

GOLD'S GYM®

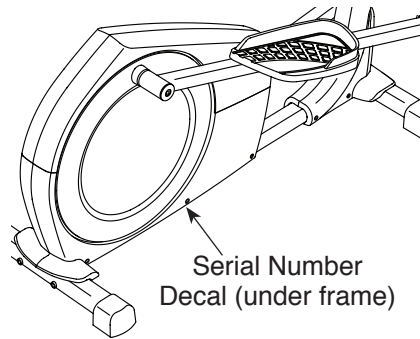
STRIDE TRAINER 510

www.workoutwarehouse.com

Model No. GGEL63812.2

Serial No. _____

Write the serial number in the space above for reference.



ACTIVATE YOUR WARRANTY

To register your product and activate your warranty today, go to www.workoutwarehouse.com/registration.

CUSTOMER CARE

For service at any time, go to www.workoutwarehouse.com.

Or call 1-877-776-4777
Mon.–Fri. 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

Please do not contact the store.

⚠ CAUTION

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

USER'S MANUAL

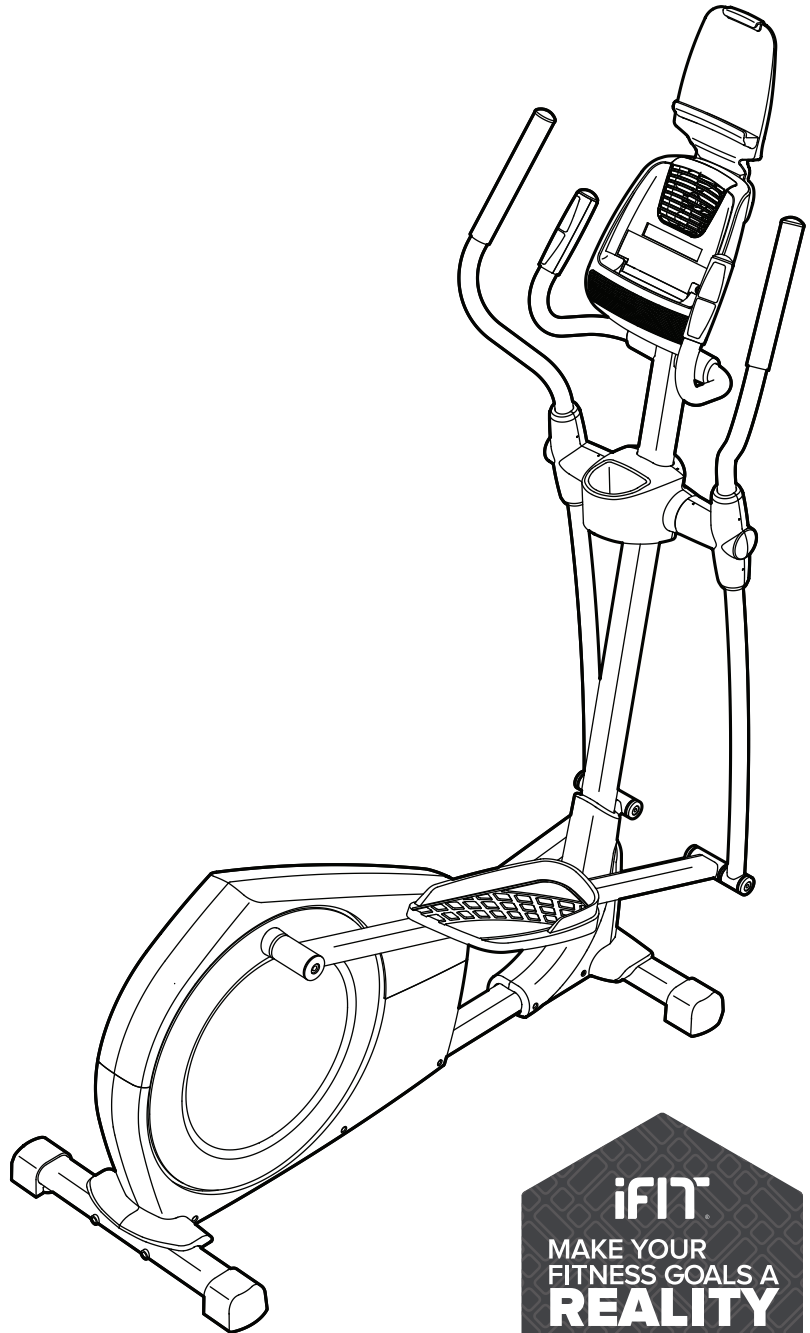


TABLE OF CONTENTS

WARNING DECAL PLACEMENT 2

IMPORTANT PRECAUTIONS 3

BEFORE YOU BEGIN 5

PART IDENTIFICATION CHART 6

ASSEMBLY 7

HOW TO USE THE ELLIPTICAL 17

FCC INFORMATION 25

MAINTENANCE AND TROUBLESHOOTING 26

EXERCISE GUIDELINES 28

PART LIST 29

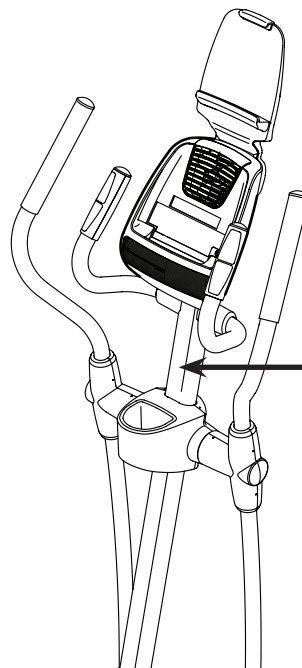
EXPLODED DRAWING 30

ORDERING REPLACEMENT PARTS Back Cover

LIMITED WARRANTY Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s).
If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown. Note: The decal(s) 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 lbs / 113 kgs.
 - This product should always be used on a level surface.
 - This product is not intended for therapeutic use.
 - Replace label if damaged, illegible, or removed.

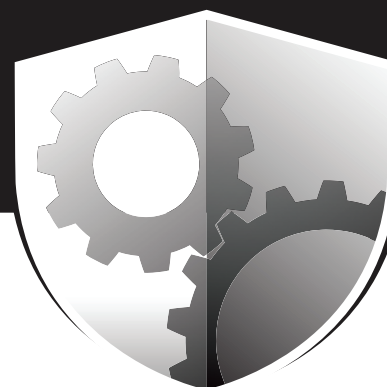
IMPORTANT PRECAUTIONS

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

1. It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the elliptical only as described in this manual.
4. The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.
5. Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.
6. Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the elliptical at all times.
9. The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).
10. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.
11. Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.
12. The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
13. The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. Keep your back straight while using the elliptical; do not arch your back.
15. Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

PROTECT

YOUR FITNESS EQUIPMENT
WITH AN EXTENDED SERVICE PLAN



Your new fitness equipment is not an ordinary purchase; it is an investment in your health and well being for years to come.

As the leading provider of manufacturer's extended service plans, ICON strives to protect your equipment and your future.

Please review the following service plans and find one that best fits your needs.

PREVENTIVE MAINTENANCE SERVICE PLANS

Equipment Price	3-Year Plan	5-Year Plan
\$0.00 to \$1000.00	\$199.99	\$289.99
\$1001.00 to \$1500.00	\$259.99	\$379.99
\$1501.00 to \$2500.00	\$339.99	\$489.99
(Bikes/Systems Only) \$0.00 to \$2500.00	\$139.99	NA

Features:

- Includes an annual preventive maintenance and performance check at your convenience
- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 5 years of coverage available

STANDARD SERVICE PLANS

Equipment Price	1-Year Plan	2-Year Plan	3-Year Plan
\$0.00 to \$300.00	\$29.99	\$39.99	\$59.99
\$301.00 to \$1000.00	\$89.99	\$119.99	\$149.99
\$1001.00 to \$2000.00	\$109.99	\$139.99	\$179.99
\$2001.00 to \$3000.00	\$179.99	\$209.99	\$239.99

Features:

- Unlimited in-home repairs; no shipping required
- Covers parts and labor on all manufacturer's defects, as well as wear and tear on parts
- Up to 3 years of coverage available

To protect your fitness equipment today, please
call Customer Care at **1-800-677-3838.**
Or, visit us online at **www.utserv.com.**



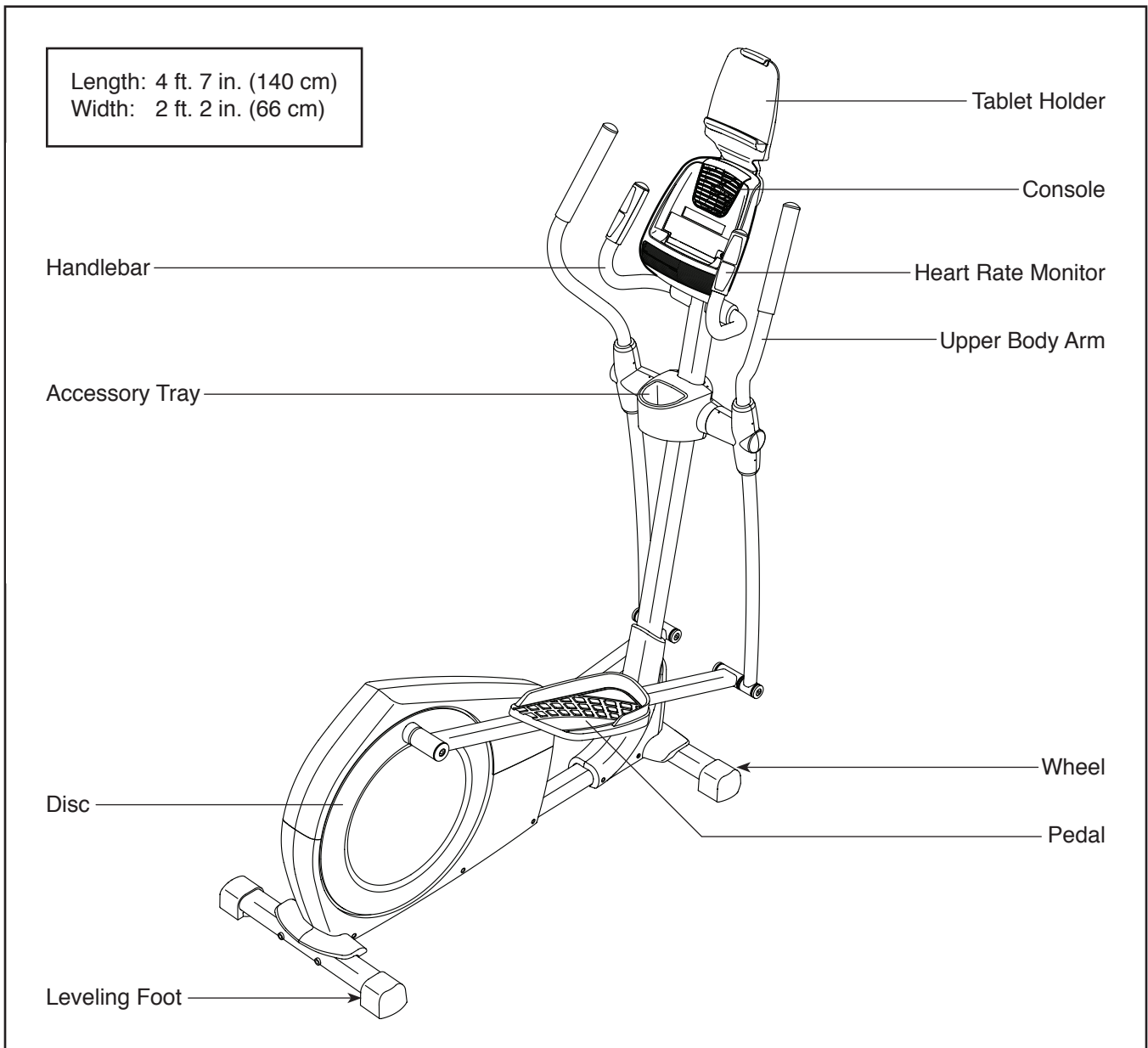
BEFORE YOU BEGIN

Thank you for selecting the revolutionary GOLD'S GYM® STRIDE TRAINER 510 elliptical. The STRIDE TRAINER 510 elliptical provides an impressive selection 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. If you have questions after

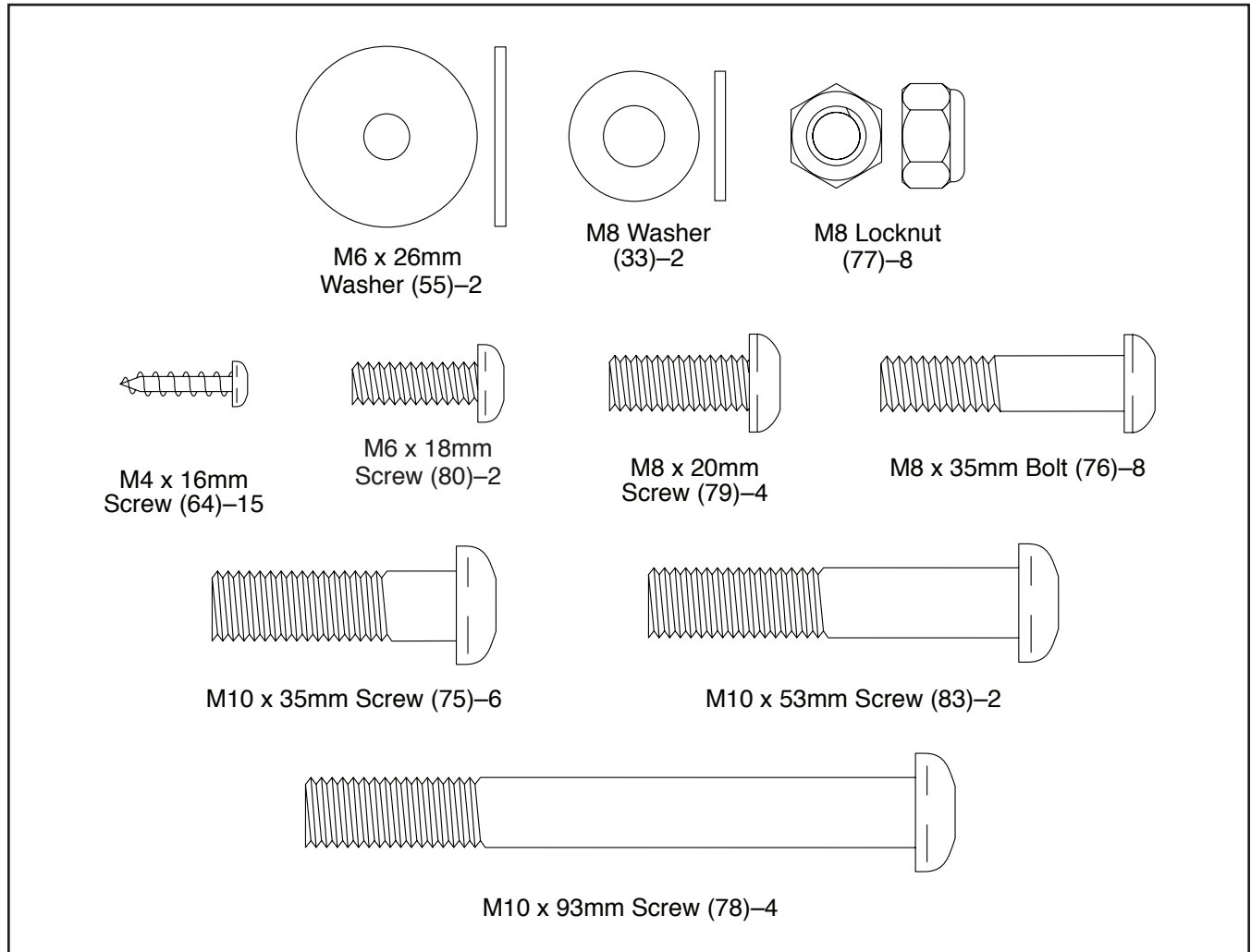
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use 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: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**

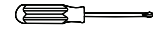


ASSEMBLY

- To hire an authorized service technician to assemble the elliptical, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish assembly.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”

- To identify small parts, see page 6.
- In addition to the included tool(s), assembly requires the following tools:

one Phillips screwdriver



one rubber mallet



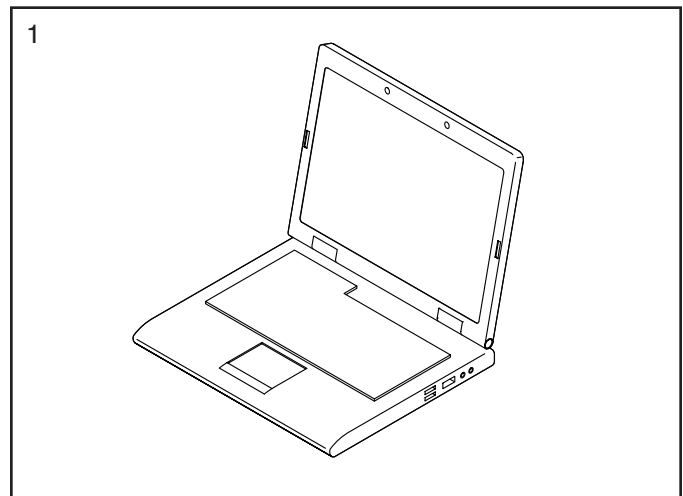
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to www.workoutwarehouse.com/ registration on your computer and register your product.

Registration provides the following benefits:

- activates your product manufacturer’s warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

Note: If you do not have Internet access, call Customer Care (see the front cover of this manual) and register your product.



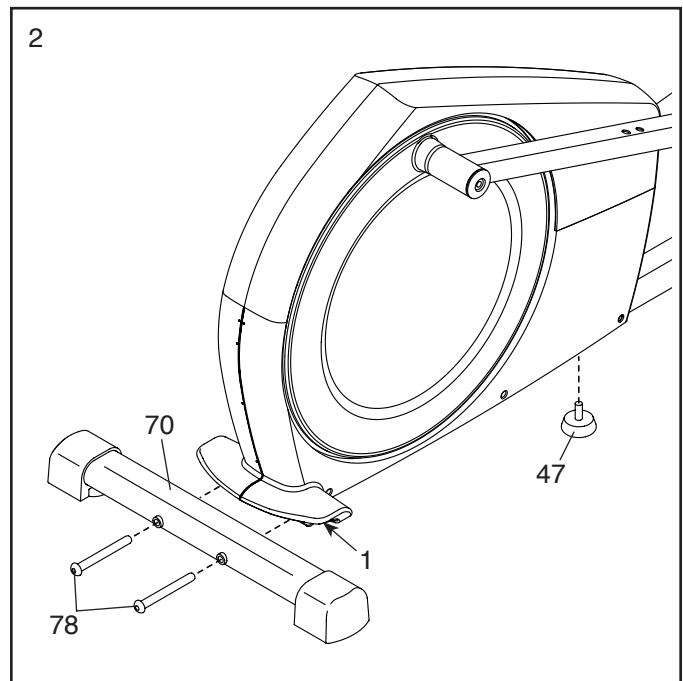
2. With the help of a second person, place some of the packing materials (not shown) under the rear of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Tighten a Leveling Foot (47) into the underside of the Frame (1).

Identify the Rear Stabilizer (70), which does not have wheels, and orient it as indicated by the sticker.

Attach the Rear Stabilizer (70) to the Frame (1) with two M10 x 93mm Screws (78).

Remove the packing materials from under the rear of the Frame (1).

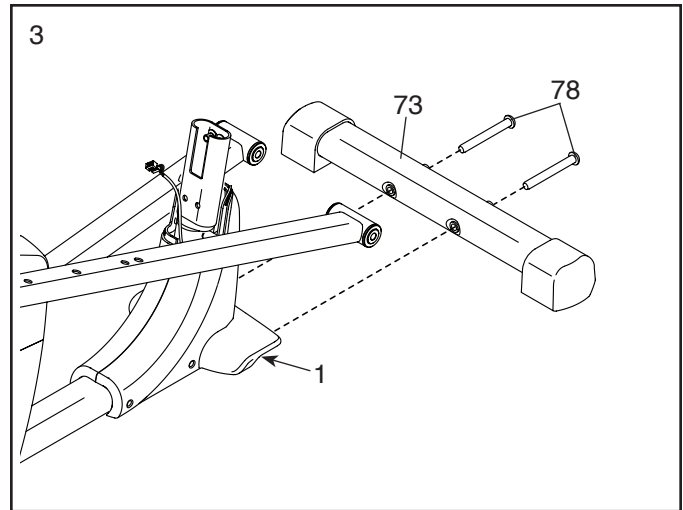


3. With the help of a second person, place some of the packing materials (not shown) under the front of the Frame (1). **Have the second person hold the Frame to prevent it from tipping while you complete this step.**

Orient the Front Stabilizer (73) as indicated by the sticker.

Attach the Front Stabilizer (73) to the Frame (1) with two M10 x 93mm Screws (78).

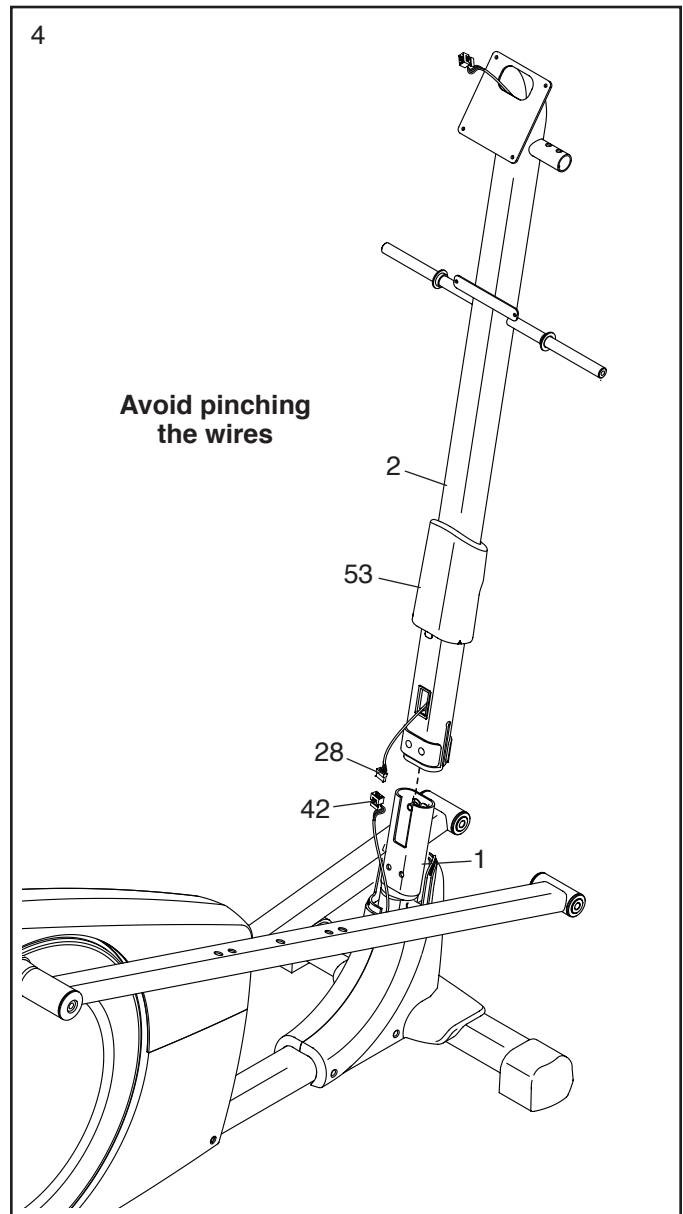
Remove the packing materials from under the front of the Frame (1).



4. Orient the Upright (2) and the Front Shield Cover (53) as shown. Slide the Front Shield Cover upward onto the Upright.

Avoid pinching the wires. Slide the Upright (2) onto the Frame (1).

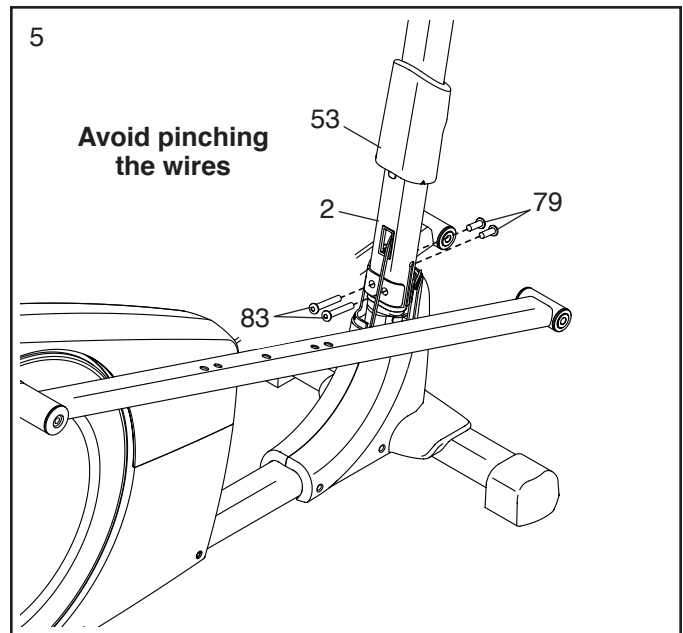
Connect the Upright Wire (28) to the Frame Wire (42). Insert the excess wire into the Upright (2).



5. Have a second person hold the Front Shield Cover (53) out of the way.

Tip: Avoid pinching the wires. Attach the Upright (2) with two M10 x 53mm Screws (83) and two M8 x 20mm Screws (79). **Do not fully tighten the Screws yet.**

Do not press the Front Shield Cover (53) into place yet.



6. Identify the Left Handlebar (39), and orient it as shown.

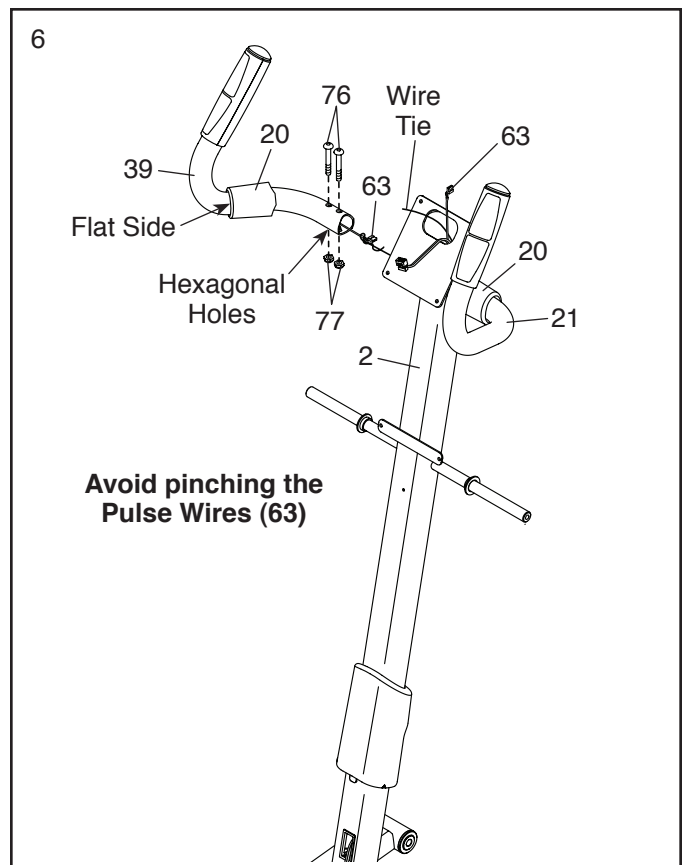
Slide a Handlebar Cover (20) onto the Left Handlebar (39). **Make sure that the flat side of the Handlebar Cover is in the indicated position.**

Have a second person hold the Left Handlebar (39) near the Upright (2). Locate the wire tie in the left side of the Upright. Tie the wire tie to the Pulse Wire (63) in the Left Handlebar. Then, pull the upper end of the wire tie until the Pulse Wire is routed through the Upright.

Tip: Avoid pinching the Pulse Wire (63). Attach the Left Handlebar (39) to the Upright (2) with two M8 x 35mm Bolts (76) and two M8 Locknuts (77). **Make sure that the Locknuts are in the hexagonal holes.**

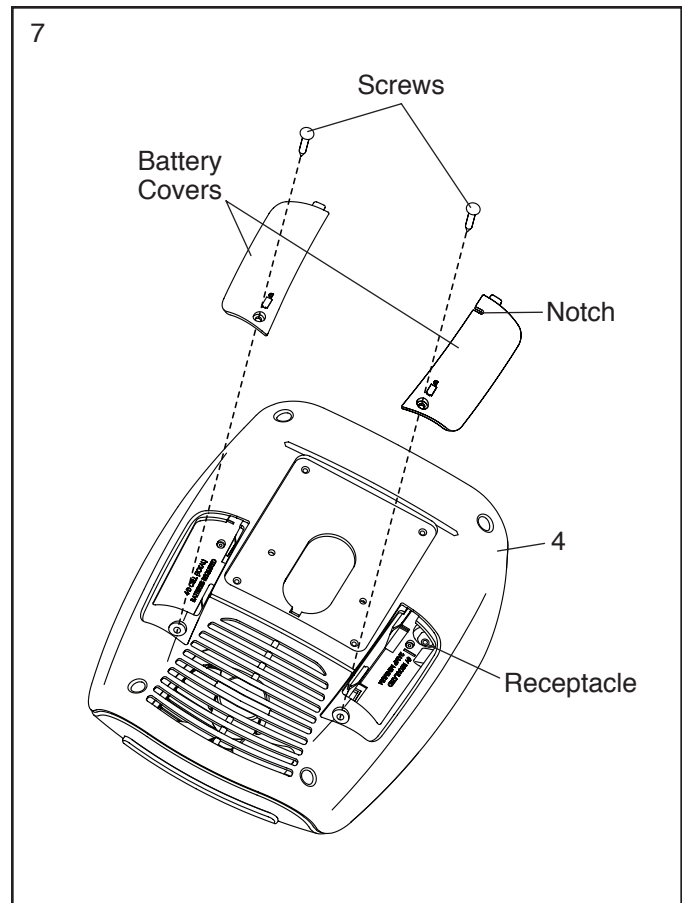
Slide the Handlebar Cover (20) against the Upright (2).

Repeat this step for the Right Handlebar (21).



7. The Console (4) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before inserting batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screws and the battery covers, insert batteries into the battery compartments, and then reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

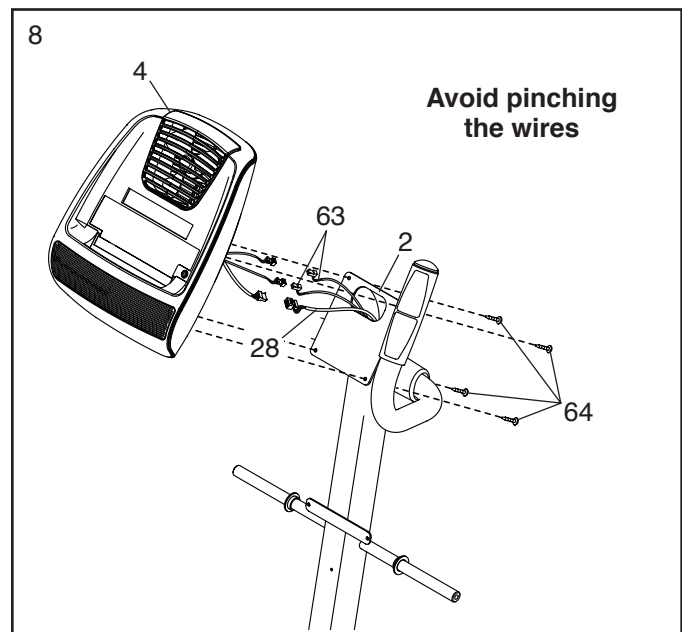
To purchase an optional power adapter, call the telephone number on the front cover of this manual. To avoid damaging the console, use only a manufacturer-supplied regulated power adapter. Plug one end of the power adapter into the receptacle inside the indicated battery compartment; route the power adapter through the notch in the battery cover. Then, plug the other end into an outlet installed in accordance with all local codes and ordinances.



8. While a second person holds the Console (4) near the Upright (2), connect the wires on the Console to the Upright Wire (28) and to the Pulse Wires (63).

Insert the excess wire into the Upright (2).

Tip: Avoid pinching the wires. Attach the Console (4) to the Upright (2) with four M4 x 16mm Screws (64).

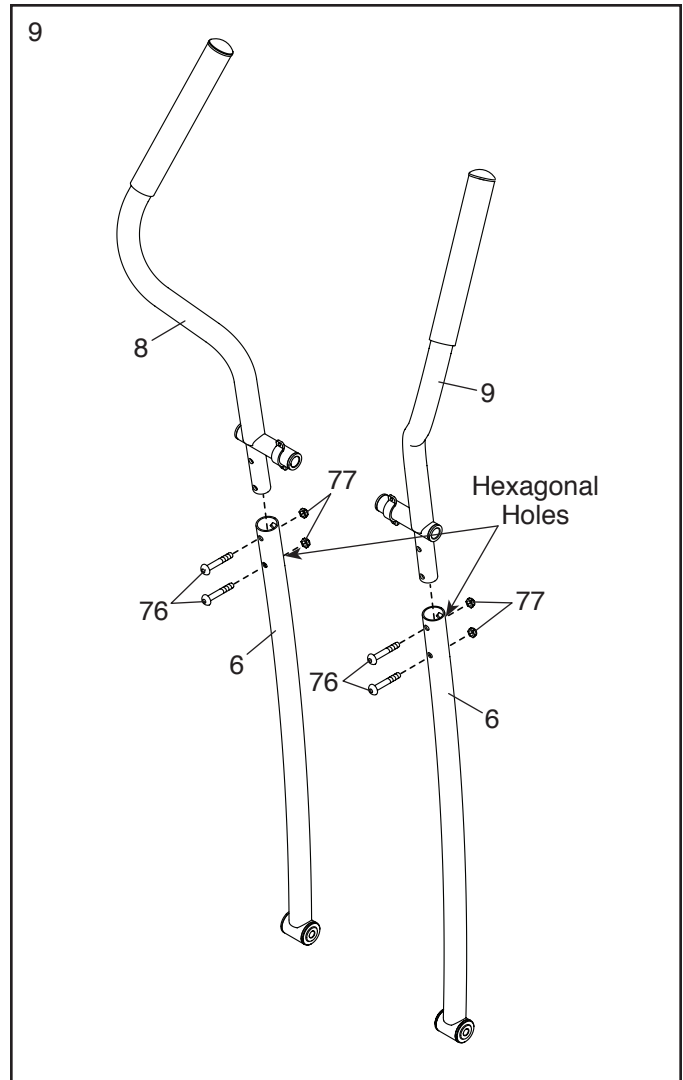


9. Identify the Right Upper Body Arm (9).

Orient the Right Upper Body Arm (9) and an Upper Body Leg (6) as shown. Insert the Right Upper Body Arm into the Upper Body Leg.

Attach the Right Upper Body Arm (9) to the Upper Body Leg (6) with two M8 x 35mm Bolts (76) and two M8 Locknuts (77). **Make sure that the Locknuts are inside the hexagonal holes. Do not fully tighten the Bolts yet.**

Assemble the Left Upper Body Arm (8) and the other Upper Body Leg (6) in the same way.

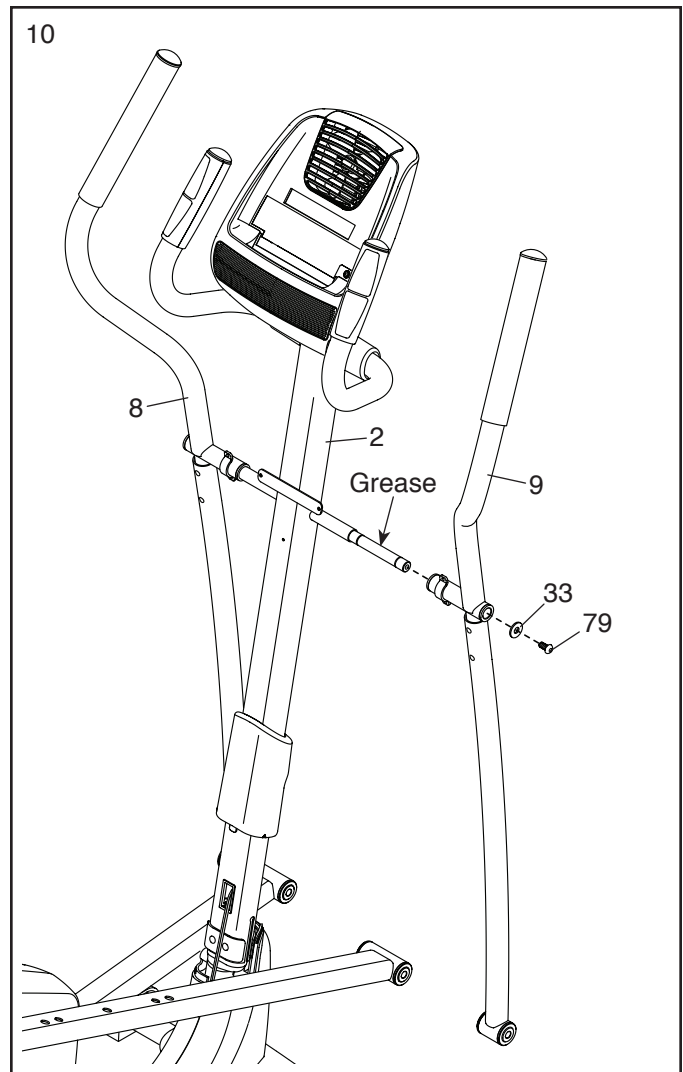


10. Using a small plastic bag to keep your fingers clean, apply a generous amount of the included grease to the axle on the right side of the Upright (2).

Slide the Right Upper Body Arm (9) onto the Upright (2).

Attach the Right Upper Body Arm (9) with an M8 x 20mm Screw (79) and an M8 Washer (33).

Attach the Left Upper Body Arm (8) in the same way.



11. Apply a small amount of grease to a Pivot Axle (31).

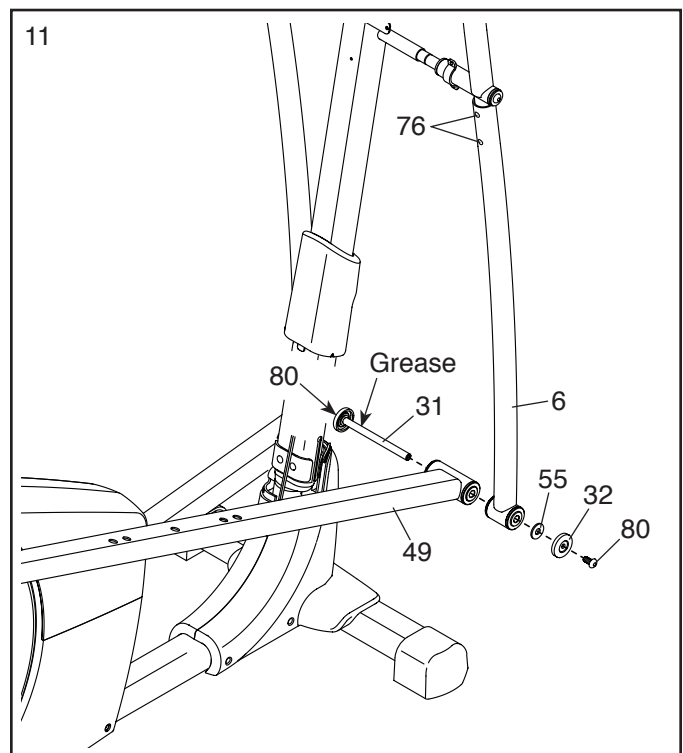
Insert the Pivot Axle (31) through the Right Pedal Arm (49) and the right Upper Body Leg (6) from the direction shown.

Finger tighten an M6 x 18mm Screw (80), a Pivot Cover (32), and an M6 x 26mm Washer (55) into the indicated end of the Pivot Axle (31).

Then, tighten both M6 x 18mm Screws (80) in the Pivot Axle (31) **at the same time**.

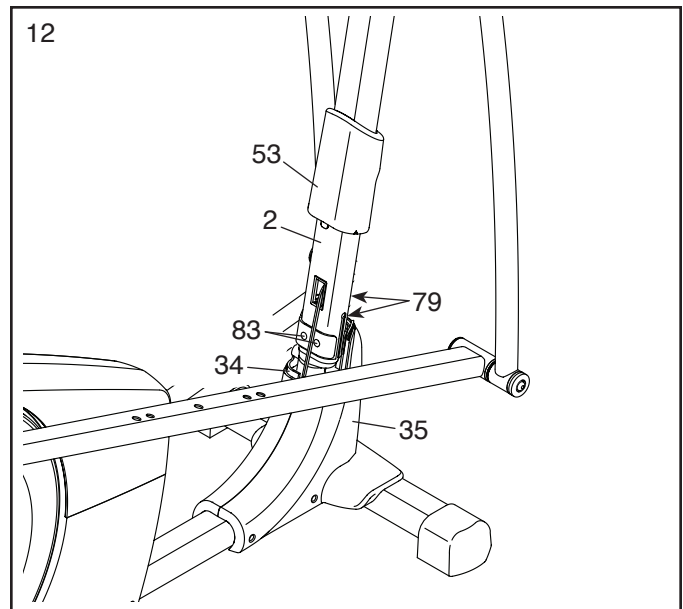
Repeat this step on the other side of the elliptical.

See step 9. Tighten the M8 x 35mm Bolts (76).

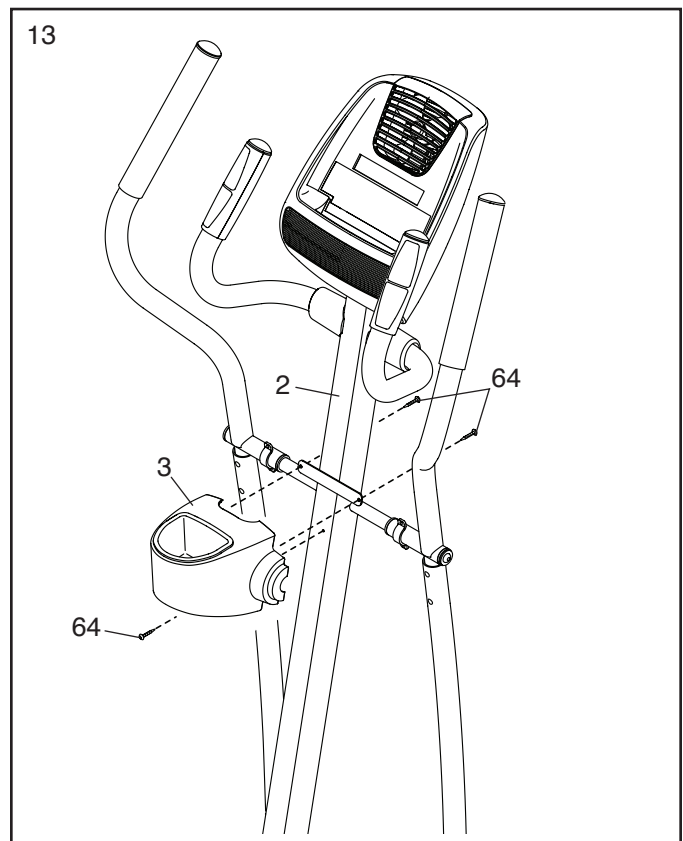


12. Tighten the M10 x 53mm Screws (83) and the M8 x 20mm Screws (79) in the Upright (2).

Press the Front Shield Cover (53) onto the Left and Right Front Shields (34, 35).

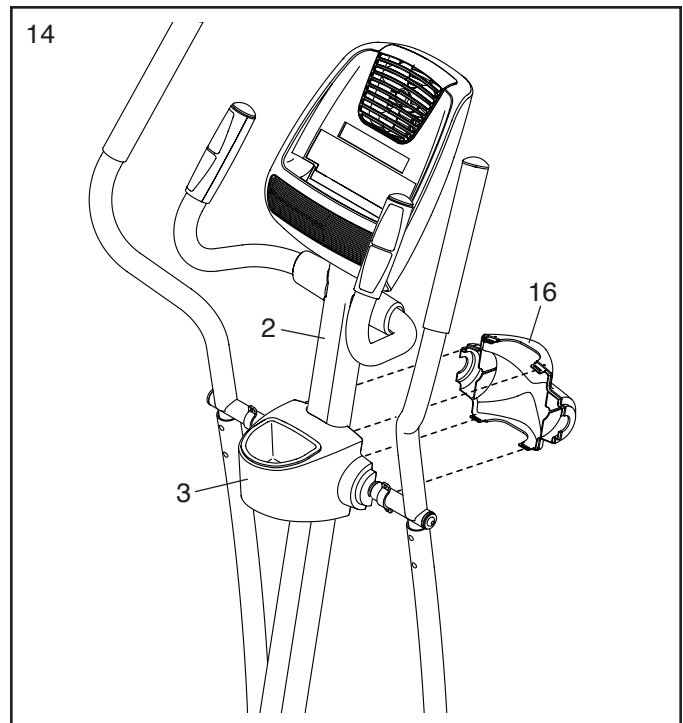


13. Attach the Rear Upright Cover (3) to the Upright (2) with three M4 x 16mm Screws (64).



14. Orient the Front Upright Cover (16) as shown.

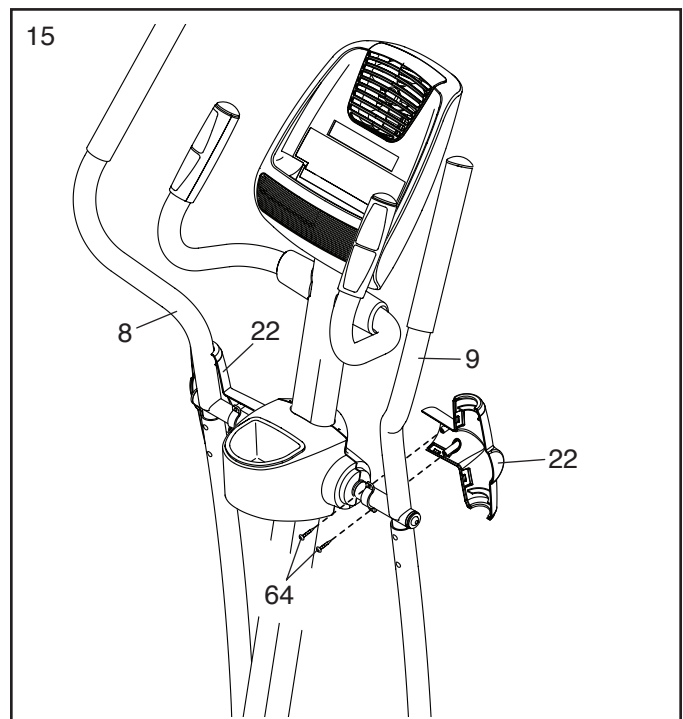
Attach the Front Upright Cover (16) around the Upright (2) by pressing it into the Rear Upright Cover (3).



15. Identify the Front Pivot Covers (22).

Attach a Front Pivot Cover (22) to the Right Upper Body Arm (9) with two M4 x 16mm Screws (64).

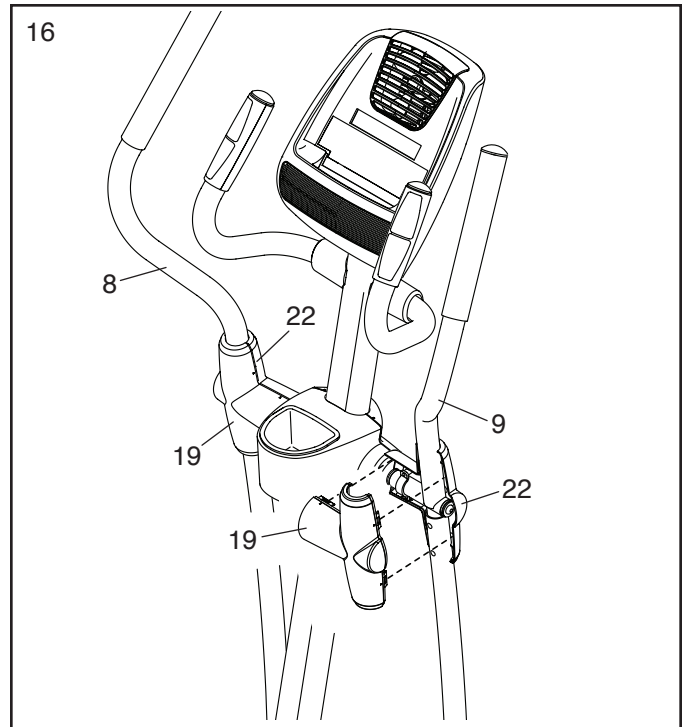
Repeat this step on the other side of the elliptical.



16. Identify the Rear Pivot Covers (19).

Attach a Rear Pivot Cover (19) around the Right Upper Body Arm (9) by pressing it into the Front Pivot Cover (22).

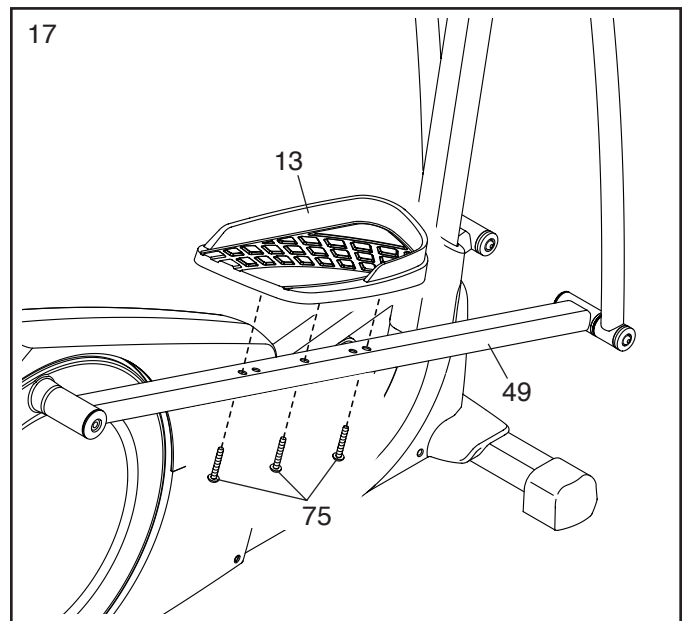
Repeat this step on the other side of the elliptical.



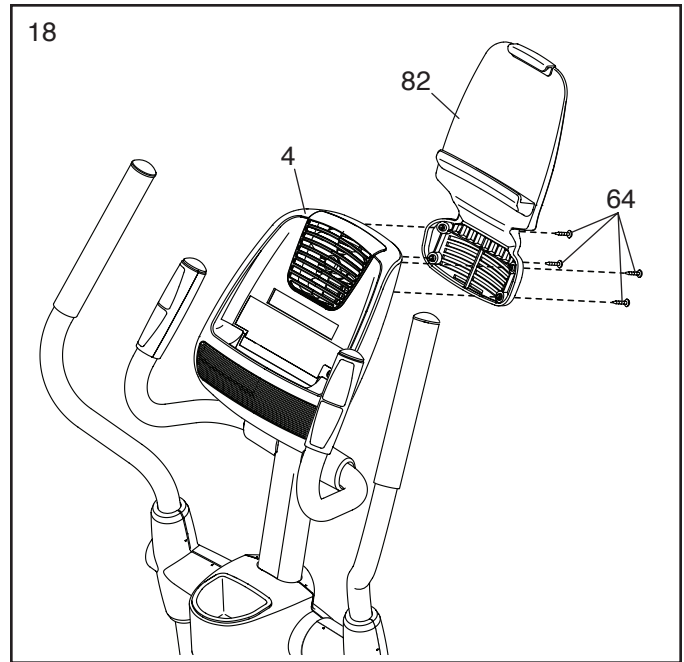
17. Identify the Right Pedal (13) and orient it as shown.

Attach the Right Pedal (13) to the Right Pedal Arm (49) with three M10 x 35mm Screws (75). **Make sure to use the center hole and the two outer holes to attach the Right Pedal.**

Repeat this step on the other side of the elliptical.



18. Attach the Tablet Holder (82) to the back of the Console (4) with four M4 x 16mm Screws (64).

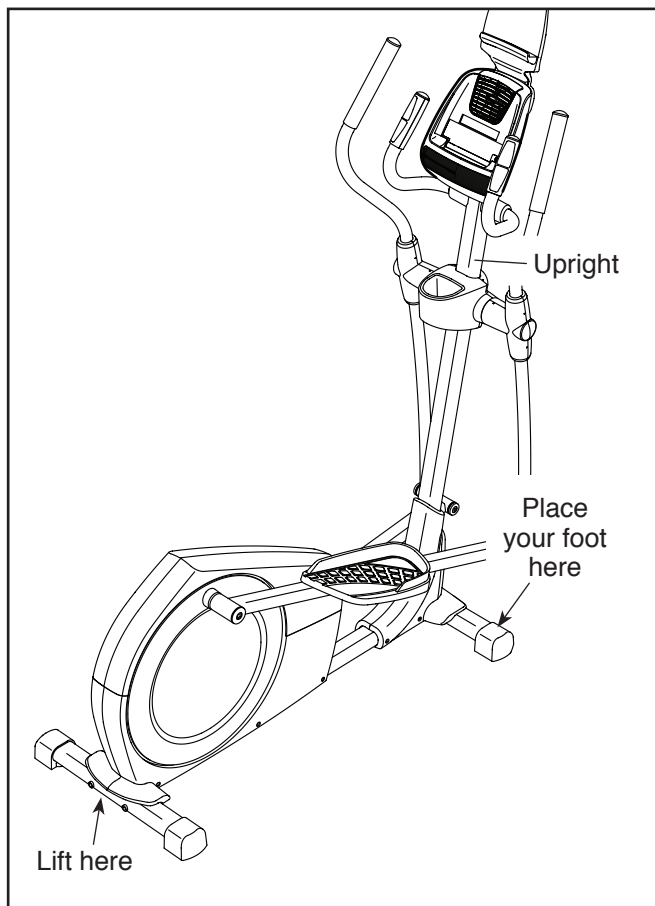


19. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

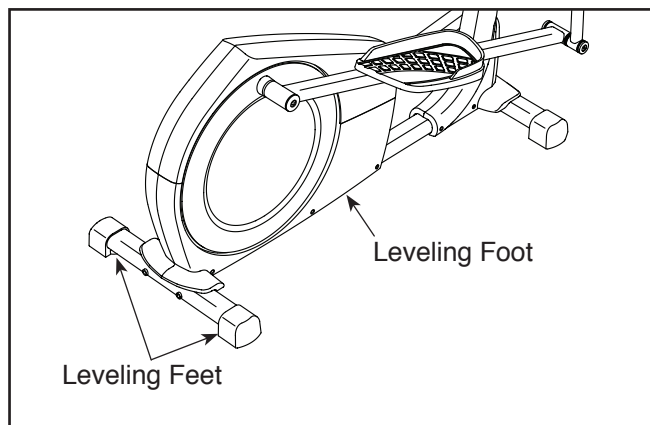
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



HOW TO LEVEL THE ELLIPTICAL

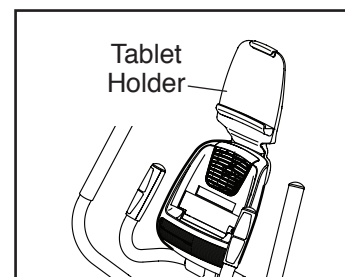
If the elliptical rocks slightly on your floor during use, turn the leveling foot beneath the center of the frame or turn one or both of the leveling feet beneath the rear stabilizer until the rocking motion is eliminated.



HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder was designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.

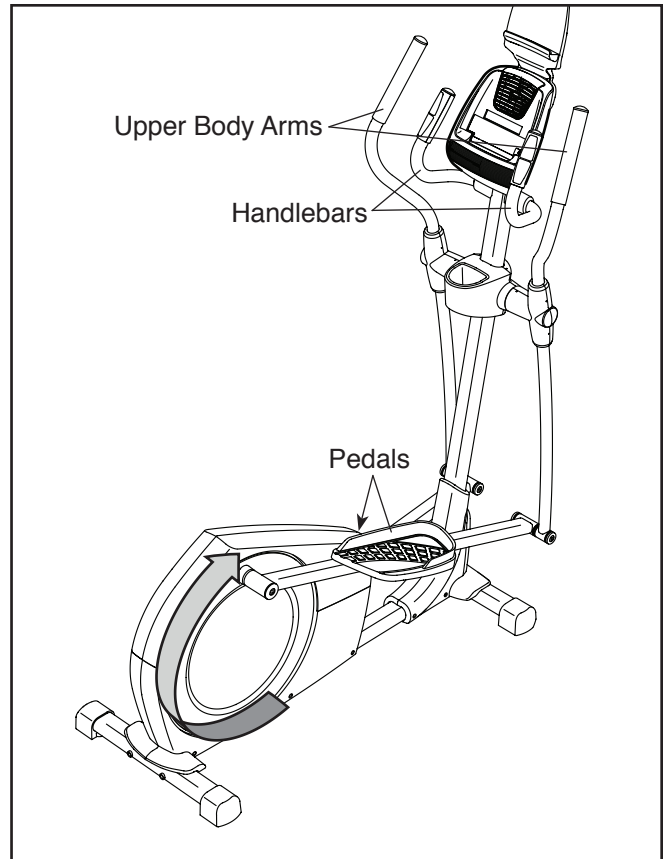


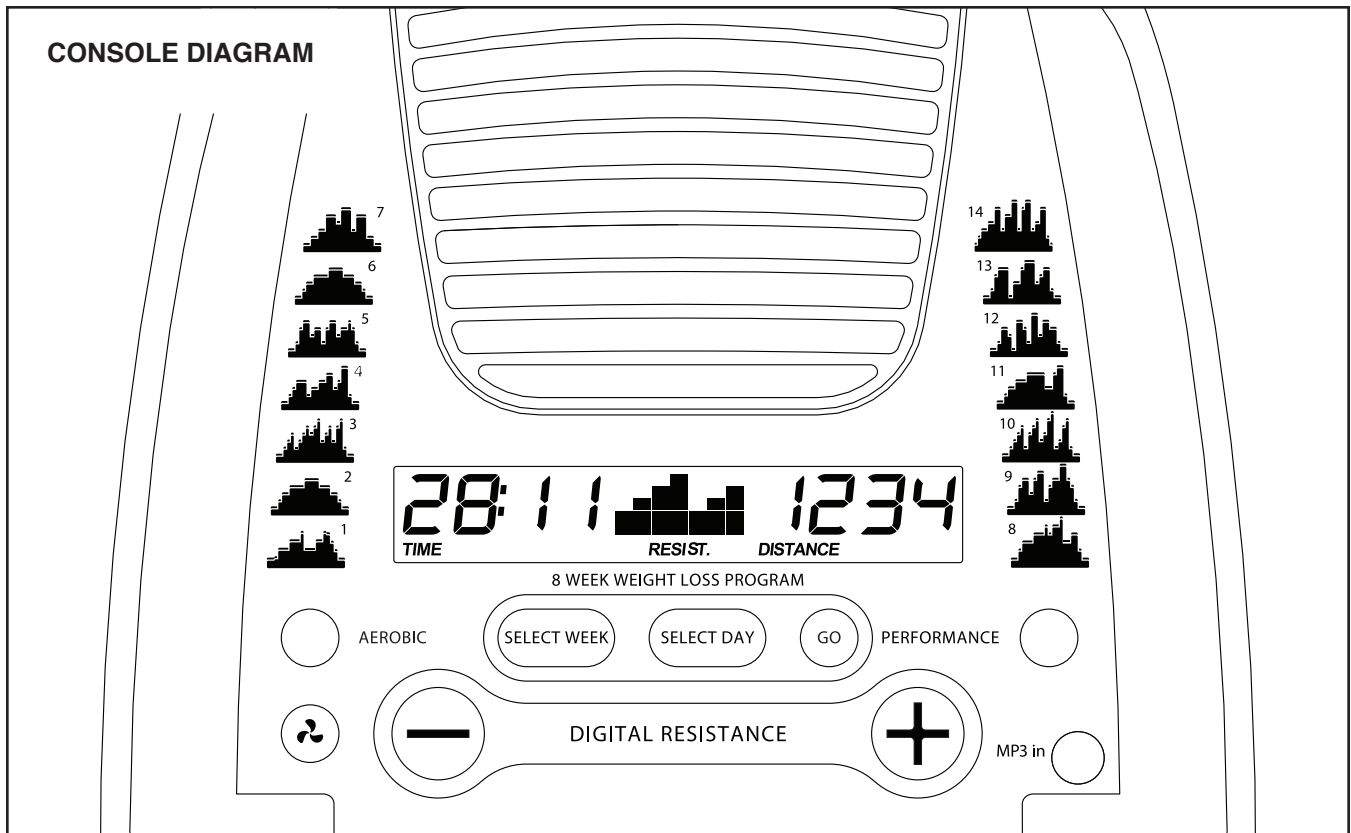
HOW TO EXERCISE ON THE ELLIPTICAL

To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, 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 move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

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





FEATURES OF THE CONSOLE

The advanced 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. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

Lose unwanted pounds with the progressive 8-week weight-loss program. Each workout in the program controls the resistance of the pedals as it guides you through an effective workout designed to help you achieve the results you want.

The console also offers a selection of preset workouts. Each preset workout automatically changes the resistance of the pedals as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 20. **To use an 8-week weight-loss workout**, see page 22. **To use a preset workout**, see page 23. **To use the sound system**, see page 24. **To use the user mode**, see page 24.

Note: Before using the console, make sure that batteries are installed (see assembly step 7 on page 10). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

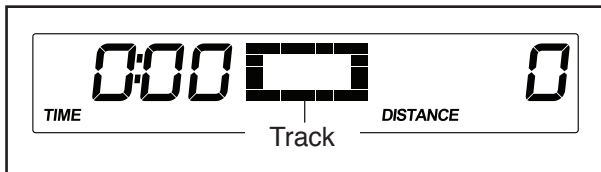
Press any button or begin pedaling to turn on the console.

When you turn on the console, the display will turn on. A tone will sound and the console will be ready for use.

2. Select the manual mode.

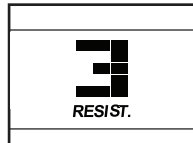
When you turn on the console, the manual mode will be selected.

If you have selected a workout, reselect the manual mode by pressing the Aerobic or Performance button repeatedly until a track appears in the center 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 Digital Resistance increase and decrease buttons.



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.

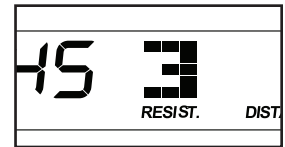
The left display—This display can show the elapsed time and the approximate number of calories you have burned. The display will change modes every few seconds.



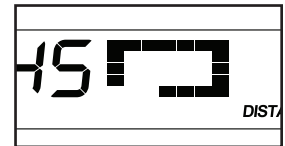
Note: During a preset workout, the display will show the time remaining in the workout.

The left display will also show your heart rate when you use the handgrip heart rate monitor (see step 5).

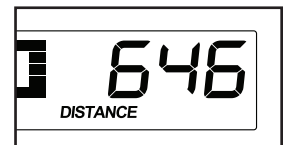
The center display—This display will show the resistance level of the pedals for a few seconds each time the resistance level changes.



This display will also show a track representing 1/4 mile (400 m). 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.

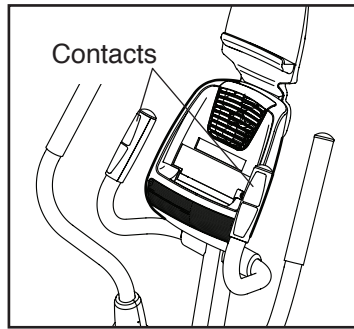


The right display—This display can show the distance you have pedaled total revolutions and your pedaling speed in revolutions per minute (rpm). The display will change modes every few seconds.



5. Measure your heart rate if desired.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To



measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

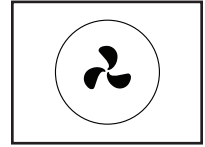
When your pulse is detected, a heart-shaped symbol will flash in the display and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not

to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. Turn on the fan if desired.

The fan has high and low speed settings. Press the fan button repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

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

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the display will be reset.

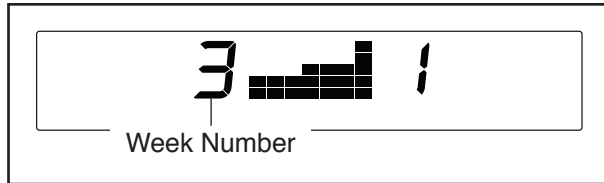
HOW TO USE AN 8-WEEK WEIGHT-LOSS WORKOUT

1. Turn on the console.

Press any button or begin pedaling to turn on the console.

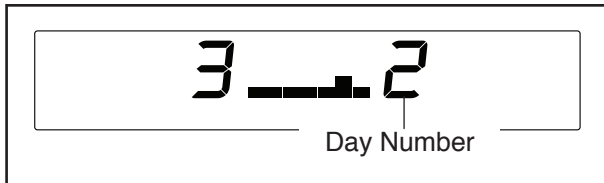
2. Select the desired week of the program.

To select the desired week of the program, press the Select Week button repeatedly until the number of the desired week appears in the display.

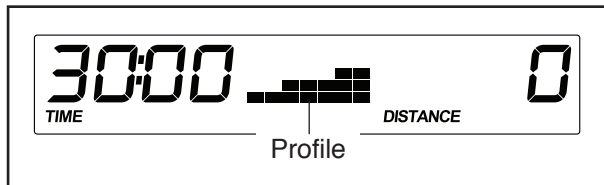


3. Select the desired day of the program.

There are three day workouts for each week of the program. To select the desired day of the program, press the Select Day button repeatedly until the number of the desired day appears in the display.



Then, the duration of the workout will appear in the left display and a profile of the resistance levels of the workout will scroll across the center display.



4. Start the workout.

Press the Go button and begin pedaling to start the workout.

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

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.

The resistance level for the next segment will appear in the center display for a few seconds to alert you. The resistance of the pedals will then change.

The target speed for the next segment will appear in the right display for a few seconds to alert you.

As you exercise, keep your pedaling speed near the target speed for the current segment. **IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed 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 Digital Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

5. Follow your progress with the display.

See step 4 on page 20.

6. Measure your heart rate if desired.

See step 5 on page 21.

7. Turn on the fan if desired.

See step 6 on page 21.

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

See step 7 on page 21.

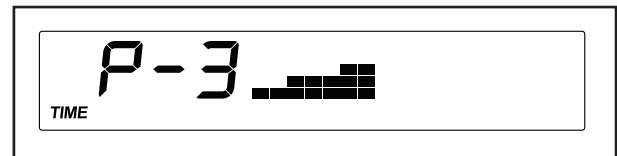
HOW TO USE A PRESET WORKOUT

1. Turn on the console.

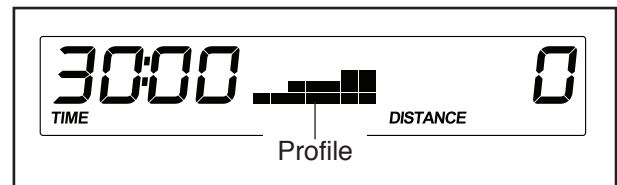
Press any button or begin pedaling to turn on the console.

2. Select a preset workout.

To select a preset workout, press the Aerobic or Performance button repeatedly until the number of the desired workout appears in the left display.



When you select a preset workout, the duration of the workout will appear in the left display and a profile of the resistance levels of the workout will scroll across the center display.



Note: Complete profiles of the preset workouts are printed on the sides of the console.

3. Begin pedaling to start the workout.

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

During the workout, the workout profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the resistance level for the current segment.

At the end of each segment of the workout, a series of tones will sound and the next segment of the profile will begin to flash.

The resistance level for the next segment will appear in the center display for a few seconds to alert you. The resistance of the pedals will then change.

The target speed for the next segment will appear in the right display for a few seconds to alert you.

As you exercise, keep your pedaling speed near the target speed for the current segment.
IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed 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 Digital Resistance buttons.
IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the profile flashes and the last segment of the workout ends.

4. Follow your progress with the display.

See step 4 on page 20.

5. Measure your heart rate if desired.

See step 5 on page 21.

6. Turn on the fan if desired.

See step 6 on page 21.

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

See step 7 on page 21.

HOW TO USE THE SOUND SYSTEM

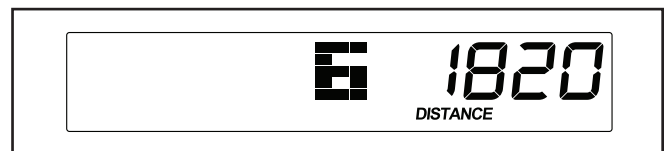
To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in. Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player. Adjust the volume level using the volume control on your personal audio player.

THE USER MODE

The console features a user mode that allows you to select the volume level for the console and to view console usage information.

To select the user mode, press and hold down the Performance button for a few seconds until the user mode information appears in the display.



The center display will show the volume level of the console. To change the volume level, press the Digital Resistance increase and decrease buttons.

The right display will show the total distance that the elliptical has been pedaled.

To exit the user mode, press the Performance button.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

WARNING: Per FCC rules, changes or modifications not expressly approved by ICON could void the user's authority to operate the equipment.

MAINTENANCE AND TROUBLESHOOTING

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

To clean the elliptical, 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.**

CONSOLE TROUBLESHOOTING

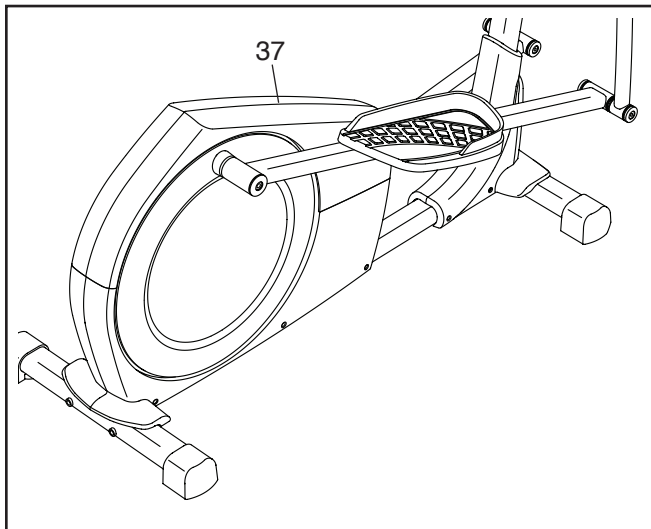
Most console problems are the result of low batteries. See assembly step 7 on page 10 for replacement instructions.

If the console does not display your heart rate when you use the handgrip heart rate monitor, see step 5 on page 21.

HOW TO ADJUST THE REED SWITCH

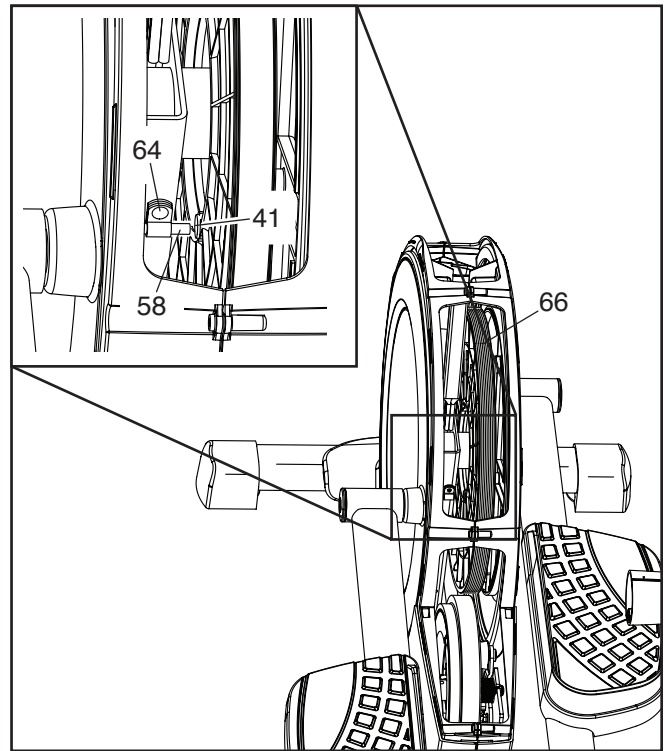
If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, you must first remove the Shield Cover (37). Using a flat screwdriver, release the tabs along the sides of the Shield Cover and then remove the Shield Cover.



Note: For clarity, the pedal disc is shown removed in the drawing below.

Next, locate the Reed Switch (58). Loosen, but do not remove, the M4 x 16mm Screw (64).



Next, rotate the Pulley (66) until a Magnet (41) is aligned with the Reed Switch (58). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 16mm Screw (64).

Rotate the Pulley (66) for a moment. Repeat these actions until the console displays correct feedback.

When the reed switch is correctly adjusted, reattach the shield cover.

HOW TO ADJUST THE DRIVE BELT

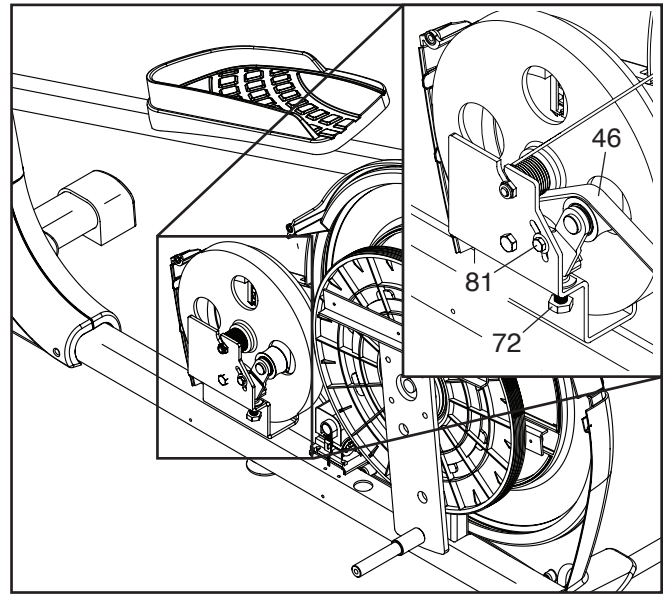
If you can feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, you must remove the shield cover and the left shield (see the instructions below).

See EXPLODED DRAWING B on page 31. Using a flat screwdriver, release the tabs along the sides of the Shield Cover (37), and then remove the Shield Cover.

Next, remove the M4 x 16mm Screws (64) and the M4 x 19mm Screws (61) from the Left and Right Shields (44, 45). **Make sure to note which size of Screw you remove from each hole.** Then, gently remove the Left Shield.

Loosen the Pivot Screw (81). Then, tighten the Drive Belt Adjustment Screw (72) until the Drive Belt (46) is tight.



When the Drive Belt (46) is tight, tighten the Pivot Screw (81).

Then, reattach the left shield and the shield cover.

EXERCISE GUIDELINES

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

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor 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	❤️
<hr/>							
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

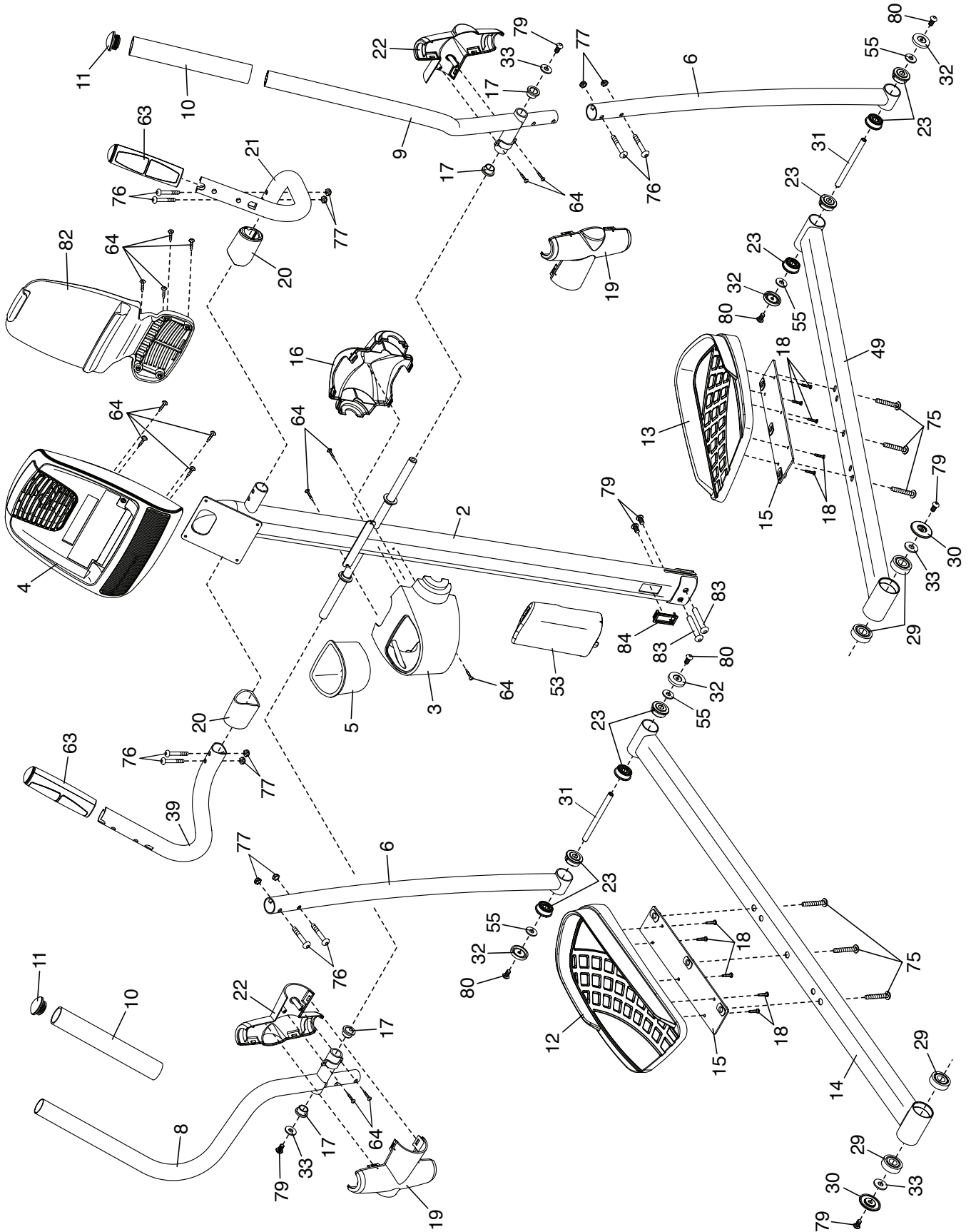
Model No. GGEL63812.2 R0713A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	45	1	Right Shield
2	1	Upright	46	1	Drive Belt
3	1	Rear Upright Cover	47	3	Leveling Foot
4	1	Console	48	2	Stabilizer Cap
5	1	Accessory Tray	49	1	Right Pedal Arm
6	2	Upper Body Leg	50	1	Left Wheel Cap
7	1	Eddy Mechanism	51	1	Right Wheel Cap
8	1	Left Upper Body Arm	52	1	Idler
9	1	Right Upper Body Arm	53	1	Front Shield Cover
10	2	Foam Grip	54	1	Resistance Motor
11	2	Upper Body Arm Cap	55	4	M6 x 26mm Washer
12	1	Left Pedal	56	1	Left Crank Arm
13	1	Right Pedal	57	1	Clamp
14	1	Left Pedal Arm	58	1	Reed Switch/Wire
15	2	Pedal Bracket	59	4	M8 x 30mm Hex Screw
16	1	Front Upright Cover	60	1	Key
17	4	Pivot Bushing	61	6	M4 x 19mm Screw
18	10	#10 x 16mm Screw	62	1	M6 x 16mm Hex Screw
19	2	Rear Pivot Cover	63	2	Pulse Grip/Wire
20	2	Handlebar Cover	64	44	M4 x 16mm Screw
21	1	Right Handlebar	65	1	C-magnet Bolt
22	2	Front Pivot Cover	66	1	Pulley
23	8	Pedal Arm Bushing	67	1	Key Screw
24	1	Crank	68	1	Crank Arm Bolt
25	1	Right Crank Arm	69	4	Resistance Motor Screw
26	2	Pedal Disc	70	1	Rear Stabilizer
27	1	Crank Arm Spacer	71	1	M4 x 16mm Ground Screw
28	1	Upright Wire	72	1	Drive Belt Adjustment Screw
29	4	Bearing	73	1	Front Stabilizer
30	2	Pedal Arm Cap	74	5	M8 Locknut Class 10
31	2	Pivot Axle	75	6	M10 x 35mm Screw
32	4	Pivot Cover	76	8	M8 x 35mm Bolt
33	4	M8 Washer	77	10	M8 Locknut
34	1	Left Front Shield	78	4	M10 x 93mm Screw
35	1	Right Front Shield	79	6	M8 x 20mm Screw
36	2	Disc Cover	80	4	M6 x 18mm Screw
37	1	Shield Cover	81	1	Pivot Screw
38	2	Crank Bearing	82	1	Tablet Holder
39	1	Left Handlebar	83	2	M10 x 53mm Screw
40	2	Spacer	84	1	Grommet
41	2	Magnet	*	—	User's Manual
42	1	Frame Wire	*	—	Assembly Tool
43	2	M6 x 25mm Washer	*	—	Grease Packet
44	1	Left Shield			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

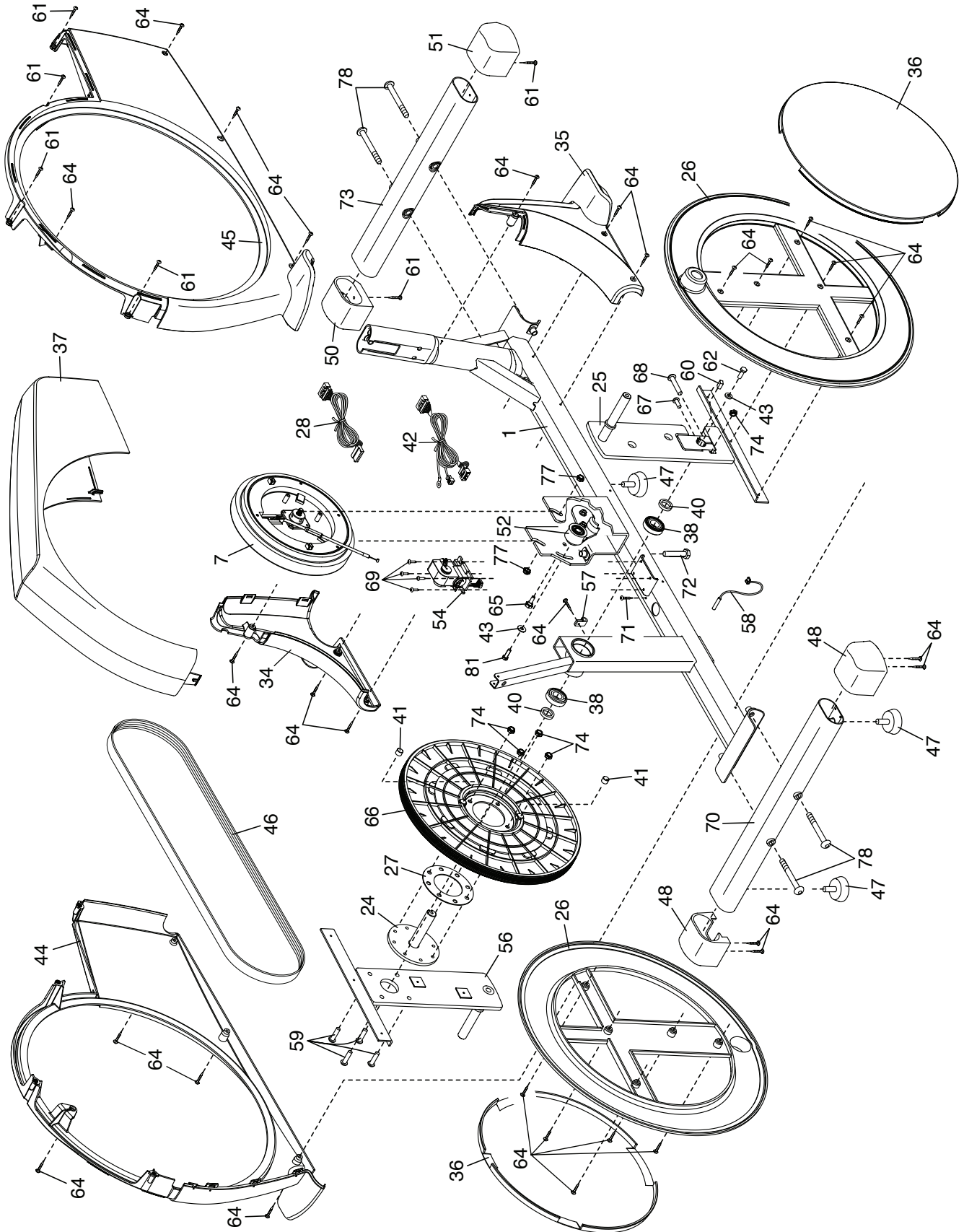
EXPLODED DRAWING A

Model No. GGEL63812.2 R0713A



EXPLODED DRAWING B

Model No. GGEL63812.2 R0713A



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

IMPORTANT: To protect your fitness equipment with an extended service plan, see page 4.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. The frame is warranted for five (5) years from the date of purchase. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized 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. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. 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; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

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 are limited in their 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 the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813