

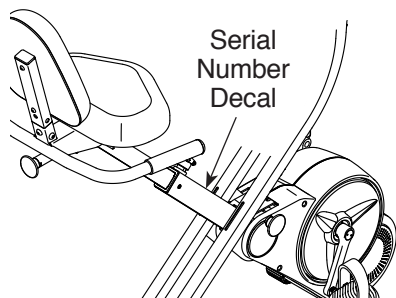
# PRO-FORM<sup>®</sup>

## X-BIKE DUO

Model No. 831.21926.0

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

Write the serial number in the space above for reference.



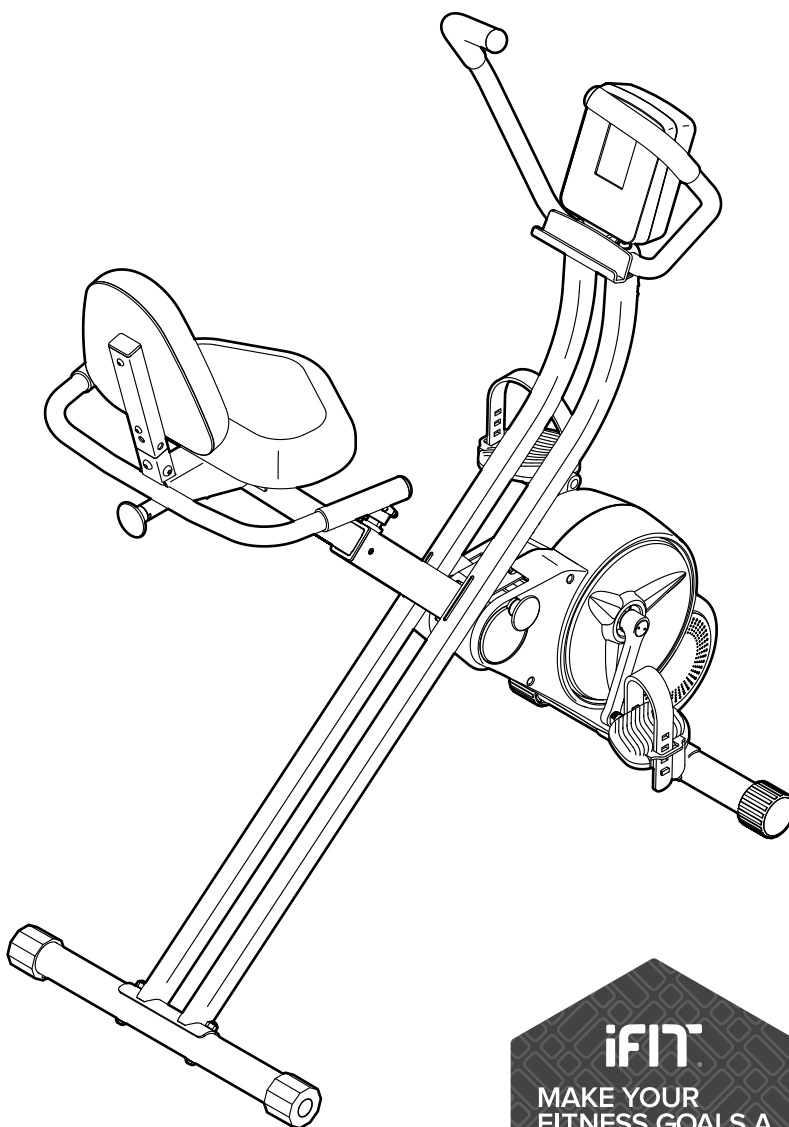
- Assembly
- Operation
- Maintenance
- Part List and Drawing

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

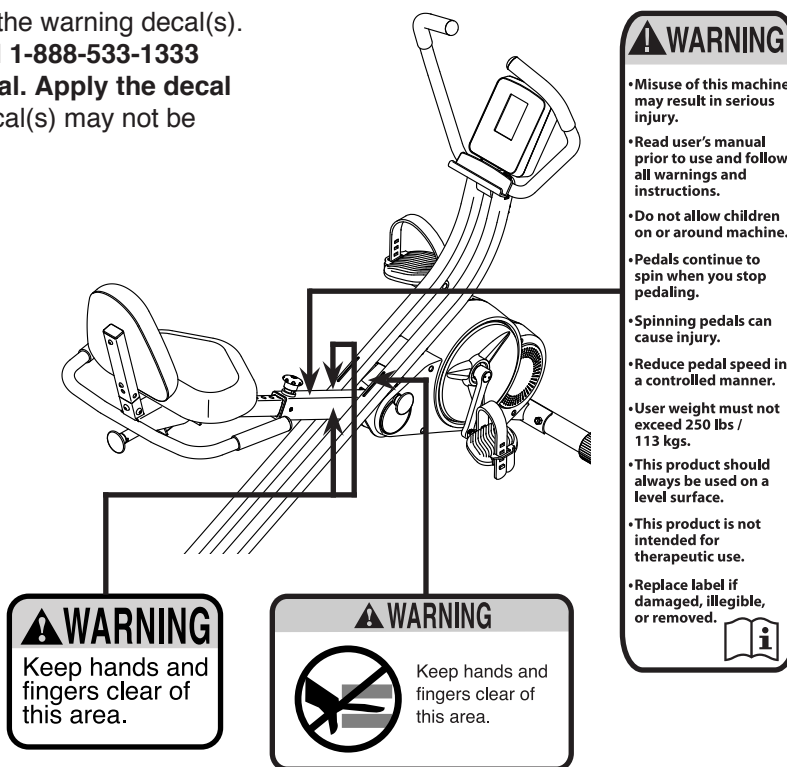


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## WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s).  
**If a decal is missing or illegible, 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 13 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. (113 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 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.
15. 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.
16. 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.

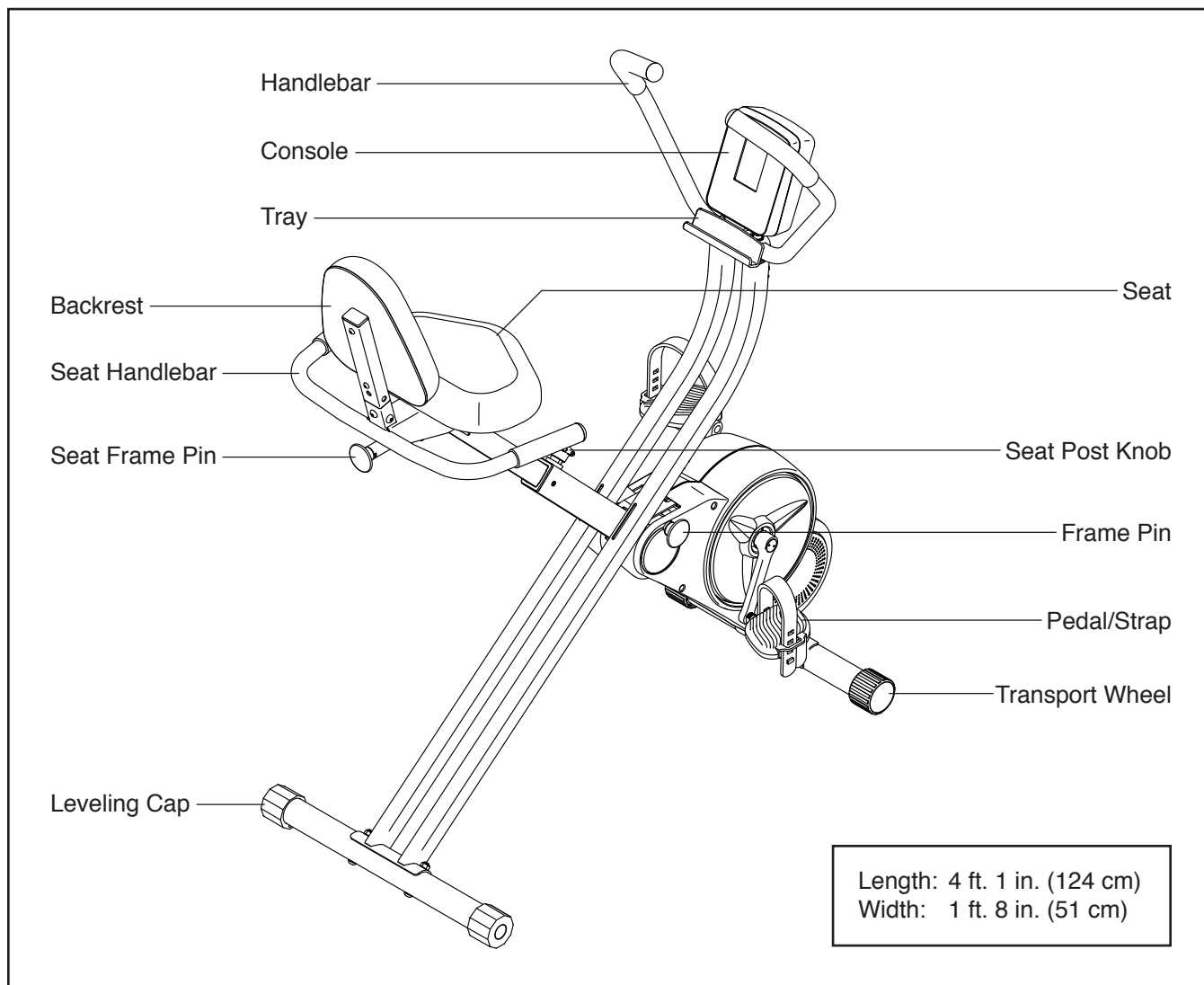
# BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® X-BIKE DUO exercise bike. Cycling is an effective exercise for increasing cardiovascular fitness, building endurance, and toning the body. The X-BIKE DUO 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

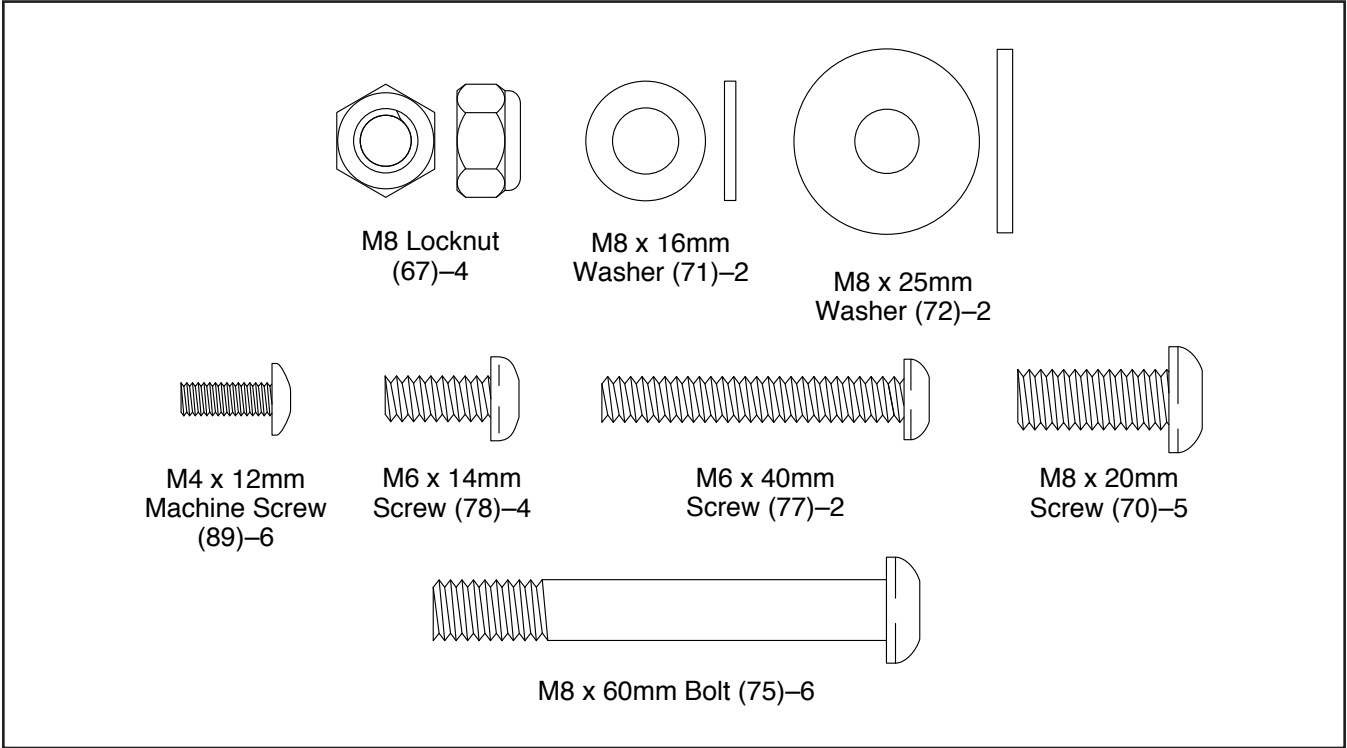
reading this manual, please see the back cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.



# 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.**

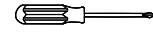


# ASSEMBLY

- 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



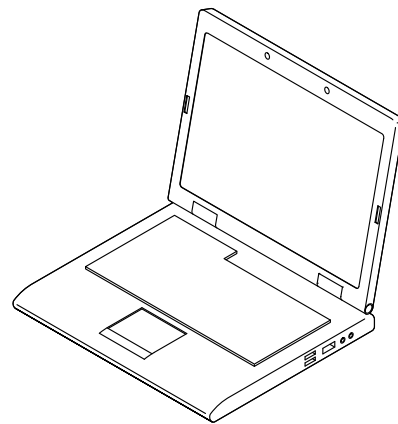
Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

**1. Go to [www.proformservice.com/registration](http://www.proformservice.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.

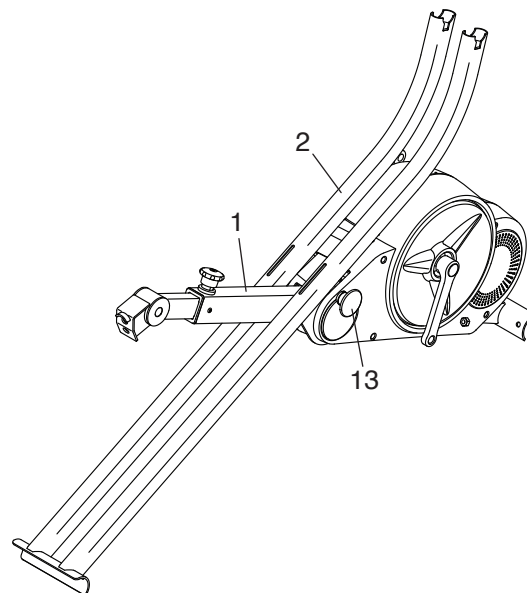
1



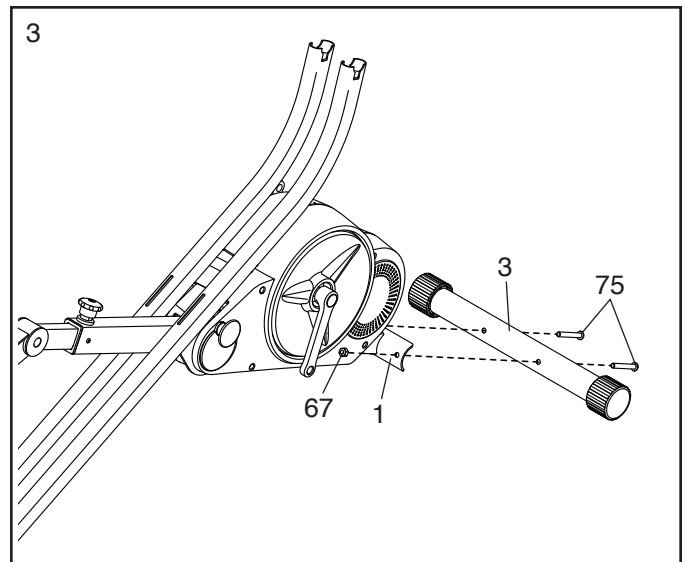
**2. Move the Frame (1) and the Upright (2) apart until the Frame Pin (13) snaps into the Frame; this is the storage position.**

Next, pull the Frame Pin (13), press downward on the Upright (2), and release the Frame Pin into the next hole in the Frame (1); this is the upright position.

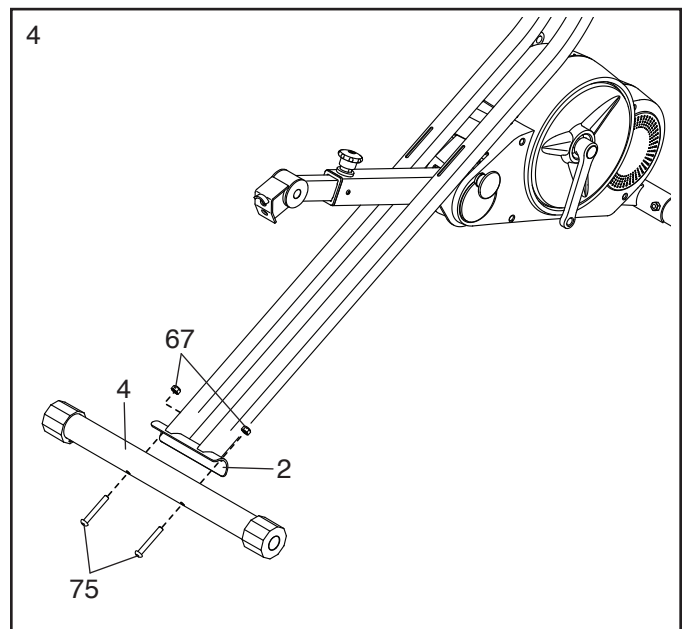
2



3. Identify the Front Stabilizer (3) and attach it to the Frame (1) with two M8 x 60mm Bolts (75) and two M8 Locknuts (67) (only one side is shown).

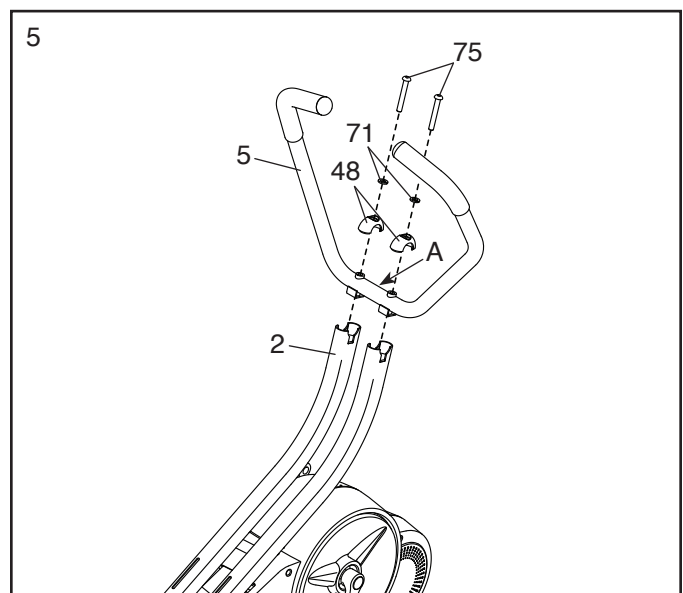


4. Attach the Rear Stabilizer (4) to the Upright (2) with two M8 x 60mm Bolts (75) and two M8 Locknuts (67).



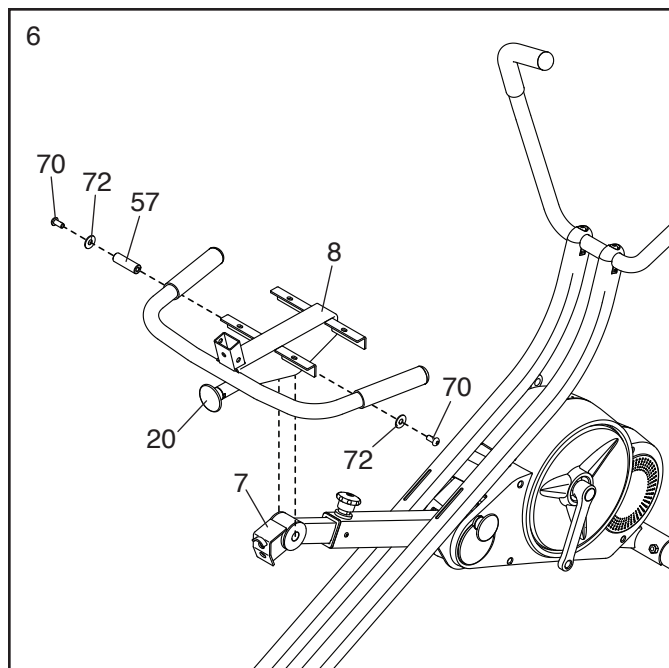
5. Orient the Handlebar (5) so that the screw (A) is in the indicated location.

Attach the Handlebar (5) to the Upright (2) with two M8 x 60mm Bolts (75), two M8 x 16mm Washers (71), and two Handlebar Clamps (48).

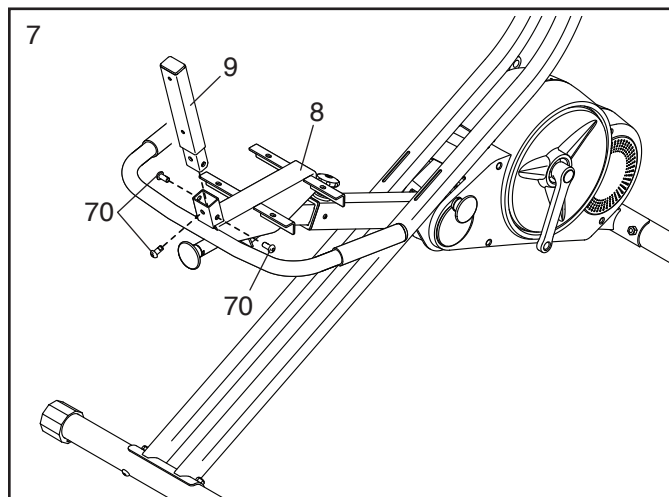


6. Orient the Seat Frame (8) near the Seat Post (7) as shown. Pull the Pin Knob (20) outward and slide the Seat Frame onto the Seat Post.

Insert the Seat Axle (57) through the Seat Frame (8) and the Seat Post (7). Tighten an M8 x 20mm Screw (70) and an M8 x 25mm Washer (72) into each end of the Seat Axle **at the same time**.

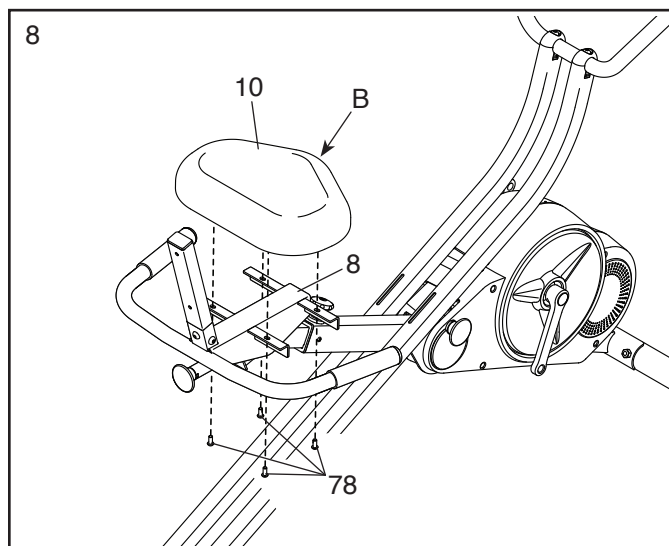


7. Attach the Seat Bracket (9) to the Seat Frame (8) with three M8 x 20mm Screws (70); **start all the Screws, and then fully tighten them.**



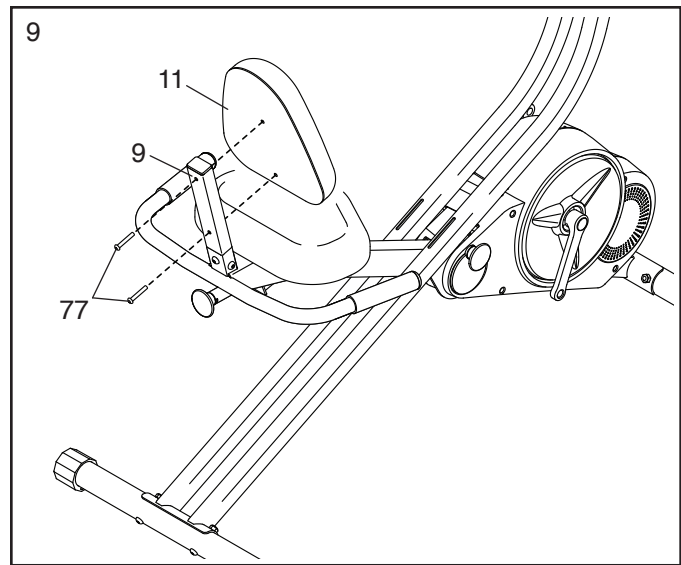
8. Orient the Seat (10) as shown; **make sure that the nose (B) of the Seat is in the location shown.**

Attach the Seat (10) to the Seat Frame (8) with four M6 x 14mm Screws (78); **start all the Screws, and then fully tighten them.**



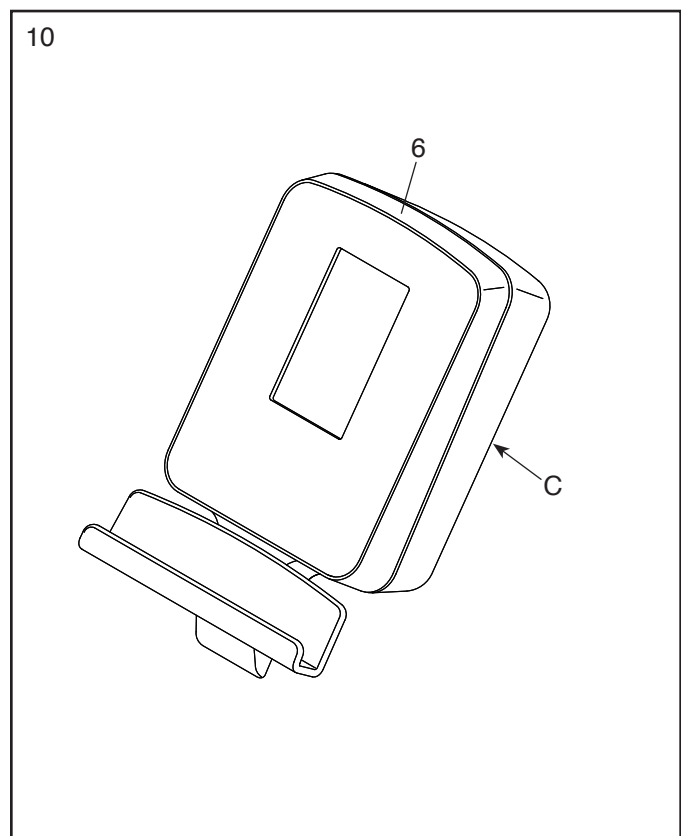


9. Attach the Backrest (11) to the Seat Bracket (9) with two M6 x 40mm Screws (77).



10. The Console (6) 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 cover (C), and insert 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.

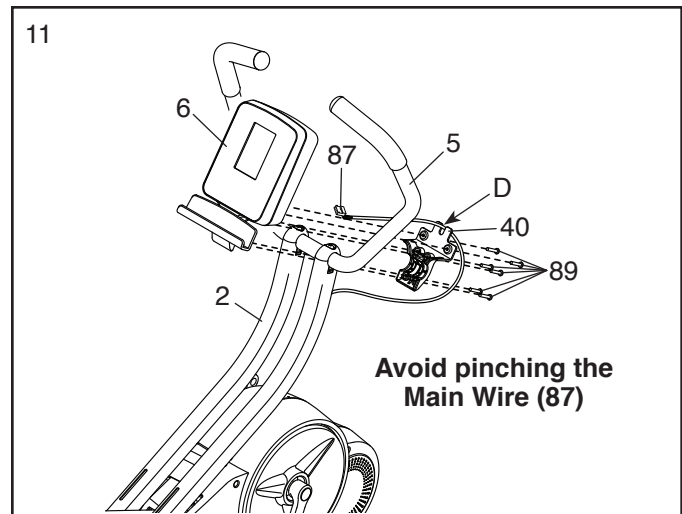
**To purchase an optional power adapter, call the telephone number on the cover of this manual. To avoid damaging the console, use only a manufacturer-supplied regulated power adapter.** Plug one end of the power adapter into the receptacle on the back of the Console (6); plug the other end into an outlet installed in accordance with all local codes and ordinances.



11. Have a second person hold the Console (6) near the Handlebar (5). Connect the Main Wire (87) to the receptacle on the back of the Console.

**Tip: Avoid pinching Main Wire (87). Make sure that the Main Wire is routed through the notch (D) in the Console Bracket (40).** Attach the Console (6) to the Upright (2) with six M4 x 12mm Machine Screws (89) and the Console Bracket; **start all the Screws, and then tighten them.**

Then, pivot the Console (6) to the desired angle.

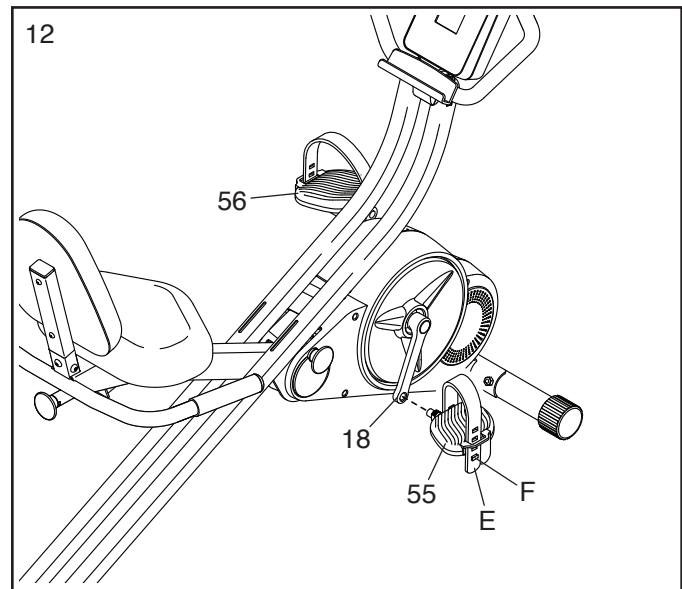


12. Identify the Right Pedal (55).

Using an adjustable wrench, **firmly tighten** the Right Pedal (55) **clockwise** into the Right Crank Arm (18).

**Firmly tighten the Left Pedal (56) counterclockwise into the Left Crank Arm (not shown). IMPORTANT: You must turn the Left Pedal counterclockwise to attach it.**

Adjust the right strap (E) to the desired position, and press the ends of the strap onto the tabs (F) on the Right Pedal (55). **Adjust the strap on the Left Pedal (56) in the same way.**

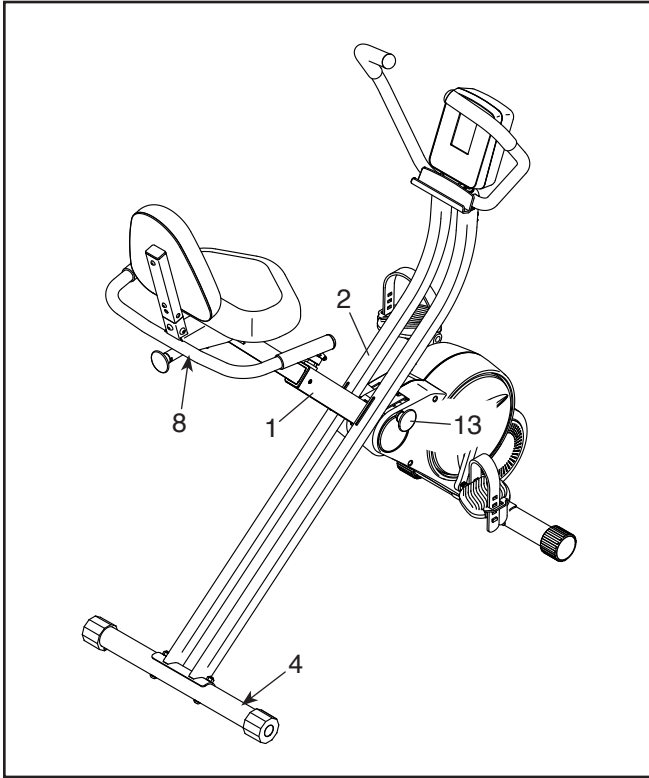


13. **After the exercise bike is assembled, inspect it to make sure that it is assembled correctly and that it functions properly. Make sure that all parts are properly tightened before you use the exercise bike.** Extra parts may be included. Place a mat under the exercise bike to protect the floor.

# HOW TO USE THE EXERCISE BIKE

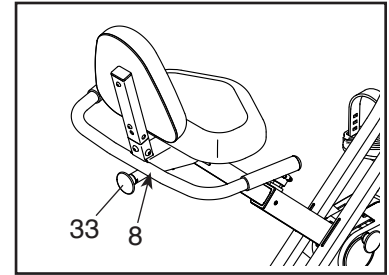
## HOW TO USE THE UPRIGHT POSITION

**Move the Frame (1) to the upright position.** Place your foot on the Rear Stabilizer (4) and hold the Seat Frame (8) with one hand in the indicated locations.

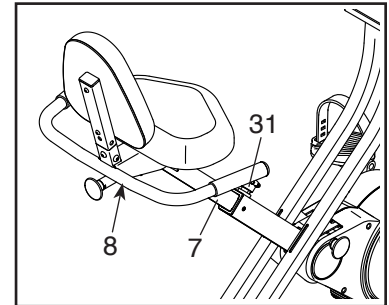


Next, pull upward on the Seat Frame (8) and pull the Frame Pin (13) outward with your other hand. Then, move the Upright (2) upward or downward until the exercise bike is in the upright position, and release the Frame Pin into the hole in the Frame (1); **make sure that the Frame Pin is securely engaged in the Frame.**

**Adjust the Seat Frame (8) to the upright position.** Pull the Seat Frame Pin (33) outward and move the Seat Frame to the upright position; **make sure that the Seat Frame Pin is securely engaged.**



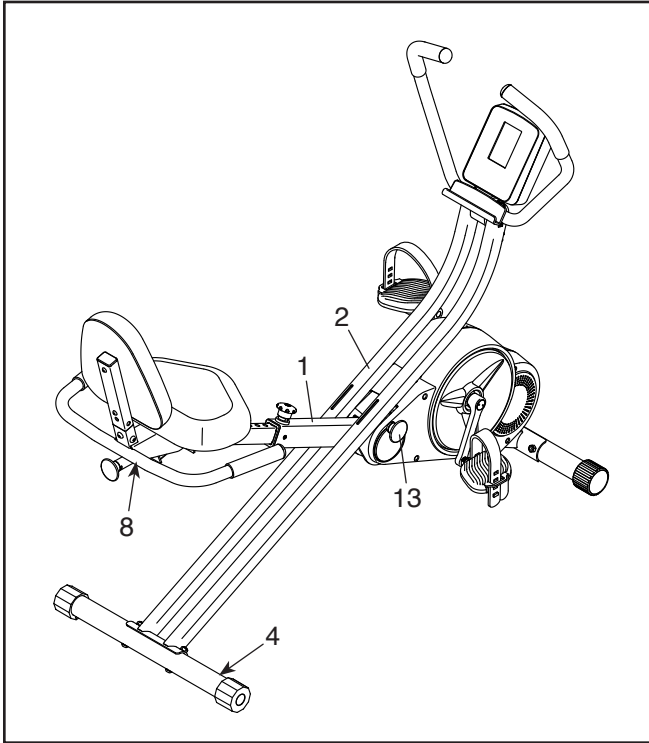
**Adjust the Seat Post (7) to the desired position.** For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals



are in the lowest position. Hold the Seat Frame (8) in the indicated location. Then, loosen and pull the Seat Post Knob (31) outward, move the Seat Post upward or downward to the desired position, release the Seat Post Knob into an adjustment hole in the Seat Post, and then tighten the Seat Post Knob. **Make sure that the Seat Post Knob is securely engaged in an adjustment hole.**

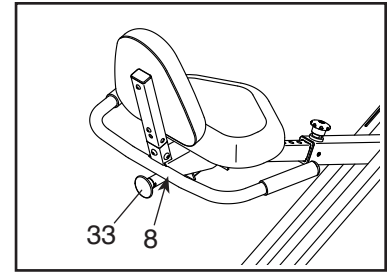
## HOW TO USE THE RECUMBENT POSITION

**Move the Frame (1) to the recumbent position.** Place your foot on the Rear Stabilizer (4) and hold the Seat Frame (8) with one hand in the indicated locations.

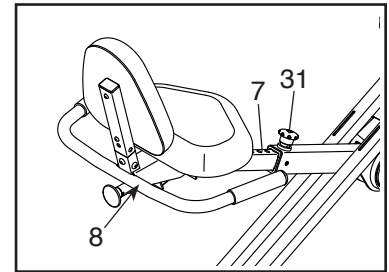


Next, pull upward on the Seat Frame (8) and pull the Frame Pin (13) outward with your other hand. Then, move the Upright (2) upward or downward until the exercise bike is in the recumbent position, and release the Frame Pin into the hole in the Frame (1); **make sure that the Frame Pin is securely engaged in the Frame.**

**Adjust the Seat Frame (8) to the recumbent position.** Pull the Seat Frame Pin (33) outward and move the Seat Frame to the recumbent position; **make sure that the Seat Frame Pin is securely engaged.**



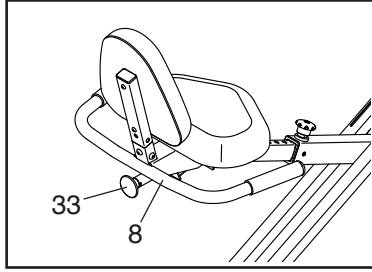
**Adjust the Seat Post (7) to the desired position.** For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the most forward position. Hold the Seat Frame (8) in the indicated location. Then, loosen and pull the Seat Post Knob (31) outward, move the Seat Post (7) upward or downward to the desired position, release the Seat Post Knob into an adjustment hole in the Seat Post, and then tighten the Seat Post Knob. **Make sure that the Seat Post Knob is securely engaged in an adjustment hole.**



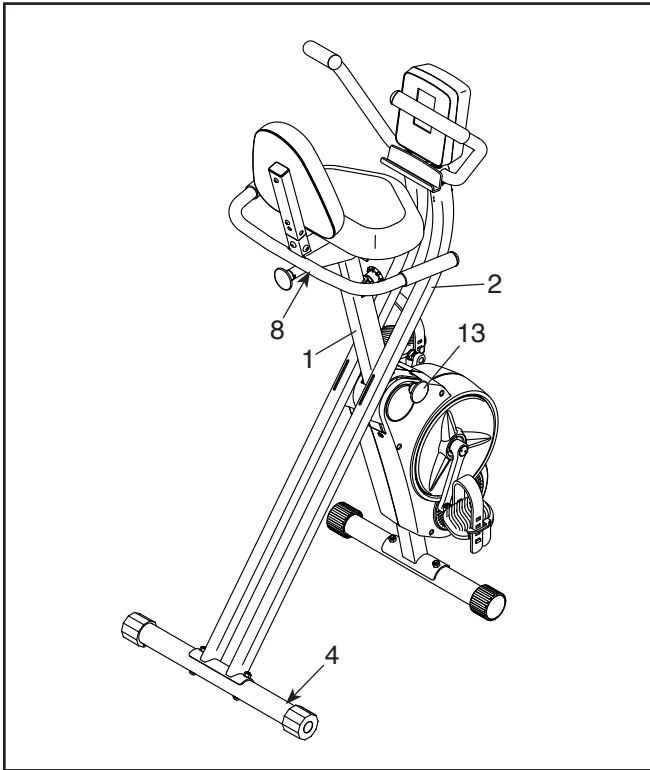
## HOW TO USE THE STORAGE POSITION

When the exercise bike is not in use, it can be moved to a compact storage position.

**Adjust the Seat Frame (8) to the storage position.** Pull the Seat Frame Pin (33) outward, move the Seat Frame, and then release the Seat Frame Pin into the lower adjustment hole; **make sure that the Seat Frame Pin is securely engaged.**



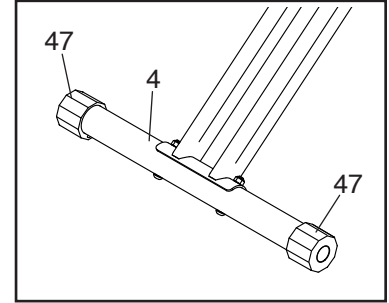
**Move the Frame (1) to the storage position.** Place your foot on the Rear Stabilizer (4) and hold the Seat Frame (8) with one hand in the indicated locations.



**See the drawing at the left.** Next, pull upward on the Seat Frame (8) and pull the Frame Pin (13) outward with your other hand. Then, move the Upright (2) upward or downward until the exercise bike is in the storage position, and release the Frame Pin into the hole in the Frame (1); **make sure that the Frame Pin is securely engaged in the Frame.**

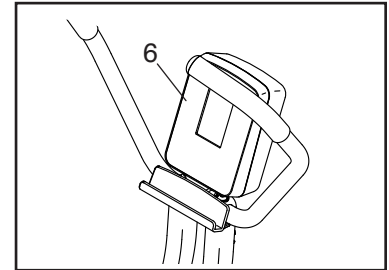
## HOW TO LEVEL THE EXERCISE BIKE

If the exercise bike rocks slightly on your floor during use, turn one or both of the Leveling Caps (47) on the Rear Stabilizer (4) until the rocking motion is eliminated.



## HOW TO ADJUST THE CONSOLE

To adjust the Console (6), simply rotate it to the desired angle.



## CONSOLE DIAGRAM



### 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, you can change the resistance of the pedals with the touch of a button. As you exercise, the console will provide continuous exercise feedback. You can even measure your heart rate using 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 automatically changes the resistance of the pedals and prompts you to maintain a target speed as it guides you through an effective workout.

**To use the manual mode**, see page 15. **To use a preset workout**, see page 17. **To connect your smart device to the console**, see page 18. **To connect your heart rate monitor to the console**, see page 18. **To use the settings mode**, see page 19.

**Note:** Before using the console, make sure that batteries are installed (see assembly step 10 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.

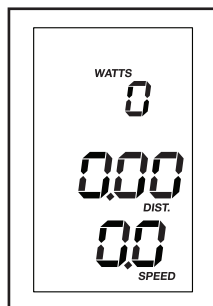
Press any button or begin pedaling to turn on the console.

When you turn on the console, the displays will turn on 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 On/Reset button.



### 3. Begin pedaling and change the resistance of the pedals as desired.

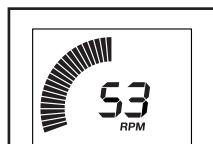
As you pedal, change the resistance of the pedals by pressing the Digital Resistance increase and decrease buttons.



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

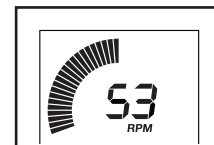
### 4. Follow your progress with the displays.

**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.



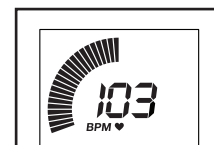
Note: During a preset workout, this display will show a target speed zone for each segment of the workout.

**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 the resistance level of the pedals for a few seconds each time the resistance level changes.

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

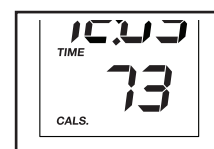


**The center display**—This display will show the distance (Dist.) you have pedaled in miles or kilometers and the elapsed time. The display will change every few seconds.



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.



**Display options**—Press the Display button repeatedly to select a display option. When the word SCAN appears, the console will show the sets of workout information in a repeating cycle. When the word SCAN does not appear, the console will show the selected set of workout information continuously.



To pause the console, stop pedaling. When the console is paused, the displays will pause. To continue your workout, 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.

**5. 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 chest heart rate monitor, see page 18. 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 18.

When your heart beat is detected, your heart rate will be shown in the upper display.

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

If the pedals do not move for several seconds, 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

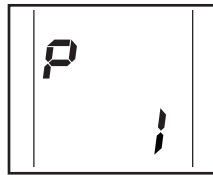
### 1. Turn on the console.

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

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

### 2. Select a preset workout.

To select a preset workout, press the Apps 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.



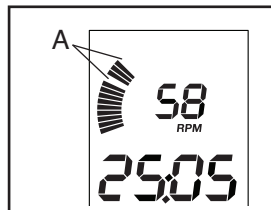
### 3. Start the workout.

Begin pedaling to start the workout.

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

At the end of each segment of the workout, the resistance level for the next segment will appear in the upper display for a few seconds to alert you. The resistance of the pedals will then change.

The speed meter (A) 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 or by increasing or decreasing the resistance of the pedals.

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

If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Digital Resistance buttons.

**IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

If you stop pedaling for several seconds, 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 4 on page 15.

### 5. Wear a heart rate monitor and measure your heart rate if desired.

See step 5 on page 16.

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

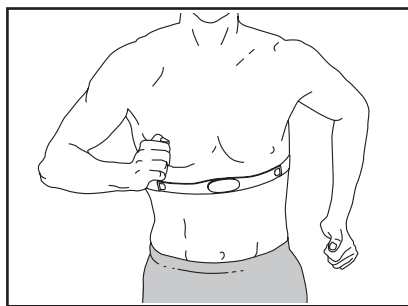
See step 6 on page 16.

## 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.



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.

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 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 Store<sup>SM</sup> 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.

## 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.

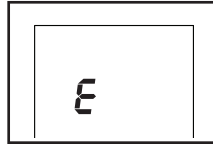
Note: All BLUETOOTH connections between the console and other devices (including any smart devices, heart rate monitors, and so forth) will be disconnected.

## 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.

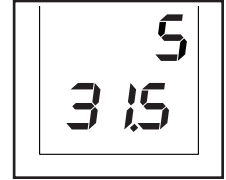
The console can show pedaling speed and distance in either miles or kilometers. The upper display will show the selected unit of measurement. An E for English miles or an M for metric kilometers will appear in the display. To change the unit of measurement, press the Display button repeatedly.



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

Press the Apps 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 Apps button repeatedly.

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

## CONSOLE TROUBLESHOOTING

If the console display becomes dim, replace the batteries (see assembly step 10 on page 9); most console problems are the result of low batteries.

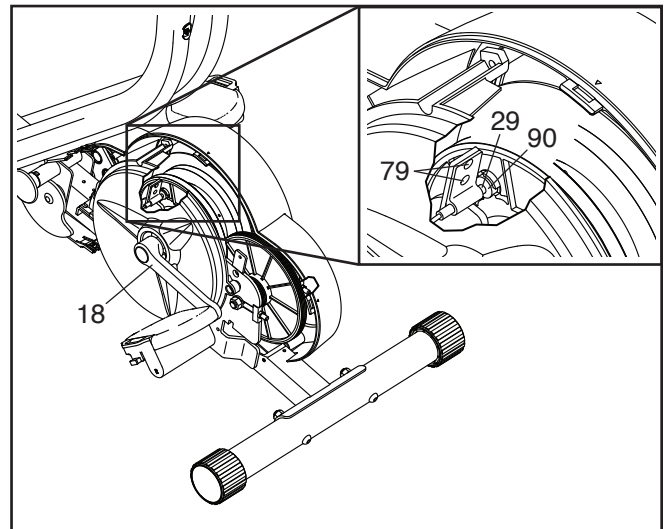
## HOW TO ADJUST THE REED SWITCH

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

**See the EXPLODED DRAWING on page 23.**

Identify the Right Shield (15). Remove the five M4 x 16mm Screws (81) from the Right Shield, and then carefully pull the Right Shield away from the exercise bike.

**Note: For clarity, the Right Shield is not shown in the drawing below.** Locate the Reed Switch (29) and slightly loosen the two M5 x 12mm Screws (79). Next, rotate the Right Crank Arm (18) until a Magnet (90) is aligned with the Reed Switch. Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M5 x 12mm Screws. Repeat this step until the console displays correct feedback.



When the console displays correct feedback, 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.

# PART LIST

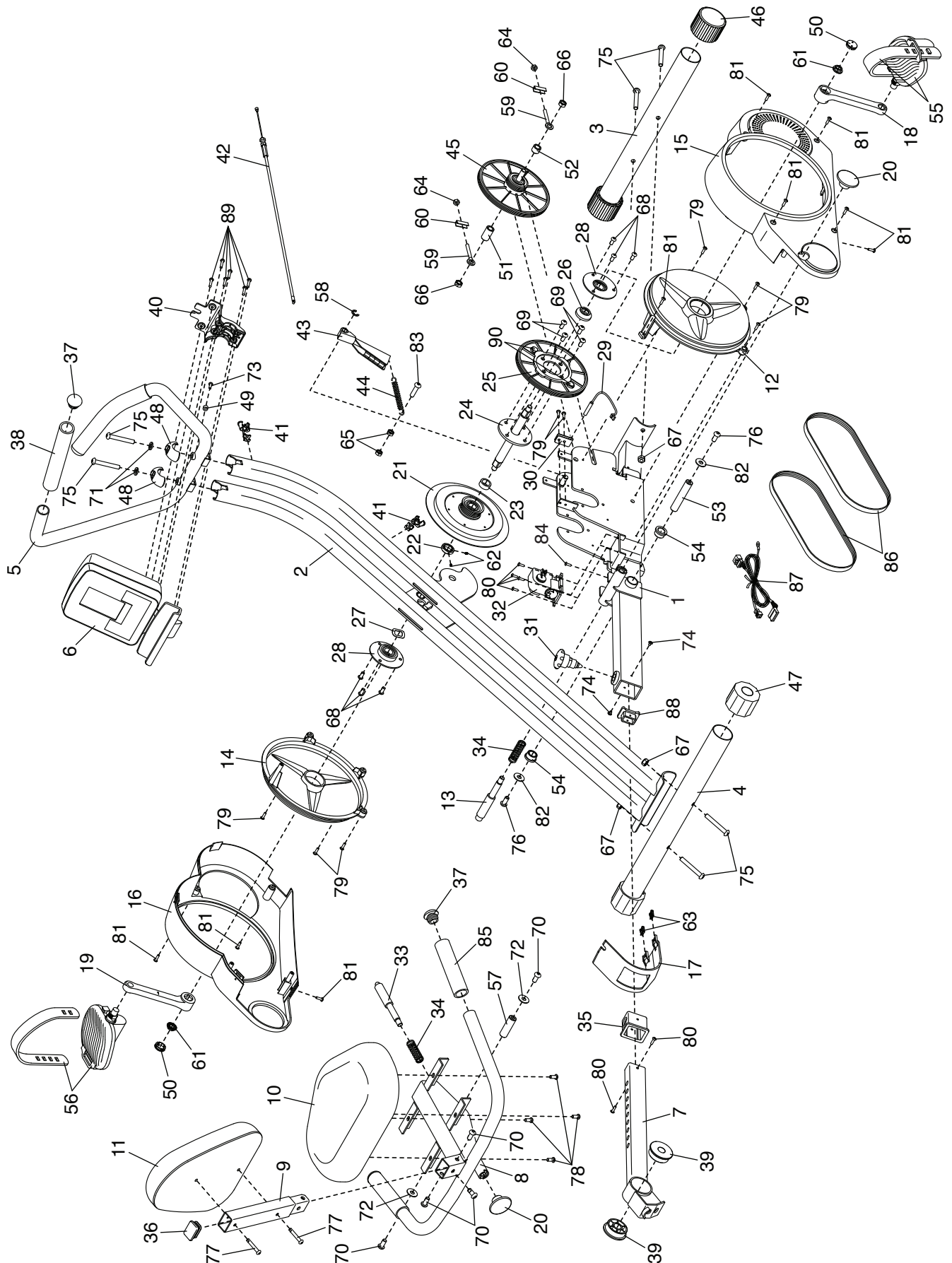
Model No. 831.21926.0 R0816A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Frame	47	2	Leveling Cap
2	1	Upright	48	2	Handlebar Clamp
3	1	Front Stabilizer	49	1	Handlebar Bushing
4	1	Rear Stabilizer	50	2	Crank Cap
5	1	Handlebar	51	1	Long Pulley Spacer
6	1	Console	52	1	Short Pulley Spacer
7	1	Seat Post	53	1	Pivot Axle
8	1	Seat Frame	54	2	Pivot Bushing
9	1	Seat Bracket	55	1	Right Pedal/Strap
10	1	Seat	56	1	Left Pedal/Strap
11	1	Backrest	57	1	Seat Axle
12	1	Right Disc	58	1	E-clip
13	1	Frame Pin	59	2	M6 Eyebolt
14	1	Left Disc	60	2	Adjustment Bracket
15	1	Right Shield	61	2	M10 Flange Nut
16	1	Left Shield	62	2	Set Screw
17	1	Frame Shield	63	2	Shield Clip
18	1	Right Crank Arm	64	2	M6 Nut
19	1	Left Crank Arm	65	2	M8 Jam Nut
20	2	Pin Knob	66	2	M10 Locknut
21	1	Flywheel	67	4	M8 Locknut
22	1	Crack Collar	68	6	M6 x 8mm Screw
23	1	Flywheel Spacer	69	4	M8 x 10mm Screw
24	1	Crank	70	5	M8 x 20mm Screw
25	1	Pulley A	71	2	M8 x 16mm Washer
26	1	Pulley Spacer	72	2	M8 x 25mm Washer
27	1	Wave Washer	73	1	M4 x 15mm Screw
28	2	Bearing	74	2	M4 x 6mm Screw
29	1	Reed Switch	75	6	M8 x 60mm Bolt
30	1	Clamp	76	2	M8 x 16mm Screw
31	1	Seat Post Knob	77	2	M6 x 40mm Screw
32	1	Resistance Motor	78	4	M6 x 14mm Screw
33	1	Seat Frame Pin	79	8	M5 x 12mm Screw
34	2	Latch Spring	80	6	M4 x 12mm Screw
35	1	Frame Bushing	81	9	M4 x 16mm Screw
36	1	Seat Bracket Cap	82	2	M8 x 19mm Washer
37	4	Round Cap	83	1	M8 x 20mm Bolt
38	2	Long Foam Grip	84	1	M4 x 12mm Ground Screw
39	2	Round Seat Post Bushing	85	2	Short Foam Grip
40	1	Console Bracket	86	2	Drive Belt
41	2	Strain Relief	87	1	Main Wire
42	1	Resistance Cable	88	1	Square Seat Post Bushing
43	1	Magnet Bracket	89	6	M4 x 12mm Machine Screw
44	1	Magnet Spring	90	2	Magnet
45	1	Pulley B	*	—	User's Manual
46	2	Transport Wheel			

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. 831.21926.0 R0816A





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**1-800-361-6665** (Canada)

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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**