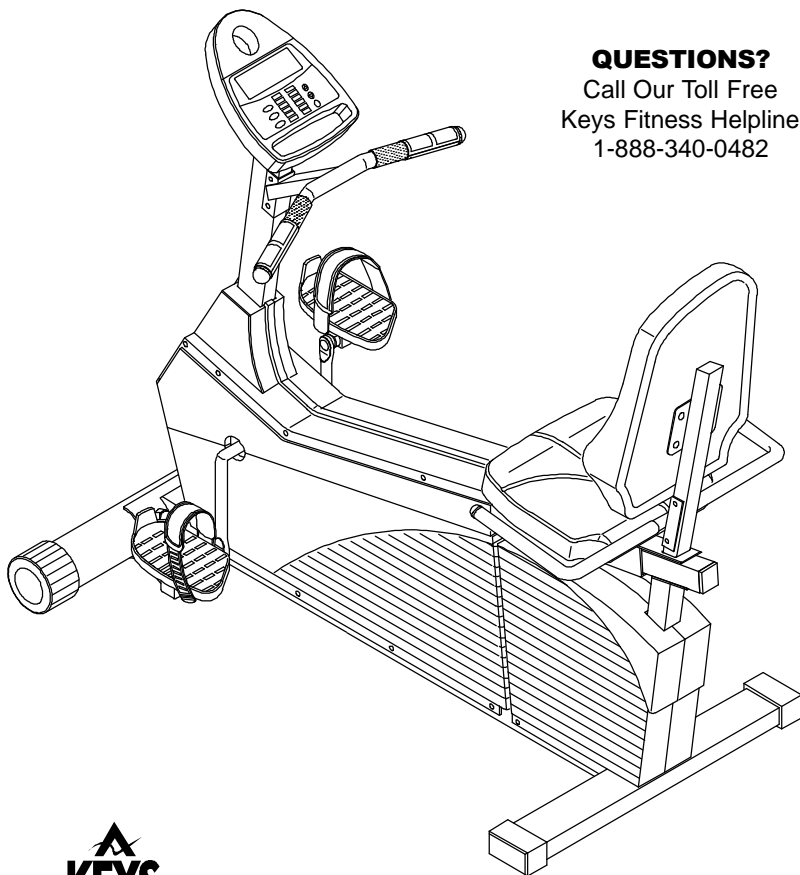


Discovery

6.0R

OWNER'S MANUAL



QUESTIONS?

Call Our Toll Free
Keys Fitness Helpline
1-888-340-0482



keysfitness.com

CAUTION!

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



Keys Fitness is committed to quality products that demonstrate our commitment to excellence!

DISCOVERY RECUMBENT BIKE
Model: DCV6.0R

Questions?

Please call if:

- you need assistance about operating your exercise bike
- parts are missing
- parts become worn or need to be replaced

1-888-340-0482
Monday-Friday
8:30am-5:30pm Central Time

Please have the following information available:

- Name
- Model
- Part Number
- Description

Before You Start

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

Prior to assembly, remove components from the box and verify that all the listed parts were supplied. Assembly instructions are described in the following steps and illustrations.

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.

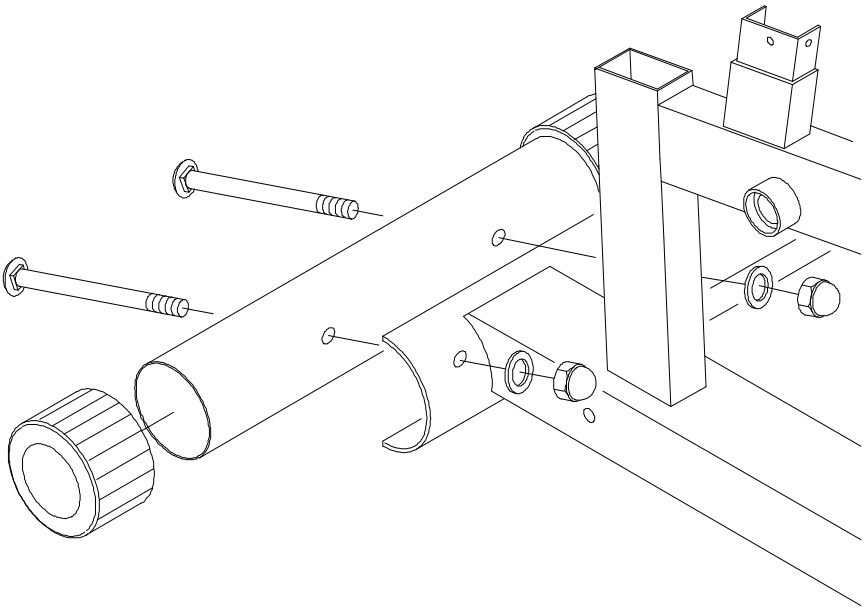
Safety Precautions and Tips

It is the owner's responsibility to ensure that all users of this exercise bike have read the Owner's Manual and are familiar with warnings and safety precautions.

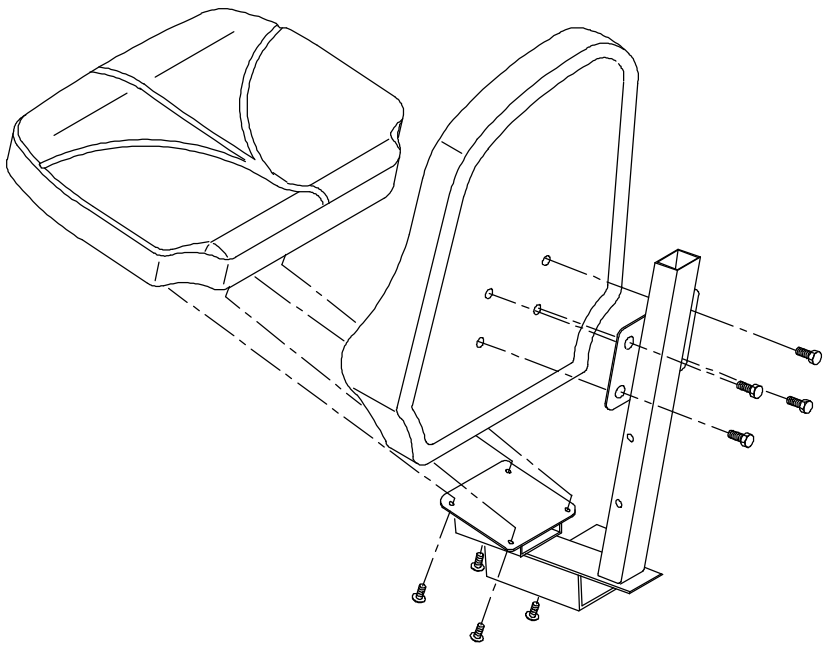
- This exercise bike has a maximum user capacity of 300 pounds.
- The HealthTrainer Exercise Bike should only be used on a level surface and is intended for indoor use only. It should not be placed in a garage, patio or near water. Keys recommends an equipment mat be placed under the bicycle to protect the floor or carpet and for easier cleaning.
- Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use this exercise bike with bare feet, sandals, socks or stockings!
- Always examine your exercise bike 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 Discovery Exercise Bike 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.

Assembly of Discovery 6.0 Recumbent Bike

REMOVE ALL SECURITY TAPE AND
WRAPPING BEFORE BEGINNING

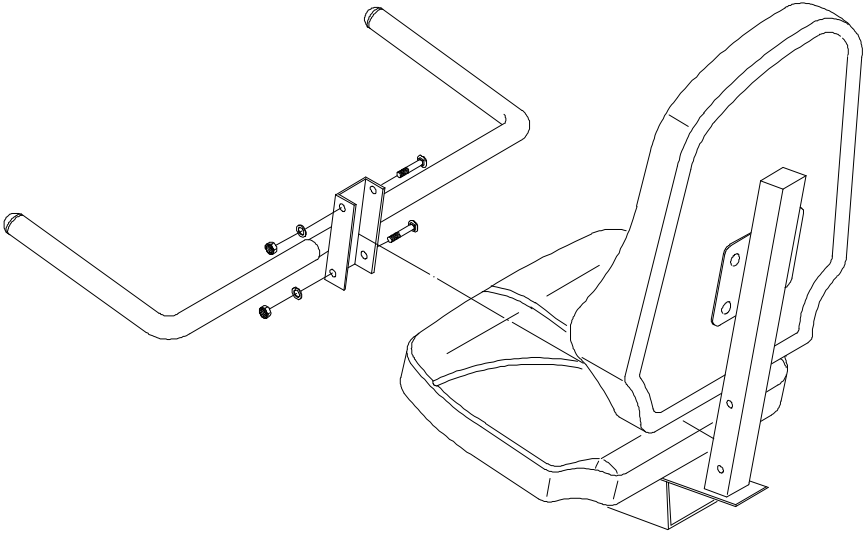


1. Attach front foot tube (27) to frame (1) using:
 - Qty 2 - (37) Carriage Bolt
 - Qty 2 - (39) Flat Washer
 - Qty 2 - (54) Cap Nut

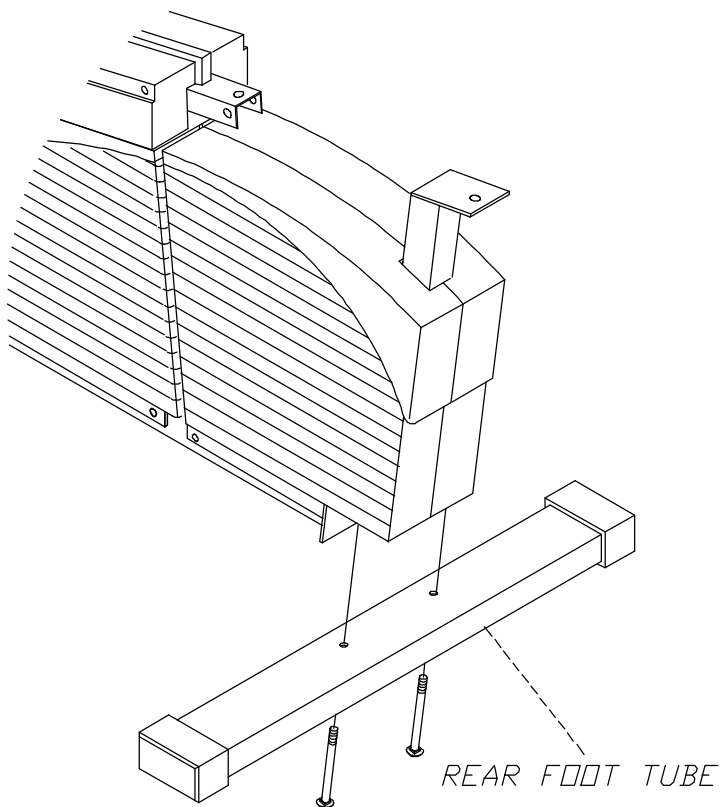


2. Connect back pad to seat support bracket using:
Qty 4 - Allen Head Screw

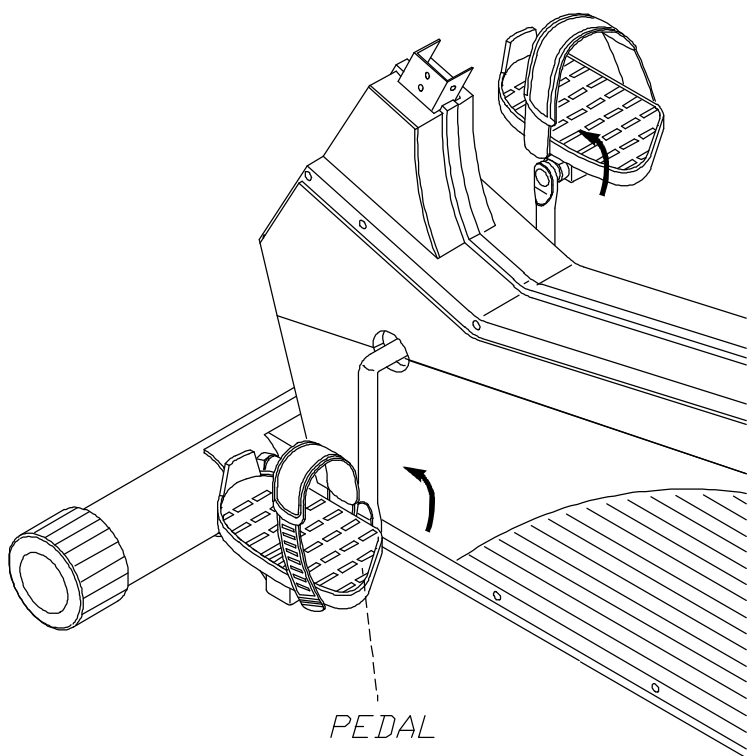
Connect seat pad to seat support bracket using:
Qty 4 - Allen Head Screw



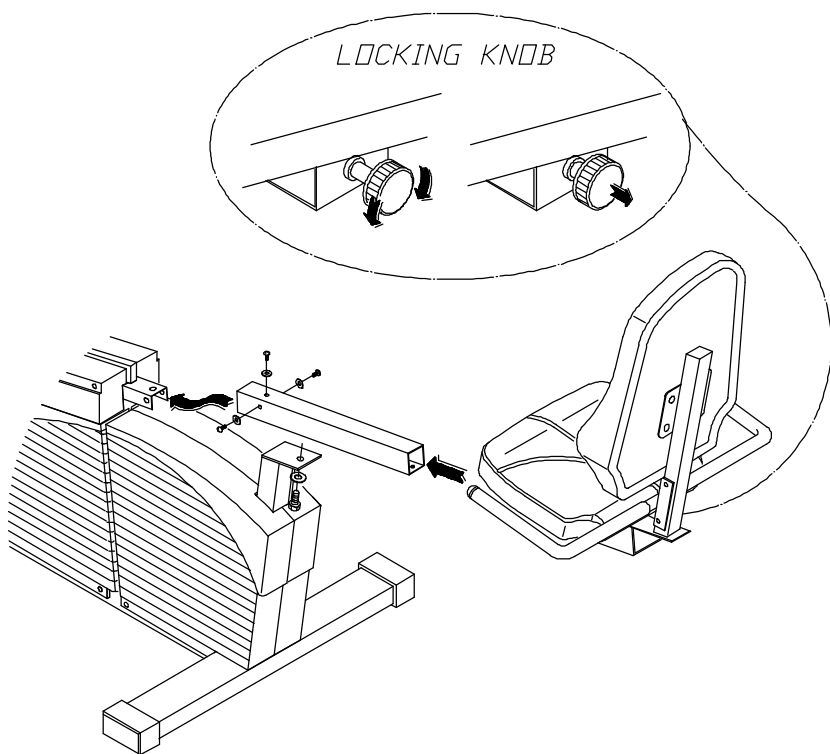
- 3.** Attach handlebar to seat support bracket using:
- Qty 2 - (53) Button Head Screw
 - Qty 2 - (39) Flat Washer
 - Qty 2 - (41) Locknut



4. Attach rear foot tube to the main frame as pictured above.



- 5.** Attach pedals (35, 36). Axles of pedals are branded “L” and “R.” The pedal marked “R” goes on the right hand side of the bike and the one marked “L” on the left hand side. Tighten the left pedal by turning counter-clockwise and the right pedal by turning clockwise.

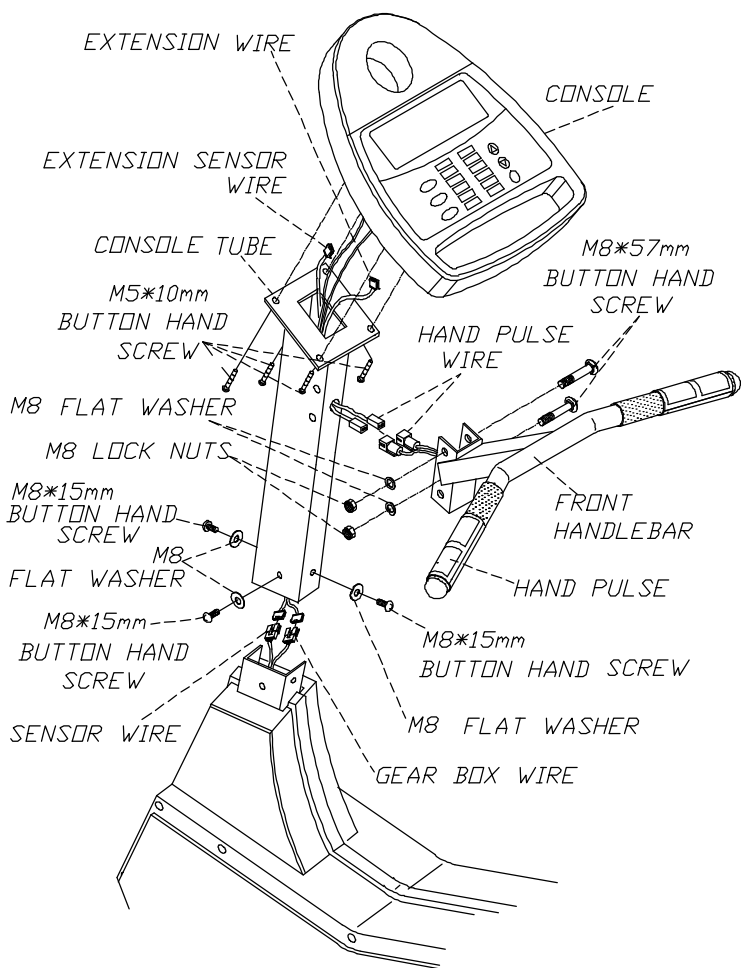


6. Slide seat carriage onto seat carriage tube and secure with cam lock as pictured above.

Connect seat carriage tube to main frame using:

Qty 3 - (33) Button Head Screw

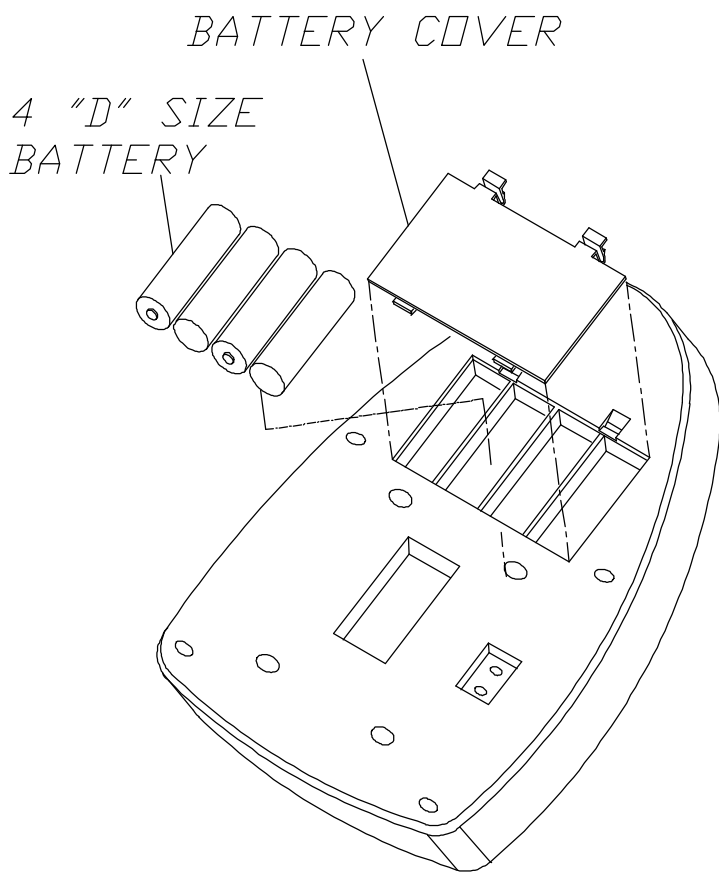
Qty 3 - (39) Flat Washer



7. Attach wires in main frame to those in the console tube then secure console tube to main frame.

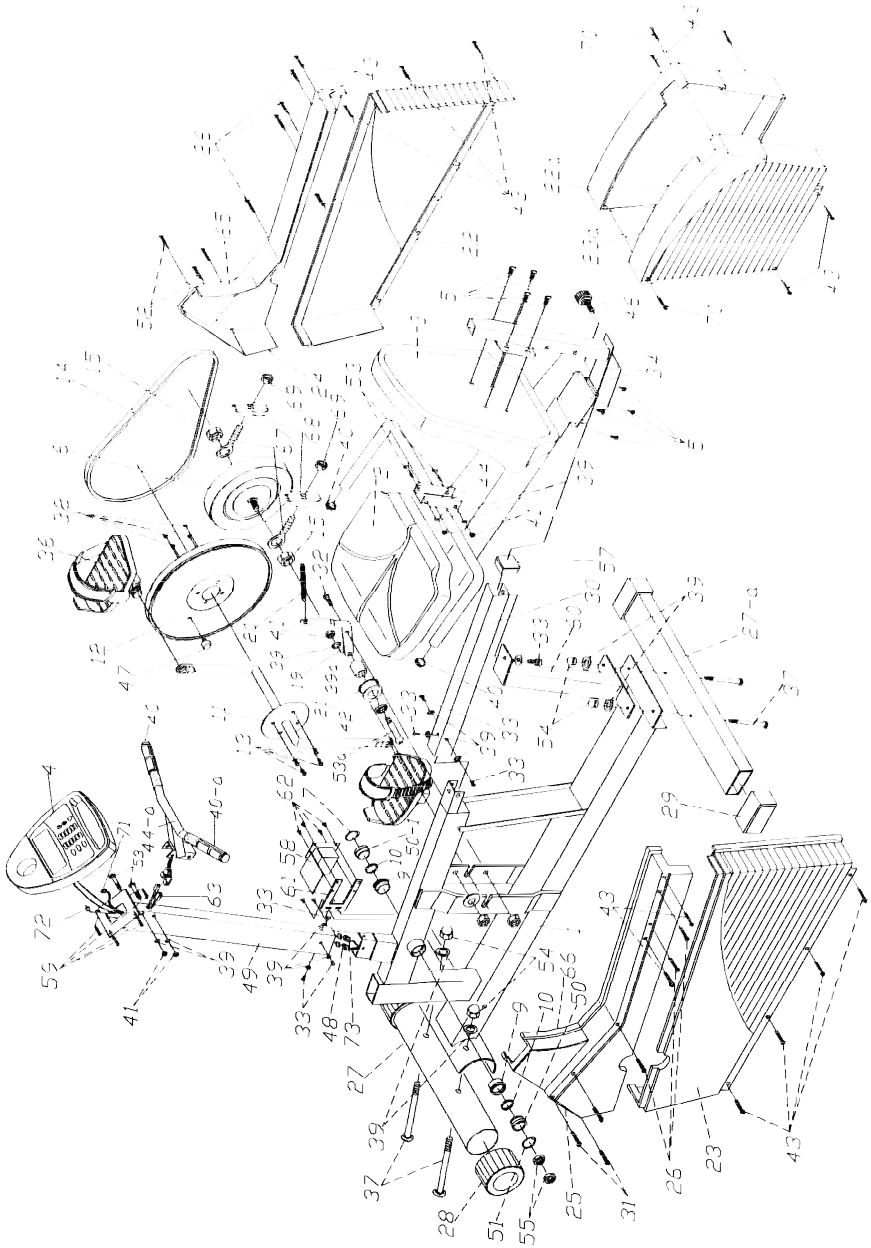
Secure front handlebar to console tube and pull hand pulse wires up through the top of the tube.

Attach wires to back of console then secure to top of console tube with screws.



- 8.** Insert 4 "D" size batteries into the back of the console.

DCV6.0R EXPLODED VIEW



DCV6.0R PARTS LIST

#	PART	QTY	#	PART	QTY
1	Frame	1	39	M8x18.8mm Flat Washer	15
2	Seat Cushion	1	39a	Spacer	1
3	Back Cushion	1	40	1" Ball Plug	2
4	Monitor	1	40a	Hand Pulse	2
5	M6x1x12 Long Allen Head Screw	8	41	M8 Locknut	2
6	Mag Brake	1	42	Idler Pulley Bearing	1
7	Crank Washer	1	43	M4x16mm Sheet Metal Screw	18
8	Sleeve	2	44	Seat Handlebar	1
9	Bearing Cup	2	44a	Handlebar	1
10	Bearing	2	45	M6x1 Locknut	1
11	Crank	1	46	Cam Lock	1
12	Pulley	1	47	Magnet	1
13	M6x1x10mm Machine Screw	4	48	Sensor Wire	1
14	"V" Belt	1	49	Console Tube	1
15	M10x1 Cap Nut	2	50	Notched Bearing Nut	1
16	10mm IDx22mm OD Washer	2	50-1	Slotted Bearing Nut	1
17	Eyebolt	2	51	Crank Washer	1
18	Adjustment Channel	2	52	M5x8 Hex Nut	2
19	Belt Tension Bracket	1	53	M8x45mm Button Head Screw	2
20	Spring	1	53a	M8x38mm Button Head Screw	1
21	Idler Pulley	1	54	M8x1.25 Cap Nut	4
22	Bottom Front Right Cover	1	55	Crank Nut	1
22a	Bottom Rear Right Cover	1	56	Owner's Manual	1
23	Bottom Front Left Cover	1	57	2" Square Cap	1
23a	Bottom Rear Left Cover	1	58	Gear Box	1
24	Top Right Cover	1	59	M5x20 Button Head Screw	4
25	Top Left Cover	1	60	Rear Support Tube	1
26	M4x12mm Sheet Metal Screw	6	61	Gear Box Plate	1
27	Front Foot Tube	1	62	M3.5x15mm Sheet Metal Screw	3
27a	Rear Foot Tube	1	63	Hand Pulse Wire	2
28	Wheel	2	64	Sleeve	2
29	Foot Cap	2	65	Connecting Right Cover	1
30	Seat Carriage	1	66	Connecting Left Cover	1
31	M5x8x70 Screw	2	67	Eyebolt	2
32	M6x1x20 Screw	1	68	Adjustment Channel	2
33	M8x15 Button Head Screw	7	69	6mm Hex Nut	2
34	Seat Support Bracket	1	70	M5x50mm Sheet Metal Screw	2
35	Left Pedal	1	71	Extension Wire	1
36	Right Pedal	1	72	Extension Sensor Wire	1
37	M8x1.25x60mm Carriage Bolt	4	73	Gear Box Wire	1
38	M6x1 Nut	6			

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*** on page 14.

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 - age = maximum heart rate (MHR).

MHR x .60 = 60% of your maximum heart rate.

MHR x .75 = 75% 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 Table on page 16 for additional calculations.

TARGET HEART RATE ZONE

100%

Serious athletic training range

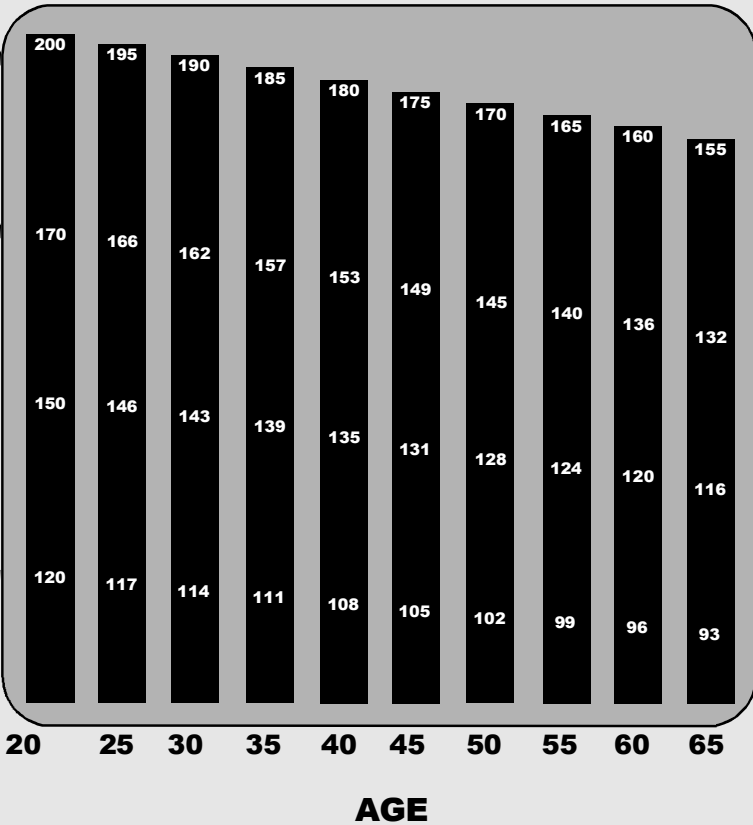
85%

Cardiovascular conditioning range

75%

Fat burning range

60%



CONSOLE INSTRUCTIONS

OPERATING CONSOLE: (After the computer is powered on with batteries installed)

Step One You may use UP or DOWN to select training mode in MANUAL or PROGRAM (12 different profiles) or USER or TARGET HEART RATE control (4 different options for training). If you select training with Target Heart Rate control mode, you need to input AGE data, and switch to next procedure.

Step Two You may use UP or DOWN to adjust the training LOAD/DIFFICULTY level from 1 to 16 under MANUAL, PROGRAM and USER mode. (Excludes TARGET HEART RATE CONTROL mode)

Step Three You may use UP or DOWN to preset training function data. Once each function data has been set, press MODE/ENTER.

Available preset training functions:

TIME: Preset number is from 00:00 to 99:00, each increment is 1:00 (minute).

DISTANCE: Preset number is from 0.00 to 99.90, each increment is 0.10 km or ml.

CALORIE: Preset number is from 0 to 990, each increment is 10 calories.

PULSE: Preset number is from 30 to 240, each increment is 1 BPM. (Excluded in TARGET H.R control mode)

Step Four Press START/STOP button to start training.

TRAINING MODE INSTRUCTION: To start your training
As soon as you press START/STOP button, the computer starts working:

Training with PRESET TIME:

If you have a preset TIME, each unit of the workout profile switches forward to another unit per preset TIME divided by 16.

Training without preset time:

If you do not preset TIME, each unit of the workout profile switches forward to another unit per 0.1 km or ml in counting up (no preset DISTANCE) or counting down (has preset DISTANCE).

Tension difficulty adjustment:

Training in MANUAL - You may adjust the tension load from 1 to 16 during training.

Training with 12 profiles - You can adjust the tension difficulty during training any time.

Training in TARGET H.R. control - The tension difficulty will be auto-adjusted according to the current heart rate figure. If your heart rate figure is under the target pulse, the tension difficulty will be up-adjusted one level per 30 seconds, up to the maximum level. As soon as your heart rate figure is achieved at the target pulse, tension difficulty will be down-adjusted one level immediately, and keep down-adjusting one level per 15 seconds until level 1. If your current heart rate is still over (or equal to) the target pulse for 30 seconds when tension is level 1, the computer system will STOP and ALARM for 6 beeps to alert you for training protection.

To stop your training:

Training with PRESET function data:

As soon as the preset function data counts down to zero, (pulse figures excluded) the computer has 8 beep sounds to alert you. At this moment, the computer will stop working. You may press START/STOP button to start the computer working and counting up from the previous data.

Interrupt training:

You may press START/STOP button to stop the computer during training at any time.

To reset program:

You may press RESET button to reset the PROGRAM and select the training mode and tension load or difficulties under STOP mode. If you hold on pressing the RESET button for 2 seconds, all data (including personal data) will be reset.

BUTTON FUNCTIONS:

START/STOP	To start or stop training.
MODE	To select each function of Time, Distance and Pulse.
UP	To increase data or tension.
DOWN	To decrease data or tension.
RESET	<ol style="list-style-type: none">1. To reset each function of Time, Distance and Pulse figures.2. To reset program setting and back to initial selection mode with Manual, Program, User or Target Heart Rate (all blinking display).
RECOVERY	Press the button to activate heart rate recovery function.

FUNCTIONS:

- TIME** Count Up - The computer starts counting up from 00:00 up to 99:59 during training.
Count Down - The computer will count down from the preset Time to 00:00.
- SPEED** Displays the current SPEED from 0.0 to maximum 99.9 km or ml.
- DISTANCE** Count Up - The computer accumulates total workout distance from 0.00 to max 99.90 km or ml during training.
Count Down - The computer will count down from the preset Distance to 0.00.
- CALORIES** Count Up- The computer accumulates the calorie consumption from 0 to max 990 cal during training.
Count Down - The computer will count down from the preset Calories to 0.
This data is a rough guide for comparison of different exercise sessions and can not be used for medical treatment.
- PULSE** The heart rate figure displays with the symbol flashing on the bottom field after you hold on the grips with both hands. The heart rate figure displays a range from 0 to 240 BPM. You may preset target pulse to assist in your training. The options you have are as follows:
- Alarm - If you preset the target pulse while training with Manual or 4 profiles, then the computer will alarm to remind as soon as your current heart rate is achieved at the preset figure.

Load tension adjustment - If you are training with one of the four target pulse percentages, then the load tension difficulty will be controlled by your current heart rate figure compared with the preset target.

RECOVERY After exercising for a period of time, keep holding on grips and press "RECOVERY" button, all function displays will stop except "Time". Time starts counting down from 00:60 - 00:59 - 00:58 - to 00:00. As soon as 00:00 is reached, the bottom area of the LCD will show your heart rate recovery status with the grade F1, F2,... F6. F1 is the best, and F6 is the worst. You may keep exercising to improve the heart rate recovery status day by day from F6 up to F1.

** Press the RECOVERY button again to return to the main display.

NOTE:

1. When no signal has been transferred into the computer for 4 minutes, the LCD display will shut off automatically and all previous training data will be stored. You may press any button to have the computer restart working.
2. You may change monitor calculation to KM or ML scale by pushing the switch fixed on the back of the console.
3. If the LCD display is improper, please remove the batteries and reinstall again.
4. The monitor can be powered on with 4 D size batteries.

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT:

DISCOVERY 6.0 RECUMBENT BIKE

HOME USE WARRANTY:

Frame: 2 Years, Parts: 1 Year, Labor: None

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Keys Fitness Products, LP ("Keys") under the KEYS brand name. The warranty period to the original purchaser is listed above in the table.

Keys warrants that the Product you have purchased for use from Keys or from an authorized Keys 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 computer overlays, pedal straps, rope cords, seats, grips, chains, bottom bracket assemblies, pads, upholstery, pulleys, bearings, etc. Please contact a Keys Fitness customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through a Keys Fitness authorized dealer unless otherwise authorized by Keys Fitness in writing.

During the warranty period Keys will repair or replace (at Keys' option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Keys may replace defective parts, or at the option of Keys, 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 Keys. Keys 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.

To obtain warranty service, you must contact a Keys authorized retailer, service technician or Keys Fitness at our phone numbers located in this manual. Any parts determined to be defective must be returned to Keys to obtain warranty service. You must prepay any shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product. In addition, you are responsible for insuring any parts or Product shipped or returned. You assume the risk of loss during shipment. You must present Keys with proof-of-purchase documents (including the date of purchase). Any evidence of alteration, erasing or forgery of proof-of-purchase documents will be cause to void this Limited Warranty.

This warranty does not extend to any product not purchased from Keys or from an authorized Keys 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 Keys; (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 Keys, or an authorized Keys 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 Keys' receipt of payment or acceptable arrangements for payment.

EXCEPT AS EXPRESSLY SET FORTH IN THIS WARRANTY, KEYS MAKES NO OTHER WARRANTIES, EXPRESSED OR IMPLIED, INCLUDING ANY IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. KEYS EXPRESSLY DISCLAIMS ALL WARRANTIES NOT STATED IN THIS LIMITED WARRANTY. ANY IMPLIED WARRANTIES THAT MAY BE IMPOSED BY LAW ARE LIMITED TO THE TERMS OF THIS LIMITED WARRANTY. NEITHER KEYS NOR ANY OF ITS AFFILIATES SHALL BE RESPONSIBLE FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES. SOME STATES DO NOT ALLOW LIMITATIONS ON HOW LONG AN IMPLIED WARRANTY LASTS OR THE EXCLUSION OR LIMITATION OF INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE LIMITATIONS OR EXCLUSION MAY NOT APPLY TO YOU. This Limited Warranty gives you specific legal rights and you may also have other rights that may vary from state to state. This is the only express warranty applicable to Keys-branded products. Keys neither assumes nor authorizes anyone to assume for it any other express warranty.

PLEASE SEND IN THE ATTACHED WARRANTY CARD WITHIN TEN (10) DAYS OF PURCHASE TO REGISTER YOUR UNIT WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:

KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Discovery

**Keys Fitness Products, L.P.
4009 Distribution Dr.
Suite 250
Garland, Texas 75041**

keysfitness  com

Free Manuals Download Website

<http://myh66.com>

<http://usermanuals.us>

<http://www.somanuals.com>

<http://www.4manuals.cc>

<http://www.manual-lib.com>

<http://www.404manual.com>

<http://www.luxmanual.com>

<http://aubethermostatmanual.com>

Golf course search by state

<http://golfingnear.com>

Email search by domain

<http://emailbydomain.com>

Auto manuals search

<http://auto.somanuals.com>

TV manuals search

<http://tv.somanuals.com>