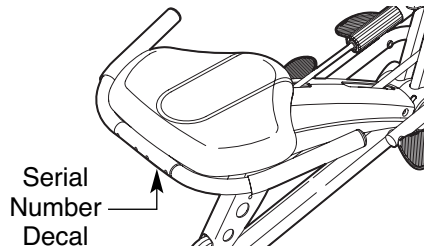


HEALTHRIDER® HR2

Model No. HRCR4896.0

Serial No. _____

The serial number is found in the location shown below. Write the serial number in the space above.



USER'S MANUAL

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, PLEASE CONTACT OUR CUSTOMER SERVICE DEPARTMENT DIRECTLY.

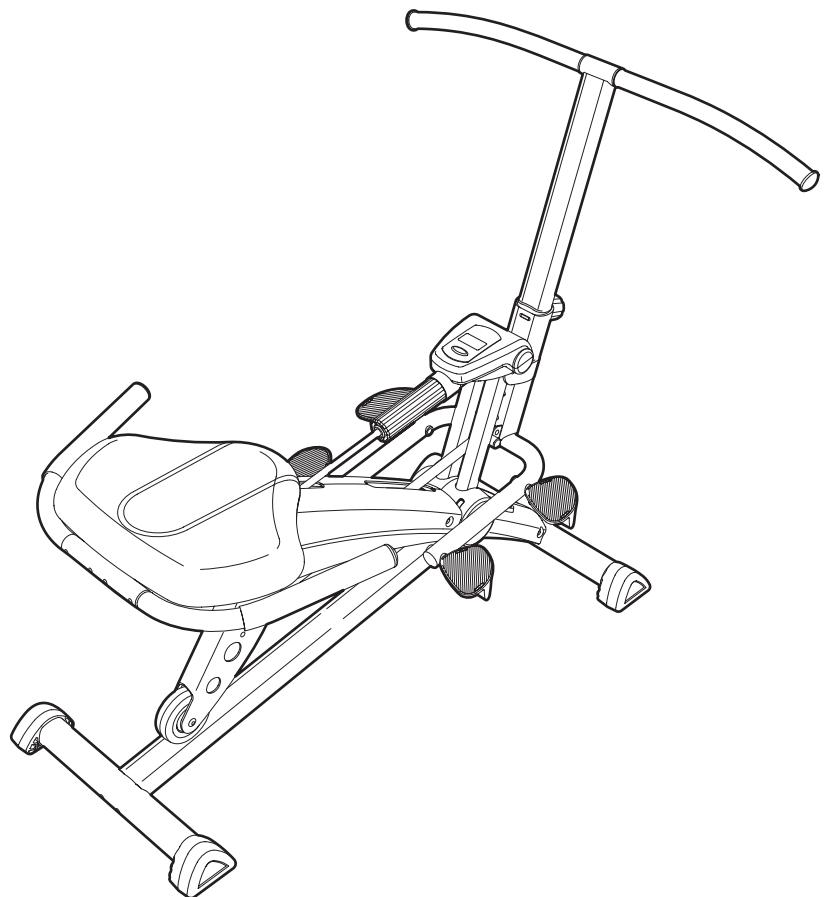
CALL TOLL-FREE:

1-888-922-4222

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

ON THE WEB:

www.healthriderservice.com



CAUTION

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



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www.healthrider.com

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


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IMPORTANT PRECAUTIONS

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

1. Read all instructions in this manual and all warnings on the exerciser before using the exerciser.
2. It is the responsibility of the owner to ensure that all users of the exerciser are adequately informed of all precautions.
3. Use the exerciser only as described in this manual.
4. The exerciser is intended for home use only. Do not use the exerciser in a commercial, rental, or institutional setting.
5. Keep the exerciser indoors, away from moisture and dust. Place the exerciser on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is enough clearance around the exerciser to mount, dismount, and use it.
6. Regularly inspect and tighten all parts of the exerciser.
7. When exercising, do not wear loose clothes that could become caught on the exerciser. Always wear athletic shoes to protect your feet.
8. Keep children under the age of 12 and pets away from the exerciser at all times.
9. The exerciser should not be used by persons weighing more than 400 pounds.
10. Do not operate the exerciser without the cylinder shields in place.
11. Keep your back straight while using the exerciser; do not arch your back.
12. If you feel pain or dizziness while exercising, stop immediately and cool down.
13. The decal shown on page 3 has been placed on the exerciser. If the decal is missing or illegible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown.

 **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

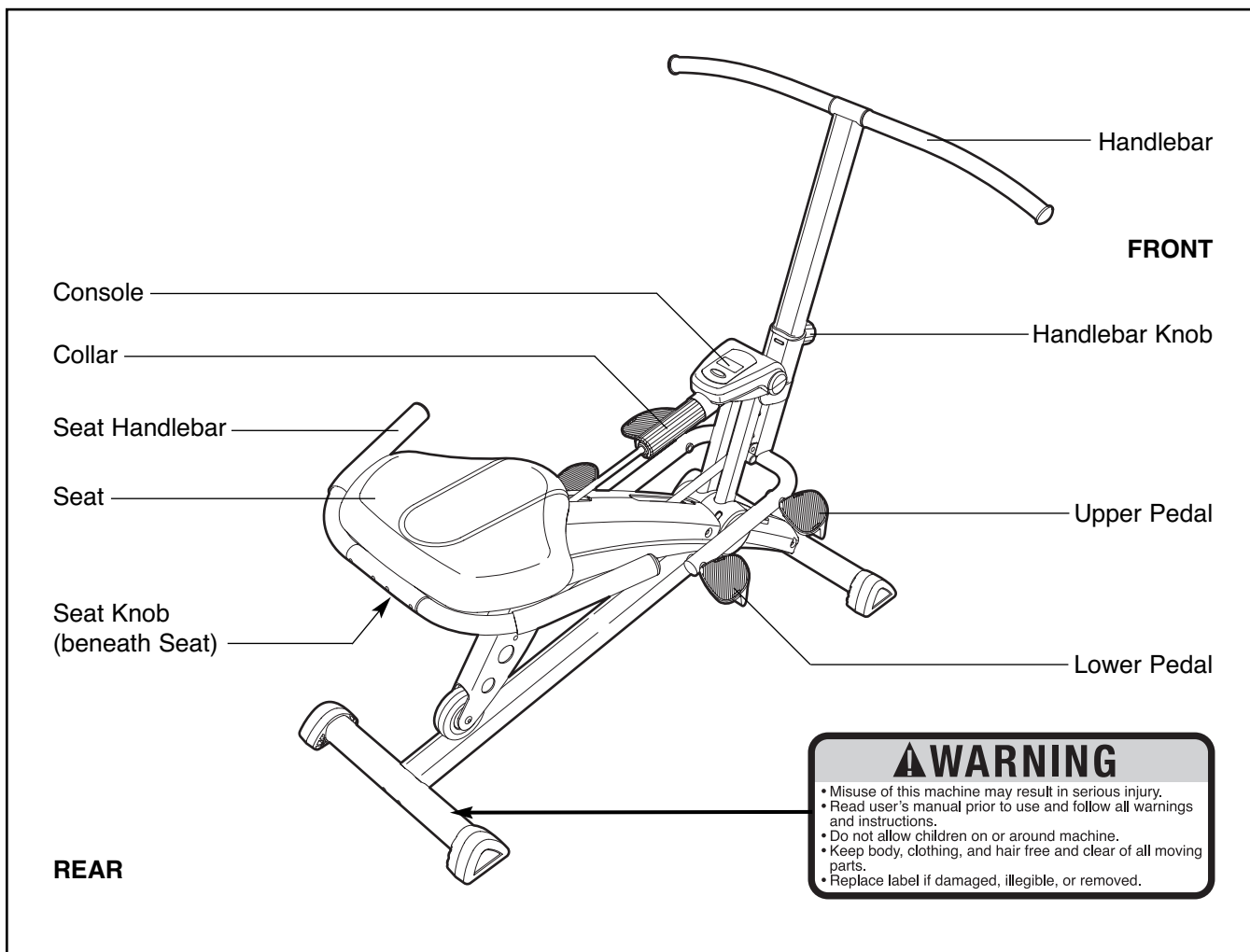
Thank you for selecting the new HEALTHRIDER® HR2 exerciser. The HEALTHRIDER HR2 exerciser offers a unique form of low-impact exercise that uses both the upper body and the lower body for greater cardiovascular benefits and increased toning.

For your benefit, read this manual carefully before you use the exerciser. 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 is HRCR4896.0. The serial number can be found on a decal attached to the exerciser (see the front cover of this manual).



To avoid a registration fee for any service needed under warranty, you must register the exerciser at www.healthriderservice.com/registration.

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

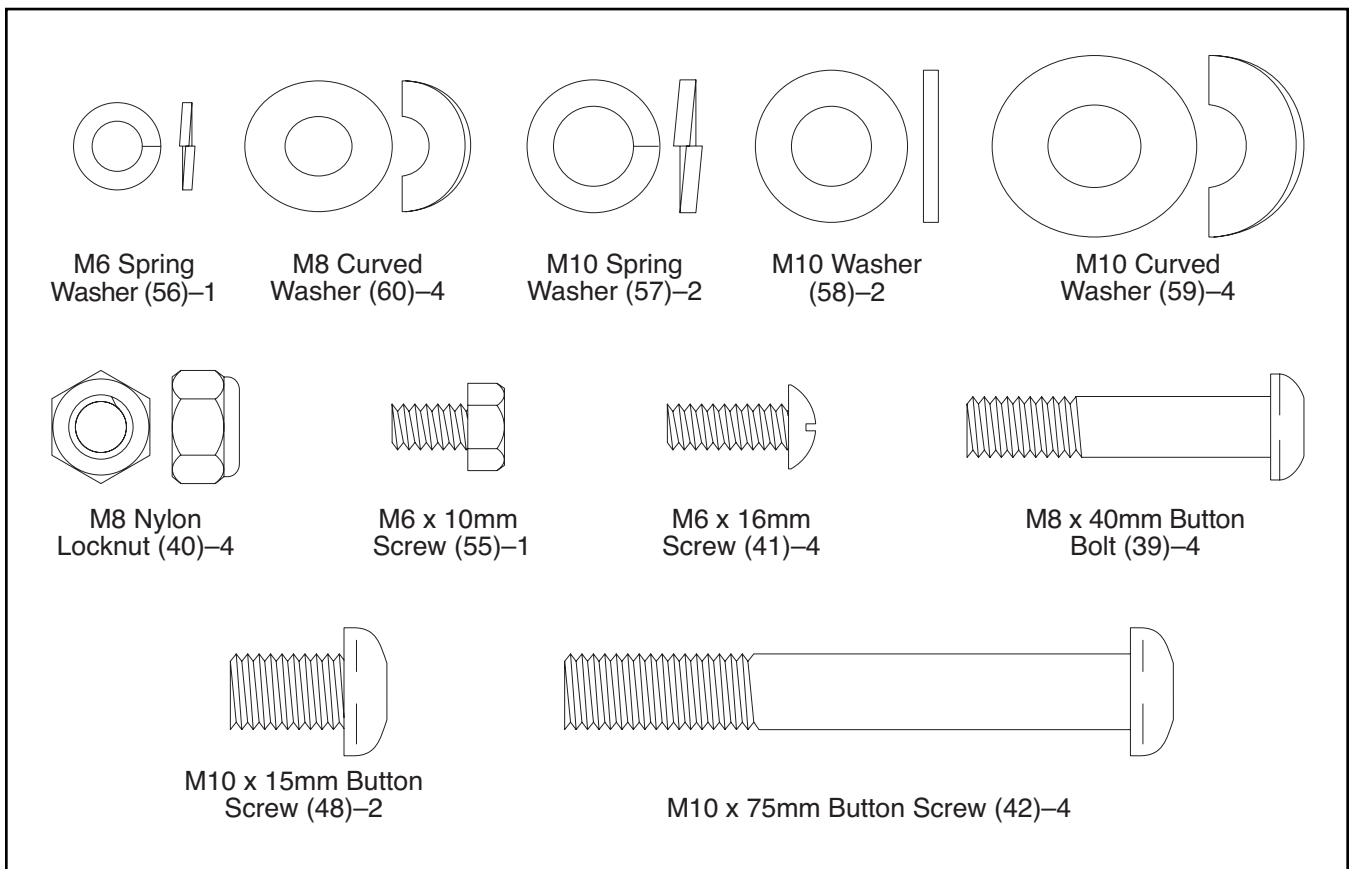


ASSEMBLY

To hire an authorized service technician to assemble the exerciser, call toll-free 1-800-445-2480.

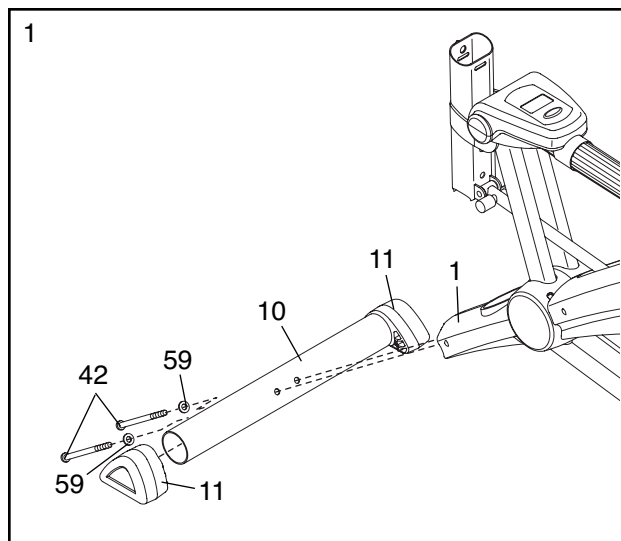
Assembly requires two persons. Place all parts of the exerciser in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. **In addition to the included hex keys, assembly requires a phillips screwdriver**  **and an adjustable wrench**  .

As you assemble the exerciser, use the drawings below to identify small parts. The number in parentheses below each drawing is the key number of the part, from the PART LIST on page 14. The second number is the quantity needed for assembly. **Note: Some small parts may have been pre-assembled. If a part is not in the parts bag, check to see if it has been pre-assembled.**

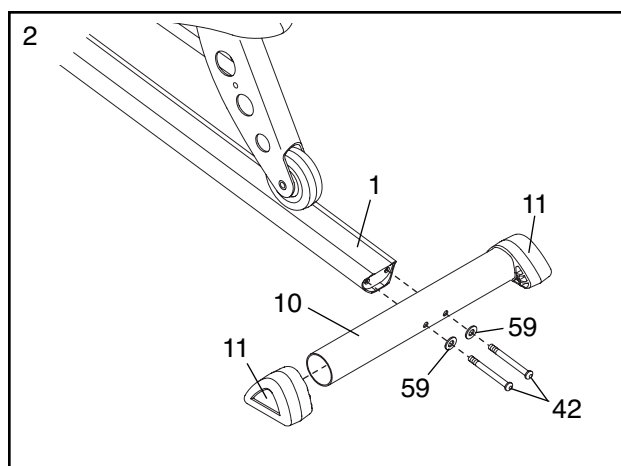


1. **To make assembly easier, read the information on page 4 before you begin assembling the exerciser.**

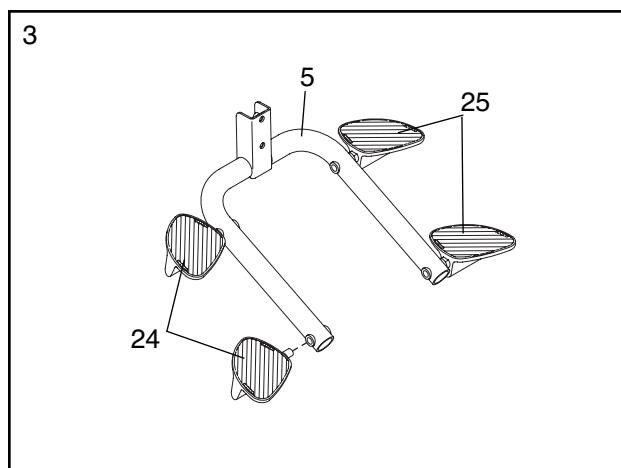
Press a Stabilizer Endcap (11) onto each end of a Stabilizer (10). Attach the Stabilizer to the front of the Frame (1) with two M10 x 75mm Button Screws (42) and two M10 Curved Washers (59).



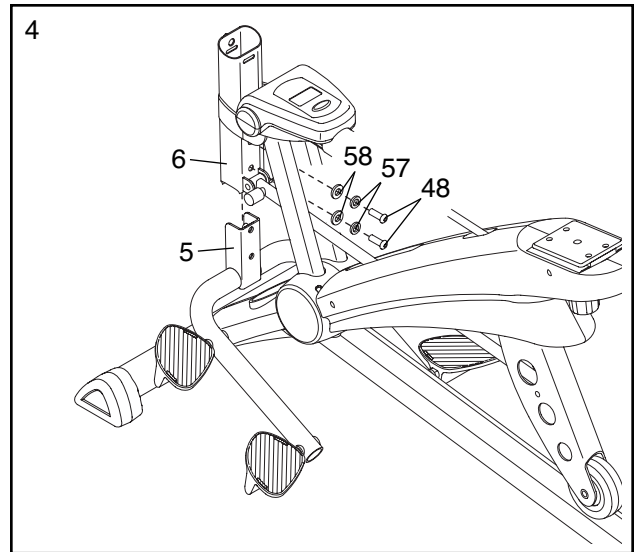
2. Press a Stabilizer Endcap (11) onto each end of the other Stabilizer (10). Attach the Stabilizer to the back of the Frame (1) with two M10 x 75mm Button Screws (42) and two M10 Curved Washers (59).



3. Identify the Left Pedals (24), which are marked with "L" stickers. Using an adjustable wrench, **firmly tighten** the Left Pedals *counterclockwise* into the Pedal Frame (5). Tighten the Right Pedals (25) *clockwise* into the Pedal Frame. **Important: Tighten all Pedals as firmly as possible. After using the exerciser for one week, retighten the Pedals. For best performance, keep the Pedals tightened.**

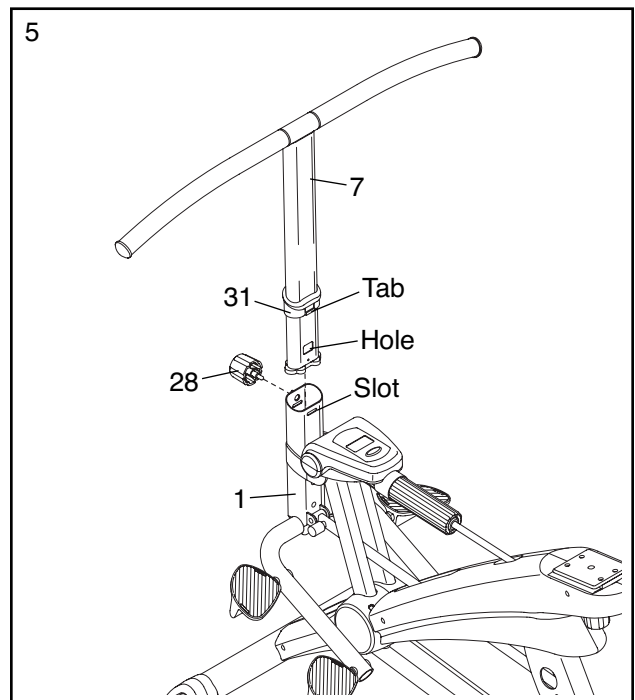


4. Orient the Pedal Frame (5) as shown, and then insert the Pedal Frame into the Pivot Frame (6). Attach the Pedal Frame with two M10 x 15mm Button Screws (48), two M10 Spring Washers (57), and two M10 Washers (58).

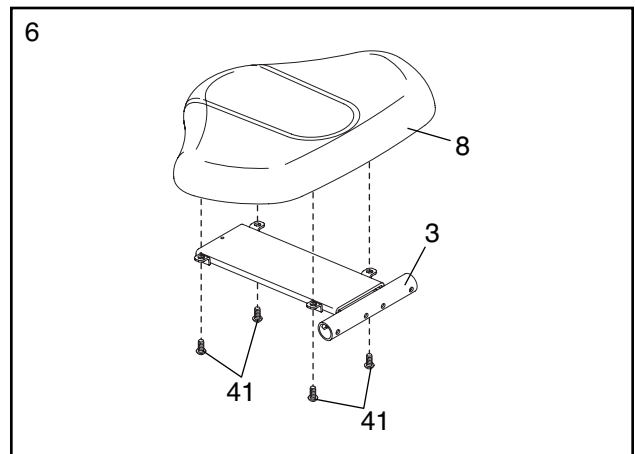


5. Orient the Handlebar (7) as shown. Next, slide the Handlebar Sleeve (31) downward until the tab on the Handlebar Sleeve is covering the indicated hole in the Handlebar.

Loosen and remove the Handlebar Knob (28). Next, press the tab on the Handlebar Sleeve (31) and insert the Handlebar (7) and the Handlebar Sleeve into the Frame (1); make sure that the tab on the Handlebar Sleeve is in the indicated slot in the Frame. Then, slide the Handlebar upward or downward to the desired height, and tighten the Handlebar Knob into the Frame and an adjustment hole in the Handlebar. **Make sure that the Handlebar Knob is engaged in an adjustment hole in the Handlebar.**

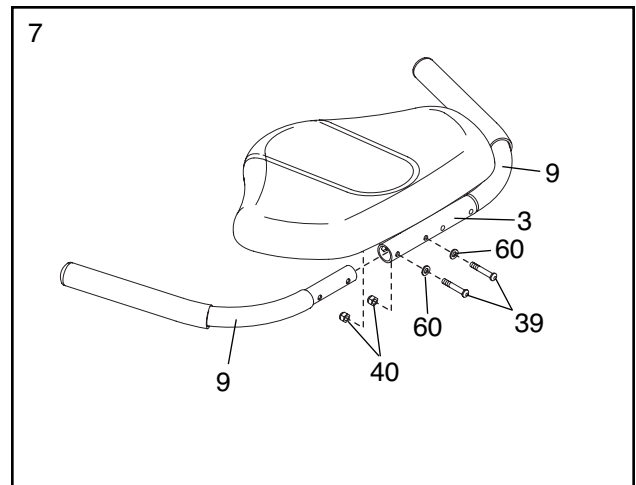


6. Orient the Seat (8) and the Seat Carriage (3) as shown. Attach the Seat to the Seat Carriage with four M6 x 16mm Screws (41). Note: The Screws may be preattached to the underside of the Seat.

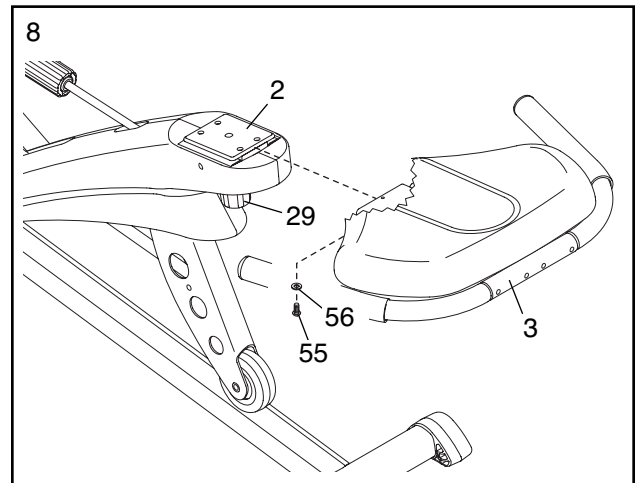


7. Orient a Seat Handlebar (9) as shown. Attach the Seat Handlebar to the Seat Carriage (3) with two M8 x 40mm Button Bolts (39), two M8 Curved Washers (60), and two M8 Nylon Locknuts (40).

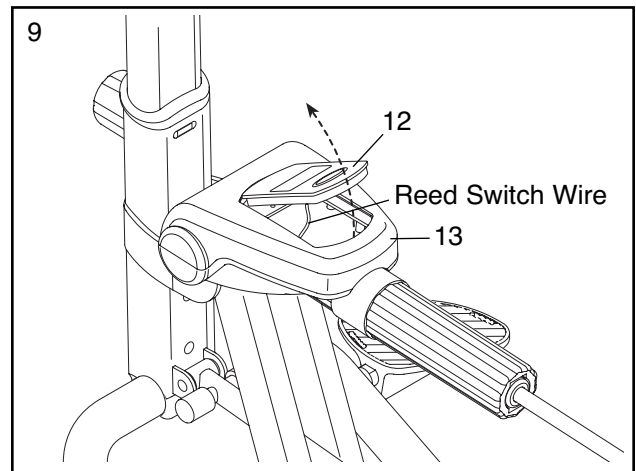
Repeat this step for the other Seat Handlebar (9).



8. Loosen the Seat Knob (29). Orient the Seat Carriage (3) as shown and slide it onto the Seat Frame (2). Attach the Seat Carriage with an M6 x 10mm Screw (55) and an M6 Spring Washer (56). Then, slide the Seat Carriage forward or backward to the desired position and retighten the Seat Knob.



9. The Console (12) requires one “AAA” battery (not included); an alkaline battery is recommended. Carefully pry the Console away from the Upper Console Shroud (13) as shown. **Be careful not to dislodge the reed switch wire.** Insert the battery into the holder on the back of the Console. **Make sure that the battery is oriented as shown by the diagram on the back of the Console.** Then, reinsert the Console into the Console Shroud.

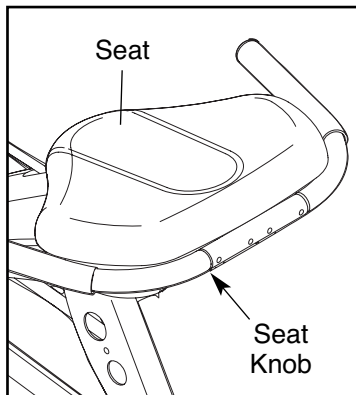


10. **Make sure that all parts are properly tightened.** To protect the floor or carpet from damage, place a mat under the exerciser.

HOW TO OPERATE THE EXERCISER

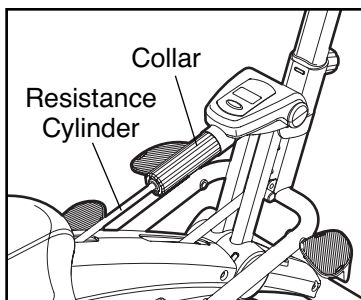
ADJUSTING THE SEAT

To adjust the position of the seat, loosen the seat knob, move the seat forward or backward to the desired position, and then retighten the knob. To determine if the seat is properly adjusted, sit on the seat and pull the handlebar as close as possible to your stomach. Your legs should be almost straight, with your knees bent slightly.



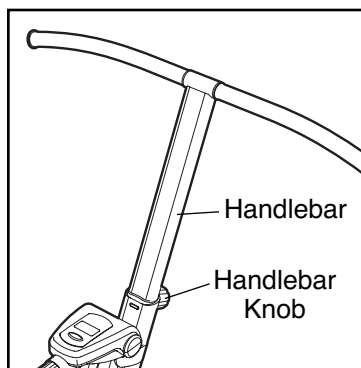
ADJUSTING THE RESISTANCE

To change the resistance, turn the collar at the front of the resistance cylinder. There are ten different resistance levels. A small arrow on the side of the resistance cylinder will show which resistance level is selected. **CAUTION: The resistance cylinder becomes very hot during use. Allow the resistance cylinder to cool before touching it. When adjusting the resistance, touch only the resistance adjustment collar.**



ADJUSTING THE HANDLEBAR

To adjust the height of the handlebar, loosen the handlebar knob, move the handlebar upward or downward to the desired position, and then retighten the knob into an adjustment hole in the handlebar. **Make sure that the handlebar knob is engaged in an adjustment hole.**

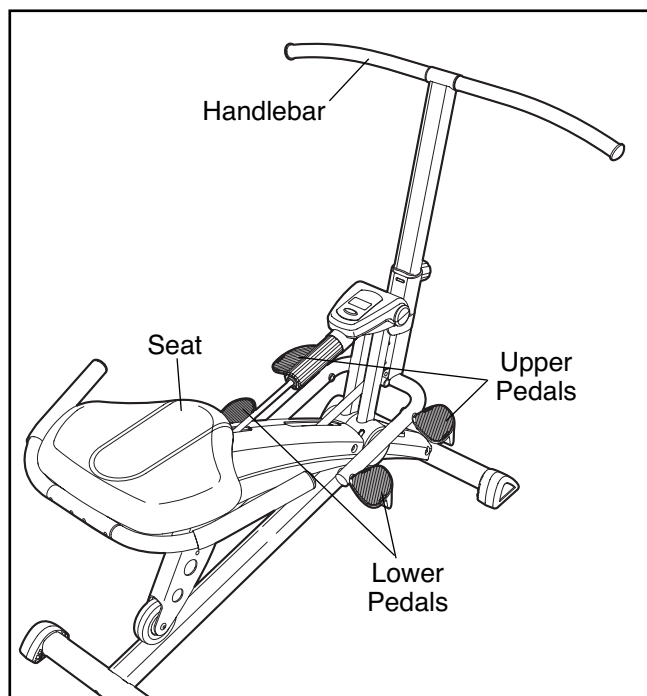


EXERCISING ON THE EXERCISER

Sit on the seat, place your feet on the lower pedals, and hold the handlebar. Your hands can be positioned close together or far apart, or in an overhand or underhand grip. If necessary, adjust the position of the seat or the height of the handlebar.

To begin exercising, pull the handlebar toward your waist while pushing the pedals away with your legs. Return to the starting position. This completes one repetition. Repeat, moving with a smooth, continuous motion. For the best results, move through the full range of motion and maintain a steady pace.

CAUTION: To avoid injury, keep your back straight; do not arch your back. Do not operate the exerciser without the cylinder shields in place.



To focus on the muscles of the upper body, place your feet on the upper pedals as you exercise.

Note: The console will automatically turn on when you begin exercising on the exerciser. The operation of the console is described on the following page.

DESCRIPTION OF THE CONSOLE

The console offers five modes that provide instant exercise feedback:

- Time—This mode displays the elapsed time. Note: If you stop exercising for a few seconds, the Time mode will pause.
- Reps/Min—This mode displays your exercise pace, in repetitions per minute.
- Count—This mode displays the total number of repetitions you have completed, up to 9,999 repetitions.
- Calories—This mode displays the approximate number of calories you have burned.
- Scan—This mode displays the Time, Reps/Min, Count, and Calories modes, for a few seconds each, in a repeating cycle.

HOW TO OPERATE THE CONSOLE

1. To turn on the power, press the console button or simply begin exercising.

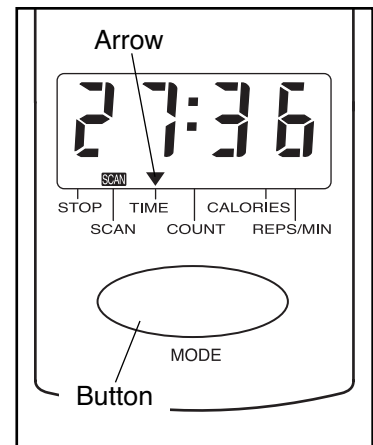
2. Select the desired mode:

To select the Time, Reps/Min, Count, or Calories mode, press the console button repeatedly until an arrow points to the name of the desired mode. Make sure that the Scan mode is not selected.

To select the Scan mode, press the console button repeatedly. While the Scan mode is selected, an arrow will show which mode is currently displayed.

To reset the Time, Count, and Calories modes to zero, hold down the console button for a few seconds.

3. **The console has an “auto-off” feature.** If the pedals are not moved and the console button is not pressed for a few minutes, the power will turn off automatically to conserve the battery.



MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the exerciser regularly. Replace any worn parts immediately.

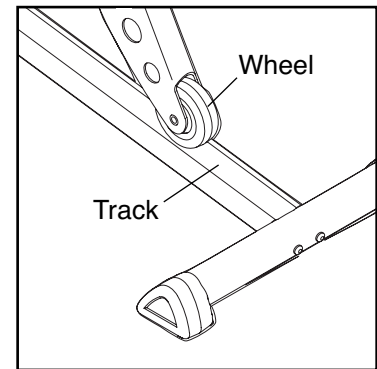
To clean the exerciser, use a damp cloth and a small amount of mild soap. Important: **To prevent damage to the console, keep liquid away from the console and keep the console out of direct sunlight.** When storing the exerciser, remove the battery from the console.

HOW TO REPLACE THE BATTERY

If the display of the console becomes dim, the "AAA" battery should be replaced. See step 9 on page 7 and replace the old battery.

WHEEL MAINTENANCE

Clean the wheel and the frame track on a regular basis. Use a damp cloth and mild soap to remove dust and debris from the wheel and the track on which it travels.



CONDITIONING GUIDELINES




WARNING:

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

The following general guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

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

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

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for ener-

gy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust your pace until your heart rate is near the lowest number in your training zone as you exercise. For increased fat burning, adjust your pace until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown.



Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

Adjust your pace until your heart rate is at the desired level.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. The key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent 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. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. 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. Repeat 3 times for both legs. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

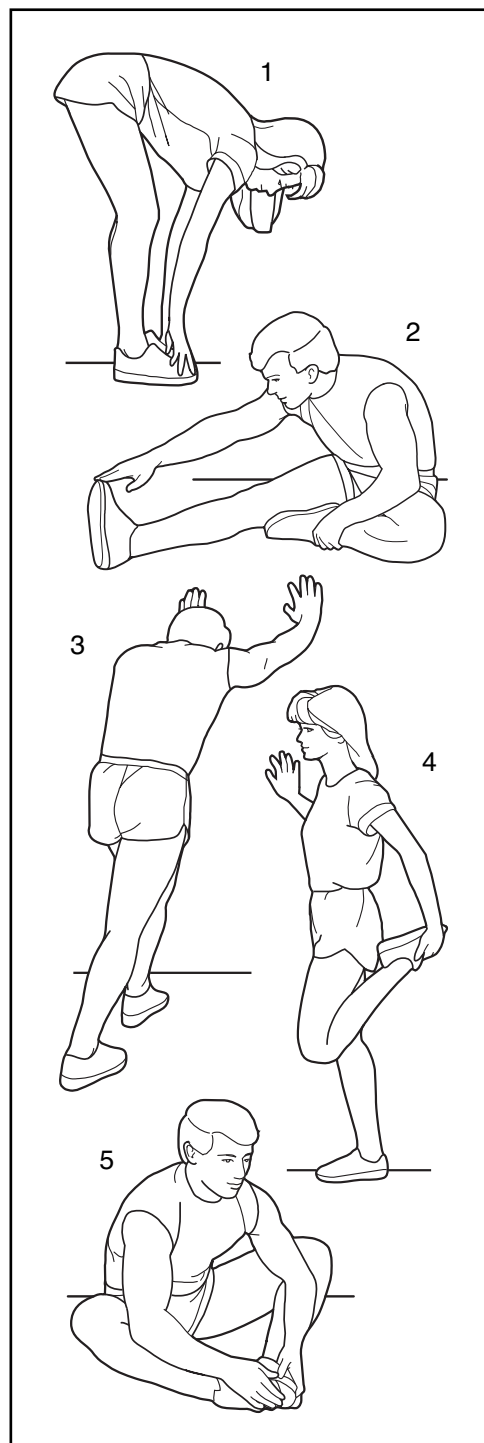
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for both legs. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. 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. Repeat 3 times for both legs. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

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. Repeat 3 times. Stretches: Quadriceps and hip muscles.



NOTES

PART LIST—Model No. HRCR4896.0

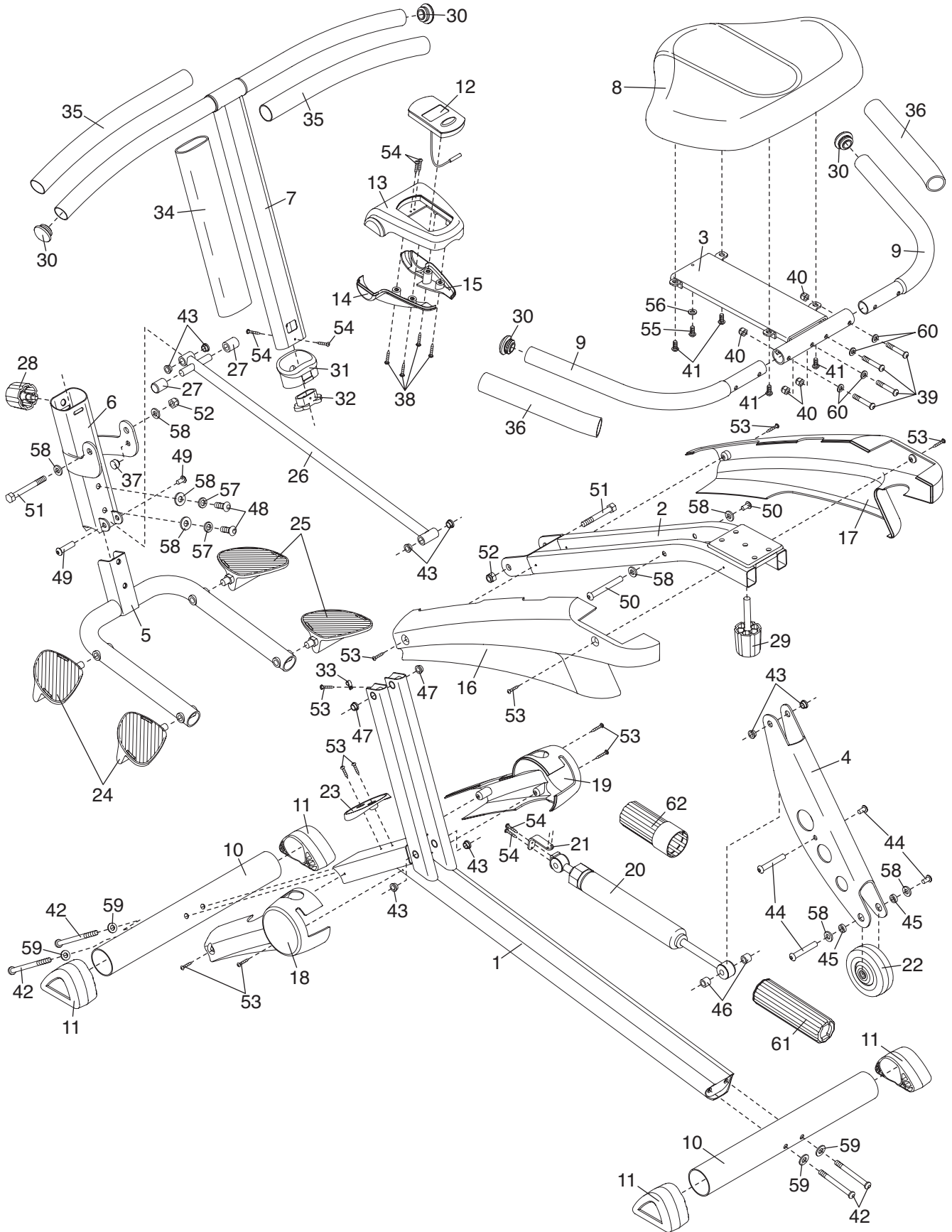
R1206A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	1	Clamp
2	1	Seat Frame	34	1	Post Foam
3	1	Seat Carriage	35	2	Long Handlebar Foam
4	1	Wheel Frame	36	2	Short Handlebar Foam
5	1	Pedal Frame	37	1	Magnet
6	1	Pivot Frame	38	4	M3.5 x 10mm Screw
7	1	Handlebar/Post	39	4	M8 x 40mm Button Bolt
8	1	Seat	40	4	M8 Nylon Locknut
9	2	Seat Handlebar	41	4	M6 x 16mm Screw
10	2	Stabilizer	42	4	M10 x 75mm Button Screw
11	4	Stabilizer Endcap	43	8	Bushing
12	1	Console/Reed Switch Wire	44	2	M10 x 50mm Union Bolt
13	1	Upper Console Shroud	45	2	Wheel Spacer
14	1	Left Console Shroud	46	2	Cylinder Spacer
15	1	Right Console Shroud	47	2	Pivot Bushing
16	1	Left Side Shield	48	2	M10 x 15mm Button Screw
17	1	Right Side Shield	49	1	M10 x 37mm Union Bolt
18	1	Left Frame Shield	50	1	M10 x 104mm Union Bolt
19	1	Right Frame Shield	51	2	M10 x 120mm Button Bolt
20	1	Resistance Cylinder	52	2	M10 Nylon Locknut
21	1	Mounting Bracket	53	11	M4 x 16mm Screw
22	1	Wheel	54	6	M4 x 8mm Screw
23	1	Emblem Mount	55	1	M6 x 10mm Screw
24	2	Left Pedal/Strap	56	1	M6 Spring Washer
25	2	Right Pedal/Strap	57	2	M10 Spring Washer
26	1	Pivot Rod	58	8	M10 Washer
27	2	Bumper	59	4	M10 Curved Washer
28	1	Handlebar Knob	60	4	M8 Curved Washer
29	1	Seat Knob	61	1	Long Cylinder Shield
30	4	Handlebar Endcap	62	1	Short Cylinder Shield
31	1	Handlebar Sleeve	#	1	User's Manual
32	1	Handlebar Bushing	#	3	Hex Key

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual.

EXPLODED DRAWING—Model No. HRCR4896.0

R1206A



ORDERING REPLACEMENT PARTS

To order replacement parts, see the front cover of this manual. To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (HRCR4896.0)
- the NAME of the product (HEALTHRIDER HR2 exerciser)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and the EXPLODED DRAWING on pages 14 and 15)

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of ninety (90) days from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

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

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

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

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