EPIC™
790 HR

Serial
Number
Decal

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.
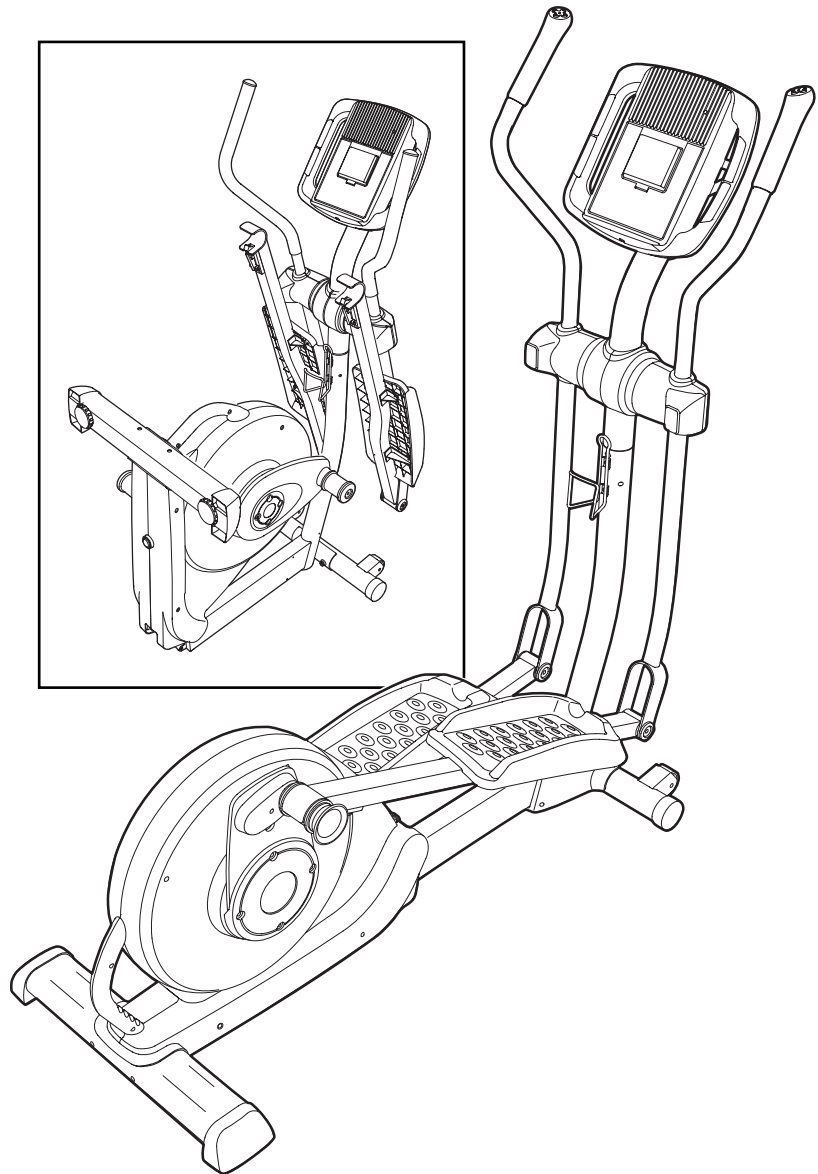
CALL TOLL-FREE:
1-888-936-4266
Mon.–Fri., 8:00 until 17:00 EST (excluding holidays)

OR E-MAIL US:
customerservice@iconcanada.ca

⚠ CAUTION

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

TABLE OF CONTENTS

WARNING DECAL PLACEMENT

The warning decal shown here
have been applied in the locations
shown. **If a decal is missing or
illegible, see the front cover of
this manual and order a free
replacement decal.** Apply the
decal in the location shown. Note:
The decal may not be shown at
actual size.

⚠ **WARNING**

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 pounds.
- Replace label if damaged, illegible, or removed.
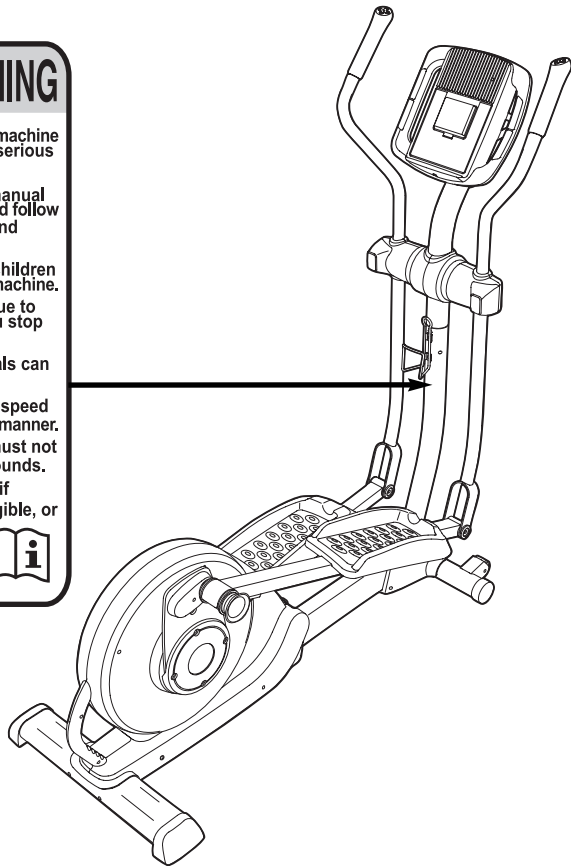
IMPORTANT PRECAUTIONS

⚠️ **WARNING:** To reduce the risk of serious injury, read all the important precautions and instructions in this manual and all warnings on your elliptical exerciser before using your elliptical exerciser. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

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

2. Use the elliptical exercise only as described in this manual.

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

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

5. Keep the elliptical exerciser indoors, away from moisture and dust. Place the elliptical 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 elliptical exerciser to mount, dismount, and use it.

6. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.

7. Keep children under age 12 and pets away from the elliptical exerciser at all times.

8. The elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).

9. Wear appropriate exercise clothes while using the elliptical exerciser. Always wear athletic shoes for foot protection while exercising.

10. Hold the handgrip pulse sensor or the handlebars when mounting, dismounting, or using the elliptical exerciser.

11. 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.

12. Keep your back straight while using the elliptical exerciser; do not arch your back.

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

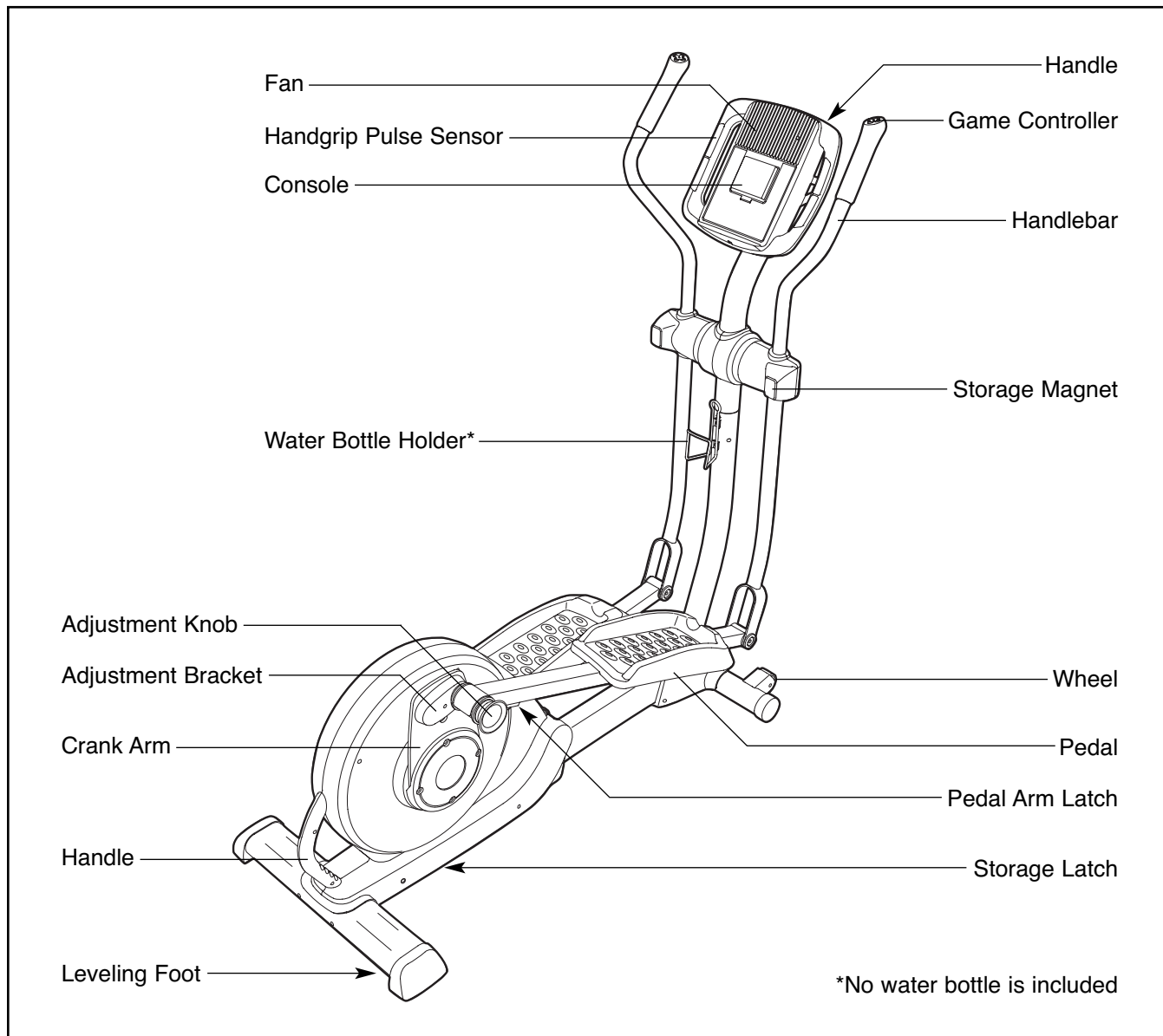14. When you stop exercising, allow the pedals to slowly come to a stop.

BEFORE YOU BEGIN

Thank you for selecting the revolutionary EPIC™ 790 HR elliptical exerciser. The 790 HR elliptical exerciser provides a wide array of features, including two motivational fitness games, designed to make your workouts at home more effective and enjoyable—and when you're not exercising, the unique 790 HR elliptical exerciser can be folded out of the way.

For your benefit, read this manual carefully before you use your elliptical 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 and the location of the serial number decal are shown on the front cover of this manual.

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

Fan

Handgrip Pulse Sensor

Console

Handle

Game Controller

Handlebar

Storage Magnet

Water Bottle Holder*

Adjustment Knob

Adjustment Bracket

Crank Arm

Handle

Leveling Foot

Wheel

Pedal

Pedal Arm Latch

Storage Latch

*No water bottle is included

ASSEMBLY

Assembly requires two persons. Place all parts of the elliptical 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 ⌐▭▭▭▭▭▭▭▭ , an adjustable wrench ⌐▭▭▭▭ , and a rubber mallet ⌐▭▭▭ .**

As you assemble the elliptical 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 near the end of this manual. The number following the parentheses 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.**
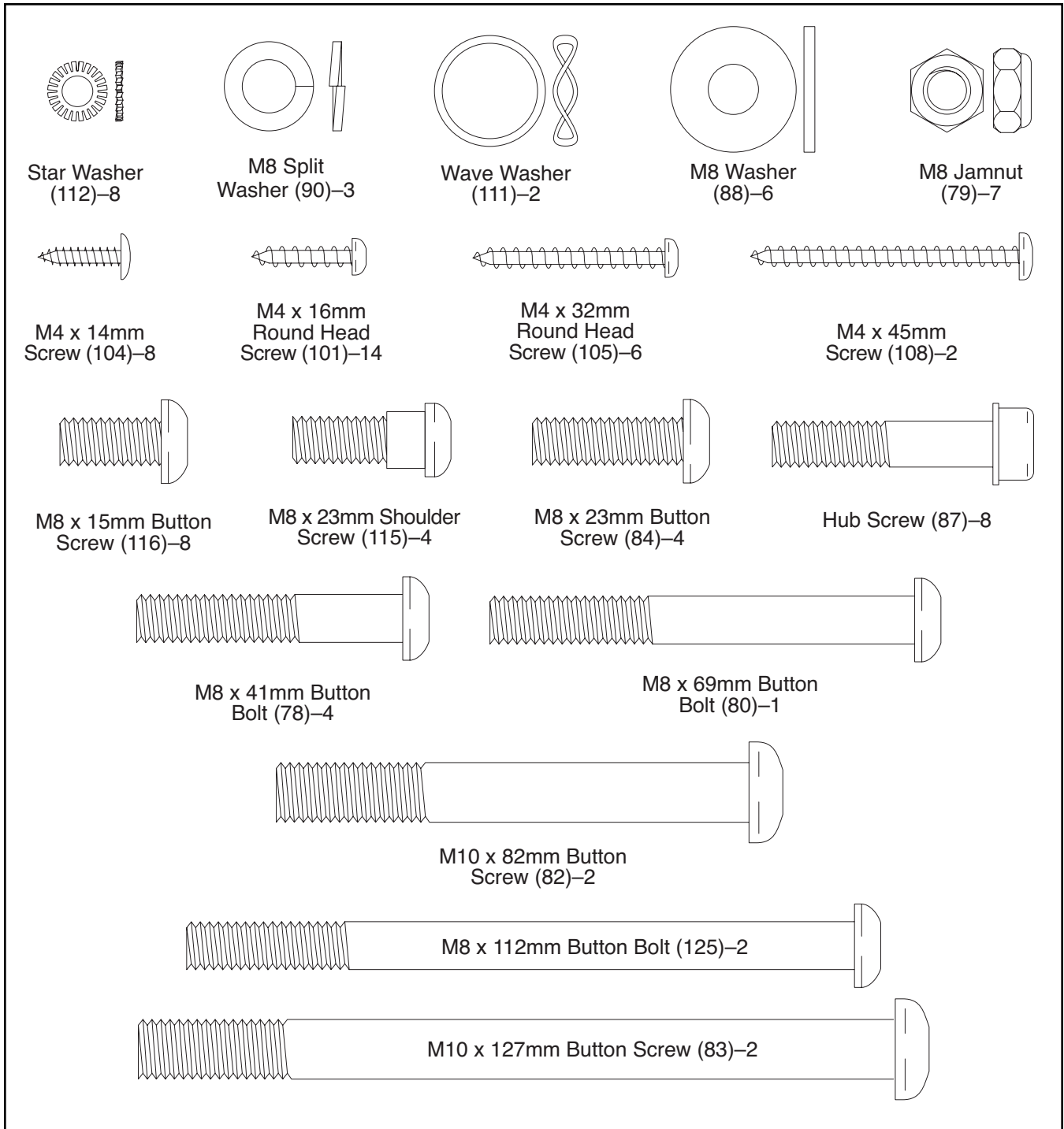
Star Washer (112)–8

M8 Split Washer (90)–3

Wave Washer (111)–2

M8 Washer (88)–6

M8 Jamnut (79)–7

M4 x 14mm Screw (104)–8

M4 x 16mm Round Head Screw (101)–14

M4 x 32mm Round Head Screw (105)–6

M4 x 45mm Screw (108)–2

M8 x 15mm Button Screw (116)–8

M8 x 23mm Shoulder Screw (115)–4

M8 x 23mm Button Screw (84)–4

Hub Screw (87)–8

M8 x 41mm Button Bolt (78)–4

M8 x 69mm Button Bolt (80)–1

M10 x 82mm Button Screw (82)–2

M8 x 112mm Button Bolt (125)–2

M10 x 127mm Button Screw (83)–2

5

1.

While another person lifts the Base (1), attach the Front Stabilizer (6) to the Base with two M10 x 82mm Button Screws (82).

Next, hold the Left Stabilizer Cover (118) and the Right Stabilizer Cover (119) around the Base (1). Attach the Stabilizer Covers with six M4 x 16mm Round Head Screws (101) (only three screws are shown).
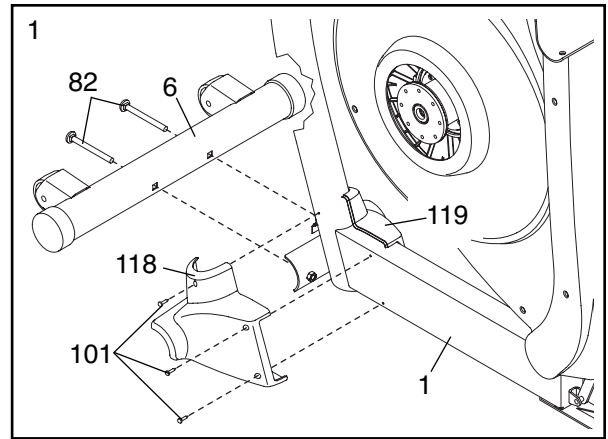
2. Remove the indicated screw and the shipping bracket from the rear of the Base (1). Discard the screw and the shipping bracket.

Next, turn the Base Foot (26) into the Base (1) as far as possible.
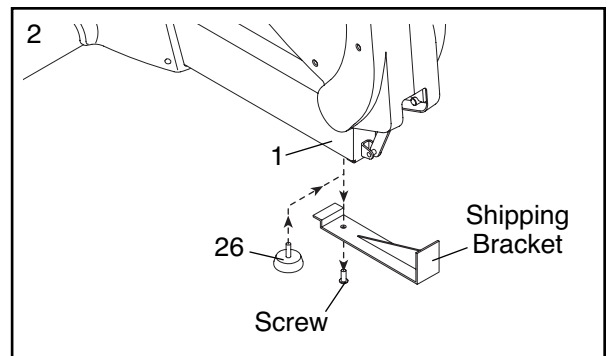
3. Attach the Rear Stabilizer (7) to the Frame (2) with two M10 x 127mm Button Screws (83).

Next, hold the handle on the Frame (2), press the Latch Button (68), and lower the Frame until the Rear Stabilizer (7) rests on the floor.
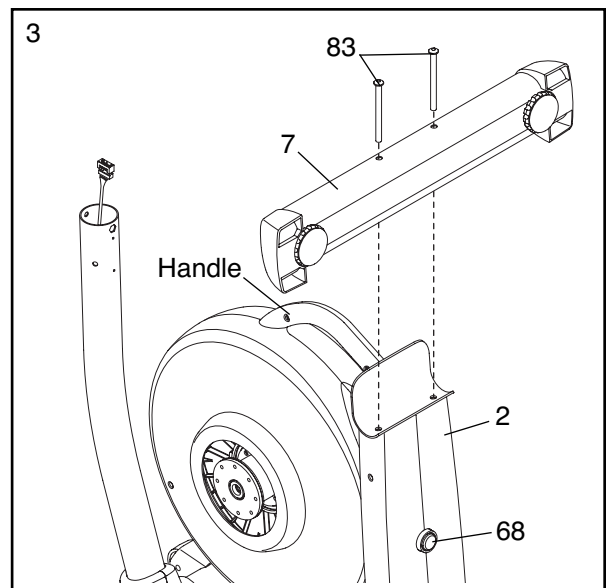
4. Identify the Left Crank Arm (36), which is marked with a "Left" sticker. Hold the Left Crank Arm against the left Crank Hub (38), and align the holes in the Left Crank Arm with the unused holes in the Crank Hub. Next, insert four Hub Screws (87) into the Left Crank Arm, and finger tighten the Hub Screws into the Crank Hub. Tighten one of the Hub Screws, and then tighten the Hub Screw furthest from the first Hub Screw. Then, tighten the remaining two Hub Screws.

Attach a Hub Cover (75) to the Left Crank Arm (36) with four M8 x 15mm Button Screws (116).

Repeat this step on the other side of the elliptical exerciser. **Make sure that the Crank Arms (36, 123) are oriented as shown. Note: there are no Pulley Screws (98) on the right side.**
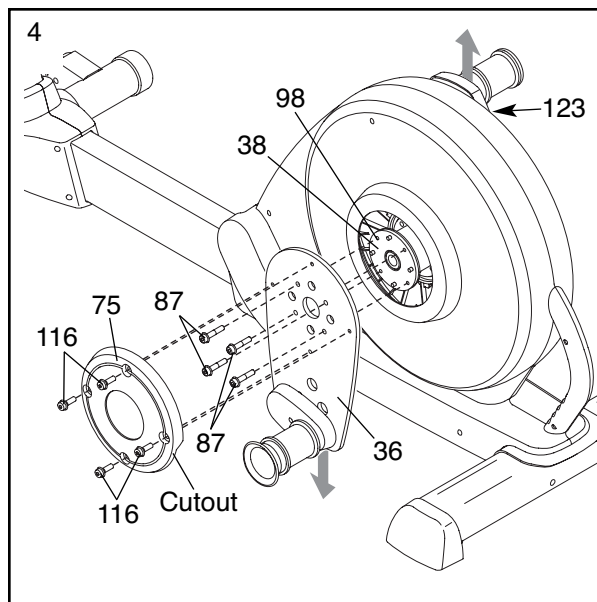
5. While another person holds the Upright (3) near the Base (1), connect the two connectors on the Upper Wire Harness (48) to the two connectors on the Lower Wire Harness (49). **Gently pull the upper end of the Upper Wire Harness to remove any slack,** and insert the Upright into the Base. Attach the Upright with an M8 x 69mm Button Bolt (80), an M8 Split Washer (90), and an M8 Jamnut (79). **Avoid pinching the wire harnesses. Do not tighten the Button Bolt yet; make sure that the Jamnut is in the hexagonal hole in the Base.**

Next, finger tighten two M8 x 23mm Button Screws (84) and two M8 Split Washers (90) into the Base (1). **Do not tighten the Button Screws yet.**

Attach the Water Bottle Holder (22) to the Base (1) with two M4 x 14mm Screws (104).
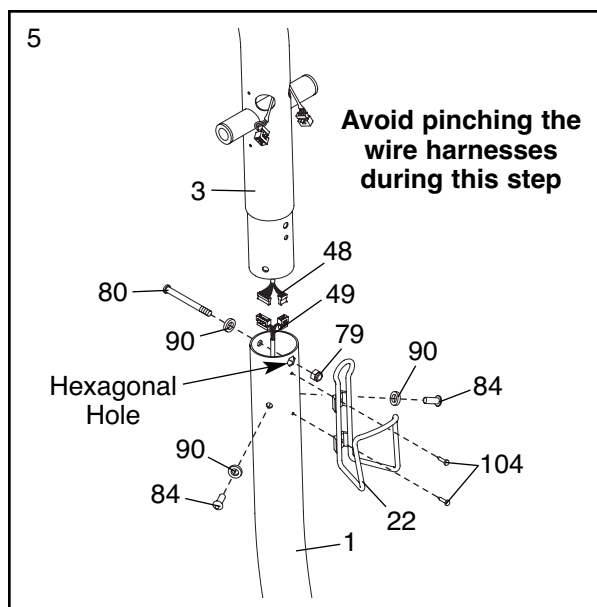
6. Orient the Left Upright Cover (17) as shown, and hold it against the Upright (3). Insert the Left Extension Wire (135), which is marked with a tag, through the Left Upright Cover. Attach the Left Upright Cover with two M4 x 16mm Round Head Screws (101). **Avoid pinching the Left Extension Wire.**

   Repeat this step for the Right Upright Cover (130) and the Right Extension Wire (136).

6

Avoid pinching the extension wires during this step
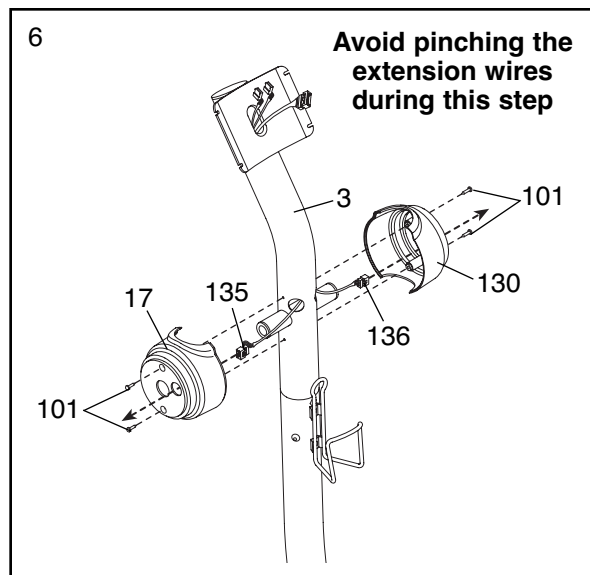
7. The Console (5) requires four 1.5V "D" batteries; alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover and insert four batteries into the Console. **Make sure that the batteries are oriented as shown by the diagrams inside the battery compartment.** Then, reattach the battery cover.

   Note: The Console (5) can be operated with an optional power supply instead of batteries. **To purchase a power supply, call the telephone number on the front cover of this manual.** Plug one end of the power supply into the jack at the front of the elliptical exerciser. Plug the other end of the power supply into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.

7

Battery Cover

Batteries
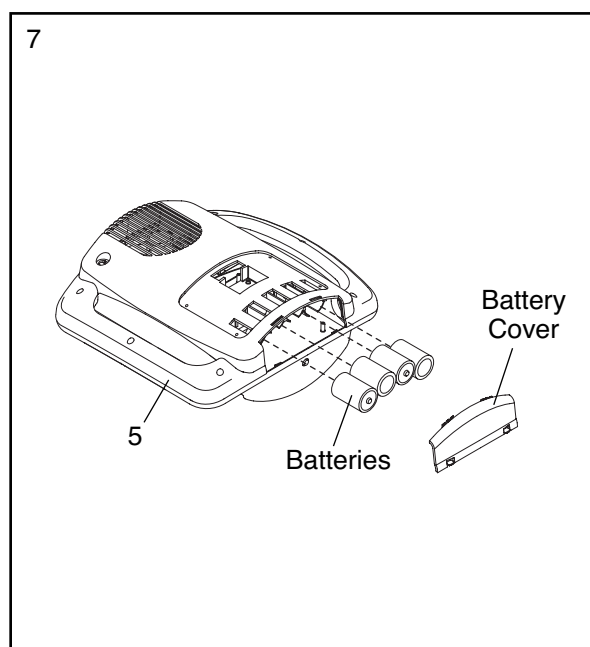
8. While another person holds the Console (5) near the Upright (3), connect the wire harness on the Console to the Upper Wire Harness (48). Then, connect the Left and Right Extension Wires (135, 136), which are marked with tags, to the left and right controller wires on the Console, which are also marked with tags. Insert the excess wire harness into the Upright.

   Attach the Console (5) to the Upright (3) with four M4 x 16mm Round Head Screws (101). **Avoid pinching the wire harnesses and the extension wires.**

   Attach the Transport Handle (4) to the Upright (3) with two M8 x 112mm Button Bolts (125) and two M8 Jamnuts (79).

8

Avoid pinching the wires during this step

Controller Wires

Wire Harness

8
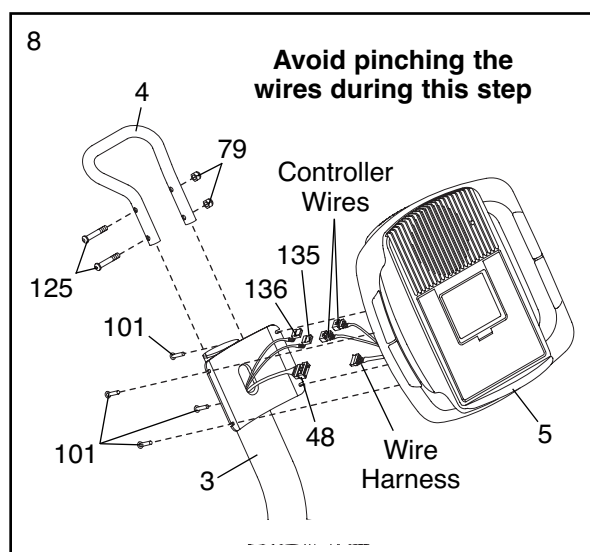
9. Identify the Left Handlebar (8) and the Left Upper Body Arm (11), which are marked with "Left" stickers.

   Orient the Left Handlebar (8) and the Left Upper Body Arm (11) as shown. Insert the Left Handlebar into the Left Upper Body Arm. Attach the Left Handlebar with two M8 x 41mm Button Bolts (78) and two M8 Jamnuts (79). **Make sure that the Jamnuts are in the hexagonal holes in the Left Upper Body Arm**.

   Attach the Right Handlebar (9) to the Right Upper Body Arm (12) in the same way.
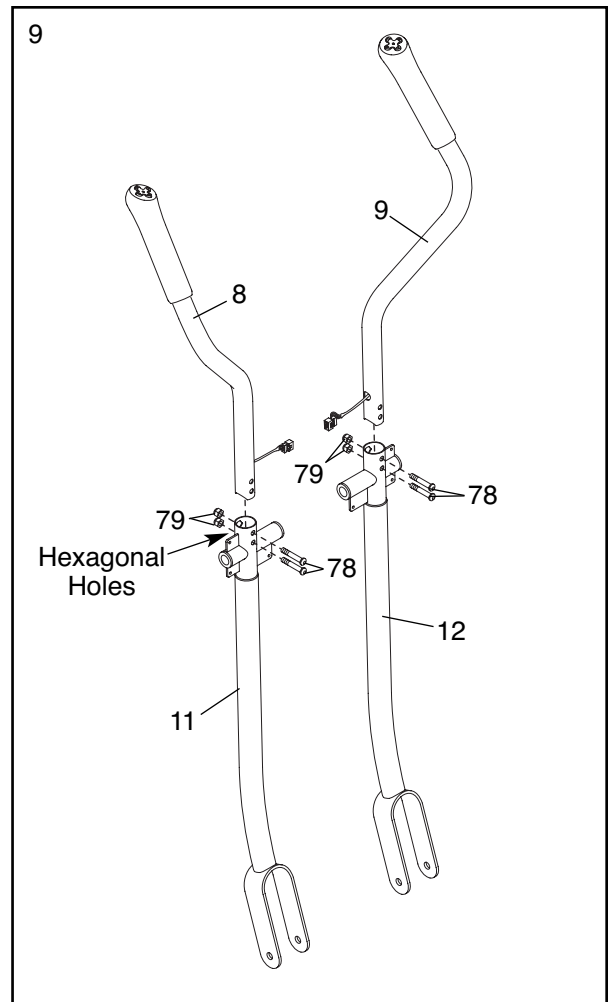
10. Apply a generous amount of the included grease to the Pivot Axle (74). Then, apply grease to two Wave Washers (111).

    Insert the Pivot Axle (74) into the Upright (3) and center it. Orient the Left Upper Body Arm (11) as shown, and slide it onto the left end of the Pivot Axle. Slide the Right Upper Body Arm (12) onto the right end of the Pivot Axle.

    Tighten an M8 x 23mm Button Screw (84) with an M8 Washer (88) and a Wave Washer (111) into each end of the Pivot Axle (74). **Make sure that the Wave Washers are on the ends of the Pivot Axle.**

9
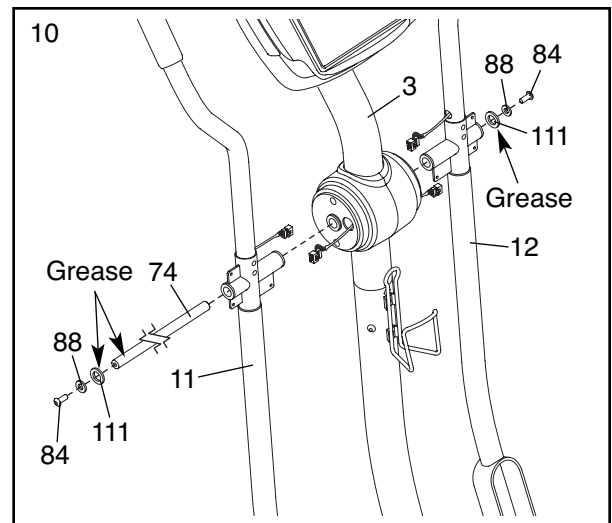
11. Route the Left Extension Wire (135) through the Left Rear Handlebar Cover (19), and then connect the Left Extension Wire to the Left Controller Wire (127). Then, route the Right Extension Wire (136) through the Right Rear Handlebar Cover (21), and connect it to the Right Controller Wire (128).
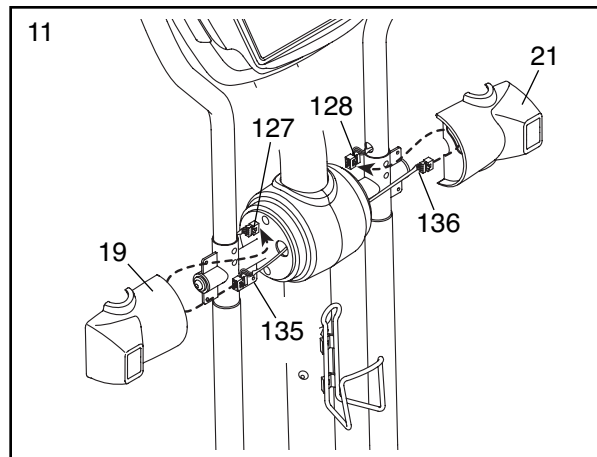

12. **Note: For clarity, the wires that you connected in step 11 are not shown in the drawing at the right.**

    Hold the Left Front Handlebar Cover (18) and the Left Rear Handlebar Cover (19) around the Left Upper Body Arm (11). Attach the Handlebar Covers with three M4 x 32mm Round Head Screws (105). **Avoid pinching the wires (not shown).**

    Attach the Right Front Handlebar Cover (20) and the Right Rear Handlebar Cover (21) around the Right Upper Body Arm (12) in the same way.
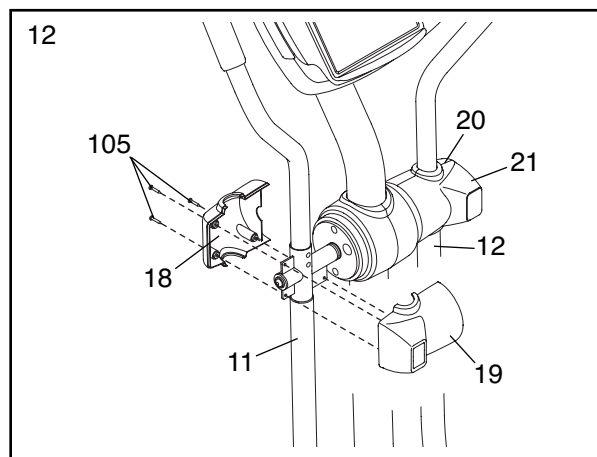
13. Identify the Left Pedal (13) and the Left Pedal Leg (14), which are marked with "Left" stickers.

    Attach the Left Pedal (13) to the Left Pedal Leg (14) with an M4 x 45mm Screw (108), three M4 x 14mm Screws (104), and four Star Washers (112).

    Attach the Right Pedal (not shown) to the Right Pedal Leg (not shown) in the same way.
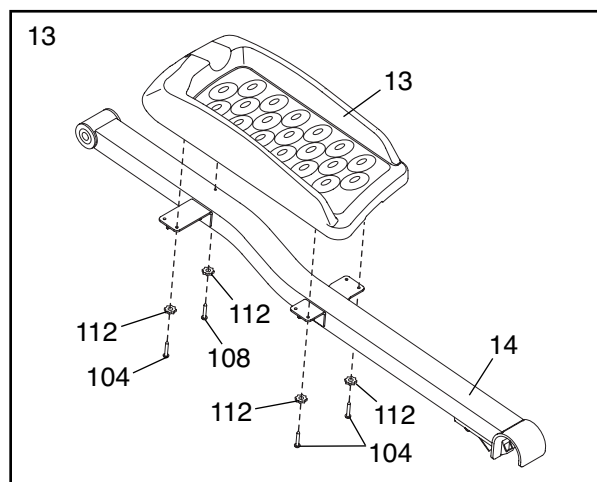
14. Apply a small amount of grease to one of the Pedal Leg Axles (32) and to the two Pedal Leg Bushings (33) in the Left Pedal Leg (14).

    Next, slide a 5mm Spacer (77), an M8 Washer (88), and a Pedal Leg Cover (31) onto an M8 x 23mm Shoulder Screw (115), and tighten the Shoulder Screw a few turns into the Pedal Leg Axle (32).

    While another person holds the front end of the Left Pedal Leg (14) inside the bracket on the Left Upper Body Arm (11), insert the Pedal Leg Axle (32) into both parts. Next, slide a 5mm Spacer (77), an M8 Washer (88), and a Pedal Leg Cover (31) onto another M8 x 23mm Shoulder Screw (115), and tighten the Shoulder Screw a few turns into the Pedal Leg Axle. **Make sure that the two Spacers are in the sides of the bracket on the Left Upper Body Arm. Then, tighten both Shoulder Screws.**

    Repeat this step on the other side of the elliptical exerciser.
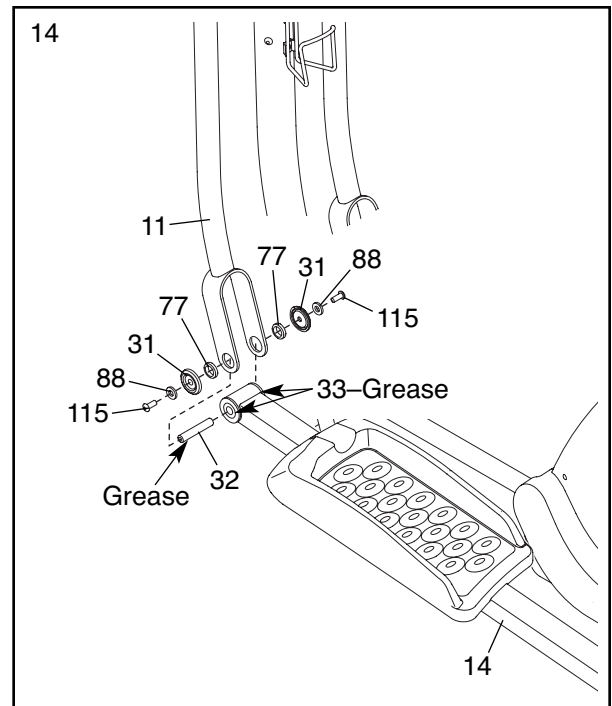
15. Lift the latch on the underside of the Left Pedal Leg (14), and set the Left Pedal Leg on the left Crank Bushing Sleeve (43). Release the latch, and make sure that the Left Pedal Leg is securely connected to the Crank Bushing Sleeve.

    Connect the Right Pedal Leg (not shown) in the same way.

    See step 5. Tighten the M8 x 69mm Button Bolt (80) and the two M8 x 23mm Button Screws (84).
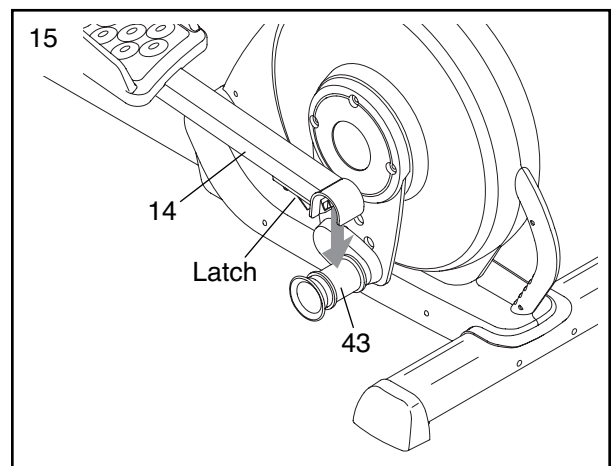
16. **Make sure that all parts of the elliptical exerciser are properly tightened.** Note: Some hardware may be left over after assembly is completed. To protect the floor or carpet from damage, place a mat under the elliptical exerciser.

HOW TO USE THE ELLIPTICAL EXERCISER

HOW TO FOLD AND UNFOLD THE ELLIPTICAL EXERCISER

When the elliptical exerciser is not in use, the frame can be folded out of the way. First, lift the latch under each pedal leg, and lift the pedal legs off the sleeves on the crank arms.

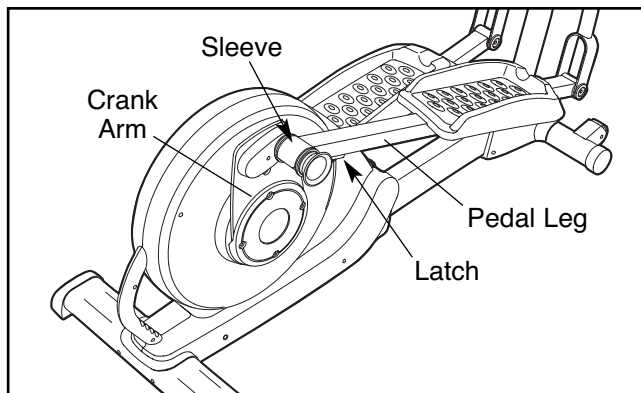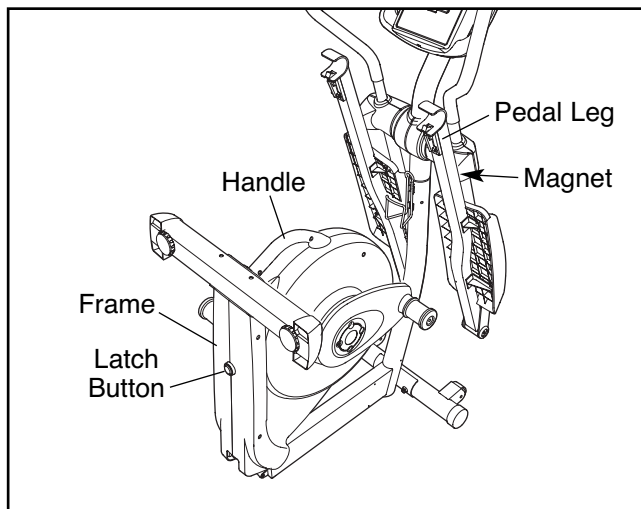Next, raise the pedal legs until they touch the magnets on the upper body arms; the magnets will hold the pedal legs in place. Then, hold the handle and lift the frame until it locks in a vertical position.

To use the elliptical exerciser, first hold the handle, press the latch button, and lower the frame.

Next, pull the pedal legs off the magnets on the upper body arms. Then, **lift the latches under the pedal legs,** and set the pedal legs on the sleeves on the crank arms. Release the latches, and make sure that the pedal legs are securely connected to the crank arms.

HOW TO MOVE THE ELLIPTICAL EXERCISER

To move the elliptical exerciser, first fold it as described at the left. Next, stand in front of the elliptical exerciser, hold the handle on the upright, and place one foot against the center of the front stabilizer. Pull the handle until the elliptical exerciser will roll on the front wheels. Carefully move the elliptical exerciser to the desired position, and then lower it.
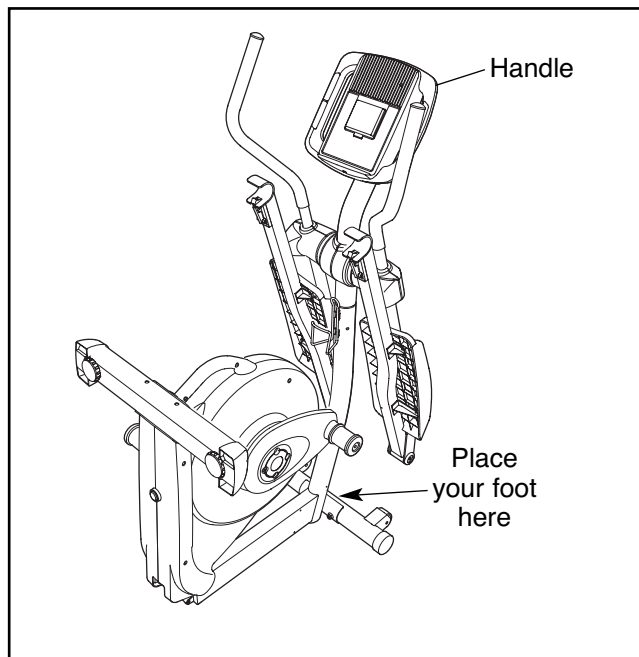
HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.
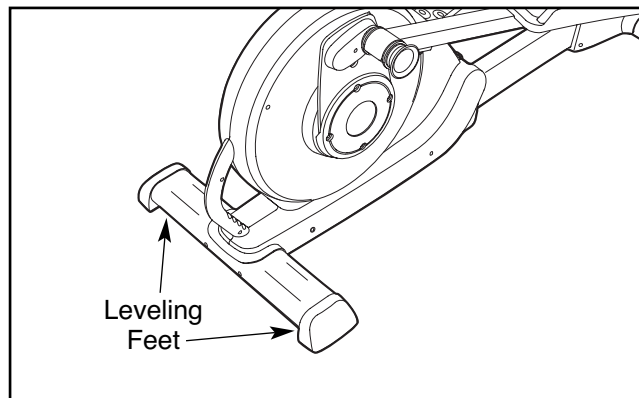
HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, hold the handlebars 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 discs can 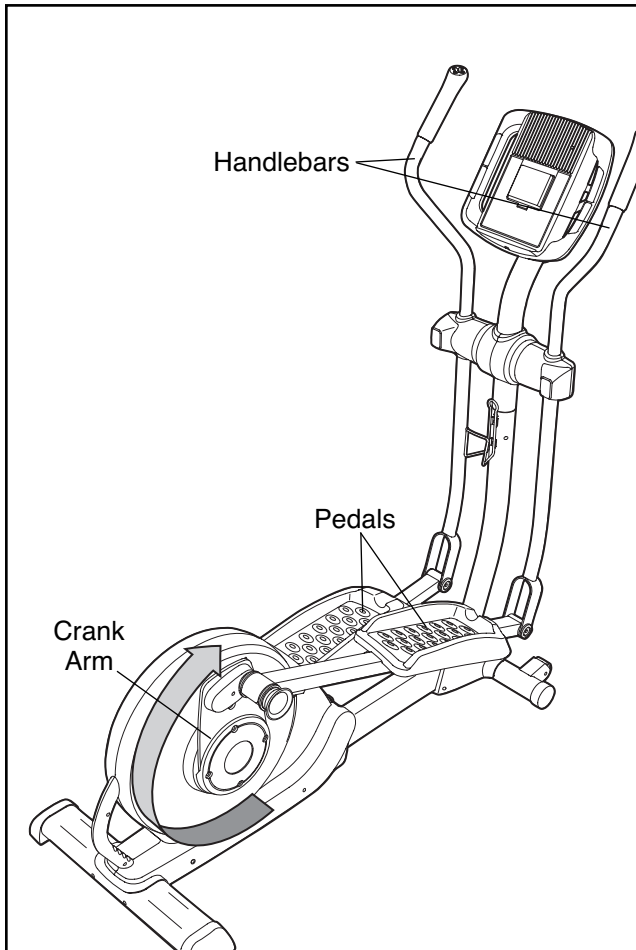turn in either direction. It is recommended that you turn the pedal discs in the direction shown by the arrow below; however, for variety, you can turn the pedal discs in the opposite direction.**

Handlebars

Pedals

Crank
Arm

To dismount the elliptical exerciser, wait until the pedals come to a complete stop. **Note: The elliptical exerciser 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 lower pedal.

HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

To adjust the stride of the elliptical exerciser, first pull one of the adjustment knobs until the adjustment bracket can be pivoted freely. Pivot the adjustment bracket until the adjustment knob is aligned with one of the three holes in the crank arm, and gently release the knob. Then, pivot the adjustment bracket back and forth slightly to make sure that the adjustment pin is engaged in one of the three holes in the crank arm.

Crank
Arm

Adjustment
Bracket

Holes

Adjustment
Knob

Adjustment
Pin
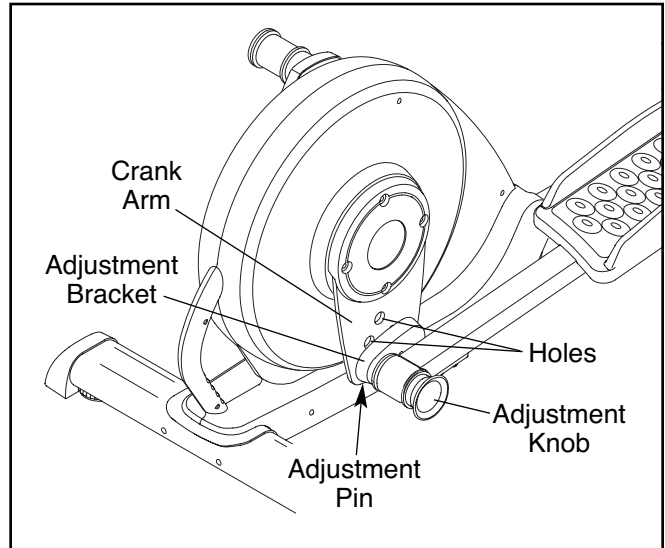
Adjust the other side of the elliptical exerciser in the same way.

CONSOLE DIAGRAM
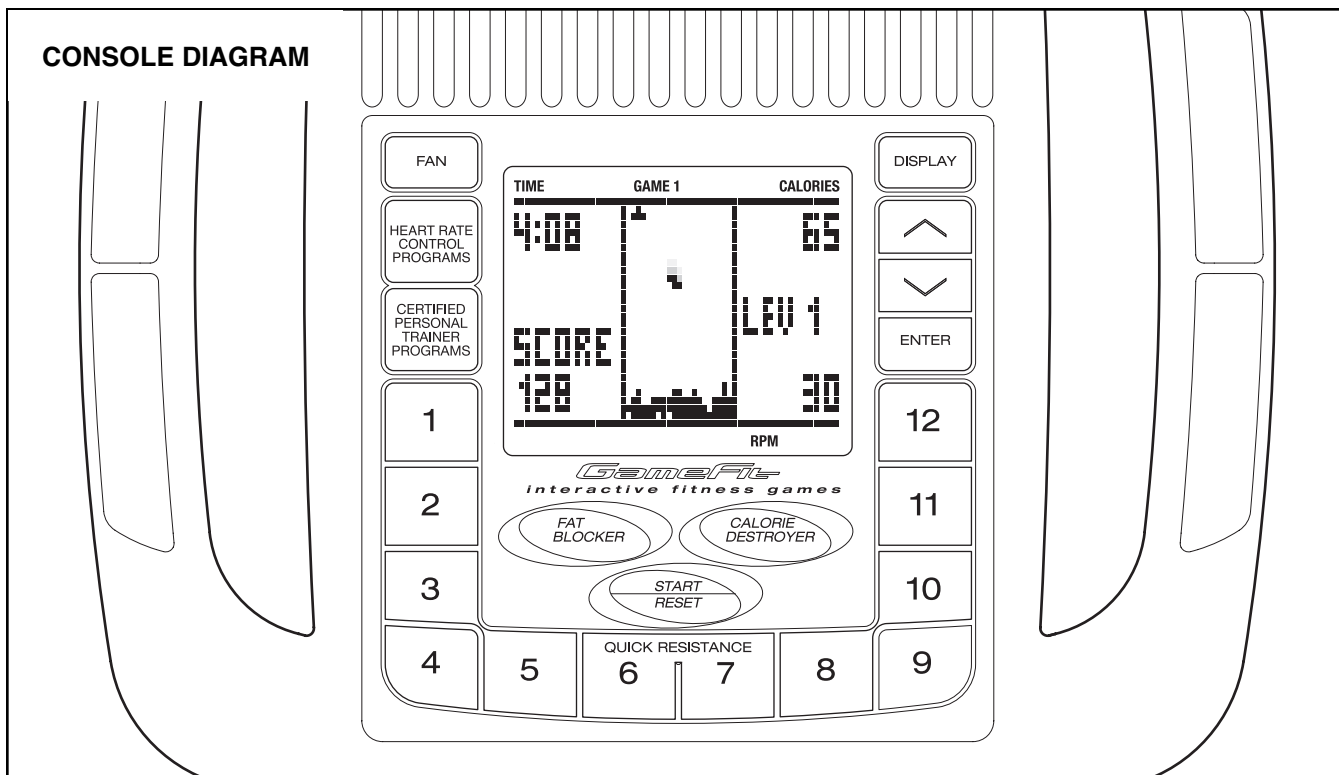
FEATURES OF THE CONSOLE

The revolutionary console offers an array of features designed to make your workouts more effective and enjoyable. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. While you exercise, the console will display continuous exercise feedback. You can also measure your heart rate using the handgrip pulse sensor or the optional chest pulse sensor. **Note: For information about the optional chest pulse sensor, see page 23.**

The console features ten smart programs. Each program automatically changes the resistance of the pedals and prompts you to vary your pedaling pace as it guides you through an effective workout.

The console also offers two heart rate programs that automatically control the resistance of the pedals and prompt you to maintain a constant pedaling pace to keep your heart rate near target heart rate settings during your workouts.

In addition, the console features two motivational interactive games. Using the dual game controllers, play the challenging Fat Blocker™ game or the fast-paced Calorie Destroyer™ game during your workouts—the harder you exercise, the greater the advantage you will have! The console keeps track of the four highest scores for each game—compete with other users or try to top your own high score.

To use the manual mode of the console, follow the steps beginning on page 15. **To use a smart program,** see page 17. **To use a heart rate program**, see page 18. **To play the Fat Blocker game,** see page 20. **To play the Calorie Destroyer game,** see page 22.

14

HOW TO USE THE MANUAL MODE

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

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the manual mode.**

   Each time you turn on the console, the manual mode will be selected. If you have selected a program, reselect the manual mode

   by pressing either of the Programs buttons repeatedly until the word MANUAL appears in the lower left corner of the display.

3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing any of the Quick Resistance buttons numbered

   1 through 12. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The upper left corner of the display will show the elapsed time. Note: When a program is selected, the display will show the time remaining in the program instead of the elapsed time.
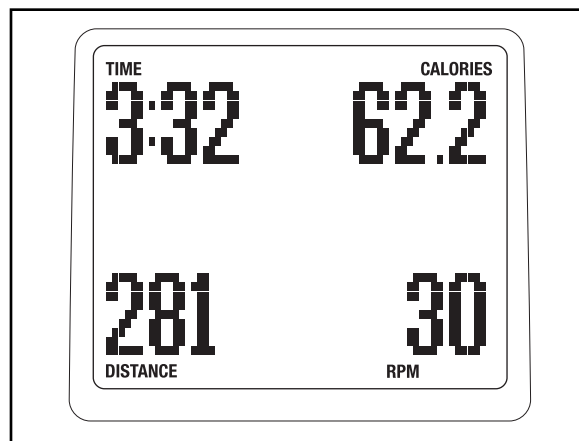
   The lower left corner of the display will show the distance, in total revolutions, you have pedaled.

   The upper right corner of the display will show the approximate number of calories you have burned. The upper right corner of the display will also show your heart rate when you use the hand-grip pulse sensor or the optional chest pulse sensor (see step 5 on page 16).

   The lower right corner of the display will show your pedaling pace in revolutions per minute (rpm).

   The center of the display will show the resistance level of the pedals for a few seconds each time the resistance level changes.

   You can also view selected information at a larger size. Press the Display button repeatedly to view time and distance information, time and calorie information, or time and pace information. Press the Display button again to view all information. To reset the display information, press the Start/Reset button.

The console has three backlight options. The "On" option keeps the backlight on while the console is on. To conserve the batteries, the "Auto" option keeps the backlight on only while you are pedaling. The "Off" option turns the backlight off. To select a backlight option, first press and hold down the Certified Personal Trainer Programs button for several seconds. Next, press the increase button to select the desired backlight option. Then, press the Certified Personal Trainer Programs button to save your selection.

5. **Measure your heart rate if desired.**

You can measure you heart rate using either the handgrip pulse sensor or the optional chest pulse sensor (see page 23 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic. To measure your heart rate, hold the handgrip pulse sensor with your palms resting against the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.**
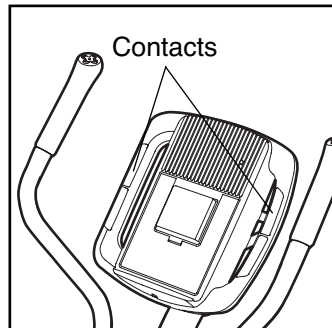
Contacts

When your pulse is detected, one, two, or three dashes will appear in the display, and then your heart rate will appear. For the most accurate heart rate reading, hold the contacts for at least 15 seconds. Note: If you continue to hold the handgrip pulse sensor, the display will show your heart rate for up to 30 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **Turn on the fan if desired.**

To turn on the fan at low speed, press the Fan button once. To turn on the fan at high speed, press the Fan button a second time. To turn off the fan, press the Fan button a third time.

7. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for several seconds, a tone will sound and the console will pause. If the pedals do not move for several minutes and the buttons are not pressed, the console will turn off and the display will be reset.

HOW TO USE A SMART PROGRAM

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select a smart program.**

   To select one of the ten smart programs, press the Certified Personal Trainer Programs button repeatedly until the name of the desired program appears in the display. The program time and a profile of the resistance levels for the program will also appear in the display.
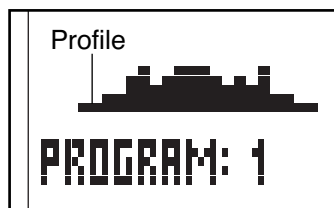
3. **Begin pedaling to start the program.**

   Each program is divided into 20, 30, or 45 one-minute segments. One resistance level and one target rpm (pace) setting are programmed for each segment. Note: The same resistance and/or target rpm setting may be programmed for two or more consecutive segments.

   The program profile will show your progress (see the drawing above). The flashing segment of the profile represents the current segment of the program. The height of the flashing segment indicates the resistance level for the current segment.

   When the first segment of the program ends, the resistance level and the target rpm for the second segment will appear in the center of the display for a few seconds to alert you. The next segment of the profile will begin to flash, and the pedals will automatically adjust to the resistance level for the next segment.

   As you exercise, you will be prompted to keep your pedaling pace near the target rpm setting for the current segment. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrow appears, maintain your current pace.

   IMPORTANT: The target rpm settings are intended only to provide motivation. Your actual pace may be slower than the target rpm settings. Make sure to pedal at a pace that is comfortable for you.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons. **IMPORTANT: When the current segment of the program ends, the pedals will automatically adjust to the resistance level for the next segment.**

   The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling. To reset the program, press the Start/Reset button.

4. **Follow your progress with the display.**

   See step 4 on page 15.

5. **Measure your heart rate if desired.**

   See step 5 on page 16.

6. **Turn on the fan if desired.**

   See step 6 on page 16.

7. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 16.

HOW TO USE A HEART RATE PROGRAM

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you turn on the console, the display will light.

2. **Select a heart rate program.**

    To select one of the two heart rate programs, press the Heart Rate Control Programs button repeatedly until the words HEART RATE 1 or HEART RATE 2 appear in the display. The program time and a profile of the target heart rate settings for the program will also appear in the display.

3. **Enter a target heart rate setting.**

    When you select a heart rate program, the maximum target heart rate setting will flash in the center of the display. If desired, use the increase and decrease buttons to change the maximum target heart rate setting, and then press the Enter button. Note: If you change the maximum target heart rate setting, the intensity level of the entire program will change.
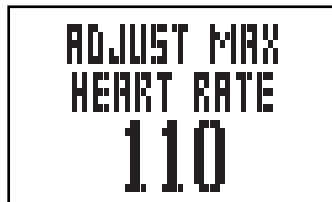
4. **Hold the handgrip pulse sensor or wear the optional chest pulse sensor.**

    To use a heart rate program, you must hold the handgrip pulse sensor or wear the optional chest pulse sensor (see page 23 for information about the optional chest pulse sensor). Note: If you hold the handgrip pulse sensor and wear the chest pulse sensor at the same time, the console will not display your heart rate accurately.

    If you use the handgrip pulse sensor, it is not necessary to hold the handgrip pulse sensor continuously during a heart rate program; however, you should hold the handgrip pulse sensor frequently for the program to operate properly. **Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 30 seconds.**

5. **Begin pedaling to start the program.**

    Each heart rate program is divided into either 20 or 30 one-minute segments. One target heart rate setting is programmed for each segment. Note: The same target heart rate setting may be programmed for two or more consecutive segments.

    The target heart rate setting for the first segment will be indicated by the height of the flashing segment of the profile in the display. When the first segment of the program ends, the next segment of the profile will begin to flash. The target heart rate setting for the next segment will then be indicated by the height of the flashing segment of the profile.

As you pedal, the console will regularly compare your heart rate to the target heart rate setting. If your heart rate is too far below or above the target heart rate setting, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

You will also be prompted to pedal at a steady pace. When an upward arrow appears in the display, increase your pace. When a downward arrow appears in the display, decrease your pace. When no arrow appears in the display, maintain your current pace. **IMPORTANT: Make sure to pedal at a pace that is comfortable for you.**
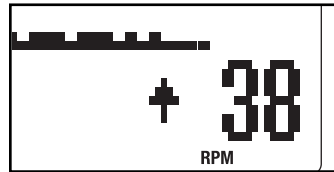
If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Quick Resistance buttons; however, you might not maintain the target heart rate. Also, when the console compares your heart rate to the target heart rate setting, the resistance of the pedals may automatically increase or decrease to bring your heart rate closer to the target heart rate setting.

The program will continue in this way until the last segment ends. To stop the program at any time, stop pedaling. A tone will sound and the time will begin to flash in the display. To restart the program, simply resume pedaling. To reset the program, press the Start/Reset button.

6. **Follow your progress with the display.**

   See step 4 on page 15.

7. **Measure your heart rate if desired.**

   See step 5 on page 16.

8. **Turn on the fan if desired.**

   See step 6 on page 16.

9. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 16.

HOW TO PLAY THE FAT BLOCKER GAME

The Fat Blocker game requires quick thinking and fast reflexes. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Fat Blocker game.

1. **Begin pedaling or press any button on the console to turn on the console.**

    A moment after you begin pedaling or press a button, the display will light.

2. **Select the Fat Blocker game.**

    To select the Fat Blocker game, press the Fat Blocker button. The words FAT BLOCKER will appear at the top of the display.

3. **Pedal to start the game.**

    When you start the Fat Blocker game, a game arena will appear in the center of the display.
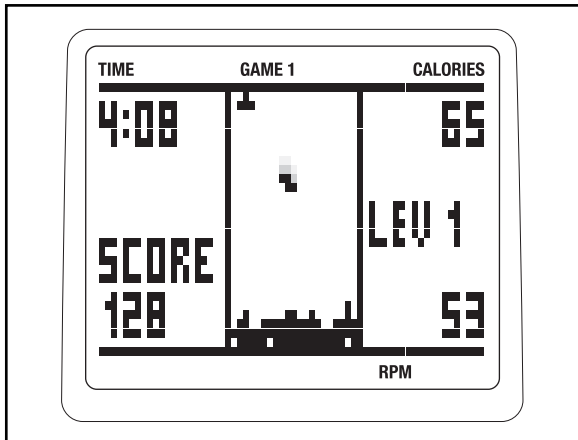
A block composed of four or five black squares will slowly move downward until it reaches the bottom of the arena. Another

Complete Row
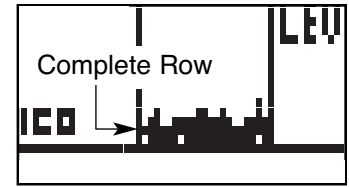
block will then move downward. There are blocks of eight different shapes. As each block falls, you can move it to the left or right using the left and right buttons on the left controller. In addition, you can rotate the block counterclockwise or clockwise using the left and right buttons on the right controller. Once you have positioned and oriented a block, you can speed its motion to the bottom of the arena, if desired, by pressing the down button on either controller.

Your goal is to maneuver the blocks so that they form a complete row of black squares across the entire arena. Each time you complete a row of black squares, the row will disappear, and all blocks above will move downward one row.

As you play, the blocks will fall faster and faster; however, your pedaling pace will affect the speed of the blocks—the faster you pedal, the more slowly the blocks will fall, giving you extra time to position and orient the blocks. The game will continue until any part of a stacked block reaches the top of the arena.

When the game ends, the display will show your final score and the level of play that you reached. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. **Follow your progress with the display.**

   While you exercise and play the Fat Blocker game, the corners of the display will show the elapsed time, the approximate number of calories you have burned, and your pedaling pace. In addition, the display will show your current score and the game level that you have reached.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the words FAT BLOCKER appear at the top of the display, and then begin pedaling. To reset the game, press the Start/Reset button.

5. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 16.

HOW TO PLAY THE CALORIE DESTROYER GAME

The Calorie Destroyer game is a fast-paced game that pits you against a squadron of laser-firing drones. In addition to the console buttons, you will use the four-button game controllers on the handlebar to play the game. Follow the steps below to play the Calorie Destroyer game.

1. **Begin pedaling or press any button on the console to turn on the console.**

   A moment after you begin pedaling or press a button, the display will light.

2. **Select the Calorie Destroyer game.**

   To select the Calorie Destroyer game, press the Calorie Destroyer button. The word DESTROYER will appear at the top of the display.

3. **Pedal to start the game.**

   When you start the Calorie Destroyer game, a game arena will appear in the display. Three rows of drones will begin to move across the top of the arena, periodically firing their lasers downward. Each time the drones reach the left or right side of the arena, they will reverse direction and move downward.
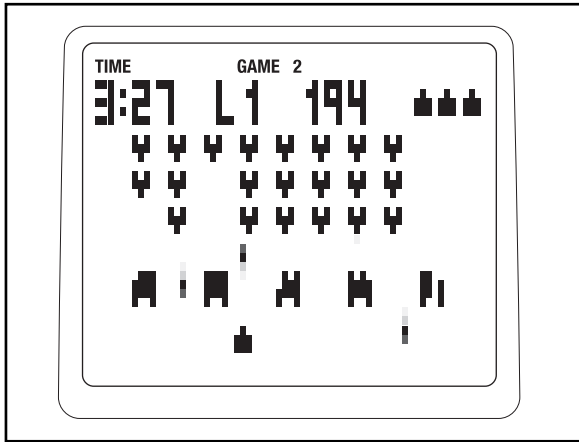
   At the bottom of the arena is a laser blaster. You can fire the laser blaster at the drones by pressing the up button on either controller. In addition, while you are pedaling, you can move the laser blaster to the left or right using the left and right buttons on either controller. The faster you pedal, the faster the laser blaster will move.

Between the drones and the laser blaster are five shields. You can hide the laser blaster below a shield if desired. However, each time a shield is hit by a laser, a piece will be vaporized.

Your goal is to keep the laser blaster from being hit and to keep any drone from reaching the bottom of the arena. If the laser blaster is hit, it will be disabled and another laser blaster will appear in its place; there are a total of four laser blasters. If you vaporize the entire squadron of drones, a new squadron will appear.

As you play, the drones will move faster and faster. The game will continue until all four laser blasters are disabled or a drone reaches the bottom of the arena.

When the game ends, the display will show the level of play that you reached and your final score. The display will then show the four highest scores recorded since the scores were reset. If desired, press and hold down the right button on either controller to reset the scores. Note: If your score is one of the four highest, the display will prompt you to enter a name consisting of three letters or digits. While the line below the first letter is flashing, press the up and down buttons on either controller to select the desired letter or digit. Next, press the right button on either controller and select another letter or digit. Repeat this process to select a third letter or digit. Then, press the right button on either controller again. The display will then show the four highest scores recorded since the scores were reset.

4. **Follow your progress with the display.**

   While you exercise and play the Calorie Destroyer game, the upper left corner of the display will show the elapsed time. In addition, the display will show the game level that you have reached and your current score.

   To pause the game, press the Display button. To resume the game, press the Display button repeatedly until the word DESTROYER appears at the top of the display, and then begin pedaling. To reset the game, press the Start/Reset button.

5. **When you are finished exercising, the console will turn off automatically.**

   See step 7 on page 16.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts. **To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**
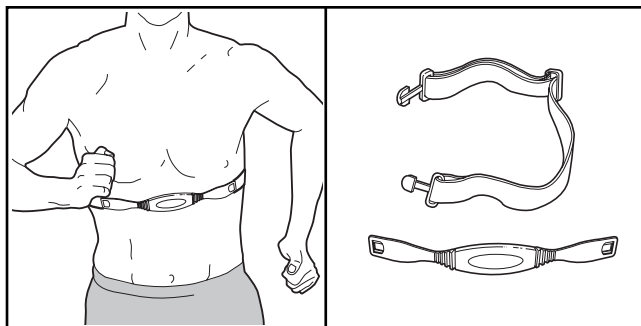
MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical exerciser, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. See assembly step 7 on page 8 for replacement instructions.

HOW TO ELIMINATE FLEXING IN THE CENTER OF THE ELLIPTICAL EXERCISER

If the elliptical exerciser flexes in the center during use, turn the base foot until the flexing is eliminated.
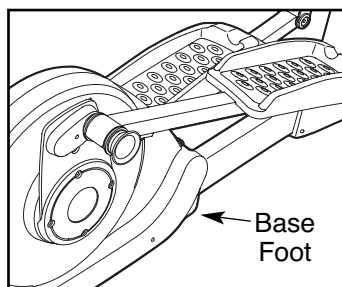
Base Foot

HOW TO LEVEL THE ELLIPTICAL EXERCISER

If the elliptical exerciser rocks slightly on your floor during use, see HOW TO LEVEL THE ELLIPTICAL EXERCISER on page 12.

HANDGRIP PULSE SENSOR TROUBLESHOOTING

• Avoid moving your hands while using the handgrip 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 30 seconds.

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

EXERCISE 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 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.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, 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, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning, maximum fat burning, and aerobic exercise.

165	155	145	140	130	125	115	❤❤
145	138	130	125	118	110	103	❤
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your "training zone." The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *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 lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

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

Training Zone Exercise—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise–never hold your breath.

Cool-down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete 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. Remember, the key to success is to 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, backs 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 each leg. 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 each leg. 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 each leg. 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 as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.
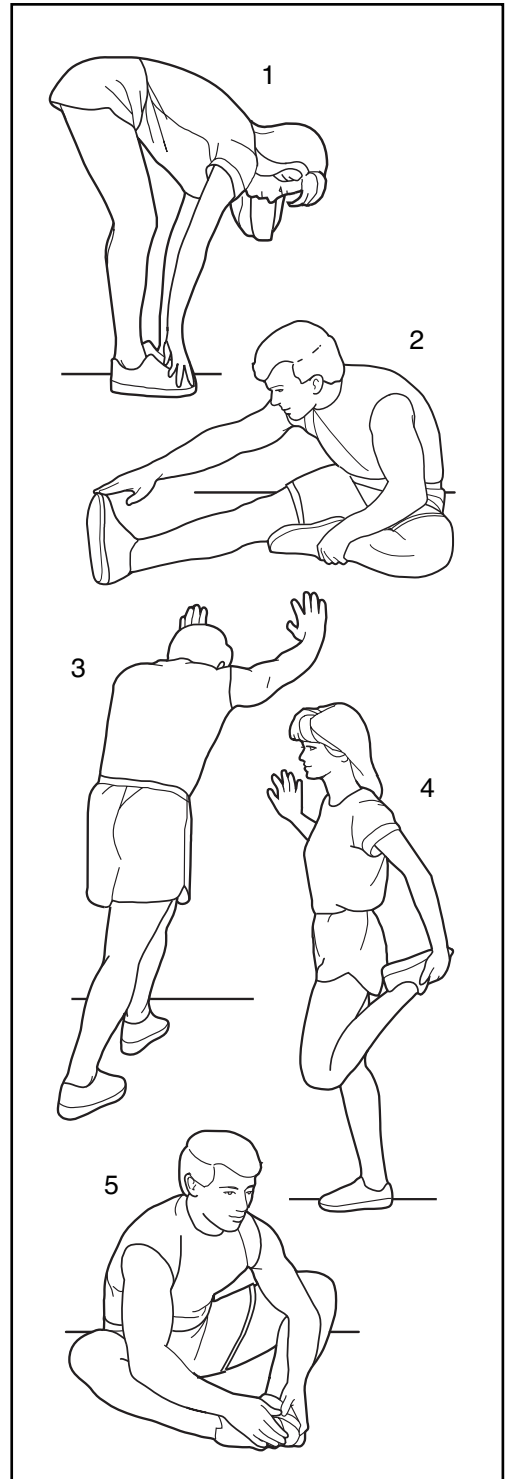
NOTES

NOTES

PART LIST—Model No. EPCCEL5987.0

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Base	51	1	Belt
2	1	Frame	52	1	Flywheel
3	1	Upright	53	1	"C" Magnet
4	1	Transport Handle	54	1	Pillow Block
5	1	Console	55	1	Magnet
6	1	Front Stabilizer	56	1	Spring
7	1	Rear Stabilizer	57	1	Idler
8	1	Left Handlebar	58	1	Idler Bracket
9	1	Right Handlebar	59	1	Clamp
10	2	Game Grip	60	1	Reed Switch Bracket
11	1	Left Upper Body Arm	61	1	Base Pin
12	1	Right Upper Body Arm	62	2	Latch Bracket Spacer
13	1	Left Pedal	63	2	Hair Pin
14	1	Left Pedal Leg	64	1	Latch Bracket
15	1	Right Pedal	65	1	Pivot Bracket
16	1	Right Pedal Leg	66	2	Pivot Bracket Spacer
17	1	Left Upright Cover	67	1	Frame Pin
18	1	Left Front Handlebar Cover	68	1	Latch Button
19	1	Left Rear Handlebar Cover	69	1	Roll Pin
20	1	Right Front Handlebar Cover	70	1	Motor
21	1	Right Rear Handlebar Cover	71	1	Resistance Cable Pulley
22	1	Water Bottle Holder	72	1	Resistance Cable Set
23	2	Front Stabilizer Endcap	73	2	Foam Grip
24	2	Rear Stabilizer Endcap	74	1	Pivot Axle
25	2	Wheel	75	2	Hub Cover
26	1	Base Foot	76	2	Adjustment Knob
27	2	Leveling Foot	77	4	5mm Spacer
28	1	Left Side Shield	78	4	M8 x 41mm Button Bolt
29	1	Right Side Shield	79	9	M8 Jamnut
30	2	Upper Body Bushing	80	1	M8 x 69mm Button Bolt
31	4	Pedal Leg Cover	81	2	M10 Nylon Locknut
32	2	Pedal Leg Axle	82	2	M10 x 82mm Button Screw
33	8	Pedal Leg Bushing	83	2	M10 x 127mm Button Screw
34	1	Base Axle	84	8	M8 x 23mm Button Screw
35	2	Base Bushing	85	1	M6 x 10mm Button Screw
36	1	Left Crank Arm	86	2	Crank Screw
37	2	Adjustment Arm Cover	87	8	Hub Screw
38	2	Crank Hub	88	8	M8 Washer
39	1	Pulley Spacer	89	2	M10 x 60mm Button Screw
40	1	Pulley	90	3	M8 Split Washer
41	2	Adjustment Arm	91	1	Flywheel Spacer
42	4	Crank Bushing	92	1	Flywheel Washer
43	2	Crank Bushing Sleeve	93	1	Flywheel Snap Ring
44	2	Crank Bearing Set	94	4	Pillow Block Screw
45	1	Crank	95	1	Stop Screw
46	1	Crank Spacer	96	1	M8 x 35mm Screw
47	2	Crank Snap Ring	97	1	"E" Clip
48	1	Upper Wire Harness	98	4	Pulley Screw
49	1	Lower Wire Harness	99	2	Adjustment Pin
50	1	Reed Switch/Wire	100	2	M4 x 25mm Screw

Key No.	Qty.	Description	Key No.	Qty.	Description
101	14	M4 x 16mm Round Head Screw	121	2	M8 Large Washer
102	4	Motor Washer	122	2	Middle Wave Washer
103	23	M4 x 16mm Screw	123	1	Right Crank Arm
104	8	M4 x 14mm Screw	124	2	Flywheel Bracket
105	6	M4 x 32mm Round Head Screw	125	2	M8 x 112mm Button Bolt
106	2	Adjustment Spring	126	1	Power Jack/Wire
107	6	M4 x 12mm Screw	127	1	Left Controller Wire
108	2	M4 x 45mm Screw	128	1	Right Controller Wire
109	2	Large Snap Ring	129	1	Power Jack Bracket
110	2	M8 Small Washer	130	1	Right Upright Cover
111	2	Wave Washer	131	1	Upright Endcap
112	8	Star Washer	132	2	Transport Handle Endcap
113	1	M10 Washer	133	2	Bearing Set Spacer
114	1	M6 Nut	134	2	Pedal Leg Latch
115	4	M8 x 23mm Shoulder Screw	135	1	Left Extension Wire
116	8	M8 x 15mm Button Screw	136	1	Right Extension Wire
117	2	Large Wave Washer	*	-	Hex Key
118	1	Left Stabilizer Cover	*	-	Grease
119	1	Right Stabilizer Cover	*	-	User's Manual
120	4	M4 x 12mm Round Head Screw			

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts. *These parts are not illustrated.
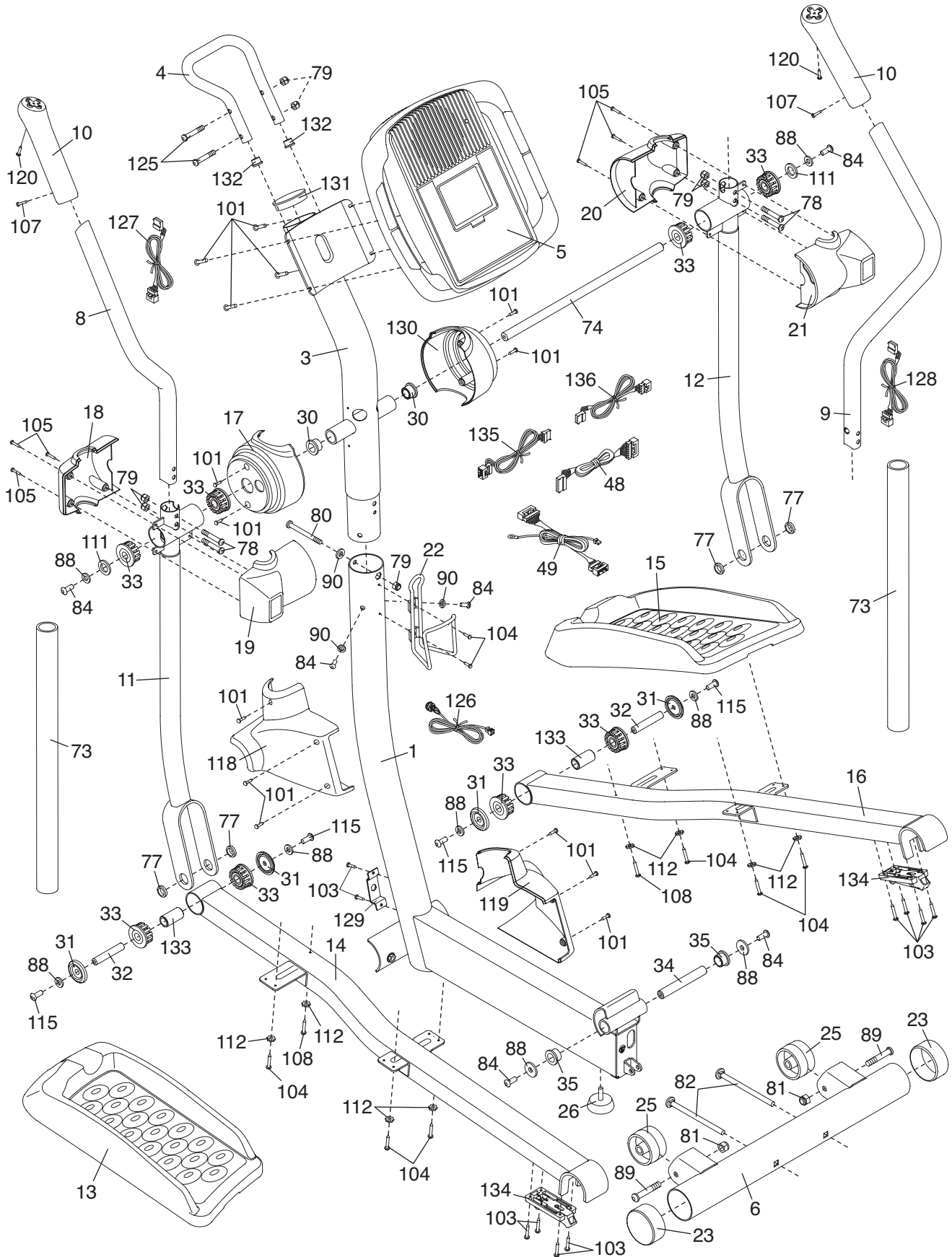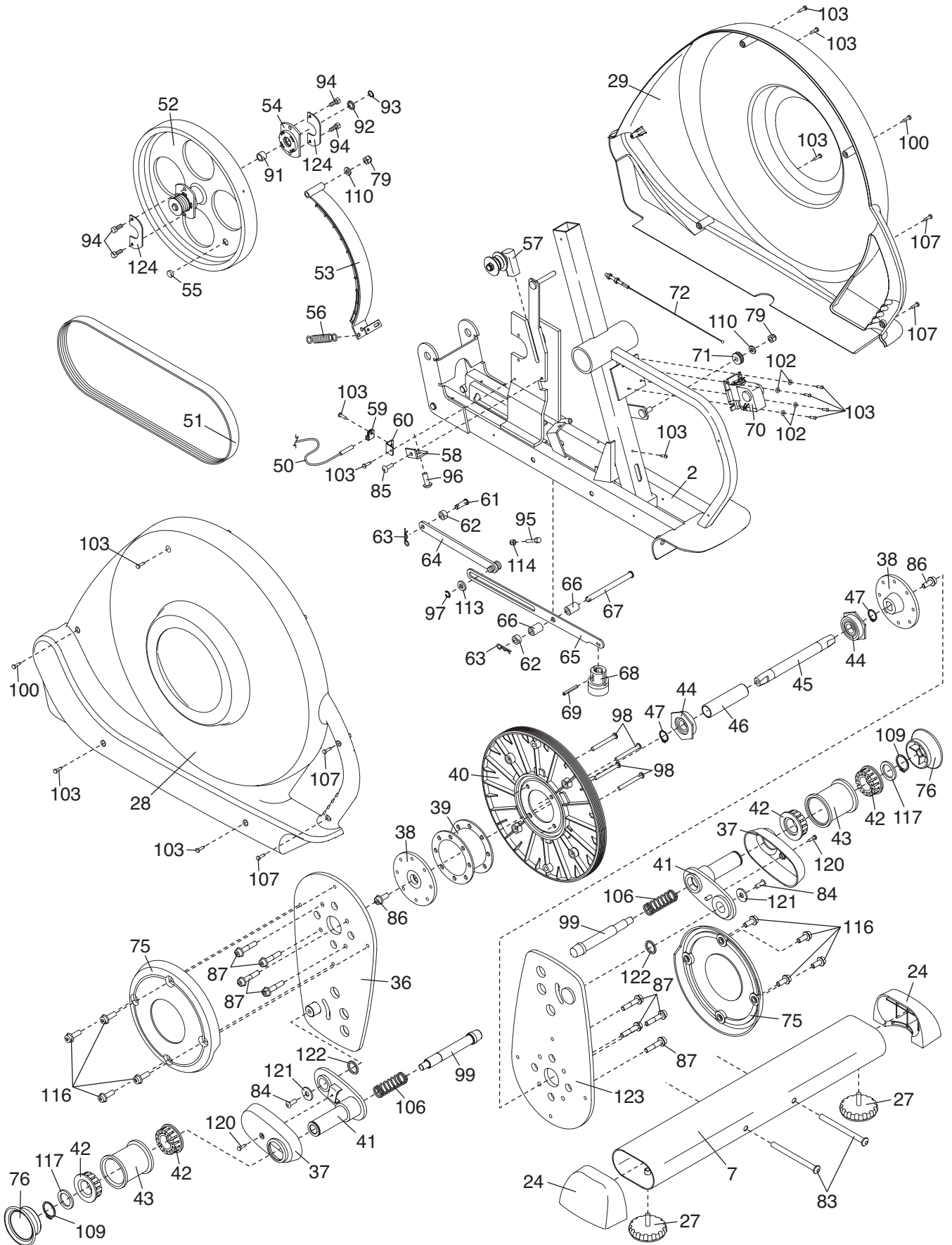
ORDERING REPLACEMENT PARTS

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

• the model number and the serial number of the product (see the front cover of this manual)

• the name of the product (see the front cover of this manual)

• the key number and description of the replacement part(s) (see the PARTS LIST and the EXPLODED DRAWING near the end of this manual)