

2006 PRODUCT CATALOG

Equipment That Gets You
Fit For Life



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WE'RE ALL ABOUT YOUR HEALTHY LIVING



Whether you like to exercise outdoors or at home, Diamondback knows what it takes to get you fit and keep you that way for the rest of your life... Because we're an expert in the fitness field, and have been pioneers in the bicycle industry for nearly 30 years. We know it's not just about exercise — but also about living a healthy lifestyle. Most of it is just good common sense and some good hard facts.

You've heard it all before... Eat plenty of cancer-combating, free radical fighting fruits and vegetables in as close to their natural state, drink plenty of water, and lower your fat intake. You'll want to get enough sleep, reduce stress, and get the right amount of cardiovascular exercise. These guidelines sound simple, but we all know how difficult it is to work a total fitness program into a busy lifestyle. Well, we'd like to help.

WHAT CAN CARDIO AND AEROBICS DO FOR YOU?

Aerobic exercise builds endurance and is a sound foundation for any exercise program. Anaerobic exercise on the contrary is exercise performed at a level where the body is forced to create energy without the presence of enough oxygen. It's usually short, intense and high strength type of exercise as it creates painful chemicals such as lactic acid that causes muscle burning. This strength training, or resistance weight training, is also a very important aspect of a proper fitness regimen, and should be included in your program.

EXERCISE CAN GET YOU WHERE YOU WANT TO GO

Guidelines for exercise are constantly changing, but The American College of Sports Medicine maintains that we should get 30 minutes or more of moderate intensity aerobic (or cardio) exercise five to six days a week. If you want to lose weight, you need to increase activity to an hour a day for the best results. The benefits of aerobic exercise go way beyond your heart health. Regular exercise can help fight breast cancer, diabetes, depression and age-related memory-loss. It can also help regulate your sleep patterns, boost your circulation and energy level, and reduce body fat. It reduces body fat by direct usage of fat stores and increasing fat burning enzymes. The right program and balanced nutrition are key to your health and well-being.

THE RESULTS ARE IMMEDIATE AND LONG-LASTING

You'll find that even a small increase in your physical activity can access untapped strength and build a more balanced body and



spirit. And as you reach your goals, you'll feel more self-esteem and confidence from your accomplishment. Before you start your workout, you'll want to warm up for 5-10 minutes to prepare your body for the stress of exercise. Stretching is a great warm-up and good for flexibility to avoid injury. When you start feeling warm enough to peel off a layer of clothing, you're probably ready to begin.



If you're starting from scratch or are significantly overweight, you'll want to start your regime by walking 15-20 minutes a day, and increase the duration by about five minutes every two weeks, until you can walk at least 30 minutes a day five days a week. An interesting outdoor route or listening to your favorite music on the treadmill both make the time fly. And you can even break up the walks if you want, to two 15 minute walks a day. The effort is cumulative. Even just walking will go a long way to improve your physical and psychological health.

CHECK YOUR PROGRESS WITH A HEART-RATE MONITOR

A heart-rate monitor measures how intensely you're exercising by telling you how many times your heart beats per minute. Your target heart rate zone for fitness or weight loss is usually 60-80% of your maximum heart rate (220 minus your age — so if you're 30 years old, 114-152 would be your target rate.) You should be breathing faster than normal, but not struggling for breath. 20 minutes of your workout should be at this target rate, and then cool down for at least 5 minutes after that to keep your muscles from tightening and from getting sore. Working out below your target rate won't give you the maximum cardio benefits, and working out above your target rate can put undue stress on your system.

ENJOY THE OUTDOOR LIFE MORE WITH AN INDOOR GYM

Diamondback has developed an extensive line of exercise machines that can turn a small space, into a professional quality gym. Enjoying the beauty of the great outdoors is wonderful, but if it's easier to work out if you stay in, a home gym is a good solution. Your gym will get you in condition to do all your favorite outdoor activities when time and weather permit. You don't need to buy a lot of equipment at first. It's best to get started on your program and add as you see a need. It doesn't have to take up a lot of space, or even a separate room to build an effective workout area. You just need a place that will make exercise convenient, fun, effective and inviting. A place that will motivate you to keep up the pace, long-term.



DIAMONDBACK—A LEADER IN INNOVATION, TECHNOLOGY AND VALUE

We've made it to the top by offering the most innovative features, total reliability, advanced technology, and extreme comfort... all at the best value pricing in the industry. We are unrivaled at providing light institutional and home exercise products with quality as exceptional as the styling, durability and performance. We're also a company known for our commitment to improving our customers' health and well-being, now and in the future. We believe our care, pride, and pursuit of excellence will enable us to continue setting new standards in fitness products and customer satisfaction.



• ALWAYS CONSULT YOUR PHYSICIAN BEFORE BEGINNING ANY EXERCISE PROGRAM

P

icture yourself power-walking through a breathtaking landscape with crisp air and clear blue skies. Our top-of-the-line ellipticals can put you in that mental state or prepare you for the real thing.

Ellipticals have come a long way. They create the most natural upper and lower body motion of the current cross-trainers on the market today. They actually provide the kind of motion that simulates your own natural biomechanics and elevate the workout experience by connecting you more directly to the machine. These amazing whisper-quiet, low impact ellipticals have the ability to sculpt the shapeliest legs and improve overall tone to the entire body. With handles that allow a push/pull motion, your forearms, biceps and triceps get a full workout. The smooth, natural stride length of your legs efficiently works out your quadriceps, hamstrings and gluteals.

Today's ellipticals are the perfect exercise protocol for people with past injuries or limited range of motion in the ankles, knees or hips. With our variable elevation feature, ellipticals offer maximum efficiency and have become the preferred tool of trainers. They can transform the elliptical motion to a stair climber motion, virtually giving you two machines in one.

Diamondback ellipticals offer ultra-sleek styling with all the bells and whistles like hands-free heart-rate controls, varied-levels of resistance, and every possible ergonomic comfort and convenience. They're the most value-packed ellipticals in the market, and so smooth and quiet, you'll think you're walking on air.

"A NATURAL INTEGRATION OF UPPER AND LOWER BODY MECHANICS ENSURING A LOW-IMPACT FULL BODY WORKOUT."

—BRETT DARRINGTON DC, ATC



"It's adjustable elevation emulates stepping or uphill jogging and allows you to train specific muscle groups. It's like two machines in one."



1250Ef

1. Quick Start options, (HR) Interactive and Cross Training Programs, and Personal Trainer custom workouts. 4 data display windows with easy to select programming buttons.

2. Hands-free Polar® compatible heart-rate receiver. Contact hand pulse sensors and dependent upper body exercise handles.

3. Ultra large cushioned footpads and ergonomically positioned handrails with padded grips for an extremely comfortable workout. 19" stride.

4. Specially designed accessory container.

5. 20 levels of intensity and 10 levels of incline for variety and motivation.





"The 18" stride provides the most natural exercise motion in the market."



950Ef

1. 5 data display windows with easy to select programming buttons. 16 levels of intensity for variety and motivation. Quick Start options, Random and Interactive Programs.

2. Ergonomically positioned handrails with padded grips. Contact hand pulse sensors and Hands-free Polar® compatible heart-rate receiver for accurate pulse monitoring.

3. Accessory Container for all your workout items.

4. Ultra large cushioned footpads for a comfortable workout.



"It takes up very little space, and rolls away so easily."



300Ef

1. 6 data display windows with easy to select programming buttons. Ergonomically designed dual-action handrails with foam grips for added comfort.

2. Convenient hand pulse heart-rate monitoring system.

3. 15" stride length gives this a compact footprint for easy placement. Large cushioned footpads for an extremely comfortable workout.

4. 8 level manual tension adjustment lets you change workout intensity quickly.





"It's the only elliptical on the market today that offers a combination of hinged foot-pedals, a BodyFit™ Adjustment System and an upper body total training workout."



1180Er

The ultra sleek retro design is as rugged as it is innovative.

1. Quick Start options offer 20 different intensity levels. Unlimited Random, Interactive Heart Rate, Hill Profile & Total Trainer Programs. Self-powered generator offers wireless performance.

2. 21" stride and BodyFit Adjustment System™: 3 ellipse angle/position adjustments provide a more customized comfortable fit and ability to adjust level of difficulty.

3. Hand Held Pulse Sensor offers heart rate measurement and hands-free Polar® compatible heart-rate receiver with chest strap provides accurate monitoring and cross training.

4. Low Step-up height. Soft foam custom footpads and grips deliver unparalleled comfort and the combination is an industry first.



"The 850Er has unique features like hinged comfort foot pads and grips, plus the longest stride of any competitively priced model."

Patented, natural, 21" elliptical stride.

850Er

1. 6 classic options offer 16 different intensity levels with a Quick Start program. Options include: Unlimited Random, 2 Interactive Heart Rate Programs, and Hill Profile Programs.

1. 5 LED Data Display Windows have easy-to-select buttons providing time, intensity level, calories, strides, distance, pulse and % heart rate.

2. Hand Held Pulse Sensor offers heart rate measurement and Hands-free Polar® compatible heart-rate receiver with chest strap provides accurate monitoring and cross training. Upper Body Handles provide more calorie burning exercise.

3. A hinged foot pedal and a longer 21" stride provide the industry's most natural walking motion. Soft foam footpads and custom grips deliver unparalleled comfort and is an industry first.



feel the invigoration of a ride through the countryside without leaving the comfort of your home. If you have physical or flexibility limitations, or just like to sit in the lap of luxury, pull up a seat on one of Diamondback's ultra-comfortable recumbent bikes and ride your way to fitness. The recumbent position gives you the stability of a seat and backrest, with the convenience of easy access. It's a less aggressive cycling position so you enjoy an extra degree of safety and luxury while benefiting from an effective aerobic workout. Cycling has long-been a preferred method of aerobic training because of its low impact and highly efficient cardio and muscle toning of the quadriceps, hamstrings, gluteals and calves.

Diamondback offers a full line of the most comfortable, hard-working and value-priced recumbents on the market today. They're loaded with the most sought-after features like hands-free heart-rate controls, varied levels of resistance, ultra-quiet self-generating drive system, and our exclusive Comfort Plus® extra-wide seat that will have you sitting pretty from the first minute to the last. Once you've tried a Diamondback recumbent, you won't stand for anything else.



"EXPERIENCE THE BENEFITS OF AN INTENSE AEROBIC WORKOUT WHILE SUPPORTING THE BODY IN A MORE COMFORTABLE RIDING POSITION."

—BRETT DARRINGTON DC, ATC



"This high-tech, self-generated, no power required model, can be placed anywhere."

1150Rb

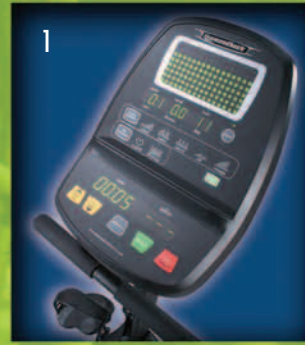
1. Quick Start options, Random and Interactive heart-rate Programs to keep you in the ideal training zone. Memorizes your program and tracks the workout of two people.

2. Larger pedals provide unparalleled comfort during your workout.

3. Hands-free Polar® compatible heart-rate receiver as well as Hand Held sensors for accurate pulse monitoring.

4. Adjustable track, ultra-wide Comfort Plus® dual density seat with back support provide a more comfortable workout. Up to 15" of leg adjustment.





"The interactive heart-rate program automatically adjusts intensity to keep you in your ideal training mode."



800Rb

1. 5 Data, Dot Matrix LED Display Console with 7 workout programs, including 2 Heart-Rate Interactive Programs.

2. Extra large dual density seat and back support, on an adjustable track, with up to 12" of leg adjustment.

3. Hand Contact and Hands-free Polar® compatible heart-rate receiver for accurate pulse monitoring.

4. Sealed bearing drive train provides the smoothest, quietest ride possible. Extra large pedals for easy size adjustment.



"It's the only product in its class with a built-in hands-free heart-rate monitoring system. The best recumbent value in the market today."



400Rb

1. 5 Data, Dot Matrix LCD Display Console with 6 workout programs, including 1 Target Heart-Rate Program.

2. Hands-free as well as Hand Contact pulse monitoring systems.

3. Extra padded seat for a more comfortable workout. Up to 10" of leg adjustment.

4. Sealed bearing drive train and wide pedals provide the smoothest, quietest ride possible.



T

hink of it as training for a tour of your neighborhood, a quaint mountain village, or the Tour de France. If you're up for one of the most exhilarating and popular methods of low impact aerobic exercise, the classic upright stationary bikes from Diamondback are an inspiring choice and a beautiful expression of form and function. You can cycle your way to impressive fitness with machines that keep your legs and heart in constant motion. This quadracep intensive exercise also gives your hamstring and gluteals a real workout. Your calves will respond to the continuous contractions with more defined tone, as well.

Proper positioning is key to your comfort and essential for maximizing your workout benefits. The seat height is as crucial as the positioning of the ball of the foot on the pedal. Diamondback's seat adjustability and pedal placement puts you in the optimum position. And, only Diamondback offers the exclusive ComfortRide® seat. This precisely padded seat is ergonomically configured to disperse your weight evenly, and has flexible panels to reduce pressure and eliminate numbness. The hands-free heart-rate control and easy-to-read console with multi-intensity levels lets you program the exact workout you want at a price that will make you stand up and take notice.

"TEST YOUR AEROBIC FITNESS AND IMPROVE MUSCLE TONE ABOARD AN EXCEPTIONALLY WELL-DESIGNED UPRIGHT."

—BRETT DARRINGTON DC, ATC



"This self-generated, no power required, go anywhere model, offers 20 levels of resistance, plus tracks and stores the workout of 2 different riders."

1150Ub

1. Custom programmable console with easy-to-read scrolling instructions. Quick Start options, Random and Interactive heart-rate Programs to keep you in the ideal training zone.

2. Sealed bearing drive train provides the smoothest, quietest ride possible. Extra wide pedal offers added comfort during the workout.

3. Hand Contact as well as Hands-free Polar® compatible heart-rate receiver for accurate pulse monitoring.

4. Exclusive padded seat has narrower nose and wider seat to disperse weight more evenly and provide unparalleled comfort throughout the ride.





"The interactive heart-rate program and telemetry receiver keep you in your target zone."

800Ub

1. 5 Data, Dot Matrix LED Display Console with 7 workout programs including 2 Heart-Rate Interactive Programs.

1. Convenient Hand Pulse and a Heart Rate telemetry receiver for accurate pulse monitoring.

2. Extra Large Pedals provide easy size adjustment. Sealed Bearing Drive Train provides the smoothest, quietest workout possible.

3. Exclusive padded adjustable seat and ergonomic design of bars and console provide unparalleled comfort and convenience throughout the ride.



"This value-priced upright is designed for a superior, comfortable ride from beginning to end."

400Ub

1. 6 programs with 16 levels of intensity for variety and motivation. Quick Start options, Random and Interactive heart-rate Programs to keep you in the ideal training zone.

2. Exclusive padded adjustable seat. Sealed bearing drive train provides the smoothest, quietest ride possible

3. Only product in its class to offer a convenient hand pulse and a heart-rate telemetry receiver. Ergonomic design of bars provide unparalleled comfort throughout the ride.



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Whether you want to climb a mountain or bring your fitness level to a higher elevation, our line of steppers is unmatched. The Aerobic Steppers are such high performance fitness machines, you'll notice the positive effects of your aerobic workouts almost immediately. The ultra smooth and natural stepping motion of Diamondback's Steppers make each step pure pleasure. They are so convenient and easy-to-use, you'll find yourself using them more, and quickly reaping the many benefits like an increased energy level and reduction in your level of stress. Just adjust the cadence of your step and feel your quadriceps, gluteals and calves reach a new level of tone and firmness.

The Diamondback Steppers are thoughtfully designed. The self-propelled motion is never overpowering and makes it effortless to stay in step. The handrails are positioned for comfort and to give you safe support throughout your session. The Diamondback Steppers are known for reaching new heights in advanced features and quality. The self-leveling footpads take you on a seamless ride in comfort and with incredible efficiency. The consoles have easy-to-read scrolling menus and heart-rate monitors to keep you in control of your performance. This ultra sleek line of Steppers are the right step to take for quality, features and ergonomic comfort at exceptional value.



"It takes you to a new level of comfort and efficiency . . . step by step."

1150St

"STEPPERS — A GREAT WAY TO CLIMB TO PEAK AEROBIC FITNESS."

1. Quick Start options, Random and Interactive heart-rate Programs to keep you in the ideal training zone. 20 levels of resistance for variety and motivation.

2. Self-leveling footpads provide the most efficient and comfortable workout. Self-generating, sealed bearing drive train provides the smoothest, quietest workout possible.

3. Contact Hand Pulse sensors as well as Hands-free Polar® compatible heart-rate receiver for accurate pulse monitoring.



1250Ef Electrical Construction Brake system:

- Electronically controlled magnetic brake with 20 levels of resistance

Incline system:

- Actuator 1/6HP, 110V/60Hz with 10 levels of adjustment

Power:

- 110VAC, 50/60Hz adaptor

- Console:**
- Green LED dot matrix profile
 - Alphanumeric message display with program instructions
 - 4 data display windows with individual Select button for each data group
 - Easy to select program buttons with LED indicators
 - Heart rate bar graph display
 - Polar® compatible heart rate receiver and hand held contact heart rate receiver
 - Built in reading rack

Console Feedback:

- Time, Segment time, Watts, Level, Incline, %max HR, Calories, Cal/min, Speed, Pulse, RPM and Distance
- Workout summary shows the workout total of Time, Calories, Distance, Max HR, Min HR and Average HR
- Dot matrix profile display of intensity profile, incline profile and %max HR profile
- Pause mode with 5 minute Program Saver
- Heart rate bar graph display for %max HR

Program Options:

- 5 Classic programs with Quick Start option – Manual, Random cross, Interval, Hill Climb and Sprint
- 5 HR interactive programs – Target HR, HR interval, Fat burner, HR hill and Cardio
- 3 Cross training programs – Glute burner, Quad builder and Total trainer
- HR Lock function to quickly enter Target HR program at anytime
- Personal Trainer function to enhance the total body workout
- 2 Custom programs
- Built in Warm up and Cool down modes

Heart Rate Devices:

- Customized Hand Held Pulse Sensor is Standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

- Mechanical Construction**
- Operating Resistance Range:** 20 – 500 Watts
- Frame:** Welded heavy gauge steel frame
- Surface Treatment:** Anti-rust Powder coating
- Side cases:** High impact ABS plastic
- Drive belts:** Poly-V Belt
- Bearings:** Sealed ball bearings and Permanently lubricated polymer bearings
- Incline Structure:** Aluminum Extrusion with ball bearing rollers
- Foam grips:** Krayton rubber comfort grips
- Foot Pads:** Extra wide EVA foam cushion
- Safety Certification:** cETLus

Space & Weight:

Assembled - 69.5”L x 27.5”W x 65”H (245lbs)

Shipping - 75”L x 23”W x 42”H (275lbs)

User weight capacity - 325lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 4 years

Parts & Electronics: 3 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year

950Ef Electrical Construction Brake system:

- Electronically controlled magnetic brake (ECB) with 16 levels of resistance

Power:

- 110VAC, 50/60Hz adaptor.

- Console:**
- Green LED dot matrix profile
 - 5 data display windows with extra large LED and a Select button
 - Easy to select program buttons with LED indicators
 - Polar® compatible heart rate receiver and hand held contact heart rate receiver
 - Built in reading rack

Console Feedback:

- Time, Pulse, Calories, Watts, Speed, Distance, Level & RPM
- Workout summary shows the workout total of Time, Calories & Distance.
- Dot matrix profile display for intensity profile and %max HR profile
- 5 workout data displays at one time
- Pause mode with 5 minute Program Saver

Program Options:

- Manual program with Quick Start option and 16 different intensity levels.
- Random program with unlimited computer generated programs.
- Hill Profile programs – Interval, Hill and Strength
- HR interactive programs – Target HR program and HR interval program.
- Built in Warm up and Cool down modes

Heart Rate Devices:

- Customized Hand Held Pulse Sensor is Standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction

Operating Resistance Range: 20 – 500 Watts

Frame: Welded heavy gauge steel frame

Surface Treatment: Anti-rust Powder coating

Side cases: High impact ABS plastic

Drive belts: Poly-V Belt

Bearings: Sealed ball bearings and Permanently lubricated polymer bearings

Ramp Structure: Aluminum Extrusion with ball bearing rollers

Foam grips: Krayton rubber comfort grips

Foot Pads: Extra wide EVA foam cushion

Safety Certification: cETLus

Space & Weight:

Assembled - 69.5”L x 27.5”W x 65”H (245lbs)

Shipping - 75”L x 23”W x 42”H (275lbs)

User weight capacity 300 lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 3 years

Parts & Electronics: 2 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year

300Ef Electrical Construction Power:

- Battery
- 6 Windows LCD display
- Built-in Reading Rack & Water Bottle Holder

Console Feedback:

- Time, Calories, Pulse, Speed, Distance, Resistance level

Program Options:

- Target program for Time, Distance or Calories

Heart Rate:

- Contact heart rate standard

- Mechanical Construction**
- Drivetrain:** Poly-V Belt
- Bottom Bracket:** High quality Sealed Bearings
- Frame:** Powder coating
- Foot Pads:** Large Foot Pads will comfortably fit a wide variety of exercise shoes
- Covers:** High-Impact ABS plastic

Operating Specs

Stride Length: 15 inch Stride Length with Upper Body Workout

Accessories: Water Bottle

Space & Weight:

Assembled - 53”L x 31”W x 63”H (145lbs)

Shipping - 49”L x 22”W x 41”H (150lbs)

User weight capacity - 275lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 3 years

Parts & Electronics: 2 years

Wear Items: 90 days

Labor: 1 year

Mechanical Construction

Frame: Weld heavy-duty steel frame

Paint: Anti-rust Powder Coating

Side Cases: High Impact ABS Plastic

Drive Belts: Poly-V belt

Bearing: Sealed Ball Bearing in Bottom bracket and other areas

Foam Grip: Custom Krayton rubber comfort grips

Foot Pads: Extra large EVA foam cushion pads

Operating Specs

Stride Length:

- 21 inch Stride Length
- 3 Ellipse Angle Adjustments
- Step Rate: 25 to 130PM
- Pedal RPM Range: 20 to 130 RPM
- Resistance Range: 15 to 700 Watts

Accessories: Water Bottle

Space & Weight:

Assembled - 83”L x 26”W x 62”H (181lbs)

Shipping - 71”L x 28”W x 31”H (192lbs)

User weight capacity - 350lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 4 years

Parts & Electronics: 3 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year

1180Er Electrical Construction Brake System:

- Computer Controlled Electromagnetic Resistance

Power:

- Self-powered Generator System, No External Power & Battery Needed

- Console:**
- Green LED dot matrix profile, Alphanumeric message display with program instructions and LED indicators
 - One Touch Program Buttons
 - Polar® compatible heart rate receiver and hand held contact heart rate receiver
 - English & Metric switch
 - Built-in reading rack, towel rack, and accessories holder

Console Feedback:

- Time, Intensity level, Calories, Strides/MIN, Strides, Distance, Watts, Pulse & % Heart rate
- Dot matrix profile display
- Alphanumeric window displays 4 workout data at one time

Programming Options:

- Manual Mode with Quick Start Option with 20 different intensity levels
- Random Program with unlimited computer generated programs
- Hill Profile programs – Sprint and Interval
- Total Trainer program to include total body workout
- Heart Rate Interactive Programs – Custom Target Heart Rate program, Heart Rate Interval program and Cardio program
- 2 custom programs
- Pause Mode with 5 minute Program Saver

Heart Rate:

- Customized Hand Held Pulse Sensor is standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction

Frame: Weld heavy-duty steel frame

Paint: Anti-rust Powder Coating

Side Cases: High Impact ABS Plastic

Drive Belts: Poly-V belt

Bearing: Sealed Ball Bearing in Bottom bracket and other areas

Foam Grip: Custom Krayton rubber comfort grips

Foot Pads: Extra large EVA foam cushion pads

Operating Specs

Stride Length:

- 21 inch Stride Length
- Step Rate: 25 to 130PM
- Pedal RPM Range: 20 to 130 RPM
- Resistance Range: 15 to 700 Watts

Accessories: Water Bottle

Space & Weight:

Assembled - 83”L x 26”W x 62”H (172lbs)

Shipping - 71”L x 28”W x 31”H (183lbs)

User weight capacity - 350 lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 3 years

Parts & Electronics: 2 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year

850Er Electrical Construction Brake System:

- Electronically controlled magnetic brake (ECB)

Power:

- 110V, 50/60Hz adapter

- Console:**
- Green LED dot matrix profile
 - 5 data display windows with extra large LED and a Select button
 - Easy to select program buttons with LED indicators
 - Polar® compatible heart rate receiver and hand held contact heart rate receiver
 - Built-in reading rack and accessories holder

Console Feedback:

- Time, Pulse, Calories, Watts, Speed, Distance, Level and RPM
- Workout summary shows the workout total of Time, Calories & Distance
- Dot matrix profile display for intensity profile and % max HR profile
- 5 workout data displays at one time

Programming Options:

- Manual Mode with Quick Start Option with 16 different intensity levels
- Random Program with unlimited computer generated programs
- Hill Profile programs – Interval, Hill and Strength
- Heart Rate Interactive Programs – Custom Target Heart Rate program and Heart Rate Interval program
- Pause Mode with 5 minute Program Saver

Heart Rate:

- Customized Hand Held Pulse Sensor is standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction

Frame: Weld heavy-duty steel frame

Paint: Anti-rust Powder Coating

Side Cases: High Impact ABS Plastic

Drive Belts: Poly-V belt

Bearing: Sealed Ball Bearing in Bottom bracket and other areas

Foam Grip: Custom Krayton rubber comfort grips

Foot Pads: Extra large EVA foam cushion pads

Operating Specs

Stride Length:

- 21 inch Stride Length
- Step Rate: 25 to 130PM
- Pedal RPM Range: 20 to 130 RPM
- Resistance Range: 15 to 700 Watts

Accessories: Water Bottle

Space & Weight:

Assembled - 83”L x 26”W x 62”H (172lbs)

Shipping - 71”L x 28”W x 31”H (183lbs)

User weight capacity - 350 lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 4 years

Parts & Electronics: 2 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year

**1150Rb Electrical Construction Brake System:**

- Computer controlled electromagnetic brake with 20 levels of resistance

Power:

- Self-powered Generator System, No External Power & Battery Needed

- Console:**
- Green LED dot matrix profile, message display with program instructions and LED indicators
 - One Touch Program Buttons
 - Polar® compatible heart rate receiver and hand held contact heart rate receiver
 - English & Metric switch
 - Built-in reading rack, towel rack, and accessories holder

Console Feedback:

- Time, Intensity level/ Met level, Calories, RPM/SPM, Speed, Distance, Watt, Pulse & % Heart rate
- Dot matrix profile display
- Alphanumeric window displays 4 workout data at one time
- Pause Mode with 3 minute Program Saver

Programming Options:

- Manual Mode with Quick Start Option with 20 different intensity levels
- Random Program with unlimited computer generated programs
- Hill Profile programs – Interval, Hill and Strength
- Heart Rate Interactive Programs – Custom Target Heart Rate program and Heart Rate Interval program
- Pause Mode with 5 minute Program Saver

Heart Rate Devices:

- Customized Hand Held Pulse Sensor is standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction

Frame: Weld heavy-duty steel frame

Surface Treatment: Anti-rust Powder Coating

Side Cases: High Impact ABS Plastic

Drive Belts: Poly-V belt

Bearing: Sealed Ball Bearing in Bottom bracket and other areas

Seat: Comfort Plus® Seat with quick release locking mechanism

Operating Specs

Operating Resistance Range:

Pedal RPM Range: 20 to 130 RPM Resistance Range: 20 to 700 Watts

Accessories: Water Bottle

Space & Weight:

Assembled - 59”L x 24.5”W x 50”H (145lbs)

Shipping - 61.5”L x 17.5”W x 30”H (154lbs)

User weight capacity - 350lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 4 years

Parts & Electronics: 3 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year

800Rb Electrical Construction Brake system:

- Electronically controlled magnetic brake (ECB) 16 levels of resistance

Power:

- 110VAC, 50/60Hz adaptor

- Console:**
- Green LED dot matrix profile
 - 5 data display windows with extra large LED and a Select button
 - Easy to select program buttons with LED indicators
 - Polar® compatible heart rate receiver and hand held contact heart rate receiver
 - Built in reading rack

Console Feedback:

- Time, Pulse, Calories, Watts, Speed, Distance, Level & RPM
- Workout summary shows the workout total of Time, Calories & Distance
- Dot matrix profile display for intensity profile and %max HR profile
- 5 workout data displays at one time

Program Options:

- Manual program with Quick Start option and 16 different intensity levels
- Random program with unlimited computer generated programs
- Hill Profile programs – Interval, Hill and Strength
- HR interactive programs – Target HR program and HR interval program
- Built in Warm up and Cool down modes
- Pause mode with 5 minute Program Saver

Heart Rate Devices:

- Customized Hand Held Pulse Sensor is Standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction

Frame: Welded 14 Gauge steel tube frame

Surface Treatment: Polyester Epoxy Powder Coating

Side cases: High impact ABS plastic

Drive belts: Fiber Reinforced Winggrene Poly-V Belt, 6 groove

Bearings: High quality Sealed ball bearings

Pedals: Extra Wide with adjustable straps

Foam grips: PVC Nitrile Rubber foam

Hardware: SAE 1020 with BED Finish

Seat: Polyurethane Emerald Surface Finish

Operating Specification

Pedal RPM Range: 20-130 RPM

Resistance Range: 20-300 Watts

Space & Weight:

Assembled - 52”L x 26”W x 46”H (95lbs)

Shipping - 45”L x 16”W x 29”H (105lbs)

User weight capacity - 275lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 3 years

Parts & Electronics: 2 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year

400Rb Electrical Construction Power:

- 4 D Cell Batteries

Console:

- LCD dot matrix profile display, 4 numeric display windows, 8 LED indicators, built-in reading rack, Polar® compatible heart rate receiver and handheld contact heart rate receiver

- Console Feedback:**
- Time, Calories, Level, Pulse, Speed, Distance, RPM, Watts
 - Manual mode with 16 Intensity Levels
 - 4 Computer controlled profiles for Random intensity, Interval training, Hill climb, and Strength routine
 - Interactive Target Heart Rate control program
 - Integrated Warm Up and Cool Down modes

Program Options:

- Manual mode with 16 Intensity Levels
- 4 Computer controlled profiles for Random intensity, Interval training, Hill climb, and Strength routine
- Interactive Target Heart Rate control program
- Integrated Warm Up and Cool Down modes

Mechanical Construction

Brake System: Electronically controlled magnetic braked (ECB)

Frame: Welded 14 Gauge steel frame with Anti-rust Powder coating

Side cases: High impact ABS plastic

Drivetrain: Poly-V Belt

Bearings: High quality Sealed bearings

Seat: Comfort Plus® seat with Quick Release Locking Mechanism & Length Adjustment

Heart Rate Inputs: Contact heart rate and Polar® compatible telemetry heart rate receiver

Standard Accessories: Water Bottle

Operating Specification

Pedal RPM Range: 20-130 RPM

Resistance Range: 20-300 Watts

Space & Weight:

Assembled - 52”L x 26”W x 46”H (95lbs)

Shipping - 45”L x 16”W x 29”H (105lbs)

User weight capacity - 275lbs.

Warranty - Home

Frame: Lifetime limited

Brake: 3 years

Parts & Electronics: 2 years

Wear Items: 90 days

Labor: 1 year

Warranty - Light Institutional

Frame: Lifetime limited

Brake: 1 year

Parts & Electronics: 1 year

Wear Items: 90 days

Labor: 1 year



1150Ub**Electrical Construction****Brake System:**

- Computer controlled electromagnetic brake with 20 levels of resistance

Power:

- Self-powered Generator System, No External Power & Battery Needed

Console:

- Green LED dot matrix profile, message display with program instructions and LED indicators
- One Touch Program Buttons
- Polar® compatible heart rate receiver and hand held contact heart rate receiver
- English & Metric switch
- Built-in reading rack, towel rack, and accessories holder

Console Feedback:

- Time, Intensity level/ Met level, Calories, RPM, Speed, Distance, Watt, Pulse & % Heart rate
- Dot matrix profile display
- Alphanumeric window displays 4 workout data at one time
- Pause Mode with 3 minute Program Saver

Programming Options:

- Manual Mode with Quick Start Option with 20 different intensity levels
- Random Program with unlimited computer generated programs
- Hill Profile programs – Fat burner, Interval and Strength
- Heart Rate Programs – Custom Target Heart Rate program and Heart Rate Interval program
- Constant power program (MET)
- 2 custom programs

Heart Rate Devices:

- Customized Hand Held Pulse Sensor is standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction**Frame:** Weld heavy-duty steel frame**Surface Treatment:** Anti-rust Powder Coating**Side Cases:** High Impact ABS Plastic**Drive Belts:** Poly-V belt**Bearing:** Sealed Ball Bearing in Bottom bracket and other areas**Seat:** Comfort Plus® Seat with quick release locking mechanism**Operating Specs****Operating Resistance Range:** Pedal RPM Range: 20 to 130 RPM Resistance Range: 20 to 700 Watts**Accessories:** Water Bottle**Space & Weight:**Assembled - 40"L x 24.5"W x 53.5"H (101lbs)
Shipping - 43"L x 17.5"W x 30"H (106lbs)
User weight capacity - 350lbs.**Warranty - Home****Frame:** Lifetime limited**Brake:** 4 years**Parts & Electronics:** 3 years**Wear Items:** 90 days**Labor:** 1 year**Warranty - Light Institutional****Frame:** Lifetime limited**Brake:** 1 year**Parts & Electronics:** 1 year**Wear Items:** 90 days**Labor:** 1 year**800Ub****Electrical Construction****Brake system:**

- Electronically controlled magnetic brake (ECB) with 16 levels of resistance

Power:

- 110VAC, 50/60Hz adaptor

Console:

- Green LED dot matrix profile
- 5 data display windows with extra large LED and a Select button
- Easy to select program buttons with LED indicators
- Polar® compatible heart rate receiver and hand held contact heart rate receiver
- Built in reading rack

Console Feedback:

- Time, Pulse, Calories, Watts, Speed, Distance, Level & RPM
- Workout summary shows the workout total of Time, Calories & Distance
- Dot matrix profile display for intensity profile and %max HR profile
- 5 workout data displays at one time

Program Options:

- Manual program with Quick Start option and 16 different intensity levels
- Random program with unlimited computer generated programs
- Hill Profile programs – Interval, Hill and Strength
- HR interactive programs – Target HR program and HR interval program
- Built in Warm up and Cool down modes
- Pause mode with 5 minute Program Saver

Heart Rate Devices:

- Customized Hand Held Pulse Sensor is Standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction**Flywheel:** 24lbs. Balanced**Frame:** Welded 14 gauge steel tube frame**Surface Treatment:** Polyester Epoxy Powder Coating**Side cases:** High impact ABS plastic**Drive belts:** Fiber Reinforced Wingprene Poly-V Belt, 6 groove**Bearings:** High quality Sealed ball bearings**Pedals:** Extra Wide with adjustable straps**Foam grips:** PVC Nitrile Rubber foam**Hardware:** SAE 1020 with BED Finish**Seat:** Polyurethane Emerald Surface Finish**Operating Specifications****Pedal RPM Range:** 20-130 RPM**Resistance Range:** 20-750 Watts**Space & Weight:**Assembled - 45"L x 22"W x 55"H (71lbs)
Shipping - 38"L x 16"W x 29"H (85lbs)
User weight capacity - 275lbs.**Warranty - Home****Frame:** Lifetime limited**Brake:** 3 years**Parts & Electronics:** 2 years**Wear Items:** 90 days**Labor:** 1 year**400Ub****Electrical Construction****Power:**

- 4 D Cell Batteries

Console:

- LCD dot matrix profile display, 4 numeric display windows, 8 LED indicators, built-in reading rack, Polar® compatible heart rate receiver and hand held contact heart rate receiver

Console Feedback:

- Time, Calories, Level, Pulse, Speed, Distance, RPM, Watts

Program Options:

- Manual mode with 16 Intensity Levels
- 4 Computer controlled profiles for Random intensity, Interval training, Hill climb, and Strength routine
- Interactive Target Heart Rate control program

Mechanical Construction**Brake System:** Electronically controlled magnetic braked (ECB)**Frame:** Welded 14 Gauge steel frame with Anti-rust Powder coating**Side cases:** High impact ABS plastic**Drivetrain:** Poly-V Belt**Bearings:** High quality Sealed bearings**Seat:** Comfort Plus® seat with Quick Release**Locking Mechanism & Height Adjustment****Heart Rate Inputs:** Contact heart rate and

Polar® compatible telemetry heart rate receiver

Standard Accessories: Water Bottle**Operating Specification****Pedal RPM Range:** 20-130 RPM**Resistance Range:** 20-300 Watts**Space & Weight:**

Assembled - 37"L x 22"W x 58"H (70lbs)

Shipping - 39"L x 16"W x 29"H (85lbs)

User Weight Capacity - 275lbs.

Warranty - Home**Frame:** Lifetime limited**Brake:** 3 years**Parts & Electronics:** 2 years**Wear Items:** 90 days**Labor:** 1 year

STEPPERS

1150S:**Electrical Construction****Brake System:**

- Computer controlled electromagnetic brake with 20 levels of resistance

Power:

- Self-powered Generator System, No External Power & Battery Needed

Console:

- Green LED dot matrix profile, message display with program instructions and LED indicators
- One Touch Program Buttons
- Polar® compatible heart rate receiver and hand held contact heart rate receiver
- English & Metric switch
- Built-in reading rack, towel rack, and accessories holder

Console Feedback:

- Time, Intensity level/ Met level, Calories, Total floors, Floor per minute, Steps per minutes, Watt, Pulse & % Heart rate
- Dot matrix profile display
- Alphanumeric window displays 4 workout data at one time
- Pause Mode with 3 minute Program Saver

Programming Options:

- Manual Mode with Quick Start Option with 20 different intensity levels
- Random Program with unlimited computer generated programs
- Hill Profile programs – Fat burner, Interval and Strength
- Heart Rate Programs – Custom Target Heart Rate program and Heart Rate Interval program
- Constant power program (MET)
- 2 custom programs

Heart Rate Devices:

- Customized Hand Held Pulse Sensor is standard
- Built in Polar® compatible Heart Rate receiver
- Chest Strap is included

Mechanical Construction**Frame:** Weld heavy-duty steel frame**Surface Treatment:** Anti-rust Powder Coating**Side Cases:** High Impact ABS Plastic**Drive Belts:** Poly-V belt**Bearing:** Sealed Ball Bearing in Bottom bracket and other areas**Operating Specs****Operating Resistance Range:**

Step rate Range: 25-130 SPM

Resistance Range: 20 to 700 Watts

Accessories: Water Bottle**Space & Weight:**

Assembled - 36"L x 38"W x 65"H (154lbs)

Shipping - 42.5"L x 18"W x 30"H (165lbs)

User weight capacity - 300lbs.

Warranty - Home**Frame:** Lifetime limited**Brake:** 4 years**Parts & Electronics:** 3 years**Wear Items:** 90 days**Labor:** 1 year**Warranty - Light Institutional****Frame:** Lifetime limited**Brake:** 1 year**Parts & Electronics:** 1 year**Wear Items:** 90 days**Labor:** 1 year

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