HEALTH RIDER®

ELLIPTICAL CROSSTRAINER

E730

Model No. HREL11900
Serial No. _____

Serial
Number →
Decal
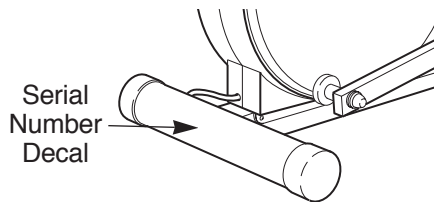
USER'S MANUAL

QUESTIONS?

If you have questions, or if there are missing or damaged parts, please call direct to our toll-free Customer Hot Line. The trained technicians on our Customer Hot Line will provide immediate assistance, free of charge to you.
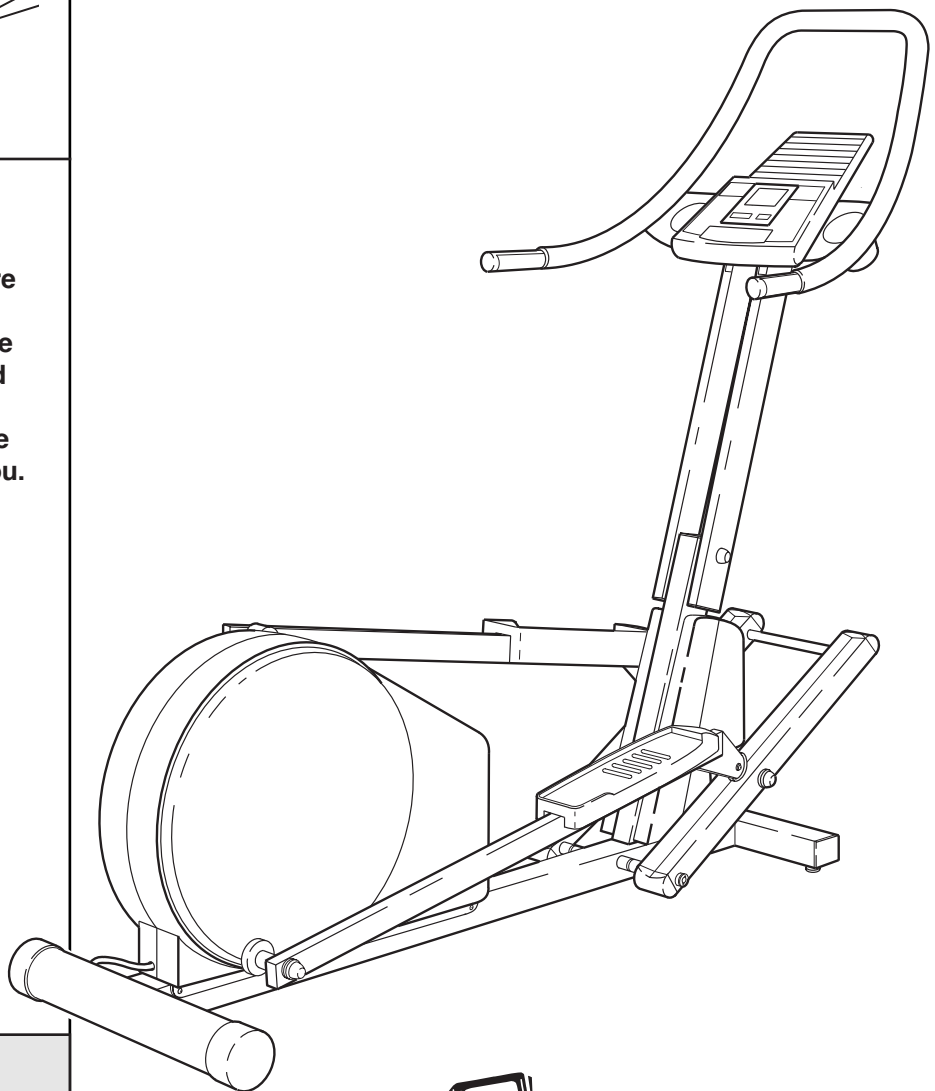
CUSTOMER HOT LINE:

1-800-999-3756
Mon.–Fri., 6 a.m.–6 p.m. MST

Patent Pending

⚠ CAUTION

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

Visit our website at

www.healthrider.com

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

TABLE OF CONTENTS

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of serious injury, read the following important precautions before using the HealthRider® E730 elliptical crosstrainer.

1. Read all instructions in this manual before using the elliptical crosstrainer.

2. It is the responsibility of the owner to ensure that all users are adequately informed of all precautions.

3. The elliptical crosstrainer is intended for in-home use only. Do not use the elliptical crosstrainer in a commercial, rental, or institutional setting.

4. Place the elliptical crosstrainer on a level surface, with a mat beneath it to protect the floor or carpet. Keep the elliptical crosstrainer indoors, away from moisture and dust.

5. Inspect and tighten all parts regularly. Replace any worn parts immediately.

6. Keep children under age 12 and pets away from the elliptical crosstrainer at all times.

7. The elliptical crosstrainer should not be used by persons weighing more than 250 pounds.

8. Wear appropriate exercise clothing when using the elliptical crosstrainer. Always wear athletic shoes for foot protection.

9. Always hold the handlebar when mounting, dismounting, or using the elliptical crosstrainer.

10. When you stop exercising, allow the pedals to slowly come to a stop.

11. Keep your back straight when using the elliptical crosstrainer; do not arch your back.

12. If you feel pain or dizziness while exercising, stop immediately and cool down.

13. The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

14. If the decal shown at the right is missing or illegible, call toll-free 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.
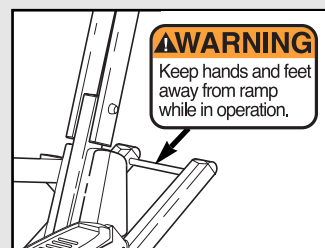
⚠WARNING
Keep hands and feet away from ramp while in operation.

⚠ **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.
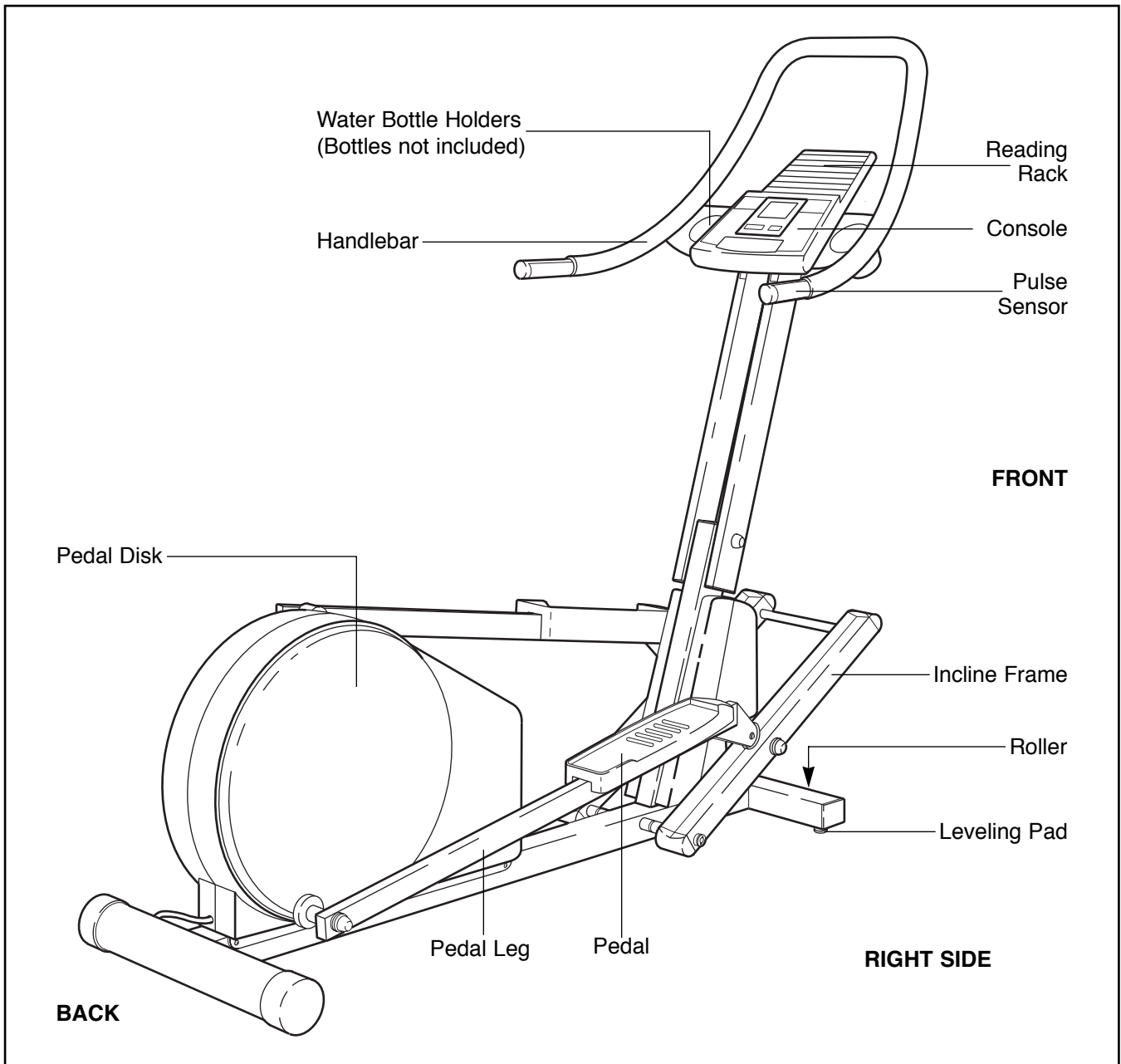
BEFORE YOU BEGIN

Congratulations for selecting the revolutionary HealthRider® E730 elliptical crosstrainer. The HealthRider® E730 is an incredibly smooth exerciser that moves your feet in a natural elliptical path, minimizing the impact on your knees and ankles. And the unique E730 features adjustable resistance and incline to help you get the most from your exercise. Welcome to a whole new world of natural, elliptical-motion exercise from HealthRider.

For your benefit, read this manual carefully before you use the HealthRider® E730. If you have additional questions, please call our Customer Service

Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is HREL11900. The serial number can be found on a decal attached to the elliptical crosstrainer (see the front cover of this manual for the location of the decal).

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

Water Bottle Holders
(Bottles not included)

Reading Rack

Handlebar

Console

Pulse Sensor

FRONT

Pedal Disk

Incline Frame

Roller

Leveling Pad

Pedal Leg   Pedal
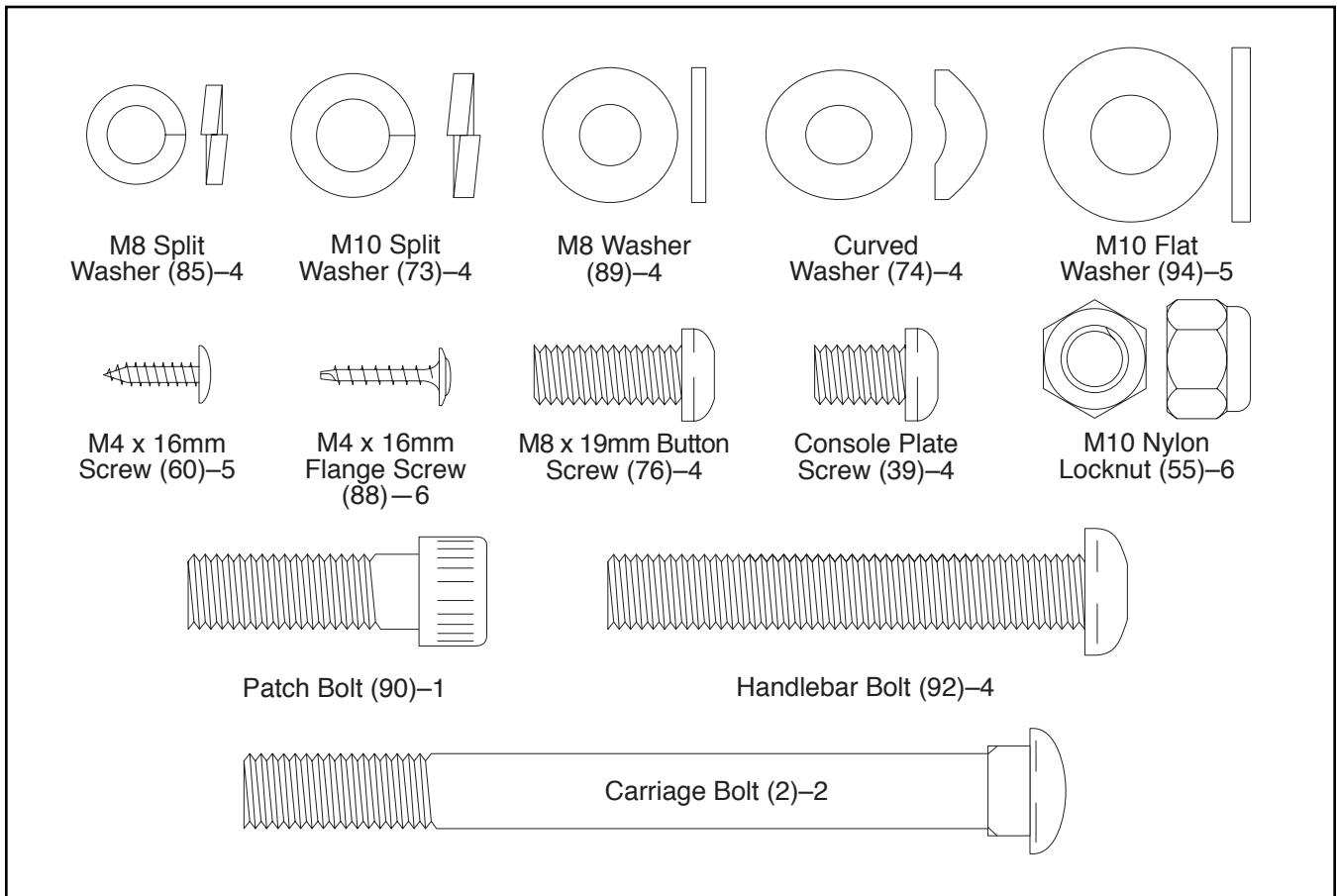
RIGHT SIDE

BACK

3

ASSEMBLY

Assembly requires two people. Place all parts of the elliptical crosstrainer in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

The following tools are required for assembly: the included allen wrenches ⌐ **and your own phillips screwdriver** ▭ **adjustable wrench** ◯ **and rubber mallet** ▭ **.**

As you assemble the elliptical crosstrainer, use the drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 18. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-assembled for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**

M8 Split
Washer (85)–4

M10 Split
Washer (73)–4

M8 Washer
(89)–4

Curved
Washer (74)–4

M10 Flat
Washer (94)–5

M4 x 16mm
Screw (60)–5

M4 x 16mm
Flange Screw
(88)—6

M8 x 19mm Button
Screw (76)–4

Console Plate
Screw (39)–4

M10 Nylon
Locknut (55)–6

Patch Bolt (90)–1

Handlebar Bolt (92)–4

Carriage Bolt (2)–2

4

1. Hold the Rear Stabilizer (4) against the saddle on the rear of the Frame (1). Make sure that the Rear Stabilizer is turned so the square holes are facing away from the Frame. Attach the Rear Stabilizer with two Carriage Bolts (2) and two M10 Nylon Locknuts (55).
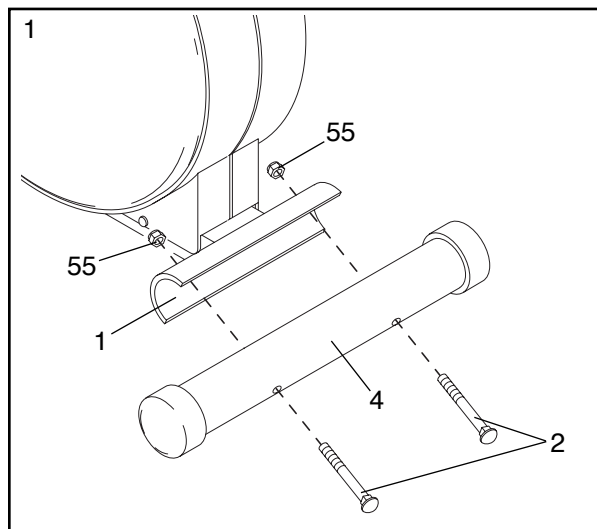
2. Slide an M8 Split Washer (85) and an M8 Washer (89) onto an M8 x 19mm Button Screw (76). Thread the Button Screw into one end of an Incline Axle (15). Next, apply a small amount of the included grease to the Incline Axle.

   Align the indicated tubes on the Incline Frame (7) with the tubes on the Base Frame (1). **Make sure that the Incline Frame is turned so the V-shaped grooves are on top.** Insert the Incline Axle (15) through the Incline Frame and the Base Frame. Note: It may be helpful to tap the Incline Axle with a rubber mallet to insert it.

   Slide an M8 Split Washer (85) and an M8 Washer (89) onto another M8 x 19mm Button Screw (76). Thread the Button Screw into the open end of the Incline Axle (15). **Do not tighten the Button Screws yet.**
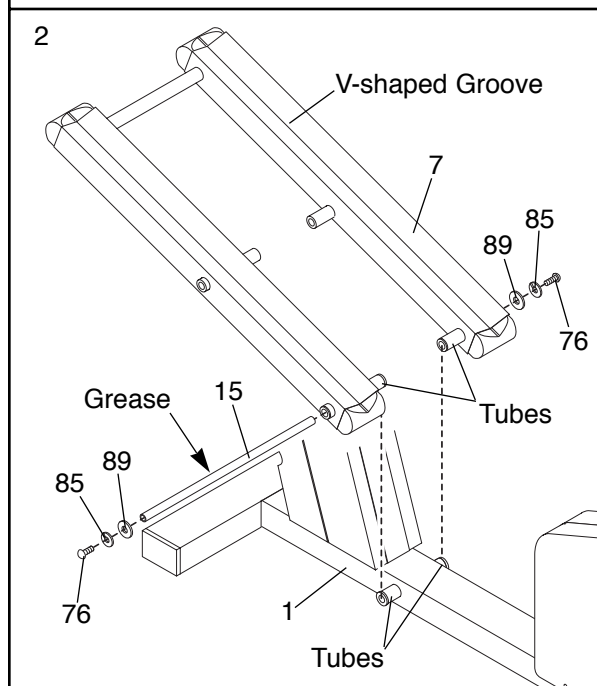
3. Slide an M8 Split Washer (85) and an M8 Washer (89) onto an M8 x 19mm Button Screw (76). Next, thread the Button Screw into one end of the Incline Motor Axle (14). With the help of a second person, raise the Incline Frame (7). Insert the Incline Motor Axle through one side of the Incline Frame, through a Plastic Spacer (91), through the end of the motor screw, through another Plastic Spacer (91), and through the other side of the Incline Frame.

   Slide an M8 Split Washer (85) and an M8 Washer (89) onto an M8 x 19mm Button Screw (76). Thread the Button Screw into the open end of the Incline Motor Axle (14).

   Tighten the four M8 x 19mm Button Screws (76) used in this step and step 2.

5
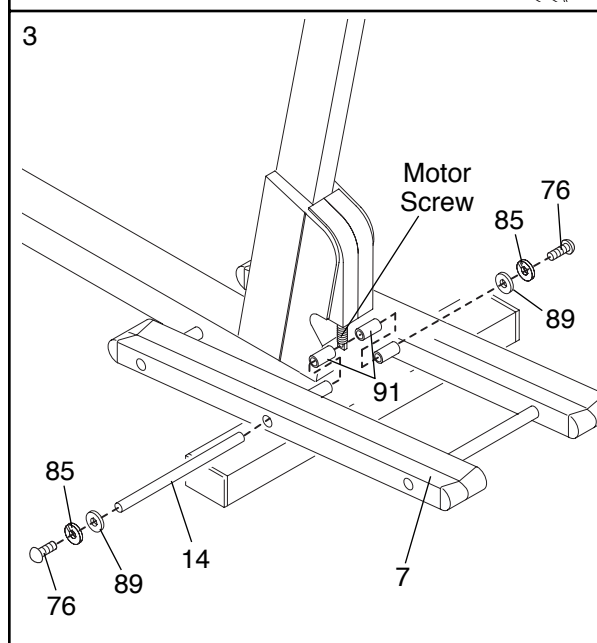
4. Raise the Upright (3). Slide the M10 Flat Washer (94) onto the Patch Bolt (90). Secure the Upright by tightening the Patch Bolt (90) into the Base Frame (1).
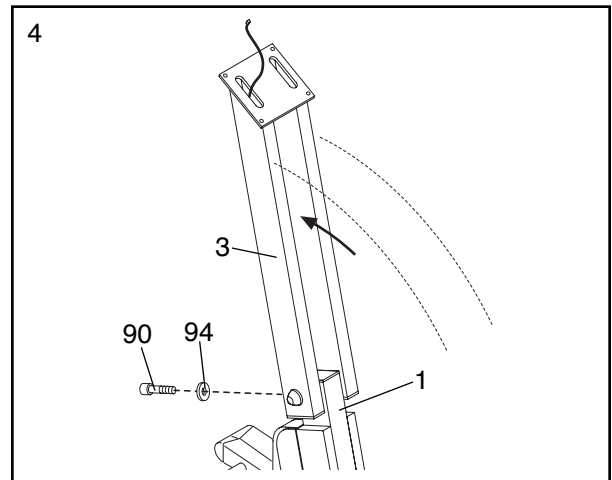
5. Thread the Long Extension Wire (100) through the indicated hole in the Console Plate (101). Attach the Console Plate to the Upright (3) with four Console Plate Screws (39) and four M10 Split Washers (73). **Make sure that the Long Extension Wire is not pinched between the Upright and the Console Plate.**
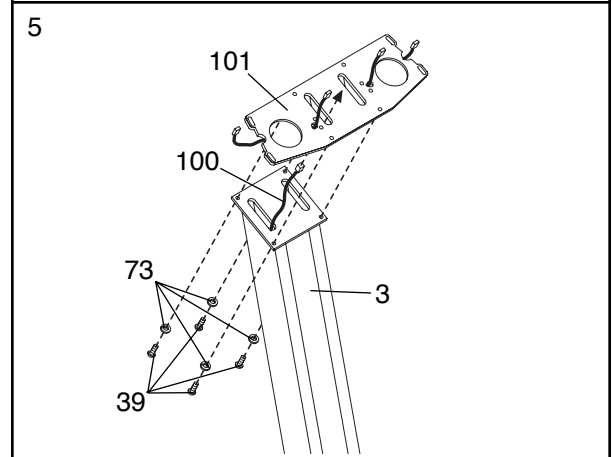
6. Connect the Long Extension Wire (100) to the corresponding wire on the Console (97).
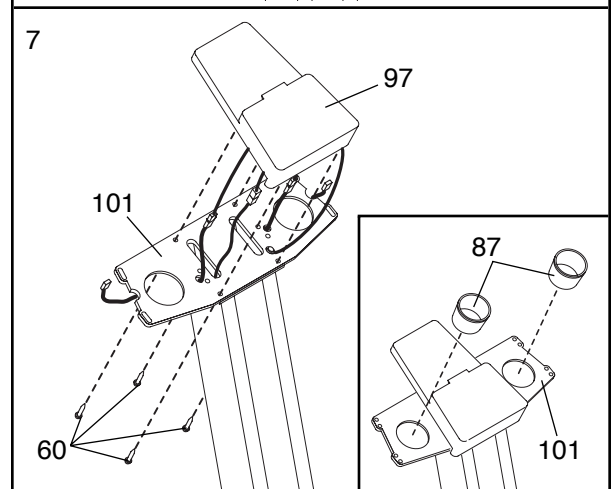
   Next, connect the two Console Plate Wires (106) to the two corresponding wires on the Console (97). Note: Either Console Plate Wire can be attached to either wire on the Console.

   Next, attach the ground wire to the indicated hole in the Console Plate (101) with an M4 x 16mm Screw (60).
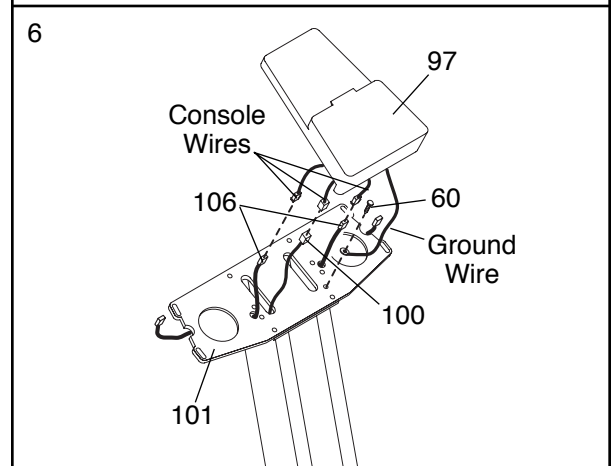
7. Carefully feed all wires down through the Console Plate (101). Attach the Console (97) to the Console Plate with four M4 x 16mm Screws (60). **Be careful to avoid pinching the wires.**

   Refer to the inset drawing. Tap the Water Bottle Holders (87) into the indicated holes in the Console Plate (101).

6

8. While another person holds the Handlebar (13) in the position shown, connect the two Console Plate Wires (106) to the two Pulse Wires (96).

   Push the wires and connectors into the Handlebar (13).
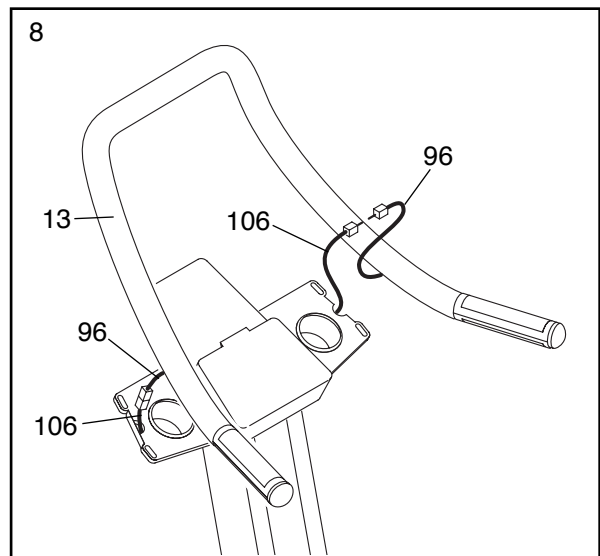
9. With the help of another person, **loosely** attach the right side of the Handlebar (13) to the Upright (3) with two Handlebar Bolts (92), two Curved Washers (74), two Spacers (93), two M10 Flat Washers (94), and two M10 Nylon Locknuts (55). Make sure that the Spacers are positioned between the Handlebar and the Console Plate (101). **Be careful to avoid pinching the wires.**

   Attach the left side of the Handlebar (13) in the same way.

   Firmly tighten all four Handlebar Bolts (92).
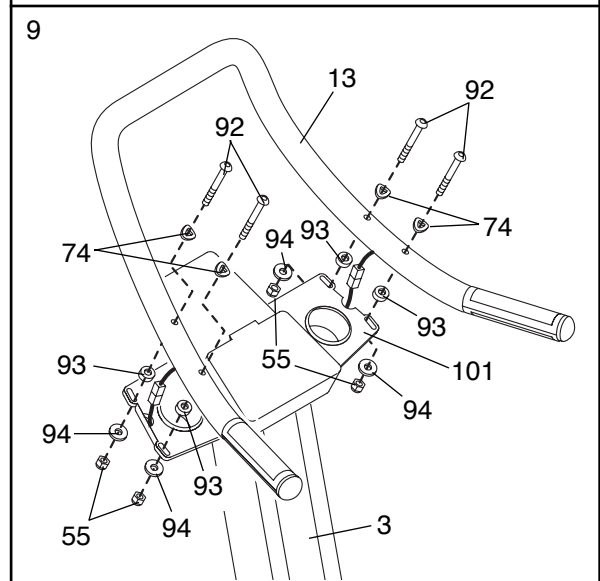
10. Identify the Right Pedal Leg (6), which has an "R" sticker attached to it. Next, identify the Right Pedal (23), which has the letter "R" molded onto the bottom. Slide the Right Pedal onto the Right Pedal Leg (6) as shown. Make sure that the plastic posts are completely inserted into the holes in the Right Pedal Leg.

   Insert the three M4 x 16mm Flange Screws (88) about halfway into the Right Pedal Leg (6) and thread the Screws into the plastic posts on the Right Pedal (23). Using a phillips screwdriver, tighten the three Flange Screws into the plastic posts. **Do not overtighten the Flange Screws or the plastic posts may break.**

   Attach the Left Pedal (not shown) in the same way.

7
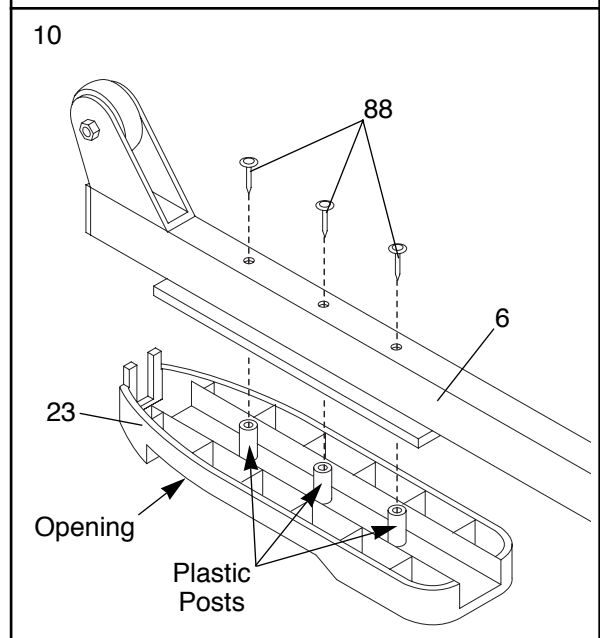
11. Apply a small amount of grease to the axle on the left Crank Arm (8).

Side a Nylon Washer (78) and the Left Pedal Leg (5) onto the axle on the left Crank Arm (8). Note: It may be helpful to use a rubber mallet to tap these parts on. **Be careful not to confuse the Left Pedal Leg with the Right Pedal Leg (not shown); look at the position of the round tube to correctly identify the Left Pedal Leg.** Next, tap a 3/4" Axle Cap (40) onto the axle.

Attach the Right Pedal Arm (not shown) in the same way.
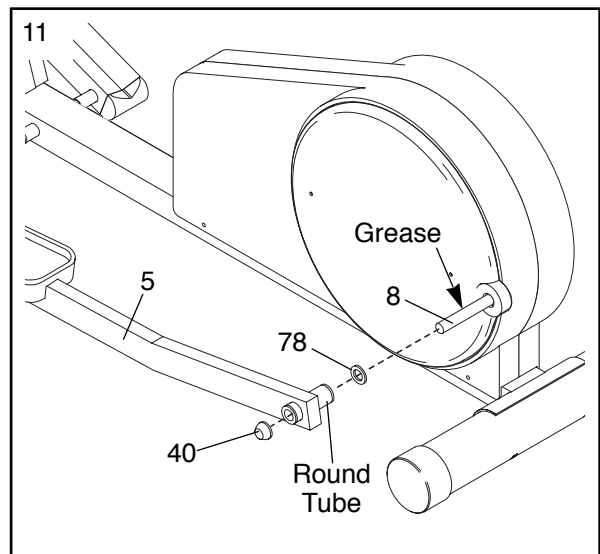
12. **Make sure that all parts of the elliptical crosstrainer are properly tightened. Note: There may be some hardware left over after assembly is completed.** To protect the floor or carpet from damage, place a mat under the elliptical crosstrainer.

8

HOW TO USE THE ELLIPTICAL CROSSTRAINER

PLUGGING IN THE POWER CORD

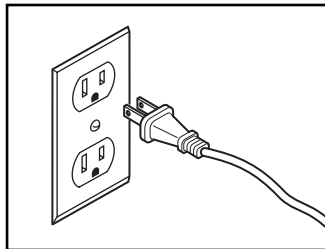Plug the power cord into a surge protector (not included), and plug the surge protector into a 120-volt outlet. The displays and various indicators on the console will light and a tone will sound.

Note: To decrease the possibility of damaging your machine, always use a surge protector. Each time the power cord is plugged in, the incline frame will move to the lowest position. In addition, the **incline frame may automatically move up and down as the elliptical crosstrainer goes through a calibration sequence.**

Please read through all instructions in this section before using the elliptical crosstrainer.

EXERCISING ON THE ELLIPTICAL CROSSTRAINER

To mount the elliptical crosstrainer, hold the handlebar and step onto the pedal that is in the lowest position. Next, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The pedal disks can turn in either direction. It is recommended that you move the pedal disks in the direction shown by the arrow below; however, to give variety to your exercise, you may choose to turn the pedal disks in the opposite direction.**

Pedal Disk   Pedal
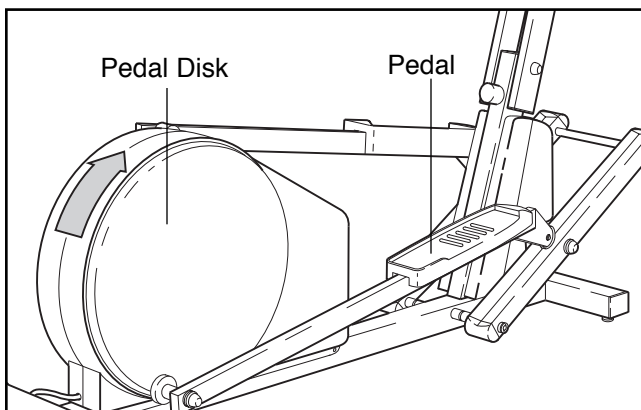
To dismount the elliptical crosstrainer, wait until the pedals come to a complete stop. **Important: The elliptical crosstrainer does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the highest pedal first. Then, step off the lowest pedal.

FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the console is in the manual mode, the incline and resistance of the elliptical crosstrainer can be adjusted with a touch of a button. As you exercise, the LED matrix and displays will provide continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also offers ten preset workout programs: four incline programs automatically control the incline of the elliptical crosstrainer as they guide you through effective workouts, four resistance programs automatically control the resistance of the elliptical crosstrainer, and two combination programs control both the incline and the resistance during your workouts.

Note: The console can display distance and speed in either miles or kilometers (see step 4 on page 11). For simplicity, all instructions in this section refer to miles.

⚠ CAUTION: Before operating the console, read the following precautions.

* **Always hold the handlebar when mounting, dismounting, or using the elliptical crosstrainer.**

* **When you stop exercising, allow the pedals to slowly come to a stop.**

* **Keep your feet and objects from beneath the elliptical crosstrainer.**

* **To reduce the risk of electric shock, keep the console dry. Avoid spilling liquid on the console and use only a sealable water bottle.**

* **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

CONSOLE DIAGRAM
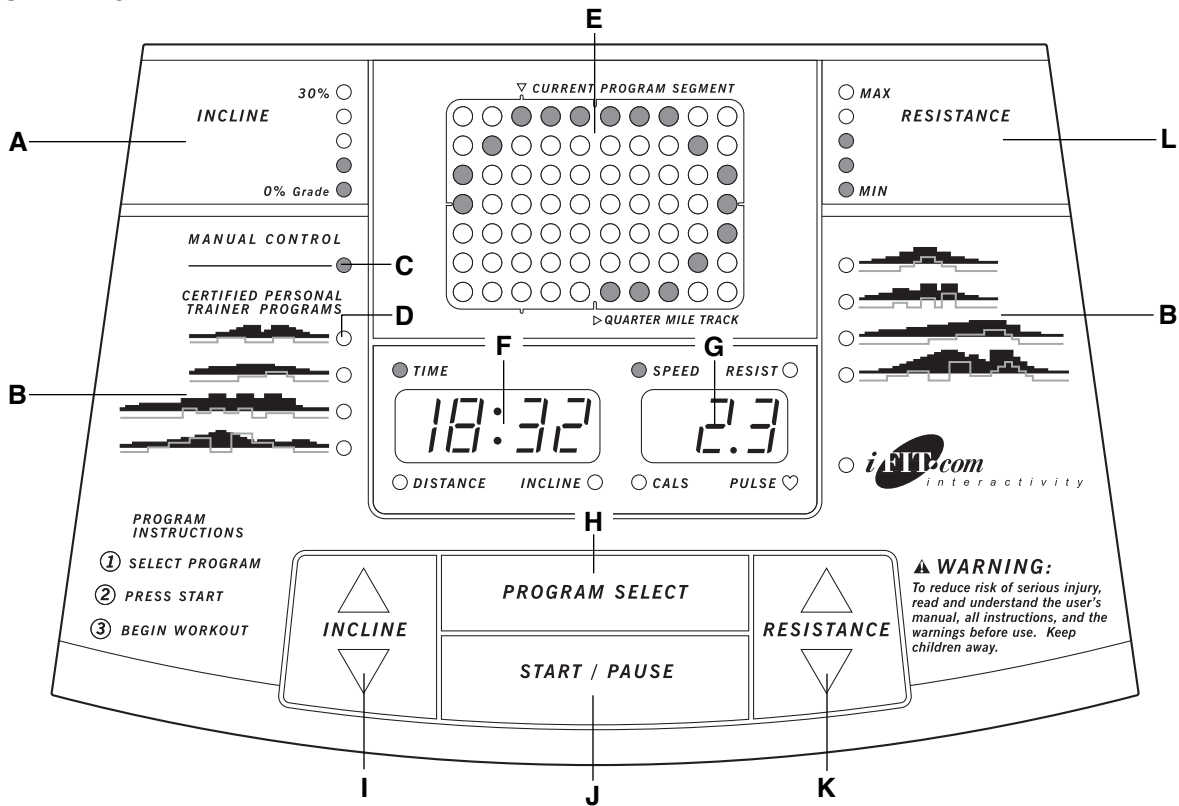
Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

A. Incline Display—This display shows the incline level of the elliptical crosstrainer.

B. Program Profiles—These profiles show how the resistance and incline of the elliptical crosstrainer will change during personal trainer programs. For example, the upper profile on the right side of the console shows that the resistance and incline will gradually increase during the first half of the indicated program, and gradually decrease during the last half.

C. MANUAL CONTROL Indicator—This indicator will light to show when the manual mode is selected.

D. Program/iFIT.com Indicators—These indicators light to show when a personal trainer program or the iFIT.com mode is selected.

E. LED Matrix—When the manual mode or the iFIT.com mode is selected, the LED matrix will show an LED track. When a personal trainer program is selected, the matrix will show your progress and upcoming resistance settings.

F. TIME/DISTANCE/INCLINE/LAPS Display—This display shows the elapsed time (or the remaining time in a personal trainer program), total distance, the

incline level, and the total number of quarter-mile laps completed. The display will change modes every seven seconds. Note: The letter "L" will appear in the display when the number of laps is shown.

G. SPEED/CALORIES/PULSE/RESISTANCE Display—This display shows your current speed, approximate calories burned, and the resistance level. The display will change modes every seven seconds. When the pulse sensor is used, the display will also show your heart rate.

H. PROGRAM SELECT Button—This button is used to select the manual mode, personal trainer programs, and the iFIT.com mode.

I. INCLINE Buttons—These buttons control the incline of the elliptical crosstrainer. Each time one of the buttons is pressed, the incline level will change by 1%. If a button is held down, the incline will change in increments of 5%. The incline range is 0% to 30%.

J. START/PAUSE Button—This button is used to start and pause the console.

K. RESISTANCE Buttons—These buttons control the resistance of the elliptical crosstrainer. There are ten resistance levels.

L. RESISTANCE Display—This display shows the resistance level of the elliptical crosstrainer.

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HOW TO USE THE MANUAL MODE

1 **Turn on the power**

Make sure that the power cord is properly plugged in (see page 9). To turn on the power, press the START/PAUSE button or simply begin exercising. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

2 **Select the manual mode**

Each time the power is turned on, the manual mode will be selected, as shown by the MANU-AL CONTROL indicator. If a personal trainer pro-gram or the iFIT.com mode has been selected, press the PROGRAM SELECT button repeatedly to select the manual mode. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to its lowest position.**

3 **Begin exercising and adjust the resistance and incline**

As you exercise in manual mode, adjust the resistance and incline as desired by pressing the RESISTANCE and INCLINE buttons. Note: After the buttons are pressed, it may take a few seconds for the selected setting to be reached.
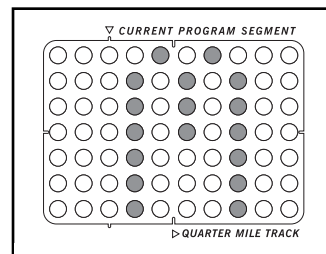
4 **Follow your progress with the console displays**

As you exercise, the LED matrix will display the distance you have traveled on a quarter-mile track. The indicators around the track will light one at a time until the entire track is lit. A new lap will then begin.

The two displays will show the elapsed time, distance, incline level, laps completed, current speed, calories burned, and resistance level, in seven-second intervals. Your heart rate will also be shown when the pulse sensor is used (see step 5).

Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, first press the INCLINE △ button and the RESISTANCE △ button at the same time to select the "user mode." The left dis-
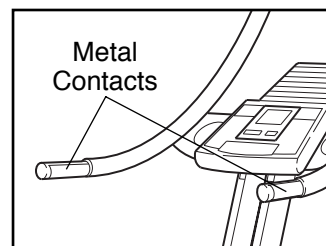
play will show the total distance accumulated on the elliptical crosstrainer; the right display will show the total number of hours that the elliptical crosstrainer has been used; the LED matrix will show a letter M or a letter K to show whether miles or kilometers is the selected unit of measurement. Press the RESIS-TANCE △ button to change the unit of measurement. When the desired unit of measurement is selected, press the START/PAUSE button.

5 **Measure your heart rate if desired**

Important: If there is a layer of thin plastic on the metal con-tacts on the pulse sensor, peel off the plas-tic before using the pulse sensor. To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator below the right display will flash each time your heart beats. After a moment, two dashes (– –) will appear and your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. The display will show your heart rate for up to 15 sec-onds; the display will then show your current speed, calories burned, your heart rate, and the resistance level, in seven-second intervals. **Note: Your heart rate will be shown only when the pulse sensor is used.**

6 **When you are finished exercising, the console will automatically turn off after ten minutes**

If the pedals are not moved and the console but-tons are not pressed for ten minutes, **the con-sole will automatically switch into a "sleep" mode. Note: Unplug the power cord following each use.**

11

1 **Turn on the power**

Make sure that the power cord is properly plugged in (see page 9). To turn on the power, press the START/PAUSE button. The console will sound a tone and various displays and indicators will light. Note: If you have moved the pedals, the power will already be on.

2 **Select one of the eight personal trainer programs**

Each time the power is turned on, the manual mode will be selected, as shown by the MANUAL CONTROL indicator. To select one of the personal trainer programs, press the PROGRAM SELECT button repeatedly until one of the eight program indicators lights. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to its lowest position.**

CERTIFIED PERSONAL TRAINER PROGRAMS
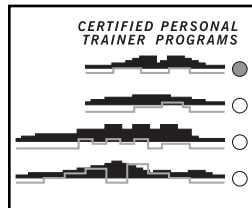
As you select each program, the LED matrix will show the first eight resistance settings of the program you have selected (see step 3).

3 **Start the program**

To start the program, press the START/PAUSE button or simply begin exercising.

Each program is divided into twenty, one-minute segments. One resistance setting and one incline setting are programmed for each segment. The resistance setting for the first segment is shown in the flashing CURRENT SEGMENT column of the LED matrix. The settings for the next seven segments are shown in the columns to the right. (The incline settings are not shown in the matrix.)

▽ CURRENT PROGRAM SEGMENT

▷ QUARTER MILE TRACK
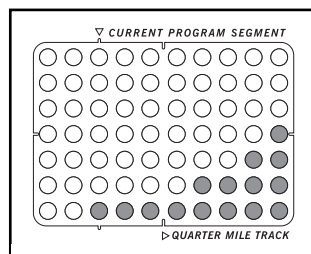
When only three seconds remain in the first segment, three tones will sound. All resistance settings will then move one column to the left. The setting for the second segment will then be shown in the CURRENT SEGMENT column and the elliptical crosstrainer will adjust to the second resistance and incline settings.

If the resistance or incline setting for the current segment is too high or too low, the setting can be adjusted by pressing the RESISTANCE or INCLINE buttons. However, when the next segment begins, the elliptical crosstrainer will return to the next resistance and incline settings for the program.

The program will continue until the setting for the twentieth segment is shown in the CURRENT SEGMENT column and the TIME display counts down to zero. The console will then sound a tone and the two displays will pause. The console will remain in this state until the START/PAUSE button or the PROGRAM SELECT button is pressed.

To pause the program before it is completed, press the START/PAUSE button or allow the pedals to come to a stop and step off the pedals. A tone will sound, the two displays will pause, and the left display will flash. To restart the program, simply begin exercising again. **Note: The console will automatically switch into the sleep mode if the pedals are not moved for ten minutes or longer.**

4 **Follow your progress with the console displays**

As you exercise, the two displays will show the time remaining in the program, distance, incline level, laps completed, current speed, calories burned, and resistance level, in seven-second intervals. Your heart rate will also be shown when the pulse sensor is used (see step 5 on page 11).

5 **Measure your heart rate if desired**

See step 5 on page 11.

6 **When you are finished exercising, the console will automatically turn off after ten minutes**

If the pedals are not moved and the console buttons are not pressed for ten minutes, **the console will automatically switch into a "sleep" mode. Note: Unplug the power cord following each use.**

HOW TO CONNECT YOUR CD PLAYER TO THE ELLIPTICAL CROSSTRAINER

To use iFIT.com CD's (available separately), the elliptical crosstrainer must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. Refer to this page and page 14 for connecting instructions.
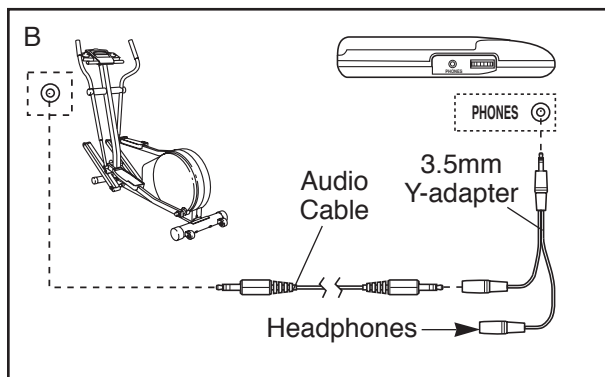
HOW TO CONNECT YOUR PORTABLE CD PLAYER

Note: If your CD player has separate LINE OUT and PHONES jacks, see instruction A below. If your CD player has only one jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
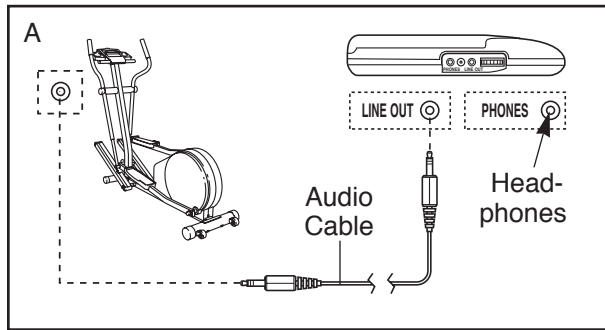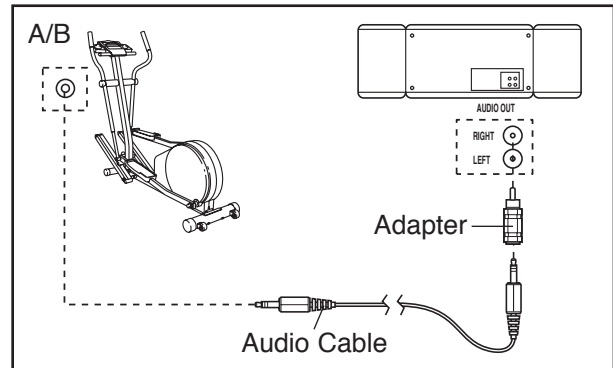

B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.

HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the included adapter. Plug the adapter into an AUDIO OUT jack on your stereo.

B. Refer to the drawing above. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your stereo. Do not use the adapter.

C. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.
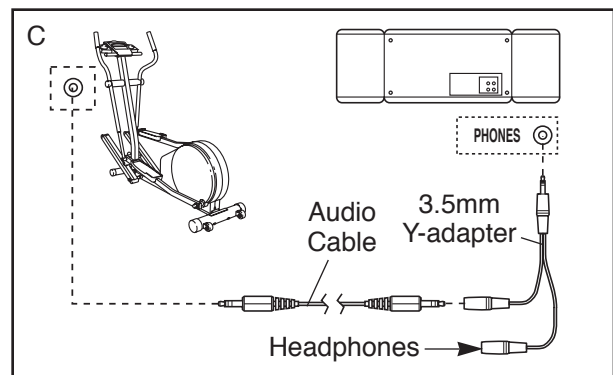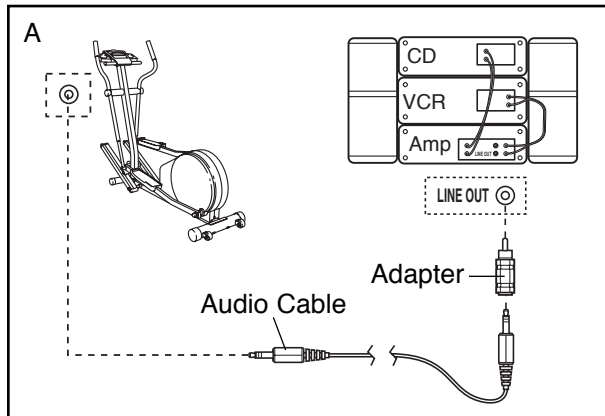

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HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the included adapter. Plug the adapter into the LINE OUT jack on your stereo.

B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the included adapter. Plug the adapter into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the RCA Y-adapter. Plug the RCA Y-adapter into the LINE OUT jack on your stereo.
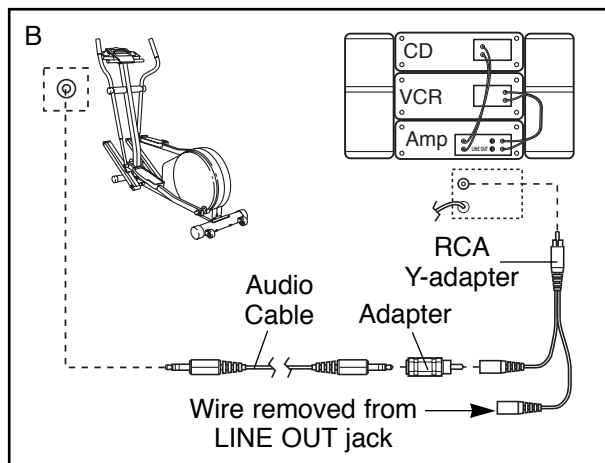
HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 3.5mm LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into the LINE OUT jack on your computer.
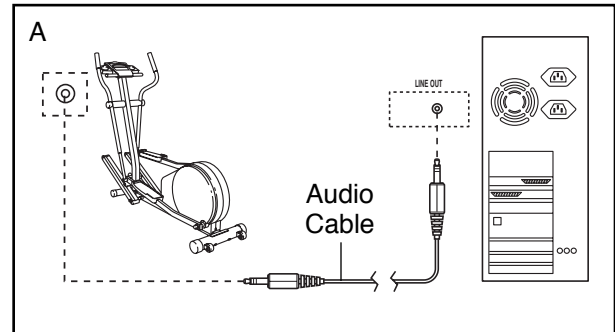

B. Plug one end of the audio cable into the jack beneath the console of the elliptical crosstrainer. Plug the other end of the cable into a 3.5mm Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.

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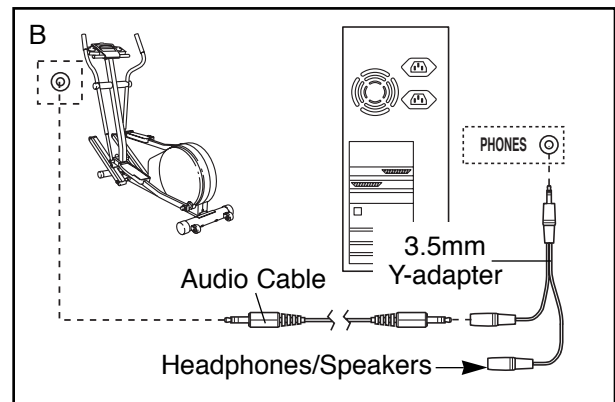
HOW TO USE IFIT.COM CD'S

IFIT.com CD's (available separately) automatically control the resistance and incline of the elliptical crosstrainer as a personal trainer coaches you through every step of your workout. For information about purchasing CD's, call toll-free 1-800-999-3756.

Before using iFIT.com CD's, you must connect the elliptical crosstrainer to your CD player. Refer to pages 13 and 14 for connecting instructions. Follow the steps below to use iFIT.com CD's.

1 Make sure that the power cord is plugged in

Refer to page 9.

2 Press any button on the console or move the pedals to turn on the power

Refer to step 1 on page 11.

3 Select the iFIT.com mode

Each time the power is turned on, the manual mode will be selected. To select the iFIT.com mode, press the PRO-GRAM SELECT button repeatedly until the IFIT.COM indicator lights. **Note: When you press the PROGRAM SELECT button, the incline will automatically change to the lowest position.**

4 Insert the iFIT.com CD into your CD player

5 Press the play button on your CD player to start the program

A moment after the play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer's instructions.

During the CD program, the resistance and incline of the elliptical crosstrainer will automatically change according to the settings of the program. An electronic "chirping" sound will alert you when the resistance and/or incline is about to change. If the resistance or incline setting is too high or too low, you can manually override the setting at any time by pressing the RESISTANCE or INCLINE buttons on the console. However, when the next "chirp" is heard, the resistance and/or incline will change to the next setting for the program.

Note: If the resistance or incline of the elliptical crosstrainer does not change when a "chirp" is heard:

• **make sure that the IFIT.COM indicator is lit**

• **adjust the volume of your CD player. If the volume is too high or too low, the console may not detect the program signals**

• **make sure that the audio cable is properly connected and that it is fully plugged in.**

6 Watch your progress with the console displays

Refer to step 4 on page 11.

7 Measure your heart rate, if desired

Refer to step 5 on page 11.

8 When you are finished exercising, the console will automatically turn off after ten minutes

Refer to step 6 on page 11.

THE OPTIONAL IFIT.COM MODULE

By adding an optional iFIT.com module to the elliptical crosstrainer, you can use virtually endless features from our internet site. Imagine on-line competitions, personal training sessions via the internet, and the ability to use your computer to track your workouts. **For information about purchasing the optional iFIT.com module, see your local HealthRider dealer or call toll-free 1-800-884-0620.**

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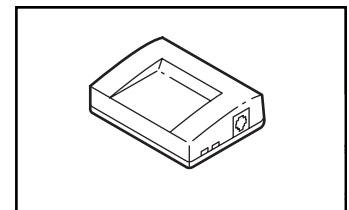
MAINTENANCE AND TROUBLE-SHOOTING

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

For smooth operation of the elliptical crosstrainer, the incline frame should be kept clean. Using a soft cloth and mild detergent, clean dust and other residue from the incline frame where the wheels make contact with it. Other parts of the elliptical crosstrainer can also be cleaned in this manner. **Never use abrasives or solvents.**

HOW TO LEVEL THE ELLIPTICAL CROSSTRAINER

If the elliptical crosstrainer does not sit flat on the floor, one or both of the leveling pads should be adjusted. First, loosen the jam nut on each leveling pad. Next, turn the leveling pads as needed until the elliptical crosstrainer is level. When the leveling pads are properly adjusted, firmly retighten the jam nuts.

PULSE SENSOR TROUBLE-SHOOTING

• Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
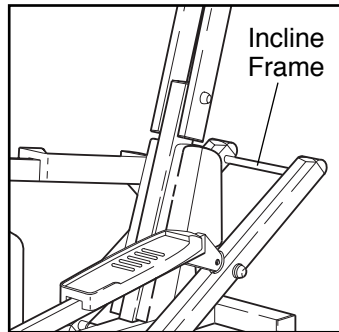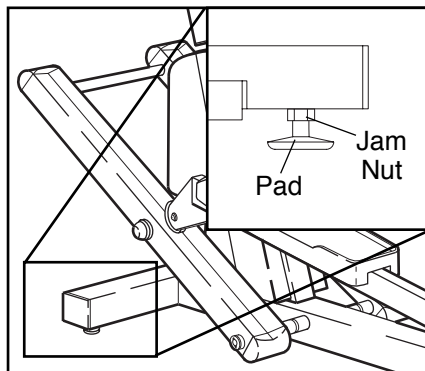
• Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.

• For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.

• For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

MOVING THE ELLIPTICAL CROSSTRAINER

Before moving the elliptical crosstrainer, adjust the incline to the highest setting by pressing the INCLINE △ button. **Wait until the incline frame has stopped moving** and then unplug the power cord.

Stand in front of the elliptical crosstrainer, hold the handlebar firmly, and tip the elliptical crosstrainer forward until it can be moved on the two front rollers. Carefully move the elliptical crosstrainer to the desired location.

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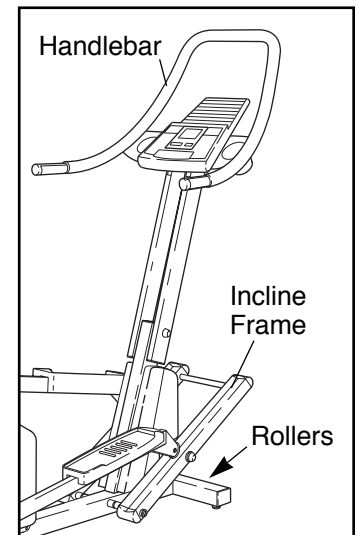
CONDITIONING GUIDELINES

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

⚠ 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 pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

EXERCISE INTENSITY

Whether your goal is to burn fat or 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. For effective exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	UNCONDITIONED TRAINING ZONE (BEATS/MIN)	CONDITIONED TRAINING ZONE (BEATS/MIN)
20	138-167	133-162
25	136-166	132-160
30	135-164	130-158
35	134-162	129-156
40	132-161	127-155
45	131-159	125-153
50	129-156	124-150
55	127-155	122-149
60	126-153	121-147
65	125-151	119-145
70	123-150	118-144
75	122-147	117-142
80	120-146	115-140

Burning Fat

To burn fat, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. 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 the intensity of your exercise until your heart rate is near the low end of 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 the intensity of your exercise until your heart rate is near the middle of your training zone.

WORKOUT GUIDELINES

Each workout should include three parts: (1) a warm-up, (2) training zone exercise, and (3) a cool-down.

Warming up

Warming up prepares the body for exercise by increasing circulation, delivering more oxygen to the muscles, and raising the body temperature. Begin each workout with 5 to 10 minutes of stretching and light exercise to warm up.

Training Zone Exercise

After warming up, increase the intensity of your exercise until your heart rate is in your training zone for 20 to 30 minutes.

Cooling Down

Finish each workout with 5 to 10 minutes of stretching. Stretching after exercise develops flexibility and helps prevent post-exercise problems. A proper cool-down should leave you feeling relaxed and comfortably tired.

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.

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PART LIST—Model No. HREL11900

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base Frame	39	4	Console Plate Screw	76	6	M8 x 19mm Button
2	2	Carriage Bolt	40	2	3/4" Axle Cap			Screw
3	1	Console Upright	41	1	Incline Bolt	77	8	M4 x 12mm Screw
4	1	Rear Stabilizer	42	2	2" x 3" Inner Cap	78	3	Nylon Washer
5	1	Left Pedal Leg	43	2	Upright Endcap	79	1	Foam Grip
6	1	Right Pedal Leg	44	4	Pedal Arm Cap	80	1	Spring
7	1	Incline Frame	45	2	3 1/2" Outer Cap	81	1	Cable
8	2	Crank Arm	46	2	M10 x 45mm Screw	82	1	Side Shield Strap
9	1	Large Pulley	47	4	M8 Nylon Jam Nut	83	1	Cable Tie
10	1	Flywheel	48	6	Incline Bushing	84	2	Flange Bolt
11	1	Idler Bracket	49	1	Upright Axle	85	7	M8 Split Washer
12	1	Belt	50	4	Tree Fastener	86	1	Stop Bolt
13	1	Handlebar	51	1	"J"-Bolt	87	2	Water Bottle Holder
14	1	Incline Motor Axle	52	1	Idler Arm Screw	88	6	M4 x 16mm Flange
15	1	Incline Axle	53	1	Small Pulley			Screw
16	4	Incline Frame Cap	54	1	Pulley Bearing	89	10	M8 Washer
17	1	Magnet Bracket	55	11	M10 Nylon Locknut	90	1	Patch Bolt
18	1	Flywheel Axle	56	1	M6 Eyebolt	91	2	Plastic Spacer
19	2	Pedal Disk	57	1	M6 Nylon Locknut	92	4	Handlebar Bolt
20	1	Power Box Lid	58	1	Adjustment Bracket	93	4	Spacer
21	1	Power Box	59	4	Wheel Spacer	94	9	M10 Flat Washer
22	1	Left Pedal	60	13	M4 x 16mm Screw	95	1	PC Board
23	1	Right Pedal	61	4	M5 x 25mm Screw	96	2	Pulse Wire
24	2	Wire Cover	62	1	5/16" Shoulder Bolt	97	1	Console
25	2	Roller	63	2	Flywheel Bearing	98	1	Extension Wire
26	1	Left Side Shield	64	2	Frame Bearing	99	1	Magnet
27	1	Right Side Shield	65	1	Grommet	100	1	Long Extension Wire
28	1	Resistance Motor	66	2	M8 Jam Nut	101	1	Console Plate
29	1	Incline Motor	67	4	Pedal Leg Bushing	102	2	Incline Spacer
30	1	Left Motor Cover	68	2	Wheel	103	1	Frame Endcap
31	1	Right Motor Cover	69	2	Leveling Pad	104	3	#8 x 3/8" Screw
32	1	Console Base	70	4	Wheel Bearing	105	1	Wire Harness
33	1	Power Cord	71	11	M5 x 16mm Screw	106	2	Console Plate Wire
34	1	Reed Switch	72	3	M4 x 63.5mm Screw	#	1	Hardware Kit
35	1	Reed Switch Bracket	73	4	M10 Split Washer	#	1	Warning Decal
36	1	Reed Switch Clamp	74	4	Curved Washer	#	2	Side Shield Decal
37	1	Plastic Spacer	75	2	Pedal Arm Bolt	#	1	User's Manual
38	2	Pulse Grip						

"#" indicates a non-illustrated part. Specifications are subject to change without notice.
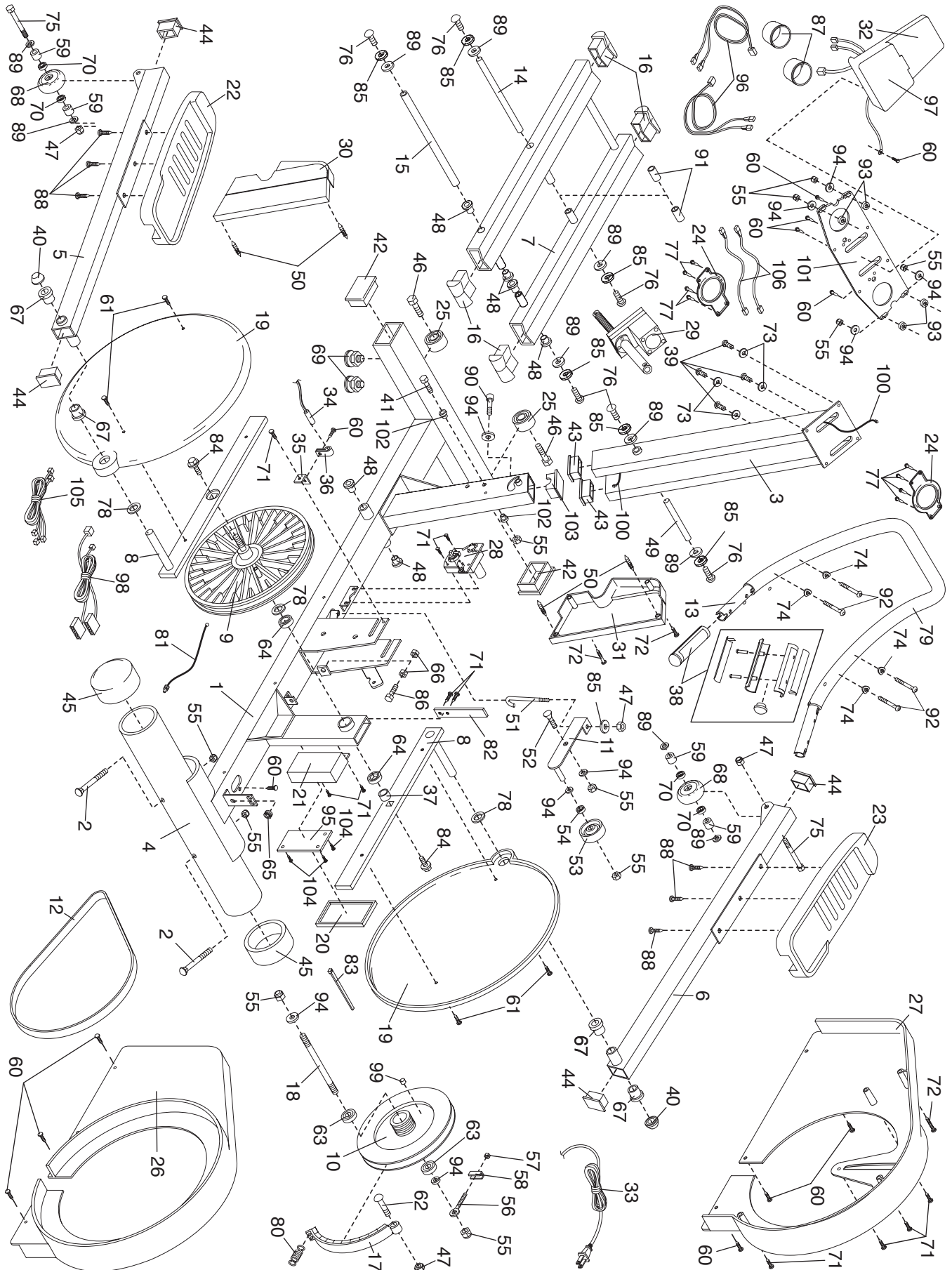
HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

• The MODEL NUMBER of the product (HREL11900)

• The NAME of the product (HealthRider® E730 elliptical crosstrainer)

• The SERIAL NUMBER of the product (see the front cover of this manual)

• The KEY NUMBER and DESCRIPTION of the part(s) from page 18 of this manual.

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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. 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.

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