



# 550 UPRIGHT EXERCISE BICYCLE

MODEL NO. \_\_\_\_\_

SERIAL NO. \_\_\_\_\_

The Model and Serial numbers are located on frame just below the motor hood cover. Please write down these numbers in the spaces provided above for future reference.

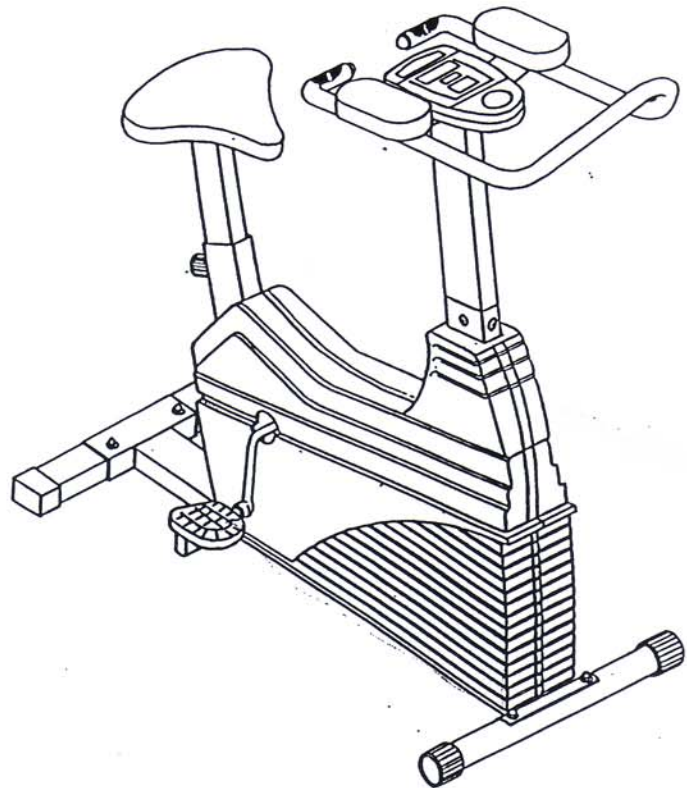
## QUESTIONS?

**DO NOT RETURN** this product to the store where purchased.  
**CALL OUR TOLL FREE HELPLINE**

**USA: (888) 340-0482**  
**Canada: (800) 897-6025**

## CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.



# OWNER'S MANUAL

**KEYS FITNESS PRODUCTS, L.P.**  
**PO Box 551239**  
**Dallas, Texas 75355-1239**

**MADE IN TAIWAN**

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## Before You Start

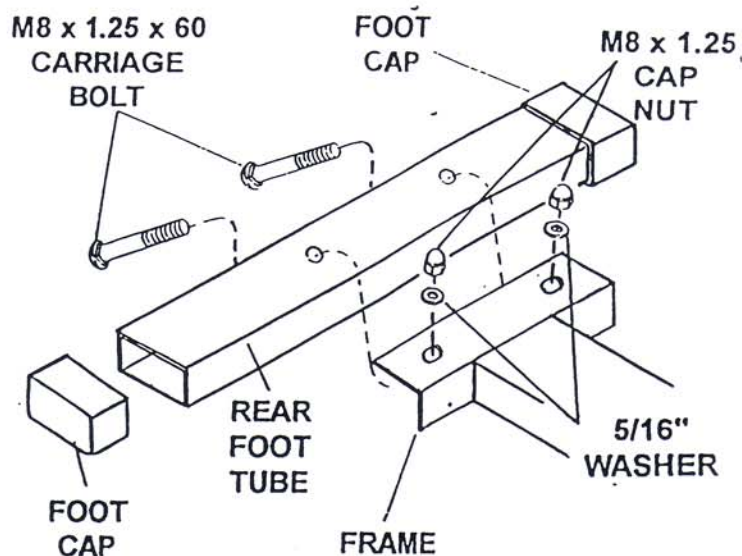
Thank you for purchasing a Keys exercise bicycle! This quality product you have chosen was designed to meet your needs for cardiovascular exercise.

- Before you start, please read the Owner's Manual and become familiar with the operation of your new exercise bicycle.
- 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 50 years, do not use the pre-set exercise bicycle programs or start an exercise program without first contacting and getting approval from your physician.
- To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Keys recommends a sealed water bottle for beverages consumed while using the recumbent bicycle.

# Assembly Instructions

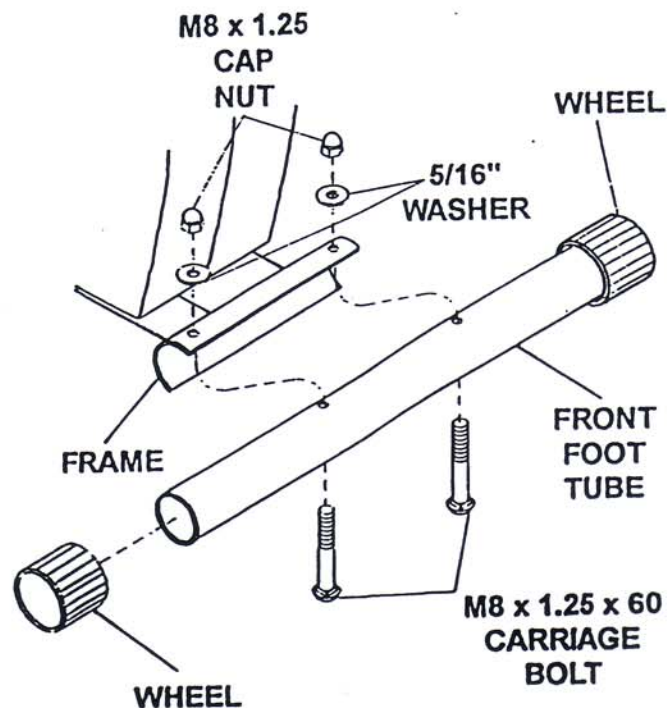
## STEP 1

- A** Insert two M8 x 1.25 x 60 CARRIAGE BOLTS through "square holes" in REAR FOOT TUBE and through rear of FRAME as shown.
- B** Fasten with 5/16" WASHERS and M8 x 1.25 CAP NUTS.
- C** Tighten CAP NUTS.
- D** Push FOOT CAPS over ends of REAR



## STEP 2

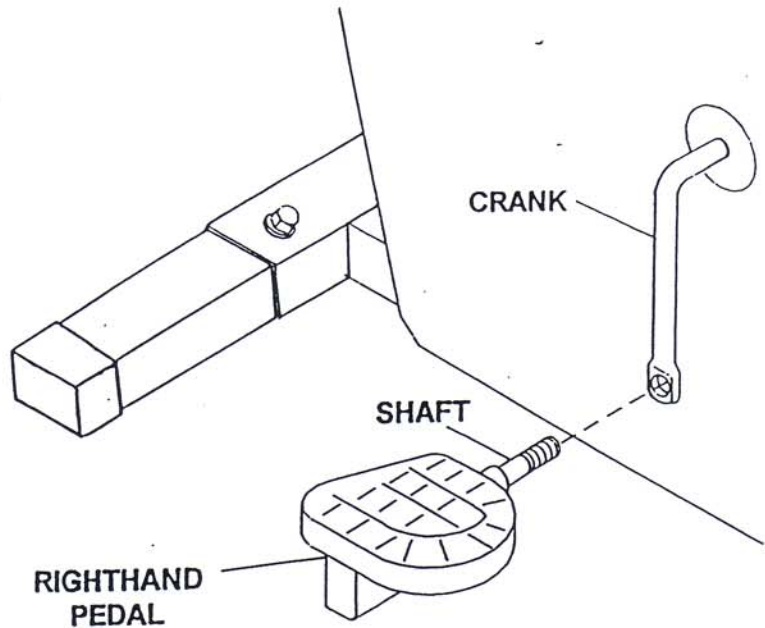
- A** Insert two M8 x 1.25 x 60 CARRIAGE BOLTS through "square holes" in FRONT FOOT TUBE and through front of FRAME as shown.
- B** Fasten with 5/16" WASHERS and M8 x 1.25 CAP NUTS.
- C** Tighten CAP NUTS.
- D** Slide WHEELS over ends of FRONT FOOT TUBE.



# Assembly Instructions

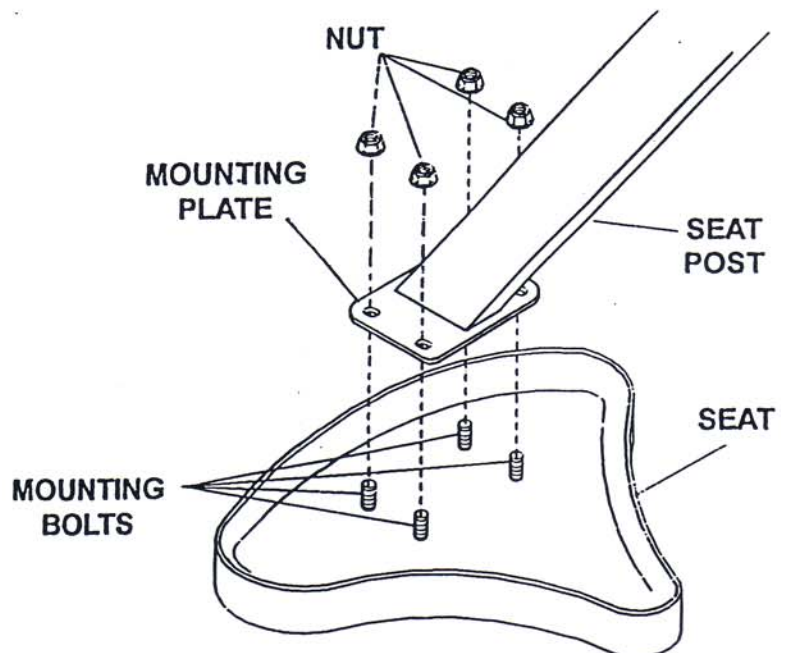
## STEP 3

- A** Thread **SHAFTS** of **RIGHTHAND** and **LEFTHAND** **PEDALS** into **CRANK** and tighten with wrench



## STEP 4

- A** Place **SEAT** upside down and remove **NUTS** on **MOUNTING BOLTS**.
- B** Lower **MOUNTING PLATE** of **SEAT POST** down onto **MOUNTING BOLTS** and fasten with removed **NUTS**.
- C** Tighten **NUTS**.

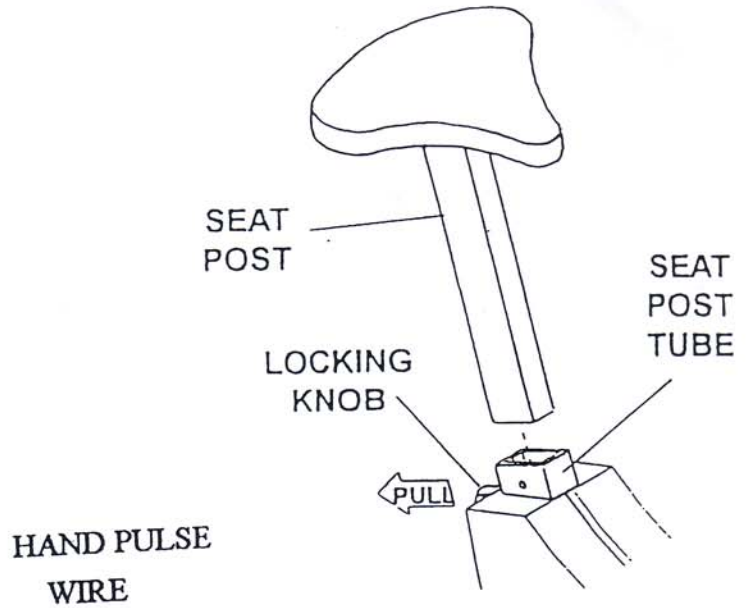


# Assembly Instructions

## STEP 5

- A** Turn LOCKING KNOB counterclockwise to loosen.
- B** Pull LOCKING KNOB out and insert SEAT POST into SEAT POST TUBE to desired SEAT height.
- C** Release LOCKING KNOB so that it springs into hole in SEAT POST and turn clockwise until tight to remove any looseness.

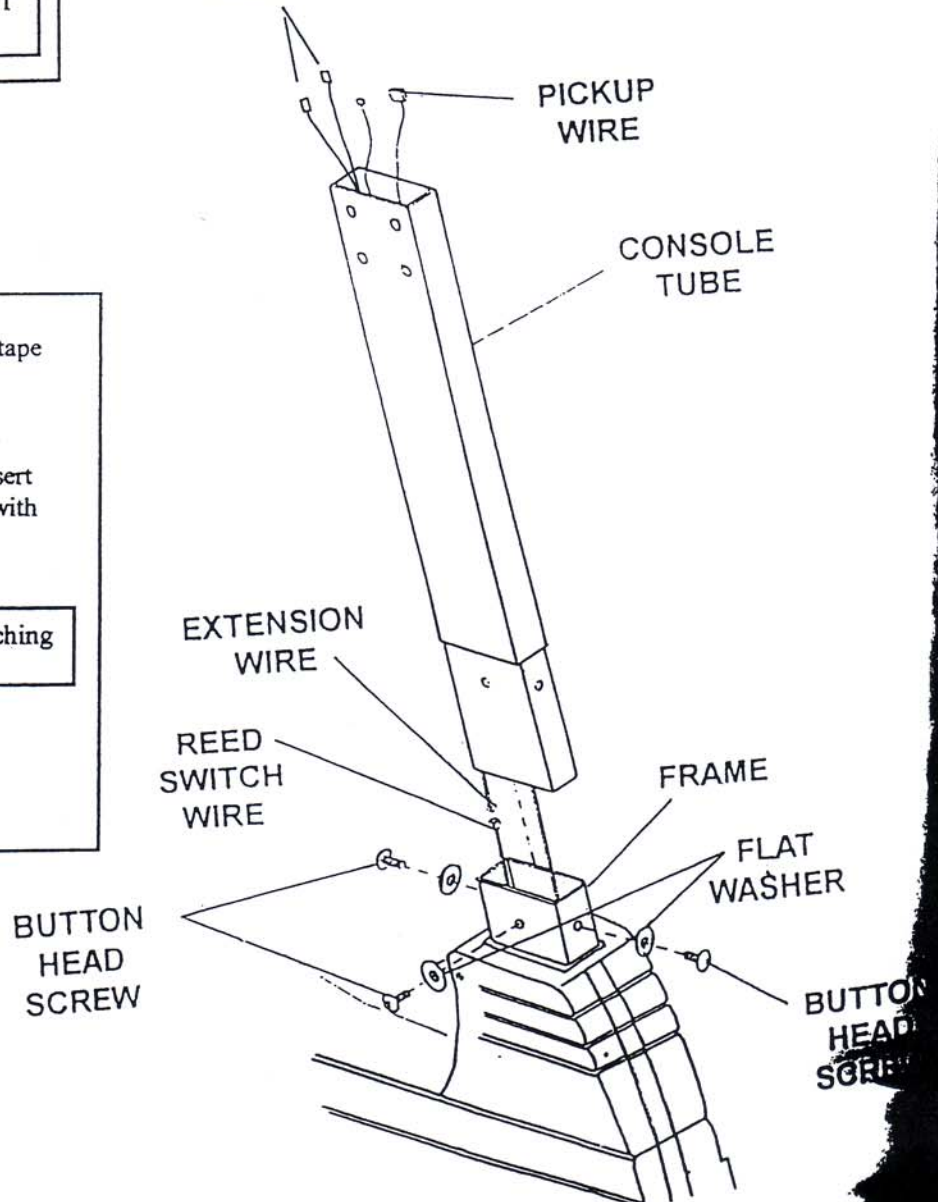
**IMPORTANT**  
LOCKING KNOB **must** be locked tightly into hole in SEAT POST before you sit on the SEAT.



## STEP 6

- A** Plug EXTENSION WIRE into REED SWITCH WIRE. Wrap connection with tape provided on REED SWITCH WIRE.
- B** Insert EXTENSION WIRE and PICKUP WIRE through CONSOLE TUBE and insert CONSOLE TUBE into FRAME. Fasten with BUTTON HEAD SCREWS and FLAT WASHERS.

**NOTE: DO NOT** pinch wires while attaching CONSOLE TUBE.



# Assembly Instructions

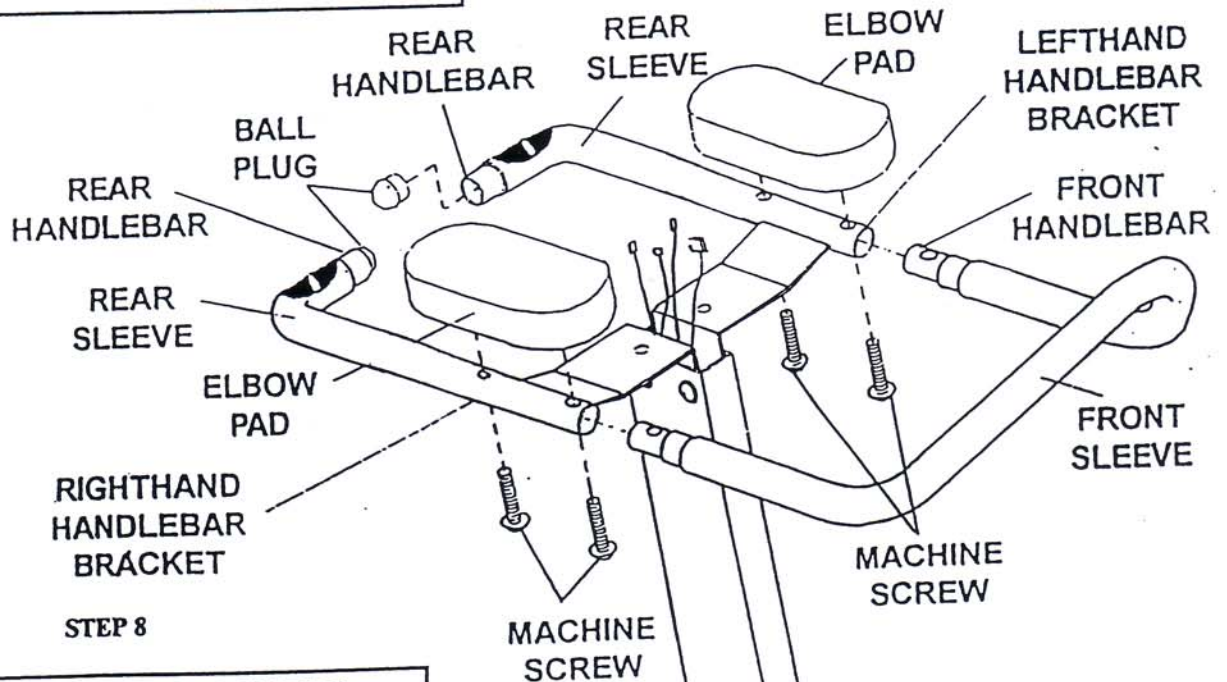
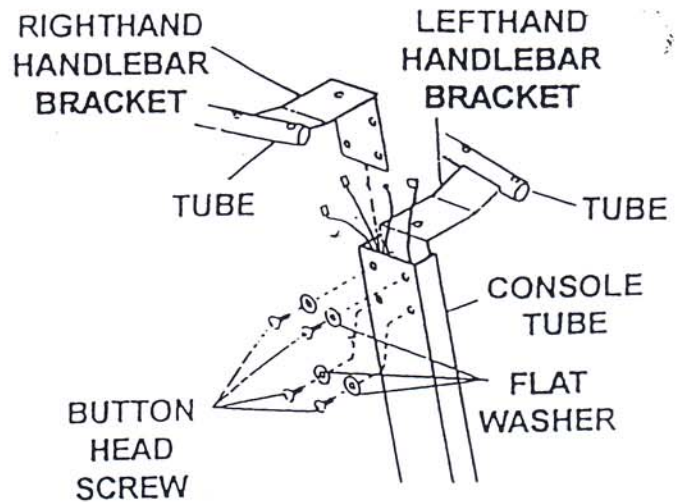
## STEP 7

- A** Insert RIGHTHAND and LEFTHAND HANDLEBAR BRACKETS into CONSOLE TUBE.

**NOTE:** Make sure TUBES are angled inward at the front of bike as shown.

- B** Fasten HANDLEBAR BRACKETS to CONSOLE TUBE with BUTTON HEAD SCREWS and FLAT WASHERS.

**NOTE:** DO NOT pinch wires between HANDLEBAR BRACKETS and CONSOLE TUBE.



## STEP 8

- A** Slide FRONT SLEEVE and REAR SLEEVES over FRONT and REAR HANDLEBARS.

**NOTE:** Liquid soap applied to handlebars will help sleeves slide easier.

- B** Insert FRONT and REAR HANDLEBARS into RIGHTHAND and LEFTHAND HANDLEBAR BRACKETS.

- C** Attach ELBOW PADS and HANDLEBARS to HANDLEBAR BRACKETS with MACHINE SCREWS.

- D** Push BALL PLUGS into end of REAR

HANDLEBARS

# Assembly Instructions

## STEP 9

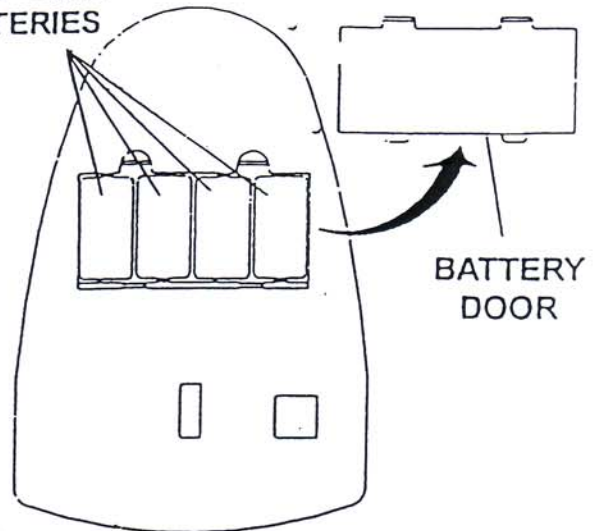
**NOTE:** Batteries are not included.

**A** Insert BATTERIES.

**CAUTION:**

DO NOT use rechargeable batteries. Using rechargeable batteries will cause a short circuit and destroy monitor

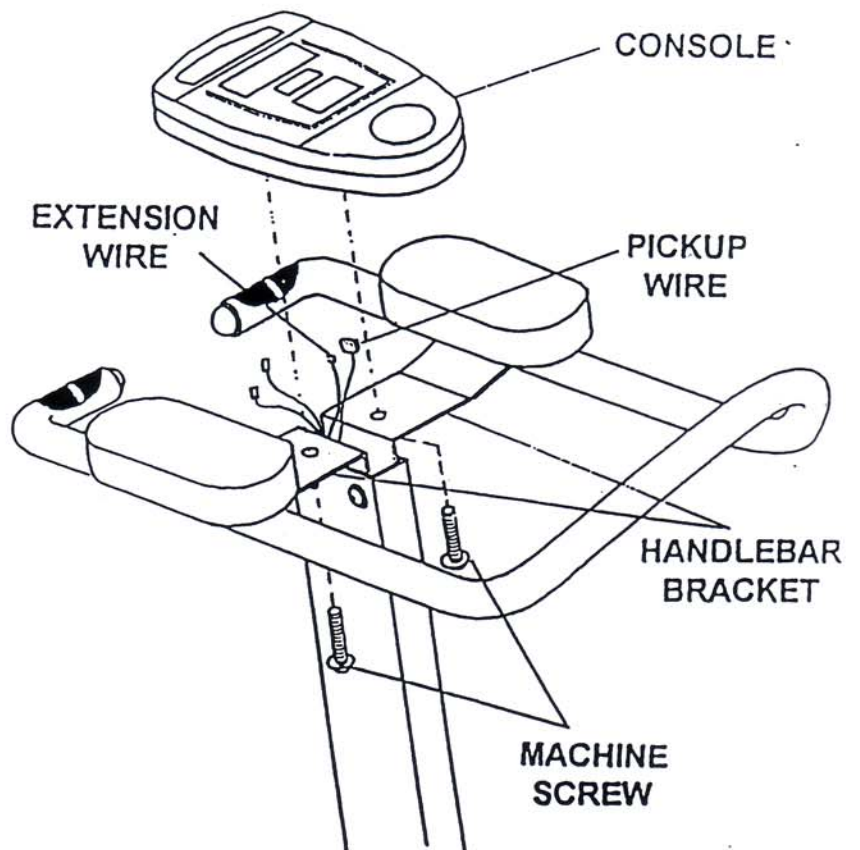
(4) "D" SIZE BATTERIES



## STEP 10

**A** Carefully plug EXTENSION WIRE and PICKUP WIRE into bottom of CONSOLE.

**B** Fasten CONSOLE to HANDLEBAR BRACKETS with MACHINE SCREWS.



# Console Functions

Your bike is equipped with programmable monitor to help you track your progress and motivate you to reach your fitness goals.

This monitor provides different programs designed to tailor to your fitness goals. Simply choose the program you like, set the time limit and begin exercising-your monitor will then show your pulse, approximate calories burned, elapsed time, speed and distance traveled.

## TIME

- **TIME:** Indicates elapsed time after pressing start in minutes and seconds (0-99 minutes, 0-59 seconds). You can also program your monitor to count down from a set value by using the + and - buttons.

## SPEED

- **SPEED:** Indicates MPH (miles per hour)

## DISTANCE

- **DISTANCE:** Displays the cumulative distance traveled during each workout up to a maximum of 99.9 miles. The distance will be displayed in hundredths of a mile until you reach 10 miles. Then distance will be displayed in tenths of a mile. Example 0.00 - 9.99, then 10.0 - 99.9 miles.

## CALORIES

- **CALORIES:** Your monitor will estimate the cumulative calories burned at any given time during your workout. Calorie expenditure on your monitor is based on realistic expectations; however, your computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

## LEVEL

- **LEVEL:** Indicates the level of resistance between 1 - 8. The higher the level the more resistance.

## HEART RATE

- **HEART RATE:** Indicates current heart rate in beats per minute during your workout. After your workout, the monitor will display your average heart rate covering your entire exercise session.

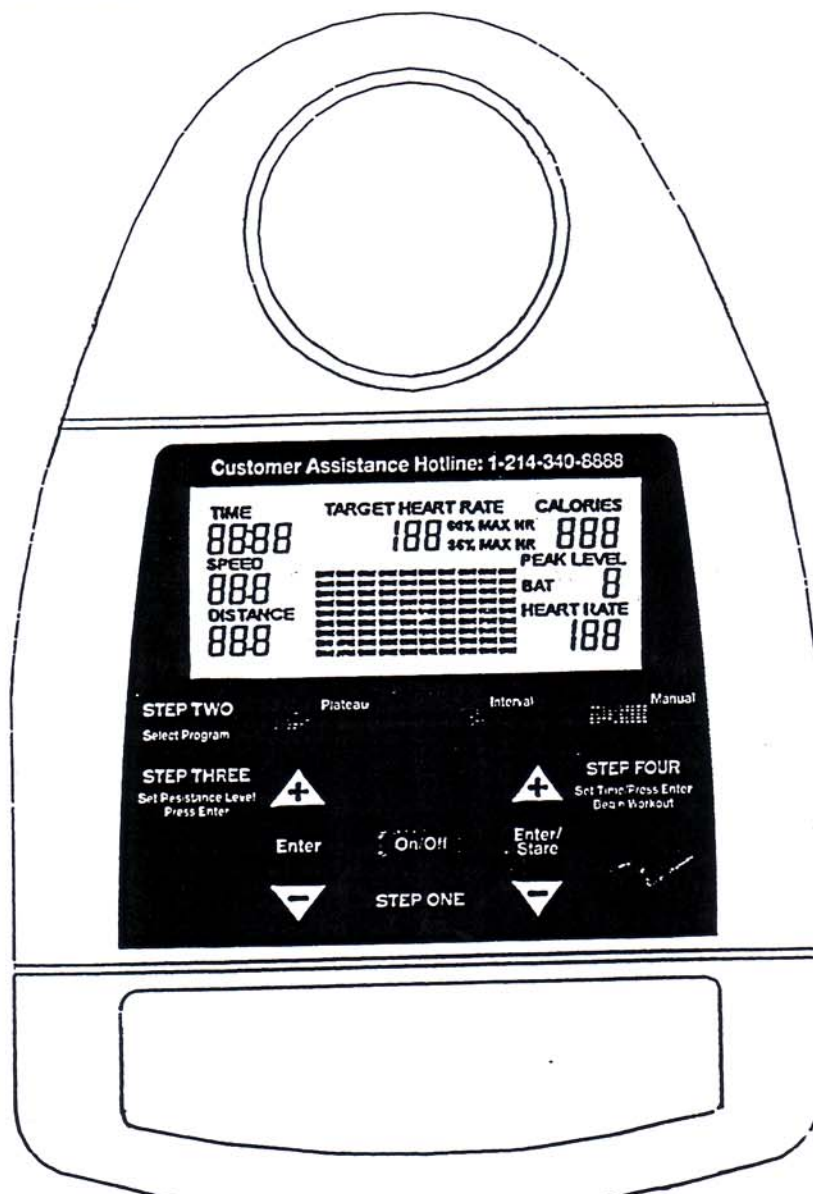


# Operating Instructions

- To turn on your monitor, press the ON/OFF button (Step 1)
- After turning your monitor on, choose one of the courses PLATEAU, INTERVAL, or MANUAL (Step 2).
- After selecting a program choose a resistance level between 1 and 8 by using the + or - arrows (Step 3). Then press ENTER button.
- After selecting a resistance level the TIME function will appear in the upper left-hand corner of the display. Using the + or - arrows of the TIME function, select between 1-99 minutes. Press ENTER/START and begin workout.

## • IMPORTANT

1. Make sure the batteries have enough power before using the monitor.
2. Replace the batteries shortly after using the bike for the first few times.



# Monitoring Your Heart Rate

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

Your maximum heart rate and aerobic capacity naturally decreases as you age. In general, to determine your maximum heart rate, subtract your age from 220. This may vary from one person to another, but use this number to find your approximate effective target zone.

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHR)}$ .  $\text{MHR} \times .70 = 70\%$  of your heart rate.

$\text{MHR} \times .85 = 85\%$  of your maximum heart rate.

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

$$220 - 30 = 190$$

$$190 \times .70 = 133 \text{ (low end or 70\% of THR)}$$

$$190 \times .85 = 161 \text{ (High end or 85\% of THR)}$$

See Table No 1 on next page for additional calculations.

If exercise is new to you, do not push yourself too fast. Be conscious of your body and what it is telling you. If pain develops anywhere in your body, slow down. Heart rhythm disturbances may occur if you stop abruptly, so always remember to cool down.

You are an individual and your body is unique. All of the information in this manual is for an average person with average physical fitness. Use these instructions as a guide.

# Exercise Guide

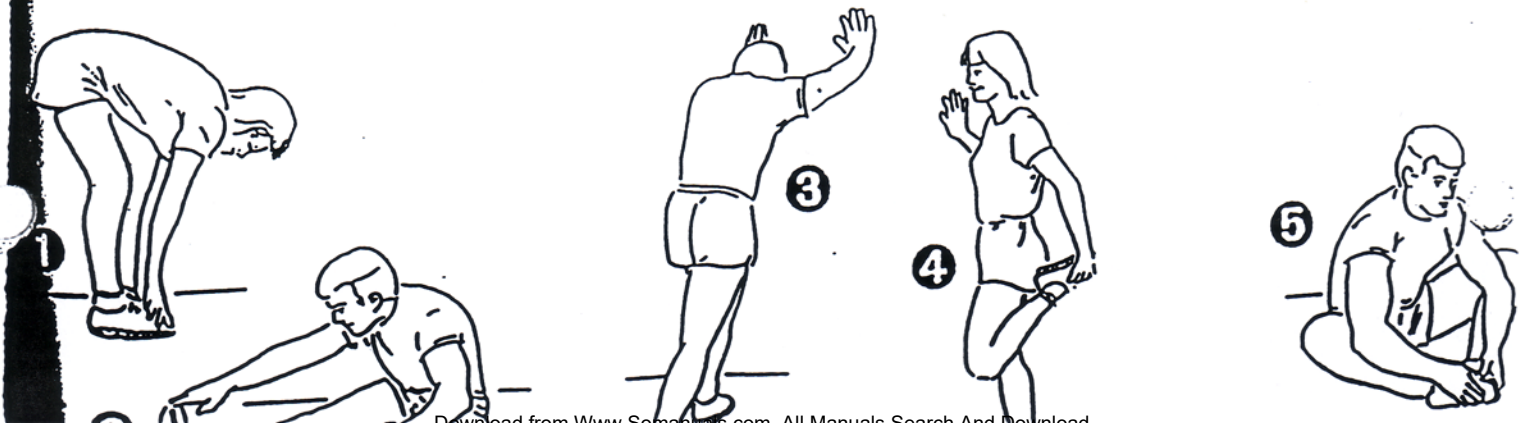
## WARNING!

Before using this exercise bicycle 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. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

### WARM UP

Warming up prepares the body for 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 drawings on this page show several forms of basic stretching you may perform before your workouts. Again, consult a physician before starting this or any other exercise program!

- 1) **Toe Touch Stretch (Repeat 3 times).** 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.
- 2) **Hamstring Stretch (Repeat 3 times).** 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. Repeat with the other leg. This will stretch your hamstrings, lower back, and groin.
- 3) **Calf/Achilles Stretch (Repeat 3 times).** 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 tendons, bend your back leg as well. Repeat with the other leg. This will stretch your calves, Achilles tendons, and ankles.
- 4) **Quadriceps Stretch (Repeat 3 times).** 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. Repeat with the other leg. This will stretch your quadriceps and hip muscles.
- 5) **Inner Thigh Stretch (Repeat 3 times).** 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.



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# Important Safety Information

## **WARNING!**

- 1) Before using this exercise bicycle 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. Keys Fitness Products LP assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
- 2) 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**

- It is the owner's responsibility to ensure that all users of this recumbent bicycle have read the Owner's Manual and are familiar with warnings and safety precautions.
- This exercise bicycle has a user maximum capacity of 300 pounds.
- The exercise bicycle should only be used on a level surface and is intended for indoor use only. The exercise bicycle should not be placed in a garage, patio, or near water. Keys recommends a bicycle mat be placed under the bicycle to protect floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the exercise bicycle with bare feet, sandals, socks or stockings!
- Always examine your exercise bicycle before using to ensure all parts are in working order.
- Do not leave children unsupervised near or on the exercise bicycle.
- Never operate the exercise bicycle where oxygen is being administered, or where aerosol products are being used.
- Never insert any object or body parts into any opening.
- Service to your exercise bicycle should only be performed by an authorized service representative, unless authorized and/or instructed by a Keys technician. Failure to follow these instructions will void the warranty.

# HEART RATE TARGET ZONE FOR CARDIOVASCULAR FITNESS

TABLE 1

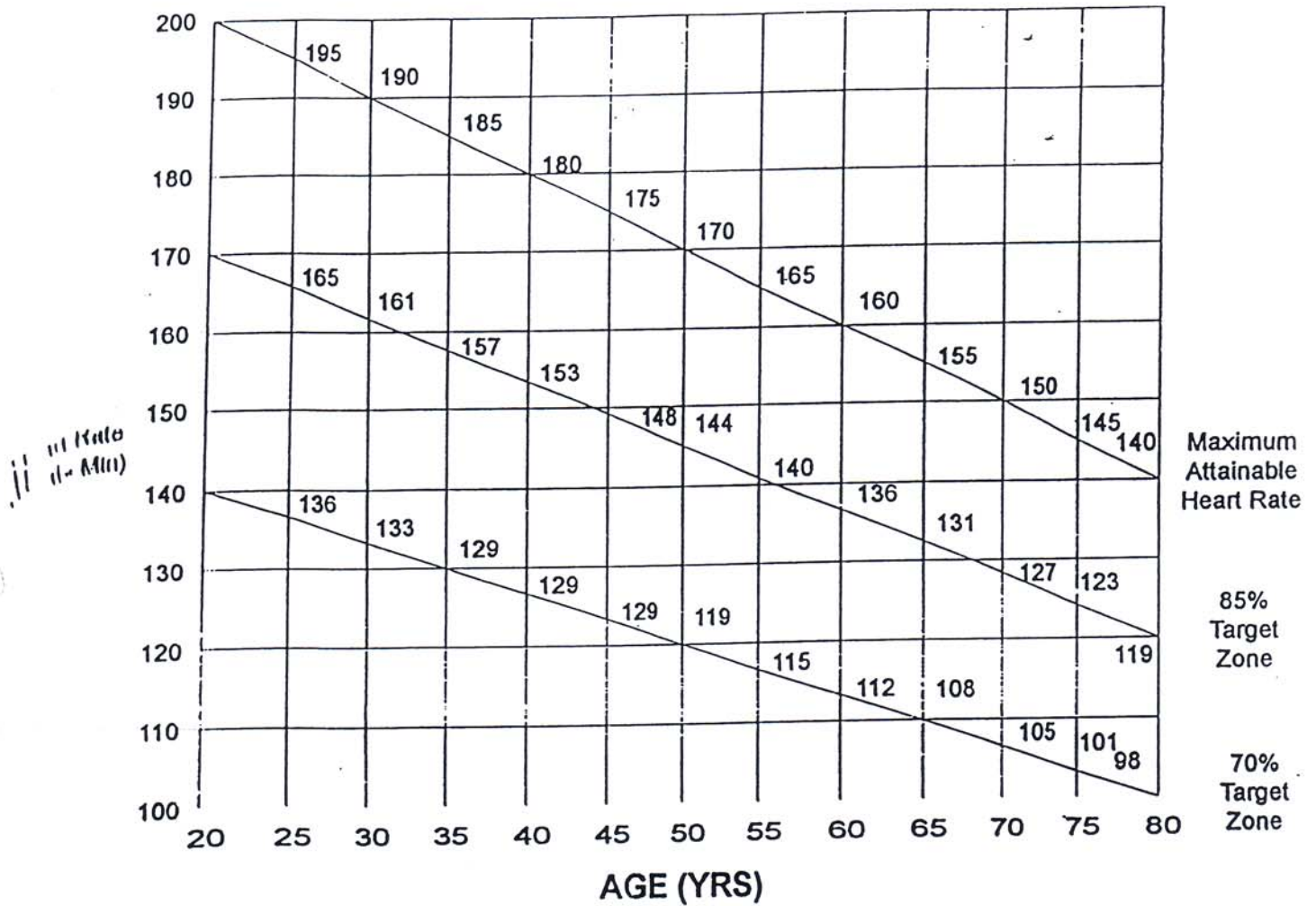
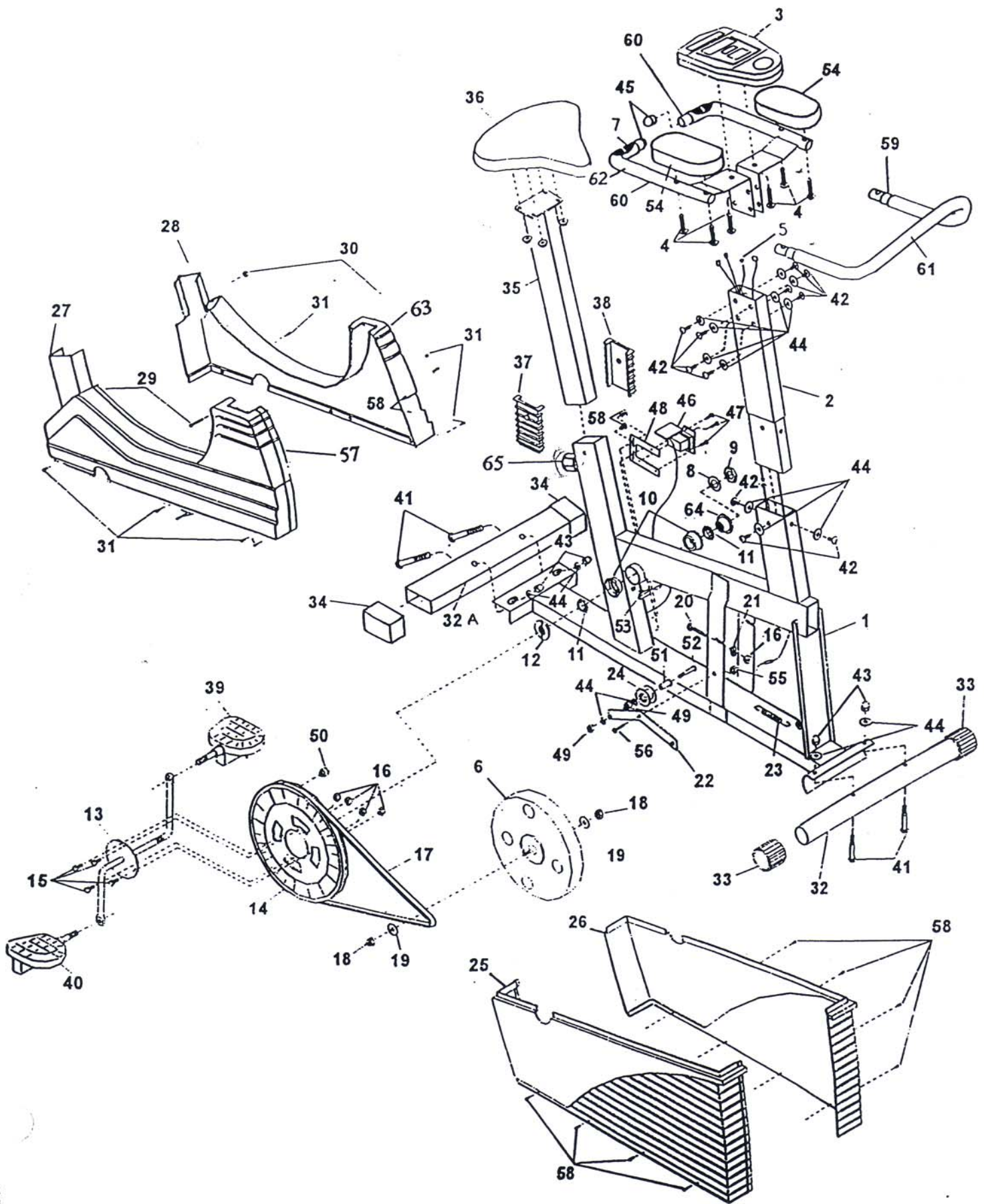


TABLE 2

Exercise Week	Warm Up Period	THR% Minutes	Cool Down Period	Total Time	Sessions Per Wk.	Total Time Per Wk.
1 & 2	4	60-65% -8	5	17	3	51
3 & 4	5	65-70% -10	5	20	3	60
5 & 6	5	70-75% -15	5	25	3	75
7 & 8	5	70-80% -20	5	30	3	90
9 & 10	5	70-85% -25	5	35	3	105
11 & 12	5	70-85% -25	5	35	3	105



# PARTS LIST

ITEM	QTY.	PART NAME
1	1	Frame
2	1	Console Tube
3	1	Console
4	6	M6x1x10mm Machine Screw
5	1	Extension Wire
6	1	Magnetic Brake
7	2	Hand Pulse
8	1	Crank Washer
9	1	Crank Nut
10	2	Bearing Cup
11	2	Bearing
12	1	Slotted Bearing Nut
13	1	Crank
14	1	Pulley
15	4	M6x1x10mm Machine Screw
16	6	M6x1 Hex Nut
17	1	"V" Belt
18	2	M10 Cap Nut
19	2	M10 Washer
20	2	Eyebolt
21	2	Adjustment Channel
22	1	Belt Tension Bracket
23	1	Spring
24	1	Idler Pulley
25	1	Bottom Right Cover
26	1	Bottom Left Cover
27	1	Top Right Cover
28	1	Top Left Cover
29	2	M5x.8x70 Machine Screw
30	2	M5x.8 Hex Nut
31	6	M4x12mm Sheet Metal Screw
32	1	Front Foot Tube
32A	1	Rear Foot Tube
33	2	Wheel

ITEM	QTY.	PART NAME
34	2	Foot Cap
35	1	Seat Post
36	1	Seat
37	1	Right Seat Post Bushing
38	1	Left Seat Post Bushing
39	1	Left Pedal
40	1	Right Pedal
41	4	M8x1.25x60mm Carriage Bolt
42	3	M8x1.25x12mm Button Head Screw
43	4	M8x1.25 Cap Nut
44	17	8mm IDx18.8mm OD Flat Washer
45	2	1" Ball Plug
46	1	Gear Box
47	3	M3.5x15mm Sheet Metal Screw
48	1	Gear Box Plate
49	2	M8 Locknut
50	1	Magnet
51	1	Idler Bushing
52	1	M8x45mm Button Head Screw
53	1	Reed Switch
54	2	Elbow Pad
55	1	M6x1 Locknut
56	1	M6x20mm Sheet Metal Screw
57	1	Connecting Right Cover
58	14	M4x16 Sheet Metal Screw
59	1	Front Handlebar
60	2	Rear Handlebar
61	1	Front Sleeve
62	2	Rear Sleeve
63	1	Connecting Left Cover
64	1	Notched Bearing Nut
65	1	Locking Knob
66	1	Owner's Manual
67	1	Master Carton

CM550 Upright



# 550 UPRIGHT EXERCISE BICYCLE

## QUESTIONS?

CALL OUR TOLL FREE  
HELPLINE

USA: (888) 340-0482  
or  
(214) 340-8888

Canada: (800) 897-6025

### CAUTION!

Please read the precautions and instructions in this manual before using this equipment. Please save this manual for future reference.

Dear Keys' Bicycle Customer!

Thank you for purchasing a Keys' exercise bicycle! You have now invested in a superior quality product and a fitness lifestyle. We here at Keys Fitness Products have produced what we believe is the finest exercise bicycle with exceptional value.

Should you ever have a question concerning your exercise bicycle, please feel free to give us a call at 1-888-340-0482. We will be glad to be at your service.

Sincerely yours in fitness!

Keys Fitness Products, LP

# OWNER'S MANUAL

**KEYS FITNESS PRODUCTS, L.P.**  
**PO Box 551239**  
**Dallas, Texas 75355-1239**

**MADE IN TAIWAN**

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