

# IRONMAN®

## 420e

### **Owner's Manual** IRONMAN 420e ELLIPTICAL

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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 **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. Follow safety information in regards to plugging in your unit. Do not run the power cord underneath your unit. Do not operate the unit with a damaged or frayed power cord.
5. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
6. Always examine your unit before using to ensure all parts are in working order.
7. Allow the unit to fully stop before dismounting.
8. Pets should never be allowed near the unit.
9. Do not leave children unsupervised near or on the unit.
10. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
11. Never insert any object or body parts into any opening.
12. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
13. Always unplug the unit before cleaning and/or servicing. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
14. Failure to follow these instructions will void the unit warranty.

# Before You Start



Thank you for purchasing the **Ironman 420e 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.

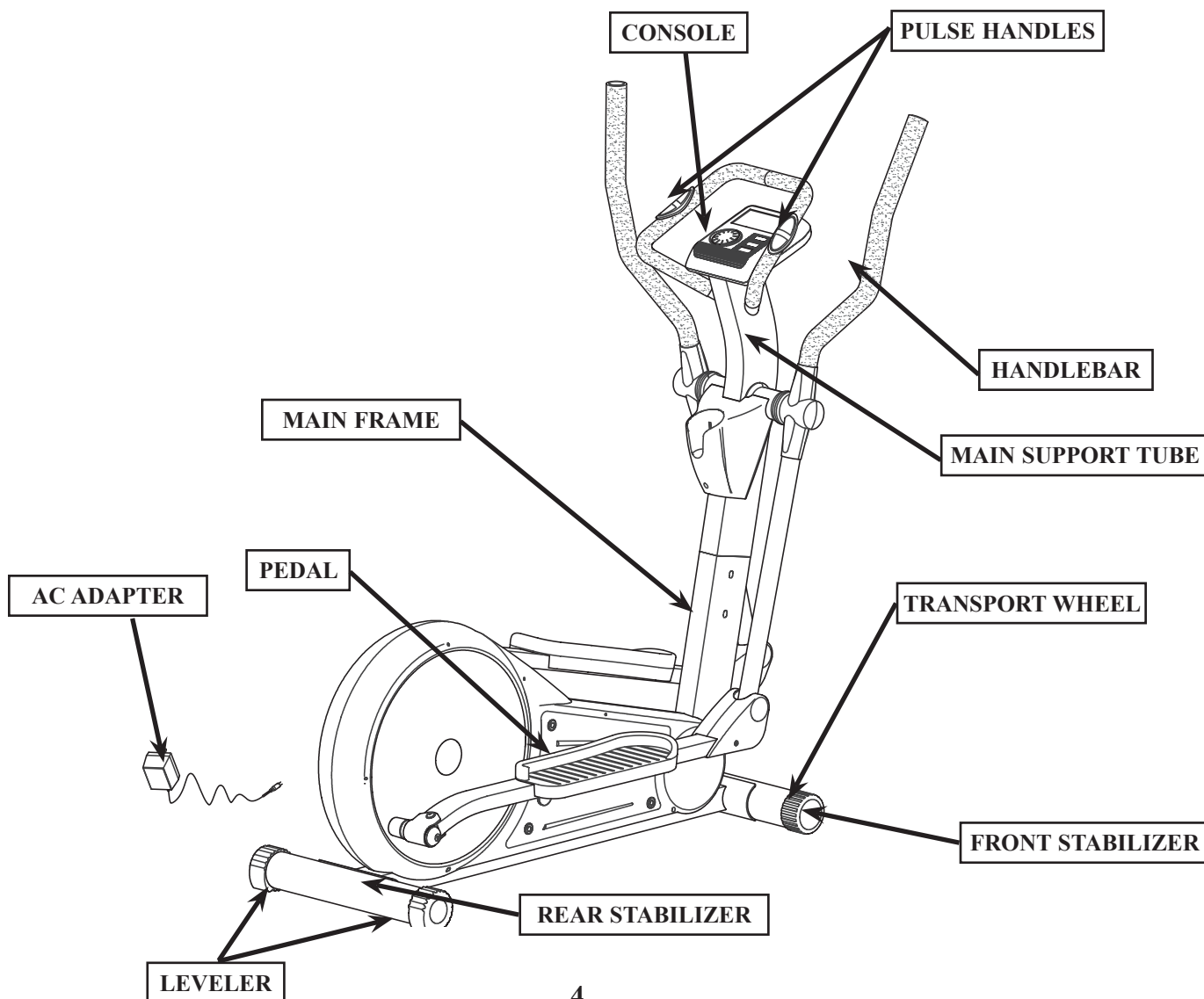
**Remember to take the time to perform the stretching exercises provided to avoid injury.**

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.

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. PHILLIPS SCREW DRIVER
3. WRENCH

### Main Components:

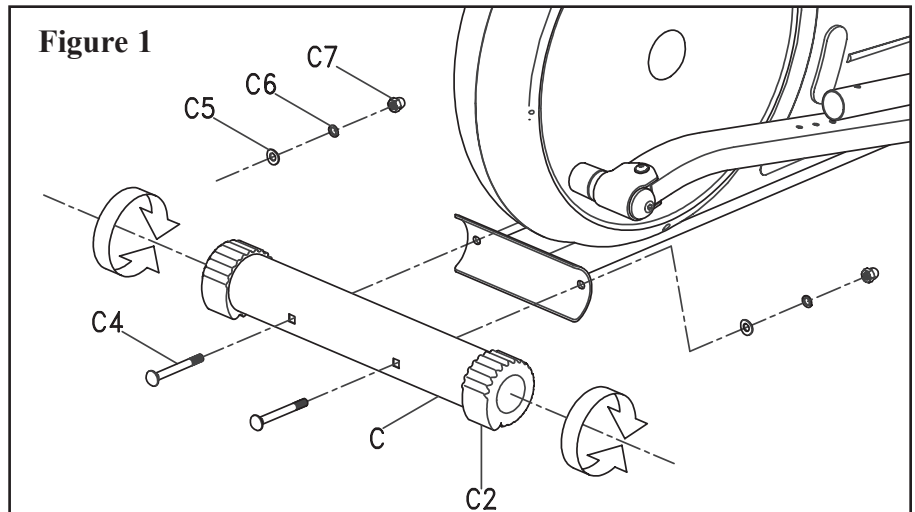
1. OWNER'S MANUAL
2. MAIN FRAME
3. HANDLEBARS LEFT AND RIGHT
4. PULSE HANDLEBARS
5. REAR STABILIZER
6. FRONT STABILIZER
7. MAIN SUPPORT TUBE
8. PEDALS LEFT AND RIGHT
9. CONSOLE

### Hardware:

1. SCREW, M8X90MM - Qty. 2
2. FLAT WASHER, M8X16X1.2T - Qty. 10 (B13, B22)
3. SPRING WASHER, M8 - Qty. 2 (B14, C6)
4. SCREW - Qty. 2
5. FLAT WASHER - Qty. 2
6. SPRING WASHER - Qty. 2
7. SCREW, M8X15MM - Qty. 6
8. BOLT, M8X30MM - Qty.2
9. BOLT, M8X40MM - Qty. 2
10. SCREW, M4X20MM - Qty. 2
11. SCREW, M5X8MM - Qty. 10 (F3, J2, J3)
12. FLAT WASHER, M6X16X1.2T - Qty. 8 (A7, J5)
13. SPRING WASHER, M6 - Qty. 4

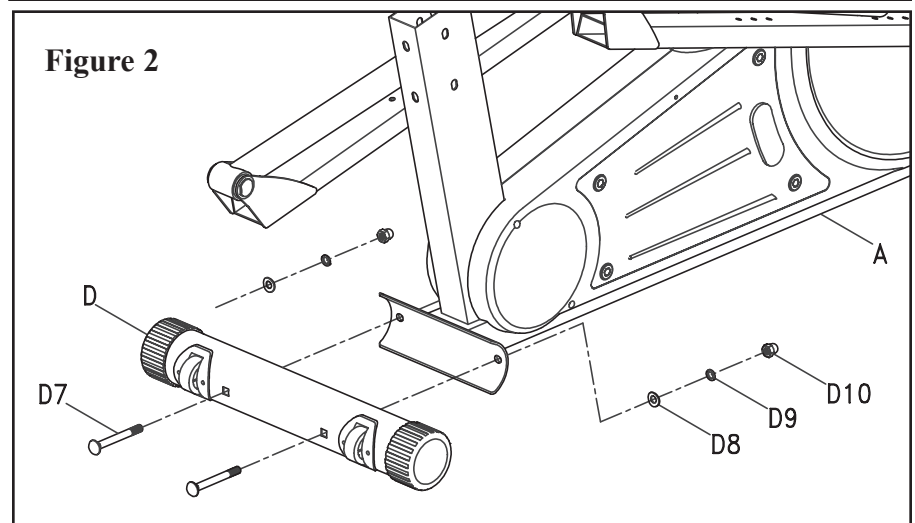
**FIGURE 1**

Step 1:  
Remove the Bolts (C4), Washers (C5) and Nuts (C6) from the rear stabilizer. Using this hardware, attach the rear stabilizer to the main frame.



**FIGURE 2**

Step 1:  
Remove the Bolts (D7), Washers (D8) and Nuts (D9) from the front stabilizer. Using this hardware, attach the front stabilizer to the main frame.

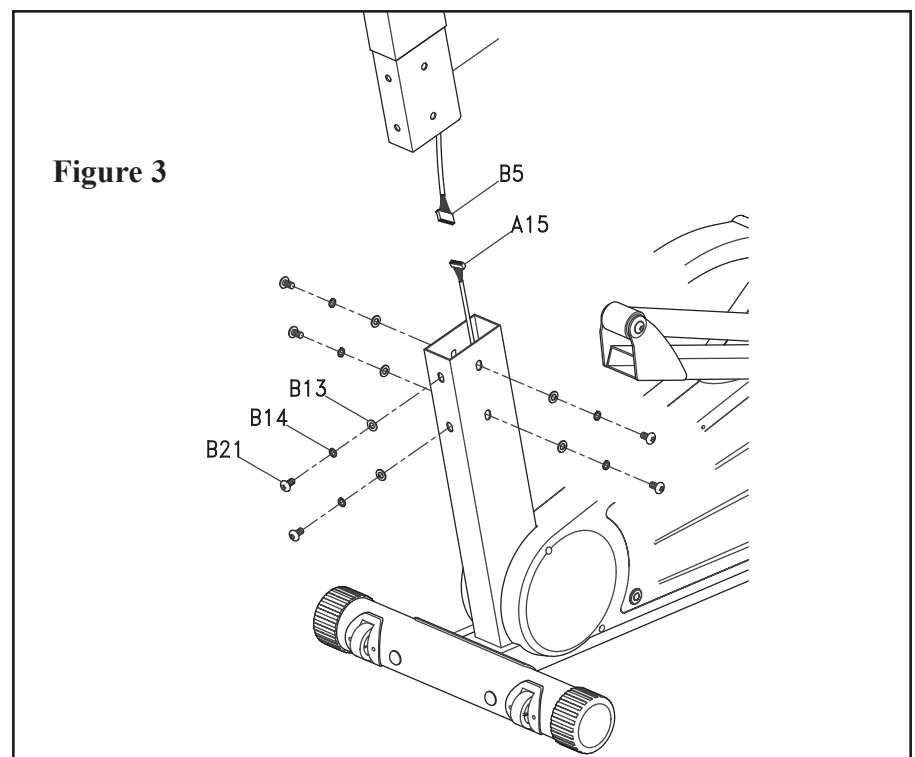


**FIGURE 3**

Step 1:  
Remove the Bolts (B21), Spring Washers (B14) and Washers (B13) from the Central Support Tube. Connect the Lower Cable Assembly (B5) to the Upper Cable Assembly (A15).

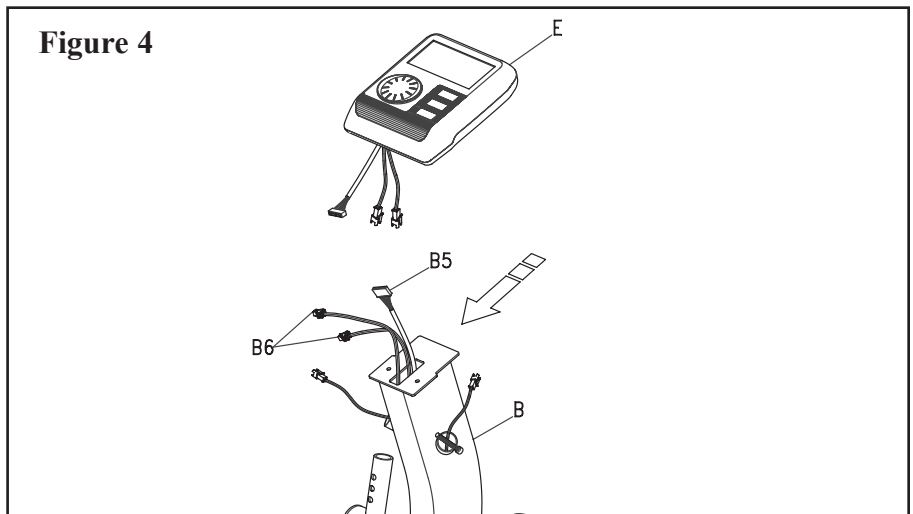
**Note:** *Make sure that cables are not pinched.*

Step 2:  
Connect the Central Support Tube (B) onto the Main Frame (A) using hardware previously removed.



**FIGURE 4**

Step 1:  
Connect the Cables (B5,B6) to the Console cables. Slide the Console onto the Central Support Tube. Secure in place using Screws (E4).

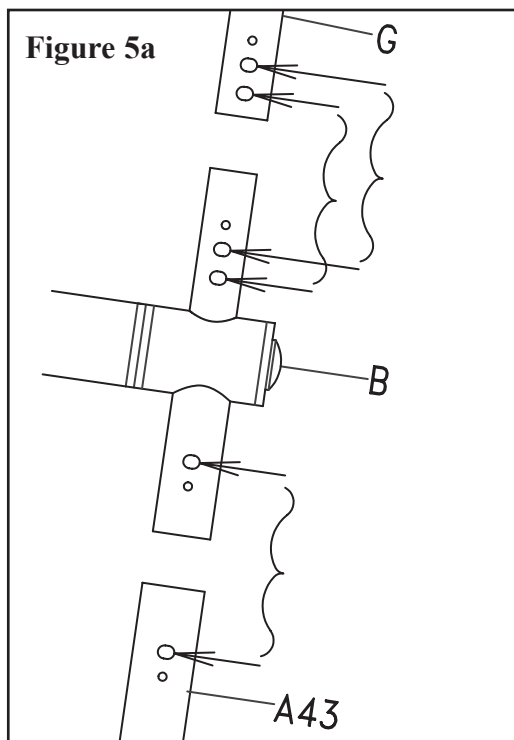
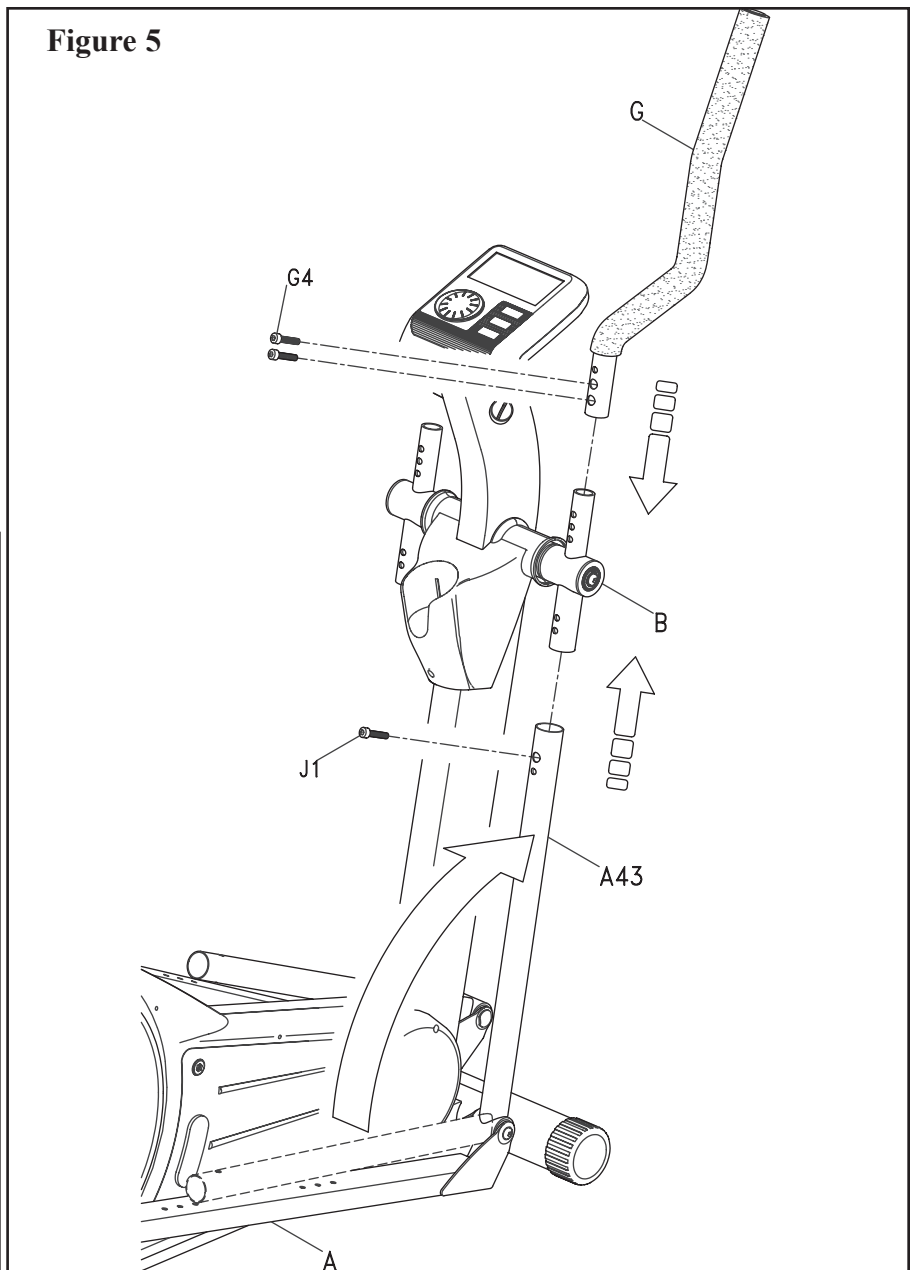


**FIGURE 5**

Step 1:  
Pull Right Connect Tube (A43). Match up bolt holes (see Figure 5a). Secure with Bolt (J1).

Step 2:  
Remove the Bolts (G4) from the Handlebars (G). Slide Handlebar onto Central Support Tube. Line up bolt holes (see Figure 5a). Replace hardware.

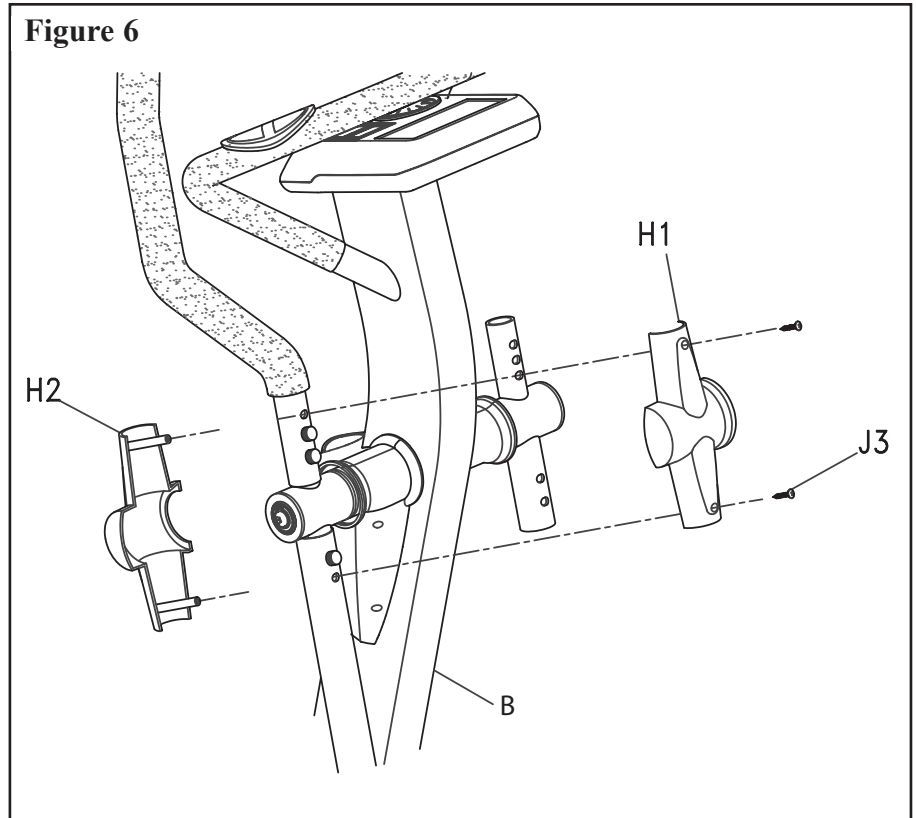
Step 3:  
Repeat Assembly steps for Left side.



**FIGURE 6**

Step 1:  
Connect right side Handlebar Joint Covers to handlebars. Secure with Screws (J3).

Step 2:  
Repeat for left side Handlebar Joint Cover.

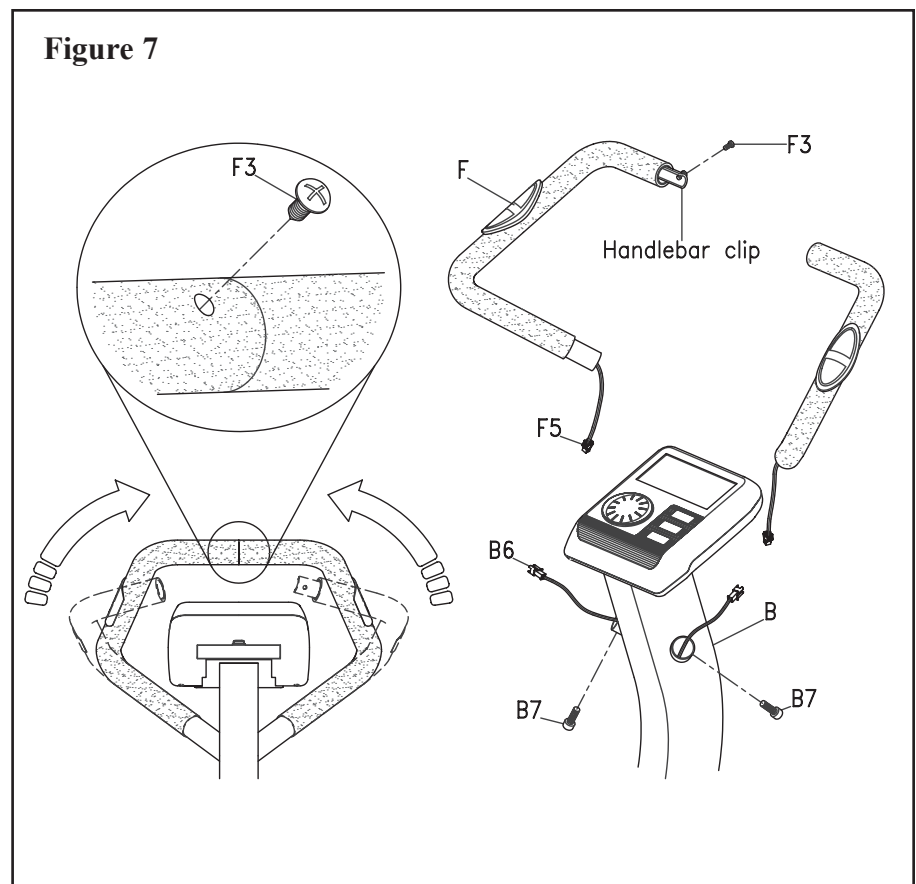


**FIGURE 7**

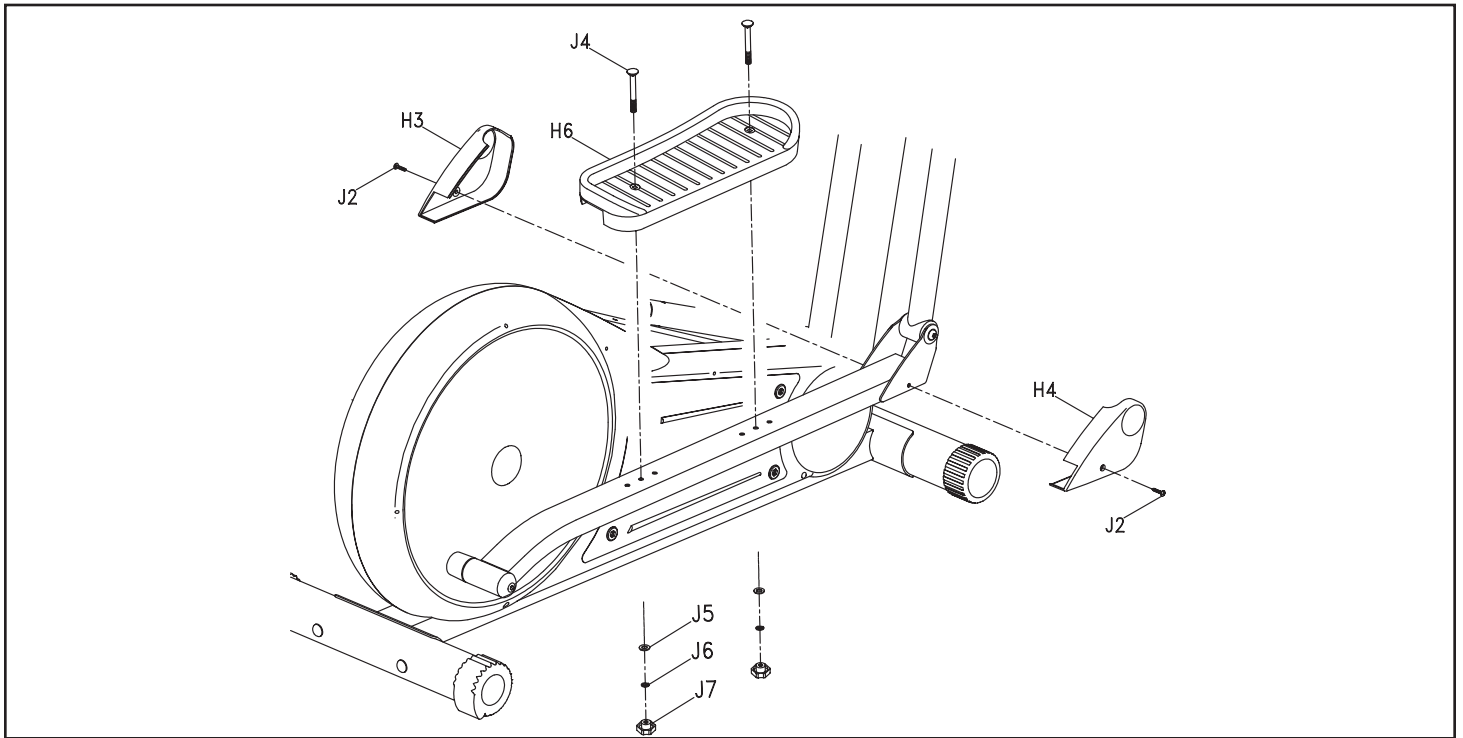
Step 1:  
Remove the Bolts (B7) from the Central Support Tube (B). Remove the Screw (F3) from the handlebar clip.

Step 2:  
Connect Cables (F5) to Sensor Wires (B6).

Step 3:  
Slide the Handlebars (F) into the Central Support Tube. Twist the Handlebars to bring them into the correct position. Secure Handlebars with Bolts (B7) and Screw (F3). **Note:** Be careful not to pinch the wires.







**FIGURE 8**

Step 1:

Place Right Side Pedal Covers (H3&H4) onto pedal joints and secure with Screws (J2). Repeat for Left Side Pedal Covers.

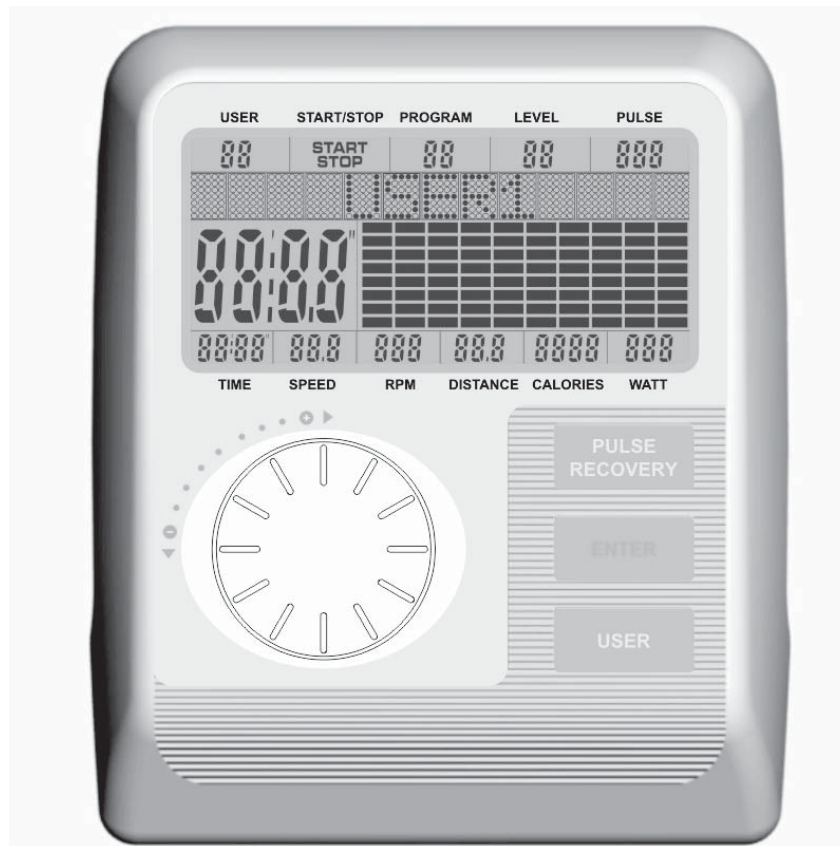
Step 2:

Assemble Left and Right Pedals (H5,H6) to Main Frame using Bolts (J4), Washers (J5), Spring Washers (J6) and Star Knobs(J7).

*Note: There are three pedal positions on moving track.*

**Congratulations!**

**You have completed the assembly of your new Ironman 420e Elliptical!**



## CONSOLE BUTTONS:

### **PULSE RECOVERY:**

Press this button to enter the Fitness Test Program.

### **USER:**

Press this button to input personal data..

### **ENTER:**

In Program Mode this button is used to select a program.

In User Mode this button is used to confirm the values you input.

In Start Mode this button is used to display TIME, SPEED, DISTANCE, CALORIE, RPM, WATT or PULSE in the large display window.

In Body Fat Mode this button to scroll thru results.

### **DIAL:**

This button is used to select the program you want to use during your workout.

This button is used to increase or decrease TIME, DISTANCE, CALORIES, HEIGHT, WEIGHT, AGE, SEX and PULSE.

This button is used to increase or decrease the resistance level.

Press this button to START or STOP your workout or to begin to measure body fat.

# Console Instructions

## CONSOLE FUNCTIONS:

### 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. Range is 0-99.9.

### RPM:

Display the Revolutions Per Minute from 0-999.

### 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.

### CALORIES:

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.*

### WATT:

Measure of energy created while you pedal.

### USER:

Displays User #.

### START/STOP:

Displays START or STOP.

### PROGRAM:

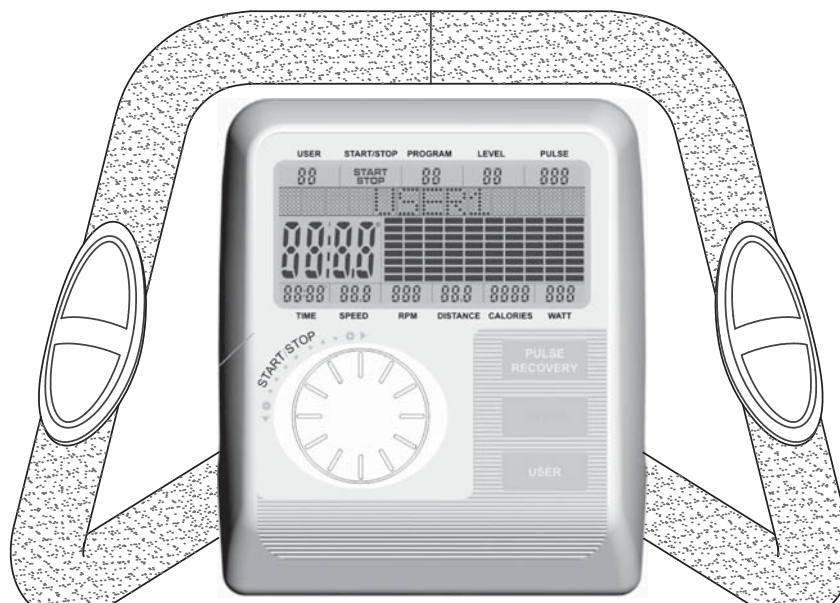
Displays current exercise program.

### LEVEL:

Displays program level.

### PULSE:

This will display your current heart rate within 5 seconds of holding the handgrip.  
*Note: For a more accurate reading, hold the handgrip with both hands. This is especially important in Heart Rate Mode or when performing Body Fat or Fitness Test.*



# Console Instructions



## GETTING STARTED:

Start Pedaling or press any button to start Console.

The Console will shut down after 4 minutes of no activity.

To Reset Console press and hold the START/STOP button for 2 seconds.

The values calculated or measured by the console are for exercise purposes only, not for medical purposes.

The values you will need to set by program are as follows:

Programs	Variables
P1 ~ P7	TIME, DISTANCE, CAL
P8	TIME, DISTANCE, CAL, 10 Intervals
P9	TIME, DISTANCE, WATT.
P10 ~ P12	TIME, DISTANCE, CAL, AGE, TARGET HR
P13	GENDER, HEIGHT, WEIGHT, AGE

The values you set will begin to countdown after you start pedaling. Once a preset value had been reached the console will beep and end your workout session.

## PROGRAM INSTRUCTIONS:

### USERS: (U1-U4)

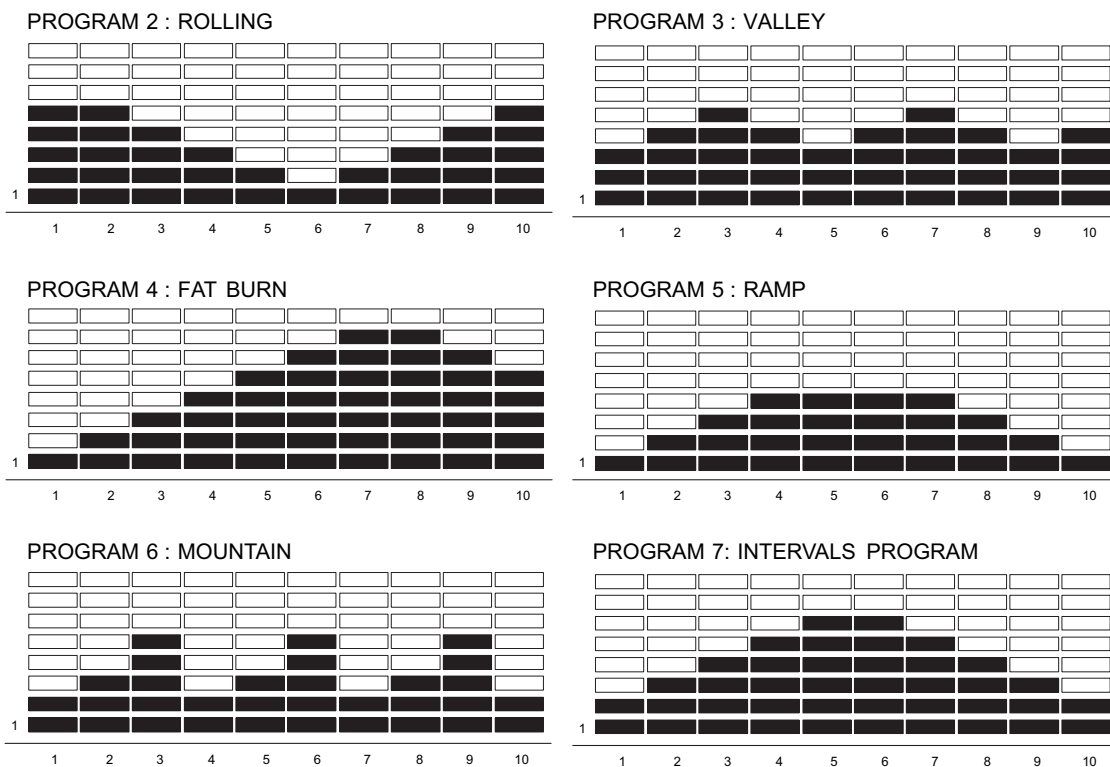
To set up Users, press and hold START/STOP button (push Dial in) to reset. Use the Dial to scroll thru the User numbers (U1-U4). Press ENTER to select a user number. To set Height, Weight, Age and Sex; Use the Dial to scroll thru values until you reach the desired selection. Press Enter to confirm each setting. You can only change user settings in the STOP mode.

### MANUAL PROGRAM: (Program 1)

Allows the User to manually adjust tension settings throughout their workout. The default tension level is 6. You may set Time or Distance for your workout.

After User number is selected. Turn Dial until P1 shows on display. Press Enter. The Time will now flash in display window. Turn the Dial to increase or decrease the Time setting. Press Enter to confirm the setting. Now the Distance will flash in display window. Turn the Dial to increase or decrease Distance setting. Press Enter to confirm the setting. The Calorie will now flash in the display window. Use the Dial to increase or decrease the Calorie setting. Press Enter to confirm the setting. Press START/STOP to begin your workout. You may adjust the tension level at any time during your workout by turning the Dial.

# Console Instructions



## PRESET PROGRAMS: (Programs 2-7)

There are 6 Preset programs: ROLLING, VALLEY, FAT BURN, RAMP, MOUNTAIN and INTERVALS. See chart, this page, for Tension settings for these programs.

Turn Dial until desired program shows on Display. Press Enter to select this program. The TIME, DISTANCE or CALORIE will show in Display. Turn the Dial to set the TIME, DISTANCE or CALORIES to the desired settings. Press ENTER to confirm the settings. Press START/STOP to begin your workout.

## USER PROGRAM: (P8)

Allows you to personalize a program. This program is divided into ten programmable segments.

Turn the Dial User program shows on display. Press Enter to select this program. The TIME, DISTANCE and CALORIES will flash in display. Turn Dial to select TIME, DISTANCE and CALORIES. Press Enter after each selection. Column 1 will now be flashing. Use the Dial to set Tension setting for first segment. Press Enter to confirm your setting. Column 2 will now be flashing. Use the Dial to set Tension for second segment. Press Enter to confirm your setting. Continue thru Segments 3-10. Press START/STOP to begin your workout. Note: Console will store these settings under P8.

## **WATT PROGRAM: (P9)**

In the program, the WATT function will keep a constant value. This means that if your peddle quickly, the tension will decrease, if you peddle slowly the tension will increase to try and keep you the same Watt value.

Turn the Dial until WATT program shows on display. Press Enter to select this program. The TIME, DISTANCE, CALORIES and WATTS will flash in turn on the display. Turn Dial to select TIME, DISTANCE, CALORIES and WATTS settings... Press Enter after each selection. Press the START/STOP to begin your workout.

## **HEART RATE PROGRAMS: (P10-12)**

There are three Heart Rate Programs. 60% HRC (Heart Rate Control), 75% HRC and 85%HRC. The Console will adjust the Tension to keep you within your Target Heart Rage  $\pm 5$ . Example: The tension will increase if your Heart Rate is below the Target Heart Rate. The tension will decrease if your Heart Rate is higher that your Target Heart Rate.

Turn the Dial until desired Heart Rate Program shows on display. Press Enter to select program. The TIME, DISTANCE, CALORIES, AGE and TARGET HEART RATE will flash in turn on the display. Turn the Dial to set TIME, DISTANCE, CALORIES, AGE and TARGET HEART RATE. Press Enter after each selection. Press START-STOP to begin your workout. You must keep good contact with the Pulse Grips for these program to work properly.

## **BODY FAT PROGRAM: (P13)**

This program is designed to calculate body fat ratio and to design a specific tension profile. With 9 different body types the console can generate 9 different profiles. Turn the Dial until BODY FAT shown on display. Press Enter to select this program. HEIGHT, WEIGHT, AGE and GENDER will flash in turn on display. Turn the Dial to select HEIGHT, WEIGHT, AGE and GENDER settings. Press Enter after each selection. Press START/STOP to calculate body fat, make sure you have a pulse signal. If no signal is present the error message "E3" will show in display. If this happens press SRTART/STOP again. The console calculated FAT%, BMR (basal metobilic rate), BMI (body mass index), and BODY TYPE. A program customized to your body type will display shortly. Press START/STOP key to begin your workout.

## **FITNESS TEST: (Pulse Recovery Feature)**

The fitness tes compares your pulse rate before and after training. You will notice that your fitness will improve with regualr exercise.

Press and hold the PULSE RECOVERY button immediately after your workout. Grip the Pulse Handlebars. Timer will count down from 60 seconds. Your personal fitness will display on the screen. (F1.0-6.0)

# 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:

$$220 - 30 = 190$$

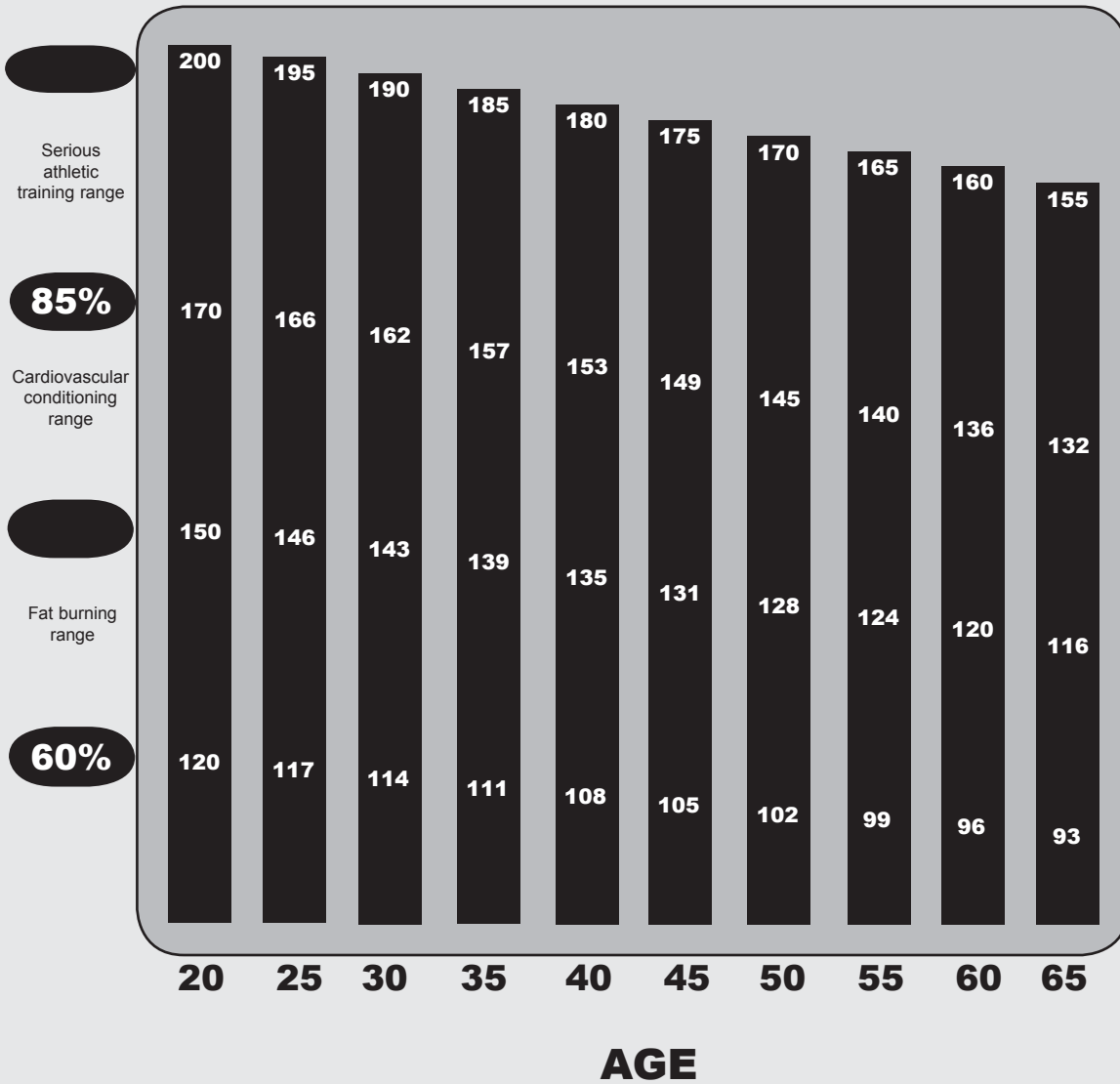
$$190 \times .60 = 114 \text{ (low end or 60\% of MHZ)}$$

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

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

See Heart Rate Table (**on page 14**) for additional calculations.

## TARGET HEART RATE ZONE

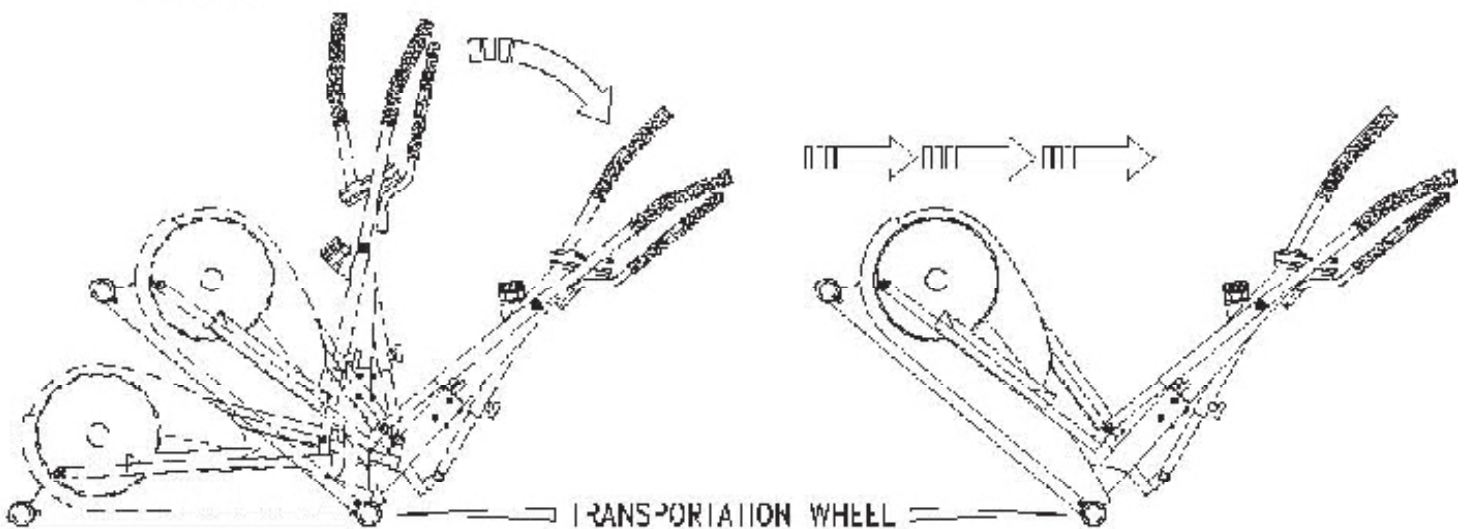




# Moving Instructions

**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.

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.



## 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.



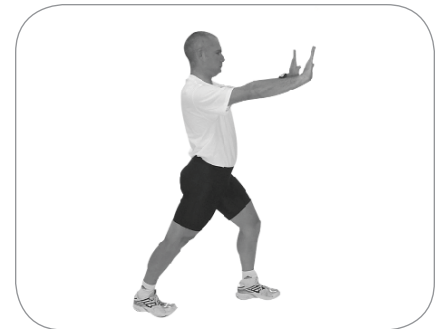
### HAMSTRING STRETCH

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.



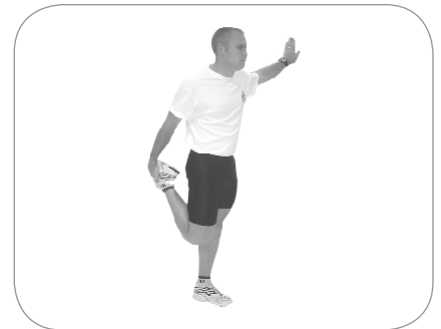
### CALF/ACHILLES STRETCH

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

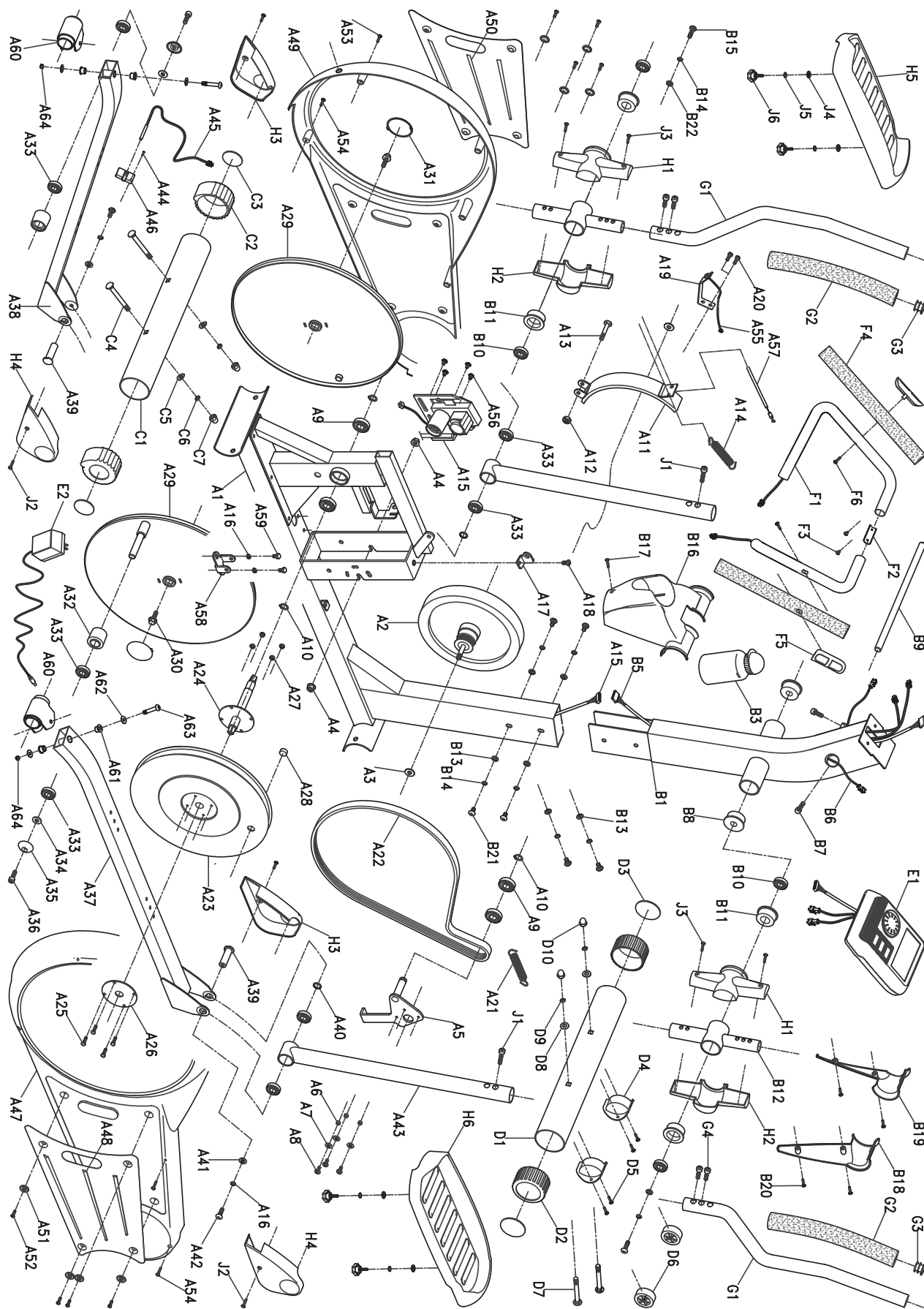
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



### INNER THIGH STRETCH

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



## Ironman 420e Elliptical Parts List Rev C

REF#	Keys Part #	DESCRIPTION	QTY.	REF#	Keys Part #	DESCRIPTION	QTY.
A1	323-00156	MAIN FRAME	1	B1	323-00111	CONSOLE TUBE	1
A2	311-00009	MAGNETIC FLYWHEEL	1	B3	310-00121	WATER BOTTLE	1
A3	302-00159	FLAT WASHER	2	B5	307-00130	UPPER ELECTRONIC WIRE, 420E	1
A4	302-00150	NUT	2	B6	313-00075	PULSE WIRE	2
A5	311-00042	TENSION PULLEY	1	B7	302-00154	BOLT	2
A6	302-00151	SPACER	4	B8	302-00157	BUSHING	2
A7	302-00152	FLAT WASHER	4	B9	330-00020	SHAFT	1
A8	302-00175	SCREW	4	B10	331-00032	BEARING	4
A9	331-00026	BEARING	4	B11	302-00158	BUSHING	4
A10	302-00208	E CLIP	3	B12	323-00131	CONNECT TUBE	1
A11	323-00133	MAGNETIC HOUSING	1	B13	302-00165	FLAT WASHER	8
A12	302-00170	NUT	1	B14	302-00204	SPRING WASHER	8
A13	302-00176	SCREW	1	B15	302-00186	SCREW	2
A14	302-00202	SPRING	1	B16	306-00294	BOTTLE HOUSING	1
A15	307-00029	MOTOR	1	B17	302-00187	SCREW	5
A16	302-00171	NUT	1	B18	306-00232	DECORATION BOTTLE HOUSING A	1
A17	302-00212	SUPPORT BRACKET	1	B19	306-00233	DECORATION BOTTLE HOUSING B	1
A18	302-00177	SCREW	1	B20	302-00198	SCREW	1
A19	302-00213	SUPPORT BRACKET	1	B21	302-00188	SCREW	6
A20	302-00178	SCREW	1	B22	302-00166	FLAT WASHER	2
A21	302-00203	SPRING	1	C1	323-00135	REAR STABILIZER	1
A22	304-00010	BELT	1	C2	306-00212	END CAP	2
A23	311-00023	BELT PULLEY	1	C3	306-00298	END CAP COVER	2
A24	330-00042	PULLEY AXLE	1	C4	302-00189	SCREW	2
A25	302-00179	SCREW	4	C5	302-00167	FLAT WASHER	2
A26	302-00160	FLAT WASHER	4	C6	302-00205	SPRING WASHER	2
A27	302-00172	NUT	4	C7	302-00173	NUT CAP	2
A28	302-00211	MAGNET	1	D1	323-00104	FRONT STABILIZER	1
A29	311-00025	TURNING PLATE	2	D2	306-00213	END CAP	2
A30	302-00180	SCREW	2	D3	306-00298	END CAP COVER	2
A31	306-00336	DECORATION CAP	2	D4	306-00300	TRANSMIT WHEEL HOUSING	2
A32	319-00004	PIPE	2	D5	302-00190	SCREW	4
A33	331-00038	BEARING	4	D6	306-00301	TRANSPORTATION WHEEL	2
A34	302-00161	FLAT WASHER	2	D7	302-00191	SCREW	2
A35	306-00226	SCREW COVER	2	D8	302-00168	FLAT WASHER	2
A36	302-00181	SCREW	2	D9	302-00206	SPRING WASHER	2
A37	323-00108	PEDAL TUBE (RIGHT)	1	D10	302-00174	NUT CAP	2
A38	323-00109	PEDAL TUBE (LEFT)	2	E1	307-00090	CONSOLE	1
A39	302-00023	BOLT	2	E2	313-00011	AC ADAPTER	1
A40	302-00162	FLAT WASHER	2	F1	323-00129	PULSE HANDLEBAR	1
A41	302-00163	FLAT WASHER	2	F2	302-00025	SUPPORT BRACKET	1
A42	302-00182	SCREW	2	F3	302-00193	SCREW	2
A43	323-00116	CONNECT PIPE	2	F4	310-00103	FOAM GRIP	2
A44	302-00183	SCREW	1	F5	313-00015	PULSE GRIP w/ WIRE	2
A45	313-00076	SENSOR WIRE	1	F6	302-00194	SCREW	2
A46	302-00209	FIXING HOUSING	1	G1	323-00155	HANDLEBAR	2
A47	305-00010	RIGHT COVER	1	G2	310-00098	FOAM GRIP	2
A48	306-00296	DECORATION COVER	1	G3	306-00228	END CAP	2
A49	305-00009	LEFT COVER	1	G4	302-00195	SCREW	2
A50	306-00297	DECORATION COVER	1	H1	306-00241	DECORATION COVER A	1
A51	302-00200	SCREW COVER	8	H2	306-00242	DECORATION COVER B	1
A52	302-00164	FLAT WASHER	8	H3	306-00218	PEDAL JOINT COVER A	1
A53	302-00184	SCREW	3	H4	306-00219	PEDAL JOINT COVER B	1
A54	302-00215	TAPPING SCREW	6	H5	306-00214	PEDAL LEFT	1
A55	313-00074	POWER WIRE	1	H6	306-00299	PEDAL RIGHT	1
A56	302-00201	SCREW FOR MOTOR	4	J1	302-00155	BOLT	2
A57	302-00072	TENSION CABLE	1	J2	302-00196	SCREW	4
A58	302-00214	SUPPORT BRACKET	1	J3	302-00197	SCREW	4
A59	302-00185	SCREW	2	J4	302-00156	BOLT	4
A60	319-00218	U BRACKET 30, 320E/420E	2	J5	302-00169	FLAT WASHER	4
A61	302-01225	BUSHING, 18X11.5MM	4	J6	302-00207	SPRING WASHER	4
A62	302-00165	FLAT WASHER, M8X16X1.2T	4	J7	302-00210	KNOB	4
A63	302-01224	SCREW, M8X50L	2	K1	302-00319	BOLT PACK	1
A64	302-00370	M8 LOCKNUT	2	K2	315-00013	OWNER'S MANUAL	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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This warranty does not extend to any product not purchased from Ironman or from an authorized Ironman reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Ironman; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Ironman, or an authorized Ironman warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Ironman’s receipt of payment or acceptable arrangements for payment.

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