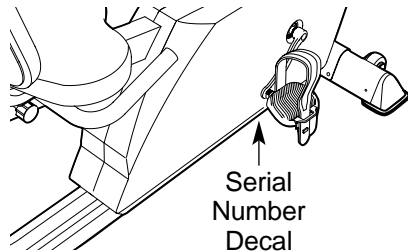


# HEALTHRIDER R850x

RECUMBENT CYCLE

Model No. HRC06920

Serial No. \_\_\_\_\_



## USER'S MANUAL

### QUESTIONS?

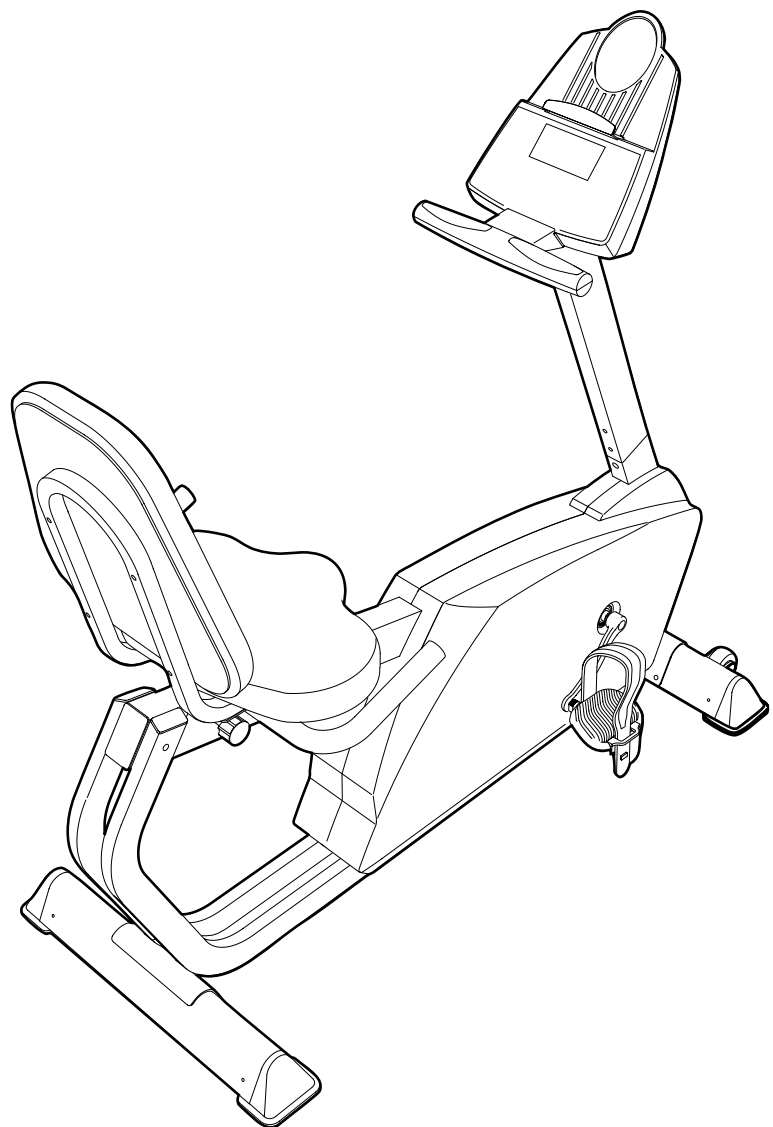
If you have questions, or if there are missing parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST



### ⚠ CAUTION

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



Visit our website at

[www.healthrider.com](http://www.healthrider.com)

*new products, prizes,  
fitness tips, and much more!*

# ® **HEALTHRIDER R850x**

**R E C U M B E N T C Y C L E**

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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described.
2. It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.
3. Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor or carpet.
4. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the exercise cycle at all times.
6. The exercise cycle should not be used by persons weighing more than 250 pounds.
7. Wear suitable clothing when using the exercise cycle; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes.
8. Always keep your back straight when using the exercise cycle. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. 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.
11. The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.

**⚠ 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. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

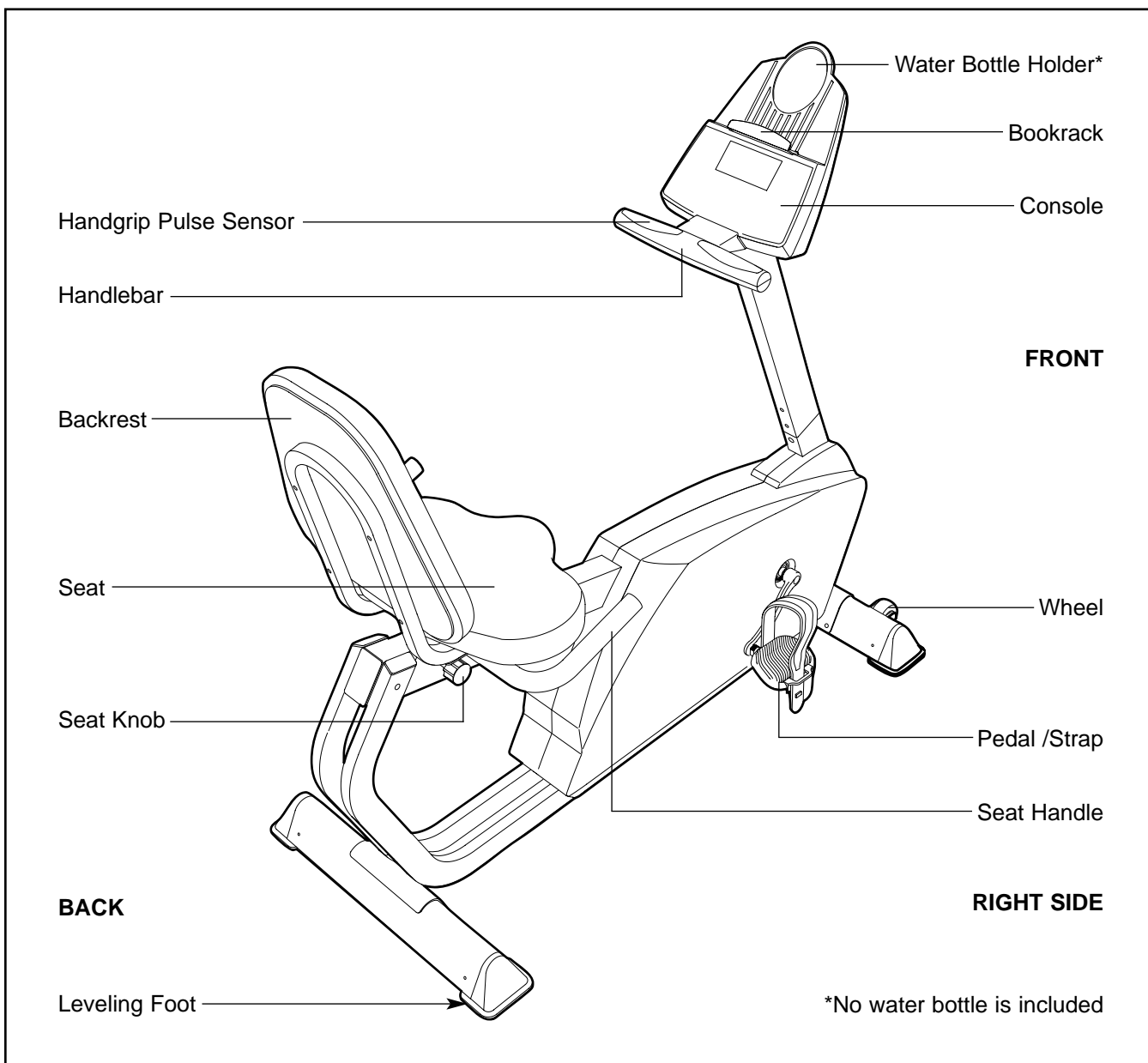
# BEFORE YOU BEGIN

Congratulations for selecting the new Healthrider® R850X exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The R850X exercise cycle offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

**For your benefit, read this manual carefully before you use the exercise cycle.** If you have questions after reading this manual, call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, mention the product model number and serial number when calling. The model number is HRC06920. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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

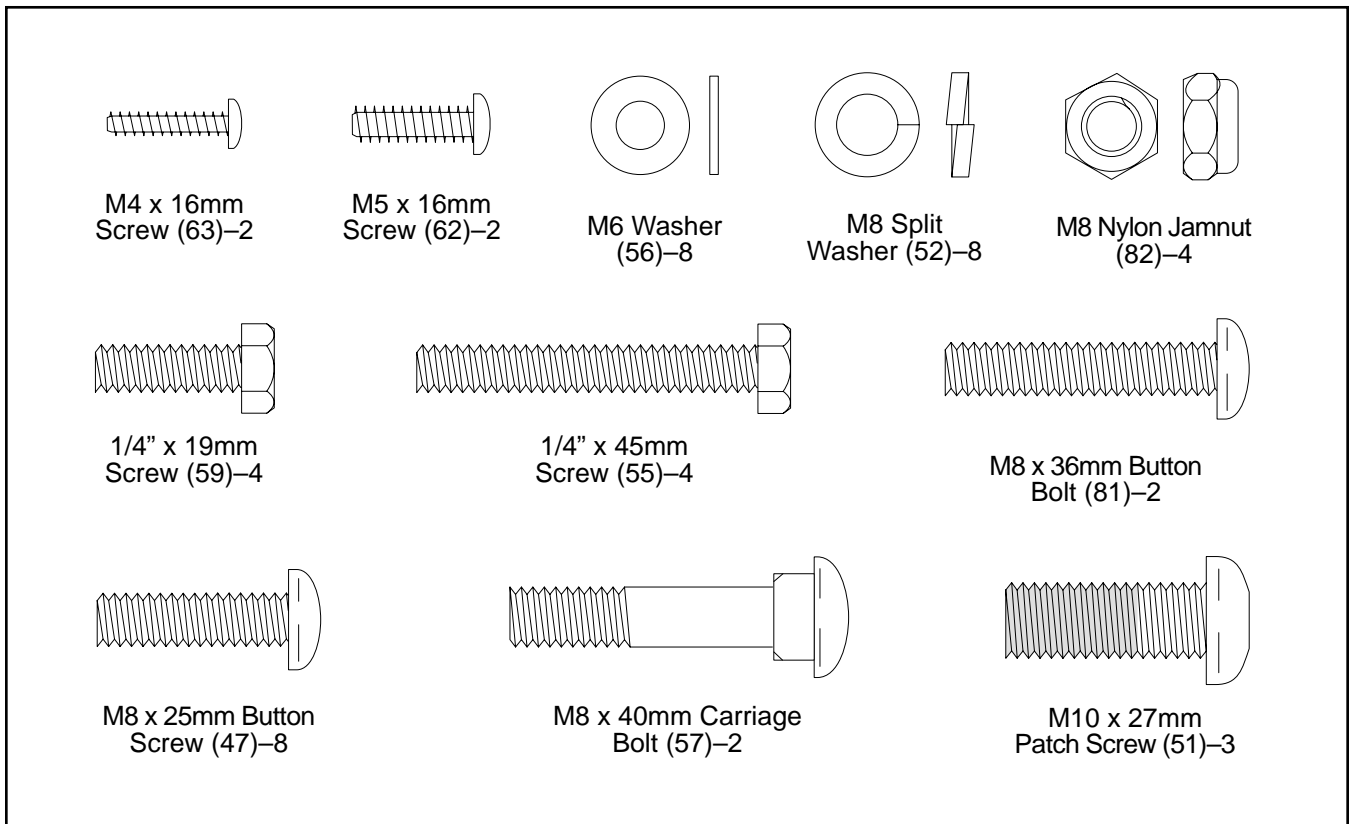


# ASSEMBLY

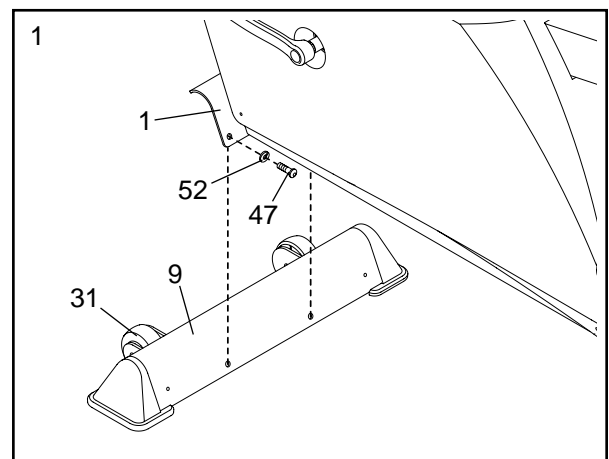
**Assembly requires two persons.** Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**In addition to the included allen wrenches, assembly requires a phillips screwdriver** , **an adjustable wrench** , **and a rubber mallet** .

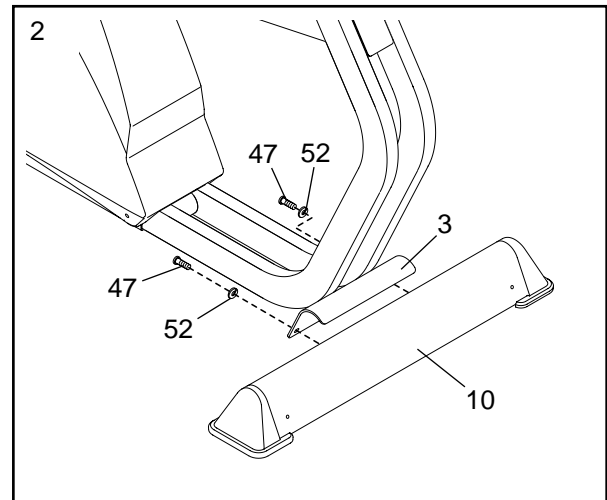
As you assemble the exercise cycle, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



1. Identify the Front Stabilizer (9), which has Wheels (31) attached to it. While another person lifts the front of the Frame (1), attach the Front Stabilizer to the Frame with two M8 x 25mm Button Screws (47) and two M8 Split Washers (52).



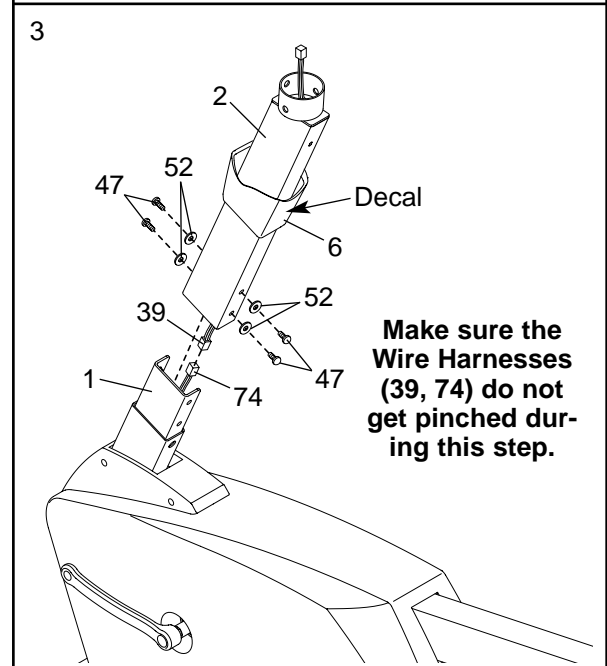
2. While another person lifts the Rear Frame (3), attach the Rear Stabilizer (10) to the Rear Frame with two M8 x 25mm Button Screws (47) and two M8 Split Washers (52).



3. Slide the Console Collar (6) up onto the Upright (2). Make sure that the Console Collar is oriented exactly as shown, with the decal on the indicated side.

While another person holds the Upright (2) in the position shown, connect the Upper Wire Harness (39) to the Lower Wire Harness (74). **Carefully pull the upper end of the Upper Wire Harness to remove any slack. While holding the Upper Wire Harness, slide the Upright onto the Frame (1). Be careful not to pinch the Wire Harnesses.**

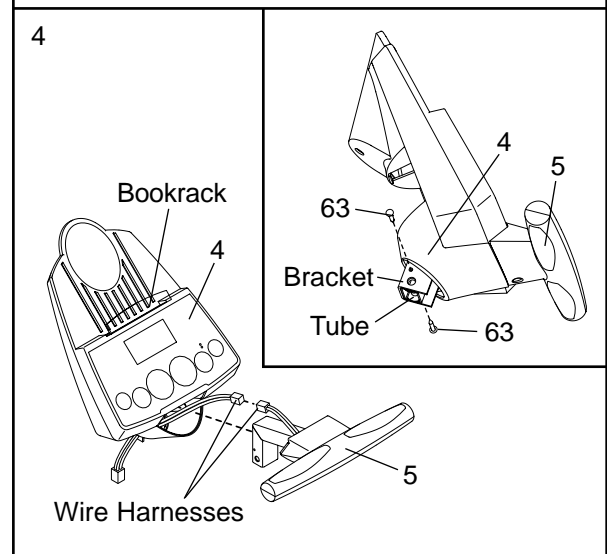
Attach the Upright (2) to the Frame (1) with four M8 x 25mm Button Screws (47) and four M8 Split Washers (52).



4. Connect the wire harness on the Handgrip Pulse Sensor (5) to the indicated wire harness on the Console (4). Insert both wire harnesses into the opening in the bottom of the Console.

Refer to the inset drawing. Insert the metal tube on the Handgrip Pulse Sensor (5) into the metal bracket inside the Console (4) as shown. **Be careful not to pinch the wire harnesses.** Align the holes in the metal tube with the holes in the metal bracket, and tighten two M4 x 16mm Screws (63) into the indicated holes.

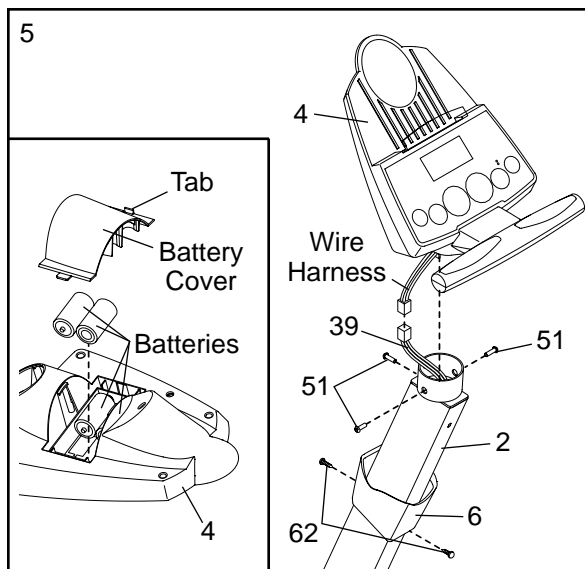
Snap the bookrack onto the Console (4) in the location shown.



- The Console (4) requires four "D" batteries (not included); alkaline batteries are recommended. Refer to the inset drawing. Press the tab on the battery cover, and lift off the battery cover. Insert four batteries into the battery compartment. **Make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Reattach the battery cover.

While another person holds the Console (4), connect the wire harness on the Console to the Upper Wire Harness (39). Insert the wire harnesses down into the Upright (2). Attach the Console to the Upright with three M10 x 27mm Patch Screws (51). **Be careful to avoid pinching the wire harnesses.**

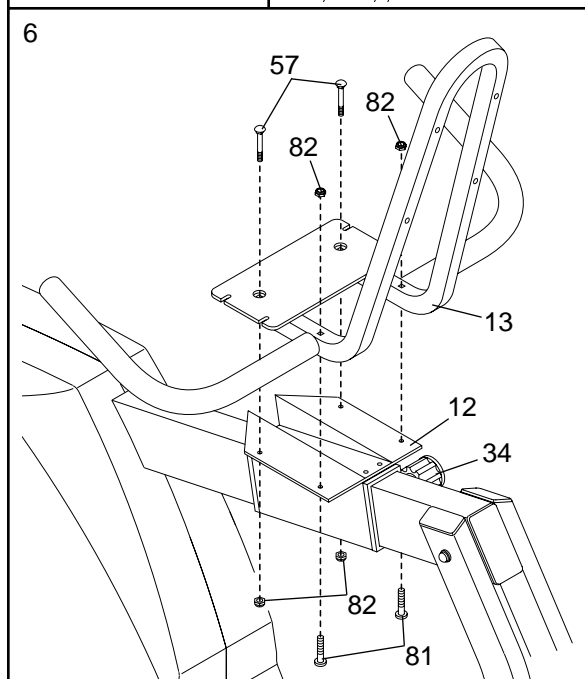
Slide the Console Collar (6) to the top of the Upright (2). Attach the Console Collar with two M5 x 16mm Screws (62).



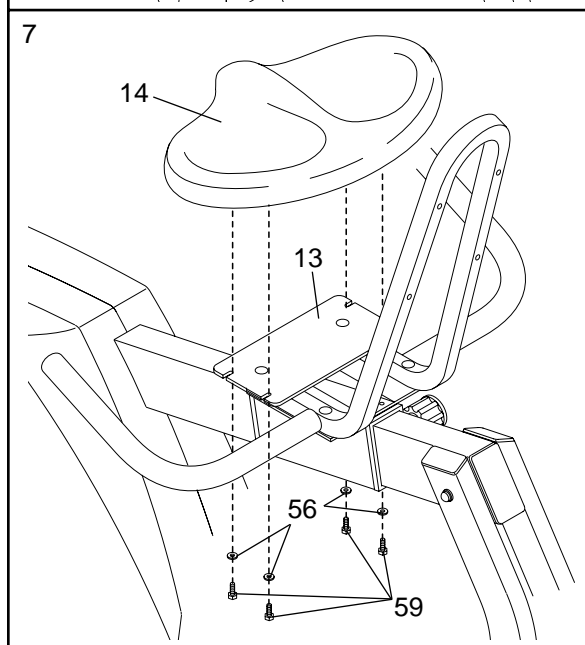
- Attach the front of the Seat Frame (13) to the Seat Carriage (12) with two M8 x 40mm Carriage Bolts (57) and two M8 Nylon Jamnuts (82). **Do not tighten the Nylon Jamnuts yet.**

Attach the back of the Seat Frame (13) to the Seat Carriage (12) with two M8 x 36mm Button Bolts (81) and two M8 Nylon Jamnuts (82). Note: The Button Bolts must be inserted from below to provide maximum clearance around the Seat Knob (34).

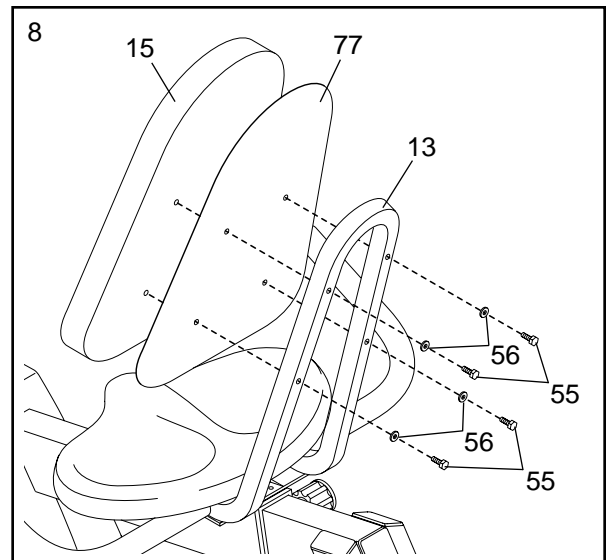
**Tighten all four M8 Nylon Jamnuts (82).**



- Attach the Seat (14) to the Seat Frame (13) with four 1/4" x 19mm Screws (59) and four M6 Washers (56).

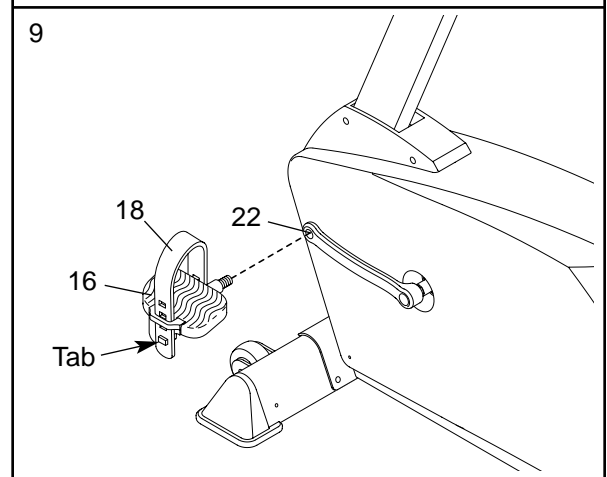


8. Attach the Backrest (15) and the Backrest Cover (77) to the Seat Frame (13) with four 1/4" x 45mm Screws (55) and four M6 Washers (56).



9. Identify the Left Pedal (16), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (22). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

Identify the Left Pedal Strap (18), which is marked with an "L." Attach the Left Pedal Strap to the Left Pedal (16). Press the end of the Left Pedal Strap onto the tab on the Left Pedal. Attach and adjust the Right Pedal Strap (not shown) in the same way.



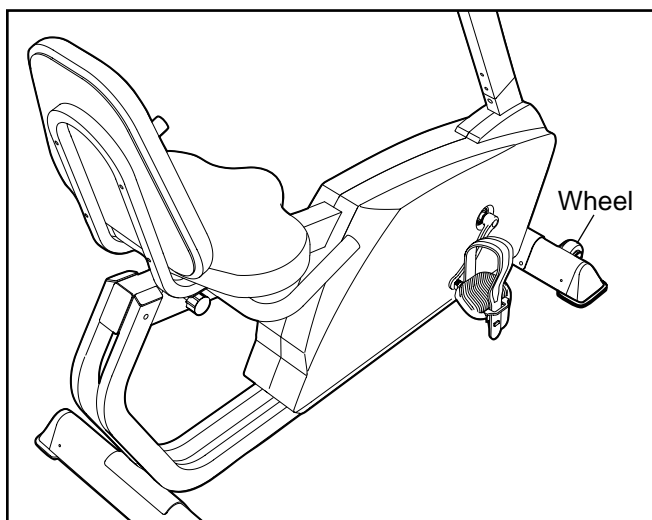
10. **Make sure that all parts of the exercise cycle are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the exercise cycle.



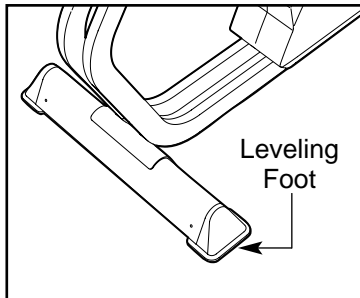
# HOW TO OPERATE THE EXERCISE CYCLE

## HOW TO MOVE AND LEVEL THE EXERCISE CYCLE

Stand in back of the exercise cycle, and lift the exercise cycle until it can be moved on the front wheels. Carefully move the exercise cycle to the desired location and then lower it. **Due to the weight of the exercise cycle, use caution while moving it.**

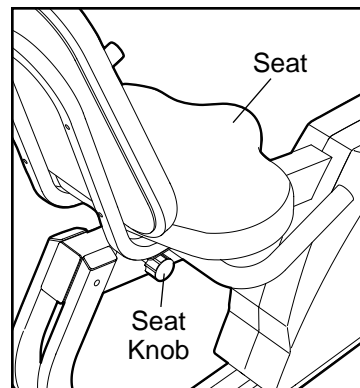


If the exercise cycle rocks slightly during use, turn the leveling feet under the rear stabilizer to eliminate the rocking motion.



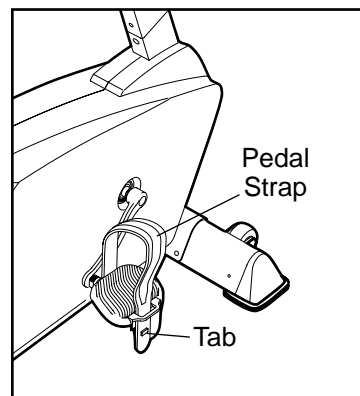
## HOW TO ADJUST THE SEAT

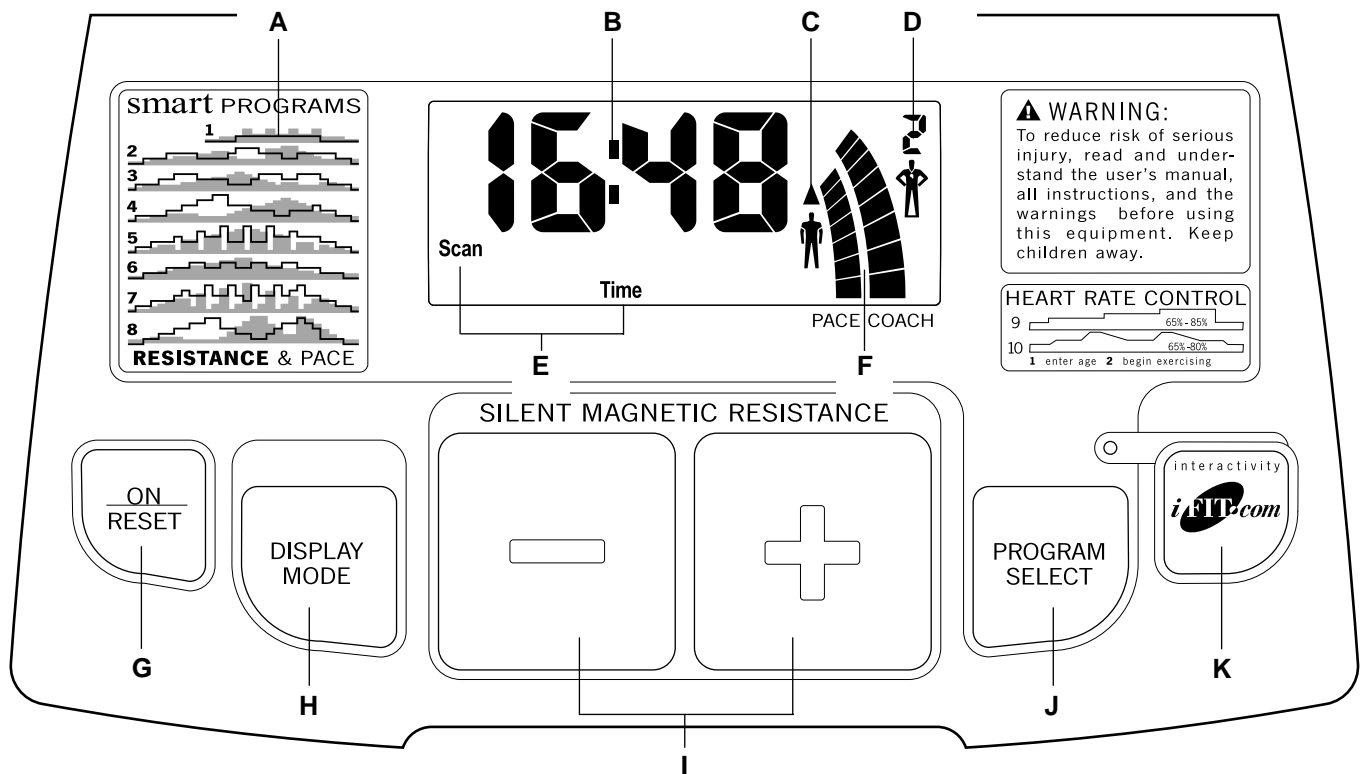
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. To adjust the seat, first turn the seat knob counterclockwise two or three turns to loosen it (if the seat knob is not loosened enough, it may scratch the frame). Next, pull the seat knob, slide the seat to the desired position, and then release the seat knob. **Move the seat back and forth slightly until it locks into place.** Then, turn the seat knob clockwise to tighten it.



## HOW TO ADJUST THE PEDAL STRAPS

The pedal straps can be adjusted to the position that is the most comfortable for you. Pull the ends of the straps off the tabs on the pedals, adjust the straps to the desired positions, and then press the ends of the straps back onto the tabs.





## FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the exercise cycle can be adjusted 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 built-in handgrip pulse sensor.

The console also offers eight Smart workout programs. Each program automatically changes the resistance of the exercise cycle and prompts you to increase or decrease your pace as it guides you through an effective workout.

In addition, the console features two Heart Rate workout programs that automatically change the resistance of the exercise cycle and prompt you to vary your pace to keep your heart rate near a target heart rate as you exercise.

The console also features new iFIT.com interactive technology. iFIT.com technology is like having a personal trainer right in your home. Using a stereo audio

cable (available at electronics stores), you can connect the exercise cycle to your home stereo, portable stereo, or computer and play special iFIT.com CD programs (CD's are available separately). iFIT.com CD programs automatically control the resistance of the exercise cycle and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added motivation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the exercise cycle to your VCR and TV and play iFIT.com video programs (videocassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor.

With the exercise cycle connected to your computer, you can also go to our new Web site at [www.iFIT.com](http://www.iFIT.com) and access audio programs and video programs directly from the internet.

**To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.**

## CONSOLE DESCRIPTION

**Refer to the drawing on page 10. Note: If there is a thin sheet of clear plastic on the face of the console, remove it.**

A. Program profiles—These profiles show how the resistance of the exercise cycle and the target pace will change during Smart programs and Heart Rate programs. For example, profile number 3 shows that during Smart program 3, both the resistance and the pace will gradually increase during the first half of the program, and then gradually decrease during the last half.

B. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a Smart program or a Heart Rate program), the distance that you have pedaled, the resistance level, the approximate number of calories you have burned, the approximate number of fat calories you have burned (see FAT BURNING on page 21), and your heart rate (when you use the handgrip pulse sensor). If the scan mode is selected, the display will change from one mode to the next every six seconds. Or, you can select a single mode for continuous display.

**Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for six seconds. The mode indicators (see E below) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.**

C. Increase and decrease arrows—During Smart programs, Heart Rate programs, and iFIT.com programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

D. Manual mode/program indicator—When a Smart program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, 6, 7, or 8, depending on which Smart program is selected. When a Heart Rate program is selected, the upper right corner of the display will show a 9 or 10. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

E. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance, resistance level, calories, fat calories, or heart rate)

is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.

F. Pace indicators—When the manual mode is selected, only the left pace indicator will appear. This pace indicator represents your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear on the pace indicator. When a Smart program, a Heart Rate program, or the iFIT.com mode is selected, both pace indicators will appear. The left pace indicator represents your exercise pace, and the right pace indicator represents a target pace. During the program, the target pace will periodically change. As the right pace indicator changes, simply adjust your pace so that the same number of bars appear on both pace indicators. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

G. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance (see B at the left).

H. Display Mode button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, fat calories, and heart rate (when the handgrip pulse sensor is used).

I. + and – buttons—These buttons control the resistance of the exercise cycle. There are ten resistance levels; level 10 is the most challenging. These buttons are also used to enter your age when a Heart Rate program is selected.

J. Program button—This button is used to select the manual mode, Smart programs, and Heart Rate programs.

K. iFIT.com button—This button is used to select the iFIT.com mode. The indicator on the button will light when the iFIT.com mode is selected.

**To use the manual mode of the console, refer to page 12. To use a Smart program, refer to page 13. To use a Heart Rate program, refer to page 14. To use iFIT.com CD's or videos, refer to page 18. To use a program directly from our Web site, refer to page 19.**

## HOW TO USE THE MANUAL MODE

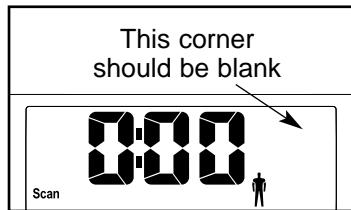
### 1 Turn on the console.

Note: The console requires four “D” batteries (not included). If you have not installed batteries, refer to step 5 on page 7 and install batteries.

To turn on the console, press the On/Reset button or begin pedaling.

### 2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a Smart program, a Heart Rate program, or the iFIT.com mode has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.

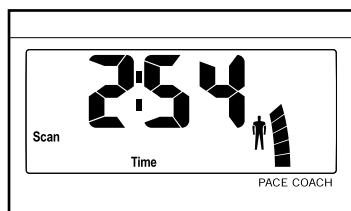


### 3 Begin exercising and adjust the resistance of the exercise cycle.

As you exercise, adjust the resistance of the exercise cycle as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

### 4 Follow your progress with the feedback modes and the left pace indicator.

When the console is turned on, the scan mode will be selected. As you exercise, the display will show your current speed, the elapsed time, the distance that you have pedaled, the current resistance level, the approximate number of calories you have burned, and the approximate number of fat calories you have burned. In addition, your heart rate will be shown when you use the handgrip pulse sensor (refer to step 5 on this page). Note: Each



time the resistance level changes, the console will show the resistance level for six seconds. In addition, when a Smart program or a Heart Rate program is selected, the display will show the *time remaining* in the program instead of the elapsed time.

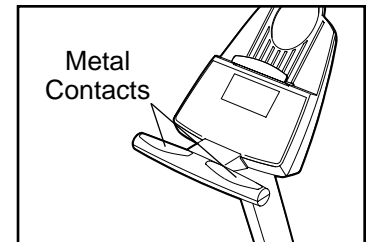
In addition, the left pace indicator will appear in the display to show your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear on the pace indicator.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

### 5 Measure your heart rate if desired.

**Note: If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic.**

To use the handgrip pulse sensor, place your hands on the metal contacts. Your palms must be on the upper contacts and your fingers



must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

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

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**

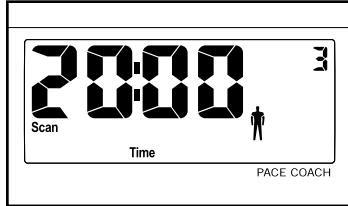
## HOW TO USE A SMART PROGRAM

### 1 Turn on the console.

Refer to step 1 on page 12.

### 2 Select one of the eight Smart programs.

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, 6, 7, or 8 appears in the upper right corner of the display.



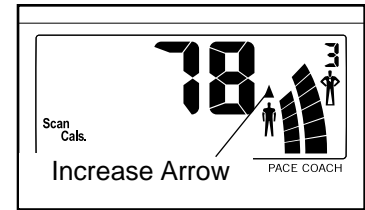
The profiles numbered 1 through 8 on the console show the resistance and pace settings for the Smart programs. For example, profile number 3 shows that when Smart program 3 is selected, both the resistance and the pace will gradually increase during the first half of the program, and then decrease during the last half.

### 3 Start the program.

To start the program, simply begin exercising. Each Smart program consists of 20 one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the exercise cycle will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The pace settings for the program will be shown by the right pace indicator in the display. (The left pace indicator will



show your actual exercise pace.) As the right pace indicator changes during the program, simply increase or decrease your pace so that the same number of bars appear on both pace indicators. If your pace is slower than the current pace setting, the increase arrow will appear in the display to prompt you to increase your pace; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.

### 4 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

### 5 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

Refer to step 6 on page 12.

## HOW TO USE A HEART RATE PROGRAM

Each Heart Rate program helps you to keep your heart rate near a certain *percentage* of your *maximum heart rate* during your workout. (Your maximum heart rate is estimated by subtracting your age from 220. For example, if you are 25 years old, your maximum heart rate is 195.) Heart Rate program 9 is designed to keep your heart rate between 65% and 85% of your maximum heart rate while you exercise; Heart Rate program 10 is designed to keep your heart rate between 65% and 80% of your maximum heart rate.

Follow the steps below to use a Heart Rate program.

### 1 Turn on the console.

Refer to step 1 on page 12.

### 2 Select one of the two Heart Rate programs.

Each time the console is turned on, the manual mode will be selected. To select a Heart Rate program, press the Program button repeatedly until the number 9 or 10 appears in the upper right corner of the display.



The profiles numbered 9 and 10 on the console show the resistance settings for the Heart Rate programs. For example, profile number 9 shows that when Heart Rate program 9 is selected, the resistance level will gradually increase during the program and then decrease near the end.

### 3 Enter your age.

When a Heart Rate program is selected, the word AGE and the current age setting will flash in the display (see the drawing above). You must enter your age to use a Heart Rate program. To enter your age, press the + or – button. Once you have entered your age, it will be saved in memory until the batteries are replaced.

### 4 Hold the handgrip pulse sensor.

When using a Heart Rate program, you must use the handgrip pulse sensor. It is not necessary to hold the handgrips continuously during the program. However, you should hold the handgrips frequently for the program to operate properly.

**Each time you hold the handgrips, keep your hands on the metal contacts for at least 30 seconds.** Note: When you are not holding the handgrips, the letters PLS will appear in the display instead of your heart rate.

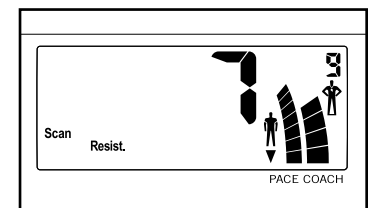
### 5 Start the program.

To start the program, simply begin exercising. Each Heart Rate program consists of 20 one-minute periods. One resistance setting and one heart rate setting are programmed for each period. (The same resistance setting and/or heart rate setting may be programmed for consecutive periods.)

During the program, the resistance of the exercise cycle will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can adjust the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

As you exercise, the pace indicators will help you to keep your heart rate near the heart rate setting for the current period.

The left pace indicator will show your actual exercise pace. The right pace indicator will show a target pace. When you hold the handgrip pulse sensor, the console will compare your heart rate to the heart rate setting for the current period. If necessary, the right pace indicator will then change to prompt you to increase or decrease your pace to bring your heart rate closer to the current heart rate setting. When the



right pace indicator changes, increase or decrease your pace so that the same number of bars appear in both pace indicators. If your pace is slower than the current pace setting, the increase arrow will also appear in the display; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. When no time remains, the program will be completed. If you continue to exercise after the program is completed, the display will continue to show your exercise feedback.

## 6 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

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

Refer to step 6 on page 13.

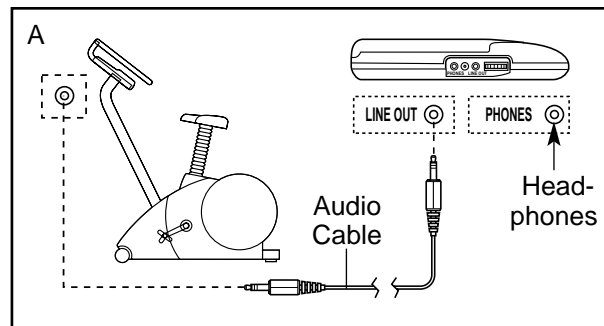
## HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

**To use iFIT.com CD's**, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 15 to 17 for connecting instructions. **To use iFIT.com videocassettes**, the exercise cycle must be connected to your VCR. See page 17 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the exercise cycle must be connected to your home computer. See page 17 for connecting instructions.

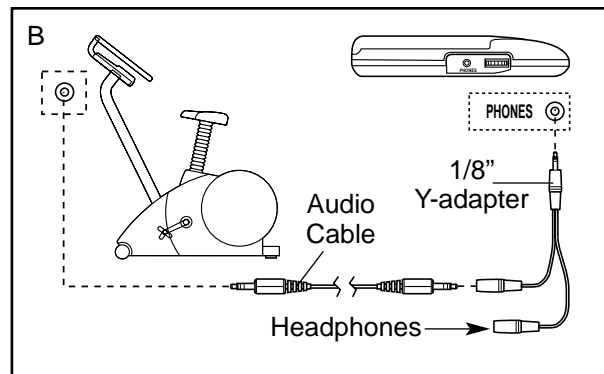
## HOW TO CONNECT YOUR PORTABLE CD PLAYER

**Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.**

- A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.



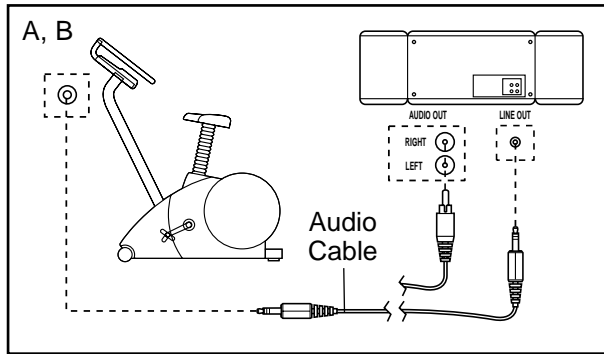
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.



## HOW TO CONNECT YOUR PORTABLE STEREO

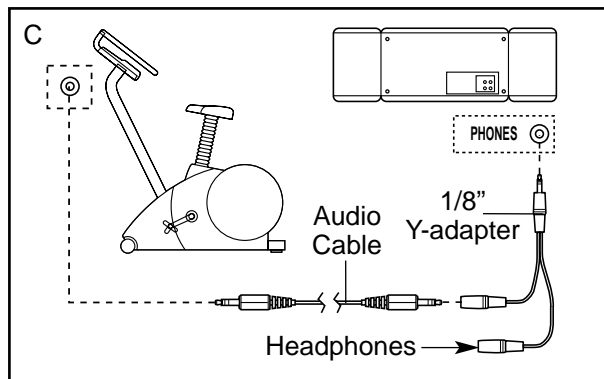
**Note:** If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



- B. Refer to the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.

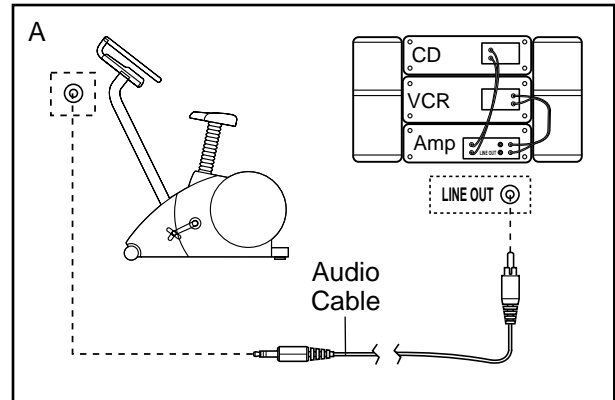
- C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.



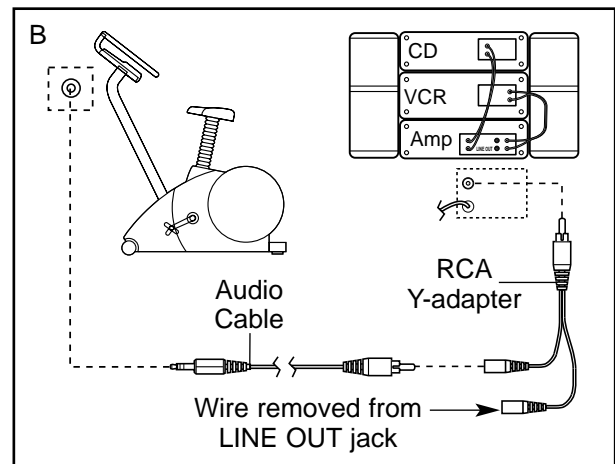
## HOW TO CONNECT YOUR HOME STEREO

**Note:** If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.



- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.

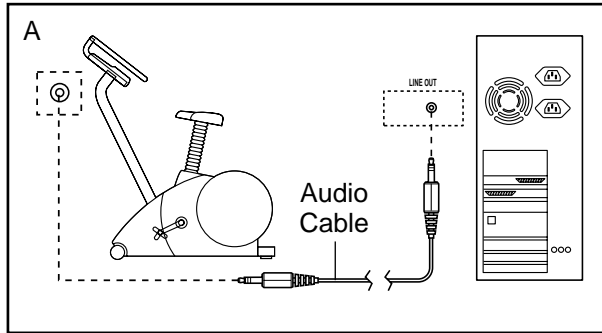




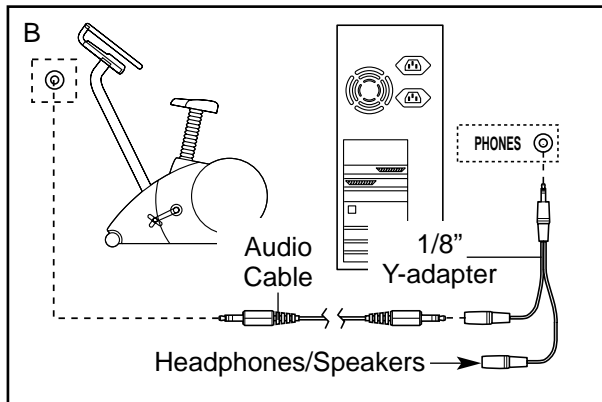
## HOW TO CONNECT YOUR COMPUTER

**Note:** If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

- A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.



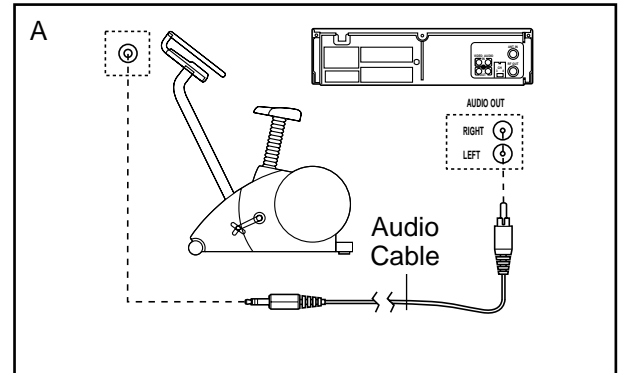
- B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.



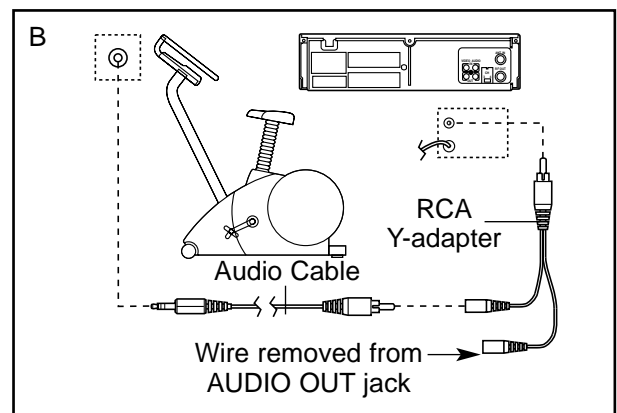
## HOW TO CONNECT YOUR VCR

**Note:** If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 16.

- A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



- B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.



## HOW TO USE iFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CD's or videocassettes, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 15. **Note: To purchase iFIT.com CD's and videocassettes, call toll-free 1-800-735-0768.**

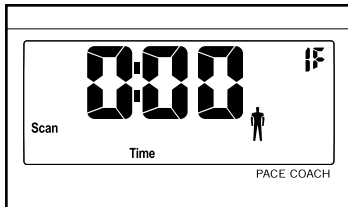
Follow the steps below to use an iFIT.com CD or video program.

### 1 Turn on the console.

Refer to step 1 on page 12.

### 2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator beside the button will light and the letters IF will appear in the upper right corner of the display.



### 3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

### 4 Press the play button on your CD player or VCR.

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

The program will function in almost the same way as a Smart program (refer to step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance and/or the pace setting is about to change.

**Note: If the resistance of the exercise cycle and/or the pace setting does not change when a "chirp" is heard:**

- Make sure that the indicator on the iFIT.com button is lit.
- Adjust the volume of your CD player or VCR. If the volume is too high or too low, the console may not detect the program signals.
- Make sure that the audio cable is properly connected and that it is fully plugged in.

### 5 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

### 6 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

Refer to step 6 on page 12.

## HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at [www.iFIT.com](http://www.iFIT.com) allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the exercise cycle must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 17. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.

Follow the steps below to use a program from our Web site.

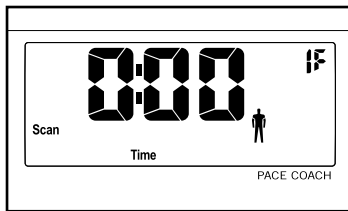
### 1 Turn on the console.

Refer to step 1 on page 12.

### 2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the

iFIT.com button. The indicator beside the button will light and the letters IF will appear in the upper right corner of the display.



### 3 Go to your computer and start an internet connection.

### 4 Start your Web browser, if necessary, and go to our Web site at [www.iFIT.com](http://www.iFIT.com).

### 5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

### 6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

### 7 Return to the exercise cycle and begin exercising.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (refer to step 3 on page 13). However, an electronic “chirping” sound will alert you when the resistance and/or the pace setting is about to change.

### 8 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

### 9 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

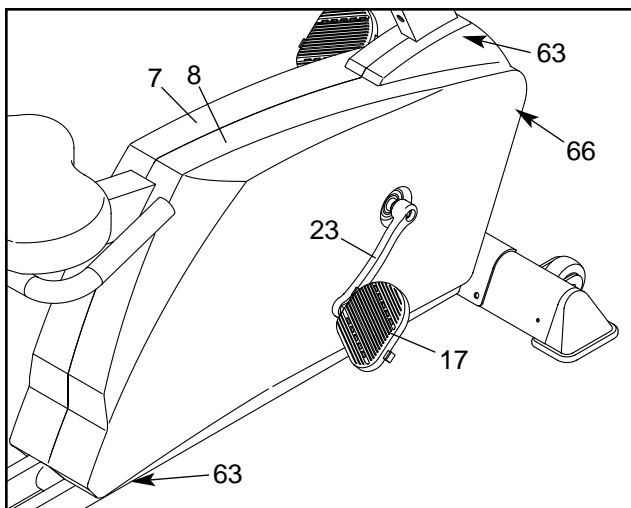
Refer to step 6 on page 12.

# MAINTENANCE AND TROUBLESHOOTING

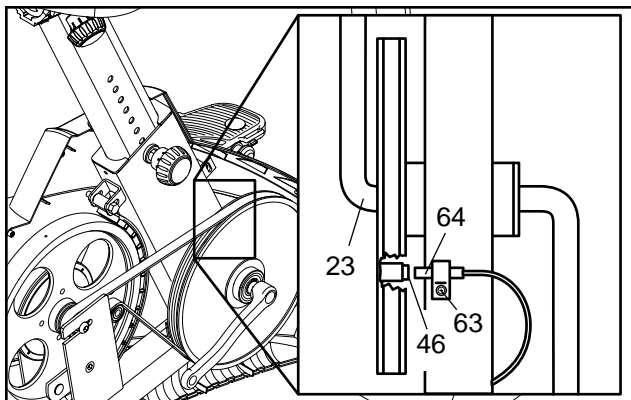
Inspect and properly tighten all parts of the exercise cycle regularly. To clean the exercise cycle, use a soft, damp cloth. Keep liquids away from the console and keep the console out of direct sunlight to prevent damage to the console.

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, you must first remove the Right Side Shield (8). Remove the two M4 x 16mm Screws (63) and the M4 x 38mm Screw (66) from the Right Side Shield. Next, remove the Screws (63, 66 [not shown]) from the Left Side Shield (7). Using an adjustable wrench, turn the Right Pedal (17) counterclockwise and remove it. Rotate the Right Crank Arm (23) so that it is pointing toward the front of the exercise cycle, and slide off the Right Side Shield.



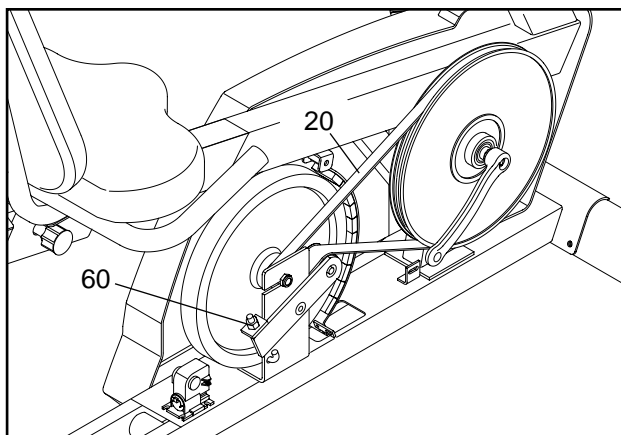
Next, locate the Reed Switch (64). Turn the Right Crank Arm (23) until the Magnet (46) is aligned with the Reed Switch. Loosen, but do not remove, the indi-



cated M4 x 16mm Screw (63). Slide the Reed Switch slightly closer to or away from the Magnet. Then, retighten the Screw. Turn the Right Crank Arm for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the right side shield and the right pedal.

## HOW TO ADJUST THE DRIVE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the Drive Belt (20) may need to be adjusted. To adjust the Drive Belt, you must first remove the right side shield. Refer to HOW TO ADJUST THE REED SWITCH at the left and remove the right side shield.



Next, turn the indicated M8 Nylon Locknut (60) until the Drive Belt (20) is properly tightened. Then, reattach the right side shield.

## PULSE SENSOR TROUBLESHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# CONDITIONING 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.

The following guidelines will help you to plan your exercise program. Remember that 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, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

To find the proper heart rate for you, first find your age on the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your “training zone.” The lower two numbers are recommended heart rates for fat burning; the highest number is the recommended heart rate for aerobic exercise.

### Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *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 as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone as you exercise.

### WORKOUT GUIDELINES

Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 30 minutes of exercising 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.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase 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. The key to success is to make exercise a regular and enjoyable part of your everyday life.

# PART LIST—Model No. HRC06920

R1102A

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	30	2	Snap Ring	59	4	1/4" x 19mm Screw
2	1	Upright	31	2	Wheel	60	4	M8 Nylon Locknut
3	1	Rear Frame	32	2	Carriage Bushing	61	3	M6 Nut
4	1	Console	33	1	Frame Endcap	62	2	M5 x 16mm Screw
5	1	Handgrip Pulse Sensor	34	1	Seat Knob	63	15	M4 x 16mm Screw
6	1	Console Collar	35	1	Resistance Motor	64	1	Reed Switch
7	1	Left Side Shield	36	1	"C" Magnet	65	1	Clamp
8	1	Right Side Shield	37	1	Adjustment Cable	66	6	M4 x 38mm Screw
9	1	Front Stabilizer	38	1	Spring	67	2	M10 x 56mm Bolt
10	1	Rear Stabilizer	39	1	Upper Wire Harness	68	1	M6 x 38mm Bolt
11	4	Stabilizer Endcap	40	2	M8 Washer	69	4	M10 Split Washer
12	1	Seat Carriage	41	1	Flywheel	70	1	M8 x 43mm Bolt
13	1	Seat Frame	42	1	Axle	71	2	M5 Nut
14	1	Seat	43	2	Flywheel Bearing	72	4	M4 x 10mm Screw
15	1	Backrest	44	2	Eyebolt	73	4	M5 Washer
16	1	Left Pedal	45	2	Adjustment Bracket	74	1	Lower Wire Harness
17	1	Right Pedal	46	1	Magnet	75	2	Seat Frame Endcap
18	1	Left Pedal Strap	47	8	M8 x 25mm Button Screw	76	2	Handgrip
19	1	Right Pedal Strap	48	2	5/16" x 25mm Flange Screw	77	1	Backrest Cover
20	1	Drive Belt	49	1	M10 x 25mm Tapered Bolt	78	1	Left Frame Endcap
21	4	Leveling Foot	50	1	"J" Bolt	79	1	Right Frame Endcap
22	1	Left Crank Arm	51	3	M10 x 27mm Patch Screw	80	2	Crank Arm Endcap
23	1	Right Crank Arm	52	8	M8 Split Washer	81	2	M8 x 36mm Button Bolt
24	2	Handlebar Endcap	53	3	M10 Nylon Locknut	82	4	M8 Nylon Jamnut
25	1	Idler Arm	54	4	M10 x 42mm Button Screw	#	1	Allen Wrench
26	1	Pulley	55	4	1/4" x 45mm Screw	#	1	User's Manual
27	1	Crank	56	8	M6 Washer			
28	1	Crank Washer	57	2	M8 x 40mm Carriage Bolt			
29	3	Crank Bearing	58	8	M5 x 6mm Screw			

Note: # indicates a non-illustrated part. Specifications are subject to change without notice.



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (HRC06920)
- The NAME of the product (HealthRider® R850X exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage, or repairs not provided by an ICON authorized service center; to products used for commercial or rental purposes; or to products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

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