

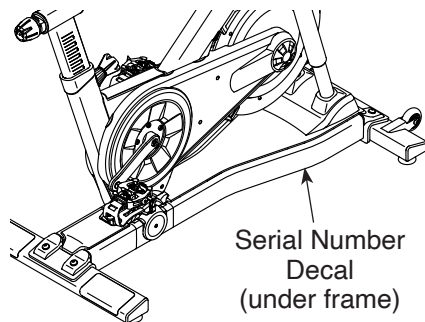
FREEMOTION[®]

b22.7 CoachBike™

Model No. FMEX82820.1

Serial No. _____

Write the serial number in the space above for reference.



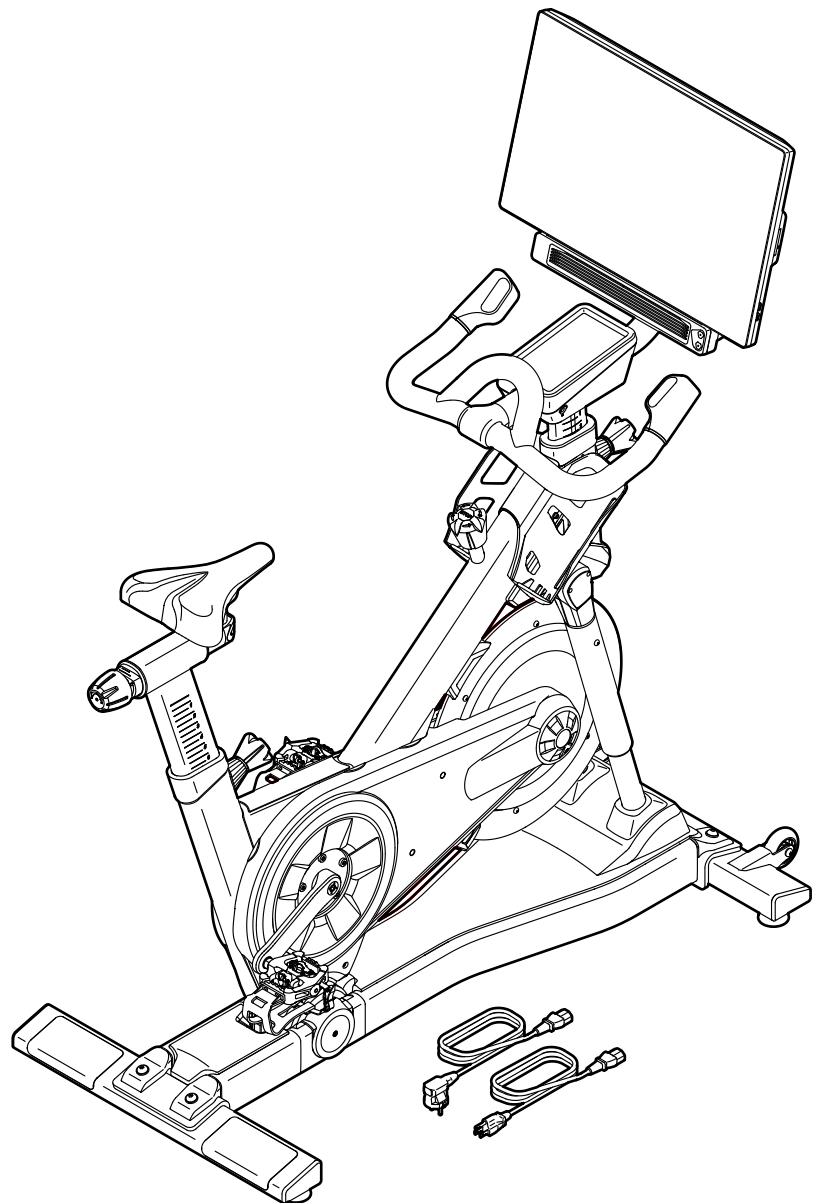
QUESTIONS?

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.

OWNER'S MANUAL



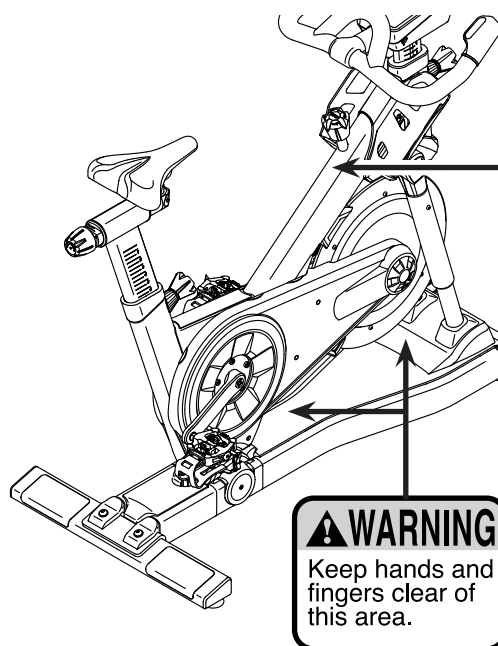
freemotionfitness.com

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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 back cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Warning decals in other languages are included. Apply the warning decals on top of the English warnings in the indicated location(s) if desired. 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 training bike before using your training 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 training 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 training bike only as described in this manual.
4. The training bike is intended for use in a supervised environment only.
5. Keep the training bike indoors, away from moisture and dust. Do not put the training bike in a garage or covered patio, or near water.
6. Place the training bike on a level surface with at least 2 ft. (0.6 m) of clearance around the training bike. To protect the floor or carpet from damage, place a mat under the training bike.
7. Inspect and properly tighten all parts each time the training bike is used. Replace any worn parts immediately.
8. Keep children under age 16 and pets away from the training bike at all times.
9. When connecting the power cord (see page 12), plug the power cord into a grounded circuit.
10. Do not modify the power cord or use an adapter to connect the power cord to an improper receptacle. Keep the power cord away from heated surfaces. Do not use an extension cord.
11. Do not operate the training bike if the power cord or plug is damaged, or if the training bike is not working properly.
12. **DANGER:** Always unplug the power cord and press the power switch to the off position when the training bike is not in use and before cleaning the training bike. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
13. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the training bike. Always wear athletic shoes for foot protection.
14. The training bike should not be used by persons weighing more than 350 lbs. (159 kg).
15. Be careful when mounting and dismounting the training bike.
16. Always keep your back straight while using the training bike; do not arch your back.
17. The training bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.

18. To stop the flywheel quickly, press the brake knob downward.

of breath, or if you experience pain while exercising, stop immediately and cool down.

19. Over exercising may result in serious injury or death. If you feel faint, if you become short

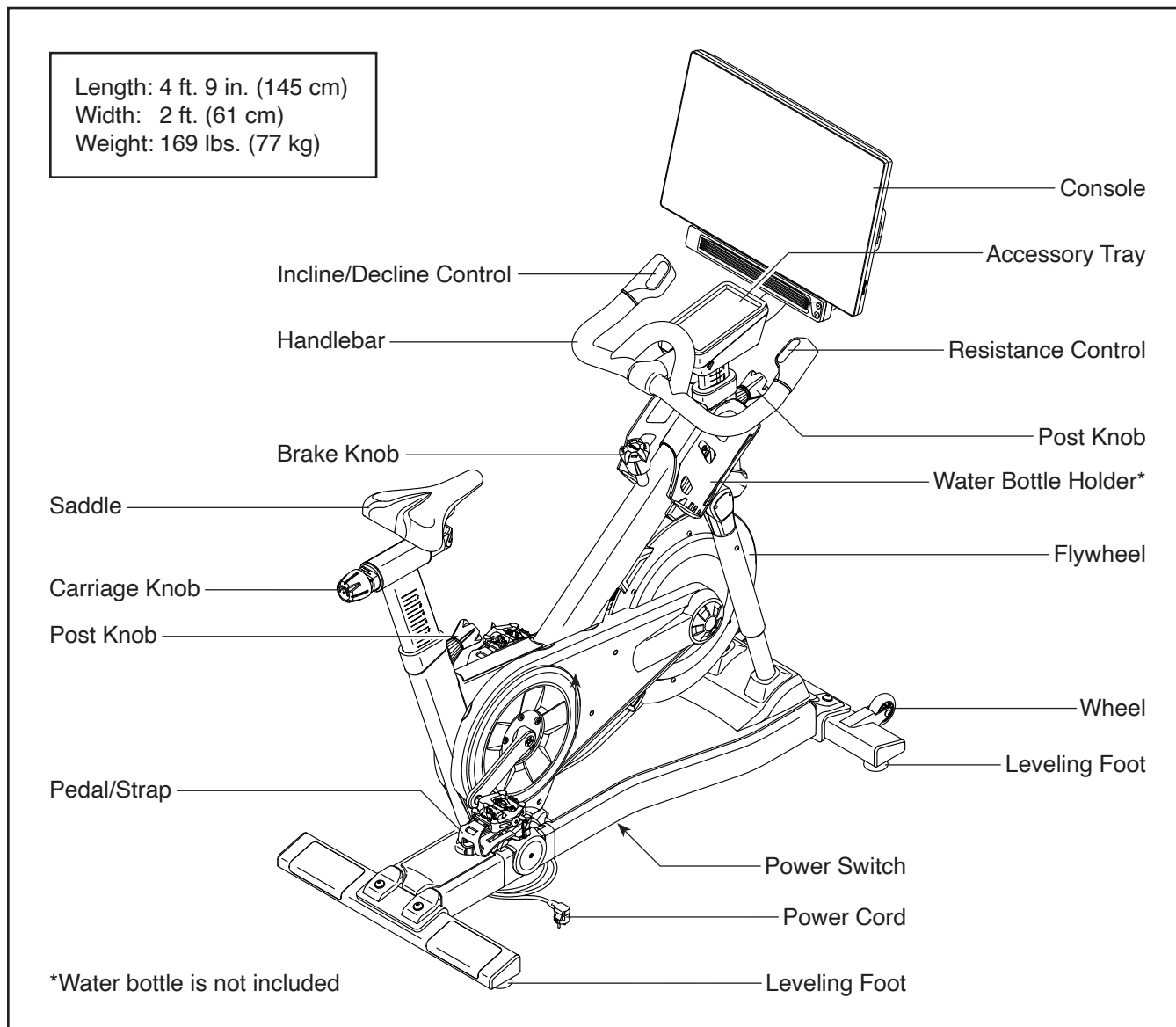
SAVE THESE INSTRUCTIONS

BEFORE YOU BEGIN

Congratulations for selecting the revolutionary FREEMOTION® B22.7 COACHBIKE training bike. The B22.7 COACHBIKE training bike is unlike any ordinary exercise bike. With full adjustability, a Wi-Fi cycling console, an incline system that simulates actual road terrain, and an array of other innovative features, the B22.7 COACHBIKE training bike is designed to let you enjoy the outdoor cycling experience indoors.

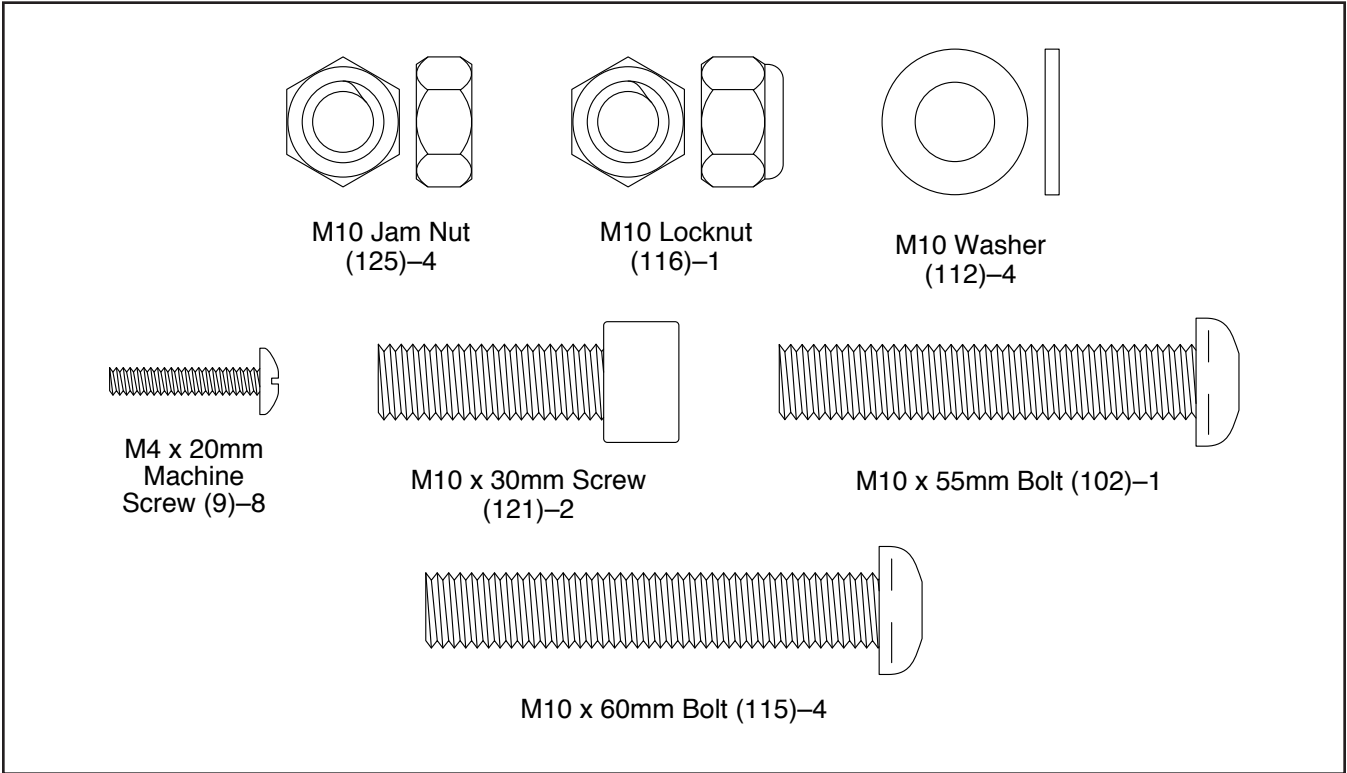
For your benefit, read this manual carefully before you use the training bike. If you have questions after reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the 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 whether it has been preassembled. Extra parts may be included.**



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 complete all assembly steps.
- To identify small parts, see page 6.
- To avoid damaging parts, do not use power tools.

- Assembly requires the following tools (not included):

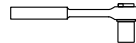
one 6 mm hex key



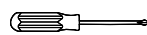
one 8 mm hex key



one 17 mm socket wrench



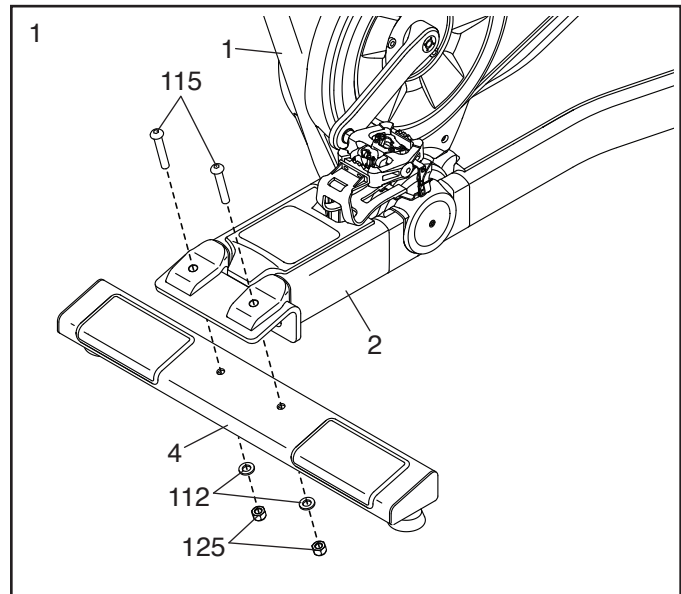
one Phillips screwdriver



1. Set a sturdy piece of packing material under the rear of the Base (2). **Have a second person hold the Frame (1) to prevent it from tipping while you complete this step.**

Attach the Rear Stabilizer (4) to the Base (2) with two M10 x 60mm Bolts (115), two M10 Washers (112), and two M10 Jam Nuts (125).

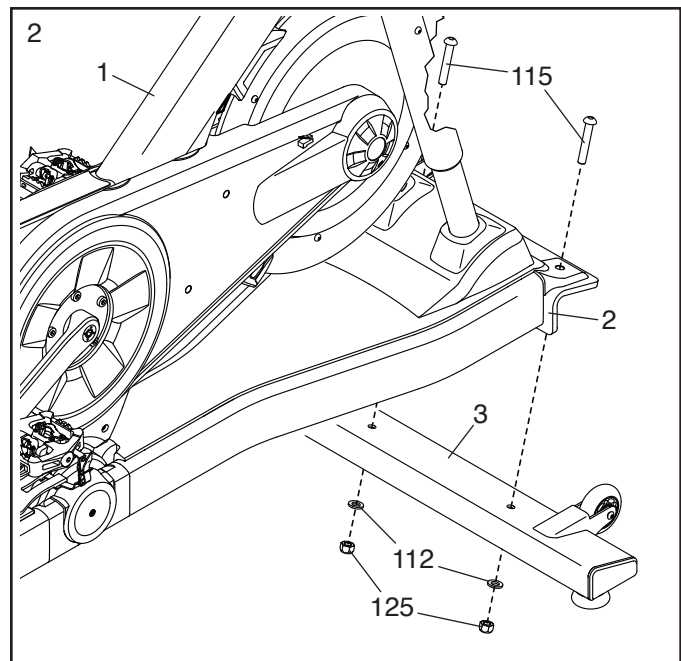
Then, remove the packing material.



2. Set a sturdy piece of packing material under the front of the Base (2). **Have a second person hold the Frame (1) to prevent it from tipping while you complete this step.**

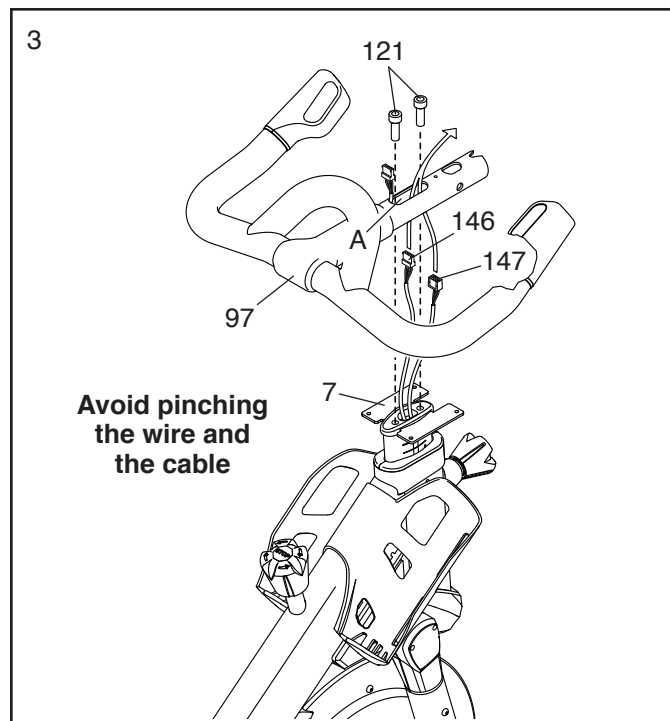
Attach the Front Stabilizer (3) to the Base (2) with two M10 x 60mm Bolts (115), two M10 Washers (112), and two M10 Jam Nuts (125).

Then, remove the packing material.



3. While a second person holds the Handlebar (97) near the Handlebar Post (7), route the Main Wire (146) and the Ethernet Cable (147) upward through the long slot (A) in the Handlebar.

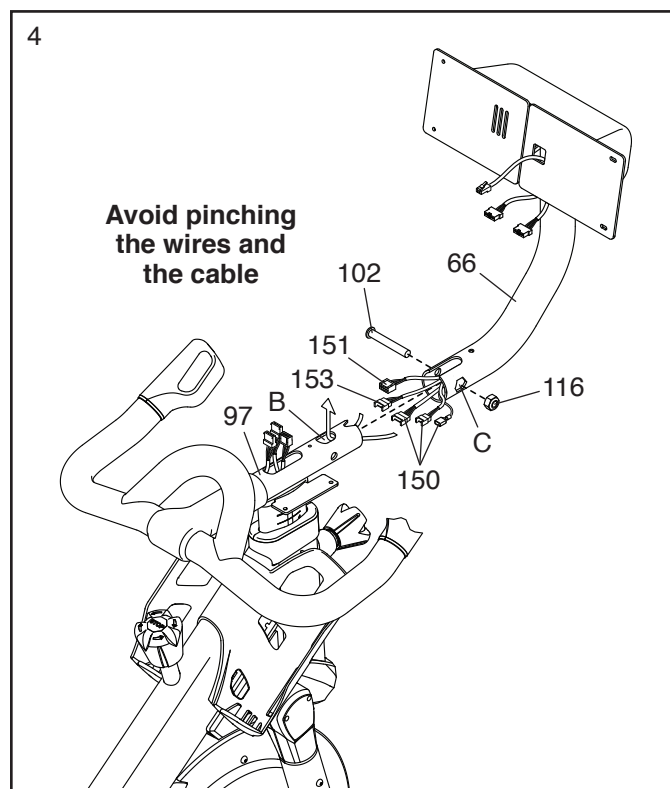
Tip: Avoid pinching the wire and the cable.
Attach the Handlebar (97) to the Handlebar Post (7) with two M10 x 30mm Screws (121).
IMPORTANT: After you start both Screws, make sure that the Handlebar is level from side to side. Then, tighten the Screws.



4. While a second person holds the Console Arm (66) near the Handlebar (97), insert the Extension Cable (151), the Control Extension Wire (153), and the Extension Wire (150) into the end of the Handlebar.

Tip: Avoid pinching the wires and the cable.
Slide the Console Arm (66) onto the Handlebar (97). Then, pull the Extension Cable (151), the Control Extension Wire (153), and the Extension Wire (150) upward through the short slot (B) in the Handlebar.

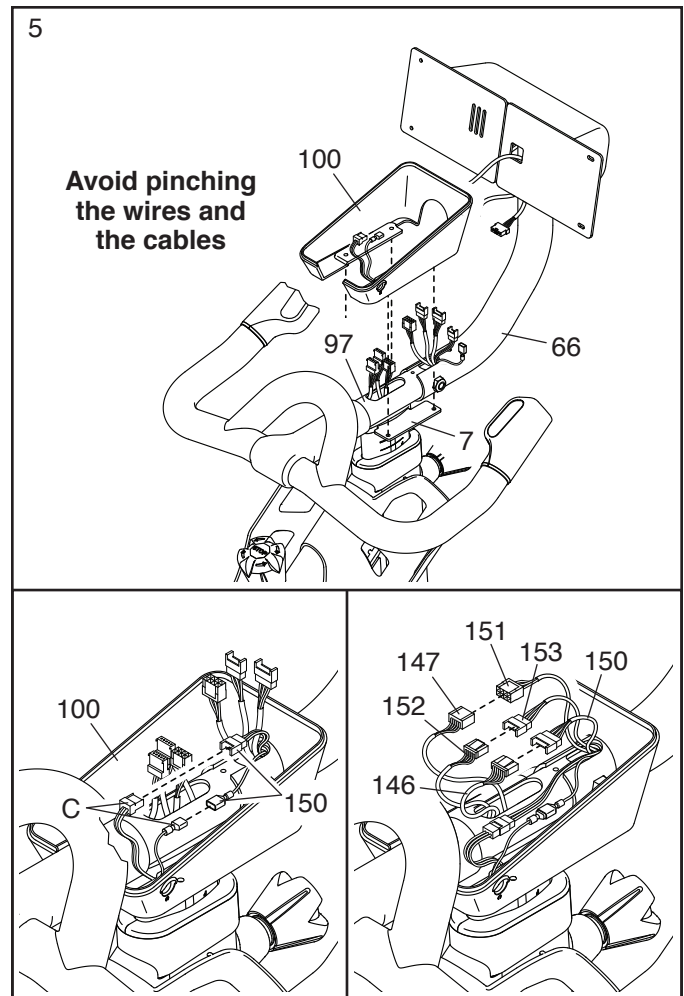
Attach the Console Arm (66) with an M10 x 55mm Bolt (102) and an M10 Locknut (116). **Make sure that the Locknut is in the hexagonal hole (C); firmly tighten the Bolt.**



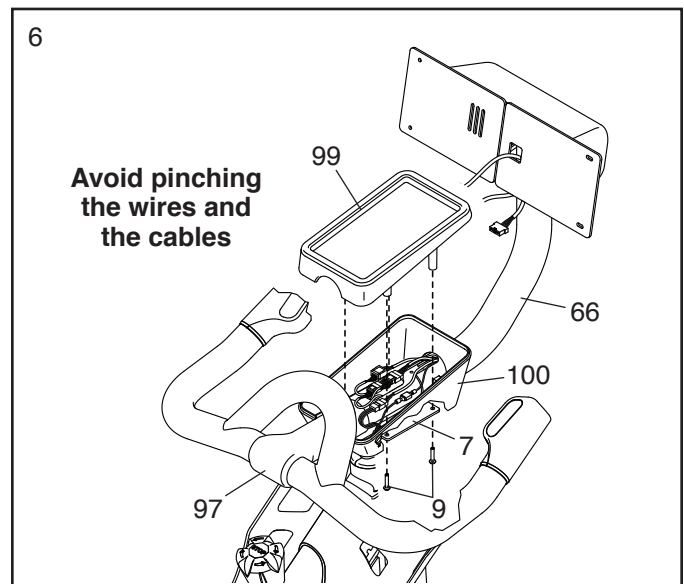
5. **Tip: Avoid pinching the wires and the cables.** Set the Tray Base (100) on the Handlebar Post (7).

See the left inset drawing. Locate the two wires (C) attached to the Tray Base (100). Connect the two wires to the matching wires on the Extension Wire (150).

See the right inset drawing. Connect the Ethernet Cable (147) to the Extension Cable (151), connect the Control Wire (152) to the Control Extension Wire (153), and connect the Main Wire (146) to the Extension Wire (150).



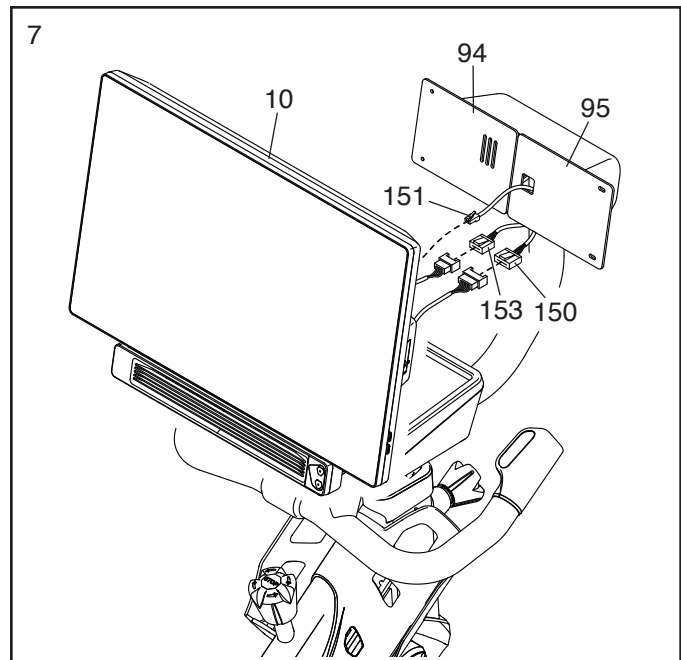
6. **Tip: Avoid pinching the wires and the cables.** Set the Accessory Tray (99) on the Tray Base (100). Attach the Accessory Tray to the Handlebar Post (7) with four M4 x 20mm Machine Screws (9) (only two are shown); **start all four Machine Screws, and then tighten them.**



7. Have a second person hold the Console (10) near the Left and Right Console Brackets (94, 95).

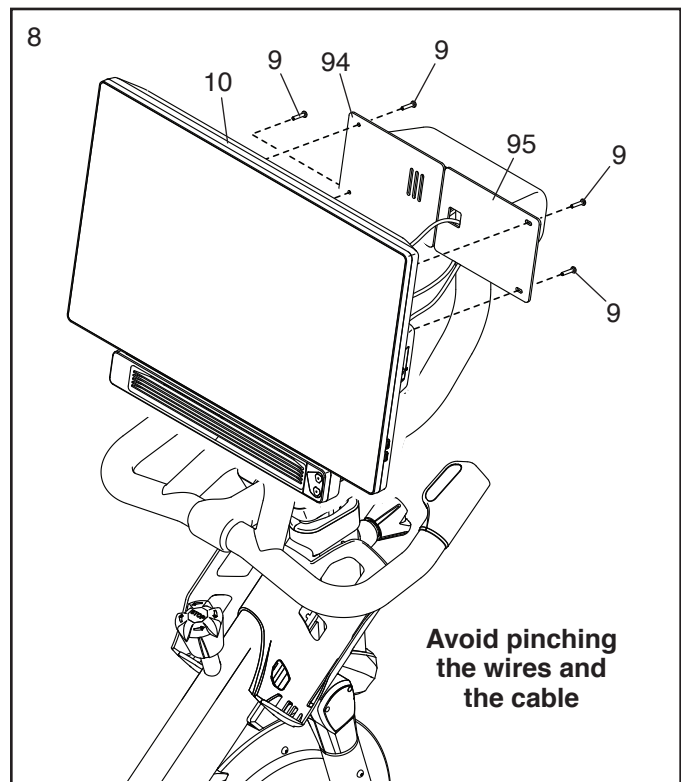
Plug the Extension Cable (151) into the receptacle on the back of the Console (10).

Then, connect the Control Extension Wire (153) and the Extension Wire (150) to the matching wires on the back of the Console (10).



8. **Tip: Avoid pinching the wires and the cable. If necessary, tilt the Left and Right Console Brackets (94, 95) to make this step easier.**

Attach the Console (10) to the Left and Right Console Brackets (94, 95) with four M4 x 20mm Machine Screws (9). **After you start all four Machine Screws, make sure that the Console is level from side to side. Then, tighten the Machine Screws.**



9. **In the United States or Canada, see the upper drawing.** Carefully tip the training bike onto one side.

Pull the end of the North America Power Cord (154) out of the Cord Cover (107).

Return the training bike to the upright position.

In Europe or Australia, see the lower drawing. Carefully tip the training bike onto one side.

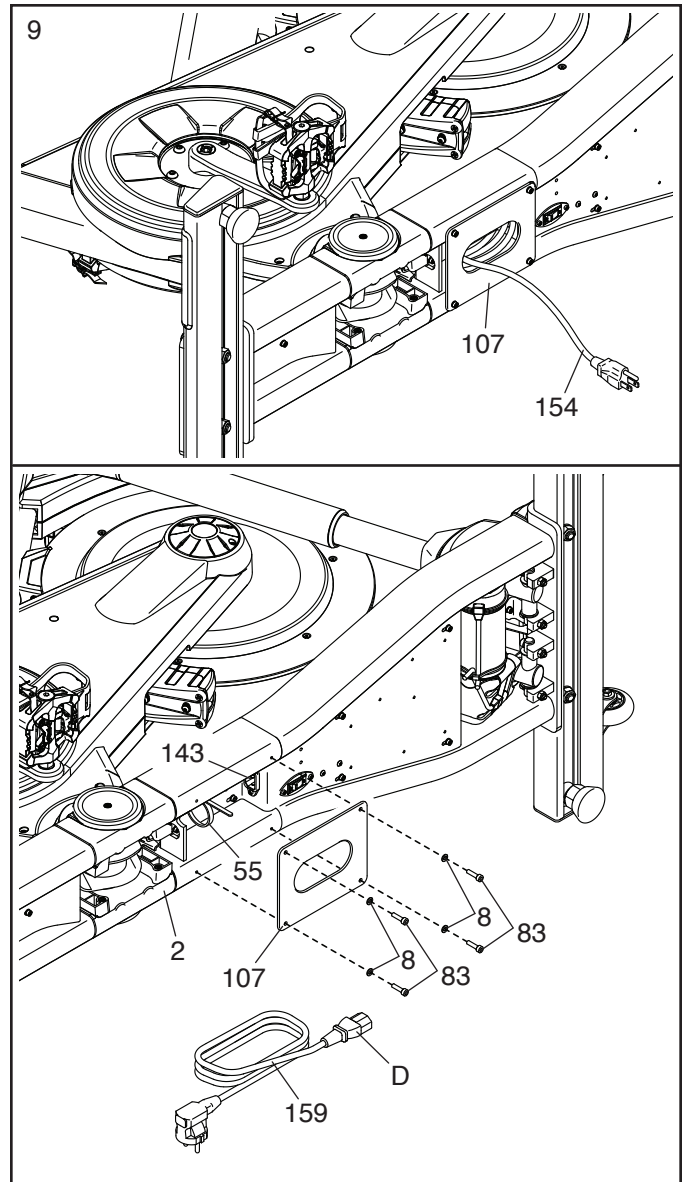
Remove the four M4 x 16mm Screws (83) and the four M4 x 8mm Washers (8) from the Cord Cover (107), and remove the Cord Cover.

Next, loosen the Cable Tie (55) and unplug the North America Power Cord (not shown) from the Power Receptacle (143).

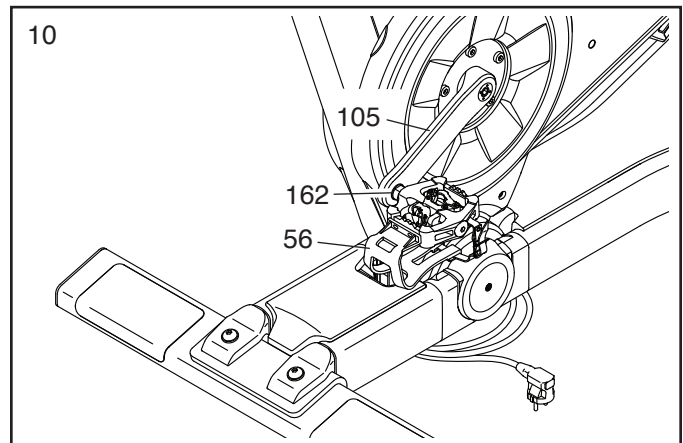
Route the indicated end (D) of the Europe Power Cord (159) through the Cord Cover (107) and through the Cable Tie (55), and plug the Europe Power Cord into the Power Receptacle (143). Then, tighten the Cable Tie.

Next, attach the Cord Cover (107) to the Base (2) with the four M4 x 16mm Screws (83) and the four M4 x 8mm Washers (8); **start all four Screws, and then tighten them.**

Return the training bike to the upright position.



10. **IMPORTANT:** If you replace the included Pedals (56), make sure to place the included Pedal Washers (162) between the replacement pedals and the Right Crank Arm (105) and the Left Crank Arm (not shown).



11. **After the training 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 training bike.** Extra parts may be included. Place a mat beneath the training bike to protect the floor.

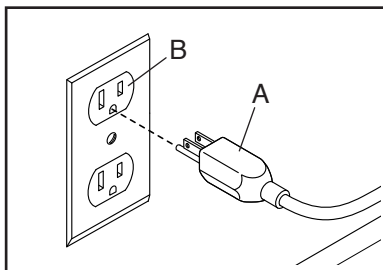
HOW TO USE THE TRAINING BIKE

HOW TO PLUG IN THE POWER CORD IN THE UNITED STATES OR CANADA

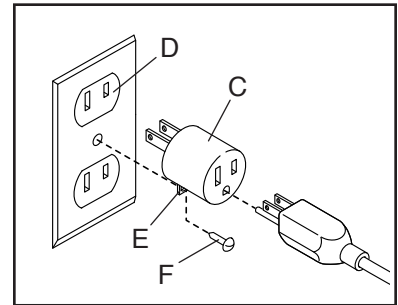
This product must be grounded. If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of electric shock. The power cord has a plug with a grounding pin.

⚠ DANGER: Improper connection of the power cord increases the risk of electric shock. Do not modify the plug—if it will not fit an outlet, have a proper outlet installed by a qualified electrician. If you are unsure whether the product is properly grounded, contact a qualified electrician.

Plug the power cord (A) into an appropriate outlet (B) that is properly installed and grounded in accordance with all local codes and ordinances. **The outlet must be on a nominal 120-volt circuit.**



A temporary adapter (C) may be used to connect the power cord to a 2-pole receptacle (D) as shown at the right if a properly grounded outlet is not available.



The lug (E) or wire extending from the adapter must be connected with a metal screw (F) to a permanent ground such as a properly grounded outlet box cover. **Some 2-pole receptacle outlet box covers are not grounded. Before using an adapter, contact a qualified electrician to determine whether the outlet box cover is grounded before using an adapter. The temporary adapter should be used only until a properly grounded outlet can be installed by a qualified electrician.**

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.

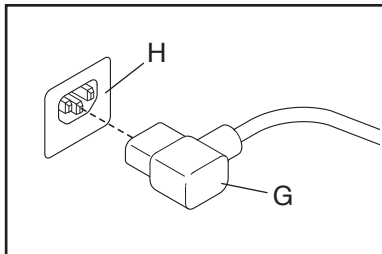
HOW TO PLUG IN THE POWER CORD IN EUROPE OR AUSTRALIA

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product's power cord has an equipment-earthing conductor and an earthing plug. **IMPORTANT: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

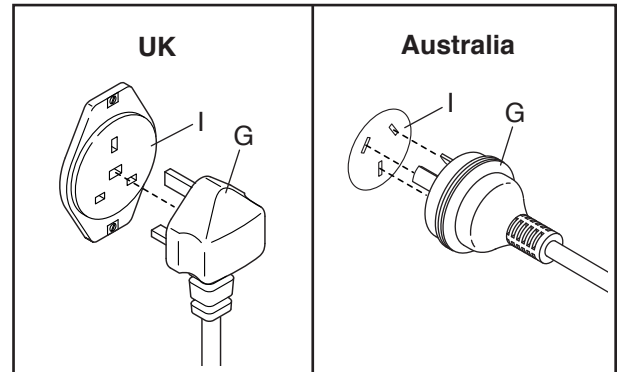
⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician

Follow the steps below to plug in the power cord.

1. To plug the power cord (G) into the socket (H) on the frame, see assembly step 9 on page 11.



2. Plug the power cord (G) into an appropriate outlet (I) that is properly installed and earthed in accordance with all local codes and ordinances.



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.

FEATURES OF THE TRAINING BIKE

Measuring Watts

Each training bike is individually calibrated to measure your power output and to allow you to monitor your watts and RPMs directly on the console.

By monitoring your watts and RPMs, you can see how hard you are training and make sure that you are challenging yourself and improving.

The Incline System

The training bike can incline and decline to realistically simulate outdoor terrain. When you create maps of your actual training routes on iFit.com (see the console instructions beginning on page 17 for more information), the training bike will automatically incline and decline to match the terrain of your training routes.

Pedaling Form Features

The training bike has multiple features to help you develop correct pedaling form:

Freewheel—The training bike has a freewheel that simulates a road bike rather than a fixed-drive spin bike. This discourages you from letting your feet coast through the top and bottom of your pedal stroke.

Flywheel—The flywheel on the training bike has the correct inertia to allow you to pedal smoothly while encouraging you to use good pedaling form.

HOW TO ADJUST THE GEOMETRY OF THE TRAINING BIKE

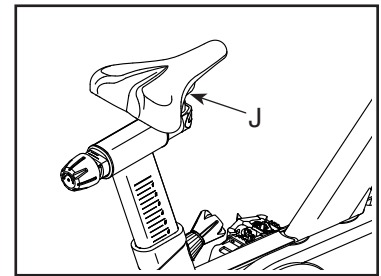
The training bike can be adjusted to match the geometry of your road bike to promote correct form and to ensure proper training of the muscles. **Make adjustments in small increments, and then pedal the training bike to test the adjustments.**

How to Adjust the Angle of the Saddle

You can adjust the angle of the saddle to the position that is most comfortable. You can also adjust the saddle forward or backward for increased comfort or to adjust the distance to the handlebar.

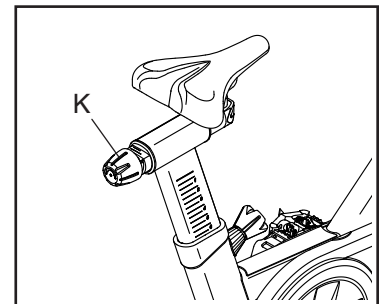
To adjust the saddle, first loosen the hex nuts (J) on the saddle clamp a few turns. Next, tilt the saddle upward or downward or slide the saddle forward or backward to the desired position.

Then, retighten the hex nuts.



How to Adjust the Saddle Carriage

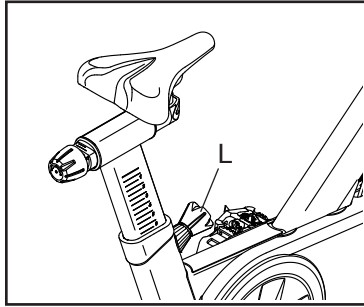
To adjust the position of the saddle carriage, loosen the carriage knob (K), move the saddle carriage forward or backward to the desired position, and then firmly tighten the carriage knob.



How to Adjust the Saddle Post

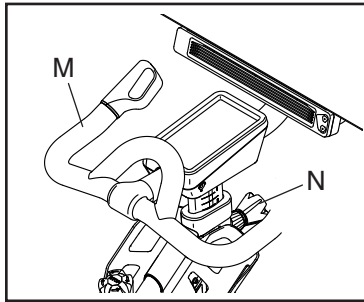
For effective training, the saddle should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position.

To adjust the saddle post, first loosen the indicated post knob (L) and pull it outward. Next, move the saddle post upward or downward to the desired position. Then, release the post knob into an adjustment hole in the saddle post, and firmly tighten the post knob. **Make sure that the post knob is engaged in an adjustment hole. IMPORTANT: Do not adjust the saddle post beyond the stop mark on the saddle post.**



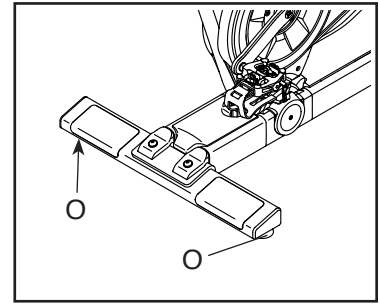
How to Adjust the Handlebar Post

To adjust the handlebar post, first hold the handlebar (M) firmly. Next, loosen the indicated post knob (N). Then, move the handlebar post upward or downward to the desired position, and firmly tighten the post knob. **IMPORTANT: Do not adjust the handlebar post beyond the stop mark on the handlebar post.**



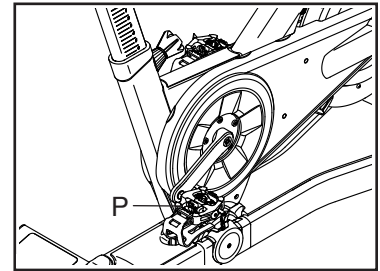
HOW TO LEVEL THE TRAINING BIKE

If the training bike rocks slightly on your floor during use, turn one or both of the leveling feet (O) beneath the rear or front stabilizer until the rocking motion is eliminated.



HOW TO USE THE PEDALS

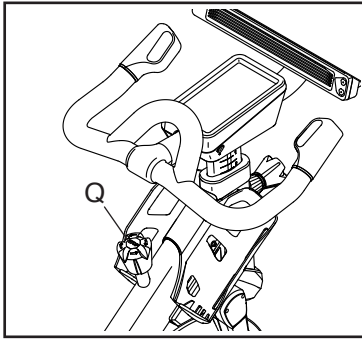
To use the toe cage side of the pedals (P), insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.



To use the clip-in side of the pedals, you must wear cycling shoes. To clip into the pedals, press the cleats on your cycling shoes firmly into the slots in the pedals until they snap into place. To unclip from the pedals, twist your cycling shoes outward from the pedals.

HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, press the buttons on the right handlebar (see step 4 on page 20). **To stop the flywheel, push the brake knob (Q).** The flywheel will quickly come to a complete stop.



HOW TO MAINTAIN THE TRAINING BIKE

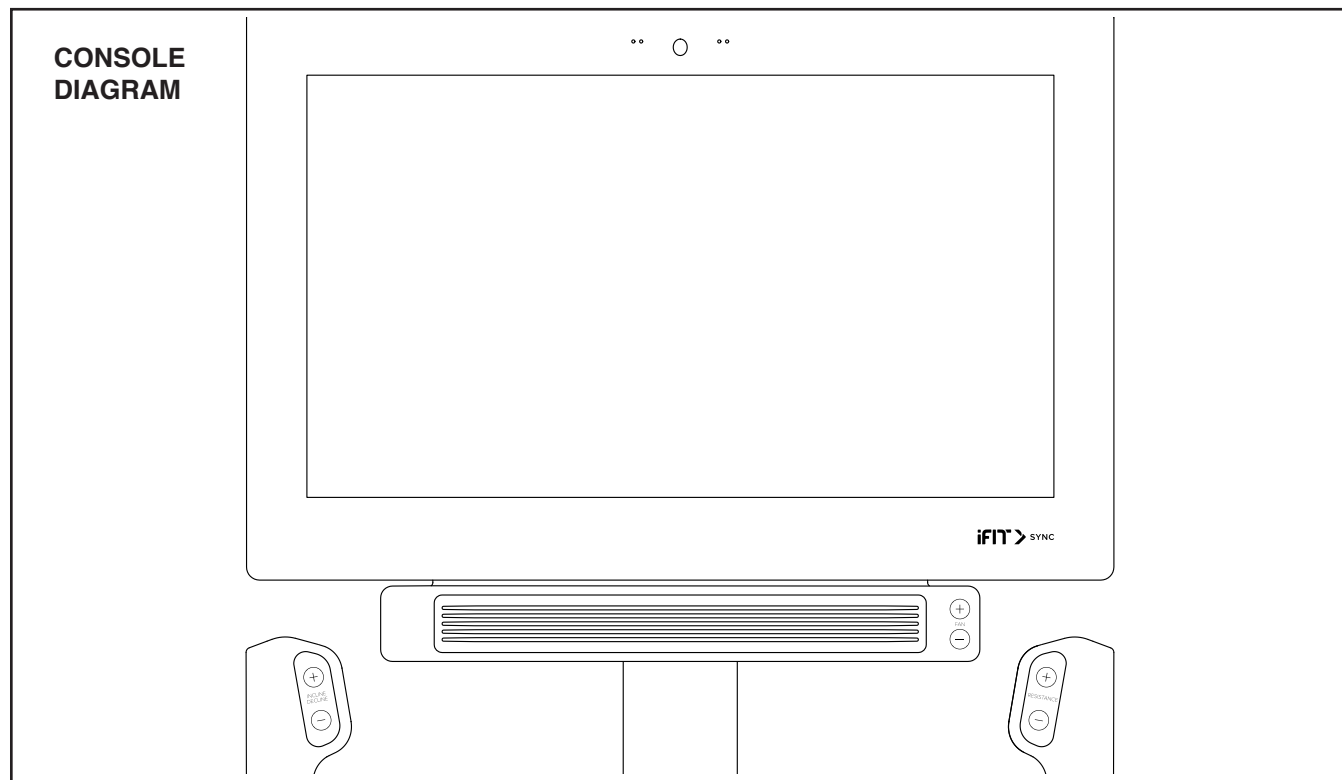
Inspect and tighten all parts of the training bike regularly. Replace any worn parts immediately.

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

For maximum performance and safety, replace the pedals every year. **To purchase pedals, see the back cover of this manual.**

IMPORTANT: To avoid damage to the training bike and to prevent injury to the user, use only manufacturer-supplied pedals. Other pedals may not be designed for use in fitness clubs or indoor cycling studios and may be dangerous.

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 and the incline of the frame 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 and the incline of the frame 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.

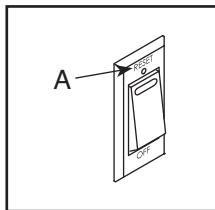
Users can also use the charging port on the console to charge their USB-compatible devices.

To turn on the power, see page 18. **To learn how to use the touch screen**, see page 18. **To set up the console**, see page 19.

HOW TO TURN ON THE POWER

IMPORTANT: If the training bike has been exposed to cold temperatures, allow it to warm to room temperature before you turn on the power. If you do not do this, you may damage the console or other electrical components.

Plug in the power cord (see HOW TO PLUG IN THE POWER CORD on page 16). Next, locate the power switch on the frame near the power cord. Press the power switch to the reset position (A).



The console will then turn on and be ready for use.

Note: When you turn on the power for the first time, the incline system may calibrate automatically. The frame will move upward and downward as it calibrates. When the frame stops moving, the incline system is calibrated.

IMPORTANT: If the incline system does not calibrate automatically, see HOW TO CHANGE CLUB OWNER SETTINGS on page 26 and manually calibrate the incline system.

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 training 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 training bike.

2. Customize settings.

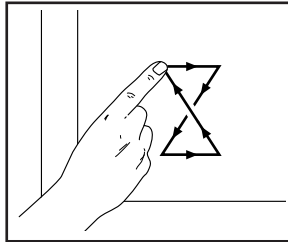
Follow the prompts on the screen to set the desired unit of measurement, time zone, and other settings.

Note: To change these settings later, see HOW TO CHANGE CLUB OWNER SETTINGS on page 26.

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 26.



4. Calibrate the incline system.

First, touch the menu button (three horizontal lines symbol), touch *Settings*, and then draw an hourglass on the screen with your finger; the club owner settings menu will appear on the screen. Next, touch *Maintenance*, and then touch *Calibrate Incline*. The frame will rise and lower as it calibrates. For more information, see HOW TO CHANGE CLUB OWNER SETTINGS on page 26.

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 20. **To use a featured workout**, see page 22. **To create a draw-your-own-map workout**, see page 24. **To use an iFit workout**, see page 25.

To change user settings, see page 26. **To change club owner settings**, see page 26. **To connect to a network**, see page 28. **To use the sound system**, see page 29. **To use the charging port**, see page 29. **To reset the console**, see page 29.

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 POWER on page 18. 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 and the incline of the frame as desired.

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

You can also change the incline of the frame by pressing the Incline/Decline increase and decrease buttons on the left handlebar.

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

Note: When the training bike is declined or extremely inclined, the range of resistance levels may decrease.

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.

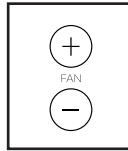
6. Wear a compatible heart rate monitor and measure your heart rate if desired.

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.

7. Turn on the fan if desired.

The fan has several speed settings, including an auto mode. While the auto mode is selected, the speed of the fan will automatically increase or decrease as your pedaling speed increases or decreases. Press the Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals are not moved for a while when the main menu is selected, the fan will turn off automatically.

8. When you are finished exercising, unplug the power cord.

When you are finished exercising, press the power switch to the off position and unplug the power cord. **IMPORTANT: If you do not do this, the electrical components of the training bike may wear prematurely.**

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 POWER on page 18. 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 28).

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 24.

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 20).

During some workouts, an iFit coach will guide you through a video workout. Touch the sound button (music notes symbol) to 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 and/or incline level is too high or too low, you can manually override the setting by pressing the Resistance buttons or the Incline/Decline buttons. **If you press a Resistance button**, you can then manually control the resistance level (see step 4 on page 20). **If you press an Incline/Decline button**, you can then manually control the incline level (see step 4 on page 20). **To return to the programmed resistance and/or incline 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 or incline level of the frame 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 25) 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 20.

7. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 6 on page 20.

8. Turn on the fan if desired.

See step 7 on page 21.

9. When you are finished exercising, unplug the power cord.

See step 8 on page 21.

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 POWER on page 18. 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 22).

7. Follow your progress.

See step 5 on page 20.

8. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 6 on page 20.

9. Turn on the fan if desired.

See step 7 on page 21.

10. When you are finished exercising, unplug the power cord.

See step 8 on page 21.

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 22).

5. Follow your progress.

See step 5 on page 20.

6. Wear a compatible heart rate monitor and measure your heart rate if desired.

See step 6 on page 20.

7. Turn on the fan if desired.

See step 7 on page 21.

8. When you are finished exercising, unplug the power cord.

See step 8 on page 21.

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 power (see HOW TO TURN ON THE POWER on page 18). 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 power (see HOW TO TURN ON THE POWER on page 18). Note: It may take a few moments for the console to be ready for use.

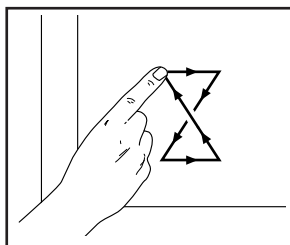
When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

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 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 training 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 training 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. Calibrate the incline system.

To calibrate the incline system, touch *Maintenance*, touch *Calibrate Incline*, and then touch *Begin*. The frame will automatically rise to the maximum incline level, lower to the minimum incline level, and then return to the starting position. This will calibrate the incline system. When the incline system is calibrated, touch *Finish*.

IMPORTANT: Keep your body and other objects away from the training bike while the incline system is calibrating.

8. 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.

IMPORTANT: When streaming iFit content, 10 mbps of available bandwidth is recommended for best performance. If multiple devices or consoles will be streaming iFit content on the same network, make sure that the network and service can support 10 mbps per device or console in addition to any other bandwidth usage.

1. Select the settings main menu.

First, turn on the power (see HOW TO TURN ON THE POWER on page 18). Note: It may take a few moments for the console to be ready for use.

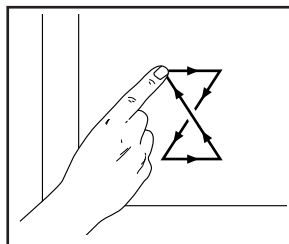
When you turn on the console, the welcome menu will appear on the screen after the console boots up. Touch *Work Out* or touch *My Account* and log in to your iFit account. The main menu will then appear on the screen.

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 training 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 18.)

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](https://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 22) or an iFit workout (see page 25). 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

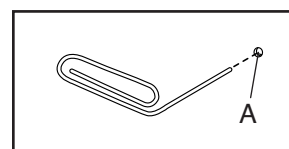
The console features a charging port that you can use to charge USB-compatible devices, such as tablets and smartphones, while you exercise.

To use the charging port, plug a USB charging cable (not included) into the charging port on the left side of the console 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 RESET THE CONSOLE

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, press the power switch into the off position. Next, locate the small reset opening (A) on the console; it is usually located on the right side of the console beneath a plastic cover. Using a bent paper clip, press and hold the reset button inside the opening, and have a second person press the power switch into the on position. 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, press the power switch off and then on again. Once the console turns on, check for firmware updates (see HOW TO CHANGE CLUB OWNER SETTINGS on page 26). Note: It may take a few minutes for the console to be ready for use.



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: OMC415325.

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-415325.

NOTES

PART LIST

Model No. FMEX82820.1 R0821A

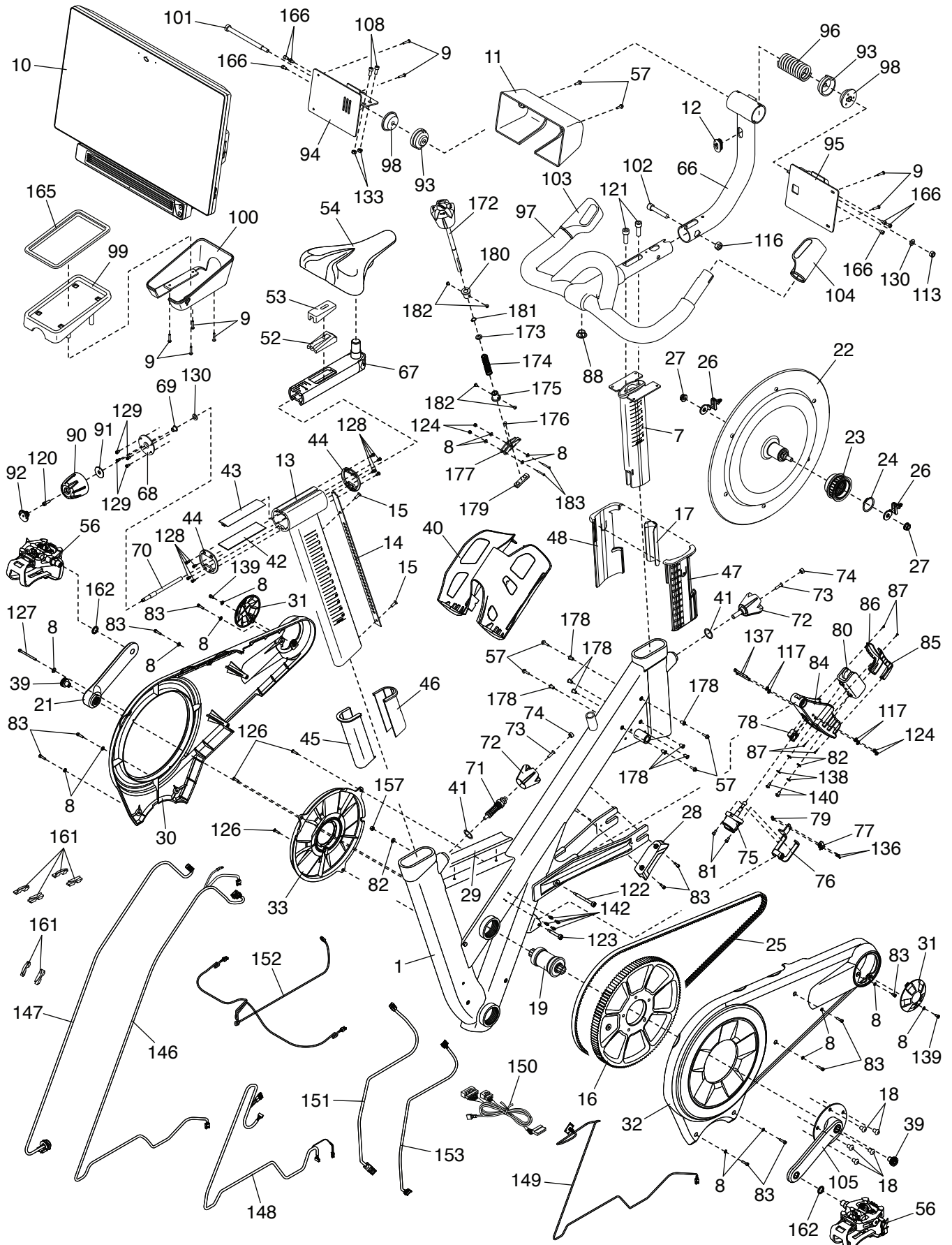
| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|-----------------------------|---------|------|---------------------------|
| 1 | 1 | Frame | 51 | 2 | Cap B |
| 2 | 1 | Base | 52 | 1 | Lower Wedge |
| 3 | 1 | Front Stabilizer | 53 | 1 | Upper Wedge |
| 4 | 1 | Rear Stabilizer | 54 | 1 | Saddle |
| 5 | 2 | Stabilizer Guard | 55 | 1 | Cable Tie |
| 6 | 2 | Pivot Clamp | 56 | 1 | Pedal Set |
| 7 | 1 | Handlebar Post | 57 | 6 | M4 x 12mm Flange Screw |
| 8 | 37 | M4 x 8mm Washer | 58 | 1 | Lift Assembly |
| 9 | 8 | M4 x 20mm Machine Screw | 59 | 2 | Lift Boot |
| 10 | 1 | Console | 60 | 2 | Outer Pivot Shield |
| 11 | 1 | Arm Cover | 61 | 2 | Inner Pivot Shield |
| 12 | 1 | Arm Grommet | 62 | 2 | Lift Shroud |
| 13 | 1 | Saddle Post | 63 | 2 | Lift Shroud Ring |
| 14 | 1 | Saddle Selector Plate | 64 | 2 | Inner Pivot Shield Cover |
| 15 | 2 | M5 x 16mm Flat Head Screw | 65 | 2 | Outer Pivot Shield Cover |
| 16 | 1 | Large Pulley | 66 | 1 | Console Arm |
| 17 | 1 | Post Clamp | 67 | 1 | Saddle Carriage |
| 18 | 5 | M8 x 12mm Screw | 68 | 1 | Saddle Adjustment Bracket |
| 19 | 1 | Bottom Bracket | 69 | 1 | Bracket Bushing |
| 20 | 1 | Pivot Bracket | 70 | 1 | Saddle Adjustment Shaft |
| 21 | 1 | Left Crank Arm | 71 | 1 | Knob Pin |
| 22 | 1 | Flywheel Assembly | 72 | 2 | Post Knob |
| 23 | 1 | Small Pulley | 73 | 2 | M5 x 20mm Screw |
| 24 | 1 | Flywheel Retainer Ring | 74 | 2 | Knob Cap |
| 25 | 1 | Drive Belt | 75 | 1 | Resistance Motor |
| 26 | 2 | Adjustment Assembly | 76 | 1 | Motor Bracket |
| 27 | 2 | 3/8" Axle Nut | 77 | 1 | Limit Switch |
| 28 | 1 | Fender | 78 | 1 | Brake Pivot |
| 29 | 1 | Frame Guard | 79 | 1 | Limit Switch Nut |
| 30 | 1 | Left Belt Guard | 80 | 1 | Brake Magnet |
| 31 | 2 | Guard Cap | 81 | 2 | M4 x 8mm Bright Screw |
| 32 | 1 | Right Belt Guard | 82 | 3 | M5 x 11mm Washer |
| 33 | 1 | Magnet/Cover | 83 | 26 | M4 x 16mm Screw |
| 34 | 1 | Front Base Shield | 84 | 1 | Brake Bracket |
| 35 | 1 | Rear Base Shield | 85 | 1 | Right Brake Cover |
| 36 | 2 | Pivot Cover | 86 | 1 | Left Brake Cover |
| 37 | 1 | Left Lift Cover | 87 | 4 | M2 x 8mm Screw |
| 38 | 1 | Head Cover | 88 | 1 | Handlebar Cap |
| 39 | 2 | Crank Screw | 89 | 4 | Leveling Foot |
| 40 | 1 | Water Bottle Holder | 90 | 1 | Carriage Knob |
| 41 | 2 | Knob Pin Washer | 91 | 1 | 30mm Thrust Washer |
| 42 | 1 | Saddle Wear Strip | 92 | 1 | Knob Cover |
| 43 | 1 | Saddle Carriage Cover | 93 | 2 | Spring Disc |
| 44 | 2 | Saddle Post Cover | 94 | 1 | Left Console Bracket |
| 45 | 1 | Rear Saddle Post Sleeve | 95 | 1 | Right Console Bracket |
| 46 | 1 | Front Saddle Post Sleeve | 96 | 1 | Spring |
| 47 | 1 | Right Handlebar Post Sleeve | 97 | 1 | Handlebar |
| 48 | 1 | Left Handlebar Post Sleeve | 98 | 2 | Pivot Disc |
| 49 | 2 | Wheel | 99 | 1 | Accessory Tray |
| 50 | 2 | Cap A | 100 | 1 | Tray Base |

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---------|------|---------------------------|---------|------|--------------------------|
| 101 | 1 | M8 x 140mm Bolt | 143 | 1 | Power Receptacle |
| 102 | 1 | M10 x 55mm Bolt | 144 | 1 | Power Switch |
| 103 | 1 | Left Controller | 145 | 1 | Power Control Board |
| 104 | 1 | Right Controller | 146 | 1 | Main Wire |
| 105 | 1 | Right Crank Arm | 147 | 1 | Ethernet Cable |
| 106 | 1 | Right Lift Cover | 148 | 1 | Resistance Motor Wire |
| 107 | 1 | Cord Cover | 149 | 1 | Speed Sensor Wire |
| 108 | 2 | M6 x 12mm Screw | 150 | 1 | Extension Wire |
| 109 | 4 | M4 x 20mm Screw | 151 | 1 | Extension Cable |
| 110 | 4 | M6 x 30mm Screw | 152 | 1 | Control Wire |
| 111 | 2 | Lower Pivot Axle | 153 | 1 | Control Extension Wire |
| 112 | 4 | M10 Washer | 154 | 1 | North America Power Cord |
| 113 | 1 | M8 Locknut | 155 | 4 | M8 Spring Washer |
| 114 | 2 | Upper Pivot Bolt | 156 | 2 | M4 Nut |
| 115 | 4 | M10 x 60mm Bolt | 157 | 1 | M5 Locknut |
| 116 | 1 | M10 Locknut | 158 | 1 | Internal Power Wire |
| 117 | 6 | M4 x 11mm Washer | 159 | 1 | Europe Power Cord |
| 118 | 2 | M4 x 12mm Flat Head Screw | 160 | 1 | Retainer Ring |
| 119 | 4 | M8 x 35mm Screw | 161 | 6 | Guard Grommet |
| 120 | 1 | M5 x 16mm Patch Screw | 162 | 2 | Pedal Washer |
| 121 | 2 | M10 x 30mm Screw | 163 | 1 | Power Cord Retainer |
| 122 | 1 | Brake Pivot Screw | 164 | 8 | Long Standoff |
| 123 | 1 | Resistance Pivot Bolt | 165 | 1 | Tray Cover |
| 124 | 4 | M4 Locknut | 166 | 6 | M5 x 8mm Screw |
| 125 | 4 | M10 Jam Nut | 167 | 4 | Pivot Shield Bushing |
| 126 | 5 | M4 x 16mm Socket Screw | 168 | 1 | Lift Stabilizer |
| 127 | 1 | M4 x 55mm Screw | 169 | 1 | Lower Lift Spacer |
| 128 | 8 | M4 x 10mm Screw | 170 | 4 | Lower Lift Bushing |
| 129 | 4 | M4 x 8mm Screw | 171 | 2 | Upper Lift Bushing |
| 130 | 2 | M8 x 16mm Washer | 172 | 1 | Brake Knob |
| 131 | 4 | M3 x 10mm Hex Screw | 173 | 1 | Brake Washer |
| 132 | 4 | M6 Washer | 174 | 1 | Brake Spring |
| 133 | 4 | M6 Locknut | 175 | 1 | Lower Brake Bushing |
| 134 | 2 | M6 x 40mm Bolt | 176 | 1 | Brake Pad Screw |
| 135 | 2 | M4 x 12mm Pan Head Screw | 177 | 1 | Brake Bracket |
| 136 | 2 | M2 x 15mm Screw | 178 | 8 | Screw Sleeve |
| 137 | 2 | M4 x 40mm Screw | 179 | 1 | Brake Pad |
| 138 | 2 | M5 Star Washer | 180 | 1 | Upper Brake Bushing |
| 139 | 5 | M4 x 8mm Hex Screw | 181 | 1 | Retainer Ring |
| 140 | 2 | M5 x 10mm Screw | 182 | 4 | M4 x 6mm Screw |
| 141 | 4 | M3 x 35mm Screw | 183 | 2 | M4 x 24mm Screw |
| 142 | 4 | Short Standoff | * | — | User's Manual |

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.

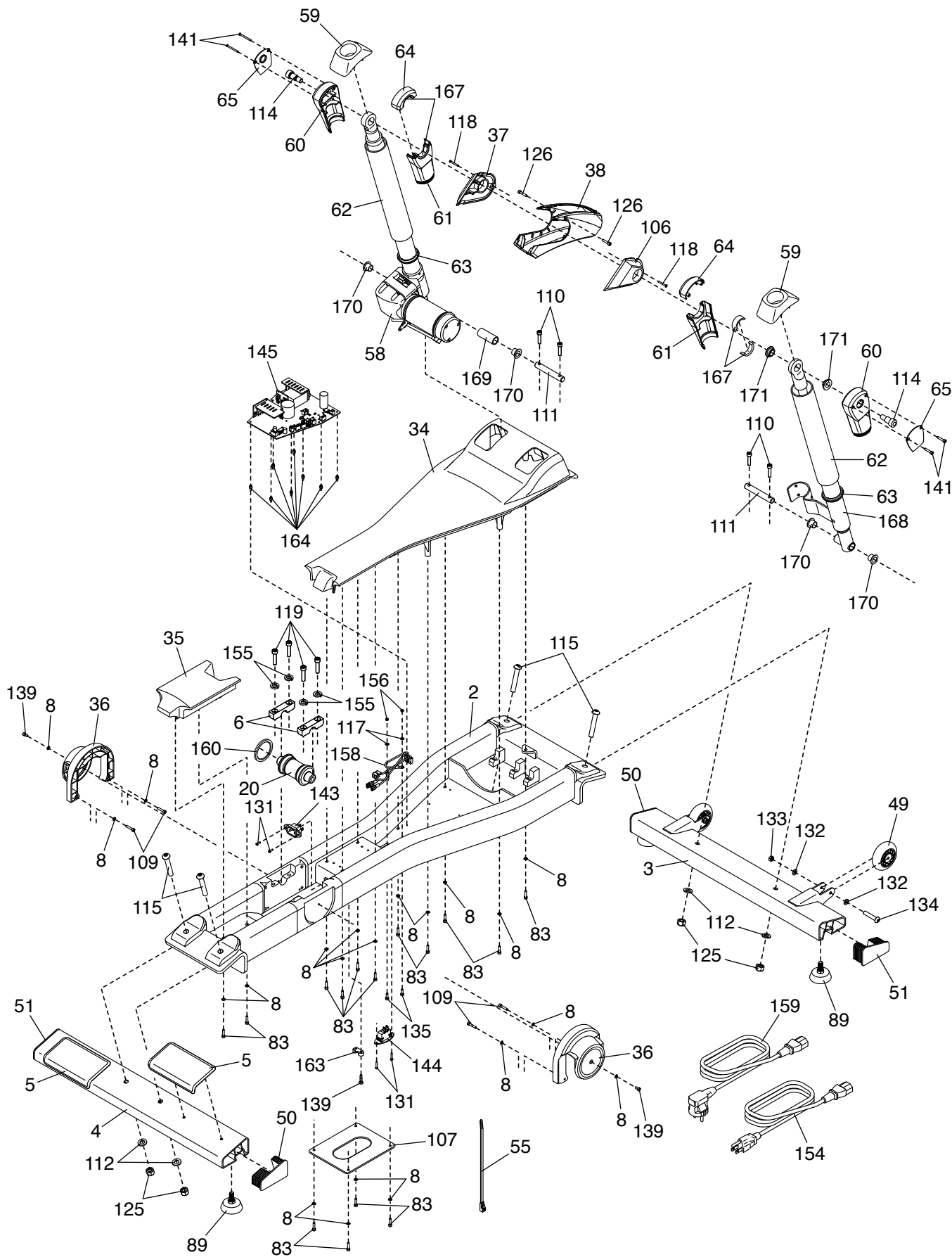
EXPLODED DRAWING A

Model No. FMEX82820.1 R0821A



EXPLODED DRAWING B

Model No. FMEX82820.1 R0821A



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. Parts and labor are warranted for one (1) year, unless otherwise specified on the invoice.

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.