



DIAMONDBACK
Fitness

PRODUCT GUIDE



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DIAMONDBACK FITNESS: 2014

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Founded in 1991, Diamondback Fitness brings elements of its rich cycling history into the design and functionality of their Fitness Equipment. This means attention to Quality, Detail, and Comfort. Quality and value are what drives our brand and differentiates us from all of the others.

Diamondback uses high quality interior components that keep your bike working for many years. Details like the custom, high-end seat saddles, anodized quick release levers, and cast alloy components. Comfort features like High Back Mesh Seating with height adjustability on our recumbent bikes, Adjustable Handlebars on our upright and indoor cycles, and incline ramp features on our elliptical, all to make you enjoy your workouts that much more!

Better pricing, better products, and a better overall experience continue to make Diamondback Fitness the preferred choice for in-home training enthusiasts.

For 2014, the 510ic indoor cycle and the 1260ef elliptical are both rated a 'Best Buy' from a leading consumer magazine publication.



Shown with optional water bottle





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 products include a water bottle holder.



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510Ub

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



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** 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.

- 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 docking station allows you to charge your device while you work out
- On-board speakers & music source input for your 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



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



510lc

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



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 holder gives you easy access to water during a workout.

- Powered by a 110v power adapter.
- 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 water bottle cage.
- Custom graphics only available on a Diamondback Fitness product

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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910iC

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



The **910iC** bright blue and yellow LCD display makes it easy to keep track of your workout with highly visible real-time feedback. A built-in waterbottle holder gives you easy access to water during a workout.

- 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
- Custom graphics only available on a Diamondback Fitness product

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 RECURBENT 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





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

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
- 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



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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910Sr

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



The **910Sr** 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.

- 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 docking station allows you to charge your device while you work out
- On-board speakers and music source input for mp3 devices
- 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



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.



Advantages:

ELLIPTICALS

- Ellipticals are an excellent alternative to treadmills, offering the benefits of a low-impact workout while providing exercise movements to both the upper and lower body. In fact, there is no other fitness equipment that simultaneously works as many muscle groups.
- Ellipticals offer a workout that utilizes the quadriceps, hamstrings, glutes, chest, back, triceps and biceps. The obvious benefit from exercising more muscles is that you also optimize your energy expenditure while toning your body. And, you end up burning more calories and fat in less time.
- Your feet are firmly planted in the pedals and the feeling is similar to walking in mid-air. Additionally most machines are designed without reverse action.
- The shape of the elliptical movement is natural with the path of the ankle, knee and hip joints while walking, jogging or running. In contrast to running on hard surface, ellipticals do not jolt the body or back with each step.
- Ellipticals are a weight bearing exercise, which is beneficial to inhibit the onset of osteoporosis. Ellipticals put less stress on the joints and can be a great option for those whom are wanting to get a great whole body workout, while minimizing the strain through an elliptical motion.
- Diamondback elliptical trainers are equipped with articulating foot pedals designed to conform to your stride. Not only do your feet never leave the pedal, but also the pedal adjusts to the angle of the elliptical stride.
- What makes an elliptical trainer unique is the combined upper and lower body workout. In fact, there is no other fitness equipment that simultaneously works as many muscle groups. That is why many refer to an elliptical as a cross-trainer.



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The **1260ef** Elliptical Trainer offers focused, full body, efficient and effective cross training at home on an ergonomic, technologically advanced piece of equipment built with Diamondback's long history of quality products.

Enjoy up to 20 levels of resistance from basic training up to truly challenging workouts on a smooth magnetically controlled braking system that offers low impact comfort on knees and joints usually stressed by walking or running.

This all in one package sculpts and tones your body while deeply engaging your cardiovascular system and firing up your natural metabolism for ongoing calorie burn long after your workout is done. An easy to use program display allows you to quickly select and monitor your fitness goal for the day and multiple console data displays including a built in heart rate monitor gives you real time feedback of your effort.

Key Features Include:

- Five classic programs with Quick Start option: manual, random cross, interval, hill climb, and sprint
- Five heart rate interactive programs: target heart rate, heart rate interval, fat burner, heart rate hill, and cardio
- Three cross-training programs: glute burner, quad builder, and total trainer
- Electronically controlled magnetic brake with 20 levels of resistance
- Green LED dot matrix profile
- Alphanumeric message display with program instructions
- Four data display windows with individual select button for each data group
- Easy-to-select program buttons with LED indicators
- Integrated reading rack
- Workout summary displays total time of workout, calories, distance, maximum



1260Ef



5 Years in a Row!

Manufacturer's Warranty on the 1260Ef Elliptical Machine:

Frame - limited lifetime, brake - limited lifetime, parts and electronics - 3 years, labor - 1 year, wear items - 90 days

Dimensions (assembled)	69.5" L x 27.5" W x 65" H
Dimensions (packaged)	75" L x 23" W x 42" H
Product Weight	245 lbs.
User Weight Capacity (lbs)	300 lbs.

*Advantages:*

ROWERS

- Rower machines are excellent for burning calories. With a complete rowing workout, you can burn upwards of 800 calories per hour and unlike other cardio workouts, which place focus more on the front of the body muscles, rowers gives you an complete whole body workout. a rowing machine is a very effective way to raise your heart rate and give you a good overall aerobic workout
- It strengthens and conditions most major muscle groups in the upper & lower body and is virtually impact free. You work your arms by pulling the handle with your legs pushing the footrest. At the same time, you keep your back firm and core tight. Rowing is also working out the abs, pecs and biceps
- In contrast to treadmills, where your heart generally only pumps blood to your legs a rowing machine workout is a great cardio workout plain and simple. Minute per minute in use, a rower compared to other exercise equipment utilizes several large muscle groups in unison which will help you reach your fitness goals quickly
- Rowing machines provide a natural fluid movement while seated comfortably and close to the floor. This offers less stress overall to the body and joints, in comparison to high impact exercise equipment, or the strain of lifting weights





910R

Designed to provide an authentic on-the-water feel, the DiamondBack 910R rower is the preferred choice for both novice and experienced rowers. By incorporating both air-resistance and magnetic resistance, the experience is a smooth and infinitely-adjustable for every user.



The 910R offers an on-board computer console to provide feedback as well as motivation which helps to keep the workout sessions focused and interesting. Strokes-per-minute, Time, Distance, Calories, Total Strokes and Heart Rate* are constantly monitored for real-time feedback. With the press a button, the 910R launches one of nineteen pre-programmed workouts, including Heart Rate Control, Race and Recovery/Fitness Test. Or, if preferred, the user can keep it simple with the Manual program by selecting one of the sixteen resistance levels on the fly.

Durability is ensured with an all-steel support frame, extruded aluminum seat rail and injection molded ABS housings. To keep the 910R looking great, commercial powder coatings have been applied the steel components and the aluminum rail is anodized. Ball bearings are employed throughout to increase longevity of the unit and serve as only one reason DiamondBack is able to offer a Lifetime/3-Year** warranty.

Other 910R Rower details include customized fit through the adjustable console arm, tilting console and articulating foot beds. The space-saving design allows easy fold-up and mobility via the quick-release function and transport wheels.

Key Features of the 910R Rower

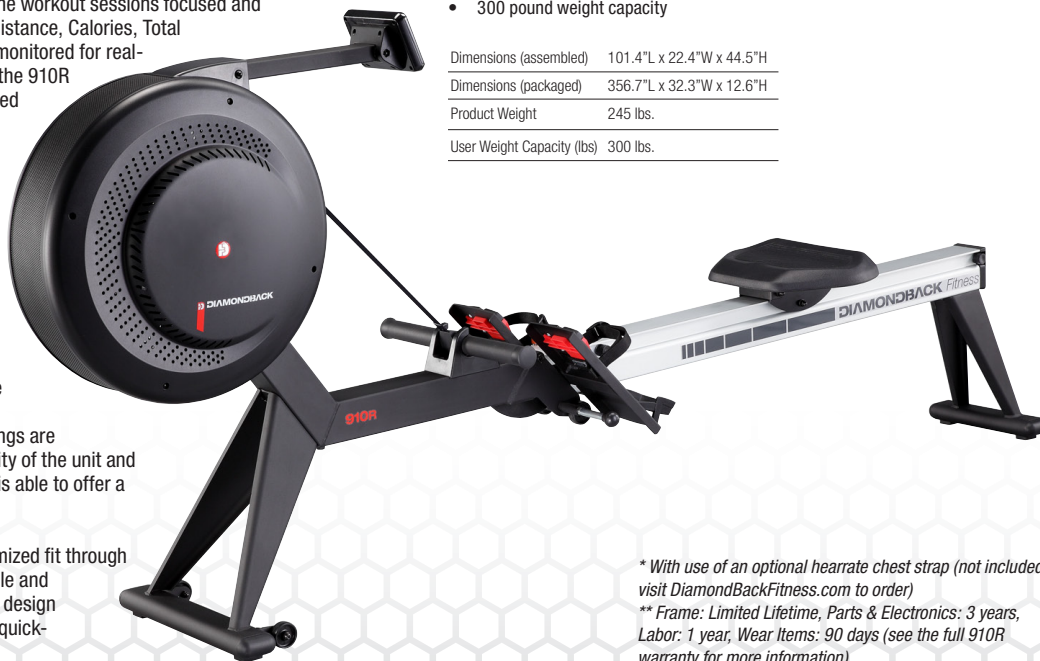
- Air and magnetic resistance for a superior rowing experience
- MIG-welded high tensile steel support frame
- Commercial-gauge extruded aluminum seat rail
- Fully-featured 910R display console provides real-time feedback.
- 16 resistance levels
- Folding design and integrated castors offer easy storage
- Articulating footbeds allow natural body motion
- Minor assembly required
- 300 pound weight capacity

Dimensions (assembled) 101.4"L x 22.4"W x 44.5"H

Dimensions (packaged) 356.7"L x 32.3"W x 12.6"H

Product Weight 245 lbs.

User Weight Capacity (lbs) 300 lbs.



* With use of an optional hearrate chest strap (not included; visit DiamondBackFitness.com to order)

** Frame: Limited Lifetime, Parts & Electronics: 3 years, Labor: 1 year, Wear Items: 90 days (see the full 910R warranty for more information)



WARRANTY

2014 Diamondback Fitness Warranty Guidelines

	Home Use
Model:	510Ub
	910Ub
	510Sr
	910Sr
	910lc
	510lc
	1260Ef 910R
Frame:	limited lifetime
Brake:	limited lifetime
Parts & Electronics:	3 years
Labor:	1 year
Wear Items:	90 days

CONTACT INFORMATION

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Website: www.diamondbackfitness.com

Diamondback Fitness is proud to be part of the LifeCORE family of fitness product companies. Be sure to check out www.lifecorefitness.com to learn more about the complete range of exercise equipment available to help you reach your fitness goals.

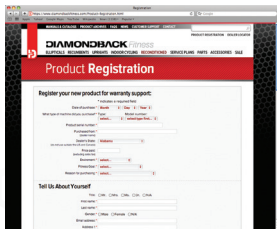


ONLINE REGISTRATION

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



Why Its Important To Register Your DIAMONDBACK Products

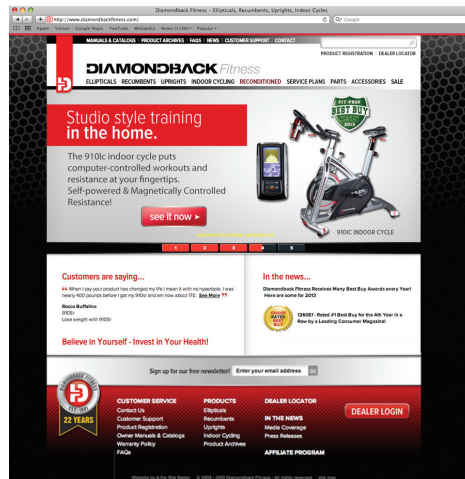


First, to ensure you can take full advantage of DIAMONDBACK's manufacturer warranty. Second, occasionally manufacturers have some sort of recall. If you are registered as an owner of one of a recalled product, DIAMONDBACK can easily contact you.

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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