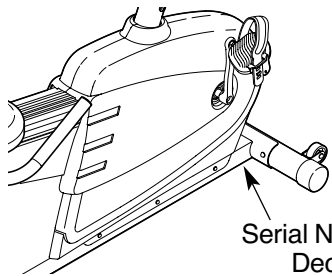# HEALTHRIDER RC270

Model No. HRCCEX04210
Serial No. _____

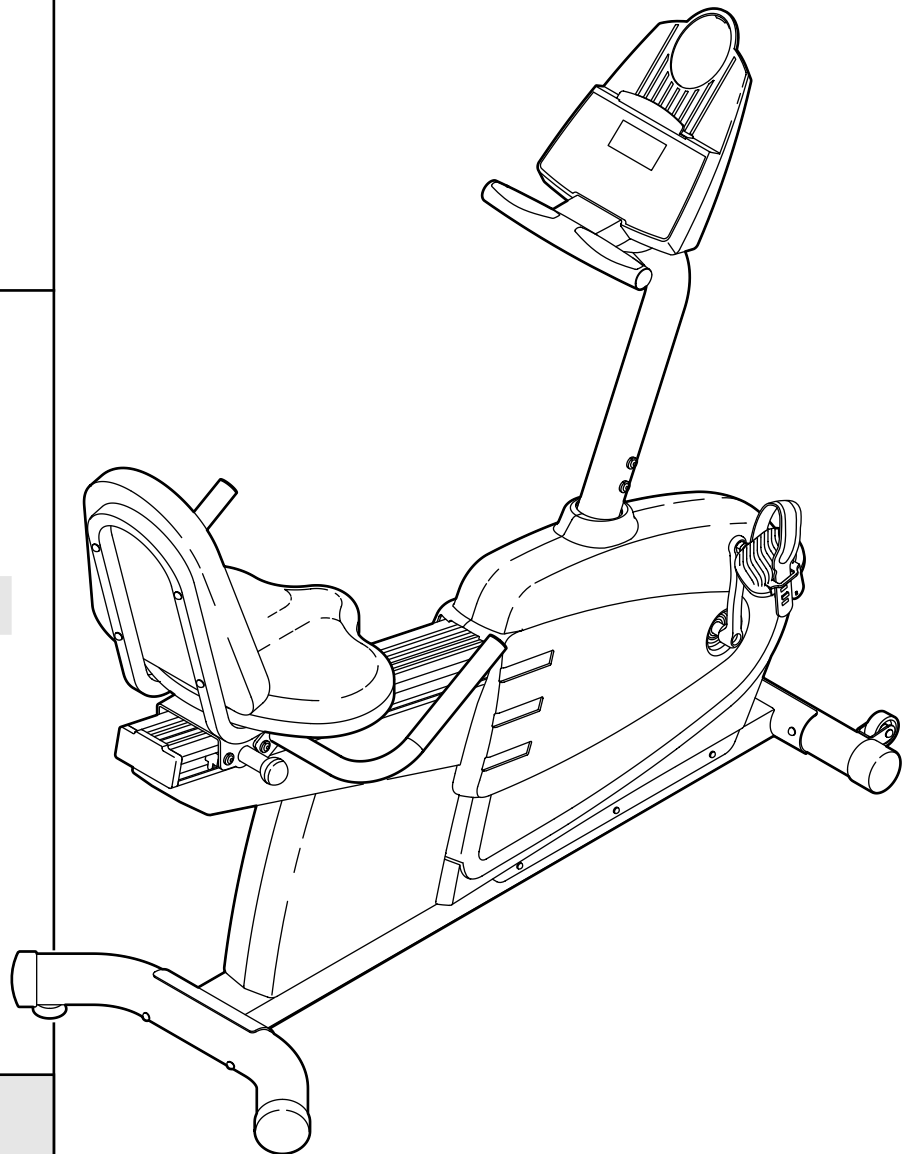Write the serial number in the space above for future reference.

Serial Number
Decal

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing parts, please call:

1-888-936-4266

Mon.–Fri. 8h00 until 18h30 EST (excluding holidays).

⚠ CAUTION

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

Visit our website at

www.healthrider.com

TABLE OF CONTENTS

HealthRider is a registered trademark of ICON Health & Fitness, Inc.

IMPORTANT PRECAUTIONS

⚠ **WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described in this manual.

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

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

4. Use the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet from damage.

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

6. Keep children under the age of 12 and pets away from the exercise cycle at all times.

7. The exercise cycle should not be used by persons weighing more than 115 kg (250 lbs.).

8. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.

9. Always keep your back straight when using the exercise cycle. Do not arch your back.

10. If you feel pain or dizziness at any time while exercising, stop immediately and begin cooling down.

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.

⚠ **WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.
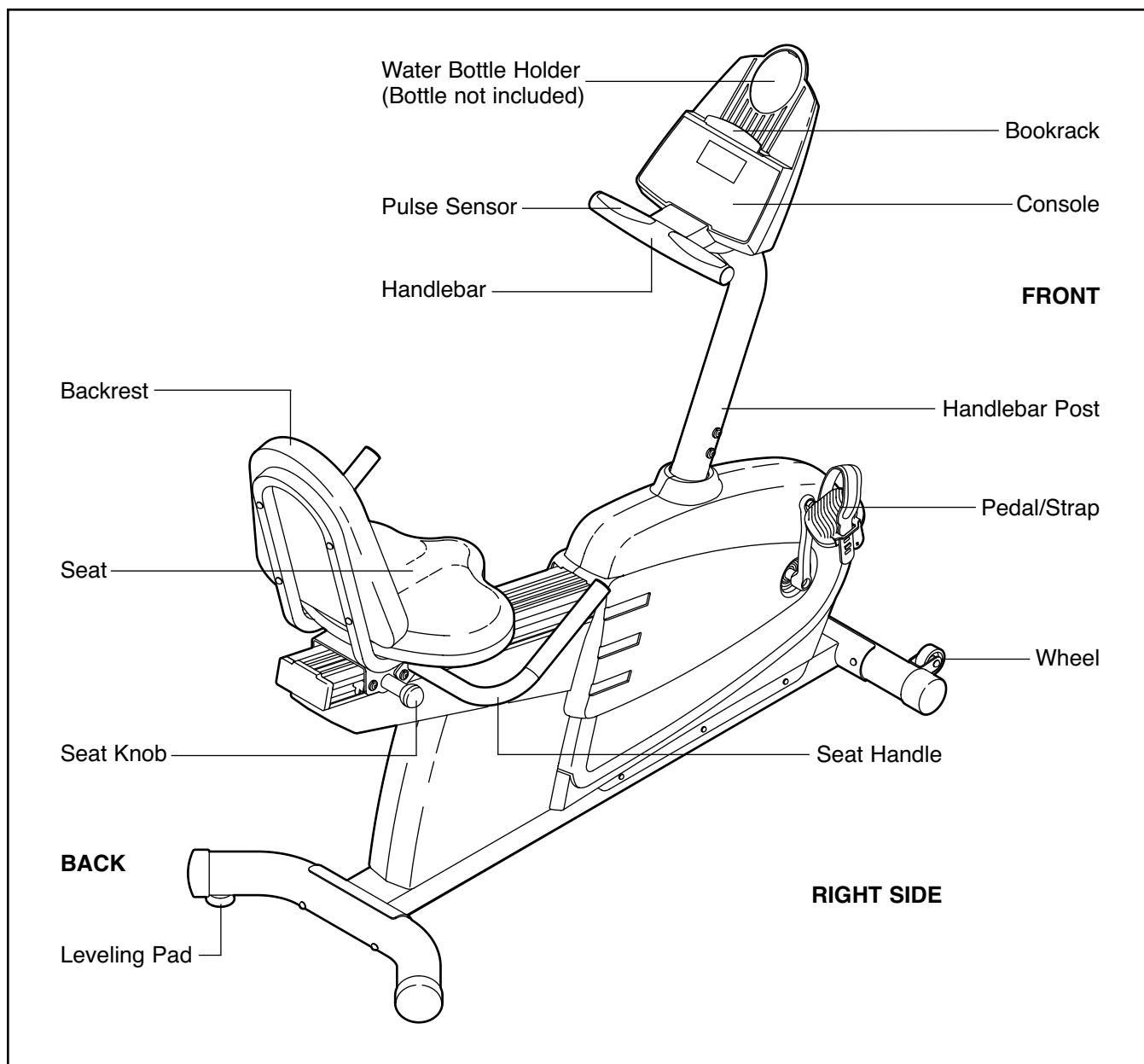
BEFORE YOU BEGIN

Thank you for selecting the new HealthRider® RC270 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The HealthRider® RC270 offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions, call our Customer Service Department toll-free at

1-888-936-4266, Monday through Friday, 8h00 until 18h00 Eastern Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is HRCCEX04210. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual for the location of the decal).

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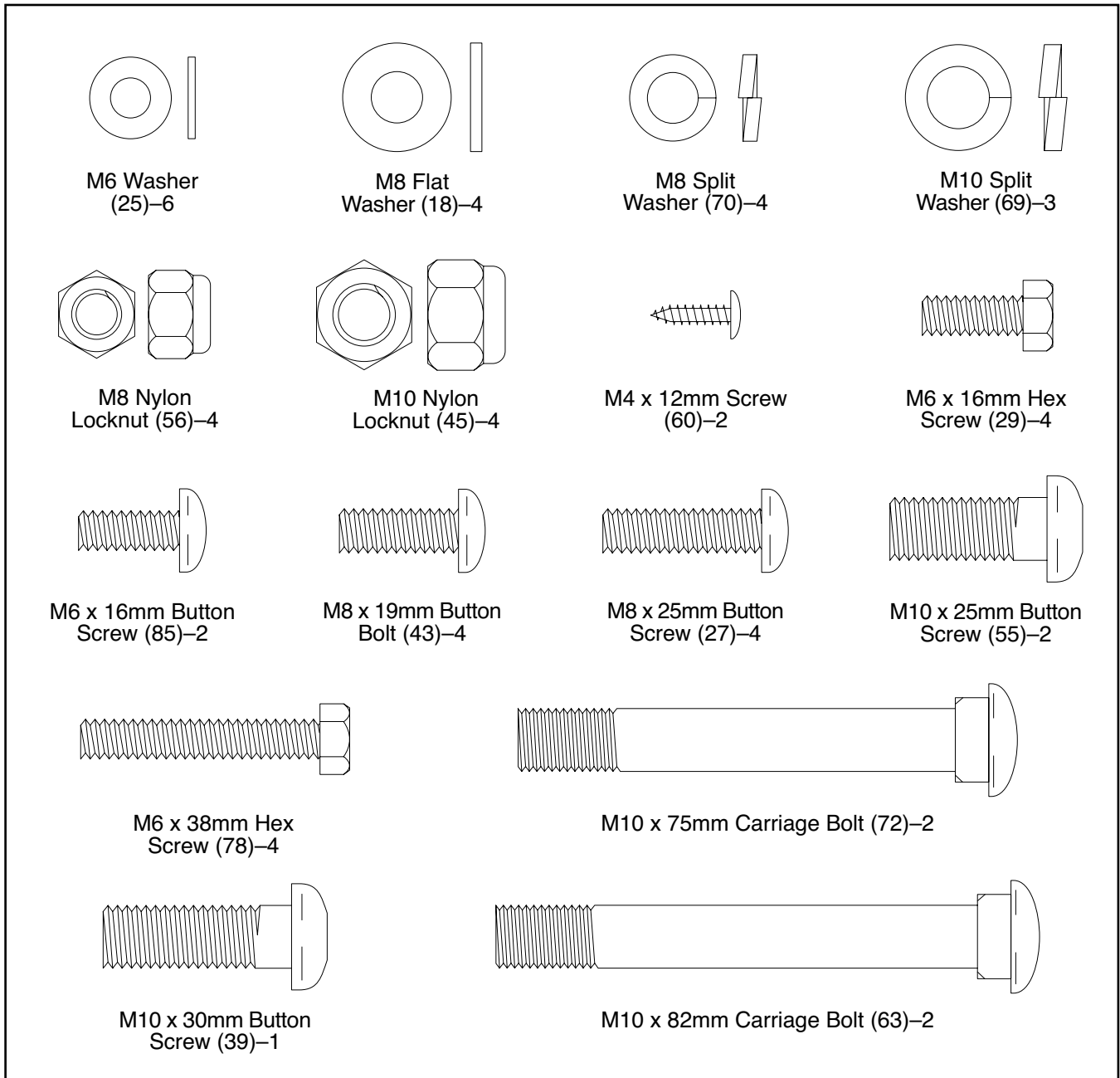

Water Bottle Holder (Bottle not included)

Pulse Sensor

Handlebar

Backrest

Seat

Seat Knob

BACK

Leveling Pad

Bookrack

Console

FRONT

Handlebar Post

Pedal/Strap

Wheel

Seat Handle

RIGHT SIDE

ASSEMBLY

Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

**Assembly requires the included tools and your own adjustable wrench** ⬭ .

Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 22. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been preattached for shipping. If a part is not in the parts bag, check to see if it has been preassembled.**

M6 Washer (25)–6	M8 Flat Washer (18)–4	M8 Split Washer (70)–4	M10 Split Washer (69)–3
M8 Nylon Locknut (56)–4	M10 Nylon Locknut (45)–4	M4 x 12mm Screw (60)–2	M6 x 16mm Hex Screw (29)–4
M6 x 16mm Button Screw (85)–2	M8 x 19mm Button Bolt (43)–4	M8 x 25mm Button Screw (27)–4	M10 x 25mm Button Screw (55)–2

M6 x 38mm Hex Screw (78)–4

M10 x 75mm Carriage Bolt (72)–2

M10 x 30mm Button Screw (39)–1

M10 x 82mm Carriage Bolt (63)–2

1. Attach the Front Stabilizer (2) to the front of the Frame (1) with two M10 x 75mm Carriage Bolts (72) and two M10 Nylon Locknuts (45). Make sure that the Front Stabilizer is turned so the Wheels (75) are not touching the floor.
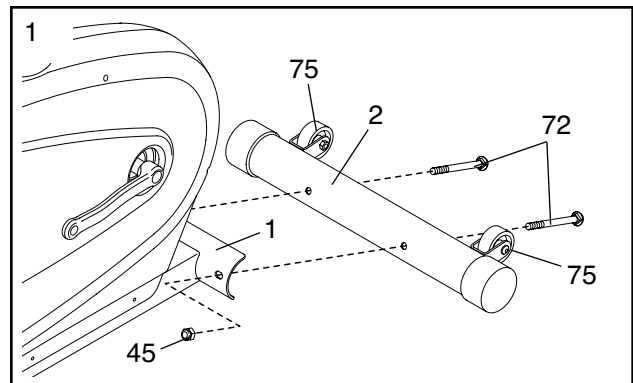
2. Attach the Rear Stabilizer (3) to the rear of the Frame (1) with two M10 x 82mm Carriage Bolts (63) and two M10 Nylon Locknuts (45).
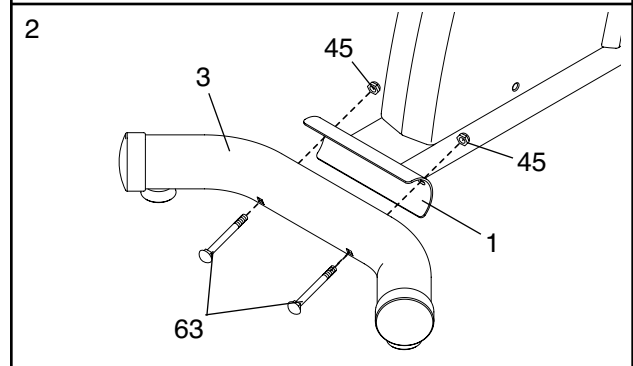
3. While a second person holds the Upright (6) near the Frame (1) as shown, connect the Upper Wire Harness (16) to the Lower Wire Harness (77).

   Carefully slide the Upright (6) onto the Frame (1); **be careful to avoid pinching the Wire Harnesses (16, 77).** Slide the Upright to the desired height and then attach it with four M8 x 25mm Button Screws (27) and four M8 Split Washers (70). Note: The height of the Upright can be adjusted later if desired.
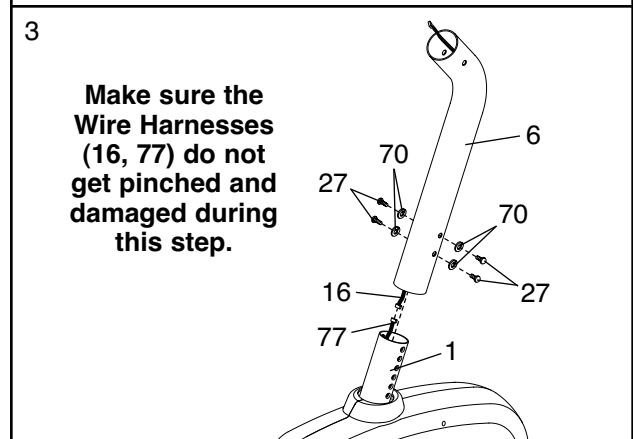
4. The Console (9) requires four "D" batteries (not included); alkaline batteries are recommended. Remove the battery cover from the back of the Console. Press four batteries into the Console as shown. **Make sure that the negative (–) ends of the batteries are facing the springs.** Reattach the battery cover.

   Refer to inset drawing A. Connect the wire harness on the Handgrip Pulse Sensor (71) to the indicated wire harness on the Console (9). Insert both wire harnesses into the opening in the bottom of the Console. Next, insert the metal tube on the Handgrip Pulse Sensor into the opening in the bottom of the Console. **Be careful not to pinch the wire harnesses.**
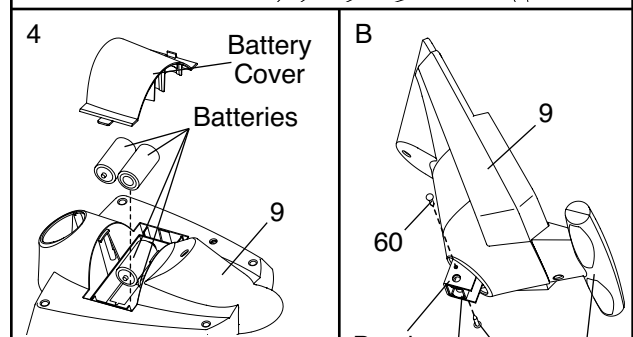
   Refer to inset drawing B. Align the holes in the bracket on the Console (9) with the holes in the metal tube on the Handgrip Pulse Sensor (71). Tighten two M4 x 12mm Screws (60) through the bracket into the tube as shown.

Make sure the Wire Harnesses (16, 77) do not get pinched and damaged during this step.

6
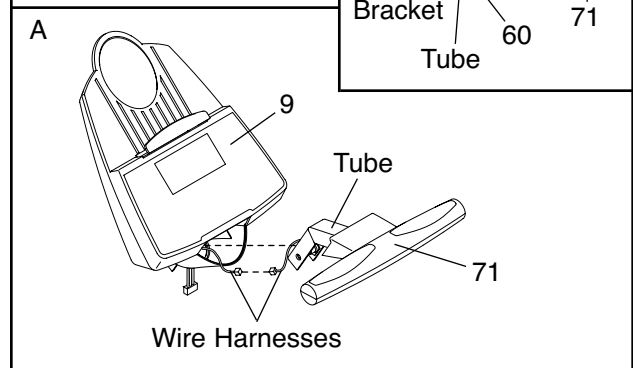
5. Connect the Upper Wire Harness (16) to the wire harness on the Console (9). Insert both wire harnesses into the Upright (6).

   Attach the Console (9) to the Upright (6) with two M10 x 25mm Button Screws (55), an M10 x 30mm Button Screw (39), and three M10 Split Washers (69) as shown.

   Snap the bookrack onto the Console (9) in the indicated location.
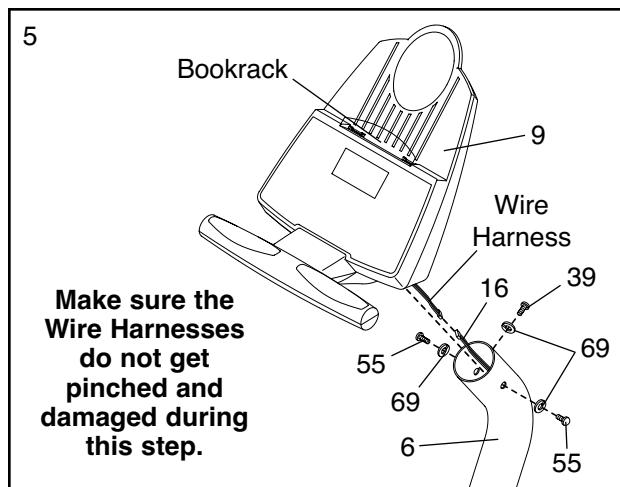
6. Attach the Seat (12) to the Seat Carriage (11) with four M6 x 16mm Hex Screws (29) and four M8 Flat Washers (18).
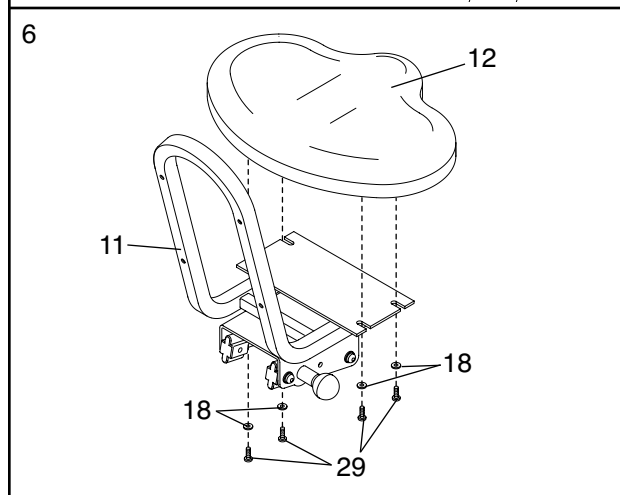
7. Attach a Seat Handle (14) to the Seat Carriage (11) with two M8 x 19mm Button Bolts (43) and two M8 Nylon Locknuts (56).

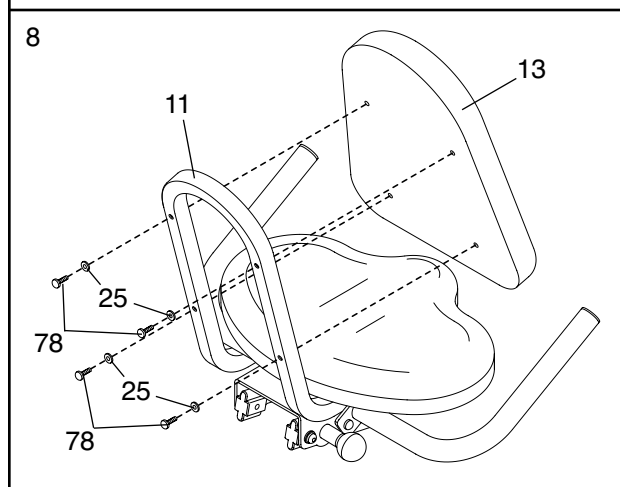   Attach the other Seat Handle (14) to the Seat Carriage (11) in the same way.
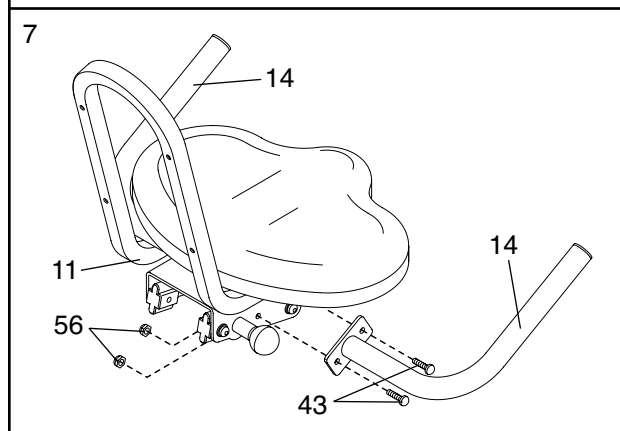
8. Attach the Backrest (13) to the Seat Carriage (11) with four M6 x 38mm Hex Screws (78) and four M6 Washers (25).

7

9. Pull the seat knob and slide the Seat Carriage (11) onto the Seat Rail (7).

   Refer to the inset drawing. Hold the Bumper Axle (82) inside of the Seat Rail (7). Attach a Bumper (84) to each end of the Bumper Axle with an M6 x 16mm Button Screw (85) and an M6 Washer (25) as shown. Press the Seat Rail Endcap (23) into the end of the Seat Rail.
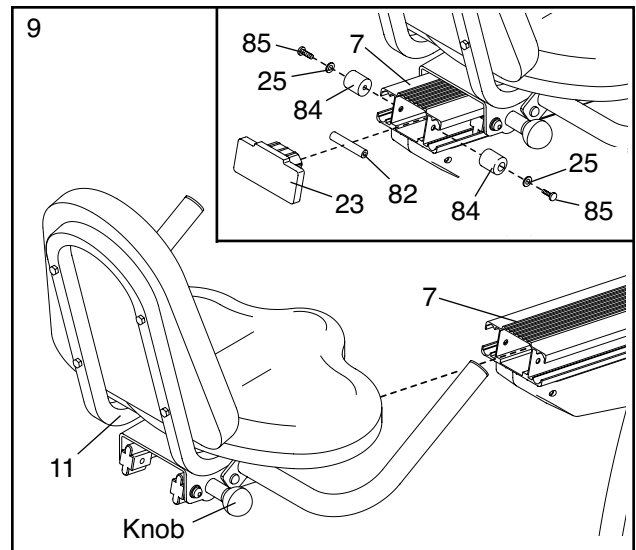
10. Firmly tighten the four M8 x 31mm Button Screws (80) in the Seat Carriage (11).

    Pull the seat knob and slide the Seat Carriage (11) to the desired position. Release the seat knob and **slide the Seat Carriage back and forth slightly until it locks into position.**
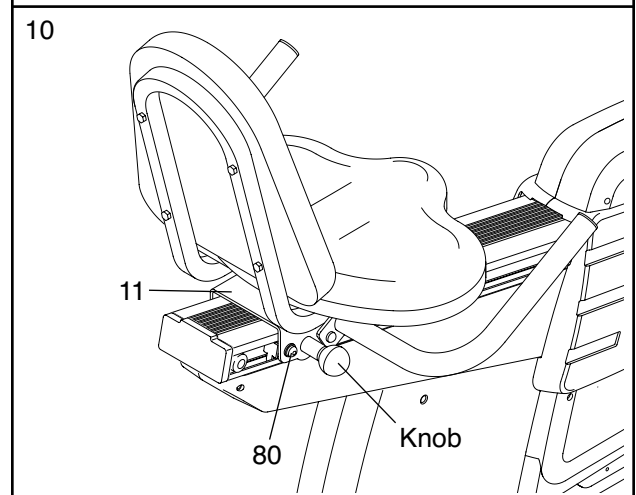
11. Identify the Right Pedal (37), which is marked with an "R." Using an adjustable wrench, tighten the Right Pedal clockwise into the Right Crank Arm (65). Next, tighten the Left Pedal counterclockwise into the Left Crank Arm (not shown). **Firmly tighten both Pedals.** Note: For the best performance, the Pedals should be regularly checked and tightened.

    Adjust the Right Pedal Strap (38) to the desired position, and press the Pedal Strap onto the tab on the Right Pedal (37). Adjust the Left Pedal Strap (not shown) in the same way.
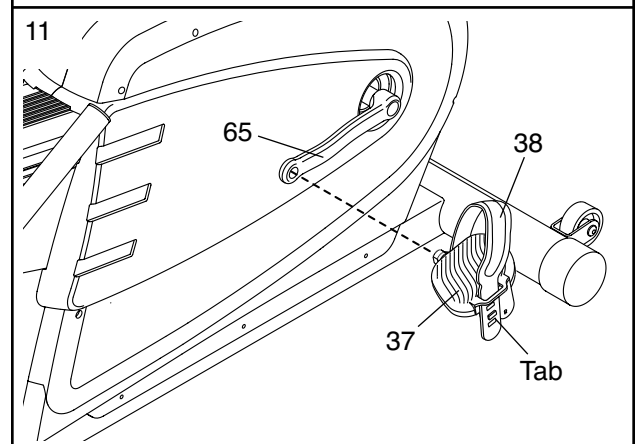
12. **Make sure that all parts are properly tightened before you use the exercise cycle. Place a mat beneath the exercise cycle to protect the floor.**

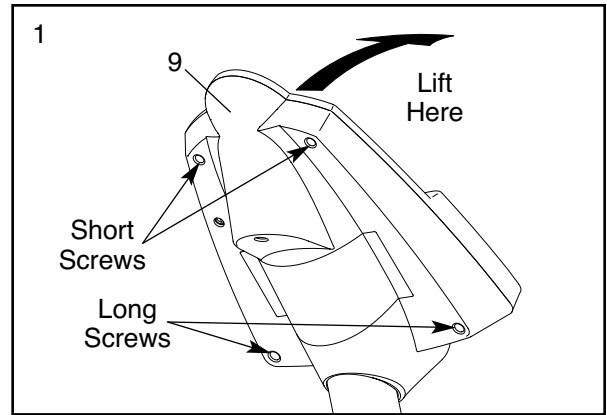## INSTALLING THE RECEIVER FOR THE OPTIONAL CHEST PULSE SENSOR

If you purchase the optional chest pulse sensor (refer to page 18), follow the steps below to install the receiver and the short jumper wire included with the chest pulse sensor.

1. Remove the two short screws and the two long screws from the back of the Console (9). Lift off the front of the Console.

2. Plug the short jumper wire (A) into the indicated jack on the Console (9). Connect the other end of the short jumper wire to the wire on the receiver (B). Note: Any other wires included with the chest pulse sensor can be discarded.

   Next, peel the paper off the adhesive pad on the back of the receiver (B). Orient the receiver as shown, and press it onto the Console (9) in the indicated location.

   Refer to step 1 above. Reattach the front of the Console (9) with the short and long screws. **Make sure that no wires are pinched.**
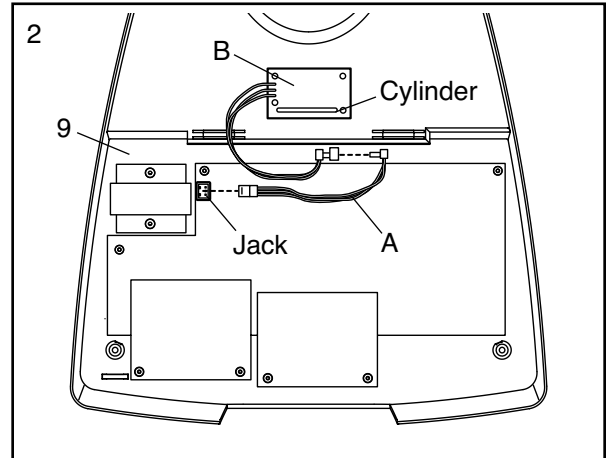
ADJUSTMENT AND OPERATION

HOW TO ADJUST THE POSITION OF THE SEAT

For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. To adjust the seat, pull the seat knob and slide the seat carriage to the desired position. Release the seat knob and **slide the seat carriage back and forth slightly until it locks into position.**
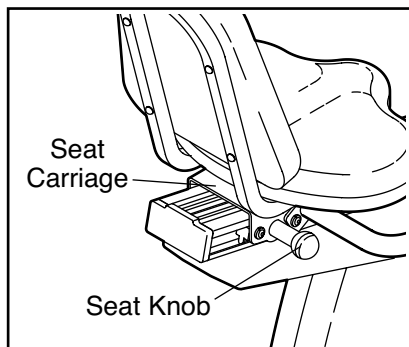
HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the ends of the straps off the tabs on the pedals. Adjust the straps to the desired positions, and then press the straps back onto the tabs.

1 press ON/RESET
2 select PROGRAM
3 begin exercising

⚠ WARNING:
To reduce risk of serious injury, read and under-stand the user's manual, all instructions, and the warnings before using this equipment. Keep children away.

Scan

Time

PACE COACH

SILENT MAGNETIC RESISTANCE

smart PROGRAMS
1
2
3
4
5
6
7
8
RESISTANCE & PACE PROGRAMS

interactivity

ON RESET

DISPLAY MODE

−

+

PROGRAM

iFIT.com

A B C D E F G H I J K L

FEATURES OF THE CONSOLE

The advanced console offers a selection of features designed to make your workouts more enjoyable and effective. When the manual mode of the console is selected, the resistance of the exercise cycle can be adjusted with a touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using the hand-grip pulse sensor. (For information about an optional chest pulse sensor, refer to page 18.)

The console also offers eight Smart workout programs. Each program automatically changes the resistance of the exercise cycle and prompts you to increase or decrease your pace as it guides you through an effec-tive workout.

The console also features new iFIT.com interactive technology. IFIT.com technology is like having a per-sonal trainer right in your home. Using a stereo audio cable (available at electronics stores), you can connect the exercise cycle to your home stereo, portable stereo, or computer and play special iFIT.com CD pro-grams (CDs are available separately). IFIT.com CD programs automatically control the resistance of the exercise cycle and prompt you to vary your pace as a personal trainer coaches you through every step of your workout. High-energy music provides added moti-vation. Each CD features two programs designed by certified personal trainers.

In addition, you can connect the exercise cycle to your VCR and TV and play iFIT.com video programs (video-cassettes are available separately). Video programs offer the same benefits as iFIT.com CD programs, but add the excitement of working out with a class and an instructor.

With the exercise cycle connected to your computer, you can also go to our new Web site at www.iFIT.com and access audio programs and video programs directly from the internet.

To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-936-4266.

CONSOLE DESCRIPTION

Refer to the drawing on page 10. Note: If there is a thin sheet of clear plastic on the face of the console, remove it.

A. Exercise feedback display—This display features seven modes that give you instant exercise feedback: your current speed, the elapsed time (or the time remaining in a Smart program), the distance that you have pedaled, the resistance level, the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 20), and your heart rate (when you use the handgrip pulse sensor or the optional chest pulse sensor). If the scan mode is selected, the display will change from one mode to the next every six seconds. Or, you can select a single mode for continuous display.

Note: The console can show speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for six seconds. The mode indicators (see F below) will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

B. Increase and decrease arrows—During Smart programs and iFIT.com programs, these arrows will prompt you to increase or decrease your pace to match the target pace.

C. Manual mode/program indicators—When a Smart program is selected, the upper right corner of the display will show a 1, 2, 3, 4, 5, 6, 7, or 8, depending on which Smart program is selected. When the iFIT.com mode is selected, the upper right corner will show the letters IF. When the manual mode is selected, the upper right corner will be blank.

D. Program profiles—These profiles show how the resistance of the exercise cycle and the target pace will change during Smart programs. For example, profile number 6 shows that during Smart program 6, the resistance will gradually increase during the first half of the program, and then gradually decrease during the last half; the target pace will alternately increase and decrease throughout the program.

E. Warning—see page 3.

F. Feedback mode indicators—These indicators show which feedback mode (scan, speed, time, distance,

resistance level, calories, fat calories, or heart rate) is currently shown. Note: When the distance is shown, the word Miles or the letters Kms will appear; when your speed is shown, the letters MPH or Km/H will appear.

G. Pace bar graphs—When the manual mode is selected, only the left bar graph will appear. This bar graph represents your exercise pace. As you increase or decrease your pace, additional bars will appear or disappear in the bar graph. When a Smart program or the iFIT.com mode is selected, both bar graphs will appear. The left bar graph will represent your exercise pace, and the right bar graph will represent a target pace. During the program, the target pace will periodically change. As the right bar graph changes, simply adjust your pace so that the same number of bars appear in both bar graphs. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

H. On/Reset button—When the console is off, pressing this button will turn on the display. When the console is on, pressing this button will reset the display. This button is also used to select the unit of measurement for speed and distance (see A at the left).

I. Display Mode button—This button is used to select the feedback modes. The modes will be selected in the following order: scan, speed, time, distance, resistance level, calories, fat calories, and heart rate (when the handgrip pulse sensor or the optional chest pulse sensor is used).

J. + and – buttons—These buttons control the resistance of the exercise cycle. There are ten resistance levels; level 10 is the most challenging.

K. Program button—This button is used to select the manual mode and Smart programs.

L. IFIT.com button—This button is used to select the iFIT.com mode. The indicator above the button will light when the iFIT.com mode is selected.

To use the manual mode of the console, refer to page 12. **To use a Smart program,** refer to page 13. **To use iFIT.com CDs or videos,** refer to page 17. **To use a program directly from our Web site,** refer to page 18.

HOW TO USE THE MANUAL MODE

1 Turn on the console.

Note: The console requires four "D" batteries (not included). If you have not installed batteries, refer to step 4 on page 6 and install batteries.

To turn on the console, press the On/Reset button or begin pedaling.

2 Select the manual mode.

Each time the console is turned on, the manual mode will be selected. If a Smart program or the iFIT.com mode

This corner should be blank

has been selected, select the manual mode by pressing the Program button repeatedly until the upper right corner of the display is blank.
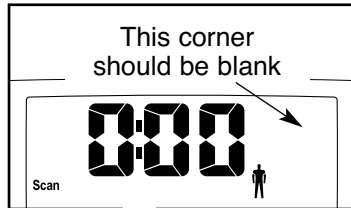
3 Begin exercising and adjust the resistance of the exercise cycle.

As you exercise, adjust the resistance of the exercise cycle as desired by pressing the + and – buttons. There are ten resistance levels; level 10 is the most challenging. Note: After the buttons are pressed, it will take a few seconds for the selected setting to be reached.

4 Follow your progress with the feedback modes and the left bar graph.

As you exercise, the display will show your current speed, the elapsed time, the distance that you have

pedaled, the current resistance level, and the approximate numbers of calories and fat calories you have burned (see FAT BURNING on page 20). In addition, your heart rate will be shown when you use the handgrip pulse sensor (refer to step 5 at the right) or the optional chest pulse sensor (refer to page 18). Note: Each time the resistance level changes, the console will show the resistance level for six seconds. When a
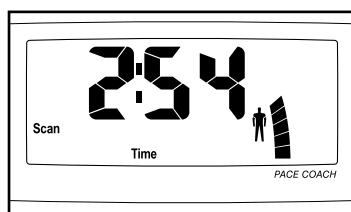
Smart program is selected, the display will show the time remaining in the program instead of the elapsed time.

In addition, the left bar graph will appear in the display to show your exercise pace. As you increase or decrease your pace, the indicator will increase or decrease in height.

If desired, you can select a single feedback mode for continuous display. Press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Resist., Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

5 Measure your heart rate if desired.

Note: If you wear the optional chest pulse sensor (see page 18) and hold the handgrip pulse sensor at the same time, the console may not display your heart rate accurately.

If there are thin sheets of plastic on the metal contacts on the handgrip pulse sensor, peel off the plastic. To use the handgrip pulse sensor, place your hands
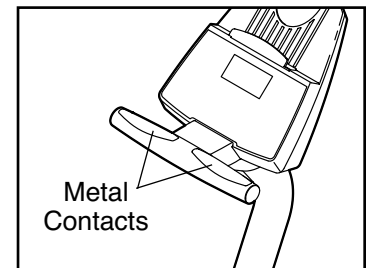
Metal Contacts

on the metal contacts. Your palms must be on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats. After a moment, two dashes (– –) will appear and then your heart rate will be shown.

For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds. Note: When you first hold the handgrips, the display will show your heart rate continuously for 15 seconds. The display will then show your heart rate along with the other feedback modes.

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

If the pedals are not moved and the console buttons are not pressed for a few minutes, **the console will automatically turn off to conserve the batteries.**
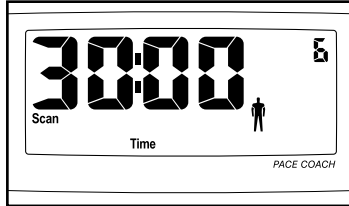
HOW TO USE A SMART PROGRAM

1 **Turn on the console.**

Refer to step 1 on page 12.

2 **Select one of the eight Smart programs.**

Each time the console is turned on, the manual mode will be selected. To select a Smart program, press the Program button repeatedly until the number 1, 2, 3, 4, 5, 6, 7, or 8 appears in the upper right corner of the display.

The profiles on the right side of the console show how the resistance of the exercise cycle and the target pace will change during the Smart programs. For example, profile number 6 shows that during Smart program 6, the resistance will gradually increase during the first half of the program, and then gradually decrease during the last half; the target pace will alternately increase and decrease throughout the program.

3 **Start the program.**

To start the program, simply begin exercising. Each Smart program consists of either twenty or thirty, one-minute periods. One resistance setting and one pace setting are programmed for each period. (The same resistance setting and/or pace setting may be programmed for consecutive periods.)

During the program, the resistance of the exercise cycle will automatically change as shown by the applicable profile on the console. If the current resistance level is too high or too low, you can change the resistance level by pressing the + and – buttons. However, when the current period of the program is completed, the resistance level will automatically change if a different resistance setting is programmed for the next period.

The pace settings for the program will be shown by the right bar graph in the display. (The left bar graph will show your actual exercise pace.) As the right bar graph changes during the program, simply increase or decrease your pace so that the same number of bars appear in both bar graphs. If your pace is slower than the current pace setting, the increase arrow will also appear in the display to prompt you to increase your pace; if your pace is faster than the pace setting, the decrease arrow will appear. **Important: The pace settings for the program are intended only to provide a goal. Your actual pace may be slower than the pace settings, especially during the first few months of your exercise program. Make sure to exercise at a pace that is comfortable for you.**

During the program, the display will show the time remaining in the program. If you continue exercising after the program is completed, the display will continue to show your exercise feedback.
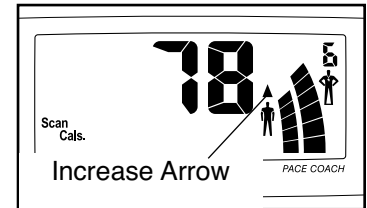
4 **Follow your progress with the feedback modes.**

Refer to 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 automatically turn off.**

Refer to step 6 on page 12.

HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER

To use iFIT.com CDs, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, or computer with CD player. See pages 14–16 for connecting instructions. **To use iFIT.com videocassettes**, the exercise cycle must be connected to your VCR. See page 16 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the exercise cycle must be connected to your home computer. See page 15 for connecting instructions.
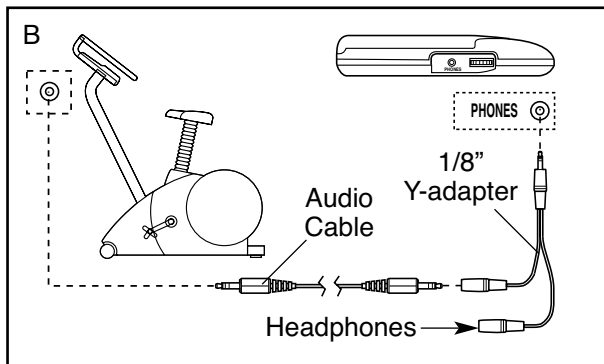
HOW TO CONNECT YOUR PORTABLE CD PLAYER

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

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your CD player. Plug your headphones into the PHONES jack.
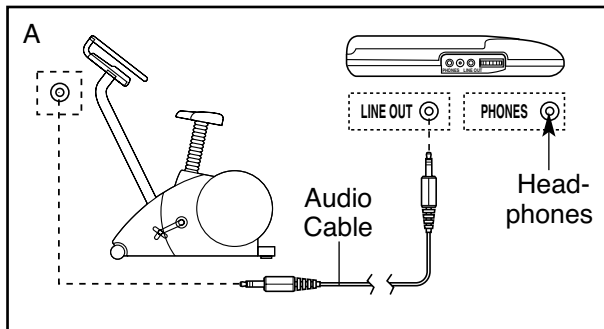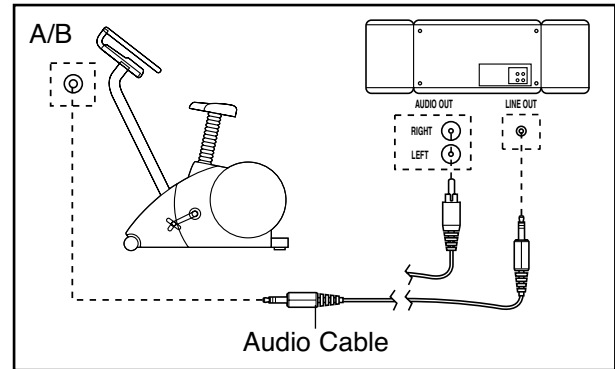

B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your CD player. Plug your headphones into the other side of the Y-adapter.

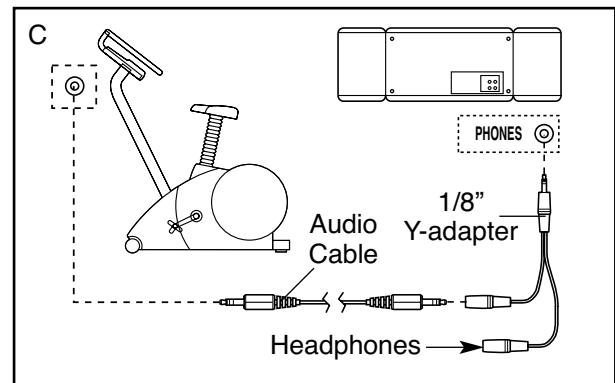### HOW TO CONNECT YOUR PORTABLE STEREO

Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 1/8" LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.

B. Refer to the drawing above. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.

C. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your stereo. Plug your headphones into the other side of the Y-adapter.

HOW TO CONNECT YOUR HOME STEREO

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

A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your stereo.
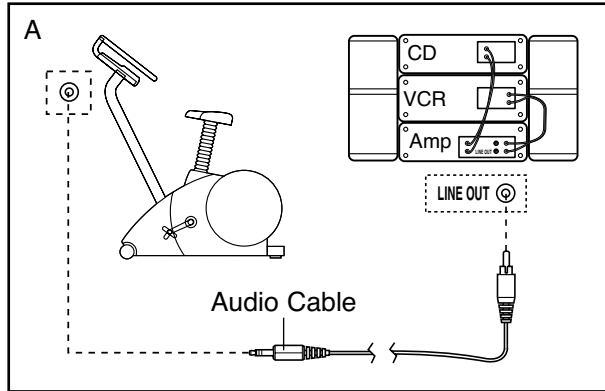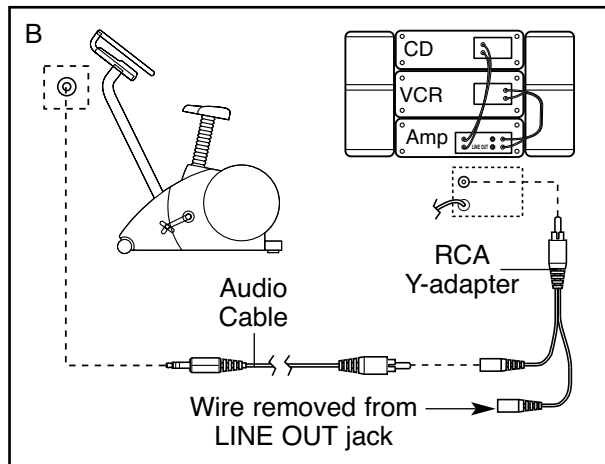

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the LINE OUT jack on your stereo.

HOW TO CONNECT YOUR COMPUTER

Note: If your computer has a 1/8" LINE OUT jack, see instruction A. If your computer has only a PHONES jack, see instruction B.

A. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the LINE OUT jack on your computer.

B. Plug one end of a 1/8" to 1/8" stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into a 1/8" Y-adapter (available at electronics stores). Plug the Y-adapter into the PHONES jack on your computer. Plug your headphones or speakers into the other side of the Y-adapter.
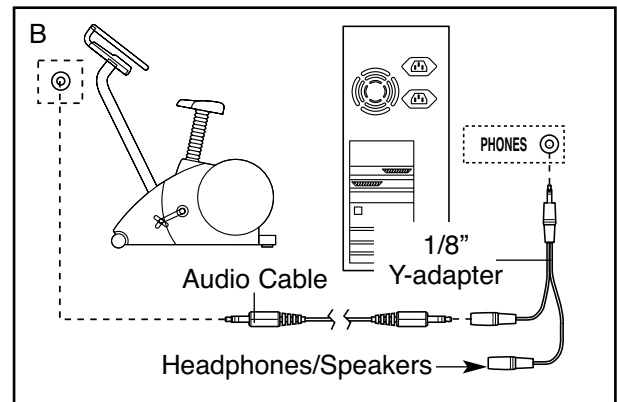
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 15.
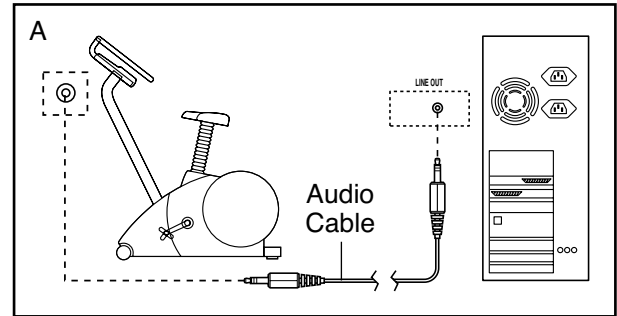
A. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.

B. Plug one end of a 1/8" to RCA stereo audio cable (available at electronics stores) into the jack beneath the console. Plug the other end of the cable into an RCA Y-adapter (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adapter. Plug the Y-adapter into the AUDIO OUT jack on your VCR.

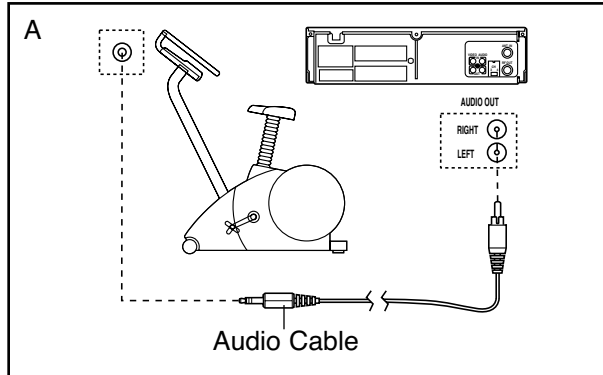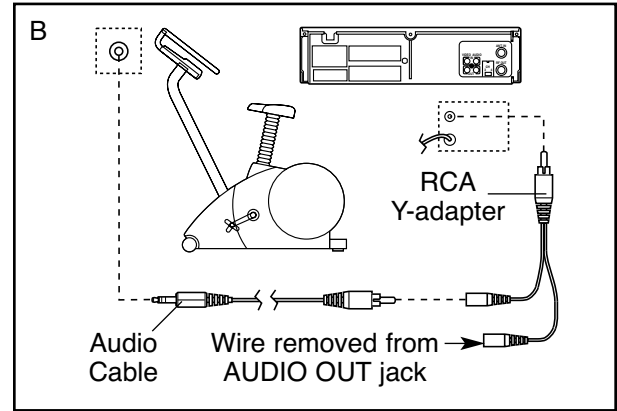## HOW TO USE IFIT.COM CD AND VIDEO PROGRAMS

To use iFIT.com CDs or videocassettes, the exercise cycle must be connected to your portable CD player, portable stereo, home stereo, computer with CD player, or VCR. See HOW TO CONNECT YOUR CD PLAYER, VCR, OR COMPUTER on page 14. **Note: To purchase iFIT.com CDs and videocassettes, call toll-free 1-888-936-4266.**

Follow the steps below to use an iFIT.com CD or video program.

1 Turn on the console.

Refer to step 1 on page 12.

2 Select the iFIT.com mode.

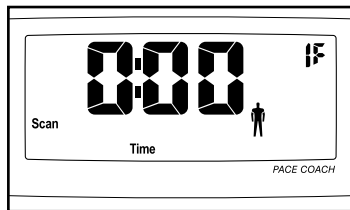Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the iFIT.com button. The indicator above the button will light and the letters IF will appear in the upper right corner of the display.

3 Insert the iFIT.com CD or videocassette.

If you are using an iFIT.com CD, insert the CD into your CD player. If you are using an iFIT.com videocassette, insert the videocassette into your VCR.

4 Press the play button on your CD player or VCR.

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

The program will function in almost the same way as a Smart program (refer to step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance and/or the target pace is about to change.

Note: If the resistance and/or the target pace does not change when a "chirp" is heard:

· **Make sure that the indicator on the iFIT.com button is lit.**

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

· **Make sure that the audio cable is properly connected and that it is fully plugged in.**

5 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

6 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

Refer to step 6 on page 12.

HOW TO USE PROGRAMS DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to play iFIT.com audio and video programs directly from the internet. To use programs from our Web site, the exercise cycle must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 15. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements will be found on our Web site.
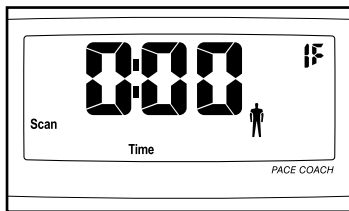
Follow the steps below to use a program from our Web site.

1 Turn on the console.

Refer to step 1 on page 12.

2 Select the iFIT.com mode.

Each time the console is turned on, the manual mode will be selected. To select the iFIT.com mode, press the

iFIT.com button. The indicator above the button will light and the letters IF will appear in the upper right corner of the display.

3 Go to your computer and start an internet connection.

4 Start your Web browser, if necessary, and go to our Web site at www.iFIT.com.

5 Follow the desired links on our Web site to select a program.

Read and follow the on-line instructions for using a program.

6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the exercise cycle and begin exercising.

When the on-screen countdown ends, the program will begin. The program will function in almost the same way as a Smart program (refer to step 3 on page 13). However, an electronic "chirping" sound will alert you when the resistance and/or the target pace is about to change.

8 Follow your progress with the feedback modes.

Refer to step 4 on page 12.

9 Measure your heart rate if desired.

Refer to step 5 on page 12.

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

Refer to step 6 on page 12.

THE OPTIONAL CHEST PULSE SENSOR

The optional chest pulse sensor provides hands-free operation and continuously monitors your heart rate during your workouts on the exercise cycle. **To purchase the optional chest pulse sensor, call toll-free 1-888-936-4266.**
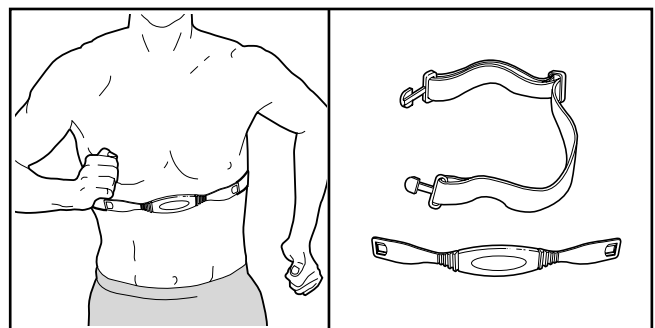
MAINTENANCE AND TROUBLESHOOTING

The exercise cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

Inspect and properly tighten all parts of the exercise cycle regularly. Make sure to keep the indicated screws tight (there are two screws on each side). In addition, make sure to keep the pedals tightened.

Keep these screws tight
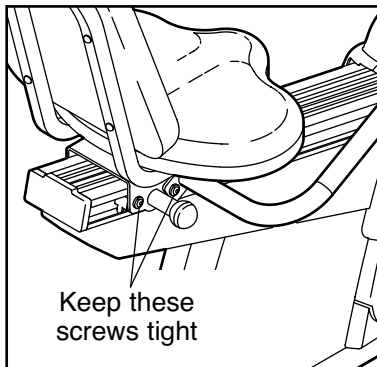
HOW TO LEVEL THE EXERCISE CYCLE

If the exercise cycle rocks slightly during use, turn one or both of the leveling pads under the rear stabilizer until the the rocking motion is eliminated.

Leveling Pads
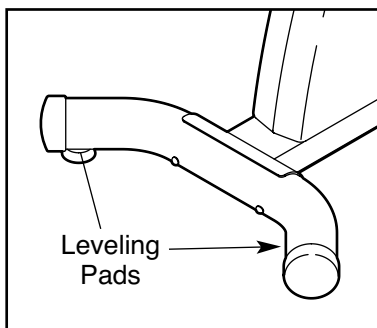
BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 4 on page 6.

PULSE SENSOR TROUBLESHOOTING

• Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.

• Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.

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

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

CONDITIONING GUIDELINES

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

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

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

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (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 heart rate for you, first find your age at the bottom line of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

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

Training zone exercise, consisting of 20 to 30 minutes of exercising 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.)

A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.
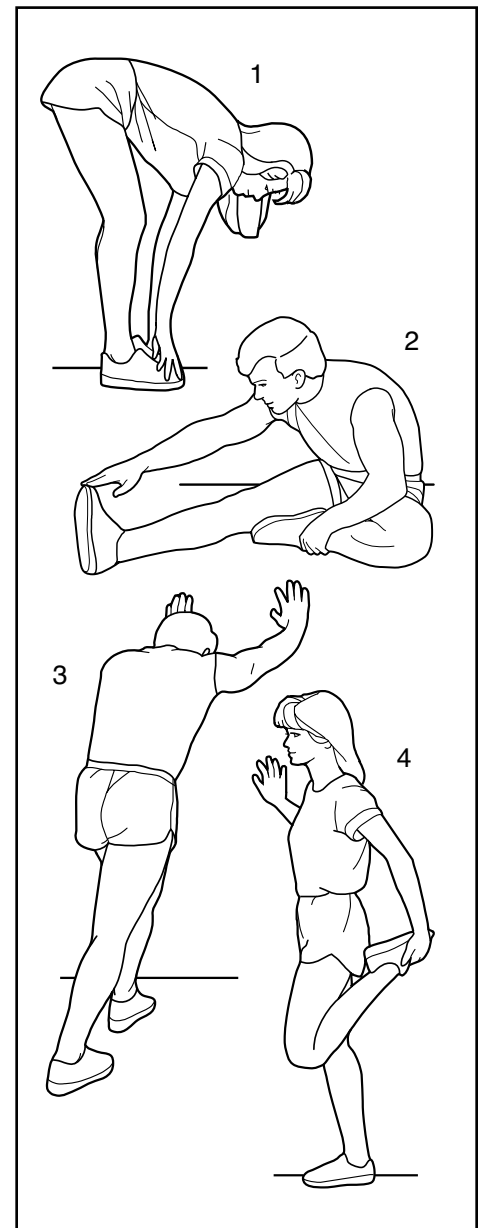
PART LIST—Model No. HRCCEX04210

Key No.	Qty.	Description	Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	33	1	Crank	65	1	Right Crank Arm
2	1	Front Stabilizer	34	1	Left Crank Arm	66	1	Flywheel Axle
3	1	Rear Stabilizer	35	2	M8 x 25.4mm Flange Screw	67	1	"J" Bolt
4	1	Left Side Shield	36	2	Crank Cap	68	1	Belt
5	1	Right Side Shield	37	1	Right Pedal	69	3	M10 Split Washer
6	1	Upright	38	1	Right Pedal Strap	70	8	M8 Split Washer
7	1	Seat Rail	39	1	M10 x 30mm Button Screw	71	1	Handgrip Pulse Sensor
8	1	"C" Magnet	40	1	Left Pedal	72	2	M10 x 75mm Carriage Bolt
9	1	Console	41	1	Left Pedal Strap	73	2	Snap Ring
10	2	Handlebar Foam	42	2	Front Stabilizer Endcap	74	1	Freewheel Bearing
11	1	Seat Carriage	43	4	M8 x 19mm Button Bolt	75	2	Wheel
12	1	Seat	44	1	Reed Switch/Wire	76	2	M10 x 45mm Bolt
13	1	Backrest	45	8	M10 Nylon Locknut	77	1	Lower Wire Harness
14	2	Seat Handle	46	1	Resistance Cable	78	4	M6 x 38mm Hex Screw
15	2	Handlebar Endcap	47	1	Idler Wheel	79	4	Seat Carriage Bushing
16	1	Upper Wire Harness	48	1	Idler Washer	80	4	M8 x 31mm Button Screw
17	1	Spring	49	1	Idler Arm	81	1	Magnet
18	4	M8 Flat Washer	50	1	M10 x 25mm Bolt	82	1	Bumper Axle
19	1	Pulley	51	4	M6 Nut	83	1	Clamp
20	6	M4 x 48mm Screw	52	2	M4 x 64mm Button Screw	84	2	Bumper
21	15	M4 x 16mm Button Screw	53	1	M6 x 38mm Bolt	85	2	M6 x 16mm Button Screw
22	1	Thrust Washer	54	2	Flywheel Bearing	#	1	User's Manual
23	1	Seat Rail Endcap	55	2	M10 x 25mm Button Screw			
24	1	Left Rear Side Shield	56	8	M8 Nylon Locknut			
25	6	M6 Washer	57	2	M8.5 Washer			
26	1	Right Rear Side Shield	58	2	Adjustment Bracket			
27	12	M8 x 25mm Button Screw	59	2	Eye Bolt			
28	4	M4 Washer	60	2	M4 x 12mm Screw			
29	4	M6 x 16mm Hex Screw	61	1	Flywheel			
30	1	Resistance Motor	62	2	Idler Bearing			
31	2	Leveling Pad	63	2	M10 x 82mm Carriage Bolt			
32	3	Crank Bearing	64	2	Rear Stabilizer Endcap			

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

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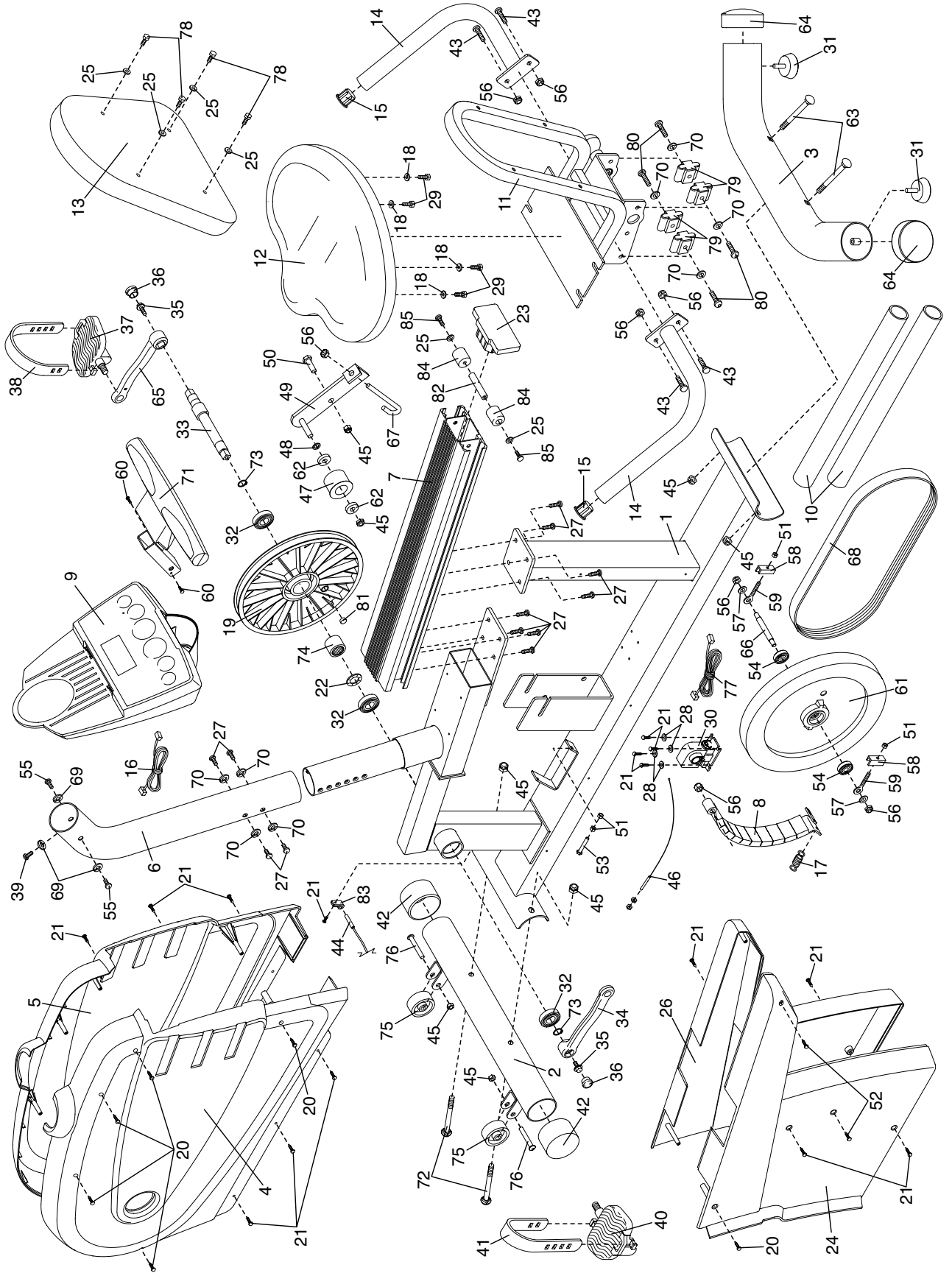
HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday 8h00 until 18h30 Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information:

· The MODEL NUMBER of the product (HRCCEX04210)

· The NAME of the product (HEALTHRIDER® RC270 exercise cycle)

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

· The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 22).

LIMITED WARRANTY

ICON OF CANADA, INC., (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, to products used for commercial or rental purposes, or to 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, installation or other consequential damages of whatsoever nature. Some provinces 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 provinces 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 province to province or so specified by the retailer of your equipment.

ICON OF CANADA, INC., 900 de l'Industrie, St. Jerôme, QC J7Y 4B8