



THE

Little Black Book of



DIAMONDBACK
Fitness

2THOUSANDTHIRTEEN

DIAMONDBACK
Fitness





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DIAMONDBACK FITNESS: *2013*



Shown with optional water bottle



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Founded in 1991, Diamondback Fitness reconnected with its cycling roots in 2013 by upgrading components and details throughout its collection with features never before seen in the fitness industry. Quality and value continue to drive the brand while innovation differentiates it from all others. The all-new 910 series of upright bicycles, recumbents and elliptical trainers are the first to feature Apple® docking stations that simultaneously charge and hold iPads, iPhones and iPods in place for easy access to entertainment and training applications during workouts. Details like custom high quality saddles, anodized quick-release levers and cast alloy components give the equipment a high-end appeal that competitors typically hide with plastic.

To further up the ante, Diamondback Fitness introduces this season its first indoor cycle, the **910lc** with computer-controlled resistance technology that emulates riding on hills and offers target heart-rate training options to deliver a more effective, real-world workout. It's ideal for fitness enthusiasts who regularly attend indoor studio classes at the gym and want the motivation and feedback they get from an instructor, and cyclists looking for a bad weather alternative to road rides.

While the technology advancement are exclusive to Diamondback Fitness the price makes it accessible to all. Better pricing, better products and a better experience continue to make Diamondback Fitness the preferred choice for in-home training.





Advantages:

THE UPRIGHT CYCLE

- Designed for a wide range of users, upright cycles are a great choice for those wanting a low-impact workout with a customizable level of aerobic conditioning.
- Upright cycles might be the best choice for those who:
 - have limited space
 - are new to exercise
 - have injured joints, bones or connective tissue
 - have chronic problems, such as arthritis, or stress fractures
 - are very overweight
- Upright cycles offer a full range of adjustability so almost anyone can use them.
- A user's movement is not restricted on a cycle as one can either sit down or stand up as you pedal to exercise different muscle groups.
- Multi-position handlebars allow the rider to pedal while sitting upright, or in a more racer-oriented forward stance.
- The 510Ub and 910Ub upright cycles from Diamondback Fitness offer a durable eddy current braking system. No friction, just a smooth quiet, durable ride!
- If you are an avid cyclist, indoor training on an upright cycle can increase off-season conditioning.
- Upright cycles are generally among the least expensive home fitness equipment options.
- If space is tight, uprights offer the smallest foot print, requiring less space in the home.
- All Diamondback Fitness models include an on-board waterbottle & holder.



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The **510ub** LCD display makes it easy to keep track of your workout with a bright blue LCD display and real-time feedback. An integrated multi-speed fan helps keep you cool while a built in USB port lets you charge most personal electronics. The headphone jack lets you play your mp3 music through the built-in speakers during your workout.

- The 510 series console with mp3 connectivity offers users the ability to broadcast their favorite tunes through the integrated speaker system
- Diamondback Fitness' personal cooling fans lets you vary the fan speed during your workout
- Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use
- Adjustability: tilt the console and handlebar angle for a customized fit
- Target Heart Rate programs and hand grip sensors help keep the workout intensity in the target zone
- QuickSet program keys help you start your favorite workout programs with a single touch
- Scrolling message center guides you through program set up
- Twenty workout programs and 16 levels of resistance provide a wide variety of workouts for all users



510Ub



High-density foam saddle with fore/aft adjustment provides fit and comfort for every rider

Dimensions (assembled)	41" L x 23" W x 58" H
Dimensions (packaged)	39" L x 14" W x 28" H
Product Weight	90 lbs.
User Weight Capacity (lbs)	300 lbs.

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The **910Ub** utilizes a bright blue LCD display for a high contrast view of all your workout information. Built-in Media Center holds your iPad, iPhone or iPod and charges it during your workout. It also holds other mp3 devices, most can be charged via the USB port. The 3.5mm headphone jack offers the ability to play your own music through the built-in speaker system.

- **Adjustability:** tilt the console and adjust the handlebars with cushioned arm rests for a custom fit, added comfort and the perfect console viewing angle
- **Built-in Media Center** with “Made for iPad, iPhone, iPod” docking station allows you to charge your device while you work out
- **On-board speakers & music source input** for your iPad, iPhone, iPod or other mp3 device
- **Multi-speed personal cooling fans** with SmartFan™ feature adjusts the speed based on workout intensity
- **Fold-out magazine rack** holds your favorite magazine during your workout and folds away when not in use
- **QuickSet, one-touch program keys** give instant access to favorite workout programs
- **QuickSet, one-touch resistance keys** let you select or change your workout resistance easily
- **35 workout programs** include heart rate controlled training, custom user programs, fitness test and many others
- **32 levels of resistance** ensure a smooth resistance transition between program intensity levels
- **Multiple heart rate contact sensors** offer heart rate monitoring in any riding position
- **Polar compatible wireless heart rate receiver** allows you to track heart rate without holding on to contact sensors
- **Numeric key pad** offers quick and easy access to entering workout data
- **Micro-pixel scrolling message center** guides you through program set-up



910Ub



Made for

 iPod
  iPhone
  iPad



Dimensions (assembled) 39" L x 23" W x 58" H

Dimensions (packaged) 39" L x 14" W x 28" H

Product Weight 108 lbs.

User Weight Capacity (lbs) 325 lbs.

Waterbottle not included



Advantages:

THE INDOOR CYCLE

- Designed for indoor studio cycling enthusiasts and cyclists looking for a bad weather alternative to outdoor road rides.
- Heavier 40 lb flywheel allows users to build up momentum and recreate the high rpm training techniques used by outdoor cyclists.
- Adjustability is a key factor in the overall design. Indoor cycles must have up/down and fore/aft adjustments on the seats and handlebars so each user can “set up” the cycle for their specific body size. “Lever” style handles makes it easier to loosen and tighten critical adjustments.
- Heavy duty pedal cranks give you the performance needed for high intensity workouts.
- Training techniques include high rpm speeds while seated, alternating with lower rpm sections and high resistance levels, similar to standing on a road bike when going up steep inclines.
- Multi-position handlebars let you use a variety of body positions while training to help work different muscle groups.
- Motivation and challenge are keys to a successful workout program on an indoor cycle. The 910lc indoor cycle provides you with preprogrammed riding courses, automatic resistance changes, real-time feedback regarding miles traveled, calories burned, speed and time.
- Self generating electronic resistance system means you can use the 910lc indoor cycle in your home or out on your back deck or patio.
- Wireless heart rate controlled resistance allows you to train effectively by staying at your target heart rate throughout the workout program.



Waterbottle not included



The **510lc** bright blue and yellow LCD display makes it easy to keep track of your workout with highly visible real-time feedback. A built-in water bottle and holder give you easy access during a workout along with a storage compartment for your iPod or mp3 player.

- Self-generating power system with 110v power adapter back up
- Computer controlled resistance takes the guess work out of your workout. Instead of turning knobs, the 510lc's computer sets the resistance level consistently. It also provides you with the motivation and feedback to help you reach your fitness goals
- 32 lb flywheel for smooth pedaling action
- 16 levels of resistance insure a smooth resistance transition between program intensity levels
- 18 workout programs: 8 preset programs, 4 heart rate controlled programs, Manual and Custom User settings
- Fore/aft seat and handlebar adjustments
- Heavy duty steel frame
- Multi-position handlebars with built in waterbottle cage, premium water bottle and storage compartment
- Custom graphics only available on a Diamondback Fitness product



510lc

Multi-position handlebar, integrated waterbottle cage & accessory storage. Waterbottle sold separately



Dimensions (assembled) 42" L x 23" W x 46" H

Dimensions (packaged) 45" L x 15" W x 35" H

Product Weight 126 lbs.

User Weight Capacity (lbs) 300 lbs.

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The **910lc** bright blue and yellow LCD display makes it easy to keep track of your workout with highly visible real-time feedback. A built-in water bottle and holder give you easy access during a workout along with a storage compartment for your iPod or mp3 player.

- Self-generating power system with 110v power adapter back up
- Computer controlled resistance to simulate studio class workouts or outdoor training
- 40 lb flywheel for smooth pedaling action
- 32 levels of resistance insure a smooth resistance transition between program intensity levels
- 18 workout programs: 12 preset programs, 4 heart rate controlled programs, Manual and Custom User settings
- Polar compatible wireless heart rate receiver
- Fore/aft seat and handlebar adjustments
- Heavy duty steel frame
- Multi-position handlebars with built in waterbottle cage, premium water bottle and storage compartment
- Custom graphics only available on a Diamondback Fitness product



910lc

Multi-position handlebar, integrated
waterbottle cage & accessory storage
Note: Waterbottle sold separately



Dimensions (assembled)	42" L x 23" W x 46" H
Dimensions (packaged)	45" L x 15" W x 35" H
Product Weight	152 lbs.
User Weight Capacity (lbs)	325 lbs.



Advantages:

THE RECUMBENT CYCLE

- Designed for a wide range of users, recumbent cycles are a great choice for those wanting a low-impact workout and prefer a full-sized seat and relaxed pose. Often, persons unable to tolerate an upright cycle seat find the more-supportive recumbent seats an ideal solution.
- Recumbent cycles offer effective aerobic workouts for persons at both ends of the fitness spectrum. Beyond traditional fitness goals, recumbent cycles can offer therapeutic advantages for:
 - those suffering from chronic pain
 - anyone with joint or connective tissue injuries
 - persons suffering from chronic arthritis or stress fractures
 - pregnant women
- With a wide range of adjustability, almost anyone can work out effectively in the recumbent position.
- The step-through design and chair-height seat of the Diamondback Fitness recumbents offer easy ingress and egress.
- Adjustable handlebars and seat back provide the rider with a customized fit for enhanced comfort.
- The 510Sr and 910Sr recumbent models from Diamondback Fitness offer a durable eddy current braking system. No friction brakes or giant fans!
- Cycling in a reclined position works the gluteal/thigh muscle group more than upright cycles.
- All Diamondback Fitness models include an on-board waterbottle & holder.



Custom fit your ride with quick-adjust fore/ aft positioning and up/down adjustment with lumbar support

Made for
 iPod iPhone iPad
 Available on 910sr model



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The **510Sr** LCD display makes it easy to keep track of your workout with a bright blue LCD display and real-time feedback. An integrated multi-speed fan helps keep you cool while a built-in USB port lets you charge most personal electronics. The headphone jack lets you play your mp3 music through the built-in speakers during your workout.

- The 510 series console with mp3 connectivity offers users the ability to broadcast their favorite tunes through the integrated speaker system
- Diamondback Fitness' personal cooling fans allow you to vary the fan speed during your workout
- Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use
- Adjustability: tilt the console and handlebar angle for a customized fit
- Target heart rate programs and hand grip sensors help keep the workout intensity in the target zone
- QuickSet program keys help you start your favorite workout programs with a single touch
- Scrolling message center guides you through program set-up
- 20 workout programs and 16 levels of resistance provide a wide variety of workouts for all users



510Sr



Custom fit your ride with quick-adjust fore/aft positioning and up/down adjustment with lumbar support



Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use



Dimensions (assembled) 64" L x 23" W x 50" H

Dimensions (packaged) 67" L x 13" W x 31" H

Product Weight 125 lbs.

User Weight Capacity (lbs) 300 lbs.

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The **910Sr** utilizes a bright blue LCD display for a high contrast view of all your workout information. Built-in Media Center holds your iPad, iPhone or iPod and charges it during your workout. It also holds other mp3 devices, most can be charged via the USB port. The 3.5mm headphone jack offers the ability to play your own music through the built-in speaker system.

- Adjustability: tilt the console and adjust the handlebars with cushioned arm rests for a custom fit, added comfort and the perfect console viewing angle
- Built-in Media Center with “Made for iPad, iPhone, iPod” docking station allows you to charge your device while you work out
- On-board speakers and music source input for your iPad, iPhone, iPod or other mp3 device
- Multi-speed personal cooling fans with SmartFan™ feature adjusts the speed based on workout intensity
- Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use.
- QuickSet, one touch program keys give you instant access to your favorite workout programs
- QuickSet, one touch resistance keys let you select or change your workout resistance easily
- 35 Workout programs include heart rate controlled training, custom user programs, fitness test and many others
- 32 levels of resistance ensure a smooth resistance transition between program intensity levels
- Multiple heart rate contact sensors offer heart rate monitoring in any riding position
- Polar compatible wireless heart rate receiver allows you to track heart rate without holding on to contact sensors
- Numeric key pad offers quick and easy access to entering workout data
- Micro-pixel scrolling message center guides you through program set-up



910Sr



Fold-out magazine rack holds your favorite magazine during your workout and folds away when not in use



Made for
 iPod iPhone iPad



Dimensions (assembled)	64" L x 23" W x 50" H
Dimensions (packaged)	67" L x 13" W x 31" H
Product Weight	152 lbs.
User Weight Capacity (lbs)	325 lbs.



WARRANTY

2013 Diamondback Fitness Warranty Guidelines

	Home Use
Model:	510Ub 910Ub 510Sr 910Sr 910lc 510lc
Frame:	limited lifetime
Brake:	limited lifetime
Parts & Electronics:	3 years
Labor:	1 year
Wear Items:	90 days



CONTACT INFORMATION

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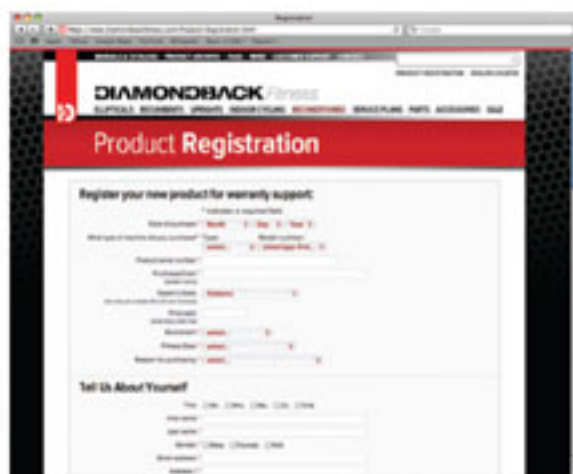


ONLINE REGISTRATION

Register your DIAMONDBACK product online quickly and simply to insure maximum enjoyment of your purchase.



Why Its Important To Register Your DIAMONDBACK Products



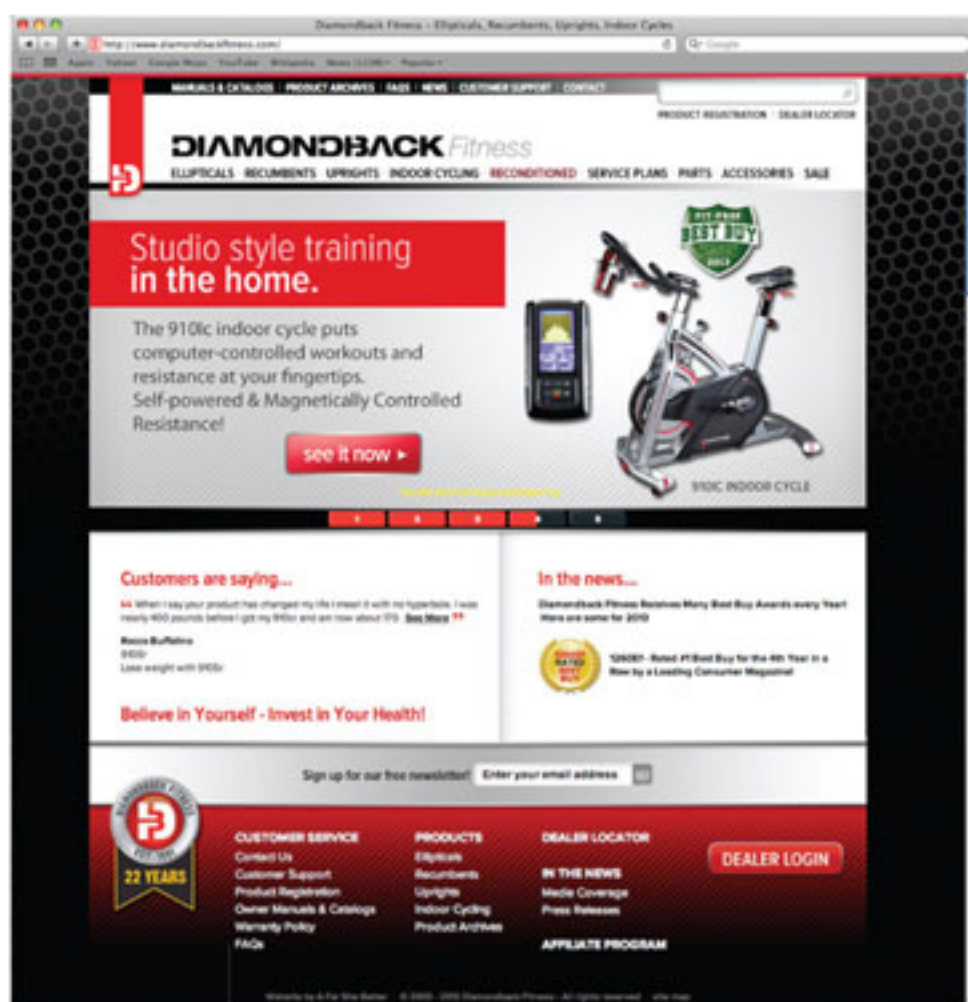
First, to ensure you can take full advantage of DIAMONDBACK's manufacturer warranty. Second, occasionally manufacturers have some sort of recall. If you are registered as an owner of one of a recalled product, DIAMONDBACK can easily contact you.

Lastly, If something breaks or is recalled, we will have all of your information and proof of purchase in our database. This will allow us to send you new parts or provide service instructions to keep your DIAMONDBACK product operating correctly and safely at all times.



ONLINE INFORMATION

Online product information, videos, parts diagrams and much more are all available within a few clicks on the DIAMONDBACK Fitness Website. Be sure to check back frequently for the latest product releases and to learn more about maximizing your health and fitness.



Quick links to DIAMONDBACK Fitness product user manuals and technical information is a click away.



Be sure to watch our videos on YouTube and Like Us on Facebook. Sharing your experiences about DIAMONDBACK Fitness is one easy step in making the world a healthier place to live.



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