

HealthTrainer®

HT640U

Owner's Manual

HT640U UPRIGHT

Customer Service

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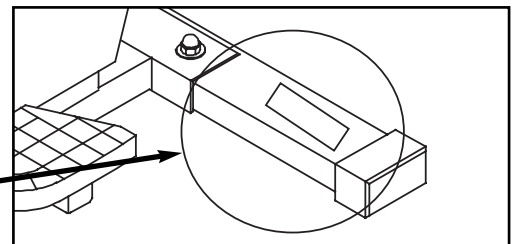


Model Name : HT640u

Serial Number :

Write down for future reference

Serial Number Decal Location



315-00047
07/05 Rev A

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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.

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

Before You Start



Thank you for purchasing the **Health Trainer 640U Upright!** 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.

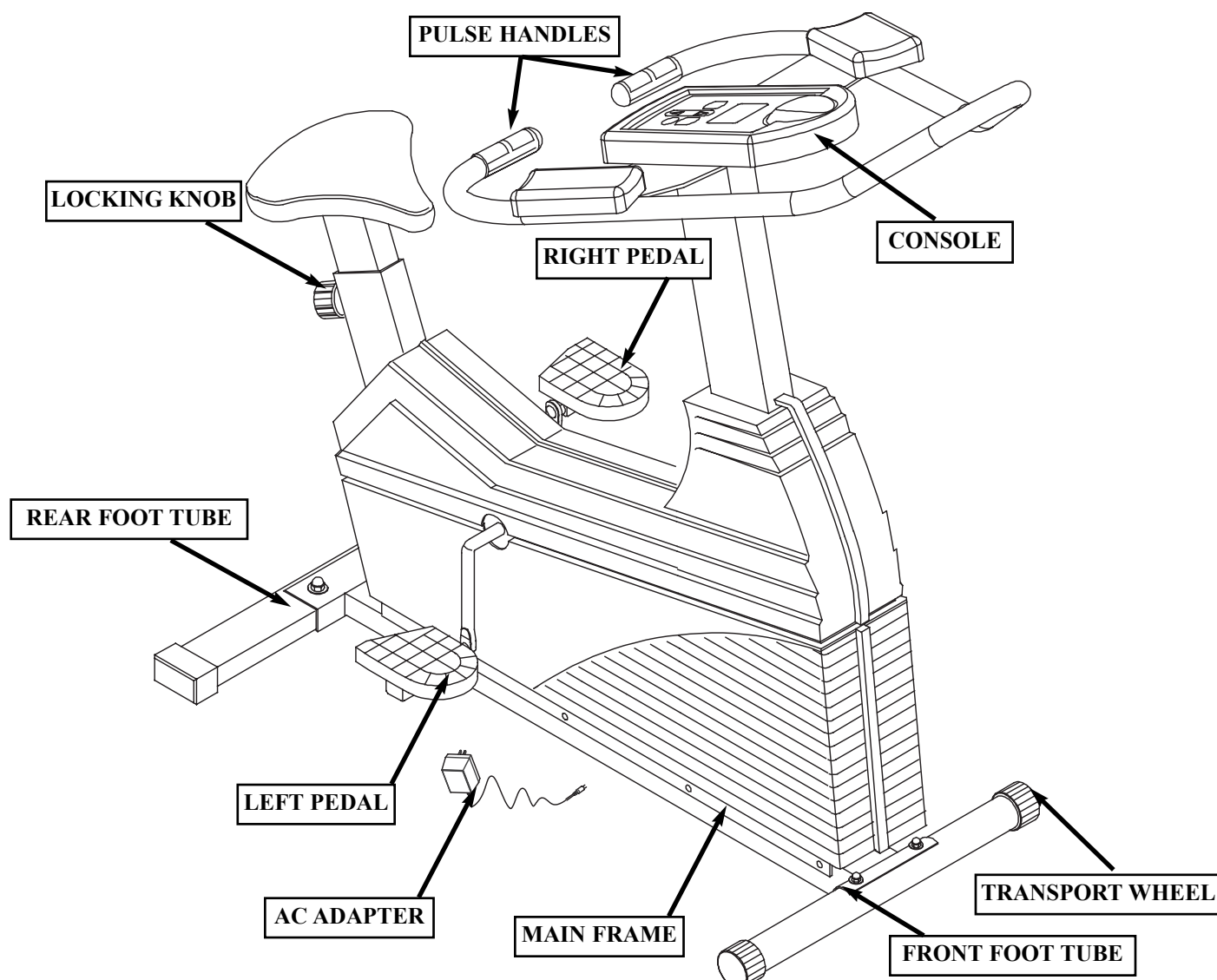
Remember to take the time to perform the stretching exercises provided to avoid injury.

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. Wrench

Main Components:

1. OWNER'S MANUAL
2. MAIN FRAME
3. PULSE HANDLES
4. REAR FOOT TUBE
5. FRONT FOOT TUBE
6. PEDALS LEFT AND RIGHT
7. CONSOLE
8. AC ADAPTER

Hardware:

1. CARRIAGE BOLT M8X1.25X65MM (1) – Qty 2
2. M8 X19MM WASHER BLACK (4) – Qty 17
3. M8 IDX18.8MM OD FLAT WASHER (ZINC) (77) – Qty 4
4. M8 LOCKNUT (42) – Qty 4
5. M8 X15 HEX HEAD SCREW (20) – Qty 8
6. M6X35 PHILLIP SCREW (19) – Qty 4
7. M5 X10MM SCREW (80) – Qty 2

Figure 3

FIGURE 3

Step 1:

Assemble Seat (13) to Seat Post (14) using four Washers (77) and four nuts (42).

Step 2:

Slide Assembled Seat into Main Frame.

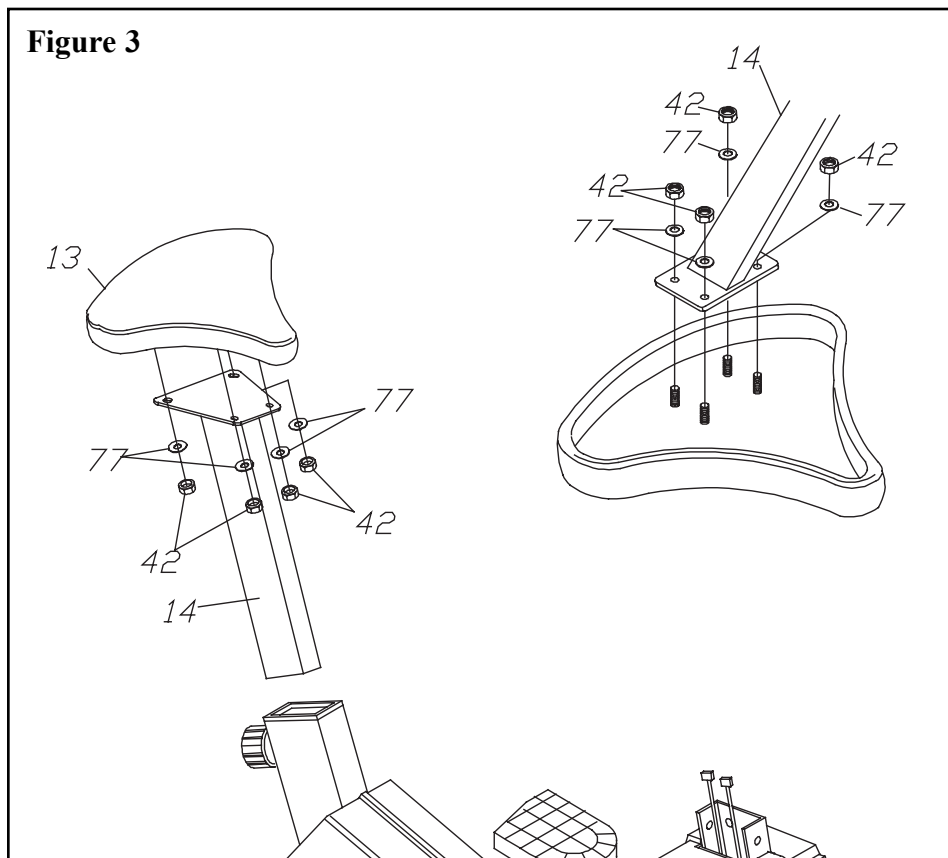


Figure 4

FIGURE 4

Step 1:

Connect Pulse Wires (17 & 18) to cables coming from Main Frame.

Step 2:

Attach Console Tube (16) to Main Frame using four Screws (20) and four Washers (4).

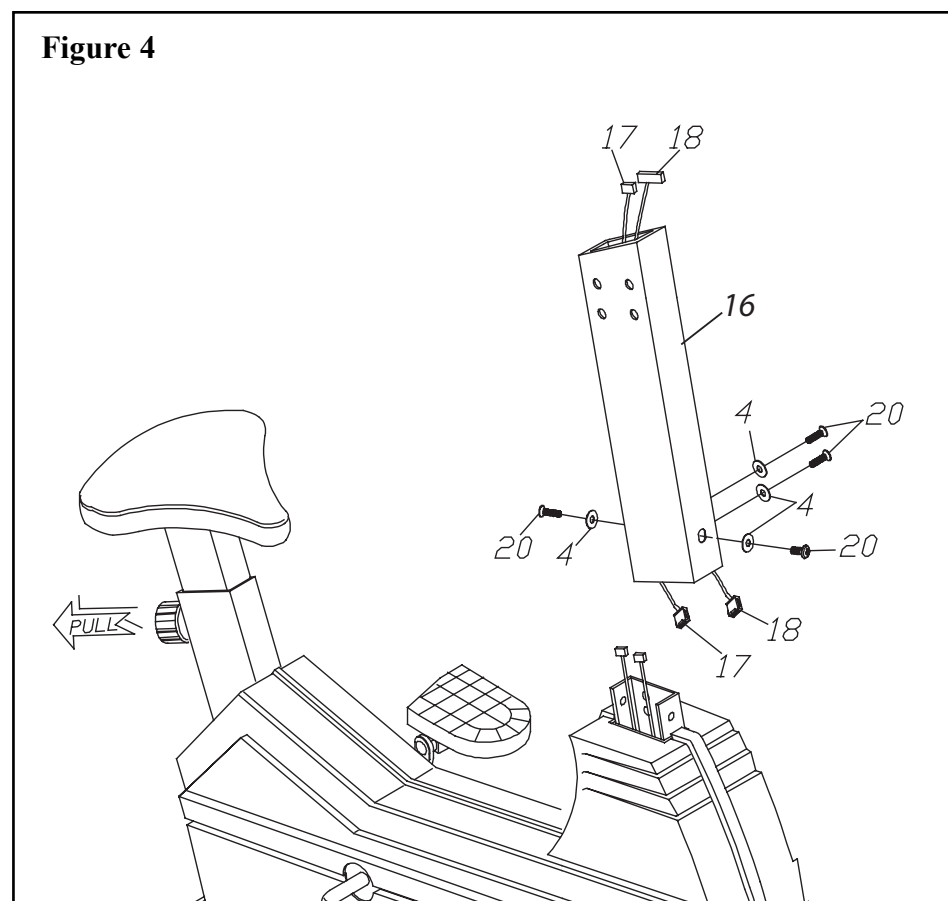


FIGURE 5

Step 1:

Pull Cables (17 & 18) thru Console Tube.

Step 2:

Attach Pulse Handlebars (59) to Console Tube using eight Screws (20) and eight Washers (4).

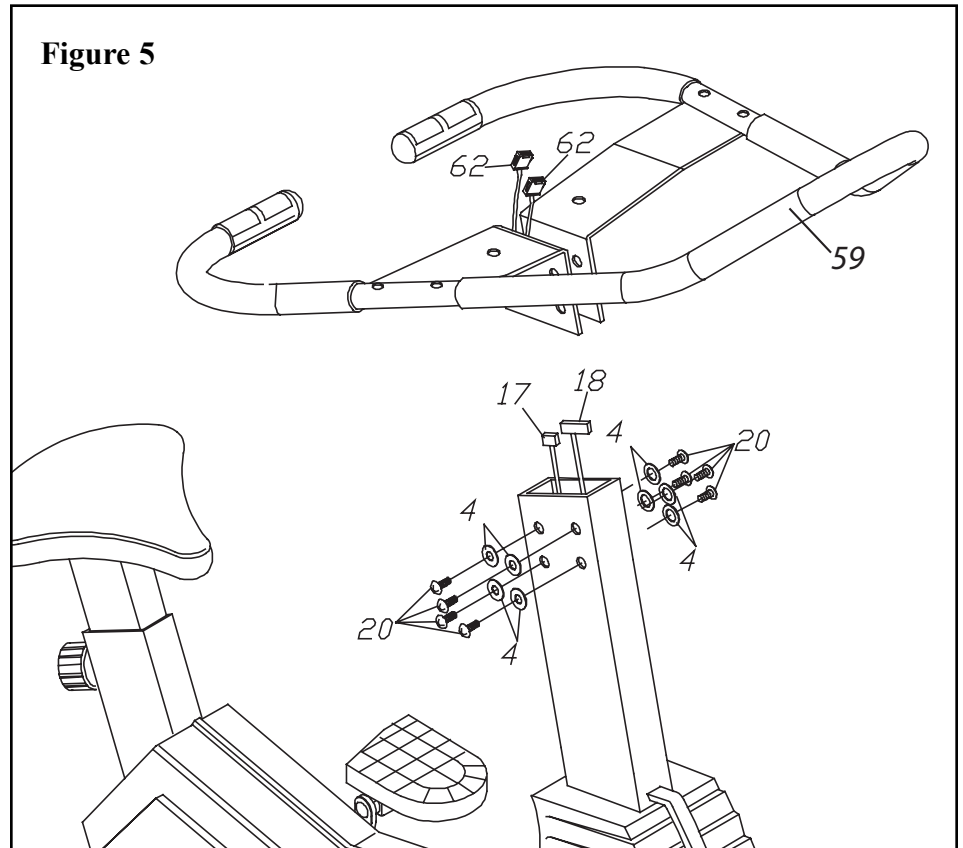


FIGURE 6

Step 1:

Attach Elbow Pads (34) to Pulse Handlebars using four Screws (19).

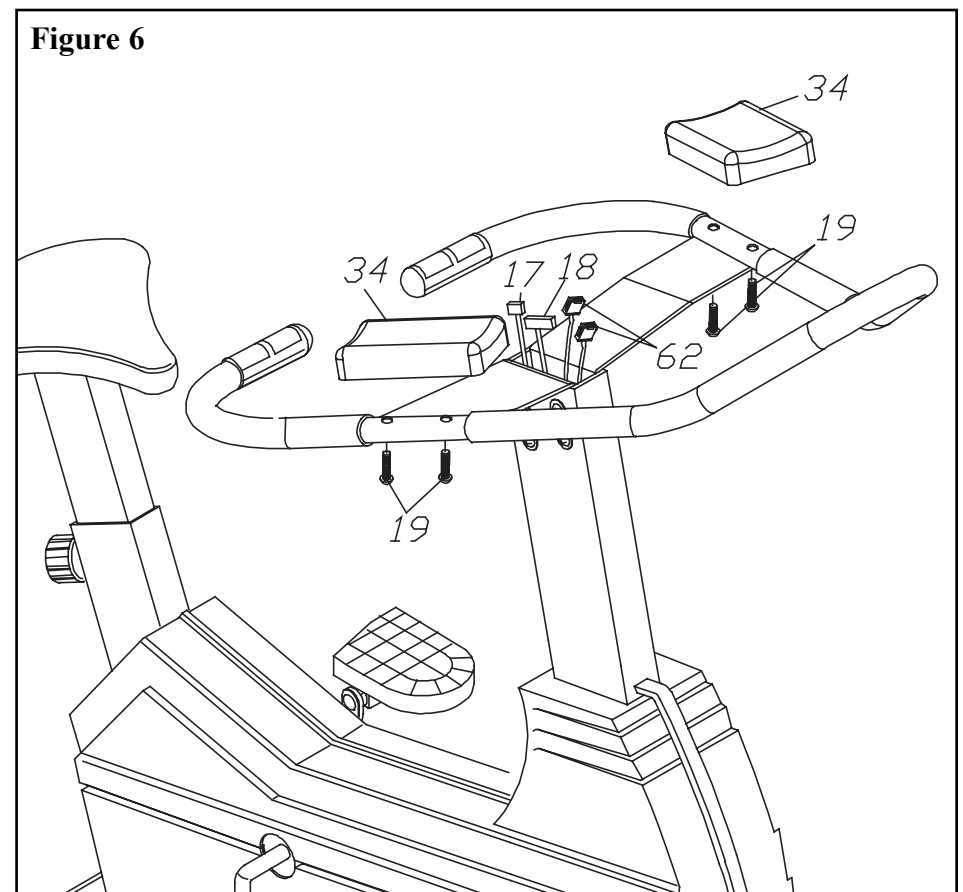


FIGURE 7

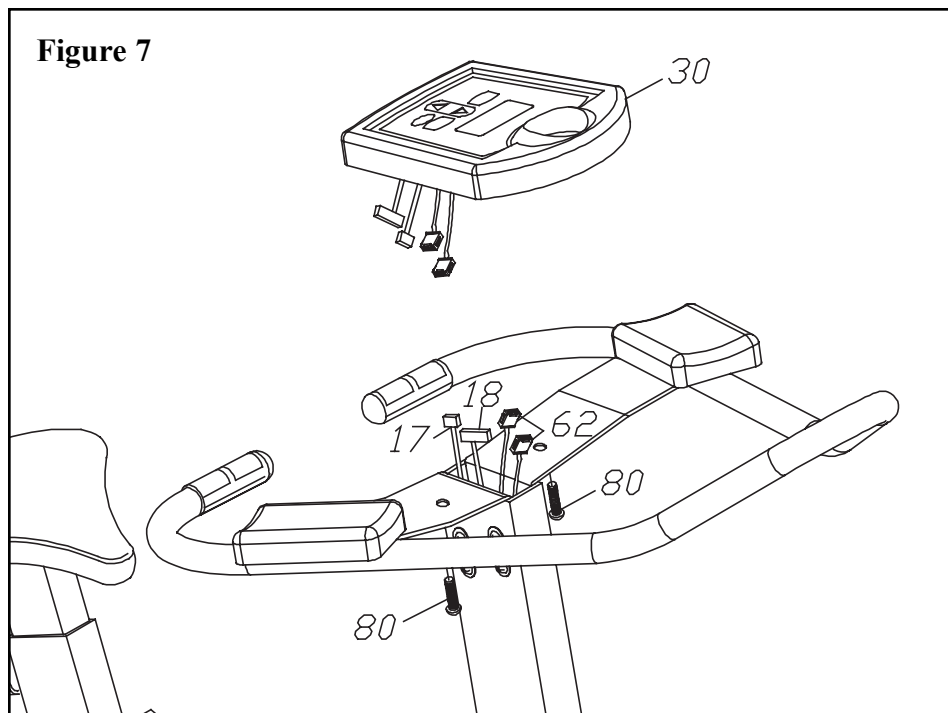
Step 1:

Connect Cables 17,18 and 63 to cables coming from Console (30).

Step 2:

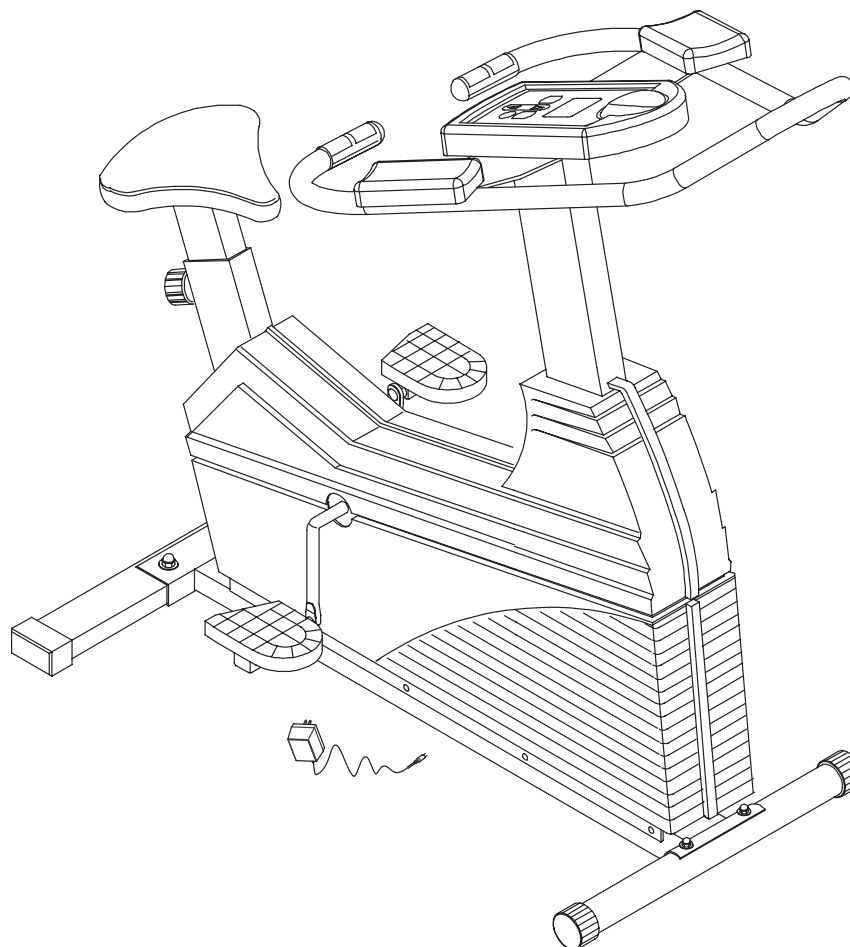
Attach Console (30) to Console Tube using four Screws (80).

Note: The four Screws(80) will already be installed into the back of Console(30) when you remove it from the box.



Congratulations!

You have completed assembly of your new Health Trainer 640U Upright!





CONSOLE BUTTONS

PROGRAM: Use this button to select an exercise program (P1 to P11).

+: Use this button to increase values (TIME, SPEED, DISTANCE, etc.).

-: Use this button to decrease values. This button also functions as a RESET. To reset hold this button for two seconds. All values except for Pulse Limits and Age will reset to 0.

SELECT: Use this button when entering settings and to cycle thru functions (TIME, DISTANCE, CALORIES, PULSE LIMITS, AGE)

CAL/WATT: Use this button to toggle between CALORIES and WATTS.

GENERAL INFORMATION:

1. After 4 minutes of non use all function data will disappear except for temperature figures. All training data will be kept. You may start pedaling or press any button to have all function data come up again.

2. If display is not correctly shown, please reinstall the batteries, or try new ones.

CONSOLE FUNCTIONS

TIME: You can set the exercise time from 0-99 minutes by pressing the SELECT button until TIME flashes on display. Use the +/- buttons to increase or decrease the exercise TIME. Each press of the +/- buttons will increase/decrease exercise TIME by 1 minute. Hold button down for rapid advance of TIME.

DISTANCE: You can set the DISTANCE for your exercise session by pressing the SELECT button until DISTANCE flashes on display. Use the +/- buttons to increase/decrease the exercise DISTANCE. Each press of the +/- buttons will increase/decrease exercise DISTANCE by .5 miles. Hold button down for rapid advance of DISTANCE.

CALORIES: You can set the CALORIES you want to burn during your exercise session by pressing the SELECT button until CALORIES flashes on display. Use the +/- buttons to increase/decrease CALORIES to burn. Each press of the +/- button will increase/decrease CALORIES by 10. Hold down button for rapid advance of CALORIES.

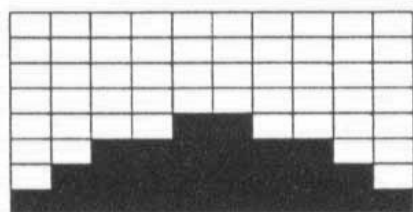
HIGH and LOW PULSE RATE LIMITS: You can set HIGH and LOW PULSE RATE LIMITS by pressing SELECT button until PULSE flashes in display. Use the +/- buttons to increase/decrease PULSE LIMITS. Each press of the +/- button will increase/decrease PULSE LIMITS by 5 BPM (beats per minute).

AGE: You can set your AGE by pressing SELECT button until AGE flashes in display. Use the +/- buttons to increase/decrease AGE. This function is used in conjunction with the HEART RATE programs.

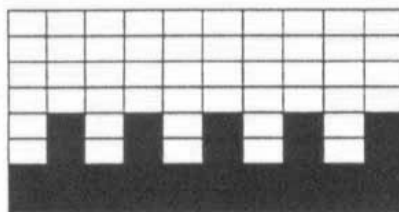
CONSOLE PROGRAMS

MANUAL : To enter MANUAL program, press the PROGRAM button once. The tension setting will show on display. You can change the tension setting by pressing the +/- buttons while pedaling.

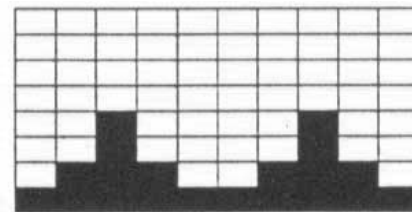
PROGRAMS P2 to P6: There are 5 programs for selection. You can choose a program by using the PROGRAM button to scroll thru programs 2-6. See profile charts below for each program. You can change the tension settings by press the +/- buttons while pedaling.



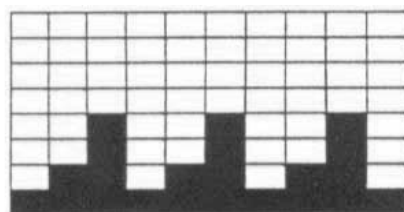
P-2



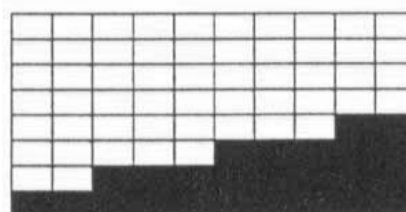
P-3



P-4

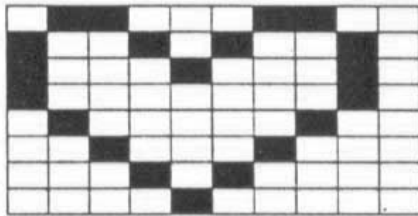


P-5

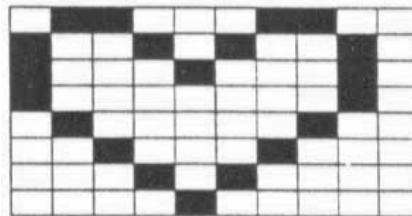


P-6

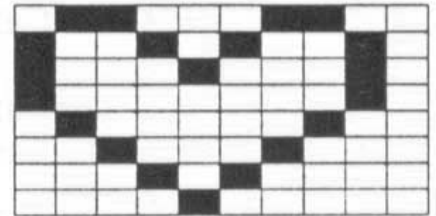
HEART RATE PROGRAMS: There are 5 programs for selection. You can choose a program by using the PROGRAM button to scroll thru programs 2-5. See profile charts below for each program. This symbol will appear in the display along with the percentage of maximum HEART RATE. You must keep contact with the pulse rate grips when using these programs. You can select which percentage of your maximum heart rate that you would like to exercise at. You must also enter your AGE when using the HEART RATE programs.



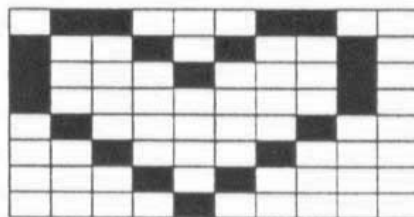
P-7 MAX 50%



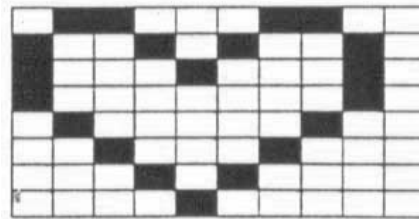
P-8 MAX 60%



P-9 MAX 75%

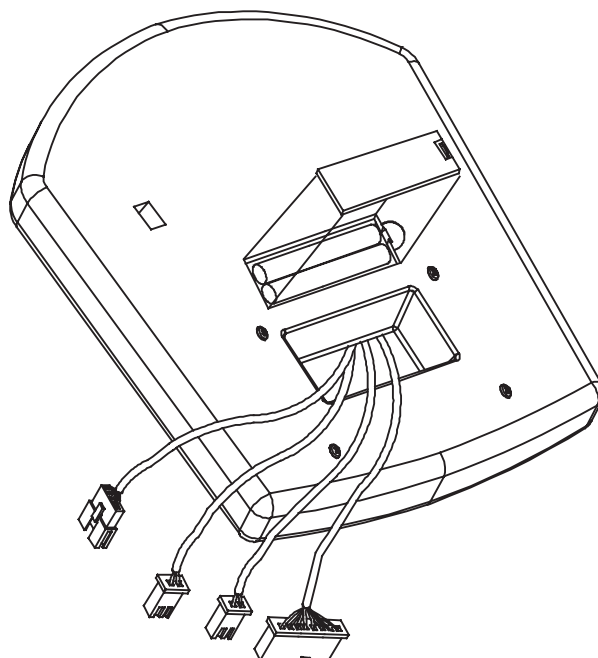


P-10 MAX 85%



P-11 MAX 95%

The console requires 2 AA batteries.



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:

$220 - 30 = 190$

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

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

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

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

TARGET HEART RATE ZONE

100%

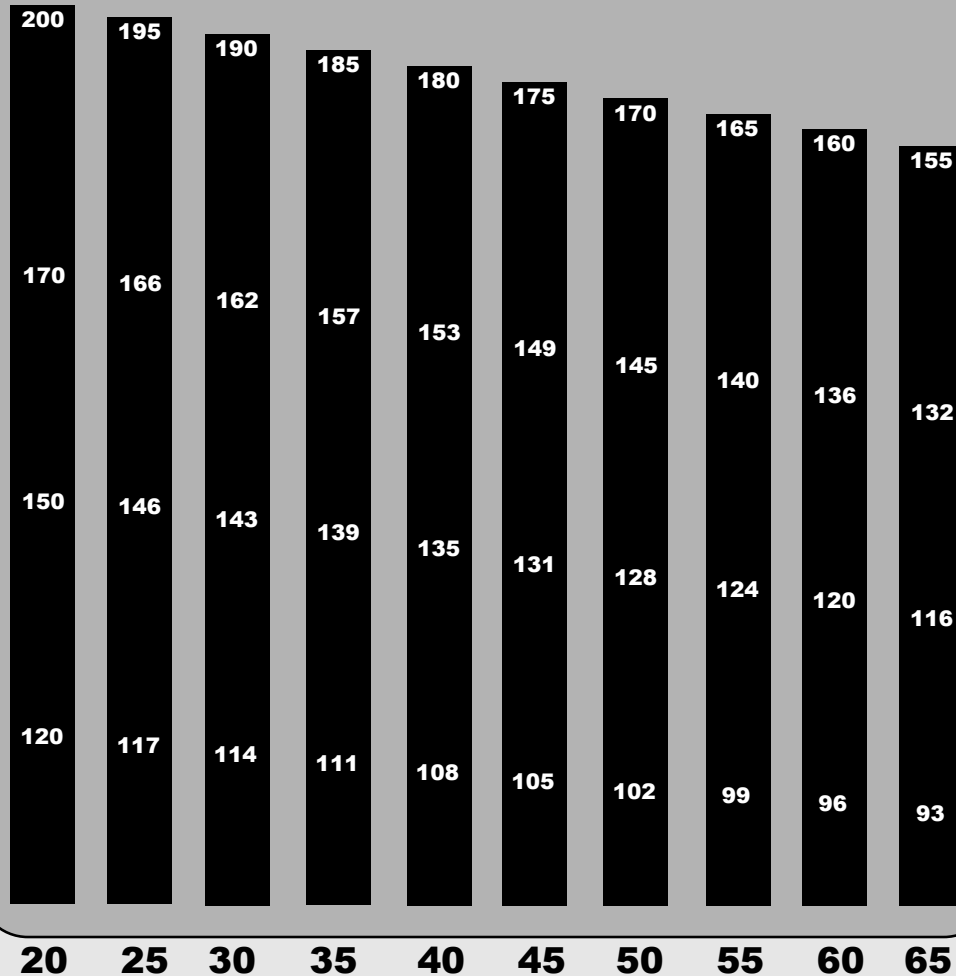
Serious athletic training range

85%

Cardiovascular conditioning range

75%

Fat burning range

60%**AGE**

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.

First, kneel down and grasp the rear support tube with both hands as shown in Figure 1. Next, with a firm grasp on rear support tube stand up bringing the rear of the bike up in the air and tilt the unit until it rolls freely on the transport wheels. Using extreme caution, move the unit to the desired location as shown in Figure 2. Do not attempt to move the unit over an uneven or rough surface.

Note: *The unit you purchased may not be identical to the one pictured.*

Figure 1



Figure 2



Note: This unit may not be identical to your unit.

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.



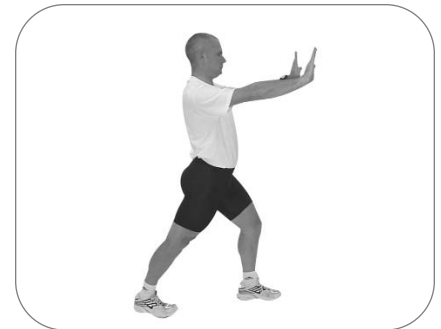
HAMSTRING STRETCH

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.



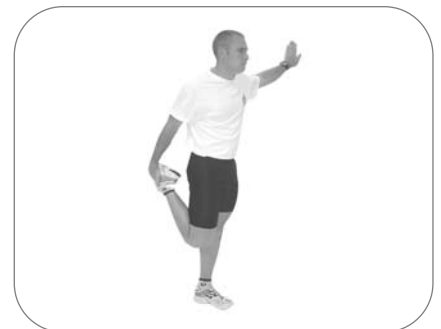
CALF/ACHILLES STRETCH

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

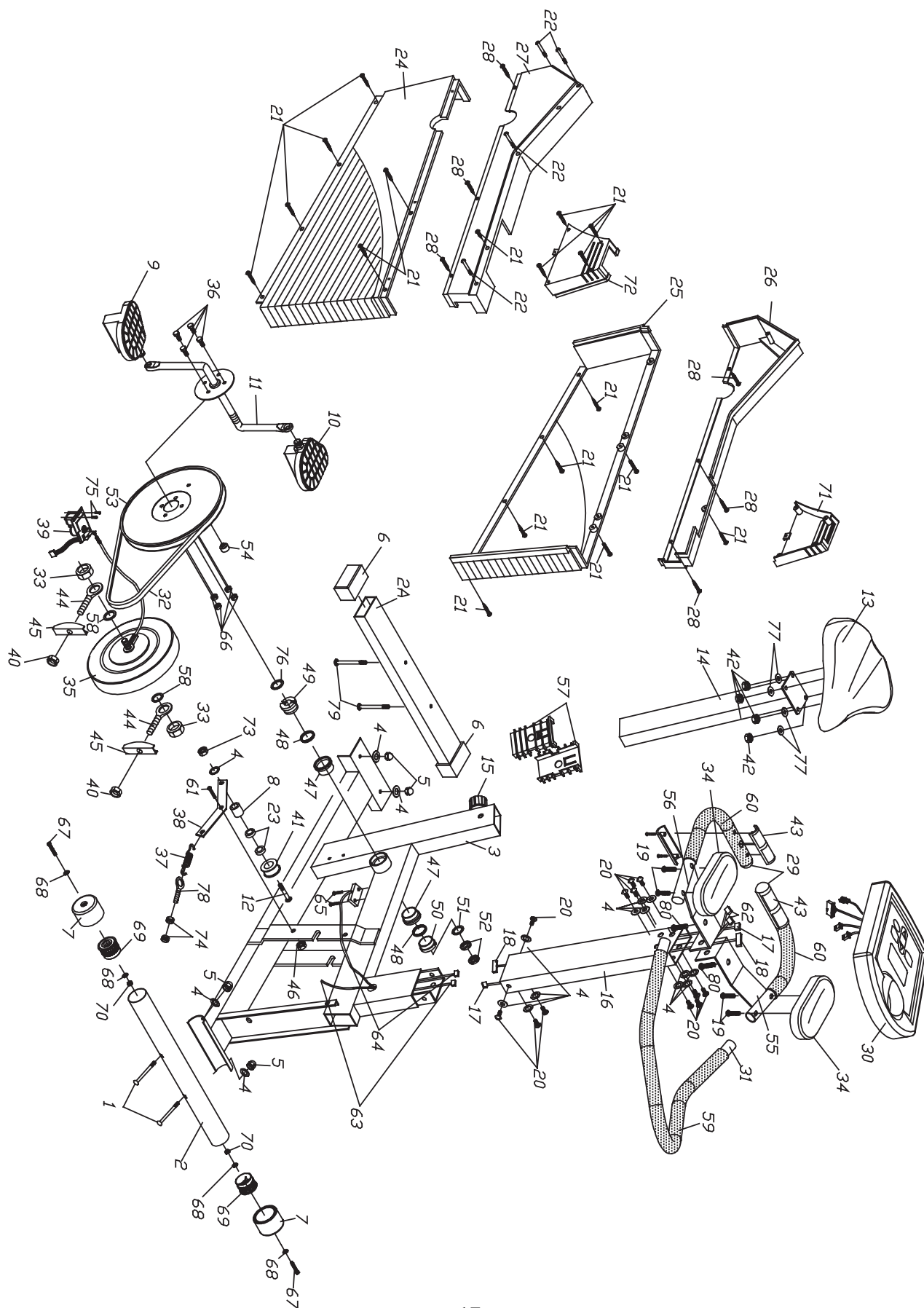
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH (not pictured)

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



HT640U Upright Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	302-01205	CARRIAGE BOLT M8X1.25X65MM, HT640U	2	42	302-00370	M8 LOCKNUT	4
2	323-00015	FRONT FOOT TUBE, TRI-6.0R/640R/640U	1	43	313-00189	HAND PULSE SENSOR, HT640U	2
2A	323-00059	REAR FOOT TUBE, TRI-6.0R/HT640UHT/640R	1	44	302-01195	EYEBOLT 6 X 40MM	2
3	323-00356	FRAME, HT640U	1	45	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2
4	302-00449	M8 X19MM WASHER BLACK 220E/240E/240R/240	17	46	302-01211	M8 LOCKNUT (THIN), HT640U	1
5	302-00483	M8 X 1.25 CAP NUT TRI-6.0R/640R/640U	4	47	331-00089	BEARING CUP, HT640U	2
6	306-00943	FOOT CAP, HT640U	2	48	331-00006	BEARING CM535/550/560/750/DCV6.0RU/R/640	2
7	306-00207	WHEEL,DCV6.0R/TRI6.0/640R/640U	2	49	331-00015	NOTCHED BEARING NUT CM535/550/560/750 DC	1
8	302-01208	SPACER, HT640U	1	50	331-00022	SLOTTED BEARING NUT	1
9	306-00041	RIGHT PEDAL, HT640U	1	51	331-00090	CRANK WASHER, HT640U	1
10	306-00042	LEFT PEDAL, HT640U	1	52	302-01219	CRANK NUT, HT640U	2
11	330-00005	CRANK, TRI-6.0R/640R/640U	1	53	311-00020	FLYWHEEL (CRANK PULLEY) U/R CM535/550/56	1
12	302-00375	M8X38MM SCREW	1	54	310-00173	MAGNET, HT640U/HT640R	1
13	328-00057	SEAT, HT640U	1	55	319-00214	LEFT HANDLEBAR BRACKET, HT640U	1
14	323-00358	SEAT POST, HT640U	1	56	319-00215	RIGHT HANDLEBAR BRACKET, HT640U	1
15	310-00178	LOCKING KNOB, HT640U	1	57	306-00492	BUSHING FOR SEAT POST, HT640U	2
16	323-00357	CONSOLE TUBE, HT640U	1	58	302-00402	M10X19MM WASHER,220E/240E/240R/240U/640R	2
17	313-00185	EXTENSION SENSOR WIRE, HT640U	1	59	306-00490	FRONT SLEEVE, HT640U	1
18	313-00186	GEAR BOX EXTENSION WIRE, HT640U	1	60	306-00491	REAR SLEEVE, HT640U	2
19	302-01209	M6X35 PHILLIP SCREW, HT640U	4	61	302-01162	M6X20MM MACHINE SCREW	1
20	302-00411	M8 X15 HEX HEAD SCREW	8	62	313-00187	HAND PULSE WIRE, HT640U	2
21	302-00472	M4 X 16MM SHEET METAL SCREW TRI-6.0R/640	18	63	313-00188	GEAR BOX WIRE, HT640U	1
22	302-01210	M5X50MM PHILLIP SCREW	4	64	313-00189	REED SWITCH WIRE, HT640U	1
23	331-00002	608 PRECISE BEARING	2	65	302-00470	M3X 8MM SHEET METAL SCREW TRI-6.0R/HT640	2
24	305-00118	BOTTOM RIGHT COVER, HT640U	1	66	302-01220	M6 LOCKNUT (ZINC)	4
25	305-00119	BOTTOM LEFT COVER, HT640U	1	67	302-00445	M6 X45 MM HEX HEAD SCREW, 220E/240E/640R	2
26	305-00120	TOP LEFT COVER, HT640U	1	68	302-01207	M6X13MM WASHER, HT640U	4
27	305-00121	TOP RIGHT COVER, HT640U	1	69	306-00489	ROLLER, HT640U	2
28	302-00471	M4 X 12MM SHEET METAL SCREW TRI-6.0R/640	6	70	302-01221	M6 LOCKNUT (BLACK)	2
29	306-00569	1" BALL PLUG TRI-6.0R/HT640R/HT640U	2	71	305-00122	CONNECTING LEFT COVER, HT640U	1
30	307-00094	CONSOLE, HT640U/HT640R	1	72	305-00123	CONNECTING LEFT COVER, HT640U	1
31	319-00213	FRONT HANDLEBAR, HT640U	1	73	302-01212	M8 LOCKNUT (THICK), HT640U	1
32	304-00006	BELT, 1222J6	1	74	302-00409	M6 HEX NUT (BLACK)	2
33	302-00369	M10 CAP NUT	2	75	302-00443	M5 X10MM SCREW 220E/240E/240R/240U/640R/	2
34	328-00058	ELBOW PAD, H640U	2	76	302-01200	M24X38MMX1.5T WASHER	1
35	311-00068	MAG BRAKE TRI-6.0R/640R/640U	1	77	302-00414	M8 IDX18.8MM OD FLAT WASHER (ZINC)	4
36	302-00927	M6 X12MM HEX BOLT	4	78	302-00408	EYEBOLT 6X65MM	1
37	302-00407	SPRING 220U/240E/240R/240U/640U/640R	1	79	302-01206	CARRIAGE BOLT M8X55, HT640U	2
38	319-00216	BELT TENSION BRACKET, HT640U	1	80	302-00443	M5 X10MM SCREW 220E/240E/240R/240U/640R/	2
39	307-00096	GEAR BOX, HT640U	1	81	313-00175	AC ADAPTER, HT640U/R/E	1
40	302-00401	M6 HEX NUT(ZINC)	2	#	315-00047	OWNERS MANUAL, HT640U	1
41	311-00027	IDLER PULLEY U/R CM535/550/560/750 DCV6.	1				

KEYS FITNESS PRODUCTS, LP - LIMITED WARRANTY

PRODUCT: HT640U UPRIGHT
HOME USE WARRANTY: Frame: Lifetime, Parts: 1 Year Parts

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.

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