

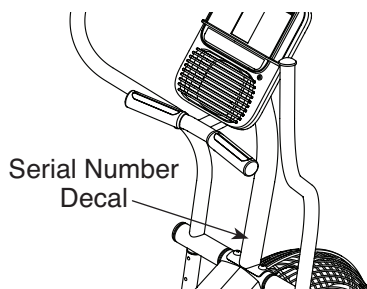
PRO-FORM[®]

WHIRLWINDPRO

Model No. 831.21933.0

Serial No. _____

Write the serial number in the space above for reference.



- Assembly
- Operation
- Maintenance
- Part List and Drawing

Sears, Roebuck and Co.
Hoffman Estates, IL 60179

CAUTION

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

BIKE EXERCISER User's Manual

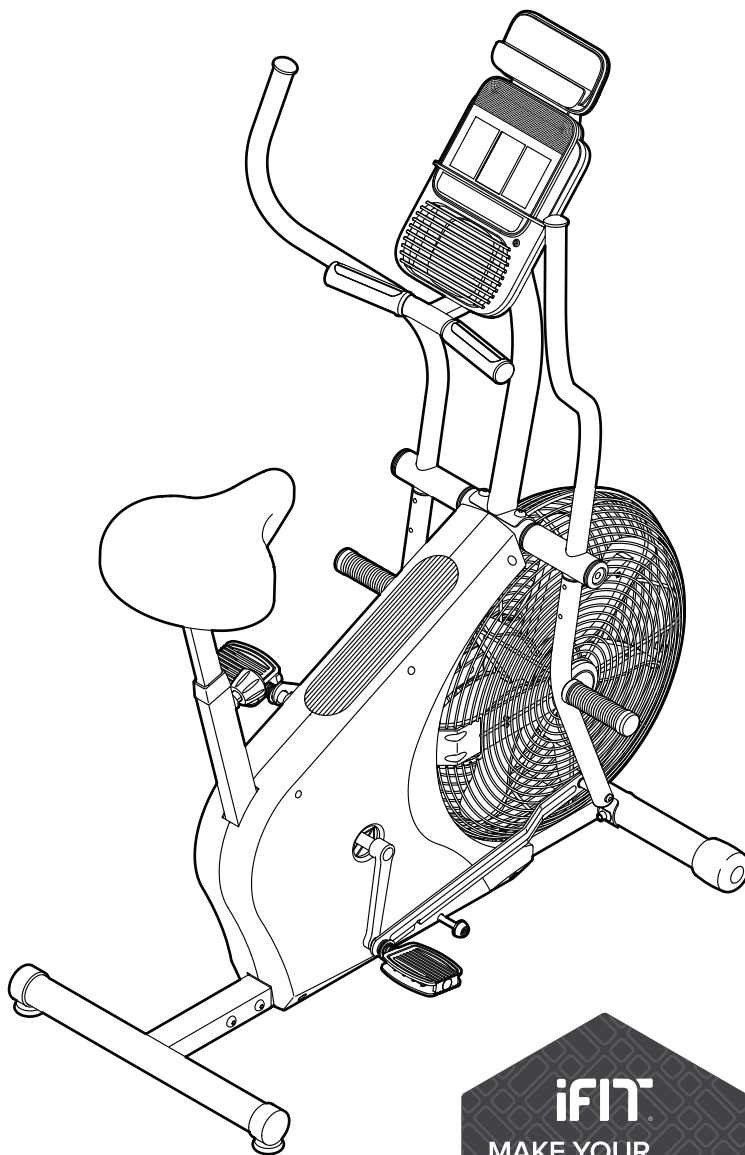
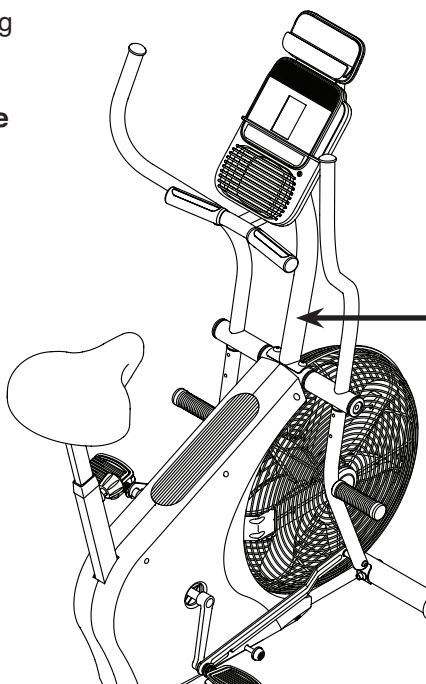


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WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



WARNING

- Misuse of this machine may result in serious injury.
- Read and follow all warnings and instructions and obtain proper instruction prior to use.
- Read user's manual prior to use.
- Do not allow children on or around machine.
- Pedals may continue to spin when you stop pedaling.
- Spinning pedals can cause injury.
- Reduce pedal speed in a controlled manner.
- User weight must not exceed 250 lbs./113 kg.
- Replace label if damaged, illegible, or removed.



IMPORTANT PRECAUTIONS

⚠️ WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your exercise bike before using your exercise bike. Sears assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. It is the responsibility of the owner to ensure that all users of the exercise bike are adequately informed of all precautions.
2. Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.
3. Use the exercise bike only as described in this manual.
4. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
5. Keep the exercise bike indoors, away from moisture and dust. Do not put the exercise bike in a garage or covered patio, or near water.
6. Place the exercise bike on a level surface with at least 2 ft. (0.6 m) of clearance around the exercise bike. To protect the floor or carpet from damage, place a mat under the exercise bike.
7. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
8. Keep children under age 12 and pets away from the exercise bike at all times.
9. Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the exercise bike. Always wear athletic shoes for foot protection.
10. The exercise bike should not be used by persons weighing more than 250 lbs. (113 kg).
11. The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
12. When adjusting the seat, insert the pin on the seat knob into one of the holes in the seat post. Do not insert the pin on the seat knob under the seat post.
13. When connecting the link arms to the pedals, make sure that the link arms are fully seated on the pedal bushings (see HOW TO USE THE HANDLEBARS on page 12). If the link arms are not on the pedal bushings, they may slip off during use, resulting in injury to the user.
14. When adjusting the height of the seat, make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post (see HOW TO ADJUST THE SEAT on page 13). Do not rest the seat post on top of the pin on the seat knob.
15. The exercise bike does not have a free wheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
16. Always keep your back straight while using the exercise bike; do not arch your back.
17. Over exercising may result in serious injury or death. If you feel faint, if you become short of breath, or if you experience pain while exercising, stop immediately and cool down.

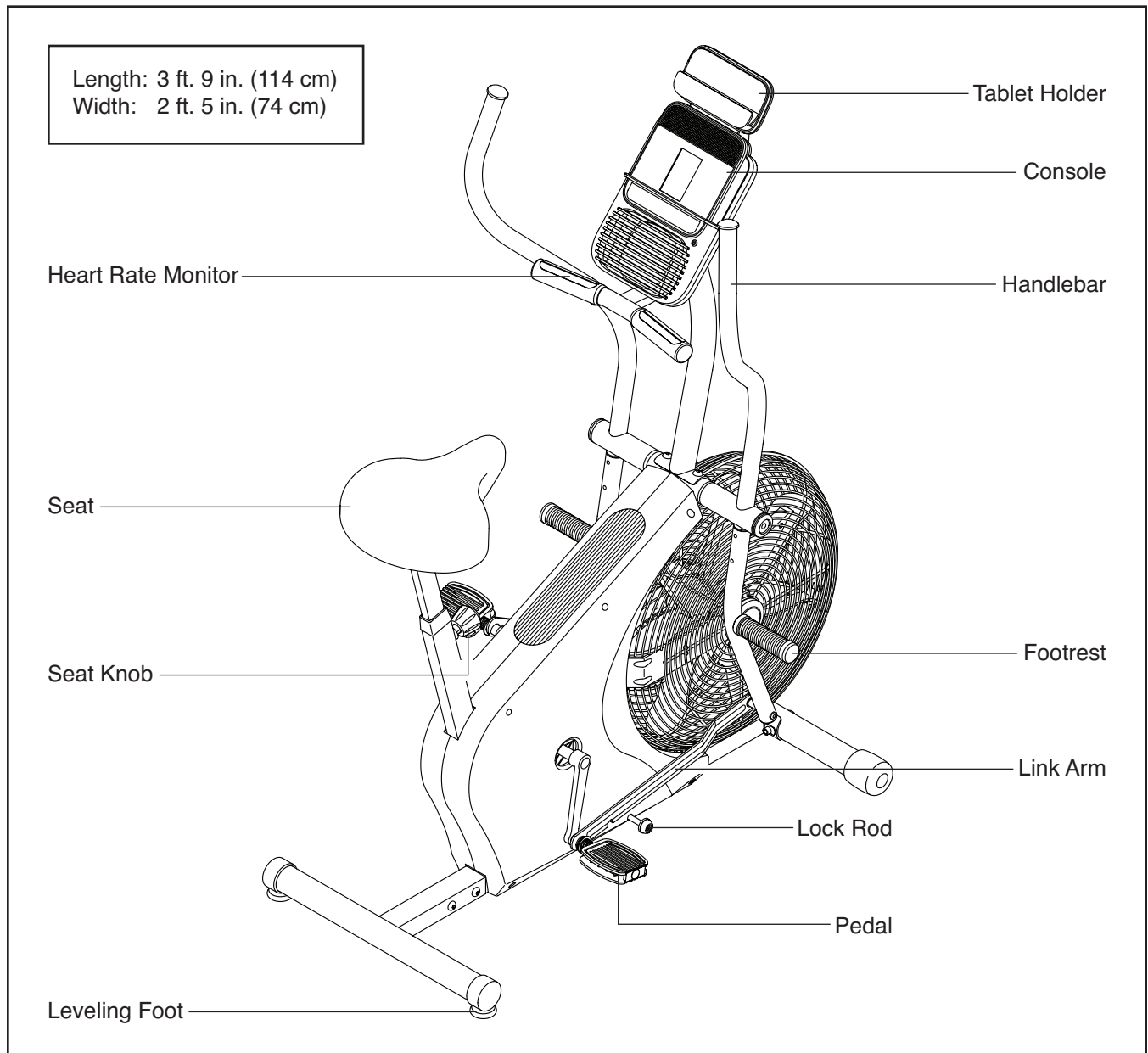
BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® WHIRLWIND PRO exercise bike. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The WHIRLWIND PRO exercise bike offers an 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 exercise bike. If you have questions after

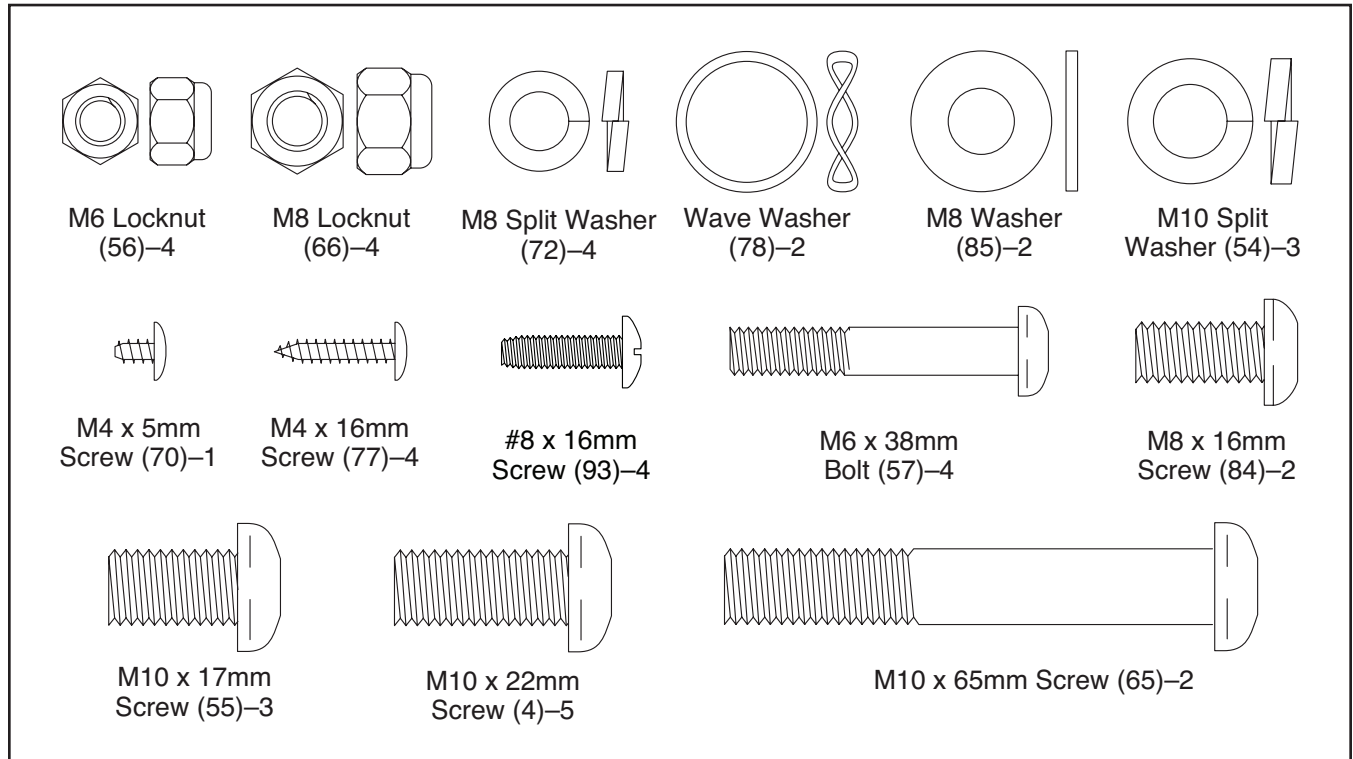
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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



PART IDENTIFICATION CHART

Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled. Extra parts may be included. If a part is missing, please call 1-888-533-1333.**

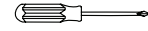


ASSEMBLY

- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.

In addition to the included tool(s), assembly requires the following tool(s):

one Phillips screwdriver



one adjustable wrench



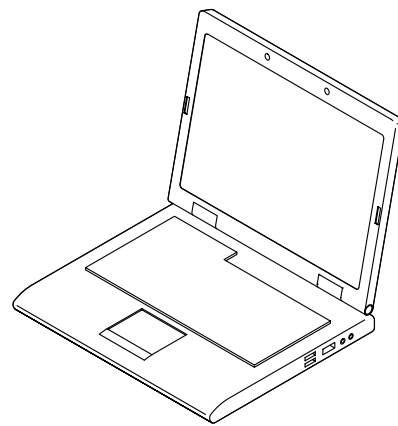
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

1. Go to www.proform.com/registration on your computer and register your product.

- activates your warranty
- saves you time if you ever need to contact Customer Care
- allows us to notify you of upgrades and offers

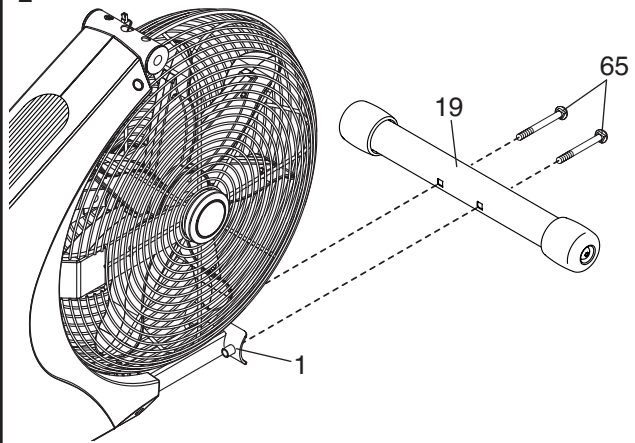
Note: If you do not have Internet access, call 1-888-533-1333 and register your product.

1

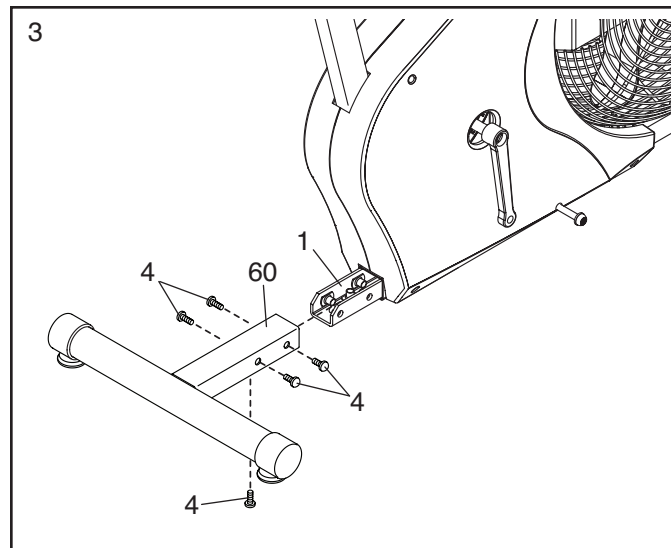


2. Attach the Front Stabilizer (19) to the front of the Frame (1) with two M10 x 65mm Screws (65).

2



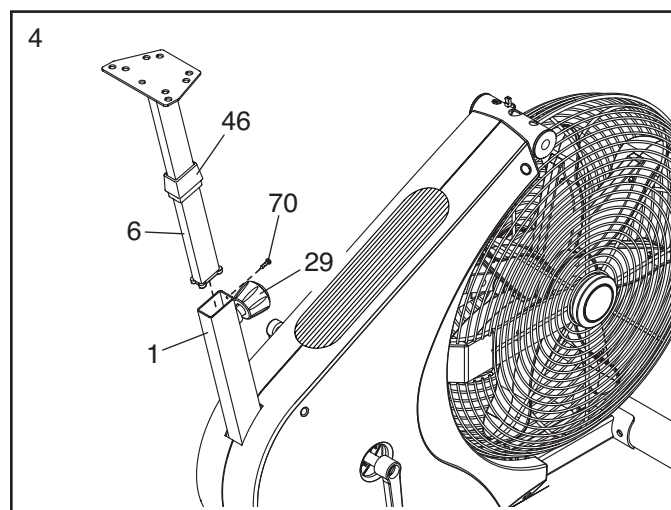
3. Attach the Rear Stabilizer (60) to the Frame (1) with five M10 x 22mm Screws (4); **start all the Screws, and then tighten them.**



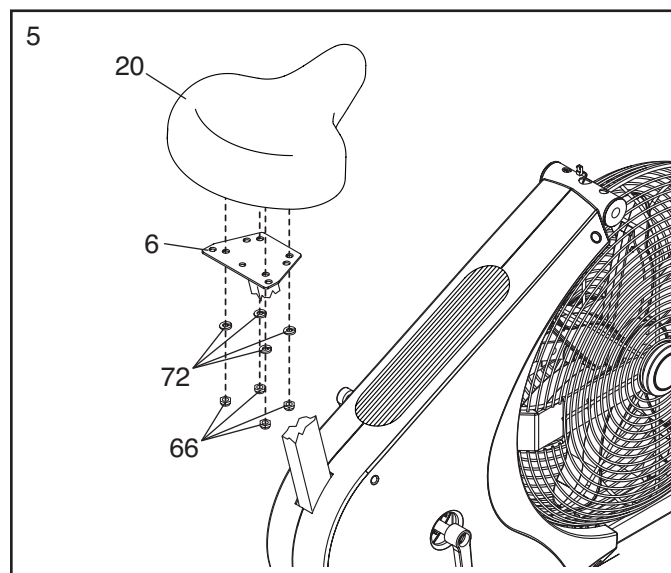
4. Loosen the Seat Knob (29) a few turns. Next, pull the Seat Knob outward, insert the Seat Post (6) into the Frame (1), and then release the Seat Knob. **Move the Seat Post upward and downward slightly to make sure that the pin on the Seat Knob is engaged in one of the adjustment holes in the Seat Post.**

Next, push the Seat Post Guide (46) downward into the top of the Frame (1). Attach the Seat Post Guide with an M4 x 5mm Screw (70).

Then, retighten the Seat Knob (29).

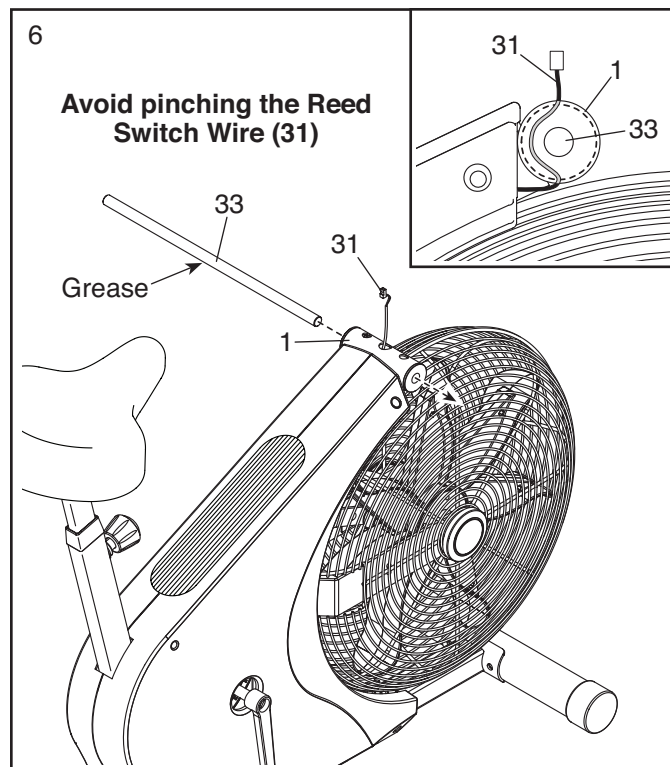


5. Attach the Seat (20) to the Seat Post (6) with four M8 Locknuts (66) and four M8 Split Washers (72); **start all the Locknuts, and then tighten them.** **Note: The Locknuts and Split Washers may be preattached to the underside of the Seat.**



6. **Tip: To avoid pinching the Reed Switch Wire (31), position it as shown in the inset drawing.**

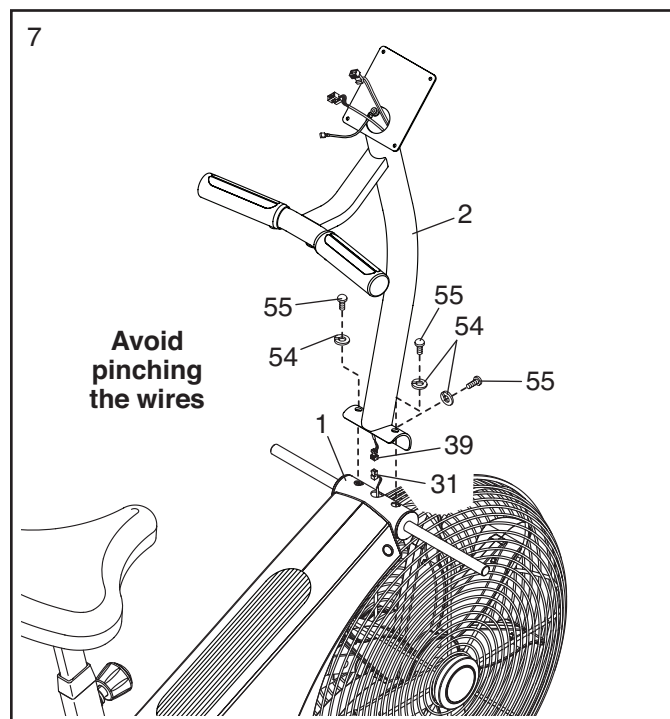
Using a plastic bag to keep your fingers clean, apply a small amount of the included grease to the Handlebar Axle (33). Insert the Handlebar Axle into the Frame (1) and center it.



7. While a second person holds the Upright (2) near the Frame (1), connect the Reed Switch Wire (31) to the Extension Wire (39).

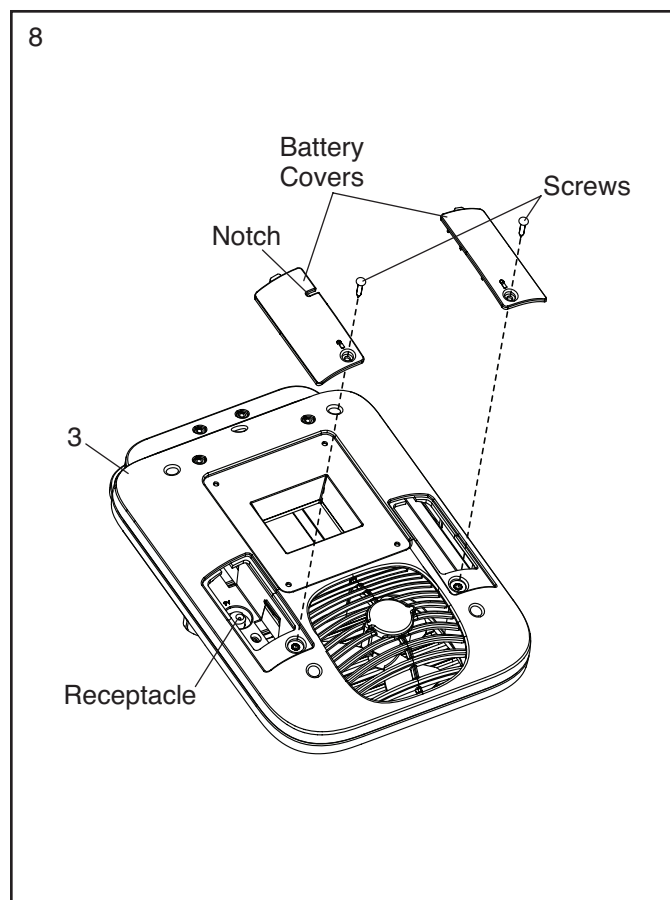
Tip: Avoid pinching the Reed Switch Wire (31) and the Extension Wire (39). Hold the Upright (2) on the Frame (1).

Attach the Upright (2) with three M10 x 17mm Screws (55) and three M10 Split Washers (54); **start all the Screws, and then tighten them.**



8. The Console (3) can use four D batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.** Remove the screws and the battery covers, insert batteries into the battery compartments, and then reattach the battery covers. **Make sure to orient the batteries as shown by the diagrams inside the battery compartments.**

To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the Console (3), use only a manufacturer-supplied regulated power adapter. Plug one end of the power adapter into the receptacle inside the indicated battery compartment; route the power adapter through the notch in the battery cover. Then, plug the other end into an outlet installed in accordance with all local codes and ordinances.



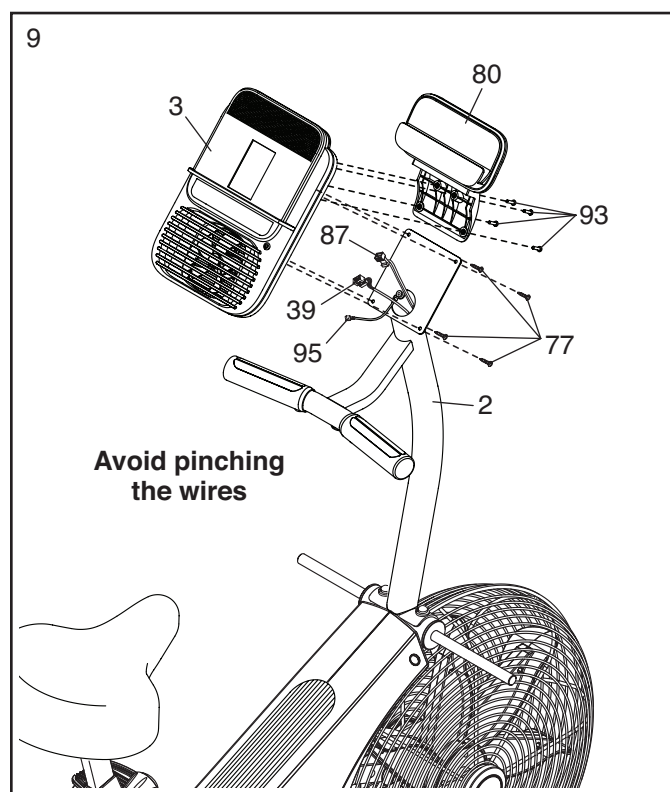
9. While a second person holds the Console (3) near the Upright (2), plug the Extension Wire (39), the Pulse Wire (87), and the Ground Wire (95) into the receptacles on the Console.

The connectors on the Wires (39, 87, 95) should slide easily into the receptacles and snap into place. If a connector does not slide easily into a receptacle, turn the connector and try again. **If you do not connect the connectors properly, the Console (3) may become damaged when you use the exercise bike.**

Insert the excess wire into the Upright (2).

Tip: Avoid pinching the wires. Attach the Console (3) to the Upright (2) with four M4 x 16mm Screws (77); **start all the Screws, and then tighten them.**

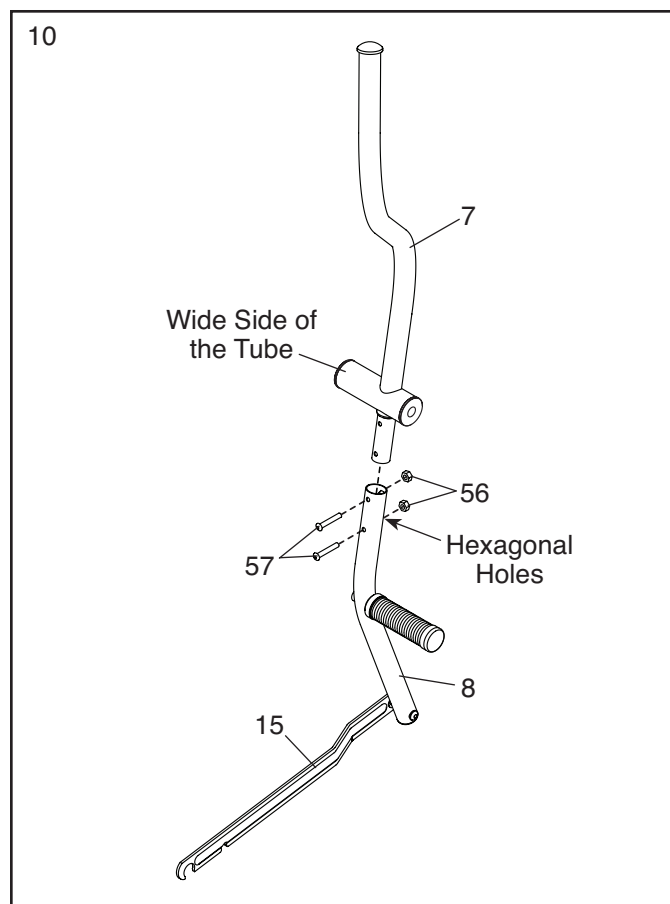
Then, attach the Tablet Holder (80) to the Console (3) with four #8 x 16mm Screws (93).



10. Identify the Right Handlebar (7) and the Right Handlebar Base (8). **Orient these parts so that the wide side of the tube on the Right Handlebar and the Right Link Arm (15) are on the same side.**

Attach the Right Handlebar (7) to the Right Handlebar Base (8) with two M6 x 38mm Bolts (57) and two M6 Locknuts (56). **Make sure that the Locknuts are in the hexagonal holes.**

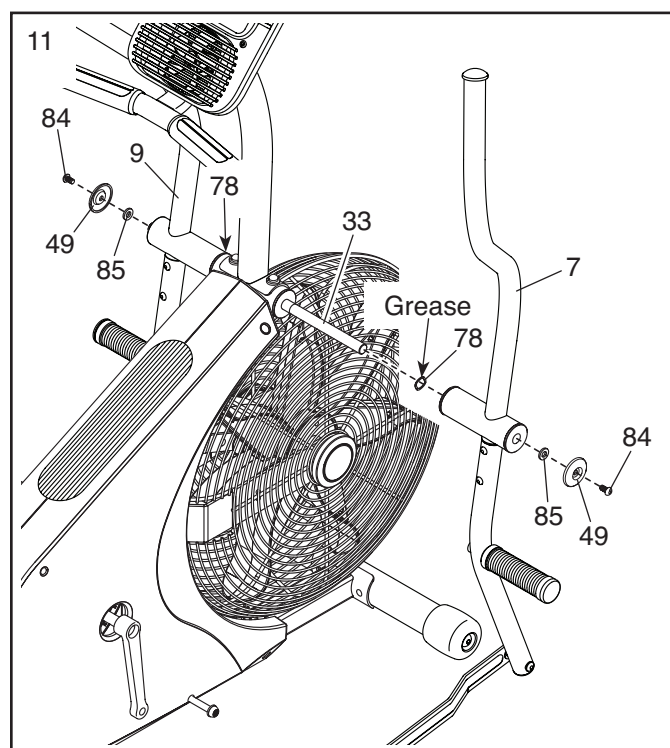
Attach the Left Handlebar (not shown) to the Left Handlebar Base (not shown) in the same way.



11. Apply grease to two Wave Washers (78). Slide a Wave Washer onto each end of the Handlebar Axle (33).

Next, slide the Right and Left Handlebars (7, 9) onto the Handlebar Axle (33). **Make sure that each Handlebar is on the correct side.**

Then, tighten an M8 x 16mm Screw (84), an Axle Cover (49), and an M8 Washer (85) into each end of the Handlebar Axle (33) **at the same time. IMPORTANT: To avoid damaging the Axle Covers, do not overtighten the Screws.**

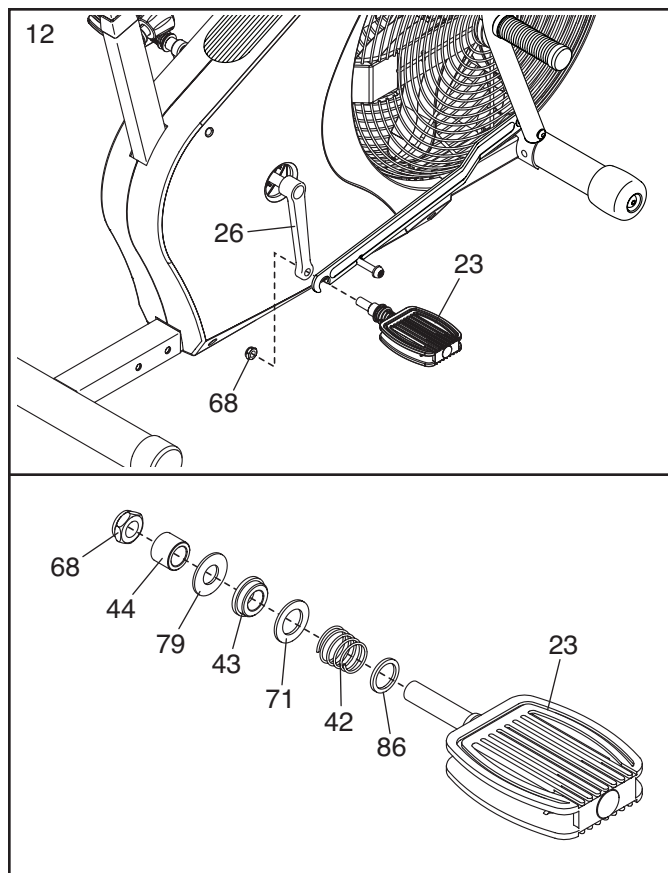


12. Remove the Right 1/2" Pedal Nut (68) from the shaft of the Right Pedal (23).

See the lower drawing. Make sure that there is a Custom Washer (86), a Pedal Spring (42), a Red Washer (71), a Pedal Bushing (43), a Black Pedal Washer (79), and a Pedal Spacer (44) on the shaft of the Right Pedal (23). In addition, make sure that the Pedal Bushing is oriented as shown.

Firmly tighten the shaft of the Right Pedal (23) **clockwise** into the Right Crank Arm (26). Then, tighten the Right 1/2" Pedal Nut (68) onto the shaft.

Attach the Left Pedal (not shown) in the same way. Firmly tighten the Left Pedal counterclockwise into the Left Crank Arm (not shown).



13. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.**
Note: Extra parts may be included. Place a mat beneath the exercise bike to protect the floor.

HOW TO USE THE EXERCISE BIKE

HOW TO USE THE HANDLEBARS

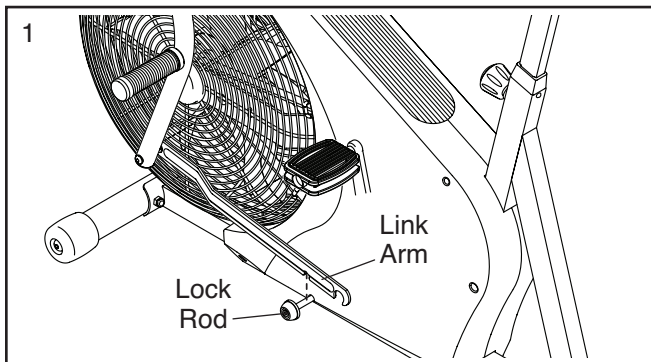
You can use the handlebars in the following modes:

- Dual-action mode—For upper- and lower-body exercise
- Lower-body mode—For lower-body pedaling exercise only
- Upper-body mode—For upper-body handlebar exercise only

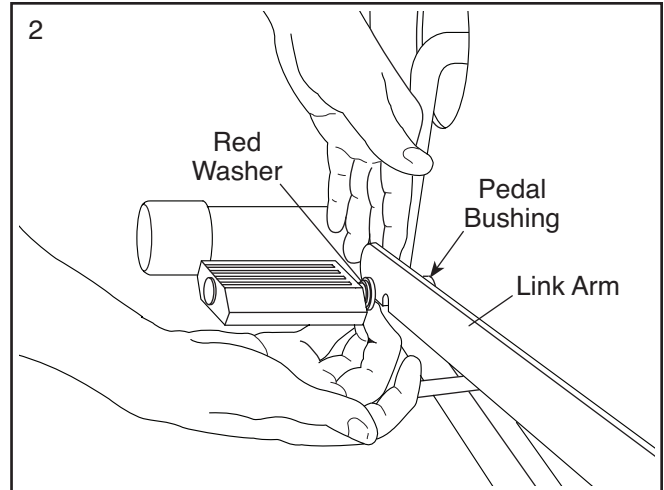
Dual-action Mode

To convert the handlebars to the dual-action mode, the link arms must be connected to the pedals.

See drawing 1 below. First, lift the link arms off the lock rods.



See drawing 2 at the right. Next, pull the link arms outward against the tops of the red washers, while pulling against the bottoms of the red washers with your fingers as shown. **Be careful not to pinch your fingers.** Next, slide the link arms onto the pedal bushings. Move the link arms upward and downward slightly to make sure that they are fully seated on the pedal bushings. **CAUTION: Make sure that the link arms are fully seated on the pedal bushings. If the link arms are not on the pedal bushings, they may slip off during use, resulting in injury to the user.**

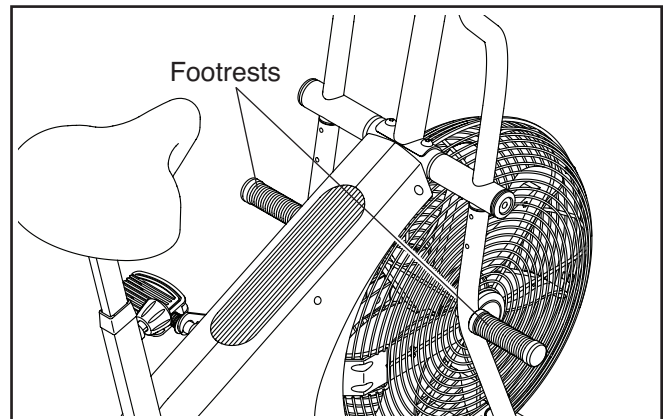


Lower-body Mode

To convert the handlebars to the lower-body mode, the link arms must be disconnected from the pedals. **See drawing 2 above.** Pull the link arms outward against the red washers until the link arms are free of the pedal bushings. **Be careful not to pinch your fingers.** **See drawing 1 at the left.** Next, lift the link arms off the pedals, and clip them onto the lock rods.

Upper-body Mode

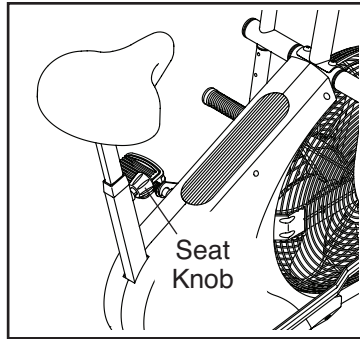
To use the handlebars in the upper-body mode, place your feet on the footrests and move the handlebars to perform upper-body exercise.



HOW TO ADJUST THE SEAT

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

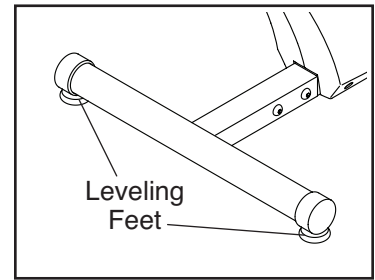
To adjust the seat, first turn the seat knob counterclockwise two or three turns to loosen it. Next, pull the seat knob, raise or lower the seat post, and then release the seat knob. **Move the seat post upward and downward slightly to make sure that the pin on the seat knob is engaged in one of the adjustment holes in the seat post.** Then, tighten the seat knob.



CAUTION: Make sure that the pin on the seat knob is inserted into one of the adjustment holes in the seat post. Do not rest the seat post on top of the pin on the seat knob.

HOW TO LEVEL THE EXERCISE BIKE

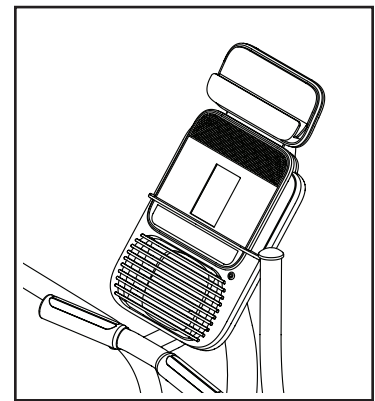
If the exercise bike rocks slightly on your floor during use, turn one or both of the leveling feet beneath the front of the frame until the rocking motion is eliminated.

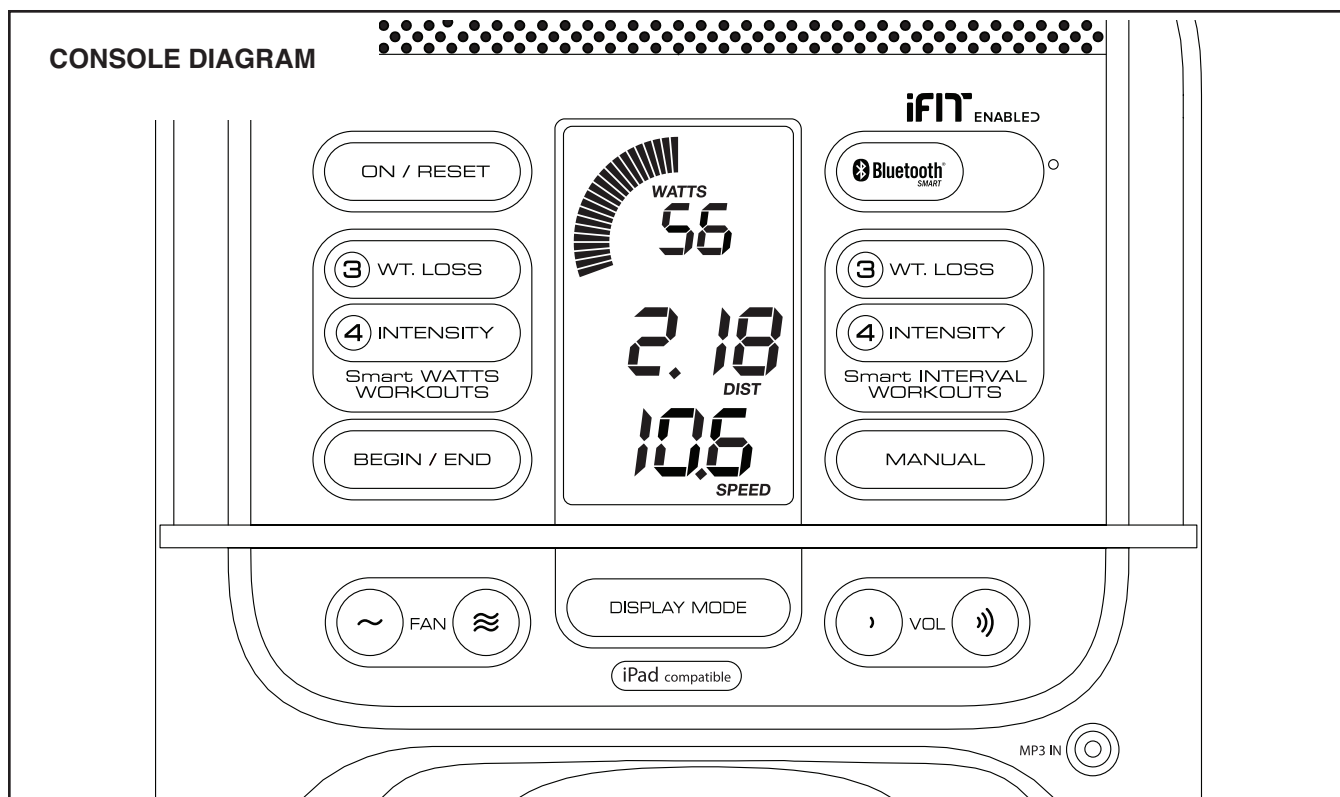


HOW TO USE THE TABLET HOLDER

IMPORTANT: The tablet holder is designed for use with most full-size tablets. Do not place any other electronic device or object in the tablet holder.

To insert a tablet into the tablet holder, set the bottom edge of the tablet in the tray. **Make sure that the tablet is firmly secured in the tablet holder.** Reverse these actions to remove the tablet from the tablet holder.





FEATURES OF THE CONSOLE

The advanced console offers an array of features designed to make your workouts more effective and enjoyable.

When you use the manual mode of the console, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 18 for information about purchasing an optional chest heart rate monitor.**

You can also connect your smart device to the console and use an iFit® app to record and track your workout information.

The console also offers a selection of preset workouts. Each preset workout prompts you to maintain a target speed as it guides you through an effective workout.

You can even connect your MP3 player or CD player to the console sound system and listen to your favorite music or audio books while you exercise.

To use the manual mode, see page 15. **To use a preset workout**, see page 17. **To use the sound system**, see page 18.

To connect your smart device to the console, see page 18. **To connect your heart rate monitor to the console**, see page 19. **To use the settings mode**, see page 19.

Note: Before using the console, make sure that batteries are installed (see assembly step 8 on page 9). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Turn on the console.

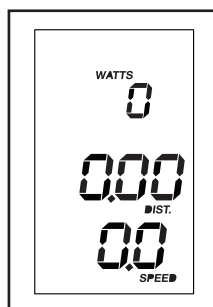
Press any button or begin pedaling to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. Select the manual mode.

When you turn on the console, the manual mode will be selected automatically.

If you have selected a workout, reselect the manual mode by pressing the Manual button.



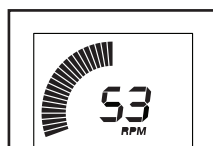
3. Follow your progress with the displays.

The speed meter—This display will provide a visual representation of your pedaling speed. As you increase or decrease your pedaling speed, bars will appear or disappear in the speed meter.



Note: During a preset workout, this display will show a target speed zone for each segment of the workout.

The upper display—This display will show your pedaling speed in revolutions per minute (RPM) and your power output in watts. The display will change every few seconds.



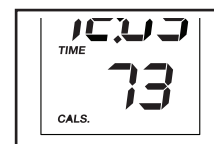
This display will also show your heart rate (BPM) when you use the handgrip heart rate monitor or a compatible heart rate monitor (see step 5).

The center display—This display will show the distance (Dist.) you have pedaled in miles or kilometers and the elapsed time. The display will change every few seconds.



Note: During a preset workout, the display will show the time remaining in the workout instead of the elapsed time.

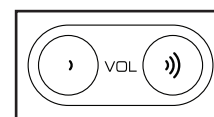
The lower display—This display will show your pedaling speed in miles per hour or kilometers per hour and the approximate number of calories (Cals.) you have burned. The display will change every few seconds.



To select a specific type of workout information for continuous display, press the Display Mode button repeatedly until the desired workout information is shown.

To return to alternating workout information in the displays, press the Display Mode button repeatedly until the word SCAN appears in the center display.

Change the volume level of the console by pressing the Vol increase and decrease buttons.



To pause the console, press the Begin/End button or simply stop pedaling. When the console is paused, the displays will pause. To continue your workout, press the Begin/End button or simply resume pedaling.

To reset the displays to zero, press the On/Reset button.

Note: The console can show pedaling speed and distance in either miles or kilometers. To change the unit of measurement, see THE SETTINGS MODE on page 19.

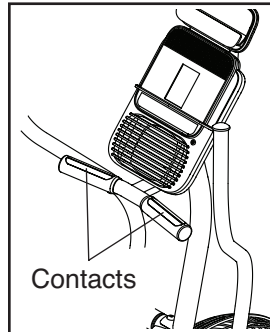
4. Measure your heart rate if desired.

You can measure your heart rate using either the handgrip heart rate monitor or a compatible heart rate monitor. For information about purchasing an optional chest heart rate monitor, see page 18.

The console is compatible with all BLUETOOTH® Smart heart rate monitors. To connect your heart rate monitor to the console, see page 19.

Note: If you use both heart rate monitors at the same time, the BLUETOOTH Smart heart rate monitor will have priority.

If there are sheets of plastic on the metal contacts on the handgrip heart rate monitor, remove the plastic. In addition, make sure that your hands are clean. To measure your heart rate, hold the handgrip heart rate monitor with your palms resting against the contacts. Avoid moving your hands or gripping the contacts tightly.

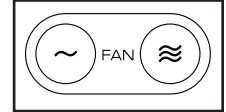


When your pulse is detected, a heart-shaped symbol will flash in the upper display and then your heart rate will be shown. **For the most accurate heart rate reading, hold the contacts for at least 15 seconds.**

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hands excessively or to squeeze the contacts tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

5. Turn on the fan if desired.

The fan has high and low speed settings. Press the Fan increase and decrease buttons repeatedly to select a fan speed or to turn off the fan.



Note: If the pedals do not move for about thirty seconds, the fan will turn off automatically.

6. When you are finished exercising, the console will turn off automatically.

If the pedals do not move for several seconds, a series of tones will sound, the console will pause, and the time will flash in the display.

If the pedals do not move for several minutes, the console will turn off and the displays will be reset.

HOW TO USE A PRESET WORKOUT

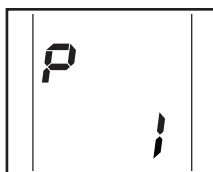
1. Turn on the console.

Press any button or begin pedaling to turn on the console.

When you turn on the console, the displays will turn on, a tone will sound, and the console will be ready for use.

2. Select a preset workout.

To select a preset workout, press the Smart Watts Wt. Loss, Smart Watts Intensity, Smart Interval Wt. Loss, or Smart Interval Intensity button repeatedly until the number of the desired workout appears in the lower display. The duration of the workout will appear in the center display.



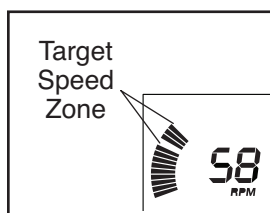
3. Start the workout.

Begin pedaling to start the workout.

Each workout is divided into one-minute segments. One target speed is programmed for each segment. Note: The same target speed may be programmed for consecutive segments.

At the end of each segment of the workout, a series of tones will sound.

The speed meter will show two flashing bars that represent the target speed zone for the segment; the target speed zone includes a range of speeds that are within a few RPMs of the target speed for the segment. The solid bars represent your actual pedaling speed.



As you exercise, keep your pedaling speed within the target speed zone for the current segment by increasing or decreasing your pedaling speed.

IMPORTANT: The target speed is intended only to provide motivation. Make sure to pedal at a speed that is comfortable for you.

If you stop pedaling for several seconds, a series of tones will sound and the workout will pause.

To restart the workout, simply resume pedaling. The workout will continue until the last segment of the workout ends.

4. Follow your progress with the displays.

See step 3 on page 15.

5. Measure your heart rate if desired.

See step 4 on page 16.

6. Turn on the fan if desired.

See step 5 on page 16.

7. When you are finished exercising, the console will turn off automatically.

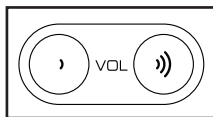
See step 6 on page 16.

HOW TO USE THE SOUND SYSTEM

To play music or audio books through the console sound system while you exercise, plug a 3.5 mm male to 3.5 mm male audio cable (not included) into the jack on the console and into a jack on your MP3 player, CD player, or other personal audio player; **make sure that the audio cable is fully plugged in.** **Note: To purchase an audio cable, see your local electronics store.**

Next, press the play button on your personal audio player.

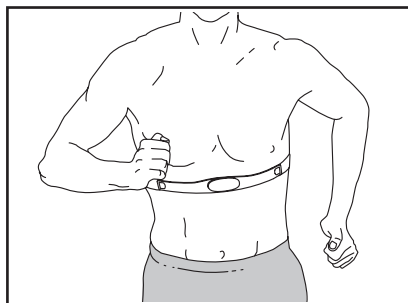
Adjust the volume level using the Vol increase and decrease buttons on the console or the volume control on your personal audio player.



THE OPTIONAL CHEST HEART RATE MONITOR

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the best results is to maintain the proper heart rate during your workouts.

The optional chest heart rate monitor will enable you to continuously monitor your heart rate while you exercise, helping you to reach your personal fitness goals. **To purchase a chest heart rate monitor, please see the front cover of this manual.**



Note: The console is compatible with all BLUETOOTH Smart heart rate monitors.

HOW TO CONNECT YOUR SMART DEVICE TO THE CONSOLE

The console supports BLUETOOTH connections to smart devices via the iFit app and to compatible heart rate monitors. **Note:** Other BLUETOOTH connections are not supported.

1. Download and install the iFit app on your smart device.

On your iOS® or Android™ smart device, open the App StoreSM or the Google Play™ store, search for the free iFit app, and then install the app on your smart device. **Make sure that the BLUETOOTH option is enabled on your smart device.**

Then, open the iFit app and follow the instructions to set up an iFit account and customize settings.

2. Connect your smart device to the console.

Follow the instructions in the iFit app to connect your smart device to the console.

When a connection is established, the LED on the console will flash blue. Press the Bluetooth Smart button on the console to confirm the connection; the LED on the console will then turn solid blue.

3. Record and track your workout information.

Follow the instructions in the iFit app to record and track your workout information.

4. Disconnect your smart device from the console if desired.

To disconnect your smart device from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

Note: All BLUETOOTH connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE

The console is compatible with all BLUETOOTH Smart heart rate monitors.

To connect your BLUETOOTH Smart heart rate monitor to the console, press the Bluetooth Smart button on the console. When a connection is established, the LED on the console will flash red twice.

Note: If there is more than one compatible heart rate monitor near the console, the console will connect to the heart rate monitor with the strongest signal.

To disconnect your heart rate monitor from the console, press and hold the Bluetooth Smart button on the console for 5 seconds; the LED on the console will light while the button is held and turn off when the button is released.

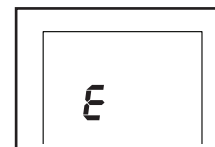
Note: All BLUETOOTH connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

THE SETTINGS MODE

The console features a settings mode that allows you to select a unit of measurement for the console and to view console usage information.

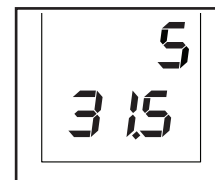
To select the settings mode, press and hold down the On/Reset button until the settings mode information appears in the display.

The console can show pedaling speed and distance in either miles or kilometers. The upper display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Smart Interval Workouts Intensity button repeatedly.



Note: When you replace the batteries, it may be necessary to reselect the unit of measurement.

Press the Smart Interval Workouts Wt. Loss button to view the total distance and the total time. The center display will show the total time (in hours) that the console has been used since the exercise bike was purchased.



The lower display will show the total distance (in miles or kilometers) that the exercise bike has been pedaled.

To exit the settings mode, press the On/Reset button twice.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

MAINTENANCE AND TROUBLESHOOTING

MAINTENANCE

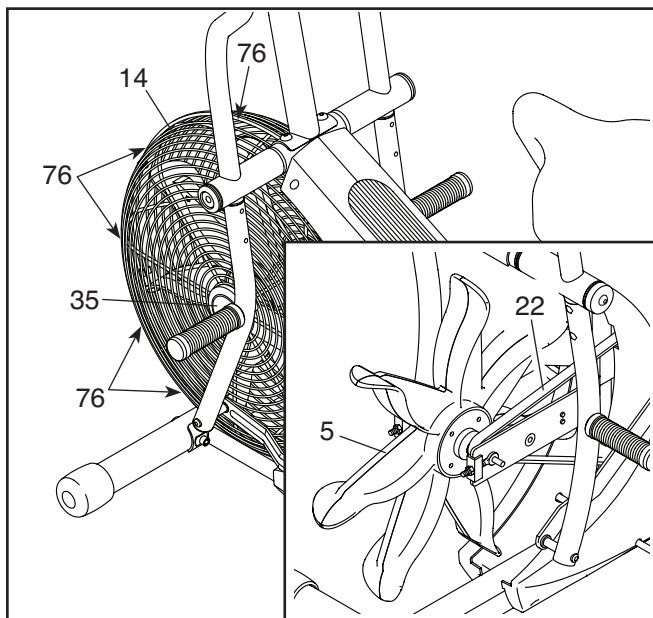
Regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.

To clean the exercise bike, use a damp cloth and a small amount of mild soap. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

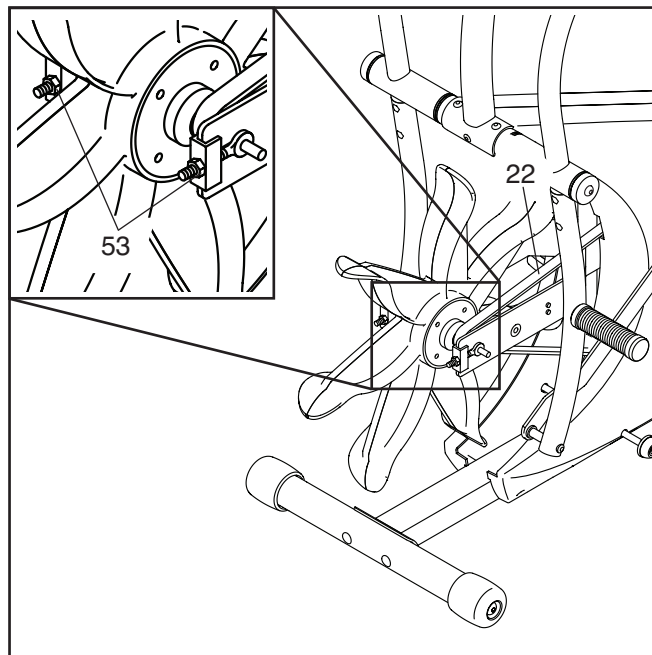
HOW TO ADJUST THE DRIVE BELT

The exercise bike features a precision belt that must be kept properly adjusted. If the belt is too tight, the bearings may be damaged; if the belt is too loose, the fan may be damaged. If the belt causes excessive noise or slips as you pedal, follow the steps below.

Carefully remove the five Guard Clips (76), the left Guard Fastener (35), and the Left Guard (14). **See the inset drawing.** Press downward on the Drive Belt (22). There should be no more than 3/4 in. (2 cm), and no less than 1/4 in. (0.6 cm), of vertical movement in the center of the Drive Belt.



If the Drive Belt (22) needs to be adjusted, first loosen the right Guard Fastener (not shown). To tighten the Drive Belt, turn the M6 Nuts (53) clockwise; to loosen the Drive Belt, turn the M6 Nuts counterclockwise.



See the drawing at the left. Make sure that the Fan (5) is straight, and then reattach the Left Guard (14), tighten the Guard Fasteners (35), and reattach the Guard Clips (76).

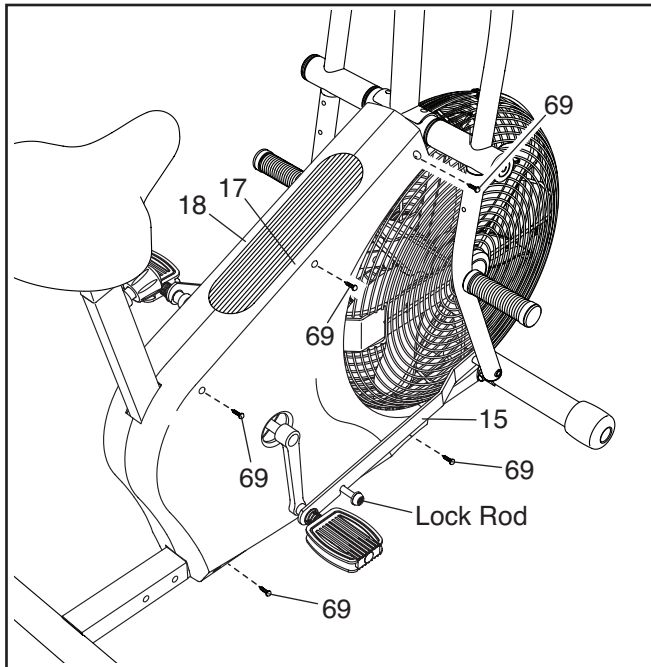
CONSOLE TROUBLESHOOTING

If the console does not function properly, see assembly step 8 on page 9 for battery replacement instructions. Most console problems are the result of low batteries.

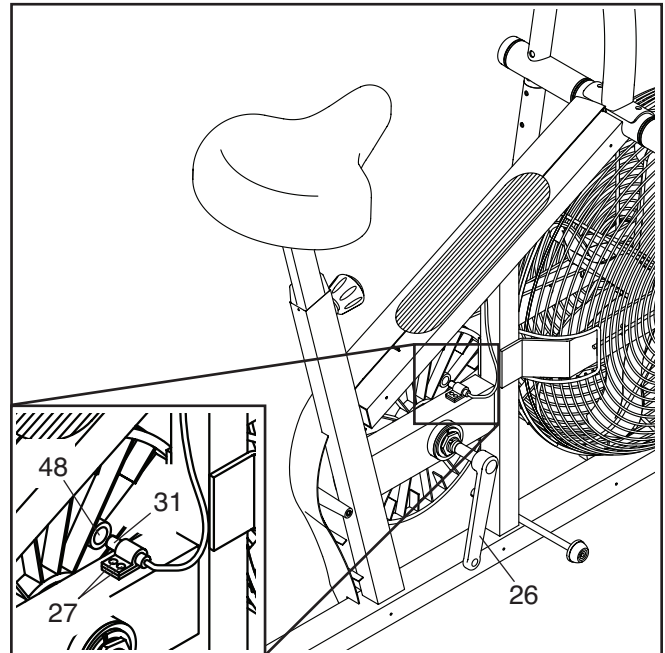
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

To adjust the reed switch, the Right Shield (17) must be moved. Remove the five M4 x 25mm Screws (69) from the Right Shield. Lift the Right Link Arm (15) off the pedal or the lock rod and move it clear of the Right Shield. Then, pull the top of the Right Shield away from the Left Shield (18).



Next, locate the Reed Switch (31). Turn the Right Crank Arm (26) until the Magnet (48) is aligned with the Reed Switch.



Loosen, but do not remove, the two M4 x 13mm Flange Screws (27). Then, slide the Reed Switch (31) slightly closer to or away from the Magnet (48), and retighten the Screws. Turn the Right Crank Arm (26) for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the right shield.

EXERCISE GUIDELINES

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

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

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes 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.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete 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. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

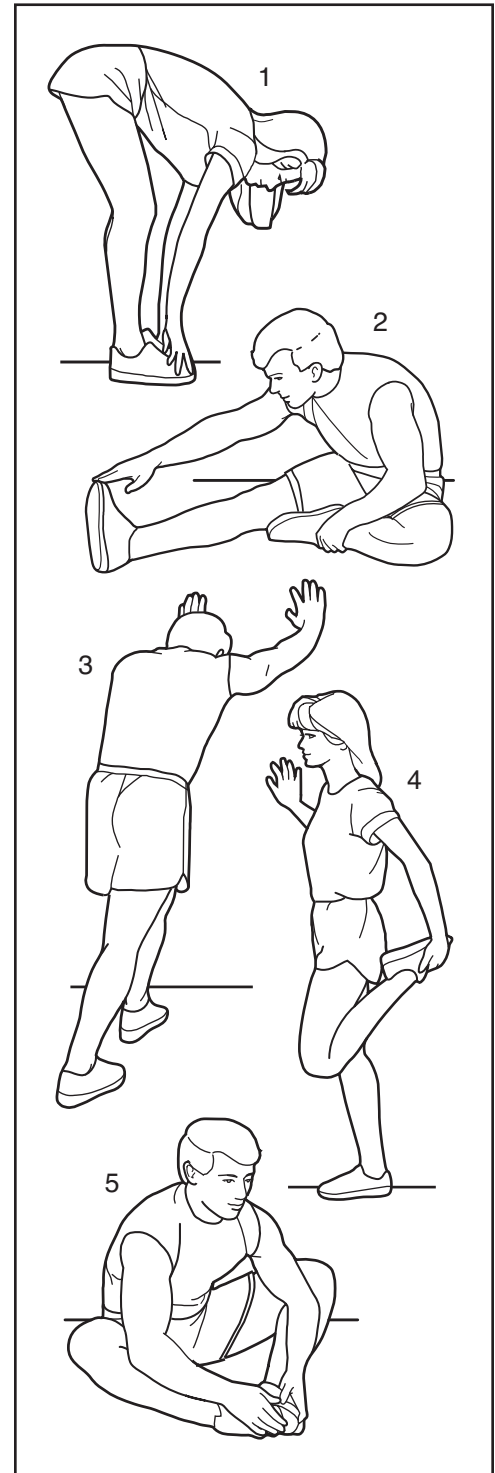
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. 831.21933.0 R0815A

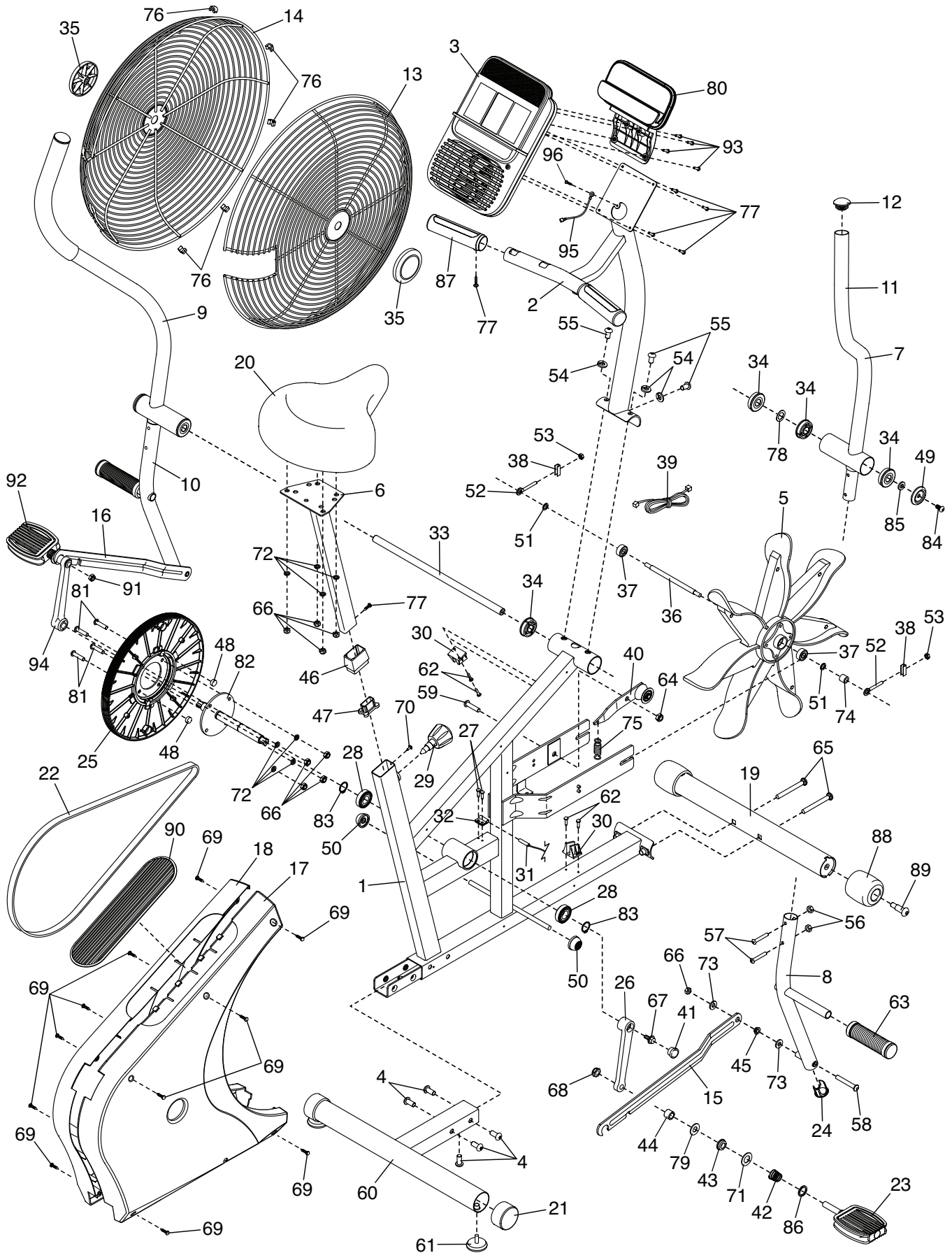
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Seat Post Guide
2	1	Upright	47	1	Seat Post Bushing
3	1	Console	48	2	Magnet
4	5	M10 x 22mm Screw	49	2	Axle Cover
5	1	Fan	50	2	Axle Cap
6	1	Seat Post	51	2	Fan Washer
7	1	Right Handlebar	52	2	Eyebolt
8	1	Right Handlebar Base	53	2	M6 Nut
9	1	Left Handlebar	54	3	M10 Split Washer
10	1	Left Handlebar Base	55	3	M10 x 17mm Screw
11	2	Foam Grip	56	4	M6 Locknut
12	2	Handlebar Cap	57	4	M6 x 38mm Bolt
13	1	Right Guard	58	2	M8 x 74mm Bolt
14	1	Left Guard	59	1	M10 x 18mm Flat Head Bolt
15	1	Right Link Arm	60	1	Rear Stabilizer
16	1	Left Link Arm	61	2	Leveling Foot
17	1	Right Shield	62	4	M4 x 16mm Round Head Screw
18	1	Left Shield	63	2	Footrest Cover
19	1	Front Stabilizer	64	1	M10 Locknut
20	1	Seat	65	2	M10 x 65mm Screw
21	2	Stabilizer Cap	66	10	M8 Locknut
22	1	Drive Belt	67	2	Flange Screw
23	1	Right Pedal	68	1	Right 1/2" Pedal Nut
24	2	Handlebar Base Cap	69	11	M4 x 25mm Screw
25	1	Pulley	70	1	M4 x 5mm Screw
26	1	Right Crank Arm	71	2	Red Washer
27	2	M4 x 13mm Flange Screw	72	8	M8 Split Washer
28	2	Frame Bearing	73	4	M8 Flat Washer
29	1	Seat Knob	74	1	Fan Spacer
30	2	Guard Bracket	75	1	Idler Spring
31	1	Reed Switch/Wire	76	5	Guard Clip
32	1	Clamp	77	7	M4 x 16mm Screw
33	1	Handlebar Axle	78	2	Wave Washer
34	6	Handlebar Bushing	79	2	Black Pedal Washer
35	2	Guard Fastener	80	1	Tablet Holder
36	1	Fan Axle	81	4	M8 x 20mm Bolt
37	2	Fan Bearing	82	1	Crank
38	2	Adjustment Bracket	83	2	Snap Ring
39	1	Extension Wire	84	2	M8 x 16mm Screw
40	1	Idler Arm	85	2	M8 Washer
41	2	Crank Cap	86	2	Custom Washer
42	2	Pedal Spring	87	2	Pulse Grip/Wire
43	2	Pedal Bushing	88	2	Wheel
44	2	Pedal Spacer	89	2	Shoulder Screw
45	2	Link Arm Bushing	90	1	Shield Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
91	1	Left 1/2" Pedal Nut	95	1	Ground Wire
92	1	Left Pedal	96	1	Ground Screw
93	4	#8 x 16mm Screw	*	—	Assembly Tool
94	1	Left Crank Arm	*	—	User's Manual

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. **If a part is missing, call 1-888-533-1333.** *These parts are not illustrated.

EXPLODED DRAWING

Model No. 831.21933.0 R0815A



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90 DAY FULL WARRANTY

If this Sears Bike Exerciser fails due to a defect in material or workmanship within 90 days of the date of purchase, call 1-800-4-MY-HOME® (1-800-469-4663) to arrange for free repair (or replacement if repair proves impossible). The frame is warranted for 5 years.

This warranty does not apply when the Bike Exerciser is used commercially or for rental purposes.

This warranty gives you specific legal rights, and you may also have other rights which vary from state to state.

Sears, Roebuck and Co., Hoffman Estates, IL 60179