

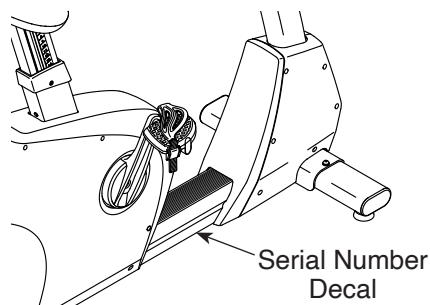
FREEMOTION[®]

u 22.9

Model No. FMEX82420.0

Serial No. _____

Write the serial number in the space above for reference.



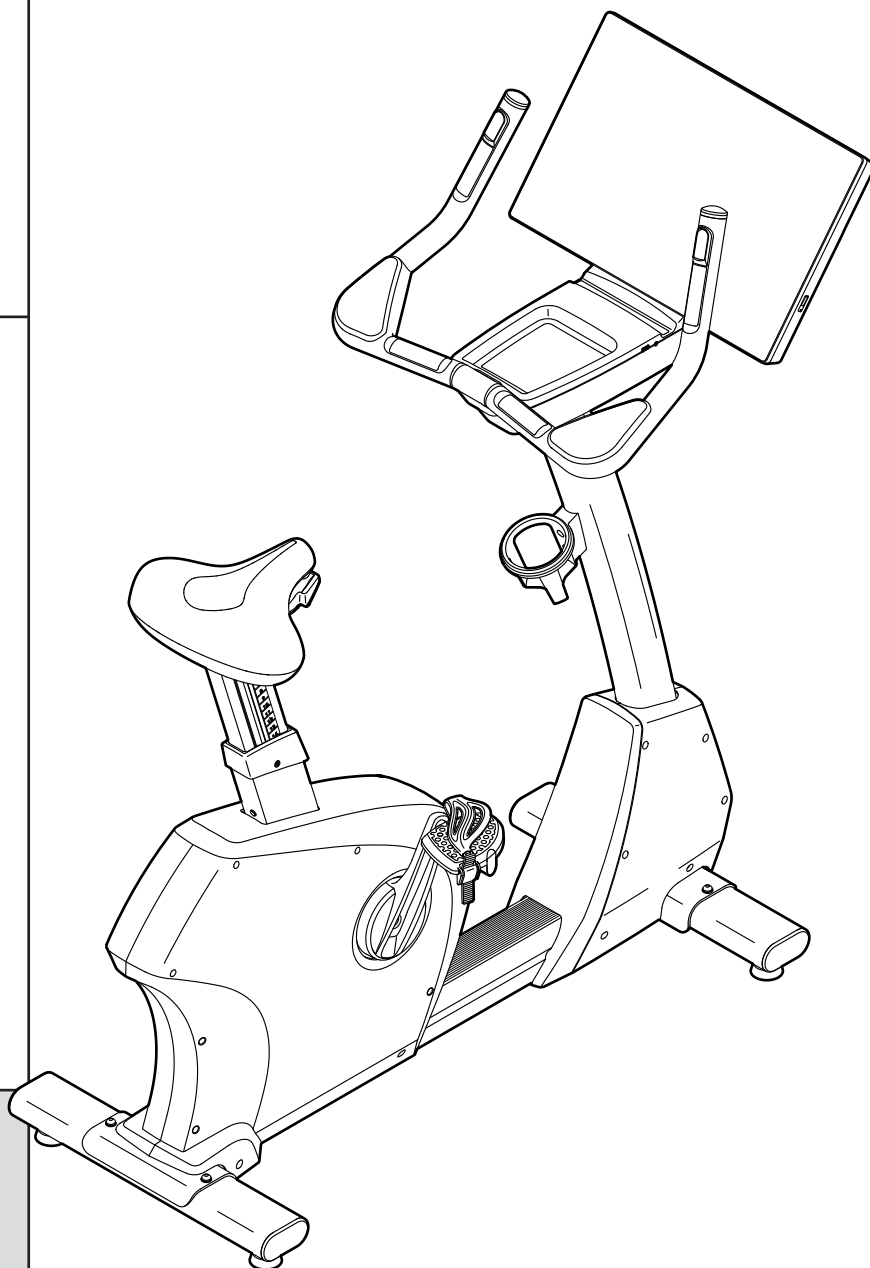
QUESTIONS?

If you have questions, or if parts are damaged or missing, please see **HOW TO CONTACT CUSTOMER CARE** on the back cover of this manual.

CAUTION

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

USER'S MANUAL



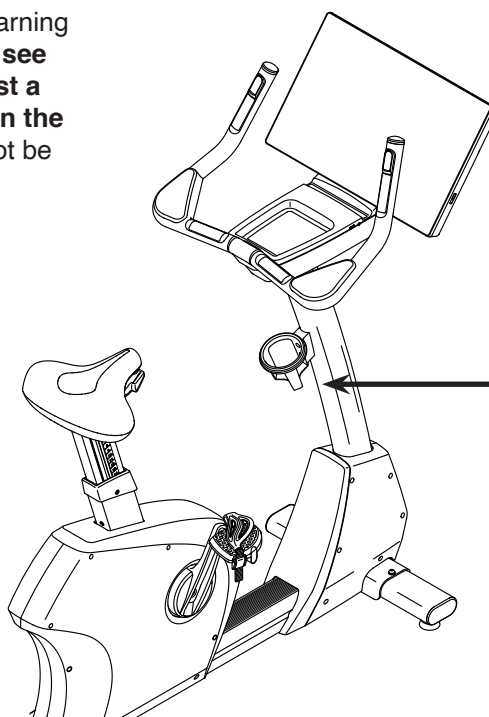
freemotionfitness.com

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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



! WARNING

- Misuse of this machine may result in serious injury.
- Read user's manual prior to use and follow all warnings and instructions.
- Do not allow children on or around machine.
- Pedals continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 400 lbs / 181 kgs.
- This product should always be used on a level surface.
- This product is not intended for therapeutic use.
- Replace label if damaged, illegible, or removed.



FREEMOTION and IFIT are registered trademarks of ICON Health & Fitness, Inc. ANT+™ is a trademark of Garmin Ltd. or its subsidiaries. Google Maps is a trademark of Google Inc. Polar is a registered trademark of Polar Electro Oy. Wi-Fi is a registered trademark of Wi-Fi Alliance. WPA and WPA2 are trademarks of Wi-Fi Alliance.

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. Freemotion Fitness assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
5. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
6. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.
7. Keep children under age 16 and pets away from the exercise bike at all times.
8. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
9. The exercise bike should not be used by persons weighing more than 400 lbs. (181 kg).
10. Be careful when mounting and dismounting the exercise bike.
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. Always keep your back straight while using the exercise bike; do not arch your back.
13. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

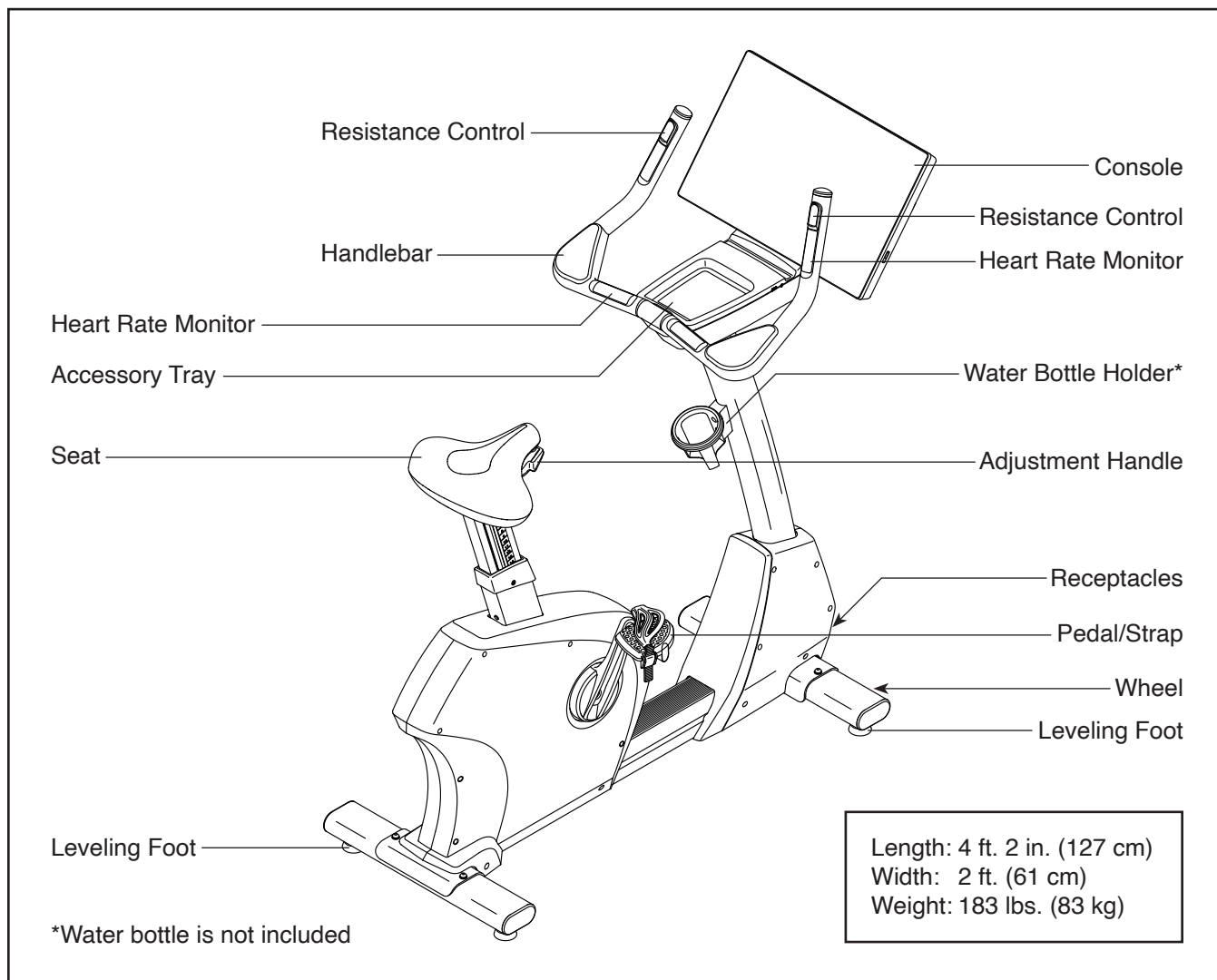
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® U 22.9 exercise bike. The U 22.9 exercise bike provides an impressive selection of features designed to make your workouts more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

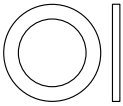
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

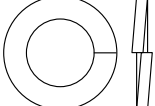


PART IDENTIFICATION CHART

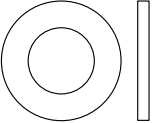
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included.**



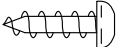
M8 x 12mm Washer
(108)–4




M8 Split Washer
(45)–4



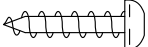
M8 x 16mm Washer
(110)–7




M4 x 12mm Self-tapping Screw (118)–4



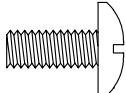
M4 x 12mm Truss Screw (116)–2



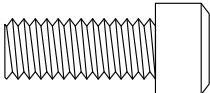
M4 x 16mm Self-tapping Screw (56)–2



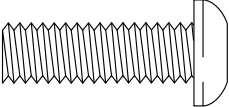
M4 x 16mm Screw (120)–8



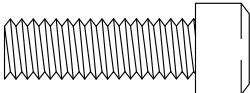
M5 x 12mm Screw (111)–8



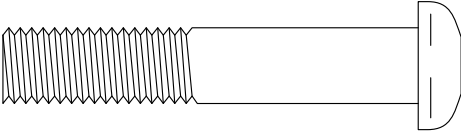
M8 x 20mm Cap Screw (107)–4



M8 x 25mm Patch Screw (44)–4



M8 x 25mm Cap Screw (109)–3



M10 x 55mm Screw (115)–4

ASSEMBLY

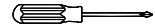
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- If a part is not in the hardware kit, check to see if it has been preassembled.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

- The following tools (not included) are required for assembly:

one adjustable wrench



one Phillips screwdriver



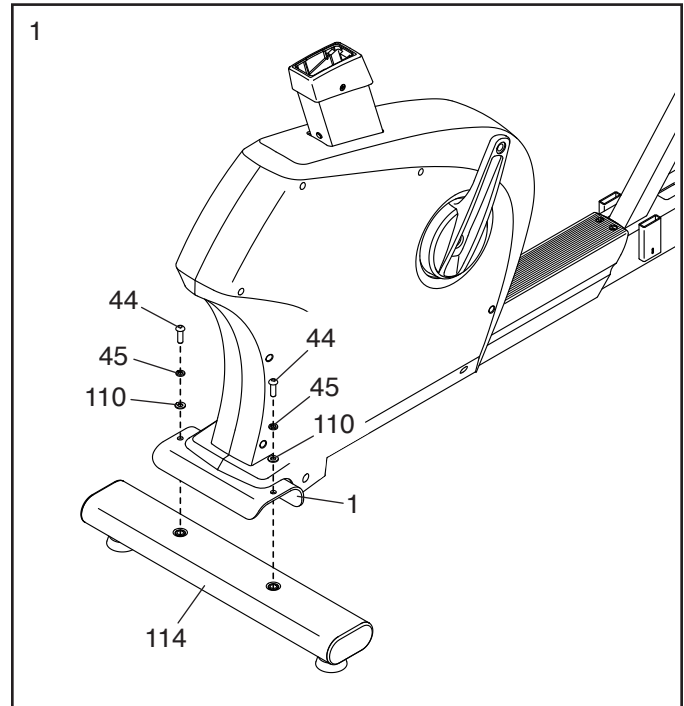
a set of metric hex keys



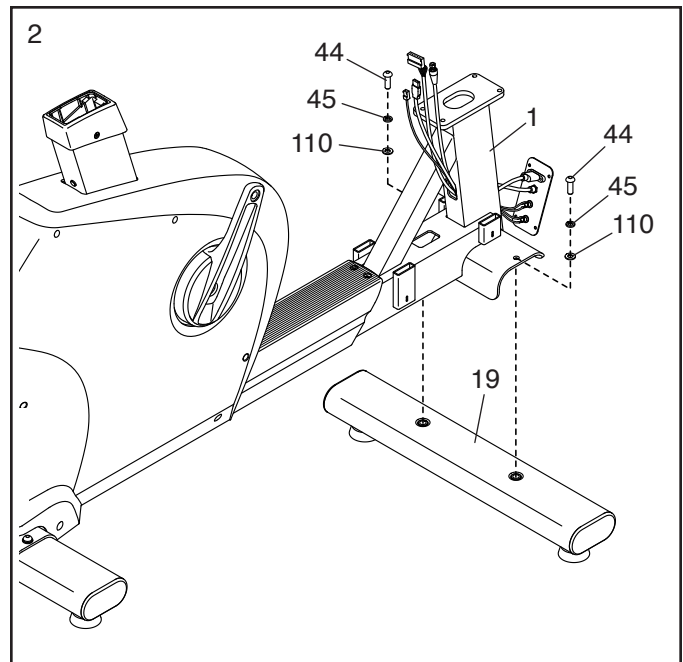
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Identify the Rear Stabilizer (114), which does not have wheels.

Attach the Rear Stabilizer (114) to the Frame (1) with two M8 x 25mm Patch Screws (44), two M8 Split Washers (45), and two M8 x 16mm Washers (110).

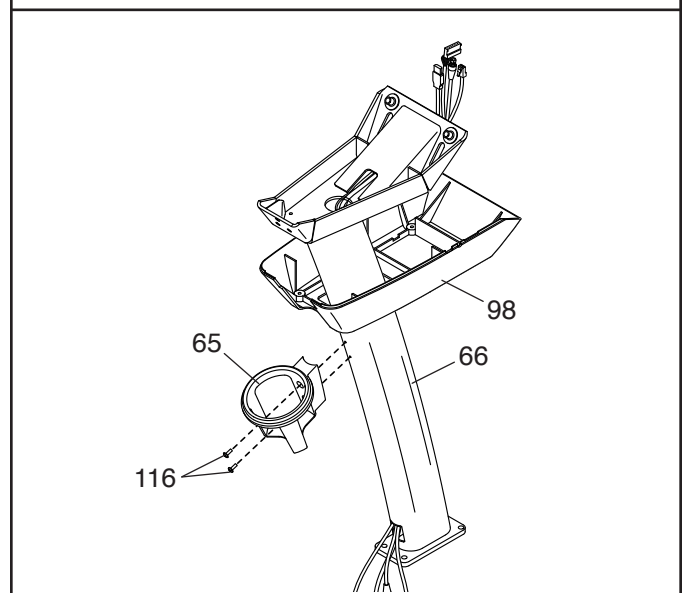
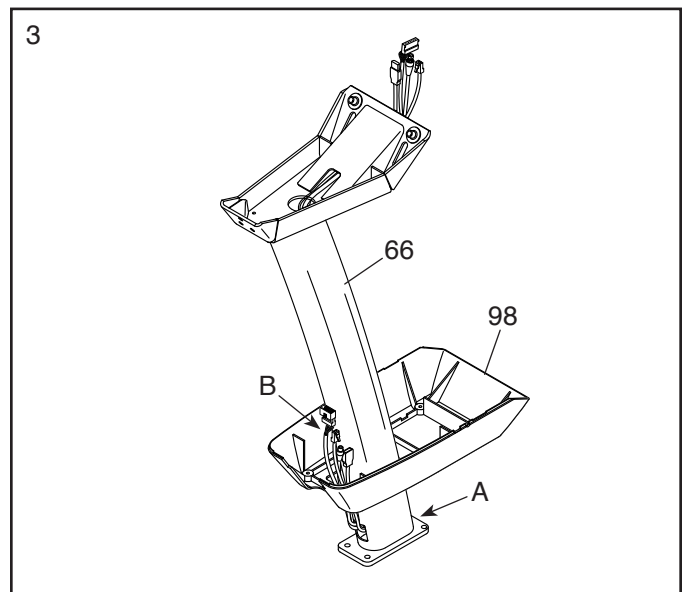


2. Attach the Front Stabilizer (19) to the Frame (1) with two M8 x 25mm Patch Screws (44), two M8 Split Washers (45), and two M8 x 16mm Washers (110).



3. **See the upper drawing. Fold and route the wires (B) as shown.** Next, orient Front Upright Cover (98) as shown. Tip and angle the Front Upright Cover over the welded plate (A) on the Upright (66). Then, slide the Front Upright Cover over the wires and upward onto the Upright.

See the lower drawing. While a second person holds the Front Upright Cover (98) near the top of the Upright (66), attach the Water Bottle Holder (65) to the Upright with two M4 x 12mm Truss Screws (116).

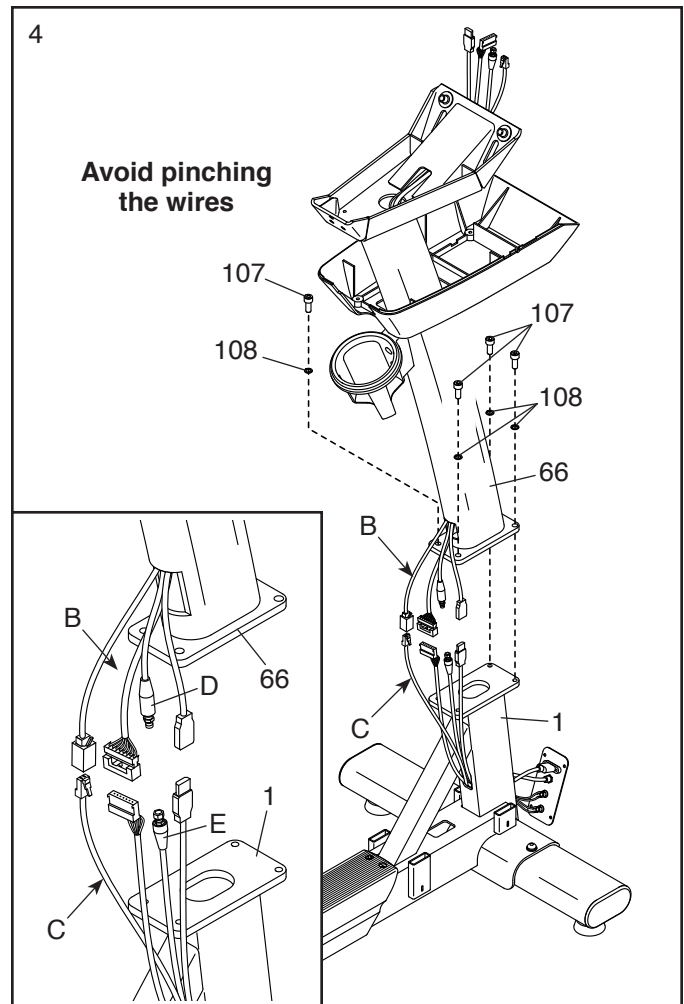


4. Have a second person hold the Upright (66) near the Frame (1).

See the inset drawing. Connect the wires (B) in the Upright (66) to the matching wires (C) in the Frame (1). **If a wire has covers, slide the covers together and push the small cover (D) into the large cover (E).**

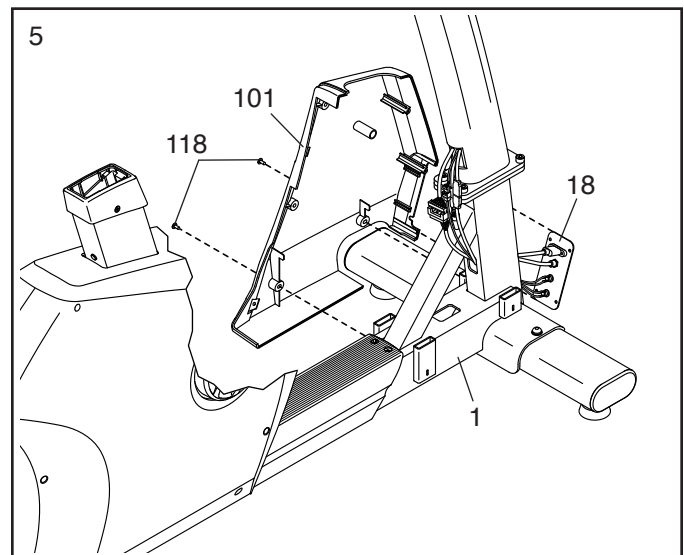
Then, insert the excess wire into the Upright (66).

Tip: Avoid pinching the wires. Attach the Upright (66) to the Frame (1) with four M8 x 20mm Cap Screws (107) and four M8 x 12mm Washers (108); **start all the Cap Screws, and then tighten them.**



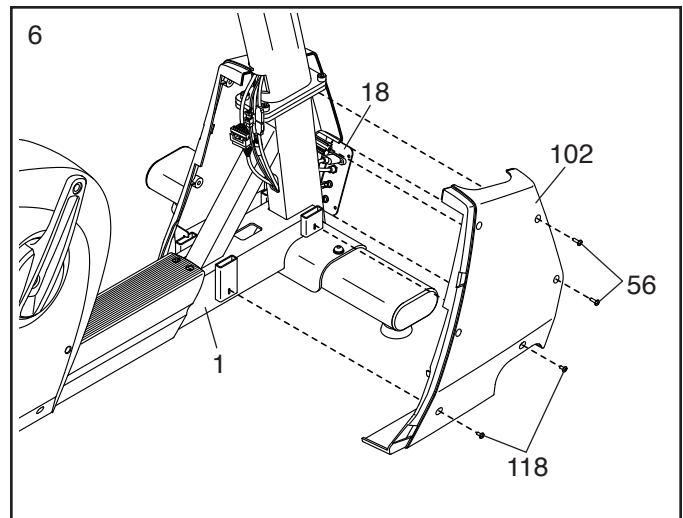
5. Hold the Left Front Shield (101) against the left side of the Frame (1). Insert the left side of the Wiring Plate (18) into the Left Front Shield.

Attach the Left Front Shield (101) with two M4 x 12mm Self-tapping Screws (118); **do not fully tighten the Self-tapping Screws yet.**

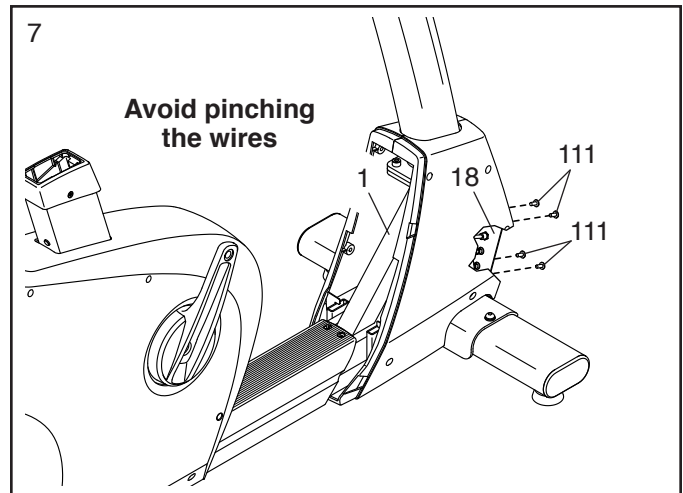


6. Hold the Right Front Shield (102) against the right side of the Frame (1). Insert the right side of the Wiring Plate (18) into the Right Front Shield.

Attach the Right Front Shield (102) with two M4 x 12mm Self-tapping Screws (118) and two M4 x 16mm Self-tapping Screws (56); **do not fully tighten the Self-tapping Screws yet.**

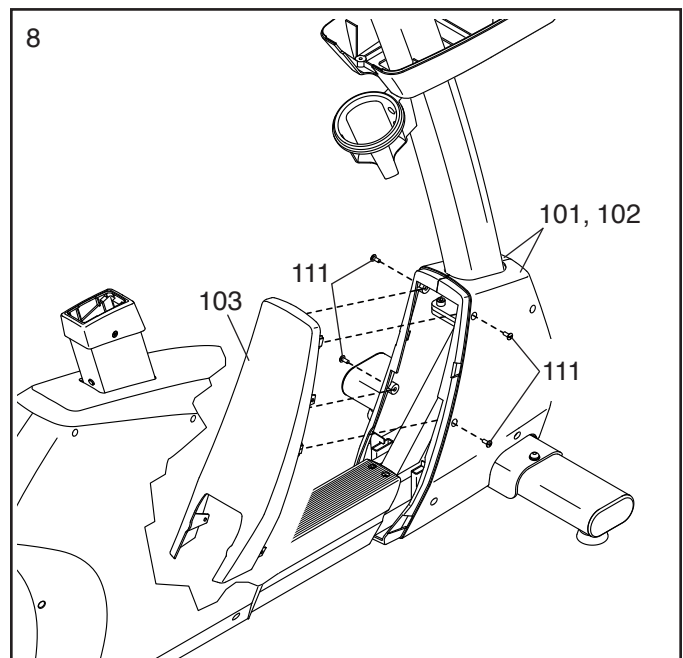


7. **Tip: Avoid pinching the wires.** Attach the Wiring Plate (18) to the Frame (1) with four M5 x 12mm Screws (111); **start all the Screws, and then tighten them.**



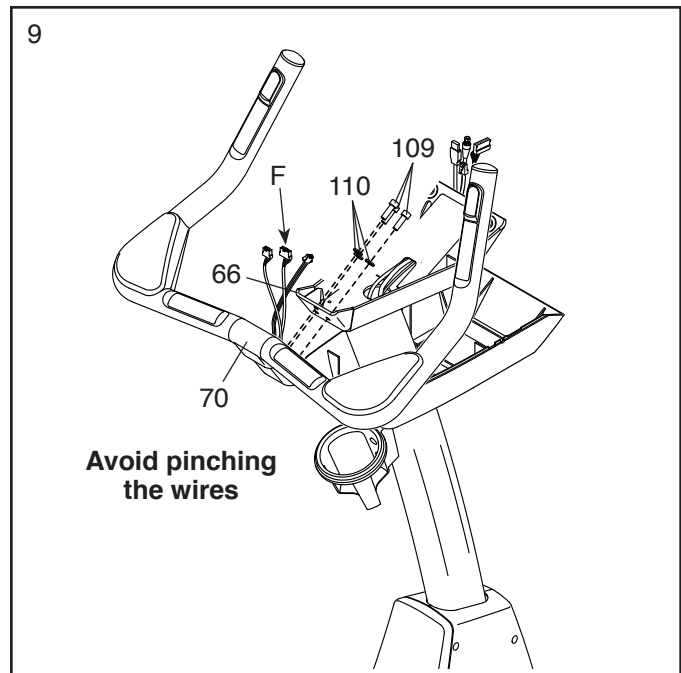
8. Attach the Front Shield Cover (103) to the Right and Left Front Shields (101, 102) with four M5 x 12mm Screws (111); **start all the Screws, and then tighten them.**

See assembly steps 5 and 6. Tighten the M4 x 12mm Self-tapping Screws (118) and the M4 x 16mm Self-tapping Screws (56).



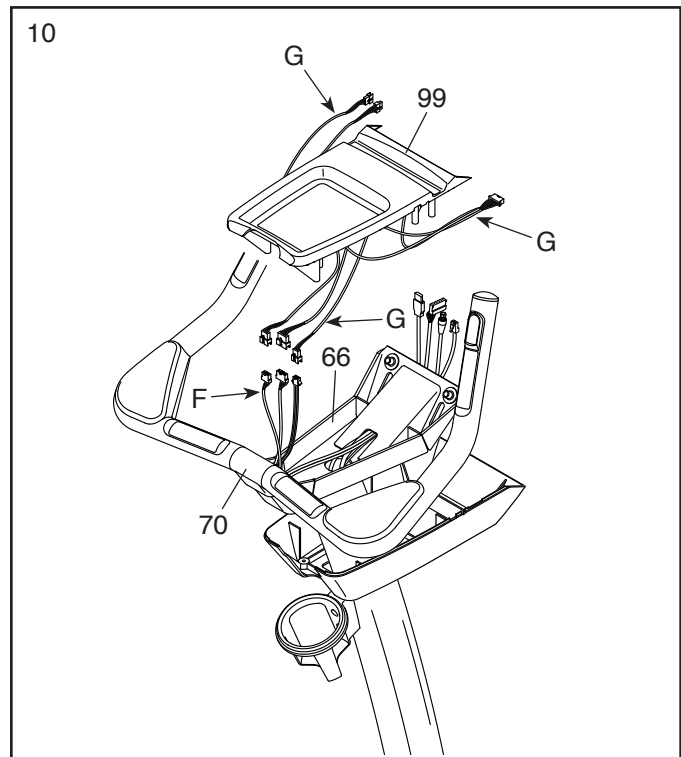
9. While a second person holds the Handlebar (70) near the Upright (66), move the wires (F) in the Handlebar to the position shown.

Tip: Avoid pinching the wires. Attach the Handlebar (70) to the Upright (66) with three M8 x 25mm Cap Screws (109) and three M8 x 16mm Washers (110); **start all the Cap Screws, level the Handlebar, and then tighten the Screws.**

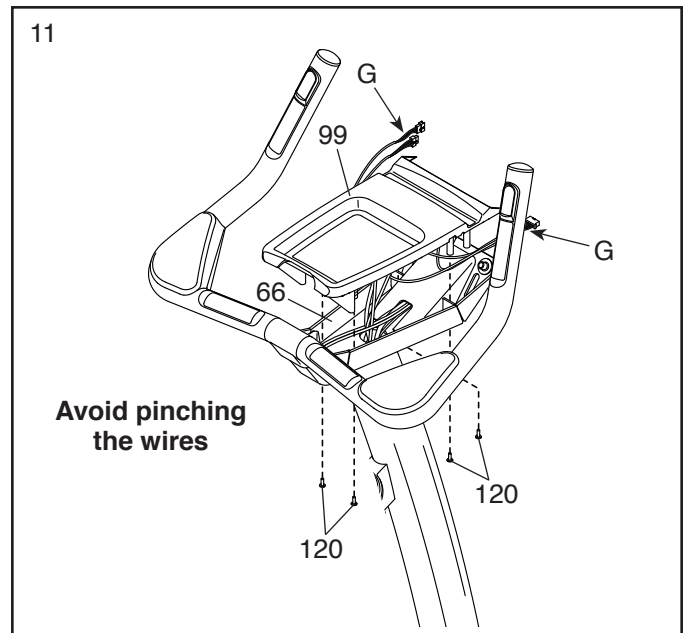


10. While a second person holds the Accessory Tray (99) near the Upright (66), arrange the wires (G) on the Accessory Tray as shown.

Then, connect the wires (F) in the Handlebar (70) to the matching wires (G) on the Accessory Tray (99). **Fold these wires and insert them downward into the Upright (66) as far as possible.**

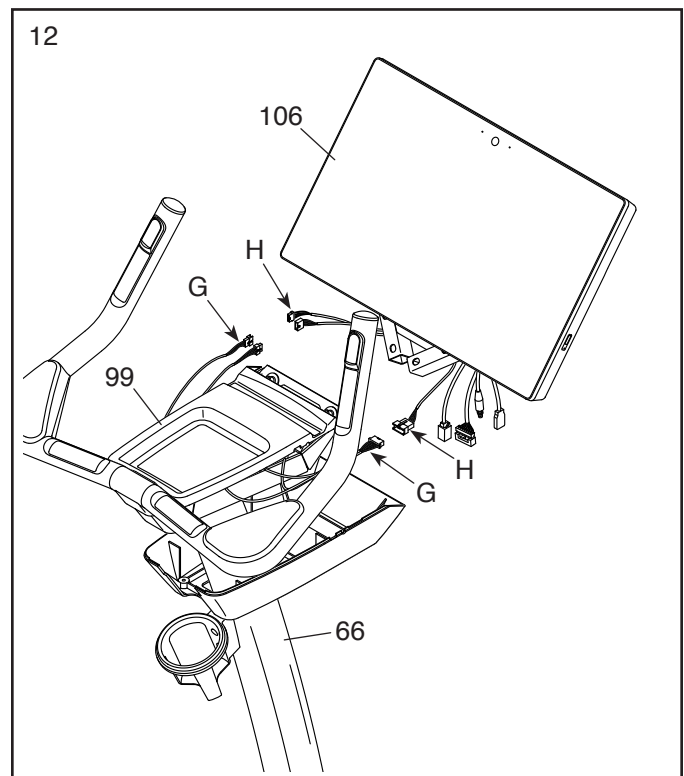


11. **Tip: Avoid pinching the wires. Make sure that the wires (G) are in the positions shown.** Attach the Accessory Tray (99) to the Upright (66) with four M4 x 16mm Screws (120); **start all the Screws, and then tighten them.**

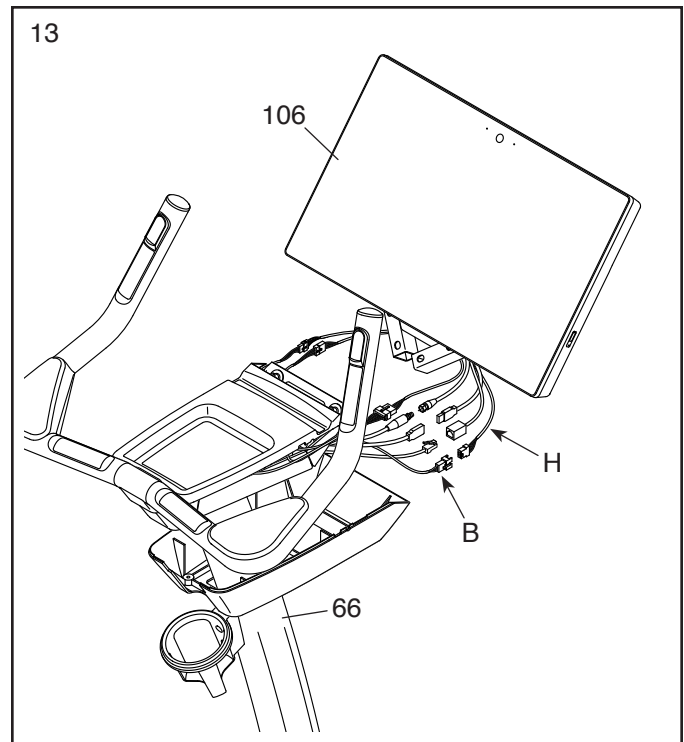


12. Have a second person hold the Console (106) near the Upright (66) until step 14 is completed.

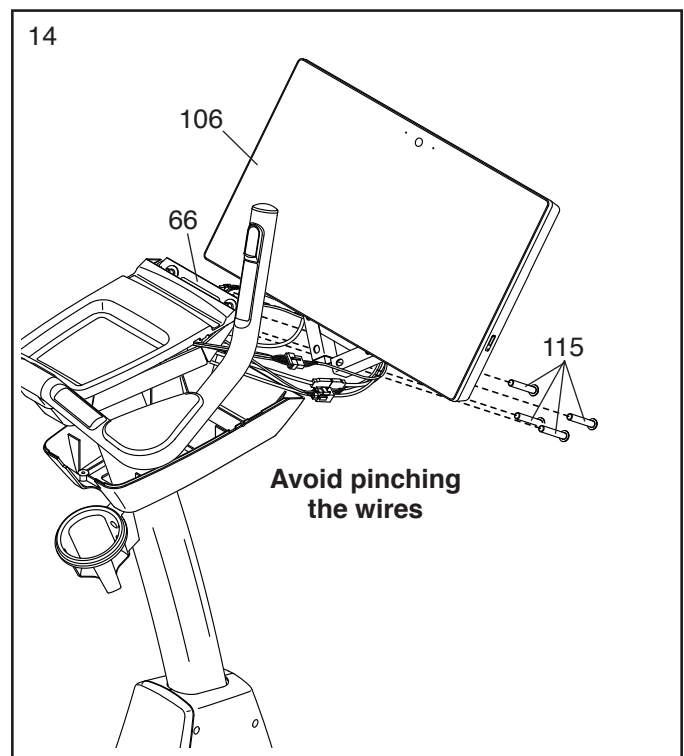
Connect the wires (G) on the Accessory Tray (99) to the matching wires (H) in the Console (106).



13. Connect the wires (H) in the Console (106) to the matching wires (B) in the Upright (66).
Tip: If there is an extra wire in the Console that does not match any of the wires in the Upright, insert the extra wire into the Console.

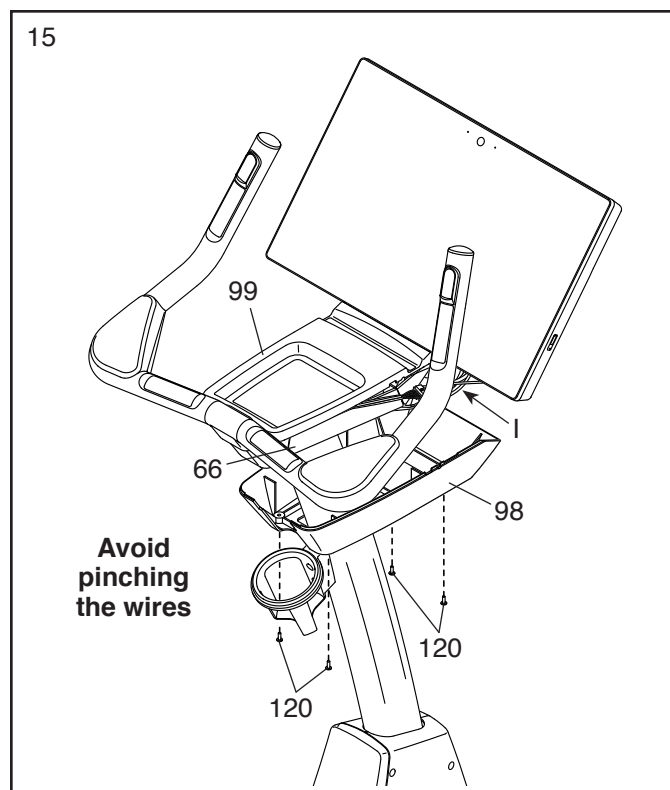


14. **Tip: Avoid pinching the wires.** Attach the Console (106) to the Upright (66) with four M10 x 55mm Screws (115); **start all the Screws, and then tighten them.**

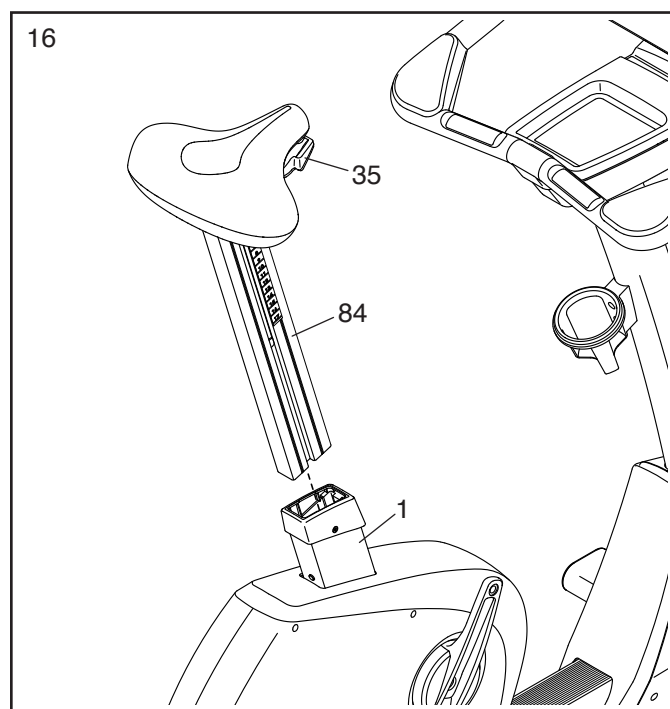


15. Using the included ties (not shown), arrange and bundle the wires (I) so that they fit neatly inside the Front Upright Cover (98). **Tip: It may be helpful to divide the wires into several bundles and position each bundle so that the screw holes are clear. It may be helpful to insert the connectors on the wires inside the Upright (66) or between the Upright and the Accessory Tray (99).**

Tip: Avoid pinching the wires. Attach the Front Upright Cover (98) to the Accessory Tray (99) with four M4 x 16mm Screws (120); **start all the Screws, and then tighten them.**

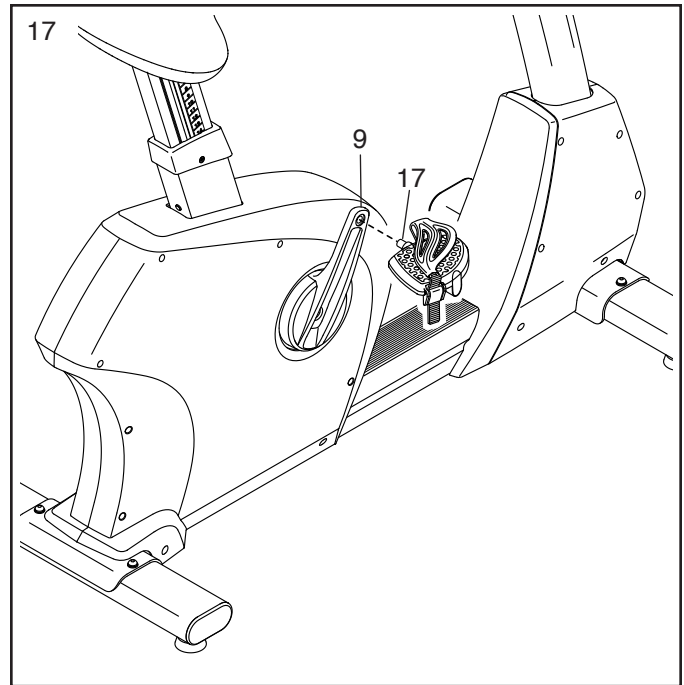


15. Pull the Adjustment Handle (35) upward, insert the Seat Post (84) into the Frame (1), and then release the Adjustment Handle. **Move the Seat Post upward or downward slightly to make sure that it is engaged in the Frame.**



17. Identify the right Pedal (17). Using an adjustable wrench, **firmly tighten** the right Pedal **clockwise** into the Right Crank Arm (9).

Firmly tighten the left Pedal (not shown) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the left Pedal counterclockwise to attach it.



18. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

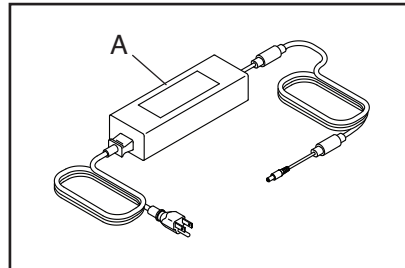
HOW TO USE THE EXERCISE BIKE

HOW TO PLUG IN THE POWER ADAPTER

IMPORTANT: If the exercise bike has been exposed to cold temperatures, allow it to warm to room temperature before you plug in the power adapter (A). If you do not do this, you may damage the console displays or other electronic components.

IMPORTANT: Always plug the power adapter (A) into the exercise bike before you plug it into an outlet.

Plug the power adapter (A) into the receptacle on the exercise bike. Then, plug the power adapter into an appropriate outlet that is properly installed in accordance with all local codes and ordinances.



HOW TO CONNECT AN AUDIOVISUAL CABLE TO THE EXERCISE BIKE

If the TV feature is enabled on the exercise bike, an audiovisual cable, such as a coaxial cable or an HDMI cable, must be connected to the exercise bike for cable TV stations, over-the-air TV stations, or other media to be viewed.

Locate the audiovisual input receptacles on the front of the exercise bike. Connect the desired audiovisual cable to the appropriate receptacle. **Route the audiovisual cable so that it will not be pinched or crushed by the exercise bike.**

A satellite receiver, VCR, or DVD player can also be connected to the exercise bike. Connect a coaxial cable or an HDMI cable from the output on your equipment (usually labeled TV OUT or RF OUT) to the appropriate receptacle on the front of the exercise bike.

HOW TO CONNECT AN ETHERNET CABLE TO THE EXERCISE BIKE

For iFit workouts and several other features of the console to be available to users, the exercise bike must be connected to a network. A wired connection with an ethernet cable is recommended.

To connect an ethernet cable to the exercise bike, locate the ethernet cable receptacle on the front of the exercise bike. Connect the ethernet cable to the ethernet cable receptacle. **Route the ethernet cable so that it will not be pinched or crushed by the exercise bike.**

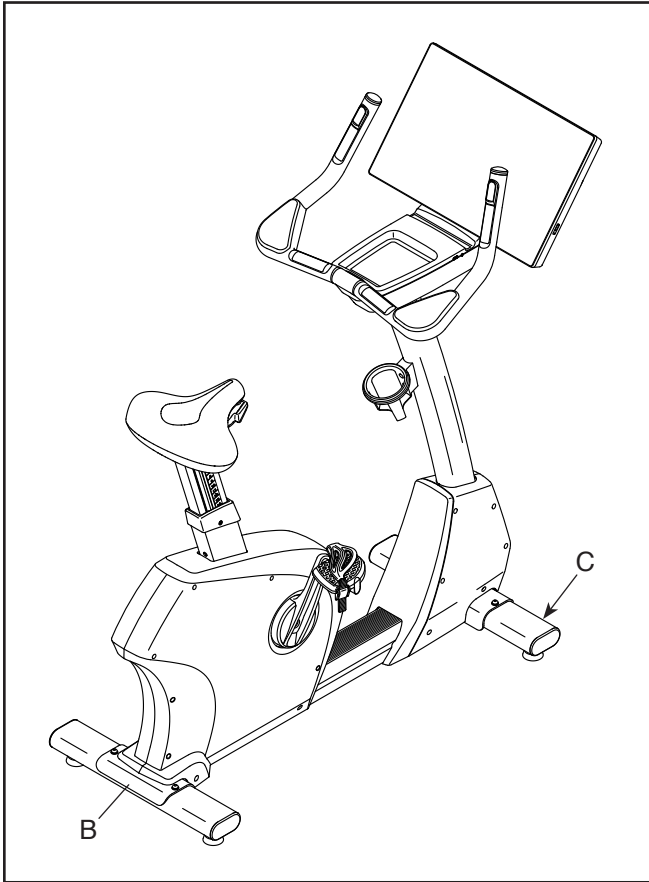
WARRANTY INFORMATION

The warranty for this product does not cover damage or equipment failure caused by electric wiring not in compliance with electrical codes or the specifications in this manual, or failure to provide reasonable and necessary maintenance as outlined in this manual. Any failure or damage caused by unauthorized service; misuse; accident; negligence; improper assembly or installation; debris resulting from any destruction activities in the product's environment; rust or corrosion as a result of the product's location; alterations or modifications without written authorization; or failure on your part to use, operate, and maintain the product as set forth in this manual will void the warranty.

All terms of the warranty are void if this product is moved beyond the continental borders of the United States of America (excluding Alaska, Hawaii, and Canada) and are then subject to the terms provided by that country's local authorized Freemotion Fitness, Inc. representative.

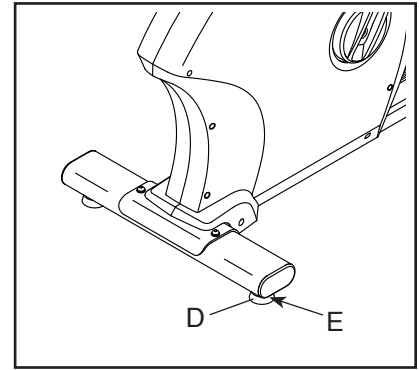
HOW TO MOVE THE EXERCISE BIKE

Due to the size and weight of the exercise bike, moving it requires two persons. Lift the rear stabilizer (B) until the exercise bike will roll on the wheels (C). Carefully move the exercise bike to the desired location, and then lower it to the floor.



HOW TO LEVEL THE EXERCISE BIKE

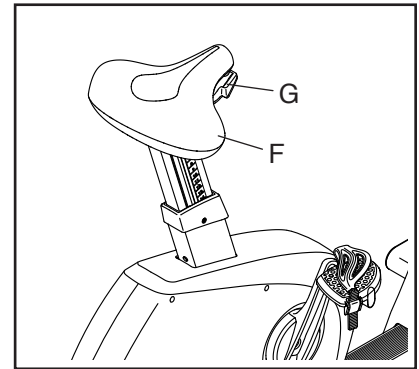
Make sure that the leveling feet (D) beneath the frame (only two are shown) rest firmly on the floor. If the exercise bike rocks slightly on your floor during use, loosen the nut (E) on a leveling foot, turn the leveling foot until the rocking motion is eliminated, and then tighten the nut.



HOW TO ADJUST THE SEAT

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

To adjust the seat (F) to a higher position, simply hold the seat and pull it upward to the desired position. **To adjust the seat to a lower position,** pull the adjustment handle (G) upward, move the seat downward to the desired position, and then release the adjustment handle. **Move the seat post upward or downward slightly to make sure that it is firmly engaged.**



HOW TO USE THE CONSOLE

FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make workouts more effective and enjoyable.

The console features technology that enables the console to connect to iFit. With iFit, users can access a large and varied workout library, create their own workouts, and access many other features.

Each workout in the workout library automatically controls the resistance of the pedals as it guides users through an effective exercise session.

With the manual mode of the console selected, users can change the resistance of the pedals with the touch of a button.

During exercise, the console will display continuous exercise feedback. Users can even measure their heart rates using a compatible heart rate monitor.

Users can also use the charging port on the console to charge their USB-compatible devices.

To turn on the console, see page 17. **To learn how to use the touch screen**, see page 17. **To set up the console**, see page 18.

HOW TO TURN ON THE CONSOLE

The included power adapter must be used to operate the exercise bike. See **HOW TO PLUG IN THE POWER ADAPTER** on page 15. When the power adapter is plugged in, touch the screen or press any button on the console to turn on the console.

HOW TO TURN OFF THE CONSOLE

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

If the pedals do not move for several minutes, the screen is not touched, and the buttons are not pressed, the console will turn off.

When you are finished exercising, unplug the power adapter. **IMPORTANT: If you do not do this, the electrical components on the exercise bike may wear prematurely.**

HOW TO USE THE TOUCH SCREEN

The console features a tablet with a full-color touch screen. The following information will help you use the touch screen:

- The console functions similarly to other tablets. You can slide or flick your finger against the screen to move certain images on the screen, such as the displays in a workout.
- To type information into a text box, first touch the text box to view the keyboard. To use numbers or other characters on the keyboard, touch **?123**. To view more characters, touch **~/<**. Touch **?123** again to return to the number keyboard. To return to the letter keyboard, touch **ABC**. To use a capital character, touch the shift button (upward-facing arrow symbol). To use multiple capital characters, touch the shift button again. To return to the lowercase keyboard, touch the shift button a third time. To clear the last character, touch the clear button (backward-facing arrow with an X symbol).

HOW TO SET UP THE CONSOLE

Before the exercise bike can be used, you must set up the console. When the console is turned on for the first time, a tour presentation will guide you through the console features and assist you to set up the console.

1. Connect to your network.

For iFit workouts and several other features of the console to be available to users, the console must be connected to a network with either a wired connection or a wireless connection. Follow the prompts on the screen to connect the console to your network. Note: An ethernet receptacle is located on the underside of the exercise bike.

2. Customize settings.

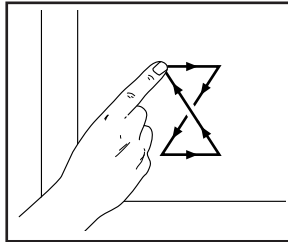
Follow the prompts on the screen to set the desired unit of measurement, time zone, and other settings.

Note: To change these settings later, see HOW TO CHANGE CLUB OWNER SETTINGS on page 24.

3. Check for firmware updates.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, and then draw an hourglass on the screen with your finger until the club owner settings menu appears on the screen.

Next, touch *Maintenance*, and then touch *Update*. The console will check for firmware updates. For more information, see HOW TO CHANGE CLUB OWNER SETTINGS on page 24.



The console is now ready for use. The following pages explain the workouts and other features that the console offers.

To use the manual mode, see page 18. **To use a featured workout**, see page 20. **To create a draw-your-own-map workout**, see page 22. **To use an iFit workout**, see page 23.

To change user settings, see page 24. **To change club owner settings**, see page 24. **To connect to a network**, see page 26. **To use the sound system**, see page 27. **To use the charging port**, see page 27.

Note: If there is a sheet of plastic on the screen, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. Select options on the welcome screen and view the main menu.

When you turn on the console, the welcome menu will appear on the screen after the console boots up.

If you have an iFit account, log in to your iFit account if desired. Touch *My Account* and follow the prompts on the screen to log in using your iFit username and password. The main menu will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The main menu will then appear on the screen.

Note: If you are already in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Select the manual mode.

To select the manual mode, touch *Manual Start*. If desired, follow the prompts on the screen to enter your weight. Then, begin pedaling.

4. Change the resistance of the pedals as desired.

You can change the resistance of the pedals by pressing the Resistance increase and decrease buttons on the right and left handlebars.

5. Follow your progress.

The console offers several display modes. The display mode that you select will determine which workout information is shown.

Drag upward on the screen to enter the fullscreen display mode. Drag downward on the screen to view the workout information displays.

Touch the various workout information displays to view more options. Touch the more button (+ symbol) to view statistics or charts. Touch the center of the screen to view even more display mode options.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout session, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

6. Measure your heart rate if desired.

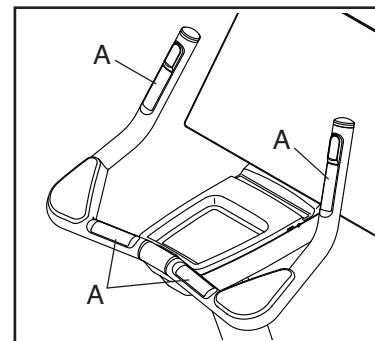
You can measure your heart rate using either a compatible heart rate monitor or the handgrip heart rate monitor.

Compatible Heart Rate Monitor—You can wear a compatible heart rate monitor to measure your heart rate. Note: The console is compatible with all ANT+™ and Polar® heart rate monitors.

The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

Handgrip Heart Rate Monitor—To use the handgrip heart rate monitor, follow the instructions below. **Note: If you use both heart rate monitors at the same time, the compatible heart rate monitor will have priority.**

If there are sheets of plastic on the metal contacts (A) on the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip



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

When your pulse is detected, your heart rate will be shown. For the most accurate heart rate reading, hold the contacts for at least 15 seconds.

If the display does not show your heart rate, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

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

See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO USE A FEATURED WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. Select options on the welcome screen and view the main menu.

When you turn on the console, the welcome menu will appear on the screen after the console boots up.

If you have an iFit account, log in to your iFit account if desired. Touch *My Account* and follow the prompts on the screen to log in using your iFit username and password. The main menu will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The main menu will then appear on the screen.

Note: If you are already in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Select the main menu or the workout library.

Touch the buttons at the bottom of the screen to select either the main menu (Home button) or the workout library (Browse button).

4. Select a workout.

To select a workout from the main menu or the workout library, simply touch the desired workout button on the screen. Slide or flick the screen to scroll upward or downward if necessary.

Note: To use a featured workout, the console must be connected to a network (see HOW TO CONNECT TO A NETWORK on page 26).

If you are logged into your iFit account, you can save a featured workout for future use by touching the favorites button (heart symbol).

To draw your own map for a workout, see HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT on page 22.

When you select a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories you will burn during the workout.

5. Start the workout.

Touch *Start Workout* to start the workout.

The workout will function in the same way as the manual mode (see page 18).

During some workouts, an iFit coach will guide you through a video workout. Touch the screen in any open space to view and select music, trainer voice, and volume options for the workout.

During some workouts, the screen will show a map of the route and a marker indicating your progress. Touch the buttons on the screen to select the desired map options.

During some workouts, the screen may show a target speed. As you exercise, keep your pedaling speed near the target speed shown on the screen. A message may appear prompting you to increase, decrease, or maintain your pedaling speed.

IMPORTANT: The target speed is intended only to provide motivation. Your actual pedaling speed may be slower than the target speed. Make sure to pedal at a speed that is comfortable for you.

If the resistance level is too high or too low, you can manually override the setting by pressing the Resistance buttons. **If you press a Resistance button**, you can then manually control the resistance level (see step 4 on page 19). **To return to the programmed resistance settings of the workout**, touch *Follow Trainer*.

Note: The calorie goal shown in the workout description is an estimate of the number of calories that you will burn during the workout. The actual number of calories that you burn will depend on various factors, such as your weight. In addition, if you manually change the resistance level during the workout, the number of calories you burn will be affected.

To pause the workout, simply touch the screen or stop pedaling. To continue the workout, simply resume pedaling.

To end the workout, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the main menu.

When the workout ends, a workout summary will appear on the screen.

If you are logged into your iFit account, you can select options such as adding the workout to your schedule (see HOW TO USE AN IFIT WORKOUT on page 23) or adding the workout to your favorites list.

Then, touch *Save Workout* to return to the main menu.

6. Follow your progress.

See step 5 on page 19.

7. Measure your heart rate if desired.

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO CREATE A DRAW-YOUR-OWN-MAP WORKOUT

1. Touch the screen or press any button on the console to turn on the console.

See HOW TO TURN ON THE CONSOLE on page 17. Note: It may take a few moments for the console to be ready for use.

2. Select options on the welcome screen and view the main menu.

When you turn on the console, the welcome menu will appear on the screen after the console boots up.

If you have an iFit account, log in to your iFit account if desired. Touch *My Account* and follow the prompts on the screen to log in using your iFit username and password. The main menu will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The main menu will then appear on the screen.

Note: If you are already in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

3. Select a draw-your-own-map workout.

To select a draw-your-own-map workout, touch the Create button at the bottom of the screen.

4. Draw your map.

Navigate to the area on the map where you want to draw your workout by typing in the search box or by sliding your fingers on the screen. Touch the screen to add the start point for your workout. Then, touch the screen to add the end point for your workout.

If you want to start and end your workout at the same point, touch *Close Loop* or *Out & Back* in the map options. You can also select whether you want your workout to snap to the road.

If you make a mistake, touch *Undo* in the map options.

The screen will display the elevation and distance statistics for your workout.

5. Save your workout.

Touch *Save New Workout* to save your workout. If desired, enter a title and description for your workout. Then, touch the continue button (> symbol).

Note: To save your workout for future use, you must be logged into your iFit account.

6. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

7. Follow your progress.

See step 5 on page 19.

8. Measure your heart rate if desired.

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 17.

HOW TO USE AN iFIT WORKOUT

If you create and log into your iFit account, additional console features will be available.

1. Create or log in to your iFit account.

When you turn on the console, the welcome menu will appear on the screen after the console boots up.

If you do not have an iFit account, touch *Create your iFit account* and follow the prompts on the screen to create an iFit account.

If you have an iFit account, touch *My Account* and follow the prompts on the screen to log in using your iFit username and password. The main menu will then appear on the screen.

If you are already in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

To log in to your iFit account from the main menu, touch the menu button (three horizontal lines symbol) on the screen and then touch *Log in* to log in to your iFit account. Follow the prompts on the screen to enter your username and password.

To switch users within your iFit account, touch the menu button, touch *Settings*, and then touch *Manage Accounts*. If more than one user is associated with the account, a list of users will appear. Touch the name of the desired user.

2. Add workouts to your schedule on iFit.com.

On your computer, smartphone, tablet, or other device, open an internet browser, go to iFit.com, and log in to your iFit account.

Next, navigate to Menu > Library on the website. Browse the workout programs in the library and join the desired workouts.

Then, navigate to Menu > Schedule to view your schedule. All of the workouts that you have joined will appear on your schedule; you can arrange or delete the workouts on your schedule as desired.

Take time to explore the iFit.com website before you log out.

3. Select an iFit workout that you have previously added to your schedule on iFit.com.

IMPORTANT: Before iFit workouts will load, you must add them to your schedule on iFit.com (see step 2).

To load an iFit workout from iFit.com to the console, touch the Calendar button at the bottom of the screen.

When you load a workout, the screen will show an overview of the workout that includes details such as the duration and distance of the workout and the approximate number of calories that you will burn during the workout.

4. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 20).

5. Follow your progress.

See step 5 on page 19.

6. Measure your heart rate if desired.

See step 6 on page 19.

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

See HOW TO TURN OFF THE CONSOLE on page 17.

For more information about iFit, go to iFit.com.

HOW TO CHANGE USER SETTINGS

IMPORTANT: Some of the settings and features described may not be enabled. Occasionally, a firmware update may cause the console to function slightly differently.

1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 17). Note: It may take a few moments for the console to be ready for use.

When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Account

- My Profile
- In Workout

Equipment

- Equipment Info

About

- Legal

Note: Some settings will only be available if you are logged into your iFit account.

3. Customize workout settings and the unit of measurement.

To customize workout settings, touch *In Workout*, and then touch the desired settings.

To customize the unit of measurement, touch *Equipment Info*, and then touch the desired setting. The console can display speed and distance in either standard or metric units of measurement.

4. View machine information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your trainer or about the console app.

5. Exit the settings main menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the settings main menu.

HOW TO CHANGE CLUB OWNER SETTINGS

1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 17). Note: It may take a few moments for the console to be ready for use.

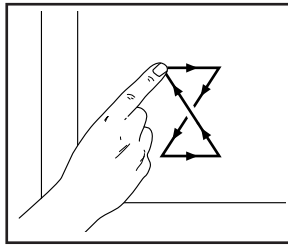
When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Unlock the club owner settings menu.

Draw an hourglass on the screen repeatedly with your finger until the club owner settings menu appears on the screen.



3. Navigate the settings menus and change settings as desired.

Slide or flick the screen to scroll upward or downward if necessary. To view a settings menu, simply touch the menu name. To exit a menu, touch the back button (arrow symbol). You may be able to view and change settings in the following settings menus:

Equipment

- Equipment Info
- Equipment Settings
- Maintenance
- Wi-Fi

4. View machine information.

Touch *Equipment Info*, and then touch *Machine Info* or *App Info* to view information about your trainer or about the console app.

5. Customize equipment settings.

To customize equipment settings, such as the time zone and default unit of measurement, touch *Equipment Settings*, and then touch the desired settings.

6. Update the console firmware.

For the best results, regularly check for firmware updates. Touch *Maintenance*, and then touch *Update* to check for firmware updates using your network. The update will begin automatically. **IMPORTANT: To avoid damaging the exercise bike, do not turn off the power while the firmware is being updated.**

The screen will show the progress of the update. When the update is complete, the exercise bike will turn off and then turn back on. If it does not, press the power switch into the off position, wait for several seconds, and then press the power switch into the reset position. Note: It may take a few minutes for the console to be ready for use.

Note: Occasionally, a firmware update may cause the console to function slightly differently. These updates are always designed to improve your exercise experience.

7. Exit the club owner settings menu.

If you are in a settings menu, touch the back button. Then, touch the close button (x symbol) to exit the club owner settings menu.

HOW TO CONNECT TO A NETWORK

To use iFit workouts and to use several other features of the console, the console must be connected to a network with either a wired connection or a wireless connection.

1. Select the settings main menu.

First, turn on the console (see HOW TO TURN ON THE CONSOLE on page 17). Note: It may take a few moments for the console to be ready for use.

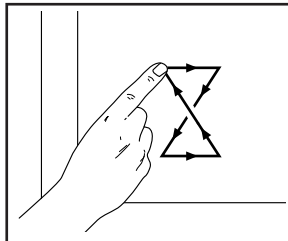
When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the main menu. If you are in the settings menus, touch the back button (arrow symbol) and then touch the close button (x symbol) to return to the main menu.

Then, touch the menu button (three horizontal lines symbol) on the screen, and then touch *Settings*. The settings menu will appear on the screen.

2. Unlock the club owner settings menu and select the network menu.

Draw an hourglass on the screen with your finger until the club owner settings menu appears on the screen.



Then, touch *Wi-Fi* to select the network menu.

3. Set up and manage a network connection.

The console can be connected to a network with either a wired connection or a wireless connection.

To make a wired connection, plug an ethernet cable into the ethernet receptacle located on the underside of the exercise bike.

To make a wireless connection, make sure that Wi-Fi® is enabled on the console. If it is not enabled, touch the *Wi-Fi* toggle to enable it.

The screen will show a list of available networks.

Note: It may take a few moments for the list of networks to appear.

Note: You must have your own network and an 802.11b/g/n router with SSID broadcast enabled (hidden networks are not supported).

When a list of networks appears, touch the desired network. Note: You will need to know your network name (SSID). If your network has a password, you will also need to know the password.

Follow the prompts on the screen to enter your password and connect to the selected network. (To use the keyboard, see HOW TO USE THE TOUCH SCREEN on page 17.)

When the console is connected to your network, a checkmark will appear next to the network name.

If you are having problems connecting to an encrypted network, make sure that your password is correct. Note: Passwords are case-sensitive.

Note: The console supports unsecured and secured (WEP, WPA™, and WPA2™) encryption. A broadband connection is recommended; performance depends on connection speed.

Note: If you have questions after following these instructions, go to support.iFit.com for assistance.

4. Exit the network menu.

To exit the network menu, touch the back button (arrow symbol). Then, touch the close button (x symbol) to exit the club owner settings menu.

HOW TO USE THE SOUND SYSTEM

Connect Your Headphones with an Audio Cable

To listen to the console audio with your personal headphones, plug your headphones into the audio jack on the accessory tray.

If desired, adjust the volume level by pressing the volume increase and decrease buttons on the side of the console.

Connect Your Headphones with Bluetooth

If the console is enabled with this feature, you can connect your Bluetooth-compatible headphones to listen to audio from the console through your headphones.

To connect your headphones to the console, first turn on your headphones and place them near the console. Next, select a featured workout (see page 20) or an iFit workout (see page 23). Then, touch *Connect Bluetooth Headphones* when this option appears on the screen.

To pair your headphones to the console, select your headphones from the list on the screen. When your headphones and the console pair successfully, the audio from the console will play through your headphones.

HOW TO USE THE CHARGING PORT

The console features a charging port that you can use to charge USB-compatible devices, such as tablets and smartphones, while you exercise.

To use the charging port, plug a USB charging cable (not included) into the charging port on the right side of the accessory tray and into the receptacle on your device; **make sure that the USB charging cable is fully plugged in.** Note: It may be necessary to remove a small cover to access the charging port. The charging port cannot be used to view or transfer data or to play music through the console sound system.

HOW TO USE THE TV

If the TV feature is enabled on the console, locate and touch the TV buttons on the screen to view TV stations and other media.

Note: An audiovisual cable, such as a coaxial cable or an HDMI cable, must be connected to the exercise bike for cable TV stations, over-the-air TV stations, or other media to be viewed. See HOW TO CONNECT AN AUDIOVISUAL CABLE TO THE EXERCISE BIKE on page 15.

COMPLIANCE INFORMATION

UNITED STATES

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

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

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

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

Note: The console contains FCC ID: OMC420332.

CANADA

This device complies with RSS-210 of the Industry Canada (IC) Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. **CAUTION: The device for operation in the band 2.412–2.462 GHz is only for indoor use.**

Radiation Exposure Statement: This equipment complies with IC radiation exposure limits set forth for an uncontrolled environment. This equipment should be installed and operated with minimum distance 20 cm between the radiator and your body. Information can be obtained at: http://www.hc-sc.gc.ca/ewh-semt/pubs/radiation/radio_guide-lignes_direct-eng.php

ICES-003/NMB-003 Statement: This device complies with Canadian ICES-003 Class B.

Note: The console contains IC ID: 3673A-420332.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately. Use only manufacturer-supplied parts.

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

CONSOLE TROUBLESHOOTING

If the console does not turn on, make sure that the power adapter is fully plugged in.

If the console does not display your heart rate when you hold the handgrip heart rate monitor, or if the displayed heart rate appears to be too high or too low, see step 6 on page 19.

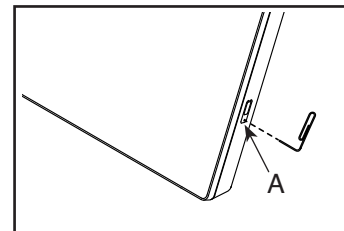
If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

If you are having problems connecting the console to a wireless network or if you are having problems with your iFit account or iFit workouts, go to support.iFit.com.

If the console does not boot up properly, or if the console freezes and does not respond, reset the console to the factory default settings.

IMPORTANT: Doing this will erase all custom settings you have made to the console.

Resetting the console requires two people. First, unplug the power adapter. Next, locate the small reset opening (A) on the right side of the console. (Note: It may be necessary to remove a small cover to access the charging port.) Using a bent paper clip, press and hold the reset button inside the opening, and have a second person plug in the power adapter. Continue holding the reset button until the console turns on. When the reset operation is complete, the console will turn off and then turn back on. If it does not, unplug the power adapter and then plug it in again. Once the console turns on, check for firmware updates (see HOW TO CHANGE CLUB OWNER SETTINGS on page 24). Note: It may take a few minutes for the console to be ready for use.



EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

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

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

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

NOTES

PART LIST

Model No. FMEX82420.0 R0521A

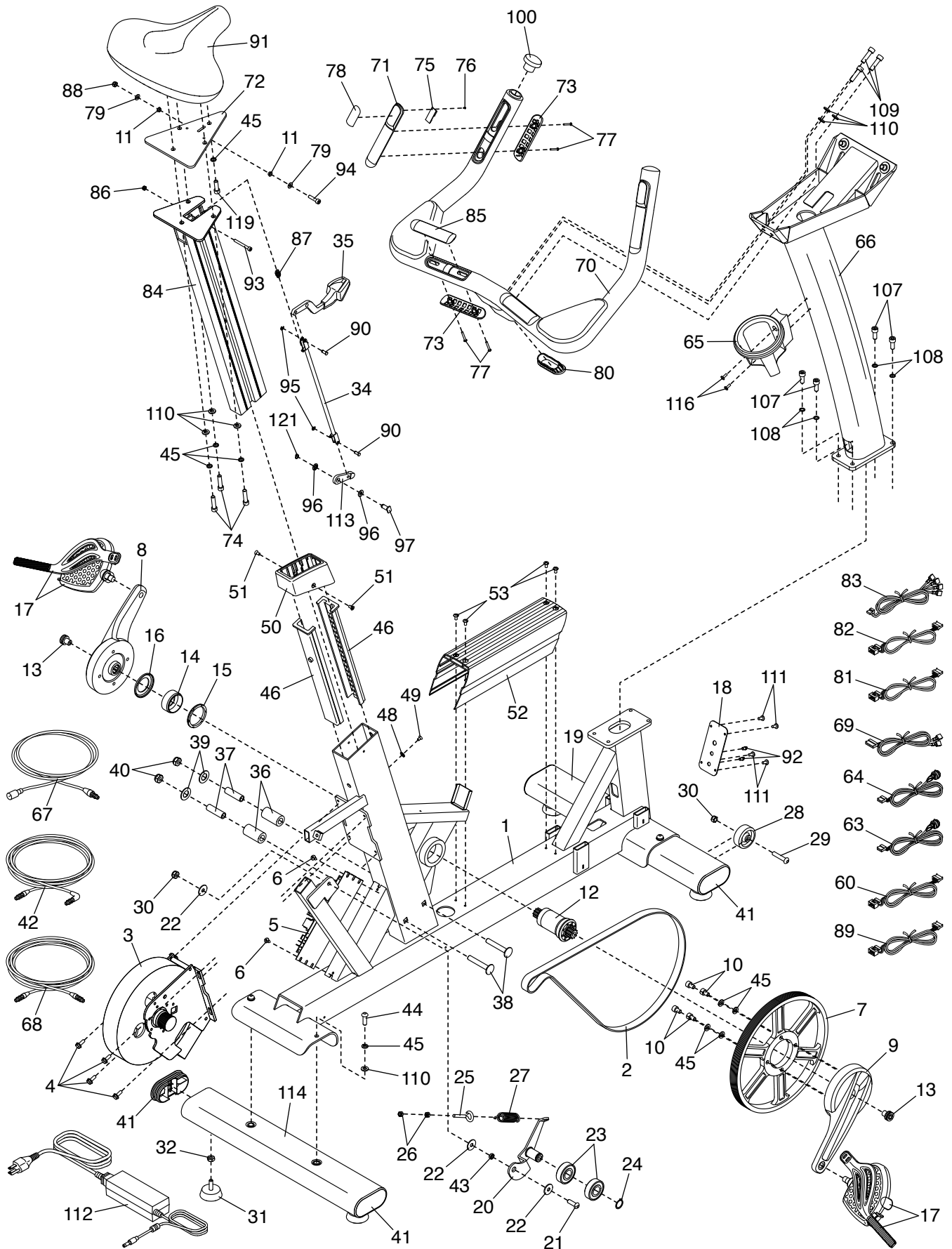
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	M5 x 10mm Flat Head Screw
2	1	Drive Belt	52	1	Wear Cover
3	1	Eddy Mechanism	53	4	M5 x 10mm Nickel Screw
4	4	M6 x 15mm Flange Screw	54	1	Left Rear Cover
5	1	Control Board	55	1	Right Rear Shield
6	2	M5 x 10mm Screw	56	7	M4 x 16mm Self-tapping Screw
7	1	Pulley	57	1	Rear Shield Cover
8	1	Left Crank Arm	58	2	Shield Support
9	1	Right Crank Arm	59	2	M4 x 76mm Screw
10	4	M8 x 12mm Screw	60	1	Upper Ethernet Cable
11	2	T-bushing	61	8	USB/Earphone Board Screw
12	1	Crank	62	1	USB/Earphone Board
13	2	M12 x 12mm Screw	63	1	Lower Ethernet Cable
14	1	Bracket Sleeve	64	1	Upper HDMI Cable
15	1	Bracket Lock Ring	65	1	Water Bottle Holder
16	1	Bracket Dust Cover	66	1	Upright
17	1	Pedal/Strap Set	67	1	Lower TV Coaxial Cable
18	1	Wiring Plate	68	1	Upper TV Coaxial Cable
19	1	Front Stabilizer	69	1	Lower Main Wire
20	1	Idler	70	1	Handlebar
21	1	M8 x 25mm Screw	71	2	Control Plate
22	3	M8 x 25mm Washer	72	1	Seat Plate
23	2	6204ZZ Bearing	73	4	Grip Plate
24	1	20mm C-clip	74	3	5/16" x 32mm Screw
25	1	Adjustment Hook	75	2	Control Switch
26	2	M6 Nut	76	2	M2 x 5mm Screw
27	1	Spring	77	8	M3 x 25mm Screw
28	2	Wheel	78	2	Keypad
29	2	M8 x 40mm Bolt	79	2	M6 x 13mm Washer
30	3	M8 Locknut	80	1	Handlebar Cap
31	4	Leveling Foot	81	1	Left Control Key Wire
32	4	M8 Nut	82	1	Right Control Key Wire
33	1	10" ANT+ Wire	83	1	Pulse Sensor Wire
34	1	Adjustment Rod	84	1	Seat Post
35	1	Adjustment Handle	85	2	Pulse Grip Plate
36	2	Plastic Sleeve	86	1	M5 Locknut
37	2	47mm Spacer	87	1	Adjustment Spring
38	2	M10 x 65mm Bolt	88	1	M6 Locknut
39	2	M16 Washer	89	1	Lower HDMI Cable
40	2	M10 Locknut	90	2	Rod Pin
41	4	Stabilizer Cap	91	1	Seat
42	1	Upper Main Wire	92	2	Receptacle Plug
43	1	Idler Spacer	93	1	M5 x 45mm Screw
44	4	M8 x 25mm Patch Screw	94	1	M6 x 25mm Screw
45	12	M8 Split Washer	95	2	E-clip
46	2	Seat Post Sleeve	96	2	Bushing
47	1	20" Board Wire	97	1	Pivot Pin
48	1	M6 Washer	98	1	Front Upright Cover
49	1	M4 x 8mm Screw	99	1	Accessory Tray
50	1	Seat Post Cover	100	2	Handlebar Cap

Key No.	Qty.	Description	Key No.	Qty.	Description
101	1	Left Front Shield	114	1	Rear Stabilizer
102	1	Right Front Shield	115	4	M10 x 55mm Screw
103	1	Front Shield Cover	116	2	M4 x 12mm Truss Screw
104	4	Shield Clip	117	1	USB Host Board
105	1	10" Charging Port Wire	118	4	M4 x 12mm Self-tapping Screw
106	1	Console	119	1	5/16" x 25mm Screw
107	4	M8 x 20mm Cap Screw	120	8	M4 x 16mm Screw
108	4	M8 x 12mm Washer	121	1	C-clip
109	3	M8 x 25mm Cap Screw	122	1	Pulse Board
110	10	M8 x 16mm Washer	123	4	Pulse Board Screw
111	12	M5 x 12mm Screw	*	—	User's Manual
112	1	Power Adapter/Wire	*	—	Assembly Tool
113	1	Latch			

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

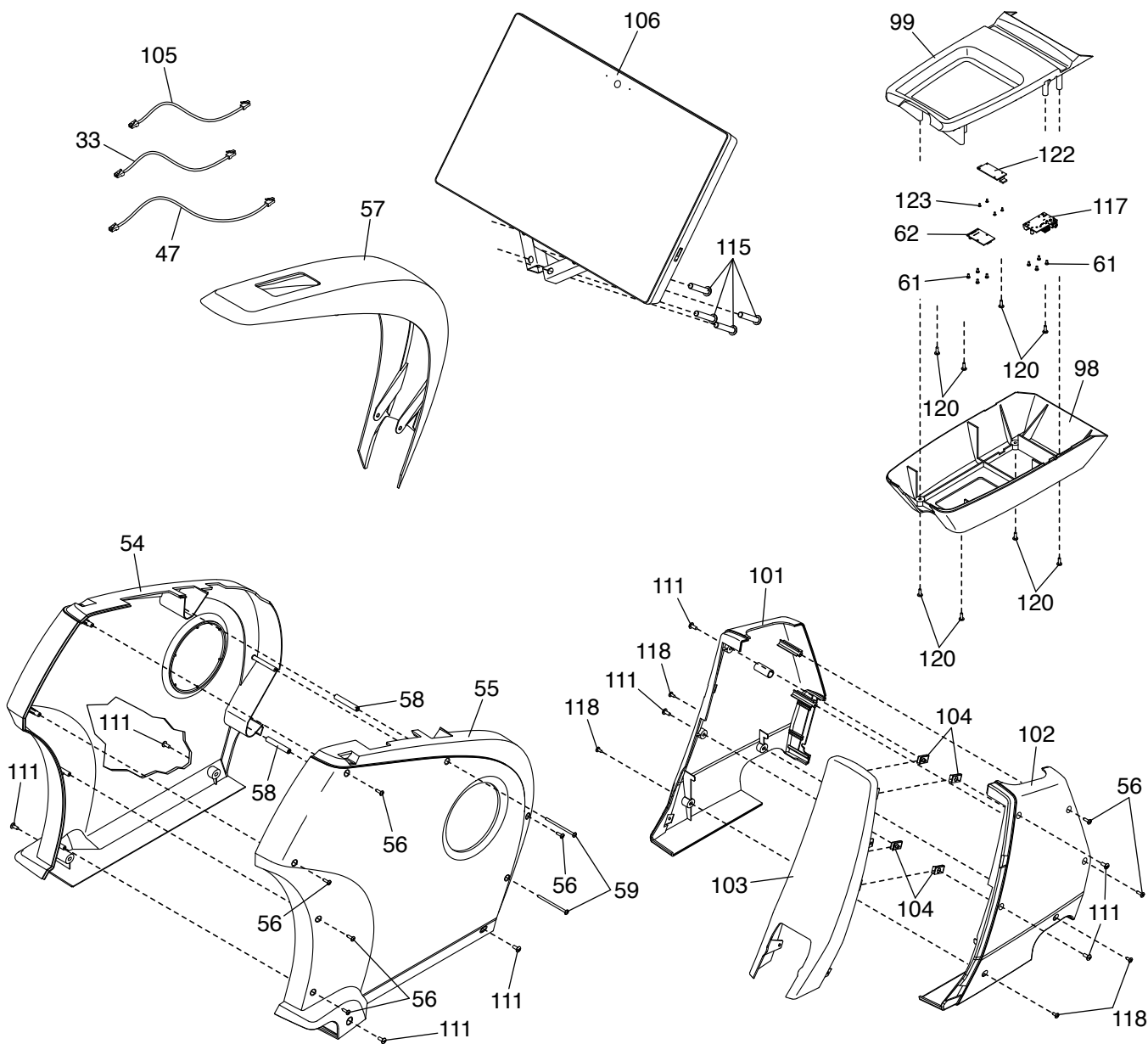
EXPLODED DRAWING A

Model No. FMEX82420.0 R0521A



EXPLODED DRAWING B

Model No. FMEX82420.0 R0521A



HOW TO CONTACT CUSTOMER CARE

If you have questions after reading this manual, or if parts are damaged or missing, please contact Customer Care at one of the phone numbers or addresses listed below. **Please note the model number, serial number, and name of the product (see the front cover of this manual) before contacting Customer Care. If you are ordering replacement parts, please also note the key number and description of each part (see the PART LIST and the EXPLODED DRAWING near the end of this manual).**

In the United States

Call: 1-800-201-2109, Mon.–Fri. 6 a.m.–6 p.m. MT

Email: customercare@freemotionfitness.com

Write:

Freemotion Fitness
1500 South 1000 West
Logan, UT 84321-9813
United States

Outside the United States

Call: 001-800-527-5417 or 001-435-786-3521,

Mon.–Fri. 6 a.m.–3 p.m. USA Mountain Time

Email: intlcustomercare@freemotionfitness.com

LIMITED WARRANTY

WARRANTY PERIODS AND COVERAGE

Freemotion Fitness warrants this product to be free from defects in workmanship and material under normal use and service conditions. The frame is warranted for seven (7) years. The console and other parts are warranted for two (2) years. Wear items are warranted for six (6) months. Labor is warranted for one (1) year.

The warranty period commences on the invoice date of purchase. Any parts repaired or replaced during this warranty period will be warranted for the remainder of the original warranty period.

CONDITIONS AND LIMITATIONS

The following will void the warranty on this product:

1. This warranty applies only to the original owner and is non-transferable.
2. The labor warranty applies only to products sold in the US and Canada. Contact your authorized Freemotion Fitness dealer for details on labor coverage in your country.
3. Any misuse, abuse, or improper service.
4. Users who weigh more than the maximum user weight listed in this manual.
5. Damage caused by moving the product or improper storage including moving or storing the product on its side.
6. Use or storage of the product outdoors or in high-humidity environments including spa and pool areas.
7. Damage caused by improper wiring or insufficient electrical current. Note: This product may not have wiring.

This warranty shall not apply to the following:

1. Cosmetic items including grips, decals, and labels.

2. Pick-up and delivery or freight charges involved with a repair.
3. Any problem as a result of improper assembly or delivery.

WHAT TO DO IF SERVICE IS REQUIRED

Freemotion Fitness warranty service may be obtained by contacting the authorized dealer from which you purchased this product. Make sure to retain your original invoice and serial number information. If this product experiences a failure under the warranty terms set forth, Freemotion Fitness shall provide at their option either repair, replacement, or refund of the purchase price. Freemotion Fitness compensates service providers for warranty trips within their service area. You may be charged additionally for service calls beyond this service area.

Freemotion Fitness is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or cost of removal or installation; or other consequential damages. Some regions do not allow the exclusion or limitation of consequential damages. Accordingly, the above limitation may not apply to you. This warranty gives you specific rights, and you may have other rights that vary from region to region.

TO CONTACT FREEMOTION FITNESS

See HOW TO CONTACT CUSTOMER CARE above.