

IRONMAN[®]

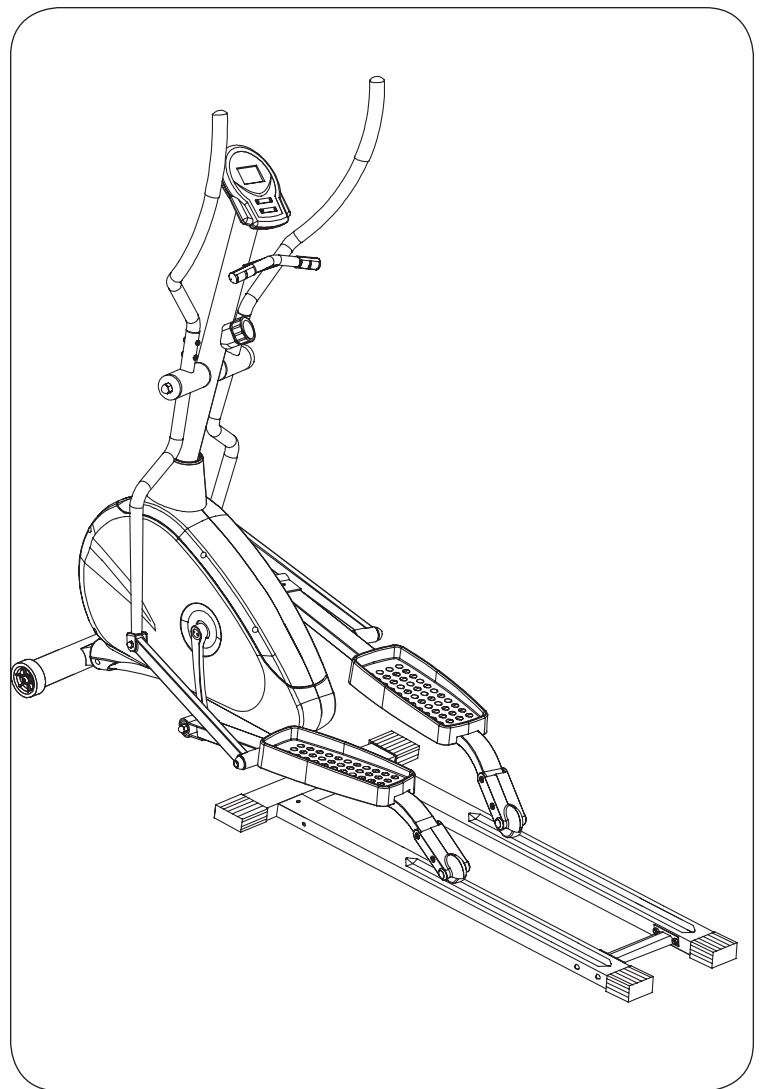
130e

Owner's Manual Ironman 130e Elliptical

Customer Service
1.800.750.IRON
1.800.750.4766

Ironman Fitness
4009 Distribution Drive
Suite 250
Garland, TX 75041

www.ironmanfitness.com



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IRONMAN
Fitness

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Important Safety Information



WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WARNING! To reduce the risk of electrical shock, burns, fire, or other possible injuries to the user, it is important to review this manual and the following precautions before operation.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **250** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
11. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
12. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing the **Ironman 130e Elliptical!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

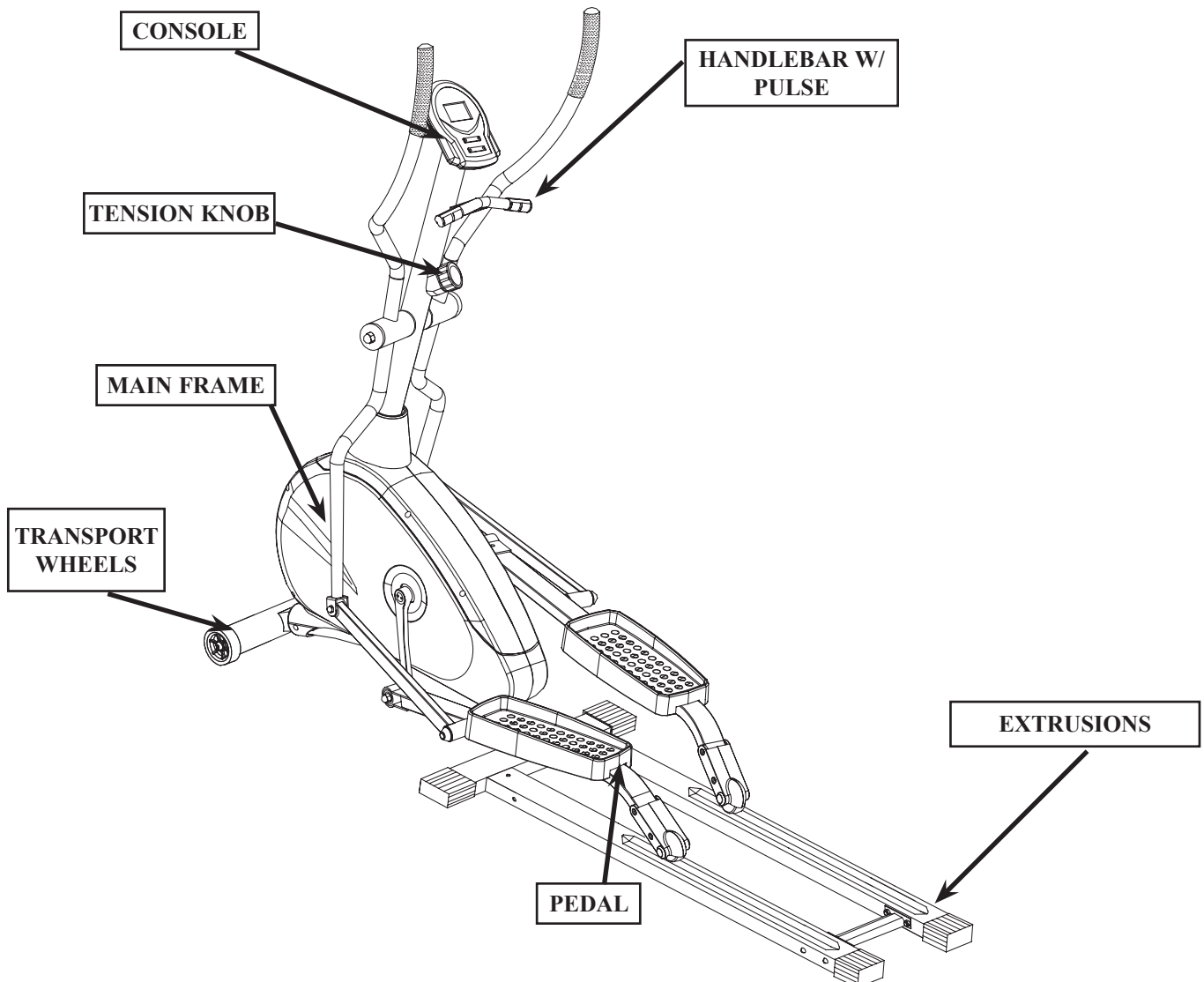
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

Locate the hardware pack and identify the following parts required for assembly.

Tools:

1. Allen Wrench, M6 and M8
2. Phillips Screw Driver
3. Wrench

Main Components:

1. Owner's Manual
2. Main Frame
3. Handlebar w/Pulse Assembly
4. Upper Handlebar Assembly, Left and Right
5. Handlebar Post
6. Tension Knob
7. Sleeve Assembly Left and Right
8. Pedal Tube Assembly Left and Right
9. Console Assembly
10. Pedals Left and Right
11. Plastic Bellows

Hardware:

1. M5 x 10mm Screw (8) – Qty 4
2. Acorn Nut Cap (13) – Qty 2
3. M6 x 35mm Phillips Screw (28) – Qty 4
4. 6mm Black Locknut (33) – Qty 4
5. M8 x 90mm Hex Head Screw (46) – Qty 2
6. 8mm Locknut (thick) (49) – Qty 6
7. M8 x 19mm Washer (50) – Qty 8
8. M10 Locknut (thin) (52) – Qty 6
9. M8 x 15mm Hex Head Screw (63) – Qty 8
10. M10 x 57mm Screw (67) – Qty 2
11. M15.8 x 10 x 4.3T Spacer (68) – Qty 2
12. M10 x 23mm Washer (Silver) (69) – Qty 6
13. M8 x 18mm Curved Washer (72) Qty 6
14. M8 x 100mm Hex Head Screw (80) – Qty 4
15. M6 x 16mm Black Washer (85) – Qty 6
16. M6 x 45mm Screw (86) – Qty 6

Assembly

FIGURE 1

Step 1:

Using Two Carriage Bolts (46), Cap Nuts (49), Hex Head Screws (63) and Four Washers (50), attach the Left and Right Extrusions to Main Frame.

Step 2:

Attach Aluminum Extrusion Plate (15) to the Left and Right Extrusions using Four M8x95mm Hex Head Screws (80), M8x19mm Washers (50), and 8mm Locknuts (49).

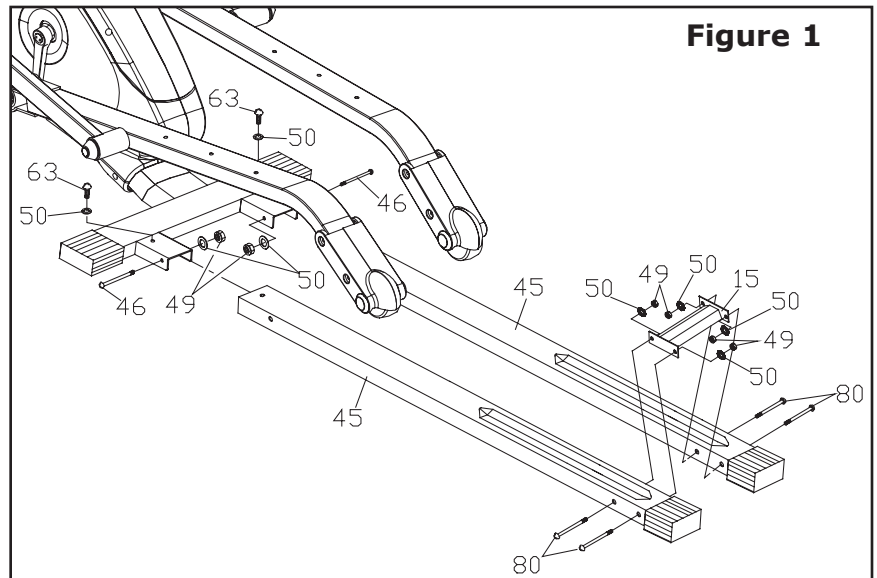


Figure 1

FIGURE 2

Step 1:

Using Three M6x45mm Screws (86) and M6x16mm Washers (85) attach Left Foot Pedal (16) to the Left Pedal Tube Assembly (31). Repeat for right side.

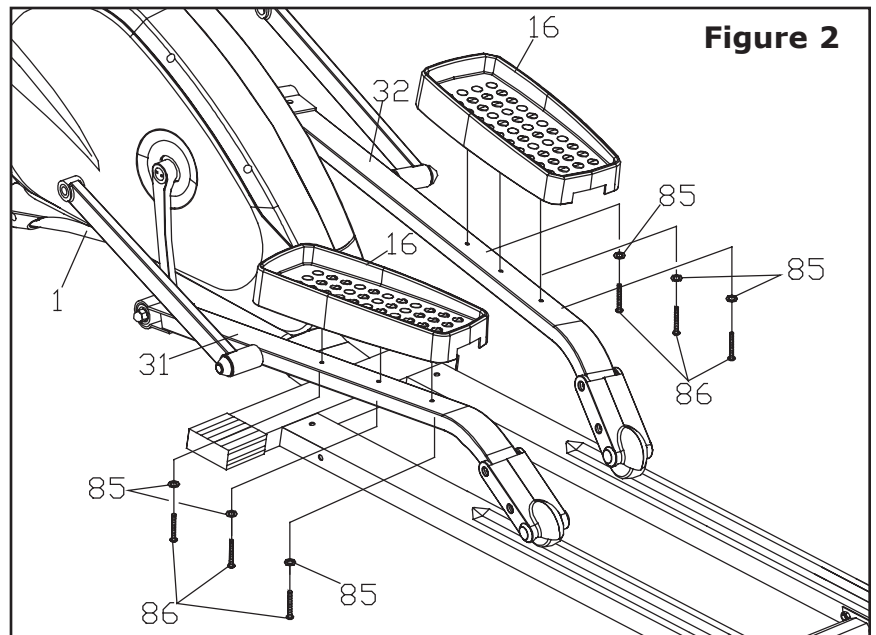


Figure 2

Assembly

FIGURE 3:

Step 1:

Slide the Plastic Bellow (14) onto the Console Tube (2).

Step 2:

Connect the Console Cable (7) to Sensor Wire (36). Connect the Resistance Cable (73) to the Cable from the Console Tube (Figure 3a-c).

Step 3:

Using Six M8x18mm Washers (72) and M8x15mm Screws (63), Attach the Console Tube (2) to the Main Frame (1). Slide the Plastic Bellows down until it meets the Main Assembly. Secure using M4x16mm Screw (19)

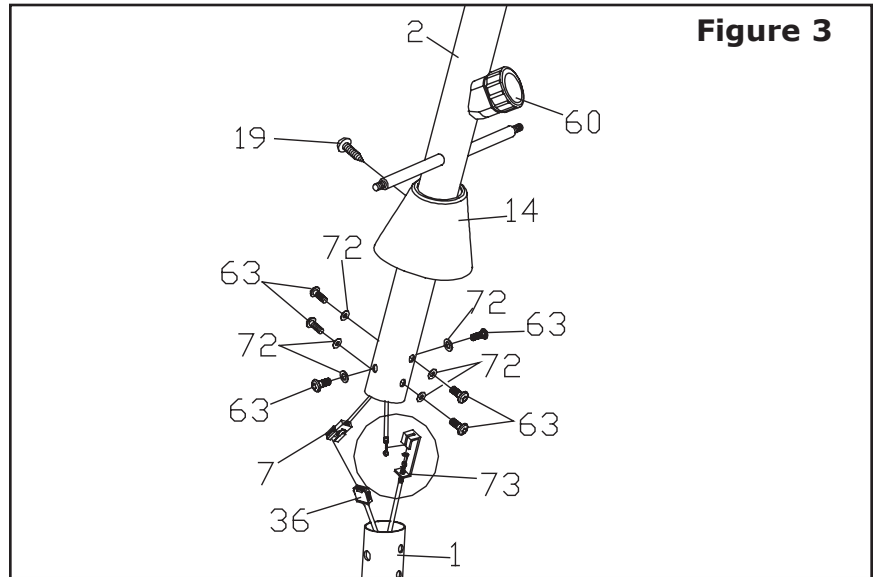


Figure 3

FIGURE 3a: Connect the Tension Knob to the Resistance Cable. Fit the Resistance Control Cable into the slot of the Tension Knob. Pull the brass end of the Resistance Control Cable over the lip of the Tension Knob Bracket. The connection should look like *Figure 3c* when completed.

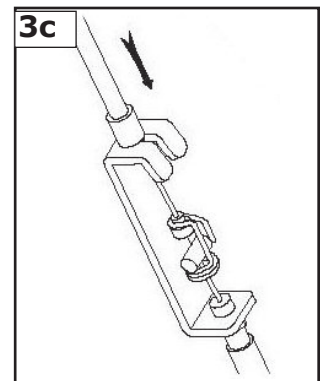
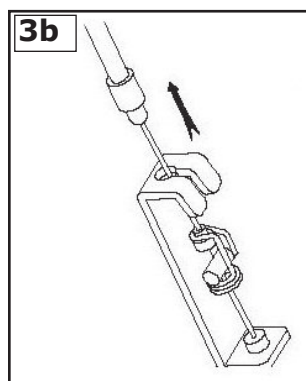
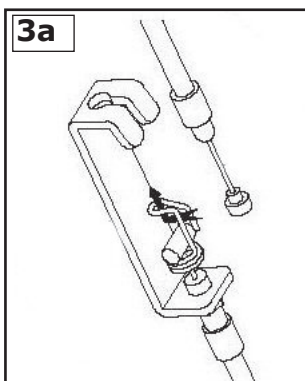


FIGURE 4

Step 1:

Pull the Hand Pulse Wires (25a) coming from the Front Handlebar (5) through the Console Tube. Attach Front Handlebar (5) to Console Tube using Two M8x45mm Screws (23), Three M8x19mm Washers (50), Two 8mm Acorn Nuts (13), and One M8x15mm Screw (63).

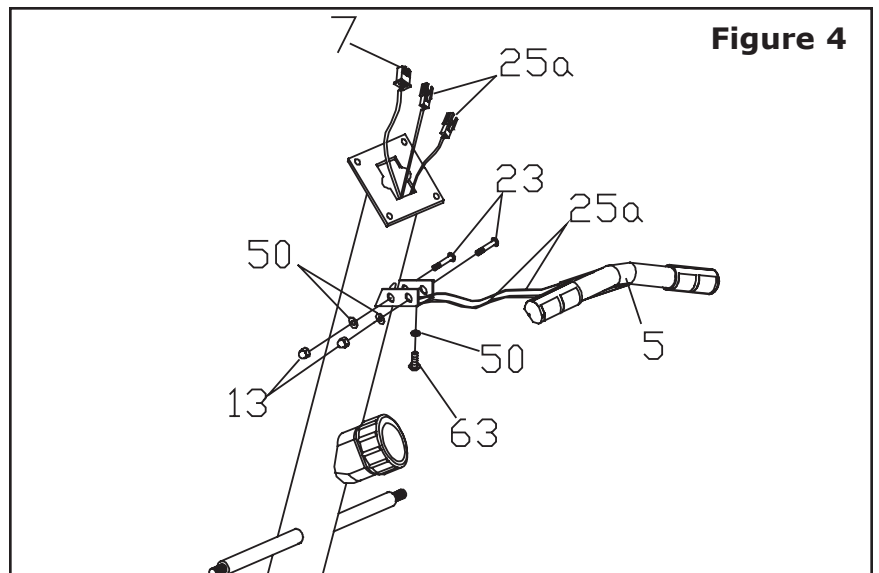


Figure 4

FIGURE 5

Step 1:

Pull the Pulse Wires (25a) out through the top of the Console Tube (2). Connect the Pulse Wires (25a) and Extension Wire (7) to the wires coming from the Console. Using Four M5x10mm Screws (8) attach the Console (55) to the Console Tube (2) **Note:** The four Screws will already be installed into the back of Console (55) when you remove it from the box.

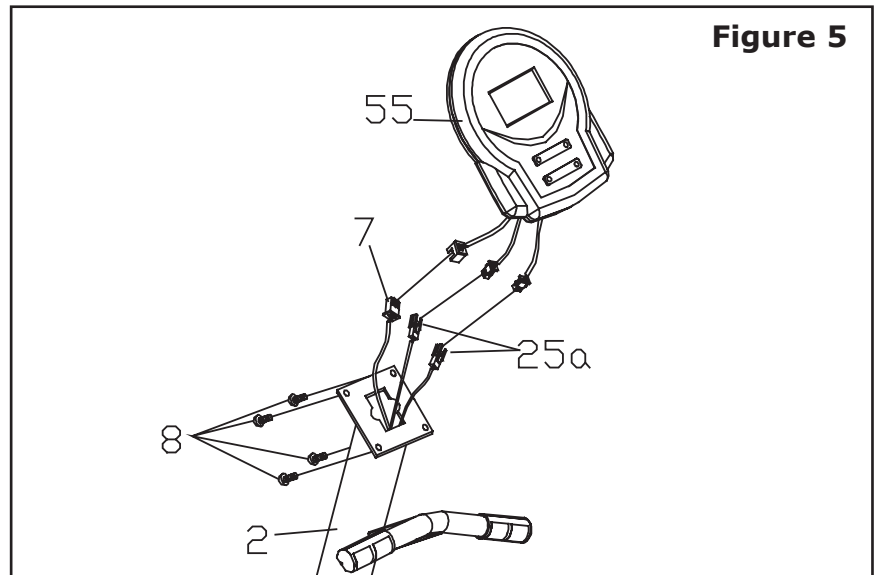


FIGURE 6:

Step 1:

Slide Left Handlebar (3) onto the Stud. Connect Left Handlebar (3) with one M10x19x2.0mm Washer (69), M10x30 Black Washer (61), Shaft Cap (12), M10 Locknut (52), Acorn Cap Nuts (13), and M10 Curved Washer (87).

Step 2:

Repeat for right side.

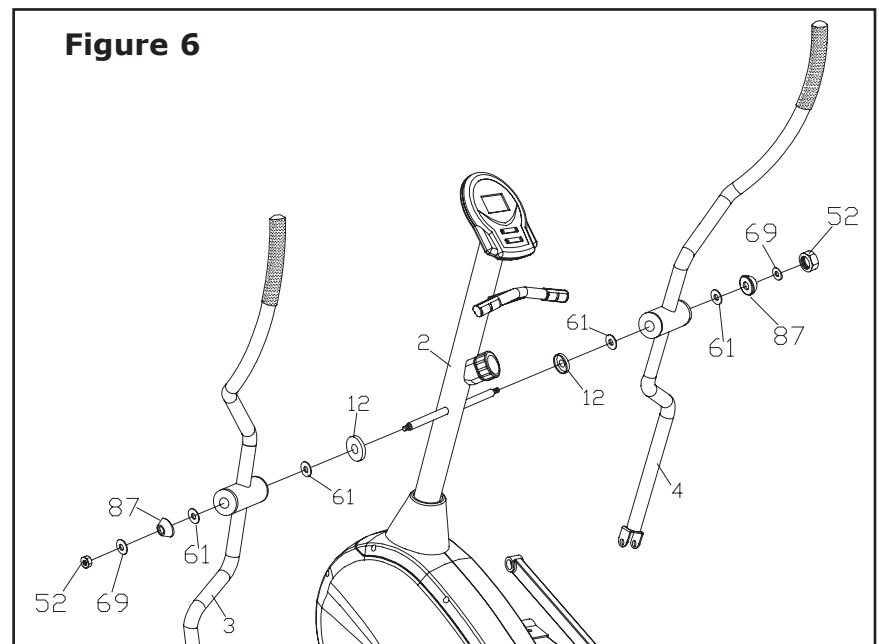
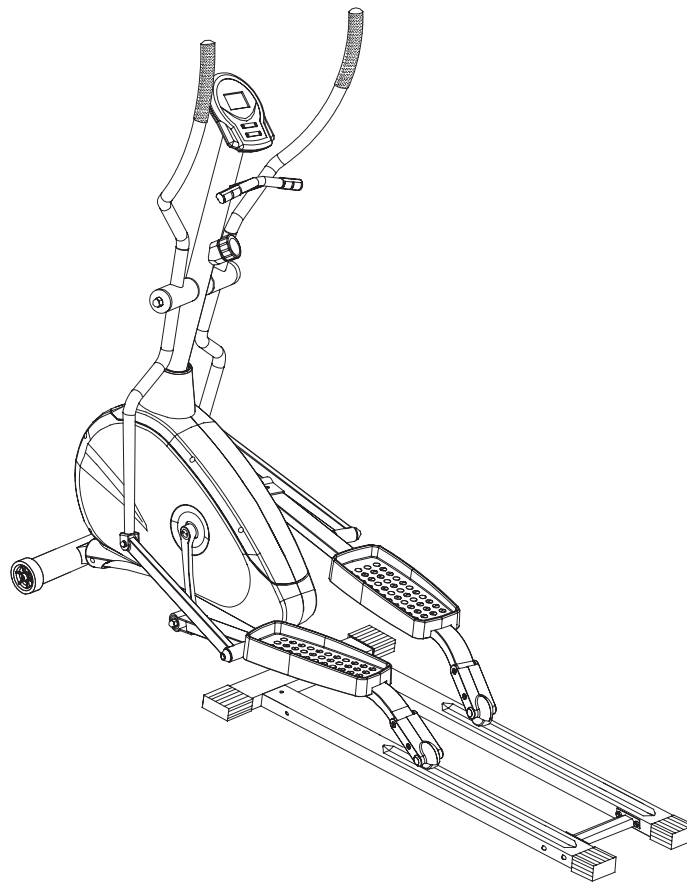
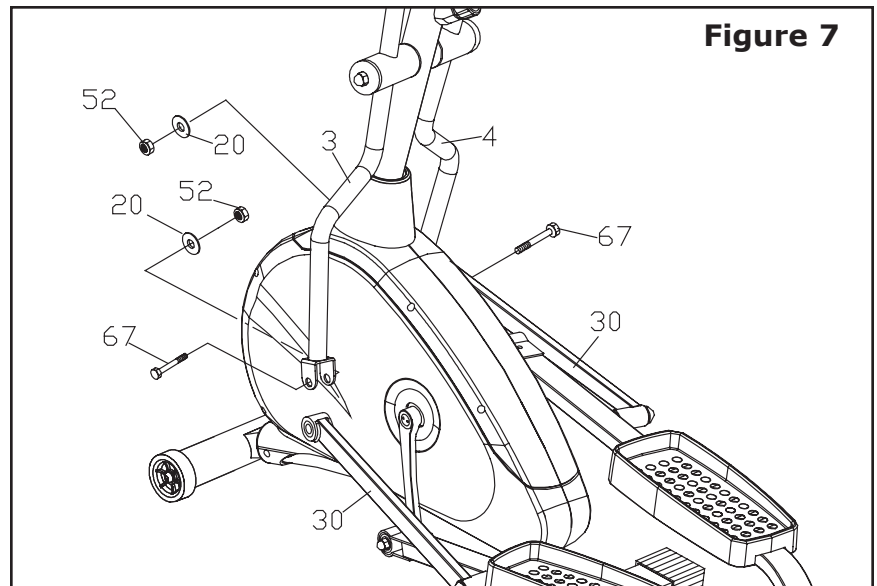


FIGURE 7

Attach Handlebars (3 & 4) to Connecting Arm (30) using M10x67mm Bolt (67), M10x21x1mm Washer (20) and M10 Locknut (52)



CONGRATULATIONS!

You have completed Assembly of your New Ironman 130e Elliptical!

Console Instructions



CONSOLE BUTTONS:

MODE:

Press to change between TIME, SPEED, DISTANCE, CALORIE.

RESET:

Press to reset value stored for a specific function. Press and hold for four seconds to reset console to factory settings.

SET:

When unit is idle, press to select desired function.

RECOVERY:

After workout is over, press to begin RECOVERY function.

GENERAL INFORMATION:

1. The console will shut off after it detects 4 minutes no activity.
2. Battery Specifications: Two 1.5V AA Batteries
3. If display is illegible or only partial segments appear, remove batteries, wait for 15 seconds and reinstall batteries. If display is still illegible, you may need new batteries.

FUNCTIONS:

TIME:

This will count up from 00:00 up to 99:50 if you do not enter a preset time.

If you do enter a preset time the console will count down from the time you set to 0:00.

SPEED:

Displays the current exercise speed on the console screen.

DISTANCE:

This will count the accumulated distance during a workout.

If you enter a preset target the console will count from that distance set down to zero.

CALORIE:

This will count the accumulated calorie consumption during a workout.

If you enter a preset target the console will count from the amount set down to zero.

Note: This data is an estimate only and should be used as a comparison over several exercise sessions.

PULSE:

This will display your current heart rate within 5 seconds of holding the handgrip.

Note: To obtain an accurate reading, hold the handgrips with both hands.

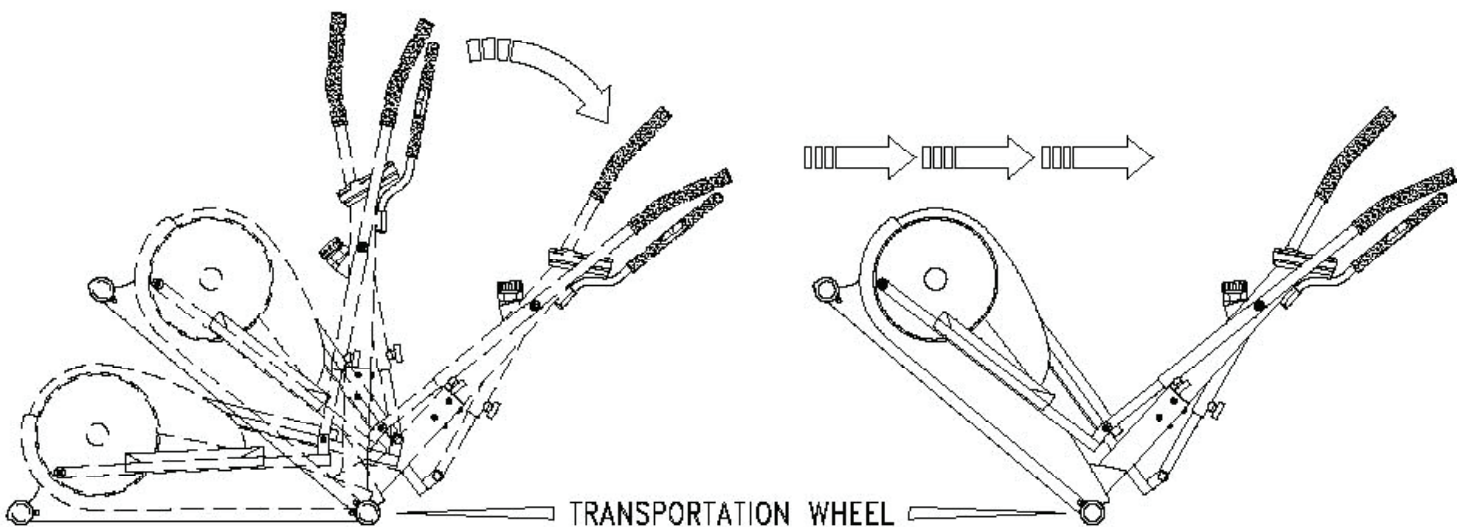
PULSE RECOVERY:

To monitor your improvement after each exercise the console is equipped with a special function known as RECOVERY. Before ending an exercise press the RECOVERY button. The console will stop all function displays except TIME, which will count down from 00:60 to 00:00. Once the time reaches 00:00 the console will show a Recovery Status with a grade of F1 to F6, F1 being the best and F6 being the worst. Press the PULSE RECOVERY button again to return to the main display.

Moving Instructions

Caution! To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you lean the unit, lift using your legs, not your back.

Stand at the front of the unit and using the small handlebar, carefully tilt the machine until the weight is transferred to the transport wheels. Using extreme caution, move the unit to the desired location. To set the unit down, carefully lower unit onto rear foot tube assembly in a resting position. Do not attempt to move the unit over an uneven or rough surface.



Monitoring Your Heart Rate

Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate
(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHZ)}$
 $\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$
 $\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$220 - 30 = 190$
 $190 \times .60 = 114 \text{ (low end or 60\% of MHZ)}$
 $190 \times .75 = 142 \text{ (high end or 75\% of MHZ)}$
30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (**on page 12**) for additional calculations.

TARGET HEART RATE ZONE

100%

Serious athletic training range

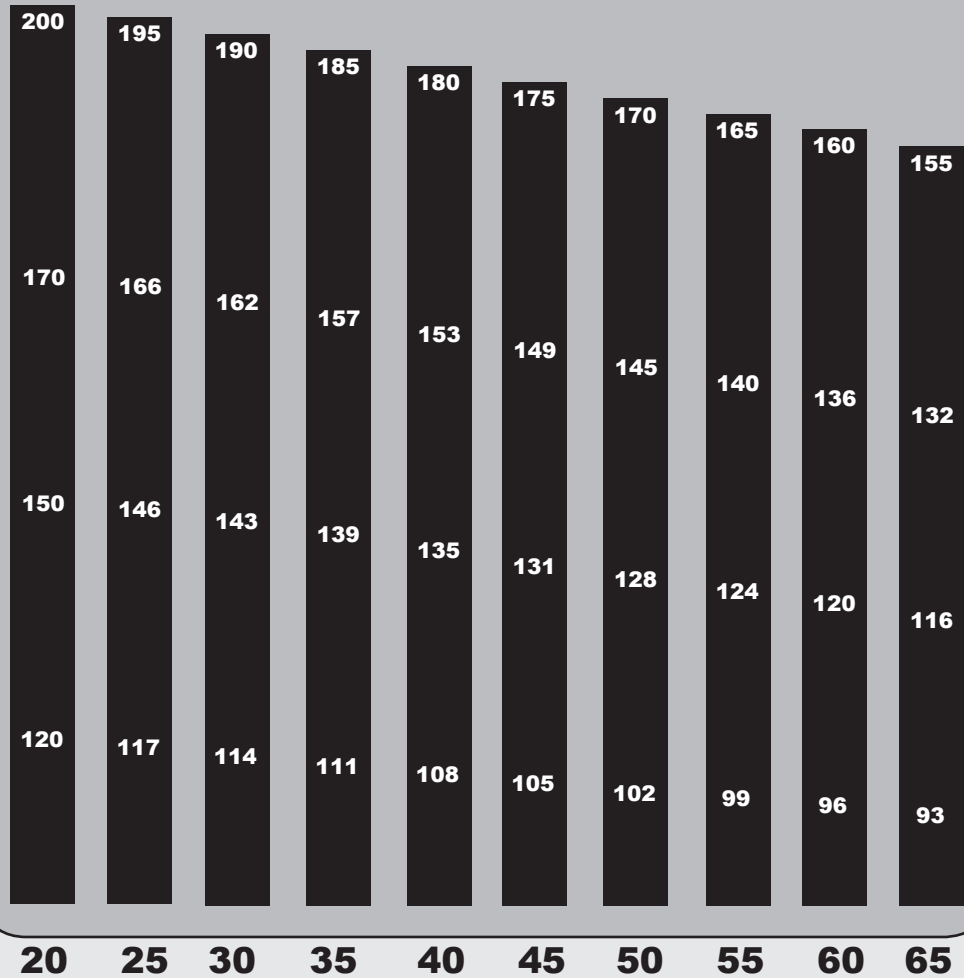
85%

Cardiovascular conditioning range

75%

Fat burning range

60%



AGE

Warm Up Exercises

EXERCISE GUIDELINES

WARNING! Before beginning this or any exercise program, you should consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

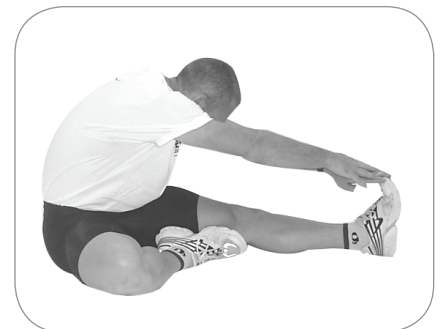
TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



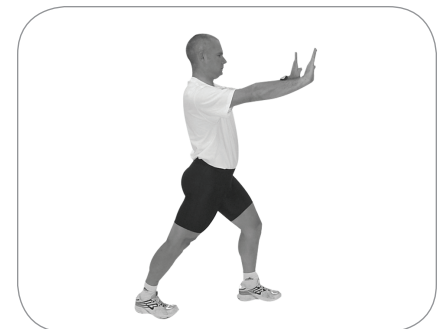
HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



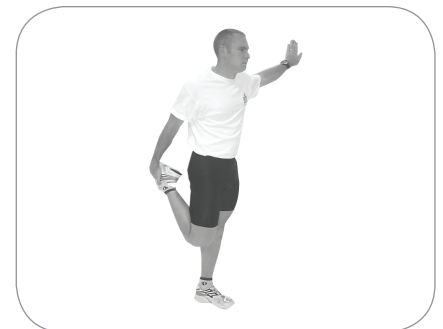
CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

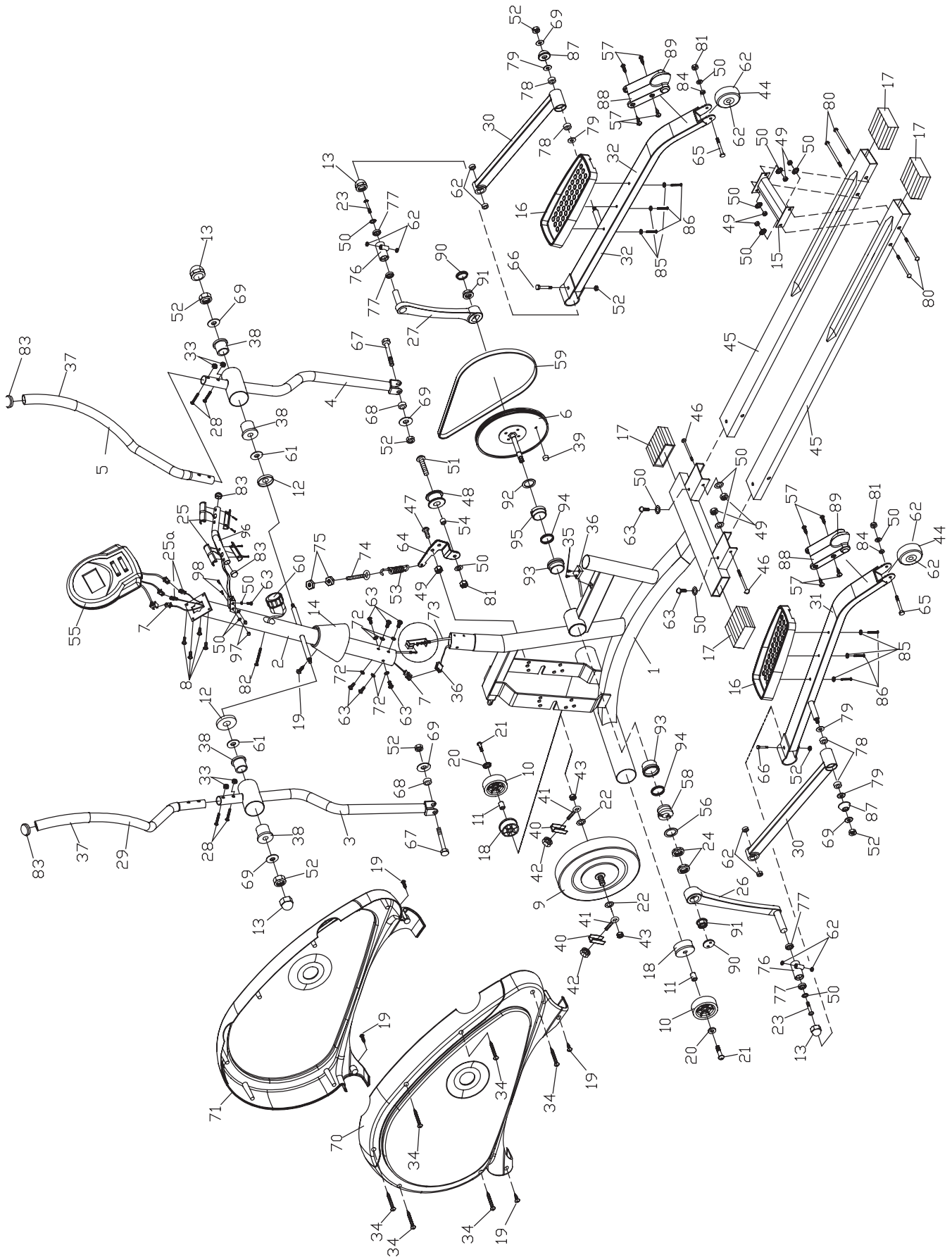
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH (Image not Shown)

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Exploded View



Parts List



130e Parts List Rev B

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	323-00452	MAIN FRAME, 130e	1	47	302-01198	HEX HEAD SCREW, M8 X 20MM	1
2	323-00453	CONSOLE TUBE, 130E	1	48	311-00086	IDLER PULLEY, 130E/R/U	1
3	323-00478	HANDLE, LEFT FOAM 130E	1	49	302-01212	M8 LOCKNUT (THICK), HT640U	7
4	323-00479	HANDLE, RIGHT FOAM 130E	1	50	302-00449	M8X19MM WASHER BLACK U/R/E 220/240/250	14
5	319-00354	HANDLEBAR, FRONT 130E	1	51	302-00487	M8 X 38MM BUTTON HEAD SCREW TRI-6.0R#53A	1
6	311-00090	PULLEY, 130E	1	52	302-01260	BLACK LOCKNUT, 10MM (THIN)	10
7	313-00378	EXTENSION WIRE, 130E	1	53	302-01368	SPRING, 130E/R/U	1
8	302-00443	M5 X10MM SCREW 220E/240E/240R/240U/640R/	4	54	302-01199	M8X12.5X10L SPACER	1
9	311-00084	MAG BRAKE, 130E	1	55	307-00138	CONSOLE, 130E/U/R	1
10	306-00698	TRANSPORTATION WHEEL, 130E/U/R	2	56	302-01366	CRANK WASHER, 130E/R/U	1
11	306-00699	PLASTIC RING, 130E/U/R	2	57	302-00416	TP M4 X 12MM SCREW	8
12	306-00716	SHAFT CAP 130E	2	58	302-01365	CRANK NUT, 130E/R/U	1
13	302-01233	CAP NUT, 8MM	2	59	304-00023	BELT, 130R/130U	1
14	306-00700	COLLAR, CONSOLE TUBE 130E/R	1	60	310-00200	TENSION KNOB ASSEMBLY, 130E	1
15	319-00257	ALUMINUM EXTRUSION PLATE, 130E	1	61	302-00441	M17 X22MM WASHER 220E/240E/240R	4
16	306-00712	FOOT PEDAL, 130E	2	62	331-00093	PRECISE BEARING, 6000	8
17	306-00673	SQUARE FOOT CAP, 40X80	4	63	302-00411	M8 X15 HEX HEAD SCREW	9
18	319-00260	FRONT ROLLER, 130E	2	64	319-00239	BELT TENSION BRACKET, 130E/U/R	1
19	302-01192	TP M4 X 16 MM SCREW	5	65	302-01249	SCREW, M10X47MM	2
20	302-01363	WASHER, M10X21X1	4	66	302-01408	SCREW, HX HD M8X63MM	2
21	302-01362	SCREW, 3/8"X40MM HEX	2	67	302-01409	SCREW, HEX HD M10X67MM	2
22	302-00402	M10X19x2.0 MM WASHER,220E/240E/240R/240U	2	68	306-00735	BUSHING, PLASTIC 10X26X8.0T	4
23	302-01371	SCREW, M8X45MM HEX HEAD	2	69	302-00402	M10X19x2.0 MM WASHER,220E/240E/240R/240U	6
24	302-01201	7/8" x24 MM HEX CAP NUT	4	70	305-00189	HOUSING, BOTTOM LEFT 130E	1
25	310-00201	GRIP, HAND PULSE 130E	2	71	305-00190	HOUSING, BOTTOM RIGHT 130E	1
25a	313-00379	HAND PULSE WIRE, 130E	2	72	302-01364	WASHER, M8X18MM CURVED	6
26	311-00088	CRANK, LEFT 130E	1	73	313-00379	TENSION WIRE, 130E	1
27	311-00089	CRANK, RIGHT 130E	1	74	302-00922	6X65 EYEBOLT#37A	1
28	302-01370	SLOTTED BEARING NUT, 130E/R/U	1	75	302-00769	6MM HEX NUT#47	2
29	331-00099	BEARING SET (12 PCS), 130E/R/U	2	76	319-00357	JOINTER, 130E	2
30	319-00356	CONNECTING ARM, 130E	2	77	331-00047	BEARING PRECISE, 6202Z,220E/240E/250E	4
31	323-00454	FRAME, LEFT FOOT 130E	1	78	306-00736	BUSHING, PLASTIC 17X35X10.0T	4
32	323-00455	FRAME, RIGHT FOOT 130E	1	79	302-01407	WASHER, M26X37X2.0 (BLACK)	2
33	331-00100	BEARING CUP, 130E/R/U	2	80	302-01406	SCREW, HEX HD M8X95MM	1
34	302-00417	TP M5 X50MM SCREW	6	81	302-01211	M8 LOCKNUT (THIN), HT640U	3
35	302-00415	TP 3X8MM SCREW	2	82	302-01210	M5X50MM PHILLIP SCREW	1
36	313-00370	SENSOR WIRE W/WIRE, 130U/R/E	1	83	306-00372	1 1/4" BALL PLUG 220R/240R/240U/640R/520	4
37	306-00713	SLEEVE, HANDLEBAR 130E	2	84	306-00651	SPACER, M13.95X10X8L	2
38	302-00859	32MM BUSHING	4	85	302-00444	WASHER, M6X16MM (BLACK)	6
39	302-01367	MAGNET, 130E/U/R	1	86	302-00445	M6 X45 MM HEX HEAD SCREW, 220E/240E/640R	6
40	302-01195	EYEBOLT 6 X 40MM	3	87	302-00435	M10 CURVED WASHER 220E/240E/520e	6
41	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2	88	306-00714	CAP, LEFT ROLLER 130E	2
42	302-00401	M6 HEX NUT(ZINC)	2	89	306-00715	CAP, RIGHT ROLLER 130E	2
43	302-01197	CAP NUT, 3/8" X 26MM	2	90	307-00718	CRANK CAP, 130E	2
44	319-00261	PU ROLLER, 130E	2	91	302-01194	CAP NUT M10 X P1.25R	2
45	323-00456	LEFT ALUMINUM EXTRUSION, 130E	2	92	302-01361	WASHER, 38X24X1.5T	1
46	302-00189	SCREW, M8X90MM	2				

Warranty Information



IRONMAN FITNESS 130e LIMITED WARRANTY

Residential Warranty

Frame: Lifetime

Parts: 1 Year

Labor: None

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Ironman Fitness (“Ironman”) under the Ironman brand name. The warranty period to the original purchaser is listed above in the table.

Ironman warrants that the Product you have purchased for use from Ironman or from an authorized Ironman reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include pedal straps, seats, grips, chains, bottom bracket assemblies, pads, etc. Please contact an Ironman customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through an Ironman Fitness authorized dealer unless otherwise authorized by Ironman Fitness in writing.

During the warranty period Ironman will repair or replace (at Ironman’s option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Ironman may replace defective parts, or at the option of Ironman, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Ironman. Ironman reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

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