

IRONMAN®

250u

Owner's Manual Ironman 250u UPRIGHT

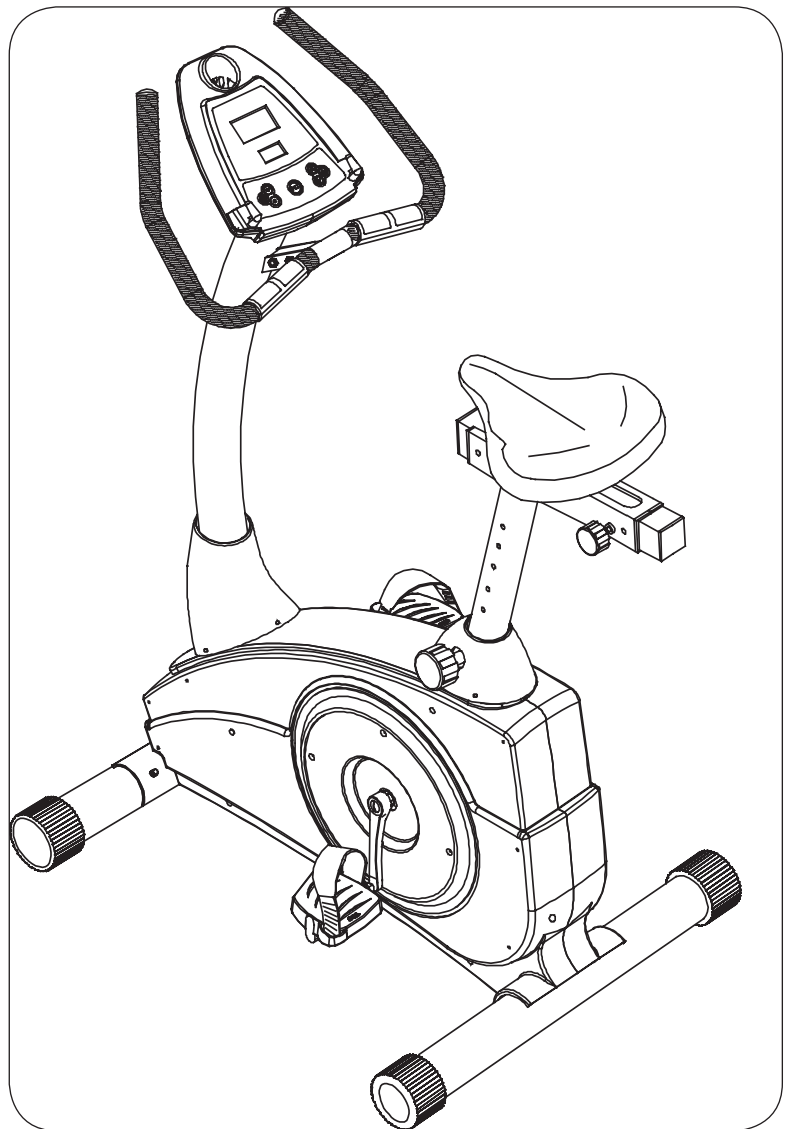
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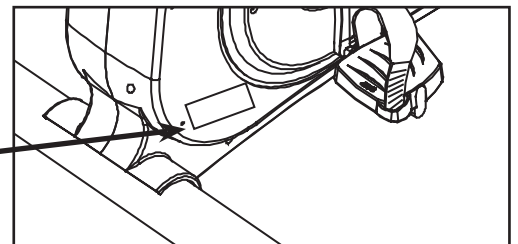
www.ironmanfitness.com



Model Name : 250u

Serial Number :

*Write down for future reference
Serial Number Decal Location*



**315-00081
07/06 Rev A**

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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.

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 **300** 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, or near water and should never be used while you are wet. 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. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing the **Ironman 250u Upright!** 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.

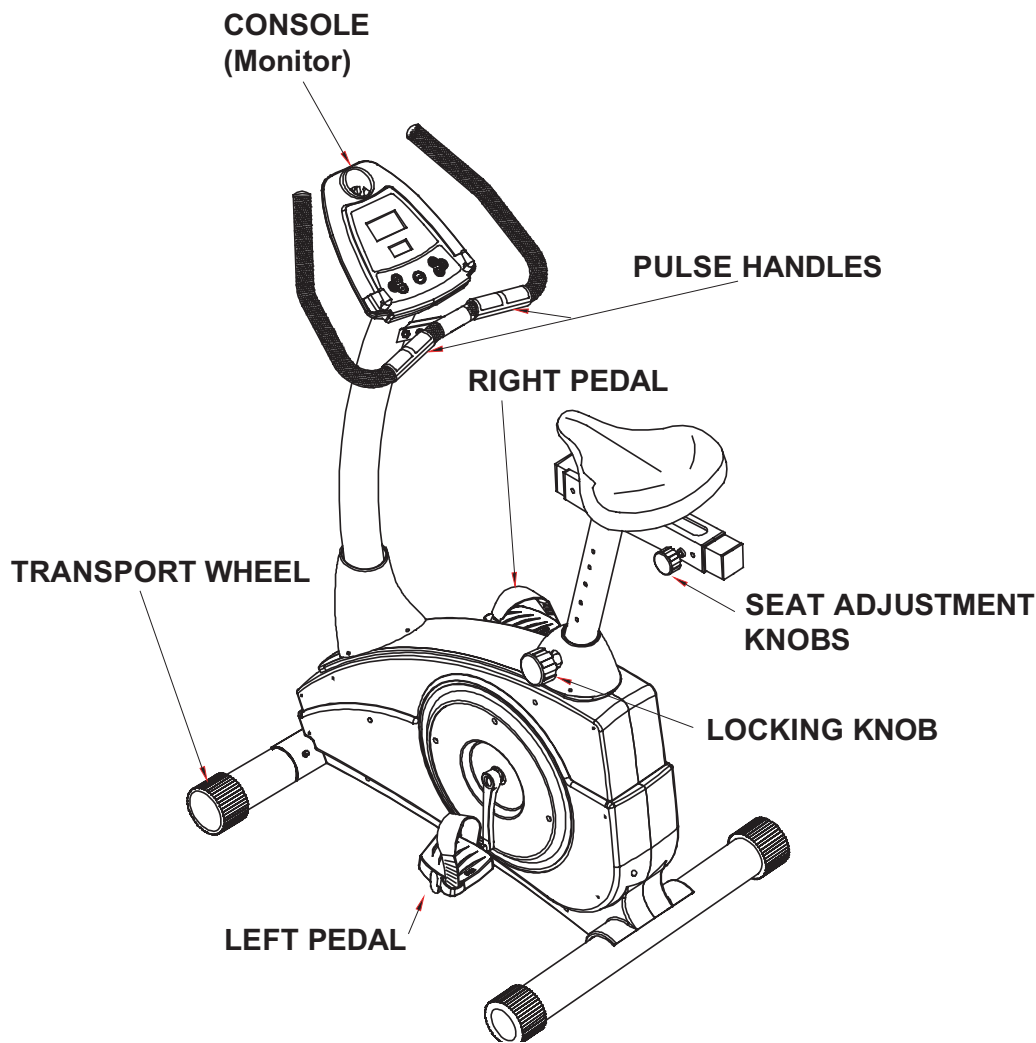
Remember to take the time to perform the stretching exercises provided to avoid injury.

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.

To avoid the risk of electrical shock, always keep the console dry. 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
2. WRENCH

Main Components:

1. OWNER'S MANUAL
2. MAIN FRAME
3. PULSE HANDLES
4. FRONT FOOT TUBE
5. REAR FOOT TUBE
6. PEDALS LEFT AND RIGHT
7. CONSOLE
8. AC ADAPTER
9. SEAT ADJUSTMENT KNOBS
10. TRANSPORT WHEEL

Hardware:

1. HEX HEAD SCREW M8X18MM (19)- QTY. 4
2. HEX HEAD SCREW M8X15MM (55)- QTY. 4
3. CURVED WASHER M8 (56) - QTY. 4
4. FLAT WASHER M8X18.8MM (63) - QTY. 4
5. FLAT WASHER OD M8X18.8MM (49) - QTY. 4
6. SCREW M4X12MM (70) - QTY. 1
7. SCREW M5X50MM (71) - QTY. 3
8. SCREW M4X12MM (39) - QTY. 4 (INSTALLED IN BACK OF CONSOLE)
9. LOCK NUT M8 (68) - QTY. 3
10. LOCKING KNOB (36) - QTY. 2
11. NUT M8 (62) - QTY. 4
12. SCREW M8X57MM (67) - QTY. 1

FIGURE 1

Step 1:

Attach Front Foot Tube (4 & 17) to Main Frame (1) using two Hex Head Screws (19).

Step 2:

Attach Rear Foot Tube (4 & 18) to Main Frame (1) using two Hex Head Screws (19).

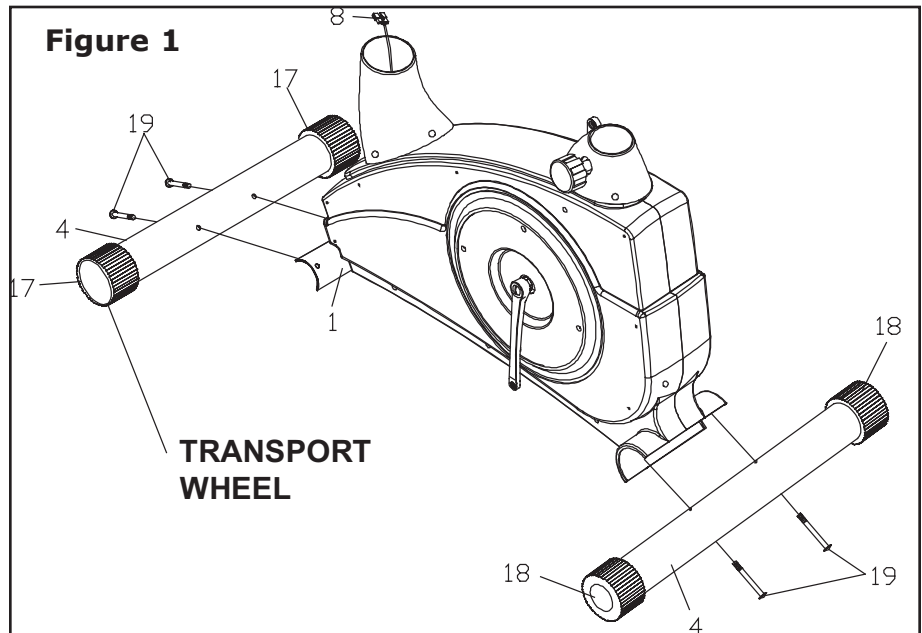


FIGURE 2

Step 1:

Slide Seat Post (60) into Main Frame (1) and secure using Locking Knob (36).

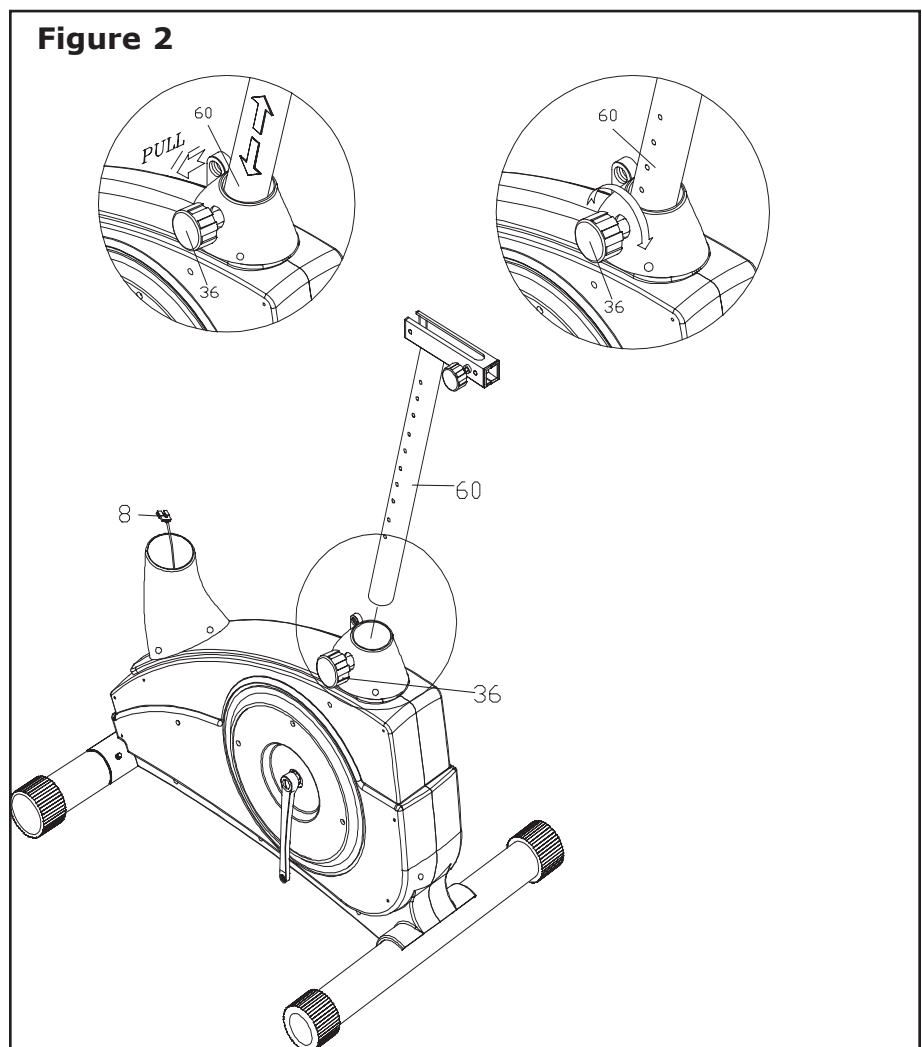


FIGURE 3

Step 1:

Thread the Right Pedal (31) into the right crank area of Main Frame (1). Secure in place by turning it **clockwise** to tighten.

Note: Right Pedal (31) is marked with an "R".

Step 2:

Thread the Left Pedal (30) into the left crank area of Main Frame (1). Secure in place by turning it **counter-clockwise** to tighten.

Note: Left Pedal (30) is marked with an "L".

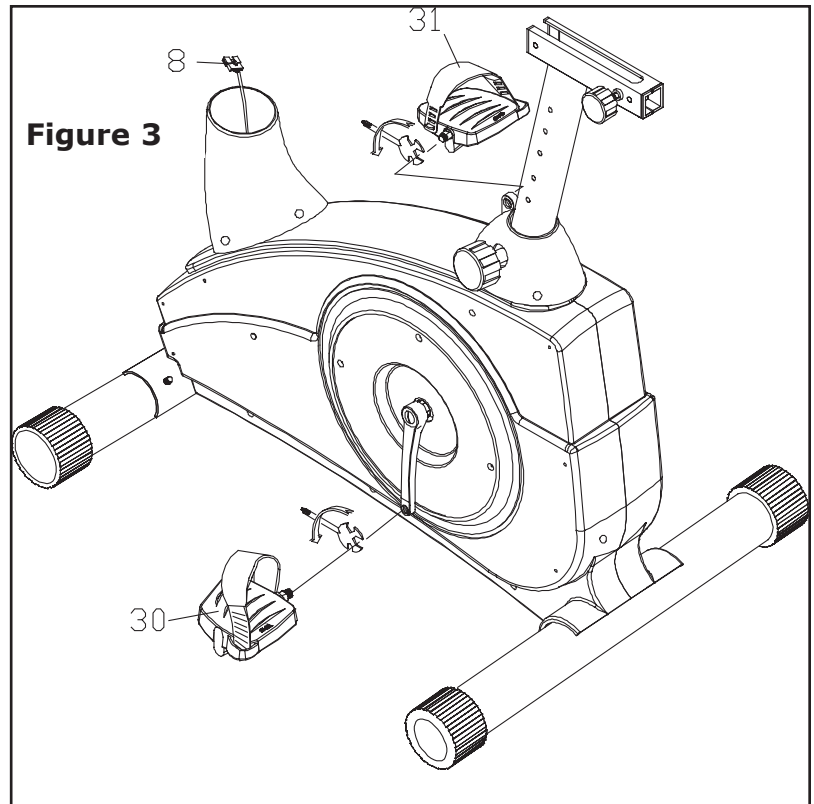


FIGURE 4

Step 1:

Attach Seat Pad (9) to Seat Post Slider (3) using four Flat Washers (63) and four Nuts (62).

Step 2:

Slide Seat Post Slider (3) into Seat Post (60) and secure using Locking Knob (36).

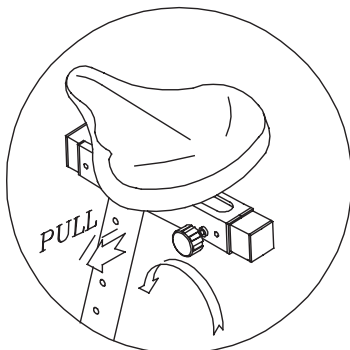


Figure 4

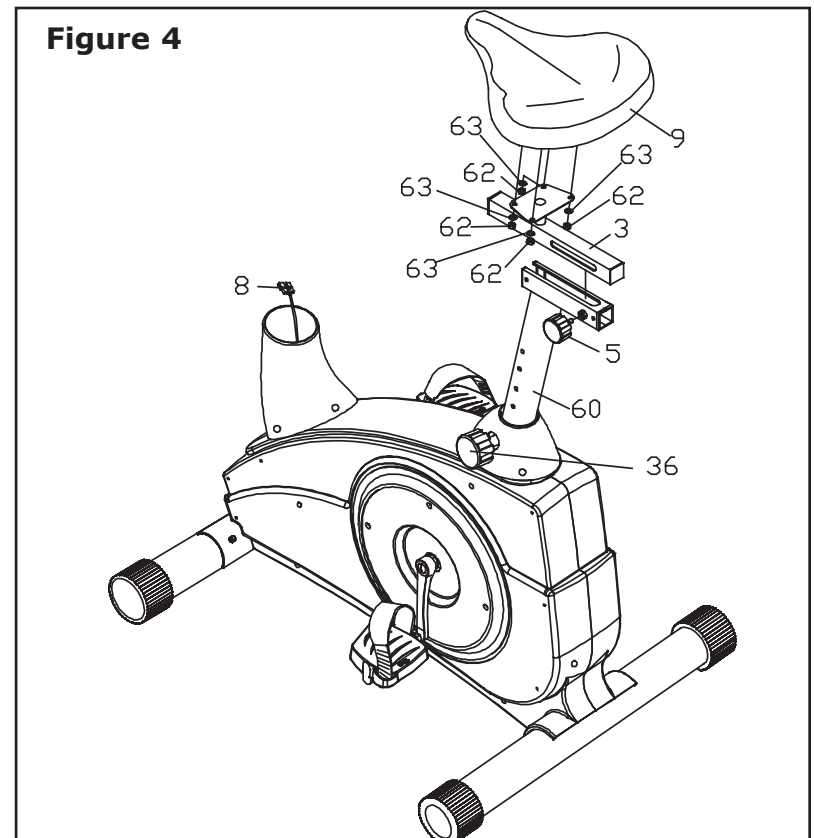


FIGURE 5

Step 1:

Connect Cables 57, 8 and 38.

Step 2:

Slide the Console Tube (2) onto the Main Frame (1) and secure using four Curved Washers (56) and four Hex Head Screws (55).

Step 3:

Slide Collar (13) down Console Tube (2). Attach Collar (13) using four Screws (70).

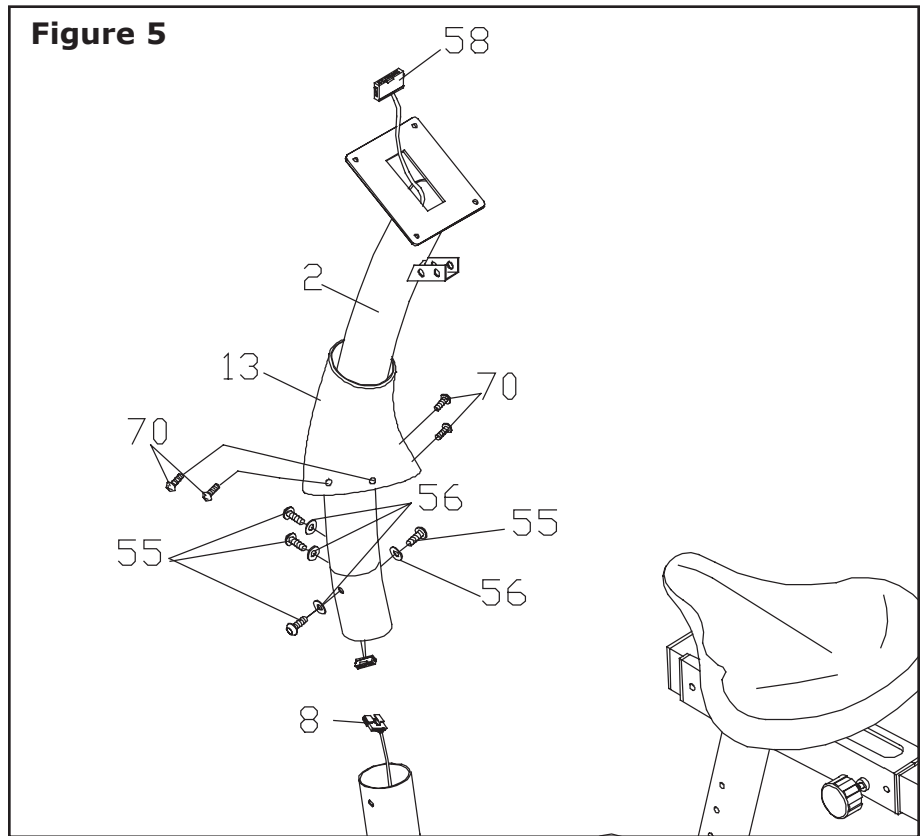


FIGURE 6

Step 1:

Feed Pulse Wires (66) thru Console Tube (2).

Step 2:

Attach Pulse Handlebars (10) to Console Tube (2) using two screws (67), two washers (49), two nuts (68), one screw (55) and one nut (49).

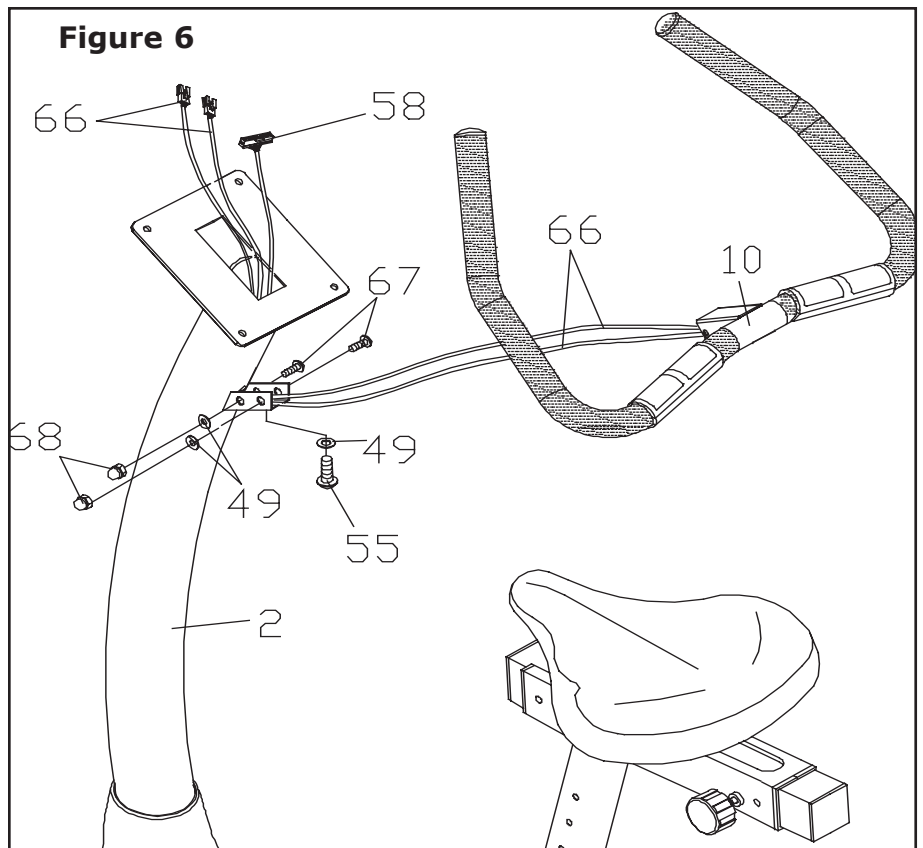


FIGURE 7

Step 1:

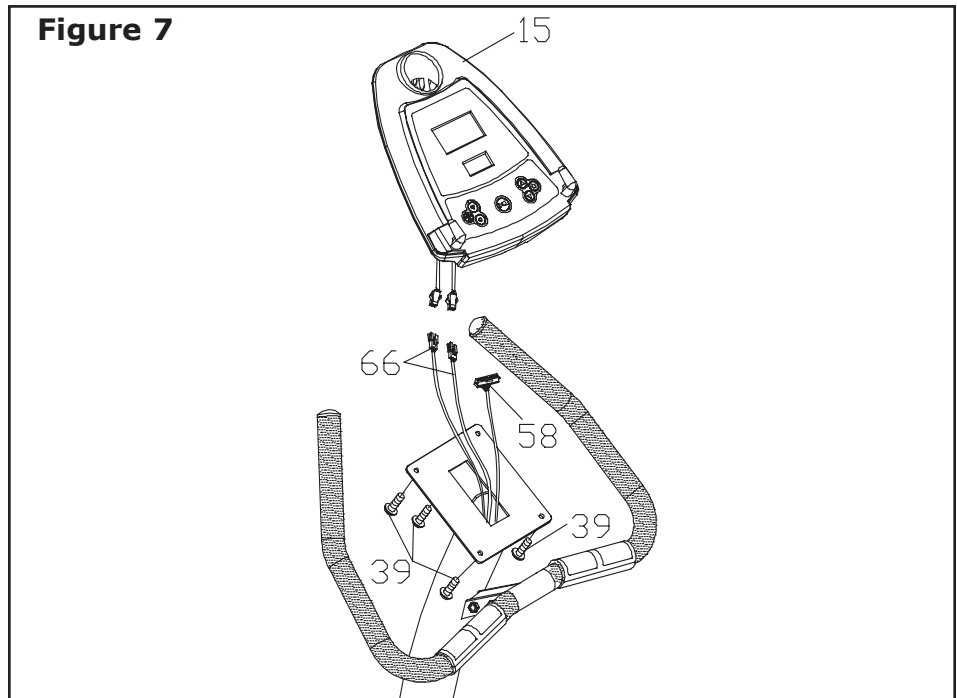
Connect Extension Wire (58) and Pulse Wires (66) to Console (15).

Step 2:

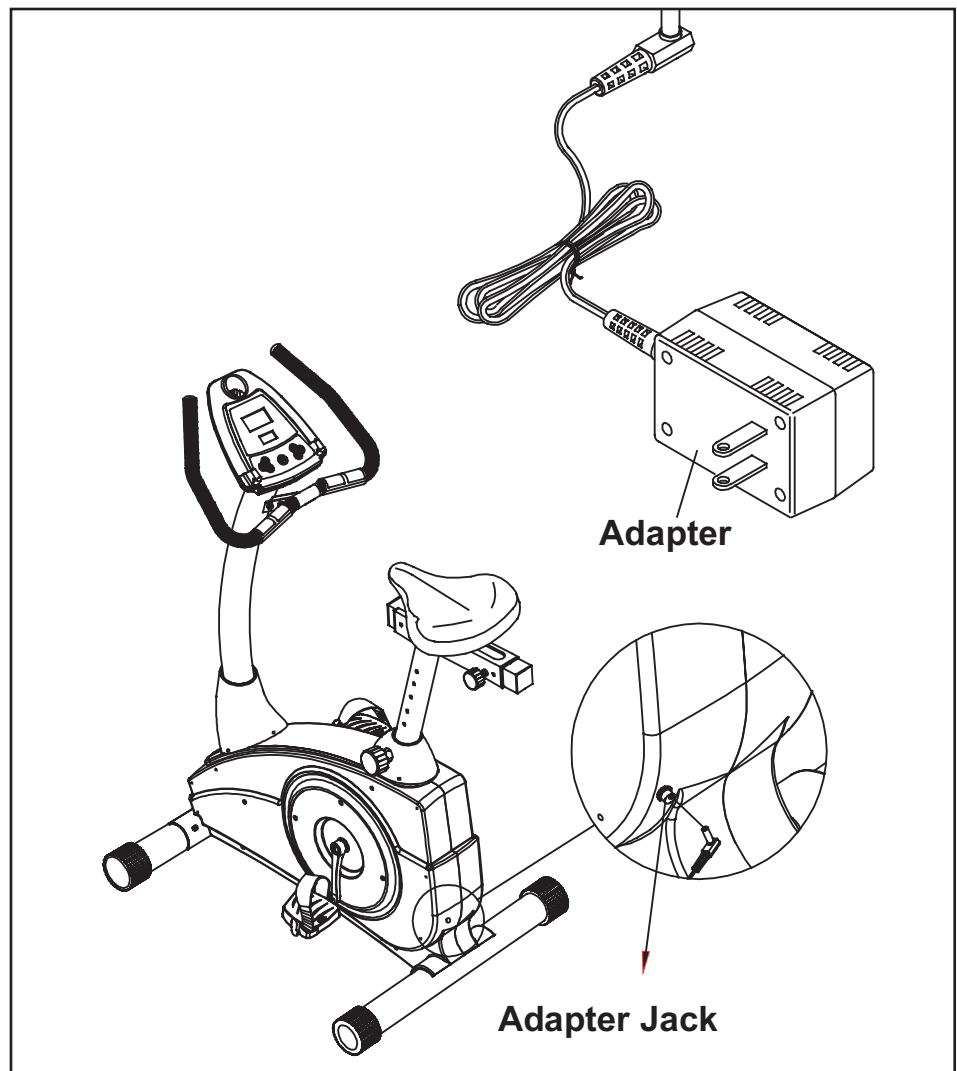
Attach Console (15) to Console Tube (2) using four Screws (39).

Note: The four Screws (39) will already be installed into the back of Console (15) when you remove it from the box

Figure 7



Congratulations!
You have completed the assembly of your new Ironman 250u bike!





CONSOLE BUTTONS:

MODE:

Press to display each function the on the console screen. During program setting this button is used to confirm values entered.

START/STOP:

Press to START or STOP exercising. Hold this button for 2 seconds to Reset Console. Console will turn off after 4 minutes of no activity.

UP:

During Exercise press this button to increase the tension level. During program setting this button is used to toggle values for Time, Age, Weight, and Resistance Level. Also used to select Program 1-12.

DOWN:

During Exercise this button is used to decrease the tension level. During Set Mode this button is used to toggle between values for Time, Age, Weight, and Resistance Level. Also used to select Program 1-12.

BMI:

Press to activate bodyfat feature. *Note: This data is an estimate only and should be used as a comparison over several exercise sessions.*

Console Instructions



RESET:

Press to reset each Time, Distance, Calories, and Pulse settings. When setting program, press to toggle console back to initial selection mode.

FUNCTIONS: These show in small display window. These will automatically scroll thru each function if you press Mode button and manually scroll thru these functions one time. To scroll thru functions Press Mode button To set Time function, press Mode until Time displays in small window, press Enter, use the Up and Down buttons to set Time.

TIME:

This will count up from 00:00 up to 99:59 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.

RPM:

Displays current Revolution per Minute.

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. The console is not individually programmable for all the necessary variables to accurately monitor actual calories burned.*

AGE/TARGET HEART RATE:

Displays Age or Target Heart Rate.

PULSE:

This will display your pulse rate in beats per minute during your workout. The Pulse Rate will display after 4 stable pulse signals have been detected. If there are no pulse inputs for 8 seconds the console will turn off the pulse circuit automatically. Press START to restart the Pulse function. If you preset the target pulse rate in a workout program, the monitor will beep to remind you that the set heart rate has been achieved. *Note: For a more accurate reading, hold the handgrip with both hands.*

Console Overview



Getting Started:

There are 12 programs and on the 250u Upright. You may stop your workout at any time by pressing the START/STOP button. To resume workout press START. The console will automatically shut off automatically if there is no activity for 4 minutes. All of the training data will be stored. You may press any button to bring the console back on.

To Select a Program Press Up or Down button until selected the desired User profile is selected. You can choose from U1 to U12. Enter information as instructed on screen. Press Up and Down until desired Program is highlighted. Press Mode to confirm settings. Press Mode again to set workout TIME. Use the UP or DOWN button to select desired workout TIME. Press Mode to confirm setting. Press START button to begin your workout. You may increase the tension settings at any time during your workout by pressing the UP or DOWN buttons.

Quick Start:

You may start training directly by pressing START/STOP button. The time will start to count up from zero.

PROGRAMS P1-P12:

To Select a Program press UP or DOWN button until selected Program is highlighted. Press Mode to confirm settings. Press UP or DOWN button to set workout TIME, press Mode to confirm. Use the UP or DOWN button to select desired workout TIME. Press Mode to confirm setting. Press START button to begin your workout. You may increase the Tension settings at any time during your workout by pressing the UP or DOWN

BODY FAT:

Press BMI button. Console screen will display user (U) number you are currently using. Lower display will show stand-by symbols (a and b). At this moment place both hands onto the pulse grips and continue to place them until the measurement is completed.



Once the measurement is completed, the lower display will show the fat percentage and BMI figure. If you did not hold both hands on the pulse grips during the measurement, the lower display will show "E-1" as the error sign. Repeat process to obtain BMI measurements.

Body Fat

Body Type	Female	Male
Athlete	<17%	<10%
Lean	17-22%	10-15%
Average	22-25%	15-18%
Above Avg	25-29%	18-20%
Overweight	29-35%	20-25%
Obese	35+%	25+%

Body Mass Index

Body Type	Range
Underweight	<18.5
Ideal	18.5-25
Overweight	25-30
Obese	>30

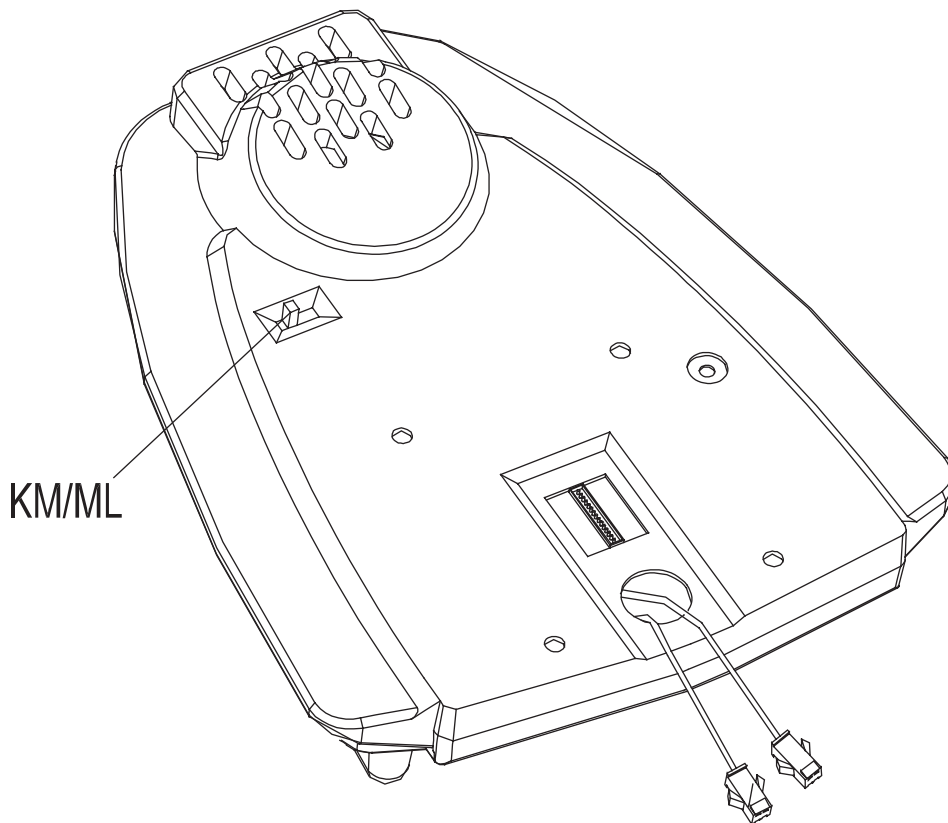
c

Console Overview

MANUAL:

To Select a Program press UP or DOWN buttons until selected Program is highlighted. Press UP and DOWN buttons to resistance. You may set target Time, Distance, Calories, Watt, and Pulse by pressing UP and DOWN buttons, using Mode to confirm. Press START/STOP to begin workout. Resistance may be adjusted by using the UP and DOWN buttons during workout. If target have been set, the resistance will increase and/or decrease according to the target that was set and the current reading. An alarm will sound when a target has been reached.

To switch display from MPH (Miles per hour) to KLM (Kilometers per hour), flip switch on the back of console.



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

$220 - \text{age} = \text{maximum heart rate (MHR)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

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

$$220 - 30 = 190$$

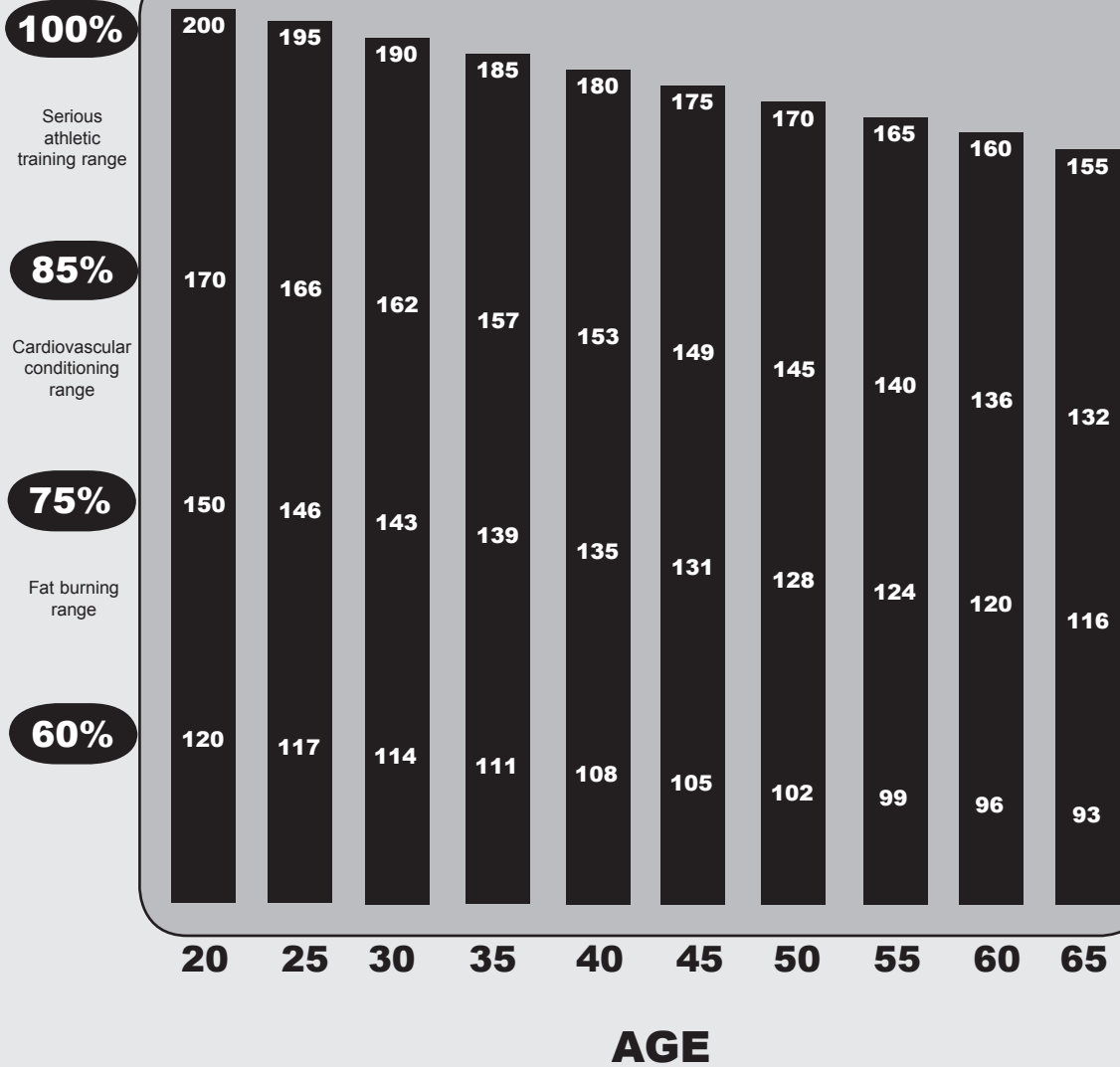
$$190 \times .60 = 114 \text{ (low end or 60\% of MHR)}$$

$$190 \times .75 = 142 \text{ (high end or 75\% of MHR)}$$

30 year-old (THR) Target Heart Rate would be 114-142

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

TARGET HEART RATE ZONE

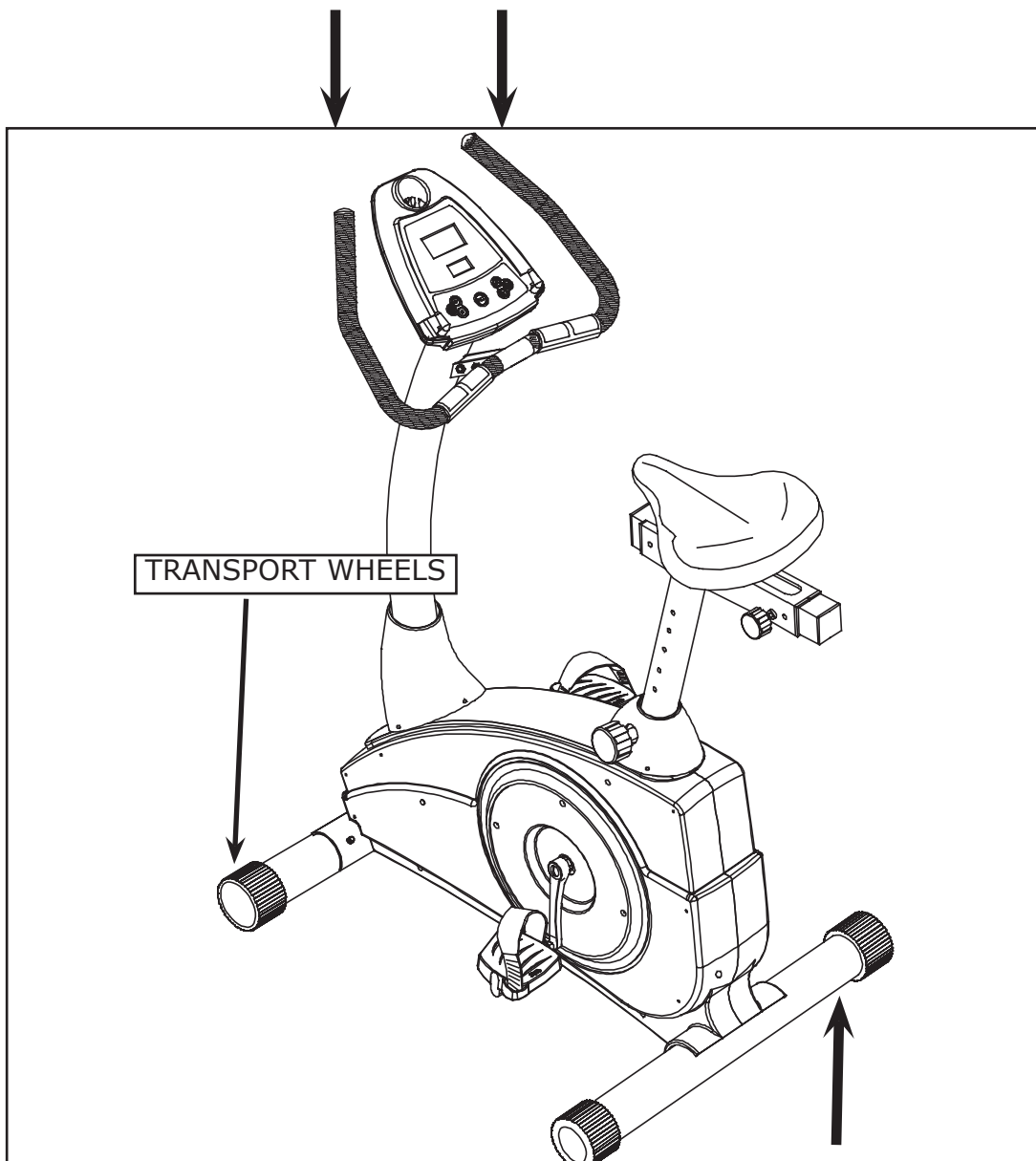


Moving Instructions

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.

To move the bike, start by carefully pushing down on the front handlebars until the rear end of the bike lifts in the air. Steer the bike to another location. Do not attempt to move the unit over an uneven or rough surface. Be gentle while moving the unit as any sharp impact can affect the operation.

NOTE: The unit pictured may not be the same unit you purchased.



Note: This unit may not be identical to your unit.

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.



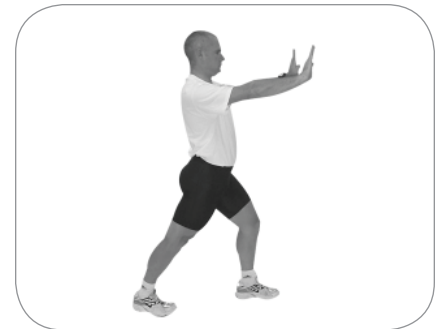
HAMSTRING STRETCH

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

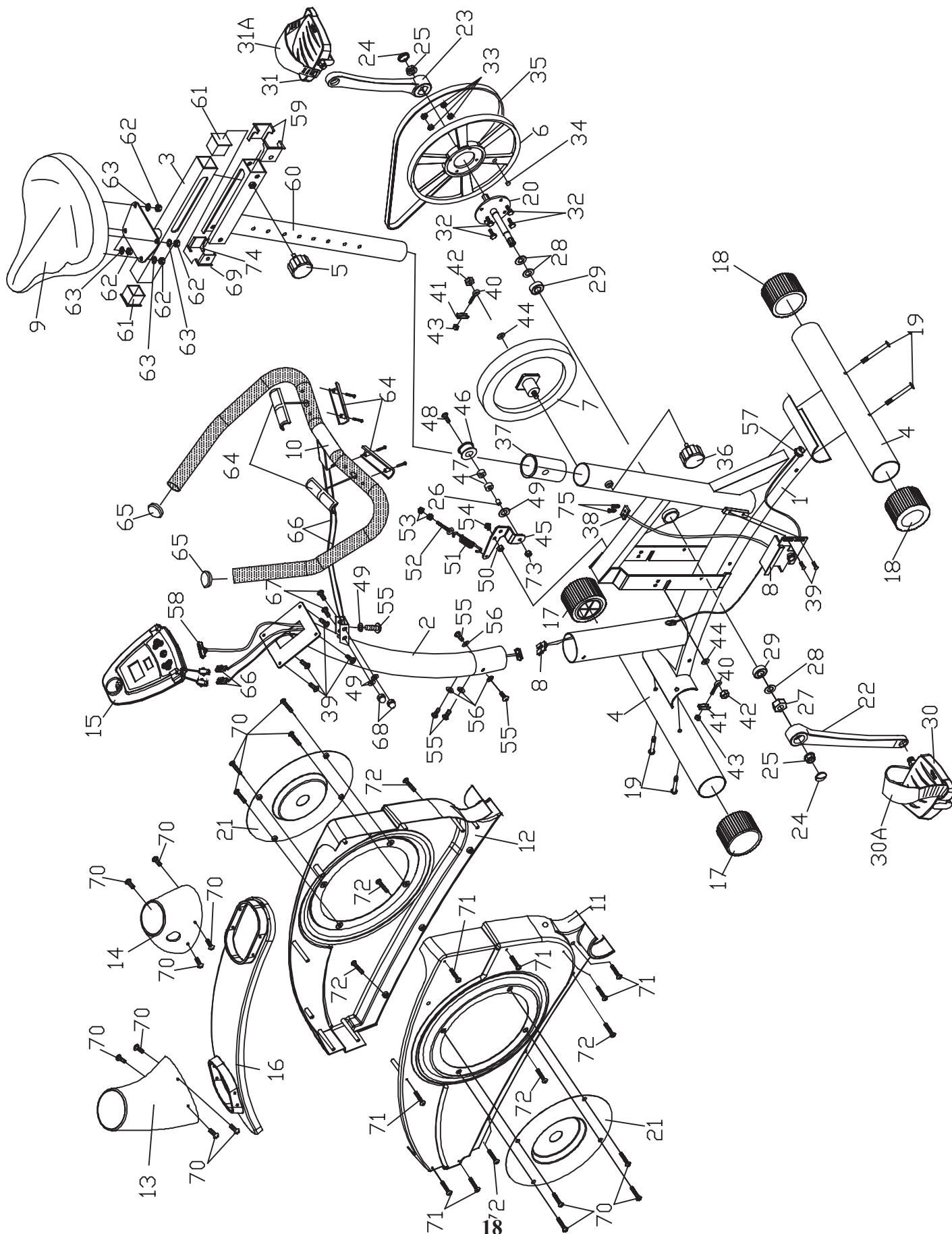
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



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



Ironman 250u Upright Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	323-00352	FRAME, 240U	1	39	302-00443	M5 X10MM SCREW 220E/240E/240R/240U/640R/	6
2	323-00353	CONSOLE TUBE, 240U	1	40	302-01195	EYEBOLT 6 X 40MM	2
3	319-00210	SEAT POST SLIDER, 240U	1	41	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2
4	323-00354	FOOT TUBE, 240U	2	42	302-01197	CAP NUT, 3/8" X 26MM	2
5	310-00177	SEAT ADJUSTMENT KNOB 22MM, 240U	1	43	302-00401	M6 HEX NUT(ZINC)	2
6	319-00032	ALUMINUM PULLEY,U/R/E 220/240/250	1	44	302-00402	M10X19MM WASHER,220E/240E/240R/240U/640R	2
7	311-00073	MAG BRAKE, 240U	1	45	319-00211	BELT TENSION BRACKET, 240U	1
8	307-00122	GEARBOX W/WIRE, 250U	1	46	311-00049	ALUMINUM IDLER PULLEY W/BELT TENSION220	1
9	328-00056	SEAT PAD, 240U	1	47	331-00002	608 PRECISE BEARING	2
10	319-00212	HANDLEBAR, 240U	1	48	302-00403	M8 X30MM HEX HEAD SCREW	1
11	305-00113	BOTTOM LEFT HOUSING, 240U	1	49	302-00449	M8X19MM WASHER BLACK U/R/E 220/240/250	4
12	305-00114	BOTTOM RIGHT HOUSING, 240U	1	50	302-00387	M8 LOCKNUT, 220U/240U/HT640U	1
13	305-00115	CONSOLE TUBE COLLAR, 240U	1	51	302-00407	SPRING 220U/240E/240R/240U/640U/640R	1
14	305-00116	SEAT POST COVER, 240U	1	52	302-00408	EYEBOLT 6 x 65MM	1
15	307-00121	CONSOLE, 250U/250R/250E	1	53	302-00409	M6 HEX NUT (BLACK)	2
16	305-00112	TOP COVER, 240U	1	54	302-00568	HEX HEAD BOLT M8X20	1
17	306-00635	TRANSPORTATION WHEEL, 240U/240R/240E	2	55	302-00461	M8X15MM HEX HEAD SCREW 220R/240E/240R/U	5
18	306-00647	FOOT CAP, 240U	2	56	302-00412	M8 CURVED WASHER	4
19	302-00450	M8 X80MM HEX HEAD SCREW 220E/240E/240R/U	4	57	313-00353		1
20	330-00082	PULLEY AXLE, U/R 240/250	1	58	313-00354	DC POWER CORD, 250U	1
21	305-00117	ROUND COVER, 240U	2	59	306-00630	INNER BUSHING 38X45MM	2
22	330-00083	LEFT CRANK, U/R 240/250	1	60	323-00355	SEAT POST, 240U	1
23	330-00084	RIGHT CRANK, U/R 240/250	1	61	306-00629	END CAP 38X38, 240U	2
24	306-00646	CRANK CENTRAL CAP, 240U	2	62	302-00413	M8 NUT (ZINC)	4
25	302-01194	CAP NUT M10 X P1.25R	2	63	302-00414	M8 IDX18.8MM OD FLAT WASHER (ZINC)	4
26	302-00448	M8 X12.5X4L SPACER 220E/240E/240R/240U/5	1	64	313-00355	HAND PULSE GRIP, 250U	4
27	302-01218	CRANK SHAFT NUT, 2420U	1	65	306-00372	1 1/4" BALL PLUG 220R/240R/240U/640R/520	2
28	302-00389	M17 X22MM WASHER	3	66	313-00352	HAND PULSE WIRE, 250U	2
29	331-00048	BEARING 6003ZZ U/R/E 220/240/250	2	67	302-00376	M8X57MM SCREW	2
30	306-00638	LEFT PEDAL, U/R 240/250	1	68	302-00173	NUT CAP, M8	2
30A	306-00639	LEFT PEDAL STRAP, U/R 240/250	1	69	306-00628	LEFT END CAP 38X45, 240U	1
31	306-00636	RIGHT PEDAL, U/R 240/250	1	70	302-00416	TP M4 X 12MM SCREW	16
31A	306-00637	RIGHT PEDAL STRAP, U/R 240/250	1	71	302-00417	TP M5 X50MM SCREW	7
32	302-00392	M6X16MM HEX HEAD SCREW	4	72	302-01192	TP M4 X 16 MM SCREW	6
33	302-00391	M6 LOCKNUT	4	73	302-00456	M8 NYLON NUT (THIN) 220R/240R/240U/640R	1
34	319-00204	MAGNET, U/R/E 240/250	1	74	306-00627	RIGHT END CAP 38X45, 240U	1
35	304-00015	BELT, POLY V U/R/E 220/240/250	1	75	302-00415	TP 3X8MM SCREW	2
36	302-01217	LOCKING KNOB 31MM, 240U	1	76	313-00167	AC ADAPTER,6VDC, 5mA, U/R/E/ 240,250	1
37	306-00370	SEAT POST ROUND BUSHING	1	#	315-00081	OWNERS MANUAL 250U	1
38	313-00184	SENSOR WIRE W/SENSOR, 240U	1				

Warranty Information



Residential Warranty

Frame: Lifetime

Parts: 1 Year

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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