

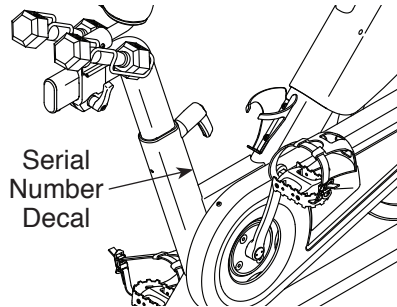
PRO-FORM®

Carbon CX

Model No. 831.10442.0

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

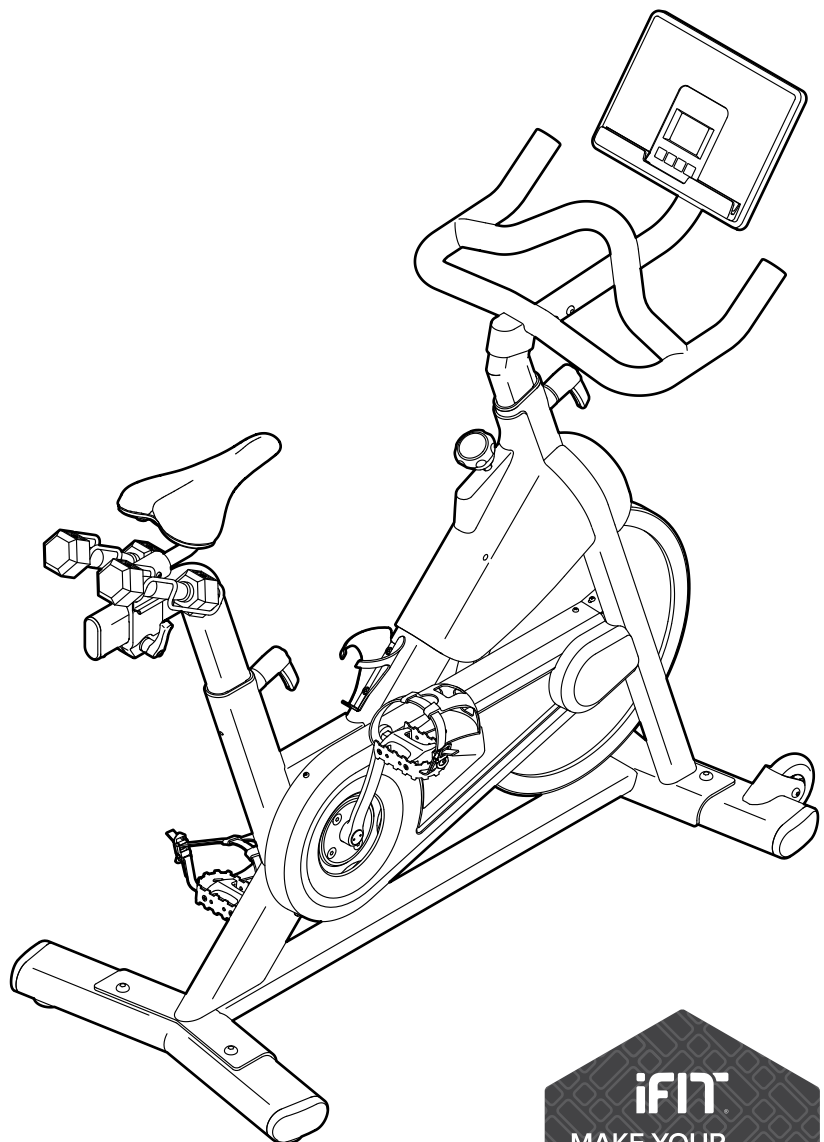
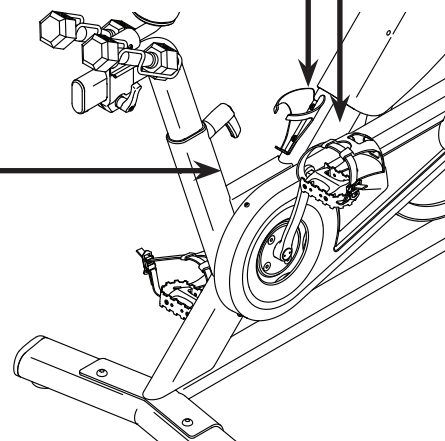
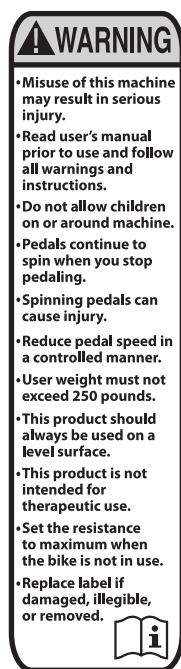


TABLE OF CONTENTS

WARNING DECAL PLACEMENT	2
IMPORTANT PRECAUTIONS	3
BEFORE YOU BEGIN	4
PART IDENTIFICATION CHART	5
ASSEMBLY	6
HOW TO USE THE EXERCISE BIKE	14
HOW TO USE THE CONSOLE	16
FCC INFORMATION	20
MAINTENANCE AND TROUBLESHOOTING	21
EXERCISE GUIDELINES	23
PART LIST	24
EXPLODED DRAWING	26
ORDERING REPLACEMENT PARTS	Back Cover
1 YEAR FULL WARRANTY	Back Cover

WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, call 1-888-533-1333 and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.



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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. The exercise bike is not intended for use by persons with reduced physical, sensory, or mental capabilities or lack of experience and knowledge, unless they are given supervision or instruction about use of the exercise bike by someone responsible for their safety.
4. Use the exercise bike only as described in this manual.
5. The exercise bike is intended for home use only. Do not use the exercise bike in a commercial, rental, or institutional setting.
6. 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.
7. Place the exercise bike on a level surface, with a mat beneath it to protect the floor or carpet. Make sure that there is at least 2 ft. (0.6 m) of clearance around the exercise bike.
8. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately.
9. Keep children under age 16 and pets away from the exercise bike at all times.
10. 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.
11. The exercise bike should not be used by persons weighing more than 250 lbs. (114 kg).
12. Be careful when mounting and dismounting the exercise bike.
13. Always keep your back straight while using the exercise bike; do not arch your back.
14. The exercise bike does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.
15. To stop the flywheel quickly, press the brake knob downward.
16. To avoid damaging the brake pads, do not lubricate the brake pads.
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.

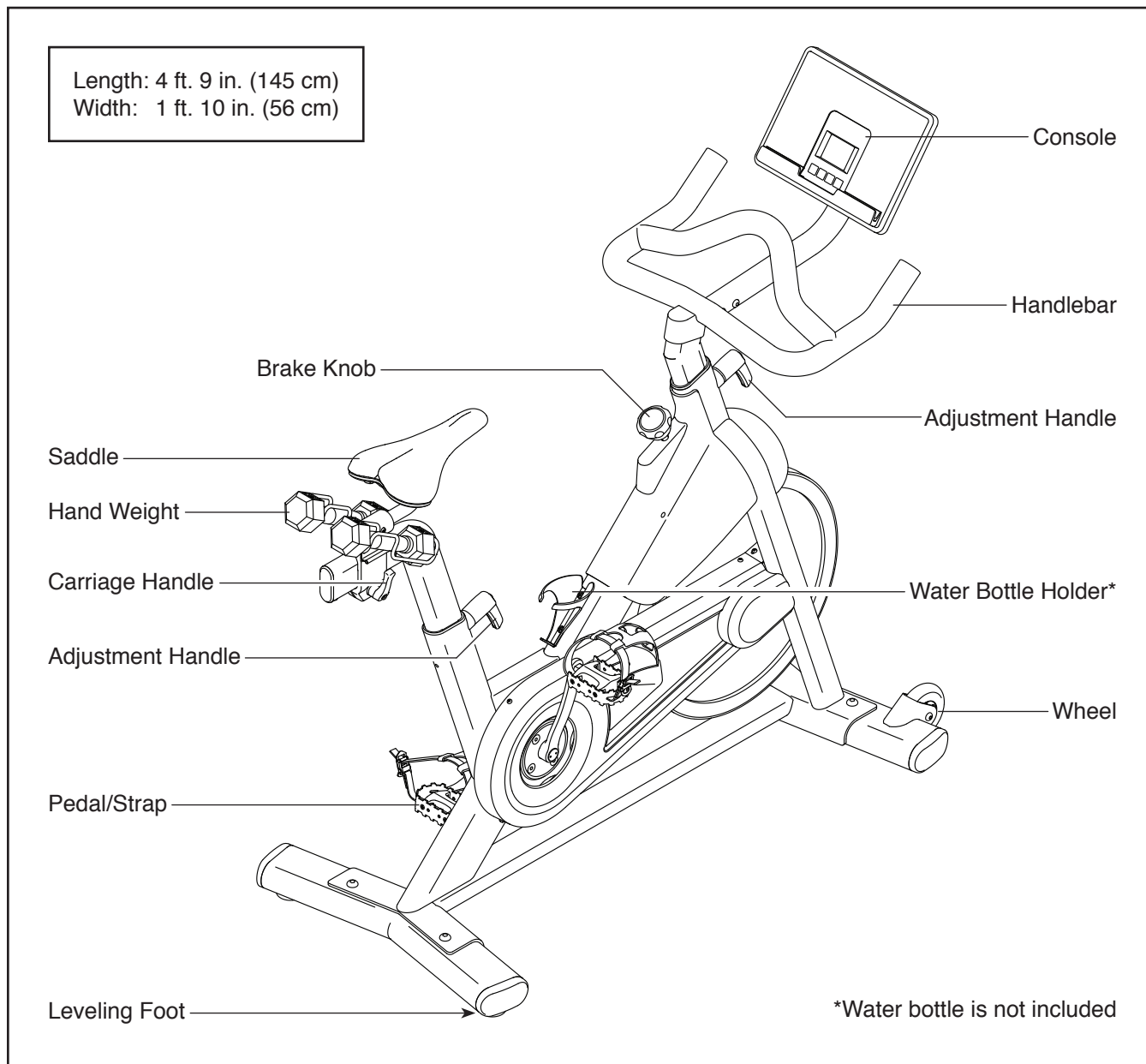
BEFORE YOU BEGIN

Thank you for choosing the new PROFORM® CARBON CX exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The CARBON CX exercise bike provides a selection of features designed to make your workouts at home more effective and enjoyable.

For your benefit, read this manual carefully before you use the exercise bike. If you have questions after

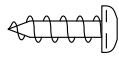
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

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

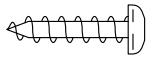


PART IDENTIFICATION CHART

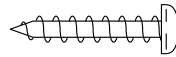
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the 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.**



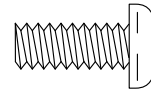
M4 x 12mm
Screw (81)–4



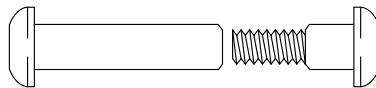
M4 x 16mm
Screw (100)–4



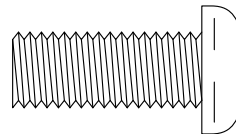
M4 x 20mm
Screw (87)–1



M6 x 15mm
Screw (71)–4



M6 Bolt Set (70)–2

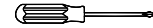


M10 x 25mm
Screw (69)–4

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

one Phillips screwdriver



one adjustable wrench



one pair of scissors



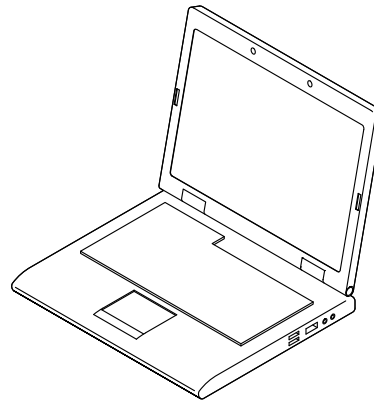
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools

1. Go to my.proform.com on your computer and register your product.

- documents your ownership
- activates your warranty
- ensures priority customer support if assistance is ever needed

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

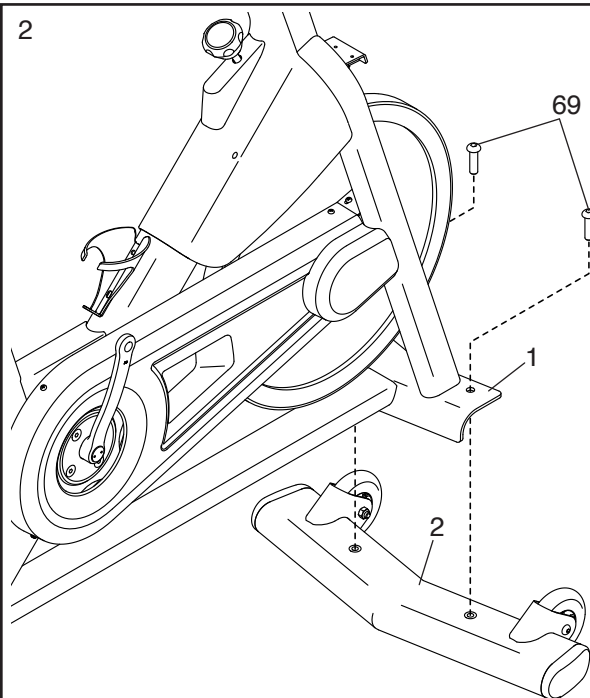
1



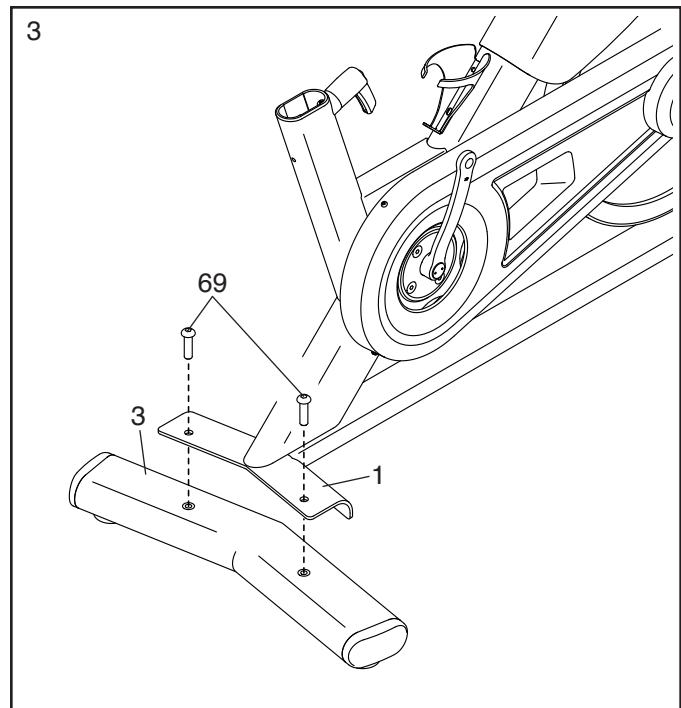
2. If there are shipping tubes (not shown) attached to the front and rear of the Frame (1), remove and discard the shipping tubes and the hardware attaching them.

Orient the Front Stabilizer (2) as shown, and attach it to the Frame (1) with two M10 x 25mm Screws (69).

2



3. Attach the Rear Stabilizer (3) to the Frame (1) with two M10 x 25mm Screws (69).

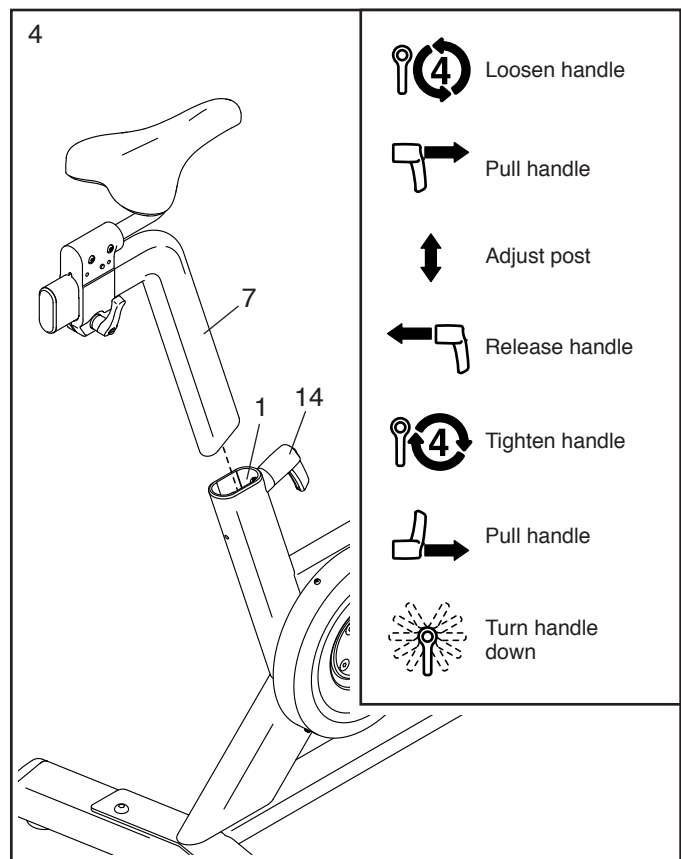


4. **Tip: See the inset drawing to learn how to operate the Adjustment Handle (14).**

Locate the Adjustment Handle (14) on the rear of the Frame (1). Pull the Adjustment Handle outward, and insert the Saddle Post (7) into the Frame.

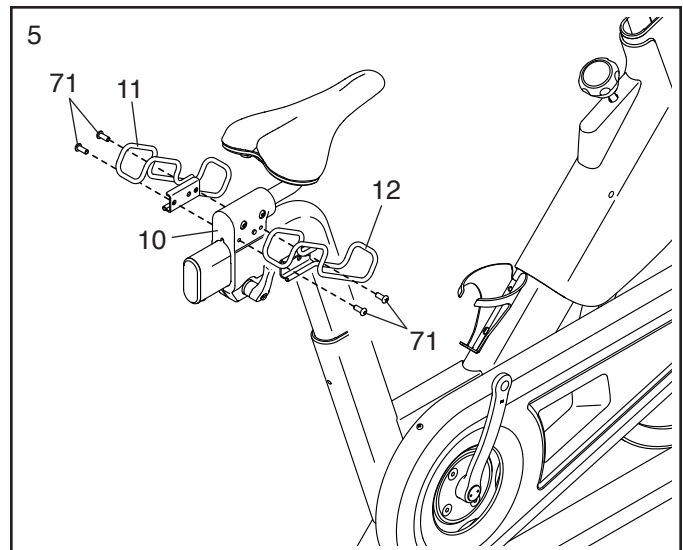
Next, move the Saddle Post (7) upward or downward to the desired position, release the Adjustment Handle (14) into an adjustment hole in the Saddle Post, and then **tighten the Adjustment Handle four turns. Make sure that the Adjustment Handle is firmly engaged in an adjustment hole.**

Then, pull the Adjustment Handle (14) outward, turn it so that it points downward as shown, and then release it.



5. Orient the Left and Right Weight Rests (11, 12) as shown.

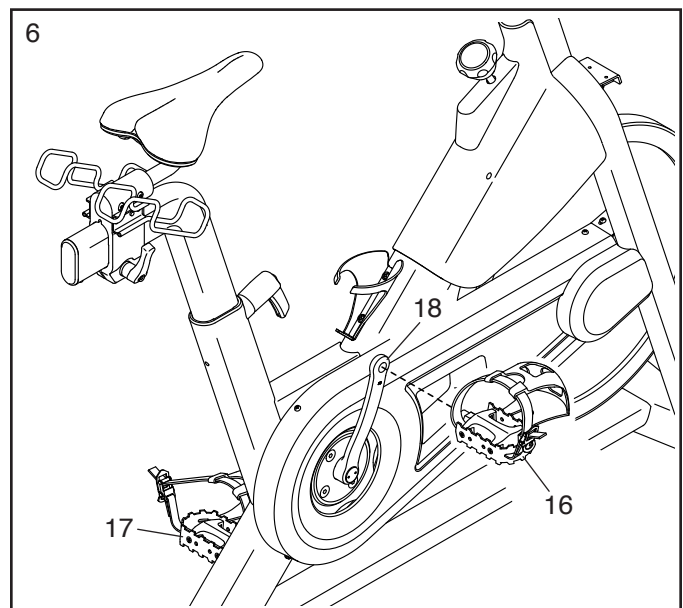
Attach each Weight Rest (11, 122) to the Saddle Carriage (10) with two M6 x 15mm Screws (71).



6. **Note: You can attach your own pedals if desired.**

Identify the Right Pedal (16). Using the included wrench, **firmly tighten** the Right Pedal **clockwise** into the Right Crank Arm (18).

Firmly tighten the Left Pedal (17) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.



7. Have a second person hold the Handlebar (4) near the Frame (1).

Next, locate the wire tie (A) in the Frame (1). Tie the wire tie to the Upper Wire (90) in the Handlebar (4). Then, pull the lower end of the wire tie until the Upper Wire is routed through the Frame. Untie and discard the wire tie.

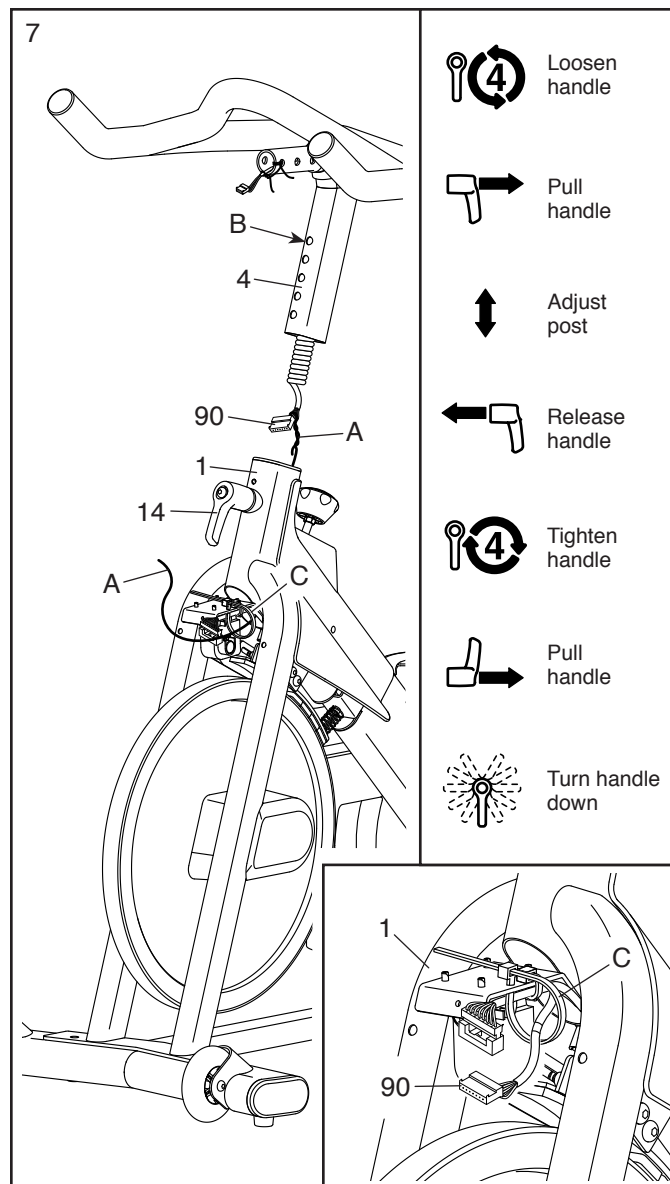
Tip: See the upper inset drawing to learn how to operate the Adjustment Handle (14).

Next, locate the Adjustment Handle (14) on the front of the Frame (1). Pull the Adjustment Handle outward. Then, insert the Handlebar (4) into the Frame.

Move the Handlebar (4) downward and release the Adjustment Handle (14) into the indicated adjustment hole (B). Then, tighten the Adjustment Handle four turns. **Make sure that the Adjustment Handle is firmly engaged in the adjustment hole.**

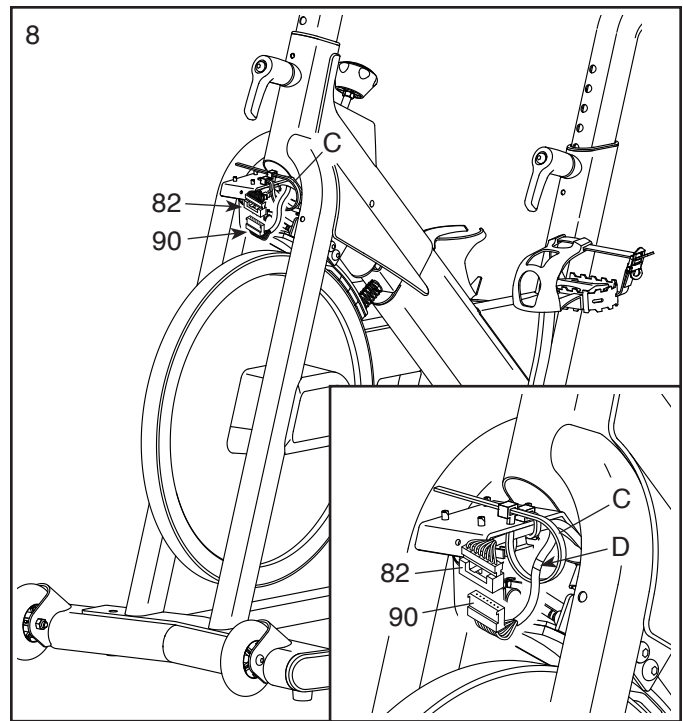
Then, pull the Adjustment Handle (14) outward, turn it so that it points downward as shown, and then release it.

See the lower inset drawing. Insert the Upper Wire (90) through the zip tie (C) on the Frame (1); **do not connect the Upper Wire and do not tighten the zip tie yet.**

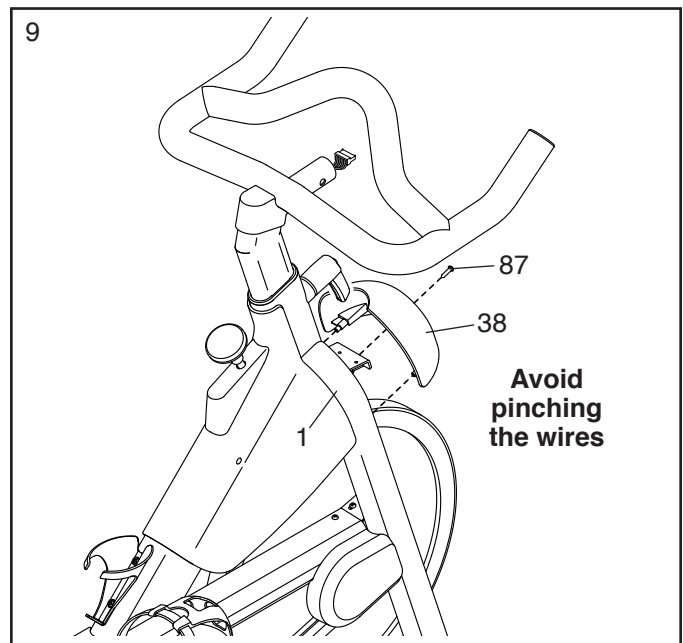


8. **See the inset drawing.** Connect the connector on the Upper Wire (90) to the connector on the Lower Wire (82).

Next, tighten the zip tie (C) around the indicated mark (D) on the Upper Wire (90). Then, cut off the excess zip tie.



9. **Tip: Avoid pinching the wires.** Press the Motor Cover (38) onto the Frame (1), and then attach it with an M4 x 20mm Screw (87).



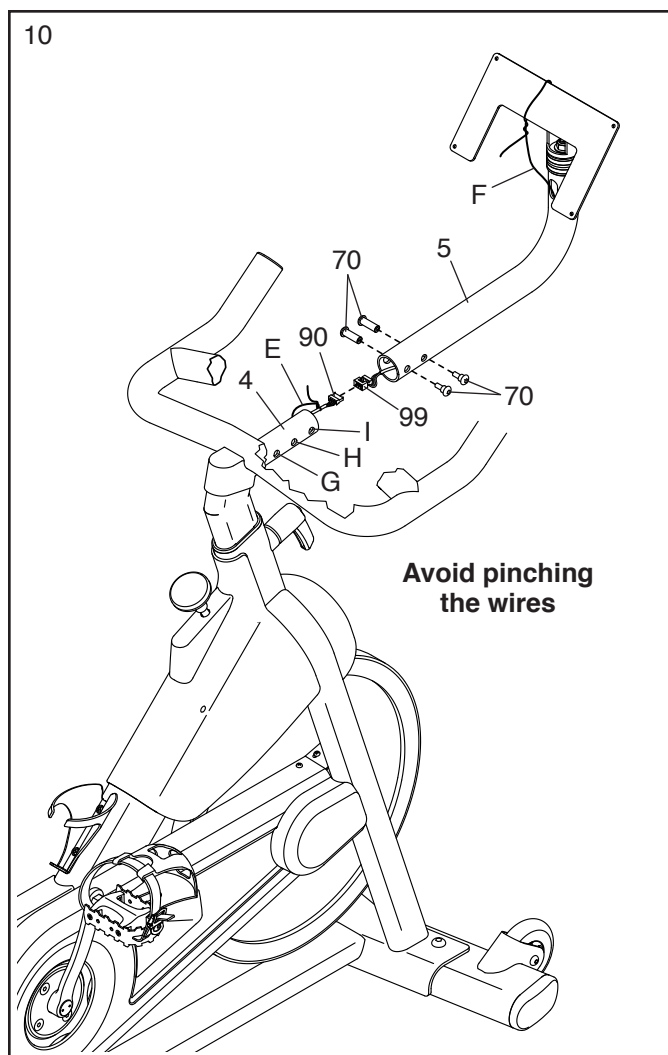
10. Untie the wire tie (E) holding the Upper Wire (90) to the Handlebar (4).

While a second person holds the Console Mount (5) near the Handlebar (4), connect the Extension Wire (99) in the Console Mount to the Upper Wire (90) in the Handlebar (4).

Tip: Avoid pinching the wires. Gently pull on the indicated wire tie (F) as you slide the Console Mount (5) onto the Handlebar (4). Continue to pull the wire tie until the Extension Wire (99) is routed through the Console Mount. **Make sure that the wires inside the Handlebar are out of the way of the bolt holes.**

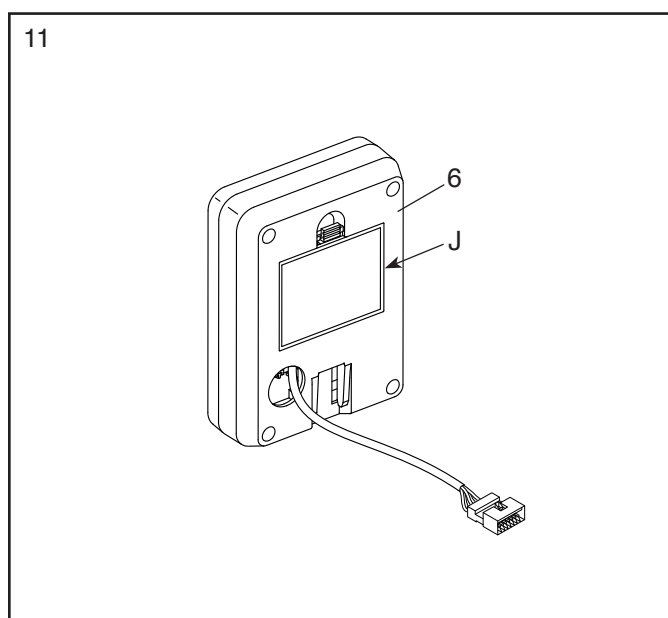
You can attach the Console Mount (5) in either the standard position or the extended position. For the standard position, align the Console Mount with the inner holes (G, H). For the extended position, align the Console Mount with the outer holes (H, I).

Tip: Avoid pinching the wires. Attach the Console Mount (5) with two M6 Bolt Sets (70).

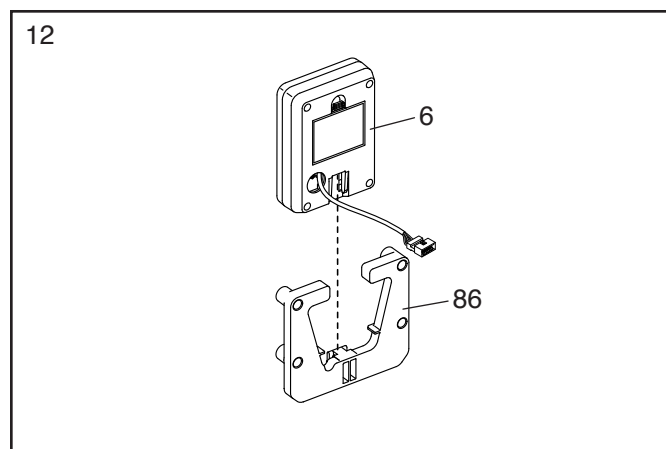


11. The Console (6) requires three AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

Press the tab on the battery cover (J), and remove the battery cover. Next, insert three batteries into the battery compartment; **make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.

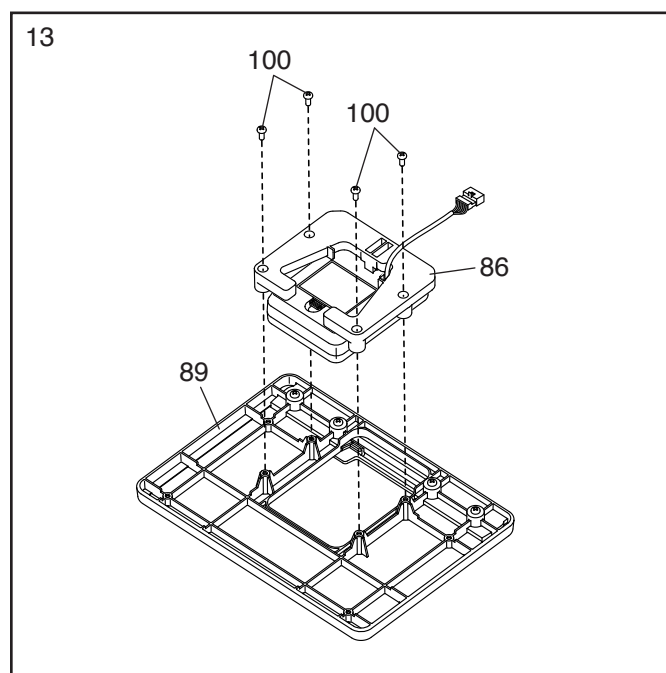


12. Orient the Console (6) and the Console Housing (86) as shown. Slide the Console into the Console Housing.



13. Orient the Console Housing (86) and the Console Deck (89) as shown.

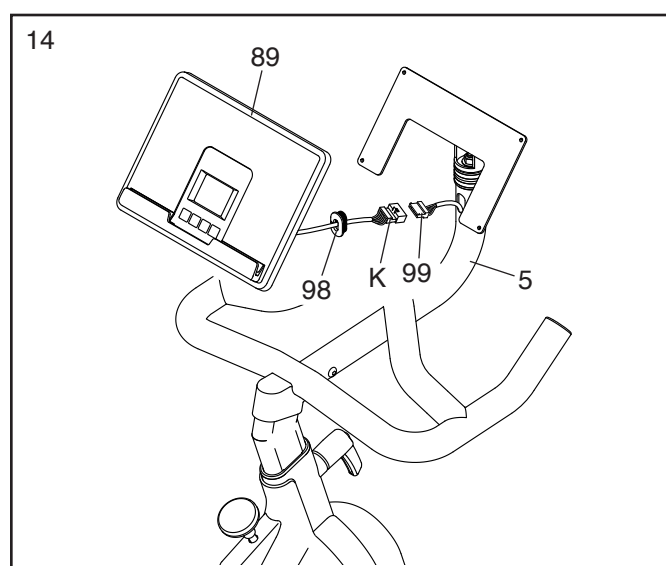
Attach the Console Housing (86) to the Console Deck (89) with four M4 x 16mm Screws (100); **start all the Screws, and then tighten them.**



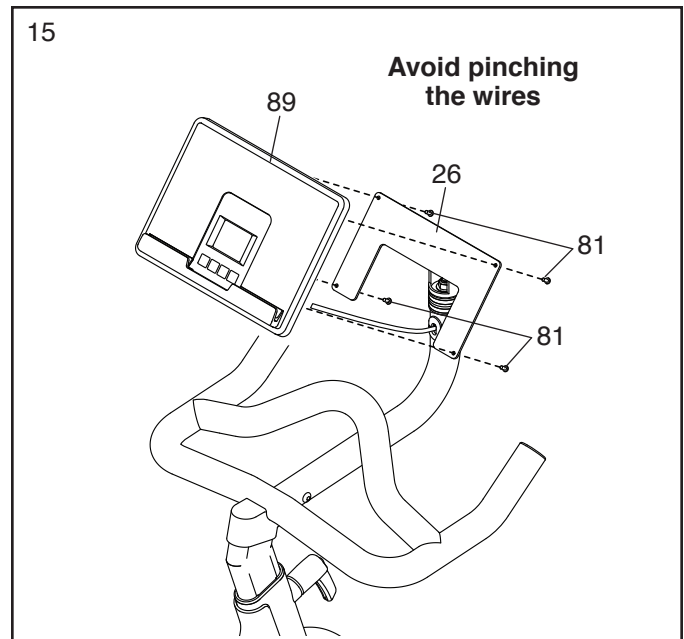
14. While a second person holds the Console Deck (89) near the Console Mount (5), connect the Console Wire (K) to the Extension Wire (99).

Next, press the Wire Protector (98) around the Console Wire (K) in the location shown.

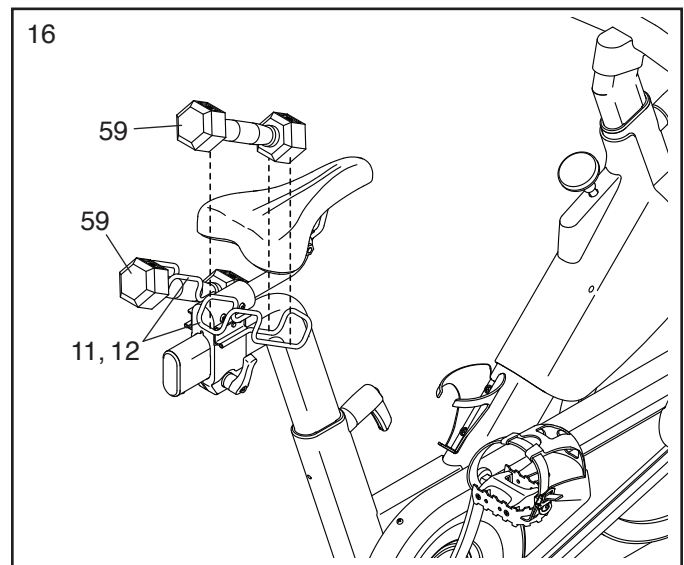
Then, insert the Wires (K, 99) into the Console Mount (5), and press the Wire Protector (98) into the Console Mount.



15. **Tip: Avoid pinching the wires.** If necessary, tilt the **Console Bracket (26)** upward to make **this step easier**. Attach the **Console Deck (89)** to the **Console Bracket** with four **M4 x 12mm Screws (81)**; **start all the Screws, and then tighten them.**



16. Set the **Hand Weights (59)** in the **Weight Rests (11, 12)**.

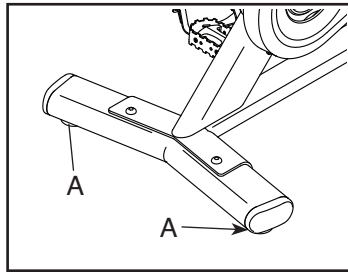


17. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly, that it functions properly, and that all parts are properly tightened.** Extra parts may be included. Place a mat under the exercise bike to protect the floor or carpet.

HOW TO USE THE EXERCISE BIKE

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 (A) beneath the rear stabilizer until the rocking motion is eliminated.



Note: The carriage handle (C) functions like a ratchet. Turn the carriage handle in the desired direction, pull it outward, turn it in the opposite direction, push it inward, and then turn it in the desired direction again. Repeat this process as many times as necessary.

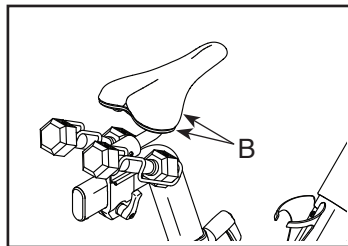
HOW TO ADJUST THE SADDLE POST

For effective exercise, the saddle should 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.

HOW TO ADJUST THE ANGLE OF THE SADDLE

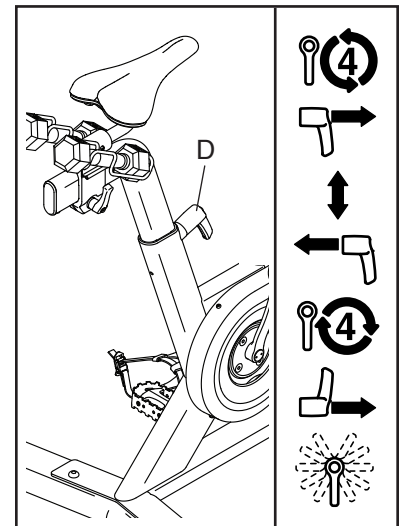
You can adjust the angle of the saddle to the position that is most comfortable. You can also slide the saddle forward or backward to increase your comfort or to adjust the distance to the handlebar.

To adjust the saddle, loosen the nuts (B) on the saddle clamp a few turns, and then tilt the saddle upward or downward or slide the saddle forward or backward to the desired position. Then, retighten the nuts.



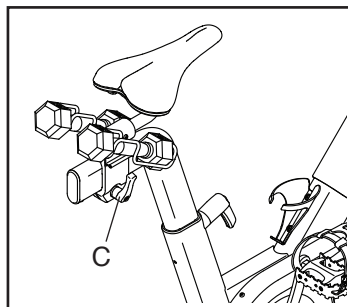
IMPORTANT: To prevent the hand weights from falling out of the weight rests, hold the saddle post firmly with one hand at all times while making this adjustment.

To adjust the height of the saddle post, first loosen the adjustment handle (D) four turns and pull it outward. Next, move the saddle post upward or downward, release the adjustment handle into an adjustment hole in the saddle post, and firmly tighten the adjustment handle four turns.



HOW TO ADJUST THE HORIZONTAL POSITION OF THE SADDLE

To adjust the position of the saddle, first loosen the carriage handle (C) and pull it outward. Then, move the saddle forward or backward, release the carriage handle, and then firmly tighten the carriage handle.



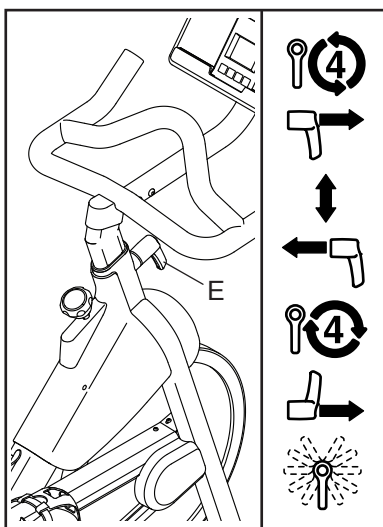
Make sure that the adjustment handle is engaged in an adjustment hole. Then, pull the adjustment handle outward, turn it so that it points downward as shown, and then release it.

HOW TO ADJUST THE HANDLEBAR

To adjust the height of the handlebar, first loosen the adjustment handle (E) four turns and pull it outward. Then, move the handlebar upward or downward, release the adjustment handle into an adjustment hole in the handlebar, and firmly tighten the adjustment handle four turns.

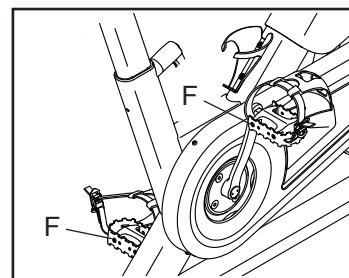
Make sure that the adjustment handle is engaged in an adjustment hole. Then, pull the adjustment handle outward, turn it so that it points downward as shown, and then release it.

To adjust the horizontal position of the handlebar, see assembly step 11 on page 11.



HOW TO USE THE PEDALS

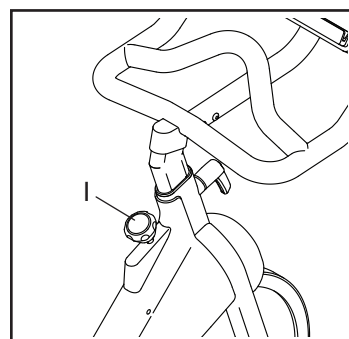
To use the pedals (F), insert your shoes into the toe cages and pull the ends of the toe straps. To adjust the toe straps, press and hold the tabs on the buckles, adjust the toe straps to the desired position, and then release the tabs.



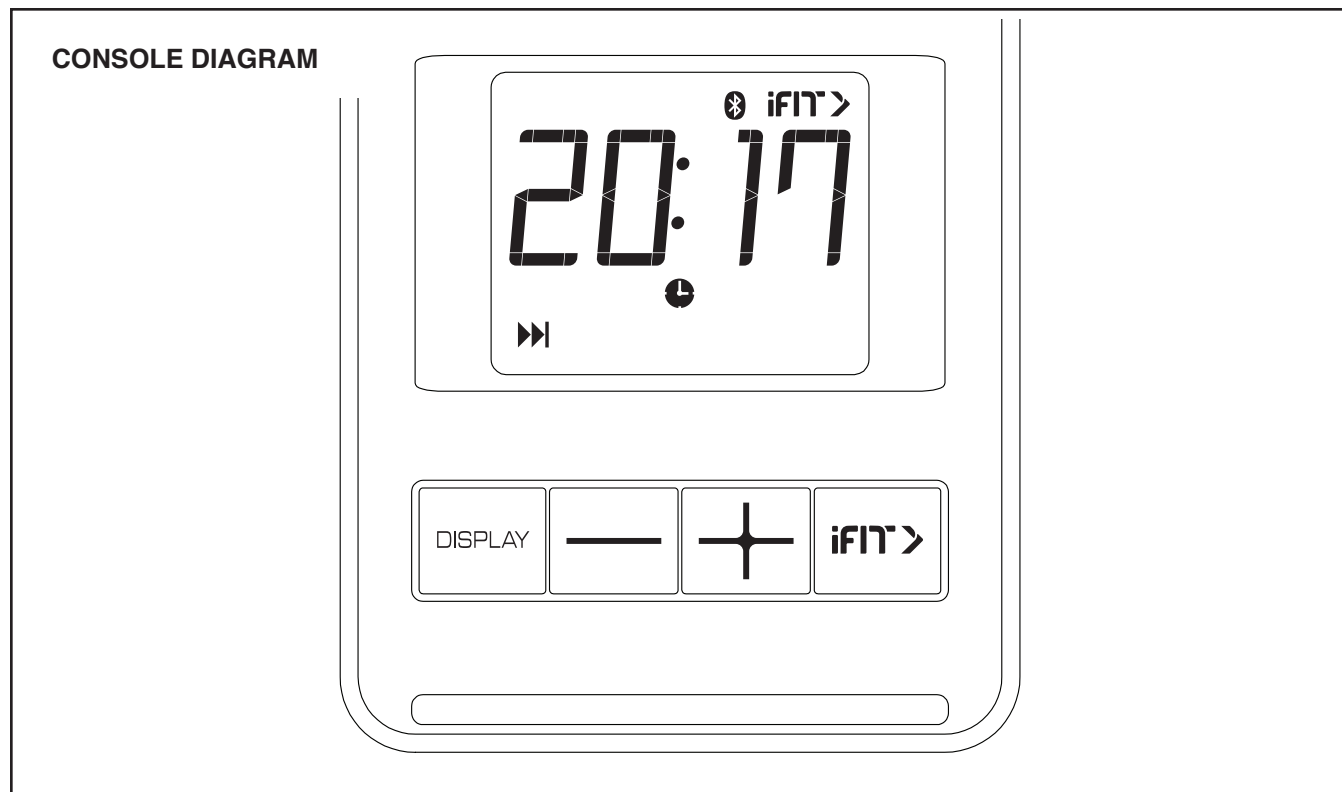
Note: You can attach your own pedals to the exercise bike if desired.

HOW TO USE THE BRAKE KNOB

To change the resistance of the pedals, press the buttons on the console (see step 2 on page 17). To stop the flywheel, push the brake knob (I) downward. The flywheel should quickly come to a complete stop.



HOW TO USE THE CONSOLE



FEATURES OF THE CONSOLE

The easy-to-use console enables you to change the resistance of the pedals with the touch of a button and provides instant exercise feedback during your workouts.

You can also measure your heart rate using the handgrip heart rate monitor or a compatible heart rate monitor. **See page 19 for information about purchasing an optional chest heart rate monitor.**

You can also connect your tablet to the console and use the iFit®—Smart Cardio Equipment app to record and track your workout information.

To use the manual mode, see page 17. **To connect your tablet to the console,** see page 18. **To connect your heart rate monitor to the console,** see page 19.

Note: If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. Begin pedaling or press any button on the console to turn on the console.

When you turn on the console, the display will turn on. The console will then be ready for use.

2. Change the resistance of the pedals as desired.

As you pedal, change the resistance of the pedals by pressing the increase and decrease buttons.

Note: After you press a button, it will take a moment for the pedals to reach the selected resistance level.

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, see assembly step 14 on page 12. First, pull out the wire protector and pull out the wires. Then, disconnect the console wire from the upper wire, and then reconnect the wires; **make sure to align the connectors properly and make sure to press the connectors together firmly**. Then, press the wire protector into the console mount.

3. Follow your progress with the display.

The display can show the following workout information:

Scan (scan arrow icon)—This mode displays the speed, pulse, calories, resistance, RPM, time, and distance modes, for a few seconds each, in a repeating cycle.

Speed (rabbit icon)—This mode displays your pedaling speed, in miles per hour.

Pulse (heart icon)—This mode displays your heart rate in beats per minute when you are using the heart rate monitor or an optional chest heart rate monitor (see step 4).

Calories (flame icon)—This mode displays the approximate number of calories that you have burned during your workout.

Resistance (hand weight icon)—This mode displays the current resistance level of the pedals.

RPM (circular arrow icon)—This mode displays your pedaling speed, in revolutions per minute (RPM).

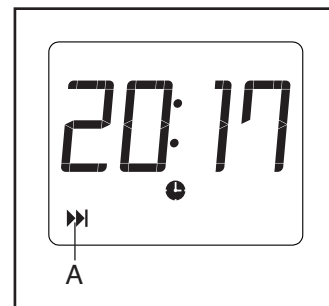
Time (clock icon)—This mode displays the elapsed time that you have pedaled during your workout.

Distance (road icon)—This mode displays the distance that you have pedaled during your workout, in miles.

Scan mode—

When the console is turned on, the scan mode will automatically be selected. **The scan arrow icon (A) will appear in the display when the scan mode is selected.** Note: If

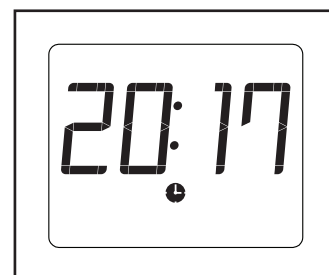
a different mode is selected, select the scan mode again by pressing the Display button repeatedly.



Speed, pulse, calories, resistance, RPM, time, and distance mode—

To select one of these modes for continuous display, press the Display button repeatedly.

The mode icons will show which mode is selected. **Make sure that there the scan arrow icon does not appear.**



To pause the console, simply stop pedaling. The console will pause for up to a few minutes. To continue your workout, simply resume pedaling.

To end your workout and reset the display to zero, simply stop pedaling and wait for a few minutes for the console display to reset.

4. Wear a heart rate monitor and measure your heart rate if desired.

You can wear an optional heart rate monitor to measure your heart rate. For more information about the optional heart rate monitor, see page 19. Note: The console is compatible with Bluetooth® Smart heart rate monitors.

To connect your heart rate monitor to the console, see HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 19.

If your heart rate is not shown, make sure that the pulse mode is displayed.

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

The console has an auto-off feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the console will turn off automatically.

IMPORTANT: When you are finished exercising, make sure to disconnect your tablet and/or heart rate monitor from the console (see page 18 and page 19). If you do not do this, the console may not turn off and the batteries will drain more quickly.

HOW TO CONNECT YOUR TABLET TO THE CONSOLE

The console supports Bluetooth connections to tablets via the iFit–Smart Cardio Equipment app and to compatible heart rate monitors. Note: Other Bluetooth connections are not supported.

1. Download and install the iFit–Smart Cardio Equipment app on your tablet.

On your iOS® or Android™ tablet, open the App StoreSM or the Google Play™ store, search for the free iFit–Smart Cardio Equipment app, and then install the app on your tablet. **Make sure that the Bluetooth option is enabled on your tablet.**

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

2. Connect your heart rate monitor to the console if desired.

If you are connecting both your heart rate monitor and your tablet to the console, **you must connect your heart rate monitor before you connect your tablet.** See HOW TO CONNECT YOUR HEART RATE MONITOR TO THE CONSOLE on page 19.

3. Connect your tablet to the console.

Press the iFit button on the console; the console pairing number will appear in the display. Then, follow the instructions in the iFit–Smart Cardio Equipment app to connect your tablet to the console. When the your tablet is connected, the Bluetooth icon will appear in the display.

4. Record and track your workout information.

Follow the instructions in the iFit–Smart Cardio Equipment app to record and track your workout information.

5. Disconnect your tablet from the console if desired.

To disconnect your tablet from the console, first select the disconnect option in the iFit–Smart Cardio Equipment app. Then, press and hold the iFit button on the console.

Note: All Bluetooth connections between the console and other devices (including any tablets, 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 iFit button on the console; the console pairing number will appear in the display. When your heart rate monitor is connected, the Bluetooth icon will appear in the display.

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.

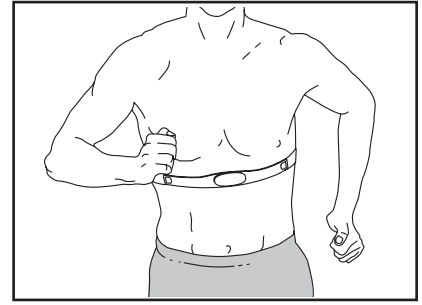
To disconnect your heart rate monitor from the console, press and hold the iFit button on the console.

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

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 back cover of this manual.**



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

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.

IMPORTANT: To satisfy exposure compliance requirements, the antenna and transmitter in the console must be at least 8 in. (20 cm) from all persons and must not be near or connected to any other antenna or transmitter.

MAINTENANCE AND TROUBLESHOOTING

HOW TO MAINTAIN THE EXERCISE BIKE

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 detergent. **IMPORTANT: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

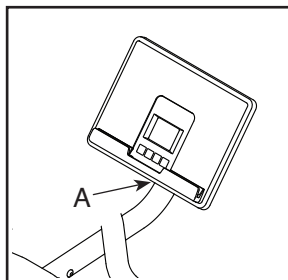
HOW TO TROUBLESHOOT THE CONSOLE

If the console display becomes dim, replace the batteries (see assembly step 11 on page 11); most console problems are the result of low batteries.

If the message CH0 or CH1 appears in the display when you press the increase and decrease buttons, see assembly step 14 on page 12. First, pull out the wire protector and pull out the wires. Then, disconnect the console wire from the upper wire, and then reconnect the wires; **make sure to align the connectors properly and make sure to press the connectors together firmly.** Then, press the wire protector into the console mount.

TABLET HOLDER TROUBLESHOOTING

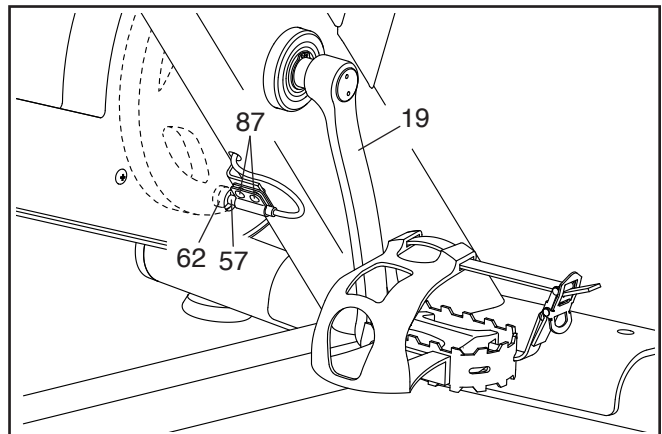
If the tablet holder does not stay in place, rotate the tablet holder backward and tighten the locknut (A) inside the bracket mount until the tablet holder stays in place when it is rotated to the desired position.



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, locate the Reed Switch (57) on the left side of the exercise bike. Slightly loosen the two M4 x 20mm Screws (87).



Next, turn the Left Crank Arm (19) until a Magnet (62) is aligned with the Reed Switch (57). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 20mm Screws (87).

Turn the Left Crank Arm (19) for a moment. Repeat the procedure above, if necessary, until the console displays correct feedback.

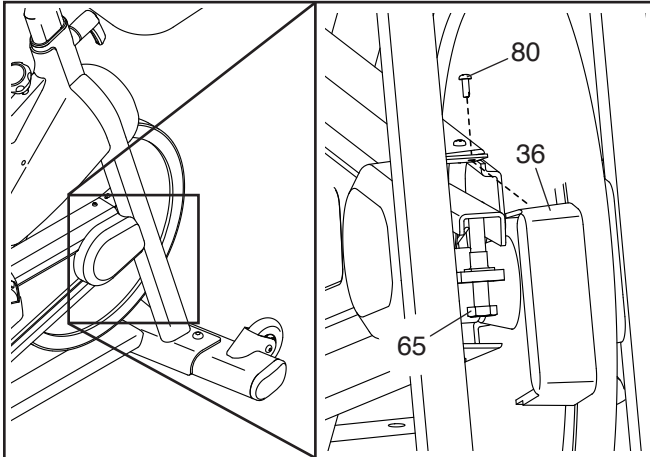
HOW TO ADJUST THE DRIVE BELT

If you feel the pedals slip while you are pedaling, even when the resistance is adjusted to the highest level, the drive belt may need to be adjusted.

To adjust the drive belt, locate the Idler Cover (36). Remove the M4 x 12mm Blunt Screw (80) and the Idler Cover.

Then, tighten the M10 x 60mm Screw (65) until the Drive Belt (not shown) is tight.

When the Drive Belt (not shown) is tight, reattach the Idler Cover (36).



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.

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	♥
<hr/>							
20	30	40	50	60	70	80	

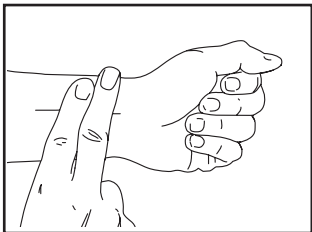
To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning,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

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute.



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.

PART LIST

Model No. 831.10442.0 R0919B

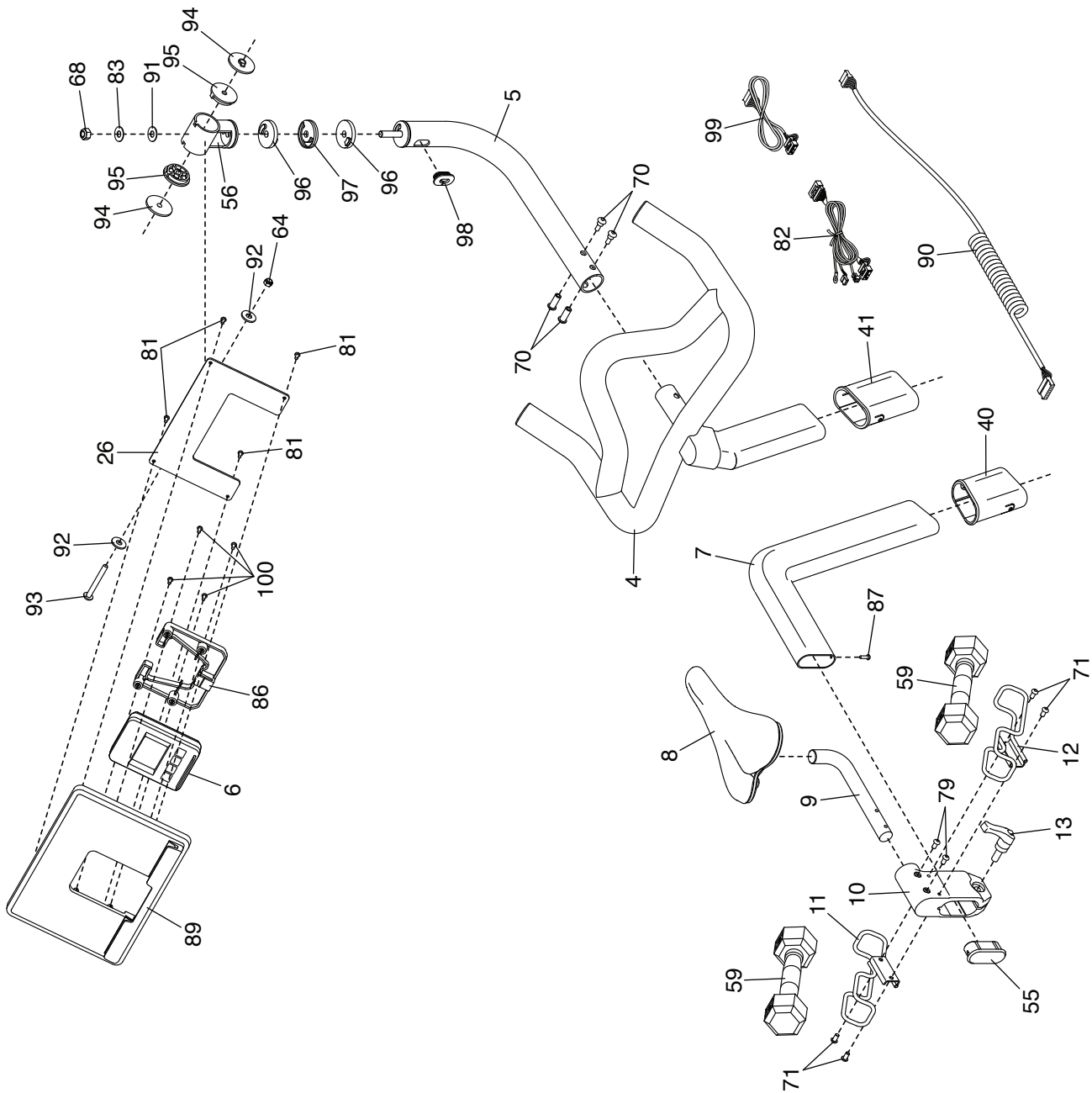
Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	46	1	Drive Belt
2	1	Front Stabilizer	47	1	Flywheel
3	1	Rear Stabilizer	48	1	Flywheel Axle
4	1	Handlebar	49	2	Flywheel Bearing
5	1	Console Mount	50	1	Flywheel Spacer
6	1	Console	51	2	Wheel
7	1	Saddle Post	52	2	Foot
8	1	Saddle	53	2	Leveling Foot
9	1	Saddle Arm	54	4	Cap
10	1	Saddle Carriage	55	1	Saddle Post Cap
11	1	Left Weight Rest	56	1	Bracket Mount
12	1	Right Weight Rest	57	1	Reed Switch/Wire
13	1	Carriage Handle	58	1	Clamp
14	2	Adjustment Handle	59	2	Hand Weight
15	1	Water Bottle Holder	60	1	Flywheel Washer
16	1	Right Pedal	61	4	Clip Nut
17	1	Left Pedal	62	2	Magnet
18	1	Crank/Right Crank Arm	63	4	M8 x 20mm Flat Head Screw
19	1	Left Crank Arm	64	7	M8 Locknut
20	1	Resistance Cable	65	1	M10 x 60mm Screw
21	1	Resistance Bracket	66	1	Crank Screw
22	1	Resistance Spring	67	1	Bracket Spacer
23	1	Resistance Magnet	68	2	M10 Locknut
24	1	Resistance Motor	69	4	M10 x 25mm Screw
25	1	Brake Knob	70	2	M6 Bolt Set
26	1	Console Bracket	71	4	M6 x 15mm Screw
27	1	Brake Shaft	72	2	M8 x 45mm Bolt
28	1	Brake Spring	73	2	M6 x 45mm Shoulder Screw
29	1	Brake Bracket	74	4	M4 x 10mm Screw
30	2	Brake Spacer	75	2	M12 Locknut
31	1	Idler	76	1	M5 x 35mm Bolt
32	1	Cover Bracket	77	1	M5 Locknut
33	1	Right Hub Cover	78	1	Brake Bushing
34	1	Outer Belt Cover	79	4	M6 x 12mm Screw
35	1	Inner Belt Cover	80	11	M4 x 12mm Blunt Screw
36	1	Idler Cover	81	4	M4 x 12mm Screw
37	1	Left Hub Cover	82	1	Lower Wire
38	1	Motor Cover	83	1	Thrust Washer
39	1	Brake Cover	84	1	Ground Screw
40	1	Saddle Post Sleeve	85	2	M12 Nut
41	1	Handlebar Sleeve	86	1	Console Housing
42	2	Crank Arm Cap	87	15	M4 x 20mm Screw
43	2	Snap Ring	88	2	M4 x 19mm Flange Screw
44	2	Crank Bearing	89	1	Console Deck
45	1	Pulley	90	1	Upper Wire

Key No.	Qty.	Description	Key No.	Qty.	Description
91	1	Pivot Spacer	97	1	Center Pivot Disc
92	2	M8 Washer	98	1	Wire Protector
93	1	M8 x 80mm Bolt	99	1	Extension Wire
94	2	Outer Pivot Disc	100	4	M4 x 16mm Screw
95	2	Inner Pivot Disc	*	—	Assembly Tool
96	2	Upper/Lower Pivot Disc	*	—	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.

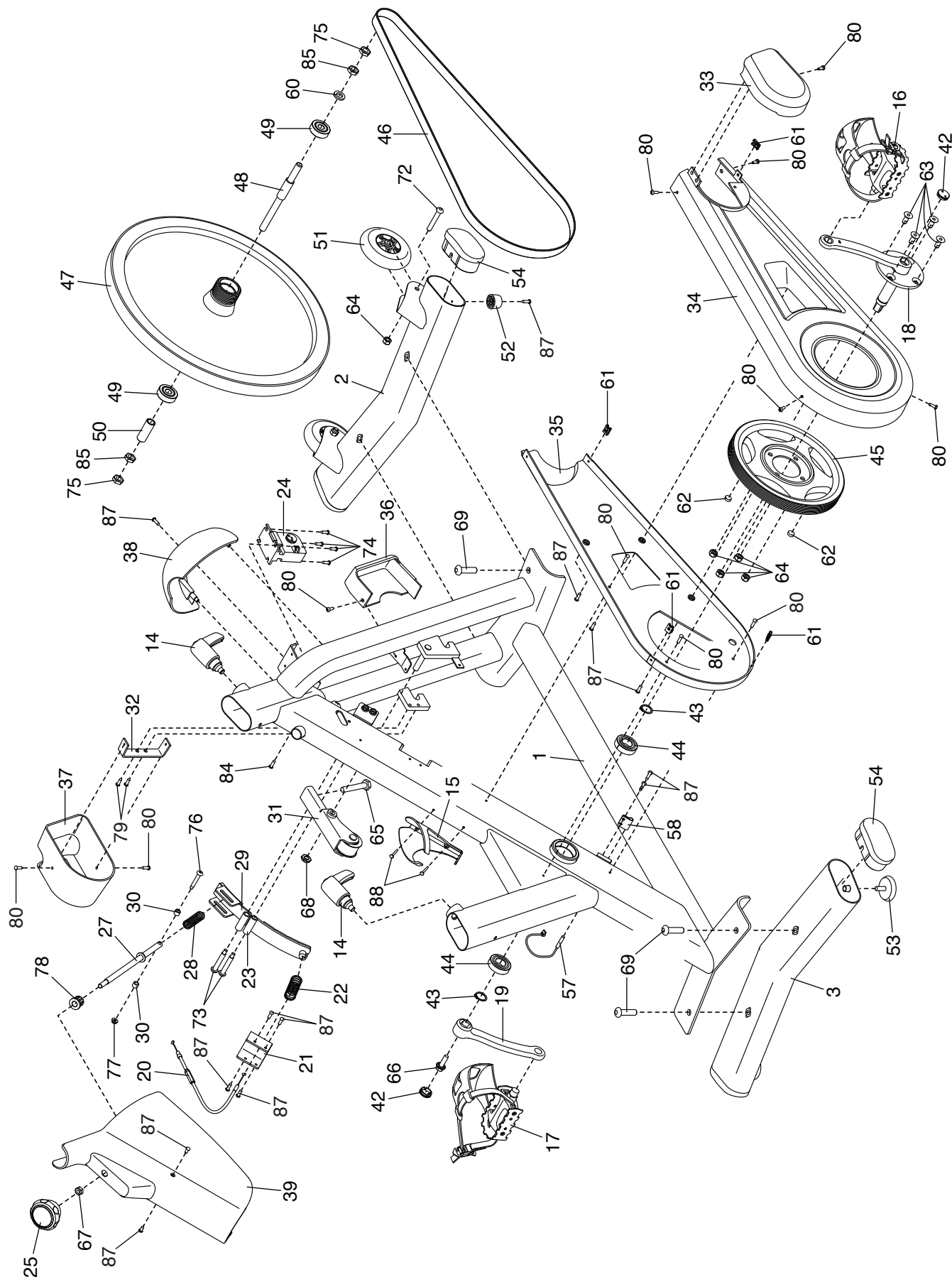
EXPLODED DRAWING A

Model No. 831.10442.0 R0919B



EXPLODED DRAWING B

Model No. 831.10442.0 R0919B



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1 YEAR FULL WARRANTY

If this Sears Bike Exerciser fails due to a defect in material or workmanship within 1 year 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 10 years from the date of purchase.

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