

**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**



# OWNER'S MANUAL

*A Superior Quality Competition  
and Aerobic Class Design*

## Features

- Three Piece Crank Assembly
- 38 lb. Cast
- Highest Quality chain
- Fixed Drive Gear
- 3 Point Seat
- Adjustable Handlebars
- Variable Resistance Control
- Toe Clips and Chain Guard
- Home Warranty:
  - Frame-Lifetime
  - Parts/Labor-2/1
- Commercial Warranty:
  - Frame-Lifetime
  - Parts/Labor-1/1



**Real Cycling  
Components**

## 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**

**keysfitness.com**



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

**Keys Exercise Bike  
Model: Cadenza Pro**

**Questions?**

*Please call if:*

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

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*When requesting information please have the following available:*

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

**KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY**

<b>PRODUCT:</b>	KEYS CADENZA PRO
<b>HOME USE WARRANTY:</b>	Lifetime Frame, 2 years parts, 1 year labor
<b>LIGHT INSTITUTIONAL WARRANTY:</b>	Lifetime Frame, 1 year parts and labor
<b>COMMERCIAL WARRANTY:</b>	Lifetime Frame, 1 year parts and labor

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 be submitted for warranty service be found ineligible therefore, 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 TREADMILL 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 final assembly, remove components from the box and verify that all the listed parts were supplied. Final assembly instructions are described in the following steps and illustrations.

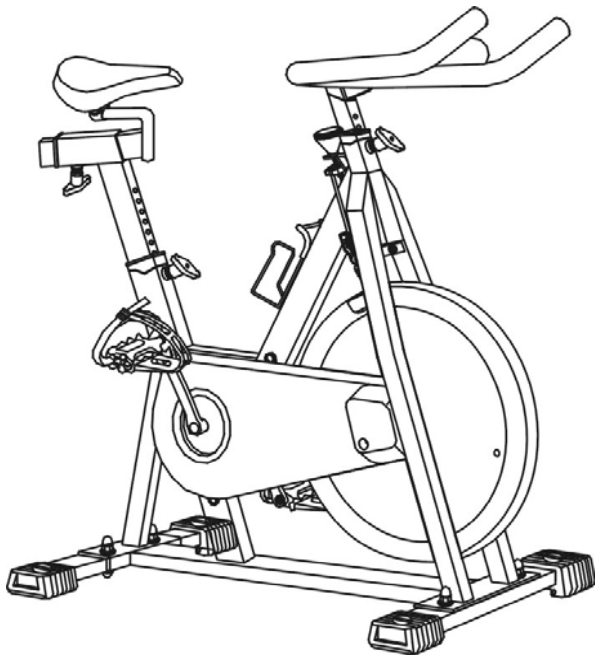
### Important Safety Information WARNING!

- 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 and Maintenance Instructions

1. Once fully assembled, please check that all hardware items such as bolts, nuts and washers have been fitted and are securely positioned. Re-check all bolts and nuts on a regular basis to ensure they are tight and have not worked loosely.
2. It is important to check regularly that all safety chain guards protecting the moving parts of the machine are secure and in good order.
3. To ensure a safety operation, please check regularly the secure positioning of the seat post and handlebar. Never attempt to sit on the bike without testing that seat position is locked in securely.
4. If used regularly in order to gain optimum life from this product, you should check the tightness of pedals before each exercise session. We recommended an annual inspection to lubricate all moving parts and test the alignment of the drive train components.
5. Dry the exercise bike after each use to remove sweat and moisture. Use a damp cloth or mild soap and water to clean the machine. Never use a petroleum based solvent when cleaning your machine as this can damage the finish on your product.
6. Do not wear loose clothing that could become entangled in any moving parts.
7. Always wear shoes when exercise.

8. Keep the bike out of reach for children who should not be in the immediate area when it is being used.
9. Stop exercise immediately in case of nausea, shaking, shortness of breath, pain in the chest or headache.
10. Do not exercise 45 minutes before eating or 1 hour after eating.
11. Consult your physician doctor if needed.



## Assembly Instruction

### STEP 1:

Mount the front stabilizer (#3) and rear stabilizer (#2) to the frame (#1) with four carriage bolts (#4), four washers (#5), four spring washers (#6) and four cap nuts (#7). Please note that the carriage bolts are inserted from the bottom. (See diagram.) Tighten the nuts by using the supplied spanner.

### STEP 2:

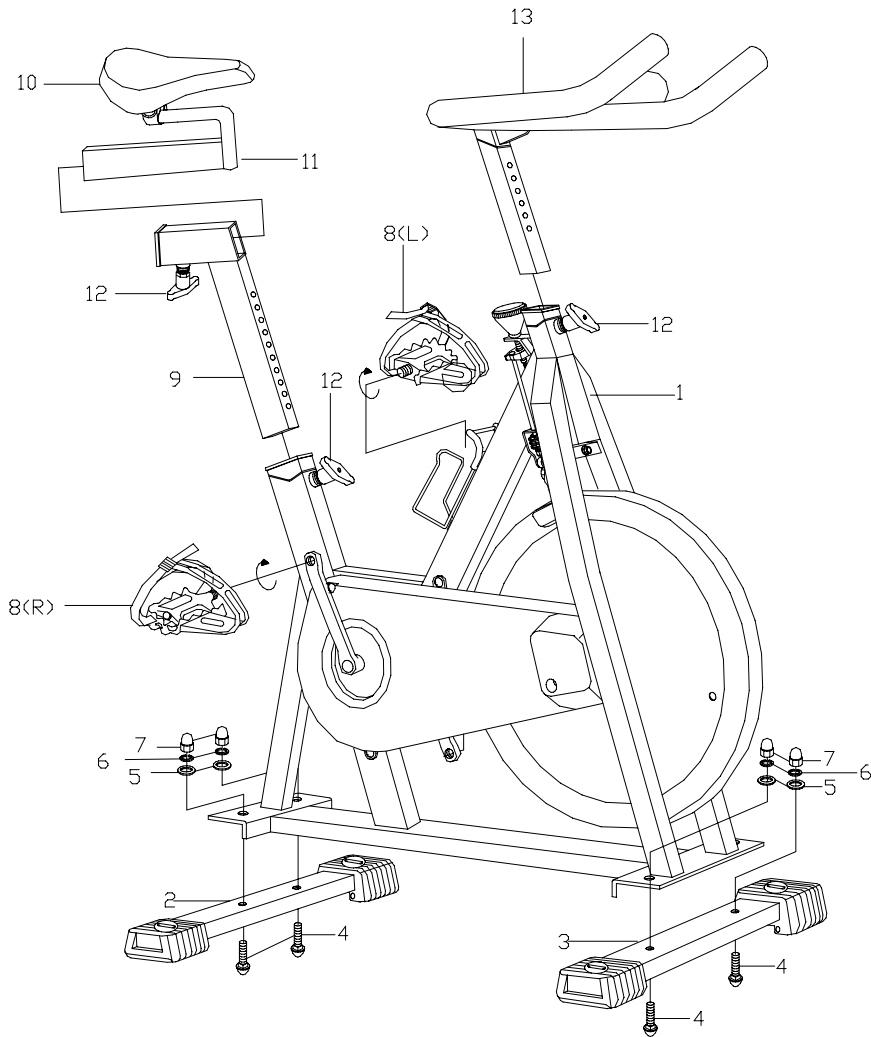
Attach the left pedal (#8) to the left crank. The pedals are marked L and R on the flat face of the threaded area. The left and right crank arms are referenced from a seated position on the bike. Please note that the left pedal (#8) has a left-hand thread and must be tightened counter clockwise. The right pedal (#8) has a right-hand thread and must be tightened clockwise. Tighten the thread of pedals by using the supplied spanner.

### STEP 3:

Insert the seat post (#9) into the frame (#1) and secure the seat post with the locking pop pin knob (#12). Slide the seat-adjusting bracket (#11) into the top of the seat post (#9) and secure with the locking pop pin knob (#12).

### STEP 4:

Insert the handlebar stem (#13) into the frame (#1) and secure with locking pop pin knob (#12).



**Exploded View**

**Exploded View**

**Quantity**

1. Main Frame	1
2. Rear Stabilizer	1
3. Front Stabilizer	1
4. Carriage Bolts	4
5. Washer	4
6. Spring Washer	4
7. Cap nut	4
8. Pedals	1 set
9. Seat Post	1
10. Saddle	1
11. Seat adjusting bracket	1
12. Locking pop pin knob	3
13. Handlebar	1

## 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 our pulse, count the number of beats in 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 minute during your cool down, then 10 minutes after you cool down. We recommend taking your heart rate at these times to accurately track your progress as it relates to better 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 form one person from to another, but use this number to find your approximate effective target zone.

**(MHR) = Maximum Heart Rate**

**(THR) = Target Heart Rate**

**220 - age = maximum heart rate (MHR). MHR x .70 = 70% of your heart rate.**

**MHR x .85 = 85% of your maximum heart rate.**

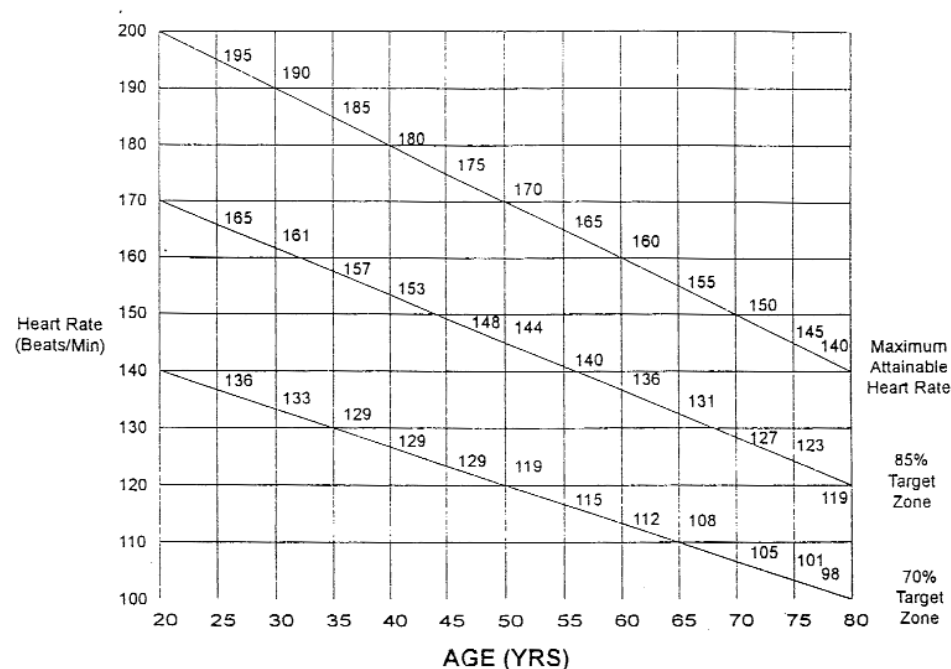
**For example, if you are 30 years old, your calculations will be as follows:**

$$220 - 30 = 190$$

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

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

**See Table below for additional calculations.**



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