

Sears*

**OWNER'S
MANUAL**

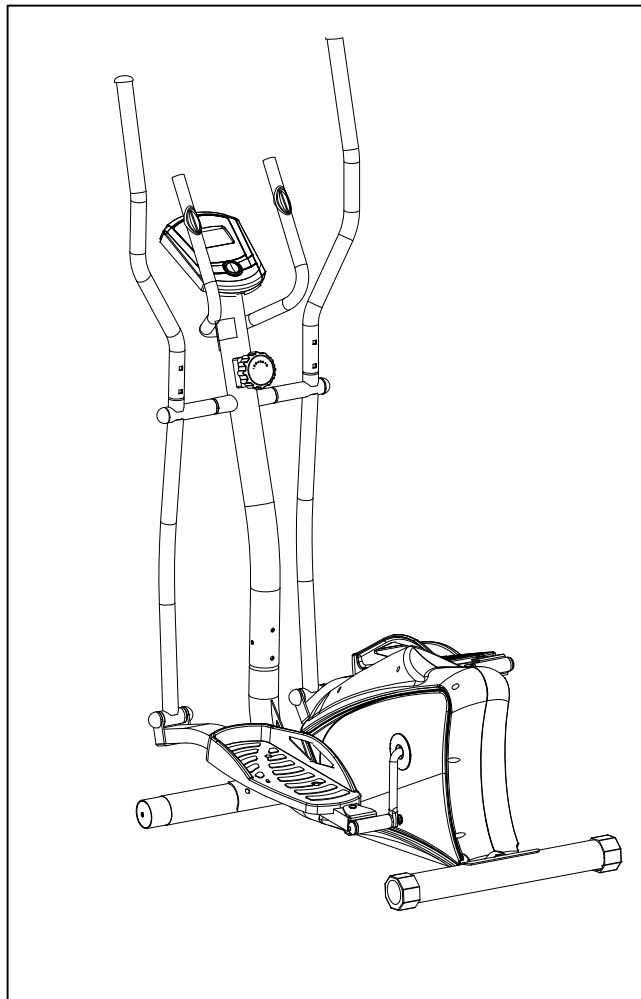
Model No.
C 249 29458 0
16217596US

*FREE SPIRIT
MAGNETIC
ELLIPTICAL*

- Warranty
- Assembly
- Parts
- Operation
- Exercise



Magnetic elliptical



Retain for Future reference

CAUTION:

You must read and understand this owner's manual before operating unit.

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Safety Precautions

Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and/or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

This product has been designed for home use only. Product liability and guarantee conditions will not be applicable to products being subjected to professional use or products being used in a gym centre.

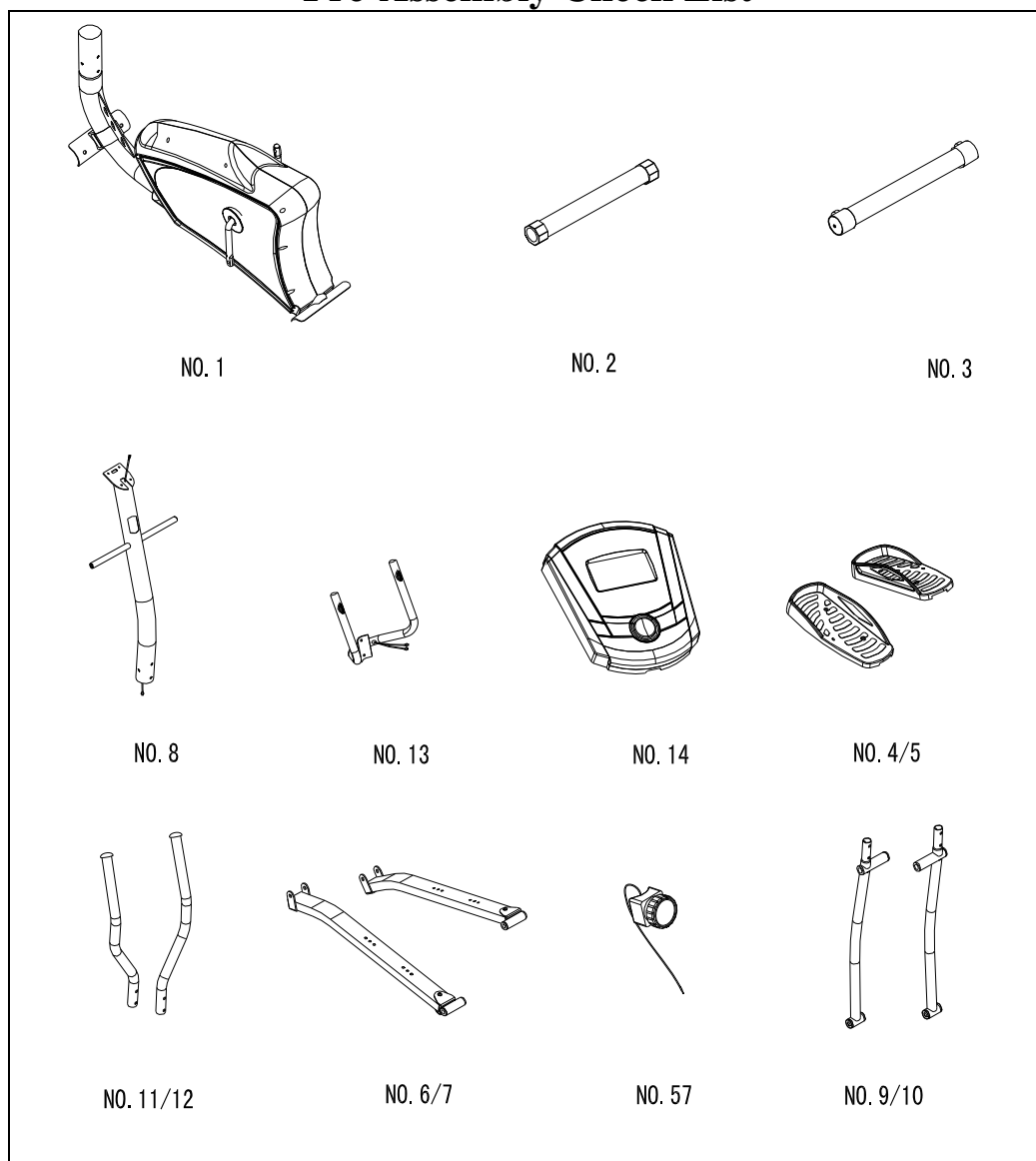
This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your elliptical.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The elliptical must be regularly checked for signs of wear and damage. Any part found defective, Must be replaced with a new part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface, do not place the unit on a loose rug or uneven surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. Keep children and pets away from this equipment at all times while exercising.
8. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
9. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
10. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed
11. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your elliptical.
12. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques.
13. User weight should not exceed 265 lbs.
14. The elliptical does not free-wheel. Spinning pedals can cause injury. Pedal speed should be reduced in a controller manner.

WARNING:

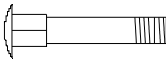

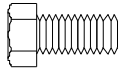




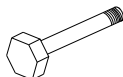




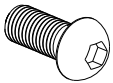
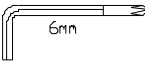
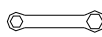
BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSON WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINS BY OR THROUGH THE USE OF THIS PRODUCT.

Pre-Assembly Check List



PART	DESCRIPTION	Q'TY	PART	DESCRIPTION	Q'TY
1	Main frame	1	11/12	Top handlebar R/L	2
2/20	Rear stabilizer w/end caps	1	6/7	Pedal tube R/L	2
3/21	Front stabilizer w/transportation wheels	1	57	Tension control w/cable	1
8	Upright	1	9/10	Bottom handlebars R/L	2
13	Stationary handlebar w/pulse	1		Inner box	1
14	Monitor	1		Manual	1
4/5	Pedal R/L	2			

Hardware Packing List

Part No.	Description	Q'ty	Drawings	
15	Carriage bolt M10 x 75	4	 15	 18
18	Domed nut M10	4		
19	Curve washer $\Phi 22$ x $\Phi 10$	4	 19	 22
22	Lock knob	4		
23	Hex head bolt M8 x 45	4	 23	 24
24	Hinge bolts	2		
25	Wave washer	2	 25	 26
26	Flat washer $\Phi 13$ x $\Phi 27$	2		
27	Nut L/R	2	 27	 28
28	PVC cap M10	6		
29	Nylon locknut M10	2	 29	 30
30	Flat washer $\Phi 10$ x $\Phi 22$	2		
31	Sleeve	2	 31	 32
32	Hex head bolt M10 x 78	2		
33	Allen screw M8 x 16	6	 33	 34
34	Curve washer $\Phi 20$ x $\Phi 8$	6		
36	Hex head screw M10 x 20	2	 36	 37
37	Spring washer $\Phi 10$	2		
38	Flat washer $\Phi 10$ x $\Phi 32$	2	 38	 39
39	D type washer	2		
41	Allen bolt M6 x 12	4	 41	 42
42	Carriage bolt M10 x 75	4		
79	Allen key 6mm	1	 79	 80
80	Allen key 4mm	1		
81	Allen key 8mm	1	 81	 82
82	Wrench	1		
83	Wrench	1	 83	

Note:

1. Above described parts is the hardware needed to assemble this machine. Before you start to assemble, please check to ensure all parts are included for assembly.

Assembly Instruction

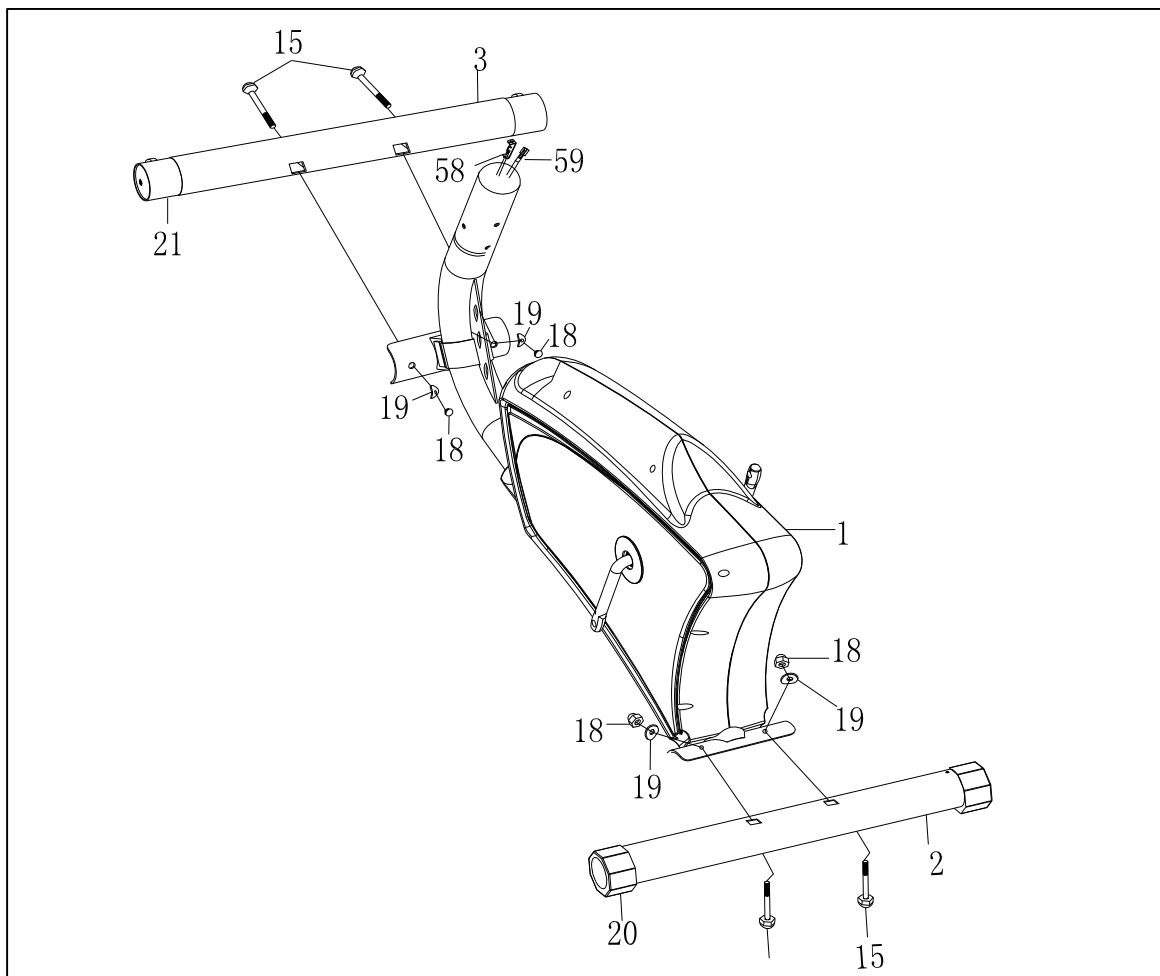
This manual is designed to help you easily assemble, adjust and use this machine. Please read this manual carefully. For the sake of familiarizing yourself with the parts identified in the instruction, first study the overview drawing.

Set all parts in a clear area on the floor and remove the packing material. Refer to the parts list for help to identify the parts.

It will take two people to assemble your unit.

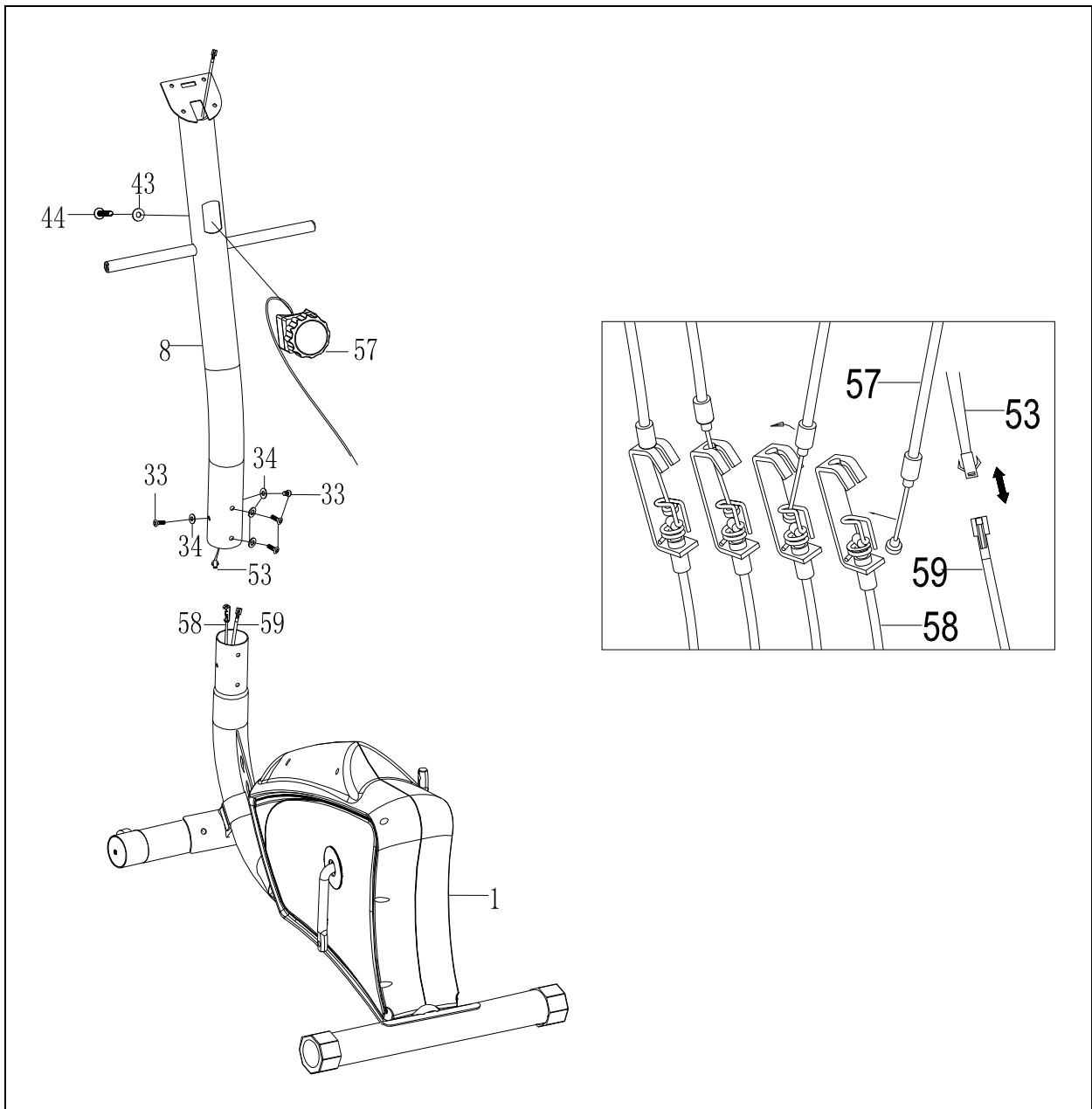
STEP 1

- Attach the front stabilizer (3) with transportation wheels (21) to the front of the main frame (1) securing with two carriage bolts (15), two curve washers (19) and two domed nuts (18).
- Attach the rear stabilizer (2) with end caps (20) to the rear of the main frame (1) securing with two carriage bolts (15), two curve washers (19) and two domed nuts (18).



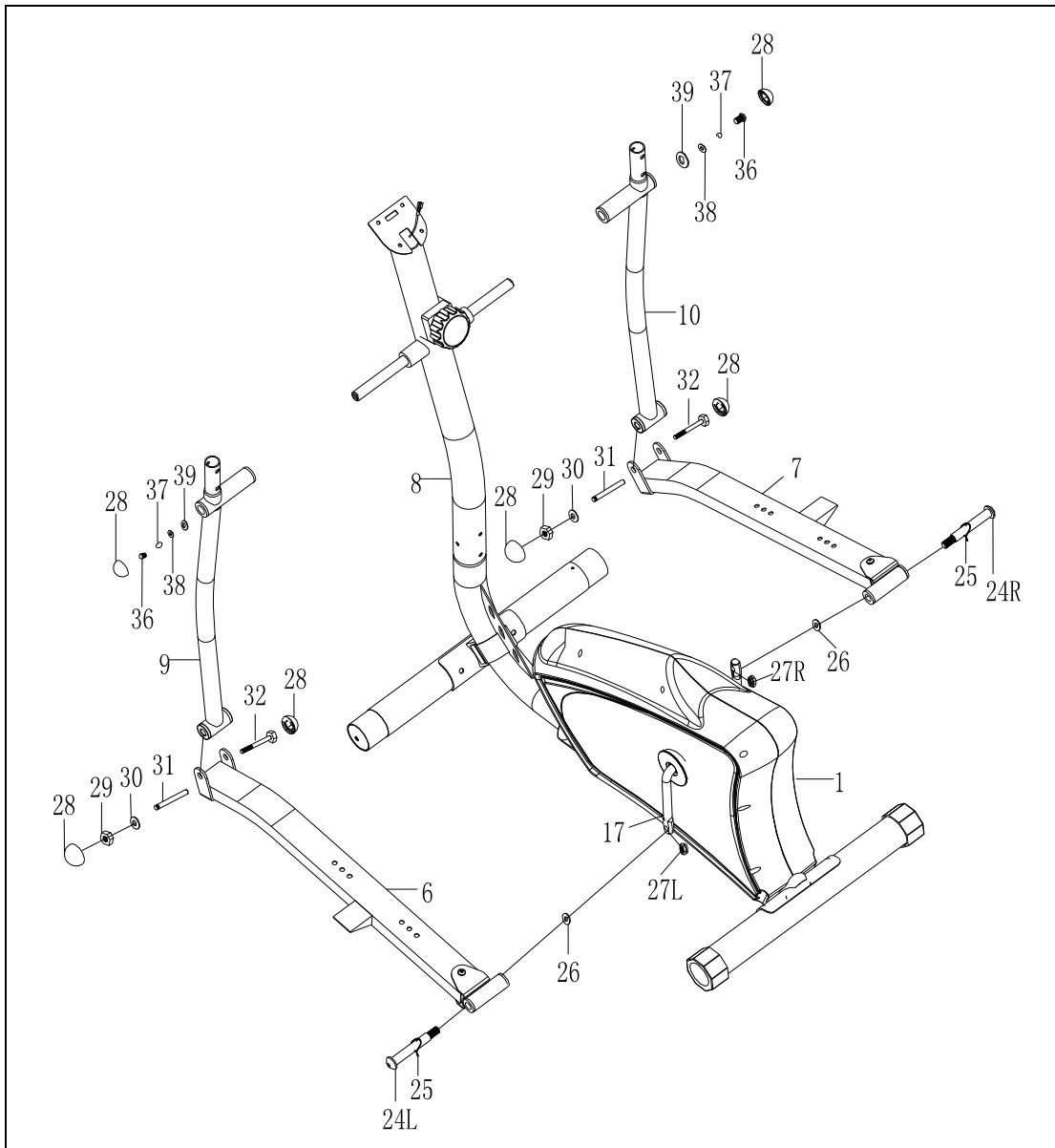
STEP 2

- Connect the extension sensor wire (53) from the upright (8) to the sensor wire (59).
- Insert the cable of the tension control (57) into the opening of the upright (8). Secure using one flat washer (43) and one screw (44) which are pre-assembled on the tension control.
- Connect the tension control w/cable (57) from the upright (8) to the extension tension control cable (58). (See insert)
- Insert the upright (8) into the main frame (1). Secure using four allen bolts (33) and four curved washers (34).



STEP 3

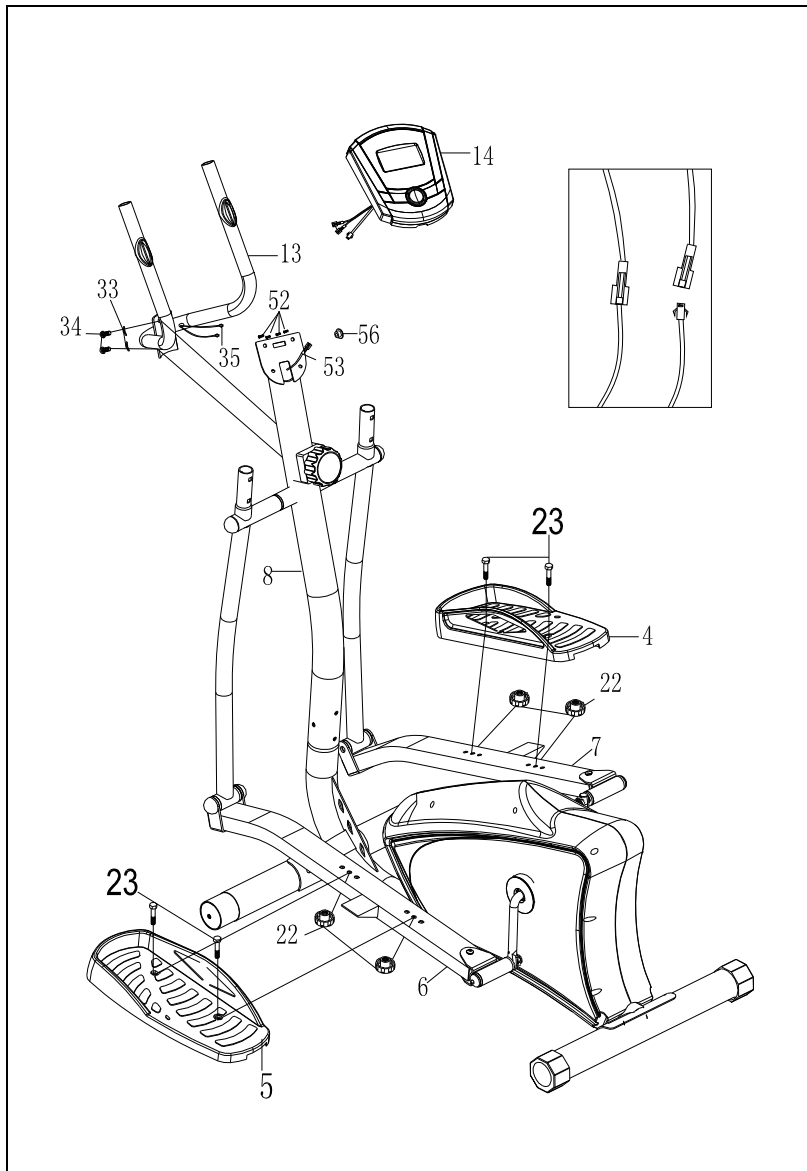
- Attach the bottom left handlebar (9) to the left side axle of the upright (8). Secure using D type washer (39), one flat washer (38) one spring washer (37), and one hex head screw (36). Attach the PVC cap (28) onto the hex head screw (36).
- Attach the left pedal tube (6) to the bottom left handlebar (9). Slide the sleeve (31) into the left pedal tube and the bottom left handlebar. Secure using one hex head bolt (32), one flat washer (30), one nylon locknut (29) and two PVC caps (28).
- Attach the left pedal tube (6) to the left crank arm (17). Secure using one hinge bolt (24L), one wave washer (25), one flat washer (26) and one nut (27L).
- Repeat for the bottom right handlebar (10).



STEP 4

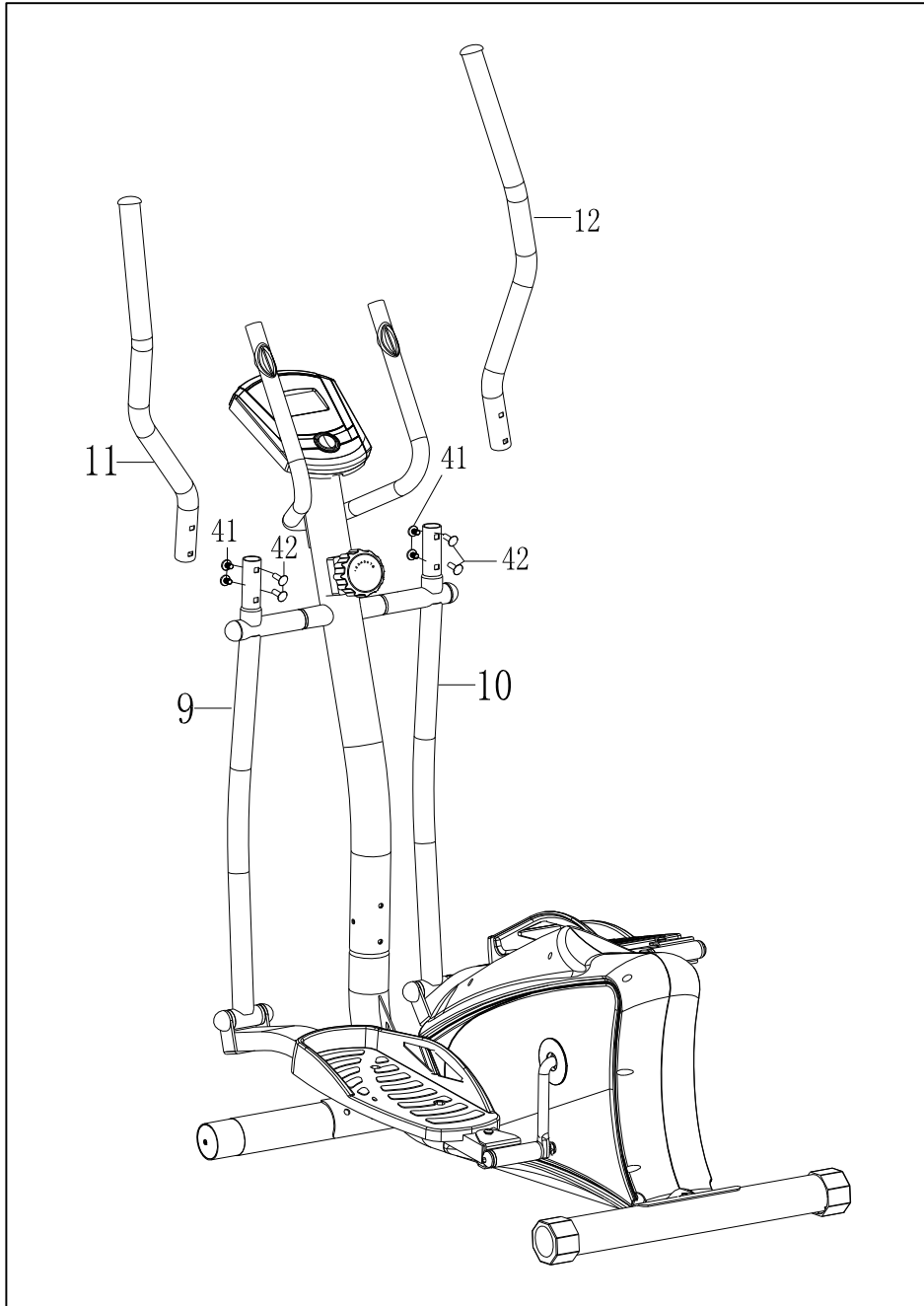
- Attach the Left pedal (5) to the left pedal tube (6). Secure in your desired position using two hex head bolts (23) and two lock knobs (22). Repeat for the Right pedal (4).
- Attach the stationary handlebar (13) with hand pulse (35) to the back of the upright (8). Secure using two allen bolts (33) and two curve washers (34).
- Insert the hand pulse wires (35) through the grommet (56) and pull it out from the hole on the top of the upright (8), then connect the hand pulse wires (35) to the back of the monitor (14).
- Connect the extension sensor wire (53) to the back of the monitor (14).
- Attach the monitor (14) to the bracket of the upright (8). Secure using **four** screws (52) which were pre-assembled on the back of monitor.

Note: It will be necessary to move the hand pulse wire (35) around the upright post and away from the monitor bracket to avoid pinching the wires.



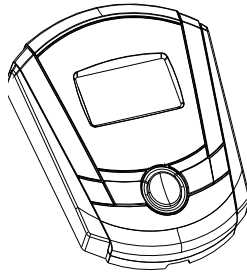
STEP 5

- Attach the top left handlebar (11) to the bottom left handlebar (9). Secure using two carriage bolts (42) and two allen bolts (41).
- Repeat for the top right handlebar (12).



**ENSURE TO FIRMLY TIGHTEN ALL NUTS AND BOLTS
YOUR UNIT IS NOW FULLY ASSEMBLED**

MONITOR INSTRUCTION



FUNCTION BUTTONS

- MODE:** Press to select functions between: time, speed, distance, calories, odometer, and pulse.
- SET:** Press to preset the target value of time, distance and calorie.
- RESET:** Press to reset your preset value to zero.
Press and hold for 2 seconds to reset except for Odometer.
(All the values will reset to ZERO automatically when change the batteries.)

Function:

- Scan:** Displays each function in sequence every 6 seconds. The display loop is Time - Speed - Distance - Calories - Odometer - Pulse.
- Time:** Shows your elapsed workout time up to 99:59
Counts down from your preset target time to 00:00 during your workout
- Speed:** Displays the current speed up to 999.9 MPH.
- Distance:** Displays the cumulative distance traveled during your workout up to 999.9 miles.
Counts down from your preset target time to 0.0 during your workout.
- Odometer** Displays the total distance accumulated up to 9999 miles.
- Calories:** Displays the cumulative calories burned at any given time during your workout up to 999.9 cal.
Counts down from your preset target calorie to 0 cal.
Note: This is a rough guide used for comparison of different exercise sessions, which cannot be used for medical purposes.
- Gripped pulse:** The monitor will display the user's current heart rate in beats per minute during the workout. Both hands must hold the gripped pulse for a heart rate reading during your workout.

Monitor Function:

How to preset Time, Speed, Distance, Calories and Odometer..

1. Press the mode button until desired function is displayed.
2. Press the set until your desired number is displayed.
3. Press the mode button to accept value.

The monitor will count down from your preset value once you start exercising.

The monitor will beep to indicate the completion of your preset value. Press any button to stop the beep and the monitor will now start to count up.

If more than one value is preset, the first to reach the value will sound the alarm. Once you have stopped the alarm the next preset value will sound the alarm until you have reached all preset values.

Remarks

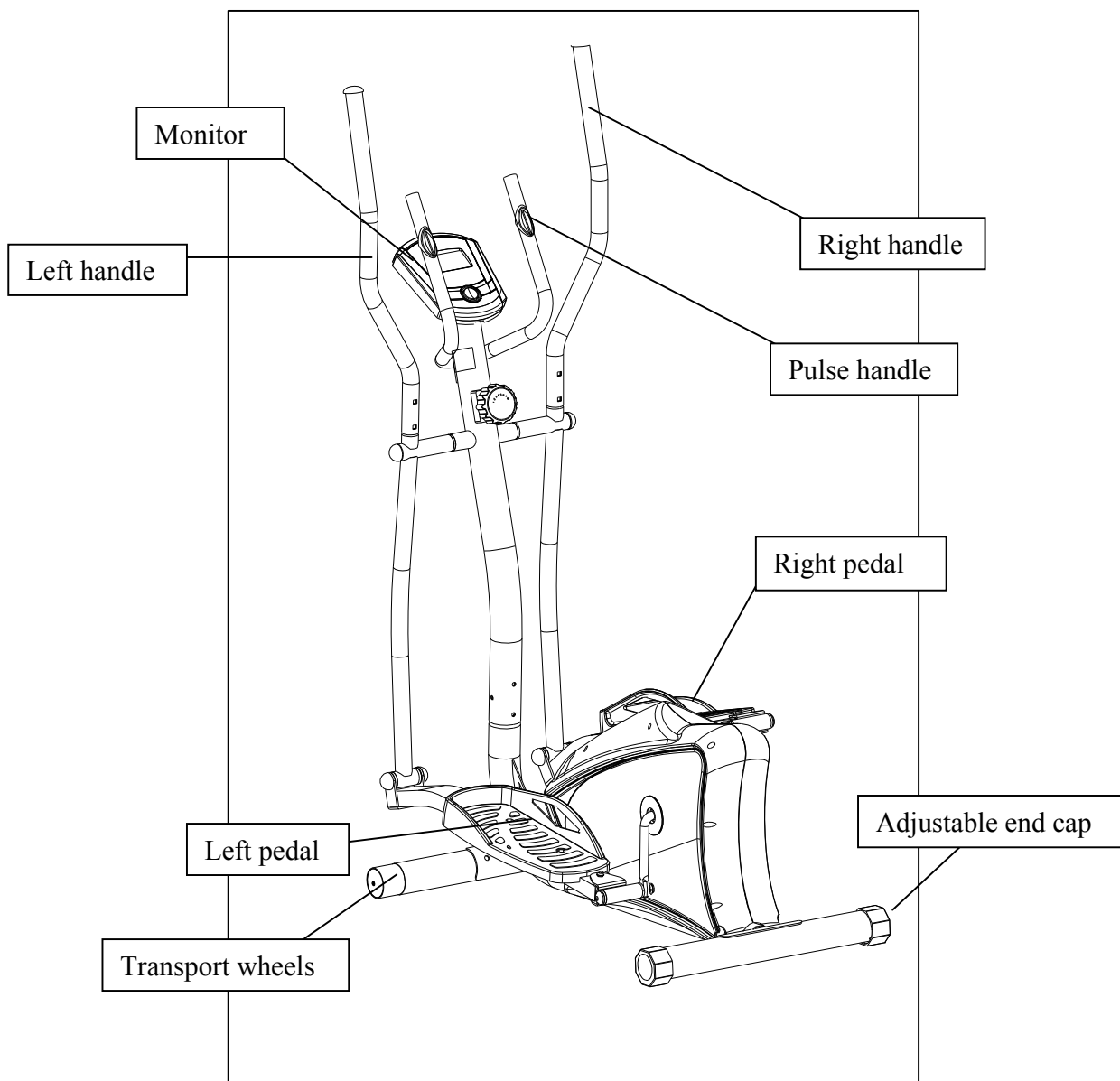
1. Monitor requires two “AA” batteries
2. The monitor will turn on automatically by pressing any key or when you start pedaling.
3. The monitor will turn off automatically if no signal is detected for around four minutes.
4. If monitor is illegible or partial segments appear, remove batteries and wait 15 seconds to re-install.
5. Removing the batteries will reset all values to zero.

User Direction

BEFORE YOU BEGIN

Thank you for selecting the revolutionary Free Spirit Elliptical. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The exercise unit provides an impressive selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the elliptical unit. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual. Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



Getting on / off your elliptical

IMPORTANT

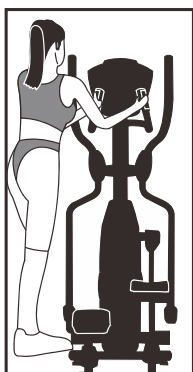
The elliptical comes with two Dual Action Handles and a Stationary Handlebar.

Always hold the Stationary Handlebar when getting on and off the elliptical.

First time users should familiarize themselves with using the elliptical by using the Stationary Handlebar first and then progressing to the Dual Action Handles.

Once you have familiarized yourself with using the elliptical, you can progress to using the Dual Action Handles to provide a total body workout. Hands can be positioned on the Dual Action Handles at the most appropriate position for your height and arm length.

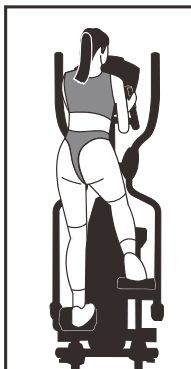
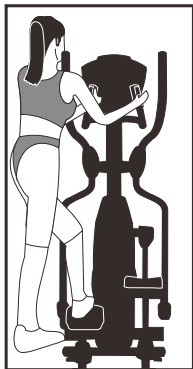
Caution should always be taken when getting on and off any exercise machine. Please follow the safety steps below.



Ensure the left Foot Pedal is in the lowest position and grasp the Stationary Handlebar with both hands.

Place your left foot on the left Foot Pedal and get secure.

Lift your right foot over machine and place on right Foot Pedal. Get balanced and begin your workout.



Important

To get off, come to a complete stop and reverse the procedure.

Always wear rubber-soled shoes, such as tennis shoes.

It is recommended that you keep at least one hand on the Stationary Handlebar at all times, especially when getting on or off. If you are performing a walking action with your arms, or doing upper body strength training exercises, ensure you are well balanced.

All equipment should be set-up and operated on solid, level surfaces.

Correct Position



Your body should be in an upright position so that your back is straight. Keep your head up to minimize neck and upper back strain. Always try and use the elliptical in a rhythmical and smooth motion. If you find yourself feeling uncomfortable, or experience a surging type feeling, there is probably too much tension.



The elliptical can be used in forward or reverse motion.



When going in reverse, bend your knees slightly more. More emphasis is on the buttocks and hamstrings in the reverse motion.

MOVING YOUR ELLIPTICAL

The elliptical can be easily moved from room to room.

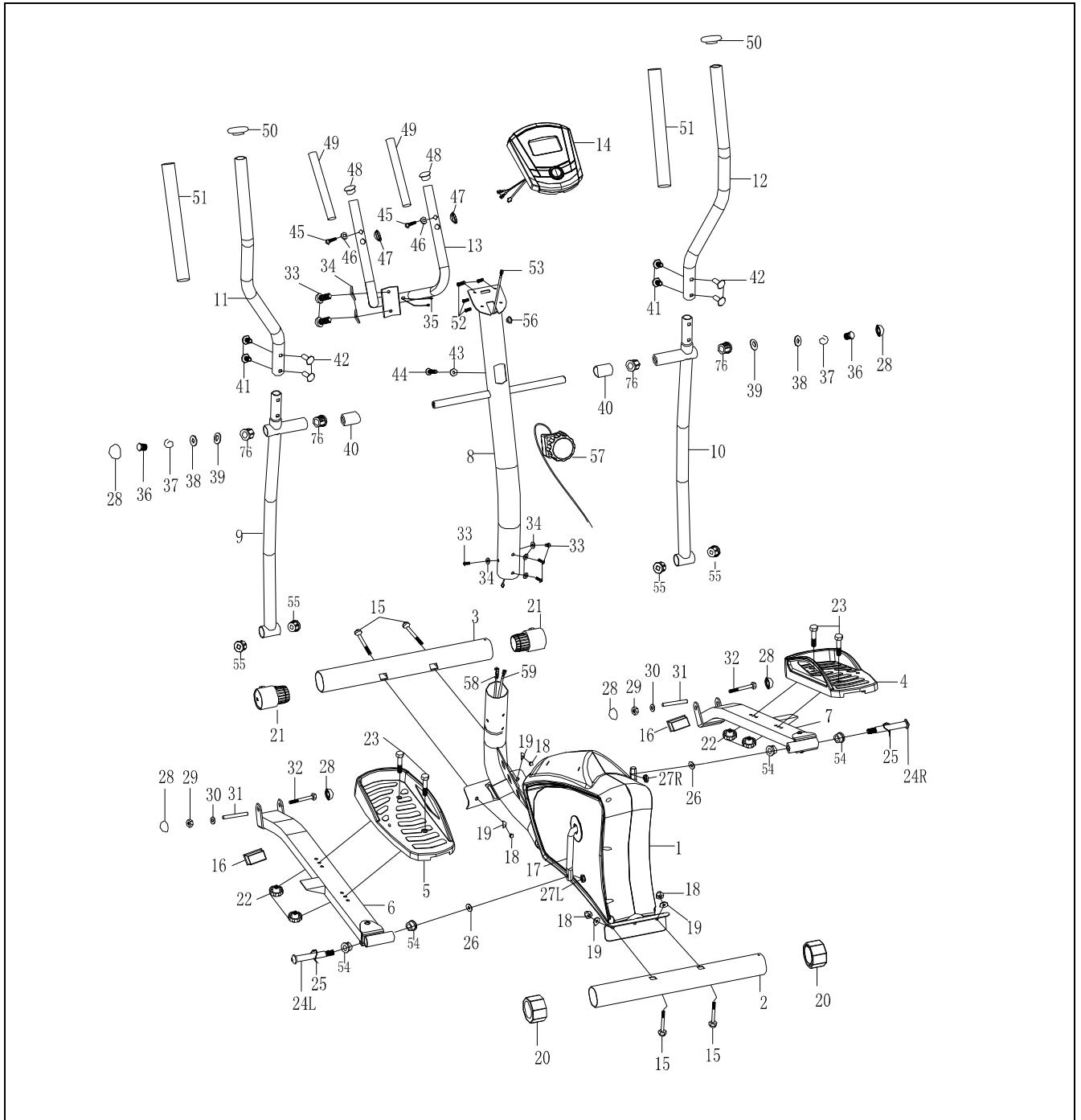


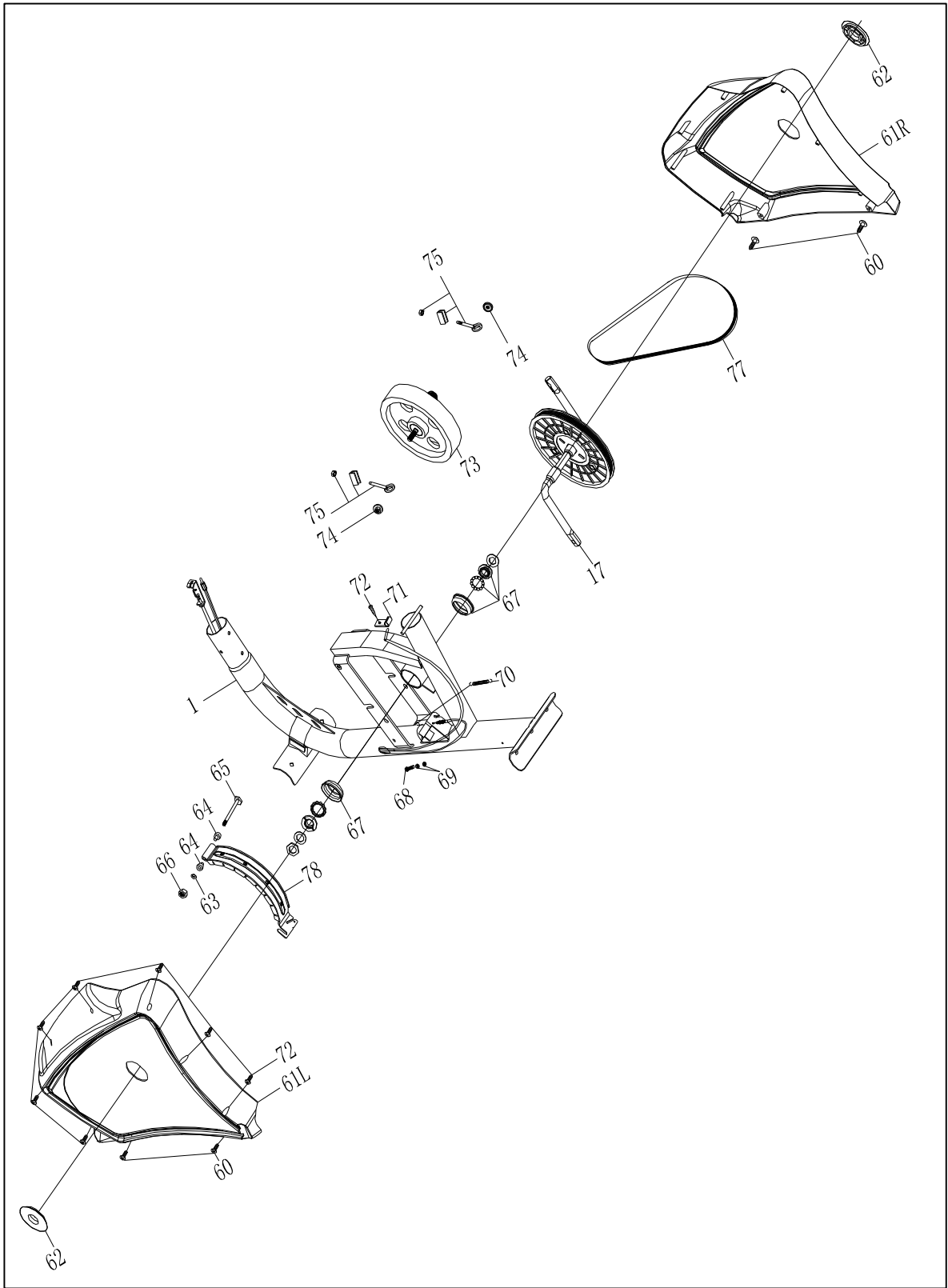
1. Move to the front of the machine and ensure swing arms are even (one foot pedal at top of Elliptical Disk and other at bottom).



2. Grasp both Dual Action Handles together and pulling back on handles, tip machine towards you..

Diagram





Parts List

Part NO.	Part No	Description	Q'ty
1	1759601	Main frame	1
2	1759602	Rear stabilizer	1
3	1759603	Front stabilizer	1
4	1759604	Right pedal	1
5	1759605	Left pedal	1
6	1759606	Pedal tube left	1
7	1759607	Pedal tube right	1
8	1759608	Upright	1
9	1759609	Bottom handlebar left	1
10	1759610	Bottom handlebar right	1
11	1759611	Top handlebar left	1
12	1759612	Top handlebar right	1
13	1759613	Stationary handlebar	1
14	1759614	Monitor	1
15	1759615	Carriage bolt M10 x 75	4
16	1759616	Square end cap	2
17	1759617	Crank w/pulley	1
18	1759618	Domed nut M10	4
19	1759619	Curve washer $\Phi 22$ x $\Phi 10$	4
20	1759620	Leveling end cap	2
21	1759621	Transportation wheel	2
22	1759622	Lock knob	4
23	1759623	Hex head bolt M8 x 45	4
24L	1759624L	Hinge bolt left	1
24R	1759624R	Hinge bolt right	1
25	1759625	Wave washer	2
26	1759626	Flat washer $\Phi 13$ x $\Phi 27$	2
27L	1759627L	Nut L	1
27R	1759627R	Nut R	1
28	1759628	PVC cap M10	6
29	1759629	Nylon locknut M10	2
30	1759630	Flat washer $\Phi 10$ x $\Phi 22$	2
31	1759631	Sleeve	2

Part NO.	Part No	Description	Q'ty
32	1759632	Hex head bolt M10 x 78	2
33	1759633	Allen screw M8 x 16	6
34	1759634	Curve washer $\Phi 20$ x $\Phi 8$	6
35	1759635	Hand pulse wire	2
36	1759636	Hex head screw M10 x 20	2
37	1759637	Spring washer $\Phi 10$	2
38	1759638	Flat washer $\Phi 10$ x $\Phi 32$	2
39	1759639	D type washer	2
40	1759640	Plastic bushing	2
41	1759641	Allen bolt M6 x 12	4
42	1759642	Carriage bolt M10 x 75	4
43	1759643	Flat washer $\Phi 5$ x $\Phi 12$ x1.0	1
44	1759644	Screw M5	1
45	1759645	Self-tapping screw ST4 x 15	2
46	1759646	Flat washer $\Phi 4.2$ x $\Phi 12$	2
47	1759647	Hand pulse sensor	2
48	1759648	Round end cap	2
49	1759649	Foam grip for Stationary handlebar	2
50	1759650	End cap for dual action handlebar	2
51	1759651	Foam grip for dual action handlebar	2
52	1759652	Screw M5 x 10	4
53	1759653	Extension sensor wire	1
54	1759654	Powder spacer	4
55	1759655	Plastic bushing $\Phi 13.5$	4
56	1759656	Grommet	1
57	1759657	Tension control knob w/cable	1
58	1759658	Extension tension cable	1
59	1759659	Sensor wire	1
60	1759660	Self-tapping screw ST5 x 15	4
61L	1759661L	Chain cover left	1
61R	1759661R	Chain cover right	1
62	1759662	Crank cover	2
63	1759663	Flat washer $\Phi 8$ x $\Phi 17$ x1.5	1
64	1759664	Plastic spacer	2
65	1759665	Hex head bolt M8 x 105	1

Part NO.	Part No	Description	Q'ty
66	1759666	Nylon locknut M8	1
67	1759667	Bearing assembly	1
68	1759668	Hex head bolt M6 x 25	1
69	1759669	Hex head nut M6	2
70	1759670	Spring	1
71	1759671	Sensor bracket	1
72	1759672	Screw ST5 x 15	8
73	1759673	Flywheel	1
74	1759674	France nut	2
75	1759675	Flywheel adjustor	2
76	1759676	Plastic bushing Φ 19	4
77	1759677	Belt	1
78	1759678	Magnetic assembly	1
79	1759679	Allen key 6mm	1
80	1759680	Allen key 4mm	1
81	1759681	Allen key 8mm	1
82	1759682	Wrench	1
83	1759683	Wrench	1

Trouble Shooting

Problem	Cause	Correction
Monitor does not display	Computer wire not connected	Connect the computer wire
No speed or distance displays on the monitor	Sensor wire not connected	Securely plug the sensor wire into the extension wire and at the back of the monitor
	Sensor wire not working properly	Replace sensor wire
	Monitor not working properly	Replace monitor
No tension	Tension control w/cable not properly connected	Securely connect the tension control with the extension tension cable
	Magnetic wheel not working properly	Replace magnetic wheel
	Tension control w/cable defective	Replace the tension control w/cable
Heart rate not displaying	Pulse wire not connected	Securely plug wires into the back of the monitor
	Hand pulse defective	Replace hand pulse grip
	Monitor not working properly	Replace monitor
Grinding	Crank bearing defective	Replace crank bearings
	Idler pulley defective	Replace idler pulley
	Mag wheel defective	Replace magnetic wheel
Squealing	V-belt slipping	Adjust v-belt

Training Guidelines

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVO₂). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprints).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved. There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later. Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles.

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training the fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest Periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

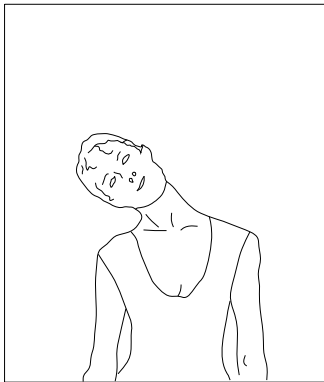
The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

Stretching

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

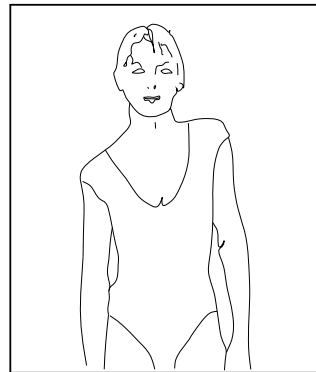
Head Rolls

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



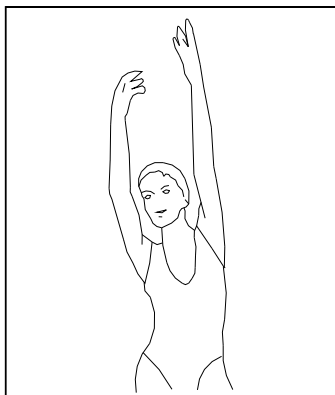
Shoulder Lifts

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



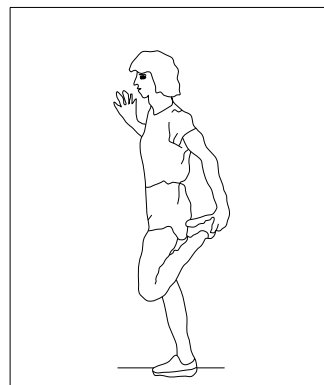
Side Stretches

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



Quadriceps Stretch

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



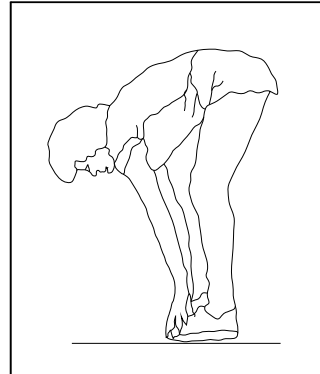
Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



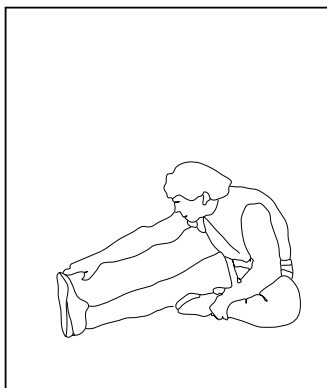
Toe Touches

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



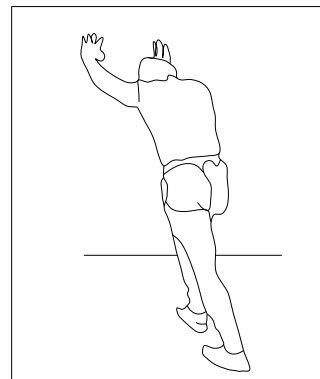
Hamstring Stretches

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



Calf / Achilles Stretch

Lean against a wall with your left leg in front. Stretch of your right and your arms forward. Keep your right leg straight and the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



Manufacture's One-Year Limited Warranty

Your **FREE SPIRIT** elliptical is warranted for one year from the date of purchase against defects in material and workmanship, when used for the purpose intended, under normal conditions, and provided it receives proper care. Any part found defective will be sent at no cost when returned in accordance with the terms of this warranty.

This warranty is not transferable and is extended only to the original owner.

The warranty shall not apply to ellipticals which are (1) used for commercial or other income producing purposes, or (2) subject to misuse, neglect, accident or unauthorized repairs and alterations.

This warranty provided herein is in lieu of all other express warranties. Any implied warranties, including any implied warranties of merchantability or fitness for particular purpose, are limited in duration to the first 12 months from the date of purchase. All other obligations or liabilities, including liability for consequential damages, are hereby excluded.

Repair Parts And Service

All of the parts for the elliptical, shown in figure can be ordered from: **MAURICE PINCOFFS CANADA INC., 6050 Don Murie Street, Niagara Falls, Ontario L2G 0B3**. When ordering parts, the parts will be sent and billed at the current prices. Prices may be subject to change without notice. Cheque or money order must accompany all orders. Standard hardware items are available at your local hardware store.

To ensure prompt and correct handling of any errors, or to answer any questions, please call our Toll Free number, 1-888-707-1880, or local number 1-905-353-8955 or fax 1-905-353-8968 or email us at customerservice@pincoffs.ca. or visit our website: www.pincoffs.ca. Office hours are from 8:30 A.M. to 5:00 P.M. Monday to Friday Eastern Standard time.

Always include the following information when ordering parts:

- *Model number
- *Name of each part
- *Part number of each part



OWNER'S MANUAL

Model No.
C249 29458 0

*FREE SPIRIT
MAGNETIC
ELLIPTICAL*



SERVICE
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SERVICE

You should record both model number and serial number and keep in a safe place for future reference.

HOW TO ORDER REPLACEMENT PARTS

The MODEL NUMBER for the ELLIPTICAL will be found on the frame.

Always mention this MODEL NUMBER when requesting service or replacement parts for your elliptical.

All parts listed herein may be ordered through SEARS CANADA INC. RETAIL OR CATALOG STORES AND SERVICE CENTERS. If the parts you need are not stocked locally your order will be electronically transmitted to a SEARS Parts Distribution Center for expedited handling.

When ordering parts by mail, selling prices will be furnished on request or parts will be shipped at prevailing prices and you will be billed accordingly.

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