

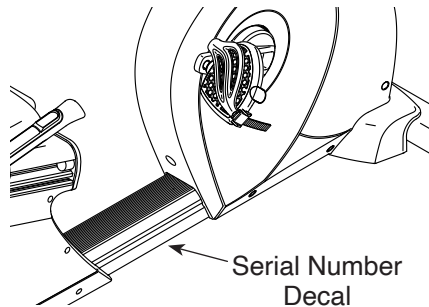
FREEMOTION[®]

r22.9

Model No. FMEX82520.0

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

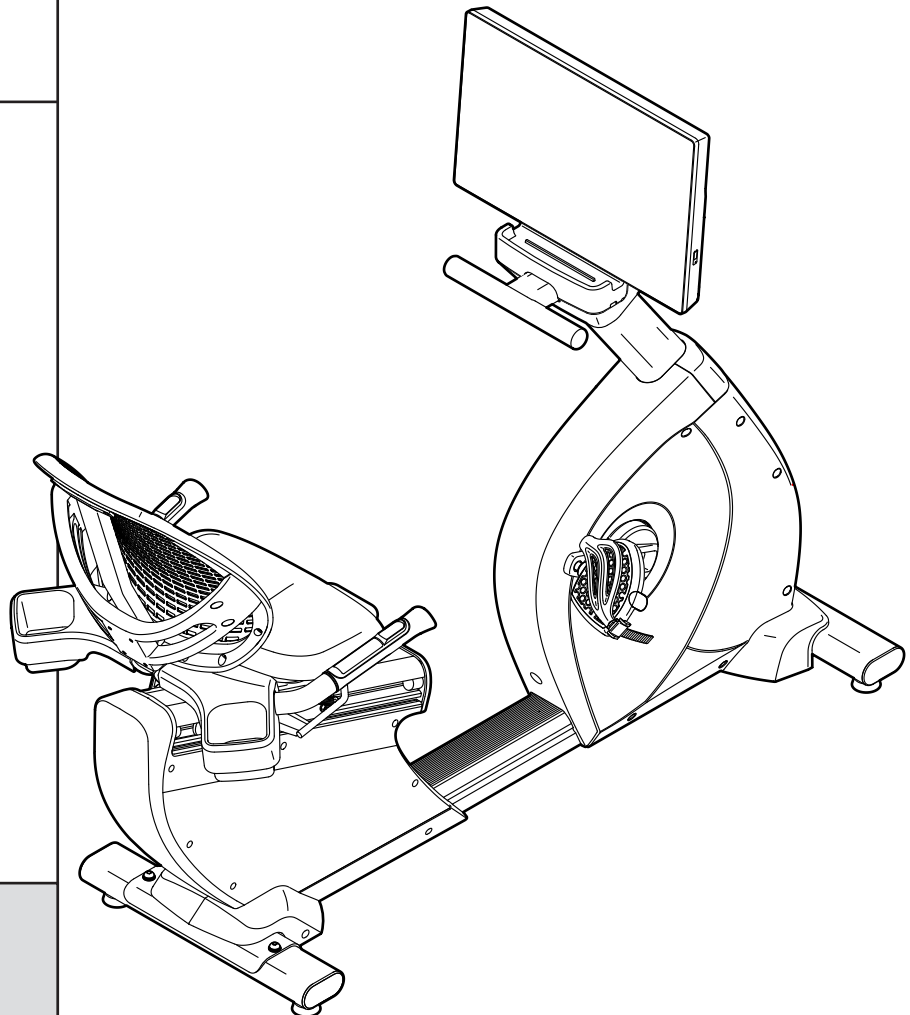
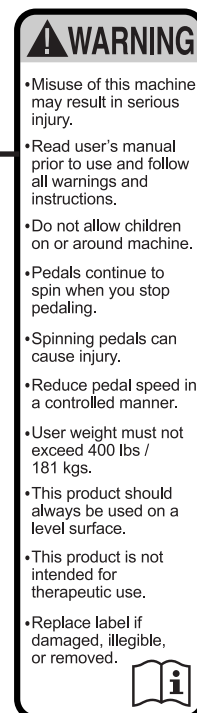
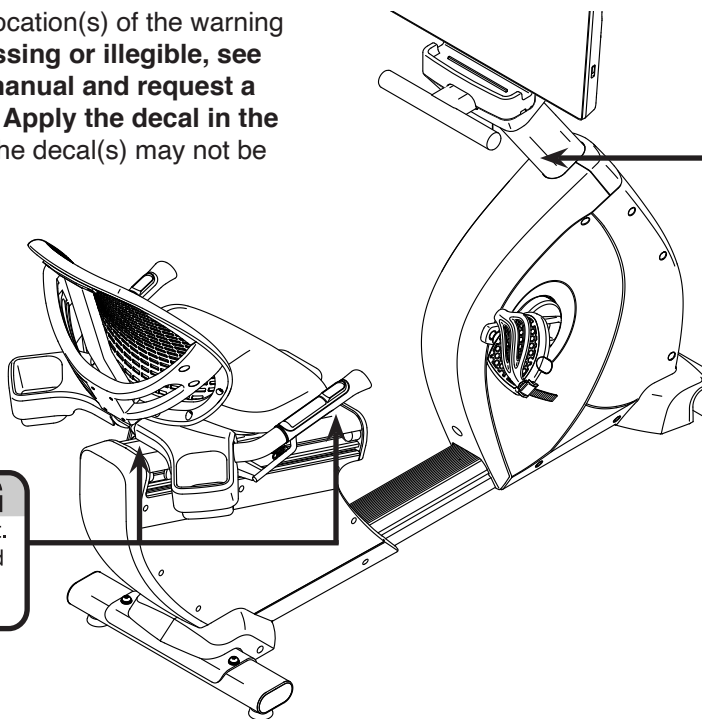


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). If a decal is missing or illegible, see the back 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.



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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.

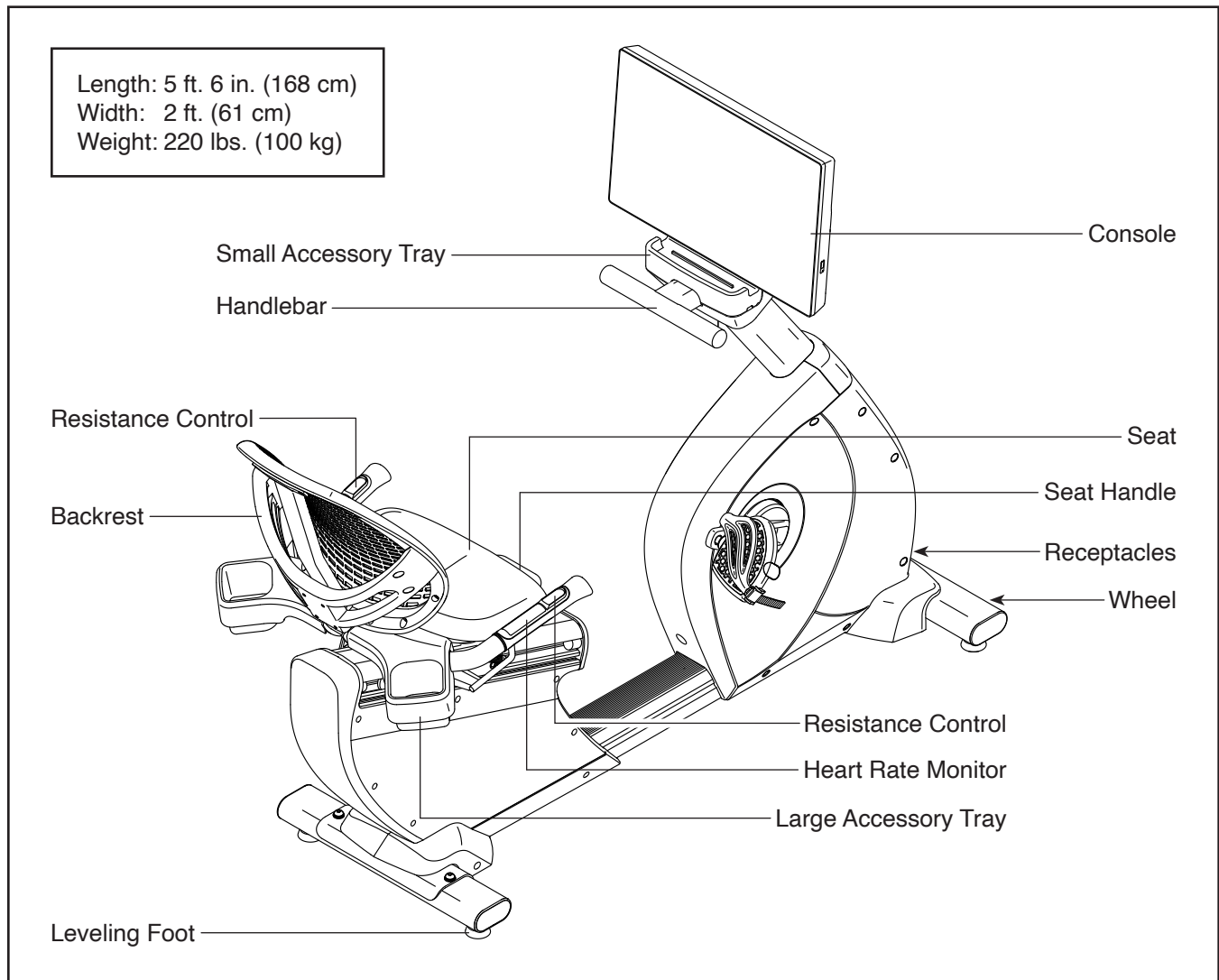
BEFORE YOU BEGIN

Thank you for selecting the revolutionary FREEMOTION® R 22.9 exercise bike. The R 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

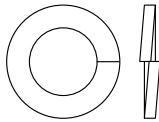
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

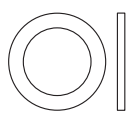


PART IDENTIFICATION CHART

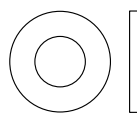
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the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



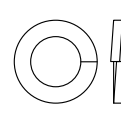
M8 Split Washer
(77)–10



M8 x 12mm x
1mm Washer
(92)–4



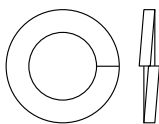
M6 x 1mm
Washer
(97)–4



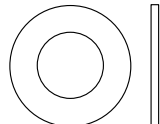
M6 Split Washer
(96)–4



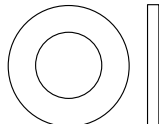
M4 Washer
(114)–2



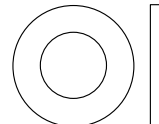
M8 Bright Split Washer
(145)–1



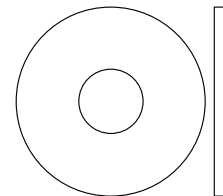
M8 x 16mm x
1mm Washer
(80)–4



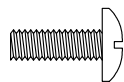
M8 x 16mm x
1.5mm Washer
(110)–4



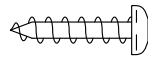
M8 x 16mm x
2mm Washer
(143)–2



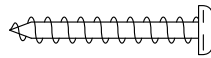
M8 x 25mm x
1.5mm Washer
(142)–1



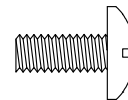
M4 x 12mm
Screw (88)–5



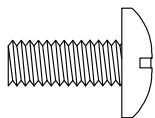
M4 x 16mm
Self-tapping
Screw (101)–6



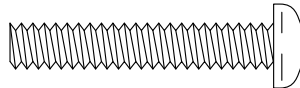
M4 x 25mm
Screw (94)–2



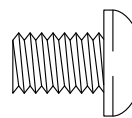
M5 x 12mm
Screw (78)–5



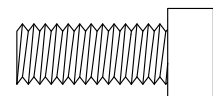
M6 x 15mm
Screw (128)–4



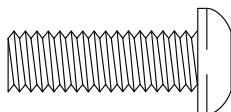
M6 x 35mm
Screw (95)–4



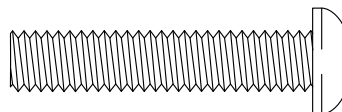
M8 x 12mm
Screw (125)–4



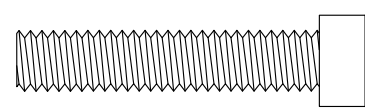
M8 x 20mm
Screw (93)–4



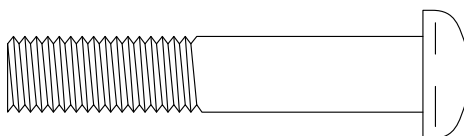
M8 x 25mm Screw
(138)–4



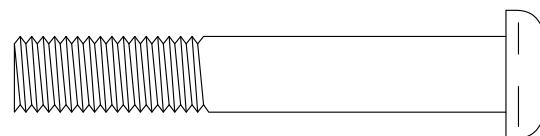
M8 x 40mm Screw
(105)–1



M8 x 40mm Cap
Screw (56)–2



M10 x 55mm Screw (144)–2



M10 x 65mm Screw (43)–2

ASSEMBLY

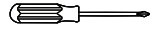
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- If a part is not in the hardware kit, check to see if it has been preassembled.
- Left parts are marked “L” or “Left” and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



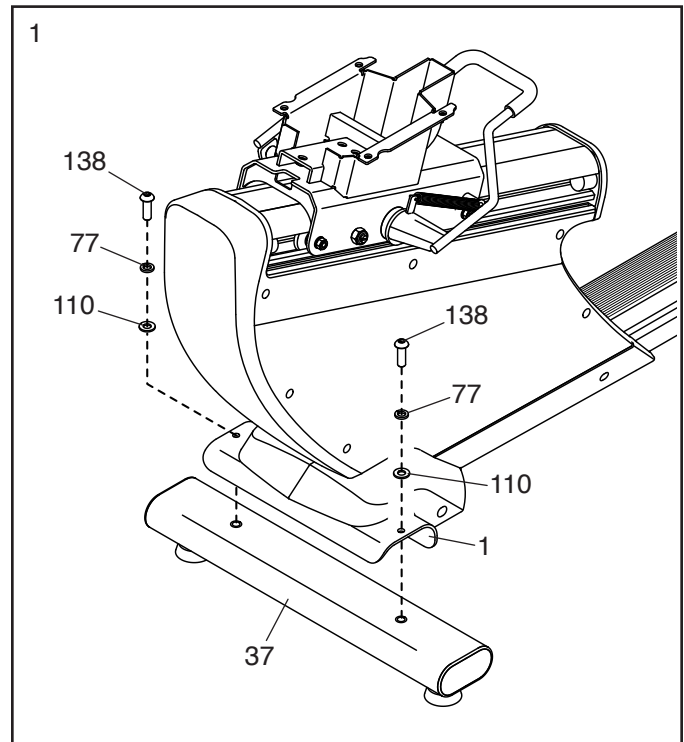
a set of metric hex keys



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

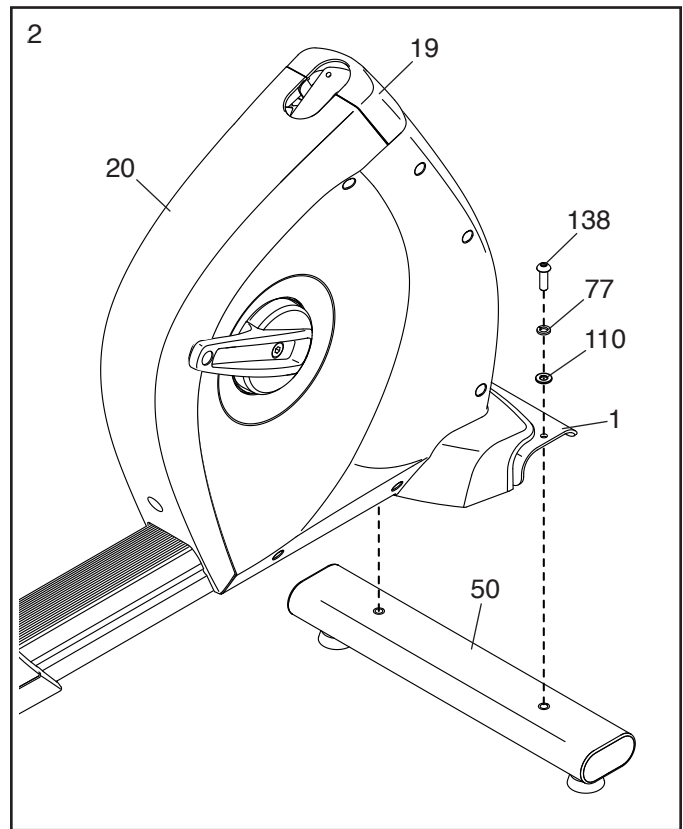
1. Identify the Rear Stabilizer (37), which does not have wheels.

Attach the Rear Stabilizer (37) to the Frame (1) with two M8 x 25mm Screws (138), two M8 Split Washers (77), and two M8 x 16mm x 1.5mm Washers (110).



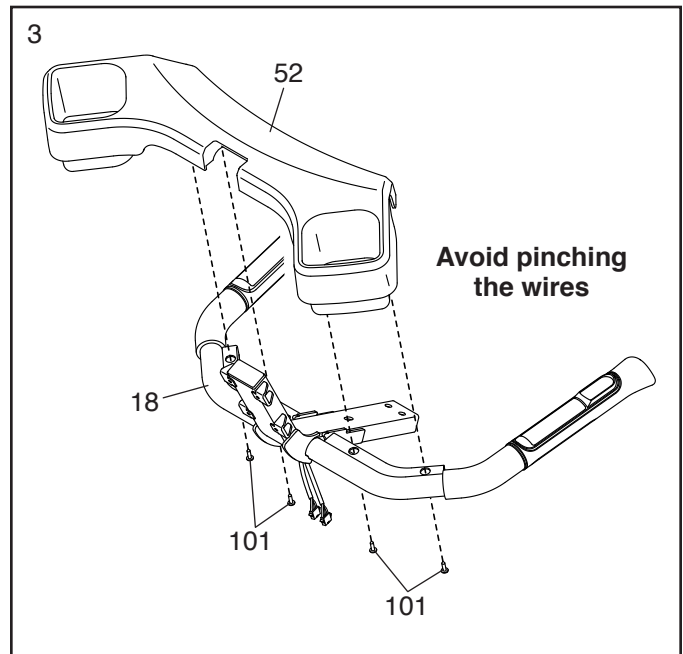
2. Attach the Front Stabilizer (50) to the Frame (1) with two M8 x 25mm Screws (138), two M8 Split Washers (77), and two M8 x 16mm x 1.5mm Washers (110) (only one side is shown).

Then, lift off the Front Shield Cover (20) and the Front Shield Cap (19) and set them aside.



3. Orient the Large Accessory Tray (52) and the Seat Frame (18) as shown.

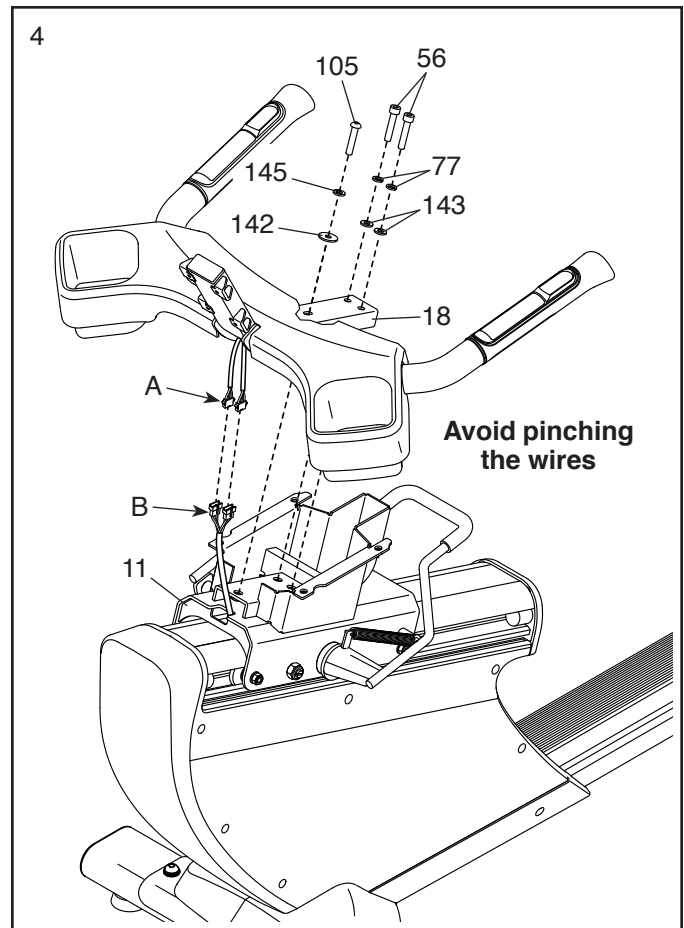
Tip: Avoid pinching the wires. Attach the Large Accessory Tray (52) to the Seat Frame (18) with four M4 x 16mm Self-tapping Screws (101); **start all four Self-tapping Screws, and then tighten them.**



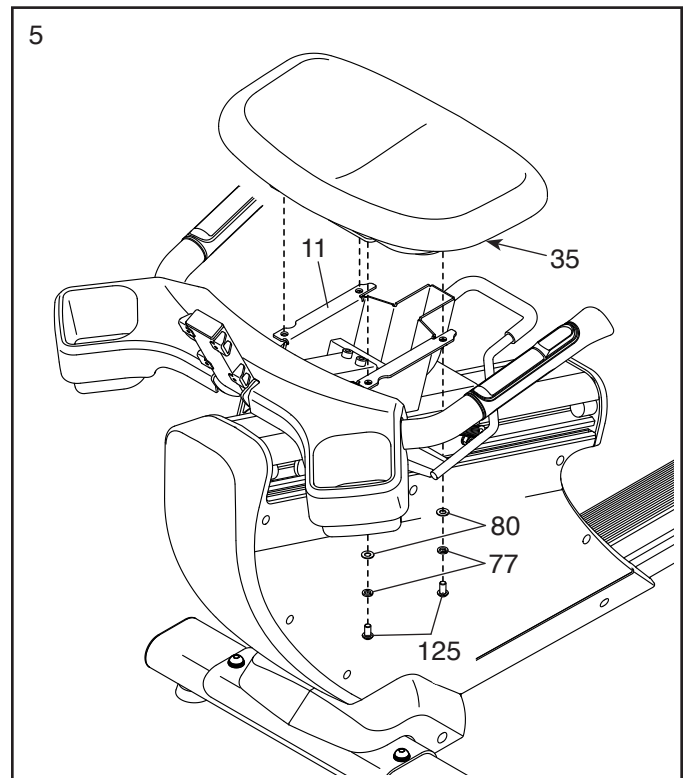
4. While a second person holds the Seat Frame (18) near the Seat Carriage (11), connect the wires (A) in the Seat Frame to the wires (B) in the Seat Carriage. Insert the excess wire into the Seat Carriage.

Tip: Avoid pinching the wires. Attach the Seat Frame (18) to the Seat Carriage (11) with an M8 x 40mm Screw (105), an M8 Bright Split Washer (145), and an M8 x 25mm x 1.5mm Washer (142); **do not fully tighten the Screw yet.**

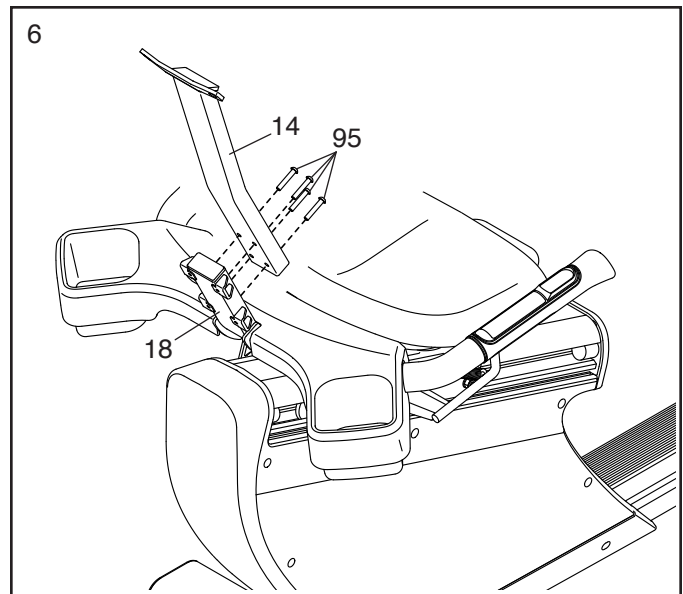
Finish attaching the Seat Frame (18) with two M8 x 40mm Cap Screws (56), two M8 Split Washers (77), and two M8 x 16mm x 2mm Washers (143); **fully tighten the M8 x 40mm Cap Screws (56) and the M8 x 40mm Screw (105).**



5. Attach the Seat Frame Plate (35) to the Seat Carriage (11) with four M8 x 12mm Screws (125), four M8 Split Washers (77), and four M8 x 16mm x 1mm Washers (80) (only one side is shown); **start all four Screws, and then tighten them.**



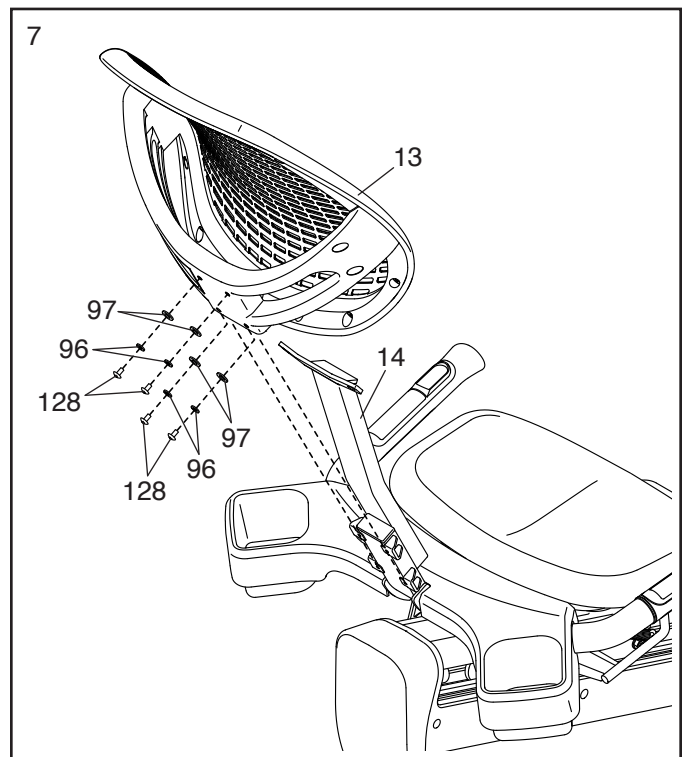
6. Attach the Backrest Frame (14) to the Seat Frame (18) with four M6 x 35mm Screws (95); **do not fully tighten the Screws yet.**



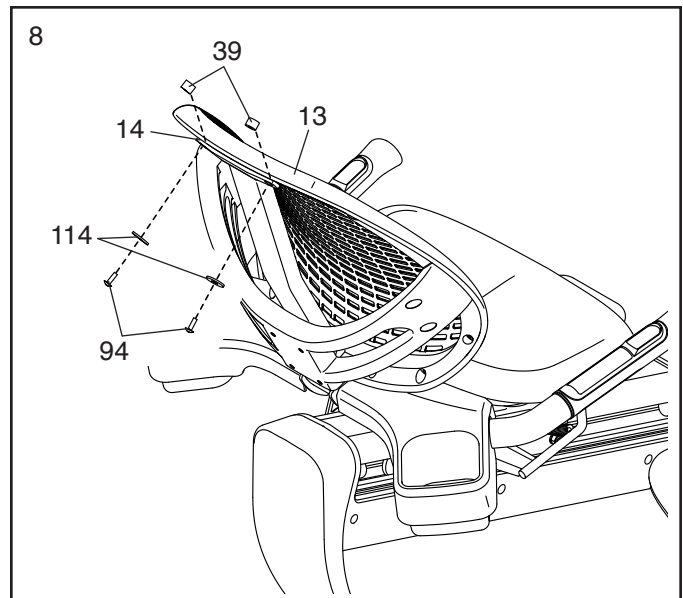
7. Slide the Backrest (13) onto the Backrest Frame (14).

Attach the Backrest (13) with four M6 x 15mm Screws (128), four M6 Split Washers (96), and four M6 x 1mm Washers (97); **start all four Screws, and then tighten them.**

See step 6. Tighten the M6 x 35mm Screws (95).

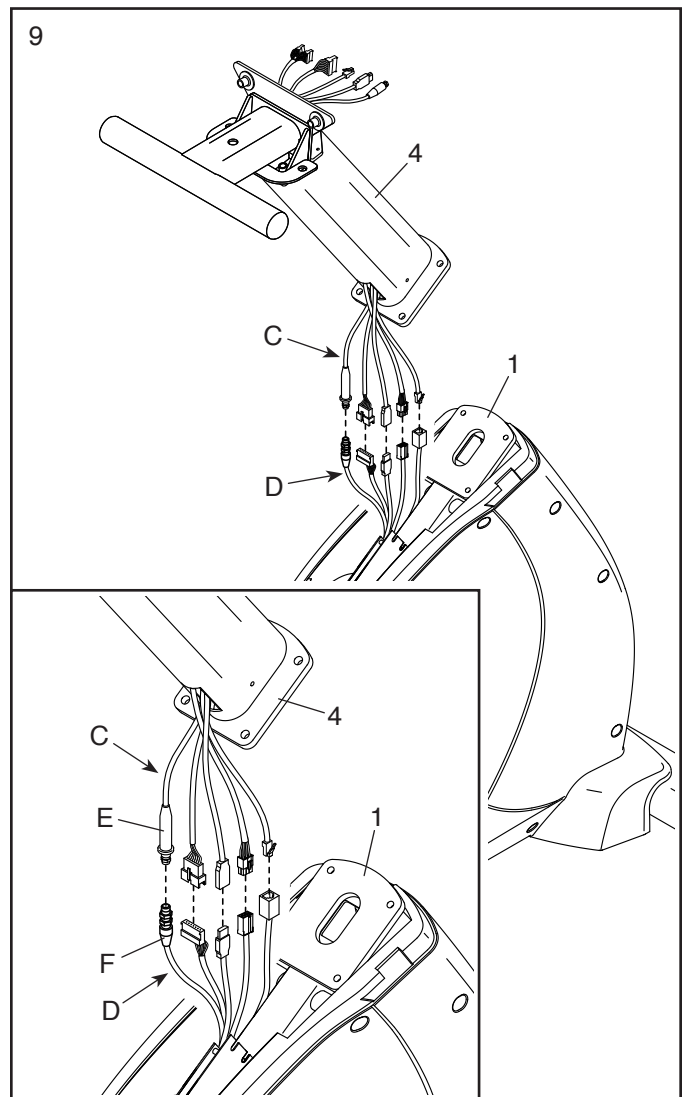


8. Attach the top of the Backrest (13) to the Backrest Frame (14) with two M4 x 25mm Screws (94), two M4 Washers (114), and two Backrest Spacers (39).



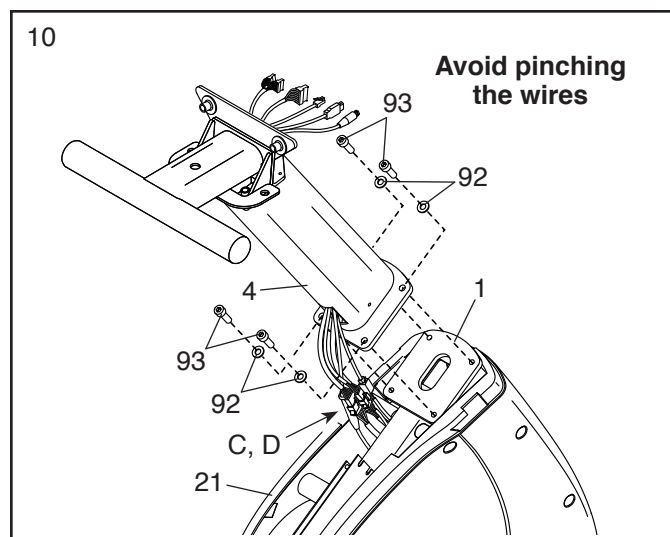
9. Have a second person hold the Upright (4) near the Frame (1).

See the inset drawing. Connect the wires (C) in the Upright (4) to the matching wires (D) in the Frame (1). **If a wire has covers (E, F), slide the covers together and push the smaller cover into the larger cover.**



10. **Tip: Avoid pinching the wires.** Attach the Upright (4) to the Frame (1) with four M8 x 20mm Screws (93) and four M8 x 12mm x 1mm Washers (92); **start all the Screws, and then tighten them.**

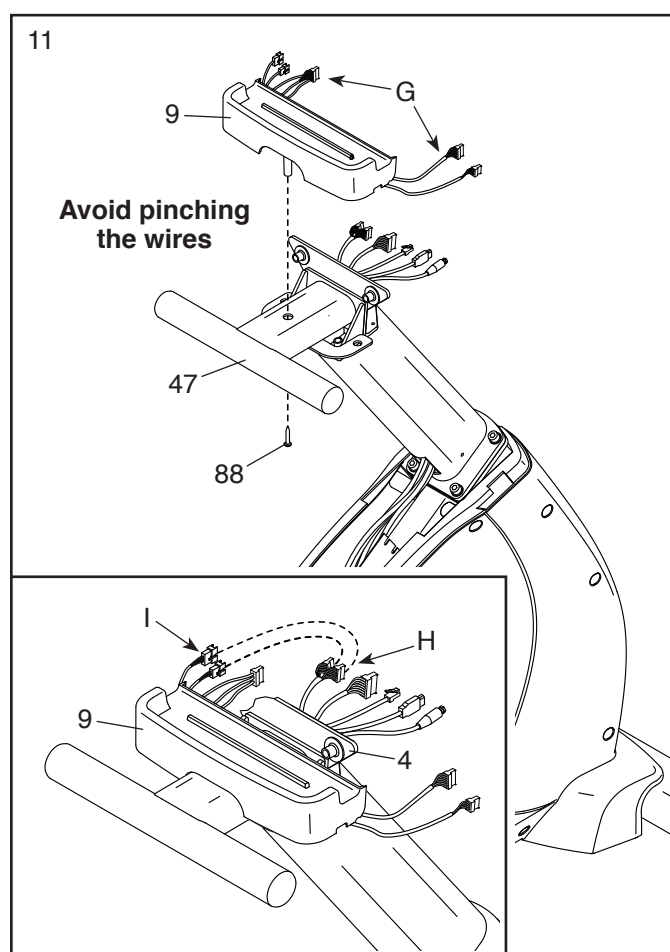
Then, carefully insert the connectors on the wires (C, D) downward between the Left Front Shield (21) and the Frame (1).



11. Hold the Small Accessory Tray (9) near the Handlebar (47), and arrange the wires (G) as shown.

Tip: Avoid pinching the wires. Attach the Small Accessory Tray (9) to the Handlebar (47) with an M4 x 12mm Screw (88).

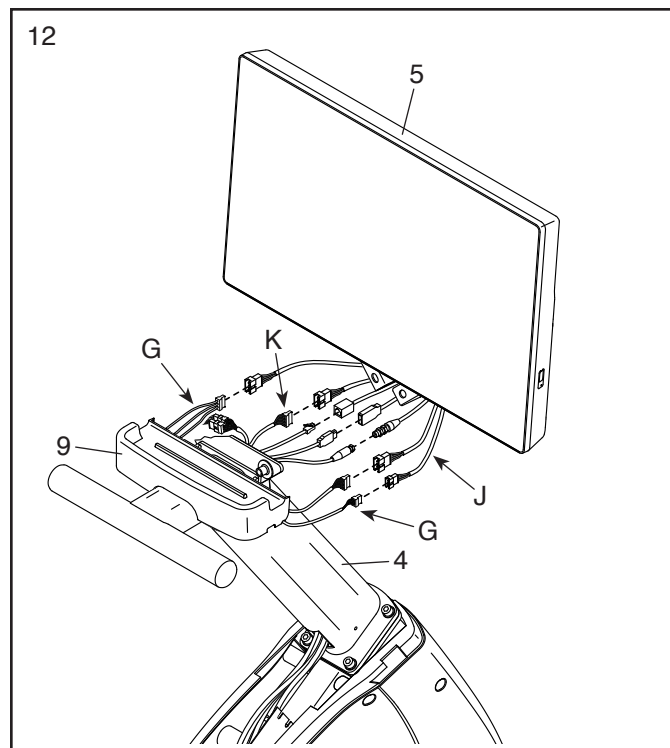
See the inset drawing. Connect the two connectors on the indicated wire (H) in the Upright (4) to the two matching wires (I) on the Small Accessory Tray (9).



12. Have a second person hold the Console (5) near the Upright (4) until step 13 is completed.

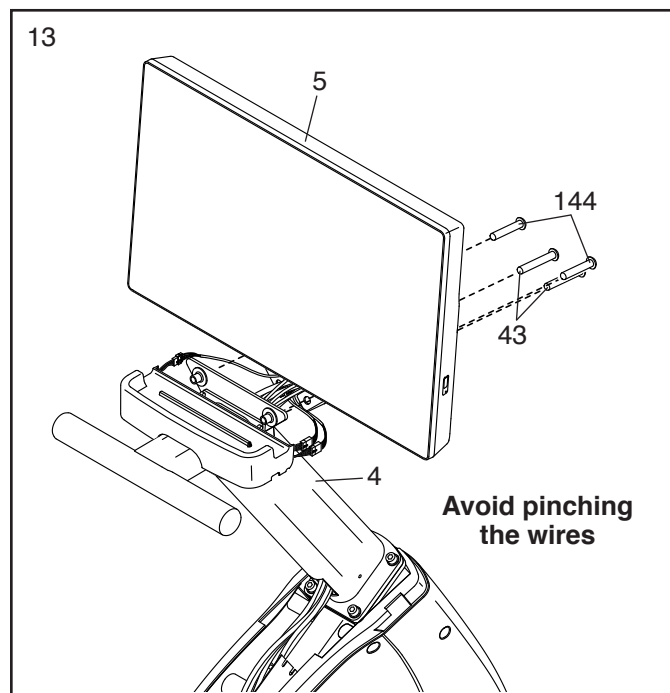
Connect the wires (J) in the Console (5) to the matching wires (K) in the Upright (4) and to the matching wires (G) on the Small Accessory Tray (9).

Note: There may be an extra wire on the left side of the Small Accessory Tray (9) and an extra wire in the Console (5) that do not match any other wires. Disregard the extra wire on the Small Accessory Tray and insert the extra wire in the Console into the Console.



13. **IMPORTANT:** To avoid damaging the exercise bike during this step, make sure to insert the M10 x 55mm Screws (144) into the upper two holes in the Console (5), and insert the M10 x 65mm Screws (43) into the lower two holes.

Tip: Avoid pinching the wires. Attach the Console (5) to the Upright (4) with two M10 x 55mm Screws and two M10 x 65mm Screws (43); **start all four Screws, and then tighten them.**



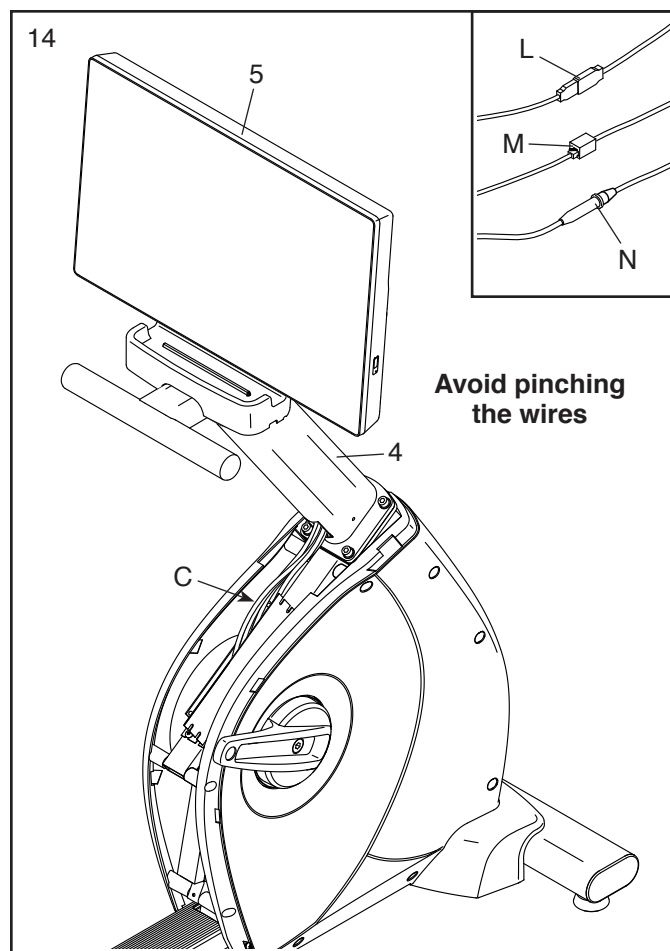
14. **Tip: Avoid pinching the wires.** You must now position the wires so that you can attach the Accessory Tray Cover (not shown) in step 16.

See the drawing at the right and the inset drawing. Look behind the Console (5) and identify the HDMI cable (L). Carefully insert the connectors on the HDMI cable downward into the Upright (4) while a second person pulls the excess wire (C) out of the lower end of the Upright. Repeat this procedure with the Ethernet cable (M) and the coaxial cable (N).

Next, identify the remaining wires (not shown) in the upper end of the Upright (4). Push the wires downward into the Upright as far as possible while a second person pulls the excess wires (C) out of the lower end of the Upright.

Then, insert as much of the wires (C) as possible back into the lower end of the Upright (4). It may be helpful to bend the wires into an “S” shape and insert the wires.

Use the included ties (not shown) to help you bundle and position the wires.



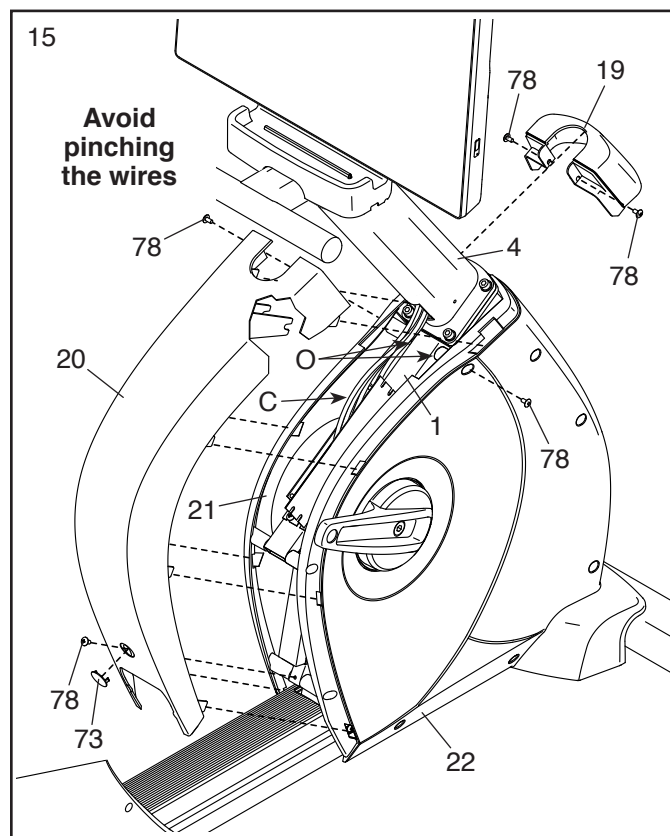
15. Attach the Front Shield Cap (19) to the Upright (4) with two M5 x 12mm Screws (78); **start both Screws, and then tighten them.**

Tip: Avoid pinching the wires. Push the wires (C) to the left side of the Frame (1). Then, press the Front Shield Cover (20) onto the Left and Right Front Shields (21, 22); **make sure that the forks on the underside of the Front Shield Cover are inserted into the indicated slots (O) on the exercise bike.**

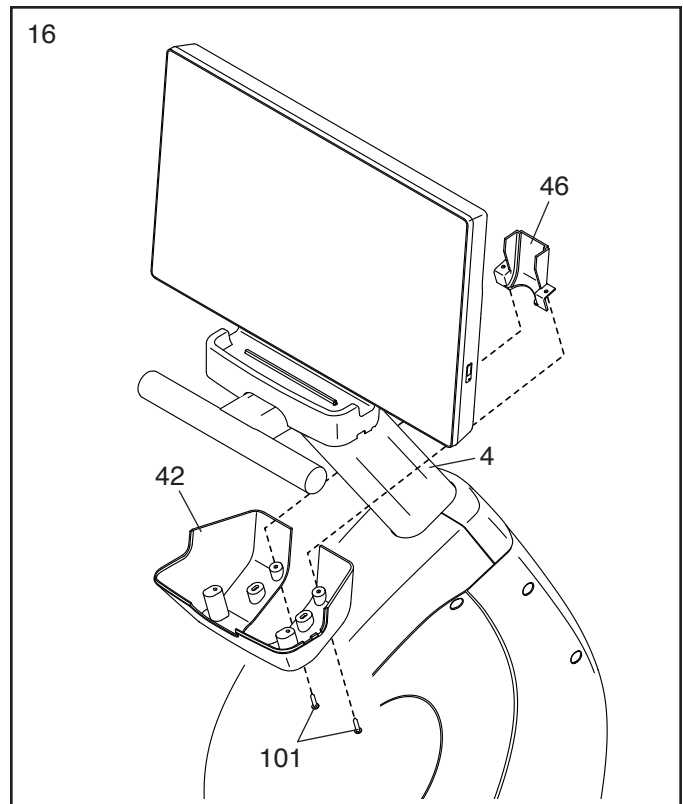
Next, remove the Screw Cap (73) from the Front Shield Cover (20).

Attach the Front Shield Cover (20) with three M5 x 12mm Screws (78); **start all three Screws, and then tighten them.**

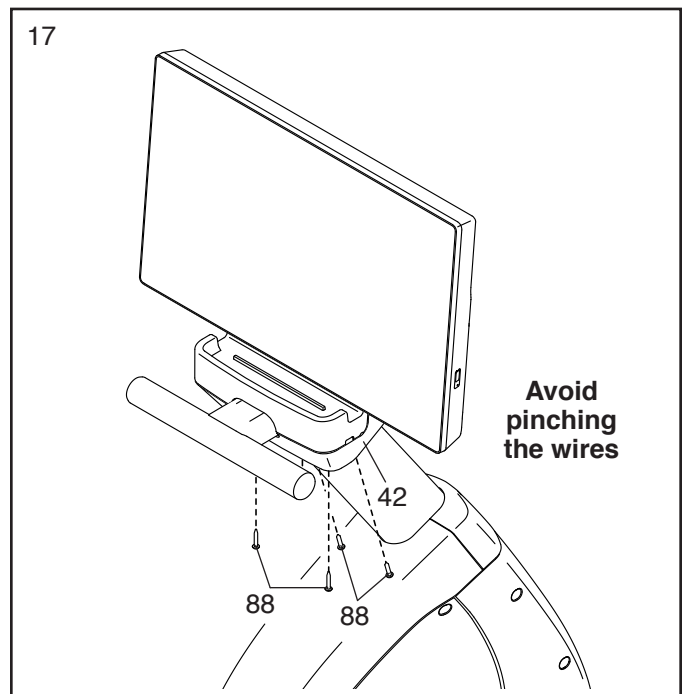
Then, press the Screw Cap (73) back into the Front Shield Cover (20).



16. Slide the Accessory Tray Cover (42) around the Upright (4). Then, attach the Handlebar Cover (46) to the Accessory Tray Cover with two M4 x 16mm Self-tapping Screws (101).

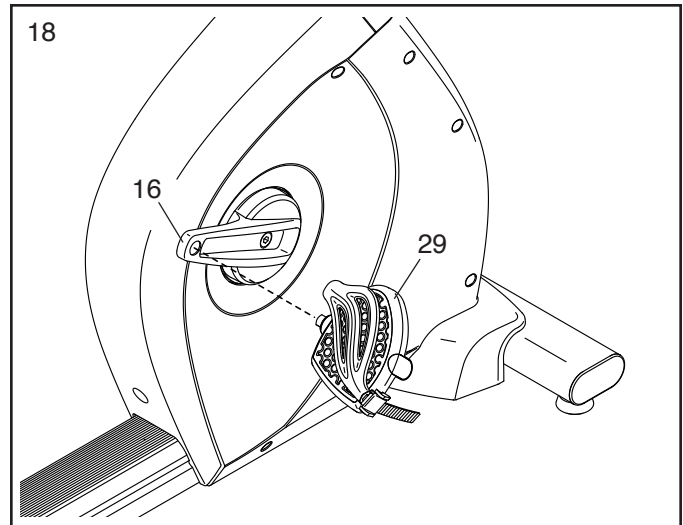


17. **Tip: Avoid pinching the wires.** Slide the Accessory Tray Cover (42) upward and attach it with four M4 x 12mm Screws (88). If necessary, readjust the positions of the wires (not shown) so that the Accessory Tray Cover fits.



18. Identify the right Pedal (29). Using an adjustable wrench, **firmly tighten** the right Pedal **clockwise** into the Right Crank Arm (16).

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.



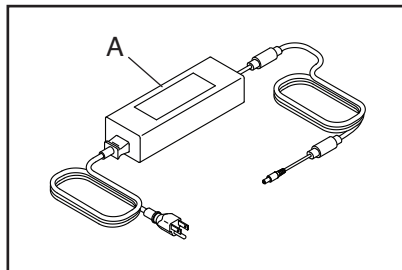
19. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor 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. If you do not do this, you may damage the console displays or other electronic components.

Plug the power adapter into the power receptacle on the frame of 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 frame 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 frame 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 frame 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 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 iFit technology. 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 the handgrip heart rate monitor or a compatible heart rate monitor.

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

To turn on and turn off the console, see this page. **To learn how to use the touch screen**, see page 18. **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 16. 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.

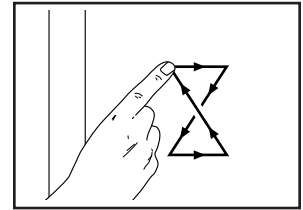
For iFit workouts and several other features of the console to be available to users, the console must be connected to a network with either a wired connection or a wireless connection. Follow the prompts on the screen to connect the console to your network. Note: An ethernet receptacle is located on the frame 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 25.

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 25.



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 19. **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 25. **To connect to a network**, see page 26. **To use the sound system**, see page 27. **To use the charging port**, see page 27. **To use the TV**, 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 home screen.

When you turn on the console, the welcome screen will appear 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 home screen will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The home screen 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 home screen. 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 home screen.

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.

Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

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.

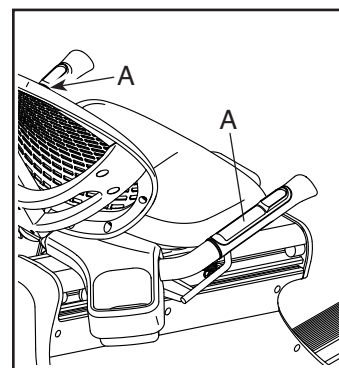
To end the workout session, touch the screen to pause the workout, and then follow the prompts on the screen to end the workout and return to the home screen.

6. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. Note: The console is compatible with all ANT+™ and Polar® heart rate monitors.

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.**

Compatible Heart Rate Monitor—The console will connect to your compatible heart rate monitor automatically. When your heartbeat is detected, your heart rate will be shown.

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 home screen.

When you turn on the console, the welcome screen will appear 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 home screen will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The home screen 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 home screen. 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 home screen.

3. Select the home screen or the workout library.

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

4. Select a workout.

To select a workout from the home screen 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.

The workout library contains all of the workouts available for the exercise bike, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

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 19).

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 home screen.

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 home screen.

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 home screen.

When you turn on the console, the welcome screen will appear 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 home screen will then appear on the screen.

If you do not have an iFit account, touch *Work Out*. The home screen 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 home screen. 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 home screen.

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 16.

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

See HOW TO TURN OFF THE CONSOLE on page 14.

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 screen will appear 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 home screen 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 home screen. 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 home screen.

To log in to your iFit account from the home screen, 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. Select an iFit workout from the home screen or the workout library.

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

To select an iFit workout from the home screen 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.

The featured iFit workouts shown on the home screen will change periodically.

The workout library contains all of the iFit workouts available for the exercise bike, organized into categories. To search the workout library, touch the search button (magnifying glass symbol), and select the desired filtering options.

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

When you are logged into your iFit account, you can select options such as adding the workout to your schedule (see step 3) or marking the workout as a favorite (see step 4).

3. Schedule an iFit workout on the calendar if desired.

If desired, you can schedule an iFit workout for a future date. Simply view the overview or workout summary of the desired iFit workout, touch *Schedule*, and then select the desired date on the calendar.

When the selected date arrives, the iFit workout that you scheduled will appear on the home screen.

4. Create a list of favorite iFit workouts if desired.

To mark an iFit workout as a favorite, simply view the overview or workout summary of the desired iFit workout and touch the favorites button (heart symbol).

To view a list of iFit workouts that you have marked as your favorites, select the workout library (Browse button), and then touch *My Favorites*.

5. Start the workout.

Touch *Start Workout* to start the workout. The workout will function in the same way as a featured workout (see page 17).

6. Follow your progress.

See step 5 on page 16.

7. Measure your heart rate if desired.

See step 6 on page 16.

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

See HOW TO TURN OFF THE CONSOLE on page 14.

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 14). Note: It may take a few moments for the console to be ready for use.

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

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 exercise bike 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

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 14). Note: It may take a few moments for the console to be ready for use.

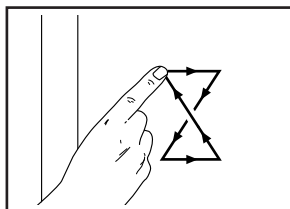
When you turn on the console, the welcome screen will appear after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The home screen will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. 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 home screen.

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 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 exercise bike 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 console will turn off and then turn back on. If it does not, unplug the power adapter, wait for several seconds, and then plug the power adapter in again. 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 14). Note: It may take a few moments for the console to be ready for use.

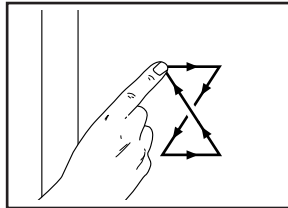
When you turn on the console, the welcome screen will appear after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The home screen will then appear on the screen.

If you are in a workout, touch the screen and follow the prompts to end the workout and return to the home screen. 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 home screen.

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 frame 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 15.)

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, touch the sound button (music notes symbol) to adjust the volume level.

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 17) or an iFit workout (see page 20). 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 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 12.

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

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

To clean the exercise bike, use a damp cloth and a small amount of mild 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.

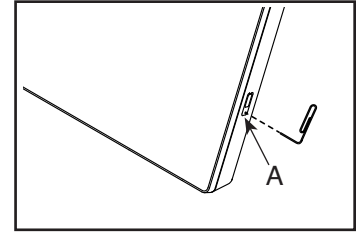
If a replacement power adapter is needed, call the telephone number on the cover of this manual. IMPORTANT: To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.

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 25). 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.

PART LIST

Model No. FMEX82520.0 R0921A

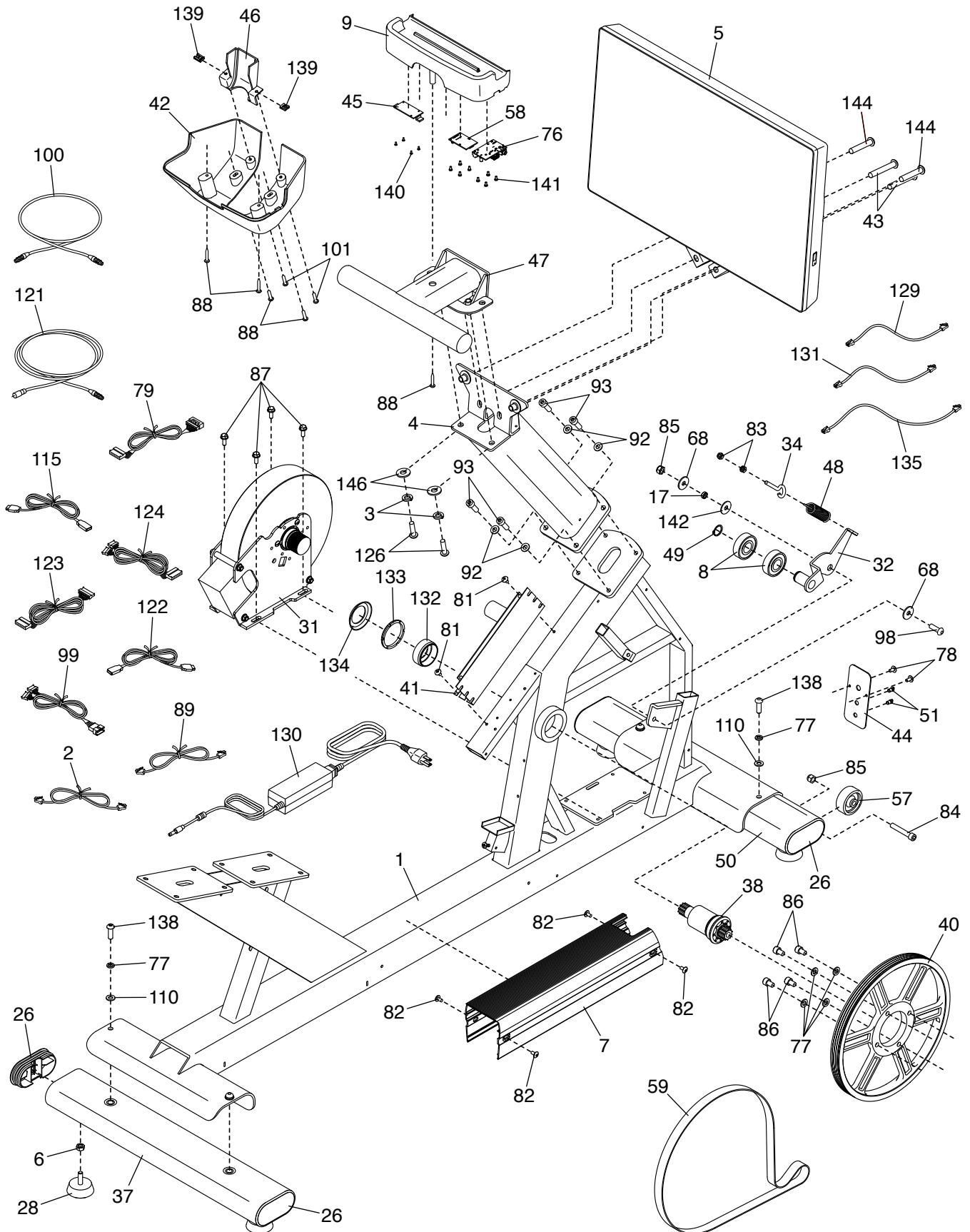
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	51	2	Receptacle Plug
2	1	Lower Ethernet Cable	52	1	Large Accessory Tray
3	2	M10 x 9mm x 2mm Split Washer	53	2	Short Grip
4	1	Upright	54	1	Seat Handle Spring
5	1	Console	55	1	Handle Bushing
6	4	M8 Nut	56	2	M8 x 40mm Cap Screw
7	1	Wear Cover	57	2	Wheel
8	2	Idler Bearing	58	1	Ant+ Board
9	1	Small Accessory Tray	59	1	Drive Belt
10	1	Rail	60	2	Large Rail Plate
11	1	Seat Carriage	61	6	Large Clip Nut
12	1	Seat	62	2	Rear Rail Bumper
13	1	Backrest	63	1	Wire Clamp
14	1	Backrest Frame	64	1	Seat Frame Cap
15	1	Seat Handle	65	2	Control Grip
16	1	Right Crank Arm	66	8	M8 x 15mm Truss Screw
17	1	Idler Spacer	67	8	M8 x 15mm Flat Head Screw
18	1	Seat Frame	68	2	M8 x 25mm x 2mm Washer
19	1	Front Shield Cap	69	2	Control Plate
20	1	Front Shield Cover	70	2	Grip Plate
21	1	Left Front Shield	71	2	Control Switch
22	1	Right Front Shield	72	2	Keypad
23	1	Left Rear Shield	73	1	Screw Cap
24	1	Right Rear Shield	74	1	M6 x 15mm Hex Screw
25	1	Left Crank Arm	75	2	Crank Screw
26	4	Stabilizer Cap	76	1	USB Earphone Board
27	1	Rear Shield Cover	77	19	M8 Split Washer
28	4	Leveling Foot	78	21	M5 x 12mm Screw
29	1	Pedal/Strap Set	79	1	Upper Main Wire
30	4	Small Rail Plate	80	4	M8 x 16mm x 1mm Washer
31	1	Eddy Mechanism	81	2	M5 x 10mm Truss Screw
32	1	Idler Bracket	82	4	M6 x 12mm Truss Screw
33	1	Rail Cover	83	2	M6 Nut
34	1	Eyebolt	84	2	M8 x 40mm Bolt
35	1	Seat Frame Plate	85	9	M8 Locknut
36	3	M4 x 15mm Flat Head Screw	86	4	M8 x 12mm Pulley Screw
37	1	Rear Stabilizer	87	4	M6 x 15mm Flange Screw
38	1	Crank	88	5	M4 x 12mm Screw
39	2	Backrest Spacer	89	1	Upper Ethernet Cable
40	1	Pulley	90	1	M4 x 10mm Wire Clip Screw
41	1	Control Board	91	1	M6 x 19mm x 1.5mm Washer
42	1	Accessory Tray Cover	92	4	M8 x 12mm x 1mm Washer
43	2	M10 x 65mm Screw	93	4	M8 x 20mm Screw
44	1	Wiring Plate	94	2	M4 x 25mm Screw
45	1	Pulse Board	95	4	M6 x 35mm Screw
46	1	Handlebar Cover	96	4	M6 Split Washer
47	1	Handlebar	97	4	M6 x 1mm Washer
48	1	Idler Spring	98	1	M8 x 25mm Bolt
49	1	20mm Snap Ring	99	1	Upper Pulse Wire
50	1	Front Stabilizer	100	1	Upper TV Coaxial Cable

Key No.	Qty.	Description	Key No.	Qty.	Description
101	13	M4 x 16mm Self-tapping Screw	125	4	M8 x 12mm Screw
102	8	M5 x 16mm Screw	126	3	M8 x 15mm Screw
103	4	M8 x 20mm Hex Screw	127	1	Brake Block
104	4	Roller Sleeve	128	4	M6 x 15mm Screw
105	1	M8 x 40mm Screw	129	1	12" Board Out Wire
106	6	Roller	130	1	Power Adapter/Wire
107	2	Roller Axle	131	1	12" Board In Wire
108	2	M12 Locknut	132	1	Crank Collar
109	4	M8 x 35mm Hex Bolt	133	1	Lock Ring
110	12	M8 x 16mm x 1.5mm Washer	134	1	Dust Cover
111	4	M3 x 25mm Screw	135	1	20" Board Wire
112	2	M2 x 5mm Screw	136	1	M5 x 12mm x 1mm Washer
113	2	M4 x 8mm Flat Head Screw	137	1	M4 x 8mm Screw
114	2	M4 Washer	138	4	M8 x 25mm Screw
115	1	Upper HDMI Cable	139	2	Small Clip Nut
116	1	Brake Axle	140	4	Small Board Screw
117	1	Brake Spacer	141	8	Large Board Screw
118	2	Front Rail Bumper	142	2	M8 x 25mm x 1.5mm Washer
119	4	M8 x 2mm Washer	143	2	M8 x 16mm x 2mm Washer
120	1	M8 x 20mm x 1.5mm Washer	144	2	M10 x 55mm Screw
121	1	Lower TV Coaxial Cable	145	1	M8 Bright Split Washer
122	1	Lower HDMI Cable	146	2	M10 x 20mm x 3mm Washer
123	1	Lower Main Wire	*	—	User's Manual
124	1	Lower Pulse Wire	*	—	Assembly Tool

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.

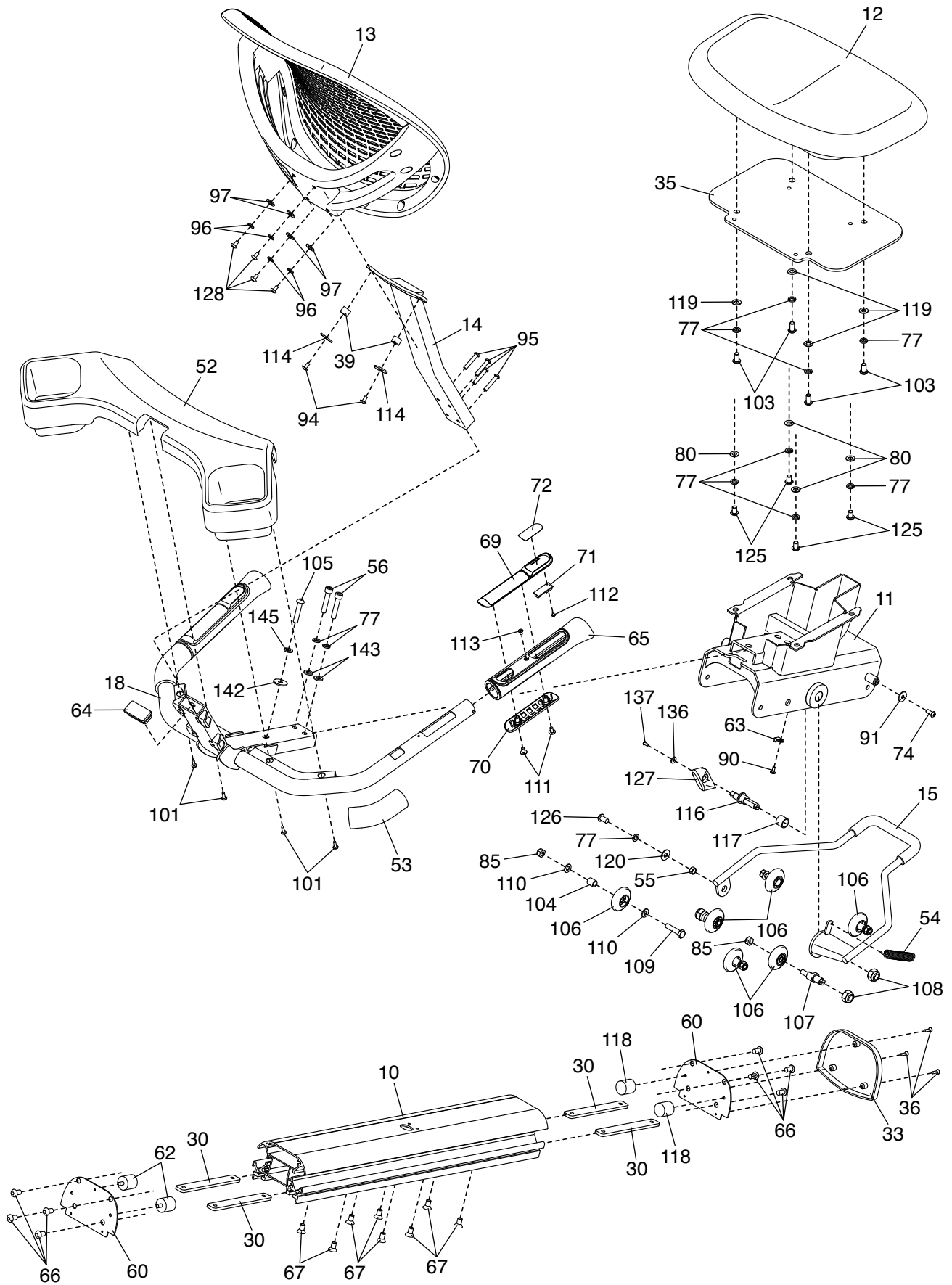
EXPLODED DRAWING A

Model No. FMEX82520.0 R0921A



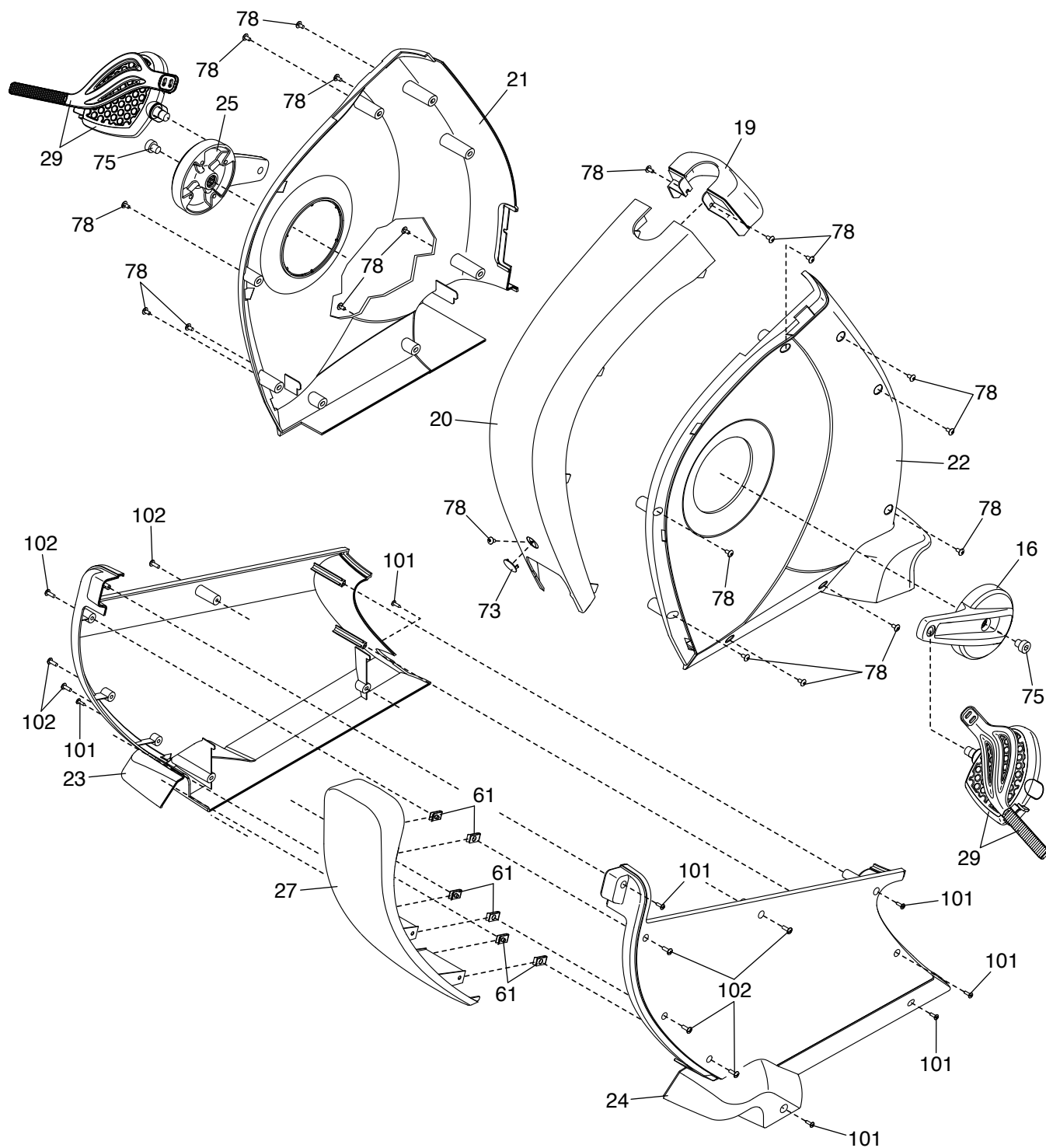
EXPLODED DRAWING B

Model No. FMEX82520.0 R0921A



EXPLODED DRAWING C

Model No. FMEX82520.0 R0921A



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.