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**Lone Rider** EX-SCIENCE

# Welcome to the LoneRider

Congratulations! You have made an excellent investment in your fitness with your purchase of the LoneRider™ exerciser.

The LoneRider by ExerScience is different from other riders. It offers dual motion for a total-body workout: push and pull. The push motion focuses on your chest and triceps muscles. The pull motion works the biceps and back muscles. The LoneRider is adjustable in five different areas; so, it fits you and your fitness needs. And the seat provides support your lower back for added comfort; this means you can exercise even longer and burn more calories!

Whether you are just starting your fitness program or simply adding to your workout alternatives, the LoneRider will help you to meet your fitness objectives. You can improve your aerobic fitness, lose weight, increase flexibility, strengthen your muscles and feel great while you are doing it.

Please review the operation and fitness information in this manual before you begin to use your exerciser. If you have any questions, please call our Customer Service Department at the toll-free number on your purchase invoice.



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Questions? Call our Customer Service Department at the toll-free phone number printed on your invoice.

**Customer Service Department Hours:**  
Monday through Friday 7 a.m. to 8 p.m.  
Saturday 8 a.m. to 4:30 p.m.  
Central Standard Time

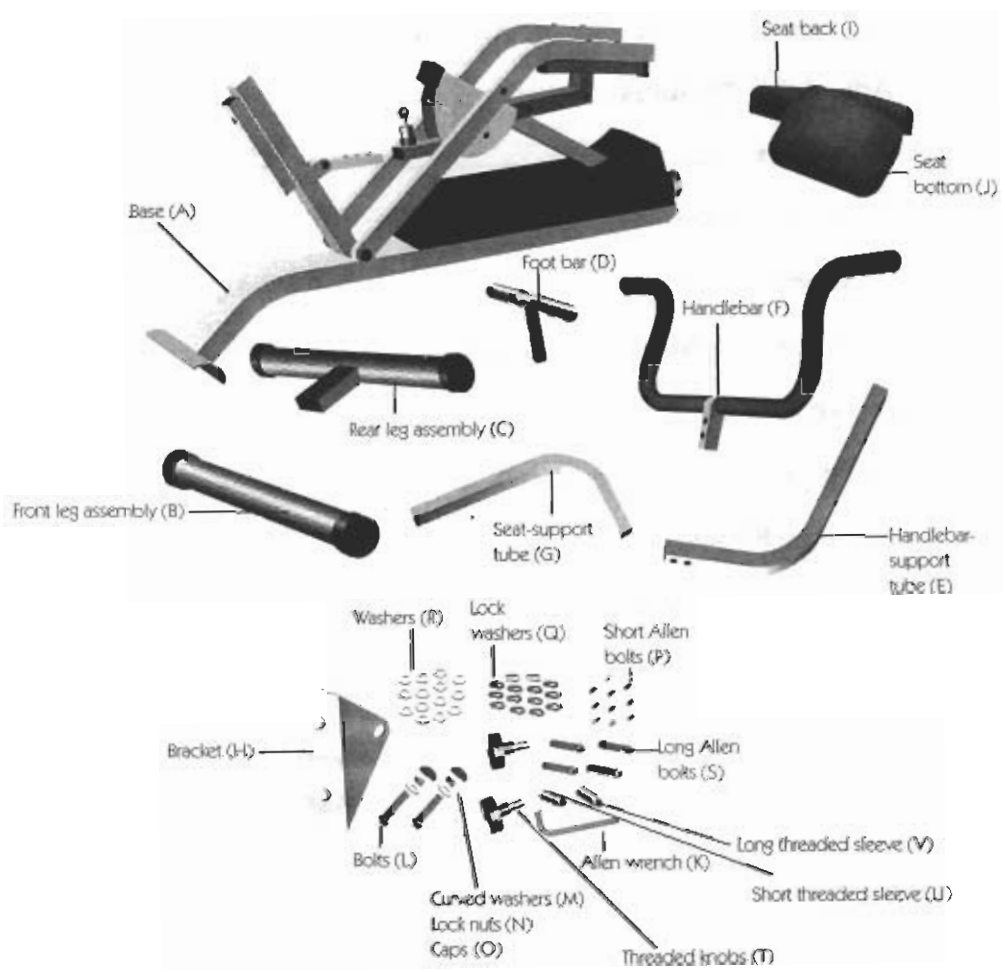
Please peel the backing from your invoice and attach it to the inside back cover of this manual. The Customer Service Department toll-free number is found on the invoice as well as other important information. Refer to your invoice if you need to call our Customer Service Department Representatives.

The following pages contain important information that will help you maximize your workouts on the LoneRider. Be sure to read this Owner's Guide thoroughly before using the exerciser.

# Parts

Verify the parts with the parts list.  
 If you have any questions, please call  
 the toll-free phone number printed on  
 your invoice.

- Base (A)
- Front leg assembly (B)
- Rear leg assembly (C)
- Foot bar (D)
- Handlebar-support tube (E)
- Handlebar (F)
- Seat-support tube (G)
- Bracket (H)
- Seat back (I)
- Seat bottom (J)
- Allen wrench (K)
- Bolts (L)
- Curved washers (M)
- Lock nuts (N)
- Caps (O)
- Short Allen bolts (P)
- Lock washers (Q)
- Washers (R)
- Long Allen bolts (S)
- Threaded knobs (T)
- Short threaded sleeve (U)
- Long threaded sleeve (V)

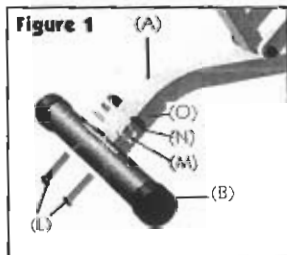


# Assembly

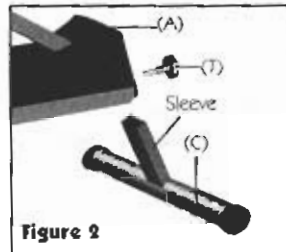
The LoneRider™ exerciser takes about 30 minutes to assemble. We suggest that you unpack your LoneRider where you intend to use it; please retain all packing material for the duration of your in-home trial period. Be sure to place your assembled exerciser on a flat surface, with a protective covering between the exerciser and your floor or carpet. You will need a wrench to assemble the LoneRider.

## Attach the legs to the base

1. Position the base (A) upright.
2. Locate the front leg assembly (B).
3. Align the two holes in the front leg assembly with those in the base (Figure 1). Insert the bolts (L) from the bottom; the bolt heads should be toward the floor.
4. Place the curved washers (M) and lock nuts (N) on top. Tighten them securely. Place the caps (O) on the nuts.



5. Locate the rear leg assembly (C).
6. Slide the sleeve of the rear leg assembly into the base (A).
7. Align the holes of the sleeve and the base; insert a threaded knob (T) through the holes and tighten it (Figure 2).

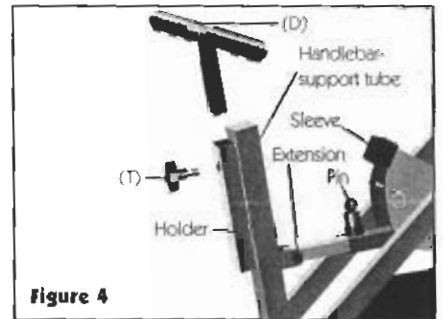
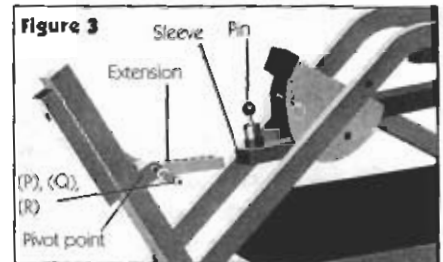


## Position the foot bar

1. Pull up the pin and remove the extension from the sleeve of the base.
2. Insert the short threaded sleeve (U) through the holes of the extension.
3. Align the holes of the extension with the holes at the pivot point (Figure 3).
4. Secure the extension with two short Allen bolts (P), lock washers (Q) and washers (R). Tighten them with an Allen wrench (Figure 3).

**Note:** The lock washer should be placed between the bolt and the washer.

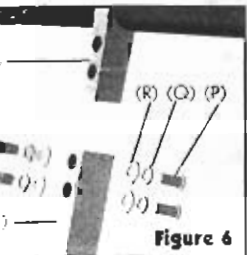
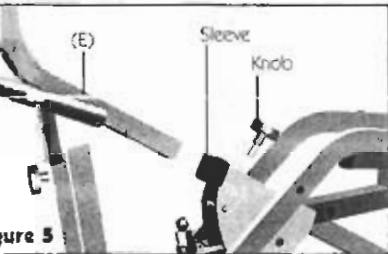
5. Pull up the pin; insert the extension into the sleeve of the base (Figure 3).
6. Align the holes of the extension and the sleeve; release the pin to secure it.
7. Insert the sleeve of the foot bar (D) into the holder on the front of the handlebar-support tube.
8. Align the holes of the sleeve and the holder; insert a threaded knob (T) into the holes and tighten it (Figure 4).



### Attach the handlebar

Remove the knob from the base. Insert the handlebar-support tube (E) into the sleeve (Figure 5). Align the holes in the sleeve and the handlebar-support tube; insert and tighten the knob. Insert the handlebar (F) into the handlebar-support tube (Figure 6). Align the holes of the handlebar and the handlebar-support tube. Secure the handlebar with the Allen bolts (P), lock washers (Q) and washers (R). Tighten them with an Allen wrench.

**Note: The lock washer should be placed between the bolt and the washer.**



### Attach the seat-support tube and the seat back

1. Remove the knob from the base. Insert the seat-support tube (G) into the sleeve (Figure 7).
2. Align the holes in the seat-support tube and the sleeve; replace the knob and tighten it (Figure 7).
3. Align the two holes of the flat side of the bracket (H) with those in the seat back (I), the wider end of the seat back should be toward the bottom (Figure 8).
4. Secure the bracket to the seat back with two Allen bolts (P), lock washers (Q) and washers (R) (Figure 8); tighten them with the Allen wrench.

**Note: The lock washer should be placed between the bolt and the washer.**

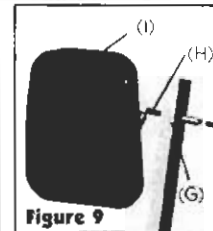
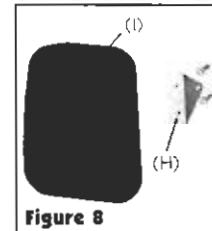
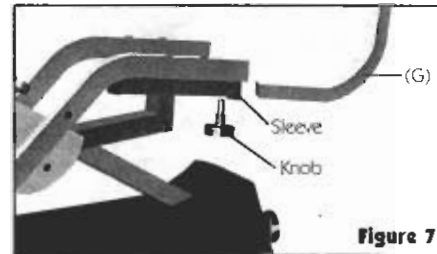
5. Align the holes on each side of the bracket with those in the seat-support tube. Place the long threaded sleeve (V) into the holes of the pivot point of the seat-support tube (Figure 9).
6. Secure the bracket to the seat-support tube with two Allen bolts (P), lock washers (Q) and washers (R) (Figure 9); tighten them with the Allen wrench.

**Note: The lock washer should be placed between the bolt and the washer.**

### Attach the seat bottom

1. Set the seat bottom (J) on the rails (Figure 10); the wider end should be toward the back of the exerciser. Align the holes of the seat bottom with those in the rails.
2. Secure the seat bottom with the four Allen bolts (S), lock washers (Q) and washers (R); secure them with the Allen wrench.

**Note: The lock washer should be placed between the bolt and the washer.**



# Adjustable Features

The LoneRider™ exerciser has several adjustable features to accommodate your stature and fitness level.

## Point A

The handlebars are placed here when you wish to perform the pushing motion. This total-body motion focuses on the chest and tricep muscles. Remove the knob from the handlebar-support tube. Insert the stem of the handlebar-support tube into point A. Align the holes so the handlebars are at chest level; replace and completely tighten the knob to secure the tube in position.

## Point B

The handlebars are placed here when you wish to perform the pulling motion. This total-body exercise concentrates on the back and bicep muscles. Pull up on the seat to allow more clearance. Remove the knob from the handlebar-support tube. Insert the stem of the handlebar-support tube into point B. Align the holes so the handlebars are at chest level; replace and completely tighten the knob to secure the tube in position.

## Point C

You may make further adjustments to the machine for your body size at this point. Select a setting that offers you the most comfort for your legs, but still allows you to nearly fully extend your arms. Pull up the pin, align the holes and release the knob.

## Point D

You may also adjust the height of the rear of the machine. Loosen and remove the knob. Align the holes, reinsert and tighten the knob.

## Point E

You may wish to move the seat back of the machine to properly position it for you. Loosen and remove the knob under the seat bottom. Move the seat back to the desired position. Align the holes, reinsert and tighten the knob.



# Operation

Recommend that you consult your physician before beginning any exercise program.

*Using the LoneRider is easy — and it will provide you with effective workouts for years to come.*

## Starting Motion

Insert the handlebars at point A to perform the pushing motion. Select a setting at point C that offers you the most comfort for your legs, but still lets you nearly fully extend your arms. Place your feet on the foot bar (near point A).

Grasp the handlebars. Push away from yourself until you are nearly fully extended; do not lock your elbows or knees. Be sure to utilize the seat back during this exercise.

**NOTE:** You may wish to use both your arms and legs to push or you may choose to emphasize your upper body.

Return to the starting position. Repeat.





### Pulling Motion

1. Insert the handlebars at point B to perform the pulling motion.
2. Select a setting at point C that offers you the most comfort for your age, but still lets you nearly fully extend your arms.
3. Place your feet on the foot bar (near point A).
4. Grasp the handlebars.

**NOTE: You may wish to alternate between an overhand and underhand grip to emphasize different muscle groups in the upper body.**

5. Pull toward yourself until you are nearly fully extended; do not lock your knees.
6. Return to the starting position; be careful not to lock your elbows. Repeat.



# Your Personal Fitness Program



Recommend that you consult your physician before beginning an exercise program.

This section was developed by exercise physiologists at The National Exercise for Life Institute to help maximize your health and enjoyment of your LoneRider™.

## Set Goals for Yourself

Having the motivation to exercise and the positive lifestyle changes can be challenging. Set attainable, realistic goals and reward yourself when you reach them. Below are some examples of typical goals:

- Enhanced quality of life
- Improved personal appearance
- Weight management
- Greater muscle tone and strength
- Improved stamina and athletic performance

## Exercise Progression

The purpose of an exercise program is to develop physical fitness. A program consists of six essential parts which should be performed in the following order:

- Warm-up
- Stretching
- Aerobic conditioning
- Cool-down
- Strength conditioning
- Stretching

### 1. Warm-Up

The warm-up prepares your body and mind for vigorous exercise. It is your best insurance against unnecessary injury and muscle soreness – common reasons for quitting an exercise program. We suggest that you warm up with three to five minutes of slow exercise on your LoneRider exerciser.

### 2. Stretching

Stretching prepares your muscles for the activity they will be undertaking. A pliable, well-stretched muscle is less susceptible to injury. Recommended stretches are described on page 11.

### 3. Aerobic Conditioning

To create the desired improvements in personal health, aerobic conditioning must include the proper frequency, duration and intensity.

#### Frequency

Frequency refers to the number of workouts per week. The recommended number of workouts is three to five days per week. However, four to five workouts per week maximizes fat reduction and cardiovascular development.

#### Duration

Duration is the amount of time that the proper intensity level is maintained. Beginners should start with 10 to 20 minutes of aerobic activity; those in average physical condition should exercise for 20 to 30 minutes; and highly fit people should work out for 30 to 60 minutes.

#### Intensity

Intensity refers to how hard you exercise and is determined by monitoring your heart rate. See the following section, Monitoring Your Heart Rate.

### 4. Cool-Down

It is important to cool down in order to slowly decrease your heart rate after it has been elevated. This is most effectively and safely done by keeping your legs moving at a slower pace for at least five minutes following the aerobic phase.

### 5. Strength Conditioning

A strength-conditioning program is an essential component of any exercise program. It adds lean muscle mass to the body and aids in burning body fat.

### 6. Stretching

Stretching after exercise helps decrease muscle soreness. We recommend that you complete the stretches described on page 11.

## Monitoring Your Heart Rate

Monitoring your heart rate is a crucial part of any exercise program. There are three key terms to understand when monitoring your heart rate: resting heart rate, maximum heart rate and target heart rate.

### Resting Heart Rate

Take your heart rate before you begin to work out. This is your resting heart rate. After you have finished your aerobic workout and cool-down, take your heart rate again. If you have cooled down properly, your heart rate should have nearly returned to its resting heart rate. It is very important that you cool down slowly in order to return to your resting heart rate. As you become more fit, your resting heart rate may actually decrease. You may also notice that your heart rate begins to return to its resting heart rate more quickly during your cool-down.

### Maximum Heart Rate (MHR)

Your maximum heart rate is the maximum number of times that your heart can "pump" during a minute. To determine your approximate maximum heart rate, subtract your age (in years) from 220. This will give you a fairly accurate maximum heart rate number, but only clinical stress testing can provide a precise MHR reading.

### Target Heart Rate

Your target heart rate is expressed as a percentage of your maximum heart rate. We recommend that you strive to exercise at 70% to 85% of your maximum heart rate. Beginning exercisers, however, may need to start out with a target heart rate of 60% to 70% of their maximum heart rate. The chart on the next page shows target heart rate ranges for beginner, intermediate and advanced exercisers. Use the chart to determine the proper target heart rate for your workouts. We recommend that you check your target heart rate at least twice during each aerobic conditioning session. First, check it to be sure that you have reached the proper intensity. Then, check it near the end of your workout to verify that you have maintained your target heart rate for the recommended period of time.

### Taking Your Heart Rate (Pulse)

Lower your wrist below your heart level. This will make your heart rate stronger and easier to feel. Touch your left wrist, one-fourth of an inch from the wrist joint at the base of thumb, with the index and middle fingertips of your right hand (Figure 1). Relax your left thumb and roll your hand so your palm is facing up. Your right index and middle fingers should remain flat along your left wrist. Apply minimal pressure with both fingers — let the beat come to your fingers. If you can't find your pulse, try using the opposite wrist and hand.



Figure 1

## Target Heart Rate Zones Chart

Age	Beginner 60%-70% of MHR*		Intermediate 70%-80% of MHR*		Advanced 80%-85% of MHR*	
	10 secs	One min.	10 secs	One min.	10 secs	One min.
19/under	20 – 24	121 – 141	24 – 27	141 – 161	27 – 29	161 – 171
20 – 24	20 – 23	118 – 140	23 – 27	137 – 160	26 – 28	157 – 170
25 – 29	19 – 23	115 – 137	22 – 26	134 – 156	26 – 28	153 – 166
30 – 34	19 – 22	112 – 133	22 – 25	130 – 152	25 – 27	149 – 162
35 – 39	18 – 22	109 – 130	21 – 25	127 – 148	24 – 26	145 – 157
40 – 44	18 – 21	106 – 126	21 – 24	123 – 144	24 – 26	141 – 153
45 – 49	17 – 21	103 – 123	20 – 23	120 – 140	23 – 25	137 – 149
50 – 54	17 – 20	100 – 119	19 – 23	116 – 136	22 – 24	133 – 145
55 – 59	16 – 19	97 – 116	19 – 22	113 – 132	22 – 23	129 – 140
60/over	16 – 19	96 – 112	19 – 21	112 – 128	21 – 23	128 – 136

\*Figures are rounded to the nearest whole number.

### Warning Tips

Consult your physician before beginning any exercise program. If you are taking any medication that affects your heart rate, blood pressure or cholesterol level, the workout programs described on page 12 are recommendations. We suggest that you start with the beginner program and move on to the intermediate and advanced programs as your fitness level improves.

Be very aware of your body's signals and react to them accordingly. Your heart rate may be affected by such things as stress, caffeine, nicotine or prescription drugs. You should be able to whistle or maintain a normal conversation while

you are exercising at the appropriate intensity. While most people have a maximum heart rate close to 220 minus their age, others will have a maximum heart rate that varies greatly from that figure. A true maximum heart rate can be determined only by clinical stress testing.

3. Begin slowly. If you haven't exercised for a long time, begin with three to five minutes of slow walking a day and progress gradually. Remember, changing your lifestyle takes time.
4. Don't overexert yourself. Stop exercising if you experience any unusual discomfort or signs of overexertion, lightheadedness, dizziness, nausea or extreme

breathlessness. Other symptoms include prolonged fatigue (more than an hour) or pain of the muscles or skeletal system.

5. Commit to making exercise a part of your lifestyle. Set aside specific days and times for your workouts.
6. Make your exercise time more enjoyable. While exercising on the LoneRider™, you can listen to music or watch your favorite television show.
7. Always wear exercise clothing such as shorts and a T-shirt and absorbent socks. A headband will help keep perspiration out of your eyes. It is important that you wear comfortable athletic shoes.

# Recommended Stretches

Hold each stretch for 15 to 30 seconds without bouncing. Always stretch both sides of your body.



## Shoulder Stretch

Pull your elbow across your chest. Repeat with your other arm.



## Back and Arm Stretch

Pull your elbow behind your head. Keep your head facing forward. Repeat with your other arm.



## Quadriceps Stretch

Pull your heel slowly toward your buttocks. Repeat with your other leg.



## Calf Stretch

Extend one leg behind you, keep that heel on the floor. Lean forward using a wall to maintain your balance. Repeat with your other leg.



## Hamstring Stretch

Position your legs as shown and bend forward from your hips. Be sure to keep your back straight. Repeat with your other leg.



## Inner-Thigh Stretch

Put the bottoms of your feet together. Press your knees toward the floor.



## Lower-Back and Hip Stretch

Pull each knee to your chest. Then pull both knees to your chest at the same time.

# Exercises and Workout Programs

## Beginner Program

**Exercise:** 10 minutes in the pull position  
(alternating overhand and underhand grip)

**Exercise:** 10 minutes in the push position

**Frequency:** 3 times per week

**Duration:** 20 minutes per workout

**Intensity:** 60% to 65% of MHR

## Intermediate Program

**Exercise:** 12 to 20 minutes in the pull position  
(alternating overhand and underhand grip)

**Exercise:** 12 to 20 minutes in the push position

**Frequency:** 3 to 4 times per week

**Duration:** 24 to 40 minutes per workout

**Intensity:** 70% to 80% of MHR

## Advanced Program

**Exercise:** 20 to 30 minutes in the pull position  
(alternating overhand and underhand grip)

**Exercise:** 20 to 30 minutes in the push position

**Frequency:** 4 to 5 times per week

**Duration:** 40 to 60 minutes per workout

**Intensity:** 80% to 85% of MHR

## Interval Training Program

Interval training is excellent preparation for daily activities and sports, which often require short periods of intense work; these periods of intense work are followed by longer periods of less intense activity. During the intense work periods, your heart should be elevated at 80% to 85% of your MHR. During the less intense periods, your heart rate should be at 60% to 70% of your MHR. Perform two to three complete circuits of the following, three to five days a week.

**Exercise:** 2 minutes in the pull position  
(overhand grip)

**Intensity:** 80% to 85% of MHR

**Exercise:** 3 minutes in the pull position  
(overhand grip)

**Intensity:** 60% to 70% of MHR

**Exercise:** 2 minutes in the pull position  
(underhand grip)

**Intensity:** 80% to 85% of MHR

**Exercise:** 3 minutes in the pull position  
(underhand grip)

**Intensity:** 60% to 70% of MHR

**Exercise:** 2 minutes in the push position

**Intensity:** 80% to 85% of MHR

**Exercise:** 3 minutes in the push position

**Intensity:** 60% to 70% of MHR



# Maintenance

The LoneRider™ is designed to require only minimal maintenance. Performing the following maintenance procedures will help to ensure the safe and efficient operation of your exerciser.

## Clean Your LoneRider

**IMPORTANT: Place a cloth or protective covering between your exerciser and carpet before doing any maintenance procedures.**

We recommend that you wipe the seat and frame of your LoneRider with a clean, dry cloth after each workout. You may also use a mild glass cleaner.

## Check the Connections

Be sure to regularly check the bolts and knobs on your exerciser for tightness. Tighten them as needed.



# Balanced Fitness

## Strength Conditioning

Fitness-aware individuals like you have understood the need for regular aerobic exercise for quite some time. But aerobic exercise is not enough. NordicTrack's Balanced Fitness™ program includes strength conditioning in addition to aerobic exercise. Some of the benefits of strength conditioning are listed below:

- Increased lean body mass (muscle)
- Improved ability to perform everyday tasks
- Higher calorie-burn rate
- Greater muscle tone and strength

### Exerscience QuickLifter

Whatever your fitness goals, it is important that you include strength conditioning in your personal fitness program. The QuickLifter™ strength conditioner gives you every tool you need for a complete bodybuilding routine.



You can work the five major muscle groups in your body with the 32 QuickLifter exercises.

Whether you want to tone muscles, lose weight, or increase muscle size, QuickLifter can help you achieve your fitness goals. And because there are no awkward weights or rubber bands, you can concentrate on your workouts for fast, maximum results. The patent-pending bracket, with the self-locking pins, lets you adjust the arm exerciser quickly. You don't even have to get off the bench!

## Cross-Training

Some of the best overall exercise programs are based on cross-training. Cross-training is the incorporation of two or more aerobic exercises into a personal fitness program. This type of training will help you achieve a greater fitness level than a program in which you perform the same exercise over and over again. Some of the other benefits of cross-training are:

- Enhanced sports performance
- Improved muscle balance and symmetry
- Reduced exercise boredom
- Decreased recovery time between workouts

### Exerscience WindRacer

The WindRacer™ combines a state-of-the-art recumbent cycle with an upper-body exerciser to give you a safe, total-body workout. Recumbent cycling requires less exertion than upright biking because your lower body is at the same level as your heart. Plus, the comfortable seated position reduces stress on your back, neck and arms. Decreased exertion and improved comfort will enable you to reach your maximum fitness level in minimum time.



The products featured on this page will enable you to round out your Balanced Fitness program.

# Customer Information

## We're Just a Toll-Free Phone Call Away

We're available toll-free to answer any of your questions regarding the assembly, use or maintenance of your equipment. And as your fitness needs and goals change, our knowledgeable Customer Service Representatives will help you identify the exercisers and accessories that fit suit your lifestyle and budget. Please call the Customer Service Department at the toll-free phone number printed on your invoice.

### Customer Service Department hours are:

Monday through Friday 7 a.m. to 8 p.m.

Saturday 8 a.m. to 4:30 p.m.

*Central Standard Time*

## Satisfaction Guarantee

We have total confidence in the quality and performance of ExerScience fitness products. Once you try them, we're sure you'll join the ranks of millions of satisfied customers. Should any of the products fall short of your expectations before the end of your 30-day in-home trial, please refer to your invoice for more information.

## Manufacturer's One-Year Limited Warranty

NordicTrack, Inc., will for one year from the date of purchase of the LoneRider™, repair or replace at its factory any part which may prove to be defective in materials or workmanship. Please note that commercial use of the LoneRider will void the warranty coverage. This warranty does not cover damage resulting from mishandling (if within the customer's control), acts of nature, customer-made alterations, vandalism, misuse, abuse, lack of reasonable care or normal wear on items, such as those having finished or painted surfaces or the foam handgrips. NordicTrack reserves the right to make changes and improvements to the LoneRider without incurring obligations to make similar alterations to equipment previously purchased. This warranty is applicable to sales made only by NordicTrack, Inc., NordicEdge or Nordic Advantage, a retail distributor of ExerScience products. The unused portion of your warranty may be transferred to a third party for an additional charge. Please contact our Customer Service Department for more information regarding this offer.

To obtain service under this warranty, call our Customer Service Department. All shipping costs to return the LoneRider and accessories are the responsibility of the purchaser. C.O.D. shipments will not be accepted.

The implied warranty of merchantability or fitness for a particular purpose shall extend beyond one year from the date of purchase. The liability of NordicTrack, Inc., under any such implied warranty and under this limited warranty shall be limited to the repair or replacement of defective parts within one year of the date of purchase. NordicTrack, Inc., shall not be liable for any incidental or consequential damages. Some states do not allow limitations on how long an implied warranty lasts or the exclusions or limitations of incidental or consequential damages, so the above limitations or exclusions may not apply to you. This warranty gives you specific rights, and you may also have other rights which vary from state to state.

**Attach your invoice here.**

