

MODEL NUMBER 94953

SERIAL NUMBER _____

USER'S WEIGHT LIMITATION 250lbs.

952

OWNER'S MANUAL • RETAIN FOR FUTURE REFERENCE

WARRANTY

ASSEMBLY

OPERATING INSTRUCTIONS

CONDITIONING GUIDELINES

MAINTENANCE

SERVICE

Should you have any questions, please call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm Pacific time (excluding holidays), at: 1.800.468.2922.

Please have the following information ready before placing your call:

- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

Many times product assembly questions can be handled by our customer service personnel. **Please call us first if you are having problems.**

Any return of our products will require all of its original contents, such as packing material, packing box, components, hardware, etc.

Please note that there is a weight limitation for this product. **If you weigh more than 250lbs. it is not recommended that you use this product. Serious injury may occur if the user's weight exceeds the limit shown here.** This product is not intended to support users whose weight exceeds this limit.

Gather your tools

Before starting the assembly of your unit, make sure that you have gathered all the necessary tools you may require to assemble the unit properly. Having all of the necessary equipment at hand will save time and make the assembly quick and hassle-free.

Clear your work area

Make sure that you have cleared away a large enough space to properly assemble the unit. Make sure space is free from anything that may cause injury during assembly. After the unit is fully assembled, make sure there is a comfortable amount of free area around the unit for unobstructed operation.

Invite a friend

Some of the assembly steps may require the help of another individual. Invite a friend to help with the assembly of your new exercise equipment. It is not only safe, but fun!

Open the boxes

When you have completed the steps **BEFORE BEGINNING**, you are now ready to open the boxes of your new unit. Make sure to inventory all of the parts that are included in the boxes. Check the Hardware Comparison Chart for a full count of the number of parts included for this product to be assembled properly. If you are missing any parts, please **DO NOT TAKE THE UNIT BACK TO THE RETAIL STORE**. Instead, call our Customer Service Department, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays), at: 1.800.468.2922.

Make sure that you have the following information ready before placing your call:

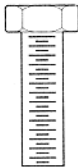
- >Your name
- >Your address
- >Your telephone number
- >Model number
- >Parts order number
- >Serial number

For your convenience, we have identified the hardware used in the assembly of this product. This chart is provided to help you identify those items that may be unfamiliar to you. All of the hardware here is shown at full size.

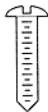
26
Washer
8 x 16 x 1mm



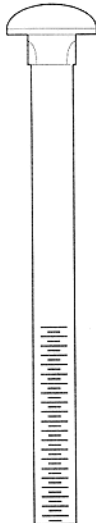
23
Bolt
5/16" x 1"



19
Computer attachment screw
4 x 16mm

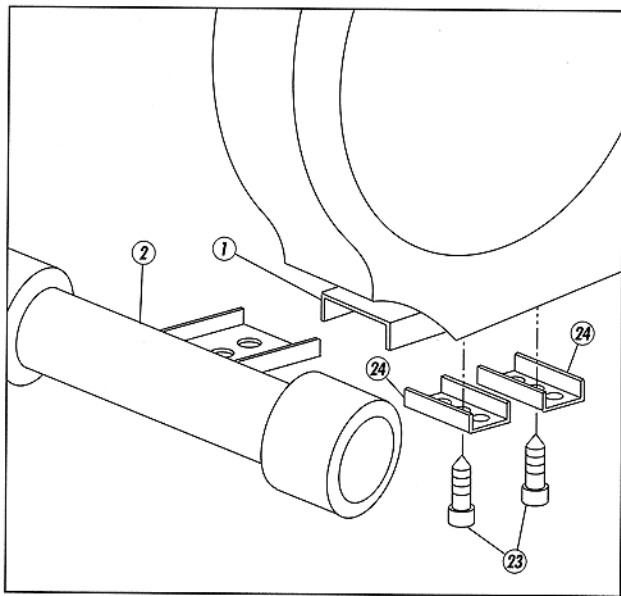


25
Bolt
8 x 87mm



STEP 1

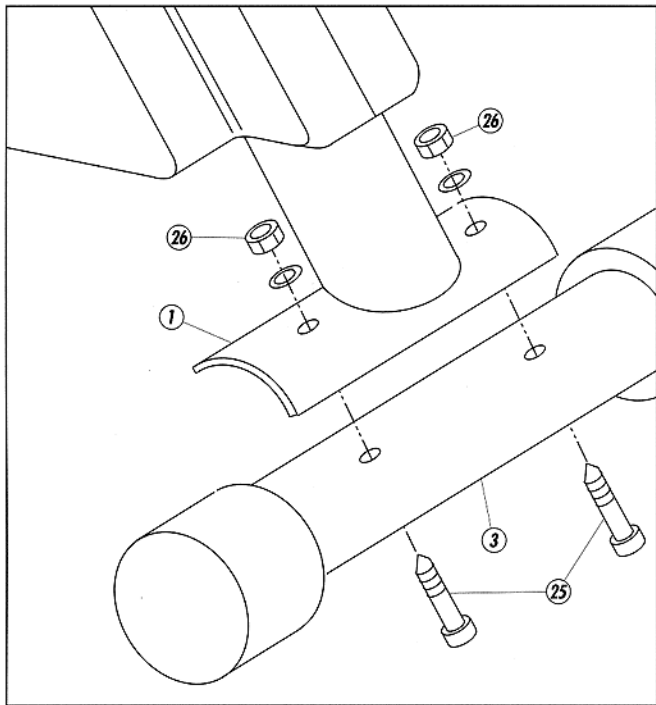
Remove the plastic shipping insert from the front of the Frame (1), then insert Crossbar (2) and secure with attached Bolts (23) through Steel plates (24). NOTE: During the assembly it may be easier to turn the frame on its side.



2

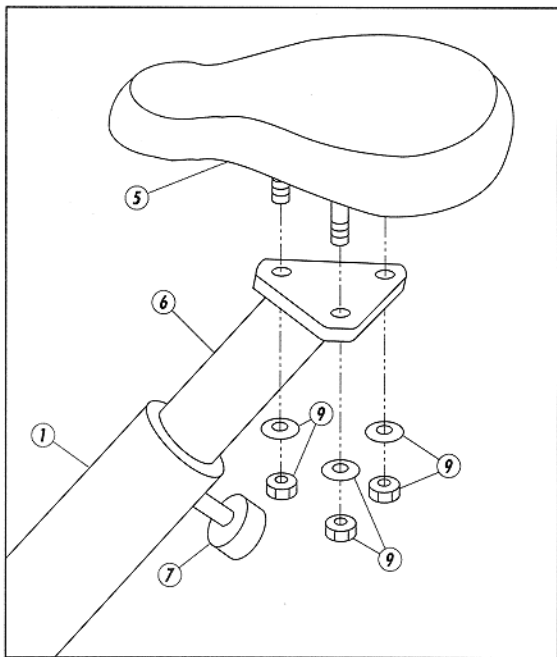
STEP

Attach the Rear crossbar (3) to the Frame (1) using Bolts (25) and secure with Washer and cap nut (26).



STEP 3

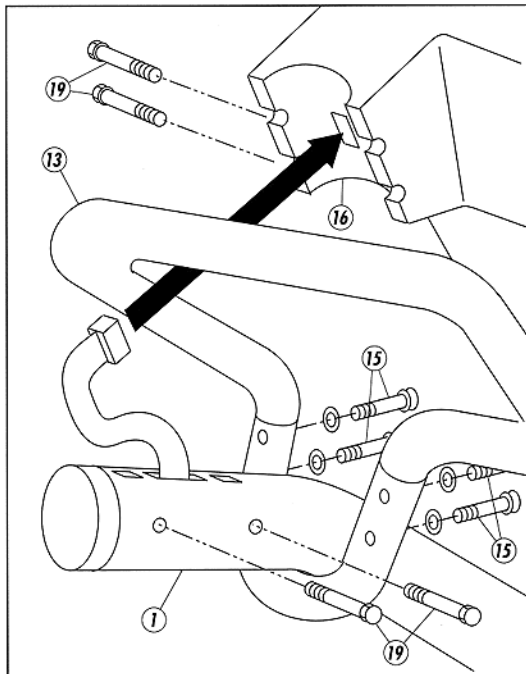
Attach the Seat [5] to the Seat post [6] with the Lock nut washers and nylon nuts located under the seat. Place the Seat post [6] in the Frame [1] and secure with Adjustment knob [7]. Adjust seat to desired height.



4 STEP

Hold Handlebar (13) in position as shown in diagram and secure with Screw and washer (15).

Connect the wire from the Computer (16) to the Frame (1) making sure to align the groove. Insert the connected wire into the slot on the top of the Frame (1). Attach the Computer (16) to the top of the Frame (1) and secure with the attachment Screws (19).

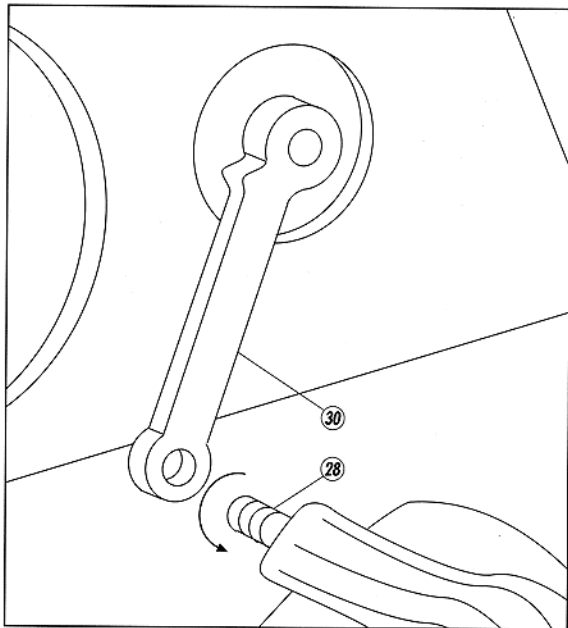


5
STEP

Thread the left pedal (28) marked "L" on the end to the left crank arm (30) marked "L". The left pedal (28) must be threaded on counterclockwise. The Right pedal must go on the Right crank arm and be threaded on clockwise.

Finally, Insert the pulse monitor into the outlet on the front of the computer panel.

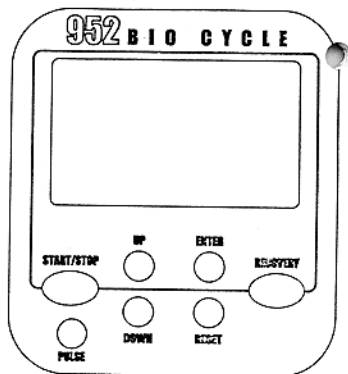
Your Magnetic Cycle is now fully assembled.



FUNCTION BUTTONS DESCRIPTION

FUNCTION BUTTONS:

- START/STOP:** WILL START OR STOP THE DESIRED PROGRAM. PRESSING THE START/STOP BUTTON WHILE THE PROGRAM IS RUNNING, WILL ABORT THE PROGRAM AND REVERT BACK TO THE SETTING SECTIONS.
- ENTER:** WILL CONFIRM DESIRED DATA AND PROGRAM.
- RESET:** WILL RESET THE VALUE SET AND RETURN TO THE LAST SETTING.
- RECOVERY:** WILL SHOW HEART RECOVERY RATE OF USER (DENOTES LEVEL OF FITNESS) AFTER A SUGGESTED EXERCISE PERIOD OF 30 MINUTES.
- UP:** TO SET DATA AND SELECT DESIRED PROGRAM. TO INCREASE TENSION LEVEL WHILE EXERCISING.
- DOWN:** TO SET DATA AND SELECT DESIRED PROGRAM. TO DECREASE TENSION LEVEL WHILE EXERCISING.



FUNCTIONS DESCRIPTION

FUNCTIONS:

SPEED: DISPLAYS CURRENT SPEED WHILE EXERCISING.

DISTANCE: COUNT UP: ACCUMULATES DISTANCE FROM BEGINNING OF WORKOUT.
COUNT DOWN: COUNTS DOWN THE DISTANCE FROM PRESET TARGET.

TIME: COUNT UP: ACCUMULATES WORKOUT TIME FROM BEGINNING OF EXERCISE.
COUNT DOWN: COUNTS DOWN THE TIME FROM PRESET TARGET.

PULSE: DISPLAYS CURRENT HEART RATE IN BEATS PER MINUTE.

WATT: DISPLAYS CURRENT WORKOUT WATT FROM BEGINNING OF EXERCISE.

CALORIES: COUNT UP: ACCUMULATES CALORIES USED FROM BEGINNING OF WORKOUT.
COUNT DOWN: COUNTS DOWN CALORIES USED FROM PRESET TARGET.

RPM: DISPLAYS CURRENT REPETITIONS PER-MINUTE.

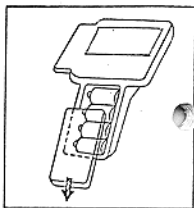
OPERATING AND PROGRAM DESCRIPTION**REMARKS:**

1. OPEN THE BATTERY COVER ON THE BACK OF THE COMPUTER AND INSERT THE BATTERIES, 1.5V UM1 BATTERY X 4PCS.
2. PLUG THE WIRE FROM THE MAIN FRAME OF THE BIKE INTO THE 7-PIN WIRE CONNECTOR UNDERNEATH THE COMPUTER AND THEN SLIDE THE COMPUTER ONTO THE METAL BRACKET ON THE TOP OF THE NECK OF THE BIKE. SECURE WITH THE SCREWS ATTACHED TO THE BACK OF THE COMPUTER.
3. IF THE COMPUTER DISPLAY IS INCORRECT, REMOVE THE BATTERIES THEN RE-INSTALL.
4. TO ENSURE THE HEART RATE MONITOR WORKS CORRECTLY, PLEASE PUT THE EAR CLIP ONTO YOUR EARLOBE SECURELY, AND INSERT THE JACK PLUG INTO THE SOCKET ON THE LOWER RIGHT HAND SIDE OF THE COMPUTER.
5. THE COMPUTER WILL AUTOMATICALLY STOP CALCULATING, EXCEPT FOR THE "TIME" FUNCTION, WHEN NO SIGNAL IS RECEIVED FOR 4 SECONDS.
6. THE COMPUTER WILL AUTOMATICALLY POWER OFF, GIVING A WARNING BEEP, WHEN NO SIGNAL IS RECEIVED FOR 2 MINUTES.

BATTERY INFORMATION

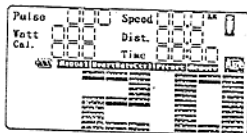
Four 1.5V UM-1 or size D batteries for tension motor drive. If low battery power LED is flashing replace these batteries.

NOTE: PUSH RESET BUTTON AFTER LOADING NEW BATTERIES TO ENSURE PROPER COMPUTER OPERATION.

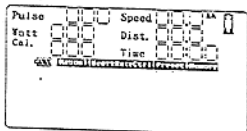


OPERATING AND PROGRAM DESCRIPTION

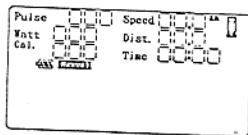
5. AFTER YOU HAVE CONFIRMED YOUR WEIGHT, THE "AGE" COLUMN, DISPLAYING A BASIC "20 YEARS OLD" WILL FLASH. PLEASE SET YOUR AGE BY USING "UP" OR "DOWN" THEN "ENTER" TO CONFIRM. "RESET" WILL TAKE YOU BACK TO WEIGHT SETTING.



6. AFTER YOUR AGE IS CONFIRMED, "MANUAL" WILL FLASH ON THE PROGRAM SELECTING AREA. PLEASE SELECT EITHER "MANUAL", "HEARTRATE CTRL", "PRESET", OR "MEMORY" BY USING "UP" OR "DOWN", AND THEN "ENTER" TO CONFIRM YOUR DESIRED PROGRAM. "RESET" WILL TAKE YOU BACK TO AGE SETTING.



7. WHEN "MANUAL" IS CONFIRMED, YOU ARE GIVEN THE OPTIONS OF "DISTANCE", "TIME", OR "CALORIES" FOR TARGET VALUE SETTINGS. YOU CAN ONLY SET ONE FUNCTION VALUE AT A SINGLE EXERCISE SESSION. WHILE THE OPTION OF "DISTANCE" IS FLASHING, PLEASE ENTER TARGET AND START EXERCISE. ALTERNATIVELY "ENTER" WITHOUT SETTING ANY TARGET, AND GO TO "TIME" OR "CALORIES" AND ENTER YOUR TARGET IN EITHER OF THESE FUNCTIONS.



OPERATING AND PROGRAM DESCRIPTION

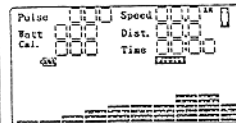
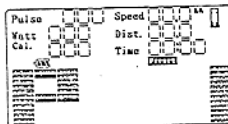
8. PRESS "START/STOP" TO START "Manual" AND ADJUST TO YOUR CORRECT TENSION LEVEL BY USING "UP" OR "DOWN" WHILE EXERCISING.



9. WHEN THE PROGRAM "HeartRateCtrl" IS CONFIRMED, THE SUGGESTED NUMBER OF HEARTBEATS PER MINUTE WILL FLASH ON THE MONITOR. WHEN THE IDEAL HEART RATE IS SET, START EXERCISING BY USING "START/STOP". AND THE TENSION LEVEL WILL BE AUTOMATICALLY ADJUSTED EVERY MINUTE TO ENSURE YOUR CURRENT HEART RATE MATCHES THE PRESET VALUE.

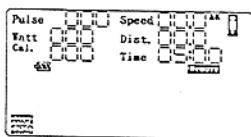
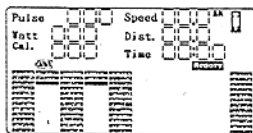


10. WHEN THE PROGRAM "Preset" IS CONFIRMED, "P1" WILL FLASH ON THE MONITOR, USE "UP" OR "DOWN" TO SEE "P2", "P3", "P4" AND "ENTER" TO VIEW PROFILES OF THESE PROGRAMS SELECT DESIRED PROGRAM BY PRESSING "ENTER" AND START EXERCISING.



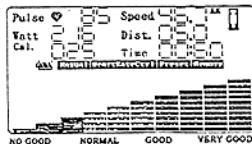
OPERATING AND PROGRAM DESCRIPTION

11. WHEN "Memory" IS SELECTED, "M1" WILL FLASH ON THE MONITOR, USE "UP" OR "DOWN" TO SEE "M2", "M3" AND PRESS "ENTER" TO VIEW THE MEMORY PROGRAM PROFILE. PRESS "ENTER" AGAIN AND FORMAT YOUR PERSONAL TENSION PROGRAM BY USING "UP", "DOWN" AND "ENTER" THEN START EXERCISING



NOTE: WHEN YOU ARE GOING TO USE AN EXISTING MEMORY PROGRAM (ALREADY FORMATTED FOR PERSONAL USE), PLEASE "ENTER" TO CONFIRM "M1", "M2" OR "M3" WITH THE CHOSEN PROGRAM PROFILE RUNNING ON THE MONITOR. PRESS "START" IMMEDIATELY. DO NOT PRESS "ENTER" BEFORE "START" OR YOU WILL GO INTO EDITING PROCEDURE.

12. RECOVERY: AFTER A SUGGESTED EXERCISE PERIOD OF 30 MINUTES, STOP PEDALLING (DO NOT PRESS THE "STOP" BUTTON) AND PRESS THE "RECOVERY" BUTTON. YOU WILL, OF COURSE, NEED THE PULSE FUNCTION ON. THE COMPUTER WILL AUTOMATICALLY SHUT OFF ALL OTHER FUNCTIONS AND COUNT DOWN FOR 60 SECONDS. WHEN IT HAS COUNTED DOWN TO ZERO, THE MONITOR WILL SHOW THE RECOVERY RATE (LEVEL OF FITNESS) OF THE USER.



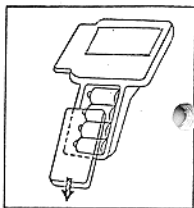
OPERATING AND PROGRAM DESCRIPTION**REMARKS:**

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2. PLUG THE WIRE FROM THE MAIN FRAME OF THE BIKE INTO THE 7-PIN WIRE CONNECTOR UNDERNEATH THE COMPUTER AND THEN SLIDE THE COMPUTER ONTO THE METAL BRACKET ON THE TOP OF THE NECK OF THE BIKE. SECURE WITH THE SCREWS ATTACHED TO THE BACK OF THE COMPUTER.
3. IF THE COMPUTER DISPLAY IS INCORRECT, REMOVE THE BATTERIES THEN RE-INSTALL.
4. TO ENSURE THE HEART RATE MONITOR WORKS CORRECTLY, PLEASE PUT THE EAR CLIP ONTO YOUR EARLOBE SECURELY, AND INSERT THE JACK PLUG INTO THE SOCKET ON THE LOWER RIGHT HAND SIDE OF THE COMPUTER.
5. THE COMPUTER WILL AUTOMATICALLY STOP CALCULATING, EXCEPT FOR THE "TIME" FUNCTION, WHEN NO SIGNAL IS RECEIVED FOR 4 SECONDS.
6. THE COMPUTER WILL AUTOMATICALLY POWER OFF, GIVING A WARNING BEEP, WHEN NO SIGNAL IS RECEIVED FOR 2 MINUTES.

BATTERY INFORMATION

Four 1.5V UM-1 or size D batteries for tension motor drive. If low battery power LED is flashing replace these batteries.

NOTE: PUSH RESET BUTTON AFTER LOADING NEW BATTERIES TO ENSURE PROPER COMPUTER OPERATION.



Warranty Coverage: Fitness Solutions, Inc. ("Fitness Solutions") warrants to the original purchaser that each new product to be free from defects in workmanship and material, under normal use and conditions.

Period of Coverage: The Warranty on this product shall run from the date of purchase and expires:

- (a) **FIVE (5) YEARS** on the steel frame;
- (b) **THIRTY (30) DAYS** on all vinyl and upholstery; and
- (c) **NINETY (90) DAYS** on all other parts.

It is recommended that the Original Receipt be kept with the product manual.

Remedy Provided by Fitness Solutions: Fitness Solutions will provide a replacement part free of charge if a defect is found during the Warranty period. You must pay any charges for shipping and handling outside of the Continental United States and for labor. You may select any reputable service center to install any replacement part.

Parts repaired or replaced pursuant to this Warranty shall be warranted for the unexpired portion of the Warranty applying to the original product. Any technical advice furnished before or after delivery in regard to the use or application of Fitness Solutions products is furnished without charge and on the basis that it represents Fitness Solutions'

best judgment under the circumstances but that the advice is used at your sole risk.

Procedure for Obtaining Your Remedy Under This Warranty:

In the event you discover a defect in this product, please phone our Customer Service Department at 1 (800) 468-2922 between the hours of 8:00 a.m. and 4:00 p.m. (Pacific Standard Time). You may order your free replacement part at that time, and you may obtain assistance from our Customer Service professionals. Parts will be shipped to you within one hundred eighty (180) days of your notification to our Customer Service Department of your Warranty claim. To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and the order number.

Limitations on Warranty: This Warranty does not apply to you if you have purchased this product for resale. This Warranty does not cover any problems, damages or failures that are caused by accident, improper assembly, failure to observe cautionary labels on the product, failure to operate the product correctly, abuse or freight damage. Fitness Solutions does not warrant against any damage or defects that may result from repair or alterations made to the product by a repair facility.

This Warranty shall terminate if you sell or otherwise transfer this product. This Warranty does not apply to any product shipped or handled outside of the United States. This Warranty does not apply if the product is used for rental or commercial use.

Consequential and incidental damages are not recoverable under this Warranty.

(Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you.)

THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER EXPRESS WARRANTIES. ALL IMPLIED WARRANTIES, INCLUDING WARRANTIES OF MERCHANTABILITY OR FITNESS FOR ANY PARTICULAR PURPOSE, ARE LIMITED IN DURATION TO ONE (1) YEAR FROM THE EFFECTIVE DATE OF THIS WARRANTY. FITNESS SOLUTIONS IS NOT LIABLE FOR CONSEQUENTIAL OR INCIDENTAL DAMAGES RESULTING FROM ANY DEFECT IN PARTS NOR FOR ANY BREACH OF EXPRESS OR IMPLIED WARRANTIES. FITNESS SOLUTIONS' SOLE LIABILITY UNDER THIS WARRANTY IS LIMITED TO THE TERMS DESCRIBED IN THIS FORM.

THIS WARRANTY GIVES YOU SPECIFIC LEGAL RIGHTS, AND YOU MAY ALSO HAVE OTHER RIGHTS WHICH VARY FROM STATE TO STATE.


 PLEASE COMPLETE

Last name, first name:

Daytime telephone number:

Address:

City:

State:

Zip code:

Place and date of purchase:

Model number of item purchased:

Serial No.:

REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department, at 1.800.468.2922, Monday through Friday, 8:00am until 4:00pm, Pacific time (excluding holidays). To help us assist you, please have the following information ready:

- Model name or number from the cover of the manual;
- Serial number located on the frame of the unit; and
- The part description and order number.

Send your order to:

FITNESS SOLUTIONS, INC.
1339 E. Carson St.
#671
Carson, CA 90745

IMPORTANT: Please do not return any product to this address.

If unit is no longer under warranty, call for shipping and handling, pricing and taxes (if applicable):

1.800.468.2922

PART NUMBER	QTY.	PART DESCRIPTION	PRICE

SHIPPING/HANDLING

TAX

TOTAL

Warning

Before using this product, please consult your personal physician for a complete physical examination. Frequent and strenuous exercise should be approved by your doctor. If any discomfort should result from your use of this product, stop exercising and consult your doctor. Proper usage of this product is essential. Please read your manual carefully before exercising.

Please keep all children away from the equipment during use and when equipment is unattended.

Always wear appropriate clothing, including athletic shoes, when exercising. Do not wear loose clothing that could become caught during exercising.

Make sure that all bolts and nuts are tightened when equipment is in use. Periodic maintenance is required on all exercise equipment to keep it in good condition.

Before beginning

How you begin your exercise program depends on your physical condition. If you have been inactive for several years, or are severely overweight, you must start slowly and increase your time gradually, a few minutes per week.

Initially you may be able to exercise only for a few minutes in your target zone. However, your aerobic fitness will improve over the next six to eight weeks. Don't be discouraged if it takes longer. It's important to work at your own pace. Ultimately, you'll be able to exercise continuously for 30 minutes. And the better your aerobic fitness, the harder you will have to work to stay in your target zone. But remember these essentials:

>Contact your physician before starting a workout or training program. Have your doctor review your training and diet programs to advise you of a workout routine you should adopt.

>Begin your training program slowly with realistic goals that have been set by you and your doctor.

>Supplement your program with some type of aerobic exercise such as walking, jogging, swimming, dancing and/or bicycling.

>Monitor your pulse frequently. If you do not have an electronic heart rate monitor, have your physician show you the proper way to manually check your pulse by using your wrist or neck. Establish your target heart rate based on your age and condition.

>Drink plenty of fluids during the course of your routine. You must replace the water content lost from excessive exercising to avoid dehydration. Avoid drinking large amounts of cold liquids. Fluids should be at room temperature when consumed.



The Surgeon General has determined that lack of physical activity is detrimental to your health.

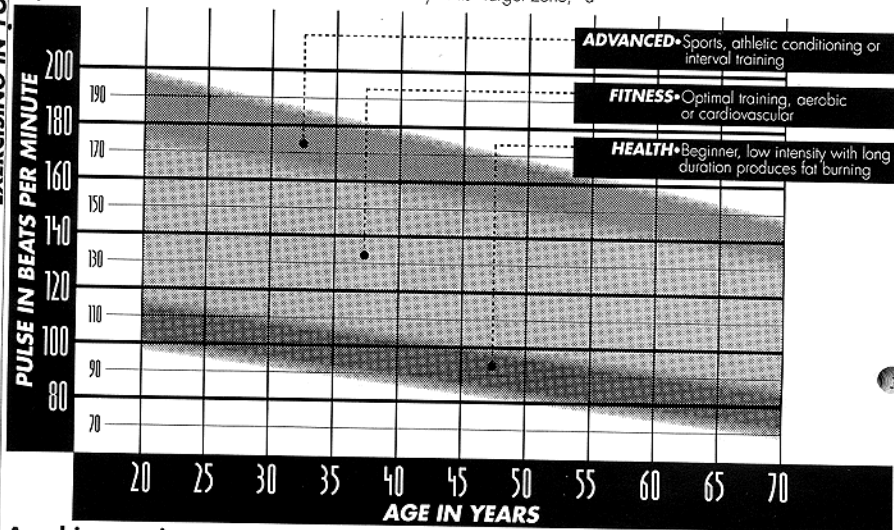
Finding your pulse

To make sure your heart is beating in its target zone, you'll need to know how to monitor your heart rate. The easiest way is to feel the pulse in the carotid artery on either side of your neck, between the windpipe and the large neck muscles. Count the num-

ber of beats in ten seconds, then multiply by six. This gives you the number of beats per minute.

How fast should your heart beat during aerobic exercise? Fast enough to reach and stay in its "target zone," a

range of beats per minute that is largely determined by your age and physical condition. To determine your target zone, consult the chart we have provided.

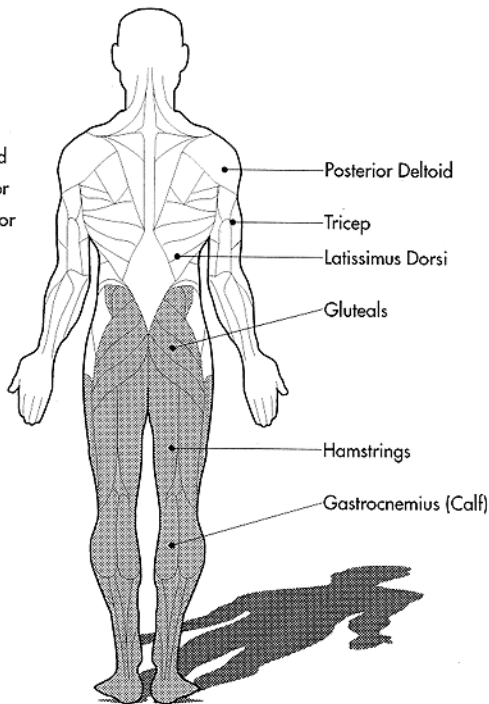
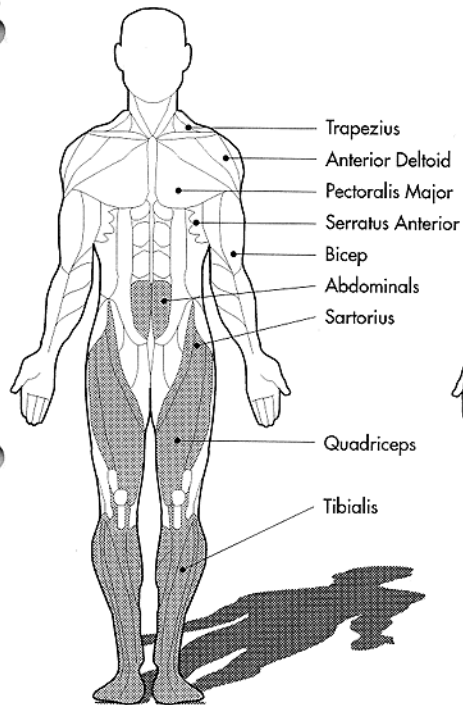


Aerobic exercise is any sustained activity that sends oxygen to your muscles via your heart and lungs. It will improve the fitness of your lungs and heart: your body's

most important muscle. Aerobic fitness is promoted by any activity that uses your large muscle groups - arms, legs or buttocks, for example. Your heart beats quickly and you breath

deeply. An aerobic exercise should be part of your entire exercise routine.

The exercise routine that is performed on this product will develop both upper and lower body muscle groups. These muscle groups are shown on the chart below.



A MAJORITY OF THE LISTED HARDWARE IS ALREADY IN PLACE

NUMBER	DESCRIPTION	QUANTITY	ORDER NUMBER
1	Frame	1	952-01
2	Front Crossbar	1	952-02
3	Rear Crossbar	1	952-03
4	Crossbar Cap	4	952-04
5	Seat	1	952-05
6	Seatpost	1	952-06
7	Adjustable Knob	1	952-07
8	Filler	1	952-08
9	Lock Washer with Nylon Nut	3	952-09
10	Left Chainguard	1	952-10
11	Right Chainguard	1	952-11
12	Chainguard Cap	1	952-12
13	Handlebar	1	952-13
14	Grip	1	952-14
15	6 x 32mm Screw with Washer	4	952-15
16	Computer	1	952-16
17	Computer Case Screw	4	952-17
18	Battery Cover	1	952-18
19	Computer Attachment Screw	4	952-19
20	Computer Wire	1	952-20
21	Pulse Wire Clip	1	952-21
22	Frame Cap	1	952-22
23	5/16" x 1" Bolt	2	952-23
24	Steel Plate	2	952-24
25	8 x 87mm Bolt	2	952-25
26	Washer with Nut	2	952-26
27	Chainguard Cover Screw	14	952-27
28	Left Pedal	1	952-28
29	Right Pedal	1	952-29
30	Left Crank Arm	1	952-30
31	Right Crank Arm	1	952-31
32	Pin with Washer and Nylon Nut	2	952-32
33	Large Metal Pulley	1	952-33
34	Small Plastic Pulley	1	952-34
35	Pulley Washer	1	952-35
36	Nylon Nut	1	952-36
37	Pulley Belt	1	952-37
38	Flywheel Disk	1	952-38
39	Bolt	4	952-39
40	Magnet and Screw	1	952-40
41	Sensor Wire	1	952-41
42	Sensor Bracket	1	952-42
43	Bracket Screw	2	952-43
44	Flywheel with Pulley	1	952-44

NUMBER

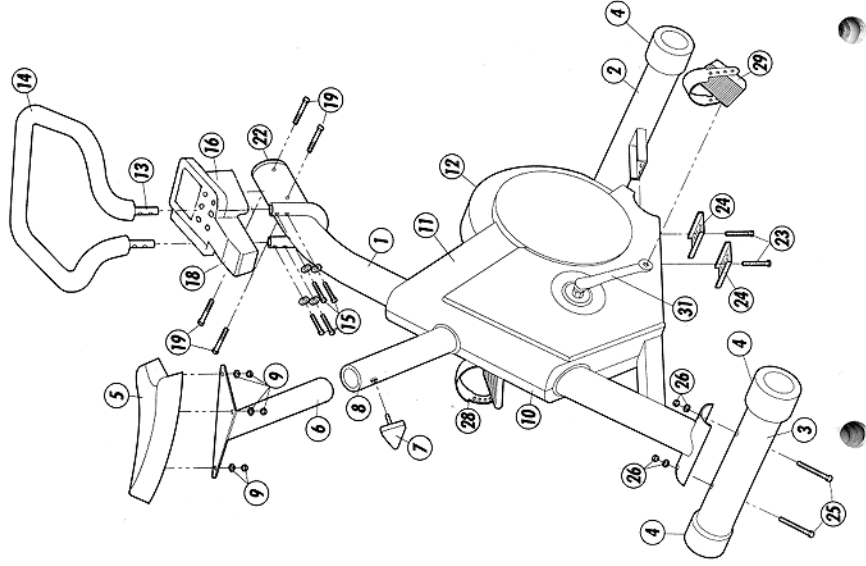
DESCRIPTION

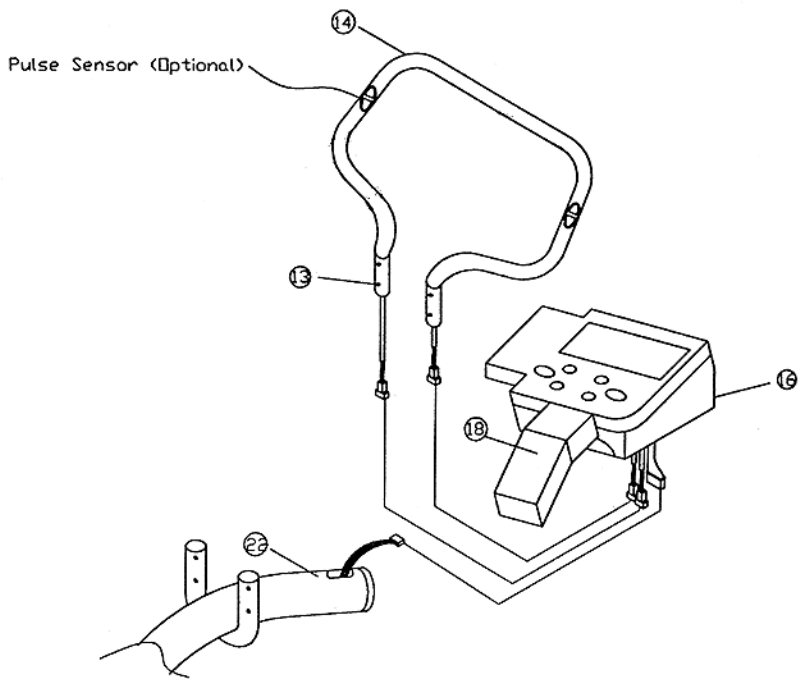
QUANTITY

ORDER NUMBER

45	Pulley Bearing	1	952-45
47	Axle	1	952-47
48	Screw Cap	2	952-48
49	Washer	2	952-49
50	Screw Cap	2	952-50
51	Eye Bolt	2	952-51
52	Plate	2	952-52
53	Screw Cap	2	952-53
54	Magnet Housing	1	952-54
55	Magnet	8	952-55
56	Motor	1	952-56
57	Adjustable Arm, Block	1	952-57
58	Upper Bracket	1	952-58
59	Metal Plate	1	952-59
60	Screw Cap	2	952-60
61	Screw	2	952-61
62	Bolt	1	952-62
63	Spring	1	952-63
64	Screw Cap	1	952-64
65	Eye Bolt	2	952-65
66	Screw Cap	2	952-66
67	"AA" Batteries	4	952-67

MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY





MANY PARTS SHOWN HAVE BEEN PRE-ASSEMBLED BY THE FACTORY

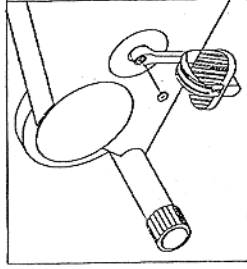


Fig1-1

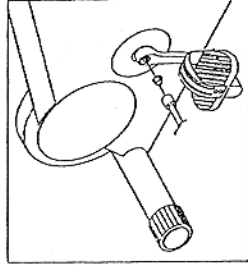


Fig1-2

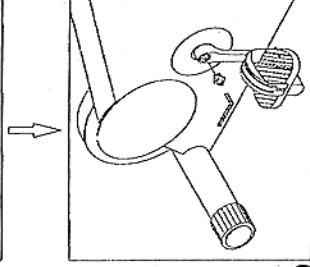


Fig1-3

