

IRONMAN®

530e

Owner's Manual IRONMAN 530e ELLIPTICAL

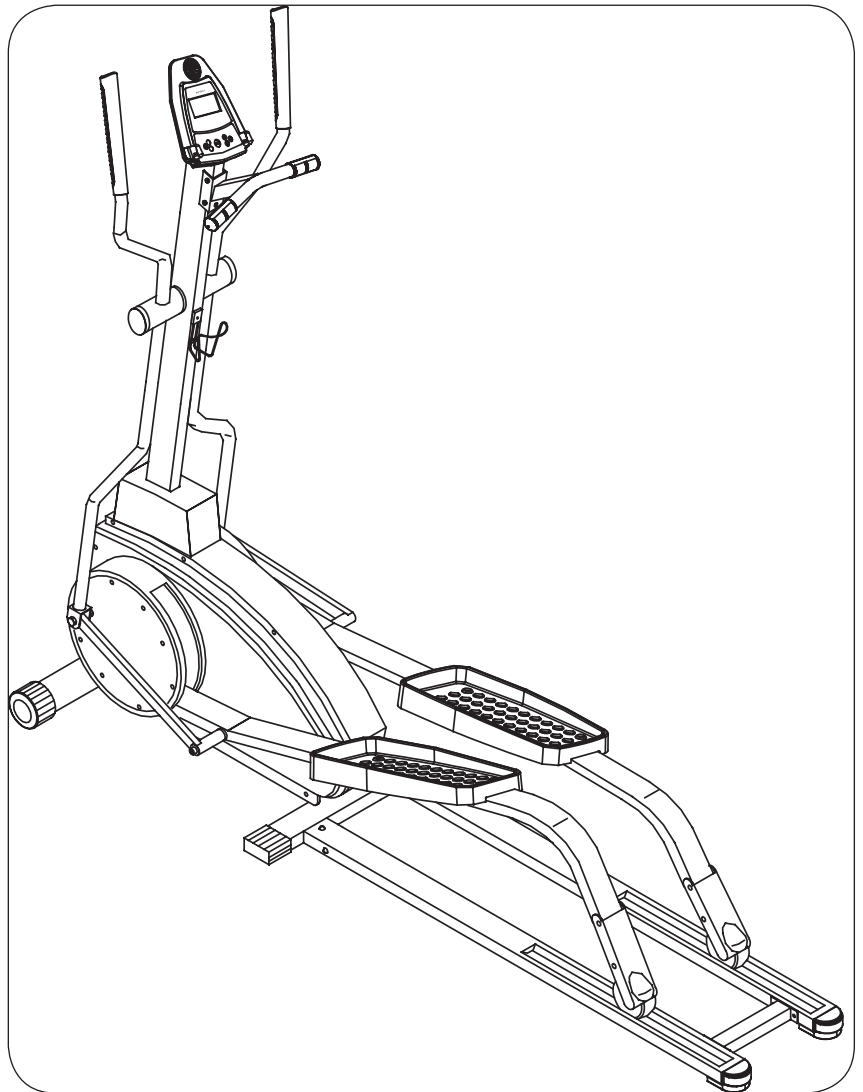
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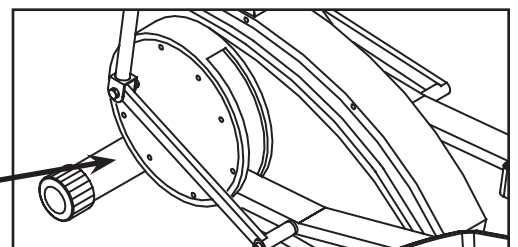


Model Name :530e

Serial Number :

Write down for future reference

Serial Number Decal Location



**315-00083
07/07 Rev A**

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Important Safety Information



WARNING! Before using this unit or starting any exercise program, consult your physician. This is especially important for persons over the age of 35 and/or persons with pre-existing health problems. The manufacturer or distributor assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAFETY PRECAUTIONS AND TIPS

1. It is the owner's responsibility to ensure that all users of this unit have read the Owner's Manual and are familiar with warnings and safety precautions.
2. This unit has a user maximum capacity of **300** pounds.
3. The unit should only be used on a level surface and is intended for indoor use only. The unit should not be placed in a garage, patio, or near water and should never be used while you are wet. Ironman Fitness recommends a mat be placed under the unit to protect floor or carpet and for easier cleaning.
4. Wear comfortable, good-quality walking or running shoes and appropriate clothing. Do not use the unit with bare feet, sandals, socks or stockings.
5. Always examine your unit before using to ensure all parts are in working order.
6. Allow the unit to fully stop before dismounting.
7. Pets should never be allowed near the unit.
8. Do not leave children unsupervised near or on the unit.
9. Never operate the unit where oxygen is being administered, or where aerosol products are being used.
10. Never insert any object or body parts into any opening.
11. For safety and to prevent damage to your unit, no more than one person should use the unit at a time.
12. Service to your unit should only be performed by an authorized service representative, unless authorized and/or instructed by the manufacturer.
13. Failure to follow these instructions will void the unit warranty.

Before You Start

Thank you for purchasing the **Ironman 530e Elliptical!** This quality product you have chosen was designed to meet your needs for cardiovascular exercise. Before you start, please read the Owner's Manual and become familiar with the operation of your new unit.

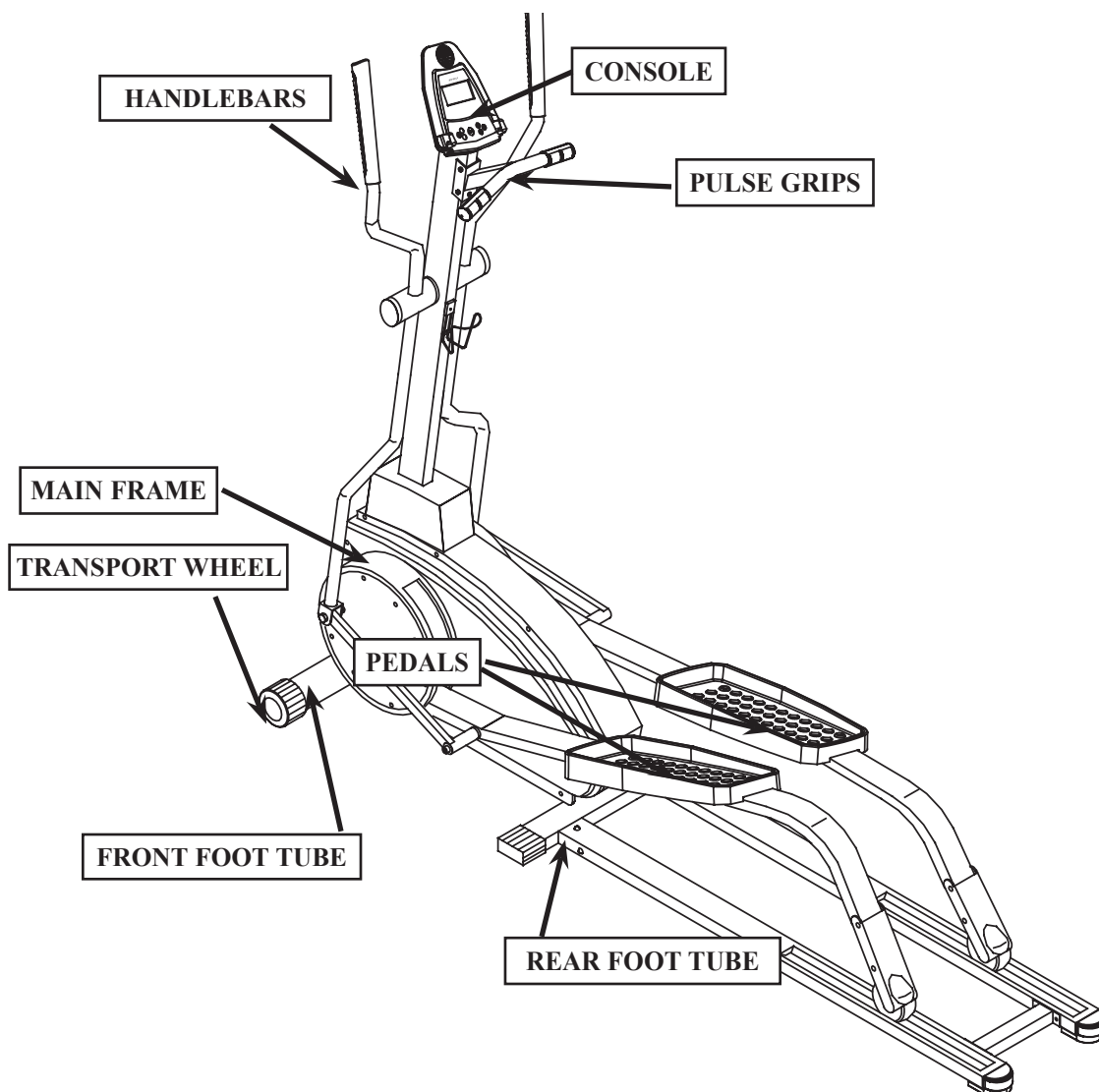
Remember to take the time to perform the stretching exercises provided to avoid injury.

If you are taking medication, consult your physician to see if the medication will affect your exercise heart rate.

If you have heart problems, you are not active, and/or are over the age of 35 years, do not use the pre-set programs or start an exercise program without first contacting and receiving approval from your physician.

To avoid the risk of electrical shock, always keep the console dry. Do not spill liquids on the console. Ironman Fitness recommends a sealed water bottle for beverages consumed while using the unit.

Please review the following drawing below to familiarize yourself with the listed parts.



INSTRUCTIONS FOR ASSEMBLY:

Unpack the box in a clear area. Check to make sure all components are present and in good condition. Do not dispose of the packing material until the assembly is completed. Tools have been provided for you to use when assembling this product.

Locate the hardware pack and identify the following parts required for assembly.

Tools:

1. Allen Wrench
2. Wrench

Main Components:

1. OWNER'S MANUAL
2. MAIN FRAME
3. PULSE GRIPS
4. HANDLEBARS
5. TRANSPORT WHEEL
6. REAR FOOT TUBE
7. FRONT FOOT TUBE
8. AC ADAPTER
9. PEDALS LEFT AND RIGHT

Hardware:

1. SCREW, M8X15MM (56) - Qty 3
2. M8X19MM WASHER BLACK (50) - Qty 23
3. SCREW, M8X90MM (58) - Qty 2
4. 8 MM BLACK LOCKNUTS (THICK) (49) - Qty 12
5. SCREW, M8X20MM (BLACK) (64) - Qty 4
6. M8X80MM HEX HEAD SCREW (62) - Qty 4
7. M8X60MM SCREW (55) - Qty 3
8. BLACK LOCKNUT, M8 THIN (79) - Qty 3
9. M8X20MM HEX HEAD SCREW (LOCKTITED) (89) - Qty 4
10. SHEET METAL SCREW, M5X10MM (59) - Qty 2
11. WASHER, M10X38X1.5 (61) - Qty 2
12. WASHER, M10X23X1.5 (68) - Qty 4
13. BLACK LOCKNUT, 10MM (THIN) (52) - Qty 8
14. M21 WAVED WASHER (77) - Qty 2
15. SCREW, M10X57MM (67) - Qty 2
16. SPACER, 15.8X10X4.3t (98) - Qty 2

FIGURE 1

Step 1:

Attach Extrusions (45,97) to Main Frame (1) using Screws (56), Washers (50), Bolts (58), Washers (50) and Nuts (49).

Step 2:

Attach Extension Plate (34) to Extrusions (45,97) using four Screws (64) and four Washers (50).

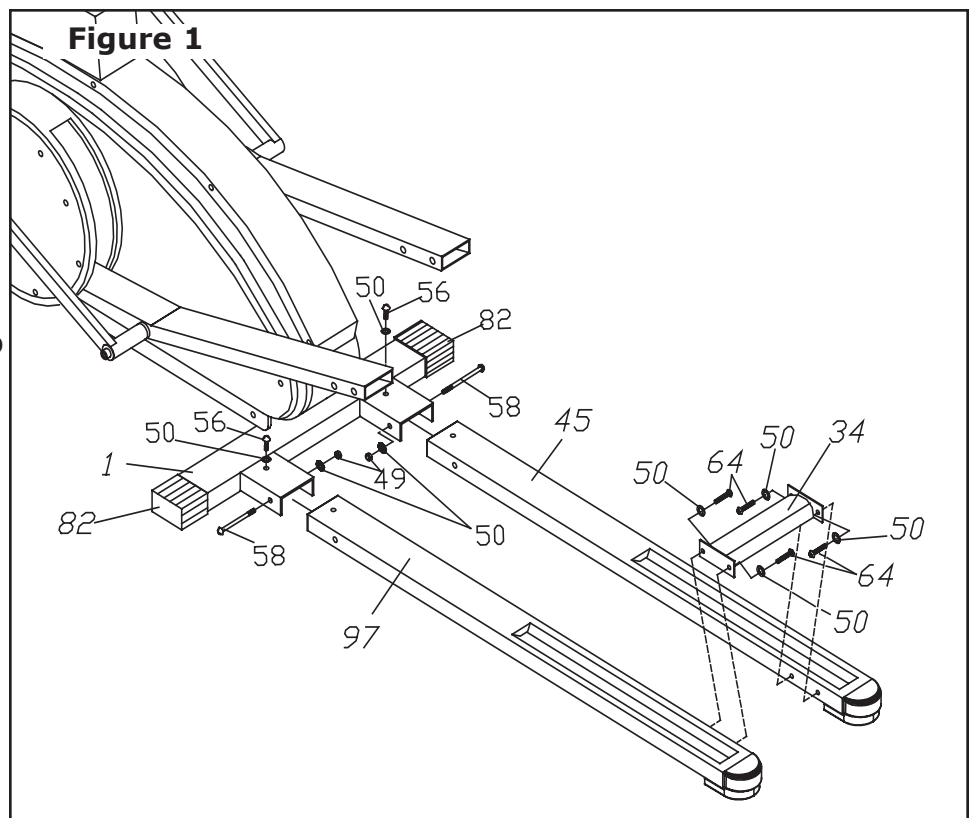


FIGURE 2

Step 1:

Attach Right Rear Foot Frame (33) to Right Foot Frame (31) using two Bolts (62), two Washers (50) and two Nuts (49).

Step 2:

Repeat for left side.

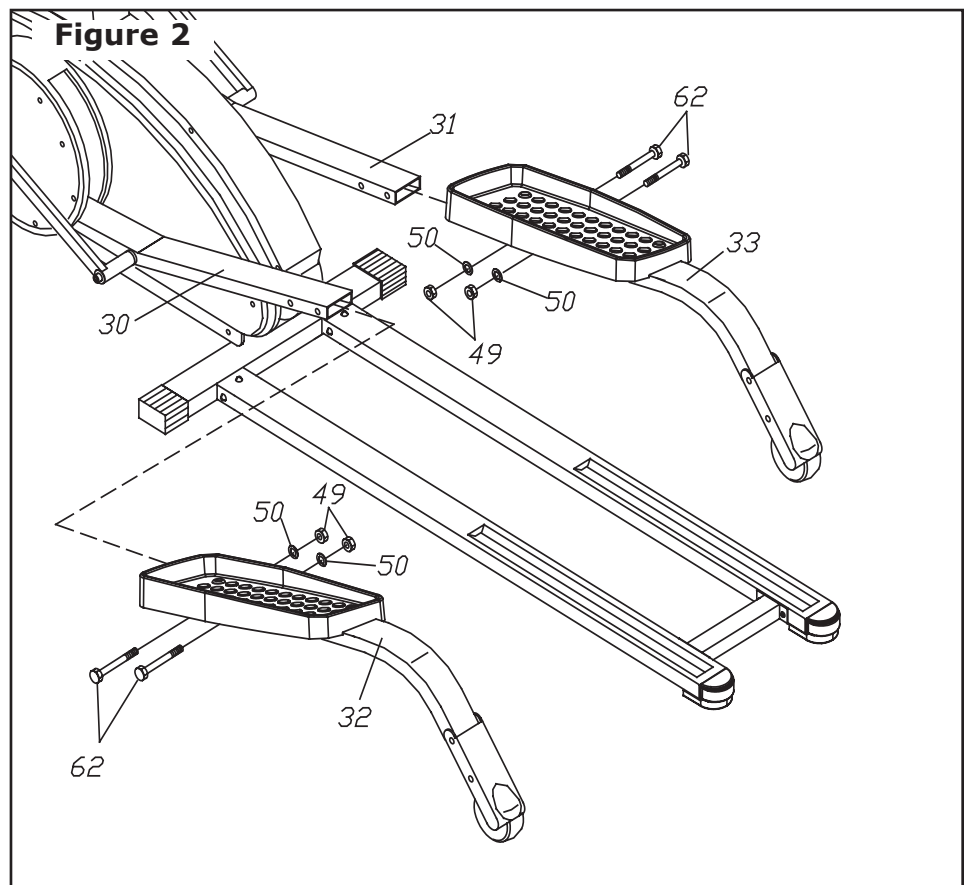


FIGURE 3

Step 1:

Connect Cables 27,8 and 71 to Cable 28.

Step 2:

Slide Main Upright (2) onto Main Frame (1). **Be careful not to pinch the cables.** Attach Main Upright to Main Frame using four Bolts (55), four Washers (50) and four Nuts (79).

Step 3:

Attach Console Tube Collar (14) using two Bolts (89) and two Washers (50).

Figure 3

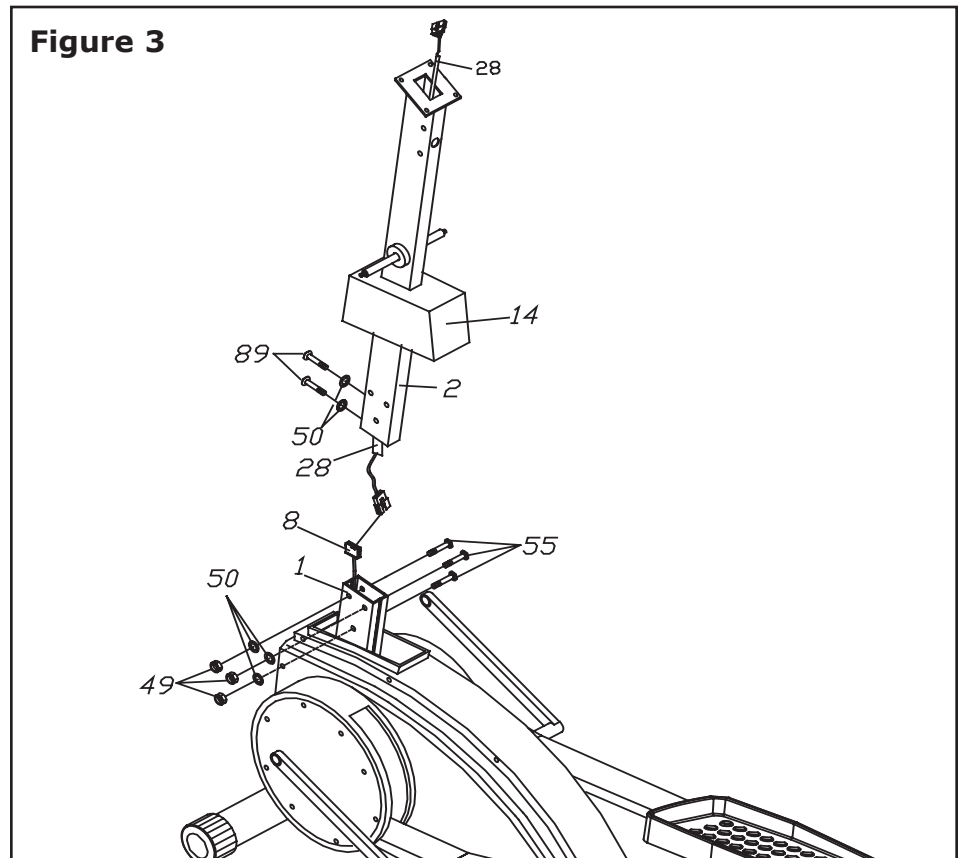


FIGURE 4

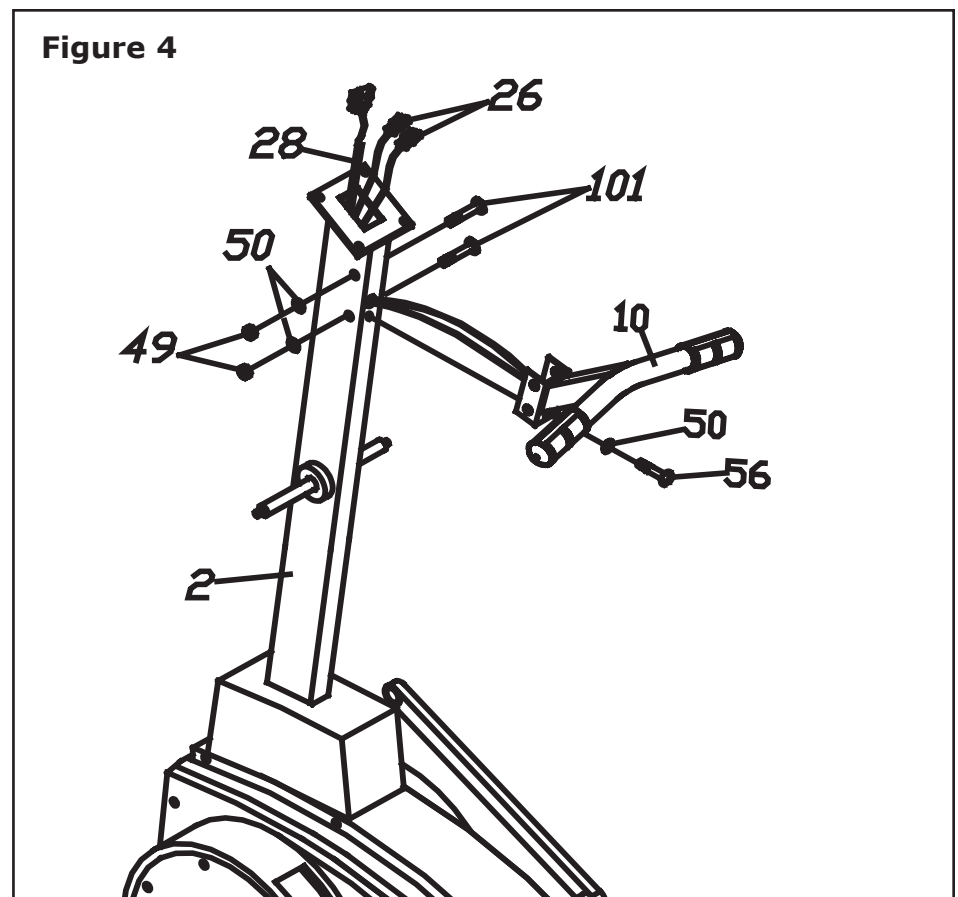
Step 1:

Feed Hand Pulse Wires (26) thru Main Upright (2).

Step 2:

Attach Pulse Grip Handlebar (10) to Main Upright (2) using two Bolts (55), two Washers (50) two Nuts (49), one Screw (56) and one Nut (50).

Figure 4



Assembly

FIGURE 5

Step 1:

Connect Cables as shown.
Note: Be careful not to pinch wires. Excess wire should be pushed back into Main Upright.

Step 2:

Attach Console (5) to Main Upright using four Screws (59).

Note: The four Screws(59) will already be installed into the back of Console (5) when you remove it from the box.

Step 3:

Attach Reading Rack by inserting into holes located on the console.

Step 4:

Remove protective overlay screen from the console screen.

Figure 5

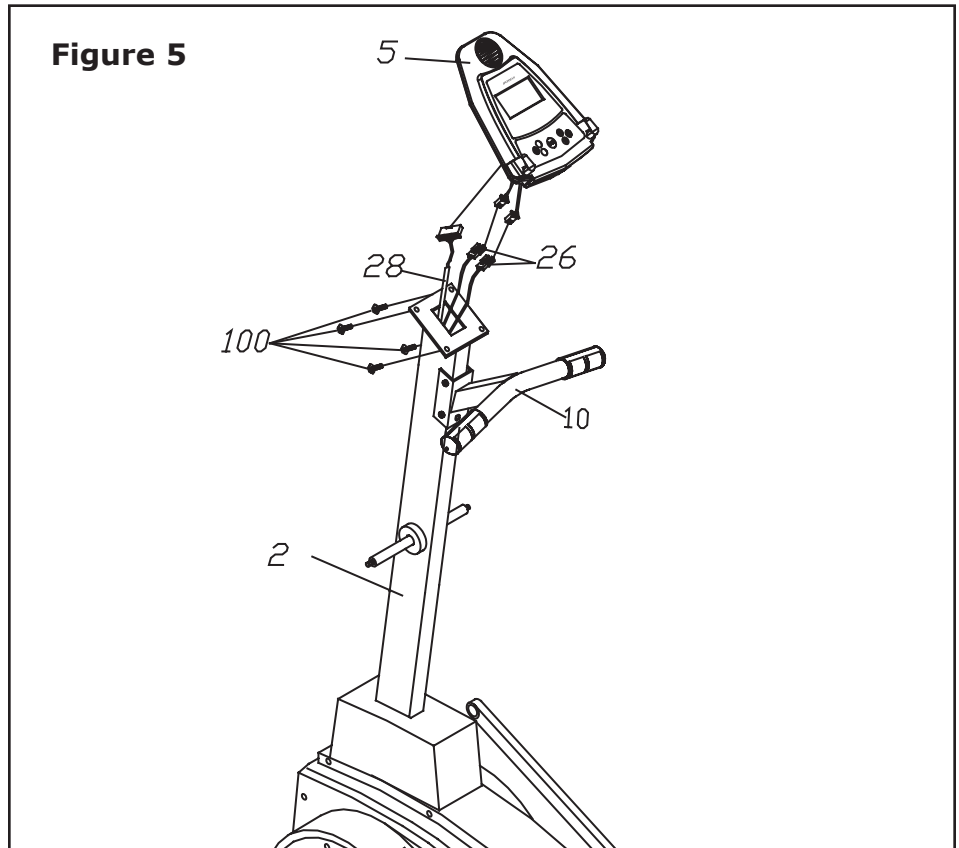


FIGURE 6

Step 1:

Attach Left Handlebar (3) using Spacer (19), Washer (61), Washer (68), Cap (21), Nut (52) and Cap (22).

Step 2:

Repeat for Right Handlebar (4).

Figure 6

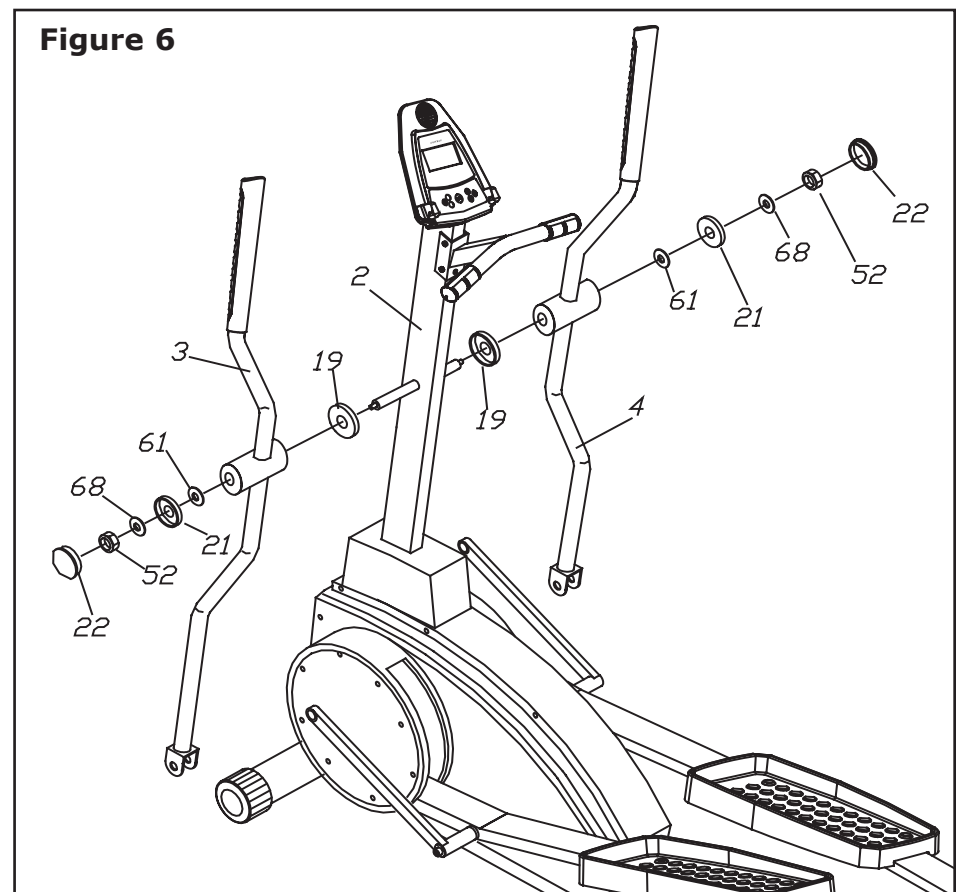


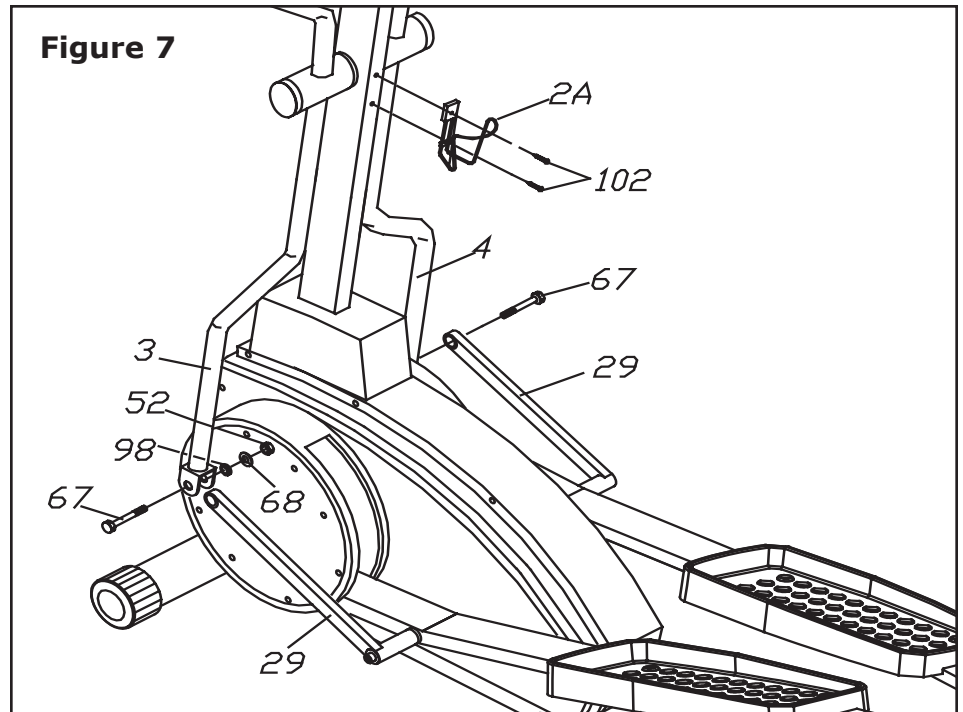
FIGURE 7

Step 1:

Attach Bottle Rack (2A) using two Screws (77).

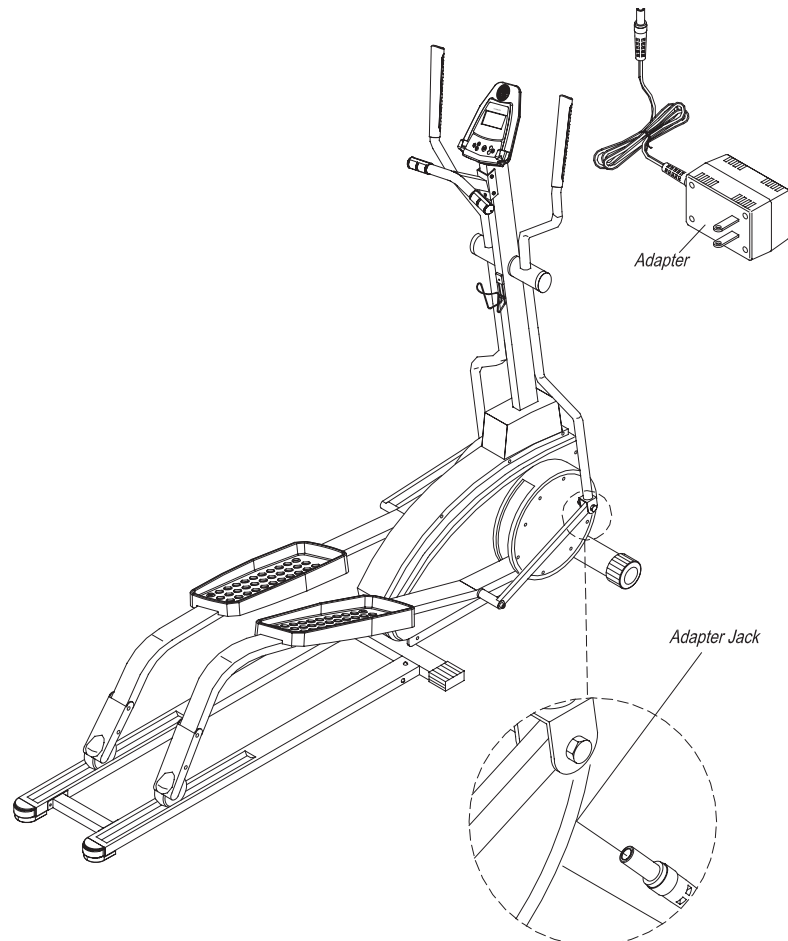
Step 2:

Attach Handlebars (3 & 4) to Connecting Arm (29) using Bolt (67), Nut (98), Washer (69) and Nut (52).



Congratulations!

You have completed assembly of your new Ironman 530e Elliptical!





CONSOLE BUTTONS:

MODE:

To set function value for TIME, DIST, CAL, PULSE.

RESET:

Return to main function mode in STOP mode and clean all preset function values at zero.

START/STOP:

To start or stop training

RECOVERY:

To test hear rate recovery status.

UP:

To select training mode and adjust function value up.

DOWN:

To select training mode and adjust function value down.

Console Overview



FAN ON/OFF:

Press the button to act or stop fan turning.

BODY FAT:

Press the button to start body fat measurement.

CONSOLE FUNCTIONS

TIME:

Count up - No preset target, Time will count up from 00:00 to maximum 99:59 with each increment is 1 second. Count down - If training with preset Time, Time will count down from preset to 00:00. Each preset Increment or decrement is 1 minute between 1:00 to 99:00.

SPEED:

Display current training speed from 0.0 to maximum 99.9 km or ml.

RPM:

Display current training rotation per minute.

DISTANCE:

Count up - No preset target, Distance will count up from 0.00 to maximum 99.90 with each Increment 0.1 KM. Count down - If training with preset target, Distance will count down from preset to 0.00. Each preset increment or decrement is 0.1 KM (or ML) between 0.00 to 99.90.

CALORIES:

Count up - No preset target, Calories will count up from 0 to maximum 990 with each 1 cal increment. Count down - If training with preset target, Calories will count down from preset time to 0. Each preset increment or decrement is 10 cal from 0 to 990 cal.

PULSE:

Displays your current heart beat figures as soon as both hands are holding the pulse sensor. The monitor will detect your heart rate through hand grip sensors or chest strap (make sure that the plug in receiver has been attached to the console), with the chest strap giving the most accurate reading.

WATT:

Display current training watt figures.

RECOVERY:

After exercising for a period of time, keep holding on handgrips and press "RECOVERY" button. All function display will stop except "TIME" starts counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2 to F6. F1 is the best, F6 is the worst. User may keep exercising to improve the heart rate recovery status. (Press the RECOVERY button again to return the main display.)

Console Overview



TEMPERATURE:

Screen will display room temperature in sleep mode.

CALENDAR:

Screen will display year/month/day in sleep mode.

CLOCK:

Screen will display time in sleep mode.

BODY FAT:

You may test and have the BODY FAT advice when the computer is in STOP mode. Please follow the steps as below:

Step I - Make sure the personal data have been input and correct.

Step II - Press BODY FAT button, and hold on handgrip to start body fat testing.

Step III - The symbol "- - - - -" will display while testing period in 8 seconds. After 8 seconds, you will see the BODY FAT advice in percentage and BMI and the fat advice in different symbol. It would be possible to display other indication if you have the following situation:

1. "E-1" - When you see this indication, it means you did not put your hands properly on the sensor. Please try again.

2. "E-4" - When you see this indication, it means the BODY FAT advice is exceeded the available area which is fixed in the program.

After BODY FAT testing, press BODYFAT button to have the computer back to working continues from the previous data before testing. The BODY FAT advice figure and BMI will disappear. The computer may allow the other people to test BODY FAT under STOP mode. The user may press RESET button for 4 seconds to select new user identification and input new personal data. Then follow each step as above to have the new testing.

Note: For a more accurate reading, hold the handgrip with both hands. This is especially important in Heart Rate Mode or when performing Body Fat or Fitness Test.

GENERAL INFORMATION:

Start Pedaling or press any button to start Console.

The Console will shut down after 4 minutes of no activity, and will display room temperature.

To Reset Console press and hold the START/STOP button for 2 seconds.

The Console has a fan. There is a button on the left side of the console that controls the fan. The values calculated or measured by the console are for exercise purposes only, not for medical purposes.

Body Types:

There are 5 body types divided according to the FAT% calculated. Type 1= 5%-14%, Type 2 = 15%-24%, Type 3 = 25%-29%, Type 4= 30%-39% and Type 5 40%-50%.

Console Overview



BMR:

Basal Metabolic Rate (metabolism) is the energy (measured in calories) expended by the body at rest to maintain normal body functions.

BMI:

Stands for Body Mass Index. BMI is a measure which takes into account a person's weight and height to gauge total body fat in adults.

GETTING STARTED:

Press the USER button. Press ENTER to enter USER SELECT. Use the UP/DOWN to select a User. Press ENTER to select a User. Press the UP/DOWN key to select HEIGHT. Press ENTER to confirm the value. Use the UP/DOWN key to select WEIGHT. Press ENTER to confirm value. Use the UP/DOWN key to select AGE. Press ENTER to confirm value. Use the UP/DOWN key to select GENDER. Press ENTER to confirm value. Press START/STOP to enter program mode.

PROGRAM INSTRUCTIONS:

MANUAL PROGRAM:

Allows the User to manually adjust tension settings throughout their workout. The default tension level is 6. You may set Time or Distance for your workout.

Use the UP/DOWN buttons to scroll to this program. Press ENTER to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press ENTER to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons.

PRESET PROGRAMS:

Each Program is divided into ten intervals.

Use the UP/DOWN buttons to scroll to this program. Press ENTER to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press ENTER to confirm value. Repeat steps for DISTANCE and KCAL. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

USER PROGRAM:

It allows you to customize a workout session. This program is divided into 10 intervals. TIME, DISTANCE, KCAL and Tension can be set for each interval. The program will be stored in the Console's memory after set-up.

Use the UP/DOWN buttons to scroll to this program. Press ENTER to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press ENTER to confirm value. Repeat steps for DISTANCE and KCAL. Column 1 will flash on display. Use the UP/DOWN keys to set Tension for this interval. Press ENTER to confirm value. Repeat for Interval 2-10. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You can change the tension level at any time during your workout session by pressing the UP/DOWN buttons. If the tension level is changed during your exercise session, this new value will not be saved into the console.

To make a permanent change, you must call up program again and repeat steps for each interval with new tension settings.

WATT PROGRAM:

In the program, the WATT function will keep a constant value. This means that if you peddle quickly, the tension will decrease, if you peddle slowly the tension will increase to try and keep you the same Watt value.

$WATT = TORQUE (KGM) * RPM * 1.03$ For this program you must choose to set a TIME or a DISTANCE. Use the UP/DOWN buttons to scroll to this program. Press ENTER to select this program. TIME will flash in the display. Use the UP/DOWN keys to set desired TIME. Press ENTER to confirm value. Repeat steps for DISTANCE, KCAL and WATT. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function.

HEART RATE PROGRAMS:

There are three Heart Rate Programs. 60% HRC (Heart Rate Control), 75% HRC and 85% HRC. The Console will adjust the Tension to keep you within your Target Heart Rate ± 5 . Example: The tension will increase if your Heart Rate is below the Target Heart Rate. The tension will decrease if your Heart Rate is higher than your Target Heart Rate.

Press ENTER until Program number shows on display. Use the UP/DOWN buttons to scroll to this program. Press ENTER and set values for TIME, DISTANCE, KCAL, AGE and TARGET HEART RATE. Use the UP/DOWN keys to adjust the values. Press ENTER after correct value shows on display. Press START/STOP to begin exercising. Grasp Pulse Grips loosely with both hands to activate PULSE function. You may also choose the TARGET HEART RATE WORKING PROGRAM under the 3 main HEART RATE PROGRAMS. This allows the user to set a TARGET HEART RATE to exercise at for a period of TIME or a set DISTANCE.

BODY FAT PROGRAM:

This program is designed to calculate body fat ratio and to design a specific tension profile. There are 5 different body types according to the FAT% calculated. Press ENTER until Program number shows on display. Use the UP/DOWN buttons to scroll to this program. Press ENTER and set values for HEIGHT, WEIGHT, AGE and SEX. Use the UP/DOWN keys to adjust these values. Press the START/STOP key to calculate body fat. Grasp Pulse Grips loosely with both hands to activate Pulse function. If no Pulse is detected an error message "ERROR" will show on display. If this happens, press START/STOP again and re-grasp Pulse Grips. Press ENTER button to scroll thru results: Fat Weight, Fat%, BMR, BMI and Body Type.

Body Types: Type 1 = 5%-14%
Type 2 = 15%-24%
Type 3 = 25%-29%
Type 4 = 30%-39%
Type 5 = 40%-50%.

FITNESS TEST: (Pulse Recovery Feature)

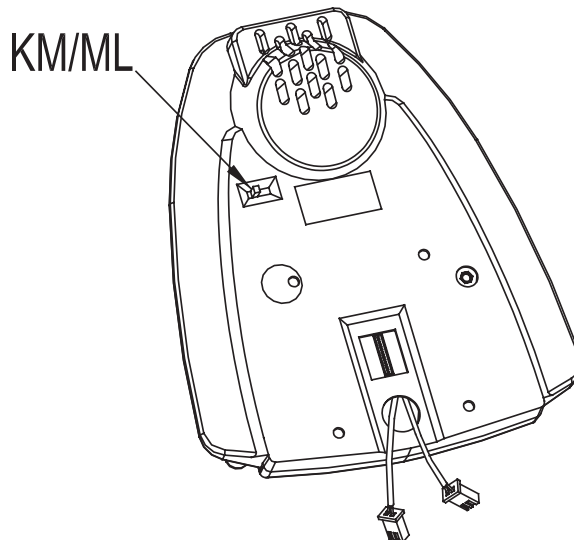
The fitness test compares your pulse rate before and after training. You will notice that your fitness will improve with regular exercise.

Console Overview

Press the PULSE RECOVERY button immediately after your workout. Grasp the Pulse Grips. Timer will count down from 60 seconds. Your personal fitness will display on the screen. (F1.0-6.0)

- F1 = Excellent
- F2 = Good
- F3 = Fair
- F4 = Below Average
- F5 = Poor
- F6 = Very Poor

To change console settings from MPH (Miles Per Hour) to KPH (Kilometers Per Hour) flip switch on back of unit.



Monitoring Your Heart Rate



Monitoring Your Heart Rate

To obtain the greatest cardiovascular benefits from your exercise workout, it is important to work within your target heart rate zone. The American Heart Association (AHA) defines this target as 60%-75% percent of your maximum heart rate.

Your maximum heart rate may be roughly calculated by subtracting your age from 220. Your maximum heart rate and aerobic capacity naturally decreases as you age. This may vary from one person to another, but use this number to find your approximate effective target zone. For example, the maximum heart rate for an average 40 year-old is 180 bpm. The target heart rate zone is 60%-75% of 180 or 108-135 bpm. See **Fitness Safety** below.

Before beginning your workout, check your normal resting heart rate. Place your fingers lightly against your neck, or against your wrist over the main artery. After finding your pulse, count the number of beats in 10 seconds. Multiply the number of beats by six to determine your pulse rate per minute. We recommend taking your heart rate at these times; at rest, after warming up, during your workout and two minutes into your cool down, to accurately track your progress as it relates to better fitness.

During your first several months of exercising, the AHA recommends aiming for the lower part of the target heart rate zone-60%, then gradually progressing up to 75%. According to the AHA, exercising above 75% of your maximum heart rate may be too strenuous unless you are in top physical condition. Exercising below 60% of your maximum will result in minimal cardiovascular conditioning.

Check your pulse recovery rate – If your pulse is over 100 bpm five minutes after you stop exercising, or if it's higher than normal the morning after exercising, your exertion may have been too strenuous for your current fitness level. Rest and reduce the intensity next time.

Fitness Safety *The target heart rate chart indicates average rate zones for different ages. A variety of different factors (including medication, emotional state, temperature and other conditions) can affect the target heart rate zone that is best for you. Your physician or health care professional can help you determine the exercise intensity that is appropriate for your age and condition.*

(MHR) = Maximum Heart Rate

(THR) = Target Heart Rate

$220 - \text{age} = \text{maximum heart rate (MHZ)}$

$\text{MHZ} \times .60 = 60\% \text{ of your maximum heart rate.}$

$\text{MHZ} \times .75 = 75\% \text{ of your maximum heart rate.}$

For example, if you are 30 years old, your calculations will be as follows:

$$220 - 30 = 190$$

$$190 \times .60 = 114 \text{ (low end or 60\% of MHZ)}$$

$$190 \times .75 = 142 \text{ (high end or 75\% of MHZ)}$$

30 year-old (THR) Target Heart Rate would be 114-142

See Heart Rate Table (**on next page**) for additional calculations.

TARGET HEART RATE ZONE

100%

Serious athletic training range

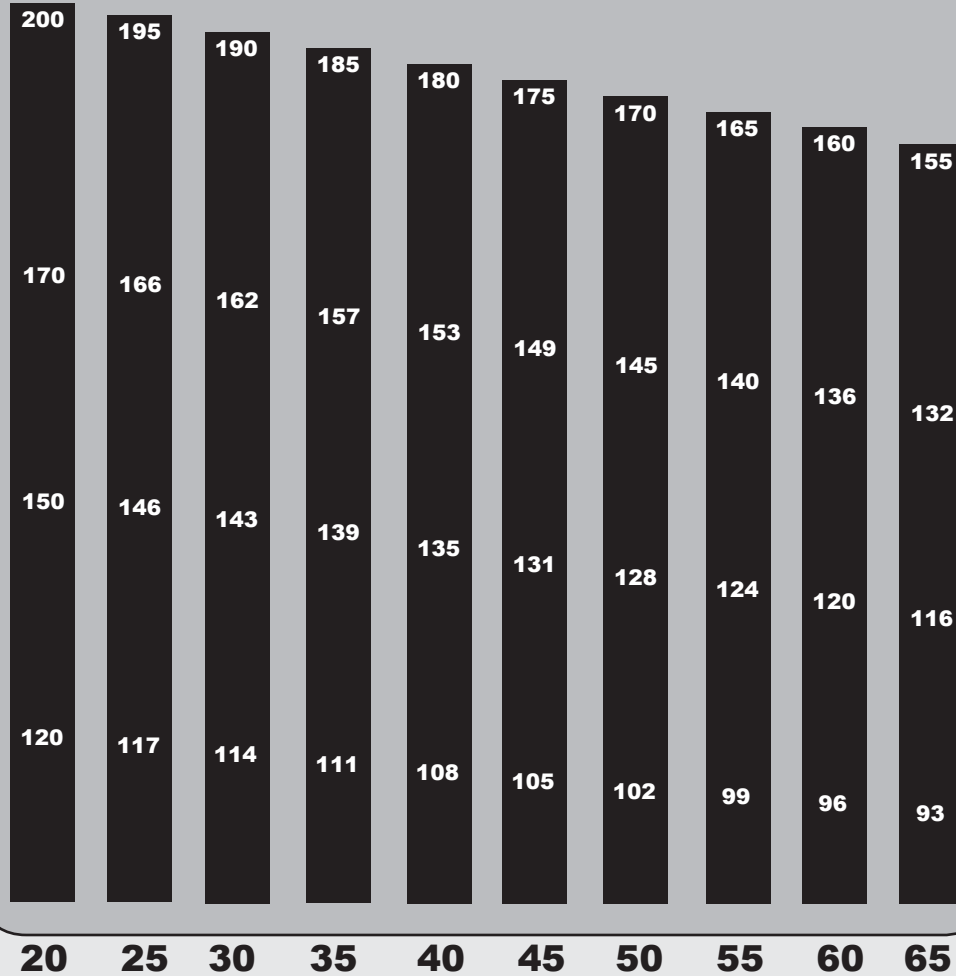
85%

Cardiovascular conditioning range

75%

Fat burning range

60%

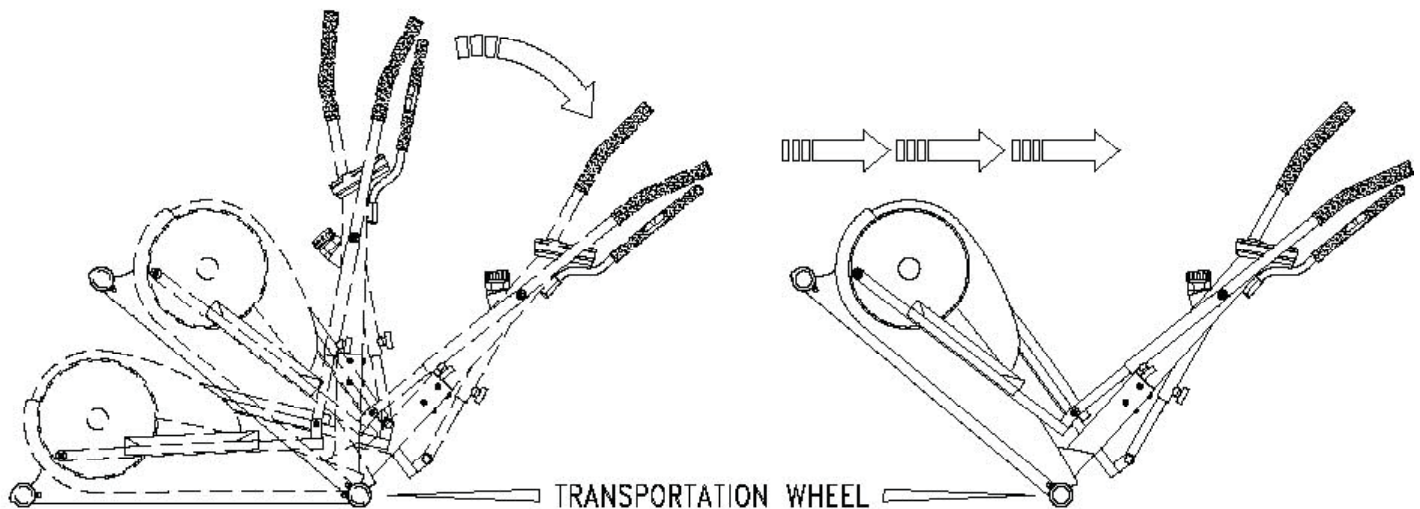


AGE

Moving Instructions

Caution! To reduce the possibility of injury while lifting, bend your legs and keep your back straight. As you lean the unit, lift using your legs, not your back.

Stand at the front of the unit and using the small handlebar, carefully tilt the machine until the weight is transferred to the transport wheels. Using extreme caution, move the unit to the desired location. To set the unit down, carefully lower unit onto rear foot tube assembly in a resting position. Do not attempt to move the unit over an uneven or rough surface.



Note: This unit may not be identical to your unit.

EXERCISE GUIDELINES

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

Warming up prepares the body for the exercise by increasing circulation, supplying more oxygen to the muscles and raising body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up. The photos on this page show several forms of basic stretching you may perform before your workouts. In order to achieve an adequate warm-up, perform each stretch three times.

TOE TOUCH STRETCH

Stand bending your knees slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, back of knees, and back.



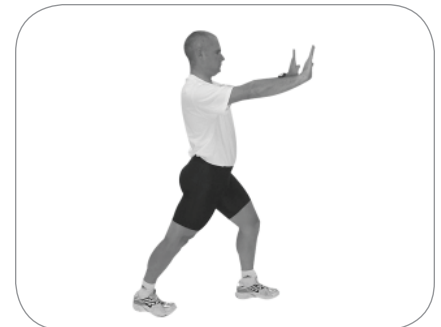
HAMSTRING STRETCH

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. This will stretch your hamstrings, lower back, and groin.



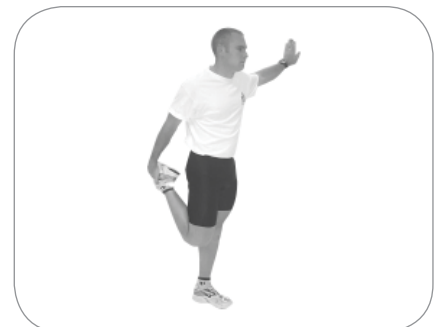
CALF/ACHILLES STRETCH

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. To cause further stretching of the Achilles tendon, bend your back leg as well. This will stretch your calves, Achilles tendons, and ankles.



QUADRICEPS STRETCH

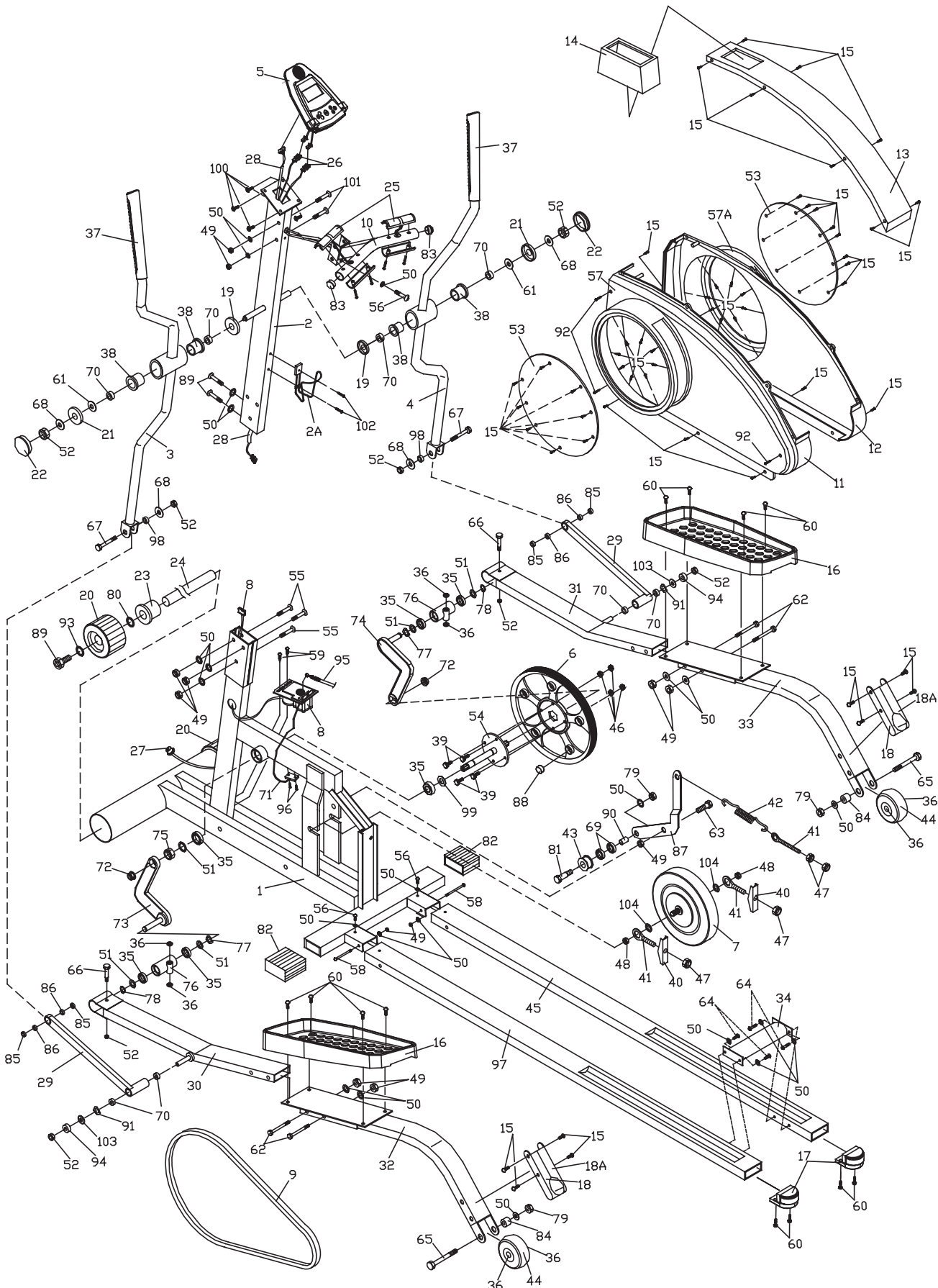
With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.



INNER THIGH STRETCH (not pictured)

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. This will stretch your quadriceps and hip muscles.

Exploded View



Parts List



530e Elliptical Parts List Rev A

Ref #	Part #	Description	Qty	Ref #	Part #	Description	Qty
1	323-00311	MAIN FRAME ASSEMBLY, 500E/520E	1	53	305-00031	ROUND COVER ET CM835/850 HT840 AB900/920	2
2	323-00257	MAIN UPRIGHT HT840EL/520E (GREY)	1	54	319-00177	AXLE W/PLATE, HT840R/HT840U.1/420R/500e	1
2A	310-00012	BOTTLE RACK CM835/850 HT840 ALL900/920/5	1	55	302-00377	M8X60MM SCREW	3
3	323-00376	LEFT FOAM HANDLE, 520E	1	56	302-00186	SCREW, M8X15MM	3
4	323-00377	RIGHT FOAM HANDLE, 520E	1	57	305-00140	ROUND LEFT DOME COVER, HT840EL.1/520E	1
5	307-00127	CONSOLE, 430R/530E	1	57A	305-00141	ROUND RIGHT DOME COVER, HT840EL.1/520E	1
6	311-00059	PULLEY HT840U/R/EL/420R/520E	1	58	302-00189	SCREW, M8X90MM	2
7	311-00058	MAGNETIC FLYWHEEL, HT840EL/520E	1	59	302-01259	SHEET METAL SCREW, M5X10MM	2
8	307-00128	GEAR BOX W/WIRE, 430R/530E	1	60	302-01234	ALLEN BOLT, M6X15MM	12
9	304-00001	BELT, J6 460	1	61	302-01258	WASHER, M10X38X1.5	2
10	323-00378	FRONT HANDLEBAR, 520E	1	62	302-00450	M8 X80MM HEX HEAD SCREW 220E/240E/240R/U	4
11	305-00065	BOTTOM LEFT COVER#11 HT840EL W/FAN/520E	1	63	302-01257	SCREW, M8X20MM (CARBON)	1
12	305-00066	BOTTOM RIGHT COVER#12 HT840EL W/FAN/520	1	64	302-01253	SCREW, M8X20MM (BLACK)	4
13	305-00142	TOP HOUSING, 520E	1	65	302-01249	SCREW, M10X47MM	2
14	305-00143	CONSOLE TUBE COLLAR, 520E	1	66	302-01250	SCREW, M10X45MM	2
15	302-00471	M4 X 12MM SHEET METAL SCREW TRI-6.0R,640	54	67	302-01251	SCREW, M10X57MM	2
16	306-00691	FOOT PEDAL, 530E	2	68	302-01252	WAHER, M10X23X1.5	4
17	306-00586	40X80 END CAP#17	4	69	331-00002	608 PRECISE BEARING	2
18	306-00662	LEFT ROLLER CAP, 520E	2	70	331-00092	PRECISE BEARING, 6005	8
18A	306-00663	RIGHT ROLLER CAP, 520E	2	71	313-00213	REED SWITCH WIRE, 520E	1
19	302-01268	SNAP CAP, 520E/HT840EL.1	2	72	302-00985	CRANK NUT M14, HT840EL/520E	2
20	319-00128	WHEEL, HT840EL/520E	2	73	330-00019	LEFT CRANK ET835/850/900/920 HT840EL/520	1
21	302-01028	SNAP CAP, HT840EL/520E	2	74	330-00018	RIGHT CRANK ET835/850/900/920 HT840EL/52	1
22	302-01029	BUSHING CAP, HT840EL/520E	2	75	302-00071	SHAFT NUT M20,ET835/850 HT840EL ET900/92	1
23	302-00981	076MMX16MM BUSHING	2	76	319-00174	JOINTER, HT840EL/520E	2
24	306-00591	O 16MM INNER TUBE, HT840EL/520E	1	77	302-01256	M21 WAVED WASHER	2
25	313-00362	SENSOR, HAND PULSE 530E	2	78	302-00848	RETAINING RING, HT840EL/520E/ET920D	2
26	313-00363	WIRE, HAND PULSE 530E	2	79	302-01255	BLACK LOCKNUT, M8 THIN	3
27	313-00364	EXTENSION WIRE, 530E	1	80	302-01254	WASHER, M16X29X15	2
28	313-00364	EXTENSION WIRE, 530E	1	81	302-00375	M8X38MM SCREW	2
29	323-00384	LEFT CONNECTING ARM, 520E	1	82	306-00338	BALL PLUG 1 1/2, 220E/240E/HT840EL.1/520	1
29A	323-00385	RIGHT CONNECTING ARM, 520E	1	83	306-00372	1 1/4" BALL PLUG 220R/240R/240U/640R/520	2
30	323-00383	FRONT LEFT FOOT FRAME, 520E	1	84	306-00651	SPACER, M13.95X10X8L	2
31	323-00382	RIGHT FRONT FOOT FRAME, 520E	1	85	302-00858	16MM BUSHING#85	4
32	323-00381	LEFT REAR FOOT FRAME, 520E	1	86	302-00859	32MM BUSHING	4
33	323-00380	RIGHT REAR FOOT FRAME, 520E	1	87	319-00175	BELT TENSION BRACKET,HT840R/HT840U.1,420	1
34	323-00379	ALUMINUM EXTENSION PLATE, 520E	1	88	302-01269	MAGNET, 520E/HT840EL.1	1
35	331-00091	PRECISE BEARING, #6004	6	89	302-01248	M8X20MM HEX HEAD SCREW	4
36	331-00093	PRECISE BEARING, 6000	8	90	302-00448	M8 X12.5X4L SPACER 220E/240E/240R/240U/5	1
37	306-00692	SLEEVE, HANDLEBAR 38MM 530E	2	91	302-00759	M26 CURVED WASHER	2
38	302-01022	O 32MM BUSHING	4	92	302-00417	TP M5 X50MM SCREW	3
39	302-01227	HEX BOLT, M6X20 (SILVER)	4	93	302-01247	WASHER, M8X30X1.5	2
40	302-00399	ADJUSTMENT CHANNEL ALL MACRO BIKES	2	94	302-01246	WASHER, M13X24X2	2
41	302-01195	EYEBOLT 6 X 40MM	3	95	310-00185	TENSION CABLE (DRIVE CABLE), 520E	1
42	302-00203	SPRING,HT840EL/520E	1	96	302-00467	TP M3 X8MM SCREW 220R/240R/640R/520e/250	2
43	311-00032	IDLER PULLEY U/R/ET CM835/850 HT840 AB90	1	97	323-00387	LEFT ALUMINUM EXTRUSION, 520E	1
44	306-00661	ROLLER, 520E	2	98	302-01261	SPACER, 15.8X10X4.3t	2
45	323-00386	RIGHT ALUMINUM EXTRUSION, 520E	1	99	302-01239	WASHER, M20X30X1 (SILVER)	1
46	302-01228	LOCKNUT, 6MM (SILVER)	4	100	302-01262	ALLEN BOLT, M5X10MM	4
47	302-01229	HEX NUT, 6MM (SILVER)	4	101	302-00376	M8X57MM SCREW	2
48	302-00369	M10 CAP NUT	2	102	302-01192	TP M4 X 16 MM SCREW	6
49	302-01231	8MM BLACK LOCKNUT (THICK)	12	103	302-00435	M10 CURVED WASHER 220E/240E/520e	2
50	302-00449	M8X19MM WASHER BLACK U/R/E 220/240/250	23	104	302-01230	WASHER, M10X19MM (BLACK)	2
51	302-01226	WASHER M20X30X2, (SILVER)	5	#	315-00083	OWNERS MANUAL 530E	1
52	302-01260	BLACK LOCKNUT, 10MM (THIN)	8				

Warranty Information



Residential Warranty **Frame: Lifetime** **Parts: 1 Year**

This Limited Warranty applies in the United States and Canada to products manufactured or distributed by Ironman Fitness ("Ironman") under the Ironman brand name. The warranty period to the original purchaser is listed above in the table.

Ironman warrants that the Product you have purchased for use from Ironman or from an authorized Ironman reseller is free from defects in materials or workmanship under normal use during the warranty period. Your sales receipt, showing the date of purchase of the Product, is your proof of purchase. This warranty only extends to you, the original purchaser. It is not transferable to anyone who subsequently purchases the Product from you. It excludes expendable parts (wear items). Wear items pertain to components that might need to be replaced due to normal wear and tear. These items vary per product but will include pedal straps, seats, grips, chains, bottom bracket assemblies, pads, etc. Please contact an Ironman customer service representative for specifics on wear items. This Limited Warranty becomes VALID ONLY if the product is purchased through an Ironman Fitness authorized dealer unless otherwise authorized by Ironman Fitness in writing.

During the warranty period Ironman will repair or replace (at Ironman's option) the product if it becomes defective, malfunctions, or otherwise fails to conform with this Limited Warranty under normal use. In repairing the Product, Ironman may replace defective parts, or at the option of Ironman, serviceable used parts that are equivalent to new parts in performance. All exchanged parts and Products replaced under this warranty will become the property of Ironman. Ironman reserves the right to change manufacturers of any part to cover any existing warranty.

This warranty DOES NOT COVER shipping charges, export taxes, custom duties and taxes, or any other charges associated with transportation of the parts or Product.

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This warranty does not extend to any product not purchased from Ironman or from an authorized Ironman reseller. This Limited Warranty does not extend to any Product that has been damaged or rendered defective; (a) as a result of accident, misuse, or abuse; (b) by the use of parts not manufactured or sold by Ironman; (c) by modification of the Product or normal wear and tear; (d) operation on incorrect power supplies; or (e) as a result of service by anyone other than Ironman, or an authorized Ironman warranty service provider. Product on which the serial number has been defaced or removed is not eligible for warranty service. Should any Product submitted for warranty service be found ineligible, an estimate of repair cost will be furnished and the repair will be made if requested by you upon Ironman's receipt of payment or acceptable arrangements for payment.

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