

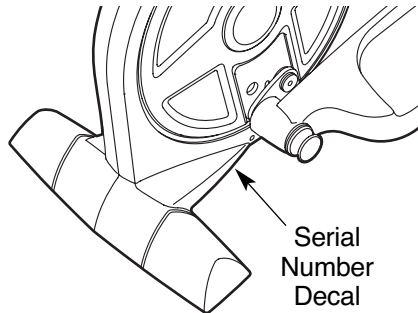
PRO-FORM[®] XP

420 RAZOR

Model No. 831.23743.0

Serial No. _____

Write the serial number in the space above for reference.



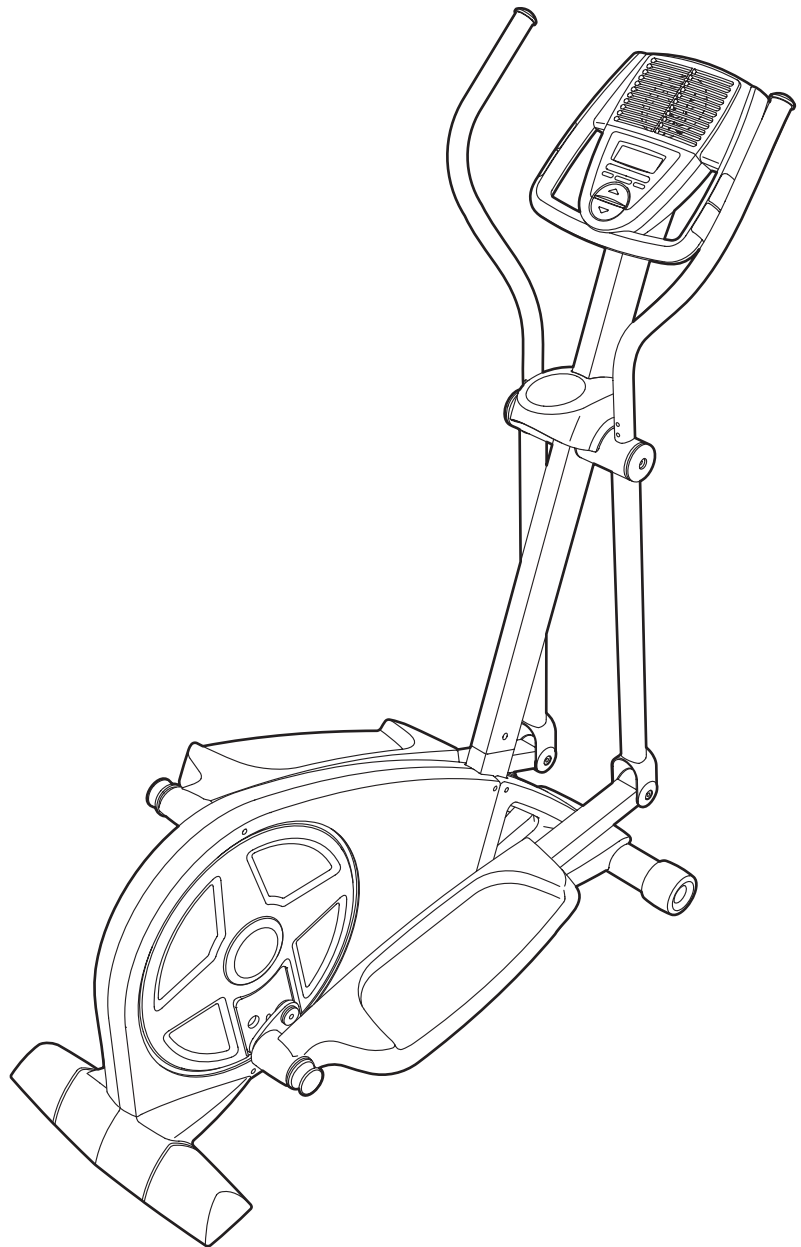
- Assembly
- Operation
- Maintenance
- Part List and Drawing

CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

ELLIPTICAL EXERCISER

User's Manual



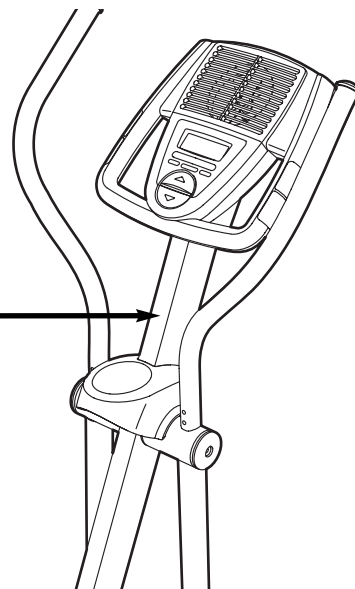
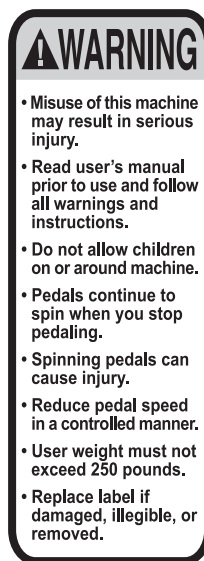
Sears, Roebuck and Co., Hoffman Estates, IL 60179

TABLE OF CONTENTS

WARNING DECAL PLACEMENT2
IMPORTANT PRECAUTIONS3
BEFORE YOU BEGIN4
ASSEMBLY5
HOW TO USE THE ELLIPTICAL EXERCISER12
MAINTENANCE AND TROUBLESHOOTING19
EXERCISE GUIDELINES20
PART LIST24
EXPLODED DRAWING26
ORDERING REPLACEMENT PARTSBack Cover
90 DAY FULL WARRANTYBack Cover

WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your elliptical exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
12. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

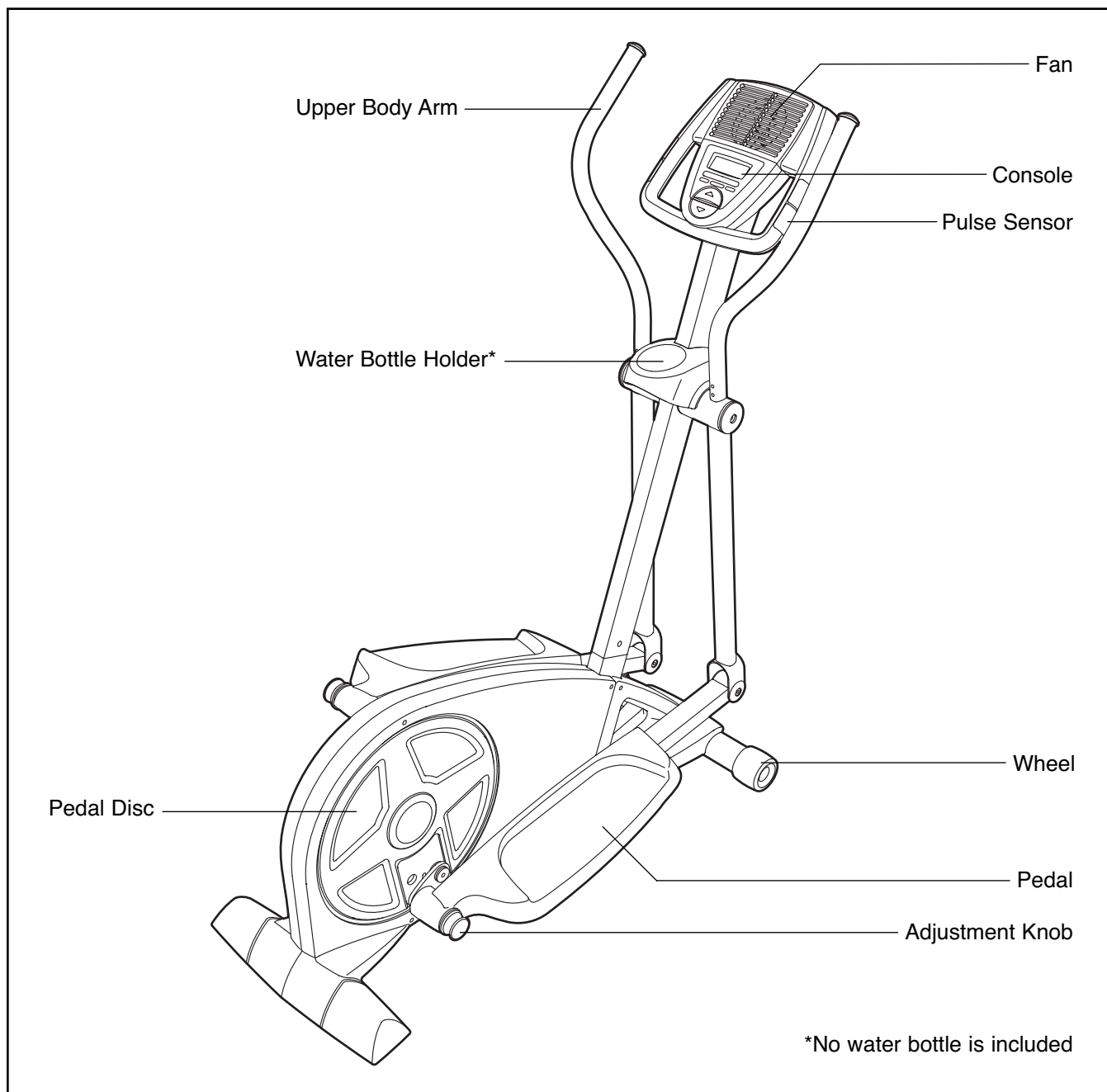
BEFORE YOU BEGIN

Thank you for purchasing the revolutionary PROFORM® XP 420 Razor elliptical exerciser. The XP 420 Razor elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical exerciser. If you have questions after reading this manual, please see the back

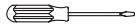


cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

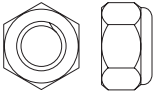
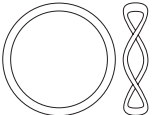
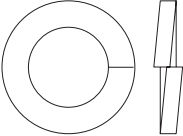
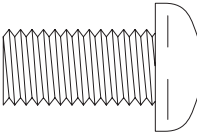
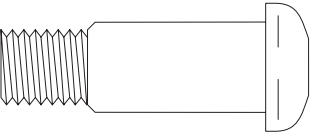
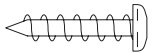
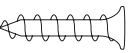

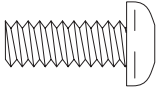
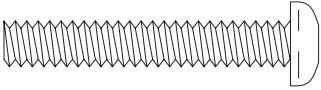
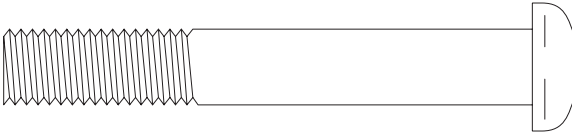


ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included hex keys and your own Phillips screwdriver  , adjustable wrench  , and rubber mallet  .

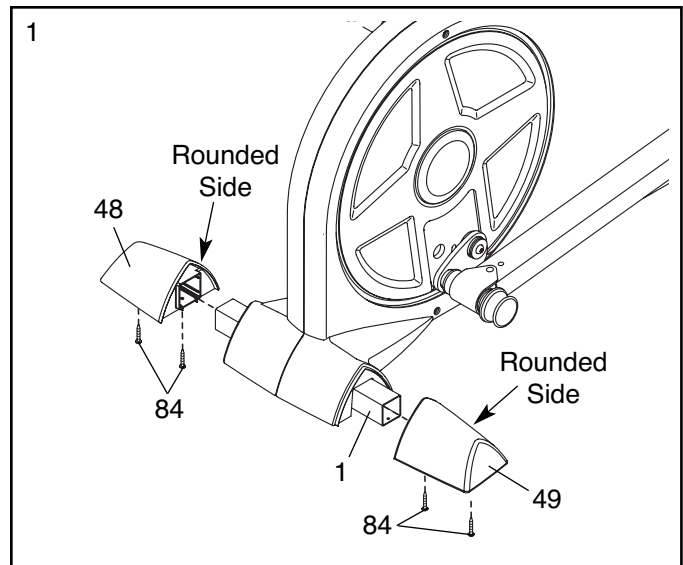
As you assemble the elliptical exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on pages 24 and 25. The number following the parentheses is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the parts bag, check to see if it has been preassembled. If a part is missing, call 1-888-533-1333.**

				
M6 Nylon Locknut (77)–4	Wave Washer (88)–2	M10 Split Washer (78)–10	M10 x 20mm Button Screw (79)–4	M10 x 35mm Shoulder Screw (63)–2
				
M4 x 16mm Screw (84)–12	M4 x 16mm Flat Head Screw (94)–4	M4 x 32mm Screw (95)–2	M6 x 16mm Button Screw (80)–6	M6 x 38mm Button Bolt (76)–4
				
M10 x 70mm Button Screw (75)–6				

1. **To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

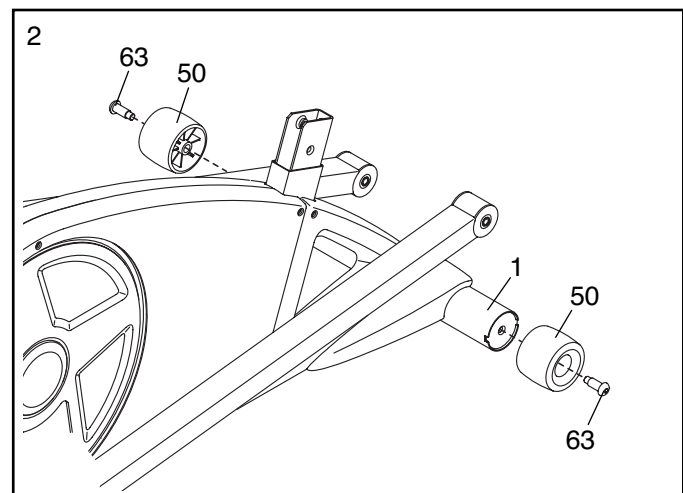
Identify the Left Frame Cover (48), which is marked with an “L” sticker. Orient the Left and Right Frame Covers (48, 49) with the rounded sides in the indicated locations.

While another person lifts the rear of the Frame (1), attach each Frame Cover (48, 49) to the Frame with two M4 x 16mm Screws (84).



2. Attach a Wheel (50) to the front of the Frame (1) with an M10 x 35mm Shoulder Screw (63).

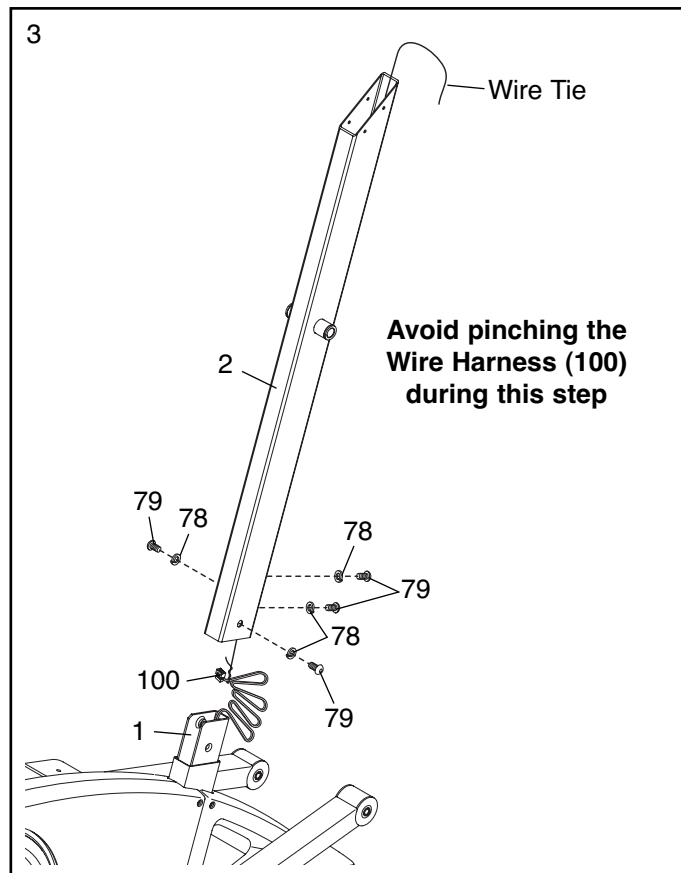
Repeat this step to attach the other Wheel (50).



3. **Tip: Be careful not to pinch the Wire Harness (100) during this step. Start all screws before tightening any of them.**

Have another person hold the Upright (2) near the Frame (1). Locate the wire tie in the Upright. Tie the lower end of the wire tie to the Wire Harness (100). Next, pull the upper end of the wire tie upward out of the top of the Upright. Then, untie and discard the wire tie. **Tip: To prevent the Wire Harness from falling inside the Upright (2), secure the Wire Harness with a rubber band.**

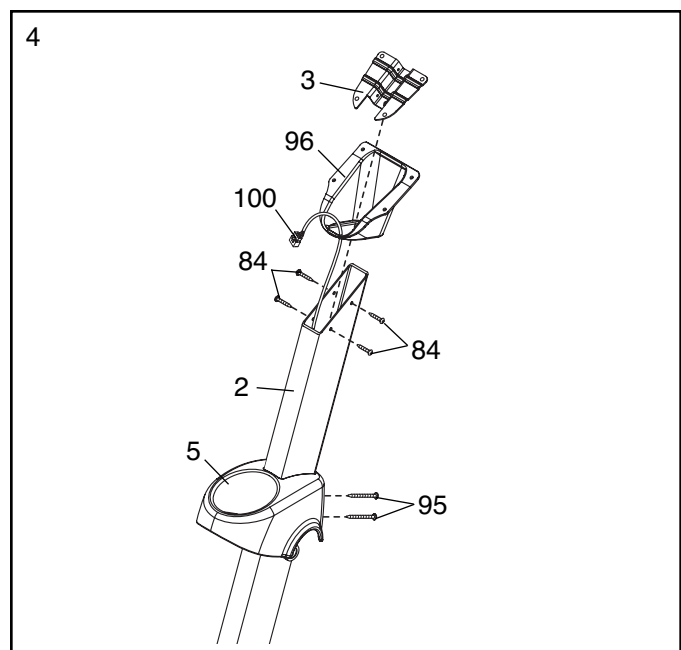
Attach the Upright (2) to the Frame (1) with four M10 x 20mm Button Screws (79), and four M10 Split Washers (78). **Tip: Tighten the two Button Screws on the front of the elliptical exerciser before tightening the other two Button Screws.**



4. **Tip: Be careful not to pinch the Wire Harness (100) during this step.**

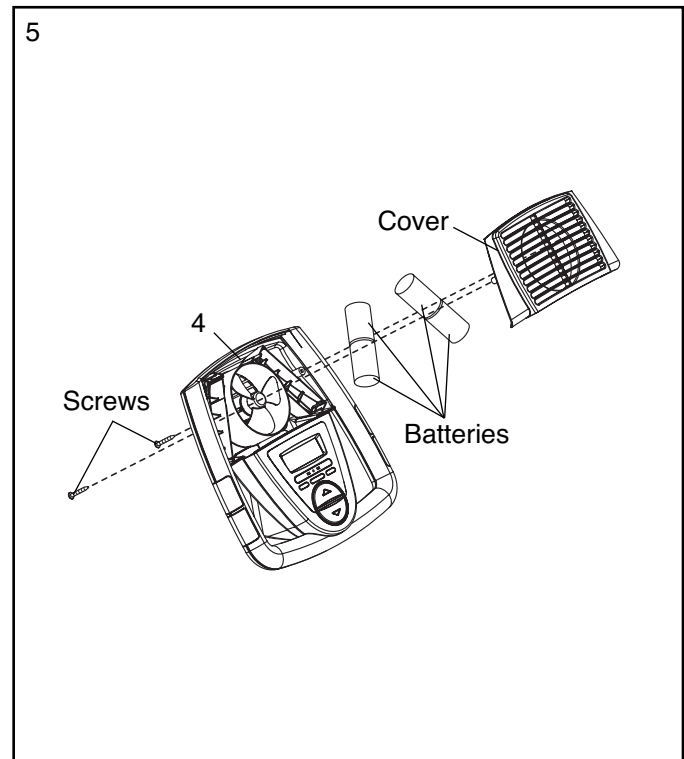
Orient the Bottle Holder (5) as shown and slide it onto the Upright (2). Attach the Bottle Holder with two M4 x 32mm Screws (95).

Slide the Console Cover (96) onto the Upright (2) and move it downward to the Bottle Holder. Then, insert the Console Bracket (3) into the top of the Upright. Attach the Console Bracket with four M4 x 16mm Screws (84).



5. The Console (4) can be operated with four 1.5V "D" batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the two screws from the back of the console, and remove the battery cover. Insert four batteries into the Console. Orient the batteries as shown by the markings inside the battery compartment. Then, reattach the battery cover.

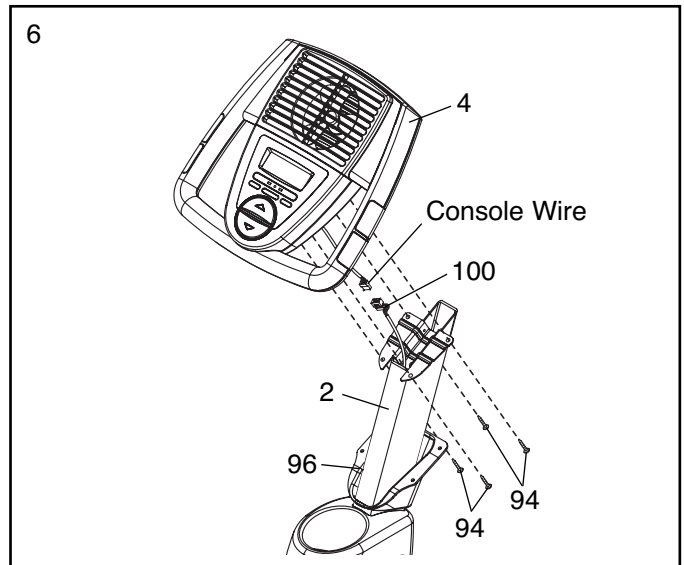
The Console (4) can also be operated with a regulated 6-volt DC 2-amp power supply (not included). **To purchase a power supply, call your local Sears store. To avoid damaging the console, use only a manufacturer-supplied power supply.** Plug one end of the power supply into the jack on the Console; plug the other end into an outlet installed in accordance with all local codes and ordinances.



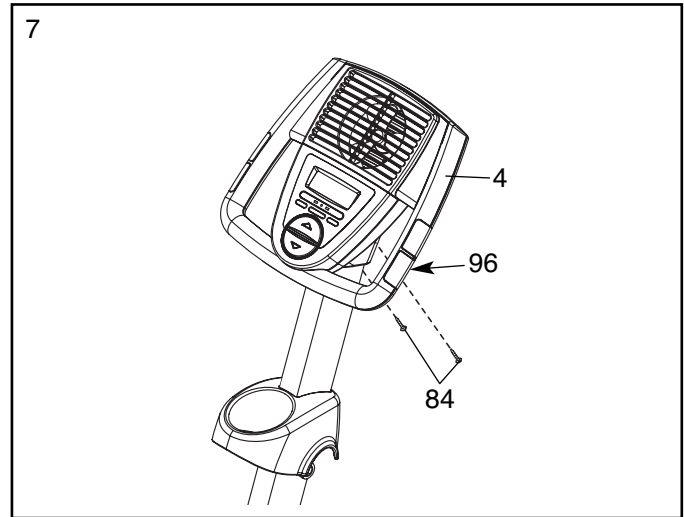
6. **Tip: Be careful not to pinch the wires during this step.**

While a second person holds the Console (4) near the Upright (2), connect the console wire to the Wire Harness (100).

Attach the Console (4) with four M4 x 16mm Flat Head Screws (94).

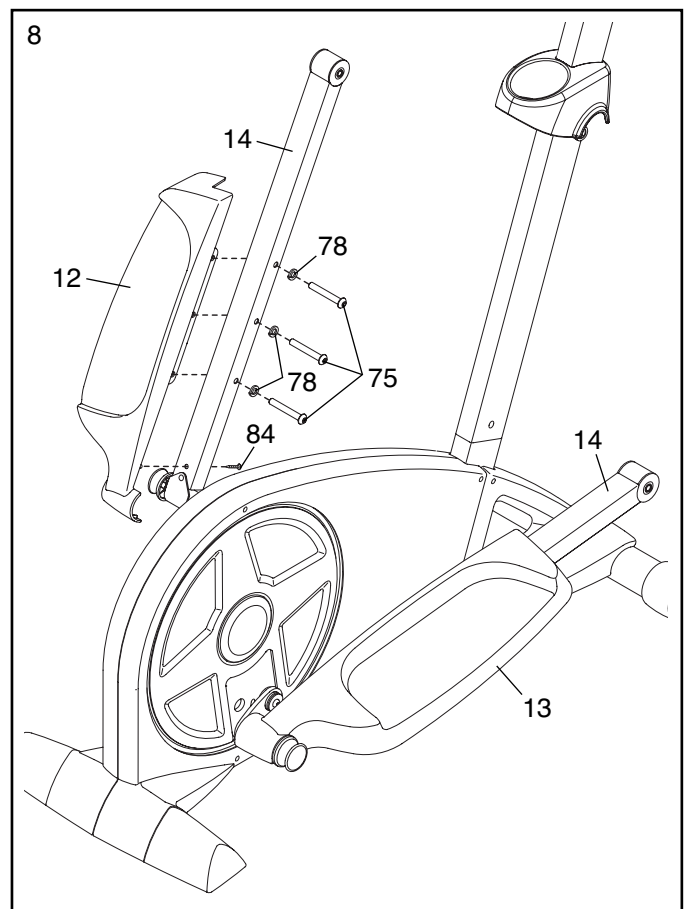


7. Slide the Console Cover (96) (see the drawing in step 6) upward to the Console (4). Attach the Console Cover with two M4 x 16mm Screws (84).



8. Attach the Left Pedal (12) to the left Pedal Arm (14) with three M10 x 70mm Button Screws (75), three Split Washers (78), and an M4 x 16mm Screw (84).

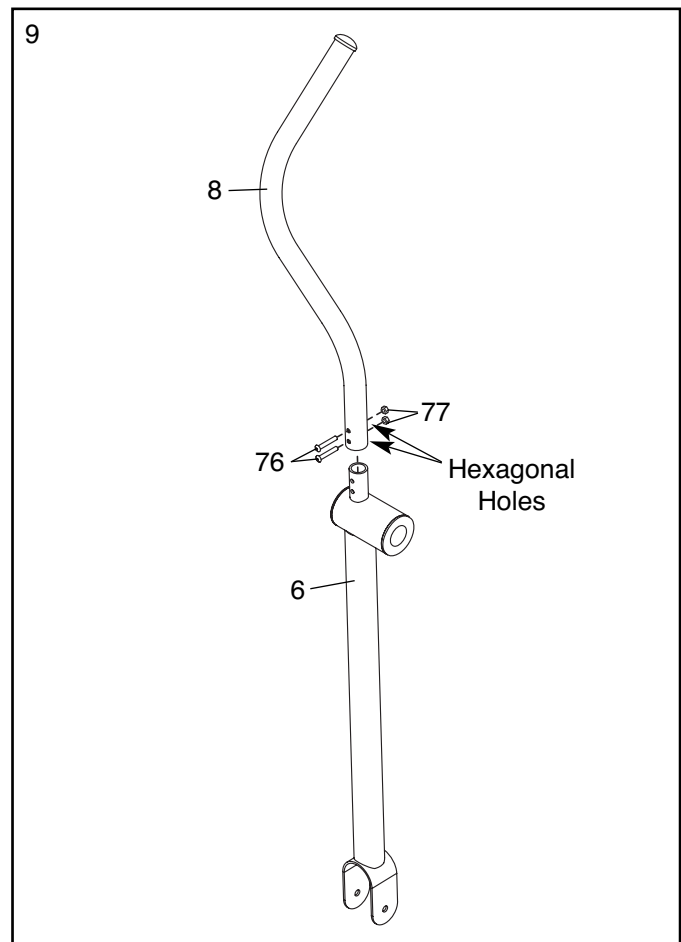
Repeat this step on the right side of the elliptical exerciser.



9. Identify the Left Upper Body Arm (8), which is marked with an "L" sticker. Orient the Left Upper Body Arm and the left Upper Body Leg (6) as shown; make sure that the hexagonal holes in the Left Upper Body Arm are in the indicated location.

Slide the Left Upper Body Arm (8) onto the left Upper Body Leg (6). Attach the Left Upper Body Arm with two M6 x 38mm Button Bolts (76) and two M6 Nylon Locknuts (77); **make sure that the Nylon Locknuts are inside the hexagonal holes.**

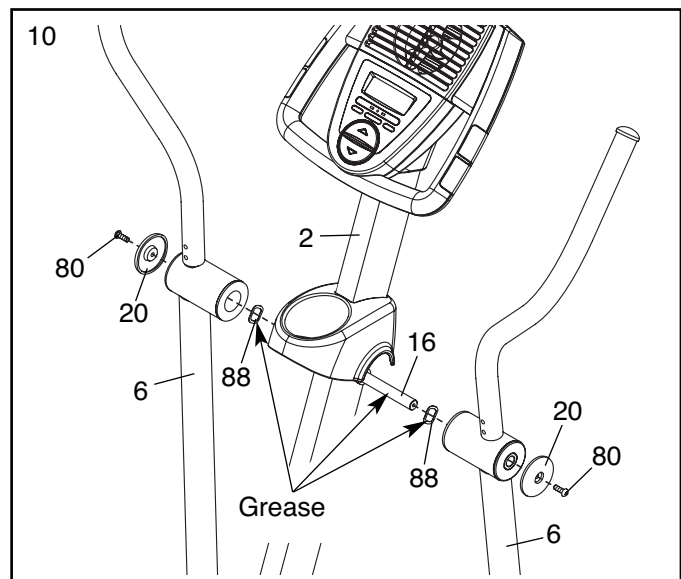
Repeat this step for the Right Upper Body Arm and the right Upper Body Leg (not shown).



10. Apply a generous amount of the included grease to the Pivot Axle (16). Then, apply a small amount of grease to two Wave Washers (88).

Insert the Pivot Axle (16) into the Upright (2). Place a Wave Washer (88) on each end of the Pivot Axle.

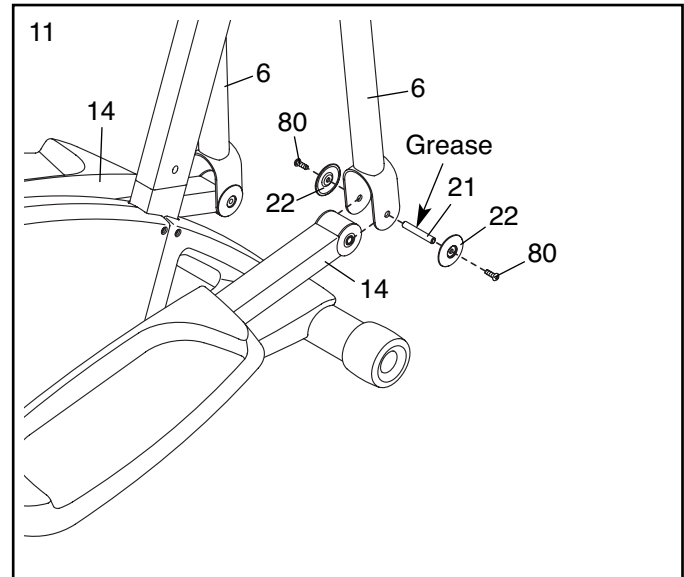
Slide the left Upper Body Leg (6) onto the Pivot Axle (16). Attach the left Upper Body Leg with an M6 x 16mm Button Screw (80) and a Large Axle Cover (20). **Attach the right Upper Body Leg (6) in the same way.**



11. Apply a small amount of grease to a Pedal Arm Axle (21). While another person holds the right Pedal Arm (14) inside the bracket on the right Upper Body Leg (6), insert the Pedal Arm Axle through the Upper Body Leg and the Pedal Arm.

Then, tighten an M6 x 16mm Button Screw (80) and an Axle Cover (22) into each end of the Pedal Arm Axle (21).

Repeat this step for the other side of the elliptical exerciser.

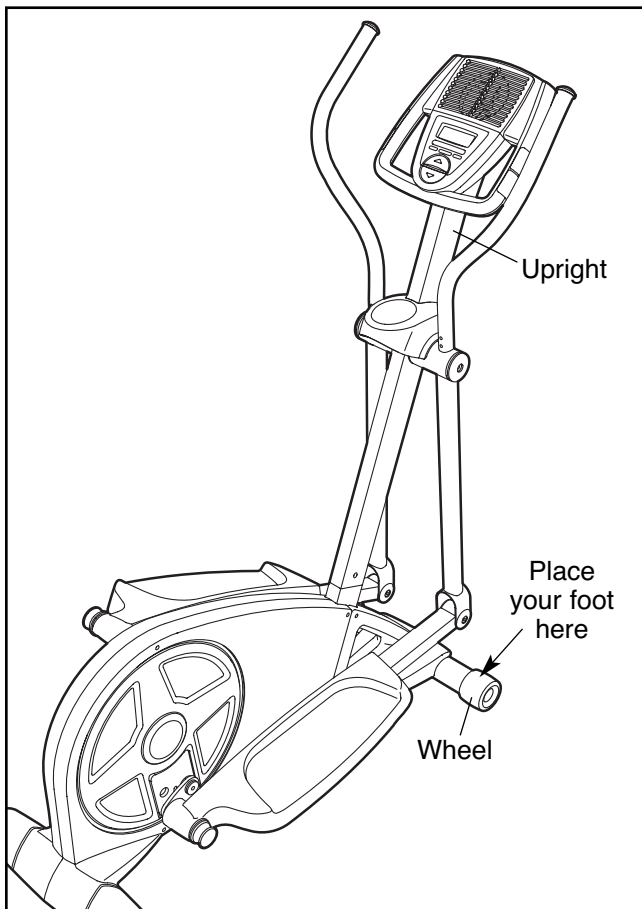


12. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it to the floor. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**

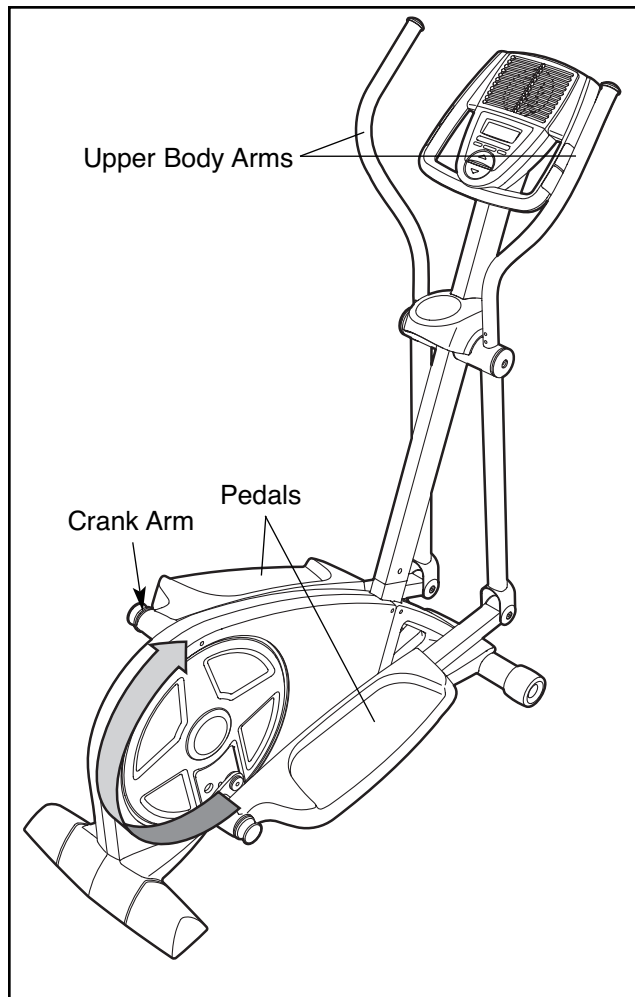


HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the upper body arms and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion.

Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown by the arrow below; however, for variety you can turn the crank arms in the opposite direction.

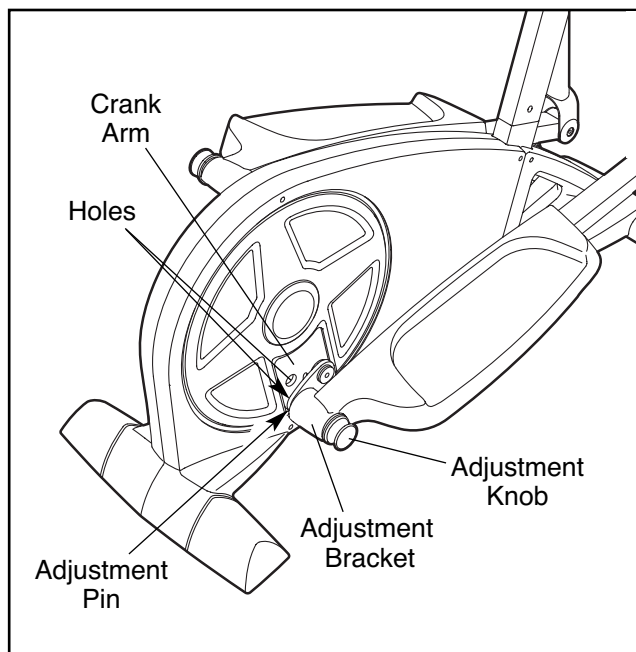
To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

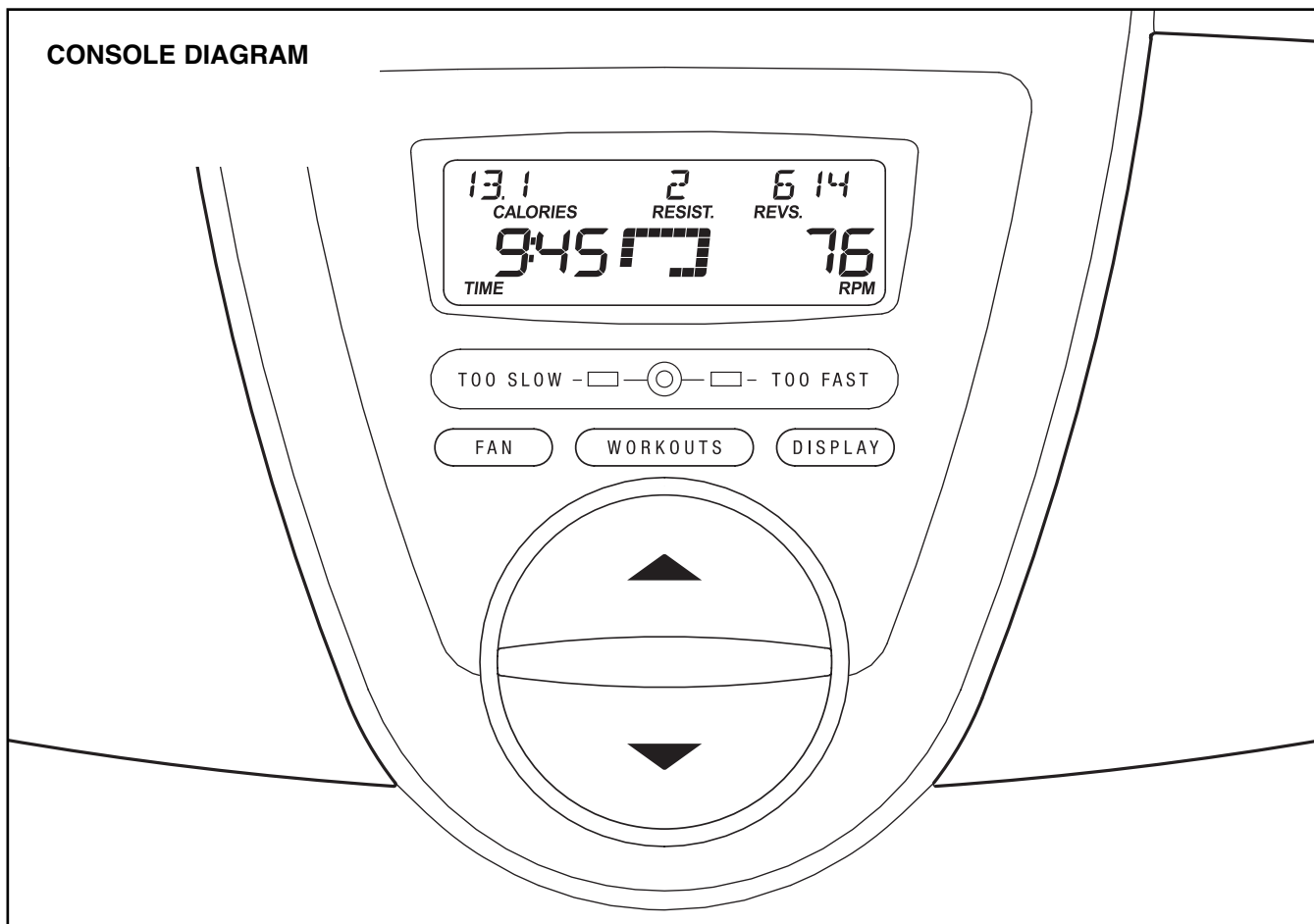


HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

To adjust the stride of the elliptical exerciser, first pull one of the adjustment knobs until the adjustment bracket pivots freely. Pivot the adjustment bracket until the adjustment knob is aligned with one of the holes in the crank arm, and gently release the knob. Then, pivot the adjustment bracket back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the crank arm.

Adjust the other side of the elliptical exerciser in the same way.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip pulse sensor.

The console features two target tone workouts designed to work specific areas of the body. The console guides you through each workout with a variety of exercise instructions while automatically changing the resistance of the pedals.

The console also offers four preset workouts. Each preset workout automatically changes the resistance of the pedals and prompts you to increase or decrease your pedaling pace as it guides you through an effective workout.

To use the manual mode of the console, follow the steps beginning on page 15. **To use a target tone workout**, see page 17. **To use a preset workout**, see page 18.

HOW TO USE THE MANUAL MODE

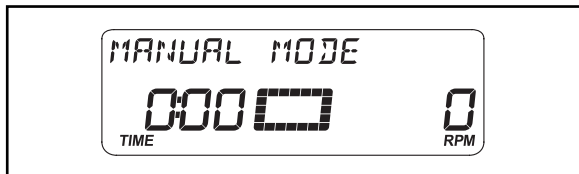
Note: If there is a sheet of clear plastic on the face of the console, remove the plastic.

1. **Press the Display button or the decrease button on the console, or begin pedaling to turn on the console.**

When you turn on the console, the display will light. A tone will then sound and the console will be ready for use.

2. **Select the manual mode.**

When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workouts button repeatedly until the words MANUAL MODE appear in the display.

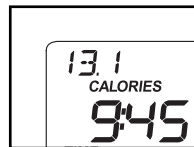


3. **Begin pedaling and change the resistance of the pedals as desired.**

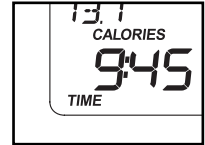
As you pedal, change the resistance of the pedals by pressing the increase and decrease buttons. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

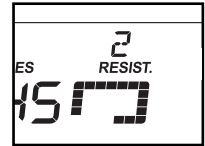
The upper left display—This display can show the approximate number of calories you have burned and the elapsed time.



The lower left display—This display can show the elapsed time and the approximate number of calories you have burned. Note: During a workout, the display will show the time remaining in the workout.

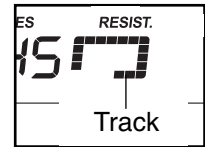


The upper middle display—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

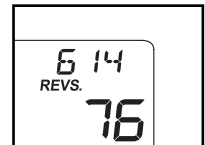


This display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on page 16).

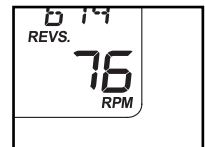
The lower middle display—This display will show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



The upper right display—This display can show the distance you have pedaled (in total revolutions) and your pedaling pace (in revolutions per minute).



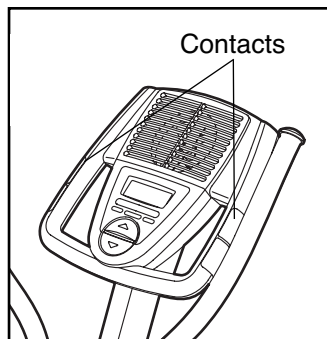
The lower right display—This display can show your pedaling pace (in revolutions per minute) and the distance you have pedaled (in total revolutions).



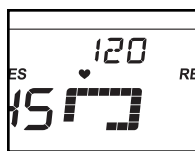
To view selected information at a larger size, press the Display button repeatedly until the desired information appears in the lower left and lower right displays.

5. Measure your heart rate if desired.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts tightly.**



When your pulse is detected, a heart-shaped symbol will flash in the display, one or two dashes will appear, and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the metal contacts tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

7. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for about five minutes, the console will turn off and the display will be reset.

HOW TO USE A TARGET TONE WORKOUT

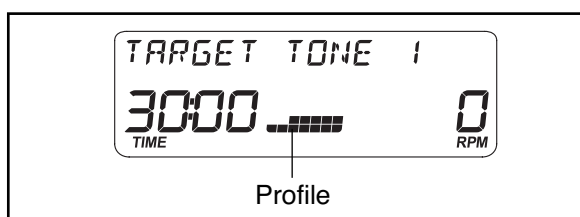
1. Turn on the console.

See step 1 on page 15.

2. Select a target tone workout.

To select a target tone workout, press the Workouts button repeatedly until the words TARGET TONE 1 or TARGET TONE 2 appear in the display.

When you select a target tone workout, the name of the workout and the workout time will appear in the display. A profile of the resistance levels of the workout will also scroll across the display.



3. Begin pedaling to start the workout.

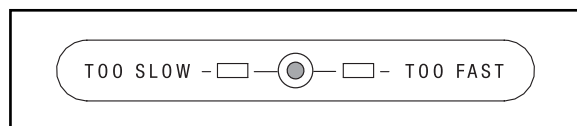
Each workout is divided into 30 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for two or more consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

As you exercise, the console will display a variety of exercise instructions that will help you get the most benefit from your workout. For example, the console may instruct you to PEDAL BACKWARD, USE UPPER BODY, or FOCUS LOWER BODY during certain segments of the workout.



You will also be prompted to keep your pedaling pace near the target pace setting for the current segment. When the TOO SLOW indicator is lit, increase your pace. When TOO FAST indicator is lit, decrease your pace. When the center indicator is lit, maintain your current pace. **Important: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the decrease and increase buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

When the workout is completed, the words PROGRAM DONE will appear in the display for a few seconds. Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. Follow your progress with the display.

See step 4 on page 15.

5. Measure your heart rate if desired.

See step 5 on page 16.

6. Turn on the fan if desired.

See step 6 on page 16.

7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 16.

HOW TO USE A PRESET WORKOUT

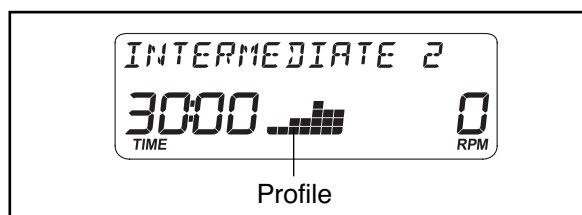
1. Turn on the console.

See step 1 on page 15.

2. Select a preset workout.

To select a preset workout, press the Workouts button repeatedly until the name of the desired workout appears in the display.

When you select a preset workout, the name of the workout will appear in the display and a profile of the resistance levels of the workout will scroll across the matrix.



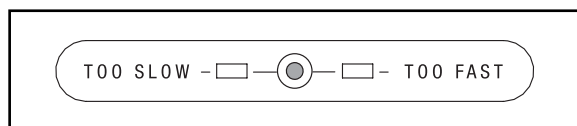
3. Begin pedaling to start the workout.

Each workout is divided into 20, 30, or 45 one-minute segments. One resistance level and one target pace setting are programmed for each segment. Note: The same resistance level and/or target pace setting may be programmed for two or more consecutive segments.

During the workout, the workout profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment. At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash. If a different resistance level is programmed for the next segment, the resistance level will flash in the display for a few seconds to alert you. The resistance of the pedals will then change.

You will also be prompted to keep your pedaling pace near the target pace setting for the current segment. When the TOO SLOW indicator is lit, increase your pace. When TOO FAST indicator is

lit, decrease your pace. When the center indicator is lit, maintain your current pace. **Important: The target pace settings are intended only to provide motivation. Make sure to pedal at a pace that is comfortable for you.**



If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the decrease and increase buttons. However, when the current segment ends, the pedals will automatically adjust to the resistance level for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause. To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

When the workout is completed, the words PROGRAM DONE will appear in the display for a few seconds. Note: If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

4. Follow your progress with the display.

See step 4 on page 15.

5. Measure your heart rate if desired.

See step 5 on page 16.

6. Turn on the fan if desired.

See step 6 on page 16.

7. When you are finished exercising, the console will turn off automatically.

See step 7 on page 16.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately.

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console displays become dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 5 on page 8 for replacement instructions.

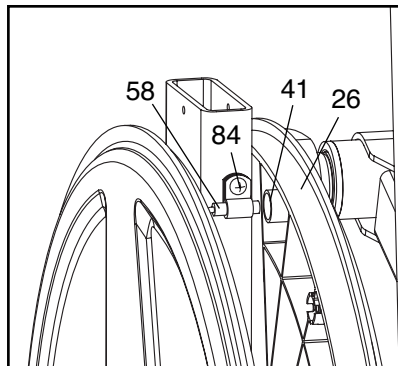
HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, see step 5 on page 16.

HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.** Then, gently pry the side shields away from the frame.

Next, locate the Reed Switch (58). Turn the Left Pedal Disc (26) until the Magnet (41) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (84). Slide the



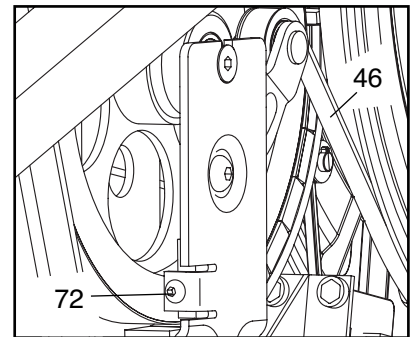
Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Left Pedal Disc forward and backward just enough that the Magnet passes the Reed Switch repeatedly. Repeat

until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 27 and the PART LIST on page 24.

HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (46) may need to be adjusted. First, remove all the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.** Then, gently pry the side shields away from the frame.

Next, turn the Belt Adjustment Screw (72) until the Belt (46) is tight. Then, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING B on page 27 and the PART LIST on page 24.



EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning, maximum fat burning, and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training

zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result



by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. Note: If your exercise equipment includes a pulse sensor, you can use the pulse sensor to measure your heart rate.

WORKOUT GUIDELINES

Warm-up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

Cool-down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent 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. Repeat 3 times. Stretches: Hamstrings, back of knees, and back.

2. 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. Repeat 3 times for each leg. Stretches: Hamstrings, lower back, and groin.

3. Calf/Achilles Stretch

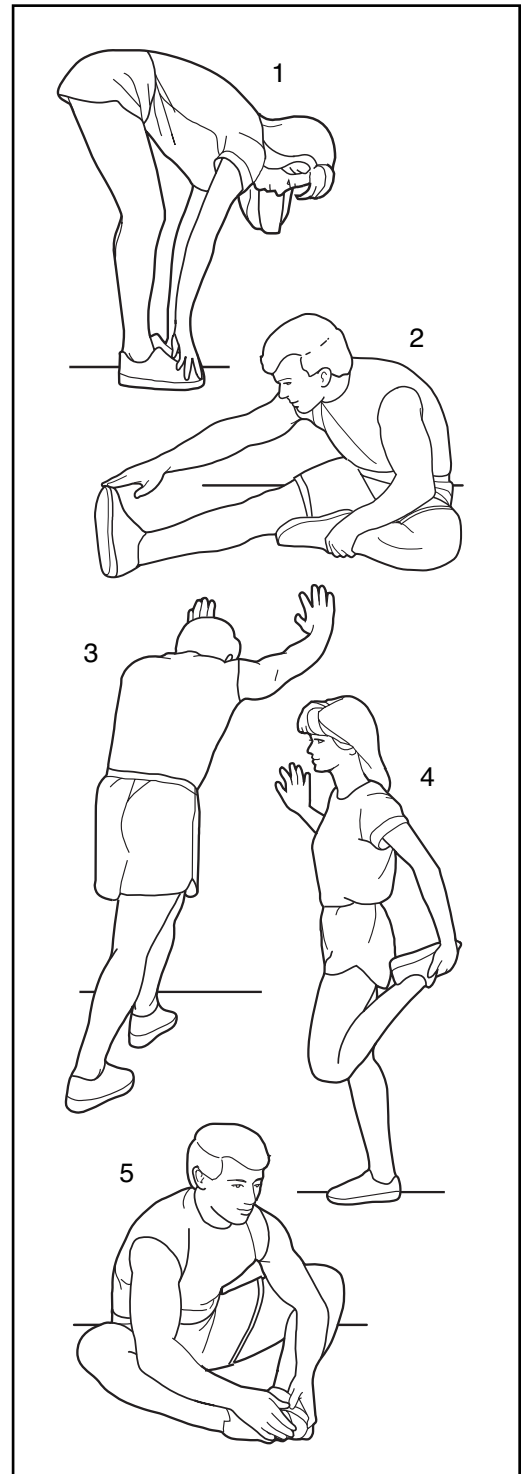
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons, and ankles.

4. 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. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

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. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

NOTES

PART LIST—Model No. 831.23743.0

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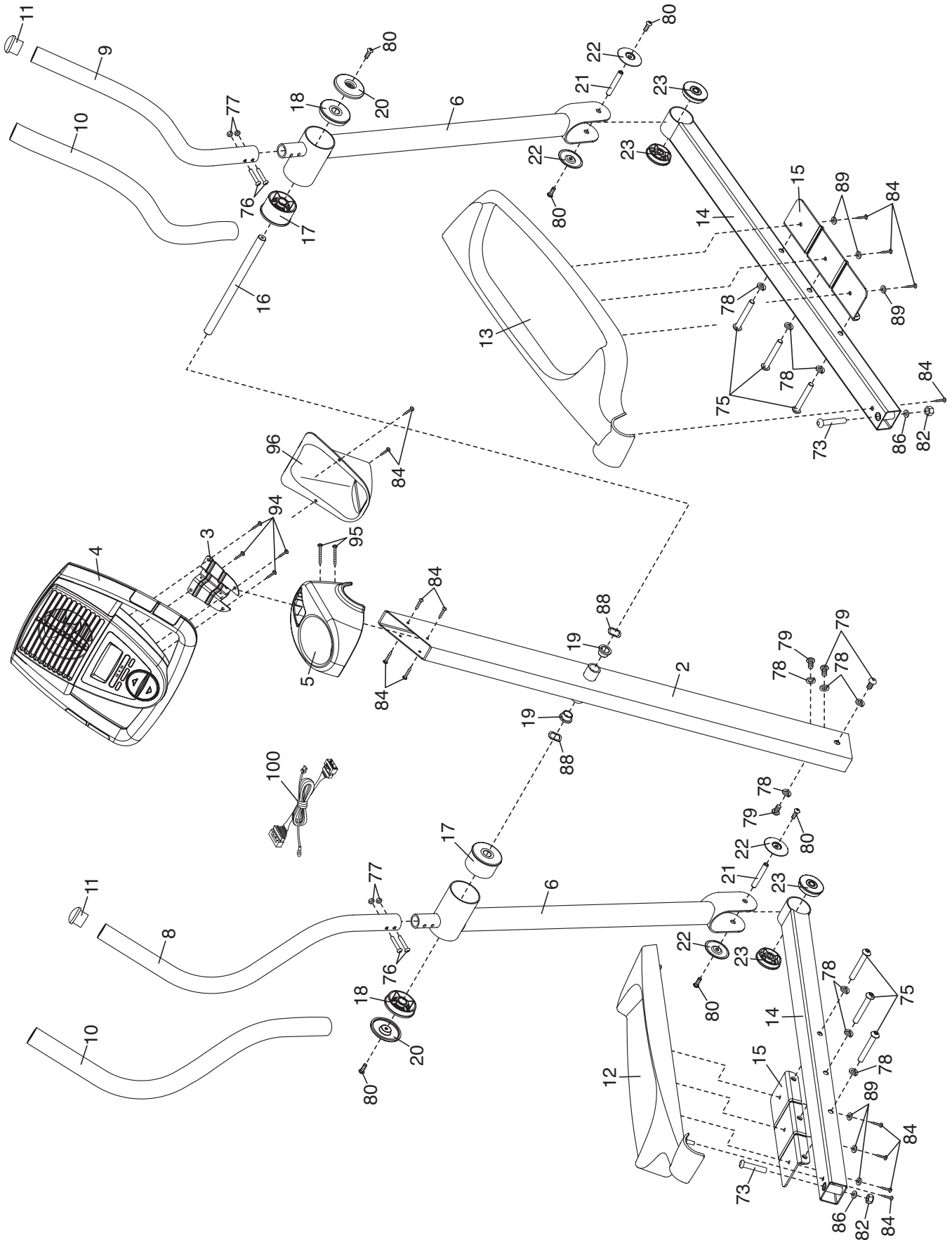
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Belt
2	1	Upright	47	2	Foot
3	1	Console Bracket	48	1	Left Frame Cover
4	1	Console	49	1	Right Frame Cover
5	1	Bottle Holder	50	2	Wheel
6	2	Upper Body Leg	51	1	Flywheel
7	1	Idler Wheel	52	1	Idler
8	1	Left Upper Body Arm	53	1	“C” Magnet
9	1	Right Upper Body Arm	54	1	Resistance Motor
10	2	Foam Grip	55	1	Motor Bracket
11	2	Upper Endcap	56	1	Resistance Arm
12	1	Left Pedal	57	1	Clamp
13	1	Right Pedal	58	1	Reed Switch/Wire
14	2	Pedal Arm	59	1	Magnet Spacer
15	2	Pedal Bracket	60	1	Key
16	1	Pivot Axle	61	1	Square Nut
17	2	Inner Bushing Set	62	1	Flange Screw
18	2	Outer Bushing Set	63	2	M10 x 35mm Shoulder Screw
19	2	Upright Bushing	64	1	Flywheel Bolt
20	2	Large Axle Cover	65	1	“C” Magnet Bolt
21	2	Pedal Arm Axle	66	1	Idler Bolt
22	4	Axle Cover	67	1	Key Screw
23	4	Pedal Arm Bushing Set	68	1	Crank Arm Screw
24	1	Crank Assembly	69	4	Resistance Motor Bolt
25	1	Crank Arm	70	4	Resistance Motor Nut
26	1	Left Pedal Disc	71	4	Motor Bracket Screw
27	1	Right Pedal Disc	72	1	Belt Adjustment Screw
28	2	Pedal Disc Cover	73	2	M10 x 58mm Shoulder Bolt
29	2	Adjustment Pin	74	2	M10 Nylon Locknut
30	2	Spring	75	6	M10 x 70mm Button Screw
31	1	Right Adjustment Bracket	76	4	M6 x 38mm Button Bolt
32	4	Large Snap Ring	77	4	M6 Nylon Locknut
33	2	39mm x 31mm Wave Washer	78	10	M10 Split Washer
34	4	Adjustment Bushing	79	4	M10 x 20mm Button Screw
35	2	Pedal Arm Bracket	80	6	M6 x 16mm Button Screw
36	2	Adjustment Knob	81	4	M8 x 12mm Button Screw
37	2	Fender Washer	82	3	M8 Nylon Locknut
38	2	Crank Bearing	83	7	M6 Star Washer
39	1	Crank Spacer	84	21	M4 x 16mm Screw
40	1	Crank Arm Spacer	85	2	Flywheel Spacer
41	2	Magnet	86	2	M8 Washer
42	1	Left Front Side Shield	87	2	31mm x 24mm Wave Washer
43	1	Right Front Side Shield	88	2	Wave Washer
44	1	Left Side Shield	89	6	M4 Washer
45	1	Right Side Shield	90	4	M6 Washer

Key No.	Qty.	Description	Key No.	Qty.	Description
91	4	M4 x 48mm Screw	99	1	M3 x 12mm Screw
92	12	M4 x 25mm Screw	100	1	Wire Harness
93	4	M4 x 35mm Screw	101	1	Extended Reed Switch Wire
94	4	M4 x 16mm Flat Head Screw	102	1	Left Adjustment Bracket
95	2	M4 x 32mm Screw	*	–	User's Manual
96	1	Console Cover	*	–	Hex Key
97	2	M8 x 18mm Button Screw	*	–	Grease Packet
98	7	M5 x 12mm Screw			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.

EXPLODED DRAWING A—Model No. 831.23743.0

R0807A



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