

SOLE
FITNESS

OWNER'S MANUAL
16608706000
ST600 Strider

*Please carefully read this entire manual
before operating.*

ATTENTION: *Before returning your Sole product to any retailer, or if you require any assistance with assembly or technical support please call us first for assistance at 1-888-707-1880. Thank you for your Sole purchase.*

TABLE OF CONTENTS

Product Registration	2
Important Safety Instructions	3
Important Operation Instructions	4
Assembly Instructions	5
Operation of Your New Strider	16
Exploded View Diagram	25
Parts List	27
Training Guidelines	30
Using Heart Rate Monitor	35
Manufacturer's Limited Warranty	36

ATTENTION

THIS STRIDER IS INTENDED FOR **RESIDENTIAL USE ONLY** AND IS WARRANTED FOR THE APPLICATION. ANY OTHER APPLICATION **VOIDS** THIS WARRANTY IN ITS ENTIRETY.



FITNESS

CONGRATULATIONS ON YOUR NEW STRIDER AND WELCOME TO THE SOLE FAMILY!

Thank you for your purchase of this quality Sole Strider from Dyaco Canada Inc. Your new strider has been manufactured by one of the leading fitness manufacturers in the world and is backed by one of the most comprehensive warranties available. Dyaco Canada Inc. will do all we can to make your ownership experience as pleasant as possible for many years to come.

If you have any questions about your new Sole product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.

Please take a moment at this time to record below the name of the dealer, their telephone number, and the date of purchase for easy contact in the future. We appreciate your confidence in SOLE and we will always remember that you are the reason that we are in business. Please complete and mail your registration card today and enjoy your new Strider.

Yours in Health,
Dyaco Canada Inc.

Name of Dealer _____

Telephone Number of Dealer _____

Purchase Date _____

PRODUCT REGISTRATION

RECORD YOUR SERIAL NUMBER

Please record the Serial Number of this fitness product in the space provided below.

Serial Number _____

IMPORTANT SAFETY INSTRUCTIONS

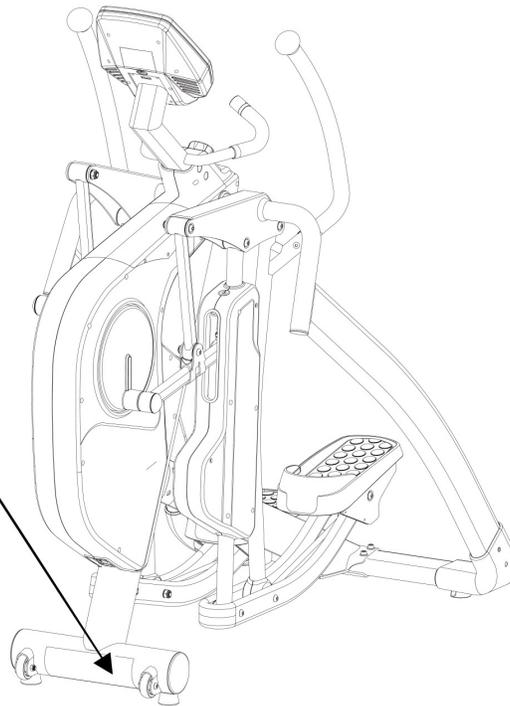
Thank you for purchasing our product. Even though we go to great efforts to ensure the quality of each product we produce, occasional errors and /or omissions do occur. In any event should you find this product to have either a defective or a missing part please contact us for a replacement.

This exercise equipment was designed and built for optimum safety. However, certain precautions apply whenever you operate a piece of exercise equipment. Be sure to read the entire manual before assembly and operation of this machine. Also, please note the following safety precautions:

1. Read the OWNER'S OPERATING MANUAL and all accompanying literature and follow it carefully before using your strider.
2. If dizziness, nausea, chest pains, or any other abnormal symptoms are experienced while using this equipment, STOP the workout at once. CONSULT A PHYSICIAN IMMEDIATELY.
3. Inspect your exercise equipment prior to exercising to ensure that all nuts and bolts are fully tightened before each use.
4. The strider must be regularly checked for signs of wear and damage. Any part found defective must be replaced with a new part from the manufacturer.
5. Fitness equipment must always be installed on a flat surface. It is recommended to use an equipment mat to prevent the unit from moving while it is being used, which could possibly scratch or damage the surface of your floor.
6. No changes must be made which might compromise the safety of the equipment.
7. It is recommended to have a minimum of 2' safe clearance around the exercise equipment while in use.
8. Do not allow children to use or play on the strider. Keep children and pets away from this equipment at all times while exercising.
9. The strider should only be used by one person at a time.
10. Maximum user weight 350lbs (157KG).
11. Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterward. This allows your heart rate to gradually increase and decrease and will help prevent you from straining muscles.
12. Never hold your breath while exercising. Breathing should remain at a normal rate in conjunction with the level of exercise being performed .
13. Always wear suitable clothing and footwear while exercising. Do not wear loose fitting clothing that could become entangled with the moving parts of your strider. Do not exercise in bare feet or socks. Proper footwear such as running, walking or cross training shoes should be worn.
14. Tie all long hair back. Remove all personal jewelry before exercising.
15. Be careful to maintain your balance while using, mounting, dismounting the strider, loss of balance may result in a fall and bodily injuries.
16. After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
17. Injuries may result from incorrect or excessive training and using the equipment other than as directed or recommended by your doctor.

19. Care must be taken when lifting or moving the equipment, so as not to injure your back. Always use proper lifting techniques
20. A decal like the example shown below has been placed on the strider. If the decal is missing or illegible, please call our Customer Service Department toll-free at 1-888-707-1880 to order a replacement decal. Apply the decal in the location shown.

WARNING AVERTISSEMENT	
MODEL/MODÈLE#	(PR: 0715)
SERIAL / NUMÉRO DE SÉRIE: 703204	
FOR CONSUMER USE ONLY. MAX USER WEIGHT LIMIT: LBS (KG) CAUTION: SMALL CHILDREN AND PERSONS PHYSICALLY HANDICAPPED SHOULD NOT USE ANY EXERCISE EQUIPMENT WITHOUT A QUALIFIED PERSON IN ATTENDANCE. WARNING: KEEP CHILDREN AWAY FROM THE CYCLE. KEEP BODY AND CLOTHING FREE AND CLEAR OF ALL MOVING PARTS. THE POSSIBILITY OF SERIOUS INJURIES AND DEATH IF CAUTION IS NOT USED. READ ALL WARNINGS AND INSTRUCTIONS PRIOR TO USE. REPLACE LABEL IF DAMAGED, ILLEGIBLE OR REMOVED. THE EXERCISE CYCLE DOES NOT FREE-WHEEL. SPINNING PEDALS CAN CAUSE INJURY. PEDAL SPEED SHOULD BE REDUCED IN A CONTROLLED MANNER. MADE IN CHINA	
USAGE À DES FINS PERSONNELLES SEULEMENT. POIDS LIMITE DE L'USAGER: LBS (KG) ATTENTION: LES ENFANTS ET LES PERSONNES AYANT UN HANDICAP PHYSIQUE NE DOIVENT PAS UTILISER L'ÉQUIPEMENT SANS LA SUPERVISION D'UNE PERSONNE QUALIFIÉE. AVERTISSEMENT: GARDER LES ENFANTS À L'ÉCART DU CYCLE-EXERCISEUR. GARDER LE CORPS ET LES VÊTEMENTS ÉLOIGNÉS DE TOUTE PIÈCE MOBILE. LE DÉFAUT DE VIGILANCE DANS L'UTILISATION DE CET APPAREIL POURRAIT ENTRAÎNER DE GRAVES BLESSURES ET MÊME LA MORT. LIRE TOUS LES AVERTISSEMENTS ET TOUTES LES DIRECTIVES AVANT L'UTILISATION. REMPLACER TOUTE ÉTIQUETTE ENDOMMAGÉE, ILLISIBLE OU MANQUANTE. LE CYCLE D'EXERCISE N'A PAS DE ROUE LIBRE. LE FAIT DE TOURNER LES PÉDALES PEUT CAUSER DES BLESSURES. LA VITESSE DES PÉDALES DOIT ÊTRE RÉDUITE DE MANIÈRE CONTRÔLÉE. FABRIQUÉ EN CHINE	
Dyaco Canada Inc. <small>Don Murie St. Niagara Falls, Ontario, L2G Customer Service Service à la clientèle 1-888-707-1880</small>	



FITNESS EQUIPMENT OPERATION INSTRUCTIONS

- To disconnect, turn all controls to the off position, then remove the plug from the outlet.
- Do not operate equipment on deeply padded, plush or shag carpet. Damage to both carpet and equipment may result.
- Before beginning this or any exercise program, consult a physician. This is especially important for persons over the age of 35 or persons with pre-existing health conditions.
- Keep hands away from all moving parts.
- The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
- Do not attempt to use your equipment for any purpose other than for the purpose it is intended.
- Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your equipment. Quality athletic shoes are recommended to avoid leg fatigue.

Failure to follow all guidelines may compromise the effectiveness of the exercise experience, expose yourself (and possibly others) to injury, and reduce the longevity of the equipment.



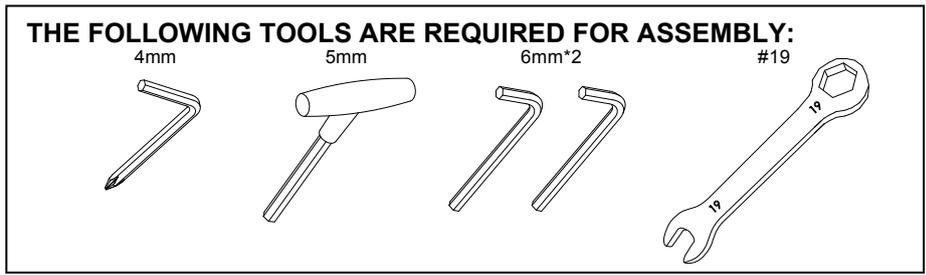
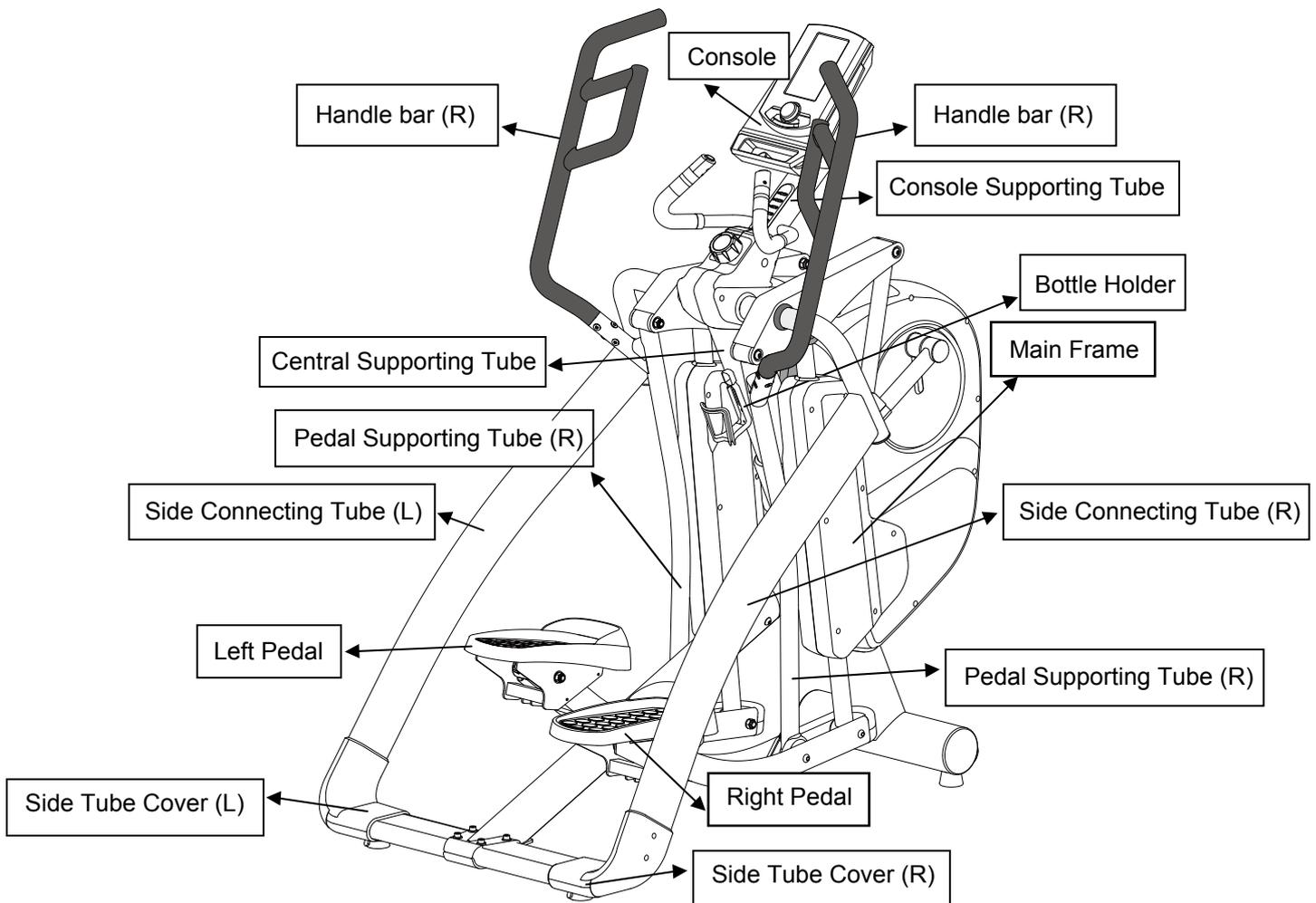
WARNING: BEFORE BEGINNING ANY EXERCISE PROGRAM CONSULT YOUR PHYSICIAN. THIS IS ESPECIALLY IMPORTANT FOR INDIVIDUALS OVER THE AGE OF 35 OR PERSONS WITH PRE-EXISTING HEALTH PROBLEMS. READ ALL INSTRUCTIONS BEFORE USING ANY FITNESS EQUIPMENT. WE ASSUME NO RESPONSIBILITY FOR PERSONAL INJURY OR PROPERTY DAMAGE SUSTAINED BY OR THROUGH THE USE OF THIS PRODUCT.

SAVE THESE INSTRUCTIONS – THINK SAFETY!
CAUTION! Please be careful when unpacking the carton.

BEFORE YOU BEGIN

Thank you for choosing the Sole ST600 Strider. We take great pride in producing this quality product and hope it will provide many hours of quality exercise to make you feel better, look better, and enjoy life to its fullest. It's a proven fact that a regular exercise program can improve your physical and mental health. Too often, our busy lifestyles limit our time and opportunity to exercise. The Sole ST600 Strider provides a convenient and simple method to begin your assault on getting your body in shape and achieving a happier and healthier lifestyle. Before reading further, please review the drawing below and familiarize yourself with the parts that are labeled.

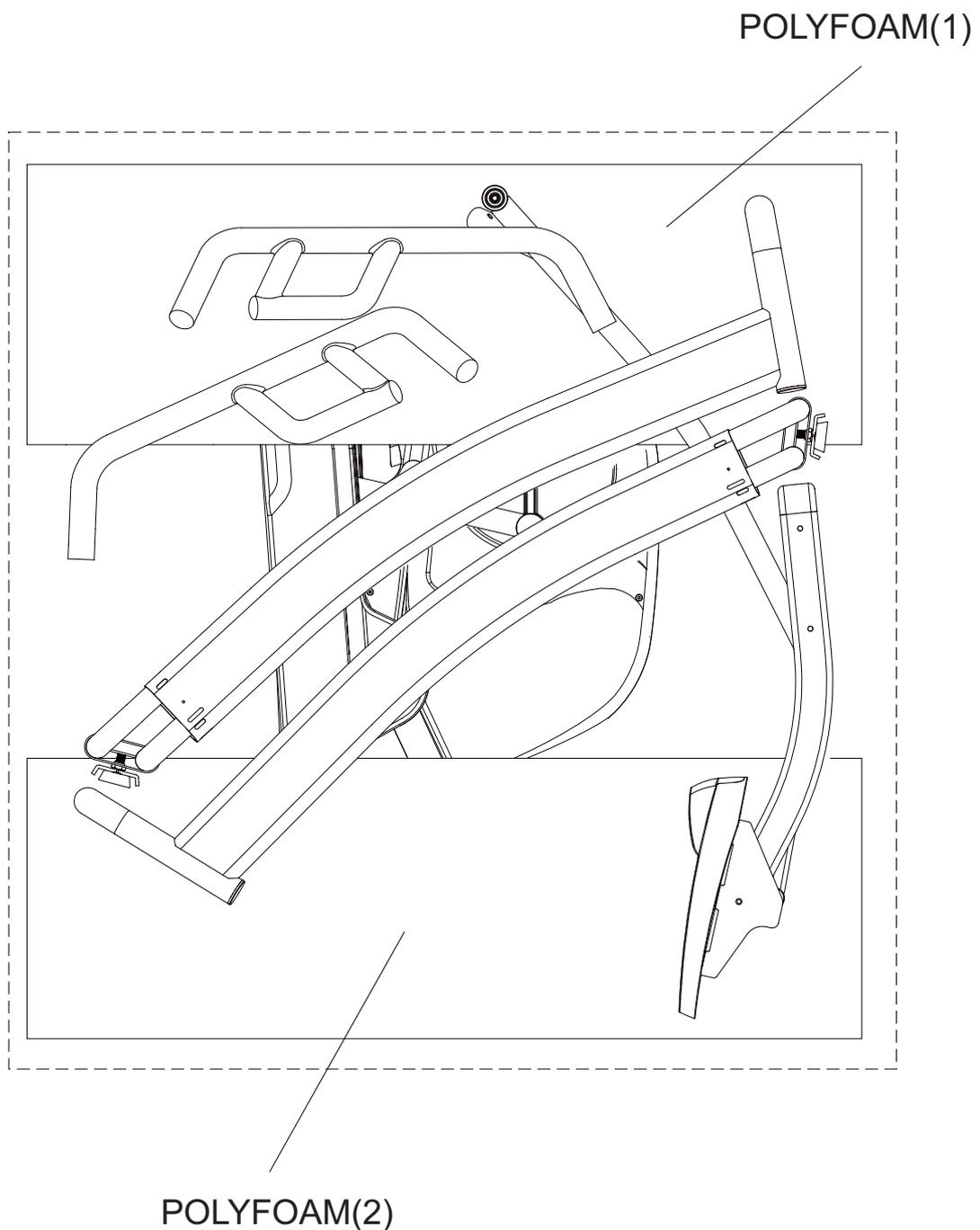
Read this manual carefully before using the Sole ST600 Strider. Although Dyaco Canada Inc. constructs its products with the finest materials and uses the highest standards of manufacturing and quality control, there can sometimes be missing parts or incorrectly sized parts. If you have any questions or problems with the parts included with your Sole ST600 Strider please do not return the product. Contact us **FIRST!** If a part is missing or defective call us toll free at 1-888-707-1880. Our Customer Service Staff are available to assist you from 8:30 A.M. to 5:00 P.M. (Eastern Time) Monday through Friday. Be sure to have the name and model number of the product available when you contact us.



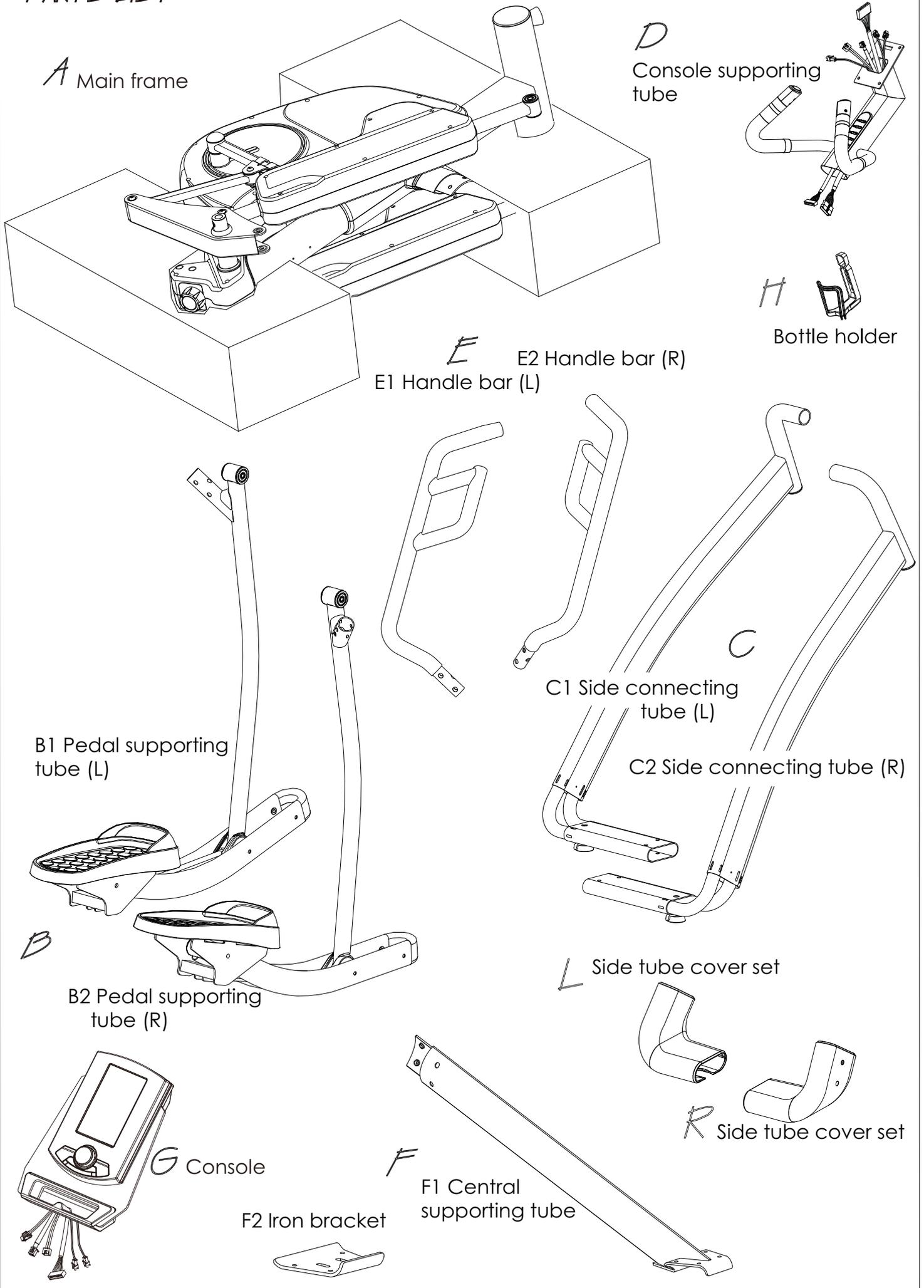
Warning:

Unpacking Caution:

- A. Lay the box down flat so that the lid can be lifted. Unpack the handle bars, side supporting tubes, pedal supporting tube and owners manual. Remove the top polyfoam pieces #1 & #2 and finish unpacking the console, console supporting tube, central supporting tube, pedal supporting tube and hardware bag. Please leave the main frame(A) and bottom polyfoam pieces #3 & #4 inside the box until instructed to remove them.
- B. *Note: FOR SAFETY REASONS, DO NOT turn the pedal locking feature knob to the unlock position until instructed to do so at the end of the assembly.*



PARTS LIST



A Main frame

D Console supporting tube

H Bottle holder

E E2 Handle bar (R)
E1 Handle bar (L)

B1 Pedal supporting tube (L)

C1 Side connecting tube (L)

C2 Side connecting tube (R)

B2 Pedal supporting tube (R)

L Side tube cover set

R Side tube cover set

G Console

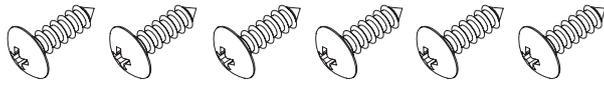
F2 Iron bracket

F1 Central supporting tube

PARTS LIST

✓

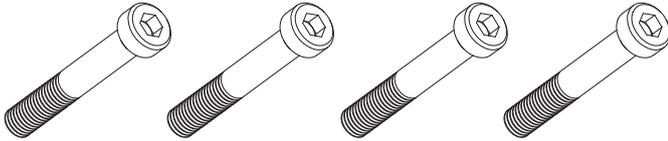
(J2) Screw M4X16



(J3) Screw M4X6



(J4) Screw M8X55



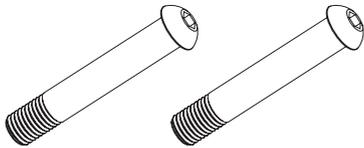
(J5) Washer M8



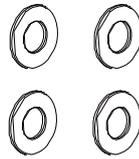
(J6) Screw M8X20



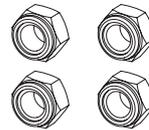
(J7) Screw M12X73



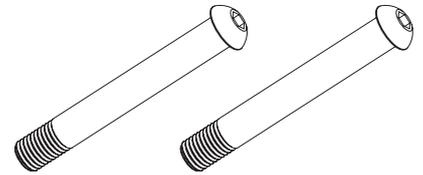
(J8) Washer M12



(J9) Nut M12



(J10) Screw M12X109



(J13) Screw M8X16

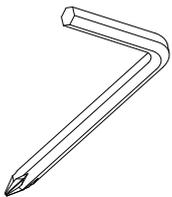


(J14) Screw M5

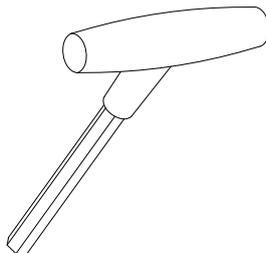


TOOL

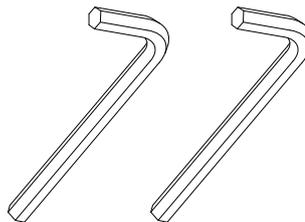
4mm



5mm



6mm*2



#19

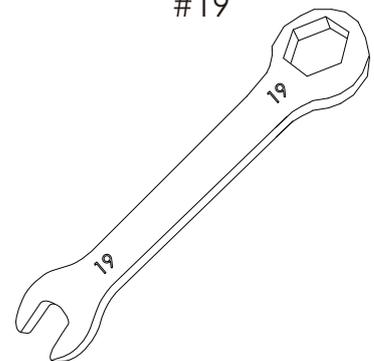


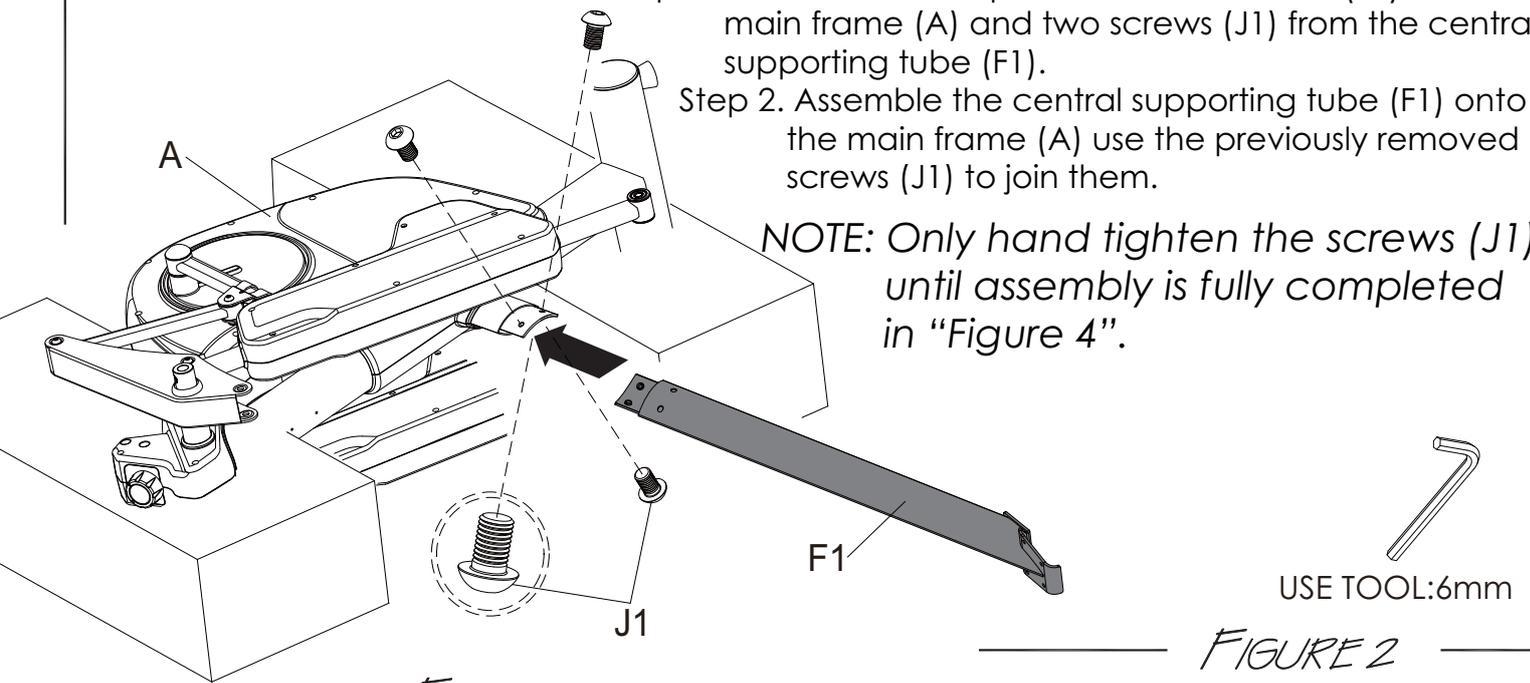
FIGURE 1

FIGURE 1 — **CENTRAL SUPPORTING TUBE (F1) ASSEMBLY**

Step 1. Remove the two pre-assembled screws (J1) from the main frame (A) and two screws (J1) from the central supporting tube (F1).

Step 2. Assemble the central supporting tube (F1) onto the main frame (A) use the previously removed screws (J1) to join them.

NOTE: Only hand tighten the screws (J1) until assembly is fully completed in "Figure 4".



USE TOOL:6mm

FIGURE 2

FIGURE 2 — **SIDE TUBE COVER SETS (L+R) ASSEMBLY**

Step 1. Connect the right side tube cover (R2) onto the cover (R1) and secure using screw (J2).

Step 2. Follow the step 2-1 to 2-4 to assemble the side tube cover sets.

2-1. Connect the covers (R1 & R2) onto the right side connecting tube (C2).

2-2. Connect the cover (R3) onto the tube (C2).

2-3. Connect the cover (R4) onto the tube (C2).

2-4. Secure the cover set by screw (J3) first then two screws (J2) as shown in the diagram.

Step 3. Repeat these steps to assemble the left side tube cover set (L).

USE TOOL:4mm
(Phillips Screw Driver)

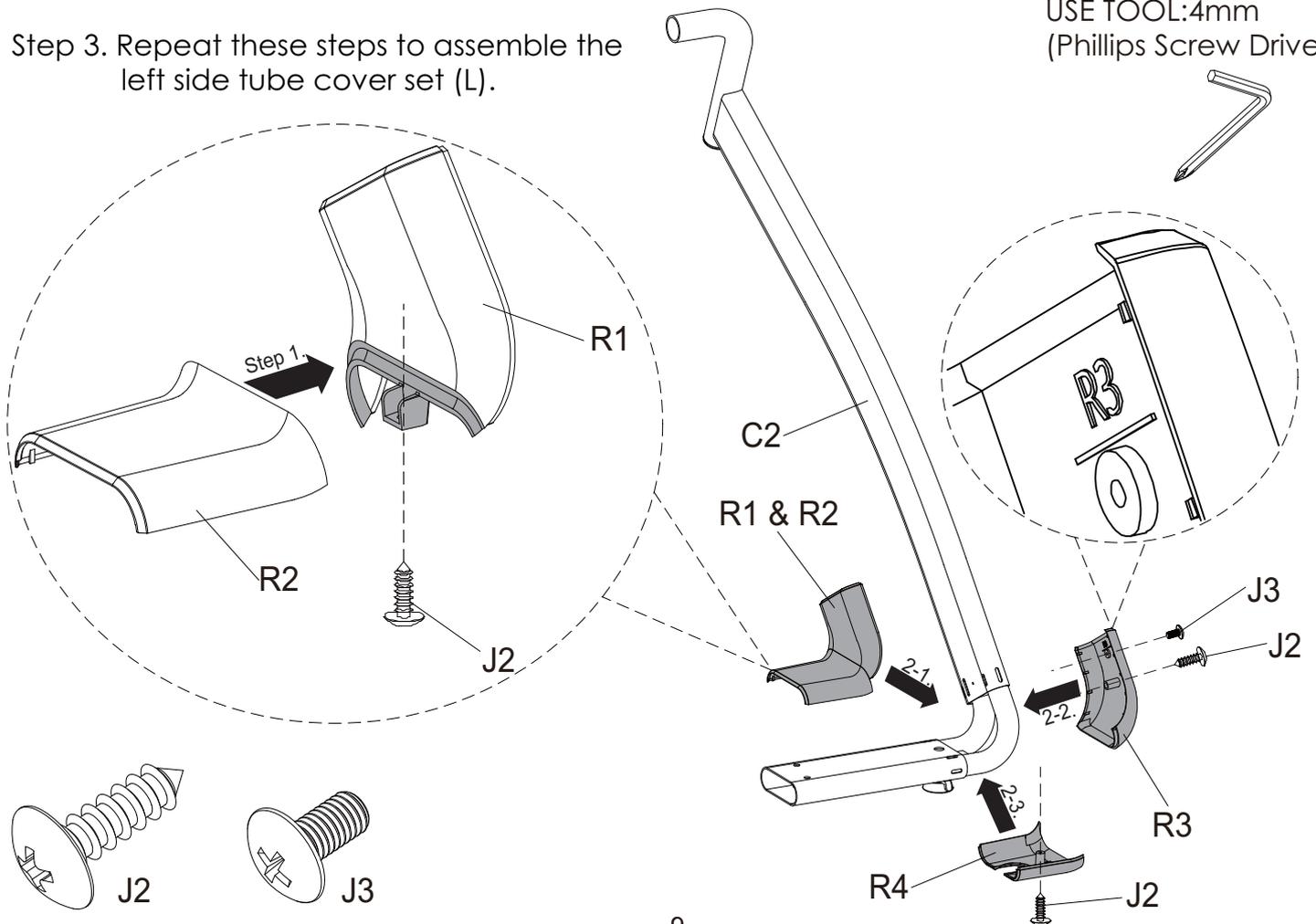


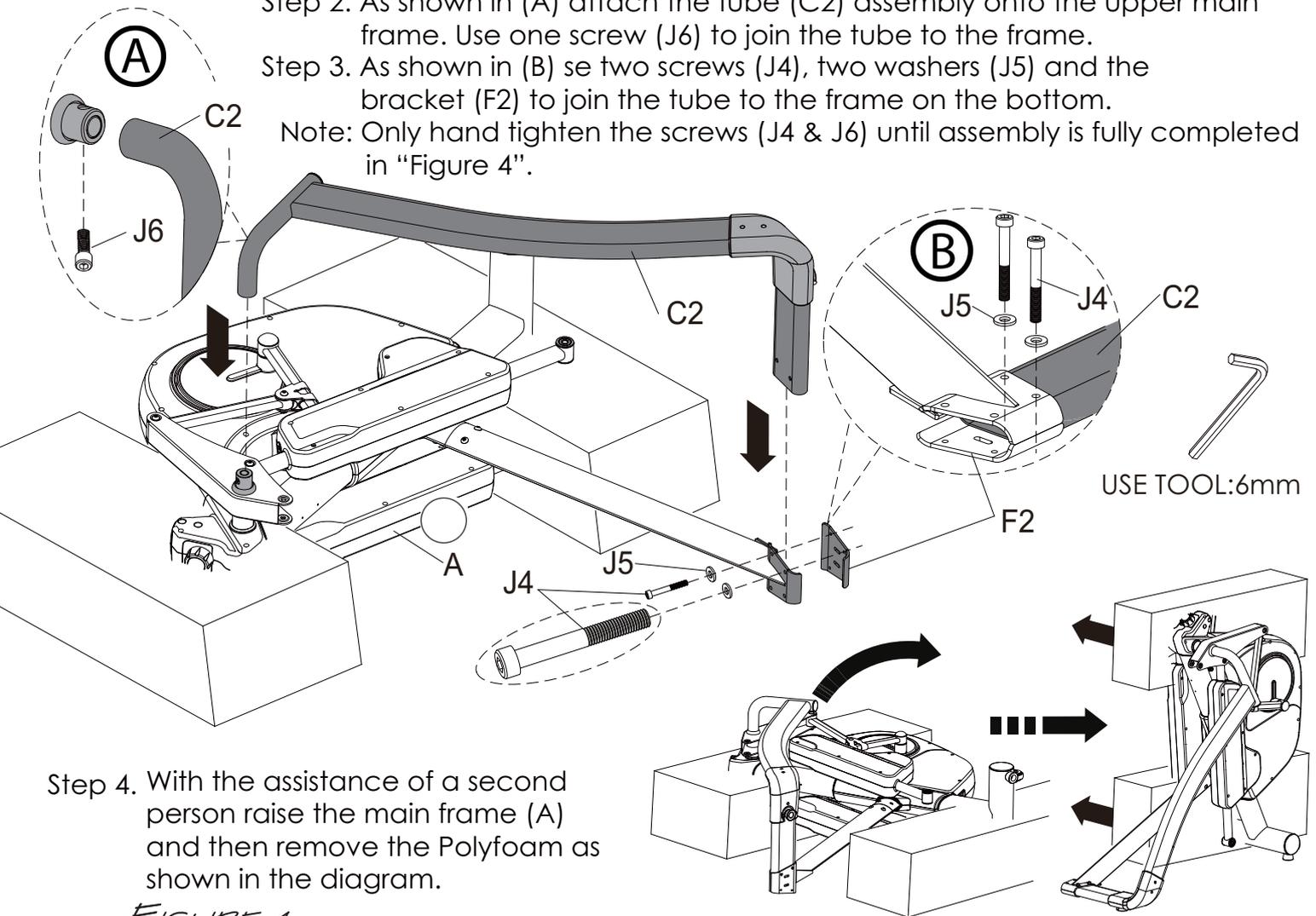
FIGURE 3 — RIGHT SIDE CONNECTING TUBE ASSEMBLY

Step 1. As shown in diagrams(A & B) attach the right side connecting tube (C2) assembly to the machine.

Step 2. As shown in (A) attach the tube (C2) assembly onto the upper main frame. Use one screw (J6) to join the tube to the frame.

Step 3. As shown in (B) use two screws (J4), two washers (J5) and the bracket (F2) to join the tube to the frame on the bottom.

Note: Only hand tighten the screws (J4 & J6) until assembly is fully completed in "Figure 4".



Step 4. With the assistance of a second person raise the main frame (A) and then remove the Polyfoam as shown in the diagram.

FIGURE 4

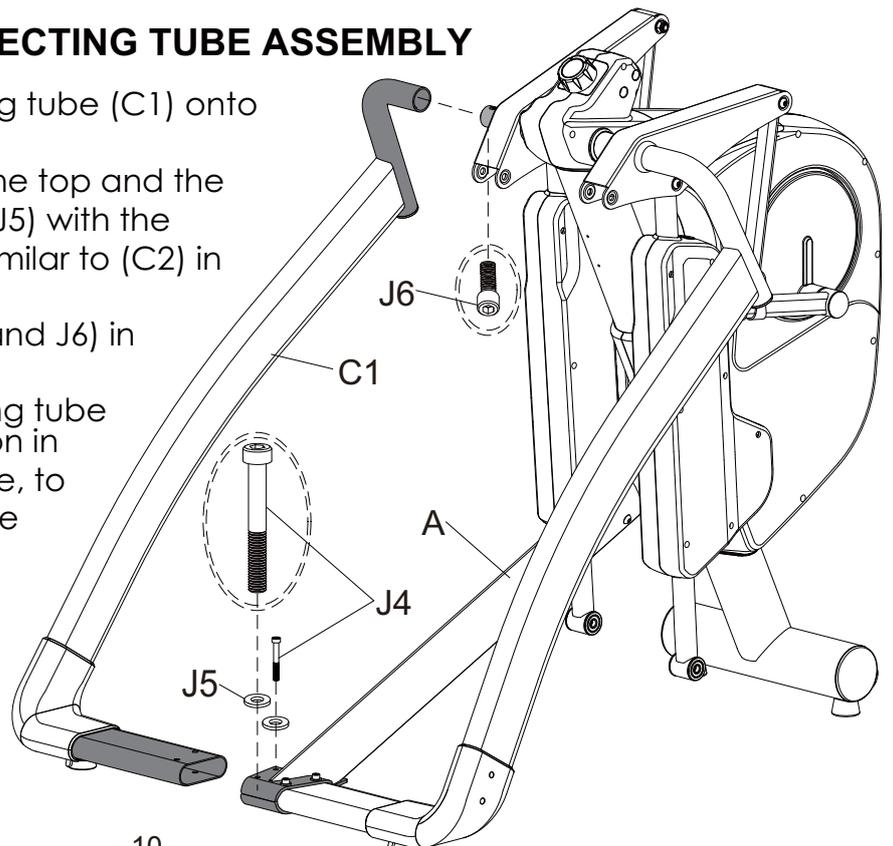
FIGURE 4 — LEFT SIDE CONNECTING TUBE ASSEMBLY

Step 1. Attach the left side connecting tube (C1) onto the main frame (A).

Step 2. Secure it using screw (J6) on the top and the two screws (J4), two washers (J5) with the bracket (F2) on the bottom, similar to (C2) in "Figure 3".

Step 3. Tighten all the screws (J1, J4, and J6) in "Figure 1" to "Figure 4".

Note: Make sure the central supporting tube is assembled in a proper position in relation to the main frame tube, to avoid the foot pedals hitting the central support tube.



USE TOOL:6mm

FIGURE 5

PEDAL SUPPORTING TUBE ASSEMBLY

Step 1. As shown in (C) connect the right pedal supporting tube (B2) to the main frame (A). Use the tools provided to tighten screw (J7), washer (J8) and nut (J9).

Step 2. As shown in (D) connect and align the right lower pedal supporting tube (B5) to the front pedal supporting tube on the main frame (A). Use the tools provided to tighten screw (J10), washer (J8) and nut (J9).

Step 3. As shown in (E) firmly tighten the pre-installed screw (J10) and nut (J9) firm.

Step 4. Repeat these steps to assemble the left pedal supporting tube (B1).

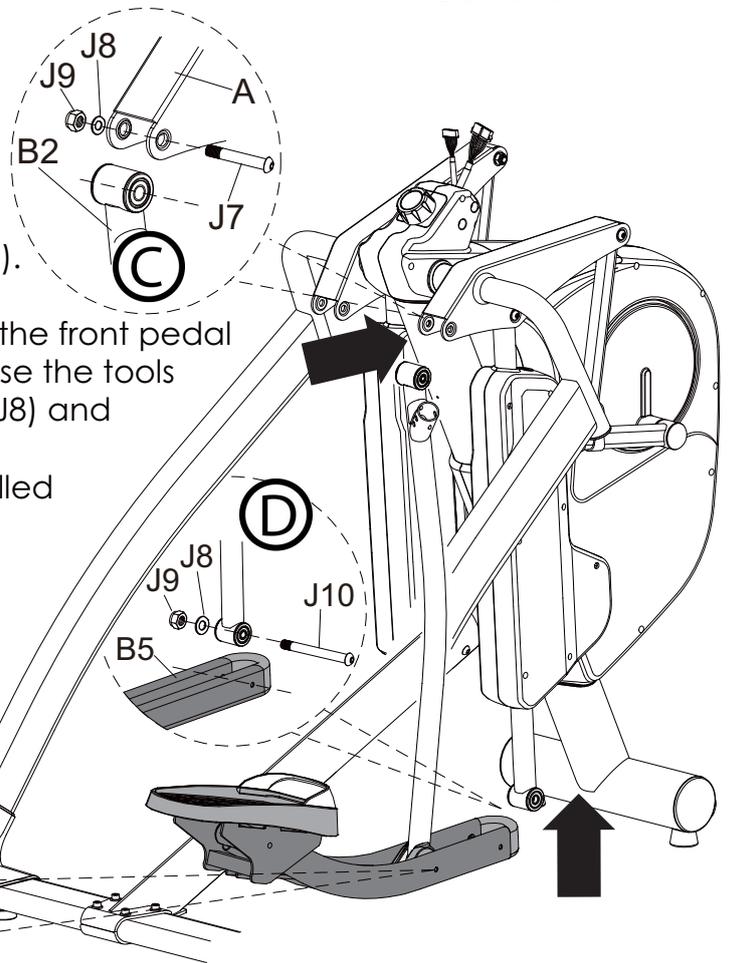


FIGURE 6
FIGURE 6 — HANDLE BAR ASSEMBLY

Step 1. Remove the six pre-installed screws (J11 & J12) from the left handle bar (E1) .

Step 2. As shown in (F) assemble the left handle bar (E1) into the main frame (A). Use the two 6mm allen wrenches to tighten the six pieces (J11&J12).

Note: Make sure to tighten handle bar screws securely to prevent a clicking noise in the handle bars. Wiggle the handle bars to help J11*6 to help thread the screws in place and then tighten fully.

Step 3. Repeat these steps to assemble the right handle bar (E2).

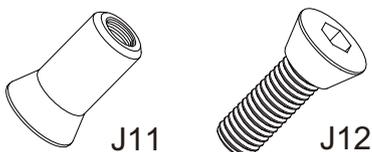
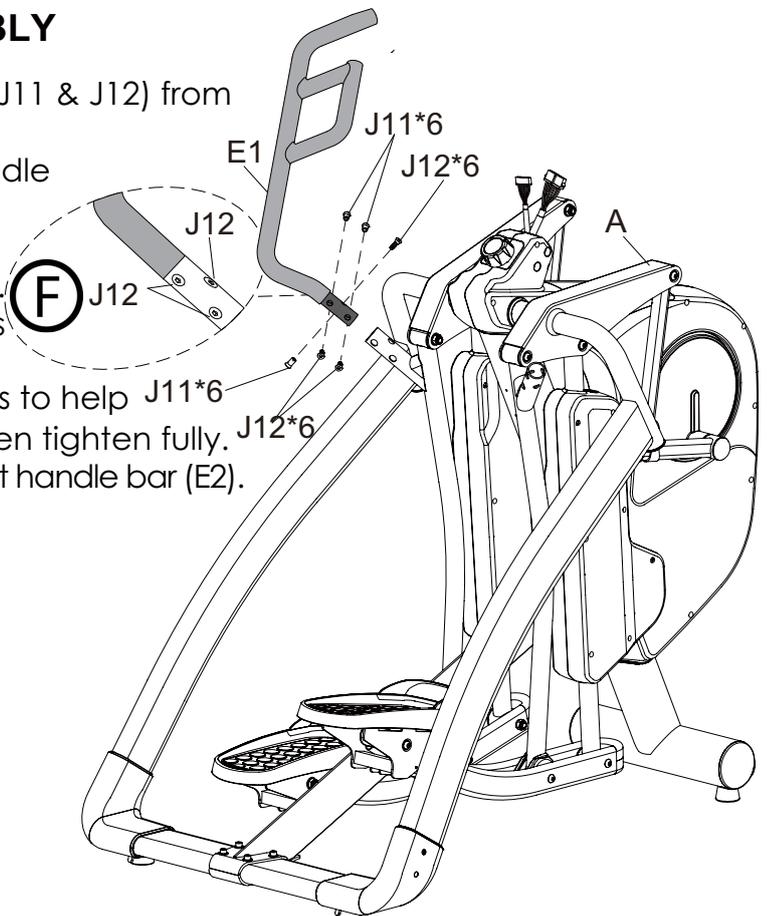
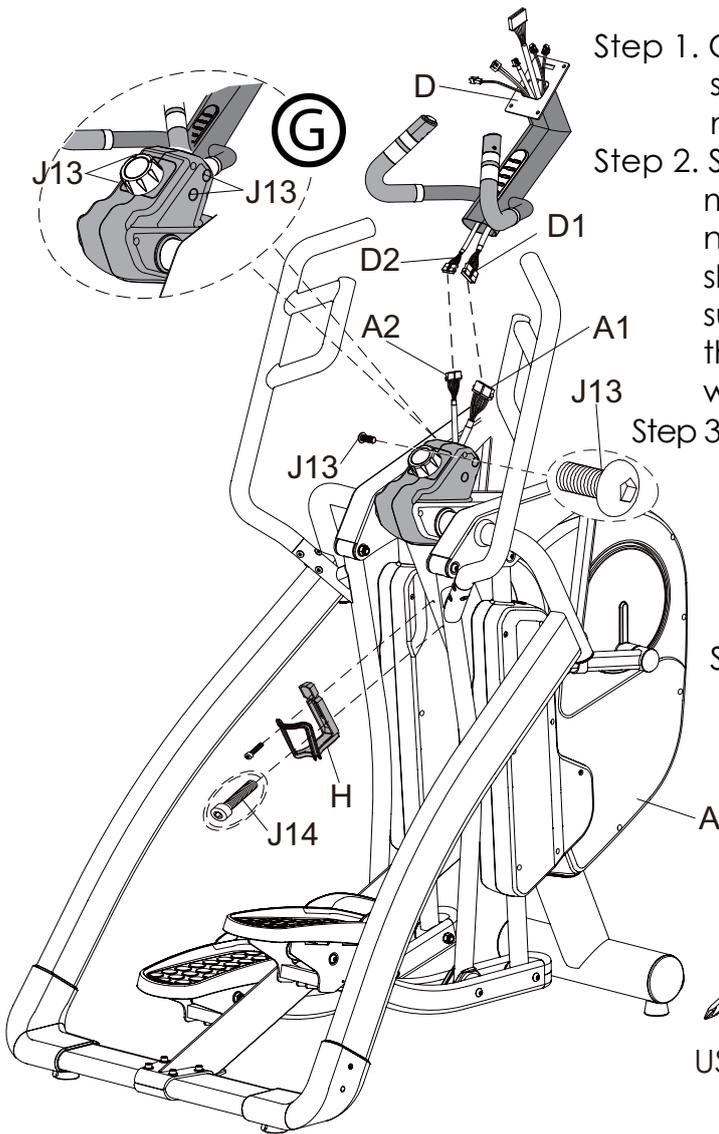


FIGURE 7 — **CONSOLE SUPPORTING TUBE AND BOTTLE HOLDER ASSEMBLY**



- Step 1. Connect wires (D1 & D2) from the console supporting tube (D) to wires (A1 & A2) from the main frame (A).
- Step 2. Slide the console supporting tube (D) onto the main frame (A). Store excess wires into the tube. If needed, loosen the pre-installed screw (J13) slightly in the main frame (A) to help slide console supporting tube down or to help align holes for the screws (J13). Be careful not to pinch the wires while assembling the tube.
- Step 3. Using the 5mm allen wrench firmly tighten the four screws (J13).
- Note : Make sure that all wires are connected together properly; all screws (J13) are tightened to prevent the console support tube from becoming loose.
- Step 4. Use the two screws (J14) located in the water bottle holder bag to attach the water bottle holder (H) to the main frame (A).

FIGURE 8

FIGURE 8 — **CONSOLE ASSEMBLY**

- Step 1. Remove the four screws (G1) from the back of console (G).
- Step 2. Connect console wires (D1, D3, G3, G4) and heart rate wires (D4) to the console. Heart rate wires can be interchangeable.
- Note : Make sure the wires are connected together properly. Push and store excess wires back into the console supporting tube (D). Be careful not to pinch the wires while assembling the console.
- Step 3. Hand tighten the four screws (G1) at first, then use the screw driver to tighten the four screws (G1) to secure the console (G) onto the console supporting tube (D).
- Step 4. Adjust the levelers on the bottom rear of supporting tubes to stabilize the machine.

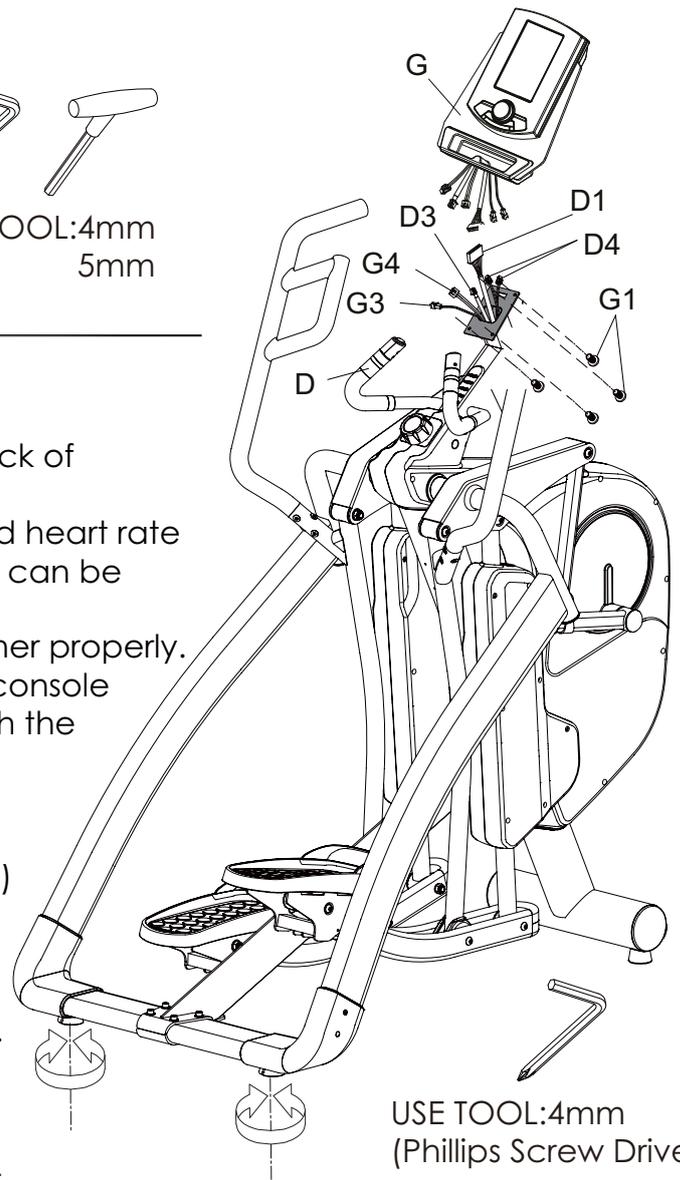


FIGURE 9

FIGURE 9 — POWER CORD ASSEMBLY

Insert the power cord into the power socket on the main frame before plugging the power cord into the wall outlet.

Turn the AC power switch on.

Flip the ON/OFF switch to the ON position.
"0" sign is for OFF; "I" sign is for ON.

Note: The Overload switch is to ensure the device does not short out and provides protection. Overload switch will pop-up when the machine is electrically overloaded. Turn off the AC power switch and turn it back on to restart the machine.

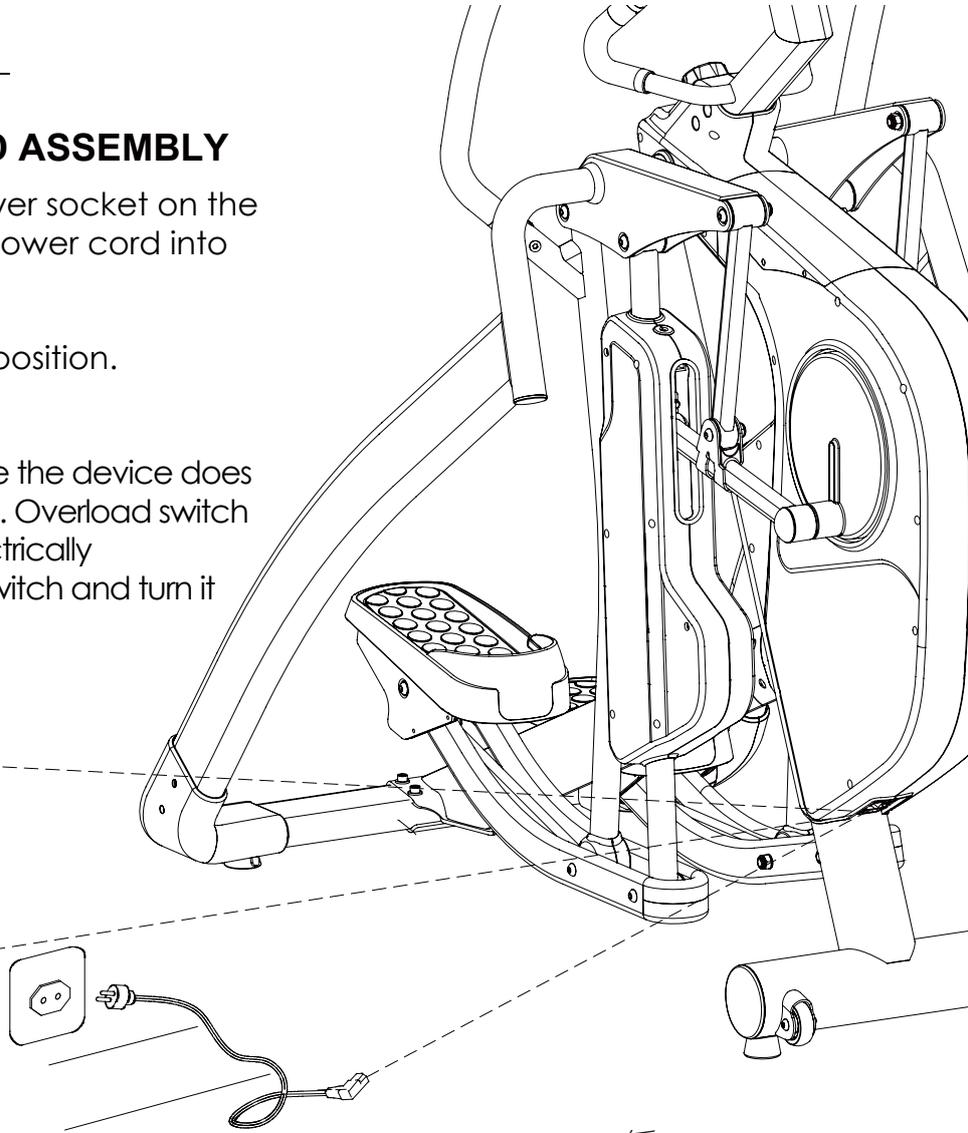
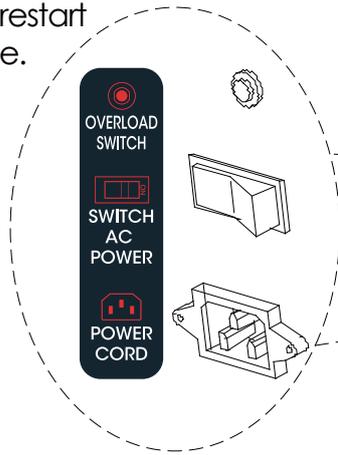


FIGURE 10

FIGURE 10 — Pedal Locking Feature

FOR YOUR SAFETY, this machine is equipped with a pedal locking feature. The pedals can be manually disabled so that they cannot be accidentally moved. Turn the knob left or right one click until you see the arrow point to the "LOCK OR UNLOCK" symbol. While the machine is idle; NEVER in motion, turn the knob (A3) to "LOCK" to disable the pedals or turn the knob to "UNLOCK" to release the pedals. Never attempt to lock or unlock the pedals while the strider is in motion. The machine should always be in the "LOCK" position when not in use to prevent injury.

WARNING: FOR YOUR SAFETY, never engage the pedal locking feature while the machine is in motion, it is only safe to move the knob when the strider is at a full complete and stop.

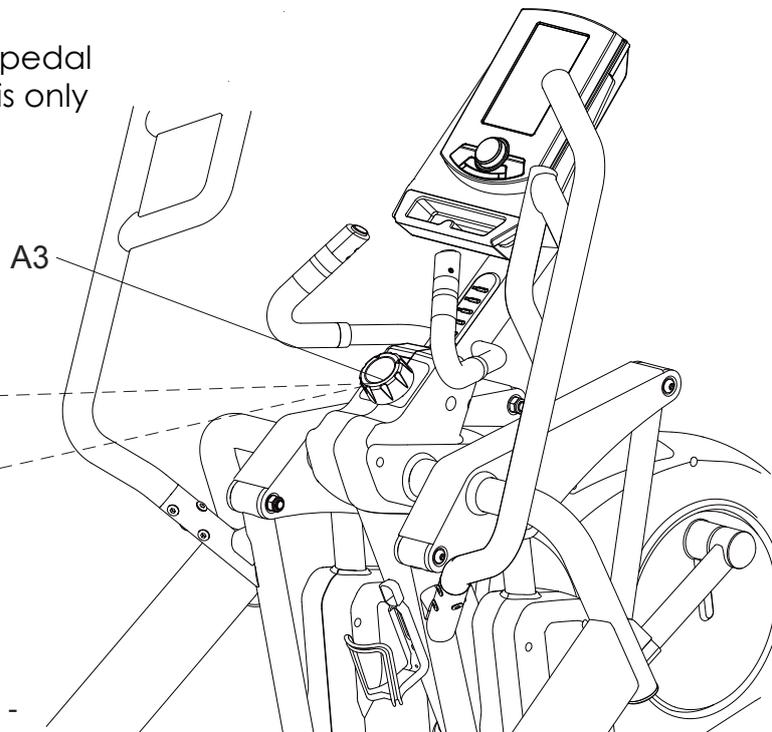
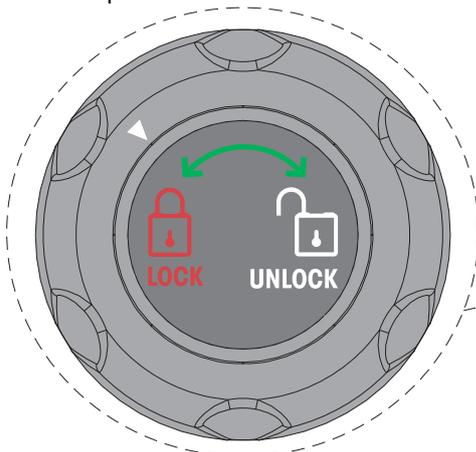


FIGURE 11 — HOW TO TRANSPORT THE MACHINE

Before the machine is transported to a different location, make sure that the pedal lock knob is in the "LOCK" position. Lift up both sides of the rear supporting tubes until the front transportation wheels are touching the ground. You may now move the machine to the desired location. After the move, gently set the machine down at its new location. If needed adjust the levelers on the bottom rear of supporting tubes to stabilize the machine when in motion.

WARNING: Never attempt to lift the machine alone, always ask for help when moving the machine. Do not lift the machine if you have any medical issues.

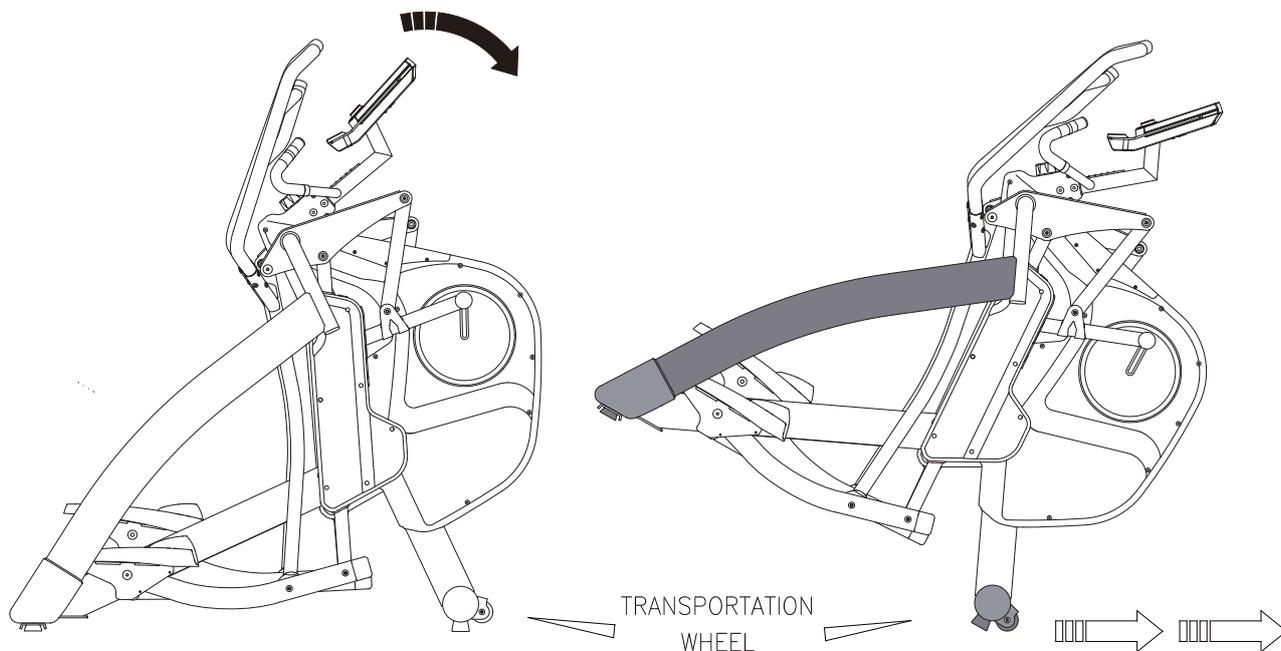
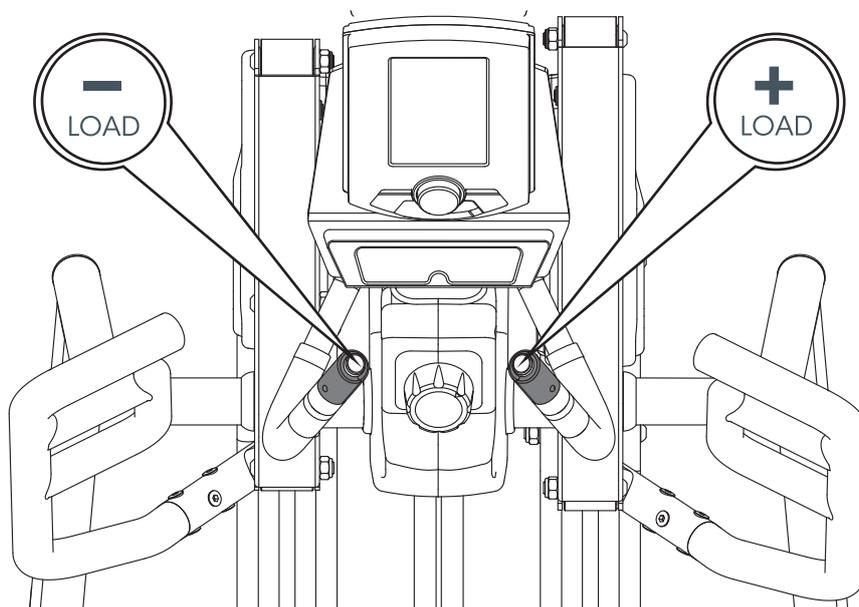


FIGURE 12 — HOW TO USE TOGGLE SWITCH TO ADJUST THE RESISTANCE

During the workout, you may press the toggle buttons on the stationary handlebars to slightly adjust the resistance: press "+LOAD" button on the right side to increase resistance; or press "-LOAD" button on the left side to decrease resistance.



HOW TO ADJUST STRIDE BY INCLINE MOTORIZED

Depending on personal preference the user is able to change the stride to varying distances (18", 20", 22", 24" and 26") as shown on the LED display. There are 5 stride control quick keys, press one to adjust to desired stride length. You may change the stride length anytime during a workout. Selected stride length will be shown on the stride length blue LED sensor.

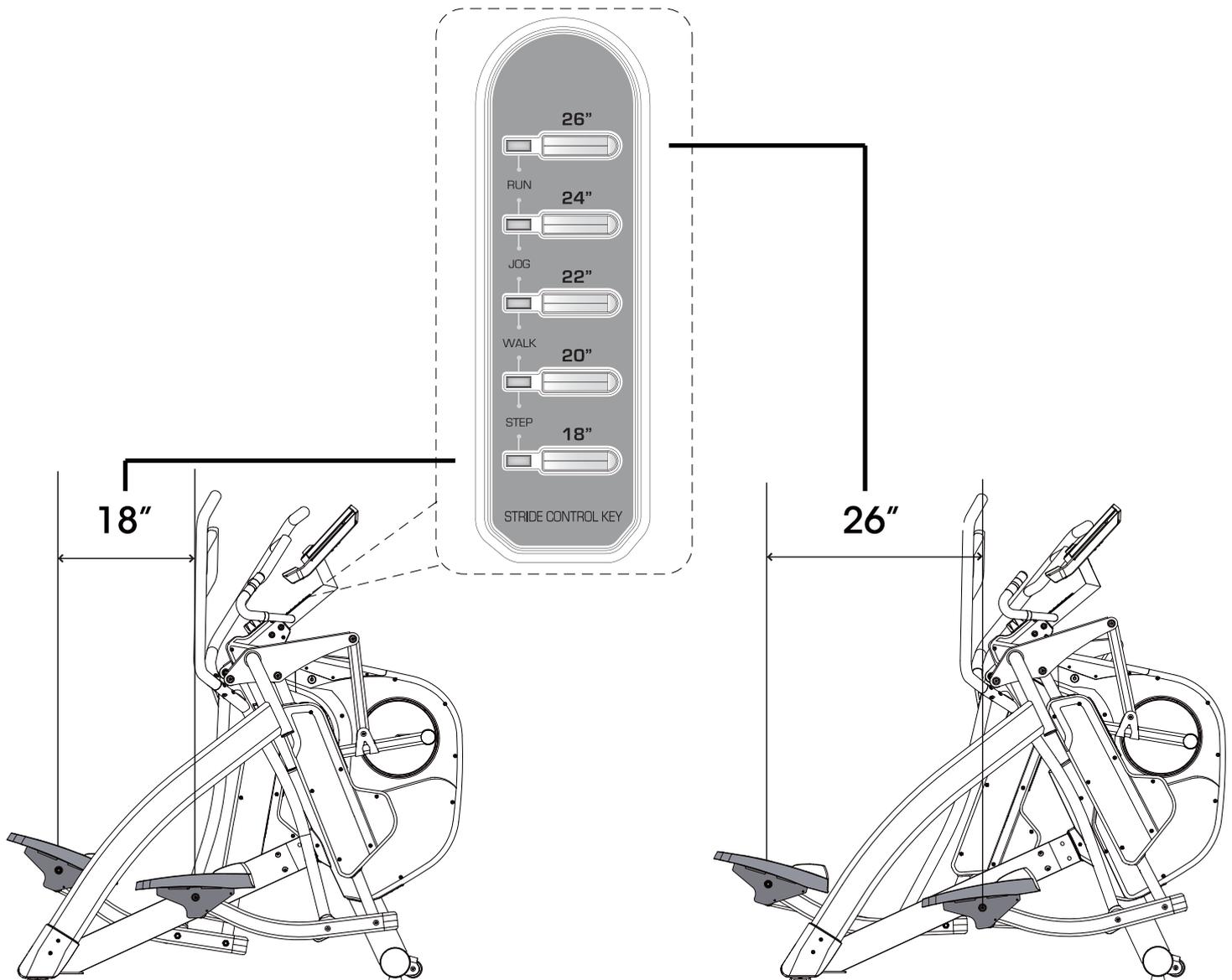
Some reasons a change in stride length may be required are as follows:

1. Height - The user at or below 5'5" may feel more comfortable with 18" to 22" stride and a user at or above 5'5" may feel more comfortable with 22" to 26" stride to compensate for their normal step/walking stride.
2. Speed - As the user increases speed, they may need to adjust the stride length to compensate for his or her normal jog/run stride.
3. Variety - To work different muscle groups; a shorter stride length will work different muscles in your legs and body than a longer stride length. While working out, adjusting resistance and or squatting while holding on to the handlebars can also help to isolate these muscles further.
4. Low impact - An 18" stride can be comparable to a shorter stepping motion and 26" stride can be compared to a lunge workout without the high impact as the same workouts performed on a flat surface.

Note: There is no right or wrong stride length for any user, choose any length according to what feels most comfortable.

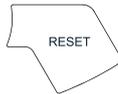
Note: Always consult a local personal trainer for more in depth work out details.

Note: When the stride motor is activated, you will hear the motor unlock and adjust, once motor is set to the desired stride, the motor will click to lock position.





【BUTTON FUNCTIONS】

	UP	To make upward adjustments to each function data or increase the training resistance.
	DOWN	To make downward adjustments to each function data or decrease the training resistance.
	ENTER	To confirm all settings.
	START / STOP	To start or stop the workout. Turn the START/ STOP toggle wheel while in standby mode, it can be a quick start key to the Manual Program.
	RESET	To reset current setting and have the monitor switch to initial training mode for selection. Press the RESET button for 2 seconds in standby mode for a Total Reset.
	RECOVERY	To activate the RECOVERY function.

【DISPLAY FUNCTIONS】

TIME	Time will count up from 00:00 to maximum 99:00 minutes.
SPEED	Displays current training speed. Maximum speed is 99.9 KM/H or ML/H.
RPM	Displays the Rotation Per Minute. Display range is 0~100 RPM
DISTANCE	Accumulates total distance up to 99.9 KM/ML. The user may preset target distance data by turning the UP/DOWN toggle wheel. Each increment is 0.1KM/ML.

CALORIES	Calculates total calories burned during training from 0 to a maximum of 990 calories. Each unit increase or decrease is 10 KCL. (This data is a rough guide for comparison of different exercise sessions which can not be used in medical treatment.)
PULSE	User may set up target pulse to 230
WATTS	Display current workout watts. Display range 0~999.

POWER ON

1. Connect power supply to the monitor or press the RESET button for 2 seconds, the LCD will display all screen sections at once with a long- beep sound, then displays 78.0 like (FIGURE 1 & 2) below.

2. User may turn the UP/DOWN toggle wheel to select User 1~4. Press ENTER to select (FIGURE 3~4).

Next, preset the user information for SEX, AGE, HEIGHT and WEIGHT. (FIGURE 4~7)

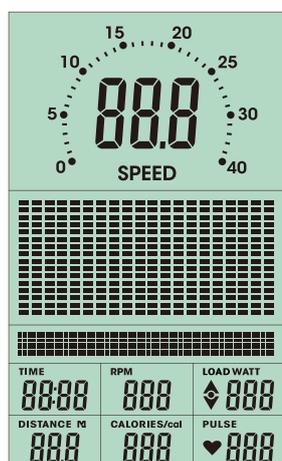


FIGURE 1

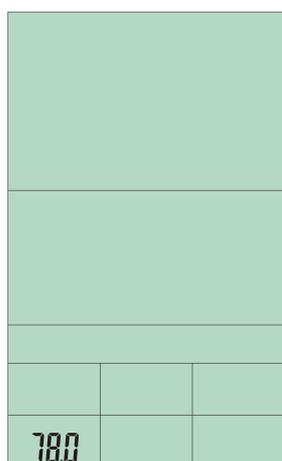


FIGURE 2

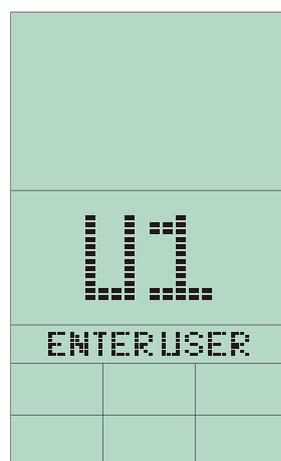


FIGURE 3

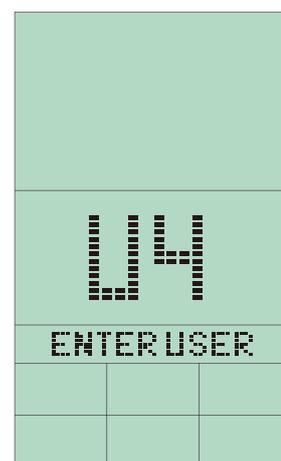


FIGURE 4

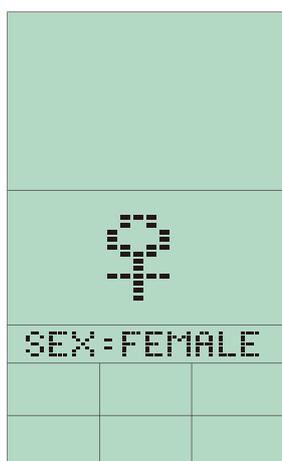


FIGURE 5

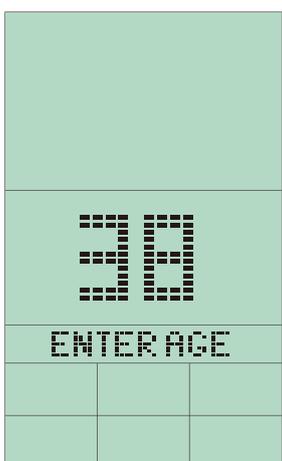


FIGURE 6

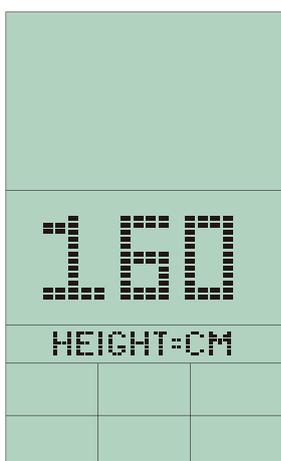


FIGURE 7



FIGURE 7

PROGRAMMING MODE

1. The program selections available are MANUAL → PROGRAM → USER PROGRAM → H.R.C. → WATT (FIGURE 8~12)

2. Use the UP/DOWN toggle wheel to select the program you want and press ENTER to confirm. Or press START/STOP button to start MANUAL mode immediately.

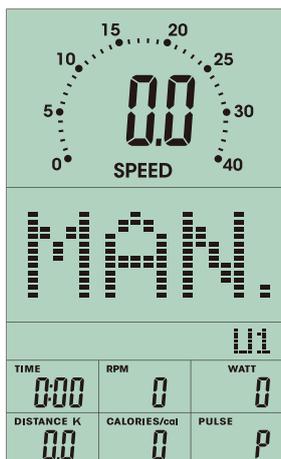


FIGURE 8

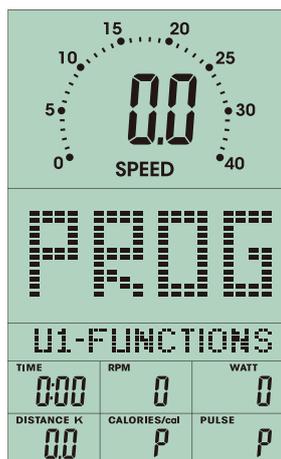


FIGURE 9

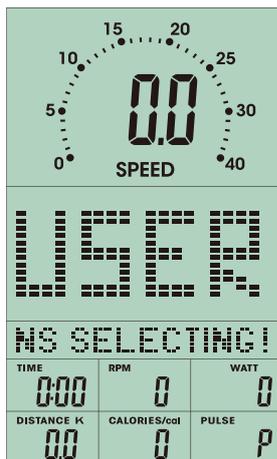


FIGURE 10



FIGURE 11

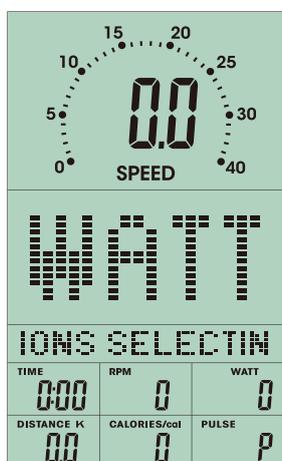


FIGURE 12

QUICK START IN MANUAL

1. Press ENTER to enter MANUAL program, the screen will blink (FIGURE 13).
2. Press START/STOP to begin the workout. The resistance level is adjustable during training (FIGURE 14).
3. User can press START/ STOP to stop exercising at any time.

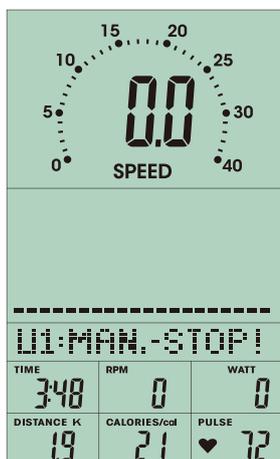


FIGURE 13



FIGURE 14

MANUAL MODE

1. After selecting MANUAL mode (FIGURE 13), use the UP/DOWN toggle wheel to increase or decrease the level (from 1 to 16) then press ENTER to confirm.
2. Preset exercise data (TIME, DISTANCE, CALORIES, PULSE), and press START/STOP to start exercise.
Press RESET to return to the MANUAL setting.
3. Level is adjustable during training.



FIGURE 13

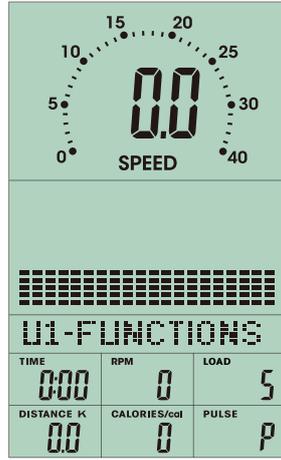


FIGURE 14

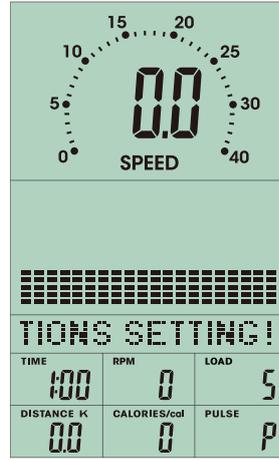


FIGURE 15

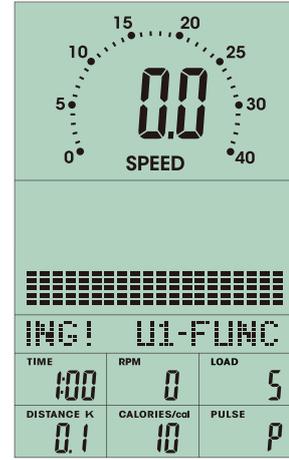


FIGURE 16

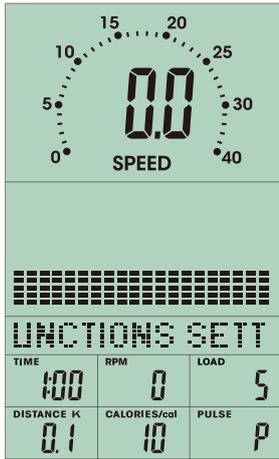


FIGURE 17

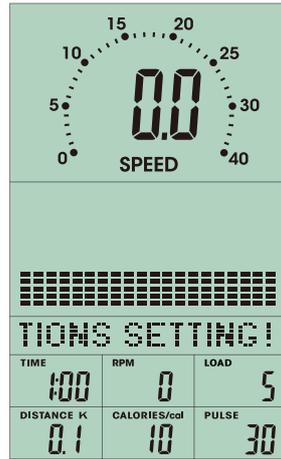


FIGURE 18



FIGURE 19

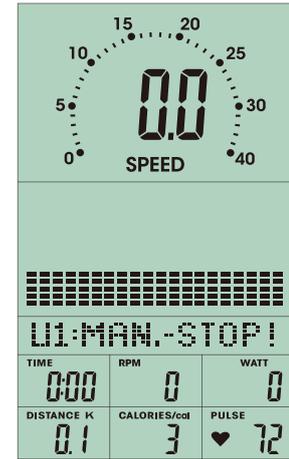
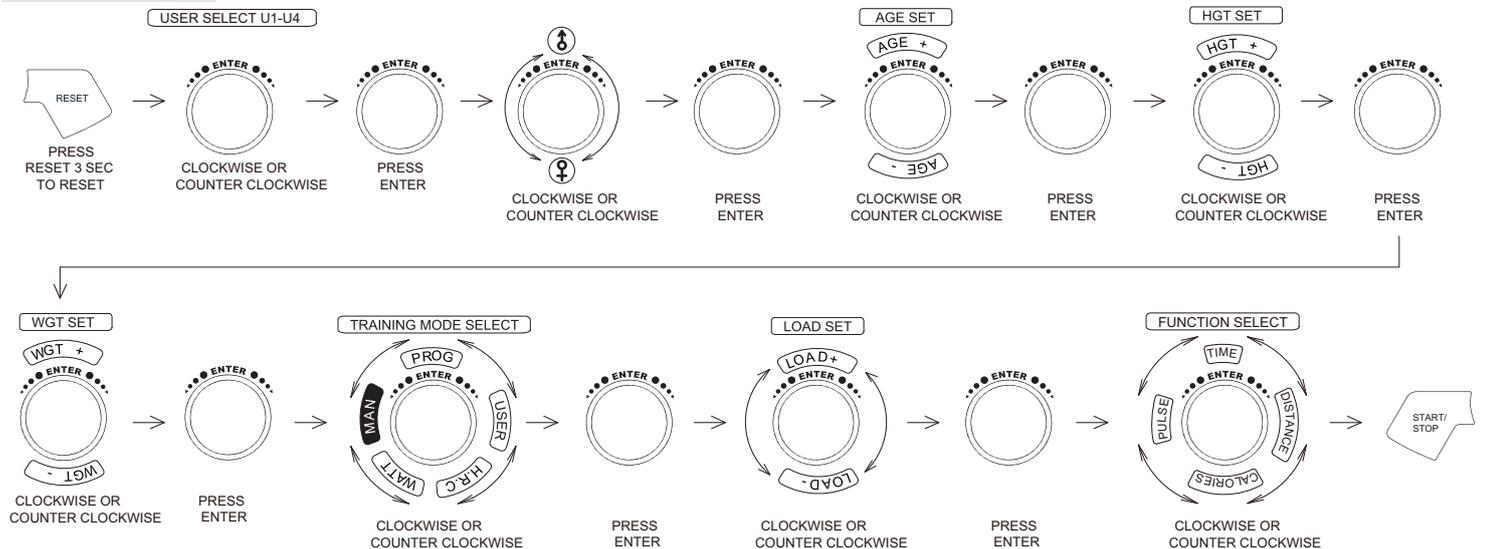


FIGURE 20

MANUAL mode



PROGRAM MODE

1. After selecting PROGRAM mode, turn the UP/DOWN toggle wheel to select a program profile from P1 to P12. Press ENTER to confirm.
2. User can preset the TIME data then press START/STOP to start training.
3. After start training, TIME will be counted down. When the TIME reaches 0, the screen will flash and the alarm will sound. Press any button to stop the alarm.

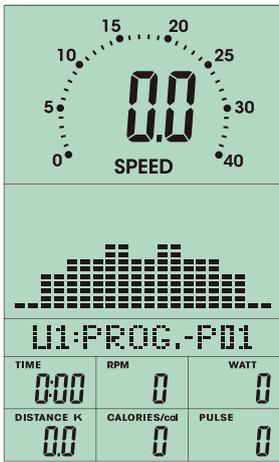


FIGURE 21

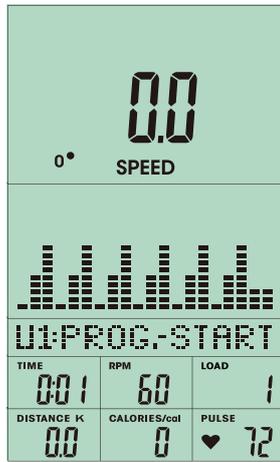


FIGURE 22

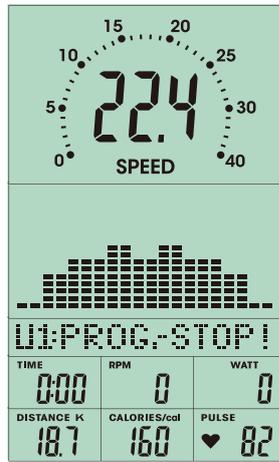


FIGURE 23

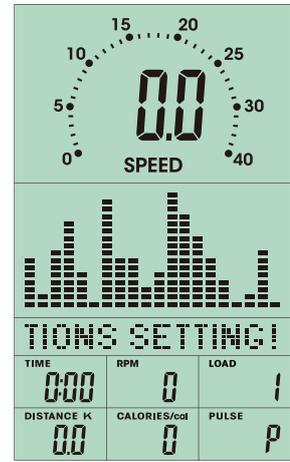
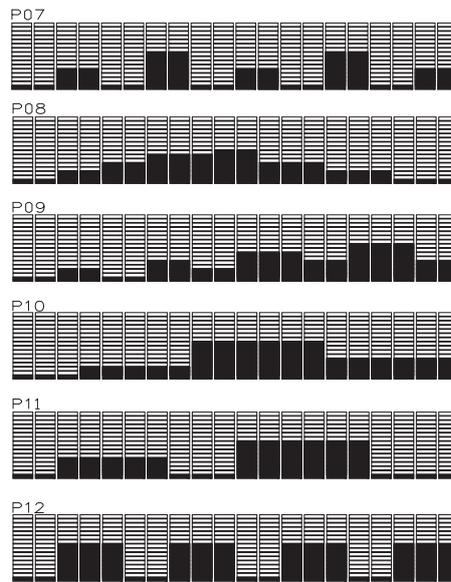
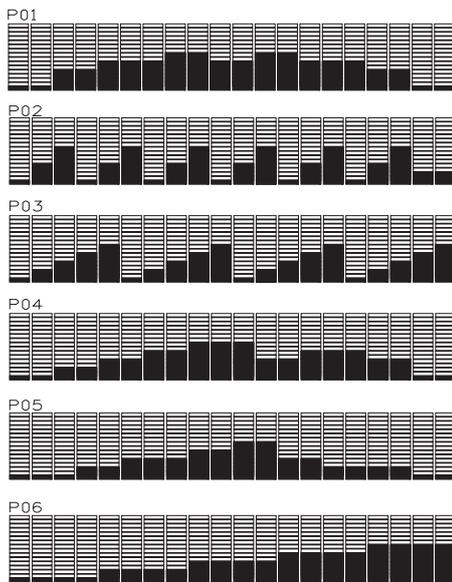
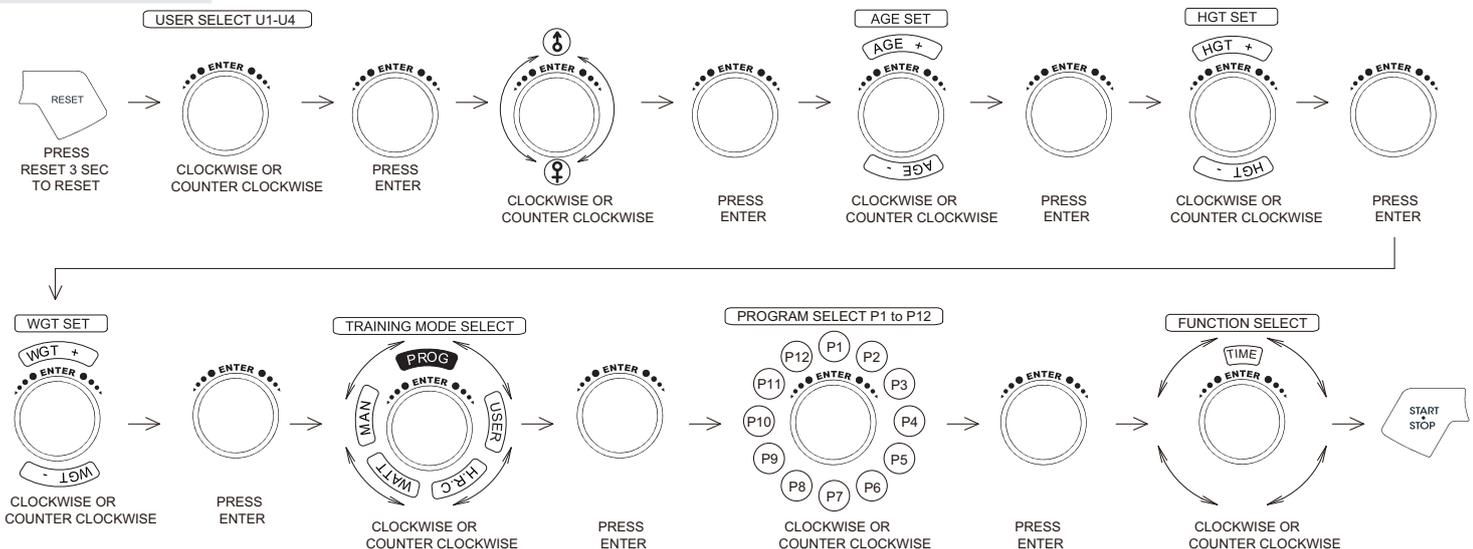


FIGURE 24



PROGRAM mode



USER PROGRAM

1. After selecting USER PROGRAM mode, the first column of the profile will blink (FIGURE 25). User may turn the toggle wheel to adjust the resistance level (FIGURE 26) to create his /her own profile.
2. After set up (from column 1 to column 20), hold down the MODE button for 2 seconds to quit profile setting and enter the TIME setting.
3. While in profile settings, user can press RESET to return to the menu at anytime.
4. After starting (FIGURE 27~29), TIME will count down. When TIME reaches 0, the screen will flash and the alarm will sound. Press any button to stop the alarm.

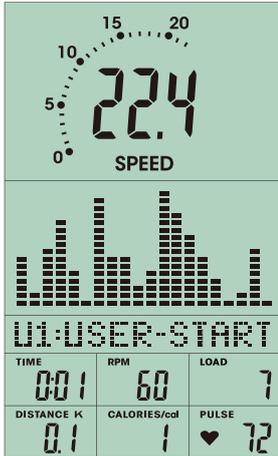


FIGURE 25

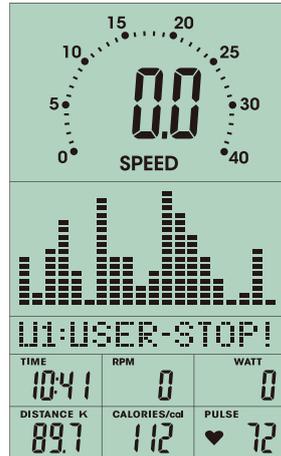


FIGURE 26

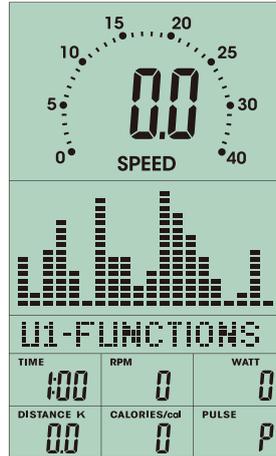


FIGURE 27

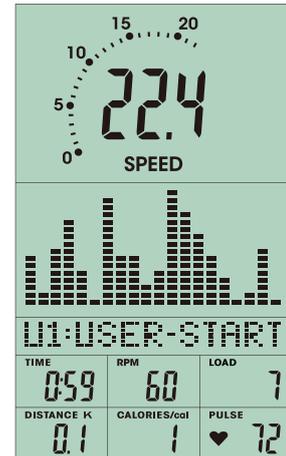


FIGURE 28

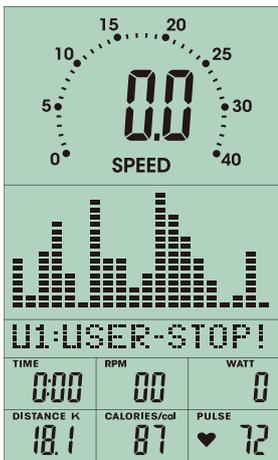
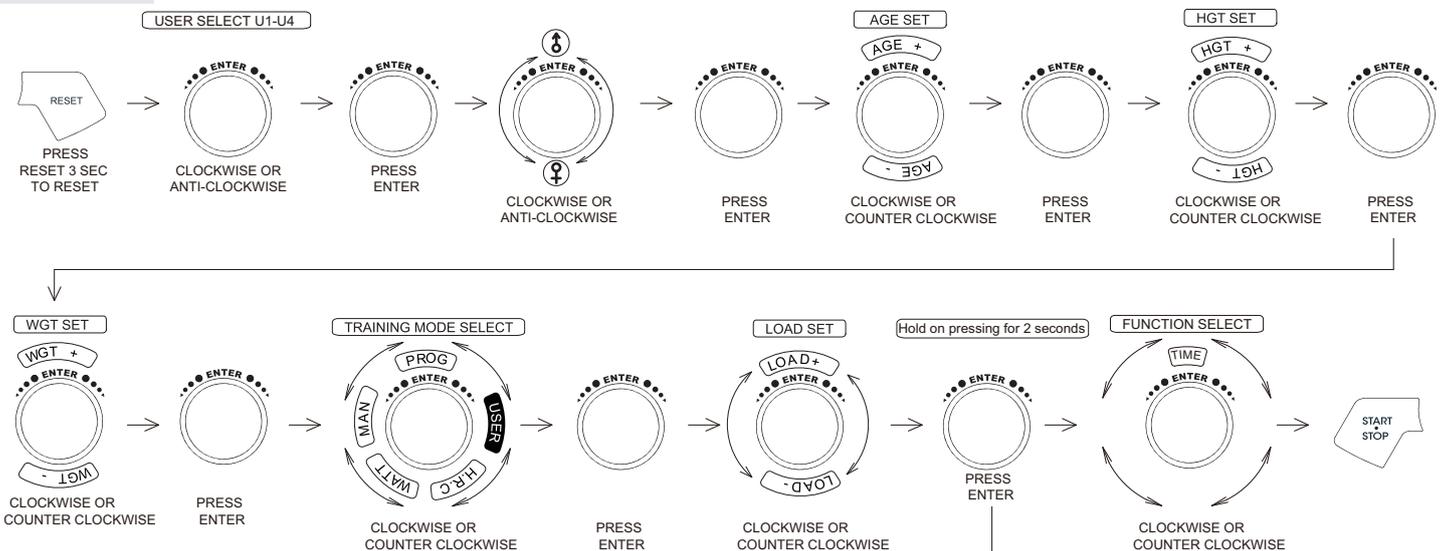


FIGURE 29

USER mode



HEART RATE CONTROL

1. After entering HEART RATE CONTROL mode, the screen will show heart rate percentage 55%, 75%, 90% and TARGET. User may select heart rate percentage by turning UP/DOWN toggle wheel.
2. Preset the TIME then press START/ STOP to start the workout.
3. After training has started, TIME will be counted down. When TIME is counts down to 0, the screen is flashing and the alarm is ringing. User can press any button to stop the alarm. If there is no HR input for 5 seconds, LCD will display  until HR signal input is found.



FIGURE 29

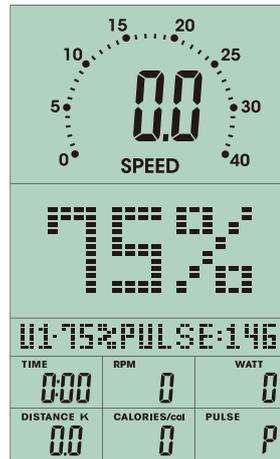


FIGURE 30



FIGURE 31



FIGURE 32



FIGURE 33

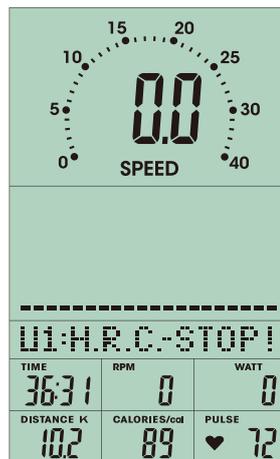


FIGURE 34



FIGURE 35

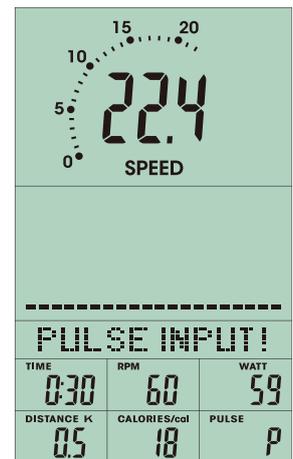
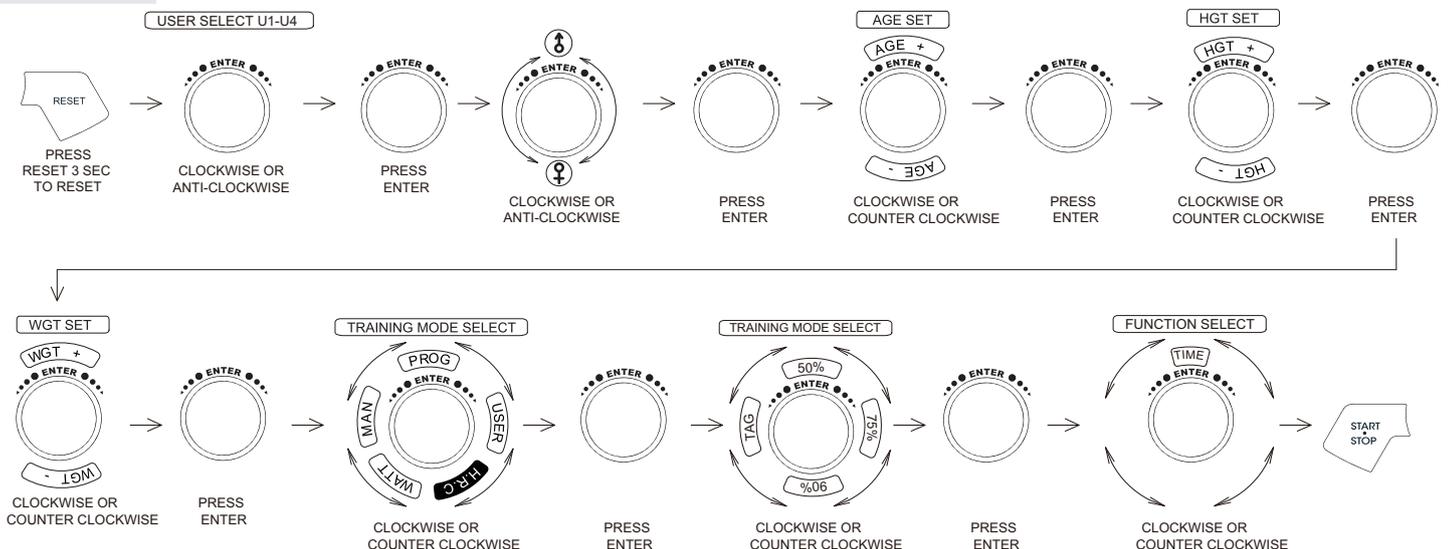


FIGURE 36

H.R.C. mode



WATT CONSTANT

1. In standby mode, select WATT and press ENTER.
2. The preset watt value 120 will flashing on screen, use UP/ DOWN toggle wheel to set target value from 10 to 350. Press START button to begin.
3. Preset the TIME data then press START/STOP to begin.
4. TIME will count down. When the TIME reaches 0, the screen will flash and the alarm will ring. Press any button to stop the alarm.
5. Watt value is adjustable during training. Turn the toggle wheel to adjust the Watt value in accordance with the instructions below:

▲ : Watt value > Setting value 25% --- User should slow down

● : Watt value in the Setting value 25% ---User should remain at the same speed

▼ : Watt value < Setting value 25% --- User should train harder



FIGURE 37

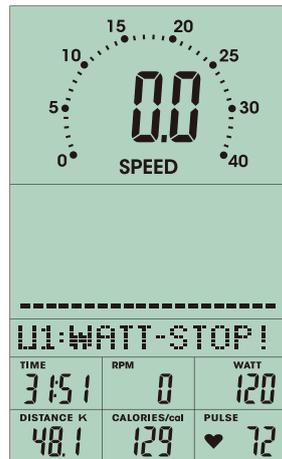
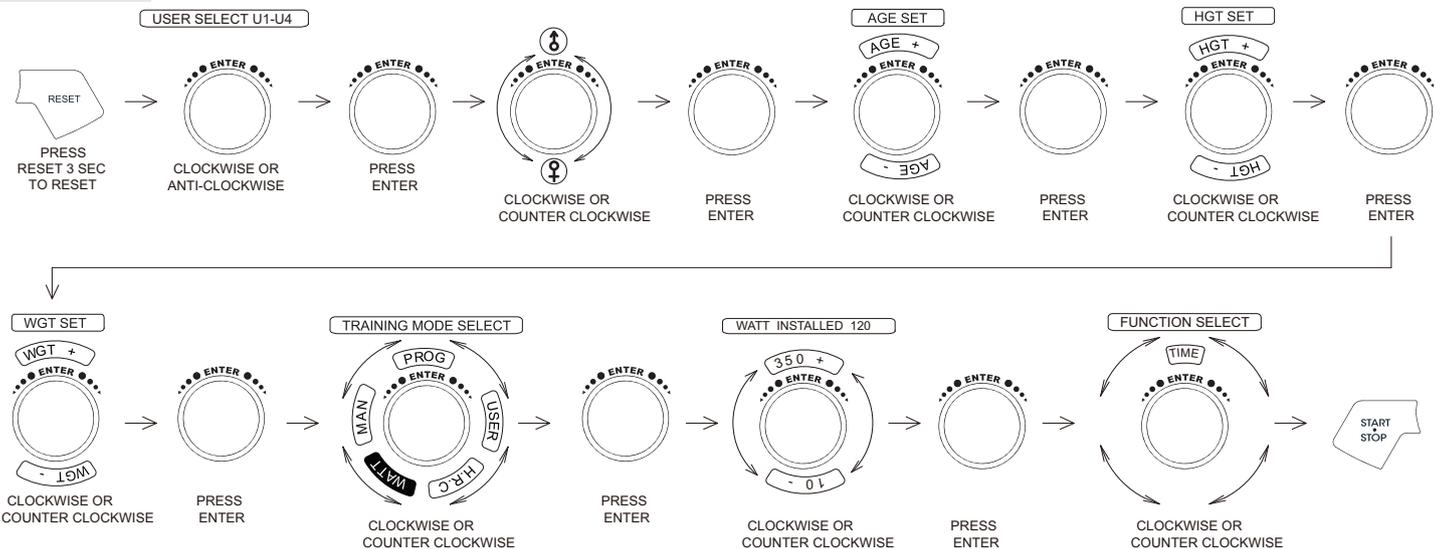


FIGURE 38

WATT mode



RECOVERY

After exercising for a period of time, press the “RECOVERY” button and firmly hold both hand grips. All function display will stop except “TIME” which will start counting down from 00:60 to 00:00. Screen will display your heart rate recovery status with the F1, F2....to F6. F1 is the target for this mode. User may cool down to improve heart rate recovery from the workout. (Press the RECOVERY button again to return to the main display.)



FIGURE 39

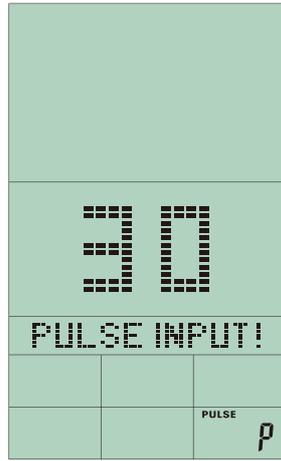
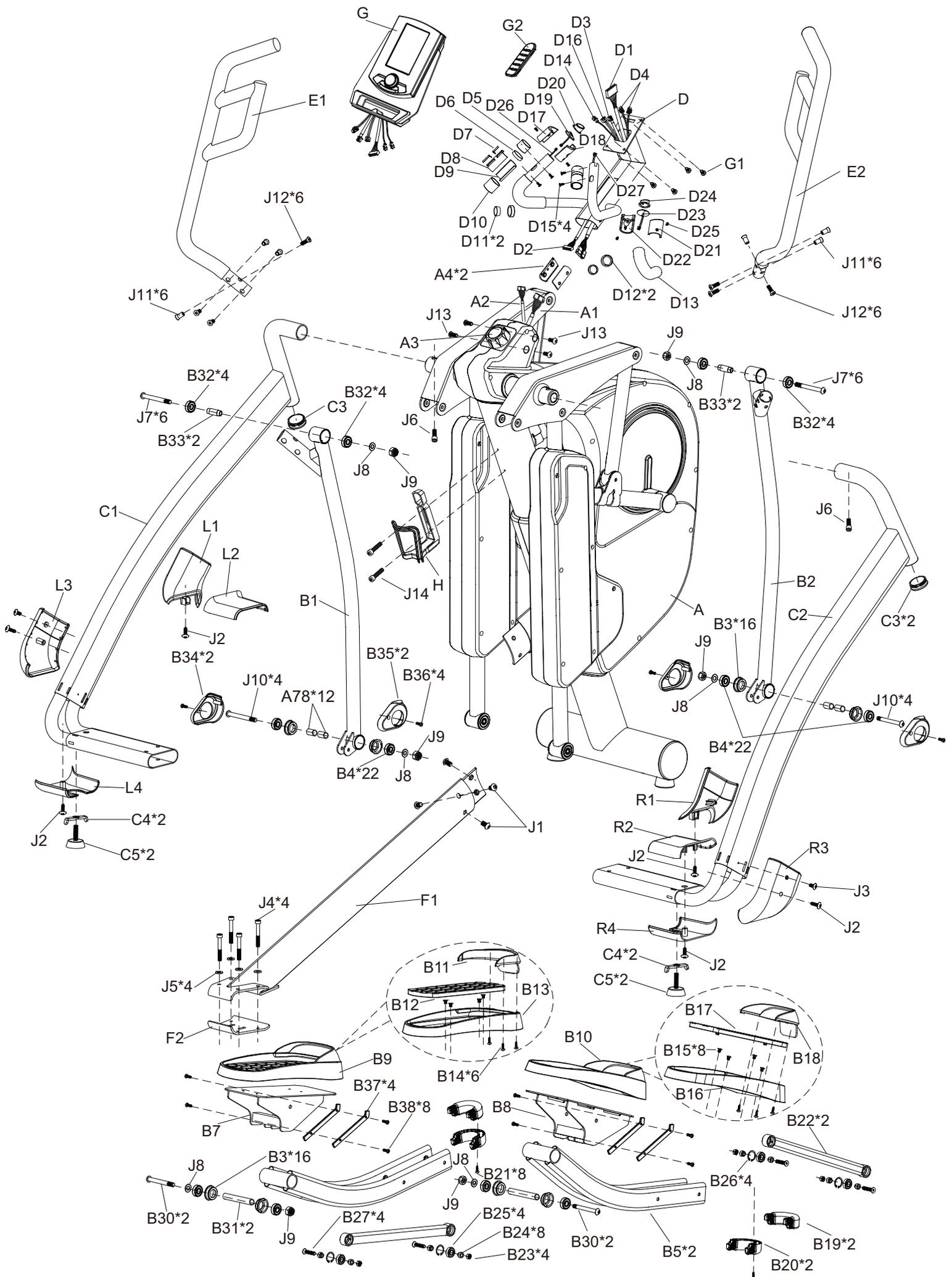


FIGURE 40

NOTE:

1. When user stops pedaling for 4 minutes, computer will enter into power save mode, all settings and exercise data will be stored until the user resumes their workout.
2. This computer requires 9V, 1A adaptor.
3. When computer acts abnormally, please turn off the machine. Unplug the unit from the wall and plug it back in again.



P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A	MAIN FRAME	1	A49	AXLE Φ 25x160MM	1
A1	SENSOR WIRE 900mm	1	A50	MAGNETIC Φ 15x7	1
A2	CONTROLLER WIRE 500mm	1	A51	BELT WHEEL Φ 360 (J10)	1
A3	KNOB	1	A52	BELT 530 (1355MM)xJ8	1
A4	CONNECTION SLICE 40 (4T)	4	A53	NUT M8	14
A5	INCLINE MOTOR SENSOR WIRE	2	A54	OSCILLATING AXLE BASE (R)	1
A8	INCLINE MOTOR CONTROL BOX	1	A55	OSCILLATING AXLE BASE (L)	1
A9	SCREW M5x10	2	A56	HANDLEBAR SUPPORTING COVER	2
A10	ADAPTOR	1	A57	BEARING 6905 (TPX)	2
A11	DC WIRE 600mm	1	A58	END CAP Φ 4"	2
A12	SOCKET	2	A59	FIX CUSHION Φ 50TPR	2
A13	NUT	1	A60	WASHER M6x2Tx Φ 19	2
A14	SCREW M3x8	4	A61	SCREW3/16"x5/8	2
A15	SENSOR WIRE 100mm	1	A62	FRONT CONNECTING SHAFT	2
A15-1	SENSOR WIRE HOUSING	1	A63	END CAP	1
A15-2	SENSOR WIRE HOUSING SCREW	1	A64	BUSH Φ 12.1x Φ 16x20	4
A16	MOTOR	12	A65	CLIP (36)	12
A17	WIRE (OVERLOAD SWITCH TO AC POWER SWITCH)	1	A66	BEARING 6004 (TPX)	2
A18	BEARING 6005zz (TPX)	2	A67	BEARING SLEEVE Φ 42x3T	12
A19	BRAKE DEVICE (3T)	1	A68	SCREW M8x45	2
A20	SCREW M6x43	1	A69	NUT M4	10
A21	SCREW M8x16	1	A71	CRANK CONNECTING SHAFT	2
A22	WASHER M10	2	A72	BEARING 2203 (MRB)	2
A23	OVERLOAD SWITCH	1	A73	NUT M10	2
A24	WIRE (OVERLOAD SWITCH TO AC POWER SWITCH)	1	A74	CLIP (R40)	2
A25	POWER CONNECTION WIRE	1	A75	BUSH Φ 12.1x Φ 16x10.5mm	8
A26	SWITCH AC POWER	1	A76	SCREW M4x38mm	4
A27	POWER CORD SOCKET	1	A77	FLAT KEY 7x7x20MM	2
A28	SCREW M3x10	2	A78	BUSH Φ 12.1x Φ 16x14.75MM	12
A29	SCREW M8x10	2	A80	FRONT PEDAL SUPPORTING TUBE	2
A30	TRANSPORTATION WHEEL	2	A81	WASHER M10x Φ 27x2T	2
A31	SCREW M12x53	4	A82	SCREW M10x40MM	2
A32	PRESSING PIPE	1	A83	NUT	4
A33	WASHER Φ 10x Φ 23x2T	2	A84	BRAKE	1
A34	BEARING 6200 (MRB)	2	A85	SPRING	1
A35	SCREW M10x30	1	A86	MOTOR PUSH ROD	2
A36	JSHAPE SCREW M6	1	A87	AXLE FOR MOTOR PUSH ROD	4
A37	WIRE (AC POWER SWITCH TO POWER CORD)	1	A88	NUT	4
A38	WASHER M6x Φ 16x Φ 29.2x2T	1	A89	NYLON SLEEVE	8
A39	GROUND WIRE	1	A90	PUSH ROD BRACKET (FRONT)	2
A40	POWER CORD	1	A91	END CAP	1
A41	FLYWHEEL Φ 327	1	A92	SPACER SHIM	2
A42	NUT3/8"	2	A93	PUSH ROD BRACKET (REAR)	2
A43	TENSION CABLE 400MM	1	A94	SCREW M8x20	8
A44	SCREW M5x10	4	A95	SCREW5/32"x3/4"(M4x19MM)	12
A45	TURING PLATE	2	A96	NUT M6	2
A46	CRANK	2	A97	SIDE DECORATION HOUSING SET (L)	2
A47	BEARING NUT	1	A98	SIDE DECORATION HOUSING SET (R)	2
A47-1	BUSH Φ 25.2x Φ 29.2x54.4mm	1	A99	FRONTSIDE DECORATION COVER	2
A47-2	BUSH Φ 25.2x Φ 29.2x5mm	1	A100	SCREW M4x20	10
A48	SCREW M8x25	4	A101	END CAP	4

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
A102	SMALL CHAIN COVER (L)	1	D	CONSOLE SUPPORTING TUBE	1
A103	MAIN CHAIN COVER (L)	1	D1	SENSOR WIRE 350mm	1
A104	UPPER DECORATION HOUSING	1	D2	SENSOR WIRE 200mm	1
A105	SMALL CHAIN COVER (R)	1	D3	SENSOR WIRE 300mm	1
A106	MAIN CHAIN COVER (R)	1	D4	HANDLE PULSE WIRE	2
A107	SCREW M4x12	8	D5	HANDLE PULSE RING $\Phi 31.8 \times 0.9T \times 19.5mm$	2
A108	MOTOR SENSOR WIRE HOUSING	2	D6	SPACER RING $\Phi 32 \times 30.4$	2
A109	MOTOR SENSOR WIRE HOUSING SCREW	2	D7	HANDLE PULSE	4
A110	END CAP	2	D8	UPPER HANDLE PULSE HOUSING	2
A111	CRANK HOUSING	2	D9	LOWER HANDLE PULSE HOUSING	2
A112	SCREW	2	D10	HANDLE PULSE RING $\Phi 31.8 \times 0.9T \times 30.5mm$	2
A113	SIDE DECORATION HOUSING SCREW	4	D11	PLASTIC PIPE	2
B1	PEDAL SUPPORTING TUBE (L)	1	D12	FOAM SPACER RING $\Phi 32 \times \Phi 25.8 \times 10mm$	2
B2	PEDAL SUPPORTING TUBE (R)	1	D13	SPONG HDR $\Phi 23 \times 3T \times 150mm$	2
B3	BEARING SLEEVE	16	D14	SENSOR WIRE	1
B4	BEARING 6201 (TPX)	22	D15	SCREW M3x8	4
B5	LOWER PEDAL SUPPORTING TUBE	2	D16	SENSOR WIRE	1
B7	PEDAL BRACKET (L)	1	D17	TOGGLE COVER L1	1
B8	PEDAL BRACKET (R)	1	D18	TOGGLE COVER L2	1
B9	PEDAL REST (L)	1	D19	PC BOARD LOAD -	1
B10	PEDAL REST (R)	1	D20	TOGGLE LOAD -	1
B11	FRONT COVER PEDAL (L)	1	D21	TOGGLE COVER R1	1
B12	CUSHION PAD (L)	1	D22	TOGGLE COVER R2	1
B13	PEDAL (L)	1	D23	PC BOARD LOAD +	1
B14	SCREW 5/32"x5/8"(M4x15MM)	6	D24	TOGGLE LOAD +	1
B15	SCREW M6x10MM	8	D25	SCREW	4
B16	PEDAL (R)	1	D26	SENSOR WIRE	1
B17	CUSHION PAD (R)	1	D27	SENSOR WIRE	1
B18	FRONT COVER PEDAL(R)	1	E1	HANDLE BAR (L)	1
B19	UPPER CAP FOR PEDAL SUPPORTING 20x60	2	E2	HANDLE BAR (R)	1
B20	LOWER CAP FOR PEDAL SUPPORTING 20x60	2	F1	CENTRAL SUPPORTING TUBE	1
B21	SCREWS 5/32"x1/2"	8	F2	IRON BRACKET	1
B22	MIDDLE PEDAL SUPPORTING ROD	2	G	CONSOLE	1
B23	NUT M8	4	G1	CONSOLE SCREW M5x10	4
B24	BUSH $\Phi 8 \times (\Phi 12 + \Phi 15)$	1	G2	STRIDE LED SENSOR BOARD	1
B25	BEARING 6001(TPX)	4	H	WATER BOTTLE HOLDER	1
B26	C-CLIP R28	4	J1	SCREW M10x16	4
B27	SCREW M8x40	4	J2	SCREW M4x16	6
B30	SCREW M12x133	2	J3	SCREW M4x6	2
B31	BUSH $\Phi 15 \times \Phi 12.35 \times 90mm$	2	J4	SCREW M8x55	4
B32	BEARING 6003zz	4	J5	WASHER M8x18	4
B33	BUSH	2	J6	SCREW M8x20	2
B34	PEDAL HOUSING (R)	2	J7	SCREW M12x73	6
B35	PEDAL HOUSING (L)	2	J8	WASHER M12x20	18
B36	SCREW	4	J9	NUT M12	18
B37	PEDAL REINFORCEMENT STRIP	4	J10	SCREW M12x109	4
B38	SCREW	8	J11	HANDLE BAR SCREW	6
C1	SIDE CONNECTING TUBE (L)	1	J12	HANDLE BAR SCREW	6
C2	SIDE CONNECTING TUBE (R)	1	J13	SCREW M8x16	4
C3	END CAP	2	J14	WATER BOTTLE HOLDER SCREW	2
C4	ADJUSTED NUT	2	L1	SIDE TUBE COVER SET (L1)	1
C5	ADJUSTED END $\Phi 50$	2	L2	SIDE TUBE COVER SET (L2)	1

P/N	DESCRIPTION	Qty	P/N	DESCRIPTION	Qty
L3	SIDE TUBE COVER SET (L3)	1	R2	SIDE TUBE COVER SET (R2)	1
L4	SIDE TUBE COVER SET (L4)	1	R3	SIDE TUBE COVER SET (R3)	1
R1	SIDE TUBE COVER SET (R1)	1	R4	SIDE TUBE COVER SET (R4)	1

Training Guidelines

Exercise

Exercise is one of the most important factors in the overall health of an individual. Listed among its benefits are:

- Increased capacity for physical work (strength endurance)
- Increased cardiovascular (heart and arteries/veins) and respiratory efficiency
- Decreased risk of coronary heart disease
- Changes in body metabolism, e.g. losing weight
- Delaying the physiological effects of age
- Physiological effects, e.g. reduction in stress, increase in self-confidence, etc.

Basic Components of Physical Fitness

There are four all encompassing components of physical fitness and we need to briefly define each and clarify its role.

Strength is the capacity of a muscle to exert a force against resistance. Strength contributes to power and speed and is of great importance to a majority of sports people.

Muscular Endurance is the capacity to exert a force repeatedly over a period of time, e.g. it is the capacity of your legs to carry you 10 Km without stopping.

Flexibility is the range of motion about a joint. Improving flexibility involves the stretching of muscles and tendons to maintain or increase suppleness, and provides increased resistance to muscle injury or soreness.

Cardio-Respiratory Endurance is the most essential component of physical fitness. It is the efficient functioning of the heart and lungs

Aerobic Fitness

The largest amount of oxygen that you can use per minute during exercise is called your **maximum oxygen uptake** (MVo₂). This is often referred to as your **aerobic capacity**.

The effort that you can exert over a prolonged period of time is limited by your ability to deliver oxygen to the working muscles. Regular vigorous exercise produces a training effect that can increase your aerobic capacity by as much as 20 to 30%. An increased MVO₂ indicates an increased ability of the heart to pump blood, of the lungs to ventilate oxygen and of the muscles to take up oxygen.

Anaerobic Training

This means “without oxygen” and is the output of energy when the oxygen supply is insufficient to meet the body’s long term energy demands. (For example, 100 meter sprint).

The Training Threshold

This is the minimum level of exercise which is required to produce significant improvements in any physical fitness parameter.

Progression

As you become fitter, a higher intensity of exercise is required to create an overload and therefore provide continued improvement

Overload

This is where you exercise at a level above that which can be carried out comfortably. The intensity, duration and frequency of exercise should be above the training threshold and should be gradually increased as the body adapts to the increasing demands. As your fitness level improves, so the training threshold should be raised. Working through your program and gradually increasing the overload factor is important.

Specificity

Different forms of exercise produce different results. The type of exercise that is carried out is specific both to the muscle groups being used and to the energy source involved.

There is little transfer of the effects of exercise, i.e. from strength training to cardiovascular fitness. That is why it is important to have an exercise program tailored to your specific needs.

Reversibility

If you stop exercising or do not do your program often enough, you will lose the benefits you have gained. Regular workouts are the key to success.

Warm Up

Every exercise program should start with a **warm up** where the body is prepared for the effort to come. It should be gentle and preferably use the muscles to be involved later.

Stretching should be included in both your **warm up** and **cool down**, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise.

Warm Down or Cool Down

This involves a gradual decrease in the intensity of the exercise session. Following exercise, a large supply of blood remains in the working muscles. If it is not returned promptly to the central circulation, pooling of blood may occur in the muscles

Heart Rate

As you exercise, so the rate at which your heart beat also increases. This is often used as a measure of the required intensity of exercise. You need to exercise hard enough to condition your circulatory system, and increase your pulse rate, but not enough to strain your heart.

Your initial level of fitness is important in developing an exercise program for you. If you are starting off, you can get a good training effect with a heart rate of 110-120 beats per minute(BPM). If you are fitter, you will need a higher threshold of stimulation.

To begin with, you should exercise at a level that elevates your heart rate to about 65 to 70% of your maximum. If you find this is too easy, you may want to increase it, but it is better to lean on the conservative side.

As a rule of thumb, the maximum heart rate is 220 minus your age. As you increase in age, so your heart, like other muscles, loses some of its efficiency. Some of its natural loss is won back as fitness improves.

The following table is a guide to those who are “starting fitness”.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	23	22	22	21	20	19	19	18	18
Beats per Minute	138	132	132	126	120	114	114	108	108

Pulse Count

The pulse count(on your wrist or carotid artery in the neck, taken with two index fingers)is done for ten seconds, taken a few seconds after you stop exercising. This is for two reasons: (a) 10 seconds is long enough for accuracy, (b) the pulse count is to approximate your BPM rate at the time you are exercising. Since heart rate slows as you recover, a longer count isn't as accurate.

The target is not a magic number, but a general guide. If you're above average fitness, you may work quite comfortably a little above that suggested for your age group.

The following table is a guide to those who are keeping fit. Here we are working at about 80% of maximum.

Age	25	30	35	40	45	50	55	60	65
Target heart Rate									
10 Second Count	26	26	25	24	23	22	22	21	20
Beats per Minute	156	156	150	144	138	132	132	126	120

Don't push yourself too hard to reach the figures on this table. It can be very uncomfortable if you overdo it. Let it happen naturally as you work through your program. Remember, the target is a guide, not a rule, a little above or below is just fine.

Two final comments:(1) don't be concerned with day to day variations in your pulse rate, being under pressure or not enough sleep can affect it;(2) your pulse rate is a guide, don't become a slave to it.

Endurance Circuit Training

Cardiovascular endurance, muscle, strength, flexibility and coordination are all necessary for maximum fitness. The principle behind circuit training is to give a person all the essentials at one time by going through your exercise program moving as fast as possible between each exercise. This increases the heart rate and sustains it, which improves the fitness level. Do not introduce this circuit training effect until you have reached an advanced program stage.

Body Building

Is often used synonymously with strength training The fundamental principal here is OVERLOAD. Here, the muscle works against greater loads than usual. This can be done by increasing the load you are working against.

Patronization

This is the term used to vary your exercise program for both physiological and psychological benefits. In your overall program, you should vary the workload, frequency and intensity. The body responds better to variety and so do you. In addition, when you feel yourself getting "stale", bring in periods of lighter exercise to allow the body to recuperate and restore its reserves. You will enjoy your program more and feel better for it.

Muscle Soreness

For the first week or so, this may be the only indication you have that you are on an exercise program. This, of course, does depend on your overall fitness level. A confirmation that you are on the correct program is a very slight soreness in most major muscle groups. This is quite normal and will disappear in a matter of days.

If you experience major discomfort, you may be on a program that is too advanced or you have increased your program too rapidly.

If you experience PAIN during or after exercise, your body is telling you something. Stop exercising and consult your doctor.

What to Wear

Wear clothing that will not restrict your movement in any way while exercising. Clothes should be light enough to allow the body to cool. Excessive clothing that causes you to perspire more than you normally would while exercising, gives you no advantage. The extra weight you lose is body fluid and will be replaced with the next glass of water you drink. It is advisable to wear a pair of gym or running shoes or "sneakers".

Breathing During Exercise

Do not hold your breath while exercising. Breathe normally as much as possible. Remember, breathing involves the intake and distribution of oxygen, which feeds the working muscles.

Rest Periods

Once you start your exercise program, you should continue through to the end. Do not break off halfway through and then restart at the same place later on without going through the warm-up stage again.

The rest period required between strength training exercises may vary from person to person. This will depend mostly on your level of fitness and the program you have chosen. Rest between exercises by all means, but do not allow this to exceed two minutes. Most people manage with half minute to one minute rest periods

Important Reminder

Make sure that there is minimum of 2 feet of clearance all around the strider.

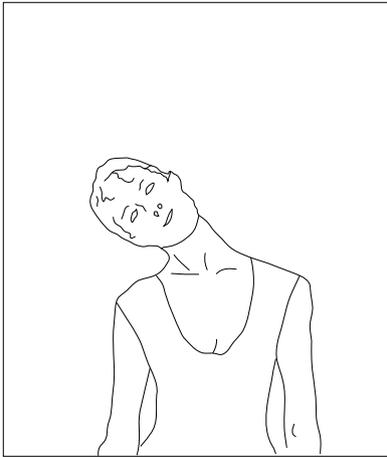
1. While operating, make sure the unit is properly in position on a structurally sound, even surface.
2. Stand beside the seat, and step over the strider frame before seating yourself and placing your feet on the pedals.
3. Once properly seated on the strider, grasp the handles and start pedalling.

STRETCHING

Stretching should be included in both your warm up and cool down, and should be performed after 3-5 minutes of low intensity aerobic activity or callisthenic type exercise. Movements should be performed slowly and smoothly, with no bouncing or jerking. Move into the stretch until slight tension, not pain, is felt in the muscle and hold for 20-30 seconds. Breathing should be slow, rhythmical and under control, making sure never to hold your breath.

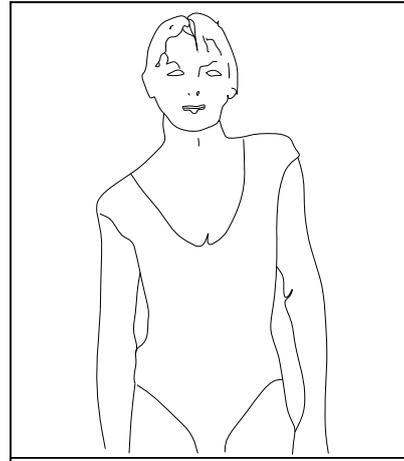
HEAD ROLLS

Rotate your head to the right for one count, feeling the stretch up the left side of your neck. Next rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open. Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



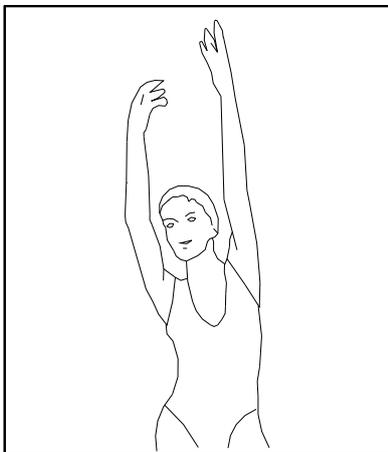
SHOULDER LIFTS

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



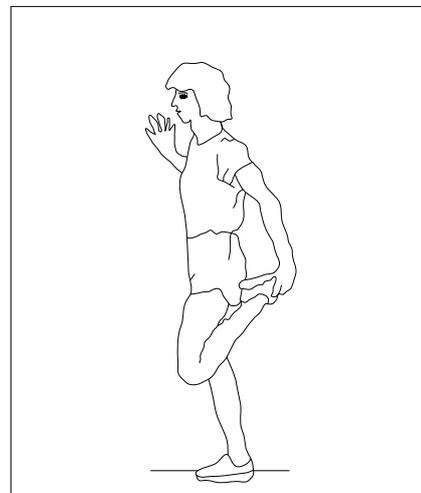
SIDE STRETCHES

Open your arms to the side and continue lifting them until they are over your head. Reach your right arm as far upward toward the ceiling as you can for one count. Feel the stretch up your right side. Repeat this action with your left arm.



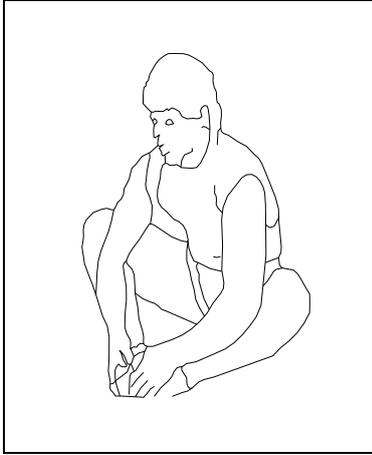
QUADRICEPS STRETCH

With one hand against a wall for balance, reach behind you and pull your right foot up. Bring your heel as close to your buttocks as possible. Hold for 15 counts and repeat with left foot up.



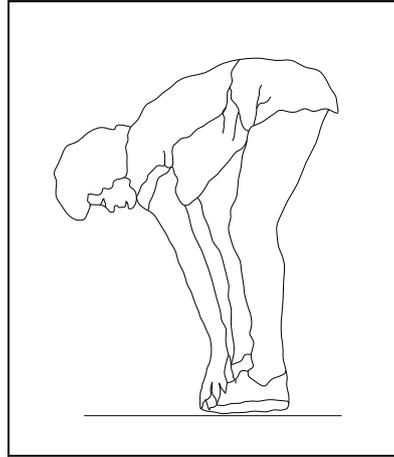
INNER THIGH STRETCH

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



TOE TOUCHES

Slowly bend forward from your waist, letting your back and shoulders relax as you stretch toward your toes. Reach down as far as you can and hold for 15 counts.



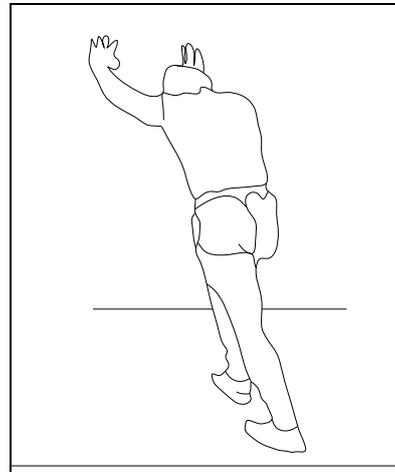
HAMSTRING STRETCHES

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



CALF / ACHILLES STRETCH

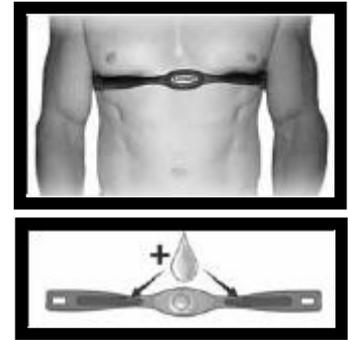
Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor then bend the left leg and lean forward by moving your hips toward the wall. Hold, then repeat on the other side for 15 counts.



USING HEART RATE TRANSMITTER

How to wear your wireless chest strap transmitter:

1. Attach the transmitter to the elastic strap using the locking parts.
2. Adjust the strap as tightly as possible as long as the strap is not too tight to remain comfortable.
3. Position the transmitter centered in the middle of your body facing away from your chest (some people must position the transmitter slightly left of center). Attach the final end of the elastic strap by inserting the round end and, using the locking parts, secure the transmitter and strap around your chest.
4. Position the transmitter immediately below the pectoral muscles.
5. Sweat is the best conductor to measure heart beat electrical signals. However, plain water can also be used to pre-wet the electrodes (2 ribbed oval areas on the reverse side of the belt and both sides of the transmitter). It's also recommended that you wear the transmitter strap a few minutes before your work out. Some users, because of body chemistry, have a more difficult time in achieving a strong, steady signal at the beginning. After "warming up", this problem lessens. As noted, wearing clothing over the transmitter/strap doesn't affect performance.
6. Your workout must be within range - distance between transmitter/receiver – to achieve a strong steady signal. The length of range may vary somewhat but generally stay close enough to the console to maintain good, strong, reliable readings. Wearing the transmitter immediately against bare skin assures you of proper operation. If you wish, you may wear the transmitter over a shirt. To do so, moisten the areas of the shirt that the electrodes will rest upon.



Note: *The transmitter is automatically activated when it detects activity from the user's heart. Additionally, it automatically deactivates when it does not receive any activity. Although the transmitter is water resistant, moisture can have the effect of creating false signal so you should take precautions to completely dry the transmitter after use to prolong battery life (estimated battery life is 2500 hours). The replacement battery is Panasonic CR2032.*

ERRATIC OPERATION

Caution! Do not use this strider for Heart Rate unless a steady, solid Actual Heart Rate value is being displayed. High, wild, random numbers being displayed indicate a problem. Areas to look for interference which may cause erratic heart rate:

1. Microwave ovens, TV's, small appliances, etc.
2. Fluorescent lights.
3. Some household security systems.
4. Perimeter fence for a pet.
5. Some people have problems with the transmitter picking up a signal from their skin. If you have problems try wearing the transmitter upside down. Normally the transmitter will be oriented so the right side is up.
6. The antenna that picks up your heart rate is very sensitive. If there is an outside noise source, turning the whole machine 90 degrees may de-tune the interference.
7. Loose air bike console or bolts in the upright tube.
8. Another Individual wearing a transmitter within 3' of your machine's console.

WARNING! - DO NOT USE THE HEART RATE PROGRAM IF YOUR HEART RATE IS NOT REGISTERING PROPERLY ON THE AIR BIKE'S DISPLAY!

MANUFACTURER'S LIMITED WARRANTY

Dyaco Canada Inc. warrants all its strider parts for a period of time listed below from the date of retail sale, as determined by sale receipt. Dyaco Canada Inc.'s responsibilities include providing new or remanufactured parts, at Dyaco Canada Inc.'s option, and technical support to our independent dealers and servicing organizations. In the absence of a dealer or service organization, these warranties will be administered by Dyaco Canada Inc. directly to a consumer. The warranty period applies to the following components:

Frame	lifetime
Electronics	5 years
Parts	5 years
Labour	2 years

This warranty applies only to products in ordinary household use, and the consumer is responsible for the items listed below:

1. The warranty registration card must be completed and returned to the address listed on the card within 10 days of the original purchase to validate the Dyaco Canada Inc.'s limited warranty.
2. Proper use of the strider in accordance with the instructions provided in this manual.
3. Proper installation in accordance with instructions provided with the strider and with all local electric codes.
4. Proper connection to a grounded power supply of sufficient voltage, replacement of blown fuses, repair of loose connections or defects in house wiring.
5. Expenses for making the strider accessible for servicing, including any item that was not part of the strider at the time it was shipped from the factory.
6. Damages to the strider finish during shipping, installation or following installation.
7. Routine maintenance of this unit as specified in this manual.

EXCLUSIONS

This warranty does not cover the following:

1. CONSEQUENTIAL, COLLATERAL, OR INCIDENTAL DAMAGES SUCH AS PROPERTY DAMAGE AND INCIDENTAL EXPENSES RESULTING FROM ANY BREACH OF THIS WRITTEN OR ANY IMPLIED WARRANTY.
Note: Some areas do not allow the exclusion or limitation of incidental or consequential damages, so this limitation or exclusion may not apply to you.
2. Service call reimbursement to the consumer. Service call reimbursement to the dealer that does not involve malfunction or defects in workmanship or material, for units that are beyond the warranty period, for units that are beyond the service call reimbursement period, for strider not requiring component replacement, or strider not in ordinary household use.
3. Damages caused by services performed by persons other than authorized Dyaco Canada Inc. service companies; use of parts other than original Dyaco Canada Inc. parts; or external causes such as corrosion, discoloration of paint or plastic, alterations, modifications, abuse, misuse, accident, improper maintenance, inadequate power supply, or acts of God.
4. Products with original serial numbers that have been removed or altered.
5. Products that have been: sold, transferred, bartered, or given to a third party.
6. Products that do not have a warranty registration card on file at Dyaco Canada Inc. Dyaco Canada Inc. reserves the right to request proof of purchase if no warranty record exists for the product.
7. THIS WARRANTY IS EXPRESSLY IN LIEU OF ALL OTHER WARRANTIES EXPRESSED OR IMPLIED, INCLUDING THE WARRANTIES OF MERCHANTABILITY AND/OR FITNESS FOR A PARTICULAR PURPOSE.
8. Product use in any environment other than a residential setting.
9. Warranties outside of North America may vary. Please contact your local dealer for details.

SERVICE

By the serial number establishes the labour warranty period should service be required. If service is performed, it is in your best interest to obtain and keep all receipts. This written warranty gives you specific legal rights. You may also have other rights that vary from in different areas. Service under this warranty must be obtained by following these steps, in order contact your selling authorized SOLE dealer. OR

2. If you have any questions about your new product or questions about the warranty contact Dyaco Canada Inc. at 1-888-707-1880.
3. If no local service is available, Dyaco Canada Inc. will repair or replace the parts, at Dyaco Canada Inc.'s option, within the warranty period at no charge for parts. All transportation costs, both to our factory and upon return to the owner, are the responsibility of the owner. The owner is responsible for adequate packaging upon return to Dyaco Canada Inc. Dyaco Canada Inc. is not responsible for damages that occur during shipping. Make all freight damage claims with the appropriate freight carrier. DO NOT SHIP ANY UNIT TO OUR FACTORY WITHOUT A RETURN AUTHORIZATION NUMBER. All units arriving without a return authorization number will be refused.
4. For any further information, or to contact our service department by mail, send your correspondence to:

Dyaco Canada Inc.
5955 Don Murie Street
Niagara Falls, ON
L2G 0A9

Product features or specifications as described or illustrated are subject to change without notice.
All warranties are made by Dyaco Canada Inc.



Please visit us online for information about our other brands and products manufactured and distributed by Dyaco Canada Inc.



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