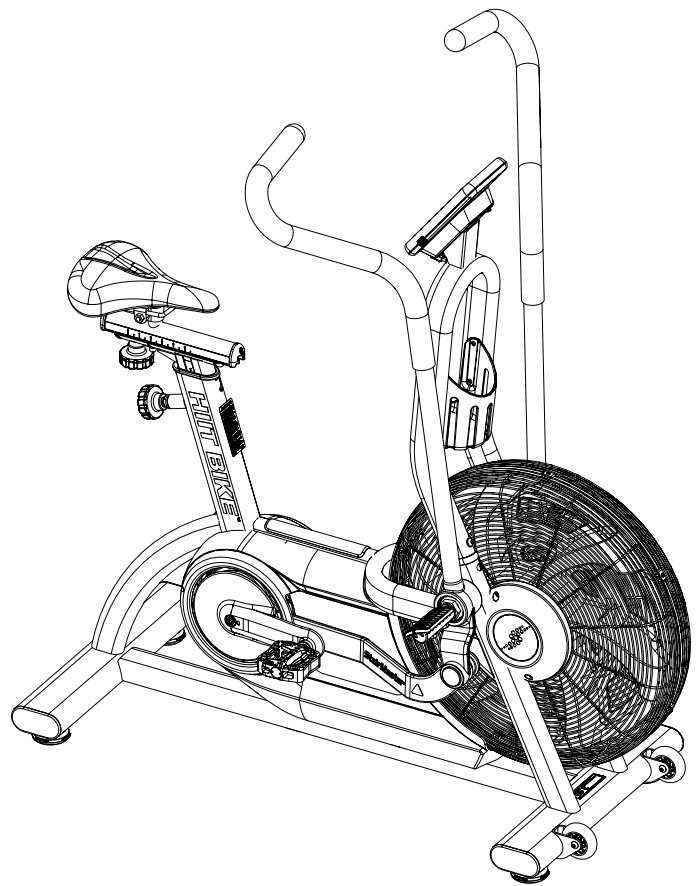




# HIIT Bike™

## OWNER'S MANUAL



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## PRODUCT SPECIFICATIONS

### HIIT Bike

Dimensions: 70" L x 36.2" W x 76.8" H  
(177.5cm x 92cm x 195cm)

Weight: 320 lbs / 145 kg

## MANUFACTURER:

### CORE HEALTH & FITNESS

4400 NE 77th Avenue, Suite 300  
Vancouver, WA 98662

Telephone: (888) 678-2476

<http://www.corehealthandfitness.com>

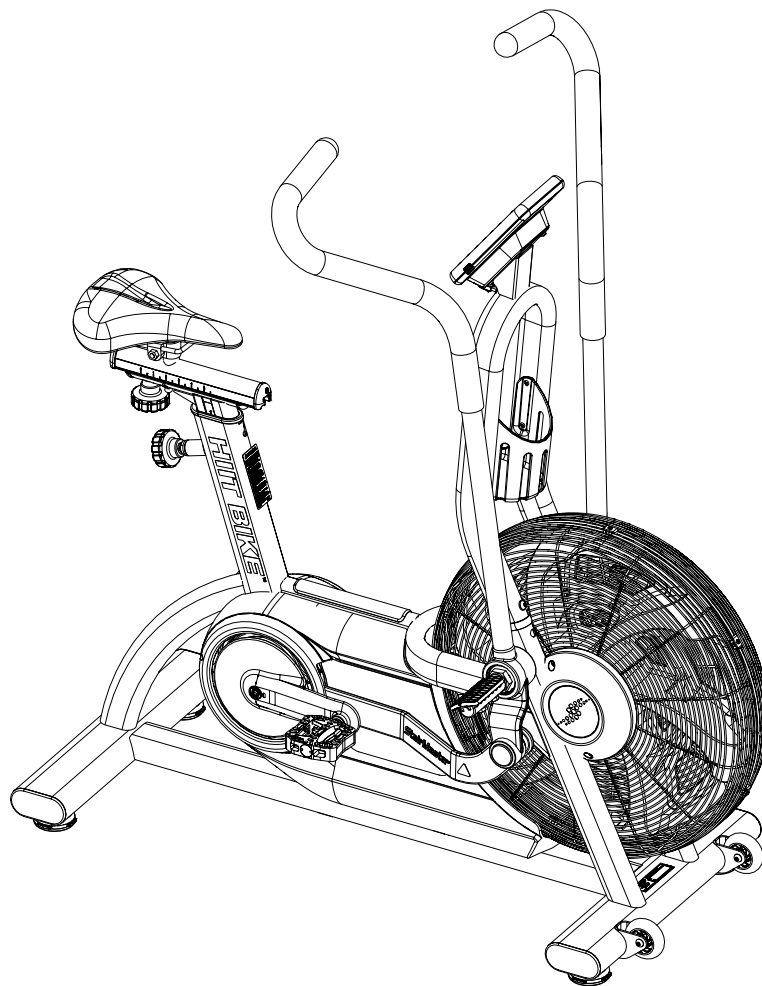
## CUSTOMER SUPPORT:

### CORE HEALTH & FITNESS

Contact your local distributor, or  
Core Health & Fitness directly at:

1-800-503-1221

[Support@corehandf.com](mailto:Support@corehandf.com)



The support website provides a wealth of resources to help you get the best experience from your HIITMill. It is important to check the website periodically for firmware updates, updated video content, Owner's Manual and Installation Instructions, Service Bulletins, and other information. The resources include:

- Contact number and email for Technical Support.  
Go to <https://support.corehandf.com/> for support information and information on all Stairmaster products.
- Console firmware updates. <https://support.corehandf.com/Software/>
- Updated Owner's Manual, Installation Instructions, Service Bulletins, Instructional Videos, and other information. <https://support.corehandf.com/HIITBike/>

Contact Information	
CORE HEALTH & FITNESS 4400 NE 77th Avenue, Suite 300 Vancouver, WA 98662 Telephone: (888) 678-2476 <a href="http://www.corehandf.com">http://www.corehandf.com</a>	<b>Customer Support</b> Contact your local distributor, or Core Health & Fitness directly at: 1-800-503-1221 support@corehandf.com

Please supply the serial number of your HIITMill and the date of purchase when you call. Use the space in the boxes below to write down this information.

<b>Serial Number</b>
<b>Date of Purchase</b>

You may download the latest version of the Installation Guide, as well as view instructional videos, by visiting the support website at:

<https://support.corehandf.com/HIITBike>

## **WARNING - to reduce the risk of burns, fire, electrical shock, or injury to person:**

1. This equipment is designed for use in a commercial gymnasium or health club. To ensure the proper use of the equipment in a safe manner, all users of the equipment should read this manual before using the machine. This machine should be made a part of your club training program in order that the equipment is used by your members in a safe manner as intended. In addition to instructing the club members in the proper use of the equipment, the club member should obtain a complete physical examination form their health care provider before beginning any exercise program.
2. This machine is not intended to be used by children. It is not intended to be used by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless given instruction and under the personal supervision concerning use of the machine by a person responsible for their safety. Do not leave children unsupervised around the machine.
3. Assemble and operate the machine on a solid level surface. Position the machine with a minimum of 20 inches (0.5 meters) of clearance on each side to allow for ease of mounting and dismounting. Allow for 48 inches (1.25 meters) of clearance behind the machine. These dimensions are the recommended minimum distances. The actual area for access and passage is the responsibility of the facility and should take into account this training envelope and any other national or local codes or regulations.
4. Do not exceed the maximum allowable user weight limit of 350 lbs. / 159 kg.
5. Use care when getting on or off the machine. Do not step off of the machine while it is moving. Wait for the machine to come to a complete stop before dismounting.
6. Do not over exert yourself during exercise. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint. If you feel pain or experience any abnormal symptoms, stop exercising and consult your health care provider.
7. Wear proper exercise clothing and athletic shoes during a workout. Avoid wearing loose clothing. Tie back long hair and keep towels away from the moving parts. Face forward at all times and never attempt to turn around while the machine is moving.
8. Keep all air openings free from dirt or any material that would block the flow of air to the motor.
9. Do not operate the machine if shroud is removed
10. The safety and integrity of this machine can only be maintained when the equipment is regularly examined for damage and wear and repaired. It is the sole responsibility of the owner of this equipment to ensure that regular maintenance is performed. Worn or damaged parts must be replaced immediately or the equipment removed from service until the repair is made.

## **SAVE THESE INSTRUCTIONS**

## SAFETY INSTRUCTIONS

This chapter includes precautions and fitness safeguards for the installation and use of the product. Please read this chapter carefully before installing or using your equipment.

**Safety instructions are provided in the following languages (in the order shown):**

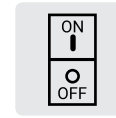
- English
- Dutch
- French
- Italian
- Portuguese
- Spanish
- Swedish
- Chinese
- Japanese
- Arabic



**CAUTION: READ THE OWNER'S MANUAL COMPLETELY BEFORE OPERATING THIS MACHINE.**



**CAUTION: MOVING PARTS, KEEP HANDS AND FEET FROM UNDER THE TREADMILL WHEN OPERATING.**



**ON  
OFF**



**CAUTION: BEFORE CLEANING OR SERVICING, DISCONNECT POWER SUPPLY.**



**STOP (OF ACTIVITY)**

These safety notes are directed to you as the owner of the equipment. For safety purposes, it is your responsibility to train all your members and fitness staff to follow these safety instructions.

## DO

- Do instruct your members to obtain a medical exam before starting any exercise program. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician
- Do read, understand and carefully follow all warnings, instructions and procedures on the machine and in this manual before use.
- Do use your machine only for its intended use, as described in this manual.
- Do set up the machine on a solid, level surface
- Do inspect the machine for incorrect, worn or loose components and then correct, replace or tighten prior to use
- Do stop operating your machine if you feel dizzy, faint or exhausted.
- Do use care when mounting or dismounting the machine, and make sure it is completely stopped before attempting to mount or dismount
- Do perform regular preventive maintenance as instructed in the manual.
- Do keep the air openings free of lint, hair, etc.
- Do keep the belt surface clean and dry.
- Do move the pedal on the mounting or dismounting side to the lowest position and bring the machine to a complete stop before attempting to get on or off
- Do reduce pedal/crank speed in a controlled manner - this unit is not equipped with a free-wheel.
- Do read, understand and test the emergency STOP procedure prior to use.
- Do keep the electrical cord away from sources of excessive heat.
- Do disconnect all power before doing any maintenance or cleaning.

## DO NOT

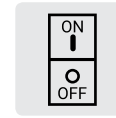
- Do not let children operate your machine. Supervise invalids or disabled persons who use your machine.
- Do not exceed the maximum allowable user weight (350 lbs. / 159 kg).
- Do not use your machine without athletic shoes.
- Do not wear loose or dangling clothing while using the machine.
- Do not step or jump on or off the machine while it is in motion.
- Do not use this machine in damp or wet locations
- Do not ever drop or insert any object, hands, or feet into any opening, or underneath this equipment.
- Do not place water bottles or cups on the machine unless you are using the designed holders
- Do not use your machine where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use attachments or parts not recommended by the manufacturer.
- Do not run the equipment with the motor shroud removed, or modify the equipment in any way.
- Do not operate your machine if it has a damaged cord or plug, if it is not working properly, if it has been dropped or damaged, or if the display shows an error code.



**WAARSCHUWING: LEES DE GEBRUIKERSHANDLEIDING VOLLEDIG VOORDAT U DIT TOESTEL IN GEBRUIKT NEEMT.**



**WAARSCHUWING: BEWEGENDE ONDERDELEN, HOUD HANDEN EN VOETEN NIET ONDER HET TOESTEL TIJDENS GEBRUIK.**



**AAN  
UIT**



**WAARSCHUWING: HAAL DE STEKKER UIT HET STOPCONTACT VOORDAT U HET TOESTEL REINIGT OF ONDERHOUDT.**



**STOP (ACTIVITEIT)**

Deze veiligheidsmaatregelen zijn aan u als eigenaar van de apparatuur gericht. Om veiligheidsredenen is het uw verantwoording om al uw leden en personeel te trainen in deze veiligheidsinstructies.

## WEL

- Laat uw leden een medisch onderzoek ondergaan voordat ze met een trainingsprogramma beginnen. Indien u zich tijdens de training flauw of duizelig voelt, of als u pijn hebt, dient u de oefening stop te zetten en uw arts te raadplegen
- Lees alle waarschuwingen, instructies en procedures over het toestel en deze handleiding goed voordat u het toestel in gebruik neemt.
- Gebruik uw toestel alleen voor het beoogde gebruik zoals beschreven in deze handleiding.
- Zet het toestel op een stevig en recht oppervlak
- Controleer het toestel op onjuiste, versleten of loszittende onderdelen en corrigeer, vervang of zet onderdelen vast voor gebruik
- Stop met de training als u zich duizelig, onwel of oververmoeid voelt.
- Wees voorzichtig wanneer u het toestel op- of afstapt en zorg dat het helemaal stilstaat voordat u probeert op of af te stappen
- Voer regelmatig preventief onderhoud uit zoals beschreven in de handleiding.
- Zorg dat de luchtingangen vrij blijven van stof, haar, enz.
- Houd het bandoppervlak schoon en droog.
- Beweeg het pedaal aan de kant waarop u op- of afstapt naar de laagste stand en laat het toestel helemaal stoppen voordat u probeert op of af te stappen
- Verlaag de snelheid van pedaal/krank op een beheerste manier. Dit toestel is niet voorzien van een freewheel.
- Lees, begrijp en test de noodstopprocedure voordat u het toestel gebruikt.
- Houd het stroomsnoer weg bij bronnen van overmatige hitte.
- Sluit alle stroom af voordat u onderhoud uitvoert of het toestel reinigt.

## NIET

- Laat kinderen het toestel niet bedienen. Houd toezicht op mensen met een handicap die uw toestel gebruiken.
- Laat geen personen van meer dan 159 kg op het toestel
- Gebruik uw toestel niet zonder sportschoenen.
- Draag geen losse of fladderende kleding tijdens het gebruik van het toestel.
- Stap niet op of van het toestel terwijl het in beweging is.
- Gebruik dit toestel niet op vochtige of natte locaties
- Laat nooit objecten vallen en steek geen objecten, handen of voeten in een van de openingen of onder dit toestel.
- Plaats geen bidons of kopjes op het toestel tenzij u de speciale houders gebruikt
- Gebruik uw toestel niet op een plek waar aerosolproducten (spuitbussen) worden gebruikt of waar zuurstof wordt toegediend.
- Gebruik geen hulpstukken of onderdelen die niet door de fabrikant worden aanbevolen.
- Gebruik het toestel niet als de beschermkap om de motor is verwijderd en wijzig de apparatuur op geen enkele wijze.
- Gebruik dit toestel niet als het snoer of de stekker beschadigd is, als het niet goed werkt of als het is gevallen of is beschadigd, of als het display een foutmelding weergeeft.

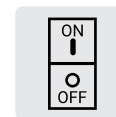




**MISE EN GARDE : PRENDRE CONNAISSANCE DU MODE D'EMPLOI AVANT DE SE SERVIR DE L'APPAREIL.**



**MISE EN GARDE : PIÈCES MOBILES ; NE PAS METTRE LES MAINS NI LES PIEDS EN DESSOUS DE L'APPAREIL LORSQU'EN FONCTIONNEMENT.**



**MARCHE  
ARRÊT**



**MISE EN GARDE : DÉBRANCHER L'APPAREIL DU SECTEUR AVANT TOUTE PROCÉDURE DE NETTOYAGE OU D'ENTRETIEN.**



**ARRÊT (DE L'ACTIVITÉ)**

Ces consignes vous concernent en tant que propriétaire de l'équipement. Pour des raisons de sécurité, il vous incombe de former tous les adhérents et le personnel de remise en forme pour que ces consignes de sécurité soient respectées.

## À FAIRE

- Informer les adhérents qu'un examen médical est obligatoire avant de commencer un programme d'exercice. Si vous ressentez des douleurs, des vertiges ou des étourdissements à un quelconque moment de l'entraînement, arrêtez immédiatement et consultez votre médecin
- Avant toute utilisation, lire, comprendre et respecter soigneusement tous les avertissements, consignes et procédures figurant sur l'appareil et dans ce mode d'emploi.
- Utiliser uniquement l'appareil dans le but pour lequel il a été conçu, comme indiqué dans le présent manuel.
- Installer l'appareil sur une surface plane et solide.
- Inspecter l'appareil pour vérifier si des composants sont usés, desserrés ou inadaptes et remplacer, resserrer ou rectifier avant chaque utilisation.
- Mettre un terme à l'exercice en cas de vertiges, étourdissements ou fatigue.
- Faire attention lors de la montée et de la descente et veiller à l'arrêt total de l'appareil avant d'y monter ou d'en descendre
- Procéder à un entretien régulier comme indiqué dans le manuel.
- Vérifier que les ouvertures de ventilation ne sont pas bloquées par des fibres, des cheveux, etc.
- La surface du tapis doit être propre et sèche.
- La pédale se trouvant du côté de la montée ou de la descente doit être en position basse, et l'appareil doit être complètement arrêté avant d'y monter ou d'en descendre
- Cet appareil n'étant pas équipé d'une roue libre, la vitesse doit être réduite de manière progressive.
- La procédure d'arrêt d'urgence doit être lue, comprise et testée avant toute utilisation.
- Le cordon électrique doit se trouver à distance de toute source de chaleur excessive.
- L'alimentation électrique doit être débranchée avant de procéder à la maintenance ou au nettoyage.

## À NE PAS FAIRE

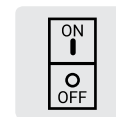
- Les enfants ne doivent pas se servir de l'appareil. Les personnes atteintes d'invalidité ne doivent pas se servir de l'appareil sans supervision.
- Le poids de l'utilisateur ne doit pas dépasser (159 kg /350 livres).
- Ne pas se servir de l'appareil sans chaussures de sport.
- Ne pas porter de vêtements lâches ou flottants lors de l'utilisation de l'appareil.
- Ne pas monter sur ou descendre de l'appareil lorsque ce dernier est en mouvement.
- Ne pas utiliser cet appareil dans un environnement humide ou détrempe.
- Ne jamais faire tomber d'objets dans les ouvertures, ni insérer les mains ou les pieds dans ces derrières ou en dessous de l'équipement.
- Ne jamais placer de bouteilles ou de récipients sur l'appareil à moins que ce ne soit dans le support prévu à cet effet.
- Ne pas se servir de l'appareil lorsqu'un aérosol ou de l'oxygène est en cours d'utilisation.
- Ne pas utiliser d'accessoires ou de pièces qui ne sont pas recommandés par le fabricant.
- Ne pas utiliser l'appareil sans le carénage, ni ne le modifier d'aucune façon.
- Ne pas utiliser l'appareil si le cordon ou la fiche est endommagé, s'il ne fonctionne pas correctement, s'il est tombé, a été endommagé ou affiche un code d'erreur.



**ATTENZIONE: PRIMA DI UTILIZZARE LA MACCHINA LEGGERE IL MANUALE DI ISTRUZIONI.**



**ATTENZIONE: PRESENZA DI PARTI IN MOVIMENTO, TENERE MANI E PIEDI LONTANI DALLA PARTE INFERIORE DELLA MACCHINA MENTRE QUESTA È IN FUNZIONE.**



**ON  
OFF**



**ATTENZIONE: PRIMA DI EFFETTUARE LA PULIZIA O INTERVENTI DI MANUTENZIONE, TOGLIERE TENSIONE ALLA MACCHINA.**



**ARRESTO (DELL'ATTIVITÀ)**

Le presenti note di sicurezza sono destinate al proprietario di questa attrezzatura. Per motivi di sicurezza, si è tenuti a fornire la necessaria formazione a tutti i membri del personale e allo staff di fitness in relazione alle presenti istruzioni di sicurezza.

## COSA OCCORRE FARE

- Istruire il personale affinché richieda un esame medico prima di iniziare qualsiasi programma di allenamento. Se in qualsiasi momento durante l'allenamento si avvertono debolezza, vertigini o dolore, fermarsi e consultare il medico
- Prima dell'uso leggere, assicurarsi di avere compreso e rispettare scrupolosamente tutte le avvertenze, le istruzioni e le procedure relative alla macchina riportate nel presente manuale.
- Utilizzare questa macchina esclusivamente ai fini descritti nel presente manuale.
- Installare la macchina su una superficie solida e in piano
- Ispezionare la macchina per verificare l'eventuale presenza di componenti non corretti, usurati o allentati, nel qual caso correggere, sostituire o serrare le parti in questione prima dell'uso
- Smettere di utilizzare la macchina se si avvertono vertigini, debolezza o forte stanchezza.
- Fare attenzione durante la salita e la discesa dalla macchina e prima di procedere assicurarsi che sia completamente ferma
- Eseguire la manutenzione preventiva regolarmente, come indicato nel manuale.
- Mantenere le aperture di ventilazione prive di pelucchi, capelli ecc.
- Mantenere la superficie della pedana pulita e asciutta.
- Portare il pedale sul lato di salita o discesa nella posizione inferiore e attendere che la macchina si arresti completamente prima di tentare di salire o scendere
- Ridurre la velocità di pedalata/di avvio in modo controllato: questa unità non è dotata di ruota libera.
- Prima dell'uso, leggere, assicurarsi di avere compreso e testare la procedura di arresto di emergenza.
- Mantenere il cavo elettrico lontano da fonti di calore eccessivo.
- Scollegare l'alimentazione prima di eseguire qualsiasi intervento di manutenzione o di pulizia.

## COSA NON FARE

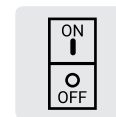
- Non lasciare usare la macchina da bambini. Sorvegliare le persone invalide o disabili che utilizzano la macchina.
- Non superare il peso massimo consentito per utente (350 lbs. / 159 kg).
- Non utilizzare la macchina senza scarpe da ginnastica.
- Non utilizzare la macchina indossando indumenti ampi o penzolanti.
- Non salire o saltare su e giù dalla macchina mentre questa è in funzione.
- Non utilizzare la macchina in ambienti umidi o bagnati
- Non lasciare cadere o inserire oggetti, mani o piedi nelle aperture o sotto l'attrezzatura.
- Non tenere sulla macchina bottiglie d'acqua o tazze a meno che non si utilizzino supporti appositamente progettati
- Non utilizzare la macchina in luoghi in cui vengono impiegati prodotti spray (aerosol) o in cui è in funzione l'erogazione di ossigeno.
- Non utilizzare accessori o componenti non raccomandati dal produttore.
- Non utilizzare l'apparecchiatura con la copertura del motore rimossa, né modificare l'attrezzatura in alcun modo.
- Non utilizzare la macchina in presenza di un cavo o di una spina danneggiati, di un malfunzionamento o nel caso la stessa sia stata danneggiata, lasciata cadere oppure mostri un codice di errore sul display.



**CUIDADO: LEIA POR COMPLETO O MANUAL DO PROPRIETÁRIO ANTES DE OPERAR ESTA MÁQUINA.**



**CUIDADO: PARTES MÓVEIS, MANTENHA AS MÃOS E OS PÉS AFASTADOS DA PARTE SOB A MÁQUINA DURANTE A OPERAÇÃO.**



**LIGA  
DESLIGA**



**CUIDADO: ANTES DA LIMPEZA OU MANUTENÇÃO, DESCONECTE A ALIMENTAÇÃO.**



**PARADA (DA ATIVIDADE)**

Essas observações de segurança são direcionadas a você na qualidade de proprietário do equipamento. Para fins de segurança, é sua responsabilidade treinar todos os usuários e a equipe de preparação física para que sigam estas instruções de segurança.

## QUÉ HACER

- Indique a los miembros que se hagan un examen médico antes de comenzar cualquier programa de ejercicios. Si en algún momento del ejercicio, se siente débil, mareado o experimenta dolor, deténgase y consulte a su médico.
- Antes de usarla, lea, comprenda y siga cuidadosamente todas las advertencias, instrucciones y procedimientos de la máquina y de este manual.
- Use la máquina únicamente para su fin previsto, como se describe en este manual.
- Ubique la máquina en una superficie sólida y nivelada.
- Inspeccione la máquina para comprobar que no tenga componentes incorrectos, desgastados o sueltos, y corrija, reemplace o apriete los antes de usarla.
- No opere la máquina si se siente mareado, débil o cansado.
- Suba y baje de la máquina con cuidado, asegurándose que se haya detenido por completo antes de bajarse o subirse.
- Realice mantenimiento preventivo con la frecuencia descrita en el manual.
- Mantenga todas las aberturas de ventilación libres de motas, cabellos, etc.
- Mantenga la superficie de la correa limpia y seca.
- Al subirse y bajarse mueva el pedal del lado por el que se baja a la posición más baja y detenga la máquina por completo antes de intentar bajarse o subirse.
- Reduzca la velocidad del pedal/biela de forma controlada. Esta unidad no está equipada con una rueda libre.
- Lea, comprenda y pruebe el procedimiento de PARADA de emergencia antes de usarla.
- Mantenga el cable eléctrico lejos de fuentes de calor excesivo.
- Desconecte toda la energía antes de realizar cualquier mantenimiento o limpieza.

## QUÉ NO HACER

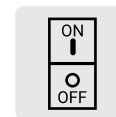
- Não deixe crianças operarem a máquina. Supervisione o uso da máquina por pessoas inválidas ou incapacitadas.
- Não exceda o peso máximo permitido para o usuário (159 kg /350 lbs).
- Não use a máquina sem calçados específicos para exercícios.
- Não use trajés largos ou com itens soltos enquanto utiliza a máquina.
- Não pise ou pule para subir ou descer da máquina enquanto ela estiver em movimento.
- Não use a máquina em locais úmidos ou molhados.
- Nunca deixe cair nem introduza objetos, mãos ou pés em qualquer abertura ou debaixo deste equipamento.
- Não coloque garrafas ou copos d'água sobre a máquina, a menos que você use os suportes destinados para isso.
- Não use a máquina em locais em que se borrifem produtos ou em que esteja sendo administrado oxigênio.
- Não use acessórios ou peças não recomendadas pelo fabricante.
- Não use o equipamento sem a cobertura do motor nem faça modificações de qualquer espécie no equipamento.
- Não use a máquina se o cabo ou a tomada estiver danificada, se a máquina não estiver funcionando corretamente, se tiver sofrido uma queda ou estiver danificada ou se o visor mostrar um código de erro.



**CUIDADO: LEA COMPLETAMENTE EL MANUAL DEL PROPIETARIO ANTES DE OPERAR ESTA MÁQUINA.**



**CUIDADO: CUENTA CON PARTES MÓVILES, AL OPERARLA MANTENGA LAS MANOS Y PIES ALEJADOS DE DEBAJO DE LA MÁQUINA.**



**ENCENDIDA  
APAGADA**



**CUIDADO: ANTES DE LIMPIAR O DAR SERVICIO, DESCONECTE EL SUMINISTRO DE ENERGÍA.**



**DETENER (EL FUNCIONAMIENTO)**

Estas notas de seguridad están dirigidas a usted, como propietario del equipo. Para propósitos de seguridad, es su responsabilidad entrenar a todos los miembros y al personal de entrenamiento para que sigan estas instrucciones de seguridad.

## O QUE FAZER

- Instrua os usuários a providenciarem um exame médico antes do início de qualquer programa de exercícios. Se, em qualquer momento durante o exercício, você sentir uma sensação de desmaio, tontura ou apresentar dor, pare e consulte um médico.
- Leia, entenda e siga cuidadosamente todas as advertências, instruções e procedimentos mostrados na máquina e neste manual antes do uso.
- Use sua máquina somente para o uso previsto, conforme descrito neste manual.
- Instale a máquina sobre uma superfície sólida e plana
- Inspeccione a máquina para verificar a existência de componentes incorretos, desgastados ou soltos e execute as correções, substituições ou apertos antes do uso
- Interrompa o funcionamento da máquina em caso de tontura, desmaio ou exaustão.
- Tenha cuidado ao subir ou descer da máquina e certifique-se de que ela esteja totalmente parada antes de tentar subir ou descer.
- Faça regularmente a manutenção preventiva conforme instruído neste manual.
- Mantenha as aberturas de ventilação livres de fiapos, cabelos etc.
- Mantenha a superfície da esteira limpa e seca.
- Coloque o pedal no lado da subida ou descida na posição mais baixa e faça a máquina parar por completo antes de tentar subir ou descer.
- Reduza a velocidade do pedal/manivela controladamente - esta unidade não é equipada com uma roda livre.
- Leia, entenda e teste o procedimento de PARADA de emergência antes do uso.
- Mantenha o cabo de alimentação longe de fontes de calor excessivo.
- Desconecte a alimentação antes de qualquer procedimento de manutenção ou limpeza.

## O QUE NÃO FAZER

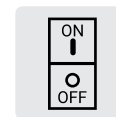
- No permita que los niños operen la máquina. Supervise a las personas inválidas o discapacitadas que usan la máquina.
- No exceda el máximo peso de usuario permisible (350 lb / 159 kg).
- No use la máquina sin zapatos deportivos.
- Al utilizar la máquina no use ropa suelta o que cuelgue.
- No se pare o salte de/a la máquina cuando está en movimiento.
- No use esta máquina en sitios húmedos o mojados.
- Nunca de caer o inserte objetos, las manos o los pies en las aberturas o debajo del equipo.
- No ponga botellas o vasos de agua en la máquina a menos que use los soportes que tiene.
- No use la máquina en lugares donde se usan productos en aerosol (pintura) o donde se administra oxígeno.
- No use accesorios o partes que no estén recomendadas por el fabricante.
- No haga funcionar el equipo sin la cubierta del motor, ni lo modifique de forma alguna.
- No opere la máquina si tiene el cable o enchufe dañado, si funciona incorrectamente, si se ha caído o dañado o si la pantalla muestra un código de error.



**VARNING: LÄS HELA  
ÄGARHANDBOKEN INNAN DU  
ANVÄNDER DEN HÄR MASKINEN.**



**VARNING: DET FINNS RÖRLIGA  
DELAR. HA INTE HÄNDER ELLER  
FÖTTER UNDER MASKINEN NÄR  
DEN ANVÄNDS.**



**PÅ  
AV**



**VARNING: KOPPLA UR ELKABELN  
FÖRE RENGÖRING OCH  
UNDERHÅLL.**



**STOPPA (AKTIVITETEN)**

Dessa säkerhetsföreskrifter är riktade till dig som är ägare av utrustningen. Av säkerhetsskäl är det ditt ansvar att utbilda alla medlemmar och träningspersonal så att de följer dessa säkerhetsföreskrifter.

## GÖR DETTA

- Instruera medlemmarna att gå igenom en läkarundersökning innan de börjar med något träningsprogram. Om du vid något tillfälle under träningen känner dig svimfärdig, yr eller upplever smärta, ska du konsultera din läkare.
- Se till att du innan användning av maskinen har läst, förstått och följer alla varningar, instruktioner och procedurer för maskinen och i den här handboken.
- Använd endast maskinen på det sätt som är avsett och som beskrivs i den här handboken.
- Ställ upp maskinen på en stabil och plan yta.
- Inspektera maskinen så att där inte finns felaktiga, utslitna eller lösa delar. Dessa måste du i så fall korrigera, ersätta och skruva åt före användning.
- Sluta att använda maskinen om du känner dig yr, svimfärdig eller utmattad.
- Var försiktig när du stiger upp på eller ner från maskinen och se till att den har stannat helt innan du stiger upp eller ner från den.
- Genomför regelbundet förebyggande underhåll enligt instruktionerna i handboken.
- Se till att luftintagen är fria från hår, ludd och annat.
- Se till att ytan på bältet är ren och torr.
- Flytta pedalen på den sida du stiger upp eller ner till dess lägsta position och se till att maskinen har stannat helt innan du stiger upp eller ned från den.
- Minska hastigheten för pedalerna/vevaxeln på ett kontrollerat sätt - den här enheten är inte utrustad med frihjul.
- Innan du använder maskinen måste du läsa, förstå och testa proceduren för NÖDSTOPP.
- Se till att elkabeln inte är i närheten av alltför heta värmekällor.
- Koppla ur all strömtillförsel före underhåll och rengöring.

## GÖR INTE DETTA

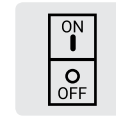
- Låt inte barn använda maskinen. Övervaka handikappade och rörelsehindrade personer som använder sin maskin.
- Överskrid inte den maximalt tillåtna vikten för användare (350 lbs. / 159 kg).
- Använd inte maskinen utan gymnastikskor.
- Bär inte löst sittande kläder eller kläder som kan fastna.
- Stig inte på och hoppa inte av maskinen när den är i rörelse.
- Använd inte den här maskinen på fuktiga eller blöta platser.
- Sätt inte in och tappa inte någonting och ha inte någon hand eller fot i någon öppning eller under den här maskinen.
- Placera inte vattenflaskor eller koppar på den här maskinen om du inte använder de hållare som är avsedda för detta.
- Använd inte maskinen på sådana ställen där aerosolspray används eller där syrgas används.
- Anslut inte någonting som tillverkaren inte har rekommenderat.
- Använd inte maskinen med borttagen motorhuv och gör inte om maskinen på något sätt.
- Använd inte maskinen om elkabeln eller kontakten är skadad eller om den inte fungerar normalt, om den har tappats eller blivit skadad eller om skärmen visar en felkod.



**注意：操作机器前请通读用户手册。**



**注意：活动部件，操作时请将手脚远离机器下方。**



**开启  
关闭**



**注意：清洗或维修前，请断开电源。**



**停止（活动）**

这些安全须知专为机器所有者编写。安全起见，您应负责培训所有会员及健身教练，使之遵守相关安全说明。

## 应做事项

- 在开始任何锻炼项目之前通知会员进行健康检查。使用过程中如出现头晕目眩或疼痛感，请立即停止并咨询医生
- 使用前请务必通读、理解并严格遵守机器及本手册上的所有警告、说明及程序。
- 仅可将该机器用于本手册所述的预期用途。
- 请务必将本机器置于平坦坚实的表面上。
- 使用前请务必检查机器是否出现错误、磨损或部件松动情况，并及时校正、替换或紧固部件。
- 如感觉头晕、虚弱或疲惫，请立即停止操作机器。
- 安装或拆解机器时请使用防护用品，并应于尝试安装或拆解前确保机器已完全停止运转
- 请按照手册上的说明定期开展预防性维护。
- 确保气孔中没有线头、头发等物。
- 确保带面清洁干燥。
- 上下机器之前，请将安装或拆解一侧的踏板调到最低位置，并将机器完全关停。
- 请将踏板及曲柄的速度降至可控制范围 - 本机器未加装空转轮。
- 使用前请阅读、理解并测试紧急停止程序。
- 务请将电源线远离高热源。
- 在进行任何维护或清洗作业时，请断开所有电源。

## 禁止事项

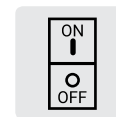
- 请勿让儿童操作机器。病人或残疾人士使用机器时需有人监管。
- 请勿超过使用者体重的最大容许值（350 磅/159 千克）。
- 请勿在未穿运动鞋时使用机器。
- 使用机器时，请勿穿着宽松、悬垂的衣物。
- 请勿在机器运转时进行踩踏或跳上跳下。
- 请勿在潮湿的环境中使用本机器。
- 请勿将任何物件、手或脚放在或插入任何开口或设备下方。
- 除装有特殊把手外，请勿在机器上放置水壶或水杯。请勿在使用气雾剂（喷雾）产品或需要供给氧气的环境中操作机器。
- 请勿使用非制造商建议的附件或零件。
- 请勿在移开电机护罩的情况下运行设备或以任何形式改装设备。
- 若绳索或插头损坏、机器无法正常运转、跌落或损坏或其显示屏出现错误代码，请勿操作机器。



**注意:** 本機を操作する前に、取扱説明書全体に目を通してください。



**注意:** 本機の稼働中は、可動部に注意し、本体の下側に手足を差し込まないでください。



オン  
オフ



**注意:** 清掃や保守を行う前に、電源を切断してください。



エクササイズ) 中止

これらの安全上の注意は、機器の所有者に向けられています。安全手順が守られるよう、すべてのフィットネス会員やスタッフにトレーニングを提供することは所有者の責任です。

## 次のことを確実に実施してください。

- 何らかのエクササイズ プログラムを開始する前に、健康診断を受けるよう会員に促す。運動中にめまい、脱力感、痛みなどを感じた場合は、ただちに使用を停止して医師に相談する。
- 本機上に貼られていたり、本取扱説明書に含まれていたりする警告、指示や手順をすべて読んで理解し、注意して従う。
- 取扱説明書に記載されている使用目的でのみ、本機を使用する。
- 固く平らな床面上に本機を設置する。
- 部品に誤り、摩耗、あるいは緩みがないか点検し、問題がある場合には使用する前に調整、交換、または締め付けを行う。
- めまい、立ちくらみや疲れを感じた場合に、本機の動作を停止させる。
- 本機に乗り降りする際は注意を払い、乗り降りする前に、完全に停止していることを確認する。
- 取扱説明書の指示に従って、予防保守を定期的に行う。
- 空気口に、糸くずや髪の毛がない状態を維持する。
- ベルト表面を、清潔で乾燥した状態に保つ。
- 乗り降りする際は、最初に足を乗せる側のペダルを最も低い位置まで動かし、本機が完全に停止するまで待つ。
- ペダルやクランクの速度を徐々に緩める。本機にはフリー ホイールが装備されていません。
- 使用前に緊急停止の手順を読んで理解し、一度自身で試す。
- 電気コードを高温の熱源に近づけない。
- メンテナンスやクリーニングを行う際は、事前にすべての電源を外す。

## 次のことは絶対に避けてください。

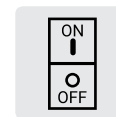
- 子供達に本機を操作させる。病人や障害者に本機を使用させる。
- 159 kg (350 ポンド) の最大許容体重を超える。
- 運動靴を履かずに本機を使用する。
- ぶかぶかな服や、垂れている服を着て本機を使用する。
- 本機の作動中に、上に乗ったり、飛び乗ったり、飛び降りたりする。
- 湿った場所や濡れた場所で本機を使用する。
- 開口部や本機の下に、異物、手や足を落としたり、差し込んだりする。
- 専用ホルダーを使用せずに、本体の上に水のボトルやコップを置く。
- エアゾールスプレー製品を使用する場所や、酸素が供給されている場所で本機を使用する。
- 当社が推奨する付属品以外を使用する。
- モーターシュラウドが外れた状態で本機を動作させたり、本機に何らかの改造を加えたりする。
- コードやプラグが損傷している、正常に動作していない、本機が落下したり損傷したりしている、またはディスプレイにエラーコードが表示されているにも関わらず、本機を操作する。



**ВНИМАНИЕ. ПЕРЕД ИСПОЛЬЗОВАНИЕМ ТРЕНАЖЕРА ВНИМАТЕЛЬНО ПРОЧИТАЙТЕ РУКОВОДСТВО ПОЛЬЗОВАТЕЛЯ.**



**ВНИМАНИЕ. ДВИЖУЩИЕСЯ ЧАСТИ - УБИРАЙТЕ РУКИ И НОГИ ИЗ-ПОД ТРЕНАЖЕРА ПРИ ЭКСПЛУАТАЦИИ.**



**ВКЛ.  
ВЫКЛ.**



**ВНИМАНИЕ. ПЕРЕД ОЧИСТКОЙ ИЛИ ОБСЛУЖИВАНИЕМ ТРЕНАЖЕРА ОТКЛЮЧИТЕ ЕГО ОТ ИСТОЧНИКА ПИТАНИЯ.**



**ОСТАНОВ (РАБОТЫ)**

Настоящие примечания по технике безопасности предназначены для вас как для владельца тренажера. В целях безопасности вы отвечаете за подготовку персонала фитнес-зала и всех пользователей к соблюдению следующих инструкции по безопасности.

## ВЫПОЛНЯЙТЕ СЛЕДУЮЩЕЕ

- Поручите пользователям пройти медосмотр перед использованием любой программы тренировки. Если во время тренировки почувствуете слабость, головокружение или боль, прекратите тренировку и проконсультируйтесь с врачом.
- Перед использованием изучите, осознайте и неуклонно соблюдайте все предупреждения, инструкции и процедуры, содержащиеся в данном руководстве и на тренажере.
- Используйте этот тренажер только по назначению, как описано в данном руководстве.
- Установите тренажер на твердую и ровную поверхность.
- Перед использованием проверяйте тренажер на отсутствие неисправных, изношенных или ослабленных деталей, а при обнаружении замените или затяните их.
- Прекратите эксплуатацию тренажера, если вы почувствуете слабость, головокружение или истощение.
- Будьте внимательны при подъеме и спуске с тренажера, убедившись, что он полностью остановлен.
- Проводите регулярно плановое техническое обслуживание, как указано в данном руководстве.
- Не допускайте попадания пыли, волос и других загрязняющих компонентов в отверстия для воздуха.
- Следите за тем, чтобы движущееся полотно было чистым и сухим.
- Переместите педаль на стороне спуска или подъема в самое нижнее положение и полностью остановите тренажер, прежде чем пытаться влезть или слезть с него.
- Плавно регулируйте уменьшение скорости педали/кривошипа - устройство не оборудовано муфтой свободного хода.
- Перед использованием изучите, осознайте и проверьте процедуру экстренного останова.
- Держите шнур питания подальше от источников тепла и не подвергайте его избыточному нагреву.
- Перед техническим обслуживанием или чисткой отключите все источники питания.

## ЗАПРЕЩАЕТСЯ

- Не разрешайте детям использовать тренажер. Контролируйте использование тренажера инвалидами или людьми с ограниченными возможностями.
- Не превышайте максимально разрешенный вес пользователя тренажера (350 футов или 159 кг).
- Не используйте тренажер без спортивной обуви.
- Не одевайте свободно болтающуюся или свисающую одежду, занимаясь на тренажере.
- Не ходите, не прыгайте и не слезайте с тренажера, пока он находится в движении.
- Не используйте тренажер в сырых и влажных помещениях.
- Никогда не вставляйте и не опускайте какие-либо предметы, руки или ноги в отверстия тренажера или под тренажер.
- Не помещайте бутылки или стаканы с водой на тренажер без использования специальных держателей.
- Не эксплуатируйте тренажер во время использования аэрозоля (разбрызгивания) или кислорода.
- Не используйте принадлежности или части, не рекомендованные производителем.
- Не используйте тренажер со снятым кожухом двигателя и не изменяйте его никаким способом.
- Не используйте тренажер с поврежденными шнуром питания или вилкой, если он работает неправильно, поврежден или опрокинулся, если на нем отображается код ошибки.



## Safety Instructions , Warnings And Precautions

### تعليمات الأمان - التحذيرات - الاحتياطات



**Caution:** This appliance is not intended for use by persons ,  
(including children) with reduced physical , sensory or mental capabilities ,  
or lack of experience and knowledge , unless they have been given  
supervision or instruction concerning use of the appliance by a person  
responsible for their safety.  
-Children should be supervised to ensure that they do not play with the appliance.

**تحذير هام جداً:** من الضروري جداً على الأطفال و الأشخاص الغير المزهلين بتقياً  
كان أو حسيًا أو عقليًا و الأشخاص الذين لا تتوفر لديهم تلك المعرفة و الخبرة الكافية يجب عليهم عدم  
استخدام الجهاز منعاً باتاً إلا إذا تم الإشراف عليهم و مراقبتهم و توجيههم و مبادرتهم عن كلب من قبل  
أشخاص متخصصين و احترافيين و لديهم معرفة تامة و كافية بأصول و قواعد إستخدام مثل تلك الأجهزة و  
المخاطر المترتبة و الناجمة عن سوء استخدامها إن و جنت .



**Warning: keep out of reach of children**

**تحذير : أحفظها بعيدا عن متناول الأطفال**

## HIIT Console Warnings

### FCC WARNINGS

#### Federal Communications Commission Statement

This device complies with FCC Rules Part 15. Operation is subject to the following two conditions:

- This device may not cause harmful interference.
- This device must accept any interference received, including interference that may cause undesired operation.

This equipment has been tested and found to comply with the limits for a class B digital device, pursuant to Part 15 of the Federal Communications Commission (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 causes harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by doing one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and 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

Any changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

The antenna(s) used for this transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

#### Radiation Exposure Statement

This equipment complies with FCC radiation exposure limits set forth for an uncontrolled environment. End users must follow the specific operating instructions for satisfying RF exposure compliance. This transmitter must not be co-located or operating in conjunction with any other antenna or transmitter.

	Frequency	Power
Low Energy Bluetooth	2402-2480 MHz	1mW
ANT+	2403-2480 MHz	1mW

### IC WARNINGS

#### Canada, Industry Canada (IC) Notices

This device complies with Industry Canada license exempt RSS standard(s).

This Class B digital apparatus complies with Canadian ICES-003 and CAN ICES-3(B)/NMB-3(B).

Operation is subject to the following two conditions:

(1) this device may not cause interference, and (2) this device must accept any interference, including interference that may cause undesired operation of the device. The IC ID for this device is 9911AM700MT6625.

#### Canada, avis d'Industrie Canada (IC)

Cet appareil numérique de classe B est conforme aux normes canadiennes ICES-003 et RSS-247.

Son fonctionnement est soumis aux deux conditions suivantes:

(1) cet appareil ne doit pas causer d'interférence et (2) cet appareil doit accepter toute interférence, notamment les interférences qui peuvent affecter son fonctionnement. L'identifiant IC de cet appareil est 9911A-M700MT6625.

	Peak Gain	Directivity
2400 MHz	3.39 dBi	5.53 dBi
2450 MHz	3.45 dBi	5.20 dBi
2500 MHz	2.75 dBi	5.14 dBi

## CONSOLE SAFETY INSTRUCTIONS

- All connected products/equipment are for fitness and health purposes only. Any readings/values should not be used for medical diagnosis or treatment.
- Console is for indoor use only.
- Avoid spraying liquids directly onto console surface. Always spray cleaning solutions onto a clean towel first before wiping the surface.
- Power:
  - Internal - Two (2) C-Size (1.5V) alkaline batteries.
  - External - 12V DC
- There is a risk of explosion if the battery is replaced with the incorrect type.
- Dispose of batteries according to the manufacturer's instructions.
- Refer to Console Installation Instructions (620-8596) for installation details.

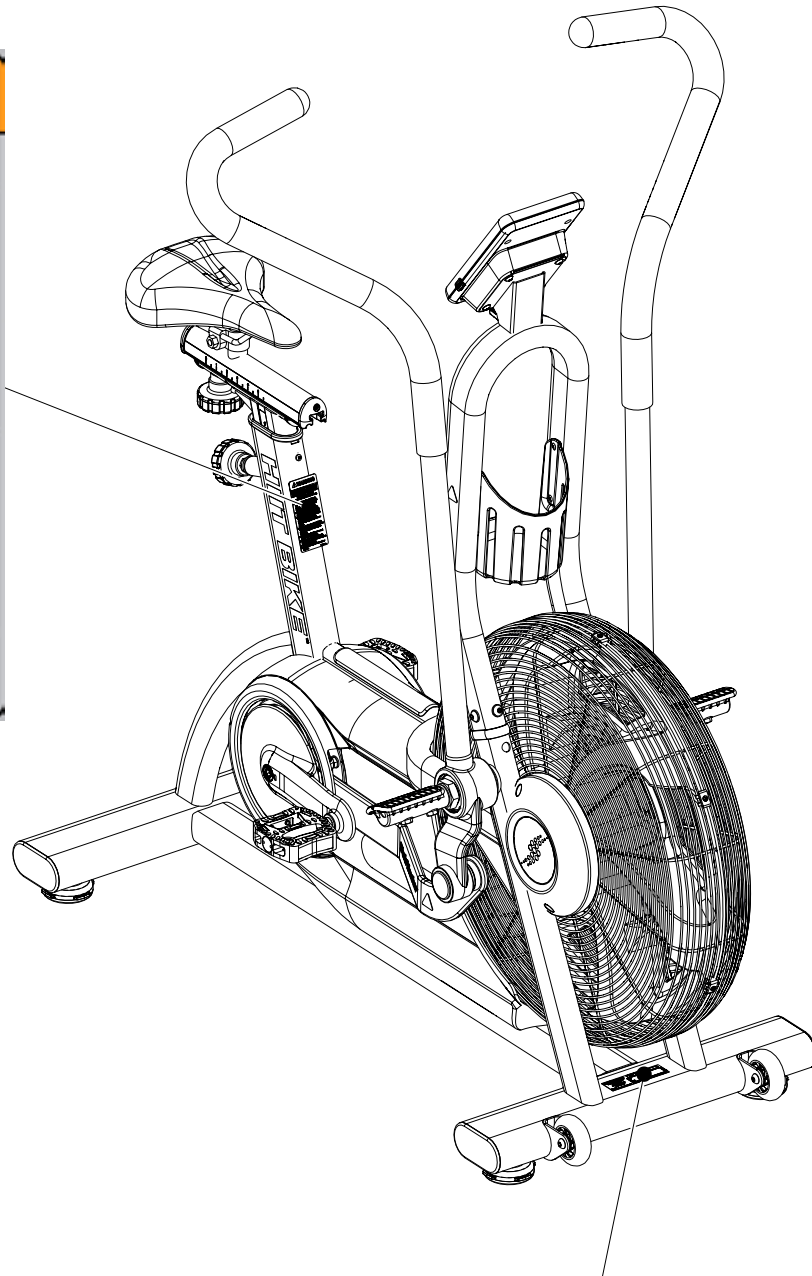
# IMPORTANT LABEL LOCATIONS

**⚠ WARNING**

**READ THE OWNERS MANUAL PRIOR TO USE AND FOLLOW ALL INSTRUCTIONS. IMPROPER USE OF THIS MACHINE CAN RESULT IN SERIOUS INJURY. USE THE MACHINE ONLY IN A SUPERVISED ENVIRONMENT.**

1. As with all exercise equipment or programs, consult a physician prior to use and stop if you feel faint, dizzy or exhausted.
2. Inspect machine prior to use. Immediately report worn, loose or damaged parts and do not use the machine until proper repairs have been made.
3. Always Return the Resistance Lever to the Highest Level to prevent belt movement (stop belt movement).
4. To avoid injury, stand on the Foot Rails prior to start the exercise. Always exercise in control; begin exercising carefully as belt will begin to move once resistance is decreased.
5. Always wear appropriate exercise clothing and closed toed athletic shoes when using this machine.
6. Children should not use the machine and should be supervised at all times when near the machine.
7. Replace this label if damaged or illegible.

050-5490 Rev A



Core Health & Fitness, LLC  
 4400 NE 77th Avenue, Suite 300  
 Vancouver, WA 98662 USA  
 1-888-678-2476  
 DESIGNED IN THE USA  
 MADE IN CHINA

Patents:  
[www.corehealthandfitness.com/patents](http://www.corehealthandfitness.com/patents)

Class SC Fitness Equipment.  
 Max User Weight 500 Lbs (227 Kg). Max Combined Weight 700 Lbs (318 Kg).

**i** **X** **CE** Mig.   
 Date

SKU   
 Serial

PN: 050-5300 Rev A

## SAFEGUARDS

The following fitness safeguards and operating precautions are directed to purchasers and users of the HIIT Bike™. Club Managers should ensure that members and fitness staff are trained to follow these same instructions failure to follow these safeguards may result in injury or serious health risk.

- Ensure that the seat height adjustment knobs are properly secured and do not interfere with range of motion during exercise.
- Children under the age of 16 should not ride the bike. The bike mechanism and ergonomics are designed for adult use only.
- Do not insert any object, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or other potentially moving part of the bike.
- The maximum weight for individuals riding the bike should not exceed 350 pounds (159 kilograms).
- Do not dismount the bike until both the pedals and the moving arms have stopped completely. Failure to comply may lead to loss of control and serious injury.
- If at any time you feel dizzy or have difficulty breathing, gradually stop pedaling and carefully dismount the bike.
- Listen to your body, ride at a pace that feels right for you.
- Keep children and pets away from the bike whenever it's in use.
- Never turn the pedal crank arms by hand.
- Stay hydrated. Drink water throughout your ride as needed.
- Always keep some resistance on the flywheel.
- Stay in control by executing all movements at a slow pace before attempting to increase your speed. Do not attempt to ride the bike in a standing position.
- Do not exercise at high speeds and intensity without having initially established a baseline fitness level and obtaining a medical clearance from your physician. Focus on form, posture and establishing a controllable pace before attempting any high intensity short duration sprints.
- Do not use the bike without proper footwear. Never operate the bike with bare feet.

## TESTING BIKE

Use the checklist below to perform the bike test procedure:

- Recheck all the bolts and make sure they are all tightened to the proper torque specification (when indicated) and no parts are missing.
- Test the seat post to make sure they move freely and you are able to lock in at different positions.
- Check the seat to make sure it is level and tight and does not rotate around or tilt. Tighten and adjust as needed.
- Test the seats horizontal adjustment for movement front to rear and check it by settings it at different settings.
- Adjust seat post to your needs (see [OPERATIONS](#) on page 21). Ride / test the bike for proper operation according to this owner's manual.  
**CAUTION:** The movement arms move whenever the pedals are turning. Do not dismount the bike until the pedals and movement arms come to a complete stop.
- Pedal the bike at a moderate pace and test for proper and smooth movement of the pedals and arms.
- When the testing is complete, even the movement arms, and tip the bike forward using the arms and roll it on a smooth surface to the final location and adjust the leveling feet so the bike is stable.

Your HIIT Bike™ is easy to use. There are no resistance knobs to adjust as the resistance comes from the isokinetic resistance created by the movement of air with the fan-shaped flywheel. Control over the resistance is obtained by simply varying the pace of pedaling and of the push / pull on the movement arms. Typically, exercising at a slower pace generates a lower resistance from the flywheel, enabling a cardiovascular endurance workout that can be sustained for extended periods of time. Higher pace exercise involving faster pedaling and more forceful pushing / pulling on the movement arms creates a greater resistance level that will deliver a greater muscle endurance or anaerobic workout. Anaerobic exercise and High Intensity Interval Training (HIIT) are much more strenuous forms of exercise that should only be undertaken by users that have established a base-line fitness level capable of adapting to this form of exercise. Users are also encouraged to discuss their health program or fitness regimen with their healthcare professional.

Additionally, the bike can be operated with only the use of the movement arms for an upper-body-only workout. The front foot platforms, located on either side of the flywheel are to be used when exercising only with the movement arms. Position feet securely on these platforms while pushing / pulling on the movement arms.

**NOTE:** the pedals will continue to rotate when the bike is used with the movement arms only. Be certain to maintain feet on the front foot platforms when exercising with the movement arms only so that feet stay clear of the rotating pedals.

## CALORIE AND WORK CALCULATION

Watts and calories are calculated based on the amount of work the user performs to move the belt at a specific RPM speed and a specific resistance setting. These values are reported the same for all users. Actual calories burned will vary based on the user's gender, size, and physical condition.



## SEAT ADJUSTMENTS

Proper bike setup gives you a more comfortable ride and reduces your risk of injury.

### To adjust the seat height:

Dismount the bike. Pull out on the seat height pop-pin to release it from its current preset location, while holding the seat with one hand. Raise or lower the seat to the desired height, then gently release the pop-pin. Raise or lower the seat slightly, if necessary, until the pop-pin engages a preset hole. The seat adjustment mechanism for the bike is designed to ratchet upwards without the need to pull out on the pop-pin, if desired seat height is known then this is an easy method to adjust the seat. Note that the ratcheting method only works when raising the seat height. In order to lower the seat height, pulling out on the pop-pin is required.

## SEAT HEIGHT

At the proper height, there should be a slight bend in your knee when you're at the bottom of a pedal stroke.

## FORE/AFT POSITION

Once the proper height has been achieved, adjust the seat forward or back so that when the feet are in the 3 o'clock and 9 o'clock positions, the forward knee is directly over the pedal axle. Recheck the seat height again after making the fore/aft adjustment, as moving the seat forward and backward can have the same effect as moving it higher or lower.

## TRAINING INFORMATION

### Before Beginning

Be sure the seat, handlebar and pedal straps are properly adjusted for your body size and comfort before beginning your workout. Consult your physician before beginning this or any other exercise routine. Discontinue any exercise that causes you discomfort and consult a medical expert.

### Warm-Up

Once you are in position and sitting on the bike with your hands in a comfortable position on the movement arms, slowly begin pedaling, while pushing / pulling on the arms. A gradual warm-up prepares the muscles and cardiovascular system for a more intense workout, and helps prevent potential injuries from occurring. Your warm-up should be sufficient once your breathing rate begins to increase and you begin to perspire lightly. The warm-up period should last about five minutes.

### Work Out

A brisk and rhythmic workout will train the muscles and cardiovascular system to perform at a higher efficiency. The key is to exercise aerobically; typically at 60% –75% of your maximum heart rate.

### Cool-Down

Slow and relaxed activity after a workout allows the muscles and cardiovascular system to gradually return to a resting level.

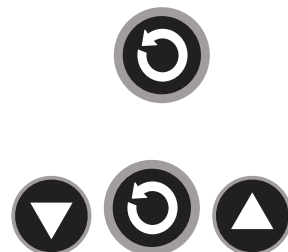
### Dismounting Bike

**WARNING:** DO NOT DISMOUNT THE BIKE OR REMOVE YOUR FEET FROM THE PEDALS UNTIL BOTH THE PEDALS AND THE MOVEMENT ARMS HAVE STOPPED COMPLETELY. Failure to comply may lead to loss of control and serious personal injury.

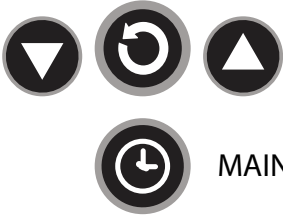


## HIIT Quick Start

- WAKE UP** PRESS ANY BUTTON ON CONSOLE OR START WORKOUT
- TRACK ACTIVITY** START WORKING OUT
- WORKOUT SUMMARY** STOP WORKOUT FOR 30 SECONDS OR PRESS **ENTER**
- CONSOLE RESET** PRESS **ENTER** AGAIN TO RESET  
Press **TIME PROGRAM** button
- TIME PROGRAM** Use **UP + DOWN** arrows to select desired time  
Press **ENTER** to set  
Press **ENTER** to start program  
Press **DISTANCE PROGRAM** button
- DISTANCE PROGRAM** Use **UP + DOWN** arrows to select desired distance  
Press **ENTER** to set  
Press **ENTER** to start program  
Press **CALORIE PROGRAM** button
- CALORIE PROGRAM** Use **UP + DOWN** arrows to select desired calories  
Press **ENTER** to set  
Press **ENTER** to start program  
Press **INTERVAL PROGRAM** button
- INTERVAL TIME PROGRAM** Use **UP + DOWN** arrows to select desired WORK time - **ENTER** to set  
Use **UP + DOWN** arrows to select desired REST time - **ENTER** to set  
Use **UP + DOWN** arrows to select desired number of INTERVALS  
Press **ENTER** to set  
Press **ENTER** to start program
- INTERVAL CALORIE PROGRAM** Press **INTERVAL PROGRAM + CALORIE PROGRAM** buttons  
Use **UP + DOWN** arrows to select desired CALORIES - **ENTER** to set  
Use **UP + DOWN** arrows to select desired REST time - **ENTER** to set  
Use **UP + DOWN** arrows to select desired number of INTERVALS  
Press **ENTER** to set  
Press **ENTER** to start program
- AVG/MAX** Press the AVG/MAX button to see average or max values displayed in speed and power windows
- WATTS/KCAL** press the WATTS/Kcal button to change the units displayed in the power window
- BACKLIGHT** **PRESS** to turn on the backlight  
Hold for 5 seconds to lock light on  
**PRESS** again to turn off
- BLUETOOTH** Press **BLUETOOTH** button - icon will flash  
Follow pairing instructions for your device
- HEART RATE** The Console will display heart rate from 5khz & Ant+ heart rate straps for 30 seconds after wake-up the console will search for a heart rate signal.



## Console Setup



**ACCESS** Within 15 seconds of console wake-up  
**MAINTENANCE MODE** Press **UP + DOWN + TIME** simultaneously to enter Maintenance Mode  
 Use **UP + DOWN** arrows to access maintenance screens

**SCREEN 1** CUMULATIVE HOURS AND DISTANCE  
**PRODUCT INFORMATION** SOFTWARE VERSION

**SCREEN 2** Press **TIME** button to adjust  
**ACTIVE TIME OUT** default 30 seconds


**SCREEN 3** Press **TIME** button to adjust  
**SUMMARY MODE TIME** default 15 seconds


**SCREEN 4** Press **TIME** to toggle through  
**SELECT MACHINE TYPE**  
**P1** TREAD (HIITMILL)  
**P2** BIC 1 (HIITBIKE / AIRFIT)  
**P3** ERGO (HIIT UBE)  
**P4** STEP  
**P5** BIC 2 (AIRFIT GEN 1)  
**P6-P9** NONE

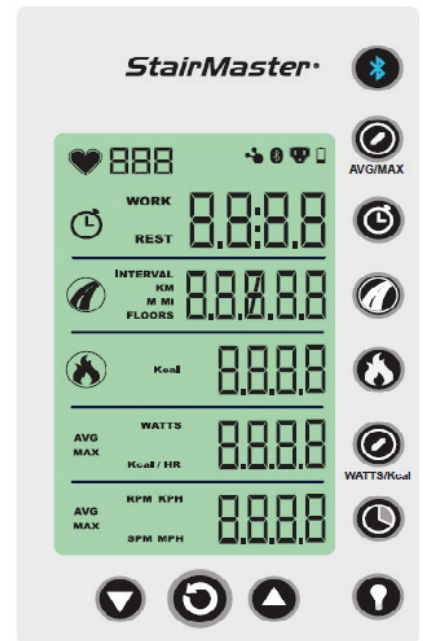
 **SCREEN 5** Press **DISTANCE** button to change units  
**SELECT UNITS**

 **SCREEN 6** Press **BLUETOOTH** button to turn ANT+ **ON** or **OFF**  
**ANT +**

**SCREEN 7** **FOR THE HIITMILL ONLY**  
**HIITMILL CALIBRATION** Press **RESISTANCE LEVER** to the **FORWARD** most position  
 Press **TIME** button to set angle to zero

 **SCREEN 8** **ONLY IF RECOMMENDED BY STAIRMASTER**  
**SOFTWARE UPDATE** **INSERT USB DRIVE** loaded with software into slot on **RIGHT SIDE OF CONSOLE**  
 Press **CALORIE** button  
 Wait for count up  
**REMOVE USB**

 **EXIT** Press **ENTER** to exit maintenance mode  
**MAINTENANCE MODE** Read owner's manual for complete instructions + safety warnings



## MOVING & LEVELING

### To move the bike to a new location:

Lift the bike from the rear and use the front wheels (located on the front leg, below the handlebar) to roll the bike from one location to another.

### To level the bike:

Use the four leveling adjusters (located on the underside of the front and rear legs) to compensate for uneven floor surfaces.

## TOOLS

Working on this product will require basic and/or sometimes specialty tools based on the type of service that will be performed at any time. To assist, we recommend having the tools listed available when performing maintenance.

Tool	
Crank Puller	Removing cranks & pedals
Metric Allen (Hex Key) Wrench Set	Tightening or removing various Allen head screws throughout the product.
Metric Sockets Set	Tightening or removing various hex nuts used throughout the product.
Metric Open Wrench Set	Tightening or removing various hex nuts used throughout the product.
Square Drive Ratchet Wrenches	To use in conjunction with Allen head and or hex socket sets.
Torque Wrench	Tightening various critical bolts throughout the product to specific torque specifications.
Phillips Head Screwdriver Set	Tightening or removing various Phillips head screws used throughout the product.
Flat Head Screwdriver Set	Prying off specific shrouds from wedged locations.

## PARTS REPLACEMENT

Depending on the use and maintenance of the product, certain items may need to be replaced upon inspection due to wear. These can be identified during scheduled inspections.

## DAILY MAINTENANCE

The life of your HIIT Bike™ product will be determined by how consistently you perform the daily maintenance procedures. Dry the HIIT Bike after each use to remove sweat and moisture. It is best to use a liquid non-abrasive cleaner diluted with water.

### Wipe Down / Cleaning

To prevent the build-up of rust and other forms of corrosion, wipe down the bike at the end of each day (or preferably at the end of each class). Raise all posts to the highest setting to expose moisture. Using an absorbent cloth, focus on all areas that perspiration can settle. Give particular attention to the following areas:

- Handlebar
- Seat / adjustable slide for the seat
- Flywheel
- Back leg assembly
- Belt guard
- Brake knob and bolt assembly
- Pop-pins
- Leveling feet

**NOTE:** Never use abrasive cleaning liquids or petroleum-based solvents when wiping down the bike.

## INSPECTION / ADJUSTMENT

Inspect major moving parts that require constant proper torque. Loose or misadjusted parts can result in personal injury or damage to the bike. Check the following parts for security and/or proper torque.

### Pedals

Verify that the pedals are re-torqued after the first 10 hours of use and every 100 hours of operation, thereafter. Use a torque wrench if components are loose.

**NOTE:** The pedal to the crank arm bolt torque is: 33-37 lb-ft.

**IMPORTANT:** It is not recommended that members change out the pedals on the bike.

## WEEKLY MAINTENANCE

Lift the bike from the rear and use the front wheels (located on the front leg, below the handlebar) to roll the bike from one location to another.

Have an experienced rider ride each bike to identify and help diagnose any vibration, noises, and any “unusual” feeling from the drive belt. Either faulty flywheel alignment or a loose belt can cause vibration.

Check for proper flywheel alignment. Torque flywheel nuts as necessary.

Inspect each bike for loose assemblies, parts, bolts and nuts. Give particular attention to the following:

- Tighten all frame base hardware.
- Tighten all pop-pin handles.
- Tighten seat hardware.
- Tighten pedal toe clip / toe straps.
- Inspect and tighten tension knob assembly.

## MONTHLY MAINTENANCE

The monthly maintenance check should be a comprehensive inspection of the overall frame and main assembly components of the HIIT Bike indoor cycling bike in addition to the Weekly Maintenance.

## INSPECTION AND ADJUSTMENT

Inspect the frame and main assembly components for rust or corrosion. Tilt the bike or place in an upside down position to locate areas where rust and corrosion may develop. Use a small, wire brush to remove rust build-up in small crevasses, such as leveling feet, pop pin handles and other bolt assemblies. Give particular attention to the following areas:

- Leveling feet
- Pop pin handles

Inspect all wear items for adjustments or possible part replacement.

Give particular attention to the following:

- Inspect brake pad for wear. Excessive wear, such as glazing or leather separation, indicates replacement is required.
- Inspect seat pad for wear. Rips, tears or excessive movement indicates replacement is required.
- Inspect pedals for play. Excessive movement of pedals indicates replacement is required.
- Tighten seat hardware.
- Tighten pedal toe clip / toe straps.
- Inspect and tighten tension knob assembly.
- Leveling feet.

## FRAME CARE

It is recommended that the frame on the each HIIT Bike is sealed from sweat impurities that may speed the corrosion process at least once a month.

### **Cleaning**

Using a clean terry cloth that is dampened in 30 parts water to 1 part non-abrasive detergent or car wash soap rub over the frame of the product.

### **Wash/Dry**

Dampen a clean terry cloth in an only water solution to wipe away any soap residue. Using a second clean and dry terry cloth; dry off any liquid residue.

### **Sealing**

The frame can be sealed by applying a wax or polishing coat that can help repel away liquids like human perspiration. Apply the wax or polish per the manufacturer's instructions for best results.

## **Core Health & Fitness, LLC Limited Warranty Commercial Fitness Products**

CORE HEALTH & FITNESS, LLC, warrants to the original purchaser that its Commercial Fitness Products are free of defects in workmanship and materials. Mechanical parts are covered for a period of two (2) years from date of purchase. Electronic parts are covered for one (1) year from the date of purchase. Labor is covered for a period of one (1) year from the date of purchase. Frames are warranted for 10 years from the date of purchase.

During the applicable warranty period, CORE HEALTH & FITNESS, LLC, will either repair or replace, at its option, defective part(s) at no charge. The Manufacturer does not warrant the heart rate system performance on its products, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

In order to implement the provisions of this limited warranty, the original purchaser must contact Customer Support at (888) 678-2476. Be prepared to provide the product serial number and a detailed description of the problem. Proof of purchase or warranty registration will be needed to verify warranty effectivity and obtain warranty service and/or parts. Do not return defective part(s) for repair or replacement without prior authorization.

CORE HEALTH & FITNESS, LLC, reserves the right to review defective part(s). All costs of shipping defective part(s) to and from CORE HEALTH & FITNESS, LLC, for inspection shall be borne solely by the original purchaser. Any repair or modification of defective part(s) by anyone other than an Authorized Technical Representative or Authorized Service Provider will void this warranty. If CORE HEALTH & FITNESS, LLC, determines, in its sole discretion, that it is impractical to ship defective part(s) to CORE HEALTH & FITNESS, LLC, CORE HEALTH & FITNESS, LLC, may designate, in its sole discretion, a repair facility to inspect and estimate the cost to repair such defective part(s). The cost, if any, of shipping defective part(s) to and from such repair facility and of such estimate shall be borne solely by the original consumer purchaser. Defective part(s) must remain available for inspection until the claim is finalized. Whenever claims are settled, CORE HEALTH & FITNESS, LLC, reserves the right to be subrogated under any existing insurance policies the claimant may have.

### **EXCLUSIONS**

This limited warranty does not apply to cosmetic damage, imperfections that are within design specification(s) or that do not materially alter functionality, or damage due to acts of God, accident, abuse, misuse, negligence, lack of normal maintenance, abnormal service or handling that differs from that specified for this model, improper installation or operation. In addition, alteration or modification of the product, or repair by anyone other than a CORE HEALTH & FITNESS, LLC, technical representative or authorized service provider will void this warranty. This warranty is valid only in the continental United States. It is the purchaser's responsibility to maintain the product per the owner's manual instructions that comes with each product. Failure to follow the maintenance instructions shall void the manufacturer's warranty.

### **DISCLAIMER OF WARRANTIES; LIMITATION OF LIABILITY**

THIS WARRANTY IS IN LIEU OF ALL OTHER WARRANTIES, EXPRESS OR IMPLIED, INCLUDING WITHOUT LIMITATION, THE IMPLIED WARRANTIES OF MERCHANTABILITY AND FITNESS FOR A PARTICULAR PURPOSE. REPAIR OR REPLACEMENT AS PROVIDED ABOVE SHALL BE THE SOLE AND EXCLUSIVE REMEDY AVAILABLE TO THE PURCHASER. CORRECTION OF DEFECTS, IN THE MANNER AND FOR THE PERIOD OF TIME DESCRIBED ABOVE, SHALL CONSTITUTE COMPLETE FULFILLMENT OF ALL LIABILITIES AND RESPONSIBILITIES OF CORE HEALTH & FITNESS, LLC TO THE PURCHASER WITH RESPECT TO CONTRACT, NEGLIGENCE, STRICT LIABILITY OR OTHERWISE. CORE HEALTH & FITNESS, LLC SHALL NOT BE LIABLE OR IN ANY WAY RESPONSIBLE FOR ANY INCIDENTAL OR CONSEQUENTIAL DAMAGES BASED UPON BREACH OF ANY EXPRESS OR IMPLIED WARRANTY ON THIS PRODUCT OR OTHERWISE.

Some states do not allow the exclusion or limitation of implied warranties or incidental or consequential damages, so the above exclusions and limitations may not apply to you. This warranty gives you specific legal rights, and you may also have other rights, which may vary, from state to state.

From P/N: 620-8360. REV: A. DOC., WARRANTY, COMMERCIAL Effective November, 2015

