

Purchaser's Reference Information

IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

Product Name: Diamondback 1000Sr Step-Thru

Serial Number: T _____

To Activate Warranty:

1. REGISTER YOUR WARRANTY AT www.diamondbackfitness.com OR
2. COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDBACK WITHIN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANUFACTURER'S WARRANTY.

Serial Number Location



Serial Number Sticker

Dealer Name: _____

Dealer Address: _____

Dealer Telephone Number: (____) _____

Dealer Contact Name: _____

Date Purchased: _____

Shipping Materials:

Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.

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Introduction

Congratulations on the purchase of your new cardio equipment from Diamondback. You have made a smart choice. You are about to experience one of the most effective and technically advanced methods of cardiovascular exercise available today.

Diamondback Fitness was founded as a brand extension of the legendary 30-year Diamondback bicycle division. The evolution of bicycles to home gyms for cross-training purposes and to stay fit in inclement weather was a natural. Diamondback Fitness, known for delivering feature-packed, high-value equipment, has grown to a full line of cardio equipment including treadmills, ellipticals and stepper, as well as bikes, including innovative step-thru recumbents.

You can count on your Diamondback equipment to provide years of pleasure and improvement in your fitness level. The solid construction and techno-savvy electronics are guaranteed to provide you with the ultimate workout experience.

For more information or questions regarding your equipment, please go to our website at www.diamondbackfitness.com. Or contact us:

Diamondback Fitness
c/o Raleigh America, Inc.
6004 S. 190th Street, Suite 101
Kent, WA 98032
Ph: 800.776.7642

Safety Instructions and Warnings

This unit 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 THIS PRODUCT.**

CAUTION - FOR SAFE OPERATION

1. Keep your hands and feet away from all moving parts and pinch points. See Figure A for possible pinch points.
2. Before beginning any exercise program, 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 any 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 your physician before continue your exercise.
6. Always drink fluids if you exercise for twenty or more minutes.



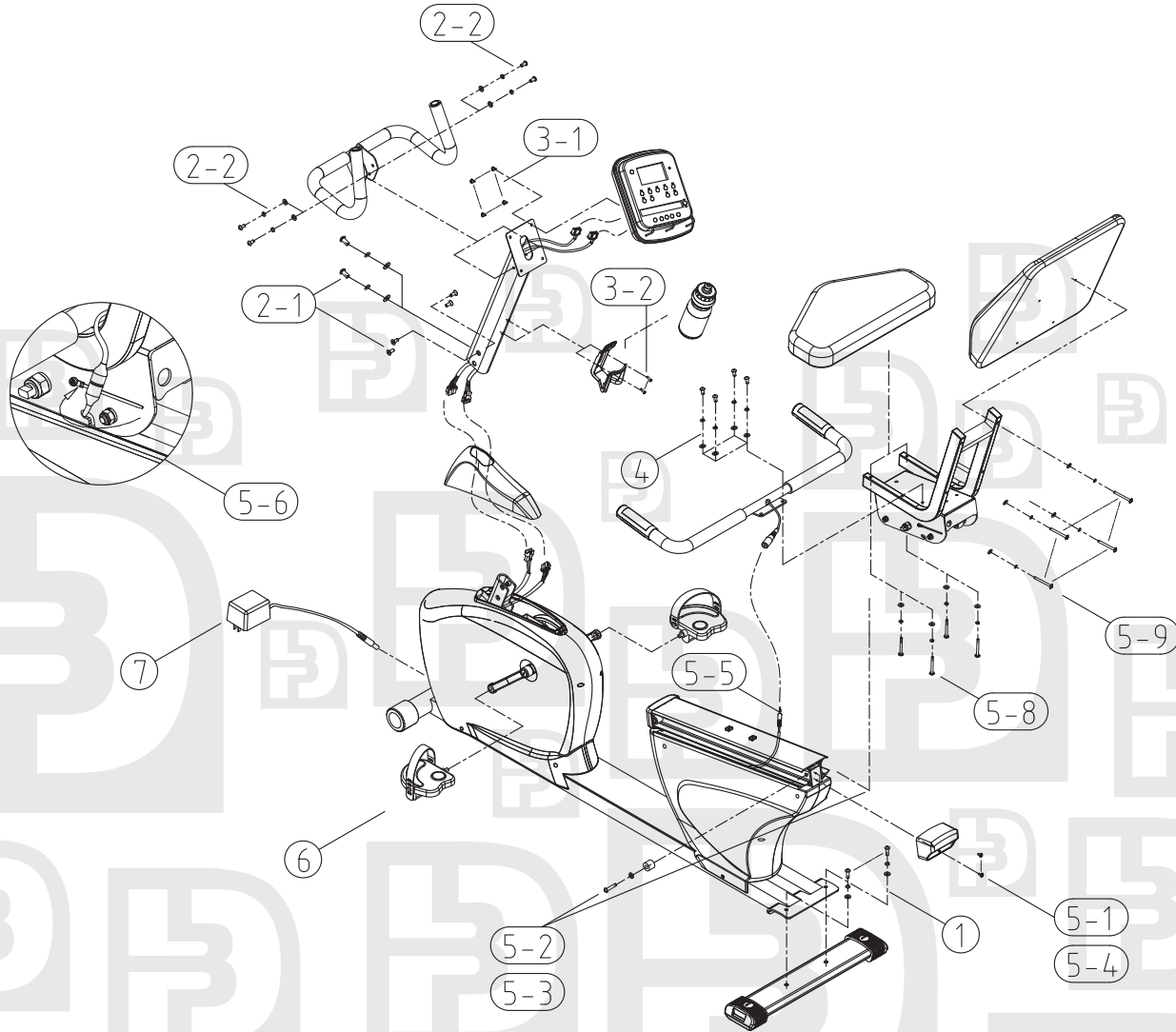
Figure A: Possible Pinch Points on 1000Sr

WARNING - TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

1. To ensure proper functioning of your 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.
5. User weight is not to exceed 325 lbs/148 kilograms on the 1000Sr.
6. Keep children away from 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 unit in an area that will meet minimum clearance requirements:
 - Front, Back & Sides: 4 feet/30cm
8. Keep this 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. This unit is intended for indoor use in the home environment only. It is not intended for outdoor use.
10. Drink fluids if you exercise for twenty or more minutes.
11. Place the unit on a solid, level surface when in use.
12. Never operate the unit if it is damaged or broken. Contact your local authorized Diamondback Fitness dealer for service.
13. Make sure all components are fastened securely (i.e. seat post, saddle, handlebars, pedals) at all times.

SAVE THESE INSTRUCTIONS FOR YOUR REFERENCE.

Asseby Drawing



Assembly Instructions

Tools Required:

- 5mm Allen key wrench (included)
- 6mm Allen key wrench (included)
- Phillips head screwdriver
- Two open-ended adjustable wrenches for seat slide adjustment.

The assembly drawing on the preceding page highlights each step for easy identification. Bolts, screws, and washers in the included hardware kit are arranged according to each step below.

Step 1: Rear Stabilizer Bar

Place rear stabilizer bar onto the rear of the frame as illustrated and align the bolt holes. Insert and tighten the two M8 x 25mm bolts, making sure to include a flat and split lock washer on each bolt.

Step 2: Console Mast & Handlebar

2-1. Install the console mast:

- a. Slide console mast cover onto bottom of console mast.
- b. Connect both the main wire harness and the hand pulse harness in the main frame to the two wire harnesses in the bottom of the console mast. Each plug is keyed to fit in only one direction; do not try to force the plugs into the sockets as this may bend the pins.
- c. Install the console mast by sliding it over the receptor in the main frame, making sure to tuck the extra wire from the wiring harness into the mast to prevent it from getting crushed. Insert and tighten two round head M8 bolts into the front of the mast. Make sure to include flat washers on each of the bolts.
- d. Insert and tighten four M8 x 16mm flat head bolts into the side of the mast.
- e. Snap console mast cover into top of sidecase.

2-2. Fasten the handlebar on to the console mast by sliding the bracket in the middle of the handlebar over the bolt holes in the console mast. Be careful not to move the bracket around too much on the mast to avoid scratching the mast. Secure the handlebar to the mast with the four round head M8 x 16mm bolts, making sure to include a flat and split lock washer on each bolt.

Step 3: Console & Bottle Holder

- 3-1. Connect the plugs from the main wiring harness and hand pulse harness to the sockets on the backside of the console circuit board. Each plug is keyed to fit in only one direction- do not try to force the plug into the socket as this may bend the pins. Then, fasten the console to the console mast with four M5 x 12mm screws.
- 3-2. Place the bottle holder on the console mast. Insert and tighten two M5 x 12mm screws. Insert the water bottle into the bottle holder.

Step 4: Rear Handlebar

Install the rear handlebar onto the seat frame. Insert and tighten the four M8x16mm bolts, making sure to include a flat and split lock washer on each bolt.

Step 5: Seat & Seat Back

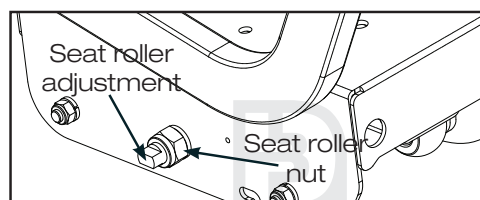
- 5-1. Undo the two screws holding the plastic rear endcap to the back of the seat track. Slide the endcap off the seat track.
- 5-2. Undo the bolt holding the seat bumper to the side of the seat track. Remove the seat bumper.

Assembly Instructions (Continued)

Then, slide the entire seat frame into the rear end of the seat track channel while holding the seat frame adjusting handle up, making sure the three rollers on each side of the seat frame assembly are inside the channel. Then, release the adjusting handle to lock the seat frame in position.

- 5-3. Replace the seat bumper and re-tighten the bolt.
- 5-4. Replace the rear endcap and re-tighten the two screws.
- 5-5. Connect the plug from the hand pulse wiring harness on the seat handlebar to the jack on the retracting cable hanging out of the sidecase.
- 5-6. Pull the harness thru the L-shaped slot in the seat frame and secure it onto the side of the seat frame using the included nylon zip tie (see illustration 5-6 in assembly drawing).
- 5-7. Tighten the seat frame on to the seat track so that it does not “wobble” side to side. This can be done by adjusting the middle seat rollers on each side of the seat frame as shown in the picture below.

- a. Find the middle seat roller adjustment on the right side of the seat frame (under the seat) as shown in the picture.
- b. While using an open-end wrench to hold the adjustment knob, loosen the seat roller nut by turning it counter-clockwise with a second open-end wrench.
- c. Tighten the seat frame into the seat track by turning the adjustment knob clockwise. Do not overtighten as this may prevent the seat from sliding along the track.
- d. Hold the adjustment knob in position with one wrench while you re-tighten the seat roller nut with the second wrench.
- e. Repeat steps a-d above with the middle seat roller adjustment on the left side of the seat frame



The seat should now slide easily along the seat track without “wobbling” side to side.

Note: The middle seat rollers may need to be readjusted periodically as they wear.

- 5-8. Install seat pad on the seat frame using the four M6 x 60mm screws, making sure to include a flat and split lock washer on each bolt.
- 5-9. Install seat back pad on the seat frame using the four M6 x 15mm screws, making sure to include a flat and split lock washer on each bolt.

Step 6: Pedal Assembly

Use a 15mm or adjustable open-end wrench to firmly tighten the pedals to the cranks. 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 that the left pedal will thread counter-clockwise.

Note: Pedals should be re-tightened after the first 10 hours of use as they may become loose until they have fully seated to the crank.

Step 7: Power Adapter

- 7-1. Plug DC adapter into the power jack located on the front of the unit near the bottom.
- 7-2. Plug the adapter into a power outlet.

Workout Guidelines

Good health is an exercise in common sense

The Surgeon General released a 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.

$$\text{BMI} = (\text{weight (lb)} / \text{height}^2 \text{ (in)}) \times 703$$

Height in Feet and Inches	Weight in Pounds													
	120	130	140	150	160	170	180	190	200	210	220	230	240	250
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

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

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 1000Sr is designed to include heart rate monitoring features.

Workout Guidelines (Continued)

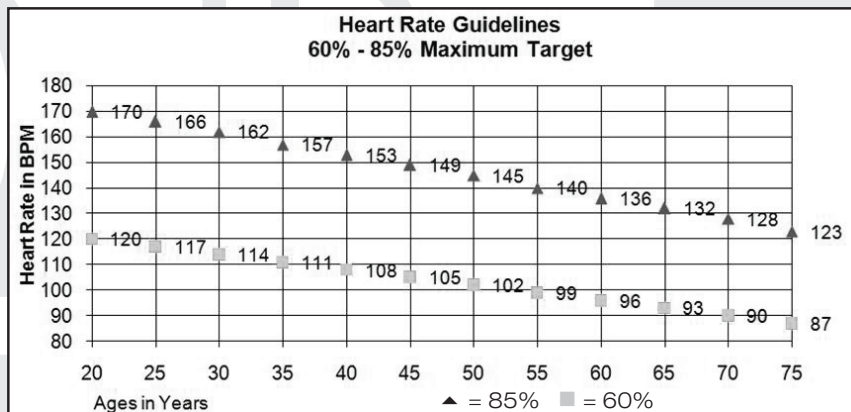
If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

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 1000Sr is 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 exercise 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.

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



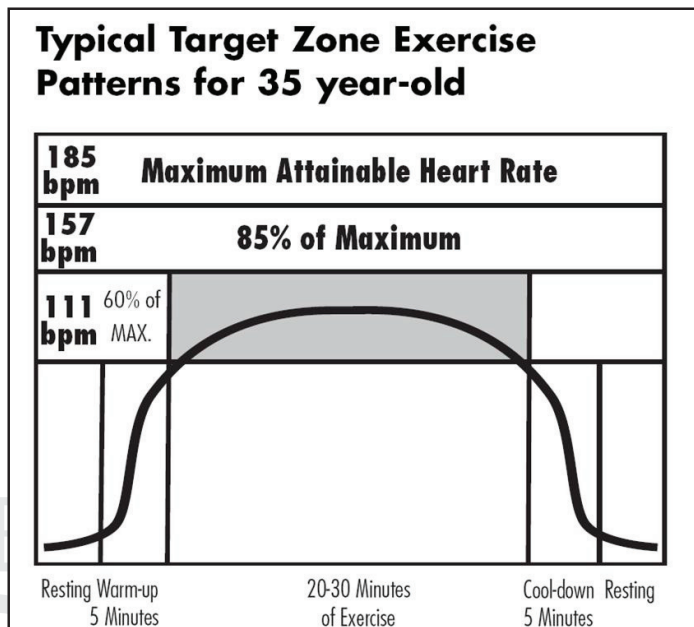
Quantity & Quality

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:

Workout Guidelines (Continued)

- 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 & Console

Heart Rate Monitoring Device

Pulse Hand Grips (Standard)

The 1000Sr unit is heart rate controlled and comes 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 1000Sr is equipped 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 nearby, such as TV, Radio...)

The receiver of the wireless ECG system is built into the console unit of the Diamondback 1000Sr equipments. While using heart rate control modes, the computer monitors the exact measurement of and control over the activity if 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.)

Console

Glossary of Terms

- Idle mode = Console is reset and waiting for an entry. The message display window will flash a message of "Select a program".
- LED = the lights on the face of the console.

Console

- Watts = the rate of energy currently being expended.
- Work = the amount of energy expended during exercise.
- Intensity level = the resistance provided by this Step-Thru. The resistance gradually increases as the level goes up.

Default User

This console requires a user to be selected when entering a program. It has a default user built in in case you have not created one with the following information saved in:

- Age = 35 years
- Weight = 155 lb or 70kg for Metric system
- Time = 30 minutes; Segment time = 30/16 minutes.
- Warm Up and Cool Down Time = 3 Min.

The age, weight and workout time can be modified when entering the program, but it will be reset to the above values at the end of the program.

Operating Tips

This console is designed to prompt instructional messages during each phase of a program to guide you through the setup, the executing as well the ending. Follow these instructions, you will find that they are extremely helpful and this console is very simple to use.

- **Power On and Off:** when the AC Adapter is plugged into the unit, it automatically turns on. In 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" 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, simply start pedaling.
- **Save a program:** To save a program during anytime during a program into Custom 1, press and hold Custom 1 key for 2 seconds. To save a program into Custom 2, press and hold Custom 2 key for 2 seconds. When the program is saved successfully, the message display will display the message of "PROGRAM SAVED". By saving a program, the intensity profile of this program, including the changes to each of the segments will be saved into the selected Custom program.
- **Switching a program:** The user may switch from current operating program to another program 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 any program key is pressed during a program-executing mode, Cool Down mode or workout summary mode it will enter program-switching mode. The message display will

Console

flash the new program's name.

- » If Enter key is pressed, it will enter this program setup mode. The message display will prompt the next setting message.
- » If Start key is pressed, the new program will begin, but Warm Up mode will be skipped.
- » If 3 seconds passes and no other key is pressed, the program will resume back to previous activities.

* Switching a program is not available during Warm Up mode.

- **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 immediately without Warm up. The age and weight will remain the same as previous program; the calories and distance will continue accumulating.

- **Intensity adjustment:** During a 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 message display will show "INTENSITY = 1" to indicate the current level and updates accordingly.

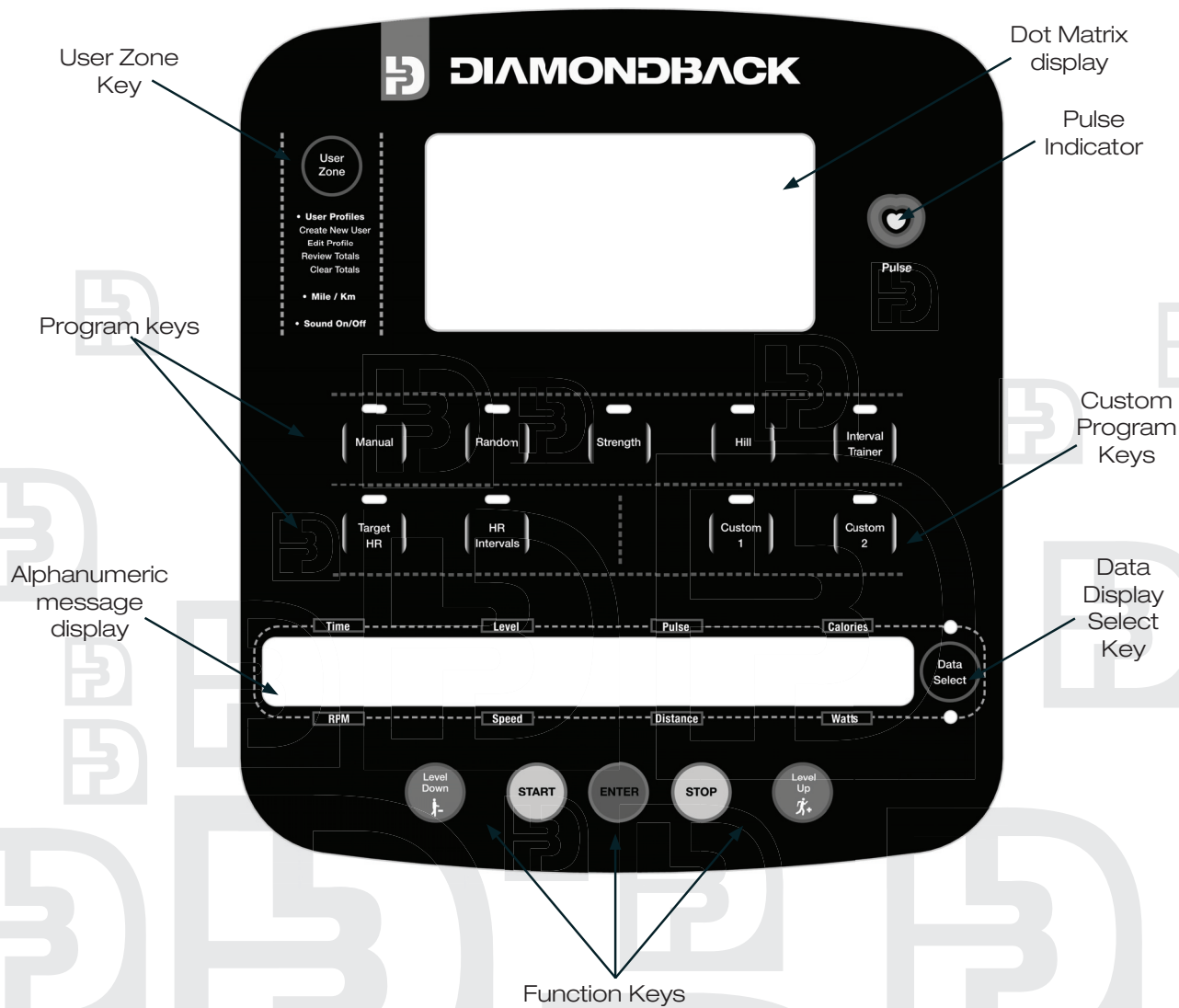
- **% MAX HR: Age / (220 minus age).**

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 Step-Thru bike is equipped with a safety warning message.

* If your heart rate reaches 95% of max or goes over, the message display will display "WARNING" & "HR TOO HIGH". It will also beep twice.

* If your heart rate stays at or over 95% of max it will repeat the warning every 3 minutes.

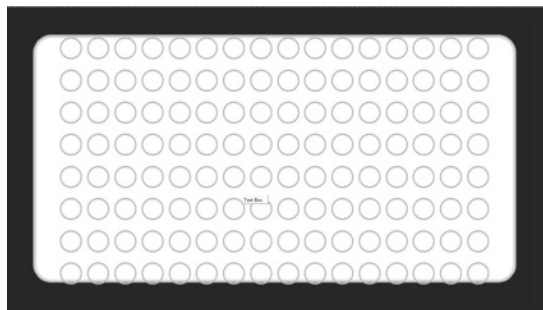
Console Layout



Console Layout (Continued)

Displays

A. Dot Matrix Display



- It displays the program profile during the program setup and executing modes.
 - Displays the Intensity profile.
 - Displays the % Max HR profile during the HR interactive programs.
- Profile definitions:
 - Intensity profile – The LED represents the resistance level 1- 16; the higher LED lights up, the higher resistance it is on. The LED will blink to indicate the current workout segment.
 - % Max HR profile – For heart rate interactive programs the LED represents the % Max HR: 0-100%.

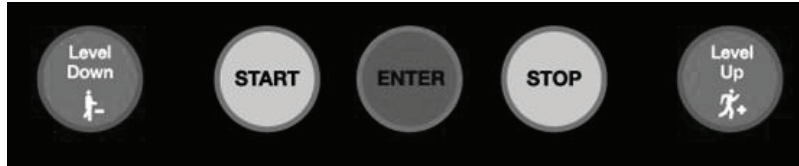
B. Message/Workout data Display



- During a program setup, this display will scroll messages to guide you through the setup process.
- During workout, it also acts as a data display window and displays four types of workout data at the same time. As soon as the program is started it will display Time, Resistance Level, Pulse and Calories. You may press the "Data Select" key to the right of the display to view the RPM, Speed, Distance and Watts. Use the "Data Select" key to switch back and forth between the two sets of data that can be displayed.

Console Layout (Continued)

Function Keys



A. Level Up/Down Keys

1. During program setup, press “Level Up/Down key” to select a user and to adjust the workout time.
2. After a program is started, press “Level Up/Down key” to adjust the intensity level or HR setting.

B. Enter Key

1. After program selecting, press “Enter” to accept the program and enter its setup mode.
2. After selecting user or adjusting age, weight... press “Enter” key to accept your entry.

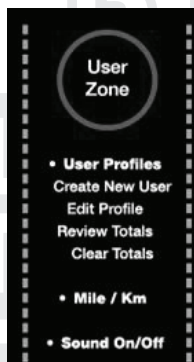
C. Start Key

1. During Warm Up, press “Start” to bypass the Warm up and start program immediately.
2. Press “Start” to re-start a program during Cool Down or Workout Summary mode.

D. Stop Key

1. Press and hold “Stop” key for 2 seconds to reset the console at anytime.
2. Press “Stop” to end program early and enter Cool Down.
3. Press “Stop” to enter workout summary during Cool Down.
4. Press “Stop” to reset the console back to Idle Mode during Workout Summary.

User Zone



User Zone allows for personal information to be entered into a profile and saves that information into the console. Two different user profiles can be saved. Each profile's information can be recalled when setting up a program so that age, weight and other program set up information does not have to be entered upon setting a new program.

The User Profile will store the total calories, distance and workout time for all of that user's workouts. All of the personal information can be reviewed, edited and reset at anytime thru the User Zone menu.

It allows the measuring units to be switched between English and Metric. It also allows the beeper to be turned on and off as desired.

A. Create/Delete User

On this console you can create up to two users. Each open space to create your profile will be identified as User 1 and User 2.

Console Layout (Continued)

1. Press the **USER ZONE** key.
2. The message **“SELECT FUNCTION”** will be flashed in the message display then the message **“USER SETUP”** will come up next. Press the **ENTER** key when the User Setup message is in the message display.
3. The message **“USER 1”** will come up. Press the **ENTER** key.
Note: If a user was created already the user's name will come up instead. Use the **UP** or **DOWN** keys to find an open space.
4. The message **“CREATE NEW USER”** will then be displayed. Press the **ENTER** key.
Note: If there has been a user already created there will be four function that you can select from using the **UP** or **DOWN** keys.
5. When the message **“DELETE USER = YES”** comes on, press the **ENTER** key. By pressing the enter key you will deleted the information that was saved under the name you selected. If by mistake you selected a profile that you don't want to delete press the **UP** or **DOWN** keys to change the yes to no and press enter.
6. Enter your name, using up to eight characters. Use the **UP** or **DOWN** keys to toggle trough the alphabet on each space. On each space once you find the letter you need press the **ENTER** key. If your name is less than eight characters long just press the **ENTER** key on the rest of the spaces to leave them blank.
7. Enter your age. The message display will display **“AGE = XX”** press the **UP** or **DOWN** keys to change the number to your age.
8. Enter your weight. The message display will display **“WEIGHT = XX”** press the **UP** or **DOWN** keys to change the number to your weight.
9. Enter your Warm Up and Cold Down time. The message display will display **“WU/CD = 3 MIN”** press the **UP** or **DOWN** keys to change the number from 1 to 5 minutes.
10. Enter your Target HR. The message display will display **“TARGET HR = XX PCT”** press the **UP** or **DOWN** keys to change the number FROM 60% to 85%.
11. The message **“SET UP COMPLETED”** will be displayed. The console will reset to idle mode and all of the information entered will be saved.

B. Edit Profile

Once a profile is saved any of the information can be edited.

1. Press the **USER ZONE** key.
2. Press the **ENTER** key when the **“USER SETUP”** message comes on in the message display.
3. Using either the **UP** or **DOWN** keys find your profile and press the **ENTER** key.
4. Press either the **UP** or **DOWN** keys until the message **“EDIT USER”** comes up.
5. Press the **ENTER** key.
6. At this time the console will allow you to edit your age, weight, warm up and Cool Down time and target HR. The data can be changed the same way it was done when creating the user profile the first time. The console will prompt you the first data you can edit. If you don't wish to edit some of the data, just press the enter key when the data comes up.
7. After you edit your Target HR the message **“SET UP COMPLETED”** will come up, the data you edited will be saved and the console will reset to Idle mode.

C. Review Totals

If a user profile is selected when working out; the console will save and accumulated the workout time, the distance and the total calories and add it to the data totals for that user then the information can be reviewed at any time.

Console Layout (Continued)

1. Press the **USER ZONE** key.
2. Press the **ENTER** key when the “**USER SETUP**” message comes on, in the message display.
3. Using either the **UP** or **DOWN** keys find your profile and press the **ENTER** key.
4. Press either the **UP** or **DOWN** keys until the message “**REVIEW TOTALS**” comes up.
5. Press the **ENTER** key.
6. At this point Use the **UP** and **DOWN** keys to review your workout data.
 - **TOL TIME = XXXXHR** – this is the total time you have worked out in hours.
 - **TOL CAL = XXXX** – this is the total calories burned since the user data was last cleared.
 - **TOL DIS = XXX.XMI** – this is the total distance traveled since the user data was last cleared.
7. When the message “**EXIT**” comes up in the display press the **ENTER** key to exit from reviewing your totals and reset the console to Idle mode.

D. Clear Totals

To clear your user totals, follow the procedure below:

1. Press the **USER ZONE** key.
2. Press the **ENTER** key when the “**USER SETUP**” message comes on, in the message display.
3. Using either the **UP** or **DOWN** keys find your profile and press the **ENTER** key.
4. Press either the **UP** or **DOWN** keys until the message “**CLEAR TOTALS**” comes up.
5. The message “**CLEAR TOTALS = YES**” will come on with Yes blinking.
 - Press the **ENTER** key when the Yes is blinking and the totals will reset to 0.
 - Use the **UP** or **DOWN** keys to change the Yes to No. Pressing the Enter key when No is blinking will not reset your totals.
6. After pressing the **ENTER** key the Console will also reset to Idle mode.

E. Measuring Units Setting

The measuring unit can be changed between English and Metric.

1. Press the **USER ZONE** key.
2. When the “**USER SETUP**” message comes on in the message display; press either the **UP** or **DOWN** key until the message “**UNIT SETUP**” comes up.
3. Press the **ENTER** Key. At this time the message display will display either “**ENGLISH**” or “**METRIC**” depending on the settings of the console.
4. Press either **UP** or **DOWN** key to select the preferred measuring units.
5. Press the **ENTER** key. The measuring units will be changed and the console will reset to Idle Mode.

F. Sound Setting

The beeper on this units can be turned off and back on.

1. Press the **USER ZONE** key.
2. When the “**USER SETUP**” message comes on in the message display; press either **UP** or **DOWN** key until the message “**SOUND SETUP**” comes up.
3. Press the **ENTER** Key. At this time the message display will display either “**SOUND ON**” or “**SOUND OFF**” depending on the settings of the console.
4. Press either **UP** or **DOWN** key to select the preference.
5. Press the **ENTER** key. The console will stop or start beeping and reset to Idle mode.

Workout Programs

Warm Up

Getting Started

Your unit will automatically initiate a Warm Up mode for 3 minutes (or for the time specified in the users profile) at the beginning of each program. This mode 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 program or if 0 minutes were entered in your user profile for Warm Up.

Beginning the Program

Warm Up begins after the program set up is completed. The message window will flash a message of **“WARM UP”** and this mode will be started.

During the Program

Display

- Once it is started, the message window will display the default workout data of “time, level, pulse & calories” and the LED on top of the Data Select key will be lit.
- Press the **DATA SELECT** key to switch the display to “RPM, speed, distance & watts”. The LED on the bottom of the key will light up.

Adjustment

- Intensity level = 1. Press Level **UP** or **DOWN** key to adjust the intensity level from 1 - 5 only.
- Start key could be pressed to skip the warm up and execute the program immediately.

Ending the Program

- When 3-minutes or the specified time in your profile duration is up or **START** key is pressed, Warm Up will end and the program will execute.
- The message display will flash a message **“STARTING PROGRAM”** and the selected program will be started.
- The calories and distance will be carried over from the Warm Up into the program-executing mode.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Cool Down

Getting Started

Your unit is equipped with Cool Down at the end of each program. The time for Cool Down is 3 minutes or what you specified in your user profile. If you entered 0 minutes in your user profile then it will be skipped. It appears as soon as a program ends. Cool Down is designed to reduce muscle stiffness and allow your heart rate to recover.

Workout Programs (Continued)

Beginning the Program

Cool Down is active as soon as a program ends or Stop key is pressed during program executing. The message window will flash a message of **“PROGRAM COMPLETE”** **“COOL DOWN”** and this mode will be started.

During the Program

Display

- Once it is started, the message window will display the default workout data of “time, level, pulse & calories” and the LED on top of the Data Select key will be lit.
- Press the **DATA SELECT** key to switch the display to “RPM, speed, distance & watts”. The LED on the bottom of the key will light up.

Adjustment

- Intensity level = 1. Press Level **UP** or **DOWN** key to adjust the intensity level from 1 - 5 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-minutes or specified time in your profile duration is up or **STOP** key is pressed, Cool Down will end and enter Workout Summary.
- The message display will flash a message **“WORKOUT SUMMARY”** and the Summary will be displayed.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Workout Summary

Getting Started

For your convenience, your unit incorporates a Workout Summary right after the completion of Cool Down. It will display the total workout data for your review and repeat for 1 minute 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 message window will flash a message of **“WORKOUT SUMMARY”** and the Summary will be displayed.

During the Program

Display

- Once this summary is started, the message window will display your summary as:
 - * TOL TIME = XX H XX M as total time in hours and minutes.
 - * TOL DIST = XX.XMI as total distance in miles.

Workout Programs (Continued)

- * TOL CAL = XXX.X as total calories burned.
- * AVG HR = XXXBPM as average heart rate over the program period.
- * MAX HR = XXXBPM as maximum heart rate during this program.
(There is no AVG HR or MAX HR displayed if there was no heart rate detected during the program.)
- Press Level **UP** key to jump to the next summary display.
- Press Level **DOWN** key to jump to the last total display.

Adjustment

Intensity cannot be adjusted during this time.

Ending the Program

When 1-minute duration is up or Stop key is pressed, Workout Summary will end and console will reset to idle mode.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

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 age, weight and workout time.

Beginning the Program

During idle mode, the message window displays a message **“SELECT A PROGRAM”**. To begin this program, press **START** key once.

Program Default Values

- Age = 35 years
- Weight = 155lbs or 70kgs
- Time = 30 minutes
- Intensity level = 1

During the Program

Display

- As soon as the Start key is pressed, this program will begin. The message display will turn into workout data display and display four default data: time, level, pulse & calories and the LED on top of the Data Select key will be lit.
- Press the **DATA SELECT** key to switch the display to “RPM, speed, distance & watts”. The LED on the bottom of the key will light up.

Workout Programs (Continued)

Adjustment

Press Level **UP** or **DOWN** key to adjust the intensity level from 1 to 16. The dot matrix window will update the intensity profile accordingly.

Ending the Program

- When 30-minute duration is up or **STOP** key is pressed, this program will end and Workout Summary will be active.
- The message display will flash a message **“WORKOUT SUMMARY”** and the Summary will be displayed. See Workout Summary section for details.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Classic Programs

Manual

Getting Started



The Manual program has no profile built into it. This allows you to build your own exercise profile while you workout.

Beginning the Program

During idle mode, the message window displays a message **“SELECT A PROGRAM”**. To begin this program, press the **MANUAL** program key, the LED indicator above it will light up.

Entering the program

When the message display flashes, **“MANUAL”** and **“PRESS ENTER”**, it indicates you are about to select the Manual program. Press the **ENTER** Key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

The message display will flash **“SELECT USER”** and then it will display the most recently used profile.

- Use the **UP** or **DOWN** key to find your profile then:
 1. When your profile comes up press **ENTER** key.
 2. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.
- Or if you have not created a profile or do not wish to use one of the created profiles, after the message **“SELECT USER”** press **UP** or **DOWN** key until the message **“DEFAULT USER”** comes up then press **ENTER** key then:

Workout Programs (Continued)

1. Enter Age
 - a. The message window will flash a message of **“ENTER AGE”**, then **“AGE = 35”** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.

2. Enter Weight
 - a. The message window will flash a message of **“ENTER WEIGHT”**, then **“WEIGHT = 155 LB”** with the number blinking. (WEIGHT = 70 KG” for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Time adjustment.

3. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Displays

- Once the program is started, the message display will turn into workout data display and display: Time, Level, Pulse & Calories.
- Press **DATA SELECT** key to the right of the display to switch the data display to display: RPM, Speed, Distance & Watts.

Adjustment

Press Level **UP** or **DOWN** key to adjust the intensity level from 1 to 16. The dot matrix window will update the intensity profile accordingly.

Ending the Program

- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message **“PROGRAM ENDED”** & **“COOL DOWN”**. See Cool Down for details.

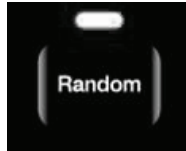
Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Workout Programs (Continued)

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 message window displays a message **“SELECT A PROGRAM”**. To begin this program, press the **“RANDOM”** program key, the LED indicator above it will light up.

Entering the program

When the message display flashes, **“RANDOM”** and **“PRESS ENTER”**, it indicates you are about to select the Random program. Press the **ENTER** Key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

The message display will flash **“SELECT USER”** and then it will display the most recently used profile.

- Use the **UP** or **DOWN** key to find your profile then:
 1. When your profile comes up press **ENTER** key.
 2. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.
- Or if you have not created a profile or do not wish to use one of the created profiles, after the message **“SELECT USER”** press **UP** or **DOWN** key until the message **“DEFAULT USER”** comes up then press **ENTER** key then:
 1. Enter Age
 - a. The message window will flash a message of **“ENTER AGE”**, then **“AGE = 35”** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.
 2. Enter Weight
 - a. The message window will flash a message of **“ENTER WEIGHT”**, then **“WEIGHT = 155 LB”** with the number blinking. (WEIGHT = 70 KG” for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Time adjustment.
 3. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.

Workout Programs (Continued)

- c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Displays

- Once the program is started, the message display will turn into workout data display and display: Time, Level, Pulse & Calories.
- Press **DATA SELECT** key to the right of the display to switch the data display to display: RPM, Speed, Distance & Watts.

Adjustment

Press Level **UP** or **DOWN** key to adjust the intensity level from 1 to 16. The dot matrix window will update the intensity profile accordingly.

Ending the Program

- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message **“PROGRAM ENDED”** & **“COOL DOWN”**. See Cool Down for details.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Strength

Getting Started



The Strength program gradually increases the workload over time. This will strengthen not only your heart, but also the major muscle groups, which are doing the work.

Beginning the Program

During idle mode, the message window displays a message **“SELECT A PROGRAM”**. To begin this program, press the **“STRENGTH”** program key, the LED indicator above it will light up.

Entering the program

When the message display flashes, **“STRENGTH”** and **“PRESS ENTER”**, it indicates you are about to select the Strength program. Press the **ENTER** key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

The message display will flash **“SELECT USER”** and then it will display the most recent used profile.

- Use the **UP** or **DOWN** key to find your profile then:

Workout Programs (Continued)

1. When your profile comes up press **ENTER** key.
2. Enter your workout time:
 - a. The message window will flash a message of **"ENTER TIME"**, then **"TIME = 30 MIN"** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **"TIME = 1HR 00MIN"** instead.
 - c. After time adjustment, the message display will switch to display **"SET UP COMPLETED"**, then **"PRESS START"**. Press, **START** key to begin this program.
- Or if you have not created a profile or do not wish to use one of the created profiles, after the message **"SELECT USER"** press **UP** or **DOWN** key until the message **"DEFAULT USER"** comes up then press **ENTER** key then:
 1. Enter Age
 - a. The message window will flash a message of **"ENTER AGE"**, then **"AGE = 35"** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **"PRESS ENTER"** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.
 2. Enter Weight
 - a. The message window will flash a message of **"ENTER WEIGHT"**, then **"WEIGHT = 155 LB"** with the number blinking. (WEIGHT = 70 KG for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **"PRESS ENTER"** to indicate next step. Press **ENTER** to accept and enter Time adjustment.
 3. Enter your workout time:
 - a. The message window will flash a message of **"ENTER TIME"**, then **"TIME = 30 MIN"** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **"TIME = 1HR 00MIN"** instead.
 - c. After time adjustment, the message display will switch to display **"SET UP COMPLETED"**, then **"PRESS START"**. Press, **START** key to begin this program.

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Displays

- Once the program is started, the message display will turn into workout data display and display: Time, Level, Pulse & Calories.
- Press **DATA SELECT** key to the right of the display to switch the date display to display: RPM, Speed, Distance & Watts.

Adjustment

Press Level **UP** or **DOWN** key to adjust the intensity level from 1 to 16. The dot matrix window will update the intensity profile accordingly.

Workout Programs (Continued)

Ending the Program

- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message **“PROGRAM ENDED”** & **“COOL DOWN”**. See Cool Down for details.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Hill

Getting Started



The Hill program simulates a hill climbing exercise with a preset hill profile. The exercise profile will guide you up over a hill and down the other side.

Beginning the Program

During idle mode, the message window displays a message **“SELECT A PROGRAM”**. To begin this program, press the **“HILL”** program key, the LED indicator above it will light up.

Entering the program

When the message display flashes, **“HILL”** and **“PRESS ENTER”**, it indicates you are about to select the Hill program. Press the **ENTER** Key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

The message display will flash **“SELECT USER”** and then it will display the most recent used profile.

- Use the **UP** or **DOWN** key to find your profile then:
 1. When your profile comes up press **ENTER** key.
 2. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.
- Or if you have not created a profile or do not wish to use one of the created profiles, after the message **“SELECT USER”** press **UP** or **DOWN** key until the message **“DEFAULT USER”** comes up then press **ENTER** key then:
 1. Enter Age
 - a. The message window will flash a message of **“ENTER AGE”**, then **“AGE = 35”** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.

Workout Programs (Continued)

2. Enter Weight
 - a. The message window will flash a message of **“ENTER WEIGHT”**, then **“WEIGHT = 155 LB”** with the number blinking. (WEIGHT = 70 KG” for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Time adjustment.

3. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Displays

- Once the program is started, the message display will turn into workout data display and display: Time, Level, Pulse & Calories.
- Press **DATA SELECT** key to the right of the display to switch the date display to display: RPM, Speed, Distance & Watts.

Adjustment

Press Level **UP** or **DOWN** key to adjust the intensity level from L1 to L16. The dot matrix window will update the intensity profile accordingly.

Ending the Program

- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message **“PROGRAM ENDED”** & **“COOL DOWN”**. See Cool Down for details.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Interval Trainer

Getting Started



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

Workout Programs (Continued)

Beginning the Program

During idle mode, the message window displays a message **“SELECT A PROGRAM”**. To begin this program, press the **“INTERVAL TRAINER”** program key, the LED indicator above it will light up.

Entering the program

When the message display flashes, **“INTERVAL TRAINER”** and **“PRESS ENTER”**, it indicates you are about to select the Interval Trainer program. Press the **ENTER** Key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

The message display will flash **“SELECT USER”** and then it will display the most recent used profile.

- Use the **UP** or **DOWN** key to find your profile then:
 1. When your profile comes up press **ENTER** key.
 2. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.
- Or if you have not created a profile or do not wish to use one of the created profiles, after the message **“SELECT USER”** press **UP** or **DOWN** key until the message **“DEFAULT USER”** comes up then press **ENTER** key then:
 1. Enter Age
 - a. The message window will flash a message of **“ENTER AGE”**, then **“AGE = 35”** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.
 2. Enter Weight
 - a. The message window will flash a message of **“ENTER WEIGHT”**, then **“WEIGHT = 155 LB”** with the number blinking. (WEIGHT = 70 KG” for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Time adjustment.
 3. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Workout Programs (Continued)

Displays

- Once the program is started, the message display will turn into workout data display and display: Time, Level, Pulse & Calories.
- Press **DATA SELECT** key to the right of the display to switch the data display to display: RPM, Speed, Distance & Watts.

Adjustment

- Press Level **UP** or **DOWN** key during Rest segment to adjust the intensity level from L2 up to L14 and down to L1. The message display will display **“RS INTENSITY = 2”** and adjust accordingly. The dot matrix window will update the intensity profile accordingly as well.
- Press **“Level UP or DOWN”** key during Work segment to adjust the intensity level from L10 up to L16 and down to L3. The message display will display **“WR INTENSITY = 10”** and adjust accordingly. The dot matrix window will update the intensity profile accordingly as well.

Ending the Program

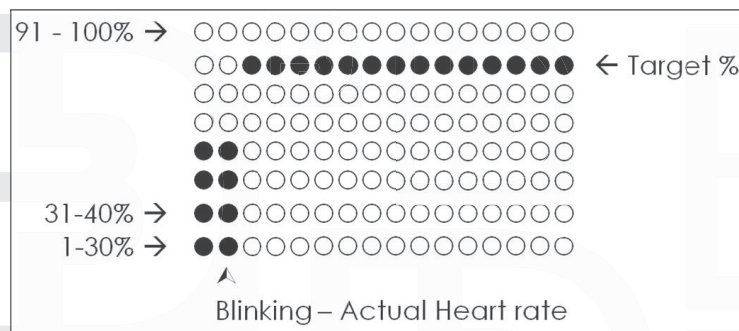
- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message **“PROGRAM ENDED”** & **“COOL DOWN”**. See Cool Down for details.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

HR Interactive Programs

Dot matrix display during HR Interactive programs – The dot matrix display will display program % Max HR profile, not intensity profile. It will also split into two sections. One section running across will light up and indicate your target HR in percentage; then a column of LEDs will indicate the current segment with the LEDs blinking and show your actual heart rate percentage. You CAN compare your actual heart rate against your goal while exercising.



Workout Programs (Continued)

Target HR

Getting Started



The Target Heart Rate program is designed to keep you training at your chosen heart rate level. The 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.

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 message window displays a message **"SELECT A PROGRAM"**. To begin this program, press the **TARGET HR** program key, the LED indicator above it will light up.

Entering the program

When the message display flashes, **"TARGET HR"** and **"PRESS ENTER"**, it indicates you are about to select the Target HR program. Press the **ENTER** Key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

The message display will flash **"SELECT USER"** and then it will display the most recent used profile.

- Use the **UP** or **DOWN** key to find your profile then:
 1. When your profile comes up press **ENTER** key.
 2. Enter your workout time:
 - a. The message window will flash a message of **"ENTER TIME"**, then **"TIME = 30 MIN"** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **"TIME = 1HR 00MIN"** instead.
 - c. After time adjustment, the message display will switch to display **"SET UP COMPLETED"**, then **"PRESS START"**. Press, **START** key to begin this program.
- Or if you have not created a profile or do not wish to use one of the created profiles, after the message **"SELECT USER"** press **UP** or **DOWN** key until the message **"DEFAULT USER"** comes up then press **ENTER** key then:
 1. Enter Age
 - a. The message window will flash a message of **"ENTER AGE"**, then **"AGE = 35"** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **"PRESS ENTER"** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.
 2. Enter Weight
 - a. The message window will flash a message of **"ENTER WEIGHT"**, then **"WEIGHT = 155 LB"** with the number blinking. (WEIGHT = 70 KG" for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **"PRESS ENTER"** to indicate next step. Press **ENTER** to accept and enter Time adjustment.

Workout Programs (Continued)

3. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Display

- When warm up mode is completed, the console will detect if there is a valid pulse before starting this program. If there is none, this program will not be started. The messages display will scroll **“NO VALID PULSE”**, and **“CHECK PULSE SENSOR”** until there is valid pulse.
- Once there is a valid pulse, this program will be active. The message display will turn into workout data display and display: Time, Level, Pulse & Calories.
- Press **DATA SELECT** key to the right of the display to switch the data display to display: RPM, Speed, Distance & Watts.

Adjustment

- Press Level **UP** or **DOWN** key to adjust the Target HR. The dot matrix window will update the % Max HR profile accordingly.

Ending the Program

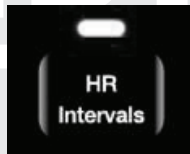
- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message **“PROGRAM ENDED”** & **“COOL DOWN”**. See Cool Down for details.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

HR Intervals

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.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM.

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.

Workout Programs (Continued)

Beginning the Program

During idle mode, the message window displays a message **“SELECT A PROGRAM”**. To begin this program, press the **HR INTERVALS** program key, the LED indicator above it will light up.

Entering the program

When the message display flashes, **“HR INTERVALS”** and **“PRESS ENTER”**, it indicates you are about to select the HR Intervals program. Press the **ENTER** Key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

The message display will flash **“SELECT USER”** and then it will display the most recently used profile.

- Use the **UP** or **DOWN** key to find your profile then:
 1. When your profile comes up press **ENTER** key.
 2. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.
- Or if you have not created a profile or do not wish to use one of the created profiles, after the message **“SELECT USER”** press **UP** or **DOWN** key until the message **“DEFAULT USER”** comes up then press **ENTER** key then:
 1. Enter Age
 - a. The message window will flash a message of **“ENTER AGE”**, then **“AGE = 35”** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.
 2. Enter Weight
 - a. The message window will flash a message of **“ENTER WEIGHT”**, then **“WEIGHT = 155 LB”** with the number blinking. (WEIGHT = 70 KG” for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Time adjustment.
 3. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Workout Programs (Continued)

Display

- When warm up mode is completed, the console will detect if there is a valid pulse before starting this program. If there is none, this program will not be started. The message display will scroll “**NO VALID PULSE**”, and “**CHECK PULSE SENSOR**” until there is valid pulse.
- Once there is a valid pulse, this program will be active. The message display will turn into workout data display and display: Time, Level, Pulse & Calories.
- Press “**DATA SELECT**” key to the right of the display to switch the data display to display: RPM, Speed, Distance & Watts.

Adjustment

- Press Level **UP** or **DOWN** key during Rest HR segment to adjust the Rest HR setting of the remaining program. The message display will display “**REST HR = XXXPCT**” and adjust accordingly. The dot matrix window will update the % Max HR of Rest phase profile accordingly.
- Press Level **UP** or **DOWN** key during Work HR segment to adjust the Work HR setting of the remaining program. The message display will display “**WORK HR = XXXPCT**” and adjust accordingly. The dot matrix window will update the % Max HR of Work phase profile accordingly.

Ending the Program

- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message “**PROGRAM ENDED**” & “**COOL DOWN**”. See Cool Down for details.

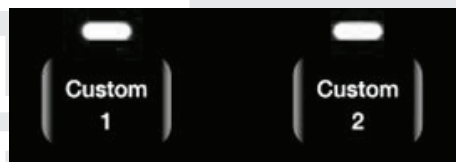
Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

Custom Programs

Custom 1 & Custom 2

Getting Started



These programs are designed to be user-friendly tools. You can build your own programs and save them for later workouts. With this function, you will be able to call up your favorite program and begin your exercise right away.

Save a program into Custom 1 or Custom 2

To save your favorite program into Custom 1 or Custom 2, press & hold **CUSTOM 1** or **CUSTOM 2** key for 2 seconds anytime during a program.

- The message display will flash a message “**PROGRAM SAVED**” to indicate the success of saving the program. After this message, the console will resume to previous activities.
- Following information of this program will be saved:
 - * Program time
 - * Intensity profile

Workout Programs (Continued)

- * Target HR setting if it is a HR Interactive program
- If there was a program saved in the Custom 1 or Custom 2 before, the new program will overwrite the pervious program.

Beginning the Program

During Idle mode, the message window displays a message **“SELECT A PROGRAM”**. To begin one of these programs press **CUSTOM 1** or **CUSTOM 2** program key, the LED indicator above it will light up.

- If there was no saved program, the message display will scroll, **“NO PROGRAM SAVED”**.
- If there is a saved program, the dot matrix will display the program profile; the messages display will flash a message **“CUSTOM 1”** or **“CUSTOM 2”**, the name of the type of program saved and **“PRESS ENTER”**. Press the **ENTER** Key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

Entering the program

The message display will flash **“SELECT USER”** and then it will display the most recent used profile.

- Use the **UP** or **DOWN** key to find your profile then:
 1. When your profile comes up press **ENTER** key.
 2. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.
- Or if you have not created a profile, after the message **“SELECT USER”** press **UP** or **DOWN** key until the message **“DEFAULT USER”** comes up then press **ENTER** key then:
 1. Enter Age
 - a. The message window will flash a message of **“ENTER AGE”**, then **“AGE = 35”** with the number blinking.
 - b. You may press **UP** or **DOWN** keys to adjust the age.
 - c. After age adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Weight adjustment.
 2. Enter Weight
 - a. The message window will flash a message of **“ENTER WEIGHT”**, then **“WEIGHT = 155 LB”** with the number blinking. (WEIGHT = 70 KG” for metric system)
 - b. You may press **UP** or **DOWN** key to adjust the weight.
 - c. After weight adjustment, the message display will switch to display **“PRESS ENTER”** to indicate next step. Press **ENTER** to accept and enter Time adjustment.
 3. Enter your workout time:
 - a. The message window will flash a message of **“ENTER TIME”**, then **“TIME = 30 MIN”** and the 30 will be blinking.
 - b. You may press **UP** or **DOWN** key to adjust the time. When the time setting reaches 60 minutes, the display will show **“TIME = 1HR 00MIN”** instead.
 - c. After time adjustment, the message display will switch to display **“SET UP COMPLETED”**, then **“PRESS START”**. Press, **START** key to begin this program.

Workout Programs (Continued)

During the Program

Once the Enter or Start key is pressed, the Warm Up will be active. See Warm Up section for details. After Warm Up is over your program will start.

Display

When Warm Up is completed, the console will start program-executing mode, depending on what type of program that was saved is how the displays will behave; see the section of that program for details.

Adjustment

The adjustments that can be done will depend on the type of program saved; see the section of that program for details.

Ending the Program

- When program time is up or **STOP** key is pressed, this program will end and Cool Down will be active.
- The message display will flash a message **“PROGRAM ENDED”** & **“COOL DOWN”**. See Cool Down for details.

Pause, Reset, Switch, Re-Start or Save a program

See Console Operating Tips section for details, pages 13-14.

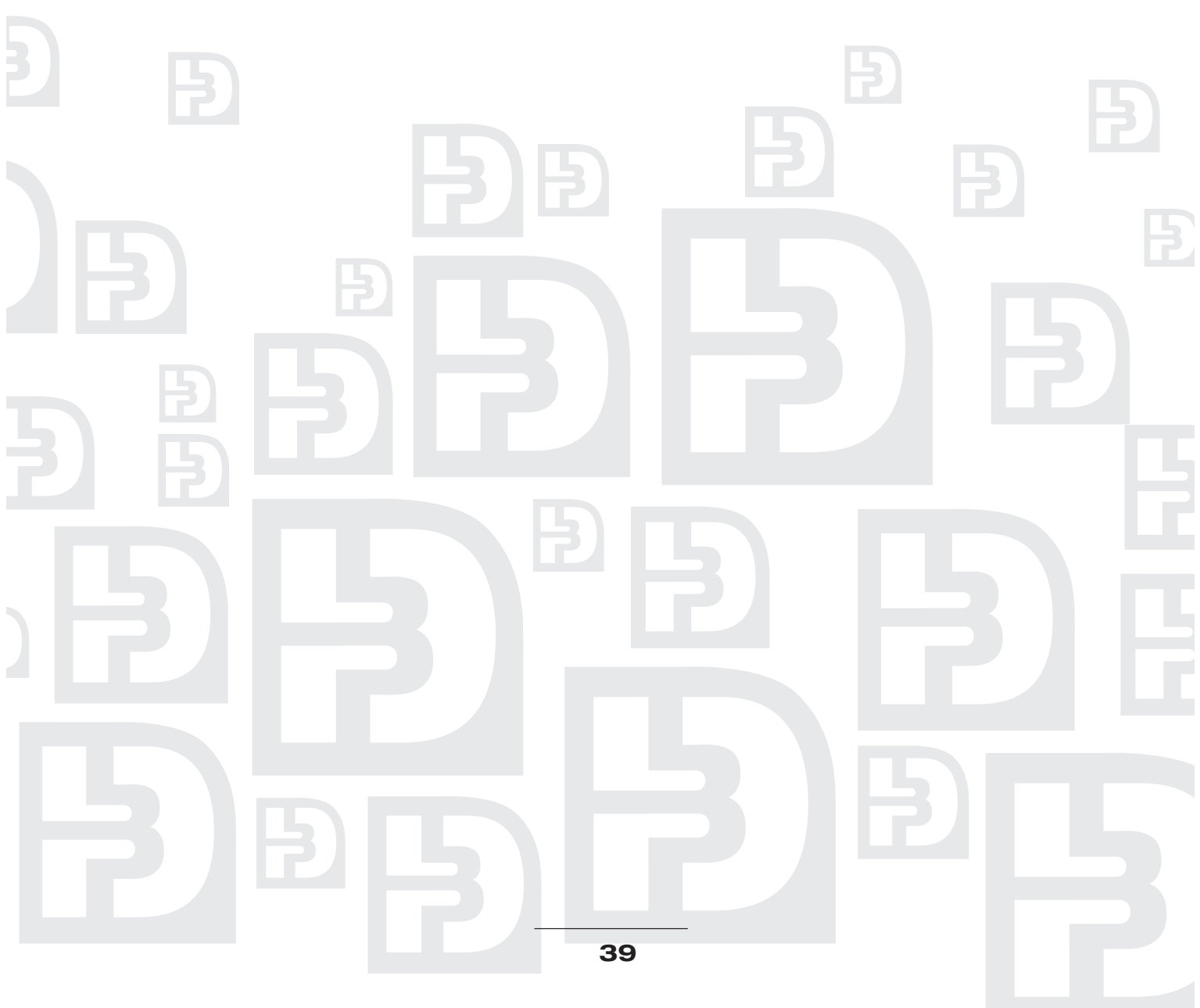


Notes





Notes



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 pedal cranks must be tightened after 8 to 10 hours of initial riding to ensure parts are properly seated to axle. This is standard initial "break-in" service, which must be performed after the first 8 to 10 hours of use. Un-tightened pedal cranks may become loose, causing damage, which may void the warranty.

After exercising, always wipe down your 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 a clean towel.

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

Domestic Warranty Information

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

Effective: May 2008

Diamondback warrants its 1000Sr to be free from defects in material and workmanship under normal use in home environment. Diamondback's 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 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's 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: 14 hours per week.
Frame:	Lifetime limited Warranty, covers defects in welds, materials, and workmanship.
Brake:	Lifetime limited Warranty
Parts & Electronics:	3 Years
Labor:	1 Year

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:

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

Domestic Warranty Information (Continued)

Parts & Service:

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

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

Exclusions:

Warranty is void if the 1000Sr unit is placed in a commercial or light commercial environment, such as 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.

Diamondback Fitness
c/o Raleigh America, Inc.
6004 S. 190th Street, Suite 101
Kent, WA 98032
Ph: 800.776.7642

Warranty Card



IMPORTANT! IMPORTANT! IMPORTANT! IMPORTANT!

Warranty card must be completed and returned to Diamondback within 15 days of purchase. Failure to comply may void manufacturer's Warranty. Or, you may register your product at www.diamondbackfitness.com.

Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone No.: _____ Evening phone No.: _____

Dealer Store Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Model: _____ Serial No.: _____

Purchase Date: _____

Environment Unit Placed:

Home Light Institutional, i.e. Hotel, Business Center...

Mail Completed Form To:

Diamondback Fitness - Warranty Card
c/o Raleigh America, Inc.
6004 S. 190th Street, Suite 101
Kent, WA 98032
Ph: 800.776.7642