

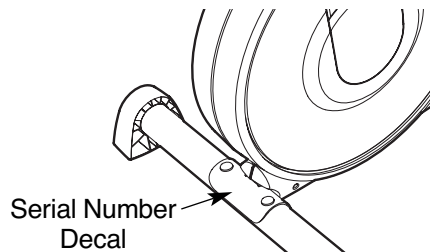
# GOLD'S GYM®

## STRIDE TRAINER 300

Model No. GGEL62907.1

Serial No. \_\_\_\_\_

Write the serial number in the space above for reference.



### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are damaged or missing, **PLEASE DO NOT CONTACT THE STORE; please contact Customer Care.**

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

**CALL TOLL-FREE:**

**1-877-776-4777**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

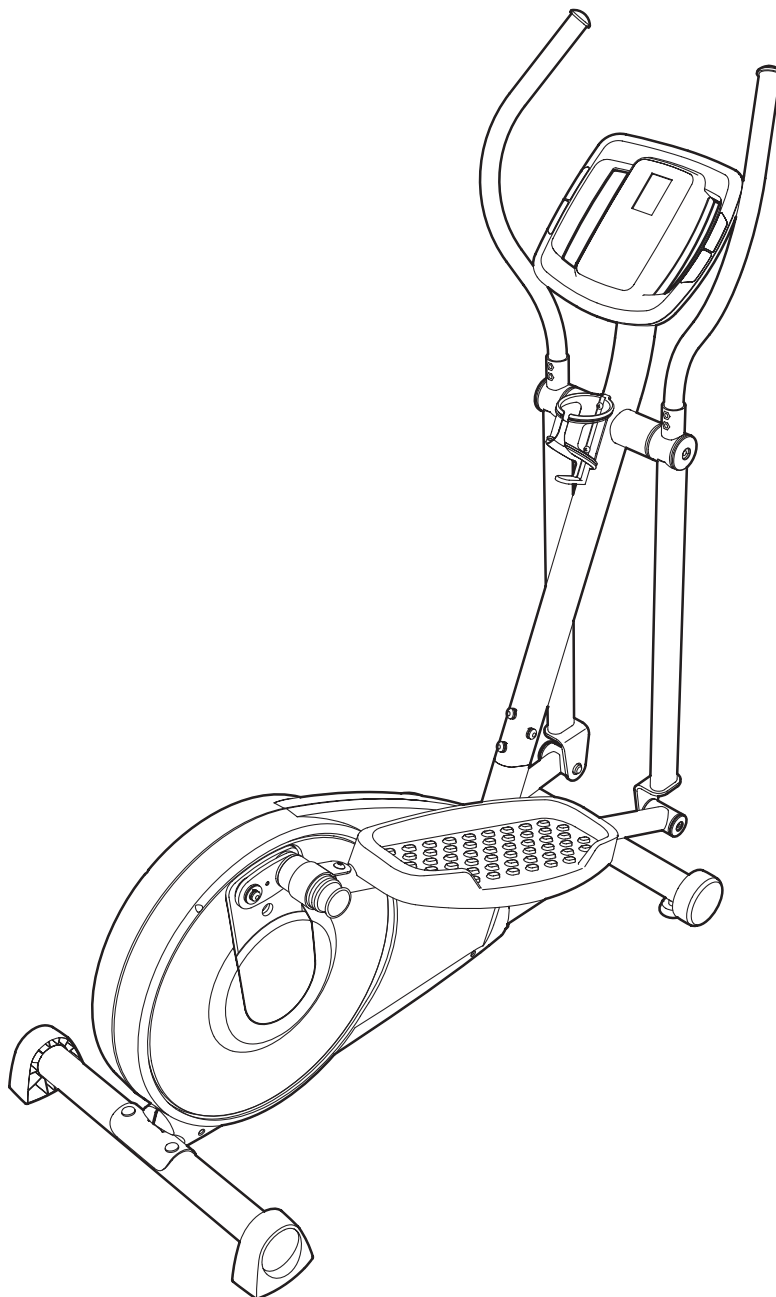
**ON THE WEB:**

[www.iconservice.com](http://www.iconservice.com)

### CAUTION

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

## USER'S MANUAL



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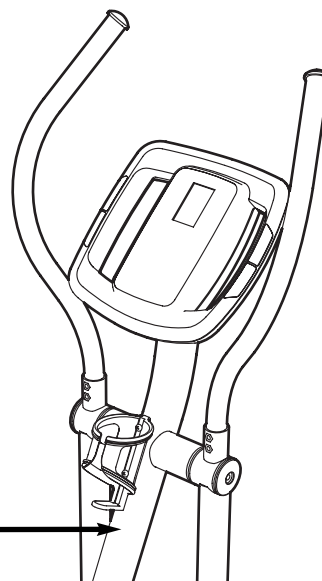
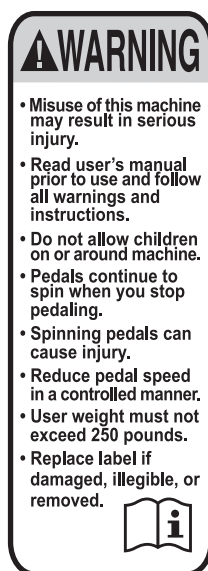
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## WARNING DECAL PLACEMENT

The warning decal shown here has been applied in the location shown. **If the decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal may not be shown at actual size.



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# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all 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. It is the responsibility of the owner to ensure that all users of the elliptical exerciser are adequately informed of all precautions.
3. Your elliptical exerciser is intended for home use only. Do not use your elliptical exerciser in a commercial, rental, or institutional setting.
4. Keep your elliptical exerciser indoors, away from moisture and dust. Place your 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 your elliptical exerciser to mount, dismount, and use it.
5. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
6. Keep children under age 12 and pets away from your elliptical exerciser at all times.
7. Your elliptical exerciser should not be used by persons weighing more than 250 lbs. (113 kg).
8. Wear appropriate exercise clothes when exercising; do not wear loose clothes that could become caught on your elliptical exerciser. Always wear athletic shoes for foot protection.
9. Hold the handgrip pulse sensor or the upper body arms when mounting, dismounting, or using your elliptical exerciser.
10. Keep your back straight while using your elliptical exerciser; do not arch your back.
11. The pulse sensor is not a medical device. Various factors, including the user's movement, 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. When you stop exercising, allow the pedals to slowly come to a stop.
13. If you feel pain or dizziness while exercising, stop immediately and cool down.
14. Use your elliptical exerciser only as described in this manual.

## BEFORE YOU BEGIN

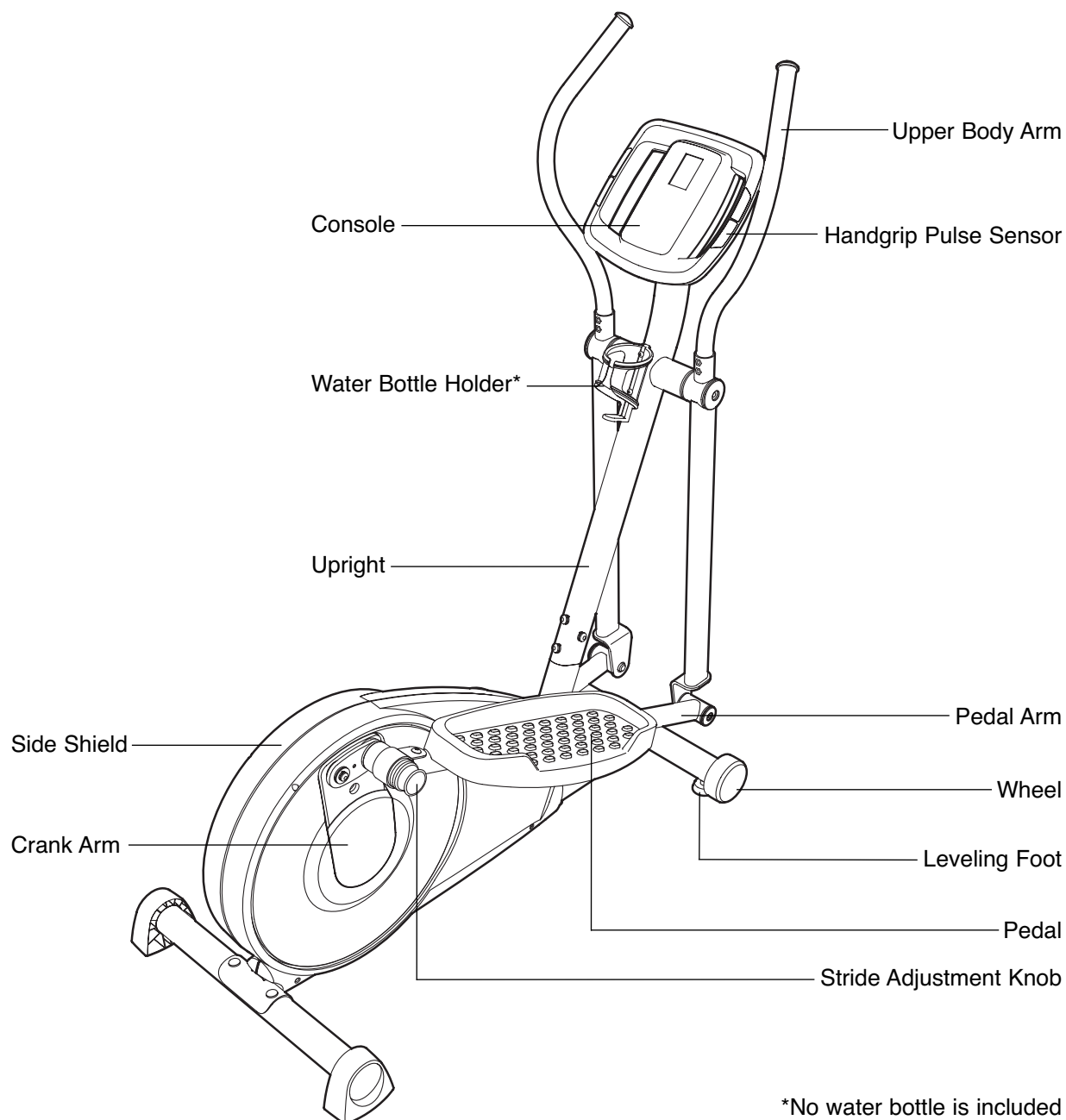
Thank you for selecting the new GOLD'S GYM® STRIDE TRAINER 300 elliptical exerciser. The GOLD'S GYM STRIDE TRAINER 300 elliptical exerciser provides a wide array of features designed to make your workouts at home more effective and enjoyable.

**For your benefit, read this manual carefully before you use the 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.

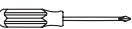

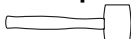
**To avoid a registration fee for any service needed under warranty, you must register the elliptical exerciser at [www.iconservice.com/registration](http://www.iconservice.com/registration).**

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

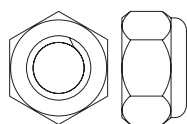


# ASSEMBLY

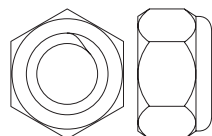
To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

**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** .

See the drawings below to identify the small parts needed for assembly. 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 key number is the quantity needed for assembly. **Note: Some small parts may have been preassembled. If a part is not in the hardware kit, check to see if it has been preassembled.**



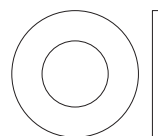
M8 Nylon Locknut (59)–8



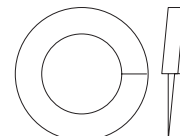
M10 Nylon Locknut (84)–4



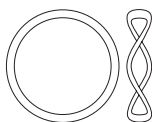
M8 Split Washer (79)–4



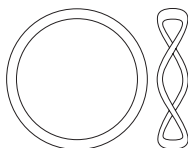
M8 Washer (64)–6



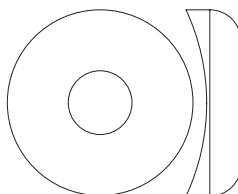
M10 Split Washer (78)–4



Wave Washer (27)–2



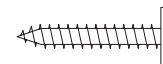
Large Wave Washer (20)–2



Concave Spacer (65)–4



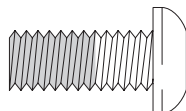
M4 x 16mm Screw (60)–4



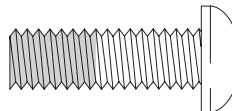
M4 x 19mm Screw (68)–6



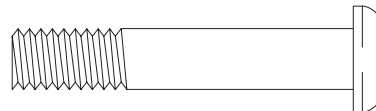
M4 x 25mm Screw (80)–2



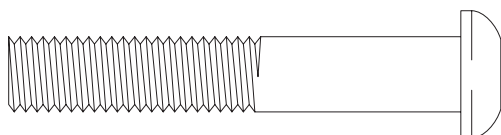
M8 x 19mm Patch Screw (73)–4



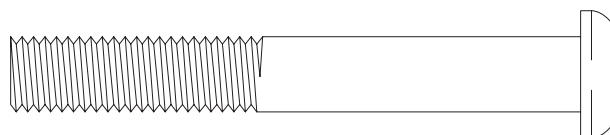
M8 x 25mm Patch Screw (70)–4



M8 x 45mm Button Bolt (71)–4



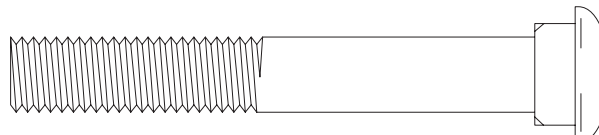
M10 x 60mm Button Screw (66)–2



M10 x 76mm Button Bolt (74)–2



M10 x 64mm Shoulder Bolt (89)–2



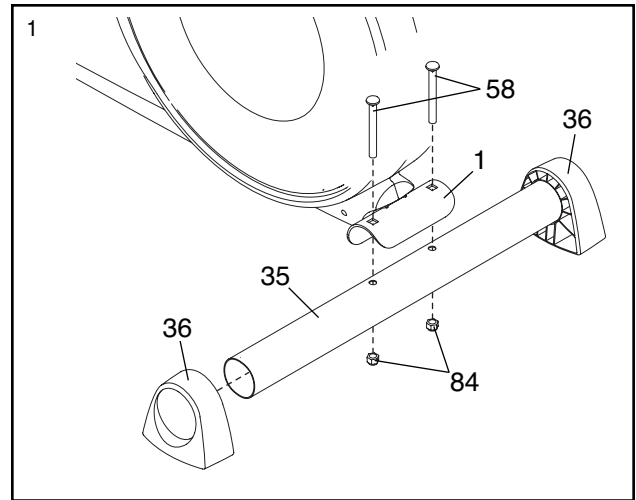
M10 x 75mm Carriage Bolt (58)–2

1.

**To make assembly easier, read the information on page 5 before you begin assembling the elliptical exerciser.**

Attach the Rear Stabilizer (35) to the Frame (1) with two M10 x 75mm Carriage Bolts (58) and two M10 Nylon Locknuts (84).

Press the Stabilizer Endcaps (36) onto the Rear Stabilizer (35) as shown.

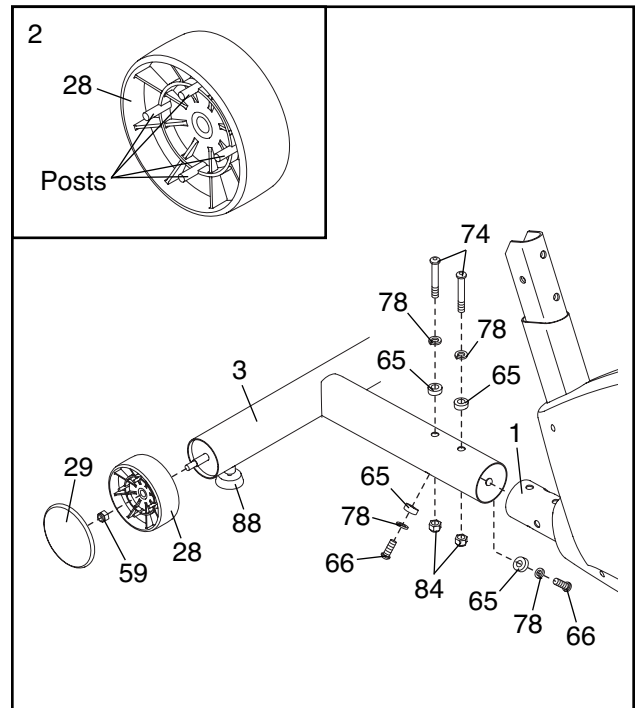


2. Tighten two Leveling Feet (88) into the underside of the Front Stabilizer (3).

Attach the Front Stabilizer (3) to the Frame (1) with two M10 x 76mm Button Bolts (74), two M10 Split Washers (78), two Concave Spacers (65), and two M10 Nylon Locknuts (84). **Do not tighten the Nylon Locknuts yet.**

Thread two M10 x 60mm Button Screws (66) with two M10 Split Washers (78), and two Concave Spacers (65) through the Front Stabilizer (3) and into the Frame (1). **Tighten the two M10 Nylon Locknuts (84), and then tighten the M10 x 60mm Button Screws.**

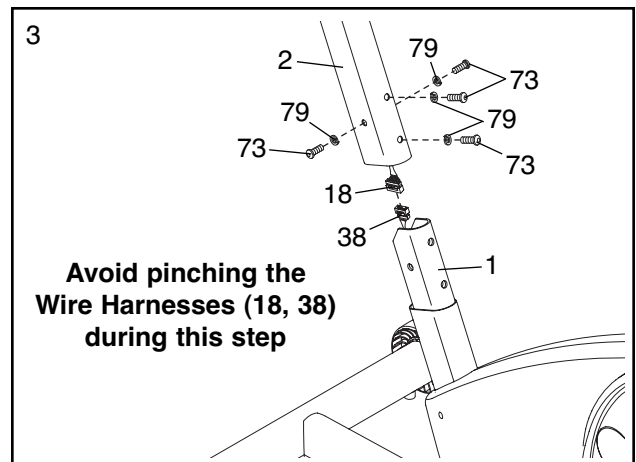
Orient a Wheel (28) so the four posts (see the inset drawing) are facing away from the Front Stabilizer (3). Attach the Wheel to the Front Stabilizer with an M8 Nylon Locknut (59). Next, press a Wheel Cover (29) onto the posts on the Wheel. **Attach the other Wheel (not shown) in the same way.**



3. While another person holds the Upright (2) near the Frame (1), connect the Upper Wire Harness (18) to the Lower Wire Harness (38).

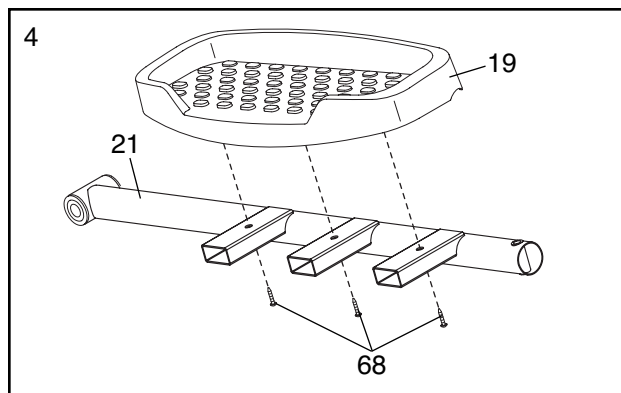
Carefully slide the Upright (2) onto the Frame (1). **Tip: Do not pinch the Wire Harnesses (18, 38) during this step.**

Attach the Upright with four M8 x 19mm Patch Screws (73) and four M8 Split Washers (79). **Do not tighten the Patch Screws yet.**



4. Identify the Left Pedal Arm (21), which is marked with an “L” sticker. Attach a Pedal (19) to the Left Pedal Arm with three M4 x 19mm Screws (68).

**Attach the other Pedal (not shown) to the Right Pedal Arm (not shown) in the same way.**

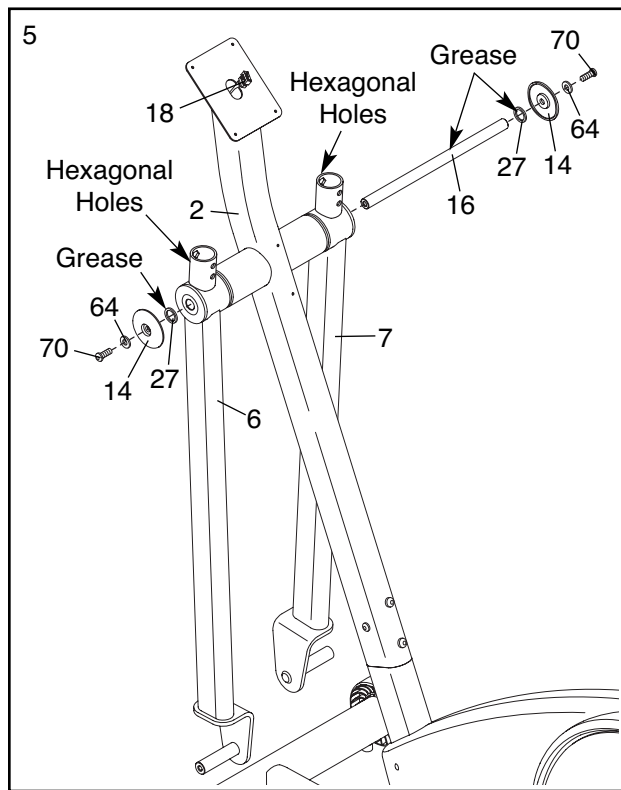


5. Apply a generous amount of grease to the Pivot Axle (16). Then, apply a small amount of grease to two Wave Washers (27).

Then, identify the Left and Right Upper Body Legs (6, 7), which are marked with “L” and “R” stickers, and orient them so that the hexagonal holes are in the position shown.

While another person aligns the Left and Right Upper Body Legs (6, 7) with the Upright (2) as shown, insert the Pivot Axle (16) into the Upper Body Legs and the Upright. **Tip: Be careful not to damage the Upper Wire Harness (18) with the Pivot Axle.**

Place a Wave Washer (27) on each end of the Pivot Axle (16). Then, tighten an M8 x 25mm Patch Screw (70), an M8 Washer (64), and a Pivot Cover (14) into each end of the Pivot Axle.

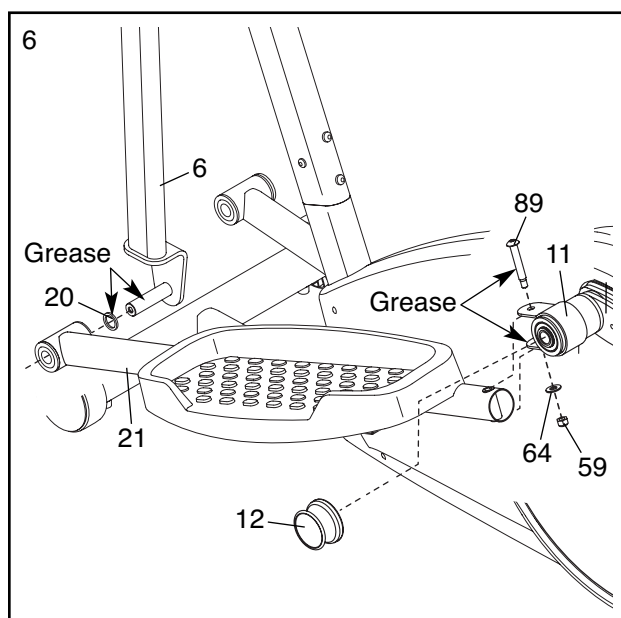


6. Apply a generous amount of grease to the axle on the Left Upper Body Leg (6). Then, apply grease to a Large Wave Washer (20) and slide it onto the axle. Then, slide the Left Pedal Arm (21) onto the Left Upper Body Leg.

Apply a generous amount of grease to the barrel of an M10 x 64mm Shoulder Bolt (89) and to the left Pedal Leg Bracket (11). Insert the Left Pedal Arm (21) into the Pedal Leg Bracket. Attach the Left Pedal Arm with the M10 x 64mm Shoulder Bolt, an M8 Washer (64), and an M8 Nylon Locknut (59).

Then, tighten an Adjustment Knob (12) onto the left Pedal Leg Bracket (11).

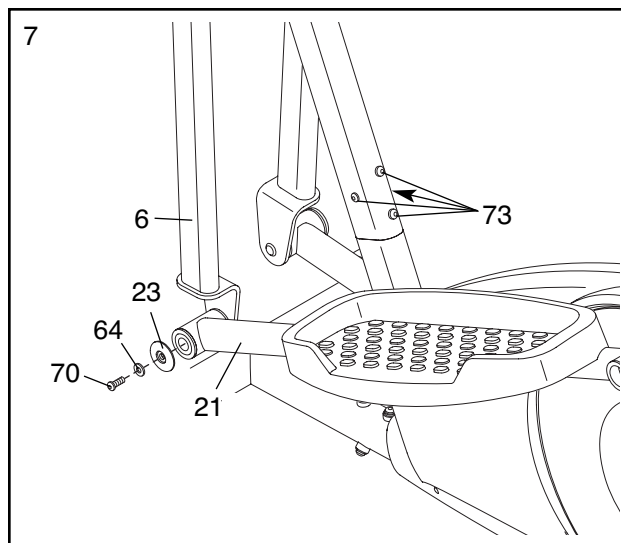
**Repeat this step for the other side of the elliptical exerciser.**



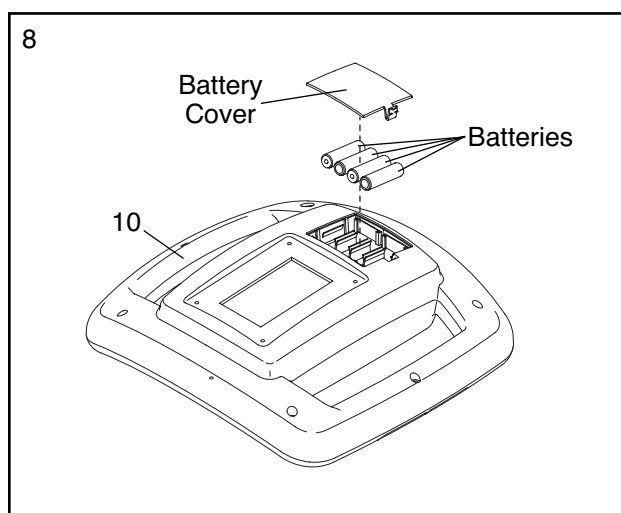
7. Attach the Left Pedal Arm (21) to the Left Upper Body Leg (6) with an M8 x 25mm Patch Screw (70), an M8 Washer (64), and a Pedal Leg Cover (23).

**Repeat this step for the other side of the elliptical exerciser.**

**See step 3. Tighten the four M8 x 19mm Patch Screws (73).**



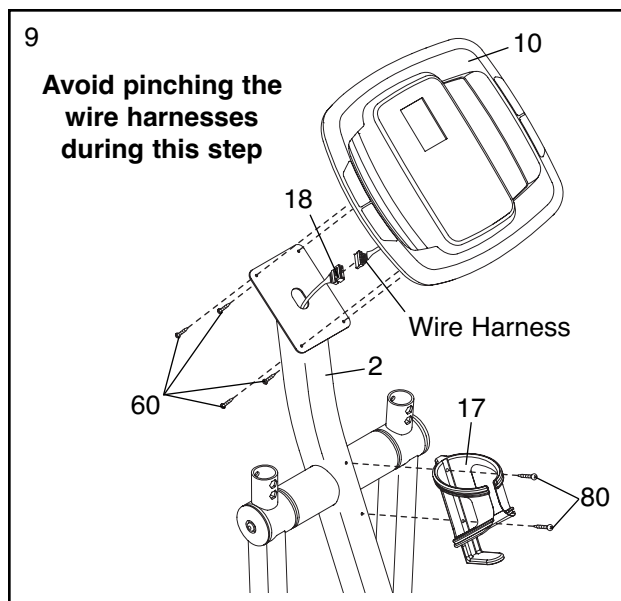
8. The Console (10) requires four “AA” batteries (not included); alkaline batteries are recommended. **IMPORTANT: If the elliptical exerciser has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries into the Console. If you do not do this, the console displays or other electronic components may become damaged.** Remove the battery cover from the Console. Insert four batteries into the Console; **make sure that the batteries are oriented as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



9. While another person holds the Console (10) near the Upright (2), connect the Upper Wire Harness (18) to the wire harness on the Console.

Attach the Console (10) to the Upright (2) with four M4 x 16mm Screws (60). **Tip: Do not pinch the wire harnesses during this step.**

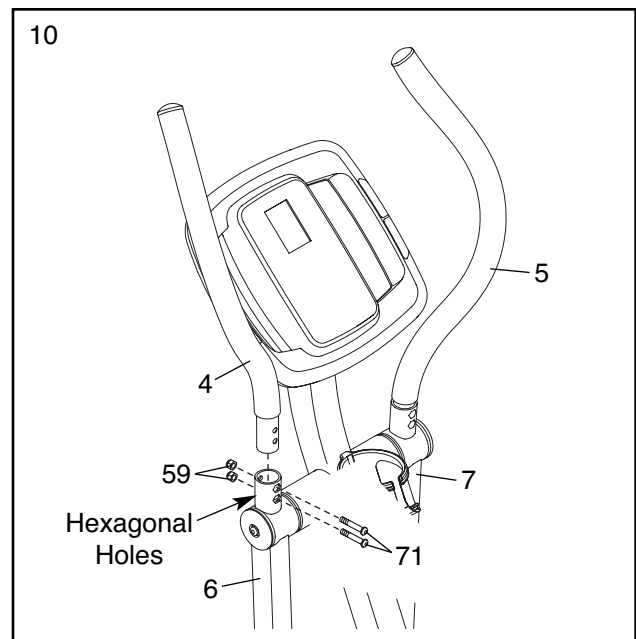
Attach the Water Bottle Holder (17) to the Upright (2) with two M4 x 25mm Screws (80).





10. Identify the Left Upper Body Arm (4), which is marked with an “L” sticker. Insert the Left Upper Body Arm into the Left Upper Body Leg (6) and attach it with two M8 x 45mm Button Bolts (71) and two M8 Nylon Locknuts (59). **Make sure that the Nylon Locknuts are in the hexagonal holes in the Left Upper Body Arm.**

**Repeat this step for the Right Upper Body Arm (5) and the Right Upper Body Leg (7).**

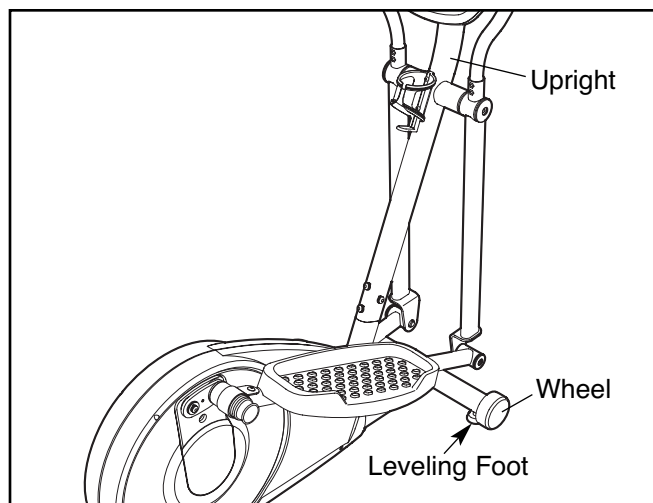


11. **Make sure that all parts of the elliptical exerciser are properly tightened.** Place a mat under the elliptical exerciser to protect the floor or carpet from damage.

# HOW TO USE THE ELLIPTICAL EXERCISER

## HOW TO MOVE AND LEVEL THE ELLIPTICAL EXERCISER

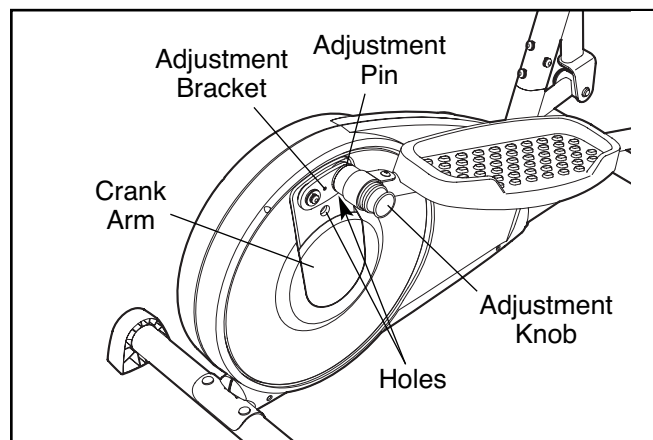
To move the elliptical exerciser, stand in front of it, place one foot against one of the wheels, and firmly hold the upper end of the upright. Pull the upright forward until you can move the elliptical exerciser on the wheels. Carefully move the elliptical exerciser to the desired location and then lower it. **To decrease the risk of injury, do not attempt to move the elliptical exerciser over an uneven surface.**



If the elliptical exerciser rocks slightly on your floor, turn one or both of the levelling feet under the front stabilizer until the rocking motion is eliminated.

## HOW TO ADJUST THE STRIDE OF THE ELLIPTICAL EXERCISER

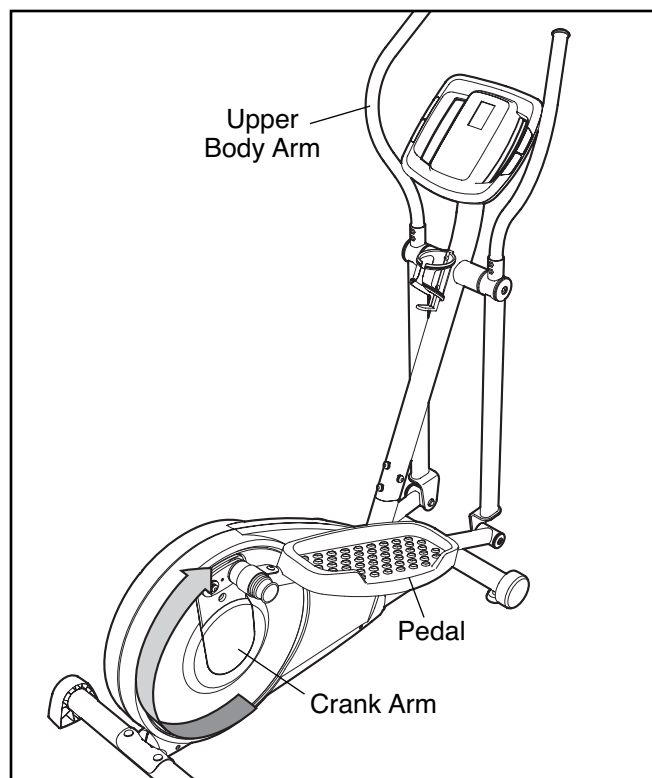
To adjust the stride of the elliptical exerciser, first pull one of the adjustment knobs until the adjustment bracket pivots freely. Pivot the adjustment bracket until the adjustment knob is aligned with one of the holes in the crank arm, and gently release the knob. Then,



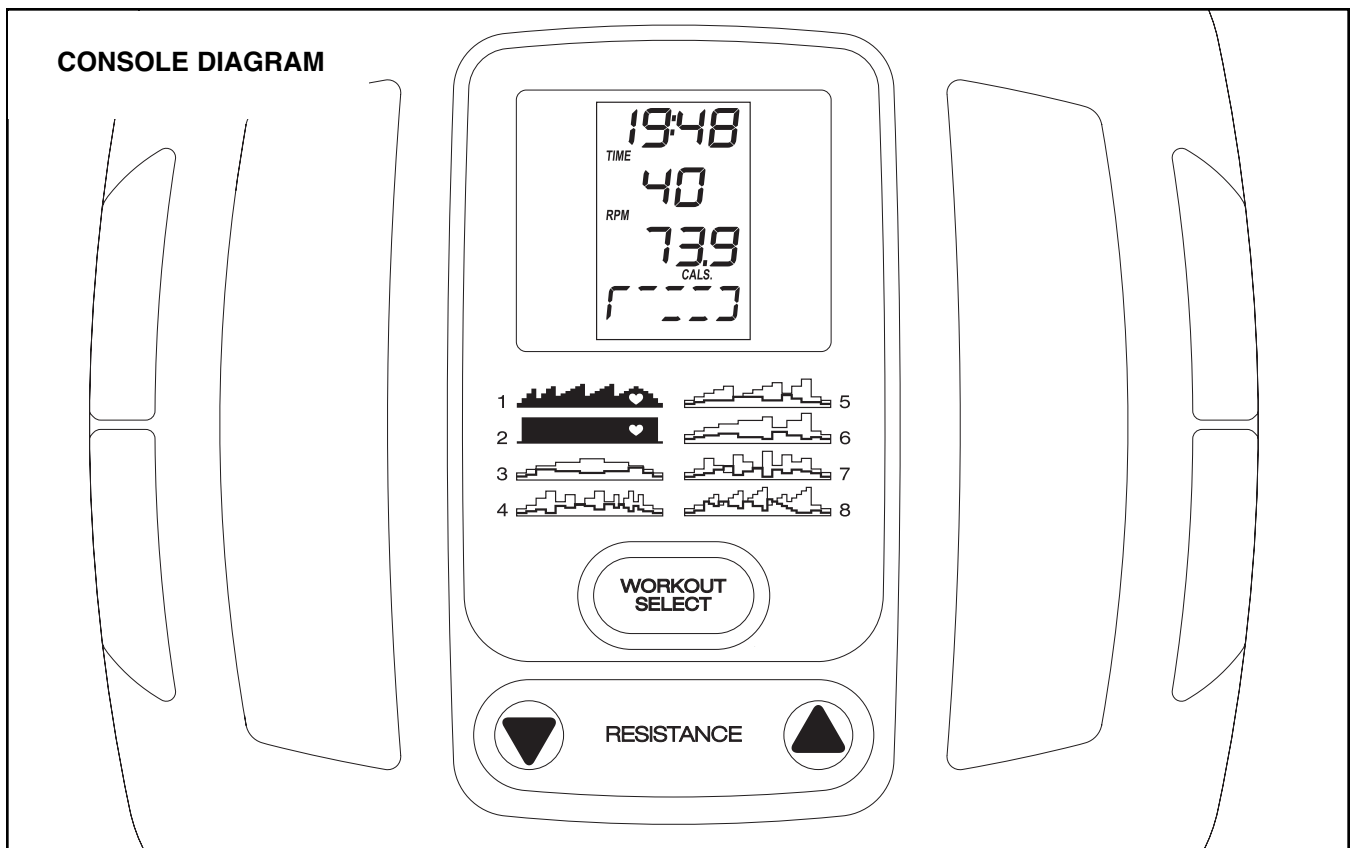
pivot the adjustment bracket back and forth slightly to make sure that the adjustment pin is engaged in one of the holes in the crank arm. **Adjust the other side of the elliptical exerciser in the same way.**

## HOW TO EXERCISE ON THE ELLIPTICAL EXERCISER

To mount the elliptical exerciser, firmly hold the upper body arms and carefully step onto the pedal that is in the lowest position. Then, step onto the other pedal. Push the pedals until they begin to move with a continuous motion. **Note: The crank arms can turn in either direction. It is recommended that you turn the crank arms in the direction shown below; however, for variety, you can turn the crank arms in the opposite direction.**



To dismount the elliptical exerciser, allow the pedals to come to a complete stop. **IMPORTANT: The elliptical exerciser does not have a freewheel; 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.



## FEATURES OF THE CONSOLE

The console offers a selection features designed to make your workouts more effective. When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even monitor your heart rate using the handgrip pulse sensor.

The console features six smart workouts that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

The console also offers two heart rate workouts 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.

**To use the manual mode of the console**, follow the steps beginning on page 12. **To use a smart workout**, see page 13. **To use a heart rate workout**, see page 14.

Before using the console, make sure that batteries are installed (see assembly step 8 on page 8). If there is a sheet of clear plastic on the display, remove the plastic.

## HOW TO USE THE MANUAL MODE

### 1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

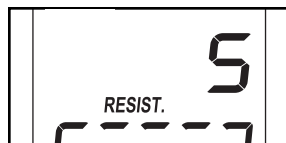
### 2. Select the manual mode.

Each time you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing the Workout Select button repeatedly until zeroes appear in the display.



### 3. Begin pedaling and change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons. There are ten resistance levels. Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

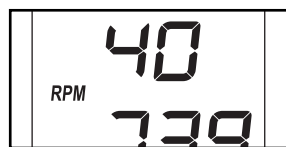


### 4. Follow your progress with the display.

The first section of the display will show the elapsed time and the distance (total number of revolutions) that you have pedaled. The display will change modes every few seconds. Note: When you select a workout, with the exception of the second heart rate workout, the display will show the time remaining in the workout instead of the elapsed time.



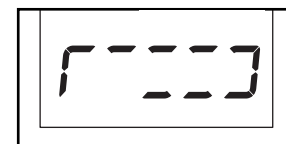
The second section of the display will show your pedaling pace, in revolutions per minute (rpm).



The third section of the display will show the approximate number of calories you have burned and the resistance level of the pedals. The display will change modes every few seconds. The display will also show your heart rate when you use the handgrip pulse sensor (see step 5 on this page).



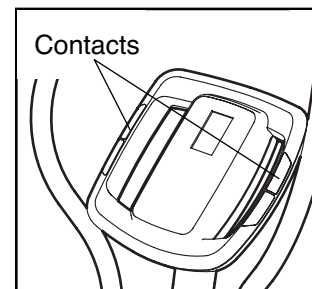
The last section of the display will show a track representing 640 revolutions. As you exercise, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



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

**If there are sheets of clear plastic on the metal contacts on the handgrip pulse sensor, remove the plastic.**

Next, hold the handgrip pulse sensor with your palms resting on the metal contacts. **Avoid moving your hands or gripping the contacts too tightly.** When your pulse is detected, a heart-shaped symbol will flash in the display each time your heart beats and then your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.



### 6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for a few seconds, the time will begin to flash in the display and the console will pause. If the pedals do not move for a few minutes and no buttons are pressed, the console will turn off and the display will be reset.

## HOW TO USE A SMART WORKOUT

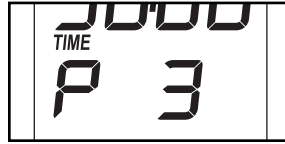
### 1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

### 2. Select a smart workout.

To select a smart workout, press the Workout Select button repeatedly until P3, P4, P5, P6, P7, or P8 appears in the display.

The first section of the display will show how long the workout will last.

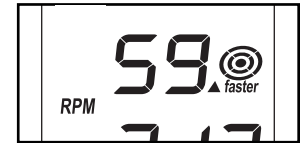


### 3. Begin pedaling to start the workout.

Each workout is divided into 30 one-minute segments. One resistance level and one pace setting are programmed for each segment. Note: The same resistance level and/or pace setting may be programmed for consecutive segments.

Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment. Note: If the resistance level is too low or too high, you can override it by pressing the Resistance increase and decrease buttons. However, when the current segment ends, the resistance will automatically change to the resistance level programmed for the next segment.

As you exercise, the display will prompt you to keep your pedaling pace near the pace setting for the current segment. When the word “faster” appears in the display, increase your pace. When the word “slower” appears, decrease your pace. When the center of the target flashes, maintain your current pace.



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

If you stop pedaling for several seconds, the time will begin to flash in the display. To restart the workout, simply resume pedaling.

The workout will continue until the display shows a time of 0:00. If you continue to pedal after the workout is completed, the display will continue to show exercise feedback; however, the display will not show the elapsed time until you select the manual mode or a new workout.

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

See step 4 on page 12.

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

See step 5 on page 12.

### 6. When you are finished exercising, the console will turn off automatically.

See step 6 on page 12.

## HOW TO USE A HEART RATE WORKOUT

### 1. Turn on the console.

To turn on the console, press any button or begin pedaling. The display will light and the console will be ready for use.

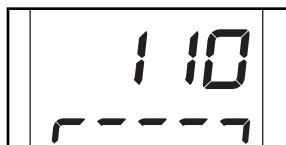
### 2. Select a heart rate workout.

To select one of the two heart rate workouts, press the Workout Select button repeatedly until P1 or P2 appears in the display. The first section of the display will show how long the workout will last.



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

**If you select the first heart rate workout,** the maximum target heart rate setting of the workout will appear in the display. Use the Resistance increase and decrease buttons to change the maximum heart rate setting, if desired. Note: If you change the maximum target heart rate setting, the intensity level of the entire workout will change.



**If you select the second heart rate workout,** the target heart rate setting for the workout will appear in the display. Use the Resistance increase and decrease buttons to change the target heart rate setting, if desired. Note: The same target heart rate setting will be used for the entire workout.

### 4. Hold the handgrip pulse sensor.

It is not necessary to hold the handgrip pulse sensor continuously during a heart rate workout; however, you should hold the handgrip pulse sensor frequently for the workout to operate properly.

**Each time you hold the handgrip pulse sensor, keep your hands on the metal contacts for at least 15 seconds.**

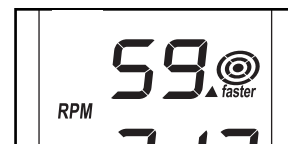
### 5. Begin pedaling to start the workout.

**First heart rate control workout**—This workout is divided into 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 consecutive segments.

**Second heart rate workout**—The same target heart rate is programmed for all segments of this workout.

**Both heart rate workouts**—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, the resistance of the pedals will automatically increase or decrease to bring your heart rate closer to the target heart rate.

You will also be prompted to pedal at a steady pace. When the word “faster” appears in the display, increase your pace. When the word “slower” appears, decrease your pace. When the center of the target flashes, maintain your current pace.



**IMPORTANT: Make sure to pedal at a pace that is comfortable for you.** Note: You can manually override the resistance settings; however, if you change the resistance setting, 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.

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

See step 4 on page 12.

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

See step 5 on page 12.

### 8. When you are finished exercising, the console will turn off automatically.

See step 6 on page 12.

# MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the elliptical exerciser regularly. Replace any worn parts immediately. The elliptical exerciser can be cleaned with a soft cloth and mild detergent. **Do not use abrasives or solvents.** To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

When storing the elliptical exerciser, remove the batteries from the console. Keep the elliptical exerciser in a clean, dry location, away from moisture and dust.

## CONSOLE TROUBLESHOOTING

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 8 on page 8.

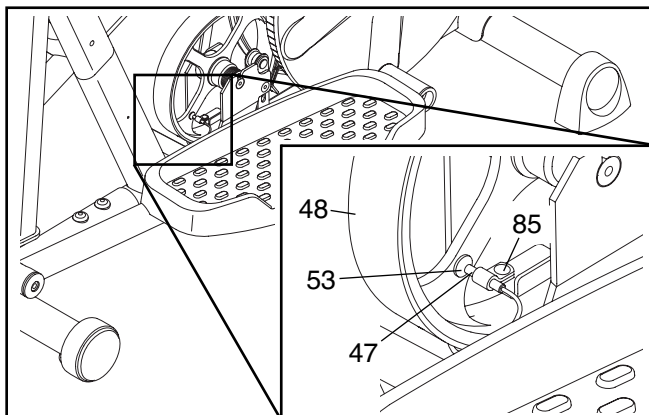
## HANDGRIP PULSE SENSOR TROUBLESHOOTING

If the handgrip pulse sensor does not function properly, make sure that your hands are positioned as described in step 5 on page 12. Be careful not to move your hands excessively or to squeeze the metal contacts too tightly. For optimal performance, clean the metal contacts using a soft cloth; **never use alcohol, abrasives, or chemicals.**

## HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. First, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.** Then, carefully remove the side shields.

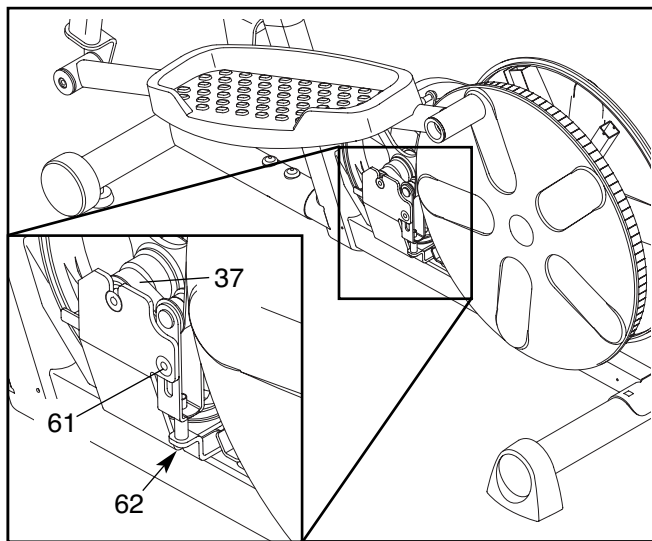
Next, locate the Reed Switch (47). Turn the Flywheel (48) until the Magnet (53) is aligned with the Reed Switch. Loosen, but do not remove, the indicated



M4 x 12mm Screw (85). Slide the Reed Switch slightly closer to or away from the Magnet, and then retighten the Screw. Rock the Flywheel forward and back just enough that the Magnet passes the Reed Switch repeatedly. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING A on page 18 and the PART LIST on page 17.

## HOW TO ADJUST THE BELT

If you can feel the pedals slip while you are pedaling, even when the resistance of the pedals is at the highest setting, the Belt (37) may need to be adjusted. First, remove all of the screws from both side shields; **there are three sizes of screws in the side shields—note which size of screw you remove from each hole.**



Next, loosen the M8 x 19mm Flat Head Bolt (61) and turn the Adjustment Screw (62) until the Belt (37) is tight. Once the Belt is tight, tighten the Flat Head Screw. Then, reattach the side shields. Note: If you have questions as to which screw should be in which hole, see EXPLODED DRAWING A on page 18 and the PART LIST on page 17.



# 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 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, 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

**Warming 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.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps 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.



# PART LIST—Model No. GGEL62907.1

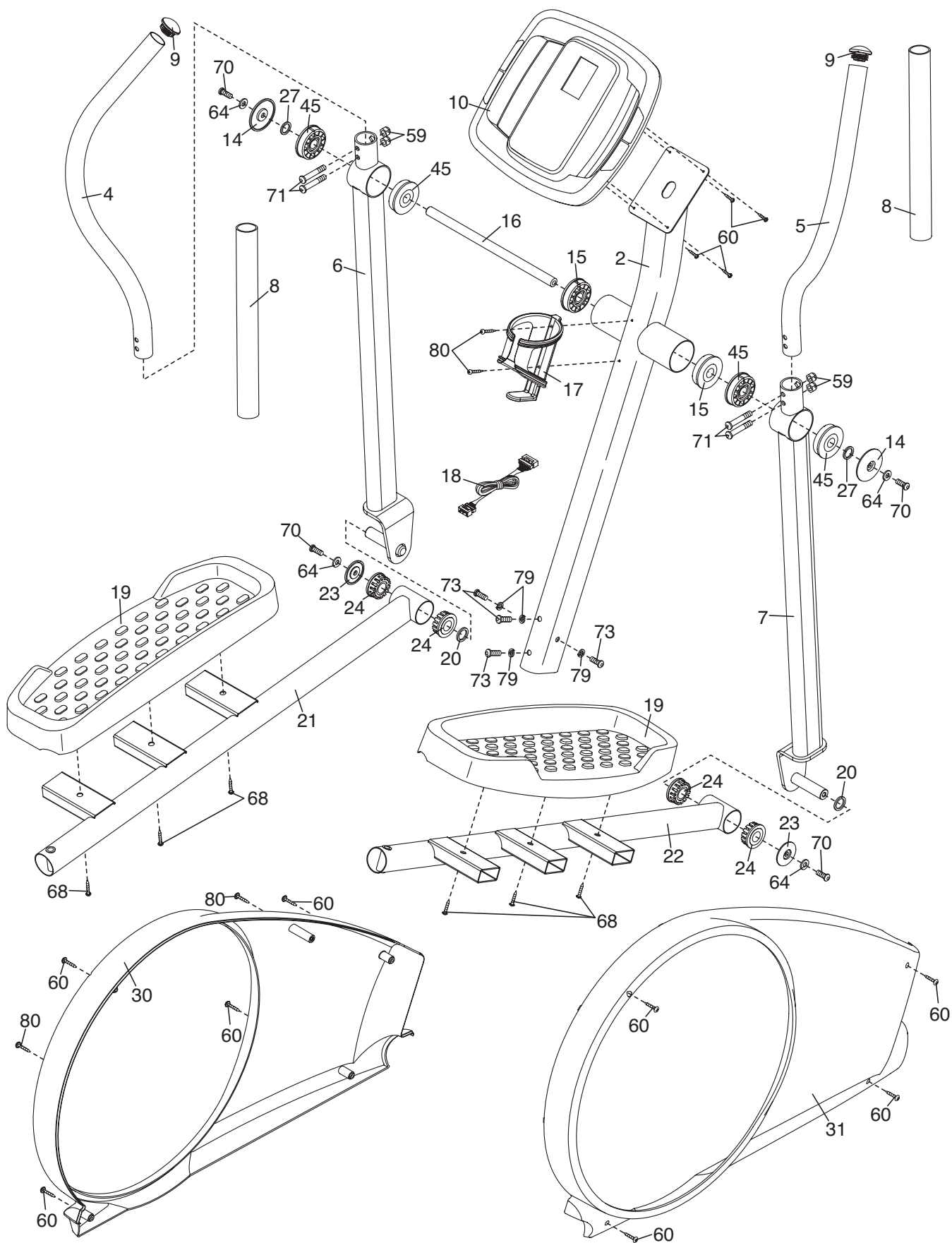
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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	1	Reed Switch/Wire
2	1	Upright	48	1	Flywheel
3	1	Front Stabilizer	49	1	Flywheel Axle
4	1	Left Upper Body Arm	50	2	Flywheel Bearing
5	1	Right Upper Body Arm	51	1	"C" Magnet
6	1	Left Upper Body Leg	52	1	"C" Magnet Bracket
7	1	Right Upper Body Leg	53	1	Magnet
8	2	Foam Grip	54	1	Spring
9	2	Upper Body Endcap	55	1	Idler
10	1	Console	56	1	Resistance Motor
11	2	Pedal Leg Bracket	57	2	Flange Screw
12	2	Adjustment Knob	58	2	M10 x 75mm Carriage Bolt
13	2	Crank Hub	59	10	M8 Nylon Locknut
14	2	Pivot Cover	60	10	M4 x 16mm Screw
15	2	Upper Body Bushing	61	1	M8 x 19mm Flat Head Bolt
16	1	Pivot Axle	62	1	Adjustment Screw
17	1	Water Bottle Holder	63	1	M6 x 18mm Bolt
18	1	Upper Wire Harness	64	6	M8 Washer
19	2	Pedal	65	4	Concave Spacer
20	2	Large Wave Washer	66	2	M10 x 60mm Button Screw
21	1	Left Pedal Arm	67	2	Adjustment Pin
22	1	Right Pedal Arm	68	6	M4 x 19mm Screw
23	2	Pedal Leg Cover	69	4	M4 x 12mm Flange Screw
24	4	Pedal Leg Bushing	70	22	M8 x 25mm Patch Screw
25	2	Adjustment Bushing	71	4	M8 x 45mm Button Bolt
26	2	Adjustment Bracket	72	2	Inner Adjustment Bushing
27	2	Wave Washer	73	4	M8 x 19mm Patch Screw
28	2	Wheel	74	2	M10 x 76mm Button Bolt
29	2	Wheel Cover	75	2	Adjustment Spring
30	1	Left Side Shield	76	1	M6 x 38mm Bolt
31	1	Right Side Shield	77	1	M6 Nut
32	1	Left Disc	78	4	M10 Split Washer
33	1	Right Disc	79	4	M8 Split Washer
34	2	Disc Cover	80	4	M4 x 25mm Screw
35	1	Rear Stabilizer	81	4	29mm Snap Ring
36	2	Stabilizer Endcap	82	2	23mm Wave Washer
37	1	Belt	83	1	M6 Nylon Locknut
38	1	Lower Wire Harness	84	5	M10 Nylon Locknut
39	1	Crank	85	2	M4 x 12mm Screw
40	2	Crank Bearing	86	2	M10 Washer
41	2	Crank Snap Ring	87	2	M8 Large Washer
42	1	Left Crank Arm	88	2	Leveling Foot
43	1	Right Crank Arm	89	2	M10 x 64mm Shoulder Bolt
44	1	Resistance Cable	*	—	Hex Key
45	4	Pivot Bushing	*	—	Grease Packet
46	1	Clamp	*	—	User's Manual

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.

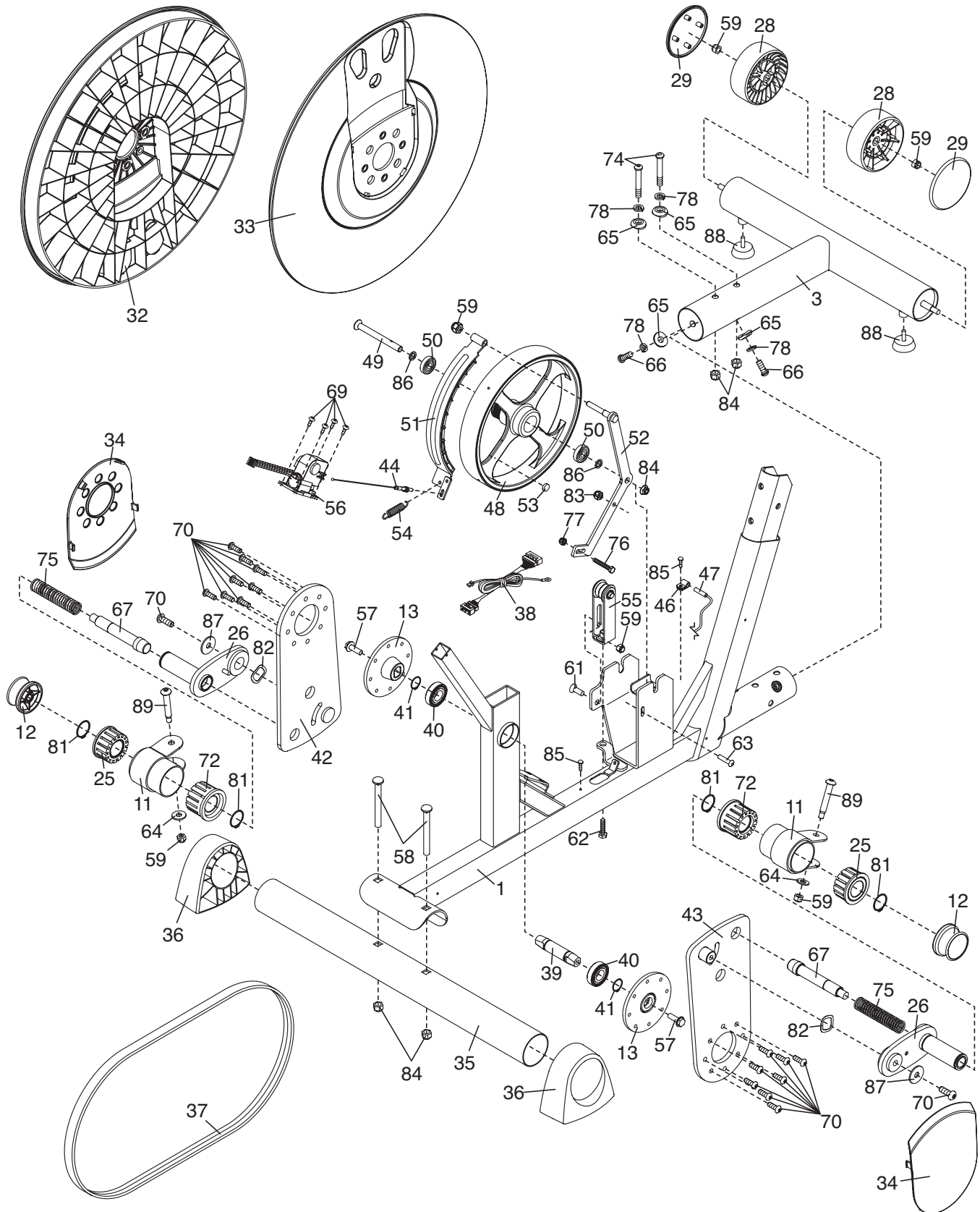
# EXPLODED DRAWING A—Model No. GGEL62907.1

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# EXPLODED DRAWING B—Model No. GGEL62907.1

R1207A



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## 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 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 PART LIST and the EXPLODED DRAWING near the end of this manual)

### LIMITED WARRANTY

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

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

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

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

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