

GOLD'S GYM[®]

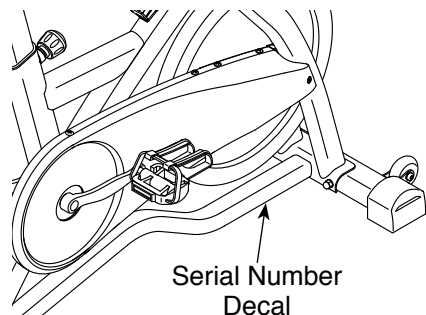
CYCLE TRAINER 400 S

www.workoutwarehouse.com

Model No. GGEX62813.0

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.–12 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

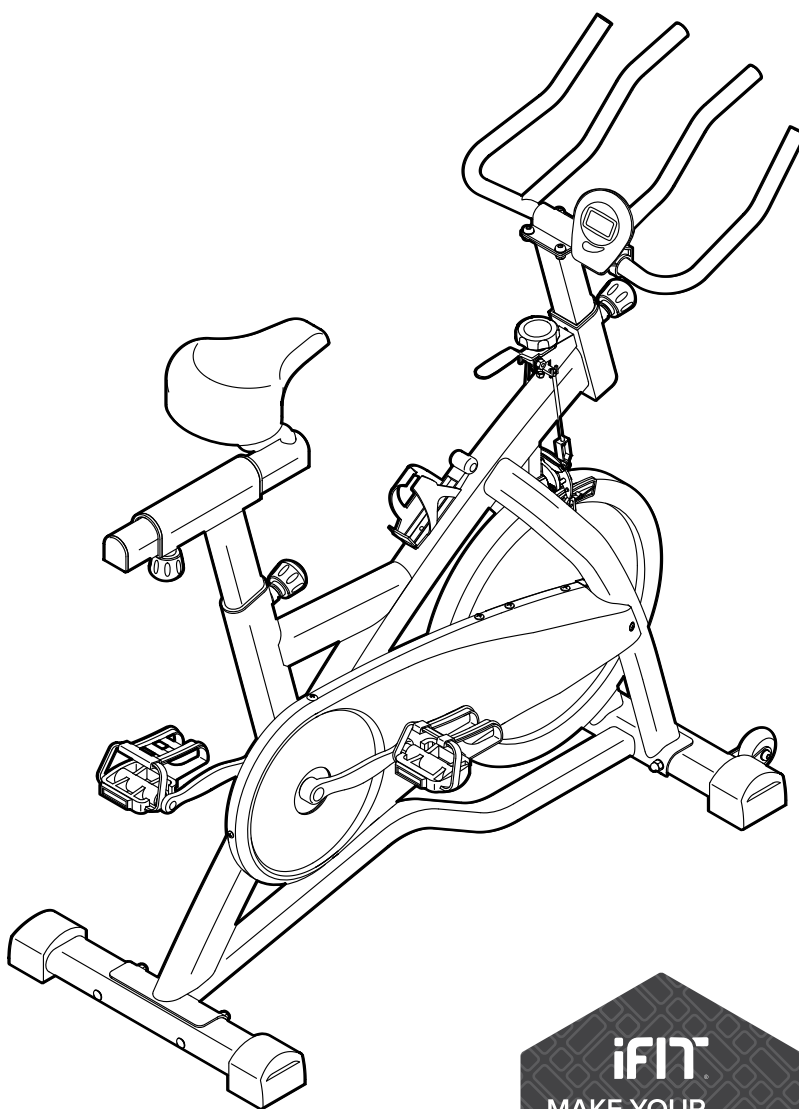


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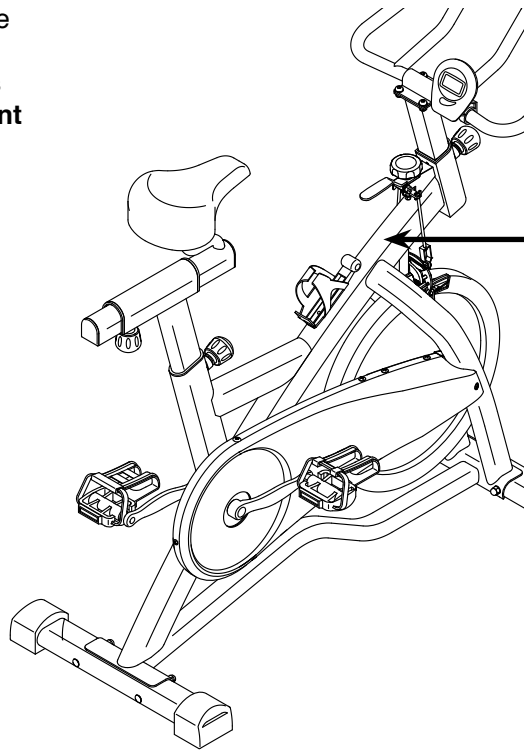
EXPLODED DRAWING 19

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 pounds.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Set the resistance to maximum when the bike is not in use.
- Replace label if damaged, illegible, or removed.

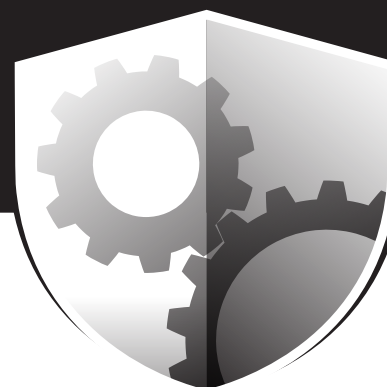
IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. 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 exercise bike 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 exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. Be careful when mounting and dismounting the exercise bike.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
14. To stop the flywheel quickly, press the brake lever downward.
15. When the exercise bike is not in use, tighten the resistance knob completely to prevent the flywheel from moving.
16. To avoid damaging the brake pads, do not lubricate the brake pads.
17. 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.**



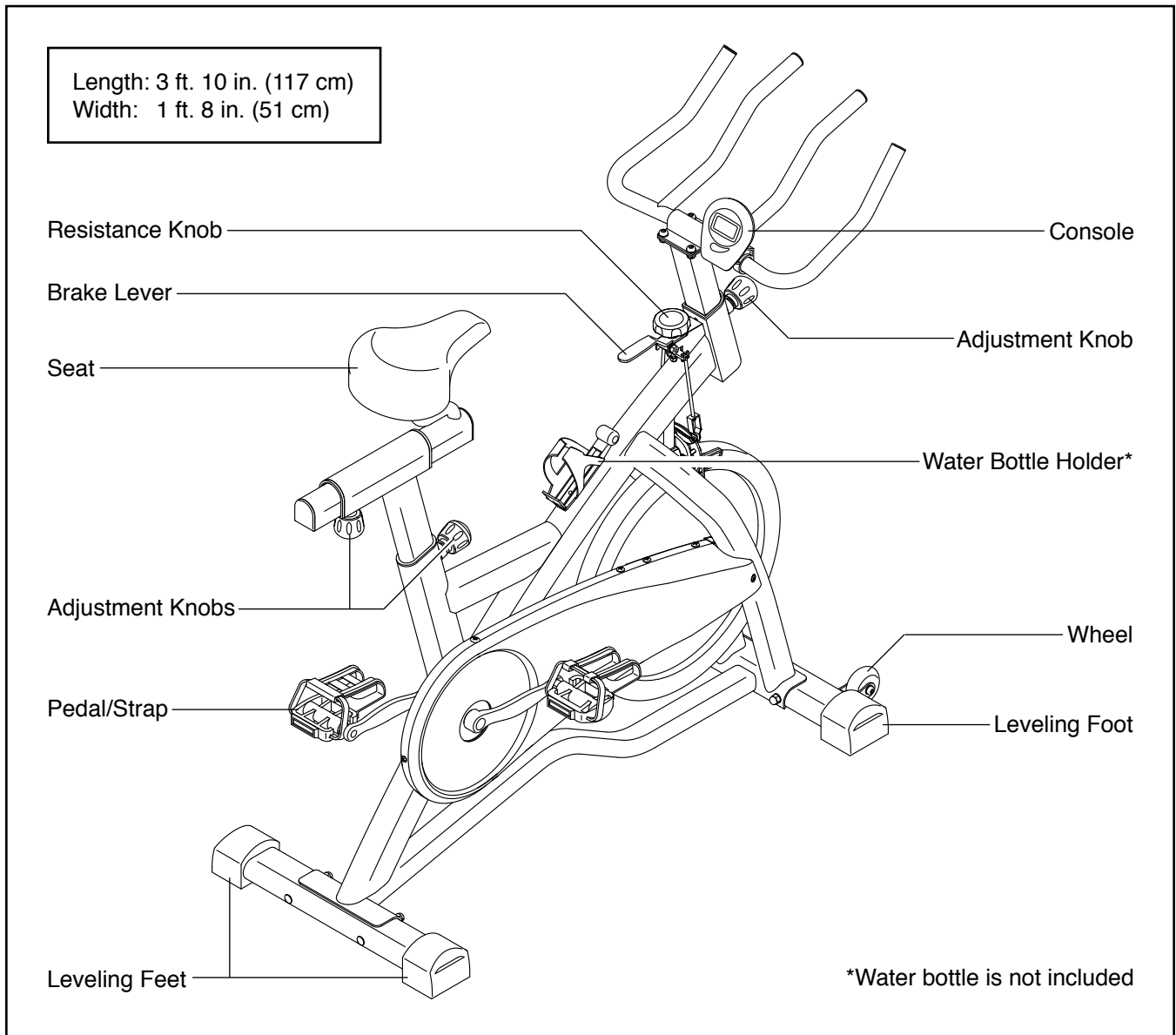
BEFORE YOU BEGIN

Thank you for selecting the new GOLD'S GYM® CYCLE TRAINER 400 S exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The CYCLE TRAINER 400 S exercise bike provides a 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 exercise bike. If you have questions after

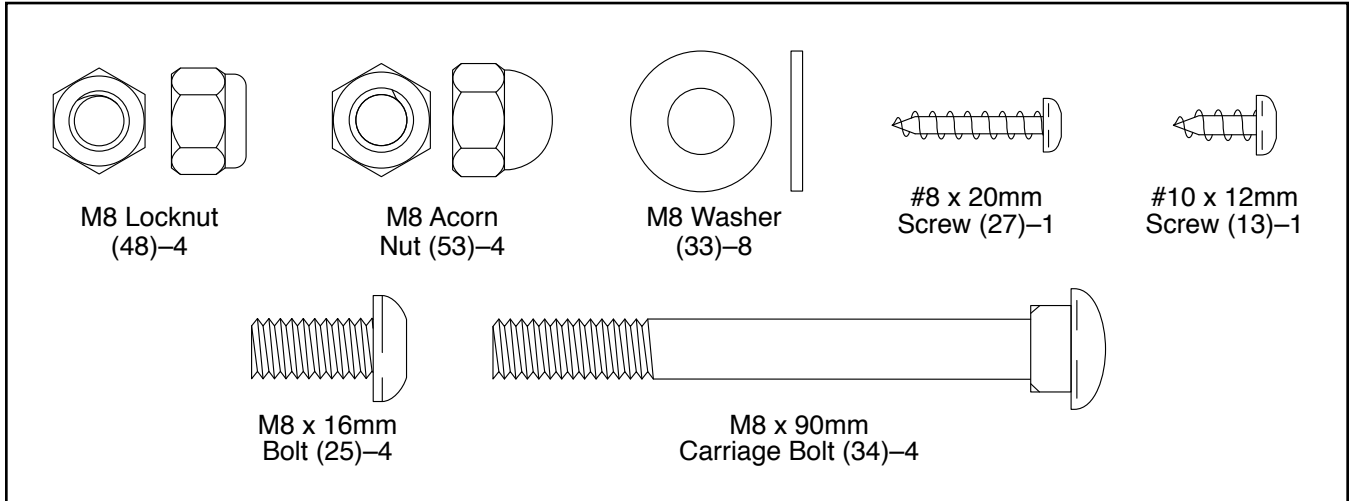
reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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 this product, 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 all assembly steps.
- Left parts are marked “L” or “Left,” and right parts are marked “R” or “Right.”
- To identify small parts, see page 6.

- Some parts may be preassembled. Extra parts may be included.
- In addition to the included tool(s), assembly requires the following tool(s):

one adjustable wrench



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.**

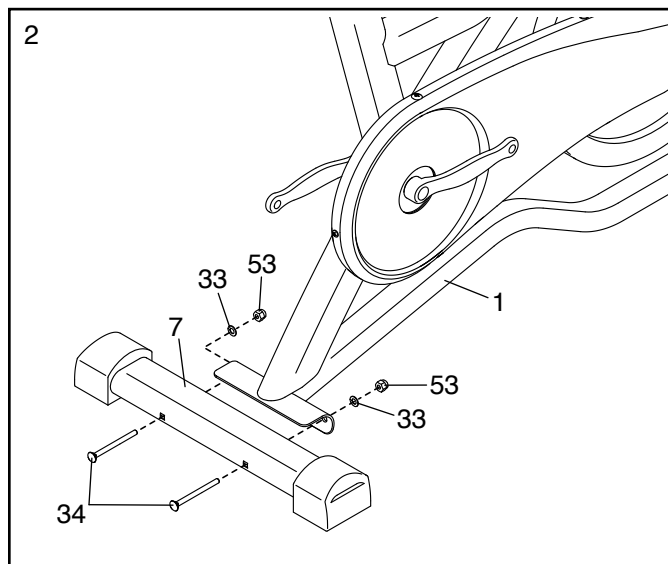
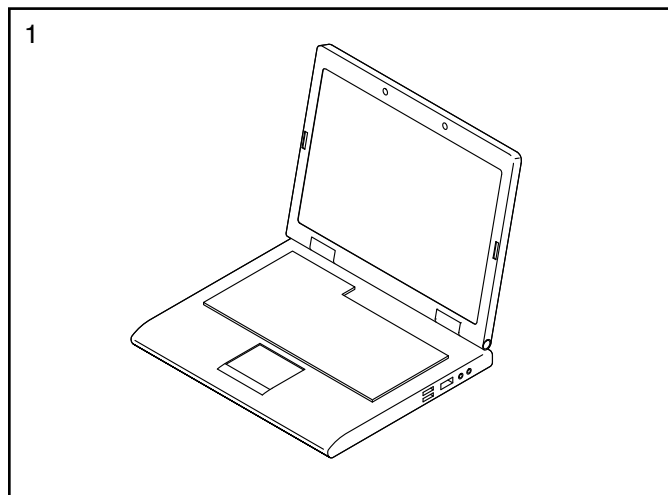
- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

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

2. If there is a shipping bracket (not shown) on the rear of the Frame (1), remove and discard the two screws, the two washers, and the shipping bracket.

Identify the Rear Stabilizer (7), which does not have wheels.

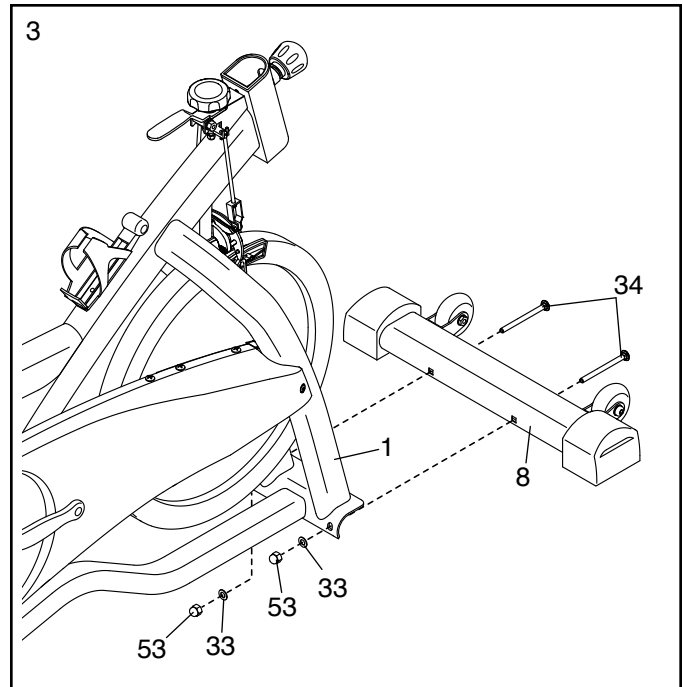
Attach the Rear Stabilizer (7) to the Frame (1) with two M8 x 90mm Carriage Bolts (34), two M8 Washers (33), and two M8 Acorn Nuts (53).



3. If there is a shipping bracket (not shown) on the front of the Frame (1), remove and discard the two screws, the two washers, and the shipping bracket.

Orient the Front Stabilizer (8) as shown.

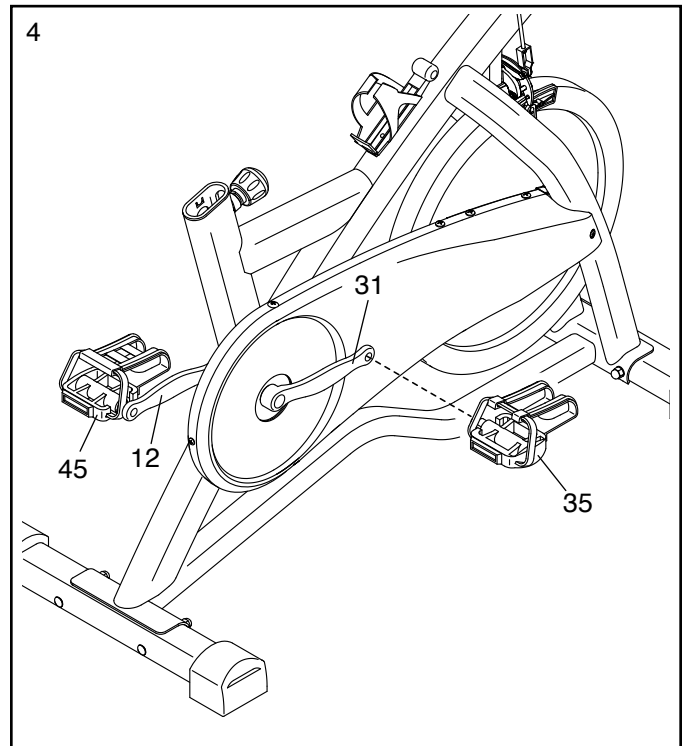
Attach the Front Stabilizer (8) to the Frame (1) with two M8 x 90mm Carriage Bolts (34), two M8 Washers (33), and two M8 Acorn Nuts (53).



4. Identify the Right Pedal (35).

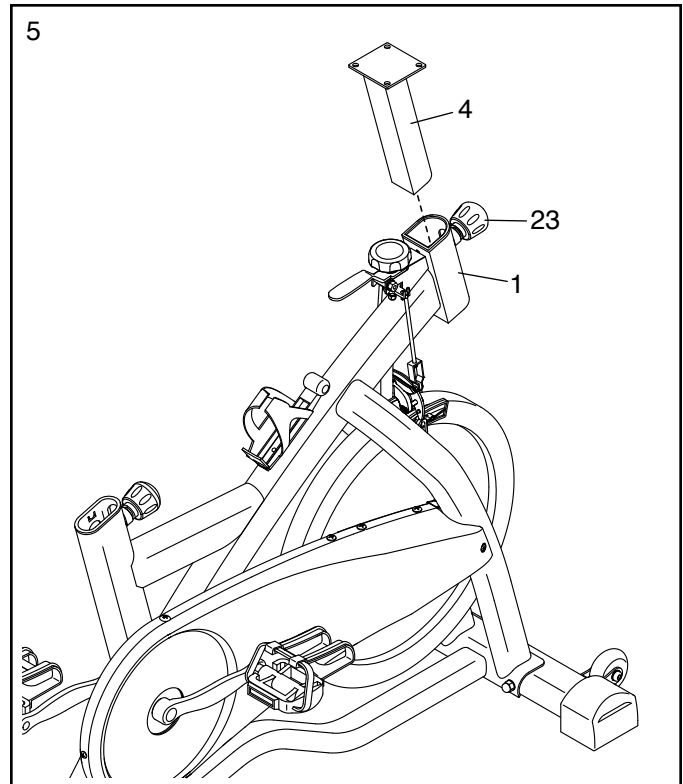
Using an adjustable wrench, **firmly tighten** the Right Pedal (35) **clockwise** into the Right Crank Arm (31).

Then, tighten the Left Pedal (45) **counterclockwise** into the Left Crank Arm (12).

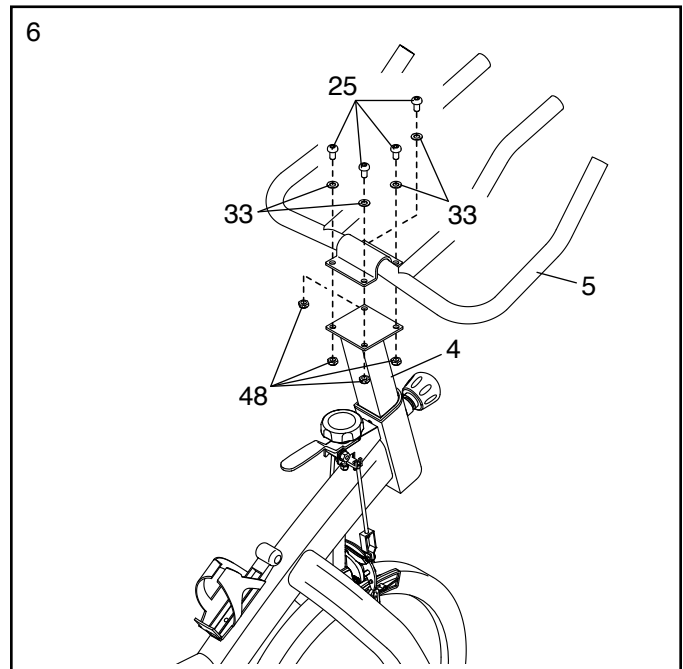


5. Locate the Adjustment Knob (23) on the front of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Handlebar Post (4) into the Frame.

Move the Handlebar Post (4) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Handlebar Post, and then tighten the Adjustment Knob. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**



6. Attach the Handlebar (5) to the Handlebar Post (4) with four M8 x 16mm Bolts (25), four M8 Washers (33), and four M8 Locknuts (48).

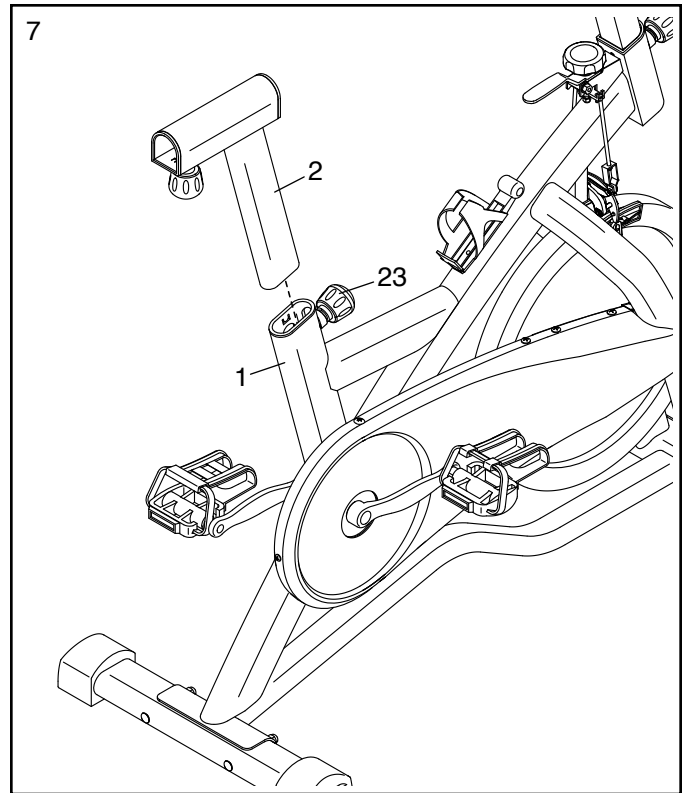


7. Orient the Seat Post (2) as shown.

Locate the Adjustment Knob (23) on the rear of the Frame (1). Loosen the Adjustment Knob and pull it outward. Then, insert the Seat Post (2) into the Frame.

Slide the Seat Post (2) upward or downward to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Seat Post, and then tighten the Adjustment Knob.

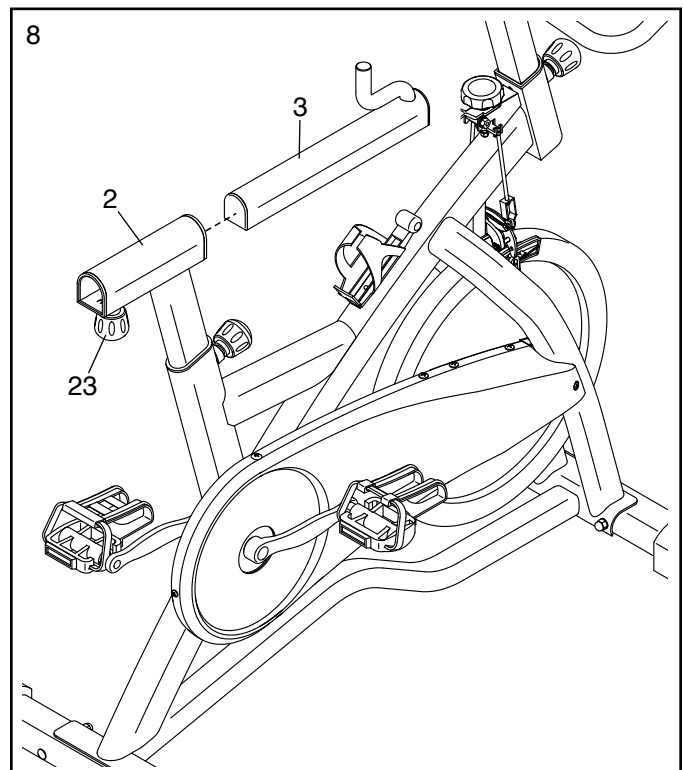
Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.



8. Orient the Seat Carriage (3) as shown.

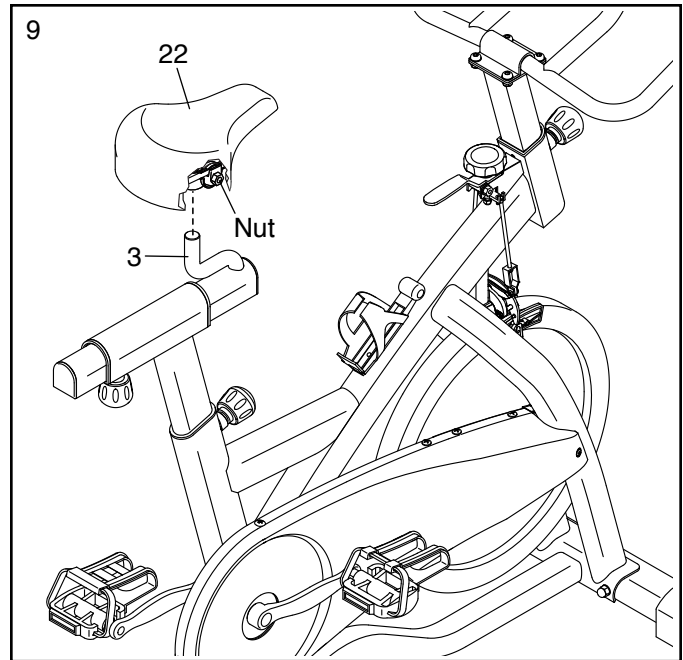
Locate the Adjustment Knob (23) on the Seat Post (2). Loosen the Adjustment Knob and pull it downward. Then, insert the Seat Carriage (3) into the Seat Post.

Slide the Seat Carriage (3) to the desired position, release the Adjustment Knob (23) into an adjustment hole in the Seat Carriage, and then tighten the Adjustment Knob. **Make sure that the Adjustment Knob is firmly engaged in an adjustment hole.**

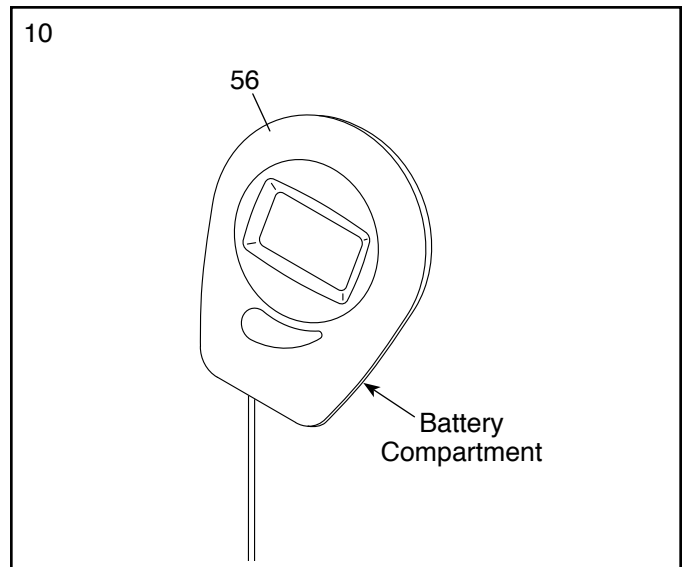


9. Slide the Seat (22) onto the post on the Seat Carriage (3). **Make sure that the Seat is level and that the nose of the Seat is pointing straight ahead.**

Then, tighten the two nuts (only one nut is shown) beneath the Seat (22).



10. The Console (56) can use two AA 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 you insert batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the battery cover from the back of the console, and insert the batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

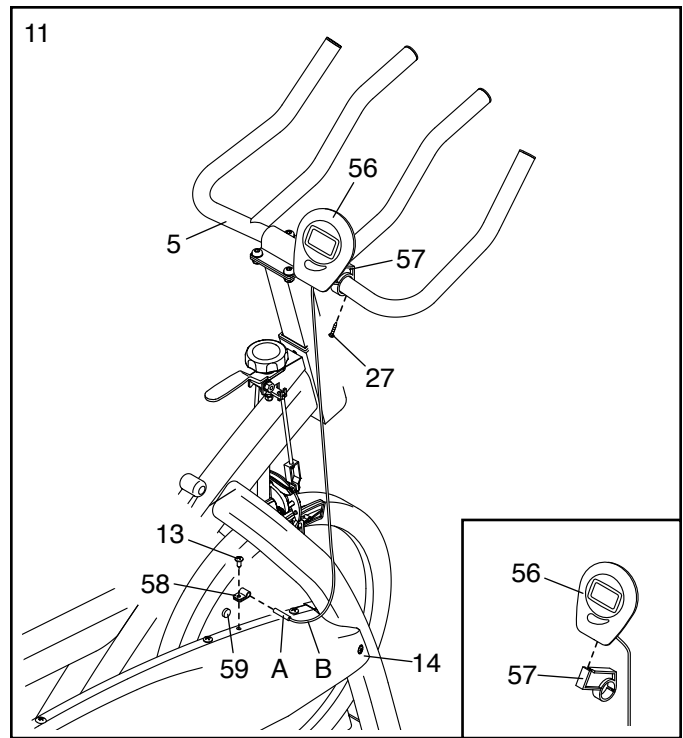


11. **See the inset drawing.** Slide the Console (56) onto the Console Bracket (57).

Attach the Console Bracket (57) to the Handlebar (5) with a #8 x 20mm Screw (27).

Next, attach the Clamp (58) to the Outer Shield (14) with a #10 x 12mm Screw (13).

Then, insert the reed switch (A) on the end of the console wire (B) into the Clamp (58). Move the reed switch so that it is 1–2 cm away from the Magnet (59).



12. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**

Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

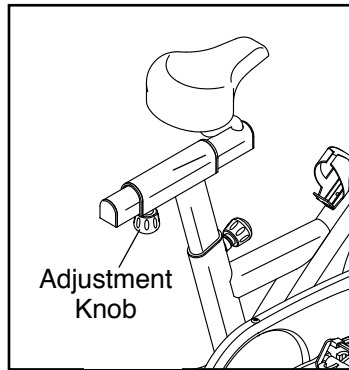
HOW TO ADJUST THE ANGLE OF THE SEAT

You can adjust the angle of the seat to the position that is most comfortable. You can also slide your seat forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the seat, see assembly step 9 on page 11. Loosen the nuts on the seat clamp a few turns, and then tilt the seat upward or downward or slide the seat forward or backward to the desired position. Then, retighten the nuts.

HOW TO ADJUST THE HORIZONTAL POSITION OF THE SEAT

To adjust the position of the seat, first loosen the adjustment knob and pull it downward. Then, move the seat forward or backward, release the adjustment knob into an adjustment hole in the seat carriage, and firmly tighten the adjustment knob.

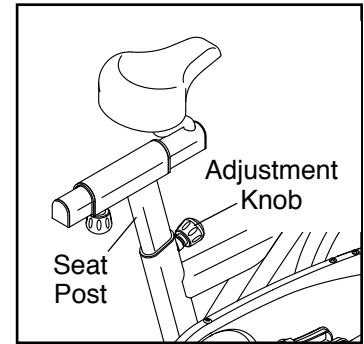


Make sure that the adjustment knob is engaged in an adjustment hole.

HOW TO ADJUST THE SEAT POST

For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

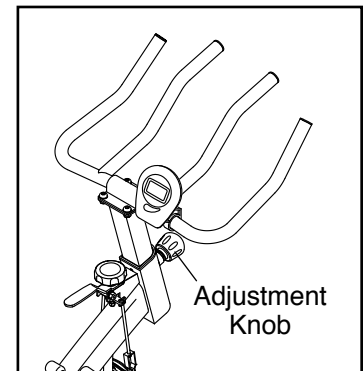
To adjust the height of the seat post, first loosen the adjustment knob and pull it outward. Then, move the seat post upward or downward, release the adjustment knob into an adjustment hole in the seat post, and firmly tighten the adjustment knob.



Make sure that the adjustment knob is engaged in an adjustment hole.

HOW TO ADJUST THE HANDLEBAR POST

To adjust the height of the handlebar post, first loosen the adjustment knob and pull it outward. Then, move the handlebar post upward or downward, release the adjustment knob into an adjustment hole in the handlebar post, and firmly tighten the adjustment knob.



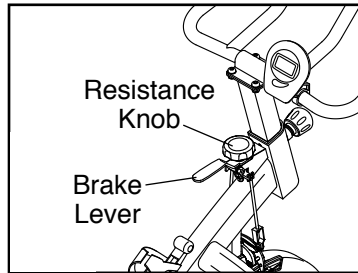
Make sure that the adjustment knob is engaged in an adjustment hole.

HOW TO ADJUST THE PEDAL STRAPS

To tighten the pedal straps (see the drawing on page 5), simply pull the ends of the pedal straps. To loosen the pedal straps, press and hold the tabs on the buckles, adjust the pedal straps to the desired position, and then release the tabs.

HOW TO ADJUST THE PEDALING RESISTANCE

To increase the resistance of the pedals, turn the resistance knob clockwise; to decrease the resistance, turn the resistance knob counterclockwise.



To stop the flywheel, push the brake lever downward. The flywheel should quickly come to a complete stop.

IMPORTANT: When the exercise bike is not in use, tighten the resistance knob completely.

HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn the dials on one or both of the leveling feet on the front or rear stabilizer (see the drawing on page 5) until the rocking motion is eliminated.

HOW TO MAINTAIN THE EXERCISE BIKE

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

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

FEATURES OF THE CONSOLE

The easy-to-use console features six modes that provide instant exercise feedback during your workouts.

Scan (SCAN)—This mode displays the time, speed, distance, calories, and total distance modes, for a few seconds each, in succession.

Time (TIME)—This mode displays the elapsed time.

Speed (SPEED)—This mode displays your pedaling speed, in kilometers per hour.

Distance (DIST.)—This mode displays the distance you have pedaled during your workout, in kilometers.

Calories (CALORIES)—This mode displays the approximate number of calories you have burned during your workout.

Total Distance (TOTAL DIST.)—This mode displays the total distance, in kilometers, that has been pedaled on the exercise bike since it was manufactured.

HOW TO USE THE CONSOLE

Make sure that batteries are installed in the console (see assembly step 10 on page 11). If there is a sheet of plastic on the console, remove the plastic.

1. Turn on the console.

To turn on the console, press the Mode button on the console or simply begin pedaling.

2. Select one of the modes.

Scan mode—To select the scan mode, press the Mode button repeatedly until an arrow appears above the word SCAN.

Time, speed, distance, calories, or total distance mode—To select one of these modes for continuous display, repeatedly press the Mode button until an arrow appears above the desired selection. Make sure that an arrow does not appear above the word SCAN.

3. Begin pedaling and follow your progress with the display.

As you exercise, the console will display the mode(s) that you select.

To reset the display to zero, press and hold the Mode button for several seconds.

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

If the pedals do not move for a few seconds, the console will pause.

The console has an auto-off feature. If the pedals do not move and the Mode button is not pressed for a few minutes, the power will turn off automatically to save the batteries.

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, 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.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

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.

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	

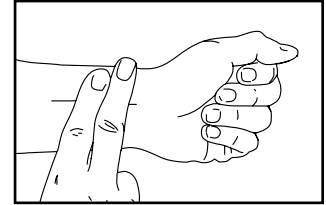
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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

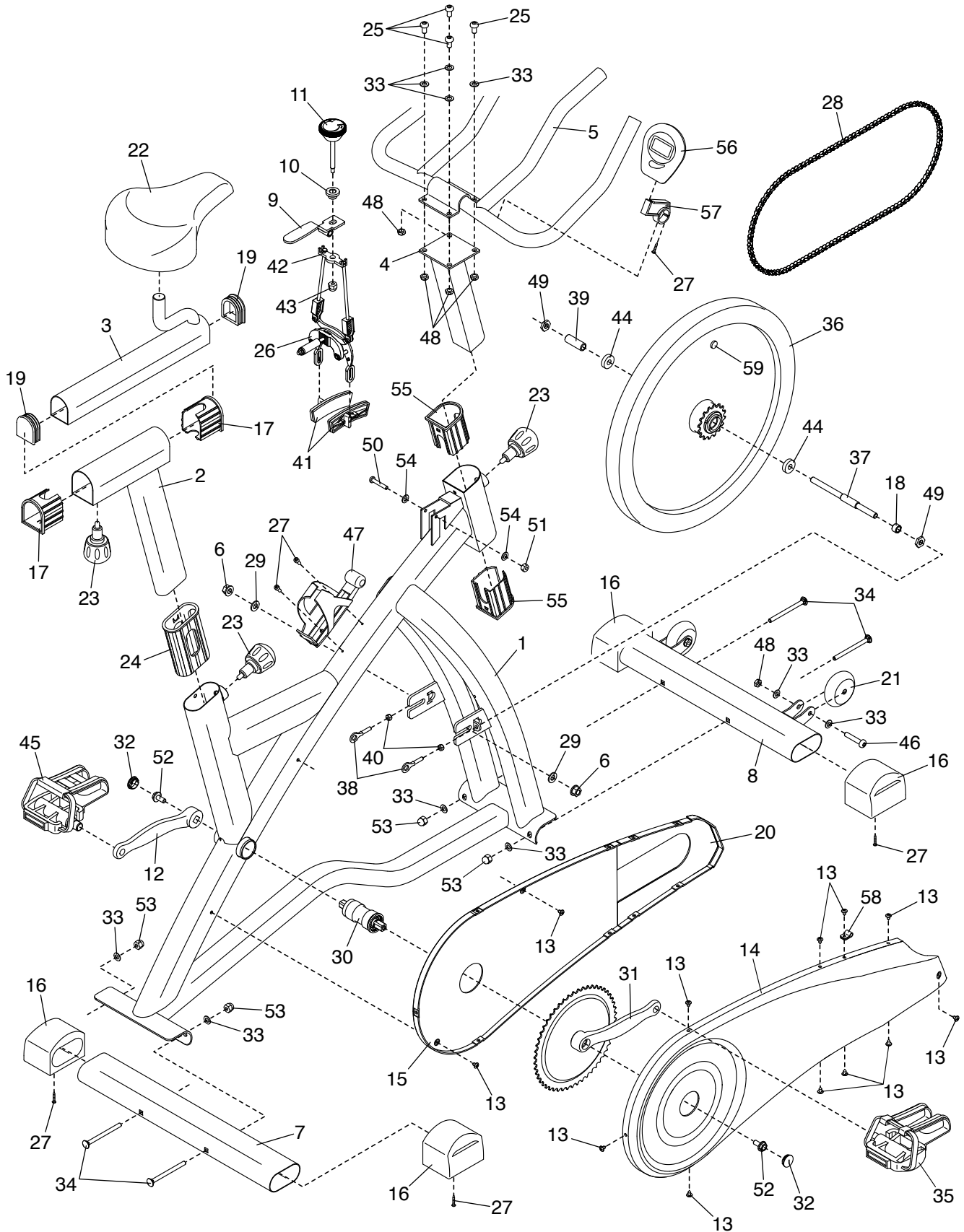
Model No. GGEX62813.0 R1213A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	32	2	Crank Cap
2	1	Seat Post	33	12	M8 Washer
3	1	Seat Carriage	34	4	M8 x 90mm Carriage Bolt
4	1	Handlebar Post	35	1	Right Pedal/Strap
5	1	Handlebar	36	1	Flywheel
6	2	Flange Nut	37	1	Flywheel Axle
7	1	Rear Stabilizer	38	2	Chain Tensioner
8	1	Front Stabilizer	39	1	Long Axle Spacer
9	1	Brake Lever	40	2	M6 Nut
10	1	Felt Washer	41	1	Brake Pad Set
11	1	Resistance Knob	42	1	Brake Bracket
12	1	Left Crank Arm	43	1	3/8" Square Nut
13	12	#10 x 12mm Screw	44	2	Flywheel Bearing
14	1	Outer Shield	45	1	Left Pedal/Strap
15	1	Rear Inner Shield	46	2	M8 x 45mm Bolt
16	4	Stabilizer Cap	47	1	Water Bottle Holder
17	2	Seat Post Bushing	48	6	M8 Locknut
18	1	Short Axle Spacer	49	2	M10 Thin Nut
19	2	Carriage Cap	50	1	M6 x 38mm Bolt
20	1	Front Inner Shield	51	1	M6 Locknut
21	2	Wheel	52	2	Crank Arm Screw
22	1	Seat	53	4	M8 Acorn Nut
23	3	Adjustment Knob	54	2	M6.5 Washer
24	1	Large Frame Bushing	55	2	Small Frame Bushing
25	4	M8 x 16mm Bolt	56	1	Console/Reed Switch/Wire
26	1	Caliper Brake Assembly	57	1	Console Bracket
27	8	#8 x 20mm Screw	58	1	Clamp
28	1	Chain	59	1	Magnet
29	2	M10 Washer	*	—	Assembly Tool
30	1	Bottom Bracket	*	—	User's Manual
31	1	Right Crank Arm/Sprocket			

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

Model No. GGEX62813.0 R1213A



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