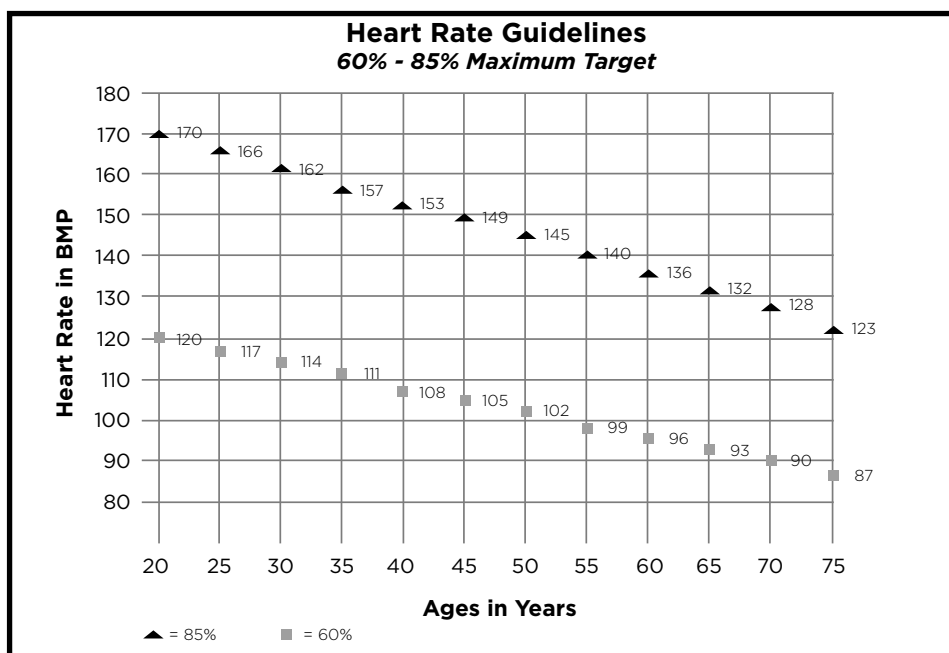
NOTE: This chart is for adults (aged 20 years and older).

Workout Guidelines

Maximum Heart Rate & Training Zone

To calculate your maximum heart rate and find your training zone, use the following formula. An example has been provided below based on a 35-year-old person:

220 - Age = Maximum Heart Rate (220 - 35 = 185)
60% of Maximum Heart Rate (60% x 185 = 111bpm)
85% of Maximum Heart Rate (85% x 185 = 157bpm)
Training Zone: **111bpm - 157bpm**



12

Quantity & Quality

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life. Having Diamondback equipment at home certainly gives you the comfortable and convenient workout you want.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardio respiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.

HEART RATE MONITORING DEVICES

Pulse Hand Grips (Standard)

The 800 Series products are heart rate controlled and come standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading.

(Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.)

Operating Tips:

If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

Chest Strap (Standard)

The 800 Series products are equipped with a built-in receiver and a chest strap for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics near by, such as TV, Radio...)

The receiver of the wireless ECG system is built into the console unit of the Diamondback Fitness 800 Series products. While using heart rate control modes, the computer monitors the exact measurement of and control over the activity of the heart. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the wattage to maintain heart rate at the preprogrammed level.

How to Wear Your Sensor/ Transmitter

1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

(Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.)

Glossary of Terms

- **Idle mode** = Console is reset and waiting for an entry. The dot matrix display window will flash “DB”. If no rpm for 5 minutes, the console will enter power save mode and the display will be shut off.
- **LED** = The lights on the face of the console.
- **Watts** = The rate of energy currently being expended.
- **Work** = The amount of energy expended during exercise.
- **Level** = The resistance provided by this elliptical. The resistance gradually increases as the level goes up.
- **Difficulty level** = In the preset programs, the intensity of the program is designed into an intensity hill profile with default difficulty level 1. You may select a different difficulty level to increase or decrease the hill profile.

Default values

- Age = 35 years
- Weight = 155 lb or 70kg for Metric system
- Time = 30 minutes; Segment time = 30/16 minutes.
- Intensity level: Level 1.
- Difficulty level for intensity: Level 1

(Note: Every time age or weight is changed, the default value setting will be updated to the last modification.)

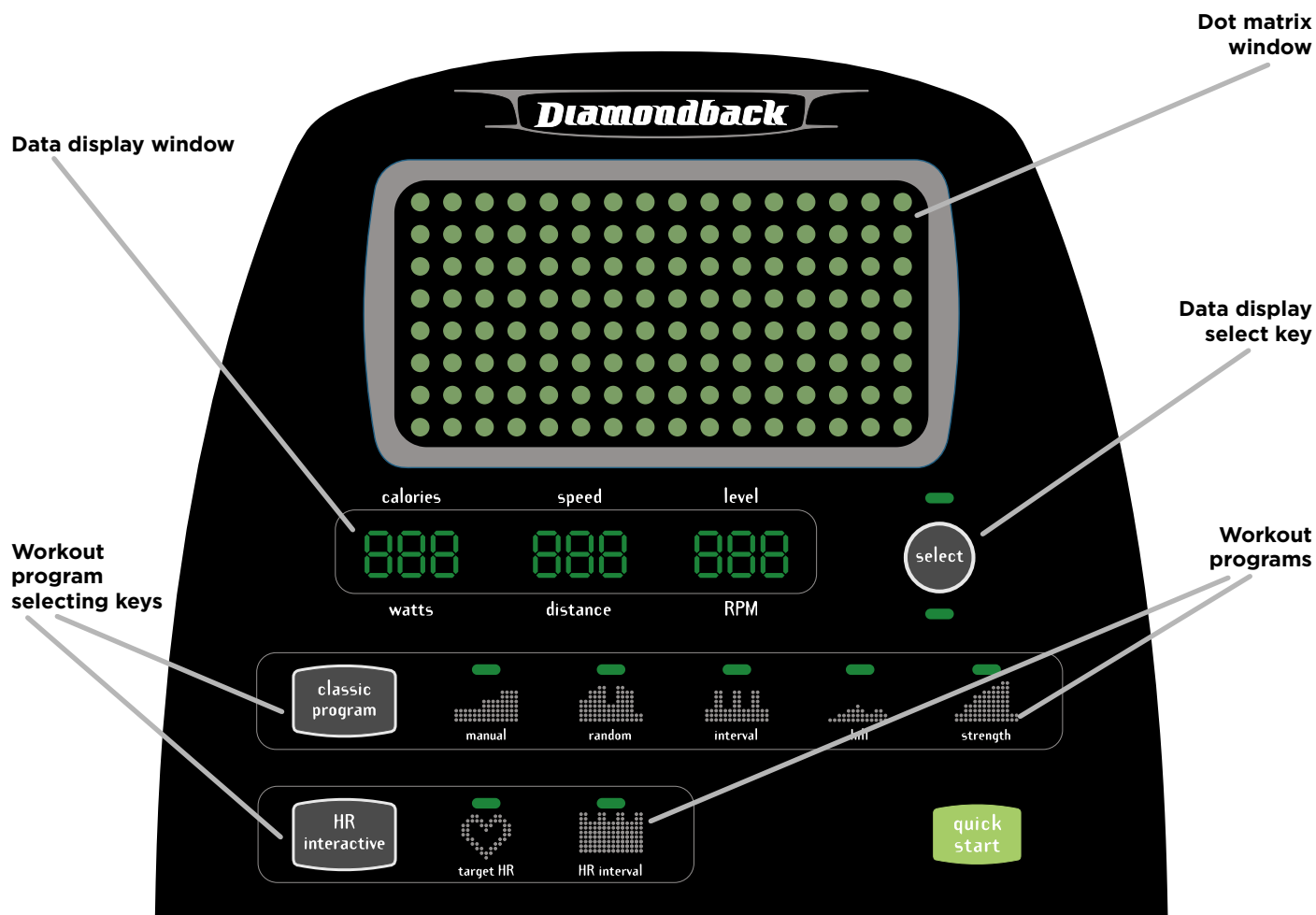
Operating Tips

- **Power On:** In the power save mode, press any key or start pedaling to wake up the console and start operation.
- **Reset:** To reset a program during its operation, press and hold the “Stop/Reset” key for 2 seconds. When the program resets, the console returns to idle mode.
- **Pause and Resume:** You may interrupt or pause a program for up to 5 minutes during a workout before the console resets. To pause a program, simply stop pedaling. To resume the program back to the point of where you left off, either press “Start” or simply start pedaling.
- **Switching a program:** The user may switch from current operating program to another program during its execution by pressing a new program key and then Enter key to accept the new program. Calories and distance will continue accumulating from previous program.
 - If “Classic Program” or “HR Interactive” program key is pressed during a program-executing mode, it will enter program-switching mode:
 - If Enter key is pressed, it will enter this program setup mode. Age and weight default will be the last update and time will be the remaining time of the pervious program.
 - If Start key is pressed, the new program will begin, but Warm Up mode will be skipped.
 - If 10 seconds passes and no other key is pressed, the program will resume back to previous activities.

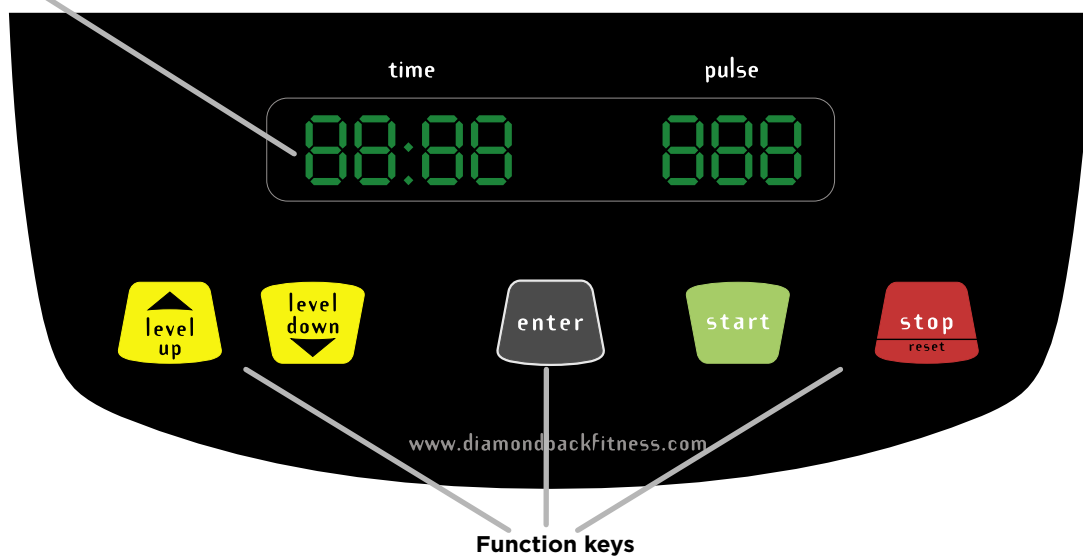
- **Re-start a program:** The user may re-start a program after the program ends. Simply press “Start” key during Cool Down or Workout Summary mode. The program will be started right immediately without Warm up. The program default will remain the same as previous program; the calories and distance will continue accumulating.
- **Level adjustment:** During Quick Start, Manual & Interval program, the user may press Level Up/Down key to adjust the resistance level. (Note: Resistance adjustments are not allowed in any Heart rate interactive program).
 - If Level Up/Down key is pressed, the level data display will show the current resistance level and adjust it accordingly. The Dot matrix display will update the profile as well.
- **Difficulty level adjustment:** During Random, Hill & Strength profile program, the user may press Level Up/Down key to adjust the difficulty level.
 - If Level Up/Down key is pressed, the level data display will show the current resistance level and adjust it accordingly. The Dot matrix display will update the profile as well.
- **% MAX HR:** Age | (220 minus age).
It is recommended to control your % Max heart rate within 60% – 85% for the most effective workout. It is also unsafe to exceed 90% and above. This elliptical is equipped with a safety shut off function.
 - First, there is a warning for exceeding 90%, the Pulse data display will blink.
 - Second, if the heart rate continues going up and reaches 95% for 5 seconds, the console will reset.
- **English / Metric setting:** The default Units is English system. To enter the system-switching mode, press “ Start” & “Stop” keys at the same time for 2 seconds during idle mode. The Dot Matrix display will blink “**EN**” for English units or “**ME**” for Metric units. To change it, press “Level Up/Down” key to switch the current Units. After the setup is completed, press “Stop” key for 2 seconds to reset the console and return to the idle mode.

CONSOLE

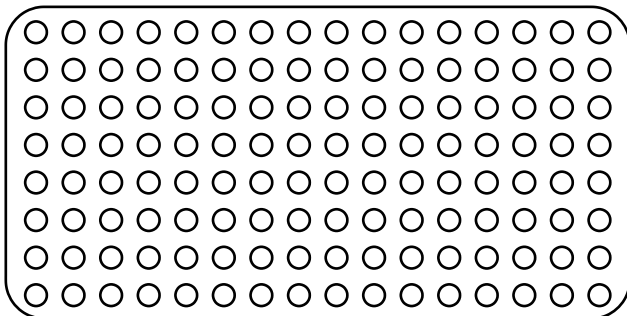
Console Layout



Time & pulse displays

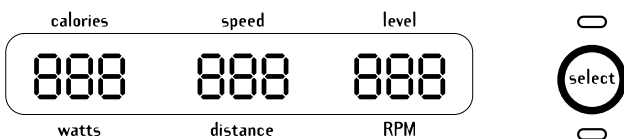


Dot Matrix /Profile display



- It displays letters for instruction during setup:
 - Display **"AGE"** during age setup; **"WT"** for weight setup; **"TM"** for time setup & **"HR"** for HR setup.
 - Display **"EN"** or **"ME"** for English or Metric units switch.
 - Scroll **"WARM UP"** or **"COOL DOWN"** to indicate entering these modes.
- It displays the program profile during the program execution.
 - Display the level profile during the Classic programs.
 - Display the % Max HR profile during the HR interactive programs.
- Profile definitions:
 - Level profile - The LED represents the resistance level, L1- L16; the higher LED lights up, the higher resistance it is on. The LED will blink to indicate the current workout segment.
 - % Max HR profile - The LED represents the % Max HR: 0-100%.

Workout data display



As soon as a program is executed, it will start displaying the default 3 workout data: calories, speed & level. You may select your favorite data displays by pressing the "SELECT" button on the right hand side, the LED indicator will light up to show which row of data is displaying.

- Calories (kcal): Total workout calories.
- Watts (watt): Current workout wattage.
- Speed (mile/hr or km/hr): Current workout speed. It simulates a jogging exercise.
- Distance (mile or km): Total workout distance. It simulates a jogging exercise.
- Intensity (level 1-16): Current workout level.
- RPM: Revolutions per minute.

Time & Pulse displays



- In the program setup, Pulse window will light up and display the default Age, Weight & HR for adjustment. Time display will light up and display the default Time for adjustment.
- As soon as the program is executed, it will start displaying Time and Pulse.
 - Time (hr: min or min: sec): The remaining of current program time.
 - Pulse (bpm): Your current heart rate. If there is no pulse detected, it will display " - - " instead.

Function Keys



a. Level Up/Down keys:

- During program setup, press "Level Up/Down key" to adjust the following - age, weight, time & HR setting.
- After program started, press "Level

b. Enter key:

- After program selecting, press "Enter" to accept the program and enter its setup mode.
- After age, weight, level..... adjustment, press "Enter" key to accept your entry.

c. Start key:

- Press "Start" to start a program during program setup.
- Press "Start" key to skip Warm up and enter program executing.
- Press "Start" to re-start a program during Cool Down.

d. Stop/Reset key:

- Press and hold "Stop" button to reset the console.
- Press "Stop" to end program executing and enter Cool Down.
- Press "Stop" to enter workout summary during Cool Down.

Workout Programs

Warm Up

Getting Started

The console automatically initiate a 3-minute Warm Up at the beginning of each program. It is designed to prepare your body for an intensive workout and to reduce the possibility of injury during workout.

Note: Warm Up is skipped for the Quick Start or Manual programs.

Beginning the Program

Warm Up is active as soon as the “Start” key is pressed and a program is executed. The Dot matrix window will scroll “WARM UP” and then display program profile. This sequence will repeat until Warm up is finished.

During the Program

Data Display

- Once it is started, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- The time will display count down from 3:00.
- The pulse display will display the heart rate if there is valid pulse detected.

Adjustment

- Level = L1. Press “Level Up/Down” key to adjust the level from L1- L5 only.
- “Start” key can be pressed to skip the warm up and start the program immediately.

Ending the Program

- When 3-minute duration is up or Start key is pressed, Warm Up will end and the program will execute.
- There will be a beep sound to indicate the Warm up is over and the selected program begins.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Cool Down

Getting Started

800 Series products are equipped with a 3-minute Cool Down at the end of each program. It appears as soon as a program ends. Cool Down is designed to reduce muscle stiffness and allow your heart rate to recover.

Beginning the Program

Cool Down is active as soon as a program ends. The dot matrix window will scroll “COOL DOWN” and then display program profile. This sequence will repeat until Cool Down is finished.

During the Program

Data Display

- Once it is started, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- The time will display “3:00” and continuing down.
- The pulse display will display the heart rate if there is valid pulse detected.

Adjustment

- Level = L1. Press “Level Up/Down” key to adjust the level from L1- L5 only.
- “Start” key could be pressed to re-start the previous program again.
- “Stop” key could be pressed to skip the cool down mode and active the Workout Summary immediately.

Ending the Program

- When 3-minute duration is up or Stop key is pressed, Cool Down will end and enter Workout Summary. See Workout summary for details.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Workout Programs

Workout Summary

Getting Started

For your convenience, the console incorporate a Workout Summary right after the completion of the Cool Down. It will display the total workout data for 30 seconds before the Console resets.

Beginning the Program

Workout Summary appears as soon as the Cool Down mode ends or a "Stop" key is pressed during Cool Down mode. The data display will stop counting and show the final data.

During the Program

Data Display

- Once this summary is started, the data window will display:
 - Calories: total calories.
 - Distance: total distance.
 - Time: total program time

Adjustment

Intensity and Incline cannot be adjusted during this time.

Ending the Program

- When 30-second duration is up, Workout Summary will end and console will reset.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Quick Start

quick
start

Getting Started

A Quick Start program is for someone who wants to bypass the setup mode and start their workouts right away. By picking Quick Start program, you are accepting the default values for calculations. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped in the Quick Start program.

Beginning the Program

During idle mode, the dot matrix window displays "DB". To begin this program, press "Quick Start" key once or continue to pedal and press no key for 30 seconds.

Program Default Values

- Time = 30 minutes
- Level = L1.

During the Program

Data Display

- As soon as the "Quick Start" button is pressed, this program will begin; the data display window will display the default workout data of "calories, speed & level". Press "Select" button to switch the data displays to "watts, distance & RPM".
- Time display will show 30:00 and count down.
- Pulse display will start displaying if there is a valid pulse.

Adjustment

- Press "Level Up/Down" key to adjust the level from L1 to L16. The level data display will update the level and the dot matrix window will update the profile accordingly.

Ending the Program

- When 30-minute duration is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Classic Programs



Manual

Getting Started

You could build your own profile with Manual program. Be sure to include a Warm Up period during your workout since the Warm Up mode is skipped in the Manual program.

Beginning the Program

During idle mode, the dot matrix window displays "DB". To begin this program, press "Classic Program" key until "Manual" program LED indicator lights up.

Accepting default values or Entering the program setup mode

When the dot matrix display shows Manual program profile, it indicates you are about to select the Manual program:

- Press "Start" key to accept current default values and begin Manual program workout.
 - Default Time = 30 minutes
 - Default Level = L1.
- Or press "Enter" to enter program setup mode. The dot matrix & data displays will take you through the program setup mode step by step as below:

Entering Age

- If Enter key is pressed, the dot matrix window will flash "AGE".
- The pulse display will display & blink the default age.
- You may press "Level Up/Down" key to adjust the age.
- After age adjustment, press "Enter" to accept and enter Weight adjustment.

Entering Weight

- If Enter key is pressed after age adjustment, the dot matrix window will flash "WT".
- The pulse display will display & blink the default weight.
- You may press "Level Up/Down" key to adjust the weight.
- After weight adjustment, press "Enter" to accept and enter Time adjustment.

Workout Programs

Entering Time

1. If Enter key is pressed after weight adjustment, the dot matrix window will flash “TM”.
2. The time display will display & blink the default time = 30:00.
3. You may press “Level Up/Down” key to adjust the time up to 99:00.
4. After time adjustment, press “Enter” or “Start” to accept and begin this program.
(Note: you may press Start key anytime to skip the setup and begin the workout immediately.)

During the Program

As soon as the “Enter” or “Start” key is pressed, the Manual program will start.

Data Display

- Once the program is started, this program will begin; the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

Adjustment

- Press “Level Up/Down” key to adjust the level from L1 to L16. The level data display will update the level and the dot matrix window will update the profile accordingly.

Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Random

Getting Started

The Random program is designed to allow the user to choose from an unlimited number of computer generated profiles.

Beginning the Program

During idle mode, the dot matrix window displays “DB”. To begin this program, press “Classic Program” key until “Random” program LED indicator lights up.

Accepting default values or Entering the program setup mode

When the dot matrix display shows Random program profile, it indicates you are about to select the Random program:

- Press “Start” key to accept current default values and begin Random program workout.
 - Default Time = 30 minutes
 - Default Level = a computer generated level profile with default difficulty level = L1.
- Or press “Enter” to enter program setup mode The dot matrix & data displays will take you through the program setup mode step by step as below: (same as Manual program setup)
 - Entering Age

- Entering Weight
- Entering Time

During the Program

As soon as the “Enter” or “Start” key is pressed, the Warm Up will be active. See Warm Up mode section for details.

Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

Adjustment

- Press “Level Up/Down” key to adjust the difficulty level. The level data display will update the level and the dot matrix window will update the profile accordingly.

Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Interval

Getting Started

The Interval program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout.

Beginning the Program

During idle mode, the dot matrix window displays “DB”. To begin this program, press “Classic Programs” key until “Interval” program LED indicator lights up.

Accepting default values or Entering the program setup mode

When the dot matrix display shows Interval program profile, it indicates you are about to select the Interval program:

- Press “Start” key to accept current default values and begin Interval program workout.
 - Default Time = 30 minutes
 - Default Level = a default level profile alternates Rest: L2 and Work level: L10.
- Or press “Enter” to enter program setup mode The dot matrix & data displays will take you through the program setup mode step by step as below: (same as Manual program setup)
 - Entering Age
 - Entering Weight
 - Entering Time

Workout Programs

During the Program

As soon as the “Enter” or “Start” key is pressed, the Warm Up will be active. See Warm Up mode section for details.

Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

Adjustment

- Press “Level Up/Down” key during Rest segment to adjust the level from L2. The level of the remaining Rest segments will be updated to the new setting and the dot matrix window will update the intensity profile accordingly as well.
- Press “Level Up/Down” key during Work segment to adjust the level from L10. The level of the remaining Work segments will be updated to the new setting and the dot matrix window will update the intensity profile accordingly as well.

Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Hill

Getting Started

The Hill program simulates a hill climb exercise with a preset hill profile. The exercise profile will guide you through the up hill climb or down hill glide.

Beginning the Program

During idle mode, the dot matrix window displays “DB”. To begin this program, press “Classic Programs” key until “Hill” program LED indicator lights up.

Accepting default values or Entering the program setup mode

When the dot matrix display shows Hill program profile, it indicates you are about to select the Hill program:

- Press “Start” key to accept current default values and begin Hill program workout.
 - Default Time = 30 minutes
 - Default Level = a preset level profile with default difficulty level = L1.
- Or press “Enter” to enter program setup mode The dot matrix & data displays will take you through the program setup mode step by step as below: **(same as Manual program setup)**
 - Entering Age
 - Entering Weight
 - Entering Time

During the Program

As soon as the “Enter” or “Start” key is pressed, the Warm Up will be active. See Warm Up mode section for details.

Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

Adjustment

- Press “Level Up/Down” key to adjust the difficulty level. The level data display will update the level and the dot matrix window will update the profile accordingly.

Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Strength

Getting Started

The Strength program gradually increases the workload over time. This program focuses on strengthening both your heart and your major muscle groups.

Beginning the Program

During idle mode, the dot matrix window displays “DB”. To begin this program, press “Classic Programs” key until “Strength” program LED indicator lights up.

Accepting default values or Entering the program setup mode

When the dot matrix display shows Strength program profile, it indicates you are about to select the Strength program:

- Press “Start” key to accept current default values and begin Strength program workout.
 - Default Time = 30 minutes
 - Default Level = a preset level profile with default difficulty level = L1.
- Or press “Enter” to enter program setup mode The dot matrix & data displays will take you through the program setup mode step by step as below: **(same as Manual program setup)**
 - Entering Age
 - Entering Weight
 - Entering Time

Workout Programs

During the Program

As soon as the “Enter” or “Start” key is pressed, the Warm Up will be active. See Warm Up mode section for details.

Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- Time display will show the selected program time and count down.
- Pulse display will start displaying if there is a valid pulse.

Adjustment

- Press “Level Up/Down” key to adjust the difficulty level. The level data display will update the level and the dot matrix window will update the profile accordingly.

Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

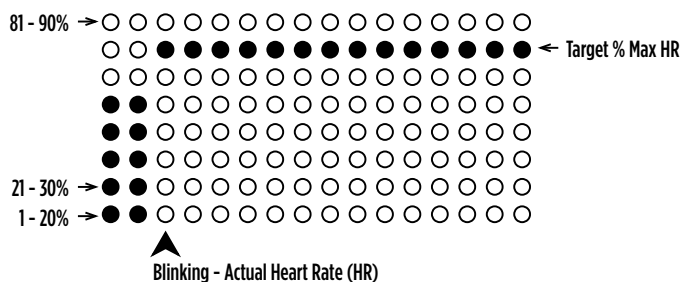
Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

HR Interactive Programs



Dot matrix display during HR Interactive programs – The dot matrix display will display program % Max HR profile, not level profile. The row of target % Max HR LEDs will light up to indicate your goal; then the current segment LEDs will light up and blink to show your actual heart rate. You could compare your actual heart rate against your goal while exercising.



Target HR

Getting Started

The Target Heart Rate program is designed to keep you training at your chosen heart rate level. Computer will adjust the intensity level automatically to ensure the target heart rate is achieved and maintained during the entire program.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

Beginning the Program

During idle mode, the dot matrix window displays “DB”. To begin this program, press “HR Interactive” key until “Target HR” program LED indicator lights up.

Accepting default values or Entering the program setup mode

When the dot matrix display shows Target HR program profile, it indicates you are about to select the Target HR program:

- Press “Start” key to accept current default values and begin Target HR program workout.
 - Default Time = 30 minutes
 - Default Target HR = 120bpm.
- Or press “Enter” to enter program setup mode. The message display will take you through the program setup mode step by step as below:
 - Entering Age
 - Entering Weight
 - Entering Time
 - Entering Target HR
 1. If Enter key is pressed after time adjustment, the dot matrix window will flash “HR”.
 2. The pulse display will display & blink the default target HR = 120.
 3. You may press “Level Up/Down” key to adjust the target HR up to 85% of Max HR.
 4. After HR adjustment, press “Enter” or “Start” to accept and begin this program.
(Note: you may press Start key anytime to skip the setup and begin the workout immediately).

During the Program

As soon as the “Enter” or “Start” key is pressed, the Warm Up will be active. See Warm Up mode section for details.

Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- Time display will show the selected program time and count down.
- Pulse display:
 - If there is no pulse input, the Pulse data display will show “ - - - ” and blink. If there continues to be no pulse input, this console will maintain its current resistance setting and not changing until the program ends or is changed.
 - If there is a valid pulse, the Pulse display will show the actual pulse reading.

Workout Programs

Adjustment

- Press “Level Up/Down” key to adjust the target HR setting. The Pulse window will blink the target HR setting and adjust. Until the adjustment is done, it then will resume to display actual HR. Dot matrix window will update the % Max HR profile accordingly.

Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

HR Interval

Getting Started

The Heart Rate Interval program is designed to alternate periods of hard work (Work phase) with periods of easy work (Rest phase). The console will adjust the resistance level up to meet your Work heart rate goal and adjust it down to recover. This phase changes every 2 segments to best condition your cardiovascular system.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

Beginning the Program

During idle mode, the dot matrix window displays “DB”. To begin this program, press “HR Interactive” key until “HR Interval” program LED indicator lights up.

Accepting default values or Entering the program setup mode

When the dot matrix display shows HR Interval program profile, it indicates you are about to select the HR Interval program:

- Press “Start” key to accept current default values and begin HR Interval program workout.
 - Default Time = 30 minutes
 - Default Work HR = 150bpm, Rest HR = 120bpm
- Or press “Enter” to enter program setup mode. The message display will take you through the program setup mode step by step as below:
 - Entering Age
 - Entering Weight
 - Entering Time
 - Entering Rest HR
 - 1. If Enter key is pressed after time adjustment, the Rest HR setting columns of dot matrix window will blink.
 - 2. The pulse display will display & blink the default Rest HR = 120.

- 3. You may press “Level Up/Down” key to adjust the Rest HR up to 80% of Max HR.
- 4. After Rest HR adjustment, press “Enter” to accept and begin this program.
- Entering Work HR
 - 1. If Enter key is pressed after Rest HR adjustment, the Work HR setting columns of dot matrix window will blink.
 - 2. The pulse display will display & blink the default Work HR = 150.
 - 3. You may press “Level Up/Down” key to adjust the Work HR from “Rest HR setting” to “85% of Max HR”.
 - 4. After Work HR adjustment, press “Enter” or “Start” to accept and begin this program.
(Note: you may press Start key anytime to skip the setup and begin the workout immediately.)

During the Program

As soon as the “Enter” or “Start” key is pressed, the Warm Up will be active. See Warm Up mode section for details.

Data Display

- When Warm Up mode is completed, the data display window will display the default workout data of “calories, speed & level”. Press “Select” button to switch the data displays to “watts, distance & RPM”.
- Time display will show the selected program time and count down.
- Pulse display:
 - If there is no pulse input, the Pulse data display will show “- - -” and blink. If there continues to be no pulse input, this console will maintain its current resistance setting and not changing until the program ends or is changed.
 - If there is a valid pulse, the Pulse display will show the actual pulse reading.

Adjustment

- Press “Level Up/Down” key during Rest HR segment to adjust the Rest HR setting of the remaining program. The Pulse window will blink the Rest HR setting and adjust. Until the adjustment is done, it then will resume to display actual HR. Dot matrix window will update the Rest %Max HR profile accordingly.
- Press “Level Up/Down” key during Work HR segment to adjust the Work HR setting of the remaining program. The Pulse window will blink the Work HR setting and adjust. Until the adjustment is done, it then will resume to display actual HR. Dot matrix window will update the Work %Max HR profile accordingly.

Ending the Program

- When selected program time is up or Stop key is pressed, this program will end and Cool down will be active. See Cool down section for details.
- There will be a beep sound to indicate the program ends.

Pause, Reset, Re-start or Switch a program

See Console Operating Tips section for details, page 14.

Domestic Warranty Information

(Applies to all product sold and placed within the continental US, Alaska, Hawaii, and Puerto Rico only)

Effective: August 2003

Diamondback Fitness warrants its 800 series (800 Upright, Recumbent, and Elliptical) to be free from defects in material and workmanship under normal use in the home environment. Diamondback Fitness' obligation under this Warranty is limited to repair or replacement of any defective part without charge through an authorized service agent to the original purchaser with the following parameters:

Who is covered:

The Warranty is extended to the individual or legal entity whose name appears on the Warranty registration card filed with Diamondback Fitness and may not be transferred to any other individual or legal entity.

To obtain service:

To obtain service you must contact your authorized Diamondback Fitness dealer. Your dealer is also your authorized service agent. An authorized service agent must diagnose your unit in order to determine Warranty claims/issues.

Sales where the unit is delivered unassembled (in a carton) to the end user (e.g. mail order or Internet sales) without a service contract purchased through the dealer voids the Warranty.

Warranty Registration:

Warranty commitments are valid only with a completed Warranty card that is returned within **15 days** from the date of purchase and includes the product serial number. Registration is available at www.diamondbackfitness.com.

Proof of purchase from Diamondback Fitness' authorized dealer will be required if the Warranty card is not registered prior to any consideration of Warranty claim.

What is covered:

HOME:

Maximum usage: 10 hours per week.

Frame:	Lifetime limited Warranty, covers defects in welds, materials, and workmanship.
Brake:	Lifetime limited Warranty.
Parts & Electronics:	2 Years.
Normal Wear Items:	90-day limited on foam grips, pedals, pedal straps, seats, seat backs, etc.
Labor:	1 Year.

LIGHT INSTITUTIONAL:

ANY USAGE OF THIS PRODUCT IN AN INSTITUTIONAL SETTING WILL VOID ALL WARRANTY COVERAGE.

Warranty voided if:

The Warranty does not apply to any failure of the product, or any parts of the product, due to: assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Assembly errors include but are not limited to:

- Severed wire harness.
- Stripped crank arms and/or pedals.
- Bolts used in the wrong location.

Parts & Service

Contact the authorized Diamondback Fitness dealer where unit was originally purchased. If you have moved, or that retailer is unavailable, use our dealer locator at "<http://www.diamondbackfitness.com>" www.diamondbackfitness.com to help find another authorized dealer.

Diamondback Fitness is not responsible for arranging Warranty service and/or honoring extended warranties provided by dealers.

Exclusions:

Warranty is void if the 800 series unit is placed in a commercial or light commercial environment. (i.e. hotel, motel, apartment/condo complex or business center, rehab facility, health club, school, or correctional facility).

Additional Rights:

This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, are limited to the same duration as the express Warranty herein. Raleigh America, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for Raleigh America, Inc. products are not authorized to modify this Warranty in any way. This Warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

Raleigh America Inc.
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Maintenance

CAUTION - FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose cranks, and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

As part of Diamondback's normal installation and set-up process, all pedals/cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated. This is standard initial "break in" service which must be performed after the first 8 to 10 hours of use. Untightened pedals/cranks may become loose, causing damage which may void warranty.

After training, always wipe down your 800 series unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with clean towel.

If noises develop or malfunctions occur, contact your authorized Diamondback Fitness dealer.

Specifications

Electrical Construction:

Power:	External power; 110VAC/220VAC wall mounted adapter
Wiring:	22 AWG Copper, PVC jacketed
Console:	High Impact ABS plastic, Circuit Board: FR4 Fiberglass, LED 3-Color Dot matrix Display, One Numeric Window, 14 LED Indicators, Built-in Reading Rack
Console Feedback:	Time, RPM/SPM, Calories, Pulse, Distance, Level
Programming Options:	<ul style="list-style-type: none">• Manual Mode with Quick Start Option• 4 Pre-Programmed Hill Profiles with 16 intensity levels• Heart Rate Control Program
Heart Rate:	<ul style="list-style-type: none">• Built-in Polar compatible heart rate receiver• Contact heart rate standard• Polar compatible chest strap included

Mechanical Construction:

Brake System:	Electronically Controlled Magnetic Brake (ECB).
Flywheel:	24lbs. Balanced.
Drivetrain:	Fiber-reinforced Wingprene Poly-V Belt, 6 groove.
Bearing:	High quality bearings in Bottom Bracket & Sealed ball bearings in brake.
Frame:	Welded Fourteen (14) Gauge Steel Tubing.
Paint:	Polyester epoxy powder coating. Wrinkle finish, electrostatically applied.
Side Cases:	High Impact, ABS Plastic.
Hardware:	SAE 1020 with BED Finish.
Upholstery:	Polyurethane Emerald Surface Foam
Foam Grip:	PVC Nitrile Rubber
Operating Specifications:	Resistance range 25 to 750 watts.
User Weight Capacity:	Ub, Rb: 275lbs./125kgs.; Er: 300lbs./136kgs.

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Space & Weight Requirements

	Shipping Specifications	Assembled Specifications
800 Ub Upright	85lbs./38"L x 16"W x 29"H (38.5kgs./952mmL x 401mmW x 726mmH)	71lbs./35"L x 22"W x 55"H (32kgs./889mmL x 560mmW x 1397mmH)
800 Rb Recumbent	104lbs./45"L x 17.5"W x 29"H (47kgs./1127mmL x 438mmW x 726mmH)	95lbs./57"L x 27"W x 47"H (43kgs./1450mmL x 700mmW x 1194mmH)
800 Er Elliptical	168lbs./63"L x 27"W x 31"H (76.3kgs./1600mmL x 690mmW x 780mmH)	152lbs./59"L x 26"W x 58"H (69kgs./1500mmL x 650mmW x 1480mmH)