

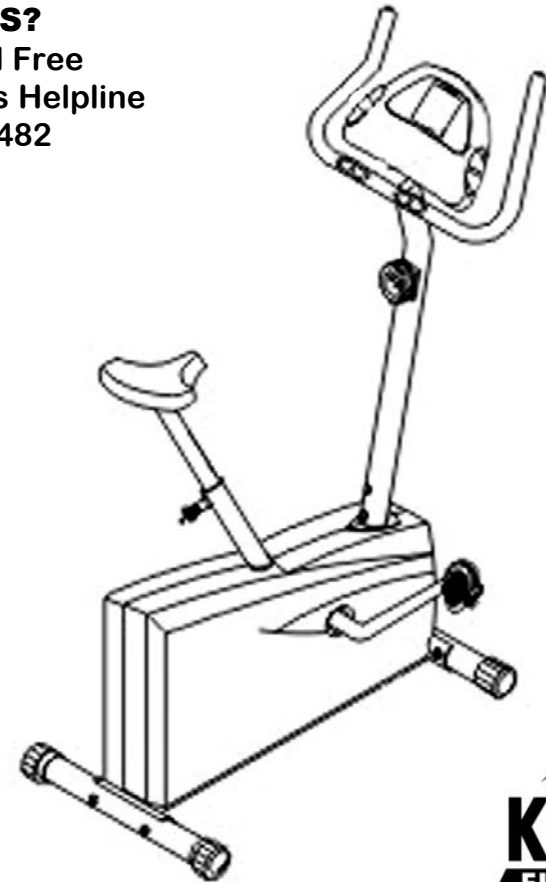
CardioMax

530 Upright

OWNER'S MANUAL

QUESTIONS?

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



CAUTION!

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

Keys Fitness Products, L.P.
P.O. Box 551239
Dallas, Texas 75355-1239

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



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



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

**Keys Exercise Bike
Model: 530U**

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
8:30-5:30 Central Time**

When requesting information please have the following available:

- The Name
- The Model
- The Part Number
- The Description

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: KEYS CARDIOMAX 530 EXERCISE BIKE
HOME USE WARRANTY: Parts: 1 year

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. 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 EXERCISE BIKE WITH KEYS FITNESS PRODUCTS, LP.

MAIL WARRANTY CARD TO:
KEYS FITNESS PRODUCTS, PO BOX 551239, DALLAS, TX 75355

Before You Start

Thank you for purchasing a Keys exercise bicycle! This quality product you have chose 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.

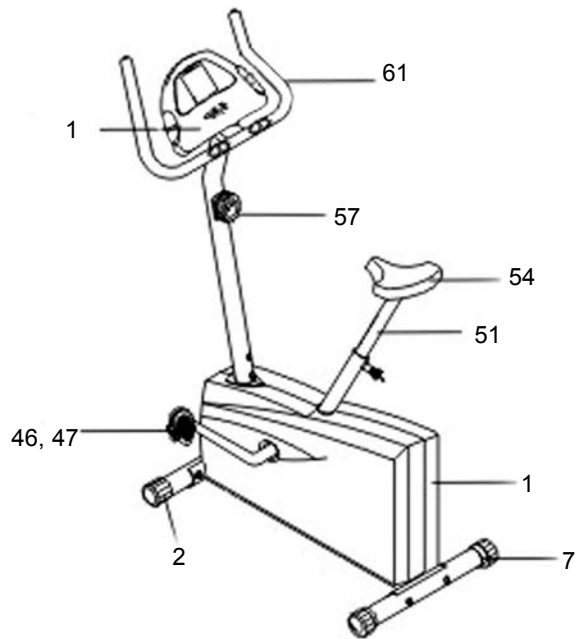
Safety Precautions and Tips

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 user maximum capacity of 250 pounds.
- The CardioMax 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 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 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 CardioMax 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 Parts

PART	PART NO.
CONSOLE	65
HANDLEBAR	61
HANDLEBAR POST	55
SEAT	54
SEAT POST	51
MAIN FRAME	1
REAR STABILIZER	7
FRONT STABILIZER	2
PEDALS	46, 47
RESISTANCE CONTROLLER	57



4

Assembly Accessories



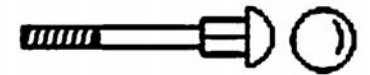
M8 Cap Nut **No.5** (4ea)



M8x85 Carriage Bolt **No.9** (2ea)



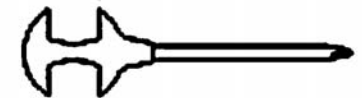
8X19 Washer **No.6** (8ea)



M8x70 Carriage Bolt **No.4** (2ea)



8X19 Washer **No.14** (4ea)



Screw Driver



3Mx15 Screw **No.56** (4ea)



Allen Wrench

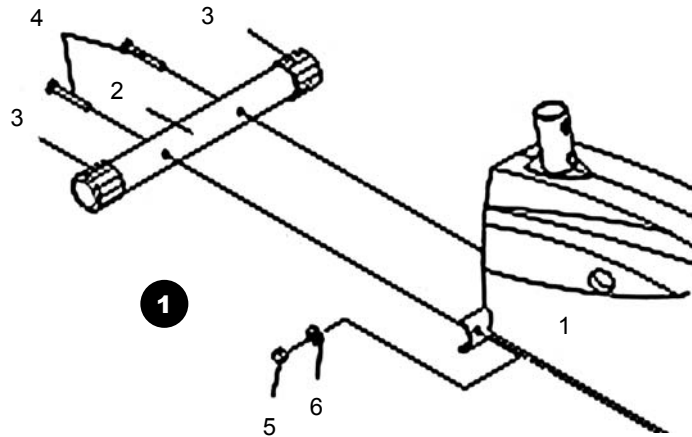


M8x20 Screw **No.59** (4ea)

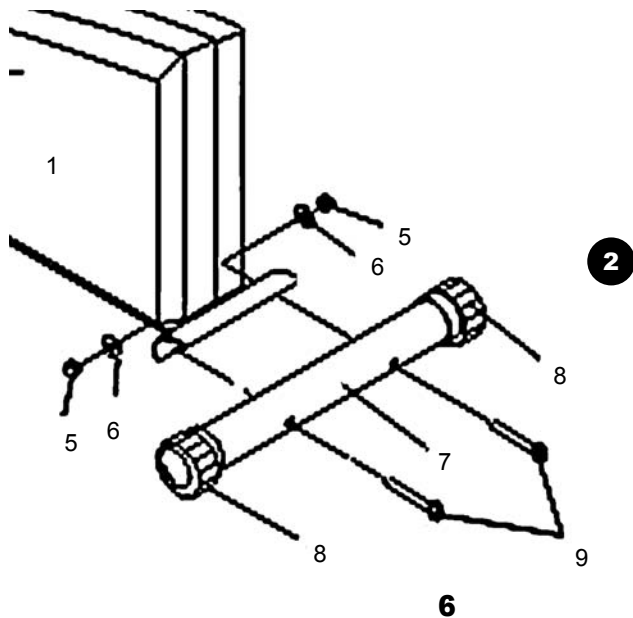
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Assembly of CardioMax Exercise Bike

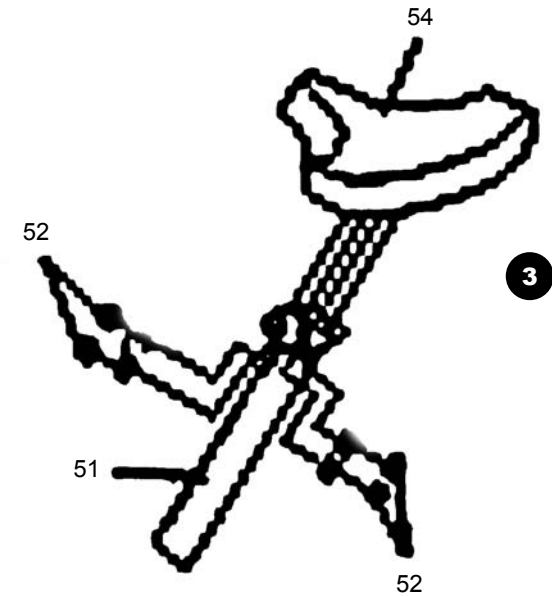
1. Attach the front stabilizer (2) to the main frame with the carriage bolts, nuts and washers (4,5,6).



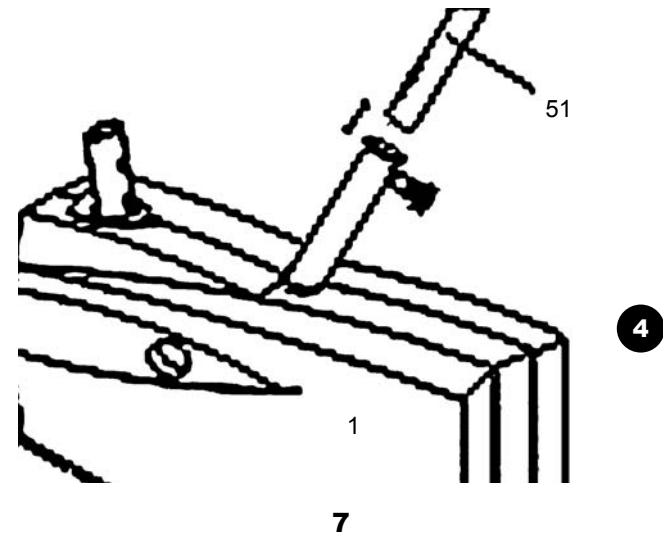
2. Connect the rear stabilizer (7) to the main frame with the carriage bolts, nuts and washers (9,5, 6).



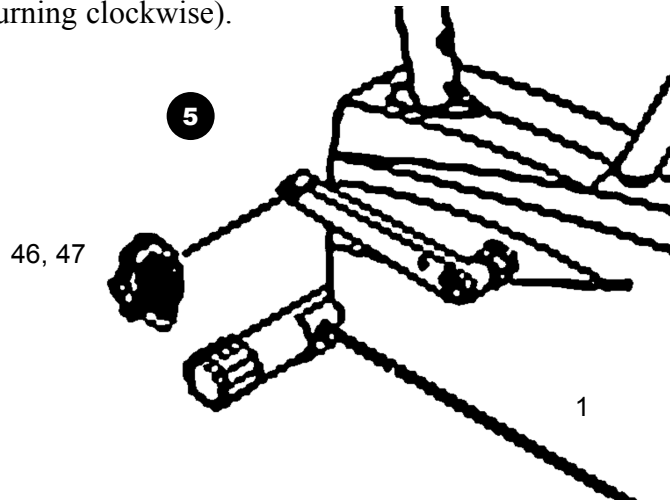
3. Connect the seat (54) and seat post (51) by fastening the four screws with the nylon nuts (52).



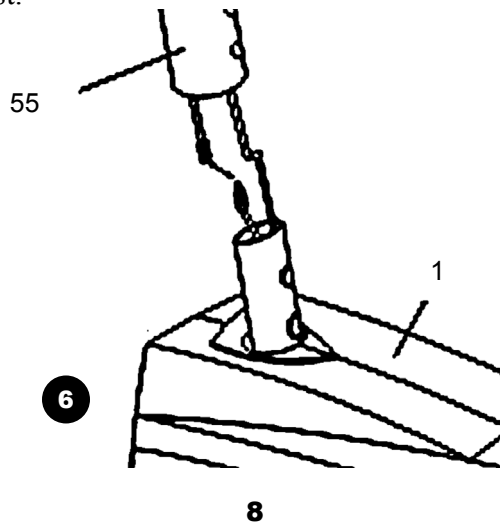
4. Insert the seat post (51) into the tube of the main frame (1).



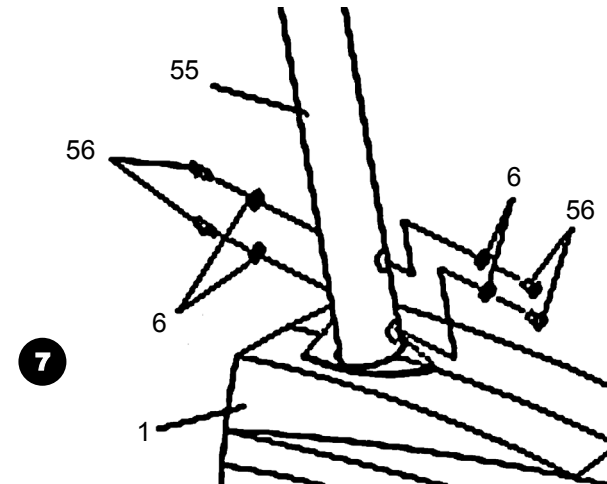
5. Tighten the pedals (46,47) into the crank. Tighten each pedal by turning bolt towards the front of the bike. NOTE: Each pedal is labeled with a "R" for right or a "L" for left. (Tighten the left pedal by turning counter-clockwise and the right pedal by turning clockwise).



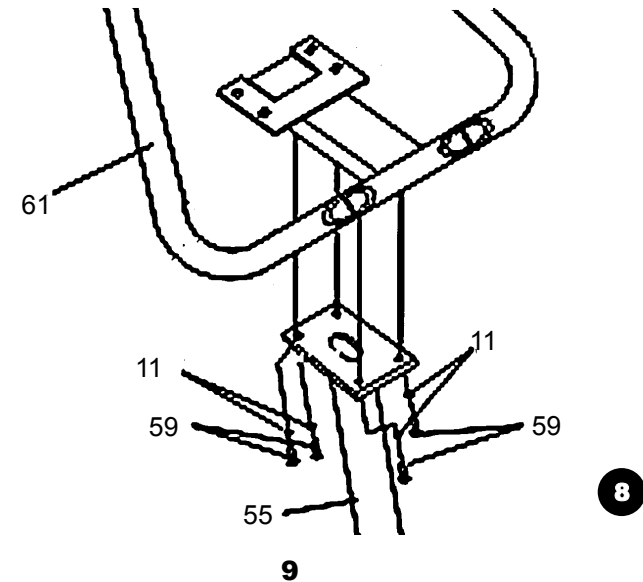
6. Connect the computer cable from handlebar post (55) to the end from main frame (1). Slide the tension cable assembly up into post.



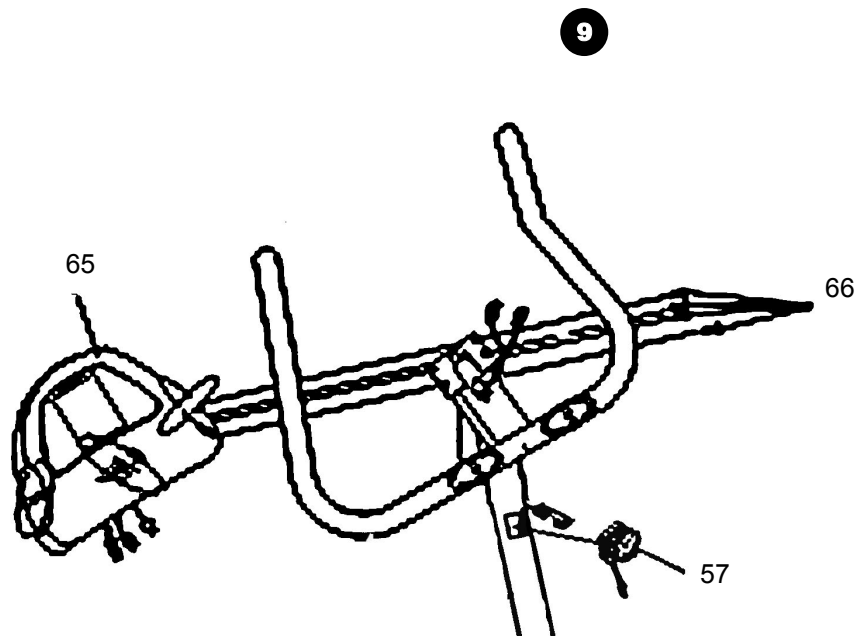
7. Use the screws (56) and arch washers (6) to connect handlebar post (55) and main frame (1).



8. Attach the handlebar (61) to handlebar post (55) with the screws (59) and washers (11).



9. Connect the console (65) to the heart rate wires and computer wire from the handlebar post. Secure with screws (66).



10

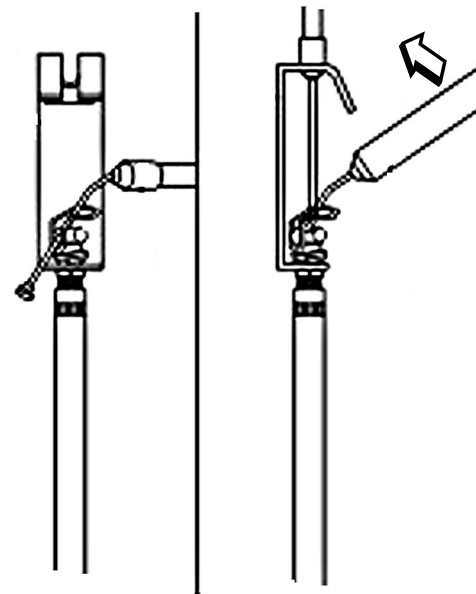
- 9a. Get the tension cable (55) out of the handlebar post's hole, and connect it to the tension controller (57) as in steps 1-3:

Step 1: Put the cable end into the spring hook.

Step 2: Pull the knob up into the bracket.

Step 3: Insert the knob into the handlebar post, and secure with the screw attached. Tension is increased by turning the knob clockwise.

Steps 1-3

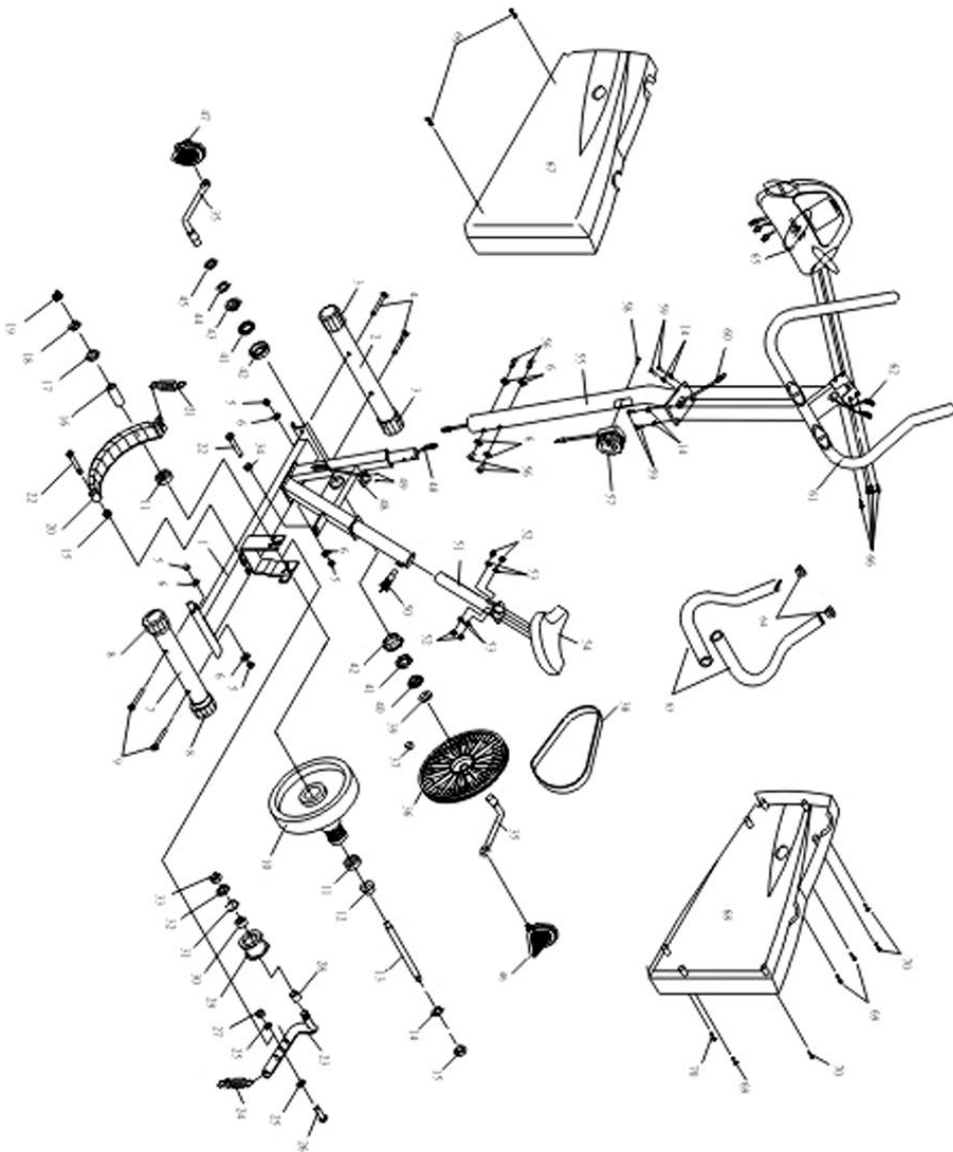


Important

This product is designed for use by adults. Precautions must be taken to prevent children from using or playing with this exercise bike. This bike must be used on a level surface at all times. Do not pedal backwards as this will damage the computer, cable and drive and void the warranty.

11

530 Upright Parts List



NO.	PART	QTY	NO.	PART	QTY
1	MAIN FRAME	1	36	PULLEY	1
2	FRONT STABILIZER	1	37	MAGNET	1
3	WHEEL CAP	2	38	BELT	1
4	CARRIAGE BOLT M8*70	2	39	WASHER	1
5	NUT CAP M8	4	40	OUTSIDE BEARING COLLAR	1
6	ARC WASHER	8	41	BEARING	2
7	REAR STABILIZER	1	42	BEARING HOUSING	2
8	HEIGHT REGULATOR	2	43	INSIDE BEARING COLLAR	1
9	CARRIAGE BOLT M8*85	2	44	SNAP WASHER	1
10	FLY WHEEL	1	45	HEX NUT	1
11	BEARING 6000ZZ	2	46	RIGHT PEDAL	1
12	BALL BEARING	1	47	LEFT PEDAL	1
13	FLY WHEEL AXLE	1	48	SENSOR WIRE	1
14	WASHER	5	49	BOLT M3*8	2
15	NYLOCK	2	50	ADJUSTMENT KNOB	1
16	FLY WHEEL SPACER	1	51	SEAT POST	1
17	BC NUT 3/8	1	52	NYLOCK NUT	4
18	WASHER	1	53	ARC WASHER	4
19	NUT CAP 3/8	1	54	SEAT	1
20	MAGNETIC PLATE	1	55	UPRIGHT POST	1
21	SPRING	1	56	SCREW M8*20	4
22	SCREW M8*60	2	57	RESISTANT CONTROLLER	1
23	IDLER WHEEL	1	58	BOLT M5*18	1
24	IDLER WHEEL SPRING	1	59	SCREW M8*20	4
25	WASHER	2	60	EXTENSION WIRE	1
26	SCREW 3/8" *26	1	61	HANDLE BAR	1
27	NYLOCK NUT 3/8	1	62	PULSE SENSOR WIRE	1
28	IDLER WHEEL SPACER	1	63	GRIP FOAM	2
29	IDLER WHEEL	1	64	HANDLE BAR CAP	2
30	BEARING 6003ZZ	1	65	COMPUTER	1
31	C CLIP	1	66	BOLT M4*10	4
32	WASHER	1	67	LEFT COVER	1
33	NYLOCK NUT M10	1	68	RIGHT COVER	1
34	NUT M8	1	69	BOLT 5/3"*3"	5
35	CRANK	1	70	ROUND HEAD BOLT M4*11	4

CM530 Display Instructions

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

Buttons

ENTER/RESET: Press to confirm program selection or function value

UP: Press to scroll through programs or increase values in setting procedure

DOWN: Press to scroll through programs or decrease values in setting procedure

Display

TIME: Indicates time (0-99 minutes, 0-59 seconds)

DISTANCE: Indicates distance traveled during each workout up to a maximum of 99.9 miles

CALORIES: Estimates calories burned. Note: Calorie expenditure is based on realistic expectations. However, the CM530 computer is not individually programmable for all necessary variables to accurately monitor actual calories burned.

HEART RATE: Indicates current heart rate per minute

RECOVERY: During exercise press UP and DOWN buttons simultaneously and stop exercising. All functions will be paused except pulse (keep hands on pulse sensors). The computer will first count down for 60 seconds and will then display your recovery level from 1-8 on the monitor.

Level 1 – Weak heart rate recovery ability

Level 4 and 5 – Normal

Level 8 – Strong heart rate recovery ability

To have an accurate result, we suggest exercising a minimum of 30 minutes before using **RECOVERY** function.

Operating Instructions

Turn on monitor by pressing any of the console buttons. If the display is already powered on, then hold down the **ENTER/RESET** button for 2 seconds to clear all readings. After turning on or resetting the console readings, P1 (Program 1) should be blinking. Press the **UP** or **DOWN** button to scroll through the available programs. Once you have chosen the desired program, press the **ENTER/RESET** button to confirm.

P1 (PROGRAM 1) : Heart Rate Program

Set your heart rate zone by entering high and low heart rates which you want to stay between (See last page of owner's manual for details on how to calculate your target heart rate range). If your heart rate during exercise exceeds the heart rate zone set, then the heart rate symbol and the digits of the heart rate will blink rapidly with an audible alert to warn the user to slow down. If your heart rate during exercise falls below the heart rate zone set, then the computer will push you to go faster with "GO" blinking along with an audible alert. User must maintain contact with heart rate sensors in order for readings to occur.

Display Instructions Continued

P2 (PROGRAM 2) : Time Program

Set the desired workout duration of your workout. The program will alert you when you have reached your duration goal.

P3 (PROGRAM 3) : Distance Program

Set the desired distance of your workout. The program will alert you when you have reached your distance goal.

P4 (PROGRAM 4) : Calories Program

Set the desired number of calories to be consumed in your workout. The program will alert you when you have reached your calorie expenditure goal.

P5 (PROGRAM 5) : Race Program

The console prompts you for both distance and time before beginning the Race Program. The console will display the best time recorded for the distance you have chosen during the workout. During this program you will also compete with a visual image of another biker on the console. Try to finish the desired distance in the pre-set time period.

NOTE:

1. If you do not wish to set the heart rate zone in programs 2-5, then simply press the **ENTER/RESET** button without setting a value when prompted for the heart rate zone.
2. Monitor will automatically power off if no pedaling or button selection is done for more than 4 minutes.
3. Monitor will stop calculating if there is no pedaling for more than 4 seconds.

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 18.

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

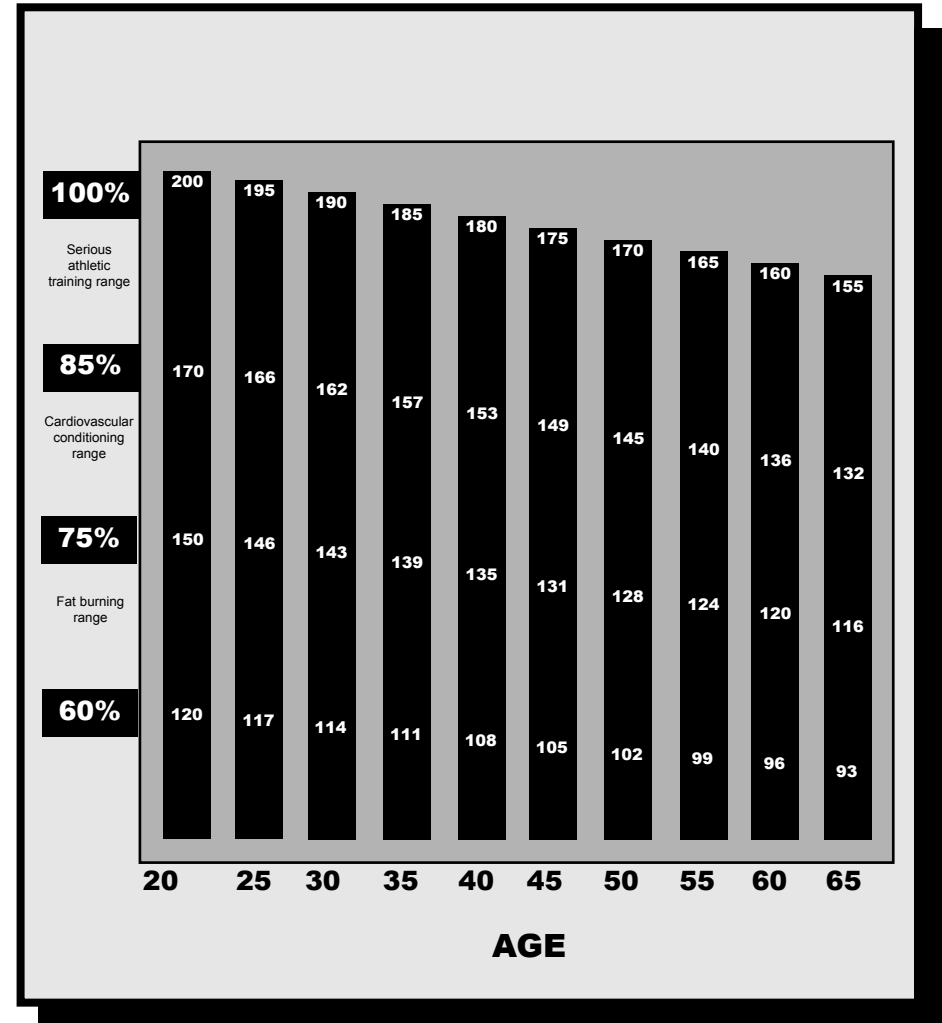
190 x .60 = 114 (low end or 60% of MHR)

190 x .75 = 142 (high end or 75% of MHR)

For a 30 year-old the (THR) Target Heart Rate would be 114-142.

See Table on right for additional calculations.

Target Heart Rate Zone



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