Champion™

C44F ELLIPTICAL TRAINER
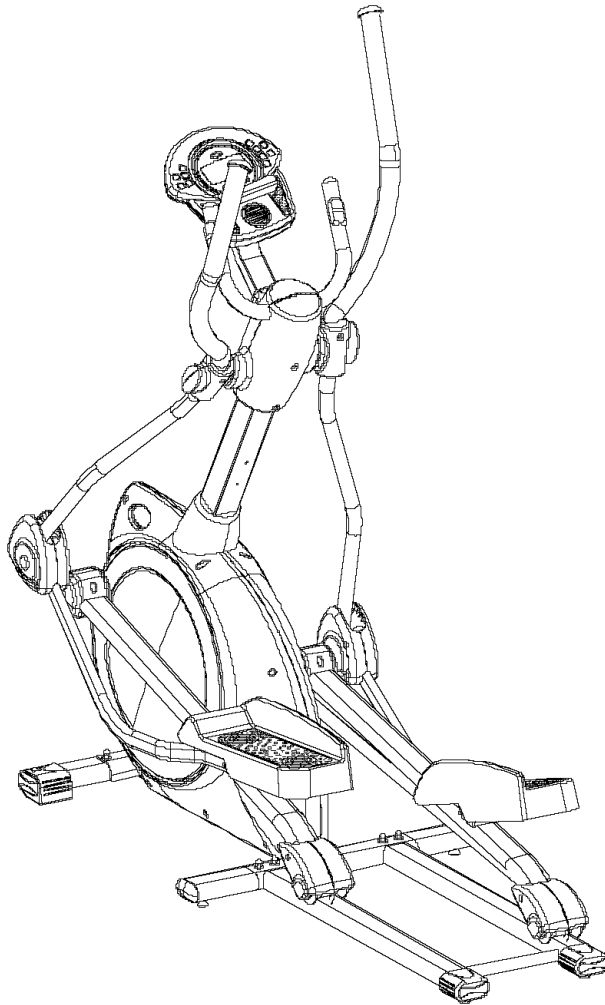
ASSEMBLY INSTRUCTIONS / OWNERS MANUAL

IMPORTANT: READ ALL ASSEMBLY INSTRUCTIONS AND SAFETY PRECAUTIONS BEFORE USING THIS PRODUCT. REFERENCE ALL SAFETY GUIDELINES AND WARNING LABELS. RETAIN PRODUCT LITERATURE FOR FUTURE REFERENCE.

SAFETY: PROPERLY WARM UP AND STRETCH BEFORE EXERCISING. IF YOU FEEL PAIN OR DIZZINESS AT ANY TIME WHILE EXERCISING, STOP IMMEDIATELY AND CONSULT YOUR PHYSICIAN.

SERIAL NO. _____   PURCHASE DATE:_____

Part No. 06055   Revision: A Date: 09/05

C44F

TM

IMPORTANT PRECAUTIONS

<u>WARNING:</u> To reduce the risk of injury, please read the following precautions before assembling or using this product.

1.   It is the responsibility of the owner to ensure that all users of this equipment are adequately informed of stated precautions.

2.   Read all instructions and enclosed literature carefully. Understand the assembly and operation before using the equipment.

3.   Use equipment on a flat level surface. Use adjustment levelers on the bottom of equipment to help stabilize unit.

4.   It's recommended to place an exercise / product mat beneath the equipment for added protection of floors or carpets.

5.   Keep children & pets away from equipment at all times. Unplug equipment for added safety while not in use.

6.   Inspect product on a frequent basis. Tighten lose assemblies or hardware as needed. Replace worn or damaged parts.

7.   This equipment is intended for internal home use only. Do not use in a non-residential environment.
     Use in non- recommended environments can lead to serious injury and will void all related warranties & liabilities.

8.   Recommended user weight should not exceed 300 lbs.

9.   Frequently wipe equipment down with a dampened soft cloth.

10. Observe and adhere to all warning labels posted on equipment.

11. Properly warm-up and stretch before starting any strength training or cardio exercise routine.

12. If you feel pain or dizziness at any time while exercising, stop immediately and consult your physician.

<u>Safety Warning:</u> Before starting an exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. It's important to read all instructions carefully. We assume no responsibility for personal injury or consequential damages sustained by or through the use of this equipment. Additional terms & conditions are listed in the back of this manual or enclosed owners manual.

ASSEMBLY PREPARATION

♦ The product assembly process has been documented in easy to follow stages. Please read all assembly instructions carefully. Take time to review the manual and familiarize yourself with the entire assembly process before proceeding.

Assembly Tip: It is always helpful to pre-stage the items needed for each assembly step.

♦ To ensure ease of product assembly, please take time to verify the size and quantities of all required assembly hardware. Use the itemized parts listing as reference.

♦ Perform product assembly in a 4ft. x 6ft. flat area. Note: After assembly is completed, allow a minimal of 2-3ft. of space on each side of unit for user access and dismounting.

♦ The basic tools for assembling this product are included with main assembly hardware.

♦ Do not dispose of any packaging materials until assembly of the product is completed.

♦ If you experience problems with operation of the equipment after assembly, please review the troubleshooting reference page in this manual.

♦ Fill-out the product registration form and return it to us within 30-days of purchase.

♦ For added component life, follow the preventative maintenance tips listed in this manual.

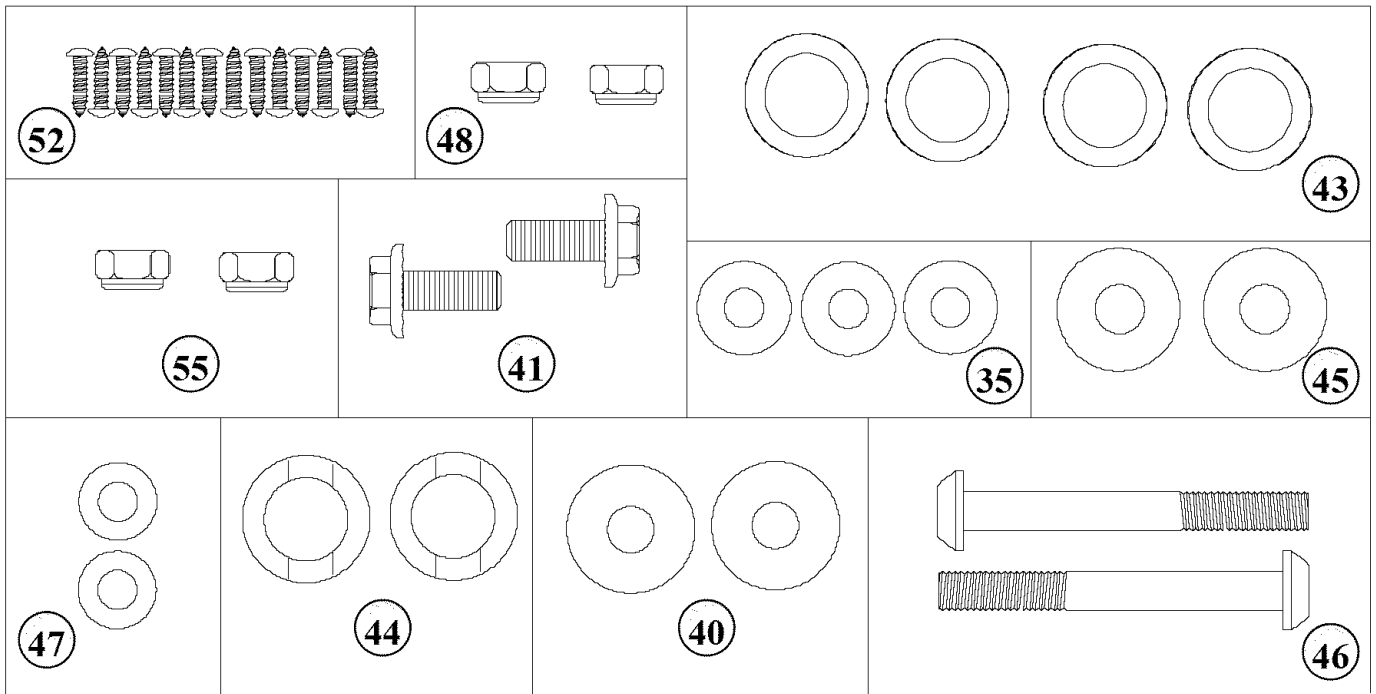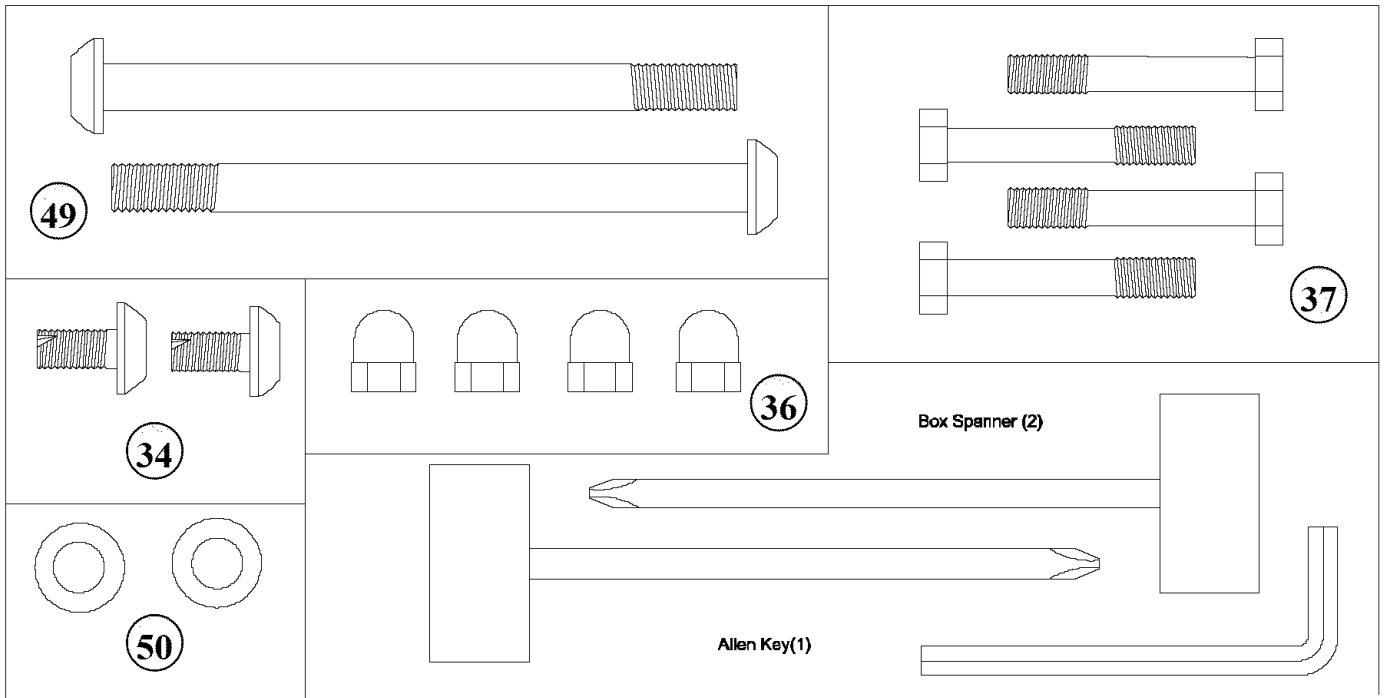♦ Please contact us if have additional questions or need service assistance.
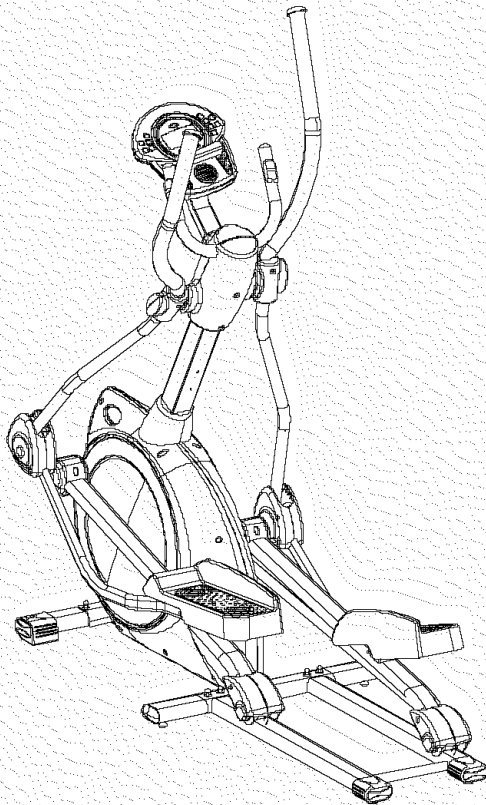
CUSTOMER SERVICE 1-877-861-2181

C44F PARTS LISTING

Item	Part	Description	QTY.
1	23110	Front Stabilizer Assembly	1
2	NA	Base Assembly	1
3	12059	Lower Data Cable	1
4	05183	Stabilizer Extension Assembly	2
5	23107	Handlebar Mast Assembly	1
6	11025	Upper Data Cable	1
7	07125	Shroud Boot	1
8	13107	Pivot Arm Assembly (Left)	1
9	13108	Pivot Arm Assembly (Right)	1
10	23114	Pedal Arm Assembly (Left)	1
11	23115	Pedal Arm Assembly (Right)	1
12	23140	Computer Mounting Bracket	1
13	07124	Upper Mast Cover (Rear)	1
14	07123	Upper Mast Cover (Front)	1
15	07109	Upper (Left) Rear Pivot Cover	1
16	07110	Upper (Left) Front Pivot Cover	1
17	07122	Upper (Right) Rear Pivot Cover	1
18	07121	Upper (Right) Front Pivot Cover	1
19	12060	Heart Rate Cable Assembly	1
20	07111	Lower (Left) Rear Pivot Cover	1
21	07112	Lower (Left) Front Pivot Cover	1
22	07119	Lower (Right) Rear Pivot Cover	1
23	07120	Lower (Right) Pivot Cover	1
24	07113	(Preinstalled) Roller Arm Pivot Cover (Top / Left)	1
25	07114	(Preinstalled) Roller Arm Pivot Cover (Bottom / Left)	1
26	07118	(Preinstalled) Roller Arm Pivot Cover (Top / Right)	1
27	07117	(Preinstalled) Roller Arm Pivot Cover (Bottom / Right)	1
28	07115	(Preinstalled) Roller Cover (Left)	2
29	07116	(Preinstalled) Roller Cover (Right)	2
30	10027	Computer	1
31	14001	AC Adapter	1
32	31001	Bottle Cage	1
33	31010	Sports Bottle	1
34	01003	Button Head Allen Bolt M8x 1.25 x 16 Length	2
35	01385	Flat Washer 8 x 19 x 2t	2
36	01015	Acorn Nut M8	4
37	01372	Hex Bolt M8 x 1.25 x 50 Length	4
38	01003	Button Head Allen Bolt M8 x 1.25 x 16 Length	10
39	01380	Spring (Lock) Washer	7
40	01382	Flat Washer 10 x 26 x 2t	4
41	01030	Hex Head Flange Bolt M8 x 1.0 x 20 Length	2
42	11026	Thread Pivot Shaft 17 x 385 Length	1
43	01328	Flat Washer 17.5 x 25 .3t (Black)	4
44	01051	Wave Washer 17.5 x 25 .3t (Black)	2
45	01347	Teflon Washer	2
46	01384	Button Head Allen Bolt M8 x 1.25 x 75 Length	2
47	01383	Flat Washer 8 x 16 x 1t	2
48	01023	Nylon Nut M8	2
49	01386	Button Head Allen Bolt 3/8 x 128 Length	2
50	01326	Flat Washer 10 x 18 x 1t	2
51	01043	Truss Screw M5 x 14 Length (Black)	22
52	01337	Self-threading Truss Screw M3 x 14 Length	18
53	01336	Self-threading Truss Screw M3 x 25 Length	2
54	01323	Truss Screw M5 x .8 x 12 Length (Black)	4
55	01327	Nylon Nut	2

C44F HARDWARE REFERENCE

49

37

34

36

Box Spanner (2)

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Allen Key(1)

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NOTE: Most of the listed assembly hardware has been packaged separately, but some hardware items have been preinstalled in the identified assembly parts. In these instances, simply remove and reinstall the hardware as assembly is required. Please reference the individual assembly steps and make note of all preinstalled hardware.
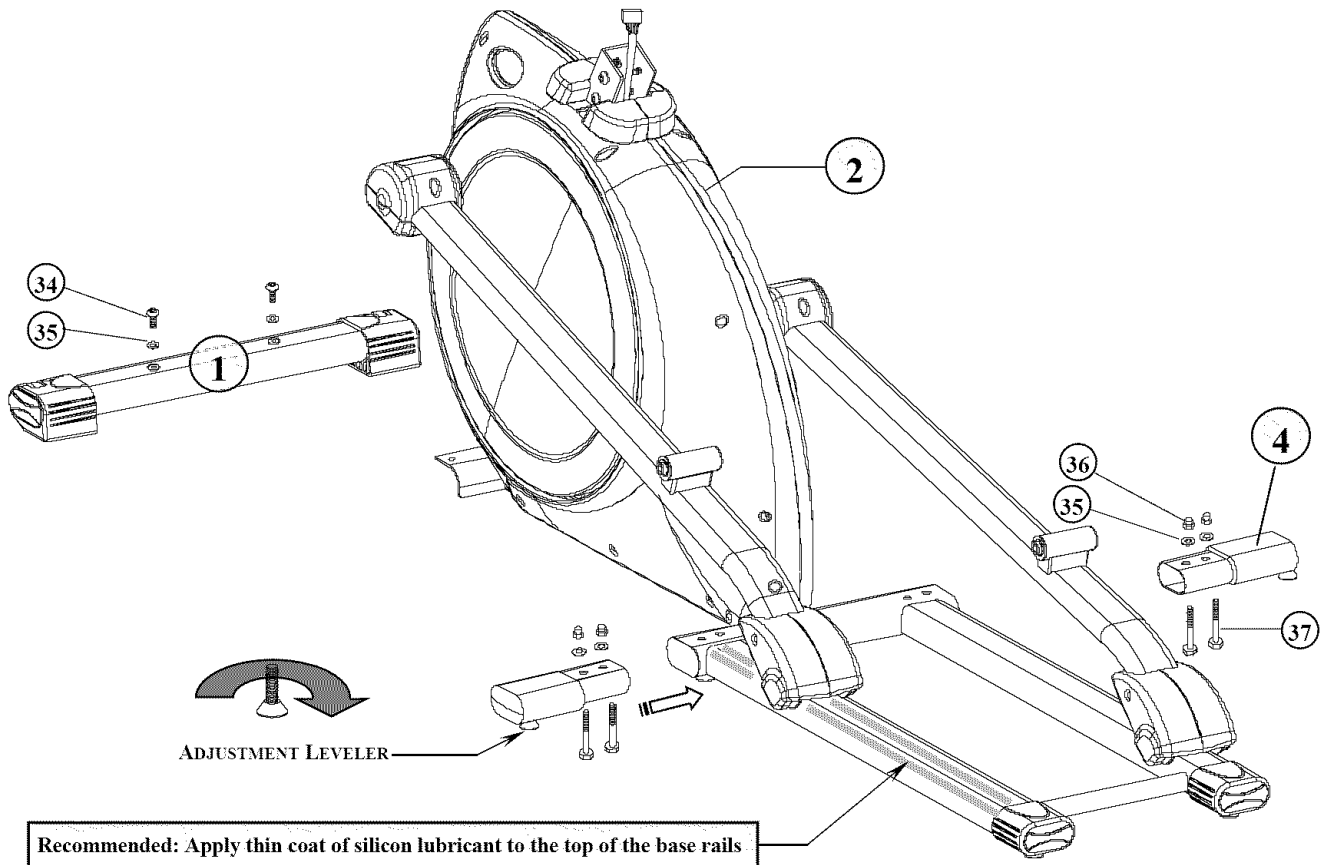
C44F PARTS
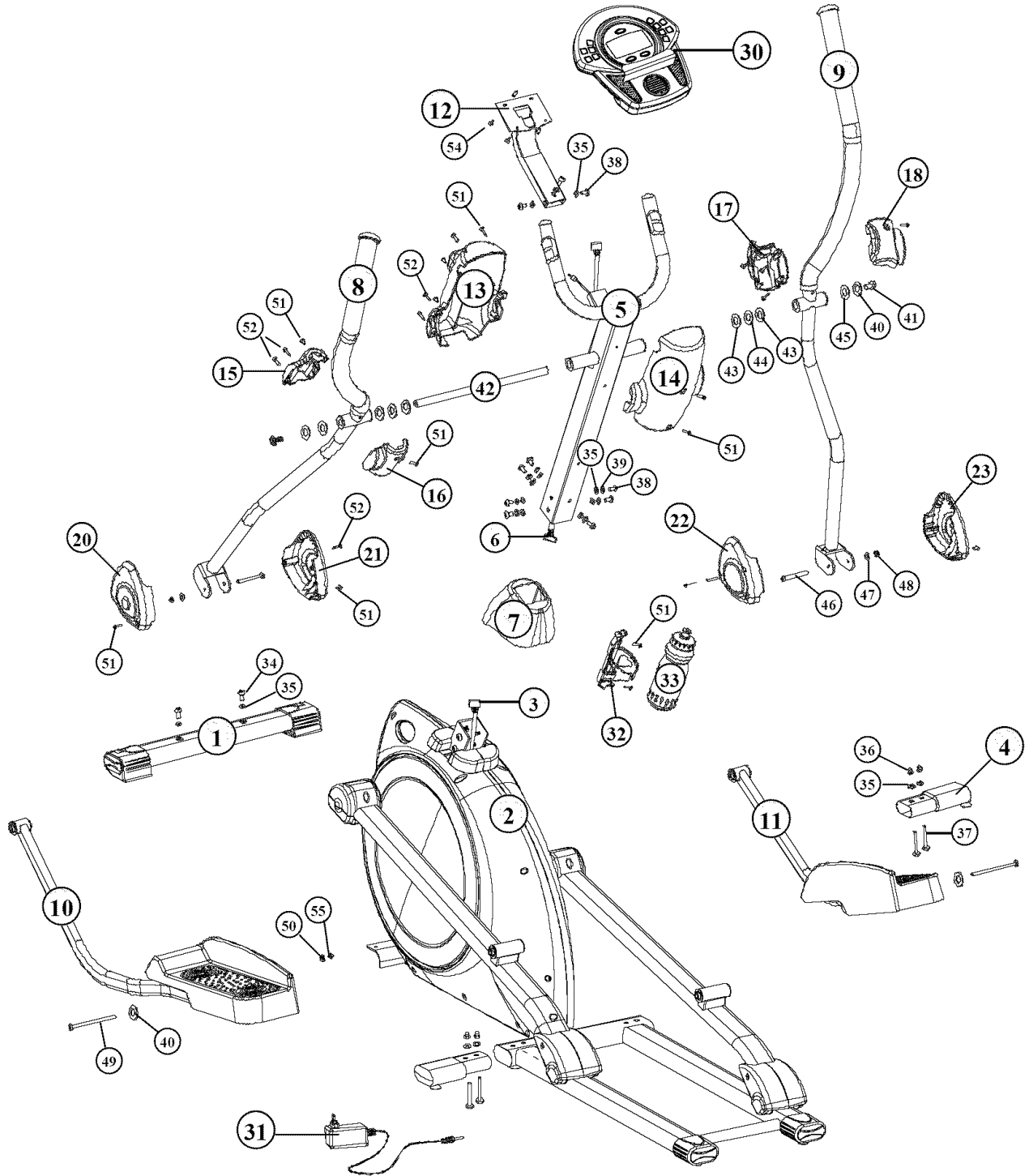
ASSEMBLY STAGE #1

Attach Stabilizers to the Main Base

ADJUSTMENT LEVELER

Recommended: Apply thin coat of silicon lubricant to the top of the base rails

Assembly Hardware Required:

#34	Button Head Allen Bolt	Qty. 2	#35	Flat Washer	Qty. 6
#37	Hex Head Bolt	Qty. 4	#36	Acorn Nut	Qty. 4

Assembly Description:

A) **Securely** fasten the **Front Stabilizer Assembly** (#1) to the **Base Assembly** (#2) using 2-**Button Head Allen Bolts** (#34) and 2– **Flat Washers** (#35).

B) Attach the **Stabilizer Extension Assemblies** (#4) to the rear frame extrusion of the **Base Assembly** using 4-Hex Head Bolts (#37), 4-Flat Washers (#35), and 4-Acorn Nuts (#36) as shown above.
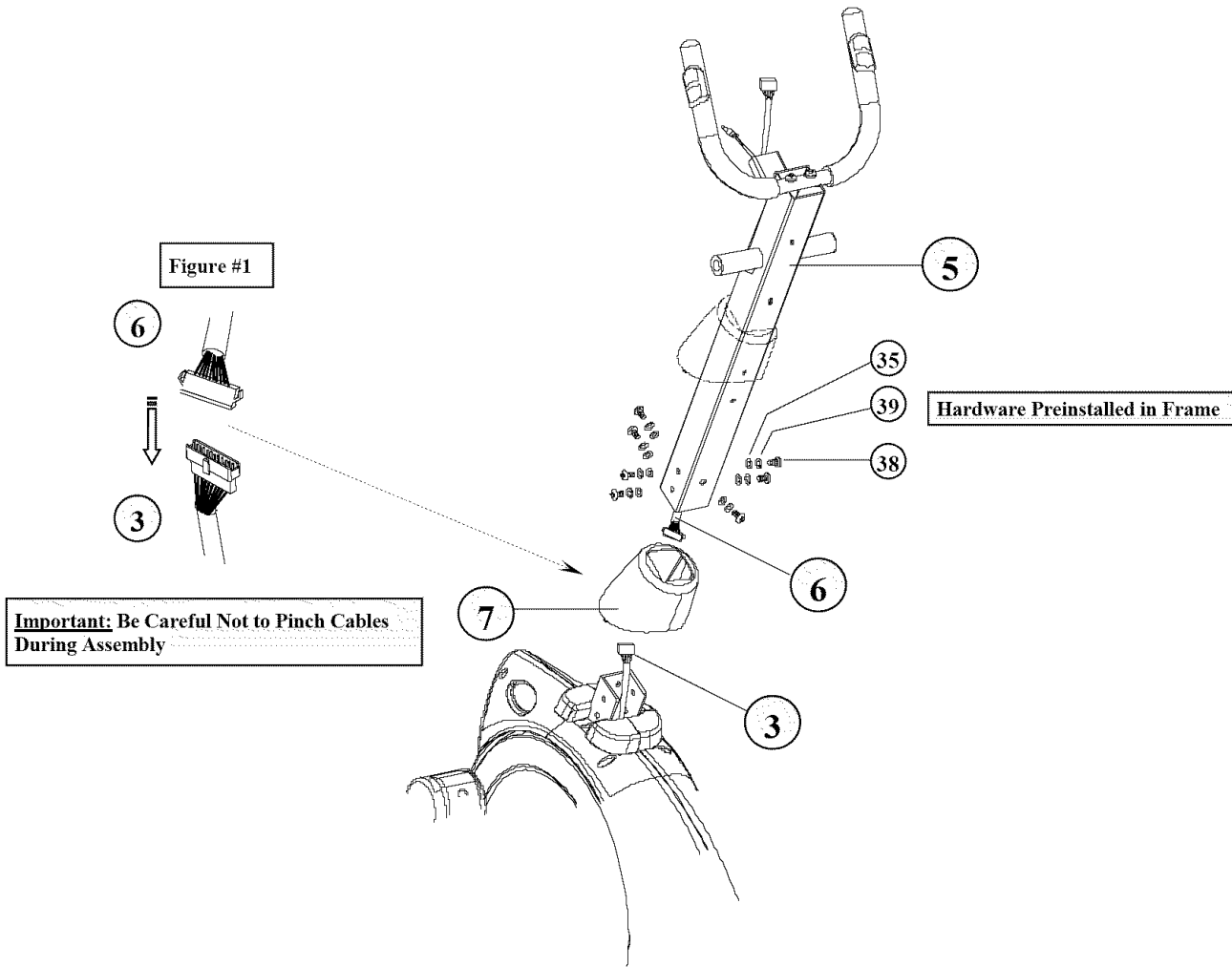
Assembly Notes: Use the **Adjustable Levelers** located on the bottom of the Stabilizer End Caps to level the equipment and prevent the base unit from rocking on an uneven surface.

We also recommend using a **silicon lubricant** to coat the base rails. This will smooth the travel of the pedal movement, as well as, eliminate any tracking or noise problems that may be caused by the roller material.

♦   **Assembly Stage #1 complete**

ASSEMBLY STAGE #2

Attach Handlebar Mast to the Main Base

Figure #1

Hardware Preinstalled in Frame

Important: Be Careful Not to Pinch Cables During Assembly

Assembly Hardware Required:

(*Hardware may be preinstalled in the Base Assembly)

| #35	Flat Washer*	Qty. 7	#39	Spring (Lock) Washer*	Qty. 7
#38	Button Head Allen Bolt*	Qty. 7			

Assembly Description:

A) Remove the preinstalled mounting hardware from the **Base Assembly** (#2). Slide the **Shroud Boot** (#7) over the **Handlebar Mast Assembly** (#5). **Assembly Note:** For easier assembly tape the boot in place in the upper area of the mast.

B) Connect the **Upper Data Cable** (#6) to the **Lower Data Cable Assembly** (#3) as shown in **Figure 1**.

C) Tuck the cable lengths inside the frame tubes and slide the **Handlebar Mast Assembly** (#5) down onto the **Base Assembly** (#2). Align the mounting holes and secure the mast assembly in place using 7-**Button Head Allen Bolts** (#38), 7-**Spring / Lock Washers** (#39), and 7-**Flat Washers** (#35) as shown.

♦ **Assembly Stage #2 completed**

ASSEMBLY STAGE #3

Attach Upper Pivot Arms to the Handlebar Mast
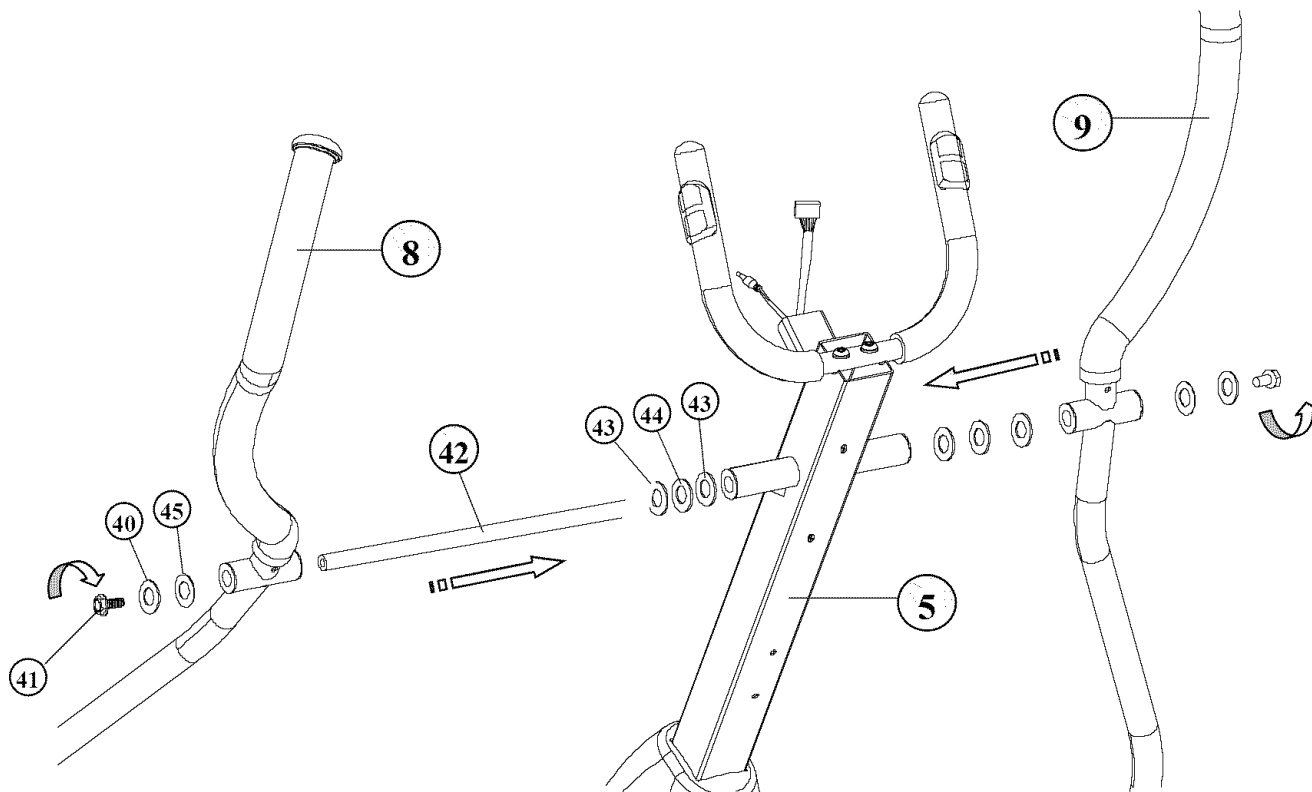
Assembly Hardware Required:

#40	Flat Washer	Qty. 2	#44	Wave Washer	Qty. 2
#41	Hex Head Flange Bolt	Qty. 2	#45	Thin Teflon Washer	Qty. 2
#43	Flat Washer	Qty. 4			

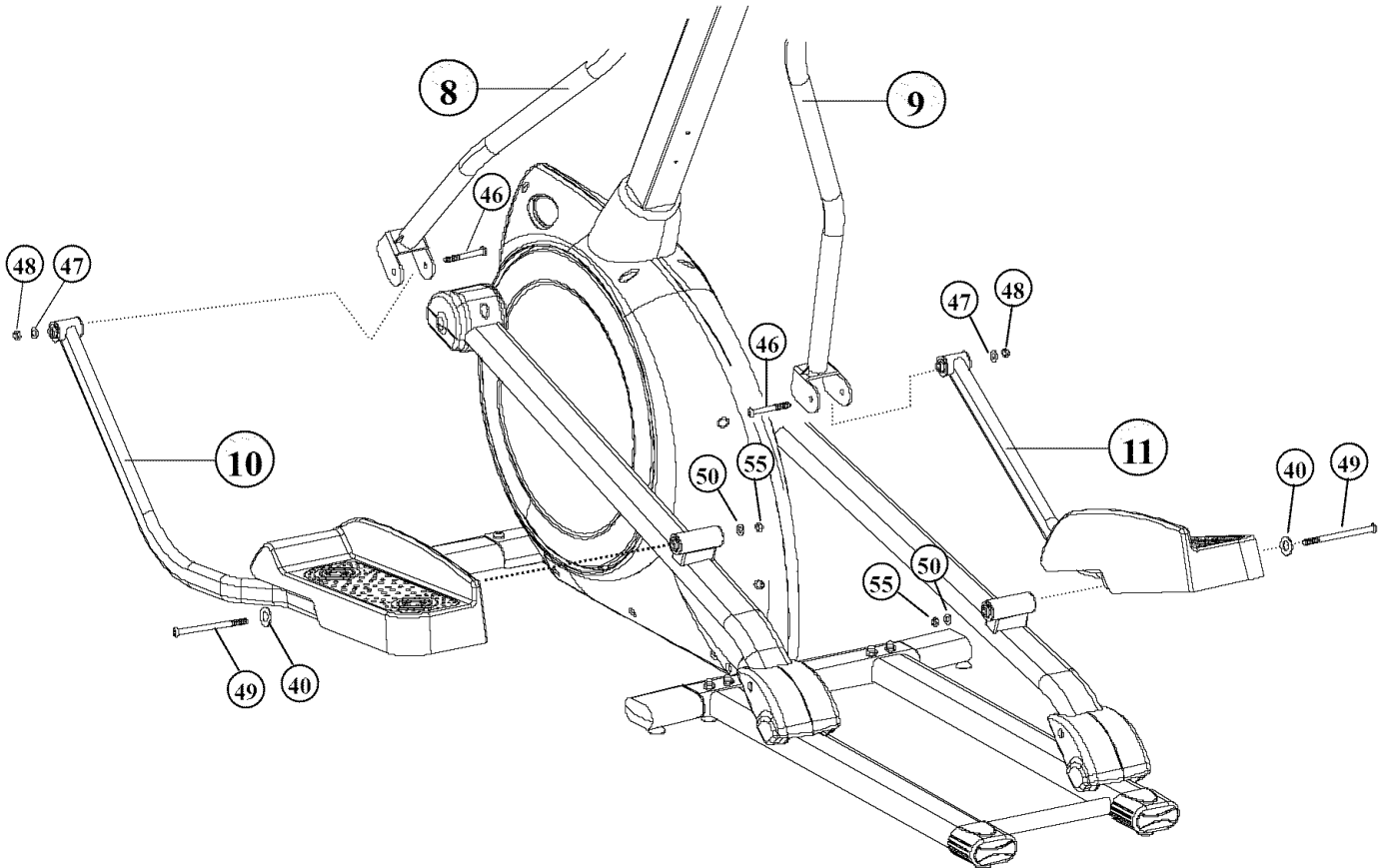## Assembly Description:

A) Slide the **Threaded Pivot Shaft** (#42) through the pivot-boss of the **Handlebar Mast** (#5). Over each end of the shaft slide 1-**Flat Washer** (#43), 1-**Wave Washer** (#44), and 1-**Flat Washer** (#43) following the orientation shown.

B) Slide the **Left Pivot Arm Assembly** (#8) over the end of the **Pivot Shaft** (#42). Secure the arm to the shaft using 1-**Teflon Washer** (#45), 1-**Flat Washer** (#40), and 1-**Hex Head Flange Bolt** (#41) following the orientation shown. Note: Loosely tighten the Flange Bolt until the Right Pivot Arm is in place.

C) Repeat the assembly reference for attaching the **Right Pivot Arm Assembly** (#9) to the **Pivot Shaft** (#42). Secure the arm in place using 1-**Teflon Washer** (#45), 1-**Flat Washer** (#40), and 1-**Hex Head Flange Bolt** (#41) following the orientation shown.

D) Fully tighten the mounting hardware for each pivot arm. Simultaneously tighten the mounting hardware by turning the Hex Head Flange Bolts in opposite directions, as referenced by the arrows.

♦ **Assembly Stage #3 completed**

ASSEMBLY STAGE #4

Attach Pedal Arms

Assembly Hardware Required:

|						
#40	Flat Washer	Qty. 2		#49	Button Head Allen Bolt	Qty. 2
#46	Button Head Allen Bolt	Qty. 2		#50	Flat Washer	Qty. 2
#47	Flat Washer	Qty. 2		#55	Nylon Nut	Qty. 2
#48	Nylon Nut	Qty. 2				

Assembly Description:

A) Assemble the **Right & Left Pedal Arm Assemblies** (#10 & 11) to **Roller Arm Assemblies** using 1-**Button Head Allen Bolt** (#49),1-**Flat Washer** (#40), 1–**Flat Washer** (#50), and 1-**Nylon Nut** (#55) per side, following the orientation referenced above.

B) Attach the front pivot point of the **Pedal Arm Assemblies** (#10 & 11) to the **Pivot Arm Assemblies** (#8 & 9) using 1-**Button Head Allen Bolt** (#46), 1-**Flat Washer** (#47), and 1-**Nylon Nut** (#48) per side, following the orientation referenced above.

♦ **Assembly Stage #4 completed**

ASSEMBLY STAGE #5

Attach Plastic Covers
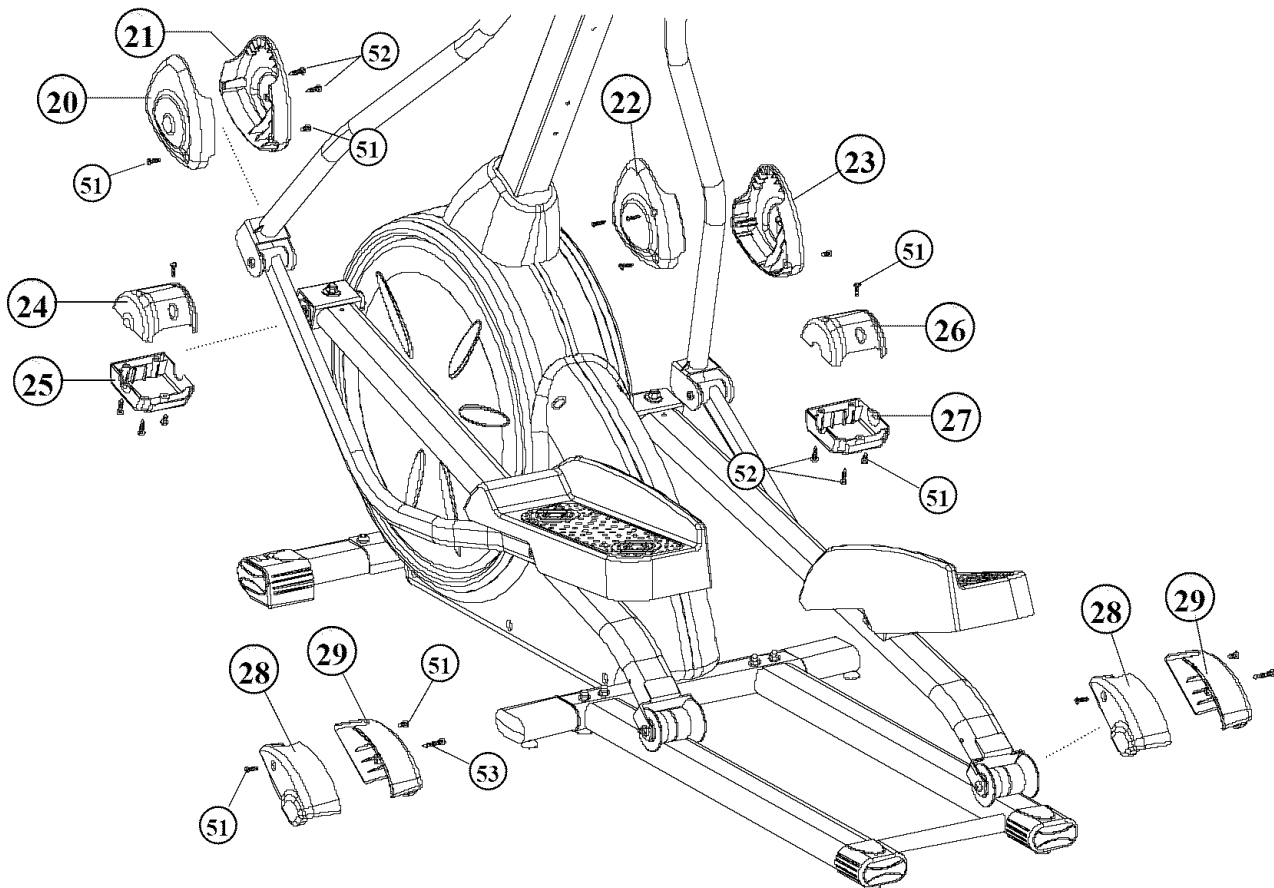
Assembly Hardware Required: (*Some Hardware Preinstalled in the Assembly Parts)

#51	Truss Screw*	Qty. 4	#53	Self-threading Screw	Qty. 2
#52	Self-threading Screw	Qty. 12			

Assembly Description:

Assembly Notes: Before attaching covers, check all pivot / roller mounting hardware to make sure it has been tightened properly. Most of the lower covers will be already assembled. Use the drawing above as reference for any unassembled covers. Use the proper orientation or all covers and assembly hardware.

A)   (These covers may be preinstalled) Attach **Roller Covers** (#28 & 29) to the **Roller Arm Assemblies** using 2-**Truss Screws** (#51) and1-**Self-threading Screw** (#53) per side, following the orientation referenced above.

B)   (These covers may be preinstalled) Attach **Roller Arm Pivot Covers** (#24 / 25) & (#26 / 27) to the **Roller Arm Assemblies** using 2-**Truss Screws** (#51) and 2-**Self-threading Screws** (#52) per side, following the orientation referenced above.

C)   Attach **Lower Pivot Arm Covers** (#20 / 21) & (#22 / 23) to the **Pivot Arm Assemblies** using 2-**Truss Screws** (#51) and 2-**Self-threading Screws** (#52) per side, following the orientation referenced above.

♦   **Assembly Stage #5 complete**

ASSEMBLY STAGE #6

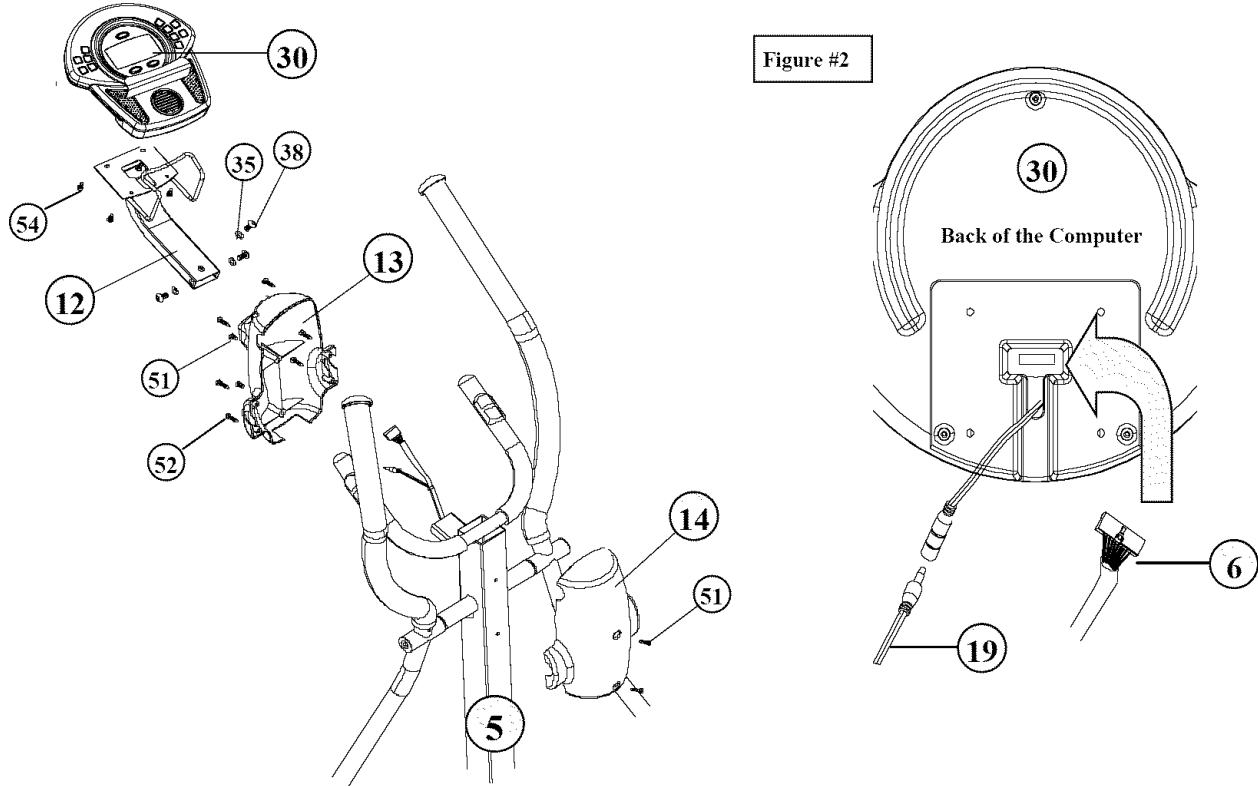## Attach Computer & Upper Mast Covers to the Handlebar Mast

Figure #2

30

Back of the Computer

Assembly Hardware Required: (*Hardware Preinstalled in the Assembly Parts)

| #35	Flat Washer*	Qty. 3	#52	Self-Threading Screw	Qty. 6
#38	Button Head Allen Bolt*	Qty. 3	#54	Truss Screw*	Qty. 4
#51	Truss Screw*	Qty, 4			

Assembly Description:

A) Slide the **Rear Pivot Cover** (#13) over the end of the **Computer Mounting Bracket** (#12). Route the **Heart Rate Cable**(#19) and **Upper Data Cable** (#6) through the mounting bracket. Secure the **Mounting Bracket** (to the u-bracket on the back of the **Handlebar Mast Assembly** (#5) using 3-**Button Head Allen Bolts** (#38) and 3-**Flat Washers** (#35). **Assembly Note:** The mounting hardware may be preinstalled in the assembly location and not included as part of the packaged assembly hardware.

B) As referenced above in **Figure # 2**; connect the **Heart Rate Cable Assembly** (#19) to the receptacle cable on the back of the computer housing. Plug the **Upper Data Cable** (#6) into the board mounted connector on the back of the computer. Tuck the excess cable length into the mounting bracket and attach the **Computer** (#30) to the mounting bracket using **4-Truss Screws** (#54). **Assembly Note:** The mounting hardware may be preinstalled in the back of the computer housing and not included in the packaged assembly hardware.

C) Align the **Upper (Front & Rear) Mast Covers** (#13 & #14) and secure in place using 4-**Truss Screws** (#51) and 6 -**Self-Threading Screws** (#52).

♦   **Assembly Stage #6 completed**

ASSEMBLY STAGE #7

Attach Upper Pivot Covers & Water Bottle Cage
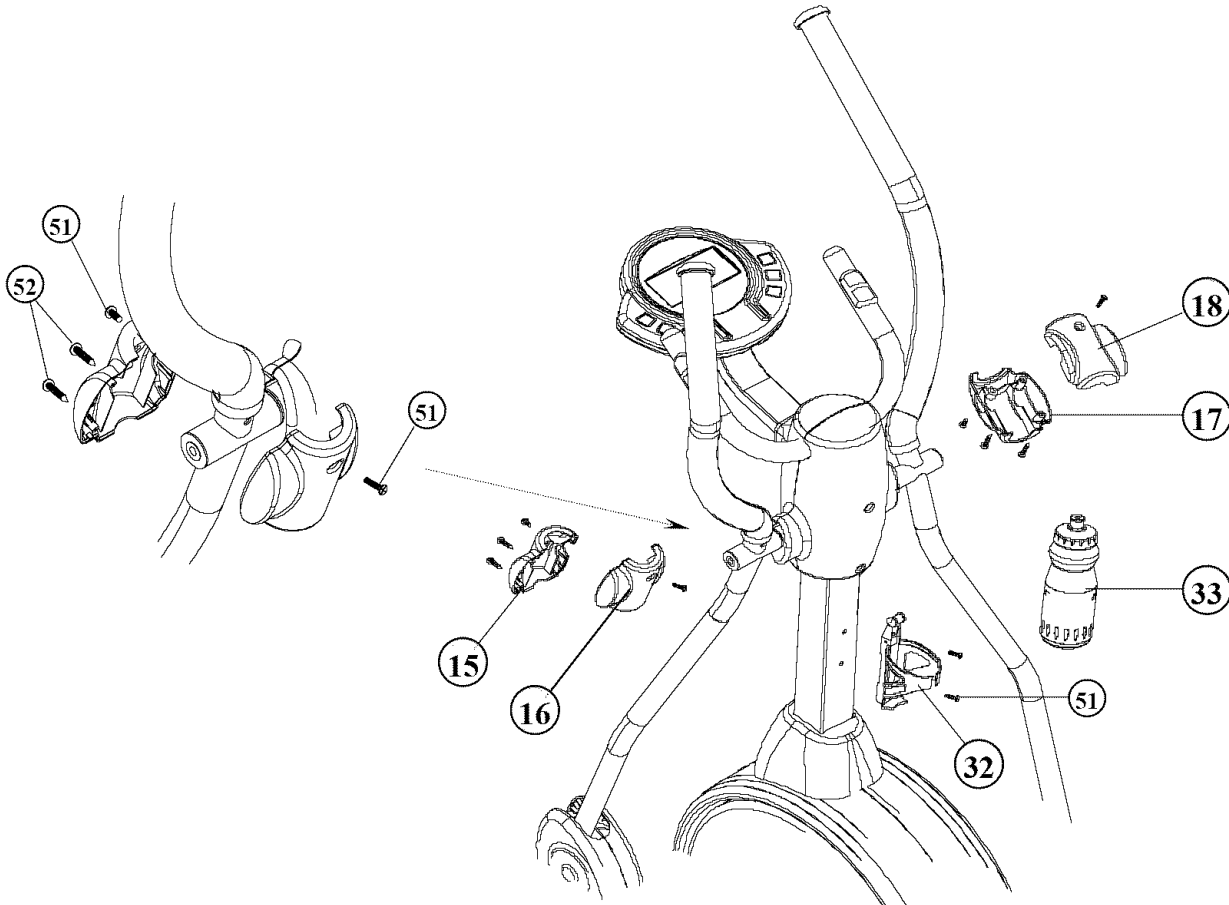
Assembly Hardware Required: (*Hardware Preinstalled in the Assembly Parts)

| #51	Truss Screw*	Qty. 4	#52	Self-threading Screw	Qty. 4

Assembly Description:

Assembly Note: Before attaching the Pivot Covers, check the Pivot Arm mounting hardware to make sure it has been tightened properly.

A) Mount the **Upper Front Pivot Covers** (#16 & #18) to the front end of the **Pivot Arms** (#8 & #9) using 1-**Truss Screw*** per cover.

B) Attach the **Upper Rear Pivot Covers** (#15 & #17) using 1-**Truss Screw*** (#51) and 2-**Self-Threading Screws** (#52) per side as shown.

C) Attach the **Bottle Cage** (#32) to the **Handlebar Mast** (#5) using the 2-previously installed **Truss Screws** (#51). Once the cage has been mounted, insert the Sports Bottle (#33).

♦   **Assembly Stage #7 complete**

ASSEMBLY STAGE #8

Supplying Power

Reference the Front of the Base Assembly
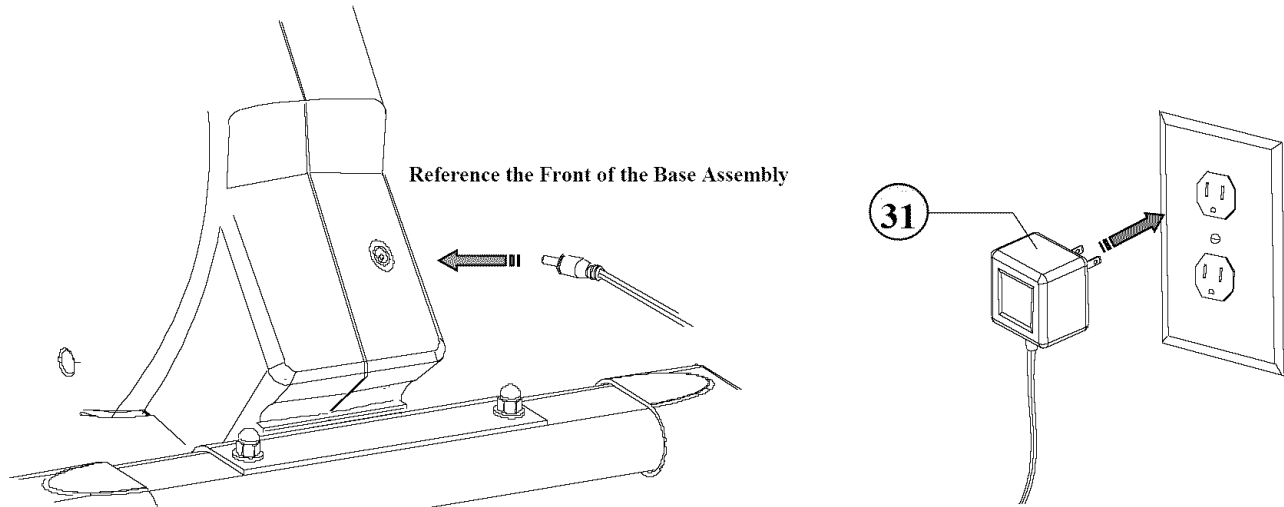
Assembly Description:

This product requires AC voltage to operate properly.

Assembly Caution: The Adapter converts AC voltage to a low DC output. The Adapter can be shorted if it is improperly grounded while plugging it into a wall outlet. If the AC adapter becomes hot upon plugging it into the wall or product, stop usage immediately. Shorted adapters will need to be replaced.

AC Adapter Operation:

    A)   Plug in the cord end of the **AC Adapter** (#31) into the receptacle located on front of the Base Assembly / shroud.

    B)   Plug the AC Adapter into an available wall outlet. **Safety Precaution**: For added component life and safety around children, unplug the AC Adapter from the wall when product is not in use. This will cut the power to the unit, but be aware that the pedals will still be able to move on the base rails.

Helpful Reminders

♦   Take the time to reference additional information regarding computer operation, product maintenance, and related warranty information.

♦   Note the shroud orientation of AC adapter receptacle. The receptacle (shroud) location will vary per product model. Arrange placement of the unit so the AC adapter can easily reach the receptacle and an outlet plug.
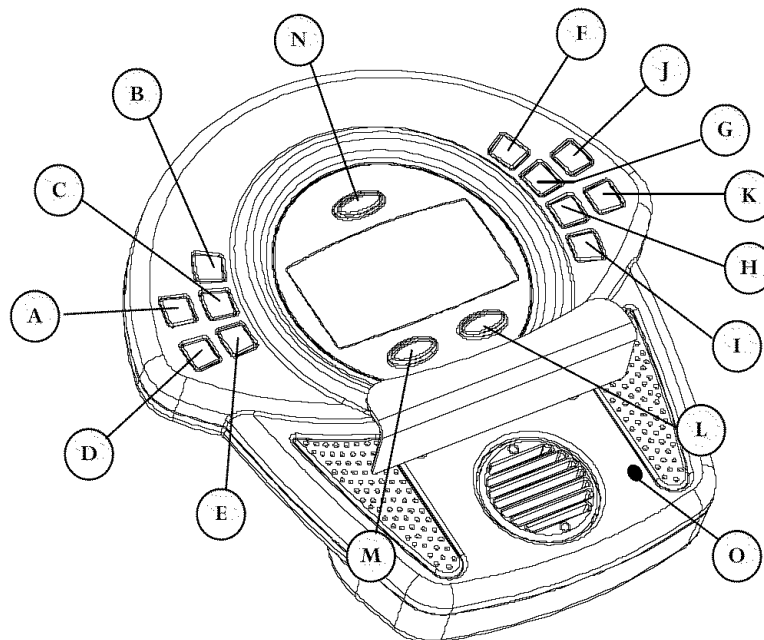
Congratulations !

You have successfully completed the assembly of this product and you are ready to start exercising toward a healthier lifestyle!

COMPUTER INSTRUCTION

BUTTON/INPUT FUNCTIONS

NOTE: THESE ARE THE BASIC OPERATING FUNCTIONS OF EACH BUTTON. ACTUAL PROGRAMMING MAY REQUIRE A ACTIVATION SEQUENCE OF MORE THAN ONE BUTTON (REFERENCE PROGRAM DESCRIPTIONS ON PAGE 17).

[A] *ENTER* SELECTS & SETS DISPLAY FUNCTIONS. HOLDING THE ENTER BUTTON DOWN WILL ACTIVATE A TOTAL DISPLAY RESET (ZERO-OUT VALUES). NOTE: PRESET TARGET VALUES WILL RESET TO THE CUSTOMIZED SETTINGS.

[B] *START/STOP* ACTIVATES & STOPS COMPUTER FUNCTIONS.

[C] *PERSONAL* SELECTS USER IDENTIFICATION CODES (U0-U4).

[D] *UP* SELECTS PROGRAM MODE & ADJUST (INCREASES) DISPLAY SETTINGS.

[E] *DOWN* SELECTS PROGRAM MODE & ADJUST (DECREASES) DISPLAY SETTINGS.

[F] *MANUAL* ACTIVATES MANUAL TRAINING PROGRAM.

[G] *USER* ACTIVATES USER TRAINING PROGRAM.

[H] *WATT* ACTIVATES WATT CONSTANT TRAINING PROGRAM.

[I] *FITNESS TEST* ACTIVATES FITNESS LEVEL EVALUATION

[J] *PROGRAM* ACTIVATES PREPROGRAMMED PROFILE TRAINING.

[K] *HEART RATE* ACTIVATES HEART RATE TRAINING MODE.

[L] *RECOVERY* THE RECOVERY BUTTON ALLOWS USERS TO EVALUATE THEIR FITNESS LEVEL AFTER COMPLETING A TRAINING SESSION.

[M] *BODY FAT %* DISPLAYS BODY FAT % AND BODY MASS INDEX (BMI) READINGS BASED ON A USER'S BODY COMPOSITION. READING CAN BE OBTAINED AFTER COMPLETION OF A TRAINING PROGRAM.

[N] *FAN ON/OFF* OPERATES COMPUTER FAN.

[O] *MEDIA INPUT* OFFERS AN OPTION OF PLAYING ELECTRONIC DEVICES (CD & MP3 PLAYERS) THROUGH COMPUTER SPEAKERS. (INPUT CABLE IS NOT INCLUDED)

SPECIAL FEATURE

AUTO SHUT-OFF COMPUTER WILL AUTOMATICALLY SHUT-OFF AFTER 4 MINUTES OF NOT RECEIVING A PEDAL SENSOR READING. NOTE: DURING SHUT-OFF MODE ALL PRESET VALUES WILL BE KEPT. PRESS THE **ENTER** BUTTON OR START PEDALING TO ACTIVATE THE COMPUTER.

COMPUTER INSTRUCTION

DISPLAY CHARACTERS SHOWN AS REFERENCE ONLY
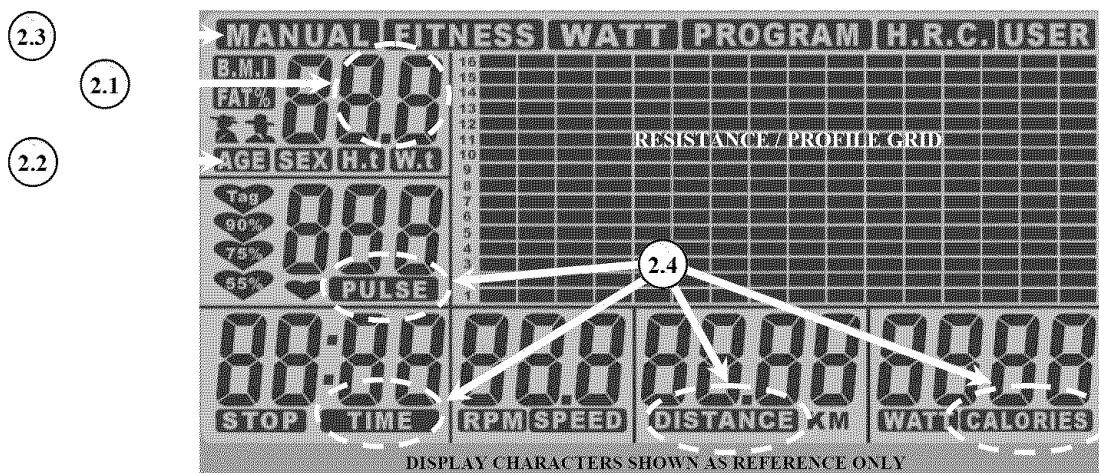
1) ACTIVATION (START UP)

MAKE SURE THE AC ADAPTER IS PROPERLY PLUGGED INTO A WALL OUTLET. PRESS ANY FUNCTION BUTTON OR START PEDALING TO ACTIVATE DISPLAY. A BEEP WILL SOUND AND THE DISPLAY WILL ILLUMINATE.

2) SET UP STEPS

2.1 ONCE ACTIVATED, THE DISPLAY WILL SHOW A SCREEN WITH **STOP** BLINKING IN THE LOWER LEFT CORNER AND A **USER ID CODE (U0-U4)** BLINKING IN THE UPPER LEFT CORNER. AT THIS POINT A USER ID MUST BE SELECTED; USE THE **PERSONAL** BUTTON TO SCROLL THROUGH THE USER ID OPTIONS AND PRESS THE **ENTER** BUTTON TO LOCK IN THE DESIRED USER ID.

> **U0** = QUICKER SETUP PROCESS WITH LIMITED PROGRAMMING OPTIONS.

> **U1– U4** = MORE PROGRAMMING OPTIONS INCLUDING CUSTOMIZED DATA ENTRY.

2.2 IF USER ID CODE U1-U4 IS CHOSEN, THE USER WILL BE PROMPTED (BLINKING DISPLAY TEXT) TO ENTER PERSONAL DATA (GENDER, AGE, HEIGHT, AND WEIGHT). THIS DATA WILL BE USED TO CALIBRATE THE TRAINING PROGRAMS.

IF USER ID **U0** IS CHOSEN, THE DISPLAY WILL AUTOMATICALLY SKIP PERSONAL DATA ENTRIES AND MOVE TO THE TRAINING PROGRAM SELECTIONS.

2.3 ONCE THE USER ID IS DEFINED AND PERSONAL DATA IS ENTERED, THE USER WILL BE PROMPTED (BLINKING TEXT) TO SELECT A TRAINING PROGRAM (MANUAL, FITNESS TEST, WATT, PROGRAM, HEART RATE CONTROL., OR USER). ALL PROGRAM HEADINGS WILL BE LISTED ACROSS THE TOP OF THE SCREEN. THE PROGRAM SELECTION WILL VARY DEPENDING ON THE USER ID SELECTED. PUSH THE CORRESPONDING BUTTON (ON THE RIGHT SIDE OF THE COMPUTER) TO CHOOSE A DESIRED PROGRAM. (See page 18)

2.4 AFTER SELECTING A TRAINING MODE, THE USER WILL HAVE THE OPTION TO PRESET TARGET VALUES FOR THE INDIVIDUAL DISPLAY FUNCTIONS (TIME, DISTANCE, CALORIE, AND HEART RATE). THESE TARGET VALUES WILL BE IDENTIFIED WITH BLINKING TEXT. USE THE **UP** OR **DOWN** BUTTON TO ADJUST VALUES AND PRESS THE **ENTER** BUTTON TO LOCK IN THE DESIRED PRESETS. THE ENTER BUTTON CAN ALSO BE USED TO SCROLL THROUGH EACH TARGET WINDOW OR A USER CAN SKIP ALL TARGET SET UP BY PUSHING THE **START / STOP** TO BEGIN TRAINING. NOTE: DISPLAY FUNCTIONS WILL COUNT UP FROM ZERO WHEN NO VALUES ARE PRESET.

QUICK START AFTER A USER ID IS CHOSEN, PRESS THE **MANUAL** PROGRAM BUTTON. NEXT; PRESS THE **START / STOP** BUTTON AND BEGIN TRAINING. ALL DISPLAY VALUES WILL COUNT UP FROM ZERO, UNLESS PRESET VALUES WERE PREVIOUSLY ENTERED. NOTE: IF USING **U0** USER ID; PRESS THE **START / STOP** BUTTON. THE COMPUTER WILL AUTOMATICALLY GO INTO MANUAL TRAINING MODE.

RESISTANCE PRODUCT IS EQUIPPED WITH AN ADJUSTABLE RESISTANCE MECHANISM. THIS FEATURE WILL ALLOW A USER TO CHOOSE FROM 1-16 LEVELS OF VARIED RESISTANCE. A USER CAN ADJUST RESISTANCE AT ANY TIME DURING A TRAINING MODE BY PUSHING THE **UP / DOWN** BUTTONS (THE EXCEPTION WOULD BE THE TARGET HEART RATE MODE). NOTE: PREPROGRAMMED TRAINING PROFILES WILL NOT ALLOW THE RESISTANCE LEVELS TO BE ADJUSTED BEYOND THE MINIMAL SETTINGS

ERROR CODES **E1** = BODY FAT MEASUREMENT FAILED DUE TO INCORRECT HEART RATE READING. (See page 19)

E2 = BAD DATA CABLE CONNECTION. (See page 19)

COMPUTER INSTRUCTION

DISPLAY FUNCTIONS / READINGS

TIME
COMPUTER DISPLAY WILL ACCUMULATE TOTAL TRAINING TIME IN 00:00 (MINUTES : SECONDS). COMPUTER WILL COUNT UP TO, OR DOWN FROM, A MAXIMUM READING OF 99:59.

PRESET TARGET TRAINING TIME: USE THE **ENTER** BUTTON TO SCROLL TO THE TIME FUNCTION AND USE THE **UP** / **DOWN** BUTTONS TO ADJUST THE SETTING. SETTINGS WILL BE ENTERED IN 1:00 MINUTE INCREMENTS AND THE COMPUTER WILL COUNT DOWN FROM THE SET TIME. ONCE THE DESIRED TIME IS SET, PRESS **START** / **STOP** BUTTON TO BEGIN TRAINING. ONCE A SET TRAINING TIME IS COMPLETED, THE COMPUTER WILL "BEEP" FOR APPROXIMATELY 8 SECONDS AND COMPUTER WILL RESET TO THE INITIAL SETTING.

SPEED
THE COMPUTER WILL REGISTER AND DISPLAY TRAINING SPEED (MPH).

RPM
THE COMPUTER WILL READ AND DISPLAY PEDAL / DRIVE TRAIN ROTATIONS.

DISTANCE
THE COMPUTER ACCUMULATES TRAINING DISTANCE FROM 0.00 TO A MAXIMUM OF 99.90 MILES. EACH INCREMENT WILL BE DISPLAYED IN 0.01 MILE.

PRESET A TARGET TRAINING DISTANCE: USE THE **ENTER** BUTTON TO SCROLL TO THE DISTANCE FUNCTION WINDOW AND USE THE **UP** / **DOWN** BUTTONS TO ADJUST THE SETTING. EACH SETTING WILL BE IN INCREMENTS OF 0.10 MILE AND THE COMPUTER WILL COUNT DOWN FROM THE SET DISTANCE. ONCE THE DESIRED DISTANCE IS SET, PRESS THE **START / STOP** BUTTON TO BEGIN TRAINING. ONCE A TARGET DISTANCE IS ACHIEVED, THE COMPUTER WILL "BEEP" FOR APPROXIMATELY 8 SECONDS AND RESET TO THE INITIAL SETTINGS.

CALORIE
COMPUTER ACCUMULATES TOTAL CALORIE CONSUMPTION (BURN) DURING A TRAINING PERIOD. COMPUTER WILL COUNT IN 1 CALORIE INCREMENTS, FROM 0 TO A MAXIMUM READING OF 9990 CALORIES.

PRESET A TARGET CALORIE BURN: USE THE **ENTER** BUTTON TO SCROLL TO THE CALORIE FUNCTION AN USE THE **UP** / **DOWN** BUTTONS TO ADJUST THE SETTING. ADJUSTED VALUES WILL BE ENTERED IN INCREMENTS OF 10 CALORIES AND THE COMPUTER WILL COUNT DOWN FROM THE SET CALORIE BURN. ONCE THE CALORIE FUNCTION IS SET, PRESS **START / STOP** BUTTON TO BEGIN TRAINING. ONCE THE TARGET CALORIE BURN IS ACHIEVED, THE COMPUTER WILL "BEEP" FOR APPROXIMATELY 8 SECONDS AND THEN RESET TO THE ORIGINAL SETTING.

NOTE: THE REPORTED CALORIE DATA IS ONLY A REFERENCE GUIDE FOR THE USER. IT SHOULD NOT BE USED IN COMPARISON OF CALIBRATED MEDICAL EQUIPMENT.

PULSE
THE COMPUTER CAN DISPLAY A USER'S HEART RATE READING. A BLINKING HEART SYMBOL & NUMERIC READING WILL BE DISPLAYED ON THE COMPUTER AS LONG AS A USER'S HANDS ARE LOCATED ON THE GRIP SENSORS. READINGS WILL APPEAR WITHIN 30 SECONDS TO 1 MINUTE OF CONSISTENT GRIP CONTACT. READINGS WILL BECOME INCONSISTENT IF A USER FAILS TO LEAVE BOTH HANDS IN CONTACT WITH THE GRIP SENSORS.

PRESET A TARGET HEART RATE: USE THE **ENTER** BUTTON TO SCROLL TO THE HEART RATE FUNCTION AND PRESS THE **UP** / **DOWN** BUTTONS TO ADJUST THE SETTING. PULSE SETTINGS WILL BE FROM 30 - 240 BPM. ONCE THE DESIRED HEART RATE IS SET PRESS THE **START / STOP** BUTTON TO BEGIN TRAINING. IF A USER EXCEEDS THE SET TARGET HEART RATE, THE COMPUTER WILL "BEEP" TO REMIND THE USER OF THE PRESET LIMIT.

NOTE: HEART RATE READINGS ARE ONLY A REFERENCE OF A USER'S PULSE RATE DURING TRAINING. THESE READOUTS SHOULD NOT BE USED IN COMPARISON WITH CALIBRATED MEDICAL EQUIPMENT. SOME USERS MAY EXPERIENCE INCONSISTENCIES IN READINGS DUE TO THE NATURE OF THEIR PHYSICAL CONDITION.

WATT
THE COMPUTER WILL MEASURE A USER'S TRAINING OUTPUT (WORKLOAD). THE COMPUTER WILL AUTOMATICALLY CONFIGURE AND DISPLAY WATT READINGS DURING ALL TRAINING MODES. READINGS WILL BE DISPLAYED IN 1-WATT INCREMENTS. (Refer to the WATT program to train using a preprogrammed setting)

RECOVERY
THE COMPUTER WILL ALLOW A USER TO EVALUATE THEIR FITNESS LEVEL AFTER COMPLETING A TRAINING SESSION. THE EVALUATION IS BASED ON A USER'S HEART RATE RECOVERY. **ACTIVATION:** AFTER COMPLETING A TRAINING SESSION, PRESS THE **RECOVERY** BUTTON AND PLACE PALMS OF BOTH HANDS ON THE SENSOR GRIPS. THE COMPUTER WILL AUTOMATICALLY STOP ALL DISPLAY FUNCTIONS EXCEPT "TIME", WHICH WILL START COUNTING DOWN FROM 60 SECONDS. ONCE THE COUNT DOWN IS COMPLETED, THE USER CAN REMOVE THEIR HANDS FROM THE SENSOR GRIPS. THE BOTTOM DISPLAY WILL SHOW A RATING OF F1– F6. AN "F1" READING IS THE BEST RATING POSSIBLE. USERS CAN MONITOR THEMSELVES AFTER EACH TRAINING SESSION AND USE THE RECOVERY READING AS A GAUGE FOR CARDIO CONDITIONING.

NOTE: PRESS THE **RECOVERY** BUTTON AGAIN TO RETURN TO THE MAIN DISPLAY.

COMPUTER INSTRUCTION

DISPLAY FUNCTION / READINGS (Continued)

BODY FAT %   THE COMPUTER WILL ALLOW A USER TO MEASURE THEIR BODY COMPOSITION BASED ON BODY FAT & BODY MASS INDEX (BMI) EVALUATION. THE READINGS ARE CALCULATED USING A COMBINATION OF USER ENTRY DATA (HEIGHT, WEIGHT, AGE, & GENDER) AND HEART RATE SAMPLING. **ACTIVATION:** AFTER COMPLETING A TRAINING PROGRAM PRESS THE "BODY FAT %" BUTTON AND PLACE THE PALMS OF BOTH HANDS ON THE HEART RATE GRIP (SENSORS). **E-1** ERROR CODE WILL APPEAR ON THE DISPLAY IF BOTH HANDS ARE NOT PLACED IN PROPER POSITION ON THE SENSORS. THE FOLLOWING SEQUENCE OF READINGS WILL APPEAR ON THE DISPLAY WITHIN 10 SECONDS OF RECEIVING A HEART RATE SIGNAL:

(1ST #)   **BODY FAT %:** PERCENTAGE OF FAT TISSUE VERSUS LEAN MUSCLE MASS OF USERS TOTAL BODYWEIGHT.

(2ND #)   **BODY MASS INDEX (BMI):** CALCULATED NUMBER USED TO DETERMINE HEALTHY WEIGHT RANGES.

(SYMBOL)   **BODY COMPOSITION SYMBOL:** HEALTH RATING BASED ON BODY FAT AND BODY MASS READING.

REFERENCE CHARTS

BODY FAT %

	EXCELLENT	GOOD	FAIR	POOR
MALE	< 13%	14 - 17%	18 - 25%	26% >
FEMALE	< 20%	21 - 24%	25 - 31%	32% >

BODY MASS INDEX (BMI)

	UNDERWEIGHT	IDEAL WEIGHT	OVERWEIGHT	HIGH RISK
	< 20	20 - 24.9	25 - 29.9	30 >

BODY COMPOSITION (SYMBOL)

▬	✚	▲	◆
ATHLETE	FIT	ACCEPTABLE	NEEDS IMPROVEMENT

SUMMARY   BODY FAT AND BODY MASS MEASUREMENTS ARE RECOGNIZED AS ESSENTIAL FACTORS IN ACCESSING A PERSONS PHYSICAL CONDITION. HIGHER READINGS ARE FLAGS TO POTENTIAL WEIGHT RELATED HEALTH RISK. THESE RISK INCLUDE, BUT ARE NOT LIMITED TO; HEART DISEASE, HIGH BLOOD PRESSURE, DIABETES, AND OSTEOARTHRITIS.

ANOTHER IMPORTANT FACTOR IS THAT MUSCLE TISSUE WEIGHS MORE THAN FAT TISSUE. CERTAIN TYPES OF EXERCISE WILL BUILD MUSCLE MASS. MUSCLED TONED INDIVIDUALS MAY HAVE A LOWER BODY FAT PERCENTAGE, BUT REGISTER HIGHER BODY MASS (BMI) READINGS. BASED ON STANDARD WEIGHT CHARTS THESE INDIVIDUALS MAY BE CONSIDERED OVERWEIGHT, BUT BASED ON OVERALL BODY COMPOSITION, WOULD BE LABELED AS FIT INDIVIDUALS.

PHYSICAL ACTIVITY AND GOOD NUTRITION ARE KEY FACTORS TO MAINTAINING A HEALTHIER LIFESTYLE. CONSISTENT CARDIOVASCULAR EXERCISE WILL LEAD TO THE GREATEST METABOLISM (BURNING) OF FAT. BY KEEPING BODY FAT LEVELS IN AN ACCEPTABLE RANGE, YOU WILL LOOK AND FEEL BETTER. MAKE SURE TO SET REALISTIC FITNESS GOALS AND DEVELOP A TRAINING REGIMENT THAT WORKS BEST YOU.

THE READINGS FROM THIS PRODUCT ARE OFFERED AS A POINT OF REFERENCE IN DEVELOPING TRAINING METHODS WHICH ARE BENEFICIAL TO ACHIEVING FITNESS GOALS. READINGS SHOULD ONLY BE USED AS A TRAINING GAUGE AND NOT BE CONSIDERED AS A REPLACEMENT FOR PROFESSIONAL MEDICAL ADVISE. IT IS A IMPORTANT TO NOTE; BODY FAT AND BODY MASS ARE ONLY PART OF A PERSON'S HEALTH PROFILE. WE RECOMMEND TALKING TO YOUR PERSONAL PHYSICIAN ABOUT OTHER MEASURES AND ASSOCIATED HEALTH FACTORS.

TRAINING PROGRAMS

SELECTING A TRAINING PROGRAM

<u>Once a User ID is set up,</u> the computer will list six available training programs across the top of the display (Manual, User, Watt, Fitness, Program, or Target Heart Rate). The user may select one of the six programs by pressing the corresponding button on the right side of the computer face or simply press the **START / STOP** button to begin training in a **MANUAL** Mode. Reference the instructions listed below to set up and activate a desired program.

♦ **MANUAL MODE - Standard Program**

    Activation Procedure: 1) Press the **MANUAL** Program button. **2)** Use the **UP / DOWN** buttons to adjust the resistance level and press the **ENTER** button to set the desired level (see reference below). **3)** Use the **UP / DOWN** buttons to preset (adjust) individual target values (time, distance, calories, etc.) or press the **START / STOP** button to begin training.

    Manual Resistance Adjustment: The display will reference 1-16 levels of training resistance. Level 16 will be highest resistance setting. Use the **UP / DOWN** buttons to select a desired resistance setting. The display graph will change as resistance levels are changed (adjusted). Each row (segment) equals one level of resistance. Reference numbers will appear on left side of the row segments. Once a resistance level is selected, press the **ENTER** button. **Note:** If a target value is preset in Manual mode, the resistance will automatically adjust to match the preset target values. Resistance levels can be adjusted anytime during training by pressing the **UP / DOWN** buttons.

♦ **USER MODE - Set Up a Customized Training Grid** (Note:This program option cannot be used with **U0** -User ID Selection)

    Activation Procedure: 1) Press the **USER** program button. **2)** Set a customized training Profile (referenced below). **3)** Hold down the **ENTER** button for approximately 2 seconds to preset target values or press the **START / STOP** button to begin training.

    Setting a Customized Training Profile: The lower display will reference 16 individual profile (resistance) columns. Each column can be set to an individual resistance level (1-16). The **UP & DOWN** buttons will adjust the number resistance bars (segments) per column. After a column has been preset (adjusted), press the **ENTER** button. This can be done until all 16 columns have been customized (preset).

♦ **WATT CONSTANT– Resistance Training Based on Preprogrammed Watt Settings**

    Activation Procedure: 1) Press the **WATT CONSTANT** program button. **2)** Select a Watt setting (referenced below). **3)** Use the **UP / DOWN** buttons to preset target values or push the **START / STOP** button to begin training.

    Selecting a Watt setting: The upper left window will reference Watt settings (120 - 350). Use the **UP / DOWN** buttons to make a selection. Settings will be in increments of 10. Higher Watt settings will equal higher resistance levels. Press the **ENTER** button to lock in the setting. **Note:** Resistance levels cannot be adjusted during the WATT training mode. Users must maintain a speed output that corresponds with the Watt setting. Resistance levels will automatically adjust based on a user's speed. If the user speed is lower than needed to maintain a Watt setting, the resistance will increase. If the user maintains a speed higher than the selected Watt setting, the resistance will decrease.

♦ **FITNESS TEST - Performance Evaluation Program** (Note:This program option cannot be used with **U0** -User ID Selection.)

    Activation Procedure: 1) Press the **FITNESS TEST** program button. **2)** Press the **START / STOP** button to begin training

    Program Summary: User evaluation is based on a preset 12 minute training period. The other target values will be based on the initial user data (gender & age). Target values and resistance level cannot be adjusted . A Fitness rating (F1-F5) will appear in the upper left of the display, at the completion of the training program. An **F1** reading is the best possible rating, while **F5** would be the worst. **Note:** A Heart rate reading is used as part of the evaluation formula. User's must maintain grip contact during the training session to receive an accurate performance assessment.

♦ **PROGRAM MODE - Preprogrammed Training Grids**

    Activation Procedure: 1) Press the **PROGRAM** button 2) Use the **UP / DOWN** buttons to select one of the preprogrammed training profiles P1-P9 (referenced below) 3) Press the **ENTER** button to lock in a selected profile. 4) Use the **UP / DOWN** buttons to preset target values or push the **START / STOP** button to begin training.

    Selecting a Training Profile: The computer has 9 programmed training (resistance) profiles (referenced **P1-P9**). Use the **UP / DOWN** buttons to scroll through the training profiles. Once a training profile is selected, press the **ENTER** button to lock in the profile.

♦ **TARGET HEART RATE MODE -Training Based on Target Heart Rate Zones** (Note:This program option cannot be used with **U0** -User ID Selection.)

    Activation Procedure: 1) Press **HEART RATE** Program button 2) Use the **UP / DOWN** buttons to select a heart rate training zone (referenced below) 3) Press the **START / STOP** button to begin training or use the **UP / DOWN** buttons to preset function targets.

    Setting a HR Training Zone: Zone training is based on exercising within a set percentage of a users maximum heart rate. A users maximum heart rate is based on a basic formula; (220 BPM - Users Age = Maximum HR). After activating the Heart Rate Mode, use the **UP / DOWN** buttons to select one of the HR training percentage referenced in the upper display area (55%, 75% , 90%,). Press the **ENTER** button to lock in the desired zone setting. **Note:** Users may also set a customized HR target by selecting **TAG** (target) and using the **UP /DOWN** buttons to set zone parameters.

    Note: The resistance will auto-adjust according heart rate presets. If a user's heart rates falls under the preset targets, the resistance auto- adjust up one level every 30-seconds until target rate is achieved. If a users heart rate exceeds the target presets, the computer will auto-adjust down the resistance one level until target is reached. For training safety, the computer will stop functioning and beep, if a user continues to exceed a target heart rate for more than 30-seconds at the lowest resistance training level.

BASIC TROUBLESHOOTING TIPS

PROBLEM DESCRIPTION		SUGGESTED SOLUTION

1. NO DISPLAY

(E-2 ERROR CODE)

1.1 CHECK AC ADAPTER FOR PROPER VOLTAGE OUTPUT (9-12 VDC).

1.2 INSPECT RECEPTACLE ON THE FRONT OF THE UNIT FOR DAMAGE.

1.3 CHECK CABLE CONNECTIONS: MAKE SURE CONNECTIONS ARE SECURE AND IN THE CORRECT ORIENTATION.

1.4 CHECK CABLE ASSEMBLIES FOR DAMAGE: PINCH POINTS & POSSIBLE SHORTING OF WIRES.

1.5 CHECK FOR POSSIBLE COMPUTER DAMAGE: CRACKED DISPLAY WINDOW (BLACK SCREEN).

* **If computer still fails to operate after checking these suggestions, contact us for technical support.**

2. POWER, BUT NO COMPUTER READINGS

2.1 CHECK COMPUTER CONNECTION: MAKE SURE CONNECTORS ARE SECURE AND IN THE CORRECT ORIENTATION.

2.2 CHECK FOR THE POSSIBILITY OF PINCHED WIRES, WHICH COULD SHORT CABLE CONNECTION.

3. PRODUCT WILL NOT SIT LEVEL **3.1** USE LEVELERS ON THE BOTTOM OF THE STABILIZERS TO ADJUST EQUIPMENT TO UNEVEN SURFACES.

4. PIVOT ARM / FOOT PEDAL WOBBLE

4.1 CHECK TO MAKE SURE ALL CORRESPONDING PIVOT MOUNTING HARDWARE HAS BEEN SECURELY TIGHTENED.

4.2 REVIEW ASSEMBLY STEPS AND MOUNTING HARDWARE

5. ROLLER NOISE OR TRACKING PROBLEM **5.1** LUBRICATE THE TOP OF THE BASE RAILS WITH SILICON LUBRICANT.

6. ERRATIC HEART RATE

(E-1 ERROR CODE)

6.1 MAKE SURE PALMS OF HAND ARE CENTERED ON GRIP SENSORS.

6.2 CHECK CABLE CONNECTIONS FROM HANDLE BAR ASSEMBLY TO THE COMPUTER.

NOTE: ELLIPTICAL UNITS OPERATE WITH AN AGGRESSIVE USER MOVEMENT. THIS SOMETIMES EFFECTS THE CONSISTENCY IN USER'S HAND PLACEMENT ON THE GRIPS. IF HR READINGS ARE RAPIDLY FLUCTUATING; SLOW DOWN TRAINING STRIDE AND CONCENTRATE ON CONSISTENT HAND PLACEMENT ON THE GRIP SENSORS.

NOTE: A USER'S PHYSICAL CONDITION CAN EFFECT THE ACCURACY OF A READING, AS WELL AS, UNCONTROLLABLE INTERFERENCES.

Make sure to reference the assembly steps & parts information in this manual when performing any troubleshooting.

If you experience other technical problems that are not listed or have additional questions, please contact us : 1.877.861.2181

EQUIPMENT MAINTENANCE

♦ Use a dampened soft-cloth to wipe equipment free of perspiration after each use. Avoid getting excessive moisture on computer or electronic components. Do not use abrasive cleaners or petroleum-based solvents to clean equipment.

♦ Do not remove drive train shrouds or attempt any technical service on equipment without consulting an authorized service representative.

♦ Regularly inspect product for lose assembly hardware and worn components. Tighten and replace as needed.

♦ (If applicable) For added safety, unplug equipment from the wall socket when it is not being used.

♦ Use a product /exercise mat underneath equipment for protection of floors & carpets.

♦ (If applicable) Apply recommended component lubricants at the required time periods.

♦ Keep product assembly manual, purchase receipt, and service records in a safe storage place.

♦ (If applicable) Periodically check batteries for proper voltage output & replace as needed.

♦ Do not store or use equipment outdoors.

♦ Moving equipment:

Elliptical models; carefully lift the rear stabilizer tube and steer the equipment to the desired location. Do not pull on pivot arms or computer to move equipment.

TRAINING FOR SUCCESS

How you start an exercise program depends on your physical condition. If you have been inactive for awhile or you have pre-existing health condition, you should start slowly. Initially you may only be able to exercise for a short amount of time using minimal resistance levels or weight loads.

Begin your desired training program slowly and gradually increase the amount of time you exercise. Apply realistic goals, that have been set by you or your physician. You should see sufficient gains in your personal fitness level within 6-8 weeks of continuous exercise, but do not be discouraged if it takes longer. It is very important to exercise at your own pace and become confident in obtaining your goals. It is also important to apply warm-up, stretching, and cool down periods with any exercise program.

As your fitness level increases, so will your confidence and sense of accomplishment. Regular exercise and a healthy diet will energize you and offer a sense of well-being.

CUSTOMER SERVICE   1-877-861-2181

General Terms & Conditions

All LAMAR Health, Fitness & Sports, LLC exercise products are warranted to be free from defects in materials and workmanship under the terms of recommended use and warranty coverage.

Warranty coverage is valid to the original retail purchaser and is not transferable. Coverage will be calculated from the date of retail purchase. Original proof of purchase and serial number identification will be required with any associated warranty claim.

Coverage periods & warranty terms may vary per product model. Applied warranties will be based on type of product, components, and recommended application (use environment). Products sold or placed in non-recommended user applications will void all warranty coverage set forth by LAMAR Health, Fitness & Sports, LLC.

Coverage Periods

LAMAR Health, Fitness & Sports, LLC hereby extends the following limited warranties for the application, components, and time periods indicated;

User Environment:	**Residential**
Structural Frame:	**Lifetime (Limited)**
Mechanical Parts:	**2 Years**
Electronic Parts:	**1 Year**
Wear Items*:	**6 Months**
Labor**:	**6 months**

*Wear items are those components that may need replacement based on normal wear & tear conditions (i.e. cables, upholstery, grips, etc.).

**Labor coverage excludes unauthorized repairs, service calls, and non-warranty related charges.

Exclusions & Limitations

Applied warranties are exclusive to LAMAR Health, Fitness & Sports, LLC. Warranty coverage will not extend to any product not purchased from LAMAR Health, Fitness & Sports, LLC or from an authorized reseller.

Warranty coverage is void and will not extend to; a) use of product in non-recommended environments; b) invalid claims and / or; c) any damage, failure or loss due to improper assembly / installation, improper maintenance, negligence, misuse, unauthorized repair, alteration, accident, normal wear & tear, or an ACT OF GOD.

Except as expressly set forth in the stated warranty terms LAMAR Health, Fitness & Sports, LLC makes no other warranties, expressed or implied including, but not limited to, any implied warranties of merchantability and fitness for a particular purpose. Any implied warranties that may be imposed by law are limited to the terms stated within LAMAR Health, Fitness & Sports, LLC product warranties. Neither LAMAR Health Fitness & Sports, LLC nor any of its affiliates will be responsible for incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusion or limitation of incidental or consequential damages, so the preceding exclusions or limitations may not apply. The stated warranty gives you specific legal rights and you may have other rights that vary state to state. LAMAR Health, Fitness & Sports, LLC neither assumes or authorizes anyone to assume for it any other express warranty.

Exclusive Remedies

For any product that fails to conform under the terms of applied warranty, LAMAR Health, Fitness & Sports, LLC will provide, at their option, one of the following; 1) repair or replacement of defective parts or; 2) replacement of equipment with a product of equal value; 3) limited credit reimbursement toward another LAMAR Health Fitness & Sports product.

Service Procedure

Obtain warranty service by contacting LAMAR Health, Fitness & Sports, LLC or the original place of product purchase. (If Applicable) Warranty service will be performed by the original reseller or an authorized service provider. All warranty claims must be validated and meet the requirements set forth by LAMAR Health, Fitness & Sports, LLC. Warranty claims will include confirmation of model number, serial number, and all pertinent information supporting the existence of an alleged defect. All non-warranty related service cost will be the sole responsibility of the purchaser.

Purchaser is responsible for all transportation of product to and from the reseller. Service calls & travel fees are not covered under standard warranty labor and are the responsibility of the purchaser.

Unauthorized repairs, service performed by someone other than an authorized service provider, and / or use of unapproved replacement parts will void warranty coverage.

Additional service exclusions and limitations may exist based on the associated distribution agreement under which the product is sold and / or purchased.

Note to Authorized Warranty Service Providers:

Warranty labor reimbursement or warranty parts rights may not be transferred or reassigned to a third party service provider without the authorization of LAMAR Health, Fitness & Sports, LLC.

Product Registration

Fill out the enclosed warranty registration form and return to LAMAR Health, Fitness & Sports, LLC within 30 days of product purchase. You can also register your product online. Along with product registration, keep copies of all product information for your personal records.

Product Information

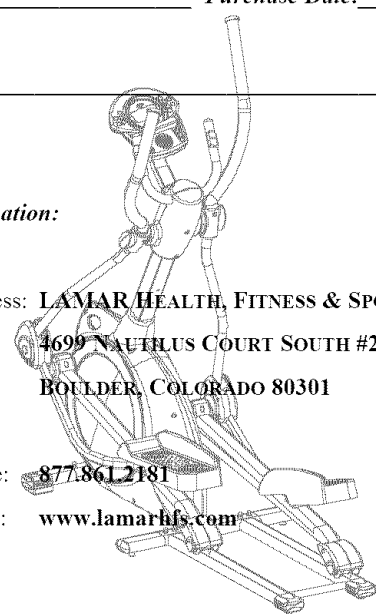Model:_____   Purchase Date:_____

Serial Number:_____

Contact Information:

Address: LAMAR HEALTH, FITNESS & SPORTS, LLC

4699 NAUTILUS COURT SOUTH #205

BOULDER, COLORADO 80301

Phone: 877.861.2181

Email: www.lamarhfs.com

Thank you for purchasing a LAMAR Health, Fitness & Sports, LLC product. Our products are designed and manufactured to the highest quality standards. We are committed to our customers satisfaction and we will do everything we can under the conditions of your product warranty to keep you secure in your product purchase. To help us serve you better, please fill out this Product Registration form & return it to us within 30-days of product purchase.

✉ *Send completed registration form to:*   LAMAR HEALTH, FITNESS & SPORTS, LLC

4699 NAUTILUS COURT SOUTH #205

BOULDER, COLORADO 80301.

Your Name

Address   **Apt. #**

City

State   **Zip Code**

Phone Number:

Email Address:

PRODUCT INFORMATION

Model:

Product Type:
            (Home Gym, Upright Bike, Free Weight etc.)

Serial Number:

Date of Purchase:
                    (Month / Day / Year)

Purchased From:
                    (Retailer Name)

Address:

SURVEY

A) How did you learn about our products?

1. □ Recommendation of personal trainer

2. □ Recommendation of retail salesperson

3. □ Recommendation of friend / relative

4. □ Article in magazine / newspaper

5. □ Internet

6. □ TV / radio

7. □ other:

B) Please note all factors that influenced your product purchase:

1. □ Valued priced   5. □ Strength training

2. □ Quality / durability   6. □ Cardiovascular fitness

3. □ Brand name   7. □ Weight loss

4. □ Design / look / feel   8. □ Home fitness convenience

C) Rate the overall in-home assembly of the product:

□ Fair   □ Average   □ Excellent

D) Rate the satisfaction with the retailer from which you purchased your product:

□ Fair   □ Average   □ Excellent

E) What other types of exercise equipment do you own?

1. □ Treadmill   5. □ Upright bike

2. □ Stepper   6. □ Recumbent bike

3. □ Elliptical   7. □ Free weights

4. □ Home Gym   8. Other:

F) What product features / functions are most important to you?

1. □ Heart rate monitoring   6. □ Design / appearance

2. □ Multiple user programs   7. □ Ease of assembly

3. □ Ease of use   8. □ Warranty & service

4. □ Quality / durability   9. □ Brand recognition

5. □ Comfort / fit / feel   10. Other:

G) How many times a week do you exercise?

□ 1-2 times   □ 3-4 times   □ 4-5 times   □ 6-7 times

H) What is the duration of your workout?

□ 20-30 minutes   □ 1-2 hours   □ 2 hours or more

I) Age Group:

□ 18-25   □ 26-35   □ 36-45   □ 46-55   □ 56-65   □ 66 & older

J) Gender: □ Male   □ Female

K) Product used by: □ Personal   □ Spouse   □ Family

L) Do you belong to a health club, gym, wellness center, etc.?

                    □ Yes   □ No

Thank you ! We appreciate your response. The information provided on this questionnaire is used exclusively by LAMAR Health, Fitness & Sports, LLC and will not be distributed to any other individuals or agencies regardless of purpose.

Safety Recommendations: Consult a physician or health professional before starting any type of exercise program. Warm up and stretch before staring a exercise routine. Inspect your product for proper assembly. Make sure all hardware is tightened appropriately. Check cables and all moving parts for smooth movement and full range of motion. If you are unsure of proper use of your purchased product, contact a local retailer or call us for instruction. Equipment is not designed for the use of children or minors. Failure to follow or apply these suggested safety tips may result in serious injury.

✂ Please Cut Along This Line

LAMAR Health, Fitness, & Sports, LLC

4699 Nautilus Court South #205

Boulder, Co. 80301

FOLD LINE

FOLD & TAPE CLOSED OR MAIL REGISTRATION IN A SEPARATE ENVELOPE

TM

www. lamarhfs. com