

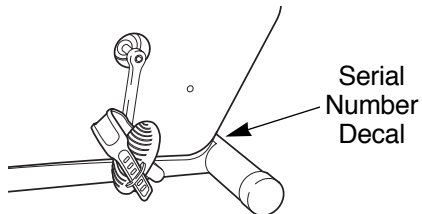
# HEALTHRIDER

RECUMBENT CYCLE

RC150

Model No. HREX04981

Serial No. \_\_\_\_\_



## QUESTIONS?

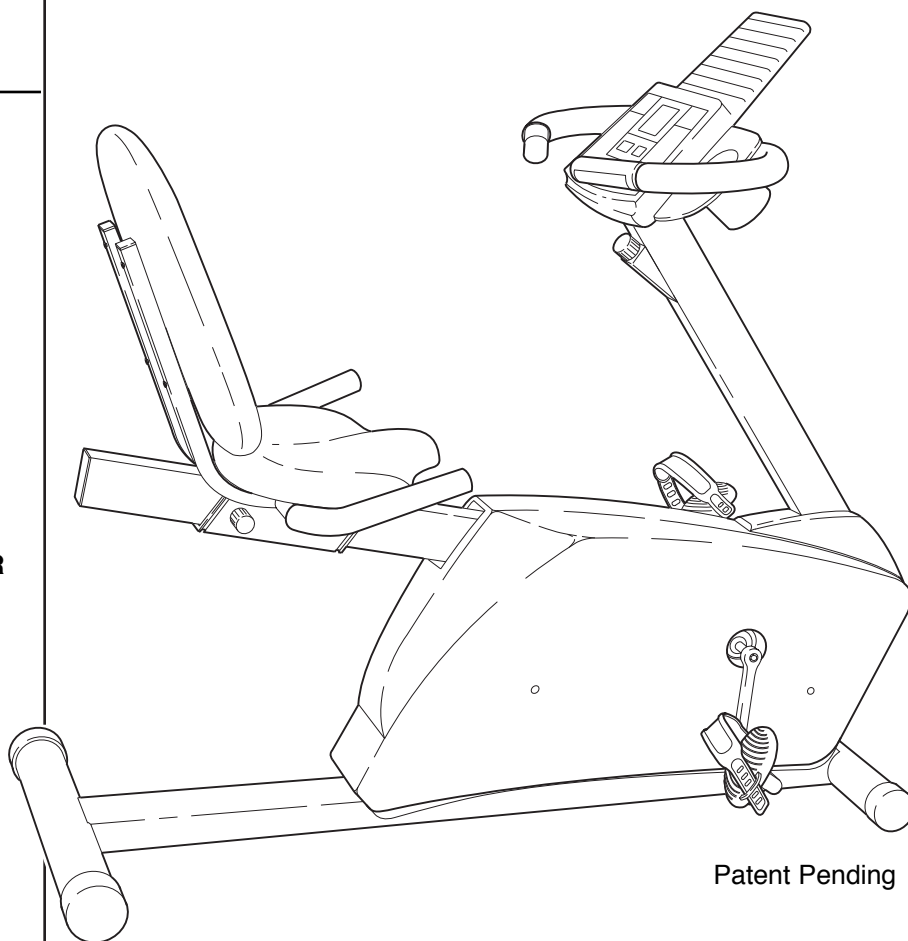
As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

**TO AVOID UNNECESSARY DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE.** The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

**CUSTOMER HOT LINE:**

**1-800-999-3756**

Mon.-Fri., 6 a.m.-6 p.m. MST



## CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

# USER'S MANUAL

# ® **HEALTHRIDER**

**R E C U M B E N T C Y C L E**



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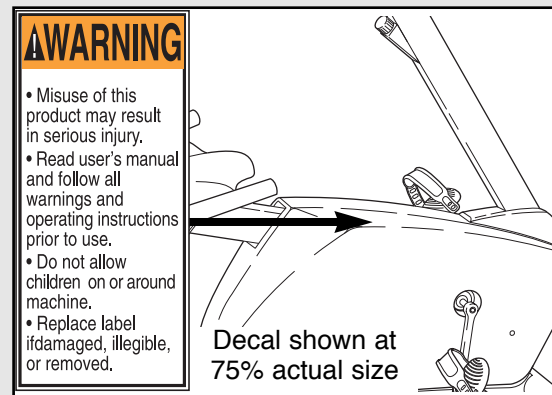
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# IMPORTANT PRECAUTIONS

**WARNING:** To reduce the risk of serious injury, read the following important precautions before using the exercise bike.

1. Read all instructions in this manual before using the RC150.
2. It is the responsibility of the owner to ensure that all users of the RC150 are adequately informed of all precautions. Use the RC150 only as described in this manual.
3. Use the RC150 indoors on a level surface. Keep the RC150 away from moisture and dust. Place a mat under the RC150 to protect the floor or carpet.
4. Inspect and tighten all parts regularly. Replace any worn parts immediately.
5. Keep children under the age of 12 and pets away from the RC150 at all times.
6. The RC150 should not be used by persons weighing more than 250 pounds.
7. Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the RC150. Always wear athletic shoes when using the RC150.
8. Always keep your back straight when using the RC150. Do not arch your back.
9. If you feel pain or dizziness while exercising, stop immediately and cool down.
10. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.
11. The RC150 is intended for in-home use only. Do not use the RC150 in a commercial, rental, or institutional setting.
12. **CAUTION DECAL PLACEMENT:** The decal shown below has been placed on the RC150. If the decal is missing, or if it is not legible, please call our Customer Service Department toll-free at 1-800-999-3756 to order a free replacement decal. Apply the decal in the location shown.



**WARNING:** Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

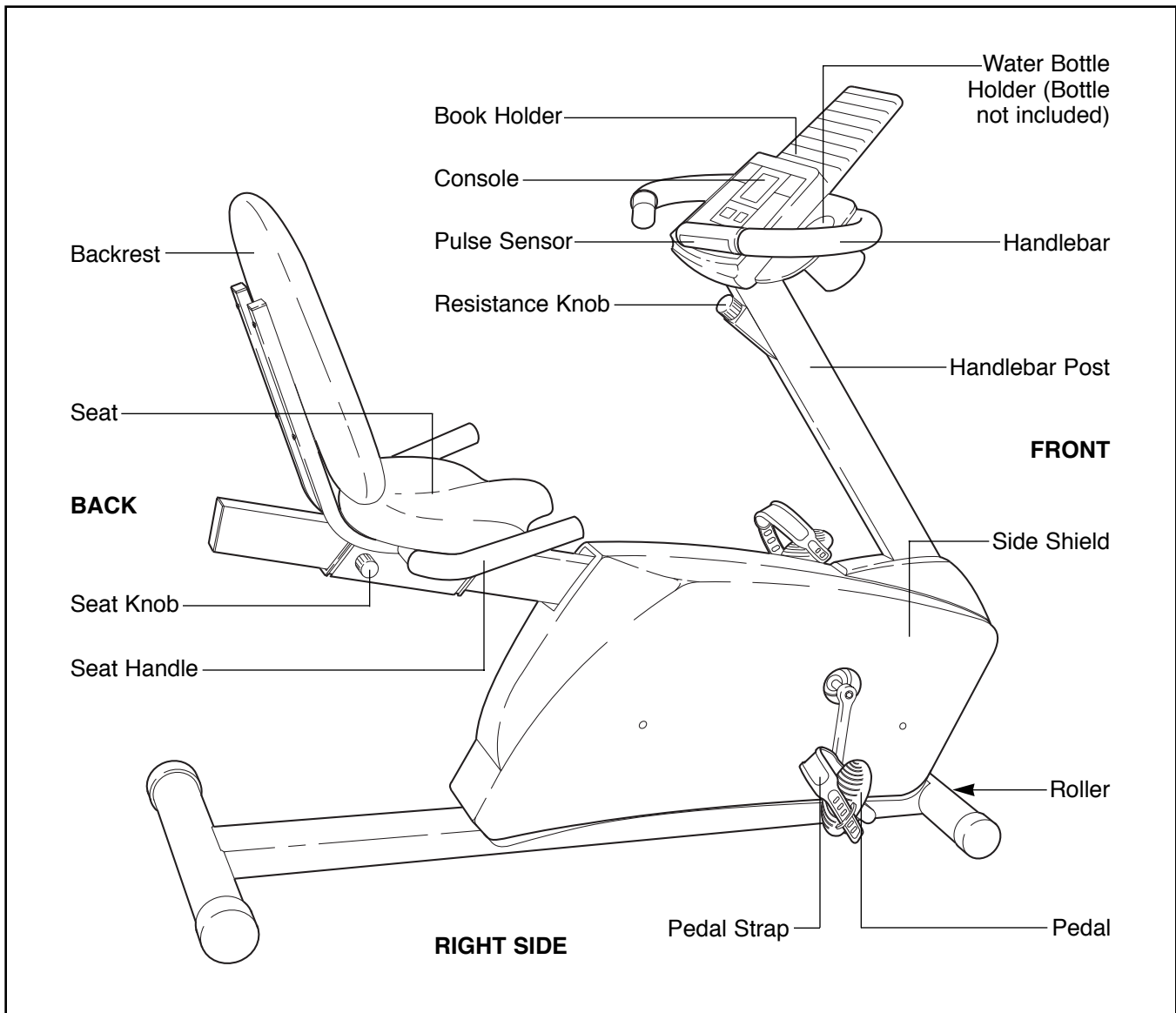
# BEFORE YOU BEGIN

Congratulations for selecting the new HealthRider® RC150 recumbent cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The HealthRider® RC150 offers an impressive array of features designed to let you enjoy this healthful exercise in the comfort and privacy of your home.

**For your benefit, read this manual carefully before you use the HealthRider® RC150.** If you have additional questions, please call our Customer Service


Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please mention the product model number and serial number when calling. The model number is HREX04981. The serial number can be found on a decal attached to the HealthRider® RC150 (see the front cover of this manual).

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



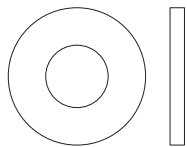
# ASSEMBLY

**Assembly requires two persons.** Place all parts of the recumbent cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

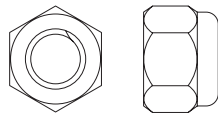
**Assembly requires the included tools and your own adjustable wrench** .

## PART CHART

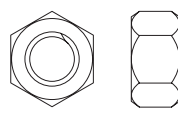
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity used in assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-assembled.**



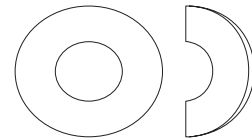
M8 Black Flat Washer (57)-16



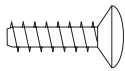
M8 Nylon Locknut (56)-8



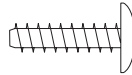
M6 Nut (78)-1



M8 Curved Washer (28)-7



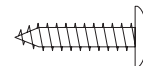
M5 x 15mm Screw (69)-1



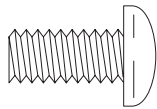
Console Screw (20)-3



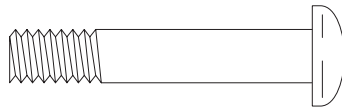
M4 x 25mm Screw (21)-1



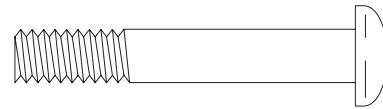
#10 x 5/8" Screw (30)-1



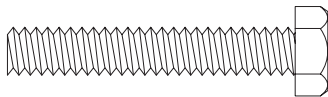
M8 x 15mm Button Screw (74)-4



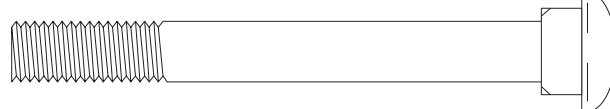
M8 x 40mm Button Bolt (24)-4



M8 x 45mm Button Screw (17)-3



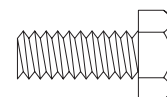
M6 x 38mm Hex Screw (73)-4



M8 x 70mm Carriage Bolt (72)-2

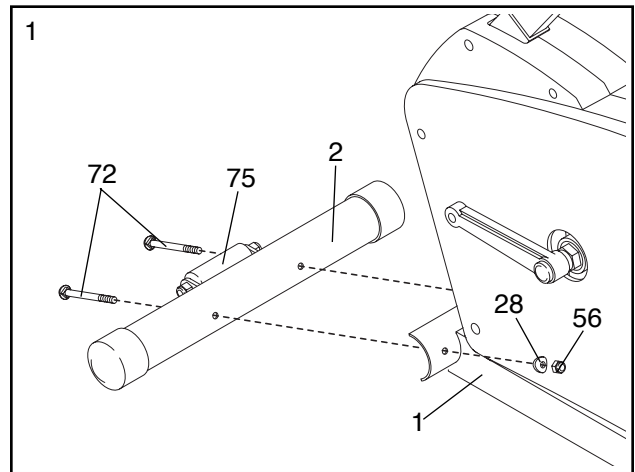


M8 x 80mm Carriage Bolt (63)-2

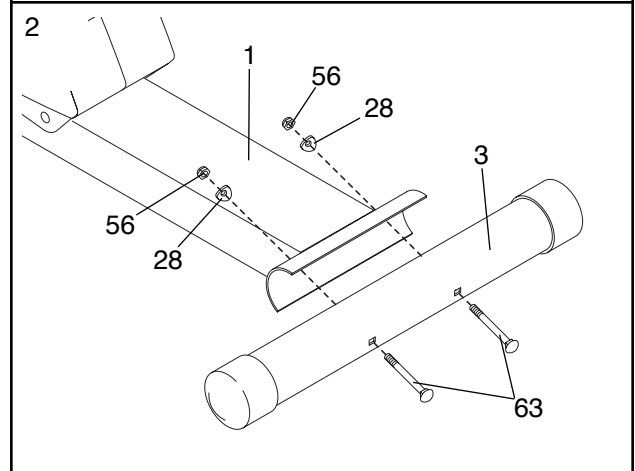


M6 x 15mm Hex Screw (29)-4

1. Attach the Front Stabilizer (2) to the front of the Frame (1) with two M8 x 70mm Carriage Bolts (72), two M8 Curved Washers (28), and two M8 Nylon Locknuts (56). **Make sure that the Front Stabilizer is turned so the Roller (75) is not touching the floor.**



2. Attach the Rear Stabilizer (3) to the rear of the Frame (1) with two M8 x 80mm Carriage Bolts (63), two M8 Curved Washers (28), and two M8 Nylon Locknuts (56).



3. While a second person holds the Upright (6) near the Frame (1), route the Resistance Cable (67) up through the Upright and out of the indicated hole.

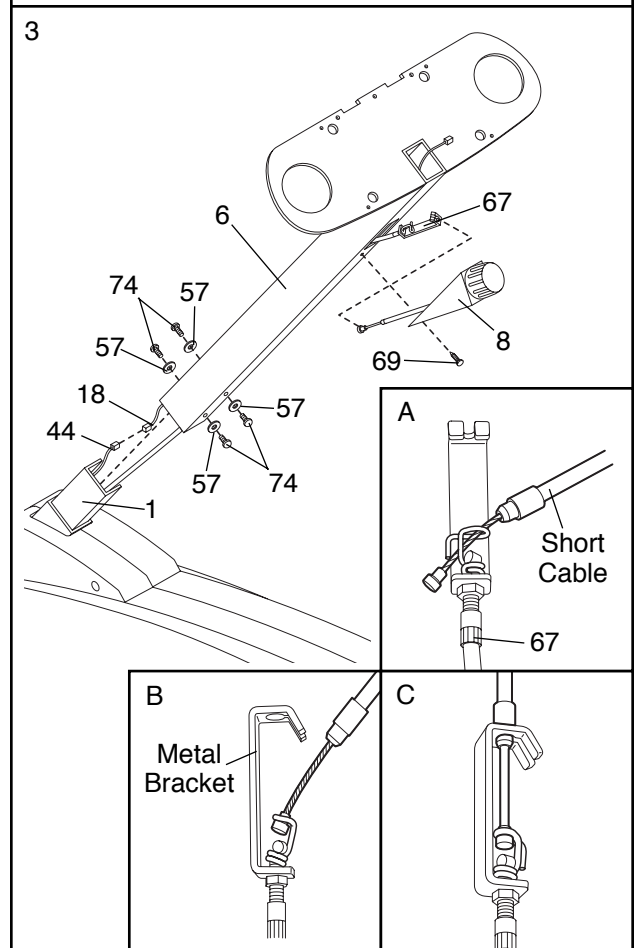
Next, connect the Extension Wire (18) to the Reed Switch Wire (44).

Carefully slide the Upright (6) onto the Frame (1). **Be careful to avoid pinching the wires.** Attach the Upright with four M8 x 15mm Button Screws (74) and four M8 Black Flat Washers (57).

Next, connect the short cable on the Resistance Control (8) to the Resistance Cable (67) in the following way:

- Refer to drawing A. Insert the tip of the short cable into the wire clip on the Resistance Cable (67) as shown.
- Refer to drawings B and C. Firmly pull the short cable and slide it into the metal bracket as shown.

Push any excess Resistance Cable (67) into the Upright (6). Attach the Resistance Control (8) to the Upright with an M5 x 15mm Screw (69).



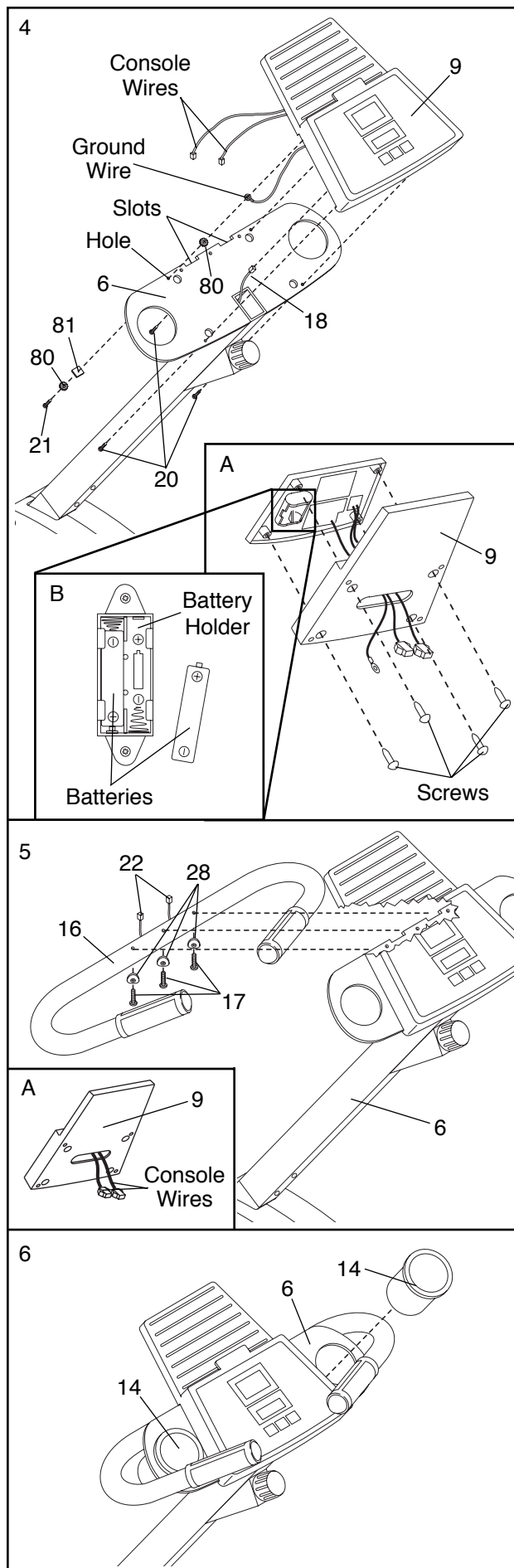
- The Console (9) requires two "AA" batteries (not included); alkaline batteries are recommended. Refer to drawing A. Remove the four indicated screws and lift off the front of the Console. Press two batteries into the battery holder as shown in drawing B. Make sure that the negative (-) ends of the batteries are touching the springs. Reattach the front of the Console. **Make sure that the three wires are extending from the back of the Console.**

While another person holds the Console (9) near the Upright (6), plug the Extension Wire (18) into the back of the Console. Next, attach the ground wire and the Console (9) to the Upright (6) in the following way:

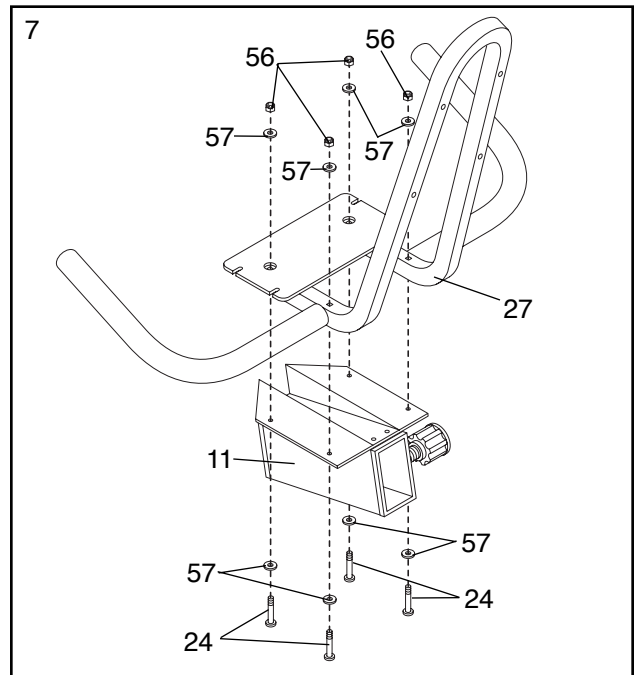
- Peel the backing off one side of the Double-sided Tape (81). Stick the Tape firmly to the underside of the Upright (6) so it covers the indicated hole.
- Peel the backing off the other side of the Tape (81). Slide a Star Washer (80) onto a M4 x 25mm Screw (21) and push the Screw up through the Tape and the indicated hole. Next, slide another Star Washer (80) and the ground wire onto the Screw.
- Set the Console (9) on the Upright (6). **Make sure that there is one console wire in each of the indicated slots in the Upright.** Tighten the M4 x 25mm Screw (21) into the Console. Next, tighten three Console Screws (20) into the Upright and the Console.

- While another person holds the Handlebar (16) near the Upright (6), connect the two Pulse Wires (22) to the corresponding console wires on the Console. Next, attach the Handlebar to the Upright with three M8 x 45mm Button Screws (17) and three M8 Curved Washers (28). **Make sure that the Pulse Wires (22) are not caught between the Handlebar and the Upright.**

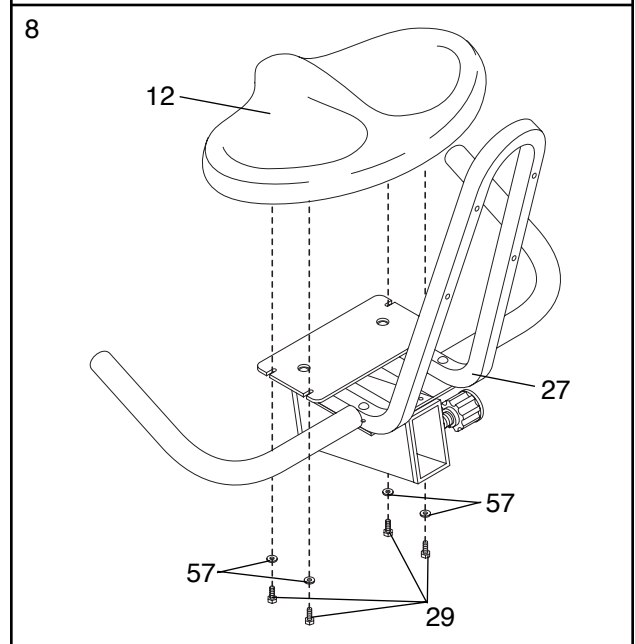
- Attach the Cup Holders (14) by firmly pushing them down into the indicated holes in the Upright (6) until they are seated fully.



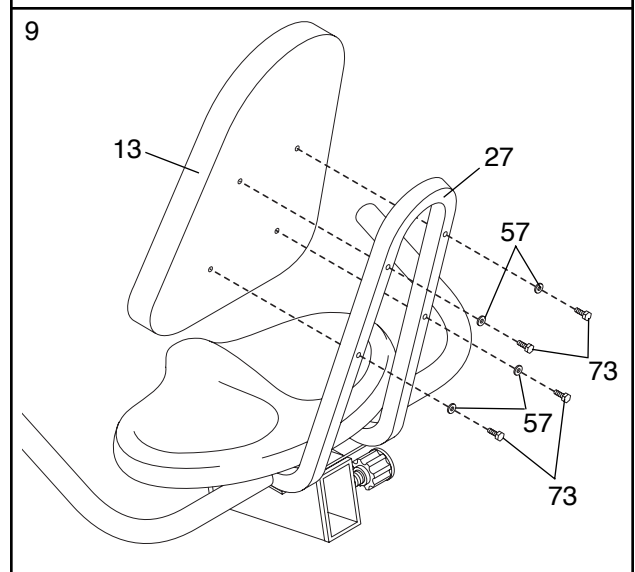
7. Attach the Seat Carriage (11) to the Seat Frame (27) using four M8 x 40mm Button Bolts (24), eight M8 Black Flat Washers (57), and four M8 Nylon Locknuts (56).



8. Attach the Seat (12) to the Seat Frame (27) with four M6 x 16mm Hex Screws (29) and four M8 Black Flat Washers (57).



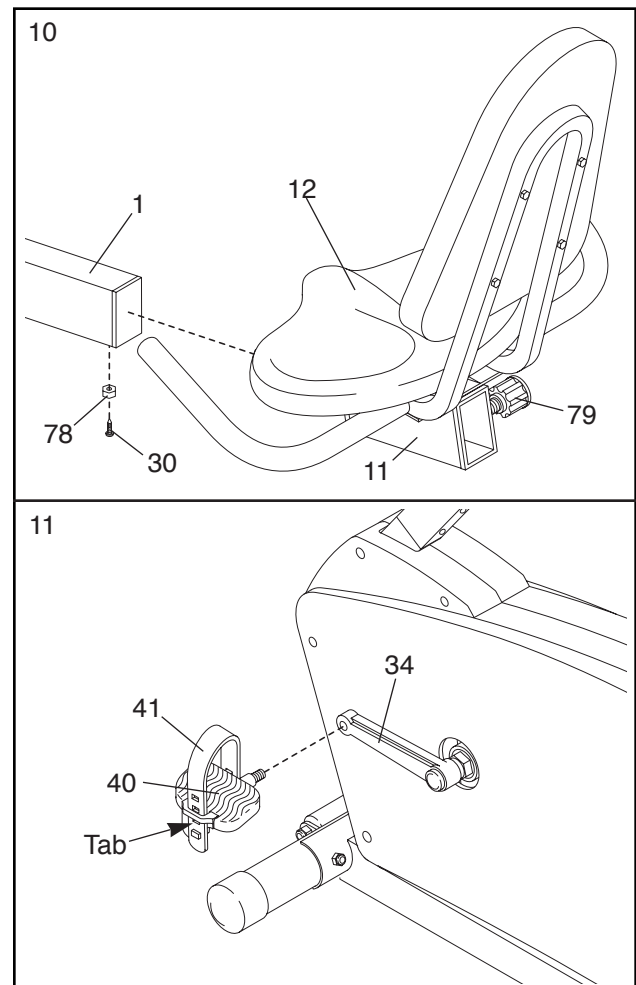
9. Attach the Backrest (13) to the Seat Frame (27) with four M6 x 38mm Hex Screws (73) and four 5/16" Black Flat Washers (57).





10. Turn the Seat Knob (79) counterclockwise two or three turns to loosen it (if the Seat Knob is not loosened enough, the Seat Knob may scratch the Frame [1]). Next, pull the Seat Knob and slide the Seat Carriage (11) onto the Frame (1). Move the Seat (12) to the desired position and release the Seat Knob. **Make sure to move the Seat Carriage back and forth slightly until it locks in position.** Then, turn the Seat Knob clockwise to tighten it.

Attach the Nut (78) to the Frame (1) with the #10 x 5/8" Screw (30).



11. Identify the Left Pedal (40) (there is an "L" on the Left Pedal for identification). Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left Crank Arm (34).

Tighten the Right Pedal clockwise into the right Crank Arm (not shown).

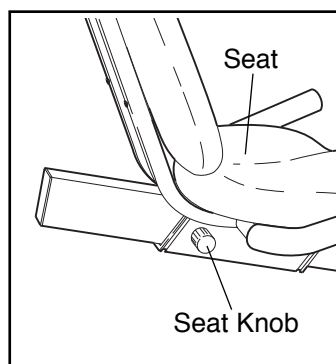
Adjust the Pedal Strap (41) on the Left Pedal (40) to the desired position. Press the Pedal Strap onto the tab on the Left Pedal. Adjust the Pedal Strap on the Right Pedal in the same manner (not shown).

12. **Make sure that all parts are tightened before you use the recumbent cycle. Place a mat beneath the recumbent cycle to protect the floor.**

## HOW TO OPERATE THE RECUMBENT CYCLE

### HOW TO ADJUST THE POSITION OF THE SEAT

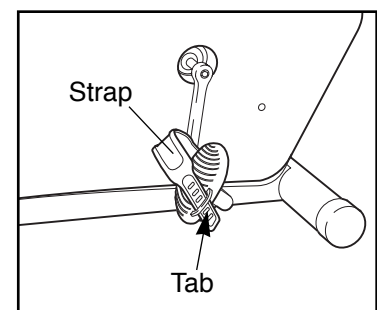
For effective exercise, the seat should be in the proper position. As you pedal, there should be a slight bend in your knees when the pedals are in the farthest position. **IMPORTANT: After you adjust the position of the seat, make sure that your knees will not hit the console when you pedal.** To adjust the seat, first turn the seat knob counterclockwise two or three turns to loosen it (if the seat knob is not loosened enough,



the seat knob may scratch the frame). Next, pull the seat knob, slide the seat to the desired position, and release the seat knob. **Make sure to move the seat back and forth slightly until it locks in position.** Then, turn the seat knob clockwise to tighten it.

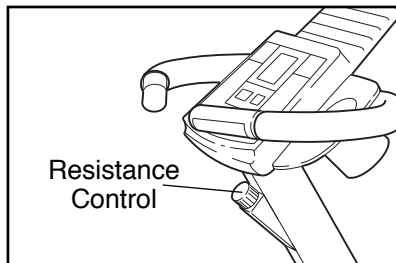
### HOW TO ADJUST THE PEDAL STRAPS

To adjust the pedal straps, first pull the straps off the tabs on the pedals. Press the straps back onto the tabs using different holes in the straps.



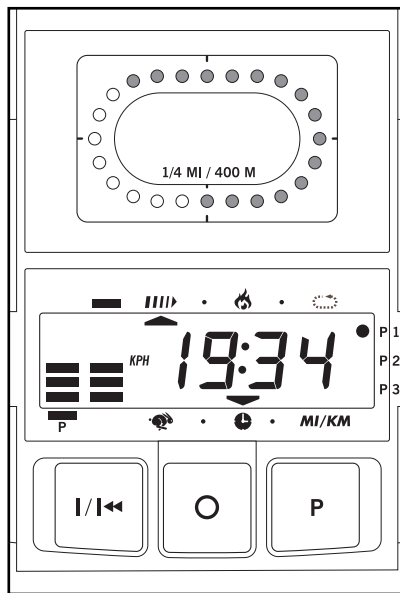
## HOW TO ADJUST THE RESISTANCE


To adjust the intensity of your exercise, the resistance of the pedals can be adjusted. To increase the resistance, turn the resistance control clockwise; to decrease the resistance, turn the control counter-clockwise. **Important: Stop turning the control when rotation becomes difficult or damage may result.**




## DESCRIPTION OF THE CONSOLE


The innovative console offers a manual mode and three pacer programs. The pacer programs are designed to help you reach specific exercise goals by pacing your exercise. You can choose from a stamina-building Interval program, an Aerobic program, and a special Fat Burn program. As you exercise, seven monitor modes will provide continuous exercise feedback. The monitor modes are described below:





 **Speed**—This mode shows your pedaling pace, in kilometers or miles per hour (see HOW TO SELECT KILOMETERS OR MILES on page 12).


 **Time**—If you select the manual mode, this mode will show the elapsed time. If you select one of the three pacer programs, this mode will count down the time remaining in the program.

**MI/KM** **Distance**—This mode shows the distance you have pedaled, in kilometers or miles.

 **Lap**—This mode shows the number of laps you have completed. One lap equals 0.25 kilometers or miles.

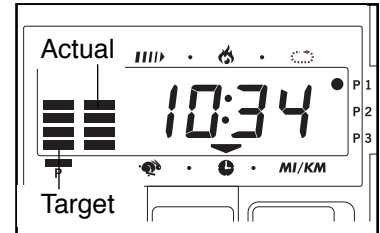
 **Calorie**—This mode shows the approximate number of calories you have burned.

 **Scan**—This mode displays the above five modes, for 5 seconds each, in a repeating cycle.

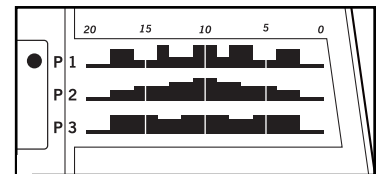
 **Pulse**—This mode shows your heart rate when the pulse monitor is used. (See step 5 on page 11.)

## HOW THE PACER PROGRAMS OPERATE

When you use a pacer program, two columns of bars will appear in the display. The left column represents a target pace and the right column shows your actual exercising pace. The target pace will change periodically during the program; as the target pace changes, simply adjust your exercising pace to keep both columns at the same height. **Important: The target pace is a goal pace. Your actual pace may be slower than the target pace, especially during the first few months of your exercise program. Be sure to exercise at a pace that is comfortable for you.**



The three graphs on the console show how the target pace will change during the programs. During the Aerobic program (P2), for example, the target pace will gradually increase during the first half of the program, and gradually decrease during the last half of the program. Each program will last for twenty minutes.



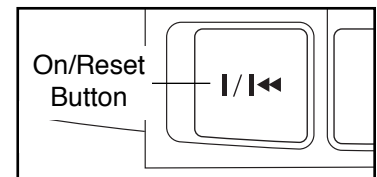
## STEP-BY-STEP CONSOLE OPERATION

**Before the console can be operated, two batteries must be installed. (See BATTERY REPLACEMENT on page 12.)**

### 1 Turn on the power

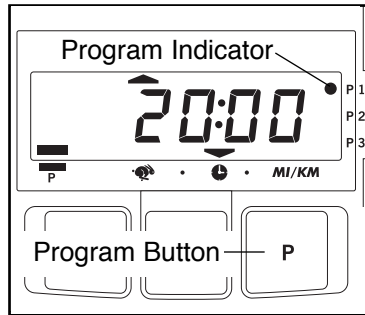
To turn on the power, press the on/reset button or simply begin exercising. The entire display will

appear for two seconds; the console will then be ready for use. Note: If batteries were just installed, the power will already be on.



## 2 Select one of the three pacer programs or the manual mode

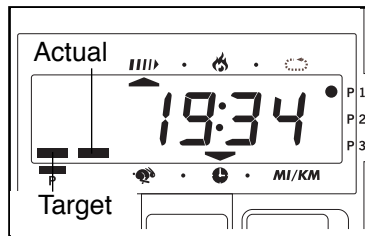
To select one of the pacer programs, repeatedly press the program button. The program indicator will show which program you have selected. To select



the manual mode, press the program button until the program indicator disappears. The programs will be selected in the following order: program 1 (Interval), program 2 (Aerobic), program 3 (Fat Burn), manual mode.

## 3 Begin your workout

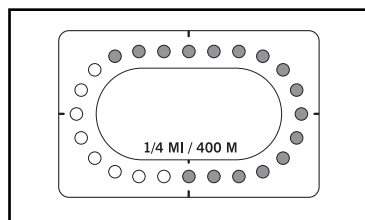
**If you selected the manual mode, go to step 4.** If you selected one of the pacer programs, two columns of



bars will appear in the display. The left column will show one bar, indicating a relatively slow pace. The right column will show your actual exercising pace. Adjust your exercising pace until only one bar appears in the right column. Each time the target pace changes during the program, adjust your exercising pace to keep both columns at the same height.

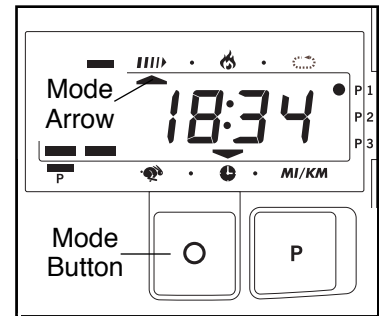
## 4 Follow your progress with the LED track and the seven monitor modes

**The LED track**—The LED track represents a distance of 0.25 kilometers or miles. As you pedal, the indicators around the track will light one at a time until you have completed one lap. A new lap will then begin.



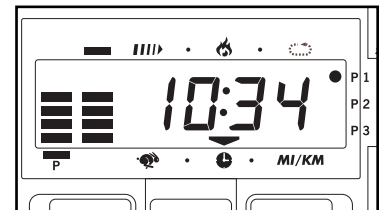
### The scan mode—

Repeatedly press the mode button until an arrow appears under the scan symbol. When the scan mode is selected, the console will display the speed, time, distance, lap and calorie modes, for 5 seconds each, in a repeating cycle.



### The speed, time, distance, lap, or calorie mode—

Repeatedly press the mode button until an arrow appears below or above the desired mode symbol. Make sure that there is not an arrow under the scan symbol.

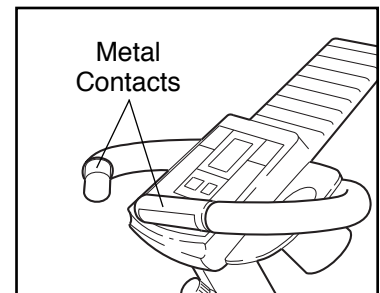


**The pulse mode**—To use the pulse mode, see step 5.

To reset the display, press the on/reset button.

## 5 Measure your heart rate if desired

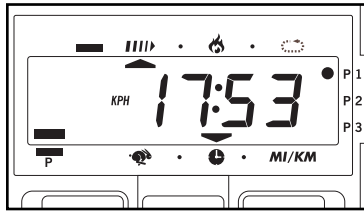
To use the pulse sensor, place your hands on the metal contacts. Your palms must be resting on the upper contacts and your fingers must be touching the lower contacts. Avoid moving your hands. After a moment, the heart-shaped indicator in the display will begin to flash and your heart rate will be shown. For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.



Make sure that your hands are positioned as described above, and that you are not moving your hands excessively or squeezing the metal contacts too tightly.

## 6 Turn off the power

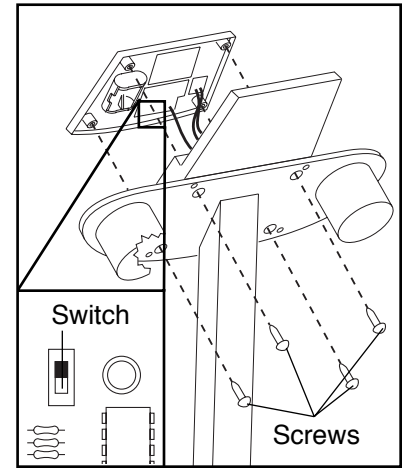
To turn off the power, simply wait for about six minutes. If the pedals are not moved and the console buttons are not pressed for six minutes, the power will turn off automatically.



### HOW TO SELECT KILOMETERS OR MILES

The console can display distance and speed in either kilometers or miles. If a “KPH” appears in the display, distance and speed will be shown in kilometers; if a “KPH” does not appear, distance and speed will be shown in miles.

To change the unit of measurement, see step 5 on page 7 and remove the Handlebar. Next, remove the four indicated screws from the console. Lift the console a few inches and turn it over; **be careful not to pull on the wires.**



Locate the small switch on the back of the console. Slide the switch up or down to change the unit of measurement. Reattach the console with the four screws; **be careful not to pinch any of the wires.**

## MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the recumbent cycle regularly. The recumbent cycle can be cleaned with a soft, damp cloth. To prevent damage to the console, keep liquids away from the console and keep the console out of direct sunlight.

### BATTERY REPLACEMENT

If the console does not function properly, the batteries should be replaced. To replace the batteries, the handlebar must be removed. See assembly step 4 on page 7 to remove the handlebar. Next, refer to assembly step 5 to install batteries.

### PULSE SENSOR TROUBLE-SHOOTING

- Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings.
- If your heart rate is not shown when the pulse sensor is used, press the resistance – button to reset the pulse sensor.
- Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings.
- For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.
- For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

# EXERCISE GUIDELINES

**WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.**

**WARNING: The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

Exercise has proven essential for good health and well-being. Regular participation in a well-rounded exercise program results in a stronger and more efficient heart, improved respiratory function, increased stamina, better weight management, increased ability to deal with stress, and greater self-esteem.

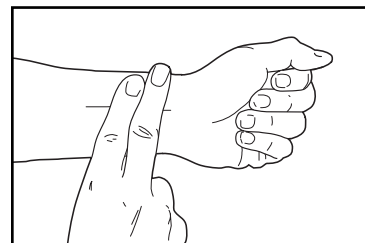
## EXERCISE INTENSITY

To maximize the benefits of exercising, it is important to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. For effective aerobic exercise, your heart rate should be maintained at a level between 70% and 85% of your maximum heart rate as you exercise. This is known as your training zone. You can find your training zone in the table below. Training zones are listed according to age and physical condition.

AGE	TRAINING ZONE (BEATS/MIN.)	
	UNCONDITIONED	CONDITIONED
20	138–167	133–162
25	136–166	132–160
30	135–164	130–158
35	134–162	129–156
40	132–161	127–155
45	131–159	125–153
50	129–156	124–150
55	127–155	122–149
60	126–153	121–147
65	125–151	119–145
70	123–150	118–144
75	122–147	117–142
80	120–146	115–140

During the first few months of your exercise program, keep your heart rate near the low end of your training zone as you exercise. After a few months of regular exercise, your heart rate can be increased until it is near the middle of your training zone as you exercise.

To measure your heart rate, use the built-in pulse sensor. You can also measure your heart rate by placing two fingers on your wrist as shown. Stop exercising and take a six-second heartbeat count. Multiply the result by ten to find your heart rate. (A six-second count is used because your heart rate drops quickly when you stop exercising.)



If your heart rate is too high, decrease the intensity of your exercise. If your heart rate is too low, increase the intensity of your exercise.

## WORKOUT GUIDELINES

A well-rounded workout includes three important parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training zone exercise**, consisting of 20 to 40 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

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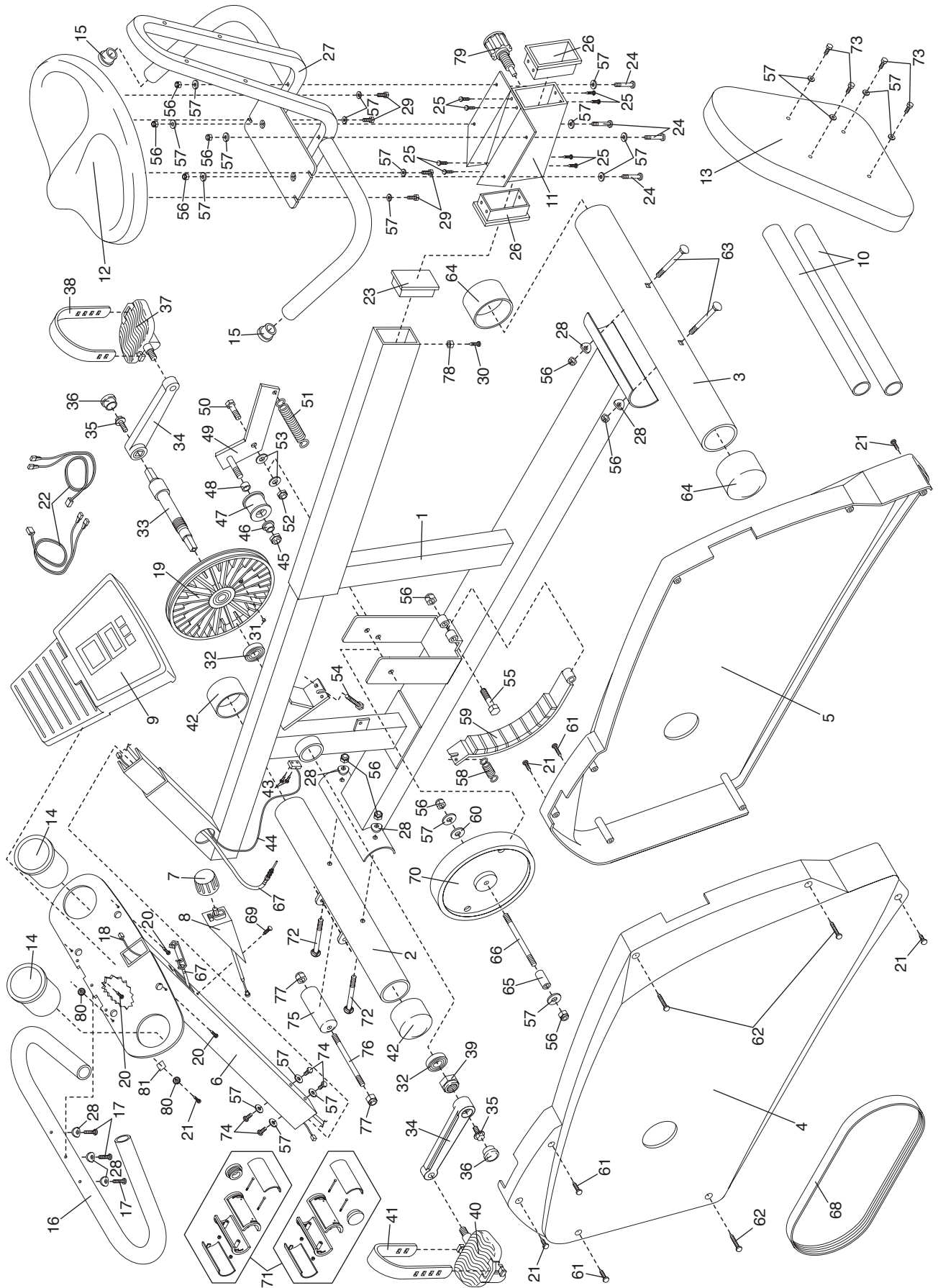
Key No. Qty.	Description	Key No. Qty.	Description	Key No. Qty.	Description
1 1	Frame	31 1	Magnet	61 3	M4 x 44mm Screw
2 1	Front Stabilizer	32 2	Crank Bearing	62 3	M4 x 63.5mm Screw
3 1	Rear Stabilizer	33 1	Crank	63 2	M8 x 80mm Carriage Bolt
4 1	Left Side Shield	34 2	Crank Arm	64 2	Rear Stabilizer Endcap
5 1	Right Side Shield	35 2	M8 x 20mm Washer Screw	65 1	Axle Spacer
6 1	Upright	36 2	Crank Cap	66 1	Axle
7 1	Resistance Knob	37 1	Right Pedal	67 1	Resistance Cable
8 1	Resistance Control	38 1	Right Pedal Strap	68 1	Belt
9 1	Console	39 1	Crank Nut	69 1	M5 x 15mm Screw
10 2	Handlebar Foam	40 1	Left Pedal	70 1	Flywheel
11 1	Seat Carriage	41 1	Left Pedal Strap	71 2	Pulse Handle Assembly
12 1	Seat	42 2	Front Stabilizer Endcap	72 2	M8 x 70mm Carriage Bolt
13 1	Seat Back	43 2	#4 x 3/8" Screw	73 4	M6 x 38mm Hex Screw
14 2	Cup Holder	44 1	Reed Switch/Wire	74 4	M8 x 15mm Button Screw
15 2	Handlebar Endcap	45 1	M10 Nylon Jam Nut	75 1	Roller
16 1	Handlebar	46 1	Idle Bushing	76 1	Roller Axle
17 3	M8 x 45mm Button Screw	47 1	Idle Wheel	77 2	M10 Black Nylon Locknut
18 1	Extension Wire	48 1	Idle Spacer	78 1	Nut
19 1	Pulley	49 1	Idle Arm	79 1	Seat Knob
20 3	Console Screw	50 1	M10 x 26mm Bolt	80 2	Star Washer
21 5	M4 x 25mm Screw	51 1	Idle Spring	81 1	Double-sided Tape
22 2	Pulse Wire	52 1	M10 Nylon Locknut	#	User's Manual
23 1	Frame Endcap	53 2	M10 Black Flat Washer	#	Allen Wrench
24 4	M8 x 40mm Button Bolt	54 1	Stop Bolt		
25 8	#8 x 1/4" Screw	55 1	M8 x 45mm Hex Bolt		
26 2	Seat Carriage Bushing	56 11	M8 Nylon Locknut		
27 1	Seat Frame	57 18	M8 Black Flat Washer		
28 7	M8 Curved Washer	58 1	Return Spring		
29 4	M6 x 15mm Hex Screw	59 1	"C" Magnet		
30 1	#10 x 5/8" Screw	60 1	M8 Zinc Flat Washer		

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



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# HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, simply call our Customer Service Department toll-free at 1-800-999-3756, Monday through Friday, 6 a.m. until 6 p.m. Mountain Time (excluding holidays). To help us assist you, please be prepared to give the following information when calling:

- The MODEL NUMBER of the product (HREX04981).
- The NAME of the product (HealthRider® RC150 recumbent cycle).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

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