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www.diamondbackfitness.com

Diamondback Fitness, Inc.
300 Camarillo Ranch Road
Camarillo, CA 93012
T 800-776-7642
F 805-388-5890

well equipped for success

Diamondback

f i t n e s s 

1180 E_r OWNER'S MANUAL

Part no. 22-80-901

PURCHASER'S REFERENCE INFORMATION

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IT IS IMPERATIVE THAT YOU FILL IN THE FOLLOWING INFORMATION AND REFER TO IT SHOULD THE NEED FOR SERVICE ARISE.

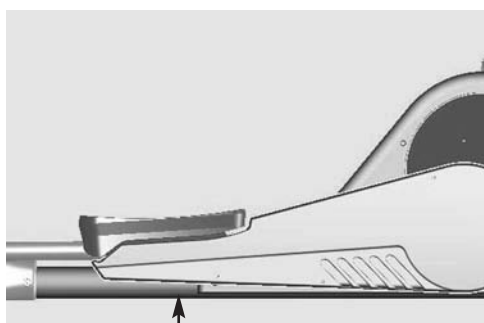
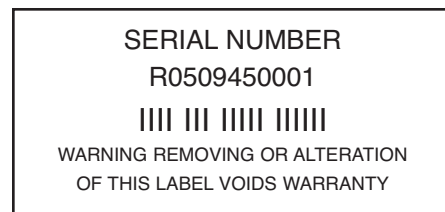
Product Name: Diamondback 1180Er Elliptical
 Serial Number: R _____

To Activate Warranty:

REGISTER YOUR WARRANTY AT

www.diamondbackfitness.com

OR COMPLETELY FILL OUT THE ATTACHED WARRANTY CARD (SEE BACK COVER) AND RETURN TO DIAMONDACK WITHIN 15 DAYS OF THE DATE OF PURCHASE. FAILURE TO COMPLY WITH THE WARRANTY ACTIVATION PROCEDURE MAY VOID THE MANUFACTURER'S WARRANTY.



Serial No. Sticker

Dealer Name: _____

Dealer Address: _____

Dealer Telephone Number: () _____

Dealer Contact Name: _____

Date Purchased: _____

Shipping Materials:

Diamondback recommends that you retain the original packing materials (box and packing items) for future shipping needs.

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INTRODUCTION



Congratulations on your 1180Er elliptical trainer. You made a very smart choice. You are about to experience one of the most effective and technically advanced methods of low-impact, cardiovascular exercise available today. Your patented 1180Er elliptical trainer was created by Diamondback Fitness, the innovative value leaders in fitness and bicycle equipment for nearly three decades.

Your 1180Er has every possible feature to make your workout extremely efficient, productive and comfortable. Because of our bodyfit ellipse angle position adjustments, longer 21" stride and hinged foot pedals, no elliptical will give you a more natural feeling walking step. Your console offers 4 display-windows with easy to select programming buttons, a Polar® Compatible Heart Rate Receiver and Hand Held Pulse Sensors, plus 3 Interactive HR programs. You can choose from 20 levels of intensity and varieties of programs, including 6 classic preset programs with Quick Start options, Hill Profile Programs and the Total Trainer program for customized cross training workouts. We paid attention to every detail that would make this machine a work of art and a fierce competitor. And it paid off.

You can count on your Diamondback Elliptical trainers to provide years of pleasure and fitness. The solid steel frame, quality construction and technology savvy electronics are guaranteed to provide you with the ultimate workout experience. Congratulations on choosing an elliptical from America's premier name in light institutional and home exercising equipment.

For more information or questions regarding your 1180Er, please go to our website at www.diamondbackfitness.com. Or please contact us:

Diamondback Fitness, Inc.
300 Camarillo Ranch Road,
Camarillo, CA 93012
Ph. 1.800.776.7642
Fax: 1.805.388.5890

SAFETY INSTRUCTIONS AND WARNINGS

The 1180Er is built for optimum safety and is designed to meet or exceed all domestic and international standards. However, certain precautions need to be followed when operating any exercise equipment. **BE SURE TO READ THE ENTIRE OWNER'S MANUAL BEFORE OPERATING YOUR 1180Er UNIT.**

CAUTION – FOR SAFE OPERATION

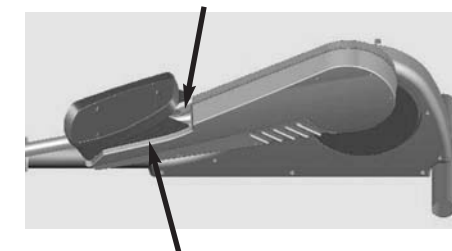
1. Keep your hands and feet away from all moving parts and pinch points. See figure A for possible pinch points.
2. Before beginning any exercise program on the 1180Er equipment, it is important to consult with your physician if you have any of the following: History of heart disease, high blood pressure, diabetes, chronic respiratory diseases, elevated cholesterol, or if you smoke cigarettes or experience any other chronic diseases or physical complaints.
3. If over the age of 35 or overweight, consult with your physician before beginning any exercise program.
4. Pregnant women should consult with their physician before beginning an exercise program.
5. If you experience dizziness, nausea, chest pains or other abnormal symptoms during exercise, stop the exercise session immediately. Consult your physician before continue your exercise.
6. Always drink fluids if you exercise for twenty or more minutes on any 1180Er unit.

WARNING – TO REDUCE RISK OF INJURY TO YOURSELF OR OTHERS

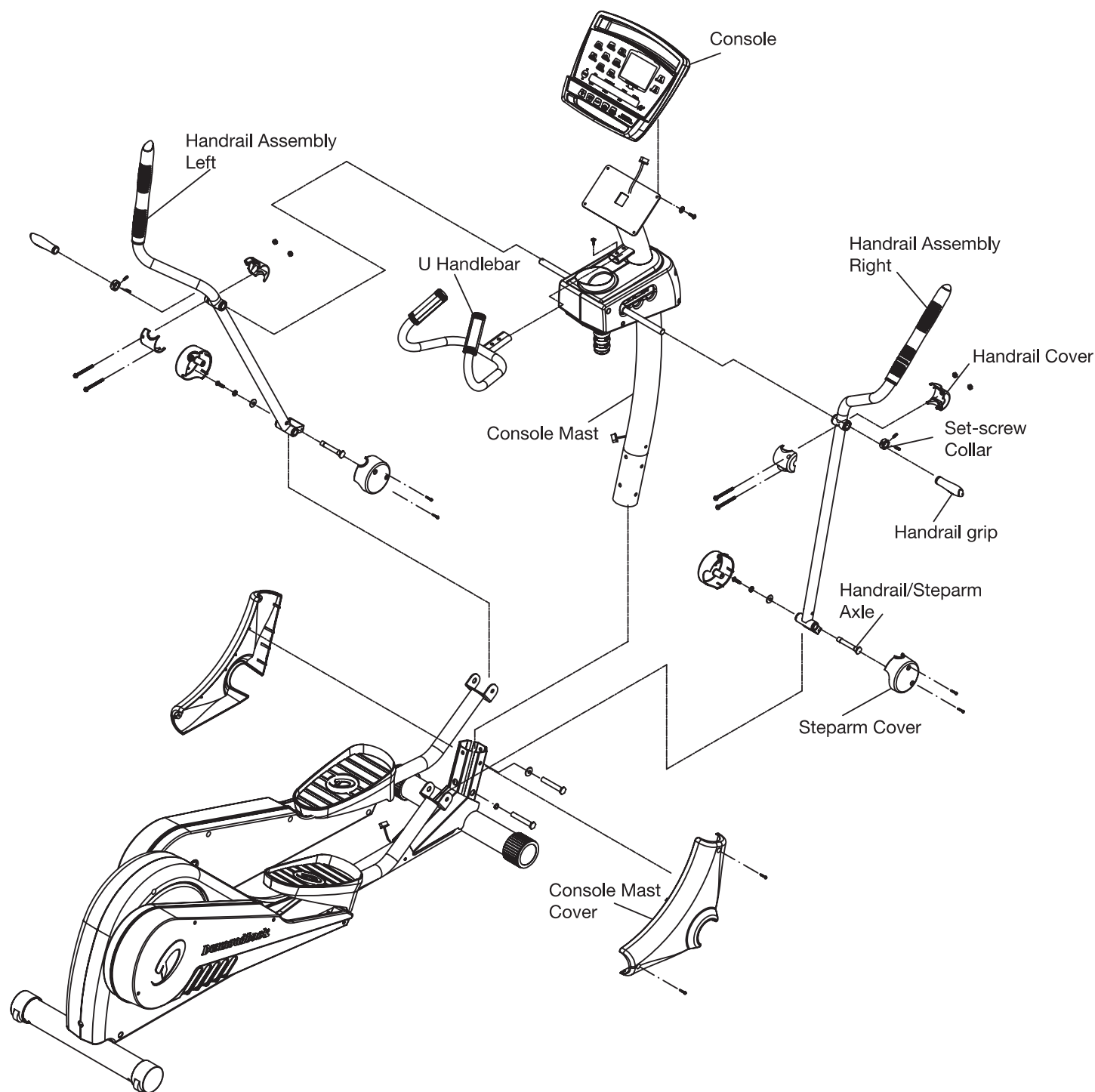
1. To ensure proper functioning of your 1180Er equipment, do not install attachments or accessories not provided or recommended by Diamondback.
2. For proper function, do not insert any objects into any opening of the equipment.
3. Always wear proper clothing and shoes when exercising on your 1180Er unit.
4. User weight is not to exceed 350lbs/155kgs for 1180Er.
5. Keep children and pets away from 1180Er equipment. Hands and feet may get caught in the pedals or other moving parts, which could result in serious injury.
6. Place the 1180Er unit in an area that will meet minimum clearance requirements: *Front, Back & Sides: 2 feet/60cm.*
7. Place the 1180Er equipment away from walls to allow proper ventilation. Air should be able to circulate freely around the units. Keep all air openings free of dirt and dust.
8. The 1180Er is intended for indoor use in the home environment. It is not intended for outdoor use.
9. Place your 1180Er unit on a solid, level surface when in use. Adjust the leveling pads if necessary.
10. Use the handlebar when getting on and off your 1180Er unit.
11. Make sure all components are fastened securely (i.e. handlebars, handrails, steparms, footpads) at all times.
12. Do not remove the covers or other components. Only an authorized Diamondback fitness dealer should perform the service.
13. SAVE THIS OPERATING INSTRUCTIONS MANUAL FOR YOUR REFERENCE.



Figure A



- The areas around the footpad & steparm cover.



Please take the assembly hardware out of the hardware package box. Lay all the hardware out and take note for its locations. Follow the assembly instruction step by step to complete the assembly.

Step 1: Console Mast Assembly

1. Install console mast by carefully sliding it onto console mast receptor.
2. Insert 2pcs of M10 x 100mm bolts with lock washers through the lower set of holes on the receptor, into the console mast and to the welded nuts. Hand tightens them first.
3. Insert 2pcs of M10 x 100mm bolts with flat washers through the upper set of holes on the receptor, into the console mast and to the welded nuts. Hand tightens them too.
4. Finally tighten all 4 sets of bolts with attached Allen wrench.
5. Connect the plug of the main wire harness, coming out of the console mast, to the plug receptor coming out of base frame, taking care to install correctly. (See plug alignment marks)
6. Store the excess harness back into the console mast and base frame. This will keep the slack out of harness so that the wires will not be pinched and short out. Use the attached ty-warps to tighten down the wire harness onto console mast and base frame.
7. Place console mast covers in place and align it with each other.
8. Insert and tighten console mast cover with two screws (M5 x 8mm) using a Phillips screwdriver.

Step 2: Handrail Assembly

1. Attach right handrail (see the R mark on the handrail) onto the console mast at the right handrail axle.
2. Next, attach the right handrail to the right steparm. Insert the handrail/steparm axle through the hole in the steparm and through the tube at the bottom of handrail. Insert a M8 x 20 screw with lock washer and flat washer into steparm axle and tighten it using an Allen wrench and an open-end wrench on each side.
3. Insert the set-screw collar onto the handrail axle and tighten it with 2 set-screws, using attached Allen wrench. Please make sure there is no extra play for the handrail.
4. Assemble left handrail the same way as assembling the right handrail.

Step 3: Handrail & Steparm Covers Assembly

1. Attach a set of steparm covers onto steparm using 2pcs of M5 x 8mm screws and a Phillips screwdriver.
2. Attach a set of handrail covers onto handrail using 2pcs of M4 x40mm screws and nuts, using a Phillips screwdriver.
3. Install the soft handrail grip onto the handrail axle by pushing it onto the axle all the way.
4. Repeat the process of item 1, 2 and 3 for the other side.

Step 4: U Handlebar Assembly

1. Insert the hand pulse harness through the opening of the console mast and out of the console mounting plate.
2. Assemble the handlebar onto the mount and insert and tighten the two M8 x 35mm screws using an Allen wrench. Be sure not to pinch the hand pulse



harness during this procedure, as this will damage the electronic console.

Step 5: Console Assembly

1. Connect both plugs, from main wire harness and hand pulse harness, to the plug receptors on the backside of the console, taking care to install correctly (see plug alignment marks). WIRING HARNESS INSTALLATION HINT: Any excess wiring must be carefully inserted ("storied") back into the console mast before installing the console onto the console mounting plate.
2. Fasten the console to the console mounting plate with the four M5 x 12mm screws and washers, using a Philips screwdriver.

Step 6: Water Bottle & Leveling Pads

1. Place the water bottle into the water bottle holder.
2. Adjust the leveling pads if necessary, located on the front stabilizer bottom, to ensure your equipment is leveled with floor.

The 1180Er is equipped with bodyfit ellipse angle adjustment system to fit your exercise better. The different ellipse angle will change the form of your elliptical exercise; the higher ellipse angle will make your elliptical motion feel more like an Uphill Climbing and the lower ellipse angle will make the ellipse motion feel more like a Skiing/Jogging exercise. The different ellipse angle will result in different difficulties of exercises even though you are in the same resistance level.

The Difference in Ellipse Angle:

There are 3 angle adjustments on the 1180Er — Position 1–3, position 1 being the position closest to user and position 3 being farthest away from user. See figure on the right.

At position 1, the ellipse angle is 9 degrees higher than position 3 and the step motion will feel more like hill climbing. It also will bring you closer to the console mast.

At position 3, the ellipse angle is more flat and feels more like a sprint. It also pushes user away from the console mast.

In order to get the best workout experience, it is recommended to try all three positions first. Find the best one to fit your workout preference and your body features and adjust it for your workout.

Adjusting the Ellipse Angle:

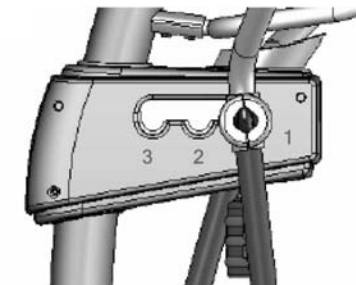
To adjust the position of the footpad, please follow below steps for adjustment:

1. Turn the adjusting knob clockwise all the way down to loosen the pivot structure. See figure on the right.
2. It is recommended that you step on the floor and face the back of the console. Then put both hands under handles and raise the pivot structure.
3. Move the pivot structure to the next desired position and rest it down. Make sure the pivot axle is inside the groove securely.
4. Turn the adjusting knob counter clockwise to tighten the knob. Make sure there is no additional movement on the pivot structure after locking and the whole structure is securely locked in place.

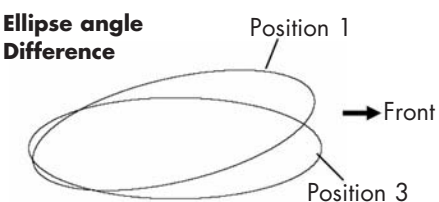
Caution: Not tightening down the adjusting knob properly may result in a fall or injury



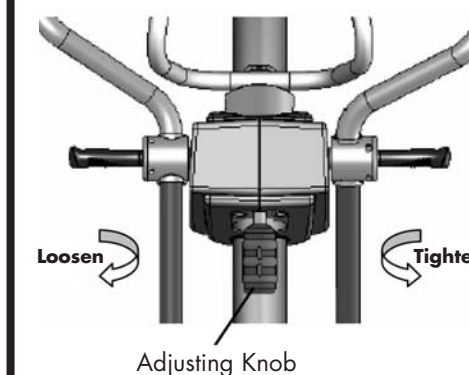
Positions:



Ellipse angle Difference



Pivot Structure



WORKOUT GUIDELINES



Good health is an exercise in common sense

The Surgeon General released a new study in 2001, The Surgeon General's Call To Action To Prevent and Decrease Overweight and Obesity. It indicates that 61% of American adults are either overweight or obese. The story states that overweight increases the risk of health problems, such as heart disease, certain type of cancer, type 2 diabetes, etc. It further points out that overweight needs to be regarded primarily as a Health rather than as an Appearance issue.

The Surgeon General's Healthy weight advice for consumers is:

1. Aim for a healthy weight: Find your Body Mass Index (BMI) on the chart below.
2. Be active: Keep physically active to balance the calories you consume.
3. Eat well: Select sensible portion sizes.

$$\text{BMI} = (\text{weight (lb)} \div \text{height}^2 \text{ (in)}) \times 703$$

Weight in Pounds

	120	130	140	150	160	170	180	190	200	210	220	230	240	250
4'6"	29	31	34	36	39	41	43	46	48	51	53	56	58	60
4'8"	27	29	31	34	36	38	40	43	45	47	49	52	54	56
4'10"	25	27	29	31	34	36	38	40	42	44	46	48	50	52
5'0"	23	25	27	29	31	33	35	37	39	41	43	45	47	49
5'2"	22	24	26	27	29	31	33	35	37	38	40	42	44	46
5'4"	21	22	24	26	28	29	31	33	34	36	38	40	41	43
5'6"	19	21	23	24	26	27	29	31	32	34	36	37	39	40
5'8"	18	20	21	23	24	26	27	29	30	32	34	35	37	38
5'10"	17	19	20	22	23	24	26	27	29	30	32	33	35	36
6'0"	16	18	19	20	22	23	24	26	27	28	30	31	33	34
6'2"	15	17	18	19	21	22	23	24	26	27	28	30	31	32
6'4"	15	16	17	18	20	21	22	23	24	26	27	28	29	30
6'6"	14	15	16	17	19	20	21	22	23	24	25	27	28	29
6'8"	13	14	15	17	18	19	20	21	22	23	24	25	26	28

Height in Feet and Inches

Healthy Weight Overweight Obese

Note: This chart is for adults (aged 20 years and older).

Heart rate is an important key to your exercise.

The Surgeon General also released a report on physical activity and health. This report definitively stated that exercise and fitness are beneficial for a person's health and redefined that exercise is a key component of disease prevention and healthier living.

WORKOUT GUIDELINES (CONTINUED)



Medical research has shown us that there is an amount of exercise, which is enough to condition the cardio respiratory system and the muscles of the body. This amount of exercise is between 60% and 85% of your maximum heart rate measured during a training session. This range allows enough exercise to achieve fitness, but not an excessive amount to cause injury. Your heart rate is an excellent indicator of the amount of stress placed on the cardiovascular system. Taking full advantage of this information, the 1180Er is designed to include heart rate monitoring features.

If exercise intensity is too low or too high, no gains will be made in fitness. If the intensity is too low, the stress levels are ineffective. If the intensity is too high, injury or fatigue may set your exercise program back as you try to recover.

The best way to monitor exercise intensity is to accurately count your pulse during exercise. Your heart rate can easily be determined by counting your pulse at the chest, wrist or at the carotid artery on your neck. It is difficult to count your own pulse during exercise, mainly because you cannot count fast enough to get an accurate number. The 1180Er is equipped with a wireless telemetry receiving system. What it does is automatically count your heart rate while you are wearing a heart rate chest belt during your exercising period. Heart rate is monitored and electronically displayed as a digital readout. Your target heart rate, the intensity needed to improve cardiovascular fitness, depends primarily on your age and not your state of fitness. It is calculated as a percentage of your maximum heart rate, estimated as 220 minus your age. It is most effective to train at your target heart rate between 60% and 85% of your maximum heart rate.

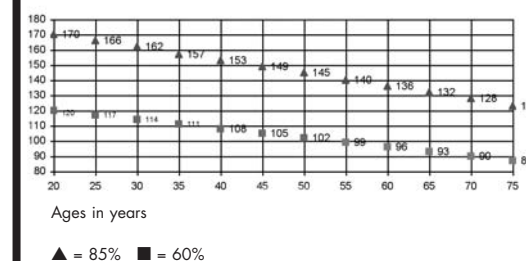
Maximum Heart Rate & Training Zone

To calculate your maximum heart rate and find your training zone, use the following formula. An example has been provided below based for a 35-year-old person:

$$\begin{aligned} 220 - \text{Age} &= \text{Maximum Heart Rate} && (220 - 35 = 185) \\ 60\% \text{ of Maximum Heart Rate} &&& (60\% \times 185 = 111\text{bpm}) \\ 85\% \text{ of Maximum Heart Rate} &&& (85\% \times 185 = 157\text{bpm}) \\ \text{Training Zone:} &&& 111\text{bpm} - 157\text{bpm} \end{aligned}$$

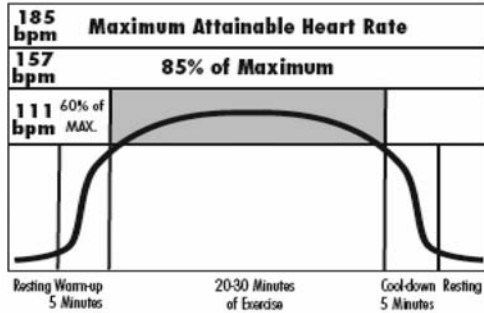
Note: Always enter your age into the console before you exercise to keep the % of your maximum heart rate accurate.

Heart Rate Guidelines 60% - 85% Maximum Target





Typical Target Zone Exercise Patterns for 35 year-old



Quantity & Quality

It is recommended that you accumulate at least 30 minutes of physical activity most days of the week. Physical activity should be initiated slowly and the intensity should be increased gradually. You should select activities that you enjoy and can fit into your daily life. Having Diamondback equipment at home certainly gives you the comfortable and convenient workout you want.

The American College of Sports Medicine makes the following recommendations for the quantity and quality of training for developing and maintaining cardio respiratory fitness in healthy adults:

- An activity that uses large muscle groups, maintained continuously, and is rhythmical and aerobic in nature.
- Duration: 20 to 60 minutes of continuous aerobic activity, including a warm-up and cool-down period for each exercise session.
- Frequency: 3 to 5 times per week.
- Intensity: 60% to 85% of maximum heart rate.
- In addition to aerobic exercise, it is recommended that you add strength training of moderate intensity twice per week to your program.

Get a smart start on exercising.

Anyone over the age of 35, as well as younger persons whom are overweight, should check with his/her physician before beginning any type of exercise program. People who have diabetes or high blood pressure, a family history of heart disease, high cholesterol or have lead a sedentary lifestyle should protect themselves with a medical check-up and a stress test, preferably administered during exercise by a healthcare professional.

1. Always stretch before your workout to loosen muscles, and afterwards to cool down.
2. The first few minutes of your workout should be devoted to warming up muscles before a vigorous workout, and building your heart rate slowly.
3. After your aerobic workout of about 24-32 minutes, spend 10 minutes gradually reducing your heart rate with a lower resistance level.

Remember, to start slow, with intensity low, until you build endurance and strength. And always consult your physician before beginning any exercise program.



HEART RATE MONITORING DEVICES

Pulse Hand Grips (Standard)

The 1180Er unit is heart rate controlled and comes standard with stainless steel pulse handgrips. To activate, gently grasp both handgrips to obtain a heart rate reading. *(Note: It is recommended to wear a chest strap for Heart Rate control program, as it is more accurate. If you wear a chest strap and use hand grips at the same time for heart rate monitoring purpose, please note the console will take the measurement of the chest strap.)*

Operating Tips:

If you are not getting a consistent reading while using the hand pulse option, we recommend the following suggestions:

- Make sure that the palms of the hands are touching the contact area of each hand pulse grip.
- Maintain an even pressure on the grips.
- Do not hold the hand pulse grips too tightly.

Chest Strap (Standard)

The 1180Er is equipped a built-in receiver and a chest strap for your heart rate monitoring. To get an accurate reading using these devices, you will need to be within three feet of the console, and a minimum of four feet from others using a heart rate monitoring device.

(Note: The transmitter may fluctuate erratically if you are too close to other heart rate monitoring equipment or there is other electronics near by, such as TV, Radio...)

The receiver of the wireless ECG system is built into the console unit of the Diamondback 1180Er equipment. While using heart rate control modes, the computer monitors the exact measurement of and control over the activity if the heart. Heart rate frequency is displayed while the computer continually compares heart rate to the preprogrammed personal data. The computer adjusts the wattage to maintain heart rate at the preprogrammed level.



How to Wear Your Sensor/ Transmitter

1. Buckle one end of the chest strap onto the transmitter.
2. Adjust the band length so that the fit is snug, but not too tight.
3. Buckle the other end of the chest strap onto the transmitter.
4. Center the transmitter on your chest below the pectoral muscle (breasts).
5. Stretch the transmitter away from your chest and moisten the conductive electrode strips located next to the buckles with water.

(Note: The transmitter is on automatically when being worn. It is off when it is not connected to your body. However, as moisture may activate the transmitter, thoroughly dry the transmitter to prolong battery life.)

Erratic Heart Rate Readings:

Erratic readings on the receiver can be caused by electromagnetic disturbances. If the heart rate readings appear to be abnormal, check that your 1180Er product is not within range of other strong electromagnetic signals. Common sources are televisions, computers, cars, cell phones, TV antennas and high voltage power lines (both above and below ground). Please note: Static electricity in clothing or a flapping shirt can cause electrical interference, so some items of clothing, i.e. man-made fibers, can also be the cause. Please try wetting the t-shirt in the area where the transmitter is.

If the battery of the transmitter is running low, the transmission range decreases and may cause errors similar to the ones listed above in this document

Battery Replacement:

To replace the transmitter battery, remove the four small screws securing the cover plate in the back of the transmitter. Remove the cover plate, and the thin plastic shield covering the battery. Remove the battery and replace with a new CR 2032 battery (available at photo or watch departments). Make sure the battery snaps into place and the numbers are facing up. Replace the plastic shield and cover plate with four screws.

Glossary of Terms

- Idle mode = Console is reset and waiting for an entry. The message display window will flash a message of "Select a program".
- LED = The lights on the face of the console.
- Watts = The rate of energy currently being expended.
- Work = The amount of energy expended during exercise.
- Intensity level = The resistance provided by this elliptical. The resistance gradually increases as the level goes up.

Default values

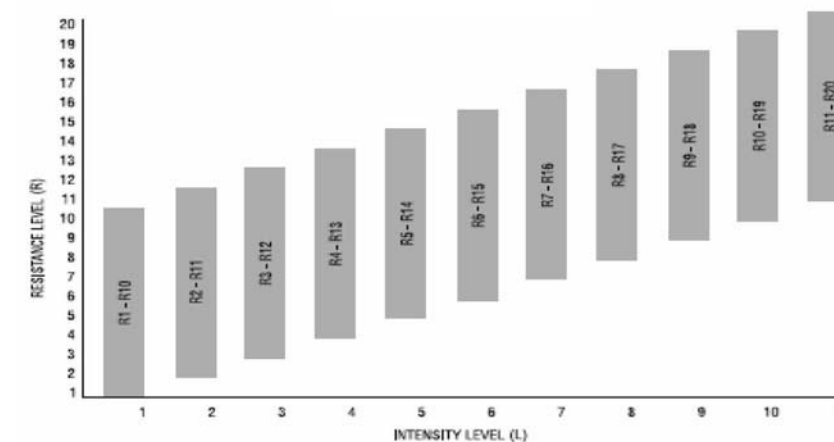
- Age = 35 years
- Weight = 155 lb or 70kg for Metric system
- Time = 30 minutes; Segment time = 30/14 minutes.
- Intensity level: Level 1.
- Target HR = 120bpm

Intensity Level Definition

The intensity level (L) is controlled by the brake resistance wattage output (R). There are totally 20 levels of resistance.

- For Quick Start and Manual program, the intensity level = Resistance level, L1 = R1 and L20 = R20.
- For all other programs, the intensity level ≠ Resistance level, see below charts for details.

Intensity Level vs. Resistance Level





Operating Tips

This console is designed to prompt instructional messages during each phase of a program to guide you through the setup, the executing as well the ending. Follow these instructions, you will find that they are extremely helpful and this console is very simple to use.

- **Power On and Off:**

Simply start pedaling to turn the power on and stop pedaling to turn the power off.

- **Stop or Pause a Program:**

To stop or reset a program during its operations, press "STOP/Pause" key twice. The first key press will pause the program for up to 5 minutes and the second key press will stop the program and reset. When the program resets, the console returns to program select mode.

- **Resume a Program:**

To resume a program after pause, simply press "START" key once, the program will resume to where was left off.

- **Save a program:**

To save a program during anytime of a program into USER 1 program, press and hold "USER 1" key. To save a program into USER 2 program, press and hold "USER 2" key. When the program is saved successfully, the message display will scroll a message of "YOUR PROGRAM HAS BEEN SAVED". By saving a program, all the setting of this program will be saved into the selected User program.

- **Switching a program:**

The user may switch from current operating program to another program by pressing a new program key and then press "ENTER" key to accept the new program. Calories and distance will continue accumulating from previous program.

- If another program key is pressed during a program-executing mode, it will enter program-switching mode. The message display will scroll "PRESS ENTER TO ADJUST OR START TO BEGIN"
- If ENTER key is pressed, it will enter this program setup mode. The message display will prompt the next setting message for your instruction.



- If START key is pressed, the new program will begin.
- If 15 seconds passes the message scrolling and neither START or ENTER key is pressed, the program will resume back to previous activities.
- Switching a program during a program-executing mode: The new program time will be the remaining time of previous program.
- Switching a program during program-ending mode: The message display will prompt a message for time setting.

- **Re-start a program:**

The user may re-start a program after the program ends. Simply press "Start" key during workout summary mode. The program will be started immediately. The default values will remain the same as previous program; the calories and distance will continue accumulating.

- **Intensity adjustment:**

- During program setting, user may press Up/Down key to adjust the program's intensity level from L1 to L11. See above intensity level chart for details. The message display will update the intensity level accordingly, but the dot matrix program profile will remain the same.
- During program executing, user may press Up/Down key to adjust individual segment's resistance level. The intensity level data display will remain not changing, but the program profile on dot matrix display will adjust accordingly. The adjustment will only take effect on the individual segment and will not affect the remaining of the program.

(Note: Resistance adjustments are not allowed in any Heart rate interactive program).

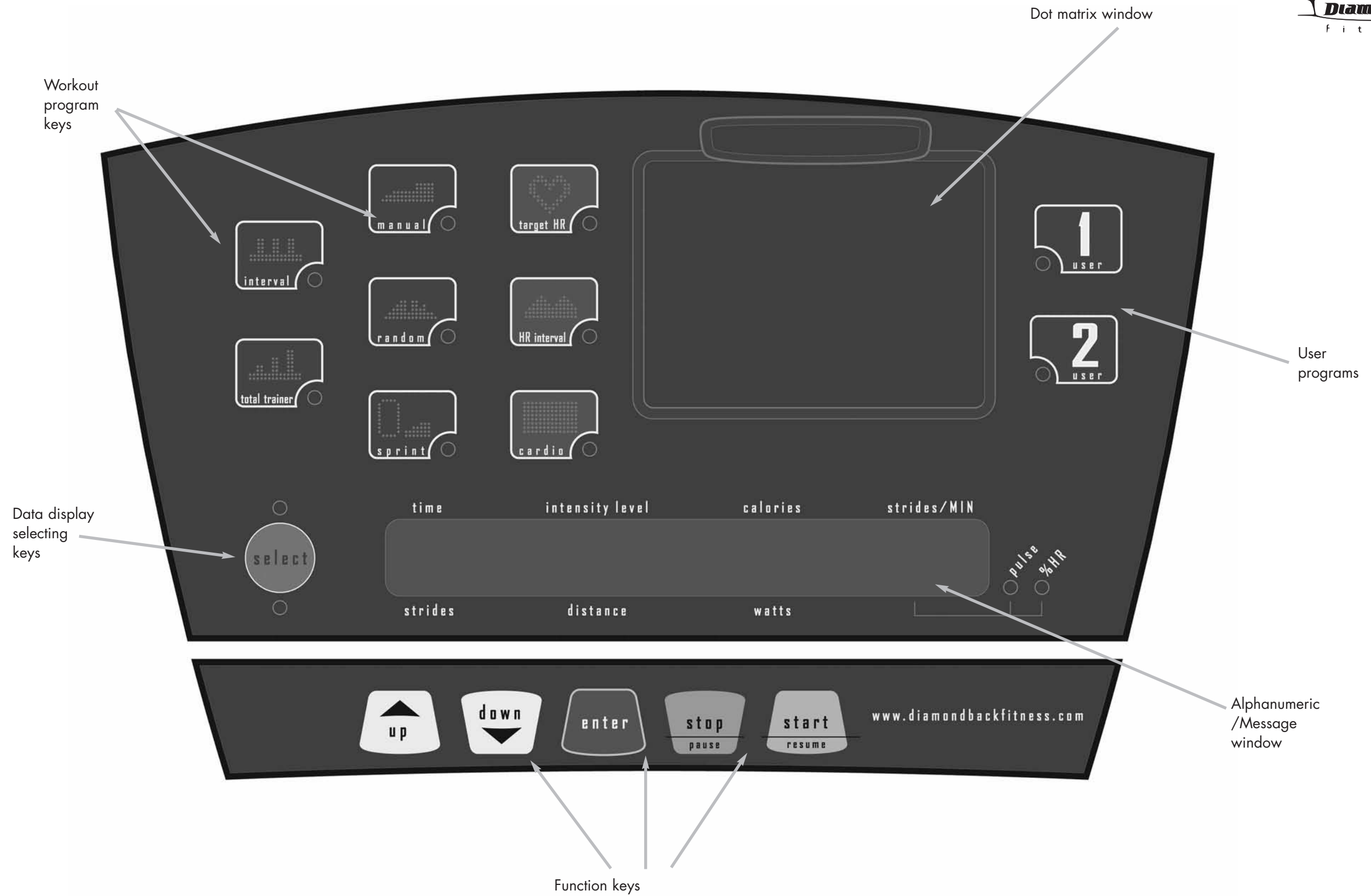
- **% MAX HR:** $\text{Pulse} \div (220 \text{ minus age})$.

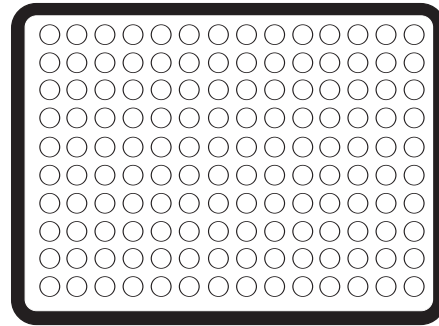
It is recommended to control your % Max heart rate within 60% – 85% for the most effective workout. It is also unsafe to exceed 90% and above. This elliptical is equipped with a safety shut off function when the %HR exceeds 95%.

- **English/Metric setting:**

There is an English & Metric setting switch located on the back of the console.

CONSOLE LAYOUT





Dot Matrix/Profile display

Displays

a. Dot Matrix /Profile display

1. It displays the program profile during the program setup and executing modes.
 - Displays the Intensity profile during the Preset profile programs.
 - Displays the % Max HR profile during the HR interactive programs.
 - Displays the intensity profile and running track during Sprint program.
2. Profile definitions:
 - Intensity profile – The LED represents the resistance level, the higher LED lights up, the higher resistance it is on. The LED will blink to indicate the current workout segment.
 - Pulse profile – The LED represents the actual pulse reading, 90bpm – 180bpm, every LED = 10bpm increment.
 - % Max HR profile – The LED represents the % Max HR: 0-100%

b. Message/Workout data display

1. During a program setup, this display will scroll the messages to guide you through the setup process.
2. In the Total Training program, it will display additional messages to guide you on total body workout.
3. During workout, it also acts as data display window and displays four datas at the same time. You may press “SELECT” button to switch the displays between the upper & lower row. An associated LED will light up to indicate which row of display is on. The default displays are the “time, intensity level, calories and stride/min” on the upper row.
 1. Time (min: sec:) Time (min: sec): The remaining of current program time.
 2. Intensity level: Current program intensity level.
 3. Calories (kcal): Total workout calories.
 4. Stride/MIN: stride per minute.
 5. Strides: Total strides.
 6. Distance (mile or km): Total workout distance. It simulates as a jogging exercise.
 7. Watts (watt): Current workout wattage.
 8. Pulse (bpm): Your current heart rate. If there is no pulse detected, it will display “P” instead.
 9. % HR (%): Current workout % Max HR.
4. Pulse & % HR displays will each be displayed for 10 seconds back and forth. And an associated LED will light up to indicate the display.
 1. You may press “ENTER” key during a program to pick a display for the entire program or “ENTER” again to switch to the other one.
 2. When the program is ended or reset, the display will resume back to switch between these two displays every 10 seconds.
 3. When the program is saved into a User program, the pulse & %HR displays of this User program will resume to display back & forth. You may press “ENTER” key to pick a display.



Message/Workout Display



Function Keys:

Up/Down keys:

1. During program setup, press “UP/Down key” to adjust the following – age, weight, time, intensity level & HR setting.
2. After program started, press “Up/Down key” to adjust the individual segment’s resistance level, or HR setting during exercising.

Enter key:

1. After program selecting, press “Enter” to accept the program and enter its setup mode.
2. After age, weight, intensity level..... adjustment, press “Enter” key to accept your entry.
3. During program, press “Enter” to switch the data display of Pulse and % max HR.

Start key:

1. Press “Start/Resume” key during idle mode to enter Quick Start program.
2. Press “Start/Resume” key to start a program during program setup.
3. Press “Start /Resume” key during pause mode to resume to the program.
4. Press “Start” to re-start a program during program ending.

Stop/Reset key:

1. Press “Stop/Pause” once to pause the program.
2. Press “Stop/Pause” twice to end program and reset the console.



Function Keys



QUICK START

Getting Started

A Quick Start program is for someone who wants to bypass the setup mode and start their workouts right away. By picking Quick Start program, you are accepting the default values for calculations. Be sure to include a warm-up and cool-down period as part of your workout.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". To begin this program, press "START" key once or continue to pedal and press no key for 30 seconds.

Program Default Values

- Time = 30 minutes
- Intensity level =L1.

During the Program

Display

- As soon as the "START" button is pressed, this program will begin. The message display will turn into workout data display and display four default data: time, intensity level, calories & stride/min.
- Press "SELECT" button next to the data display window to select your desired data display.

Adjustment

- User may press "UP/DOWN" key to adjust the intensity level from L1 to L20 during anytime of the program.
- Each time, the "UP/DOWN" key is pressed, it will adjust the intensity level of the remaining of the program and the dot matrix window will update the intensity profile accordingly.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When 30-minute duration is up, there will be a beep to signifying the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.



MANUAL PROGRAM

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.

MANUAL PROGRAM

Getting Started

You could build your own profile with Manual program. The LED profile displaying on the dot matrix window represents intensity level for each segment. Initially, there is only one row of LED will light up on dot matrix, but it will be adjusted if the UP/DOWN key is pressed. Be sure to include a warm-up and cool-down period as part of your workout.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "MANUAL" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the MANUAL key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin Manual program workout.
 - Default Time = 30 minutes
 - Default Intensity level = L1.
- Or press "ENTER" key to enter program setup mode. The message display will take you through the program setup mode step by step as below:

Entering Age

1. If Enter key is pressed, the message window will scroll a message of "ADJUST AGE AND ENTER TO ACCEPT", then "AGE = XX" will be blinking.
2. You may press "UP/DOWN" key to adjust the age.
3. After age adjustment, then press "ENTER" to accept and enter weight adjustment.

Entering Weight

1. If Enter key is pressed, the message window will scroll "ADJUST WEIGHT AND ENTER TO ACCEPT", then "WEIGHT = XXX LB" will be blinking. (WEIGHT = XXX KG" for metric system)
2. You may press "UP/DOWN" key to adjust the weight.
3. After weight adjustment, then press "ENTER" to accept and enter Time adjustment.



Manual Program Key



Entering Time

1. If Enter key is pressed, the message window will scroll a message of "ADJUST TIME AND START TO BEGIN", then "TIME = 30 MIN" will be blinking.
2. You may press "UP/DOWN" key to adjust the time.
3. After time adjustment, the program setting is now completed. Press "START" key to start Manual program.

Note: you may press START key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for calculations.

During the Program

Display

- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.
- If no pulse is detected, the pulse display will show "P" until there is a pulse.

Adjustment

- User may press "UP/DOWN" key to adjust the intensity level from L1 to L20 during anytime of the program.
- Each time, the "UP/DOWN" key is pressed, it will adjust the intensity level of the remaining of the program and the dot matrix window will update the intensity profile accordingly.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signifying the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.



Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.

RANDOM PROGRAM

Getting Started

The Random program is designed to allow the user to choose from an unlimited number of computer generated profiles. The LED profile displaying on the dot matrix window represents intensity level for each segment. Each time, the "RANDOM" program key is pressed; the console will generate a different profile.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "RANDOM" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the RANDOM key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin Random program workout.
 - Default Time = 30 minutes
 - Default Intensity level = a computer generated intensity profile with default Intensity level = L1.
- Or press "ENTER" to enter program setup mode. The message display will take you through the program setup mode step by step as below:

Entering Age

1. If Enter key is pressed, the message window will scroll a message of "ADJUST AGE AND ENTER TO ACCEPT", then "AGE = XX" will be blinking.
2. You may press "UP/DOWN" key to adjust the age.
3. After age adjustment, then press "ENTER" to accept and enter weight adjustment.

Entering Weight

1. If Enter key is pressed, the message window will scroll "ADJUST WEIGHT AND ENTER TO ACCEPT", then "WEIGHT = XXX LB" will be blinking. (WEIGHT = XXX KG" for metric system)
2. You may press "UP/DOWN" key to adjust the weight.
3. After weight adjustment, then press "ENTER" to accept and enter Time adjustment.

Entering Time

1. If Enter key is pressed, the message window will scroll a message of "ADJUST TIME AND ENTER TO ACCEPT", then "TIME = 30 MIN" will be blinking.



Random Program Key



2. You may press "UP/DOWN" key to adjust the program time
3. After time adjustment, then press "ENTER" key to accept and enter Intensity level adjustment.

Entering Intensity level

1. If Enter key is pressed, the message window will scroll a message of "SELECT INTENSITY LEVEL AND START TO BEGIN", then "INT LEVEL = 01" will be blinking.
2. You may press "UP/DOWN" key to adjust the intensity level from L1 to L11.
3. After intensity level adjustment, the program setting is now completed. Press "START" key to start Random program.

Note: you may press START key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for calculations.

During the Program

Display

- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.
- If no pulse is detected, the Pulse display will show "P" until there is a pulse.

Adjustment

- User may press "UP/DOWN" key to adjust the intensity level during anytime of the program.
- Each time, the "UP/DOWN" key is pressed, it will adjust the intensity level of that individual segment and the dot matrix window will update the intensity profile accordingly.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signifying the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This



program will be re-started. Time, distance and calories will be continued accumulating.

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key. See Console Operating Tips section for details.

SPRINT PROGRAM

Getting Started

The Sprint program is designed to simulate a running exercise. The LED profile displaying on the right side of dot matrix window represents intensity level for each segment. Dot matrix display also displays a running track on the left side to indicate how close you are to the finish line. With the special designed Dot matrix display, you will know your goal and your intensity at the same time. It is a great sprint-training program.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "SPRINT" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the SPRINT key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin Sprint program workout.
 - Default Time = 30 minutes
 - Default Intensity level = a preset intensity profile with default Intensity level = L1.
- Or press "ENTER" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Random program setup)
 - Enter Age
 - Enter Weight
 - Enter Time
 - Enter Intensity level

Note: you may press START key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for calculations.

During the Program

Display

- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.



Sprint Program Key



- If no pulse is detected, the Pulse display will show "P" until there is a pulse.

Adjustment

- User may press "UP/DOWN" key to adjust the intensity level during anytime of the program.
- Each time, the "UP/DOWN" key is pressed, it will adjust the intensity level of that individual segment and the dot matrix window will update the intensity profile accordingly.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signifying the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.



INTERVAL PROGRAM

Getting Started

The Interval program helps to build the strength of your cardiovascular system. By alternating the workload from high to low, your heart gets an effective workout. The LED profile displaying on the dot matrix window represents intensity level for each segment.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "INTERVAL" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the INTERVAL key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin Interval program workout.
 - Default Time = 30 minutes
 - Default Intensity level = a preset intensity profile with default Intensity level = L1.
- Or press "ENTER" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Random program setup)
 - Enter Age
 - Enter Weight
 - Enter Time
 - Enter Intensity level

Note: you may press START key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for calculations.

During the Program

Display

- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.
- If no pulse is detected, the Pulse display will show "P" until there is a pulse.

Adjustment

- User may press "UP/DOWN" key to adjust the intensity level during anytime of the program.
- Each time, the "UP/DOWN" key is pressed, it will adjust the intensity level of that individual segment and the dot matrix window will update the intensity profile accordingly.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signifying the end of this program.



Interval Program Key



- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of 'Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.

TOTAL TRAINER PROGRAM

Getting Started

The program is designed to be a Total Body workout. It includes a preset intensity profile targeting your lower body; plus message display prompts to emphasize your upper body workout. Using this program and follow the instruction will show you that your elliptical is not just for cardiovascular exercise, it will achieve your cross training goal, too! The LED profile displaying on the dot matrix window represents intensity level for each segment.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "TOTAL TRAINER" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the TOTAL TRAINER key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin Total trainer program workout.
 - Default Time = 30 minutes
 - Default Intensity level = a preset intensity profile with default Intensity level = L1.



Total Trainer Program Key



- Or press "ENTER" to enter program setup mode. The message display will take you through the program setup mode step by step as below: (same as Random program setup)
 - Enter Age
 - Enter Weight
 - Enter Time
 - Enter Intensity level

Note: you may press START key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for calculations.

During the Program

Display

- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.
- If no pulse is detected, the Pulse display will show "P" until there is a pulse.

Adjustment

- User may press "UP/DOWN" key to adjust the intensity level during anytime of the program.
- Each time, the "UP/DOWN" key is pressed, it will adjust the intensity level of that individual segment and the dot matrix window will update the intensity profile accordingly.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signifying the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE, CALORIES ARE:" then the total workout data of 'Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.



Target HR Program Key

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.

TARGET HR PROGRAM

Getting Started

The Target Heart Rate program is designed to keep you training at your chosen heart rate level. Computer will adjust the intensity level automatically to ensure the target heart rate is achieved and maintained during the entire program. The 1st LED segment displaying on the dot matrix window represents the current intensity level.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "TARGET HR" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the TARGET HR key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin Target HR program workout.
 - Default Time = 30 minutes
 - Default Target HR = 120bpm.
- Or press "ENTER" to enter program setup mode. The message display will take you through the program setup mode step by step as below:

Entering Age

1. If Enter key is pressed, the message window will scroll a message of "ADJUST AGE AND ENTER TO ACCEPT", then "AGE = XX" will be blinking.
2. You may press "UP/DOWN" key to adjust the age.
3. After age adjustment, then press "ENTER" to accept and enter weight adjustment.

Entering Weight

1. If Enter key is pressed, the message window will scroll "ADJUST WEIGHT AND ENTER TO ACCEPT", then "WEIGHT = XXX LB" will be blinking. (WEIGHT = XXX KG" for metric system)
2. You may press "UP/DOWN" key to adjust the weight.



3. After weight adjustment, then press "ENTER" to accept and enter Time adjustment.

Entering Time

1. If Enter key is pressed, the message window will scroll a message of "ADJUST TIME AND ENTER TO ACCEPT", then "TIME = 30 MIN" will be blinking.
2. You may press "UP/DOWN" key to adjust the program time
3. After time adjustment, then press "ENTER" key to accept and enter Target HR adjustment.

Entering Target HR

1. If Enter key is pressed, the message window will scroll a message of "SELECT TARGET HR AND START TO BEGIN", then "TARGET HR = 120" will be blinking
2. You may press "UP/DOWN" key to adjust the Target HR from 90bpm to 185bpm.
3. After Target HR adjustment, the program setting is now completed. Press "START" key to start Target HR program.

Note: you may press START key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for calculations.

During the Program

Display

- This program will not be started until a valid pulse is detected. If no pulse is detected, the message window will display "CHECK YOUR PULSE". Make sure your heart rate device is properly operated.
- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.

Adjustment

- Press "UP/DOWN" key to adjust the Target HR during anytime of the program.
- Each time, the UP/DOWN key is pressed, the message window will display "TARGET HR = XXX" and adjust it accordingly. When the adjustment is over, it will resume displaying the workout data.
- The Target HR will be adjusted for the remaining program.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signifying the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of 'Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM



ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.

HR INTERVAL PROGRAM

Getting Started

The Heart Rate Interval program is designed to alternate periods of hard work (Work phase) with periods of easy work (Rest phase). The console will adjust the resistance level up to meet your Work heart rate goal and adjust it down to recover. The LED displaying on the dot matrix window represents the pulse profile, 90bpm as the 1st row and 180bpm as the 10th row.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.

IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "HR INTERVAL" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the HR INTERVAL key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin HR Interval program workout.
 - Default Time = 30 minutes
 - Default Lower HR goal = 120bpm, Upper HR goal = 150bpm.
- Or press "ENTER" to enter program setup mode. The message display will take



HR Interval Program Key



you through the program setup mode step by step as below:

Entering Age

1. If Enter key is pressed, the message window will scroll a message of "ADJUST AGE AND ENTER TO ACCEPT", then "AGE = XX" will be blinking.
2. You may press "UP/DOWN" key to adjust the age.
3. After age adjustment, then press "ENTER" to accept and enter weight adjustment.

Entering Weight

1. If Enter key is pressed, the message window will scroll "ADJUST WEIGHT AND ENTER TO ACCEPT", then "WEIGHT = XXX LB" will be blinking. (WEIGHT = XXX KG" for metric system)
2. You may press "UP/DOWN" key to adjust the weight.
3. After weight adjustment, then press "ENTER" to accept and enter Time adjustment.

Entering Time

1. If Enter key is pressed, the message window will scroll a message of "ADJUST TIME AND ENTER TO ACCEPT", then "TIME = 30 MIN" will be blinking.
2. You may press "UP/DOWN" key to adjust the program time
3. After time adjustment, then press "ENTER" key to accept and enter Lower HR adjustment.

Entering Lower HR Goal

1. If ENTER key is pressed, the message window will scroll a message of "ADJUST LOWER HR GOAL AND ENTER TO ACCEPT", then "LOWER HR = 120BPM" will be blinking
2. You may press "UP/DOWN" key to adjust the HR from 90bpm to 175bpm.
3. After Lower HR adjustment, then press "ENTER" key to accept and enter Upper HR adjustment.

Entering Upper HR Goal

1. If ENTER key is pressed, the message window will scroll a message of "ADJUST UPPER HR GOAL AND START TO BEGIN", then "UPPER HR = 150BPM" will be blinking
2. You may press "UP/DOWN" key to adjust the HR from 100bpm to 185bpm.
3. After Upper HR adjustment, the program setting is now completed. Press "START" key to start HR Interval program.

Note: you may press START key at anytime during this program setting to skip the adjustment and begin workout. By doing so, the console will use default value of age and weight for calculations.

During the Program

Display

- This program will not be started until a valid pulse is detected. If no pulse is detected, the message window will display "CHECK YOUR PULSE". Make sure your heart rate device is properly operated.
- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.



Adjustment

- There is no program setting adjustment allowed during program executing and "UP/DOWN" key will not function at this time.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signifying the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.

CARDIO PROGRAM

Getting Started

The Cardio program is designed to keep you heart rate at your anaerobic stage. The heart rate is maintained at 80% of Max heart rate to develop your lactic acid system and build your strength most effectively. The LED displaying on the dot matrix window represents the % max HR profile, 0% as the 1st row and 100% as the 10th row. The blinking one is your current % max HR and the right side ones are the targeted 80% max HR.

A HEART RATE MONITORING DEVICE MUST BE USED FOR THIS PROGRAM. FOR BETTER RESULTS, A CHEST STRAP IS RECOMMENDED FOR THIS OPERATION.



Cardio Program Key



IMPORTANT: It is unsafe to exceed 95% of your maximum heart rate while exercising. Please consult your physician before performing any Heart Rate based training program.

Beginning the Program

During idle mode, the message window displays a message "SELECT A PROGRAM". Press "CARDIO" key to enter this program. Its program LED indicator will light up.

Accepting default values or Entering the program setup mode

When the CARDIO key is pressed, the message window will scroll a message "PRESS ENTER TO ADJUST OR START TO BEGIN" and wait for an instruction.

- Press "START" key to accept current default values and begin Cardio program workout.
 - Default Time = 30 minutes
 - Default % Max HR = 80%.
- Or press "ENTER" to enter program setup mode. The message display will take you through the program setup mode step by step as below:

Entering Age

1. If Enter key is pressed, the message window will scroll a message of "ADJUST AGE AND ENTER TO ACCEPT", then "AGE = XX" will be blinking.
2. You may press "UP/DOWN" key to adjust the age.
3. After age adjustment, then press "ENTER" to accept and enter weight adjustment.

Entering Weight

1. If Enter key is pressed, the message window will scroll "ADJUST WEIGHT AND ENTER TO ACCEPT", then "WEIGHT = XXX LB" will be blinking. (WEIGHT = XXX KG" for metric system)
2. You may press "UP/DOWN" key to adjust the weight.
3. After weight adjustment, then press "ENTER" to accept and enter Time adjustment.

Entering Time

1. If Enter key is pressed, the message window will scroll a message of "ADJUST TIME AND ENTER TO ACCEPT", then "TIME = 30 MIN" will be blinking.
2. You may press "UP/DOWN" key to adjust the program time
3. After time adjustment, the program setting is now completed. Press "START" key to start the Cardio program.

During the Program

Display

- This program will not be started until a valid pulse is detected. If no pulse is detected, the message window will display "CHECK YOUR PULSE". Make sure your heart rate device is properly operated.
- Once the program is started, the message display will turn into workout data display and display four default data: time, level, calories & strides/min.
- Press "SELECT" button next to the data display window to select your desired data display.



Adjustment

There is no program setting adjustment allowed during program executing and "UP/DOWN" key will not function at this time.

Pause, Reset, Switch or Save a program

- See Console Operating Tips section for details, page 16.

Ending the Program

- When selected program time is up, there will be a beep to signify the end of this program.
- The message display will scroll a message "PROGRAM END, TOTAL TIME, DISTANCE CALORIES ARE:" then the total workout data of "Time, Distance and Calories" will be displayed for 5 seconds.
- After 5 seconds, it will scroll a message "SAVE YOUR PROGRAM OR PRESS START TO RE-START". User may stop, re-start, save this program or enter another program during this period of time, see below for details.
- If no key is pressed, it will resume back to scroll a message "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" This sequence will be repeated for 30 seconds and the console will be reset.

Stop this program

To stop this program, simply press "STOP" key once or stop pedaling. The console will be reset to idle mode. No workout data will be saved for next workout.

Re-start this program

To re-start this program, press "START" key once during this 30 seconds period. This program will be re-started. Time, distance and calories will be continued accumulating.

Save this program

- To save this program, see Console Operating Tips section for details
- After this program is saved, the message window will resume to display: "PROGRAM ENDED, TOTAL TIME, DISTANCE, CALORIES ARE:" until another key is pressed or 30 seconds is up.

Enter another program

User may enter another program during program ending by pressing another program key, see Console Operating Tips section for details.

USER 1 & USER 2 PROGRAM

Getting Started

These programs are designed to be user-friendly tools. You can build your own programs and save them for later workout. With this function, you will be able to call up your favorite program, which stores all of your accurate user information, and begin your exercise right away.

Save a program into User 1 or User 2

To save your favorite program into User 1 or User 2 during anytime of a program, press & hold "USER1" or "USER2" until there is a beeping sound confirming the saving.

- The message display will scroll a message of "YOUR PROGRAM HAS BEEN



SAVED" to indicate the success of saving the program. After this message, the console will resume to previous activities.

- Following information of this program will be saved:
 - Age & Weight
 - Program time
 - Intensity level, dot matrix profile
 - HR setting if it is a HR Interactive program
- If there was a program saved in the User 1 or User 2 before, the new program will overwrite the previous program.

Select User Program and Beginning the Program

Press "User 1" or "User 2" key and release quickly to enter a User program anytime during idle mode. Its associated LED indicator will turn on to indicate which user program is selected.

- If there was no saved program in this User program, the message display will scroll, "NO SAVED PROGRAM, SELECT ANOTHER PROGRAM" and wait for an instruction.
- If there was a saved program, the dot matrix will display the program profile; the message display will scroll a message of "PRESS ENTER TO ADJUST OR START TO BEGIN".
 - Press "START" key to accept current default values and begin User program workout.
 - Or press "ENTER" to enter program setup mode. The message display will skip Age and Weight entry and take you through the program setup mode step by step as below:
 - Entering Time
 - Other entry if necessary, see each program page for program setting details.

During the Program

See each program page for details.

Ending the Program

See each program page for details.

Pause, Reset, Switch or Save a program

See Console Operating Tips section for details, page 16.



User 1 & User 2 Program Keys



CAUTION – FOR SAFE OPERATION

Always inspect hardware prior to any exercise session. Look for loose hardware, loose pedals, loose handrails, loose cranks and frayed wires. Repair or replace any damaged or worn parts, tighten all loose hardware.

After workout, always wipe down your 1180Er unit. Perspiration that continuously settles on frame, pads or casing may eventually cause rust or damage to the unit. Damage resulting from lack of proper maintenance will not be covered under warranty. To clean pads, use a mild soap and warm water. Dry with a clean towel.

If noises develop or malfunctions occur, contact your authorized Diamondback Fitness dealer.



(Applies to all product sold and placed within the continental US, Alaska, Hawaii, and Puerto Rico only)

Effective: August 2003

Diamondback warrants its 1180Er to be free from defects in material and workmanship under normal use in the home and light instructional environments. Diamondback's obligation under this Warranty is limited to repair or replacement of any defective part without charge through an authorized service agent to the original purchaser with the following parameters:

Who is covered:

The Warranty is extended to the individual or legal entity whose name appears on the Warranty registration card filed with Diamondback and may not be transferred to any other individual or legal entity.

To obtain service:

To obtain service you must contact your authorized Diamondback Fitness dealer. Your dealer is also your authorized service agent. An authorized service agent must diagnose your unit in order to determine Warranty claims/issues.

Sales where the unit is delivered unassembled (in a carton) to the end user (e.g. mail order or Internet sales) without a service contract purchased through the dealer voids the Warranty.

Warranty Registration:

Warranty commitments are valid only with a completed Warranty card that is returned within 15 days from the date of purchase and includes the product serial number. Registration is available at www.diamondbackfitness.com.

Proof of purchase from Diamondback's authorized dealer will be required if the Warranty card is not registered prior to any consideration of Warranty claim.

WHAT IS COVERED

Home

Maximum Usage: 14 Hours per week

- Frame: Lifetime limited Warranty. Covers defects in welds, materials and workmanship.
- Parts & Electronics: 3 years
- Normal Wear Items: 90-day limited on foam grips, pedals, etc.
- Labor: 1 Year

Light Institutional

Maximum Usage: 21 Hours per week

- Frame: Lifetime limited Warranty. Covers defects in welds, materials and workmanship.
- Parts & Electronics: 2 years
- Normal Wear Items: 90-day limited on foam grips, pedals, etc.
- Labor: 1 Year



Warranty voided if:

The Warranty does not apply to any failure of the product, or any parts of the product, due to: assembly errors, alterations, modifications, misuse, abuse, accident, improper maintenance, or if the serial number on the product has been removed, altered or defaced. Assembly errors include but are not limited to:

- Damaged wire harness.
- Bolts used in the wrong location.

Parts & Service:

Contact the authorized Diamondback dealer where unit as originally purchased. If you have moved, or that retailer is unavailable, use our dealer locator at www.diamondbackfitness.com to help find another authorized dealer.

Diamondback is not responsible for arranging Warranty service and/or honoring extended warranties provided by dealers.

Exclusions:

Warranty is void if the 1180Er unit is placed in a commercial or light commercial environment, such as health club, school, or correctional facility.

Additional Rights:

This Warranty is expressly in lieu of all other warranties, and any implied warranties of merchantability or fitness for a particular purpose created hereby, are limited to the same duration as the express Warranty herein. Diamondback Fitness, Inc. shall not be liable for any incidental or consequential damages. Some states do not allow the exclusion or limitations of implied warranties, incidental or consequential, so the above limitations and exclusions may not apply to you.

Retailers and wholesale outlets for Diamondback Fitness, Inc. products are not authorized to modify this Warranty in any way.

This Warranty gives the original owner specific legal rights. Other additional rights may vary from state to state.

Diamondback Fitness, Inc.

300 Camarillo Ranch Road
Camarillo, CA 93012

Phone no. 800.776.7642



Important! • Important! • Important! • Important! • Important! • Important!

Warranty card must be completed and returned to Diamondback within 15 days of purchase. Failure to comply may void manufacturer's Warranty. Or, you may register your product at www.diamondbackfitness.com.

Your Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Daytime phone No.: _____ Evening phone No.: _____

Dealer Store Name: Address: _____

City: _____ State: _____ Zip: _____

Model: _____ Serial No.: _____

Purchase Date: _____

Environment Unit Placed:

- Home
- Light Institutional, i.e. Hotel, Business Center...

Mail completed form to:

Diamondback Fitness - Warranty Card

300 Camarillo Ranch Road
Camarillo, CA 93012

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