

# SOLE

FITNESS



*Recumbent*

**Model : 16868352**  
**OWNER'S MANUAL**

**PLEASE CAREFULLY READ THIS ENTIRE MANUAL BEFORE OPERATING  
YOUR NEW RECUMBENT!**

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## **ATTENTION**

THIS FITNESS BIKE IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.

# SOLE™

## FITNESS

CONGRATULATIONS ON YOUR NEW RECUMBENT AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality Sole recumbent from [Dyaco Canada Inc.](#) Your new recumbent has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. [Dyaco Canada Inc.](#) will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new Sole product or questions about the warranty contact [Dyaco Canada Inc.](#) at 1-888-707-1880.

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in SOLE and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new recumbent.

Yours in Health,  
[Dyaco Canada Inc.](#)

Name of Dealer \_\_\_\_\_

Telephone Number of Dealer \_\_\_\_\_

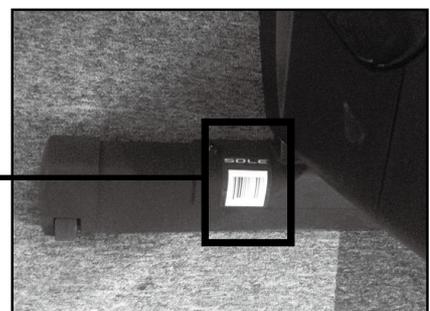
Purchase Date \_\_\_\_\_

### PRODUCT REGISTRATION

RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number \_\_\_\_\_



# IMPORTANT SAFETY INSTRUCTIONS

**WARNING** - Read all instructions before using this appliance.

- Do not operate fitness bike on deeply padded, plush or shag carpet. Damage to both carpet and fitness bike may result.
- Keep children away from the fitness bike. There are obvious pinch points and other caution areas that can cause harm.
- Keep hands away from all moving parts.
- Never operate the fitness bike if it has a damaged cord or plug. If the fitness bike is not work- ing properly, call your dealer.
- Keep the cord away from heated surfaces.
- Never drop or insert any object into any openings.
- Do not use outdoors.
- Do not attempt to use your fitness bike for any purpose other than for the purpose it is intended.
- The hand pulse sensors are not medical devices. Various factors, including the user's move- ment, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your fitness bike. Quality athletic shoes are recommended to avoid leg fatigue or injury.

**SAVE THESE INSTRUCTIONS - THINK SAFETY!**

# IMPORTANT ELECTRICAL INSTRUCTIONS

## **WARNING!**

**NEVER** remove any cover without first disconnecting AC power.

If voltage varies by ten percent (10%) or more, the performance of your fitness bike may be affected. **Such conditions are not covered under your warranty.** If you suspect the voltage is low, contact your local power company or a licensed electrician for proper testing.

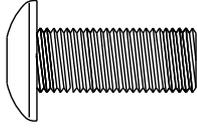
**NEVER** expose this fitness bike to rain or moisture. This product is **NOT** designed for use out- doors, near a pool or spa, or in any other high humidity environment. The operating tempera- ture specification is 40 to 120 degrees Fahrenheit, and humidity is 95% non-condensing(no water drops forming on surfaces).

# IMPORTANT OPERATION INSTRUCTIONS

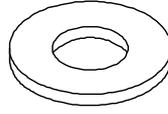
- **NEVER** operate this fitness bike without reading and completely understanding the results of any operational change you request from the computer.
- **NEVER** use your fitness bike during an electrical storm. Surges may occur in your household power supply that could damage fitness bike components. Unplug the fitness bike during an electrical storm as a precaution.
- Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure. If you feel the buttons are not functioning properly with normal pressure contact your **SOLE** dealer.

# ASSEMBLY PACK CHECKLIST

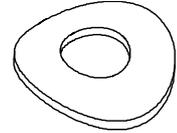
## 1 HARDWARE STEP 1



#32. 5/16" x 3/4" Button Head Socket Bolt (6 pcs)



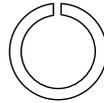
#33. 5/16" x 18 x 1.5T Flat Washer (10 pcs)



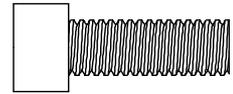
#34. 5/16" x 19 x 1.5T Curved Washer (1 pc)



#41. M5 x 12L Phillips Head Screw (4 pcs)

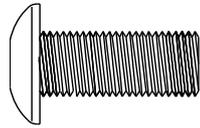


#35. 5/16" x 1.5T Split Washer (11 pcs)

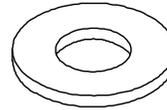


#112. 5/16" x 3/4" Socket Head Cap Bolt (5 pcs)

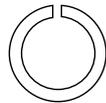
## 2 HARDWARE STEP 2



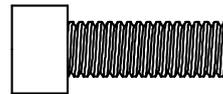
#32. 5/16" x 3/4" Button Head Socket Bolt (4 pcs)



#33. 5/16" x 18 x 1.5T Flat Washer (4 pcs)

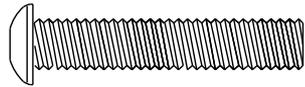


#35. 5/16" x 1.5T Split Washer (4 pcs)

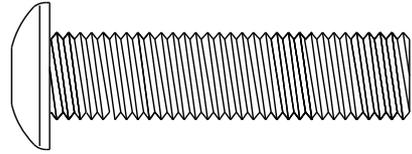


#112. 5/16" x 3/4" Socket Head Cap Bolt (4 pcs)

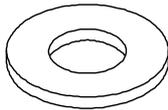
# 3 HARDWARE STEP 3



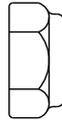
**#55.** M6 × 35L\_Phillips  
Head Screw (4 pcs)



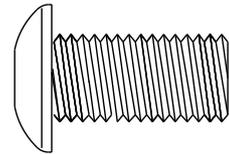
**#61.** 3/8" × 1-3/4"\_Button  
Head Socket Bolt (4 pcs)



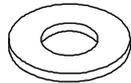
**#62.** 3/8" × 19 × 1.5T\_  
Flat Washer (6 pcs)



**#63.** 3/8" × 7T\_  
Nyloc Nut (6 pcs)



**#60.** 3/8" × 3/4"  
Button Head Socket Bolt  
(2 pcs)

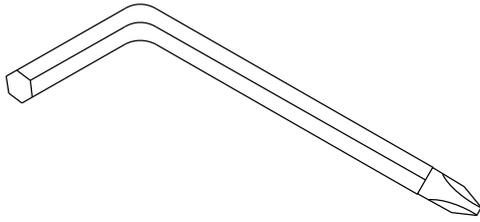


**#58.** 1/4" × 13 × 1T\_  
Flat Washer (4 pcs)

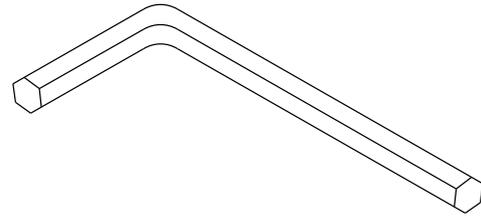


**#59.** 1/4" × 1"  
Phillips Head Screw  
(4 pcs)

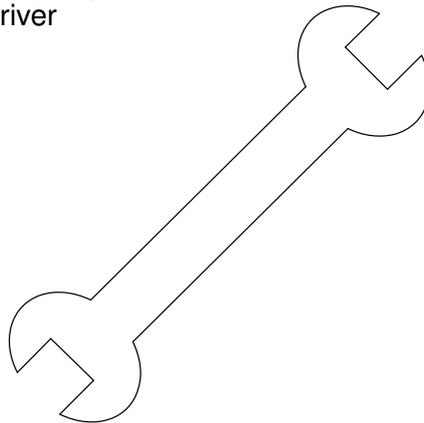
# ASSEMBLY TOOLS



**#68.** Combination M5 Allen Wrench & Phillips Head Screw Driver



**#92.** L Allen Wrench



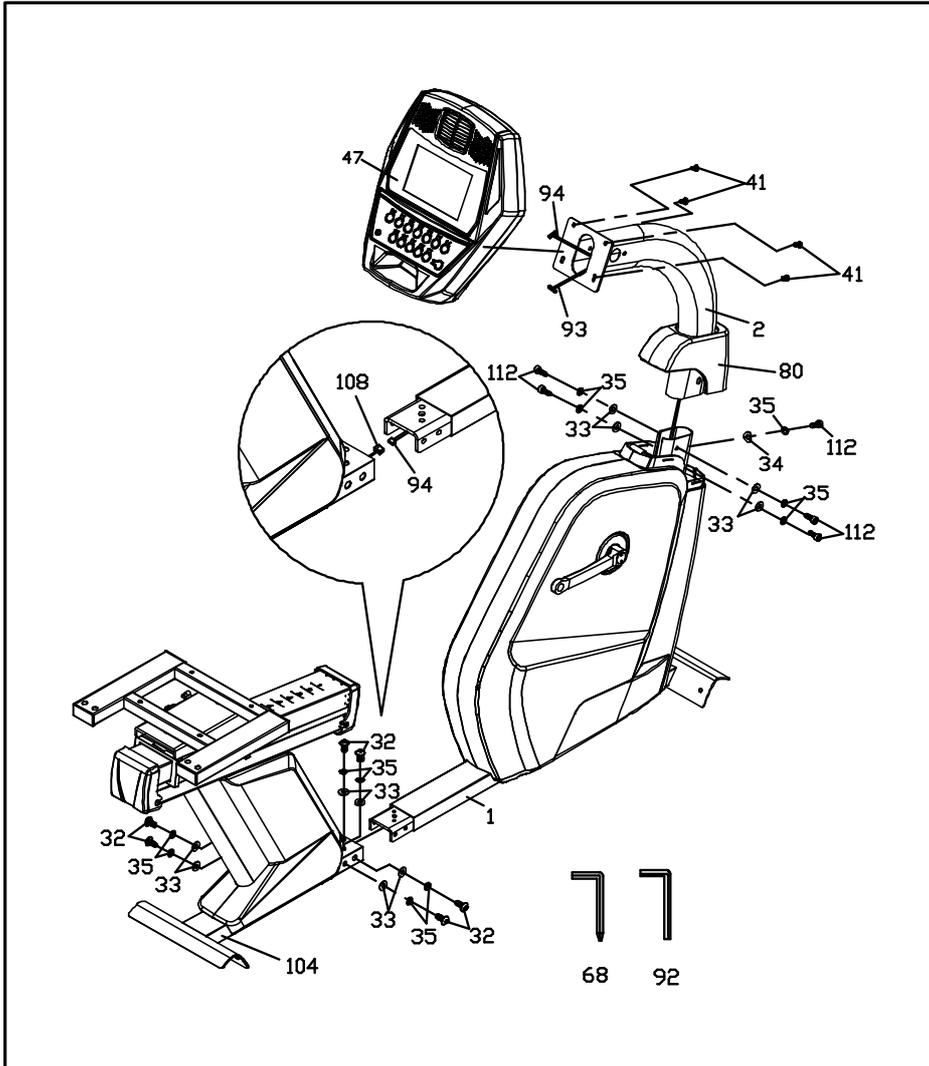
**#69.** 14.15m/m\_Wrench

## ASSEMBLY INSTRUCTIONS

### PRE-ASSEMBLY

1. Using a razor knife (Box Cutter) cut the outside, bottom, edge of box along the dotted Line. Lift Box over the unit and unpack.
2. Carefully remove all parts from carton and inspect for any damage or missing parts. If damaged parts are found, or parts are missing, contact your dealer immediately.
3. Locate the hardware package. Remove the tools first. Remove the hardware for each step as needed to avoid confusion. The numbers in the instructions that are in parenthesis (#) are the item number from the assembly drawing for reference.

# 1 STEP

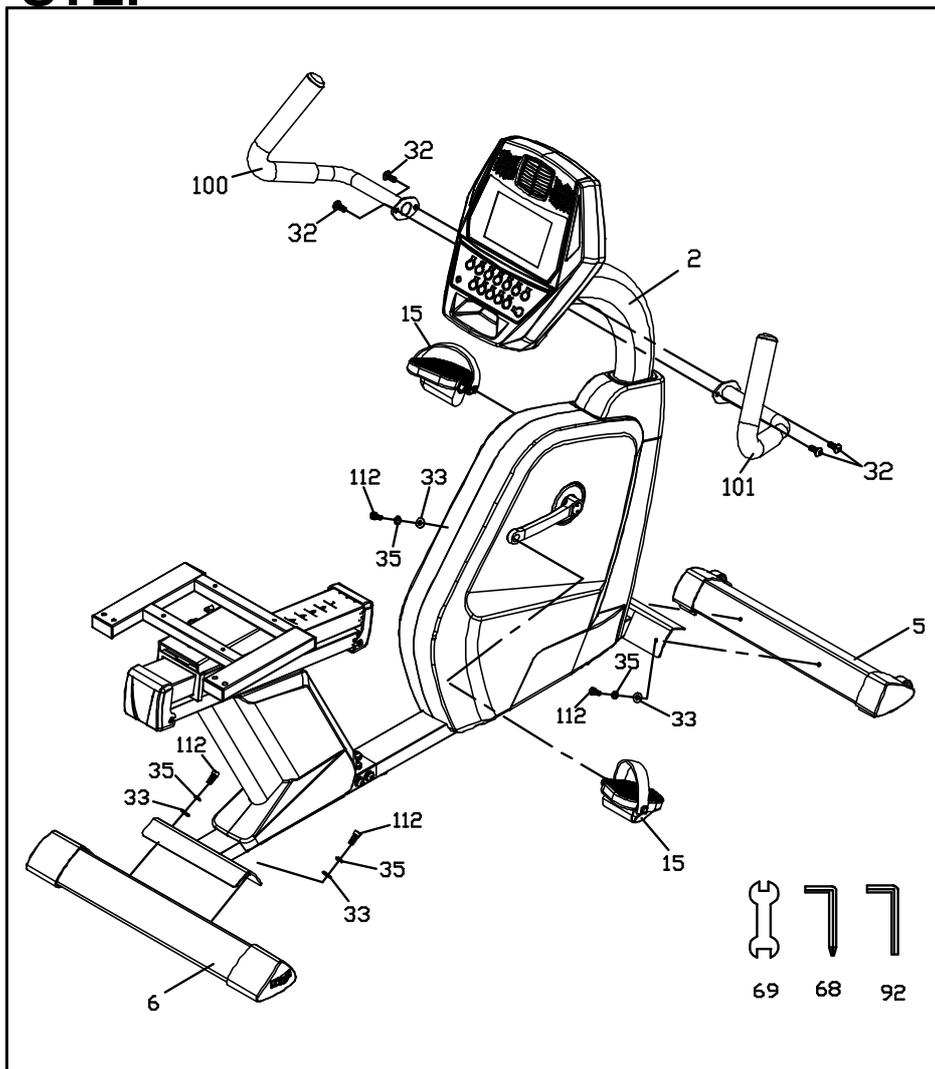


## HARDWARE STEP 1

- #32. 5/16" × 3/4" Button Head Socket Bolt (6 pcs)
- #33. 5/16" × 18 × 1.5T Flat Washer (10 pcs)
- #34. 5/16" × 19 × 1.5T Curved Washer (1 pcs)
- #41. M5 × 12L Phillips Head Screw (4 pcs)
- #35. 5/16" × 1.5T Split Washer (11 pcs)
- #112. 5/16" × 3/4" Socket Head Cap Bolt (5 pcs)

1. First, connect the Handpulse Wire (Middle) (108) and the Handpulse Wire (Upper) (94) together then join the Rear Main Frame (104) and the Front Main Frame (1) together and use the Combination M5 Allen Wrench & Phillips Head Screw Driver (68) to tighten six 5/16" × 3/4" Button Head Socket Bolts (32), six 5/16" × 1.5T Split Washers (35) and six 5/16" × 18 × 1.5T Flat Washers (33).
2. Install the Console Mast (2) through the Console Mast Cover (80) and attach it to the main frame. Use the L Allen Wrench (92) to tighten 5 pcs of 5/16" × 3/4" Socket Head Cap Bolt (112), 5 pcs of 5/16" × 1.5T Split Washer (35), 4 pcs of 5/16" × 18 × 1.5T Flat Washers (33) and 1 pcs of 5/16" × 19 × 1.5T Curved Washer (34) then cover with the Console Mast Cover (80).
3. Connect the Computer Cable (93) and Handpulse Wire (Upper) (94) to the Console (47). Attach the Console (47) to the Console Mast (2) using the Combination M5 Allen Wrench & Phillips Head Screw Driver (68) to tighten 4 pcs of M5 × 12L Phillips head screws (41).

# 2 STEP

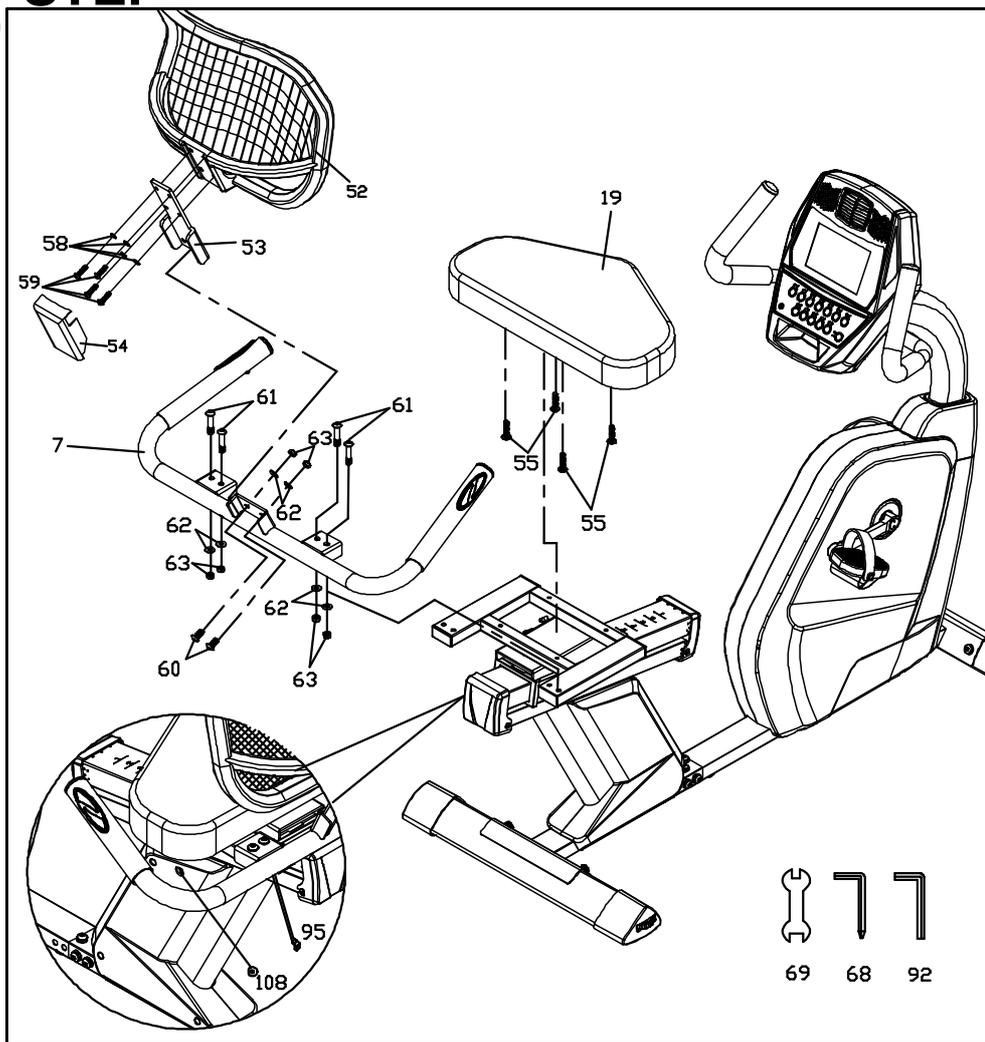


## HARDWARE STEP 2

- #32. 5/16" × 3/4" Button Head Socket Bolt (4 pcs)
- #33. 5/16" × 18 × 1.5T Flat Washer (4 pcs)
- #35. 5/16" × 1.5T Split Washer (4 pcs)
- #112. 5/16" × 3/4" Socket Head Cap Bolt (4 pcs)

1. Use the L Allen Wrench(92) to tighten the front and rear stabilizers (5, 6) on the mounting brackets with 4pcs of 5/16" × 3/4" Socket Head Cap Bolt (112), 4pcs of 5/16" × 1.5T Split Washers (35) and 4pcs of 5/16" × 18 × 1.5T Flat Washers (33).
2. Use the 14.15mm Wrench (69) to tighten both pedals (15) onto the crank arms.  
**Note: the right pedal is inserted to the crank clockwise and the left pedal is inserted counterclockwise.**
3. Tighten four 5/16" × 3/4" Button Head Socket Bolts (32) with the Combination M5 Allen Wrench & Phillips Head Screw Driver (68) to secure the left and right Hand Pulse Sensor Arms (100, 101) on the Console Mast (2).

# 3 STEP



## HARDWARE STEP 3

- #55. M6 × 35L\_Phillips Head Screw (4 pcs)
- #61. 3/8" × 1-3/4" Button Head Socket Bolt (4 pcs)
- #62. 3/8" × 19 × 1.5T Flat Washer (6 pcs)
- #63. 3/8" × 7T Nyloc Nut (6 pcs)
- #60. 3/8" × 3/4" Button Head Socket Bolt (2 pcs)
- #58. 1/4" × 13 × 1T Flat Washer (4 pcs)
- #59. 1/4" × 1" Phillips Head Screw (4 pcs)

1. Secure the Seat (19) to the sliding seat carriage by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (68) to tighten 4pcs of M6 × 35L Phillips Head Screws (55).
2. Install the Seat Handle Bar (7) on the sliding seat carriage by using the L Allen Wrench (92) to tighten 4pcs of 3/8" × 1-3/4" Button Head Socket Bolts (61), going through the Seat Handle Bar (7) and 4pcs of 3/8" × 19 × 1.5T Flat Washers (62), then use the 14.15m/m Wrench (69) to tighten 4pcs of 3/8" × 7T Nyloc Nuts (63).
3. Install the Backrest Bracket (53) on the Seat Handle Bar (7) by using the L Allen Wrench (92) to tighten 2pcs of 3/8" × 3/4" Button Head Socket Bolts (60), going through the Seat Handle Bar (7) and 2pcs of 3/8" × 19 × 1.5T Flat Washers (62), then use the 14.15m/m Wrench (69) to tighten 2pcs of 3/8" × 7T Nyloc Nuts (63).
4. Install the Backrest (52) on the Backrest Bracket (53) by using the Combination M5 Allen Wrench & Phillips Head Screw Driver (68) to tighten four 1/4" × 1" Phillips Head Screws (59) and four 1/4" × 13 × 1T Flat Washers (58), then cover the Backrest Bracket (53) with the Backrest Cover (54).
5. Connect the Lower and Middle handpulse wires (95, 108).

# Operation of Your Console

## Console



## Power Up

The fitness bike is supplied with an external power supply. When power is connected to the fitness bike, the console will automatically power up. If there is no input to the console for 30 minutes, the console will go to stand-by mode to save energy. To turn the console on press any key.

When initially powered on the console will perform an internal self-test. During this time all the lights will turn on. When the lights go off the dot matrix display will show a software version (i.e.: VER 1.0) and the time and distance windows will display an odometer reading. The odometer reading displays how many hours the fitness bike has been used and how many virtual miles the fitness bike has gone.

The odometer will remain displayed for only a few seconds then the console will go to the start up display. The dot matrix display will be scrolling through the different workout profiles of the programs and operating instructions. You may now begin to use the console.

# Console Operation

## Quick Start Mode

This is the quickest way to start a workout. After the console powers up you just press the Start key to begin. In Quick Start the Time will count up from zero and the workload may be adjusted manually by pressing the Up or Down keys. The dot matrix display will show a work profile with a ¼ mile track around it and a lap counter to the left. To the right of the dot matrix is a number that indicates your work level.

## Basic Information and Functions:

### Data Displayed:

- Pulse indicates your heart rate if you are grasping the hand pulse sensors.
- Time shows elapsed time unless you set the timer to count down.
- Distance displays accumulated kmage.
- Calories show an accumulation of calories burned (Kcal). The number shown is just an estimate; your actual calorie burn most likely will be different. The only way to get an accurate calorie reading is in a laboratory setting connected to a host of machines.

### Message Window:

Instructions are displayed to assist in programming the console and during a workout the Message Window will display workout data as described below.

- Speed shows your speed in miles per hour if there is an "KM" displayed to the left of the track/profile window, and kilometers per hour if "Km" is displayed. Press the Enter key to switch the display to see your Speed in RPM.
- Pressing the Enter key again will switch the display to show your current Work Level.

The fitness bike has a built in Heart Rate Monitoring System. Simply grasping the hand pulse sensors on the stationary handlebars will start the heart icon blinking (this may take a few seconds). The Pulse Display Window will display your heart rate, or pulse, in beats per minute.

The Stop/Reset button actually has several functions. Pressing the Stop/Reset key once during a program will pause the program for 5 minutes. If you need to get a drink, answer the phone or any of the many things that could interrupt your workout, this is a great feature. To resume your workout after pausing just press the Start key. If the Stop/Reset button is pressed twice during a workout, the program will end and a summary of your workout will be displayed. If the Stop/Reset key is held down for 3 seconds, the console will perform a complete reset.

There is an Audio Input Jack on the front of the console, and built-in speakers. You may plug any low-level audio source signal into this port. Audio sources include: MP3 player, iPod, portable radio, CD player or even a TV or computer.

## Programming The Console

Each of the programs can be customized with your personal information and changed to suit your needs. Some of the information asked for during programming is necessary to ensure the readouts are correct. You will be asked for your age and weight. Entering your age is necessary during the Heart Rate Program to ensure the correct settings are entered in the program. Entering your Weight aides in calculating a more correct calorie reading; although we cannot provide an exact calorie count we do want to be as close as possible.

**A message about calories:** Calorie readings on every piece of exercise equipment, whether it is in a gym or at home, are not accurate and tend to vary widely. They are meant only as a guide to monitor your progress from workout to workout. The only way to measure your calorie burn accurately is in a clinical setting connected to a host of machines. This is because every person is different and burns calories at a different rate.

## Entering a Program/Changing Settings

Press the program keys to scroll through the program selections. The profile for each program will be displayed in the dot matrix window. Press the Enter key to select a program and begin customizing the settings. If you want to workout without entering new settings then just press the Start key. This will bypass the programming of data and take you directly to the start of your workout. If you want to change the personal settings then just follow the instructions in the message window. If you start a program without changing the settings, the default settings will be used.

**Note:** Age and Weight default settings will change when you enter a new number. So the last age and weight entered will be saved as the new default settings. If you enter an age and weight the first time you use the fitness bike you will not have to enter it every time you work out unless either your age or weight changes or someone else enters a different age and weight.

## Manual Program

The Manual program works as the name implies, manually. This means that you control the workload yourself and not the computer.

1. Press the Manual program button then press the Enter key.
2. The message window will ask you to enter your Weight. You may adjust the weight setting using the Level Up/Down keys, then press Enter to continue.
3. The message window will ask you to enter your Age. You may adjust the age setting using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
4. Next is the Time. You may adjust the Time and press Enter to continue.
5. Now you are finished editing the settings and can begin your workout by pressing the Start key.
6. Once the program starts the fitness bike will be set to level one. This is the easiest level and it is a good idea to stay at level one for a while to warm up. If you want to increase the workload at any time press the Up key on the console or stationary hand grips; the Down key will decrease the workload.
7. During the Manual program you will be able to switch data displayed in the message window by pressing the Enter key.
8. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

## Programming Preset Programs

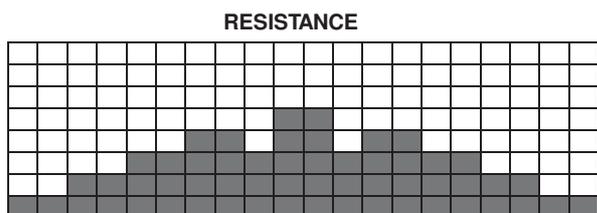
1. Using the Program Up/Down keys, select the desired program then press the Enter key.
2. The message window will ask you to enter your weight. You may adjust the Weight setting, using the Level Up/Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your age. You may adjust the Age setting using the Level Up/Down keys, then press Enter to continue.
4. Next is time. You may adjust the Time setting and then press Enter to continue.
5. Now you are asked to adjust the Max Level. This is the peak exertion level you will experience during the program (work level at the top of the hill). Adjust the level and then press Enter.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key.
7. If you want to increase or decrease the workload at any time during the program press the Level Up/Down key. This will change only the work level during the current segment.
8. During the program you will be able to switch the data displayed by pressing the Enter button.
9. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

## Preset Programs

The has seven different programs that have been designed to provide a variety of workouts. These seven programs have factory preset profiles for achieving different goals.

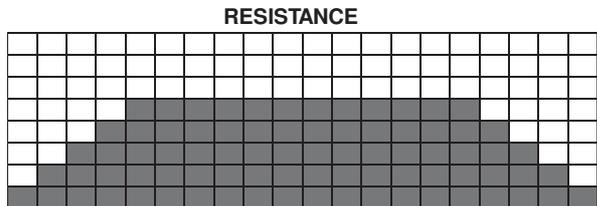
### P-1 Sunrise

The Sunrise program simulates going up and down a gentle hill early in the morning. The resistance in the pedals will steadily increase and then decrease during the program.



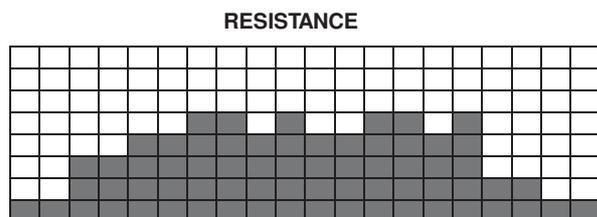
### P-2 Journey

The Journey program is designed to maximize the burning of fat, a lifelong journey for some of us. There are many schools of thought on the best way to burn fat, but most experts agree that a lower exertion level that stays at a steady workload is the best. The absolute best way to burn fat is to keep your heart rate at around 60% to 70% of its maximum potential. This program does not use heart rate but simulates a lower, steady exertion workout.



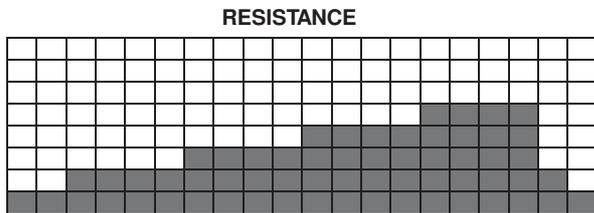
### P-3 Wild Ride

The Wild Ride program is designed to increase your cardio vascular function; this is exercise for your heart and lungs. It will build up your heart muscle and increase blood flow and lung capacity. This is achieved by incorporating a higher level of exertion with slight fluctuations in work....a real Wild Ride!



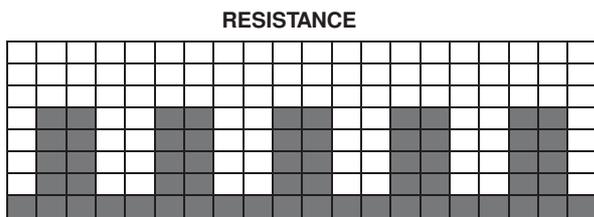
**P-4 Xtreme**

The Xtreme program is designed to increase muscular strength in your lower body with extreme resistance. This program will steadily increase in resistance to a high level and then keeps you there. This is designed to strengthen and tone your legs and glutes.



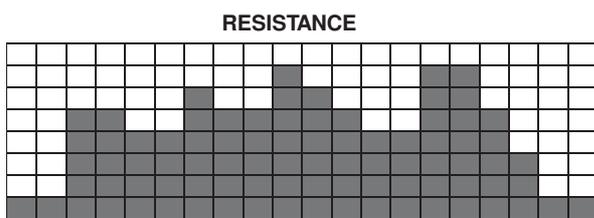
**P-5 Canyons**

The Canyons program takes you through high levels of intensity followed by periods of low intensity. This program increases your endurance by depleting your oxygen level followed by periods of recovery to replenish oxygen. Your cardio vascular system gets programmed to use oxygen more efficiently this way.



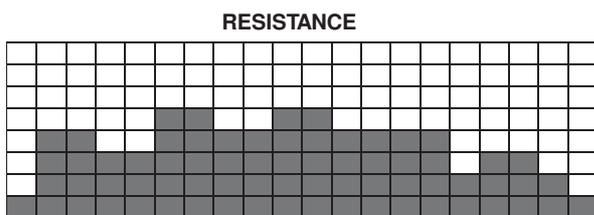
**P-6 Thrill Hill**

The Thrill Hill program combines a few types of workout in one, with variations of cardio and strength portions to give you a thrill.



**P-7 X-Country**

The X-Country program simulates a cross country run across uneven terrain.



## User Programs

The User Programs allow you to build and save your own workout. You can build your own custom

program by following the instructions below.

1. Select the User Program (User 1 or User 2) also then press Enter. The message will ask “Run Program?” if there is already a program stored. Press Enter or Start to begin stored program or Level Up/Down key to select “No” . If No is selected, you have the option to cancel the stored program. Press Enter to cancel or the Level Up/Down keys to select “No” and begin stored program.
2. If you cancel the stored program or there isn't a program stored, the letter “A” will be flashing. Use the Level Up/Down keys to select the 1st letter of your name. Press Enter. Repeat this process until the last letter of your name is flashing. Press Stop to accept your User name.
3. The message window will ask you to enter your weight. You may enter your Weight using the Level Up/ Down keys, then press the Enter key to accept the new number and proceed on to the next screen.
4. You are now asked to enter your age. You may adjust the Age setting using the Level Up/Down keys, then press Enter to continue.
5. Next is the Time setting. You may adjust the total program time and press Enter to continue.
6. Now the message window will ask you to adjust the first segment level for Resistance; use the Level Up/Down keys to adjust. When you finish adjusting the first segment, or if you don't want to change it, then press Enter to continue to the next segment.
7. The next segment will show the same level as the previously adjusted segment. Repeat the same process as the last segment then press Enter. Continue this process until all twenty segments have been set.
8. The message window will ask you to press Enter to save the program. After saving the program, press Start to begin.
9. If you want to increase or decrease the Resistance at any time during the program, press the Level Up/ Down keys.
10. During the program you will be able to switch the data displayed by pressing the Enter button.
11. When the program ends the message window will show a summary of your workout. The summary will be displayed for a short time then the console will return to the start-up display.

## Heart Rate Programs

**Note:** You must grasp the contact heart rate grips with both hands for these programs. Both programs operate the same, the only difference is that HR1 is set to 60% and HR2 is set to 80% of your maximum heart rate. They both are programmed the same way.

To start a Heart Rate Program follow the instructions below or just press the HR1 or HR2 button, then the Enter button and follow the directions in the message window.

1. Select the desired HR program then press the Enter key.
2. The message window will ask you to enter your weight. You may enter your weight using the Level Up/Down keys then press the Enter key to accept the new number and proceed.
3. You are now asked to enter your age. You may adjust the Age setting using the Level Up/Down keys.
4. Next is time. You may adjust the Time setting and then press Enter to continue.
5. You are now asked to select the Target Heart Rate Level. This is the heart rate level you will experience during the program. Adjust the level and then press Enter. Note the heart rate level that appears.
6. Now you are finished editing the settings and can begin your workout by pressing the Start key. You can also go back and modify your settings by pressing the Stop key to go back one level, or screen.
7. If you want to increase or decrease the target heart rate at any time during the program press the Level Up/ Down key.

# Heart Rate

The old motto, “no pain, no gain”, is a myth that has been overpowered by the benefits of exercising comfortably. A great deal of this success has been promoted by the use of heart rate monitors. With the proper use of a heart rate monitor, many people find that their usual choice of exercise intensity was either too high or too low and exercise is much more enjoyable by maintaining their heart rate in the desired benefit range.

To determine the benefit range in which you wish to train, you must first determine your Maximum Heart Rate. This can be accomplished by using the following formula: 220 minus your age. This will give you the Maximum Heart Rate (MHR) for someone of your age. To determine the effective heart rate range for specific goals you simply calculate a percentage of your MHR. Your heart rate training zone is 50% to 90% of your maximum heart rate. 60% of your MHR is the zone that burns fat, while 80% is for strengthening the cardio vascular system. This 60% to 80% is the zone to stay in for maximum benefit.

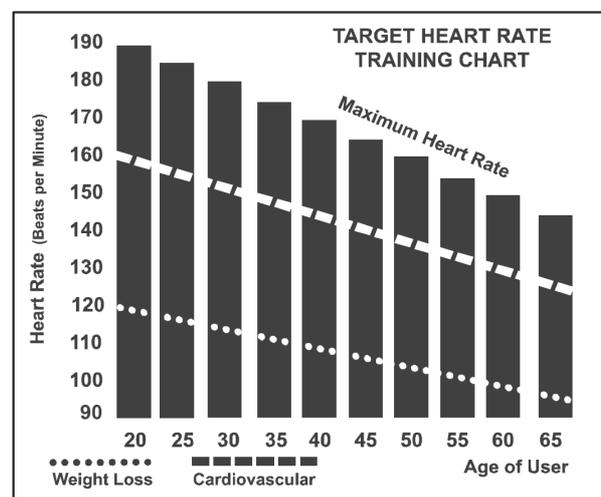
For someone who is 40 years old their target heart rate zone is calculated:

$$\begin{aligned} 220 - 40 &= 180 \text{ (maximum heart rate)} \\ 180 \times .6 &= 108 \text{ beats per minute} \\ &\text{(60\% of maximum)} \\ 180 \times .8 &= 144 \text{ beats per minute} \\ &\text{(80\% of maximum)} \end{aligned}$$

So for a 40 year old the training zone would be 108 to 144 beats per minute.

If you enter your age during programming the console will perform this calculation automatically. After calculating your MHR you can decide upon which goal you would like to pursue.

The two most popular reasons for, or goals, of exercise are cardiovascular fitness (training for the heart and lungs) and weight control. The black columns on the chart above represent the MHR for a person whose age is listed at the bottom of each column. The training heart rate, for either cardiovascular fitness or weight loss, is represented by two different lines that cut diagonally through the chart. A definition of the lines' goal is in the bottom left-hand corner of the chart. If your goal is cardiovascular fitness or if it is weight loss, it can be achieved by training at 80% or 60%, respectively, of your MHR on a schedule approved by your physician. Consult your physician before participating in any exercise program.



# Rate of Perceived Exertion

Heart rate is important but listening to your body also has a lot of advantages. There are more variables involved in how hard you should workout than just heart rate. Your stress level, physical health, emotional health, temperature, humidity, the time of day, the last time you ate and what you ate, all contribute to the intensity at which you should workout. If you listen to your body, it will tell you all of these things.

The rate of perceived exertion (RPE), also known as the Borg scale, was developed by Swedish physiologist G.A.V. Borg. This scale rates exercise intensity from 6 to 20 depending upon how you feel or the perception of your effort.

The scale is as follows:

Rating Perception of

Effort

- 6 Minimal
- 7 Very,very light
- 8 Very,very light +
- 9 Very light
- 10 Very light +
- 11 Fairly light
- 12 Comfortable
- 13 Somewhat hard
- 14 Somewhat hard +
- 15 Hard
- 16 Hard +
- 17 Very hard
- 18 Very hard +
- 19 Very,very hard
- 20 Maximal

You can get an approximate heart rate level for each rating by simply adding a zero to each rating. For example a rating of 12 will result in an approximate heart rate of 120 beats per minute. Your RPE will vary depending up the factors discussed earlier. That is the major benefit of this type of training. If your body is strong and rested, you will feel strong and your pace will feel easier. When your body is in this condition, you are able to train harder and the RPE will support this. If you are feeling tired and sluggish, it is because your body needs a break. In this condition, your pace will feel harder.

Again,

this will show up in your RPE and you will train at the proper level for that day.

# USING HEART RATE TRANSMITTER (Optional)

How to wear your wireless chest strap transmitter:

1. Attach the cycle to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter with the centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure very minute heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



**Note:** The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signals, so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated transmitter battery life is 2500 hours). The replacement battery is Panasonic CR2032.

## ERRATIC OPERATION

**Caution!** Do not use this cycle for Heart Rate unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem.

Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the is right side up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose cycle console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

If you continue to experience problems contact your dealer.

**WARNING! - DO NOT USE THE HEART RATE PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE CYCLE'S DISPLAY!**

## HEART RATE CONTROL PROGRAM OPERATION

Both programs operate the same, the only difference is that **HR1** is set to 60% and **HR2** is set to 80% of the maximum heart rate. They both are programmed the same way.

To start an **HRC** program follow the instructions below or just select the **HR1** or **HR2** program, then the **Enter** button and follow the directions in the **Message Window**.

1. Press the **HR1** or **HR2** key then press the **Enter** key.
2. The **Message Window** will ask you to enter your **Age**. You may enter your **Age**, using the **▲/▼** keys, then press the **Enter** key to accept the new number and proceed on to the next screen.
3. You are now asked to enter your **Weight**. You may adjust the **Weight** number using the **▲/▼** keys, then press **Enter** to continue.
4. Next is **Time**. You may adjust the **Time** and press **Enter** to continue.
5. Now you are asked to adjust your **Target Heart Rate**. This is the heart rate level you will strive to reach and maintain during the program. Adjust the level and then press **Enter**. **NOTE:** *The heart rate that appears is based on the % you accepted in Step 2. If you change this number it will either increase or decrease the % from Step 2.*
6. Now you are finished editing the settings and can begin your workout by pressing the **Start** key. You can also go back and modify your settings by pressing the **Enter** key. **NOTE:** *At any time during the editing of Data you can press the **Stop** key to go back one level, or screen.*
7. If you want to increase or decrease the workload at any time during the program press the **▲/▼** key. This will allow you to change your target heart rate at any time during the program.
8. During the **HR1** or **HR2** programs you will be able to scroll through the data in the **Message Window** by pressing the adjacent **Display** key.
9. When the program ends you may press **Start** to begin the same program again or **Stop** to exit the program.

# General Maintenance

1. Wipe down all areas in the sweat path with a damp cloth after each workout.
2. If a thump, clicking or wobbly feeling develops, the main cause is usually the pedals and/or crank arms being loose.

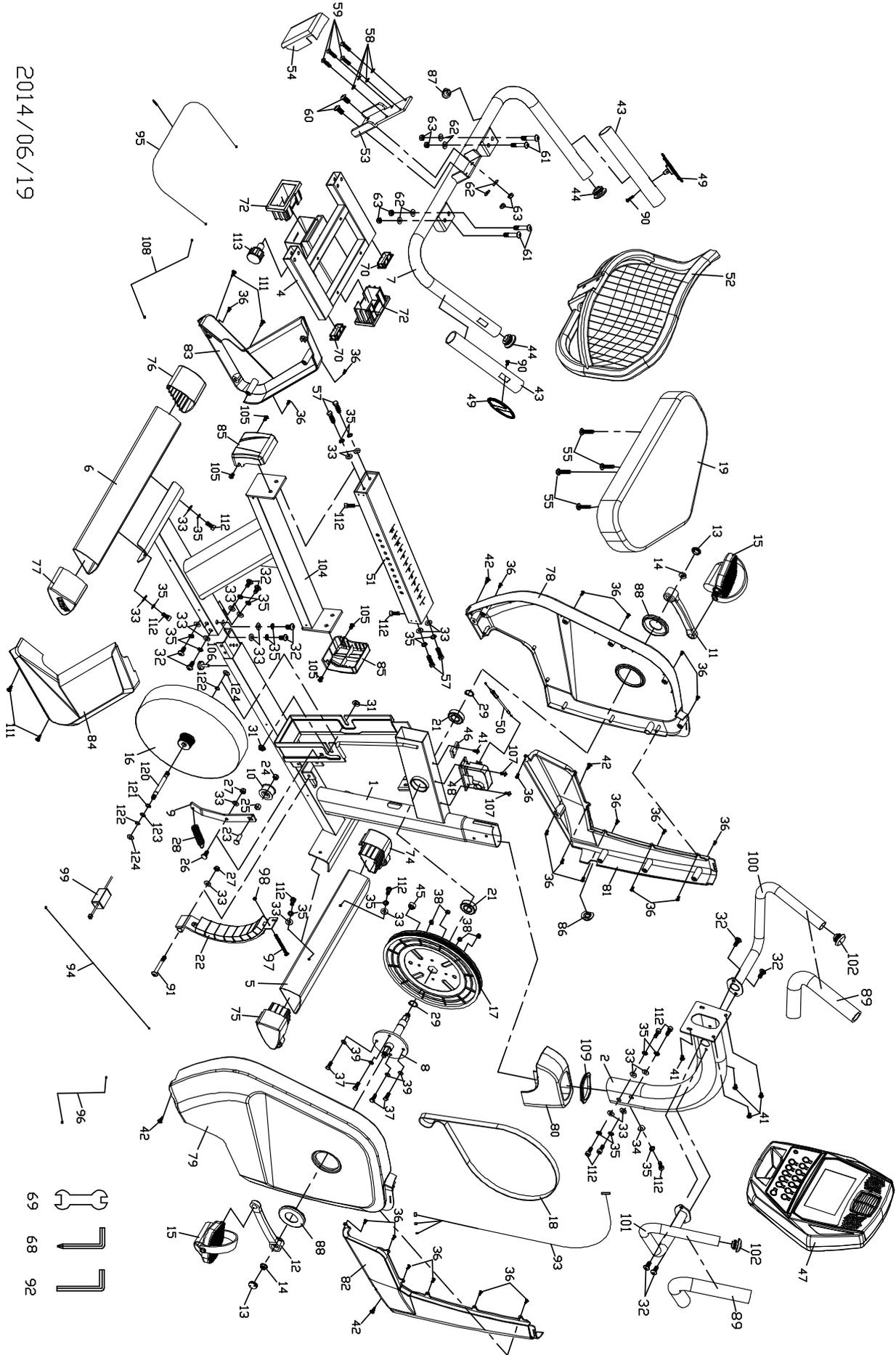
## Engineering Mode

The console has built in maintenance/diagnostic software. The software will allow you to changes to the console settings such as changing units from English to Metric and turn off the beeping of the speaker when a key is pressed. To enter the Maintenance Menu (may be called Engineering Mode, depending on version) press and hold down the Start, Stop and Enter keys. Keep holding the keys down for about 5 seconds and the message window will display "Engineering Mode". Press the Enter button to access the menu below. Press the Level Up/ Down keys to navigate the menu.

- a. Key Test - Allows you to test all the keys to make sure they are functioning)
- b. Functions - Press Enter to access settings, use Level Up/Down keys to scroll Key Test - Allows you to test all the keys to make sure they are functioning)
- c. Security - Allows you to lock the keypad so no unauthorized use is allowed. When the child lock is enabled, the console will not allow the keypad to operate unless you press and hold the Start and Enter buttons for 3 seconds to unlock the console.
- d. Exit – press Enter to return to the start up screen
  - i. Odometer Reset - Reset the odometer
  - ii. Units - Set to English or Metric display readings
  - III. TYPE - SET
  - iv. Sleep Mode - On; when On, the console will darken after 30 minutes of no use; when off, the console will remain lit as long as the power is on
  - v. Motor Test - Continually runs the tensioning gear motor
  - vi. Manual
  - vii. Key tone
  - viii. CLR EEPROM

# EXPLODED VIEW DIAGRAM

2014/06/19



# PARTS LIST

KEY NO.	PART NO.	Description	Q'TY
1	6835201	Main Frame	1
2	6835202	Console Mast	1
4	6835204	Seat Carriage	1
5	6835205	Front Stabilizer	1
6	6835206	Rear Stabilizer	1
7	6835207	Seat Handle Bar	1
8	6835208	Crank Axle	1
9	6835209	Idler Bracket	1
10	6835210	Idler Wheel	1
11	6835211	Crank Arm (L)	1
12	6835212	Crank Arm (R)	1
13	6835213	Crank Arm End Cap	2
14	6835214	M10 × 1.25m/m_Nut	2
15L	6835215L	Pedal left	1
15R	6835215R	Pedal right	1
16	6835216	Flywheel	1
17	6835217	Drive Pulley	1
18	6835218	Belt	1
19	6835219	Seat	1
21	6835221	6004_Bearing	2
22	6835222	Flywheel Magnets Mounting Plate	1
23	6835223	3/8" × 27L_Carriage Bolt	1
24	6835224	3/8" × 7T_Nyloc Nut	1
25	6835225	Ø14 × Ø10 × 9L_Sleeve	1
26	6835226	5/16" × 20L_Carriage Bolt	1
27	6835227	5/16" × 6T_Nyloc Nut	2
28	6835228	Spring	1
29	6835229	20m/m_C Ring	2
31	6835231	3/8" × UNF26 × 7T_Nut	2
32	6835232	5/16" × 3/4" Button Head Socket Bolt	10
33	6835233	5/16" × 18 × 1.5T_Flat Washer	20
34	6835234	5/16" × 19 × 1.5T_Curved Washer	1
35	6835235	5/16" × 1.5T_Split Washer	19
36	6835236	4 × 12L_Sheet Metal Screw	23
37	6835237	1/4" × 5/8" Hex Head Bolt	4
38	6835238	1/4" × 5.5L_Nyloc Nut	4
39	6835239	1/4" × 13 × 1T_Flat Washer	4
41	6835241	M5 × 12L_Phillips Head Screw	5
42	6835242	5 × 19L_Tapping Screw	4
43	6835243	Ø31.8 × 195L × 3T_Handgrip Foam	2
44	6835244	Ø32 Button Head Plug	2
45	6835245	Magnet	1
46	6835246	500m/m_Sensor W/Cable	1
47	6835247	Console	1
48	6835248	Gear Motor	1
49	6835249	Handpulse Sensor (w/o wire)	2
50	6835250	Steel Cable	1
51	6835251	Sliding Assembly	1

KEY NO.	PART NO.	Description	Q'TY
52	6835252	Backrest	1
53	6835253	Backrest Bracket	1
54	6835254	Backrest Cover	1
55	6835255	M6 × 35L_Phillips Head Screw	4
57	6835257	5/16" × 1-1/4" _Hex Head Bolt	4
58	6835258	1/4" × 13 × 1T _Flat Washer	4
59	6835259	1/4" × 1" _Phillips Head Screw	4
60	6835260	3/8" × 3/4" _Button Head Socket Bolt	2
61	6835261	3/8" × 1-3/4" _Button Head Socket Bolt	4
62	6835262	3/8" × 19 × 1.5T _Flat Washer	6
63	6835263	3/8" × 7T _Nyloc Nut	6
68	6835268	Combination M5 Allen Wrench & Phillips Head Screw Driver	1
69	6835269	14.15m/m _Wrench	1
70	6835270	□25 × 50 × 2.0T _Square End Cap	2
72	6835272	Hollow Plug	2
74	6835274	Transportation Wheel(L)	1
75	6835275	Transportation Wheel(R)	1
76	6835276	Adjustment Base (L)	1
77	6835277	Adjustment Base (R)	1
78	6835278	Rear Shroud (L)	1
79	6835279	Rear Shroud (R)	1
80	6835280	Console Mast Cover	1
81	6835281	Front Shroud (L)	1
82	6835282	Front Shroud (R)	1
83	6835283	Seat Carriage Cover (L)	1
84	6835284	Seat Carriage Cover (R)	1
85	6835285	Track Endcap	2
86	6835286	Power Bracket	1
87	6835287	HGP Wire Grommet	1
88	6835288	Crank Arm Cover	2
89	6835289	Ø25.4 × 5T × 320L _Handgrip Foam	2
90	6835290	3.5 × 20L _Sheet Metal Screw	2
91	6835291	5/16" × 2-1/2" _Button Head Socket Bolt	1
92	6835292	L Allen Wrench	1
93	6835293	1300m/m _Computer Cable	1
94	6835294	2150m/m _Handpulse Wire (Upper)	1
95	6835295	Handpulse Wire (Lower)	1
96	6835296	770m/m _DC Power Cord	1
97	6835297	M5 × 75L _Phillips Head Screw	1
98	6835298	M5 × 5T _Nyloc Nut	1
99	6835299	Power Adaptor	1
100	68352100	Hand Pulse Sensor Arm (L)	1
101	68352101	Hand Pulse Sensor Arm (R)	1
102	68352102	Ø25.4 × 3T _Button Head Plug	2
104	68352104	Rear Main Frame	1
105	68352105	M5 × 16L _Phillips Head Screw	4
106	68352106	Foot Pad	1
107	68352107	M5 × 12L _Phillips Head Screw	2
108	68352108	550m/m _Handpulse Wire (Middle)	1

<b>KEY NO.</b>	<b>PART NO.</b>	Description	<b>Q'TY</b>
<b>109</b>	68352109	Console Mast End Cap	1
<b>111</b>	68352111	5 x 19L_Tapping Screw	4
<b>112</b>	68352112	5/16" x 3/4" Socket Head Cap Bolt	11
<b>113</b>	68352113	Ø8 x M16 牙_Locking Knob	1
<b>120</b>	68352120	Axle	1
<b>121</b>	68352121	Ø19 x Ø12.4 x 0.5T_Flat Washer	1
<b>122</b>	68352122	Ø12_C Ring	2
<b>123</b>	68352123	Ø12_Wave Washer	1
<b>124</b>	68352124	Ø3/8" x Ø19 x 1.5T_Flat Washer	2

# MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its fitness bike parts for a period of time listed below from the date of retail sale, as determined by sale receipt, or in the absence of a sales receipt eighteen (18) months from the original factory shipping date. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Frame	lifetime
Parts	2 years
Labour	1 year

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the Dyaco Canada Inc.'s limited warranty.
2. Proper use of the fitness bike in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the fitness bike and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the fitness bike accessible for servicing, including any item that was not part of the fitness bike at the time it was shipped from the factory.
6. Damages to the fitness bike finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

## EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.  
Note: Some states do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for fitness bike not requiring component replacement, or fitness bike not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details.

## SERVICE

by the serial number establishes the labor warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from state to state. Service under this warranty must be obtained by following these steps, in order:

1. Contact your selling authorized SOLE dealer. OR
2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.  
6050 Don Murie Street  
Niagara Falls, ON  
L2G 0B3

Product features or specifications as described or illustrated are subject to change without notice. All warranties are made by Dyaco Canada Inc.